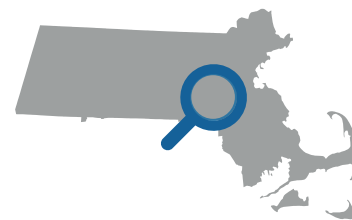


MetroWest Adolescent Health Survey Report

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



2018 | Wayland High School

GRADES 9-12



METROWEST
HEALTH
FOUNDATION



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2018 MetroWest Adolescent Health Survey

High School Report

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Section 1

Background and Methods

Background and Methodology

2018 MetroWest Adolescent Health Survey

Wayland High School

Background

The MetroWest Adolescent Health Survey (MWAHS) monitors trends in adolescent health and risk behaviors in the region served by the MetroWest Health Foundation (MHF). Administered biennially to middle and high school youth since 2006, the MWAHS collects data to support communities in determining priorities, increasing awareness, and enhancing local programs and policies related to adolescent health and wellness.

In the fall of 2018, students in the MetroWest region participated in the 7th administration of the MWAHS. A total of 58 middle and high schools in all 25 communities in the region participated in the survey. A census of students was surveyed in each district. In total, 16,799 middle school students (92% participation rate) and 24,746 high school students (88% participation rate) took the 2018 MWAHS. These high levels of student participation indicate that the data is highly representative of the student populations in each district as well as the MetroWest Region as a whole. Additionally, the large amount of student data provides each school and district with the ability to examine differences in behavioral reports by sex, grade, and other sociodemographic characteristics.

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 YRBS², administered collaboratively by the Massachusetts Department of Elementary and Secondary Education and the Department of Public Health. The MWAHS contains additional questions that address emerging behaviors, along with issues of interest to the MetroWest region based on input from school and community stakeholders.

All participating districts take the same core surveys; there is one core survey for middle school and one for high school, each designed to be developmentally appropriate for the particular age group. The majority of questions on the core surveys have remained unchanged from 2006 to 2018 to allow for comparisons over time. The 2018 core surveys cover the following topics:

- » **Substance use:** tobacco, electronic vapor products, alcohol, marijuana, other illegal substances, and misuse of prescription drugs
- » **Violence:** weapon carrying, physical fighting, dating violence, bullying, and cyberbullying
- » **Behaviors related to unintentional injuries:** seatbelt use, helmet use, impaired driving, and distracted driving

- » **Mental health:** stress, depressive symptoms, and suicidality, as well as help-seeking behaviors
- » **Sexual behaviors:** sexual intercourse, condom use, and other behaviors related to unintended pregnancy and sexually transmitted infections (questions on sexual behavior are optional at the middle school level)
- » **Online behaviors:** time spent online (overall and on social media) and associated attitudes and behaviors
- » **Additional behaviors:** physical activity, sleep, and time spent studying and participating in extracurricular activities
- » **Protective factors:** school attachment, adult support at school and outside of school, and peer support

Additional questions were added to the 2018 core surveys to gather new data on emerging adolescent health issues and local concerns. New questions added to both the middle and high school core surveys include the following topics: perception of harm of using marijuana; generalized anxiety; sources of support for mental health challenges as well as barriers to seeking help; anger and isolation; and perceptions related to social media and gaming.

In addition to the core surveys, districts can customize their middle and high school surveys by selecting questions from a set of optional items that includes a multitude of adolescent health topics. In 2018, 20 out of 26 high schools and 17 out of 24 middle school districts chose to customize their surveys. This customization enables communities to collect additional 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 148 questions and the core middle school survey consists of 108 questions. The survey is designed for an hour-long classroom administration period.

Validity and Reliability

The question is often asked whether students respond truthfully to the survey. 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: their participation is voluntary; they perceive the survey as important; and they feel that measures have been taken to preserve their privacy and anonymity.³

The MWAHS meets these three conditions by following procedures to assure students that participation is voluntary and anonymous. The MWAHS instructions highlight the anonymous nature of the survey by asking students *not* to write their name on the survey and explaining that their answers will be kept private. The 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 additional steps are taken to improve validity. First, all surveys are reviewed for implausible or frivolous responses. If it appears that a student answered carelessly, the survey 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 strengthened 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. Out of a total of 41,545 middle and high school surveys for the MetroWest Region in 2018, 253 surveys were completed in Spanish (0.6%) and 347 surveys were completed in Portuguese (0.8%).

Survey Procedures

Survey Administration

The 2018 MWAHS survey administration took place from October 23 to November 19. Students in grades 9 through 12 at Wayland High School took the survey on November 15 from 9:30 to 10:30 AM. All schools followed local procedures for informing parents of the survey, 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 providing them with the option of opting out their child(ren) if desired.

A designated MWAHS coordinator in each school and/or district was trained on the survey administration methods. All teachers/staff administering the survey read a standardized set of instructions to students, which included informing them of the voluntary and anonymous nature of the survey. They were also instructed to follow specific procedures to assure that students' answers remained private and that no students felt any pressure to participate. All students who were eligible to participate (i.e., those who were not opted out by their parents) were given the opportunity to decide on their own whether to take the MWAHS.

Data Entry and Visual Review

All data was captured with a two-step scanning and verification process. A human operator verified questions that indicated multiple responses or light or incomplete marks below standard thresholds. Prior to and during the scanning process, surveys were reviewed for patterns of responses that would indicate that a student did not 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 comments or defaced the survey in such a way that indicated they did not take the survey seriously. The number of surveys removed from analysis for any of these reasons was very small (less than 1%), consistent with prior years. 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.

Respondents and Participation Rate

The number of participating students at Wayland High School, along with information on the number of students *not* participating and reasons for nonparticipation, are provided below in Table 1A. For the MetroWest region, the overall participation rate for the high school survey was 88%, representing 24,746 completed surveys in 26 high schools. For Wayland High School, the participation rate was 94.3%, representing 799 completed surveys.

Table 1A. Number of Participating Students and Participation Rate Wayland High School (Grades 9-12) <i>MetroWest Adolescent Health Survey, 2018</i>	
Enrollment at time of survey administration	847
Students not receiving parent permission to participate	6
Students choosing not to participate	1
Students absent on the day of the survey administration	31
Surveys excluded/missing*	10
Total number of surveys	799
Participation rate	94.3%

**Due to: missing information on classroom participation forms; implausible response patterns on survey; student unable to participate due to a disability; or student unable to take the survey in one of the three languages offered*

Table 1B below shows the demographic breakdown of student participants from Wayland High School by sex 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 1B. Participants by Sex and Grade Wayland High School (Grades 9-12) <i>MetroWest Adolescent Health Survey, 2018</i>								
Grade	Female		Male		Unknown		TOTAL	
	n	%	n	%	n	%	n	%
9th grade	93	11.6%	98	12.3%	1	0.1%	192	24.0%
10th grade	111	13.9%	112	14.0%	0	0.0%	223	27.9%
11th grade	97	12.1%	98	12.3%	0	0.0%	195	24.4%
12th grade	85	10.6%	97	12.1%	0	0.0%	182	22.8%
Unknown	0	0.0%	0	0.0%	7	0.9%	7	0.9%
TOTAL	386	48.3%	405	50.7%	8	1%	799	100%

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

Patterns of responses that were inconsistent or indicative of inappropriate (“joking”) responses were identified through both visual and analytic review, which showed that the vast majority of students paid attention, answered the survey logically, and completed most or all questions. For example, only a small percentage (0.5%) of high school students in the regional dataset responded that they had engaged in all forms of lifetime and recent substance use asked about on the survey. 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 anticipated, there was more 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. 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 have 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 2012. Analyses show that restricting the regional data to districts that participated in all seven survey administrations makes little difference, and does not influence the direction or magnitude of the overall findings. From 2012 to 2018, all eligible middle and high schools in the MetroWest region participated in the survey.

References

1. Centers for Disease Control and Prevention (CDC). (2018). 2017 Youth Risk Behavior Survey. Retrieved from <http://www.cdc.gov/yrbs>
2. Massachusetts Department of Elementary and Secondary Education and Massachusetts Department of Public Health. (2018). Health and Risk Behaviors of Massachusetts Youth: Executive Summary, 2017. Retrieved from <http://www.doe.mass.edu/sfs/yrbs/2017exec-summary.pdf>
3. Centers for Disease Control and Prevention (CDC). (n.d.). YRBSS Frequently Asked Questions. Retrieved from <https://www.cdc.gov/healthyyouth/data/yrbs/faq.htm>
4. Brener ND, Billy JOG, Grady WR. (2003). Assessment of factors affecting the validity of self-reported health-risk behavior among adolescents: evidence from the scientific literature. *Journal of Adolescent Health*, 33:436-457.
5. Brener ND, Kann L, McManus TL, Kinchen S, Sundberg EC, Ross JG. (2002). Reliability of the 1999 Youth Risk Behavior Survey Questionnaire. *Journal of Adolescent Health*, 31:336–34.

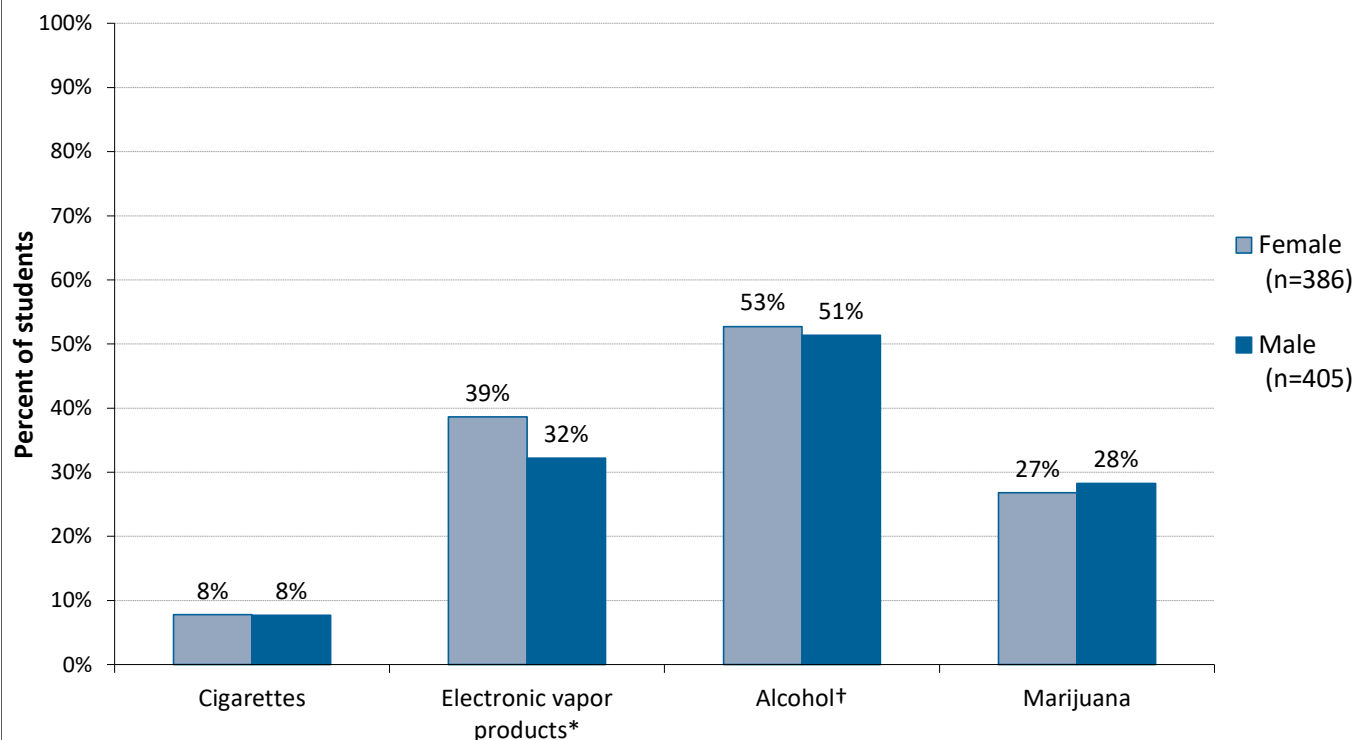
Section 2

Substance Use

Figure 2-1A. Lifetime Substance Use by Sex, 2018

Wayland High School (Grades 9-12)

MetroWest Adolescent Health Survey



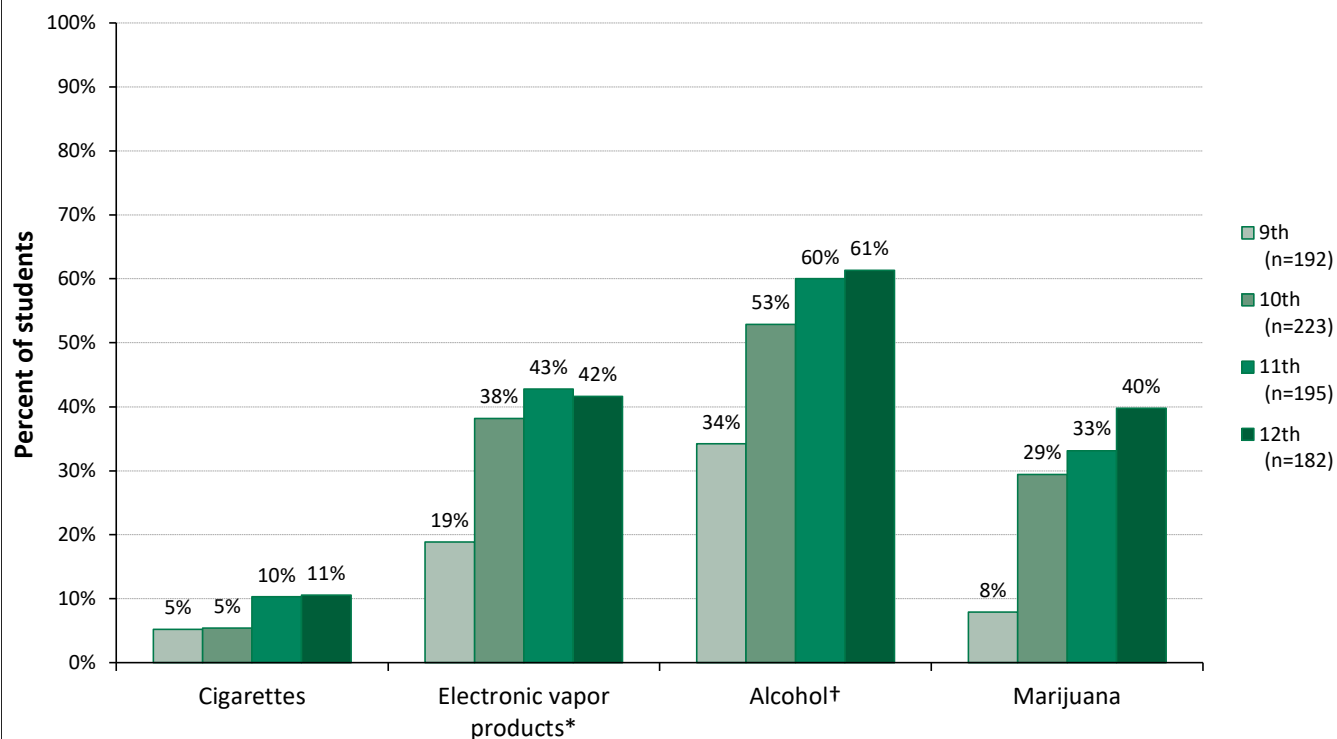
* Includes electronic cigarettes like JUUL, Phix, Vuse, MarkTen, and blu, and other electronic vapor products, like vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods

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

Figure 2-1B. Lifetime Substance Use by Grade, 2018

Wayland High School (Grades 9-12)

MetroWest Adolescent Health Survey



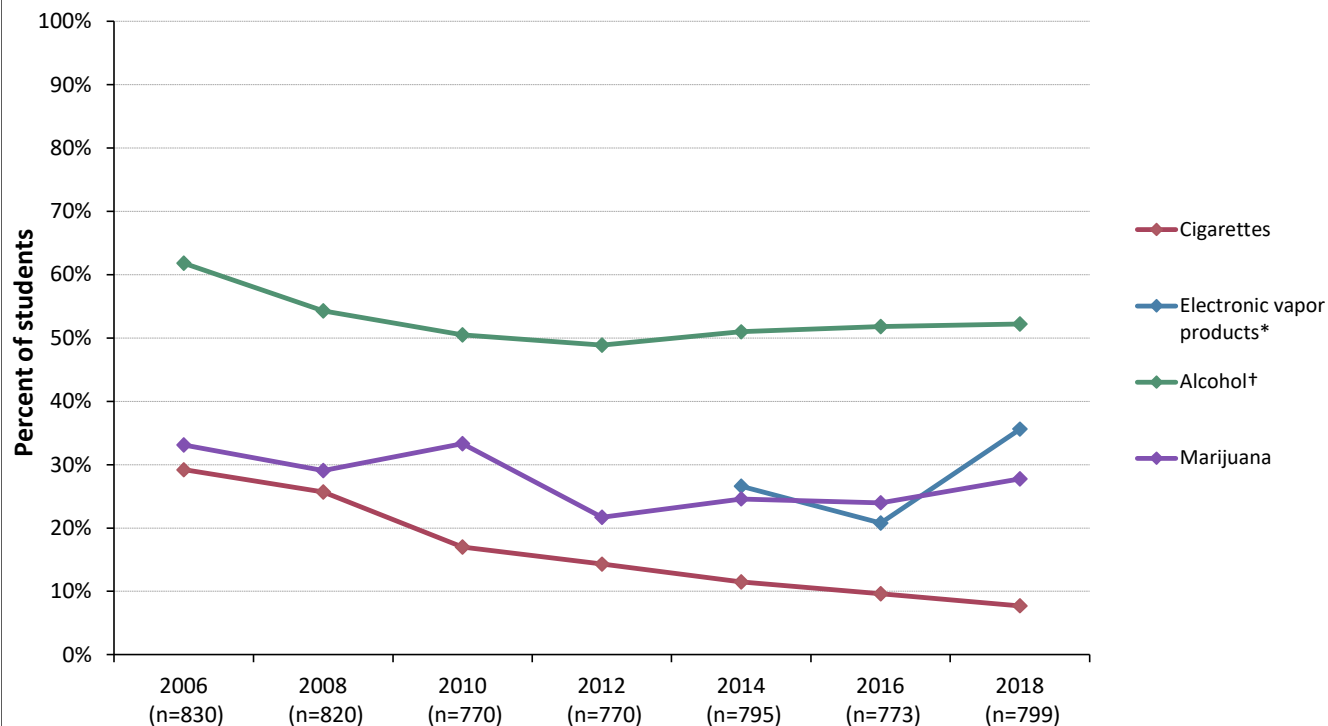
* Includes electronic cigarettes like JUUL, Phix, Vuse, MarkTen, and blu, and other electronic vapor products, like vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods

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

Figure 2-1C. Trends in Lifetime Substance Use, 2006-2018

Wayland High School (Grades 9-12)

MetroWest Adolescent Health Survey



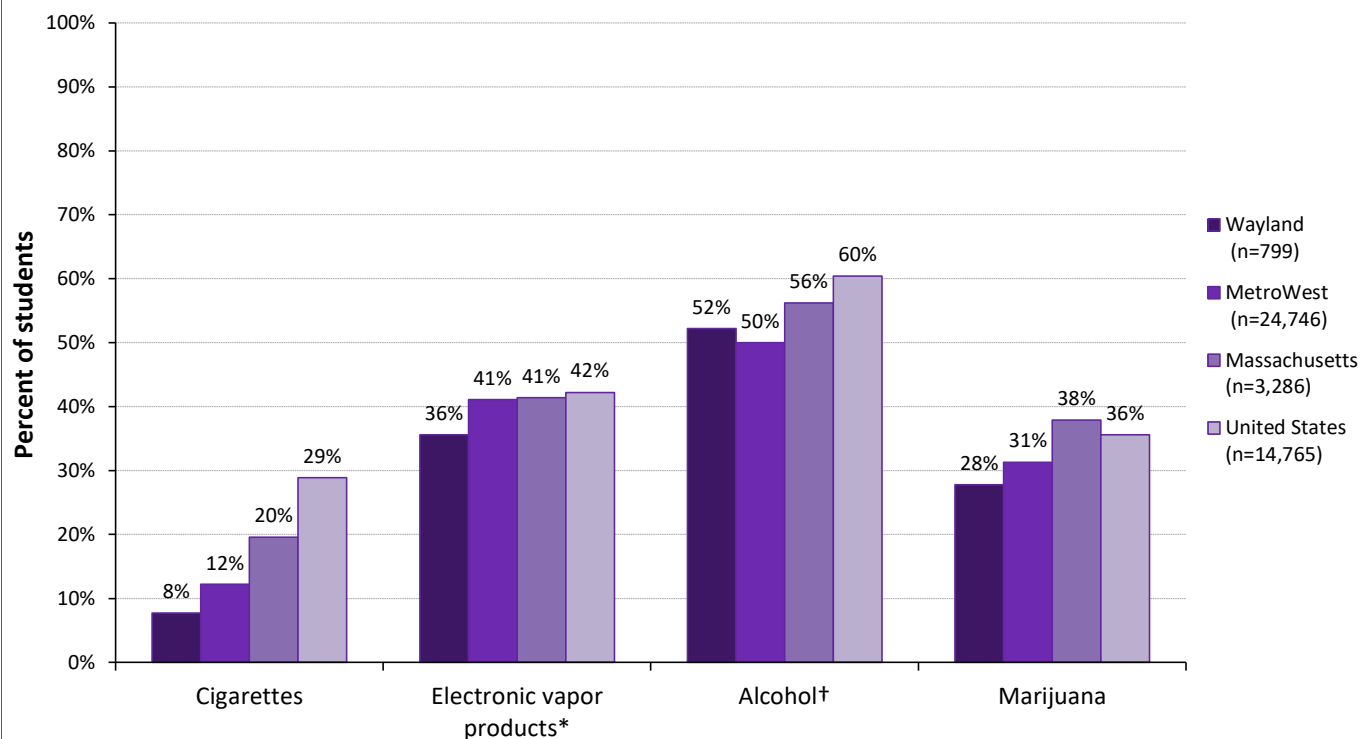
* Includes electronic cigarettes like JUUL, Phix, Vuse, MarkTen, and blu, and other electronic vapor products, like vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods

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

Figure 2-1D. Lifetime Substance Use at the District, Regional, State, and National Levels, 2018

Wayland High School (Grades 9-12)

MetroWest Adolescent Health Survey



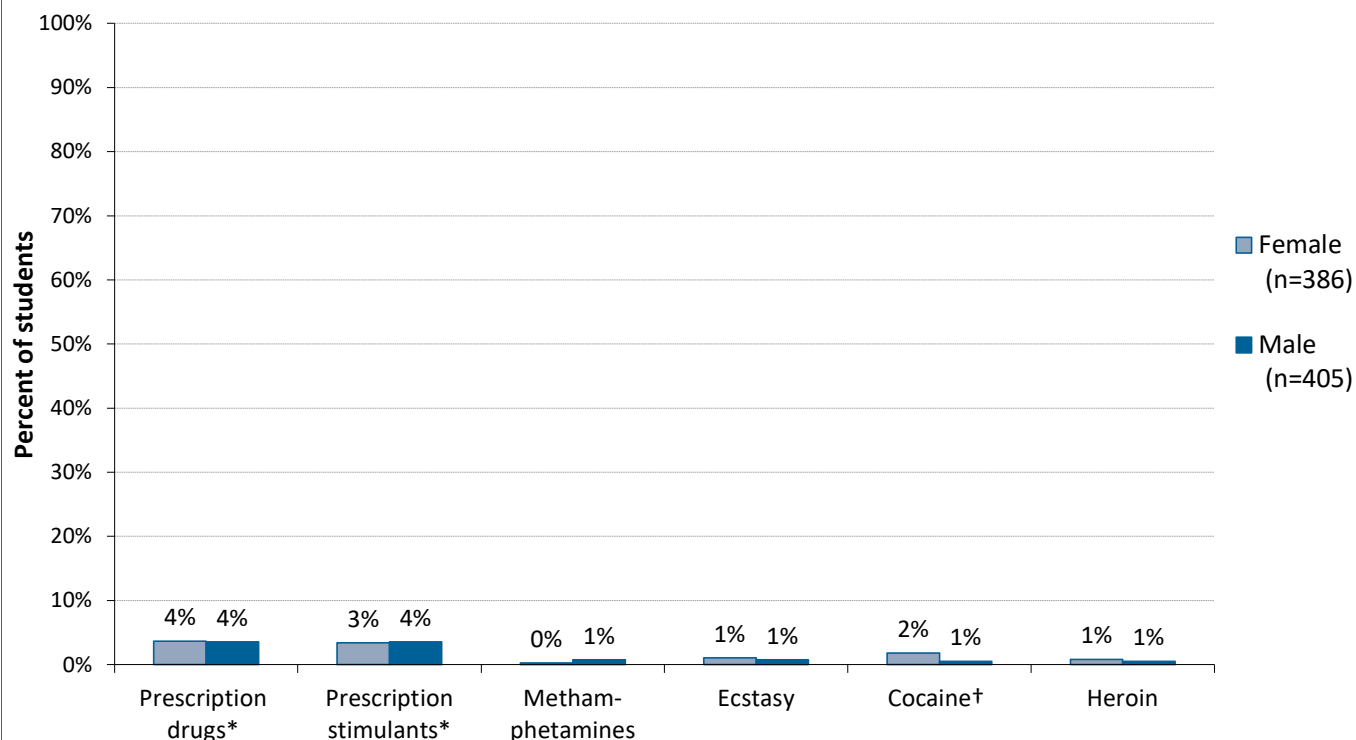
* Includes electronic cigarettes like JUUL, Phix, Vuse, MarkTen, and blu, and other electronic vapor products, like vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods

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

Figure 2-2A. Lifetime Other Substance Use by Sex, 2018

Wayland High School (Grades 9-12)

MetroWest Adolescent Health Survey



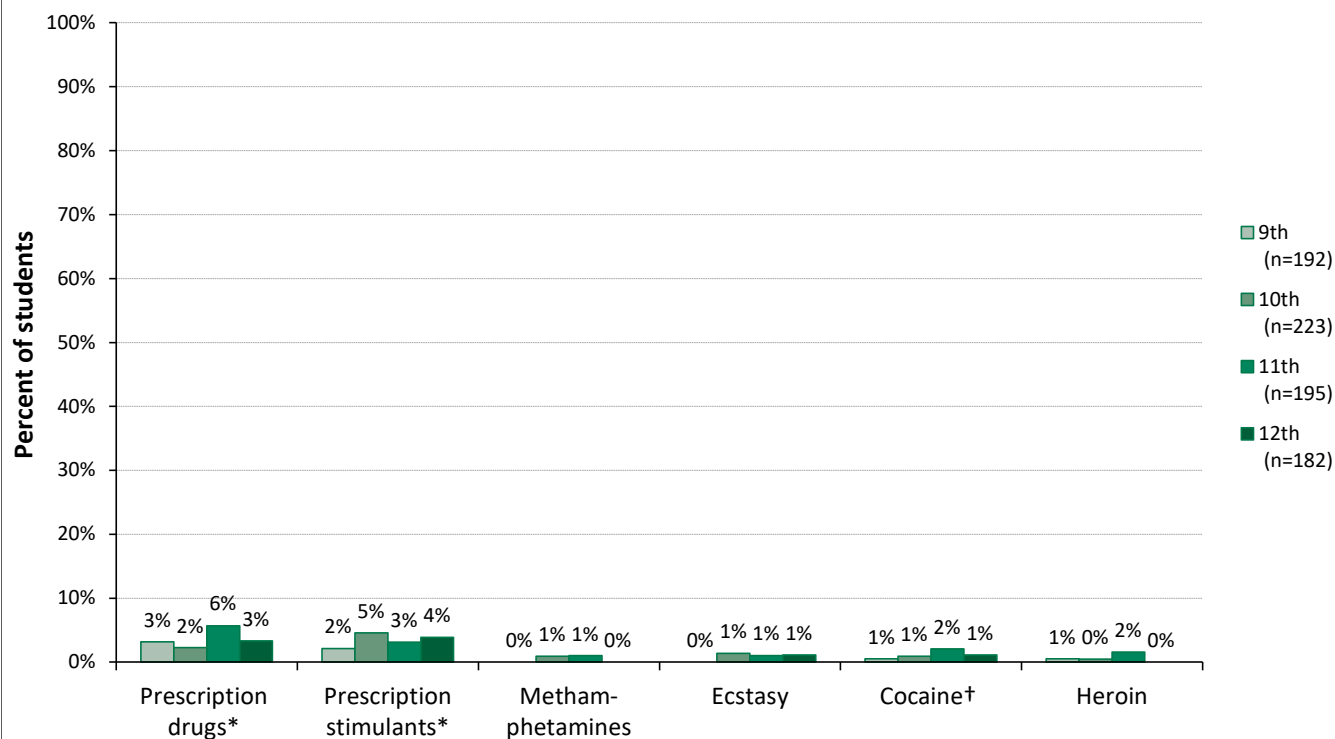
* Without a doctor's prescription

† Includes using powder, crack or freebase

Figure 2-2B. Lifetime Other Substance Use by Grade, 2018

Wayland High School (Grades 9-12)

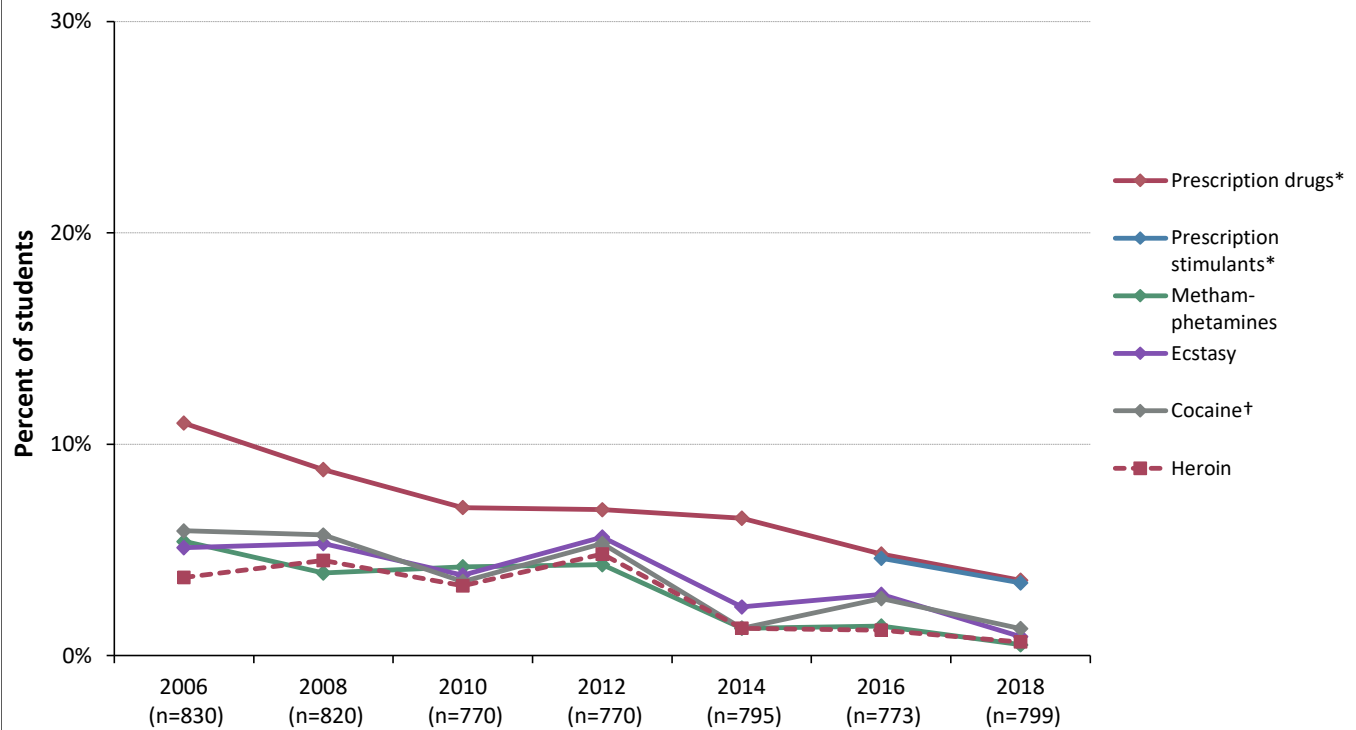
MetroWest Adolescent Health Survey



* Without a doctor's prescription

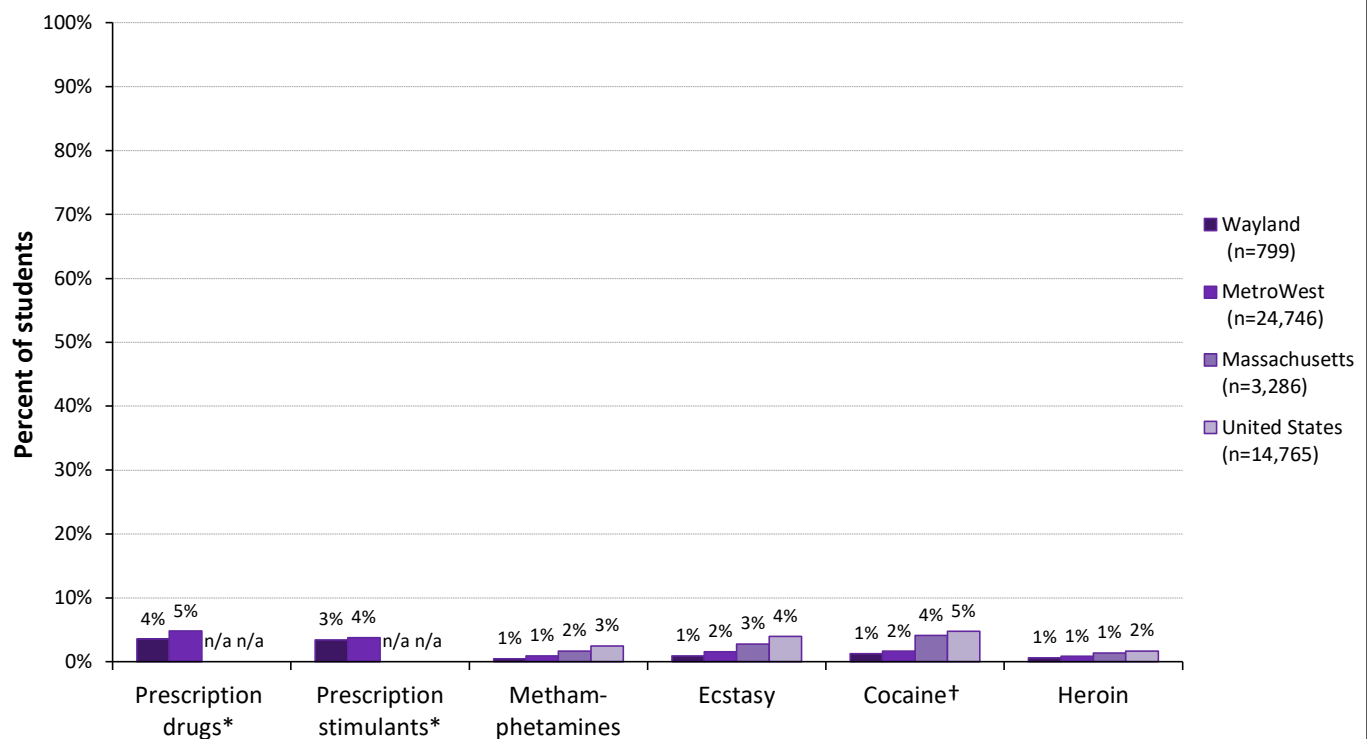
† Includes using powder, crack or freebase

Figure 2-2C. Trends in Lifetime Other Substance Use, 2006-2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey



* Without a doctor's prescription
† Includes using powder, crack or freebase

Figure 2-2D. Lifetime Other Substance Use at the District, Regional, State, and National Levels, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey

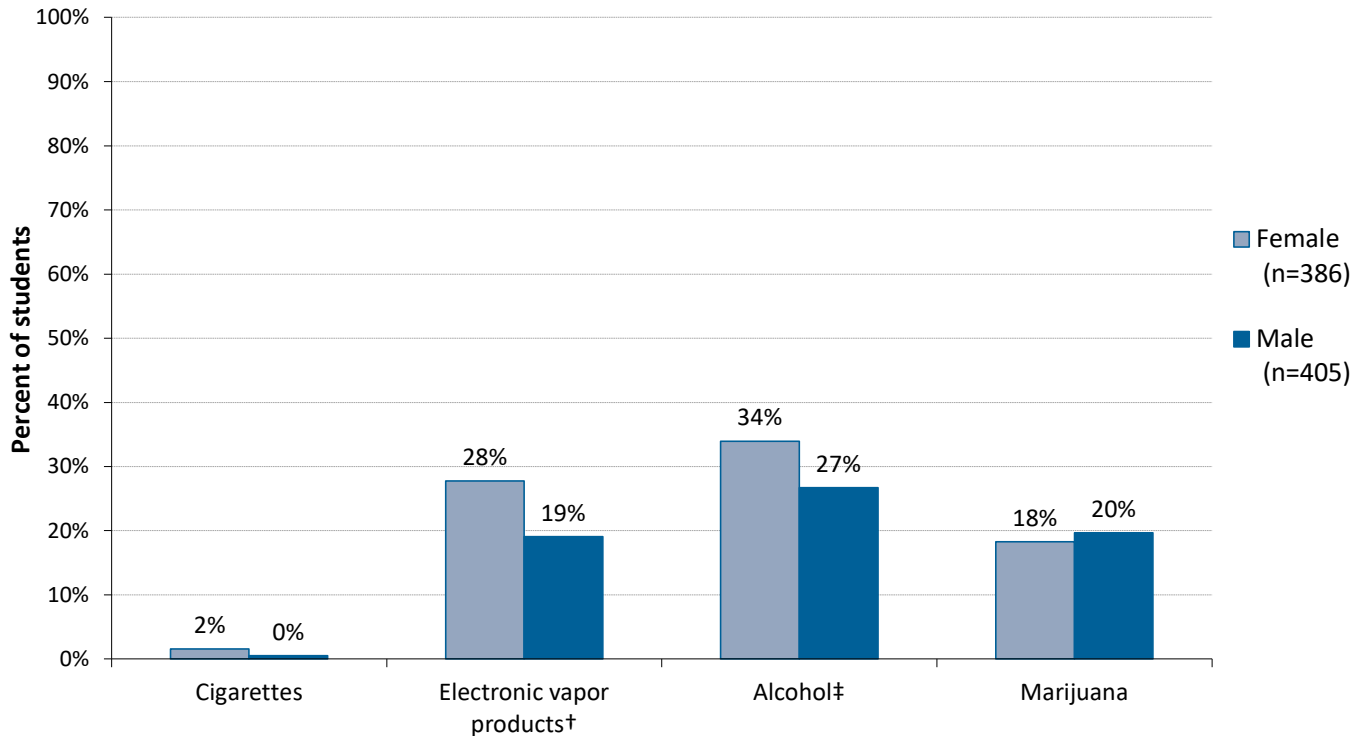


* Without a doctor's prescription
† Includes using powder, crack or freebase

Figure 2-3A. Current Substance Use* by Sex, 2018

Wayland High School (Grades 9-12)

MetroWest Adolescent Health Survey



* Used one or more times in the past 30 days

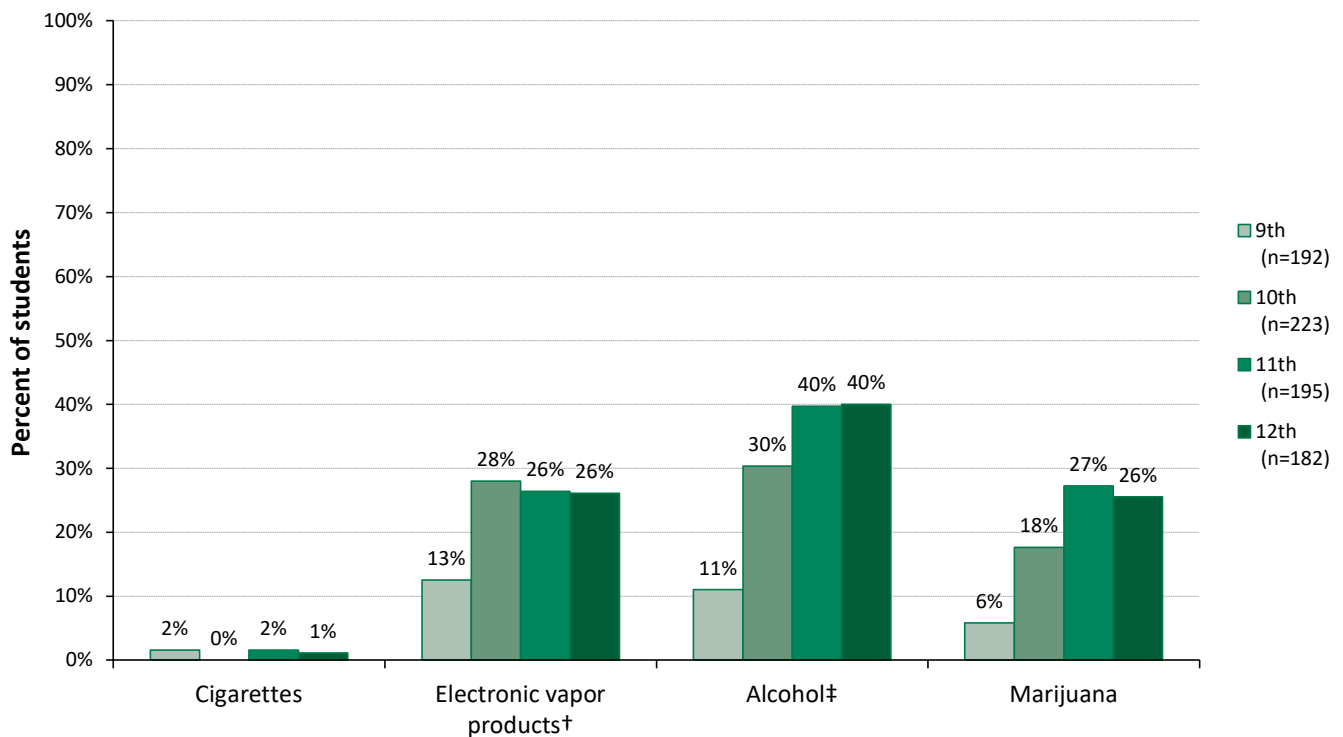
† Includes electronic cigarettes like JUUL, Phix, Vuse, MarkTen, and blu, and other electronic vapor products, like vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods

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

Figure 2-3B. Current Substance Use* by Grade, 2018

Wayland High School (Grades 9-12)

MetroWest Adolescent Health Survey



* Used one or more times in the past 30 days

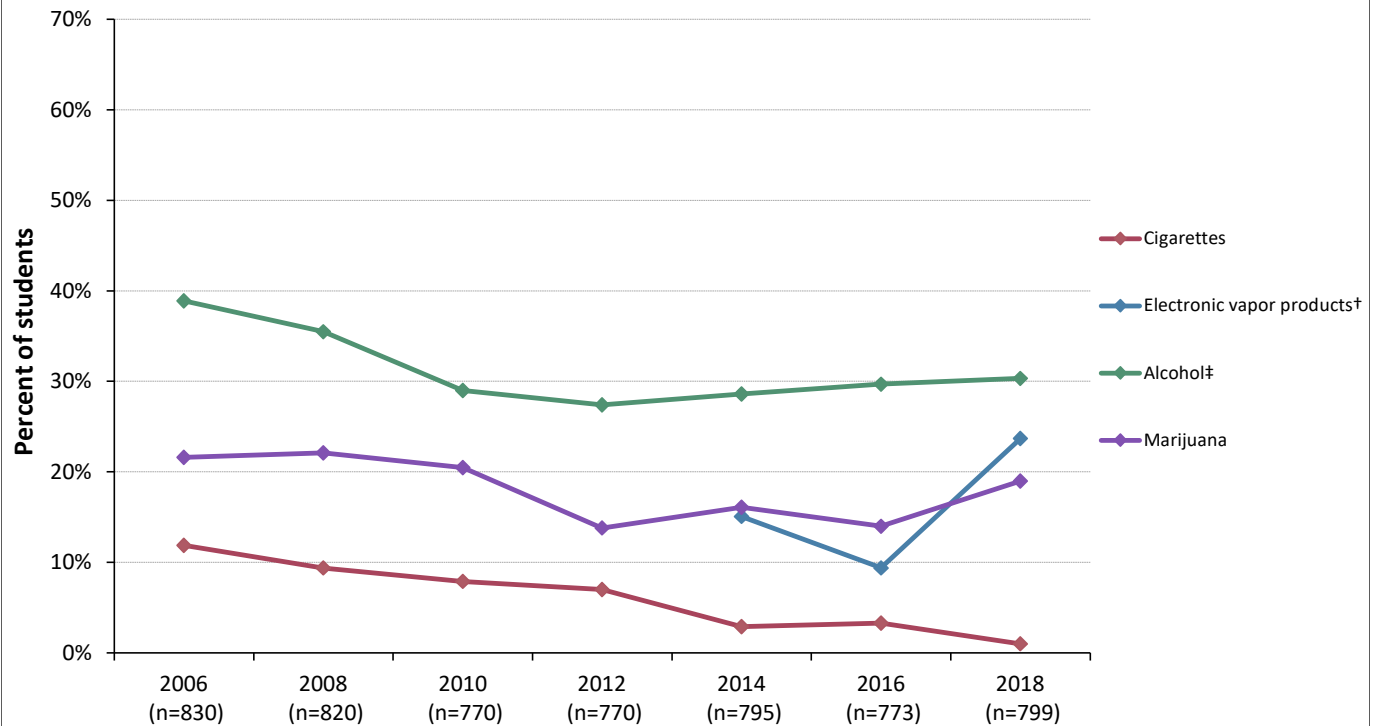
† Includes electronic cigarettes like JUUL, Phix, Vuse, MarkTen, and blu, and other electronic vapor products, like vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods

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

Figure 2-3C. Trends in Current Substance Use,* 2006-2018

Wayland High School (Grades 9-12)

MetroWest Adolescent Health Survey



* Used one or more times in the past 30 days

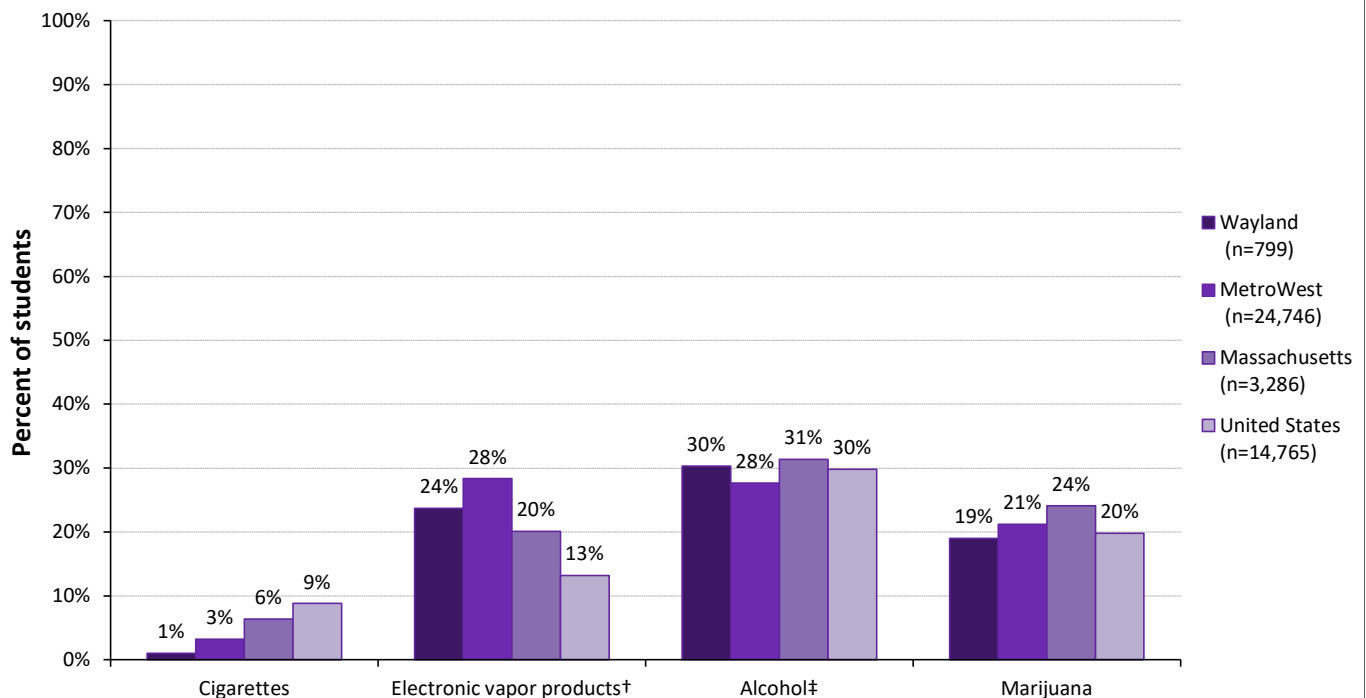
† Includes electronic cigarettes like JUUL, Phix, Vuse, MarkTen, and blu, and other electronic vapor products, like vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods

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

Figure 2-3D. Current Substance Use* at the District, Regional, State, and National Levels, 2018

Wayland High School (Grades 9-12)

MetroWest Adolescent Health Survey

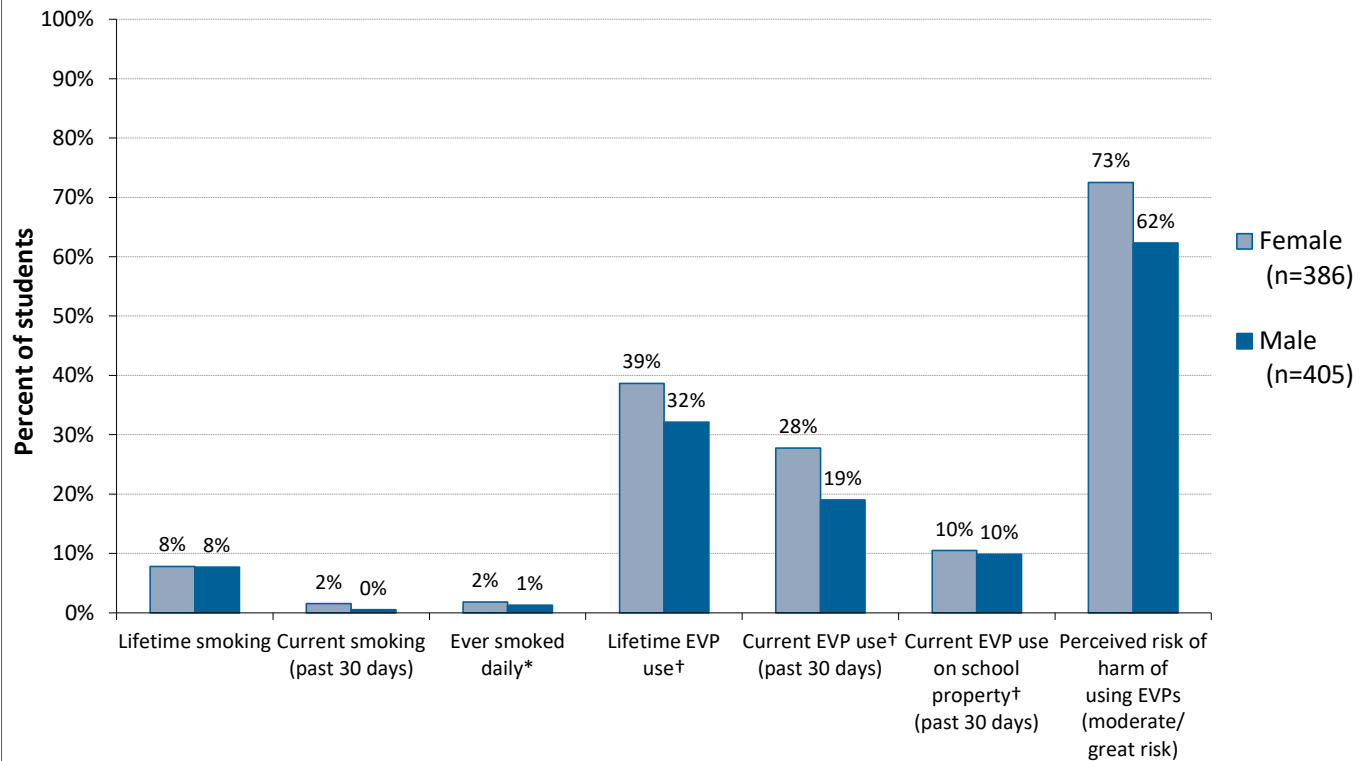


* Used one or more times in the past 30 days

† Includes electronic cigarettes like JUUL, Phix, Vuse, MarkTen, and blu, and other electronic vapor products, like vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods

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

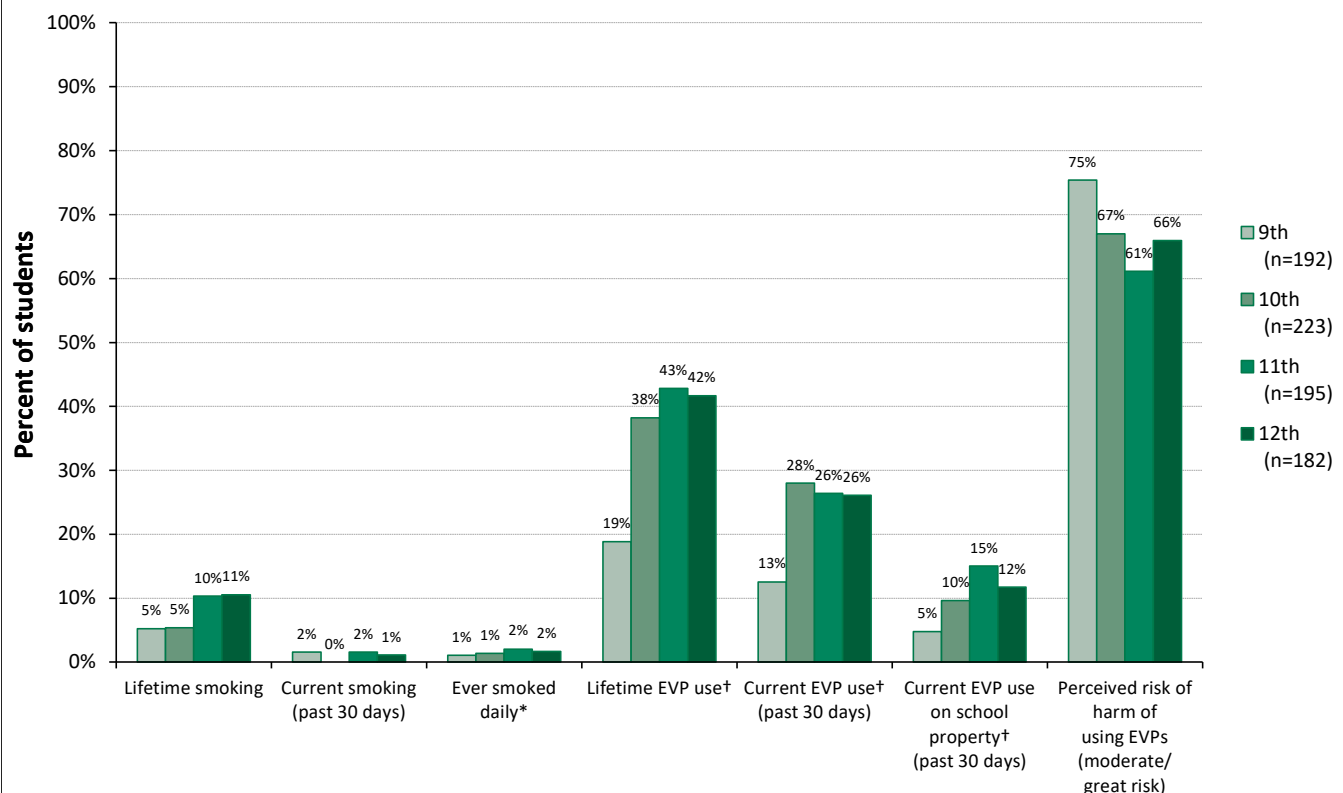
Figure 2-4A. Tobacco and Electronic Vapor Product Use by Sex, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey



* Every day for 30 days

† Includes electronic cigarettes like JUUL, Phix, Vuse, MarkTen, and blu, and other electronic vapor products, like vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods

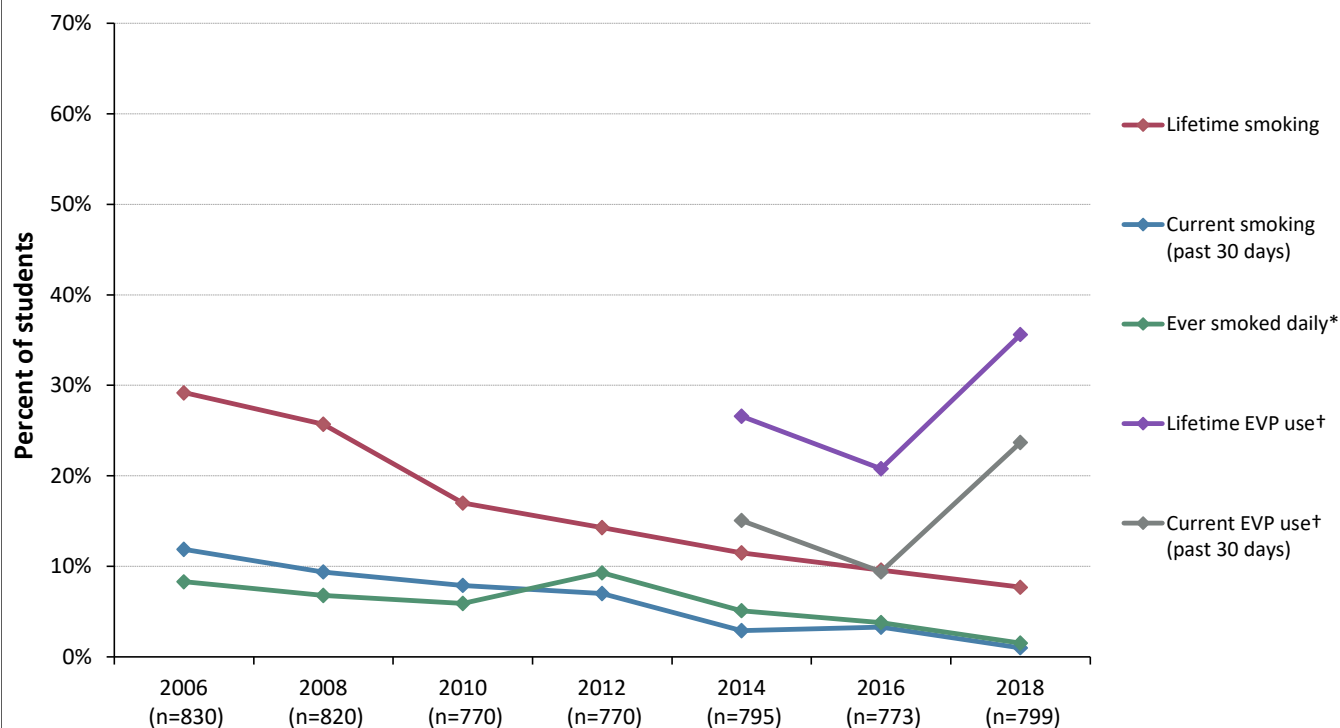
Figure 2-4B. Tobacco and Electronic Vapor Product Use by Grade, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey



* Every day for 30 days

† Includes electronic cigarettes like JUUL, Phix, Vuse, MarkTen, and blu, and other electronic vapor products, like vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods

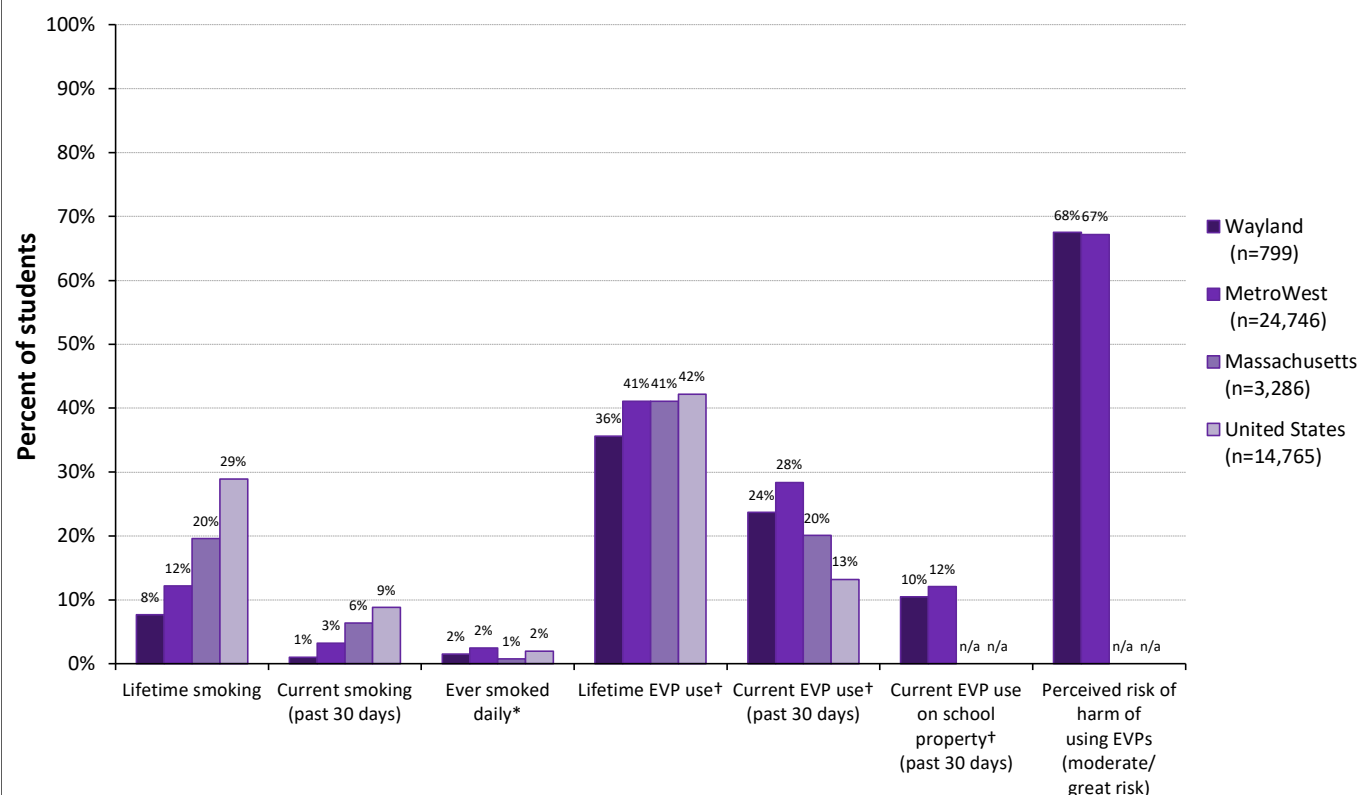
Figure 2-4C. Trends in Tobacco and Electronic Vapor Product Use, 2006-2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey



* Every day for 30 days

† Includes electronic cigarettes like JUUL, Phix, Vuse, MarkTen, and blu, and other electronic vapor products, like vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods

Figure 2-4D. Tobacco and Electronic Vapor Product Use at the District, Regional, State, and National Levels, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey



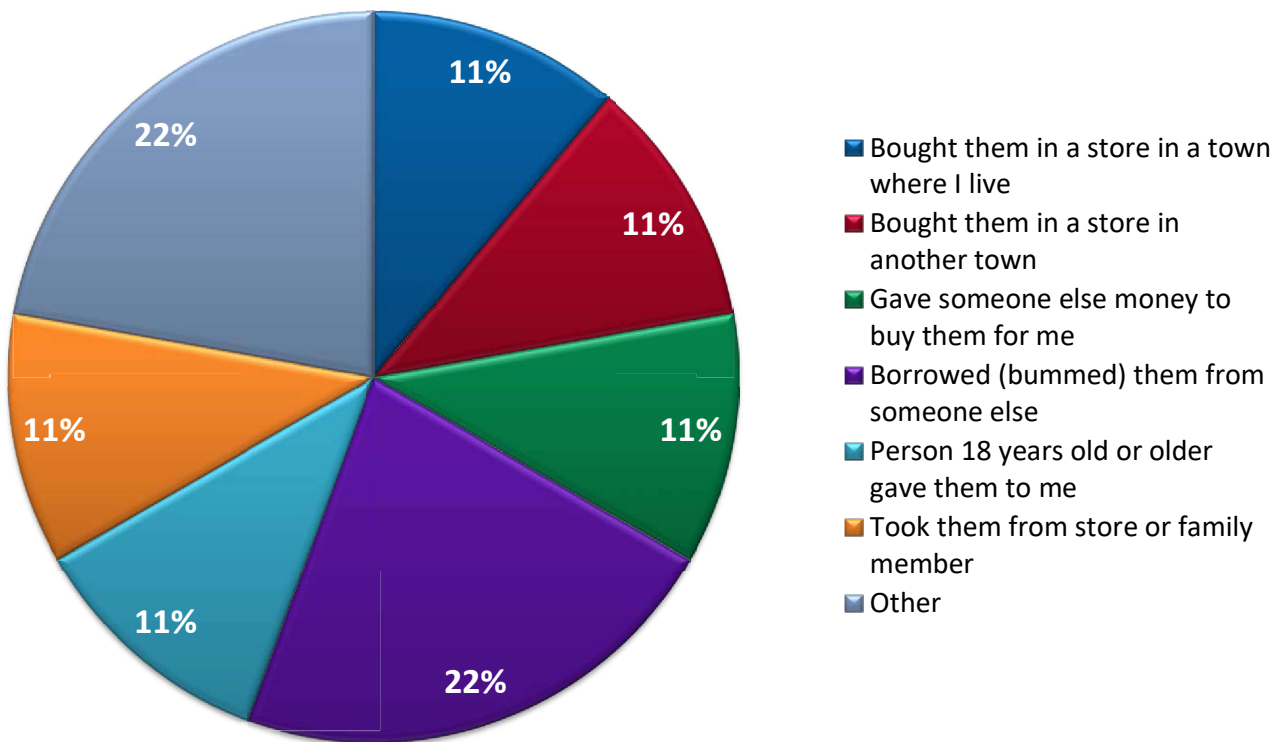
* Every day for 30 days

† Includes electronic cigarettes like JUUL, Phix, Vuse, MarkTen, and blu, and other electronic vapor products, like vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods

Figure 2-5. Access to Cigarettes,* 2018

Wayland High School (Grades 9-12)

MetroWest Adolescent Health Survey

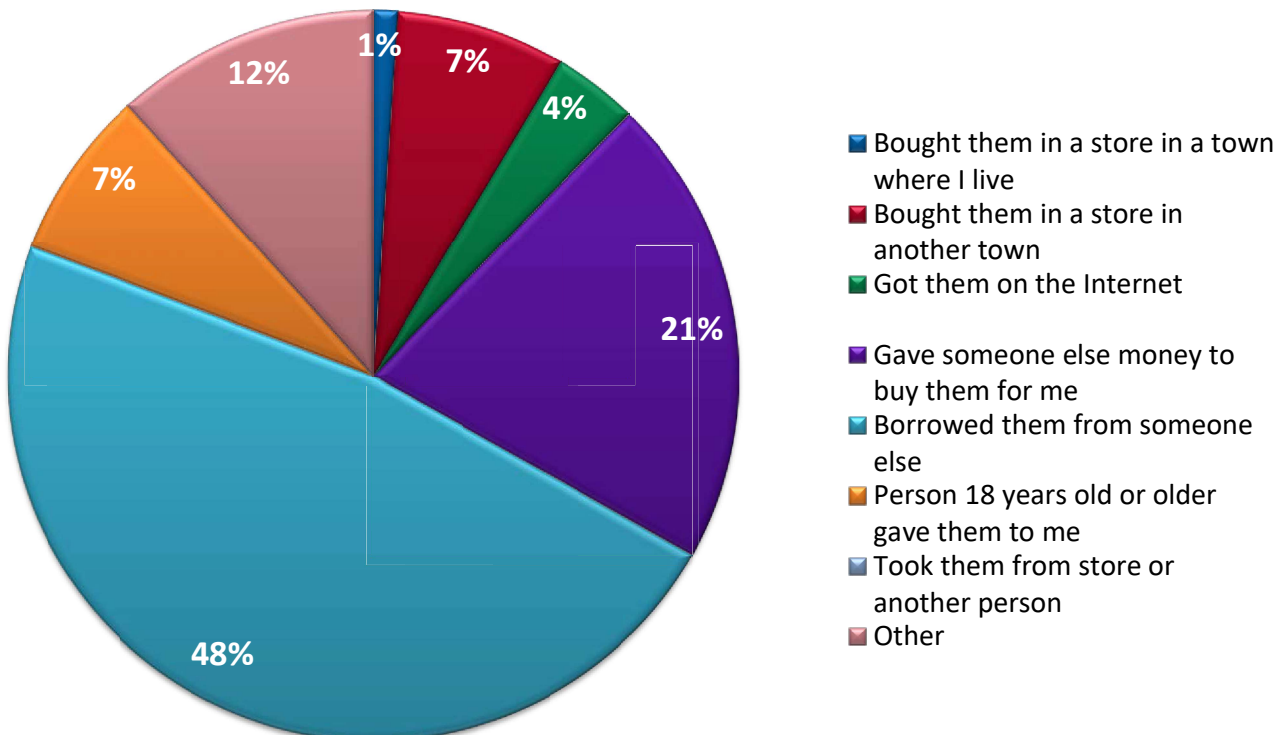


* Source where student "usually" got cigarettes, among students who smoked in the past 30 days

Figure 2-6. Access to Electronic Vapor Products,* 2018

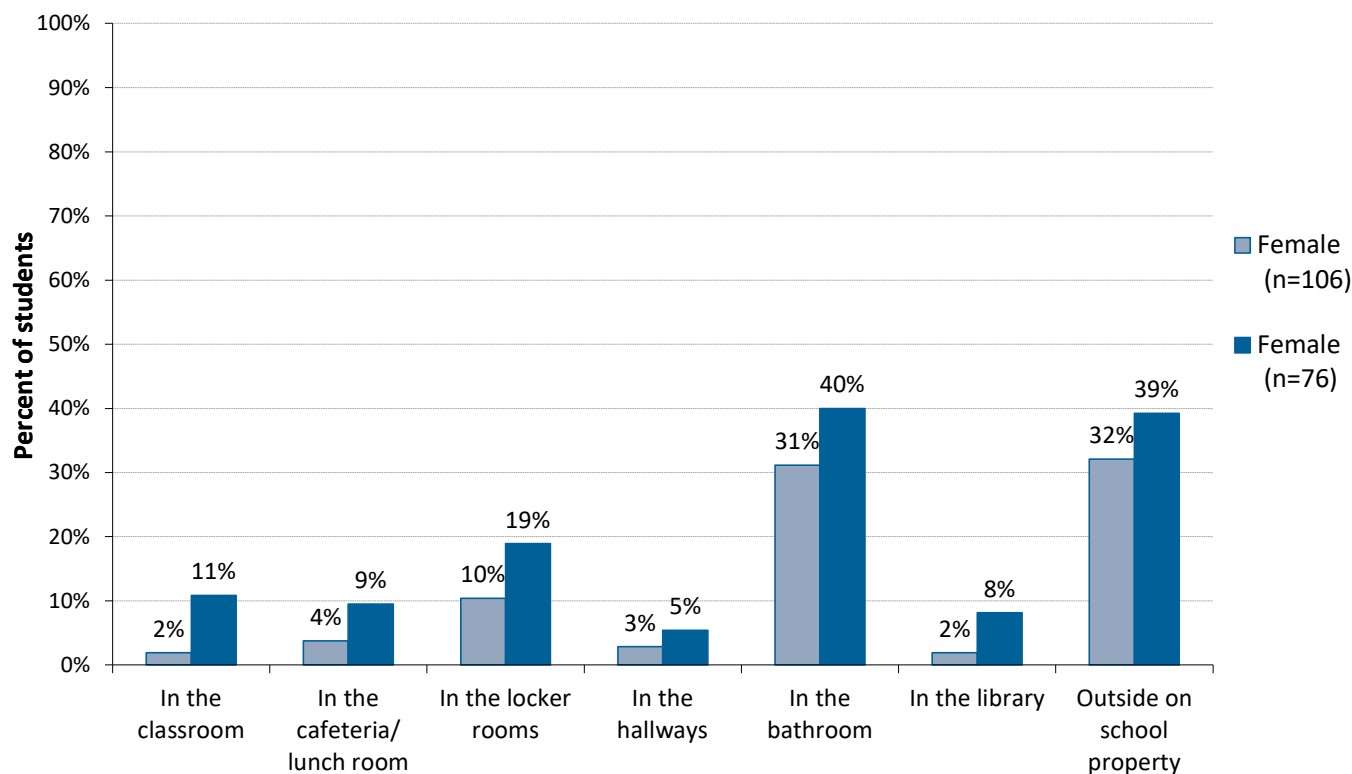
Wayland High School (Grades 9-12)

MetroWest Adolescent Health Survey



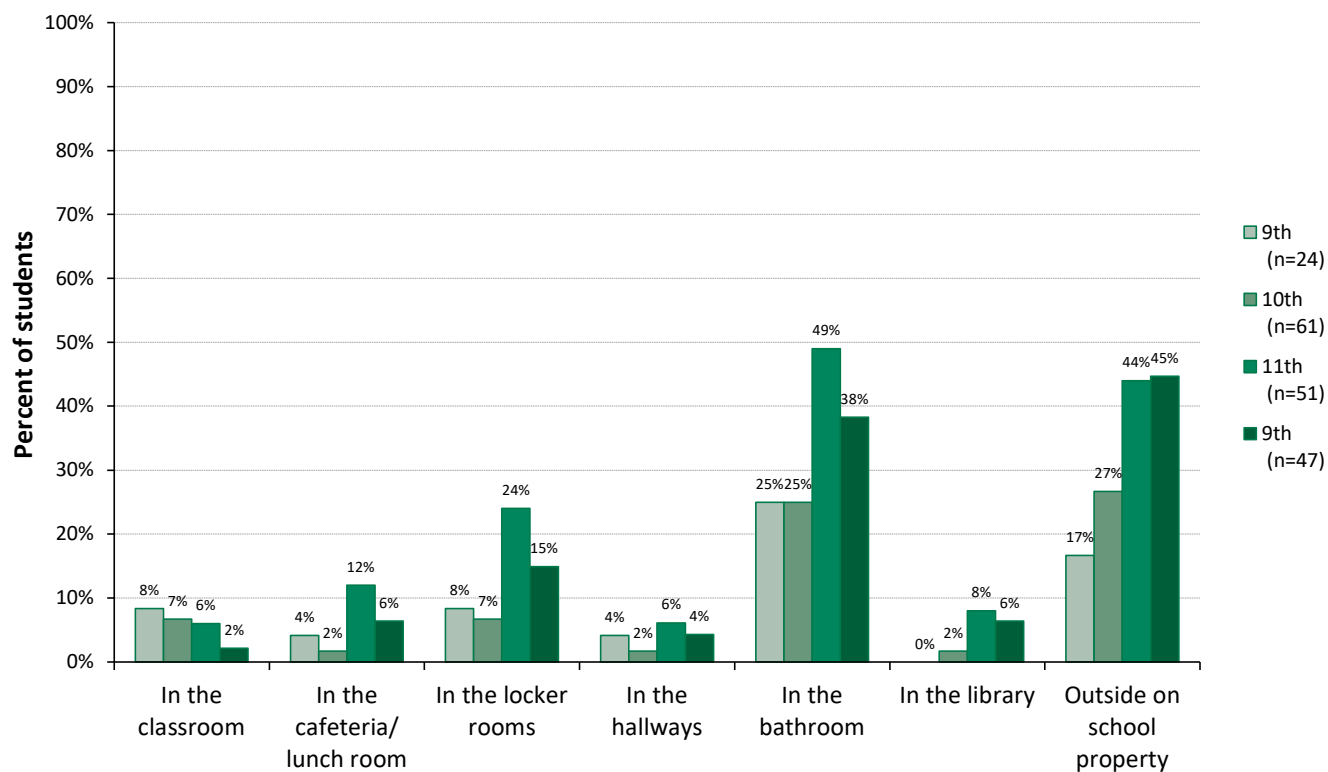
* Source where student "usually" got electronic vapor products, among students who used them in the past 30 days

Figure 2-7A. Locations of Electronic Vapor Product Use on School Property* by Sex, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey



* Among students who used electronic vapor products in the past 30 days

Figure 2-7B. Locations of Electronic Vapor Product Use on School Property* by Grade, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey



* Among students who used electronic vapor products in the past 30 days

Figure 2-7C. Trends in Locations of Electronic Vapor Product Use on School Property,* 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey

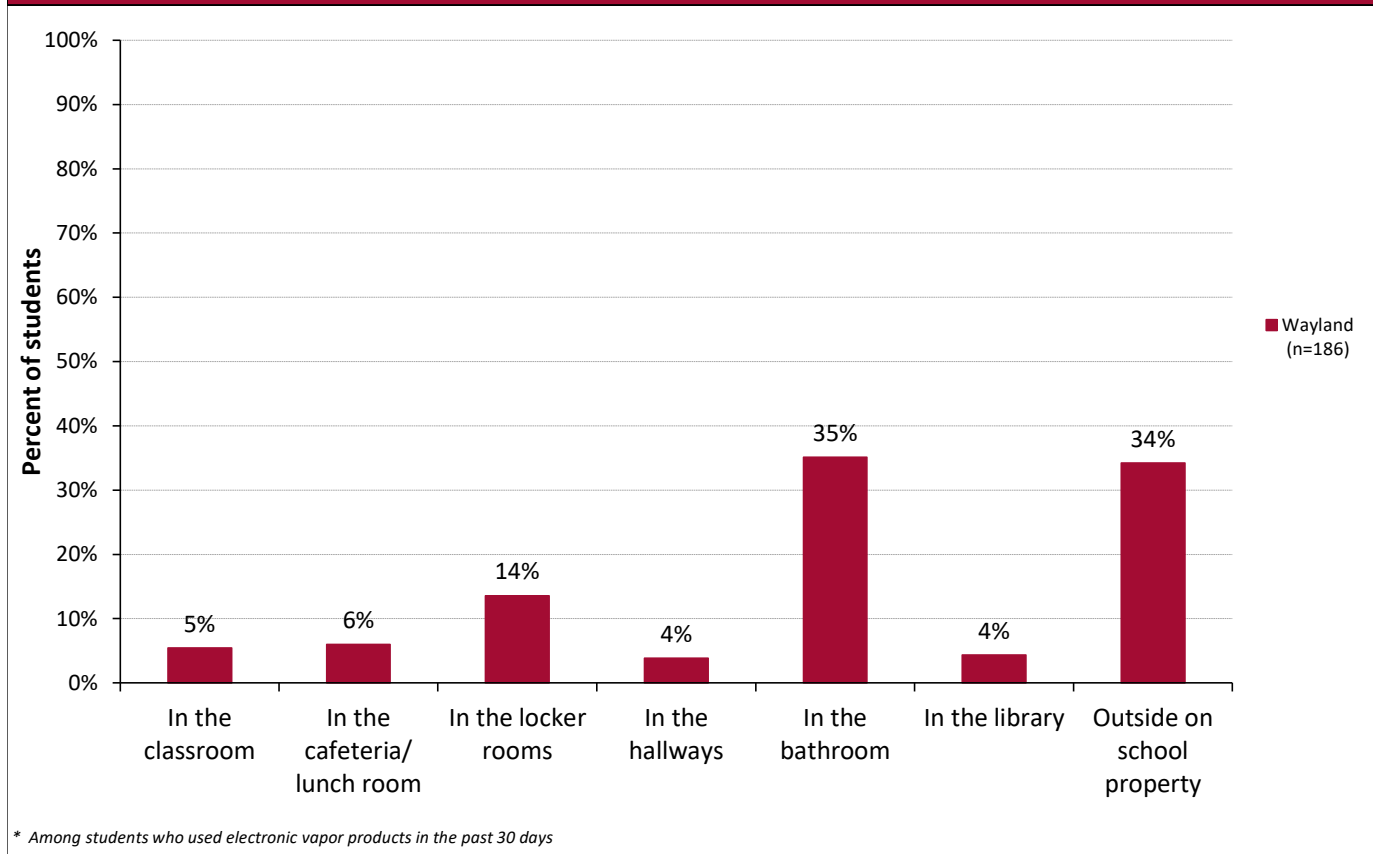


Figure 2-7D. Locations of Electronic Vapor Product Use on School Property* at the District and Regional Levels, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey

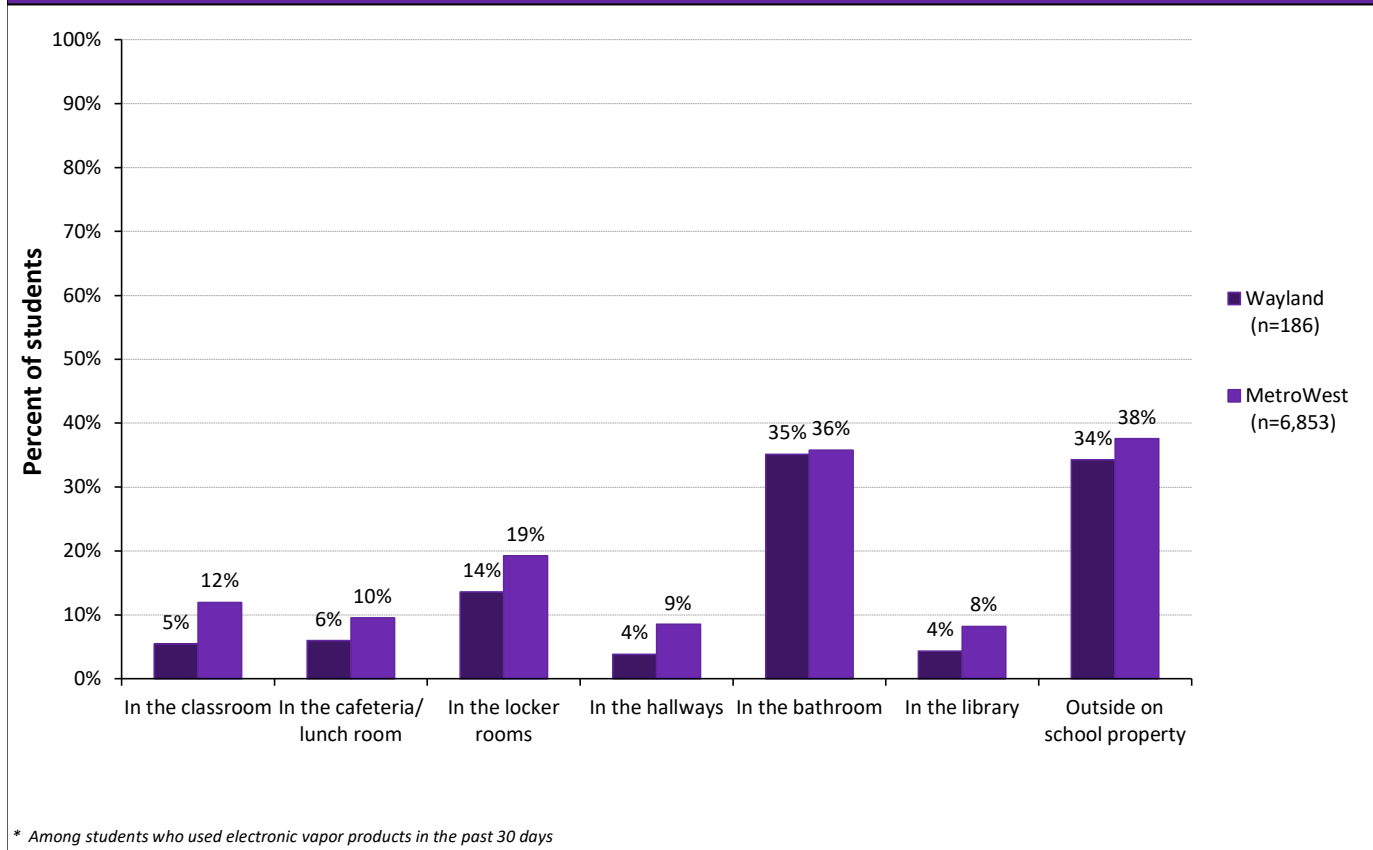
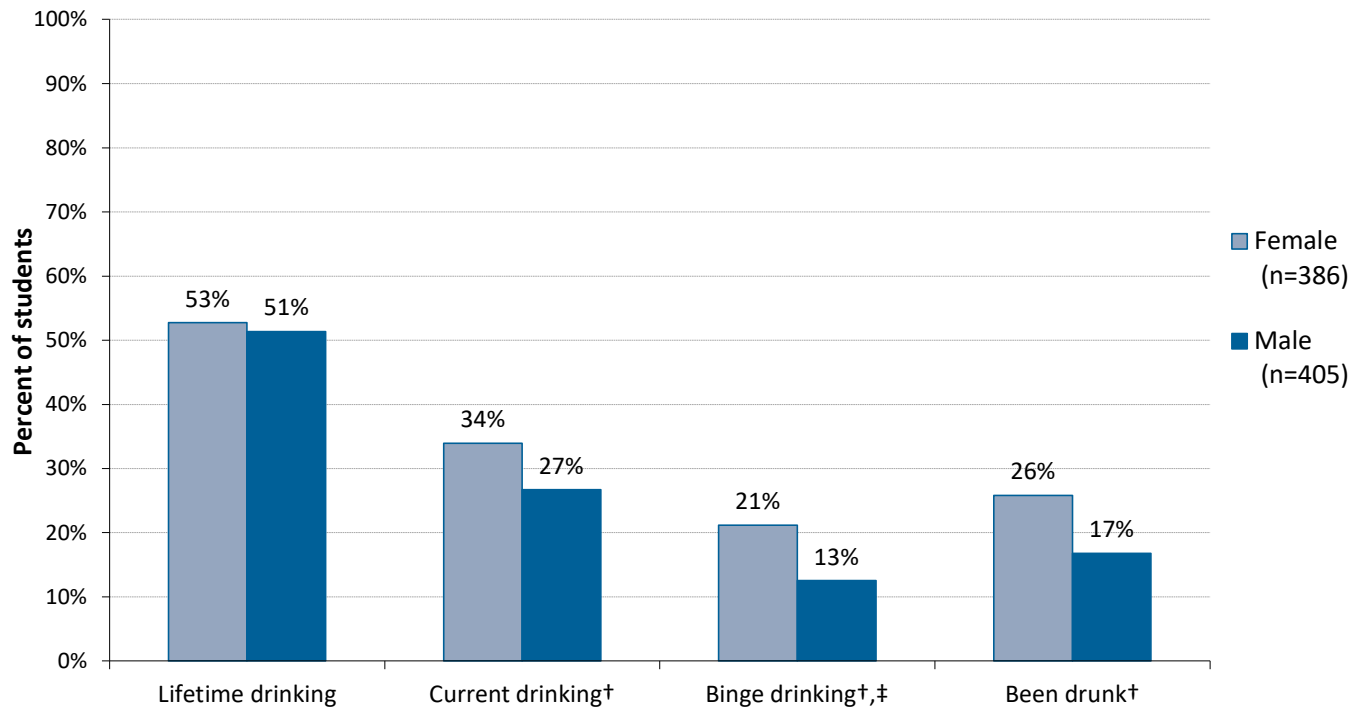


Figure 2-8A. Alcohol Use* by Sex, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey

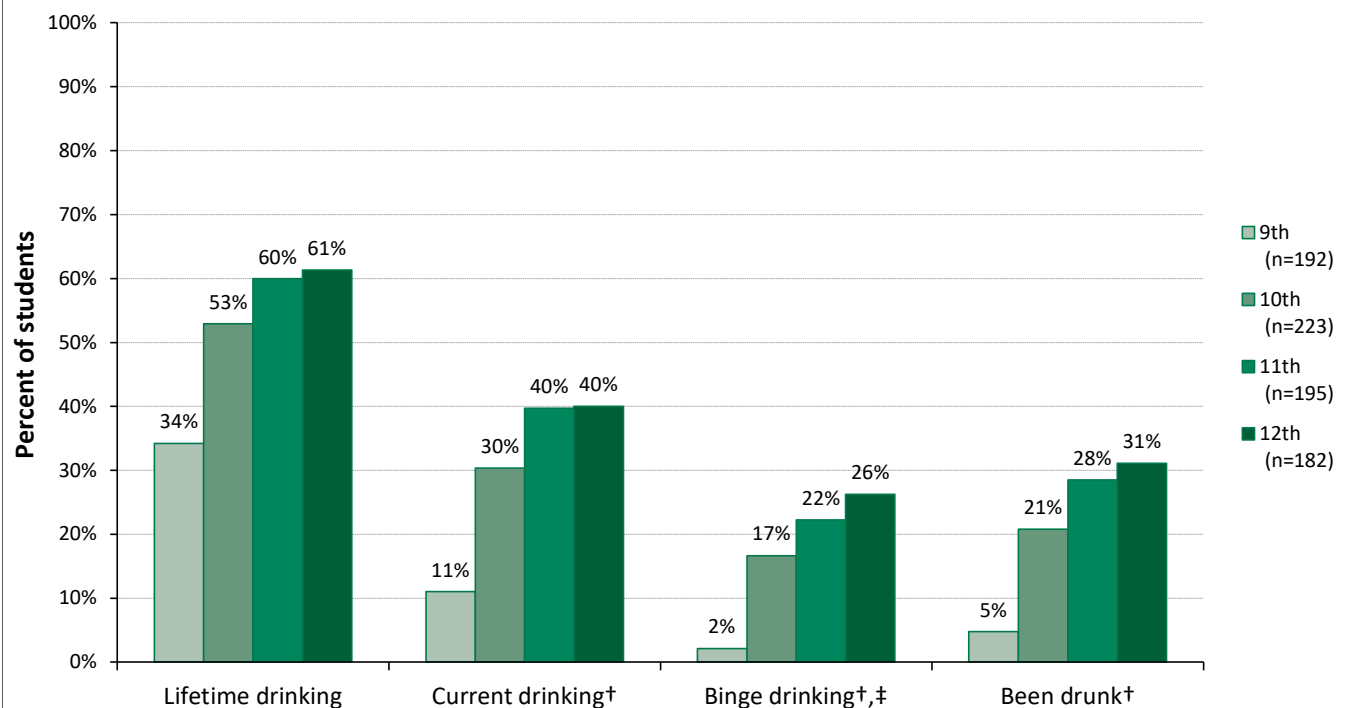


* Does not include drinking a few sips of wine for religious purposes

[†] In the past 30 days

[‡] Consumed 4+ drinks in a row for females, or 5+ drinks in a row for males

Figure 2-8B. Alcohol Use* by Grade, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey

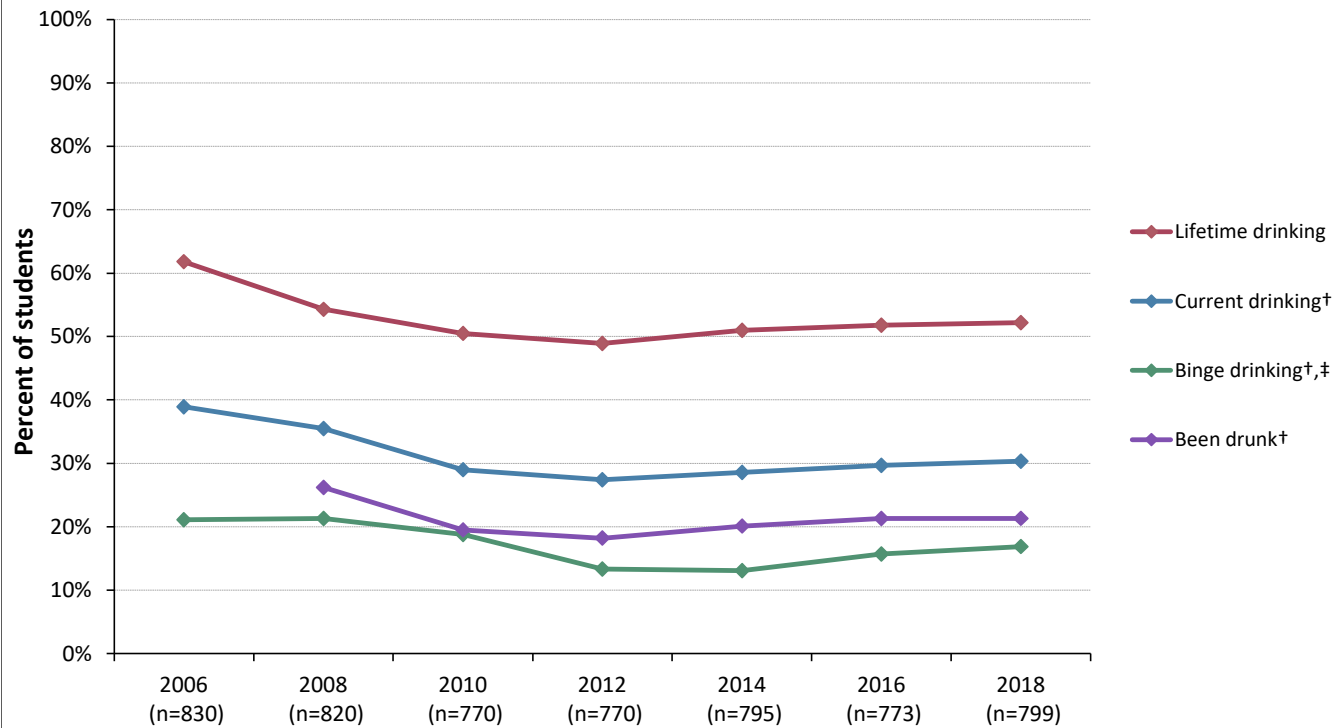


* Does not include drinking a few sips of wine for religious purposes

[†] In the past 30 days

[‡] Consumed 4+ drinks in a row for females, or 5+ drinks in a row for males

Figure 2-8C. Trends in Alcohol Use,* 2006-2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey

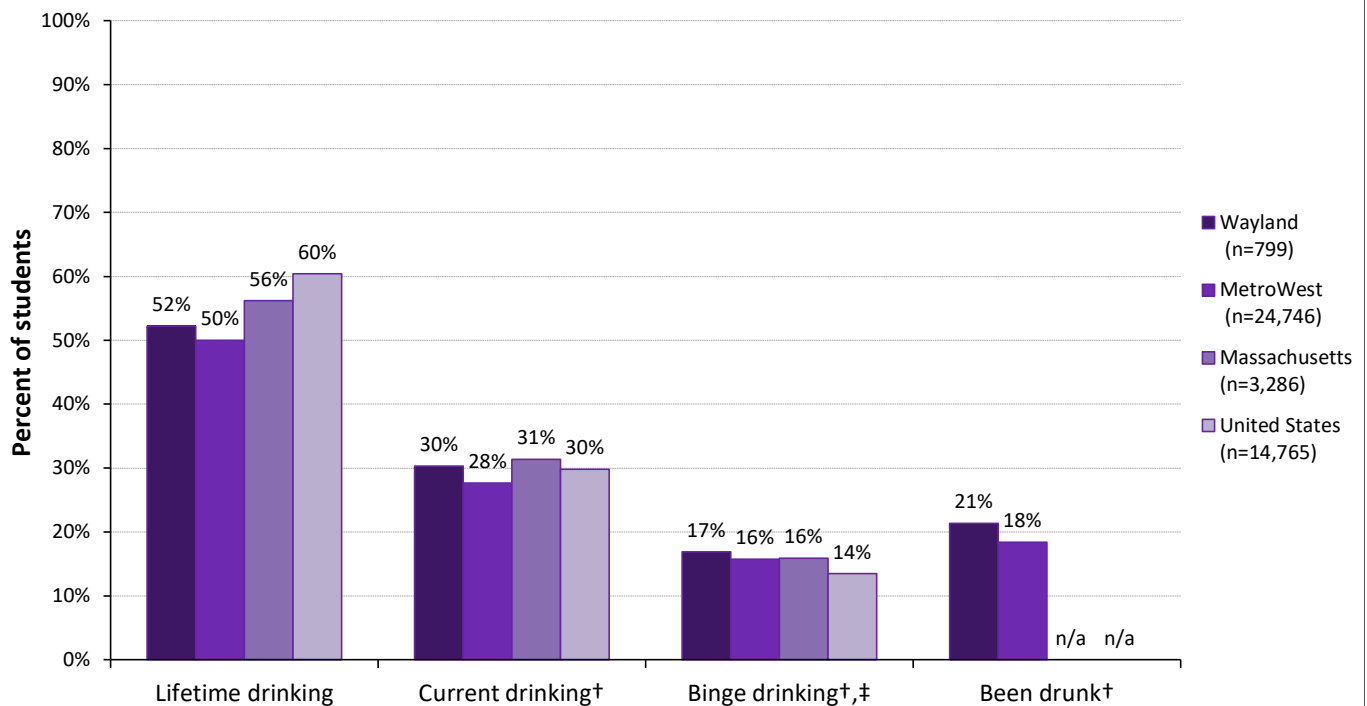


* Does not include drinking a few sips of wine for religious purposes

† In the past 30 days

‡ From 2006 to 2014, binge drinking was defined as 5 or more drinks in a row on one or more occasion for all students. Since 2016, binge drinking has been defined as 4 or more drinks in a row for females and 5 or more.

Figure 2-8D. Alcohol Use* at the District, Regional, State, and National Levels, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey



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

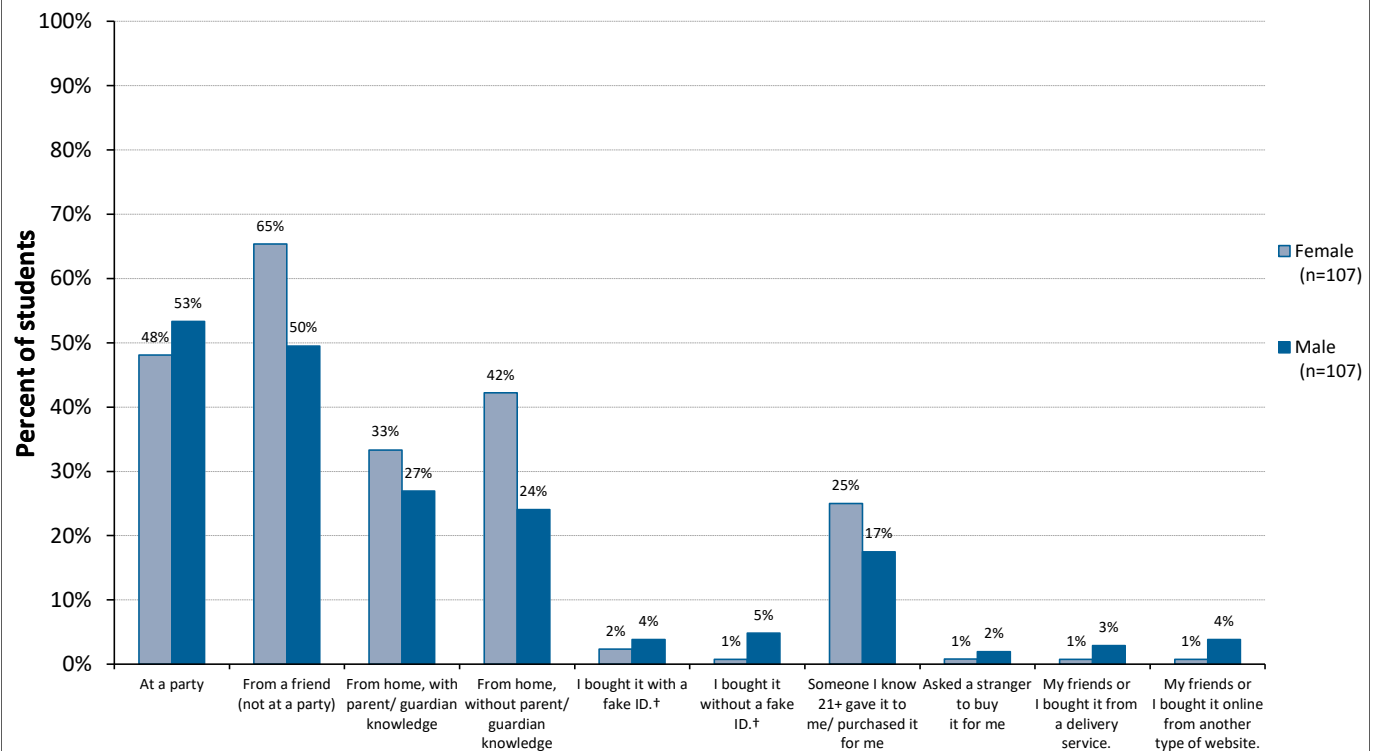
† In the past 30 days

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

Figure 2-9A. Access to Alcohol Among Current Drinkers* by Sex, 2018

Wayland High School (Grades 9-12)

MetroWest Adolescent Health Survey



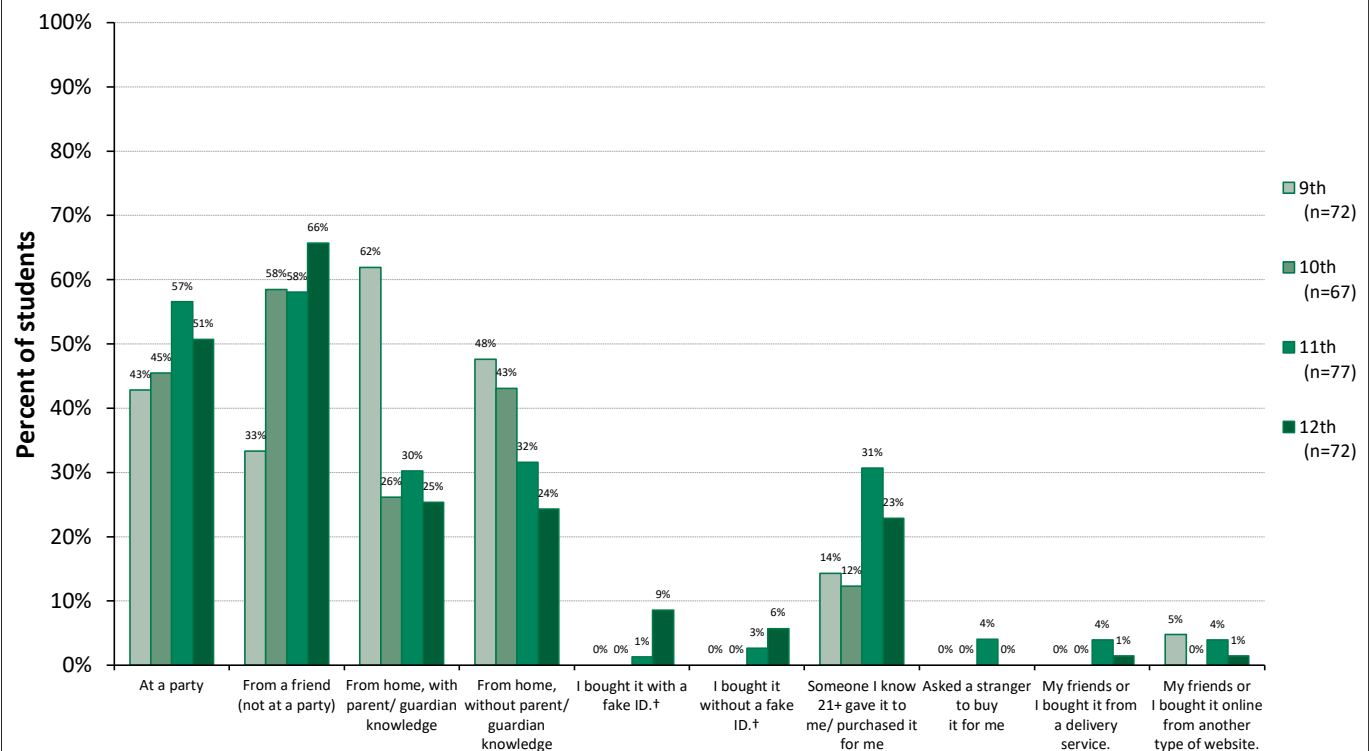
* Among students who drank in the past 30 days

† At a store, tavern, bar, or public event (like a concert or sporting event)

Figure 2-9B. Access to Alcohol Among Current Drinkers* by Grade, 2018

Wayland High School (Grades 9-12)

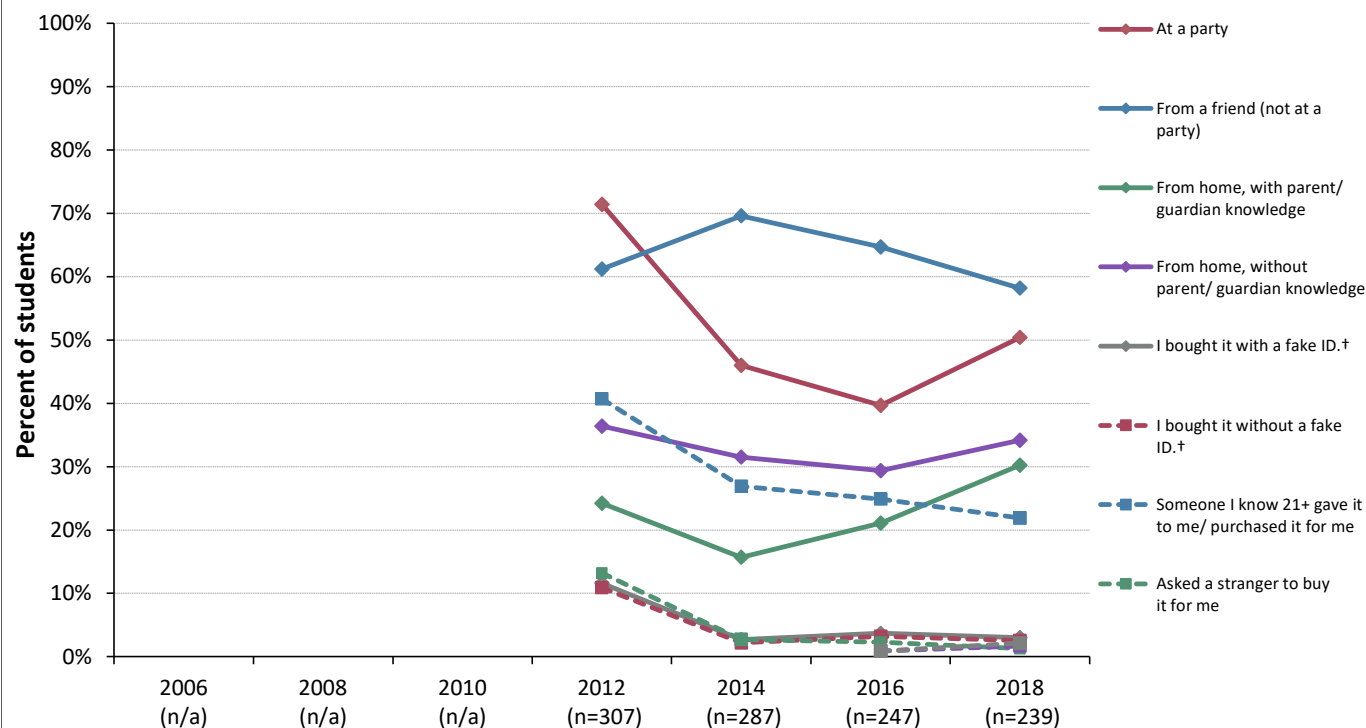
MetroWest Adolescent Health Survey



* Among students who drank in the past 30 days

† At a store, tavern, bar, or public event (like a concert or sporting event)

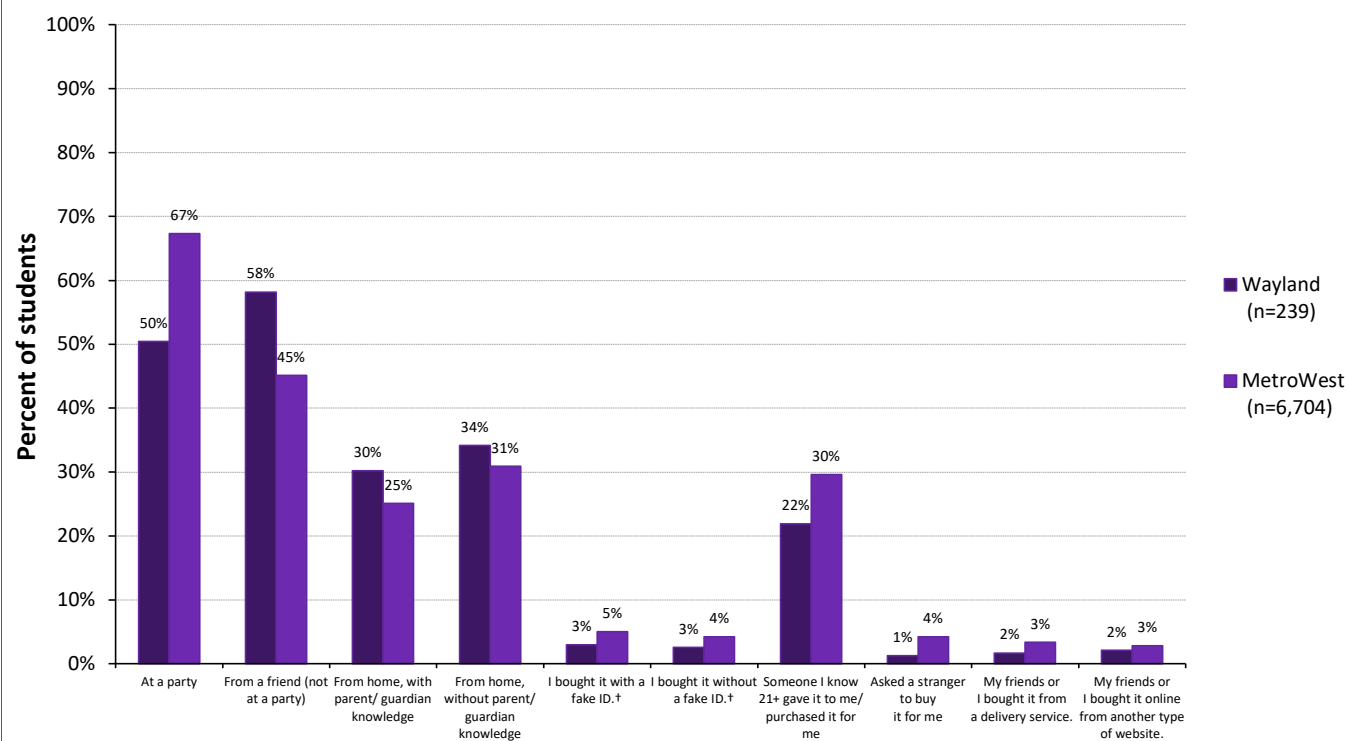
Figure 2-9C. Trends in Access to Alcohol Among Current Drinkers,* 2012-2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey



* Among students who drank in the past 30 days

† At a store, tavern, bar, or public event (like a concert or sporting event)

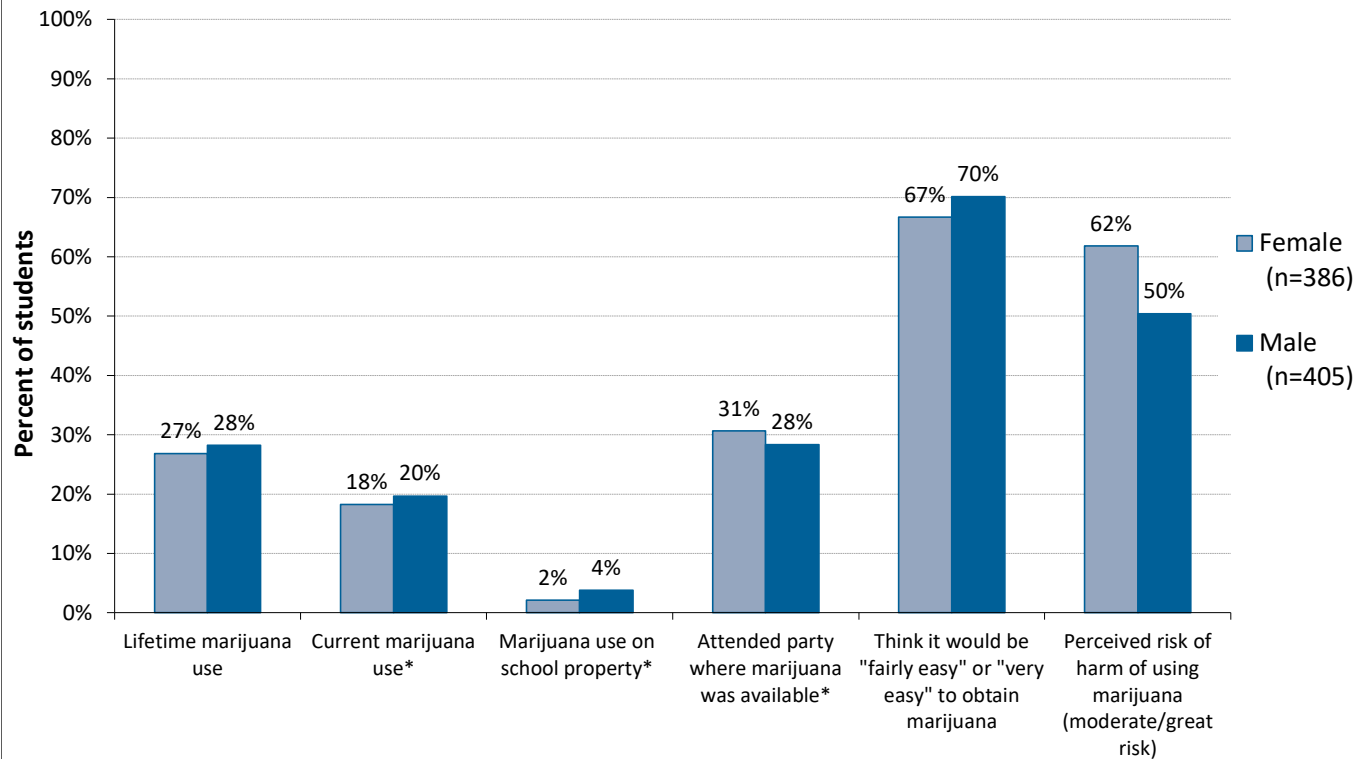
Figure 2-9D. Access to Alcohol Among Current Drinkers* at the District and Regional Levels, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey



* Among students who drank in the past 30 days

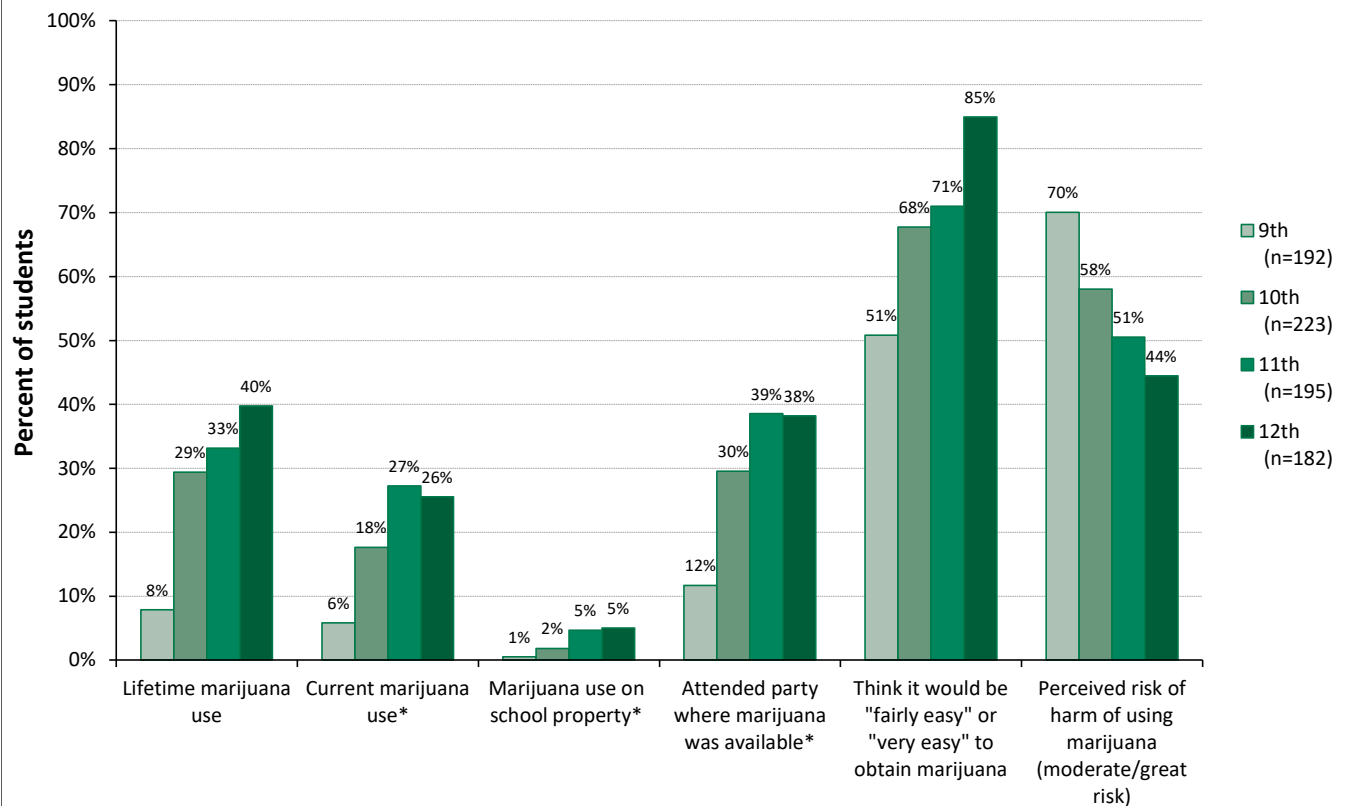
† At a store, tavern, bar, or public event (like a concert or sporting event)

Figure 2-10A. Marijuana Use by Sex, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey



* In the past 30 days

Figure 2-10B. Marijuana Use by Grade, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey

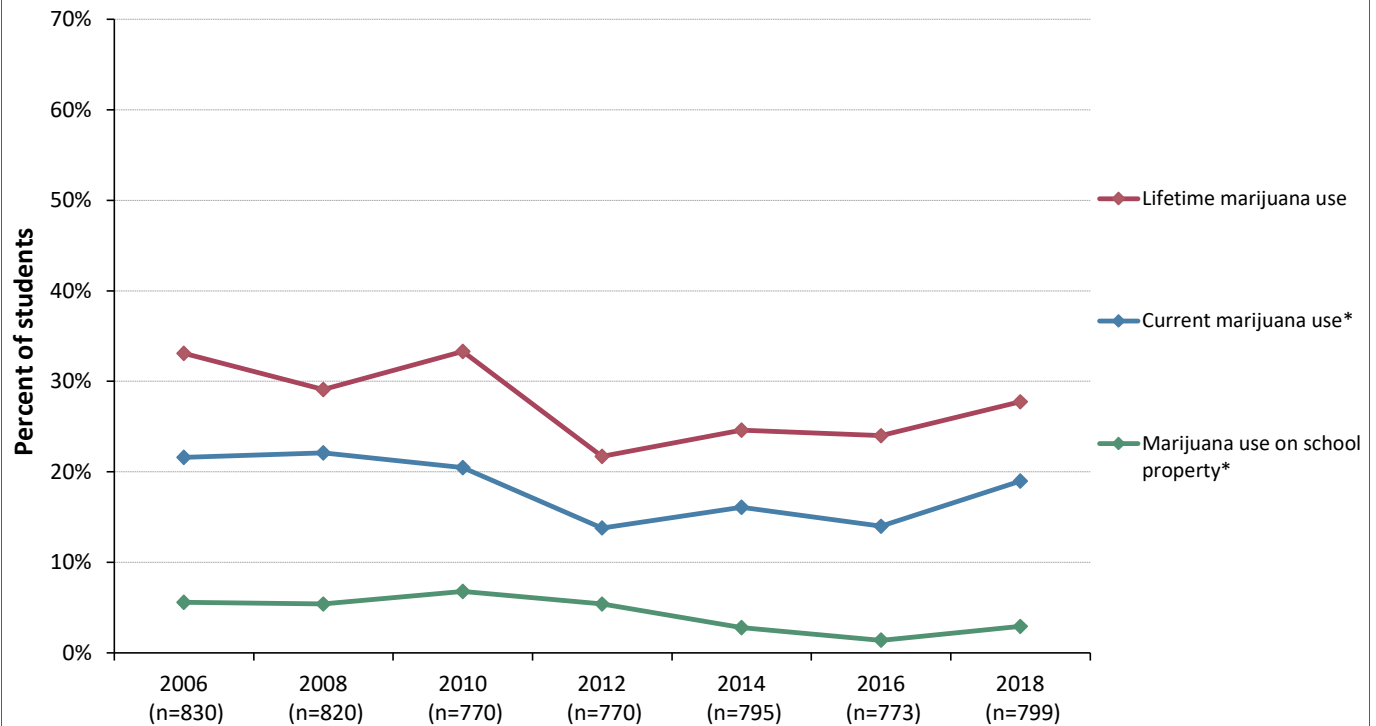


* In the past 30 days

Figure 2-10C. Trends in Marijuana Use, 2006-2018

Wayland High School (Grades 9-12)

MetroWest Adolescent Health Survey

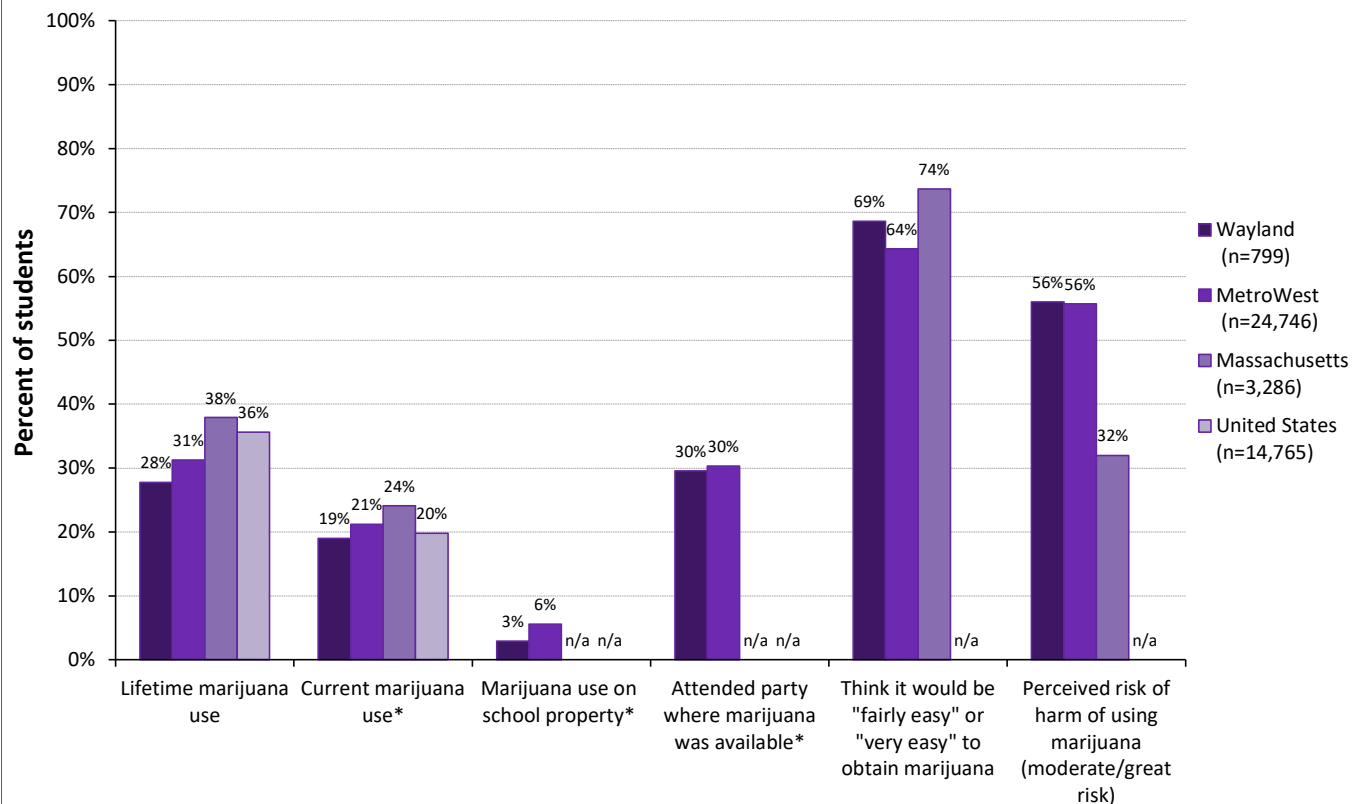


* In the past 30 days

Figure 2-10D. Marijuana Use at the District, Regional, State, and National Levels, 2018

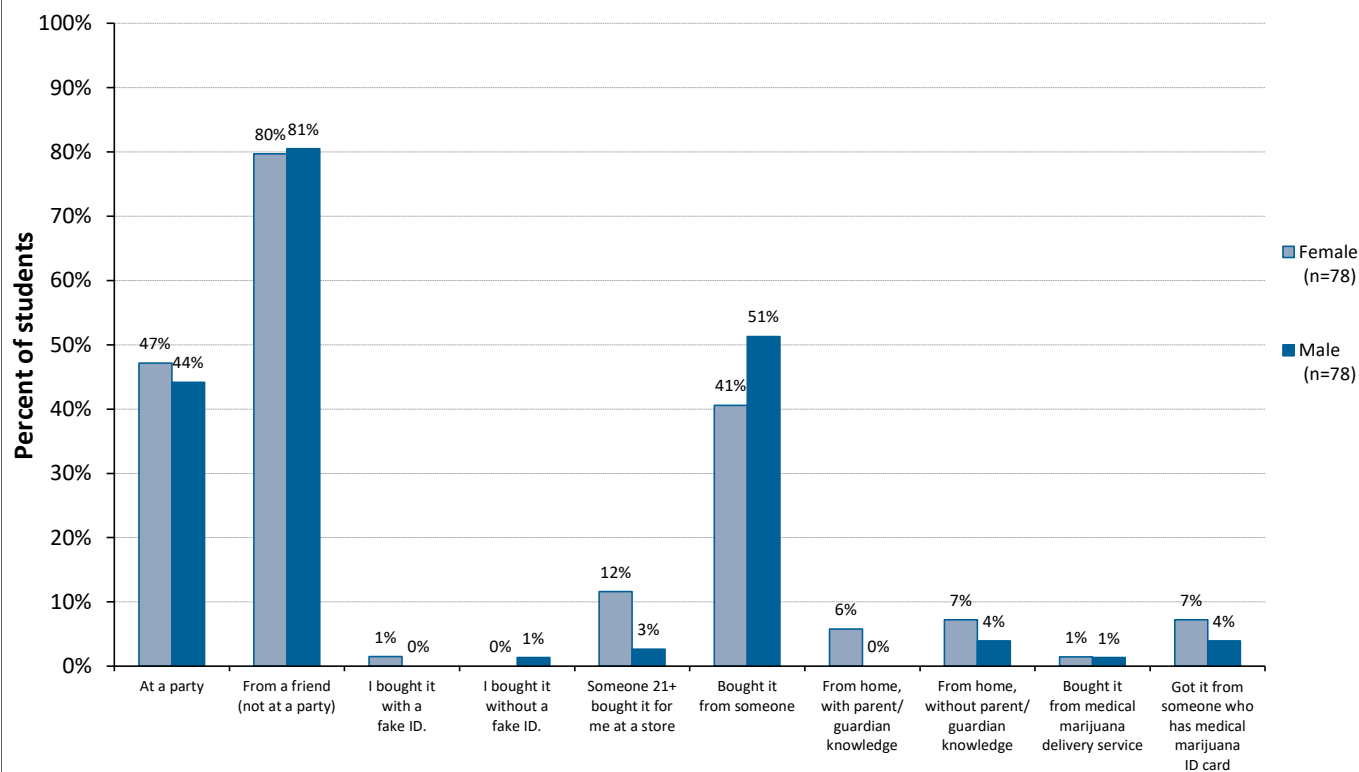
Wayland High School (Grades 9-12)

MetroWest Adolescent Health Survey



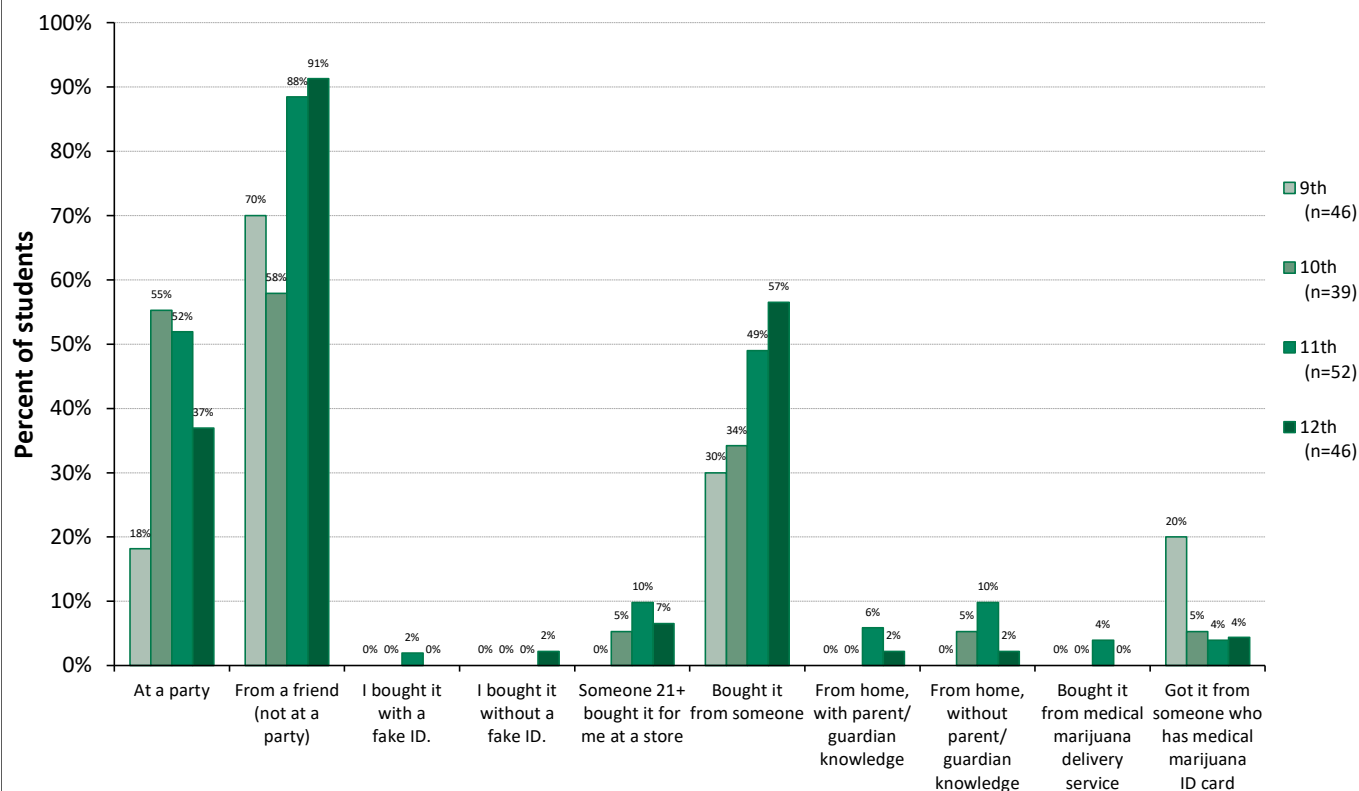
* In the past 30 days

Figure 2-11A. Access to Marijuana Among Current Users* by Sex, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey



* In the past 30 days

Figure 2-11B. Access to Marijuana Among Current Users* by Grade, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey

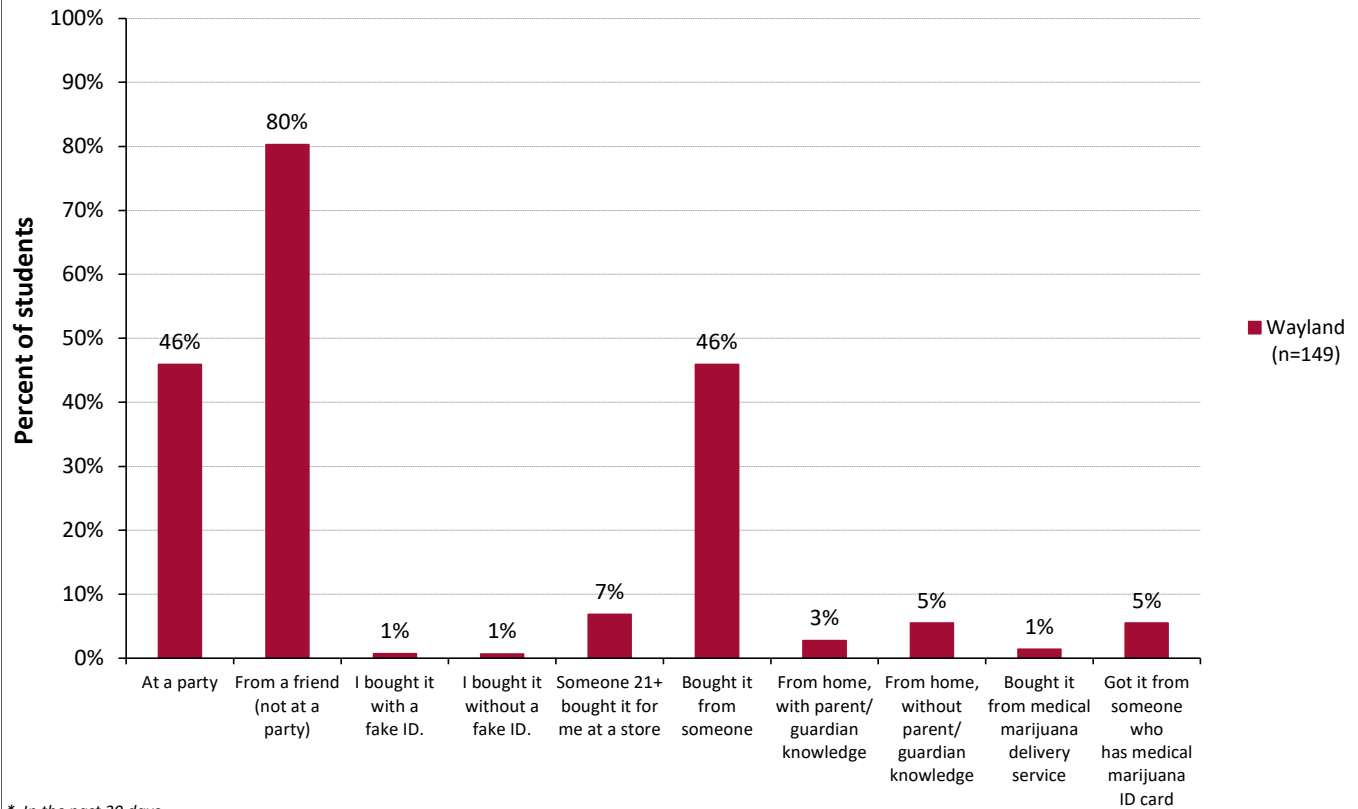


* In the past 30 days

Figure 2-11C. Access to Marijuana Among Current Users,* 2018

Wayland High School (Grades 9-12)

MetroWest Adolescent Health Survey

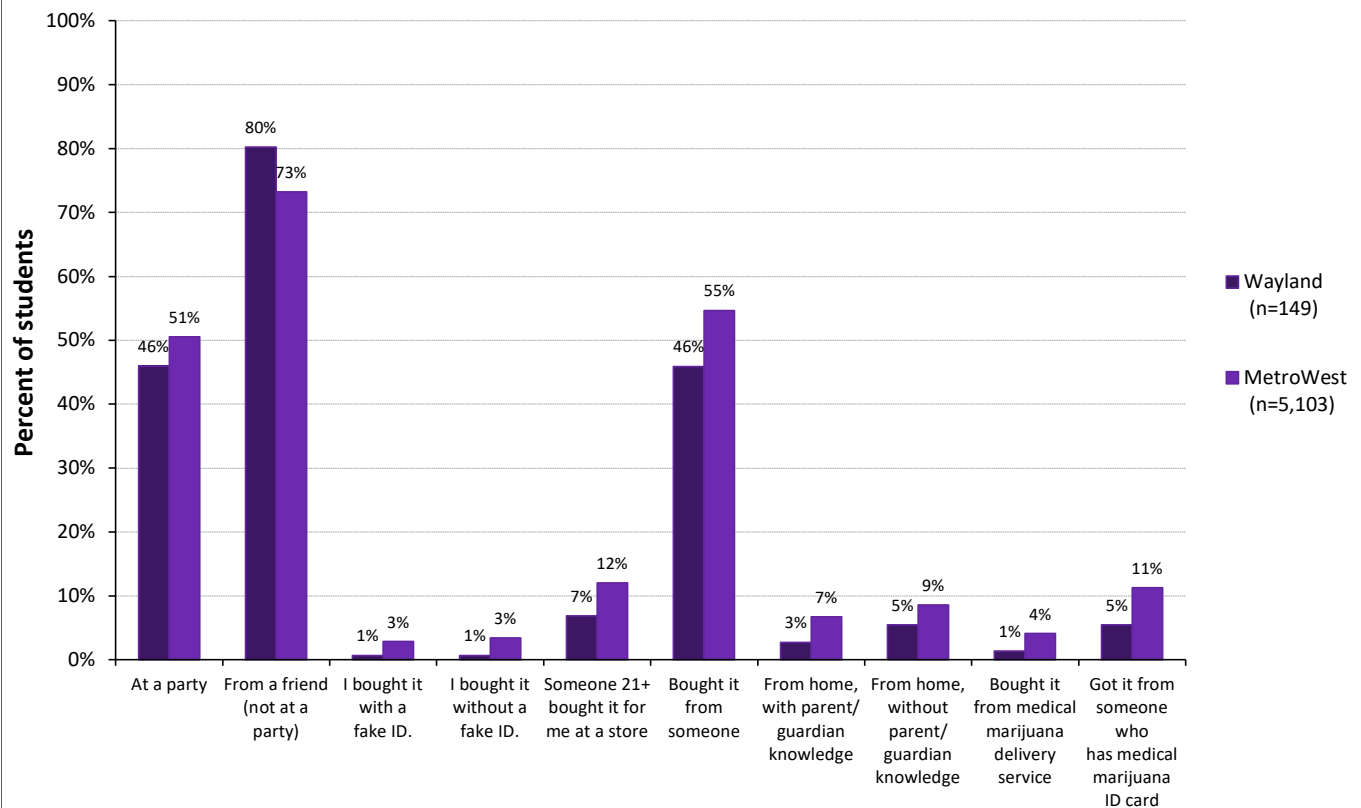


* In the past 30 days

Figure 2-11D. Access to Marijuana Among Current Users* at the District and Regional Levels, 2018

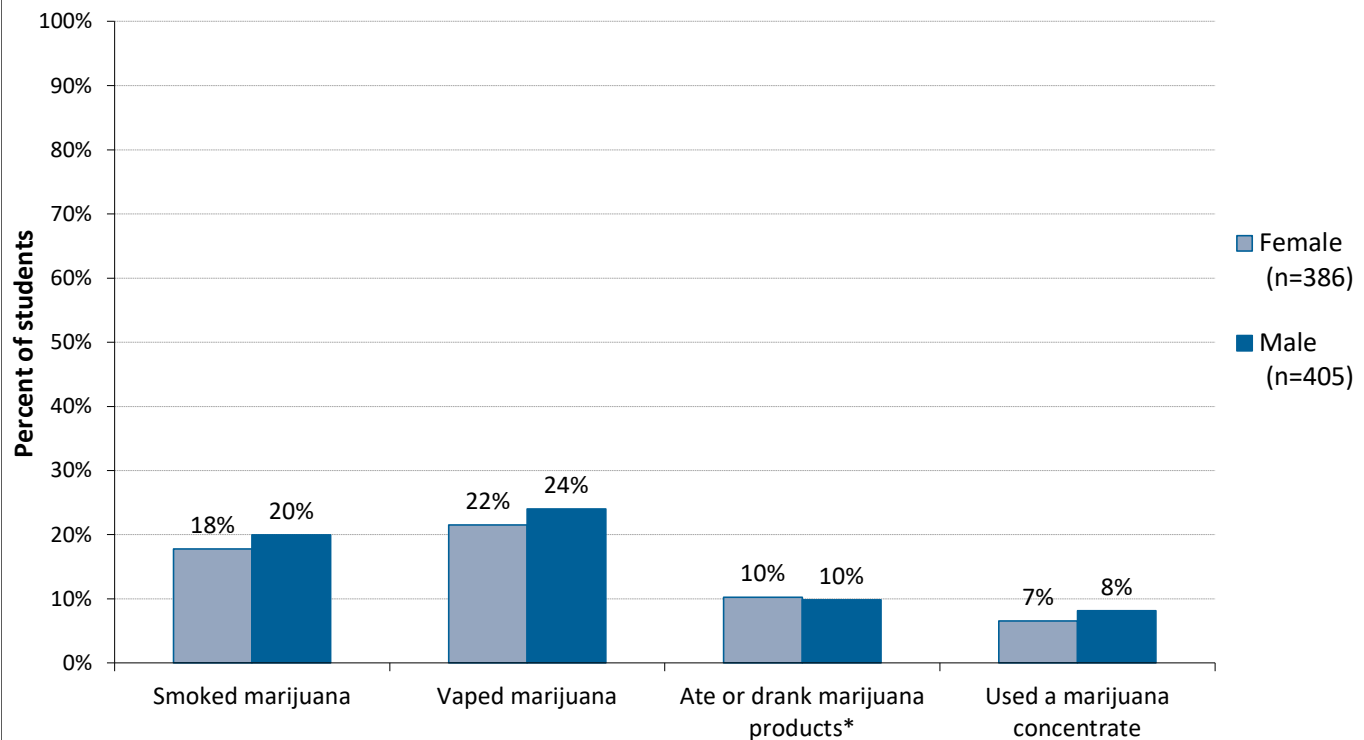
Wayland High School (Grades 9-12)

MetroWest Adolescent Health Survey



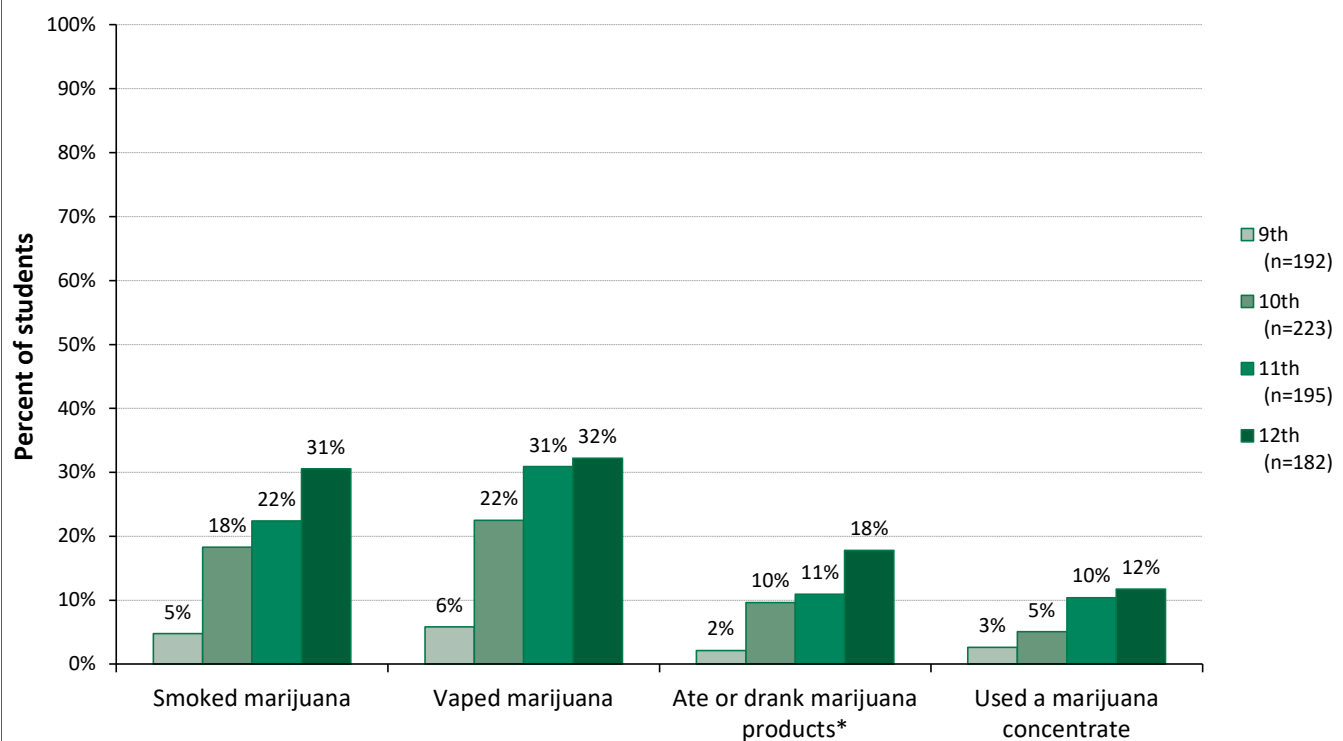
* In the past 30 days

Figure 2-12A. Types of Lifetime Marijuana Use by Sex, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey



* Includes edibles, such as candy, baked goods, snacks, or drinks that contain marijuana

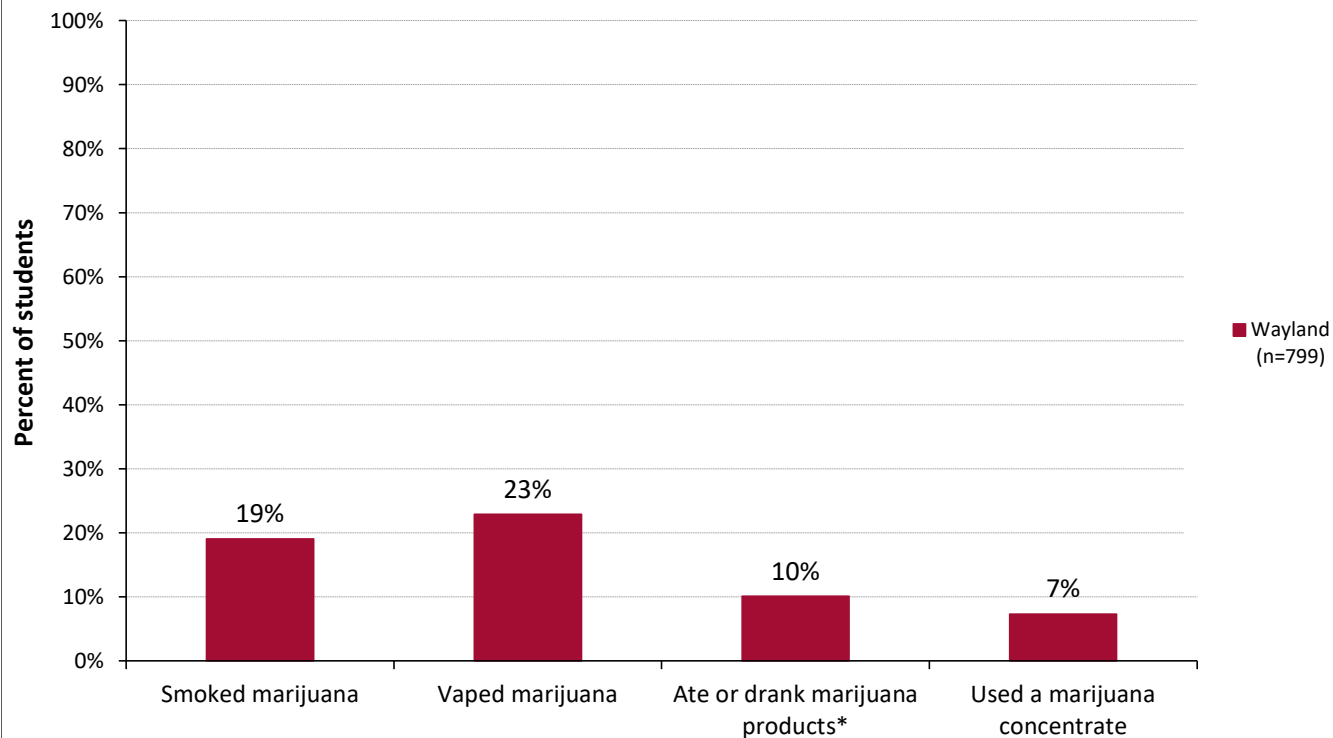
Figure 2-12B. Types of Lifetime Marijuana Use by Grade, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey



* Includes edibles, such as candy, baked goods, snacks, or drinks that contain marijuana

Figure 2-12C. Types of Lifetime Marijuana Use, 2018
Wayland High School (Grades 9-12)

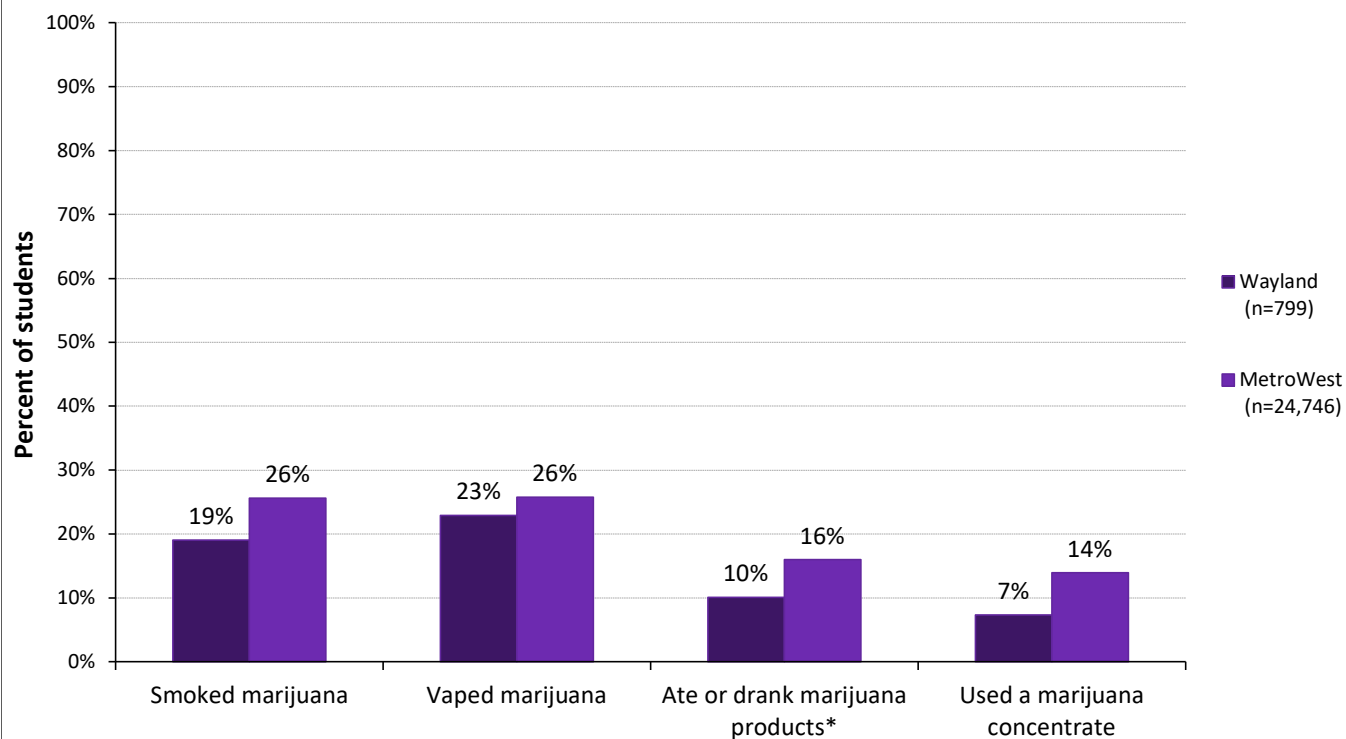
MetroWest Adolescent Health Survey



* Includes edibles, such as candy, baked goods, snacks, or drinks that contain marijuana

Figure 2-12D. Types of Lifetime Marijuana Use at the District and Regional Levels, 2018
Wayland High School (Grades 9-12)

MetroWest Adolescent Health Survey

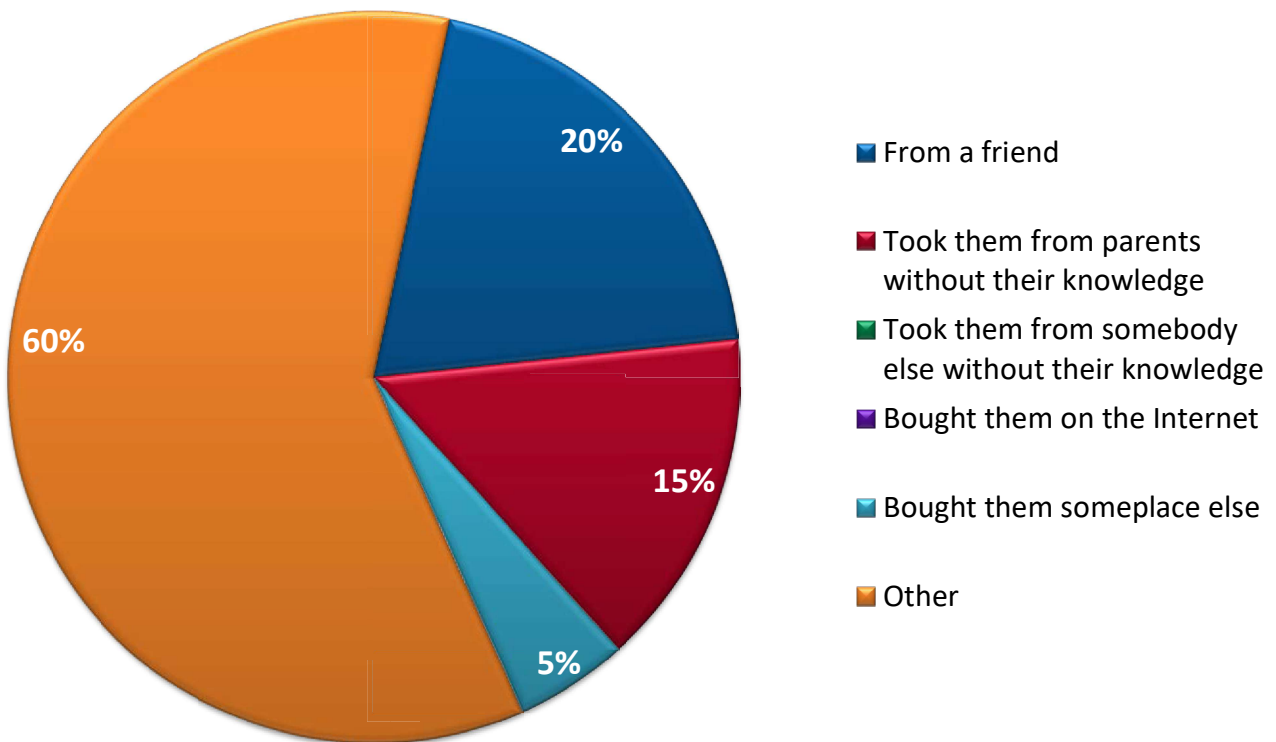


* Includes edibles, such as candy, baked goods, snacks, or drinks that contain marijuana

Figure 2-13. Access to Prescription Pain Medicine,* 2018

Wayland High School (Grades 9-12)

MetroWest Adolescent Health Survey



* Source where student "usually" got prescription pain medicine, among students who misused prescription pain medicine in their lifetime. Prescription pain medicine includes opioids like codeine, Vicodin, OxyContin, Hydrocodone, and Percocet.

Table 2-1A. Lifetime and Current Substance Use by Sex and Grade, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	Total (%)	Sex (%)		Grade (%)			
	(799)	Female (386)	Male (405)	9 th (192)	10 th (223)	11 th (195)	12 th (182)
LIFETIME USE*							
Cigarettes	7.7	7.8	7.7	5.2	5.4	10.3	10.6
Electronic vapor products [†]	35.6	38.6	32.2	18.8	38.2	42.8	41.7
Alcohol [‡]	52.2	52.7	51.4	34.2	52.9	60.0	61.3
Marijuana	27.8	26.8	28.3	7.9	29.4	33.2	39.8
Prescription drugs [§]	3.6	3.6	3.5	3.2	2.3	5.7	3.3
Prescription stimulants [§]	3.4	3.4	3.5	2.1	4.6	3.1	3.9
Methamphetamines	0.5	0.3	0.8	0.0	0.9	1.0	0.0
Ecstasy	0.9	1.0	0.8	0.0	1.4	1.0	1.1
Cocaine**	1.3	1.8	0.5	0.5	0.9	2.1	1.1
Heroin	0.6	0.8	0.5	0.5	0.5	1.6	0.0
CURRENT USE (past 30 days) ^{††}							
Cigarettes	1.0	1.6	0.5	1.6	0.0	1.5	1.1
Electronic vapor products [†]	23.7	27.7	19.0	12.6	28.0	26.4	26.1
Alcohol [‡]	30.3	33.9	26.7	11.1	30.3	39.7	40.0
Marijuana	19.0	18.3	19.6	5.8	17.6	27.2	25.6
Prescription drugs [§]	2.3	2.4	2.3	1.6	4.1	2.1	1.1
CURRENT USE ON SCHOOL PROPERTY (past 30 days) ^{††}							
Electronic vapor products [†]	10.5	10.5	9.8	4.8	9.6	15.0	11.7
Alcohol [‡]	0.5	0.3	0.8	0.0	0.5	0.5	1.1
Marijuana	2.9	2.1	3.8	0.5	1.8	4.7	5.0

* Used one or more times in lifetime

† Includes electronic cigarettes (e-cigarettes) like JUUL, Phix, Vuse, MarkTen, and blu, and other electronic vapor products, like vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods

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

§ Without a doctor's prescription, such as using someone else's prescription or obtaining the medicine illegally

**Includes using powder, crack, or freebase

††Used one or more times in the past 30 days

Table 2-1B. Lifetime and Current Substance Use, 2006 - 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	Wayland (%)						
	2006 (830)	2008 (820)	2010 (770)	2012 (770)	2014 (795)	2016 (773)	2018 (799)
LIFETIME USE*							
Cigarettes	29.2	25.7	17.0	14.3	11.5	9.6	7.7
Electronic vapor products [†]	—	—	—	—	26.6	20.8	35.6
Alcohol [‡]	61.8	54.3	50.5	48.9	51.0	51.8	52.2
Marijuana	33.1	29.1	33.3	21.7	24.6	24.0	27.8
Prescription drugs [§]	11.0	8.8	7.0	6.9	6.5	4.8	3.6
Prescription stimulants [§]	—	—	—	—	—	4.6	3.4
Methamphetamines	5.4	3.9	4.2	4.3	1.3	1.4	0.5
Ecstasy	5.1	5.3	3.8	5.6	2.3	2.9	0.9
Cocaine**	5.9	5.7	3.5	5.3	1.3	2.7	1.3
Heroin	3.7	4.5	3.3	4.8	1.3	1.2	0.6
CURRENT USE (past 30 days)^{††}							
Cigarettes	11.9	9.4	7.9	7.0	2.9	3.3	1.0
Electronic vapor products [†]	—	—	—	—	15.1	9.4	23.7
Alcohol [‡]	38.9	35.5	29.0	27.4	28.6	29.7	30.3
Marijuana	21.6	22.1	20.5	13.8	16.1	14.0	19.0
Prescription drugs [§]	—	5.8	5.0	5.3	3.8	2.0	2.3
CURRENT USE ON SCHOOL PROPERTY (past 30 days)^{††}							
Electronic vapor products [†]	—	—	—	—	—	—	10.5
Alcohol [‡]	6.6	4.0	4.7	4.8	2.2	1.3	0.5
Marijuana	5.6	5.4	6.8	5.4	2.8	1.4	2.9

* Used one or more times in lifetime

† Includes electronic cigarettes (e-cigarettes) like JUUL, Phix, Vuse, MarkTen, and blu, and other electronic vapor products, like vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods

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

§ Without a doctor's prescription, such as using someone else's prescription or obtaining the medicine illegally

**Includes using powder, crack, or freebase

††Used one or more times in the past 30 days

Table 2-1C. Lifetime and Current Substance Use at the District, Regional, State, and National Levels, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	Wayland 2018 MWAHS (799)	MetroWest Region 2018 MWAHS (24,746)	Massachusetts 2017 YRBS (3,286)	United States 2017 YRBS (14,765)
LIFETIME USE*				
Cigarettes	7.7	12.2	19.6	28.9
Electronic vapor products [†]	35.6	41.1	41.1	42.2
Alcohol [‡]	52.2	50.0	56.2	60.4
Marijuana	27.8	31.3	37.9	35.6
Prescription drugs [§]	3.6	4.8	–	–
Prescription stimulants [§]	3.4	3.8	–	–
Methamphetamines	0.5	0.9	1.7	2.5
Ecstasy	0.9	1.6	2.8	4.0
Cocaine**	1.3	1.7	4.1	4.8
Heroin	0.6	0.9	1.4	1.7
CURRENT USE (past 30 days)^{††}				
Cigarettes	1.0	3.2	6.4	8.8
Electronic vapor products [†]	23.7	28.4	20.1	13.2
Alcohol [‡]	30.3	27.7	31.4	29.8
Marijuana	19.0	21.2	24.1	19.8
Prescription drugs [§]	2.3	2.6	–	–
CURRENT USE ON SCHOOL PROPERTY (past 30 days)^{††}				
Electronic vapor products [†]	10.5	12.1	–	–
Alcohol [‡]	0.5	1.5	2.9	–
Marijuana	2.9	5.6	5.0	–

* Used one or more times in lifetime

† Includes electronic cigarettes (e-cigarettes) like JUUL, Phix, Vuse, MarkTen, and blu, and other electronic vapor products, like vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods

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

§ Without a doctor's prescription, such as using someone else's prescription or obtaining the medicine illegally

**Includes using powder, crack, or freebase

††Used one or more times in the past 30 days

Table 2-2A. Tobacco and Electronic Vapor Product Use by Sex and Grade, 2018

Wayland High School (Grades 9-12)

MetroWest Adolescent Health Survey, 2018

	Total (%)	Sex (%)		Grade (%)			
		Female	Male	9 th	10 th	11 th	12 th
	(799)	(386)	(405)	(192)	(223)	(195)	(182)
CIGARETTE SMOKING							
Lifetime cigarette smoking*	7.7	7.8	7.7	5.2	5.4	10.3	10.6
Smoked a whole cigarette before age 13 years	0.4	0.8	0.0	0.0	0.5	0.5	0.6
Current cigarette use (past 30 days)	1.0	1.6	0.5	1.6	0.0	1.5	1.1
Current frequent cigarette use (on 20 or more of the past 30 days)	0.3	0.5	0.0	0.0	0.0	0.5	0.6
Ever smoked cigarettes daily (every day for 30 days)	1.5	1.8	1.3	1.1	1.4	2.1	1.7
ELECTRONIC VAPOR PRODUCT USE[†]							
Lifetime electronic vapor product use	35.6	38.6	32.2	18.8	38.2	42.8	41.7
Used an electronic vapor product before age 13 years	0.6	0.8	0.5	0.0	0.9	1.0	0.6
Current electronic vapor product use (past 30 days)	23.7	27.7	19.0	12.6	28.0	26.4	26.1
Current frequent electronic vapor product use (on 20 or more of the past 30 days)	3.8	3.4	4.0	1.0	2.3	5.7	6.1
Current daily electronic vapor product use (on all 30 of the past 30 days)	1.9	1.6	2.3	1.0	0.9	3.1	2.8
Current electronic vapor product use on school property (past 30 days)	10.5	10.5	9.8	4.8	9.6	15.0	11.7
Perceived risk of harm of using electronic vapor products (moderate/great risk)	67.5	72.5	62.3	75.4	67.0	61.1	65.9
USE OF OTHER TOBACCO PRODUCTS							
Current smokeless tobacco use (past 30 days) [‡]	1.6	0.8	2.5	0.0	1.4	2.6	2.8
Current cigar use (past 30 days) [§]	1.8	0.8	2.8	1.6	0.5	4.1	1.1
Used cigarettes, cigars, and/or smokeless tobacco (past 30 days)	3.5	2.6	4.5	2.6	1.4	5.6	5.0
Used cigarettes, cigars, smokeless tobacco, and/or electronic vapor products (past 30 days)	24.0	28.0	19.5	13.0	27.6	26.7	27.2

* Ever tried cigarette smoking, even one or two puffs

† Includes electronic cigarettes (e-cigarettes) like JUUL, Phix, Vuse, MarkTen, and blu, and other electronic vapor products, like vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods

‡ Used chewing tobacco, snuff, or dip

§ Smoked cigars, cigarillos, or little cigars

Table 2-2B. Tobacco and Electronic Vapor Product Use, 2006 - 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	Wayland (%)						
	2006 (830)	2008 (820)	2010 (770)	2012 (770)	2014 (795)	2016 (773)	2018 (799)
CIGARETTE SMOKING							
Lifetime cigarette smoking*	29.2	25.7	17.0	14.3	11.5	9.6	7.7
Smoked a whole cigarette before age 13 years	5.2	5.4	5.4	4.6	1.6	1.3	0.4
Current cigarette use (past 30 days)	11.9	9.4	7.9	7.0	2.9	3.3	1.0
Current frequent cigarette use (on 20 or more of the past 30 days)	4.6	3.4	2.0	3.3	0.5	0.8	0.3
Ever smoked cigarettes daily (every day for 30 days)	8.3	6.8	5.9	9.3	5.1	3.8	1.5
ELECTRONIC VAPOR PRODUCT USE[†]							
Lifetime electronic vapor product use	—	—	—	—	26.6	20.8	35.6
Used an electronic vapor product before age 13 years	—	—	—	—	—	—	0.6
Current electronic vapor product use (past 30 days)	—	—	—	—	15.1	9.4	23.7
Current frequent electronic vapor product use (on 20 or more of the past 30 days)	—	—	—	—	1.8	1.2	3.8
Current daily electronic vapor product use (on all 30 of the past 30 days)	—	—	—	—	1.1	1.2	1.9
Current electronic vapor product use on school property (past 30 days)	—	—	—	—	—	—	10.5
Perceived risk of harm of using electronic vapor products (moderate/great risk)	—	—	—	—	42.3	51.4	67.5
USE OF OTHER TOBACCO PRODUCTS							
Current smokeless tobacco use (past 30 days) [‡]	4.5	5.1	5.4	4.5	4.2	3.8	1.6
Current cigar use (past 30 days) [§]	12.9	13.7	13.4	9.5	5.7	4.8	1.8
Used cigarettes, cigars, and/or smokeless tobacco (past 30 days)	18.4	18.2	16.5	12.4	8.4	7.8	3.5
Used cigarettes, cigars, smokeless tobacco, and/or electronic vapor products (past 30 days)	—	—	—	—	—	—	24.0

* Ever tried cigarette smoking, even one or two puffs

† Includes electronic cigarettes (e-cigarettes) like JUUL, Phix, Vuse, MarkTen, and blu, and other electronic vapor products, like vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods

‡ Used chewing tobacco, snuff, or dip

§ Smoked cigars, cigarillos, or little cigars

Table 2-2C. Tobacco and Electronic Vapor Product Use at the District, Regional, State, and National Levels, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	Wayland 2018 MWAHS	MetroWest Region 2018 MWAHS	Massachusetts 2017 YRBS	United States 2017 YRBS
	(799)	(24,746)	(3,286)	(14,765)
CIGARETTE SMOKING				
Lifetime cigarette smoking*	7.7	12.2	19.6	28.9
Smoked a whole cigarette before age 13 years	0.4	1.9	–	–
Current cigarette use (past 30 days)	1.0	3.2	6.4	8.8
Current frequent cigarette use (on 20 or more of the past 30 days)	0.3	0.8	1.0	2.6
Ever smoked cigarettes daily (every day for 30 days)	1.5	2.5	0.8	2.0
ELECTRONIC VAPOR PRODUCT USE[†]				
Lifetime electronic vapor product use	35.6	41.1	41.1	42.2
Used an electronic vapor product before age 13 years	0.6	2.4	–	–
Current electronic vapor product use (past 30 days)	23.7	28.4	20.1	13.2
Current frequent electronic vapor product use (on 20 or more of the past 30 days)	3.8	7.8	3.3	3.3
Current daily electronic vapor product use (on all 30 of the past 30 days)	1.9	5.0	2.1	2.4
Current electronic vapor product use on school property (past 30 days)	10.5	12.1	–	–
Perceived risk of harm of using electronic vapor products (moderate/great risk)	67.5	67.2	–	–
USE OF OTHER TOBACCO PRODUCTS				
Current smokeless tobacco use (past 30 days) [‡]	1.6	2.5	4.8	5.5
Current cigar use (past 30 days) [§]	1.8	3.5	6.7	8.0
Used cigarettes, cigars, and/or smokeless tobacco (past 30 days)	3.5	6.0	11.4	14.0
Used cigarettes, cigars, smokeless tobacco, and/or electronic vapor products (past 30 days)	24.0	29.0	24.6	19.5

* Ever tried cigarette smoking, even one or two puffs

† Includes electronic cigarettes (e-cigarettes) like JUUL, Phix, Vuse, MarkTen, and blu, and other electronic vapor products, like vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods

‡ Used chewing tobacco, snuff, or dip

§ Smoked cigars, cigarillos, or little cigars

Table 2-3A. Alcohol Use* by Sex and Grade, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	Total (%)	Sex (%)		Grade (%)			
		Female	Male	9 th	10 th	11 th	12 th
	(799)	(386)	(405)	(192)	(223)	(195)	(182)
ALCOHOL USE*							
Lifetime alcohol use	52.2	52.7	51.4	34.2	52.9	60.0	61.3
Had first drink of alcohol before age 13 years	7.1	6.5	7.5	16.2	6.7	3.1	2.2
Current alcohol use (past 30 days)	30.3	33.9	26.7	11.1	30.3	39.7	40.0
Current alcohol use on school property (past 30 days)	0.5	0.3	0.8	0.0	0.5	0.5	1.1
Binge drinking (past 30 days) [†]	16.9	21.1	12.5	2.1	16.7	22.3	26.3
Was “drunk” from consuming alcohol (past 30 days)	21.3	25.8	16.8	4.7	20.8	28.5	31.1
Drank alcohol by yourself (past 30 days)	5.0	5.0	5.1	4.8	5.5	4.2	5.6
Drinking interfered with responsibilities (past 12 months)	2.9	4.2	1.8	1.1	1.8	3.1	6.1
Used marijuana and alcohol during the same time period (past 30 days) [‡]	8.4	7.8	9.1	1.1	5.9	14.1	13.3
DRINKING AND DRIVING (past 30 days)							
Rode in a car driven by someone who had been drinking	10.4	10.7	10.1	12.0	7.7	9.2	13.2
Rode in a car driven by a high school student who had been drinking	3.8	4.2	3.5	2.7	1.8	3.6	7.8
Drove a car when you had been drinking [§]	1.6	0.7	2.5	–	–	0.6	2.6

* 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

‡ Within a couple of hours

§ Among 11th and 12th grade drivers only

Table 2-3B. Alcohol Use*, 2006 - 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	Wayland (%)						
	2006 (830)	2008 (820)	2010 (770)	2012 (770)	2014 (795)	2016 (773)	2018 (799)
ALCOHOL USE							
Lifetime alcohol use*	61.8	54.3	50.5	48.9	51.0	51.8	52.2
Had first drink of alcohol before age 13 years	16.9	12.9	14.2	9.4	7.3	8.9	7.1
Current alcohol use (past 30 days)	38.9	35.5	29.0	27.4	28.6	29.7	30.3
Current alcohol use on school property (past 30 days)	6.6	4.0	4.7	4.8	2.2	1.3	0.5
Binge drinking (past 30 days) [†]	21.1	21.3	18.8	13.3	13.1	15.7	16.9
Was “drunk” from consuming alcohol (past 30 days)	–	26.2	19.5	18.2	20.1	21.3	21.3
Drank alcohol by yourself (past 30 days)	–	–	7.2	7.0	3.8	5.0	5.0
Drinking interfered with responsibilities (past 12 months)	6.7	3.4	4.9	5.7	2.3	3.4	2.9
Used marijuana and alcohol during the same time period (past 30 days) [‡]	–	–	–	8.8	7.5	6.6	8.4
DRINKING AND DRIVING (past 30 days)							
Rode in a car driven by someone who had been drinking	25.9	24.9	21.7	14.6	10.3	8.0	10.4
Rode in a car driven by a high school student who had been drinking	–	–	–	8.4	4.6	2.9	3.8
Drove a car when you had been drinking [§]	21.1	14.9	9.5	6.1	3.5	4.0	1.6

* 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 occasion for all students. Since 2016, binge drinking has been defined as 4 or more drinks in a row for females and 5 or more drinks in a row for males.

‡ Within a couple of hours

§ Among 11th and 12th grade drivers only

Table 2-3C. Alcohol Use* at the District, Regional, State, and National Levels, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	Wayland 2018 MWAHS	MetroWest Region 2018 MWAHS	Massachusetts 2017 YRBS	United States 2017 YRBS
	(799)	(24,746)	(3,286)	(14,765)
ALCOHOL USE				
Lifetime alcohol use*	52.2	50.0	56.2	60.4
Had first drink of alcohol before age 13 years	7.1	8.1	–	15.5
Current alcohol use (past 30 days)	30.3	27.7	31.4	29.8
Current alcohol use on school property (past 30 days)	0.5	1.5	2.9	–
Binge drinking (past 30 days) [†]	16.9	15.8	15.9	13.5
Was “drunk” from consuming alcohol (past 30 days)	21.3	18.4	–	–
Drank alcohol by yourself (past 30 days)	5.0	5.5	–	–
Drinking interfered with responsibilities (past 12 months)	2.9	3.3	–	–
Used marijuana and alcohol during the same time period (past 30 days) [‡]	8.4	10.8	–	–
DRINKING AND DRIVING (past 30 days)				
Rode in a car driven by someone who had been drinking	10.4	13.5	14.4	16.5
Rode in a car driven by a high school student who had been drinking	3.8	5.1	–	–
Drove a car when you had been drinking [§]	1.6	3.9	5.7	5.5

* 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

‡ Within a couple of hours

§ MWAHS data is among the 11th and 12th grade youth who drove in the past 30 days. Data for the state and country is among students who had driven a car or other vehicle during the past 30 days.

Table 2-4A. Marijuana Use by Sex and Grade, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	Total (%)	Sex (%)		Grade (%)			
	(799)	Female (386)	Male (405)	9 th (192)	10 th (223)	11 th (195)	12 th (182)
MARIJUANA USE							
Lifetime marijuana use	27.8	26.8	28.3	7.9	29.4	33.2	39.8
Tried marijuana before age 13 years	0.3	0.5	0.0	0.0	0.5	0.0	0.6
Current marijuana use (past 30 days)	19.0	18.3	19.6	5.8	17.6	27.2	25.6
Current marijuana use on school property (past 30 days)	2.9	2.1	3.8	0.5	1.8	4.7	5.0
Went to a party/hung out where marijuana was available (past 30 days)	29.6	30.6	28.4	11.7	29.5	38.5	38.2
Offered/sold/given marijuana on school property (past 12 months)	11.0	9.9	12.1	5.9	11.0	14.5	12.8
Used marijuana and alcohol during the same time period (past 30 days)*	8.4	7.8	9.1	1.1	5.9	14.1	13.3
Think it would be "fairly easy" or "very easy" to obtain marijuana	68.6	66.7	70.1	50.8	67.7	71.0	84.9
Perceived risk of harm of using marijuana (moderate/great risk)	56.0	61.8	50.4	70.1	58.0	50.5	44.4
MARIJUANA USE AND DRIVING							
Rode in a car driven by a high school student who had been using marijuana (past 30 days)	11.2	9.4	12.8	7.4	6.3	12.9	18.9
Drove a car when you had been using marijuana (past 30 days) [†]	7.8	5.4	10.0	—	—	7.1	8.4
Think riding in a car driven by a high school student who had been using marijuana is "very dangerous"	58.6	60.7	57.2	62.0	61.4	58.8	52.5
TYPES OF MARIJUANA USE (lifetime)							
Smoked marijuana (like in a joint or blunt)	19.0	17.8	19.9	4.8	18.3	22.4	30.6
Used marijuana in an electronic vaping device	22.9	21.5	24.0	5.8	22.5	30.9	32.2
Ate or drank products made with marijuana [‡]	10.1	10.2	9.8	2.1	9.6	10.9	17.8
Used a marijuana concentrate or other high potency product (such as hash oil, dabs, wax, or shatter)	7.3	6.5	8.1	2.6	5.0	10.4	11.7

* Within a couple of hours

† Among 11th and 12th grade drivers only

‡ Includes edibles, such as candy, baked goods, snacks, or drinks that contain marijuana

Table 2-4B. Marijuana Use, 2006 - 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	Wayland (%)						
	2006 (830)	2008 (820)	2010 (770)	2012 (770)	2014 (795)	2016 (773)	2018 (799)
MARIJUANA USE							
Lifetime marijuana use	33.1	29.1	33.3	21.7	24.6	24.0	27.8
Tried marijuana before age 13 years	5.9	5.4	5.2	4.2	1.5	1.2	0.3
Current marijuana use (past 30 days)	21.6	22.1	20.5	13.8	16.1	14.0	19.0
Current marijuana use on school property (past 30 days)	5.6	5.4	6.8	5.4	2.8	1.4	2.9
Went to a party/hung out where marijuana was available (past 30 days)	—	—	29.7	18.5	28.8	20.8	29.6
Offered/sold/given marijuana on school property (past 12 months)	—	—	—	14.2	16.4	8.6	11.0
Used marijuana and alcohol during the same time period (past 30 days)*	—	—	—	8.8	7.5	6.6	8.4
Think it would be "fairly easy" or "very easy" to obtain marijuana	—	—	—	—	—	63.3	68.6
Perceived risk of harm of using marijuana (moderate/great risk)	—	—	—	—	—	—	56.0
MARIJUANA USE AND DRIVING							
Rode in a car driven by a high school student who had been using marijuana (past 30 days)	—	—	—	12.6	15.1	11.9	11.2
Drove a car when you had been using marijuana (past 30 days) [†]	—	—	—	10.9	11.5	12.3	7.8
Think riding in a car driven by a high school student who had been using marijuana is "very dangerous"	—	—	—	57.1	52.1	56.9	58.6
TYPES OF MARIJUANA USE (lifetime)							
Smoked marijuana (like in a joint or blunt)	—	—	—	—	—	—	19.0
Used marijuana in an electronic vaping device	—	—	—	—	—	—	22.9
Ate or drank products made with marijuana [‡]	—	—	—	—	—	—	10.1
Used a marijuana concentrate or other high potency product (such as hash oil, dabs, wax, or shatter)	—	—	—	—	—	—	7.3

* Within a couple of hours

† Among 11th and 12th grade drivers only

‡ Includes edibles, such as candy, baked goods, snacks, or drinks that contain marijuana

Table 2-4C. Marijuana Use at the District, Regional, State, and National Levels, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	Wayland 2018 MWAHS	MetroWest Region 2018 MWAHS	Massachusetts 2017 YRBS	United States 2017 YRBS
	(799)	(24,746)	(3,286)	(14,765)
MARIJUANA USE				
Lifetime marijuana use	27.8	31.3	37.9	35.6
Tried marijuana before age 13 years	0.3	2.1	4.4	6.8
Current marijuana use (past 30 days)	19.0	21.2	24.1	19.8
Current marijuana use on school property (past 30 days)	2.9	5.6	—	—
Went to a party/hung out where marijuana was available (past 30 days)	29.6	30.3	—	—
Offered/sold/given marijuana on school property (past 12 months)	11.0	13.1	—	—
Used marijuana and alcohol during the same time period (past 30 days)*	8.4	10.8	5.0	—
Think it would be "fairly easy" or "very easy" to obtain marijuana	68.6	64.3	73.7 [§]	—
Perceived risk of harm of using marijuana (moderate/great risk)	56.0	55.7	32.0 [§]	—
MARIJUANA USE AND DRIVING				
Rode in a car driven by a high school student who had been using marijuana (past 30 days)	11.2	14.1	—	—
Drove a car when you had been using marijuana (past 30 days) [†]	7.8	13.6	—	13.0
Think riding in a car driven by a high school student who had been using marijuana is "very dangerous"	58.6	57.6	—	—
TYPES OF MARIJUANA USE (lifetime)				
Smoked marijuana (like in a joint or blunt)	19.0	25.6	—	—
Used marijuana in an electronic vaping device	22.9	25.8	—	—
Ate or drank products made with marijuana [‡]	10.1	16.0	—	—
Used a marijuana concentrate or other high potency product (such as hash oil, dabs, wax, or shatter)	7.3	13.9	—	—

* Within a couple of hours

† Among 11th and 12th grade drivers only

‡ Includes edibles, such as candy, baked goods, snacks, or drinks that contain marijuana

§ Data is from the Massachusetts Youth Health Survey 2017

Table 2-5A. Prescription Drug Misuse and Other Substance Use by Sex and Grade, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	Total (%)	Sex (%)		Grade (%)			
		Female	Male	9 th	10 th	11 th	12 th
	(799)	(386)	(405)	(192)	(223)	(195)	(182)
OVERALL MISUSE OF PRESCRIPTION DRUGS*							
Lifetime prescription drug misuse	3.6	3.6	3.5	3.2	2.3	5.7	3.3
Current prescription drug misuse (past 30 days)	2.3	2.4	2.3	1.6	4.1	2.1	1.1
MISUSE OF PRESCRIPTION PAIN MEDICINE AND STIMULANTS							
Current prescription pain medicine misuse (past 30 days) [†]	1.1	1.0	1.3	1.6	1.4	0.5	1.1
Prescribed prescription pain medicine by a healthcare provider (past 12 months) [†]	19.0	22.8	15.4	20.6	20.1	18.1	16.9
Offered/sold/given prescription pain medicine on school property (past 12 months) [†]	1.1	1.0	1.3	1.6	1.4	0.5	1.1
Lifetime stimulant misuse*	3.4	3.4	3.5	2.1	4.6	3.1	3.9
OTHER SUBSTANCE USE							
Lifetime methamphetamine use	0.5	0.3	0.8	0.0	0.9	1.0	0.0
Lifetime ecstasy use	0.9	1.0	0.8	0.0	1.4	1.0	1.1
Lifetime cocaine use [‡]	1.3	1.8	0.5	0.5	0.9	2.1	1.1
Lifetime heroin use	0.6	0.8	0.5	0.5	0.5	1.6	0.0

* Without a doctor's prescription, such as using someone else's prescription or obtaining the medicine illegally

† Without a doctor's prescription, such as using someone else's prescription or obtaining the medicine illegally. Prescription pain medicine includes opioids like codeine, Vicodin, OxyContin, Hydrocodone, and Percocet

‡ Includes using powder, crack, or freebase

Table 2-5B. Prescription Drug Misuse and Other Substance Use, 2006 - 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	Wayland (%)						
	2006 (830)	2008 (820)	2010 (770)	2012 (770)	2014 (795)	2016 (773)	2018 (799)
OVERALL MISUSE OF PRESCRIPTION DRUGS*							
Lifetime prescription drug misuse	11.0	8.8	7.0	6.9	6.5	4.8	3.6
Current prescription drug misuse (past 30 days)	–	5.8	5.0	5.3	3.8	2.0	2.3
MISUSE OF PRESCRIPTION PAIN MEDICINE AND STIMULANTS							
Current prescription pain medicine misuse (past 30 days) [†]	–	–	–	–	–	–	1.1
Prescribed prescription pain medicine by a healthcare provider (past 12 months) [†]	–	–	–	–	–	–	19.0
Offered/sold/given prescription pain medicine on school property (past 12 months) [†]	–	–	–	6.7	5.7	4.9	1.1
Lifetime stimulant misuse*	–	–	–	–	–	4.6	3.4
OTHER SUBSTANCE USE							
Lifetime methamphetamine use	5.4	3.9	4.2	4.3	1.3	1.4	0.5
Lifetime ecstasy use	5.1	5.3	3.8	5.6	2.3	2.9	0.9
Lifetime cocaine use [‡]	5.9	5.7	3.5	5.3	1.3	2.7	1.3
Lifetime heroin use	3.7	4.5	3.3	4.8	1.3	1.2	0.6

* Without a doctor's prescription, such as using someone else's prescription or obtaining the medicine illegally

† Without a doctor's prescription, such as using someone else's prescription or obtaining the medicine illegally. Prescription pain medicine includes opioids like codeine, Vicodin, OxyContin, Hydrocodone, and Percocet. Items on "prescription pain medicine" were added to the 2018 MWAHS to use wording consistent with the CDC YRBS.

‡ Includes using powder, crack, or freebase

Table 2-5C. Prescription Drug Misuse and Other Substance Use at the District, Regional, State, and National Levels, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	Wayland 2018 MWAHS	MetroWest Region 2018 MWAHS	Massachusetts 2017 YRBS	United States 2017 YRBS
	(799)	(24,746)	(3,286)	(14,765)
OVERALL MISUSE OF PRESCRIPTION DRUGS*				
Lifetime prescription drug misuse	3.6	4.8	–	–
Current prescription drug misuse (past 30 days)	2.3	2.6	–	–
MISUSE OF PRESCRIPTION PAIN MEDICINE AND STIMULANTS				
Current prescription pain medicine misuse (past 30 days) [†]	1.1	2.6	–	–
Prescribed prescription pain medicine by a healthcare provider (past 12 months) [†]	19.0	23.1	–	–
Offered/sold/given prescription pain medicine on school property (past 12 months) [†]	2.0	3.3	–	–
Lifetime stimulant misuse*	3.4	3.8	–	–
OTHER SUBSTANCE USE				
Lifetime methamphetamine use	0.5	0.9	1.7	2.5
Lifetime ecstasy use	0.9	1.6	2.8	4.0
Lifetime cocaine use [‡]	1.3	1.7	4.1	4.8
Lifetime heroin use	0.6	0.9	1.4	1.7

* Without a doctor's prescription, such as using someone else's prescription or obtaining the medicine illegally

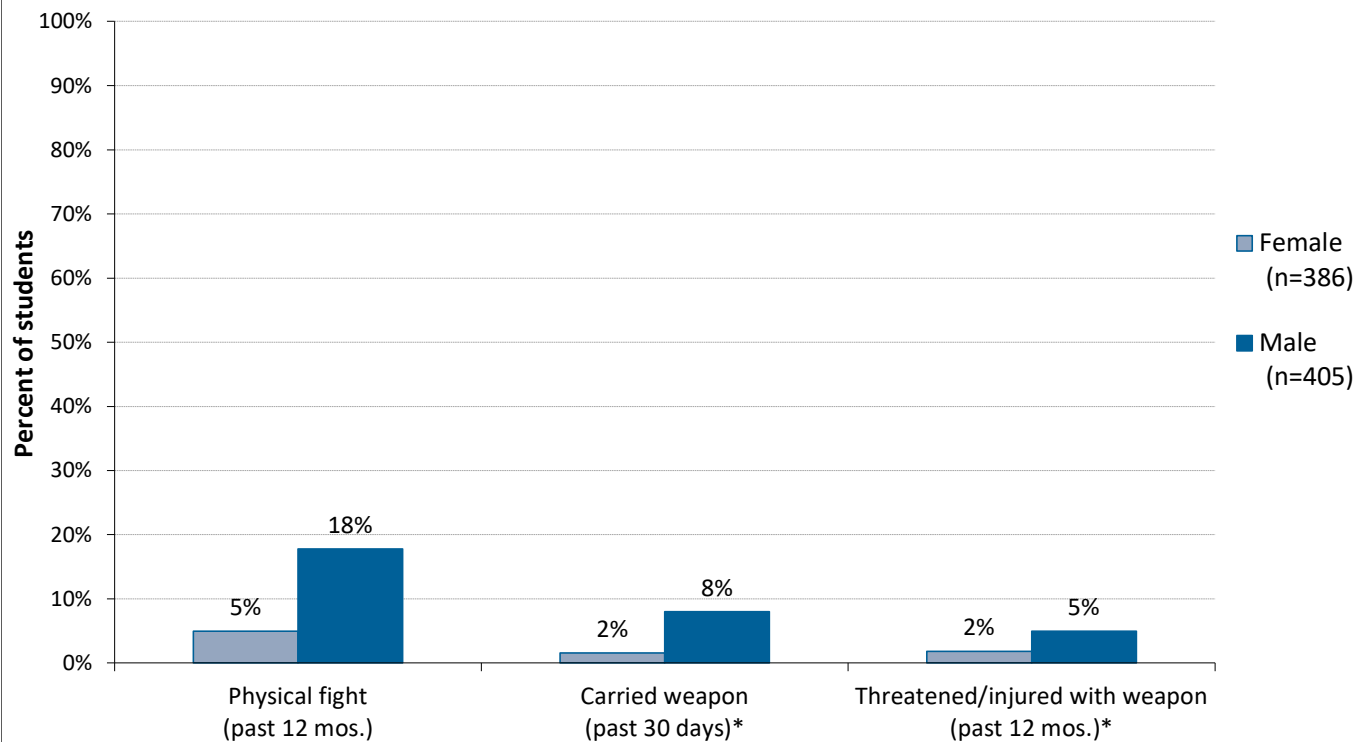
† Without a doctor's prescription, such as using someone else's prescription or obtaining the medicine illegally. Prescription pain medicine includes opioids like codeine, Vicodin, OxyContin, Hydrocodone, and Percocet

‡ Includes using powder, crack, or freebase

Section 3

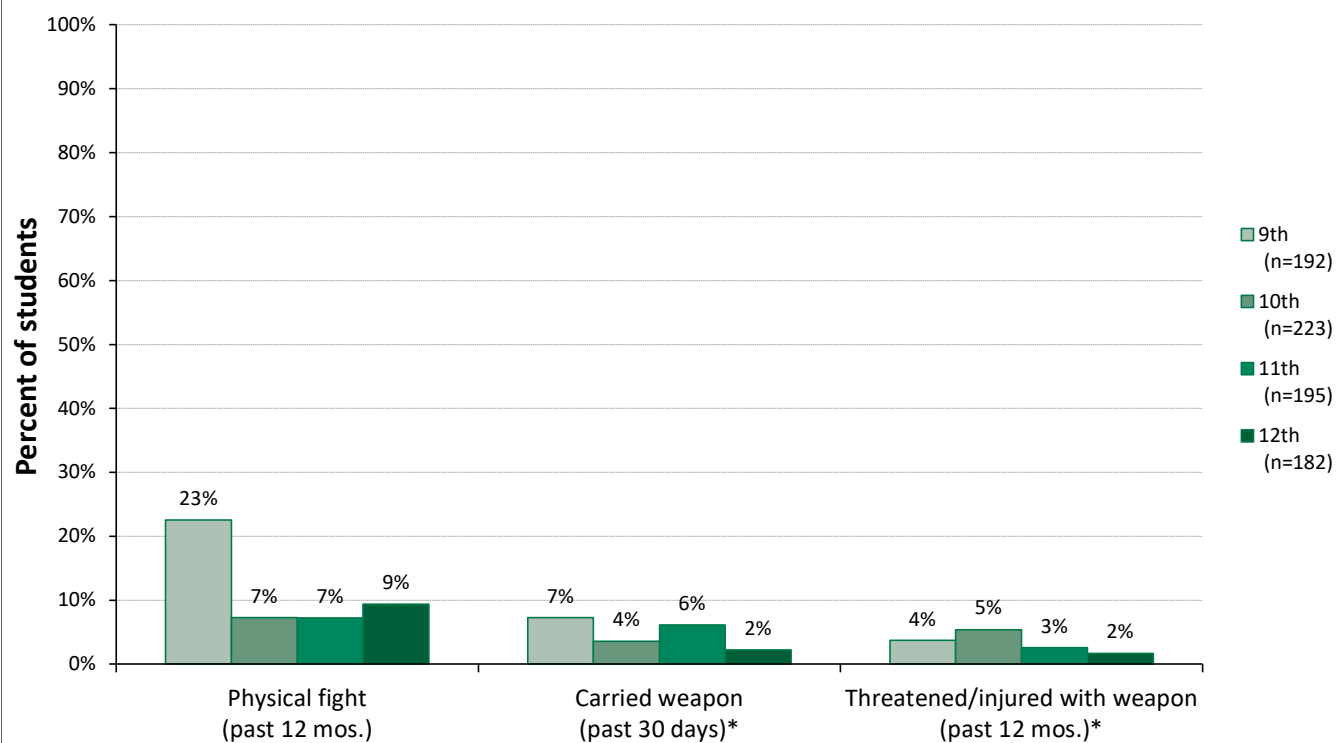
Violence and Bullying

Figure 3-1A. Fighting and Weapon Carrying by Sex, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey



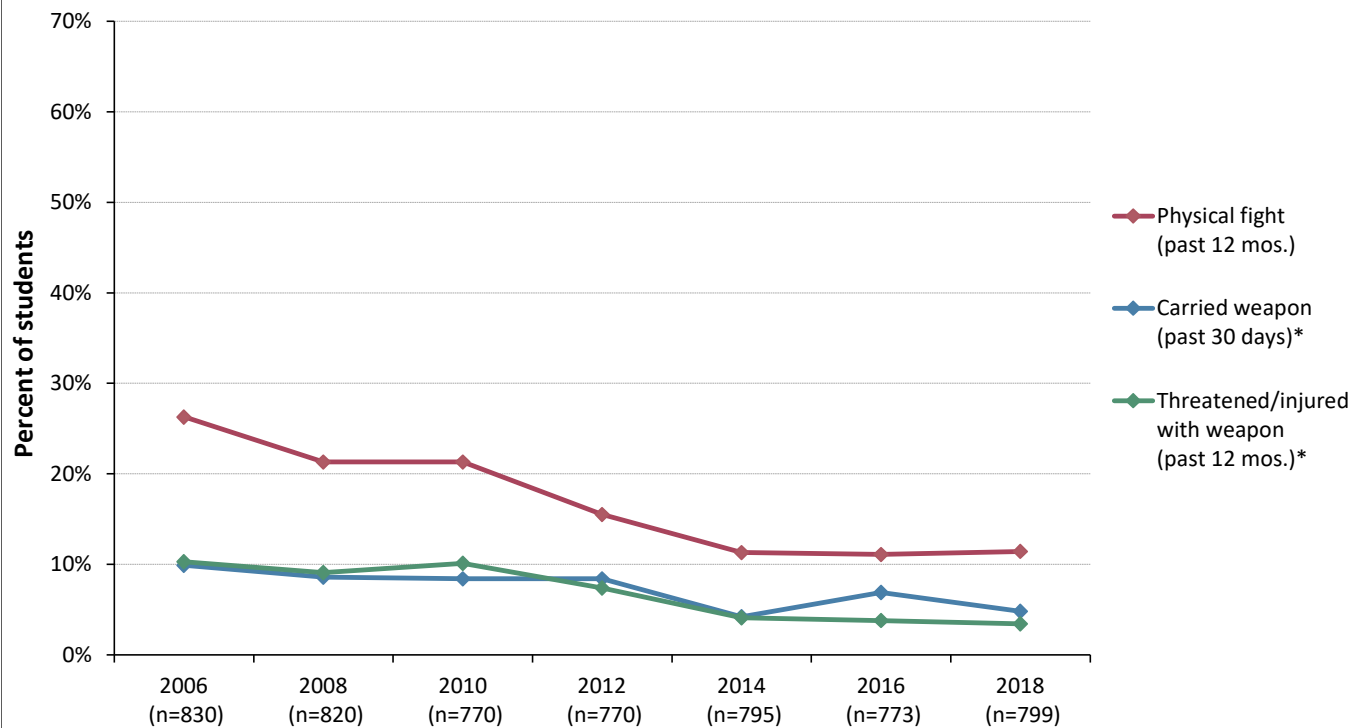
* For example, a gun, knife, or club

Figure 3-1B. Fighting and Weapon Carrying by Grade, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey



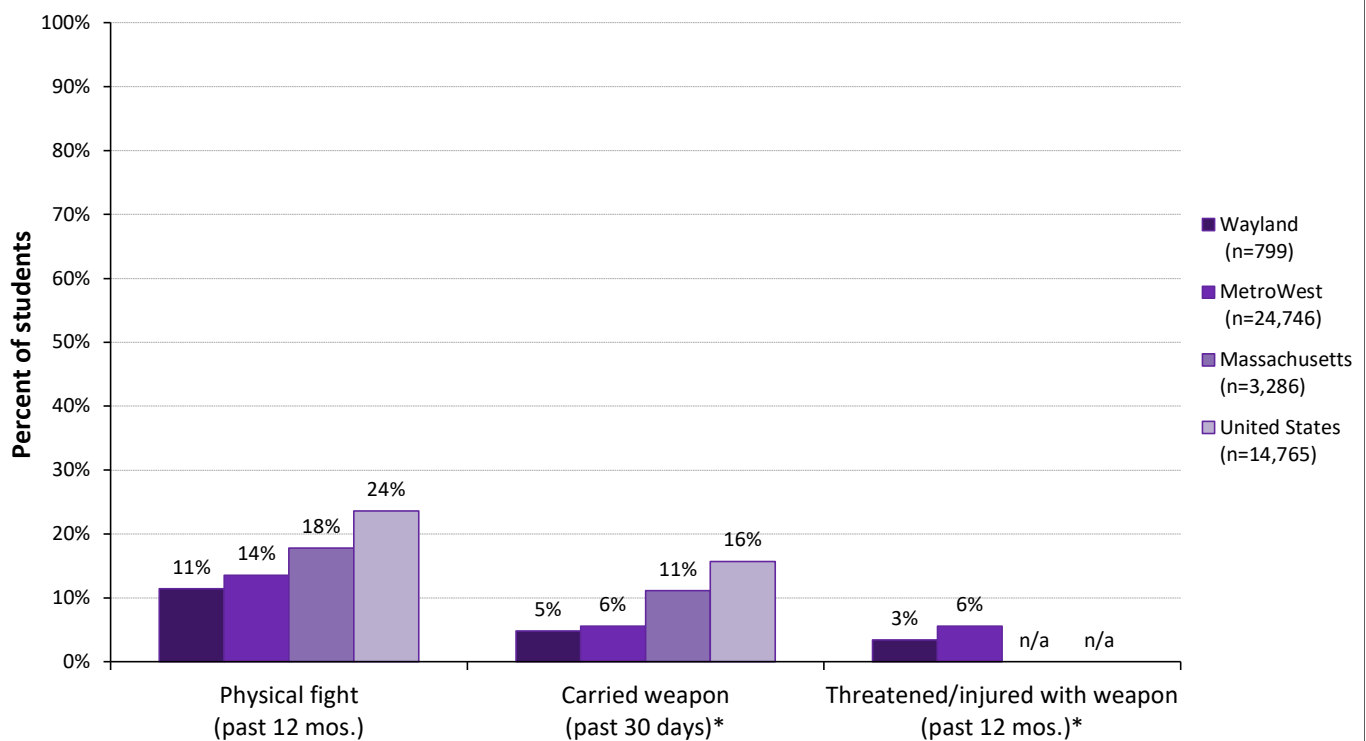
* For example, a gun, knife, or club

Figure 3-1C. Trends in Fighting and Weapon Carrying, 2006-2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey



* For example, a gun, knife, or club

Figure 3-1D. Fighting and Weapon Carrying at the District, Regional, State, and National Levels, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey

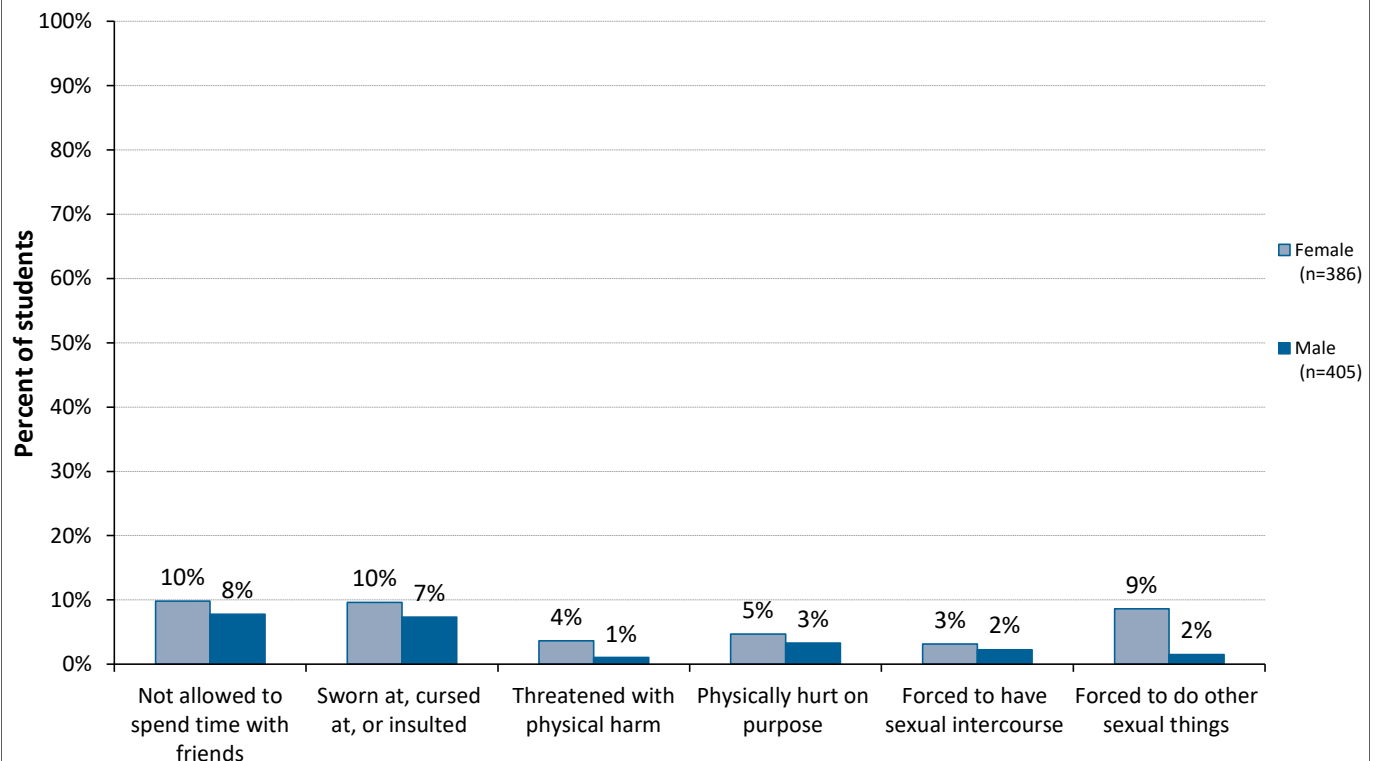


* For example, a gun, knife, or club

Figure 3-2A. Lifetime Dating Violence* by Sex, 2018

Wayland High School (Grades 9-12)

MetroWest Adolescent Health Survey

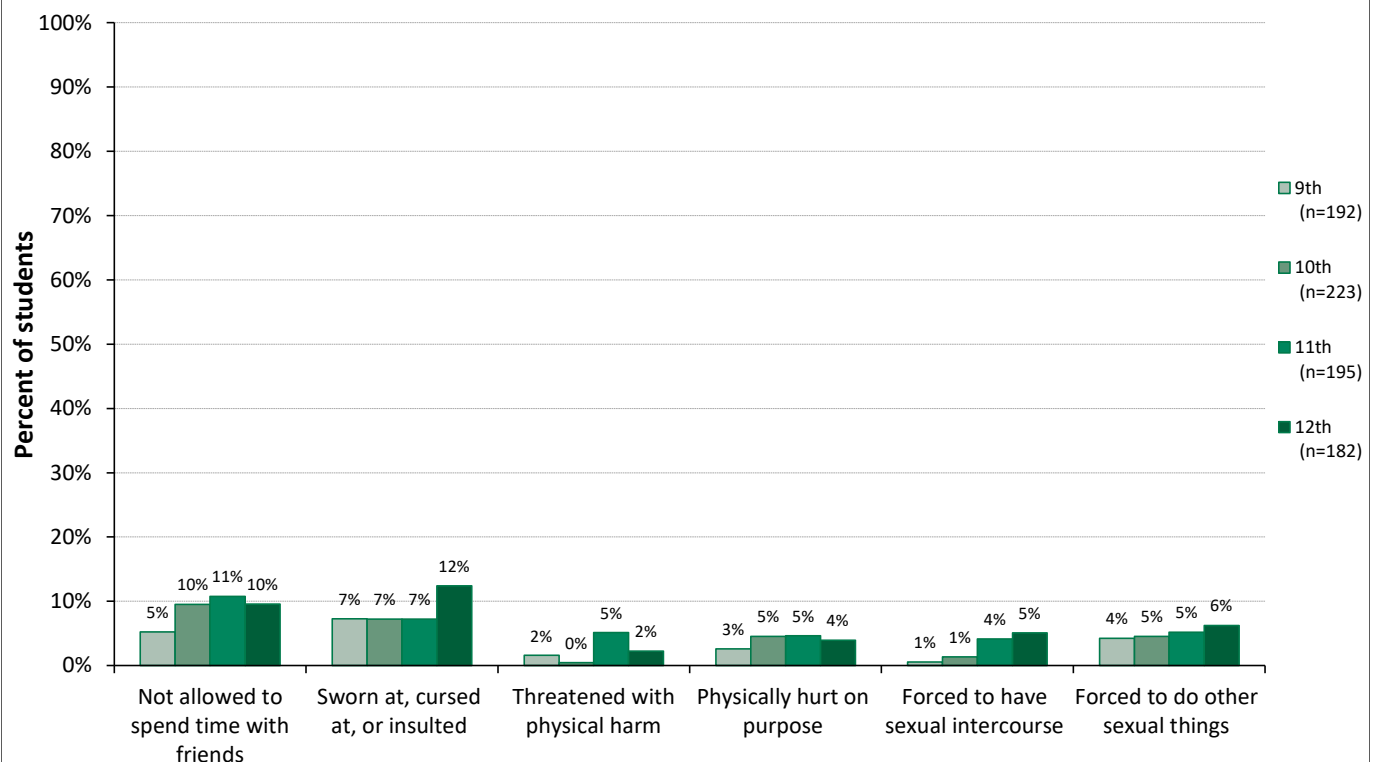


* By someone you were dating or going out with

Figure 3-2B. Lifetime Dating Violence* by Grade, 2018

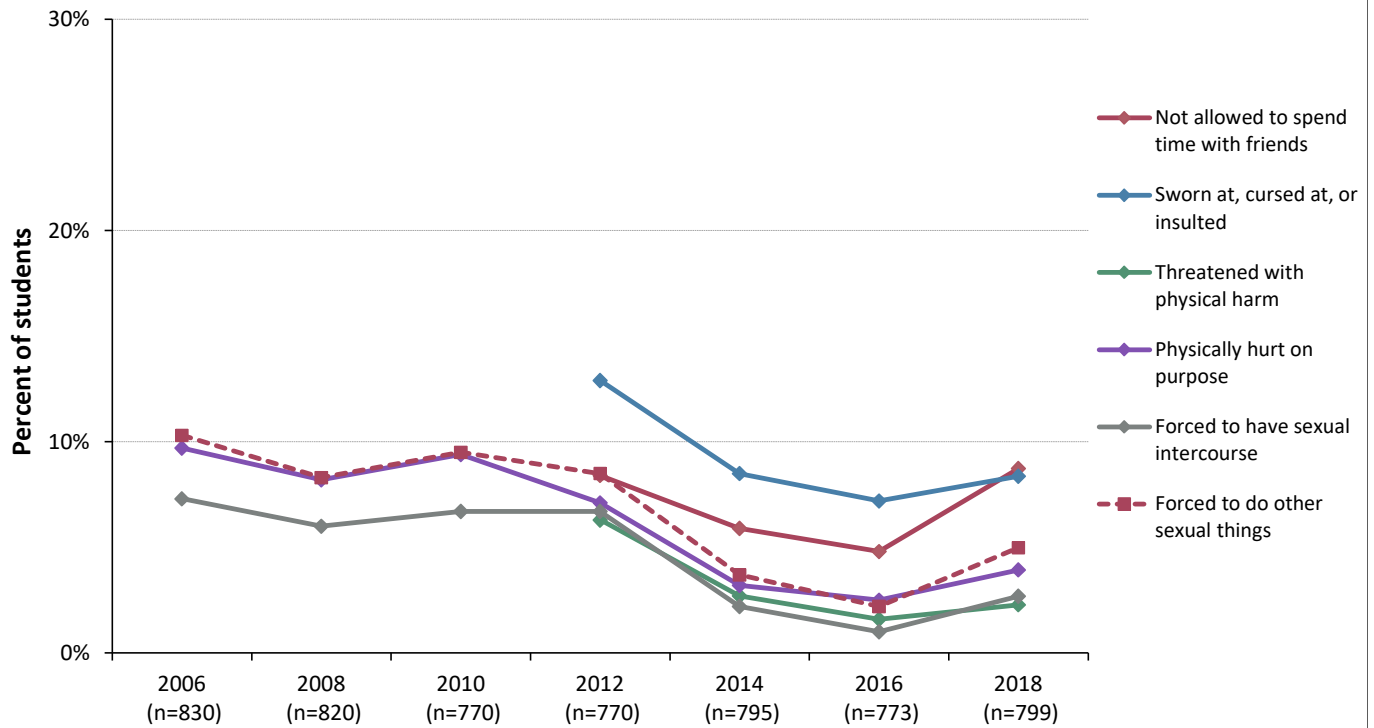
Wayland High School (Grades 9-12)

MetroWest Adolescent Health Survey



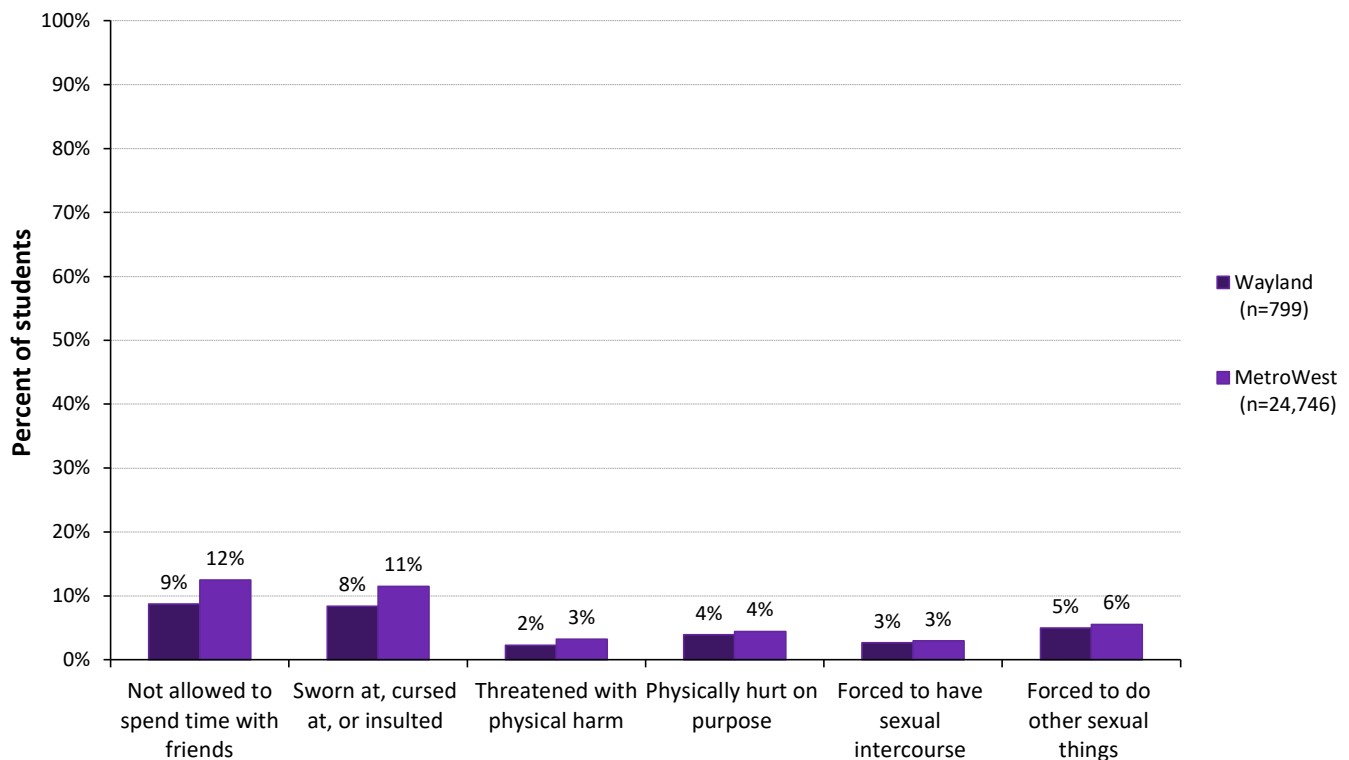
* By someone you were dating or going out with

Figure 3-2C. Trends in Lifetime Dating Violence,* 2006-2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey



* By someone you were dating or going out with

Figure 3-2D. Lifetime Dating Violence* at the District and Regional Levels, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey

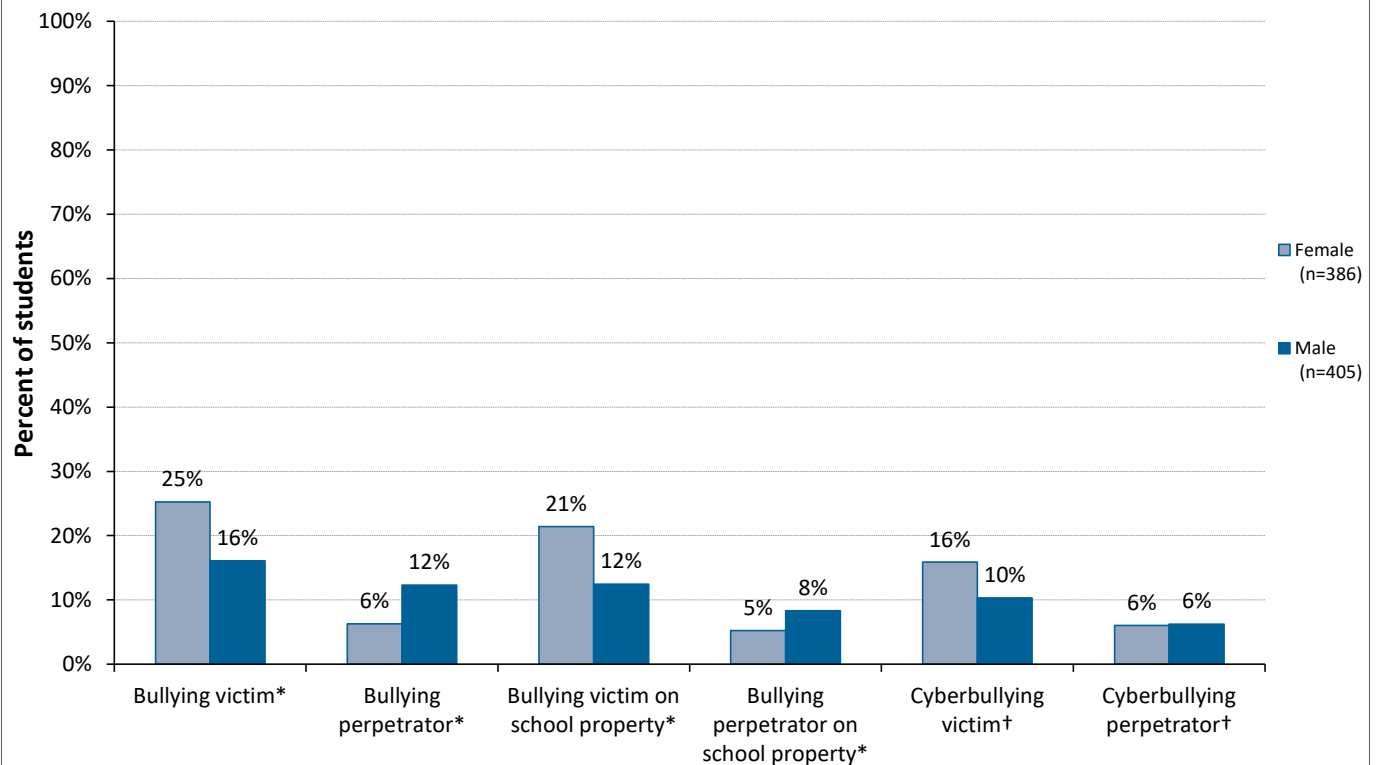


* By someone you were dating or going out with

Figure 3-3A. Bullying and Cyberbullying by Sex, 2018

Wayland High School (Grades 9-12)

MetroWest Adolescent Health Survey



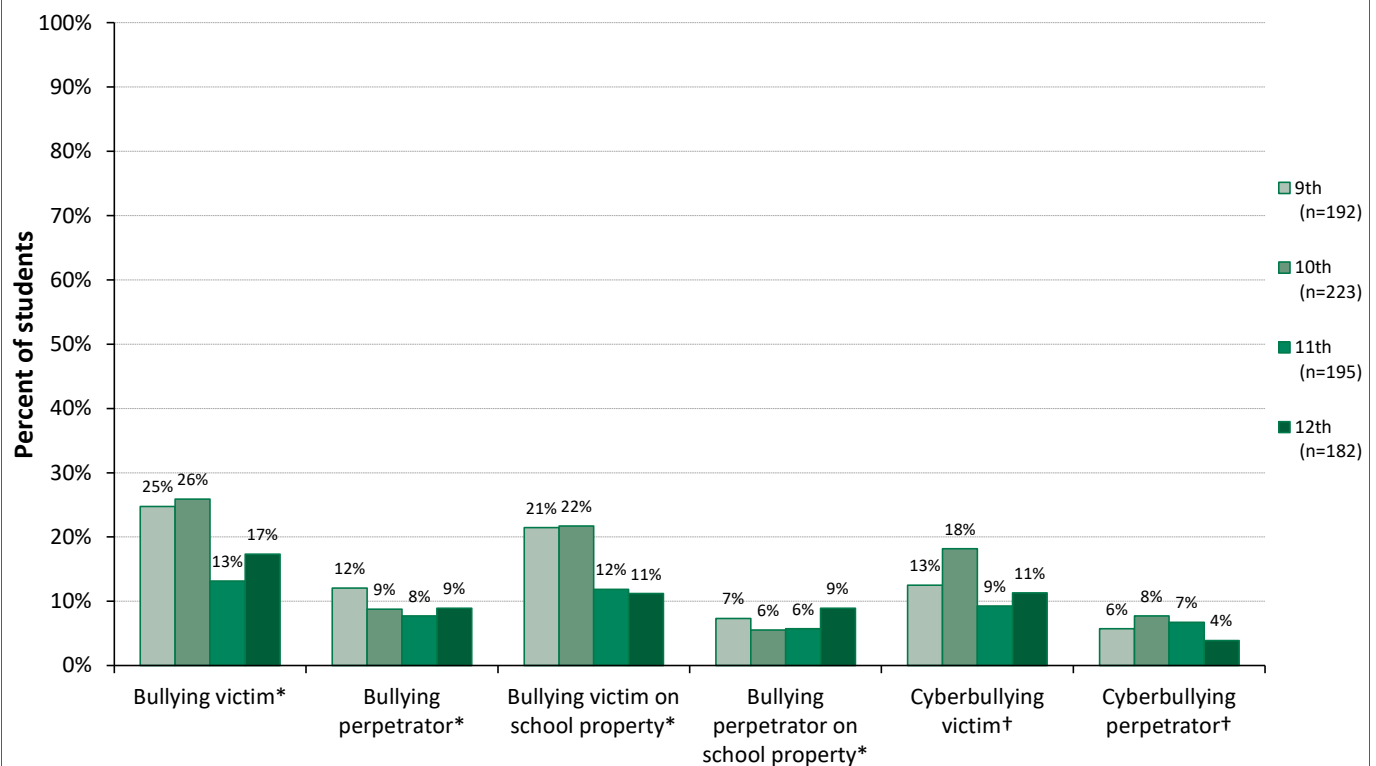
* In the past 12 months; bullying defined as when one or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

† 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 3-3B. Bullying and Cyberbullying by Grade, 2018

Wayland High School (Grades 9-12)

MetroWest Adolescent Health Survey



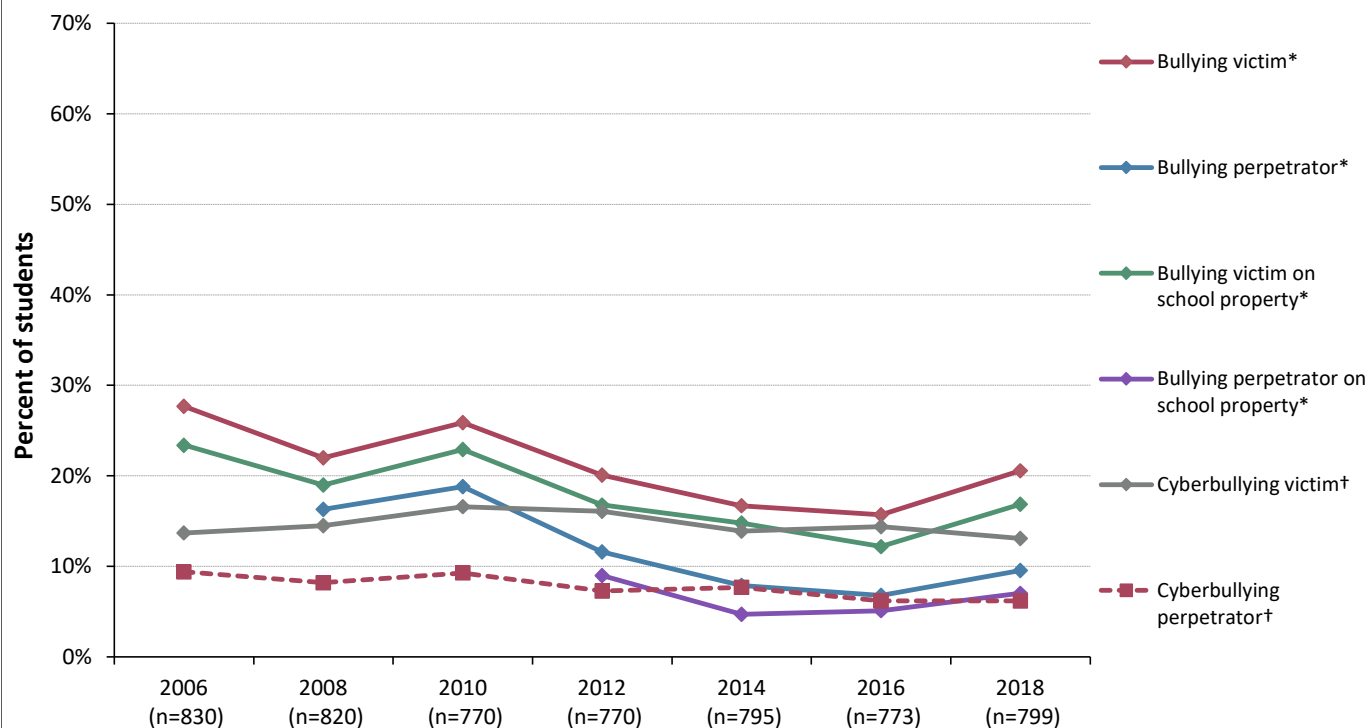
* In the past 12 months; bullying defined as when one or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

† 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 3-3C. Trends in Bullying and Cyberbullying, 2006-2018

Wayland High School (Grades 9-12)

MetroWest Adolescent Health Survey



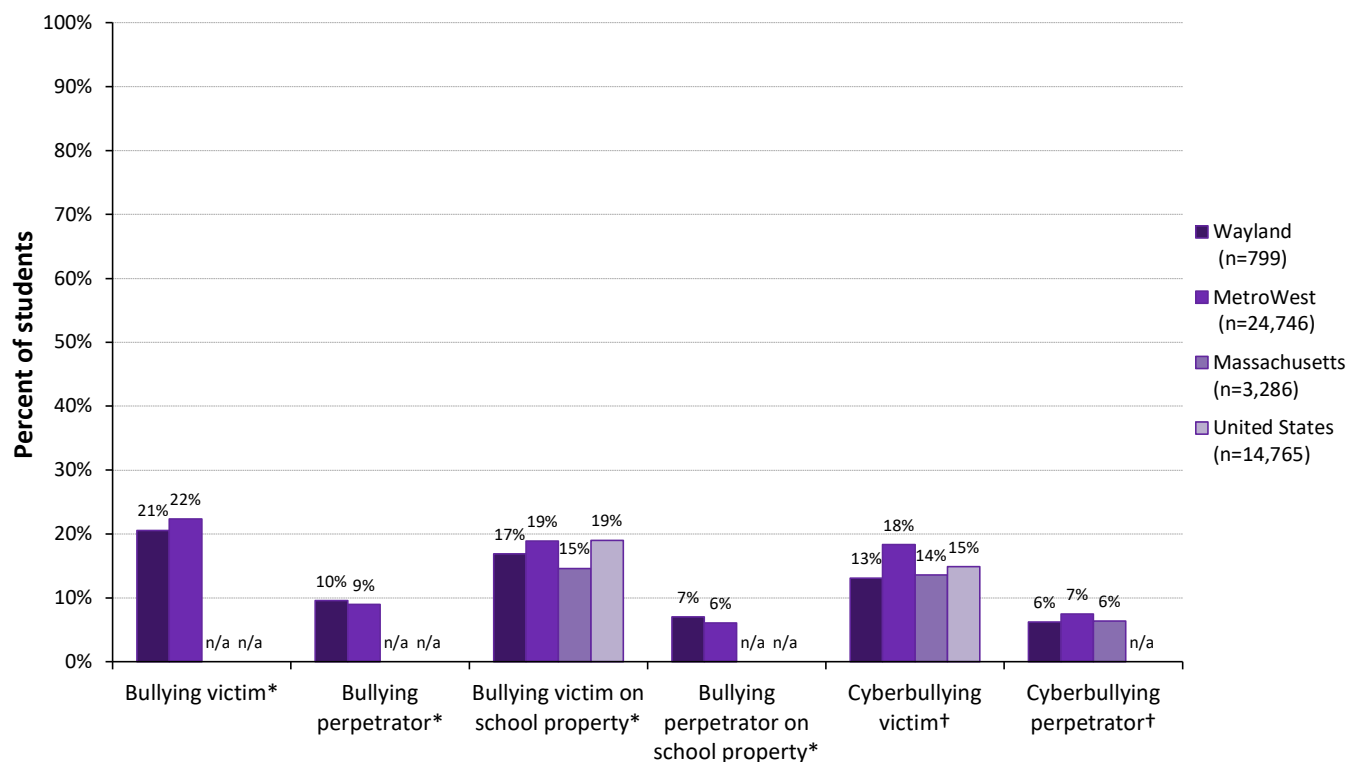
* In the past 12 months; bullying defined as when one or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

† 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 3-3D. Bullying and Cyberbullying at the District, Regional, State, and National Levels, 2018

Wayland High School (Grades 9-12)

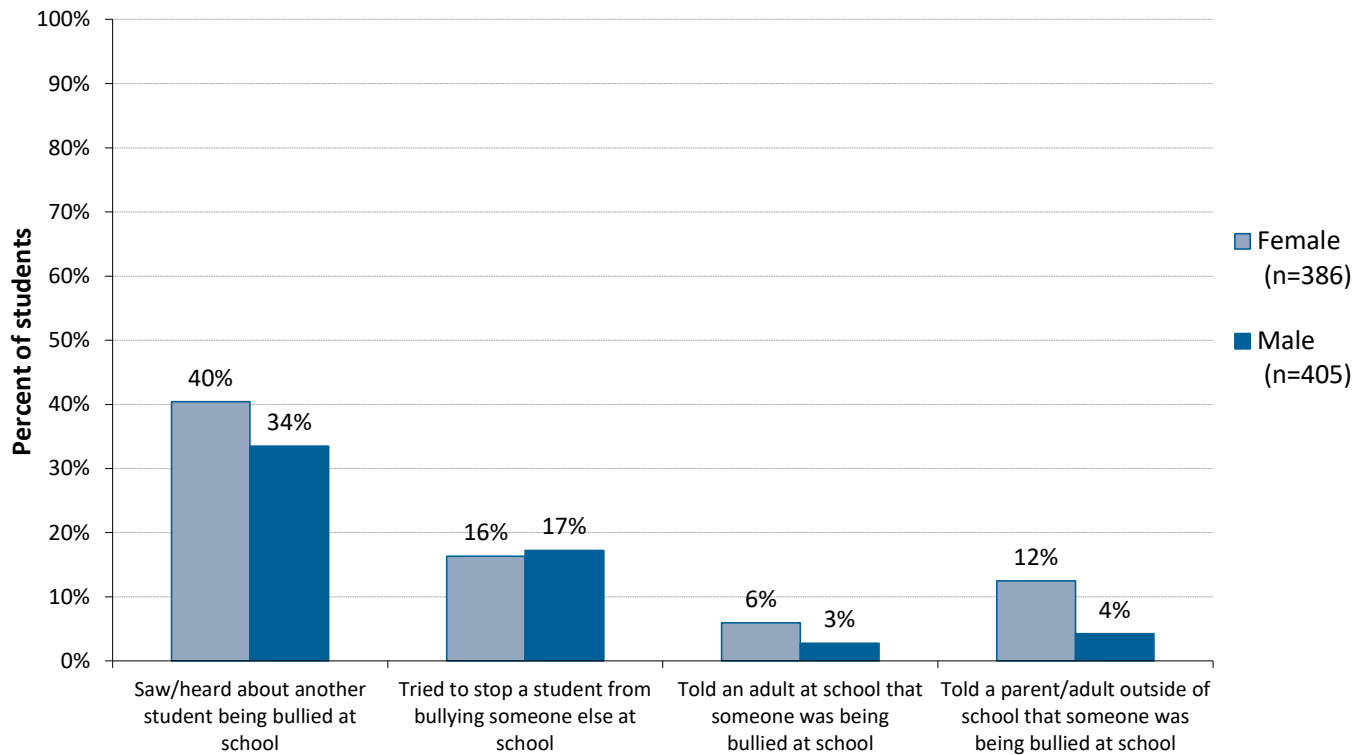
MetroWest Adolescent Health Survey



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

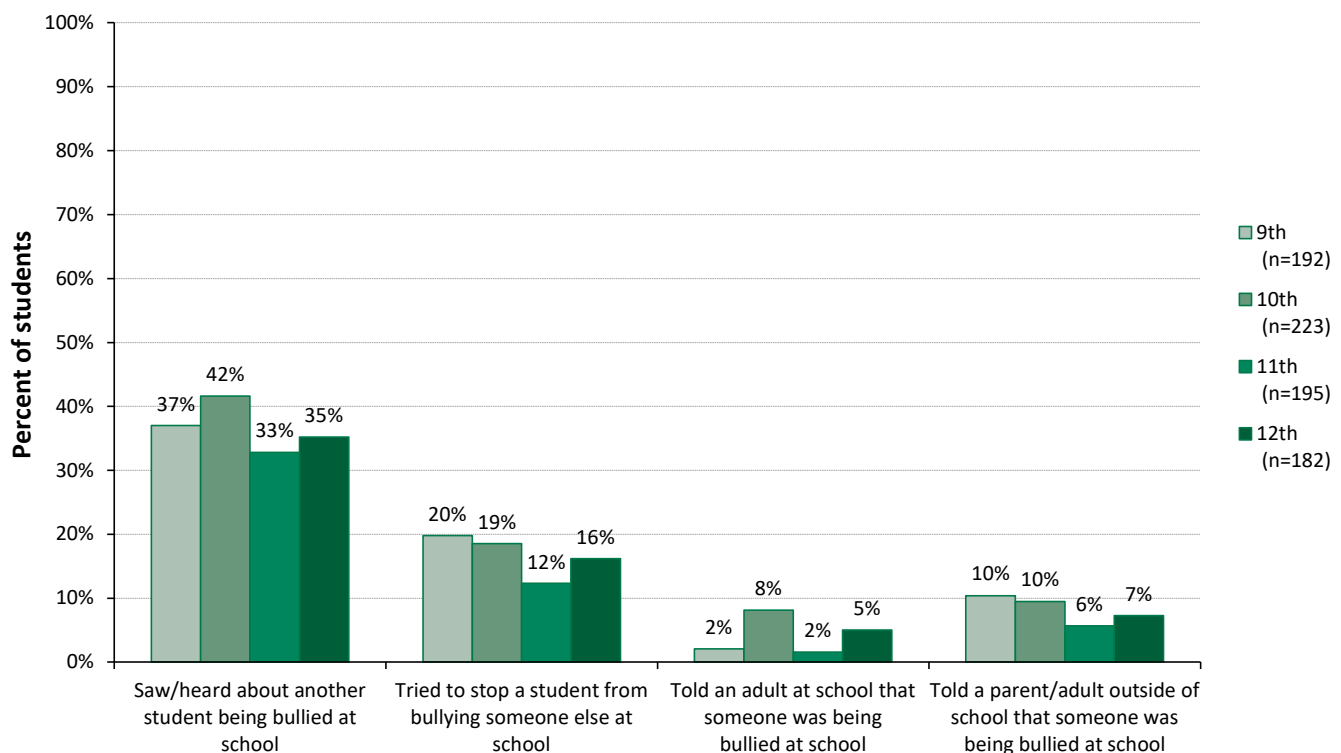
† In the past 12 months; cyberbullying defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about someone

Figure 3-4A. School Bullying Bystander Behaviors* by Sex, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey



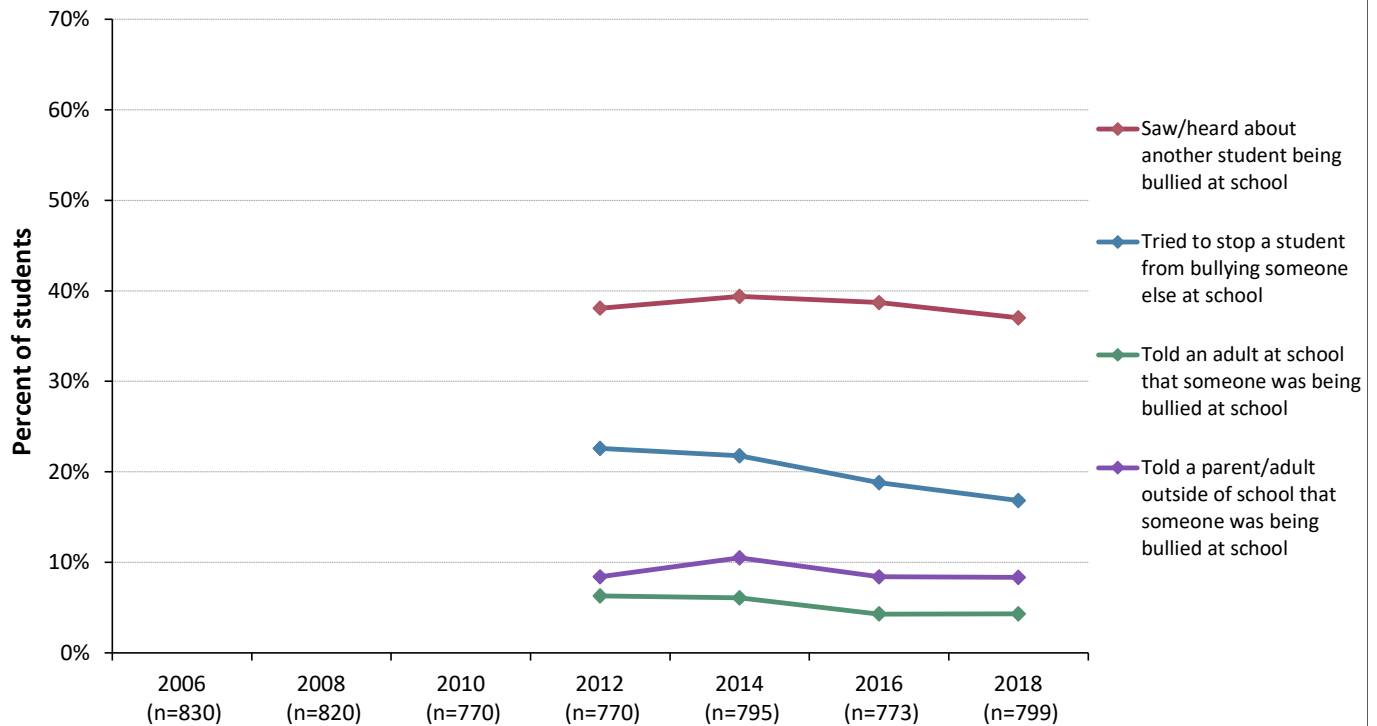
* In the past 12 months; bullying defined as when one or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

Figure 3-4B. School Bullying Bystander Behaviors* by Grade, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey



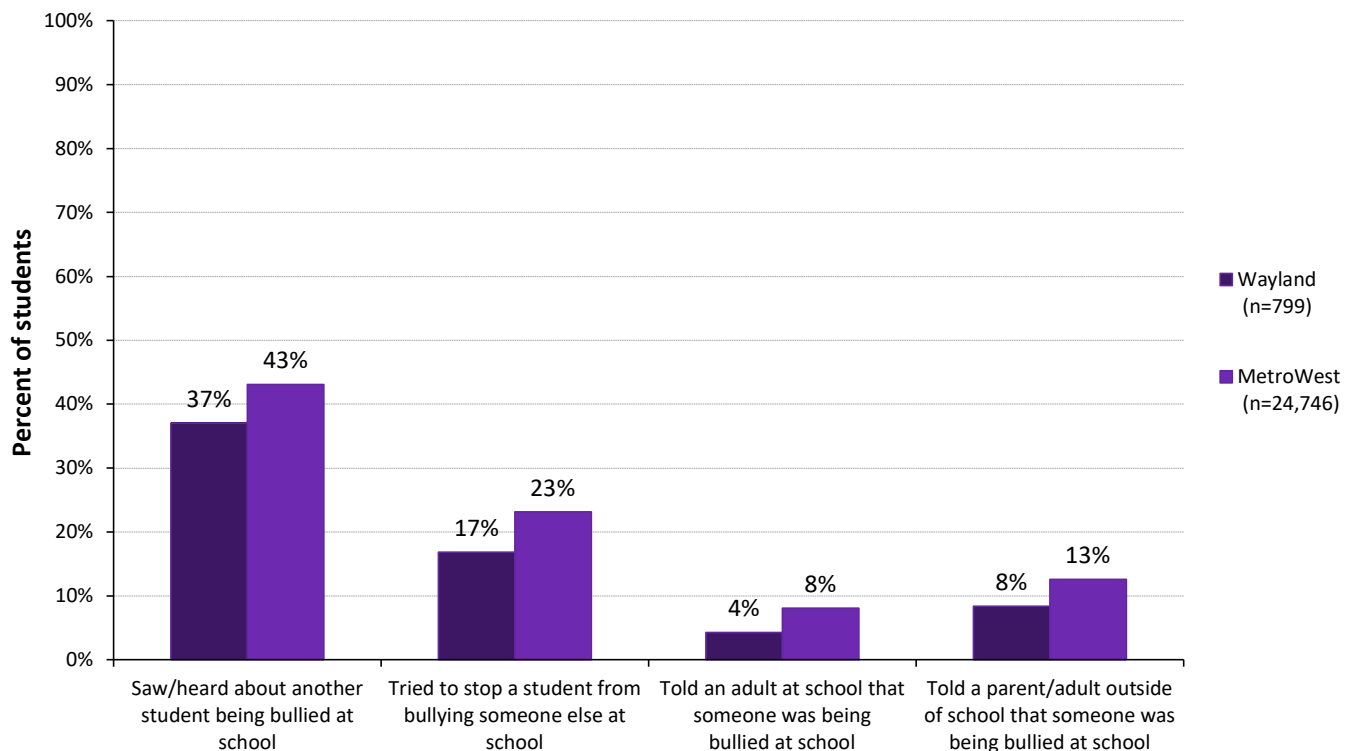
* In the past 12 months; bullying defined as when one or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

Figure 3-4C. Trends in School Bullying Bystander Behaviors,* 2012-2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey



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

Figure 3-4D. School Bullying Bystander Behaviors* at the District and Regional Levels, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey

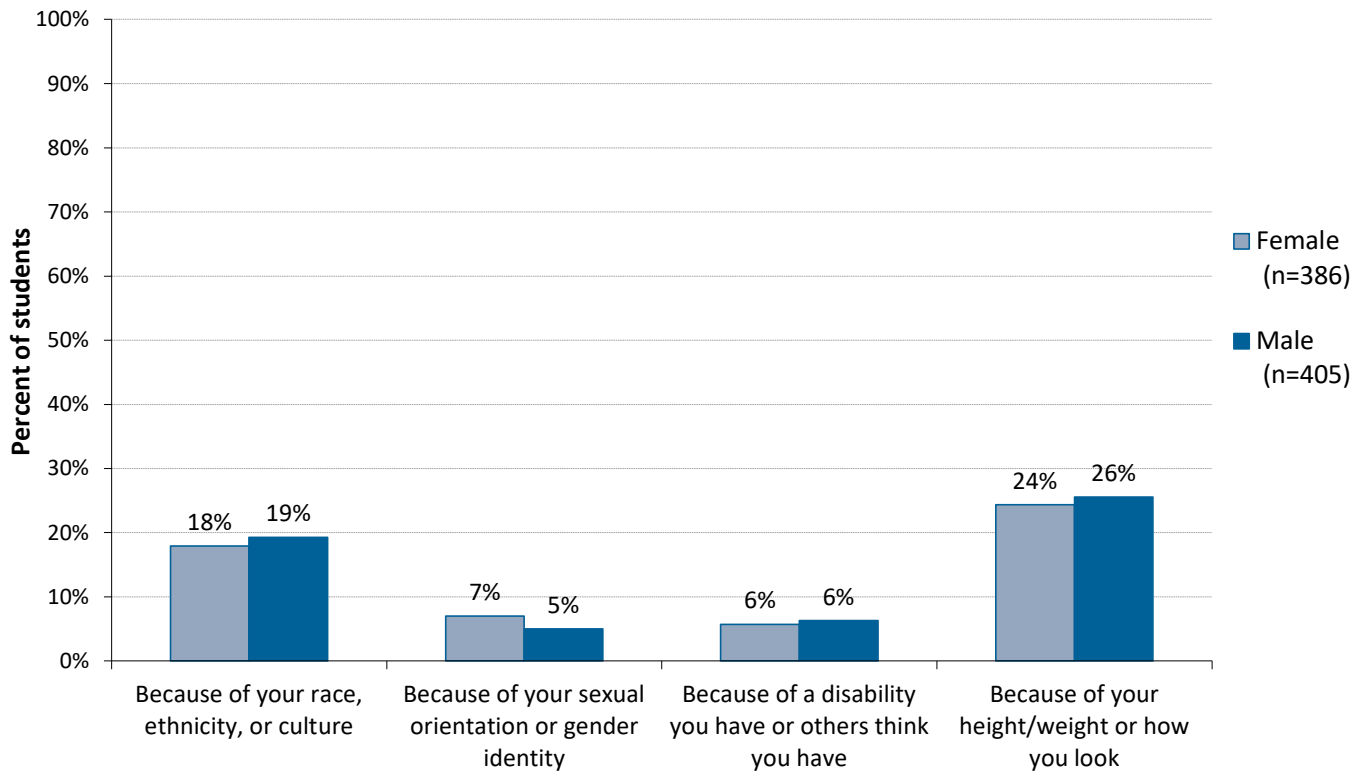


* In the past 12 months; bullying defined as when one or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

Figure 3-5A. Verbal Harassment* by Sex, 2018

Wayland High School (Grades 9-12)

MetroWest Adolescent Health Survey

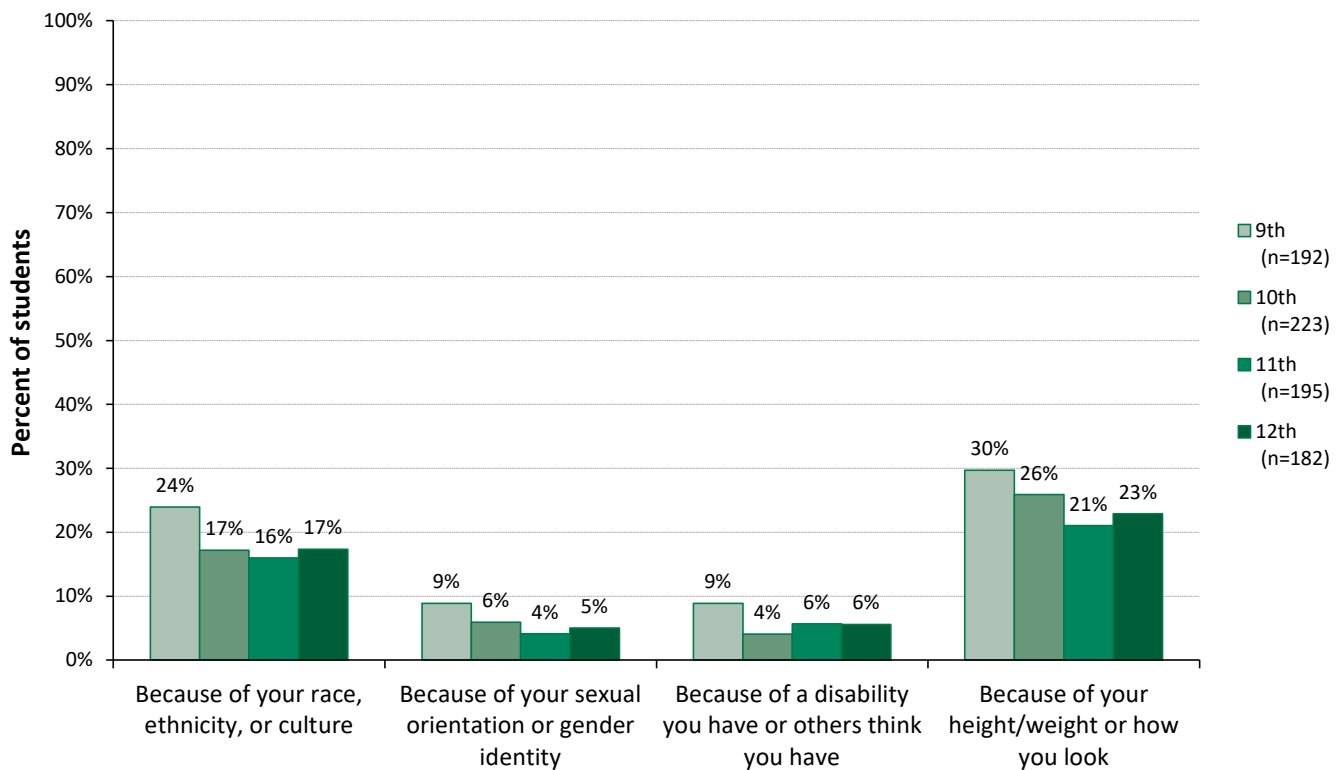


* Defined as being called names, teased, made fun of, embarrassed, or threatened one or more times by others at your school during the past 12 months

Figure 3-5B. Verbal Harassment* by Grade, 2018

Wayland High School (Grades 9-12)

MetroWest Adolescent Health Survey

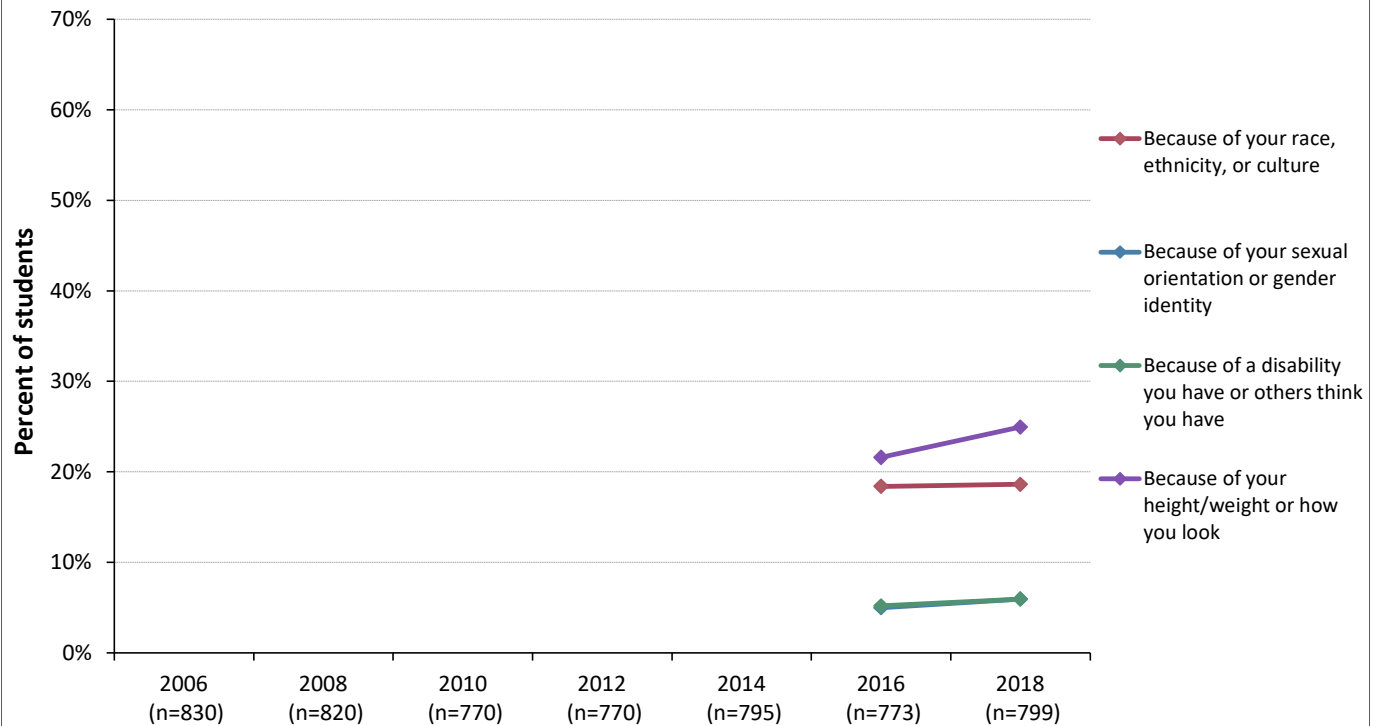


* Defined as being called names, teased, made fun of, embarrassed, or threatened one or more times by others at your school during the past 12 months

Figure 3-5C. Verbal Harassment,* 2016-2018

Wayland High School (Grades 9-12)

MetroWest Adolescent Health Survey

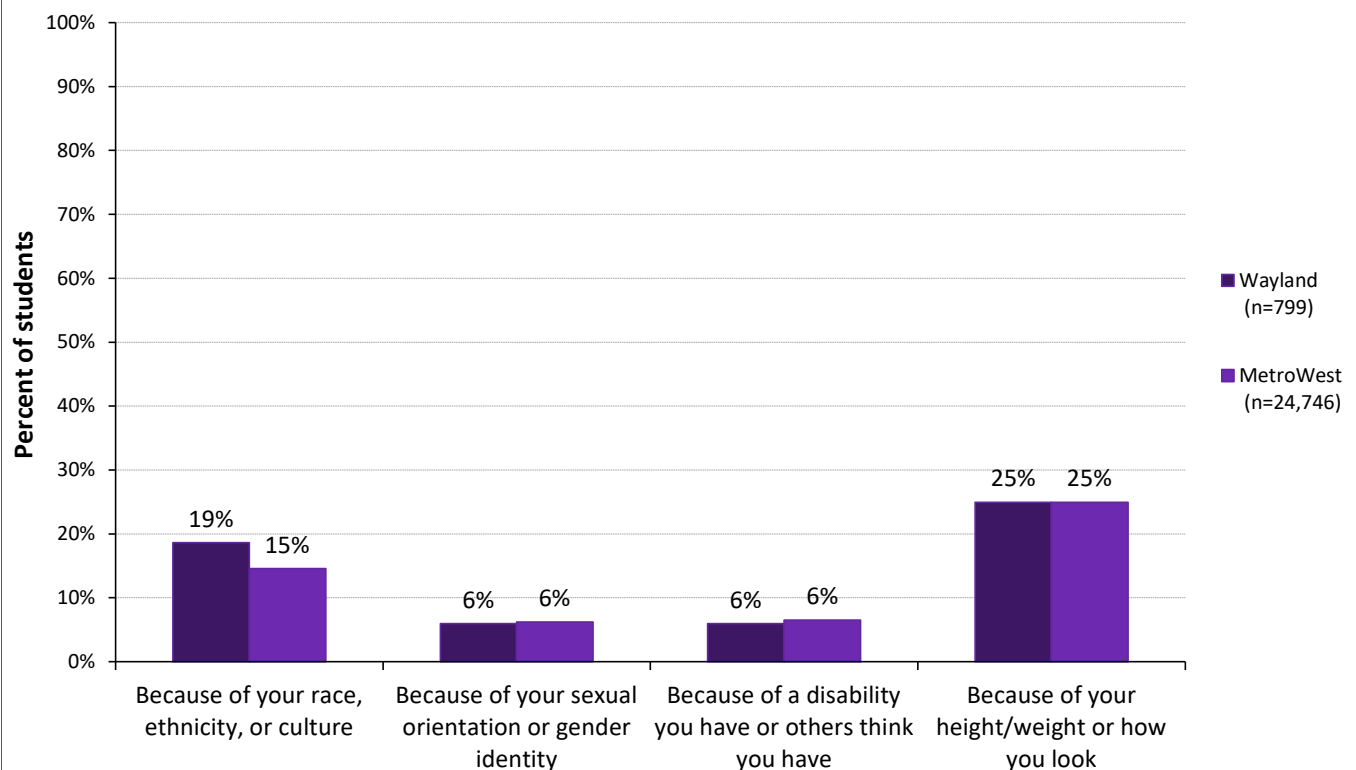


* Defined as being called names, teased, made fun of, embarrassed, or threatened one or more times by others at your school during the past 12 months

Figure 3-5D. Verbal Harassment* at the District and Regional Levels, 2018

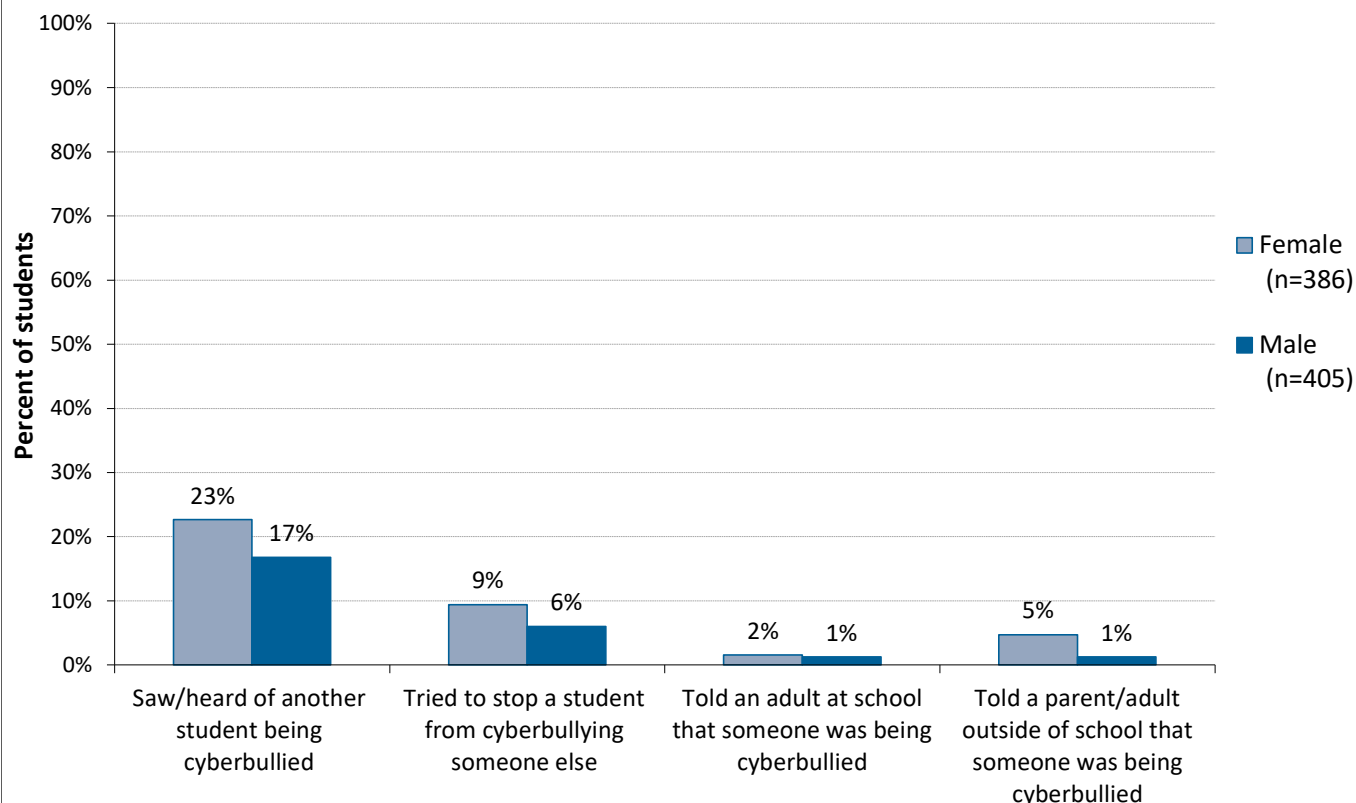
Wayland High School (Grades 9-12)

MetroWest Adolescent Health Survey



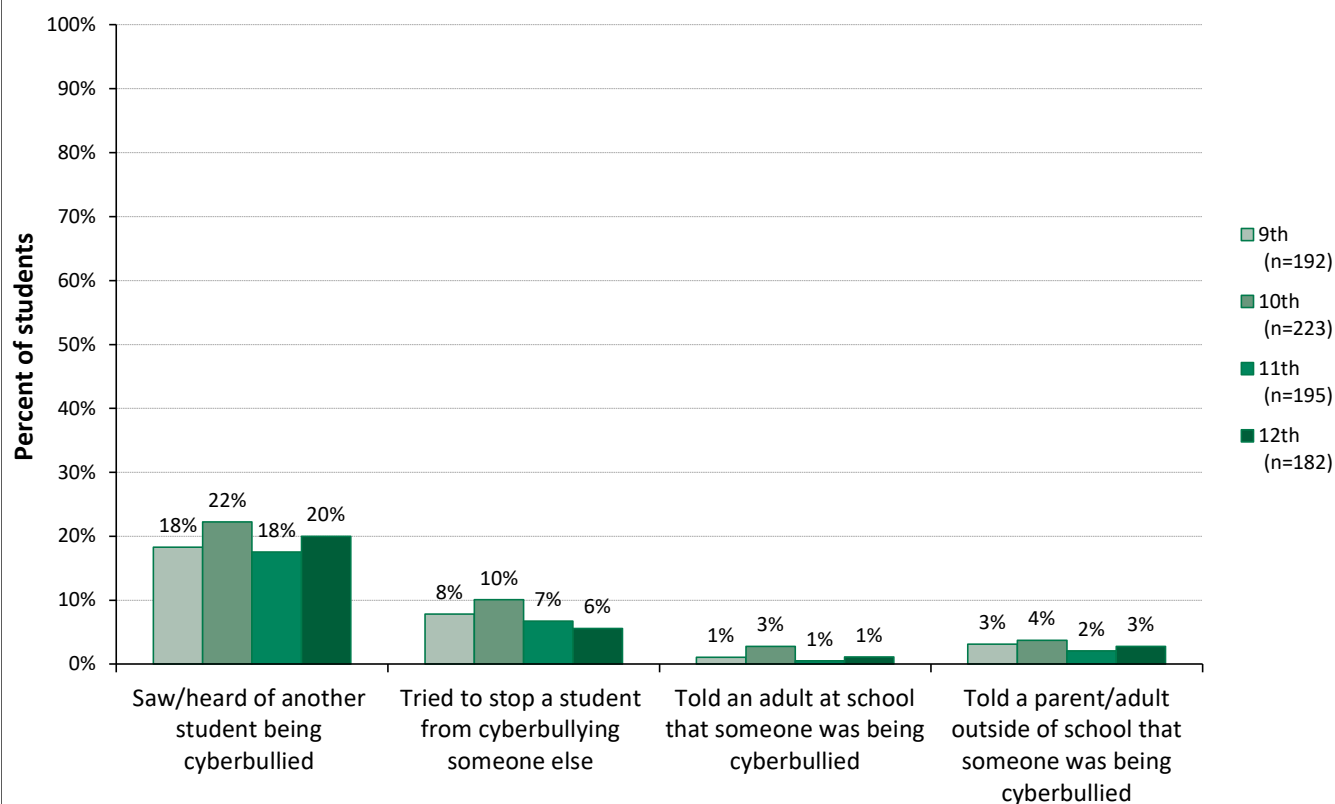
* Defined as being called names, teased, made fun of, embarrassed, or threatened one or more times by others at your school during the past 12 months

Figure 3-6A. Cyberbullying Bystander Behaviors* by Sex, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey



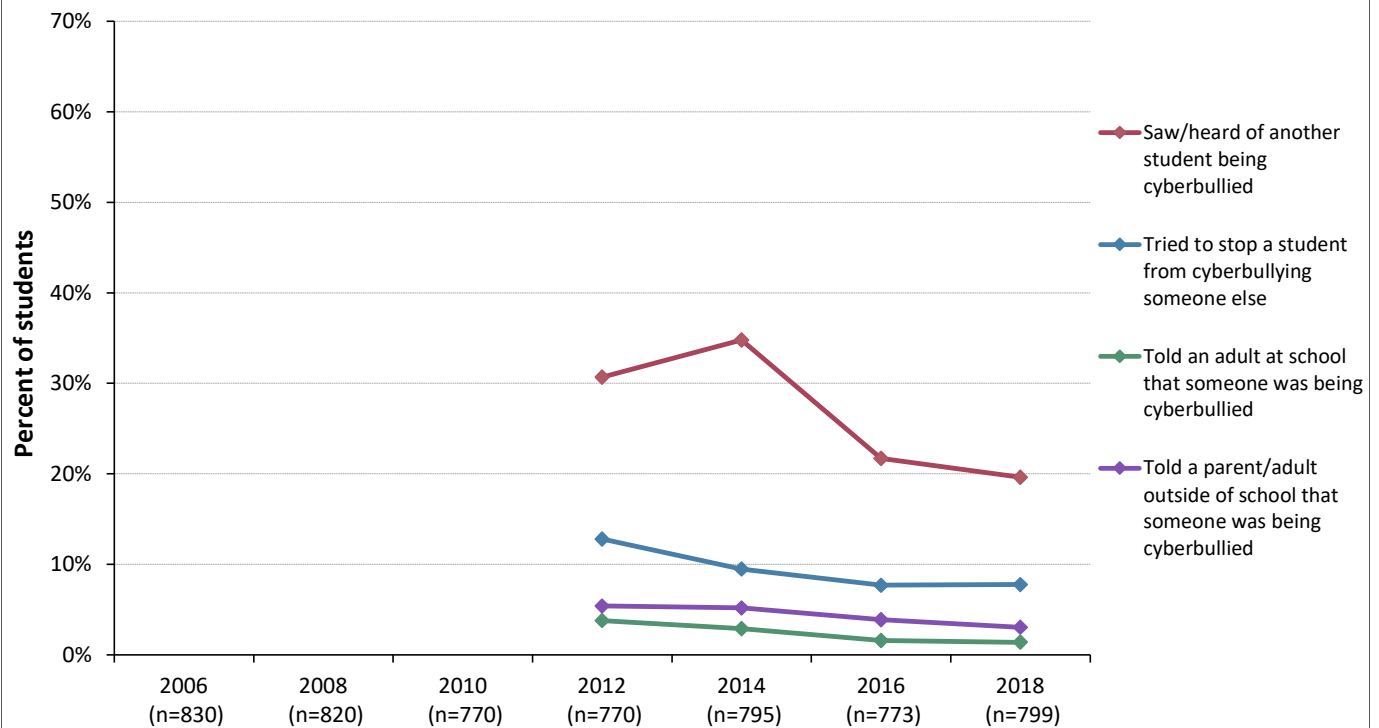
* In the past 12 months; cyberbullying defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about someone

Figure 3-6B. Cyberbullying Bystander Behaviors* by Grade, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey



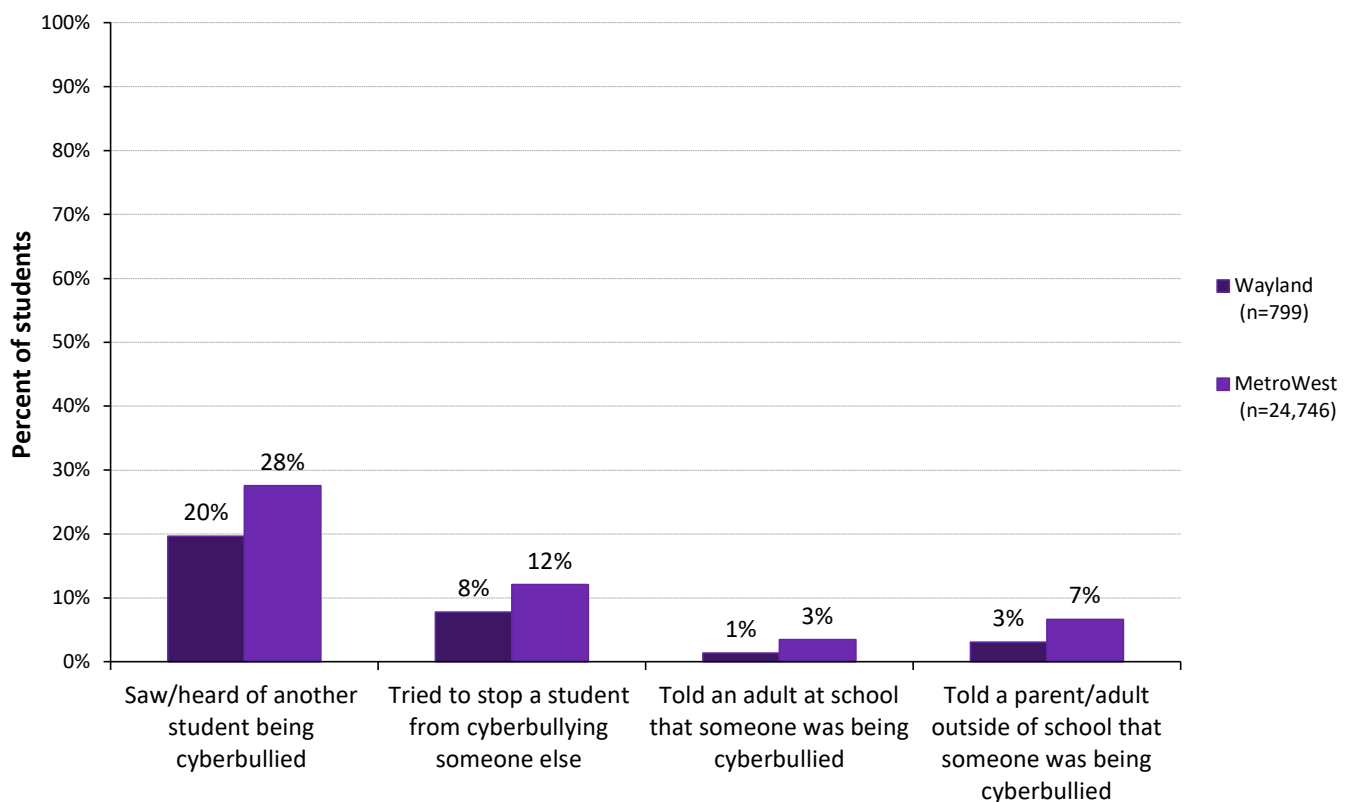
* In the past 12 months; cyberbullying defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about someone

Figure 3-6C. Trends in Cyberbullying Bystander Behaviors,* 2012-2018
Wayland High School (Grades 9-12)
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 3-6D. Cyberbullying Bystander Behaviors* at the District and Regional Levels, 2018
Wayland High School (Grades 9-12)
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

Table 3-1A. Violence, Safety-Related Behaviors, and Dating Violence by Sex and Grade, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	Total (%)	Sex (%)		Grade (%)			
	(799)	Female (386)	Male (405)	9 th (192)	10 th (223)	11 th (195)	12 th (182)
SAFETY							
Didn't go to school because of safety concerns (past 30 days)*	1.0	1.3	0.7	1.0	1.8	0.0	1.1
Concerned a student or someone else might physically hurt someone at school [†]	9.5	8.7	10.2	15.3	10.1	6.3	5.7
Saw posts online that a student or someone else wanted to physically hurt someone at school [†]	3.5	3.4	3.3	3.2	4.6	3.2	2.3
Told an adult at school that a student or someone else might physically hurt someone at school [†]	1.0	1.1	1.0	1.1	2.3	0.5	0.0
Told an adult outside of school that a student or someone else might physically hurt someone at school [†]	2.3	1.9	2.6	2.7	3.2	0.5	2.3
WEAPONS							
Threatened or injured with a weapon (past 12 months) [‡]	3.4	1.8	5.0	3.7	5.4	2.6	1.7
Threatened or injured with a weapon on school property (past 12 months) [‡]	2.0	0.3	3.7	2.6	2.7	1.5	1.1
Carried a weapon (past 30 days) [‡]	4.8	1.6	8.0	7.3	3.6	6.2	2.2
Carried a weapon on school property (past 30 days) [‡]	1.1	0.8	1.5	2.1	0.5	1.0	1.1
Carried a gun (past 30 days) [§]	0.8	0.8	0.7	0.5	0.9	1.0	0.6
PHYSICAL FIGHTING (past 12 months)							
In a physical fight	11.5	4.9	17.8	22.5	7.3	7.2	9.4
In a physical fight on school property	2.5	0.5	4.5	6.3	1.8	0.5	1.7
Injured in a physical fight and received medical treatment	1.1	0.5	1.7	1.0	1.4	1.0	1.1
DATING VIOLENCE (lifetime)							
Not allowed to spend time with friends	8.7	9.8	7.8	5.2	9.5	10.8	9.6
Sworn at, cursed at, or insulted	8.4	9.6	7.3	7.3	7.2	7.2	12.4
Threatened with physical harm	2.3	3.6	1.0	1.6	0.5	5.2	2.2
Physically hurt on purpose	3.9	4.7	3.3	2.6	4.5	4.6	4.0
Forced to have sexual intercourse	2.7	3.1	2.3	0.5	1.4	4.1	5.1
Forced to do other sexual things	5.0	8.6	1.5	4.2	4.5	5.2	6.2

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

† During the past 12 months

‡ For example, a gun, knife, or club

§ Does not include carrying a gun only for hunting or for a sport, such as target shooting

Table 3-1B. Violence, Safety-Related Behaviors, and Dating Violence, 2006 - 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	Wayland (%)						
	2006 (830)	2008 (820)	2010 (770)	2012 (770)	2014 (795)	2016 (773)	2018 (799)
SAFETY							
Didn't go to school because of safety concerns (past 30 days)*	4.8	5.0	6.8	5.9	2.0	2.3	1.0
Concerned a student or someone else might physically hurt someone at school [†]	—	—	—	—	15.9	12.7	9.5
Saw posts online that a student or someone else wanted to physically hurt someone at school [†]	—	—	—	—	—	—	3.5
Told an adult at school that a student or someone else might physically hurt someone at school [†]	—	—	—	—	3.3	2.5	1.0
Told an adult outside of school that a student or someone else might physically hurt someone at school [†]	—	—	—	—	4.2	3.0	2.3
WEAPONS							
Threatened or injured with a weapon (past 12 months) [‡]	10.3	9.1	10.1	7.4	4.1	3.8	3.4
Threatened or injured with a weapon on school property (past 12 months) [‡]	7.0	5.6	7.5	4.7	2.5	1.8	2.0
Carried a weapon (past 30 days) [‡]	9.9	8.6	8.4	8.4	4.2	6.9	4.8
Carried a weapon on school property (past 30 days) [‡]	4.9	5.6	5.5	4.7	1.3	1.7	1.1
Carried a gun (past 30 days) [§]	—	—	—	—	—	1.0	0.8
PHYSICAL FIGHTING (past 12 months)							
In a physical fight	26.3	21.3	21.3	15.5	11.3	11.1	11.5
In a physical fight on school property	10.1	8.8	10.7	6.8	3.5	2.6	2.5
Injured in a physical fight and received medical treatment	4.9	5.4	6.7	4.6	2.0	2.1	1.1
DATING VIOLENCE (lifetime)							
Not allowed to spend time with friends	—	—	—	8.4	5.9	4.8	8.7
Sworn at, cursed at, or insulted	—	—	—	12.9	8.5	7.2	8.4
Threatened with physical harm	—	—	—	6.3	2.7	1.6	2.3
Physically hurt on purpose	9.7	8.2	9.4	7.1	3.2	2.5	3.9
Forced to have sexual intercourse	7.3	6.0	6.7	6.7	2.2	1.0	2.7
Forced to do other sexual things	10.3	8.3	9.5	8.5	3.7	2.2	5.0

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

† During the past 12 months

‡ For example, a gun, knife, or club

§ Does not include carrying a gun only for hunting or for a sport, such as target shooting

Table 3-1C. Violence, Safety-Related Behaviors, and Dating Violence at the District, Regional, State, and National Levels, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	Wayland 2018 MWAHS (799)	MetroWest Region 2018 MWAHS (24,746)	Massachusetts 2017 YRBS (3,286)	United States 2017 YRBS (14,765)
SAFETY				
Didn't go to school because of safety concerns (past 30 days)*	1.0	4.6	4.5	6.7
Concerned a student or someone else might physically hurt someone at school [†]	9.5	18.6	—	—
Saw posts online that a student or someone else wanted to physically hurt someone at school [†]	3.5	10.9	—	—
Told an adult at school that a student or someone else might physically hurt someone at school [†]	1.0	4.1	—	—
Told an adult outside of school that a student or someone else might physically hurt someone at school [†]	2.3	6.6	—	—
WEAPONS				
Threatened or injured with a weapon (past 12 months) [‡]	3.4	5.6	—	—
Threatened or injured with a weapon on school property (past 12 months) [‡]	2.0	2.9	4.8	6.0
Carried a weapon (past 30 days) [‡]	4.8	5.6	11.1	15.7
Carried a weapon on school property (past 30 days) [‡]	1.1	1.4	2.7	3.8
Carried a gun (past 30 days) [§]	0.8	1.2	—	—
PHYSICAL FIGHTING (past 12 months)				
In a physical fight	11.5	13.5	17.8	23.6
In a physical fight on school property	2.5	4.0	5.8	8.5
Injured in a physical fight and received medical treatment	1.1	1.9	—	—
DATING VIOLENCE (lifetime)				
Not allowed to spend time with friends	8.7	12.5	—	—
Sworn at, cursed at, or insulted	8.4	11.5	—	—
Threatened with physical harm	2.3	3.2	—	—
Physically hurt on purpose	3.9	4.4	—	—
Forced to have sexual intercourse	2.7	3.0	—	—
Forced to do other sexual things	5.0	5.5	—	—

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

† During the past 12 months

‡ For example, a gun, knife, or club

§ Does not include carrying a gun only for hunting or for a sport, such as target shooting

Table 3-2A. Bullying, Cyberbullying, and Verbal Harassment by Sex and Grade, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	Total (%)	Sex (%)		Grade (%)			
		Female	Male	9 th	10 th	11 th	12 th
	(799)	(386)	(405)	(192)	(223)	(195)	(182)
<i>BULLYING (past 12 months)*</i>							
Been a victim of bullying	20.6	25.3	16.1	24.7	25.9	13.2	17.3
Been a victim of bullying on school property	16.9	21.4	12.5	21.5	21.7	11.9	11.2
Bullied someone else	9.6	6.3	12.3	12.0	8.8	7.7	8.9
Bullied someone else on school property	7.0	5.2	8.3	7.3	5.5	5.7	8.9
Talked to a teacher/adult at school about being bullied	3.4	5.0	2.0	3.7	5.9	2.6	1.1
Talked to a parent/adult outside of school about being bullied	8.3	12.0	4.5	11.0	11.9	4.1	5.0
Saw or heard about another student being bullied at school	37.0	40.4	33.5	37.0	41.6	32.8	35.2
Tried to stop another student from bullying someone else at school	16.8	16.3	17.3	19.8	18.6	12.3	16.2
Told an adult at school that someone was being bullied at school	4.3	6.0	2.8	2.1	8.1	1.5	5.0
Told a parent/adult outside of school that someone was being bullied at school	8.4	12.5	4.3	10.4	9.5	5.7	7.3
<i>CYBERBULLYING (past 12 months) †</i>							
Been a victim of cyberbullying	13.1	15.8	10.3	12.5	18.2	9.3	11.3
Cyberbullied someone else	6.2	6.0	6.2	5.7	7.7	6.7	3.9
Talked to a teacher/adult at school about being cyberbullied	1.3	2.1	0.5	1.6	1.8	0.5	1.1
Talked to a parent/adult outside of school about being cyberbullied	2.9	4.2	1.5	4.2	3.6	2.1	1.1
Saw or heard about another student being cyberbullied	19.6	22.7	16.8	18.3	22.3	17.5	20.0
Tried to stop a student from cyberbullying someone else	7.8	9.4	6.0	7.9	10.1	6.7	5.6
Told an adult at school that someone was being cyberbullied	1.4	1.6	1.3	1.0	2.8	0.5	1.1
Told a parent/adult outside of school that someone was being cyberbullied	3.1	4.7	1.3	3.1	3.7	2.1	2.8
<i>VERBAL HARASSMENT (past 12 months) ‡</i>							
Verbally harassed because of your race, ethnicity, or culture	18.6	17.9	19.3	24.0	17.2	16.0	17.3
Verbally harassed because of your sexual orientation or gender identity	6.0	7.0	5.0	8.9	5.9	4.1	5.0
Verbally harassed because of a disability you have or others think you have	6.0	5.7	6.3	8.9	4.1	5.6	5.6
Verbally harassed because of your height or weight or how you look	25.0	24.4	25.6	29.7	25.9	21.0	22.9

* Defined as when one 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 by others at your school

Table 3-2B. Bullying, Cyberbullying, and Verbal Harassment, 2006 - 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	Wayland (%)						
	2006 (830)	2008 (820)	2010 (770)	2012 (770)	2014 (795)	2016 (773)	2018 (799)
BULLYING (past 12 months)*							
Been a victim of bullying	27.7	22.0	25.9	20.1	16.7	15.7	20.6
Been a victim of bullying on school property	23.4	19.0	22.9	16.8	14.8	12.2	16.9
Bullied someone else	—	16.3	18.8	11.6	7.9	6.8	9.6
Bullied someone else on school property	—	—	—	9.0	4.7	5.1	7.0
Talked to a teacher/adult at school about being bullied	—	—	10.3	6.0	5.2	3.9	3.4
Talked to a parent/adult outside of school about being bullied	—	—	11.8	9.7	7.9	8.2	8.3
Saw or heard about another student being bullied at school	—	—	—	38.1	39.4	38.7	37.0
Tried to stop another student from bullying someone else at school	—	—	—	22.6	21.8	18.8	16.8
Told an adult at school that someone was being bullied at school	—	—	—	6.3	6.1	4.3	4.3
Told a parent/adult outside of school that someone was being bullied at school	—	—	—	8.4	10.5	8.4	8.4
CYBERBULLYING (past 12 months) †							
Been a victim of cyberbullying	13.7	14.5	16.6	16.1	13.9	14.4	13.1
Cyberbullied someone else	9.4	8.2	9.3	7.3	7.7	6.2	6.2
Talked to a teacher/adult at school about being cyberbullied	—	—	3.9	4.4	1.8	1.9	1.3
Talked to a parent/adult outside of school about being cyberbullied	—	—	5.9	4.8	3.6	4.5	2.9
Saw or heard about another student being cyberbullied	—	—	—	30.7	34.8	21.7	19.6
Tried to stop a student from cyberbullying someone else	—	—	—	12.8	9.5	7.7	7.8
Told an adult at school that someone was being cyberbullied	—	—	—	3.8	2.9	1.6	1.4
Told a parent/adult outside of school that someone was being cyberbullied	—	—	—	5.4	5.2	3.9	3.1
VERBAL HARASSMENT (past 12 months) ‡							
Verbally harassed because of your race, ethnicity, or culture	—	—	—	—	—	18.4	18.6
Verbally harassed because of your sexual orientation or gender identity §	—	—	—	—	—	5.0	6.0
Verbally harassed because of a disability you have or others think you have	—	—	—	—	—	5.2	6.0
Verbally harassed because of your height or weight or how you look	—	—	—	—	—	21.6	25.0

* Defined as when one 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 by others at your school

§ In 2018, item included gender identity in addition to sexual orientation

Table 3-2C. Bullying, Cyberbullying, and Verbal Harassment at the District, Regional, State, and National Levels, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	Wayland 2018 MWAHS (799)	MetroWest Region 2018 MWAHS (24,746)	Massachusetts 2017 YRBS (3,286)	United States 2017 YRBS (14,765)
BULLYING (past 12 months)*				
Been a victim of bullying	20.6	22.4	—	—
Been a victim of bullying on school property	16.9	18.9	14.6	19.0
Bullied someone else	9.6	9.0	—	—
Bullied someone else on school property	7.0	6.1	—	—
Talked to a teacher/adult at school about being bullied	3.4	6.9	—	—
Talked to a parent/adult outside of school about being bullied	8.3	11.6	—	—
Saw or heard about another student being bullied at school	37.0	43.1	—	—
Tried to stop another student from bullying someone else at school	16.8	23.2	—	—
Told an adult at school that someone was being bullied at school	4.3	8.1	—	—
Told a parent/adult outside of school that someone was being bullied at school	8.4	12.6	—	—
CYBERBULLYING (past 12 months)†				
Been a victim of cyberbullying	13.1	18.3	13.6	14.9
Cyberbullied someone else	6.2	7.5	6.4§	—
Talked to a teacher/adult at school about being cyberbullied	1.3	3.3	—	—
Talked to a parent/adult outside of school about being cyberbullied	2.9	5.8	—	—
Saw or heard about another student being cyberbullied	19.6	27.6	—	—
Tried to stop a student from cyberbullying someone else	7.8	12.1	—	—
Told an adult at school that someone was being cyberbullied	1.4	3.5	—	—
Told a parent/adult outside of school that someone was being cyberbullied	3.1	6.6	—	—
VERBAL HARASSMENT (past 12 months)‡				
Verbally harassed because of your race, ethnicity, or culture	18.6	14.6	—	—
Verbally harassed because of your sexual orientation or gender identity	6.0	6.2	—	—
Verbally harassed because of a disability you have or others think you have	6.0	6.5	—	—
Verbally harassed because of your height or weight or how you look	25.0	24.9	—	—

* Defined as when one 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 by others at your school

§ Data is from the Massachusetts Youth Health Survey 2017

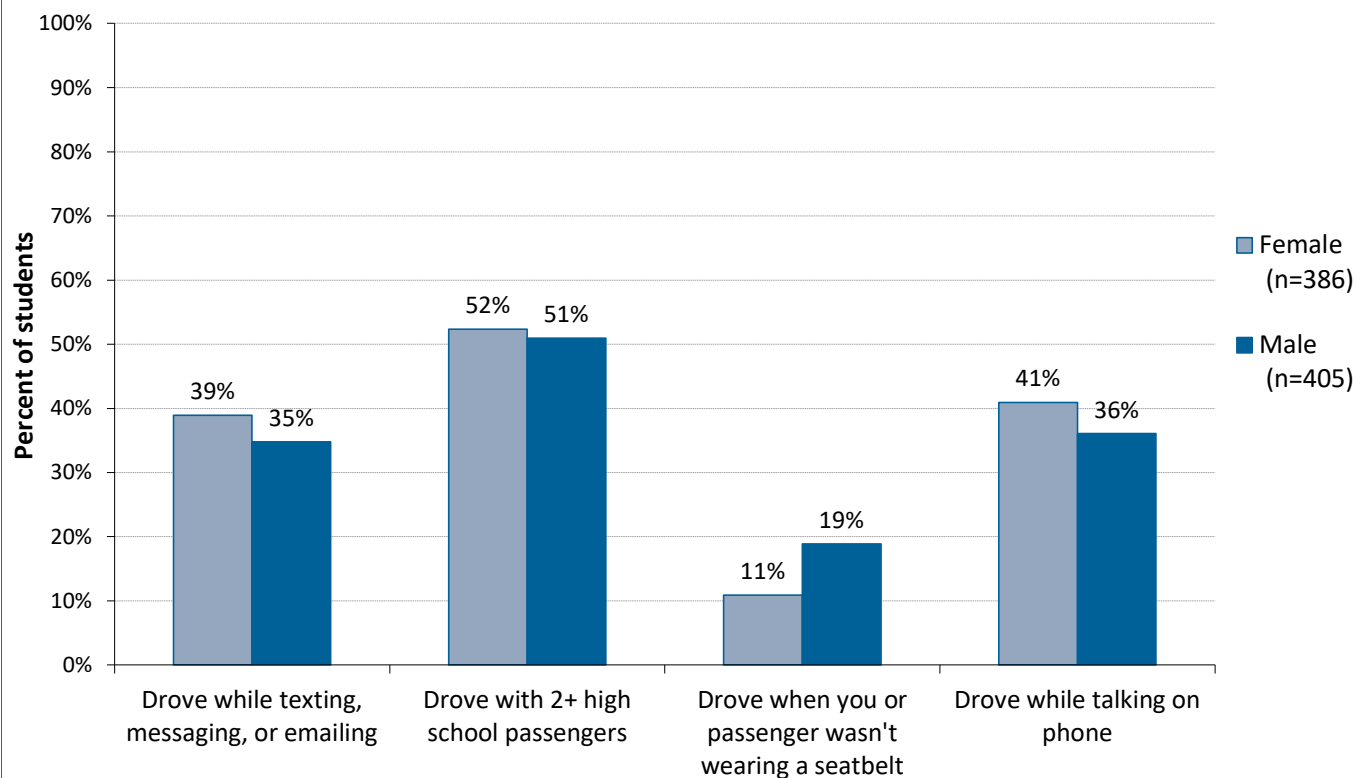
Section 4

Unintentional Injury

Figure 4-1A. Distracted Driving* by Sex, 2018

Wayland High School (Grades 9-12)

MetroWest Adolescent Health Survey

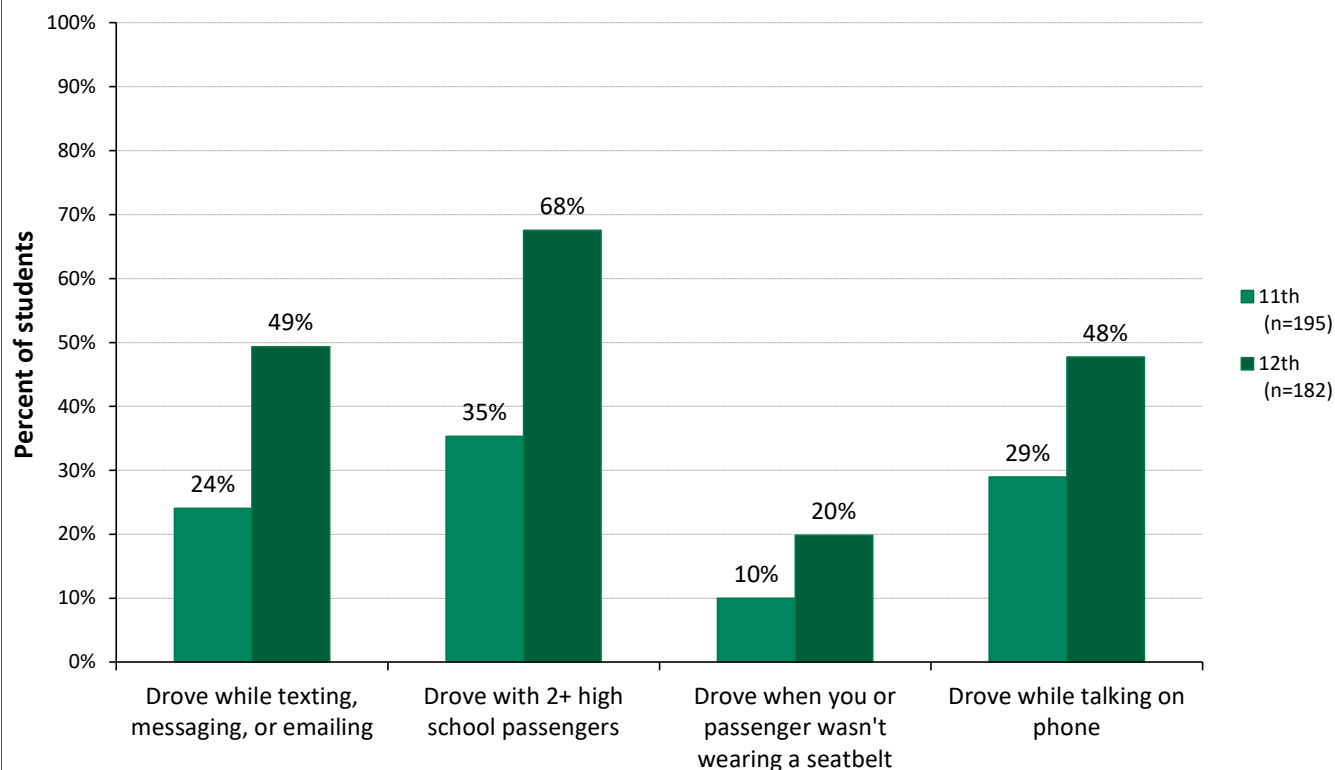


* Among the 11th and 12th grade youth who drove in the past 30 days

Figure 4-1B. Distracted Driving* by Grade, 2018

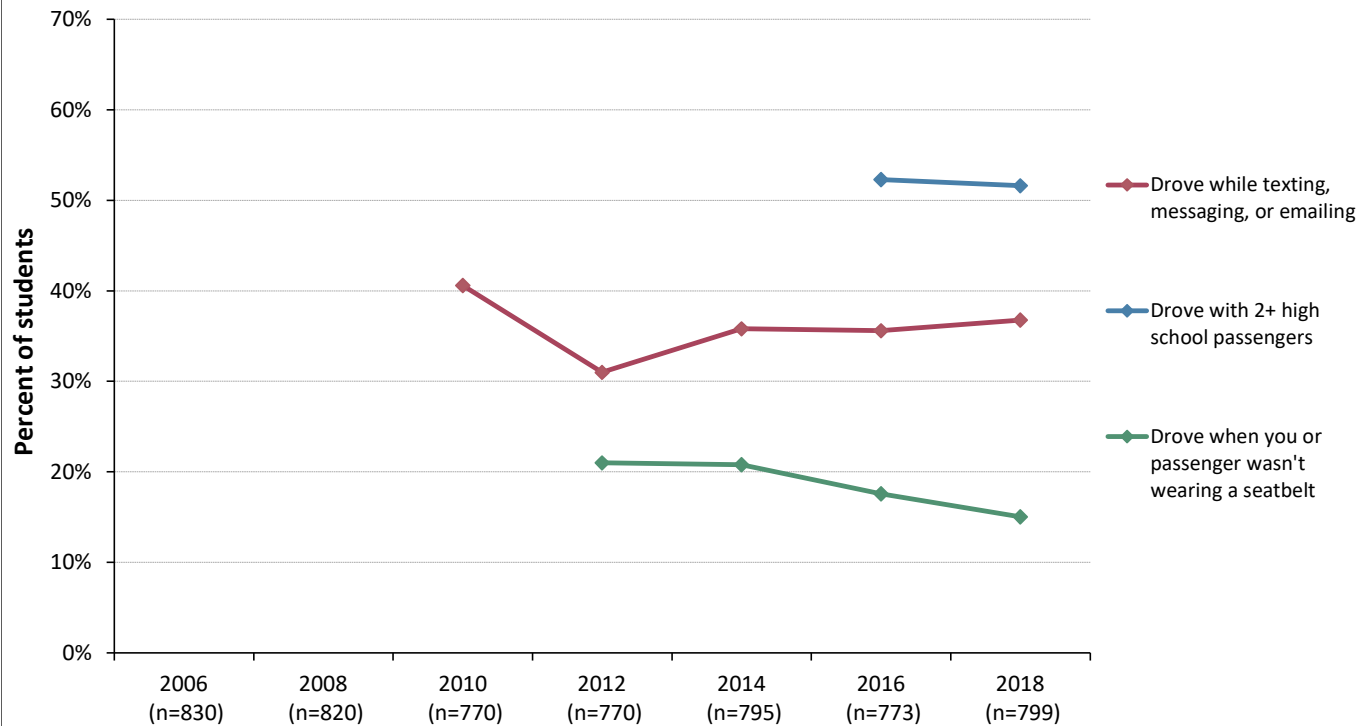
Wayland High School (Grades 9-12)

MetroWest Adolescent Health Survey



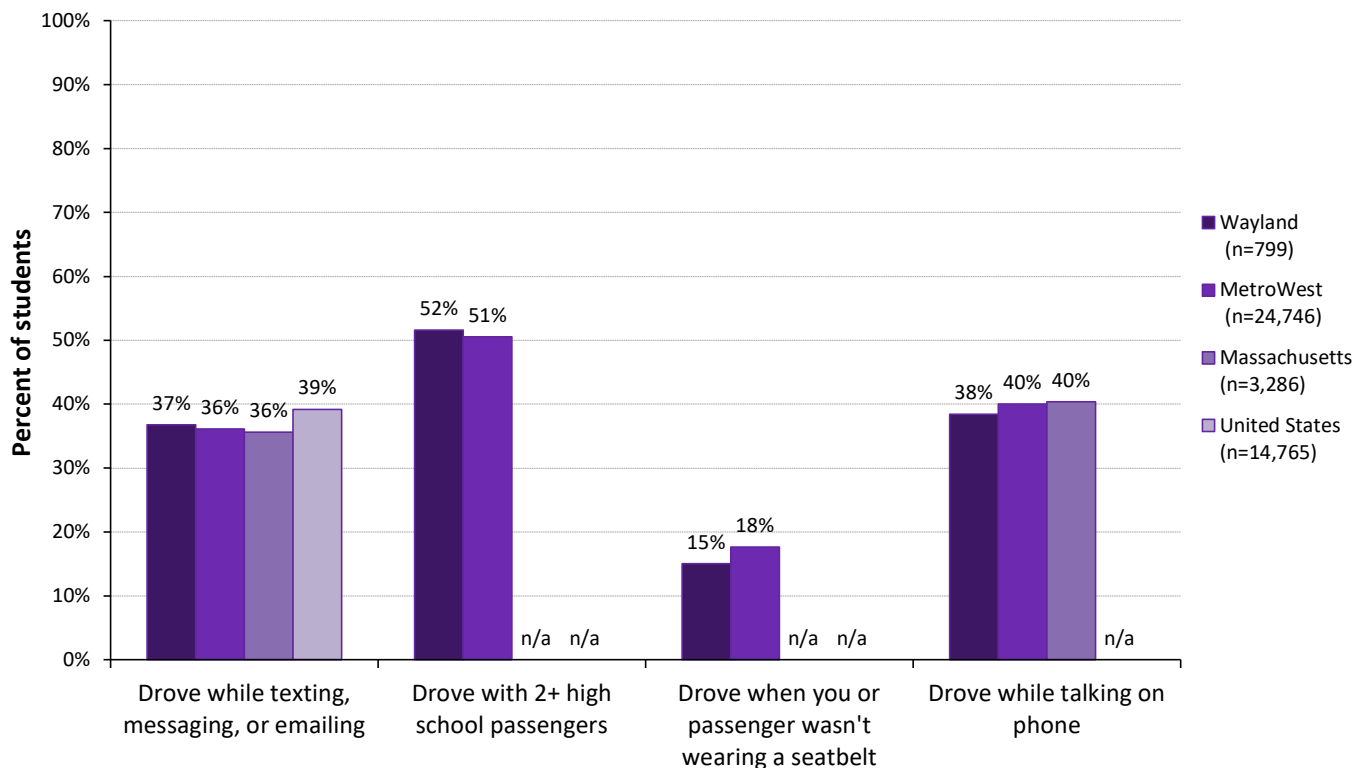
* Among the 11th and 12th grade youth who drove in the past 30 days

Figure 4-1C. Trends in Distracted Driving,* 2010-2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey



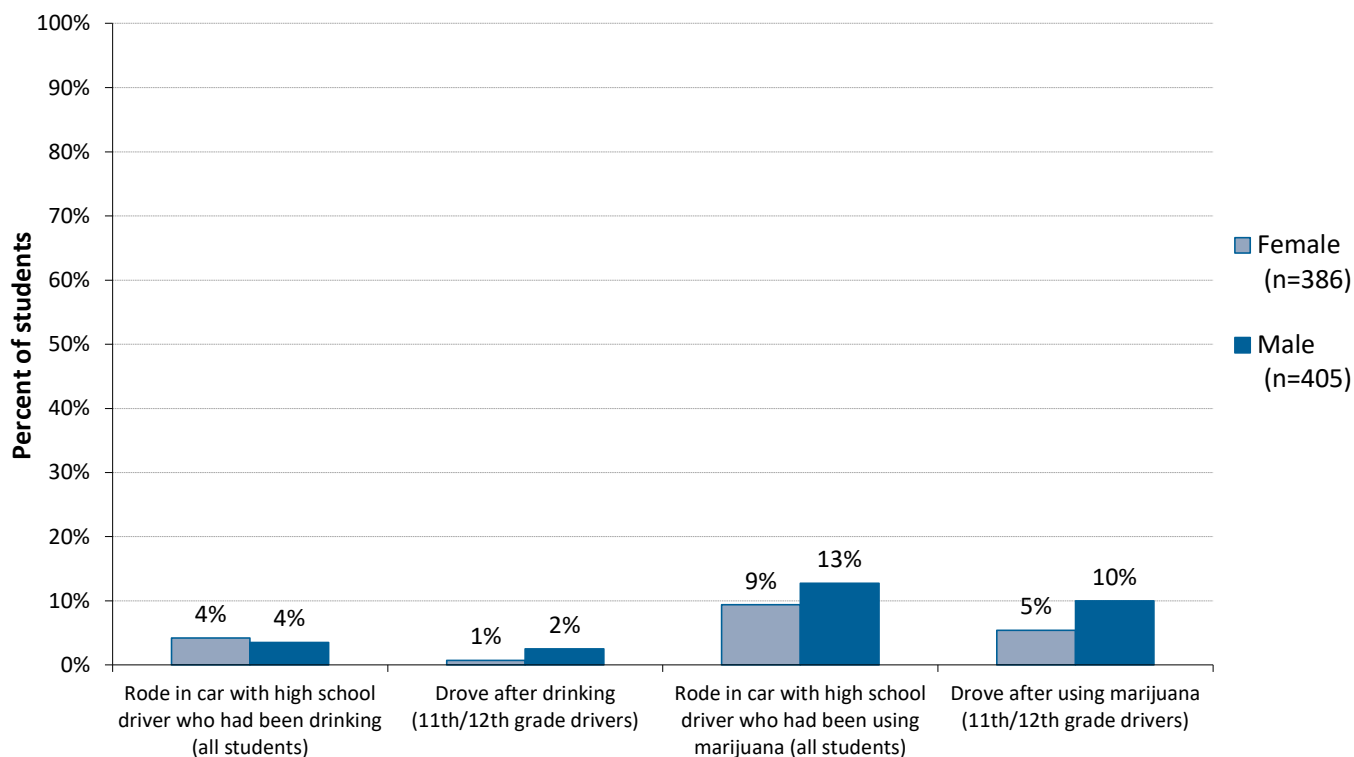
* Among the 11th and 12th grade youth who drove in the past 30 days

Figure 4-1D. Distracted Driving* at the District, Regional, State, and National Levels, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey



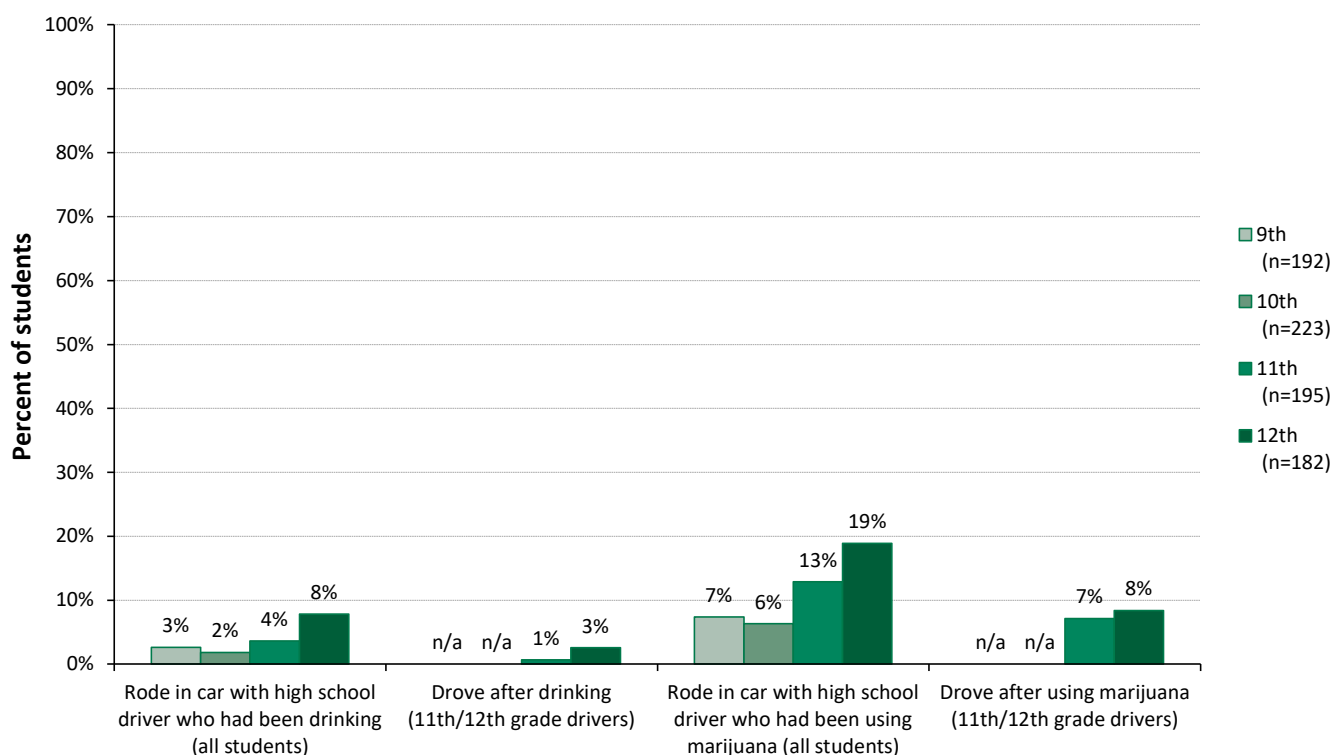
* Among the 11th and 12th grade youth who drove in the past 30 days

Figure 4-2A. Impaired Driving and Related Passenger Behaviors* by Sex, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey



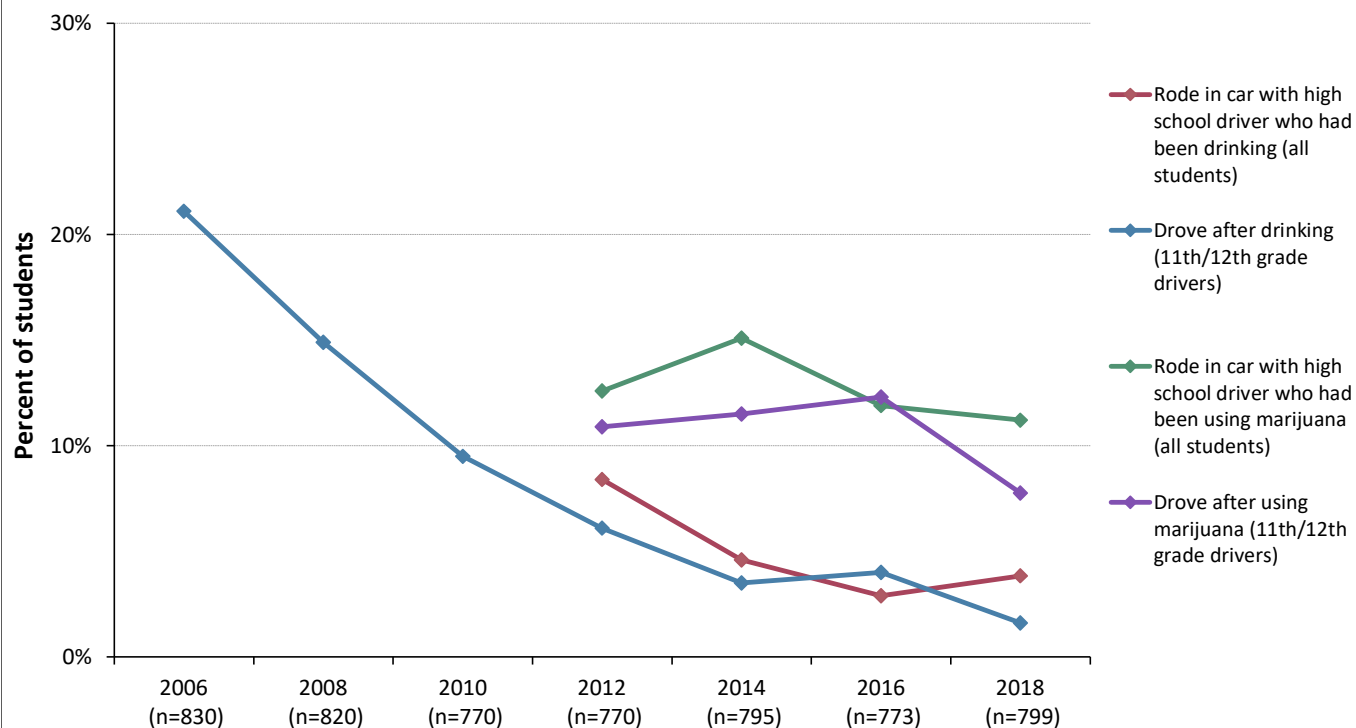
* In the past 30 days

Figure 4-2B. Impaired Driving and Related Passenger Behaviors* by Grade, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey



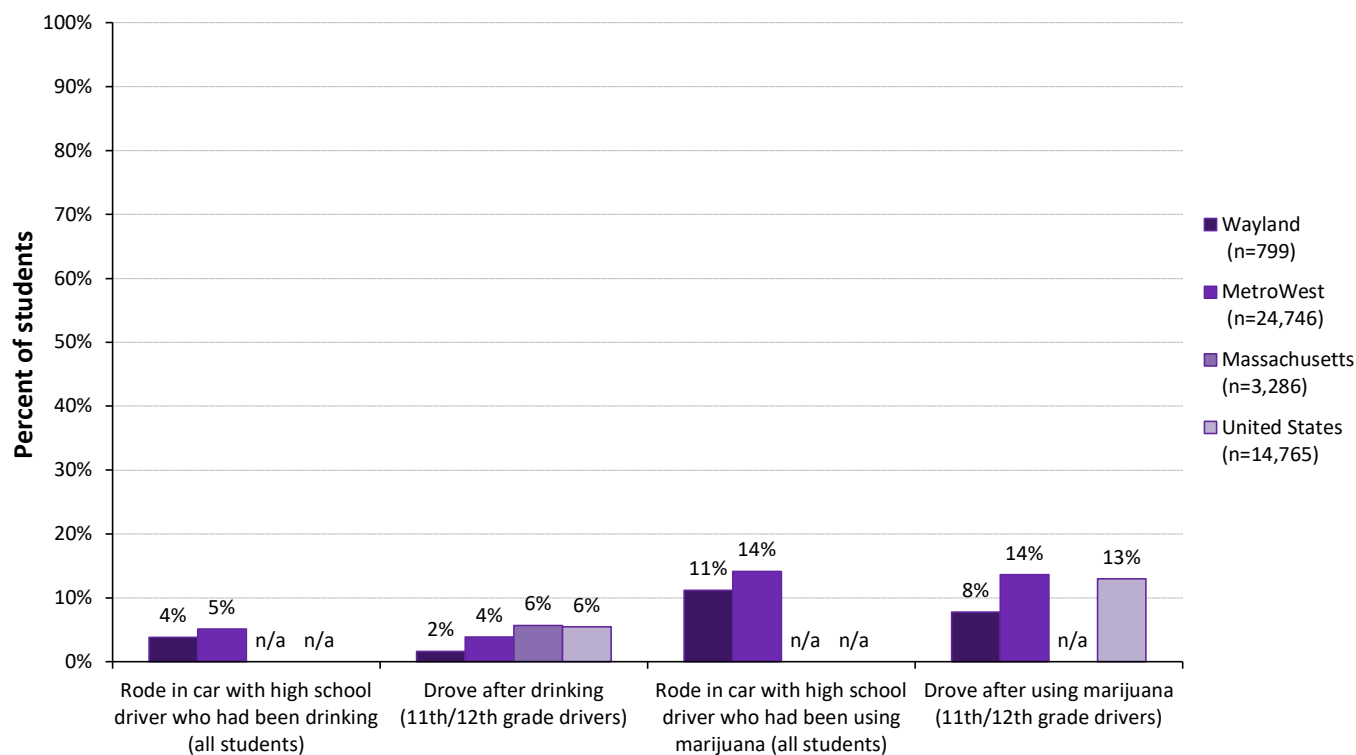
* In the past 30 days

Figure 4-2C. Impaired Driving and Related Passenger Behaviors,* 2006-2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey



* In the past 30 days

Figure 4-2D. Impaired Driving and Related Passenger Behaviors* at the District, Regional, State, and National Levels, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey



* In the past 30 days

Table 4-1A. Behaviors Related to Unintentional Injury by Sex and Grade, 2018

Wayland High School (Grades 9-12)

MetroWest Adolescent Health Survey, 2018

	Total (%)	Sex (%)		Grade (%)			
	(799)	Female (386)	Male (405)	9 th (192)	10 th (223)	11 th (195)	12 th (182)
SAFETY-RELATED BEHAVIORS							
Never/rarely wore a helmet when riding a bicycle (past 12 months, among students who rode a bicycle)	27.0	20.7	32.4	22.8	27.6	26.7	32.0
Never/rarely wear a seatbelt when passenger in a car	2.1	1.6	2.7	2.6	1.8	3.1	1.1
DRIVING UNDER THE INFLUENCE (past 30 days)							
Rode in a car with a driver who had been drinking	10.4	10.7	10.1	12.0	7.7	9.2	13.2
Rode in a car driven by a high school student who had been drinking	3.8	4.2	3.5	2.7	1.8	3.6	7.8
Rode in a car driven by a high school student who had been using marijuana	11.2	9.4	12.8	7.4	6.3	12.9	18.9
Drove a car when you had been drinking*	1.6	0.7	2.5	–	–	0.6	2.6
Drove a car when you had been using marijuana*	7.8	5.4	10.0	–	–	7.1	8.4
DISTRACTED DRIVING BY HIGH SCHOOL STUDENTS (past 30 days)							
Rode in a car driven by a high school student who was talking on a mobile phone while driving	32.1	33.1	31.3	18.9	26.2	38.1	46.7
Rode in a car driven by a high school student who was texting, messaging, or emailing while driving	33.1	33.1	33.3	17.8	27.6	34.5	54.7
Drove a car with two or more high school students riding with you*	51.6	52.3	50.9	–	–	35.3	67.5
Drove a car when you or someone else wasn't wearing a seatbelt*	15.0	10.9	18.9	–	–	10.0	19.9
Drove a car while you were talking on a mobile phone*	38.4	40.9	36.1	–	–	28.9	47.7
Drove a car while you were texting, messaging, or emailing*	36.8	38.9	34.8	–	–	24.0	49.4

* Among 11th and 12th grade youth who drove in the past 30 days

Table 4-1B. Behaviors Related to Unintentional Injury, 2006 - 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	Wayland (%)						
	2006 (830)	2008 (820)	2010 (770)	2012 (770)	2014 (795)	2016 (773)	2018 (799)
SAFETY-RELATED BEHAVIORS							
Never/rarely wore a helmet when riding a bicycle (past 12 months, among students who rode a bicycle)	45.7	40.6	40.1	36.4	33.1	28.5	27.0
Never/rarely wear a seatbelt when passenger in a car	6.3	5.9	6.3	7.0	2.5	3.0	2.1
DRIVING UNDER THE INFLUENCE (past 30 days)							
Rode in a car with a driver who had been drinking	25.9	24.9	21.7	14.6	10.3	8.0	10.4
Rode in a car driven by a high school student who had been drinking	—	—	—	8.4	4.6	2.9	3.8
Rode in a car driven by a high school student who had been using marijuana	—	—	—	12.6	15.1	11.9	11.2
Drove a car when you had been drinking*	21.1	14.9	9.5	6.1	3.5	4.0	1.6
Drove a car when you had been using marijuana*	—	—	—	10.9	11.5	12.3	7.8
DISTRACTED DRIVING BY HIGH SCHOOL STUDENTS (past 30 days)							
Rode in a car driven by a high school student who was talking on a mobile phone while driving	—	—	—	—	—	—	32.1
Rode in a car driven by a high school student who was texting, messaging, or emailing while driving	—	—	29.9	30.0	29.5	29.0	33.1
Drove a car with two or more high school students riding with you*	—	—	—	—	—	52.3	51.6
Drove a car when you or someone else wasn't wearing a seatbelt*	—	—	—	21.0	20.8	17.6	15.0
Drove a car while you were talking on a mobile phone*	—	—	—	—	—	—	38.4
Drove a car while you were texting, messaging, or emailing*	—	—	40.6	31.0	35.8	35.6	36.8

* Among 11th and 12th grade youth who drove in the past 30 days

Table 4-1C. Behaviors Related to Unintentional Injury at the District, Regional, State, and National Levels, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	Wayland 2018 MWAHS	MetroWest Region 2018 MWAHS	Massachusetts 2017 YRBS	United States 2017 YRBS
	(799)	(24,746)	(3,286)	(14,765)
SAFETY-RELATED BEHAVIORS				
Never/rarely wore a helmet when riding a bicycle (past 12 months, among students who rode a bicycle)	27.0	49.5	—	—
Never/rarely wear a seatbelt when passenger in a car	2.1	3.5	—	5.9
DRIVING UNDER THE INFLUENCE (past 30 days)				
Rode in a car with a driver who had been drinking	10.4	13.5	14.4	16.5
Rode in a car driven by a high school student who had been drinking	3.8	5.1	—	—
Rode in a car driven by a high school student who had been using marijuana	11.2	14.1	—	—
Drove a car when you had been drinking*	1.6	3.9	5.7	5.5
Drove a car when you had been using marijuana*	7.8	13.6	—	13.0
DISTRACTED DRIVING BY HIGH SCHOOL STUDENTS (past 30 days)				
Rode in a car driven by a high school student who was talking on a mobile phone while driving	32.1	31.4	—	—
Rode in a car driven by a high school student who was texting, messaging, or emailing while driving	33.1	29.8	—	—
Drove a car with two or more high school students riding with you*	51.6	50.5	—	—
Drove a car when you or someone else wasn't wearing a seatbelt*	15.0	17.7	—	—
Drove a car while you were talking on a mobile phone*	38.4	40.0	40.4	—
Drove a car while you were texting, messaging, or emailing*	36.8	36.1	35.6	39.2

* MWAHS data is among 11th and 12th grade youth who drove in the past 30 days. Data for the state and country is among all students who drove a car or other vehicle during the past 30 days.

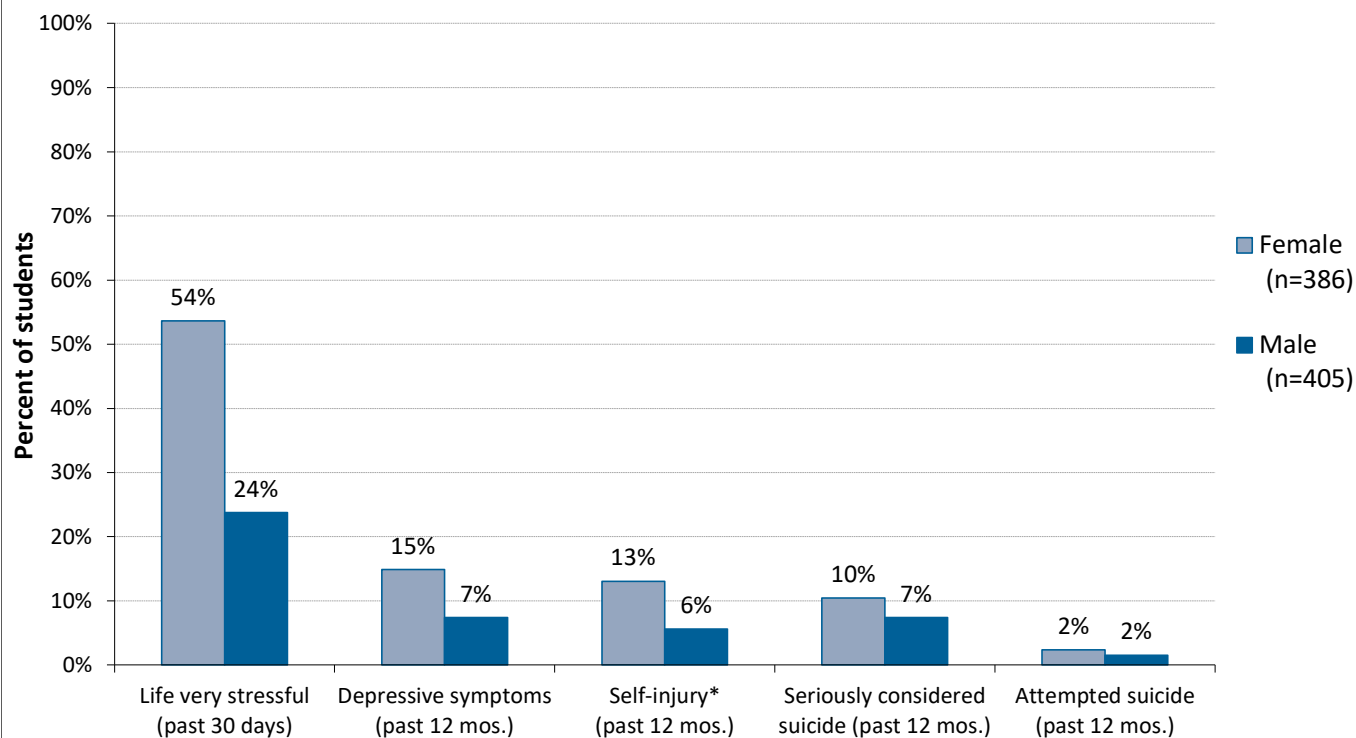
Section 5

Mental Health

Figure 5-1A. Mental Health and Suicidality by Sex, 2018

Wayland High School (Grades 9-12)

MetroWest Adolescent Health Survey

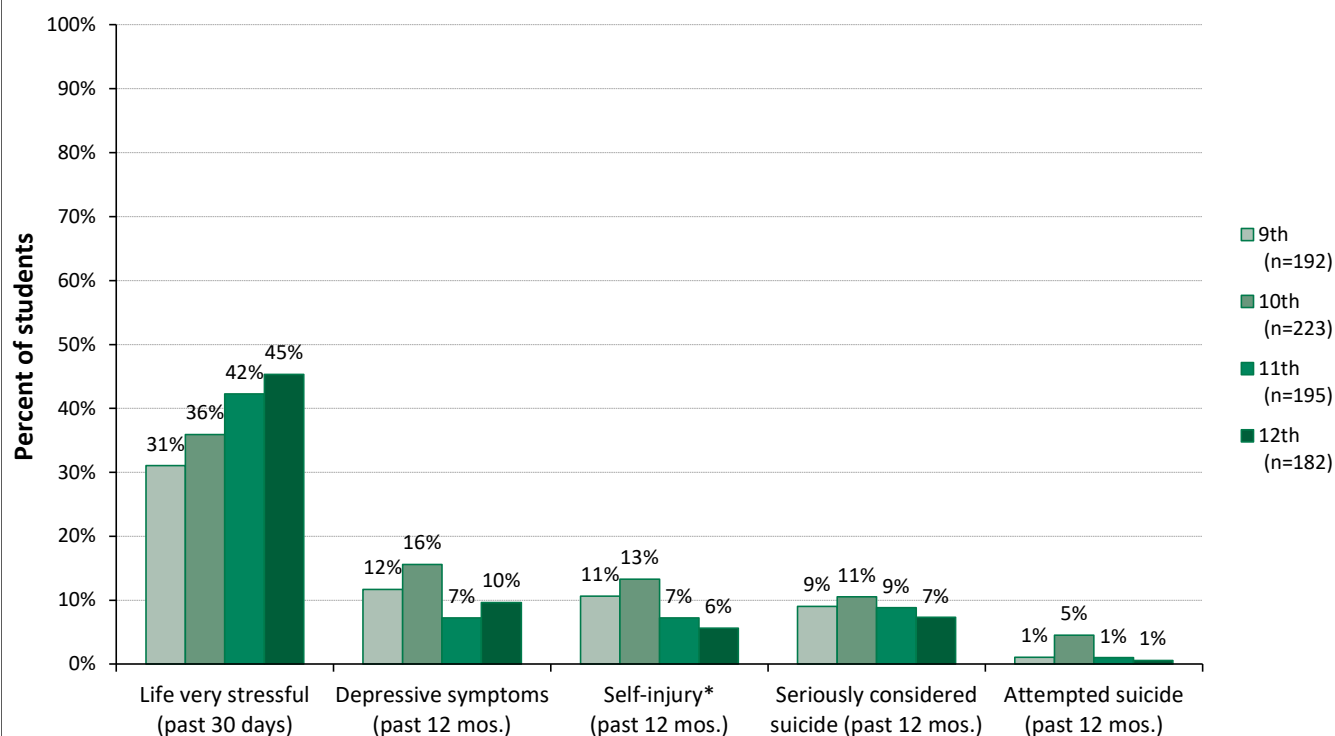


* For example, by cutting, burning, or bruising yourself on purpose

Figure 5-1B. Mental Health and Suicidality by Grade, 2018

Wayland High School (Grades 9-12)

MetroWest Adolescent Health Survey

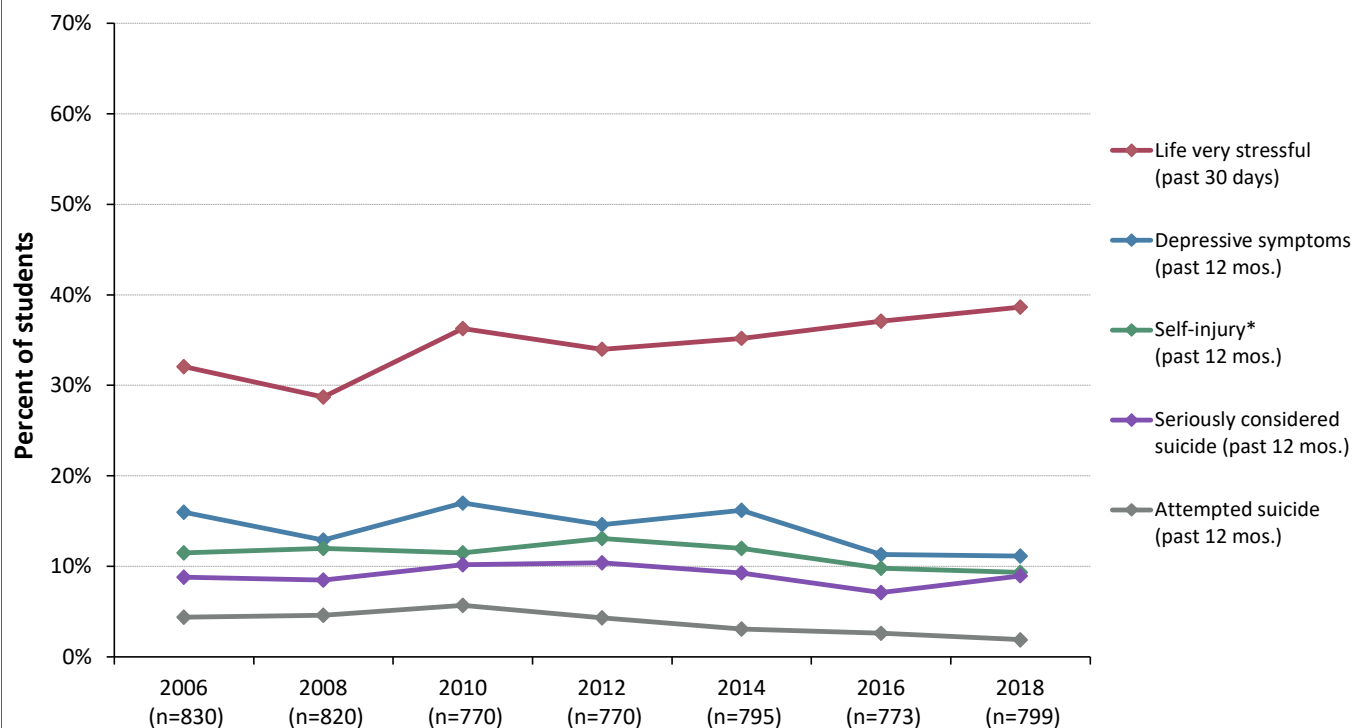


* For example, by cutting, burning, or bruising yourself on purpose

Figure 5-1C. Trends in Mental Health and Suicidality, 2006-2018

Wayland High School (Grades 9-12)

MetroWest Adolescent Health Survey

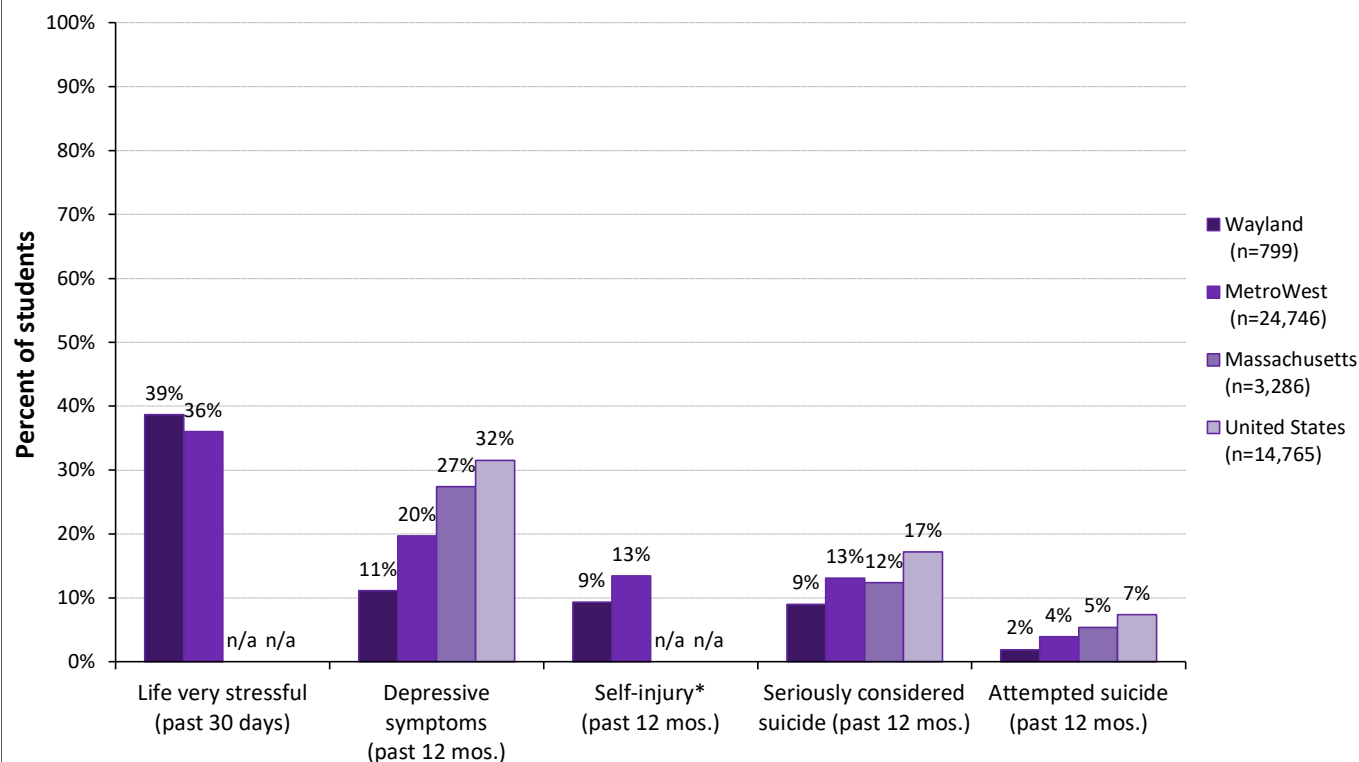


* For example, by cutting, burning, or bruising yourself on purpose

Figure 5-1D. Mental Health and Suicidality at the District, Regional, State, and National Levels, 2018

Wayland High School (Grades 9-12)

MetroWest Adolescent Health Survey

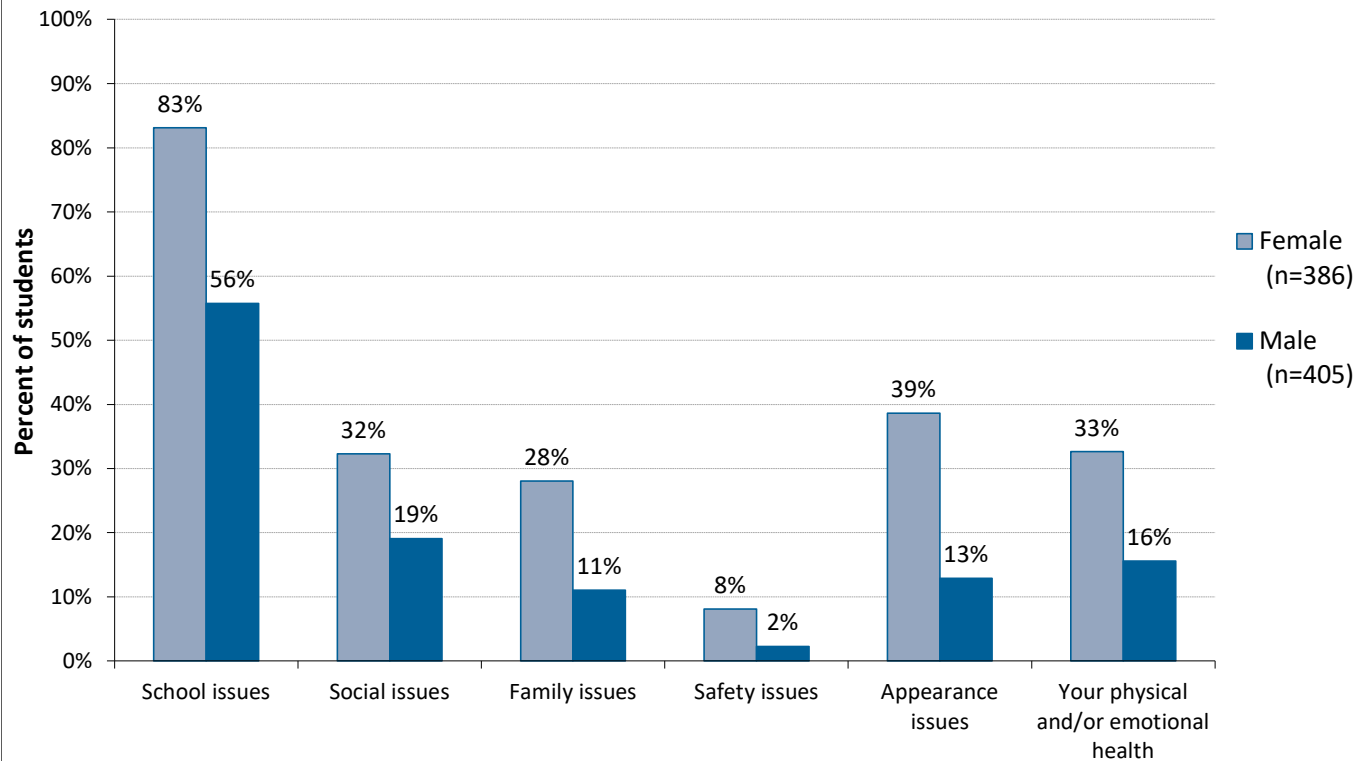


* For example, by cutting, burning, or bruising yourself on purpose

Figure 5-2A. Sources of Stress* by Sex, 2018

Wayland High School (Grades 9-12)

MetroWest Adolescent Health Survey

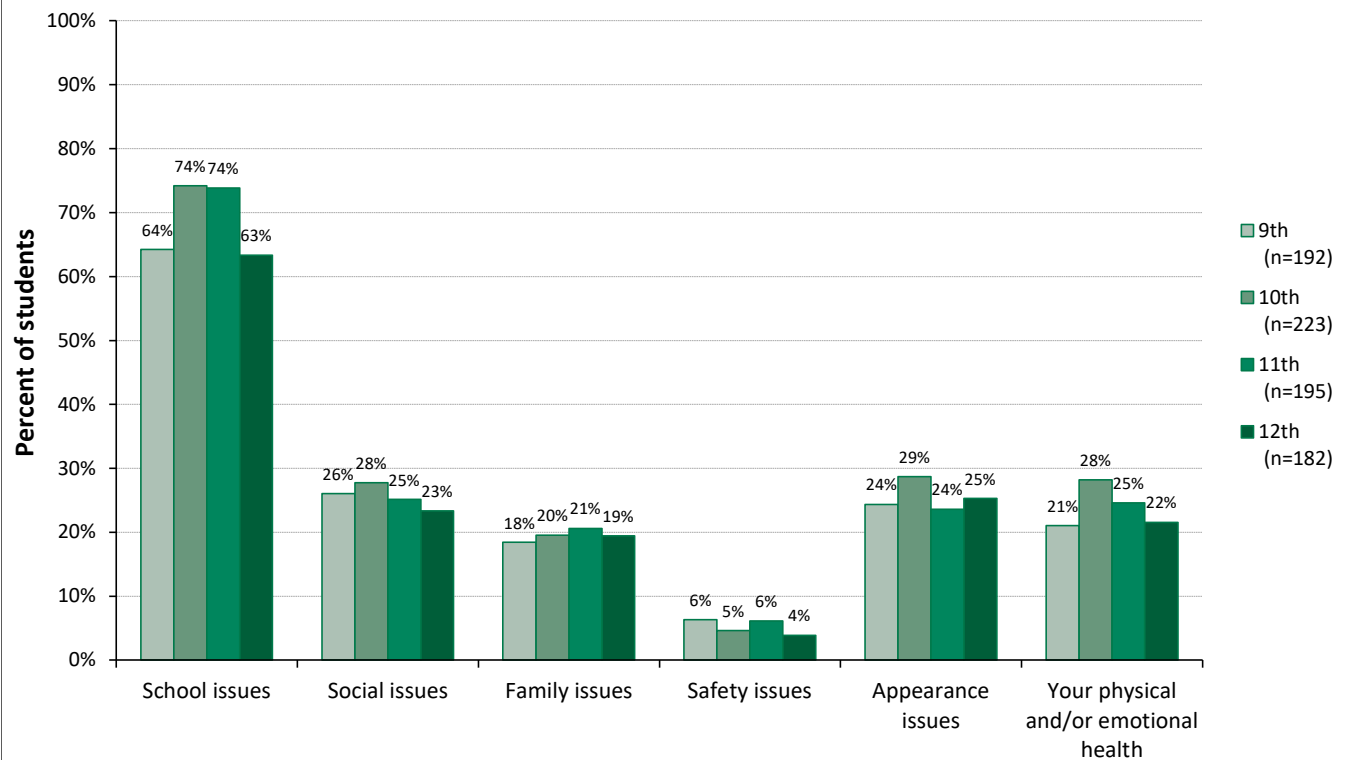


* Student responded that they worried/stressed about item "often" or "very often"

Figure 5-2B. Sources of Stress* by Grade, 2018

Wayland High School (Grades 9-12)

MetroWest Adolescent Health Survey

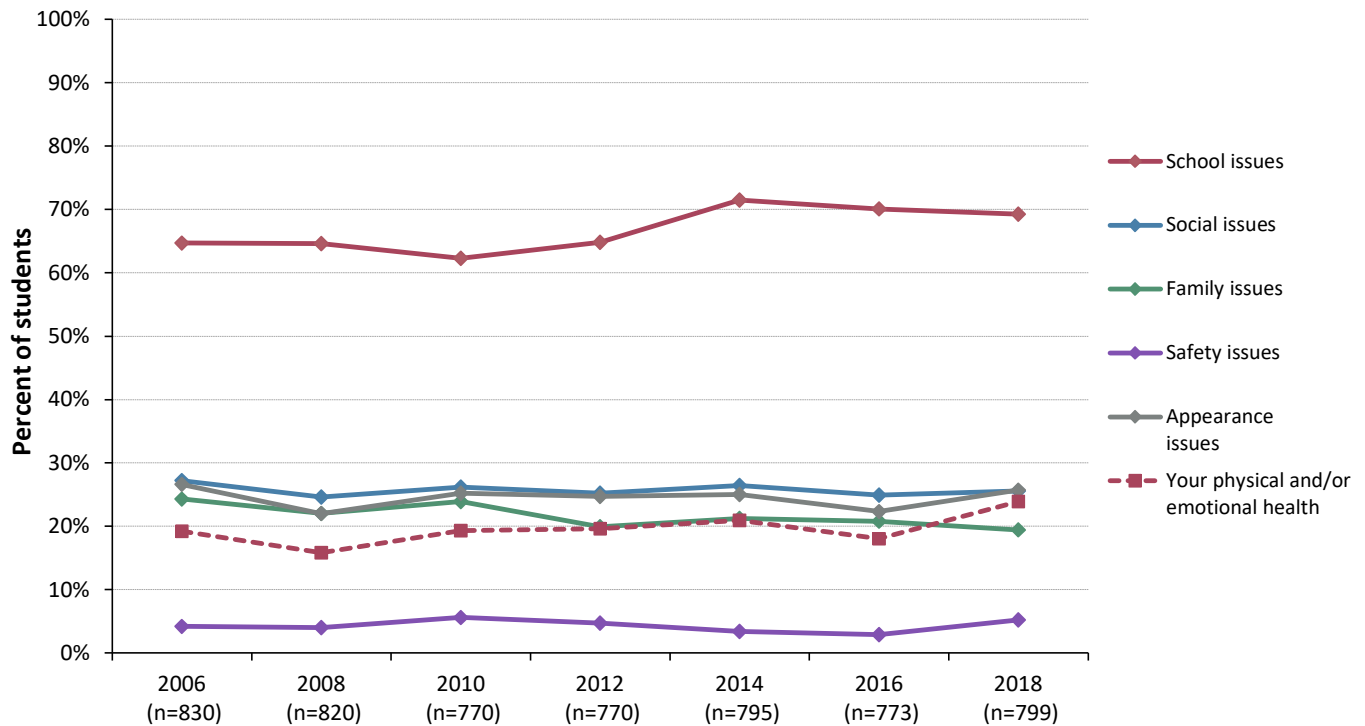


* Student responded that they worried/stressed about item "often" or "very often"

Figure 5-2C. Trends in Sources of Stress,* 2006-2018

Wayland High School (Grades 9-12)

MetroWest Adolescent Health Survey

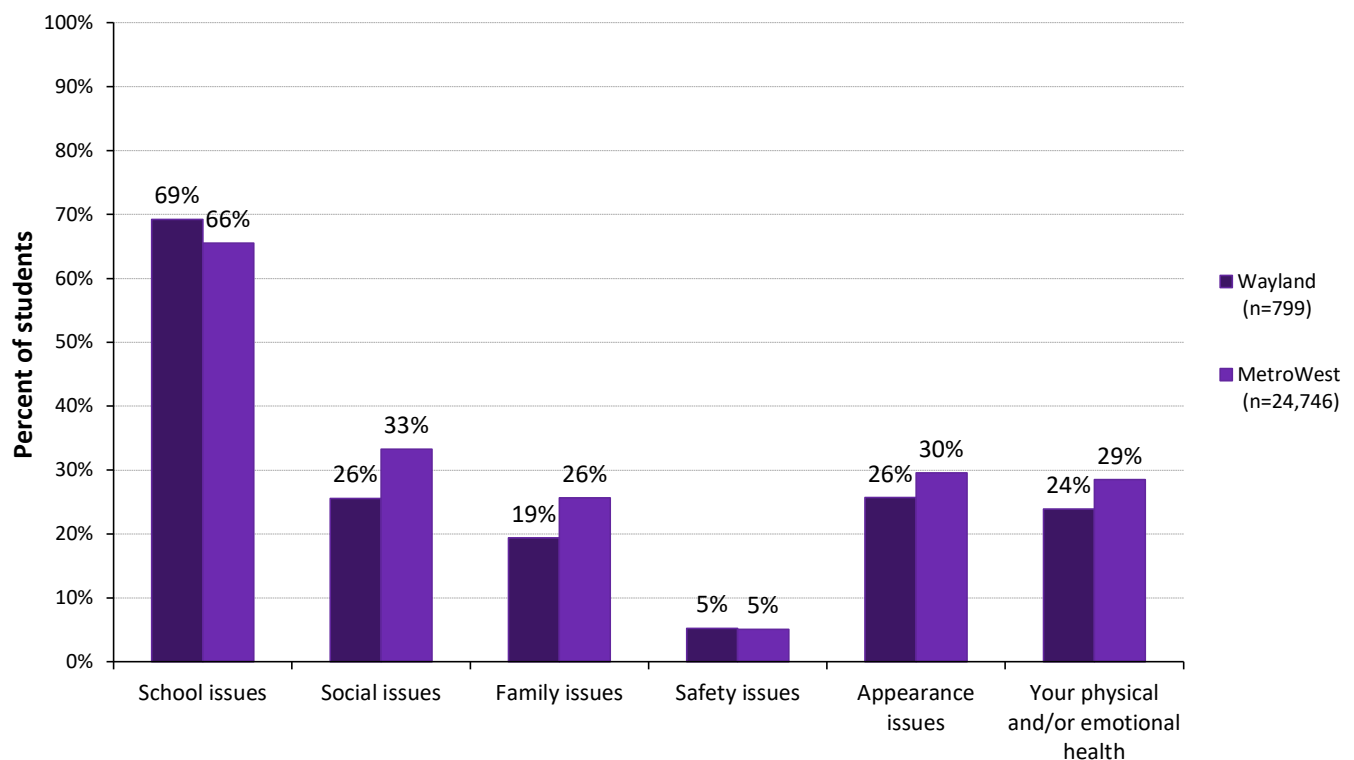


* Student responded that they worried/stressed about item "often" or "very often"

Figure 5-2D. Sources of Stress* at the District and Regional Levels, 2018

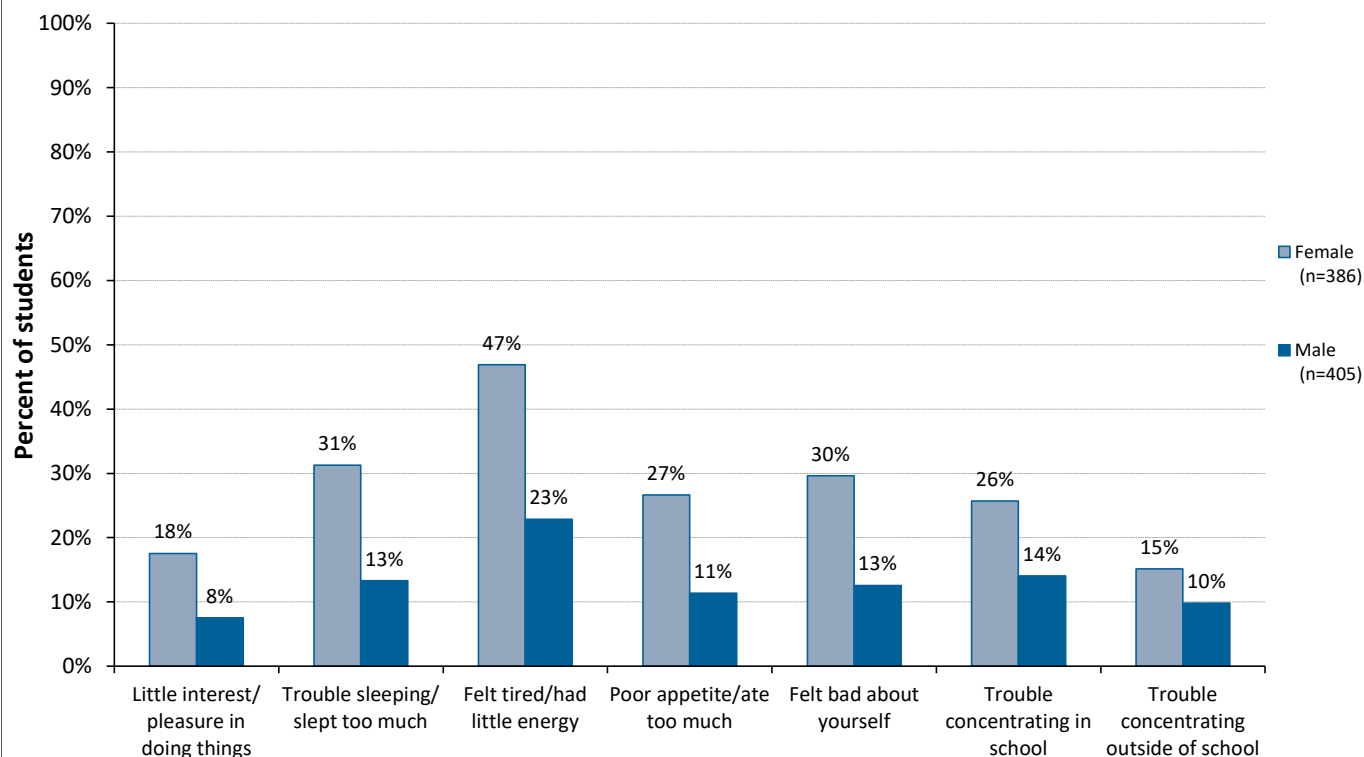
Wayland High School (Grades 9-12)

MetroWest Adolescent Health Survey



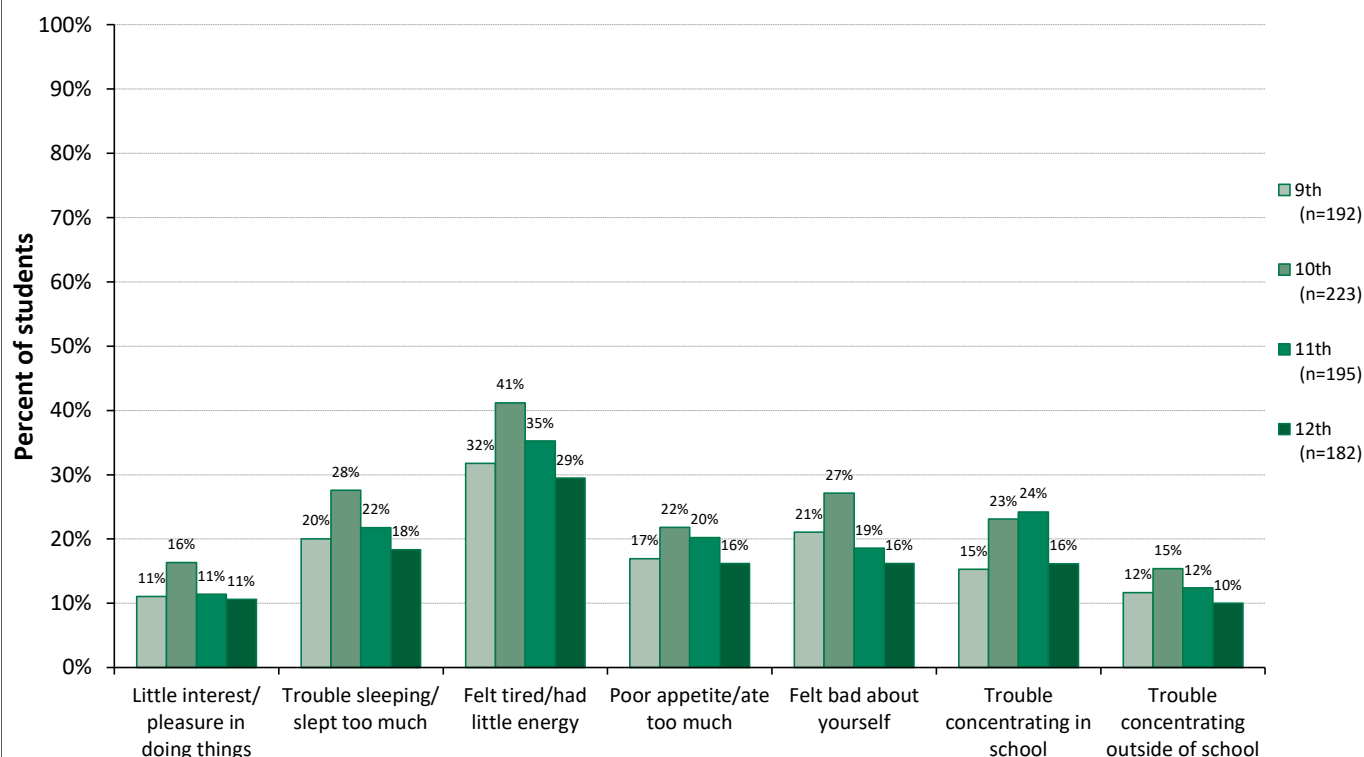
* Student responded that they worried/stressed about item "often" or "very often"

Figure 5-3A. Symptoms of Being Stressed, Anxious, or Worried* by Sex, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey



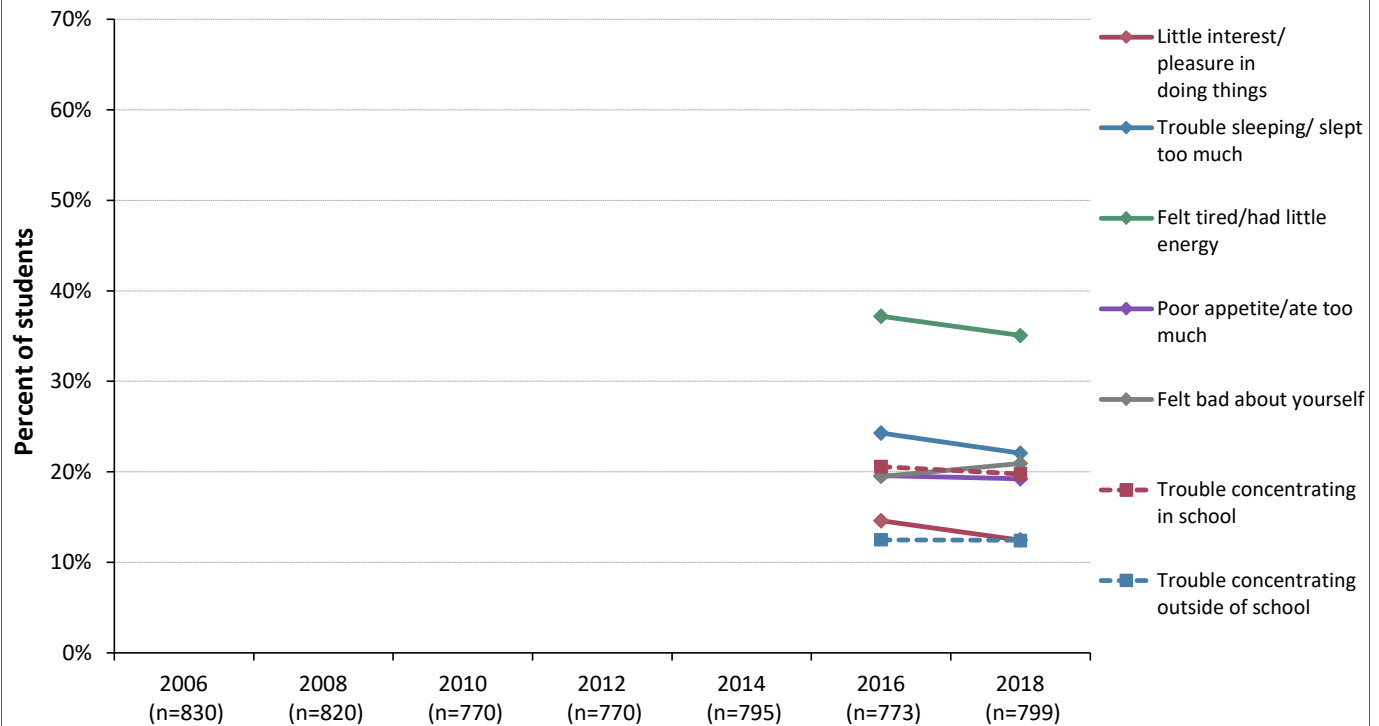
* Student responded "often" or "very often"; past 2 weeks

Figure 5-3B. Symptoms of Being Stressed, Anxious, or Worried* by Grade, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey



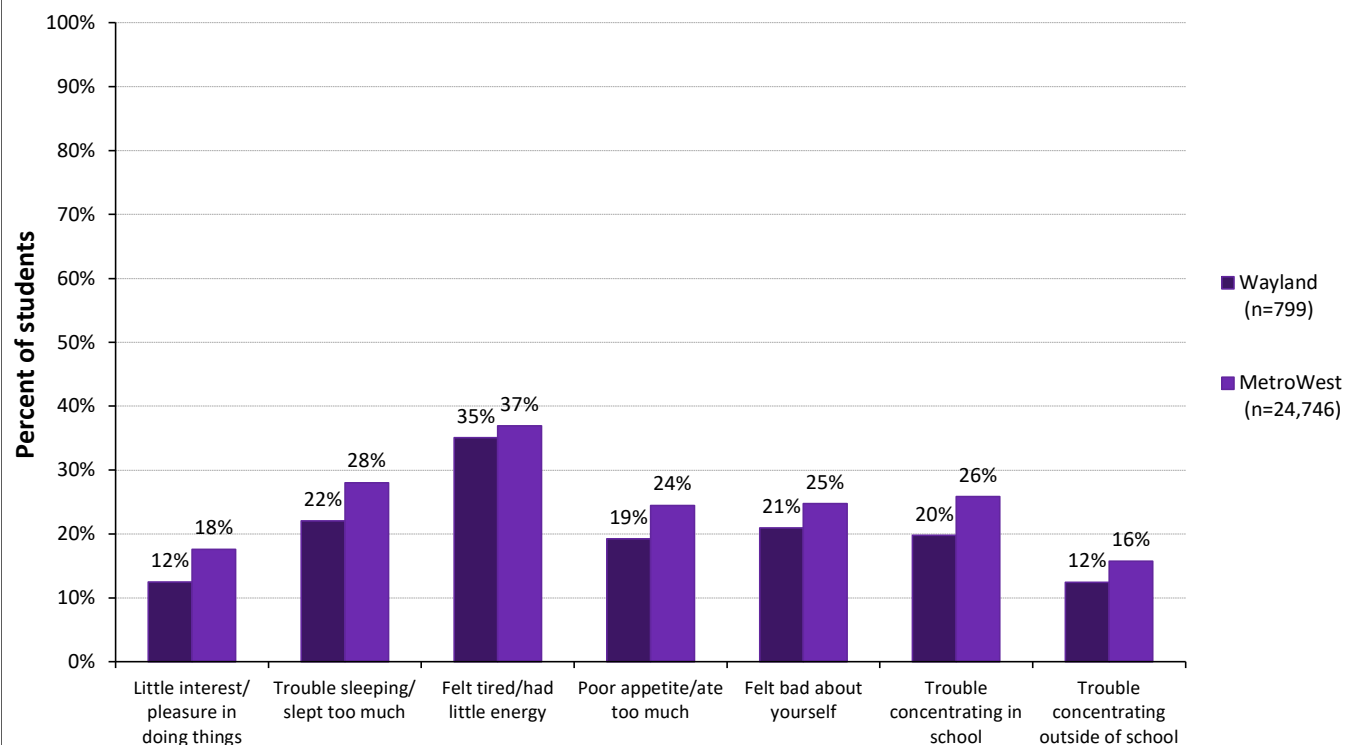
* Student responded "often" or "very often"; past 2 weeks

Figure 5-3C. Symptoms of Being Stressed, Anxious, or Worried,* 2016-2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey



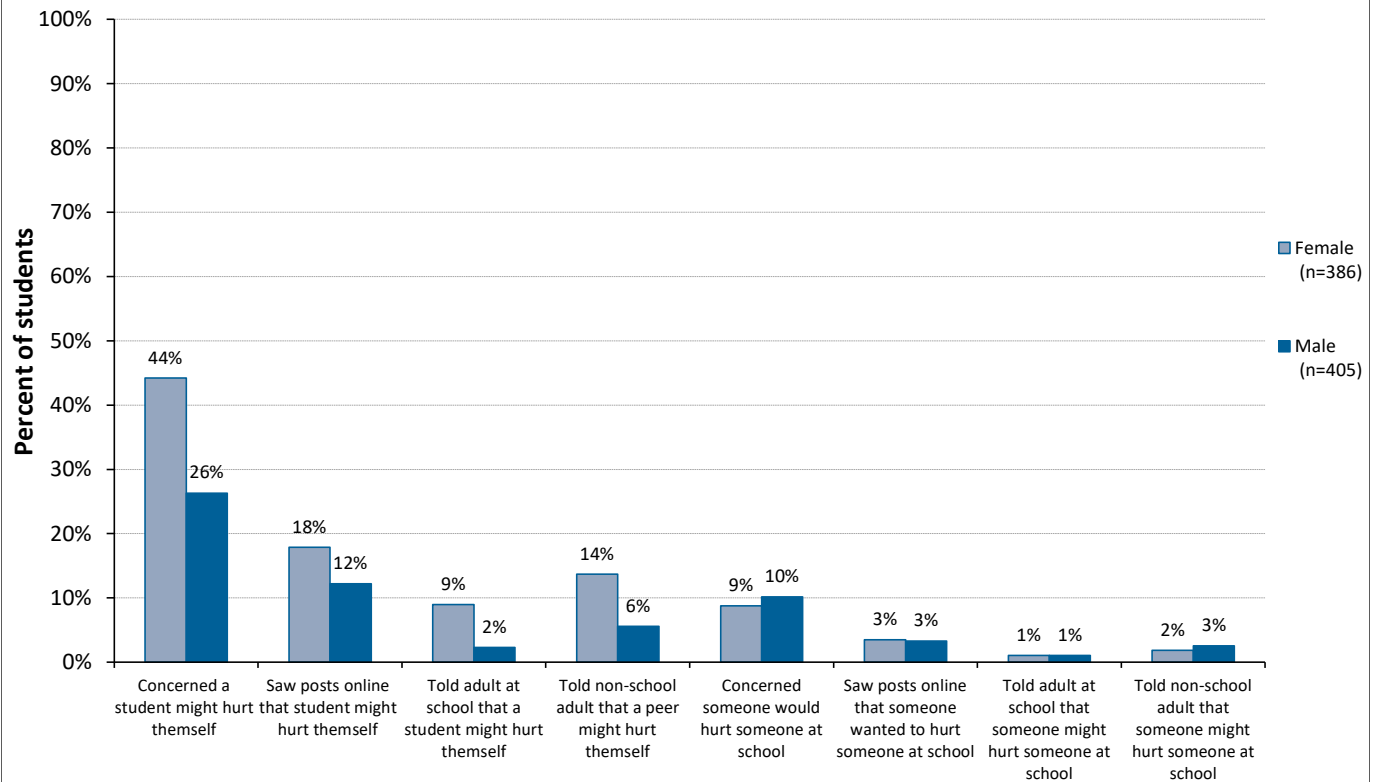
* Student responded "often" or "very often"; past 2 weeks

Figure 5-3D. Symptoms of Being Stressed, Anxious, or Worried* at the District and Regional Levels, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey



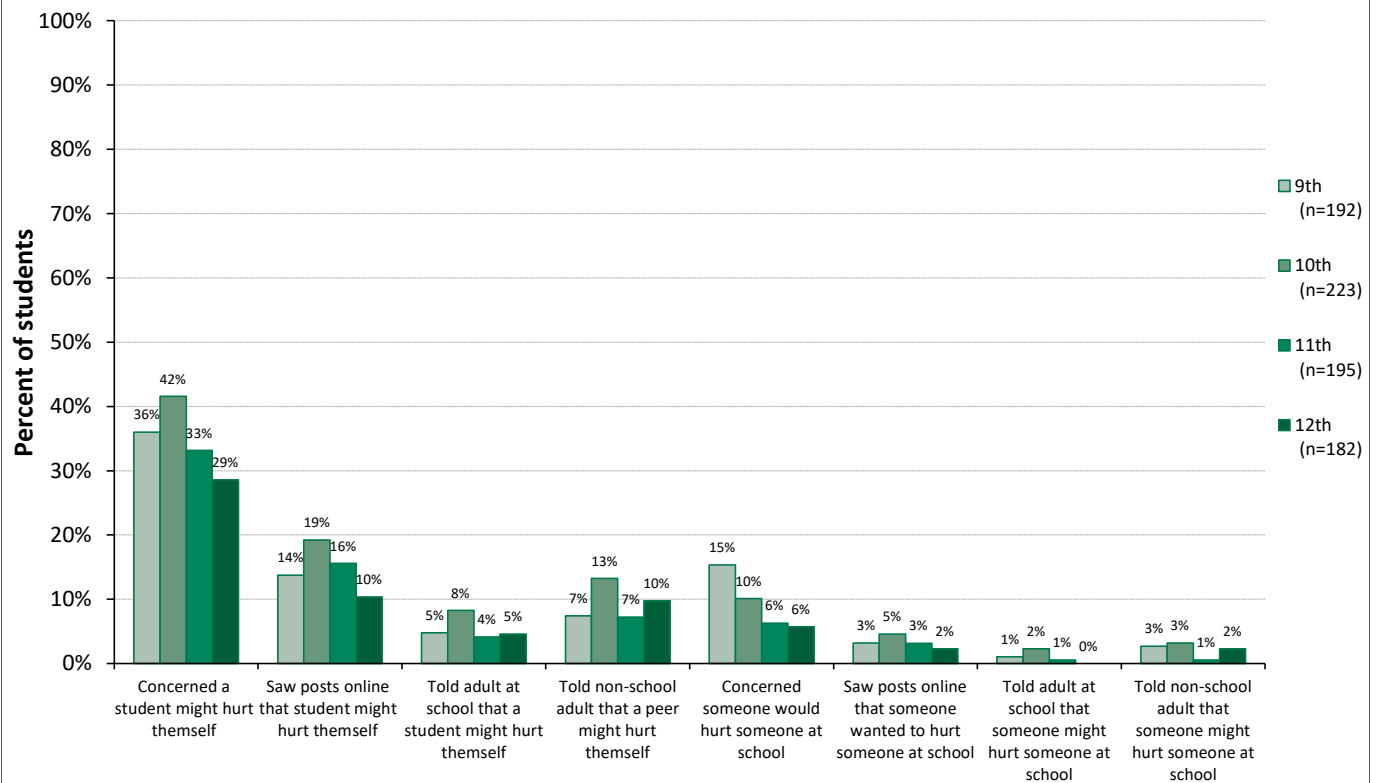
* Student responded "often" or "very often"; past 2 weeks

Figure 5-4A. Peer Mental Health* by Sex, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey



* In the past 12 months

Figure 5-4B. Peer Mental Health* by Grade, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey

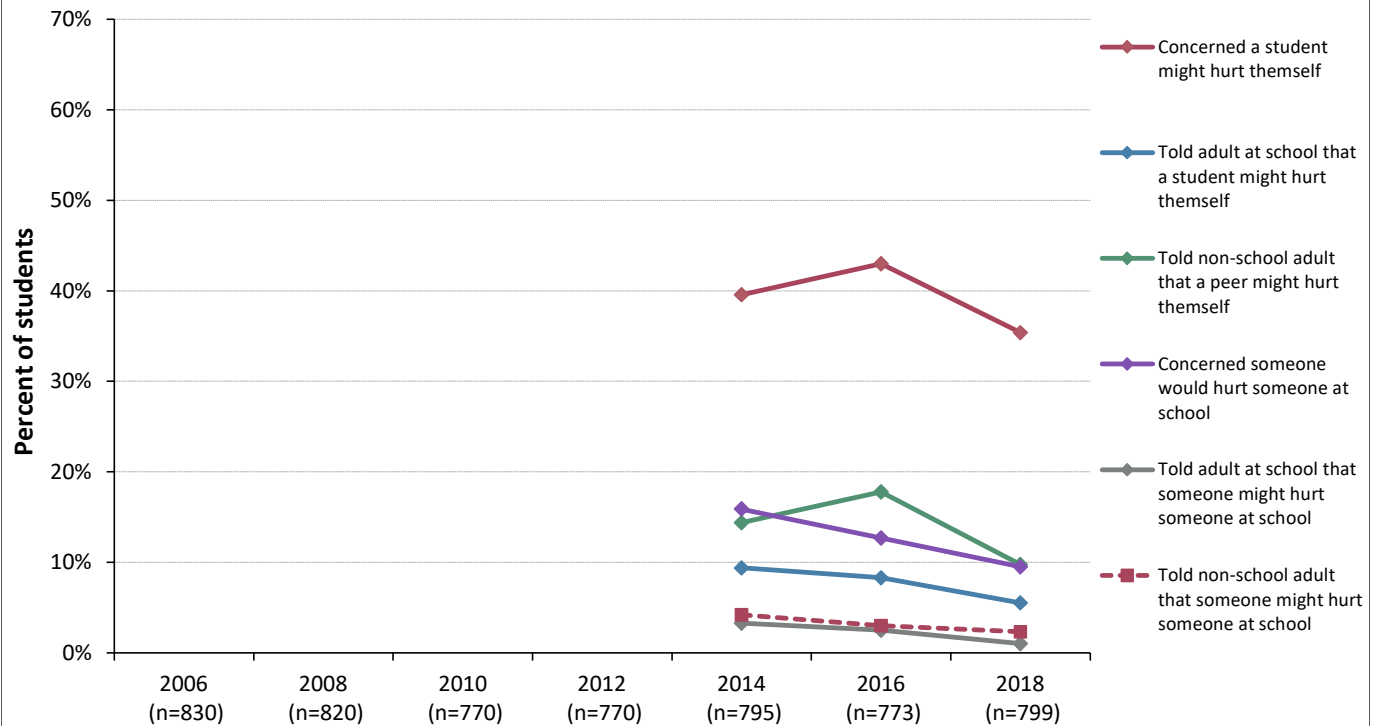


* In the past 12 months

Figure 5-4C. Trends in Peer Mental Health,* 2014-2018

Wayland High School (Grades 9-12)

MetroWest Adolescent Health Survey

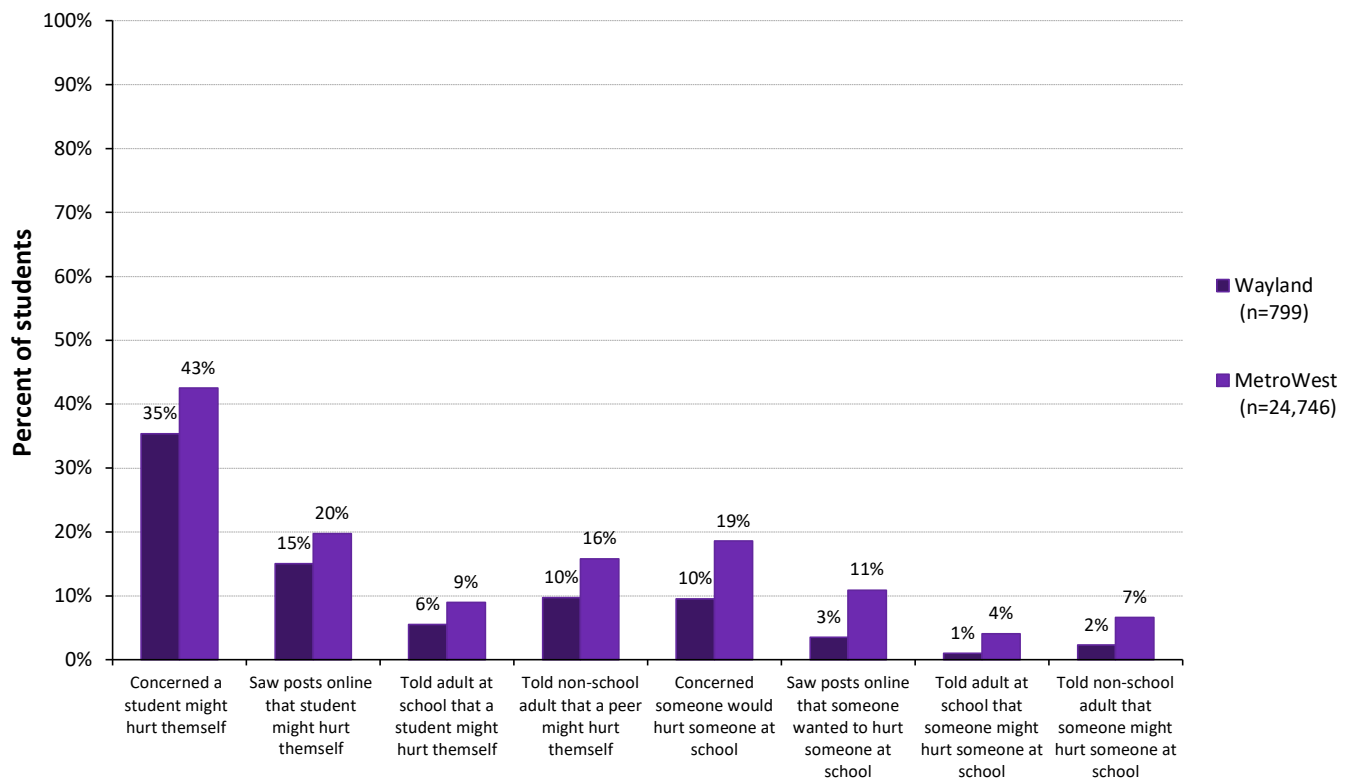


* In the past 12 months

Figure 5-4D. Peer Mental Health* at the District and Regional Levels, 2018

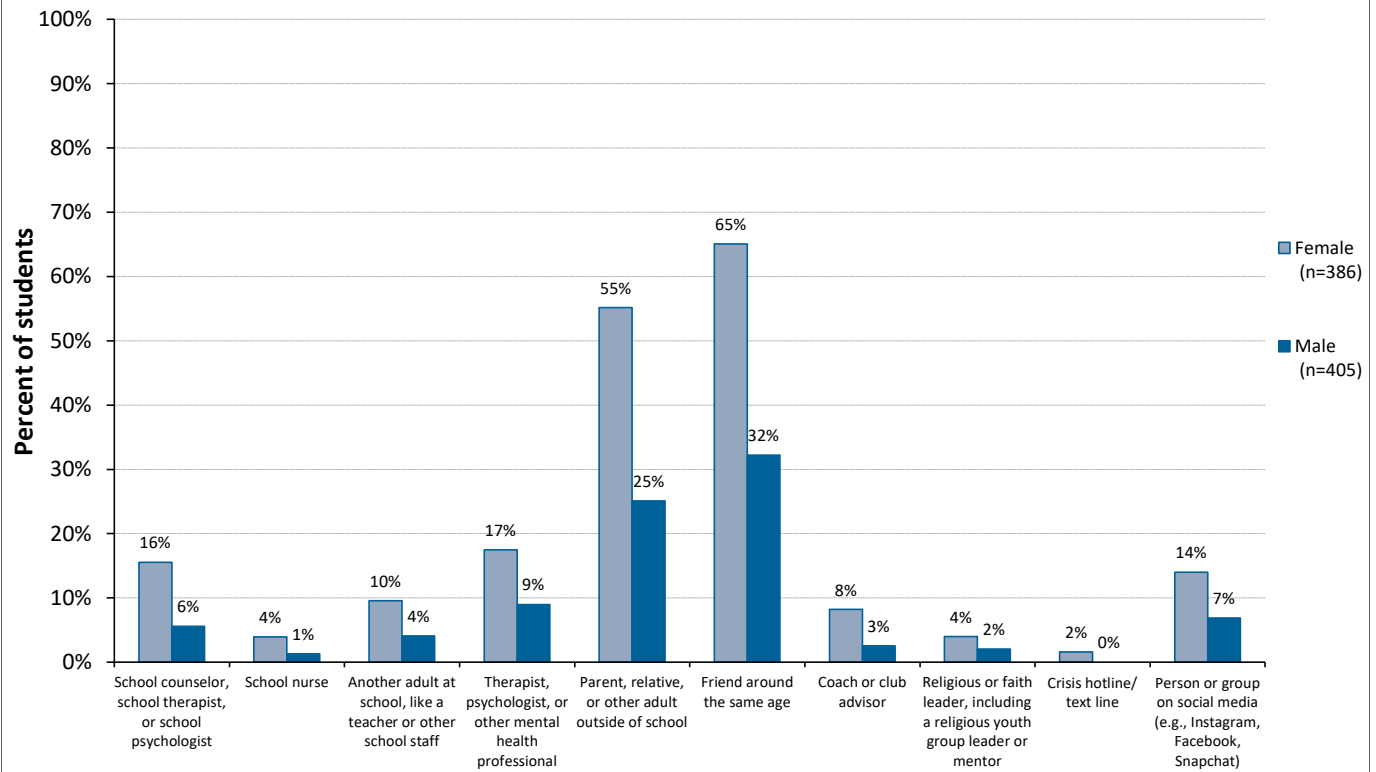
Wayland High School (Grades 9-12)

MetroWest Adolescent Health Survey



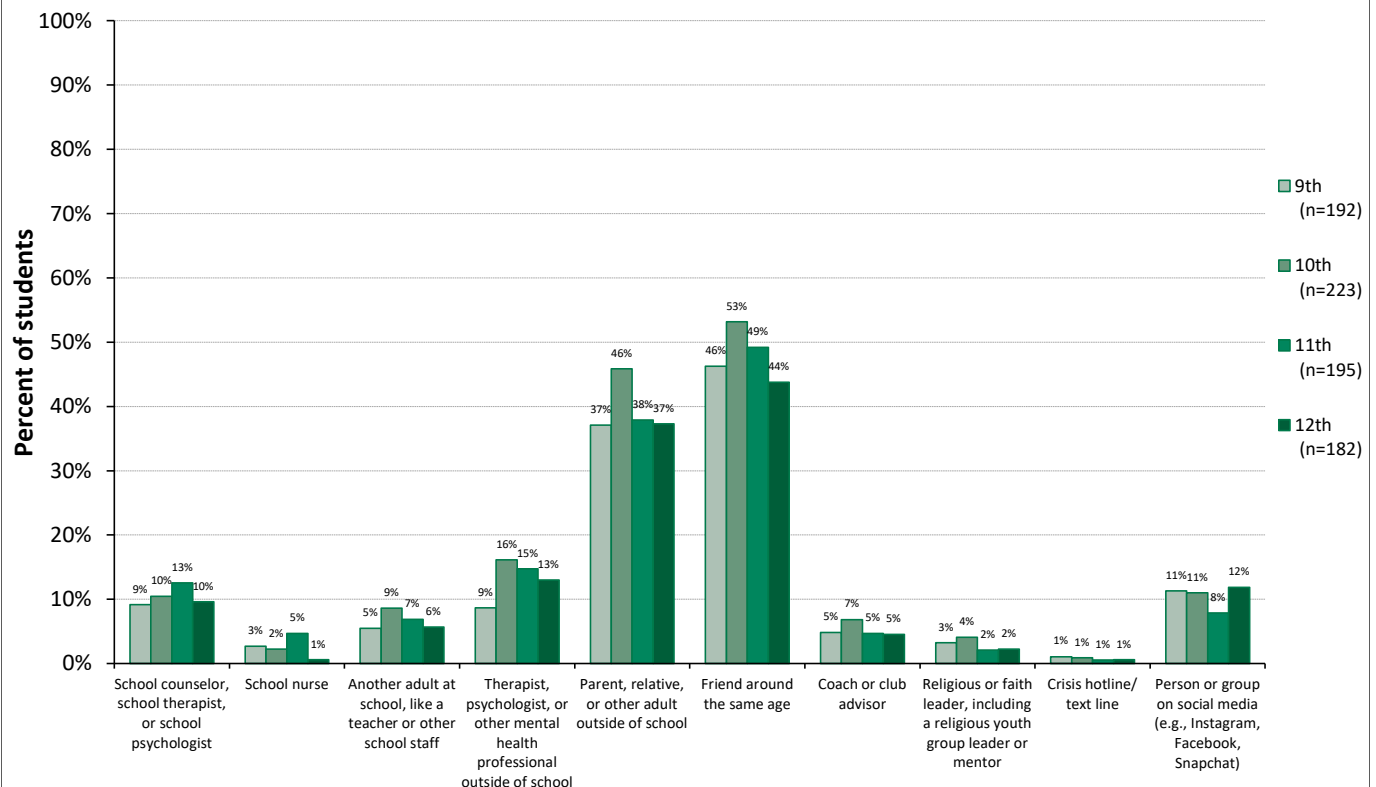
* In the past 12 months

Figure 5-5A. Sources of Support for Help with Emotional Challenges or Problems* by Sex, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey



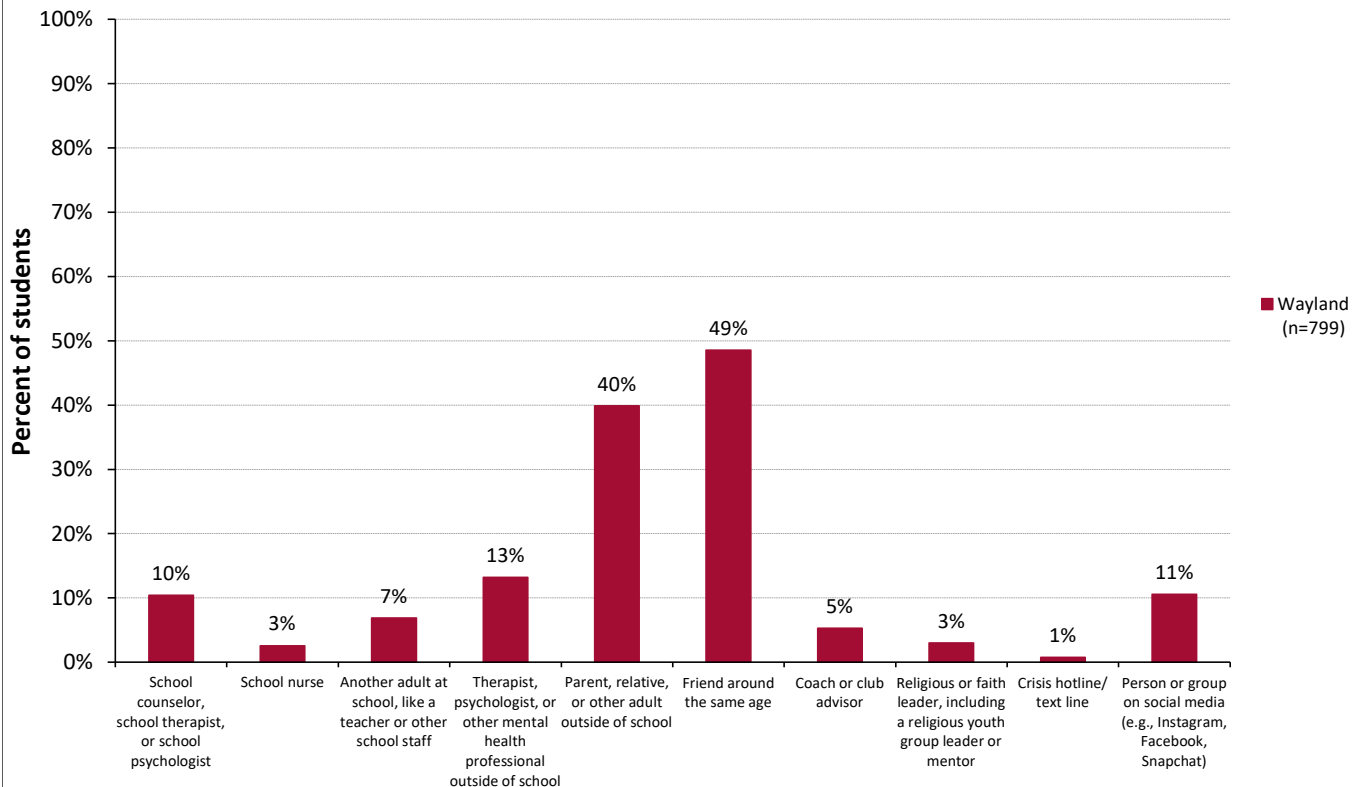
* Emotional challenges or problems include things that make you feel sad, angry, stressed, or anxious, or that may make you have thoughts of hurting yourself; student responded having talked with individual/group one or more times in the past 12 months

Figure 5-5B. Sources of Support for Help with Emotional Challenges or Problems* by Grade, 2018
MetroWest Adolescent Health Survey



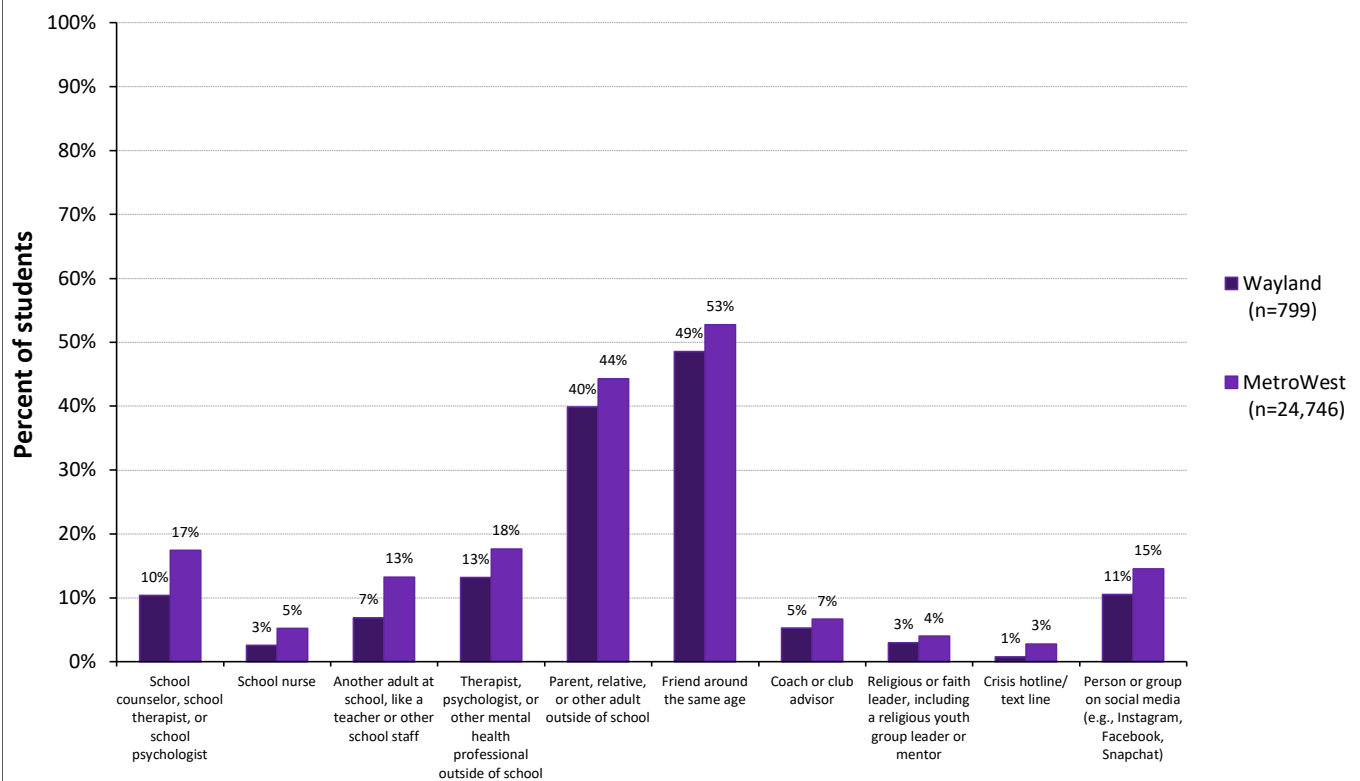
* Emotional challenges or problems include things that make you feel sad, angry, stressed, or anxious, or that may make you have thoughts of hurting yourself; student responded having talked with individual/group one or more times in the past 12 months

Figure 5-5C. Sources of Support for Help with Emotional Challenges or Problems,* 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey



* Emotional challenges or problems include things that make you feel sad, angry, stressed, or anxious, or that may make you have thoughts of hurting yourself; student responded having talked with individual/group one or more times in the past 12 months

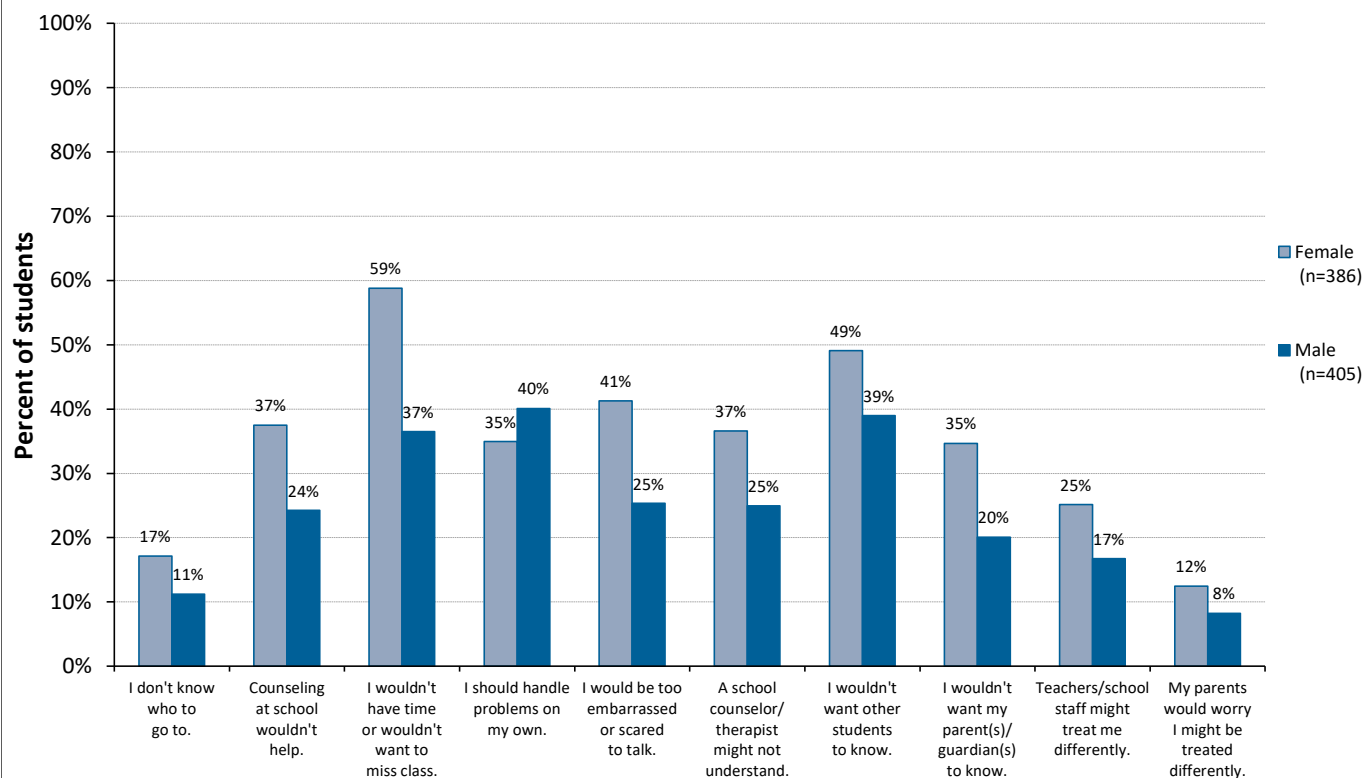
Figure 5-5D. Sources of Support for Help with Emotional Challenges or Problems* at the District and Regional Levels, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey



* Emotional challenges or problems include things that make you feel sad, angry, stressed, or anxious, or that may make you have thoughts of hurting yourself; student responded having talked with individual/group one or more times in the past 12 months

Figure 5-6A. Barriers to Seeking Help at School for Emotional Challenges* by Sex, 2018

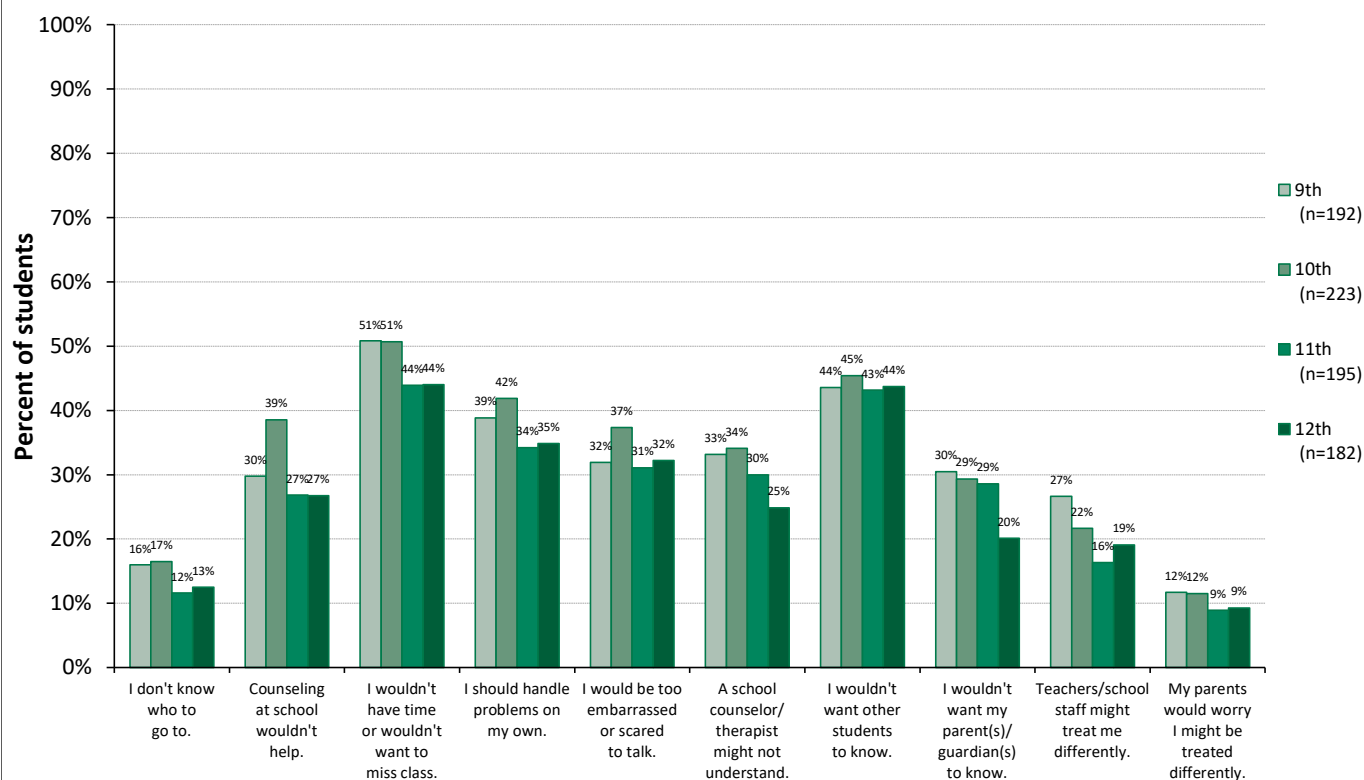
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey



* Emotional challenges or problems include things that make you feel sad, angry, stressed, or anxious, or that may make you have thoughts of hurting yourself; student responded agree/strongly agree

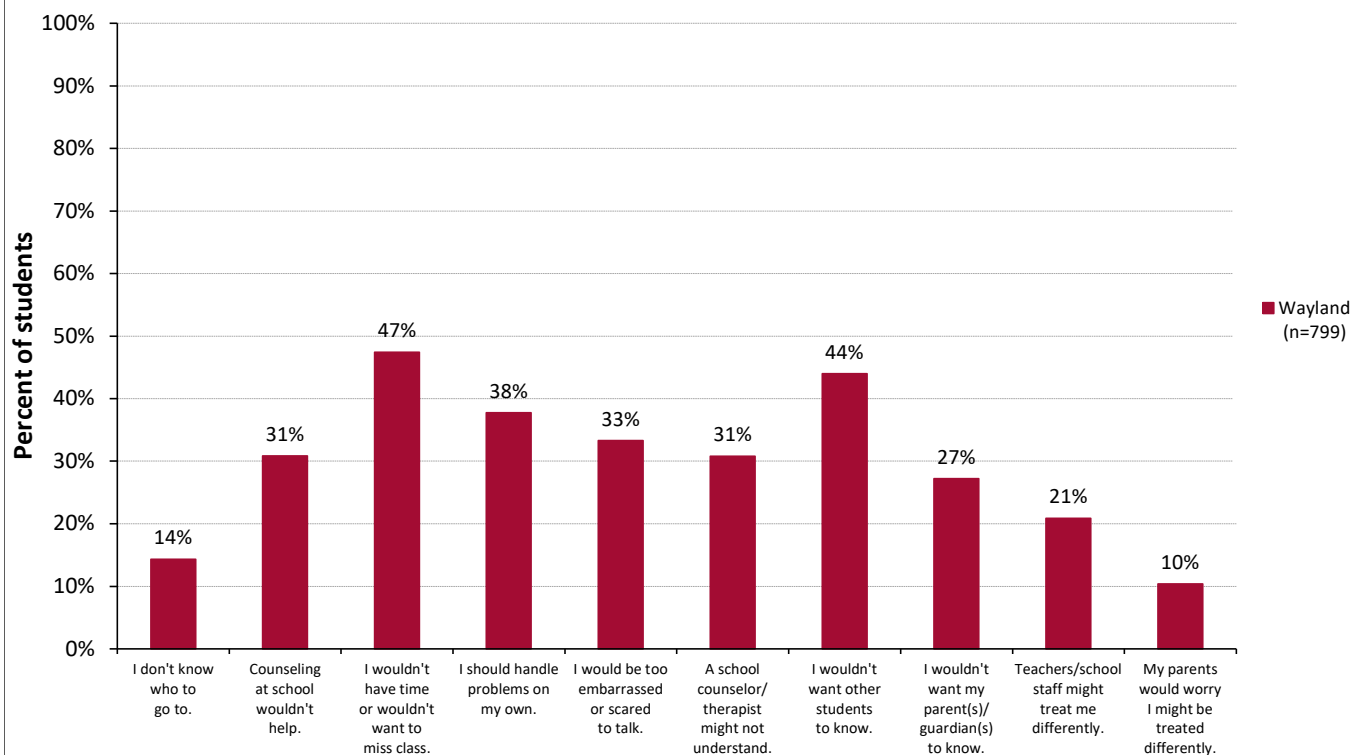
Figure 5-6B. Barriers to Seeking Help at School for Emotional Challenges* by Grade, 2018

Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey



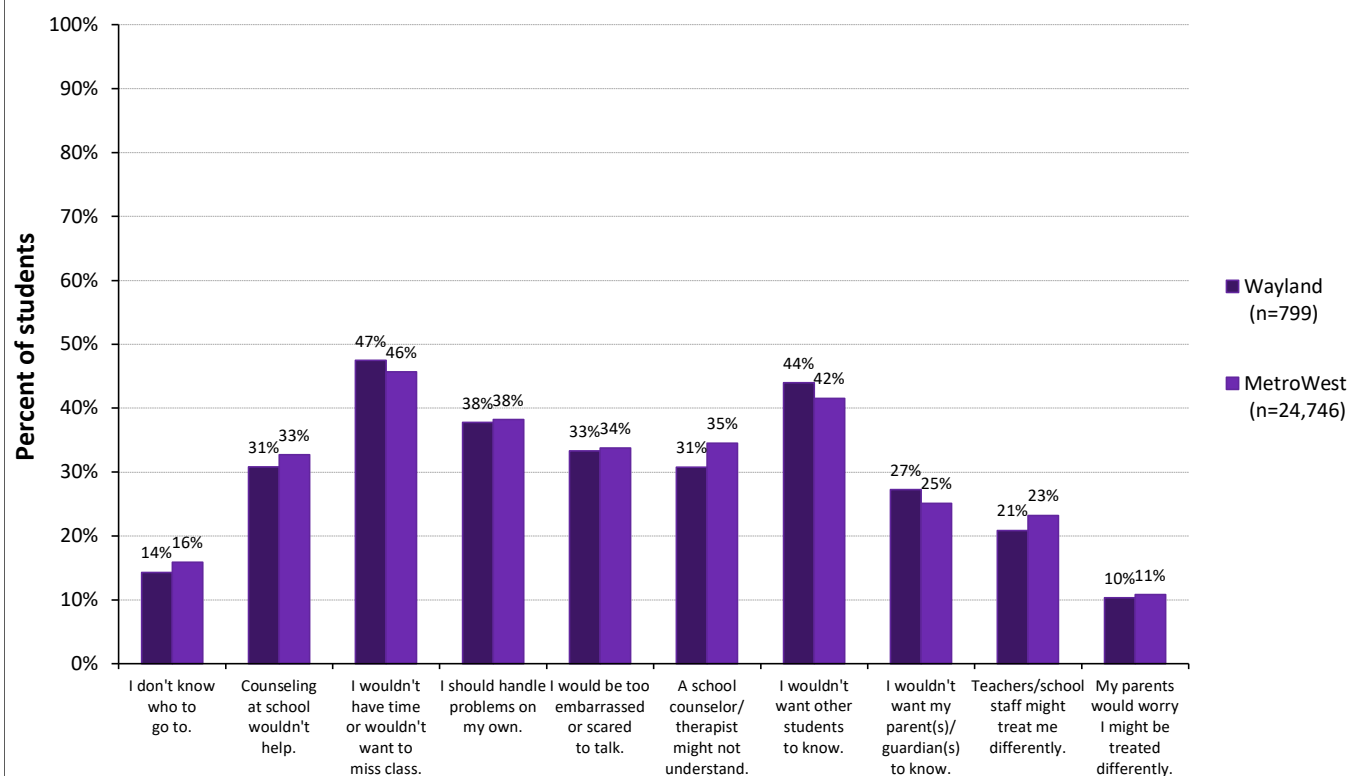
* Emotional challenges or problems include things that make you feel sad, angry, stressed, or anxious, or that may make you have thoughts of hurting yourself; student responded agree/strongly agree

Figure 5-6C. Barriers to Seeking Help at School for Emotional Challenges,* 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey



* Emotional challenges or problems include things that make you feel sad, angry, stressed, or anxious, or that may make you have thoughts of hurting yourself; student responded agree/strongly agree

Figure 5-6D. Barriers to Seeking Help at School for Emotional Challenges* at the District and Regional Levels, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey



* Emotional challenges or problems include things that make you feel sad, angry, stressed, or anxious, or that may make you have thoughts of hurting yourself; student responded agree/strongly agree

Table 5-1A. Stress and Anxiety by Sex and Grade, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	Total (%)	Sex (%)		Grade (%)			
	(799)	Female (386)	Male (405)	9 th (192)	10 th (223)	11 th (195)	12 th (182)
STRESS							
Life "very" stressful (past 30 days)	38.7	53.6	23.8	31.1	35.9	42.3	45.3
Worry/feel stressed about school issues*	69.2	83.1	55.8	64.2	74.2	73.8	63.3
Worry/feel stressed about social issues*	25.5	32.3	19.1	26.1	27.7	25.1	23.3
Worry/feel stressed about family issues*	19.4	28.1	11.1	18.4	19.5	20.6	19.4
Worry/feel stressed about safety issues*	5.2	8.1	2.3	6.3	4.6	6.2	3.9
Worry/feel stressed about appearance issues*	25.7	38.6	12.9	24.3	28.7	23.6	25.3
Worry/feel stressed about your physical and/or emotional health*	23.9	32.6	15.5	21.1	28.2	24.6	21.5
GENERALIZED ANXIETY (past 2 weeks) [†]							
Feel nervous, anxious, or on edge	33.1	47.4	19.0	30.0	35.1	32.8	33.7
Unable to stop or control worrying	23.1	34.5	12.1	21.6	25.9	22.6	22.2
SYMPTOMS OF BEING STRESSED, ANXIOUS, OR WORRIED (past 2 weeks)*							
Had little interest or pleasure in doing things	12.5	17.5	7.5	11.1	16.4	11.4	10.6
Had trouble falling asleep or staying asleep or slept too much	22.1	31.3	13.3	20.0	27.6	21.8	18.3
Felt tired or had little energy	35.1	46.9	22.9	31.7	41.2	35.2	29.4
Had a poor appetite or ate too much	19.2	26.6	11.3	16.9	21.8	20.2	16.2
Felt bad about yourself or that you were a failure	20.9	29.6	12.6	21.1	27.1	18.6	16.2
Had trouble concentrating in school	19.8	25.7	14.0	15.3	23.1	24.2	16.1
Had trouble concentrating on things outside of school	12.4	15.1	9.8	11.6	15.4	12.4	10.0

* Student responded "often" or "very often"

† Student responded "more than half the days" or "nearly every day"

Table 5-1B. Stress and Anxiety, 2006 - 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	Wayland (%)						
	2006 (830)	2008 (820)	2010 (770)	2012 (770)	2014 (795)	2016 (773)	2018 (799)
STRESS							
Life "very" stressful (past 30 days)	32.1	28.7	36.3	34.0	35.2	37.1	38.7
Worry/feel stressed about school issues*	64.7	64.6	62.3	64.8	71.5	70.1	69.2
Worry/feel stressed about social issues*	27.2	24.6	26.2	25.2	26.4	24.9	25.5
Worry/feel stressed about family issues*	24.3	22.0	23.9	19.9	21.2	20.8	19.4
Worry/feel stressed about safety issues*	4.2	4.0	5.6	4.7	3.4	2.9	5.2
Worry/feel stressed about appearance issues*	26.6	22.0	25.2	24.7	25.0	22.3	25.7
Worry/feel stressed about your physical and/or emotional health*	19.2	15.8	19.3	19.6	20.9	18.0	23.9
GENERALIZED ANXIETY (past 2 weeks) [†]							
Feel nervous, anxious, or on edge	—	—	—	—	—	25.7	33.1
Unable to stop or control worrying	—	—	—	—	—	19.7	23.1
SYMPTOMS OF BEING STRESSED, ANXIOUS, OR WORRIED (past 2 weeks)*							
Had little interest or pleasure in doing things	—	—	—	—	—	14.6	12.5
Had trouble falling asleep or staying asleep or slept too much	—	—	—	—	—	24.3	22.1
Felt tired or had little energy	—	—	—	—	—	37.2	35.1
Had a poor appetite or ate too much	—	—	—	—	—	19.6	19.2
Felt bad about yourself or that you were a failure	—	—	—	—	—	19.5	20.9
Had trouble concentrating in school	—	—	—	—	—	20.6	19.8
Had trouble concentrating on things outside of school	—	—	—	—	—	12.5	12.4

* Student responded "often" or "very often"

[†] Student responded "more than half the days" or "nearly every day"

Table 5-1C. Stress and Anxiety at the District, Regional, State, and National Levels, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	Wayland 2018 MWAHS	MetroWest Region 2018 MWAHS	Massachusetts 2017 YRBS	United States 2017 YRBS
	(799)	(24,746)	(3,286)	(14,765)
STRESS				
Life "very" stressful (past 30 days)	38.7	36.0	—	—
Worry/feel stressed about school issues*	69.2	65.5	—	—
Worry/feel stressed about social issues*	25.5	33.3	—	—
Worry/feel stressed about family issues*	19.4	25.6	—	—
Worry/feel stressed about safety issues*	5.2	5.1	—	—
Worry/feel stressed about appearance issues*	25.7	29.6	—	—
Worry/feel stressed about your physical and/or emotional health*	23.9	28.5	—	—
GENERALIZED ANXIETY (past 2 weeks) †				
Feel nervous, anxious, or on edge	33.1	34.5	—	—
Unable to stop or control worrying	23.1	26.8	—	—
SYMPTOMS OF BEING STRESSED, ANXIOUS, OR WORRIED (past 2 weeks)*				
Had little interest or pleasure in doing things	12.5	17.6	—	—
Had trouble falling asleep or staying asleep or slept too much	22.1	28.1	—	—
Felt tired or had little energy	35.1	36.9	—	—
Had a poor appetite or ate too much	19.2	24.5	—	—
Felt bad about yourself or that you were a failure	20.9	24.8	—	—
Had trouble concentrating in school	19.8	25.9	—	—
Had trouble concentrating on things outside of school	12.4	15.7	—	—

* Student responded "often" or "very often"

† Student responded "more than half the days" or "nearly every day"

Table 5-2A. Mental Health and Suicidality by Sex and Grade, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	Total (%)	Sex (%)		Grade (%)			
		Female	Male	9 th	10 th	11 th	12 th
	(799)	(386)	(405)	(192)	(223)	(195)	(182)
MENTAL HEALTH AND SUICIDALITY (past 12 months)							
Felt sad or hopeless almost every day for two or more weeks	11.2	14.9	7.4	11.7	15.6	7.3	9.6
Hurt or injured yourself on purpose*	9.3	13.0	5.6	10.6	13.3	7.3	5.6
Seriously considered attempting suicide	9.0	10.4	7.4	9.0	10.6	8.8	7.3
Made a plan about attempting suicide	7.2	8.3	6.0	9.5	9.5	6.2	3.3
Attempted suicide	1.9	2.3	1.5	1.1	4.5	1.0	0.6
Made a suicide attempt requiring medical treatment [†]	0.4	0.5	0.3	0.0	1.4	0.0	0.0
CONCERNS ABOUT PEER MENTAL HEALTH (past 12 months)							
Concerned a student at school might physically hurt themselves	35.4	44.2	26.3	36.0	41.6	33.2	28.6
Saw posts online that a student at school might try to hurt themselves	15.0	17.9	12.2	13.8	19.2	15.5	10.3
Told an adult at school a student might hurt themselves	5.5	9.0	2.3	4.8	8.3	4.1	4.6
Told an adult outside of school a student might hurt themselves	9.8	13.7	5.6	7.4	13.2	7.3	9.8
Concerned a student or someone else might physically hurt someone at school	9.5	8.7	10.2	15.3	10.1	6.3	5.7
Saw posts online that a student or someone else wanted to physically hurt someone at school	3.5	3.4	3.3	3.2	4.6	3.2	2.3
Told an adult at school that a student or someone else might physically hurt someone at school	1.0	1.1	1.0	1.1	2.3	0.5	0.0
Told an adult outside of school that a student or someone else might physically hurt someone at school	2.3	1.9	2.6	2.7	3.2	0.5	2.3

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

† Resulting in an injury, poisoning, or overdose that had to be treated by a doctor or nurse

Table 5-2B. Mental Health and Suicidality by Sex and Grade, 2006 - 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	Wayland (%)						
	2006 (830)	2008 (820)	2010 (770)	2012 (770)	2014 (795)	2016 (773)	2018 (799)
MENTAL HEALTH AND SUICIDALITY (past 12 months)							
Felt sad or hopeless almost every day for two or more weeks	16.0	12.9	17.0	14.6	16.2	11.3	11.2
Hurt or injured yourself on purpose*	11.5	12.0	11.5	13.1	12.0	9.8	9.3
Seriously considered attempting suicide	8.8	8.5	10.2	10.4	9.3	7.1	9.0
Made a plan about attempting suicide	8.1	8.0	8.8	9.6	7.5	5.3	7.2
Attempted suicide	4.4	4.6	5.7	4.3	3.1	2.6	1.9
Made a suicide attempt requiring medical treatment [†]	2.5	2.6	2.1	1.7	0.9	0.5	0.4
CONCERNS ABOUT PEER MENTAL HEALTH (past 12 months)							
Concerned a student at school might physically hurt themselves	–	–	–	–	39.6	43.0	35.4
Saw posts online that a student at school might try to hurt themselves	–	–	–	–	–	–	15.0
Told an adult at school a student might hurt themselves	–	–	–	–	9.4	8.3	5.5
Told an adult outside of school a student might hurt themselves	–	–	–	–	14.4	17.8	9.8
Concerned a student or someone else might physically hurt someone at school	–	–	–	–	15.9	12.7	9.5
Saw posts online that a student or someone else wanted to physically hurt someone at school	–	–	–	–	–	–	3.5
Told an adult at school that a student or someone else might physically hurt someone at school	–	–	–	–	3.3	2.5	1.0
Told an adult outside of school that a student or someone else might physically hurt someone at school	–	–	–	–	4.2	3.0	2.3

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

† Resulting in an injury, poisoning, or overdose that had to be treated by a doctor or nurse

Table 5-2C. Mental Health and Suicidality at the District, Regional, State, and National Levels, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	Wayland 2018 MWAHS	MetroWest Region 2018 MWAHS	Massachusetts 2017 YRBS	United States 2017 YRBS
	(799)	(24,746)	(3,286)	(14,765)
MENTAL HEALTH AND SUICIDALITY (past 12 months)				
Felt sad or hopeless almost every day for two or more weeks	11.2	19.7	27.4	31.5
Hurt or injured yourself on purpose*	9.3	13.5	–	–
Seriously considered attempting suicide	9.0	13.1	12.4	17.2
Made a plan about attempting suicide	7.2	9.5	10.9	13.6
Attempted suicide	1.9	3.9	5.4	7.4
Made a suicide attempt requiring medical treatment [†]	0.4	1.1	1.9	2.4
CONCERNS ABOUT PEER MENTAL HEALTH (past 12 months)				
Concerned a student at school might physically hurt themselves	35.4	42.5	–	–
Saw posts online that a student at school might try to hurt themselves	15.0	19.7	–	–
Told an adult at school a student might hurt themselves	5.5	9.0	–	–
Told an adult outside of school a student might hurt themselves	9.8	15.8	–	–
Concerned a student or someone else might physically hurt someone at school	9.5	18.6	–	–
Saw posts online that a student or someone else wanted to physically hurt someone at school	3.5	10.9	–	–
Told an adult at school that a student or someone else might physically hurt someone at school	1.0	4.1	–	–
Told an adult outside of school that a student or someone else might physically hurt someone at school	2.3	6.6	–	–

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

† Resulting in an injury, poisoning, or overdose that had to be treated by a doctor or nurse

Table 5-3A. Support for Emotional Challenges or Problems* by Sex and Grade, 2018

Wayland High School (Grades 9-12)

MetroWest Adolescent Health Survey, 2018

	Total (%)	Sex (%)		Grade (%)			
		Female	Male	9 th	10 th	11 th	12 th
	(799)	(386)	(405)	(192)	(223)	(195)	(182)
SOURCES OF SUPPORT FOR HELP WITH EMOTIONAL CHALLENGES OR PROBLEMS (past 12 months) [†]							
School counselor, school therapist, or school psychologist	10.4	15.5	5.6	9.1	10.5	12.6	9.6
School nurse	2.6	4.0	1.3	2.7	2.3	4.7	0.6
Another adult at school, like a teacher or other school staff	6.9	9.6	4.1	5.5	8.6	6.9	5.7
Therapist, psychologist, or other mental health professional outside of school	13.2	17.5	9.0	8.6	16.1	14.7	13.0
Parent, relative, or other adult outside of school	39.9	55.1	25.1	37.1	45.9	37.9	37.3
Friend around the same age	48.5	65.1	32.2	46.2	53.2	49.2	43.8
Coach or club advisor	5.3	8.2	2.5	4.9	6.8	4.7	4.5
Religious or faith leader, including a religious youth group leader or mentor	3.0	4.0	2.0	3.2	4.1	2.1	2.3
Crisis hotline/text line	0.8	1.6	0.0	1.1	0.9	0.5	0.6
Person or group on social media (e.g., Instagram, Facebook, Snapchat)	10.6	14.0	6.9	11.3	11.0	7.9	11.9
BARRIERS TO SEEKING HELP AT SCHOOL FOR EMOTIONAL CHALLENGES OR PROBLEMS [‡]							
I don't know who to go to for help.	14.3	17.2	11.2	16.0	16.5	11.6	12.5
I don't think counseling at school would help.	30.8	37.5	24.2	29.8	38.5	26.8	26.7
I wouldn't have time or wouldn't want to miss class to get help.	47.5	58.8	36.5	50.8	50.7	43.9	44.0
I should handle problems on my own.	37.7	34.9	40.1	38.8	41.9	34.2	34.9
I would be too embarrassed or scared to talk about it.	33.3	41.3	25.3	31.9	37.3	31.1	32.2
A school counselor/therapist might not understand me or the challenges I was having.	30.8	36.6	24.9	33.2	34.1	30.0	24.9
I wouldn't want other students to know I was meeting with a school counselor/therapist.	44.0	49.1	39.0	43.5	45.4	43.2	43.7
I wouldn't want my parent(s)/guardian(s) to know I was meeting with a school counselor/therapist.	27.2	34.7	20.1	30.5	29.4	28.6	20.1
Teachers or other school staff might treat me differently or give me fewer opportunities at school.	20.9	25.1	16.7	26.6	21.7	16.3	19.1
My parents wouldn't want me to get help at school because they would be worried I might be treated differently or given fewer opportunities at school.	10.4	12.4	8.2	11.7	11.5	8.9	9.2

* Emotional challenges or problems include things that make you feel sad, angry, stressed, or anxious, or that may make you have thoughts of hurting yourself

† Student responded having talked with individual/group one or more times

‡ Student responded agree/strongly agree

Table 5-3B. Support for Emotional Challenges or Problems*, 2006 - 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	Wayland (%)						
	2006 (830)	2008 (820)	2010 (770)	2012 (770)	2014 (795)	2016 (773)	2018 (799)
SOURCES OF SUPPORT FOR HELP WITH EMOTIONAL CHALLENGES OR PROBLEMS (past 12 months) †							
School counselor, school therapist, or school psychologist	—	—	—	—	—	—	10.4
School nurse	—	—	—	—	—	—	2.6
Another adult at school, like a teacher or other school staff	—	—	—	—	—	—	6.9
Therapist, psychologist, or other mental health professional outside of school	—	—	—	—	—	—	13.2
Parent, relative, or other adult outside of school	—	—	—	—	—	—	39.9
Friend around the same age	—	—	—	—	—	—	48.5
Coach or club advisor	—	—	—	—	—	—	5.3
Religious or faith leader, including a religious youth group leader or mentor	—	—	—	—	—	—	3.0
Crisis hotline/text line	—	—	—	—	—	—	0.8
Person or group on social media (e.g., Instagram, Facebook, Snapchat)	—	—	—	—	—	—	10.6
BARRIERS TO SEEKING HELP AT SCHOOL FOR EMOTIONAL CHALLENGES OR PROBLEMS ‡							
I don't know who to go to for help.	—	—	—	—	—	—	14.3
I don't think counseling at school would help.	—	—	—	—	—	—	30.8
I wouldn't have time or wouldn't want to miss class to get help.	—	—	—	—	—	—	47.5
I should handle problems on my own.	—	—	—	—	—	—	37.7
I would be too embarrassed or scared to talk about it.	—	—	—	—	—	—	33.3
A school counselor/therapist might not understand me or the challenges I was having.	—	—	—	—	—	—	30.8
I wouldn't want other students to know I was meeting with a school counselor/therapist.	—	—	—	—	—	—	44.0
I wouldn't want my parent(s)/guardian(s) to know I was meeting with a school counselor/therapist.	—	—	—	—	—	—	27.2
Teachers or other school staff might treat me differently or give me fewer opportunities at school.	—	—	—	—	—	—	20.9
My parents wouldn't want me to get help at school because they would be worried I might be treated differently or given fewer opportunities at school.	—	—	—	—	—	—	10.4

* Emotional challenges or problems include things that make you feel sad, angry, stressed, or anxious, or that may make you have thoughts of hurting yourself

† Student responded having talked with individual/group one or more times

‡ Student responded agree/strongly agree

Table 5-3C. Support for Emotional Challenges or Problems* at the District, Regional, State, and National Levels, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	Wayland 2018 MWAHS	MetroWest Region 2018 MWAHS	Massachusetts 2017 YRBS	United States 2017 YRBS
	(799)	(24,746)	(3,286)	(14,765)
SOURCES OF SUPPORT FOR HELP WITH EMOTIONAL CHALLENGES OR PROBLEMS (past 12 months) †				
School counselor, school therapist, or school psychologist	10.4	17.4	—	—
School nurse	2.6	5.2	—	—
Another adult at school, like a teacher or other school staff	6.9	13.3	—	—
Therapist, psychologist, or other mental health professional outside of school	13.2	17.7	—	—
Parent, relative, or other adult outside of school	39.9	44.3	—	—
Friend around the same age	48.5	52.7	—	—
Coach or club advisor	5.3	6.7	—	—
Religious or faith leader, including a religious youth group leader or mentor	3.0	4.0	—	—
Crisis hotline/text line	0.8	2.8	—	—
Person or group on social media (e.g., Instagram, Facebook, Snapchat)	10.6	14.6	—	—
BARRIERS TO SEEKING HELP AT SCHOOL FOR EMOTIONAL CHALLENGES OR PROBLEMS ‡				
I don't know who to go to for help.	14.3	15.9	—	—
I don't think counseling at school would help.	30.8	32.8	—	—
I wouldn't have time or wouldn't want to miss class to get help.	47.5	45.7	—	—
I should handle problems on my own.	37.7	38.2	—	—
I would be too embarrassed or scared to talk about it.	33.3	33.8	—	—
A school counselor/therapist might not understand me or the challenges I was having.	30.8	34.5	—	—
I wouldn't want other students to know I was meeting with a school counselor/therapist.	44.0	41.5	—	—
I wouldn't want my parent(s)/guardian(s) to know I was meeting with a school counselor/therapist.	27.2	25.1	—	—
Teachers or other school staff might treat me differently or give me fewer opportunities at school.	20.9	23.2	—	—
My parents wouldn't want me to get help at school because they would be worried I might be treated differently or given fewer opportunities at school.	10.4	10.8	—	—

* Emotional challenges or problems include things that make you feel sad, angry, stressed, or anxious, or that may make you have thoughts of hurting yourself

† Student responded having talked with individual/group one or more times

‡ Student responded agree/strongly agree

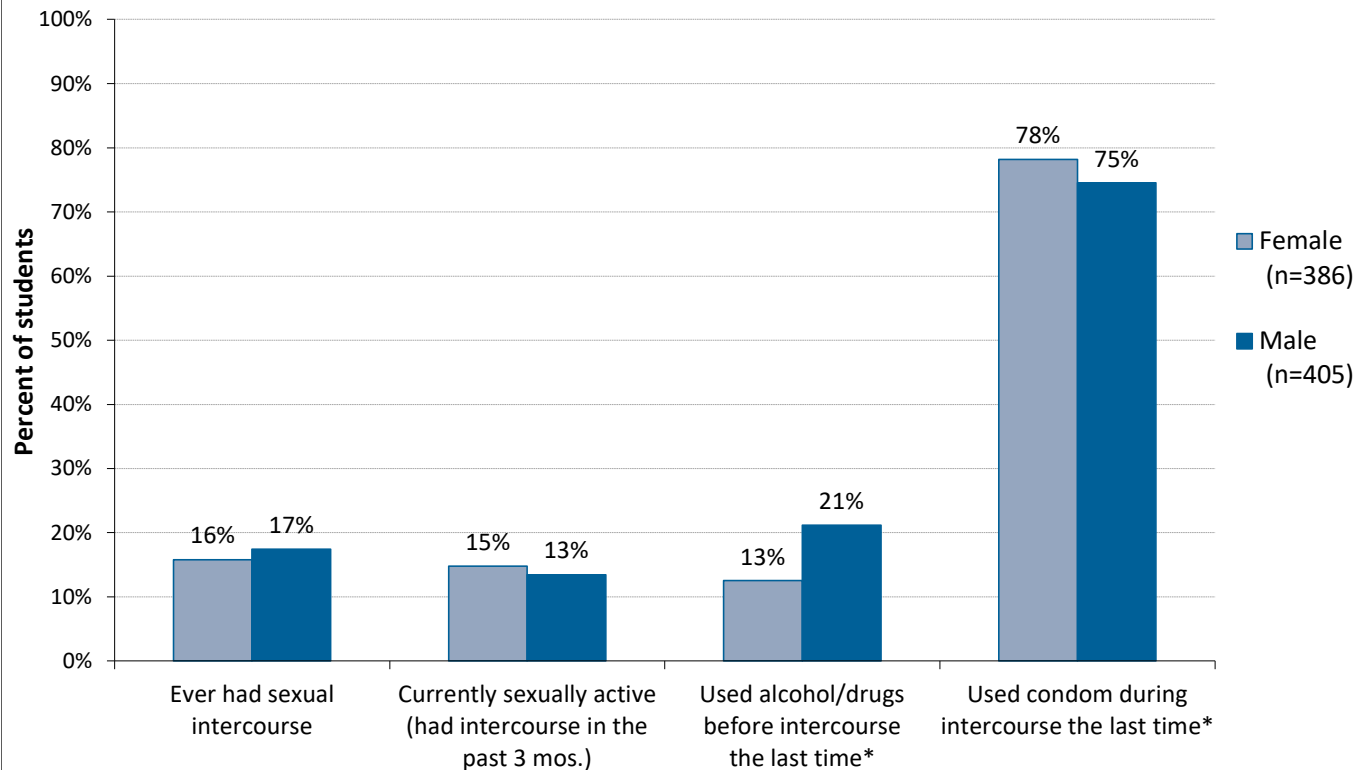
Section 6

Sexual Behaviors

Figure 6-1A. Sexual Behaviors by Sex, 2018

Wayland High School (Grades 9-12)

MetroWest Adolescent Health Survey

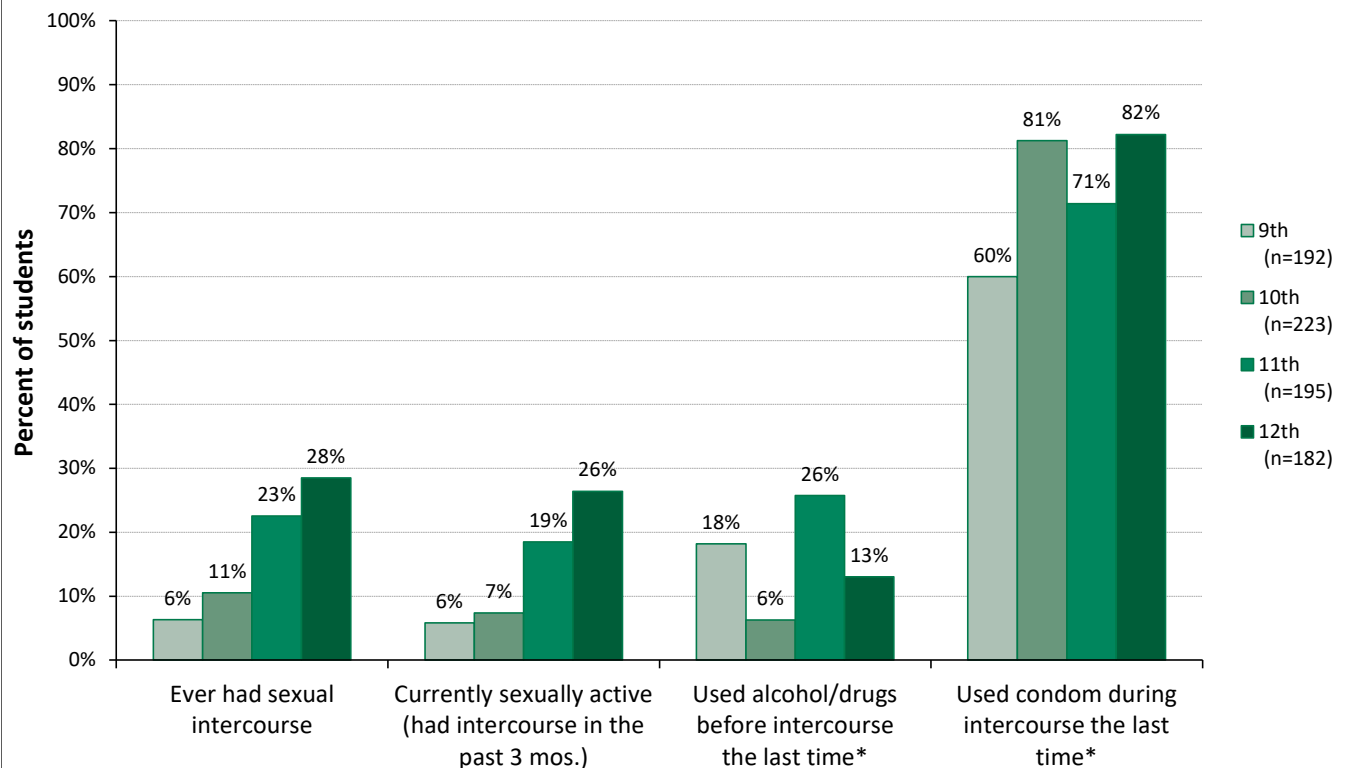


* Among currently sexually active youth

Figure 6-1B. Sexual Behaviors by Grade, 2018

Wayland High School (Grades 9-12)

MetroWest Adolescent Health Survey

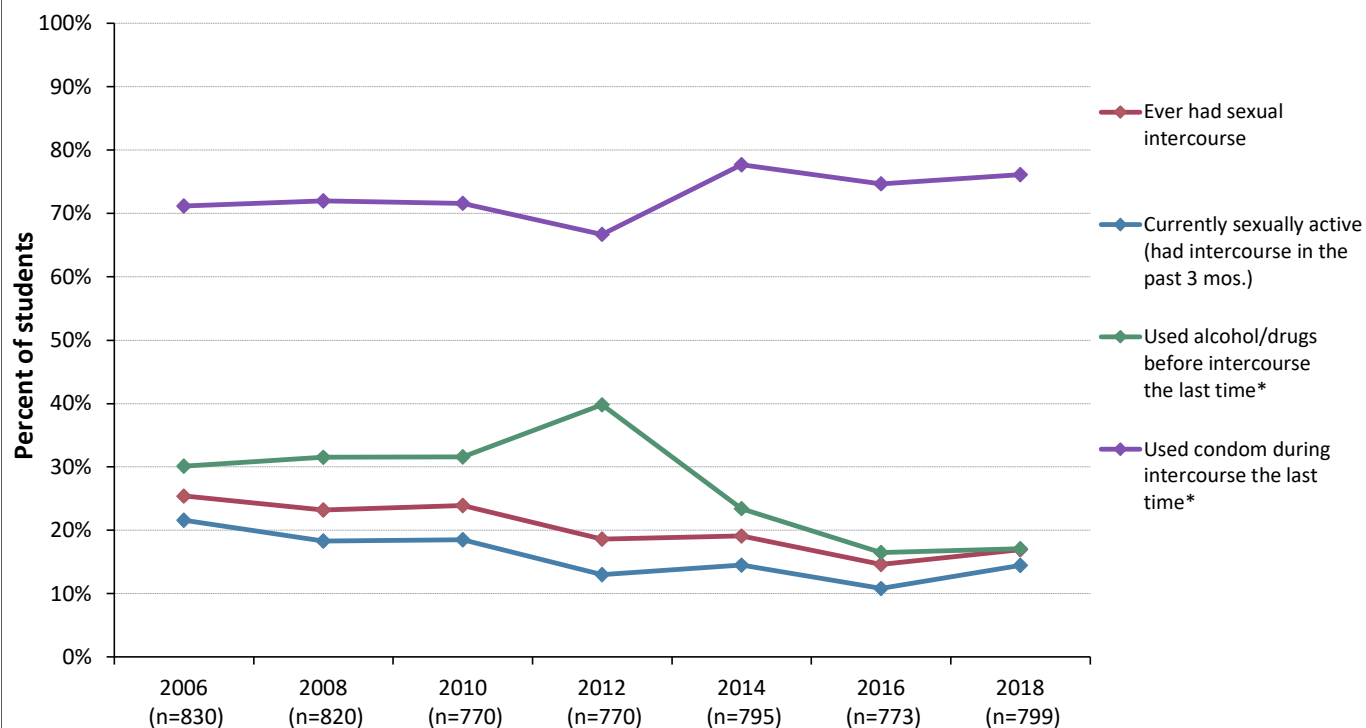


* Among currently sexually active youth

Figure 6-1C. Trends in Sexual Behaviors, 2006-2018

Wayland High School (Grades 9-12)

MetroWest Adolescent Health Survey

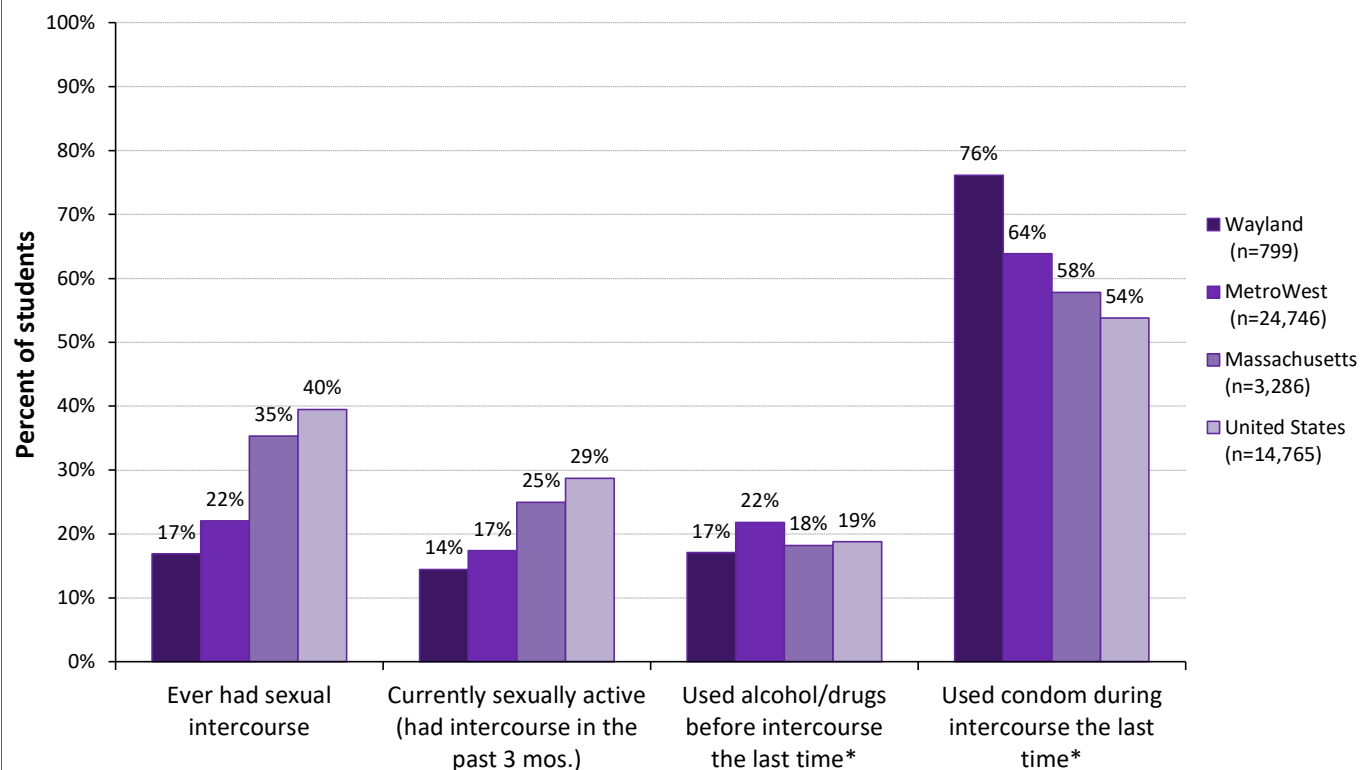


* Among currently sexually active youth

Figure 6-1D. Sexual Behaviors at the District, Regional, State, and National Levels, 2018

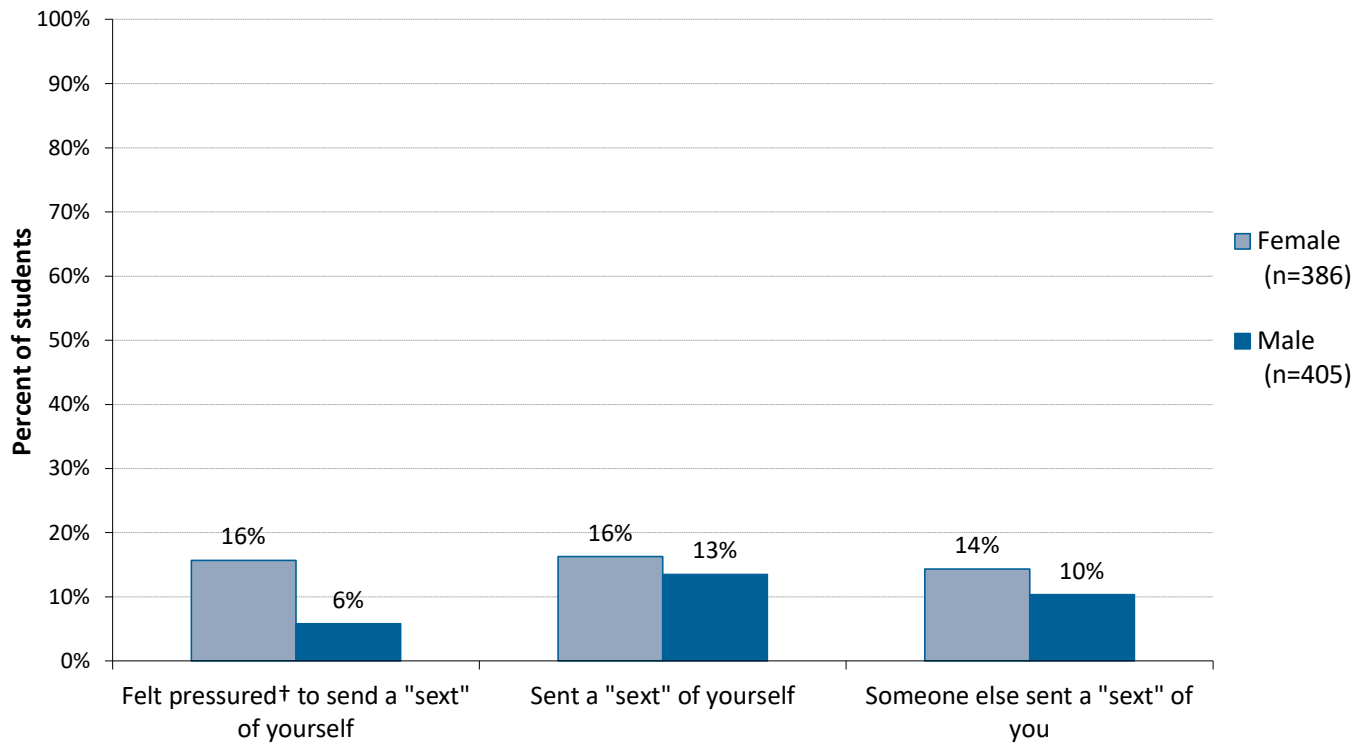
Wayland High School (Grades 9-12)

MetroWest Adolescent Health Survey



* Among currently sexually active youth

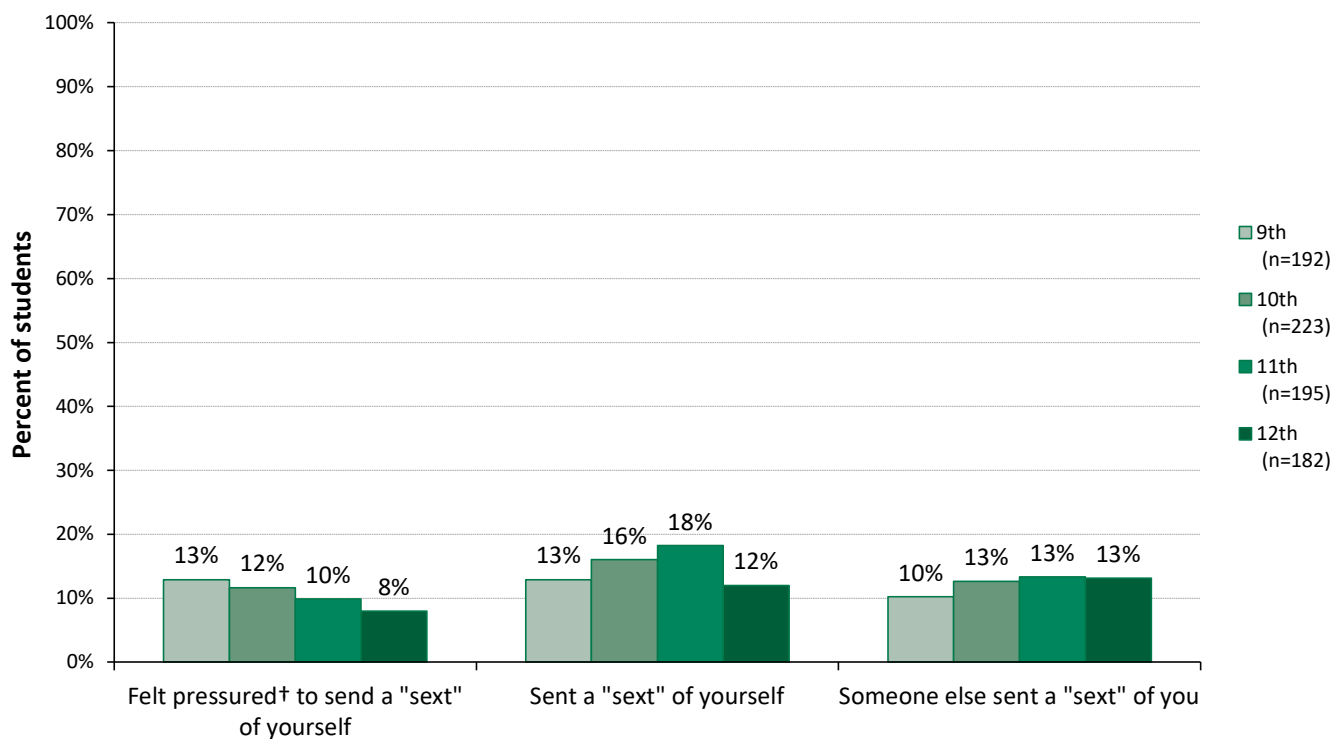
Figure 6-2A. Sexting* by Sex, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey



* Defined as sending/forwarding nude, sexually suggestive/explicit photos or videos using the Internet, cell phones, or other electronic devices in the past 12 months

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

Figure 6-2B. Sexting* by Grade, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey



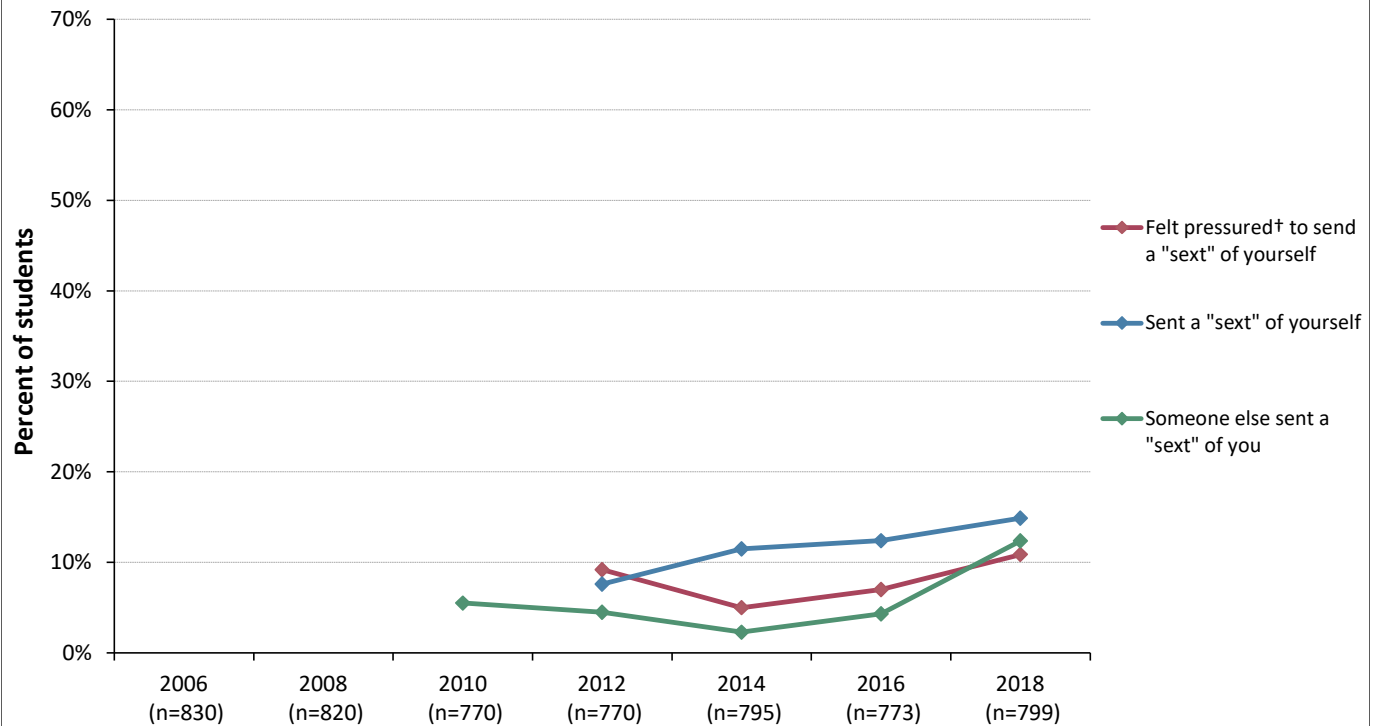
* Defined as sending/forwarding nude, sexually suggestive/explicit photos or videos using the Internet, cell phones, or other electronic devices in the past 12 months

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

Figure 6-2C. Trends in Sexting,* 2010-2018

Wayland High School (Grades 9-12)

MetroWest Adolescent Health Survey



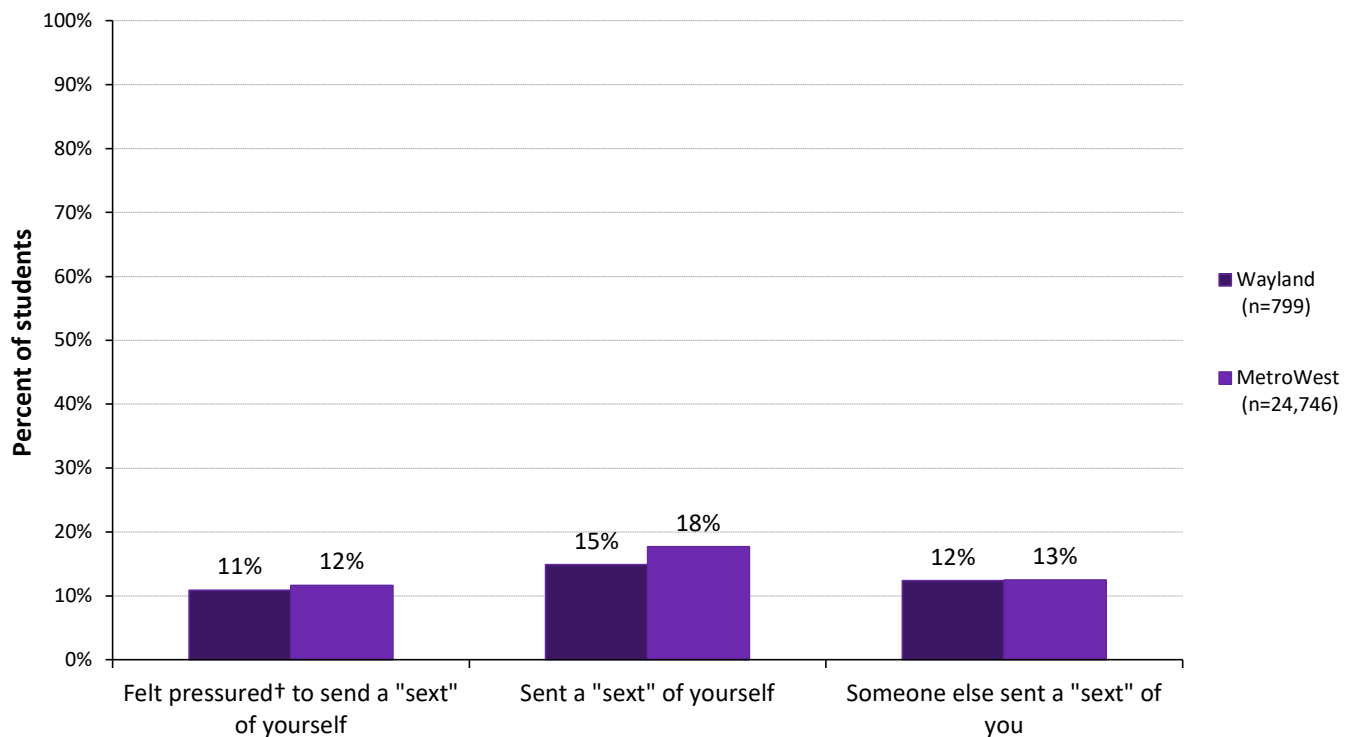
* Defined as sending/forwarding nude, sexually suggestive/explicit photos or videos using the Internet, cell phones, or other electronic devices in the past 12 months

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

Figure 6-2D. Sexting* at the District and Regional Levels, 2018

Wayland High School (Grades 9-12)

MetroWest Adolescent Health Survey



* Defined as sending/forwarding nude, sexually suggestive/explicit photos or videos using the Internet, cell phones, or other electronic devices in the past 12 months

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

Table 6-1A. Sexual Behaviors and Sexting by Sex and Grade, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	Total (%)	Sex (%)		Grade (%)			
		Female	Male	9 th	10 th	11 th	12 th
	(799)	(386)	(405)	(192)	(223)	(195)	(182)
SEXUAL BEHAVIORS							
Ever had sexual intercourse	16.9	15.8	17.4	6.3	10.6	22.5	28.5
Had first sexual intercourse before age 13 years	1.0	0.8	1.3	1.1	0.9	2.1	0.0
Had sexual intercourse with 4 or more people (lifetime)	2.4	2.1	2.5	1.6	1.8	3.2	2.8
Had sexual contact with someone of the same sex (lifetime)	2.3	4.0	0.8	3.2	1.4	2.6	2.2
Currently sexually active (had intercourse in the past 3 months)	14.4	14.8	13.5	5.9	7.3	18.5	26.4
Used alcohol or drugs before sexual intercourse the last time*	17.1	12.5	21.2	18.2	6.3	25.7	13.0
Used a condom during sexual intercourse the last time*	76.1	78.2	74.5	60.0	81.3	71.4	82.2
Used birth control pills during sexual intercourse the last time*	18.0	25.0	9.6	0.0	6.3	22.9	21.3
Been pregnant/gotten someone pregnant (lifetime)	0.9	1.6	0.3	0.5	0.5	2.1	0.6
Been told by a health care provider that you had a sexually transmitted disease (lifetime)	0.4	0.3	0.5	0.5	0.5	0.5	0.0
Had sexual contact against your will (lifetime)	7.5	11.3	3.6	8.6	4.2	7.3	10.0
Been physically forced to have sexual intercourse when you did not want to (lifetime)	1.9	2.9	1.0	1.1	0.9	2.6	3.3
"SEXTING" (past 12 months) †							
Felt pressured by a boyfriend/girlfriend/date to send, forward, or post a "sext" of yourself	10.9	15.7	5.8	12.9	11.7	9.9	8.0
Sent, forwarded, or posted a "sext" of yourself	14.9	16.3	13.5	12.9	16.0	18.2	12.0
Someone else sent or posted a "sext" of you	12.4	14.4	10.3	10.2	12.6	13.3	13.1

* Among youth who are currently sexually active (had intercourse in the past 3 months)

† Defined as sending or forwarding nude, sexually suggestive, or explicit photos or videos using the Internet, cell phones, or other electronic devices

Table 6-1B. Sexual Behaviors and Sexting, 2006 - 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	Wayland (%)						
	2006	2008	2010	2012	2014	2016	2018
	(830)	(820)	(770)	(770)	(795)	(773)	(799)
SEXUAL BEHAVIORS							
Ever had sexual intercourse	25.4	23.2	23.9	18.6	19.1	14.6	16.9
Had first sexual intercourse before age 13 years	5.3	5.0	5.0	4.6	1.6	1.5	1.0
Had sexual intercourse with 4 or more people (lifetime)	8.9	7.8	8.0	6.9	2.8	3.3	2.4
Had sexual contact with someone of the same sex (lifetime)	—	—	—	4.4	4.2	3.9	2.3
Currently sexually active (had intercourse in the past 3 months)	21.6	18.3	18.5	13.0	14.5	10.8	14.4
Used alcohol or drugs before sexual intercourse the last time*	30.1	31.5	31.6	39.8	23.4	16.5	17.1
Used a condom during sexual intercourse the last time*	71.2	72.0	71.6	66.7	77.7	74.7	76.1
Used birth control pills during sexual intercourse the last time*	33.5	37.1	24.5	13.3	13.6	23.7	18.0
Been pregnant/gotten someone pregnant (lifetime)	5.2	5.0	4.4	4.6	1.4	0.7	0.9
Been told by a health care provider that you had a sexually transmitted disease (lifetime)	2.7	2.6	2.4	3.2	0.9	1.2	0.4
Had sexual contact against your will (lifetime)	—	—	—	—	—	4.7	7.5
Been physically forced to have sexual intercourse when you did not want to (lifetime)	5.5	5.5	5.1	6.7	2.5	1.2	1.9
"SEXTING" (past 12 months)[†]							
Felt pressured by a boyfriend/girlfriend/date to send, forward, or post a "sext" of yourself	—	—	—	9.2	5.0	7.0	10.9
Sent, forwarded, or posted a "sext" of yourself	—	—	—	7.6	11.5	12.4	14.9
Someone else sent or posted a "sext" of you	—	—	5.5	4.5	2.3	4.3	12.4

* Among youth who are currently sexually active (had intercourse in the past 3 months)

† Defined as sending or forwarding nude, sexually suggestive, or explicit photos or videos using the Internet, cell phones, or other electronic devices

Table 6-1C. Sexual Behaviors and Sexting at the District, Regional, State, and National Levels, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	Wayland 2018 MWAHS	MetroWest Region 2018 MWAHS	Massachusetts 2017 YRBS	United States 2017 YRBS
	(799)	(24,746)	(3,286)	(14,765)
SEXUAL BEHAVIORS				
Ever had sexual intercourse	16.9	22.1	35.3	39.5
Had first sexual intercourse before age 13 years	1.0	1.6	2.4	3.4
Had sexual intercourse with 4 or more people (lifetime)	2.4	4.6	6.7	9.7
Had sexual contact with someone of the same sex (lifetime)	2.3	3.7	—	—
Currently sexually active (had intercourse in the past 3 months)	14.4	17.4	25.0	28.7
Used alcohol or drugs before sexual intercourse the last time*	17.1	21.8	18.2	18.8
Used a condom during sexual intercourse the last time*	76.1	63.9	57.8	53.8
Used birth control pills during sexual intercourse the last time*	18.0	30.1	34.8	20.7
Been pregnant/gotten someone pregnant (lifetime)	0.9	1.2	2.8	—
Been told by a health care provider that you had a sexually transmitted disease (lifetime)	0.4	1.1	—	—
Had sexual contact against your will (lifetime)	7.5	8.6	—	—
Been physically forced to have sexual intercourse when you did not want to (lifetime)	1.9	3.4	6.8	7.4
"SEXTING" (past 12 months)[†]				
Felt pressured by a boyfriend/girlfriend/date to send, forward, or post a "sext" of yourself	10.9	11.6	—	—
Sent, forwarded, or posted a "sext" of yourself	14.9	17.7	—	—
Someone else sent or posted a "sext" of you	12.4	12.5	—	—

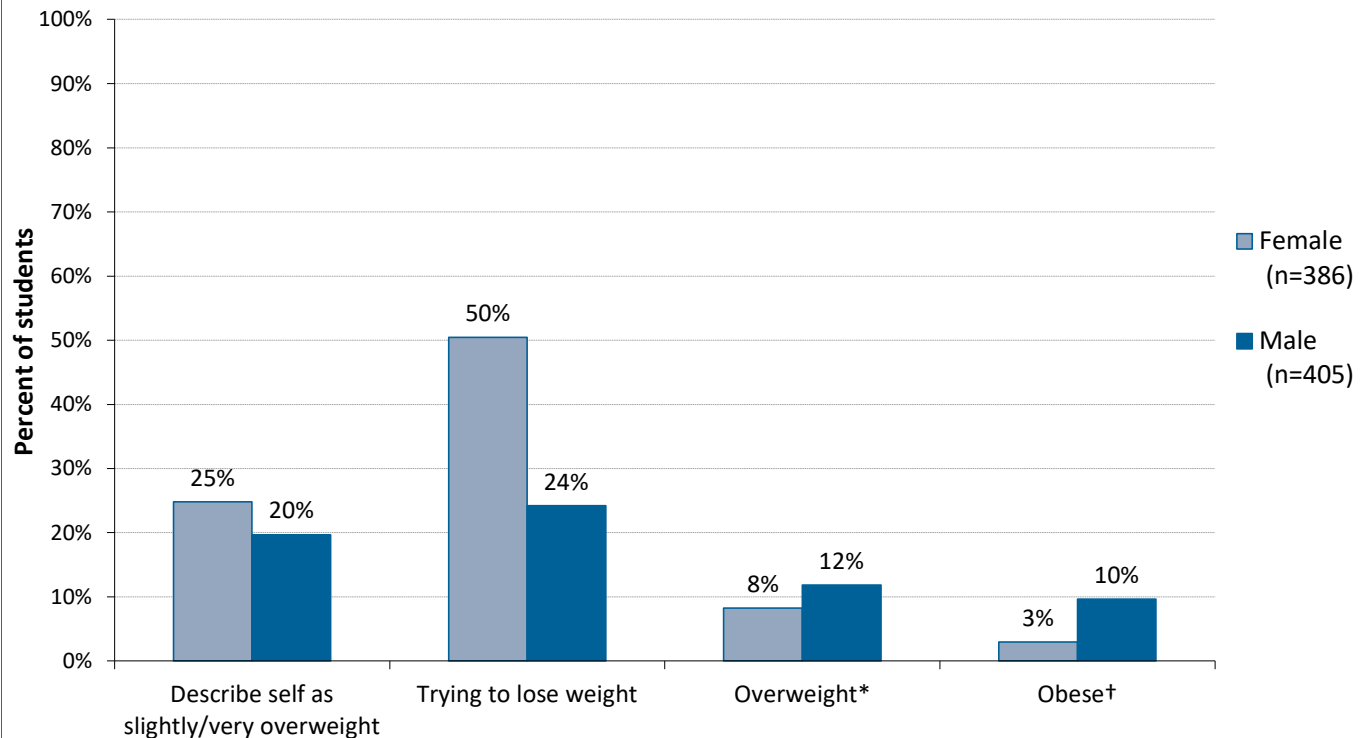
* Among youth who are currently sexually active (had intercourse in the past 3 months)

† Defined as sending or forwarding nude, sexually suggestive, or explicit photos or videos using the Internet, cell phones, or other electronic devices

Section 7

Physical Activity, Nutrition, and Weight

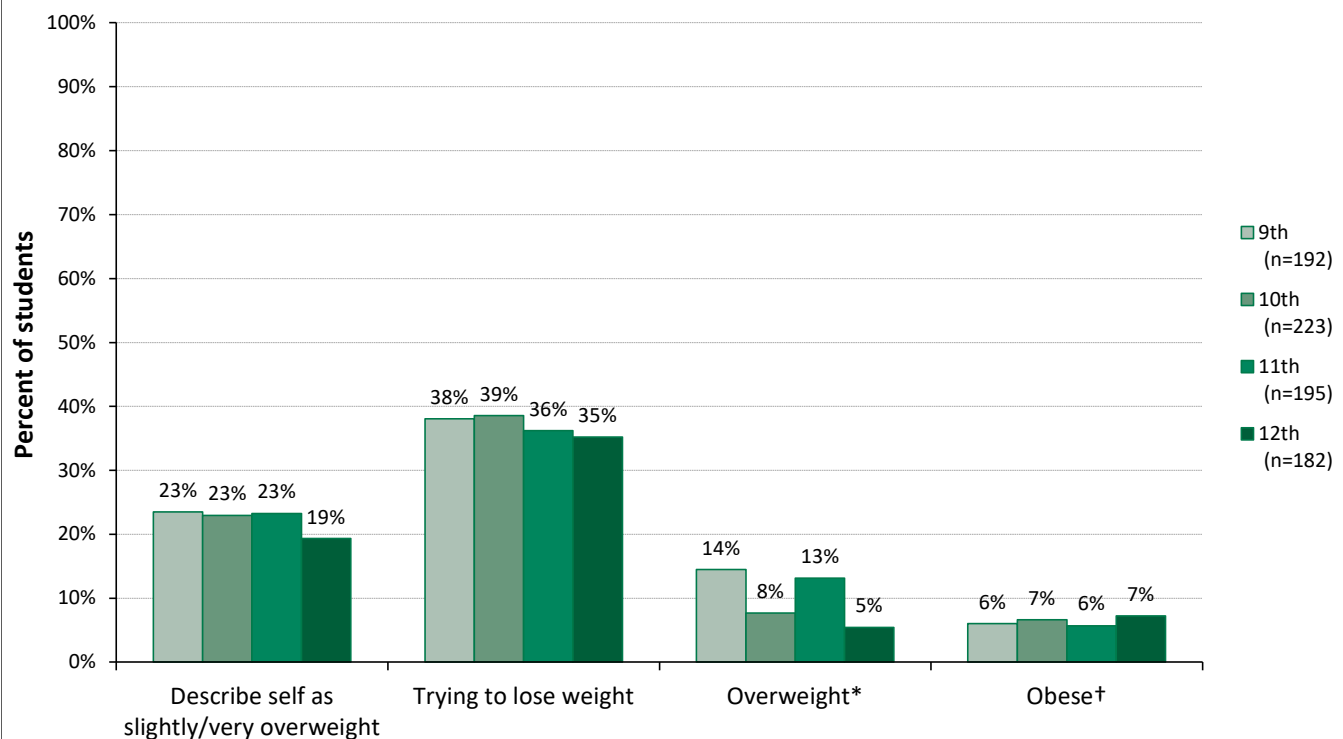
Figure 7-1A. Weight Perception and Body Weight by Sex, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey



* 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 7-1B. Weight Perception and Body Weight by Grade, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey



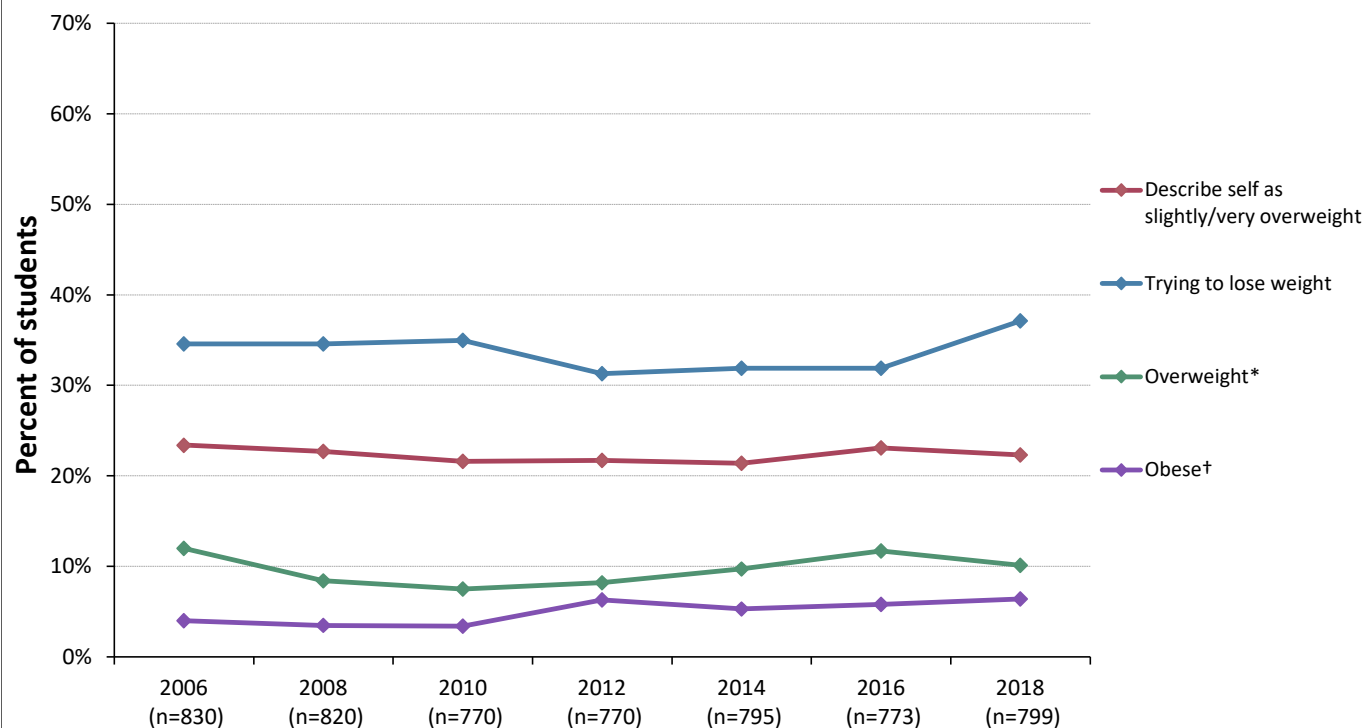
* Students who were ≥85th percentile but <95th percentile for body mass index by age and gender, based on reference data

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

Figure 7-1C. Trends in Weight Perception and Body Weight, 2006-2018

Wayland High School (Grades 9-12)

MetroWest Adolescent Health Survey



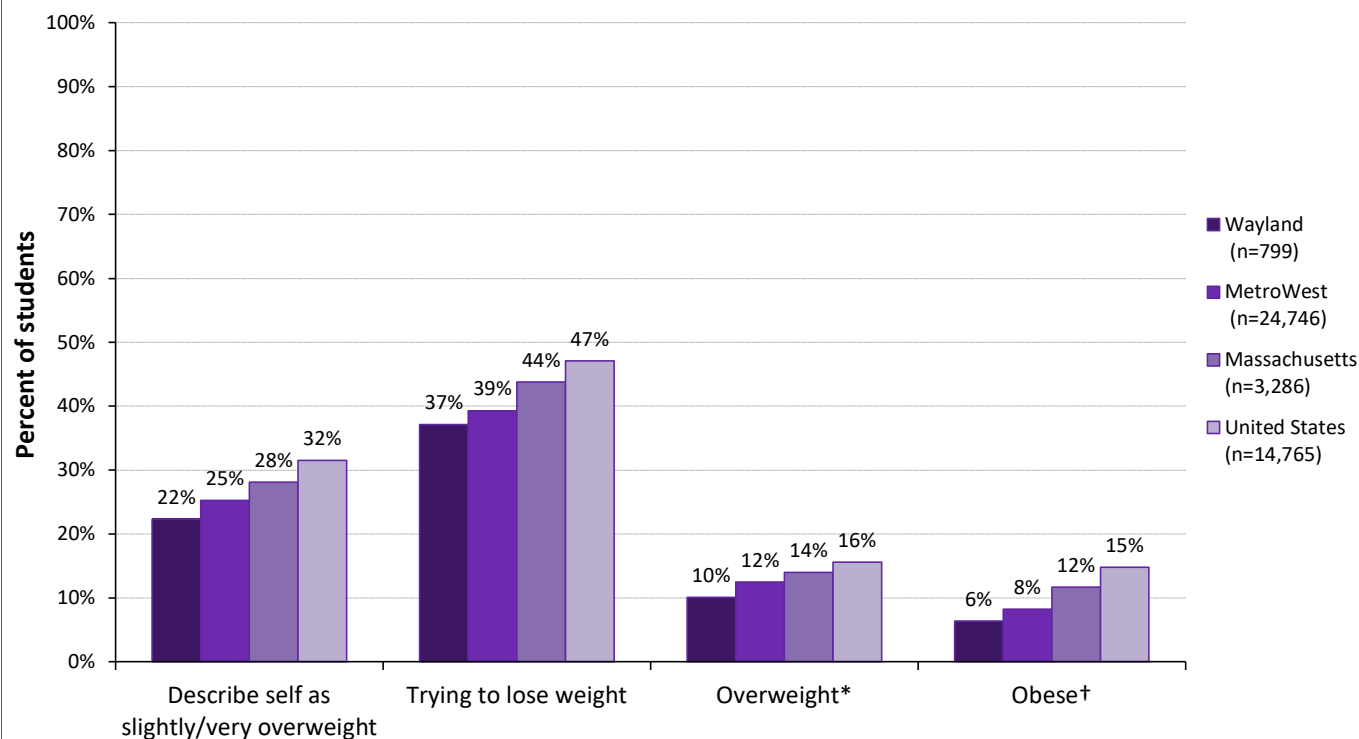
* Students who were ≥85th percentile but <95th percentile for body mass index by age and gender, based on reference data

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

Figure 7-1D. Weight Perception and Body Weight at the District, Regional, State, and National Levels, 2018

Wayland High School (Grades 9-12)

MetroWest Adolescent Health Survey



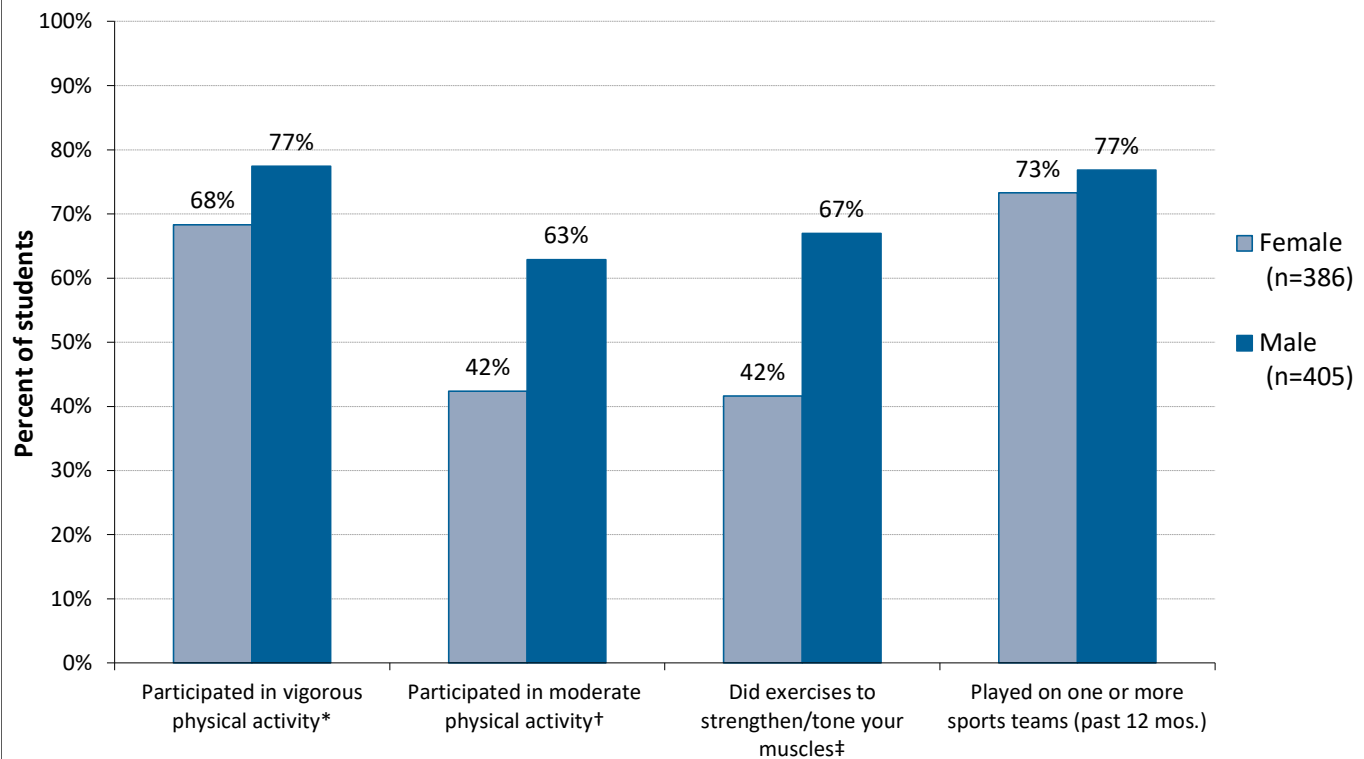
* Students who were ≥85th percentile but <95th percentile for body mass index by age and gender, based on reference data

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

Figure 7-2A. Physical Activity by Sex, 2018

Wayland High School (Grades 9-12)

MetroWest Adolescent Health Survey



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

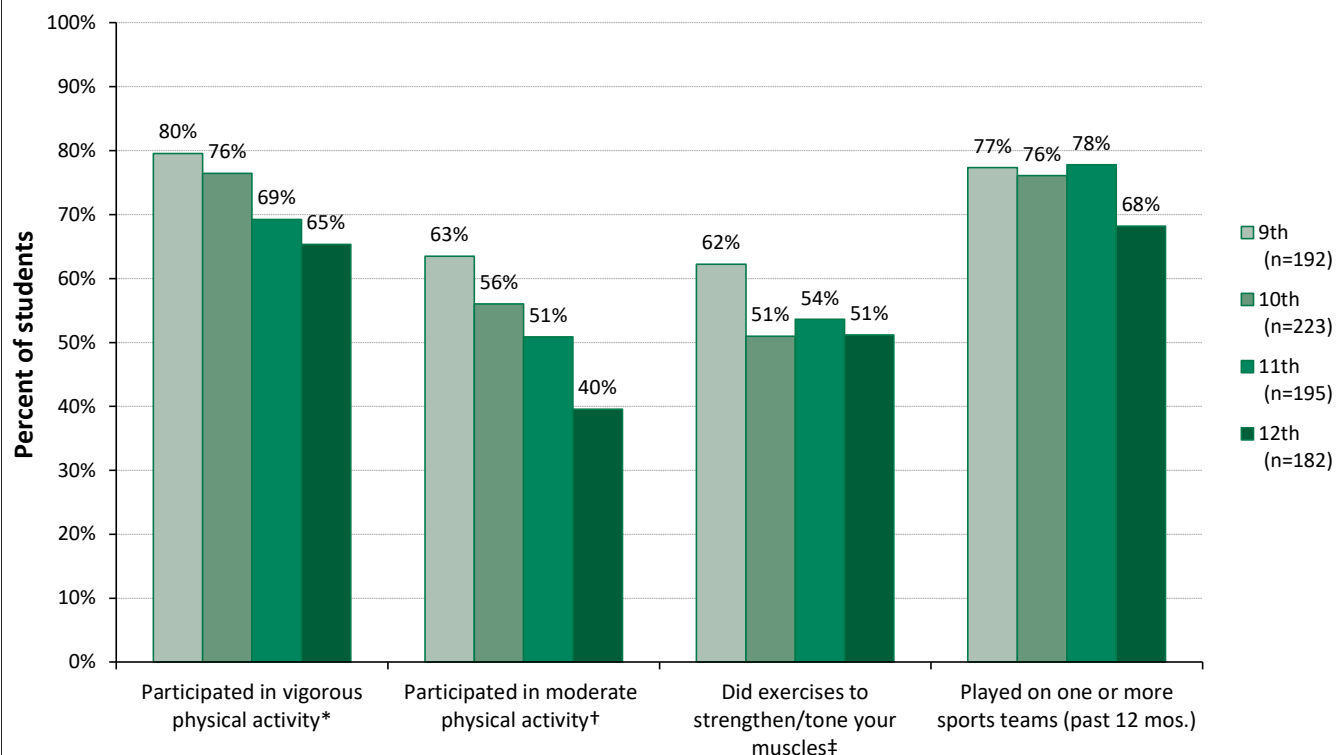
† Physically active for ≥ 60 minutes/day on ≥ 5 of the past 7 days; includes physical activity that increases your heart rate and makes you breathe hard some of the time

‡ Exercised to strengthen or tone your muscles on ≥ 3 of the past 7 days

Figure 7-2B. Physical Activity by Grade, 2018

Wayland High School (Grades 9-12)

MetroWest Adolescent Health Survey



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

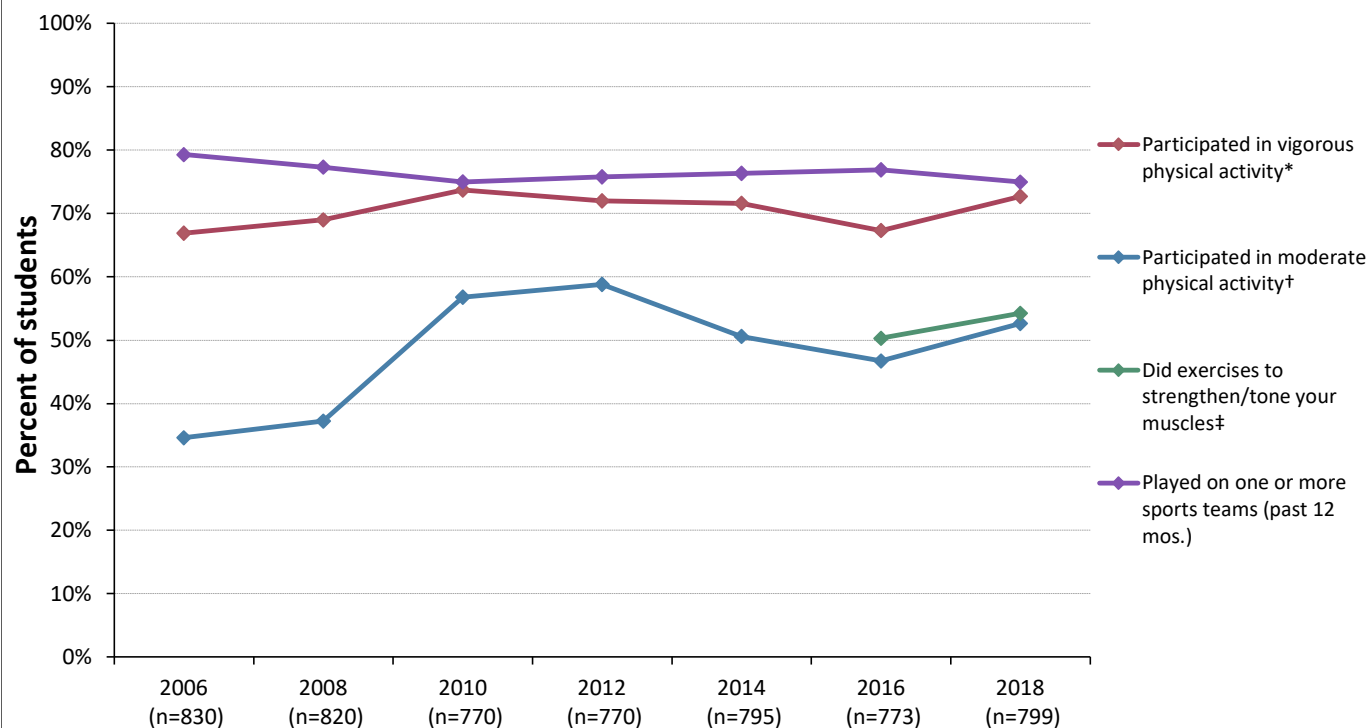
† Physically active for ≥ 60 minutes/day on ≥ 5 of the past 7 days; includes physical activity that increases your heart rate and makes you breathe hard some of the time

‡ Exercised to strengthen or tone your muscles on ≥ 3 of the past 7 days

Figure 7-2C. Trends in Physical Activity, 2006-2018

Wayland High School (Grades 9-12)

MetroWest Adolescent Health Survey



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

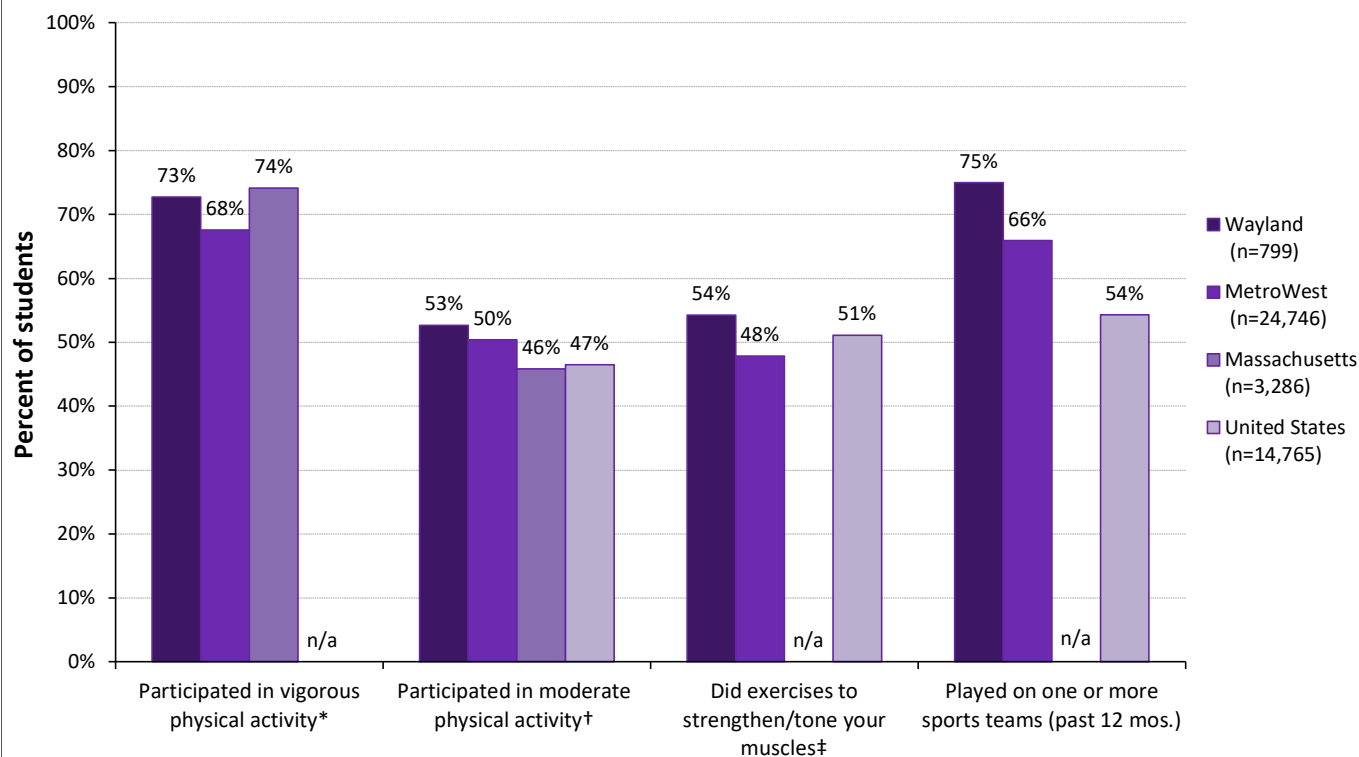
† Physically active for ≥ 60 minutes/day on ≥ 5 of the past 7 days; includes physical activity that increases your heart rate and makes you breathe hard some of the time

‡ Exercised to strengthen or tone your muscles on ≥ 3 of the past 7 days

Figure 7-2D. Physical Activity at the District, Regional, State, and National Levels, 2018

Wayland High School (Grades 9-12)

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

‡ Exercised to strengthen or tone your muscles on ≥ 3 of the past 7 days

Table 7-1A. Weight, Nutrition, and Physical Activity by Sex and Grade, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	Total (%)	Sex (%)		Grade (%)			
	(799)	Female (386)	Male (405)	9 th (192)	10 th (223)	11 th (195)	12 th (182)
WEIGHT PERCEPTION							
Describe self as slightly or very overweight	22.3	24.8	19.7	23.5	22.9	23.2	19.3
Trying to lose weight	37.1	50.4	24.2	38.0	38.5	36.2	35.2
BODY MASS INDEX							
Overweight*	10.1	8.2	11.8	14.5	7.7	13.1	5.4
Obese [†]	6.4	2.9	9.6	6.0	6.6	5.7	7.2
EATING PATTERNS (past 7 days)							
Ate breakfast on all 7 days	44.4	38.4	50.4	53.3	45.9	39.7	39.0
Ate dinner at home with parent(s)/guardian(s) on 5 or more days	72.3	67.2	77.2	82.0	70.0	72.8	64.6
PHYSICAL ACTIVITY							
Participated in vigorous physical activity for at least 20 minutes on 3 or more of the past 7 days [‡]	72.7	68.3	77.4	79.6	76.5	69.2	65.3
Participated in moderate physical activity for at least 60 minutes per day on 5 or more of the past 7 days [§]	52.7	42.3	62.9	63.5	56.0	50.8	39.5
Did exercises to strengthen or tone your muscles (on 3 or more of the past 7 days)**	54.2	41.6	66.9	62.2	51.0	53.6	51.1
Played on one or more sports teams (past 12 months)	75.0	73.3	76.8	77.3	76.1	77.8	68.2

* 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

‡ Includes physical activity 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

**Such as push-ups, sit-ups, or weightlifting

Table 7-1B. Weight, Nutrition, and Physical Activity, 2006 - 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	Wayland (%)						
	2006	2008	2010	2012	2014	2016	2018
	(830)	(820)	(770)	(770)	(795)	(773)	(799)
WEIGHT PERCEPTION							
Describe self as slightly or very overweight	23.4	22.7	21.6	21.7	21.4	23.1	22.3
Trying to lose weight	34.6	34.6	35.0	31.3	31.9	31.9	37.1
BODY MASS INDEX							
Overweight*	12.0	8.4	7.5	8.2	9.7	11.7	10.1
Obese [†]	4.0	3.5	3.4	6.3	5.3	5.8	6.4
EATING PATTERNS (past 7 days)							
Ate breakfast on all 7 days	–	–	–	–	55.9	52.1	44.4
Ate dinner at home with parent(s)/guardian(s) on 5 or more days	–	–	–	71.5	74.6	71.0	72.3
PHYSICAL ACTIVITY							
Participated in vigorous physical activity for at least 20 minutes on 3 or more of the past 7 days [‡]	66.9	69.0	73.7	72.0	71.6	67.3	72.7
Participated in moderate physical activity for at least 60 minutes per day on 5 or more of the past 7 days [§]	34.6	37.2	56.8	58.8	50.6	46.7	52.7
Did exercises to strengthen or tone your muscles (on 3 or more of the past 7 days)**	–	–	–	–	–	50.3	54.2
Played on one or more sports teams (past 12 months)	79.3	77.3	75.0	75.8	76.3	76.9	75.0

* 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

‡ Includes physical activity 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

**Such as push-ups, sit-ups, or weightlifting

Table 7-1C. Weight, Nutrition, and Physical Activity at the District, Regional, State, and National Levels, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	Wayland 2018 MWAHS	MetroWest Region 2018 MWAHS	Massachusetts 2017 YRBS	United States 2017 YRBS
	(799)	(24,746)	(3,286)	(14,765)
WEIGHT PERCEPTION				
Describe self as slightly or very overweight	22.3	25.3	28.1	31.5
Trying to lose weight	37.1	39.3	43.8	47.1
BODY MASS INDEX				
Overweight*	10.1	12.5	14.0	15.6
Obese [†]	6.4	8.3	11.7	14.8
EATING PATTERNS (past 7 days)				
Ate breakfast on all 7 days	44.4	40.4	36.3	35.3
Ate dinner at home with parent(s)/guardian(s) on 5 or more days	72.3	68.0	–	–
PHYSICAL ACTIVITY				
Participated in vigorous physical activity for at least 20 minutes on 3 or more of the past 7 days [‡]	72.7	67.6	74.1 ^{††}	–
Participated in moderate physical activity for at least 60 minutes per day on 5 or more of the past 7 days [§]	52.7	50.4	45.8	46.5
Did exercises to strengthen or tone your muscles (on 3 or more of the past 7 days)**	54.2	47.9	–	51.1
Played on one or more sports teams (past 12 months)	75.0	65.9	–	54.3

* 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

‡ Includes physical activity 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

**Such as push-ups, sit-ups, or weightlifting

††Data is from the Massachusetts Youth Health Survey 2017

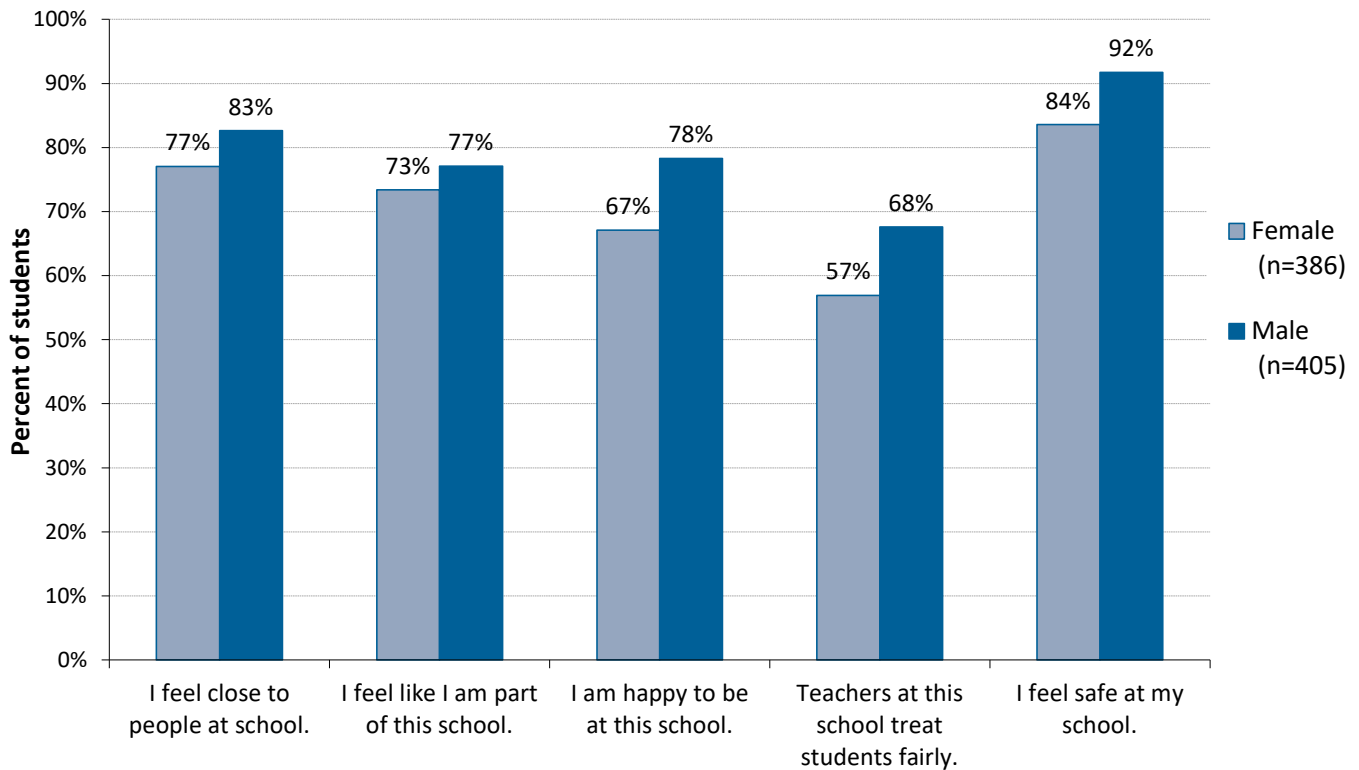
Section 8

Protective Factors

Figure 8-1A. School Attachment* by Sex, 2018

Wayland High School (Grades 9-12)

MetroWest Adolescent Health Survey

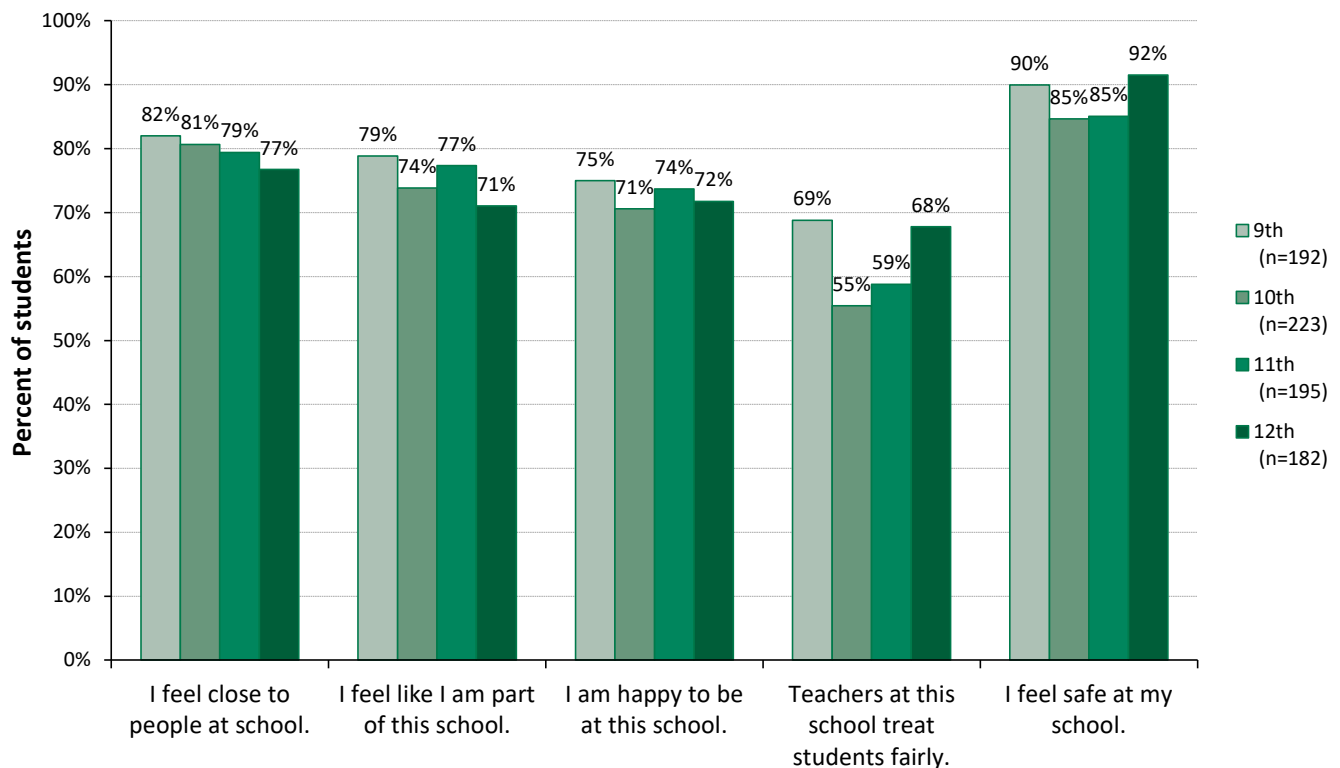


* Answered either "agree" or "strongly agree"

Figure 8-1B. School Attachment* by Grade, 2018

Wayland High School (Grades 9-12)

MetroWest Adolescent Health Survey

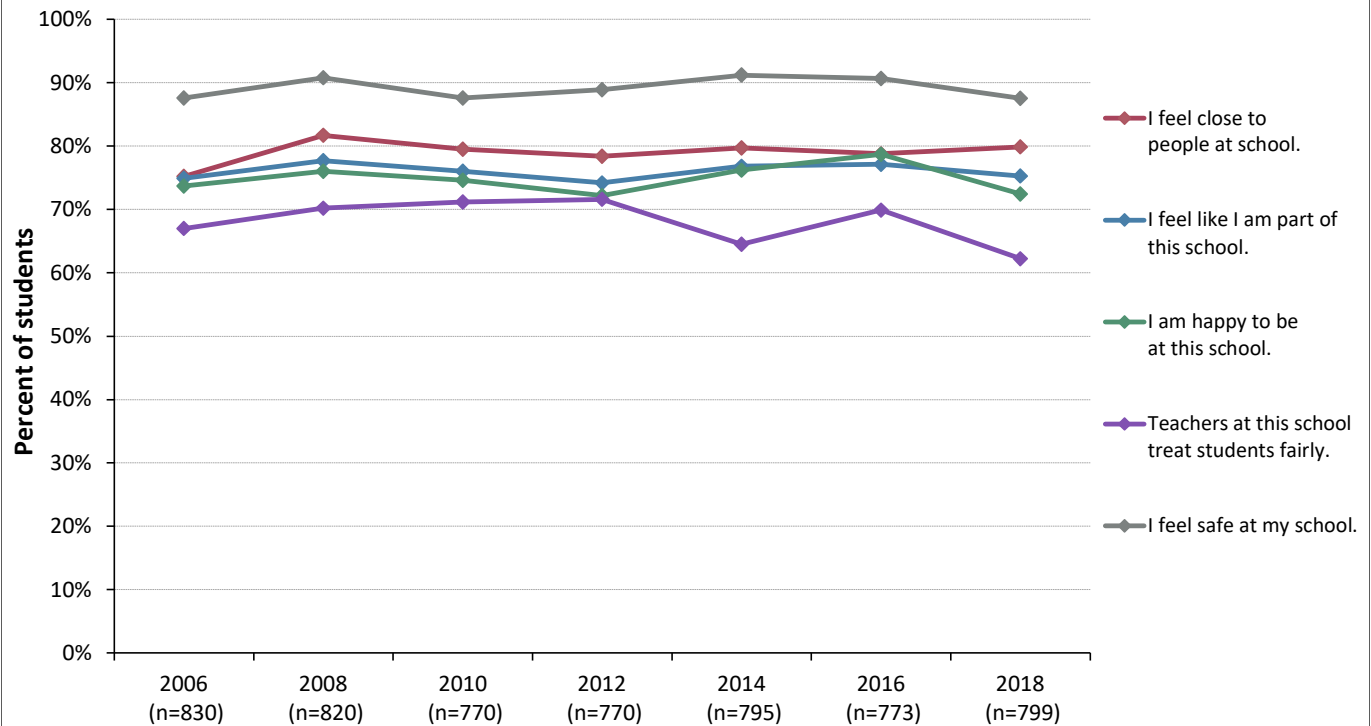


* Answered either "agree" or "strongly agree"

Figure 8-1C. Trends in School Attachment,* 2006-2018

Wayland High School (Grades 9-12)

MetroWest Adolescent Health Survey

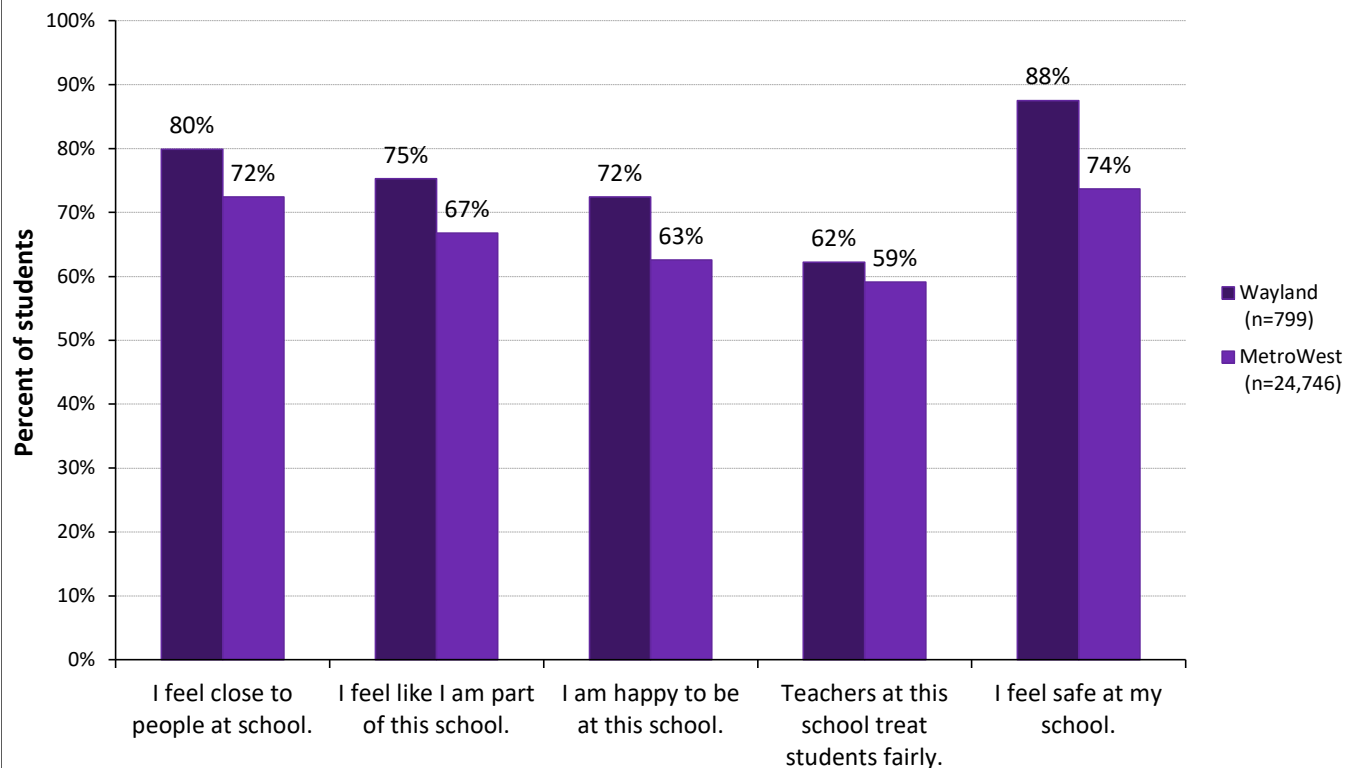


* Answered either "agree" or "strongly agree"

Figure 8-1D. School Attachment* at the District and Regional Levels, 2018

Wayland High School (Grades 9-12)

MetroWest Adolescent Health Survey



* Answered either "agree" or "strongly agree"

Figure 8-2A. Adult Support by Sex, 2018

Wayland High School (Grades 9-12)

MetroWest Adolescent Health Survey

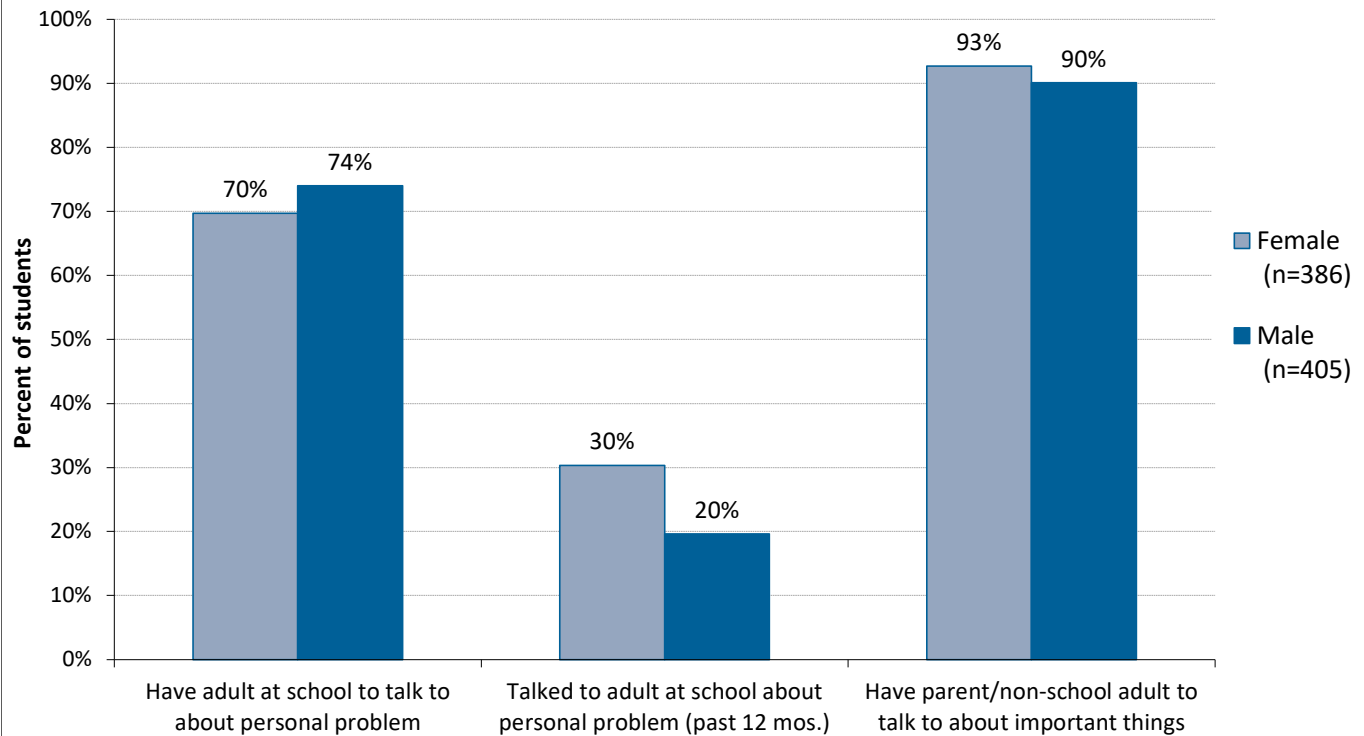


Figure 8-2B. Adult Support by Grade, 2018

Wayland High School (Grades 9-12)

MetroWest Adolescent Health Survey

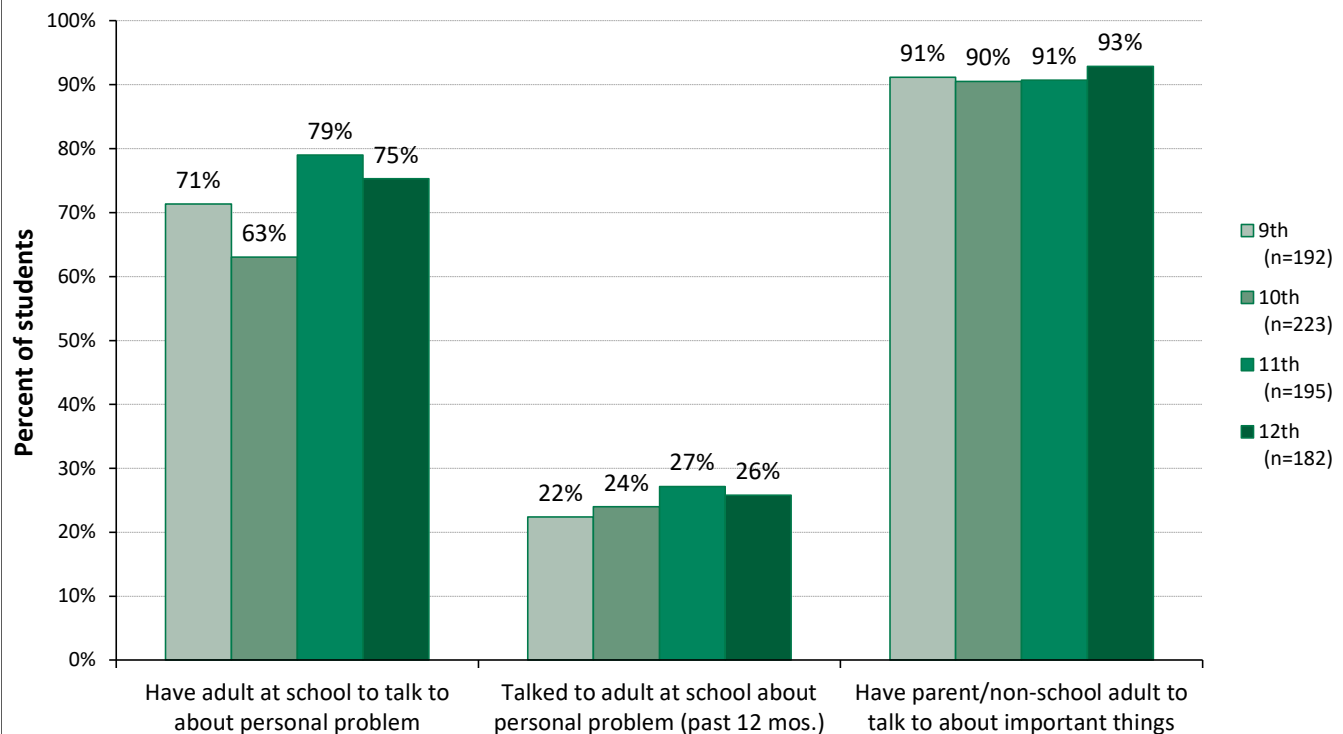


Figure 8-2C. Trends in Adult Support, 2006-2018

Wayland High School (Grades 9-12)

MetroWest Adolescent Health Survey

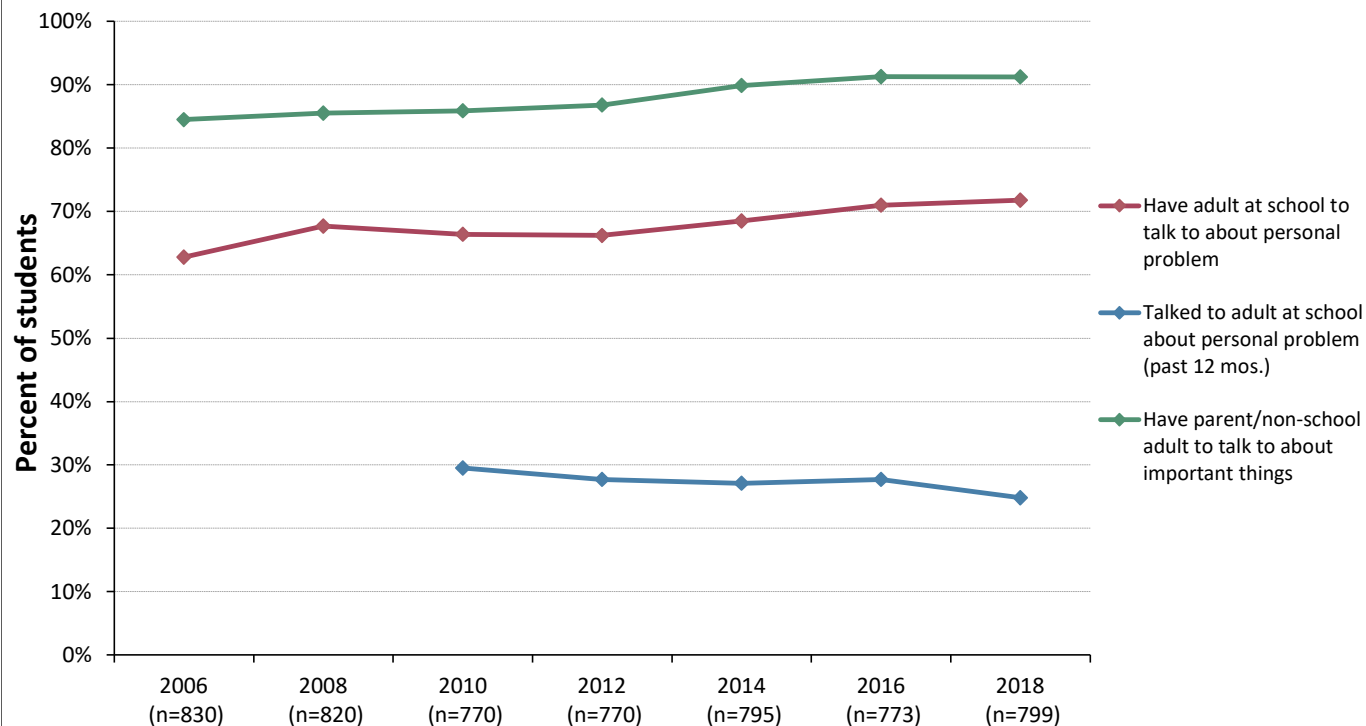


Figure 8-2D. Adult Support at the District, Regional, and State Levels, 2018

Wayland High School (Grades 9-12)

MetroWest Adolescent Health Survey

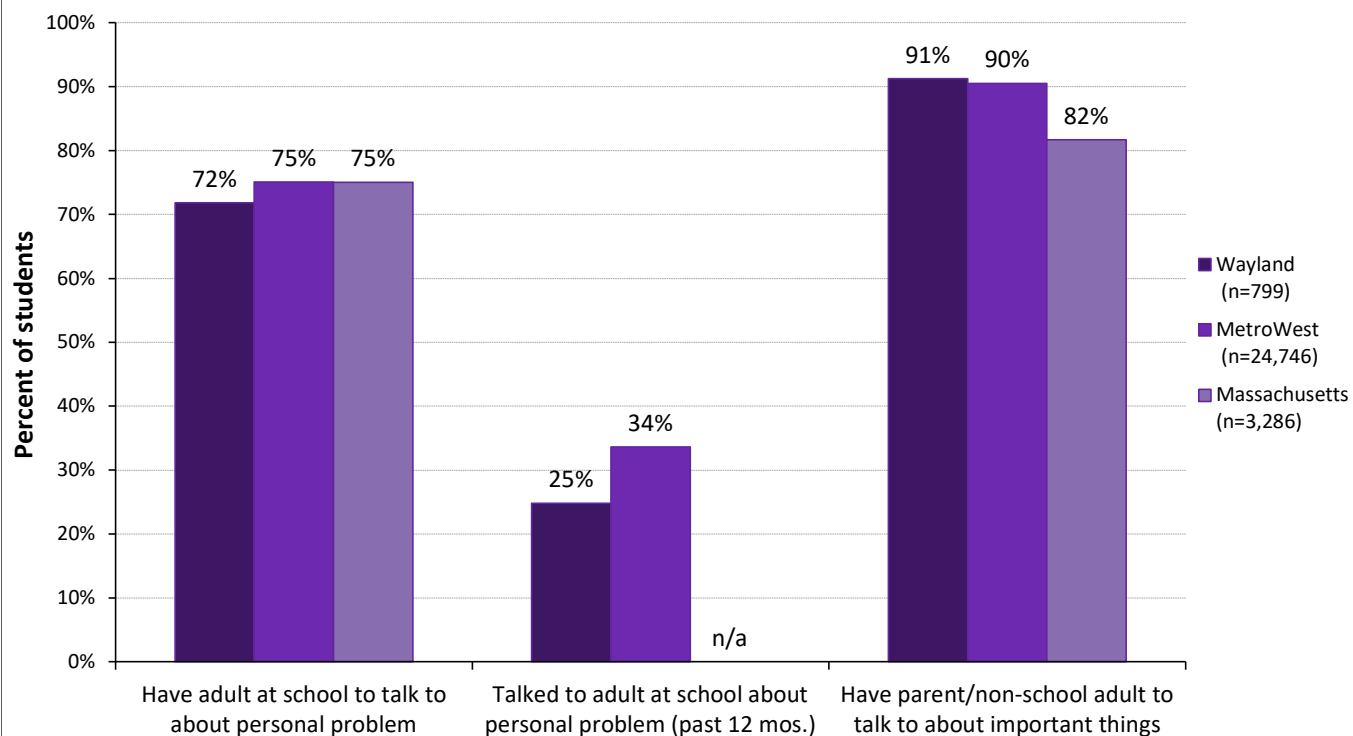
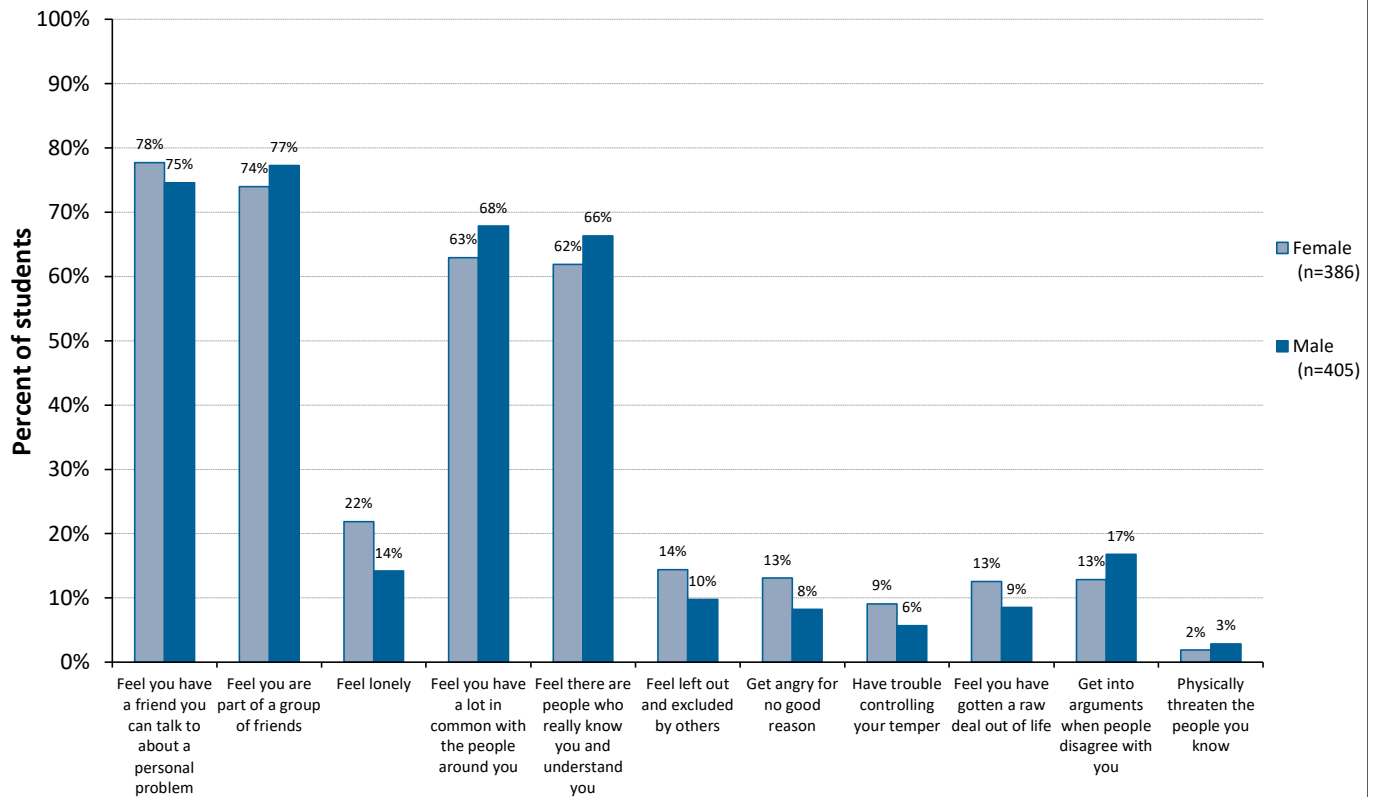
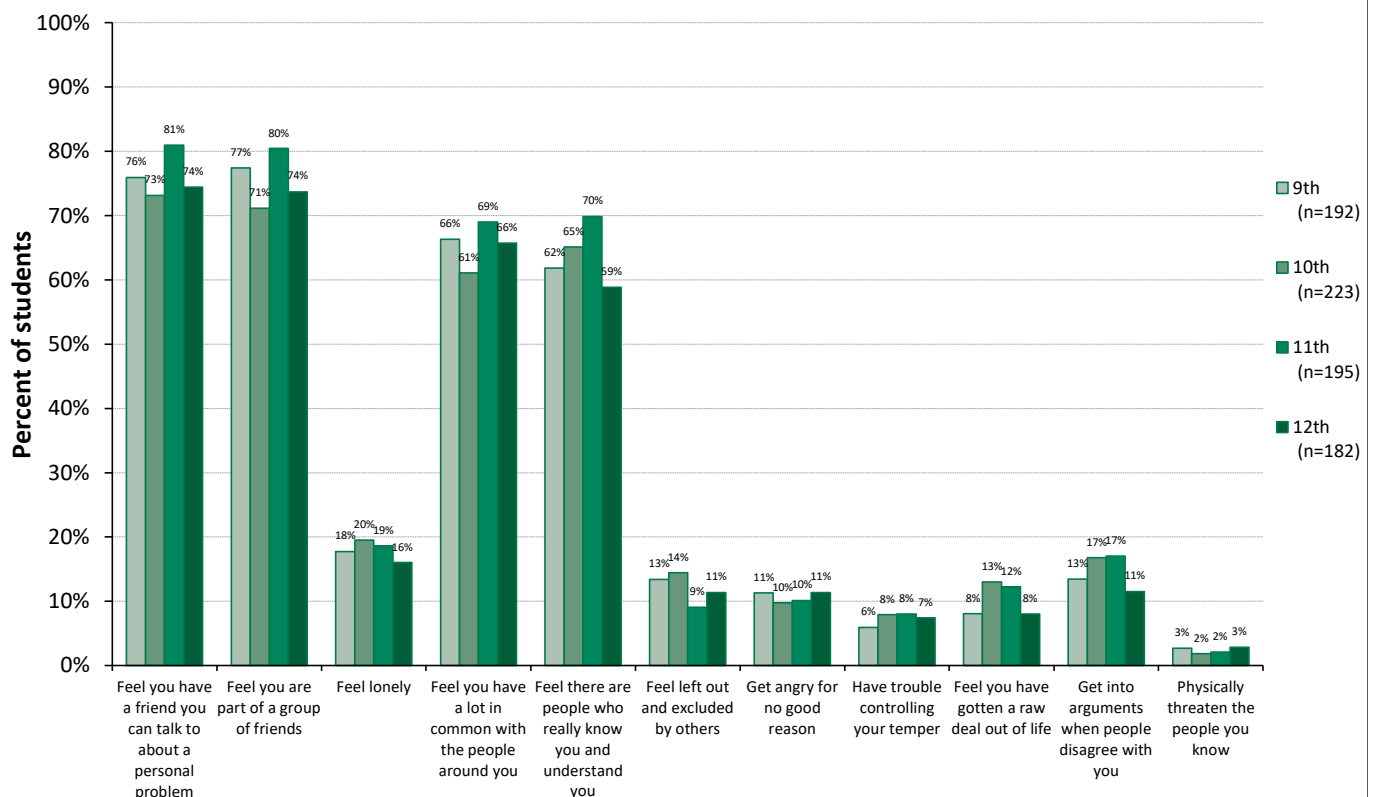


Figure 8-3A. Peer Support, Isolation, and Anger* by Sex, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey



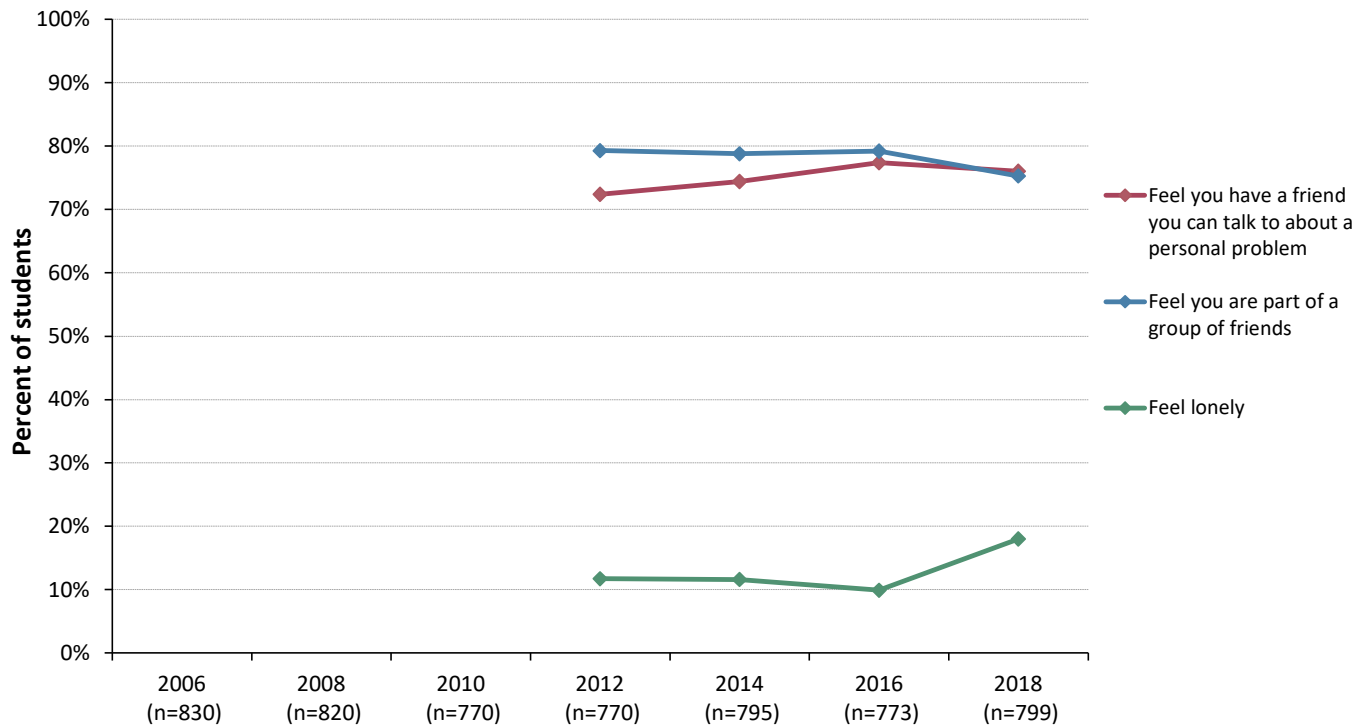
* Student responded "most of the time" or "all of the time"

Figure 8-3B. Peer Support, Isolation, and Anger* by Grade, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey



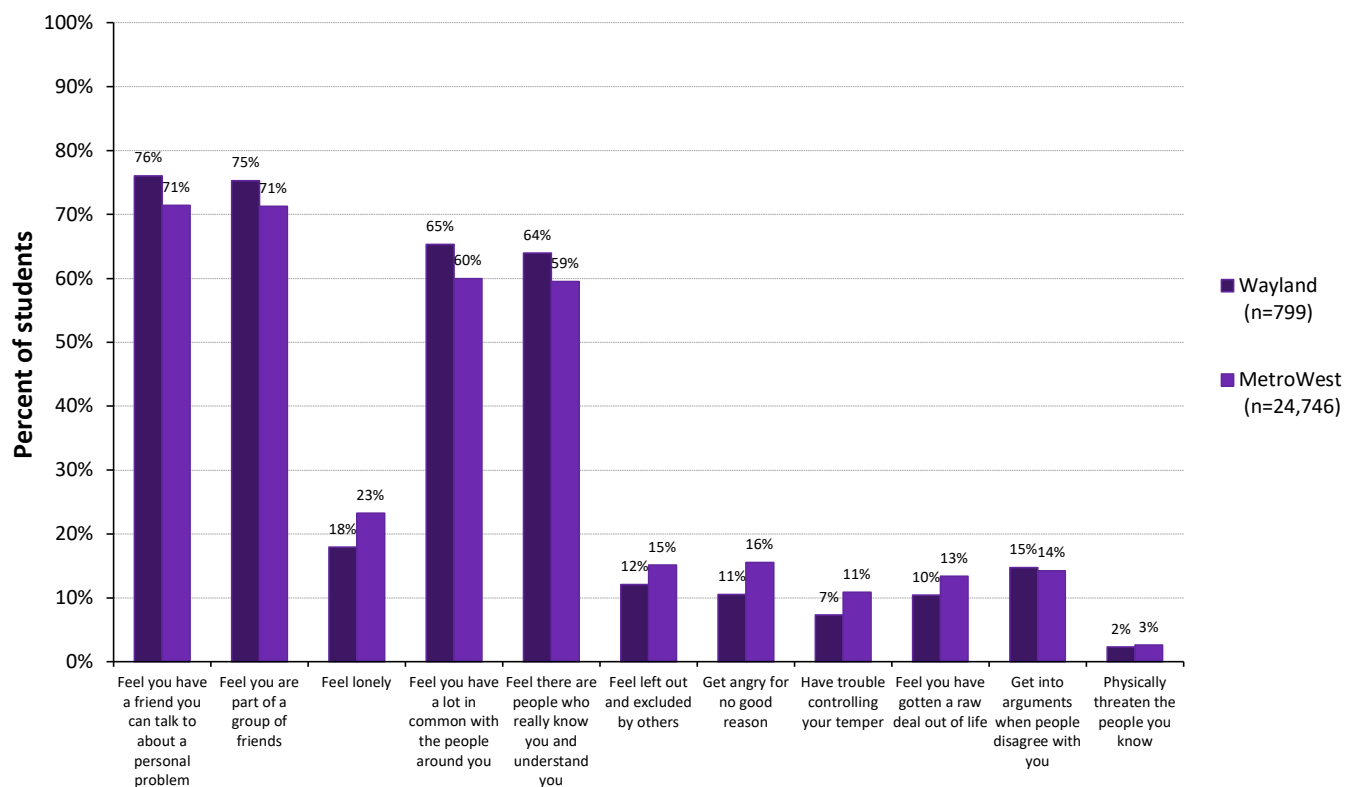
* Student responded "most of the time" or "all of the time"

Figure 8-3C. Trends in Peer Support, Isolation, and Anger,* 2012-2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey



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

Figure 8-3D. Peer Support, Isolation, and Anger* at the District and Regional Levels, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey

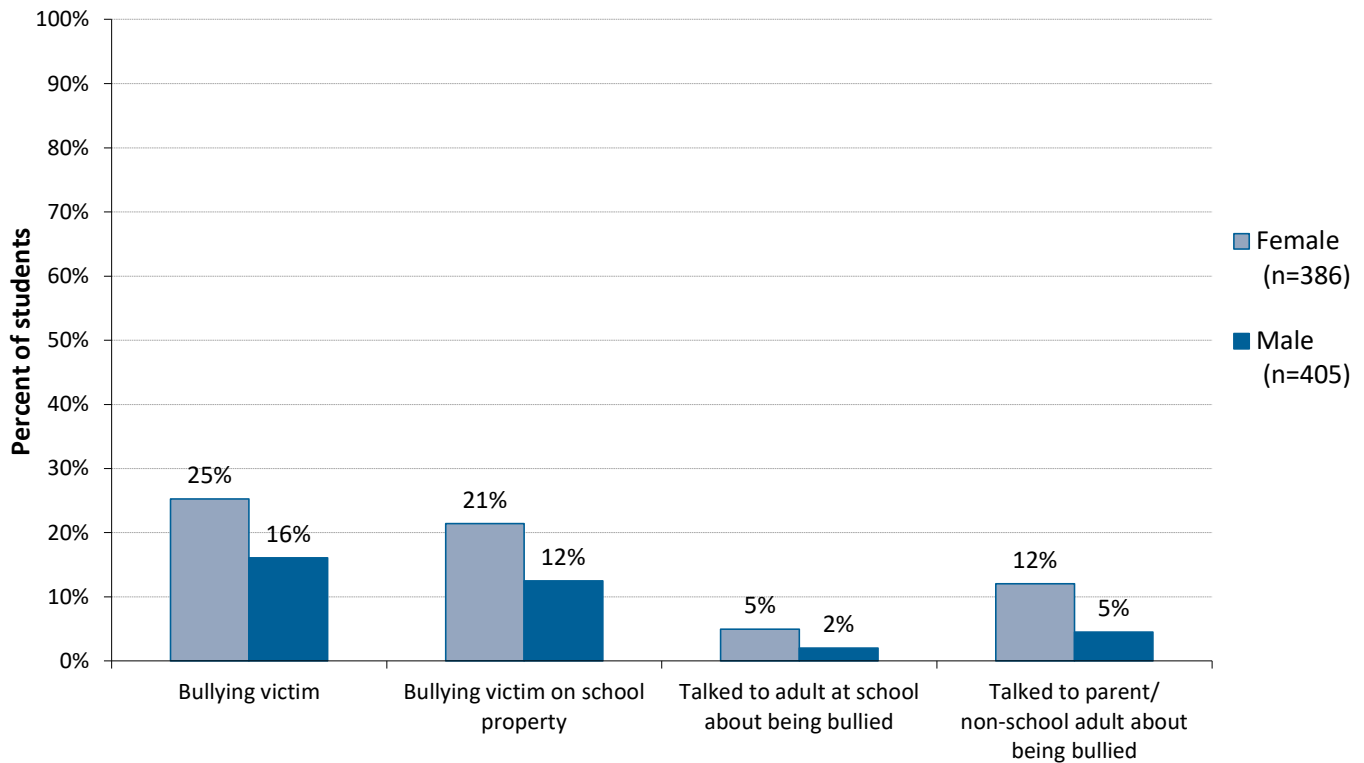


* Student responded "most of the time" or "all of the time"

Figure 8-4A. Bullying and Adult Support* by Sex, 2018

Wayland High School (Grades 9-12)

MetroWest Adolescent Health Survey

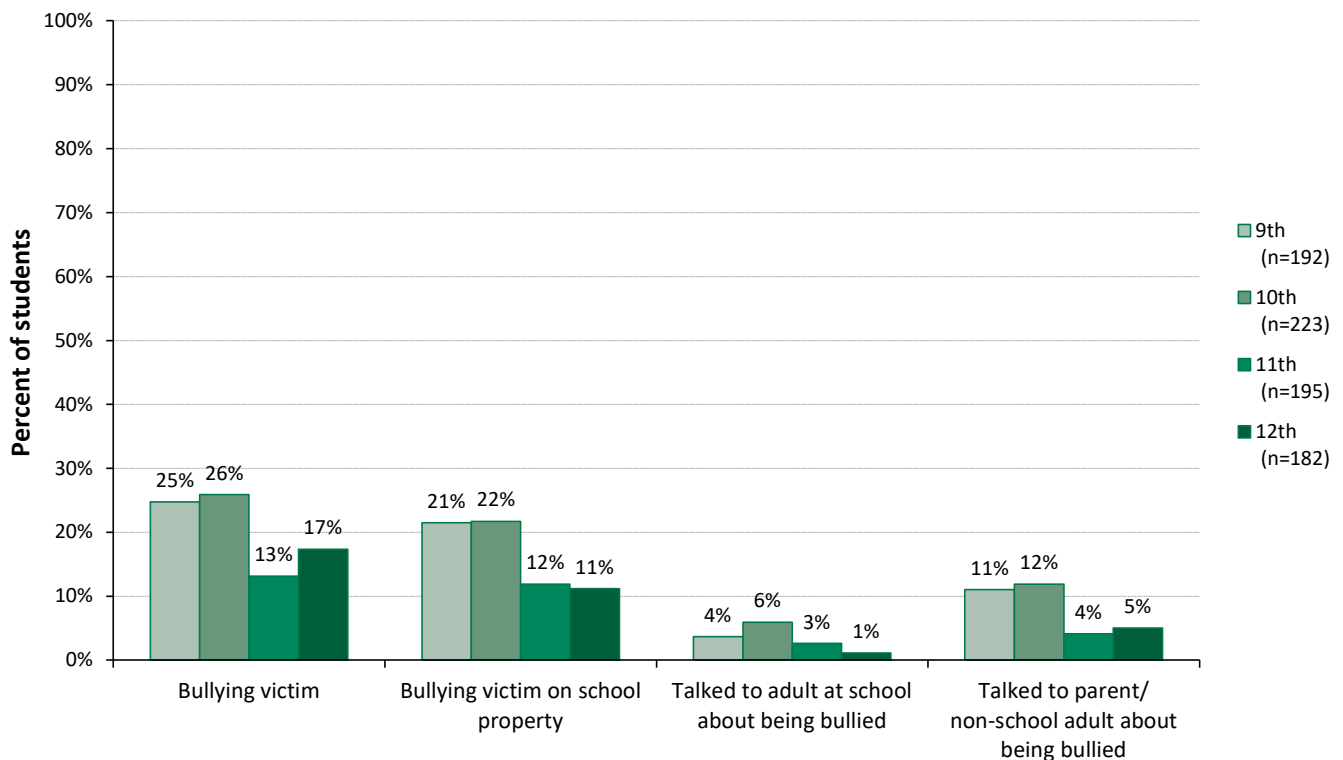


* In the past 12 months; bullying defined as when one or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

Figure 8-4B. Bullying and Adult Support* by Grade, 2018

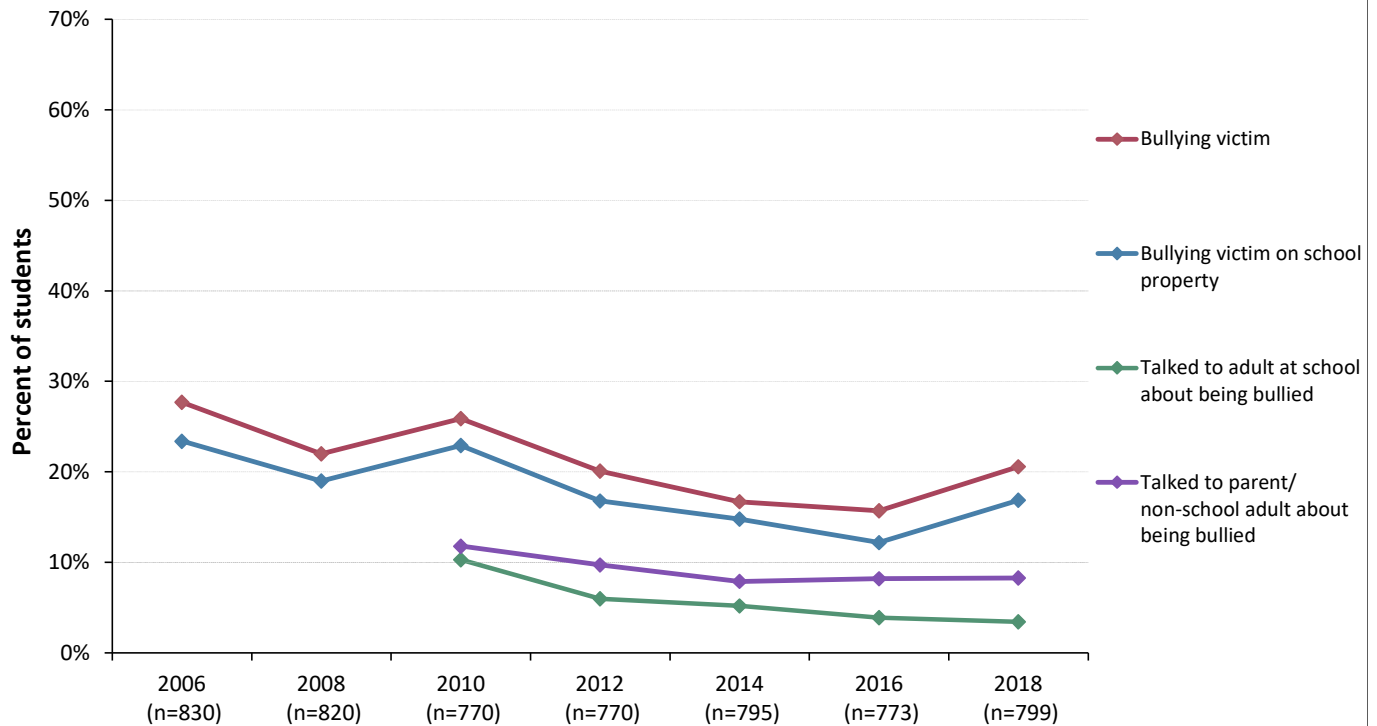
Wayland High School (Grades 9-12)

MetroWest Adolescent Health Survey



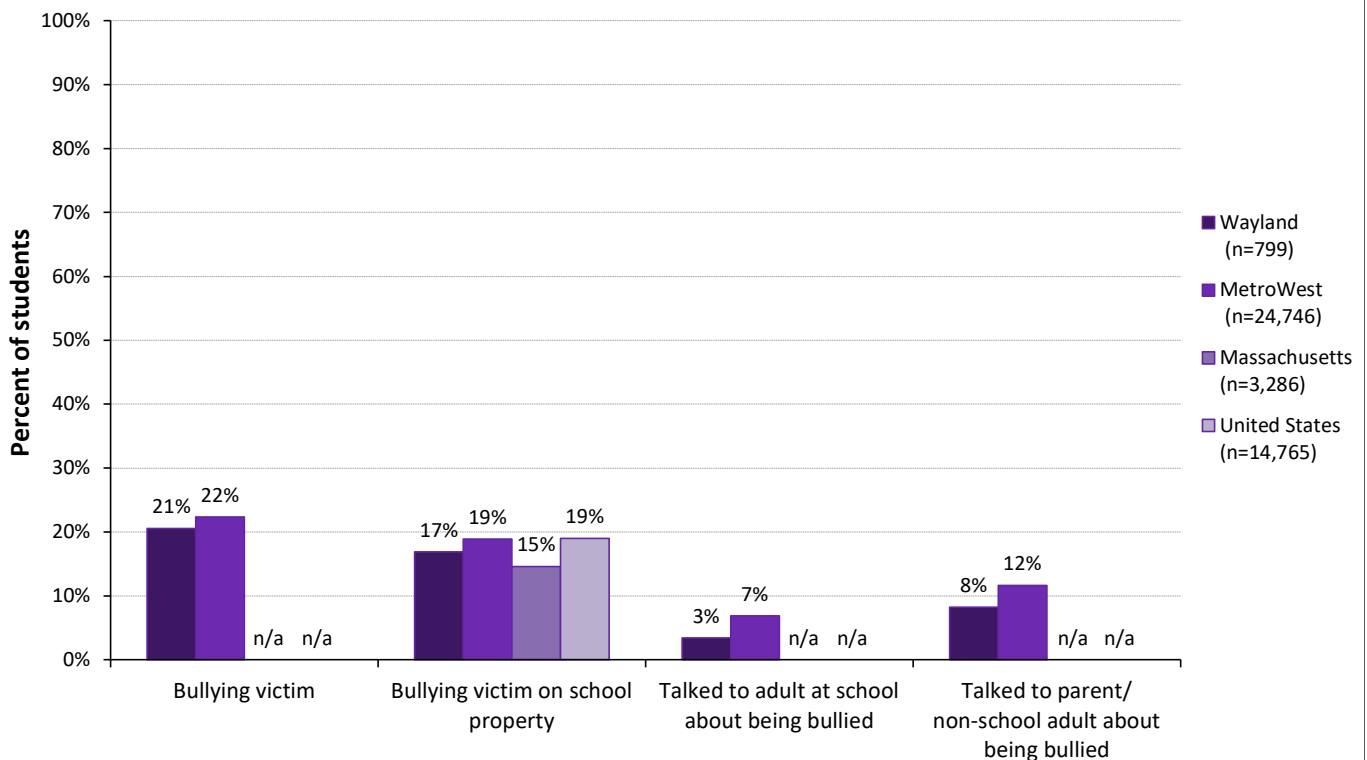
* In the past 12 months; bullying defined as when one or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

Figure 8-4C. Trends in Bullying and Adult Support,* 2006-2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey



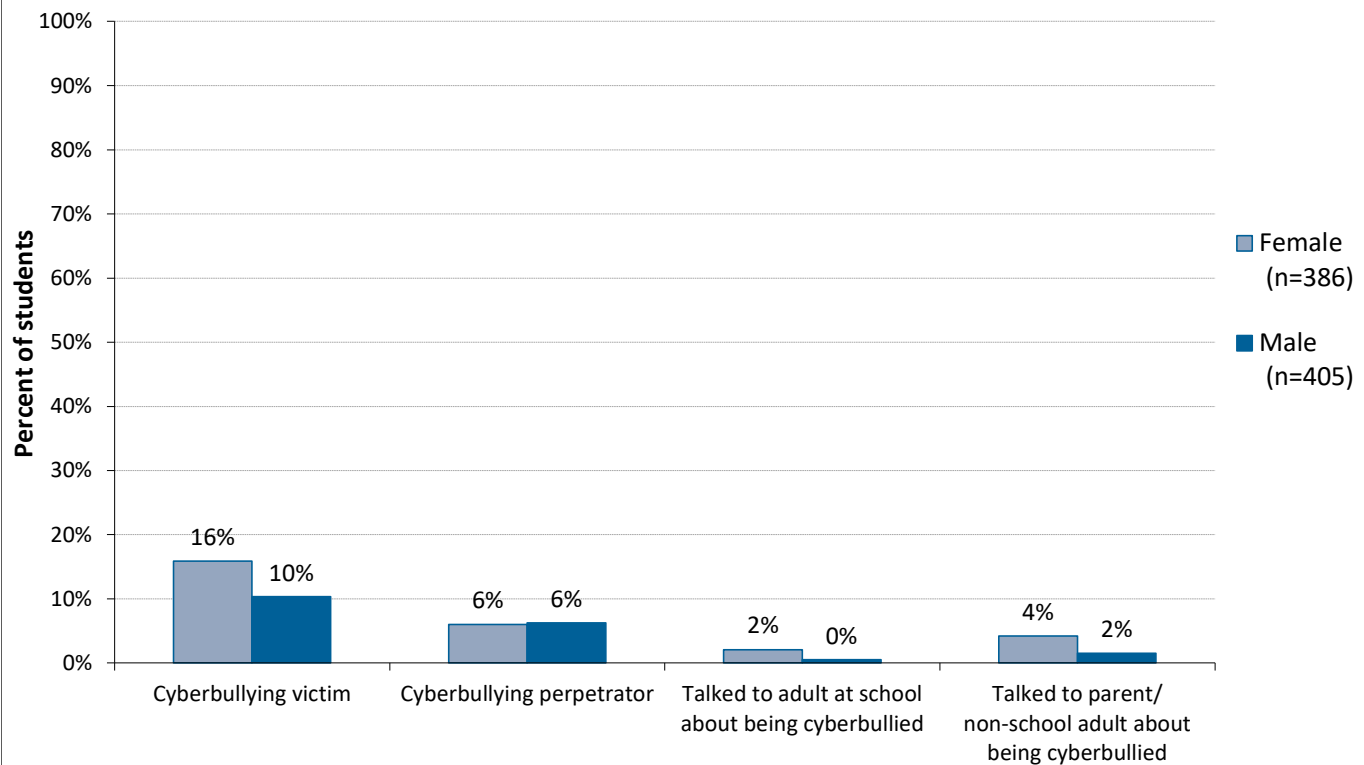
* In the past 12 months; bullying defined as when one or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

Figure 8-4D. Bullying and Adult Support* at the District, Regional, State, and National Levels, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey



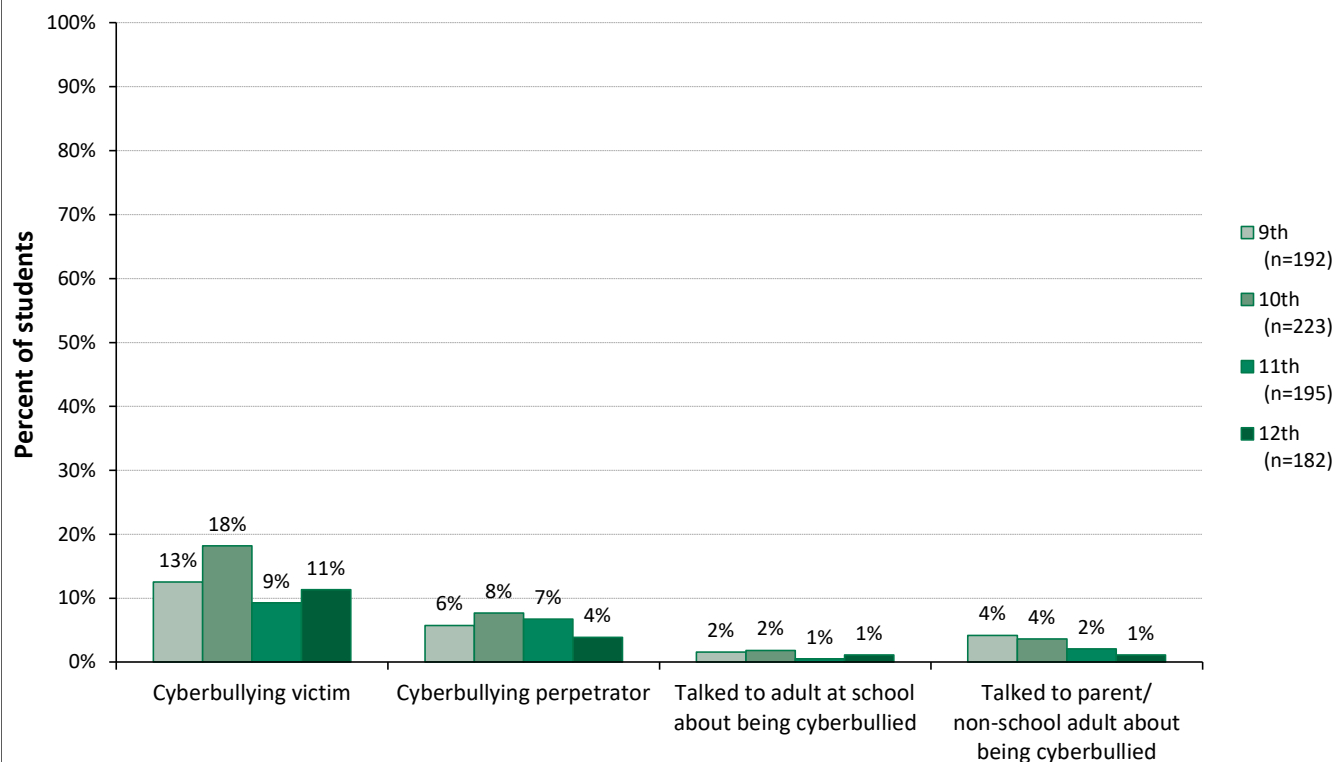
* In the past 12 months; bullying defined as when one or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

Figure 8-5A. Cyberbullying and Adult Support* by Sex, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey



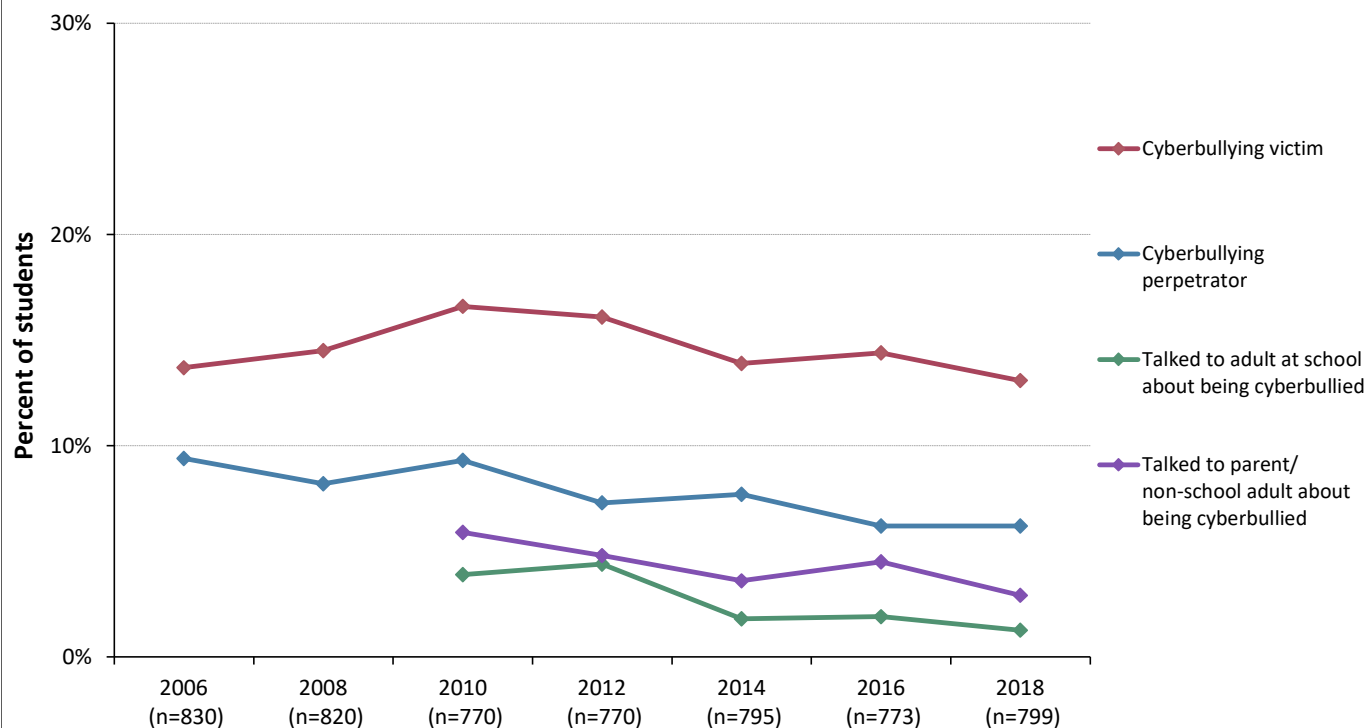
* During the past 12 months; cyberbullying defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about someone

Figure 8-5B. Cyberbullying and Adult Support* by Grade, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey



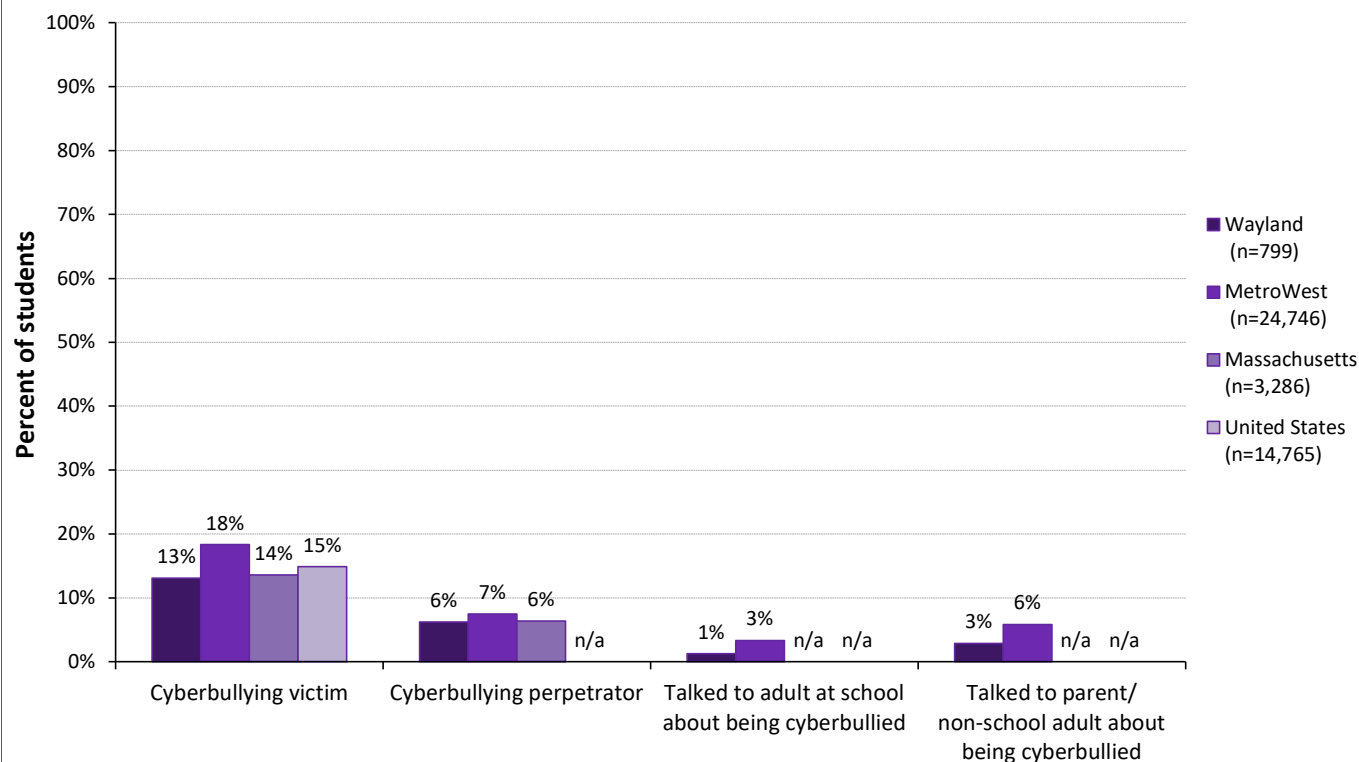
* During the past 12 months; cyberbullying defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about someone

Figure 8-5C. Trends in Cyberbullying and Adult Support,* 2006-2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey



* During 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 8-5D. Cyberbullying and Adult Support* at the District, Regional, State, and National Levels, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey

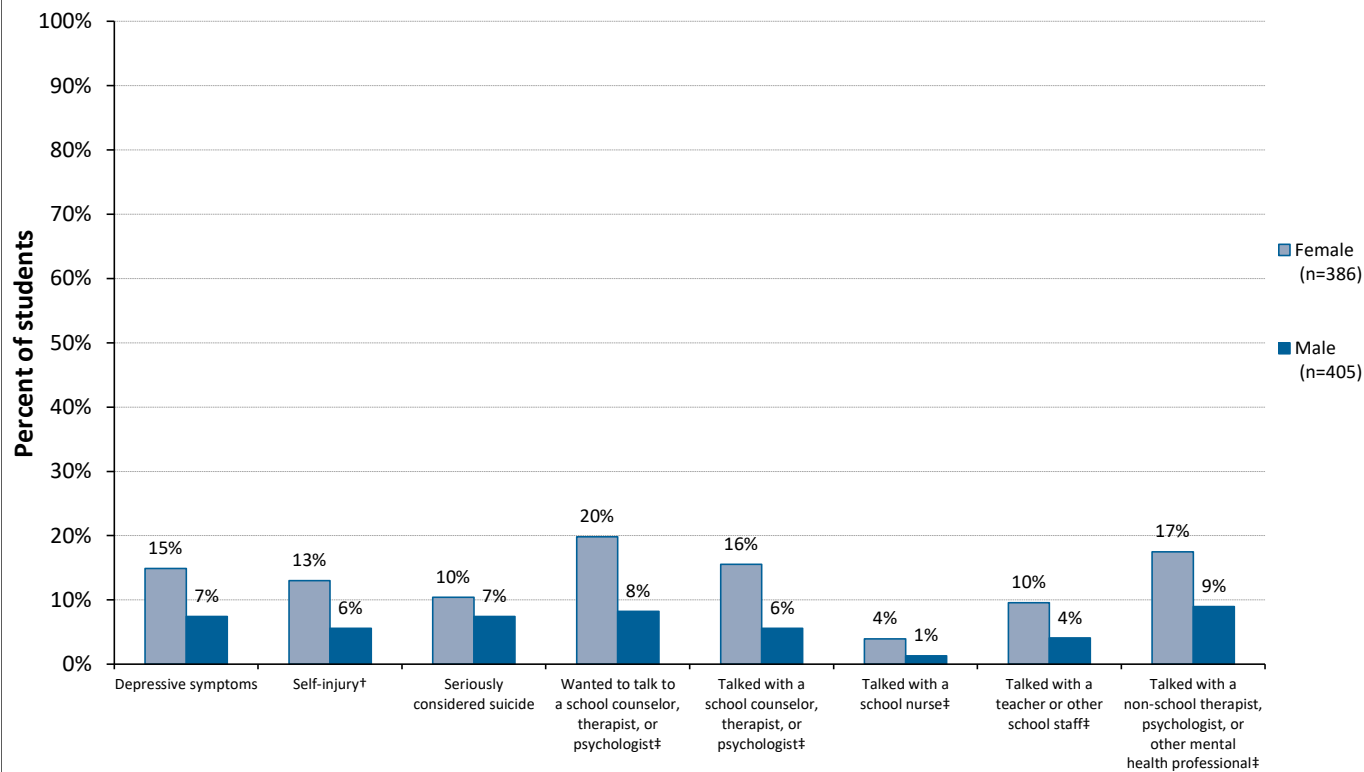


* During the past 12 months; cyberbullying defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about someone

Figure 8-6A. Mental Health and Adult Support* by Sex, 2018

Wayland High School (Grades 9-12)

MetroWest Adolescent Health Survey



* In the past 12 months

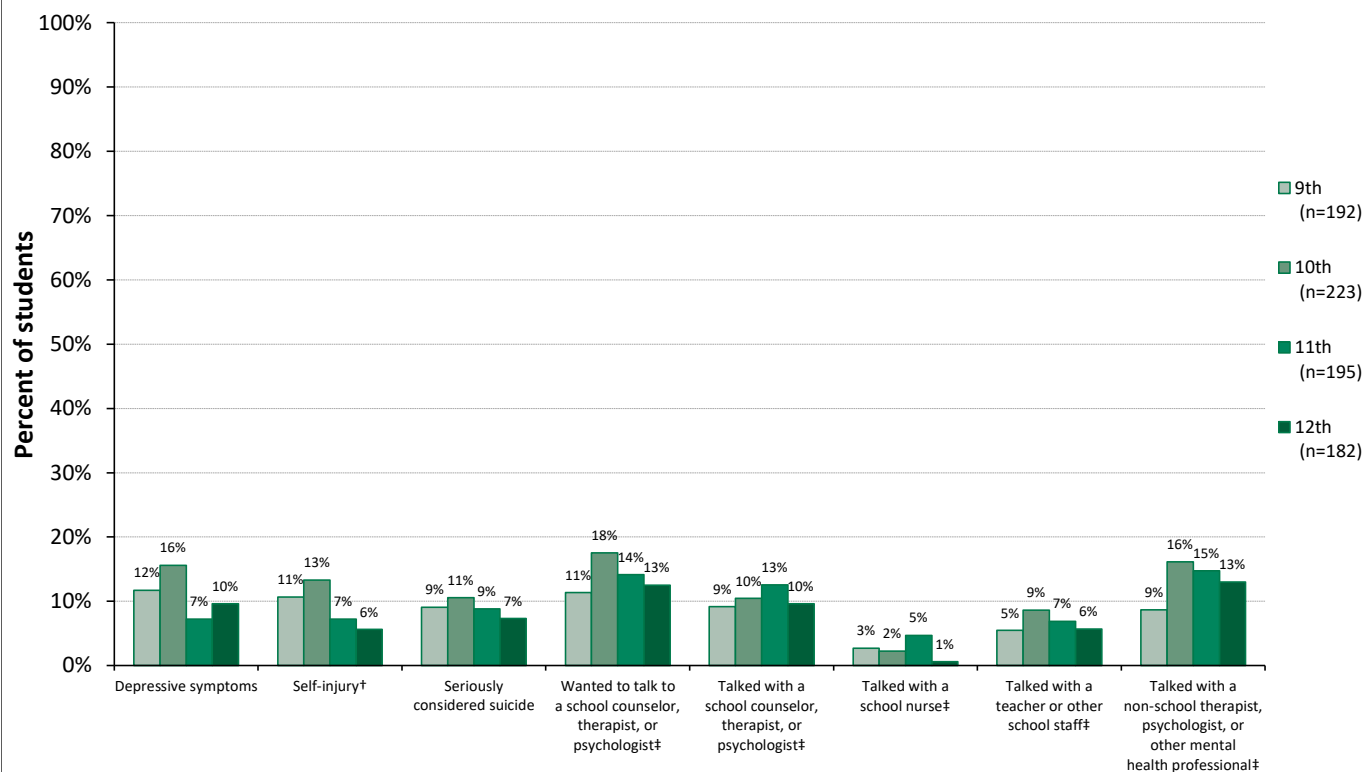
† For example, by cutting, burning, or bruising yourself on purpose

‡ About emotional challenges or problems; student responded having talked with individual/group one or more times in the past 12 months

Figure 8-6B. Mental Health and Adult Support* by Grade, 2018

Wayland High School (Grades 9-12)

MetroWest Adolescent Health Survey

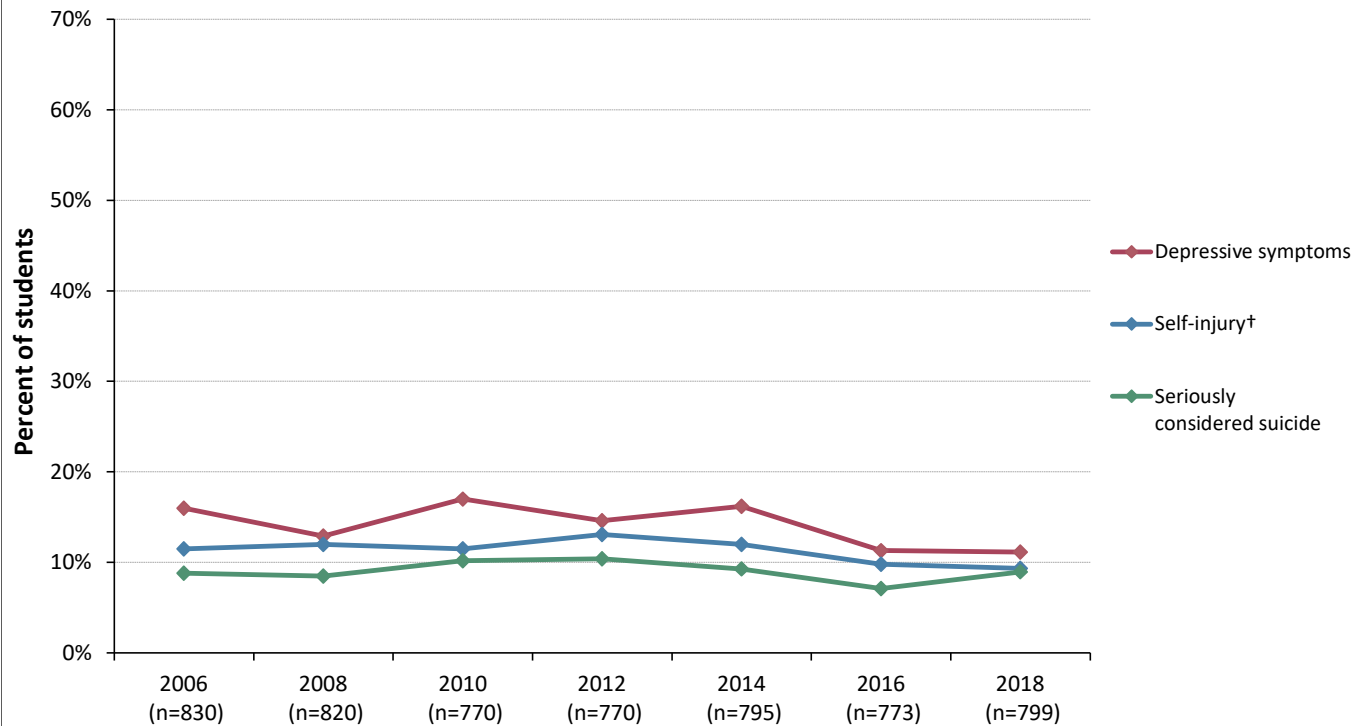


* In the past 12 months

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

‡ About emotional challenges or problems; student responded having talked with individual/group one or more times in the past 12 months

Figure 8-6C. Trends in Mental Health and Adult Support,* 2006-2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey

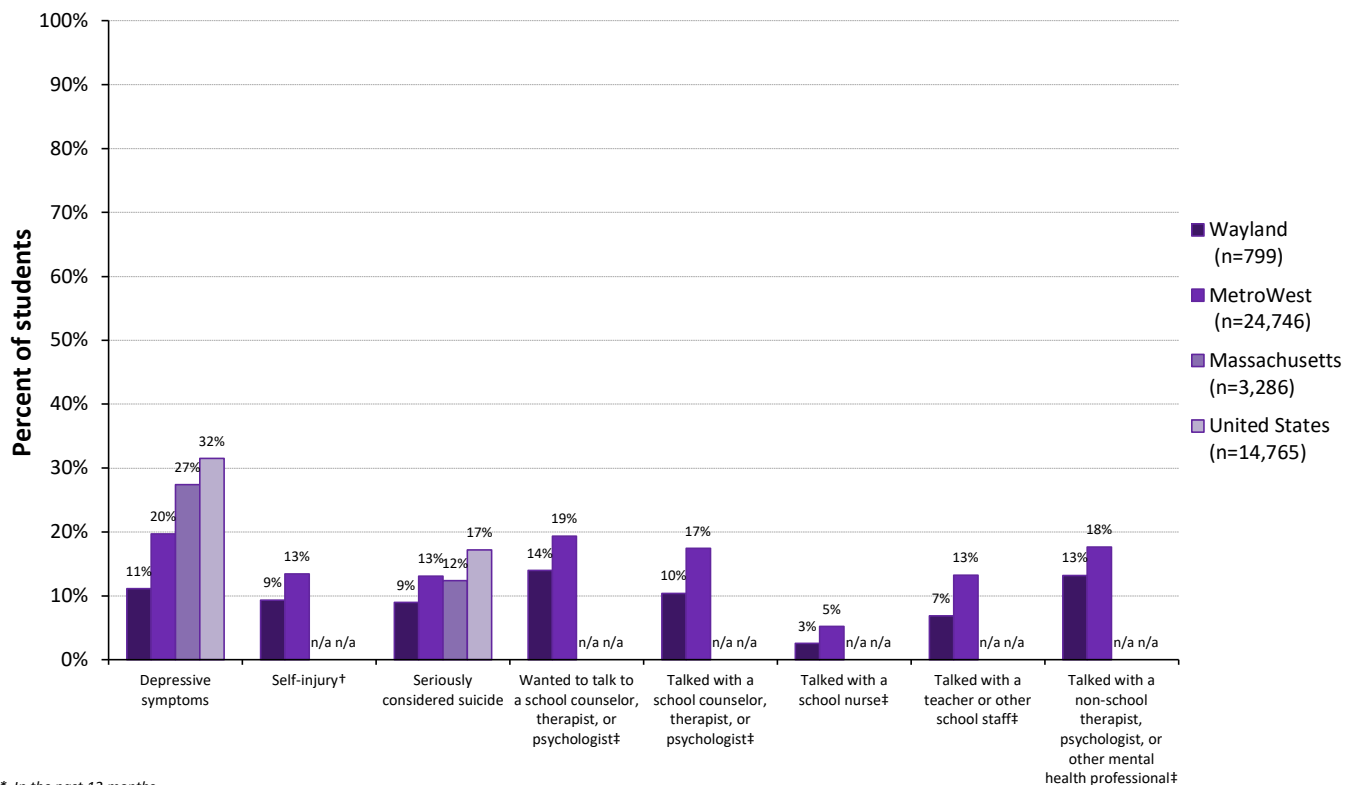


* In the past 12 months

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

‡ Emotional challenges or problems include things that make you feel sad, angry, stressed, or anxious, or that may make you have thoughts of hurting yourself; student responded having talked with individual/group one or more times in the past 12 months

Figure 8-6D. Mental Health and Adult Support* at the District, Regional, State, and National Levels, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey



* In the past 12 months

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

‡ About emotional challenges or problems; student responded having talked with individual/group one or more times in the past 12 months

Table 8-1A. School Attachment and Adult Support by Sex and Grade, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	Total (%)	Sex (%)		Grade (%)			
		Female	Male	9 th	10 th	11 th	12 th
	(799)	(386)	(405)	(192)	(223)	(195)	(182)
SCHOOL ATTACHMENT*							
I feel close to people at school.	79.9	77.0	82.6	82.0	80.6	79.4	76.7
I feel like I am part of this school.	75.3	73.4	77.1	78.8	73.9	77.3	71.0
I am happy to be at this school.	72.4	67.1	78.3	75.0	70.6	73.7	71.8
The teachers at this school treat students fairly.	62.2	56.9	67.6	68.8	55.4	58.8	67.8
I feel safe in my school.	87.5	83.6	91.7	89.9	84.7	85.1	91.5
ADULT SUPPORT AT SCHOOL							
Have at least one teacher/adult at school to talk to if you have a problem	71.8	69.7	74.0	71.4	63.1	79.0	75.3
Talked to a teacher/adult at school about a personal problem [†]	24.8	30.3	19.6	22.4	24.0	27.2	25.8
Talked to a teacher/adult at school about being bullied [†]	3.4	5.0	2.0	3.7	5.9	2.6	1.1
Talked to a teacher/adult at school about being cyberbullied [†]	1.3	2.1	0.5	1.6	1.8	0.5	1.1
Wanted to talk to a school counselor, school therapist, or school psychologist about emotional challenges or problems [†]	14.0	19.8	8.2	11.4	17.5	14.1	12.5
Talked with a school counselor, school therapist, or school psychologist about emotional challenges or problems [†]	10.4	15.5	5.6	9.1	10.5	12.6	9.6
Talked with a school nurse about emotional challenges or problems [†]	2.6	4.0	1.3	2.7	2.3	4.7	0.6
Talked with a teacher or other school staff about emotional challenges or problems [†]	6.9	9.6	4.1	5.5	8.6	6.9	5.7
ADULT SUPPORT OUTSIDE OF SCHOOL							
Ate dinner at home with parent(s)/guardian(s) 5 or more days (past 7 days)	72.3	67.2	77.2	82.0	70.0	72.8	64.6
Have at least one parent/adult outside of school to talk to about things that are important	91.3	92.7	90.1	91.1	90.5	90.7	92.9
Talked to a parent/adult outside of school about being bullied [†]	8.3	12.0	4.5	11.0	11.9	4.1	5.0
Talked to a parent/adult outside of school about being cyberbullied [†]	2.9	4.2	1.5	4.2	3.6	2.1	1.1
Talked with a parent, relative, or other adult outside of school about emotional challenges or problems [†]	39.9	55.1	25.1	37.1	45.9	37.9	37.3
Talked with a therapist, psychologist, or other mental health professional outside of school about emotional challenges or problems [†]	13.2	17.5	9.0	8.6	16.1	14.7	13.0

* Answered either "agree" or "strongly agree"

† During the past 12 months

Table 8-1B. School Attachment, Adult Support, and Peer Support, 2006 - 2018

Wayland High School (Grades 9-12)

MetroWest Adolescent Health Survey, 2018

	Wayland (%)						
	2006 (830)	2008 (820)	2010 (770)	2012 (770)	2014 (795)	2016 (773)	2018 (799)
SCHOOL ATTACHMENT*							
I feel close to people at school.	75.2	81.7	79.5	78.4	79.7	78.8	79.9
I feel like I am part of this school.	74.9	77.7	76.0	74.2	76.8	77.1	75.3
I am happy to be at this school.	73.7	76.0	74.6	72.2	76.2	78.7	72.4
The teachers at this school treat students fairly.	67.0	70.2	71.2	71.6	64.5	69.9	62.2
I feel safe in my school.	87.6	90.8	87.6	88.9	91.2	90.7	87.5
ADULT SUPPORT AT SCHOOL							
Have at least one teacher/adult at school to talk to if you have a problem	62.8	67.7	66.4	66.2	68.5	71.0	71.8
Talked to a teacher/adult at school about a personal problem [†]	—	—	29.5	27.7	27.1	27.7	24.8
Talked to a teacher/adult at school about being bullied [†]	—	—	10.3	6.0	5.2	3.9	3.4
Talked to a teacher/adult at school about being cyberbullied [†]	—	—	3.9	4.4	1.8	1.9	1.3
Wanted to talk to a school counselor, school therapist, or school psychologist about emotional challenges or problems [†]	—	—	—	—	—	—	14.0
Talked with a school counselor, school therapist, or school psychologist about emotional challenges or problems [†]	—	—	—	—	—	—	10.4
Talked with a school nurse about emotional challenges or problems [†]	—	—	—	—	—	—	2.6
Talked with a teacher or other school staff about emotional challenges or problems [†]	—	—	—	—	—	—	6.9
ADULT SUPPORT OUTSIDE OF SCHOOL							
Ate dinner at home with parent(s)/guardian(s) on 5 or more days (past 7 days)	—	—	—	71.5	74.6	71.0	72.3
Have at least one parent/adult outside of school to talk to about things that are important	84.5	85.5	85.9	86.8	89.9	91.3	91.3
Talked to a parent/adult outside of school about being bullied [†]	—	—	11.8	9.7	7.9	8.2	8.3
Talked to a parent/adult outside of school about being cyberbullied [†]	—	—	5.9	4.8	3.6	4.5	2.9
Talked with a parent, relative, or other adult outside of school about emotional challenges or problems [†]	—	—	—	—	—	—	39.9
Talked with a therapist, psychologist, or other mental health professional outside of school about emotional challenges or problems [†]	—	—	—	—	—	—	13.2

* Answered either "agree" or "strongly agree"

† During the past 12 months

Table 8-1C. School Attachment, Adult Support, and Peer Support at the District, Regional, State, and National Levels, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	Wayland 2018 MWAHS (799)	MetroWest Region 2018 MWAHS (24,746)	Massachusetts 2017 YRBS (3,286)	United States 2017 YRBS (14,765)
SCHOOL ATTACHMENT*				
I feel close to people at school.	79.9	72.4	—	—
I feel like I am part of this school.	75.3	66.8	—	—
I am happy to be at this school.	72.4	62.6	—	—
The teachers at this school treat students fairly.	62.2	59.1	—	—
I feel safe in my school.	87.5	73.7	—	—
ADULT SUPPORT AT SCHOOL				
Have at least one teacher/adult at school to talk to if you have a problem	71.8	75.1	75.0	—
Talked to a teacher/adult at school about a personal problem [†]	24.8	33.6	—	—
Talked to a teacher/adult at school about being bullied [†]	3.4	6.9	—	—
Talked to a teacher/adult at school about being cyberbullied [†]	1.3	3.3	—	—
Wanted to talk to a school counselor, school therapist, or school psychologist about emotional challenges or problems [†]	14.0	19.3	—	—
Talked with a school counselor, school therapist, or school psychologist about emotional challenges or problems [†]	10.4	17.4	—	—
Talked with a school nurse about emotional challenges or problems [†]	2.6	5.2	—	—
Talked with a teacher or other school staff about emotional challenges or problems [†]	6.9	13.3	—	—
ADULT SUPPORT OUTSIDE OF SCHOOL				
Ate dinner at home with parent(s)/guardian(s) on 5 or more days (past 7 days)	72.3	68.0	—	—
Have at least one parent/adult outside of school to talk to about things that are important	91.3	90.5	81.7	—
Talked to a parent/adult outside of school about being bullied [†]	8.3	11.6	—	—
Talked to a parent/adult outside of school about being cyberbullied [†]	2.9	5.8	—	—
Talked with a parent, relative, or other adult outside of school about emotional challenges or problems [†]	39.9	44.3	—	—
Talked with a therapist, psychologist, or other mental health professional outside of school about emotional challenges or problems [†]	13.2	17.7	—	—

* Answered either "agree" or "strongly agree"

† During the past 12 months

Table 8-2A. Peer Support, Isolation, and Anger by Sex and Grade, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	Total (%)	Sex (%)		Grade (%)			
		Female	Male	9 th	10 th	11 th	12 th
	(799)	(386)	(405)	(192)	(223)	(195)	(182)
PEER SUPPORT, ISOLATION, AND ANGER*							
Feel you have a friend you can talk to about a personal problem	76.0	77.7	74.6	75.9	73.1	81.0	74.4
Feel you are part of a group of friends	75.3	74.0	77.3	77.4	71.2	80.4	73.7
Feel lonely	18.0	21.9	14.2	17.7	19.5	18.6	16.0
Feel you have a lot in common with the people around you	65.3	62.9	67.9	66.3	61.1	69.0	65.7
Feel there are people who really know you and understand you	64.0	61.9	66.3	61.8	65.1	69.8	58.9
Feel left out and excluded by others	12.1	14.4	9.7	13.4	14.4	9.0	11.4
Get angry for no good reason	10.5	13.1	8.2	11.3	9.8	10.1	11.4
Have trouble controlling your temper	7.3	9.1	5.7	5.9	7.9	8.0	7.4
Feel you have gotten a raw deal out of life	10.4	12.6	8.5	8.1	13.0	12.2	8.0
Get into arguments when people disagree with you	14.7	12.8	16.8	13.4	16.7	17.0	11.5
Physically threaten the people you know	2.3	1.9	2.8	2.7	1.9	2.1	2.9

* Answered either "often" or "very often"

Table 8-2B. Peer Support, Isolation, and Anger, 2006 - 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	Wayland (%)						
	2006 (830)	2008 (820)	2010 (770)	2012 (770)	2014 (795)	2016 (773)	2018 (799)
PEER SUPPORT, ISOLATION, AND ANGER*							
Feel you have a friend you can talk to about a personal problem	—	—	—	72.4	74.4	77.4	76.0
Feel you are part of a group of friends	—	—	—	79.3	78.8	79.2	75.3
Feel lonely	—	—	—	11.7	11.6	9.9	18.0
Feel you have a lot in common with the people around you	—	—	—	—	—	—	65.3
Feel there are people who really know you and understand you	—	—	—	—	—	—	64.0
Feel left out and excluded by others	—	—	—	—	—	—	12.1
Get angry for no good reason	—	—	—	—	—	—	10.5
Have trouble controlling your temper	—	—	—	—	—	—	7.3
Feel you have gotten a raw deal out of life	—	—	—	—	—	—	10.4
Get into arguments when people disagree with you	—	—	—	—	—	—	14.7
Physically threaten the people you know	—	—	—	—	—	—	2.3

* Answered either "often" or "very often"

Table 8-2C. Peer Support, Isolation, and Anger at the District, Regional, State, and National Levels, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	Wayland 2018 MWAHS	MetroWest Region 2018 MWAHS	Massachusetts 2017 YRBS	United States 2017 YRBS
	(799)	(24,746)	(3,286)	(14,765)
PEER SUPPORT, ISOLATION, AND ANGER*				
Feel you have a friend you can talk to about a personal problem	76.0	71.5	—	—
Feel you are part of a group of friends	75.3	71.3	—	—
Feel lonely	18.0	23.3	—	—
Feel you have a lot in common with the people around you	65.3	59.9	—	—
Feel there are people who really know you and understand you	64.0	59.5	—	—
Feel left out and excluded by others	12.1	15.2	—	—
Get angry for no good reason	10.5	15.6	—	—
Have trouble controlling your temper	7.3	10.9	—	—
Feel you have gotten a raw deal out of life	10.4	13.4	—	—
Get into arguments when people disagree with you	14.7	14.2	—	—
Physically threaten the people you know	2.3	2.6	—	—

* Answered either "often" or "very often"

Section 9

Risk Behaviors on School Property

Figure 9-1A. Substance Use and Drug Availability on School Property by Sex, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey

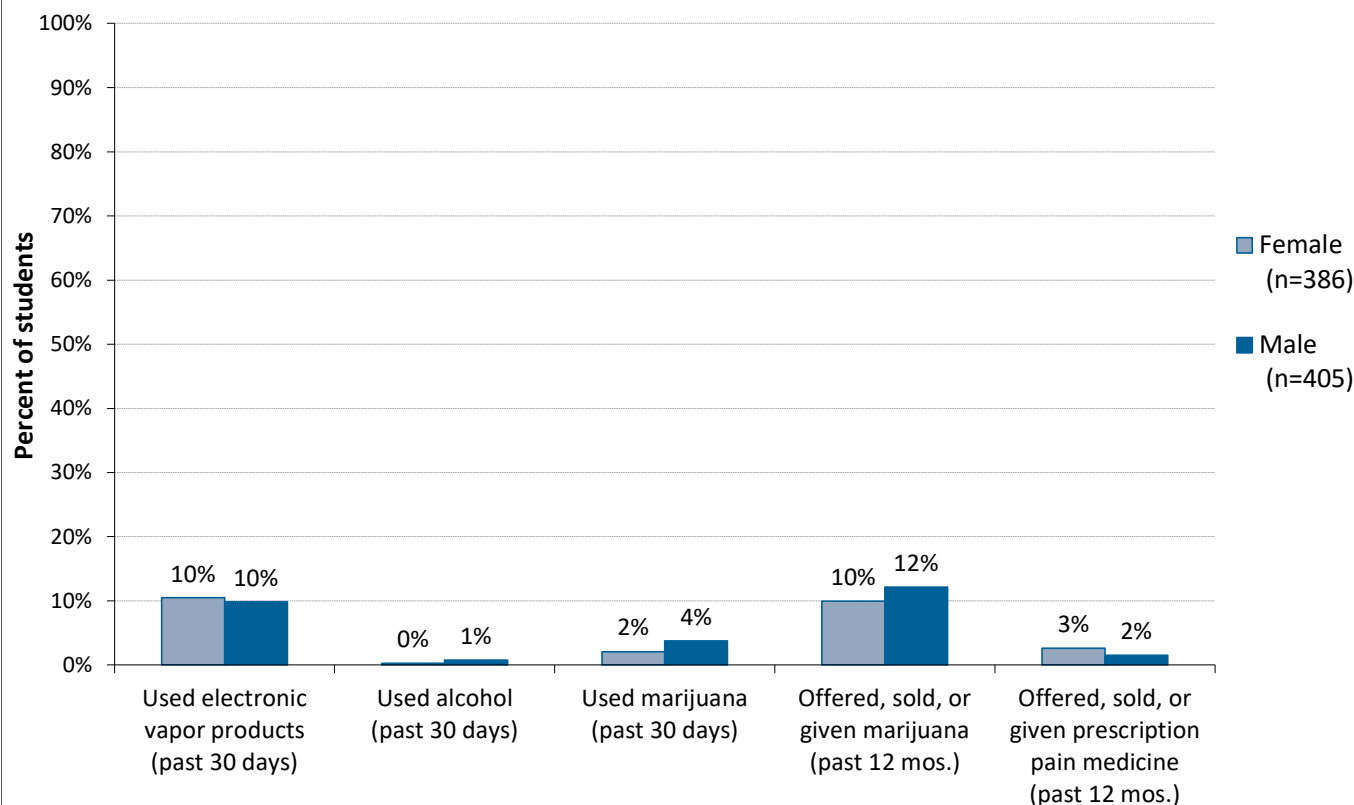


Figure 9-1B. Substance Use and Drug Availability on School Property by Grade, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey

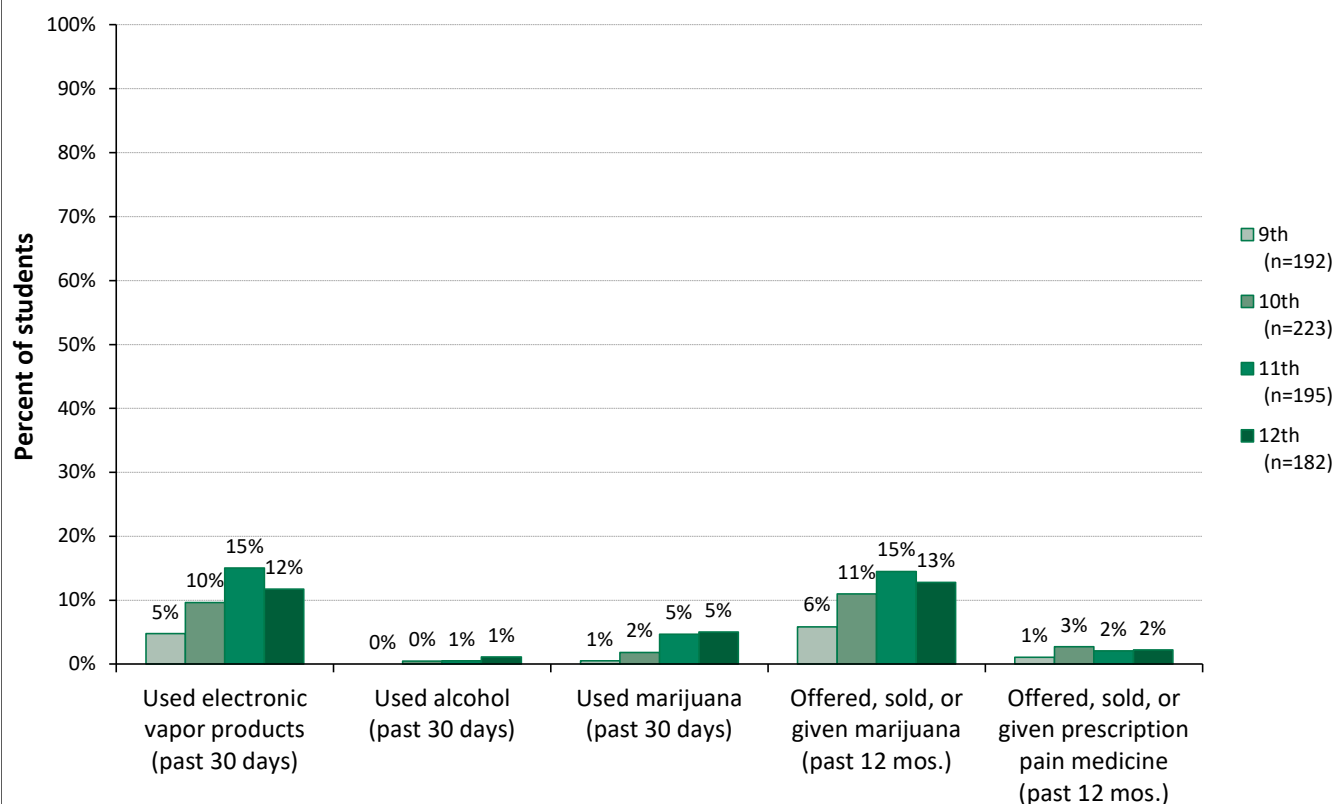


Figure 9-1C. Trends in Substance Use and Drug Availability on School Property, 2006-2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey

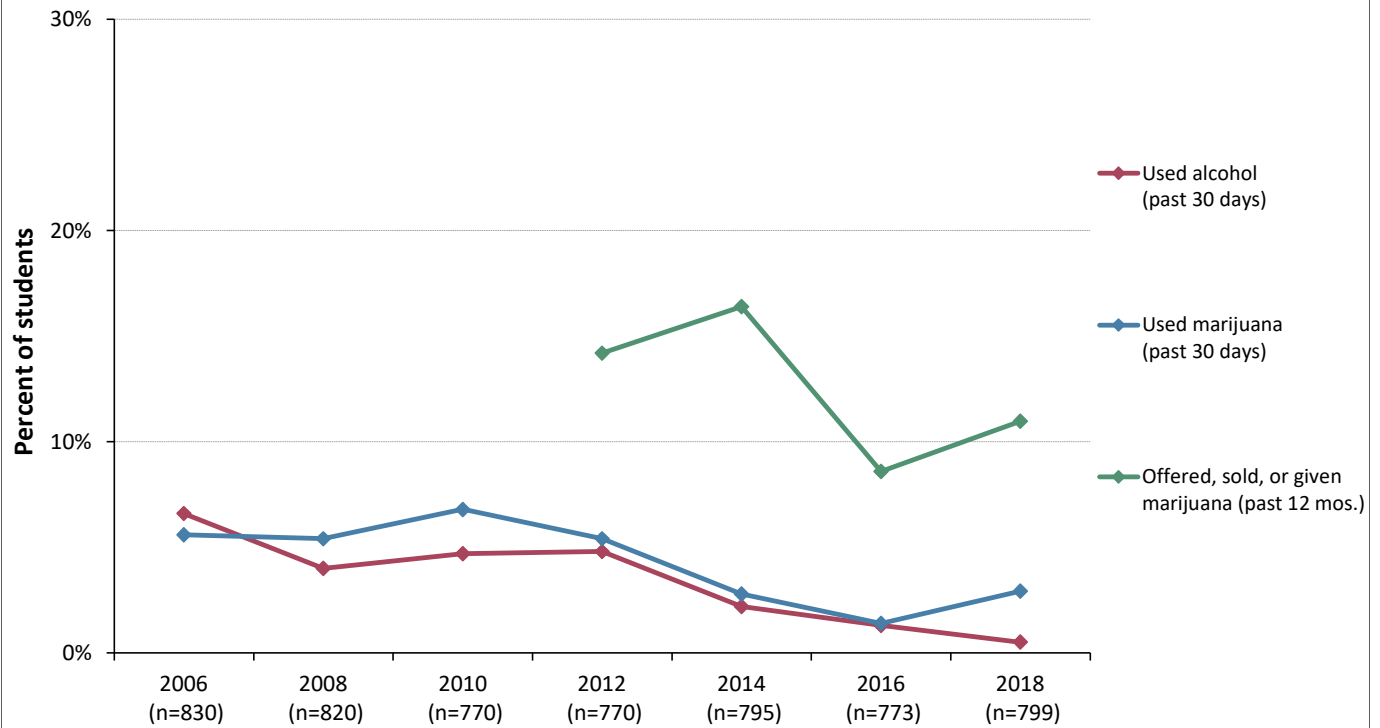


Figure 9-1D. Substance Use and Drug Availability on School Property at the District, Regional, and State Levels, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey

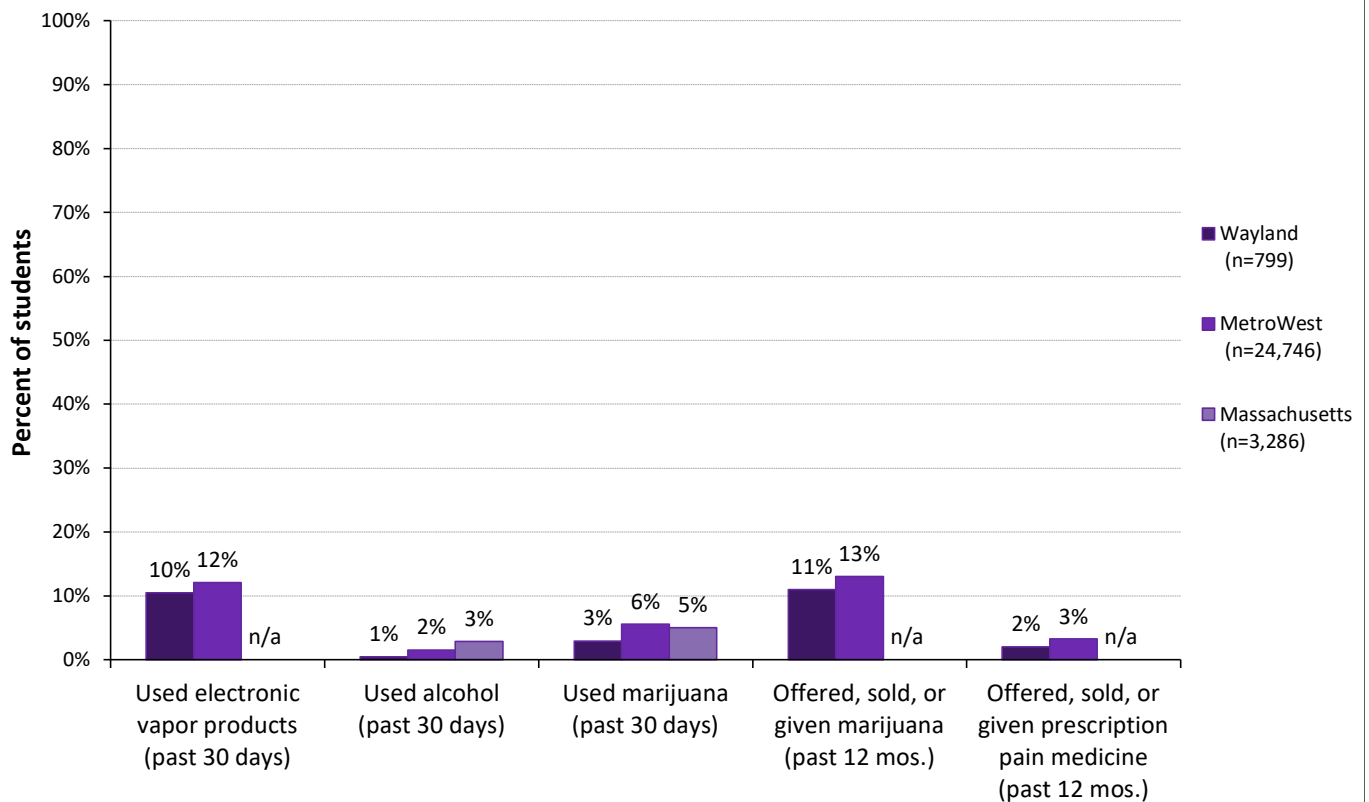
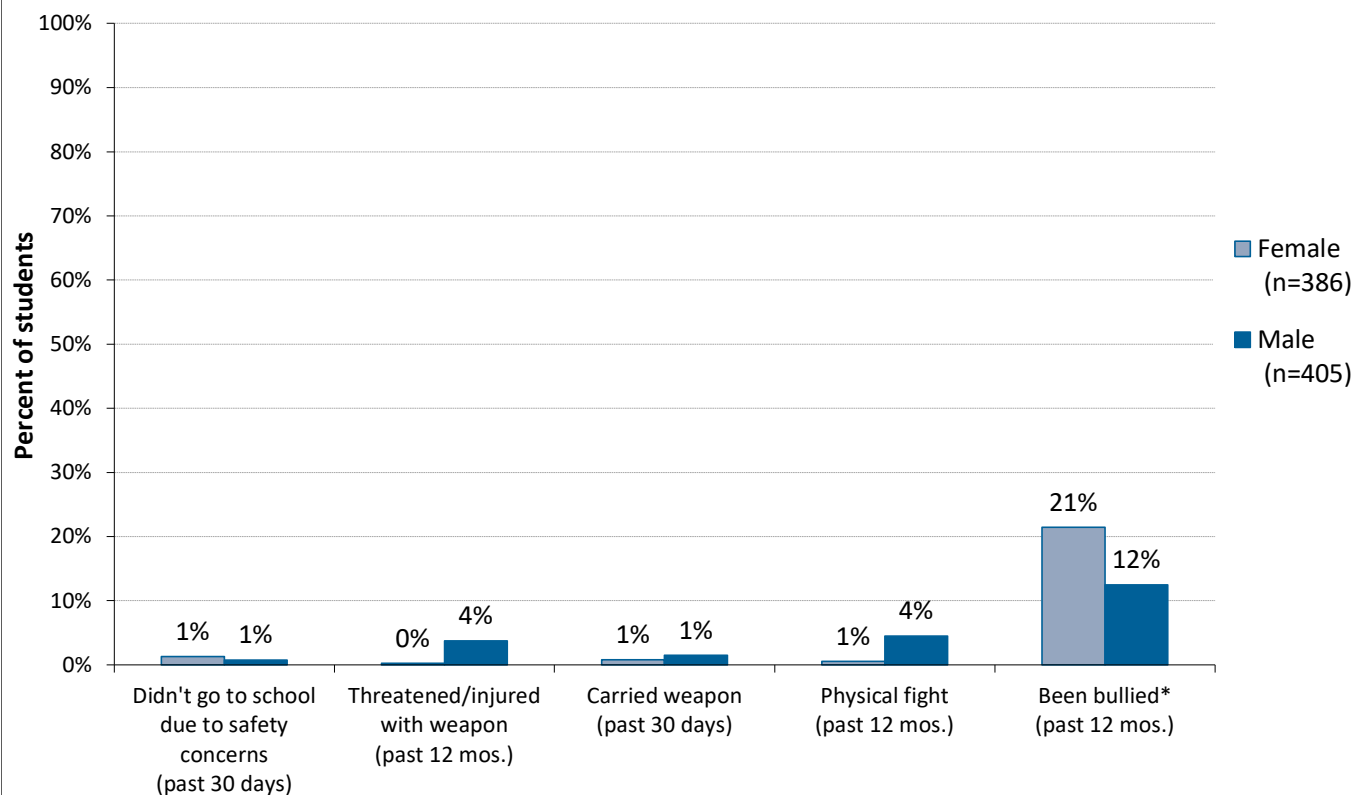


Figure 9-2A. Violence and Bullying on School Property by Sex, 2018

Wayland High School (Grades 9-12)

MetroWest Adolescent Health Survey

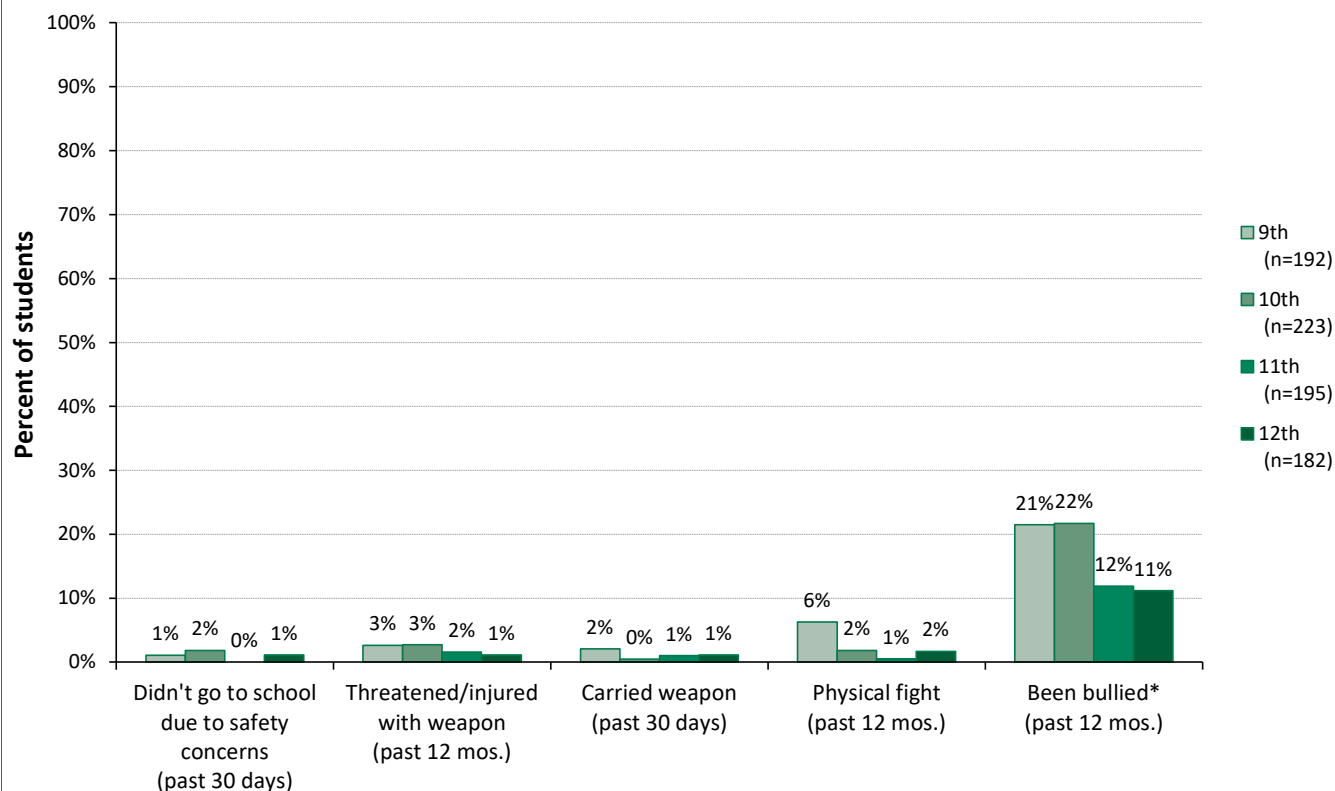


* Bullying defined as when one or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

Figure 9-2B. Violence and Bullying on School Property by Grade, 2018

Wayland High School (Grades 9-12)

MetroWest Adolescent Health Survey

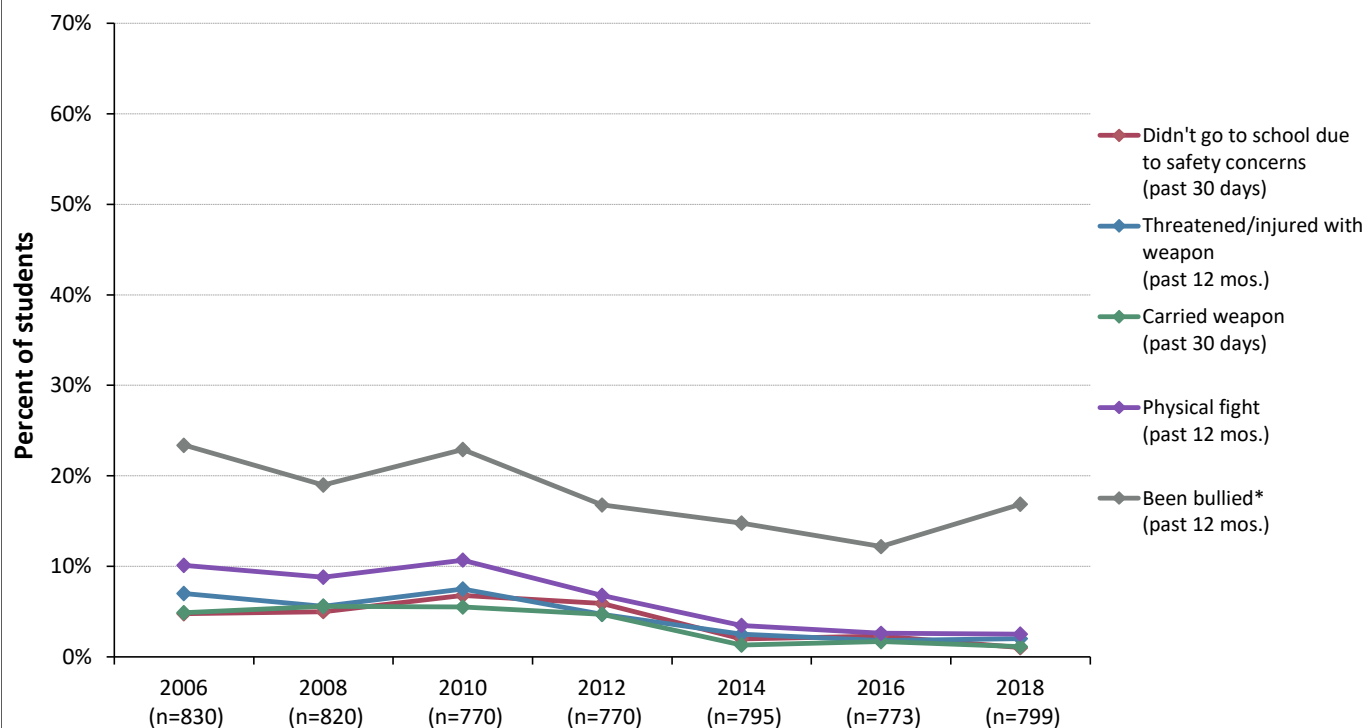


* Bullying defined as when one or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

Figure 9-2C. Trends in Violence and Bullying on School Property, 2006-2018

Wayland High School (Grades 9-12)

MetroWest Adolescent Health Survey

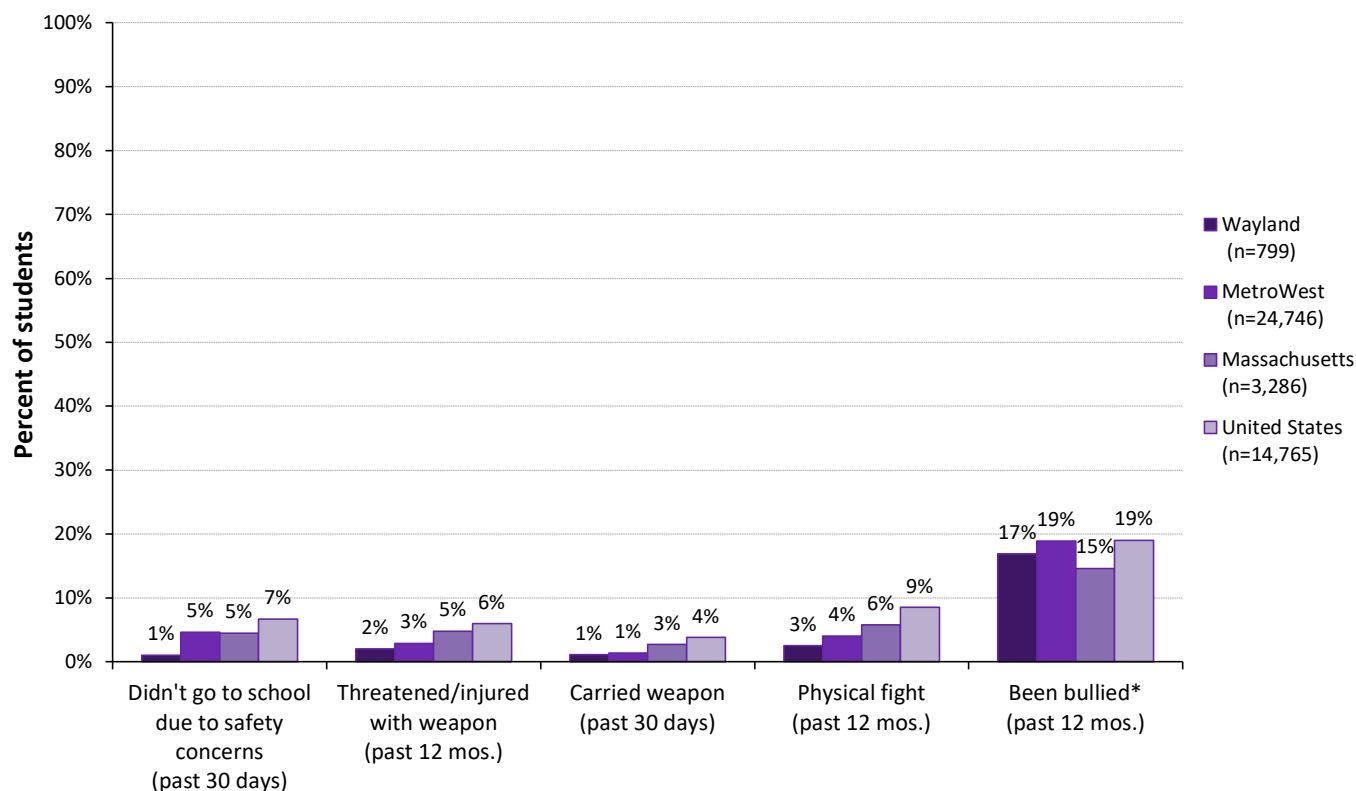


* Bullying defined as when one or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

Figure 9-2D. Violence and Bullying on School Property at the District, Regional, State, and National Levels, 2018

Wayland High School (Grades 9-12)

MetroWest Adolescent Health Survey



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

Table 9-1A. Risk Behaviors on School Property by Sex and Grade, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	Total (%)	Sex (%)		Grade (%)			
		Female	Male	9 th	10 th	11 th	12 th
	(799)	(386)	(405)	(192)	(223)	(195)	(182)
<i>SUBSTANCE USE ON SCHOOL PROPERTY (past 30 days)</i>							
Used electronic vapor products on school property	10.5	10.5	9.8	4.8	9.6	15.0	11.7
Used alcohol on school property	0.5	0.3	0.8	0.0	0.5	0.5	1.1
Used marijuana on school property	2.9	2.1	3.8	0.5	1.8	4.7	5.0
<i>DRUG AVAILABILITY ON SCHOOL PROPERTY (past 12 months)</i>							
Offered, sold, or given marijuana on school property	11.0	9.9	12.1	5.9	11.0	14.5	12.8
Offered, sold, or given prescription pain medicine on school property	2.0	2.6	1.5	1.1	2.7	2.1	2.2
<i>SAFETY, WEAPONS, AND VIOLENCE AT SCHOOL</i>							
Didn't go to school because of safety concerns (past 30 days)*	1.0	1.3	0.7	1.0	1.8	0.0	1.1
Threatened or injured with a weapon on school property (past 12 months) [†]	2.0	0.3	3.7	2.6	2.7	1.5	1.1
Carried a weapon on school property (past 30 days) [†]	1.1	0.8	1.5	2.1	0.5	1.0	1.1
In a physical fight on school property (past 12 months)	2.5	0.5	4.5	6.3	1.8	0.5	1.7
Been bullied on school property (past 12 months) [‡]	16.9	21.4	12.5	21.5	21.7	11.9	11.2
Bullied someone else on school property (past 12 months) [‡]	7.0	5.2	8.3	7.3	5.5	5.7	8.9

* 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 one or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

Table 9-1B. Risk Behaviors on School Property, 2006 - 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	Wayland (%)						
	2006 (830)	2008 (820)	2010 (770)	2012 (770)	2014 (795)	2016 (773)	2018 (799)
<i>SUBSTANCE USE ON SCHOOL PROPERTY (past 30 days)</i>							
Used electronic vapor products on school property	—	—	—	—	—	—	10.5
Used alcohol on school property	6.6	4.0	4.7	4.8	2.2	1.3	0.5
Used marijuana on school property	5.6	5.4	6.8	5.4	2.8	1.4	2.9
<i>DRUG AVAILABILITY ON SCHOOL PROPERTY (past 12 months)</i>							
Offered, sold, or given marijuana on school property	—	—	—	14.2	16.4	8.6	11.0
Offered, sold, or given prescription pain medicine on school property	—	—	—	—	—	—	2.0
<i>SAFETY, WEAPONS, AND VIOLENCE AT SCHOOL</i>							
Didn't go to school because of safety concerns (past 30 days)*	4.8	5.0	6.8	5.9	2.0	2.3	1.0
Threatened or injured with a weapon on school property (past 12 months) [†]	7.0	5.6	7.5	4.7	2.5	1.8	2.0
Carried a weapon on school property (past 30 days) [†]	4.9	5.6	5.5	4.7	1.3	1.7	1.1
In a physical fight on school property (past 12 months)	10.1	8.8	10.7	6.8	3.5	2.6	2.5
Been bullied on school property (past 12 months) [‡]	23.4	19.0	22.9	16.8	14.8	12.2	16.9
Bullied someone else on school property (past 12 months) [‡]	—	—	—	9.0	4.7	5.1	7.0

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

† For example, a gun, knife, or club

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

Table 9-1C. Risk Behaviors on School Property at the District, Regional, State, and National Levels, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	Wayland 2018 MWAHS	MetroWest Region 2018 MWAHS	Massachusetts 2017 YRBS	United States 2017 YRBS
	(799)	(24,746)	(3,286)	(14,765)
<i>SUBSTANCE USE ON SCHOOL PROPERTY (past 30 days)</i>				
Used electronic vapor products on school property	10.5	12.1	—	—
Used alcohol on school property	0.5	1.5	2.9	—
Used marijuana on school property	2.9	5.6	5.0	—
<i>DRUG AVAILABILITY ON SCHOOL PROPERTY (past 12 months)</i>				
Offered, sold, or given marijuana on school property	11.0	13.1	—	—
Offered, sold, or given prescription pain medicine on school property	2.0	3.3	—	—
<i>SAFETY, WEAPONS, AND VIOLENCE AT SCHOOL</i>				
Didn't go to school because of safety concerns (past 30 days)*	1.0	4.6	4.5	6.7
Threatened or injured with a weapon on school property (past 12 months) [†]	2.0	2.9	4.8	6.0
Carried a weapon on school property (past 30 days) [†]	1.1	1.4	2.7	3.8
In a physical fight on school property (past 12 months)	2.5	4.0	5.8	8.5
Been bullied on school property (past 12 months) [‡]	16.9	18.9	14.6	19.0
Bullied someone else on school property (past 12 months) [‡]	7.0	6.1	—	—

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

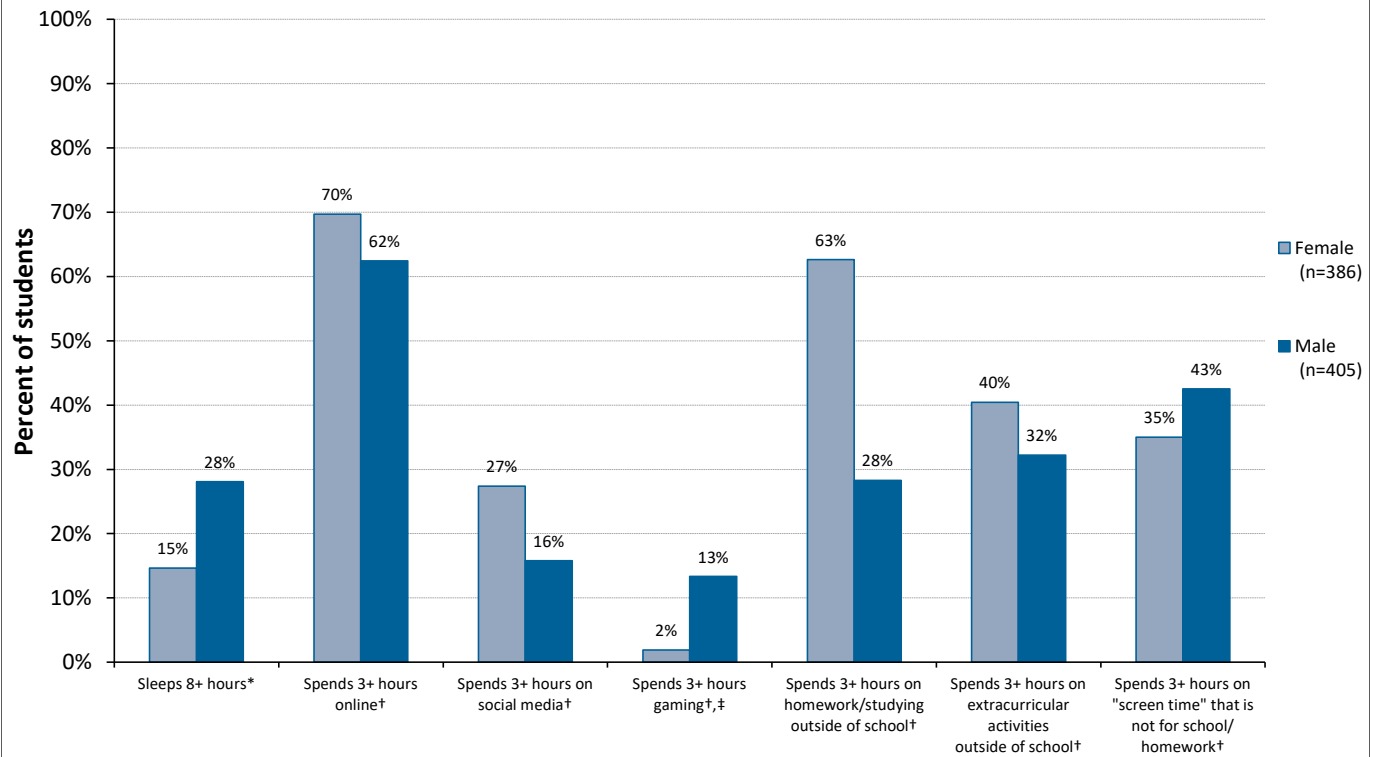
† For example, a gun, knife, or club

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

Section 10

Additional Topics

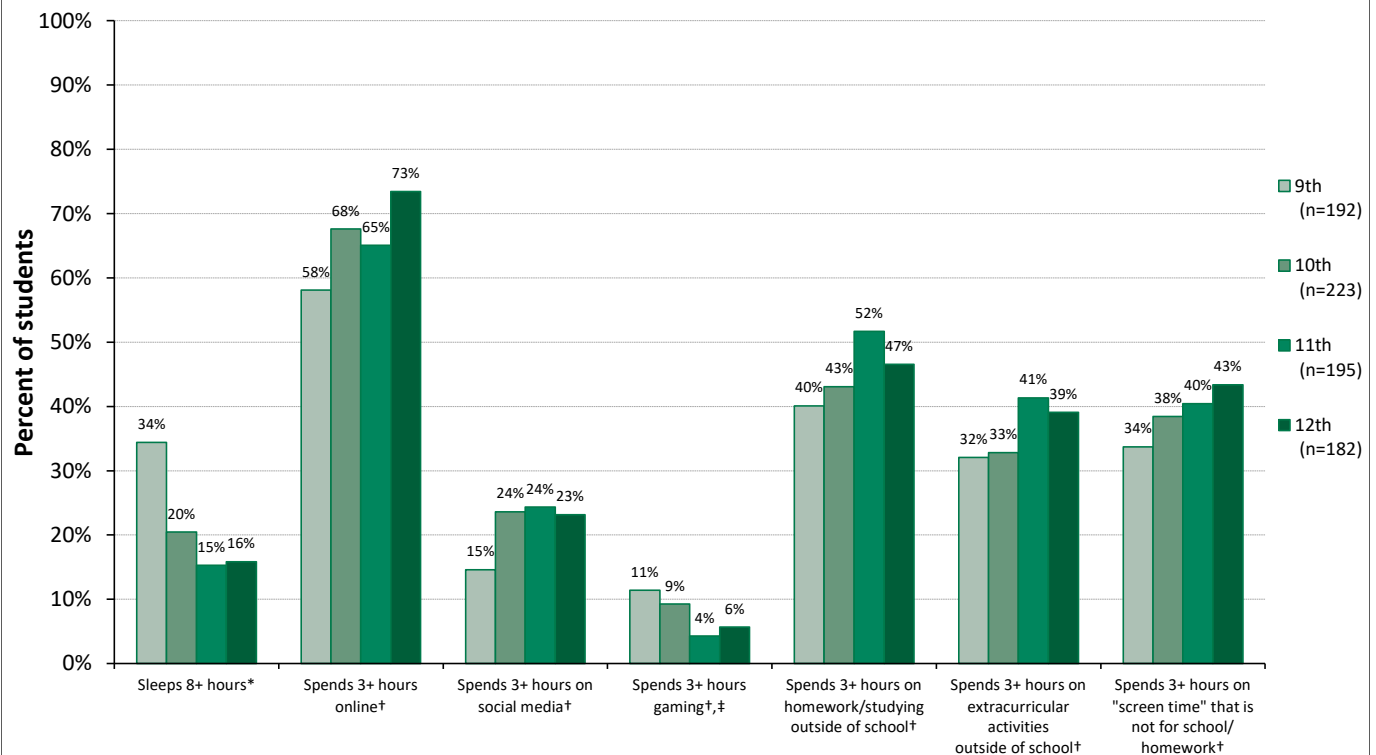
Figure 10-1A. Student Time Utilization by Sex, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey



* On an average school night

† On an average school day

Figure 10-1B. Student Time Utilization by Grade, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey



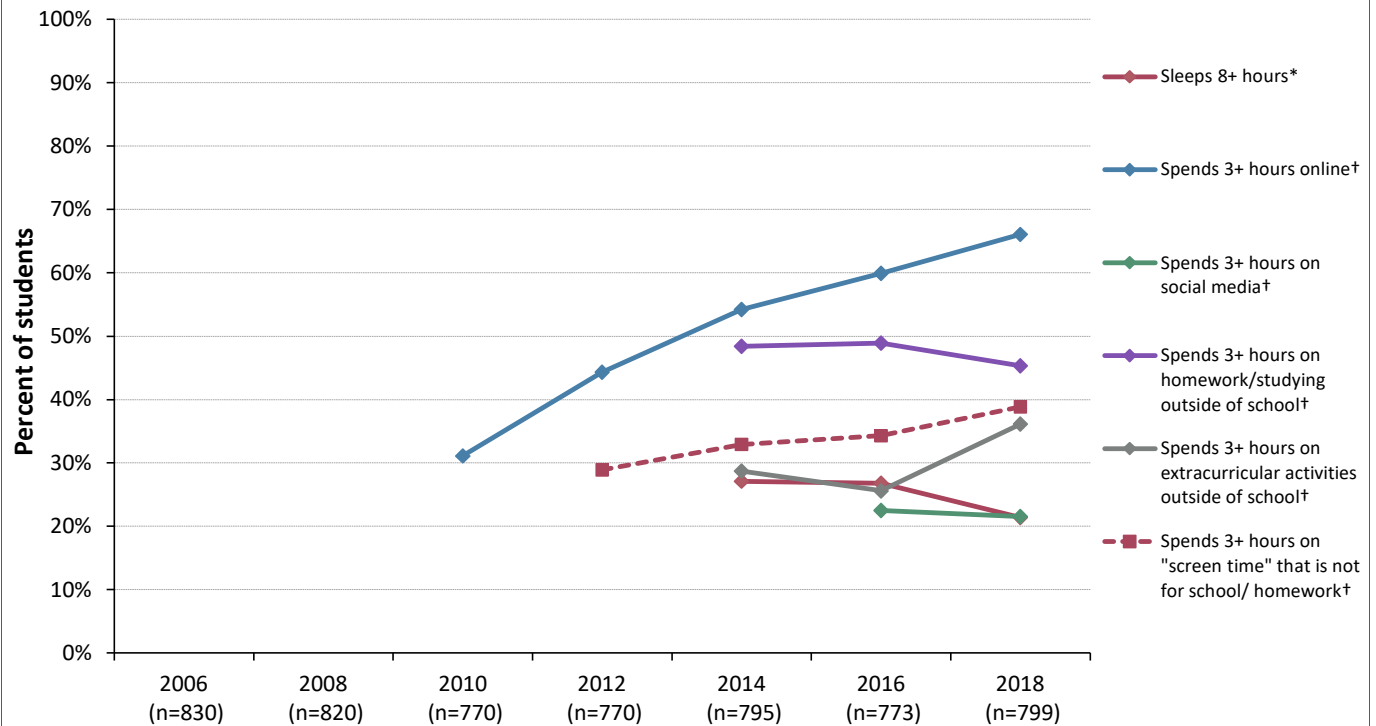
* On an average school night

† On an average school day

Figure 10-1C. Trends in Student Time Utilization, 2010-2018

Wayland High School (Grades 9-12)

MetroWest Adolescent Health Survey



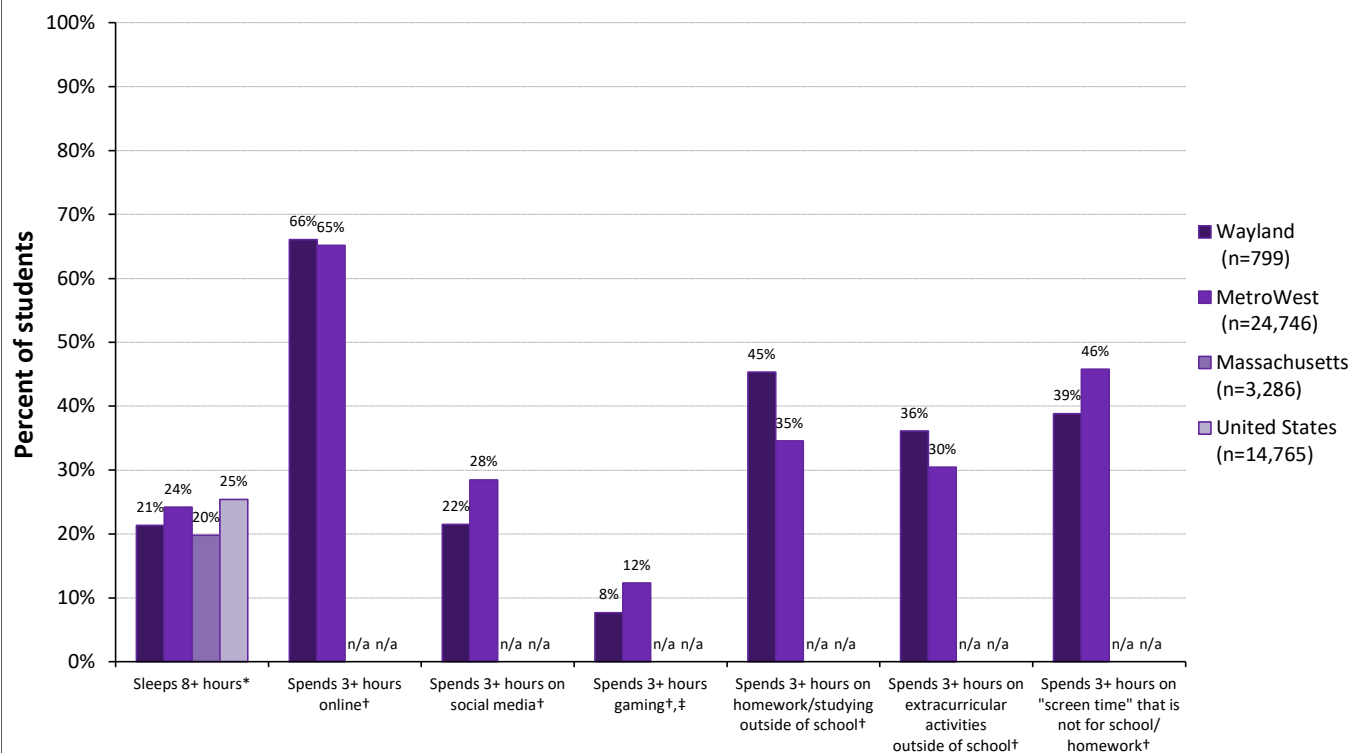
* On an average school night

† On an average school day

Figure 10-1D. Student Time Utilization at the District, Regional, State, and National Levels, 2018

Wayland High School (Grades 9-12)

MetroWest Adolescent Health Survey



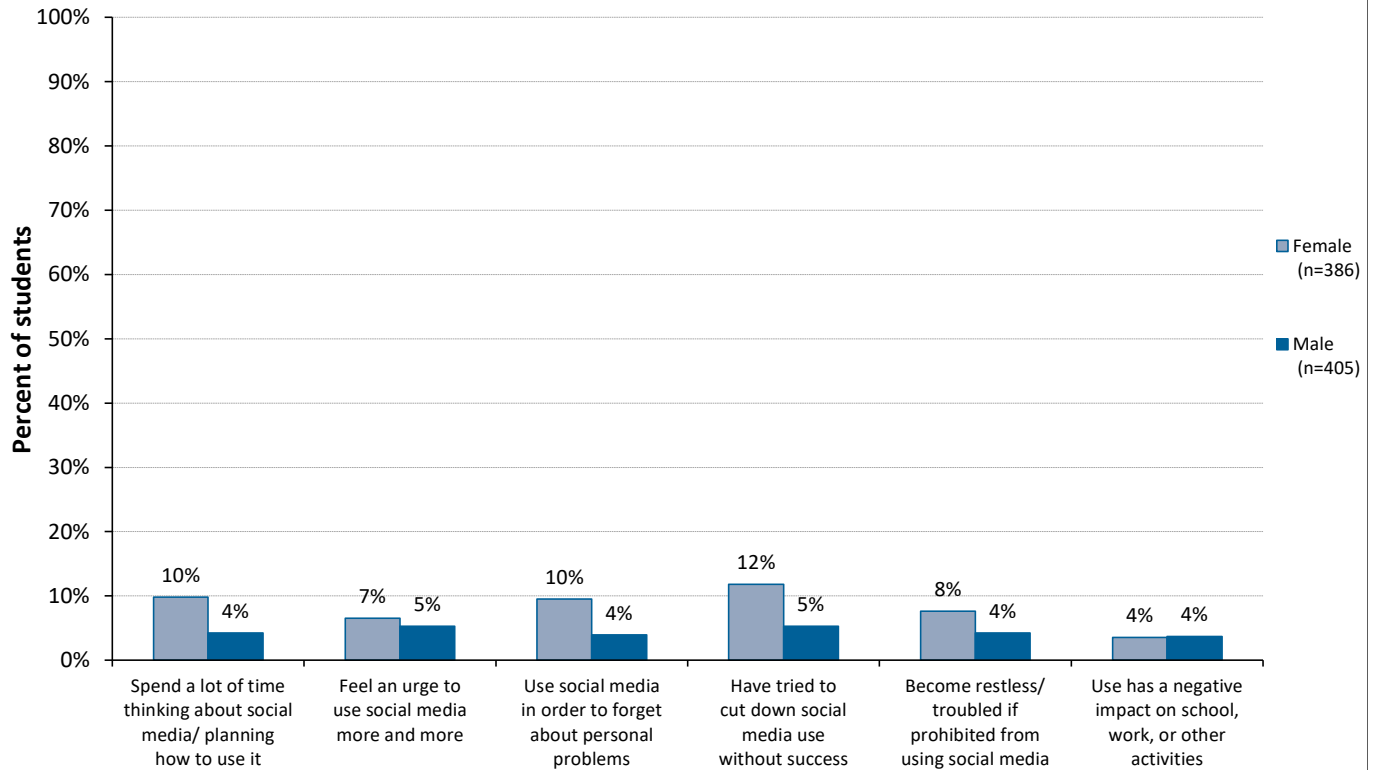
* On an average school night

† On an average school day

Figure 10-2A. Social Media Use* by Sex, 2018

Wayland High School (Grades 9-12)

MetroWest Adolescent Health Survey

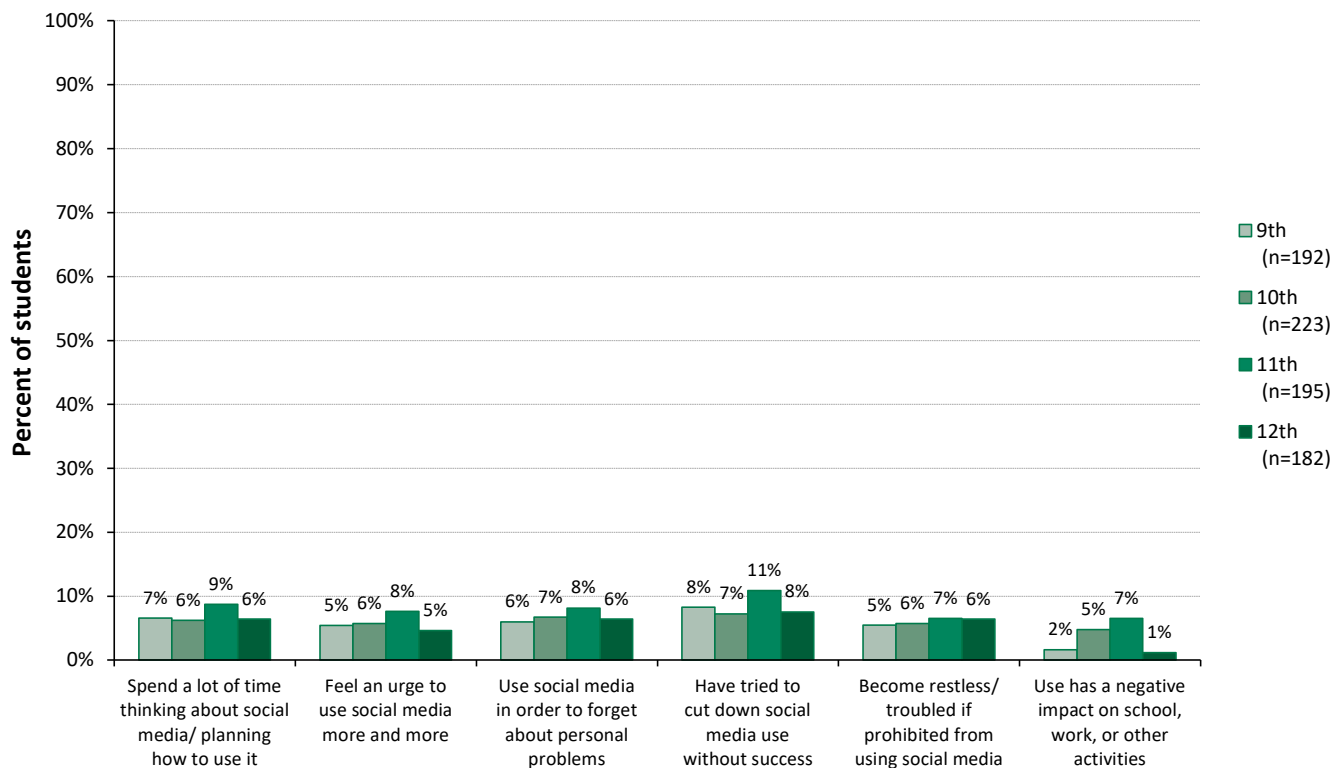


* Student responded "often" or "very often"

Figure 10-2B. Social Media Use* by Grade, 2018

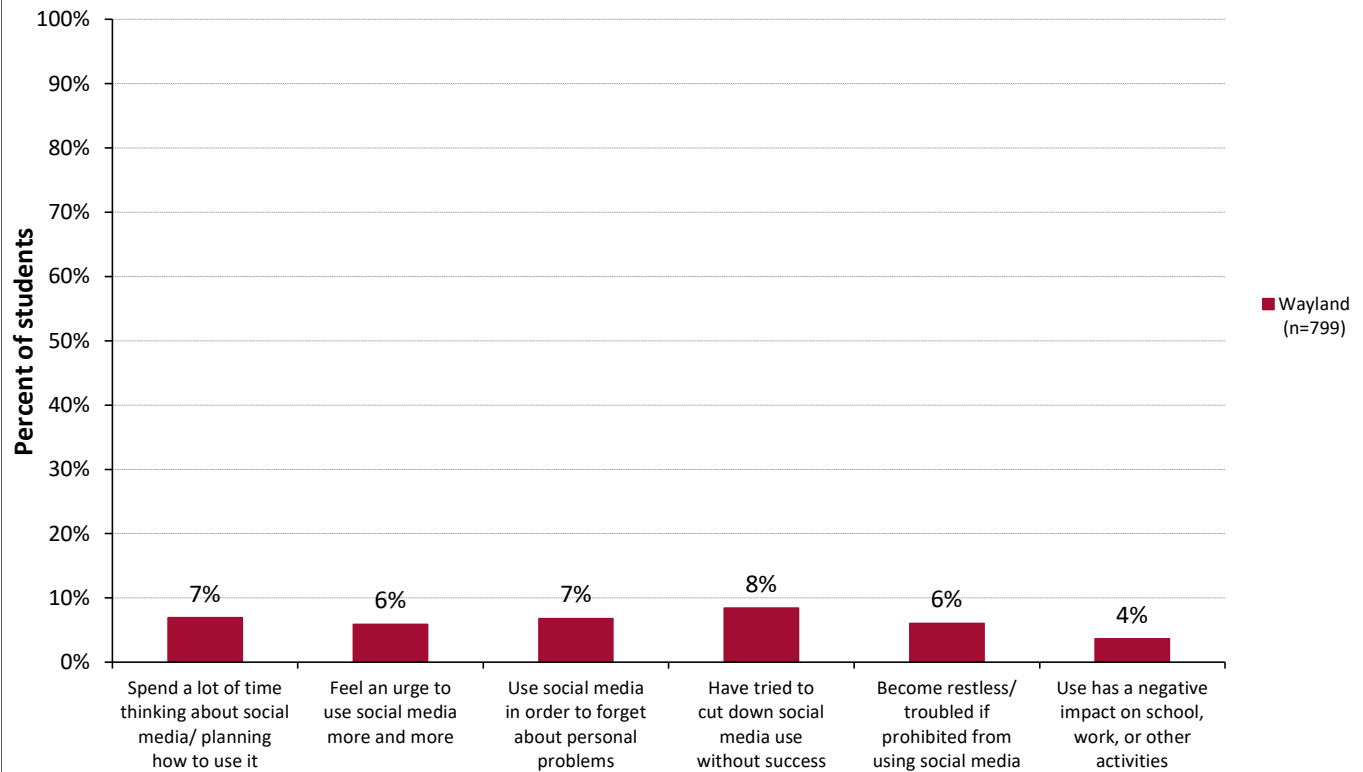
Wayland High School (Grades 9-12)

MetroWest Adolescent Health Survey



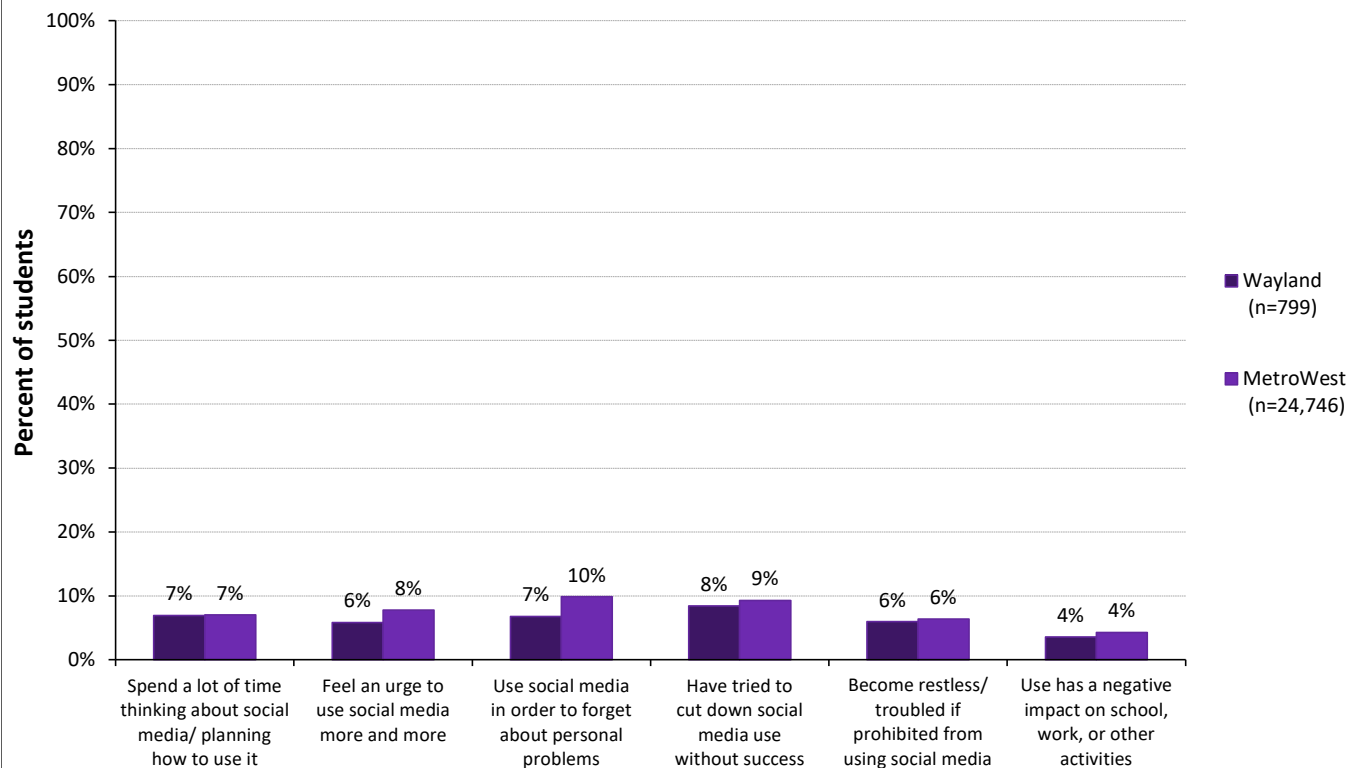
* Student responded "often" or "very often"

Figure 10-2C. Social Media Use,* 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey



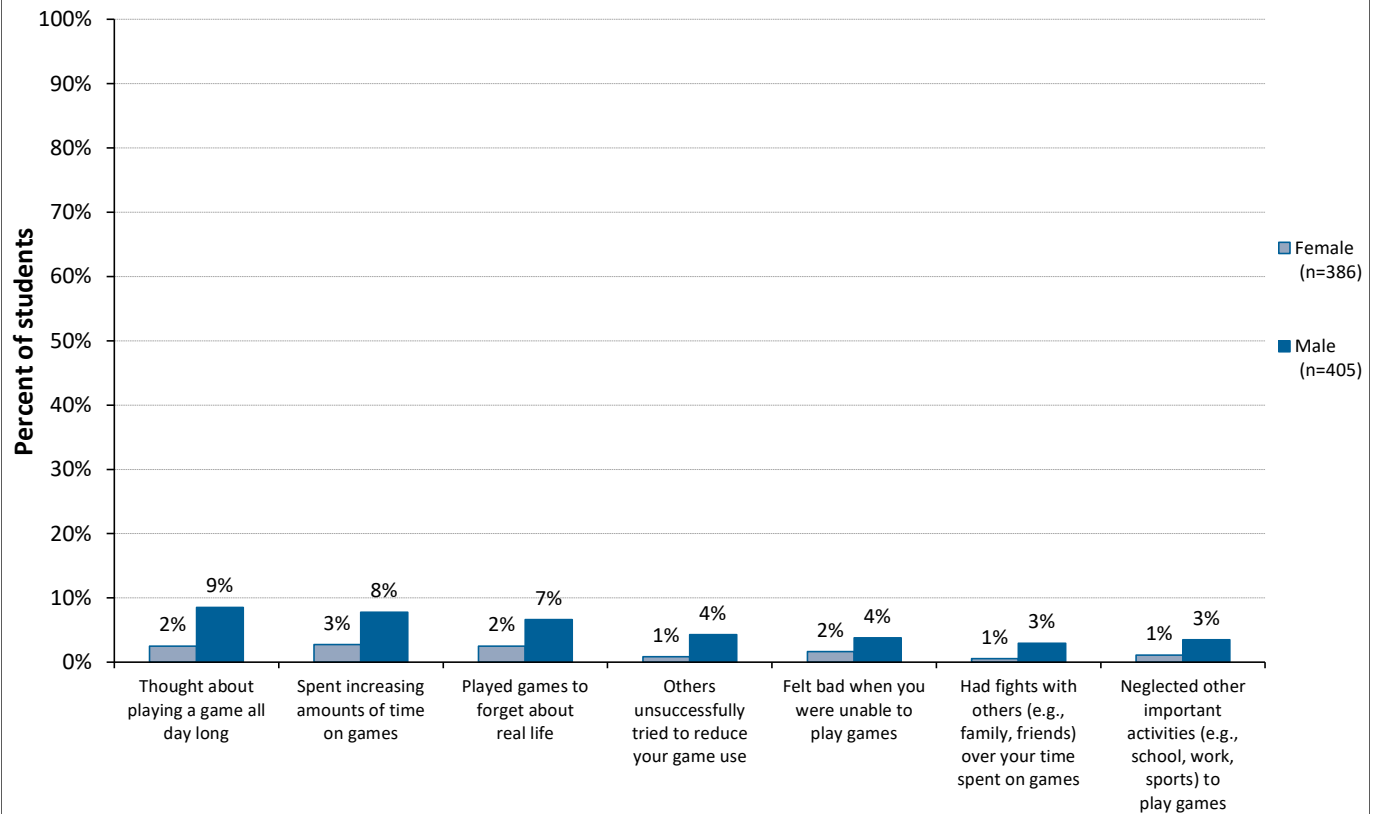
* Student responded "often" or "very often"

Figure 10-2D. Social Media Use* at the District and Regional Levels, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey



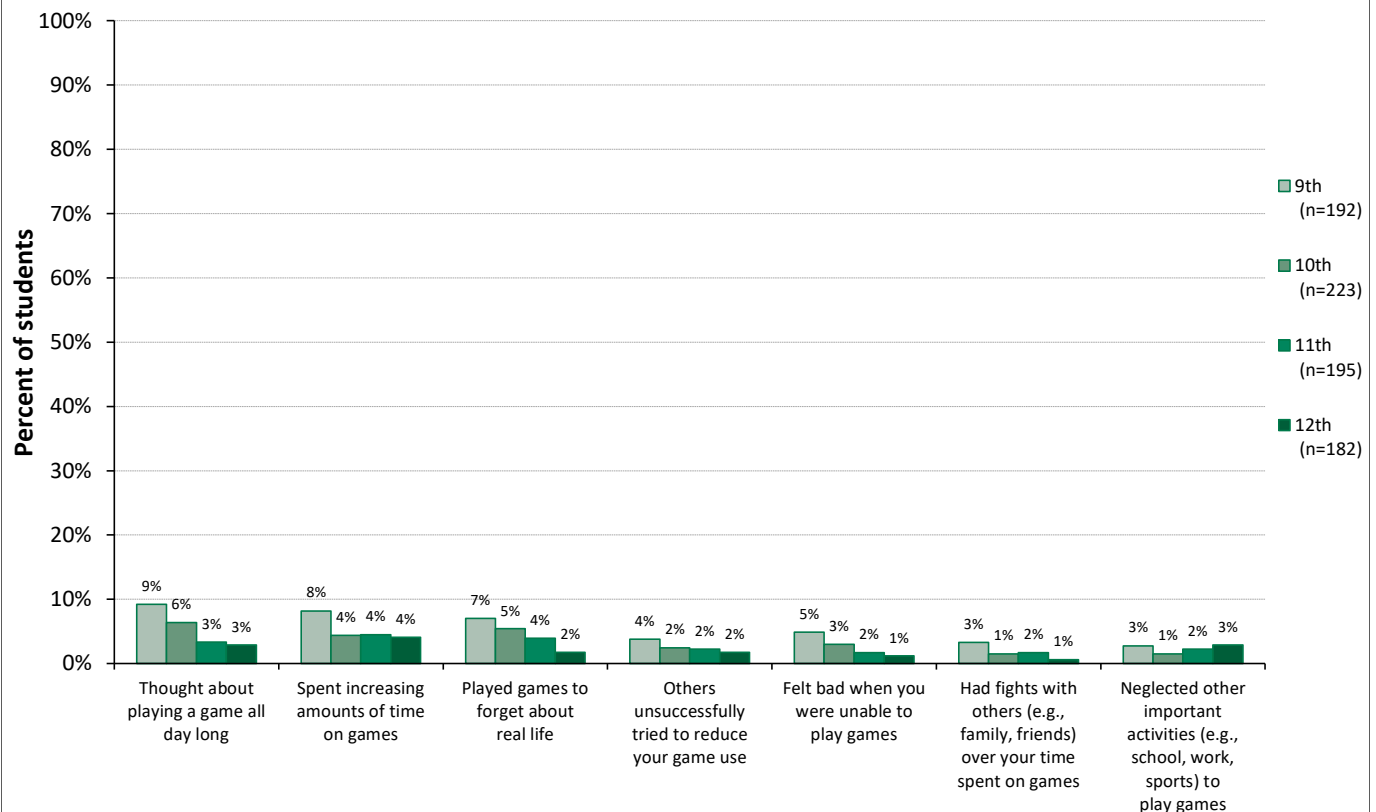
* Student responded "often" or "very often"

Figure 10-3A. Gaming Behaviors* by Sex, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey



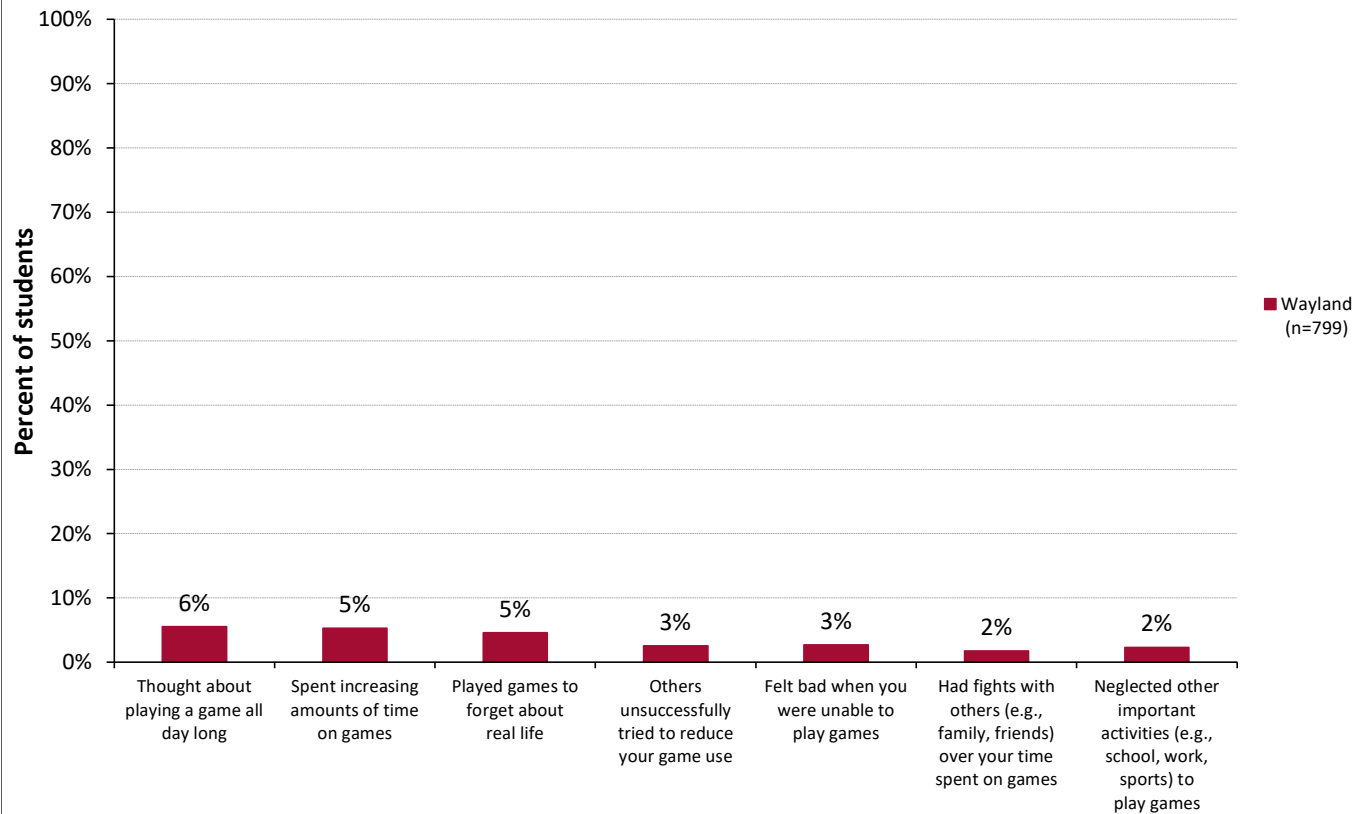
* Student responded "often" or "very often"

Figure 10-3B. Gaming Behaviors* by Grade, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey



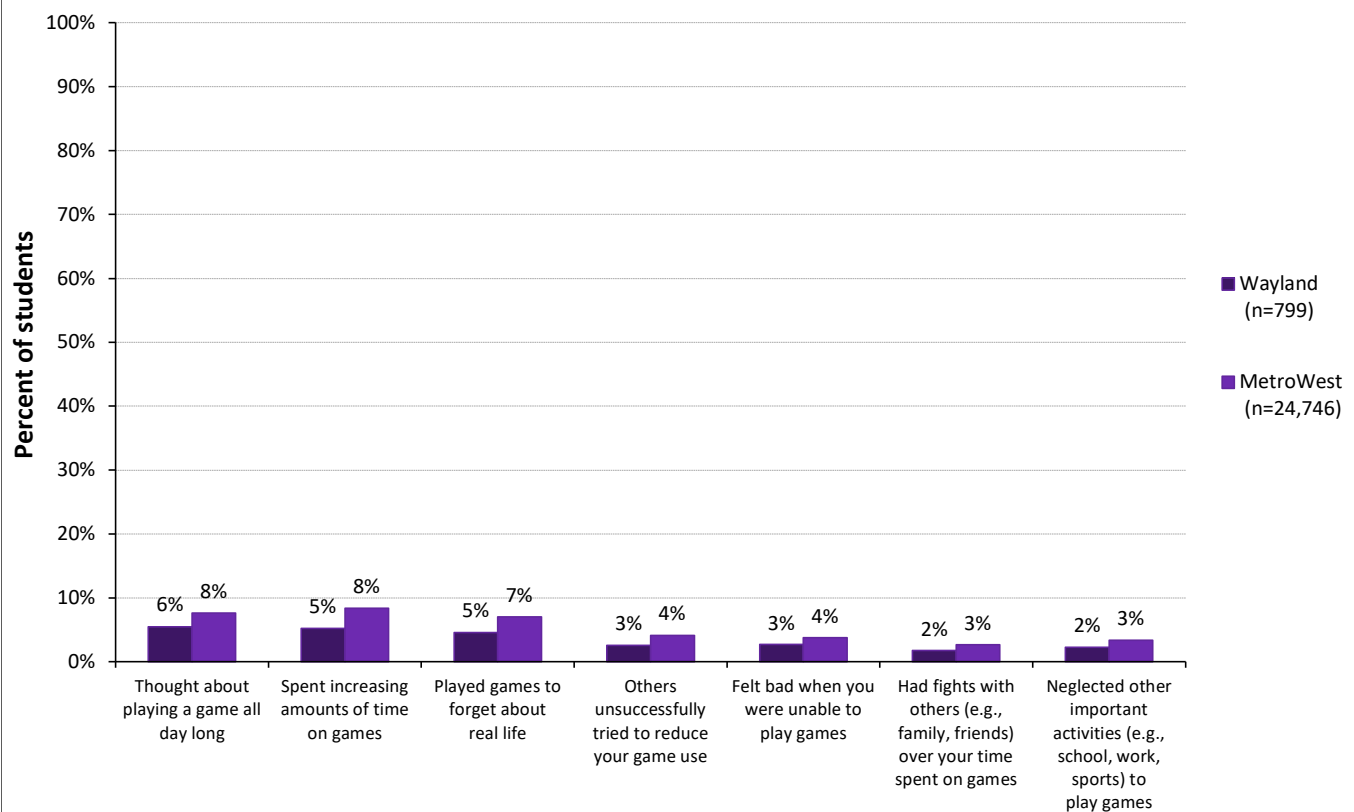
* Student responded "often" or "very often"

Figure 10-3C. Gaming Behaviors,* 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey



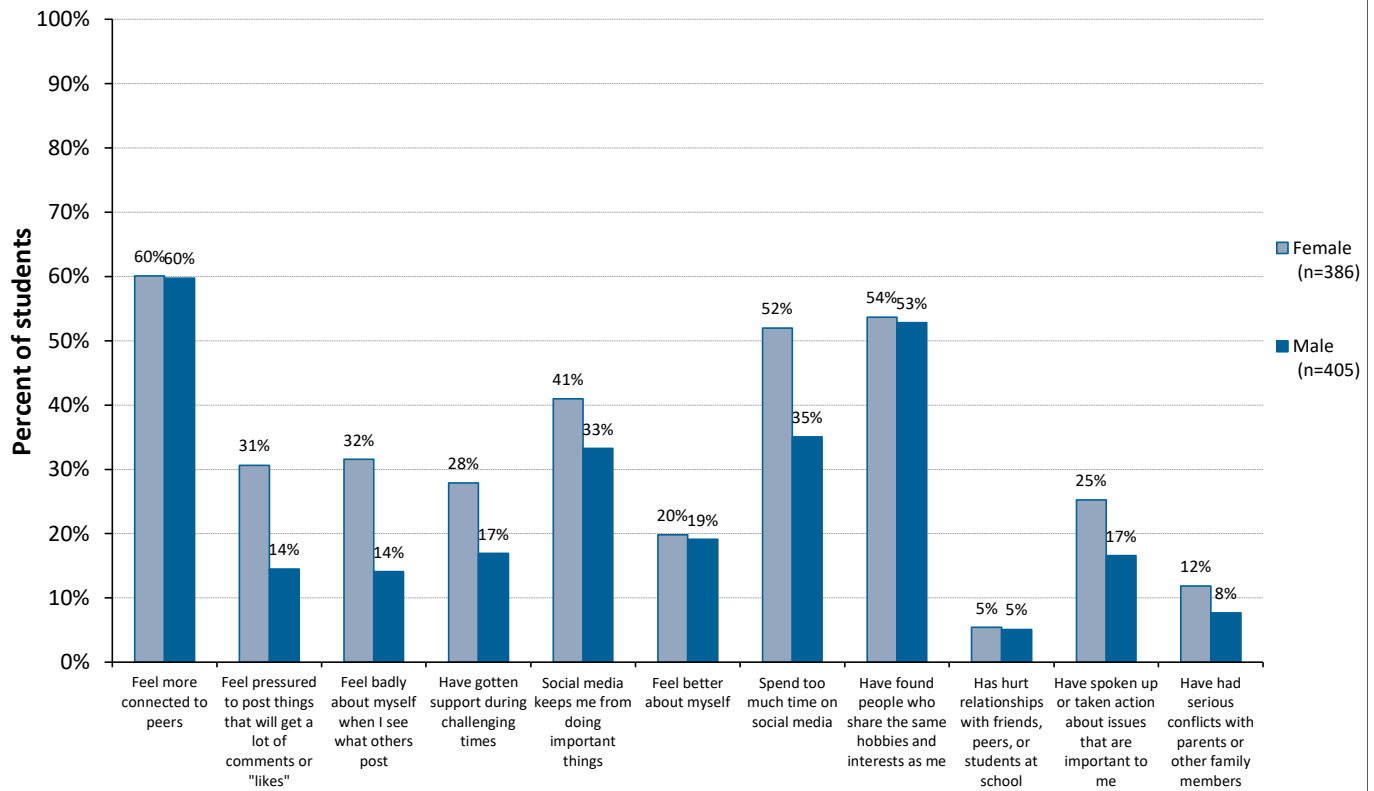
* Student responded "often" or "very often"

Figure 10-3D. Gaming Behaviors* at the District and Regional Levels, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey



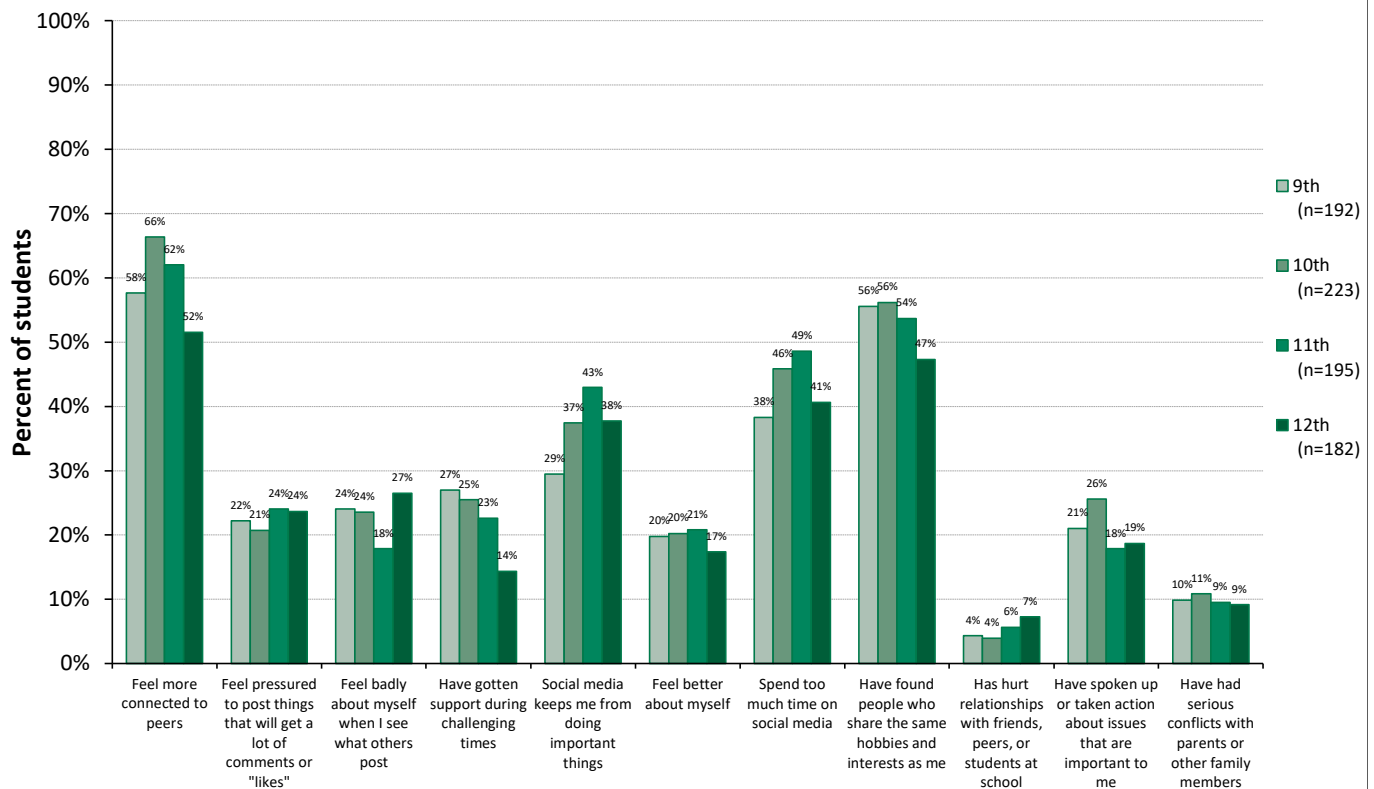
* Student responded "often" or "very often"

Figure 10-4A. Attitudes and Experiences Related to Social Media Use* by Sex, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey



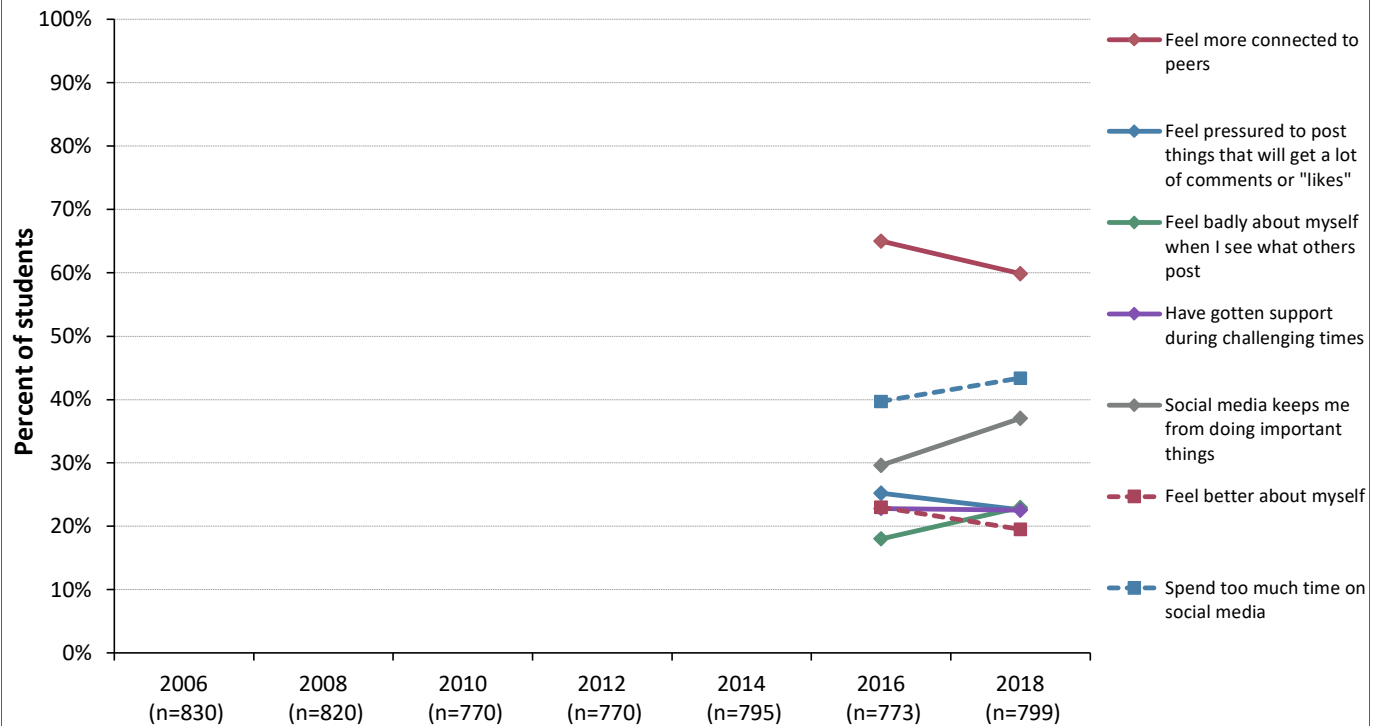
* Among students who use social media; student responded "agree" or "strongly agree"

Figure 10-4B. Attitudes and Experiences Related to Social Media Use* by Grade, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey



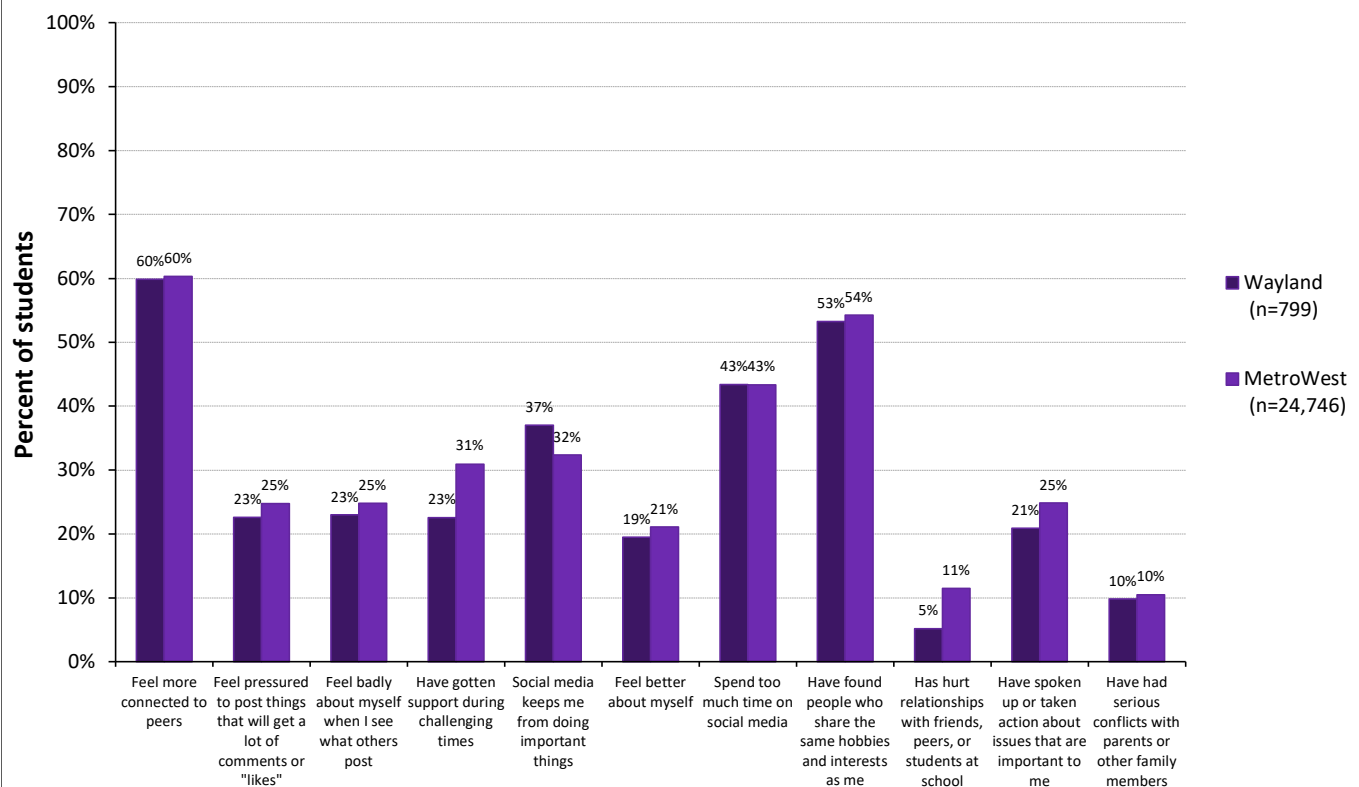
* Among students who use social media; student responded "agree" or "strongly agree"

Figure 10-4C. Attitudes and Experiences Related to Social Media Use,* 2016-2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey



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

Figure 10-4D. Attitudes and Experiences Related to Social Media Use* at the District and Regional Levels, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey



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

Table 10-1A. Sociodemographics, General Health, and Student Use of Time by Sex and Grade, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	Total (%)	Sex (%)		Grade (%)			
	(799)	Female (386)	Male (405)	9 th (192)	10 th (223)	11 th (195)	12 th (182)
SOCIODEMOGRAPHICS							
Identify as gay/lesbian, bisexual, or not sure	11.7	16.8	6.6	14.4	10.6	9.8	12.3
Identify as transgender	1.4	1.3	1.3	2.7	0.5	1.1	1.7
Have any physical disabilities or long-term health problems*	8.9	10.8	6.7	5.8	8.9	11.1	9.7
Have any long-term learning disabilities*	15.4	17.0	13.8	10.6	16.3	16.9	17.6
Have an Individualized Education Program (IEP)	25.6	21.1	30.2	20.1	25.7	30.7	26.3
Report that other students at school would consider them to have a long-term learning disability, physical disability, or physical health problem	8.4	9.1	7.9	5.3	10.3	11.2	6.8
Cannot participate in one or more school or extracurricular activities because of a long-term learning disability, physical disability, or physical health problem	3.0	3.4	2.6	2.7	3.3	4.2	1.7
Eligible to receive a free or reduced-price lunch at school	7.9	9.3	6.6	6.3	8.3	7.9	9.0
GENERAL HEALTH AND SLEEP							
Describes general health as very good/excellent	78.2	76.8	79.7	76.3	78.4	79.4	78.6
Sleeps 8 or more hours on an average school night	21.4	14.7	28.1	34.4	20.5	15.3	15.8
STUDENT ACTIVITIES AND USE OF TIME							
Absent from school on 3 or more days (past 30 days)	8.1	9.8	6.6	4.2	10.2	8.9	9.0
Spend 3 or more hours online [†]	66.1	69.7	62.4	58.1	67.6	65.1	73.4
Spend 3 or more hours on social media sites [†]	21.5	27.3	15.8	14.6	23.6	24.3	23.2
Spend 3 or more hours gaming ^{†,‡}	7.7	1.9	13.3	11.4	9.3	4.3	5.7
Spend 3 or more hours on homework/studying outside of school [†]	45.3	62.6	28.3	40.1	43.1	51.7	46.6
Spend 3 or more hours on extracurricular activities outside of school [†]	36.1	40.4	32.2	32.0	32.8	41.3	39.1
Spend 3 or more hours on "screen time" that is not for school work/homework ^{†,§}	38.9	35.0	42.5	33.7	38.4	40.4	43.4
Participated in volunteer or community service activities on 3 or more days (past 12 months)	68.6	76.0	61.8	64.0	69.8	67.6	73.3

* Long-term means 6 months or more

† On an average school day

‡ Playing online or video games

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

Table 10-1B. Sociodemographics, General Health, and Student Use of Time, 2006 - 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	Wayland (%)						
	2006 (830)	2008 (820)	2010 (770)	2012 (770)	2014 (795)	2016 (773)	2018 (799)
SOCIODEMOGRAPHICS							
Identify as gay/lesbian, bisexual, or not sure	7.4	6.1	9.9	11.9	9.3	14.5	11.7
Identify as transgender	—	—	—	—	—	1.5	1.4
Have any physical disabilities or long-term health problems*	—	—	—	9.4	10.2	10.3	8.9
Have any long-term learning disabilities*	—	—	—	10.8	12.0	12.9	15.4
Have an Individualized Education Program (IEP)	—	—	—	—	21.0	22.4	25.6
Report that other students at school would consider them to have a long-term learning disability, physical disability, or physical health problem	—	—	—	—	—	—	8.4
Cannot participate in one or more school or extracurricular activities because of a long-term learning disability, physical disability, or physical health problem	—	—	—	—	—	—	3.0
Eligible to receive a free or reduced-price lunch at school	—	—	—	—	8.4	7.8	7.9
GENERAL HEALTH AND SLEEP							
Describes general health as very good/excellent	79.3	80.9	81.1	79.6	82.0	80.6	78.2
Sleeps 8 or more hours on an average school night	—	—	—	—	27.1	26.8	21.4
STUDENT ACTIVITIES AND USE OF TIME							
Absent from school on 3 or more days (past 30 days)	—	—	—	—	9.1	8.4	8.1
Spend 3 or more hours online [†]	—	—	31.1	44.3	54.2	59.9	66.1
Spend 3 or more hours on social media sites [†]	—	—	—	—	—	22.5	21.5
Spend 3 or more hours gaming ^{†,‡}	—	—	—	—	—	—	7.7
Spend 3 or more hours on homework/studying outside of school [†]	—	—	—	—	48.4	48.9	45.3
Spend 3 or more hours on extracurricular activities outside of school [†]	—	—	—	—	28.7	25.6	36.1
Spend 3 or more hours on "screen time" that is not for school work/homework ^{†,§}	—	—	—	28.9	32.9	34.3	38.9
Participated in volunteer or community service activities on 3 or more days (past 12 months)	—	—	—	—	—	70.4	68.6

* Long-term means 6 months or more

† On an average school day

‡ Playing online or video games

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

Table 10-1C. Sociodemographics, General Health, and Student Use of Time at the District, Regional, State, and National Levels, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	Wayland 2018 MWAHS (799)	MetroWest Region 2018 MWAHS (24,746)	Massachusetts 2017 YRBS (3,286)	United States 2017 YRBS (14,765)
SOCIODEMOGRAPHICS				
Identify as gay/lesbian, bisexual, or not sure	11.7	13.9	—	—
Identify as transgender	1.4	1.4	1.7	—
Have any physical disabilities or long-term health problems*	8.9	10.5	15.3**	—
Have any long-term learning disabilities*	15.4	11.2	—	—
Have an Individualized Education Program (IEP)	25.6	16.9	—	—
Report that other students at school would consider them to have a long-term learning disability, physical disability, or physical health problem	8.4	7.1	—	—
Cannot participate in one or more school or extracurricular activities because of a long-term learning disability, physical disability, or physical health problem	3.0	3.7	—	—
Eligible to receive a free or reduced-price lunch at school	7.9	15.4	—	—
GENERAL HEALTH AND SLEEP				
Describes general health as very good/excellent	78.2	68.7	—	—
Sleeps 8 or more hours on an average school night	21.4	24.2	19.8	25.4
STUDENT ACTIVITIES AND USE OF TIME				
Absent from school on 3 or more days (past 30 days)	8.1	12.1	—	—
Spend 3 or more hours online [†]	66.1	65.2	—	—
Spend 3 or more hours on social media sites [†]	21.5	28.5	—	—
Spend 3 or more hours gaming ^{†,‡}	7.7	12.3	—	—
Spend 3 or more hours on homework/studying outside of school [†]	45.3	34.5	—	—
Spend 3 or more hours on extracurricular activities outside of school [†]	36.1	30.5	—	—
Spend 3 or more hours on "screen time" that is not for school work/homework ^{†,§}	38.9	45.8	—	—
Participated in volunteer or community service activities on 3 or more days (past 12 months)	68.6	66.2	—	—

* Long-term means 6 months or more

† On an average school day

‡ Playing online or video games

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

**Data is from the Massachusetts Youth Health Survey 2017

Table 10-2A. Online, Social Media, and Gaming Behaviors by Sex and Grade, 2018

Wayland High School (Grades 9-12)

MetroWest Adolescent Health Survey, 2018

	Total (%)	Sex (%)		Grade (%)			
	(799)	Female (386)	Male (405)	9 th (192)	10 th (223)	11 th (195)	12 th (182)
ONLINE BEHAVIORS							
Spend 3 or more hours online (average school day)	66.1	69.7	62.4	58.1	67.6	65.1	73.4
Spend 3 or more hours on social media sites (average school day)	21.5	27.3	15.8	14.6	23.6	24.3	23.2
Posted 3 or more messages or photos/videos on your social media profile (past 7 days)*	18.9	22.7	15.0	22.5	18.3	17.9	17.5
Spend 3 or more hours gaming (average school day) [†]	7.7	1.9	13.3	11.4	9.3	4.3	5.7
SOCIAL MEDIA USE[‡]							
I spend a lot of time thinking about social media or planning how to use it.	6.9	9.8	4.2	6.6	6.2	8.7	6.4
I feel an urge to use social media more and more.	5.9	6.5	5.3	5.4	5.7	7.6	4.7
I use social media in order to forget about personal problems.	6.8	9.5	4.0	6.0	6.7	8.2	6.4
I have tried to cut down on my social media use without success.	8.4	11.8	5.3	8.2	7.2	10.9	7.6
I become restless or troubled if I am prohibited from using social media.	6.0	7.6	4.2	5.5	5.7	6.5	6.4
I use social media so much that it has a negative impact on school, work, sports, or other important activities.	3.6	3.5	3.7	1.6	4.8	6.5	1.2
GAMING BEHAVIORS (past 6 months)[‡]							
Thought about playing a game all day long	5.5	2.5	8.5	9.2	6.4	3.4	2.9
Spent increasing amounts of time on games	5.3	2.7	7.8	8.2	4.4	4.5	4.0
Played games to forget about real life	4.6	2.5	6.6	7.0	5.4	3.9	1.7
Others unsuccessfully tried to reduce your game use	2.6	0.8	4.3	3.8	2.5	2.2	1.7
Felt bad when you were unable to play games	2.7	1.7	3.7	4.9	3.0	1.7	1.2
Had fights with others (e.g., family, friends) over your time spent on games	1.8	0.6	2.9	3.3	1.5	1.7	0.6
Neglected other important activities (e.g., school, work, sports) to play games	2.3	1.1	3.5	2.7	1.5	2.3	2.9

* Among students who use social media

† Playing online or video games

‡ Student responded "often" or "very often"

Table 10-2B. Online, Social Media, and Gaming Behaviors, 2006 - 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	Wayland (%)						
	2006 (830)	2008 (820)	2010 (770)	2012 (770)	2014 (795)	2016 (773)	2018 (799)
ONLINE BEHAVIORS							
Spend 3 or more hours online (average school day)	—	—	31.1	44.3	54.2	59.9	66.1
Spend 3 or more hours on social media sites (average school day)	—	—	—	—	—	22.5	21.5
Posted 3 or more messages or photos/videos on your social media profile (past 7 days)*	—	—	—	—	—	14.9	18.9
Spend 3 or more hours gaming (average school day) [†]	—	—	—	—	—	—	7.7
SOCIAL MEDIA USE[‡]							
I spend a lot of time thinking about social media or planning how to use it.	—	—	—	—	—	—	6.9
I feel an urge to use social media more and more.	—	—	—	—	—	—	5.9
I use social media in order to forget about personal problems.	—	—	—	—	—	—	6.8
I have tried to cut down on my social media use without success.	—	—	—	—	—	—	8.4
I become restless or troubled if I am prohibited from using social media.	—	—	—	—	—	—	6.0
I use social media so much that it has a negative impact on school, work, sports, or other important activities.	—	—	—	—	—	—	3.6
GAMING BEHAVIORS (past 6 months)[‡]							
Thought about playing a game all day long	—	—	—	—	—	—	5.5
Spent increasing amounts of time on games	—	—	—	—	—	—	5.3
Played games to forget about real life	—	—	—	—	—	—	4.6
Others unsuccessfully tried to reduce your game use	—	—	—	—	—	—	2.6
Felt bad when you were unable to play games	—	—	—	—	—	—	2.7
Had fights with others (e.g., family, friends) over your time spent on games	—	—	—	—	—	—	1.8
Neglected other important activities (e.g., school, work, sports) to play games	—	—	—	—	—	—	2.3

* Among students who use social media

† Playing online or video games

‡ Student responded "often" or "very often"

Table 10-2C. Online, Social Media, and Gaming Behaviors at the District, Regional, State, and National Levels, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	Wayland 2018 MWAHS (799)	MetroWest Region 2018 MWAHS (24,746)	Massachusetts 2017 YRBS (3,286)	United States 2017 YRBS (14,765)
ONLINE BEHAVIORS				
Spend 3 or more hours online (average school day)	66.1	65.2	—	—
Spend 3 or more hours on social media sites (average school day)	21.5	28.5	—	—
Posted 3 or more messages or photos/videos on your social media profile (past 7 days) [‡]	18.9	25.8	—	—
Spend 3 or more hours gaming (average school day) [†]	7.7	12.3	—	—
SOCIAL MEDIA USE[‡]				
I spend a lot of time thinking about social media or planning how to use it.	6.9	7.0	—	—
I feel an urge to use social media more and more.	5.9	7.8	—	—
I use social media in order to forget about personal problems.	6.8	9.9	—	—
I have tried to cut down on my social media use without success.	8.4	9.3	—	—
I become restless or troubled if I am prohibited from using social media.	6.0	6.4	—	—
I use social media so much that it has a negative impact on school, work, sports, or other important activities.	3.6	4.3	—	—
GAMING BEHAVIORS (past 6 months)[‡]				
Thought about playing a game all day long	5.5	7.6	—	—
Spent increasing amounts of time on games	5.3	8.3	—	—
Played games to forget about real life	4.6	7.0	—	—
Others unsuccessfully tried to reduce your game use	2.6	4.2	—	—
Felt bad when you were unable to play games	2.7	3.8	—	—
Had fights with others (e.g., family, friends) over your time spent on games	1.8	2.7	—	—
Neglected other important activities (e.g., school, work, sports) to play games	2.3	3.3	—	—

* Among students who use social media

† Playing online or video games

‡ Student responded "often" or "very often"

Table 10-3A. Attitudes and Experiences Related to Social Media Use by Sex and Grade, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	Total (%)	Sex (%)		Grade (%)			
		Female	Male	9 th	10 th	11 th	12 th
	(799)	(386)	(405)	(192)	(223)	(195)	(182)
ATTITUDES AND EXPERIENCES RELATED TO SOCIAL MEDIA USE*							
I feel more connected to peers because of social media.	59.9	60.1	59.7	57.7	66.3	62.0	51.5
I feel pressure to post things that will be popular and get a lot of comments or "likes."	22.6	30.6	14.5	22.2	20.7	24.0	23.6
I feel badly about myself, excluded, or left out when I see what others post on social media.	23.0	31.5	14.1	24.1	23.5	17.9	26.5
I have gotten support on social media when I've been going through a tough or challenging time.	22.5	27.9	16.9	27.0	25.5	22.6	14.4
Social media keeps me from doing other things that are important, like homework or family responsibilities.	37.0	41.0	33.2	29.4	37.4	42.9	37.7
Being on social media helps me feel better about myself.	19.5	19.8	19.1	19.8	20.2	20.8	17.4
I spend too much time on social media.	43.4	52.0	35.0	38.3	45.8	48.6	40.6
I have found people who share the same hobbies and interests as me on social media.	53.2	53.7	52.8	55.6	56.2	53.7	47.3
Social media has hurt my relationships with friends, peers, or students at my school.	5.2	5.4	5.1	4.3	4.0	5.6	7.3
I have spoken up or taken action on social media about issues that are important to me.	20.9	25.2	16.6	21.0	25.6	17.9	18.7
I have had serious conflicts with my parents or other members of my family because of my social media use.	9.8	11.9	7.6	9.9	10.8	9.5	9.1

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

Table 10-3B. Attitudes and Experiences Related to Social Media Use, 2006 - 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	Wayland (%)						
	2006 (830)	2008 (820)	2010 (770)	2012 (770)	2014 (795)	2016 (773)	2018 (799)
ATTITUDES AND EXPERIENCES RELATED TO SOCIAL MEDIA USE*							
I feel more connected to peers because of social media.	—	—	—	—	—	65.0	59.9
I feel pressure to post things that will be popular and get a lot of comments or "likes."	—	—	—	—	—	25.2	22.6
I feel badly about myself, excluded, or left out when I see what others post on social media.	—	—	—	—	—	18.0	23.0
I have gotten support on social media when I've been going through a tough or challenging time.	—	—	—	—	—	22.8	22.5
Social media keeps me from doing other things that are important, like homework or family responsibilities.	—	—	—	—	—	29.6	37.0
Being on social media helps me feel better about myself.	—	—	—	—	—	23.0	19.5
I spend too much time on social media.	—	—	—	—	—	39.7	43.4
I have found people who share the same hobbies and interests as me on social media.	—	—	—	—	—	—	53.2
Social media has hurt my relationships with friends, peers, or students at my school.	—	—	—	—	—	—	5.2
I have spoken up or taken action on social media about issues that are important to me.	—	—	—	—	—	—	20.9
I have had serious conflicts with my parents or other members of my family because of my social media use.	—	—	—	—	—	—	9.8

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

Table 10-3C. Attitudes and Experiences Related to Social Media Use at the District, Regional, State, and National Levels, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	Wayland 2018 MWAHS	MetroWest Region 2018 MWAHS	Massachusetts 2017 YRBS	United States 2017 YRBS
	(799)	(24,746)	(3,286)	(14,765)
ATTITUDES AND EXPERIENCES RELATED TO SOCIAL MEDIA USE*				
I feel more connected to peers because of social media.	59.9	60.3	—	—
I feel pressure to post things that will be popular and get a lot of comments or "likes."	22.6	24.8	—	—
I feel badly about myself, excluded, or left out when I see what others post on social media.	23.0	24.8	—	—
I have gotten support on social media when I've been going through a tough or challenging time.	22.5	31.0	—	—
Social media keeps me from doing other things that are important, like homework or family responsibilities.	37.0	32.4	—	—
Being on social media helps me feel better about myself.	19.5	21.1	—	—
I spend too much time on social media.	43.4	43.3	—	—
I have found people who share the same hobbies and interests as me on social media.	53.2	54.3	—	—
Social media has hurt my relationships with friends, peers, or students at my school.	5.2	11.5	—	—
I have spoken up or taken action on social media about issues that are important to me	20.9	24.9	—	—
I have had serious conflicts with my parents or other members of my family because of my social media use.	9.8	10.5	—	—

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

Appendix 1

Participating Districts

2018 MetroWest Adolescent Health Survey

Participating Districts

Middle School Survey

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

High School Survey

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

**Data from these districts is not included in the aggregate regional data because these communities are not served by the MetroWest Health Foundation.*

Appendix 2

MetroWest Region Tables

Table 2-1A. Lifetime and Current Substance Use by Sex and Grade, 2018
MetroWest High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	Total (%)	Sex (%)		Grade (%)			
	(24,746)	Female (12,260)	Male (12,154)	9 th (6,426)	10 th (6,327)	11 th (6,100)	12 th (5,595)
LIFETIME USE*							
Cigarettes	12.2	10.6	13.8	6.3	9.1	14.3	20.1
Electronic vapor products [†]	41.1	41.9	40.2	24.9	37.4	48.1	55.9
Alcohol [‡]	50.0	52.0	48.0	31.3	44.4	58.0	69.1
Marijuana	31.3	30.1	32.5	12.5	25.2	39.7	50.4
Prescription drugs [§]	4.8	5.0	4.6	3.3	3.8	5.1	7.4
Prescription stimulants [§]	3.8	3.3	4.2	1.7	2.7	3.7	7.3
Methamphetamines	0.9	0.5	1.3	0.5	0.7	1.2	1.1
Ecstasy	1.6	1.1	2.0	0.8	1.2	1.7	2.6
Cocaine**	1.7	1.2	2.1	0.6	1.2	1.9	3.1
Heroin	0.9	0.4	1.3	0.5	0.7	1.0	1.1
CURRENT USE (past 30 days) ^{††}							
Cigarettes	3.2	2.4	4.0	1.6	2.3	3.4	5.7
Electronic vapor products [†]	28.4	28.5	28.2	16.5	25.1	33.4	39.8
Alcohol [‡]	27.7	29.5	25.7	11.8	22.8	33.5	44.8
Marijuana	21.2	19.0	23.4	8.2	16.9	27.5	34.0
Prescription drugs [§]	2.6	2.7	2.4	1.7	2.4	2.6	3.9
CURRENT USE ON SCHOOL PROPERTY (past 30 days) ^{††}							
Electronic vapor products [†]	12.1	11.2	13.0	6.4	10.8	15.4	16.2
Alcohol [‡]	1.5	1.3	1.8	0.7	1.2	1.9	2.3
Marijuana	5.6	3.9	7.2	2.5	4.8	7.1	8.2

* Used one or more times in lifetime

† Includes electronic cigarettes (e-cigarettes) like JUUL, Phix, Vuse, MarkTen, and blu, and other electronic vapor products, like vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods

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

§ Without a doctor's prescription, such as using someone else's prescription or obtaining the medicine illegally

**Includes using powder, crack, or freebase

††Used one or more times in the past 30 days

Table 2-1B. Lifetime and Current Substance Use, 2006 - 2018
MetroWest High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	MetroWest Region (%)						
	2006	2008	2010	2012	2014	2016	2018
	(16,680)	(20,406)	(23,187)	(24,459)	(24,355)	(24,385)	(24,746)
LIFETIME USE*							
Cigarettes	35.3	33.3	25.9	22.0	17.3	13.2	12.2
Electronic vapor products [†]	—	—	—	—	30.5	27.9	41.1
Alcohol [‡]	66.5	62.8	58.0	55.6	53.8	51.7	50.0
Marijuana	33.2	33.4	34.6	32.3	30.4	27.8	31.3
Prescription drugs [§]	11.0	10.1	10.1	8.8	7.3	5.8	4.8
Prescription stimulants [§]	—	—	—	—	—	5.2	3.8
Methamphetamines	3.8	3.2	3.3	2.9	2.0	1.7	0.9
Ecstasy	5.1	5.4	5.7	4.9	3.9	2.7	1.6
Cocaine**	6.0	5.3	4.4	3.8	3.2	2.7	1.7
Heroin	2.4	2.6	2.2	2.3	1.7	1.4	0.9
CURRENT USE (past 30 days)^{††}							
Cigarettes	14.7	13.9	12.1	9.1	6.2	4.7	3.2
Electronic vapor products [†]	—	—	—	—	17.5	14.6	28.4
Alcohol [‡]	42.2	39.1	34.7	33.4	32.9	31.5	27.7
Marijuana	20.2	22.8	23.5	21.5	20.3	19.2	21.2
Prescription drugs [§]	—	5.7	5.7	5.0	4.1	3.2	2.6
CURRENT USE ON SCHOOL PROPERTY (past 30 days)^{††}							
Electronic vapor products [†]	—	—	—	—	—	—	12.1
Alcohol [‡]	4.8	4.0	3.3	3.6	2.8	2.7	1.5
Marijuana	4.4	5.2	6.0	5.0	4.3	3.4	5.6

* Used one or more times in lifetime

† Includes electronic cigarettes (e-cigarettes) like JUUL, Phix, Vuse, MarkTen, and blu, and other electronic vapor products, like vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods

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

§ Without a doctor's prescription, such as using someone else's prescription or obtaining the medicine illegally

**Includes using powder, crack, or freebase

††Used one or more times in the past 30 days

Table 2-2A. Tobacco and Electronic Vapor Product Use by Sex and Grade, 2018
MetroWest High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	Total (%)	Sex (%)		Grade (%)			
		Female	Male	9 th	10 th	11 th	12 th
	(24,746)	(12,260)	(12,154)	(6,426)	(6,327)	(6,100)	(5,595)
CIGARETTE SMOKING							
Lifetime cigarette smoking*	12.2	10.6	13.8	6.3	9.1	14.3	20.1
Smoked a whole cigarette before age 13 years	1.9	1.0	2.6	1.1	1.6	2.2	2.3
Current cigarette use (past 30 days)	3.2	2.4	4.0	1.6	2.3	3.4	5.7
Current frequent cigarette use (on 20 or more of the past 30 days)	0.8	0.4	1.1	0.4	0.5	0.9	1.3
Ever smoked cigarettes daily (every day for 30 days)	2.5	2.1	2.8	1.6	2.0	2.8	3.7
ELECTRONIC VAPOR PRODUCT USE[†]							
Lifetime electronic vapor product use	41.1	41.9	40.2	24.9	37.4	48.1	55.9
Used an electronic vapor product before age 13 years	2.4	1.4	3.3	3.0	2.2	2.0	2.1
Current electronic vapor product use (past 30 days)	28.4	28.5	28.2	16.5	25.1	33.4	39.8
Current frequent electronic vapor product use (on 20 or more of the past 30 days)	7.8	6.5	9.2	2.6	5.2	10.2	13.9
Current daily electronic vapor product use (on all 30 of the past 30 days)	5.0	4.1	5.9	1.5	3.3	6.2	9.3
Current electronic vapor product use on school property (past 30 days)	12.1	11.2	13.0	6.4	10.8	15.4	16.2
Perceived risk of harm of using electronic vapor products (moderate/great risk)	67.2	73.4	60.9	70.8	69.3	65.0	63.4
USE OF OTHER TOBACCO PRODUCTS							
Current smokeless tobacco use (past 30 days) [‡]	2.5	0.8	4.1	0.9	1.9	2.9	4.3
Current cigar use (past 30 days) [§]	3.5	1.6	5.3	1.1	2.3	4.2	6.6
Used cigarettes, cigars, and/or smokeless tobacco (past 30 days)	6.0	3.4	8.5	2.4	4.3	6.8	11.0
Used cigarettes, cigars, smokeless tobacco, and/or electronic vapor products (past 30 days)	29.0	28.7	29.2	16.8	25.6	34.2	41.0

* Ever tried cigarette smoking, even one or two puffs

† Includes electronic cigarettes (e-cigarettes) like JUUL, Phix, Vuse, MarkTen, and blu, and other electronic vapor products, like vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods

‡ Used chewing tobacco, snuff, or dip

§ Smoked cigars, cigarillos, or little cigars

Table 2-2B. Tobacco and Electronic Vapor Product Use, 2006 - 2018
MetroWest High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	MetroWest Region (%)						
	2006 (16,680)	2008 (20,406)	2010 (23,187)	2012 (24,459)	2014 (24,355)	2016 (24,385)	2018 (24,746)
CIGARETTE SMOKING							
Lifetime cigarette smoking*	35.3	33.3	25.9	22.0	17.3	13.2	12.2
Smoked a whole cigarette before age 13 years	6.7	5.6	5.1	3.9	3.0	2.2	1.9
Current cigarette use (past 30 days)	14.7	13.9	12.1	9.1	6.2	4.7	3.2
Current frequent cigarette use (on 20 or more of the past 30 days)	5.6	4.6	4.0	2.9	1.7	1.2	0.8
Ever smoked cigarettes daily (every day for 30 days)	9.3	8.2	7.6	7.4	5.5	3.5	2.5
ELECTRONIC VAPOR PRODUCT USE[†]							
Lifetime electronic vapor product use	—	—	—	—	30.5	27.9	41.1
Used an electronic vapor product before age 13 years	—	—	—	—	—	—	2.4
Current electronic vapor product use (past 30 days)	—	—	—	—	17.5	14.6	28.4
Current frequent electronic vapor product use (on 20 or more of the past 30 days)	—	—	—	—	0.9	1.9	7.8
Current daily electronic vapor product use (on all 30 of the past 30 days)	—	—	—	—	0.8	1.6	5.0
Current electronic vapor product use on school property (past 30 days)	—	—	—	—	—	—	12.1
Perceived risk of harm of using electronic vapor products (moderate/great risk)	—	—	—	—	42.2	47.9	67.2
USE OF OTHER TOBACCO PRODUCTS							
Current smokeless tobacco use (past 30 days) [‡]	5.1	6.3	6.3	5.4	4.4	3.8	2.5
Current cigar use (past 30 days) [§]	13.4	14.5	13.1	10.6	8.1	5.7	3.5
Used cigarettes, cigars, and/or smokeless tobacco (past 30 days)	21.8	22.4	19.8	16.0	12.4	8.9	6.0
Used cigarettes, cigars, smokeless tobacco, and/or electronic vapor products (past 30 days)	—	—	—	—	—	—	29.0

* Ever tried cigarette smoking, even one or two puffs

† Includes electronic cigarettes (e-cigarettes) like JUUL, Phix, Vuse, MarkTen, and blu, and other electronic vapor products, like vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods

‡ Used chewing tobacco, snuff, or dip

§ Smoked cigars, cigarillos, or little cigars

Table 2-3A. Alcohol Use* by Sex and Grade, 2018
MetroWest High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	Total (%)	Sex (%)		Grade (%)			
		Female	Male	9 th	10 th	11 th	12 th
	(24,746)	(12,260)	(12,154)	(6,426)	(6,327)	(6,100)	(5,595)
ALCOHOL USE*							
Lifetime alcohol use	50.0	52.0	48.0	31.3	44.4	58.0	69.1
Had first drink of alcohol before age 13 years	8.1	6.7	9.5	10.2	8.2	6.8	6.8
Current alcohol use (past 30 days)	27.7	29.5	25.7	11.8	22.8	33.5	44.8
Current alcohol use on school property (past 30 days)	1.5	1.3	1.8	0.7	1.2	1.9	2.3
Binge drinking (past 30 days) [†]	15.8	15.7	15.7	3.9	11.3	19.5	30.2
Was “drunk” from consuming alcohol (past 30 days)	18.4	19.7	17.0	5.4	13.9	23.2	33.1
Drank alcohol by yourself (past 30 days)	5.5	5.1	5.9	3.7	4.7	5.9	7.9
Drinking interfered with responsibilities (past 12 months)	3.3	3.4	3.2	1.5	2.7	3.8	5.5
Used marijuana and alcohol during the same time period (past 30 days) [‡]	10.8	9.6	11.8	2.6	8.0	13.3	20.4
DRINKING AND DRIVING (past 30 days)							
Rode in a car driven by someone who had been drinking	13.5	13.7	13.1	12.0	13.1	14.0	14.6
Rode in a car driven by a high school student who had been drinking	5.1	4.5	5.7	1.9	3.6	6.2	9.2
Drove a car when you had been drinking [§]	3.9	2.9	4.9	–	–	2.5	5.3

* 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

‡ Within a couple of hours

§ Among 11th and 12th grade drivers only

Table 2-3B. Alcohol Use*, 2006 - 2018
MetroWest High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	MetroWest Region (%)						
	2006	2008	2010	2012	2014	2016	2018
	(16,680)	(20,406)	(23,187)	(24,459)	(24,355)	(24,385)	(24,746)
ALCOHOL USE							
Lifetime alcohol use*	66.5	62.8	58.0	55.6	53.8	51.7	50.0
Had first drink of alcohol before age 13 years	15.5	13.5	12.1	10.2	9.0	8.9	8.1
Current alcohol use (past 30 days)	42.2	39.1	34.7	33.4	32.9	31.5	27.7
Current alcohol use on school property (past 30 days)	4.8	4.0	3.3	3.6	2.8	2.7	1.5
Binge drinking (past 30 days) [†]	25.1	23.2	20.8	18.7	17.5	16.9	15.8
Was “drunk” from consuming alcohol (past 30 days)	–	27.7	24.8	23.9	22.8	22.0	18.4
Drank alcohol by yourself (past 30 days)	–	–	6.6	7.1	6.7	6.9	5.5
Drinking interfered with responsibilities (past 12 months)	7.3	6.2	5.5	4.5	3.5	3.7	3.3
Used marijuana and alcohol during the same time period (past 30 days) [‡]	–	–	–	13.4	12.5	11.4	10.8
DRINKING AND DRIVING (past 30 days)							
Rode in a car driven by someone who had been drinking	25.2	25.8	22.5	19.5	16.7	14.1	13.5
Rode in a car driven by a high school student who had been drinking	–	–	–	10.3	8.4	6.5	5.1
Drove a car when you had been drinking [§]	18.6	16.1	13.1	9.1	7.5	5.7	3.9

* 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 occasion for all students. Since 2016, binge drinking has been defined as 4 or more drinks in a row for females and 5 or more drinks in a row for males.

‡ Within a couple of hours

§ Among 11th and 12th grade drivers only

Table 2-4A. Marijuana Use by Sex and Grade, 2018
MetroWest High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	Total (%)	Sex (%)		Grade (%)			
		Female	Male	9 th	10 th	11 th	12 th
	(24,746)	(12,260)	(12,154)	(6,426)	(6,327)	(6,100)	(5,595)
MARIJUANA USE							
Lifetime marijuana use	31.3	30.1	32.5	12.5	25.2	39.7	50.4
Tried marijuana before age 13 years	2.1	1.4	2.8	1.8	2.1	2.3	2.2
Current marijuana use (past 30 days)	21.2	19.0	23.4	8.2	16.9	27.5	34.0
Current marijuana use on school property (past 30 days)	5.6	3.9	7.2	2.5	4.8	7.1	8.2
Went to a party/hung out where marijuana was available (past 30 days)	30.3	31.0	29.7	14.7	26.9	36.9	45.0
Offered/sold/given marijuana on school property (past 12 months)	13.1	11.3	14.8	8.7	13.0	16.1	14.7
Used marijuana and alcohol during the same time period (past 30 days)*	10.8	9.6	11.8	2.6	8.0	13.3	20.4
Think it would be "fairly easy" or "very easy" to obtain marijuana	64.3	63.5	65.0	44.7	61.1	72.9	80.6
Perceived risk of harm of using marijuana (moderate/great risk)	55.7	62.8	48.5	71.1	59.6	49.1	41.0
MARIJUANA USE AND DRIVING							
Rode in a car driven by a high school student who had been using marijuana (past 30 days)	14.1	12.7	15.5	4.3	8.7	17.9	27.2
Drove a car when you had been using marijuana (past 30 days) [†]	13.6	9.6	18.0	—	—	9.2	18.1
Think riding in a car driven by a high school student who had been using marijuana is "very dangerous"	57.6	63.6	51.6	67.8	62.4	53.9	44.9
TYPES OF MARIJUANA USE (lifetime)							
Smoked marijuana (like in a joint or blunt)	25.6	23.9	27.3	9.1	19.2	32.6	44.1
Used marijuana in an electronic vaping device	25.8	24.5	27.0	10.6	20.8	33.0	40.7
Ate or drank products made with marijuana [‡]	16.0	14.5	17.4	5.2	11.1	20.3	28.9
Used a marijuana concentrate or other high potency product (such as hash oil, dabs, wax, or shatter)	13.9	11.8	16.1	5.0	10.4	17.6	24.0

* Within a couple of hours

† Among 11th and 12th grade drivers only

‡ Includes edibles, such as candy, baked goods, snacks, or drinks that contain marijuana

Table 2-4B. Marijuana Use, 2006 - 2018
MetroWest High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	MetroWest Region (%)						
	2006 (16,680)	2008 (20,406)	2010 (23,187)	2012 (24,459)	2014 (24,355)	2016 (24,385)	2018 (24,746)
MARIJUANA USE							
Lifetime marijuana use	33.2	33.4	34.6	32.3	30.4	27.8	31.3
Tried marijuana before age 13 years	5.9	5.2	4.8	4.5	3.6	2.8	2.1
Current marijuana use (past 30 days)	20.2	22.8	23.5	21.5	20.3	19.2	21.2
Current marijuana use on school property (past 30 days)	4.4	5.2	6.0	5.0	4.3	3.4	5.6
Went to a party/hung out where marijuana was available (past 30 days)	—	—	36.5	31.6	31.1	28.7	30.3
Offered/sold/given marijuana on school property (past 12 months)	—	—	—	17.4	14.8	11.0	13.1
Used marijuana and alcohol during the same time period (past 30 days)*	—	—	—	13.4	12.5	11.4	10.8
Think it would be "fairly easy" or "very easy" to obtain marijuana	—	—	—	—	—	66.3	64.3
Perceived risk of harm of using marijuana (moderate/great risk)	—	—	—	—	—	—	55.7
MARIJUANA USE AND DRIVING							
Rode in a car driven by a high school student who had been using marijuana (past 30 days)	—	—	—	18.0	16.2	14.6	14.1
Drove a car when you had been using marijuana (past 30 days) [†]	—	—	—	16.8	16.5	14.1	13.6
Think riding in a car driven by a high school student who had been using marijuana is "very dangerous"	—	—	—	52.0	55.2	57.7	57.6
TYPES OF MARIJUANA USE (lifetime)							
Smoked marijuana (like in a joint or blunt)	—	—	—	—	—	—	25.6
Used marijuana in an electronic vaping device	—	—	—	—	—	—	25.8
Ate or drank products made with marijuana [‡]	—	—	—	—	—	—	16.0
Used a marijuana concentrate or other high potency product (such as hash oil, dabs, wax, or shatter)	—	—	—	—	—	—	13.9

* Within a couple of hours

† Among 11th and 12th grade drivers only

‡ Includes edibles, such as candy, baked goods, snacks, or drinks that contain marijuana

Table 2-5A. Prescription Drug Misuse and Other Substance Use by Sex and Grade, 2018
MetroWest High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	Total (%)	Sex (%)		Grade (%)			
		Female	Male	9 th	10 th	11 th	12 th
	(24,746)	(12,260)	(12,154)	(6,426)	(6,327)	(6,100)	(5,595)
OVERALL MISUSE OF PRESCRIPTION DRUGS*							
Lifetime prescription drug misuse	4.8	5.0	4.6	3.3	3.8	5.1	7.4
Current prescription drug misuse (past 30 days)	2.6	2.7	2.4	1.7	2.4	2.6	3.9
MISUSE OF PRESCRIPTION PAIN MEDICINE AND STIMULANTS							
Current prescription pain medicine misuse (past 30 days) [†]	2.6	2.7	2.4	2.5	2.5	2.3	3.0
Prescribed prescription pain medicine by a healthcare provider (past 12 months) [†]	23.1	25.4	20.8	25.2	23.3	21.6	22.3
Offered/sold/given prescription pain medicine on school property (past 12 months) [†]	2.6	2.7	2.4	2.5	2.5	2.3	3.0
Lifetime stimulant misuse*	3.8	3.3	4.2	1.7	2.7	3.7	7.3
OTHER SUBSTANCE USE							
Lifetime methamphetamine use	0.9	0.5	1.3	0.5	0.7	1.2	1.1
Lifetime ecstasy use	1.6	1.1	2.0	0.8	1.2	1.7	2.6
Lifetime cocaine use [‡]	1.7	1.2	2.1	0.6	1.2	1.9	3.1
Lifetime heroin use	0.9	0.4	1.3	0.5	0.7	1.0	1.1

* Without a doctor's prescription, such as using someone else's prescription or obtaining the medicine illegally

† Without a doctor's prescription, such as using someone else's prescription or obtaining the medicine illegally. Prescription pain medicine includes opioids like codeine, Vicodin, OxyContin, Hydrocodone, and Percocet

‡ Includes using powder, crack, or freebase

Table 2-5B. Prescription Drug Misuse and Other Substance Use, 2006 - 2018
MetroWest High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	MetroWest Region (%)						
	2006 (16,680)	2008 (20,406)	2010 (23,187)	2012 (24,459)	2014 (24,355)	2016 (24,385)	2018 (24,746)
OVERALL MISUSE OF PRESCRIPTION DRUGS*							
Lifetime prescription drug misuse	11.0	10.1	10.1	8.8	7.3	5.8	4.8
Current prescription drug misuse (past 30 days)	—	5.7	5.7	5.0	4.1	3.2	2.6
MISUSE OF PRESCRIPTION PAIN MEDICINE AND STIMULANTS							
Current prescription pain medicine misuse (past 30 days) [†]	—	—	—	—	—	—	2.6
Prescribed prescription pain medicine by a healthcare provider (past 12 months) [†]	—	—	—	—	—	—	23.1
Offered/sold/given prescription pain medicine on school property (past 12 months) [†]	—	—	—	6.8	5.3	5.1	2.6
Lifetime stimulant misuse*	—	—	—	—	—	5.2	3.8
OTHER SUBSTANCE USE							
Lifetime methamphetamine use	3.8	3.2	3.3	2.9	2.0	1.7	0.9
Lifetime ecstasy use	5.1	5.4	5.7	4.9	3.9	2.7	1.6
Lifetime cocaine use [‡]	6.0	5.3	4.4	3.8	3.2	2.7	1.7
Lifetime heroin use	2.4	2.6	2.2	2.3	1.7	1.4	0.9

* Without a doctor's prescription, such as using someone else's prescription or obtaining the medicine illegally

† Without a doctor's prescription, such as using someone else's prescription or obtaining the medicine illegally. Prescription pain medicine includes opioids like codeine, Vicodin, OxyContin, Hydrocodone, and Percocet. Items on "prescription pain medicine" were added to the 2018 MWAHS to use wording consistent with the CDC YRBS.

‡ Includes using powder, crack, or freebase

Table 3-1A. Violence, Safety-Related Behaviors, and Dating Violence by Sex and Grade, 2018
MetroWest High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	Total (%)	Sex (%)		Grade (%)			
		Female	Male	9 th	10 th	11 th	12 th
	(24,746)	(12,260)	(12,154)	(6,426)	(6,327)	(6,100)	(5,595)
SAFETY							
Didn't go to school because of safety concerns (past 30 days)*	4.6	5.0	4.1	4.4	4.5	4.7	4.8
Concerned a student or someone else might physically hurt someone at school [†]	18.6	20.1	16.9	18.8	19.5	18.8	16.9
Saw posts online that a student or someone else wanted to physically hurt someone at school [†]	10.9	12.1	9.6	11.0	10.9	10.8	10.6
Told an adult at school that a student or someone else might physically hurt someone at school [†]	4.1	4.5	3.5	3.5	3.4	4.5	4.9
Told an adult outside of school that a student or someone else might physically hurt someone at school [†]	6.6	8.4	4.7	5.8	6.7	7.2	6.6
WEAPONS							
Threatened or injured with a weapon (past 12 months) [‡]	5.6	3.9	7.2	6.0	5.2	5.1	5.8
Threatened or injured with a weapon on school property (past 12 months) [‡]	2.9	1.7	4.0	3.0	2.9	2.5	2.9
Carried a weapon (past 30 days) [‡]	5.6	2.4	8.7	4.9	5.1	5.6	6.6
Carried a weapon on school property (past 30 days) [‡]	1.4	0.7	2.0	0.8	1.1	1.5	2.0
Carried a gun (past 30 days) [§]	1.2	0.4	1.9	0.9	1.0	1.3	1.3
PHYSICAL FIGHTING (past 12 months)							
In a physical fight	13.5	6.9	20.1	16.9	12.9	12.0	11.5
In a physical fight on school property	4.0	1.8	6.1	5.1	3.9	3.7	3.0
Injured in a physical fight and received medical treatment	1.9	1.1	2.6	1.7	1.7	1.9	2.2
DATING VIOLENCE (lifetime)							
Not allowed to spend time with friends	12.5	12.7	12.1	9.8	11.3	13.0	16.0
Sworn at, cursed at, or insulted	11.5	13.7	9.1	9.1	9.9	11.9	15.4
Threatened with physical harm	3.2	3.4	2.8	2.2	2.3	3.6	4.8
Physically hurt on purpose	4.4	3.9	4.8	3.0	3.4	4.8	6.5
Forced to have sexual intercourse	3.0	4.0	1.9	1.4	2.5	3.3	4.9
Forced to do other sexual things	5.5	8.7	2.3	3.4	4.9	6.4	7.7

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

† During the past 12 months

‡ For example, a gun, knife, or club

§ Does not include carrying a gun only for hunting or for a sport, such as target shooting

Table 3-1B. Violence, Safety-Related Behaviors, and Dating Violence, 2006 - 2018
MetroWest High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	MetroWest Region (%)						
	2006 (16,680)	2008 (20,406)	2010 (23,187)	2012 (24,459)	2014 (24,355)	2016 (24,385)	2018 (24,746)
SAFETY							
Didn't go to school because of safety concerns (past 30 days)*	3.6	3.7	4.0	4.0	3.5	3.5	4.6
Concerned a student or someone else might physically hurt someone at school [†]	—	—	—	—	21.4	18.3	18.6
Saw posts online that a student or someone else wanted to physically hurt someone at school [†]	—	—	—	—	—	—	10.9
Told an adult at school that a student or someone else might physically hurt someone at school [†]	—	—	—	—	4.0	3.5	4.1
Told an adult outside of school that a student or someone else might physically hurt someone at school [†]	—	—	—	—	5.6	5.1	6.6
WEAPONS							
Threatened or injured with a weapon (past 12 months) [‡]	9.4	8.3	8.3	6.5	5.6	5.5	5.6
Threatened or injured with a weapon on school property (past 12 months) [‡]	5.1	4.6	4.6	3.5	3.1	2.8	2.9
Carried a weapon (past 30 days) [‡]	8.2	7.3	7.3	6.8	6.6	7.6	5.6
Carried a weapon on school property (past 30 days) [‡]	3.3	3.1	3.0	2.5	2.0	1.9	1.4
Carried a gun (past 30 days) [§]	—	—	—	—	—	1.5	1.2
PHYSICAL FIGHTING (past 12 months)							
In a physical fight	26.0	23.9	21.7	16.8	14.1	13.6	13.5
In a physical fight on school property	8.7	8.3	7.4	5.5	4.2	3.9	4.0
Injured in a physical fight and received medical treatment	3.4	3.7	3.4	2.7	2.1	1.9	1.9
DATING VIOLENCE (lifetime)							
Not allowed to spend time with friends	—	—	—	13.9	13.0	12.0	12.5
Sworn at, cursed at, or insulted	—	—	—	14.9	12.3	12.0	11.5
Threatened with physical harm	—	—	—	4.1	3.8	3.5	3.2
Physically hurt on purpose	9.4	9.5	9.3	5.8	5.2	4.3	4.4
Forced to have sexual intercourse	5.6	5.6	5.9	3.7	3.8	3.0	3.0
Forced to do other sexual things	8.3	9.0	9.2	6.7	6.1	5.6	5.5

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

† During the past 12 months

‡ For example, a gun, knife, or club

§ Does not include carrying a gun only for hunting or for a sport, such as target shooting

Table 3-2A. Bullying, Cyberbullying, and Verbal Harassment by Sex and Grade, 2018
MetroWest High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	Total (%)	Sex (%)		Grade (%)			
		Female	Male	9 th	10 th	11 th	12 th
	(24,746)	(12,260)	(12,154)	(6,426)	(6,327)	(6,100)	(5,595)
<i>BULLYING (past 12 months)*</i>							
Been a victim of bullying	22.4	26.2	18.1	26.9	22.4	20.6	18.6
Been a victim of bullying on school property	18.9	21.5	16.0	22.8	19.2	17.6	14.9
Bullied someone else	9.0	7.5	10.3	10.2	8.7	8.2	8.3
Bullied someone else on school property	6.1	4.7	7.4	6.8	6.2	5.5	5.5
Talked to a teacher/adult at school about being bullied	6.9	8.7	4.9	8.2	6.7	6.1	5.9
Talked to a parent/adult outside of school about being bullied	11.6	15.4	7.6	14.3	12.1	10.4	9.2
Saw or heard about another student being bullied at school	43.1	47.1	38.8	46.7	45.0	41.1	38.4
Tried to stop another student from bullying someone else at school	23.2	24.4	21.8	26.6	23.5	21.2	20.6
Told an adult at school that someone was being bullied at school	8.1	10.2	5.8	9.1	7.7	7.8	7.7
Told a parent/adult outside of school that someone was being bullied at school	12.6	17.3	7.6	14.1	13.1	11.9	10.7
<i>CYBERBULLYING (past 12 months) †</i>							
Been a victim of cyberbullying	18.3	22.4	14.1	20.6	18.3	17.9	16.2
Cyberbullied someone else	7.5	7.1	7.7	7.9	7.7	7.2	6.8
Talked to a teacher/adult at school about being cyberbullied	3.3	4.4	2.1	3.1	3.2	3.4	3.5
Talked to a parent/adult outside of school about being cyberbullied	5.8	8.4	3.1	6.3	5.4	5.8	5.7
Saw or heard about another student being cyberbullied	27.6	34.1	20.8	29.1	29.5	26.3	25.0
Tried to stop a student from cyberbullying someone else	12.1	15.1	9.0	14.1	12.2	11.0	10.6
Told an adult at school that someone was being cyberbullied	3.5	4.6	2.3	3.7	3.2	3.1	3.9
Told a parent/adult outside of school that someone was being cyberbullied	6.6	9.8	3.4	6.9	7.0	6.2	6.4
<i>VERBAL HARASSMENT (past 12 months) ‡</i>							
Verbally harassed because of your race, ethnicity, or culture	14.6	13.7	15.4	16.6	14.2	14.1	13.0
Verbally harassed because of your sexual orientation or gender identity	6.2	6.4	5.8	6.8	5.8	6.1	6.0
Verbally harassed because of a disability you have or others think you have	6.5	6.3	6.5	6.5	6.9	6.1	6.2
Verbally harassed because of your height or weight or how you look	24.9	27.2	22.6	30.1	26.2	22.8	19.8

* Defined as when one 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 by others at your school

Table 3-2B. Bullying, Cyberbullying, and Verbal Harassment, 2006 - 2018
MetroWest High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	MetroWest Region (%)						
	2006	2008	2010	2012	2014	2016	2018
	(16,680)	(20,406)	(23,187)	(24,459)	(24,355)	(24,385)	(24,746)
BULLYING (past 12 months)*							
Been a victim of bullying	28.6	29.3	31.8	27.0	23.7	20.8	22.4
Been a victim of bullying on school property	25.5	25.9	28.2	22.9	20.0	17.1	18.9
Bullied someone else	—	26.7	24.9	15.9	10.7	9.4	9.0
Bullied someone else on school property	—	—	—	11.4	7.3	6.2	6.1
Talked to a teacher/adult at school about being bullied	—	—	9.0	8.4	6.8	6.6	6.9
Talked to a parent/adult outside of school about being bullied	—	—	13.7	13.4	11.7	10.6	11.6
Saw or heard about another student being bullied at school	—	—	—	57.5	49.0	45.0	43.1
Tried to stop another student from bullying someone else at school	—	—	—	34.1	28.8	24.3	23.2
Told an adult at school that someone was being bullied at school	—	—	—	10.1	10.0	8.3	8.1
Told a parent/adult outside of school that someone was being bullied at school	—	—	—	15.8	14.4	13.1	12.6
CYBERBULLYING (past 12 months) †							
Been a victim of cyberbullying	14.6	15.8	20.0	21.5	21.2	19.3	18.3
Cyberbullied someone else	10.6	10.7	12.1	10.0	8.7	7.6	7.5
Talked to a teacher/adult at school about being cyberbullied	—	—	3.6	4.2	3.9	3.6	3.3
Talked to a parent/adult outside of school about being cyberbullied	—	—	5.5	6.9	6.7	6.2	5.8
Saw or heard about another student being cyberbullied	—	—	—	41.7	40.6	30.5	27.6
Tried to stop a student from cyberbullying someone else	—	—	—	15.2	15.8	12.2	12.1
Told an adult at school that someone was being cyberbullied	—	—	—	4.4	4.8	3.6	3.5
Told a parent/adult outside of school that someone was being cyberbullied	—	—	—	8.0	8.5	7.1	6.6
VERBAL HARASSMENT (past 12 months) ‡							
Verbally harassed because of your race, ethnicity, or culture	—	—	—	—	—	13.9	14.6
Verbally harassed because of your sexual orientation or gender identity §	—	—	—	—	—	6.2	6.2
Verbally harassed because of a disability you have or others think you have	—	—	—	—	—	5.7	6.5
Verbally harassed because of your height or weight or how you look	—	—	—	—	—	22.6	24.9

* Defined as when one 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 by others at your school

§ In 2018, item included gender identity in addition to sexual orientation

Table 4-1A. Behaviors Related to Unintentional Injury by Sex and Grade, 2018
MetroWest High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	Total (%)	Sex (%)		Grade (%)			
		Female	Male	9 th	10 th	11 th	12 th
	(24,746)	(12,260)	(12,154)	(6,426)	(6,327)	(6,100)	(5,595)
SAFETY-RELATED BEHAVIORS							
Never/rarely wore a helmet when riding a bicycle (past 12 months, among students who rode a bicycle)	49.5	42.9	54.8	41.8	49.6	54.1	55.6
Never/rarely wear a seatbelt when passenger in a car	3.5	2.3	4.6	3.1	3.0	3.6	4.1
DRIVING UNDER THE INFLUENCE (past 30 days)							
Rode in a car with a driver who had been drinking	13.5	13.7	13.1	12.0	13.1	14.0	14.6
Rode in a car driven by a high school student who had been drinking	5.1	4.5	5.7	1.9	3.6	6.2	9.2
Rode in a car driven by a high school student who had been using marijuana	14.1	12.7	15.5	4.3	8.7	17.9	27.2
Drove a car when you had been drinking*	3.9	2.9	4.9	–	–	2.5	5.3
Drove a car when you had been using marijuana*	13.6	9.6	18.0	–	–	9.2	18.1
DISTRACTED DRIVING BY HIGH SCHOOL STUDENTS (past 30 days)							
Rode in a car driven by a high school student who was talking on a mobile phone while driving	31.4	34.0	28.8	17.9	26.9	33.9	48.8
Rode in a car driven by a high school student who was texting, messaging, or emailing while driving	29.8	31.4	28.3	14.7	23.6	34.2	49.1
Drove a car with two or more high school students riding with you*	50.5	51.7	49.3	–	–	31.3	69.8
Drove a car when you or someone else wasn't wearing a seatbelt*	17.7	16.5	18.8	–	–	12.2	23.2
Drove a car while you were talking on a mobile phone*	40.0	42.9	36.9	–	–	26.1	53.9
Drove a car while you were texting, messaging, or emailing*	36.1	36.8	35.5	–	–	22.6	49.8

* Among 11th and 12th grade youth who drove in the past 30 days

Table 4-1B. Behaviors Related to Unintentional Injury, 2006 - 2018
MetroWest High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	MetroWest Region (%)						
	2006 (16,680)	2008 (20,406)	2010 (23,187)	2012 (24,459)	2014 (24,355)	2016 (24,385)	2018 (24,746)
SAFETY-RELATED BEHAVIORS							
Never/rarely wore a helmet when riding a bicycle (past 12 months, among students who rode a bicycle)	60.8	61.4	58.1	54.4	51.0	49.9	49.5
Never/rarely wear a seatbelt when passenger in a car	7.1	6.8	6.0	5.5	4.5	3.7	3.5
DRIVING UNDER THE INFLUENCE (past 30 days)							
Rode in a car with a driver who had been drinking	25.2	25.8	22.5	19.5	16.7	14.1	13.5
Rode in a car driven by a high school student who had been drinking	—	—	—	10.3	8.4	6.5	5.1
Rode in a car driven by a high school student who had been using marijuana	—	—	—	18.0	16.2	14.6	14.1
Drove a car when you had been drinking*	18.6	16.1	13.1	9.1	7.5	5.7	3.9
Drove a car when you had been using marijuana*	—	—	—	16.8	16.5	14.1	13.6
DISTRACTED DRIVING BY HIGH SCHOOL STUDENTS (past 30 days)							
Rode in a car driven by a high school student who was talking on a mobile phone while driving	—	—	—	—	—	—	31.4
Rode in a car driven by a high school student who was texting, messaging, or emailing while driving	—	—	28.5	33.1	30.0	29.2	29.8
Drove a car with two or more high school students riding with you*	—	—	—	—	—	52.5	50.5
Drove a car when you or someone else wasn't wearing a seatbelt*	—	—	—	25.4	22.6	20.7	17.7
Drove a car while you were talking on a mobile phone*	—	—	—	—	—	—	40.0
Drove a car while you were texting, messaging, or emailing*	—	—	43.9	40.9	37.8	36.0	36.1

* Among 11th and 12th grade youth who drove in the past 30 days

Table 5-1A. Stress and Anxiety by Sex and Grade, 2018
MetroWest High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	Total (%)	Sex (%)		Grade (%)			
		Female	Male	9 th	10 th	11 th	12 th
	(24,746)	(12,260)	(12,154)	(6,426)	(6,327)	(6,100)	(5,595)
STRESS							
Life "very" stressful (past 30 days)	36.0	48.3	23.2	25.8	32.6	39.4	47.9
Worry/feel stressed about school issues*	65.5	79.4	51.2	59.5	66.0	69.2	68.1
Worry/feel stressed about social issues*	33.3	42.2	23.9	30.1	32.5	36.1	34.6
Worry/feel stressed about family issues*	25.6	33.4	17.6	21.2	24.7	28.6	28.6
Worry/feel stressed about safety issues*	5.1	6.9	3.2	4.8	5.3	5.3	4.8
Worry/feel stressed about appearance issues*	29.6	43.6	15.1	27.8	29.0	32.2	29.5
Worry/feel stressed about your physical and/or emotional health*	28.5	39.8	16.7	22.3	27.0	32.4	33.2
GENERALIZED ANXIETY (past 2 weeks) [†]							
Feel nervous, anxious, or on edge	34.5	47.3	21.2	29.6	33.1	37.1	38.9
Unable to stop or control worrying	26.8	38.2	14.8	22.5	25.7	28.7	30.6
SYMPTOMS OF BEING STRESSED, ANXIOUS, OR WORRIED (past 2 weeks)*							
Had little interest or pleasure in doing things	17.6	23.6	11.2	14.0	15.9	20.3	20.5
Had trouble falling asleep or staying asleep or slept too much	28.1	38.0	17.6	24.1	26.9	30.5	31.2
Felt tired or had little energy	36.9	49.5	23.7	30.2	35.0	40.6	42.7
Had a poor appetite or ate too much	24.5	34.1	14.3	20.2	21.8	27.6	28.8
Felt bad about yourself or that you were a failure	24.8	33.7	15.3	22.0	23.4	27.1	26.9
Had trouble concentrating in school	25.9	32.7	18.6	22.1	25.9	28.2	27.3
Had trouble concentrating on things outside of school	15.7	21.0	10.0	12.8	15.0	17.3	17.9

* Student responded "often" or "very often"

† Student responded "more than half the days" or "nearly every day"

Table 5-1B. Stress and Anxiety, 2006 - 2018
MetroWest High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	MetroWest Region (%)						
	2006 (16,680)	2008 (20,406)	2010 (23,187)	2012 (24,459)	2014 (24,355)	2016 (24,385)	2018 (24,746)
STRESS							
Life "very" stressful (past 30 days)	27.9	27.9	28.3	28.9	34.9	35.8	36.0
Worry/feel stressed about school issues*	58.0	58.5	57.0	59.8	65.8	66.4	65.5
Worry/feel stressed about social issues*	28.9	30.1	30.3	29.9	31.9	32.7	33.3
Worry/feel stressed about family issues*	26.9	29.3	28.9	27.2	27.7	25.0	25.6
Worry/feel stressed about safety issues*	3.7	3.7	3.8	3.7	4.3	4.5	5.1
Worry/feel stressed about appearance issues*	27.3	27.8	27.4	28.7	30.1	28.9	29.6
Worry/feel stressed about your physical and/or emotional health*	19.8	20.1	20.6	21.6	25.1	24.6	28.5
GENERALIZED ANXIETY (past 2 weeks) [†]							
Feel nervous, anxious, or on edge	—	—	—	—	—	—	34.5
Unable to stop or control worrying	—	—	—	—	—	—	26.8
SYMPTOMS OF BEING STRESSED, ANXIOUS, OR WORRIED (past 2 weeks)*							
Had little interest or pleasure in doing things	—	—	—	—	—	19.1	17.6
Had trouble falling asleep or staying asleep or slept too much	—	—	—	—	—	30.1	28.1
Felt tired or had little energy	—	—	—	—	—	39.6	36.9
Had a poor appetite or ate too much	—	—	—	—	—	25.4	24.5
Felt bad about yourself or that you were a failure	—	—	—	—	—	24.6	24.8
Had trouble concentrating in school	—	—	—	—	—	26.9	25.9
Had trouble concentrating on things outside of school	—	—	—	—	—	16.7	15.7

* Student responded "often" or "very often"

[†] Student responded "more than half the days" or "nearly every day"

Table 5-2A. Mental Health and Suicidality by Sex and Grade, 2018
MetroWest High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	Total (%)	Sex (%)		Grade (%)			
		Female	Male	9 th	10 th	11 th	12 th
	(24,746)	(12,260)	(12,154)	(6,426)	(6,327)	(6,100)	(5,595)
MENTAL HEALTH AND SUICIDALITY (past 12 months)							
Felt sad or hopeless almost every day for two or more weeks	19.7	25.2	13.8	17.8	18.4	21.0	21.8
Hurt or injured yourself on purpose*	13.5	18.5	7.9	14.0	12.7	13.3	13.6
Seriously considered attempting suicide	13.1	16.1	9.8	12.5	12.0	13.8	14.1
Made a plan about attempting suicide	9.5	11.5	7.2	9.7	8.7	9.9	9.5
Attempted suicide	3.9	4.7	3.1	4.0	3.6	3.8	4.2
Made a suicide attempt requiring medical treatment [†]	1.1	1.4	0.8	0.7	1.2	1.2	1.2
CONCERNS ABOUT PEER MENTAL HEALTH (past 12 months)							
Concerned a student at school might physically hurt themselves	42.5	51.7	32.8	41.8	41.7	43.9	42.8
Saw posts online that a student at school might try to hurt themselves	19.7	24.6	14.6	18.5	19.2	21.1	20.2
Told an adult at school a student might hurt themselves	9.0	11.5	6.4	8.4	7.8	9.8	10.3
Told an adult outside of school a student might hurt themselves	15.8	21.7	9.6	14.7	15.2	16.9	16.7
Concerned a student or someone else might physically hurt someone at school	18.6	20.1	16.9	18.8	19.5	18.8	16.9
Saw posts online that a student or someone else wanted to physically hurt someone at school	10.9	12.1	9.6	11.0	10.9	10.8	10.6
Told an adult at school that a student or someone else might physically hurt someone at school	4.1	4.5	3.5	3.5	3.4	4.5	4.9
Told an adult outside of school that a student or someone else might physically hurt someone at school	6.6	8.4	4.7	5.8	6.7	7.2	6.6

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

† Resulting in an injury, poisoning, or overdose that had to be treated by a doctor or nurse

Table 5-2B. Mental Health and Suicidality by Sex and Grade, 2006 - 2018
MetroWest High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	MetroWest Region (%)						
	2006 (16,680)	2008 (20,406)	2010 (23,187)	2012 (24,459)	2014 (24,355)	2016 (24,385)	2018 (24,746)
MENTAL HEALTH AND SUICIDALITY (past 12 months)							
Felt sad or hopeless almost every day for two or more weeks	20.1	20.3	19.1	19.7	22.0	18.1	19.7
Hurt or injured yourself on purpose*	13.2	13.2	14.0	15.6	15.2	12.9	13.5
Seriously considered attempting suicide	10.0	10.5	11.6	13.0	12.9	12.3	13.1
Made a plan about attempting suicide	7.5	7.8	8.6	9.8	10.0	8.9	9.5
Attempted suicide	4.1	4.1	4.0	4.7	4.5	4.0	3.9
Made a suicide attempt requiring medical treatment [†]	1.6	1.5	1.4	1.5	1.3	1.2	1.1
CONCERNS ABOUT PEER MENTAL HEALTH (past 12 months)							
Concerned a student at school might physically hurt themselves	–	–	–	–	47.2	42.7	42.5
Saw posts online that a student at school might try to hurt themselves	–	–	–	–	–	–	19.7
Told an adult at school a student might hurt themselves	–	–	–	–	10.2	9.1	9.0
Told an adult outside of school a student might hurt themselves	–	–	–	–	17.3	16.5	15.8
Concerned a student or someone else might physically hurt someone at school	–	–	–	–	21.4	18.3	18.6
Saw posts online that a student or someone else wanted to physically hurt someone at school	–	–	–	–	–	–	10.9
Told an adult at school that a student or someone else might physically hurt someone at school	–	–	–	–	4.0	3.5	4.1
Told an adult outside of school that a student or someone else might physically hurt someone at school	–	–	–	–	5.6	5.1	6.6

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

† Resulting in an injury, poisoning, or overdose that had to be treated by a doctor or nurse

Table 5-3A. Support for Emotional Challenges or Problems* by Sex and Grade, 2018
MetroWest High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	Total (%)	Sex (%)		Grade (%)			
		Female	Male	9 th	10 th	11 th	12 th
	(24,746)	(12,260)	(12,154)	(6,426)	(6,327)	(6,100)	(5,595)
SOURCES OF SUPPORT FOR HELP WITH EMOTIONAL CHALLENGES OR PROBLEMS (past 12 months) [†]							
School counselor, school therapist, or school psychologist	17.4	23.6	10.9	14.4	15.8	18.9	21.3
School nurse	5.2	7.2	3.0	4.3	4.5	6.1	6.0
Another adult at school, like a teacher or other school staff	13.3	18.1	8.2	8.5	11.3	15.0	19.2
Therapist, psychologist, or other mental health professional outside of school	17.7	23.5	11.5	14.8	17.1	18.4	20.8
Parent, relative, or other adult outside of school	44.3	58.4	29.6	41.0	44.5	45.6	46.7
Friend around the same age	52.7	69.9	34.8	47.6	51.4	55.7	57.0
Coach or club advisor	6.7	8.8	4.4	4.8	6.2	7.4	8.5
Religious or faith leader, including a religious youth group leader or mentor	4.0	4.7	3.4	3.3	4.1	4.7	4.1
Crisis hotline/text line	2.8	4.1	1.4	2.6	2.4	2.8	3.3
Person or group on social media (e.g., Instagram, Facebook, Snapchat)	14.6	18.3	10.6	14.9	14.8	15.3	13.0
BARRIERS TO SEEKING HELP AT SCHOOL FOR EMOTIONAL CHALLENGES OR PROBLEMS [‡]							
I don't know who to go to for help.	15.9	16.7	15.0	18.4	17.1	15.6	11.9
I don't think counseling at school would help.	32.8	36.6	28.6	31.7	33.4	34.4	31.2
I wouldn't have time or wouldn't want to miss class to get help.	45.7	53.1	37.8	45.4	46.4	46.6	44.2
I should handle problems on my own.	38.2	36.2	40.3	37.4	37.4	38.9	39.3
I would be too embarrassed or scared to talk about it.	33.8	40.2	27.0	35.3	34.7	33.6	31.3
A school counselor/therapist might not understand me or the challenges I was having.	34.5	39.9	28.8	35.2	35.2	34.5	32.9
I wouldn't want other students to know I was meeting with a school counselor/therapist.	41.5	44.6	38.2	44.9	42.8	40.3	37.7
I wouldn't want my parent(s)/guardian(s) to know I was meeting with a school counselor/therapist.	25.1	27.9	22.2	26.7	25.0	24.9	23.7
Teachers or other school staff might treat me differently or give me fewer opportunities at school.	23.2	25.8	20.4	27.7	23.5	21.8	19.2
My parents wouldn't want me to get help at school because they would be worried I might be treated differently or given fewer opportunities at school.	10.8	10.9	10.7	12.0	10.4	10.5	10.3

* Emotional challenges or problems include things that make you feel sad, angry, stressed, or anxious, or that may make you have thoughts of hurting yourself

† Student responded having talked with individual/group one or more times

‡ Student responded agree/strongly agree

Table 5-3B. Support for Emotional Challenges or Problems*, 2006 - 2018
MetroWest High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	MetroWest Region (%)						
	2006 (16,680)	2008 (20,406)	2010 (23,187)	2012 (24,459)	2014 (24,355)	2016 (24,385)	2018 (24,746)
SOURCES OF SUPPORT FOR HELP WITH EMOTIONAL CHALLENGES OR PROBLEMS (past 12 months) †							
School counselor, school therapist, or school psychologist	—	—	—	—	—	—	17.4
School nurse	—	—	—	—	—	—	5.2
Another adult at school, like a teacher or other school staff	—	—	—	—	—	—	13.3
Therapist, psychologist, or other mental health professional outside of school	—	—	—	—	—	—	17.7
Parent, relative, or other adult outside of school	—	—	—	—	—	—	44.3
Friend around the same age	—	—	—	—	—	—	52.7
Coach or club advisor	—	—	—	—	—	—	6.7
Religious or faith leader, including a religious youth group leader or mentor	—	—	—	—	—	—	4.0
Crisis hotline/text line	—	—	—	—	—	—	2.8
Person or group on social media (e.g., Instagram, Facebook, Snapchat)	—	—	—	—	—	—	14.6
BARRIERS TO SEEKING HELP AT SCHOOL FOR EMOTIONAL CHALLENGES OR PROBLEMS ‡							
I don't know who to go to for help.	—	—	—	—	—	—	15.9
I don't think counseling at school would help.	—	—	—	—	—	—	32.8
I wouldn't have time or wouldn't want to miss class to get help.	—	—	—	—	—	—	45.7
I should handle problems on my own.	—	—	—	—	—	—	38.2
I would be too embarrassed or scared to talk about it.	—	—	—	—	—	—	33.8
A school counselor/therapist might not understand me or the challenges I was having.	—	—	—	—	—	—	34.5
I wouldn't want other students to know I was meeting with a school counselor/therapist.	—	—	—	—	—	—	41.5
I wouldn't want my parent(s)/guardian(s) to know I was meeting with a school counselor/therapist.	—	—	—	—	—	—	25.1
Teachers or other school staff might treat me differently or give me fewer opportunities at school.	—	—	—	—	—	—	23.2
My parents wouldn't want me to get help at school because they would be worried I might be treated differently or given fewer opportunities at school.	—	—	—	—	—	—	10.8

* Emotional challenges or problems include things that make you feel sad, angry, stressed, or anxious, or that may make you have thoughts of hurting yourself

† Student responded having talked with individual/group one or more times

‡ Student responded agree/strongly agree

Table 6-1A. Sexual Behaviors and Sexting by Sex and Grade, 2018
MetroWest High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	Total (%)	Sex (%)		Grade (%)			
		Female	Male	9 th	10 th	11 th	12 th
	(24,746)	(12,260)	(12,154)	(6,426)	(6,327)	(6,100)	(5,595)
SEXUAL BEHAVIORS							
Ever had sexual intercourse	22.1	20.0	24.1	7.7	14.6	26.3	42.4
Had first sexual intercourse before age 13 years	1.6	0.7	2.5	1.5	1.4	1.7	1.8
Had sexual intercourse with 4 or more people (lifetime)	4.6	3.1	6.0	1.8	2.9	5.2	8.7
Had sexual contact with someone of the same sex (lifetime)	3.7	4.8	2.5	2.2	3.0	4.3	5.3
Currently sexually active (had intercourse in the past 3 months)	17.4	16.3	18.4	5.8	11.4	20.5	34.3
Used alcohol or drugs before sexual intercourse the last time*	21.8	18.6	24.6	18.7	20.4	21.8	22.5
Used a condom during sexual intercourse the last time*	63.9	61.7	66.1	65.3	68.4	68.7	58.9
Used birth control pills during sexual intercourse the last time*	30.1	36.2	24.2	13.4	21.4	27.6	38.2
Been pregnant/gotten someone pregnant (lifetime)	1.2	0.8	1.5	0.7	0.8	1.6	1.6
Been told by a health care provider that you had a sexually transmitted disease (lifetime)	1.1	0.7	1.3	0.8	0.8	1.1	1.5
Had sexual contact against your will (lifetime)	8.6	12.4	4.6	5.8	7.2	9.8	11.9
Been physically forced to have sexual intercourse when you did not want to (lifetime)	3.4	4.4	2.2	2.0	2.6	3.8	5.3
"SEXTING" (past 12 months) [†]							
Felt pressured by a boyfriend/girlfriend/date to send, forward, or post a "sext" of yourself	11.6	17.0	5.9	10.1	11.1	13.1	12.2
Sent, forwarded, or posted a "sext" of yourself	17.7	20.7	14.5	10.8	16.3	20.5	24.0
Someone else sent or posted a "sext" of you	12.5	13.1	11.9	10.3	12.8	13.6	13.5

* Among youth who are currently sexually active (had intercourse in the past 3 months)

[†] Defined as sending or forwarding nude, sexually suggestive, or explicit photos or videos using the Internet, cell phones, or other electronic devices

Table 6-1B. Sexual Behaviors and Sexting, 2006 - 2018
MetroWest High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	MetroWest Region (%)						
	2006 (16,680)	2008 (20,406)	2010 (23,187)	2012 (24,459)	2014 (24,355)	2016 (24,385)	2018 (24,746)
SEXUAL BEHAVIORS							
Ever had sexual intercourse	28.9	29.4	28.3	26.6	24.3	21.9	22.1
Had first sexual intercourse before age 13 years	3.8	3.7	3.3	3.0	2.1	1.8	1.6
Had sexual intercourse with 4 or more people (lifetime)	8.0	8.0	7.6	6.9	5.4	4.8	4.6
Had sexual contact with someone of the same sex (lifetime)	—	—	—	3.3	4.4	3.9	3.7
Currently sexually active (had intercourse in the past 3 months)	22.3	22.9	21.8	20.7	19.1	17.3	17.4
Used alcohol or drugs before sexual intercourse the last time*	26.5	27.8	27.0	29.2	27.7	25.5	21.8
Used a condom during sexual intercourse the last time*	66.6	65.0	63.2	66.3	65.1	62.2	63.9
Used birth control pills during sexual intercourse the last time*	39.1	41.0	24.4	25.0	28.8	30.3	30.1
Been pregnant/gotten someone pregnant (lifetime)	2.9	2.9	2.8	2.5	1.7	1.5	1.2
Been told by a health care provider that you had a sexually transmitted disease (lifetime)	1.6	1.7	1.6	1.5	1.1	1.1	1.1
Had sexual contact against your will (lifetime)	—	—	—	—	—	7.5	8.6
Been physically forced to have sexual intercourse when you did not want to (lifetime)	5.7	5.7	5.5	4.8	4.6	3.4	3.4
"SEXTING" (past 12 months) †							
Felt pressured by a boyfriend/girlfriend/date to send, forward, or post a "sext" of yourself	—	—	—	8.1	9.3	9.1	11.6
Sent, forwarded, or posted a "sext" of yourself	—	—	—	10.7	15.4	18.1	17.7
Someone else sent or posted a "sext" of you	—	—	5.0	3.0	4.1	4.8	12.5

* Among youth who are currently sexually active (had intercourse in the past 3 months)

† Defined as sending or forwarding nude, sexually suggestive, or explicit photos or videos using the Internet, cell phones, or other electronic devices

Table 7-1A. Weight, Nutrition, and Physical Activity by Sex and Grade, 2018
MetroWest High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	Total (%)	Sex (%)		Grade (%)			
		Female	Male	9 th	10 th	11 th	12 th
	(24,746)	(12,260)	(12,154)	(6,426)	(6,327)	(6,100)	(5,595)
WEIGHT PERCEPTION							
Describe self as slightly or very overweight	25.3	28.8	21.5	24.5	23.8	26.5	26.7
Trying to lose weight	39.3	52.8	25.0	38.5	37.5	40.1	41.5
BODY MASS INDEX							
Overweight*	12.5	12.2	12.8	12.9	12.2	12.8	12.0
Obese [†]	8.3	6.0	10.6	8.2	7.8	8.4	8.7
EATING PATTERNS (past 7 days)							
Ate breakfast on all 7 days	40.4	36.3	44.8	43.7	42.4	38.7	36.4
Ate dinner at home with parent(s)/guardian(s) on 5 or more days	68.0	63.9	72.4	75.7	72.3	65.1	57.9
PHYSICAL ACTIVITY							
Participated in vigorous physical activity for at least 20 minutes on 3 or more of the past 7 days [‡]	67.6	63.0	72.5	75.1	69.8	63.5	61.0
Participated in moderate physical activity for at least 60 minutes per day on 5 or more of the past 7 days [§]	50.4	43.6	57.9	58.3	52.4	47.1	43.0
Did exercises to strengthen or tone your muscles (on 3 or more of the past 7 days)**	47.9	40.6	55.6	53.8	48.5	45.1	43.3
Played on one or more sports teams (past 12 months)	65.9	63.9	68.3	71.5	69.5	63.4	58.5

* 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

‡ Includes physical activity 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

**Such as push-ups, sit-ups, or weightlifting

Table 7-1B. Weight, Nutrition, and Physical Activity, 2006 - 2018
MetroWest High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	MetroWest Region (%)						
	2006	2008	2010	2012	2014	2016	2018
	(16,680)	(20,406)	(23,187)	(24,459)	(24,355)	(24,385)	(24,746)
WEIGHT PERCEPTION							
Describe self as slightly or very overweight	25.1	24.5	24.2	26.0	27.1	25.1	25.3
Trying to lose weight	39.3	40.5	39.3	40.4	40.4	38.5	39.3
BODY MASS INDEX							
Overweight*	12.2	12.1	12.1	11.9	12.4	12.8	12.5
Obese [†]	7.7	7.2	7.2	7.2	7.9	8.2	8.3
EATING PATTERNS (past 7 days)							
Ate breakfast on all 7 days	–	–	–	–	47.9	45.8	40.4
Ate dinner at home with parent(s)/guardian(s) on 5 or more days	–	–	–	66.6	70.0	68.7	68.0
PHYSICAL ACTIVITY							
Participated in vigorous physical activity for at least 20 minutes on 3 or more of the past 7 days [‡]	65.1	65.2	67.6	68.5	66.8	68.4	67.6
Participated in moderate physical activity for at least 60 minutes per day on 5 or more of the past 7 days [§]	33.7	33.2	45.3	48.8	47.3	50.6	50.4
Did exercises to strengthen or tone your muscles (on 3 or more of the past 7 days)**	–	–	–	–	–	50.0	47.9
Played on one or more sports teams (past 12 months)	67.8	67.6	67.7	68.4	67.0	66.7	65.9

* 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

‡ Includes physical activity 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

**Such as push-ups, sit-ups, or weightlifting

Table 8-1A. School Attachment and Adult Support by Sex and Grade, 2018
MetroWest High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	Total (%)	Sex (%)		Grade (%)			
		Female	Male	9 th	10 th	11 th	12 th
	(24,746)	(12,260)	(12,154)	(6,426)	(6,327)	(6,100)	(5,595)
SCHOOL ATTACHMENT*							
I feel close to people at school.	72.4	70.4	74.6	74.0	73.4	71.4	70.7
I feel like I am part of this school.	66.8	63.6	70.5	68.8	67.9	65.4	65.1
I am happy to be at this school.	62.6	58.2	67.4	68.6	62.6	58.6	60.2
The teachers at this school treat students fairly.	59.1	55.7	62.9	64.8	56.7	55.1	60.0
I feel safe in my school.	73.7	70.8	77.1	75.0	72.1	72.5	75.9
ADULT SUPPORT AT SCHOOL							
Have at least one teacher/adult at school to talk to if you have a problem	75.1	77.3	73.0	67.6	72.5	78.2	83.3
Talked to a teacher/adult at school about a personal problem [†]	33.6	41.2	25.9	26.6	30.1	36.2	42.8
Talked to a teacher/adult at school about being bullied [†]	6.9	8.7	4.9	8.2	6.7	6.1	5.9
Talked to a teacher/adult at school about being cyberbullied [†]	3.3	4.4	2.1	3.1	3.2	3.4	3.5
Wanted to talk to a school counselor, school therapist, or school psychologist about emotional challenges or problems [†]	19.3	27.0	11.1	15.8	18.7	21.3	21.8
Talked with a school counselor, school therapist, or school psychologist about emotional challenges or problems [†]	17.4	23.6	10.9	14.4	15.8	18.9	21.3
Talked with a school nurse about emotional challenges or problems [†]	5.2	7.2	3.0	4.3	4.5	6.1	6.0
Talked with a teacher or other school staff about emotional challenges or problems [†]	13.3	18.1	8.2	8.5	11.3	15.0	19.2
ADULT SUPPORT OUTSIDE OF SCHOOL							
Ate dinner at home with parent(s)/guardian(s) 5 or more days (past 7 days)	68.0	63.9	72.4	75.7	72.3	65.1	57.9
Have at least one parent/adult outside of school to talk to about things that are important	90.5	91.1	90.1	90.5	90.8	90.0	91.0
Talked to a parent/adult outside of school about being bullied [†]	11.6	15.4	7.6	14.3	12.1	10.4	9.2
Talked to a parent/adult outside of school about being cyberbullied [†]	5.8	8.4	3.1	6.3	5.4	5.8	5.7
Talked with a parent, relative, or other adult outside of school about emotional challenges or problems [†]	44.3	58.4	29.6	41.0	44.5	45.6	46.7
Talked with a therapist, psychologist, or other mental health professional outside of school about emotional challenges or problems [†]	17.7	23.5	11.5	14.8	17.1	18.4	20.8

* Answered either "agree" or "strongly agree"

† During the past 12 months

Table 8-1B. School Attachment, Adult Support, and Peer Support, 2006 - 2018
MetroWest High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	MetroWest Region (%)						
	2006 (16,680)	2008 (20,406)	2010 (23,187)	2012 (24,459)	2014 (24,355)	2016 (24,385)	2018 (24,746)
SCHOOL ATTACHMENT*							
I feel close to people at school.	70.3	74.9	73.2	70.8	71.9	73.6	72.4
I feel like I am part of this school.	70.9	72.3	71.7	70.6	69.4	71.0	66.8
I am happy to be at this school.	70.5	70.5	70.2	69.5	68.2	68.8	62.6
The teachers at this school treat students fairly.	61.1	61.3	61.8	64.4	62.6	65.9	59.1
I feel safe in my school.	82.2	81.0	82.8	84.5	82.8	83.3	73.7
ADULT SUPPORT AT SCHOOL							
Have at least one teacher/adult at school to talk to if you have a problem	66.3	67.1	67.0	69.4	71.0	74.9	75.1
Talked to a teacher/adult at school about a personal problem [†]	—	—	30.1	29.4	28.6	29.3	33.6
Talked to a teacher/adult at school about being bullied [†]	—	—	9.0	8.4	6.8	6.6	6.9
Talked to a teacher/adult at school about being cyberbullied [†]	—	—	3.6	4.2	3.9	3.6	3.3
Wanted to talk to a school counselor, school therapist, or school psychologist about emotional challenges or problems [†]	—	—	—	—	—	—	19.3
Talked with a school counselor, school therapist, or school psychologist about emotional challenges or problems [†]	—	—	—	—	—	—	17.4
Talked with a school nurse about emotional challenges or problems [†]	—	—	—	—	—	—	5.2
Talked with a teacher or other school staff about emotional challenges or problems [†]	—	—	—	—	—	—	13.3
ADULT SUPPORT OUTSIDE OF SCHOOL							
Ate dinner at home with parent(s)/guardian(s) on 5 or more days (past 7 days)	—	—	—	66.6	70.0	68.7	68.0
Have at least one parent/adult outside of school to talk to about things that are important	88.1	88.2	87.9	89.0	89.7	91.0	90.5
Talked to a parent/adult outside of school about being bullied [†]	—	—	13.7	13.4	11.7	10.6	11.6
Talked to a parent/adult outside of school about being cyberbullied [†]	—	—	5.5	6.9	6.7	6.2	5.8
Talked with a parent, relative, or other adult outside of school about emotional challenges or problems [†]	—	—	—	—	—	—	44.3
Talked with a therapist, psychologist, or other mental health professional outside of school about emotional challenges or problems [†]	—	—	—	—	—	—	17.7

* Answered either "agree" or "strongly agree"

† During the past 12 months

Table 8-2A. Peer Support, Isolation, and Anger by Sex and Grade, 2018
MetroWest High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	Total (%)	Sex (%)		Grade (%)			
		Female	Male	9 th	10 th	11 th	12 th
	(24,746)	(12,260)	(12,154)	(6,426)	(6,327)	(6,100)	(5,595)
PEER SUPPORT, ISOLATION, AND ANGER*							
Feel you have a friend you can talk to about a personal problem	71.5	77.1	65.7	69.7	72.1	71.4	73.1
Feel you are part of a group of friends	71.3	69.7	73.2	73.8	72.2	70.9	68.0
Feel lonely	23.3	27.4	18.7	20.9	21.3	25.5	25.6
Feel you have a lot in common with the people around you	59.9	59.9	60.3	62.0	61.0	59.0	57.6
Feel there are people who really know you and understand you	59.5	61.8	57.2	60.6	60.3	59.1	57.9
Feel left out and excluded by others	15.2	18.0	12.1	14.6	13.9	15.8	16.5
Get angry for no good reason	15.6	17.6	13.3	14.6	14.7	16.2	16.7
Have trouble controlling your temper	10.9	11.0	10.8	10.5	10.4	11.6	10.9
Feel you have gotten a raw deal out of life	13.4	14.7	12.0	11.8	12.7	14.8	14.2
Get into arguments when people disagree with you	14.2	11.9	16.6	14.6	14.1	13.7	14.2
Physically threaten the people you know	2.6	1.5	3.8	2.6	2.5	2.6	2.8

* Answered either "often" or "very often"

Table 8-2B. Peer Support, Isolation, and Anger, 2006 - 2018
MetroWest High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	MetroWest Region (%)						
	2006	2008	2010	2012	2014	2016	2018
	(16,680)	(20,406)	(23,187)	(24,459)	(24,355)	(24,385)	(24,746)
PEER SUPPORT, ISOLATION, AND ANGER*							
Feel you have a friend you can talk to about a personal problem	—	—	—	71.9	71.2	71.8	71.5
Feel you are part of a group of friends	—	—	—	77.0	73.5	73.7	71.3
Feel lonely	—	—	—	12.3	15.3	14.3	23.3
Feel you have a lot in common with the people around you	—	—	—	—	—	—	59.9
Feel there are people who really know you and understand you	—	—	—	—	—	—	59.5
Feel left out and excluded by others	—	—	—	—	—	—	15.2
Get angry for no good reason	—	—	—	—	—	—	15.6
Have trouble controlling your temper	—	—	—	—	—	—	10.9
Feel you have gotten a raw deal out of life	—	—	—	—	—	—	13.4
Get into arguments when people disagree with you	—	—	—	—	—	—	14.2
Physically threaten the people you know	—	—	—	—	—	—	2.6

* Answered either "often" or "very often"

Table 9-1A. Risk Behaviors on School Property by Sex and Grade, 2018
MetroWest High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	Total (%)	Sex (%)		Grade (%)			
		Female	Male	9 th	10 th	11 th	12 th
	(24,746)	(12,260)	(12,154)	(6,426)	(6,327)	(6,100)	(5,595)
<i>SUBSTANCE USE ON SCHOOL PROPERTY (past 30 days)</i>							
Used electronic vapor products on school property	12.1	11.2	13.0	6.4	10.8	15.4	16.2
Used alcohol on school property	1.5	1.3	1.8	0.7	1.2	1.9	2.3
Used marijuana on school property	5.6	3.9	7.2	2.5	4.8	7.1	8.2
<i>DRUG AVAILABILITY ON SCHOOL PROPERTY (past 12 months)</i>							
Offered, sold, or given marijuana on school property	13.1	11.3	14.8	8.7	13.0	16.1	14.7
Offered, sold, or given prescription pain medicine on school property	3.3	3.1	3.4	2.9	3.1	3.4	3.7
<i>SAFETY, WEAPONS, AND VIOLENCE AT SCHOOL</i>							
Didn't go to school because of safety concerns (past 30 days)*	4.6	5.0	4.1	4.4	4.5	4.7	4.8
Threatened or injured with a weapon on school property (past 12 months) [†]	2.9	1.7	4.0	3.0	2.9	2.5	2.9
Carried a weapon on school property (past 30 days) [†]	1.4	0.7	2.0	0.8	1.1	1.5	2.0
In a physical fight on school property (past 12 months)	4.0	1.8	6.1	5.1	3.9	3.7	3.0
Been bullied on school property (past 12 months) [‡]	18.9	21.5	16.0	22.8	19.2	17.6	14.9
Bullied someone else on school property (past 12 months) [‡]	6.1	4.7	7.4	6.8	6.2	5.5	5.5

* 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 one or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

Table 9-1B. Risk Behaviors on School Property, 2006 - 2018
MetroWest High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	MetroWest Region (%)						
	2006	2008	2010	2012	2014	2016	2018
	(16,680)	(20,406)	(23,187)	(24,459)	(24,355)	(24,385)	(24,746)
<i>SUBSTANCE USE ON SCHOOL PROPERTY (past 30 days)</i>							
Used electronic vapor products on school property	—	—	—	—	—	—	12.1
Used alcohol on school property	4.8	4.0	3.3	3.6	2.8	2.7	1.5
Used marijuana on school property	4.4	5.2	6.0	5.0	4.3	3.4	5.6
<i>DRUG AVAILABILITY ON SCHOOL PROPERTY (past 12 months)</i>							
Offered, sold, or given marijuana on school property	—	—	—	17.4	14.8	11.0	13.1
Offered, sold, or given prescription pain medicine on school property	—	—	—	—	—	—	3.3
<i>SAFETY, WEAPONS, AND VIOLENCE AT SCHOOL</i>							
Didn't go to school because of safety concerns (past 30 days)*	3.6	3.7	4.0	4.0	3.5	3.5	4.6
Threatened or injured with a weapon on school property (past 12 months) [†]	5.1	4.6	4.6	3.5	3.1	2.8	2.9
Carried a weapon on school property (past 30 days) [†]	3.3	3.1	3.0	2.5	2.0	1.9	1.4
In a physical fight on school property (past 12 months)	8.7	8.3	7.4	5.5	4.2	3.9	4.0
Been bullied on school property (past 12 months) [‡]	25.5	25.9	28.2	22.9	20.0	17.1	18.9
Bullied someone else on school property (past 12 months) [‡]	—	—	—	11.4	7.3	6.2	6.1

* 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 one or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

Table 10-1A. Sociodemographics, General Health, and Student Use of Time by Sex and Grade, 2018
MetroWest High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	Total (%)	Sex (%)		Grade (%)			
		Female	Male	9 th	10 th	11 th	12 th
	(24,746)	(12,260)	(12,154)	(6,426)	(6,327)	(6,100)	(5,595)
SOCIODEMOGRAPHICS							
Identify as gay/lesbian, bisexual, or not sure	13.9	18.4	8.7	13.0	13.4	14.9	14.0
Identify as transgender	1.4	1.6	1.0	1.3	1.1	1.6	1.5
Have any physical disabilities or long-term health problems*	10.5	12.2	8.7	9.9	10.0	10.8	11.4
Have any long-term learning disabilities*	11.2	10.3	12.0	9.1	10.6	12.3	12.9
Have an Individualized Education Program (IEP)	16.9	14.4	19.4	15.6	17.7	17.4	16.4
Report that other students at school would consider them to have a long-term learning disability, physical disability, or physical health problem	7.1	7.1	7.1	6.2	6.9	7.7	7.7
Cannot participate in one or more school or extracurricular activities because of a long-term learning disability, physical disability, or physical health problem	3.7	4.0	3.4	2.9	3.8	3.8	4.4
Eligible to receive a free or reduced-price lunch at school	15.4	16.0	14.8	14.9	15.3	15.7	16.0
GENERAL HEALTH AND SLEEP							
Describes general health as very good/excellent	68.7	65.7	71.9	72.0	70.1	65.9	66.5
Sleeps 8 or more hours on an average school night	24.2	20.5	28.2	34.1	26.1	19.1	16.3
STUDENT ACTIVITIES AND USE OF TIME							
Absent from school on 3 or more days (past 30 days)	12.1	12.6	11.2	8.4	10.7	12.0	17.6
Spend 3 or more hours online [†]	65.2	68.2	61.9	63.1	65.9	64.7	67.1
Spend 3 or more hours on social media sites [†]	28.5	34.2	22.5	26.0	28.4	29.7	30.2
Spend 3 or more hours gaming ^{†,‡}	12.3	3.3	21.9	14.0	13.3	10.9	10.7
Spend 3 or more hours on homework/studying outside of school [†]	34.5	45.4	23.1	27.8	33.8	40.3	37.0
Spend 3 or more hours on extracurricular activities outside of school [†]	30.5	31.7	29.3	28.5	29.1	31.3	33.5
Spend 3 or more hours on "screen time" that is not for school work/homework ^{†,§}	45.8	43.6	48.1	46.2	46.3	45.1	45.5
Participated in volunteer or community service activities on 3 or more days (past 12 months)	66.2	72.4	59.7	60.8	66.6	68.8	69.5

* Long-term means 6 months or more

† On an average school day

‡ Playing online or video games

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

Table 10-1B. Sociodemographics, General Health, and Student Use of Time, 2006 - 2018
MetroWest High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	MetroWest Region (%)						
	2006 (16,680)	2008 (20,406)	2010 (23,187)	2012 (24,459)	2014 (24,355)	2016 (24,385)	2018 (24,746)
SOCIODEMOGRAPHICS							
Identify as gay/lesbian, bisexual, or not sure	6.1	6.3	7.4	8.3	10.3	13.0	13.9
Identify as transgender	—	—	—	—	—	1.5	1.4
Have any physical disabilities or long-term health problems*	—	—	—	10.2	11.2	11.2	10.5
Have any long-term learning disabilities*	—	—	—	8.6	9.8	10.4	11.2
Have an Individualized Education Program (IEP)	—	—	—	—	15.4	16.7	16.9
Report that other students at school would consider them to have a long-term learning disability, physical disability, or physical health problem	—	—	—	—	—	—	7.1
Cannot participate in one or more school or extracurricular activities because of a long-term learning disability, physical disability, or physical health problem	—	—	—	—	—	—	3.7
Eligible to receive a free or reduced-price lunch at school	—	—	—	—	16.1	16.8	15.4
GENERAL HEALTH AND SLEEP							
Describes general health as very good/excellent	72.6	72.3	71.7	73.1	72.4	71.5	68.7
Sleeps 8 or more hours on an average school night	—	—	—	—	29.2	26.7	24.2
STUDENT ACTIVITIES AND USE OF TIME							
Absent from school on 3 or more days (past 30 days)	—	—	—	—	11.9	11.0	12.1
Spend 3 or more hours online [†]	—	—	28.8	35.9	48.7	58.5	65.2
Spend 3 or more hours on social media sites [†]	—	—	—	—	—	28.5	28.5
Spend 3 or more hours gaming ^{†,‡}	—	—	—	—	—	—	12.3
Spend 3 or more hours on homework/studying outside of school [†]	—	—	—	—	40.4	40.3	34.5
Spend 3 or more hours on extracurricular activities outside of school [†]	—	—	—	—	28.2	25.5	30.5
Spend 3 or more hours on "screen time" that is not for school work/homework ^{†,§}	—	—	—	38.7	37.0	38.9	45.8
Participated in volunteer or community service activities on 3 or more days (past 12 months)	—	—	—	—	—	67.3	66.2

* Long-term means 6 months or more

† On an average school day

‡ Playing online or video games

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

Table 10-2A. Online, Social Media, and Gaming Behaviors by Sex and Grade, 2018
MetroWest High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	Total (%)	Sex (%)		Grade (%)			
		Female	Male	9 th	10 th	11 th	12 th
	(24,746)	(12,260)	(12,154)	(6,426)	(6,327)	(6,100)	(5,595)
ONLINE BEHAVIORS							
Spend 3 or more hours online (average school day)	65.2	68.2	61.9	63.1	65.9	64.7	67.1
Spend 3 or more hours on social media sites (average school day)	28.5	34.2	22.5	26.0	28.4	29.7	30.2
Posted 3 or more messages or photos/videos on your social media profile (past 7 days)*	25.8	29.8	21.3	26.3	26.0	26.1	24.7
Spend 3 or more hours gaming (average school day) [†]	12.3	3.3	21.9	14.0	13.3	10.9	10.7
SOCIAL MEDIA USE[‡]							
I spend a lot of time thinking about social media or planning how to use it.	7.0	9.0	4.8	7.0	6.8	7.2	7.1
I feel an urge to use social media more and more.	7.8	10.3	5.1	7.6	7.8	7.5	8.2
I use social media in order to forget about personal problems.	9.9	13.0	6.5	9.5	9.8	10.2	9.8
I have tried to cut down on my social media use without success.	9.3	12.7	5.6	8.6	9.6	9.9	9.0
I become restless or troubled if I am prohibited from using social media.	6.4	8.3	4.2	5.7	6.3	7.0	6.3
I use social media so much that it has a negative impact on school, work, sports, or other important activities.	4.3	5.0	3.5	3.5	4.3	4.8	4.4
GAMING BEHAVIORS (past 6 months)[‡]							
Thought about playing a game all day long	7.6	1.7	13.7	8.5	7.9	7.2	6.7
Spent increasing amounts of time on games	8.3	1.9	14.9	9.9	8.5	7.8	6.8
Played games to forget about real life	7.0	2.8	11.4	7.5	7.1	6.5	6.9
Others unsuccessfully tried to reduce your game use	4.2	1.0	7.4	5.2	4.3	3.7	3.2
Felt bad when you were unable to play games	3.8	1.1	6.6	4.9	4.1	3.0	2.9
Had fights with others (e.g., family, friends) over your time spent on games	2.7	0.7	4.6	3.5	2.6	2.6	1.7
Neglected other important activities (e.g., school, work, sports) to play games	3.3	0.9	5.8	3.6	3.2	3.4	3.1

* Among students who use social media

† Playing online or video games

‡ Student responded "often" or "very often"

Table 10-2B. Online, Social Media, and Gaming Behaviors, 2006 - 2018
MetroWest High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	MetroWest Region (%)						
	2006 (16,680)	2008 (20,406)	2010 (23,187)	2012 (24,459)	2014 (24,355)	2016 (24,385)	2018 (24,746)
ONLINE BEHAVIORS							
Spend 3 or more hours online (average school day)	—	—	28.8	35.9	48.7	58.5	65.2
Spend 3 or more hours on social media sites (average school day)	—	—	—	—	—	28.5	28.5
Posted 3 or more messages or photos/videos on your social media profile (past 7 days)*	—	—	—	—	—	24.8	25.8
Spend 3 or more hours gaming (average school day) [†]	—	—	—	—	—	—	12.3
SOCIAL MEDIA USE[‡]							
I spend a lot of time thinking about social media or planning how to use it.	—	—	—	—	—	—	7.0
I feel an urge to use social media more and more.	—	—	—	—	—	—	7.8
I use social media in order to forget about personal problems.	—	—	—	—	—	—	9.9
I have tried to cut down on my social media use without success.	—	—	—	—	—	—	9.3
I become restless or troubled if I am prohibited from using social media.	—	—	—	—	—	—	6.4
I use social media so much that it has a negative impact on school, work, sports, or other important activities.	—	—	—	—	—	—	4.3
GAMING BEHAVIORS (past 6 months)[‡]							
Thought about playing a game all day long	—	—	—	—	—	—	7.6
Spent increasing amounts of time on games	—	—	—	—	—	—	8.3
Played games to forget about real life	—	—	—	—	—	—	7.0
Others unsuccessfully tried to reduce your game use	—	—	—	—	—	—	4.2
Felt bad when you were unable to play games	—	—	—	—	—	—	3.8
Had fights with others (e.g., family, friends) over your time spent on games	—	—	—	—	—	—	2.7
Neglected other important activities (e.g., school, work, sports) to play games	—	—	—	—	—	—	3.3

* Among students who use social media

† Playing online or video games

‡ Student responded "often" or "very often"

Table 10-3A. Attitudes and Experiences Related to Social Media Use by Sex and Grade, 2018
MetroWest High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	Total (%)	Sex (%)		Grade (%)			
		Female	Male	9 th	10 th	11 th	12 th
	(24,746)	(12,260)	(12,154)	(6,426)	(6,327)	(6,100)	(5,595)
ATTITUDES AND EXPERIENCES RELATED TO SOCIAL MEDIA USE*							
I feel more connected to peers because of social media.	60.3	60.6	60.0	61.7	61.5	60.5	57.3
I feel pressure to post things that will be popular and get a lot of comments or "likes."	24.8	33.7	14.8	22.0	25.0	25.9	26.4
I feel badly about myself, excluded, or left out when I see what others post on social media.	24.8	32.4	16.2	22.9	24.8	25.0	26.6
I have gotten support on social media when I've been going through a tough or challenging time.	31.0	35.6	25.6	32.0	31.4	31.4	28.8
Social media keeps me from doing other things that are important, like homework or family responsibilities.	32.4	37.3	26.7	27.5	32.6	35.3	34.2
Being on social media helps me feel better about myself.	21.1	20.7	21.5	23.4	22.1	20.5	17.9
I spend too much time on social media.	43.3	52.7	32.8	39.8	42.5	45.8	45.6
I have found people who share the same hobbies and interests as me on social media.	54.3	53.8	54.8	55.2	55.8	54.4	51.2
Social media has hurt my relationships with friends, peers, or students at my school.	11.5	12.6	10.1	11.6	11.9	11.6	10.7
I have spoken up or taken action on social media about issues that are important to me.	24.9	29.4	19.5	22.7	24.2	26.0	26.7
I have had serious conflicts with my parents or other members of my family because of my social media use.	10.5	11.8	8.9	11.5	11.2	10.1	8.7

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

Table 10-3B. Attitudes and Experiences Related to Social Media Use, 2006 - 2018
MetroWest High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	MetroWest Region (%)						
	2006 (16,680)	2008 (20,406)	2010 (23,187)	2012 (24,459)	2014 (24,355)	2016 (24,385)	2018 (24,746)
ATTITUDES AND EXPERIENCES RELATED TO SOCIAL MEDIA USE*							
I feel more connected to peers because of social media.	—	—	—	—	—	64.7	60.3
I feel pressure to post things that will be popular and get a lot of comments or "likes."	—	—	—	—	—	26.1	24.8
I feel badly about myself, excluded, or left out when I see what others post on social media.	—	—	—	—	—	23.7	24.8
I have gotten support on social media when I've been going through a tough or challenging time.	—	—	—	—	—	29.9	31.0
Social media keeps me from doing other things that are important, like homework or family responsibilities.	—	—	—	—	—	32.8	32.4
Being on social media helps me feel better about myself.	—	—	—	—	—	22.4	21.1
I spend too much time on social media.	—	—	—	—	—	42.0	43.3
I have found people who share the same hobbies and interests as me on social media.	—	—	—	—	—	—	54.3
Social media has hurt my relationships with friends, peers, or students at my school.	—	—	—	—	—	—	11.5
I have spoken up or taken action on social media about issues that are important to me.	—	—	—	—	—	—	24.9
I have had serious conflicts with my parents or other members of my family because of my social media use.	—	—	—	—	—	—	10.5

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

Appendix 3

Optional Questions

High School Optional Questions by Gender and Grade, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	Total (%)	Sex (%)		Grade (%)			
	(799)	Female (386)	Male (405)	9 th (192)	10 th (223)	11 th (195)	12 th (182)
149a. 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	3.1	2.8	3.3	2.4	3.6	2.8	3.4
Slight risk	3.5	2.0	4.7	4.1	3.6	3.9	2.3
Moderate risk	12.8	12.0	13.2	20.0	12.4	11.7	6.3
Great risk	80.7	83.2	78.9	73.5	80.3	81.7	87.9
149b. 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	3.8	2.6	5.0	2.9	5.7	2.8	3.5
Slight risk	13.0	8.8	16.8	18.2	10.4	11.7	12.2
Moderate risk	34.7	31.6	37.7	35.3	35.2	31.1	37.2
Great risk	48.5	57.0	40.5	43.5	48.7	54.4	47.1
149c. How much do you think people risk harming themselves (physically or in other ways) if they have five or more drinks of an alcoholic beverage once or twice a week?							
No risk	3.2	2.8	3.6	2.9	5.1	1.7	2.9
Slight risk	9.3	5.9	12.3	9.9	9.2	10.0	8.0
Moderate risk	30.3	26.3	33.9	32.2	30.3	27.8	30.5
Great risk	57.2	64.9	50.3	55.0	55.4	60.6	58.6
149d. 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	1.8	1.7	1.9	1.8	2.6	1.1	1.7
Slight risk	2.8	1.7	3.6	2.9	2.1	3.4	2.9
Moderate risk	16.5	14.0	18.7	18.2	16.7	15.6	15.0
Great risk	78.9	82.6	75.8	77.1	78.6	79.9	80.3
150a. How wrong do your parents feel it would be for you to smoke tobacco?							
Not at all wrong	0.8	0.0	1.6	0.6	0.0	1.1	1.7
A little bit wrong	2.6	2.3	3.0	1.2	2.6	2.7	4.0
Wrong	13.9	13.0	14.2	12.4	13.4	9.3	19.5
Very wrong	82.7	84.7	81.1	85.9	84.0	86.8	74.7
150b. 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	1.1	0.6	1.6	0.6	1.0	1.1	1.7
A little bit wrong	3.3	3.7	3.0	5.3	1.5	2.8	4.0
Wrong	17.2	13.9	20.5	20.0	16.0	13.3	20.1
Very wrong	78.4	81.9	74.8	74.1	81.4	82.9	74.1

High School Optional Questions by Gender and Grade, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	Total (%)	Sex (%)		Grade (%)			
	(799)	Female (386)	Male (405)	9 th (192)	10 th (223)	11 th (195)	12 th (182)
150c. How wrong do your parents feel it would be for you to smoke marijuana?							
Not at all wrong	3.5	3.4	3.5	1.2	4.1	3.3	5.1
A little bit wrong	9.8	8.5	10.9	8.8	5.7	8.8	16.0
Wrong	19.2	17.8	20.4	11.8	17.5	21.4	25.7
Very wrong	67.5	70.3	65.1	78.2	72.7	66.5	53.1
150d. How wrong do your parents feel it would be for you to use prescription drugs not prescribed to you?							
Not at all wrong	0.8	0.3	1.4	0.6	1.0	0.6	1.1
A little bit wrong	1.4	1.7	1.1	1.8	1.0	1.7	1.1
Wrong	6.4	6.8	5.8	5.9	5.2	4.4	9.8
Very wrong	91.4	91.2	91.8	91.8	92.8	93.3	87.9
151a. How wrong do your friends feel it would be for you to smoke tobacco?							
Not at all wrong	5.3	2.0	8.2	2.4	4.1	6.7	7.4
A little bit wrong	15.4	13.4	17.5	12.4	13.4	18.3	17.7
Wrong	34.4	35.9	32.8	40.2	39.2	26.7	31.4
Very wrong	44.9	48.7	41.5	45.0	43.3	48.3	43.4
151b. 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	4.3	2.6	6.0	3.6	2.1	6.7	5.2
A little bit wrong	17.7	14.2	21.2	16.0	20.6	14.5	19.5
Wrong	36.4	34.8	37.4	39.6	38.1	32.4	34.5
Very wrong	41.6	48.4	35.4	40.8	39.2	46.4	40.8
151c. How wrong do your friends feel it would be for you to smoke marijuana?							
Not at all wrong	28.3	25.1	31.1	13.0	24.7	34.4	40.0
A little bit wrong	22.6	18.5	26.8	14.8	24.7	25.6	25.1
Wrong	23.1	23.6	22.4	31.4	26.8	17.8	16.6
Very wrong	26.0	32.8	19.7	40.8	23.7	22.2	18.3
151d. How wrong do your friends feel it would be for you to use prescription drugs not prescribed to you?							
Not at all wrong	2.6	1.4	3.9	2.4	1.5	3.9	2.9
A little bit wrong	9.3	8.3	10.2	5.9	7.7	9.5	13.9
Wrong	28.2	26.5	29.8	30.8	30.4	24.0	27.7
Very wrong	59.8	63.8	56.2	60.9	60.3	62.6	55.5

High School Optional Questions by Gender and Grade, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	Total (%)	Sex (%)		Grade (%)			
		Female	Male	9 th	10 th	11 th	12 th
	(799)	(386)	(405)	(192)	(223)	(195)	(182)
152. During the past 30 days, how many times did you “pre-game” (drink alcohol before going to any event or party at which alcohol would not be available)?							
0 times	78.4	73.9	82.7	95.9	80.3	67.4	70.3
1 or 2 times	16.5	18.1	15.1	2.9	15.0	25.8	22.1
3 to 9 times	4.5	7.5	1.4	1.2	3.6	5.6	7.0
10 to 19 times	0.3	0.3	0.3	0.0	0.5	0.6	0.0
20 or more times	0.4	0.3	0.5	0.0	0.5	0.6	0.6
153. How wrong do your parents feel it would be for you to use e-cigarettes or other electronic vapor products?							
Not at all wrong	1.4	0.9	1.9	0.6	0.5	1.7	2.9
A little bit wrong	6.2	4.3	7.7	4.7	5.3	5.6	8.7
Wrong	25.2	25.8	24.9	19.3	26.3	23.6	32.0
Very wrong	67.2	69.0	65.5	75.4	67.9	69.1	56.4
154. How wrong do your friends feel it would be for you to use e-cigarettes or other electronic vapor products?							
Not at all wrong	31.9	31.7	31.6	19.5	33.2	36.5	36.6
A little bit wrong	26.7	25.9	27.7	20.7	24.2	31.5	30.8
Wrong	18.8	18.6	19.0	23.7	23.2	13.5	15.1
Very wrong	22.6	23.8	21.7	36.1	19.5	18.5	17.4
155a. During the past 12 months, how many times did you receive a nude, semi-nude, or sexually suggestive photo/video of someone you know?							
0 times	69.2	71.0	67.6	70.8	68.3	63.4	75.0
1 time	10.4	10.7	10.2	12.3	10.1	12.6	7.0
2 times	6.2	6.1	6.1	7.0	8.5	4.6	4.1
3 or more times	14.2	12.2	16.1	9.9	13.2	19.4	14.0
155b. During the past 12 months, how many times did you send, forward, or post a nude, semi-nude, or sexually suggestive photo of someone you know?							
0 times	90.7	91.5	89.9	91.6	92.0	89.6	89.5
1 time	2.4	1.5	3.4	1.8	3.2	1.7	2.9
2 times	2.6	3.2	2.0	3.0	2.7	3.5	1.2
3 or more times	4.3	3.8	4.8	3.6	2.1	5.2	6.4

High School Optional Questions by Gender and Grade, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	Total (%)	Sex (%)		Grade (%)			
		Female	Male	9 th	10 th	11 th	12 th
	(799)	(386)	(405)	(192)	(223)	(195)	(182)
156a. During the past 30 days, how often did you worry or feel stressed about getting good grades?							
Never or hardly ever	5.4	1.8	8.9	6.5	3.2	4.6	7.7
Rarely	5.3	2.6	7.5	3.5	5.9	5.2	5.9
Sometimes	18.0	10.5	25.4	18.2	17.0	19.0	18.3
Often	32.7	32.5	33.0	31.8	35.6	31.6	31.4
Very often	38.6	52.6	25.1	40.0	38.3	39.7	36.7
156b. During the past 30 days, how often did you worry or feel stressed about being able to finish all of your work and study enough for tests?							
Never or hardly ever	7.5	1.5	13.4	9.5	3.7	6.3	11.2
Rarely	10.8	7.0	14.3	8.9	9.6	10.9	13.6
Sometimes	17.4	12.9	21.8	17.2	18.1	16.1	18.3
Often	29.9	29.8	30.0	30.2	34.0	25.9	29.0
Very often	34.4	48.8	20.4	34.3	34.6	40.8	27.8
156c. During the past 30 days, how often did you worry or feel stressed about making plans for college or what you will do after high school?							
Never or hardly ever	12.6	5.9	19.2	25.7	9.6	7.5	8.3
Rarely	13.1	9.7	16.3	18.6	18.1	9.8	5.3
Sometimes	22.0	23.2	21.1	20.4	33.0	19.1	14.8
Often	23.3	20.8	25.6	18.6	18.6	29.5	26.6
Very often	29.0	40.5	17.7	16.8	20.7	34.1	45.0
156d. During the past 30 days, how often did you worry or feel stressed about pressure from your parent(s)/guardian(s) to do well in school?							
Never or hardly ever	13.7	9.1	18.3	16.5	11.2	12.1	15.5
Rarely	20.7	21.6	19.7	22.4	20.9	17.8	21.4
Sometimes	23.6	22.5	24.7	21.2	25.7	24.7	22.6
Often	24.6	24.6	24.7	21.2	23.5	27.6	26.2
Very often	17.4	22.2	12.6	18.8	18.7	17.8	14.3

High School Optional Questions by Gender and Grade, 2018
Wayland High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2018

	Total (%)	Sex (%)		Grade (%)			
		Female	Male	9 th	10 th	11 th	12 th
	(799)	(386)	(405)	(192)	(223)	(195)	(182)
156e. During the past 30 days, how often did you worry or feel stressed about pressure from your teachers or other school staff to do well in school?							
Never or hardly ever	18.8	10.8	26.6	25.9	14.9	13.2	22.0
Rarely	26.9	27.5	26.3	25.9	30.3	23.6	27.4
Sometimes	27.2	26.6	27.7	23.5	26.6	33.9	24.4
Often	17.4	21.6	13.2	15.9	16.5	20.1	16.7
Very often	9.8	13.5	6.2	8.8	11.7	9.2	9.5
156f. During the past 30 days, how often did you worry or feel stressed about pressure or competition from other students to do well in school?							
Never or hardly ever	14.1	7.9	20.2	21.8	8.0	11.6	16.1
Rarely	15.8	10.9	20.4	17.6	16.5	16.2	12.5
Sometimes	25.6	27.0	24.4	20.0	31.9	25.4	24.4
Often	25.4	28.7	22.1	21.8	23.4	26.0	30.4
Very often	19.1	25.5	12.9	18.8	20.2	20.8	16.7
156g. During the past 30 days, how often did you worry or feel stressed about being involved in afterschool/extracurricular activities, like sports and clubs?							
Never or hardly ever	20.3	12.6	28.0	27.6	16.0	18.4	20.2
Rarely	20.6	17.8	23.2	19.4	18.6	21.8	22.6
Sometimes	25.6	26.9	24.1	20.0	29.3	24.7	28.0
Often	17.4	19.3	15.4	16.5	15.4	19.5	17.9
Very often	16.1	23.4	9.2	16.5	20.7	15.5	11.3

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