

Summary of Results from the 2015-2016 Bedford Youth Risk Behavior Survey Grades 6-12

Submitted to:

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&
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BACKGROUND

REPORT FORMAT

In April of 2016, Bedford Youth and Family Services and the Bedford Public Schools administered the 2015-2016 Bedford Youth Risk Behavior Survey to students in grades 6 through 12. Largely based on the Centers for Disease Control and Prevention's *Youth Risk Behavior Survey*, the survey was designed to gather information on some of the important issues facing youth in Bedford, such as substance use, violence and safety, and mental health. A similar survey was conducted during the 1998-1999, 2000-2001, 2002-2003, 2004-2005, 2007-2008, 2009-2010, 2011-2012, and 2013-2014 school years.

This report is designed to provide an overview of key survey data, focusing on four main themes: (1) What do the data from this survey tell us about the challenges facing youth in Bedford?; (2) Are there any important sub-population differences among respondents (such as by gender or grade)?; (3) How have the data changed since previous administrations of the survey?; and (4) How do results in Bedford compare to those in Massachusetts as a whole? The summary presents an overview of findings grouped according to the following themes: Alcohol, Tobacco, and Other Drug Use; Violence and Safety; Mental Health; and Physical Health. Main results are illustrated using charts that are complemented by supplementary data or information. Appendices containing selected data follow the main results.

WHO CONDUCTED THE SURVEY?

The survey was conducted by Bedford Youth and Family Services and the Bedford Public Schools in collaboration with Social Science Research and Evaluation, Inc. (SSRE), a non-profit social science research firm located in Burlington, Massachusetts.

HOW AND WHEN WAS THE SURVEY CONDUCTED?

The survey was administered as a questionnaire in April of 2016 to all students in the Bedford public middle and high schools (grades 6 through 12). The number of respondents in each grade is as follows.

6 th	7 th	8 th	MS Unknown	9 th	10 th	11 th	12 th	HS Unknown	TOTAL
195	137	147	5	181	184	161	128	5	1,143
Middle School = 484				High School = 659					

School administrators set aside approximately one period of classroom time for students to complete the survey. The attending classroom teacher was responsible for passing out questionnaires and maintaining classroom order. The high school version of the survey (grades 9-12) was adapted for use at the middle school level (grades 6-8). While many questions remained unchanged, some questions were either omitted or modified to facilitate completion by younger students.

WHAT DID THE SURVEY ASK ABOUT?

The survey is largely based on the Centers for Disease Control and Prevention's *Youth Risk Behavior Survey* (YRBS). It focuses mainly on risky and healthy behaviors. Questions range from demographic and background items (e.g., gender, age, grade, participation in activities), to student substance use (e.g., alcohol, tobacco, other drugs), to other issues related to student health such as mental health, violence and safety, sexual behavior, dietary behavior, and vehicle-related risk behavior.

VALIDITY

There is a good deal of research about the ways in which students respond to surveys and whether they tell the truth. This work indicates that student survey results are reasonably accurate provided that student participation is voluntary and that the respondents cannot be identified. The Bedford Youth Risk Behavior Survey met these conditions. The voluntary nature of the survey was explained to both students and their parents. Prior to the survey, parents were given the opportunity to opt their child(ren) out of the survey. In addition, students could choose not to participate or to skip any items. The confidential nature of the survey was highlighted in the questionnaire instructions that asked students *not* to put their name on the questionnaire and explained that their answers would not be viewed by anyone who knows them.

Two other steps were taken to increase validity. First, each questionnaire was reviewed to identify any on which students obviously provided frivolous answers. Such questionnaires were omitted from all analyses. Second, analyses were conducted to test for the reasonableness of responses and for the consistency of responses across related items. When inconsistent responses were identified, the entire case or the suspect items for that case were treated as missing data in all subsequent analyses. These two procedures identified few problems.

The validity of the survey is also bolstered by using a questionnaire based largely upon the CDC *Youth Risk Behavior Survey*. The YRBS is a standardized instrument developed by the CDC in collaboration with other national and local health and education agencies (see Brener, N., Kann, L., McManus, T., Kinchen, S.A., Sundberg E.C., and Ross, J.G. [2002]. "Reliability of the 1999 Youth Risk Behavior Survey Questionnaire." *Journal of Adolescent Health*, 31, 336-342).

NON-RESPONDENTS

It is important to keep in mind that the survey results can be generalized only to students who were present when the survey was administered. The results may not reflect responses that might have been obtained from students who did not participate in the survey, were absent or truant on the day that the survey was administered, nor from students who have dropped out of school.

TRENDS

Trend comparisons can provide extremely useful information on whether certain behaviors have improved, worsened, or stayed the same over time. In fact, it is best to repeat surveys such as this at regular intervals in order to track changes over time. It is possible to look at trends among Bedford youth because the survey was also administered in 1999, 2001, 2003, 2005, 2008, 2010, 2012, and 2014. Data in this report include trend data for the 2008 through 2016 surveys.

COMPARATIVE DATA

A limitation of such data is that it is difficult to compare results from Bedford to results from other communities. Making comparisons to other communities is quite complicated – surveys are not exactly alike, the populations used may differ in unknown ways, the timing of the surveys may vary, and so on. Although it is natural to want to compare to other communities, a great deal can be learned simply by looking at Bedford data. In addition to trend data for Bedford, limited *high school* comparisons can be made to Massachusetts as a whole since the Massachusetts Department of Education administers the *Youth Risk Behavior Survey* to a sample of Massachusetts students every two years. The most recent available state data are from the administration of this survey that occurred in the spring of 2015.

Comparable *middle school* data are not available since Massachusetts does not administer a statewide YRBS middle school survey.

WHO HAS THESE ISSUES?

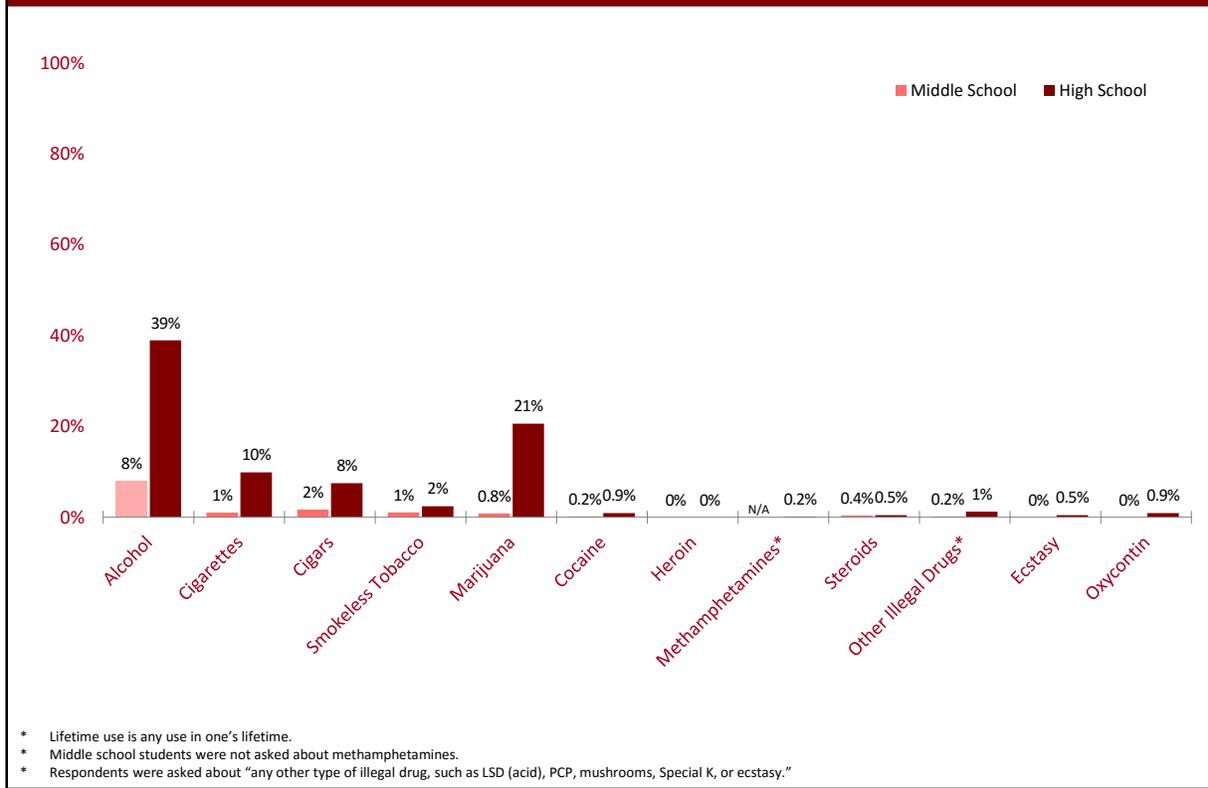
Although this survey was administered to middle and high school students, this does not mean that the issues addressed are confined solely to youth. For example, national studies of substance use show that rates of use are higher among young adults than adolescents. It is also important to keep in mind that this survey is designed primarily to assess risky behaviors and does not address many of the positive aspects of adolescent life.

WHO IS RESPONSIBLE?

Youth health indicator data is typically collected in public schools because it is comparatively simple to collect data from what is essentially a "captive" audience. The fact that data on youth are collected in schools, however, does not mean that the schools bear the sole or even the largest responsibility for the behaviors and issues revealed in these surveys. These are not school problems; they are community issues that require the attention of all community members and organizations.

Alcohol, Tobacco, & Other Drugs

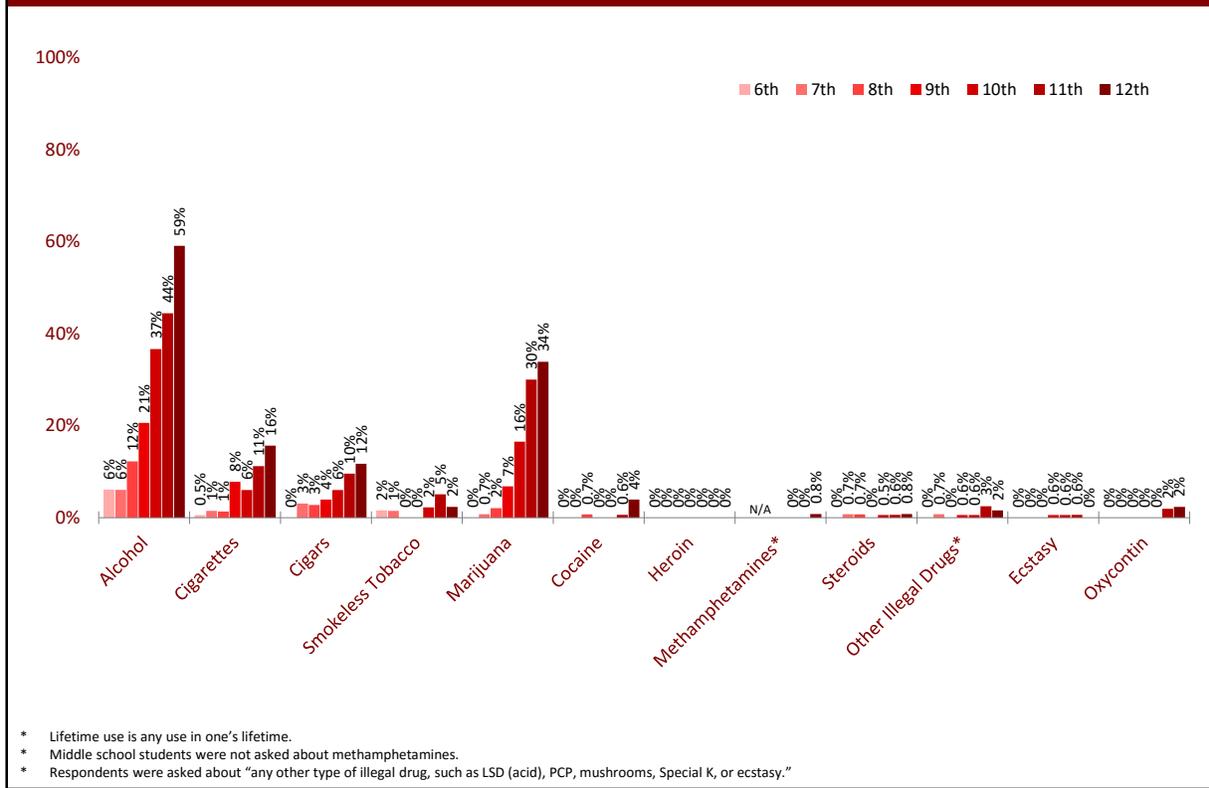
Lifetime* Substance Use for Bedford Middle and High School Students (2016)



SELECTED POINTS

- Lifetime substance use is any use during one's lifetime.
- The middle school survey did not ask about methamphetamine use.
- The questions concerning use of alcohol were preceded by the following instruction, "The next questions ask about drinking alcohol. This includes drinking beer, wine, wine coolers, and liquor such as rum, vodka, or whiskey. For these questions, drinking alcohol does not include drinking a few sips of wine for religious purposes."
- Alcohol is the substance of choice, with 8% of 2016 Bedford middle school students and 39% of high school students reporting using alcohol at least once in their lifetime.
- Twenty-one percent (21%) of high school students reported ever using marijuana, 10% reported ever smoking cigarettes, and 8% reported ever smoking cigars.
- Lifetime use of other illegal drugs other than marijuana was much lower.

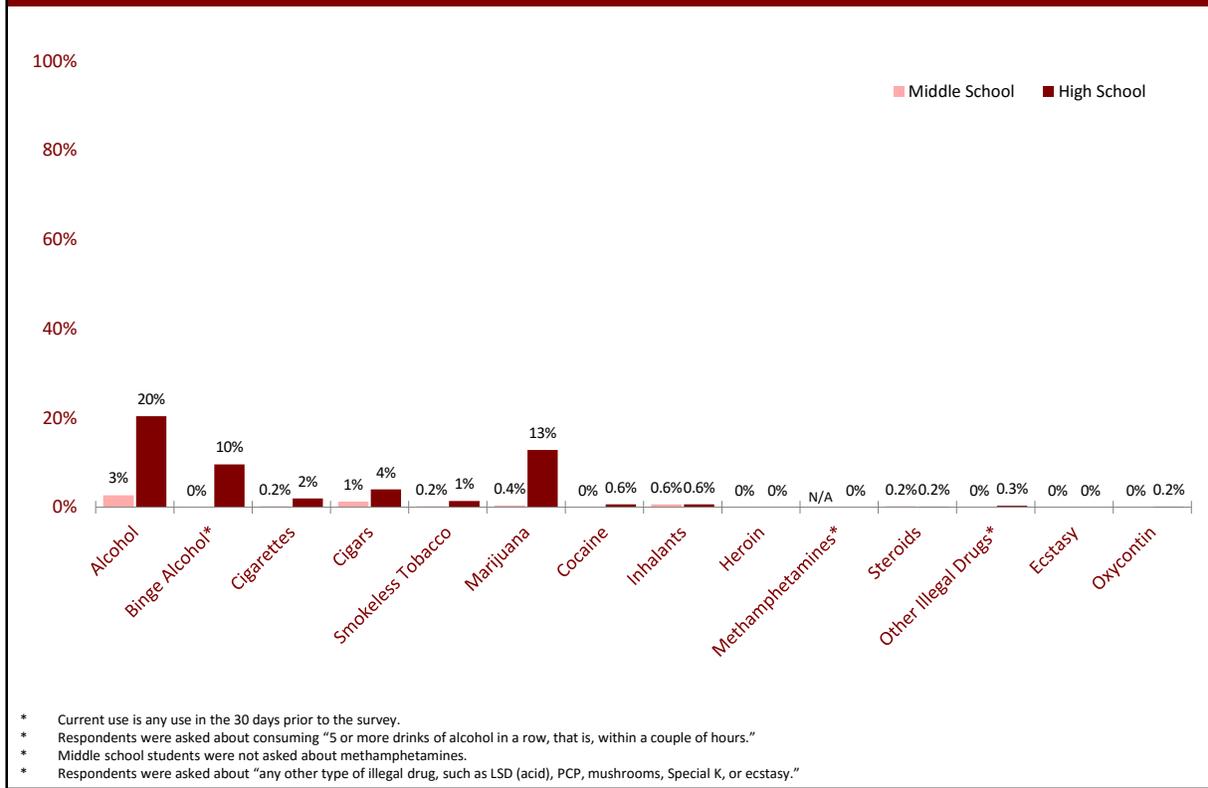
Lifetime* Substance Use for Bedford Middle and High School Students, by Grade (2016)



SELECTED POINTS

- The percentage of 2016 Bedford students who reported ever using more commonly used substances – alcohol, tobacco, marijuana – increased considerably with age/grade. For example, the percentage who reported ever smoking marijuana in their lifetime increased from 0% in 6th grade to 34% in 12th grade.
- By March of their senior year, over half of Bedford youth have tried alcohol (59%), approximately one-third have used marijuana (34%), less than one-fifth have tried cigarettes (16%), and just over one in ten have tried cigars (12%).
- Lifetime use of illegal drugs other than marijuana among Bedford youth generally increases far less progressively with age/grade.

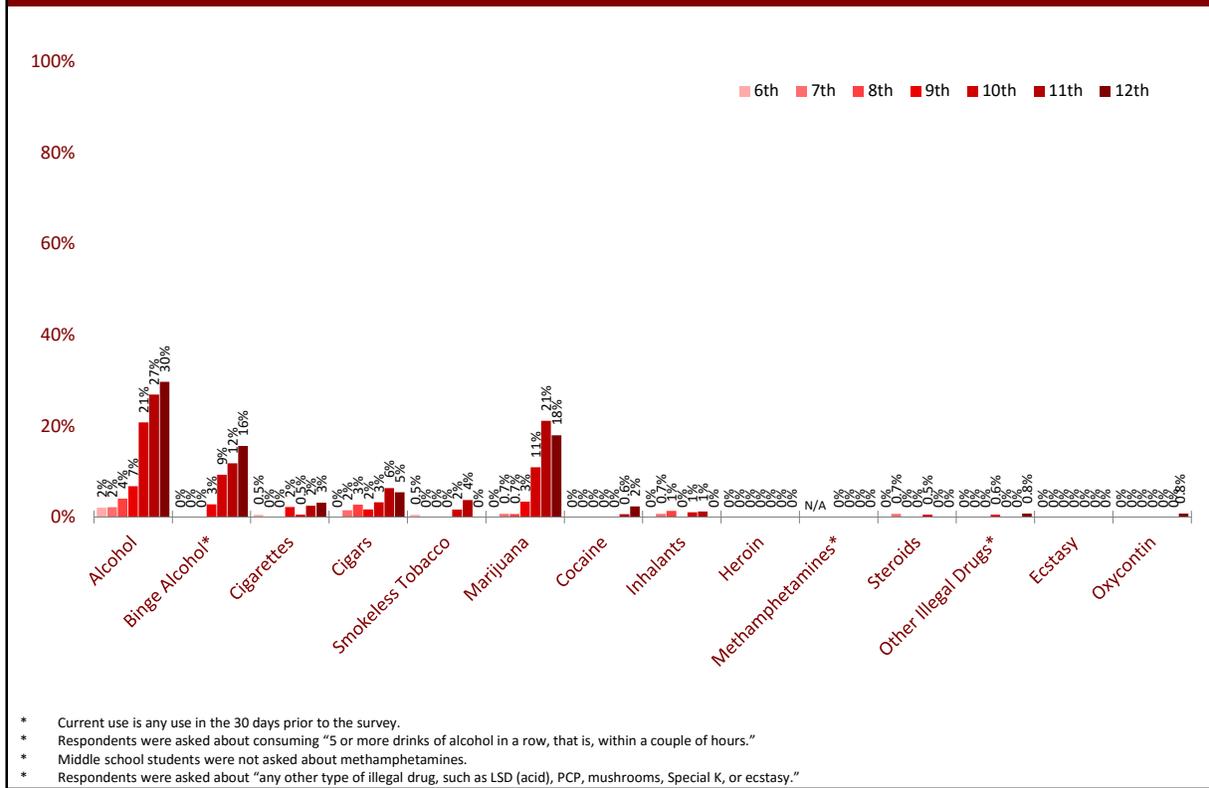
Current* Substance Use for Bedford Middle and High School Students (2016)



SELECTED POINTS

- Current use is any use in the 30 days prior to the survey.
- Binge alcohol use was defined in the survey as having "five or more drinks of alcohol in a row, that is, within a couple of hours."
- Alcohol is the most commonly used substance, with 3% of Bedford middle school students and 20% of high school students reporting that they had consumed it in the 30 days prior to the survey.
- Ten percent (10%) of high school students reported binge drinking in the same 30-day time period. This means that half of those high school students who drank in the past 30 days engaged in binge drinking.
- The high school rate of current marijuana use (13%) was much higher than the rate of current cigarette use (2%) and also much higher than that for any other illegal substance.

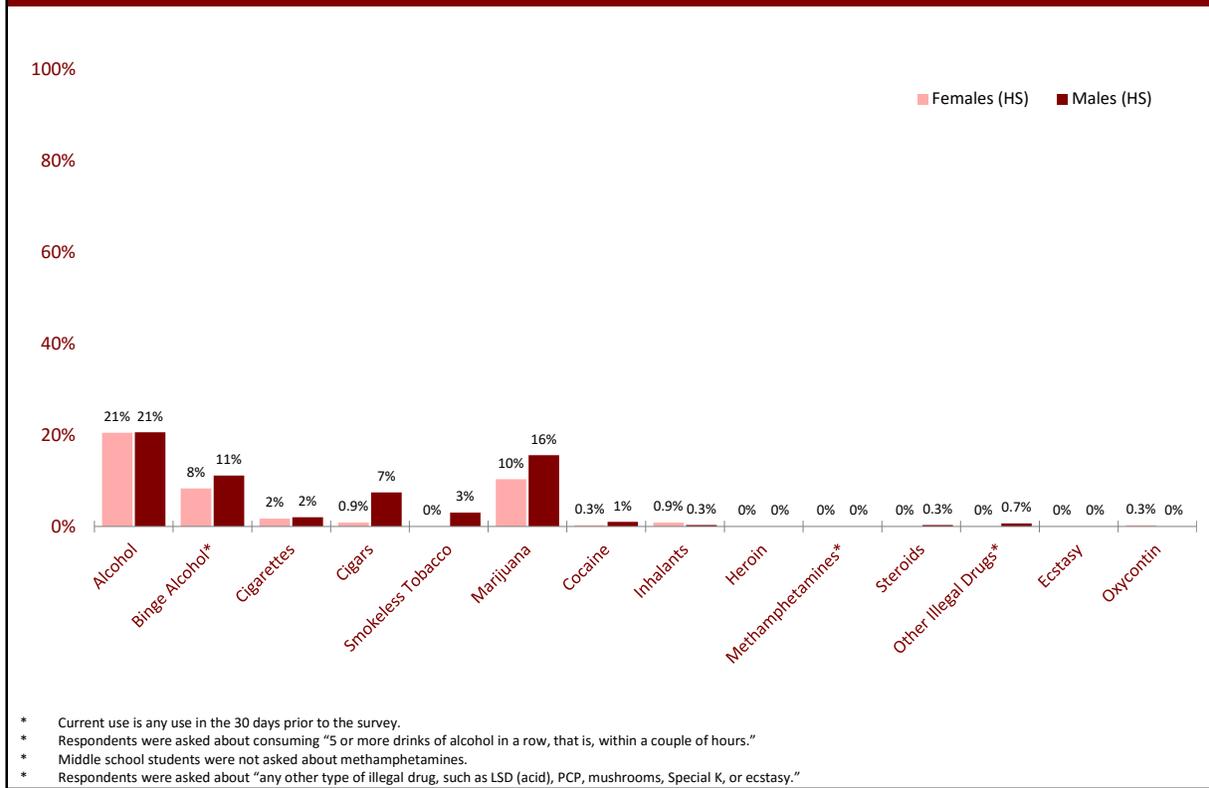
Current* Substance Use for Bedford Middle and High School Students, by Grade (2016)



SELECTED POINTS

- Overall, current substance use increased with age/grade. For example, 2% of Bedford 6th graders reported using alcohol in the 30 days prior to the survey, compared with 30% of 12th graders.
- Note the onset of use between grades eight and nine, and between grades nine and ten. For example, the percentage of students who reported current alcohol use increased from 4% among 8th graders to 7% among 9th graders and 21% among 10th graders, binge alcohol use rose from 0% to 3%, and marijuana use rose from 0.7% to 3% to 11%.

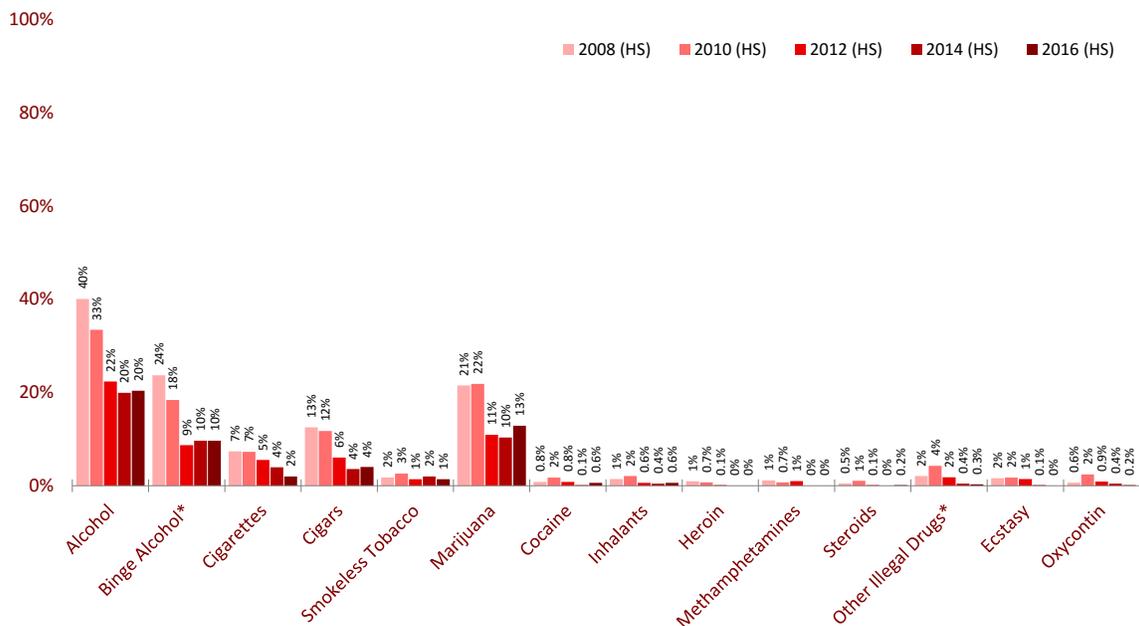
Current* Substance Use for Bedford High School Students, by Gender (2016)



SELECTED POINTS

- Overall, Bedford high school males and females were almost equally likely to report current substance use. Males were more likely to report using tobacco and marijuana products.
- Middle school data by gender were as follows:
 - Alcohol (any use) (2% females, 4% males)
 - Binge alcohol (5+ drinks in a row) (0% females, 0% males)
 - Cigarettes (0% females, 0.4% males)
 - Cigars (0.9% females, 2% males)
 - Smokeless Tobacco (0.4% females, 0% males)
 - Marijuana (0% females, 0.8% males)
 - Cocaine (0% females, 0% males)
 - Inhalants (0.4% females, 0.8% males)
 - Heroin (0% females, 0% males)
 - Methamphetamines (not asked)
 - Steroids (0% females, 0.4% males)
 - Other Illegal Drugs (0% females, 0% males)
 - Ecstasy (0% females, 0% males)
 - Oxycontin (0% females, 0% males)

Trends in Current* Substance Use for Bedford High School Students ('08, '10, '12, '14, '16)

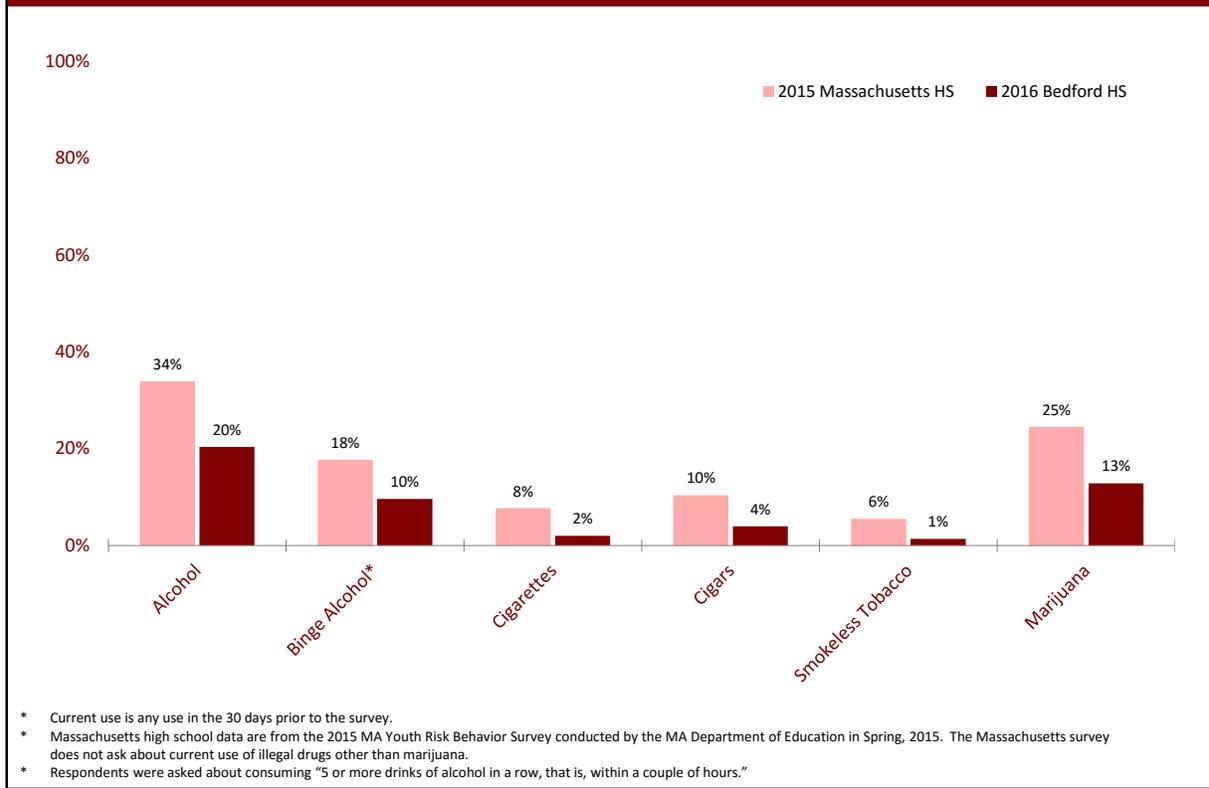


* Current use is any use in the 30 days prior to the survey.
 * Respondents were asked about consuming "5 or more drinks of alcohol in a row, that is, within a couple of hours."
 * Respondents were asked about "any other type of illegal drug, such as LSD (acid), PCP, mushrooms, Special K, or ecstasy."

SELECTED POINTS

- Overall, trend data show little change in current substance use among Bedford high school students between 2014 and 2016. Current alcohol use remained level and at the lowest point since 2008 (any use – 40% in 2008, 33% in 2010, 22% in 2012, 20% in 2014, 20% in 2016; binge use – 24% in 2008, 18% in 2010, 9% in 2012, 10% in 2014, 10% in 2016). Current cigarette use continued a decline, from 7% in both 2008 and 2010, to 5% in 2012, 4% in 2014, and 2% in 2016. Rates of use of illegal drugs other than marijuana remained stable and comparatively lower than use of other substances.
- The exception was an increase in current marijuana use from 10% in 2014 to 13% in 2016, reversing prior declines since 2010.
- Middle school trend data were as follows:
 - Alcohol (any use) (3% in 2008, 2% in 2010, 3% in 2012, 2% in 2014, 3% in 2016)
 - Binge alcohol (5+ drinks in a row) (0%, 0%, 0%, 0%, 0%)
 - Cigarettes (0.4%, 0.8%, 0.6%, 0.2%, 0.2%)
 - Cigars (0.2%, 0%, 0.4%, 0.8%, 1%)
 - Smokeless Tobacco (0.2%, 0.4%, 0.2%, 0.2%, 0.2%)
 - Marijuana (0.8%, 2%, 0.4%, 0.4%, 0.4%)
 - Cocaine (0.2%, 0.4%, 0.2%, 0.2%, 0%)
 - Inhalants (1%, 0.4%, 0.6%, 0.6%, 0.6%)
 - Heroin (0%, 0.2%, 0%, 0%, 0%)
 - Methamphetamines (not asked)
 - Steroids (0%, 0%, 0.2%, 0.2%, 0.2%)
 - Other Illegal Drugs (0%, 0%, 0%, 0%, 0%)
 - Ecstasy (0%, 0%, 0%, 0%, 0%)
 - Oxycontin (0%, 0%, 0%, 0.2%, 0%)

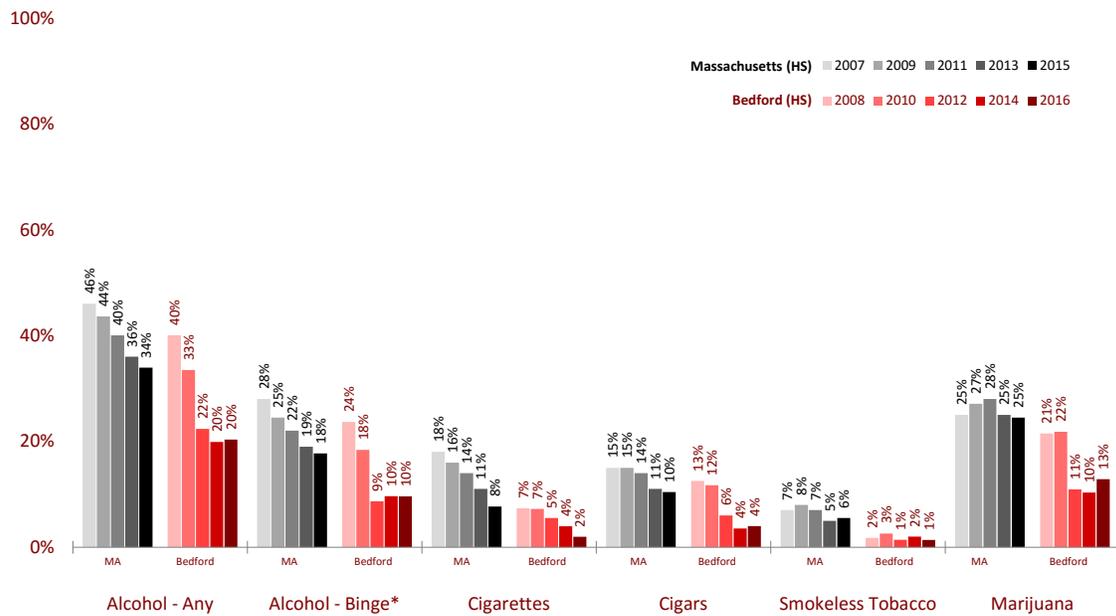
Current* Substance Use for Massachusetts* High School Students (2015) and Bedford High School Students (2016)



SELECTED POINTS

- Massachusetts high school data displayed here and elsewhere in this summary are from the 2015 Massachusetts Youth Risk Behavior Survey, which was administered during the Spring of the 2015 school year. The Massachusetts survey does not ask about current use of illegal drugs other than marijuana.
- Available comparative data reveal lower rates of current substance use in Bedford than statewide – alcohol (34% MA, 20% Bedford), binge alcohol (18% MA, 10% Bedford), cigarettes (8% MA, 2% Bedford), cigars (10% MA, 4% Bedford), smokeless tobacco (6% MA, 1% Bedford), and marijuana (25% MA, 13% Bedford).
- Comparative statewide middle school are not available as Massachusetts does not administer a statewide middle school survey.

Trends in Current* Substance Use for Massachusetts* and Bedford High School Students

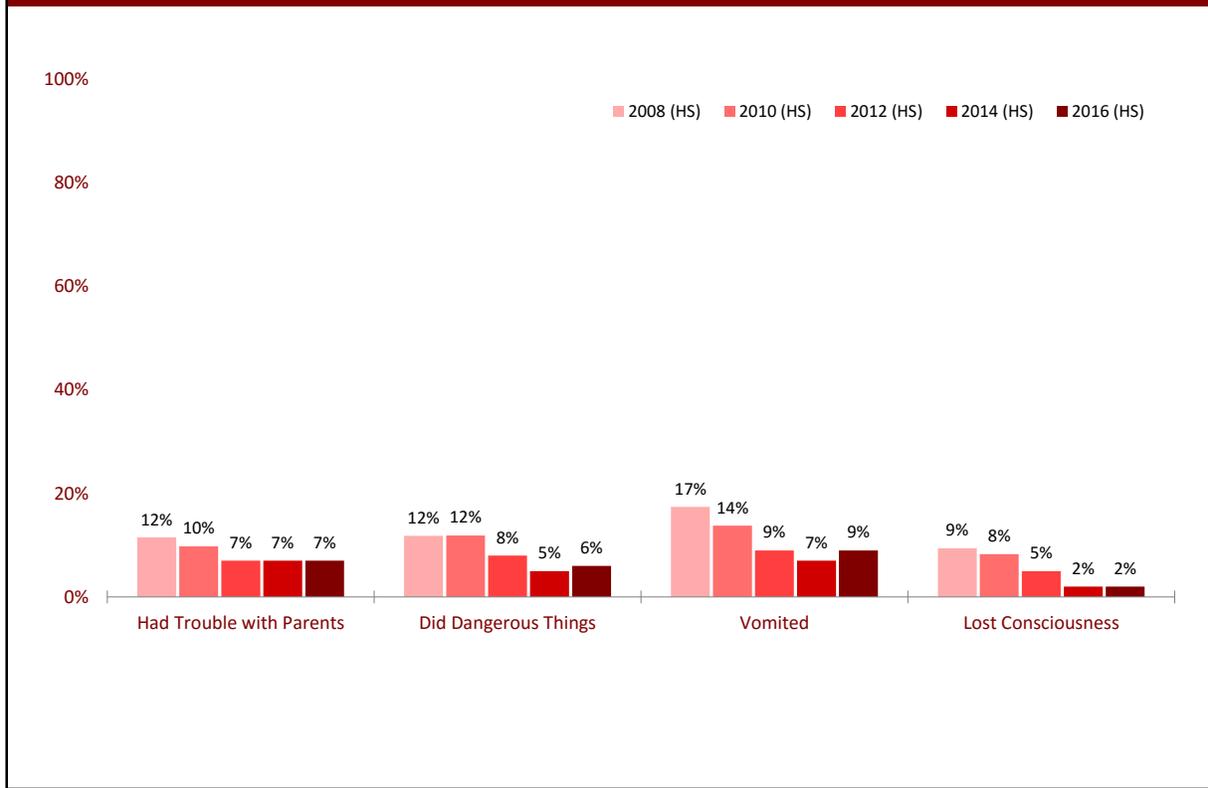


* Current use is any use in the 30 days prior to the survey.
 * Massachusetts data from the *Massachusetts Youth Risk Behavior Survey* conducted by the MA Department of Education (spring).
 * Binge alcohol use was defined as having "five or more drinks of alcohol in a row, that is, within a couple of hours."

SELECTED POINTS

- This chart displays trend data for Massachusetts high school students (grey-shaded bars) and Bedford high school students (red-shaded bars). Note that the years of the surveys alternate consecutively by one year.
- In most instances, trends in Bedford are similar to those in Massachusetts as a whole, with historical levels trending downward.

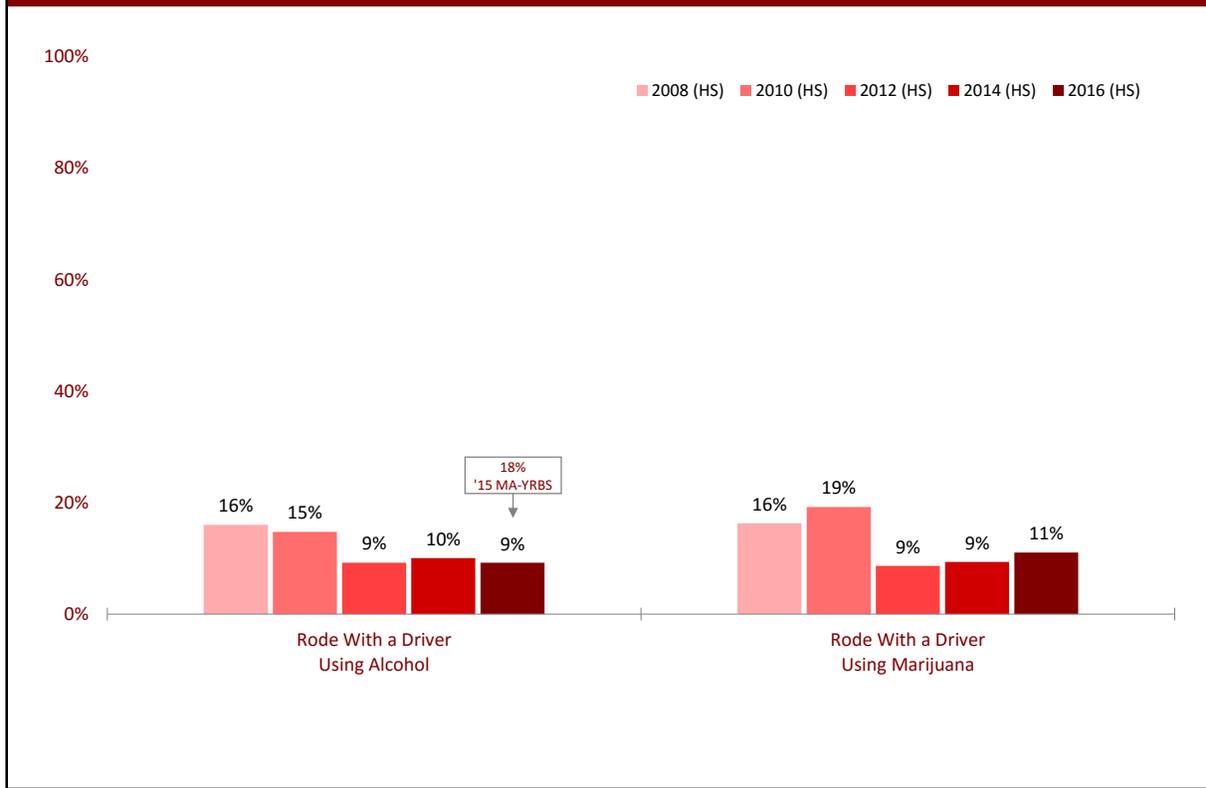
Bedford High School Students Who Reported Problems Related to Alcohol or Drugs in the Past 12 Months ('08, '10, '12, '14, '16)



SELECTED POINTS

- The percentages listed are based on all respondents, including those who did not use alcohol or other drugs.
- Seven percent (7%) of 2016 Bedford high school students reported that their use of alcohol or other drugs resulted in them getting into trouble with their parents in the 12 months prior to the survey, 6% reported that they did dangerous things that they wouldn't have otherwise done, 9% vomited, and 2% lost consciousness.
- **Trends:** Rates of these behaviors/consequences remained consistent with some slight increases between 2014 and 2016. Rates remained below peak levels previously observed.
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Males and females were almost equally likely to report these issues in 2016: had trouble with parents (6% females, 8% males), did dangerous things (6% females, 5% males), vomited (10% females, 8% males), lost consciousness (2% females, 2% males).
- **Grade:** The percentage of 2016 Bedford high school students who reported each of these problems varied with age/grade – had trouble with parents (3%, 7%, 9%, 7%); did dangerous things (2%, 6%, 8%, 8%); vomited (3%, 9%, 13%, 13%); lost consciousness (0.6%, 3%, 3%, 0.8%).
- **Middle School:** 2008 to 2016 trends for Bedford middle school students are as follows: had trouble with parents (0.2%, 0.8%, 0.7%, 0%, 0%); did dangerous things (0.8%, 0.8%, 0.6%, 0.2%, 0%); vomited (0.8%, 1%, 0.6%, 0%, 0%); and, lost consciousness (0.2%, 0.8%, 0.6%, 0%, 0%).

Bedford High School Students Who, in the Past 30 Days, Rode with a Driver Who Had Been Using Alcohol or Marijuana ('08, '10, '12, '14, '16)

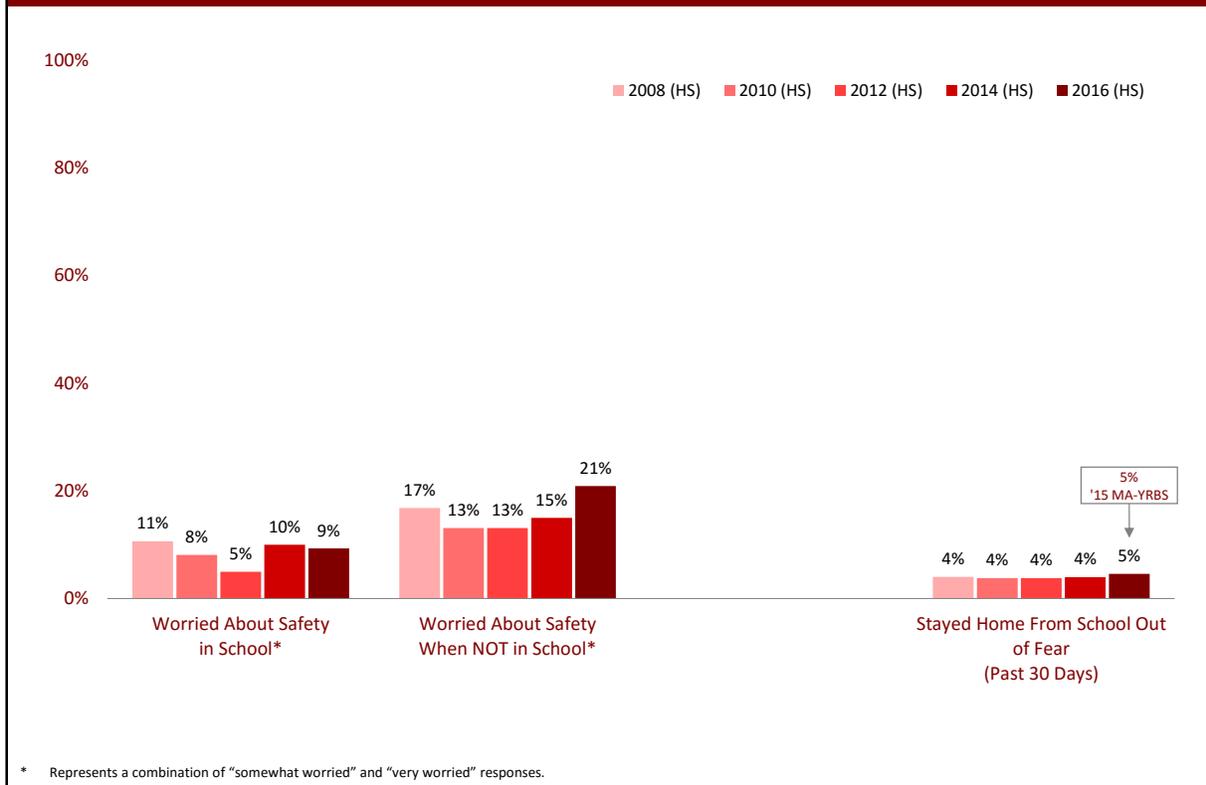


SELECTED POINTS

- Nine percent (9%) of 2016 Bedford high school students reported riding with a driver who had been drinking alcohol in the 30 days prior to the survey, and 11% reported riding with a driver who had been using marijuana.
- **Trends:** While the percentage of Bedford high school students who reported riding with a driver who had been using alcohol or marijuana remained largely consistent in 2016 with rates below prior peak levels, there was a slight increase in riding with a driver who had used marijuana – rode with a driver who had been drinking alcohol (16% in 2008, 15% in 2010, 9% in 2012, 10% in 2014, 9% in 2016), rode with a driver who was using marijuana (16% in 2008, 19% in 2010, 9% in 2012, 9% in 2014, 11% in 2016).
- **Comparisons:** Bedford 2016 high school students (9%) were less likely than 2015 Massachusetts students (18%) to report riding with a drinking driver. The MA survey did not ask about riding with a driver who had been using marijuana. *MA data from the 2015 MA Youth Risk Behavior Survey*
- **Gender:** In 2016, Bedford high school females were more likely than males to report riding with a driver who was using alcohol (12% females, 5% males) and with a driver who was using marijuana (12% females, 10% males).
- **Grade:** The percentage of Bedford high school students who reported riding with a driver who had been using alcohol (8%, 9%, 12%, 6%) and/or with a driver who had been using marijuana (3%, 9%, 20%, 13%) peaked among 11th grade students.
- **Middle School:** 2008 to 2016 trends for Bedford middle school students are as follows: rode with a drinking driver (7%, 7%, 7%, 8%, 7%), rode with a driver who had been using marijuana (0.8%, 0.8%, 0.6%, 1%, 1%).

Violence and Safety

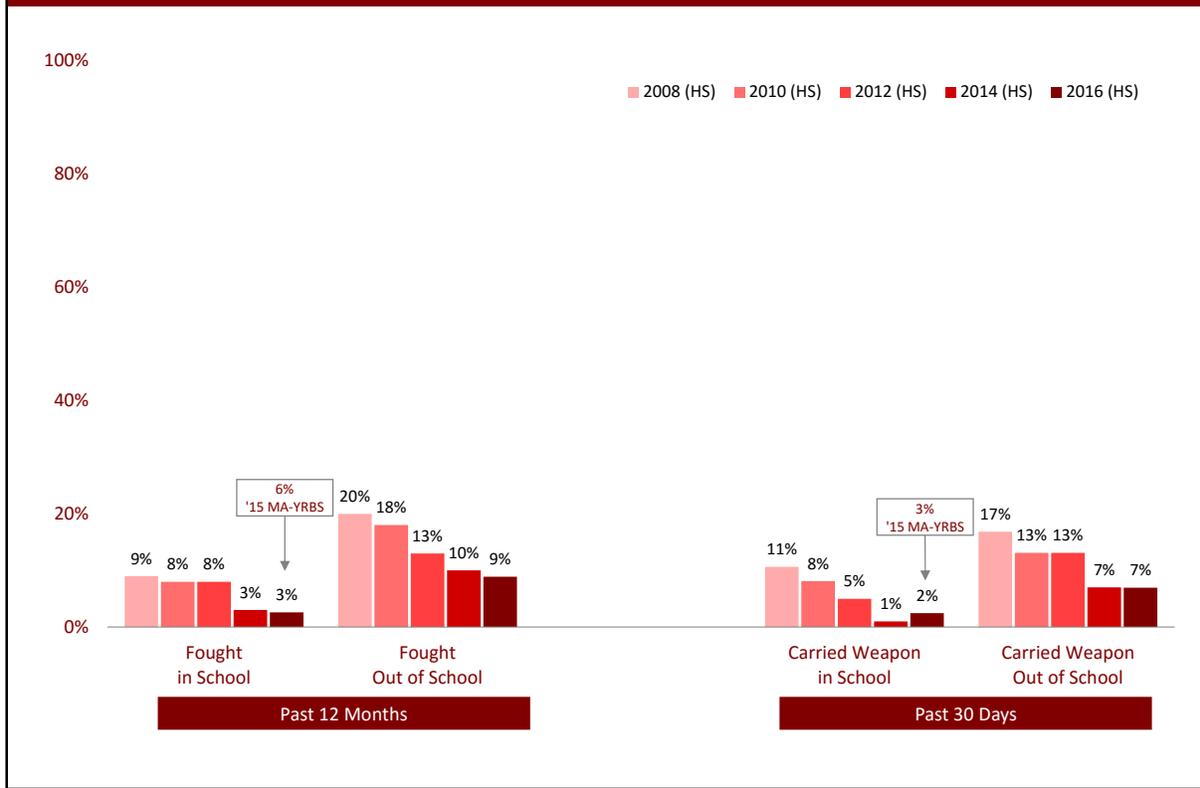
Safety Concerns Among Bedford High School Students ('08, '10, '12, '14, '16)



SELECTED POINTS

- Respondents reported that they worry about their safety more when they are out of school than when they are in school. Nine percent (9%) of 2016 Bedford high school students reported that they worry about their safety when they are in school, compared to 21% who worry about their safety when they are not in school. Five percent (5%) reported staying home from school out of fear for their safety in the 30 days prior to the survey.
- **Trends:** The percentage of Bedford high school students who reported worrying about their safety in school remained largely consistent from 2014 to 2016 (10% to 9%); however, the percentage who reported worrying about their safety when not in school increased from 15% to 21%. There was no substantive change in the percentage who stayed home from school out of fear (4%).
- **Comparisons:** The same percentage of Bedford 2016 and Massachusetts 2015 high school students reported staying home from school in the 30 days prior to the survey out of fear for their safety (5% Bedford, 5% MA). Comparative data for Massachusetts are not available for the items about worrying about safety. *MA data from the 2015 MA Youth Risk Behavior Survey*
- **Gender:** Bedford females were more likely than males to report all of these concerns: worrying about their safety in school (11% females vs. 7% males); worrying about their safety when not in school (26% vs. 14%); staying home from school out of fear (6% vs. 3%).
- **Grade:** There were no consistent differences by age/grade in the percentage of students who reported safety concerns: worried about safety in school (12%, 7%, 10%, 8%), worried about safety when not in school (19%, 23%, 24%, 16%), stayed home out of fear (6%, 2%, 6%, 5%).
- **Middle School:** 2008 to 2016 trends for Bedford middle school students are as follows: worried about safety in school (8%, 7%, 8%, 10%, 10%), worried about safety when not in school (18%, 16%, 14%, 21%, 19%), stayed home out of fear (1%, 1%, 2%, 2%, 3%).

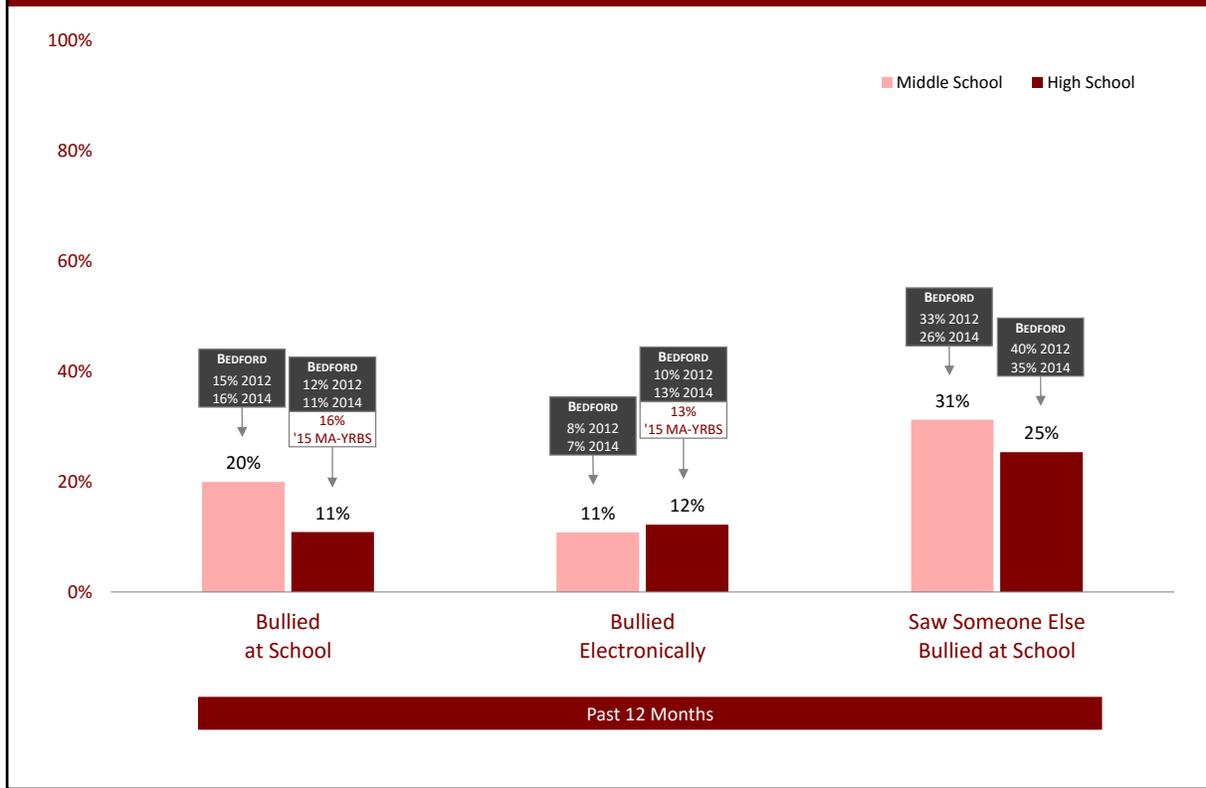
Physical Fighting and Weapons Carrying Among Bedford High School Students ('08, '10, '12, '14, '16)



SELECTED POINTS

- The data illustrate violence and safety-related experiences occurring in the past 12 months (in a physical fight) or in the past 30 days (carried a weapon), detailing experiences that occurred both at school and when NOT at school. All available comparative data are highlighted.
- **On and Off School Property:** Respondents reported that weapon carrying and fighting were more likely to have occurred when they were away from school than at school.
- **Trends:** Trend data reveal little difference between 2014 and 2016, with rates remaining well below previously observed peaks.
- **Comparisons:** Rates of these issues were lower among 2016 Bedford than 2015 Massachusetts youth: in a physical fight at school (3% Bedford, 6% MA), carried a weapon on school property (2% Bedford, 3% MA). *MA data from the 2015 MA Youth Risk Behavior Survey*
- **Gender:** Males were much more likely than females to report all behaviors related to weapons and fighting. See Appendix A for details.
- **Grade:** Reports of these issues varied with age/grade: fought in school (3%, 2%, 3%, 2%), fought out of school (12%, 7%, 9%, 6%), carried a weapon in school (1%, 2%, 5%, 2%), carried a weapon out of school (4%, 8%, 6%, 9%).
- **Middle School:** 2008 to 2016 trends for Bedford middle school students are as follows: fought in school (5%, 5%, 2%, 6%, 5%), fought when not in school (19%, 18%, 15%, 12%, 15%), carried a weapon in school (0.6%, 0.6%, 0%, 0.4%, 0.4%), carried a weapon when not in school (6%, 8%, 10%, 12%, 9%).

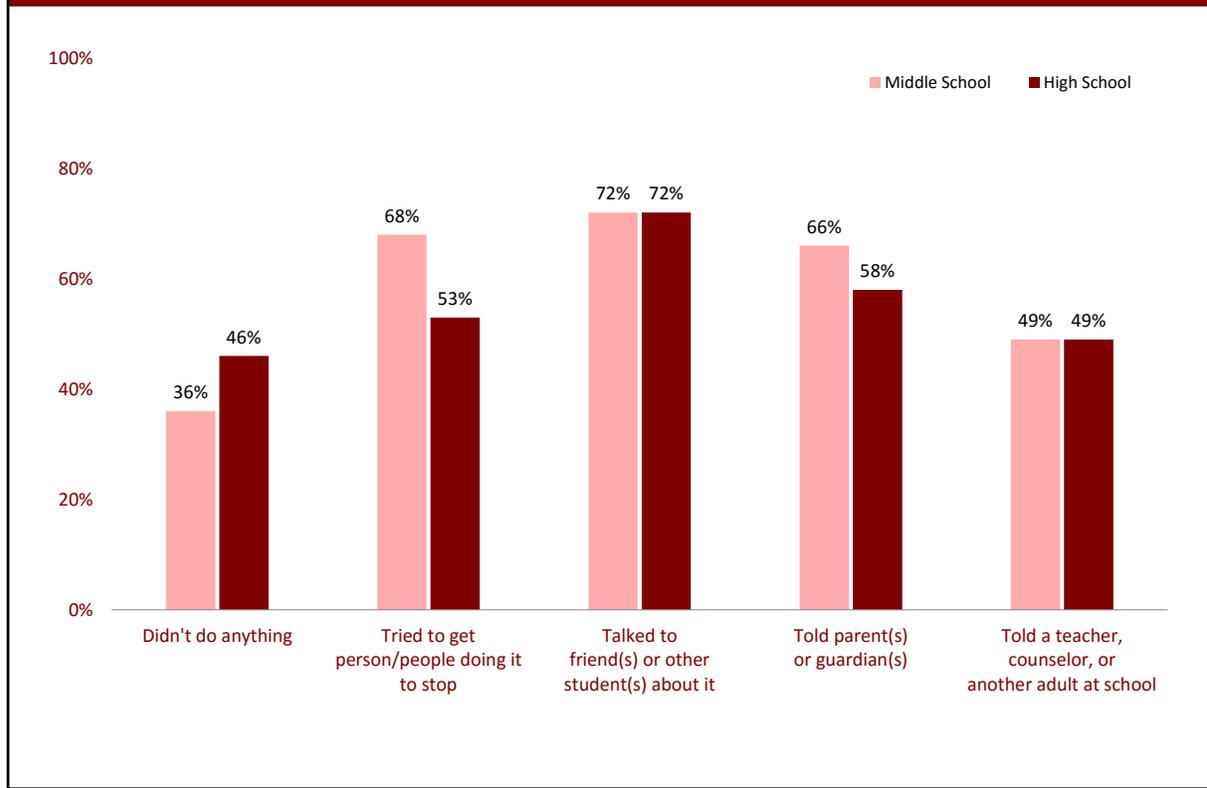
Percent of Bedford Middle and High School Students Who Reported Being Bullied and Seeing Someone Else Bullied (2016)



SELECTED POINTS

- Twenty percent (20%) of Bedford middle school students and 11% of high school students reported that they had been bullied in school in the 12 months prior to the survey, while 11% of middle school students and 12% of high school students reported that they had been bullied electronically (via e-mail, instant messaging, social networking sites such as Facebook, Twitter or Myspace, or texting).
- Thirty-one percent (31%) of Bedford middle school students and 25% of high school students reported that they saw someone else bullied in school in the 12 months prior to the survey.
- **Trends:** While bullying experiences among Bedford high school students showed some decreases between 2014 and 2016, rates among middle school students increased: bullied at school (middle school – 16% to 20%, high school – 11% to 11%); bullied electronically (middle school – 7% to 11%, high school – 13% to 12%); saw someone else bullied at school (middle school – 26% to 31%, high school – 35% to 25%).
- **Comparisons:** Rates of these issues were lower among 2016 Bedford than 2015 Massachusetts youth: bullied at school (11% Bedford, 16% MA), bullied electronically (12% Bedford, 13% MA). Comparative data for seeing someone else bullied are not available. *MA data from the 2015 MA Youth Risk Behavior Survey*
- **Gender:** Female students were more likely than males to report bullying: bullied at school (MS – 25% females, 15% males; HS – 14% females, 7% males), bullied electronically (MS – 16%, 6%; HS – 14%, 10%), saw someone else bullied in school (MS – 30%, 32%; HS – 30%, 20%).
- **Grade:** The percent of Bedford students that reported being bullied or seeing someone else bullied varied with age/grade, often declining throughout the high school grades: bullied at school (23% 6th grade, 19% 7th grade, 18% 8th grade, 16% 9th grade, 11% 10th grade, 7% 11th grade, 9% 12th grade), bullied electronically (10%, 16%, 6%, 15%, 14%, 11%, 9%), saw someone else bullied in school (35%, 25%, 31%, 29%, 25%, 24%, 21%).

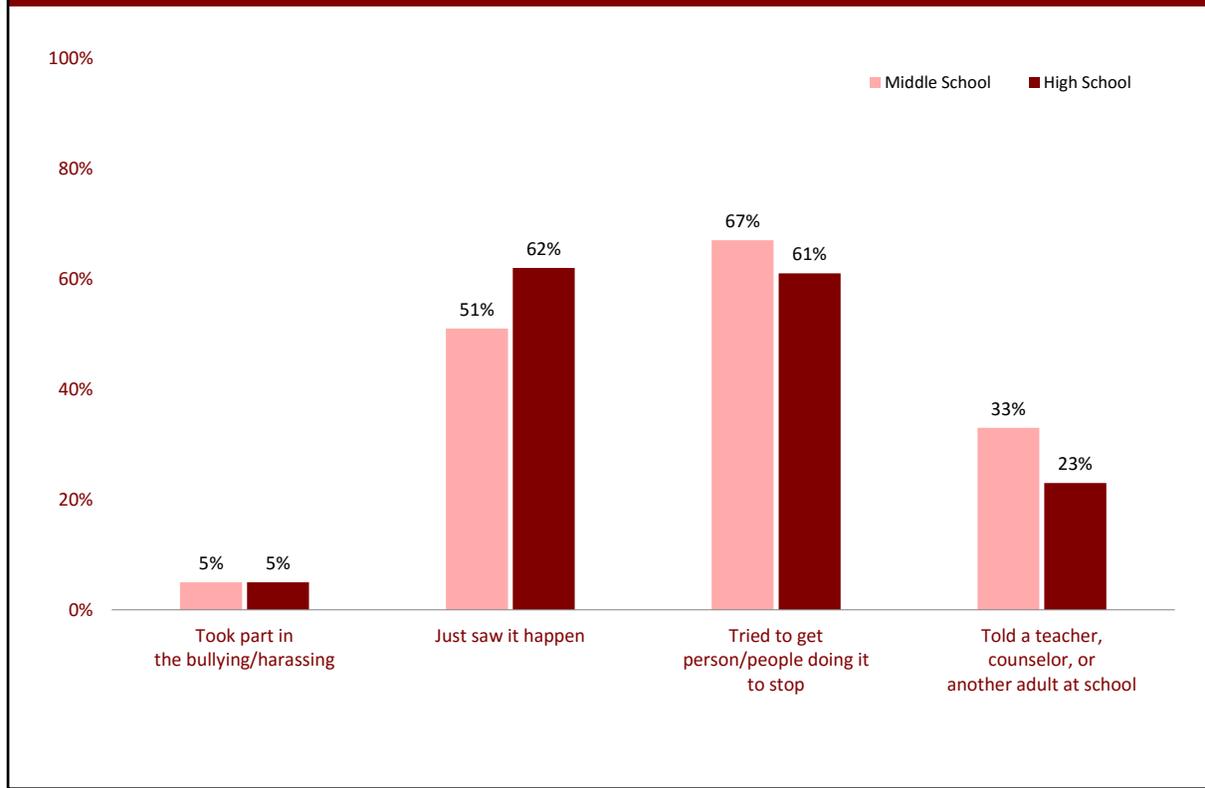
Response Last Time They Were Bullied In School in the Past 12 Months – Multiple Responses Possible (2016)



SELECTED POINTS

- Respondents who reported that they had been bullied in school in the 12 months prior to the survey were asked how they responded the last time it happened (multiple responses were possible). Respondents in middle and high school were generally more likely to report trying to get the person/people doing it to stop and talking to friend(s) or other student(s) about it than they were to tell a school adult and/or a parent/guardian.
- **Trends:** Overall, there was an increase in active responses to bullying among Bedford middle and high school students between 2014 and 2016 and a corresponding decrease in non-response: did nothing (MS – 40% 2012, 44% 2014, 36% 2016; HS – 43%, 59%, 46%); tried to get the person/people doing it to stop (MS – 60%, 65%, 68%; HS – 70%, 48%, 53%); talked to friend(s) or other student(s) about it (MS – 60%, 58%, 72%; HS – 73%, 66%, 72%); told parent/guardian (MS – 46%, 53%, 66%; HS – 45%, 40%, 58%); told a teacher, counselor or another adult at school (MS – 52%, 37%, 49%; HS – 43%, 33%, 49%).
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** An overall greater percentage of females than males reported actively responding the last time they were bullied in school (trying to get the person to stop and/or telling someone about it): did nothing (MS – 33% females, 43% males; HS – 44% females, 50% males); tried to get the person/people doing it to stop (MS – 66% females, 71% males; HS – 56% females, 53% males); talked to friend(s) about it (MS – 75% females, 67% males; HS – 82% females, 53% males); told parent/guardian (MS – 68% females, 61% males; HS – 69% females, 33% males); told a teacher, counselor, or another adult at school (MS – 56% females, 41% males; HS – 54% females, 40% males).
- **Grade:** As displayed in the chart, middle school students were more likely than high school students to report active bullying responses. Figures for each response varied inconsistently with age/grade.

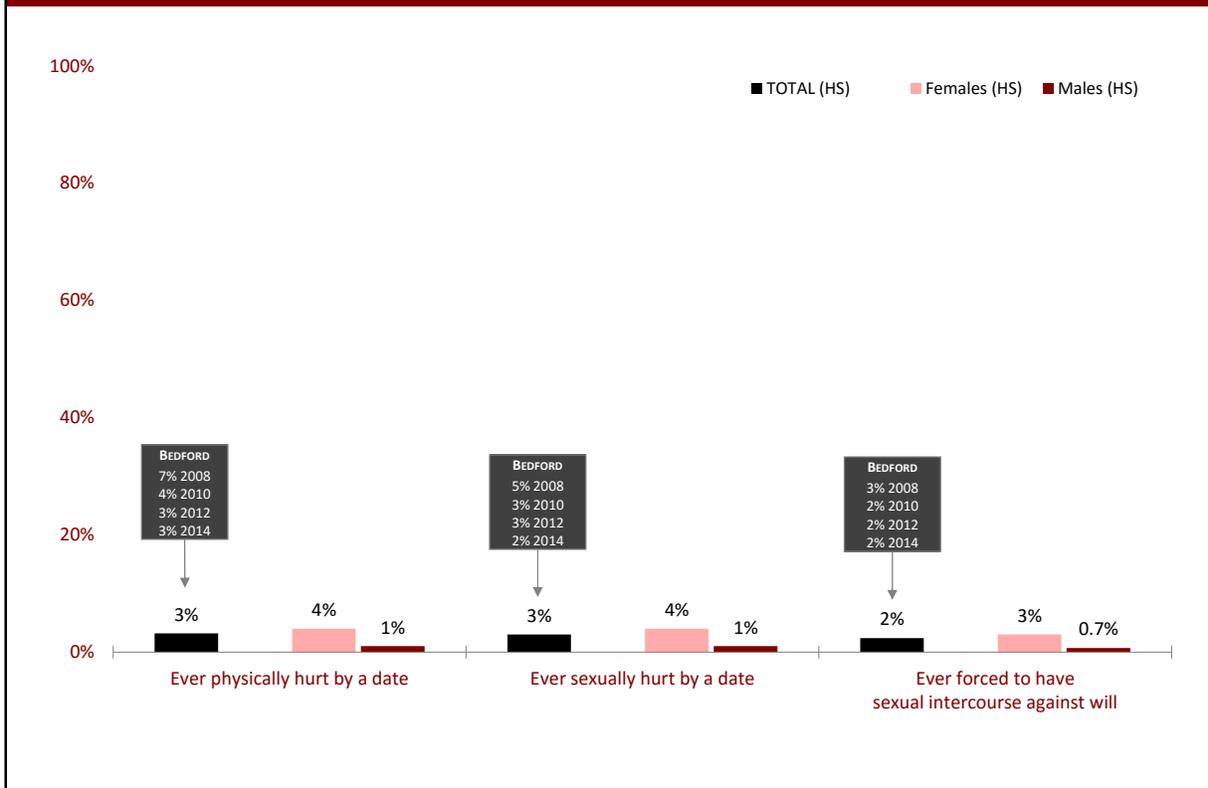
Response Last Time They Saw Someone Else Bullied In School in the Past 12 Months – Multiple Responses Possible (2016)



SELECTED POINTS

- Respondents who had seen someone else bullied in school in the 12 months prior to the survey were asked how they responded the last time it happened (multiple responses were possible). Students at both levels were more likely to report trying to stop the bullying and/or just watching it happen than they were to report it to a school adult, and were much less likely to report taking part in the bullying.
- **Trends:** Within overall consistency since 2012, there was an increase in 2016 in *active* middle school responses to bullying: took part in the bullying/harassing (MS – 7% 2012, 4% 2014, 5% 2016; HS – 6%, 6%, 5%); just saw it happen (MS – 54%, 52%, 51%; HS – 68%, 58%, 62%); tried to get the person/people doing it to stop (MS – 64%, 62%, 67%; HS – 61%, 68%, 61%); told a teacher, counselor or another adult at school (MS – 25%, 27%, 33%; HS – 21%, 24%, 23%).
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** The most consistent difference in responses to observed bullying was the higher percentage of females who reported that they told a trusted school adult about the last bullying incident that they witnessed in school: took part in the bullying (MS – 7% females, 4% males; HS – 1% females, 12% males); just saw it happen (MS – 50% females, 53% males; HS – 61% females, 65% males); tried to get the person/people doing it to stop (MS – 65% females, 68% males; HS – 61% females, 60% males); told a teacher, counselor, or another adult at school (MS – 48% females, 21% males; HS – 31% females, 8% males).
- **Grade:** Among middle school students, reports of *active* responses to observed bullying (trying to stop it, telling a school adult) declined with age/grade, while *negative/passive* responses (taking part, doing nothing) increased: took part in the bullying (5% 6th, 4% 7th, 7% 8th); just saw it happen (38%, 65%, 62%); tried to get the person/people doing it to stop (73%, 67%, 62%); told a teacher, counselor, or another adult at school (45%, 29%, 19%). Responses among high school students varied inconsistently: took part (5% 9th, 3% 10th, 7% 11th, 7% 12th), just saw it happen (71%, 51%, 64%, 63%), tried to stop the bully (60%, 60%, 52%, 77%), told a school adult (13%, 36%, 19%, 27%).

Lifetime Experiences of Dating and Sexual Violence Among Bedford High School Students, Total and by Gender (2016)

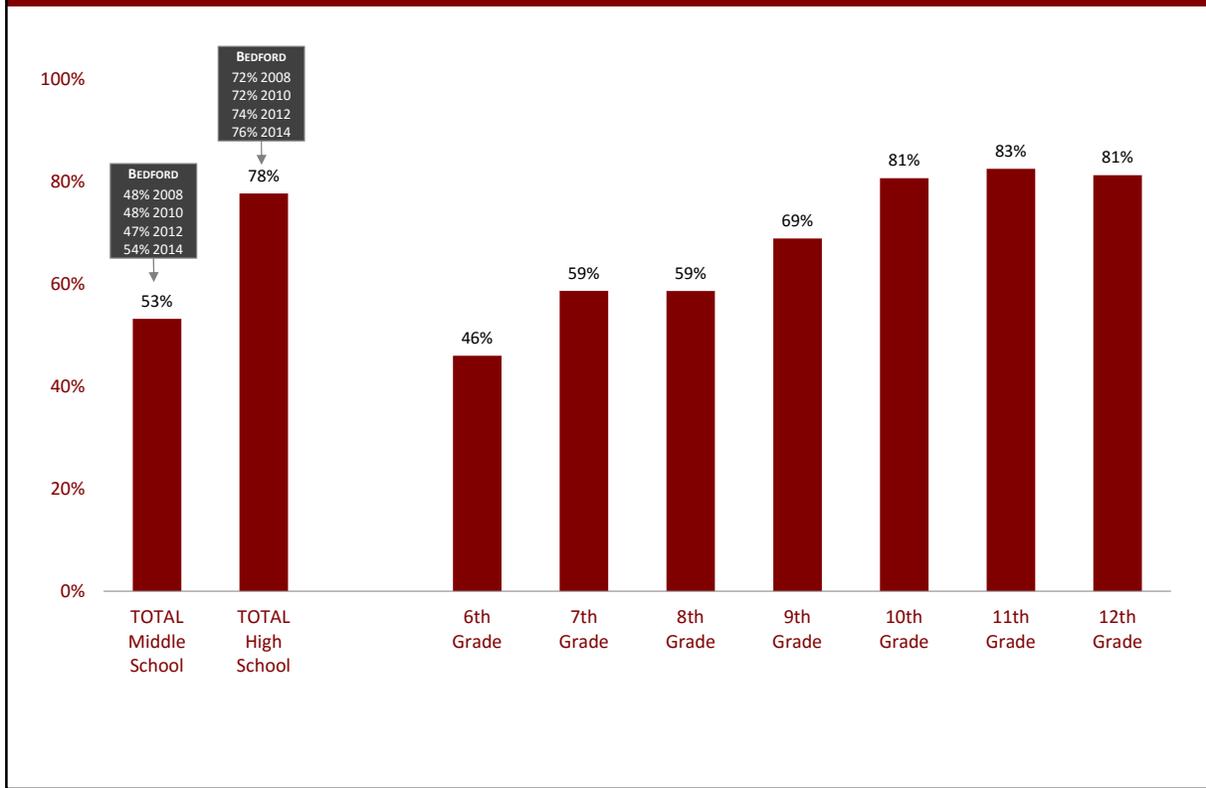


SELECTED POINTS

- Three percent (3%) of 2016 Bedford high school students reported that they had ever been *physically* hurt by a date in their lifetime, 3% had ever been *sexually* hurt by a date, and 2% had been *forced to have sexual intercourse against their will*.
- **Trends:** Trend data reveal a continuation of lower rates of these issues among Bedford high school students since 2008 – ever hurt *physically* by a date (7% in 2008, 4% in 2010, 3% in 2012, 3% in 2014, 3% in 2016), ever hurt *sexually* by a date (5% in 2008, 3% in 2010, 3% in 2012, 2% in 2014, 3% in 2016), ever *forced to have intercourse* (3% in 2008, 2% in 2010, 2% in 2012, 2% in 2014, 2% in 2016).
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Bedford high school females were slightly more likely than males to report these experiences: ever *physically* hurt by a date (4% females, 1% males), ever *sexually* hurt by a date (4%, 1%), ever *forced to have sexual intercourse against will* (3%, 0.7%).
- **Grade:** The percentage of Bedford high school students who reported each of these experiences varied with age/grade, with sexual violence most prevalent among 12th graders: ever *physically* hurt by a date (3%, 0%, 7%, 2%), ever *sexually* hurt by a date (2%, 0.5%, 3%, 6%), ever *forced to have intercourse against will* (1%, 0.6%, 1%, 5%).
- **Middle School:** Middle school students were not asked these questions.

Mental Health

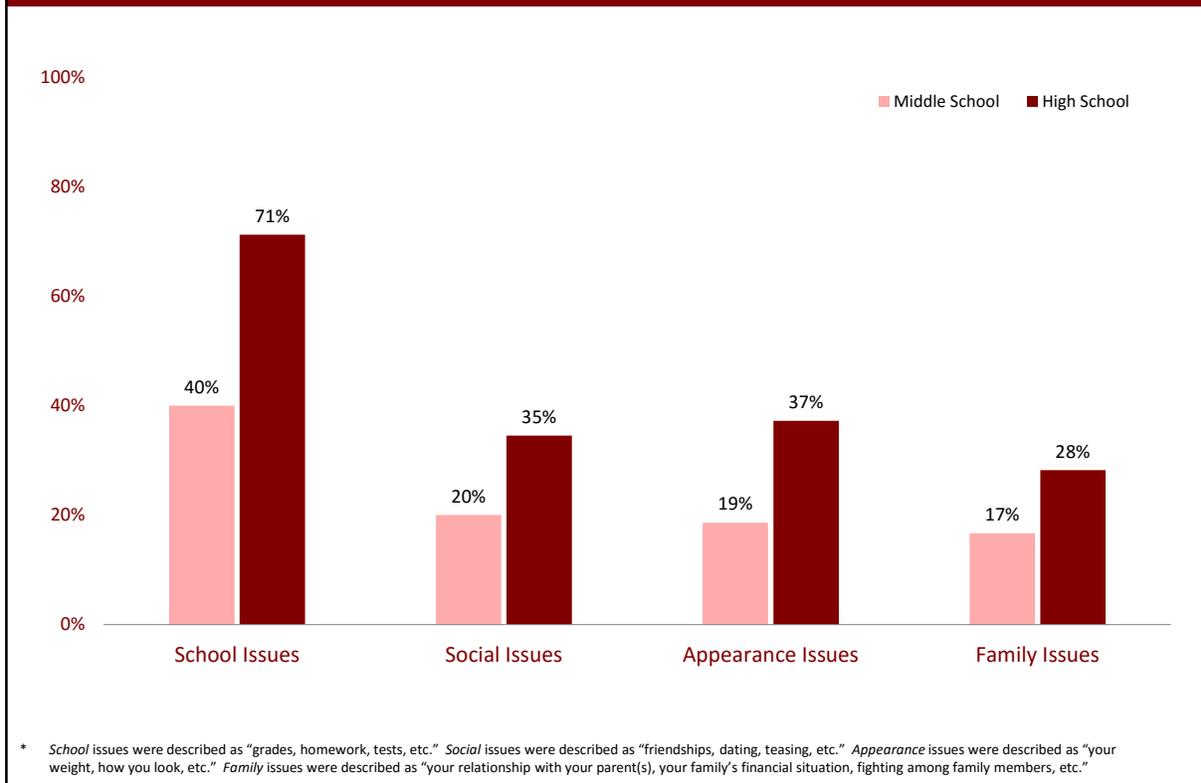
Bedford Middle and High School Students Who Describe Their Lives as "Somewhat" or "Very" Stressful, Total and by Grade (2016)



SELECTED POINTS

- In 2016, 53% of Bedford middle school students and 78% of high school students reported that they thought their life was “somewhat” or “very” stressful.
- **Trends:** While rates of perceived stress have remained fairly consistent over time among both Bedford middle and high school students, rates have increased since 2008 and remain at their highest point (MS – 48% in 2008, 53% in 2016; HS – 72% in 2008, 78% in 2016).
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Female 2016 Bedford students were much more likely than males to report that their life was stressful (MS – 61% females, 46% males; HS – 89% females, 64% males).
- **Grade:** As displayed in the chart, the percentage of 2016 Bedford respondents who reported that their life was stressful increased overall from the 6th to the 10th grades and then remained fairly consistent (46%, 59%, 59%, 69%, 81%, 83%, 81%).

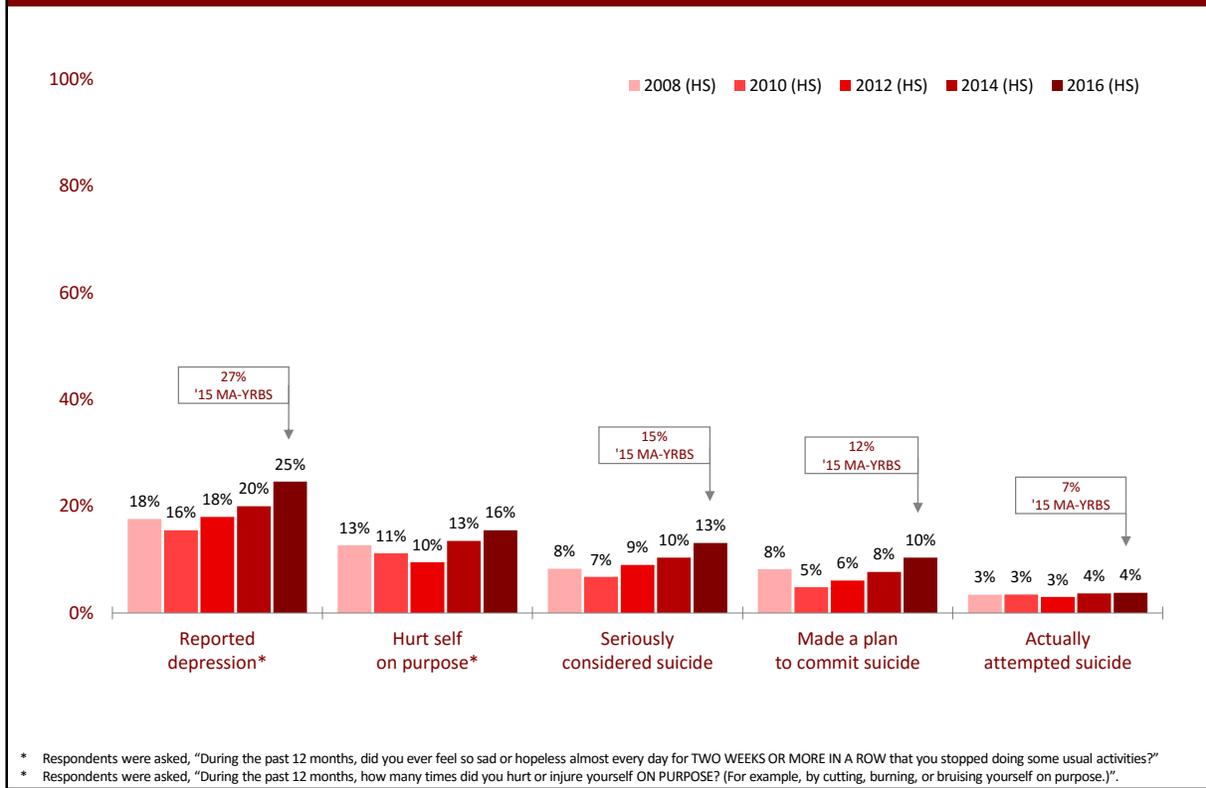
Bedford Middle and High School Students Who "Often" or "Always" Worry About Various Issues* (2016)



SELECTED POINTS

- In 2016, Bedford students reported worrying most overall about school issues (40% MS, 71% HS), followed by social issues (20% MS, 35% HS) and appearance issues (19% MS, 37% HS), and family issues (17% MS, 28% HS). High school students were much more likely than middle school students to report worrying about each of these issues.
- **Trends:** While there has been more consistency than variability in perceived stressors since 2008, there were notable continued increases in concern at the high school level: school issues (MS – 45%, 40%, 40%, 44%, 40%; HS – 62%, 58%, 63%, 69%, 71%), social issues (MS – 28%, 23%, 23%, 21%, 20%; HS – 40%, 38%, 31%, 32%, 35%), appearance issues (MS – 26%, 25%, 25%, 22%, 19%; HS – 37%, 37%, 29%, 30%, 37%), family issues (MS – 20%, 19%, 15%, 17%, 17%; HS – 28%, 31%, 25%, 28%, 28%).
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Female students in 2016 were more likely than males to report frequently worrying about each of these issues: school issues (MS – 45% females, 35% males; HS – 84%, 56%), social issues (MS – 23%, 16%; HS – 44%, 22%), appearance issues (MS – 20%, 13%; HS – 36%, 19%), family issues (MS – 23%, 14%; HS – 50%, 22%).
- **Grade:** As displayed in the chart, concern about these issues was more common among high school students. Of particular note is the increase in concern about school issues, with 34% of 6th graders reporting that they often or always worry about issues such as grades, homework, and tests, progressively rising to a high of 77% among 11th graders.

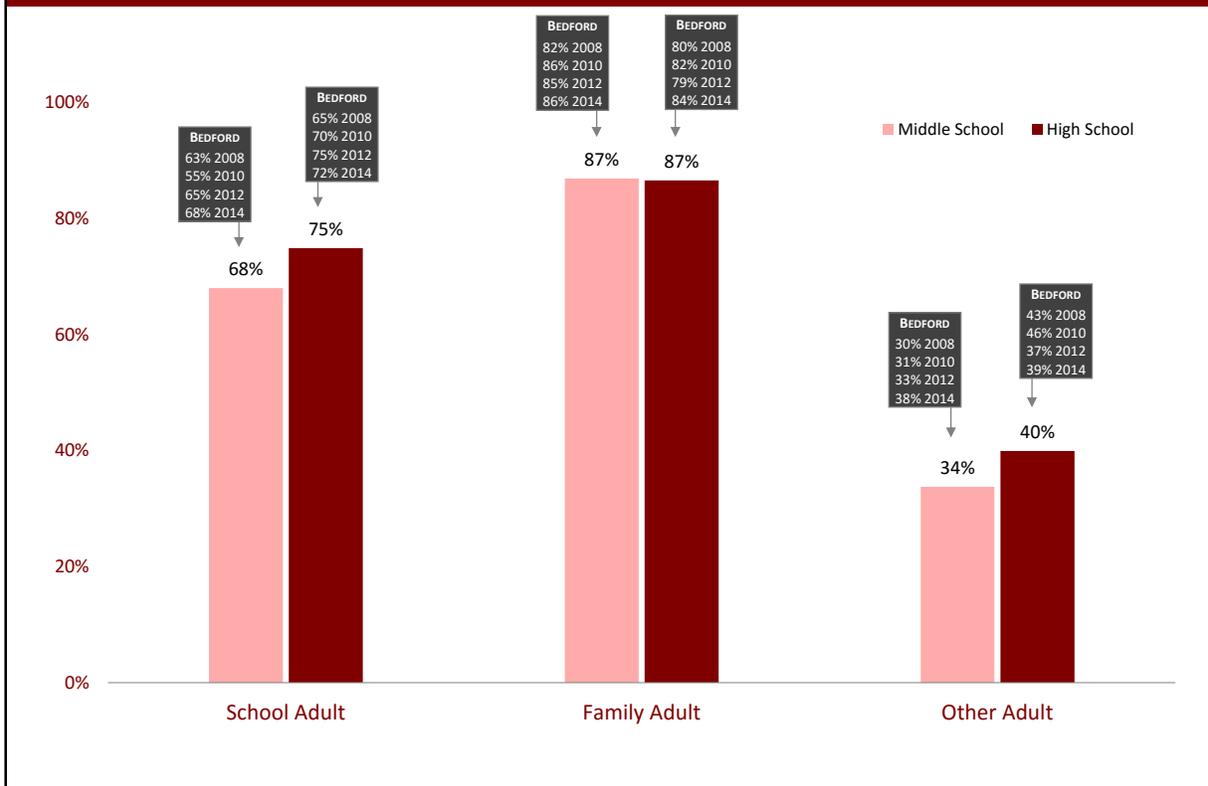
Trends in Depression, Self-Harm, and Suicide in the Past 12 Months Among Bedford High School Students ('08, '10, '12, '14, '16)



SELECTED POINTS

- Twenty-five percent (25%) of 2016 Bedford high school students *experiencing depression* in the 12 months prior to the survey. Sixteen percent (16%) reported *hurting themselves on purpose* during the same period, 13% *seriously considered suicide*, 10% *made a plan to commit suicide*, and 4% *actually attempted suicide*.
- **Trends:** As displayed in the chart, trend data reveal continued increases in these issues among Bedford high school students, largely since 2010. See information below on middle school trends.
- **Comparisons:** These issues were slightly less common among 2016 Bedford high school students than 2015 Massachusetts students: reported depression (25% Bedford, 27% MA), hurt self on purpose (comparative MA data not available), seriously considered suicide (13% Bedford, 15% MA), made a plan to commit suicide (10% Bedford, 12% MA), attempted suicide (4% Bedford, 7% MA). MA data from the 2015 MA Youth Risk Behavior Survey
- **Gender:** Bedford female respondents were more likely than males to report each of these mental health concerns: reported depression (33% females, 14% males), hurt self on purpose (21%, 8%), seriously considered suicide (18%, 6%), made a plan to commit suicide (15%, 5%), attempted suicide (6%, 1%).
- **Grade:** The percentage of respondents who reported each of these issues varied throughout the high school grades, with 9th and 11th grade levels generally highest: reported depression (26%, 22%, 28%, 24%), hurt self on purpose (17%, 15%, 16%, 13%), seriously considered suicide (14%, 11%, 18%, 9%), planned suicide (11%, 8%, 13%, 9%), attempted suicide (3%, 3%, 5%, 4%).
- **Middle School:** Rates of these mental health concerns were generally lower among Bedford middle school students, but 2016 rates remained historically high: reported depression (7% in 2008, 7% in 2010, 12% in 2012, 13% in 2014, 13% in 2016), hurt self on purpose (11%, 9%, 13%, 14%, 13%), seriously considered suicide (3%, 6%, 7%, 9%, 7%), planned suicide (2%, 3%, 4%, 4%, 6%), attempted suicide (0.8%, 2%, 1%, 1%, 2%).

Bedford Middle and High School Students Who Report Having Adults to Talk with If They Have a Problem (2016)

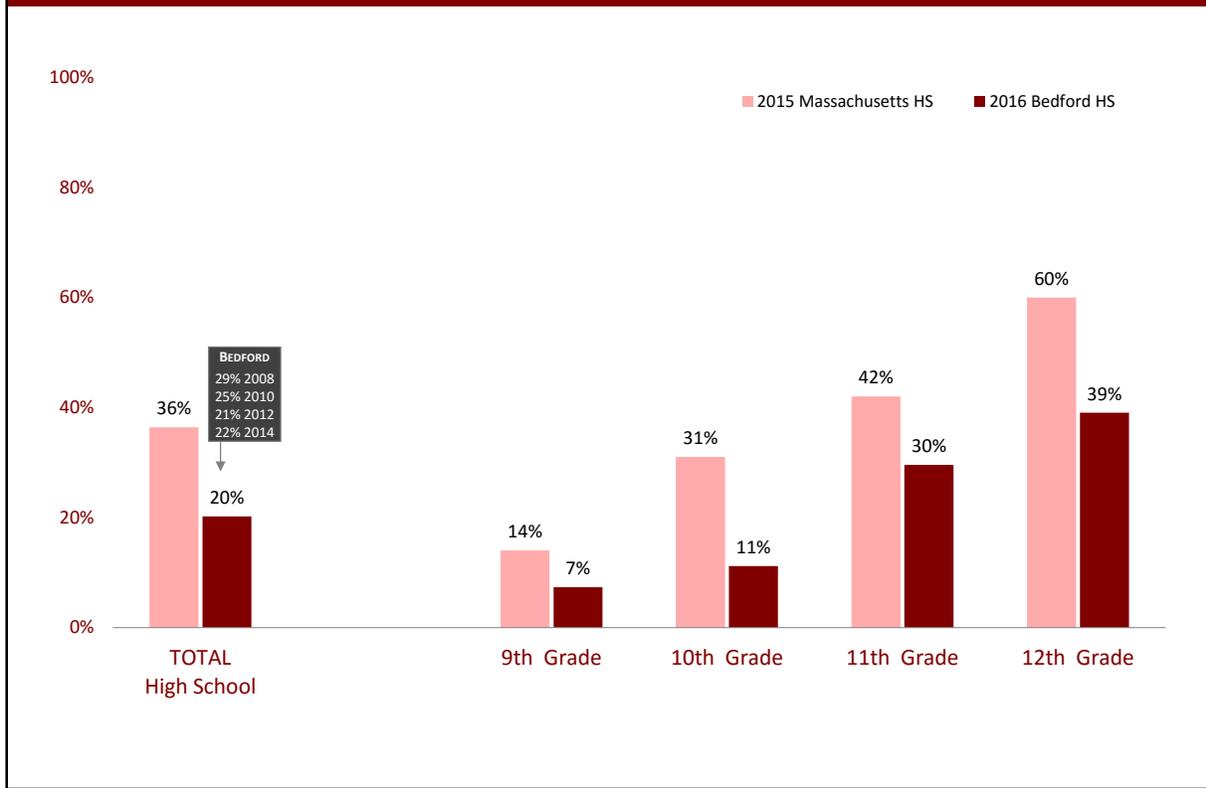


SELECTED POINTS

- Respondents were asked whether they have people to talk to about problems, specifically trusted school adults, family adults, and other non-family adults outside of school. Students in both middle and high school were most likely to report having a *family* adult to talk to (MS – 87%, HS – 87%), followed by a *school* adult (MS – 68%, HS – 75%) and a *non-family/school* adult (MS – 34%, HS – 40%).
- **Trends:** Trend data largely reveal increases in perceived adult support since 2008: school adult (MS – 63%, 55%, 65%, 68%, 68%; HS – 65%, 70%, 75%, 72%, 75%), family adult (MS – 82%, 86%, 85%, 86%, 87%; HS – 80%, 82%, 79%, 84%, 87%), other adult (MS – 30%, 31%, 33%, 38%, 34%; HS – 43%, 46%, 37%, 39%, 40%).
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** While perceived support of school and family adults was similar among both males and females, females were more likely to report access to non-family/school adult support: school adult (MS – 70% females, 66% males; HS – 74%, 76%), family adult (MS – 86%, 87%; HS – 86%, 87%), non-family/school adult (MS – 40%, 28%; HS – 44%, 35%).
- **Grade:** Data by grade show that the percentage of students that report having a *school* adult confidant varied with age/grade, increasing throughout the high school grades (71%, 59%, 72%, 64%, 73%, 79%, 87%). Perceived support of a *family* adult did not vary substantively with age/grade (90%, 85%, 86%, 83%, 89%, 86%, 90%). Perceived support of a *non-family/school* adult varied inconsistently (28%, 32%, 43%, 43%, 43%, 33%, 38%).

Physical Health

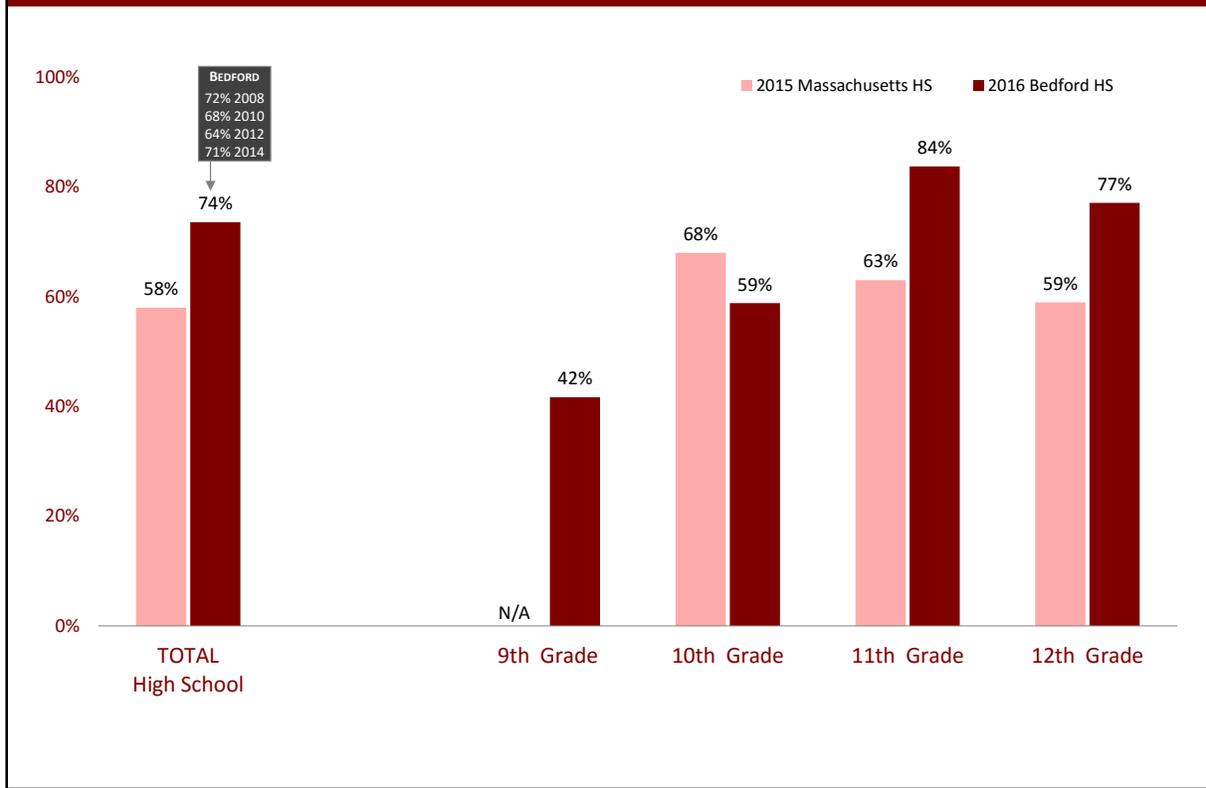
Massachusetts 2015 and Bedford 2016 High School Students Who Have Ever Had Sexual Intercourse, Total and by Grade



SELECTED POINTS

- In 2016, 20% of Bedford high school students reported ever having sexual intercourse – 7% of 9th graders, 11% of 10th graders, 30% of 11th graders, and 39% of 12th graders.
- **Trends:** There was a slight decrease between 2014 (22%) and 2016 (20%) in the percentage of Bedford high school students who reported ever having sexual intercourse, with the rate below the prior peak level of 29% in 2008.
- **Comparisons:** Comparative data show that 2016 Bedford high school students were much less likely than their 2015 Massachusetts peers to report ever having sexual intercourse (20% Bedford, 36% MA). This pattern held in every grade: 9th grade (7% Bedford, 14% MA), 10th grade (11% Bedford, 31% MA), 11th grade (30% Bedford, 42% MA), 12th grade (39% Bedford, 60% MA). *MA data from the 2015 MA Youth Risk Behavior Survey*
- **Gender:** Bedford high school males were more likely than females to report ever having sexual intercourse (18% females, 23% males).
- **Grade:** As displayed in the chart, the percentage of 2016 Bedford students who reported ever having sexual intercourse increased from 7% in 9th grade to 39% in 12th grade.
- **Middle School:** Middle school students were not asked these questions.

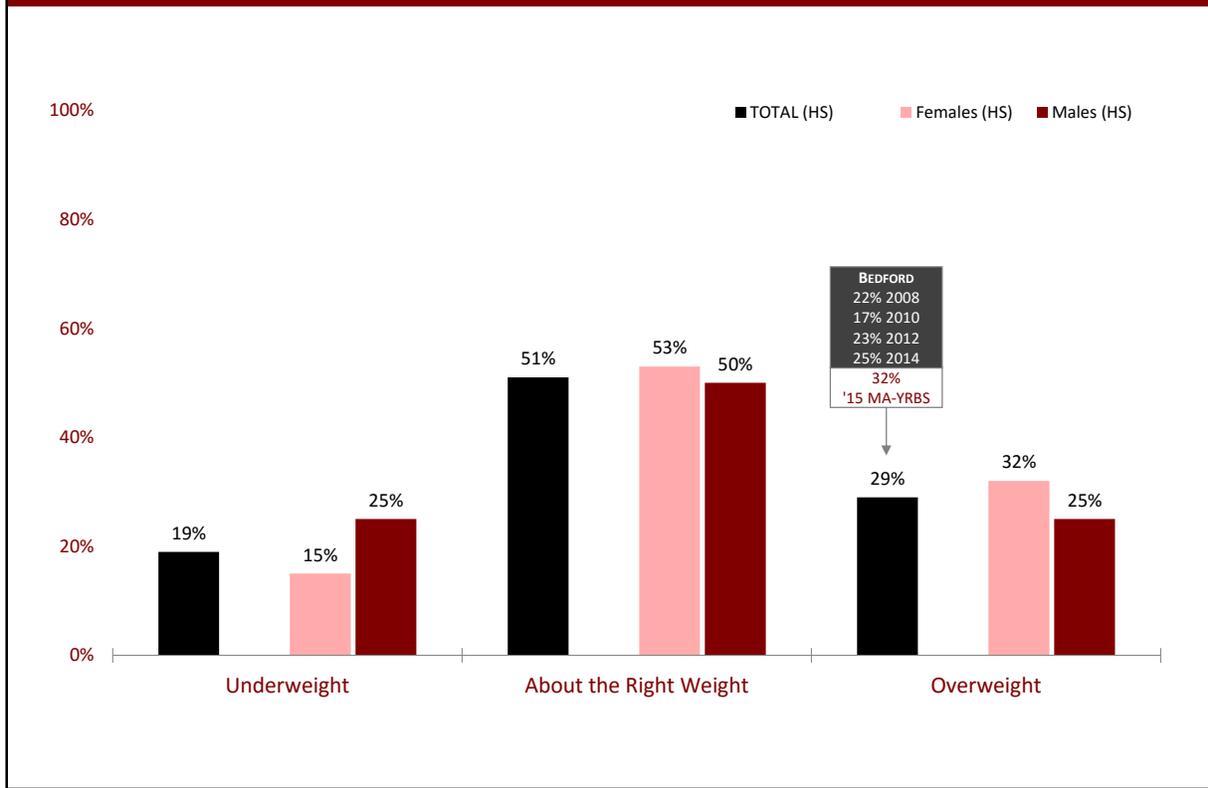
Sexually Active Massachusetts 2015 and Bedford 2016 High School Students Who Used a Condom The Last Time They Had Intercourse, Total and by Grade



SELECTED POINTS

- In 2016, 74% of sexually active Bedford high school students reported that they or their partner used a condom the last time they had sexual intercourse – 42% of 9th graders, 59% of 10th graders, 84% of 11th graders, and 77% of 12th graders.
- **Trends:** Available high school trend data reveal an increase between 2014 and 2016 in the percentage of sexually active students who reported that they or their partner used a condom the last time they had sexual intercourse (71% to 74%), continuing an increase since 2012 when the rate was 64%.
- **Comparisons:** Comparative data show that 2016 Bedford high school students were more likely than their 2015 Massachusetts peers to report using a condom the last time they had sexual intercourse (74% Bedford, 58% MA). As displayed in the chart, this comparison largely held across grades (9th grade Massachusetts data were not reported). *MA data from the 2015 MA Youth Risk Behavior Survey*
- **Gender:** Male high school students were more likely than females to report that they or their partner used a condom they last time they had sexual intercourse (72% females, 78% males).
- **Grade:** Reported condom use among sexually active Bedford youth increased between the 9th and 11th grades and then decreased.
- **Middle School:** Middle school students were not asked these questions.

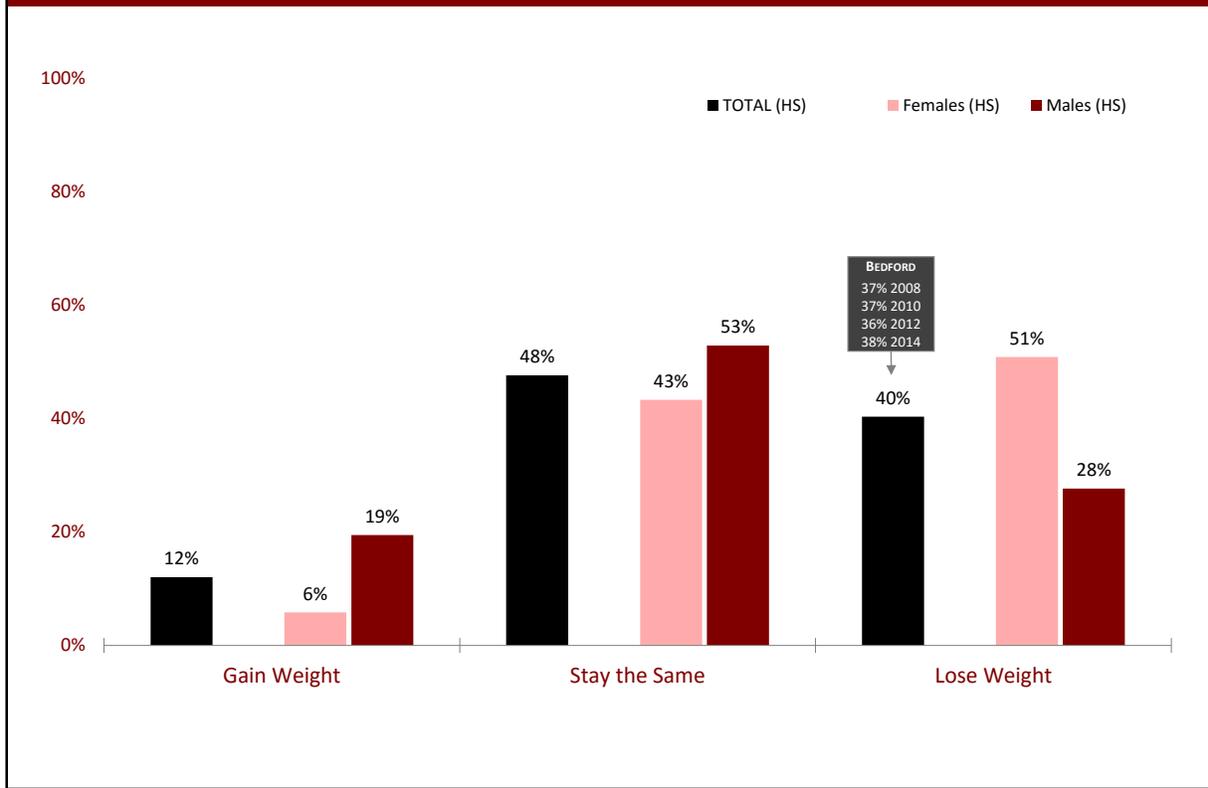
Perception of Body Weight Among Bedford High School Students, Total and by Gender (2016)



SELECTED POINTS

- Nineteen percent (19%) of 2016 Bedford high school students described themselves as *underweight*, 51% as *about the right weight*, and 29% as *overweight*.
- Fifteen percent (15%) of females and 25% of males described themselves as *underweight*, 53% of females and 50% of males as *about the right weight*, and 32% of females and 25% of males as *overweight*.
- **Trends:** Available high school trend data reveal an increase between 2014 and 2016 in the percent of Bedford high school students who perceived themselves as *overweight* (25% to 29%), continuing an increase observed since 2010 when the rate was 17%.
- **Comparisons:** Comparative data show that 2016 Bedford high school students were less likely than their 2015 Massachusetts peers to describe themselves as *overweight* (29% Bedford, 32% MA). *MA data from the 2015 MA Youth Risk Behavior Survey*
- **Gender:** As displayed in the chart, 2016 female Bedford high school students were more likely than males to describe themselves as *overweight* (32% females, 25% males).
- **Grade:** There was little substantive variation with age/grade in the percentage of Bedford high school students who considered themselves *overweight* (31%, 30%, 31%, 24%).
- **Middle School:** Trends in the percentage of Bedford middle school students who consider themselves *overweight* are as follows: 21% in 2008, 23% in 2010, 25% in 2012, 24% in 2014, 20% in 2016.

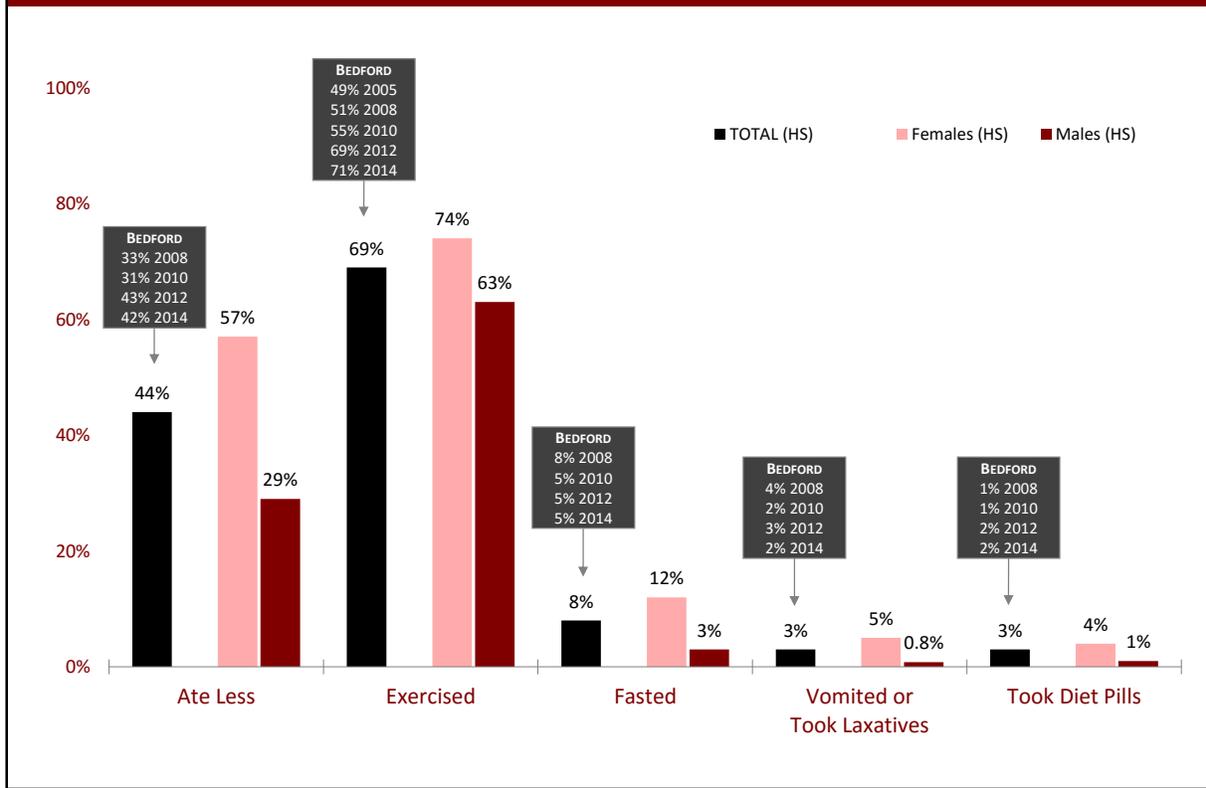
Current Weight Control Goal Among Bedford High School Students, Total and by Gender (2016)



SELECTED POINTS

- Twelve percent (12%) of 2016 Bedford high school students reported that they were trying to *gain weight*, 48% that they were trying to *stay the same weight*, and 40% that they were trying to *lose weight*.
- **Trends:** Available high school trend data reveal little substantive change since 2008 in the percentage of Bedford high school students who reported that they were trying to *lose weight* (37%, 37%, 36%, 38%, 40%).
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Female students were much more likely to report trying to *lose weight* (51% females, 28% males) while males were much more likely to report trying to *gain weight* (6% females, 19% males) and more likely to report trying to *stay the same weight* (43% females, 53% males).
- **Grade:** The percentage of 2016 Bedford high school students who reported that they were currently trying to *lose weight* varied by age/grade (35%, 41%, 48%, 36%).
- **Middle School:** Trends in the percentage of Bedford middle school students who reported that they were currently trying to *lose weight* are as follows: 30% in 2008, 29% in 2010, 35% in 2012, 29% in 2014, 28% in 2016.

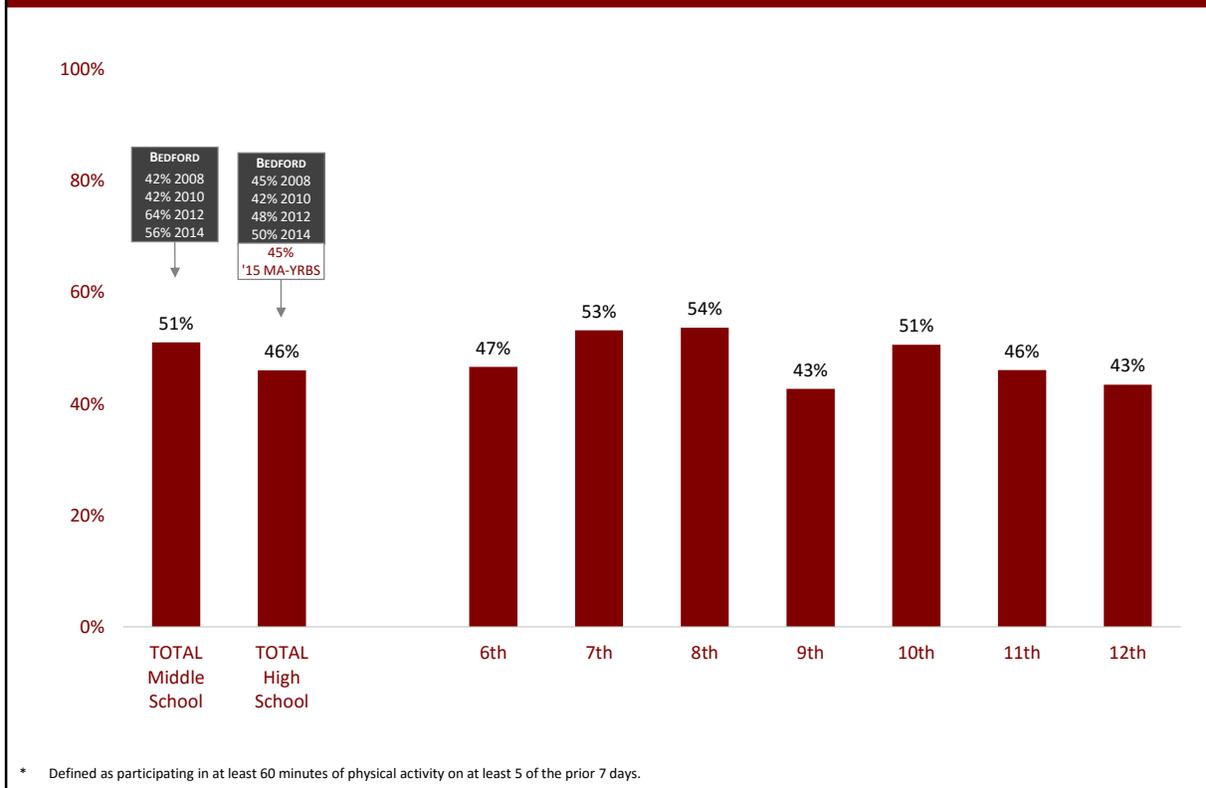
Weight Loss/Maintenance Methods Used by Bedford High School Students in the Past 30 Days, Total and by Gender (2016)



SELECTED POINTS

- Forty-four percent (44%) of 2016 Bedford high school students reported that they had *eaten less* in the 30 days prior to the survey in order to lose or maintain their weight. Sixty-nine percent (69%) had *exercised* to do so, 8% had *fasted*, 3% had *vomited or taken laxatives*, and 3% had *taken diet pills*.
- **Trends:** Available Bedford high school trend data for 2008 to 2016 reveal little substantive change in weight control/maintenance efforts: *ate less* (33%, 31%, 43%, 43%, 44%), *exercised* (49%, 51%, 69%, 71%, 69%), *fasted* (8%, 5%, 5%, 5%, 8%), *vomited or took laxatives* (4%, 2%, 3%, 2%, 3%), *took diet pills* (1%, 1%, 2%, 2%, 3%).
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** As displayed in the chart, female 2016 Bedford high school students were more likely than males to report using these weight loss/maintenance methods.
- **Grade:** There was little consistent variation by age/grade in methods used by 2016 Bedford high school students to lose or maintain their weight: *ate less* (38%, 45%, 51%, 44%), *exercised* (67%, 73%, 68%, 69%), *fasted* (9%, 8%, 7%, 7%), *vomited or took laxatives* (3%, 2%, 4%, 4%), *took diet pills* (1%, 1%, 3%, 7%).
- **Middle School:** Trends in the percentage of Bedford middle school students who reported these efforts are as follows: *ate less* (22% in '08, 24% in '10, 32% in '12, 24% in '14, 29% in '16), *exercised* (42%, 43%, 70%, 60%, 67%), *fasted* (2%, 3%, 4%, 2%, 3%), *vomited/took laxatives* (1%, 0.6%, 2%, 0%, 0.9%), *took diet pills* (0%, 0%, 1%, 0.6%, 0%).

Recommended Level of Physical Activity Among Bedford Middle and High School Students in the Past 7 Days, Total and by Grade (2016)*



SELECTED POINTS

- Fifty-one percent (51%) of Bedford middle school students and 46% of high school students reported engaging in 60 or more minutes of physical activity at least 5 of the prior 7 days (recommended level of activity).
- Physical activity was defined in the survey as any activity that increases your heart rate and makes you get out of breath some of the time.
- **Trends:** Trend data reveal a decrease in 2016 in the percent of Bedford students who reported engaging in the recommended level of physical activity – middle school (42% 2008, 42% 2010, 64% 2012, 56% 2014, 51% 2016), high school (45%, 42%, 48%, 50%, 46%).
- **Comparisons:** The Bedford 2016 rate of reported physical activity (46%) is similar to the Massachusetts 2015 high school average (45%). *MA data from the 2015 MA Youth Risk Behavior Survey*
- **Gender:** Bedford males were more likely than females to report engaging in this level of activity – middle school (48% females, 55% males), high school (42% females, 50% males).
- **Grade:** As displayed in the chart, the percentage of Bedford students who reported engaging in the recommended level of physical activity generally increased among middle school students and declined throughout the high school grades.

Appendix A:

Selected Middle School Data Tables

2015-2016 BEDFORD YOUTH RISK BEHAVIOR SURVEY

Alcohol and Other Drug Use - Middle School (N=484)

	TOTAL - Bedford									GENDER		GRADE		
	1999 (418)	2001 (454)	2003 (463)	2005 (480)	2008 (503)	2010 (527)	2012 (537)	2014 (522)	2016 (484)	Females (234)	Males (244)	6th (195)	7th (137)	8th (147)
LIFETIME (any use in lifetime)														
Alcohol	36.9%	35.1%	20.7%	17.9%	13.5%	11.9%	9.4%	8.1%	8.0%	5.9%	10.2%	6.1%	6.1%	12.2%
Cigarettes	23.7%	17.9%	8.7%	5.6%	3.0%	2.7%	3.2%	1.2%	1.0%	0.4%	1.7%	0.5%	1.5%	1.4%
Cigars	N/A	7.3%	5.3%	5.3%	4.3%	2.5%	2.1%	2.5%	1.7%	1.3%	2.1%	0.0%	3.1%	2.8%
Smokeless Tobacco	2.4%	1.8%	1.1%	1.1%	3.0%	2.1%	0.9%	1.4%	1.1%	1.7%	0.4%	1.6%	1.5%	0.0%
Marijuana	7.7%	10.2%	5.2%	2.7%	2.6%	2.3%	1.1%	1.0%	0.8%	0.0%	1.7%	0.0%	0.7%	2.0%
Cocaine	0.0%	1.8%	1.1%	1.0%	1.0%	0.4%	0.2%	0.2%	0.2%	0.0%	0.4%	0.0%	0.0%	0.7%
Inhalants	9.7%	12.2%	8.7%	6.5%	5.2%	2.5%	3.2%	1.9%	1.5%	0.9%	2.1%	0.5%	1.5%	2.7%
Heroin	N/A	0.9%	0.2%	0.6%	0.2%	0.2%	0.2%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Methamphetamines	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Steroids	N/A	2.4%	1.1%	1.7%	0.0%	0.4%	0.7%	0.8%	0.4%	0.4%	0.4%	0.0%	0.7%	0.7%
Other Illegal Drugs ¹	N/A	2.6%	0.7%	0.6%	0.2%	0.2%	0.7%	0.2%	0.2%	0.0%	0.4%	0.0%	0.7%	0.0%
Ecstasy	N/A	1.3%	0.7%	0.4%	0.4%	0.0%	0.2%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Oxycontin	N/A	N/A	N/A	N/A	0.0%	0.0%	0.4%	0.4%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
CURRENT (any use in past 30 days)														
Alcohol (any use)	19.0%	15.9%	7.9%	7.6%	2.6%	2.5%	3.0%	2.3%	2.7%	1.7%	3.7%	2.1%	2.2%	4.1%
Binge alcohol (5+ drinks in a row)	5.3%	0.4%	0.4%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Cigarettes	8.8%	5.3%	2.6%	2.5%	0.4%	0.8%	0.6%	0.2%	0.2%	0.0%	0.4%	0.5%	0.0%	0.0%
Cigars	N/A	2.2%	0.7%	1.5%	0.2%	0.0%	0.4%	0.8%	1.3%	0.9%	1.7%	0.0%	1.5%	2.8%
Smokeless Tobacco	0.5%	1.1%	0.4%	0.4%	0.2%	0.4%	0.2%	0.2%	0.2%	0.4%	0.0%	0.5%	0.0%	0.0%
Marijuana	4.4%	5.3%	2.4%	1.5%	0.8%	1.5%	0.4%	0.4%	0.4%	0.0%	0.8%	0.0%	0.7%	0.7%
Cocaine	0.7%	1.3%	0.6%	0.4%	0.2%	0.4%	0.2%	0.2%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Inhalants	2.9%	4.6%	2.4%	2.1%	1.2%	0.4%	0.6%	0.6%	0.6%	0.4%	0.8%	0.0%	0.7%	1.4%
Heroin	N/A	0.9%	0.2%	0.4%	0.0%	0.2%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Methamphetamines	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Steroids	N/A	0.9%	0.6%	0.4%	0.0%	0.0%	0.2%	0.2%	0.2%	0.0%	0.4%	0.0%	0.7%	0.0%
Other Illegal Drugs ¹	N/A	1.8%	0.4%	0.2%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Ecstasy	N/A	1.1%	0.4%	0.2%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Oxycontin	N/A	N/A	N/A	N/A	0.0%	0.0%	0.0%	0.2%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%

¹ Respondents were asked about use of "any other type of illegal drug, such as LSD (acid), PCP, mushrooms, Special K, or ecstasy". this item includes ecstasy and preceded the item that asked about ecstasy alone.

2015-2016 BEDFORD YOUTH RISK BEHAVIOR SURVEY

Violence and Safety - Middle School (N=484)

	TOTAL - Bedford									GENDER		GRADE		
	1999 (418)	2001 (454)	2003 (463)	2005 (480)	2008 (503)	2010 (527)	2012 (537)	2014 (522)	2016 (484)	Females (234)	Males (244)	6th (195)	7th (137)	8th (147)
CARRIED A WEAPON¹ (30 days)														
On school property	3.6%	3.3%	1.1%	2.1%	0.6%	0.6%	0.0%	0.4%	0.4%	0.4%	0.4%	0.5%	0.0%	0.7%
When NOT in school	17.4%	16.9%	10.4%	12.4%	6.0%	7.9%	10.3%	11.9%	9.2%	3.4%	15.1%	5.3%	11.7%	12.4%
IN A PHYSICAL FIGHT (12 months)														
On school property	20.4%	19.0%	12.6%	9.3%	5.0%	5.0%	2.4%	5.6%	4.6%	1.3%	7.9%	3.1%	7.3%	4.1%
When NOT in school	29.2%	30.7%	26.2%	27.9%	19.0%	18.5%	14.7%	12.0%	15.2%	8.6%	21.6%	12.7%	19.9%	14.4%
SAFETY CONCERNS														
Somewhat/Very worried about safety in school	11.3%	15.7%	11.3%	8.2%	7.6%	6.7%	8.0%	10.4%	10.2%	11.6%	7.9%	10.9%	8.8%	10.9%
Somewhat/Very worried about safety when NOT in school	18.8%	19.7%	14.3%	16.4%	17.7%	16.2%	14.2%	20.5%	18.6%	20.8%	15.7%	21.4%	18.4%	15.1%
Stayed home from school out of fear for safety (30 days)	2.6%	3.1%	1.5%	2.1%	1.2%	1.3%	2.2%	2.1%	2.7%	3.0%	2.1%	2.6%	3.6%	2.1%
BULLYING														
Bullied at or on way to/from school (30 days)	N/A	29.7%	20.9%	22.9%	23.3%	15.4%	15.2%	16.3%	18.9%	20.6%	16.9%	18.2%	21.9%	17.7%
Bullied at school (12 months)	N/A	N/A	N/A	N/A	N/A	N/A	15.1%	15.8%	20.0%	24.9%	15.2%	22.8%	19.0%	17.8%
Bullied electronically (12 months)	N/A	N/A	N/A	N/A	N/A	N/A	7.7%	7.0%	10.8%	15.8%	6.2%	10.4%	16.1%	6.1%
Saw someone else bullied at school (12 months)	N/A	N/A	N/A	N/A	N/A	N/A	33.0%	26.0%	31.2%	29.9%	32.4%	34.8%	25.2%	30.6%
DATING VIOLENCE (Lifetime)														
Either physically and/or sexually hurt by a date	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Physically hurt <i>only</i> by a date	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Sexually hurt <i>only</i> by a date	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Physically <i>and</i> sexually hurt by a date	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
ALCOHOL-RELATED DRIVING/RIDING (30 days)														
Rode with drinking driver- All students	10.6%	12.2%	9.4%	9.4%	6.6%	6.5%	7.5%	7.7%	7.3%	9.7%	5.2%	4.9%	6.9%	10.3%
Drove after drinking - All students	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Drove after drinking - Of drivers	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
MARIJUANA-RELATED DRIVING/RIDING (30 days)														
Rode with driver using marijuana - All students	5.3%	4.5%	2.2%	1.5%	0.8%	0.8%	0.6%	1.0%	1.3%	0.9%	1.8%	1.1%	3.1%	0.0%
Drove after using marijuana - All students	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Drove after using marijuana - Of drivers	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A

¹ Respondents were asked about "a weapon such as a knife, gun, or club".

2015-2016 BEDFORD YOUTH RISK BEHAVIOR SURVEY

Mental and Physical Health - Middle School (N=484)

	TOTAL - Bedford									GENDER		GRADE		
	1999 (418)	2001 (454)	2003 (463)	2005 (480)	2008 (503)	2010 (527)	2012 (537)	2014 (522)	2016 (484)	Females (234)	Males (244)	6th (195)	7th (137)	8th (147)
MENTAL HEALTH														
Life somewhat/very stressful	N/A	58.7%	50.9%	54.5%	48.0%	48.4%	47.4%	53.5%	53.2%	60.5%	45.8%	46.0%	58.6%	58.6%
Experienced depression (12 months)	N/A	N/A	N/A	N/A	6.6%	6.7%	12.4%	13.3%	13.3%	17.0%	9.6%	12.6%	12.7%	15.1%
Medically treated for depression (12 months)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Hurt self on purpose (12 months)	N/A	N/A	N/A	N/A	10.8%	8.6%	12.6%	13.5%	12.9%	14.7%	11.1%	9.8%	17.5%	13.0%
Seriously considered suicide (12 months)	15.1%	9.9%	8.5%	10.1%	2.8%	5.6%	6.9%	8.6%	7.1%	10.1%	4.4%	5.6%	8.9%	7.5%
Made a plan to commit suicide (12 months)	8.4%	6.5%	3.5%	8.6%	1.6%	2.9%	4.4%	4.1%	6.2%	9.6%	3.1%	3.4%	6.6%	9.6%
Attempted suicide (12 months)	2.9%	2.7%	2.4%	2.1%	0.8%	1.7%	1.2%	1.0%	1.6%	2.9%	0.4%	1.7%	1.6%	1.5%
AVAILABILITY OF SOCIAL SUPPORTS														
School adult to talk to about a problem	N/A	N/A	N/A	N/A	63.2%	54.6%	64.9%	67.8%	68.0%	70.1%	66.0%	71.4%	59.1%	72.2%
Family adult to talk to about a problem	N/A	N/A	N/A	N/A	82.1%	86.0%	84.5%	86.4%	86.9%	86.2%	87.2%	89.7%	85.3%	85.5%
Other adult to talk to about a problem	N/A	N/A	N/A	N/A	29.5%	30.7%	32.6%	38.1%	33.8%	40.1%	27.7%	28.4%	32.4%	42.8%
SEXUAL BEHAVIOR														
Ever had sexual intercourse	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Condom use at last intercourse ¹	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Alcohol/drugs at last intercourse ¹	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Ever been/gotten someone pregnant	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Ever forced to have intercourse	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
WEIGHT PERCEPTION AND CONTROL														
Describe self as somewhat/very overweight	N/A	25.6%	24.2%	23.6%	21.3%	23.2%	25.3%	23.6%	20.0%	19.0%	20.2%	18.5%	23.0%	19.7%
Trying to lose weight	33.4%	31.1%	28.6%	32.0%	29.6%	29.0%	35.5%	29.4%	27.6%	32.2%	22.7%	23.5%	31.1%	29.9%

¹ Of those who had sexual intercourse.

Appendix B:

Selected High School Data Tables

2015-2016 BEDFORD YOUTH RISK BEHAVIOR SURVEY

Alcohol and Other Drug Use - High School (N=659)

	TOTAL - Bedford									2015 MA YRBS	GENDER		GRADE			
	1999 (563)	2001 (523)	2003 (606)	2005 (563)	2008 (627)	2010 (588)	2012 (706)	2014 (709)	2016 (659)		Females (349)	Males (299)	9th (181)	10th (184)	11th (161)	12th (128)
LIFETIME (any use in lifetime)																
Alcohol	72.6%	72.6%	66.2%	62.2%	60.2%	54.0%	42.9%	37.6%	38.9%	61.3%	38.2%	39.9%	20.6%	36.6%	44.4%	59.1%
Cigarettes	58.3%	53.3%	39.7%	35.9%	24.6%	18.8%	15.2%	12.9%	9.9%	27.8%	7.7%	12.5%	7.8%	6.0%	11.2%	15.6%
Cigars	34.9%	35.0%	20.8%	27.7%	22.0%	20.5%	12.7%	6.4%	7.5%	N/A	2.0%	13.9%	3.9%	6.0%	9.6%	11.7%
Smokeless Tobacco	7.8%	6.3%	3.7%	3.4%	3.9%	5.5%	3.9%	3.3%	2.5%	N/A	0.0%	5.4%	0.0%	2.2%	5.0%	2.3%
Marijuana	39.6%	42.4%	34.0%	31.8%	30.9%	33.4%	23.0%	19.4%	20.6%	40.9%	18.7%	22.5%	6.8%	16.5%	30.0%	33.9%
Cocaine	3.4%	2.9%	3.3%	3.2%	1.8%	3.3%	1.6%	0.4%	0.9%	4.5%	0.6%	1.4%	0.0%	0.0%	0.6%	3.9%
Inhalants	13.7%	10.1%	9.3%	9.5%	7.2%	7.0%	1.7%	2.7%	1.4%	N/A	1.2%	1.7%	0.6%	2.2%	2.6%	0.0%
Heroin	N/A	1.3%	2.1%	1.6%	1.1%	1.9%	0.3%	0.1%	0.0%	1.7%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Methamphetamines	N/A	4.6%	3.0%	3.0%	1.4%	1.9%	1.1%	0.1%	0.2%	2.1%	0.3%	0.0%	0.0%	0.0%	0.0%	0.8%
Steroids	N/A	2.5%	3.0%	2.0%	0.8%	1.5%	0.3%	0.3%	0.5%	N/A	0.0%	1.0%	0.0%	0.5%	0.6%	0.8%
Other Illegal Drugs ¹	N/A	14.1%	7.9%	5.0%	4.2%	6.2%	3.3%	1.0%	1.2%	N/A	0.6%	2.1%	0.6%	0.6%	2.5%	1.6%
Ecstasy	N/A	10.9%	5.8%	2.9%	2.1%	3.1%	1.7%	0.1%	0.5%	4.3%	0.3%	0.7%	0.6%	0.6%	0.6%	0.0%
Oxycontin	N/A	N/A	N/A	N/A	2.1%	4.5%	1.5%	0.9%	0.9%	N/A	1.4%	0.3%	0.0%	0.0%	1.9%	2.4%
CURRENT (any use in past 30 days)																
Alcohol (any use)	45.4%	51.0%	39.3%	38.8%	40.1%	33.4%	22.3%	19.9%	20.4%	33.9%	20.5%	20.6%	6.8%	20.8%	26.9%	29.7%
Binge alcohol (5+ drinks in a row)	27.9%	36.8%	23.8%	21.8%	23.7%	18.4%	8.7%	9.6%	9.6%	17.7%	8.3%	11.1%	2.8%	9.3%	11.8%	15.6%
Cigarettes	24.8%	27.2%	17.9%	11.5%	7.4%	7.3%	5.5%	4.0%	2.0%	7.7%	1.7%	2.0%	2.2%	0.5%	2.5%	3.1%
Cigars	11.9%	13.5%	8.1%	9.2%	12.5%	11.7%	6.0%	3.6%	4.0%	10.4%	0.9%	7.5%	1.7%	3.3%	6.4%	5.5%
Smokeless Tobacco	0.7%	0.8%	1.0%	1.4%	1.8%	2.6%	1.4%	2.0%	1.4%	5.5%	0.0%	3.0%	0.0%	1.6%	3.8%	0.0%
Marijuana	21.9%	23.2%	15.4%	17.2%	21.5%	21.8%	10.9%	10.3%	12.8%	24.5%	10.3%	15.6%	3.4%	10.9%	21.1%	18.0%
Cocaine	2.0%	2.1%	2.0%	1.4%	0.8%	1.7%	0.8%	0.1%	0.6%	N/A	0.3%	1.0%	0.0%	0.0%	0.6%	2.3%
Inhalants	3.0%	2.9%	3.5%	4.1%	1.4%	2.1%	0.6%	0.4%	0.6%	N/A	0.9%	0.3%	0.0%	1.1%	1.3%	0.0%
Heroin	N/A	0.8%	1.2%	1.1%	1.0%	0.7%	0.1%	0.0%	0.0%	N/A	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Methamphetamines	N/A	2.5%	1.8%	1.3%	1.1%	0.7%	1.0%	0.0%	0.0%	N/A	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Steroids	N/A	2.3%	1.7%	1.3%	0.5%	1.0%	0.1%	0.0%	0.2%	N/A	0.0%	0.3%	0.0%	0.5%	0.0%	0.0%
Other Illegal Drugs ¹	N/A	7.8%	3.5%	2.2%	2.1%	4.3%	1.8%	0.4%	0.3%	N/A	0.0%	0.7%	0.6%	0.0%	0.0%	0.8%
Ecstasy	N/A	4.4%	2.5%	1.1%	1.6%	1.7%	1.4%	0.1%	0.0%	N/A	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Oxycontin	N/A	N/A	N/A	N/A	0.6%	2.4%	0.9%	0.4%	0.2%	N/A	0.3%	0.0%	0.0%	0.0%	0.0%	0.8%

¹ Respondents were asked about use of "any other type of illegal drug, such as LSD (acid), PCP, mushrooms, Special K, or ecstasy". This item includes ecstasy and preceded the item that asked about ecstasy alone.

2015-2016 BEDFORD YOUTH RISK BEHAVIOR SURVEY

Violence and Safety - High School (N=659)

	TOTAL - Bedford									2015 MA YRBS	GENDER		GRADE			
	1999 (563)	2001 (523)	2003 (606)	2005 (563)	2008 (627)	2010 (588)	2012 (706)	2014 (709)	2016 (659)		Females (349)	Males (299)	9th (181)	10th (184)	11th (161)	12th (128)
CARRIED A WEAPON¹ (30 days)																
On school property	7.5%	5.0%	7.5%	6.8%	4.7%	3.8%	3.0%	1.3%	2.4%	3.2%	0.9%	4.1%	1.1%	1.6%	5.0%	2.4%
When NOT in school	14.1%	11.1%	15.8%	15.4%	11.7%	10.6%	8.4%	7.3%	6.9%	N/A	2.9%	11.7%	4.5%	8.2%	6.3%	8.7%
IN A PHYSICAL FIGHT (12 months)																
On school property	8.7%	9.8%	11.5%	10.9%	9.0%	7.8%	7.5%	2.8%	2.6%	5.6%	0.9%	4.8%	3.4%	2.2%	3.1%	1.6%
When NOT in school	20.1%	19.5%	21.1%	26.7%	19.6%	17.8%	13.0%	10.3%	8.9%	N/A	5.7%	12.9%	12.4%	6.5%	9.4%	6.3%
SAFETY CONCERNS																
Somewhat/Very worried about safety in school	5.0%	9.0%	8.5%	11.8%	10.6%	8.1%	4.7%	9.9%	9.3%	N/A	10.6%	7.4%	12.2%	7.1%	9.9%	7.9%
Somewhat/Very worried about safety when NOT in school	15.5%	9.2%	15.1%	17.2%	16.8%	13.1%	13.1%	15.3%	20.9%	N/A	26.4%	14.2%	19.4%	23.0%	24.2%	15.9%
Stayed home from school out of fear for safety (30 days)	3.4%	3.3%	4.6%	6.5%	4.0%	3.8%	3.8%	4.4%	4.6%	4.8%	5.7%	3.0%	6.1%	2.2%	5.6%	4.7%
BULLYING																
Bullied at or on way to/from school (30 days)	N/A	16.3%	12.4%	13.3%	15.2%	17.7%	11.7%	13.0%	12.6%	N/A	15.5%	8.9%	15.8%	13.7%	11.3%	8.7%
Bullied at school (12 months)	N/A	N/A	N/A	N/A	N/A	N/A	12.3%	11.3%	10.9%	15.6%	14.1%	6.8%	16.3%	10.9%	7.0%	8.6%
Bullied electronically (12 months)	N/A	N/A	N/A	N/A	N/A	N/A	9.5%	13.0%	12.2%	13.0%	13.8%	10.1%	14.5%	14.1%	10.7%	8.6%
Saw someone else bullied at school (12 months)	N/A	N/A	N/A	N/A	N/A	N/A	40.4%	34.9%	25.3%	N/A	30.1%	19.6%	29.4%	25.4%	23.9%	21.4%
DATING VIOLENCE (Lifetime)																
Physically and/or sexually hurt by a date	N/A	7.9%	8.0%	7.0%	9.1%	6.4%	5.2%	4.1%	4.6%	N/A	6.0%	2.7%	3.9%	0.5%	8.1%	7.1%
Physically hurt <i>only</i> by a date	N/A	4.2%	3.8%	2.3%	4.2%	3.1%	2.0%	1.7%	1.8%	N/A	2.3%	1.3%	1.7%	0.0%	5.0%	0.8%
Sexually hurt <i>only</i> by a date	N/A	2.3%	2.7%	2.2%	2.2%	2.1%	2.0%	1.4%	1.8%	N/A	2.0%	1.3%	1.1%	0.5%	1.2%	5.5%
Physically <i>and</i> sexually hurt by a date	N/A	1.3%	1.5%	2.5%	2.7%	1.2%	1.2%	1.0%	0.9%	N/A	1.7%	0.0%	1.1%	0.0%	1.9%	0.8%
ALCOHOL-RELATED DRIVING/RIDING (30 days)																
Rode with drinking driver - All students	17.0%	21.2%	16.1%	22.7%	16.0%	14.8%	9.2%	10.1%	9.2%	18.2%	12.4%	5.1%	8.4%	9.4%	11.9%	6.3%
Drove after drinking - All students	6.1%	8.8%	5.3%	8.4%	5.9%	3.8%	1.4%	1.2%	1.7%	N/A	2.4%	1.0%	0.0%	0.6%	4.6%	1.6%
Drove after drinking - Of drivers	14.8%	19.5%	12.6%	22.2%	15.1%	10.9%	5.2%	3.6%	5.8%	9.4%	8.5%	3.2%	0.0%	3.2%	9.3%	2.6%
MARIJUANA-RELATED DRIVING/RIDING (30 days)																
Rode with driver using marijuana - All students	19.7%	22.5%	14.2%	12.0%	16.3%	19.2%	8.6%	9.4%	11.1%	N/A	12.1%	9.6%	3.4%	8.7%	20.0%	13.3%
Drove after using marijuana - All students	5.9%	8.1%	5.6%	5.7%	5.4%	8.1%	3.0%	2.9%	3.4%	N/A	2.9%	3.8%	0.0%	0.6%	8.2%	5.6%
Drove after using marijuana - Of drivers	14.5%	18.3%	14.0%	16.0%	13.9%	22.8%	10.3%	9.2%	11.2%	N/A	10.4%	11.6%	0.0%	3.2%	16.9%	8.5%

¹ Respondents were asked about "a weapon such as a knife, gun, or club".

2015-2016 BEDFORD YOUTH RISK BEHAVIOR SURVEY

Mental and Physical Health - High School (N=659)

	TOTAL - Bedford									2015 MA YRBS	GENDER		GRADE			
	1999 (563)	2001 (523)	2003 (606)	2005 (563)	2008 (627)	2010 (588)	2012 (706)	2014 (709)	2016 (659)		Females (349)	Males (299)	9th (181)	10th (184)	11th (161)	12th (128)
MENTAL HEALTH																
Life somewhat/very stressful	N/A	76.3%	71.3%	74.2%	72.0%	72.0%	74.1%	76.3%	77.7%	N/A	88.8%	64.1%	68.9%	80.7%	82.5%	81.3%
Experienced depression (12 months)	N/A	N/A	N/A	N/A	17.6%	15.5%	18.0%	20.0%	24.6%	27.4%	33.2%	14.1%	25.7%	21.9%	27.5%	23.6%
Medically treated for depression (12 months)	6.1%	10.6%	11.1%	10.7%	8.7%	7.3%	9.4%	9.6%	14.6%	N/A	18.3%	9.2%	15.6%	13.3%	14.4%	15.1%
Hurt self on purpose (12 months)	N/A	N/A	N/A	N/A	12.7%	11.2%	9.5%	13.5%	15.5%	N/A	21.5%	8.4%	17.2%	15.2%	15.5%	13.3%
Seriously considered suicide (12 months)	16.8%	15.0%	12.0%	15.5%	8.3%	6.7%	9.0%	10.4%	13.1%	14.9%	18.4%	6.4%	14.4%	10.9%	17.5%	8.6%
Made a plan to commit suicide (12 months)	9.7%	9.2%	7.3%	10.6%	8.2%	4.9%	6.1%	7.7%	10.4%	11.9%	14.7%	4.7%	11.2%	8.2%	13.1%	8.6%
Attempted suicide (12 months)	3.9%	5.0%	4.5%	4.5%	3.4%	3.5%	3.5%	3.7%	3.8%	7.0%	6.0%	1.3%	3.3%	2.7%	5.0%	3.9%
AVAILABILITY OF SOCIAL SUPPORTS																
School adult to talk to about a problem	N/A	N/A	N/A	N/A	64.8%	70.2%	74.8%	71.8%	74.8%	N/A	74.4%	75.9%	64.0%	73.2%	79.4%	86.6%
Family adult to talk to about a problem	N/A	N/A	N/A	N/A	79.7%	82.2%	79.1%	84.4%	86.5%	N/A	86.1%	87.3%	82.9%	88.5%	86.2%	89.7%
Other adult to talk to about a problem	N/A	N/A	N/A	N/A	43.3%	45.6%	37.4%	38.6%	39.9%	N/A	44.1%	34.9%	43.4%	43.2%	33.3%	38.1%
SEXUAL BEHAVIOR																
Ever had sexual intercourse	29.6%	28.7%	27.0%	33.9%	29.0%	24.7%	20.9%	22.2%	20.2%	36.4%	17.9%	23.0%	7.3%	11.2%	29.6%	39.1%
Condom use at last intercourse ¹	61.8%	71.4%	70.6%	76.0%	71.8%	67.6%	63.6%	71.4%	73.6%	62.5%	71.7%	78.0%	41.7%	58.8%	83.7%	77.1%
Alcohol/drugs at last intercourse ¹	15.3%	23.1%	21.7%	21.6%	22.9%	19.1%	18.5%	15.2%	12.3%	21.8%	10.2%	14.8%	8.3%	5.6%	14.0%	14.6%
Ever been/gotten someone pregnant	2.9%	1.5%	2.7%	3.8%	1.9%	1.7%	0.9%	1.7%	1.2%	N/A	0.0%	2.7%	0.0%	1.7%	1.3%	2.3%
Ever forced to have intercourse	3.0%	3.5%	3.0%	3.6%	3.4%	2.4%	2.4%	1.9%	1.7%	N/A	2.6%	0.7%	1.1%	0.6%	1.3%	4.7%
WEIGHT PERCEPTION AND CONTROL																
Describe self as somewhat/very overweight	21.4%	24.6%	24.9%	25.4%	21.5%	17.4%	22.8%	25.2%	29.3%	31.5%	32.0%	25.4%	30.6%	29.6%	31.4%	23.6%
Trying to lose weight	36.3%	41.2%	39.7%	38.3%	36.6%	37.2%	35.5%	37.6%	40.3%	46.0%	50.9%	27.6%	35.4%	40.6%	48.4%	35.9%

¹ Of those who had sexual intercourse.