

# **YOUTH RISK BEHAVIOR SURVEY**

## **Acton-Boxborough Regional School District**



**Results of the 2018 Emerson Hospital YRBS**

**Prepared for: Emerson Hospital  
and Acton-Boxborough School District**



Every two years, Emerson Hospital and public school districts within Emerson Hospital's service area collaborate to conduct **the Emerson Youth Risk Behavior Survey (YRBS)**, a comprehensive survey of youth in 6<sup>th</sup> grade, 8<sup>th</sup> grade, and high school, regarding risk behaviors in the following general areas:

- Vehicular safety
- Social and emotional wellbeing
- Physical safety
- Sexual behavior
- Tobacco, alcohol, and drug use
- Diet, body image, and physical activity
- Sleep, school work, and screen time
- Social media

This report presents **aggregate findings** for all school districts participating in the 2018 Emerson YRBS, with breakdowns by grade and student demographics. For more information, please contact:

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## Emerson YRBS Background

- Emerson YRBS began in 1997 with 4 school districts and students in 6<sup>th</sup> grade, 8<sup>th</sup> grade, and 11<sup>th</sup> grade
- The survey has since expanded to include 9 school districts and students in 6<sup>th</sup> grade, 8<sup>th</sup> grade, and 9<sup>th</sup> through 12<sup>th</sup> grade
- More than 11,000 youth participated in the 2018 Emerson YRBS
- Questionnaires are age-appropriate and based on YRBS from Centers for Disease Control and Prevention and Massachusetts YRBS
- This is the first year Market Street Research has worked directly with Emerson Hospital and the participating school districts on the Emerson YRBS; previous surveys were overseen by James Byrne of Northeast Health Resources

## 2018 Emerson YRBS – Participating School Districts

- **Acton-Boxborough Regional School District**
- Ayer-Shirley Regional School District
- Concord-Carlisle High School/Concord Public Schools
- Groton-Dunstable Regional School District
- The Bromfield School (Harvard Public Schools)
- Littleton High School/Littleton Public Schools
- Maynard Public Schools
- Nashoba Regional School District
- Westford Academy/Westford Public Schools

# 2018 Emerson YRBS Methodology

## Overview and Definition of “Aggregate”



### Methodology Overview

- The Emerson YRBS is a survey of **all students** in 6<sup>th</sup> grade, 8<sup>th</sup> grade, and high school (9<sup>th</sup> through 12<sup>th</sup>)
  - 6<sup>th</sup> and 8<sup>th</sup> graders are surveyed using an online platform
  - High school youth are surveyed using paper questionnaires
- To the extent possible, districts survey students in each grade **all on the same day**, although in 2018 there were adverse weather events and problems with connectivity and survey access that made it challenging to do so. In some districts this did not happen as planned
- The surveys are **proctored** at local schools by teachers and district staff, who are given instructions to read to youth
- The online platform, printing of paper questionnaires, and data entry processes were conducted by **MJT Inc.**, the same vendor used in previous Emerson YRBS surveys
- In this report, the term “**aggregate**” **refers to the results for all youth surveyed in all districts for 2018.**

### Census vs. Sample: What is the YRBS?

- A census is a survey that includes everyone in the population being surveyed (e.g., all 6<sup>th</sup> to 12<sup>th</sup> grade youth).
- A sample surveys some members of the population, but not everyone.
- Emerson YRBS is designed to be as close to a census of 6<sup>th</sup> grade, 8<sup>th</sup> grade, and high school youth as possible.
- There are, however, some youth who did not participate in the survey, so technically, the YRBS is a sample.
- Because the sample is so large, however, nearly all differences (including small differences) will test as statistically “significant”, and thus are important to consider.
- In addition to this report, Emerson Hospital and each of the participating districts has received a set of **crosstabulations** (by grade and other key variables) that show the results for all questions along with statistics such as medians, averages, etc. The crosstabulations are color-coordinated to show which differences between groups are statistically significant, and which are not. Those that are not statistically significant should be interpreted cautiously.

# 2018 Emerson YRBS Methodology - Details for Acton-Boxborough Regional School District

- **2,513 youth were surveyed within the Acton-Boxborough Regional School District**
  - 6<sup>th</sup> graders were surveyed on March 5, March 6, March 7, and March 15, 2018.
  - 8<sup>th</sup> graders were surveyed on March 7, 2018
  - High school youth were surveyed on March 6, 2018

## Acton-Boxborough YRBS Response Rate:

**Total attendance on day of survey: 2,727**

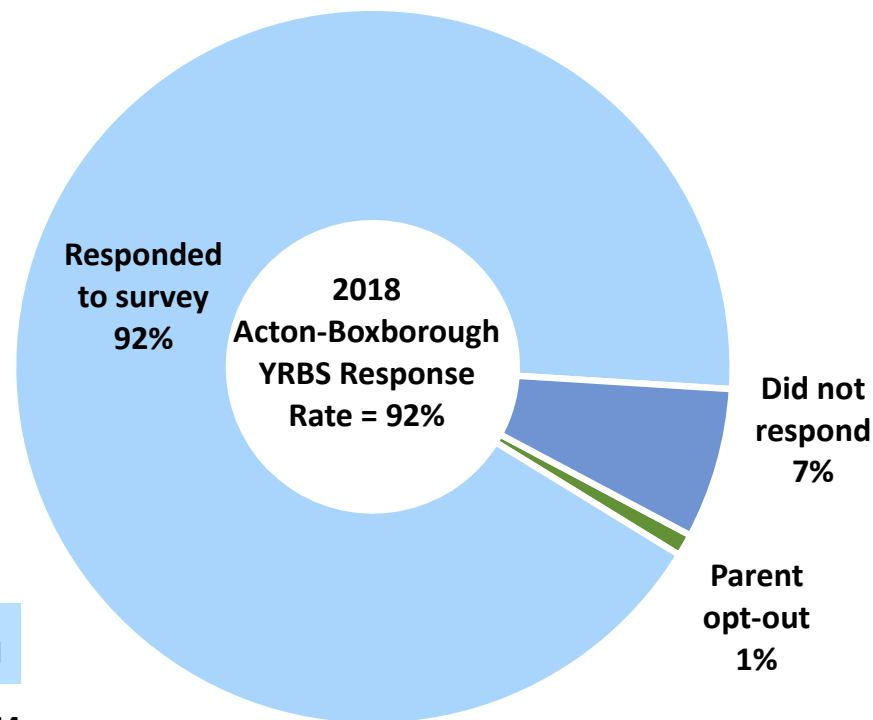
**Parent opt-out: 27 (1%)**

**Responded to survey: 2,513 (92%)**

**Did not respond to survey: 185 (7%)**

## Youth Participating in 2018 Emerson YRBS Acton-Boxborough Regional School District

	Total Surveyed	6th Grade	8th Grade	High School
<b>AGGREGATE (ALL DISTRICTS)</b>	<b>11,044</b>	<b>1,809</b>	<b>1,865</b>	<b>7,344</b>
Acton-Boxborough	2,513	388	443	1,673



## Youth Confidentiality

- The Emerson YRBS is conducted in a way that **guarantees confidentiality** to youth who participate
- Confidentiality is critical for the YRBS, because many of the behaviors discussed in the survey are illegal for minors (or at best, dangerous), and not guaranteeing confidentiality could discourage youth from responding honestly or completely to the survey questions
- The surveys are proctored by teachers and district staff, but youth are not required to participate. Youth who prefer not to respond are instructed to either: (1) leave the questions they don't want to answer blank; or (2) submit a blank questionnaire
- For the 2018 Emerson YRBS, 352 youth in total (about 3% of the aggregate) chose not to participate in the survey
- **Youth names are never collected**, thus there is no way to connect individuals to their specific responses
- We do collect some demographic information from youth (schools attended, age, grades in school, gender, sexual orientation, and race/ethnicity). As a consequence, there is a remote possibility that districts might be able to identify individuals on this basis. For this reason, **any time we report on risk behaviors affecting small numbers, if the group examined includes fewer than 30 youth, we report findings only for the aggregate** (all districts combined)
- Market Street Research retains the original data in electronic format in an archive for due diligence, but neither Emerson Hospital nor the school districts participating in the 2018 Emerson YRBS will have access to the original data

## Question Numbers

Question # ↓	Which grades were asked this question:			Question numbers are included throughout this report to assist the reader in cross-referencing with the questionnaire if needed; see example below.
	Wording of question (abbreviated if needed; check questionnaire for full version)			
Q14	GR6	GR8	HS	Is there at least one teacher or other adult in this school that you could talk to if you had a problem?

# Comparing 2018 YRBS with Previous Years

## When Possible, This Report Presents Comparisons with Previous Emerson YRBS

- Prior to 2018, the Emerson YRBS was overseen by Jim Byrne of Northeast Health Resources
- Market Street Research is only responsible for the quality and completeness of data from the 2018 YRBS
- **When possible**, this report and accompanying materials provided to Emerson Hospital and the participating school districts include comparisons with previous years' results
- Readers should note that Market Street Research **cannot provide comparisons** in cases in which information from prior years' surveys:
  - is not available from the previous vendor, or is missing
  - is inconsistent with 2018 results due to changes in the questionnaire

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# **AT-A-GLANCE KEY RISK BEHAVIORS AND RECOMMENDATIONS FOR FUTURE YRBS**

# At-A-Glance Selected Risk Behaviors for 2018 Acton-Boxborough Regional School District YRBS



Selected Risk Behaviors Covered in 2018 Emerson YRBS:	AGGRE- GATE 2018 TOTAL	ABRSD TOTAL	ABRSD 6th Grade	ABRSD 8th Grade	ABRSD High School
Passenger in vehicle, minor driver under influence of drugs/alcohol	9%	9%	2%	3%	13%
Drove vehicle while under influence of drugs/alcohol	4%	5%	n/a	n/a	5%
Drove vehicle while under influence of marijuana	7%	8%	n/a	n/a	8%
Most of the time or always, drives vehicle while using cell phone	5%	3%	n/a	n/a	3%
Has been cyber-bullied in past 12 months	7%	6%	7%	8%	6%
Has sexted (sent or received) in past 12 months	21%	22%	n/a	14%	24%
Has social media accounts parents/guardians don't know about	20%	23%	5%	17%	29%
Number of youth who brought a gun to school in past 30 days	39 youth	7 youth	0 youth	1 youth	6 youth
Lifetime experience of dating violence	4%	3%	n/a	3%	2%
Bullied in school in past 12 months	8%	7%	10%	10%	5%
Sexually harassed in school in past 12 months	11%	12%	n/a	12%	12%
Self-injury in past 12 months	14%	15%	n/a	13%	14%
Depressed in past 12 months	22%	21%	n/a	15%	22%
Attempted suicide in past 12 months	3%	3%	2%	4%	3%
Current smoker (past 30 days)	3%	3%	1%	1%	3%
Current electronic cigarette or vaping (past 30 days)	20%	19%	1%	10%	25%
Current alcohol consumption (past 30 days)	22%	22%	2%	9%	30%
Current marijuana consumption (past 30 days)	14%	13%	0%	3%	19%
Lifetime sexual intercourse	19%	18%	n/a	4%	22%
Lifetime oral sex	24%	24%	n/a	5%	29%



# Recommendations for Future Emerson YRBS



Continue to  
monitor key risk  
behaviors



Continue to  
monitor groups  
at greatest risk



If nothing can  
be done, drop  
issue from YRBS



Make sure YRBS  
covers emerging  
risk behaviors



Is 6<sup>th</sup> grade  
early enough?  
Monitor onset  
of behaviors



Focus on  
behaviors  
districts can  
address

## Expand Some Questions to 6<sup>th</sup> Grade

There are some questions not asked of 6<sup>th</sup> graders that Emerson Hospital and the participating school districts may want to include for this age group in the future, because at least 8% or more of 8<sup>th</sup> graders engage in or experience these behaviors:

- Self-injury
- Feelings of depression
- Using own prescriptions in ways not prescribed (first asked in 2018)
- Sexting and viewing pornography
- Ask 6<sup>th</sup> and 8<sup>th</sup> graders about binge drinking

## Is this the right issue?

- Violence can occur at school, at home, or in the community. Alcohol/drugs may or may not influence violence in any of these settings. Which is most important in terms of youth experiences at school?

## Eliminate Some Questions from Earlier Grades

There are some questions asked of 6<sup>th</sup> and 8<sup>th</sup> graders that cover: (1) behaviors that are rare for these age groups; or (2) behaviors that have declined dramatically in recent years:

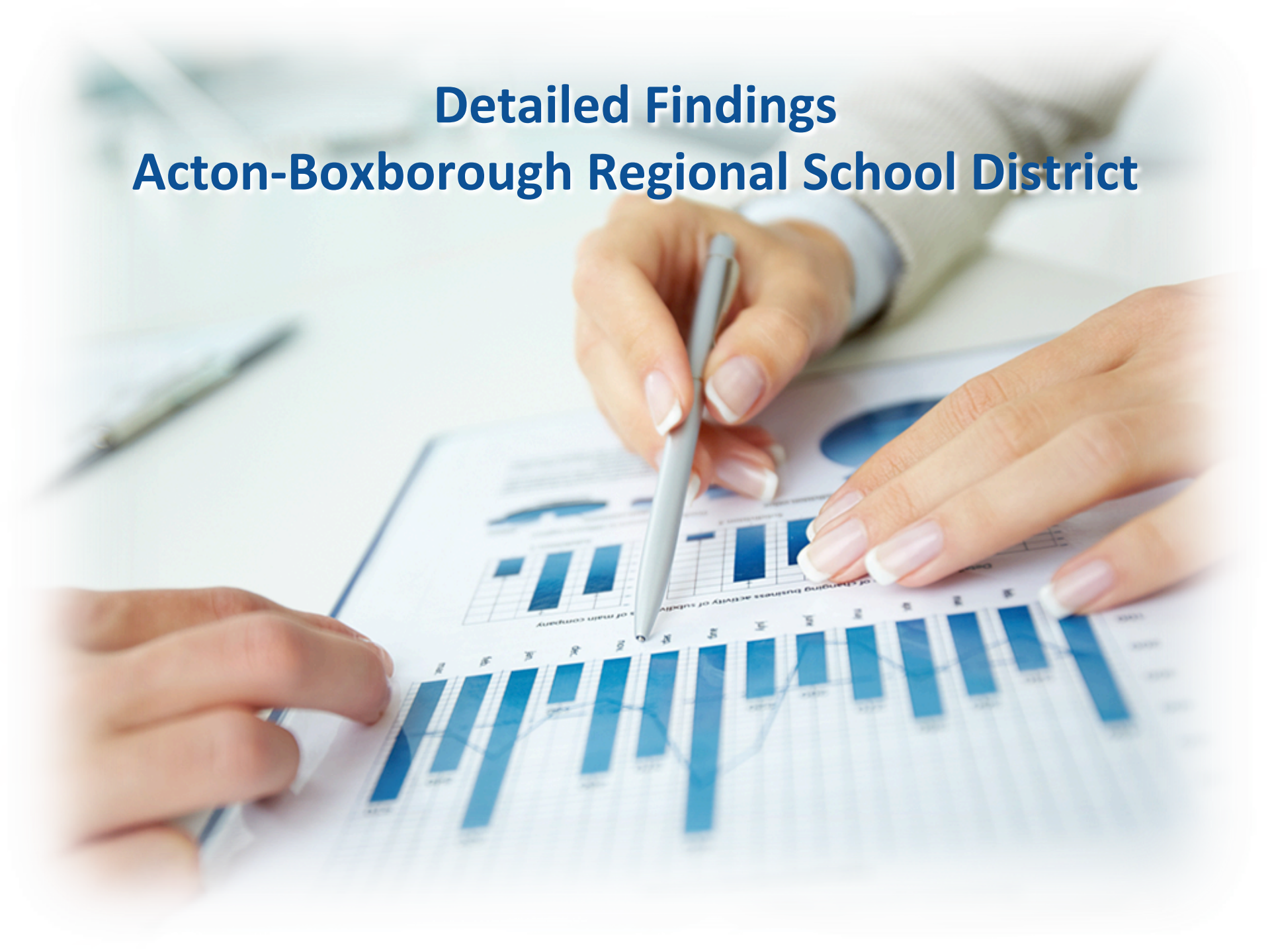
- Recent cigarette smoking (past 30 days)
- Use of chewing tobacco, snuff, pack, or dip
- 6<sup>th</sup> grade use of marijuana (regular and synthetic), although this might change as it is legalized
- Selling of illegal drugs on school property by 6<sup>th</sup> graders

## Duplicates (Same Issue, Same Groups?)

- Huffing (lifetime by 6<sup>th</sup> graders, 30 days by 8<sup>th</sup> and high school). Consider asking this question the same way for all grades, using one of the versions (not both)
- Ever pressured into sex vs. ever had sex didn't want; consider combining this question or asking one of the versions (not both)

# Detailed Findings

## Acton-Boxborough Regional School District



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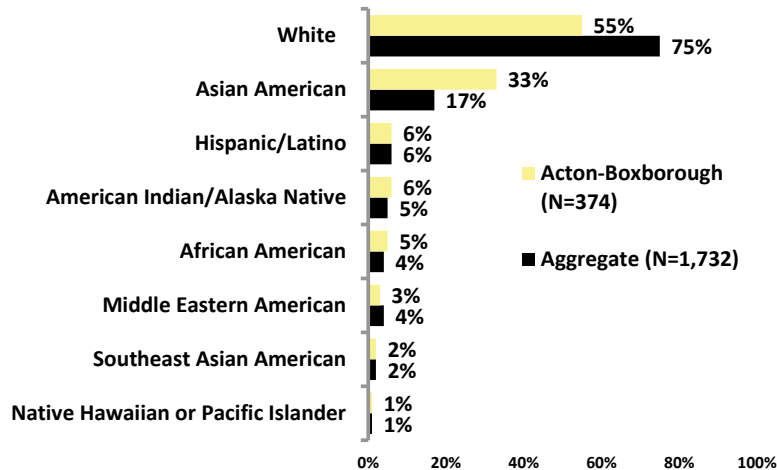
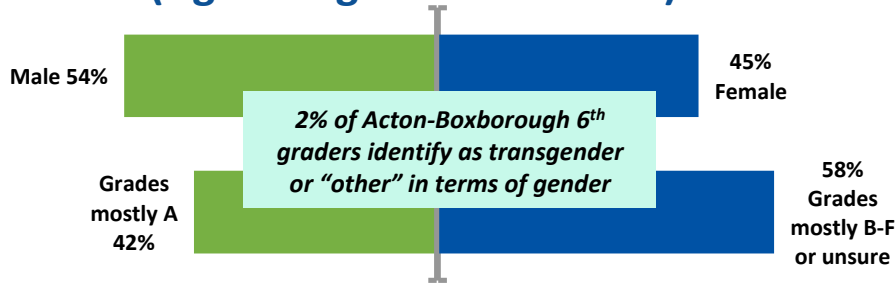
# Characteristics of Students Participating in 2018 Youth Risk Behavior Survey Results for Acton-Boxborough

Demographic Profiles: 6<sup>th</sup> Grade, 8<sup>th</sup> Grade, and High School  
Sleep, Homework, and Screen Time  
Participation in Out-Of-School-Time Activities  
Breakfast and Caffeine  
Regular Physical Exercise

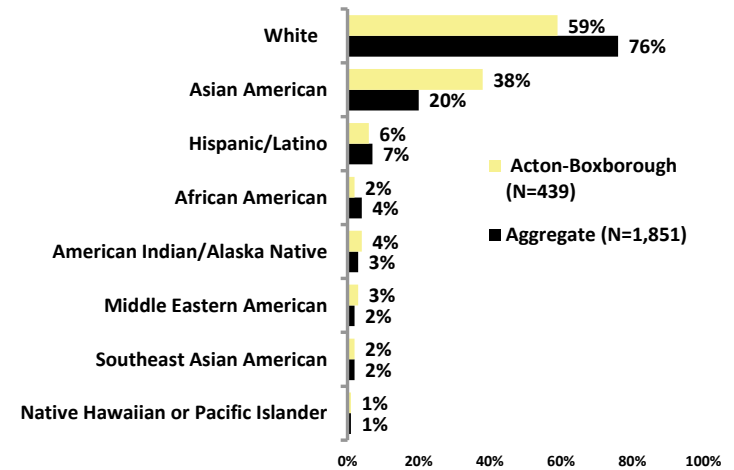
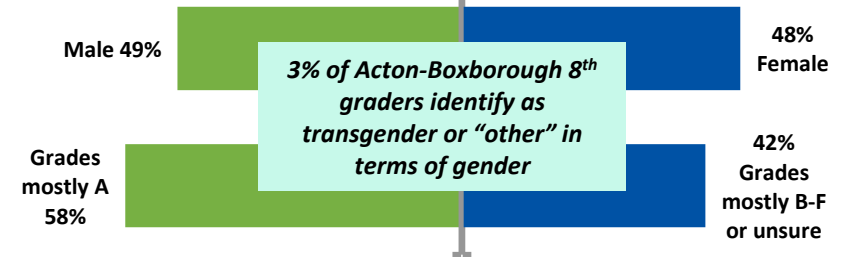
# Demographic Profile – 6<sup>th</sup> and 8<sup>th</sup> Grade Acton-Boxborough Regional School District YRBS



## N=374 Acton-Boxborough 6<sup>th</sup> Grade Youth (Ages range from 10 to 13)



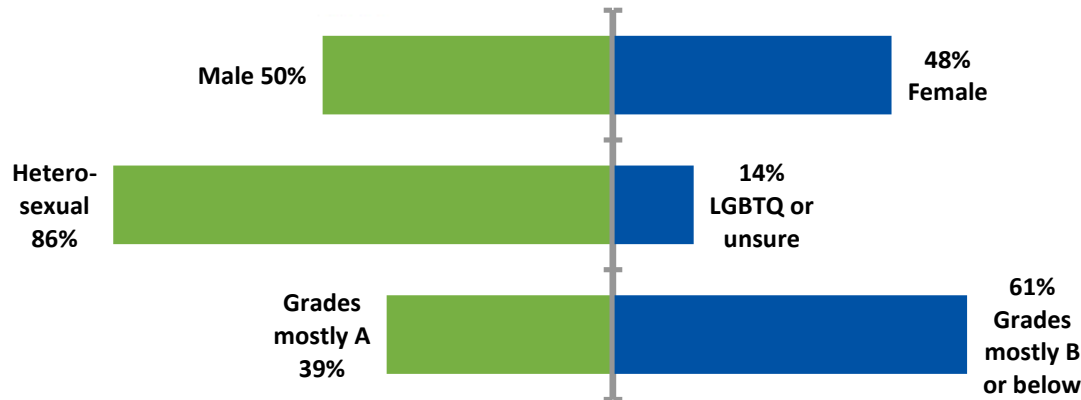
## N=439 Acton-Boxborough 8<sup>th</sup> Grade Youth (Ages range from 12 to 15+)



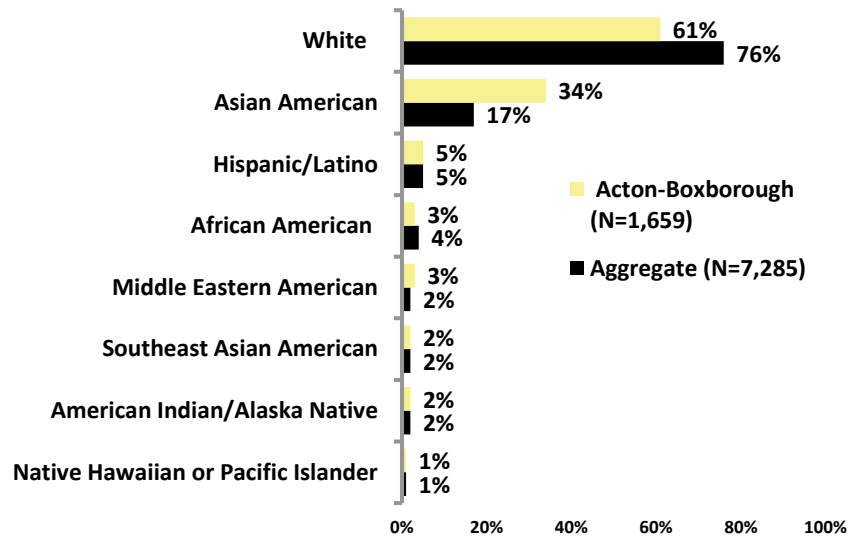
Q1	GR6	GR8	HS	How old are you?
Q2	GR6	GR8	HS	How do you identify yourself [gender]?
Q4	GR6	GR8	HS	How do you describe yourself [racial/ethnic identity]?
Q12	n/a	n/a	HS	How do you think of yourself [sexual orientation]?
Q13	GR6	GR8	HS	How would you describe your grades in school?

**NOTE: Percentages for race/ethnicity may not add to 100% because youth may identify with more than one category**

# Demographic Profile – High School Acton-Boxborough Regional School District YRBS



**N=1,659 Acton-Boxborough  
High School Youth  
(Ages range from 13 to 18+)**



**1% of Acton-Boxborough high school youth identify as "other" in terms of gender**

**9% of Acton-Boxborough high school youth identify as LGBTQ, and 4% are questioning their sexual orientation**

Q1	GR6	GR8	HS	How old are you?
Q2	GR6	GR8	HS	How do you identify yourself [gender]?
Q4	GR6	GR8	HS	How do you describe yourself [racial/ethnic identity]?
Q12	n/a	n/a	HS	How do you think of yourself [sexual orientation]?
Q13	GR6	GR8	HS	How would you describe your grades in school?

**NOTE: Percentages for race/ethnicity may not add to 100% because youth may identify with more than one category**

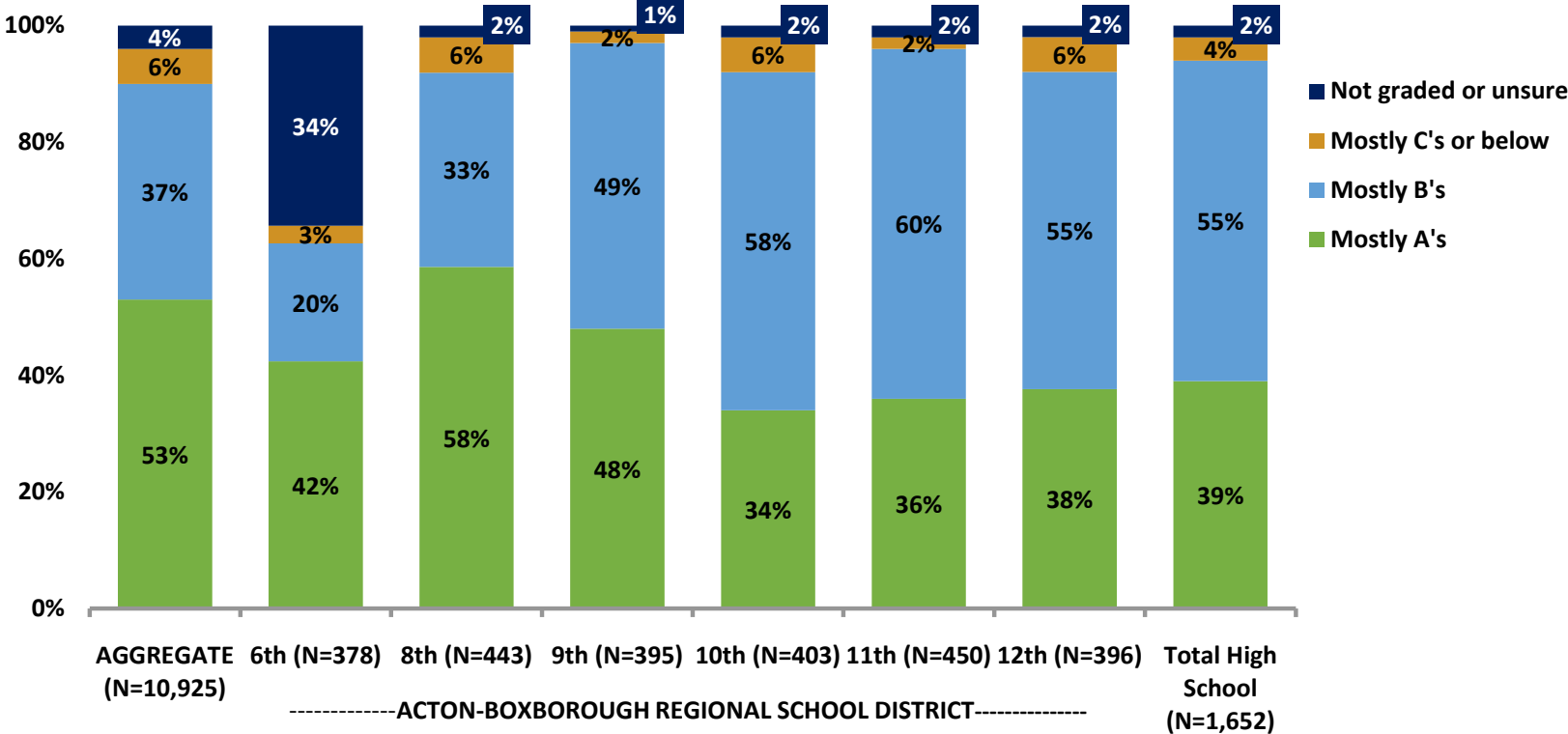
# Grades in School

## Acton-Boxborough Regional School District YRBS



The 2018 YRBS results clearly indicate that youth’s likelihood of engaging in many risky or unhealthy behaviors goes up as their grades in school go down. This relationship is especially evident for youth whose grades fall in the “C” or below range. Youth whose grades are “D” or below are much more likely than their peers with higher grades to have experienced physical or sexual violence, to have been bullied or bullied others, to have been sexually active, and to have used alcohol, marijuana, or illegal drugs. They also get much less sleep. The link between grades and risk behaviors is discussed in detail throughout this report.

Grades in School in Past 12 Months - 2,476 Acton-Boxborough Youth (2018)

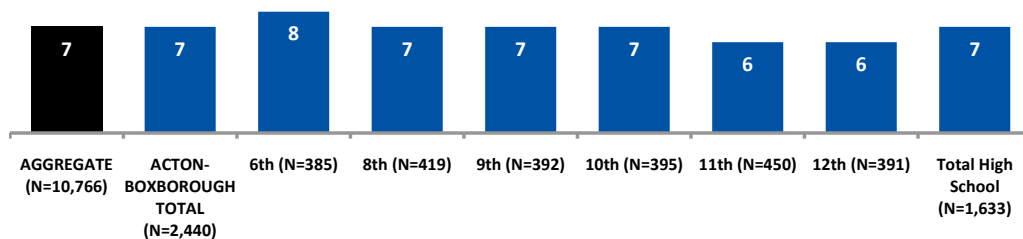




# Sleep, Homework and Screen Time

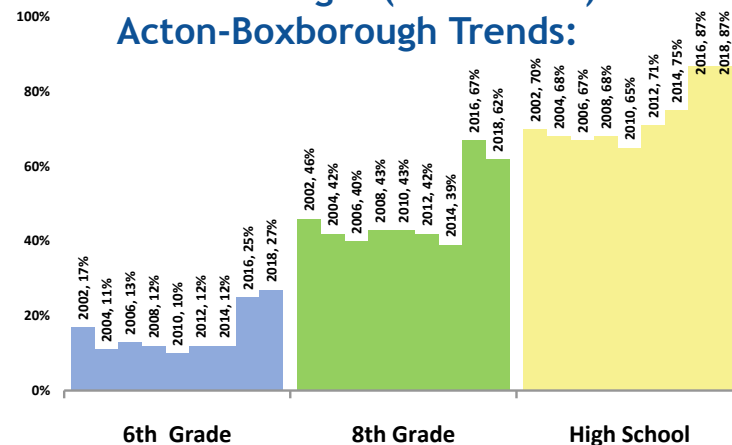
## Acton-Boxborough Regional School District YRBS

### Median Hours of Sleep on School Nights (2018)



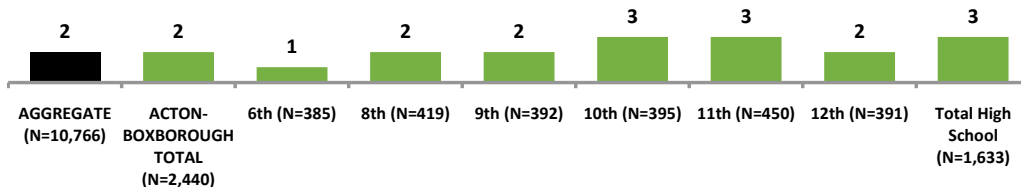
### Sleeps an Average of 7 or Fewer Hours Per Night (2004-2018)

#### Acton-Boxborough Trends:

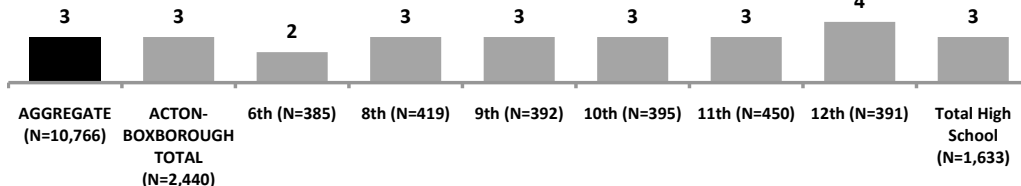


**NOTE:** The sleep question was changed in 2016, adding "each school night."

### Median Hours of Homework Each Day (2018)



### Median Hours of Screen Time on Average School Days (2018)



**Medians** are mid-points; for example, half of the youth surveyed in 2018 sleep more than 7 hours on school nights, and half sleep less than 7 hours.

Q187	GR6	GR8	HS	On average, how much time do you spend doing homework each day?
Q188	GR6	GR8	HS	On average, how many hours of sleep do you get each school night?
Q189	GR6	GR8	HS	On an average school day, how much time do you spend using computers, television, phones, other visual technology?

# Who Gets Most and Least Sleep on School Nights

## Aggregate Comparison Between Groups

**Most likely to get  
8 hours or more  
sleep on school  
nights**

**(Aggregate = 27%)**

- 6<sup>th</sup> graders (63%) and 8<sup>th</sup> graders (36%)
- LGBTQ youth (41%)
- Males (30%)
- Does not have social media accounts parents don't know about (30%)

**Most likely to get  
4 hours or less  
sleep on school  
nights**

**(Aggregate = 5%)**

- Has been hurt physically (28%) or sexually (37%)
- Grades "D" or "F" (36%)
- Bullied others (24%) or cyber-bullied others (27%)
- Smokes (22%), chews (21%), uses drugs (15%-37%)
- Non-gender-conforming youth (23%)
- Depressed (13%), suicidal ideation (15%), or attempt (16%)
- Has been bullied (12%) or cyber-bullied (15%)
- Has missed school because doesn't feel safe (16%)

*To protect youth confidentiality, these results are aggregates (all school districts combined).  
The sample sizes for Acton-Boxborough YRBS are too small to present separately.*



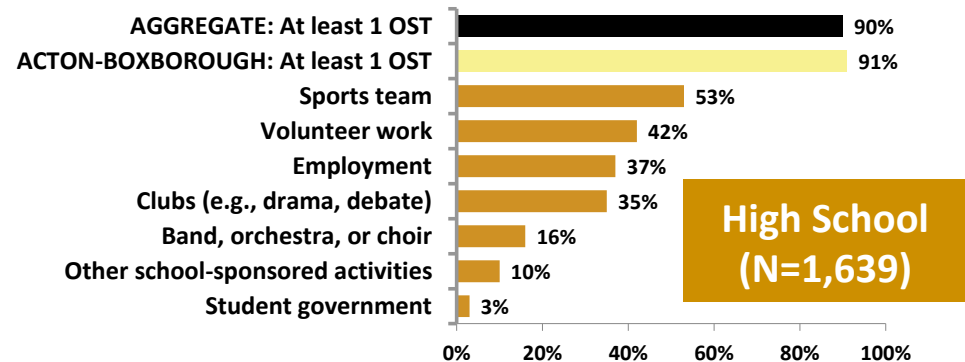
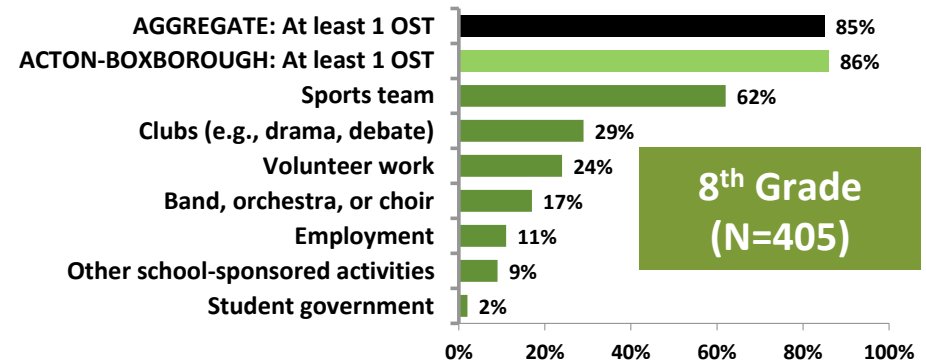
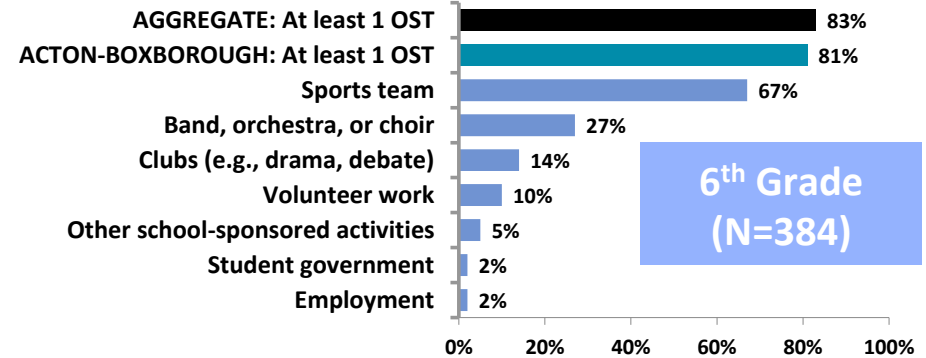
# Participation in Out-of-School Time (OST) Activities Acton-Boxborough Regional School District YRBS

The majority of Acton-Boxborough youth surveyed in 2018 (89%) are involved in one or more out-of-school-time activities. The median amount of time they spend on these activities is about 2 hours regardless of grade, although the kinds of activities they engage in often change as they age:

- **6<sup>th</sup> graders** are most likely to participate in sports (67%), band, orchestra, or choir (27%), and/or clubs, such as drama, art, debate, etc. (14%)
- **8<sup>th</sup> graders** are most likely to participate in sports (62%), clubs (29%), or volunteer work (24%)
- **High school youth** are most likely to participate in sports (53%), volunteer work (42%), employment (37%), or clubs (35%)

Lack of engagement in out-of-school-time activities is associated with higher risks across a spectrum of behaviors. For the aggregate, compared with an overall participation rate of 88% for all youth, those who are significantly likely than their peers to engage in out-of-school-time activities include:

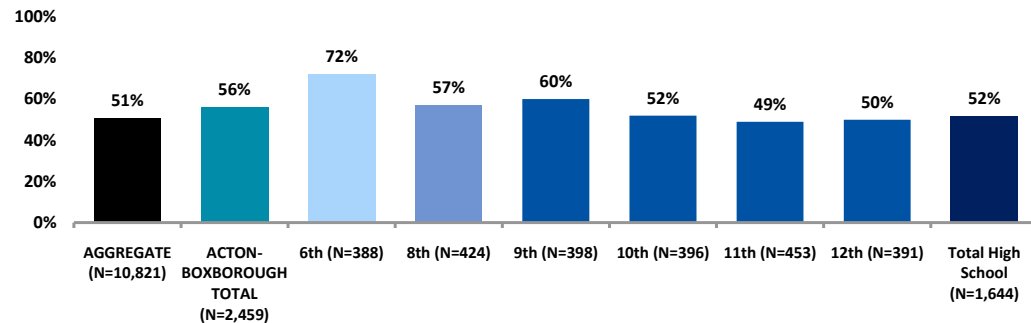
- Youth whose grades are in the “C” range (73%) or “D-F” range (61%)
- Non-gender-conforming youth (74%)
- Youth who admit they have bullied others (73%) or cyber-bullied others (73%)
- Youth who have been hurt sexually (73%) or physically (80%) while they or the other persons involved were under the influence of alcohol or drugs
- Youth who haven’t come to school on one or more occasions because they don’t feel safe (78%)
- African-American youth (79%)



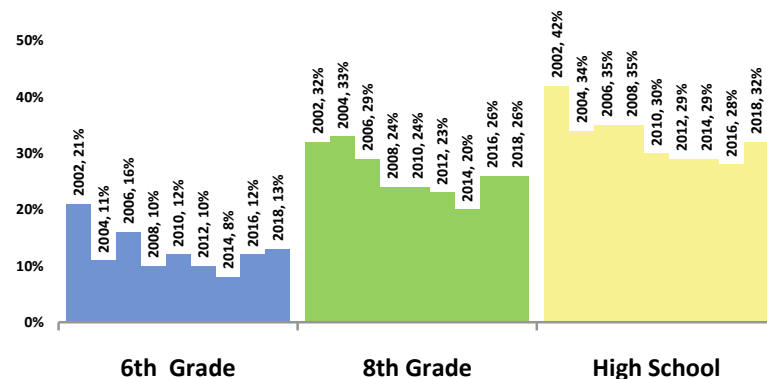
# Breakfast and Caffeine

## Acton-Boxborough Regional School District YRBS

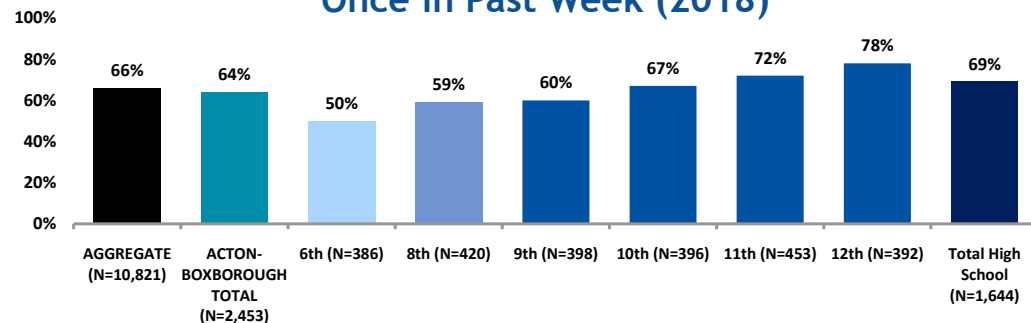
### Ate Breakfast All 7 Days in Past Week (2018)



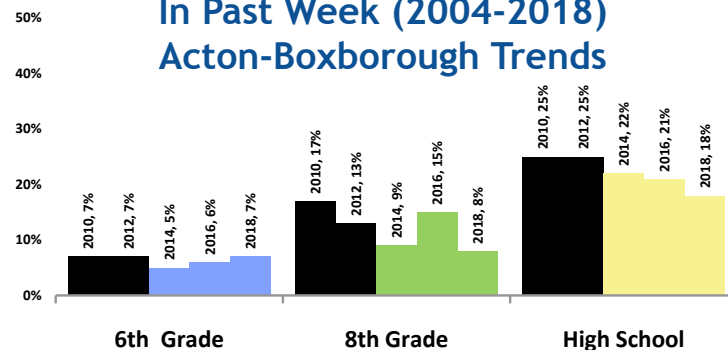
### Ate Breakfast Fewer than Five Days in Past Week (2002-2018) Acton-Boxborough Trends



### Drank a Caffeinated Beverage At Least Once in Past Week (2018)



### Drank a Caffeinated Beverage One or More Times Per Day In Past Week (2004-2018) Acton-Boxborough Trends



■ = Aggregate (data for Acton-Boxborough only available for 2014-2018).

Q184	GR6	GR8	HS	During the past 7 days, how many times did you drink a caffeinated beverage ... ?
Q185	GR6	GR8	HS	During the past 7 days, on how many days did you eat breakfast?

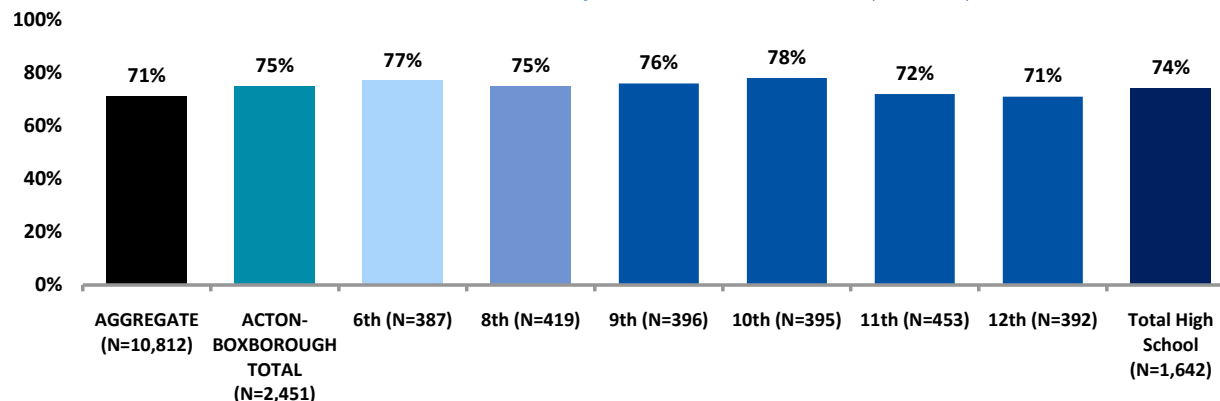
# Regular, Vigorous Exercise

## Acton-Boxborough Regional School District YRBS

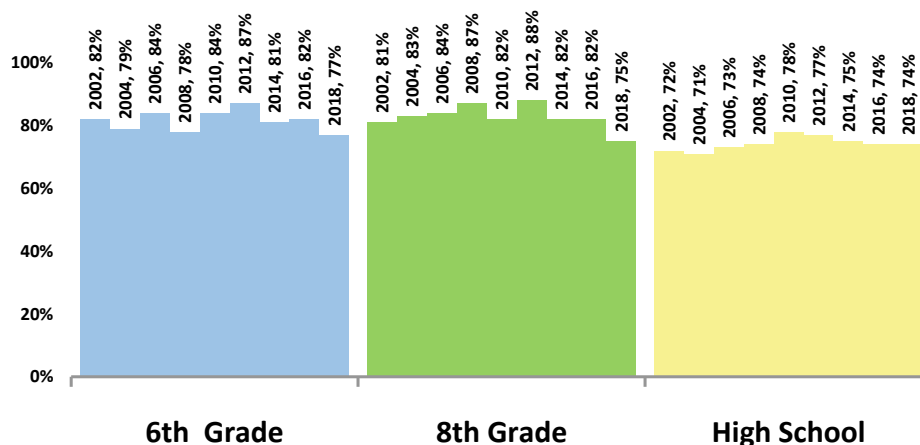
About three-fourths (75%) of the Acton-Boxborough youth surveyed in 2018 reported that they participated in vigorous physical activity 3 or more days during the previous week.

The proportion of youth engaging in regular, vigorous exercise has fluctuated for 6<sup>th</sup> and 8<sup>th</sup> graders in Acton-Boxborough, but has been fairly stable for high school youth. Grades 6, 8, and 9-12 are currently at an all-time low for exercise, although the difference from previous YRBS surveys is not large.

Participated in Vigorous Exercise  
3 or more Days in Past Week (2018)



Participated in Vigorous Exercise  
3 or more Days in Past Week (2002-2018)  
Acton-Boxborough Trends



### Vigorous Exercise:

“Physical activity for at least 20 minutes that made you sweat and breathe hard, such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities.”

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# Section 1: Helmets and Vehicular Safety

**Wearing Helmets**

**Wearing Seat Belts**

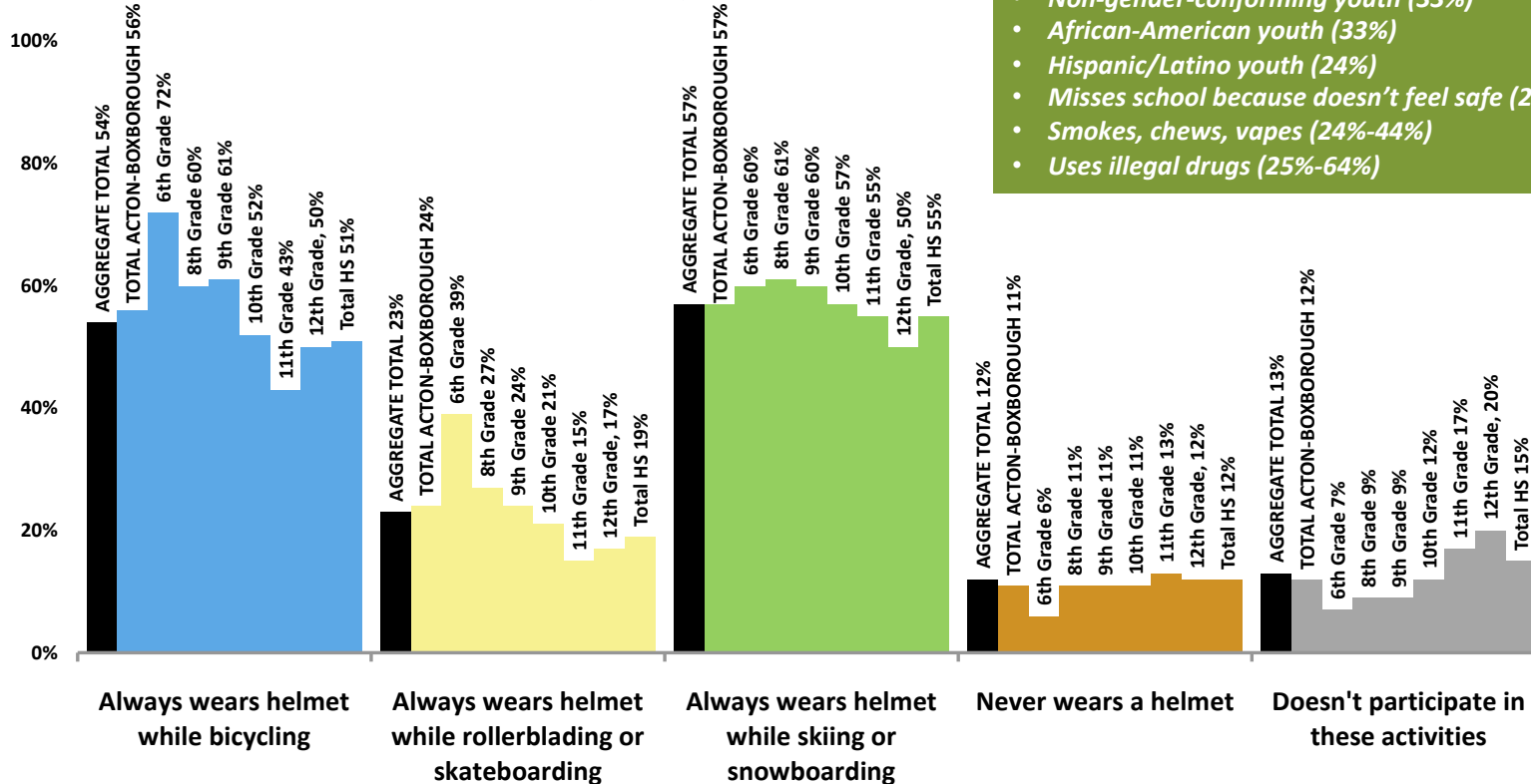
**Impaired Driving (Alcohol, Marijuana, Cell Phones)**

# Wearing Helmets

## Acton-Boxborough Regional School District YRBS

The majority—but not all—Acton-Boxborough youth surveyed in 2018 said that they “always” wear helmets when riding a bicycle or when skiing or snowboarding. Fewer than half wear helmets when rollerblading or skateboarding. Compared with the aggregate for all districts combined, Acton-Boxborough youth are about as likely as their peers elsewhere in the region to wear helmets for any of the activities covered in the YRBS.

### Proportion of Youth Who Always Wear Helmets (2018)



Groups most likely to say they “never wear helmets” (aggregate results):

- Has been hurt sexually (46%) or physically (43%)
- Grades at “C” or below (35%)
- Has bullied others (34%) or cyber-bullied (34%)
- Non-gender-conforming youth (33%)
- African-American youth (33%)
- Hispanic/Latino youth (24%)
- Misses school because doesn’t feel safe (23%)
- Smokes, chews, vapes (24%-44%)
- Uses illegal drugs (25%-64%)

# Wearing Seat Belts

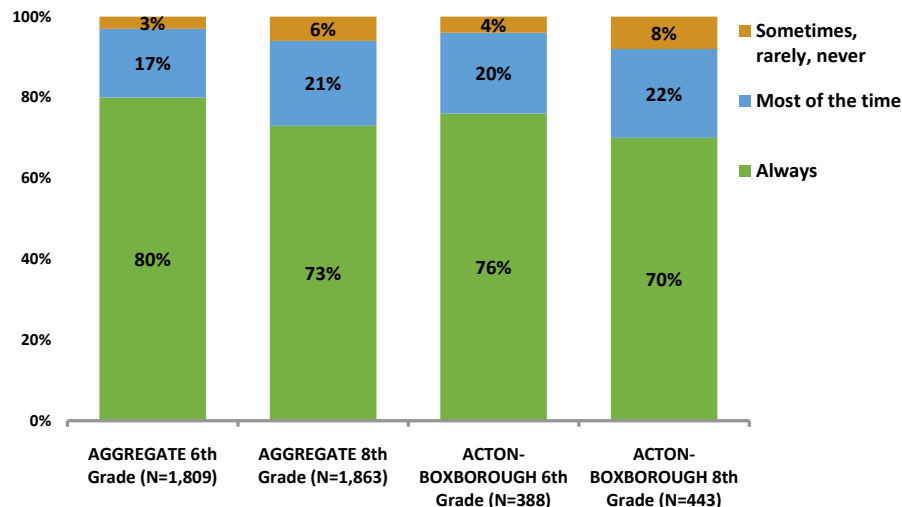
## Acton-Boxborough Regional School District YRBS

Most Acton-Boxborough youth wear seat belts while they are passengers in cars. The proportion who rarely or never do so has declined steadily since 2004 when questions about seat belts were first asked of Acton-Boxborough youth. High school youth are slightly less likely than their younger peers to wear seat belts as passengers, but the difference is not large.

High school youth are not always as careful about wearing seatbelts when they are driving. In fact, about 10% of Acton-Boxborough juniors, and 9% of seniors, admitted that they do not “always” wear seat belts when they are driving.

This question is new for 2018 so comparisons across time are not available.

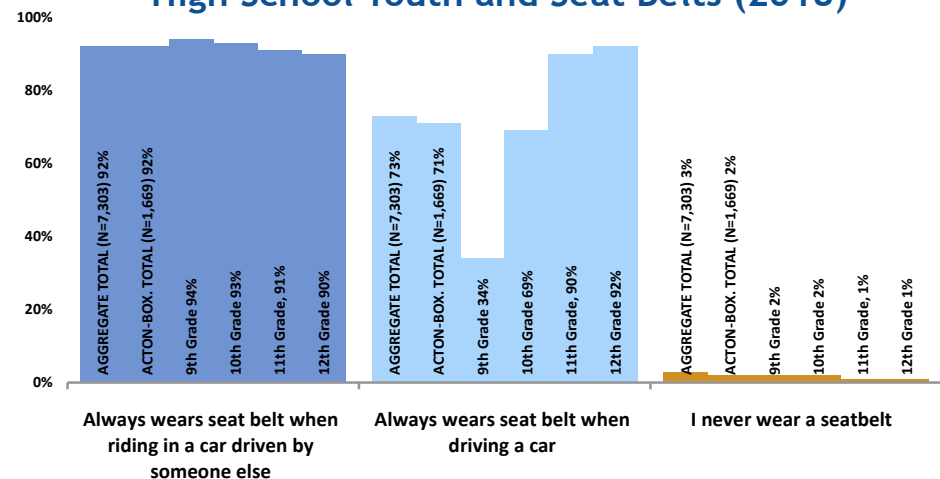
### How Often 6<sup>th</sup> and 8<sup>th</sup> Graders Wear Seat Belts as Passengers (2018)



### Proportion of Youth Who Rarely or Never Wear Seat Belts Acton-Boxborough Trends

YRBS	6th Grade	8th Grade	High School
2002	4%	6%	6%
2004	2%	5%	5%
2006	1%	4%	3%
2008	2%	6%	3%
2010	1%	6%	4%
2012	2%	2%	4%
2014	1%	1%	2%
2016	1%	4%	3%
2018	1%	2%	3%

### High School Youth and Seat Belts (2018)

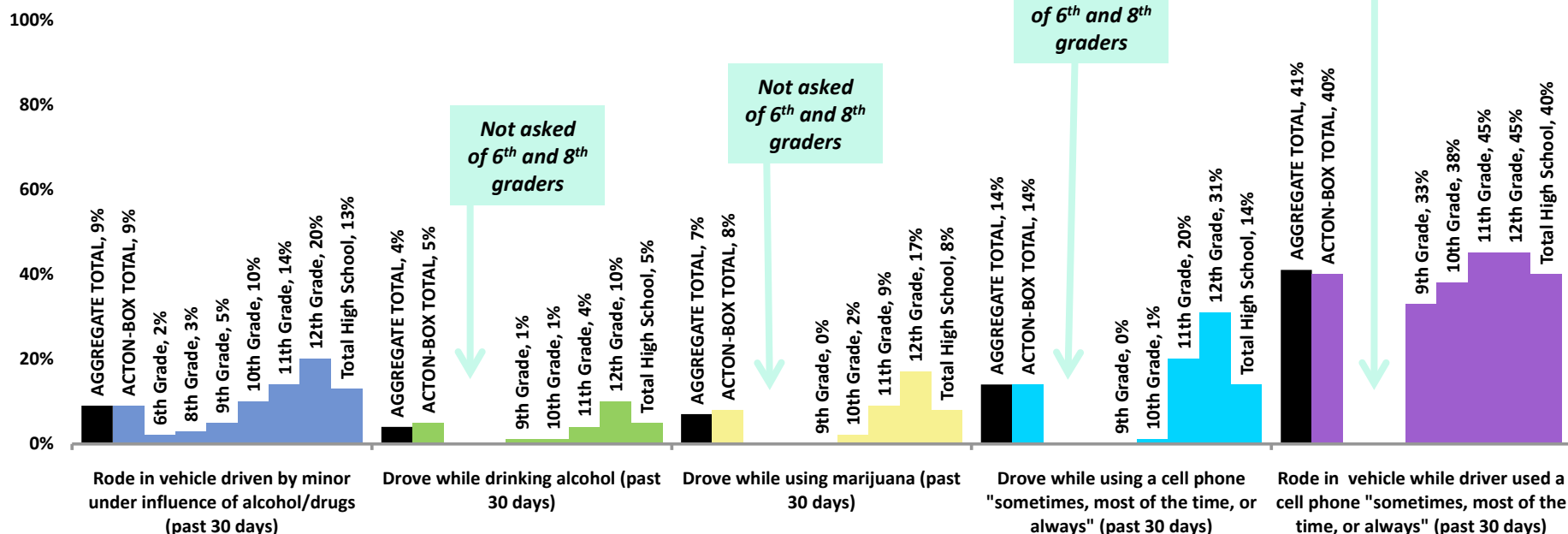


Q15	GR6	GR8	n/a	How often do you wear a seat belt when riding in a car?
Q19	n/a	n/a	HS	Do you always wear a seat belt [as passenger] [when driving]?

# Impaired Driving (Alcohol, Marijuana, Cell Phones) Acton-Boxborough Regional School District YRBS

There are a variety of ways in which youth might be exposed to impaired driving. The most common experience of impaired driving is among high school students riding in vehicles while drivers are using cell phones (41% for Acton-Boxborough), followed by older teens driving and using cell phones (e.g., 31% of Acton-Boxborough 12<sup>th</sup> graders have done this in the past 30 days). Many older teens also use marijuana when they drive (e.g., 17% of Acton-Boxborough 12<sup>th</sup> graders).

## Proportion of Youth Experiencing Impaired Driving (2018)



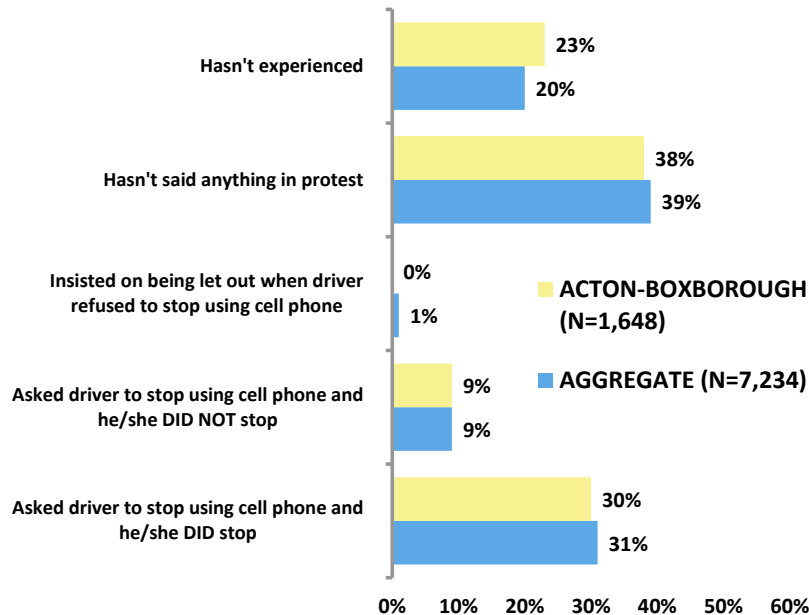
Q21	GR6	GR8	HS	How many times did you ride in a car driven by a minor who had been drinking alcohol/using drugs?
Q22	n/a	n/a	HS	How many times did you drive a car or other vehicle when you had been drinking alcohol?
Q23	n/a	n/a	HS	How many times did you drive a car or other vehicle when you had been using marijuana?
Q24	n/a	n/a	HS	Have you driven a car while using a cell phone to talk, text, or access the internet or social media ... ?
Q25	n/a	n/a	HS	Have you been a passenger in a car while the driver was using a cell phone to talk, text, ...?

# Impaired Driving (cont.)

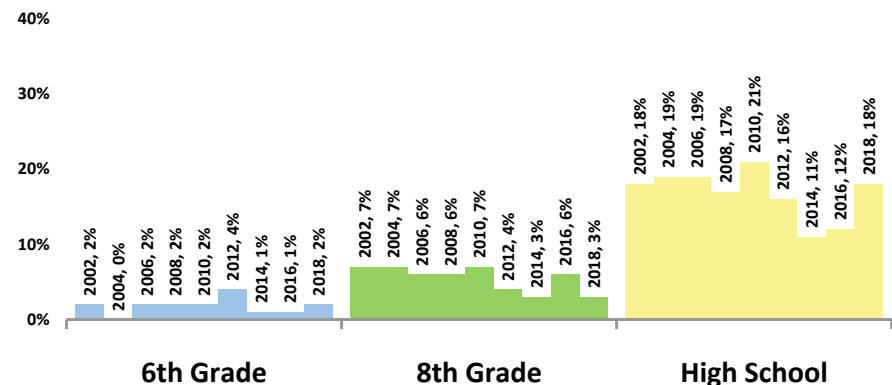
## Acton-Boxborough Regional School District YRBS

The most frequent response when Acton-Boxborough youth are passengers in vehicles whose drivers are using cell phones unsafely is to do nothing (38%). Only a very small proportion of youth say they insist on being let out when drivers refuse to stop using cell phones (0% Acton-Boxborough, 1% aggregate). Many times, youth say they ask drivers to stop using cell phones and the drivers don't stop (9%). Only 31% said that asking drivers to stop using cell phones results in cessation of the behavior.

### How Assertive Youth Have Been As Passengers In Vehicles Whose Drivers are Using Cell Phones (2018)



### Proportion of Youth in Vehicles With Drivers Under Age 18 Who Have Been Drinking Alcohol or Using Drugs (2002-2018 YRBS) Acton-Boxborough Trends



*This proportion has gone up significantly this year for Acton-Boxborough high school youth*

Q21	GR6	GR8	HS	How many times did you ride in a car driven by a minor who had been drinking alcohol/using drugs?
Q26	n/a	n/a	HS	How assertive have you been as a passenger in a car whose driver was using a cell phone ... ?



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## Section 2: Emotional Wellbeing

Trusted Adults in School  
Major Sources of Stress  
Depression and Suicidal Ideation  
Body Image and Weight

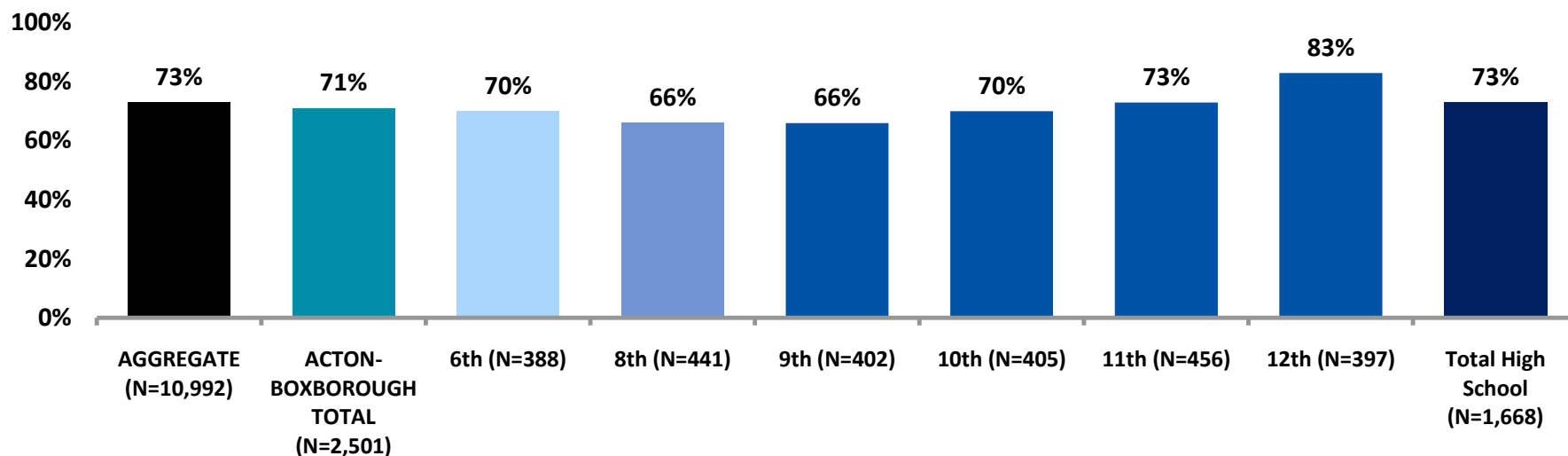
# Trusted Adults in School

## Acton-Boxborough Regional School District YRBS

Almost three-fourths (71%) of the Acton-Boxborough youth surveyed in 2018 indicated there is at least one teacher or other adult in their school who they could talk to if they had a problem. This proportion is relatively consistent across grades until high school, when the proportion of youth who have adults they can talk to at school increases steadily, reaching 83% by 12<sup>th</sup> grade. Not having a trusted adult at school is significantly associated with a number of other risks. Across all of the school districts (aggregate), the following youth are much less likely than their peers to have trusted adults at school:

- Youth who have been hurt physically or sexually while they or the perpetrator(s) were under the influence of alcohol or drugs (45% and 44%, respectively)
- Youth who have been bullied (62%), cyber-bullied (61%), or who have bullied others (50%)
- Youth who have social media accounts their parents aren't aware of (64%)
- Youth who have used any of the following drugs: marijuana (71%), cocaine (55%), heroin (43%); meth (44%), MMDA (52%)

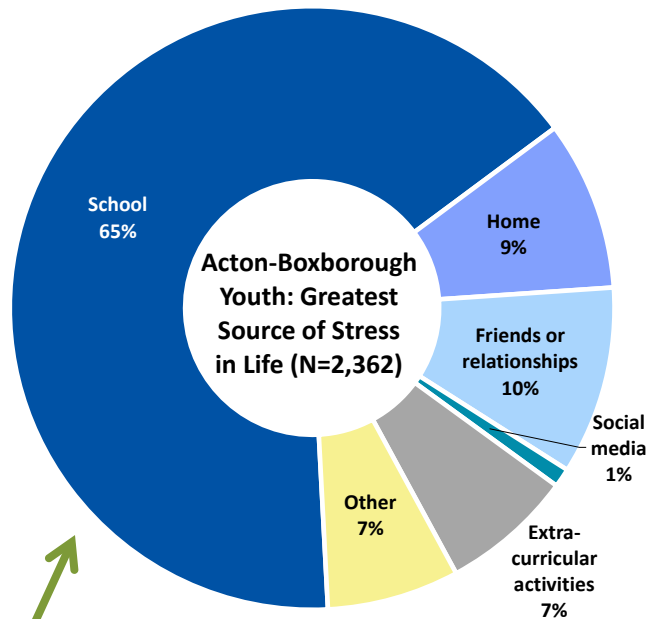
Percent of Youth Surveyed in 2018 With Trusted Adults at School



# Major Sources of Stress

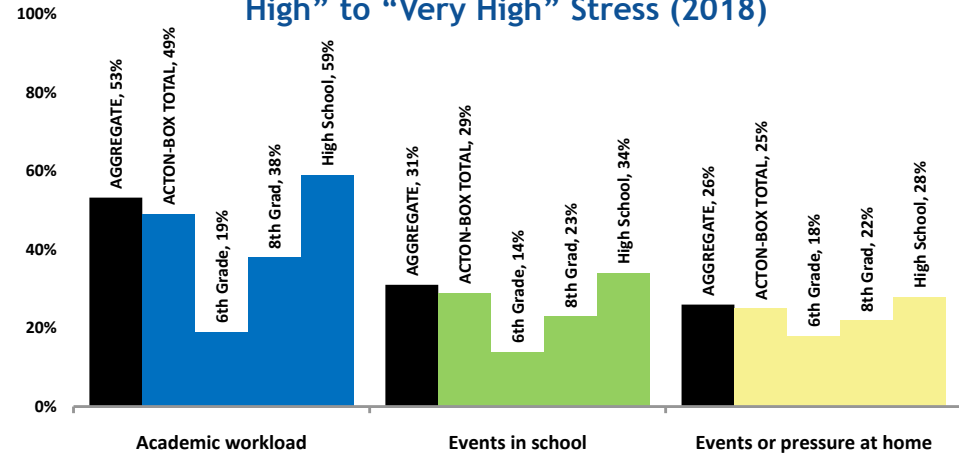
## Acton-Boxborough Regional School District YRBS

By far the greatest source of stress reported by youth in 2018 is school; this is true for all grades, although the proportion experiencing high stress as a consequence of school increases substantially with age.

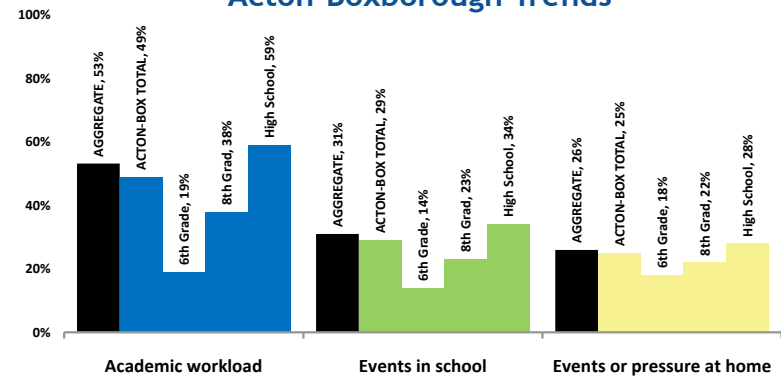


AGGREGATE FINDING: 67% of youth say school is the greatest source of stress in their lives

Percent of Youth Experiencing “Somewhat High” to “Very High” Stress (2018)



Percent of Youth Experiencing “Somewhat” to “Very High” Stress, by Grade (2012-2018), Acton-Boxborough Trends



Q77	GR6	GR8	HS	During the past 6 months, what level of stress have you experienced as a result of your academic workload?
Q78	GR6	GR8	HS	During the past 6 months, what level of stress have you experienced as a result of events in school?
Q79	GR6	GR8	HS	During the past 6 months, what level of stress have you experienced as a result of events or pressure at home?
Q80	GR6	GR8	HS	What is the greatest source of stress in your life?

# Major Sources of Stress (cont.)

## Acton-Boxborough Regional School District YRBS

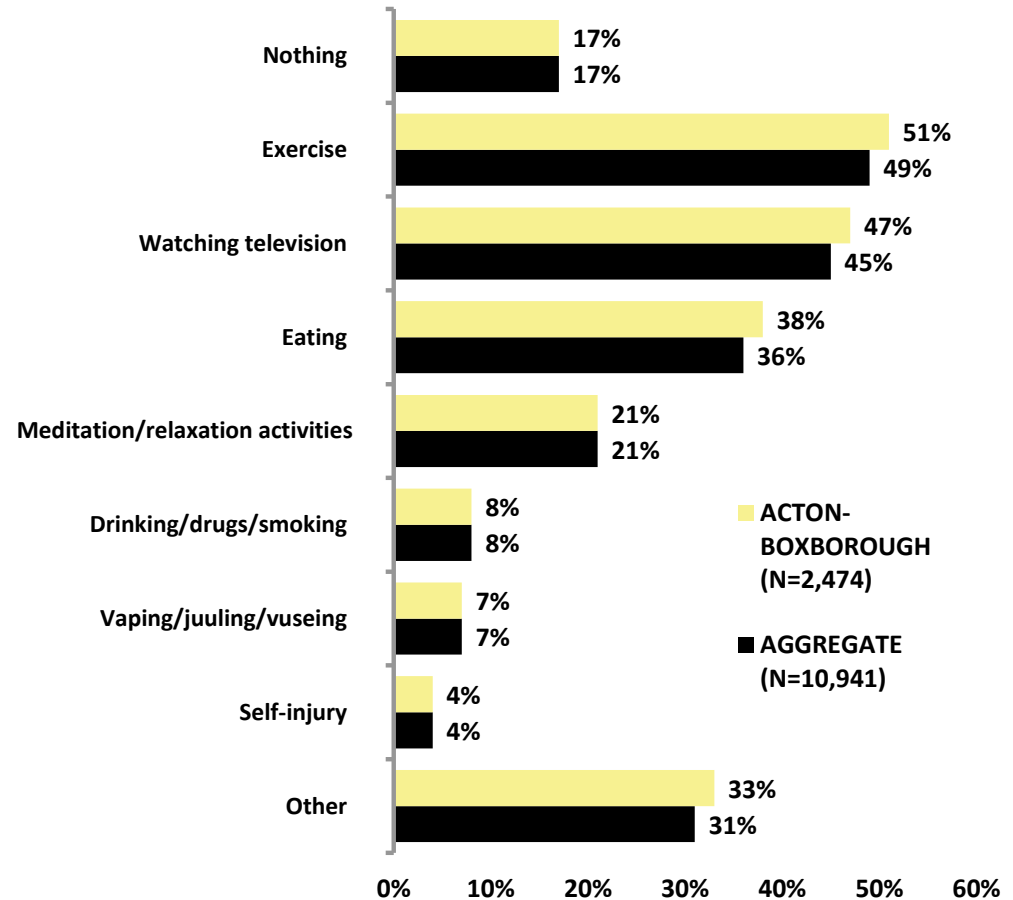
The top three strategies Acton-Boxborough youth use most often to deal with stress are:

- Exercise (51%)
- Watching television (47%)
- Eating (38%)

Many Acton-Boxborough youth also rely on meditation or relaxation activities (21%). Some resort to negative behaviors, such as drinking, drugs, or smoking (8%), vaping (7%), or self-injury (4%).

Drinking, drugs, smoking, and vaping become more common as youth age, and are most likely to be used as strategies by 12<sup>th</sup> graders. Self-injury, on the other hand, is used to relieve stress about as often in 6<sup>th</sup> grade as in high school.

Strategies Used Most Often to Deal with Stress (2018)

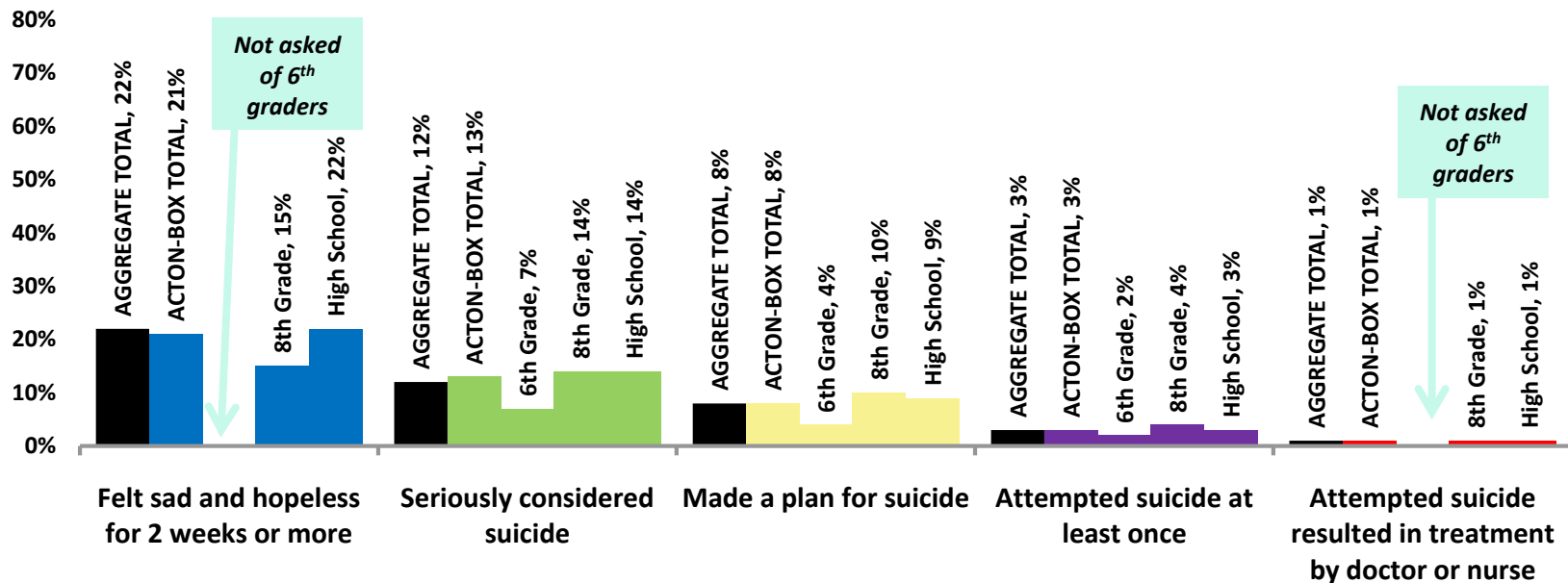


# Depression and Suicide

## Acton-Boxborough Regional School District YRBS

Many Acton-Boxborough youth surveyed in 2018 have struggled with sad feelings and/or have contemplated suicide. In 2018, 15% of 8<sup>th</sup> graders and 22% of high school youth reported that they had felt so sad or hopeless almost every day for 2 weeks or more in a row, that they stopped doing some of their usual activities. About 13% of Acton-Boxborough youth seriously considered suicide this past year; 8% made a plan for suicide; and 2% attempted suicide at least once during the year. Fifteen Acton-Boxborough youth surveyed in 2018 (about 1% of the total for the district) attempted suicide and said the result was an injury, poisoning, or overdose that had to be medically treated.

### Depression, Suicidal Ideation, and Attempted Suicide (2018)



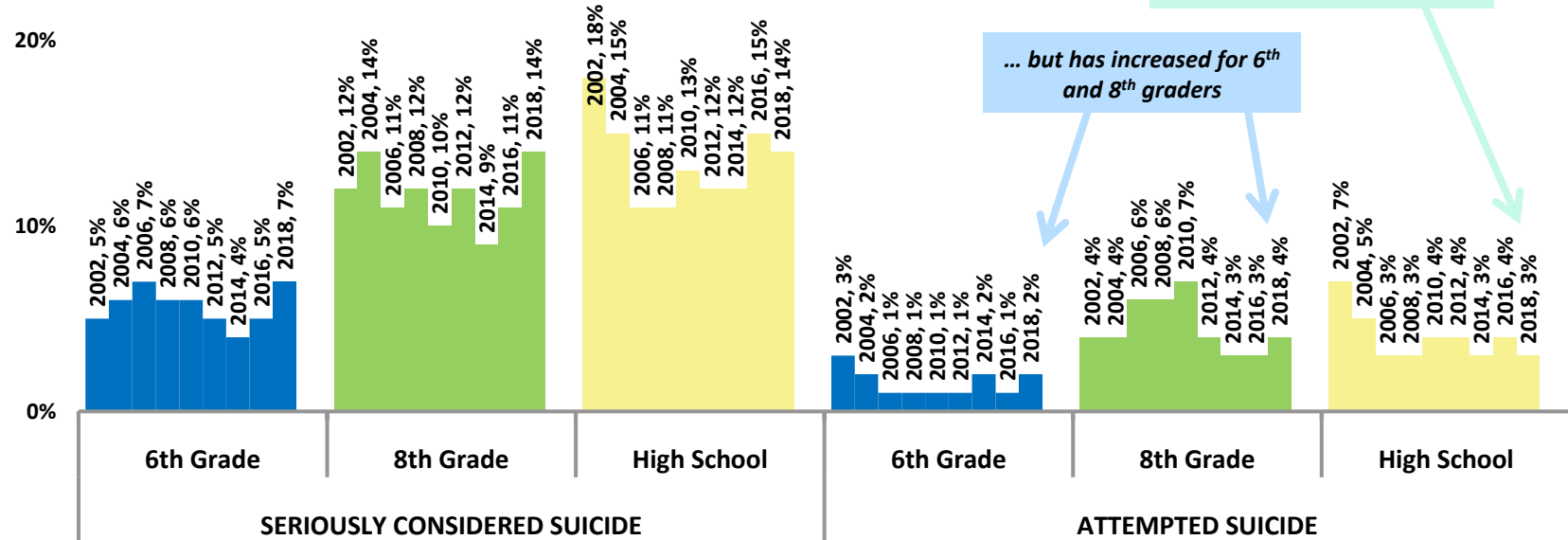
Q90	n/a	GR8	HS	During the past 12 months, did you ever feel so sad or hopeless every day for two weeks or more in a row ... ?
Q91	GR6	GR8	HS	During the past 12 months, did you ever seriously consider attempting suicide?
Q92	GR6	GR8	HS	During the past 12 months, did you make a plan for how you would attempt suicide?
Q93	GR6	GR8	HS	During the past 12 months, how many times did you actually attempt suicide?
Q94	n/a	GR8	HS	If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning ...?

# Depression and Suicide (cont.)

## Acton-Boxborough Regional School District YRBS

The proportions of high school youth who have seriously considered suicide and/or actually attempted suicide have remained fairly constant over time since these questions were first asked in 2002. For 6<sup>th</sup> and 8<sup>th</sup> graders, however, levels of suicidal ideation and attempted suicide have fluctuated, and are now at the highest point in almost a decade. In all grades, youth at greatest risk of suicidal ideation and attempted suicide have the same characteristics as youth at risk of other risks; namely, those who have been bullied, those who have bullied others; those who have experienced physical or sexual violence or have been sexually harassed, those who lack trusted adults they can talk to or who feel unsafe coming to school, and those who use tobacco, alcohol, and drugs.

### Suicidal Ideation and Attempted Suicide (2004-2018 YRBS) Acton-Boxborough Trends



Q90	n/a	GR8	HS	During the past 12 months, did you ever feel so sad or hopeless every day for two weeks or more in a row ... ?
Q91	GR6	GR8	HS	During the past 12 months, did you ever seriously consider attempting suicide?
Q92	GR6	GR8	HS	During the past 12 months, did you make a plan for how you would attempt suicide?
Q93	GR6	GR8	HS	During the past 12 months, how many times did you actually attempt suicide?
Q94	n/a	GR8	HS	If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning ...?

# Depression and Suicide (cont.)

## Acton-Boxborough Regional School District YRBS

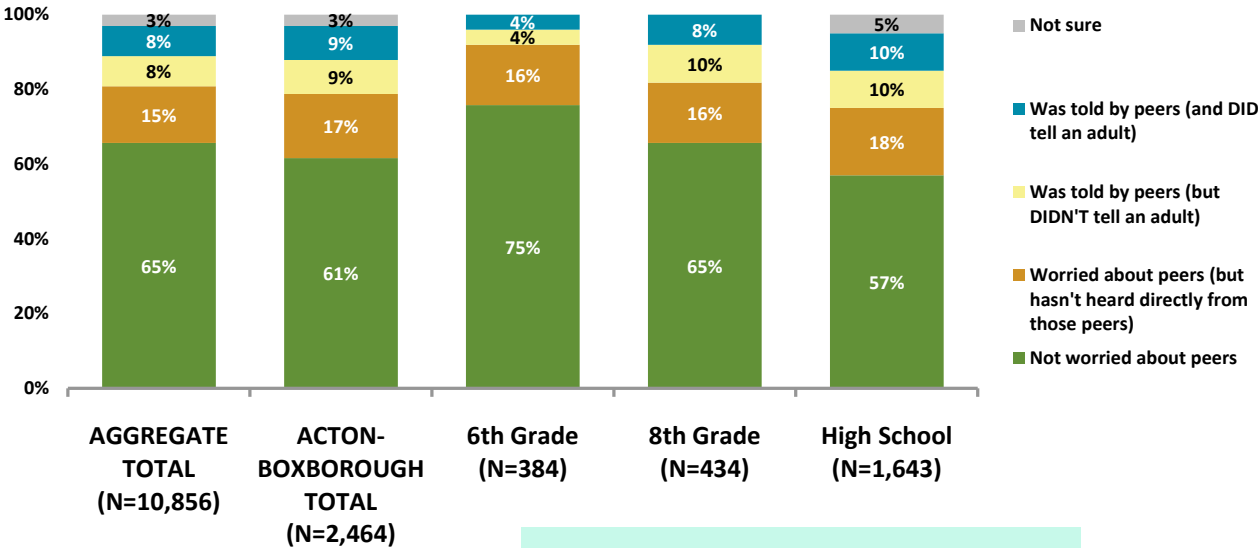


In 2018, youth were asked whether anyone at school told them in the past 12 months that they were thinking about hurting themselves or attempting suicide, and what they did with this information. About a third (31%) of Acton-Boxborough youth surveyed this year are worried about their peers in this respect.

In aggregate, concern about peers is highest among:

- 8<sup>th</sup> graders and high school youth (33% and 35% respectively)
- Females (40%) and non-gender-conforming youth (51%)
- LGBTQ youth (36%)
- Youth who use tobacco (22%-46%)
- Youth who use drugs (38%-52%)
- Youth who have missed school because they don't feel safe (57%)
- Youth who are themselves depressed (54%) or have considered or attempted suicide (54%-61%)

Is Worried About Peers Harming Themselves or Attempting Suicide (2018)



Many times, youth who worry about their peers harming themselves or attempting suicide are not communicating about it with adults who could help.

Q95	GR6	GR8	HS	During the past 12 months, has anyone at school told you they were thinking about hurting themselves or suicide, and did you tell an adult about it?
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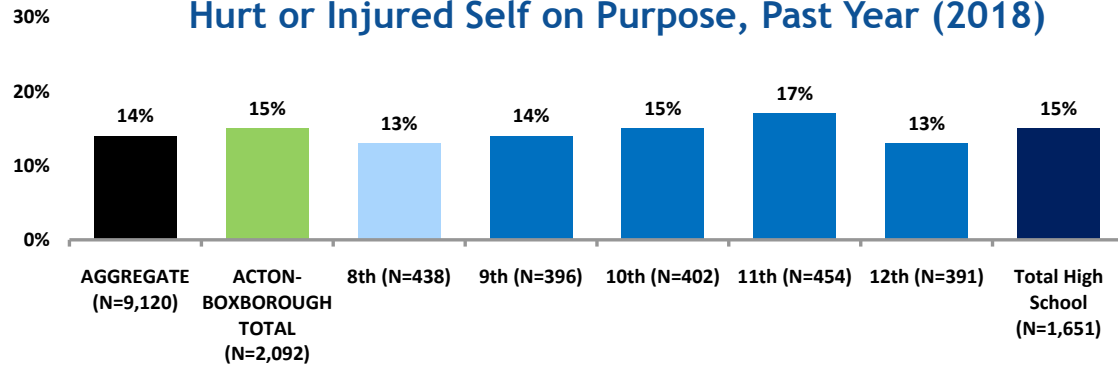
# Self-Injury

## Acton-Boxborough Regional School District YRBS

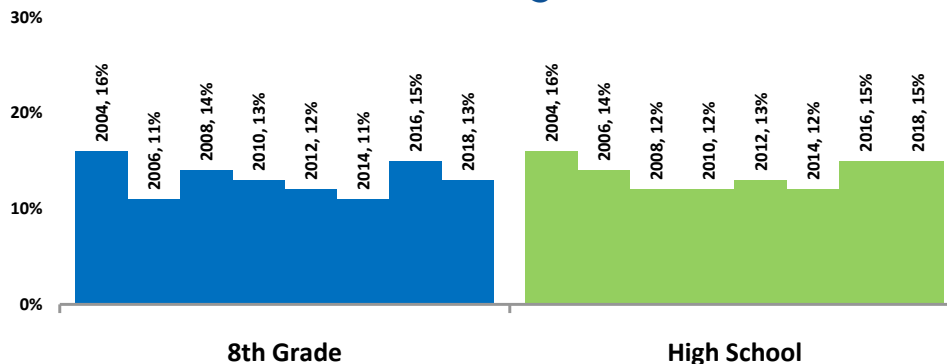
About 15% of the Acton-Boxborough youth surveyed in 2018 have hurt or injured themselves on purpose, such as by cutting, burning, or bruising themselves. The rate peaks in 11<sup>th</sup> grade (17%).

In aggregate, youth likely to engage in self-injury have the same profile as youth who are depressed and/or suicidal; namely, the rate of self-injury is highest among females, non-gender-conforming youth, LGBTQ youth, youth who have missed school because they don't feel safe, youth who have been hurt physically or sexually, and youth who use tobacco, alcohol, or drugs.

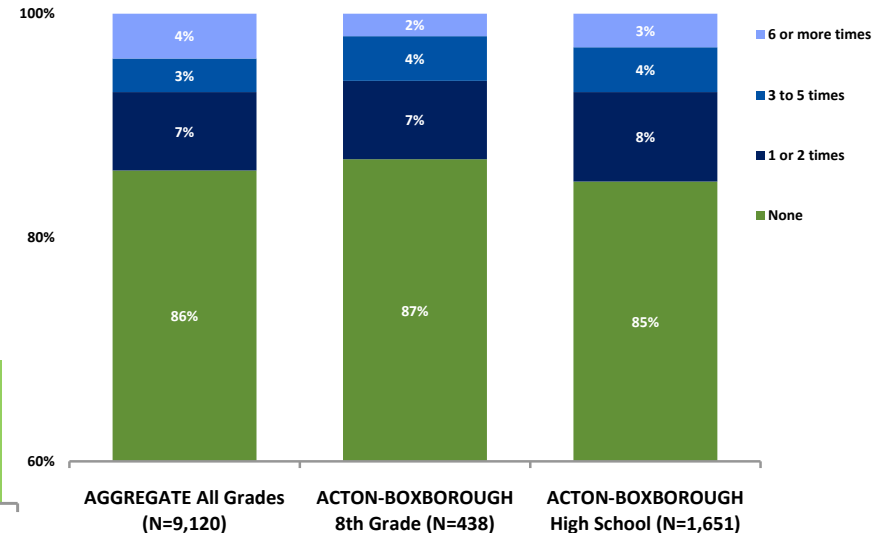
### Hurt or Injured Self on Purpose, Past Year (2018)



### Hurt or Injured Self on Purpose (2004-2018 YRBS) Acton-Boxborough Trends



### Number of Times Has Hurt or Injured Self On Purpose, Past Year (2018)





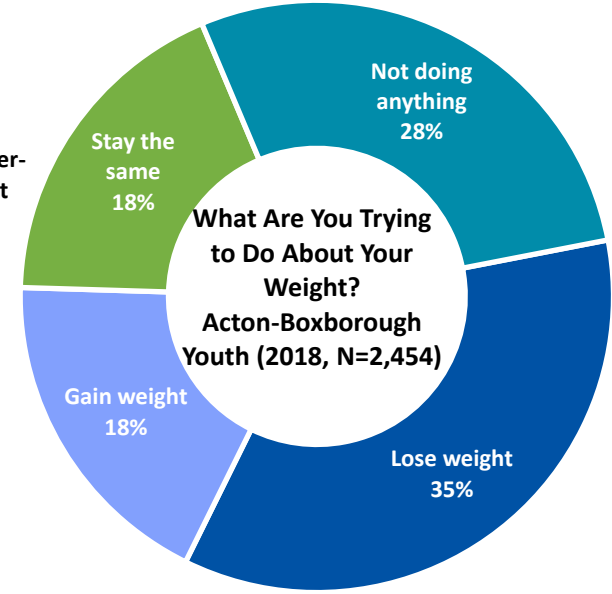
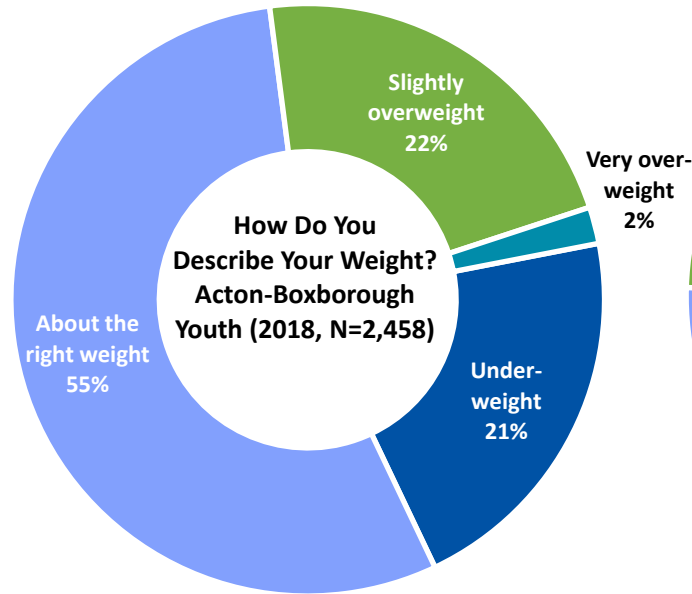
# Body Image and Weight

## Acton-Boxborough Regional School District YRBS

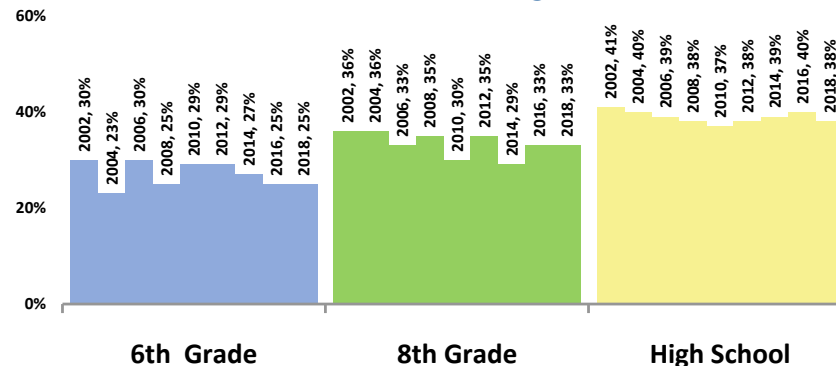
Acton-Boxborough youth surveyed in 2018 have a variety of different opinions about how much they weigh, and vary in terms of what they are doing about their weight. About one-fourth (24%) think they are overweight, and 35% are trying to lose weight. About one-fifth (21%) think they are underweight, and a similar proportion are trying to gain (18%).

For the aggregate, the following groups are more likely than their peers to think they are overweight:

- Non-gender-conforming youth (41%)
- Youth whose grades are in the “D-F” range (35%)
- Hispanic youth (31%)
- Youth who have missed school because they don’t feel safe (34%)
- Depressed (33%), suicidal (39%), or has attempted suicide (40%)
- Has been hurt sexually (39%)
- Has been bullied (32%) or has bullied others (32%)
- Has been cyber-bullied (31%) or has cyber-bullied others (31%)
- Has been sexually harassed (35%)



### Is Trying to Lose Weight (2002-2018 YRBS) Acton-Boxborough Trends



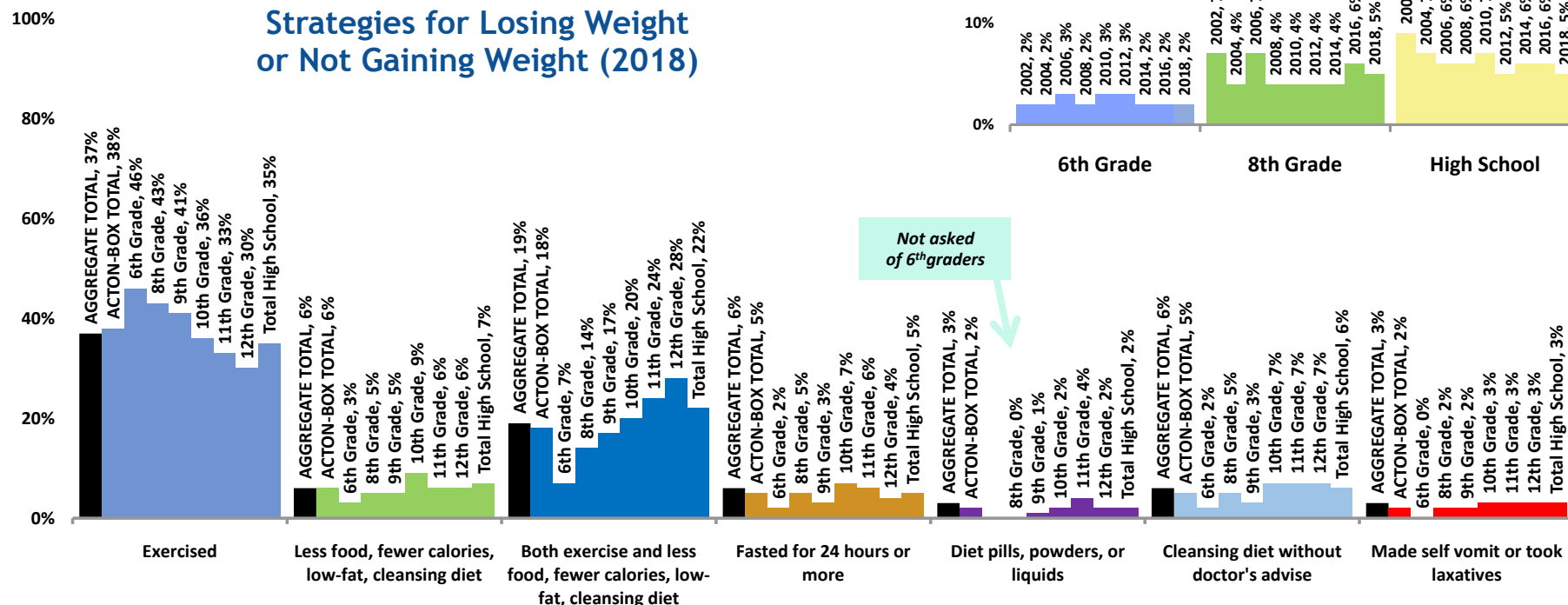
Q177	GR6	GR8	HS	How do you describe your weight?
Q178	GR6	GR8	HS	Which of the following are you trying to do about your weight?

# Body Image and Weight (cont.)

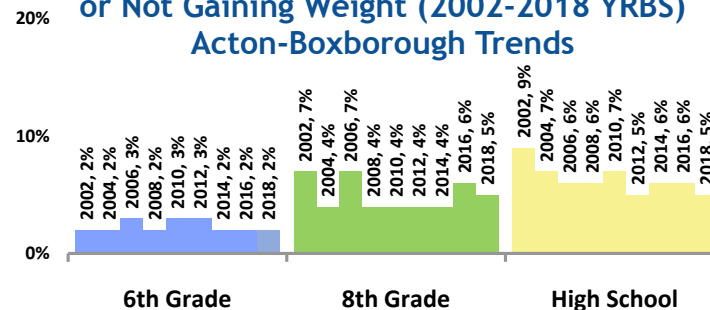
## Acton-Boxborough Regional School District YRBS

The two most frequently-used strategies for either losing weight or not gaining weight are, for the Acton-Boxborough youth surveyed in 2018, exercising (38%), and combining exercise with less food, fewer calories, low-fat foods, etc. (18%). About 5% have tried fasting, 5% have gone on “cleansing diets” without a doctor’s advice, and small proportions make themselves vomit or take laxatives (2%) or have taken diet pills, powders, or liquids (3%).

### Strategies for Losing Weight or Not Gaining Weight (2018)



### Strategies for Losing Weight or Not Gaining Weight (2002-2018 YRBS) Acton-Boxborough Trends



Q179	GR6	GR8	HS	During the past 30 days, did you exercise or eat less food, fewer calories ... [to lose weight]?
Q180	n/a	GR8	HS	During the past 30 days, did you go without eating for 24 hours or more ... [to lose weight]?
Q181	n/a	GR8	HS	During the past 30 days, did you take any diet pills, powders, or liquids without a doctor's advice ... [to lose weight]?
Q182	GR6	GR8	HS	During the past 30 days, did you go on a cleansing diet without a doctor's advice ... [to lose weight]?
Q183	GR6	GR8	HS	During the past 30 days, did you make yourself vomit or take laxatives ... [to lose weight]?

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## Section 3: Risk Behaviors and the Internet

Unmonitored Use of Social Media  
Risky Sharing of Information Electronically  
Sexting (Sharing Explicit Material Electronically)  
Viewing Pornography  
Online Fantasy Sports Gambling

# Unmonitored Use of Social Media

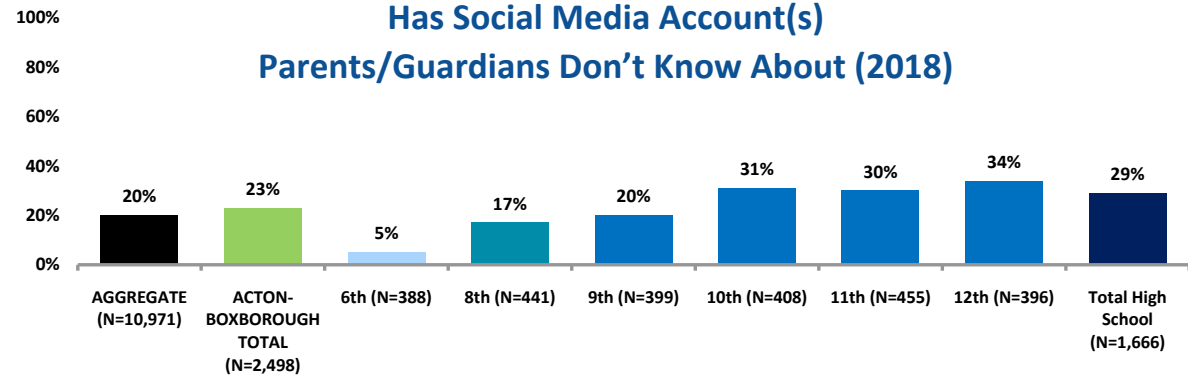
## Acton-Boxborough Regional School District YRBS

About one-fourth (23%) of Acton-Boxborough youth surveyed in 2018 have social media accounts their parents or guardians don't know about. More than one-half (55%) said their parents or guardians do not monitor their social media use at all.

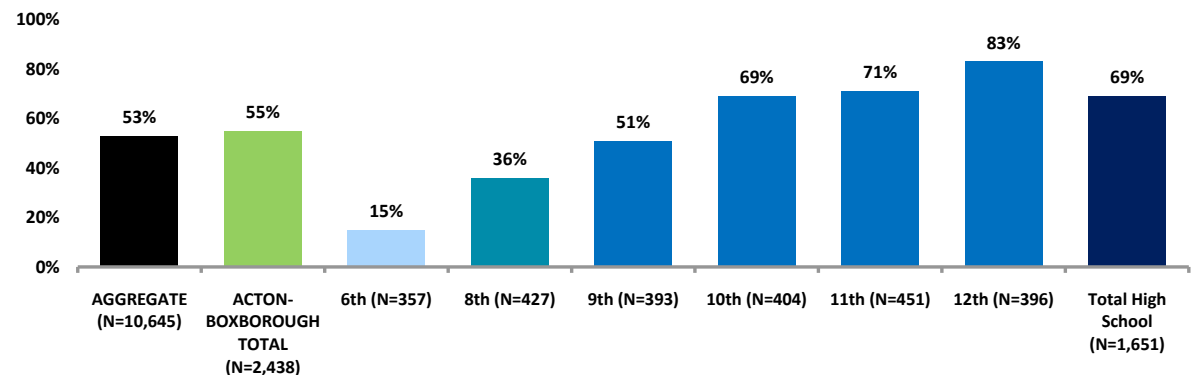
Acton-Boxborough parents/guardians who do monitor youth use of social media typically do so by:

- Following accounts weekly or more often (12%)
- Requiring a contract and ground rules for phones, tablets, or computers (11%)
- Requiring that youth use phones, tablets, or computers only at certain times (11%)
- Using parental controls on phones, tablets, or computers (8%)
- Using monitoring, blocking, or filtering software (6%)
- Requiring that youth use phones, tablets, or computers only in certain places in the home (3%)

**Has Social Media Account(s)  
Parents/Guardians Don't Know About (2018)**



**Percent of Youth Whose Parents  
Don't Monitor their Social Media Use (2018)**



Q37	GR6	GR8	HS	Do you have any social media accounts that your parents or guardians don't know about?
Q38	GR6	GR8	HS	How do your parents or guardians monitor your social media accounts or how you use social media?

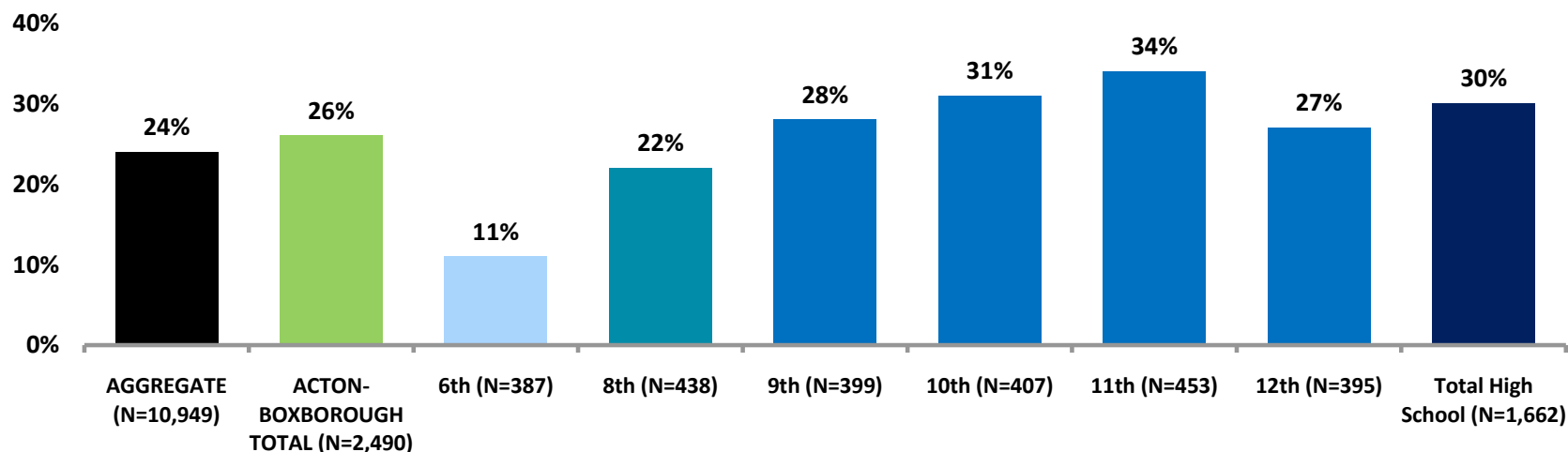
# Risky Sharing of Information Electronically

## Acton-Boxborough Regional School District YRBS

About one-fourth (26%) of the Acton-Boxborough youth surveyed in 2018 have, at some point, found themselves in unwanted or risky situations because of information they shared electronically. This percentage is highest for 11<sup>th</sup> graders (34%). For the aggregate, groups most likely to have found themselves in unwanted or risky situations because they shared information electronically include:

- Youth who have been hurt physically (61%) or sexually 62%) while they or the perpetrators were under the influence of alcohol or drugs
- Youth who have been bullied (43%), have bullied others (43%), have experienced cyber-bullying (60%), or have cyber-bullied others (64%)
- Youth who have missed school because they don't feel safe (48%)
- Youth who have social media accounts their parents don't know about (40%)
- Non-gender-conforming youth (40%)
- Youth whose grades average "C" or below (34%)

**Has Ever Found Self in Risky or Unwanted Situation  
Because of Information Shared Electronically (2018)**



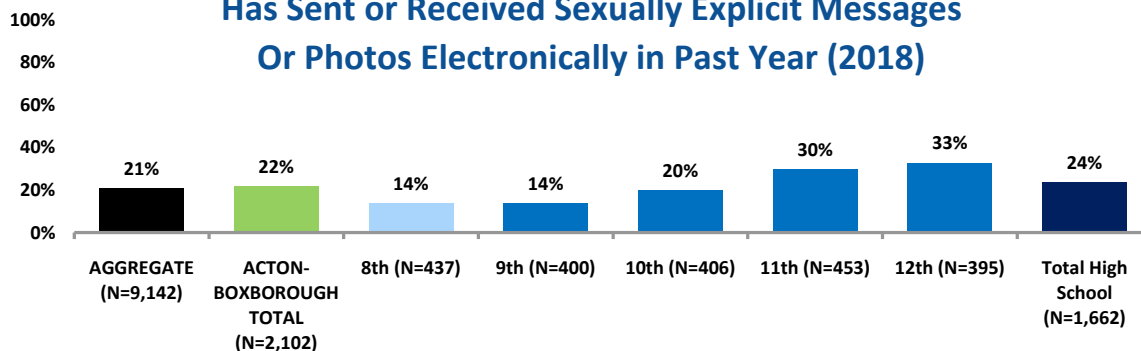
# Sexting (Sharing Explicit Material Electronically) Acton-Boxborough Regional School District YRBS

“Sexting” involves electronic sending or receiving of sexually explicit messages or photos via social media (such as SnapChat, Instagram, etc.) About one-fourth (22%) of Acton-Boxborough youth surveyed in 2018 admitted to sexting, with the likelihood of having done so increasing with age. Reports of sexting have been increasing over time.

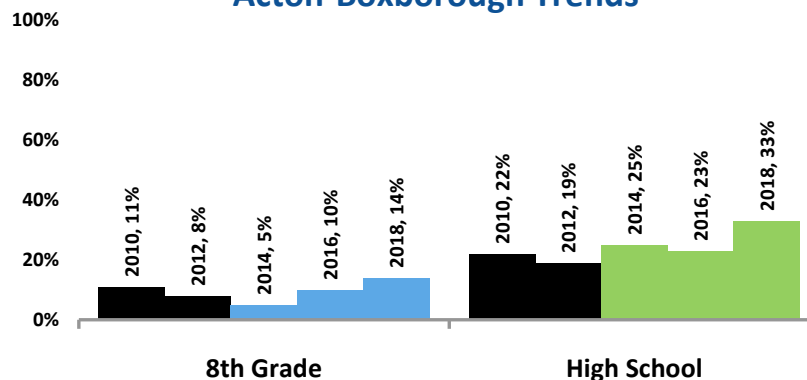
For the aggregate in 2018, groups most likely to have sexted in the past 12 months include:

- Youth who have been hurt physically (69%) or sexually (72%) while they or the perpetrators were under the influence of alcohol or drugs
- Youth who have experienced cyber-bullying (45%), have bullied others (51%), or cyber-bullied others (59%)
- Youth whose grades are in the “D-F” range (47%)
- Youth who have been sexually harassed at school (48%)
- Youth who have missed school in the past year because they don’t feel safe (40%)
- Youth who have felt depressed (35%), have planned suicide (40%), or have attempted suicide (43%)

**Has Sent or Received Sexually Explicit Messages Or Photos Electronically in Past Year (2018)**



**Has Sent or Received Sexually Explicit Messages Or Photos Electronically in Past Year (2010-2018 YRBS)  
Acton-Boxborough Trends**



■ = Aggregate (data for Acton-Boxborough only available for 2014-2018).

# Pornography

## Acton-Boxborough Regional School District YRBS

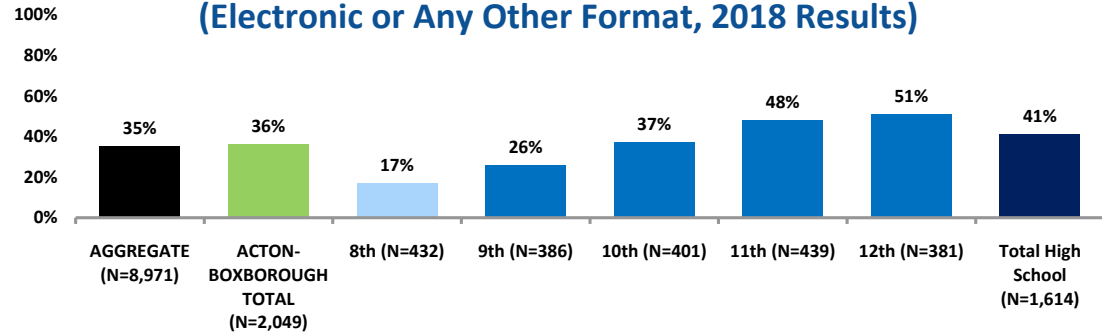
Slightly more than a third (36%) of Acton-Boxborough youth surveyed in 2018 said they have looked at pornographic material, either in electronic or any other format, in the past 30 days. Viewing pornography increases with age, with 12<sup>th</sup> graders admitting the highest rate (51%).

The following groups are most likely to have viewed pornographic material in the past 30 days (aggregate):

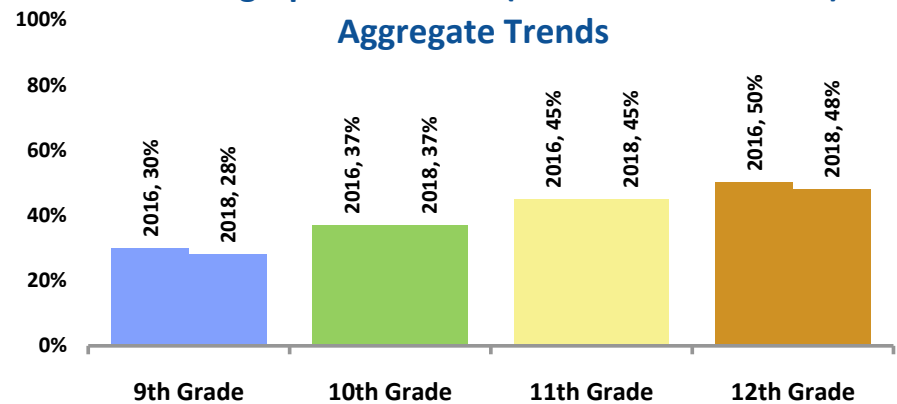
- Youth who have been hurt physically (77%) or sexually (72%) while they or the perpetrators were under the influence of alcohol or drugs
- Youth who have bullied others (72%) or cyber-bullied others (70%)
- Males (56%)
- Youth who have social media accounts their parents don't know about (52%)
- Youth who have planned suicide (46%) or attempted suicide (51%)
- Youth whose grades average "C" or below (48%)

For the aggregate, youth who do view pornographic material have done so a median of 11 out of the past 30 days. This is fairly consistent regardless of grade—the median for 8<sup>th</sup> graders is 9 out of the past 30 days, vs. a high of 12 days for 11<sup>th</sup> graders.

**Has Looked at Pornographic Material in Past 30 Days  
(Electronic or Any Other Format, 2018 Results)**



**High School Youth: Has Looked  
at Pornographic Material (2016 and 2018 YRBS)  
Aggregate Trends**



# Participation in Online Fantasy Sports Gambling Acton-Boxborough Regional School District YRBS

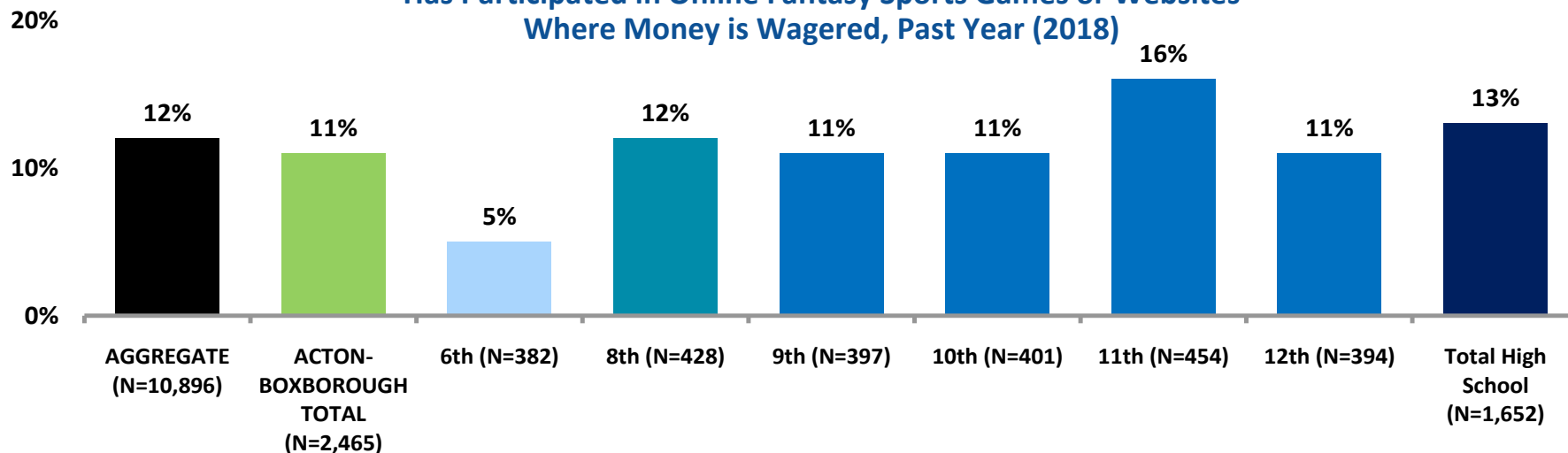
A fantasy sport (also known as rotisserie or roto) is a type of online game where participants assemble imaginary or virtual teams of real players of a professional sport, such as football or basketball. These teams compete based on the statistical performance of the players in the actual games. Many of these games allow wagering. Nationally, about 14% of the U.S. population participates regularly in some sort of fantasy league.\*

- In the past year, 11% of Acton-Boxborough youth surveyed have participated in an online fantasy sports game (or visited a website) where money is wagered
- Participating in online fantasy sports increases with age: about 5% of Acton-Boxborough 6<sup>th</sup> graders have done so, and the proportion increases to a high of 16% in 11<sup>th</sup> grade

For the aggregate, the following groups are most likely to have participated in online fantasy sports in the past year:

- *Uses tobacco (25%-57%)*
- *Uses illegal drugs (36%-64%)*
- *Has been hurt physically (43%) or sexually (46%)*
- *Has bullied (30%) or cyber-bullied others (40%)*
- *Males (21%) and non-gender-conforming (27%)*
- *Grades average "D-F" (28%)*
- *Has social media account(s) that parents don't know about (17%)*

**Has Participated in Online Fantasy Sports Games or Websites  
Where Money is Wagered, Past Year (2018)**



Q161 GR6 GR8 HS During the past 12 months, have you participated in any online fantasy sports games ... where money is wagered?

\* Kounang, Nadia. "The Time-Sucking, Dopamine-Boosting Science of Fantasy Baseball." *CNN*, March 18, 2016 (www.cnn.com).



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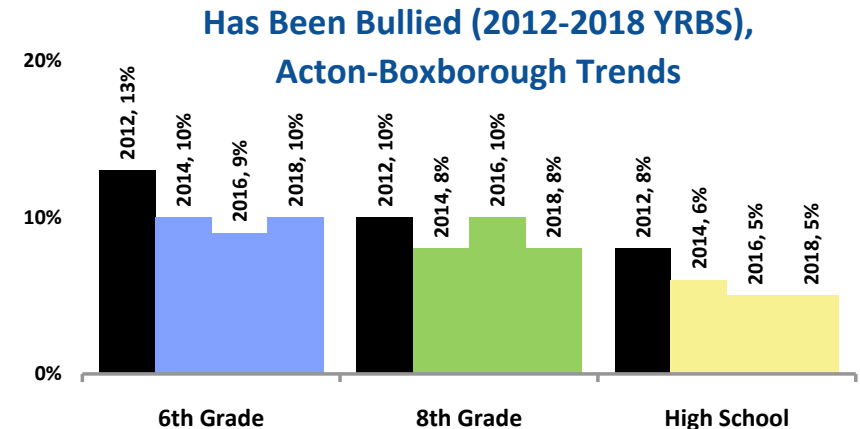
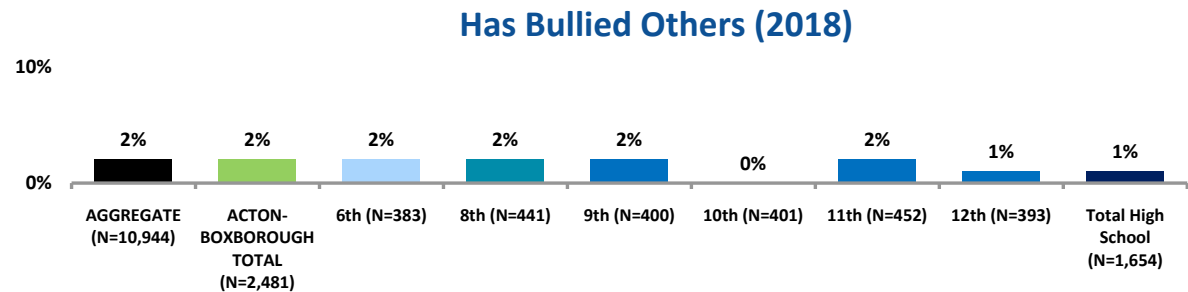
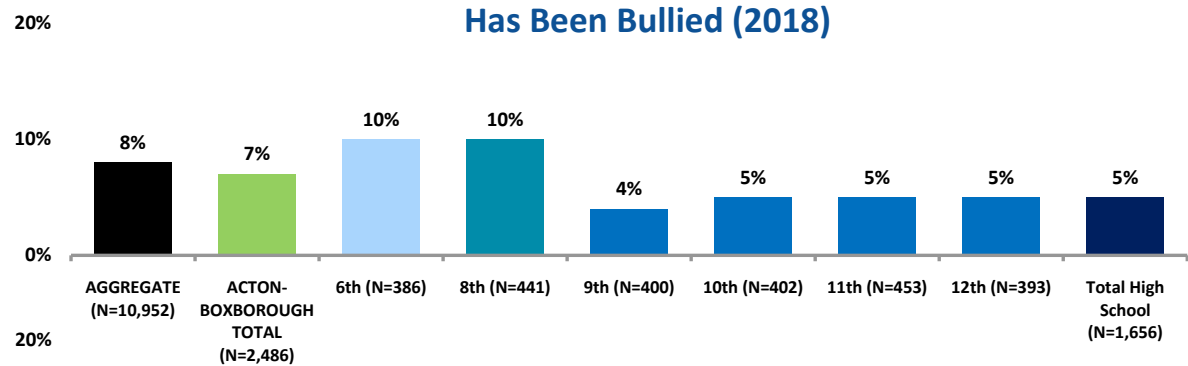
## Section 4: Bullying

Bullying  
Cyber-Bullying  
Sexual Harassment

# Bullying

## Acton-Boxborough Regional School District YRBS

“Bullying” is defined as repeatedly threatening, humiliating, or acting in a hostile manner towards another person. About 7% of Acton-Boxborough youth surveyed in 2018 said they had been bullied during the year, and 2% said they had bullied others. Bullying occurs at the highest levels in 6<sup>th</sup> grade and diminishes through high school. The most common responses to bullying reported by Acton-Boxborough youth include telling the person to stop (4%), walking away (4%), telling adults at home (3%) or at school (3%), and doing nothing (3%).



■ = Aggregate (data for Acton-Boxborough only available for 2014-2018).

Q57	GR6	GR8	HS	During the past 12 months, have you been repeatedly threatened, humiliated, or experienced ... [bullying]?
Q58	GR6	GR8	HS	During the past 12 months, have you repeatedly threatened, humiliated, or harassed (bullied) someone in school?
Q59	GR6	GR8	HS	When you were [bullied], what did you do or say about it?

# Who is Most Likely to Be Bullied/Bully Others

## Aggregate Comparisons Between Groups

### Groups Most Likely to Have Been Bullied (8% = 831 Youth)



#### Demographics

- Non-gender-conforming (29%) or LGBTQ (11%)
- African-American (14%)



#### School Experiences

- Grades in the “D-F” range (26%)
- 6<sup>th</sup> graders (12%)



#### Associated Risk Behaviors

- Has been hurt physically (33%) or sexually (51%)
- Has missed school because doesn’t feel safe (31%)
- Smokes cigarettes or chews (17%-20%)
- Depressed (16%), suicidal ideation (21%), or has attempted suicide (22%)
- Illegal drug use (20%-39%)
- Misuse of prescription medications (17%-19%)
- Has been sexually harassed (21%)

### Groups Most Likely to have Bullied Others (2% = 218 Youth)



#### Demographics

- Non-gender-conforming (16%)
- African-American (10%)



#### School Experiences

- Grades in the “D-F” range (25%)



#### Associated Risk Behaviors

- Has been hurt physically (25%) or sexually (46%)
- Has missed school because doesn’t feel safe (12%)
- Smokes cigarettes or chews (16%-21%)
- Suicidal ideation (6%), or has attempted suicide (8%)
- Illegal drug use (15%-39%)
- Misuse of prescription medications (7%-13%)
- Has been sexually harassed (7%)

# Cyber-Bullying

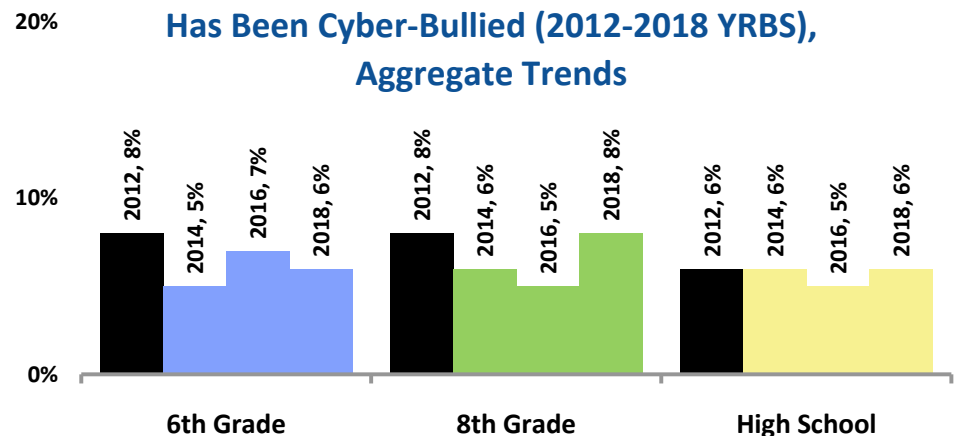
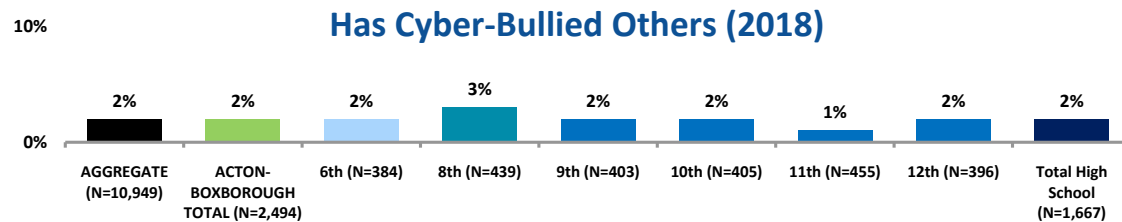
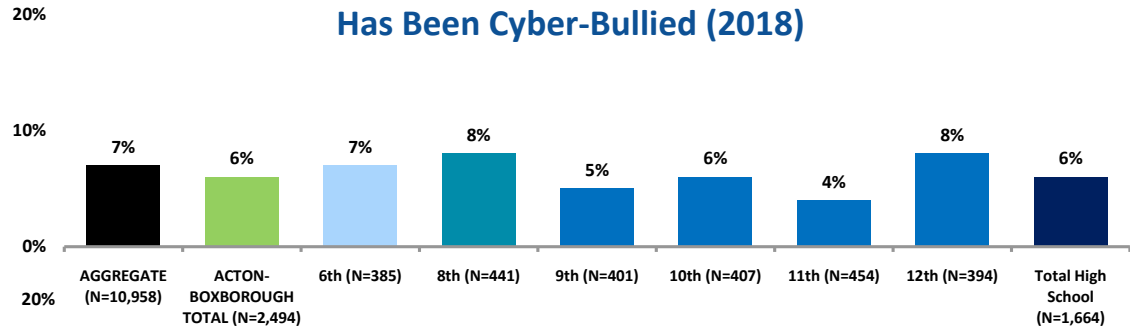
## Acton-Boxborough Regional School District YRBS

“Cyber-bullying” involves repeatedly threatening, humiliating, or expressing hostility to another person using the internet (electronically). About 6% of Acton-Boxborough youth surveyed in 2018 said they, personally, had been cyber-bullied, and about 2% said they had cyber-bullied others.

Many youth who are cyber-bullied do nothing about it, but some do react. The most frequent responses to cyber-bullying among Acton-Boxborough youth are:

- Telling a friend or peer at school (4%)
- Telling a parent or guardian (3%)
- Telling an adult at school (1%)
- Reporting to website administrator (1%)
- Not doing anything about it (3%)

Q28	GR6	GR8	HS	During the past 12 months, have you been repeatedly ... [cyber-bullied]?
Q29	GR6	GR8	HS	If you have been [cyber-bullied], what have you done about it?
Q35	GR6	GR8	HS	During the past 12 months, have <u>you</u> repeatedly ... [cyber-bullied others]?



■ = Aggregate (data for Acton-Boxborough only available for 2014-2018).

# Who is Most Likely to Be Cyber-Bullied/ Cyber-Bully Others – Aggregate Findings

## Groups Most Likely to Have Been Cyber-Bullied (7% = 801 Youth)



### Demographics

- Non-gender-conforming (30%) or LGBTQ (9%)
- Middle-Eastern (18%), African-American (16%), Southeast Asian (16%), or Hispanic (12%)



### School Experiences

- High school student in ungraded setting (52%)
- Grades average “D-F” (30%)
- Missed school because feels unsafe (33%)
- Depressed (16%)
- Planned (22%) or attempted (23%) suicide



### Associated Risk Behaviors

- Sexually active (38%)
- Hurt physically (39%) or sexually (57%)
- Has been bullied in other ways (41%)
- Has been sexually harassed at school (23%)
- Tobacco use (13%-30%)
- Illegal drug use (23%-51%), especially heroin (50%)
- Misuse of prescription medications (20%-23%)

## Groups Most Likely to Have Cyber-Bullied Others (2% = 272 Youth)



### Demographics

- Non-gender-conforming (20%)
- Middle-Eastern (11%), African-American (11%), or Southeast Asian (11%)



### School Experiences

- High school student in ungraded setting (35%)
- Grades average “D-F” (29%)
- Missed school because feels unsafe (13%)
- Depressed (5%)
- Planned (7%) or attempted (9%) suicide



### Associated Risk Behaviors

- Sexually active (51%)
- Hurt physically (30%) or sexually (47%)
- Has been bullied in other ways (14%)
- Has been sexually harassed at school (8%)
- Tobacco use (6%-23%)
- Illegal drug use (16%-44%), especially heroin (43%)

# Bullying vs. Cyber-Bullying – Aggregate Findings

**Youth who bully others are highly likely to have, themselves, been bullied either physically or electronically:**

- 64% of youth who have bullied others have been bullied
- 61% of youth who have cyber-bullied others have been cyber-bullied
- Physical bullying and cyber-bullying are often linked (e.g. 41% of those bullied have also been cyber-bullied)

**Youth who experience bullying or cyber-bullying often go on to perpetuate these experiences on others:**

- 17% of youth who have been bullied, have also bullied others
- 21% of youth who have been cyber-bullied, have also cyber-bullied others

	Has Been Bullied	Has Bullied Others	Has Been Cyber-Bullied	Has Cyber-Bullied Others	No Experience of Bullying	No Experience of Cyber-Bullying
Has Been Bullied	100%	64%	43%	44%	0%	5%
Has Bullied Others	17%	100%	13%	40%	0%	1%
Has Been Cyber-Bullied	41%	47%	100%	61%	4%	0%
Has Cyber-Bullied Others	14%	49%	21%	100%	1%	0%

# Sexual Harassment

## Acton-Boxborough Regional School District YRBS

For the 2018 YRBS, “sexual harassment” was defined as unwelcome comments or actions of a sexual nature which made youth uncomfortable. About one-tenth (12%) of the Acton-Boxborough youth surveyed in 2018 said they had experienced sexual harassment in school during the past year.

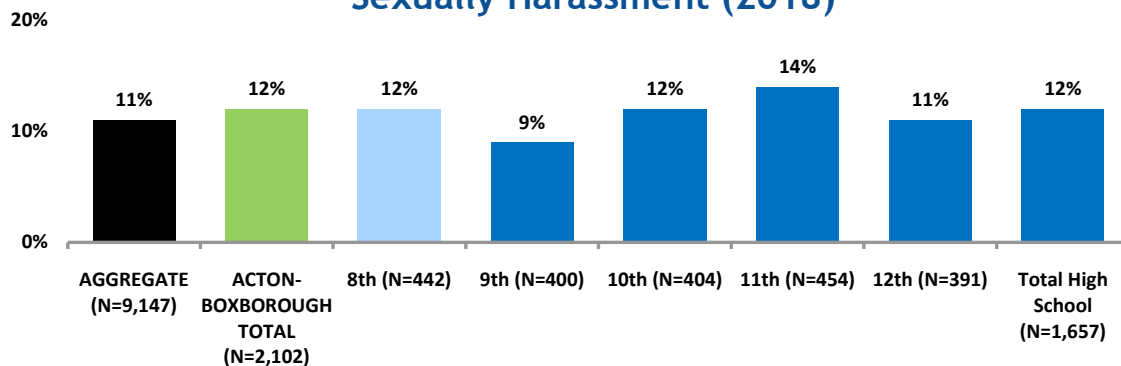
Most often, sexual harassment reported by Acton-Boxborough youth consists of:

- Verbal harassment (7%)
- Sexually explicit messages or photos sent electronically (7%)
- Unwanted physical contact (4%)
- Gestures (4%)

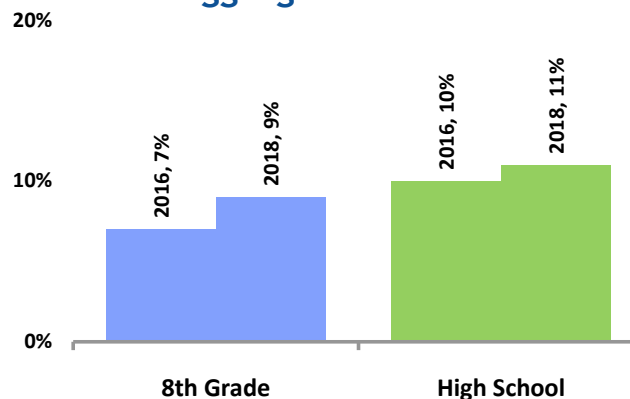
The most frequent response to sexual harassment reported by Acton-Boxborough youth is to do nothing about it (6%) or to tell the person to stop (6%).

Sexual harassment affects some groups much more than others—these differences are discussed next.

Percent of Youth Who Have Experienced Sexually Harassment (2018)



Percent of Youth Who Have Experienced Sexually Harassment (2016-2018 YRBS), Aggregate Trends



Q64	n/a	GR8	HS	During the past 12 months, have you received unwelcome comments or actions ... [sexual harassment]?
Q65	n/a	GR8	HS	During the past 12 months, in which of the following ways have you been sexually harassed?
Q71	n/a	GR8	HS	During the past 12 months, when you received unwelcome comments or actions ... [what did you do about it]?

# Sexual Harassment (cont.)

## Aggregate Comparison Between Groups

Youth experience sexual harassment in different ways. Females, for example, are about 4 times as likely as males to report having experienced sexual harassment in the past 12 months, and the types of sexual harassment they report—and their responses to it—also differ from males' experiences.

Gender is not the only factor associated with the experience of sexual harassment—in fact, the following groups are most likely to report having been sexually harassed in the past year:

- Has been hurt physically (42%) or sexually (64%)
- Has been bullied (34%) or has bullied others (41%)
- Has been cyber-bullied (37%) or has cyber-bullied others (37%)
- Youth whose grades are in the “D-F” range (24%)
- Youth who use tobacco (18%-28%)
- Youth who use illegal drugs (35%-48%)
- Youth who have missed school because they don't feel safe (36%)
- Depressed (24%), suicidal ideation (28%), or attempted suicide (29%)
- Is worried about a suicidal peer (20%)
- Has social media accounts parents/guardians don't know about (17%)

Percent of Group in 2018 Experiencing Sexual Harassment in Past Year	Most Likely Forms of Sexual Harassment Experienced by Group:	Most Likely Response of Group to Sexual Harassment:
Females (16%)	<ul style="list-style-type: none"> <li>• Verbal (11%)</li> <li>• Sexually explicit messages/photos (10%)</li> <li>• Gestures (7%)</li> </ul>	<ul style="list-style-type: none"> <li>• Asking person to stop (8%)</li> <li>• Doing nothing (7%)</li> <li>• Walk away (6%)</li> </ul>
Males (4%)	<ul style="list-style-type: none"> <li>• Verbal (2%)</li> <li>• Sexually explicit messages/photos (2%)</li> <li>• Physical contact (2%)</li> </ul>	<ul style="list-style-type: none"> <li>• Doing nothing (4%)</li> <li>• Asking person to stop (2%)</li> </ul>
Non-gender-conforming youth (29%)	<ul style="list-style-type: none"> <li>• Verbal (16%)</li> <li>• Sexually explicit messages/photos (15%)</li> <li>• Gestures (14%)</li> </ul>	<ul style="list-style-type: none"> <li>• Doing nothing (15%)</li> <li>• Asking person to stop (9%)</li> <li>• Resisting physically (8%)</li> </ul>



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## Section 5: Violence

Feeling Safe at School  
Bringing Weapons to School  
Influence of Alcohol and/or Drugs on Violence  
Dating Violence  
Unwanted Sexual Contact (Pressure to Have Sex)

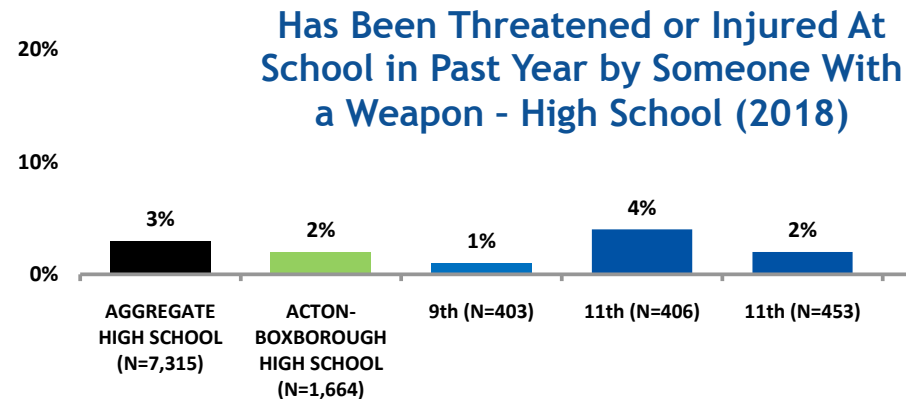
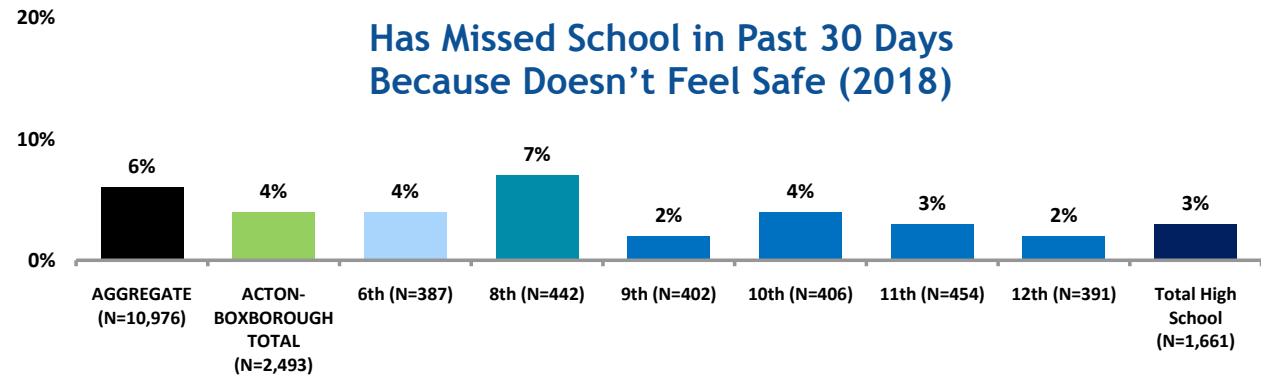
# Feeling Safe at School

## Acton-Boxborough Regional School District YRBS

Most youth surveyed in 2018 haven't missed any school in the past month because they felt they would be unsafe at school or on their way to or from school. About 4% of Acton-Boxborough youth have missed school for these reasons, however. This proportion is highest for 8<sup>th</sup> graders (7%).

Not feeling safe at school is associated with a number of risk behaviors, including having been bullied, bullying others, having been hurt physically or sexually, and use of alcohol or drugs. These associations are discussed throughout this report.

A small proportion (2%) of high school Acton-Boxborough high school youth surveyed in 2018 said they had been threatened or injured on school property by someone with a weapon, such as a gun, knife, or club.



Q50	GR6	GR8	HS	During the past 30 days, on how many days did you not go to school because you ... [felt unsafe]
Q51	n/a	n/a	HS	During the past 12 months, how many times has someone threatened or injured you with a weapon ... [at school]?

# Bringing Weapons to School

## Acton-Boxborough Regional School District YRBS

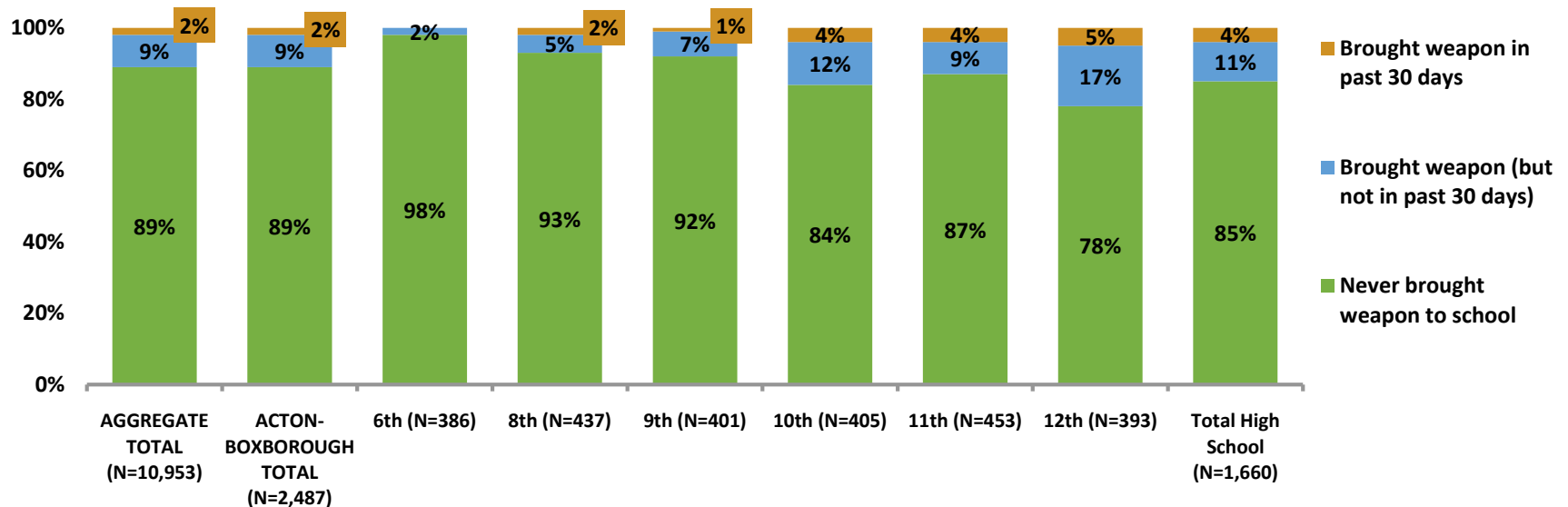
Most Acton-Boxborough youth surveyed in 2018 (89%) have never brought a weapon to school. Although the proportions are comparatively small (2% or less of the youth surveyed depending on the weapon), some youth have brought the following to school in the past 30 days:

- 7 youth reported bringing a gun to school in the past 30 days
- 62 youth reported bringing small knives
- 10 youth reported bringing large knives, such as hunting knives or switchblades
- 9 youth reported bringing some other weapon to school, such as a club

About 9% of Acton-Boxborough youth haven't brought a weapon to school in the past 30 days, but have done so in the past.

**Aggregate Trends:**  
In 2016, 2% of youth said they *"carried a weapon on school property in the past 30 days."* In 2018, 2% of youth reported bringing a specific weapon to school with them in the prior month (e.g., a gun, knife, etc.)

### Percent of Youth Surveyed in 2018 Who Have Brought Weapons to School



# Being Hurt Physically or Sexually in Context of Alcohol or Other Drugs Acton-Boxborough Regional School District YRBS

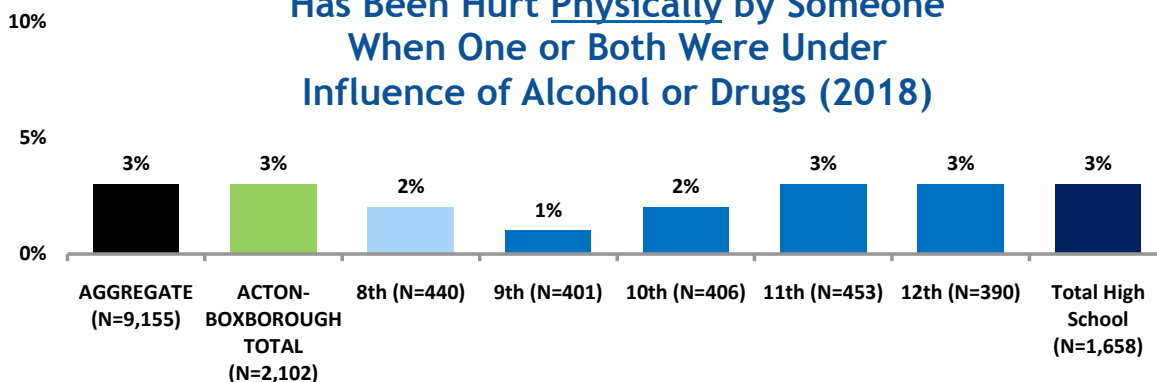
A small proportion (3%) of Acton-Boxborough youth surveyed in 2018 said they had been hurt physically by someone when they or the perpetrator were under the influence of alcohol or drugs. An even smaller proportion (1%) have been hurt sexually under similar circumstances. In previous YRBS surveys, these questions were combined. Given the small percentages, it may be worth considering re-combining them in future surveys.

## For Acton-Boxborough in 2018:

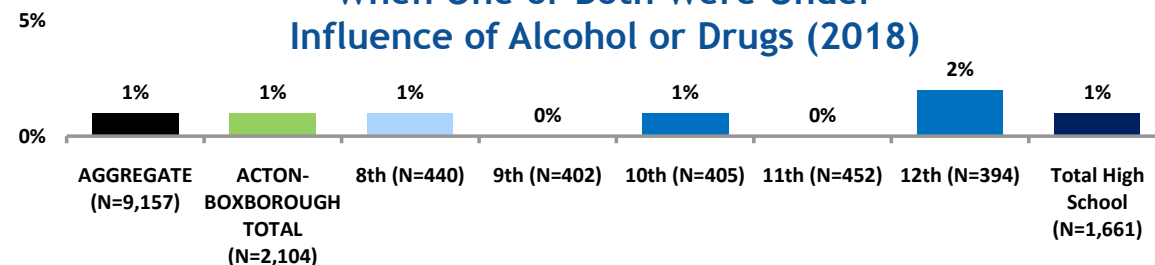
- 19 youth reported experiencing sexual violence in situations involving alcohol or drugs
- 53 youth have experienced physical violence in situations involving alcohol or drugs

For the aggregate, being hurt physically or sexually while under the influence of alcohol or drugs is associated with a number of other risk behaviors, such as not feeling safe at school, having been bullied, bullying others, having been hurt physically or sexually, and use of alcohol or drugs. These associations are discussed throughout this report.

## Has Been Hurt Physically by Someone When One or Both Were Under Influence of Alcohol or Drugs (2018)



## Has Been Hurt Sexually by Someone When One or Both Were Under Influence of Alcohol or Drugs (2018)



Q52	n/a	GR8	HS	During the past 30 days, have you been hurt physically by someone ... [you/they were under drug/alcohol influence]?
Q53	n/a	GR8	HS	During the past 30 days, have you been hurt sexually by someone ... [you/they were under drug/alcohol influence]?

# Dating Violence

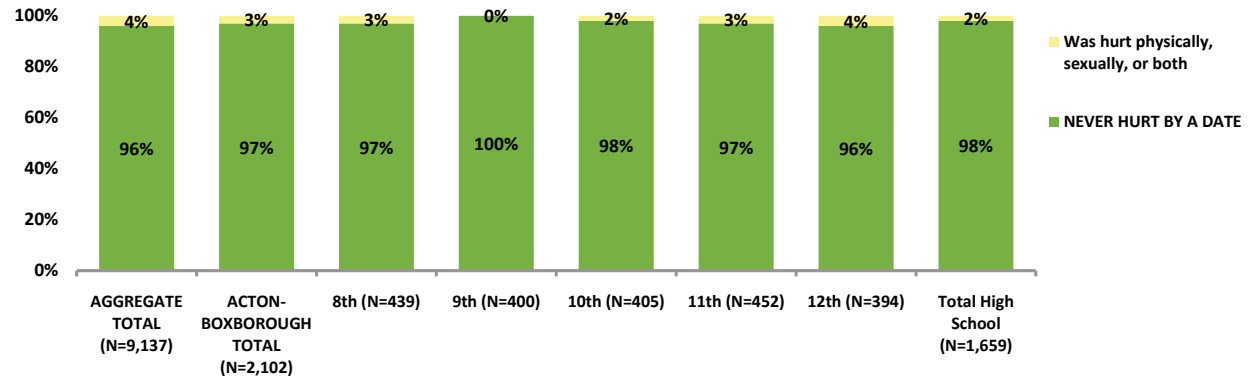
## Acton-Boxborough Regional School District YRBS

Dating violence (being shoved, slapped, hit, or forced into sexual activity, or perpetuating such acts on a dating partner) is fairly rare among Acton-Boxborough youth surveyed in 2018. About 3% have experienced dating violence, and 1% admit perpetrating dating violence.

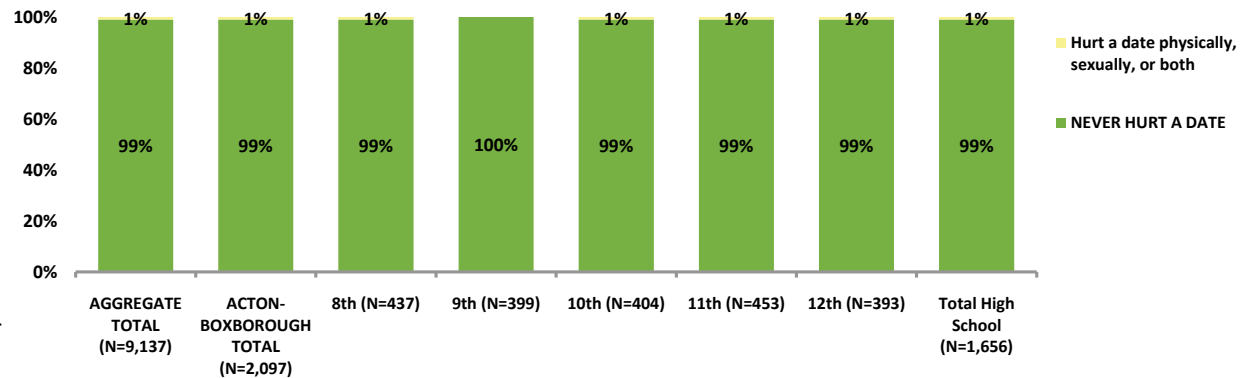
For Acton-Boxborough in 2018:

- **55 youth reported being hurt while on a date**
- **21 youth reported hurting someone while on a date**

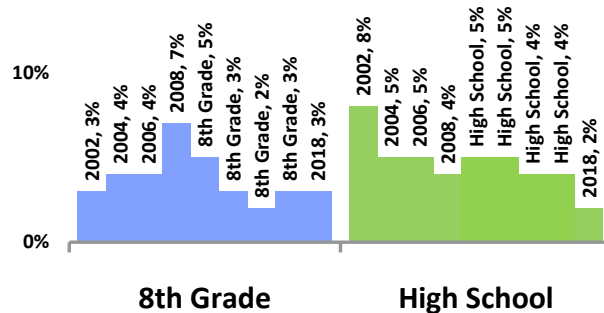
### Has Ever Been Hurt Physically or Sexually By a Date (2018)



### Has Ever Hurt a Date Physically or Sexually (2018)



### Has Ever Been Hurt By a Date (2002-2018 YRBS) Acton-Boxborough Trends



Q55	n/a	GR8	HS	Have you ever been hurt physically or sexually by a date or someone you were going out with?
Q56	n/a	GR8	HS	Have you ever hurt a date or someone you were going out with either physically or sexually?

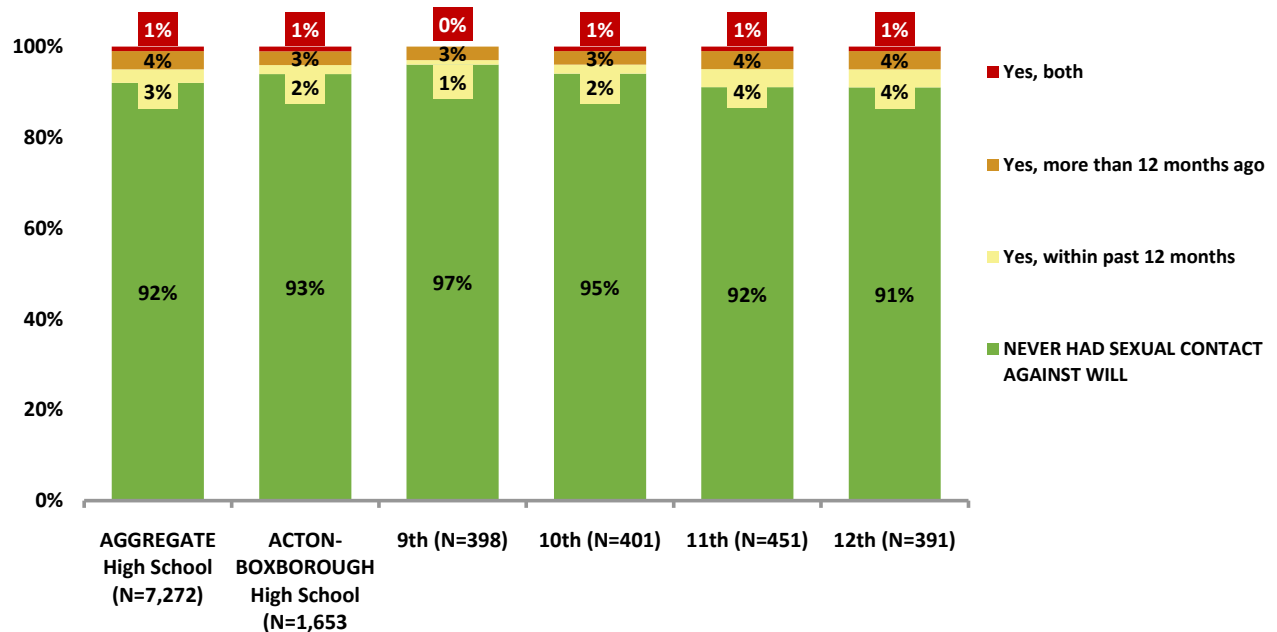
# Unwanted Sexual Contact (Pressure to Have Sex) Acton-Boxborough Regional School District YRBS

About 6% of the Acton-Boxborough youth surveyed in 2018 have, at some point in their lives, had unwanted sexual contact with someone (i.e., against their will).

For the aggregate, this percentage is higher for females than males (11% vs. 3%), but is most often reported by:

- Non-gender-conforming youth (28%)
- LGBTQ youth (17%)
- Youth with grades in the “D-F” range (32%)
- Middle Eastern youth (16%)
- African-American youth (15%)
- Smokes cigarettes (32%) or chews (27%)
- Misuses prescription medications (27%-28%)
- Uses illegal drugs (38%-51%)

## Has Anyone Ever Had Sexual Contact With Youth Against Their Will (2018)



Within the Acton-Boxborough Regional School District in 2018, 112 youth (6% of those surveyed) have had unwanted sexual contact with someone at some point in their lives

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## Section 6: Sexual Behavior

Sexual Intercourse (Onset and Prevalence)

Sexual Intercourse (Use of Contraception)

Oral Sex

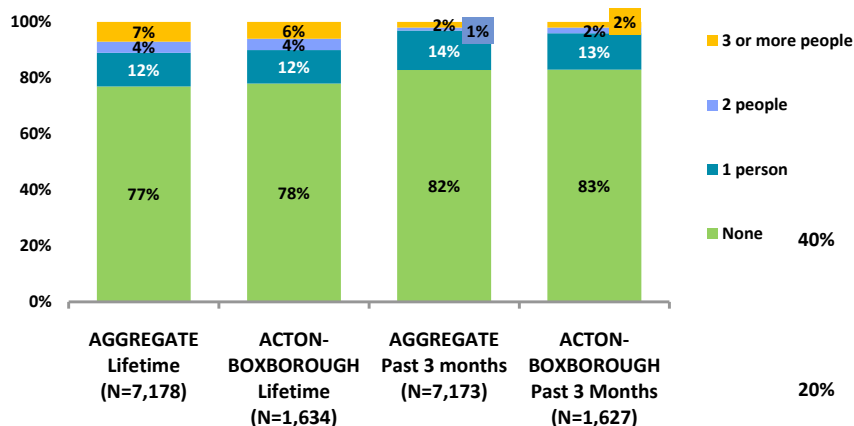
Sexually Transmitted Diseases

# Sexual Intercourse (Onset and Prevalence)

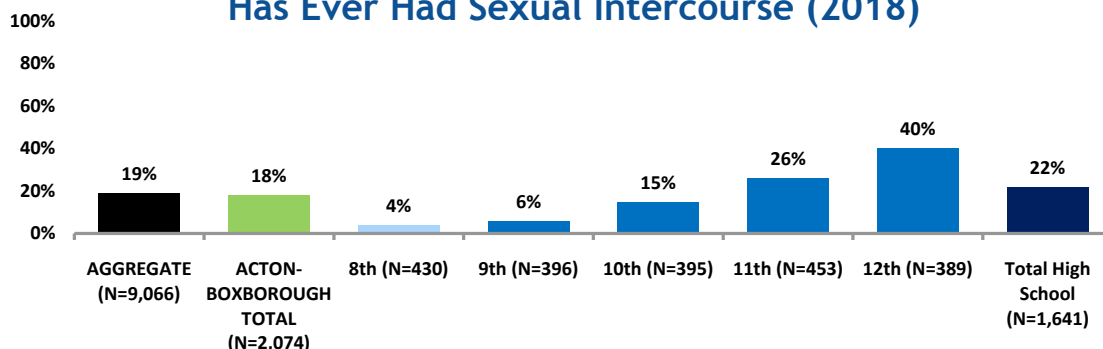
## Acton-Boxborough Regional School District YRBS

About 4% of Acton-Boxborough 8<sup>th</sup> graders, and about 22% of high school youth surveyed in 2018 said they had ever had sexual intercourse.

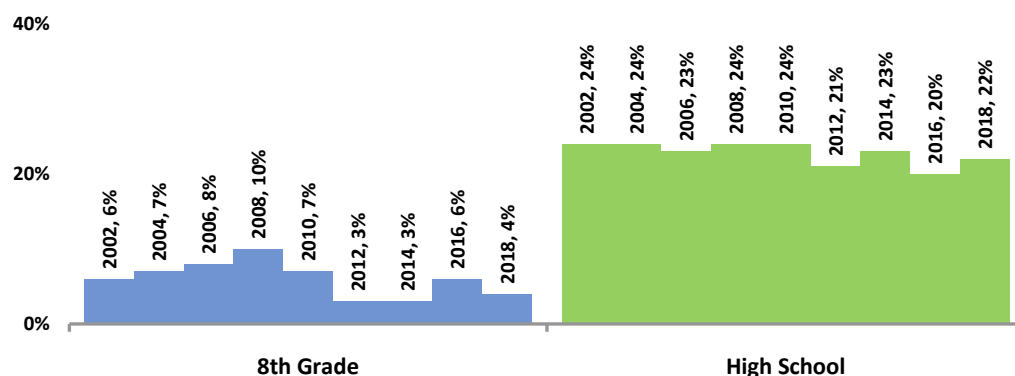
### Among High School Youth, Total Number of Sexual Partners (2018)



### Has Ever Had Sexual Intercourse (2018)



### Has Ever Had Sexual Intercourse (2002-2018 YRBS), Acton-Boxborough Trends



Q164	n/a	GR8	HS	Have you ever had sexual intercourse?
Q166	n/a	GR8	HS	How old were you when you had sexual intercourse for the first time?
Q167	n/a	n/a	HS	During your life, with how many people have you had sexual intercourse?
Q167	n/a	n/a	HS	During the past 3 months, with how many people have you had sexual intercourse?

The average age of onset of sexual intercourse is 15 years for Acton-Boxborough, vs. 15 years for all districts combined.

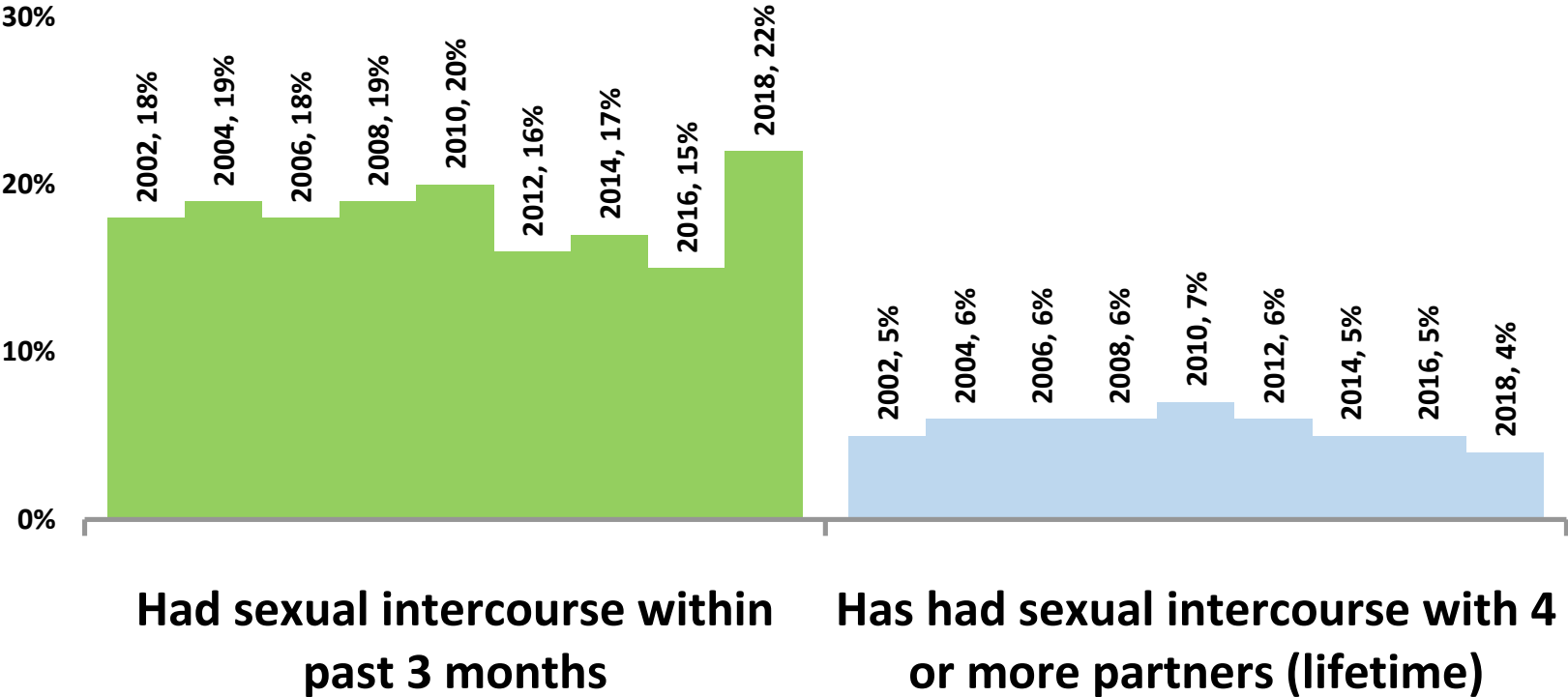


# Sexual Intercourse (Onset and Prevalence) (cont.)

## Acton-Boxborough Regional School District YRBS



Recent Experiences with Sexual Intercourse and Has Had Sexual Intercourse with 4 or More Partners (2002-2018 YRBS)  
Acton-Boxborough Trends



Q164	n/a	GR8	HS	Have you ever had sexual intercourse?
Q166	n/a	GR8	HS	How old were you when you had sexual intercourse for the first time?
Q167	n/a	n/a	HS	During your life, with how many people have you had sexual intercourse?
Q167	n/a	n/a	HS	During the past 3 months, with how many people have you had sexual intercourse?

# Sexual Intercourse (Use of Contraception)

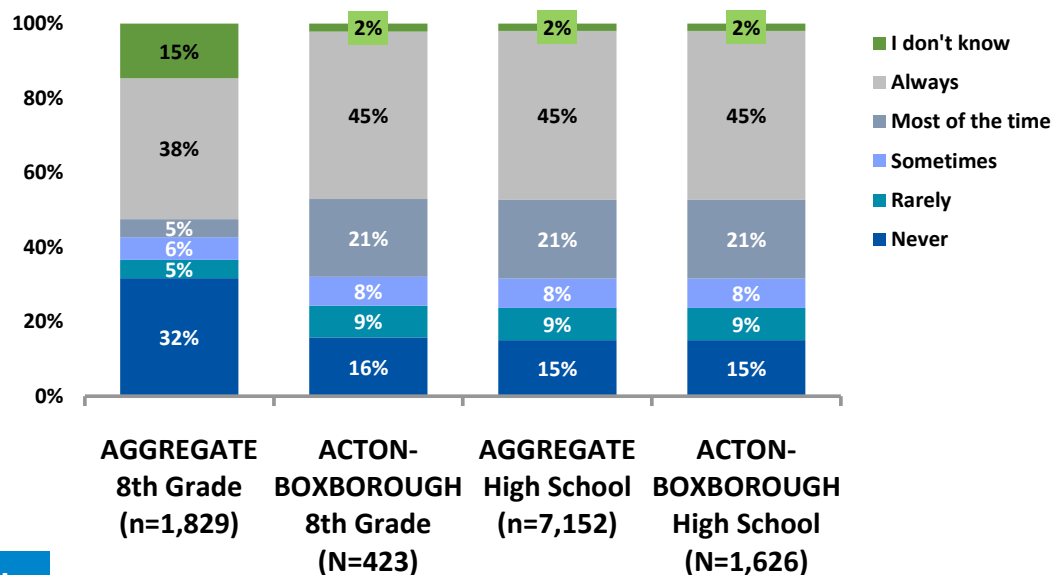
## Acton-Boxborough Regional School District YRBS

Among Acton-Boxborough youth who have had sexual intercourse, less than half “always” use a condom. This is true for both 8<sup>th</sup> graders and high school youth.

Among Acton-Boxborough high school youth who have had sexual intercourse, the methods they or their partners are most likely to have used the most recent time to prevent pregnancy:

- Birth control pills (10%)
- Condoms (8%)

Among Youth Who Have Ever Had Sexual Intercourse, How Often Condom Was Used (2018)



About 2% of Acton-Boxborough high school youth surveyed in 2018 (11 youth) said they have ever been pregnant or gotten someone pregnant

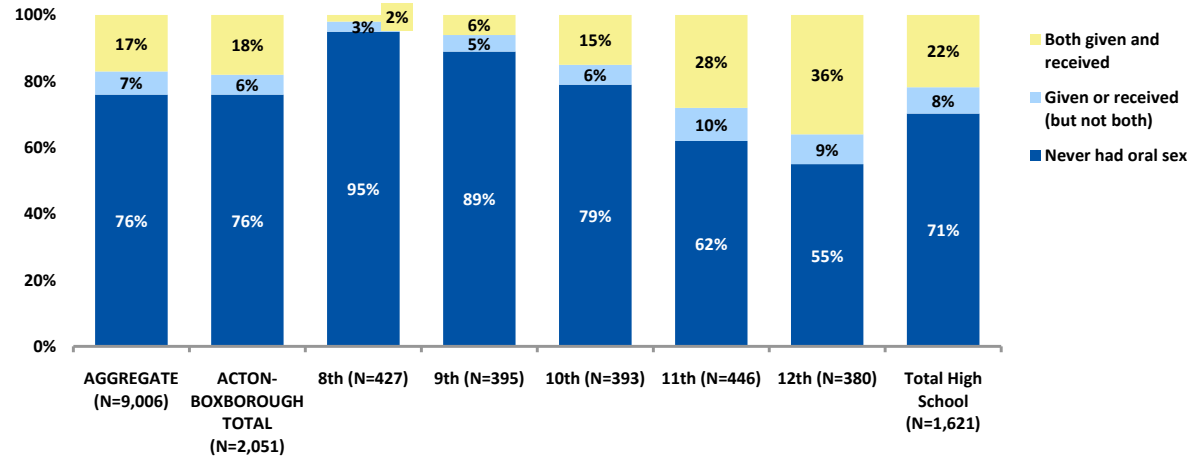
Q171	n/a	GR8	HS	If you have ever had sexual intercourse, how often was a condom used?
Q172	n/a	n/a	HS	The last time you had sexual intercourse, what one method did you or your partner use to prevent pregnancy?
Q173	n/a	n/a	HS	How many times have you been pregnant or gotten someone pregnant?

# Oral Sex

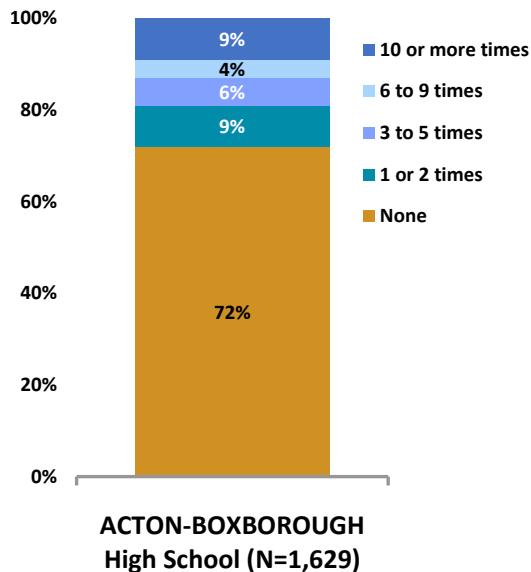
## Acton-Boxborough Regional School District YRBS

About 24% of Acton-Boxborough youth surveyed in 2018 have had oral sex at some point, either as a recipient (2%), as the giver (4%), or both (18%).

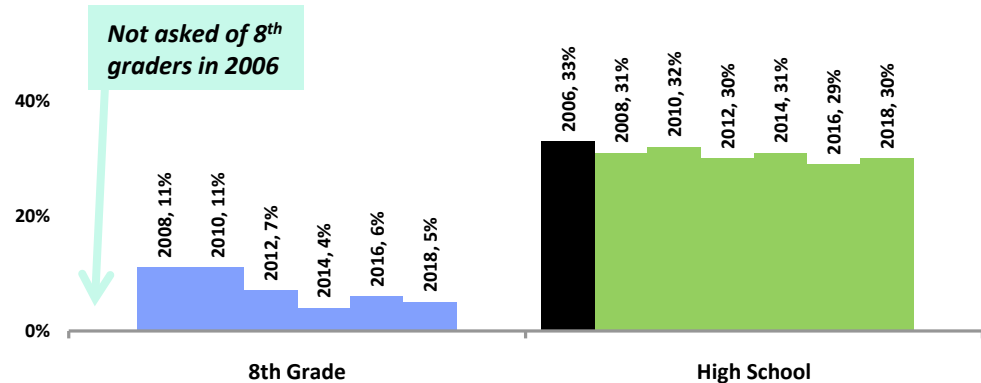
### Has Ever Had Oral Sex (2018)



### Among High School Youth Who Have Had Oral Sex, Number of Times in Past 12 Months (2018)



### Has Ever Had Oral Sex (2006-2018 YRBS), Acton-Boxborough Trends



■ = Aggregate (data for Acton-Boxborough only available for 2008-2018).

Q174	n/a	GR8	HS	Have you ever had oral sex, either given or received?
Q175	n/a	n/a	HS	During the past 12 months, how many times have you had oral sex?

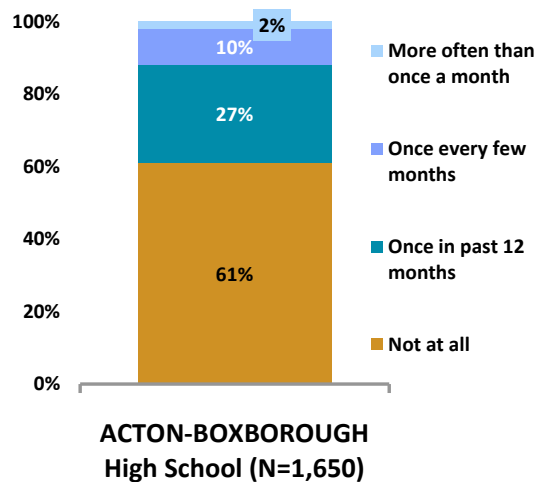
# Sexually Transmitted Diseases

## Acton-Boxborough Regional School District YRBS

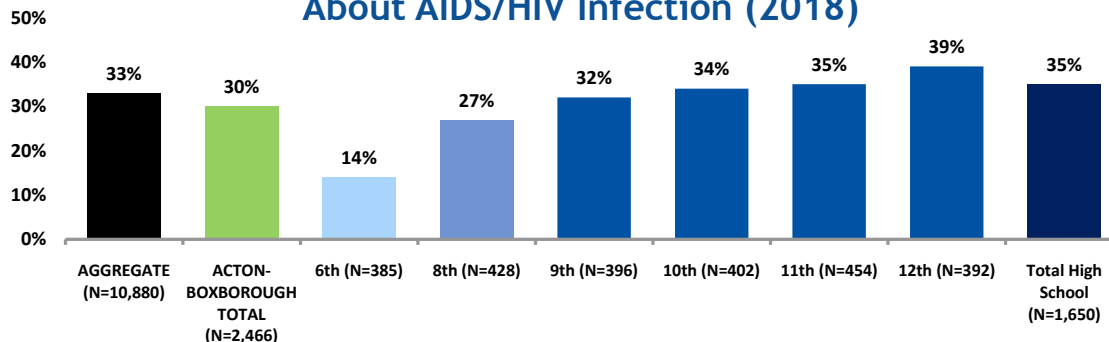
A third (31%) of Acton-Boxborough youth surveyed in 2018 said they had, at some point, talked with their parents or other adults in their families about AIDS and HIV infection. This percentage is much lower for 6<sup>th</sup> graders (14%). Talking with adults about AIDS/HIV has declined steadily since the 2002 YRBS and is at an all-time low for 8<sup>th</sup> graders and high school youth.

Among high school youth, more than half (61%) haven't had conversations with their parents or other adults in the last year about sexuality, ways to prevent infection with HIV or other STDs, or ways to prevent pregnancy.

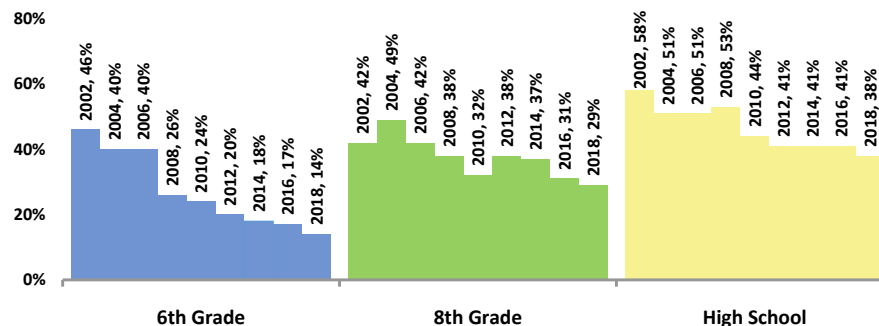
### How Often Talked About Sexuality In Past Year - High School Youth (2018)



### Has Ever Talked With Parents/Adults About AIDS/HIV Infection (2018)



### Has Ever Talked With Parents/Adults About AIDS/HIV Infection (2002-2018 YRBS) Acton-Boxborough Trends



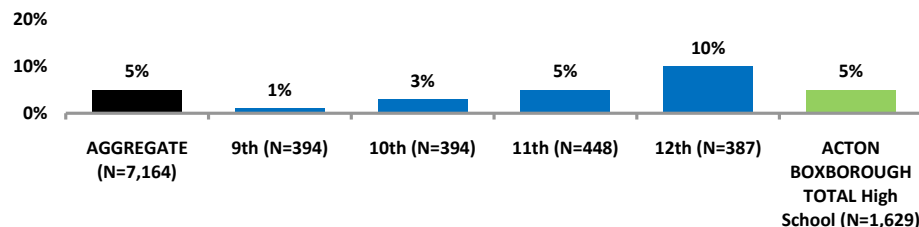
Among Acton-Boxborough youth surveyed in 2018, 3 have been diagnosed with HIV, 5 with other sexually transmitted diseases, and 3 with both. In total, these youth represent less than 1% of youth surveyed in the district in 2018.

Q176	GR6	GR8	HS	Have you ever been told by a physician that you tested positive for HIV infection or other ... [STDs]?
Q162	n/a	GR8	HS	Have you ever talked about AIDS or HIV infection with your parents or other adults in your family?
Q163	n/a	n/a	HS	During the past 12 months, how often have you had a conversation with your parents or other adults ... [about sexuality]?

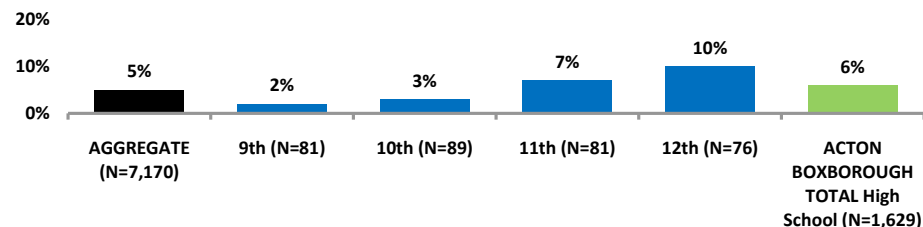
# Unintended Sex – Alcohol and Drugs

## Acton-Boxborough Regional School District YRBS

**Drank Alcohol or Used Drugs Most Recent Time Had Sex - High School Youth (2018)**



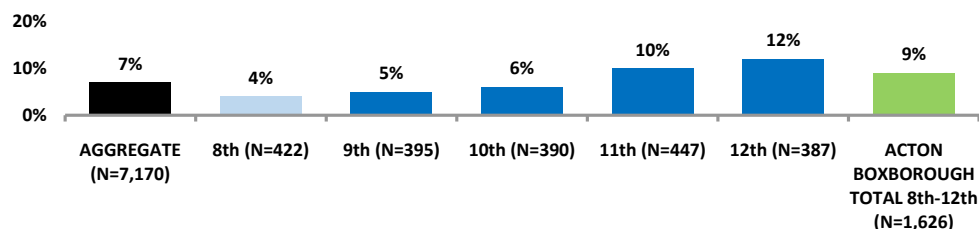
**Unintended Sexual Activity After Using Alcohol or Drugs, Past 12 Months (2018)**



About 1 in 20 Acton-Boxborough high school youth surveyed in 2018 drank alcohol or used drugs the most recent time they had sex. This behavior peaks in 12<sup>th</sup> grade (12%). A similar proportion of high school youth (6%) said they had unintended sexual activity after using alcohol or drugs at least once during the past year—again, this behavior peaks in 12<sup>th</sup> grade (10%).

Many Acton-Boxborough youth have, at some point, felt pressured into sexual encounters that they later regretted. For 2018 the rate among all grades surveyed in Acton-Boxborough is 9%, slightly above the aggregate for all districts surveyed (7%).

**Ever Pressured into Sexual Encounter Youth Later Regretted (2018)**



Q168	n/a	n/a	HS	Did you drink alcohol or use drugs before you had sexual intercourse the last time?
Q169	n/a	n/a	HS	During the past 12 months, have you had any unintended sexual activity after using alcohol or other drugs?
Q170	n/a	GR8	HS	Have you ever been pressured into consenting to a sexual encounter that you later regretted?

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## Section 7: Tobacco, Alcohol and Drug Use

Huffing (Sniffing Glue, Whippets, Aerosol Spray Cans)

Cigarette Smoking

Chewing Tobacco

Vaping (Use of Electronic Cigarettes)

Alcohol Consumption (Onset and Prevalence)

Alcohol Consumption (Sources)

Alcohol Consumption (Beliefs About Peers)

Marijuana Consumption (Onset and Prevalence)

Marijuana Consumption (Beliefs About Peers)

Misuse of Prescription Medications

Use of Cocaine

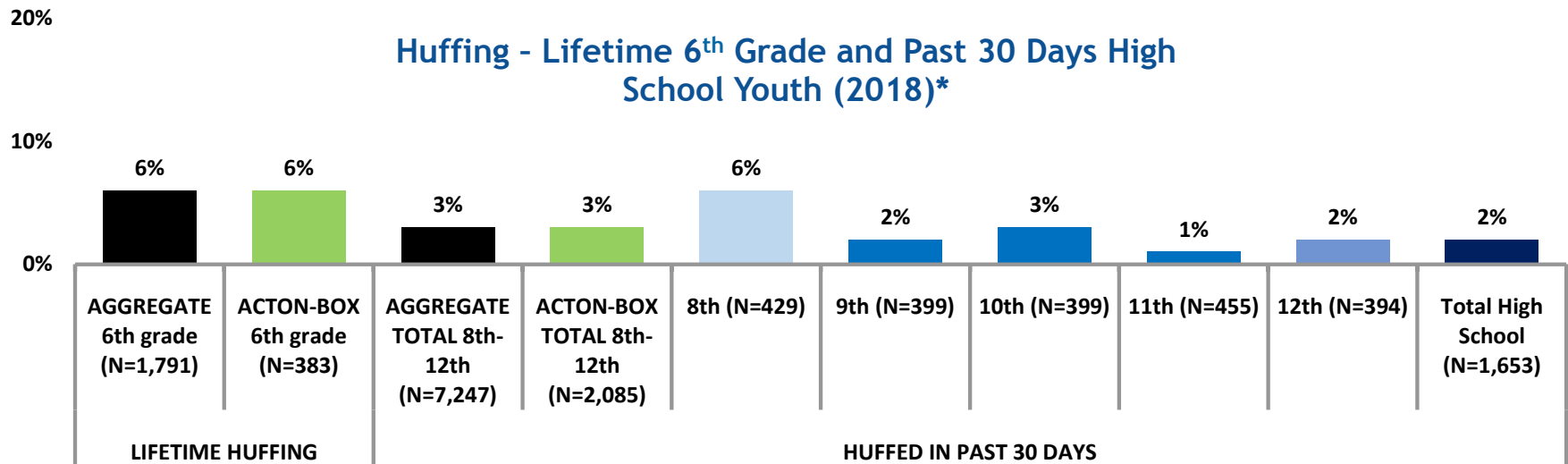
Use of Other Illegal Drugs

# Huffing (Sniffing Glue, Whippets, Aerosol Cans)

## Acton-Boxborough Regional School District YRBS

“Huffing” refers to the deliberate inhalation of fumes (such as glue, gasoline, solvents, or the contents of aerosol cans) to produce a euphoric effect. “Whippets” are CO<sub>2</sub> or nitrous oxide cannisters used in refillable whipped cream devices, and are also used as an inhalant drug to get high. About 6% of 6<sup>th</sup> grade Acton-Boxborough youth surveyed in 2018 have huffed at some point, as have 6% of 8<sup>th</sup> graders (past 30 days) and 2% of high school youth (past 30 days).

**Huffing - Lifetime 6<sup>th</sup> Grade and Past 30 Days High School Youth (2018)\***



\* A total for all grades is not possible, because these questions were asked two different ways depending on grade level

Q152	GR6	n/a	n/a	During your life, how many times have you sniffed glue, breathed the contents of aerosol cans ... ?
Q153	n/a	GR8	HS	During the past 30 days, how many times have you sniffed glue, breathed the contents of aerosol cans ... ?

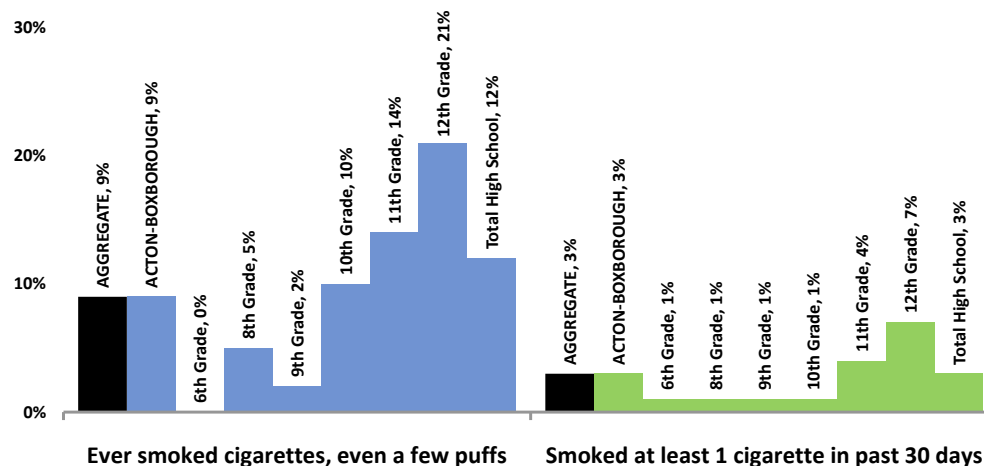
# Cigarette Smoking

## Acton-Boxborough Regional School District YRBS

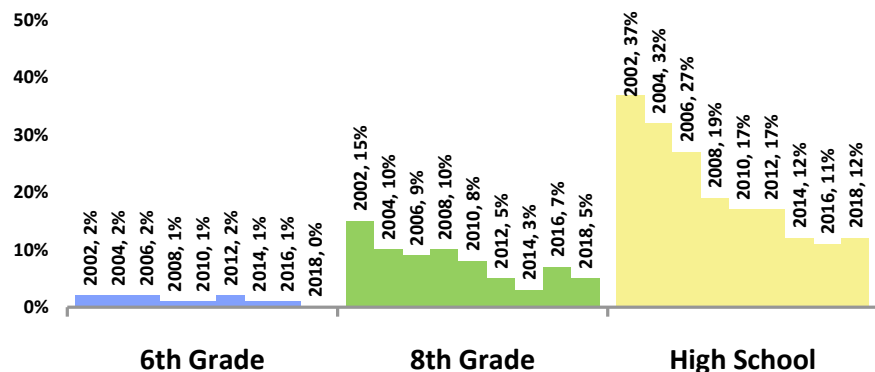
Cigarette smoking has declined rapidly since questions about it were first asked in the 2002 YRBS. About one-tenth (9%) of Acton-Boxborough youth surveyed in 2018 have smoked cigarettes at least once in their lifetimes, but a much smaller proportion (3%) have done so in the past 30 days.

Youth who smoke cigarettes typically start around age 12, although some start as early as 8 years of age or younger

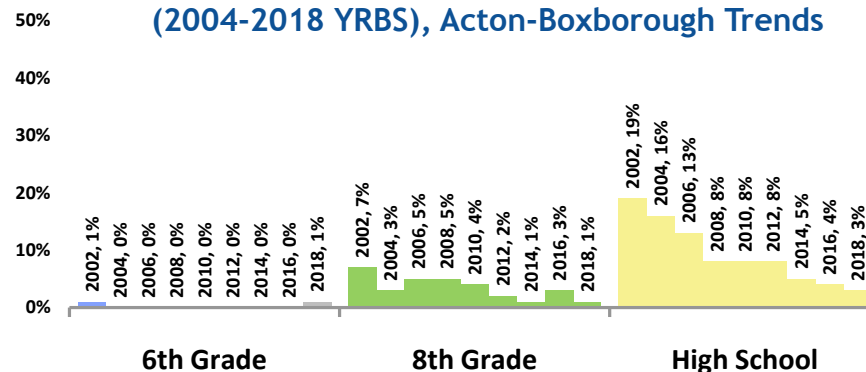
### Has Ever Smoked Cigarettes vs. Smoked Cigarettes in Past 30 Days (2018)



### Has Ever Smoked Cigarettes (2004-2018 YRBS), Acton-Boxborough Trends



### Smoked Cigarettes in Past 30 Days (2004-2018 YRBS), Acton-Boxborough Trends



Q96	GR6	GR8	HS	How old were you when you tried cigarette smoking (even one or two puffs) for the first time?
Q97	GR6	GR8	HS	During the past 30 days, on how many days did you smoke cigarettes?



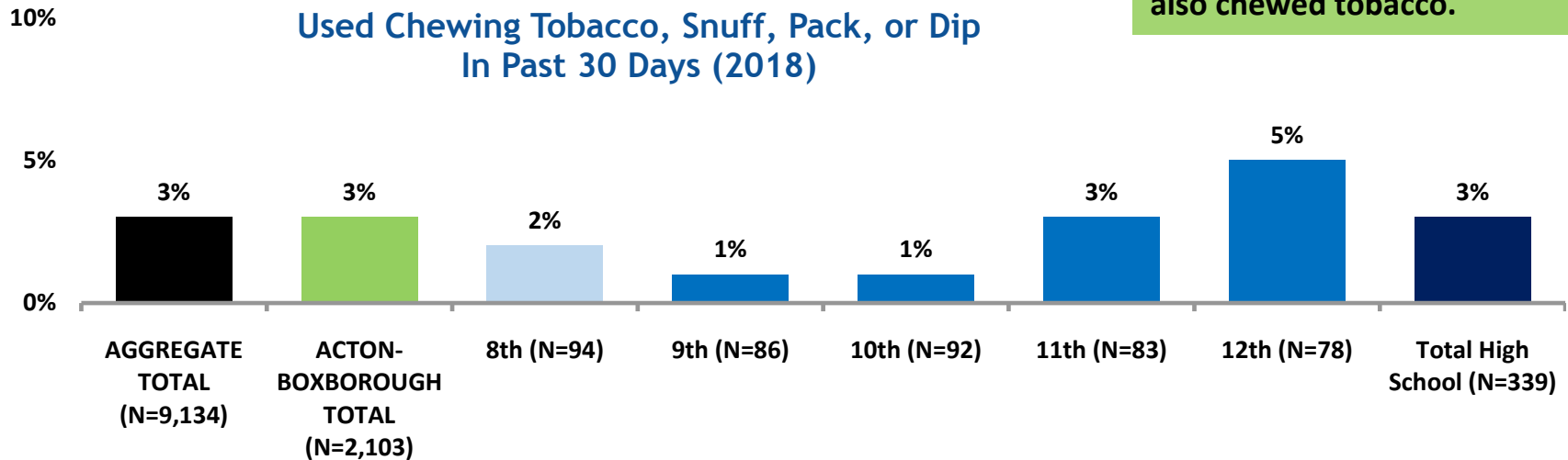
# Chewing Tobacco

## Acton-Boxborough Regional School District YRBS

Only 3% of Acton-Boxborough youth surveyed in 2018 have used chewing tobacco, snuff, pack, or dip in the past 30 days. This proportion increases slightly through high school, reaching a high of 5% in 12<sup>th</sup> grade. For the aggregate, groups with the highest rates of chewing tobacco use also tend to be the same groups likely to smoke cigarettes; namely:

- Youth whose grades in school are in the “D-F” range (29% have chewed tobacco in the past 30 days)
- Non-gender-conforming youth (26%)
- Youth identifying as Middle Eastern (12%)
- Youth who use illegal drugs, especially methamphetamines (69%), heroin (67%), cocaine (50%), or MDMA (50%), or who use needles (67%)
- Youth who have been hurt physically (33%) or sexually (53%)
- Youth who have bullied others (31%) or cyber-bullied others (24%)

**Aggregate finding:**  
More than half (58%) of youth who used chewing tobacco in the past 30 days also smoked cigarettes during that time. Conversely, 42% of youth who smoked cigarettes in the past 30 days also chewed tobacco.



# Vaping (Use of Electronic Cigarettes)

## Acton-Boxborough Regional School District YRBS

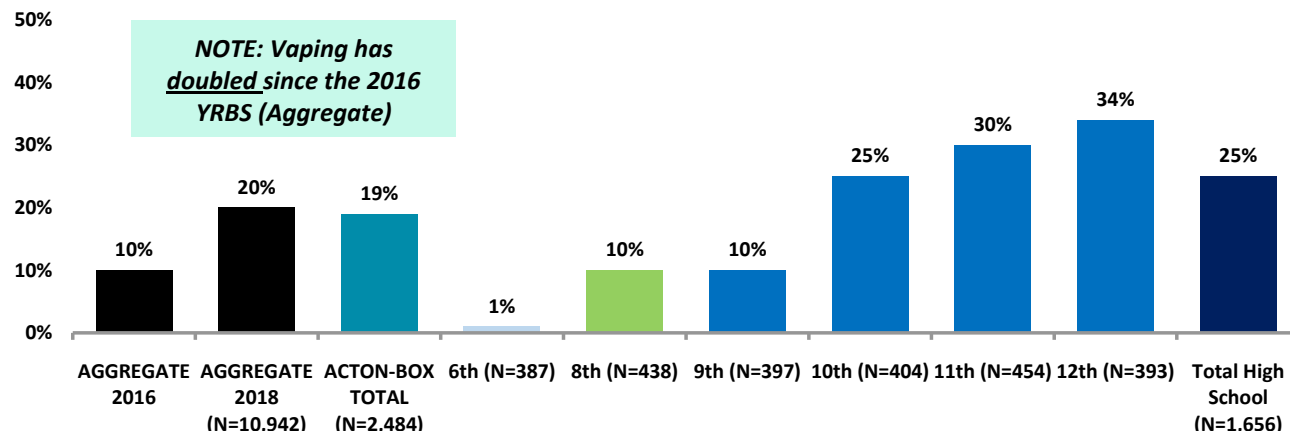
“Vaping” involves using an electronic cigarette (or similar device) to inhale tobacco, flavored nicotine, marijuana, or any of a number of other mixtures.\* Other terms are “juuling” or “vusing.”

One-fifth (19%) of Acton-Boxborough youth surveyed in 2018 admit having vaped in the past 30 days. Use peaks in 12<sup>th</sup> grade (34%).

For the aggregate, the following groups are most likely to report having vaped in the past 30 days:

- Youth whose grades in school average “C” or below (43% vape)
- Non-gender-conforming youth (35%)
- Heterosexual youth (29%)
- Youth identifying as Middle Eastern (30%)

### Youth Use of E-Cigarettes (Vaping, Juuling, Vusing)



There is also a strong association between vaping and use of other substances (aggregate finding). Youth who use the following substances are highly likely to vape:

- Cigarettes (88% also vape)
- Chewing tobacco (92%)
- Marijuana (81%)
- Cocaine (84%)
- Heroin (83%)
- MDMA (83%)
- Alcohol (65%)

Other than tobacco, the two substances Acton-Boxborough youth surveyed in 2018 are most often “vaping” include:

- **Flavored nicotine (16%)**
- **Marijuana products (9%)**

Q99	GR6	GR8	HS	During the past 30 days, on how many days did you use an electronic cigarette ...?
Q100	GR6	GR8	HS	During the past 30 days, did you use an electronic cigarette to smoke or vape any of the following substances ...?

\* Kaplan, Sheila. “Vaping Can Be Addictive and May Lure Teenagers to Smoking, Science Panel Concludes.” *New York Times*, January 23, 2018 ([www.nytimes.com](http://www.nytimes.com)).

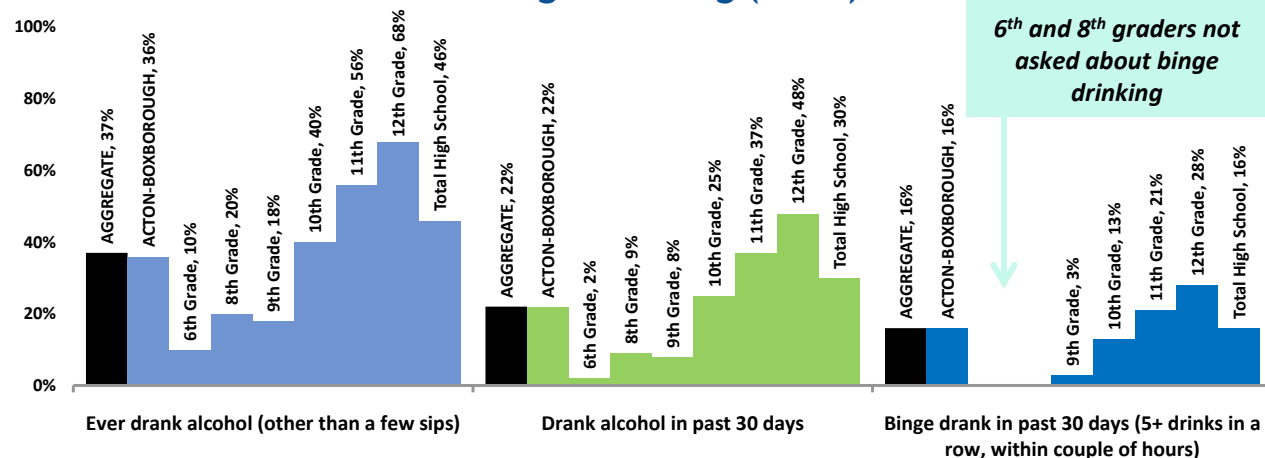
# Alcohol Consumption (Onset and Prevalence)

## Acton-Boxborough Regional School District YRBS

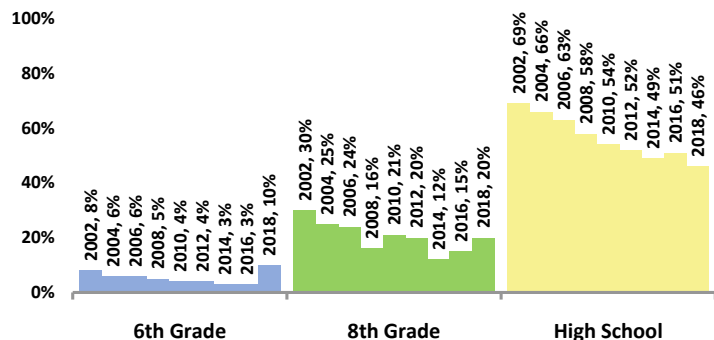
About two-fifths (36%) of Acton-Boxborough youth surveyed in 2018 reported that they had, at some point in their lives, consumed more than a few sips of alcohol. About one-fifth (22%) have drunk alcohol in the past 30 days, and among high school youth, 16% have engaged in “binge drinking” defined as five or more drinks of alcohol in a row, within a couple of hours.

Lifetime and recent consumption of alcohol has increased this year for Acton-Boxborough youth in 6<sup>th</sup> and 8<sup>th</sup> grade.

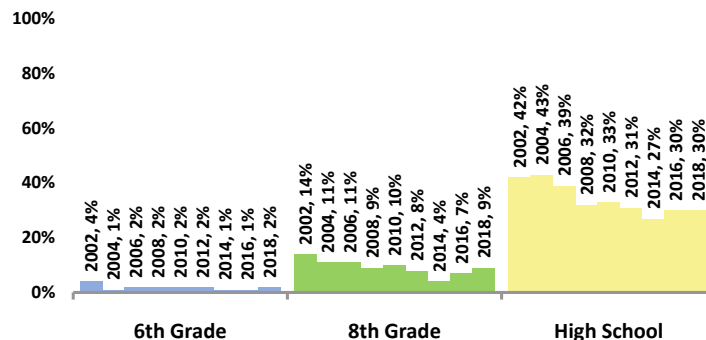
### Alcohol Consumption - Lifetime, Past 30 Days, and Binge Drinking (2018)



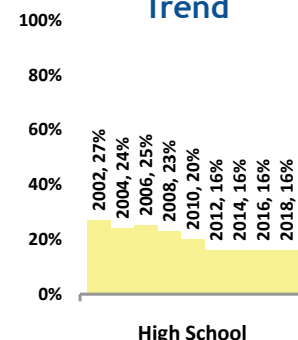
### Lifetime Alcohol Consumption (2004-2018 YRBS), Acton-Boxborough Trends



### Recent Alcohol Consumption - Past 30 Days (2004-2018 YRBS) Acton-Boxborough Trends



### Binge Drinking (2004-2018 YRBS) Acton-Boxborough Trend



Q104	GR6	GR8	HS	How old were you when you had your first drink of alcohol, other than a few sips?
Q105	GR6	GR8	HS	During the past 30 days, on how many days did you have at least one drink of alcohol?
Q106	n/a	n/a	HS	During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row ... ?

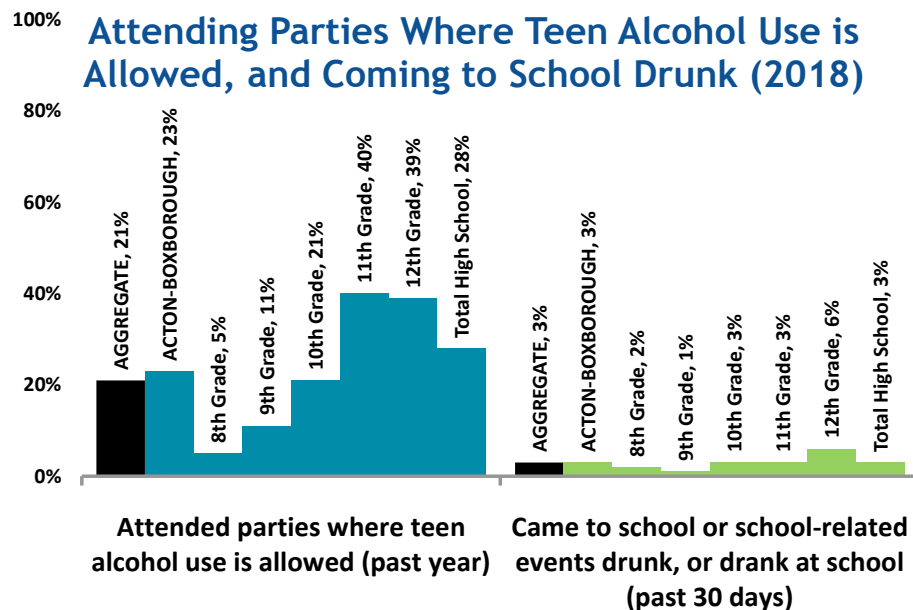
# Alcohol Consumption (Sources)

## Acton-Boxborough Regional School District YRBS

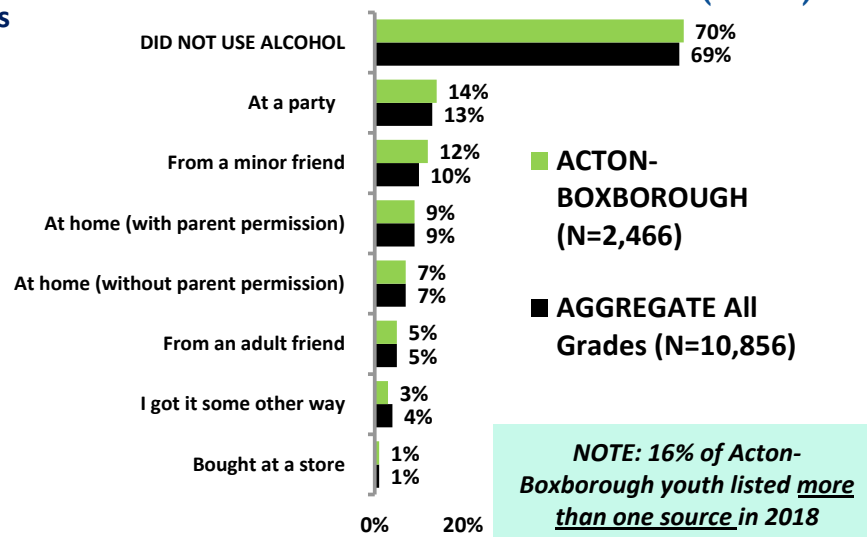
About one-fifth (23%) of Acton-Boxborough youth surveyed in 2018 said they had attended at least one party in their school district in the previous 12 months at which alcohol use by teens was allowed. Youth's top three sources of alcohol include:

- Parties (14%)
- From friends who are minors (12%) or adult friends (5%)
- At home, with parents' permission (9%)

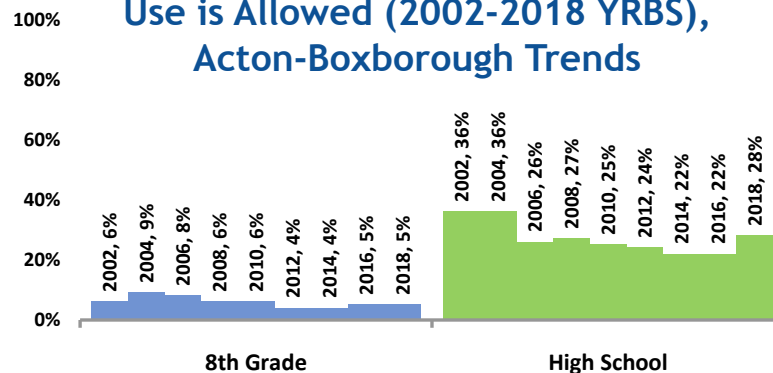
This year, youth were asked how often they come to school or school-related events under the influence of alcohol. Very few (about 3%) admitted to having done so.



### Sources of Alcohol - Past Year (2018)



### Attending Parties Where Teen Alcohol Use is Allowed (2002-2018 YRBS), Acton-Boxborough Trends



Q107	n/a	GR8	HS	During the past 30 days, on how many days did you come to school or a school-related event under the influence ... ?
Q108	GR6	GR8	HS	During the past 12 months, how did you usually get alcohol for your own use?
Q115	n/a	GR8	HS	During the past 12 months, have you attended parties held in homes in your school district where alcohol use by teens is allowed?

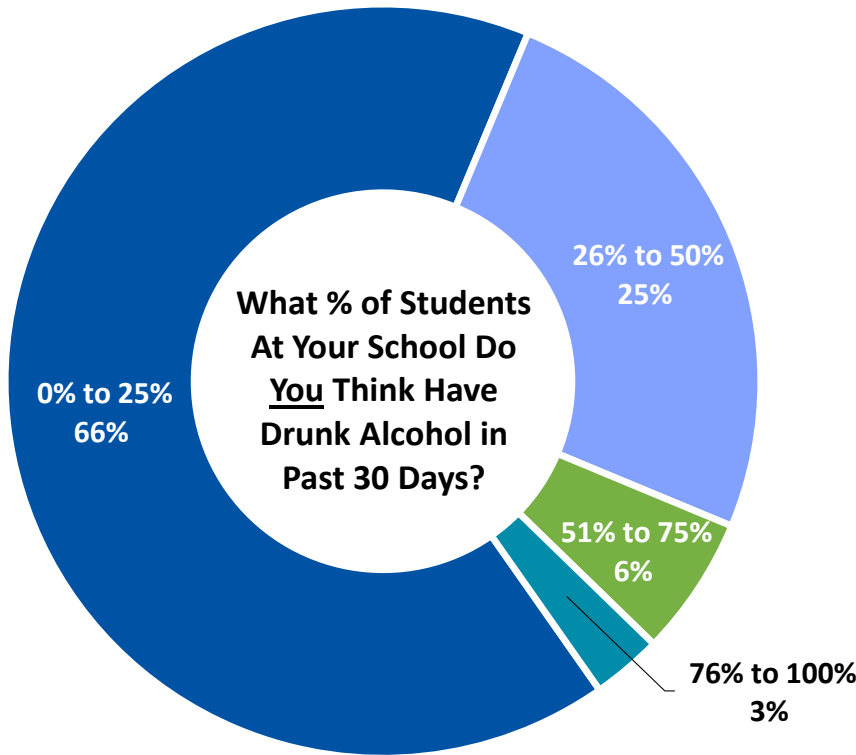
# Alcohol Consumption (Beliefs About Peers)

## Acton-Boxborough Regional School District YRBS

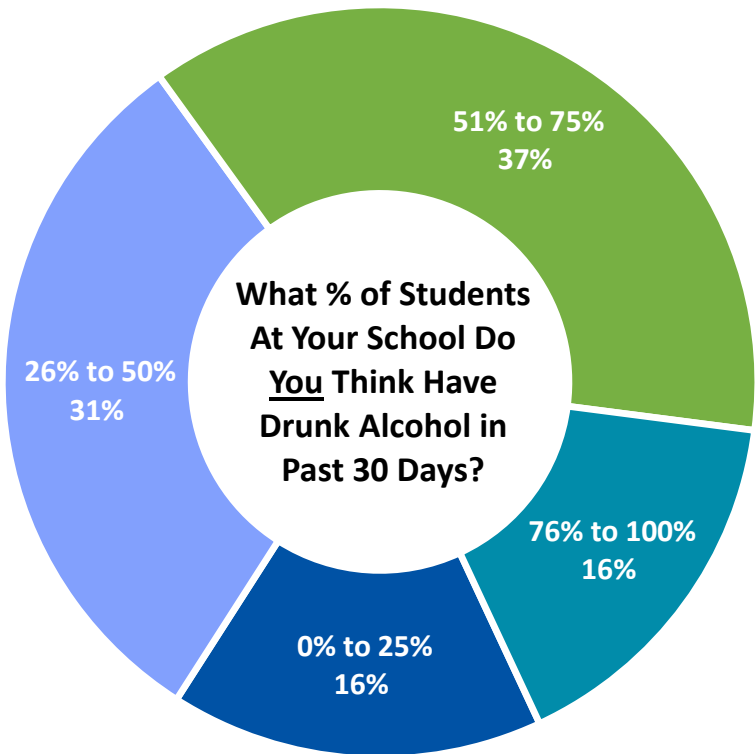


8<sup>th</sup> Graders Regarding  
8<sup>th</sup> Graders At Their Schools in  
Acton-Boxborough Regional School District (2018)

High School Youth Regarding  
High School Youth At Their Schools in  
Acton-Boxborough Regional School District (2018)



**Actual percentage = 9%**



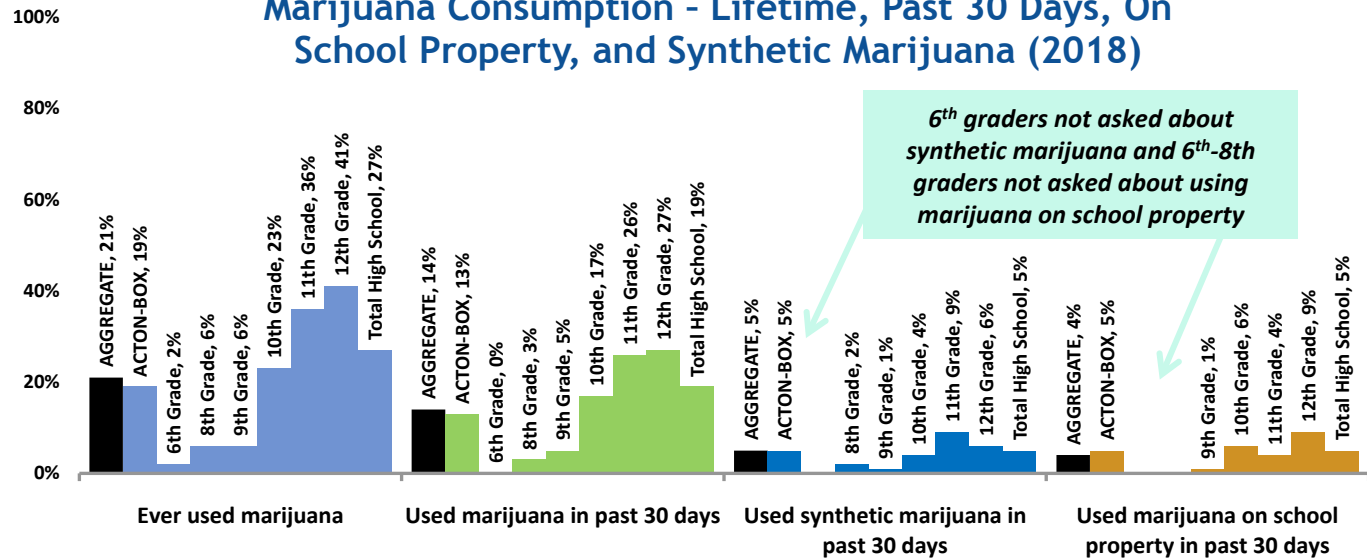
**Actual percentage = 30%**

# Marijuana Consumption (Onset and Prevalence)

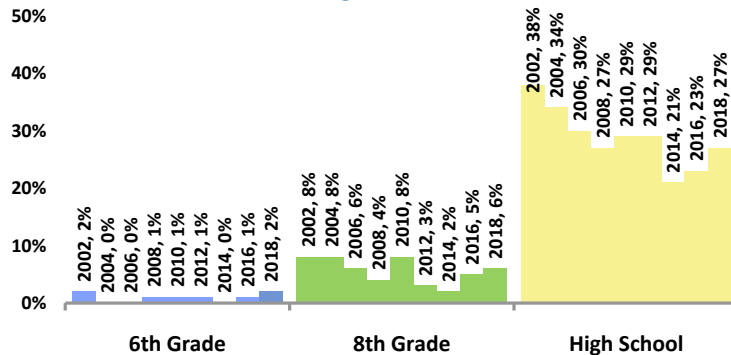
## Acton-Boxborough Regional School District YRBS

About one-fifth (19%) of Acton-Boxborough youth surveyed in 2018 have used marijuana at some point in their lives, and 13% have done so in the past 30 days. Only 5% have used marijuana on school property (9<sup>th</sup> to 12<sup>th</sup> grade only), and 5% have used some form of synthetic marijuana in the past 30 days.

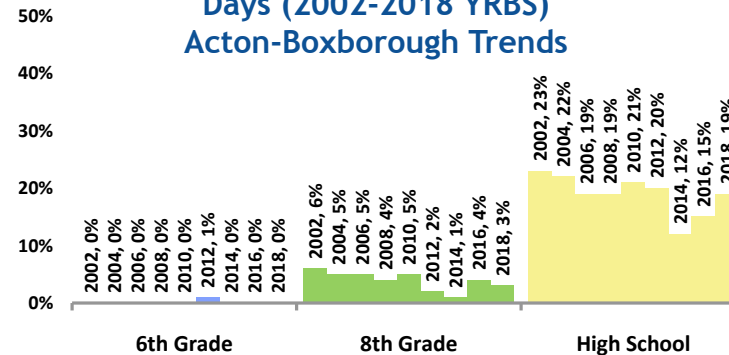
### Marijuana Consumption - Lifetime, Past 30 Days, On School Property, and Synthetic Marijuana (2018)



### Lifetime Marijuana Consumption (2002-2018 YRBS) Acton-Boxborough Trends



### Recent Marijuana Consumption - Past 30 Days (2002-2018 YRBS) Acton-Boxborough Trends



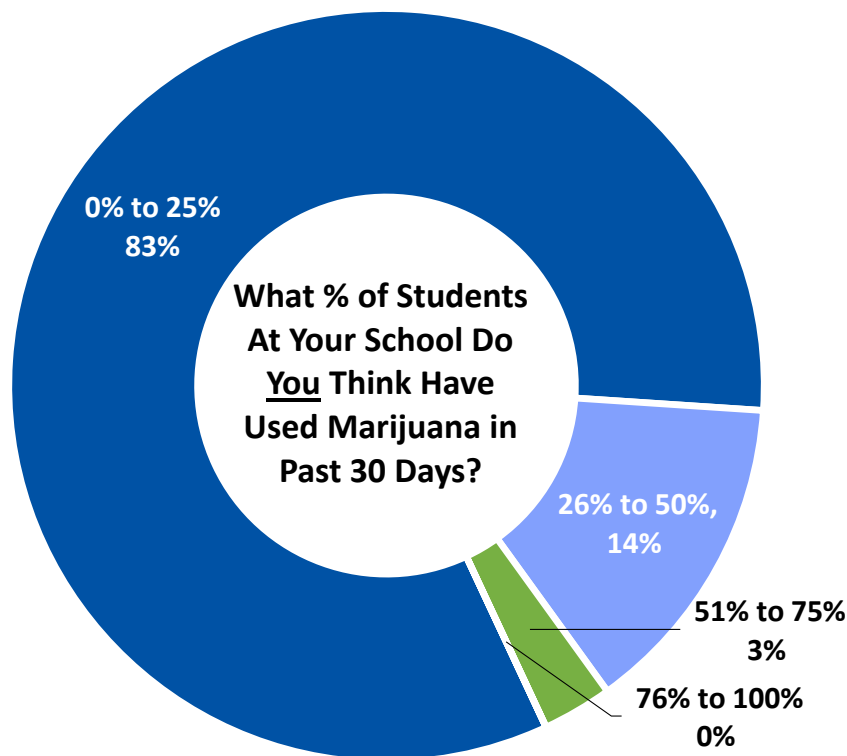
Q117	GR6	GR8	HS	How old were you when you tried marijuana for the first time?
Q118	GR6	GR8	HS	During the past 30 days, how many times did you use marijuana?
Q119	n/a	n/a	HS	During the past 30 days, how many times did you use marijuana on school property?
Q120	n/a	GR6	GR8	During the past 30 days, how many times have you used some form of synthetic marijuana, such as Spice, K2, or some edible form?

# Marijuana Consumption (Beliefs About Peers)

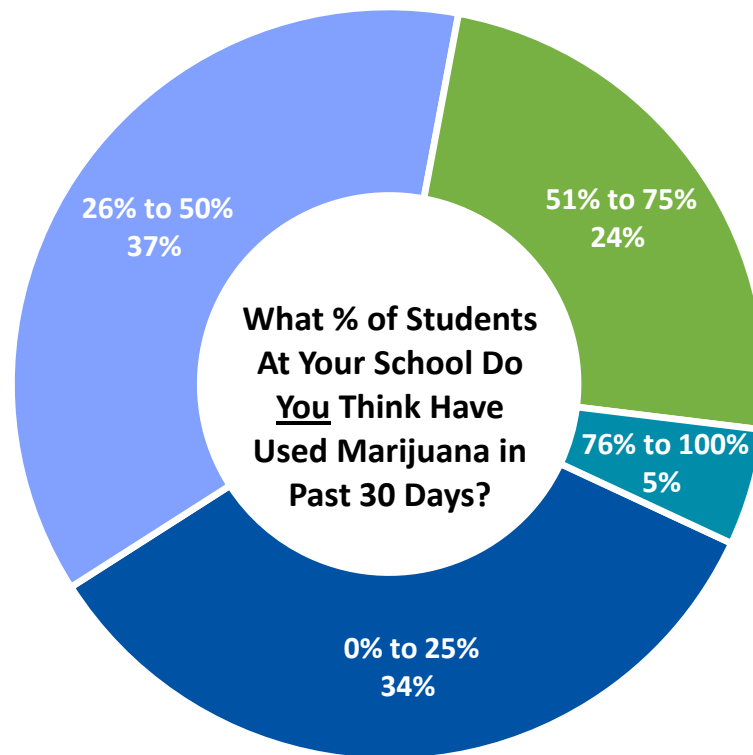
## Acton-Boxborough Regional School District YRBS

8<sup>th</sup> Graders Regarding  
8<sup>th</sup> Graders At Their Schools in  
Acton-Boxborough Regional School District (2018)

High School Youth Regarding  
High School Youth At Their Schools in  
Acton-Boxborough Regional School District (2018)



**Actual percentage = 3%**



**Actual percentage = 19%**



# Use of Cocaine

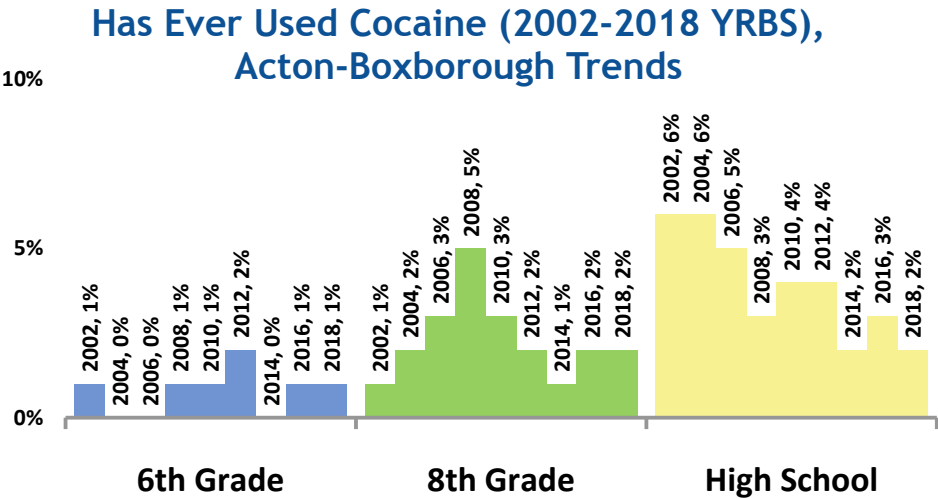
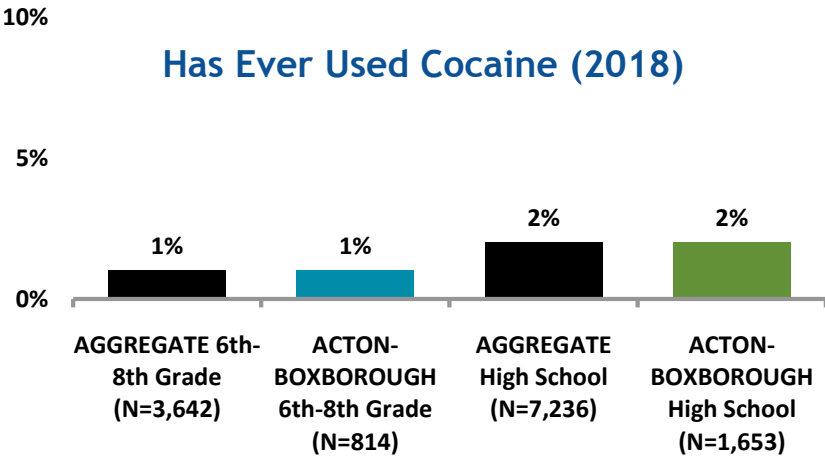
## Acton-Boxborough Regional School District YRBS



Use of cocaine among youth surveyed for the YRBS has declined steadily over the past 15 years. Among 6th and 8<sup>th</sup> graders, about 1% of Acton-Boxborough youth surveyed in 2018 have ever used any form of cocaine. In high school, 2% of Acton-Boxborough youth have ever used any form of cocaine. These rates are similar to the aggregates for all school districts.

For the aggregate, compared with 1% to 2% overall cocaine use, the following groups are much more likely than their peers to have used cocaine at some point in their lives:

- High school students who also use heroin (83%), meth (80%), or MDMA (87%)
- Students who smoke cigarettes (32%) or use chewing tobacco (40%)
- Students with a lifetime history of huffing (44%)
- Youth who have used needles to inject illegal drugs (87%)
- Youth who have stayed home from school because they don't feel safe (17%)
- Youth who admit having bullied other students (33%), or cyber-bullied (28%)



Q150	GR6	GR8	n/a	Have you ever used any form of cocaine, including powder, crack, or freebase?
Q151	n/a	n/a	HS	During your life, how many times have you used any form of cocaine, including powder, crack, or freebase?



# Use of Other Illegal Drugs and Needles

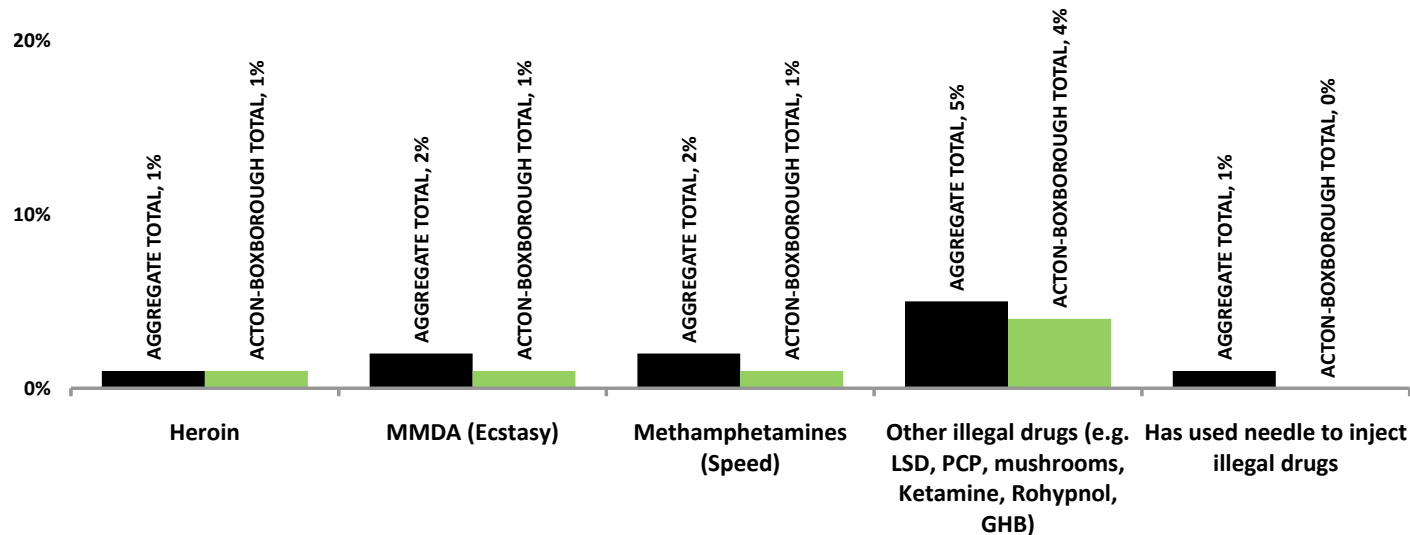
## Acton-Boxborough Regional School District YRBS

Use of other illegal drugs, such as heroin, methamphetamines, or MMDA, is not widespread in school districts participating in the 2018 Emerson YRBS, but it does happen:

- About 1% of Acton-Boxborough youth have used heroin
- About 1% of Acton-Boxborough youth have used MMDA
- About 1% of Acton-Boxborough youth have used methamphetamines
- About 3% have used other illegal drugs, such as LSD, PCP, mushrooms, etc.

30%

### Has Ever Used Other Illegal Drugs, 2018 (Aggregate)



Q154	n/a	n/a	HS	During your life, how many times have you used heroin?
Q155	n/a	n/a	HS	During your life, how many times have you used methamphetamines?
Q156	n/a	GR8	HS	During your life, how many times have you used MMDA?
Q157	n/a	GR8	HS	During your life, how many times have you used any other type of illegal drug such as LSD, PCP .... [etc.]?
Q158	n/a	GR8	HS	During your life, how many times have you used a needle to inject any illegal drug into your body?

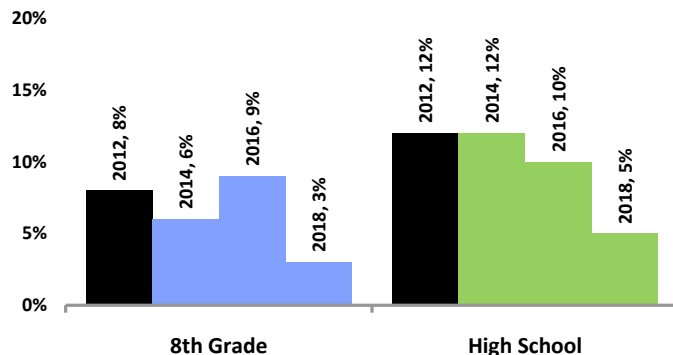
# Misuse of Prescription Medications

## Acton-Boxborough Regional School District YRBS

About 9% of Acton-Boxborough youth surveyed in 2018 have at some point in their lives used someone else's prescription medication that was not prescribed by a doctor specifically for them.

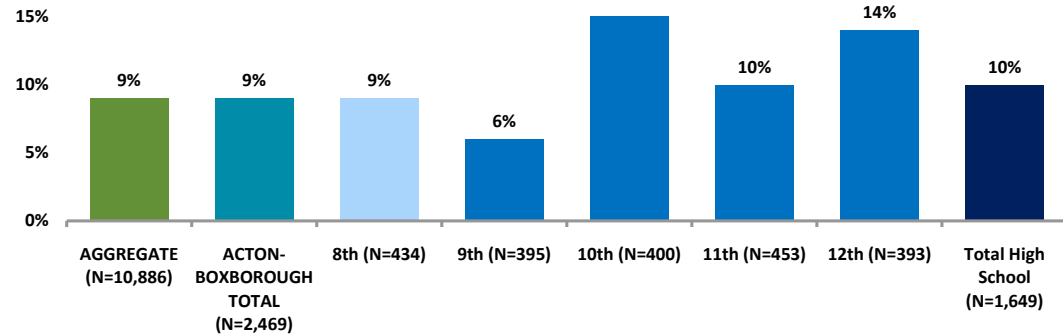
It is almost as common for youth to misuse their own prescription medications, such as by taking more than they were told to take. Almost 1 in 12 (8%) of Acton-Boxborough youth have done this at some point.

### Has Ever Used Prescription Medications Prescribed for Others (Lifetime, 2012-2018 YRBS) Acton-Boxborough Results

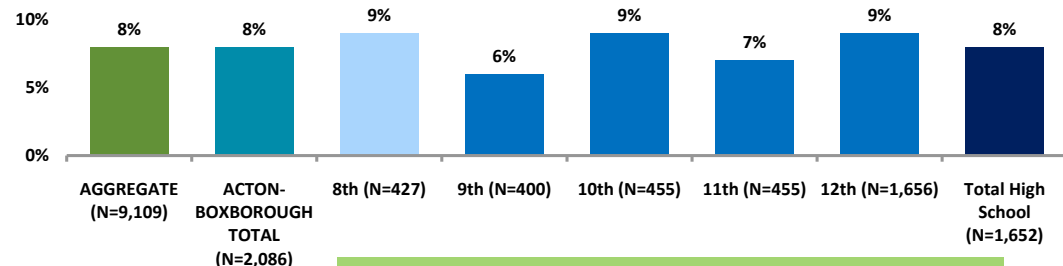


■ = Aggregate (data for Acton-Boxborough only available for 2014-2018).

### Has Ever Used Prescription Medications Prescribed for Others (Lifetime, 2018)



### Has Ever Used Own Prescription Medications In Ways Not Prescribed (Lifetime, 2018)



Youth who misuse others' prescription medications have done so a median of about 2 times in their lifetimes. The median is the same (2) for youth misusing their own drugs.

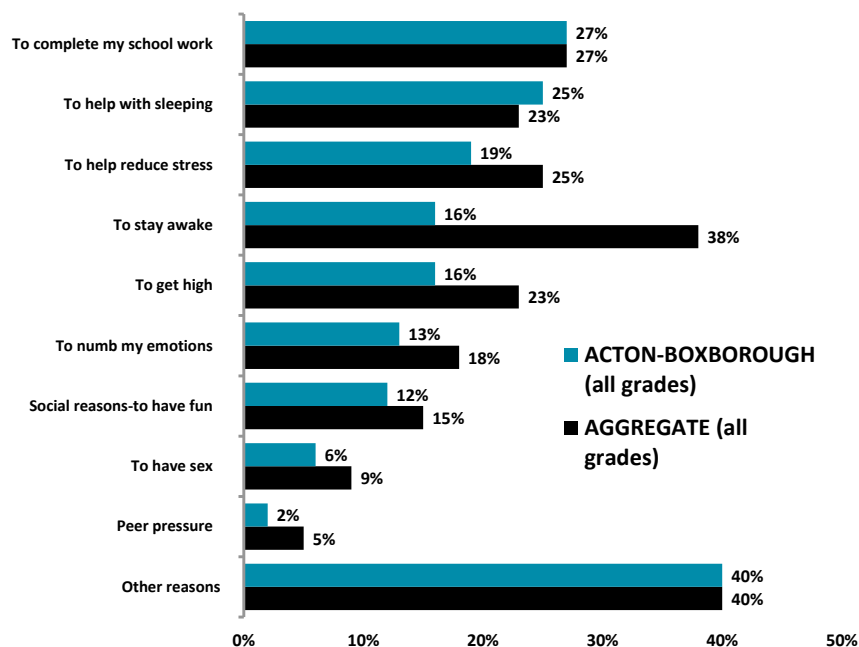
Q122	n/a	GR8	HS	During the past 12 months, have you used someone else's prescription that was not prescribed ... [for you]?
Q123	n/a	GR8	HS	During your life, how many times have you used prescription medication that was not prescribed ... [for you]?
Q139	n/a	GR8	HS	During your life, how many times have you used your own prescription drugs in a way your doctor did not prescribe?

# Misuse of Prescription Medications (cont.)

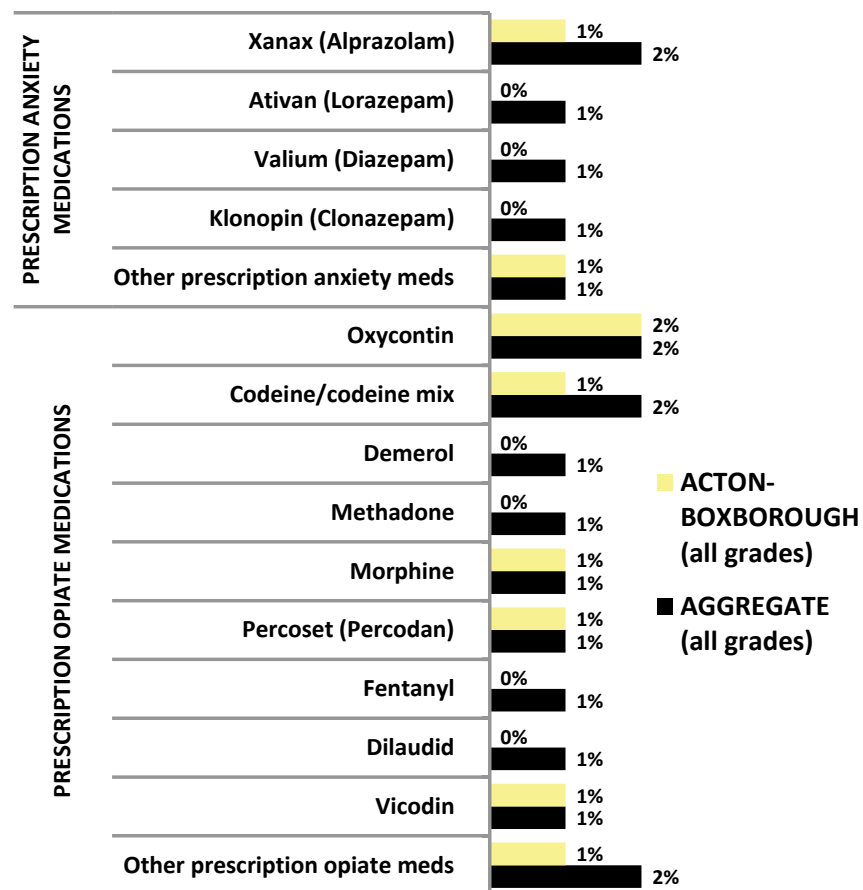
## Acton-Boxborough Regional School District YRBS

Between 1% and 2% of Acton-Boxborough youth surveyed in 2018 have misused specific anxiety and/or opiate medications, with the most popular choice being Oxycontin (2%) and Codeine or Codeine mixed with other drugs (3%). Youth who misuse prescription drugs have a variety of reasons for doing so, most to help them complete their school work (27%), help with sleeping (25%), or to help reduce stress (19%).

### Reasons for Misusing Prescription Medications Among Youth Who Do So (2018)



### Use of Specific Opiate and Anxiety Medications Past 30 Days - Total All Grades (2018)



Q124	n/a	GR8	HS	During your life, which of the following prescription <u>opiate</u> medications have you used that were not prescribed ... [for you]?
Q134	n/a	GR8	HS	During your life, which of the following prescription <u>anxiety</u> medications have you used that were not prescribed ... [for you]?
Q140	n/a	GR8	HS	During your life, for which of the following reasons have you used a prescription medication that was not prescribed ... [for you]?

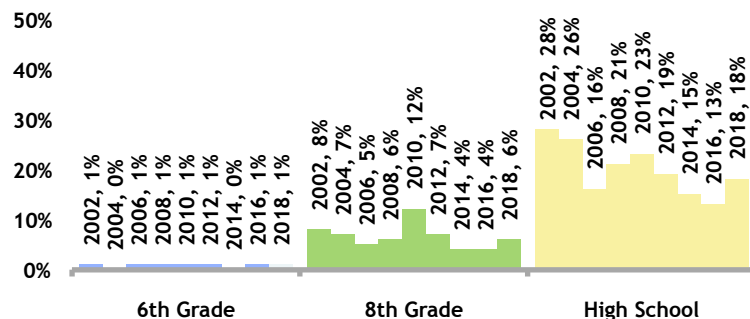
# Selling Illegal Drugs on School Property

## Acton-Boxborough Regional School District YRBS

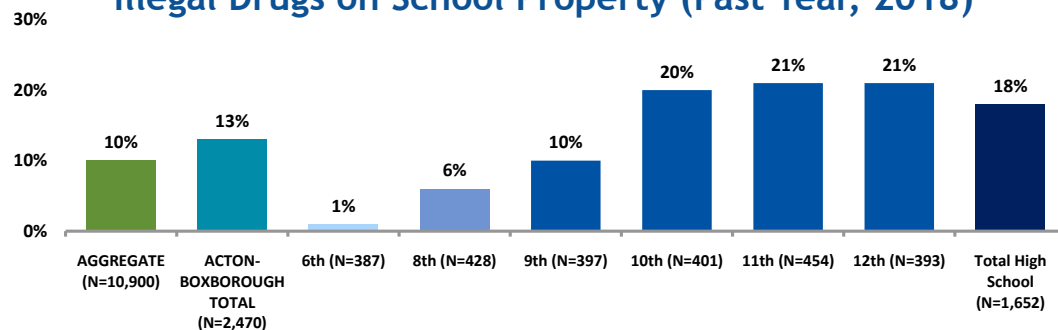
About 1 in 10 Acton-Boxborough youth surveyed in 2018 said that at some point during the previous 12 months, someone had offered, sold, or given them illegal drugs on school property. About 3% said they had tried offering, giving, or selling someone illegal drugs on school property, so at least some of the issue is perpetuated by students themselves.

In aggregate, youth who use illegal drugs are much more likely than their peers to have been offered illegal drugs on school property, or to have tried to sell illegal drugs themselves in the past year. Youth with low grade averages, non-gender-conforming youth, and youth who have experienced physical or sexual violence are also more prone to having been offered (or tried to sell) drugs.

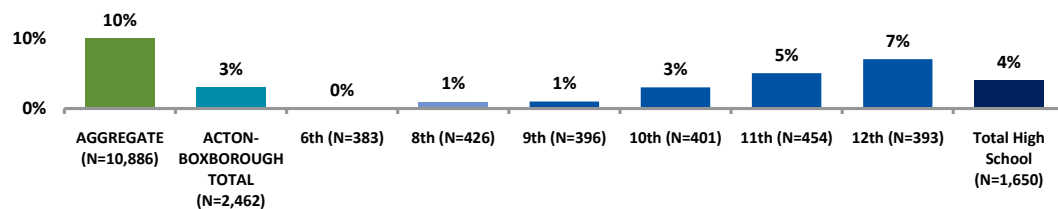
### Offered Illegal Drugs On School Property (2002-2018) Acton-Boxborough Trends



### Has Anyone Offered, Sold, or Given Youth Illegal Drugs on School Property (Past Year, 2018)



### Has Youth Offered, Sold, or Given Anyone Illegal Drugs on School Property (Past Year, 2018)



Q159	GR6	GR8	HS	During the past 12 months, has anyone offered, sold, or given you an illegal drug on school property?
Q160	GR6	GR8	HS	During the past 12 months, have you offered, sold, or given anyone an illegal drug on school property?