

SUMMARY OF RESULTS
FROM THE
2019-2020
SOMERVILLE HIGH SCHOOL HEALTH SURVEY

SUBMITTED TO
THE CITY OF SOMERVILLE, MASSACHUSETTS

SUBMITTED BY
SOCIAL SCIENCE RESEARCH AND EVALUATION, INC.
21-C CAMBRIDGE STREET
BURLINGTON, MA 01803
781-270-6613

2020

TABLE OF CONTENTS

BACKGROUND.....	1
Report Format.....	1
Who Conducted the Survey?	1
How and When Was the Survey Conducted?	1
What Did the Survey Ask About?	2
Validity	2
Non-Respondents	2
Trends	2
Comparative Data.....	3
Who Has the Problem?	3
Who Is Responsible?.....	3
SUBSTANCE USE	4
Lifetime Substance Use for Somerville High School Students (2020).....	5
Lifetime Substance Use for Somerville High School Students, by Grade (2020)	6
Current Substance Use for Somerville High School Students (2020)	7
Current Substance Use for Somerville High School Students, by Grade (2020)	8
Current Substance Use for Somerville High School Students, by Gender (2020)	9
Current Substance Use for Somerville High School Students ('10, '12, '14, '16, '18, '20)	10
Current Substance Use for Massachusetts (2017) and Somerville (2020) High School Students	11
Trends in Current Substance Use for Massachusetts and Somerville High School Students	12
ISSUES RELATED TO SUBSTANCE USE	13
Perceived Risk of Substance Use among Somerville High School Students ('10, '12, '14, '16, '18, '20)	14
Perceived Ease of Obtaining Substances among Somerville High School Students ('18, '20)	15
Perceived Parental Disapproval of Substance Use among Somerville High School Students ('10, '12, '14, '16, '18, '20)	16
Exposure to Substance Use at Home among Somerville High School Students ('10, '12, '14, '16, '18, '20)	17
VIOLENCE AND SAFETY	18
Percent of Somerville High School Students Who Experienced Family or Personal Violence in the Past 12 Months ('10, '12, '14, '16, '18, '20)	19
Violence and Safety-Related Experiences among Somerville High School Students ('10, '12, '14, '16, '18, '20)	20
Percent of Somerville High School Students Who Reported Being Bullied and Seeing Someone Else Bullied in the Past 12 Months ('10, '12, '14, '16, '18, '20)	21
Response Last Time They Saw Someone Else Bullied In School in the Past 12 Months, by Grade – Multiple Responses Possible (2020)	22
MENTAL HEALTH.....	23
Percent of Somerville High School Students Who Worry About Issues "Fairly Often" or "Very Often" ('10, '12, '14, '16, '18, '20)	24
Mental Health Concerns among Somerville High School Students ('10, '12, '14, '16, '18, '20)	25
Percent of Somerville High School Students Who Sought Support When Experiencing a Mental Health Concern ('16, '18, '20)	26
SEXUAL BEHAVIOR.....	27
Percent of Somerville High School Students Who Have Ever Had Sexual Intercourse, Total and by Grade (2020)	28
Percent of Sexually Active Somerville High School Students Who Used a Condom at the Last Time They Had Sex, Total and by Grade (2020)	29
WEIGHT AND PHYSICAL ACTIVITY.....	30
Perception of Body Weight by Somerville High School Students, Total and by Gender (2020)	31
Percent of Somerville High School Students Reporting Attempts to Change Their Weight, Total and by Gender (2020) ...	32
Recommended Level of Physical Activity among Somerville High School Students in the Past 7 Days, Total and by Gender and Grade (2020)	33
RESILIENCY	34
Percent of Somerville High School Students Reporting Potential Protective Factors (2020)	35
APPENDIX A: Selected Data Tables	
Substance Use, Issues Related to Substance Use, Violence and Safety, Mental Health, Physical Health	

BACKGROUND

REPORT FORMAT

In February of 2020, 680 Somerville high school students (grades 9-12) took part in the 2019-2020 Somerville High School Health Survey. The survey was developed by partners including the Somerville Office of Prevention, the Somerville Public Schools, the Somerville Police Department, and the Cambridge Health Alliance. Based on surveys such as the *Youth Risk Behavior Survey*, *Monitoring the Future*, *Profiles of Student Life – Attitudes and Behaviors*, and the *Survey of Student Resources and Assets*, the questionnaire was designed to gather information on some of the important issues facing youth in Somerville, such as substance use, violence and safety, and stress. Similar surveys of Somerville high school students were administered in 2002, 2004, 2006, 2008, 2010, 2012, 2014, 2016, and 2018.

This report is designed to provide an overview of key survey data, focusing on four main themes: (1) What do the data from this survey tell us about the challenges facing youth in Somerville?; (2) Are there any important sub-population differences among respondents (such as by gender or grade)?; (3) How have the data changed since previous administrations of the survey?; and (4) When possible, how do results in Somerville compare to those in other communities? The summary presents an overview of findings grouped according to the following themes: Substance Use; Issues Related to Substance Use; Violence and Safety; Mental Health; Sexual Behavior; Weight and Physical Activity; and, Resiliency. The main results in each section are illustrated using charts that are complemented by supplementary data or information. An appendix containing selected data follows the main results.

WHO CONDUCTED THE SURVEY?

The survey was conducted by the Somerville Office of Prevention, the Somerville Public Schools, the Somerville Police Department, and the Cambridge Health Alliance in collaboration with Social Science Research and Evaluation, Inc., a non-profit social science research firm located in Burlington, Massachusetts.

HOW AND WHEN WAS THE SURVEY CONDUCTED?

The survey was administered as a questionnaire in February of 2020 to all Somerville public school students in grades 9 through 12. The number of respondents in each grade is as follows:

9 th	10 th	11 th	12 th	Unknown	TOTAL
181	206	147	136	10	680

School administrators set aside approximately 60 minutes for students to complete the survey. The attending classroom teacher was responsible for passing out the questionnaires and maintaining order in the classroom. In addition to English, the survey was translated into Spanish, Portuguese, and Haitian.

WHAT DID THE SURVEY ASK ABOUT?

The survey focuses on issues ranging from demographic and background items (e.g., gender, age), to student substance use (e.g., alcohol, tobacco and nicotine, other drugs), to other issues related to student health such as depression and suicide, violence and safety, sexual behavior, and dietary behavior.

VALIDITY

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

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

The validity of the survey is also bolstered by using a questionnaire based largely upon existing instruments such as the *Youth Risk Behavior Survey* (Centers for Disease Control and Prevention), *Monitoring the Future* (University of Michigan), and *Profiles of Student Life – Attitudes and Behaviors* and *Survey of Student Resources and Assets* (America's Promise and Search Institute). These standardized instruments have been thoroughly tested and administered in large-scale research studies (see Centers for Disease Control and Prevention. Methodology of the Youth Risk Behavior Surveillance System – 2013. MMWR 2013;62 [RR-1].)

NON-RESPONDENTS

It is important to keep in mind that the survey results can be generalized only to students who were present when the survey was administered. The results may not reflect responses that might have been obtained from students who were absent on the day of the survey.

TRENDS

Trend comparisons can provide useful information on whether certain behaviors or conditions have improved, worsened, or stayed the same over time. In fact, it is best to repeat a survey such as this at regular intervals in order to track changes over time. The Somerville High School Health Survey was administered in 2002, 2004, 2006, 2008, 2010, 2012, 2014, 2016, 2018, and 2020.

COMPARATIVE DATA

A limitation of such data is that it is difficult to compare results from Somerville to results from other communities. Making comparisons to other communities is quite complicated – surveys are not exactly alike, the populations used may differ in unknown ways, the timing of the surveys may vary, and so on. Although it is natural to want to compare to other communities, a great deal can be learned simply by looking at Somerville data and the most useful comparisons are made by looking at Somerville over time.

In addition to selected trend data for Somerville, limited comparisons can be made to Massachusetts as a whole since the Massachusetts Department of Education administers the *Youth Risk Behavior Survey* (YRBS) to a sample of Massachusetts high school students every two years. When possible, comparisons are made to the most recent data available from the 2019 Massachusetts YRBS.

WHO HAS THE PROBLEM?

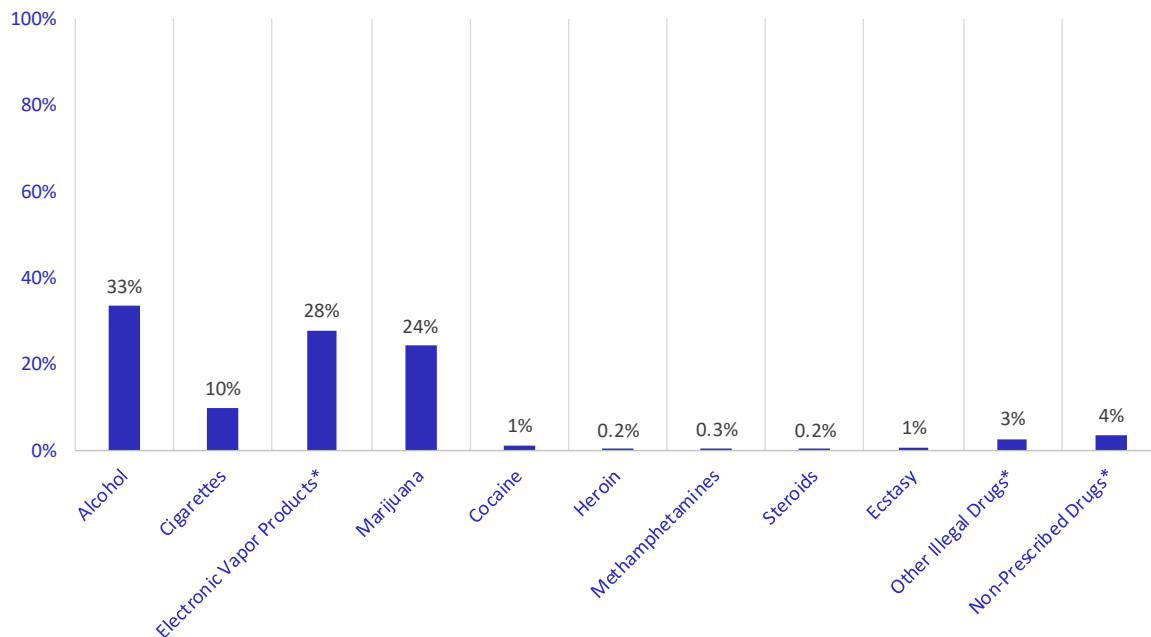
Although this survey was administered to high school students, this does not mean that the issues addressed are confined solely to youth. For example, national studies of substance use show that rates of use are higher among young adults than adolescents. It is also important to keep in mind that while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

WHO IS RESPONSIBLE?

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

Substance Use

Lifetime* Substance Use for Somerville High School Students (2020)



* Lifetime Use – any use in one’s lifetime.

* Electronic Vapor Products – “used an electronic vapor product (e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, vaping systems like JUUL and PHIX, e-hookahs, and hookah pens).”

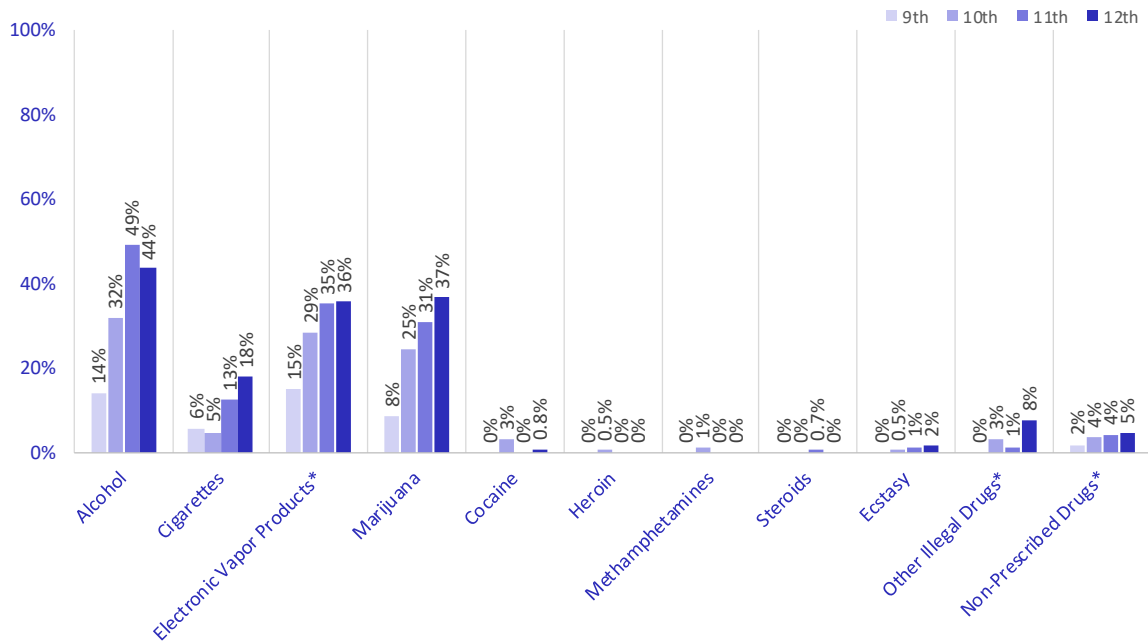
* Other Illegal Drugs – “used any other type of illegal drug such as LSD (acid), PCP, mushrooms, Ketamine (Special K), Rohypnol (Roofies), or GHB, or synthetic drugs (bath salts, N-Bomb, Spice, K2, etc.).”

* Non-Prescribed Drugs – “taken a prescription drug without a doctor’s prescription (like Oxycontin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax).”

SELECTED POINTS

- Lifetime substance use is any use in one’s lifetime.
- The questions about alcohol were preceded by the following instruction, “The next questions ask about drinking alcohol. This includes drinking beer, wine, wine coolers, and liquor such as rum, vodka, or whiskey. For these questions, drinking alcohol does NOT include drinking a few sips of wine for religious purposes.”
- Alcohol is the substance of choice, with 33% of Somerville high school students reporting that they had consumed alcohol in their lifetime.
- While one-tenth of students (10%) reported ever smoking cigarettes, 28% reported that they had used electronic vapor products, such as e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, vaping systems like JUUL and PHIX, e-hookahs, or hookah pens, and a similar percentage (24%) reported smoking marijuana.
- Use of illegal drugs other than marijuana is much lower, with 1% or less reporting ever using cocaine (1%), heroin (0.2%), methamphetamines (0.3%), steroids (0.2%), or ecstasy (1%), and 3% reporting using any other illegal drug.
- Four percent (4%) of students reported that they had ever taken a prescription drug *without* a doctor’s prescription, such as Oxycontin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax. This is commonly referred to as non-medical use of prescription drugs (NMUPD).

Lifetime* Substance Use for Somerville High School Students, by Grade (2020)



* Lifetime Use – any use in one's lifetime.

* Electronic Vapor Products – "used an electronic vapor product (e-cigarettes, e-cigs, e-pipes, vape pipes, vaping pens, vaping systems like JUUL and PHIX, e-hookahs, and hookah pens)."

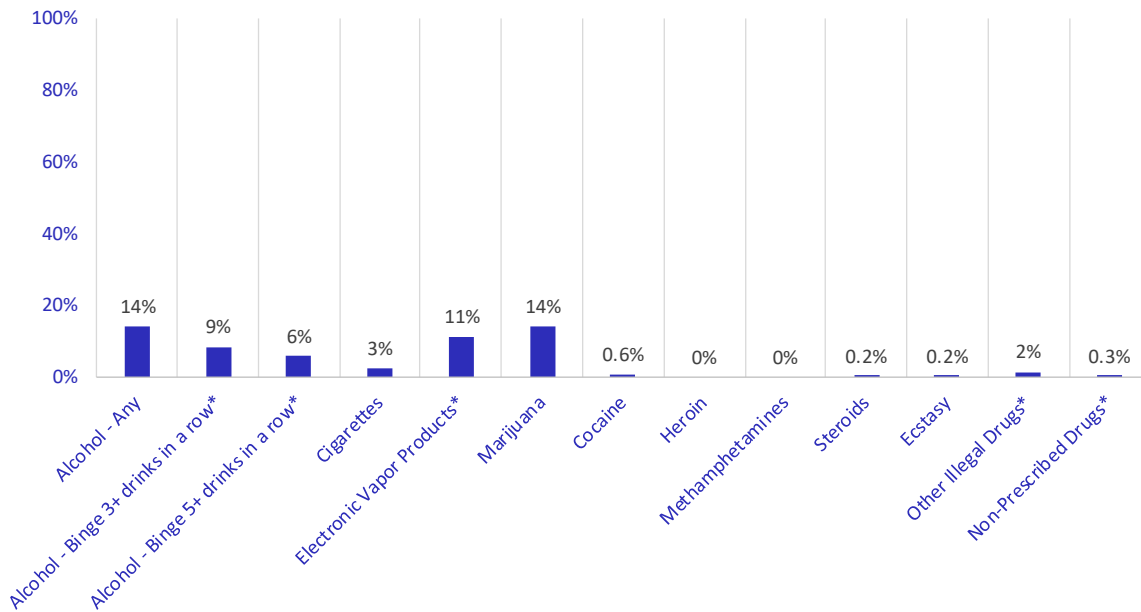
* Other Illegal Drugs – "used any other type of illegal drug such as LSD (acid), PCP, mushrooms, Ketamine (Special K), Rohypnol (Roofies), or GHB, or synthetic drugs (bath salts, N-Bomb, Spice, K2, etc.)."

* Non-Prescribed Drugs – "taken a prescription drug without a doctor's prescription (like Oxycontin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax)."

SELECTED POINTS

- Overall, the percentage of students who reported ever using substances increased with age/grade between grades 9 and 12. For example, 8% of Somerville 9th graders reported ever using marijuana, compared to 37% of 12th graders.

Current* Substance Use for Somerville High School Students (2020)



* Current use – any use in the 30 days prior to the survey.

* Binge Alcohol Use– "three or more drinks of alcohol in a row, that is, within a couple of hours," "five or more drinks of alcohol in a row, that is, within a couple of hours."

* Electronic Vapor Products– "used an electronic vapor product (e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, vaping systems like JUUL and PHIX, e-hookahs, and hookah pens)."

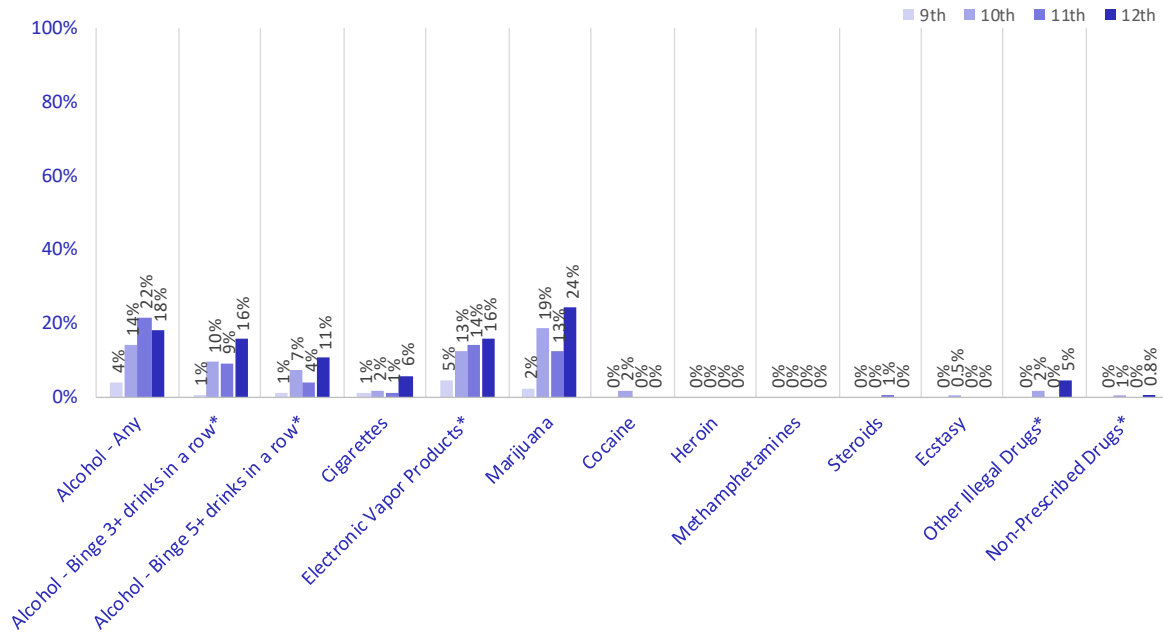
* Other Illegal Drugs– "used any other type of illegal drug such as LSD (acid), PCP, mushrooms, Ketamine (Special K), Rohypnol (Roofies), or GHB, or synthetic drugs (bath salts, N-Bomb, Spice, K2, etc.)."

* Non-Prescribed Drugs– "taken a prescription drug without a doctor's prescription (like Oxycontin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax)."

SELECTED POINTS

- Current use is any use in the 30 days prior to the survey.
- Alcohol and marijuana are the substances of choice, with 14% of Somerville high school students reporting that they consumed alcohol and/or used marijuana in the 30 days prior to the survey.
- Nine percent (9%) of respondents reporting binge drinking by consuming 3+ drinks in a row, while 6% consumed 5+ drinks in a row. This means that close to one-third of those who drank in the past 30 days engaged in binge drinking at the 3+ level (64%) and over one-third engaged in binge drinking at the 5+ level (43%).
- Note that the rate of current marijuana use (14%) is much higher than the rate of current cigarette use (3%) and higher than current electronic vapor product use (11%).
- Current use of illegal drugs other than marijuana is comparatively low.

Current* Substance Use for Somerville High School Students, by Grade (2020)



* Current use – any use in the 30 days prior to the survey.

* Binge Alcohol Use– "three or more drinks of alcohol in a row, that is, within a couple of hours," "five or more drinks of alcohol in a row, that is, within a couple of hours."

* Electronic Vapor Products– "used an electronic vapor product (e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, vaping systems like JUUL and PHIX, e-hookahs, and hookah pens)."

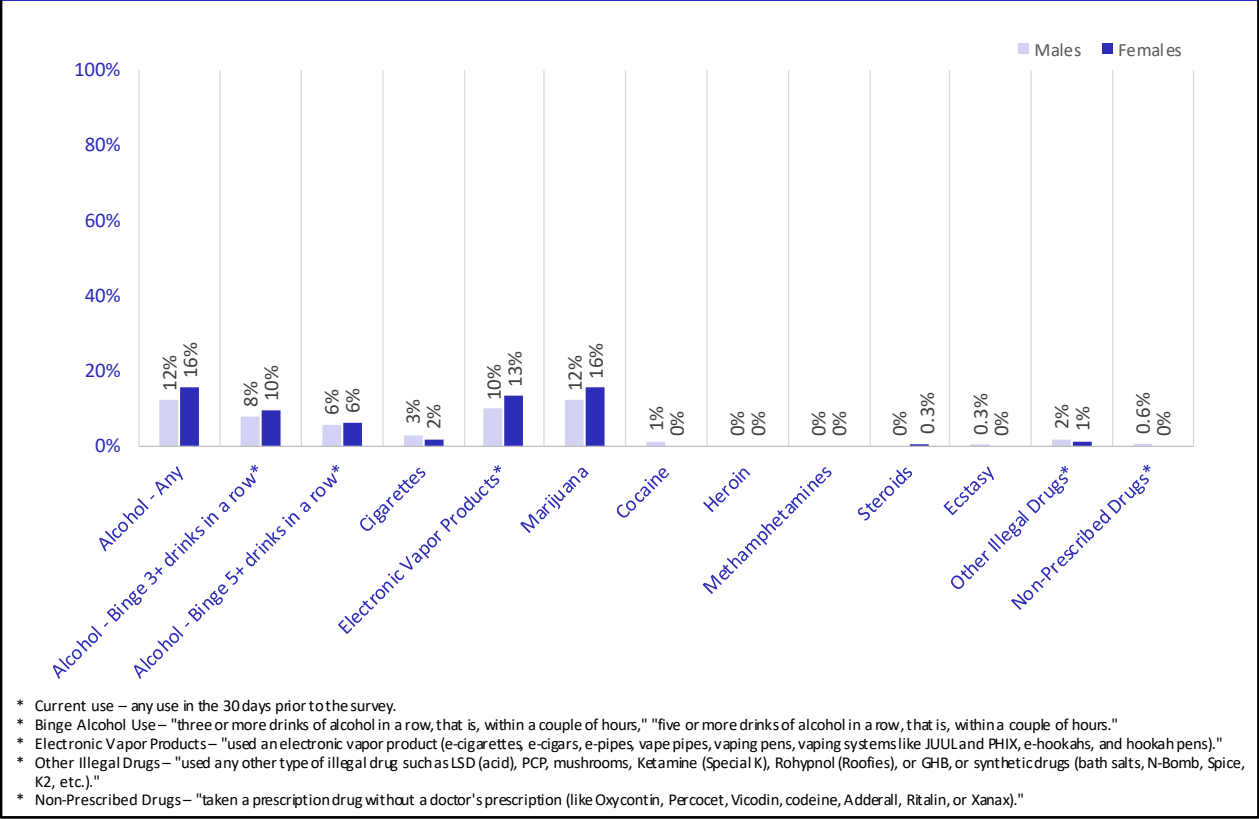
* Other Illegal Drugs– "used any other type of illegal drug such as LSD (acid), PCP, mushrooms, Ketamine (Special K), Rohypnol (Roofies), or GHB, or synthetic drugs (bath salts, N-Bomb, Spice, K2, etc.)."

* Non-Prescribed Drugs– "taken a prescription drug without a doctor's prescription (like Oxycontin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax)."

SELECTED POINTS

- The percentage of Somerville high school youth who reported current use of more commonly used substances such as alcohol and marijuana increased with age/grade. For example, the percentage of students who reported current marijuana use increased from 2% in 9th grade to 24% in 12th grade.

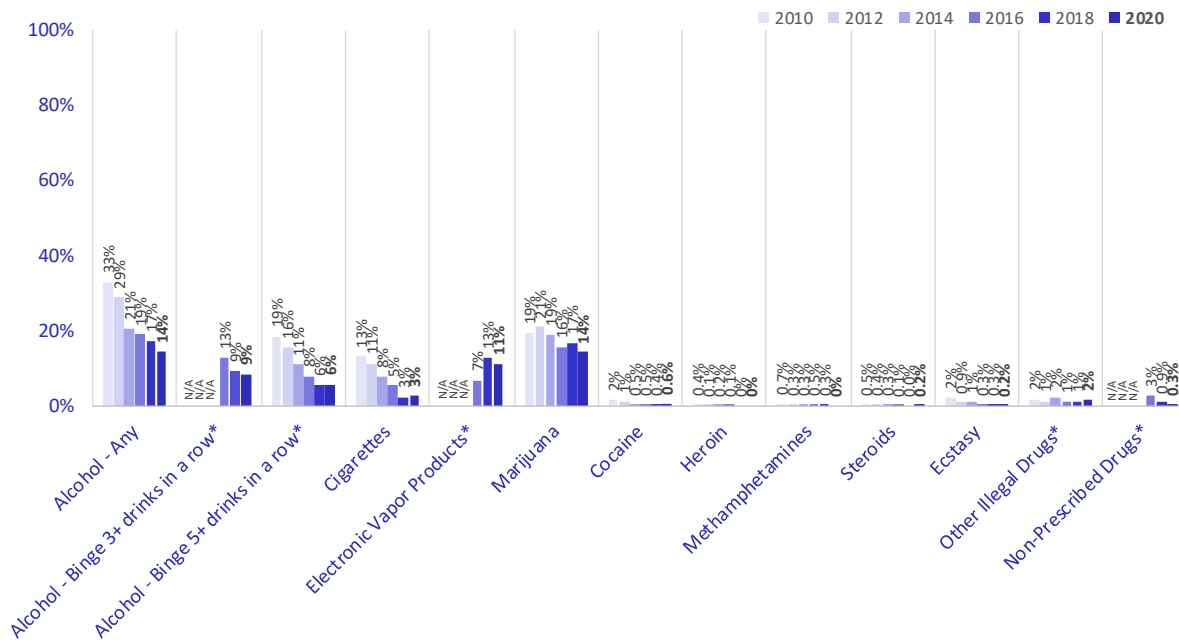
Current* Substance Use for Somerville High School Students, by Gender (2020)



SELECTED POINTS

- Overall, Somerville high school females were slightly more likely than males to report current substance use. For example, 16% of females and 12% of males reported current alcohol use, 13% of females and 10% of males reported current use of electronic vapor products, and 16% of females and 12% of males reported current marijuana use.

Current* Substance Use for Somerville High School Students ('10, '12, '14, '16, '18, '20)

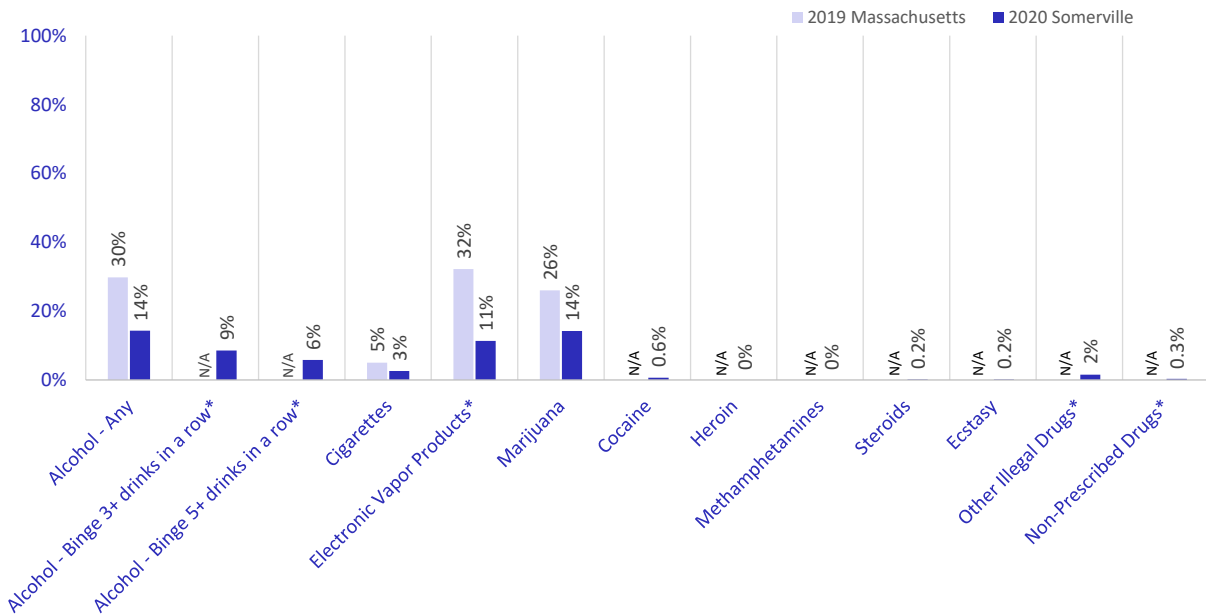


* Current use – any use in the 30 days prior to the survey.
 * Binge Alcohol Use – "three or more drinks of alcohol in a row, that is, within a couple of hours," "five or more drinks of alcohol in a row, that is, within a couple of hours."
 * Electronic Vapor Products – "used an electronic vapor product (e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, vaping systems like JUUL and PHIX, e-hookahs, and hookah pens)."
 * Other Illegal Drugs – "used any other type of illegal drug such as LSD (acid), PCP, mushrooms, Ketamine (Special K), Rohypnol (Roofies), or GHB, or synthetic drugs (bath salts, N-Bomb, Spice, K2, etc.)."
 * Non-Prescribed Drugs – "taken a prescription drug without a doctor's prescription (like Oxycontin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax)."

SELECTED POINTS

- With the exception of electronic vapor products, there was an overall pattern of continued decline between 2018 and 2020 in current substance use among Somerville high school students, with rates at or below the lowest historical levels observed. For example, current alcohol use decreased from 17% in 2018 to 14% in 2020 (below peak of 33% in 2010) and current marijuana use decreased from 17% to 14% (below peak of 21% in 2012).
- Use of electronic vapor products declined from 13% in 2018 to 11% in 2020 after previously increasing from 7% in 2016.
- Rates of binge alcohol use and cigarette use remained consistent, and levels of current use of illegal drugs other than marijuana remain consistently lower than use of alcohol, tobacco and vapor products, and marijuana, with overall declines over time.

Current* Substance Use for Massachusetts* (2019) and Somerville (2020) High School Students



* Current use – any use in the 30 days prior to the survey.

* Massachusetts data from the *Massachusetts Youth Risk Behavior Survey* conducted by the MA Department of Education (spring).

* Binge Alcohol Use – "three or more drinks of alcohol in a row, that is, within a couple of hours," "five or more drinks of alcohol in a row, that is, within a couple of hours."

* Electronic Vapor Products – "used an electronic vapor product (e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, vaping systems like JUUL and PHIX, e-hookahs, and hookah pens)."

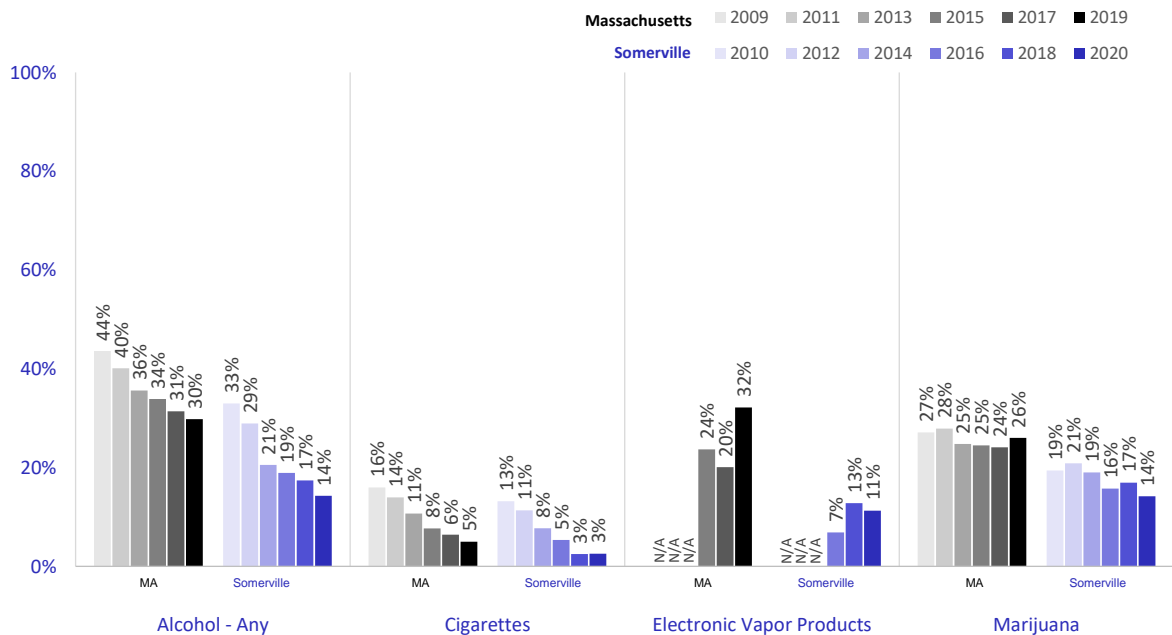
* Other Illegal Drugs – "used any other type of illegal drug such as LSD (acid), PCP, mushrooms, Ketamine (Special K), Rohypnol (Roofies), or GHB, or synthetic drugs (bath salts, N-Bomb, Spice, K2, etc.)."

* Non-Prescribed Drugs – "taken a prescription drug without a doctor's prescription (like Oxycontin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax)."

SELECTED POINTS

- Current use rates for all substances were lower in Somerville than in Massachusetts as a whole (comparing Somerville 2020 to the most recent Massachusetts 2019 data):
 - Alcohol (30% MA vs. 14% Somerville)
 - Cigarettes (5% MA vs. 3% Somerville)
 - Electronic Vapor Products (32% MA vs. 11% Somerville)
 - Marijuana (26% MA vs. 14% Somerville)
- Comparative data are not available for other substances because the questions were not included in the Massachusetts survey.

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



* Current use – any use in the 30 days prior to the survey.

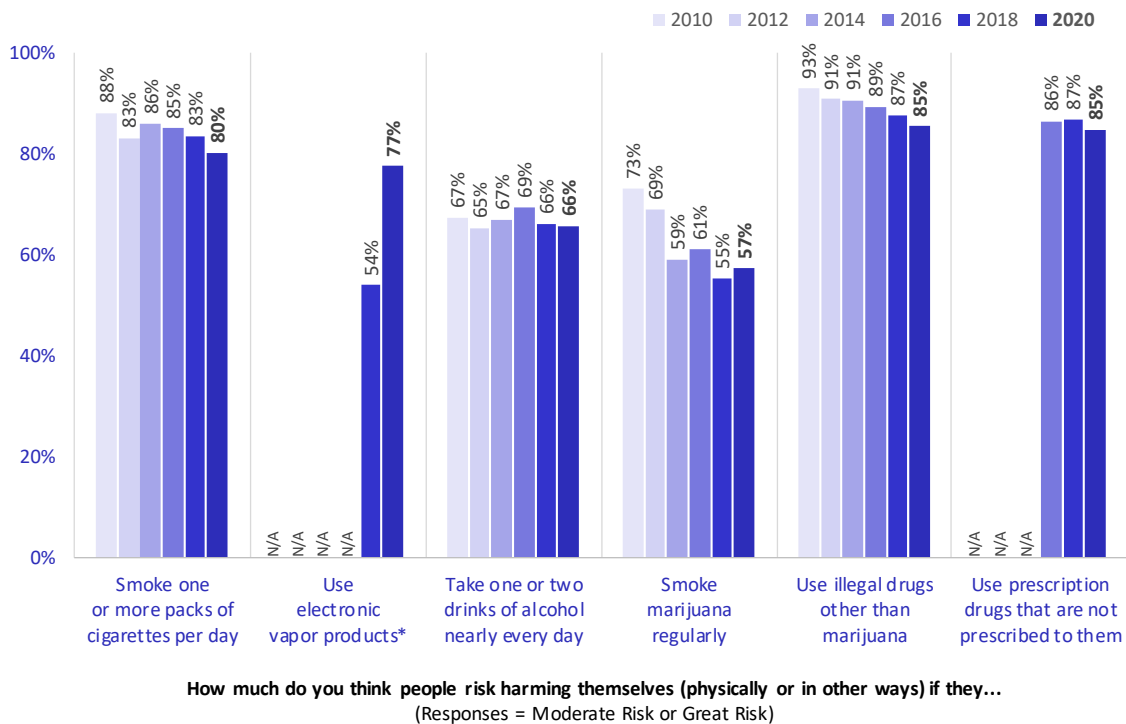
* Massachusetts data from the *Massachusetts Youth Risk Behavior Survey* conducted by the MA Department of Education (spring).

SELECTED POINTS

- This chart displays trend data for Massachusetts high school students (grey-shaded bars) and Somerville high school students (blue-shaded bars). Note that the years of the surveys alternate consecutively by one year.
- In most instances, trends in Somerville are similar to those in Massachusetts as a whole, with levels trending downward. A notable exception at the state level is the increase in electronic vapor product use between 2017 (20%) and 2019 (32%), which was not observed in Somerville where the rate declined slightly from 13% in 2018 to 11% in 2020. Also, while there has been more consistency in marijuana use among both populations, the Somerville data reveal more substantive decreases, including a decline from 2018 (17%) to 2020 (14%).

Issues Related to Substance Use

Perceived Risk of Substance Use among Somerville High School Students ('10, '12, '14, '16, '18, '20)

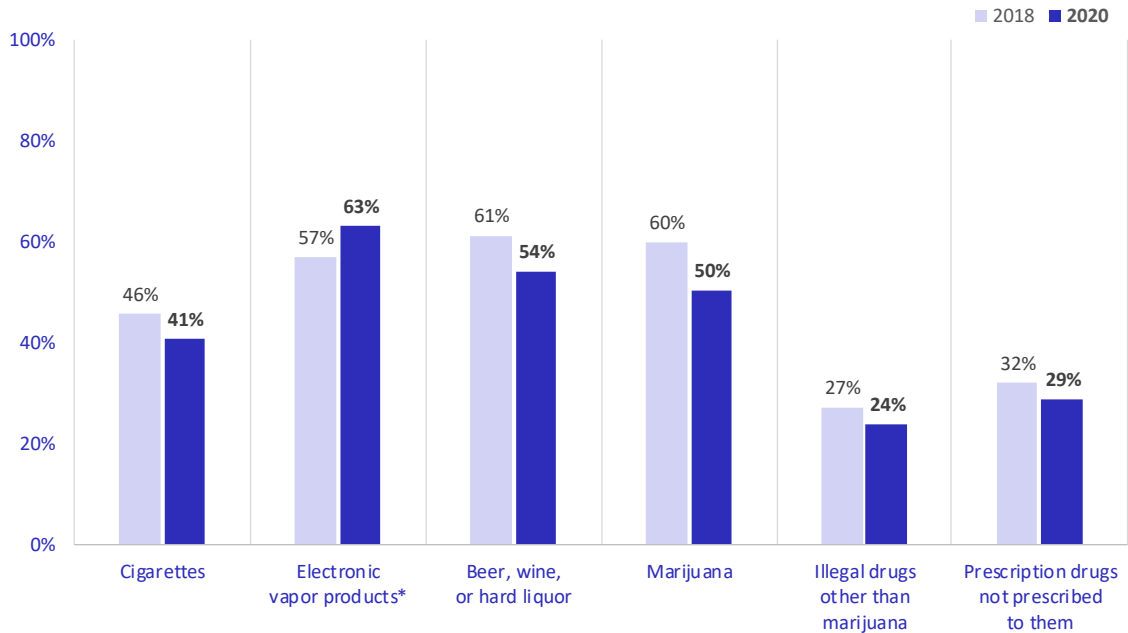


* Electronic Vapor Products – "electronic vapor products (e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, vaping systems like JUUL and PHIX, e-hookahs, and hookah pens)."

SELECTED POINTS

- Respondents were asked to answer the following question about the use of cigarettes, electronic vapor products, alcohol, marijuana, illegal drugs other than marijuana, and prescription drugs that are not prescribed to them: "How much do you think people risk harming themselves (physically or in other ways) if they...". Displayed are the percentage of respondents who answered *moderate risk* or *great risk*.
- The question concerning use of electronic vapor products was added to the survey in 2018 and the question concerning non-medical use of prescription drugs was added in 2016.
- Overall, the largest percentage of respondents perceive use of illegal drugs other than marijuana and non-medical use of prescription drugs as a moderate or great risk (85% respectively in 2020), followed by smoking one or more packs of cigarettes per day (80%), using electronic vapor products (77%), taking 1-2 drinks of alcohol nearly every day (66%), and smoking marijuana regularly (57%).
- The perceived harm of most substance use has declined somewhat, most notably for regular marijuana use, which has decreased overall from 73% in 2010 to 57% in 2020. A notable exception is a substantive increase in perceived harm of electronic vapor product use, from 54% in 2018 to 77% in 2020.

Perceived Ease of Obtaining Substances among Somerville High School Students ('18, '20)



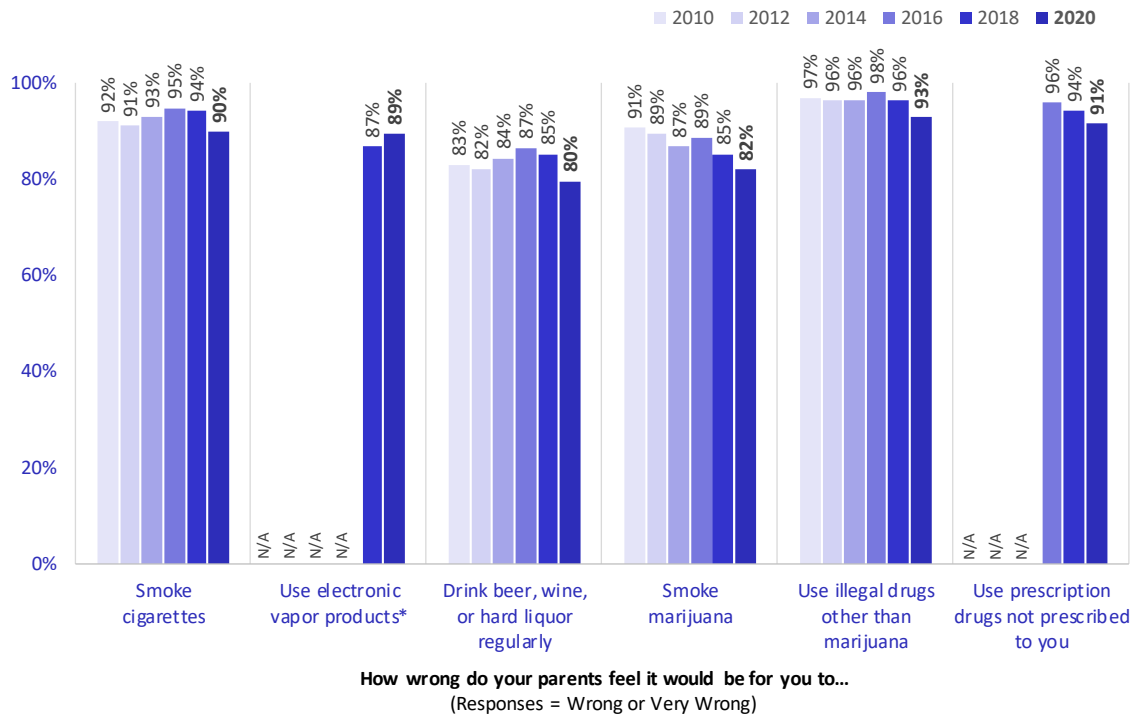
How easy would it be if you wanted to get...
(Responses = Sort of Easy or Very Easy)

* Electronic Vapor Products – "electronic vapor products (e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, vaping systems like JUUL and PHIX, e-hookahs, and hookah pens)."

SELECTED POINTS

- Respondents were asked to answer the following question about obtaining cigarettes, electronic vapor products, alcohol, marijuana, illegal drugs other than marijuana, and prescription drugs that are not prescribed to them: "If you wanted to get the following substances, how easy would it be for you to get some?" Displayed are the percentage of respondents who answered *sort of easy* or *very easy*.
- These questions were added to the survey in 2018.
- Electronic vapor products are perceived as the easiest substances to obtain, followed by alcohol, marijuana, and cigarettes, while illegal drugs other than marijuana and non-prescribed drugs are considered harder to acquire.
- While the percentage of respondents who found it easy to obtain most substances declined between 2018 and 2020, more respondents found it easy to obtain electronic vapor products in 2020 (63%) compared to 2018 (57%).

Perceived Parental Disapproval of Substance Use among Somerville High School Students ('10, '12, '14, '16, '18, '20)

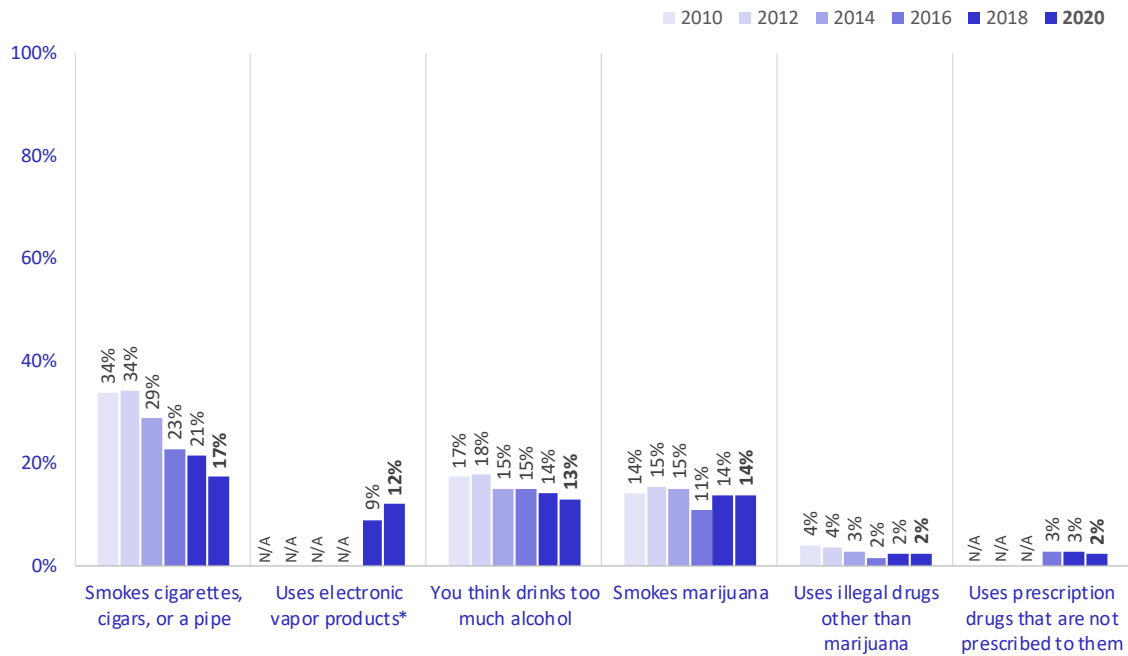


* Electronic Vapor Products – "electronic vapor products (e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, vaping systems like JUUL and PHIX, e-hookahs, and hookah pens)."

SELECTED POINTS

- Respondents were asked to answer the following question about how their parents would view their use of cigarettes, electronic vapor products, alcohol, marijuana, illegal drugs other than marijuana, and prescription drugs that are not prescribed to them: "How wrong do your parents feel it would be for you to...". Displayed are the percentage of respondents who answered *wrong* or *very wrong*.
- The question concerning use of electronic vapor products was added to the survey in 2018 and the question concerning non-medical use of prescription drugs was added in 2016.
- Overall, most respondents felt that their parents would not approve of their substance use. The largest percentage of respondents perceive parental disapproval of their use of illegal drugs other than marijuana (93% in 2020), followed by non-medical use of prescription drugs (91%), smoking cigarettes (90%), using electronic vapor products (89%), smoking marijuana (82%), and drinking alcohol regularly (80%).
- While perceived parental disapproval of substance use had shown little historical change prior to 2020, perceived parental disapproval of most substance use declined in 2020 to the lowest levels observed. An exception was a slight increase in perceived parental disapproval of use of electronic vapor products (87% in 2018, 89% in 2020).

Exposure to Substance Use at Home among Somerville High School Students ('10, '12, '14, '16, '18, '20)



Is there anyone (other than you) living in your household who...
(Response = Yes)

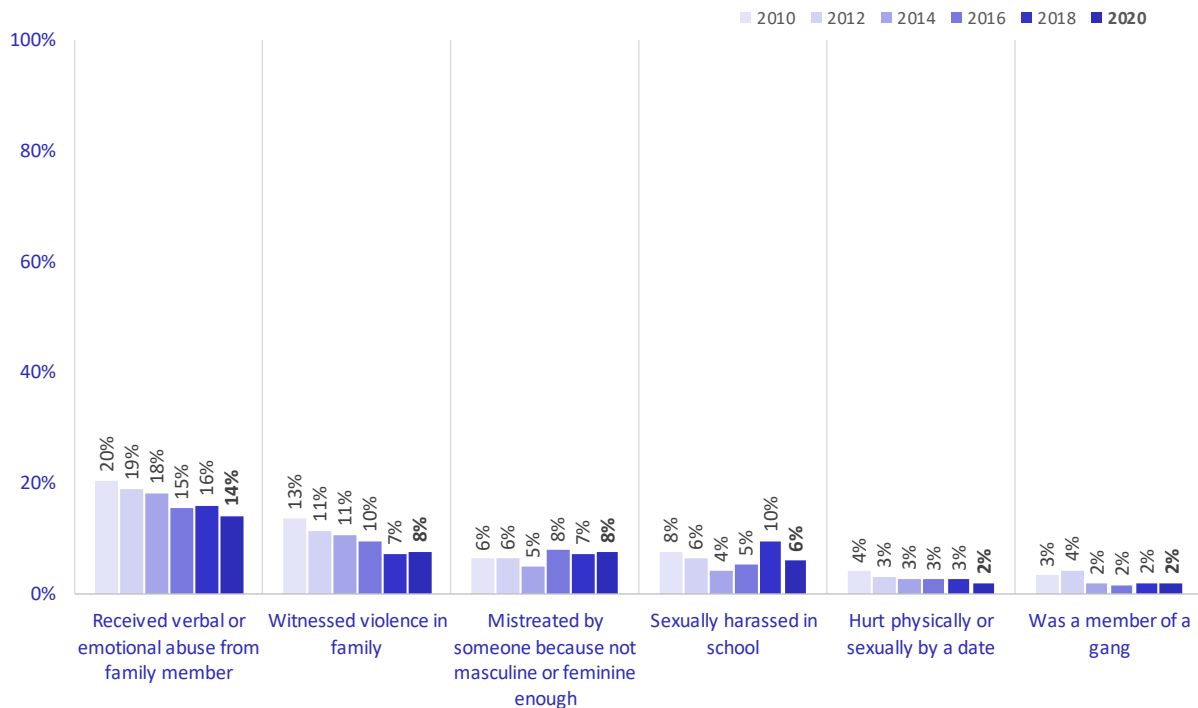
* Electronic Vapor Products – "electronic vapor products (e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, vaping systems like JUUL and PHIX, e-hookahs, and hookah pens)."

SELECTED POINTS

- Somerville high school students were asked if they live with someone who: (1) smokes cigarettes, cigars, or a pipe; (2) uses electronic vapor products, (3) they think drinks too much alcohol; (4) smokes marijuana; (5) uses illegal drugs other than marijuana; and/or (6) uses prescription drugs that are not prescribed to them.
- The question concerning use of electronic vapor products was added to the survey in 2018 and the question concerning non-medical use of prescription drugs was added in 2016.
- 2020 respondents were most likely to report living with someone who smokes cigarettes (17%), followed by someone who smokes marijuana (14%), someone they think drinks too much alcohol (13%), someone who uses electronic tobacco (12%), and someone who uses illegal drugs other than marijuana and/or prescription drugs that are not prescribed to them (2% respectively).
- Overall levels of exposure to substance use at home have declined somewhat since 2010, most notably exposure to cigarette use which declined from 34% in 2010 to 17% in 2020. Exposure to someone who smokes marijuana has remained relatively consistent, while there was an increase in exposure to electronic vapor products, up from 9% in 2018 to 12% in 2020.

Violence and Safety

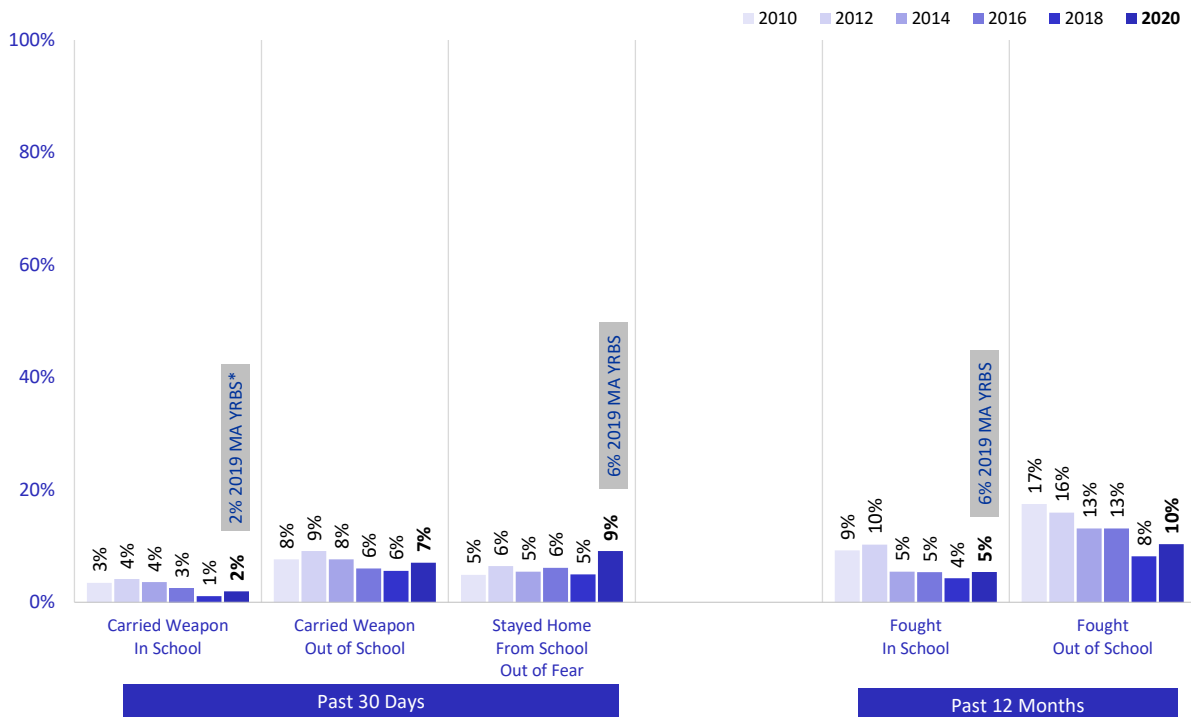
Percent of Somerville High School Students Who Experienced Family or Personal Violence in the Past 12 Months ('10, '12, '14, '16, '18, '20)



SELECTED POINTS

- The data illustrate family and personal violence-related experiences that respondents reported happened to them at least once in the past 12 months. Fourteen percent (14%) of 2020 Somerville high school students reported being verbally or emotionally abused by a family member, 8% witnessed family violence, 8% were mistreated by someone who thought they weren't masculine or feminine enough, 6% were sexually harassed in school, 2% had been physically or sexually hurt by a date, and 2% were a member of a gang.
- **Trends:** Available trend data reveal overall decreases since 2010 in most violence-related experiences among Somerville youth with recent consistency. Of note is the decline in 2020 in the percentage of respondents who reported being sexually harassed in school, reversing the peak rate of 10% in 2018.
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Violence-related experiences varied by gender in 2020: verbally/emotionally abused (10% males, 18% females), witnessed family violence (9%, 6%), mistreated for being perceived as not masculine/feminine enough (9%, 4%), sexually harassed in school (4%, 8%), being a gang member (3%, 0.3%), hurt by a date (0.9%, 3%).
- **Grade:** Overall, rates increased with age/grade. See Appendix A for details.

Violence and Safety-Related Experiences among Somerville High School Students ('10, '12, '14, '16, '18, '20)

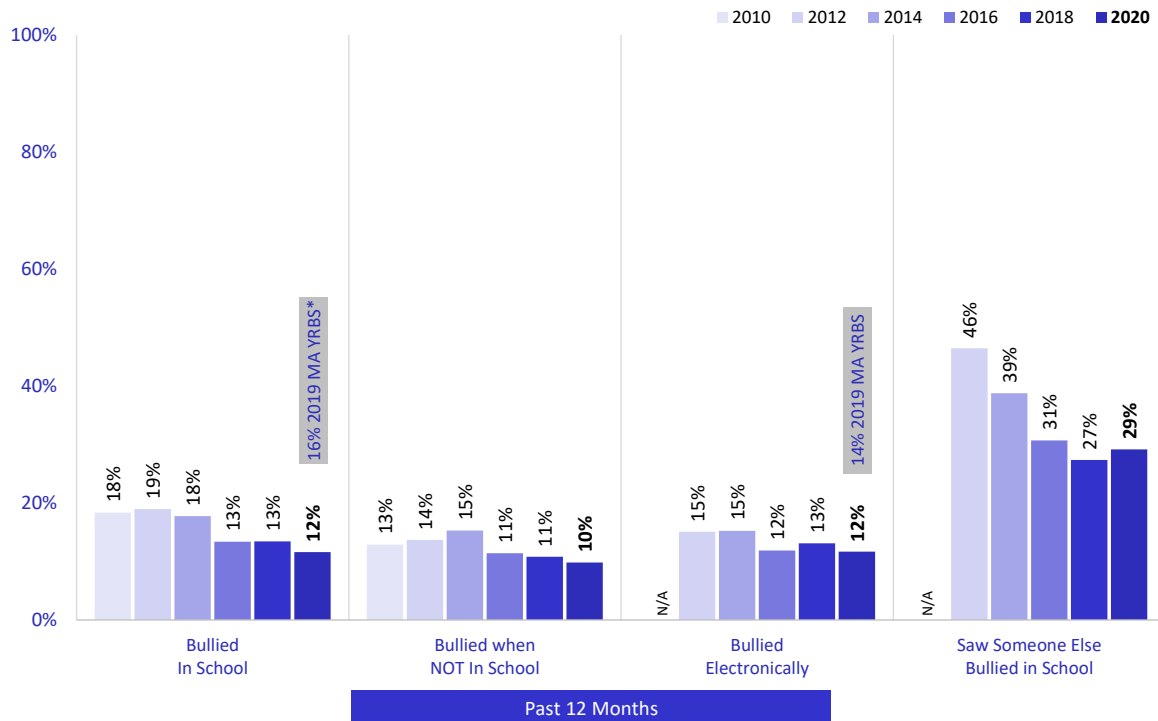


* Massachusetts data from the 2019 Massachusetts Youth Risk Behavior Survey conducted by the MA Department of Education (spring 2019).

SELECTED POINTS

- The data illustrate violence and safety-related experiences occurring in the past 30 days (carried a weapon, stayed home from school in fear) or in the past 12 months (in a physical fight), most detailing experiences that occurred both at school and when NOT at school. All available comparative data are highlighted.
- **On and Off School Property:** Respondents reported that weapon carrying and fighting were more likely to have occurred when they were *away* from school than when they were at school.
- **Trends:** Available trend data reveal increases between 2018 and 2020 in these issues among Somerville youth, reversing declines previously observed.
- **Comparisons:** Rates of these issues were similar among 2020 Somerville and 2019 Massachusetts youth, with a notably higher rate of staying home out of fear in Somerville: carried a weapon on school property (2% MA, 2% Somerville), stayed home from school out of fear for safety (6% MA, 9% Somerville), in a physical fight at school (6% MA, 5% Somerville). *MA data from the 2019 MA Youth Risk Behavior Survey.*
- **Gender:** Males were more likely than females to report behaviors related to weapons carrying and fighting, while females were more likely to report staying home from school out of fear for safety. See Appendix A for details.
- **Grade:** Reports of these issues varied inconsistently across ages/grades. See Appendix A for details.

Percent of Somerville High School Students Who Reported Being Bullied and Seeing Someone Else Bullied in the Past 12 Months ('10, '12, '14, '16, '18, '20)

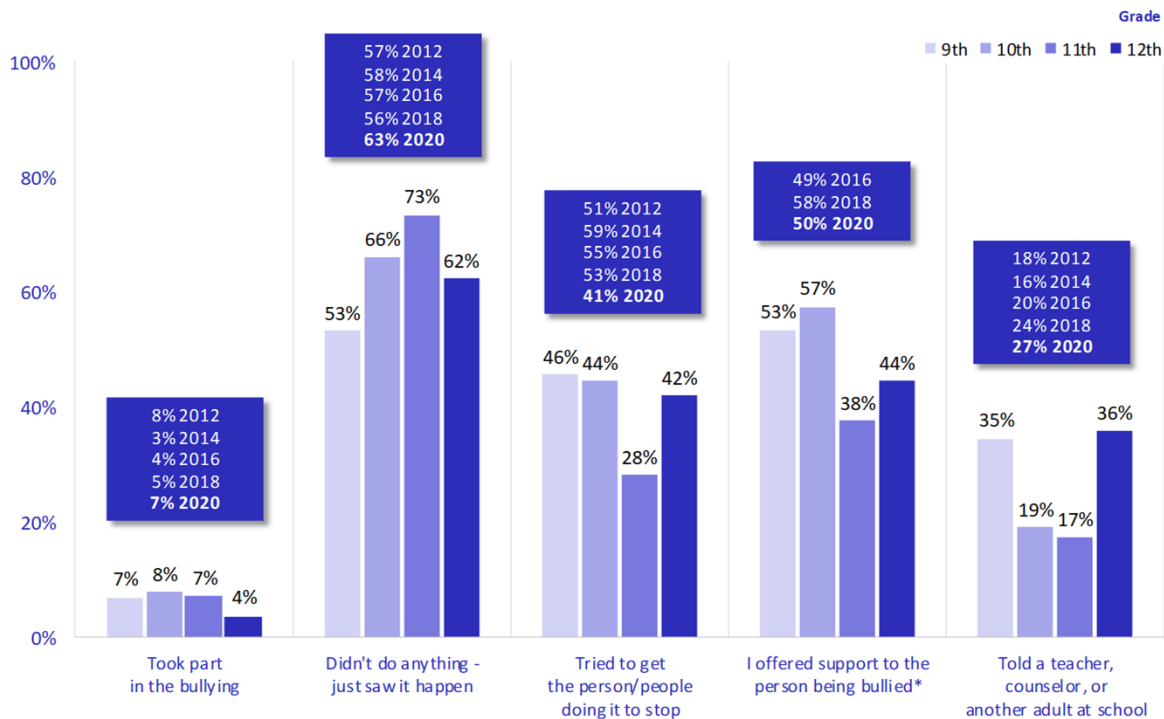


* Massachusetts data from the 2019 Massachusetts Youth Risk Behavior Survey conducted by the MA Department of Education (spring 2019).

SELECTED POINTS

- In contrast to safety concerns and fighting, respondents were slightly more likely to report being bullied when they were in school than when they were not in school. Twelve percent (12%) of Somerville high school students reported that they had been bullied in school in the 12 months prior to the survey, compared to 10% who were bullied when they were not in school. Twelve percent (12%) had been bullied electronically (cyber-bullied) in that period (through texting, e-mail, or social media like Facebook, Twitter, or Instagram).
- Twenty-nine percent (29%) of Somerville high school students reported that they saw someone else bullied in school in the 12 months prior to the survey.
- **Trends:** Rates of being bullied have declined since 2010, with slight declines in 2020: bullied in school (13% in 2018, 12% in 2020), bullied when not in school (11%, 10%), bullied electronically (13%, 12%). While observed bullying has also decreased since 2010, there was a slight increase between 2018 and 2020 in the percentage who saw someone else bullied in school (27%, 29%).
- **Comparisons:** Rates of being bullied at school (16% MA, 12% Somerville) and electronically (14% MA, 12% Somerville) are slightly higher among Massachusetts students. *MA data from the 2019 MA Youth Risk Behavior Survey.*
- **Gender:** Female students were more likely than males to report each of these bullying experiences: bullied in school (10% males, 12% females), bullied when not in school (7%, 12%), bullied electronically (7%, 15%), saw someone else bullied in school (29%, 30%).
- **Grade:** The percentage of students who reported bullying varied with age/grade: bullied in school (12% 9th grade, 12% 10th grade, 10% 11th grade, 12% 12th grade); bullied when not in school (11%, 12%, 8%, 8%), bullied electronically (14%, 12%, 10%, 9%), saw someone else bullied in school (22%, 33%, 28%, 32%).

Response Last Time They Saw Someone Else Bullied In School in the Past 12 Months, by Grade – Multiple Responses Possible (2020)



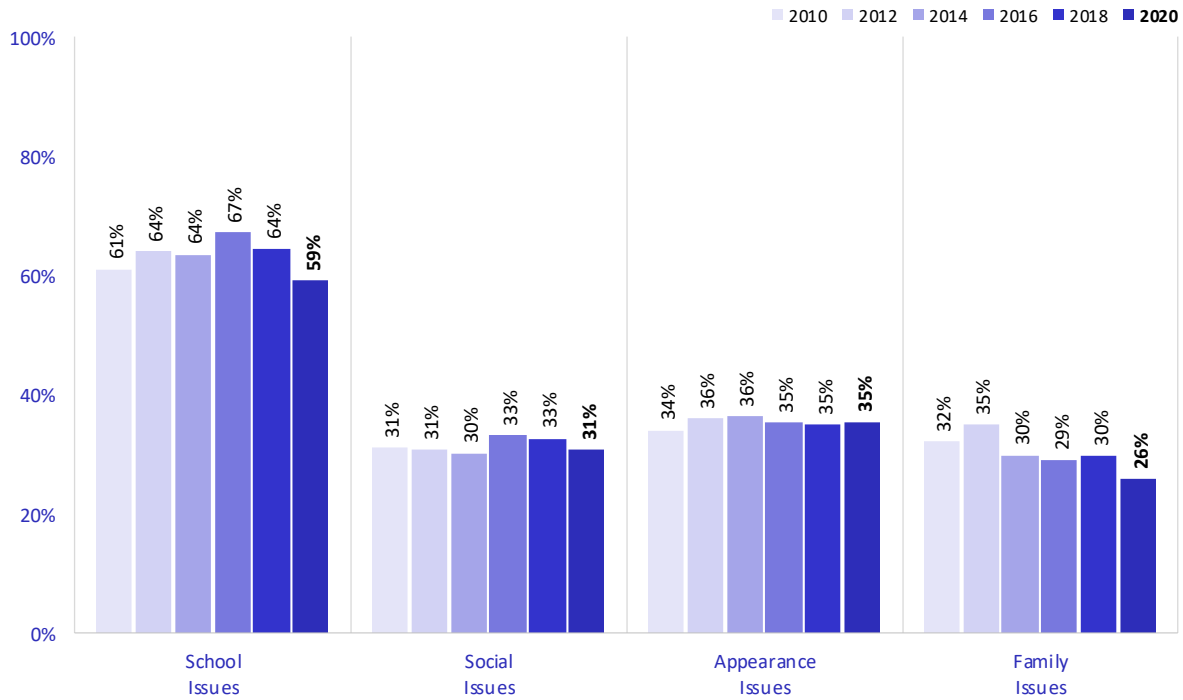
* Response option of "I offered support to the person being bullied" added to the survey in 2016.

SELECTED POINTS

- Respondents who saw someone else bullied in school in the 12 months prior to the survey were asked how they responded the last time it happened (multiple responses were possible). Respondents were generally most likely to report not doing anything (just seeing it happen), followed by offering support to the person being bullied, trying to get the person/people doing it to stop, telling a school adult, and taking part in the bullying.
- **Trends:** While the proportion of students reporting each of these responses has remained fairly consistent over time, there were decreases between 2018 and 2020 in the percentage who tried to stop the bullying (53% in 2018, 41% in 2020) and who offered support to the person being bullied (58%, 50%), as well as increases in the percentage who just watched it happen (56%, 63%) and/or took part in the bullying (5%, 7%). On a positive note, the percentage who told a trusted school adult about the incident has increased since 2014 (16%, 20%, 24%, 27%).
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Females were more likely than males to actively intervene in bullying that they observed and offer support to the victim, but there was little difference by gender in other responses: took part in the bullying (6% males, 7% females); did nothing (63% males, 64% females); tried to get the person/people doing it to stop (38% males, 43% females); offered support to the person being bullied (41% males, 57% females); told a teacher, counselor, or another adult at school (27% males, 27% females).
- **Grade:** As displayed in the chart, responses to observed bullying varied by grade.

Mental Health

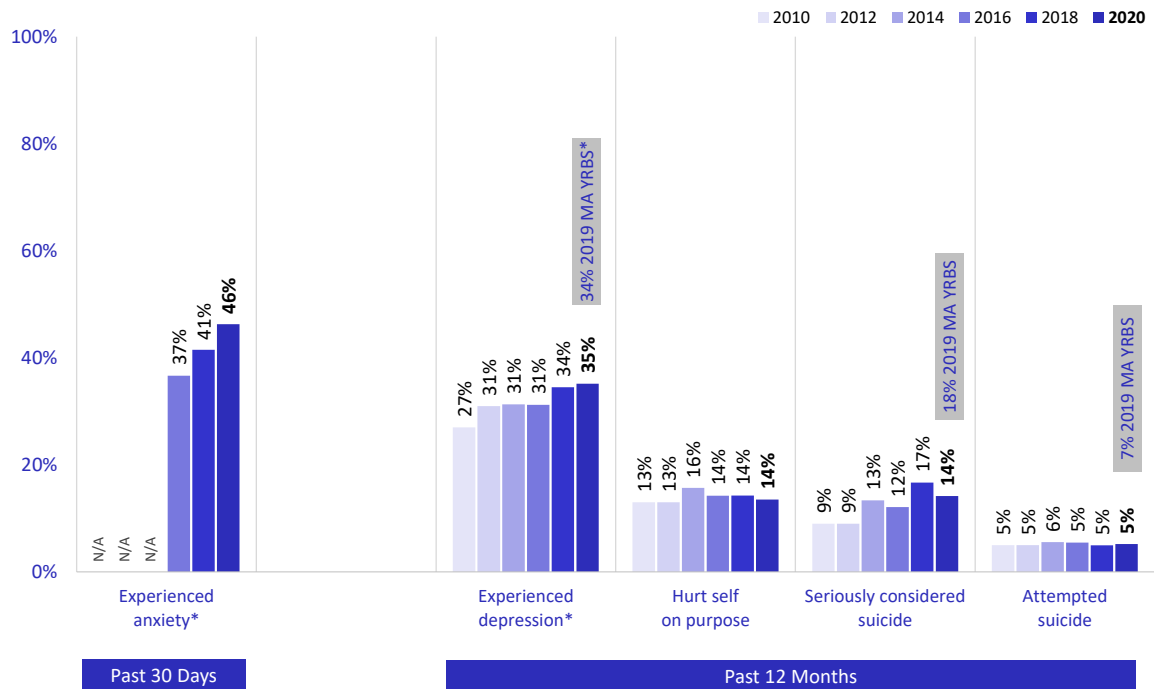
Percent of Somerville High School Students Who Worry About Issues "Fairly Often" or "Very Often" ('10, '12, '14, '16, '18, '20)



SELECTED POINTS

- In 2020, Somerville high school students reported worrying most about school issues (59%), followed by appearance issues (35%), social issues (31%), and family issues (26%).
- **Trends:** Concern about these issues has remained largely consistent since 2010, with slight decreases between 2018 and 2020: school issues (64%, 59%), social issues (33%, 31%), appearance issues (35%, 35%), family issues (30%, 26%).
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Female students in 2020 were more likely than males to report frequent worrying about each of these issues: school issues (49% males, 69% females), social issues (25% males, 35% females), appearance issues (22% males, 46% females), family issues (18% males, 34% females).
- **Grade:** Frequent worrying varied with age/grade: school issues (48% 9th, 69% 10th, 68% 11th, 51% 12th), social issues (25%, 33%, 36%, 31%), appearance issues (32%, 40%, 32%, 37%), family issues (20%, 27%, 28%, 29%).

Mental Health Concerns among Somerville High School Students ('10, '12, '14, '16, '18, '20)



* Massachusetts data from the 2019 *Massachusetts Youth Risk Behavior Survey* conducted by the MA Department of Education (spring 2019).

* Anxiety is defined in the survey as feeling "tense, nervous, or worried every day for two or more weeks in a row."

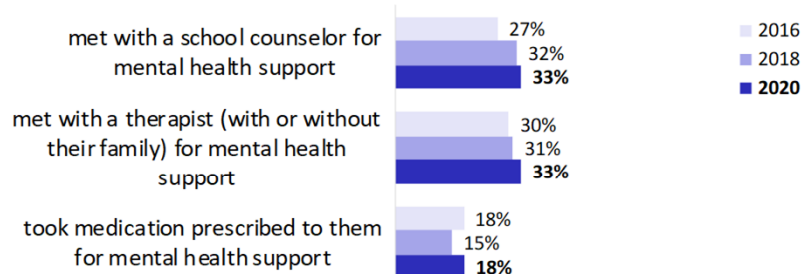
* Depression is defined in the survey as feeling "so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities."

SELECTED POINTS

- Close to half of 2020 Somerville high school students (46%) reported experiencing *anxiety* in the 30 days prior to the survey. In the 12 months prior, 35% reported experiencing *depression*, 14% hurt themselves *on purpose*, 14% *seriously considered* suicide, and 5% *attempted* suicide.
- **Trends:** While suicidality rates among Somerville high school students remained largely consistent, rates of reported anxiety and depression have increased since 2016: reported *anxiety* (37% 2016, 41% 2018, 46% 2020), reported *depression* (31%, 34%, 35%), hurt self *on purpose* (14%, 14%, 14%), *seriously considered* suicide (12%, 17%, 14%), *attempted* suicide (5%, 5%, 5%).
- **Comparisons:** While the rate of reported *depression* among 2020 Somerville high school students was similar to the rate among 2019 Massachusetts high school students, rates of suicidal *ideation* and *behavior* were below state averages: *depression* (34% MA, 35% Somerville), hurt self *on purpose* (MA data not available), *seriously considered* suicide (18% MA, 14% Somerville), *attempted* suicide (7% MA, 5% Somerville). MA data from the 2019 MA Youth Risk Behavior Survey.
- **Gender:** Female Somerville high school students were more likely than their male counterparts to have reported each of these issues in 2020: reported *anxiety* (30% males, 61% females), reported *depression* (25%, 44%), hurt self *on purpose* (8%, 17%), *seriously considered* suicide (11%, 15%), *attempted* suicide (4%, 6%).
- **Grade:** Reports of these mental health issues varied slightly but inconsistently with age/grade (see Appendix A): reported *anxiety* (35% 9th, 50% 10th, 48% 11th, 54% 12th), reported *depression* (32%, 38%, 35%, 35%), hurt self *on purpose* (13%, 18%, 14%, 8%), *considered* suicide (14%, 16%, 13%, 14%), *attempted* suicide (5%, 7%, 3%, 5%).

Percent of Somerville High School Students Who Sought Support When Experiencing a Mental Health Concern ('16, '18, '20)

Of those who experienced depression and/or considered suicide in the past 12 months...



Of those who attempted suicide in the past 12 months...

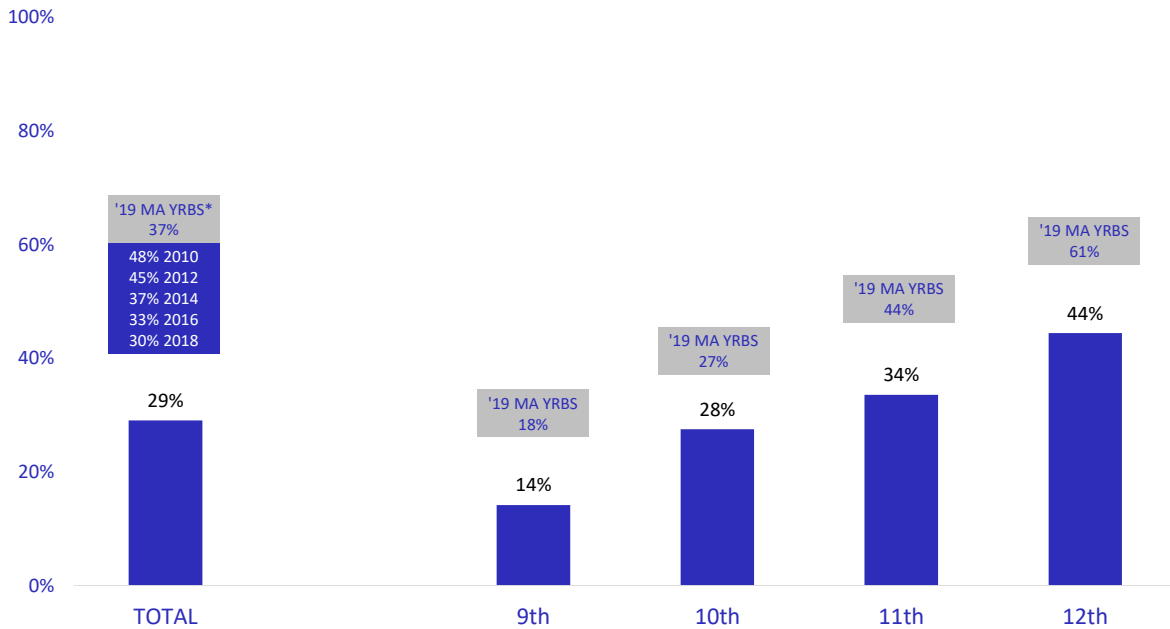


SELECTED POINTS

- Thirty-three percent (33%) of the 2020 Somerville high school students who reported experiencing depression and/or considering suicide in the past 12 months said that they met with a school counselor during that time for mental health support, 33% met with a therapist (with or without their family), and 18% took prescribed medication (all responses possible).
- Of those 2020 Somerville high school students who reported that they had attempted suicide in the past 12 months, 36% spoke with a trusted adult about it.
- **Trends:** There were slight increases between 2018 and 2020 in support access by those who experienced depression and/or considered suicide, although the percentage of those who attempted suicide who spoke with a trusted adult about their attempt (36%) remained below the 2016 rate of 50%.
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Somerville 2020 females who experienced depression and/or considered suicide were slightly more likely than males to report accessing adult support during that time, while males who attempted suicide were more likely to speak to a trusted adult about the attempt: met with a school counselor (29% males, 34% females), met with a therapist (29% males, 32% females), took prescription medication prescribed to them (15% males, 18% females), spoke with a trusted adult about a suicide attempt (40% males, 36% females).
- **Grade:** Percentage results by grade are not displayed due to the small population denominators (number of cases) in each subgroup.

Sexual Behavior

Percent of Somerville High School Students Who Have Ever Had Sexual Intercourse, Total and by Grade (2020)



* Massachusetts data from the 2019 *Massachusetts Youth Risk Behavior Survey* conducted by the MA Department of Education (spring 2019).

SELECTED POINTS

- Twenty-nine percent (29%) of all 2020 Somerville high school students reported ever having sexual intercourse: 14% of 9th graders, 28% of 10th graders, 34% of 11th graders, and 44% of 12th graders.
- **Trends:** Rates of lifetime sexual intercourse in 2020 continued a decline observed since 2010: 48% in 2010, 45% in 2012, 37% in 2014, 33% in 2016, 30% in 2018, 29% in 2020.
- **Comparisons:** Rates of lifetime sexual intercourse among 2020 Somerville high school students were below 2019 Massachusetts rates both overall (37% MA, 29% Somerville) and by grade (10th grade an exception): 9th (18% MA, 14% Somerville), 10th (27% MA, 28% Somerville), 11th (44% MA, 34% Somerville), 12th (61% MA, 44% Somerville). *MA data from the 2019 MA Youth Risk Behavior Survey.*
- **Gender:** The same percentage of 2020 Somerville high school males and females reported ever having sexual intercourse (29% respectively).
- **Grade:** The percentage of Somerville students who reported having sexual intercourse increased with age/grade (14% in 9th grade to 44% in 12th grade).

Percent of Sexually Active Somerville High School Students Who Used a Condom at the Last Time They Had Sex, Total and by Grade (2020)



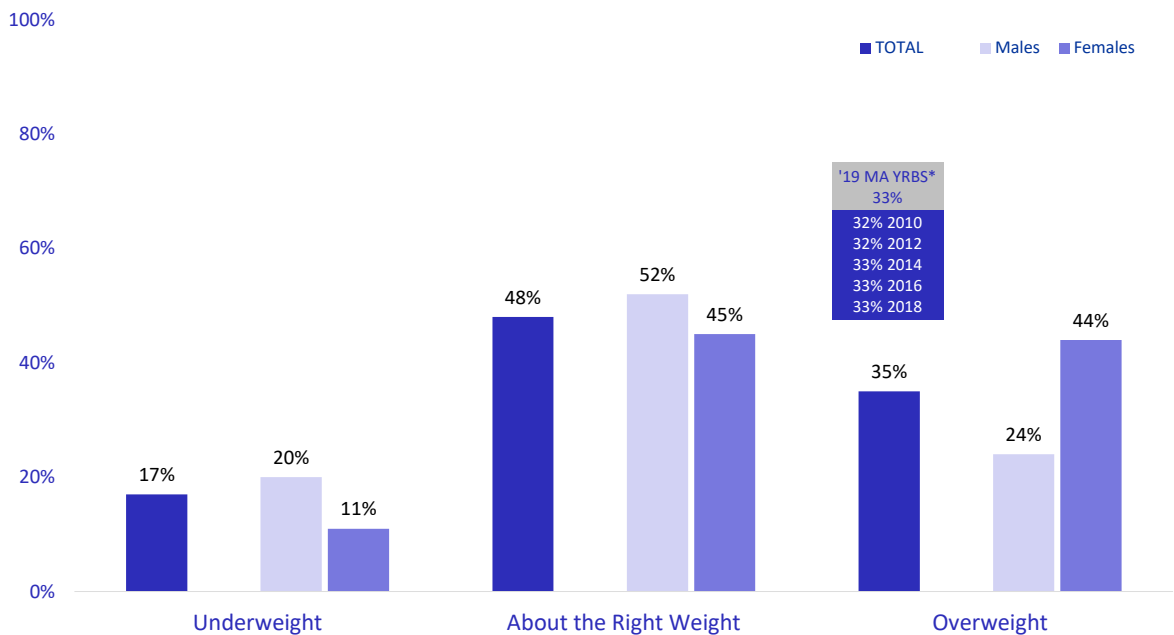
* Massachusetts data from the 2019 *Massachusetts Youth Risk Behavior Survey* conducted by the MA Department of Education (spring 2019).

SELECTED POINTS

- Of those 2020 Somerville high school students who reported ever having sexual intercourse, 57% reported using a condom the last time they did so.
- **Trends:** The percentage of sexually active Somerville high school students who reported that they or their partner used a condom the last time they had sexual intercourse remained consistent in 2020 at the lowest rate observed since 2010: 68% in 2010, 68% in 2012, 71% in 2014, 60% in 2016, 57% in 2018, 57% in 2020.
- **Comparisons:** A higher percentage of 2020 Somerville high school students (57%) than 2019 Massachusetts students (51%) reported using a condom at their last sexual intercourse, and this pattern held across grades: 9th (MA data not available), 10th (MA data not available), 11th (50% MA, 55% Somerville), 12th (46% MA, 51% Somerville). *MA data from the 2019 MA Youth Risk Behavior Survey.*
- **Gender:** Somerville high school males (59%) were somewhat more likely than females (55%) to report that they or their partner used a condom the last time they had intercourse.
- **Grade:** The percentage of Somerville high school students who reported using a condom during their last sexual intercourse declined overall across grades and was lowest among 12th graders (51%).

Weight and Physical Activity

Perception of Body Weight by Somerville High School Students, Total and by Gender (2020)

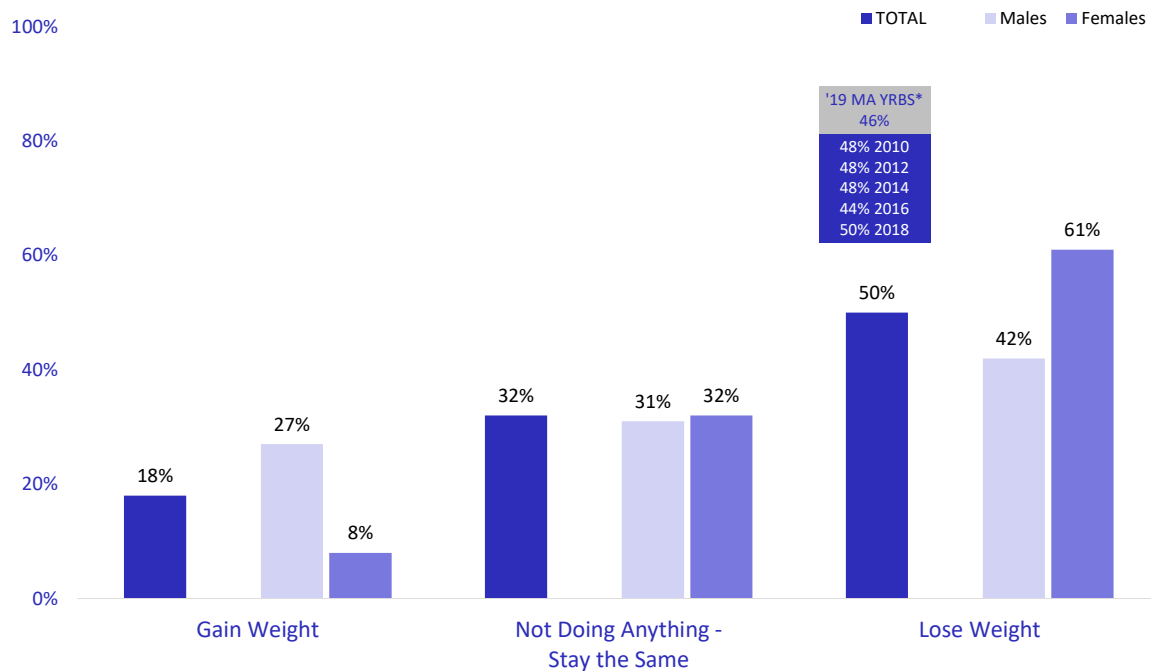


* Massachusetts data from the 2019 Massachusetts Youth Risk Behavior Survey conducted by the MA Department of Education (spring 2019).

SELECTED POINTS

- Seventeen percent (17%) of 2020 Somerville high school students described themselves as *underweight*, 48% as *about the right weight*, and 35% as *overweight*.
- Eleven percent (11%) of Somerville high school females described themselves as *underweight* compared to 20% of males, 45% as *about the right weight* compared to 52% of males, and 44% as *overweight* compared to 24% of males.
- **Trends:** The percentage of Somerville high school students who described themselves as *overweight* has remained largely consistent: 32% in 2010, 32% in 2012, 33% in 2014, 33% in 2016, 33% in 2018, 35% in 2020.
- **Comparisons:** Somerville 2020 high school students (35%) were slightly more likely than 2019 Massachusetts (33%) high school students to describe themselves as *overweight*. *MA data from the 2019 MA Youth Risk Behavior Survey.*
- **Grade:** The percentage of 2020 Somerville high school students who described themselves as *overweight* decreased somewhat with age /grade (40% 9th, 34% 10th, 33% 11th, 33% 12th).

Percent of Somerville High School Students Reporting Attempts to Change Their Weight, Total and by Gender (2020)

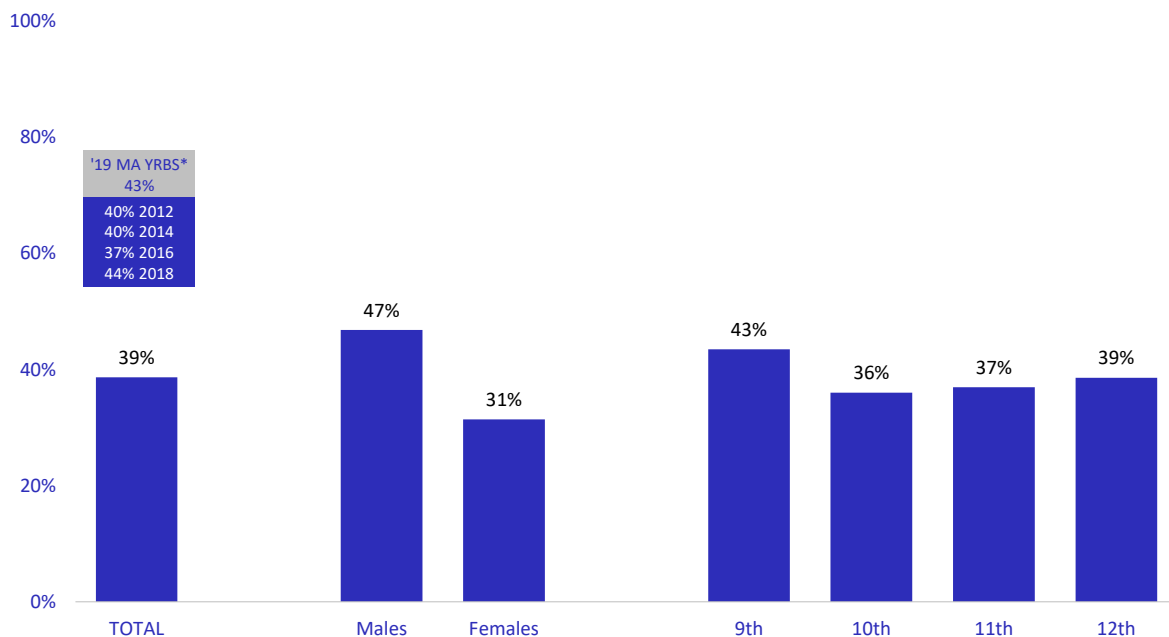


* Massachusetts data from the 2019 Massachusetts Youth Risk Behavior Survey conducted by the MA Department of Education (spring 2019).

SELECTED POINTS

- Eighteen percent (18%) of 2020 Somerville high school students reported that they were trying to *gain weight*, 32% were *not doing anything* or trying to *stay the same weight*, and 50% were trying to *lose weight*.
- Somerville high school males were more likely than females to report that they were trying to *gain weight* (27% males, 8% females), while females were far more likely to report trying to *lose weight* (42% males, 61% females) and both were almost equally likely to report trying to *stay the same weight* (31% males, 32% females).
- **Trends:** The overall percentage of Somerville high school students who reported that they were trying to *lose weight* has remained largely consistent and close to 50% over time: 48% in 2010, 48% in 2012, 48% in 2014, 44% in 2016, 50% in 2018, 50% in 2020.
- **Comparisons:** A higher percentage of 2020 Somerville (50%) than 2019 Massachusetts (46%) high school students reported that they were trying to *lose weight*. *MA data from the 2019 MA Youth Risk Behavior Survey.*
- **Grade:** The percentage of 2020 Somerville high school students who reported that they were trying to *lose weight* varied only slightly with age/grade (48% 9th, 53% 10th, 46% 11th, 52% 12th).

Recommended Level of Physical Activity among Somerville High School Students in the Past 7 Days, Total and by Gender and Grade (2020)



* Massachusetts data from the 2019 *Massachusetts Youth Risk Behavior Survey* conducted by the MA Department of Education (spring 2019).

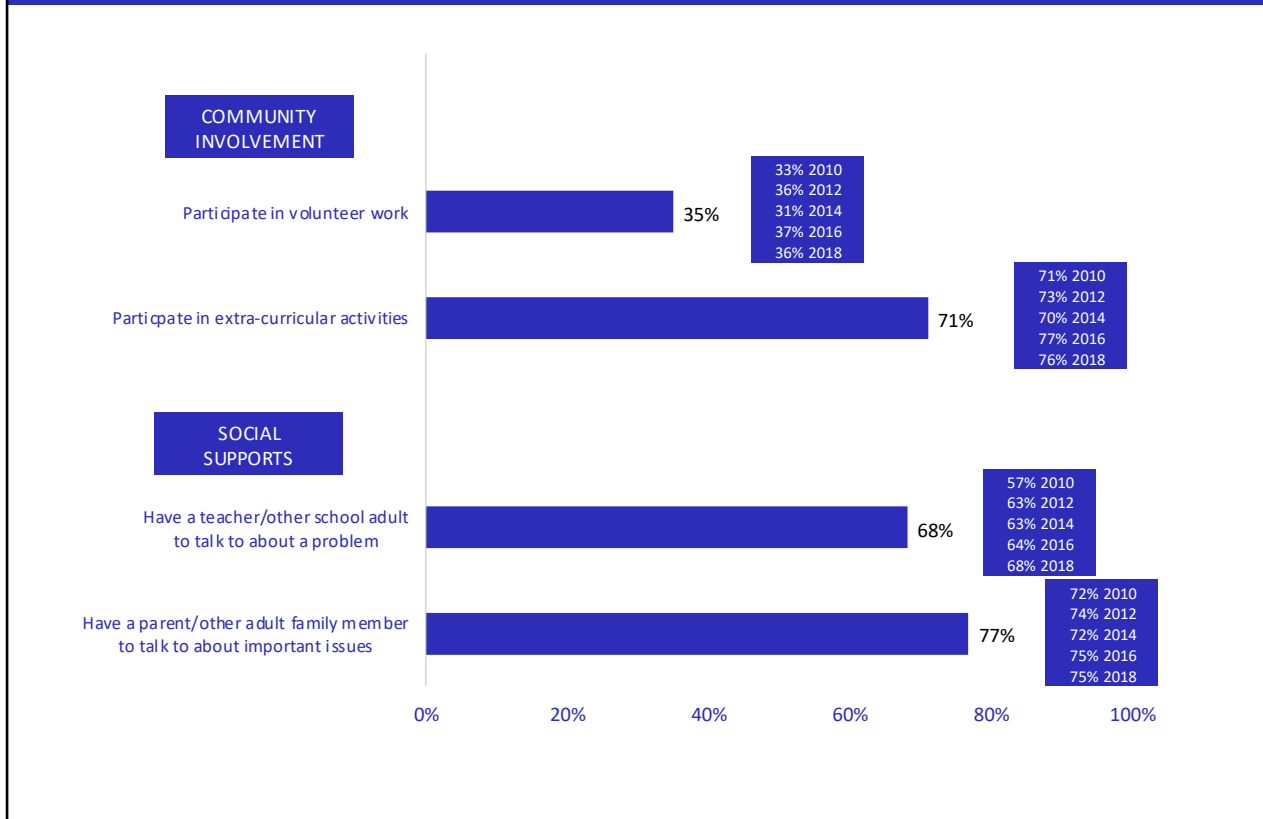
* Defined as participating in "physical activity that increased your heart rate and made you breathe hard some of the time" on at least 5 of the prior 7 days.

SELECTED POINTS

- Thirty-nine percent (39%) of Somerville high school students reported engaging in 60 or more minutes of physical activity on at least 5 of the prior 7 days (recommended level of activity).
- Physical activity was defined in the survey as participating in physical activities that increased their heart rate and made them breathe hard some of the time.
- **Trends:** While the percent of Somerville high school students who reported engaging in the recommended level of physical activity decreased from 44% in 2018 to 39% in 2020, levels have remained at approximately 40% over time.
- **Comparisons:** The 2020 Somerville rate of reported physical activity (39%) is below the Massachusetts 2019 high school average (43%). *MA data from the 2019 MA Youth Risk Behavior Survey.*
- **Gender:** Somerville males were more likely than females to report engaging in this level of activity (47% males, 31% females).
- **Grade:** The percentage of Somerville high school students who reported engaging in the recommended level of physical activity was highest among 9th graders with lower but fairly consistent levels in other grades (43% 9th, 36% 10th, 37% 11th, 39% 12th).

Resiliency

Percent of Somerville High School Students Reporting Potential Protective Factors (2020)



SELECTED POINTS

- While the Somerville survey focused on many risk behaviors, it also contained items designed to measure the strength of certain protective factors such as social support and community attachment.
- **Trends:** The percentage of Somerville high school students who reported community involvement and access to adult social supports remained relatively consistent between 2018 and 2020, although participation in extra-curricular activities declined: volunteer work (36% to 35%), extra-curricular activities (76% to 71%), school adult confidant (68% to 68%), family adult confidant (75% to 77%).
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Rates of these positive factors by gender were largely similar: volunteering (33% males, 36% females), participating in extracurricular activities (71%, 70%), having a school adult confidant (66%, 70%), having a family adult confidant (76%, 79%).
- **Grade:** The percentage of Somerville high school students who reported these factors varied with age/grade, with a notable increase with age/grade in connection to a school adult confidant: volunteer work (26% 9th, 31% 10th, 41% 11th, 33% 12th), extra-curricular activities (73%, 68%, 74%, 68%), teacher/other school adult confidant (58%, 65%, 71%, 82%), parent or other family adult confidant (80%, 73%, 79%, 78%).

Appendix A:
Selected Data Tables

2019-2020 SOMERVILLE HIGH SCHOOL HEALTH SURVEY

Substance Use - High School (N=680)

	SOMERVILLE									Massachusetts YRBS								GENDER		GRADE			
	'04 (1382)	'06 (1003)	'08 (1125)	'10 (1053)	'12 (972)	'14 (1002)	'16 (868)	'18 (754)	'20 (680)	'05 (3522)	'07 (3131)	'09 (2707)	'11 (2729)	'13 (2718)	'15 (3120)	'17 (3286)	'19 (2218)	Females (318)	Males (331)	9th (181)	10th (206)	11th (147)	12th (136)
LIFETIME (any use in lifetime)																							
Alcohol	65.5%	62.9%	63.7%	60.8%	52.5%	50.0%	43.6%	39.8%	33.4%	76.4%	72.5%	71.3%	67.5%	63.2%	61.3%	56.2%	N/A	37.9%	29.2%	14.2%	31.8%	49.3%	43.5%
Binge alcohol use - 3 or more drinks in a row	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Binge alcohol use - 5 or more drinks in a row	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Cigarettes	47.6%	41.5%	40.3%	39.5%	33.6%	28.9%	18.9%	11.9%	9.8%	50.7%	46.4%	43.3%	38.5%	31.6%	27.8%	19.6%	17.7%	8.6%	10.3%	5.8%	4.9%	12.6%	17.9%
Electronic vapor products ¹	N/A	N/A	N/A	N/A	N/A	N/A	28.3%	26.8%	27.8%	N/A	N/A	N/A	N/A	N/A	44.8%	41.1%	50.7%	29.2%	26.4%	15.1%	28.6%	35.2%	35.8%
Marijuana	36.9%	33.5%	35.2%	34.3%	33.9%	32.9%	27.8%	27.8%	24.2%	45.2%	41.2%	42.5%	43.1%	41.3%	40.9%	37.9%	41.9%	25.3%	23.0%	8.5%	24.6%	31.0%	36.6%
Cocaine	6.5%	4.5%	5.5%	3.1%	2.8%	1.5%	1.9%	1.9%	1.1%	7.9%	8.7%	6.1%	5.0%	3.7%	4.5%	4.1%	3.7%	0.0%	1.9%	0.0%	3.0%	0.0%	0.8%
Heroin	1.7%	1.3%	1.3%	0.5%	0.2%	0.4%	0.1%	0.1%	0.2%	2.4%	3.1%	2.1%	2.1%	N/A	1.7%	1.4%	1.9%	0.0%	0.3%	0.0%	0.5%	0.0%	0.0%
Methamphetamines	3.1%	1.6%	1.5%	1.2%	0.5%	0.5%	0.5%	0.5%	0.3%	4.4%	4.0%	2.8%	2.7%	1.6%	2.1%	1.7%	2.2%	0.0%	0.3%	0.0%	1.0%	0.0%	0.0%
Steroids without a prescription	2.7%	2.1%	1.9%	1.0%	0.4%	0.6%	0.1%	0.1%	0.2%	4.0%	3.7%	3.3%	2.8%	1.5%	N/A	N/A	N/A	0.3%	0.0%	0.0%	0.0%	0.7%	0.0%
Ecstasy	8.8%	5.4%	7.7%	4.9%	2.7%	2.3%	1.6%	1.1%	0.8%	N/A	N/A	5.9%	5.8%	4.7%	4.3%	2.8%	3.4%	0.0%	1.3%	0.0%	0.5%	1.4%	1.5%
Other Illegal Drugs ²	6.7%	4.9%	4.1%	4.1%	3.2%	3.7%	2.3%	2.2%	2.8%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1.6%	3.5%	0.0%	3.1%	1.4%	7.6%
Prescription Drugs without a prescription	N/A	N/A	N/A	N/A	N/A	N/A	5.8%	4.0%	3.6%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	2.3%	4.5%	1.8%	3.6%	4.3%	4.6%
Pain medication (like OxyContin, Percocet, Vicodin, codeine)	N/A	N/A	N/A	N/A	N/A	N/A	3.2%	2.3%	1.3%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	0.9%	1.5%	0.6%	1.5%	2.0%	1.5%
Anti-anxiety or depressant medication (like Ativan, Valium, Xanax, Klonopin, Ambien)	N/A	N/A	N/A	N/A	N/A	N/A	2.2%	1.7%	1.5%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	0.9%	1.8%	0.6%	1.9%	1.4%	2.2%
Stimulants (like Adderall, Ritalin, or Dexedrine)	N/A	N/A	N/A	N/A	N/A	N/A	1.8%	1.1%	0.9%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	0.0%	1.2%	0.6%	1.0%	0.0%	2.2%
CURRENT (any use in past 30 days)																							
Alcohol	43.3%	37.4%	36.7%	33.0%	28.9%	20.6%	18.9%	17.4%	14.3%	47.8%	46.2%	43.6%	40.1%	35.6%	33.9%	31.4%	29.8%	15.7%	12.3%	4.0%	14.4%	21.8%	18.2%
Binge alcohol use - 3 or more drinks in a row	N/A	N/A	N/A	N/A	N/A	N/A	12.8%	9.3%	8.5%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	9.6%	7.9%	0.6%	9.9%	9.2%	15.9%
Binge alcohol use - 5 or more drinks in a row	25.5%	20.8%	20.9%	18.6%	15.5%	11.0%	7.9%	5.6%	5.8%	26.5%	27.9%	24.5%	22.2%	18.9%	17.7%	N/A	N/A	6.1%	5.7%	1.2%	7.4%	4.3%	10.6%
Cigarettes	16.8%	14.2%	15.4%	13.2%	11.4%	7.7%	5.3%	2.5%	2.6%	20.5%	17.7%	16.0%	14.0%	10.7%	7.7%	6.4%	5.0%	1.9%	3.1%	1.2%	2.0%	1.4%	6.0%
Electronic vapor products ¹	N/A	N/A	N/A	N/A	N/A	N/A	6.9%	12.8%	11.3%	N/A	N/A	N/A	N/A	N/A	23.7%	20.1%	32.2%	13.5%	9.9%	4.7%	12.6%	14.1%	15.7%
Marijuana	18.9%	19.0%	20.8%	19.4%	20.9%	19.0%	15.8%	16.9%	14.2%	26.2%	24.6%	27.1%	27.9%	24.8%	24.5%	24.1%	26.0%	15.5%	12.3%	2.4%	18.7%	12.7%	24.4%
Cocaine	2.8%	2.6%	2.1%	1.6%	1.1%	0.5%	0.5%	0.4%	0.6%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	0.0%	1.3%	0.0%	2.0%	0.0%	0.0%
Heroin	1.0%	0.5%	0.5%	0.4%	0.1%	0.2%	0.1%	0.0%	0.0%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Methamphetamines	1.9%	0.5%	0.7%	0.7%	0.3%	0.3%	0.5%	0.3%	0.0%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Steroids without a prescription	1.6%	1.3%	1.2%	0.5%	0.4%	0.3%	0.1%	0.0%	0.2%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	0.3%	0.0%	0.0%	0.0%	0.7%	0.0%
Ecstasy	3.6%	2.2%	3.0%	2.3%	0.9%	1.2%	0.3%	0.3%	0.2%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	0.0%	0.3%	0.0%	0.5%	0.0%	0.0%
Other Illegal Drugs ²	2.7%	2.8%	2.1%	1.8%	1.2%	2.4%	1.2%	1.3%	1.5%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1.3%	1.9%	0.0%	2.0%	0.0%	4.5%
Prescription Drugs without a prescription	N/A	N/A	N/A	N/A	N/A	N/A	2.8%	0.9%	0.3%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	0.0%	0.6%	0.0%	0.5%	0.0%	0.8%
Pain medication (like OxyContin, Percocet, Vicodin, codeine)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Anti-anxiety or depressant medication (like Ativan, Valium, Xanax, Klonopin, Ambien)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Stimulants (like Adderall, Ritalin, or Dexedrine)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A

¹ Respondents were asked if they had (italics indicates language modified in 2020) "used an electronic *vapor product* (e-cigarettes, e-cigs, e-pipes, vape pipes, vaping pens, *vaping systems like JUUL and PHIX*, e-hookahs, and hookah pens)?"

² Respondents were asked about their use of "any other type of illegal drug such as LSD (acid), PCP, mushrooms, Ketamine (Special K), Rohypnol (Roofies), or GHB, or synthetic drugs (bath salts, N-Bomb, Spice, K2, etc.)."

2019-2020 SOMERVILLE HIGH SCHOOL HEALTH SURVEY

Issues Related to Substance Use - High School (N=680)

	SOMERVILLE									Massachusetts YRBS							GENDER		GRADE				
	'04 (1382)	'06 (1003)	'08 (1125)	'10 (1053)	'12 (972)	'14 (1002)	'16 (868)	'18 (754)	'20 (680)	'05 (3522)	'07 (3131)	'09 (2707)	'11 (2729)	'13 (2718)	'15 (3120)	'17 (3286)	'19 (2218)	Females (318)	Males (331)	9th (181)	10th (206)	11th (147)	12th (136)
PERCEIVED HARM – How much do you think people risk harming themselves (physically or in other ways) if they... (Responses = Moderate Risk, Great Risk)																							
Smoke one or more packs of cigarettes per day	81.7%	82.2%	86.1%	88.0%	83.2%	85.8%	84.9%	83.4%	80.1%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	81.1%	78.7%	74.1%	80.6%	86.4%	80.9%
Use electronic vapor products ¹	N/A	N/A	N/A	N/A	N/A	N/A	N/A	53.9%	77.4%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	80.7%	74.3%	75.9%	77.3%	79.9%	77.9%
Take one or two alcoholic drinks nearly every day	55.1%	55.2%	62.2%	67.3%	65.3%	66.9%	69.3%	66.0%	65.6%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	71.0%	60.5%	66.7%	64.7%	69.6%	61.5%
Smoke marijuana regularly	76.8%	75.2%	74.9%	73.0%	68.8%	59.0%	60.9%	55.3%	57.3%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	63.9%	51.2%	60.8%	62.9%	52.2%	48.8%
Use illegal drugs other than marijuana	90.2%	90.5%	91.3%	92.9%	90.7%	90.7%	89.4%	87.4%	85.3%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	87.9%	82.7%	80.6%	85.9%	92.0%	83.1%
Use prescription drugs that are not prescribed to them	N/A	N/A	N/A	N/A	N/A	N/A	86.5%	86.8%	84.6%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	87.3%	82.0%	78.9%	86.0%	91.4%	83.1%
EASE OF ACCESS – How easy would it be if you wanted to get... (Responses = Sort of Easy, Very Easy)																							
Cigarettes	N/A	N/A	N/A	N/A	N/A	N/A	N/A	45.6%	40.7%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	42.5%	40.4%	31.9%	36.4%	47.1%	52.3%
Electronic vapor products ¹	N/A	N/A	N/A	N/A	N/A	N/A	N/A	56.8%	62.9%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	65.5%	61.7%	48.4%	66.5%	72.3%	67.7%
Beer, wine, or hard liquor	N/A	N/A	N/A	N/A	N/A	N/A	N/A	61.3%	54.1%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	58.0%	49.8%	41.1%	51.4%	67.9%	60.8%
Marijuana	N/A	N/A	N/A	N/A	N/A	N/A	N/A	59.9%	50.3%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	49.5%	52.4%	28.3%	55.8%	59.9%	61.5%
Illegal drugs other than marijuana	N/A	N/A	N/A	N/A	N/A	N/A	N/A	27.2%	23.9%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	20.8%	26.5%	13.9%	27.0%	22.6%	32.6%
Prescription drugs not prescribed to you	N/A	N/A	N/A	N/A	N/A	N/A	N/A	31.9%	28.8%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	31.4%	25.6%	26.6%	26.5%	30.9%	33.3%
PERCEPTION OF PARENTAL RESPONSE – How wrong do your parents feel it would be for you to... (Responses = Wrong, Very Wrong)																							
Smoke cigarettes	92.7%	92.0%	88.9%	92.0%	91.0%	92.9%	94.8%	94.3%	89.8%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	92.9%	86.6%	87.7%	92.5%	89.1%	89.3%
Use electronic vapor products ¹	N/A	N/A	N/A	N/A	N/A	N/A	N/A	86.8%	89.5%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	91.9%	87.1%	88.3%	89.8%	90.5%	90.1%
Drink beer, wine, or hard liquor regularly	85.9%	86.8%	82.5%	83.0%	82.1%	84.3%	86.5%	85.1%	79.5%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	84.1%	74.7%	83.9%	81.8%	75.2%	76.3%
Smoke marijuana	93.9%	92.8%	91.0%	90.5%	89.4%	86.8%	88.5%	85.2%	81.8%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	86.1%	79.1%	87.5%	87.2%	75.7%	74.0%
Use illegal drugs other than marijuana	96.9%	96.7%	96.6%	96.8%	96.3%	96.4%	98.0%	96.3%	92.8%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	94.2%	91.4%	90.7%	94.1%	93.4%	93.1%
Use prescription drugs not prescribed to you	N/A	N/A	N/A	N/A	N/A	N/A	95.9%	94.3%	91.5%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	92.5%	90.4%	88.2%	93.0%	93.4%	91.6%
EXPOSURE TO SUBSTANCE USE – Is there anyone (other than you) living in your household who... (Responses = Yes)																							
Smokes cigarettes, cigars, or a pipe	39.5%	37.5%	37.6%	33.8%	34.1%	28.7%	22.9%	21.4%	17.3%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	21.7%	13.3%	16.1%	15.4%	22.2%	15.7%
Uses electronic vapor products ¹	N/A	N/A	N/A	N/A	N/A	N/A	N/A	9.1%	12.0%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	13.5%	10.4%	9.4%	12.8%	14.8%	10.2%
You think drinks too much alcohol	19.3%	18.7%	19.2%	17.3%	17.7%	15.1%	14.8%	14.1%	13.0%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	16.1%	9.4%	10.1%	14.6%	17.0%	10.2%
Smokes marijuana	15.7%	13.7%	15.1%	14.1%	15.5%	15.2%	10.8%	13.6%	13.9%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	14.5%	13.1%	8.1%	11.2%	21.5%	17.2%
Uses illegal drugs other than marijuana	5.4%	5.3%	5.7%	3.9%	3.5%	2.8%	1.7%	2.2%	2.4%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1.4%	3.4%	3.1%	2.2%	3.7%	0.0%
Uses prescription drugs that are not prescribed to them	N/A	N/A	N/A	N/A	N/A	N/A	2.7%	2.6%	2.3%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1.0%	3.4%	2.5%	1.1%	3.0%	2.4%

¹ Electronic cigarettes were described in the survey as "e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens."

2019-2020 SOMERVILLE HIGH SCHOOL HEALTH SURVEY

Violence and Safety - High School (N=680)

	SOMERVILLE									Massachusetts YRBS								GENDER		GRADE			
	'04 (1382)	'06 (1003)	'08 (1125)	'10 (1053)	'12 (972)	'14 (1002)	'16 (868)	'18 (754)	'20 (680)	'05 (3522)	'07 (3131)	'09 (2707)	'11 (2729)	'13 (2718)	'15 (3120)	'17 (3286)	'19 (2218)	Females (318)	Males (331)	9th (181)	10th (206)	11th (147)	12th (136)
VIOLENCE-RELATED EXPERIENCES IN THE PAST 12 MONTHS																							
Witnessed violence in your family (12 months)	13.6%	14.5%	13.0%	13.5%	11.3%	10.5%	9.5%	7.3%	7.8%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	6.1%	9.1%	4.7%	8.0%	9.1%	9.8%
Received verbal or emotional abuse from someone in your family (12 months)	21.6%	21.3%	24.6%	20.3%	18.8%	18.1%	15.3%	16.0%	14.1%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	18.1%	9.7%	10.5%	15.2%	13.4%	17.3%
Mistreated by someone who thought you were not masculine or feminine enough (12 months)	8.0%	8.2%	10.3%	6.3%	6.4%	5.0%	7.8%	7.3%	7.6%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	4.2%	9.1%	4.1%	8.6%	9.2%	9.0%
Sexually harassed in school (12 months)	12.4%	9.4%	10.2%	7.8%	6.5%	4.3%	5.4%	9.5%	6.1%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	7.7%	3.8%	2.9%	6.0%	7.7%	8.2%
Hurt physically or sexually by a date or someone you were going out with (12 months)	5.0%	4.9%	5.6%	4.0%	3.2%	2.8%	2.6%	2.7%	2.0%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	2.9%	0.9%	0.0%	2.0%	2.8%	3.0%
Were a member of a gang (12 months)	6.0%	5.9%	3.5%	3.3%	4.3%	1.9%	1.6%	2.0%	2.0%	10%	9%	7%	6%	N/A	N/A	N/A	N/A	0.3%	3.5%	1.2%	2.0%	2.8%	2.2%
BULLYING AND FIGHTING IN THE PAST 12 MONTHS																							
Bullied at school (12 months)	19.9%	17.8%	23.7%	18.4%	19.0%	17.8%	13.4%	13.4%	11.6%	N/A	N/A	19.4%	18.1%	16.6%	15.6%	14.6%	16.3%	11.8%	9.9%	12.1%	12.3%	9.7%	11.9%
Bullied when NOT at school (12 months)	15.4%	13.7%	17.2%	12.9%	13.7%	15.3%	11.4%	10.8%	9.8%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	12.1%	6.5%	10.9%	11.8%	7.7%	8.3%
Bullied electronically (12 months)	N/A	N/A	N/A	N/A	15.1%	15.3%	11.9%	13.1%	11.7%	N/A	N/A	N/A	N/A	13.8%	13.0%	13.6%	13.9%	14.7%	7.4%	14.3%	12.4%	10.5%	9.0%
Saw someone else bullied at school (12 months)	N/A	N/A	N/A	N/A	46.4%	38.8%	30.7%	27.4%	29.1%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	29.8%	28.7%	22.4%	33.0%	28.0%	32.3%
In a physical fight on school property (12 months)	15.0%	12.8%	10.6%	9.2%	10.2%	5.4%	5.4%	4.3%	5.4%	10.2%	9.1%	8.7%	7.1%	4.6%	5.6%	5.8%	6.4%	2.5%	8.6%	7.9%	6.3%	4.2%	1.5%
In a physical fight when NOT on school property (12 months)	24.0%	23.1%	23.0%	17.4%	15.9%	13.1%	13.1%	8.2%	10.3%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	7.0%	14.1%	10.7%	9.7%	11.2%	8.8%
WEAPONS CARRYING AND STAYING HOME FROM SCHOOL IN THE PAST 30 DAYS																							
Carried a weapon such as a gun, knife, or club on school property (30 days)	5.8%	6.9%	5.0%	3.4%	4.1%	3.6%	2.5%	1.1%	1.9%	5.8%	5.0%	4.4%	3.7%	3.1%	3.2%	2.7%	1.8%	1.6%	2.1%	1.1%	2.0%	2.8%	2.2%
Carried a weapon such as a gun, knife, or club when NOT on school property (30 days)	12.7%	14.4%	12.7%	7.6%	9.1%	7.6%	6.0%	5.6%	7.0%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	4.1%	9.2%	5.7%	7.8%	6.9%	7.4%
Stayed home from school because of fear for safety (30 days)	6.6%	5.5%	7.8%	4.9%	6.4%	5.4%	6.1%	4.9%	9.1%	4.0%	4.7%	4.0%	4.8%	3.6%	4.8%	4.5%	6.4%	10.5%	6.4%	10.2%	10.2%	4.2%	9.6%

2019-2020 SOMERVILLE HIGH SCHOOL HEALTH SURVEY

Mental Health - High School (N=680)

	SOMERVILLE									Massachusetts YRBS							GENDER		GRADE				
	'04 (1382)	'06 (1003)	'08 (1125)	'10 (1053)	'12 (972)	'14 (1002)	'16 (868)	'18 (754)	'20 (680)	'05 (3522)	'07 (3131)	'09 (2707)	'11 (2729)	'13 (2718)	'15 (3120)	'17 (3286)	'19 (2218)	Females (318)	Males (331)	9th (181)	10th (206)	11th (147)	12th (136)
PERSONAL EXPERIENCES IN PAST 12 MONTHS																							
Divorce or separation in family	6.9%	8.2%	8.5%	8.3%	7.1%	6.9%	8.2%	7.2%	7.2%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	7.5%	6.7%	12.3%	8.2%	2.8%	3.8%
Family moved	13.3%	14.7%	13.6%	12.7%	12.5%	10.7%	13.5%	12.8%	10.2%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	11.8%	8.1%	16.4%	9.9%	6.3%	6.8%
Family member or close friend died	41.7%	38.4%	32.2%	36.9%	32.4%	30.8%	33.1%	36.6%	34.0%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	34.3%	31.7%	28.3%	39.7%	35.7%	29.9%
ISSUES THAT CAUSE WORRY - Percent of students who report worrying "fairly often" or "very often" about issues in past month																							
School issues (grades, homework, tests, etc.)	N/A	N/A	63.9%	60.7%	64.0%	63.5%	67.1%	64.4%	59.0%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	69.3%	48.6%	48.3%	69.3%	67.6%	51.5%
Social issues (friendships, dating, teasing, etc.)	N/A	N/A	38.0%	31.0%	30.6%	30.2%	33.1%	32.7%	30.7%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	35.2%	25.4%	24.9%	32.8%	35.9%	30.9%
Appearance issues (your weight, how you look, etc.)	N/A	N/A	41.5%	34.2%	35.9%	36.3%	35.3%	34.9%	35.4%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	46.5%	22.3%	31.5%	40.3%	32.4%	37.3%
Family issues (relationship with your parent[s], family's financial situation, family health concerns, etc.)	N/A	N/A	39.7%	32.3%	34.9%	29.8%	29.0%	29.7%	25.8%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	33.7%	17.9%	19.5%	27.2%	28.2%	29.1%
ANXIETY, SELF-HARM, DEPRESSION, AND SUICIDE																							
Experienced anxiety ¹ (30 days)	N/A	N/A	N/A	N/A	N/A	N/A	36.7%	41.5%	46.3%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	61.0%	30.1%	34.5%	50.0%	47.9%	53.7%
Hurt/injured self on purpose (12 months)	N/A	N/A	13.5%	12.9%	12.6%	15.7%	14.2%	14.3%	13.5%	19%	17%	17%	18%	N/A	N/A	N/A	N/A	17.4%	8.1%	12.5%	18.2%	14.0%	8.1%
Depressed ² (12 months)	31.6%	30.7%	31.0%	26.9%	31.2%	31.3%	31.2%	34.5%	35.2%	26.7%	24.0%	24.0%	25.2%	21.7%	27.4%	27.4%	33.8%	43.9%	24.5%	31.8%	38.0%	35.2%	35.3%
Seriously considered suicide (12 months)	13.5%	13.6%	11.5%	9.1%	9.0%	13.4%	12.1%	16.7%	14.2%	12.7%	12.5%	13.5%	13.3%	12.0%	14.9%	12.4%	17.5%	15.2%	11.0%	13.7%	15.5%	13.4%	14.0%
Attempted suicide (12 months)	6.6%	5.8%	5.3%	4.7%	4.5%	5.6%	5.5%	5.0%	5.2%	6.4%	7.6%	6.8%	6.8%	5.5%	7.0%	5.4%	7.3%	6.1%	4.1%	5.4%	7.0%	2.8%	5.1%
<i>If attempted suicide in past 12 months - spoke with trusted adult about it</i>	N/A	N/A	N/A	N/A	N/A	N/A	50.0%	31.4%	36.0%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	35.7%	40.0%	37.5%	12.5%	66.7%	50.0%
SOCIAL SUPPORTS																							
Have a parent or other adult family member to talk to about important issues	68.3%	69.8%	66.6%	71.5%	74.2%	72.4%	75.1%	74.7%	76.9%	N/A	81%	84%	83%	83%	N/A	N/A	N/A	79.4%	75.9%	79.5%	73.4%	78.6%	78.4%
Have a teacher or other adult school staff member to talk to about a problem	52.7%	59.3%	51.9%	56.9%	62.5%	63.3%	64.3%	67.6%	68.1%	N/A	67%	69%	71%	71%	N/A	N/A	N/A	69.8%	65.7%	58.1%	65.2%	70.8%	82.4%
Have another adult outside of school to talk to about important issues	38.3%	39.6%	39.1%	40.3%	35.6%	32.8%	29.1%	31.9%	26.9%	N/A	48%	N/A	N/A	N/A	N/A	N/A	N/A	30.5%	23.8%	24.0%	22.7%	29.7%	35.8%
Met with a school counselor for mental health support (12 months)	N/A	N/A	N/A	N/A	N/A	N/A	12.4%	19.5%	20.7%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	25.4%	14.2%	16.3%	19.9%	25.0%	23.1%
Met with a therapist (with or without your family) for mental health support (12 months)	N/A	N/A	N/A	N/A	N/A	N/A	15.3%	17.6%	19.8%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	23.8%	12.8%	15.4%	19.1%	27.1%	19.3%
Took medication prescribed for you for mental health support (12 months)	N/A	N/A	N/A	N/A	N/A	N/A	9.1%	8.0%	10.8%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	12.2%	7.7%	7.1%	7.3%	17.1%	13.4%

¹ Anxiety was described in the survey as feeling "tense, nervous, or worried every day for two or more weeks in a row."

² Depression was described in the survey as feeling "so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities."

2019-2020 SOMERVILLE HIGH SCHOOL HEALTH SURVEY

Physical Health - High School (N=680)

	SOMERVILLE									Massachusetts YRBS								GENDER		GRADE			
	'04 (1382)	'06 (1003)	'08 (1125)	'10 (1053)	'12 (972)	'14 (1002)	'16 (868)	'18 (754)	'20 (680)	'05 (3522)	'07 (3131)	'09 (2707)	'11 (2729)	'13 (2718)	'15 (3120)	'17 (3286)	'19 (2218)	Females (318)	Males (331)	9th (181)	10th (206)	11th (147)	12th (136)
SEXUAL BEHAVIOR																							
Ever had sexual intercourse	49.8%	49.1%	47.3%	48.0%	45.4%	37.3%	33.1%	29.7%	29.1%	45.4%	44.4%	46.4%	42.0%	38.1%	36.4%	35.3%	36.9%	29.2%	29.0%	14.2%	27.5%	33.6%	44.4%
Condom use at last intercourse ¹	71.4%	66.2%	68.5%	67.8%	68.1%	71.4%	60.4%	57.1%	56.9%	65.0%	61.1%	57.5%	57.7%	57.6%	62.5%	57.8%	51.4%	55.4%	59.0%	60.0%	64.0%	54.5%	50.9%
Alcohol/drugs at last intercourse ¹	17.1%	16.4%	16.7%	14.3%	17.5%	14.6%	14.3%	8.1%	15.0%	23.2%	24.6%	23.5%	22.7%	23.5%	21.8%	18.2%	23.4%	11.9%	18.3%	10.0%	14.0%	22.7%	12.3%
Ever been/gotten someone pregnant	5.2%	4.4%	5.7%	4.5%	3.8%	2.4%	1.2%	1.5%	2.1%	5%	5%	6%	5%	N/A	N/A	N/A	N/A	2.0%	1.7%	0.6%	2.1%	3.6%	2.4%
Ever sexual contact against will	8.0%	8.1%	8.3%	8.2%	5.6%	4.6%	9.5%	10.6%	11.5%	10%	11%	11%	10%	N/A	N/A	N/A	N/A	16.4%	7.0%	7.1%	12.6%	12.5%	15.1%
Ever had an STD	1.6%	1.1%	1.6%	2.1%	1.7%	1.7%	1.1%	1.1%	1.8%	5%	3%	2%	2%	N/A	N/A	N/A	N/A	1.4%	2.0%	3.8%	1.6%	0.0%	0.8%
Ever taught about AIDS/HIV in school	87.7%	87.3%	87.0%	86.7%	81.3%	84.4%	83.1%	80.6%	77.8%	93%	89%	87%	84%	85%	N/A	N/A	N/A	78.8%	76.8%	70.8%	80.4%	82.9%	78.9%
Ever talked with parents or other family adults about AIDS/HIV infection	48.5%	53.3%	48.8%	47.8%	46.7%	45.7%	40.5%	39.9%	43.7%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	44.2%	44.5%	35.0%	47.6%	47.1%	46.5%
WEIGHT																							
Describe self as slightly/very overweight	30.4%	32.1%	34.5%	31.6%	32.3%	33.1%	32.6%	33.0%	35.1%	31.2%	29.3%	28.8%	27.6%	29.4%	31.5%	28.1%	32.8%	44.2%	27.3%	39.8%	33.9%	33.3%	33.1%
Trying to lose weight	47.8%	50.8%	50.2%	47.8%	47.9%	48.5%	44.0%	49.9%	50.2%	46.7%	45.6%	45.0%	45.3%	44.5%	46.0%	43.8%	45.8%	60.6%	41.6%	48.4%	52.9%	46.4%	52.0%
WEIGHT LOSS OR MAINTENANCE ACTIVITIES IN PAST 30 DAYS																							
Fasted for 24 hours or more	11.9%	13.1%	11.6%	8.7%	8.8%	10.0%	10.2%	12.5%	16.5%	11%	11%	8%	10%	10%	N/A	N/A	N/A	20.5%	12.7%	17.3%	17.5%	14.6%	15.7%
Took diet pills/powders/liquids without a doctor's advice	6.5%	6.7%	5.5%	2.8%	4.8%	4.5%	2.4%	3.9%	3.7%	5%	6%	5%	4%	3%	N/A	N/A	N/A	5.5%	1.7%	3.2%	4.3%	2.9%	3.9%
Vomited/took laxatives	5.0%	4.2%	4.3%	3.5%	3.3%	4.8%	2.5%	3.9%	4.9%	6%	5%	5%	5%	4%	N/A	N/A	N/A	7.2%	2.7%	6.4%	4.8%	5.1%	2.4%
Tried a fad/trend diet	8.0%	8.0%	6.8%	3.3%	9.2%	8.1%	6.8%	7.1%	8.1%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	12.2%	4.4%	7.6%	7.6%	9.6%	7.9%
PHYSICAL ACTIVITY IN PAST 7 DAYS																							
Physically active for 60 minutes per day on 5 or more days in the past week (updated measure)	N/A	N/A	N/A	N/A	40.1%	39.5%	37.3%	44.3%	38.6%	N/A	41.0%	N/A	N/A	44.3%	45.2%	45.7%	43.4%	31.4%	46.8%	43.5%	36.0%	37.0%	38.6%
Watched TV or used electronic devices 3 or more hours per day ²	N/A	N/A	N/A	N/A	N/A	N/A	N/A	54.9%	61.6%	32.8%	28.4%	30.4%	28.4%	25.0%	N/A	N/A	N/A	63.6%	59.7%	61.6%	61.1%	60.3%	66.7%

¹ Of those who had sexual intercourse.

² Prior to 2018, the survey contained separate items regarding watching TV and using other electronic devices. These items were combined in the 2018 survey to ask about the number of hours respondents "watch TV, play video or computer games, or use the computer for something that is not school work" with instructions to "Count time spent on things such as Xbox, PlayStation, an iPod, an iPad or other tablet, a smartphone, YouTube, Facebook or other social networking tools, and the Internet."