

**REPORT ON**

**THE 2012 YOUTH RISK BEHAVIOR SURVEY**

**FOR STUDENTS IN GRADES 7, 8, 9, 10, 11 AND 12**

**FOR THE**

**BELMONT PUBLIC SCHOOLS**

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## **INTRODUCTION**

The Belmont Public Schools contracted with Northeast Health Resources (NHR) to assist in the design and to carry out the tabulation and an overview analysis of the Youth Risk Behavior Survey (YRBS) which was implemented with students in grades 7 through 12. These surveys were based on those developed specifically for middle school and high school students at the Centers for Disease Control and Prevention in Atlanta, Georgia. The middle school survey contains 71 questions and the high school survey contains 99 questions. Students responded to questions which fall under general categories of risk behaviors including: safety, violence, suicide, tobacco use, alcohol use, illegal drug use, HIV/AIDS education, sexual behavior, dietary behavior, and physical activity.

Every other year, the Massachusetts Department of Education carries out a Youth Risk Behavior Survey for high school students from a cross-section of school systems in the state. The most recent state-wide survey for which data is currently available was carried out by the Department of Education in the Spring of 2009. The survey was administered to students from 52 randomly selected public high schools in the state.

An overview of the results of the Youth Risk Behavior Survey as well as a comparison with certain of the data from the 2009 Massachusetts YRBS are included herein.

## **SURVEY PROCESS**

It was agreed that the Youth Risk Behavior Survey would be distributed to all students in attendance on the survey dates from grades 7, 8, 9, 10, 11 and 12. The middle school survey was administered simultaneously to all students in grades 7 and 8 on April 9, 2012. The high school survey was administered simultaneously to all students in grades 9, 10, 11, and 12 on April 4, 2012. Parents were informed in advance of the survey and one middle school student was withheld at parental request. In both cases the survey was administered by professional staff. Teachers were provided with written instructions which were read to all students before taking the survey.

Once all of the surveys were completed, they were gathered and tabulated. There were a total of 545 students who responded to the middle school survey, 250 from grade 7 and 288 from grade 8. There were 306 females and 232 males who responded to the survey. Seven students did not indicate their gender and seven students did not indicate their grade. Of the 577 students from grades 7 and 8 who were enrolled and present on the administration date, 545 completed the survey. This constitutes a participation rate of 94.5%.

In the high school there were a total of 879 students who responded to the survey, 237 from grade 9, 219 from grade 10, 214 from grade 11 and 202 from grade 12. Seven students did not indicate their grade. There were 451 females and 423 males who responded to the survey. Five students did not indicate their gender. Of the 1,041 Belmont High School students who were enrolled and present on the administration date, 879 completed the survey. This constitutes a participation rate of 84.4%.

## **ANALYSIS OF DATA**

Frequencies of responses are reported for all items in the survey and cross-tabulations are provided for three demographic characteristics: grade, gender, and grade/gender. The results of the survey, including all cross-tabulations, are presented under separate cover. Please note that the data results were tabulated in percentages, rounded to the nearest tenth of one percent and not all percentages will total exactly 100 due to rounding and no responses in some cases.

## OVERVIEW OF MAJOR FINDINGS

There is much important and relevant information to be found in an analysis of the tabulations of the Youth Risk Behavior Survey as taken by students from the Belmont Public Schools. This is true when one looks at the tabulations of all students taken as a group, and is especially so when one looks at the cross-tabulations by grade and gender.

With students having responded to 71 questions at the middle school and 99 questions at the high school, much can be said about the responses to each of those questions. However, it is not the intention here to discuss the results of each question. Rather, it is the intention of this report to highlight certain of the results and to offer comparisons with data gathered from the implementation of the 2009 High School Massachusetts YRBS. It is hoped that the following as well as a more detailed analysis of the results of this survey, will assist the Belmont Public Schools and their Health Advisory Committee in their on-going development of health education curriculum.

## MIDDLE SCHOOL – GRADES 7 AND 8

### SAFETY

- **5.9%** of all respondents (5.5% - 2010) report “never” or “rarely” wearing a seatbelt when riding in a car (grade 7 – 2.0%, grade 8 – 9.1%). Males (8.2%) were more likely to never or rarely wear a seatbelt than were females (4.3%).
- **One respondent in four (25.2%)** (25.1% - 2010) reports that they “never” or “rarely” wear a helmet when riding a bicycle. Respondents from grade 7 (20.8%) were less likely to never or rarely wear a bicycle helmet than those from grade 8 (28.5%) (females – 20.0%, males – 32.4%).
- **22.8%** of all respondents (18.0% - 2010) report having ever ridden in a car driven by someone who had been drinking alcohol. The incidence of this experience was much higher in grade 8 (grade 7 – 16.9%, grade 8 – 28.1%) and was also higher among males (females – 20.6% - males – 25.5%).

VIOLENCE RELATED BEHAVIORS

- **3.0%** of all respondents (2.0% - 2010) **report having carried a weapon such as a gun, knife, or club on school property on at least one occasion during the thirty days prior to the survey.** There was no variation by grade but males report doing so more frequently (females – 1.6%, males – 4.3%).
- **3.7%** of all respondents (2.8% - 2010) **report not going to school because they felt they would be unsafe at school or on the way to or from school, at least once during the thirty days prior to the survey.** There was little variation by grade or gender.
- **One-third (33.1%)** of all respondents (34.4% - 2010) **report having been bullied at school at least once during the 12 months prior to the survey.** There was no variation by gender.

**“During the past 12 months, how many times have you been bullied at school?”**

**“At least once.”**

	<u>Female</u>	<u>Male</u>	<u>Total</u>	<u>2010</u> <u>Total</u>
<b>Grade</b>				
7	31.1%	29.7%	30.4%	33.8%
8	36.1%	35.7%	35.8%	35.1%
<b>Total</b>	33.6%	32.9%	33.1%	34.4%

- **19.5%** of all respondents (17.2% - 2010) **report having been threatened, humiliated, or experienced hostile behaviors from others through electronic communication in any form during the previous 12 months.** The incidence of such cyber-bullying was higher among respondents from grade 8 (grade 7 – 17.3%, grade 8 – 21.5%) and higher among females (females – 22.5%, males – 15.2%). Further, **12.6% of all respondents** (11.3% - 2010) **report doing so to someone else.**
- **13.4%** of all respondents (10.5% - 2010) **report having hurt or injured themselves on purpose (for example cutting, burning or bruising) at least once during the 12 months prior to the survey.** There was no variation by grade while female respondents report doing so more frequently (females – 15.7%, males – 10.4%).

SUICIDE

- **12.4%** of all respondents (7.8% - 2010) **report having seriously thought about committing suicide during the 12 months prior to the survey** and **6.3%** (4.4% - 2010) **report having made a plan to do so**. The incidence of students reporting having seriously considered suicide varied very little by grade and not at all by gender.
- **3.0%** of all respondents (2.6% - 2010) **report having actually tried to commit suicide during the previous 12 months**. There was little variation by gender.

**“During the past 12 months, did you actually try to kill yourself?”**

**“Yes”**

	<u>Female</u>	<u>Male</u>	<u>Total</u>	<b>2010</b> <u>Total</u>
<b>Grade</b>				
7	4.7%	3.0%	4.0%	1.9%
8	1.9%	2.3%	2.1%	3.2%
<b>Total</b>	3.3%	2.6%	3.0%	2.6%

TOBACCO USE

- **6.3%** of all respondents (6.1% - 2010) **report having ever tried cigarette smoking** (even one or two puffs) and **1.9%** of all respondents **report having smoked a whole cigarette for the first time before the age of 12**. The incidence of those having ever tried cigarette smoking was higher for respondents in grade 8 (8.0%) than for respondents in grade 7 (4.4%) (females – 4.3%, males – 9.1%).
- **1.3%** of all respondents (2.6% - 2010) **report having smoked cigarettes on at least one occasion during the thirty days prior to the survey**. There was no variation by grade or gender.
- **2.2%** among all respondents (2.2% - 2010) **report having smoked cigars, cigarillos, or little cigars on at least one occasion during the thirty days prior to the survey**. There was no variation by grade while males report doing so more frequently (females – 1.0%, males – 3.4%).

ALCOHOL USE

- **One-fifth** of all respondents (**19.9%**) (19.9% - 2010) **report having ever had a drink of alcohol, other than a few sips and other than for religious reasons.** By grade, 8<sup>th</sup> grade respondents (24.1%) were more likely to have ever done so (grade 7 – 14.8%). Males (25.1%) report ever having a drink of alcohol more frequently than females (16.0%). Further, **8.1%** of all respondents (8.1% - 2010) **report having had their first drink of alcohol before the age of 12.**
- **10.4%** of all respondents (7.0% - 2010) **report having had at least one drink of alcohol at least once during the thirty days prior to the survey.** The incidence of recent alcohol use was lowest in grade 7 (grade 7 – 5.2%, grade 8 – 14.6%) and among females (females – 6.5%, males – 15.5%).



ILLEGAL DRUG USE

- **6.4%** of all respondents (6.1% - 2010) **report having ever used marijuana**. 8<sup>th</sup> grade respondents (8.1%) were more likely to have done so than were those from grade 7 (4.4%) (females – 3.3%, males – 10.4%). Further, **5.2%** of all respondents (3.5% - 2010) **report having used marijuana at least once during the thirty days prior to the survey**.
- **3.0%** of all respondents (2.2% - 2010) **report having ever tried any form of cocaine** (grade 7 – 2.0%, grade 8 – 3.8%) (females – 2.0%, males – 4.3%).
- **6.9%** of all respondents (6.3% - 2010) **report having ever sniffed glue, or breathed the contents of spray cans, or inhaled any paints or sprays to get high**. There was no variation by gender. Further, 6.7% report having done so during the previous 30 days.

**“Have you ever sniffed glue, or breathed the contents of spray cans or inhaled any paints or sprays to get high?”**

**“Yes”**

	<u>Female</u>	<u>Male</u>	<u>Total</u>	<u>2010</u> <u>Total</u>
<b>Grade</b>				
<b>7</b>	7.5%	4.0%	6.0%	3.4%
<b>8</b>	5.7%	9.2%	7.6%	9.0%
<b>Total</b>	6.6%	6.9%	6.9%	6.3%

- **One respondent in twenty (5.0%)** (2.4% - 2010) **reports having ever taken a prescription drug that was not prescribed for them in order to get high** (grade 7 – 5.6%, grade 8 – 4.2%). Male respondents report doing so more frequently (females – 3.6%, males – 7.0%).
- **5.6%** of all respondents (4.4% - 2010) **report having been offered, sold, or given an illegal drug on school property at least once during the twelve months prior to the survey**. The incidence of this experience was highest in grade 8 (grade 7 – 4.4%, grade 8 – 6.6%) and much higher among males (females – 2.6%, males – 9.5%).

HIV/AIDS EDUCATION

- **83.0%** of all respondents (81.0% - 2010) **report having ever been taught about AIDS or HIV infection in school** (grade 7 – 72.7%, grade 8 – 91.9%). There was no variation by gender.
- **Nearly half (48.5%)** of all respondents (50.6% - 2010) **report having not had a conversation with their parents or other adults in their family about sexuality or ways to prevent HIV infection, other STD’s or pregnancy during the 12 months prior to the survey** (females – 44.4%, males – 53.9%). There was no variation by grade.

SEXUAL BEHAVIOR

- **5.9%** of all respondents (5.6% - 2010) **report having ever had sexual intercourse**. There was no variation by grade. Further, **4.1%** **report having done so for the first time before the age of 12**.

**“Have you ever had sexual intercourse?”**

**“Yes”**

	<u>Female</u>	<u>Male</u>	<u>Total</u>	<u>2010</u> <u>Total</u>
<b>Grade</b>				
7	5.4%	6.9%	6.0%	4.2%
8	3.2%	8.5%	5.9%	6.9%
<b>Total</b>	4.3%	7.8%	5.9%	5.6%

- **15.8%** of all respondents (18.7% - 2010) **report having ever had intimate sexual contact with another person that did not include sexual intercourse**. The incidence of this experience was much higher among eighth graders (grade 7 – 9.2%, grade 8 – 21.7%) and was also much higher among males (females – 10.8%, males – 22.6%).

DIETARY BEHAVIOR

- While **60.4%** of all respondents **described themselves as being at about the right weight**, **36.2%** were **trying to lose weight** and **8.4%** were **trying to gain weight**. Females (45.4%) were much more likely to be trying to lose weight (males – 24.6%).
- During the previous 30 days, in order to lose weight or to keep from gaining weight:
  - **56.1%** of all respondents (58.6% - 2010) **report having exercised**. (females – 62.3%, males – 47.8%)
  - **31.5%** of all respondents (30.4% - 2010) **report having ever eaten less food, fewer calories, or foods low in fat**. (females – 38.6%, males – 21.9%)
  - **4.7%** of all respondents (3.0% - 2010) **report having ever gone without eating for 24 hours or more**. (females – 5.6%, males – 3.5%)
  - **2.3%** of all respondents (0.7% - 2010) **report having ever taken diet pills, powders, or liquids without a doctor’s advice**. (females – 1.7%, males – 3.1%)
  - **2.3%** of all respondents (2.8% - 2010) **report having vomited or taken laxatives**. (females – 1.3%, males – 3.5%)
- **One fifth (21.7%)** of all respondents (19.2% - 2010) **report eating breakfast on fewer than five days during the week prior to the survey** (grade 7 – 19.6%, grade 8 – 22.9%). Female respondents (22.9%) report eating breakfast on fewer than five days more frequently than males (19.8%). **6.2%** **report having not eaten breakfast at all during the previous week**.

PHYSICAL ACTIVITY

- **Three-quarters (75.1%)** of all respondents (79.6% - 2010) **report having exercised or participated in physical activity for at least 20 minutes on at least three occasions during the seven days prior to the survey** (grade 7 – 80.8%, grade 8 – 70.4%). There was little no variation by gender.
- **11.8%** of all respondents (13.9% - 2010) **report that they watch television 3 hours or more per day on an average school day.** There was very little variation by grade or gender.

## HIGH SCHOOL - GRADES 9, 10, 11 AND 12

The following also includes comparisons with certain of the data from the MA YRBS. It should be noted that the report on the MA YRBS often only provides aggregate data on all students from grades 9 through 12 and not on the results from specific grades.

### SAFETY

- **9.5%** of all respondents (7.4% - 2010) (14% - MA YRBS) report “never” or “rarely” wearing a seatbelt when riding in a car driven by someone else (grade 9 – 7.2%, grade 10 – 7.8%, grade 11 – 10.7%, grade 12 – 12.3%). Males (11.1%) were more likely to report never or rarely wearing a seatbelt than were females (7.7%).
- **18.9%** of all respondents (23.5% - 2010) (27% - MA YRBS) report having ridden in a car or other vehicle driven by someone who had been drinking alcohol on at least one occasion during the thirty days prior to the survey. The incidence of this experience was highest in grade 12 (grade 9 – 13.5%, grade 10 – 9.6%, grade 11 – 22.5%, grade 12 – 30.7%) and among males (females – 15.6%, males – 22.2%).
- **7.3%** of all respondents (7.4% - 2010) (9% - MA YRBS) report having driven a car or other vehicle after they had been drinking alcohol on at least one occasion during the thirty days prior to the survey. Respondents from grade 12 (15.3%) and grade 11 (9.9%) were most likely to have done so. The groups, which most frequently reported this behavior, were 11<sup>th</sup> grade males (12.6%), 12<sup>th</sup> grade females (10.9%), and 12<sup>th</sup> grade males (19.8%).

VIOLENCE RELATED BEHAVIORS

- **2.2%** of all respondents (3.1% - 2010) (4% - MA YRBS) **report having carried a weapon such as a gun, knife, or club on school property** on at least one occasion during the thirty days prior to the survey (grade 9 – 0.8%, grade 10 – 0.9%, grade 11 – 3.8%, grade 12 – 3.0%). There was little variation by gender.
- **One-fifth (19.6%)** of all respondents (25.3% - 2010) (19% - MA YRBS) **report having been bullied at school** at least once during the twelve months prior to the survey. The incidence of this experience decreased each year by grade (grade 9 – 27.0%, grade 10 – 17.8%, grade 11 – 16.4%, grade 12 – 14.6%) and was higher among females (females – 22.0%, males – 16.7%).
- **15.7%** of all respondents (19.3% - 2010) **report having been threatened, humiliated or experienced hostile behaviors from others through electronic communication in any form** during the previous twelve months. 11<sup>th</sup> grade respondents (17.8%) were most likely to have had this experience and 12<sup>th</sup> grade respondents (13.0%) were least likely. Females (17.6%) were more likely to have done so than were males (13.3%). Further, **12.1%** (16.1% - 2010) **report doing so to someone else**.
- **4.2%** of all respondents (4.2% - 2010) (7% - MA YRBS) **report having been threatened or injured by someone with a weapon such as a gun, knife, or club on school property** on at least one occasion during the twelve months prior to the survey. There was little variation by grade or gender (females – 3.1%, males – 5.2%).
- **4.8%** of all respondents (5.7% - 2010) (11% - MA YRBS) **report having ever been hurt physically or sexually by a date or someone they were going out with**. The incidence of this experience was highest among female respondents.

**“Have you ever been hurt physically or sexually by a date or someone you were going out with? This would include being hurt by being shoved, slapped, hit, or forced into any sexual activity.”**

**“Yes, I was hurt physically or sexually or both ways”**

	<u>Grade 9</u>	<u>Grade 10</u>	<u>Grade 11</u>	<u>Grade 12</u>	<u>Total</u>
<b>Female</b>	6.5%	5.1%	5.6%	9.0%	6.7%
<b>Male</b>	0.9%	1.0%	4.8%	4.0%	2.6%
<b>Total</b>	3.8%	3.2%	5.2%	6.5%	4.8%

- **16.2%** of all respondents (17.8% - 2010) (17% - MA YRBS) **report having hurt or injured themselves on purpose (such as cutting, burning, or bruising) without wanting to die** at least once during the previous twelve months. There was very little variation by grade (grade 9 – 16.5%, grade 10 – 16.9%, grade 11 – 14.1%, grade 12 – 16.3%). Female respondents (23.6%) report doing so much more frequently than males (8.3%).

SUICIDE

- **One respondent in ten (10.7%)** (10.2% - 2010) (14% - MA YRBS) **reports having seriously considered attempting suicide** during the twelve months prior to the survey. There was little variation by grade (grade 9 – 8.9%, grade 10 – 11.1%, grade 11 – 10.8%, grade 12 – 11.4%). Females (13.8%) report doing so twice as frequently as males (6.9%).
- **8.3%** of all respondents (8.0% - 2010) (7% - MA YRBS) **report having actually attempted suicide** on at least one occasion during the twelve months prior to the survey. The incidence of this behavior was higher among males.

**“During the past 12 months, how many times did you actually attempt suicide?”**

**“At least once”**

	<u>Grade 9</u>	<u>Grade 10</u>	<u>Grade 11</u>	<u>Grade 12</u>	<u>Total</u>
<b>Female</b>	7.3%	4.4%	4.6%	9.0%	6.5%
<b>Male</b>	9.1%	10.9%	8.8%	10.0%	9.6%
<b>Total</b>	8.1%	7.4%	7.1%	9.5%	8.3%
<b>2010 Total</b>	8.4%	8.0%	6.9%	7.6%	8.0%

TOBACCO USE

- **One-fifth (22.4%)** of all respondents (31.1% - 2010) (43% - MA YRBS) **report having ever tried cigarette smoking, even one or two puffs.** The incidence of this behavior increased each year by grade (grade 9 – 11.9%, grade 10 – 22.1%, grade 11 – 25.0%, grade 12 – 31.7%) (females – 17.7%, males – 27.1%). Further, **4.1%** of all respondents (9% - MA YRBS) **report having smoked a whole cigarette for the first time before the age of 13.**
- **8.0%** of all respondents (14.1% - 2010) (16% - MA YRBS) **report having smoked cigarettes on at least one day during the thirty days prior to the survey.** The incidence of recent cigarette use increased each year by grade.

**“During the past 30 days, on how many days did you smoke cigarettes?”**

**“At least once”**

	<u>Grade 9</u>	<u>Grade 10</u>	<u>Grade 11</u>	<u>Grade 12</u>	<u>Total</u>
<b>Female</b>	1.6%	6.9%	4.6%	11.9%	6.2%
<b>Male</b>	4.5%	7.9%	11.5%	14.9%	9.5%
<b>Total</b>	3.0%	7.4%	8.4%	13.4%	8.0%
<b>2010 Total</b>	4.6%	10.0%	16.5%	25.4%	14.1%

- **3.7%** of all respondents (4.3% - 2010) (7% - MA YRBS) **report having smoked cigarettes on school property** on at least one occasion during the thirty days prior to the survey. 12<sup>th</sup> grade respondents (5.0%) were most likely to have done so and 9<sup>th</sup> graders (1.7%) were least likely (females – 2.7%, males – 4.3%).
- **One respondent in eleven (9.1%)** (11.6% - 2010) (15% - MA YRBS) **reports having smoked cigars, cigarillos, or little cigars** on at least one occasion during the thirty days prior to the survey. The incidence of recent cigar use increased each year by grade (grade 9 – 4.2%, grade 10 – 6.9%, grade 11 – 11.7%, grade 12 – 13.9%). Males (13.3%) were much more likely to have done so than were females (4.9%).



ALCOHOL USE

- **57.6%** of all respondents (68.9% - 2010) (71% - MA YRBS) **report having had at least one drink of alcohol (other than for religious reasons) on at least one occasion during their lives and 9.2%** (17% - MA YRBS) **report having had their first drink of alcohol before the age of 13.** The incidence of lifetime alcohol use increased each year by grade (grade 9 – 43.8%, grade 10 – 46.1%, grade 11 – 63.2%, grade 12 – 80.2%). There was little variation by gender.
- **One-third (34.6%)** of all respondents (45.3% - 2010) (44% - MA YRBS) **report having had at least one drink of alcohol on at least one occasion during the thirty days prior to the survey.** The incidence of recent alcohol use also increased each year by grade.

**“During the past 30 days, on how many days did you have at least one drink of alcohol?”**

**“At least once”**

	<u>Grade 9</u>	<u>Grade 10</u>	<u>Grade 11</u>	<u>Grade 12</u>	<u>Total</u>
<b>Female</b>	21.1%	21.6%	37.6%	56.4%	33.3%
<b>Male</b>	17.9%	24.8%	42.7%	61.4%	36.0%
<b>Total</b>	19.5%	23.0%	40.4%	58.9%	34.6%
<b>2010 Total</b>	30.1%	38.0%	51.0%	62.8%	45.3%

- **23.1%** of all respondents (30.2% - 2010) (25% - MA YRBS) **report having had five or more drinks of alcohol in a row** (within a couple of hours) on at least one occasion during the thirty days prior to the survey. The incidence of recent binge drinking increased each year by grade (grade 9 – 8.5%, grade 10 – 15.2%, grade 11 – 30.3%, grade 12 – 40.8%) and was higher among males (females – 20.2%, males – 25.9%).
- **30.3%** of all respondents (40.2% - 2010) **report having attended parties held in homes in their school district where alcohol use by teens is allowed either occasionally or frequently** during the twelve months prior to the survey. The incidence was highest in grade 12 (grade 9 – 19.9%, grade 10 – 18.6%, grade 11 – 37.6%, grade 12 – 47.0%). There was little variation by gender.

ILLEGAL DRUG USE

- **Nearly one-third (32.4%)** of all respondents (37.5% - 2010) (43% - MA YRBS) **report having ever used marijuana** and **3.4% report having done so for the first time before the age of 13**. The incidence of lifetime marijuana use increased each year by grade (grade 9 – 16.5%, grade 10 – 23.1%, grade 11 – 41.7%, grade 12 – 51.0%). There as no variation by gender. Further, **21.0%** of all respondents (27% - MA YRBS) **report having used marijuana on at least one occasion during the thirty days prior to the survey**.

**“During the past 30 days, how many times did you use marijuana?”**

**“At least once”**

	<u>Grade 9</u>	<u>Grade 10</u>	<u>Grade 11</u>	<u>Grade 12</u>	<u>Total</u>
<b>Female</b>	9.8%	12.2%	23.1%	27.7%	17.8%
<b>Male</b>	10.0%	21.0%	31.7%	34.7%	24.0%
<b>Total</b>	10.3%	16.3%	27.7%	31.2%	21.0%
<b>2010 Total</b>	13.7%	19.2%	32.6%	40.6%	26.6%

- **3.2%** all respondents (2.3% - 2010) (6% - MA YRBS) **report having ever used any form of cocaine, including powder, crack, or freebase** (grade 9 – 2.1%, grade 10 – 2.3%, grade 11 – 2.8%, grade 12 – 5.0%). There was very little variation by gender.
- **3.2%** all respondents (2.5% - 2010) (6% - MA YRBS) **report having ever used MDMA (i.e. ecstasy, “E”, “X”)**. Respondents from grade 12 (5.0%) report this behavior more frequently than those from the other grades (grade 9 – 1.3%, grade 10 – 2.8%, grade 11 – 3.3%). There was no variation by gender.
- **3.7%** all respondents (3.3% - 2010) **report having ever used oxycontin**. There was very little variation by grade or gender.
- **15.3%** of all respondents (15.3% - 2010) **report having ever taken a prescription drug that was not prescribed for them in order to get high**. The incidence of this behavior was highest in grade 11 (grade 9 – 12.4%, grade 10 – 12.4%, grade 11 – 20.8%, grade 12 – 16.4%). There was little variation by gender (females – 14.3%, males – 16.3%).
- **Nearly one-fourth (23.4%)** of all respondents (24.4% - 2010) (26% - MA YRBS) **report having been offered, sold, or given an illegal drug on school property** on at least one occasion during the twelve months prior to the survey (grade 9 – 20.6%, grade 10 – 18.1%, grade 11 – 25.8%, grade 12 – 29.0%). Male respondents (26.7%) were more likely to have been offered, sold, or given an illegal drug on school property than were females (20.1%).

HIV/AIDS EDUCATION

- **One-half (49.9%)** of all respondents (49.7% - 2010) **report having no conversation at all with their parents or other adults in their family about sexuality or ways to prevent HIV, other sexually transmitted diseases, or pregnancy during the 12 months prior to the survey** (grade 9 – 56.7%, grade 10 – 42.9%, grade 11 – 50.5%, grade 12 – 49.3%). Male respondents (52.9%) were less likely to have had such a conversation with their parents than were females (47.4%).
- **93.9%** of all respondents (94.2% - 2010) (87% - MA YRBS) **report having ever been taught about AIDS/HIV infection in school**. There was very little variation by grade or gender.

SEXUAL BEHAVIOR

- **One-fourth (24.5%)** of all respondents (26.7% - 2010) (46% - MA YRBS) **report having ever had sexual intercourse**. Further, **2.4%** of all respondents (5% - MA YRBS) **report having had sexual intercourse for the first time before the age of 13**. The incidence of this behavior increased each year by grade, especially between grades 10 and 11.

**“Have you ever had sexual intercourse?”****“Yes”**

	<u>Grade 9</u>	<u>Grade 10</u>	<u>Grade 11</u>	<u>Grade 12</u>	<u>Total</u>
<b>Female</b>	8.1%	12.1%	35.8%	33.7%	21.7%
<b>Male</b>	16.4%	15.0%	34.6%	46.0%	27.6%
<b>Total</b>	12.0%	13.4%	35.2%	39.8%	24.5%
<b>2010 Total</b>	10.5%	17.3%	32.4%	48.0%	26.7%

- **5.7%** of all respondents (5.6% - 2010) (13% - MA YRBS) **report having had sexual intercourse with four or more partners** during their lives (grade 9 – 2.2%, grade 10 – 4.2%, grade 11 – 7.5%, grade 12 – 8.5%). There was little variation by gender (females – 4.7%, males – 6.5%).
- **17.7%** of all respondents (19.0% - 2010) (35% - MA YRBS) **report having had sexual intercourse on at least one occasion during the three months prior to the survey**. The incidence of recent sexual intercourse was much higher among respondents from grades 11 (24.5%) and 12 (30.2%) than those from grades 9 (6.4%) or 10 (11.4%). There was no variation by gender.
- **7.6%** of all respondents (7.1% - 2010) **report having used alcohol or drugs before the last time they had sexual intercourse** (grade 9 – 3.8%, grade 10 – 5.1%, grade 11 – 11.3%, grade 12 – 10.4%). Male respondents (11.3%) report having done so much more frequently than females (4.2%).

DIETARY BEHAVIOR

- While **61.7%** of all respondents **described themselves as being at about the right weight, 42.1%** (45% - MA YRBS) were **trying to lose weight (14.9%** were **trying to gain weight)**. There was little variation by grade. Females (56.4%) were much more likely to be trying to lose weight than were males (26.3%) who were much more likely to be trying to gain weight.
- During the thirty days prior to the survey, in order to lose weight or to keep from gaining weight:
  - **70.4%** of all respondents (71.8% - 2010) (59% - MA YRBS) **report having exercised.** (females – 72.7%, males – 67.9%)
  - **36.7%** of all respondents (38.3% - 2010) (39% - MA YRBS) **report having eaten less food, fewer calories, or foods low in fat.** (females – 49.9%, males – 22.5%)
  - **5.5%** of all respondents (5.3% - 2010) (8% - MA YRBS) **report having gone without eating for 24 hours or more.** (females – 8.3%, males – 2.5%)
  - **2.7%** of all respondents (2.2% - 2010) (5% - MA YRBS) **report having taken diet pills, powders, or liquids without a doctor’s advice.** (females – 2.9%, males – 2.4%)
  - **3.8%** of all respondents (3.8% - 2010) (5% - MA YRBS) **report having vomited or taken laxatives.** (females – 4.7%, males – 2.7%)
- **7.3%** of all respondents (8.8% - 2010) **report drinking a serving of soda or pop such as Coke, Pepsi, or Sprite** at least once per day during the previous week (grade 9 – 6.0%, grade 10 – 7.8%, grade 11 – 6.2%, grade 12 – 9.0%). Male respondents (11.5%) report doing so much more frequently than females (3.5%).
- **One-third (33.4%)** of all respondents (33.9% - 2010) **report that they ate breakfast on fewer than 5 days** during the week before the survey (grade 9 – 29.6%, grade 10 – 33.2%, grade 11 – 36.8%, grade 12 – 34.5%). There was little variation by gender.

PHYSICAL ACTIVITY

- **Over two-thirds (71.7%)** of all respondents (69.5% - 2010) (63% - MA YRBS) **report having exercised or participated in physical activities for at least 20 minutes on at least three days during the week prior to the survey.** The incidence of such regular exercise was highest in grade 10 (grade 9 – 72.8%, grade 10 – 78.9%, grade 11 – 65.7%, grade 12 – 69.0%). Male respondents (73.8%) report regular exercise slightly more frequently than females (69.9%).
- **11.6%** of all respondents (12.9% - 2010) (30% - MA YRBS) **report that they watch television 3 hours or more per day on an average school day.** The incidence of such regular television watching was highest among respondents from grade 12 (grade 9 – 9.5%, grade 10 – 8.4%, grade 11 – 11.3%, grade 12 – 17.4%). There was very little variation by gender (females – 10.8%, males – 12.3%).

**APPENDIX**

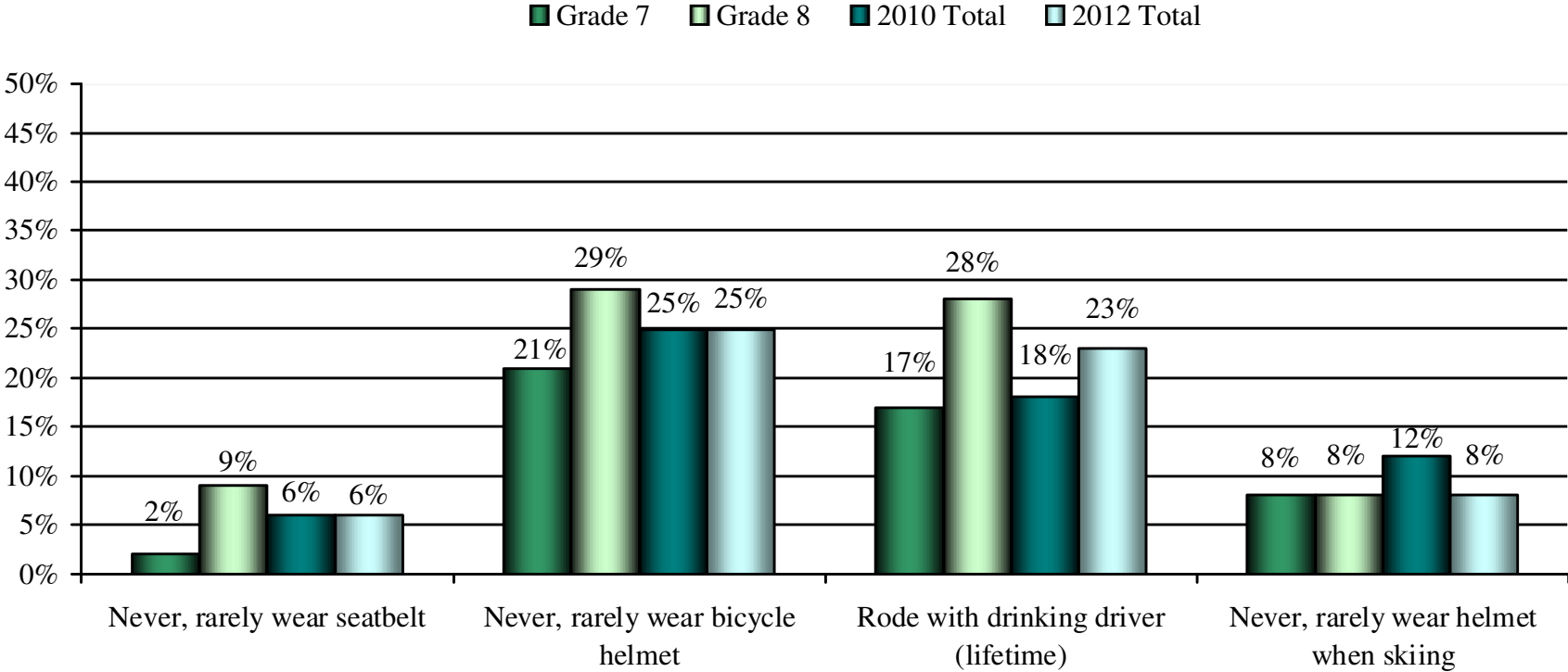
**THE 2012 YOUTH RISK BEHAVIOR SURVEY**

**BELMONT PUBLIC SCHOOLS**

**GRADES 7, 8, 9, 10, 11, AND 12**

**BELMONT PUBLIC SCHOOLS  
2012 YRBS**

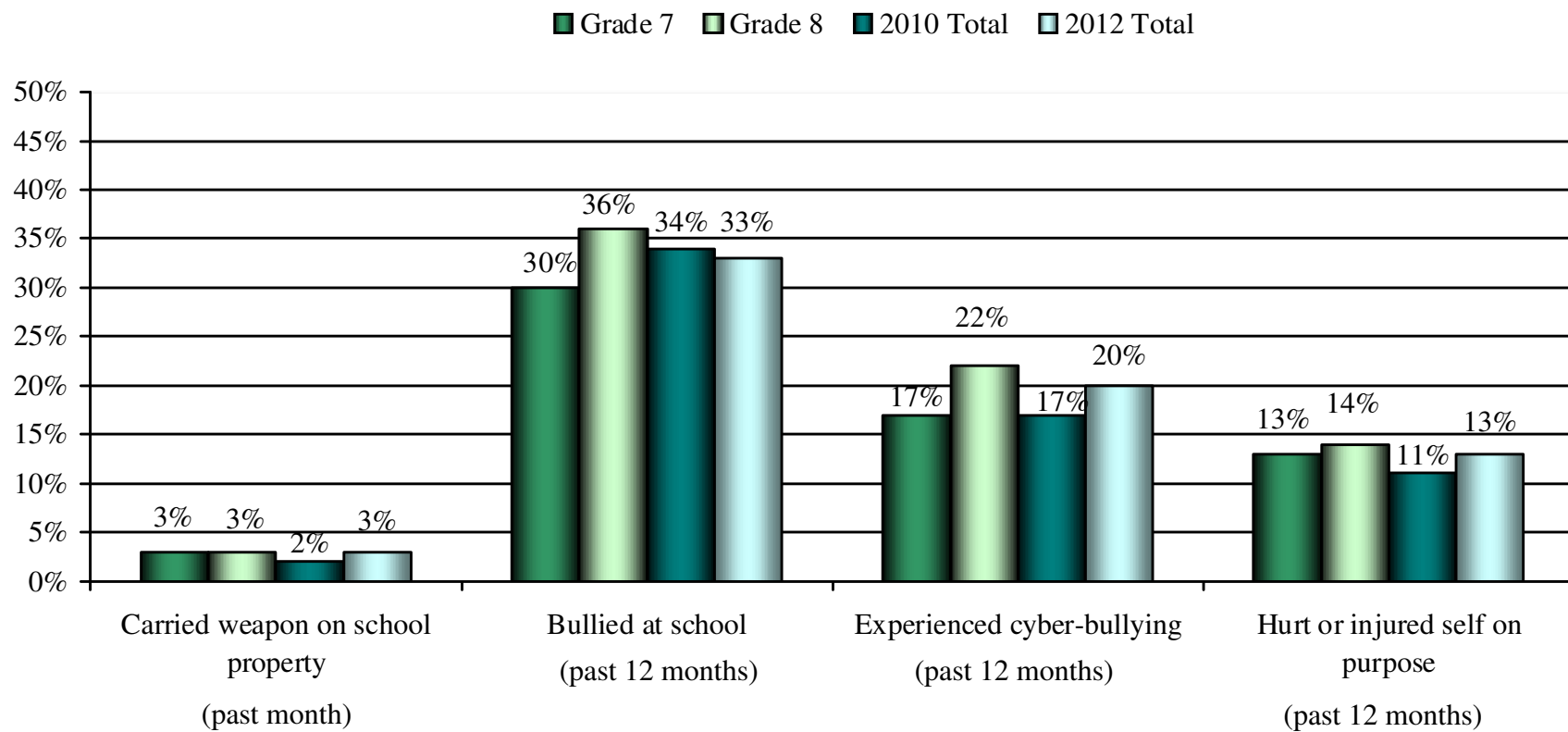
**SAFETY  
MIDDLE SCHOOL**





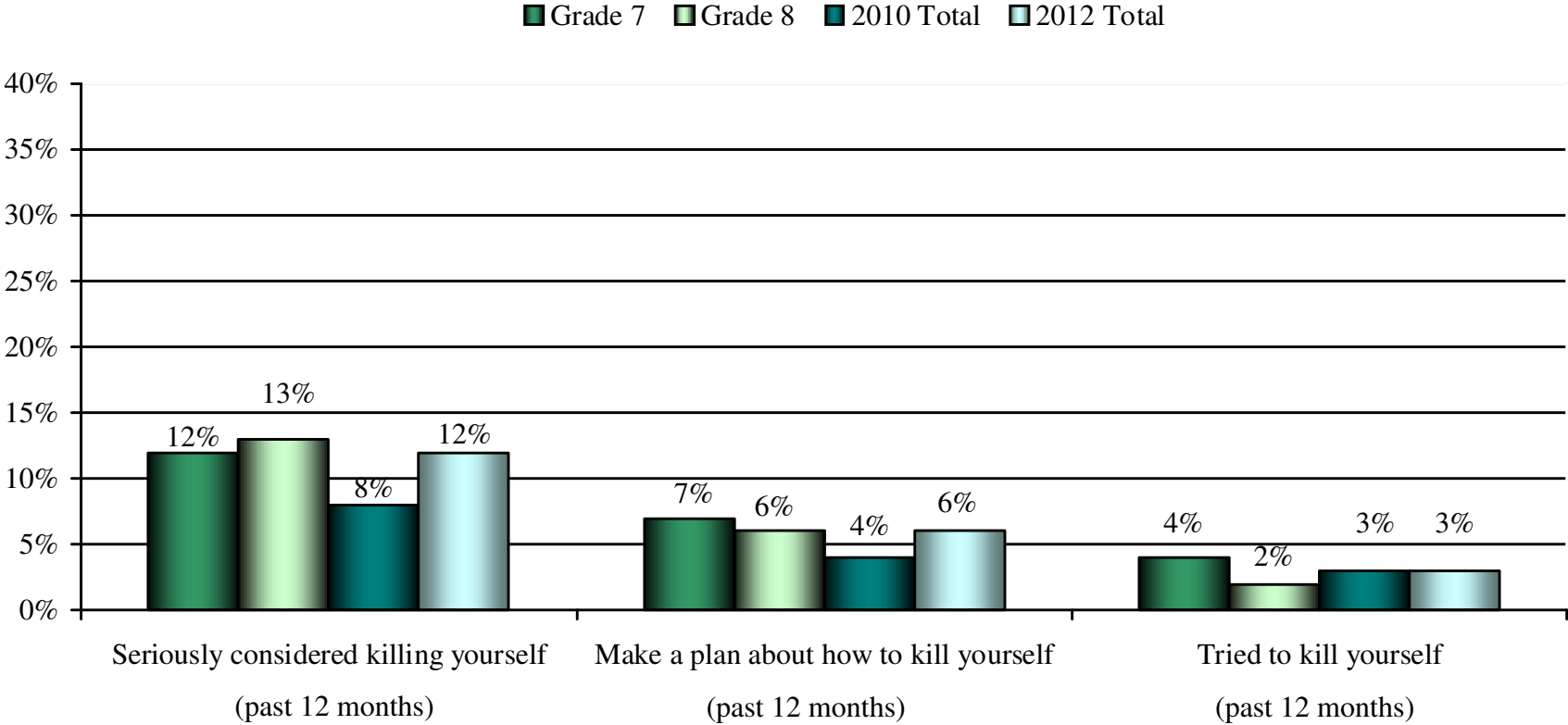
**BELMONT PUBLIC SCHOOLS  
2012 YRBS**

**VIOLENCE RELATED BEHAVIORS  
MIDDLE SCHOOL**



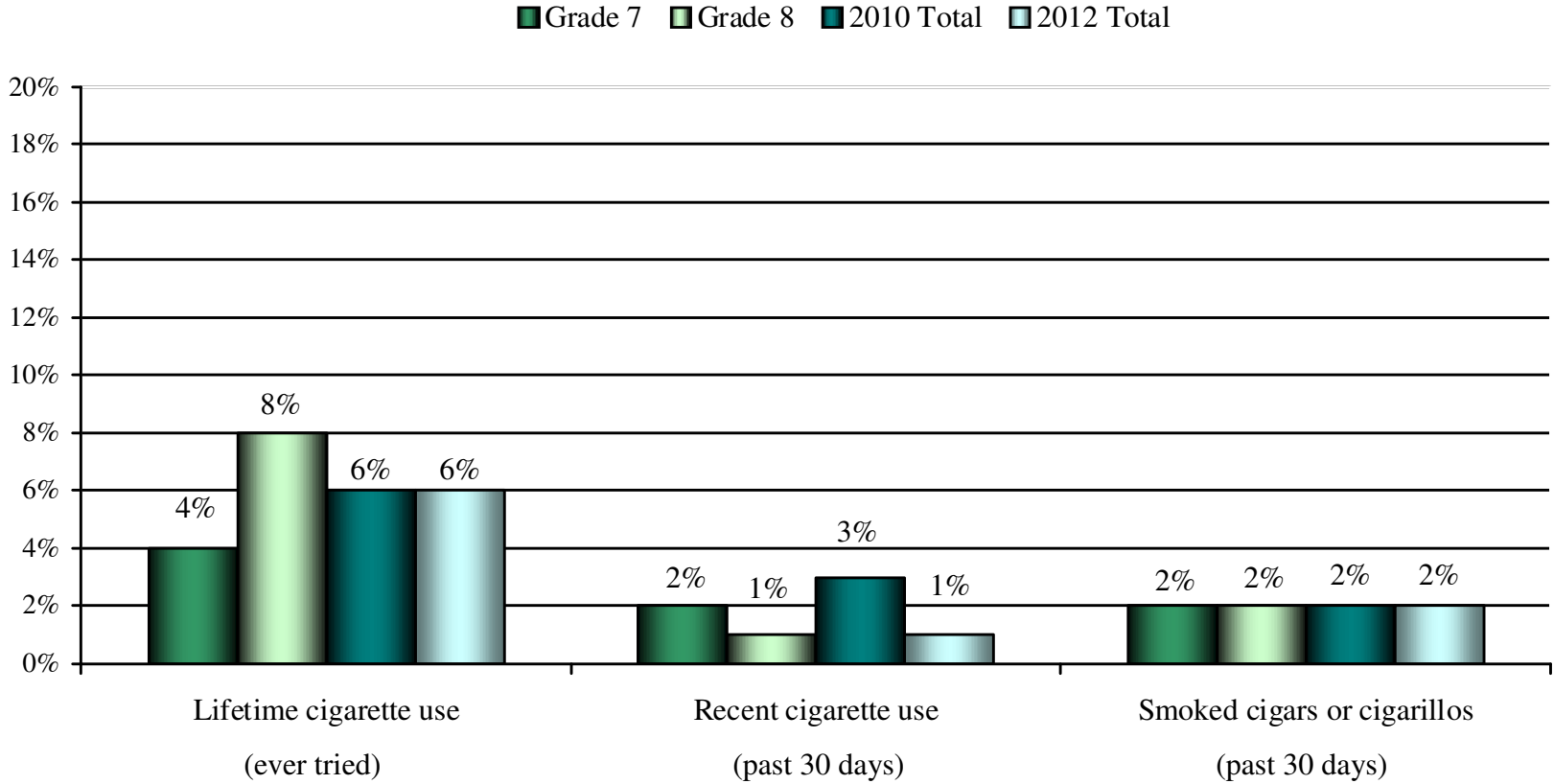
**BELMONT PUBLIC SCHOOLS  
2012 YRBS**

**SUICIDE  
MIDDLE SCHOOL**



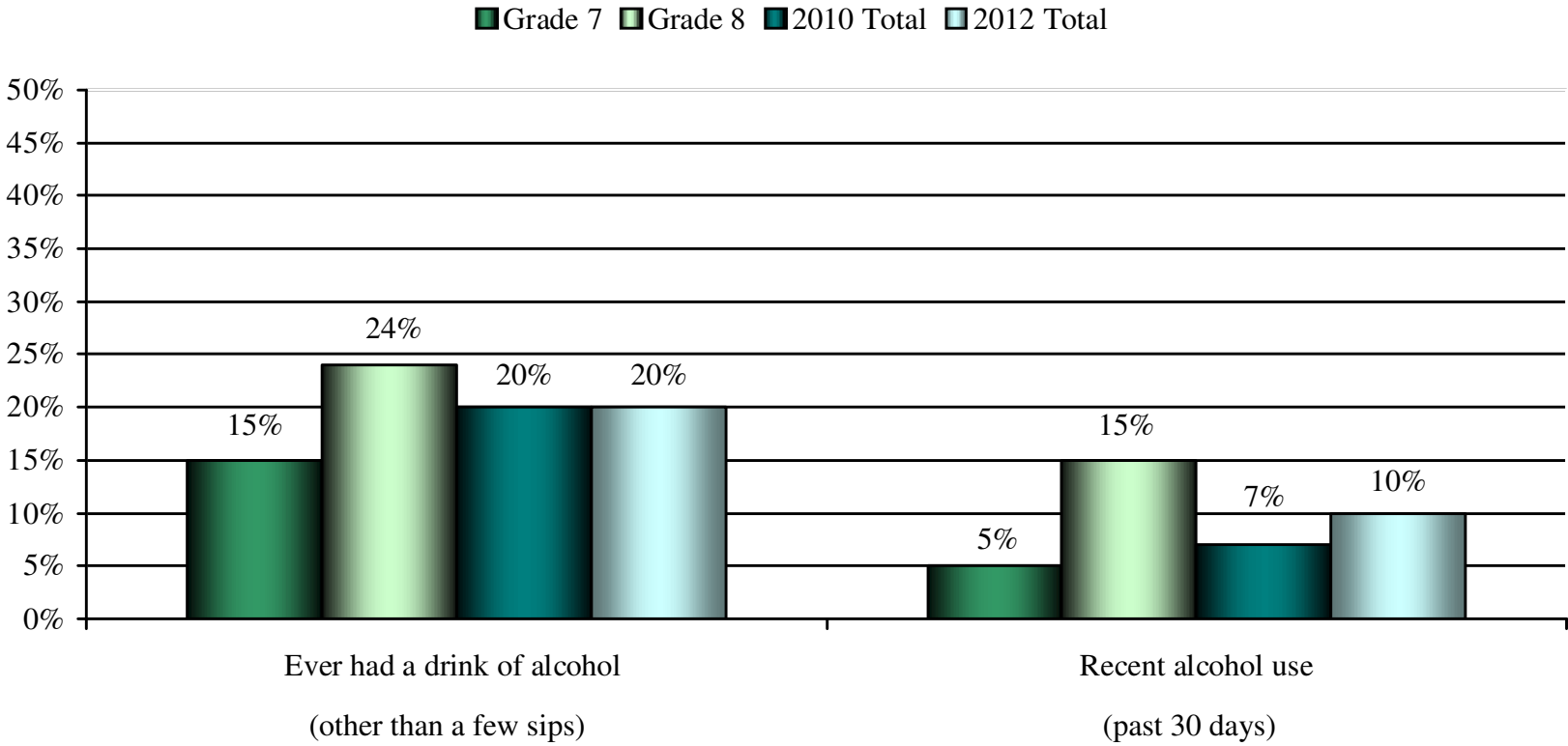
**BELMONT PUBLIC SCHOOLS  
2012 YRBS**

**TOBACCO USE  
MIDDLE SCHOOL**



**BELMONT PUBLIC SCHOOLS  
2012 YRBS**

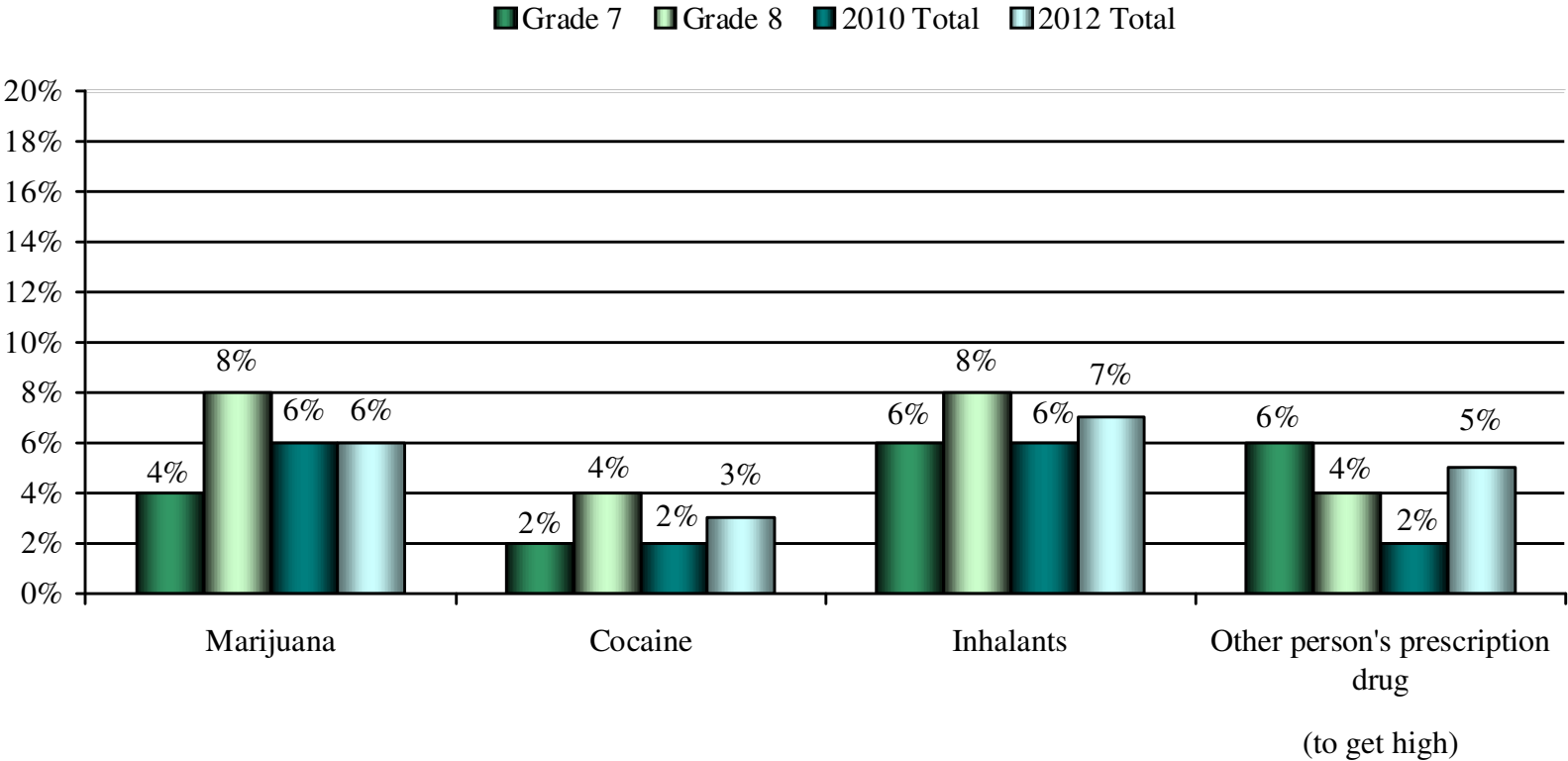
**ALCOHOL USE  
MIDDLE SCHOOL**



**BELMONT PUBLIC SCHOOLS  
2012 YRBS**

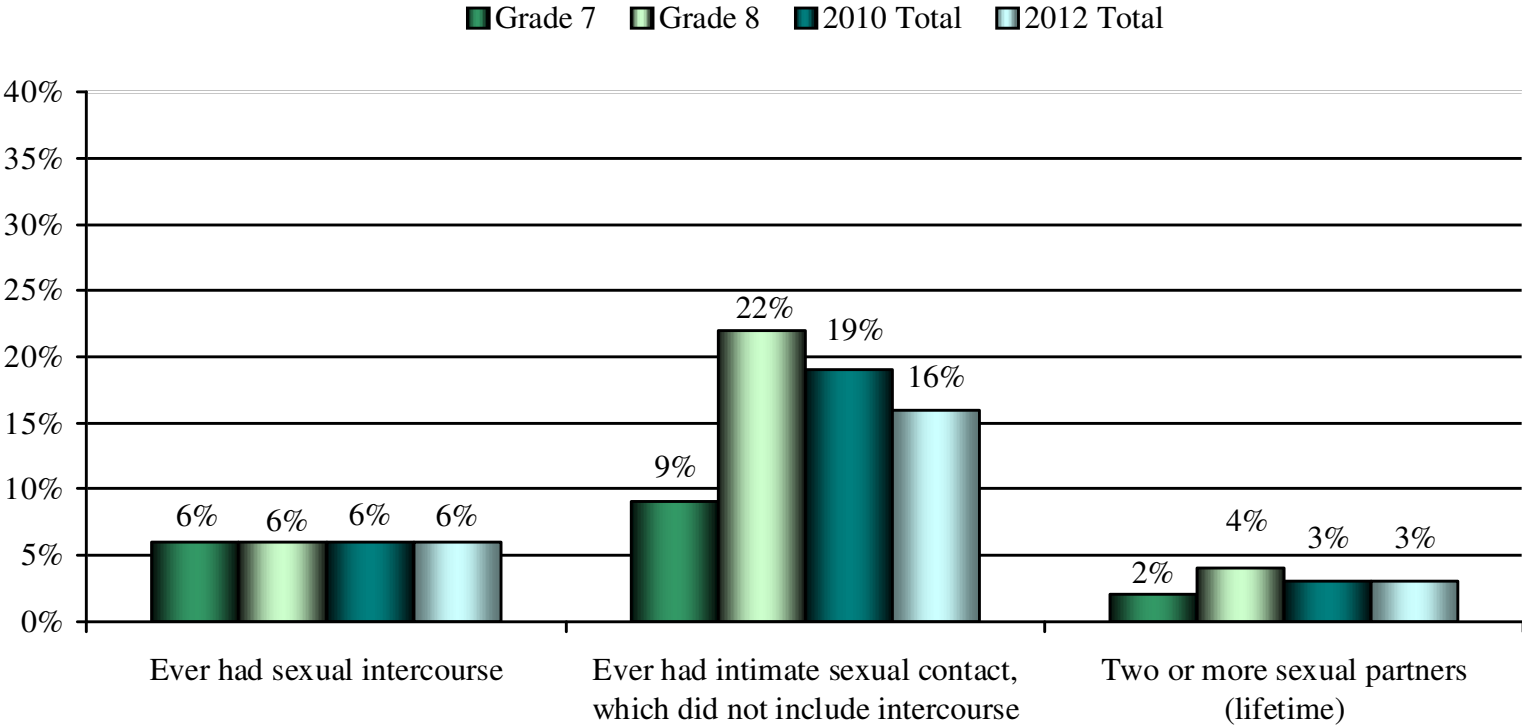
**ILLEGAL DRUG USE  
MIDDLE SCHOOL**

**LIFETIME USE**



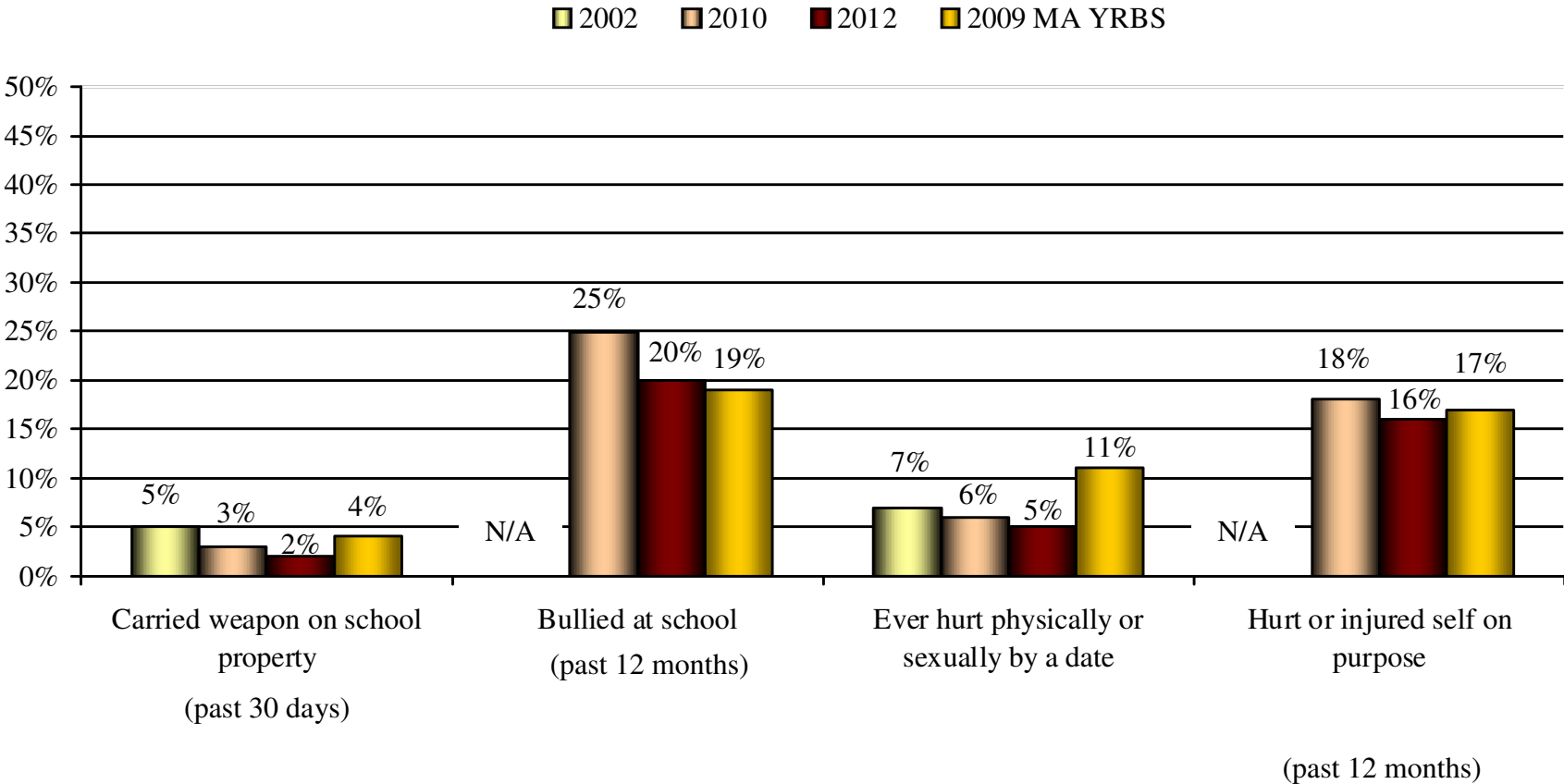
**BELMONT PUBLIC SCHOOLS  
2012 YRBS**

**SEXUAL BEHAVIOR  
MIDDLE SCHOOL**



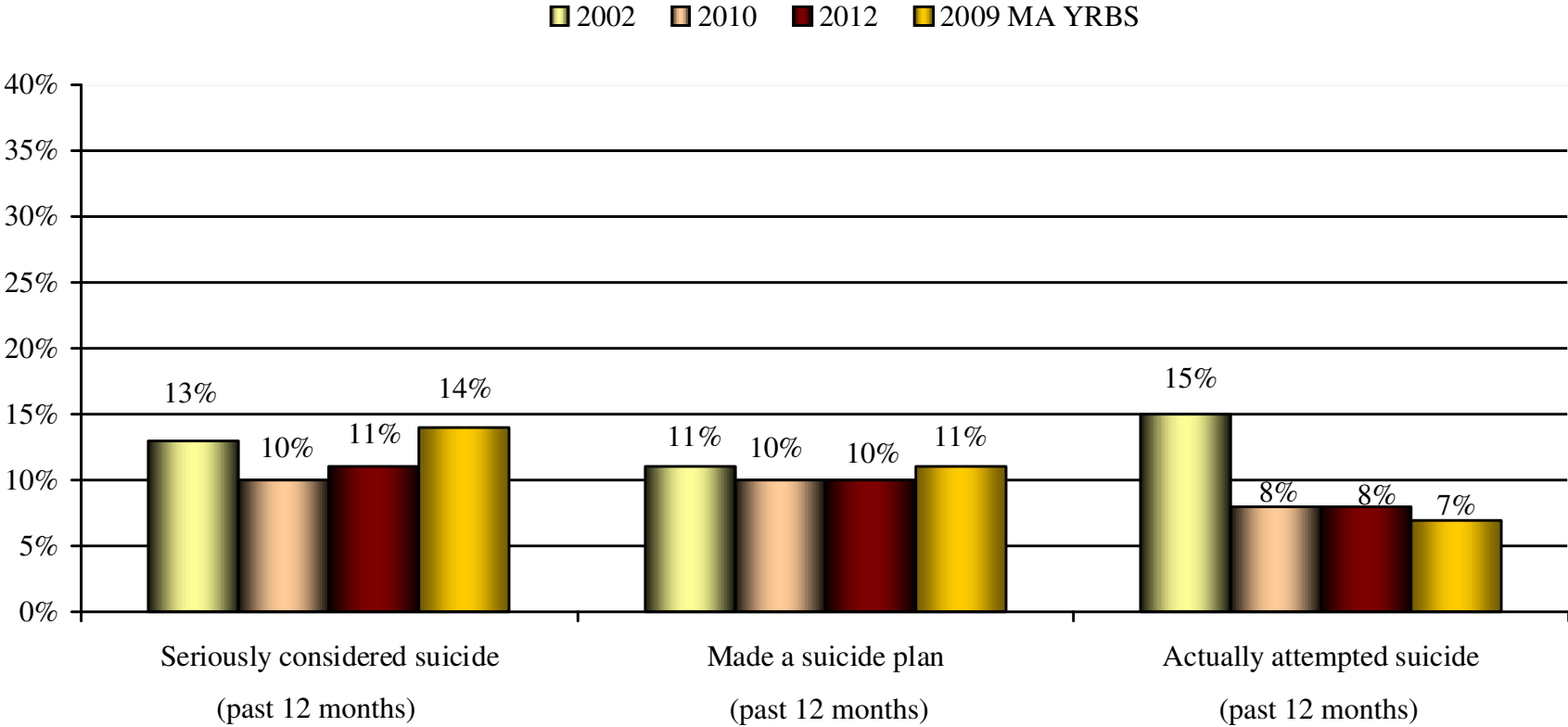
**BELMONT PUBLIC SCHOOLS  
2012 YRBS**

**VIOLENCE RELATED BEHAVIORS  
GRADES 9 – 12 (COMBINED)**



**BELMONT PUBLIC SCHOOLS  
2012 YRBS**

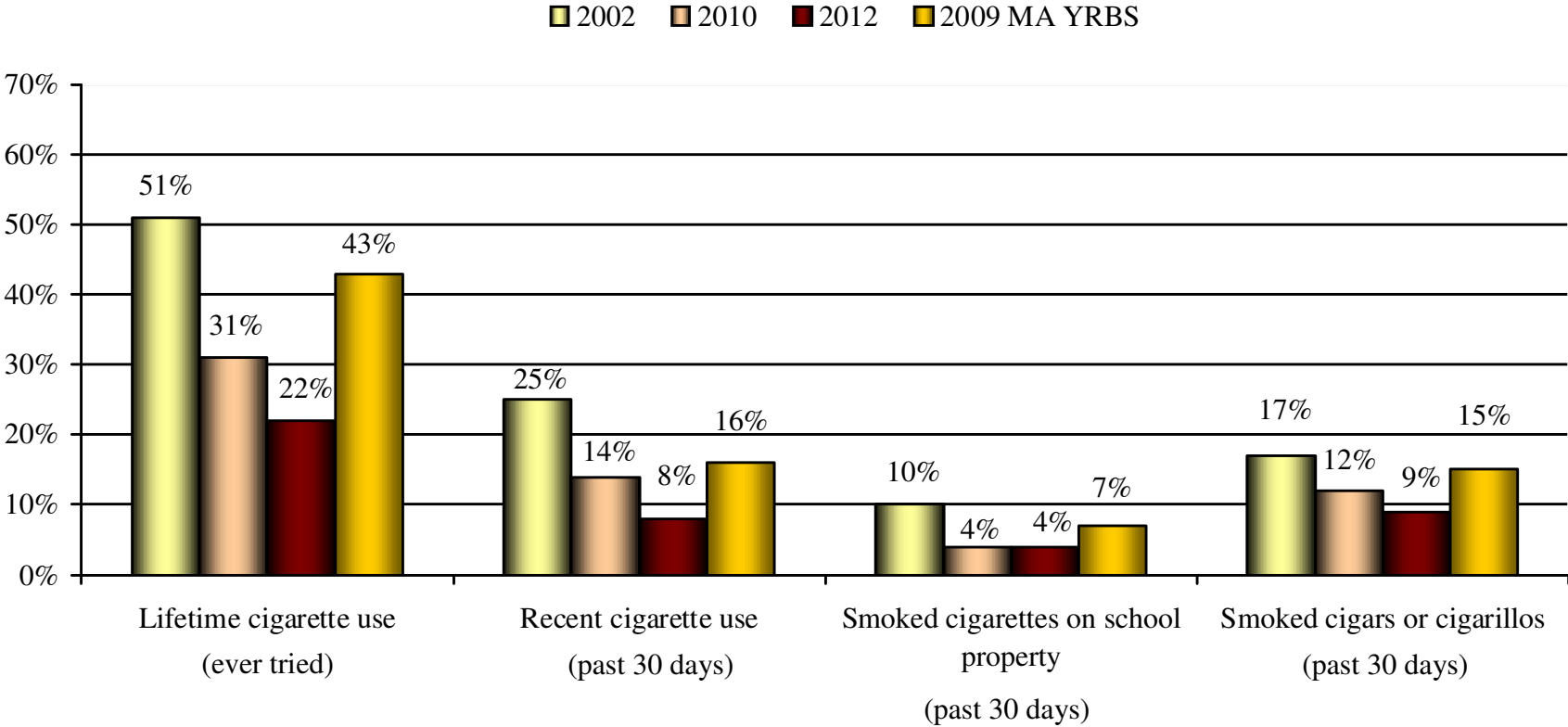
**SUICIDE  
GRADES 9 – 12 (COMBINED)**





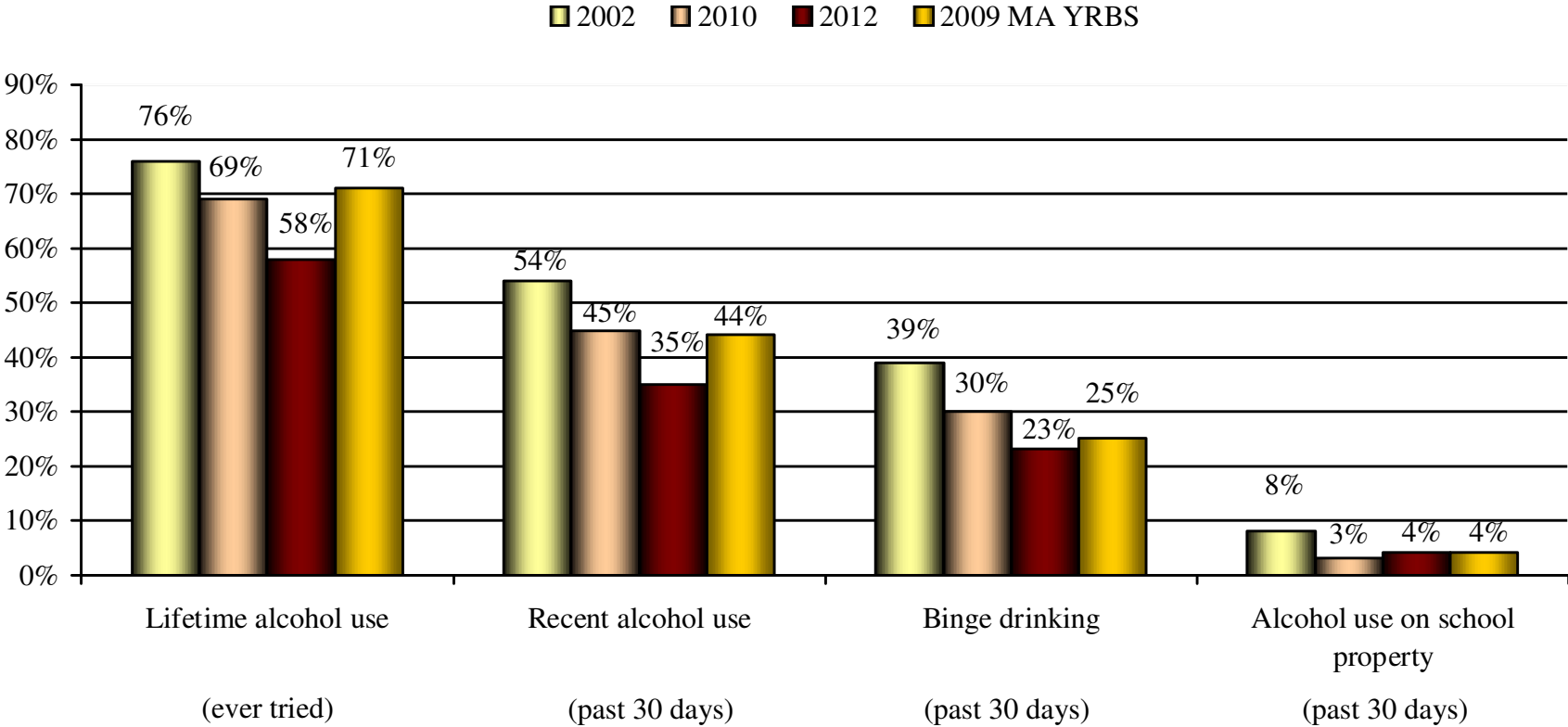
**BELMONT PUBLIC SCHOOLS  
2012 YRBS**

**TOBACCO USE  
GRADES 9 – 12 (COMBINED)**



**BELMONT PUBLIC SCHOOLS  
2012 YRBS**

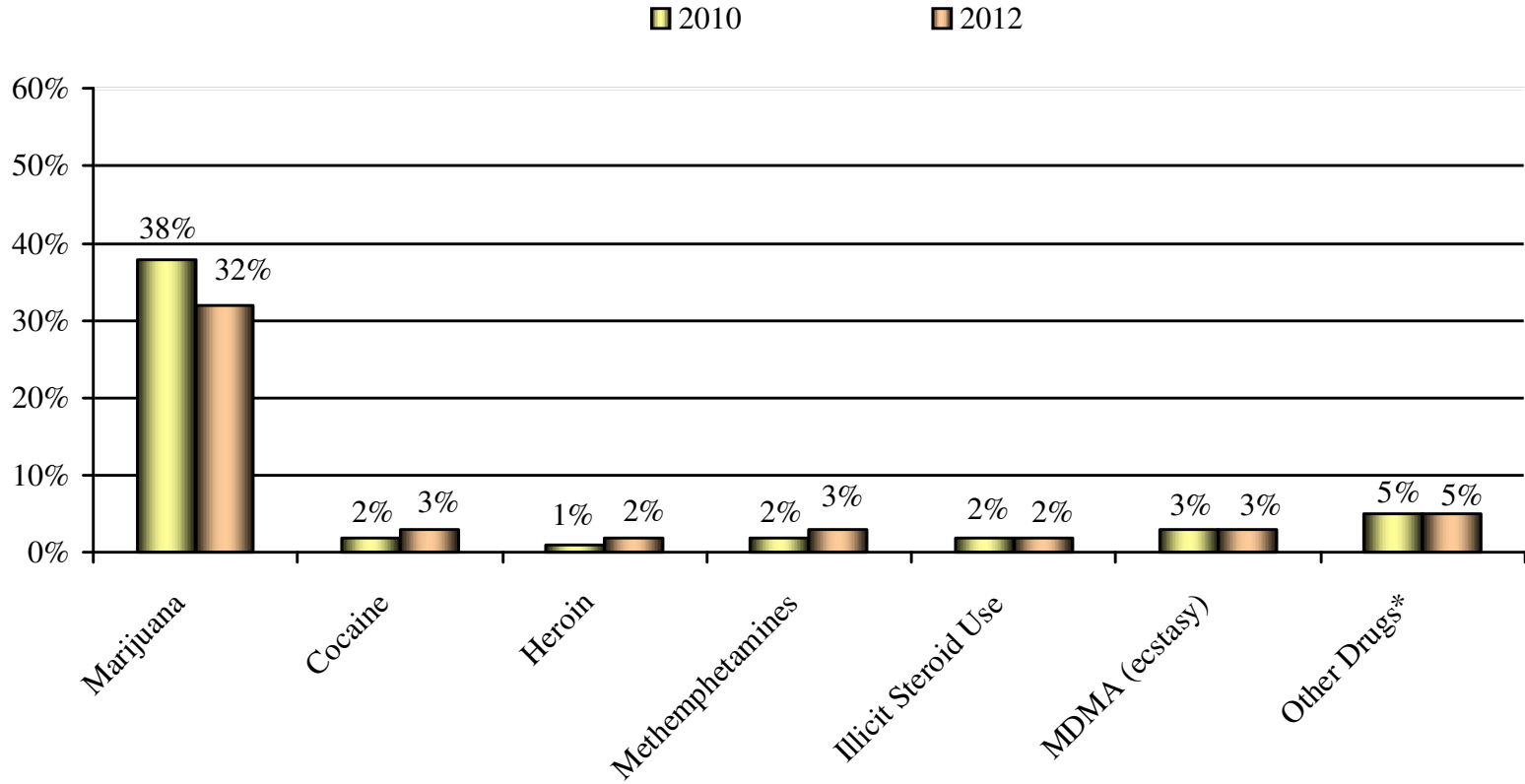
**ALCOHOL USE  
GRADES 9 – 12 (COMBINED)**



**BELMONT PUBLIC SCHOOLS  
2012 YRBS**

**ILLEGAL DRUG USE  
GRADES 9 – 12 (COMBINED)**

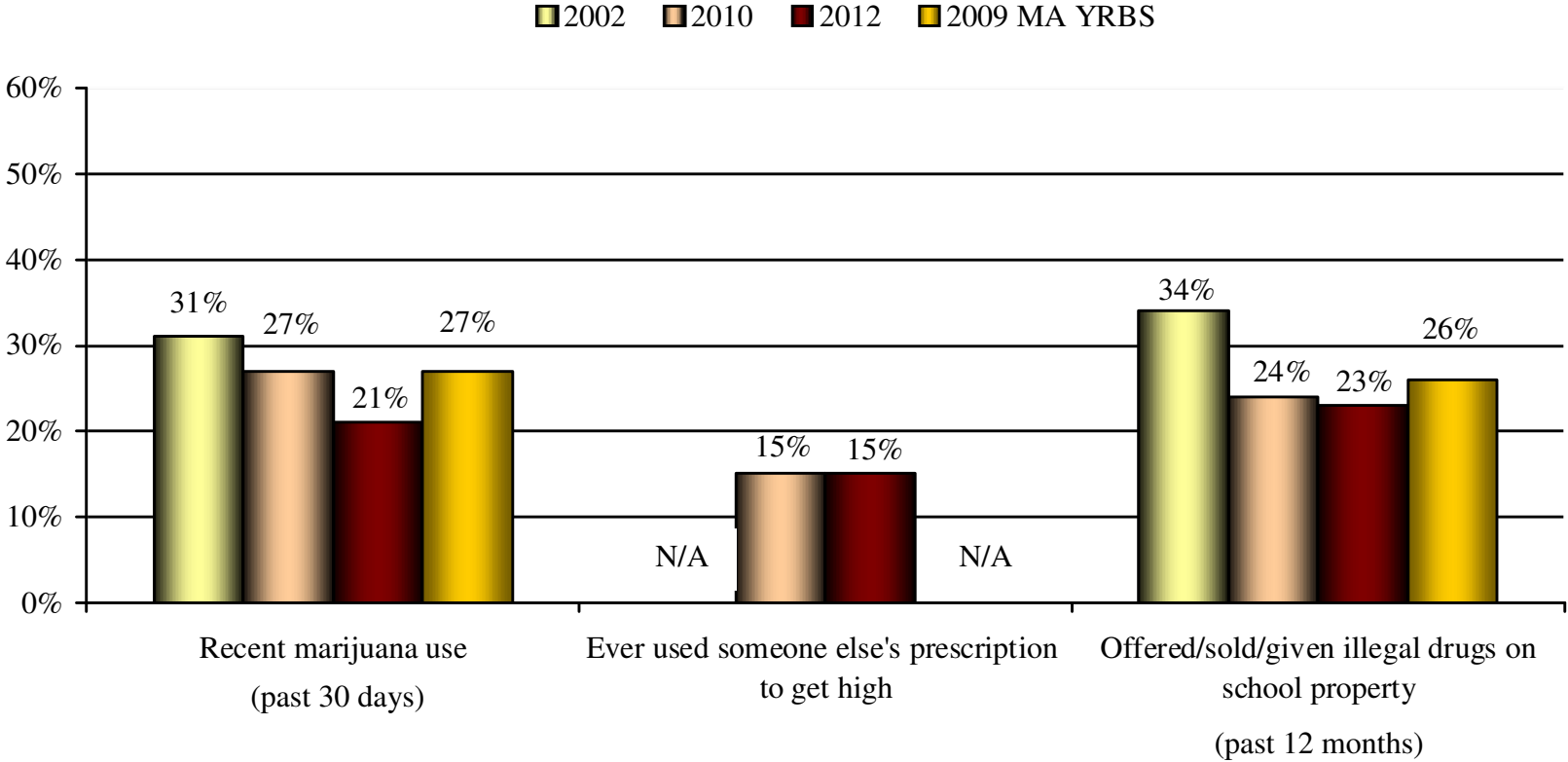
Lifetime use (ever used)  
(at least once)



\*Such as LSD, PCP, mushrooms, Ketamine, Rohypnal, or GHB.

**BELMONT PUBLIC SCHOOLS  
2012 YRBS**

**ILLEGAL DRUG USE  
GRADES 9 – 12 (COMBINED)**



**BELMONT PUBLIC SCHOOLS  
2012 YRBS**

**SEXUAL BEHAVIOR  
GRADES 9 – 12 (COMBINED)**

