

REPORT ON
THE 2016 YOUTH RISK BEHAVIOR SURVEY
FOR STUDENTS IN GRADES 9, 10, 11 AND 12
FOR THE
CHELMSFORD PUBLIC SCHOOLS

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TABLE OF CONTENTS

INTRODUCTION	Page 1
SURVEY PROCESS	Page 1
ANALYSIS OF DATA	Page 1
OVERVIEW OF MAJOR FINDINGS	Page 2
SAFETY	Page 3
VIOLENCE-RELATED BEHAVIORS	Page 4
SUICIDE	Page 5
TOBACCO USE	Page 6
ALCOHOL USE	Page 7
ILLEGAL DRUG USE	Page 8
HIV/AIDS EDUCATION	Page 9
SEXUAL BEHAVIOR	Page 10
DIETARY BEHAVIOR	Page 11
PHYSICAL ACTIVITY	Page 12
APPENDIX	Page 13

INTRODUCTION

The Chelmsford Public Schools contracted with Northeast Health Resources (NHR) to carry out the tabulations and an overview analysis of the Youth Risk Behavior Survey for students in grades 9 through 12. This survey was developed specifically for high school students at the Centers for Disease Control and Prevention in Atlanta, Georgia. The survey contains 99 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 Elementary and Secondary Education carries out a Youth Risk Behavior Survey of high school students from a cross-section of school systems in the state. The most recent MA YRBS for which data is currently available was carried out by the Department of Education during the Spring of 2013. The survey was administered to students from 57 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 2013 Massachusetts YRBS for high school students, are included herein.

SURVEY PROCESS

It was agreed that the Youth Risk Behavior Survey would be administered to all Chelmsford High School students from grades 9, 10, 11, and 12 in attendance on the survey date. Parents were informed in advance of the survey, and two students were withheld at parental request. The survey was administered simultaneously to all students on February 9, 2016 by professional staff during one period of the school day. 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 1,377 students who responded to the survey, 328 from grade 9, 353 from grade 10, 339 from grade 11, and 349 from grade 12. 696 females and 675 males responded to the survey. Six students did not indicate their gender, and eight students did not indicate their grade. Of the 1,506 students enrolled at Chelmsford High School on the day of the survey, 1,377 participated in the survey. This constitutes a participation rate of 91.4%.

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 Chelmsford High School. 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 99 questions, 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 prior administrations of the Chelmsford YRBS and data gathered from the implementation of the 2013 Massachusetts Youth Risk Behavior Survey. It is hoped that the following, as well as a more detailed analysis of the results of this survey, will assist the Chelmsford Public Schools and their Health Advisory Committee in their on-going development of health education curriculum.

The following includes comparisons with certain of the data from the 2013 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

- **4.1%** of all respondents (6.5% - 2014) (9% - MA YRBS) report “never” or “rarely” wearing a seatbelt when riding in a car driven by someone else. There was little variation by grade. Males (5.8%) were more likely to report never or rarely wearing a seatbelt than were females (2.5%).
- **14.0%** of all respondents (20.2% - 2014) (18% - 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. There was little variation by grade and no variation by gender. **Further, 14.2% of respondents report riding with a driver who had been using a drug other than alcohol (females - 10.1%, males - 18.2%).**
- **3.9%** of all respondents (8.0% - 2014) (7% - 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. The groups which most frequently report doing so were 11th grade males (8.3%), 12th grade females (5.0%) and 12th grade males (6.0%).
- **One respondent in fifteen (6.8%) (9.2% - 2014) reports having been repeatedly threatened, humiliated, or experienced hostile behaviors (bullied) from others electronically** during the previous twelve months. There was little variation by grade and no variation by gender. **3.0%** (4.4% - 2014) report doing so to someone else during the same time period.
- **One quarter (25.6%)** of all respondents (24.4% - 2014) report having sent or received sexually explicit messages or photos electronically (also called sexting) during the previous twelve months. The incidence of this behavior increased each year by grade. (Grade 9 – 18.0%, grade 10 – 19.9%, grade 11 – 27.5%, grade 12 – 36.4%). Male respondents report doing so most frequently (females – 22.9%, males – 28.7%).

VIOLENCE-RELATED BEHAVIORS

- **2.2%** of all respondents (3.3% - 2014) (3% - 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. There was no variation by grade. Males (3.4%) were more likely to have carried a weapon on school property than were females (0.7%).
- **One respondent in twelve (8.0%)** (10.7% - 2014) (17% - MA YRBS) **reports having been repeatedly threatened, humiliated, or experienced hostile behaviors (bullied) from others in school** during the twelve months prior to the survey. There was very little variation by grade or gender. Further, **3.5% (5.2% - 2014) report doing so to someone else.**
- **3.4%** of all respondents (4.9% - 2014) (4% - 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. Again, there was very little variation by grade or gender.
- **3.9%** of all respondents (5.1% - 2014) (8% - MA YRBS) **report having ever been hurt physically or sexually by a date or someone they were going out with.** Female respondents report this experience more frequently than males.

“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>
Female	3.1%	1.6%	6.6%	8.3%	4.8%
Male	1.2%	1.8%	4.8%	3.0%	2.8%
Total	2.1%	1.8%	5.7%	5.7%	3.9%
2014 Total	2.7%	2.9%	7.2%	8.1%	5.1%

- **16.2%** of all respondents (18.1% - 2014) (14% - MA YRBS) **report having hurt themselves on purpose without wanting to die** (for example by cutting, burning, or bruising) at least once during the twelve months prior to the survey. The incidence of this behavior was highest in grade 12 (grade 9 – 15.9%, grade 10 – 11.6%, grade 11 – 16.8%, grade 12 – 19.3%). Female respondents (20.7%) report such self-injury nearly twice as frequently as males (11.1%).

SUICIDE

- **11.1%** of all respondents (13.3% - 2014) (12% - MA YRBS) **report having seriously considered attempting suicide** during the twelve months prior to the survey (grade 9 – 9.5%, grade 10 – 10.3%, grade 11 – 12.8%, grade 12 – 12.1%). Females (13.1%) were more likely to have done so than were males (9.1%).
- **8.4%** of all respondents (9.1% - 2014) (6% - MA YRBS) **report having actually attempted suicide** on at least one occasion during the twelve months prior to the survey. Further, among all respondents, **1.8%** (2.9% - 2014) **report that if they attempted suicide, that attempt resulted in receiving medical treatment from a doctor or nurse.**

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

2013 MA

	<u>Grade 9</u>	<u>Grade 10</u>	<u>Grade 11</u>	<u>Grade 12</u>	<u>Total</u>	<u>YRBS</u>
Female	11.2%	5.9%	7.8%	8.3%	8.2%	7%
Male	9.7%	6.1%	10.7%	7.2%	8.5%	4%
Total	10.4%	6.0%	9.2%	7.8%	8.4%	6%
2014 Total	9.9%	8.1%	7.7%	10.7%	9.1%	

TOBACCO USE

- **One respondent in six (16.6%)** (23.5% - 2014) (32% - MA YRBS) **reports having ever tried cigarette smoking, even one or two puffs.** The incidence of this behavior was highest in grade 12 (grade 9 – 11.6%, grade 10 – 11.2%, grade 11 – 17.7%, grade 12 – 26.0%) (females – 12.9%, males – 20.5%). Further, **2.7%** of all respondents (4.8% - 2014) (5% - MA YRBS) **report having smoked a whole cigarette for the first time before the age of 13.**
- **5.1%** of all respondents (9.6% - 2014) (11% - 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 and was particularly high among 12th grade males.

“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>
Female	2.5%	1.1%	4.8%	2.2%	2.6%
Male	1.8%	8.6%	4.8%	14.9%	7.5%
Total	2.4%	4.6%	4.8%	8.3%	5.1%
2014 Total	5.0%	5.2%	11.5%	17.4%	9.6%

- **7.5%** of all respondents (13.2% - 2014) (11% - MA YRBS) **report having smoked cigars, cigarillos or little cigars** on at least one occasion during the thirty days prior to the survey. The incidence of this behavior was highest in grade 12 (grade 9 – 2.8%, grade 10 – 6.6%, grade 11 – 5.4%, grade 12 – 15.0%). Male respondents (13.0%) report the use of cigars/cigarillos much more frequently than females (2.2%).
- **19.8%** of all respondents **report having ever tried or used an electronic cigarette (e-cigarette).** The incidence of behavior was highest in grade 12 (grade 9 – 14.7%, grade 10 – 10.6%, grade 11 – 20.7%, grade 12 – 32.9%). The use of e-cigarettes was higher among males (females – 15.8%, males – 24.0%).

ALCOHOL USE

- **More than one-half (54.0%) of all respondents** (59.2% - 2014) (63% - MA YRBS) **report having had at least one drink of alcohol** on at least one occasion during their lives. The incidence of lifetime alcohol use increased each year by grade (grade 9 – 35.2%, grade 10 – 44.1%, grade 11 – 63.8%, grade 12 – 72.0%). There was no variation by gender. Further, **6.9%** of all respondents (10.1% - 2014) (11% - MA YRBS) **report having had their first drink of alcohol before the age of 13.**
- **31.3%** of all respondents (40.1% - 2014) (36% - 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 this behavior 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>
Female	20.0%	20.0%	35.9%	45.6%	30.6%
Male	18.1%	30.1%	41.7%	36.6%	31.9%
Total	18.9%	24.7%	39.0%	41.3%	31.3%
2014 Total	22.9%	34.7%	47.9%	56.1%	40.1%

- **18.1%** of all respondents (27.0% - 2014) (19% - 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 – 7.7%, grade 10 – 13.8%, grade 11 – 23.4%, grade 12 – 26.9%). There was no variation by gender.
- **29.5%** of all respondents (35.5% - 2014) **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 (grade 9 – 17.1%, grade 10 – 23.7%, grade 11 – 36.8%, grade 12 – 40.1%). There was no variation by gender.

ILLEGAL DRUG USE

- **28.9%** of all respondents (36.8% - 2014) (41% - MA YRBS) **report having ever used marijuana** and **3.3%** (7% - MA YRBS) **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 – 13.5%, grade 10 – 17.1%, grade 11 – 34.0%, grade 12 – 49.6%). Males (33.6%) were more likely to have ever used marijuana than were females (24.0%). Further, **19.4%** of all respondents (24.8% - 2014) (25% - 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>
Female	10.0%	8.6%	15.1%	22.2%	14.2%
Male	12.0%	19.6%	27.7%	38.9%	24.6%
Total	11.3%	13.8%	21.3%	30.3%	19.4%
2014 Total	13.6%	20.8%	32.1%	32.7%	24.8%

- **2.9%** all respondents (5.6% - 2014) (4% - MA YRBS) **report having ever used any form of cocaine, including powder, crack, or freebase** (grade 9 – 1.8%, grade 10 – 1.1%, grade 11 – 3.6%, grade 12 – 4.6%) (females – 1.4%, males – 4.3%).
- **3.7%** of all respondents (5.7% - 2014) (5% - MA YRBS) **report having used ecstasy (also called MDMA)** on at least one occasion during their lives (females – 2.3%, males – 4.8%).
- **4.6%** all respondents (6.1% - 2014) **report having ever used a prescription drug such as oxycontin, Percocet, or vicodin without it being prescribed specifically for them**. The incidence of this behavior was highest in grade 12 (grade 9 – 3.4%, grade 10 – 2.3%, grade 11 – 5.1%, grade 12 – 7.2%) (females – 3.5%, males – 5.6%).
- **3.8%** all respondents (6.2% - 2014) **report having ever used any “other type” of illegal drug such as inhalants, LSD (acid), PCP, mushrooms, Ketamine (Special K), Rohypnol (Roofies), or GHB**. The lifetime incidence of “other illegal drug use” was lowest in grade 10 (grade 9 – 3.0%, grade 10 – 1.7%, grade 11 – 5.1%, grade 12 – 4.6%) and was higher among males (females – 2.2%, males – 5.4%).
- **One respondent in eight (13.1%)** (19.1% - 2014) (23% - MA YRBS) **reports 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. The incidence of this experience was highest in grade 12 (grade 9 – 11.3%, grade 10 – 9.5%, grade 11 – 13.6%, grade 12 – 17.9%). Male respondents (16.7%) report this experience more frequently than females (9.7%).

HIV/AIDS EDUCATION

- **Over half (52.5%)** of all respondents (53.4% - 2014) **report having had no conversations at all with their parents or other adults in their family about sex or ways to prevent HIV, other sexually transmitted diseases, or pregnancy** during the 12 months prior to the survey (grade 9 – 49.2%, grade 10 – 49.4%, grade 11 – 54.6%, grade 12 – 57.5%). Males (55.4%) report having not had such a conversation more frequently than females (49.9%).

SEXUAL BEHAVIOR

- **One quarter (24.9%)** of all respondents (31.2% - 2014) (38% - MA YRBS) **report having ever had sexual intercourse**. The incidence of this behavior increased each year by grade. Further, **2.5%** of all respondents (3.4% - 2014) (3% - MA YRBS) **report having had sexual intercourse for the first time before the age of 13**.

“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>
Female	8.1%	12.4%	28.1%	43.3%	23.2%
Male	8.5%	17.0%	33.1%	47.9%	26.8%
Total	8.3%	14.6%	30.5%	45.5%	24.9%
2014 Total	15.6%	20.0%	37.8%	53.8%	31.2%

- **4.2%** of all respondents (7.4% - 2014) (9% - MA YRBS) **report having had sexual intercourse with four or more partners during their lives**. The incidence of this experience was highest in grade 12 (grade 9 – 1.2%, grade 10 – 0.9%, grade 11 – 5.1%, grade 12 – 9.5%). There was very little variation by gender (females – 3.8%, males – 4.8%).
- **More than one respondent in six (18.5%)** (23.5% - 2014) (28% - MA YRBS) **reports having had sexual intercourse** at least once during the three months prior to the survey. The incidence of recent sexual intercourse increased each year by grade (grade 9 – 5.9%, grade 10 – 9.2%, grade 11 – 23.8%, grade 12 – 34.5%). There was no variation by gender.
- **6.6%** of all respondents (10.5% - 2014) **report drinking alcohol or using drugs before they had sexual intercourse the last time** (grade 9 – 1.5%, grade 10 – 4.3%, grade 11 – 6.9%, grade 12 – 12.2%) (females – 5.5%, males – 7.6%).

DIETARY BEHAVIOR

- While **56.5%** of all respondents (58.0% - 2014) **described themselves as being at about the right weight**, **39.4%** (45% - MA YRBS) were **trying to lose weight** and **17.3%** were **trying to gain weight**. 9th grade respondents were least likely to be trying to lose weight (grade 9 – 33.2%, grade 10 – 38.8%, grade 11 – 39.8%, grade 12 – 45.5%). Females (53.1%) were much more likely to be trying to lose weight than were males (25.4%) 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**:
 - **69.5%** of all respondents (71.3% - 2014) **report having exercised**. (females – 69.3%, males – 69.5%)
 - **37.9%** of all respondents (38.1% - 2014) **report having eaten less food, fewer calories, or foods low in fat** (females – 46.2%, males – 29.0%)
 - **6.8%** of all respondents (8.8% - 2014) (10% - MA YRBS) **report having gone without eating for 24 hours or more** (females – 7.4%, males – 6.1%)
 - **3.8%** of all respondents (5.7% - 2014) (3% - MA YRBS) **report having taken diet pills, powders, or liquids without a doctor’s advice**. (females – 3.3%, males – 4.1%)
 - **3.8%** of all respondents (6.5% - 2014) (4% - MA YRBS) **report having vomited or taken laxatives**. (females – 4.2%, males – 3.3%)
- **One respondent in six (17.1%)** (19.2% - 2014) **reports drinking a caffeinated beverage such as coffee, coffee drinks, tea, soda, or energy drinks like Red Bull at least once per day during the week prior to the survey**. The incidence of daily caffeine use was highest in grade 12 (grade 9 – 12.0%, grade 10 – 16.7%, grade 11 – 16.7%, grade 12 – 23.0%), and among female respondents (females – 18.7%, males – 15.5%).
- **42.4%** of all respondents (42.9% - 2014) **report having eaten breakfast on fewer than five days during the week before the survey** (grade 9 – 38.5%, grade 10 – 38.5%, grade 11 – 47.6%, grade 12 – 43.9%). There was no variation by gender.

PHYSICAL ACTIVITY

- **62.5%** of all respondents (69.2% - 2014) **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 lowest in grade 12 (grade 9 – 66.9%, grade 10 – 67.1%, grade 11 – 59.8%, grade 12 – 57.0%) and was higher among male respondents (females – 59.1%, males – 66.5%).
- **One-fifth (21.7%)** of all respondents (19.5% - 2014) (25% - MA YRBS) **report that they watch television 3 hours or more per day** on an average school day. The incidence of this behavior was highest in grade 11 (grade 9 – 17.9%, grade 10 – 21.1%, grade 11 – 27.0%, grade 12 – 21.5%), and among female respondents (females – 23.4%, males – 19.8%).
- **One-third 33.3%** of all respondents (28.4% - 2014) **report spending three or more hours per day on a social networking site (such as Facebook, Twitter, Pinterest, etc.)** on an average school day. There was little variation by grade (grade 9 – 34.0%, grade 10 – 32.3%, grade 11 – 32.1%, grade 12 – 35.5%). Female respondents (44.0%) report doing so twice as often as males (22.4%).

APPENDIX

THE 2016 YOUTH RISK BEHAVIOR SURVEY

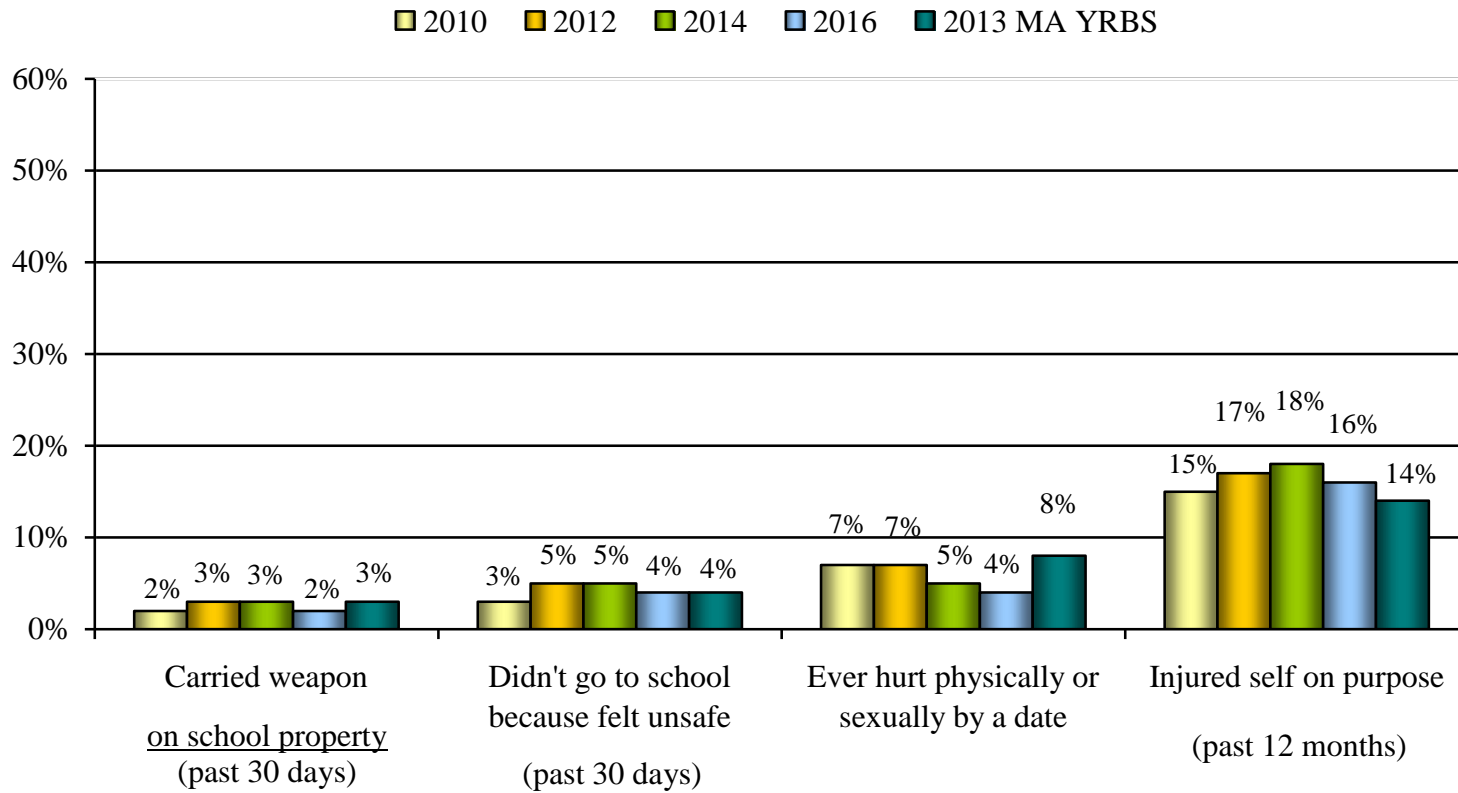
FOR THE

CHELMSFORD PUBLIC SCHOOLS

GRADES 9, 10, 11, AND 12

**2016 YRBS
CHELMSFORD HIGH SCHOOL
(GRADES 9 THROUGH 12 - COMBINED)**

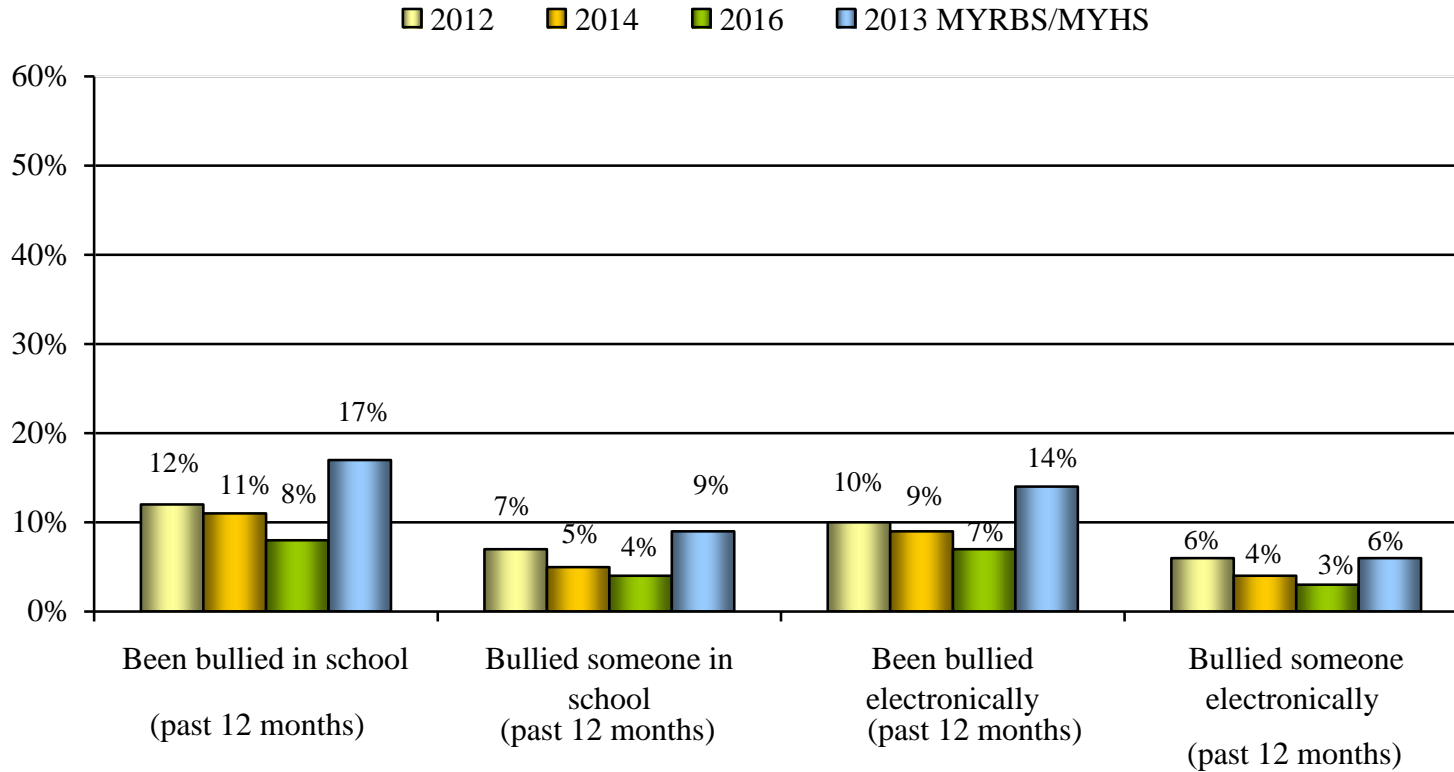
VIOLENCE-RELATED BEHAVIORS



**2016 YRBS
CHELMSFORD HIGH SCHOOL
(GRADES 9 THROUGH 12 - COMBINED)**

VIOLENCE-RELATED BEHAVIORS/SAFETY

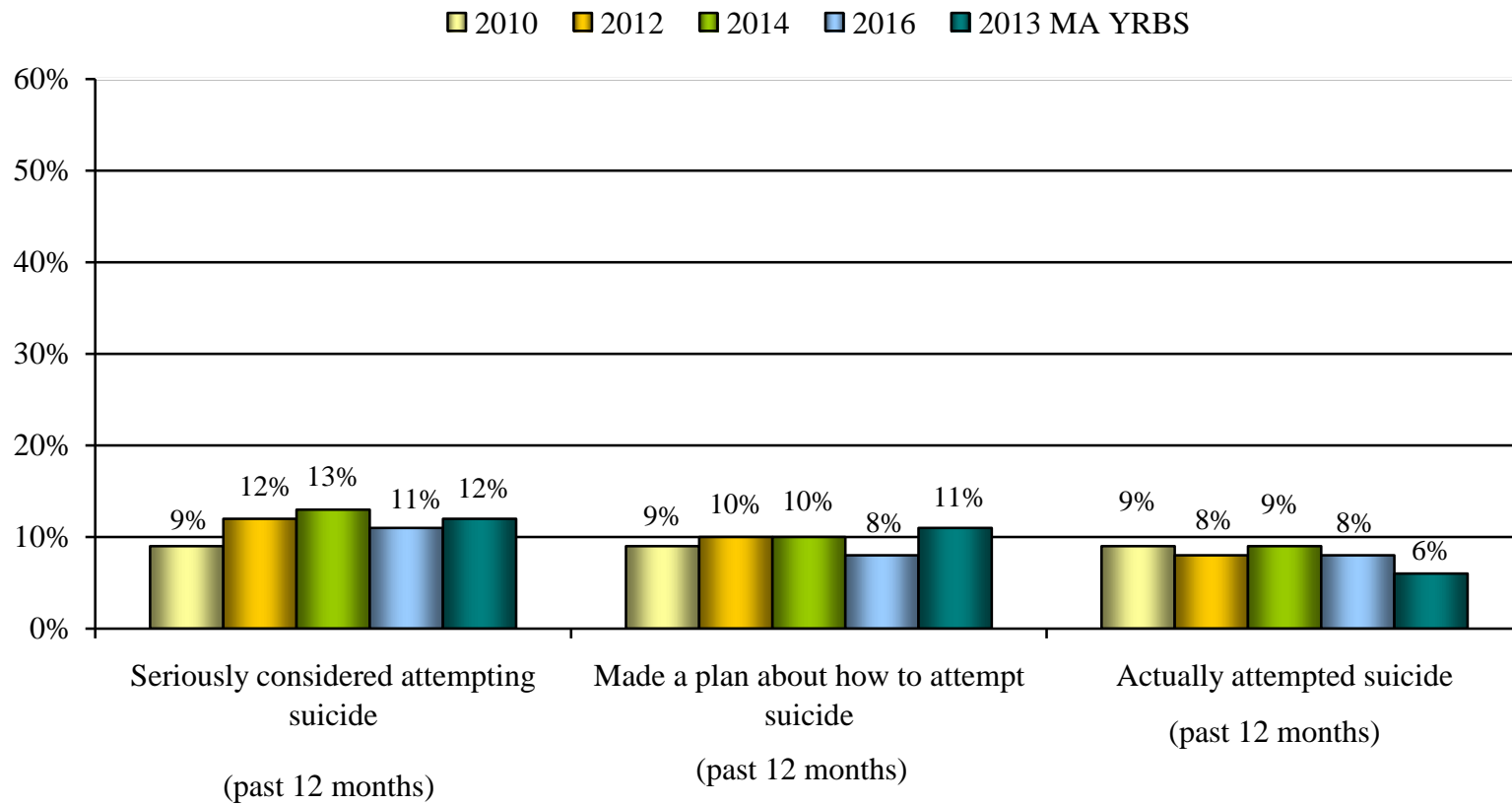
Bullying*



* Defined as: repeatedly threatened, humiliated, or experienced hostile behaviors from others

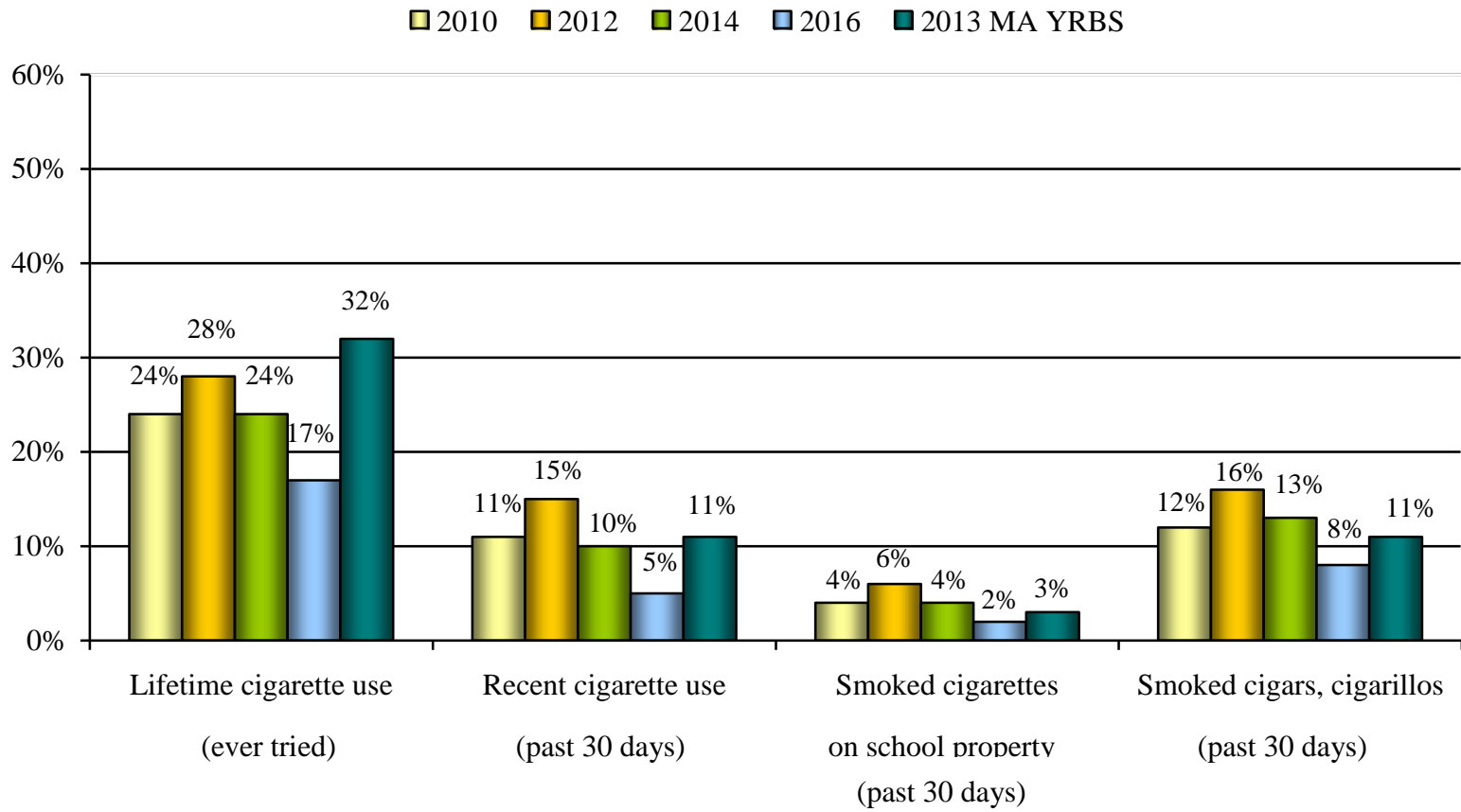
**2016 YRBS
CHELMSFORD HIGH SCHOOL
(GRADES 9 THROUGH 12 - COMBINED)**

SUICIDE



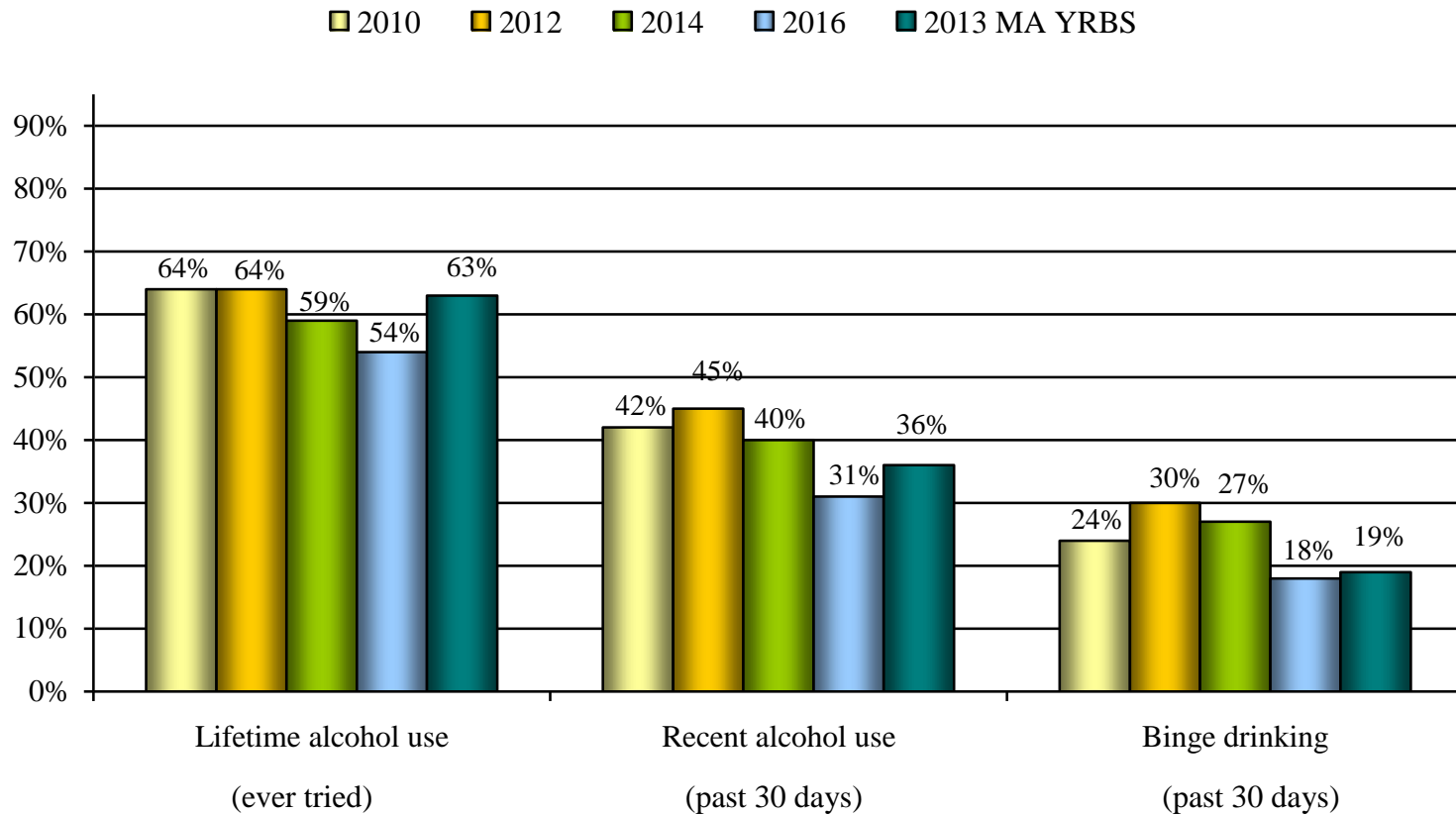
**2016 YRBS
CHELMSFORD HIGH SCHOOL
(GRADES 9 THROUGH 12 - COMBINED)**

TOBACCO USE



**2016 YRBS
CHELMSFORD HIGH SCHOOL
(GRADES 9 THROUGH 12 - COMBINED)**

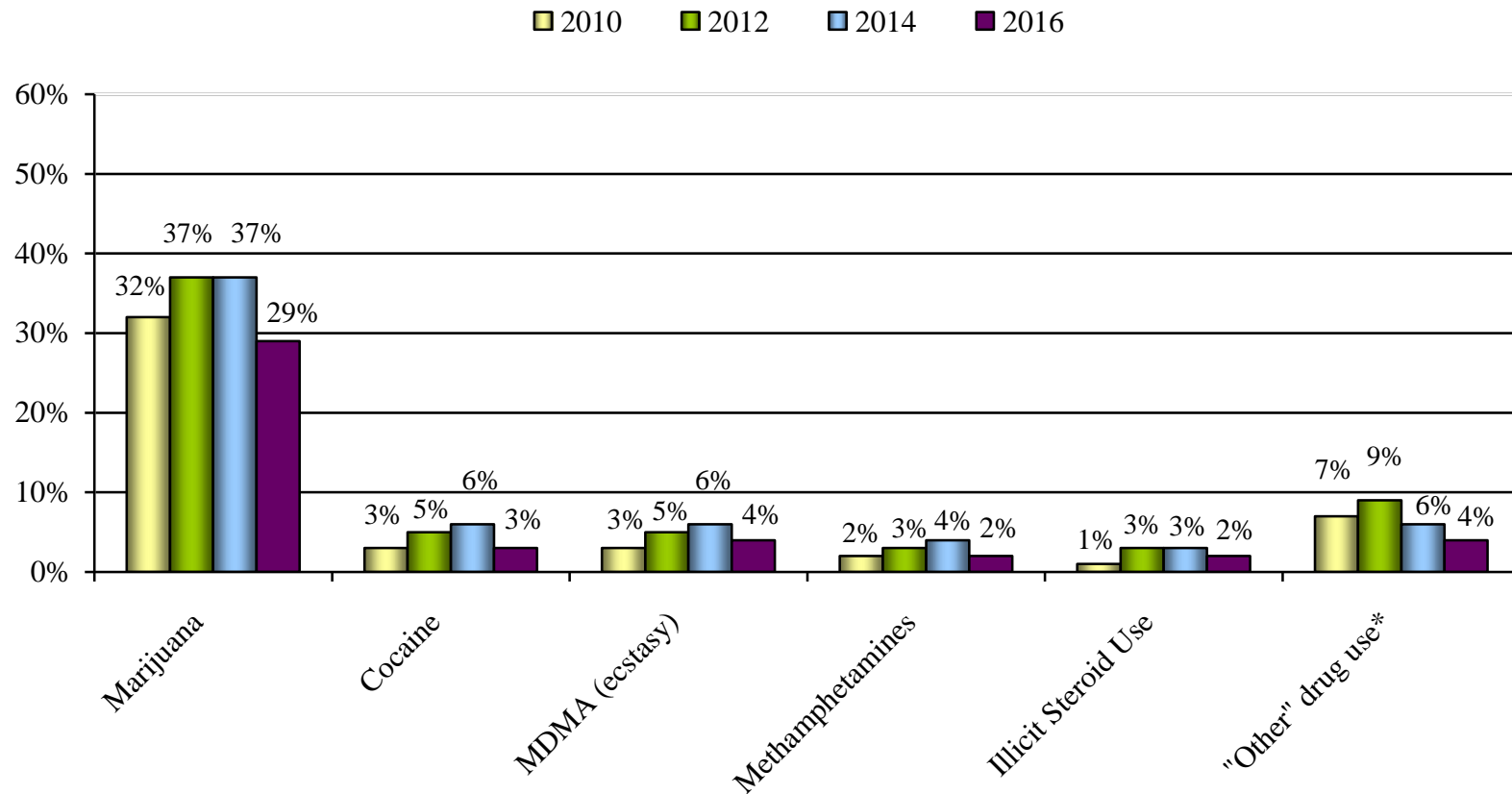
ALCOHOL USE



**2016 YRBS
CHELMSFORD HIGH SCHOOL
(GRADES 9 THROUGH 12 - COMBINED)**

ILLEGAL DRUG USE

Lifetime use (ever used)

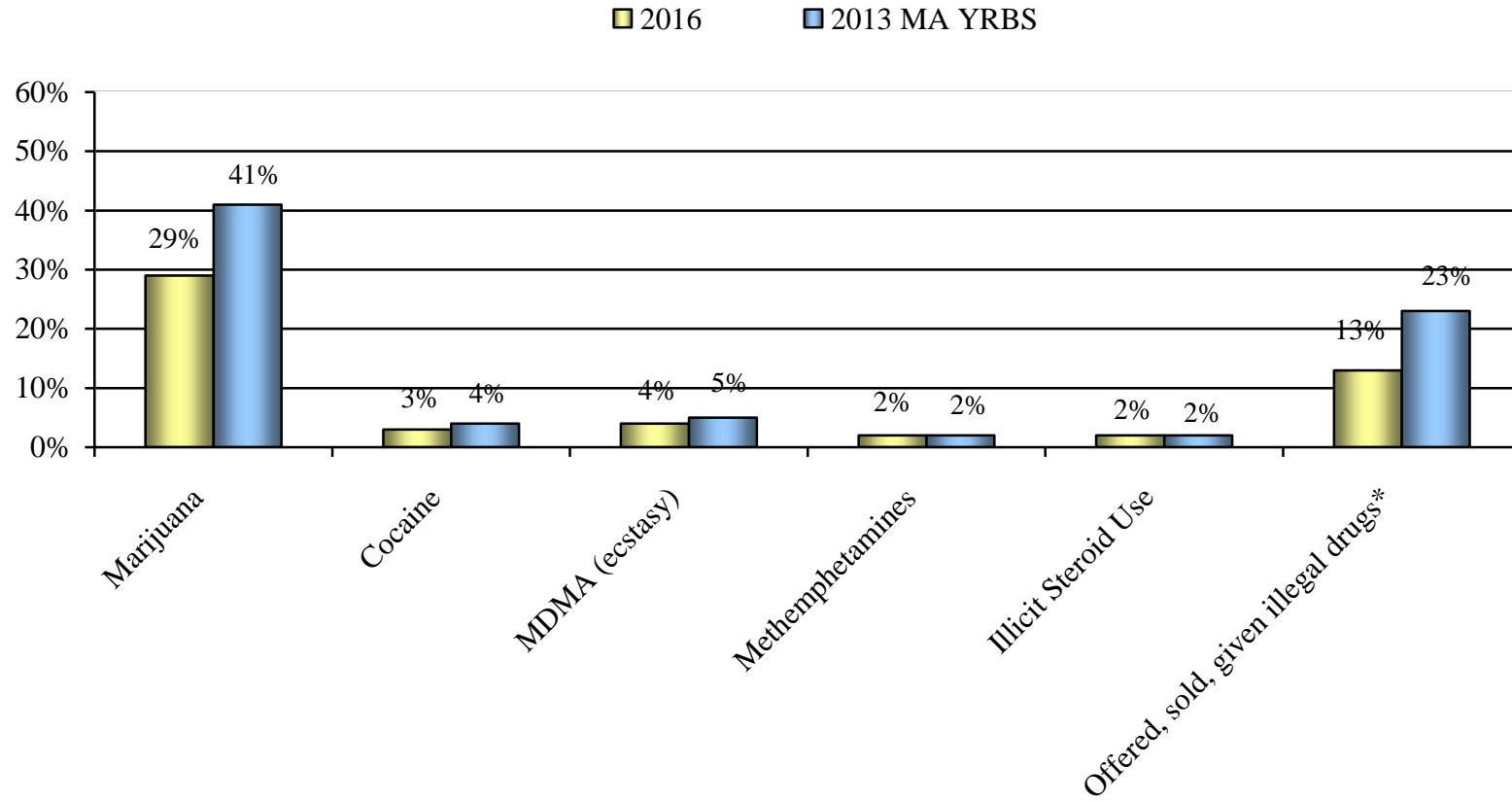


* such as inhalants, LSD, PCP, mushrooms, Ketamine, Rohypnol, or GHB

**2016 YRBS
CHELMSFORD HIGH SCHOOL
(GRADES 9 THROUGH 12 - COMBINED)**

ILLEGAL DRUG USE

Lifetime use (ever used)



* on school property during past 12 months

**2016 YRBS
CHELMSFORD HIGH SCHOOL
(GRADES 9 THROUGH 12 - COMBINED)**

SEXUAL BEHAVIOR

