

2014

Wakefield High School

Youth Risk Behavior Survey Results



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Methods

Wakefield High School students completed a youth survey to assess a host of risk and protective factors. This report provides the detailed survey findings.

SURVEY

The 2013 Wakefield Youth Survey was adapted from the 2011 Massachusetts Youth Risk Behavior Survey (YRBS) by the Centers for Disease Control¹. Questions in the survey measured student demographics, substance use, protective factors, suicidal behaviors, personal safety, sexual health, exercise and weight loss.

SAMPLE

The survey was administered on March 7, 2014. The final number and demographic profile of students surveyed are discussed in the sample section of this report.

DATA CLEANING AND VALIDITY

Surveys were sent directly from students to *Health Imperatives* for analysis. Several steps were taken to ensure that the gathered data accurately reflects the behaviors of Wakefield High School students, a process known as “data cleaning.”

First, the survey forms were analyzed visually for "doodling" which are designs made on the bubble answer sheet. Eleven students were removed for this reason. The survey instrument featured an internal check by imbedding one question in the survey which asked about the use of a fictional drug. Thirteen students were removed from the sample for indicating that they had used this fake substance. The data was analyzed for inconsistency and exaggeration. Surveys are removed for inconsistencies in cases where students gave inconsistent answers throughout the entire survey. An example of exaggeration might be a student selecting the highest possible use rate for all substances on the survey. Fourteen students were removed for these reasons.

Following the data cleaning procedure, the final sample size for the Wakefield High School Youth Risk Behavior Survey is 812 students.

COMPARISON DATA

Since the survey administered at Wakefield High School was based on an existing instrument, comparison data for many question items is publicly available. Comparisons are useful for providing context to survey results and can aid in identifying both strengths and priority areas.

Where available, comparison data is provided in this report. National comparison numbers are from the 2011 Youth Risk Behavior Survey data set issued by the Centers for Disease Control. State comparison numbers used are from the 2011 Massachusetts Youth Risk Behavior Survey data set reported by The Massachusetts Department of Elementary and Secondary Education and Public Health. This is the most current comparison data available.

¹ Center for Disease Control, www.cdc.gov

REPORTING

For each variable (question), percentages are given out of the students that answered that individual question. Therefore, responses may vary by question as students were allowed to skip individual questions if they did not want to respond. Percentages are rounded up or down where necessary.

Sample

Wakefield High School Survey Population

| | |
|---|---------------------|
| Total number of students enrolled at Wakefield High School | 974 students |
| Number of students absent on day of survey | 61 students |
| Number of students whose parents opted out of survey | 5 students |
| Surveys removed from final sample by evaluators through the data cleaning and validity process* | 38 students |
| Students unaccounted for (survey not completed for unknown reasons) | 58 students |
| Final sample included in analysis for this report | 812 students |
| Representation Rate (% of surveys included in analysis out of those available to take the survey) | 93% |

**Please see page 3 for explanation of validity check procedures.*

DEMOGRAPHIC PROFILE

| | Number of Respondents | Percentage of Respondents |
|--|-----------------------|---------------------------|
| Total Valid Surveys | 812 | 100% |
| Sex | | |
| Male | 361 | 45% |
| Female | 444 | 55% |
| Grade | | |
| 9 th grade | 198 | 24.5% |
| 10 th grade | 218 | 27% |
| 11 th grade | 223 | 28% |
| 12 th grade | 167 | 21% |
| Ungraded or other grade | 3 | 0.4% |
| Age | | |
| 13 years old | 1 | 0.2% |
| 14 years old | 86 | 11% |
| 15 years old | 195 | 24% |
| 16 years old | 204 | 25% |
| 17 years old | 210 | 26% |
| 18 years old or older | 105 | 13% |
| Race/Ethnicity (students were allowed to select more than one response) | | |
| White | 715 | 88% |
| Black or African American | 26 | 3% |
| American Indian or Alaska Native | 22 | 3% |
| Southeast Asian American | 9 | 1% |
| Hispanic or Latino | 34 | 4% |
| Asian American | 29 | 4% |
| Native Hawaiian or Other Pacific Islander | 11 | 1% |
| Sexual Orientation | | |
| Heterosexual | 730 | 91% |
| Gay or lesbian | 8 | 1% |
| Bisexual | 37 | 5% |
| Not sure | 25 | 3% |

(The number of students in the first column may not always add up to the total amount in the sample of 812. Students were allowed to skip individual questions.)

Survey Findings

SUBSTANCE USE

Students were asked a range of questions related to their use of substances. Where applicable comparisons are made to Massachusetts' and United States' (2011) averages.

| Substance/Activity | Wakefield | MA | USA |
|---|------------------|-----------|------------|
| Alcohol | | | |
| Used within past 30 days | 36% | 40% | 39% |
| Used within lifetime | 61% | 68% | 71% |
| Age of onset | 14.21 years | NA | NA |
| First used before age 13 | 9% | 15% | 20.5% |
| High-risk drinking during past 30 days | 20% | 22% | 22% |
| Rode with a driver who had been drinking alcohol during past 30 days | 15% | 23% | 24% |
| Drove a car or other vehicle when had been drinking alcohol during past 30 days | 5% | 7% | 8% |
| Drank at least one drink of alcohol on school property | 1% | 4% | 5% |
| Cigarettes | | | |
| Used within past 30 days | 10% | 14% | 18% |
| Used within lifetime | 20% | 39% | 45% |
| Age of onset | 13.91 years | NA | NA |
| First used before age 13 | 4% | 7% | 10% |
| Used a tobacco product or nicotine delivery device on school property | 7% | NA | NA |
| Tried to quit using tobacco or nicotine delivery device | 8% | NA | NA |
| Marijuana | | | |
| Used within past 30 days | 23% | 28% | 23% |
| Used within lifetime | 37% | 43% | 40% |
| Age of onset | 14.23 years | NA | NA |
| First used before age 13 | 5% | 7% | 8% |
| Used marijuana on school property during the past 30 days | 3% | 6% | 6% |
| Prescription Drugs Not Prescribed | | | |
| Used within past 30 days | 4% | 6% | NA |

USE OF TOBACCO PRODUCTS

Students were asked if they have used any of the following tobacco products during the past 30 days. They were allowed to select more than one response.

| Response | Percentage |
|------------------------------|------------|
| Electronic cigarettes | 22% |
| Other | 18% |
| Blunt wraps | 13% |
| Cigars | 8% |
| Cigarillos or little cigars | 6.5% |
| Dip | 5.5% |
| Chewing tobacco | 3% |
| Snus (or other dissolvables) | 1% |
| Snuff | 1% |

OTHER ILLICIT DRUG USE

| Substance/Activity | Wakefield | MA | USA |
|--|-----------|----|-----|
| Other Illicit Drug Use: Lifetime | | | |
| Over-the-counter medications to get high such as cough or cold syrups | 7.5% | 8% | NA |
| Cocaine | 3% | 5% | 7% |
| Ecstasy | 2.5% | 6% | 8% |
| Molly | 4% | NA | NA |
| Heroin | 1% | 2% | 3% |
| Methamphetamines | 1% | 3% | 4% |
| Salvia, K2 or other synthetic marijuana or "legal bud" | 11% | NA | NA |
| Steroid pills or shots without a doctor's prescription | 0.5% | 3% | 4% |
| Any type of illegal drug such as LSD, PCP, mushrooms, Ketamine, Rohypnol or GHB | 6% | NA | NA |
| Used prescription pain relievers such as Vicodin, Percocet, Hydrocodone or Oxycontin that were not prescribed by a doctor or a nurse | 6% | NA | NA |
| Used prescription stimulants such as Ritalin or Adderall that were not prescribed by a doctor or a nurse | 6% | NA | NA |
| Used prescription tranquilizers such as Xanax, Valium or Ambien were not prescribed by a doctor or a nurse | 4% | NA | NA |
| Other Illicit Drug Use: 30 days | | | |
| Any type of illegal drug other than marijuana or inhalants | 4% | NA | NA |
| Inhalants | 2% | NA | NA |
| Used prescription pain relievers such as Vicodin, Percocet, Hydrocodone or Oxycontin that were not prescribed by a doctor or a nurse | 2% | NA | NA |
| Used prescription stimulants such as Ritalin or Adderall that were not prescribed by a doctor or a nurse | 2% | NA | NA |
| Used prescription tranquilizers such as Xanax, Valium or Ambien were not prescribed by a doctor or a nurse | 2% | NA | NA |

**Chart 1. Wakefield High School Past 30 Days Substance Use (2014)
Compared to Massachusetts & United States (2011)**

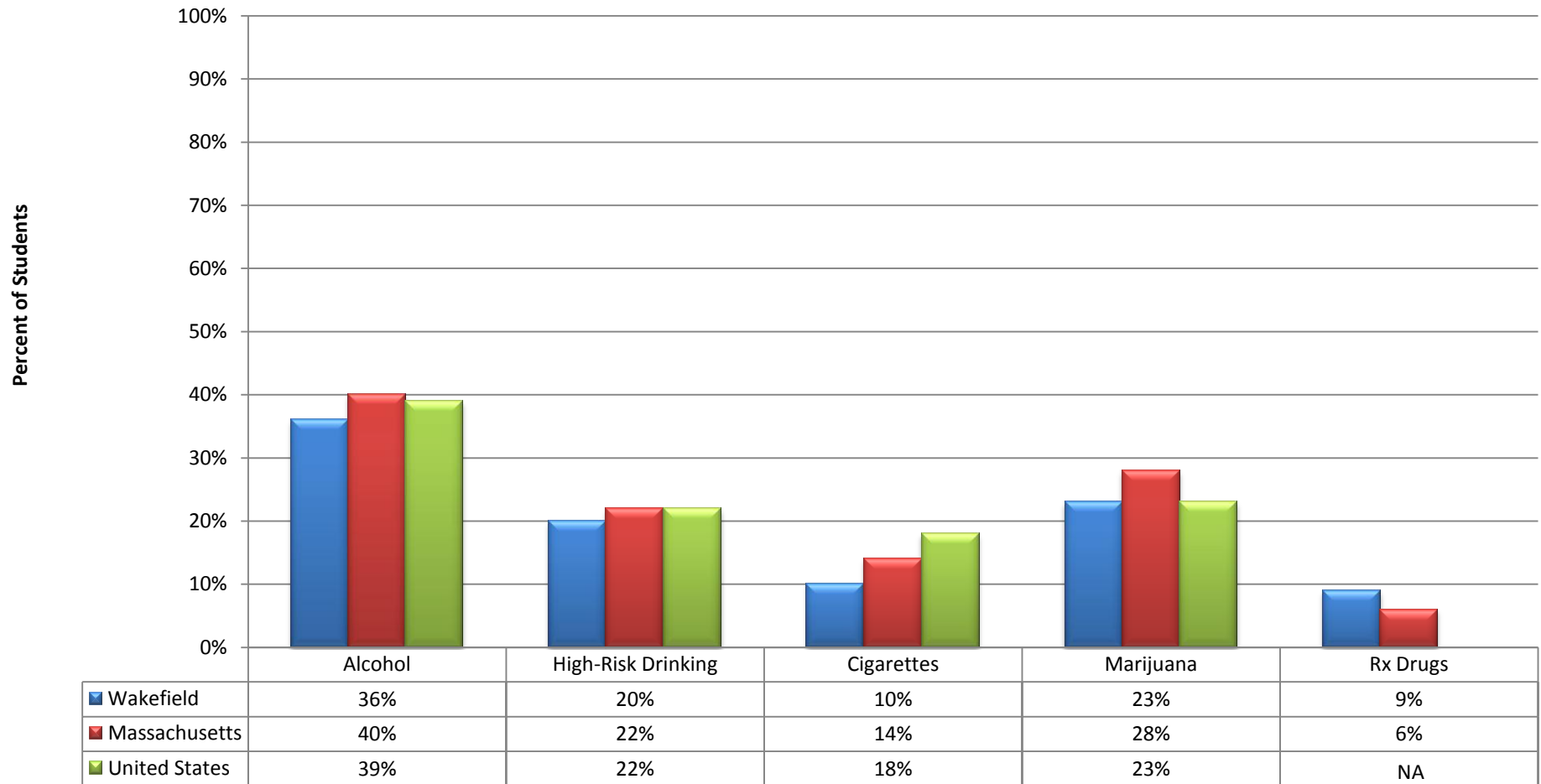
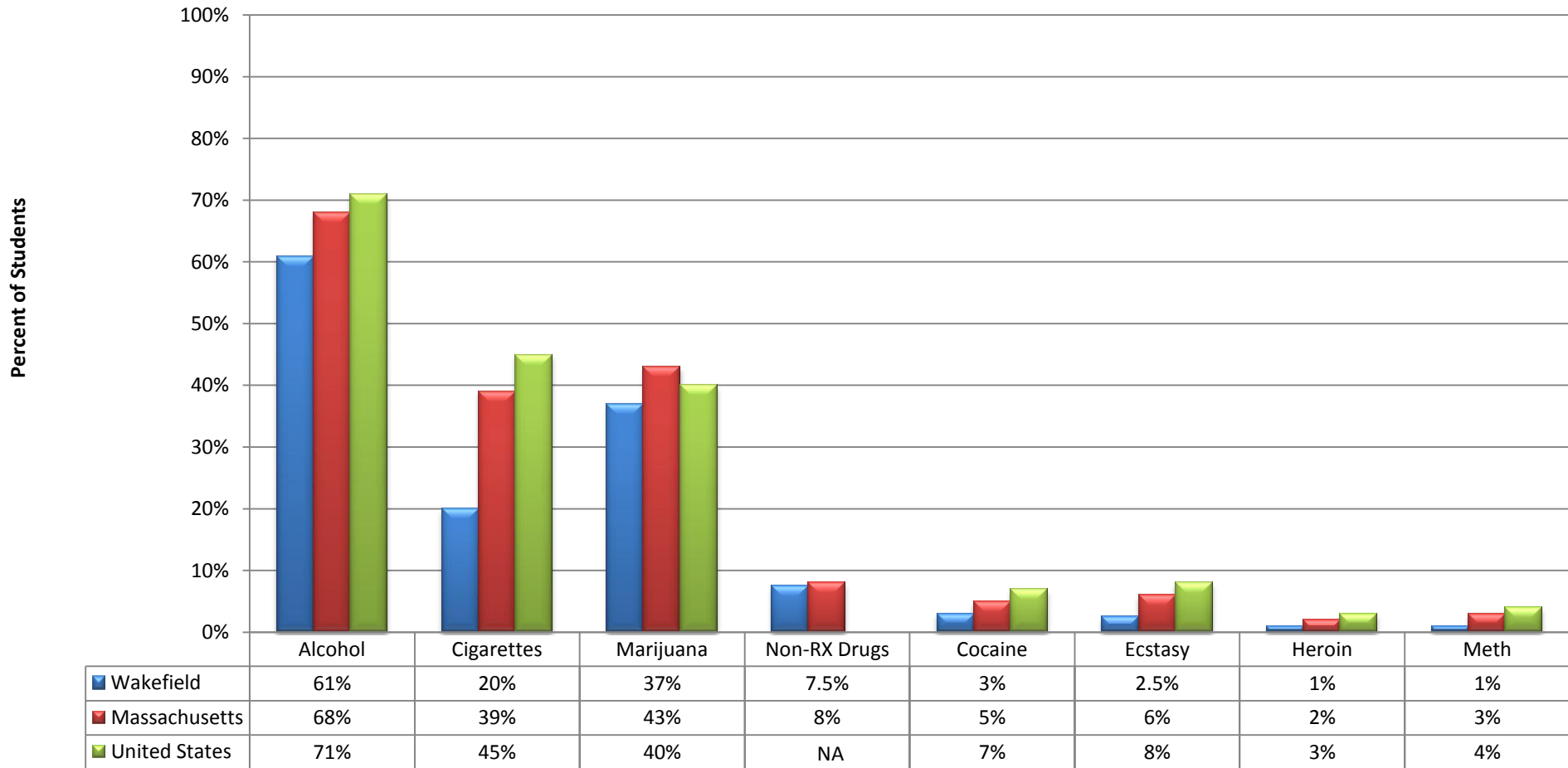


Chart 2. Wakefield High School Lifetime Substance Use (2014) Compared to Massachusetts & United States (2011)



ACCESS TO ALCOHOL AND DRUGS

EASE OF ACCESS TO ALCOHOL

Students were asked how difficult it would be to get beer, wine or liquor, if they wanted to.

| Response | Percentage |
|------------------|------------|
| Impossible | 2% |
| Very difficult | 3% |
| Fairly difficult | 12% |
| Fairly easy | 38% |
| Very easy | 26% |
| Don't know | 18.5% |

WHERE STUDENTS OBTAIN ALCOHOL

Students were asked to report where they usually obtained alcohol during the past 12 months. Students were asked to select all that apply.

| Access Point | Percentage of Students |
|---|------------------------|
| I did not drink alcohol in the past 12 months | 45% |
| I got it through my friends | 35% |
| I got it at parties | 17% |
| I got it at home | 11% |
| I had an adult buy it for me | 10% |
| I bought it from a liquor store (or package store) | 3% |
| I bought them from a supermarket or convenience store | 1% |
| I bought it from bars, clubs or restaurants | 1% |

WHERE STUDENTS DRINK ALCOHOL

Students were asked to report where they drank alcohol in the past 12 months. Students were asked to select all that apply.

| Access Point | Percentage of Students |
|--|------------------------|
| Have not drunk alcohol in the past 12 months | 44% |
| Friend's house | 36% |
| At weekend parties | 27% |
| At home | 14.5% |
| At parks, in the woods, in a car or other outdoor places | 11% |
| At family events | 11% |
| Other | 7.5% |
| At school or school events- before, during or after school hours | 1% |

WHERE STUDENTS OBTAIN TOBACCO

Students were asked to report where they usually obtained cigarettes, tobacco or nicotine delivery device during the past 30 days. Students were asked to select all that apply.

| Access Point | Percentage of Students |
|--|------------------------|
| I did not smoke cigarettes in the past 30 days | 71% |
| I did not use cigarettes, tobacco, or a nicotine delivery device | 15% |
| I bought them in a store such as a supermarket, convenience store or gas station | 6% |
| I gave someone else money to buy them for me | 5% |
| I borrowed (or bummed) them from someone else | 5% |
| A person 18 years old or older gave them to me | 2% |
| I took them from a store or family member | 1% |
| I got them some other way | 2% |

ACCESS TO DRUGS ON SCHOOL PROPERTY

Students were asked if anyone has offered, sold, or given them an illegal drug on school property during the past 12 months.

- ❖ 14% of students reported 'yes'

RISK AND PROTECTIVE FACTORS

This section of the report covers several areas related to risk and protective factors associated with the prevention of substance use and other risky behaviors. These risk and protective factors include having supportive adults, grades, perception of risk of harm of alcohol and drug use and perception of parental and peer disapproval of alcohol and drug use.

SUPPORTIVE ADULTS

Students were asked if there is an adult (or adults) outside of school they can talk to about things that are important to them. The answer choices and corresponding results follow. Students were allowed to select more than one response.

| Response | Percentage |
|--|-------------------|
| Yes, parent or other adult family member | 41% |
| Yes, non-family adult (such as religious leader, club advisor, neighbor, etc.) | 5% |
| Yes, both family and non-family adults | 42% |
| No | 7% |
| Not sure | 5.5% |

SUPPORTIVE ADULTS AT SCHOOL

Students were asked if there is at least one teacher or other adult in school they can talk to if they have a problem.

- ❖ 75% said 'Yes'
- ❖ 10% said 'No'
- ❖ 15% said 'Not sure'

GRADES AT SCHOOL

Students were asked to describe their grades in school during the past 12 months.

| Grades | Percentage |
|----------------------|-------------------|
| Mostly A's | 35% |
| Mostly B's | 47% |
| Mostly C's | 14% |
| Mostly D's | 2% |
| Mostly F's | 0.7% |
| None of these grades | 1% |

PERCEPTION OF RISK OF HARM

This collection of questions asked students how much they believed people risked harming themselves by engaging in four risk behaviors.

| Substance | 'Moderate Risk' | 'Great Risk' |
|--|-----------------|--------------|
| Smoking one or two packs of cigarettes per day | 20% | 67% |
| Drinking five or more drinks of an alcoholic beverage once or twice a week | 37% | 34% |
| Smoking marijuana once or twice a week | 24% | 19% |
| Using prescription drugs not prescribed to you | 24% | 64% |

PERCEPTION OF PARENTAL DISAPPROVAL

A series of questions asked each student how wrong his/her parents feel (on a four point scale) it would be for him/her to drink alcohol, smoke tobacco, smoke marijuana and use prescription drugs not prescribed to them.

| Substance | 'Wrong' | 'Very Wrong' |
|--|---------|--------------|
| Smoking tobacco | 14% | 81% |
| Having one or two drinks of an alcoholic beverage nearly every day | 21% | 72% |
| Smoking marijuana | 23% | 66.5% |
| Using prescription drugs not prescribed to them | 5.5% | 91% |

PERCEPTION OF PEER DISAPPROVAL

A series of questions asked each student how wrong his/her friends feel (on a four point scale) it would be for him/her to drink alcohol, smoke tobacco, smoke marijuana and use prescription drugs not prescribed to them.

| Substance | 'Wrong' | 'Very Wrong' |
|--|---------|--------------|
| Smoking tobacco | 29% | 45% |
| Having one or two drinks of an alcoholic beverage nearly every day | 28.5% | 35% |
| Smoking marijuana | 17.5% | 27.5% |
| Using prescription drugs not prescribed to you | 23% | 68% |

SUICIDAL BEHAVIORS AND MENTAL HEALTH

Students were asked a series of questions that addressed suicidal behaviors, treatment for behavioral or mental health and being bothered by emotional problems.

| Measure | Wakefield | MA | USA |
|---|-----------|-----|-------|
| Felt so sad or hopeless almost every day for two weeks or more in a row within the past year, that they stopped doing usual activities | 21.5% | 25% | 28.5% |
| Seriously considered attempting suicide | 16% | 13% | 16% |
| Made a plan about how to attempt suicide in the past 12 months | 14% | 12% | 13% |
| Attempted suicide in the past 12 months | 10% | 7% | 8% |
| Attempted suicide that resulted in an injury, poisoning or overdose that had to be treated by a doctor or nurse during the past 12 months | 2% | 2% | 2% |
| Hurt or injured oneself on purpose during the past 12 months | 18% | 18% | NA |

TREATMENT FOR BEHAVIORAL/MENTAL HEALTH

Students were asked if they are now or have previously taken medicine or received treatment from a doctor or other health professional for any type of behavior health, mental health condition, or emotional problem (NOT including ADHD or ADD).

| Response | Percentage |
|--|------------|
| No | 79.5% |
| Yes, currently | 11% |
| Don't know/not sure | 3% |
| Yes, previously within the past 6 months | 2% |
| Yes, previously between 6 months and 12 months ago | 2% |
| Yes, more than 12 months ago | 2% |

EMOTIONAL HEALTH IMPACT

Students were asked if they have been bothered by emotional problems (such as feeling anxious or depressed) during the past four weeks and if those problems limited their usual social activities with family or friends.

| Response | Bothered by emotional problems | Emotional problems limited social activities |
|--------------------------------|--------------------------------|--|
| Not at all | 20% | 46% |
| Very little | 27% | 25% |
| Somewhat | 28% | 19% |
| Quite a lot | 25% | 8% |
| Could not do social activities | NA | 2% |

CAUSES OF TENSION OR STRESS IN SCHOOL

Students were asked to report what they believe to be the biggest cause of tension or stress in school.

| Response | Percentage |
|---------------------------------------|-------------------|
| Classes and grades | 64% |
| Family problems | 10% |
| Relationships | 6% |
| Peer groups and friends | 6% |
| A mental health condition | 5.5% |
| Sports and extra curricula activities | 5% |
| School environment | 3% |

PERSONAL SAFETY & VIOLENCE

Results for violence-related questions for students who answered 'yes' or 'one time or more' for the given question are provided in the table below.

Number of Students that Reported Being Involved in Violence-Related Behaviors

| Violence- Related Behavior | Wakefield | MA | US |
|---|-----------|-----|-----|
| Carried a weapon such as a gun, knife or club during the past 12 months on school property | 2.5% | 4% | 5% |
| Carried a gun during the past 30 days | 2.5% | 3% | 5% |
| Been threatened or injured with a weapon such as a gun, knife or club on school property during the past 12 months | 3% | 7% | 7% |
| Been in a physical fight during past 12 months | 14% | 25% | 33% |
| Been injured in a physical fight and had to be treated by a doctor or nurse during the past 12 months | 2% | 4% | 4% |
| Been in a physical fight on school property during the past 12 months | 4% | 7% | 12% |
| Did not go to school because they felt it would be unsafe at school or on their way to or from school during the past 30 days | 2% | 5% | 6% |

HARASSMENT ON WEB

Students were asked if someone posted something about them on another web page (such as Facebook or Twitter, etc.) that made them upset or uncomfortable.

| Response | Percentage |
|----------------------------------|------------|
| Never | 59% |
| Before, but not in the past year | 21% |
| A few times in the past year | 15% |
| Once or twice a month | 4% |
| Once or twice a week | 0.6% |
| Almost every day | 1% |

PHYSICAL VIOLENCE IN A RELATIONSHIP

Students were asked if they have ever been physically or sexually hurt by a date or someone they were going out with.

- 36% of students reported 'I have never been on a date or gone out with anyone'
- 58% of students reported 'No, I have **never** been hurt physically by a date or someone I was going out with'
- 2% of students reported 'Yes, I was hurt physically'
- 2% of students reported 'Yes, I was hurt sexually'
- 2% of students reported 'Yes, I was hurt both physically and sexually'

SEATBELT USE

Students were asked how often they wear a seatbelt when riding in a car driven by someone else.

| Frequency | Percentage |
|------------------|------------|
| Never | 2% |
| Rarely | 5% |
| Sometimes | 9% |
| Most of the time | 31% |
| Always | 52% |

- ❖ 10% of high school students nationwide reported 'Never' or 'Rarely' wearing a seat belt when riding in a car driven by someone else.
- ❖ 14% of Massachusetts' high school students reported 'Never' or 'Rarely' wearing a seat belt when riding in a car driven by someone else.

BULLYING

Wakefield High School students were asked a series of questions regarding bullying.

FREQUENCY OF BULLYING

Students were asked how often they have been bullied in the past couple of months at school, on their cell phone or internet with mean or hurtful messages, calls, or pictures.

| Frequency | Bullied at school | Bullied on cell phone/internet |
|--|--------------------------|---------------------------------------|
| I have not been bullied in the past couple of months | 79.5% | 86% |
| It happened once or twice | 15% | 10.5% |
| 2 or 3 times | 2.5% | 2% |
| About once a week | 2% | 1% |
| Several times a week | 1.5% | 0.2% |

WAYS STUDENTS HAVE BEEN BULLIED

Students were asked in what ways they have been bullied at school in the past couple of months. Students were allowed to select more than one response.

| Response | Percentage of Students |
|--|-------------------------------|
| I have not been bullied at school in the past couple of months | 81% |
| I was called mean names, was made fun of, or was teased in a hurtful way | 9% |
| I was excluded from a group of friends or completely ignored | 8% |
| Other students told lies or spread false rumors about me and tried to make others dislike me | 8% |
| I was hit, kicked, shoved around or locked indoors | 2% |
| I had money or other things taken away from me or had my belongings damaged | 1% |
| I was threatened or forced to do things I did not want to | 1% |
| I was bullied in other ways | 1% |

WAYS STUDENTS BULLY OTHERS

Students were asked in what ways they have bullied another student(s) at school in the past couple of months. Students were allowed to select more than one response.

| Response | Percentage of Students |
|--|------------------------|
| I have not bullied another student(s) at school in the past couple of months | 88% |
| I called another student(s) mean names, made fun, or teased in a hurtful way | 8% |
| I kept him or her out of things on purpose, excluded him or her from a group of friends or completely ignored him or her | 3% |
| I hit, kicked, shoved him or her around or locked him or her indoors | 1% |
| I spread false rumors about him or her and tried to make others dislike him or her | 0.5% |
| I took money or other things away from him or her, or damaged his or her belongings | 0.2% |
| I threatened or forced him or her to do things he or she did not want to | 0.4% |
| I bullied another student(s) in other ways | 0.7% |

FREQUENCY OF BULLYING OTHER STUDENTS

Students were asked how often they have bullied another student(s) over the internet or on a cell phone with mean or hurtful messages, calls or pictures, or in other ways in the past couple of months.

| Frequency | Percentage of Students |
|---|------------------------|
| I have not bullied another student(s) over the internet or on a cell phone in the past couple of months | 95% |
| Once or twice | 4% |
| 2 or 3 times | 0.6% |
| About once a week | 0.1% |
| Several times a week | 0.4% |

REACTION TO WITNESSING BULLYING

Students were asked how they usually react if they see or learn that a student their age is being bullied.

| Response | Percentage of Students |
|---|------------------------|
| I try to help the bullied student in one way or another | 38% |
| I have never noticed that students my age have been bullied | 33% |
| I do not do anything, but I think I ought to help the bullied student | 18% |
| I just watch what goes on | 4% |
| I tell a teacher or another adult about the bullying | 3% |
| I tell my parents or an adult family member about the bullying | 2% |
| I take part in the bullying | 1% |
| I do not do anything, but I think the bullying is okay | 1% |

FREQUENCY OF TEACHER INTERVENTION TO BULLYING

Students were asked how often the teachers or other adults try to put a stop to it when a student is being bullied at school.

| Frequency | Percentage |
|------------------|-------------------|
| Almost never | 17% |
| Once in a while | 16% |
| Sometimes | 21% |
| Often | 23.5% |
| Almost always | 22.5% |

SEXUAL HEALTH

Wakefield High School students were asked questions about age of first sexual intercourse, number of sexual partners, pregnancy prevention, pregnancy, STD testing and diagnosis and sexual contact against will.

SEXUAL INTERCOURSE

- 31% of Wakefield High School students reported having sexual intercourse in their lifetime.
- ❖ 42% of Massachusetts' high school students reported having sexual intercourse in their lifetime.
- ❖ 47% of high school students nationwide reported having sexual intercourse in their lifetime.

AGE AT FIRST SEXUAL INTERCOURSE

Of the students that have reported having sexual intercourse, the average age when they first had sex was 14.97 years.

| Age | Percentage |
|-----------------------------------|------------|
| Have never had sexual intercourse | 70% |
| 11 years old or younger | 1% |
| 12 years old | 2% |
| 13 years old | 1.5% |
| 14 years old | 5% |
| 15 years old | 8% |
| 16 years old | 7% |
| 17 years old or older | 5% |

- ❖ 4% of Massachusetts' high school students reported having sexual intercourse before the age of 13.
- ❖ 6% of high school students nationwide reported having sexual intercourse before the age of 13.

NUMBER OF SEXUAL PARTNERS IN LIFETIME

Students were asked how many people they have had sexual intercourse with, within their lifetime.

| Number of Partners | Percentage |
|-------------------------------------|------------|
| I have never had sexual intercourse | 71% |
| 1 person | 15% |
| 2 people | 5% |
| 3 people | 2% |
| 4 people | 2% |
| 5 people | 1% |
| 6 or more people | 3% |

NUMBER OF SEXUAL PARTNERS IN PAST THREE MONTHS

Students were asked how many people they have had sexual intercourse with, within the past three months.

| Number of Partners | Percentage |
|---|------------|
| I have never had sexual intercourse | 71% |
| I have had sexual intercourse, but not during the past 3 months | 7% |
| 1 person | 17% |
| 2 people | 2% |
| 3 people | 1% |
| 4 people | 0.6% |
| 5 people | 0.4% |
| 6 or more people | 0.5% |

USE OF DRUGS OR ALCOHOL BEFORE SEXUAL INTERCOURSE

- ❖ 9% of students reported drinking alcohol or using drugs before they had sexual intercourse the last time.

USE OF CONDOMS

- ❖ 19% of students reported they or their partner used a condom the last time they sexual intercourse.

PREGNANCY PREVENTION

Students were asked if they have had sexual intercourse and what method they or their partner used *the last time* to prevent pregnancy. Students were allowed to select more than one method. For this question, 72.5% of students reported they have never had sexual intercourse.

| Method | Percentage |
|---|------------|
| Condoms | 15% |
| Birth control pills | 7.5% |
| No method was used to prevent pregnancy | 1% |
| Depo-Provera | 1% |
| Withdrawal | 1% |
| Not sure | 0.5% |
| Some other method | 0.4% |

PREGNANCY

Students were asked how many times they have been pregnant or gotten someone pregnant.

| Number of times | Percentage |
|-----------------|------------|
| 0 times | 97% |
| 1 time | 1% |
| 2 or more times | 1% |
| Not sure | 1% |

HIV/STD TESTING

Students were asked if they have ever been tested for HIV infection or other sexually transmitted diseases.

| Response | Percentage |
|---|-------------------|
| No, I have never been tested for HIV or other STDs | 89% |
| Yes, I have been tested for HIV | 1% |
| Yes, I have been tested for other STDs | 2% |
| Yes, I have been tested for both HIV and for other STDs | 9% |

HIV/STD DIAGNOSIS

Students were asked if they have ever been told by a doctor or other health care professional that they have HIV infection or other sexually transmitted diseases.

- ❖ 3% of students reported 'Yes'.

SEXUAL CONTACT AGAINST WILL

Students were asked if anyone has ever had sexual contact with them against their will.

| Response | Percentage |
|--|-------------------|
| No one has ever had sexual contact with me against my will (a) | 92% |
| Yes, within the past 12 months (b) | 3% |
| Yes, more than 12 months ago (c) | 4% |
| Yes, both b and c (d) | 1% |

EXERCISE AND NUTRITION

Wakefield High School students were asked questions about frequency of physical activity, weight management and ways to lose weight.

PHYSICAL ACTIVITY

Students were asked a series of questions regarding physical activity:

1. Identify the number of days within the past week they were physically active for at least 20 minutes per day. They were told to add all the time they spent in any kind of physical activity that increased their heart rate and made them breathe hard some of the time.
2. Identify the number of days, within the past week, they exercised or participated in physical activity for at least 30 minutes that did not make them sweat or breathe hard, such as fast walking, slow bicycling, skating, pushing a lawn mower or mopping floors.
3. Identify the number of days, within the past week, they did exercises to strengthen or tone their muscles, such as push-ups, sit-ups, or weight lifting.

| Response | 20 minutes- sweating and breathing hard | 30 minutes-no sweating or breathing hard | Strengthen or tone |
|----------|---|--|--------------------|
| 0 days | 14% | 29% | 24% |
| 1 day | 8% | 12% | 11% |
| 2 days | 12% | 14% | 13.5% |
| 3 days | 13% | 12% | 13.5% |
| 4 days | 13% | 7% | 13% |
| 5 days | 11.5% | 7% | 10% |
| 6 days | 11% | 4% | 5% |
| 7 days | 17% | 14% | 10% |

- ❖ 63% of Massachusetts' high school students reported that they were physically active for a total of at least 20 minutes per day on three or more of the past seven days.

WEIGHT DESCRIPTION

Students were asked how they would describe their weight.

| Response | Percentage |
|------------------------|------------|
| Very underweight | 2% |
| Slightly underweight | 15% |
| About the right weight | 53% |
| Slightly overweight | 25% |
| Very overweight | 4% |

- ❖ 28% of Massachusetts' high school students viewed themselves as 'slightly overweight' or 'very overweight'.
- ❖ 29% of high school students nationwide viewed themselves as 'slightly overweight' or 'very overweight'.

WEIGHT MANAGEMENT

Students were asked what they are trying to do about their weight.

| Response | Percentage |
|--|------------|
| Lose weight | 48% |
| Gain weight | 16% |
| Stay the same weight | 19% |
| Not trying to do anything about weight | 16% |

- ❖ 45% of Massachusetts' high school students reported they were trying to lose weight.
- ❖ 46% of high school students nationwide reported they were trying to lose weight.

WAYS TO LOSE WEIGHT

Students were asked if they have ever engaged in the following behaviors to lose weight or to keep from gaining weight.

| Response | Wakefield | MA | US |
|--|-----------|-----|-----|
| Exercised | 45% | NA | NA |
| Ate less food, fewer calories, or foods low in fat | 10% | NA | NA |
| Both exercised and ate less food, fewer calories, or foods low in fat | 31% | NA | NA |
| Went without eating for 24 hours or more to lose weight or to keep from gaining weight | 11% | 10% | 12% |

WAYS SPEND TIME

Wakefield High School students were asked questions regarding screen time, participation in organized activities, sports teams, volunteer work and playing the lottery.

SCREEN TIME

Students were asked how many hours a day they spend on their cell phone, computer or other internet capable device, playing video or computer games or using a computer for something that is not school work on an average school day.

| Response | Percentage |
|--|------------|
| Do not use a phone, tablet/ipad, or computer for something that is not school work | 3% |
| Less than 1 hour per day | 9% |
| 1 hour per day | 15% |
| 2 hours per day | 25% |
| 3 hours per day | 22% |
| 4 hours per day | 11% |
| 5 hours or more per day | 15% |

PARTICIPATION IN ORGANIZED ACTIVITIES

Students were asked on how many days they took part in organized after school, evening or weekend activities during the past 7 days.

| Response | Percentage |
|----------|------------|
| 0 days | 33% |
| 1 day | 14% |
| 2 days | 12% |
| 3 days | 12% |
| 4 days | 9% |
| 5 days | 7% |
| 6 days | 6% |
| 7 days | 7% |

PARTICIPATION IN SPORTS TEAMS

Students were asked how many sports teams they played on during the past 12 months.

| Response | Percentage |
|-----------------|------------|
| 0 teams | 28% |
| 1 team | 22% |
| 2 teams | 23% |
| 3 or more teams | 27% |

- ❖ 58% of students nationwide reported playing on at least one sports team during the past 12 months.

VOLUNTEER WORK AND COMMUNITY SERVICE

Students were asked how many hours they spent in an average month on volunteer work or community service or helping people outside of their home without getting paid. Students were told not to include community service required of them as a punishment.

| Response | Percentage |
|------------------|-------------------|
| 0 hours | 54% |
| 1 to 4 hours | 35% |
| 5 to 9 hours | 8 % |
| 10 or more hours | 4% |

LOTTERY OR SCRATCH-OFF TICKETS

Students were asked how often they played the lottery or scratch-off tickets.

| Response | Percentage |
|----------------------------------|-------------------|
| Never | 54% |
| Before, but not in the past year | 12% |
| A few times in the past year | 27% |
| Once or twice a month | 4.5% |
| Once or twice a week | 1% |
| Almost every day | 1% |

Contact Information

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