

2014

Wakefield Middle School

Youth Risk Behavior Survey Results



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Methods

Wakefield Middle 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 Middle 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. Three students were removed for this reason. 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. Four students were removed for these reasons.

Following the data cleaning procedure, the final sample size for the Wakefield Middle School Youth Risk Behavior Survey is 484 students.

COMPARISON DATA

Since the survey administered at Wakefield Middle 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. 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. National comparison numbers are not available for middle school students.

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 Grades 7 & 8 Survey Population

Total number of students enrolled in grades 7 & 8	529 students
Number of students absent on day of survey	27 students
Number of students whose parents opted out of survey	4 students
Surveys removed from final sample by evaluators through the data cleaning and validity process*	4 students
Students unaccounted for (survey not completed for unknown reasons)	10 students
Final sample included in analysis for this report	484 students
Representation Rate (% of surveys included in analysis out of those available to take the survey)	98%

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

DEMOGRAPHIC PROFILE

	Number of Respondents	Percentage of Respondents
Total Valid Surveys	484	100%
Sex		
Male	239	50%
Female	241	50%
Grade		
7 th grade	220	46%
8 th grade	256	53%
Other	3	0.6%
Age		
12 years old	83	17%
13 years old	234	49%
14 years old	163	34%
15 years old	1	0.2%
Race/Ethnicity (students were allowed to select more than one response)		
White	419	87%
Black or African American	26	5%
American Indian or Alaska Native	23	5%
Asian	26	5%
Hispanic or Latino	20	4%
Native Hawaiian or Other Pacific Islander	7	1%

(The number of students in the first column may not always add up to the total amount in the sample of 484. 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' (2011) averages.

Substance/Activity	Wakefield	MA
Alcohol		
Used within past 30 days	6%	8%
Used within lifetime	20%	20%
Age of onset	11.61 years	NA
First used before age 13	4%	NA
High-risk drinking during past 30 days	2%	3%
Drank at least one drink of alcohol on school property	0.2%	NA
Cigarettes		
Used within past 30 days	3%	3%
Used within lifetime	4%	10%
Age of onset	12.17 years	NA
First used before age 13	2%	NA
Used a tobacco product or nicotine delivery device on school property	2%	NA
Tried to quit using tobacco or nicotine delivery device	1%	NA
Marijuana		
Used within past 30 days	5%	4%
Used within lifetime	6%	8%
Age of onset	12.14 years	NA
First used before age 13	2%	NA
Prescription Drugs Not Prescribed		
Used within past 30 days	1%	1%

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	8.5%
Other	8.5%
Blunt wraps	2.5%
Cigars	1%
Cigarillos or little cigars	0.6%
Dip	0.4%
Chewing tobacco	0.4%
Snus (or other dissolvables)	0.8%
Snuff	0.2%

OTHER ILLICIT DRUG USE

Substance/Activity	Wakefield
Other Illicit Drug Use: Lifetime	
Over-the-counter medications to get high such as cough or cold syrups	2.5%
Cocaine	1%
Salvia, K2 or other synthetic marijuana or "legal bud"	3%
Steroid pills or shots without a doctor's prescription	0.4%
Inhalants	6%
Used a needle to inject any illegal drug into body	0.2%
Used prescription pain relievers such as Vicodin, Percocet, Hydrocodone or Oxycontin that were not prescribed by a doctor or a nurse	3%
Used prescription stimulants such as Ritalin or Adderall that were not prescribed by a doctor or a nurse	1%
Used prescription tranquilizers such as Xanax, Valium or Ambien were not prescribed by a doctor or a nurse	1%

**Chart 1. Wakefield Middle School Past 30 Days Substance Use (2014)
Compared to Massachusetts (2011)**

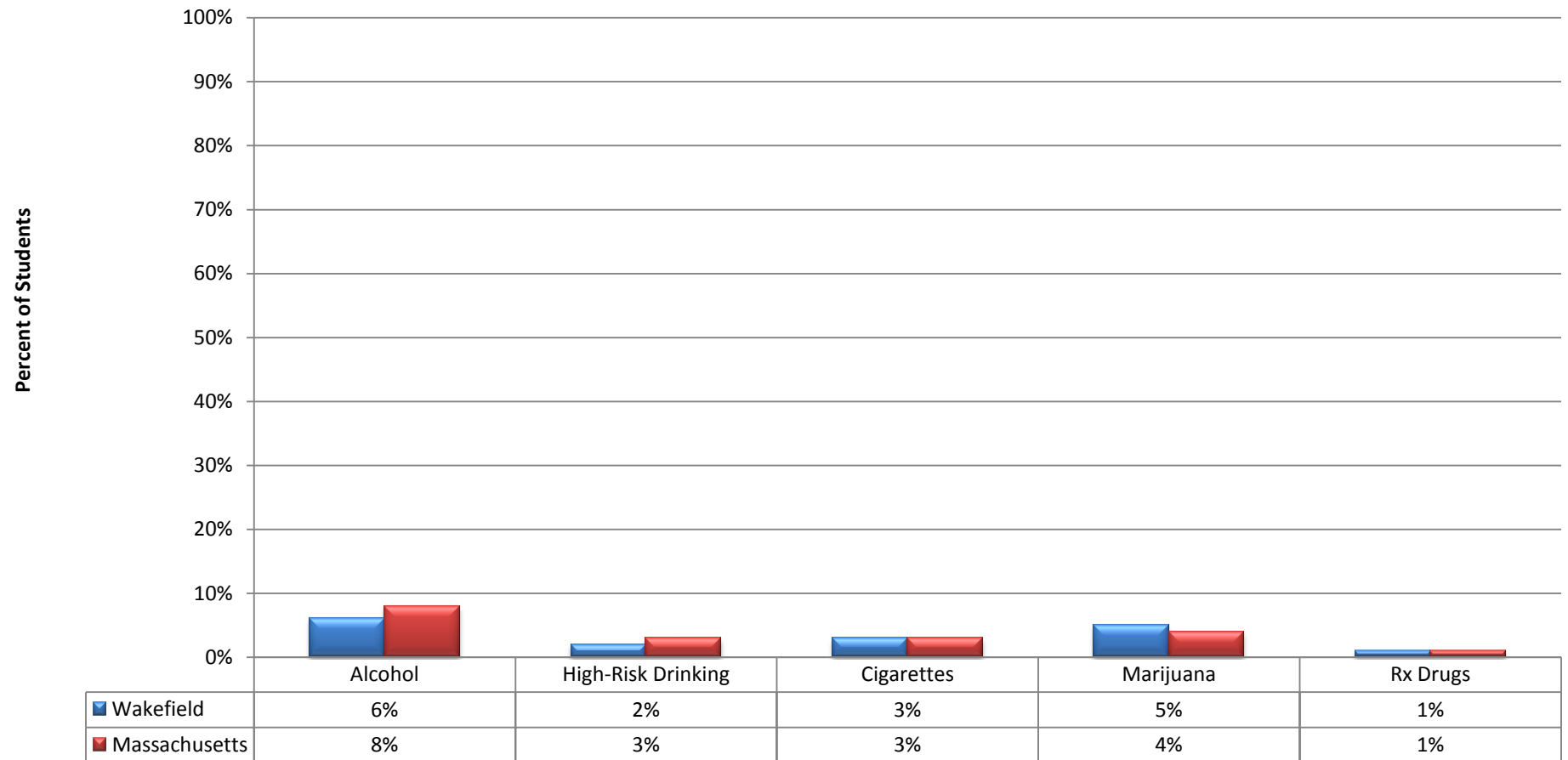
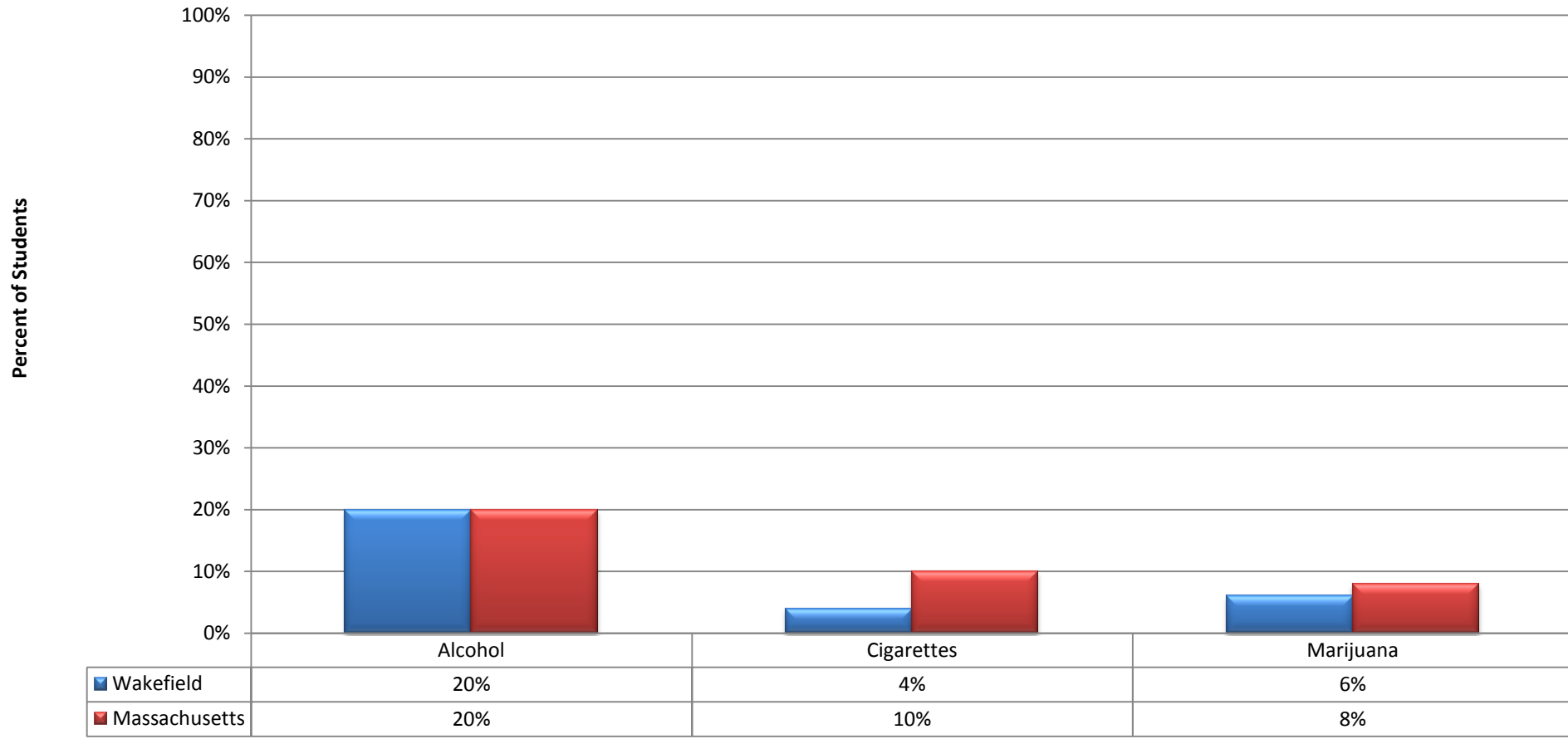


Chart 2. Wakefield Middle School Lifetime Substance Use (2014) Compared to Massachusetts (2011)



ACCESS TO ALCOHOL AND DRUGS

EASE OF ACCESS TO ALCOHOL

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

Response	Percentage
Impossible	44%
Very difficult	16%
Fairly difficult	6.5%
Fairly easy	20%
Very easy	14%
Don't know	0

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	88%
I got it at home	7%
I got it through my friends	2.5%
I got it at parties	3%
I had an adult buy it for me	2%
I bought it from a liquor store (or package store)	0%
I bought them from a supermarket or convenience store	0.8%
I bought it from bars, clubs or restaurants	0.4%

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.

Response	Percentage of Students
Have not drunk alcohol in the past 12 months	86%
Friend's house	96%
At home	5%
At family events	4%
At weekend parties	3%
Other	2%
At parks, in the woods, in a car or other outdoor places	1%
At school or school events- before, during or after school hours	0%

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	77%
I did not use cigarettes, tobacco, or a nicotine delivery device	32%
I gave someone else money to buy them for me	2%
I borrowed (or bummed) them from someone else	1%
A person 18 years old or older gave them to me	1%
I got them some other way	1%
I bought them in a store such as a supermarket, convenience store or gas station	0.6%
I took them from a store or family member	0.2%

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	55%
Yes, non-family adult (such as religious leader, club advisor, neighbor, etc.)	3%
Yes, both family and non-family adults	33%
No	5%
Not sure	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.

- ❖ 62% said 'Yes'
- ❖ 14% said 'No'
- ❖ 24% 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	40%
Mostly B's	37%
Mostly C's	13%
Mostly D's	2%
Mostly F's	1%
None of these grades	0.4%
Not sure	6%

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	23%	62%
Drinking five or more drinks of an alcoholic beverage once or twice a week	35.5%	45%
Smoking marijuana once or twice a week	29%	43.5%
Using prescription drugs not prescribed to you	32%	55%

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 cigarettes	7%	92%
Having one or two drinks of an alcoholic beverage nearly every day	8%	90%
Smoking marijuana	6%	91%
Using prescription drugs not prescribed to them	6%	92%

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	20%	72%
Having one or two drinks of an alcoholic beverage nearly every day	21%	67.5%
Smoking marijuana	21%	66%
Using prescription drugs not prescribed to you	14%	80%

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.

SUICIDAL BEHAVIORS

Students were asked if they have ever seriously considered killing themselves, made a plan about how to kill themselves or ever tried to kill themselves.

Measure	Wakefield	MA
Seriously considered killing oneself	18%	7%
Made a plan about how to kill oneself	10%	NA
Ever tried to kill oneself	4%	4%

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	85%
Yes, currently	5.5%
Don't know/not sure	7%
Yes, previously within the past 6 months	1%
Yes, previously between 6 months and 12 months ago	0.4%
Yes, more than 12 months ago	1%

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	31%	65%
Very little	35%	21%
Somewhat	22%	10%
Quite a lot	12%	3%
Could not do social activities	NA	1%

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	65%
Family problems	12.5%
Sports and extra curricula activities	6%
Peer groups and friends	7%
School environment	4%
Relationships	4%
A mental health condition	2%

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
Carried a weapon such as a gun, knife or club	16.5%
Been in a physical fight	30%
Been injured in a physical fight and had to be treated by a doctor or nurse	3%
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	4%

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.

- 49% of students reported 'I have never been on a date or gone out with anyone'
- 49% of students reported 'No, I have **never** been hurt physically by a date or someone I was going out with'
- 0.4% of students reported 'Yes, I was hurt physically'
- 0.6% of students reported 'Yes, I was hurt sexually'
- 0.4% 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	3%
Rarely	4%
Sometimes	7.5%
Most of the time	30%
Always	55%

- ❖ 7% of Massachusetts' Middle school students reported 'Never' or 'Rarely' wearing a seat belt when riding in a car driven by someone else.

RODE WITH DRUNK DRIVER

Students were asked how often they have ridden in a car driven by someone who had been drinking alcohol.

Frequency	Percentage
Never	19%
Rarely	63%
Sometimes	18%
Most of the time	0.2%
Always	0

BULLYING

Wakefield Middle 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	70.5%	83%
It happened once or twice	19%	12.5%
2 or 3 times	6%	3.5%
About once a week	1%	0.2%
Several times a week	3%	1%

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	71%
I was called mean names, was made fun of, or was teased in a hurtful way	18%
I was excluded from a group of friends or completely ignored	13%
Other students told lies or spread false rumors about me and tried to make others dislike me	9.5%
I was bullied in other ways	4%
I was hit, kicked, shoved around or locked indoors	2%
I was threatened or forced to do things I did not want to	2%
I had money or other things taken away from me or had my belongings damaged	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	10%
I called another student(s) mean names, made fun, or teased in a hurtful way	7%
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	4%
I spread false rumors about him or her and tried to make others dislike him or her	0.6%
I bullied another student(s) in other ways	0.4%
I took money or other things away from him or her, or damaged his or her belongings	0.4%
I threatened or forced him or her to do things he or she did not want to	0%
I hit, kicked, shoved him or her around or locked him or her indoors	0%

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	5%
2 or 3 times	0.4%
About once a week	0%
Several times a week	0%

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	39%
I have never noticed that students my age have been bullied	35%
I do not do anything, but I think I ought to help the bullied student	13%
I tell a teacher or another adult about the bullying	5%
I tell my parents or an adult family member about the bullying	4%
I just watch what goes on	3%
I take part in the bullying	1%
I do not do anything, but I think the bullying is okay	0

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	18.5%
Once in a while	16%
Sometimes	23%
Often	16%
Almost always	26%

HARASSMENT AT SCHOOL

Students were asked if they have ever been harassed at school or on the way to or from school in relation to any of the following issues. They were allowed to select more than one response.

Response	Percentage
I have not been harassed	79%
Harassment about your weight, clothes, acne or other physical characteristics	7%
Other reasons	6%
Harassment about your group of friends	6%
Unwanted sexual comments or attention	6%
Harassment about your race or ethnic origin	4%
Harassment because someone thought you were gay, lesbian or bisexual	3%

SEXUAL HEALTH

Wakefield Middle 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

- 6% of Wakefield Middle School students 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 12.13 years.

Age	Percentage
Have never had sexual intercourse	95%
8 years old or younger	0.4%
9 years old	0.2%
10 years old	0
11 years old	0.4%
12 years old	1.5%
13 years old	1.7%
14 years old or older	0.9%

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	95%
1 person	2%
2 people	0.6%
3 people	0.9%
4 or more people	1%

USE OF CONDOMS

- ❖ 4.5% of students reported they or their partner used a condom the last time they sexual intercourse.

EXERCISE AND NUTRITION

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

PHYSICAL ACTIVITY

Students were asked to 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.

Response	Percentage
0 days	9%
1 day	5%
2 days	8%
3 days	11%
4 days	17%
5 days	17%
6 days	11.5%
7 days	21%

❖ 80% of Massachusetts' Middle 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	3%
Slightly underweight	17%
About the right weight	53%
Slightly overweight	23%
Very overweight	3%

❖ 23% of Massachusetts' Middle school students 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	45%
Gain weight	11.5%
Stay the same weight	21%
Not trying to do anything about weight	23%

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
Exercised	67%
Ate less food, fewer calories, or foods low in fat	46%
Went without eating for 24 hours or more to lose weight or to keep from gaining weight	10%
Taken any diet pills, powders or liquids without a doctor's advice	2%
Vomited or taken laxatives	4%

WAYS SPEND TIME

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

WATCH TELEVISION

Students were asked how many hours a day they spend watching TV on an average school day.

Response	Percentage
Do not watch TV on an average school day	10%
Less than 1 hour per day	19%
1 hour per day	23.5%
2 hours per day	22%
3 hours per day	15%
4 hours per day	6%
5 hours or more per day	4.5%

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/lpad, or computer for something that is not school work	4%
Less than 1 hour per day	9%
1 hour per day	18%
2 hours per day	23%
3 hours per day	17%
4 hours per day	11%
5 hours or more per day	18%

PARTICIPATION IN SPORTS TEAMS

Students were asked if they play on any sports teams

- ❖ 79.5% of students reported 'Yes'.

LOTTERY OR SCRATCH-OFF TICKETS

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

Response	Percentage
Never	50%
Before, but not in the past year	18%
A few times in the past year	25%
Once or twice a month	5%
Once or twice a week	1%
Almost every day	1%

Contact Information

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