



2017 Lynnfield Youth Risk Behavior Survey

Data Presentation

November 28, 2017

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Thank You

- Phil Crawford - “A Healthy Lynnfield”
- Christine Healey and Denis Gallagher/Lahey Health - \$17,000
- John Snow Inc. (JSI) - Alec McKinney, Emily Breuer, Mihaly Imre





YRBS Purpose

- Assess extent to which middle (7th-8th) and high school (9th-12th) students engage in risky behaviors
- Inform the work of “A Healthy Lynnfield”
- Implement evidence-based activities to address the risky behaviors
- Monitor progress toward meeting school health and health promotion goals
- Advise Screening, Brief Intervention, and Referral to Treatment (SBIRT)



YRBS Focus

- Unintentional injury and violence
- Mental health
- Alcohol and drugs
- Tobacco
- Sexual behaviors related to unintended pregnancy and STIs
- Nutrition and physical activity



YRBS Methods

- Administered online using SurveyGizmo to students in grades 7-12 (first week of October)
- Option for parents to access survey and opt out student(s)
- Anonymous and confidential
- Voluntary: Questions could be skipped
- Ability to make Middlesex League, Commonwealth and National comparisons
- MS: 75 questions; HS: 124 questions



Recommendations YRBS 2014

- School Resource Officer (District)
- Full-time School Adjustment Counselor (H.S.)
- Increased communication with outside providers
- Transitional Learning Program (H.S.)

Student Demographics



Middle School

50.7% Male, 49.3% Female

88.9% Heterosexual

91.3% White

7.0% Hispanic or Latino

High School

51.7% Male, 48.3% Female

87.9% Heterosexual

87.3% White

5.2% Hispanic or Latino



Protective Factors and Areas of Encouragement - Middle School

- Students are riding less in cars with people who have been drinking alcohol
 - 32% → 15%
- Slight decrease in bullying on school grounds from 2014
 - 32.1% → 29.1%
- Substance abuse numbers at Lynnfield Middle School are very low
 - Details to follow
- 87% have adult family member they can talk to
- 54% have at least one adult at school they can talk to



Protective Factors and Areas of Encouragement - High School

- Marijuana use is down from 2014 survey
- Students continue to be physically active and or playing a sport on a regular basis
- 87.1% felt that they had at least one parent or adult family member that they could talk to
- 57.2% felt that they had at least one adult at school that they could talk to

Unintentional Injury and Violence

Lynnfield Middle School

Helmet Safety

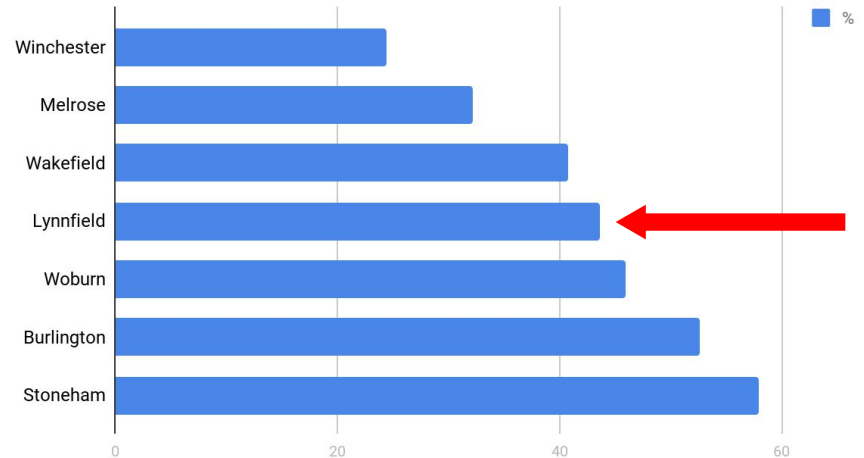
43.6% of students reported never or rarely wearing a helmet when riding a bicycle.

- Middlesex League average = 38.3%

71.6% of students reported never or rarely wearing a helmet when rollerblading or riding a skateboard.

- Middlesex League average = 54.6%

Never or Rarely Wear Helmet while riding Bicycle





Car Safety

1.8% of students reported never or rarely wearing a seatbelt when riding in a car.

- Middlesex League average = 2.6%

15.3% of students reported riding in a car driven by someone who had been drinking alcohol.

- Middlesex League average = 16.2%

Physical Safety

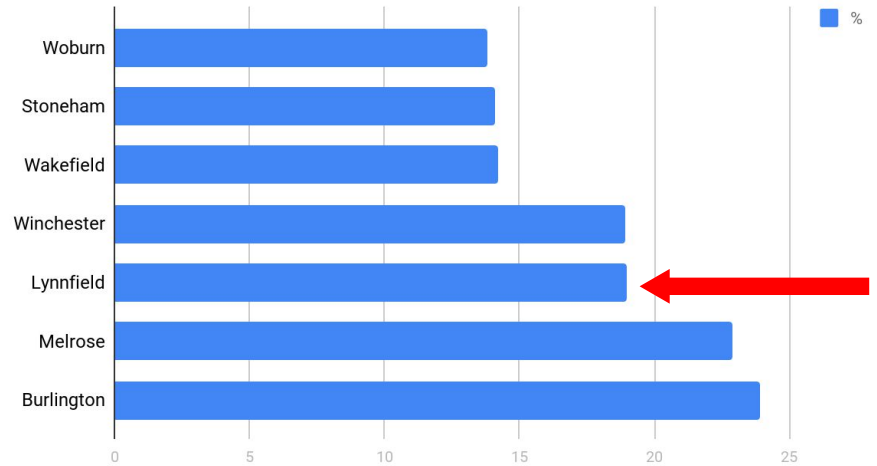
28.6% of students reported being in a physical fight.

- Middlesex League average = 30.6%

19.0% of students reported ever carrying a weapon.

- Middlesex League average = 18.3%

Ever Carried a Weapon



Bullying

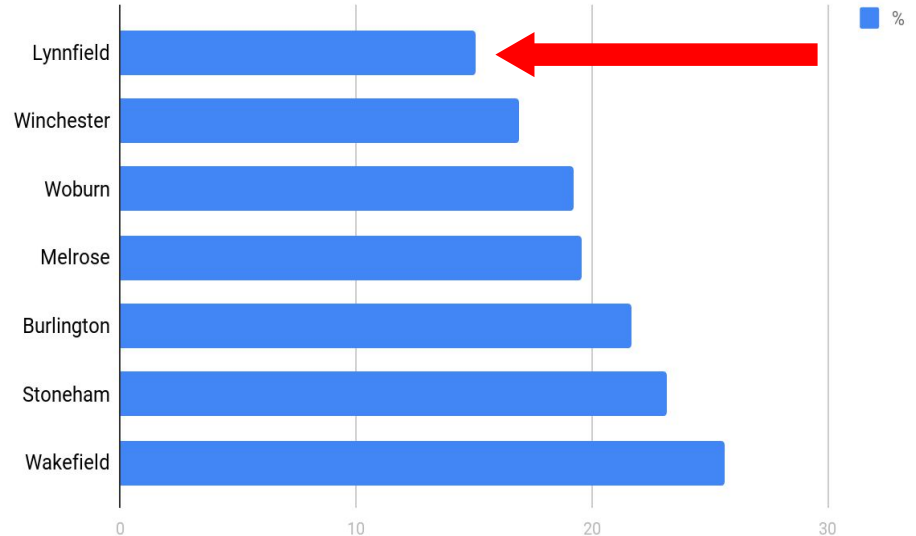
15.1% of students reported being electronically bullied.

- Middlesex League average = 20.2%

29.1% of students reported being bullied on school property.

- Middlesex League average = 30.2%

Electronically Bullied



Unintentional Injury and Violence

Lynnfield High School



Driving and Alcohol Consumption

14.5% of students reported that they rode with a driver who had been drinking alcohol in the last month.

- Middlesex League average = 14.0%
- Commonwealth average = 18.2%

2.3% of students reported that they drove when they had been drinking alcohol.

- Middlesex League average = 6.3%
- Commonwealth average = 9.4%



Driving and Cell Phone Use

41.7% of students reported that they talked on a cell phone while driving.

- Middlesex League average = 38.8%

31.3% of students reported that they texted or e-mailed while driving.

- Middlesex League average = 32.8%
- Commonwealth average = 39.3%



Physical Safety

4.3% of students reported that they carried a weapon in the month before the survey.

- Middlesex League average = 7.8%
- Commonwealth average = 12.6%

11.5% of students reported that they were in a physical fight in the last year.

- Middlesex League average = 15.1%
- Commonwealth average = 19.2%



Bullying

8.3% of students reported that they were electronically bullied in the last year.

- Middlesex League average = 12.1%
- Commonwealth average = 13.0%

7.4% of students reported that they were bullied on school property in the last year.

- Middlesex League average = 12.4%
- Commonwealth average = 15.6%



Dating Violence

1.6% of students reported that they experienced physical dating violence in the last year.

- Middlesex League average = 2.8%

4.2% of students reported that they experienced sexual dating violence in the last year.

- Middlesex League average = 4.4%

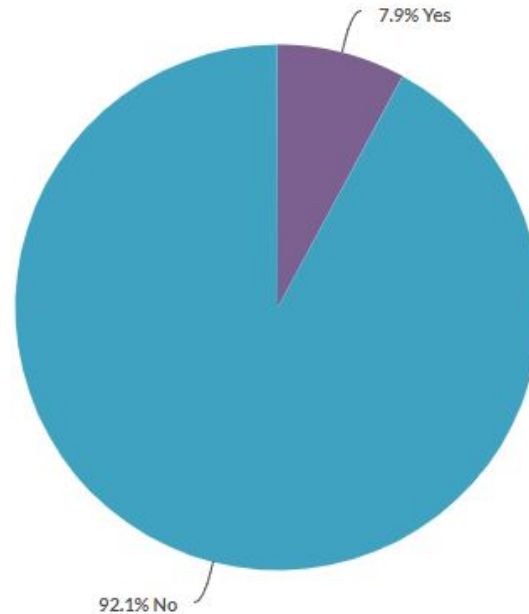
Mental Health

Lynnfield Middle School

Suicide

7.9% of students reported seriously thinking about attempting suicide. *Middlesex League average = 13.5%*

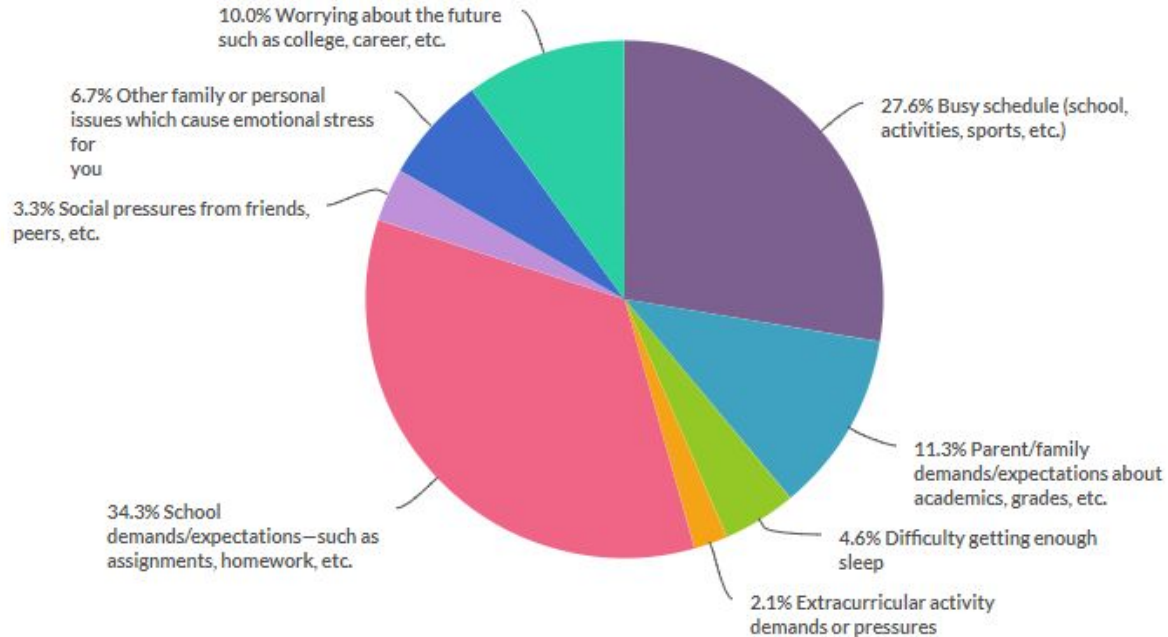
- 6.1% made a plan
- 2.5% attempted suicide



Stress

What causes the most negative stress?

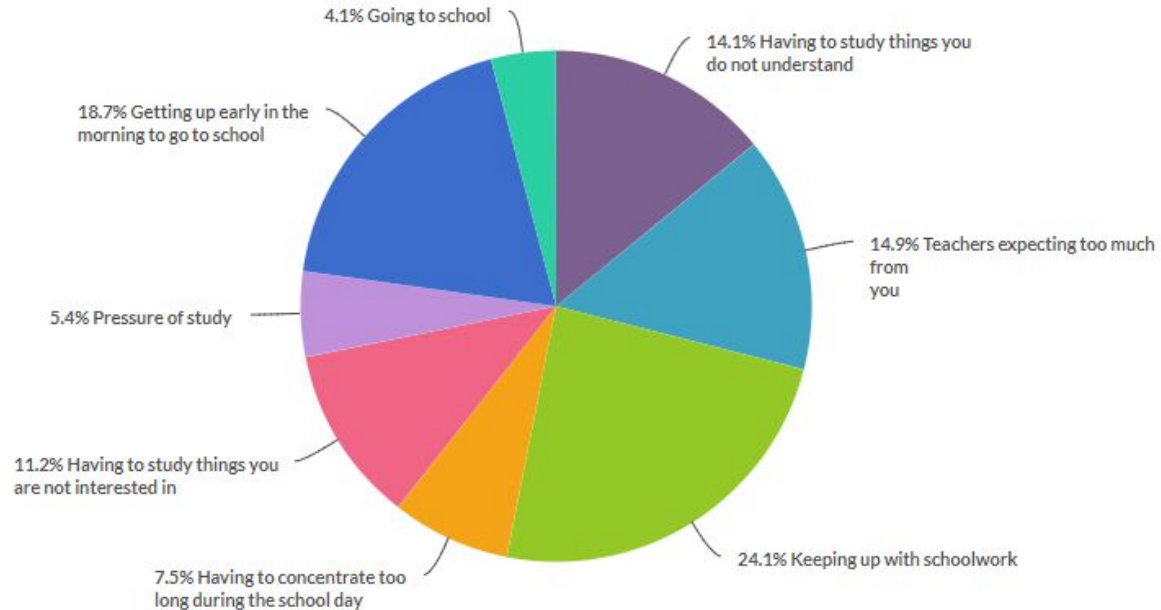
- 34% School demands
- 28% Busy Schedule
- 11% Family demands
- 10% Worrying about the future



Stress

What is most stressful about school?

- 24% Keeping up with schoolwork
- 19% Getting up early
- 15% Teachers expecting too much
- 14% Studying things I don't understand



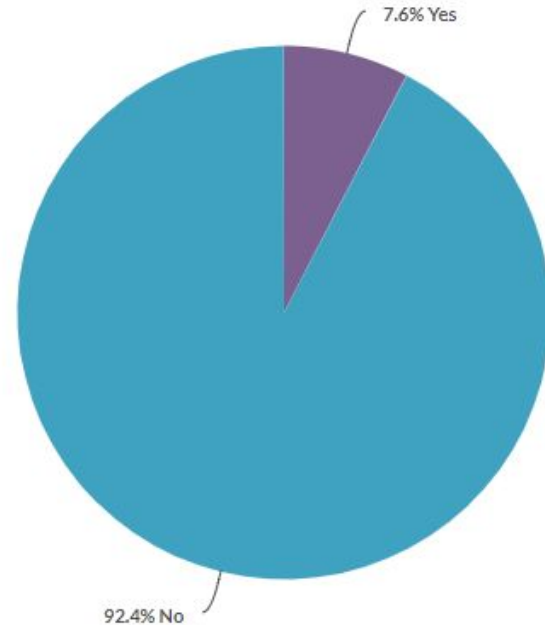
Mental Health

Lynnfield High School

Suicide

7.6% of students seriously considered attempting suicide.
Middlesex League average = 12.2%

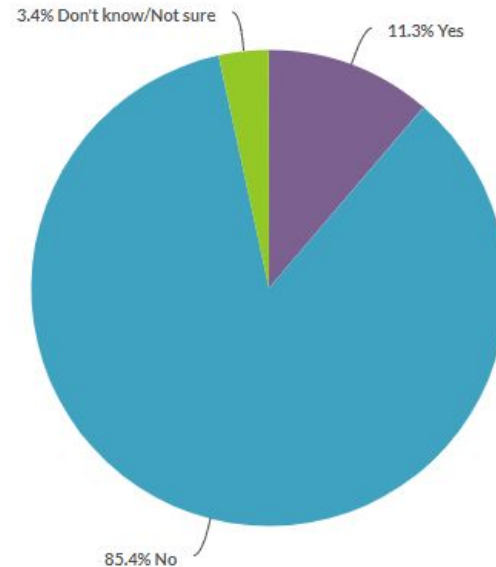
- 6.0% made a plan
- 2.1% attempted suicide



Mental Health Treatment

11.3% of students reported currently taking medication or receiving treatment for behavioral health, mental health, or emotional conditions.

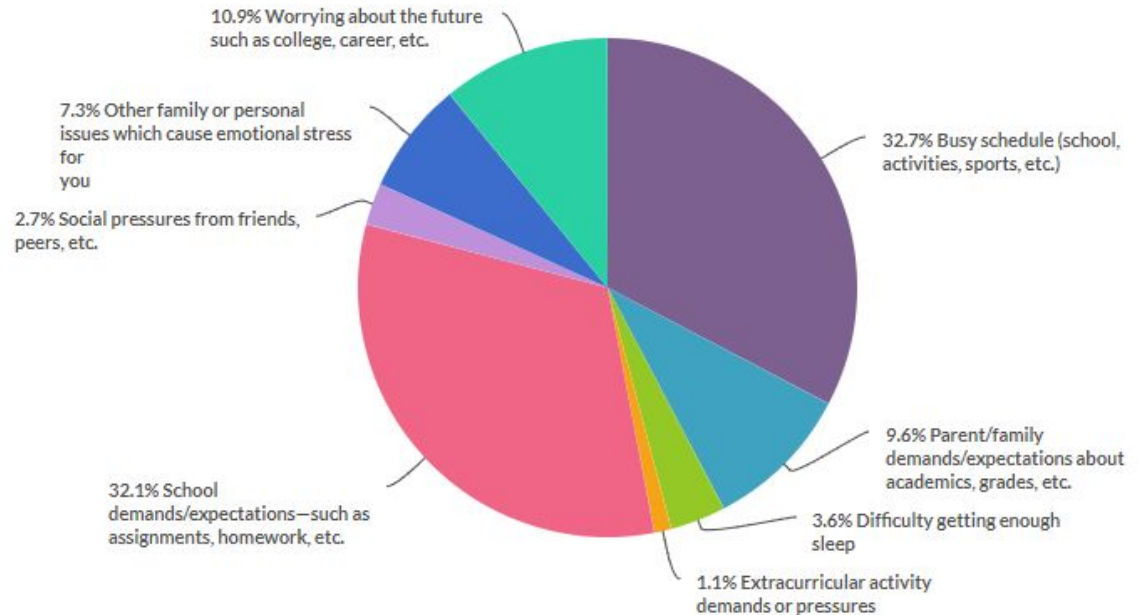
- 14.6% of female students
- 7.5% of male students
- Middlesex League average = 13.5%



Stress

What causes the most negative stress?

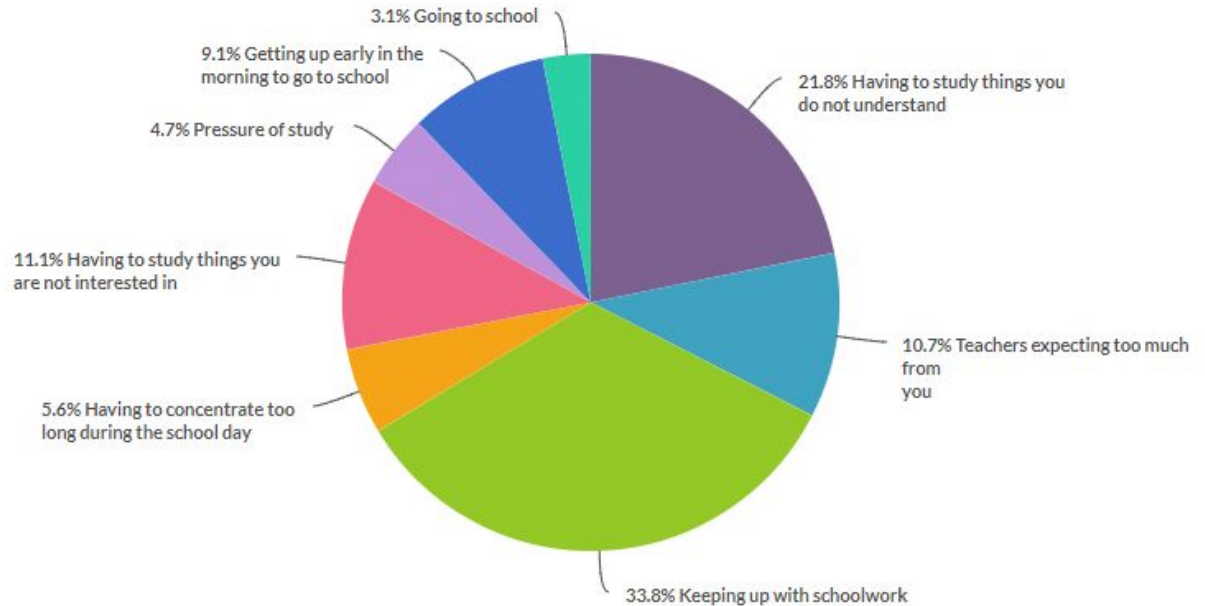
- 33% Busy schedule
- 32% School demands and expectations



Stress

What is most stressful about school?

- 34% Keeping up with school work
- 22% Having to study things they do not understand



Tobacco and Electronic Vapor Products

Lynnfield Middle School



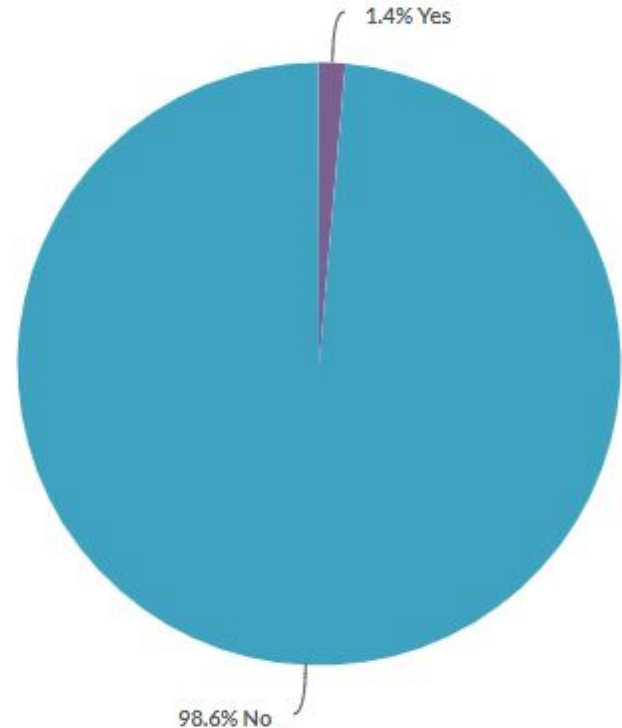
Cigarette Smoking

1.4% of students reported ever trying cigarette smoking.

- Middlesex League average = 2.8%

0.7% of students reported currently smoking cigarettes.

- Middlesex League average = 0.6%





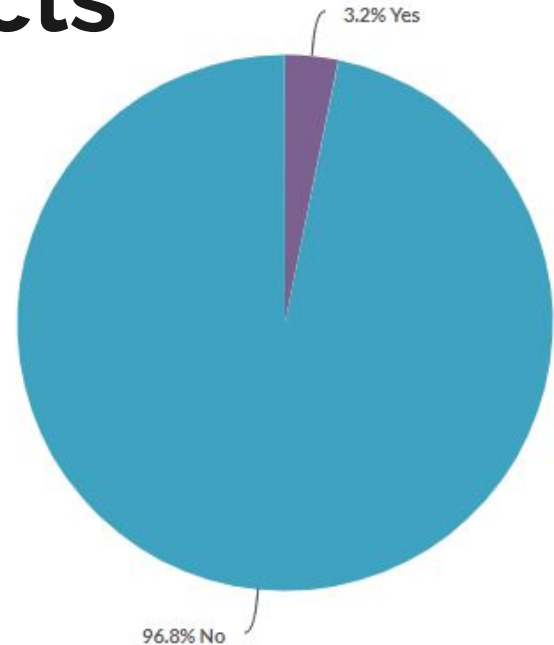
Electronic Vapor Products

3.2% of students reported ever using electronic vapor products.

- Middlesex League average = 8.9%

1.8% of students reported currently using electronic vapor products.

- Middlesex League average = 5.4%
- Among the students who used electronic vapor products, the majority borrowed them from someone else



Tobacco and Electronic Vapor Products

Lynnfield High School

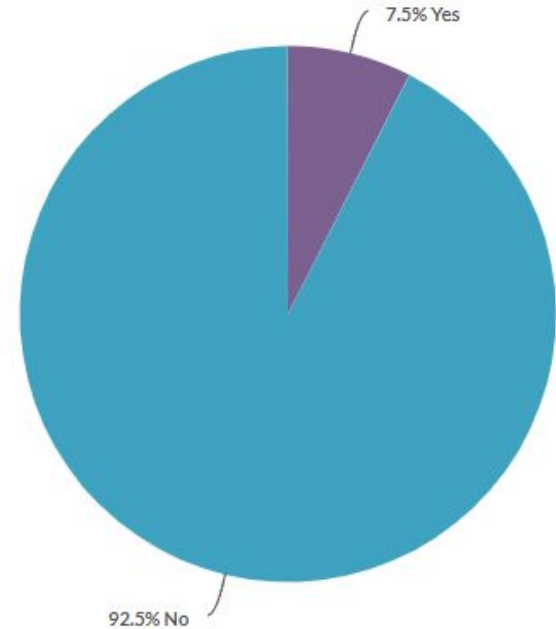
Cigarette Smoking

7.5% of students reported ever trying cigarette smoking.

- Middlesex League average = 14.5%
- Commonwealth average = 27.8%

2.8% of students reported currently smoking cigarettes.

- Middlesex League average = 6.7%
- Commonwealth average = 7.7%



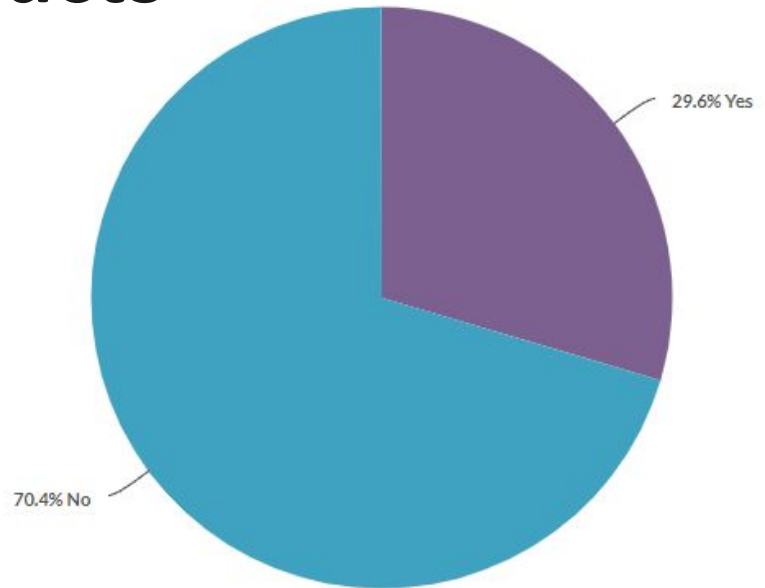
Electronic Vapor Products

29.6% of students reported ever using electronic vapor products.

- Middlesex League average = 34.9%
- Commonwealth average = 44.8%

22.3% of students reported currently using electronic vapor products.

- Middlesex League average = 23.4%
- Commonwealth average = 23.7%



Alcohol and Drugs

Lynnfield Middle School

Alcohol

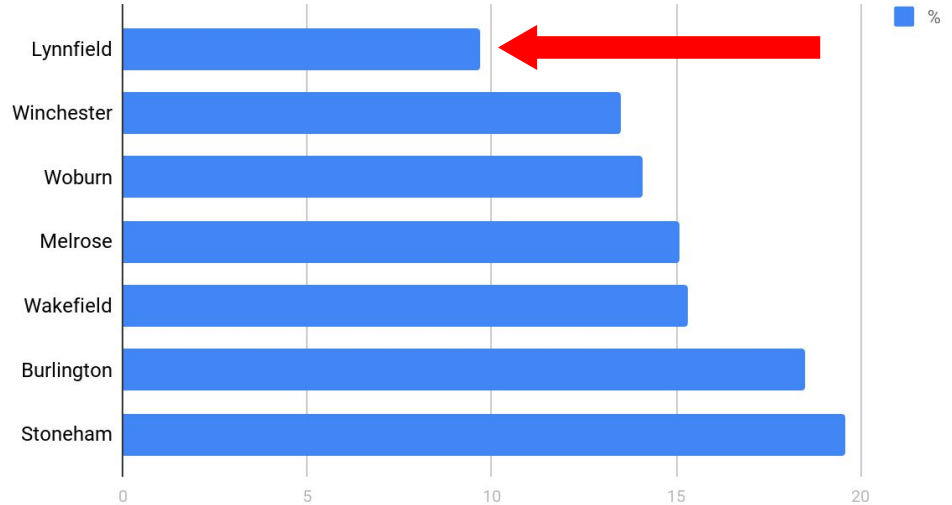
9.7% of students reported ever drinking alcohol.

- Middlesex League average = 15.2%

0.7% of students reported currently drinking alcohol.

- Middlesex League average = 4.4%

Ever Drank Alcohol

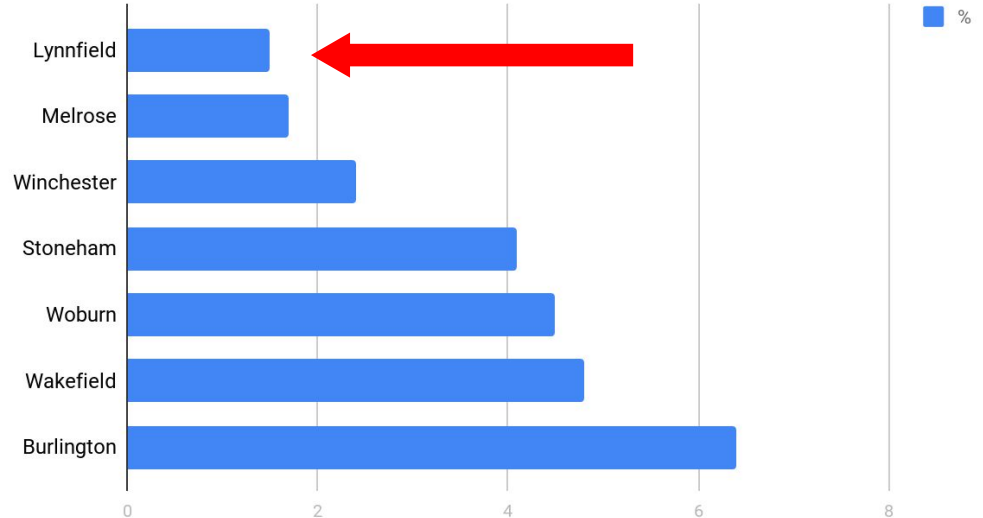


Marijuana

1.5% of students reported ever using marijuana

- Middlesex League average = 3.7%

Ever Used Marijuana





Other Drugs

2.6% of students reported ever sniffing glue, breathing the contents of spray cans, or inhaling paints or sprays to get high.

- Middlesex League average = 4.3%

1.5% of students reported ever taking prescription pain medicine without a doctor's prescription or differently than how a doctor said to take it

- Middlesex League average = 2.4%

Alcohol and Drugs

Lynnfield High School

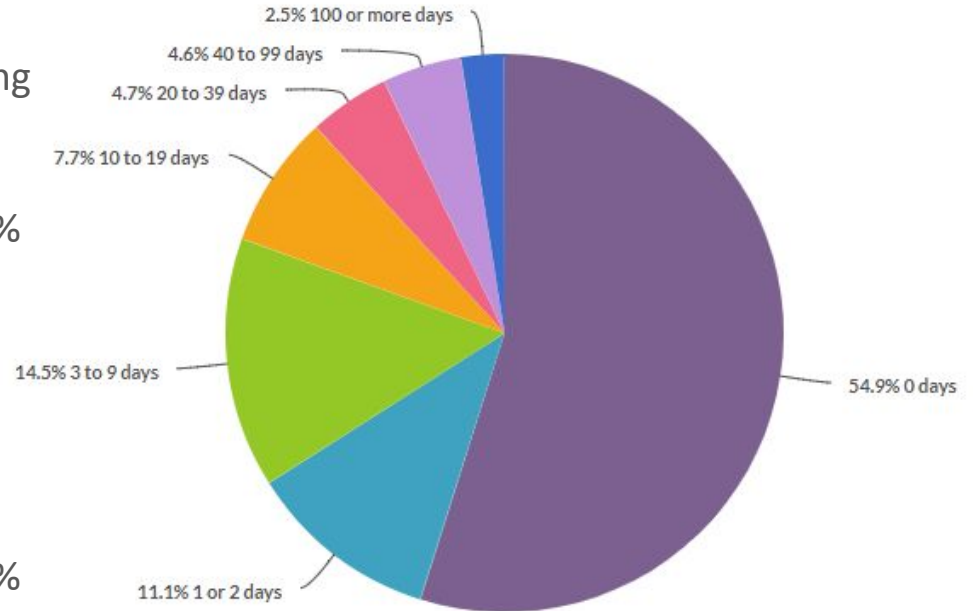
Alcohol

45.1% of students reported ever drinking alcohol (*graph*).

- Middlesex League average = 57.8%
- Commonwealth average = 61.3%

16.6% of students reported currently drinking alcohol.

- Middlesex League average = 32.8%
- Commonwealth average = 33.9%



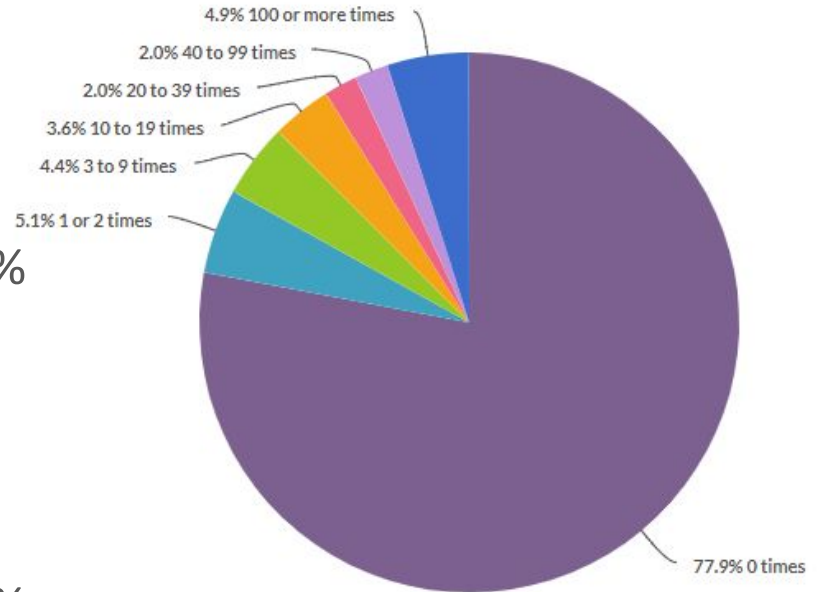
Marijuana

22.1% of students reported ever using marijuana (*graph*)

- Middlesex League average = 35.1%
- Commonwealth average = 40.9%

11.6% of students reported currently using marijuana

- Middlesex League average = 22.7%
- Commonwealth average = 24.5%





Other Drugs

2.8% of students reported ever taking over-the-counter medication to get high.

- Middlesex League average = 5.7%

3.3% of students reported using prescription drugs not prescribed to them in the last month.

- Middlesex League average = 6.7%

7.3% of students reported being offered, sold, or given an illegal drug on school property in the last year.

- Middlesex League average = 11.3%

Sexual Behavior

Lynnfield Middle School



Sexual Intercourse

1.9% of students reported ever having sexual intercourse.

- Middlesex League average = 4.0%
- All students (5) reported using a condom during their last sexual intercourse

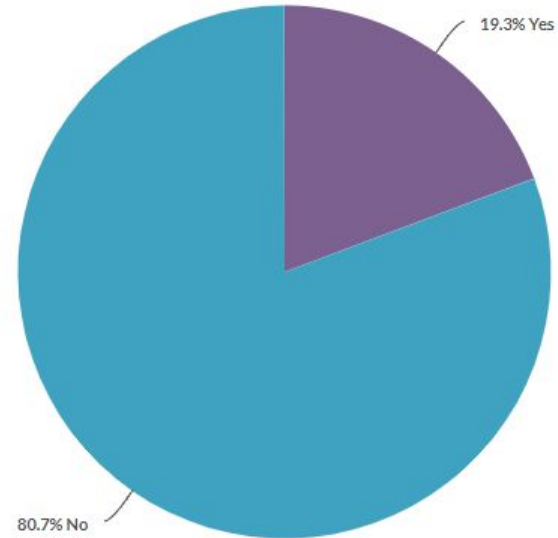
Sexual Behavior

Lynnfield High School

Sexual Intercourse

19.3% of students reported ever having sexual intercourse.

- Middlesex League average = 28.0%
- Commonwealth average = 36.4%





Sexual Intercourse Risk Factors

17.9% of students reported drinking alcohol or using drugs before their last sexual intercourse.

- Middlesex League average = 20.8%; Commonwealth average = 21.8%

26.8% of students reported not using a condom during their last sexual intercourse.

- Middlesex League average = 34.4%; Commonwealth average = 37.5%

5.4% of students reported not using any method to prevent pregnancy during their last sexual intercourse.



Sexual Health Education

46.2% of students reported ever being taught in school about AIDS or HIV.

- Middlesex League average = 73.0%

7.5% of students reported ever being taught in school about how to use condoms.

- Middlesex League average = 44.2%

12.8% of students reported ever being taught in school about birth control methods.

- Middlesex League average = 61.0%

Nutrition and Physical Activity

Lynnfield Middle School



Breakfast

3.7% of students reported not eating breakfast at all during the week.

- Middlesex League average = 7.0%

49.1% of students reported not eating breakfast on at least one day during the week.

- Middlesex League average = 48.4%



Physical Activity

0.4% of students reported not being physically active for at least 60 minutes per day on at least one day of the week.

- Middlesex League average = 3.7%

19.5% of students reported not being physically active for at least 60 minutes per day on 5 or more days per week.

- Middlesex League average = 33.3%



Television and Computer Usage

12.2% of students reported watching TV for 3 or more hours per day on an average school day.

- Middlesex League average = 16.6%

32.1% of students reported playing video or computer games for 3 or more hours per day on an average school day.

- Middlesex League average = 37.8%



Sports

9.5% of students reported that were not on at least 1 sports team.

- Middlesex League average = 18.1%

14.6% of students reported getting a concussion at least once in the past 12 months.

- Middlesex League average = 13.7%

Nutrition and Physical Activity

Lynnfield High School



Fruit and Vegetable Intake

4.7% of students reported not eating fruit or drinking 100% fruit juice in the past week.

- Middlesex League average = 4.0%
- Commonwealth average = 5.5%

3.5% of students reported not eating vegetables in the past week.

- Middlesex League average = 4.2%
- Commonwealth average = 6.0%



Breakfast

6.0% of students reported not eating breakfast at all during the week.

- Middlesex League average = 11.3%
- Commonwealth average = 13.7%

79.4% of students reported not eating breakfast on at least one day during the week.

- Middlesex League average = 86.0%
- Commonwealth average = 65.1%



Physical Activity

3.3% of students reported not being physically active for at least 60 minutes per day on at least one day of the week.

- Middlesex League average = 10.5%
- Commonwealth average = 15.1%

70.5% of students reported not being physically active for at least 60 minutes per day on 5 or more days per week.

- Middlesex League average = 70.6%
- Commonwealth average = 54.8%



Video Game and Computer Usage

38.1% of students reported playing video or computer games for 3 or more hours per day on an average school day.

- Middlesex League average = 46.3%
- Commonwealth average = 43.2%



Overweight and Obesity

14.8% of students were overweight

- Middlesex League average = 13.2%
- Commonwealth average = 15.3

8.0% of students were obese

- Middlesex League average = 8.2%
- Commonwealth average = 11.0

Student Comments

Lynnfield Middle School

Please tell us about your experience with this survey.




- I think it was a great experience so that people can see what's happening in our age group.
- It was sort of shocking on how kids could do things like drugs, alcohol, and sexual activities. It made me realize how safe of an environment I'm in and how grateful I am to have friends and a loving family.
- The survey was good, it will be good information to the Lynnfield School System.

Comments about Experience

- 55.7% Easy/Good/Important
- 19.0% Neutral or Vague
- 11.4% Long/Boring/Annoying
- 11.4% Negative
 - 3.7% Uncomfortable
 - 7.6% Weird/Personal

Which specific topic(s) included in this survey are most important to you? Why?



“The topic that is most important to me is stress because that is something I experience everyday. “

“I think that the drugs and alcohol part are the most important because some teens don't know how they are and they use them. But in reality they are VERY bad for you.”

“I feel like the response to school stress is most important. though I do good work on time, I feel like in some classes (mainly English) there is too much homework a night. I have after school activities until 4 or 5 and I barely have time for myself.”

“The ones related to drugs, because we've spent so much time studying the effects of some of the drugs mentioned in health class with Mrs. Weeks.”

“Suicidal topics were the most important to me because I've had some issues in the past with trying to end my life, but I'm not suicidal anymore. You would never look at me and think of a suicidal person.”



Should additional topics be added? If yes, which ones? Why those topics?

- Friends
- Social Relationships
- Social Pressure
- Family relationships
- Mental Health (taking medication)



LMS Recommendations

- Increased social-emotional support and programming for students
- Increased support for students dealing with stress
- Broadening substance abuse programming within Wellness, community, police partnerships
- Starting small group session work on bullying and social conflicts

Student Comments

Lynnfield High School




When students were asked to identify important topics on the survey, over 40 students mentioned sexual education/sexuality:

“. . . our school does not have ANY classes or anything about sexual health. Students are getting false information from the internet and sometimes students can't talk to their parents about that kind of thing, so they are stuck with bad information. I feel like teenagers NEED to know the proper information so they can make a good decision.”

“A lot of students haven't learned about safe, consensual sex even as they are graduating high school.”

“It might be an uncomfortable topic for some people, but it's really important that adolescents have factual, inclusive, and open discussions about sexual and reproductive health.”

“I don't want to get a girl pregnant at my age and I don't know how to control that because they don't teach it.”



When students were asked to identify important topics on the survey, over 100 students mentioned stress and mental health:

“Mental health and topics discussing stress are most important to me because I think there needs to be a better understanding of mental health and stress . . . Also, there is not a large understanding of mental health and I think it should be addressed more.”

“More about stress/mental health because there were so many questions on what drugs kids have done, how about *why* they did them?”

“There should be more about stress and talking about why teens are stressed and what school can do to change that or help.”



LHS Recommendations

- Sex Education
- SOS Suicide Prevention
- Parent Programming/attendance
- Weight room renovation (fitness class offerings for stress relief)
- Mindfulness course (led by current LHS faculty)



Essential Documents



[LPS YRBS Report 2017](#)

[LMS Student Survey 5-8](#)

[LHS Student Survey 9-12](#)

[LHS Parent Communication 2017](#)

[LMS Parent Communication 2017](#)