

PUBLIC SCHOOLS of  
**BROOKLINE**

Public Schools of Brookline  
MA Youth Risk Behavior  
Survey

**DATA SUMMARY &  
TRENDS REPORT**

Spring 2023



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# About the YRBS and MYRBS

The youth risk behavior survey (YRBS) was developed by the Centers for Disease Control and Prevention (CDC) to monitor behaviors that contribute to wellness and the leading causes of death, disease, injury, and social problems among youth. For similar purposes, the Massachusetts Department of Elementary and Secondary Education, in collaboration with the Centers for Disease Control and Prevention and the Massachusetts Department of Public Health (DPH), conducts the Massachusetts Youth Risk Behavior Survey (MYRBS) in randomly selected public middle and high schools in every odd-numbered year. Many school districts and municipalities, like Brookline, also conduct their own administration of the MYRBS in order to gather a deeper understanding of the needs of their community.

The MYRBS consists of a middle school survey and a high school survey, both of which measure the following areas:

- Emotional health and well-being
- Nutrition and physical activity
- Technology use
- Use of nicotine, alcohol, and other drug use
- Behaviors related to sexual activity and healthy decision-making
- Behaviors related to intentional injury
- Behaviors that contribute to unintentional injuries

A full list of items can be accessed by clicking on the following links: [Middle School MYRBS](#); [High School MYRBS](#).

Once completed, the MYRBS provides important information that can be used by school districts and municipalities to:

- Understand the current prevalence of risk-taking behaviors and protective factors in youth;
- Understand trends across time in risk-taking behaviors and protective factors in youth;
- Compare their current prevalence and trend data to local, state, and national data sets;
- Inform, design, and refine programming that supports student wellness.

In the winter of 2023, the Massachusetts Department of Education and the Massachusetts Department of Public Health made revisions to the MYRBS. Although much of the content and questions of the survey remained similar to the 2021 version of the MYRBS, the 2023 update provided

students with more response options when answering demographic questions. Prior to administering the MYRBS in Brookline, a stakeholder group from the Public Schools of Brookline reviewed the demographic questions. This group identified that the response options that were available to students to describe their gender and sexual identity may not fully or accurately describe the identities of all students. This feedback resulted in additional response options being provided to middle school and high school students to describe their gender and sexual identities. **Importantly, no other revisions were made to the 2023 Middle School or High School MYRBS that was administered to PSB students.**

# Administration of the MYRBS

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In April 2023, an MYRBS introduction letter was sent to all PSB families who had a student in grades 6 to 12. This letter described the purpose of the MYRBS, how the MYRBS would be administered, access to the full list of MYRBS questions, and opt-out information. Following this letter, 36 total students (less than 1% of students eligible) were opted out of the survey by their guardians. It is important to note that students also had the opportunity to opt out of the survey at the point of administration.

In May 2023, the Middle School 2023 MYRBS was administered to students in grades 6 to 8 and the High School 2023 MYRBS was administered to students in grades 9 to 12. Students in grade 6 completed the survey during an advisory period or a core academic block, students in grades 7 and 8 completed the survey during a Health class, and students in grades 9 to 12 completed the survey during an Advisory period. All educators administering the survey were provided administration materials and guidance.

Consistent with previous practice, the surveys were administered using Google Forms. Translations were available to students in Arabic, Chinese, Hebrew, Japanese, Korean, Russian, Spanish, and Russian. All surveys were anonymous and students could not be linked to their responses. Following the administration of the MYRBS, the survey data were transferred to a secure Google Sheet that had limited permission access.

# Reporting on the MYRBS

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The purpose of this report is to provide detailed information regarding students' engagement in behaviors that impact their wellness. This report will organize these data into five core domains:

- Mental Health and Protective Factors,
- Substance Use,
- Safety and Violence-Related Behavior,
- Sexual Behavior, and
- Weight, Physical Activity, and Nutrition.

Please note that the middle school portion of this report will not include a Sexual Behavior section, as questions measuring this domain were not included in the Middle School version of the MYRBS.

Within each domain, data will be reported for all students in PSB and, when meaningful, will also be disaggregated by race/ethnicity, sexual identity, gender identity, IEP status, 504 status, and eligibility for free and reduced-price lunch. When disaggregating data based on sexual identity and gender identity, the nominal category “other” is used to describe students who reported that they used some other description than what was provided to describe their sexual identity or gender identity.

For context, an adapted version of the YRBS was administered to PSB students in 2013, 2015, 2017, and 2021 (the 2021 administration includes students in grades 7 to 12). For questions that were administered in both the 2023 MYRBS and one or more of the previous administrations of the YRBS in Brookline, comparison data will be provided. However, because previous reports did not consistently disaggregate responses based on demographic data, trend data will only include aggregated data. For comparative purposes, state-wide middle school and high school data from the [2021 Massachusetts Youth Risk Health Survey executive summary](#) and national high school data from the [2011 to 2021 Data and Trends Report published by the CDC](#) will be presented to help contextualize PSB student responses and experiences in relation to state and national trends.

Because of the differences between the Middle School MYRBS and High School MYRBS, analyses for each survey are presented in separate sections in this report.

# Sample and Demographics

In May 2023, 2,271 PSB students in grades 6 to 12 participated in the MYRBS. In grades 6 to 8, 1,367 students completed the survey (92.9% participation rate), and in grades 9 to 12, 904 students completed the survey (44% participation rate). The relatively lower completion rate in grades 9 to 12 was the result of students opting out of the survey during its administration. The BHS participation rate was similar to that obtained during the 2021 administration of the YRBS in PSB, but lower than the participation rate obtained during the 2017, 2015, and 2013 administrations of the YRBS (which were 75%).

In order to understand the degree to which the 2023 MYRBS data are generalizable to the whole population of PSB students in grades 6 to 12, the demographics of the 2,271 students who completed the survey were compared to the demographics data of all students in PSB. A separate analysis was also completed to compare the demographic data of BHS students who completed the survey to all students at BHS.

Table 1 provides demographic data for students who completed the 2023 MYRBS. Please note that students self-reported their eligibility for free or reduced-price lunch, participation in special education, and having a 504 accommodation plan. When answering these three questions, a meaningful number of students indicated that they were unsure if they were eligible for these supports. As a result, some caution should be taken when reviewing comparison analyses for students who reported that were eligible for free or reduced-price lunch, participated in special education, or had a 504 accommodation plan. Table 2 compares the race/ethnicity data for all students who completed the 2023 MYRBS to the race/ethnicity of all students in PSB. Table 3 compares the race/ethnicity data for BHS students who completed the 2023 MYRBS to the race/ethnicity of all students at BHS.

The race/ethnicity data provided by students who completed the 2023 MYRBS was generally consistent with the race/ethnicity data of the full population of students who attend PSB. However, students who identified as African American/Black were slightly underrepresented in the BHS sample (7.4% of students at BHS identified as African American/Black and 5.0% of BHS students who completed the MYRBS identified as African American/Black), and students who identified as White were slightly overrepresented in the BHS sample (53.3% of students at BHS identified as White and 58.8% of BHS students who completed the MYRBS identified as White). Due to the limited number of students who identified as American Indian, Native American, Indigenous, Alaska Native or Native Hawaiian/Pacific Islander, extreme caution should be used in interpreting disaggregated data for these students.

In regard to sex, although a relatively similar number of male and female students completed the Middle School 2023 MYRBS, 56.1% of the BHS respondents were female, indicating that female students are

overrepresented in the high school sample. Finally, in reviewing the grade level of respondents, 28.1% of respondents to the middle school 2023 MYRBS were in 6th grade, 34.6% were in 7th grade, and 37.3% were in 8th grade. As a result, 6th-grade students are underrepresented in the middle school MYRBS sample and 8th-grade students are overrepresented. Similarly, for the high school 2023 MYRBS, 32.3% of respondents were in 9th grade, 27.0% were in 10th grade, 23% were in 11th grade, and 17.7% were in 12th grade. As a result, 9th-grade students are overrepresented in the high school MYRBS sample and 12th-grade students are underrepresented.

**Table 1. Demographic Data for PSB Students Who Completed the 2023 MYRBS**

Demographics	All Students (n=2271)	High School (n=904)	Middle School (n=1367)
<b>Sex Assigned at Birth</b>			
Female	52.6%	56.1%	50.3%
Male	46.0%	41.7%	48.9%
Intersex	0.2%	0.3%	0.1%
<b>Gender Identity</b>			
Female (Cisgender)	46.3%	47.7%	47.0%
Male (Cisgender)	43.9%	39.4%	47.0%
Transgender	0.9%	0.9%	1.1%
Non-binary, agender, gender fluid, or genderqueer	6.3%	9.7%	4.1%
I describe my gender identity in some other way	2.4%	2.4%	2.4%
<b>Sexual Identity</b>			
Heterosexual (straight)	68.3%	60.9%	73.5%
Gay or lesbian	5.8%	9.6%	3.2%
Bisexual	8.7%	13.7%	5.4%
Questioning	8.7%	6.6%	10.2%
I describe my sexual identity in some other way	8.4%	9.3%	7.8%
<b>IEP<sup>a</sup></b>	11.8%	12.2%	11.6%
<b>504 Accommodations</b>	7.3%	10.8%	4.9%
<b>Eligible for Free or Reduced-Price Lunch<sup>c</sup></b>	28.1%	14.4%	37.2%
<sup>a</sup> Students endorsing “I’m not sure”: 23.4% for all students; 10.5% for BHS, and 31.9% for middle school.			
<sup>b</sup> Students endorsing “I’m not sure”: 31.0% for all students, 14.7% for BHS, and 41.8% for middle school			
<sup>b</sup> Students endorsing “I’m not sure”: 31.4% for all students, 23.7% for BHS, and 36.6% for middle school.			

**Table 2. Race/Ethnicity Data for All PSB Students and Students Completing MYRBS**

<b>Race/Ethnicity</b>	<b>2022-2023 DESE<sup>a</sup></b>	<b>2022-2023 MYRBS<sup>b</sup> (n=2271)</b>
African American/Black	<b>6.4%</b>	<b>5.9%</b>
Asian	<b>20.7%</b>	<b>18.6%</b>
Hispanic/Latinx	<b>11.3%</b>	<b>11.8%</b>
Multi-Race Non-Hispanic	<b>11.6%</b>	<b>11.3%</b>
Native Hawaiian/Pacific Islander	<b>0.0%</b>	<b>0.1%</b>
Native American	<b>0.0%</b>	<b>0.8%</b>
White	<b>49.9%</b>	<b>52.3%</b>
<sup>a</sup> Data from DESE District profile reflects grades PK-12. <sup>b</sup> MYRBS data was collected from students in grades 6-12.		

**Table 3. Race/Ethnicity Data for All PSB Students and BHS Students Completing MYRBS**

<b>Race/Ethnicity</b>	<b>2022-2023 DESE</b>	<b>2022-2023 YRBS (n=904)</b>
African American/Black	<b>7.4%</b>	<b>5.0%</b>
Asian	<b>16.0%</b>	<b>17.1%</b>
Hispanic/Latinx	<b>12.9%</b>	<b>12.4%</b>
Multi-Race Non-Hispanic	<b>10.3%</b>	<b>11.1%</b>
Native Hawaiian/Pacific Islander	<b>0.0%</b>	<b>0.1%</b>
Native American	<b>0.0%</b>	<b>0.4%</b>
White	<b>53.3%</b>	<b>58.8%</b>

# Brookline High School 2023 MYRBS Data Summary and Trends Report

## Brookline High School 2023 MYRBS Executive Summary

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### Mental Health and Protective Factors

- In 2023, 28% of BHS students reported that in the last year, they felt so sad or hopeless every day for at least two weeks that they stopped doing some usual activities. Students who identified as female, LGBTQ+, AAPI, Black/African American, or Multi-Race Non-Hispanic, and students who reported being in special education or having a 504 accommodation plan were more likely to report persistent feelings of sadness or hopelessness. Relative to 2021, fewer students in Brookline report persistent feelings of sadness or hopelessness and fewer students in Brookline report persistent feelings of sadness or hopelessness as compared to national and state data from 2021.
- In 2023, 28% of BHS students reported experiencing poor mental health most of the time or always over the last 30 days. Students who identified as LGBTQ+ or Black/African American, and students who reported participating in special education were more likely to report poor mental health in the last 30 days. These rates are consistent with national data collected in 2021.
- In 2023, 37% of BHS students reported that due to a physical, mental, or emotional problem, they have had difficulty concentrating, remembering, or making decisions. Students who identified as LGBTQ+ or Black/African American, and students who reported being in special education were more likely to report difficulty concentrating, remembering, or making decisions due to a physical, mental, or emotional problem.
- In 2023, 17% of BHS students reported engaging in self-injury on purpose without wanting to die in the past year. Students who identified as LGBTQ+ were more likely to engage in self-injury in the last year. In 2021, 21% of high school students in MA reported engaging in self-injury in the last year on the MYRBS.
- In 2023, 12% of BHS students reported seriously considering suicide in the past year. Students who identified as LGBTQ+ or AAPI were more likely to report seriously considering suicide in the past year. Relative to 2013 to 2021, fewer BHS students reported seriously considering suicide in the past year. The percentage of BHS students who reported seriously considering suicide was lower than national data from 2021 and slightly lower than MA data from 2021.
- In 2023, 7% of BHS students reported making a suicide plan during the past year. Students who identified as LGBTQ+ were more likely to have made a suicide plan in the last year. Relative to 2021, fewer BHS students reported making a suicide plan in the past year. The percentage of BHS students who reported making a suicide plan in the past year was lower than national data from 2021.
- In 2023, 0.6% of BHS students reported attempting suicide in the past year. From 2013 to 2023, the percentage of BHS students who

report having attempted suicide in the past year has remained stable and lower than national data.

- In 2023, 69% of BHS students reported that there was at least one adult at school they could go to if they were having a problem. Students who identified as bisexual or questioning or reported having a 504 accommodation plan were slightly less likely to be able to identify a safe adult at school. Relative to 2013 to 2021, more students at BHS are currently able to identify a safe adult at school.
- In 2023, 83% of BHS students reported that they can talk to at least one parent or another adult family member to talk to about things that are important to them. Students who identified as LGBTQ+ were less likely to report having at least one parent or another adult family member to talk to about things that are important to them.

## Substance Use

- In 2023, 22% of BHS students reported using alcohol at least once in the last 30 days. Students who identified as female, transgender, non-binary, gay or lesbian, bisexual, White, multi-race non-Hispanic, and students who report being in special education or having a 504 accommodation plan were more likely to have used alcohol in the last 30 days. Relative to 2013 to 2021, fewer students at BHS report using alcohol in the last 30 days. The percentage of BHS students who reported using alcohol in the last 30 days was consistent with national and state data from 2021.
- In 2023, 10% of BHS students reported engaging in binge drinking in the last 30 days. In 2021, 7% of BHS students and 11% of high school students in MA reported engaging in binge drinking in the last 30 days.
- In 2023, less than 1% of BHS students reported driving a car when they had been drinking alcohol in the last 30 days.
- In 2023, 13% of BHS students reported using marijuana at least once in the last 30 days. Students who identified as transgender, gay or lesbian, or bisexual and students who reported being in special education or having a 504 accommodation plan were more likely to have used marijuana in the last 30 days. Relative to 2021, more students reported using marijuana in the last 30 days. However, fewer students reported using marijuana in the last 30 days relative to 2013-2017. The percentage of BHS students who reported using marijuana in the last 30 days was somewhat lower than national and state data from 2021.
- Less than 1% of BHS students reported driving a car or other vehicle when they had been using marijuana in the last 30 days.
- In 2023, 9% of BHS students reported using an electronic vapor in the last 30 days. In 2021, 18% of students nationally and in MA reported using an electronic vapor in the last 30 days. Students at BHS who identified as something other than female, male, transgender, or non-binary, identified as bisexual, identified as Black/African American, White, or Hispanic/Latinx, and students who reported being in special education or having a 504 accommodation plan were more likely to have used an electronic vapor in the last 30 days. 19% of BHS students reported lifetime use of an electronic vapor. In 2021, 31% of MA high school students reported lifetime

use of an electronic vapor on the MYRBS.

- In 2023, 3% of BHS students reported using tobacco at least once during the previous 30 days. Students at BHS who identified as something other than female, male, transgender, or non-binary, students who identified as Hispanic/Latinx, and students who reported having a 504 accommodation plan were more likely to have used tobacco products at least once in the last 30 days. In 2021 and 2017, 3% of BHS students also reported having ever used a tobacco product. In 2021, 12% of high school students in MA reported having smoked a cigarette in their lifetime on the MYRBS.
- Less than 1% of BHS students reported having used cocaine, heroin, or methamphetamines in their lifetime.
- Less than 1% of BHS students reported having used ecstasy in their lifetime.
- 8% of BHS students reported being offered, sold, or given illegal drugs on school property.

### **Safety and Violence-Related Behavior**

- In 2023, BHS students who identified as Black/African American, AAPI, or Multi-Race Non-Hispanic were more likely to report having been treated unfairly at school because of their race or ethnicity.
- In 2023, 9% of BHS students reported having been the victim of teasing or name-calling because of their race or ethnic background in the last 12 months.
- In 2023, 4% of BHS students reported that they missed at least one day of school in the last month because they felt they would be unsafe at school or on their way to or from school. Relatively fewer students reported this experience as compared to national data from 2021. In Brookline, students who identified as Black/African American, being in special education, or having a 504 accommodation plan were more likely to report this experience.
- In 2023, 3% of BHS students reported being in a physical fight on school property in the last 12 months.
- In 2023, 9% of BHS students reported having been bullied on school property in the last 12 months. BHS students who identified as LGBTQ+ or reported having a 504 accommodation plan were more likely to report having been bullied on school property in the last 12 months.
- In 2023, 3% of BHS students reported having been physically forced to have sexual intercourse when they did not want to during their lifetime. As compared to data from 2013 to 2021, fewer BHS students reported this experience.
- In 2023, students who identified as transgender, non-binary, gay or lesbian, bisexual, or questioning were more likely to report having been treated unfairly because people think they are lesbian, gay, bisexual, transgender, or questioning.
- In 2023, 5% of BHS students reported having been electronically bullied in the last 12 months. As compared to data from 2013 to

2021, fewer BHS students reported this experience. Students who identified as non-binary, identified as something other than male, female, transgender, or non-binary, reported being in special education, having a 504 accommodation plan, or reported being eligible for free or reduced-price lunch were more likely to report having been electronically bullied in the last 12 months.

- In 2023, 20% of BHS students reported having lived with a parent or guardian who had severe depression, anxiety, or another mental illness, or was suicidal.

## **Sexual Behavior**

- In 2023, 17% of BHS students reported having had sexual intercourse. In 2021, 13% of students reported having had sexual intercourse. In 2013, 2015, and 2017, 23%, 21%, and 18% of students reported having had sexual intercourse, respectively. In 2021, 30% of students nationally reported on the YRBS having had sexual intercourse.
- Of the BHS students who reported having had sexual intercourse, 13% reported drinking alcohol or using drugs before they had sexual intercourse the last time (this represents 2% of all students who completed the survey).
- Of the BHS students who reported having had sexual intercourse, 54% reported using a condom the last time they had sexual intercourse. In 2021, 52% of students nationally reported on the YRBS using a condom the last time they had sexual intercourse.
- Of the BHS students who reported having had sexual intercourse with an opposite-sex partner, 5% reported using no method to prevent pregnancy the last time they had sexual intercourse, 18% reported using birth control pills, 44% reported using condoms, 11% reported using IUDs, 5% reported using withdrawal, and 8% reported they were not sure.
- 29% of BHS students reported having had sexual contact in their lifetime. Of these students, 44% reported having had sexual contact with females only, 40% reported having had sexual contact with males only, and 16% reported having had sexual contact with both males and females.
- 91% of BHS students reported having had sex education in school (5% of students did not answer the questions and 4% reported no).
- 85% of BHS students reported having been taught in school about how to use a condom to prevent pregnancy or sexually transmitted diseases, including HIV (5% of students did not answer the question, 7% reported no, and 2% reported that they were not sure).

## **Weight, Physical Activity, and Nutrition**

- In 2023, when asked to report the number of days in the past 7 in which they were physically active for at least 60 minutes, 7% of BHS students reported 0 days, 16% reported 1 or 2 days, 29% reported 3 or 4 days, 36% reported 5 or 6 days, and 22% of students reported 7 days. From 2013 to 2021, approximately 50% of BHS students reported engaging in physical activity at least 5 days a week for at least

60 minutes.

- In 2023, when asked to report the frequency in which they use social media, 11% of BHS students reported that they do not use social media, 3% reported using it a few times a month or once a week, 5% reported a few times a week, 11% reported once a day, 42% reported several times a day, 11% reported once an hour, and 17% reported more than once an hour. Students who endorsed poor mental health (e.g., that their mental health was poor most of the time or always during the last 30 days) were slightly more likely to use social media several times a day or once an hour.
- Students at BHS who identified as something other than female, male, transgender, or non-binary were more likely to report being very underweight, slightly underweight, and very overweight, and less likely to report being about the right weight.
- Students at BHS who identified as male or something other than female, male, transgender, or non-binary were less likely to report trying to lose weight.
- In 2023, when asked to describe how many hours of sleep they get on an average school night, 2% of BHS students reported 4 or fewer hours, 7% reported 5 hours, 18% reported 6 hours, 37% reported 7 hours, 29% reported 8 hours, 7% reported 9 hours, and 1% reported 10 or more hours. Students who endorsed poor mental health (e.g., that their mental health was poor most of the time or always during the last 30 days) were slightly less likely to report sleeping 8 or more hours on an average school night.

# Mental Health and Protective Factors

## Mental Health and Protective Factors

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Mental health was measured on the High School MYRBS with the following 9 questions:

- During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?
- During the past 30 days, how often was your mental health not good?
- Because of a physical, mental, or emotional problem, do you have serious difficulty concentrating, remembering, or making decisions?
- During the past 12 months, how many times did you do something to purposely hurt yourself without wanting to die, such as cutting or burning yourself on purpose?
- During the past 12 months, did you ever seriously consider attempting suicide?
- During the past 12 months, did you make a plan about how you would attempt suicide?
- During the past 12 months, how many times did you actually attempt suicide?
- If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?
- If you attempted suicide during the past 12 months, did you ask for help from someone such as a doctor, counselor, or hotline before your attempt?

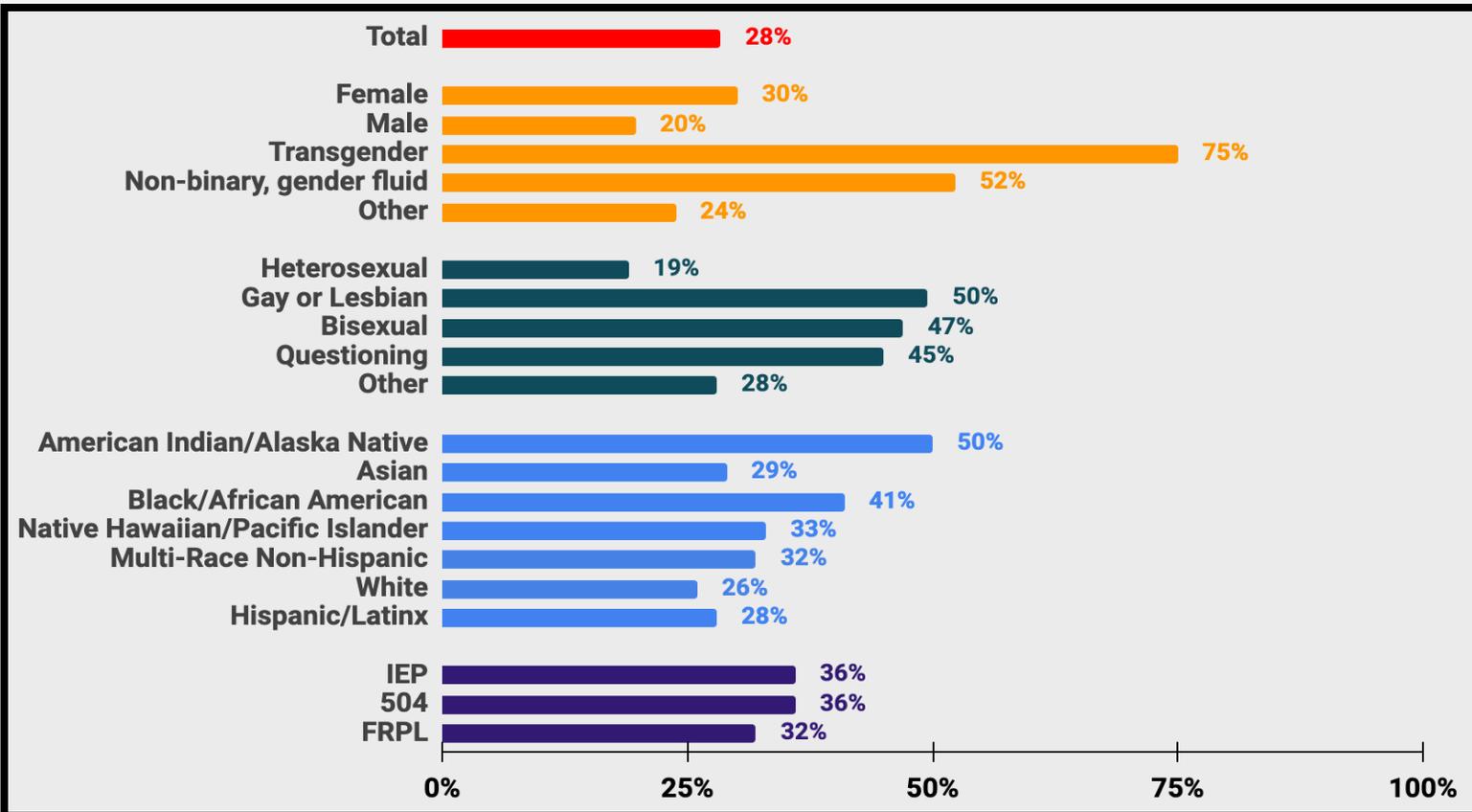
Access to protective factors was measured on the High School MYRBS with the following 4 questions:

- Is there at least one teacher or other adult in your school that you can talk to if you have a problem?
- Can you talk with at least one of your parents or other adult family members about things that are important to you?
- During your life, how often has there been an adult in your household who tried hard to make sure your basic needs were met, such as looking after your safety and making sure you had clean clothes and enough to eat?
- Do you agree or disagree that your parents or other adults in your family have clear rules and consequences for your behavior?

**Persistent feelings of sadness or hopelessness**

In 2023, 28% of BHS students reported that in the last year, they felt so sad or hopeless every day for at least two weeks that they stopped doing some usual activities. Students who identified as female, LGBTQ+, AAPI, Black/African American, or Multi-Race Non-Hispanic, and students who report being in special education, having a 504 accommodation plan, or being eligible for free or reduced-price lunch were more likely to report persistent feelings of sadness or hopelessness.

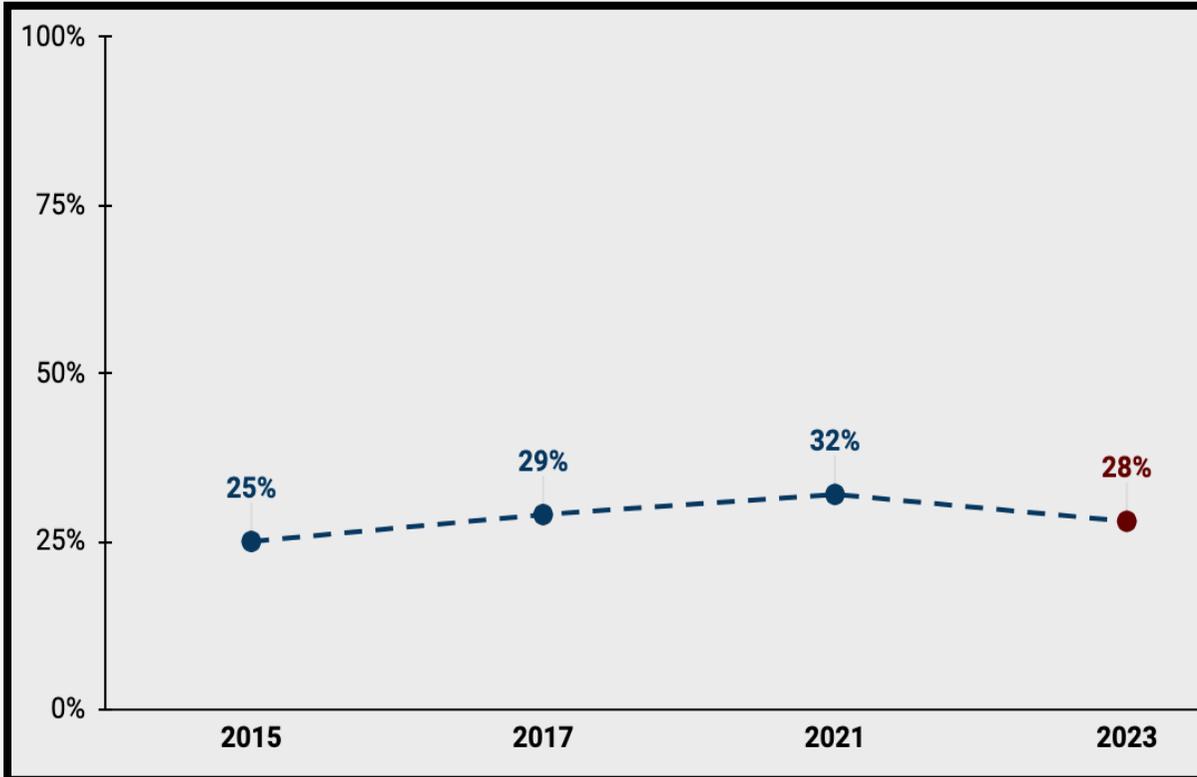
**Percentage of students who reported that in the last year, they felt so sad or hopeless every day for at least two weeks that they stopped doing some usual activities.**



**Persistent feelings of sadness or hopelessness**

**Trends in the percentage of BHS students who reported that in the last year, they felt so sad or hopeless every day for at least two weeks that they stopped doing some usual activities (2015 - 2023).**

**Relative to 2021, fewer students report persistent feelings of sadness or hopelessness. Current levels are similar to 2017.**

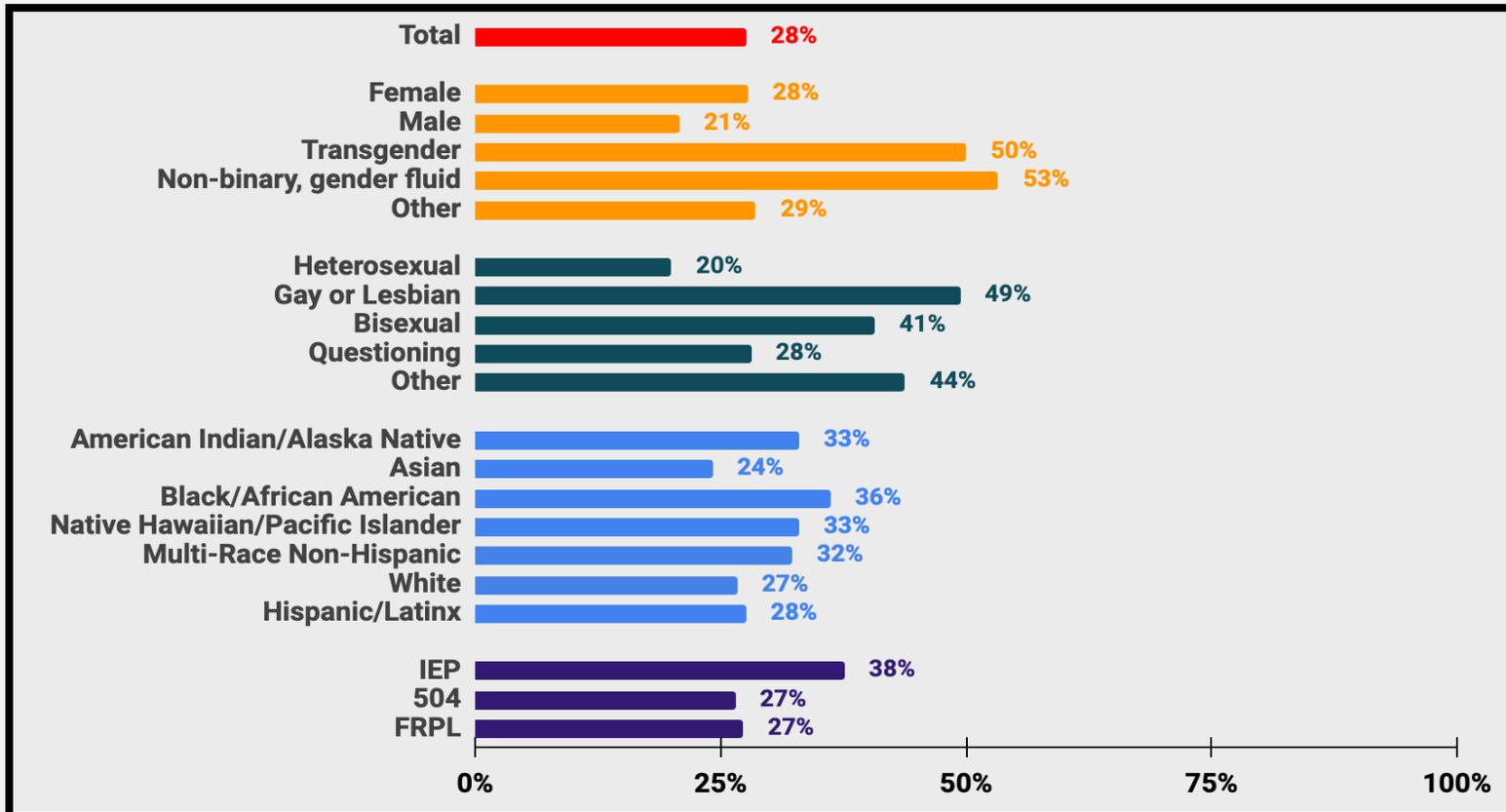


**In 2021, 42% of high school students nationally and 34% of students in MA reported persistent feelings of sadness or hopelessness on the YRBS.**

## Poor mental health

In 2023, 28% of BHS students reported experiencing poor mental health most of the time or always over the last 30 days. Students who identified as LGBTQ+, Black/African American, Multi-Race Non-Hispanic, and students who report being in special education were more likely to report poor mental health in the last 30 days. Please note that trend data are unavailable for this question. **On the 2021 YRBS, 29% of high school students nationally reported poor mental health over the last 30 days.**

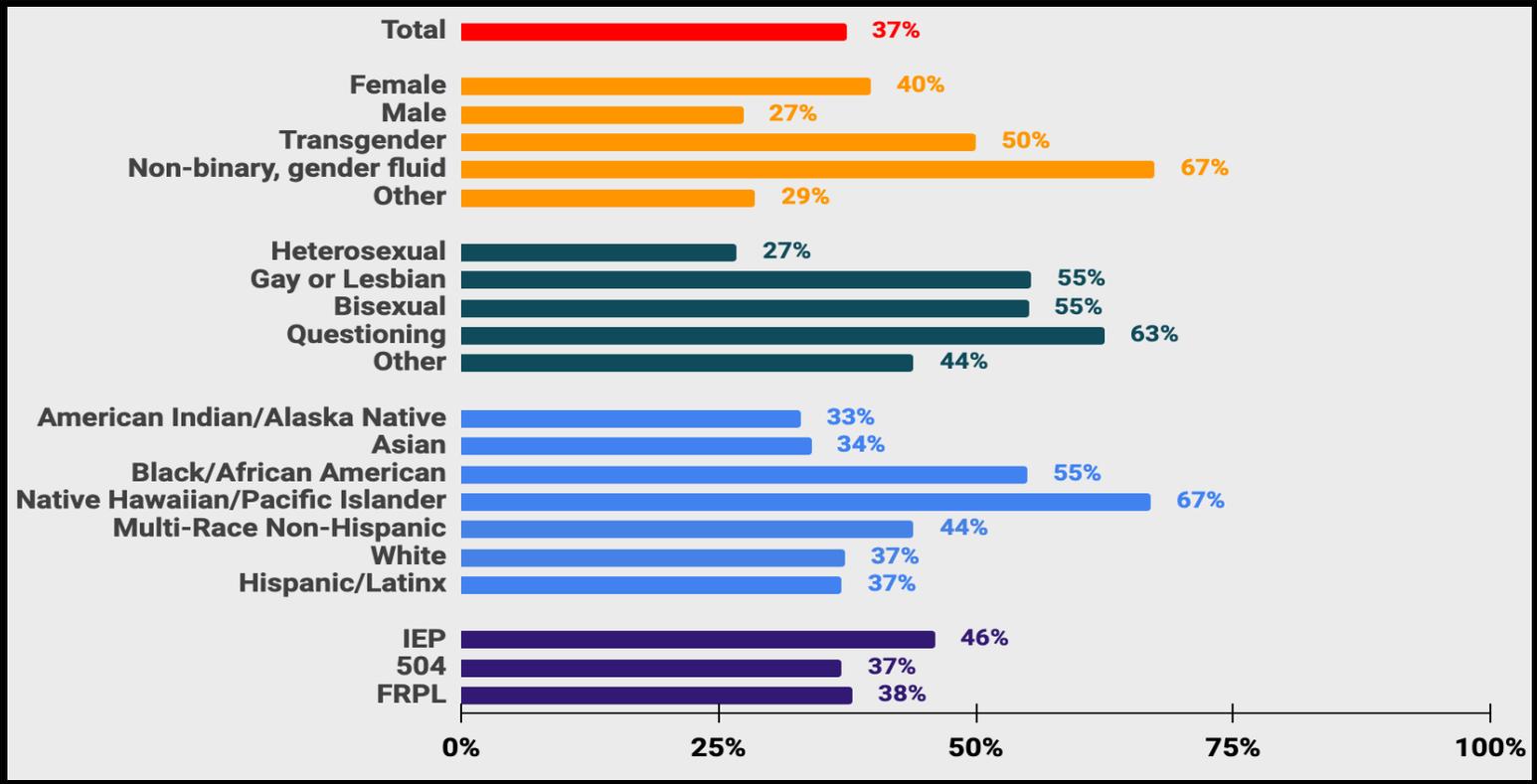
### Percentage of students who reported experiencing poor mental health most of the time or always over the last 30 days.



**Difficulty  
concentrating,  
remembering, or  
making decisions**

In 2023, 37% of BHS students reported that due to a physical, mental, or emotional problem, they have had difficulty concentrating, remembering, or making decisions. Students who identified as female, LGBTQ+ or Black/African American, and students who reported being in special education were more likely to report difficulty concentrating, remembering, or making decisions due to a physical, mental, or emotional problem.

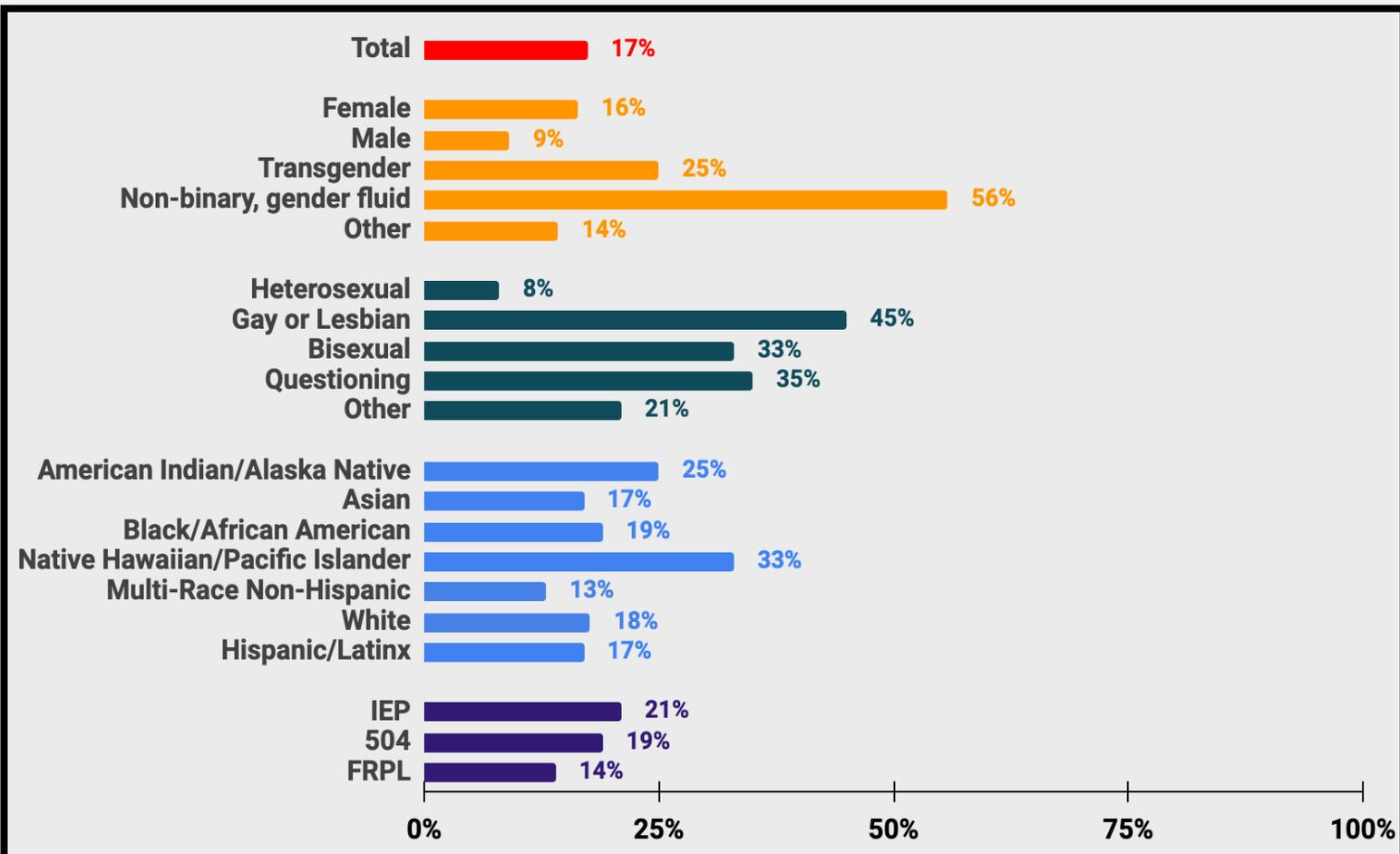
**Percentage of students who reported that due to a physical, mental, or emotional problem, they have had difficulty concentrating, remembering, or making decisions.**



## Engaged in self-injury

In 2023, 17% of BHS students reported engaging in self-injury on purpose without wanting to die in the past year. Students who identified as LGBTQ+ were more likely to engage in self-injury in the last year. In 2021, 21% of high school students in MA reported engaging in self-injury in the last year.

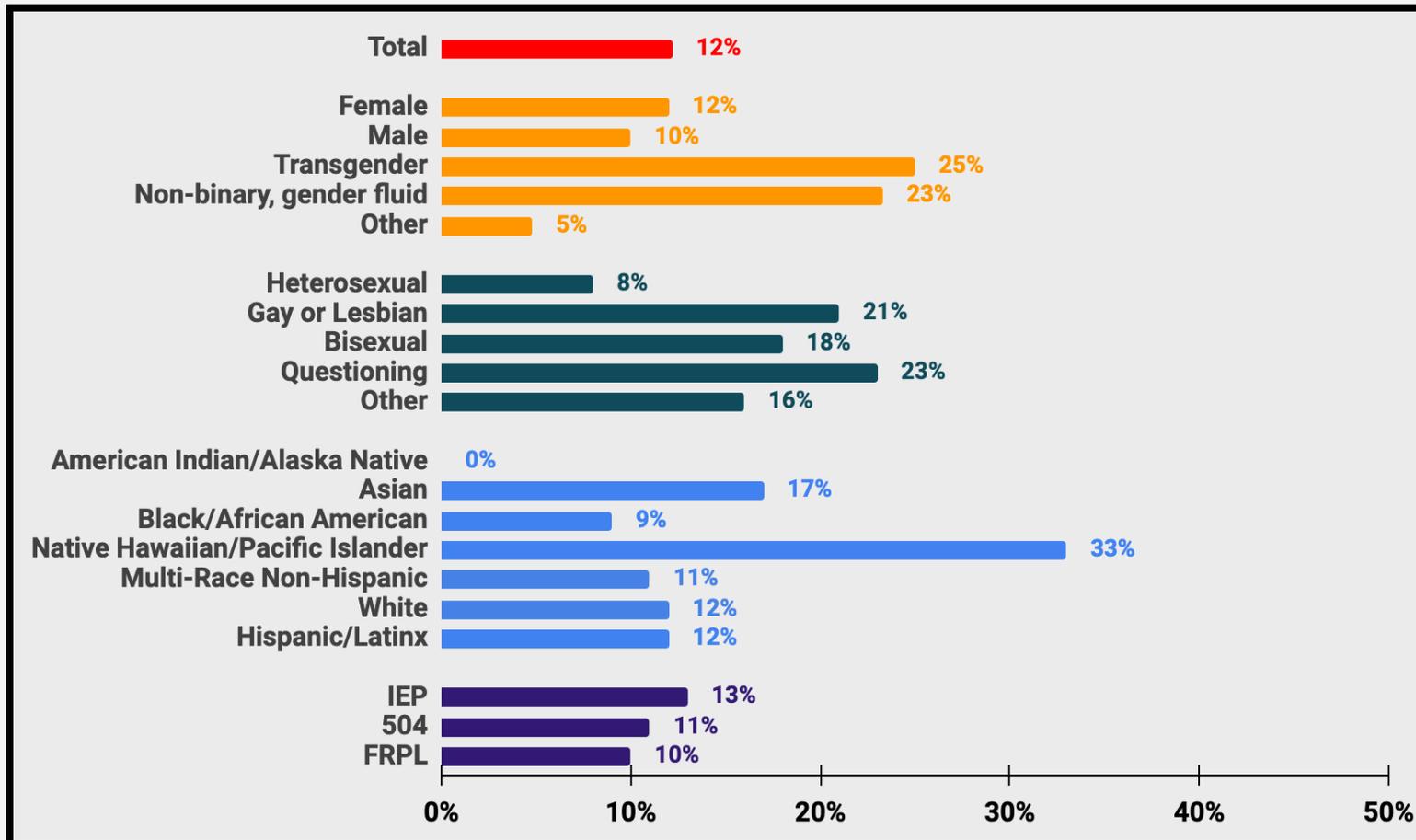
### Percentage of students who reported engaging in self-injury on purpose without wanting to die in the past year.



## Seriously considered suicide

In 2023, 12% of BHS students reported seriously considering suicide in the past year. Students who identified as LGBTQ+ or AAPI were more likely to report seriously considering suicide in the past year.

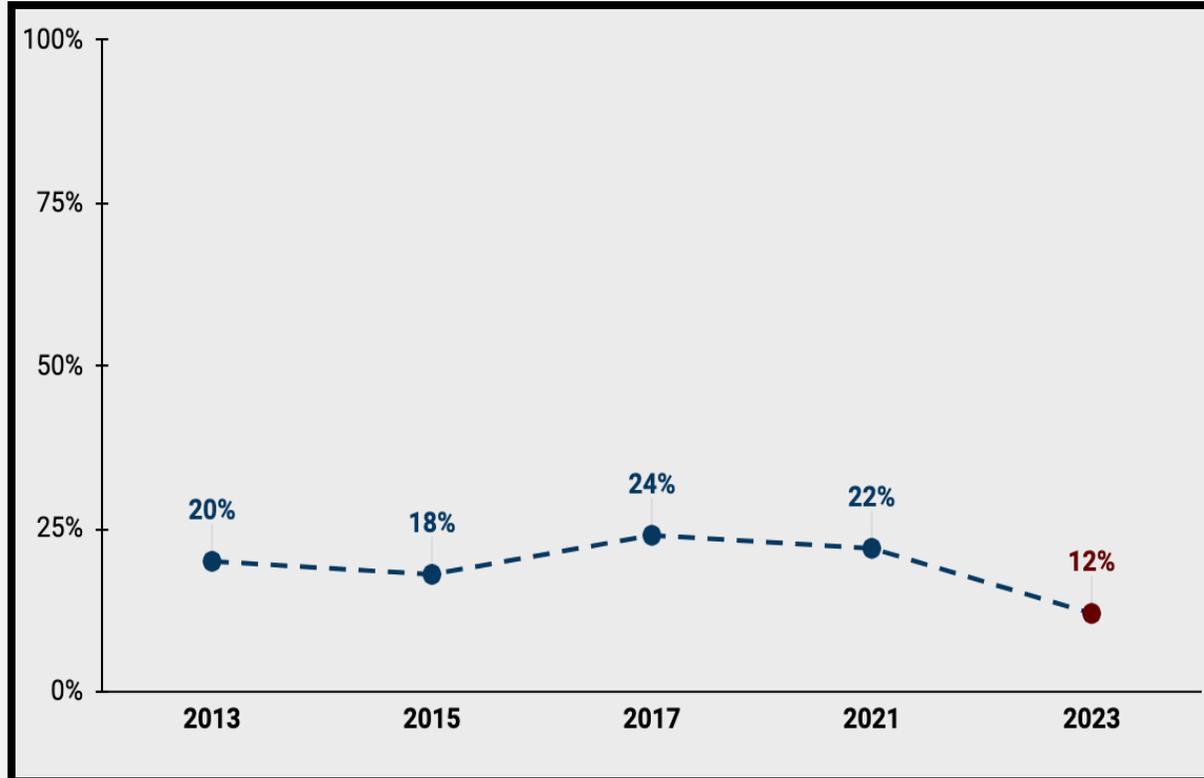
### Percentage of students who reported seriously considering suicide in the past year.



**Seriously  
considered  
suicide**

**Trends in the percentage of BHS students who reported seriously considering suicide in the past year.**

**Relative to 2013 to 2021, far fewer BHS students reported seriously considering suicide in the past year.**

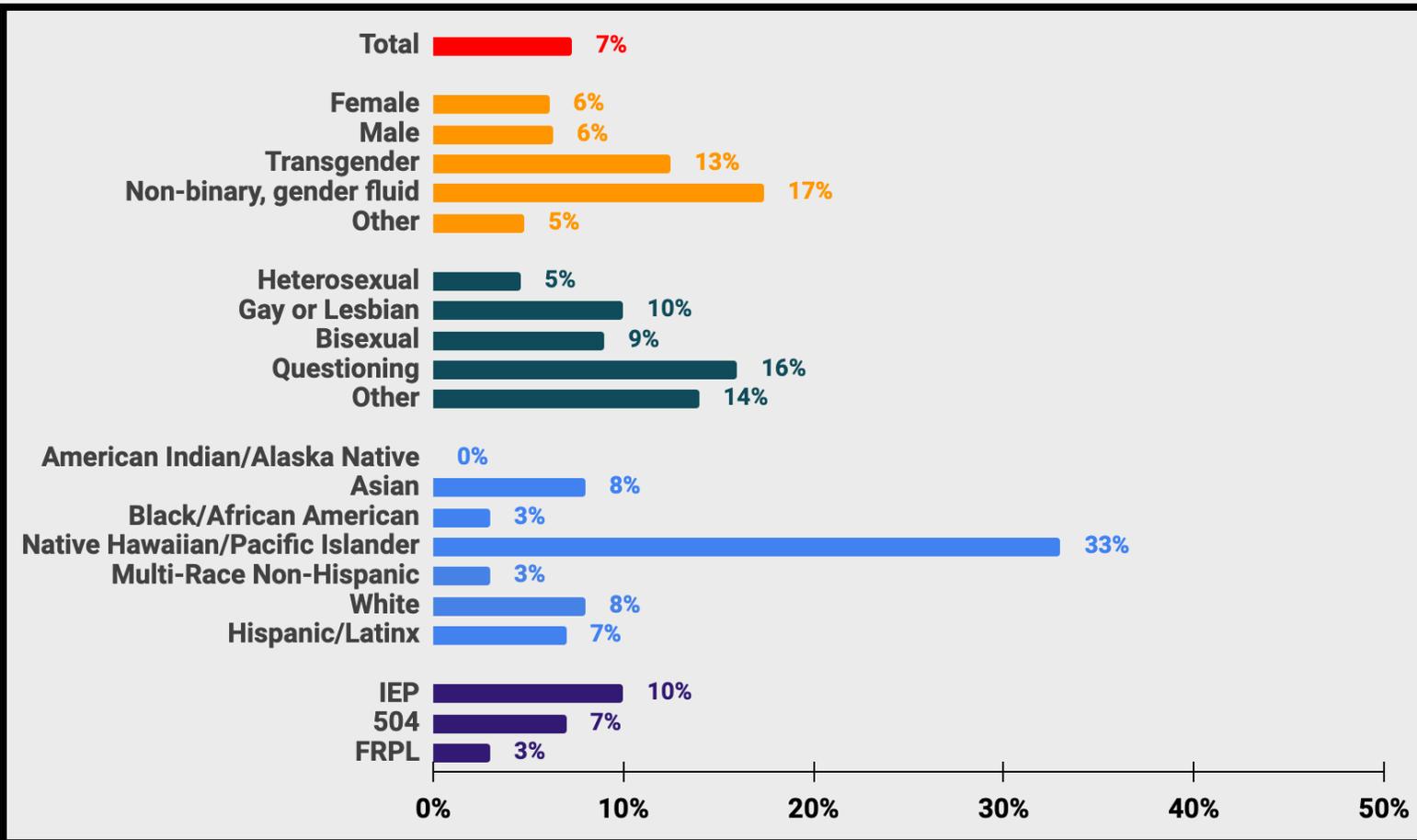


**In 2021, 22% of high school students nationally and 15% of high school students in MA reported seriously considering suicide on YRBS.**

## Made a suicide plan

In 2023, 7% of BHS students reported making a suicide plan during the past year. Students who identified as LGBTQ+ were more likely to have made a suicide plan in the last year.

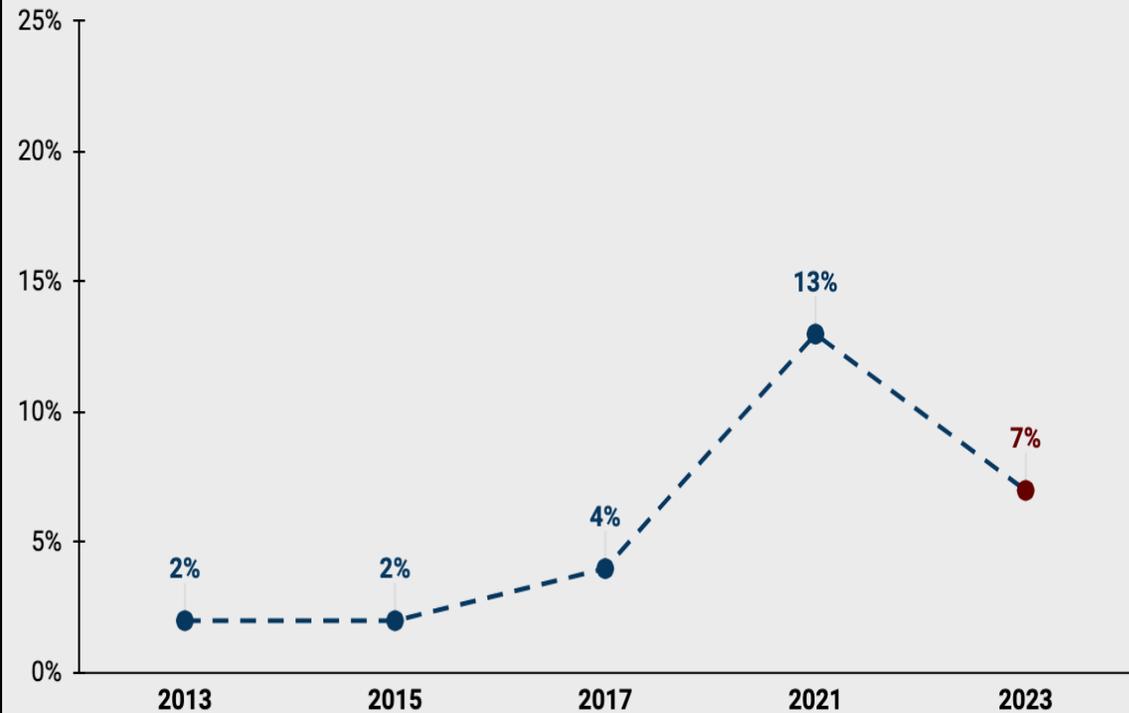
### Percentage of students who reported making a suicide plan in the past year.



Made a suicide plan

## Trends in the percentage of BHS students who made a suicide plan in the past year.

Relative to 2021, fewer BHS students reported making a suicide plan in the past year. Relative to 2013 to 2017, more BHS students reported making a suicide plan in the past year.

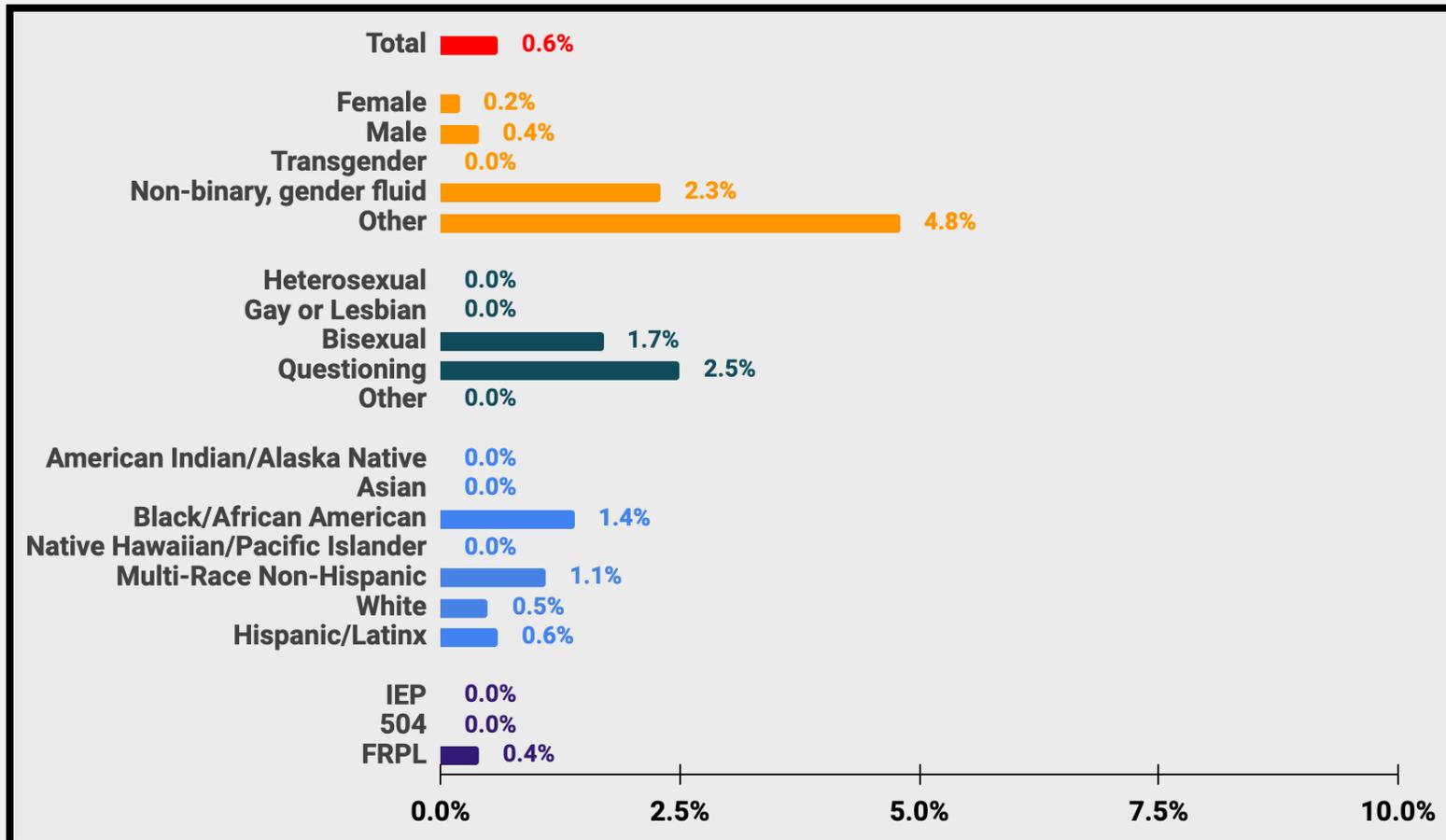


In 2021, 18% of high school students nationally reported making a suicide plan on the YRBS.

## Attempted Suicide

In 2023, 0.6% of BHS students reported attempting suicide in the past year. These data indicate that it is rare for students at BHS to report attempting suicide (across all respondents, 19 students reported making a suicide attempt in the past year, 5 of which required medical attention).

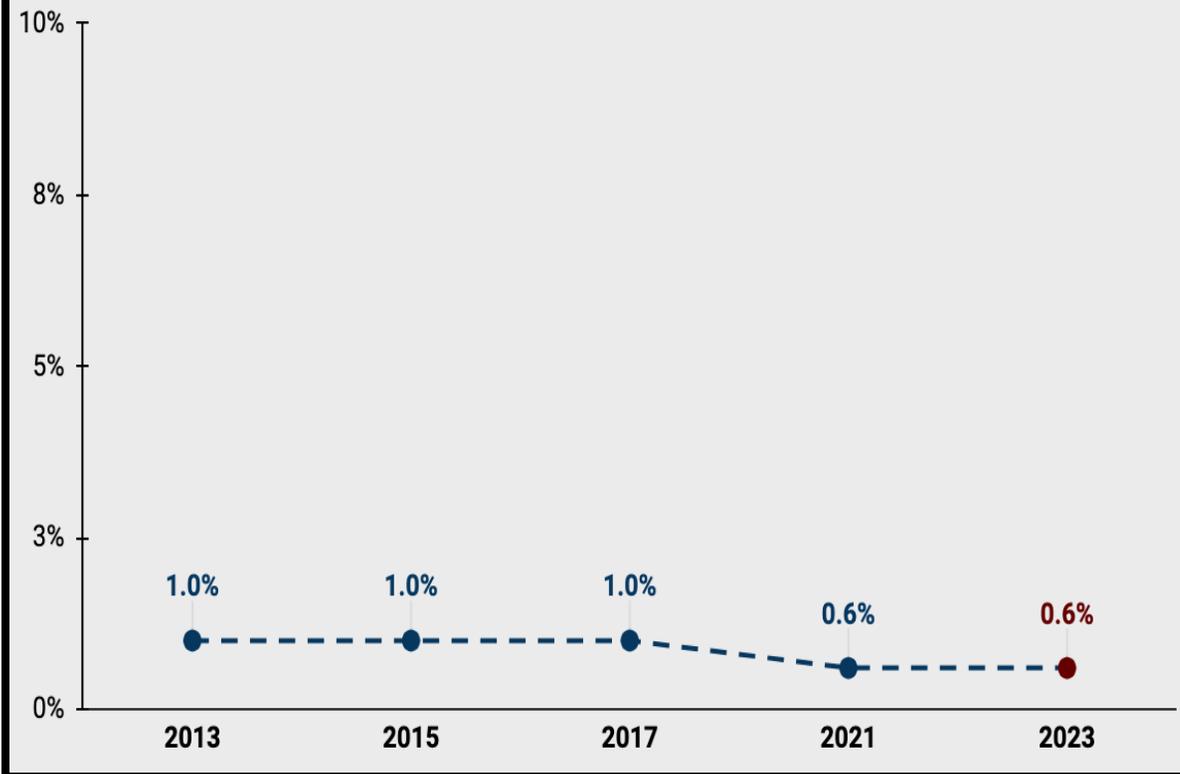
### Percentage of students who reported making a suicide attempt in the past year.



## Attempted Suicide

## Trends in the percentage of BHS students who attempted suicide in the past year.

From 2013 to 2023, the percentage of BHS students who report having attempted suicide in the past year has remained low and stable.

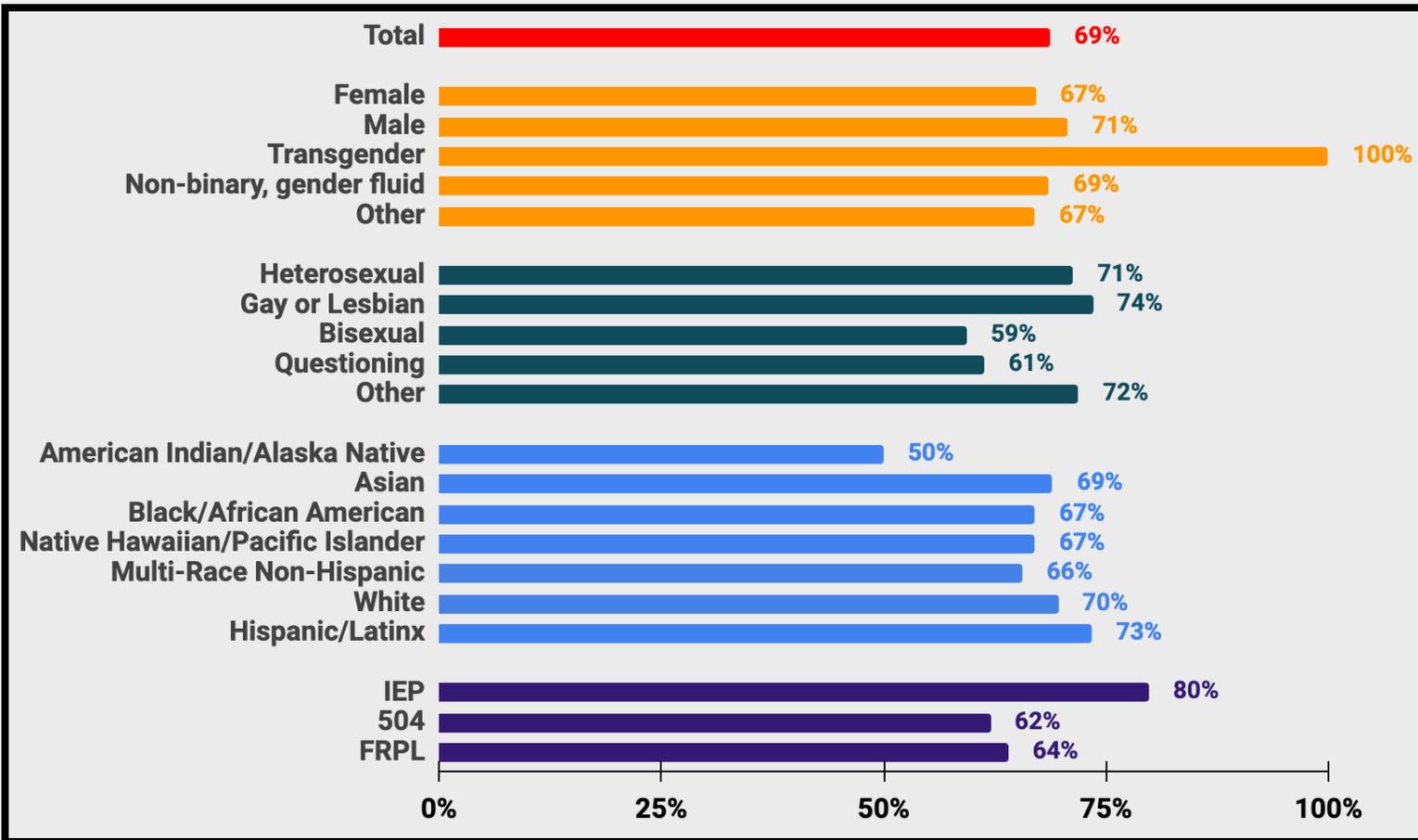


In 2021, 10% of high school students nationally reported attempting suicide on the YRBS.

**Identified a safe adult at school**

In 2023, 69% of BHS students reported that there was at least one adult at school they could go to if they were having a problem. Students who identified as bisexual or questioning or reported having a 504 accommodation plan were slightly less likely to be able to identify a safe adult at school.

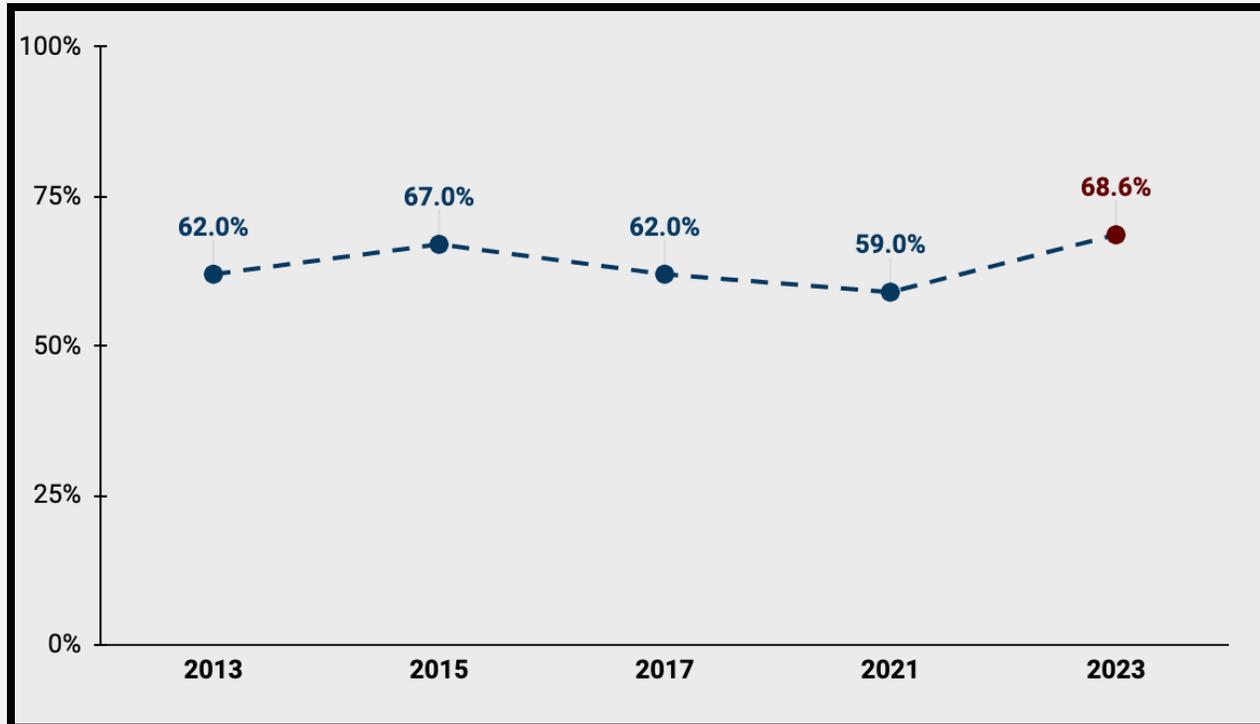
**Percentage of students who reported having at least one adult at school they could go to if they were having a problem.**



**Identified a safe adult at school**

**Trends in the percentage of BHS students who have at least one adult at school they can go to if they are having a problem (2013-2023).**

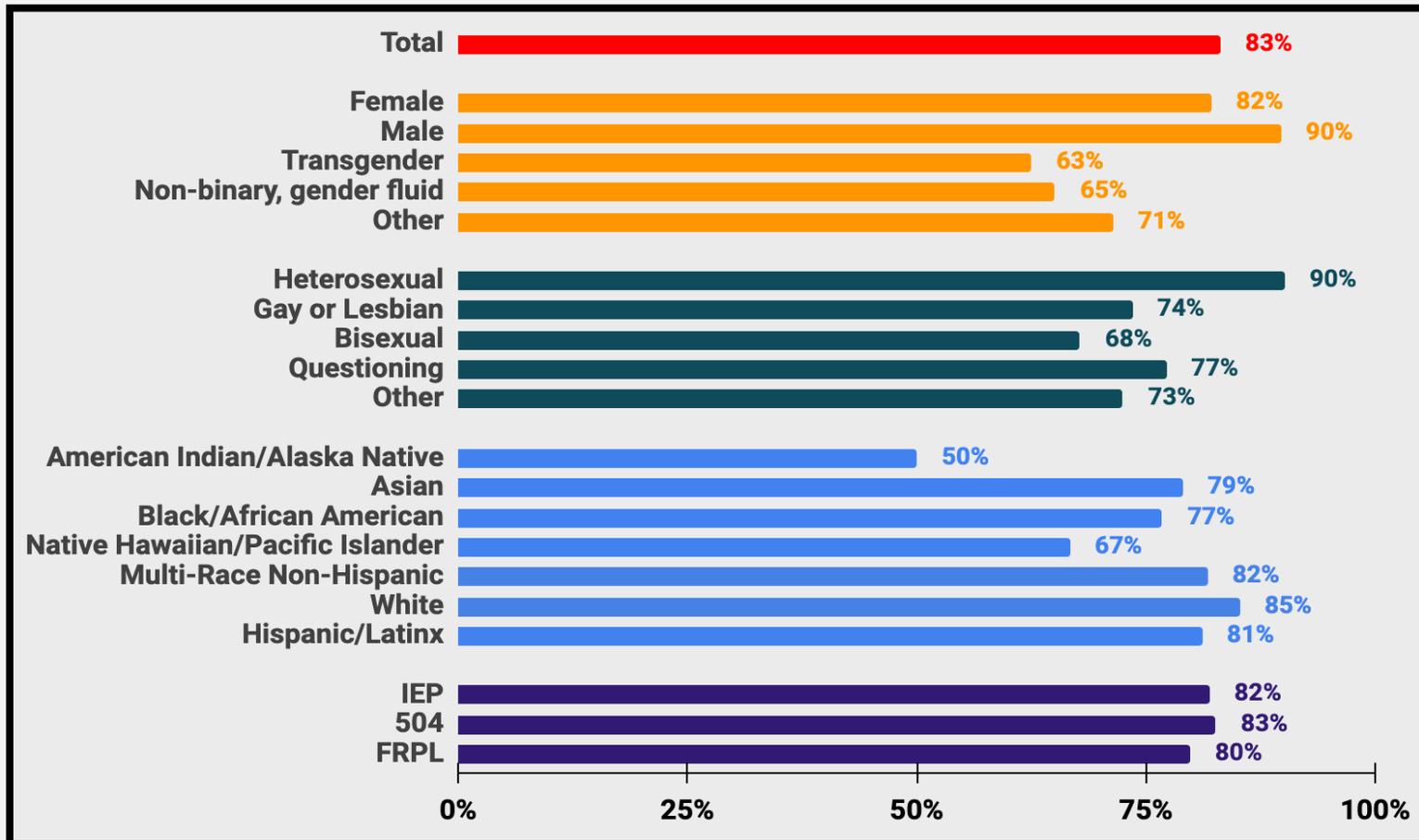
**Relative to 2013 to 2021, more students at BHS are currently able to identify a safe adult at school.**



## Talking to family

In 2023, 83% of BHS students reported that they can talk to at least one parent or another adult family member to talk to about things that are important to them. Students who identified as LGBTQ+ were less likely to report having at least one parent or another adult family member to talk to about things that are important to them.

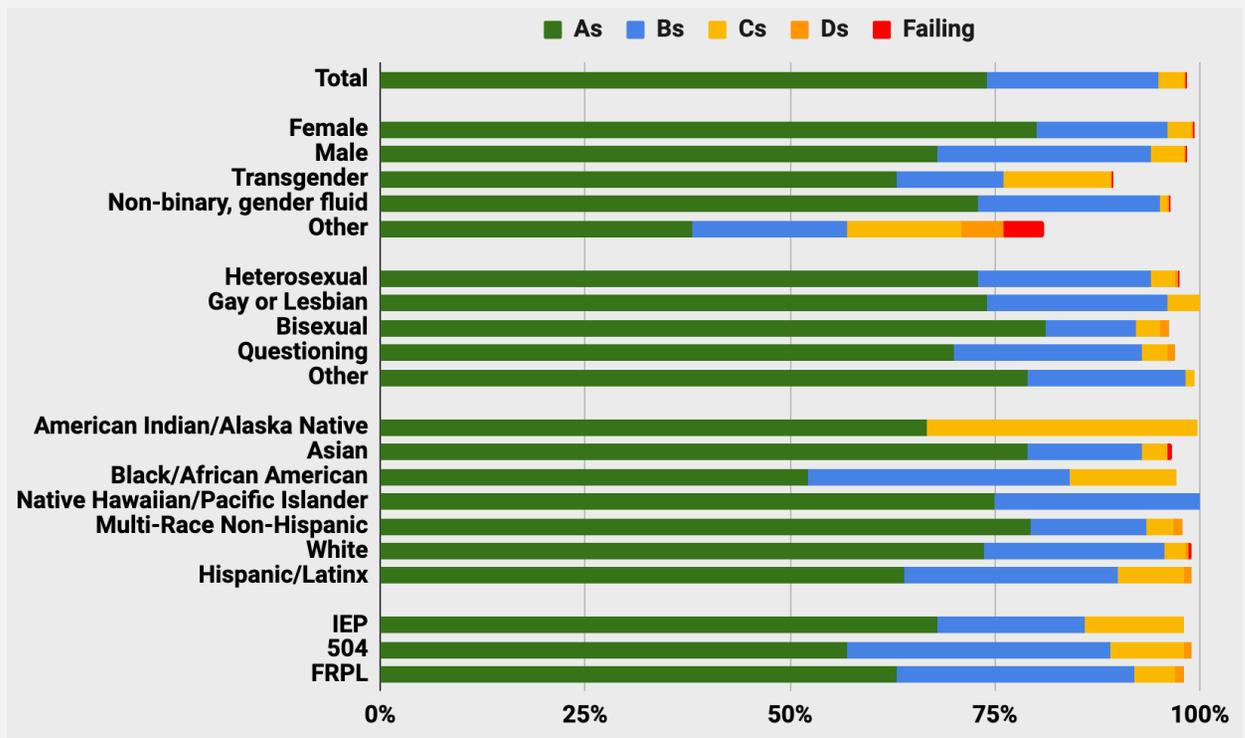
### Percentage of students who reported having at least one parent or another adult family member to talk to about things that are important to them.



## Additional wellness-related questions

- **Parental Monitoring:** 73% of BHS students reported that their parent(s) or another adult family member has clear rules and consequences for their behavior. There were no demographic discrepancies for this question. Nationally, on the 2021 YRBS, 86% of all students agreed that their parent(s) or another adult family member has clear rules and consequences for their behavior.
- **Basic Needs:** 96% of students reported that there has consistently been an adult in their household who tried hard to make sure their basic needs were met. There were no demographic discrepancies for this question.

● **Academic Performance:** As seen in the graph to the right, students were asked to describe their typical grades in school for the last year. Students who identified as transgender, identified their gender identity as something other than female, male, transgender, or non-binary, students who identified as Black/African American, and students who reported having a 504 accommodation plan were less likely to report earning mostly As over the past year.



# Substance Use

## Substance Use

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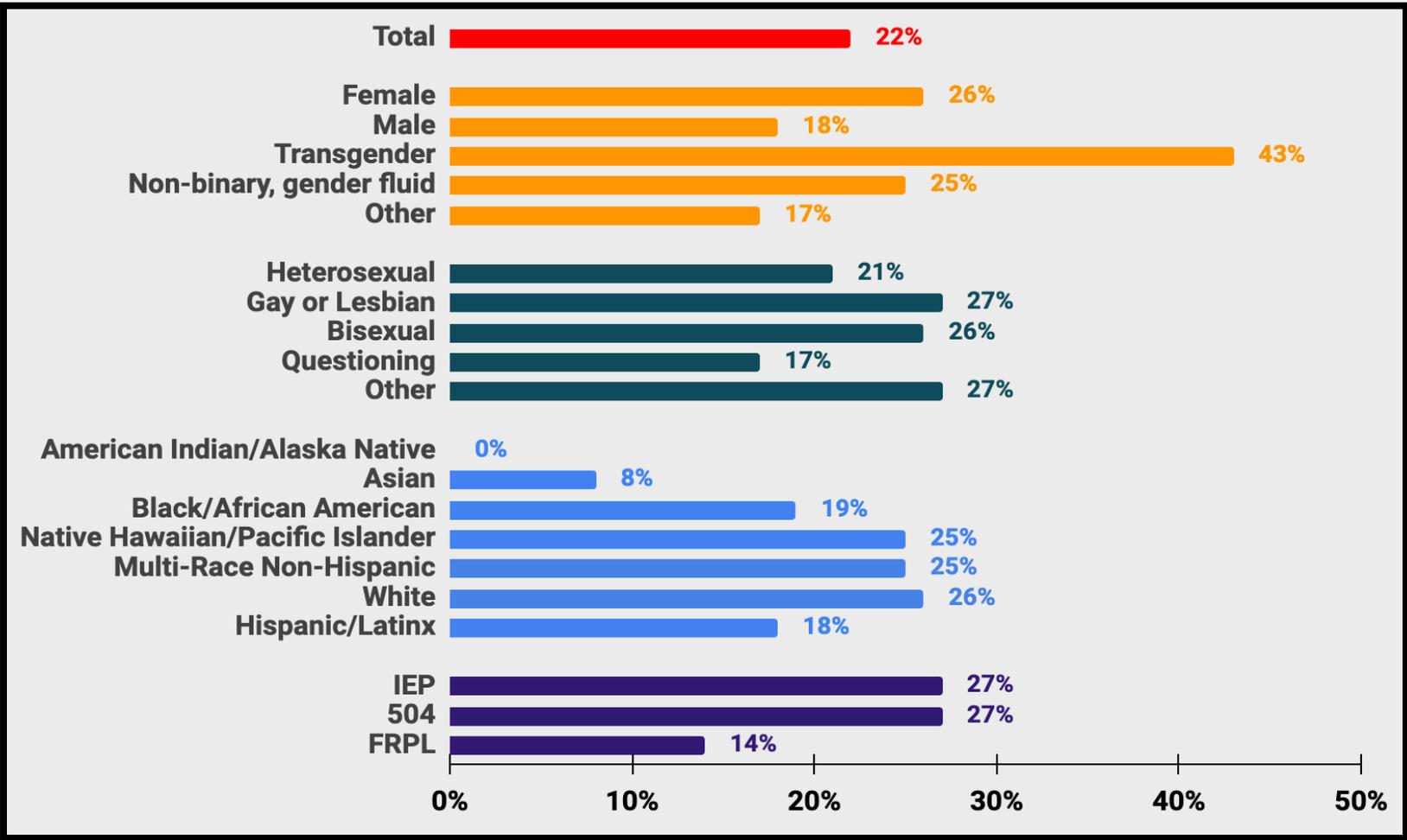
Substance use was measured on the High School MYRBS with a number of questions, including:

- During the past 30 days, on how many days did you have at least one drink of alcohol?
- During the past 30 days, on how many days did you have at least one drink of alcohol on school property?
- During the past 30 days, on how many days did you have 4 or more drinks of alcohol in a row, that is, within a couple of hours?
- During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been drinking alcohol?
- During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol?
- During the past 30 days, how many times did you use marijuana?
- How old were you when you tried marijuana for the first time?
- During the past 30 days, how many times did you use marijuana on school property?
- How would your parents or other adults in your family feel if you smoked marijuana?
- During the past 30 days, how many times did you drive a car or other vehicle when you had been using marijuana?
- During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been using marijuana?
- During the past 30 days, on how many days did you use any tobacco products on school property?
- Have you ever tried a vape product, even one or two puffs?
- During the past 30 days, on how many days did you use an electronic vapor product?
- During your life, how many times have you used any form of cocaine, including powder, crack, or freebase?
- During your life, how many times have you used heroin (also called smack, junk, or China White)?
- During your life, how many times have you used methamphetamines (also called speed, crystal meth, crank, ice, or meth)?
- During your life, how many times have you used ecstasy (also called MDMA or Molly)?
- During the past 12 months, has anyone offered, sold, or given you an illegal drug on school property?

**Alcohol use  
in last 30  
days**

In 2023, 22% of BHS students reported using alcohol at least once in the last 30 days. Students who identified as female, transgender, non-binary, gay or lesbian, bisexual, White, Multi-Race Non-Hispanic, and students who reported being in special education or having a 504 accommodation plan were more likely to have used alcohol in the last 30 days.

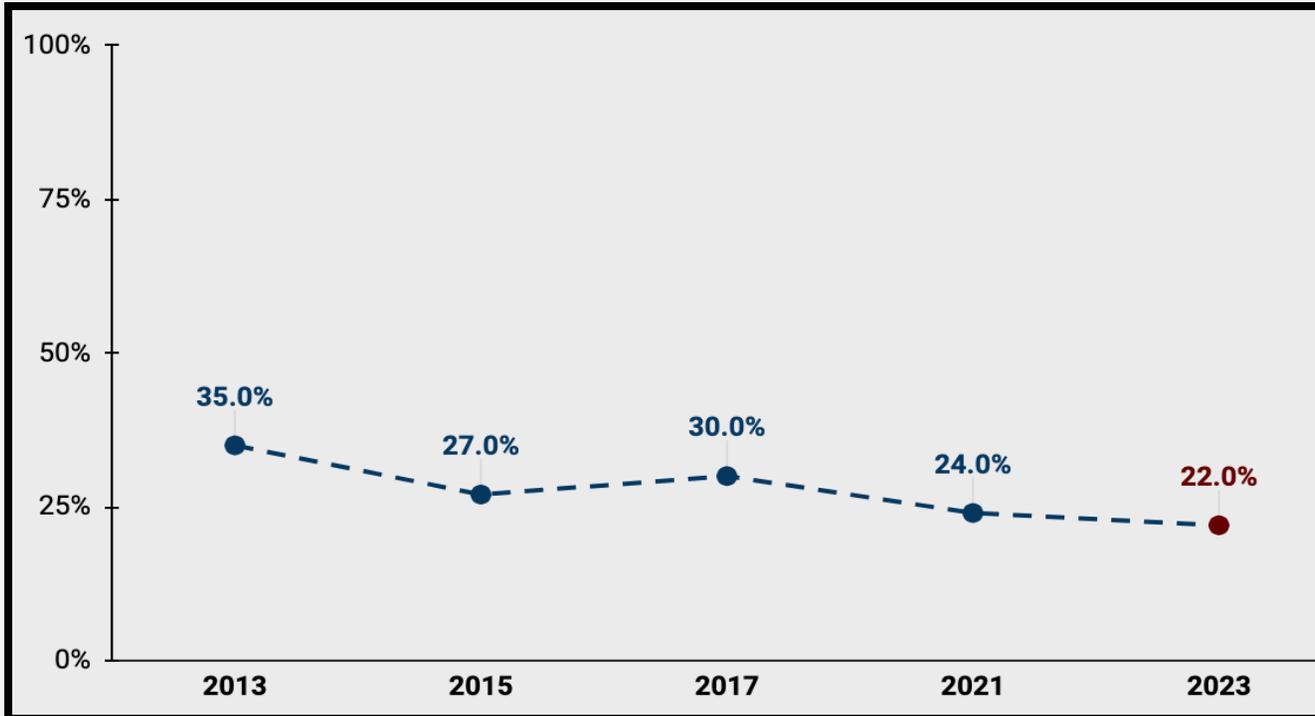
**Percentage of students who reported using alcohol during the last 30 days.**



**Alcohol use in  
last 30 days**

**Trends in the percentage of BHS students who reported using  
alcohol in the previous 30 days (2013-2023).**

**Relative to  
2013 to  
2021, fewer  
students at  
BHS report  
using  
alcohol in  
the last 30  
days.**



**In 2021, 23% of high school students nationally and 22% of high school students in MA reported using alcohol in the last 30 days on the YRBS.**

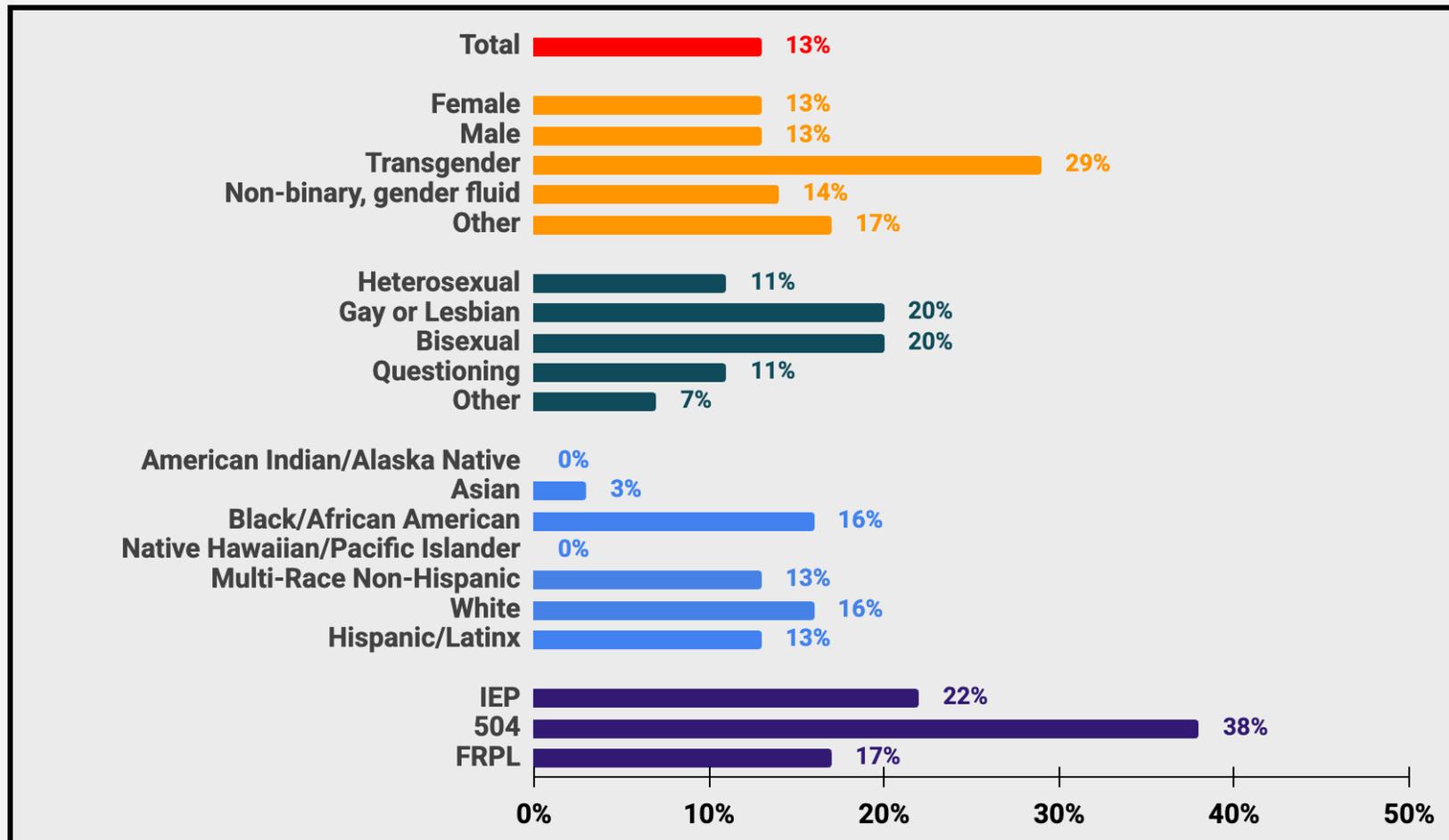
## Additional Questions Measuring Alcohol Use

- Less than 1 percent of BHS students reported having used alcohol on school property in the last 30 days.
- 10% of BHS students reported having 4 or more drinks of alcohol in a row within a couple of hours within the past 30 days (i.e., binge drinking). Engagement in this behavior was equally distributed across demographic characteristics. In 2021, 7% of BHS students and 11% of high school students in MA reported engaging in binge drinking in the last 30 days. In 2013, 2015, and 2017, 19%, 18%, and 13% of BHS students reported engaging in binge drinking in the last 30 days, respectively.
- 6% of BHS students reported riding in a car or other vehicle driven by someone who had been drinking alcohol in the last 30 days.
- Less than 1% of BHS students reported driving a car or other vehicle when they had been drinking alcohol in the last 30 days.

## Marijuana use last 30 days

In 2023, 13% of BHS students reported using marijuana at least once in the last 30 days. Students who identified as transgender, gay or lesbian, or bisexual and students who reported being in special education or having a 504 accommodation plan were more likely to have used marijuana in the last 30 days.

### Percentage of students who reported using marijuana during the last 30 days.

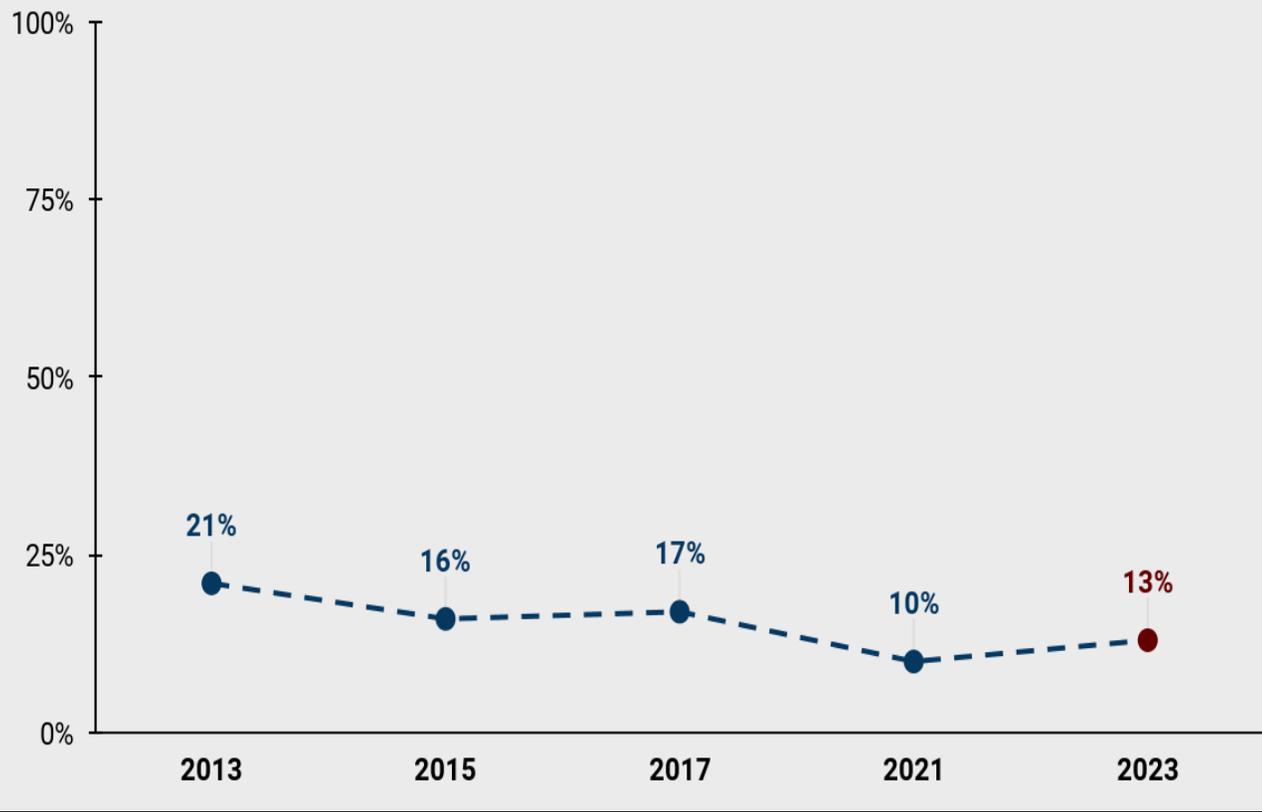


\*Please note that a previous version of this report inaccurately reported that 32% of students who had an IEP used marijuana in the past 30 days.

**Marijuana use  
last 30 days**

**Trends in the percentage of BHS students who reported using  
marijuana in the previous 30 days (2013-2023).**

**Relative to  
2021, more  
students  
reported using  
marijuana in  
the last 30  
days. Fewer  
students  
reported using  
marijuana in  
the last 30  
days relative to  
2013-2017.**



**In 2021, 16% of high school students nationally and 18% of high school students in MA reported using marijuana in the last 30 days on the YRBS.**

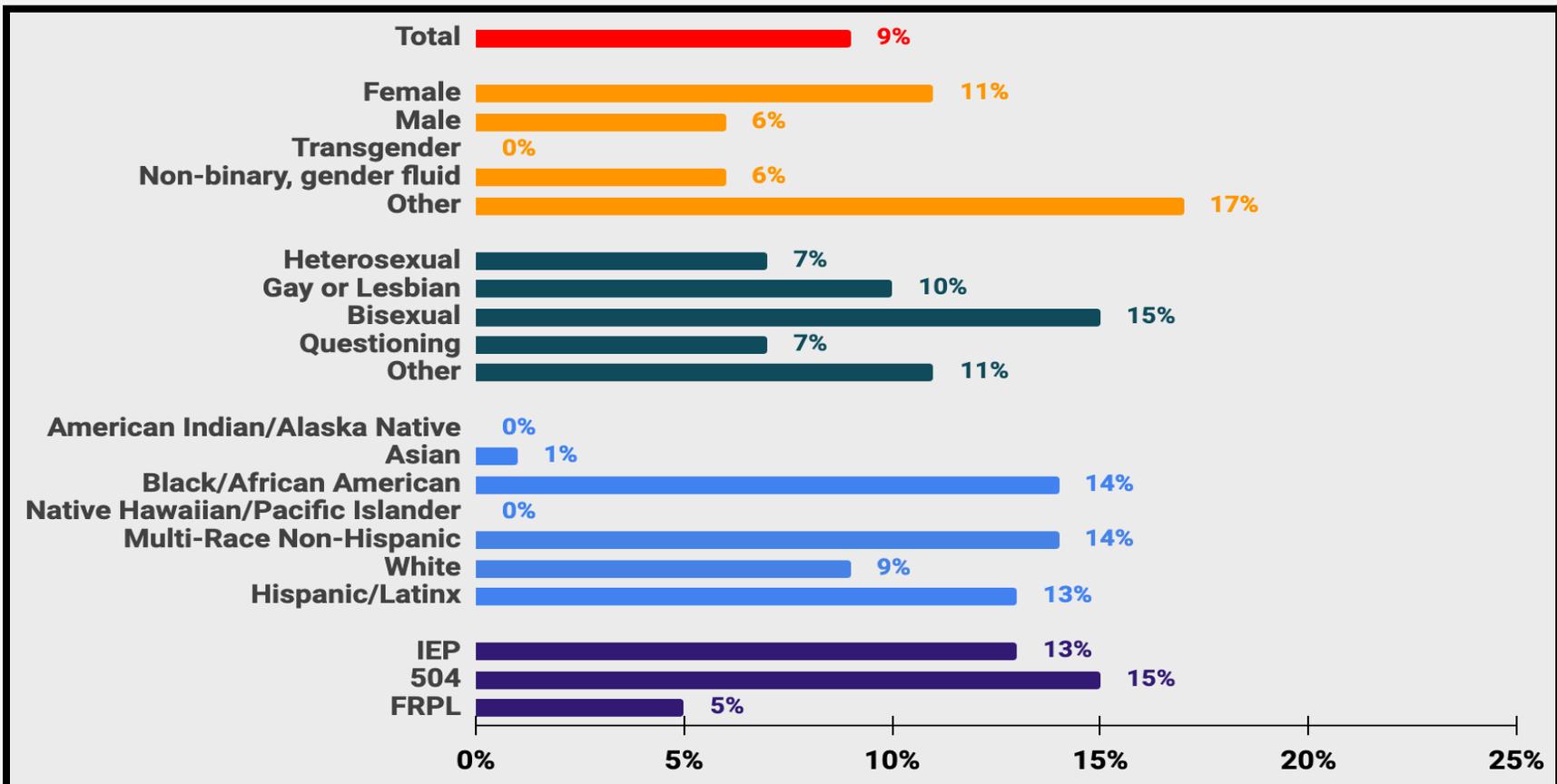
## Additional Questions Measuring Marijuana Use

- For BHS students who reported having used marijuana
  - 12% reported their age of first use was 17 or older.
  - 60% reported their age of first use was 15 or 16.
  - 26% reported their age of first use was 13 or 14.
  - 2% reported their age of first was 12 or younger.
- 3% of BHS students reported having used marijuana on school property at least once in the last 30 days.
- 78% of BHS students reported that their parents or other adults in their family would disapprove if they smoked marijuana. 22% of students reported that their parents or other adults in their family would not care if they smoked marijuana.
- Less than 1% of BHS students reported driving a car or other vehicle when they had been using marijuana in the last 30 days.

## Electronic vapor use

In 2023, 9% of BHS students reported using an electronic vapor in the last 30 days. In 2021, 18% of students nationally and in MA reported using an electronic vapor in the last 30 days on the YRBS. Students at BHS who identified as something other than female, male, transgender, or non-binary, identified as bisexual, identified as Black/African American, White, or Hispanic/Latinx, and students who reported being in special education or having a 504 accommodation plan were more likely to have used an electronic vapor in the last 30 days. **19% of BHS students reported lifetime use** of an electronic vapor.

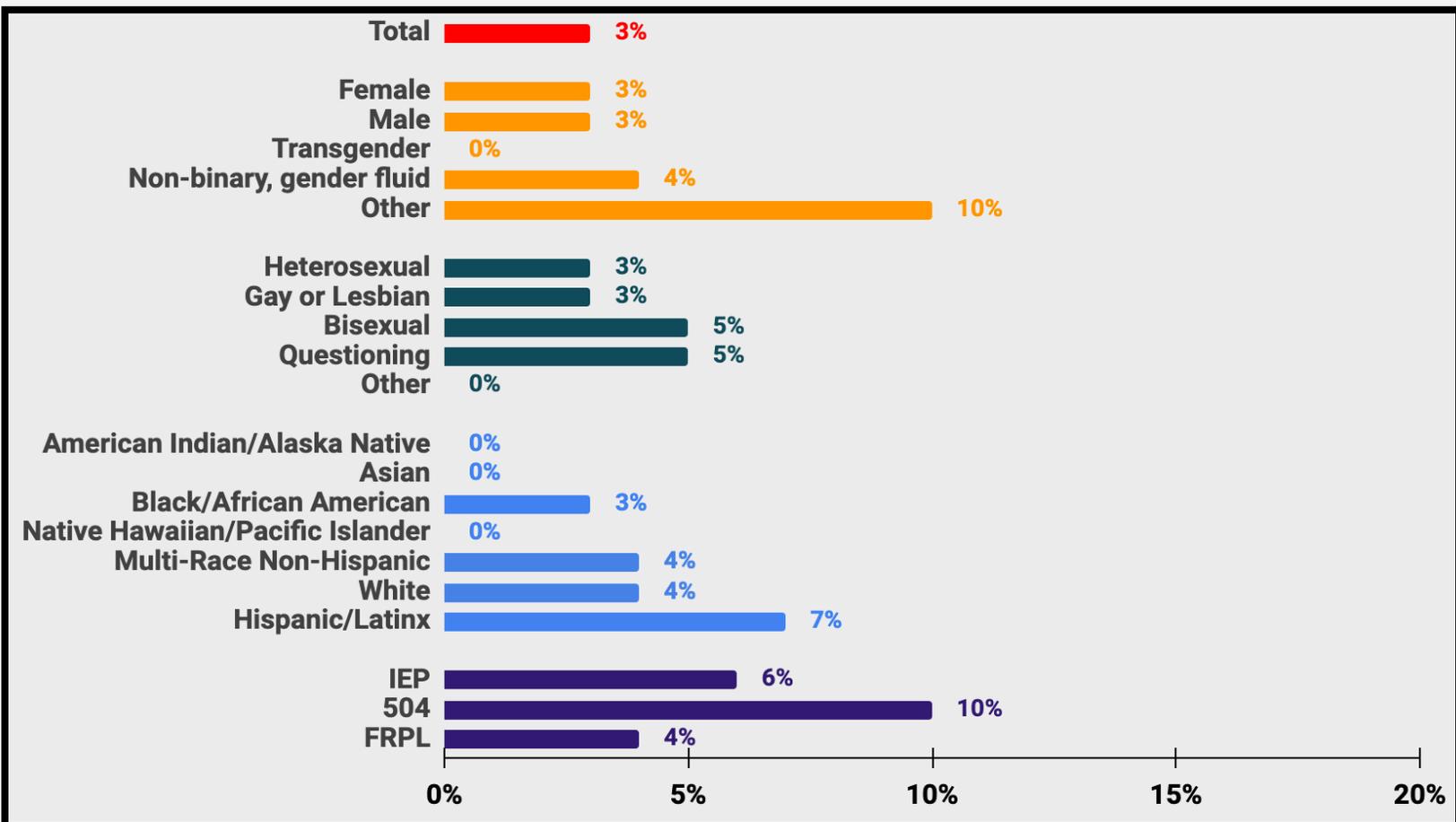
### Percentage of students who reported using an electronic vapor during the last 30 days.



## Tobacco use last 30 days

In 2023, 3% of BHS students reported using tobacco at least once during the previous 30 days. Students at BHS who identified as something other than female, male, transgender, or non-binary, students who identified as Hispanic/Latinx, and students who reported having a 504 accommodation plan were more likely to have used tobacco products at least once in the last 30 days. In 2021 and 2017, 3% of BHS students also reported having ever used a tobacco product.

### Percentage of students who reported using tobacco during the last 30 days.



## Additional Questions Measuring Substance Use

- In 2023, 4% of BHS students reported using a tobacco product on school property at least once in the last 30 days.
- For BHS students who reported having used a tobacco product
  - 26% reported their age of first use was 17 or older.
  - 43% reported their age of first use was 15 or 16.
  - 18% reported their age of first use was 13 or 14.
  - 13% reported their age of first was 12 or younger.
- Less than 1% of BHS students reported having used cocaine, heroin, or methamphetamines in their lifetime.
- 1% of BHS students reported having used ecstasy in their lifetime.
- 8% of BHS students reported being offered, sold, or given illegal drugs on school property.

# Safety and Violence-Related Behavior

## Safety and Violence-Related Behavior

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Safety and violence-related behavior was measured on the High School MYRBS with the following questions:

- During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club?
- During the past 30 days, on how many days did you text or e-mail while driving a car or other vehicle?
- During the past 30 days, on how many days did you not go to school because you felt you would be unsafe at school or on your way to or from school?
- During the past 12 months, how many times has someone threatened or injured you with a weapon on school property?
- During the past 12 months, how many times were you in a physical fight?
- During the past 12 months, how many times were you in a physical fight on school property?
- Have you ever seen someone get physically attacked, beaten, stabbed, or shot in your neighborhood?
- During the past 12 months, have you ever been bullied on school property?
- During the past 12 months, have you ever been electronically bullied?
- Have you ever been physically forced to have sexual intercourse when you did not want to?
- During the past 12 months, how many times did someone you were dating or going out with force you to do sexual things that you did not want to do?
- During the past 12 months, how many times did someone you were dating or going out with physically hurt you on purpose?
- Has an adult or person at least 5 years older than you ever made you do sexual things that you did not want to do?
- During your life, how often have you felt that you were treated badly or unfairly because of your race or ethnicity?
- During your life, how often have you felt that you were treated badly or unfairly in school because of your race or ethnicity?
- During your life, how often have you felt that you were treated badly or unfairly because you are or people think

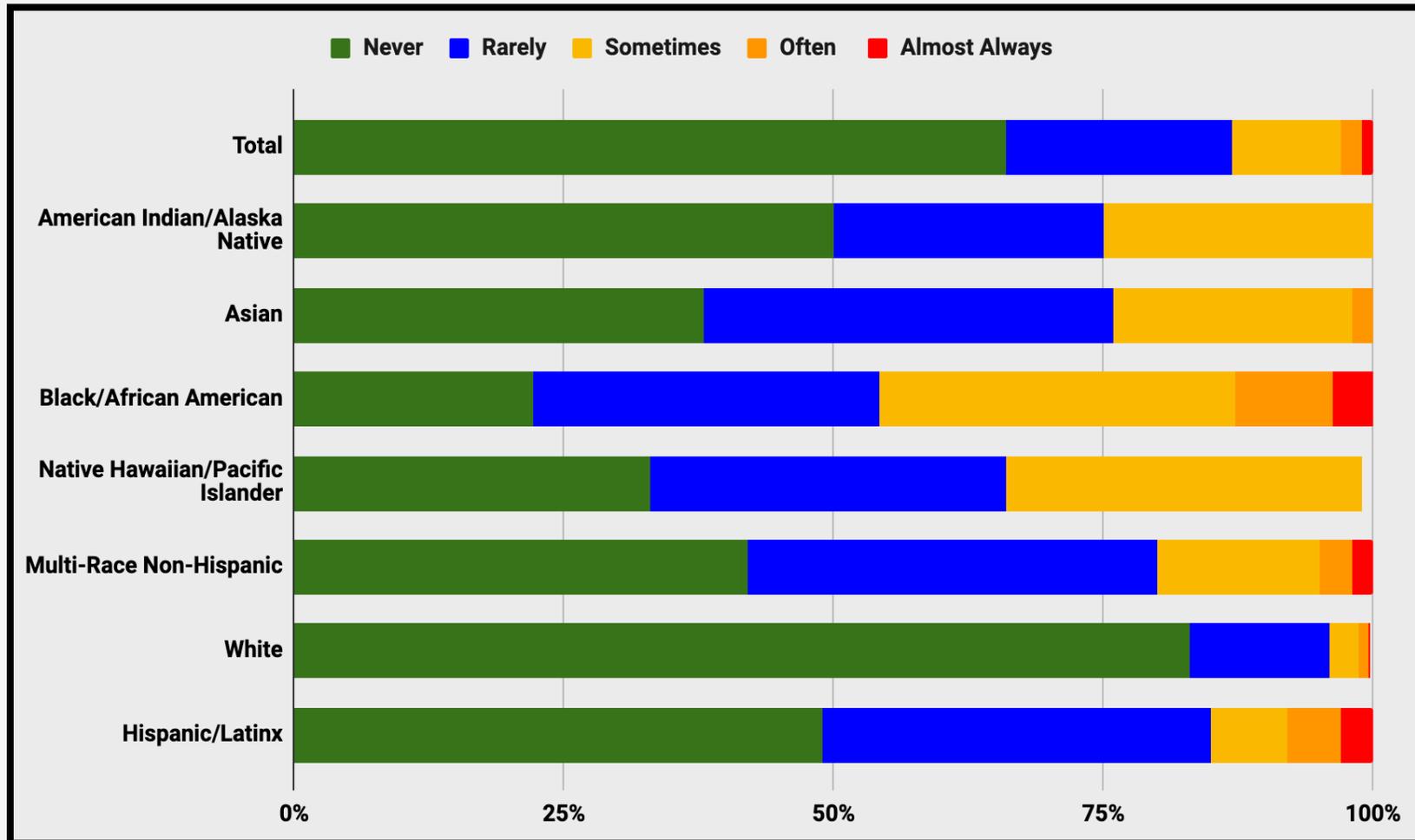
you are lesbian, gay, bisexual, transgender, or questioning?

- During the past 12 months, have you ever been the victim of teasing or name-calling because of your race or ethnic background?
- During your life, how often has a parent or other adult in your home insulted you or put you down?
- During your life, how often has a parent or other adult in your home hit, beat, kicked, or physically hurt you in any way?
- During your life, how often have your parents or other adults in your home slapped, hit, kicked, punched, or beat each other up?
- Have you ever lived with a parent or guardian who was having a problem with alcohol or drug use?
- Have you ever lived with a parent or guardian who had severe depression, anxiety, or another mental illness, or was suicidal?
- Have you ever been separated from a parent or guardian because they went to jail, prison, or a detention center?

**Given the relatively low incidence of these behaviors and experiences, caution should be taken in interpreting discrepancies between student groups (i.e., discrepancies often reflect the experiences and behaviors of only a few students).**

## Questions Measuring Safety at School

- Treatment based on Race:** Students who identified as Black/African American, AAPI, or Multi-Race Non-Hispanic were more likely to report having been treated unfairly at school because of their race or ethnicity. The graph below describes the frequency of these experiences based on race/ethnicity.



- **Missing school due to safety concerns.** In 2023, 4% of BHS students reported that they missed at least one day of school in the last month because they felt they would be unsafe at school or on their way to or from school. On the 2021 YRBS, 9% of students nationally reported that they did not go to school because of safety concerns.
  - Discrepancies were observed in Brookline data, as 10% of students who identified as Black/African American, 10% of students who reported being in Special Education, 11% of students who reported having a 504 accommodation plan, and 7% of students who reported being eligible for free or reduced-priced lunch reported missing at least one day of school in the last month because they felt they would be unsafe at school or on their way to or from school.
  
- **Being threatened or injured with a weapon.** 2% of BHS students reported that someone had threatened or injured them with a weapon on school property in the past 12 months. 7% of students who reported eligibility for free or reduced-priced lunch reported this experience. On the 2021 YRBS, 7% of students nationally reported being threatened or injured with a weapon at school.
  
- **Being in a physical fight.** 3% of students reported being in a physical fight on school property in the last 12 months.
  
- **Being bullied.** In 2023, 9% of BHS students reported having been bullied on school property in the last 12 months. On the 2021 YRBS, 15% of students nationally reported having been bullied on school property.
  - Discrepancies were observed in Brookline data, as 16% of students who identified as non-binary, 14% of students who identified as something other than male, female, transgender, or non-binary, 16% of students who identified as something other than heterosexual, gay or lesbian, bi-sexual, or questioning, and 23% of students who reported having a 504 accommodation plan reported endorsed been bullied on school property in the last 12 months.

## Questions Measuring Dating and Sexual Violence

- **Forced to have sexual intercourse.** In 2023, 3% of BHS students reported having been physically forced to have sexual intercourse when they did not want to during their lifetime.
  - In 2021, 10% of BHS students reported having had sexual contact against their will during their lifetime. In 2013, 2015, and 2017, 7%, 8%, and 6% of students reported having had sexual contact against their will during their lifetime, respectively.
  - On the 2021 YRBS, 8% of students nationally reported having been forced to have sexual intercourse when they did not want to.
  - In 2023, 8% of BHS students who identified as non-binary, 9% of students who identified as something other than female, male, transgender, or non-binary, 10% of students who identified as gay or lesbian, 8% of students who identified as bisexual, 9% of students who reported participating in special education, and 8% of students who reported having a 504 accommodation plan reported having been physically forced to have sexual intercourse when they did not want to during their lifetime.
- **Forced to have sexual intercourse within a dating relationship.** In 2023, 6% of BHS students reported that during the past 12 months, someone they were dating or going out with forced them to do sexual things they did not want to. In 2021, 4% of BHS students reported that they had sexual contact with a boyfriend or girlfriend against their will.
  - In 2023, 8% of BHS students who identified as female, 2% of students who identified as male, 7% of students who identified as non-binary, 14% of students who identified as something other than male, female, transgender, or non-binary, 9% of students who reported being in special education, and 14% of students who reported having a 504 accommodation plan reported that during the past 12 months, someone they were dating or going out with forced them to do sexual things they did not want to.
- **Being hurt on purpose.** In 2023, 2% of BHS students reported that during the past 12 months, someone they were dating or going out with physically hurt them on purpose. In 2021, 2% of BHS students reported that a

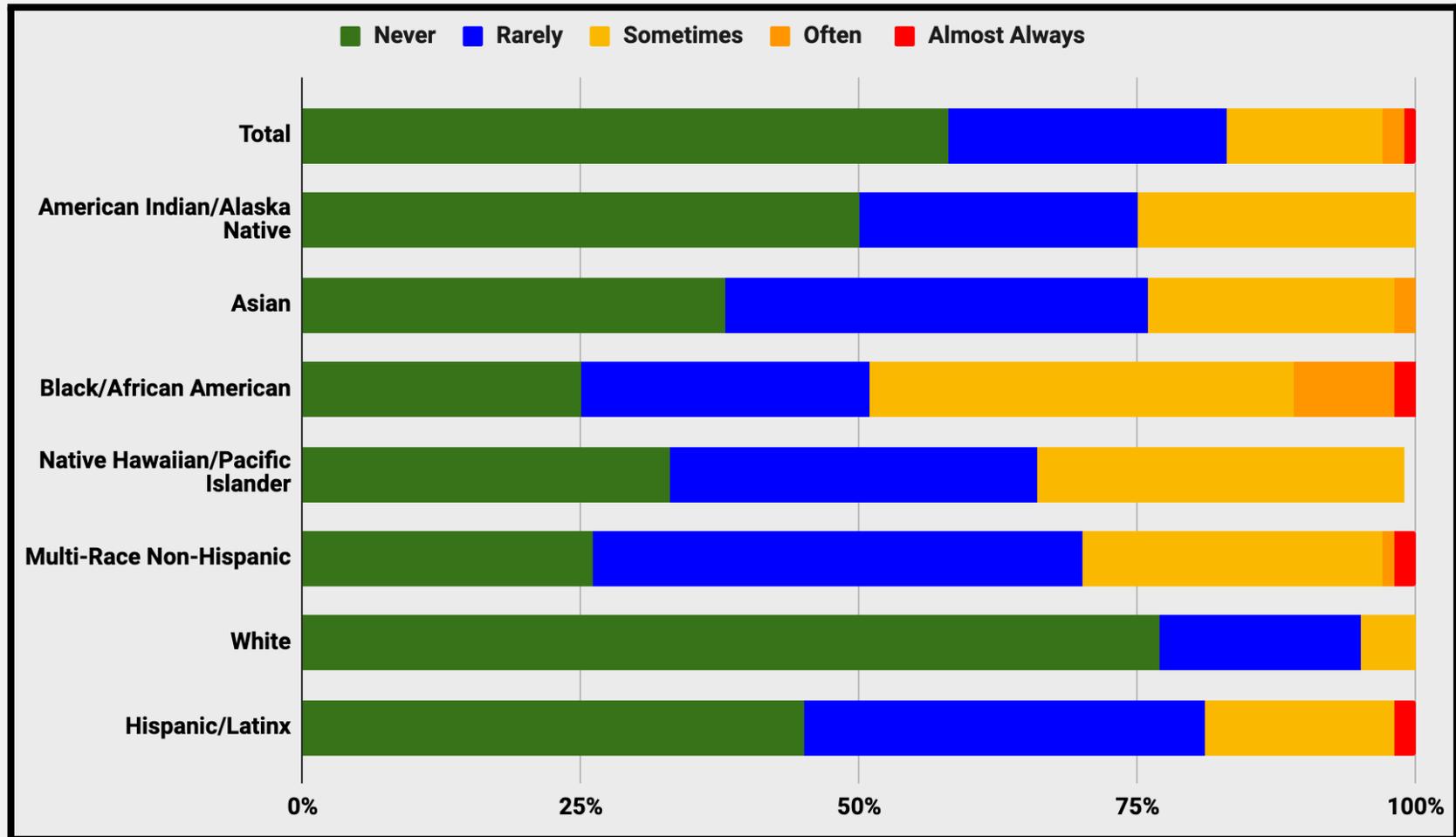
boyfriend or girlfriend hit, slapped, or physically hurt them on purpose in the past 12 months. In 2013, 2015, and 2017, 5%, 5%, and 1% of BHS students reported that a boyfriend or girlfriend physically hurt them on purpose in the past 12 months

- In 2023, 13% of BHS students who identified as transgender, 12% of students who identified as non-binary, 14% of students who identified as something other than male, female, transgender, or non-binary reported that a boyfriend or girlfriend hit, slap, or physically hurt them on purpose in the past 12 months.

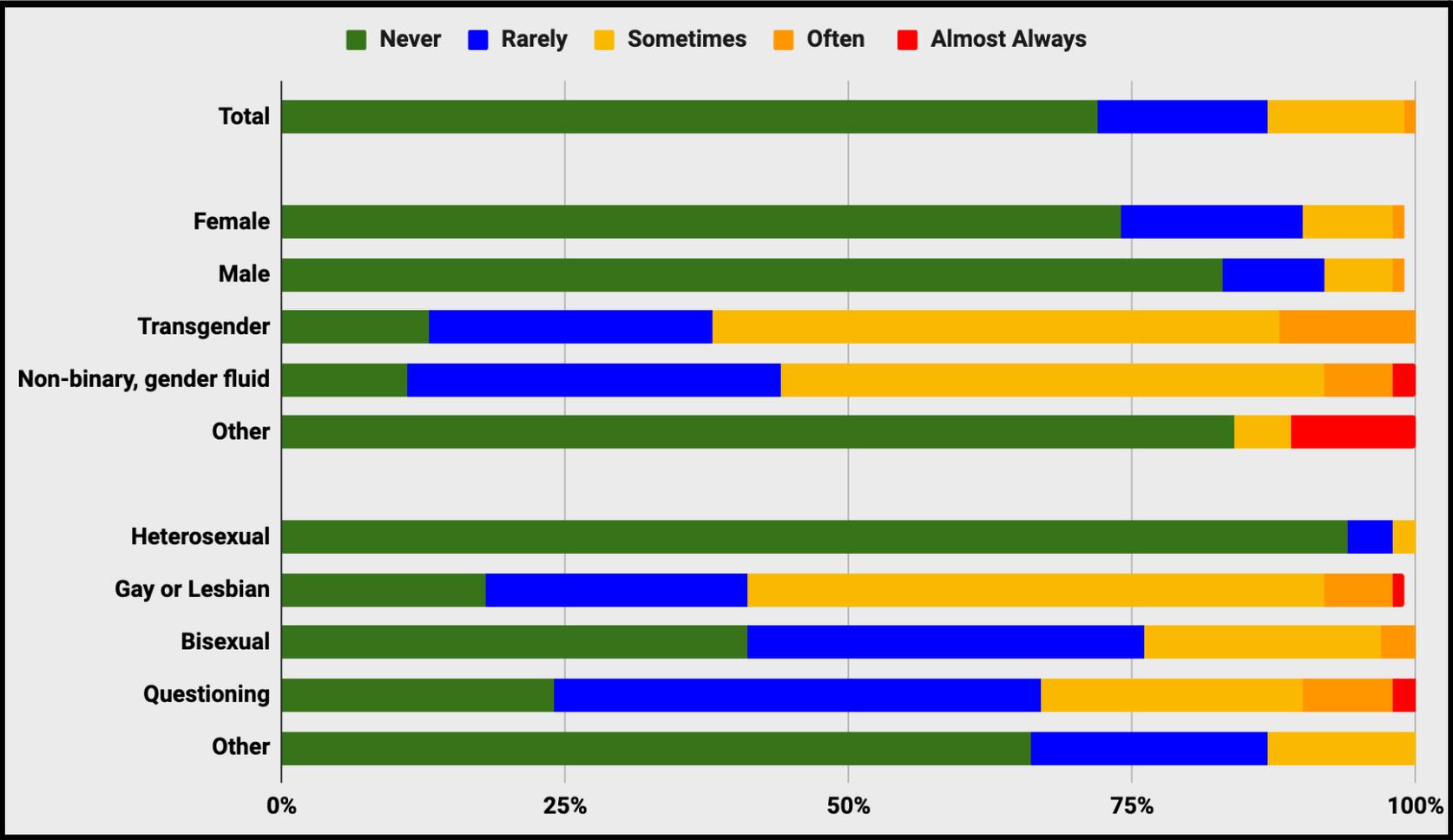
- **Forced sexual contact with a person at least 5 years older.** In 2023, 3% of BHS students reported that a person at least 5 years older than them had previously made them do sexual things that they did not want to do.
  - 6% of students who identified as gay or lesbian, 12% of students who identified as questioning, and 11% of students who reported being in special education reported that a person at least 5 years older than them had previously made them do sexual things that they did not want to do.

## Questions Measuring Poor Treatment

- Poor treatment based on race.** Students who identified as Black/African American, AAPI, or Multi-Race Non-Hispanic were more likely to report having been treated unfairly because of their race or ethnicity. The graph below describes the frequency of these experiences based on race/ethnicity.



- Poor treatment based on perceptions of being LGBTQ+.** Students who identified as transgender, non-binary, gay or lesbian, bisexual, or questioning were more likely to report having been treated unfairly because people think they are lesbian, gay, bisexual, transgender, or questioning. The graph below describes the frequency of these experiences based on gender and sexual identity.



- **Teasing or bullying based on race/ethnicity.** In 2023, 9% of BHS students reported having been the victim of teasing or name-calling because of their race or ethnic background in the last 12 months.
  - 21% of BHS students who identified as Black/African American, 13% who identified as Asian, 12% who identified as Multi-Race Non-Hispanic, 16% who reported having a 504 accommodation plan, and 16% who reported being eligible for free or reduced-price lunch reported having been the victim of teasing or name-calling because of their race or ethnic background in the last 12 months.
  
- **Insult by parent or caregiver.** In 2023, 58% of BHS students reported that a parent had insulted or put them down.
  - 86% of students who identified as transgender, 79% who identified as non-binary, 67% who identified as gay or lesbian, 69% who identified as bisexual, 69% of who identified as questioning, and 79% who identified as something other than heterosexual, gay or lesbian, bisexual, or questioning reported that a parent or other adult in their home insulted or put them down during their lifetime.
  
- **Physically hurt by parent or caregiver.** In 2023, 13% of BHS students reported that a parent or other adult in their home hit, beat, kicked, or physically hurt them in any way during their life.
  - 43% of students who identified as transgender and 22% of students who identified as something other than male, female, transgender, or non-binary reported that a parent or other adult in their home physically hurt them in any way during their life.
  
- **Electronically bullied.** In 2023, 5% of BHS students reported having been electronically bullied in the last 12 months. In 2021, 8% of BHS students reported having been electronically bullied in the last 12 months. 16% and 13% of BHS students reported being electronically bullied in the last 12 months in 2013 and 2017, respectively. On the 2021 YRBS, 16% of students nationally reported having been electronically bullied.
  - In Brookline, 12% of students who identified as non-binary, 14% who identified as something other than male, female, transgender, or non-binary, 11% who reported participating in special education, 12% of who reported having a 504 Accommodation Plan, and 12% who reported being eligible for free or reduced-price lunch reported having been electronically bullied in the last 12 months.

## Additional Questions Measuring Safety

- In 2023, 3% of BHS students reported having carried a weapon in the past 30 days. In 2021, 3% of students also reported having carried a weapon during their lifetime. In 2013, 2015, and 2017, 16%, 15%, and 15% of students reported having carried a weapon during their lifetime, respectively.
- In 2023, 6% of students reported having texted or emailed while driving a car or other vehicle in the past 30 days.
- In 2023, 7% of BHS students reported having been in a physical fight during the past 12 months.
- In 2023, 8% of BHS students reported having seen someone getting physically attacked, beaten, stabbed, or shot in their neighborhood.
- In 2023, 13% of students who identified as Black/African American, 14% of students who identified as Multi-Race Non-Hispanic, and 11% of students who reported eligibility for free or reduced-priced lunch reported having seen someone getting physically attacked, beaten, stabbed, or shot in their neighborhood.
- In 2023, 5% of BHS students reported that their parents or other adults in their home slapped, hit, kicked, punched, or beat each other up during their lifetime.
- In 2023, 7% of BHS students reported living with a parent or guardian who was having a problem with alcohol or drug use.
- In 2023, 20% of BHS students reported having lived with a parent or guardian who had severe depression, anxiety, or another mental illness, or was suicidal.
- In 2023, 2% of BHS students reported being separated from a parent/guardian because they went to jail, prison, or a detention center.

# Sexual Behavior

## Sexual Behavior

Sexual Behavior was measured on the High School MYRBS with the following questions:

- How old were you when you had sexual intercourse for the first time?
- During your life, with how many people have you had sexual intercourse?
- During the past 3 months, with how many people did you have sexual intercourse?
- Did you drink alcohol or use drugs before you had sexual intercourse the last time?
- The last time you had sexual intercourse, did you or your partner use a condom?
- The last time you had sexual intercourse with an opposite-sex partner, what one method did you or your partner use to prevent pregnancy?
- During your life, with whom have you had sexual contact?
- During the past 12 months, have you been tested for a sexually transmitted disease (STD) other than HIV, such as chlamydia or gonorrhea?
- Have you ever had sex education in school?
- Have you ever been taught in school about how to use a condom to prevent pregnancy or sexually transmitted diseases (STDs), including HIV?

**Given the relatively low incidence of many of these behaviors and experiences, caution should be taken in interpreting discrepancies between student groups (i.e., discrepancies often reflect the experiences and behaviors of only a few students).**

## Questions Measuring Sexual Behavior

- In 2023, 17% of BHS students reported having had sexual intercourse. In 2021, 13% of BHS students reported having had sexual intercourse. In 2013, 2015, and 2017, 23%, 21%, and 18% of BHS students reported having had sexual intercourse, respectively. On the 2021 YRBS, 30% of students nationally reported having had sexual intercourse.
  - Of the BHS students who reported having had sex, 14% reported they were 13 or younger when they had sexual intercourse for the first time, 11% reported they were 14 years old, 27% reported they were 15 years old, 34% reported they were 16 years old, and 14% reported they were 17 or older. No meaningful discrepancies were found based on gender or sexual identity.
- Of the BHS students who reported having had sexual intercourse, 58% reported having had sex with one partner, 23% reported having had sex with two partners, and 19% reported having had sex with more than two partners.
- Of the BHS students who reported having had sexual intercourse, 13% reported drinking alcohol or using drugs before they had sexual intercourse the last time (this represents 2% of all students who completed the survey).
- Of the BHS students who reported having had sexual intercourse, 54% reported using a condom the last time they had sexual intercourse. On the 2021 YRBS, 52% of students nationally reported using a condom the last time they had sexual intercourse.
- Of the BHS students who reported having had sexual intercourse with an opposite-sex partner, 5% reported using no method to prevent pregnancy the last time they had sexual intercourse, 18% reported using birth control pills, 44% reported using condoms, 11% reported using IUDs, 5% reported using withdrawal, and 8% reported they were not sure.
- In 2023, 29% of BHS students reported having had sexual contact in their lifetime. Of these students, 44% reported

having had sexual contact with females only, 40% reported having had sexual contact with males only, and 16% reported having had sexual contact with both males and females.

- In 2023, 6% of BHS students reported having been tested for a sexually transmitted disease in the last 12 months. On the 2021 YRBS, 5% of students nationally reported having been tested for a sexually transmitted disease in the last 12 months.
- In 2023, 91% of BHS students reported having had sex education in school (5% of students did not answer the questions and 4% reported no).
- In 2023, 85% of BHS students reported having been taught in school about how to use a condom to prevent pregnancy or sexually transmitted diseases, including HIV (5% of students did not answer the question, 7% reported no, and 2% reported that they were not sure).

# Weight Physical Activity, and Nutrition

## Weight, Physical Activity, and Nutrition

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Weight, physical activity, and nutrition was measured on the High School MYRBS with a number of questions, including:

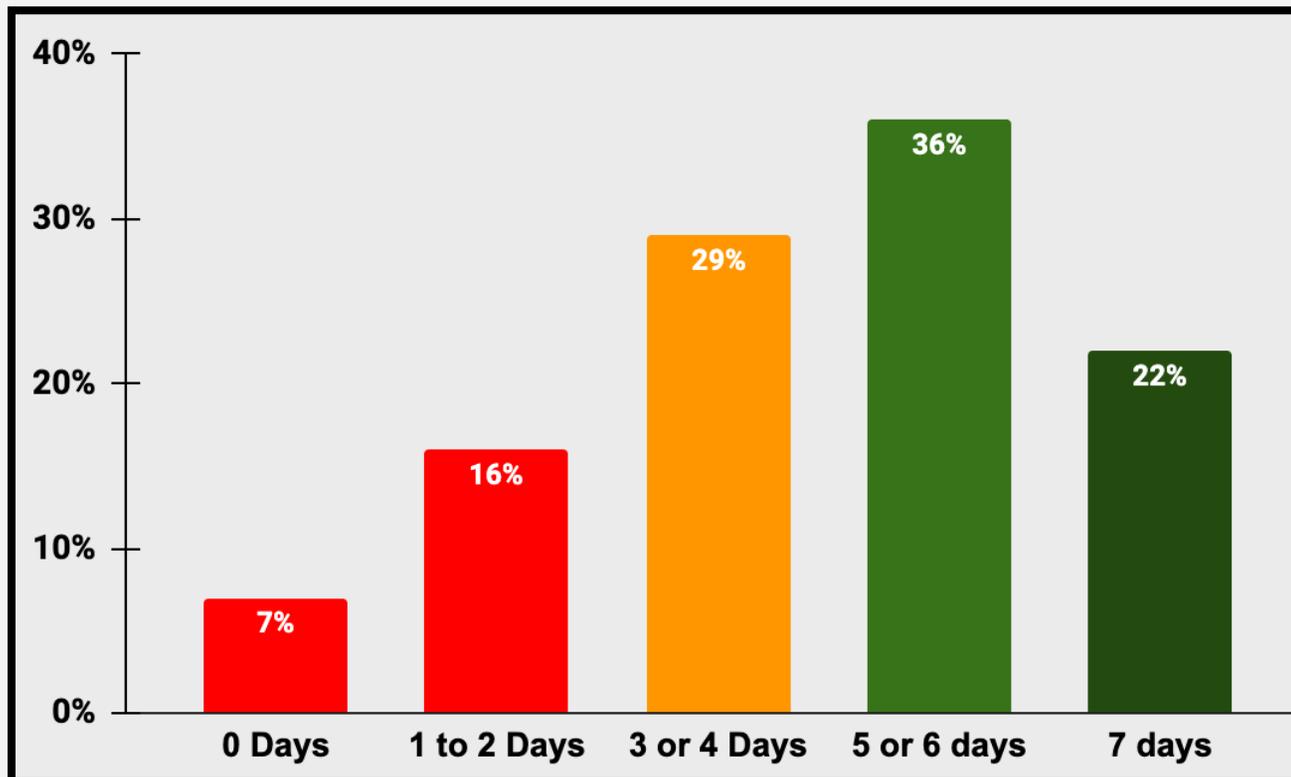
- During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day?
- How often do you use social media?
- How do you describe your weight?
- Which of the following are you trying to do about your weight?
- On an average school night, how many hours of sleep do you get?

## Physical activity

In 2023, when asked to report the number of days in the past 7 in which they were physically active for at least 60 minutes, 7% of BHS students reported 0 days, 16% reported 1 or 2 days, 29% reported 3 or 4 days, 36% reported 5 or 6 days, and 22% of students reported 7 days. Responses were equally distributed across demographic variables.

**During the past 7 days, on how many days were you physically activity for at least 60 minutes per day (all students)**

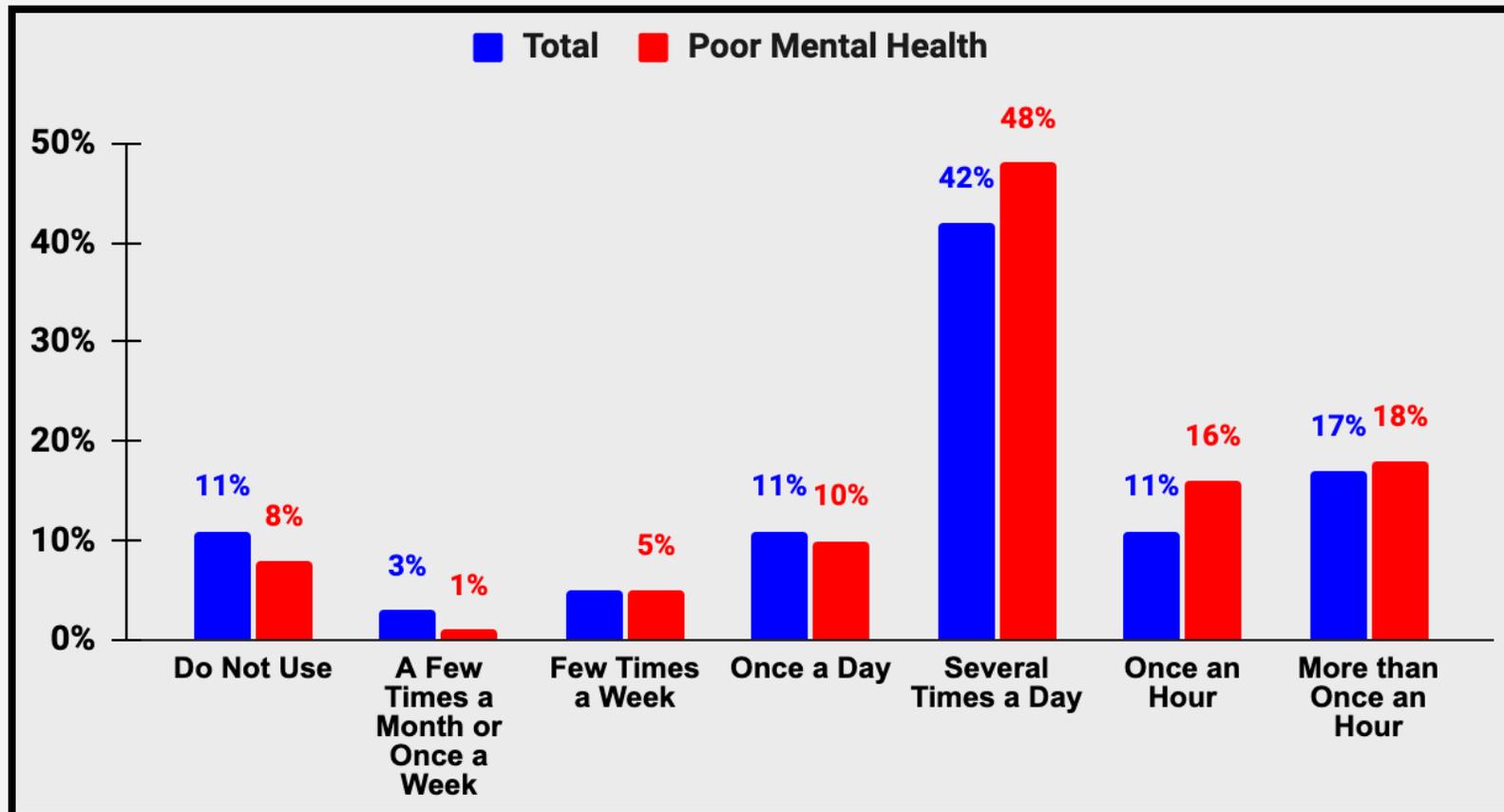
From 2013 to 2021, 50 to 52% of BHS students reported engaging in physical activity at least 5 days a week for at least 60 minutes (in 2023, 58% of students reported engaging in this level of physical activity).



## Social media use

In 2023, when asked to report the frequency in which they use social media, 11% of BHS students reported that they do not use social media, 3% reported using it a few times a month or once a week, 5% reported a few times a week, 11% reported once a day, 42% reported several times a day, 11% reported once an hour, and 17% reported more than once an hour. Responses were equally distributed across demographic variables. Students who endorsed poor mental health (e.g., that their mental health was poor most of the time or always during the last 30 days) were slightly more likely to use social media several times a day or once an hour.

### How often do you use social media?



## Perceptions of weight

In 2023, when asked to describe their weight, 2% of BHS students reported being very underweight, 15% being slightly underweight, 68% reported being about the right weight, 14% reported being slightly overweight, and 2% reported being very overweight.

Students at BHS who identified as something other than female, male, transgender, or non-binary were more likely to report being very underweight, slightly underweight, and very overweight, and less likely to report being about the right weight. Students who identified as female and non-binary were less likely to describe being slightly underweight. Students who identified as male and transgender were less likely to describe being about the right weight. Students who identified as transgender were more likely to describe being slightly overweight.

	How do you describe your weight?				
	Very Underweight	Slightly Underweight	About the Right Weight	Slightly Overweight	Very Overweight
Total	2%	15%	68%	14%	2%
Female	1%	8%	78%	12%	1%
Male	4%	23%	57%	14%	3%
Transgender	0%	20%	40%	40%	0%
Non-Binary	0%	8%	73%	19%	0%
Other	11%	42%	26%	11%	11%

## Weight-related behavior

In 2023, when asked to describe what they are doing about their weight, 37% of BHS students reported trying to lose weight, 4% reported trying to gain weight, 16% reported trying to stay the same weight, and 43% reported doing nothing about their weight.

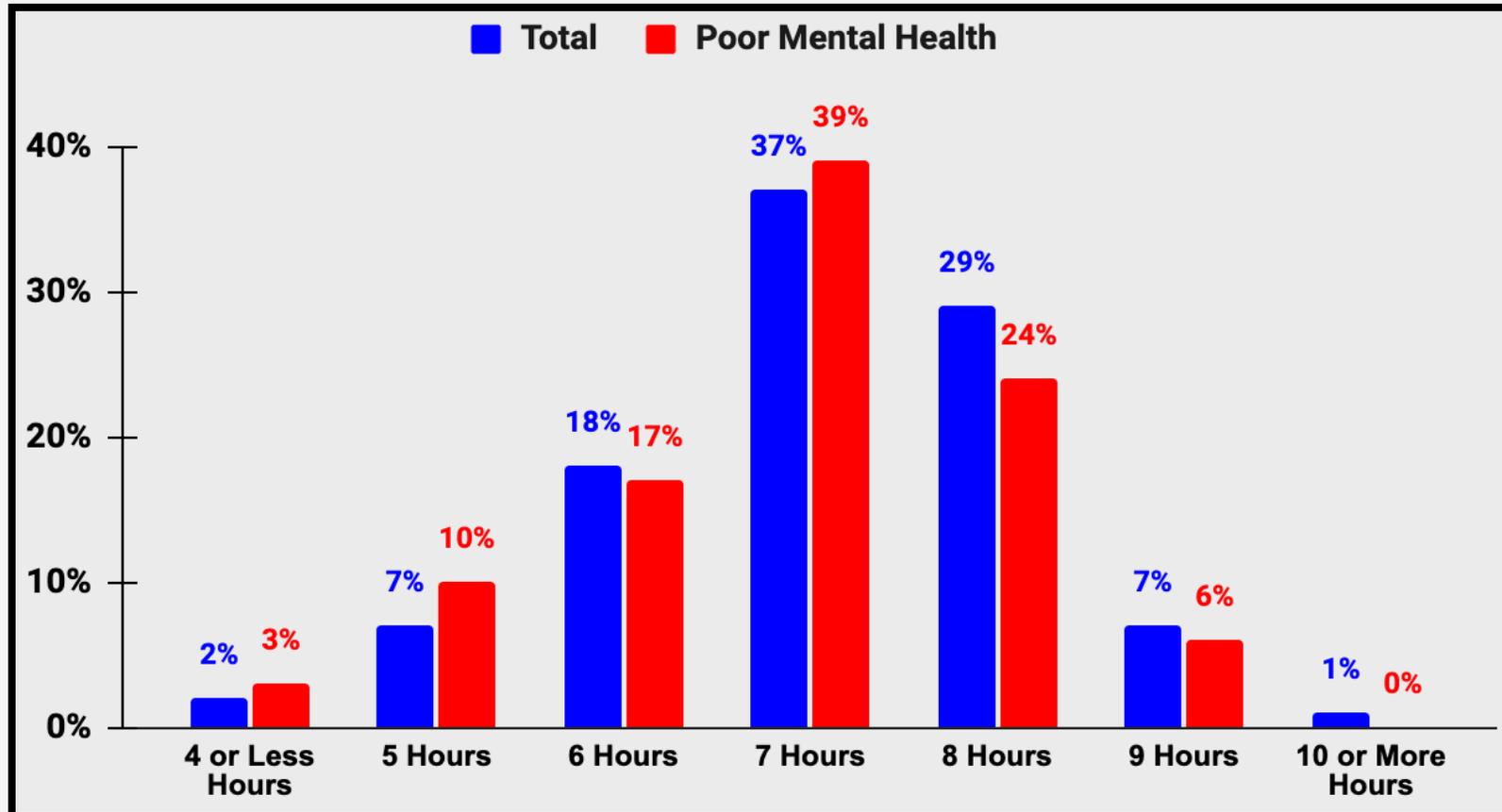
Students at BHS who identified as male or something other than female, male, transgender, or non-binary were less likely to report trying to lose weight. Students who identified as female and non-binary were less likely to report trying to gain weight and students who identified as male were more likely to report trying to gain weight. Students who identified as transgender were less likely to report trying to stay the same weight. Students who identified as female, transgender, and non-binary were more likely to report doing nothing about their weight, and students who identified as male were less likely to report doing nothing about their weight.

	Which of the following are you trying to do about your weight?			
	Trying to Lose Weight	Trying to Gain Weight	Trying to Stay the Same	Doing Nothing
<b>Total</b>	<b>31%</b>	<b>17%</b>	<b>15%</b>	<b>37%</b>
<b>Female</b>	<b>37%</b>	<b>4%</b>	<b>16%</b>	<b>43%</b>
<b>Male</b>	<b>23%</b>	<b>34%</b>	<b>15%</b>	<b>28%</b>
<b>Transgender</b>	<b>33%</b>	<b>0%</b>	<b>0%</b>	<b>67%</b>
<b>Non-Binary</b>	<b>35%</b>	<b>3%</b>	<b>17%</b>	<b>46%</b>
<b>Other</b>	<b>26%</b>	<b>21%</b>	<b>16%</b>	<b>37%</b>

## Sleep

In 2023, when asked to describe how many hours of sleep they get on an average school night, 2% of BHS students reported 4 or fewer hours, 7% reported 5 hours, 18% reported 6 hours, 37% reported 7 hours, 29% reported 8 hours, 7% reported 9 hours, and 1% reported 10 or more hours. Responses were equally distributed across race/ethnicity, sexual identity, and support characteristics. Students who endorsed poor mental health (e.g., that their mental health was poor most of the time or always during the last 30 days) were slightly less likely to report sleeping 8 or more hours on an average school night.

On an average school night, how many hours of sleep do you get?



Brookline Middle School 2023 MYRBS Data  
Summary and Trends Report

## Brookline Middle Schools 2023 MYRBS Executive Summary

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### Mental Health and Protective Factors

- In 2023, 15% of middle school students reported that in the last year, they felt so sad or hopeless every day for at least two weeks that they stopped doing some usual activities. Students who identified as LGBTQ+ Black/African American, or Hispanic/Latinx, and students who report being in special education or having a 504 Accommodation plan were more likely to report persistent feelings of sadness or hopelessness. Fewer middle school students currently report persistent sadness or hopelessness as compared to 2021.
- In 2023, 40% of middle school students reported they needed to talk to someone about how they were feeling, how things were going, or problems they had. Students who identified as female or LGBTQ+, or reported having a 504 accommodation plan were more likely to report needing to talk to someone.
- In 2023, 21% of middle school students reported engaging in self-injury on purpose without wanting to die in the past year. Students who identified as LGBTQ+ or Black/African American, and students who reported having a 504 accommodation plan were more likely to engage in self-injury. More middle school students currently report engaging in self-injury as compared to data collected from 2013 to 2021.
- In 2023, 7% of middle school students reported seriously considering suicide in the past year. Students who identified as LGBTQ+ or reported having a 504 accommodation plan were more likely to report seriously considering suicide in the past year. Fewer middle school students currently report seriously considering suicide as compared to data collected from 2013 to 2021.
- In 2023, 2% of middle school students (n = 28) reported attempting suicide in the past year. Students who identified as transgender, non-binary, or Black/African were more likely to report having made an attempt. Rates of suicide attempts for middle school students have remained consistent over the past decade.
- In 2023, 92% of middle school students reported that there was at least one person they could go to if they were having a problem. Students who identified as transgender, non-binary, gay or lesbian, Black/African American, or Hispanic/Latinx were less likely to identify at least one person they could talk to.
- In 2023, 78% of middle school students reported that they can talk to at least one parent or another adult family member about things that are important to them. Students who identified as LGBTQ+, Black/African American, or Hispanic/Latinx were less likely to report having at least one parent or another adult family member to talk to about things that are important to them.
- In 2023, 85% of middle school students reported that their family/caregiver(s) support their interests and the things they care about.

Students who identified as male, LGBTQ+ or AAPI, and students who reported having a 504 accommodation plan were less likely to report that their family/caregiver(s) support their interests and the things they care about.

- In 2023, 71% of middle school students endorsed strong school belonging. In 2021, 66% of middle school students in MA endorsed strong school belonging. Currently, Brookline students who identified as LGBTQ+, Black/African American, or reported being in special education or having a 504 accommodation plan were less likely to endorse strong school belonging.

## **Substance Use**

- In 2023, 10% of middle school students reported lifetime use of alcohol (other than a few sips). The use of alcohol was relatively equally distributed across demographic variables and support characteristics. The percentage of middle school students who currently report lifetime use of alcohol is consistent with data collected from 2013 to 2017. Of the students who reported lifetime use of alcohol, 56% reported having used alcohol 1 or 2 times.
- In 2023, 2% of middle school students reported using alcohol in the last 30 days. Of the middle school students who reported lifetime use of alcohol (n = 128), 22% reported using alcohol in the last 30 days. In 2021, 3% of middle school students in MA reported using alcohol in the last 30 days.
- Of the middle school students who reported lifetime use of alcohol, 27% reported the age of first use as 9 or 10, 27% reported the age of first use as 11 or 12, and 31% the age of first use as 13 or 14.
- In 2023, less than 1% of middle school students reported having 4 or more drinks in a row within a couple of hours (i.e., binge drinking). Of the middle students who reported lifetime use of alcohol, 5% reported having engaged in binge drinking. In 2021, less than 1% of middle school students in MA reported binge drinking in the last 30 days.
- Of the middle school students who reported lifetime use of alcohol, 9% reported accessing alcohol by buying it from a convenience store, 8% reported purchasing it from a liquor store, 12% reported buying it from a restaurant, 9% reported that they had someone else buy it for them, 16% reported getting it through friends, 42% reported accessing it from home, and 19% reported getting it at parties.
- In 2023, 96% of middle school students reported that their parents/caregivers would be fairly upset or extremely upset if they found out that they regularly drank alcohol.
- In 2023, 6% of middle school students reported riding in a car in the last 30 days with someone who has been drinking alcohol. In 2021, 10% of middle school students in MA reported riding in a car in the last 30 days with someone who has been drinking alcohol.
- In 2023, 80% of middle students reported that people put themselves at moderate or great risk when they engage in binge drinking. In 2021, 76% of students in MA reported that people put themselves at moderate or great risk when they engage in binge drinking.
- In 2023, 59% of middle school students reported seeing or hearing an ad or promotion in the past 30 days for alcohol.

- In 2023, 59% of middle school students reported seeing or hearing anti-alcohol and/or anti-drug messages in the past 30 days.
- In 2023, 2% of middle school students reported lifetime use of marijuana. The percentage of middle school students who currently report lifetime use of marijuana is consistent with data collected from 2013 to 2021.
- In 2023, less than 1% of students reported riding in a car or other vehicle driven by someone who had been using marijuana in the past 30 days.
- In 2023, 71% of middle school students reported that in the past year, their parent(s) or guardian(s) have talked to them about the potential negative consequences of using marijuana.
- In 2023, 3% of middle school students reported living with someone who now uses marijuana.
- In 2023, 1% of middle school students reported trying cigarettes or cigars in their lifetime. 3% of middle school students reported having tried a vape product in their lifetime. 1% of middle school students reported using a vape product in the past 30 days.
- In 2023, less than 1% of middle school students reported that they felt they needed to talk to someone about their use of alcohol or other drugs in the last year.
- In 2023, less than 1% of middle school students reported lifetime use of inhalants, cocaine, heroin, methamphetamines, ecstasy, non-prescribed prescription drugs, and intravenous drugs,
- In 2023, 8% of middle school students reported that they believe that most people their age drink alcohol.
- In 2023, 19% of middle school students reported that they believe that most people their age use vape products.
- In 2023, 7% of middle school students reported that they believe that most people their age use marijuana.
- In 2023, 5% of middle school students reported that they believe that most people their age use illegal drugs.
- In 2023, 31% of middle school students reported that it would be very easy or fairly easy to get alcohol.
- In 2023, 5% of middle school students reported that it would be very easy or fairly easy to get marijuana.

### **Safety and Violence-Related Behavior**

- In 2023, 33% of middle school students reported 1 or more incidents of being bullied at school in the last 12 months. Students who identified as LGBTQ+ and students who report being in special education were more likely to be bullied at school in the last year.
- In 2023, 12% of students reported being electronically bullied in the last 12 months. Students who identified as LGBTQ+ were more likely to report being electronically bullied in the last 12 months. Relative to 2021 and 2017, more middle school students currently report being electronically bullied in the last 12 months.
- In 2023, 8% of middle school students reported being physically hurt by someone in their family in the past 12 months.
- In 2023, 5% of middle school students reported witnessing violence in their family in the past 12 months.

- In 2023, 3% of middle school students reported that someone they were dating had monitored their cell phone use, called or texted multiple times a day to monitor their whereabouts, prevented them from doing things with friends, got angry when they were talking to someone else, or prevented them from going to school.
- In 2023, 1% of students reported being physically hurt by a date or someone they were going out with.
- In 2023, 6% of middle school students reported that they had bullied another person, 4% reported that they had used text, e-mail, or social networking sites to make fun of, threaten, insult another child, or hurt another child's reputation, and 1% reported that they had threatened a date or someone they were going out with.
- In 2023, 3% of middle school students reported that in the last month, they sometimes, most of the time, or always went to bed hungry because there was not enough food in their house.
- In 2023, 2% of middle school students reported that in the past year, they usually slept in a place other than a guardian's home.
- In 2023, 3% of middle school students reported that they feel somewhat, a little, or not at all safe when they are with their family/caregiver(s).
- In 2023, 40% of middle school students reported that they think that most people their age bully, threaten, or push around other kids.

### **Weight, Nutrition, and Physical Activity**

- In 2023, when asked to describe how many hours of sleep they get on an average school night, 2% of middle schools students reported 4 or fewer hours, 3% reported 5 hours, 9% reported 6 hours, 23% reported 7 hours, 35% reported 8 hours, 24% reported 9 hours, and 5% reported 10 or more hours.
- In 2023, when asked to describe how many hours they use a computer for something that is not schoolwork on an average school day, 10% of middle school students reported they do not use a computer for something that is not schoolwork, 23% reported less than 1 hour per day, 43% reported 1 to 2 hours per day, and 25% reported 3 or more hours per day. Students who identified as transgender (43%), non-binary (30%), gay or lesbian (35%), or questioning (30%) were more likely than their peers to report using a computer for 3 or more hours per day.
- In 2023, when asked the number of days in the past 7 in which they were physically active for at least 60 minutes, 2% of middle school students reported 0 days, 9% reported 1 or 2 days, 26% reported 3 or 4 days, 28% reported 5 or 6 days, and 35% reported 7 days.
- In 2023, when asked to report the number of days in the past 7 in which they exercised or participate in a physical activity that made them sweat or breathe hard for at least 20 minutes, 4% of middle school students reported 0 days, 13% reported 1 or 2 days, 24% reported 3 or 4 days, 26% reported 5 or 6 days, and 34% reported 7 days.

# Mental Health and Protective Factors

## Mental Health and Protective Factors

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Mental health was measured on the Middle School MYRBS with the following questions:

- During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?
- During the past 12 months, have you felt you needed to talk to someone about how you were feeling, how things were going in your life, or problems you might have had?
- During the past 12 months, how many times did you hurt or injure yourself on purpose without wanting to die?
- During the past 12 months, did you ever seriously consider attempting suicide?
- During the past 12 months, how many times did you actually attempt suicide?
- If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?

Access to protective factors was measured on the Middle School MYRBS with the following questions:

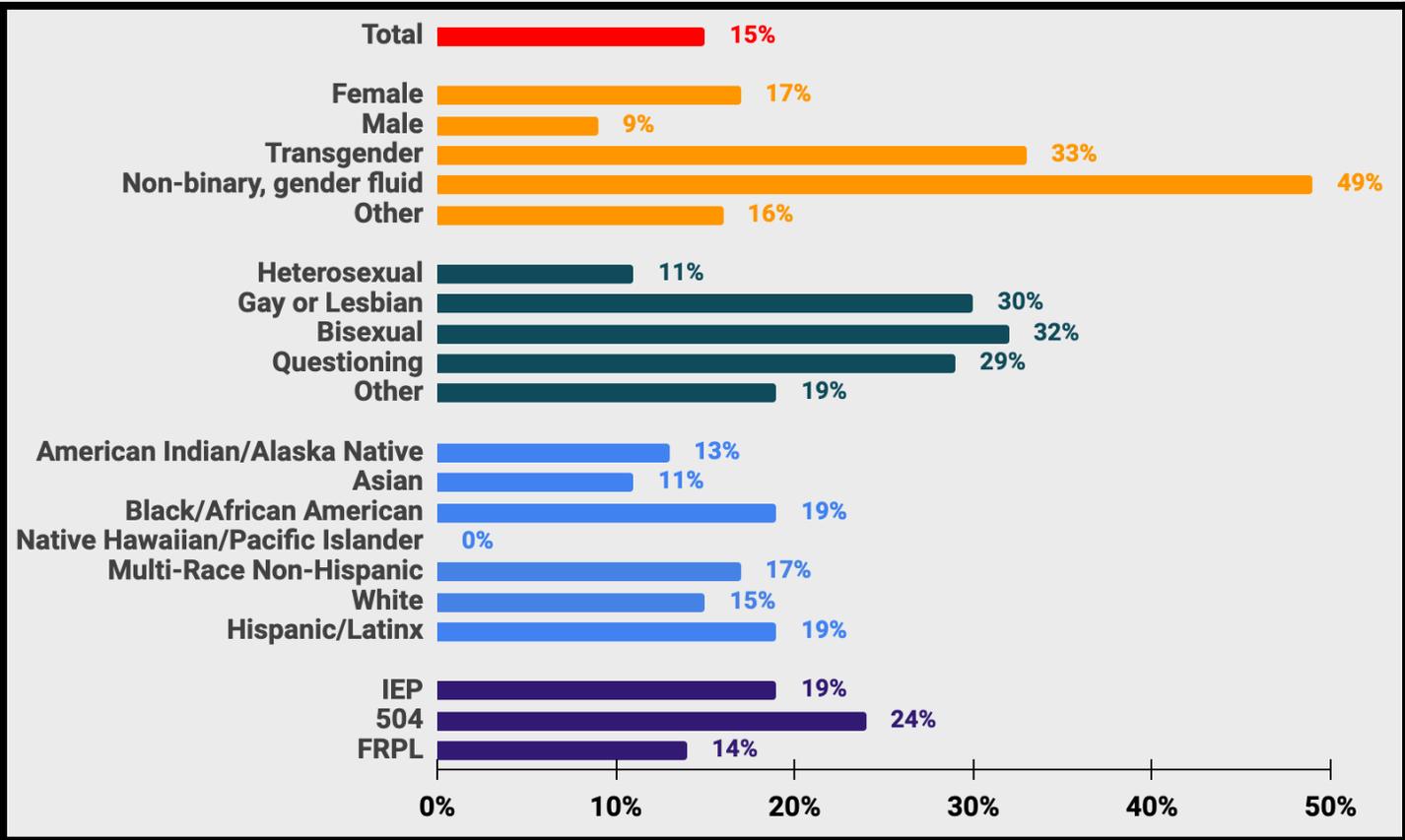
- Right now, if you needed help with a personal problem, is there someone who you feel you could talk to?
- During the past 7 days, on how many days did you do volunteer work, community service, or help people outside of your home without getting paid?
- During the past 7 days, on how many days did you take part in organized activities (including sports teams, school clubs, music, art or dance lessons, religious groups, or other supervised activities)?
- To what extent do you feel that you belong at school?
- To what extent do you feel that your family/caregiver(s) support your interests and things that you care about?
- During the past 12 months, how would you describe your grades in school?

**Persistent feelings of sadness or hopelessness**

In 2023, 15% of middle school students reported that in the last year, they felt so sad or hopeless every day for at least two weeks that they stopped doing some usual activities. Students who identified as LGBTQ+, Black/African American, or Hispanic/Latinx, and students who reported being in special education or having a 504 accommodation plan were more likely to report persistent feelings of sadness or hopelessness.

**Percentage of students who reported that in the last year, they felt so sad or hopeless every day for at least two weeks that they stopped doing some usual activities.**

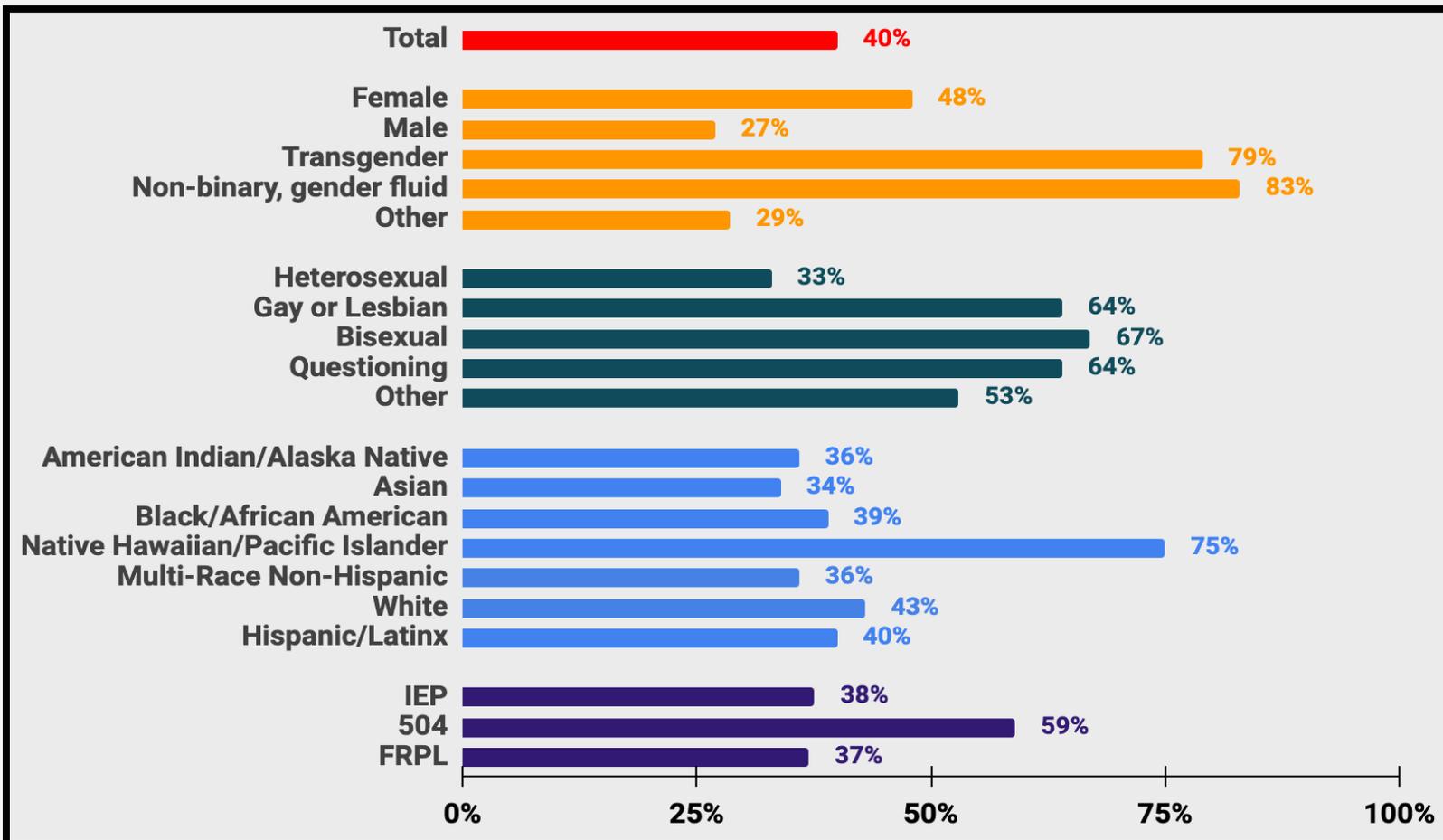
In 2021, 27% of middle school students in Brookline and 29% of middle school students in MA endorsed persistent feelings of sadness or hopelessness.



**Needed to talk to someone**

In 2023, 40% of middle school students reported they needed to talk to someone about how they were feeling, how things were going, or problems they had. Students who identified as female or LGBTQ+, or reported having a 504 accommodation plan were more likely to report needing to talk to someone.

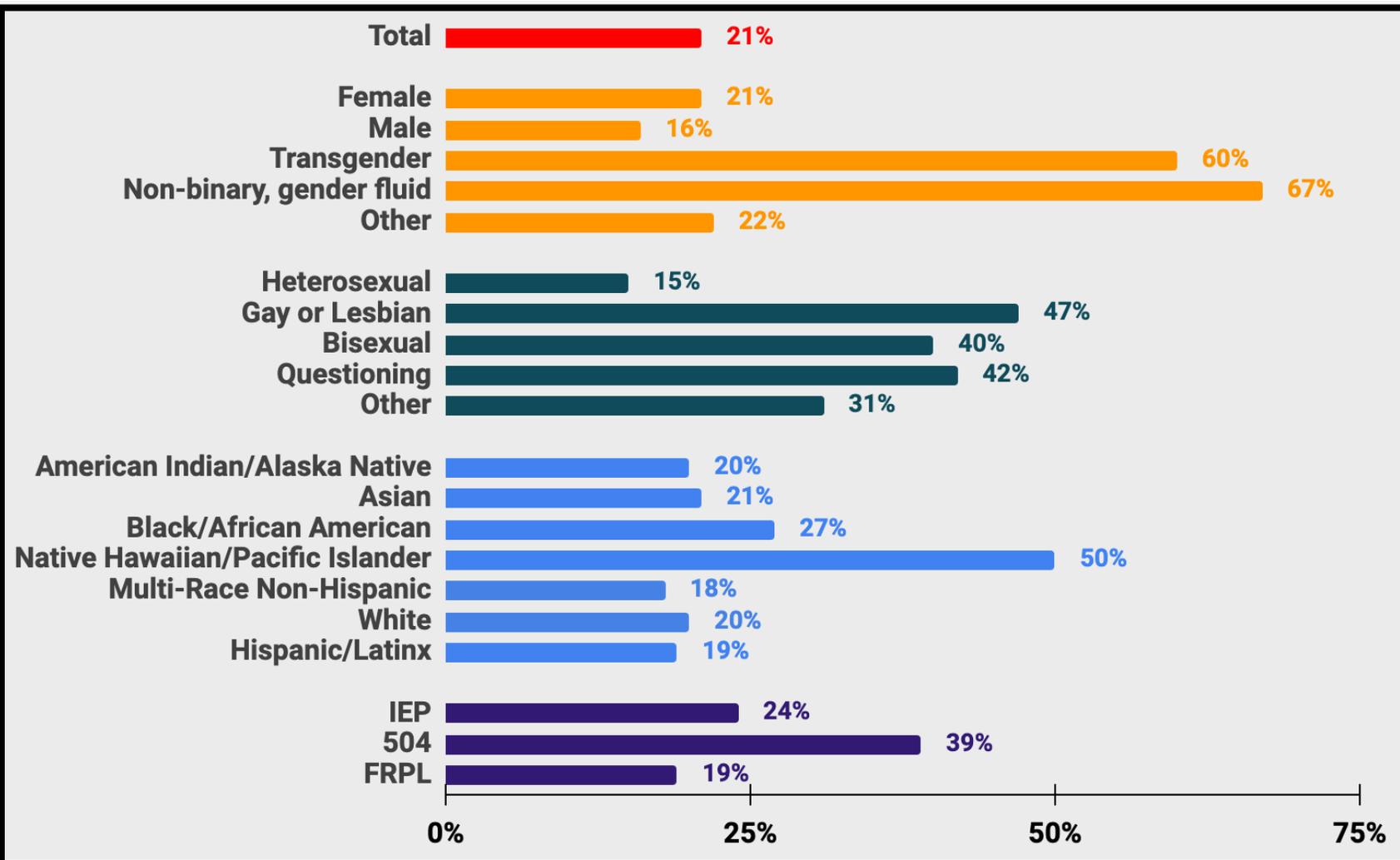
**Percentage of students who reported that they needed to talk to someone about how they were feeling, how things were going, or problems they had.**



## Engaged in self-injury

In 2023, 21% of middle school students reported engaging in self-injury on purpose without wanting to die in the past year. Students who identified as LGBTQ+ or Black/African American, and students who reported having a 504 accommodation plan were more likely to engage in self-injury.

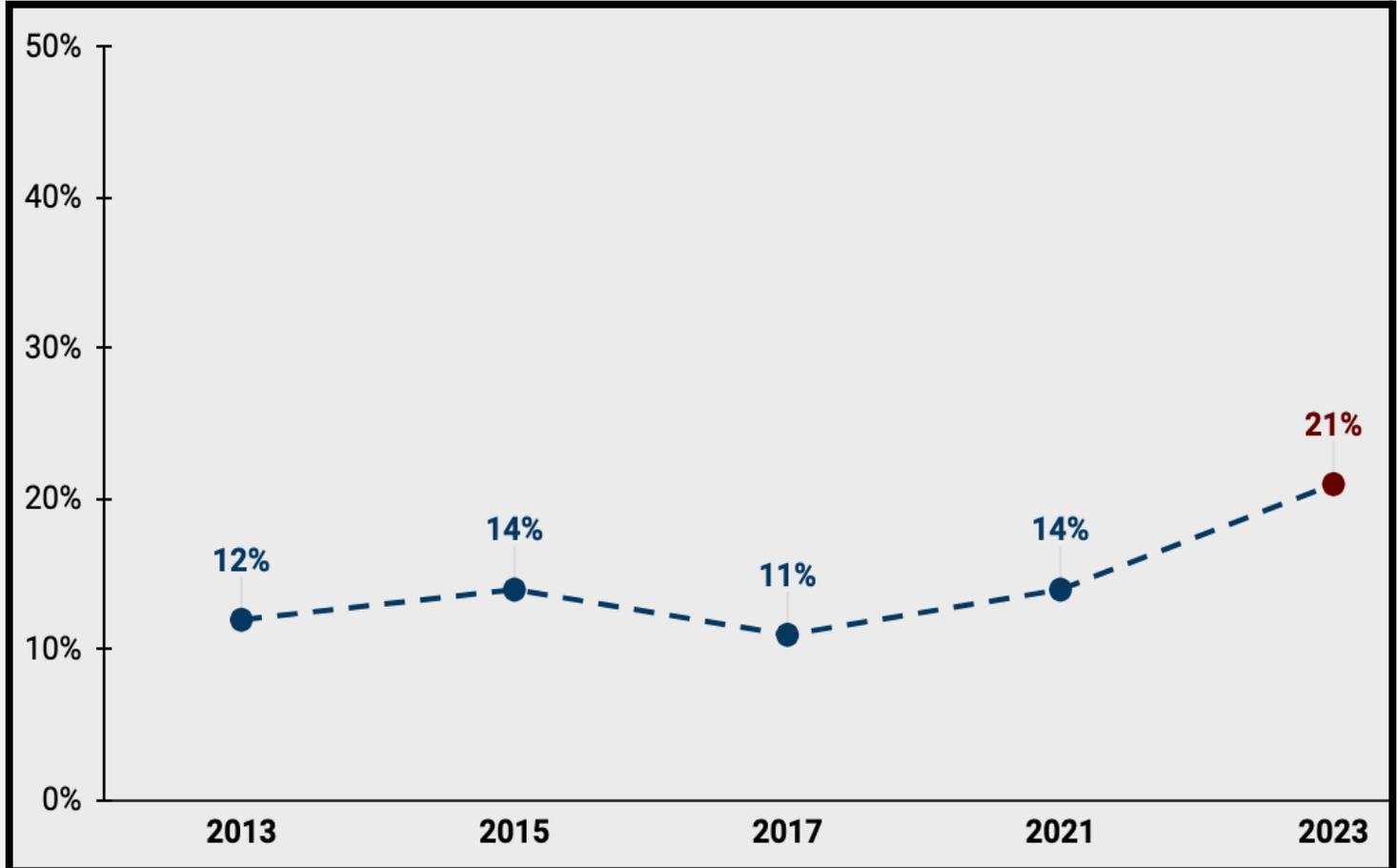
### Percentage of students who reported engaging in self-injury on purpose in the past year.



**Engaged in self-injury**

**Trends in the percentage of middle school students who report having engaged in self-injury in the last year.**

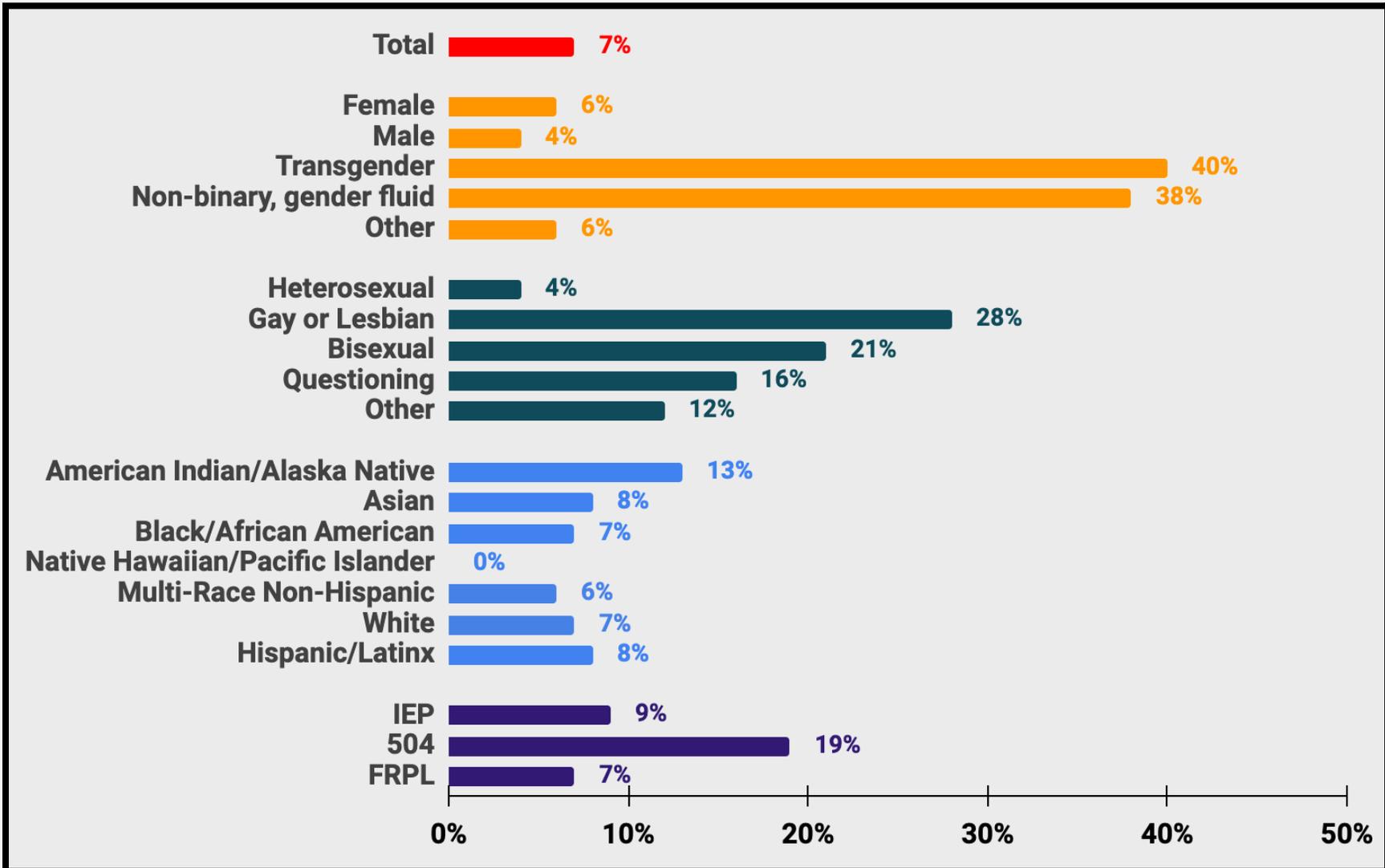
In 2021, 14% of middle school students in Brookline and 27% of middle school students in MA reported engaging in self-injury in the past year. From 2011 to 2017, 10 to 14% of middle school students in Brookline reported engaging in self-injury.



## Seriously considered suicide

In 2023, 7% of middle school students reported seriously considering suicide in the past year. Students who identified as LGBTQ+ or reported having a 504 accommodation plan were more likely to report seriously considering suicide.

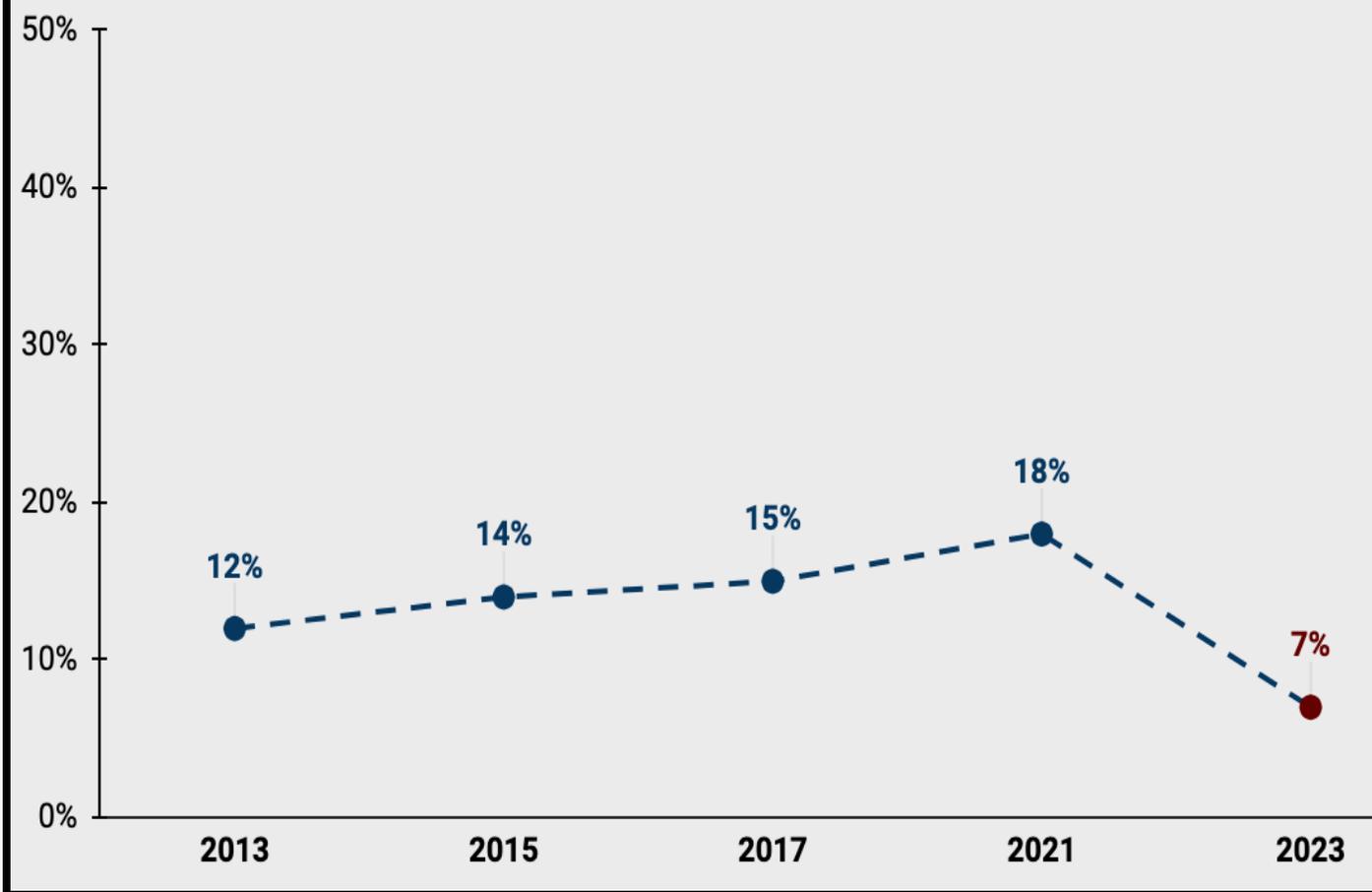
### Percentage of students who reported seriously considering suicide in the past year.



**Seriously considered suicide**

**Trends in the percentage of middle school students who reported having seriously considered suicide in the past 12 months.**

**In 2021, 18% of middle school students in Brookline thought about suicide and 13% of middle school students in MA seriously considered suicide. From 2013 to 2017, 12 to 15% of middle school students in Brookline reported seriously considering suicide.**

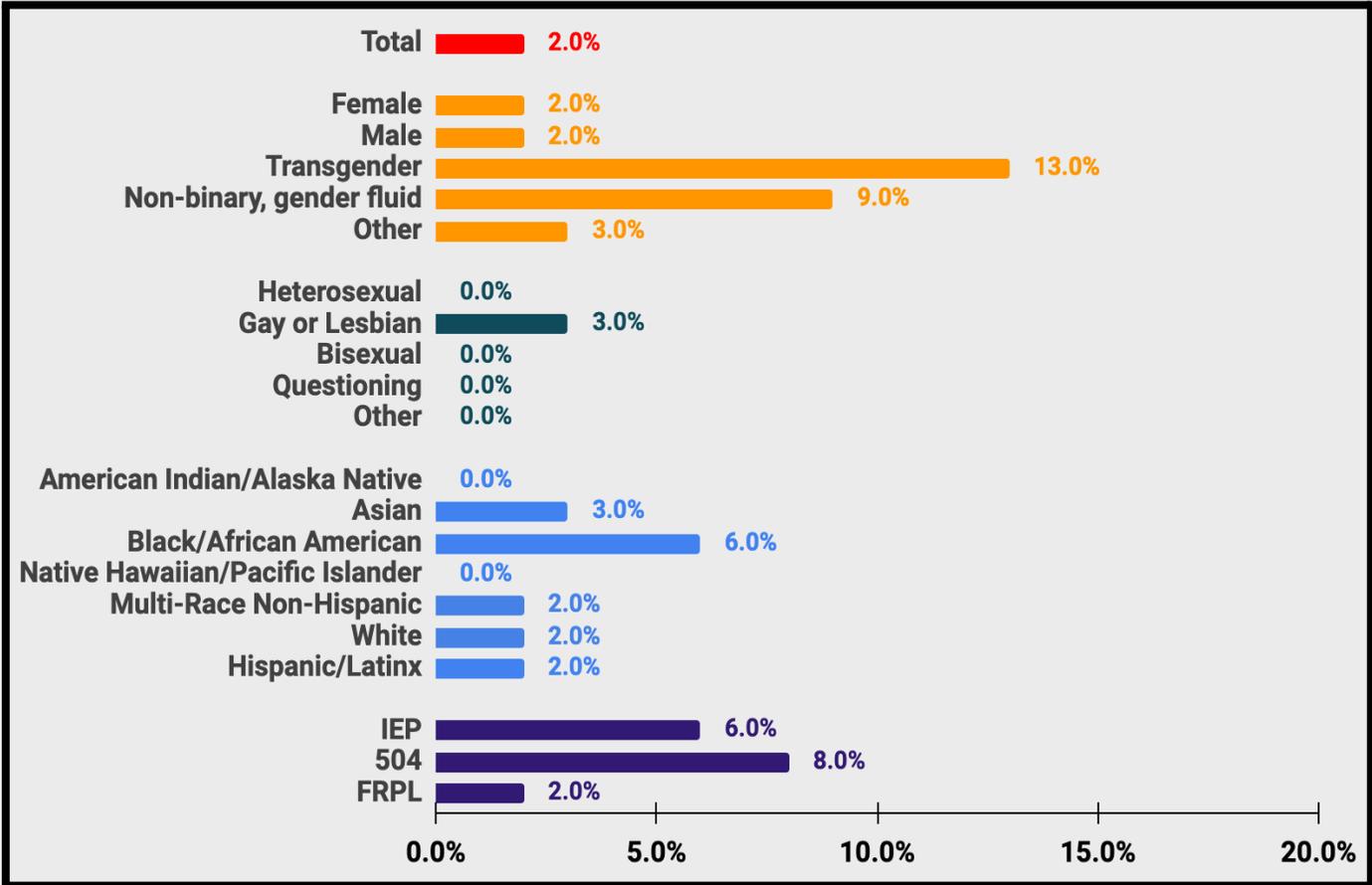


**Attempted suicide**

In 2023, 2% of middle school students (n = 28) reported attempting suicide in the past year. Students who identified as transgender, non-binary, or Black/African were more likely to report having made an attempt. Of these students, 5 reported that they required medical attention after the attempt.

**Percentage of students who reported making a suicide attempt in the past year.**

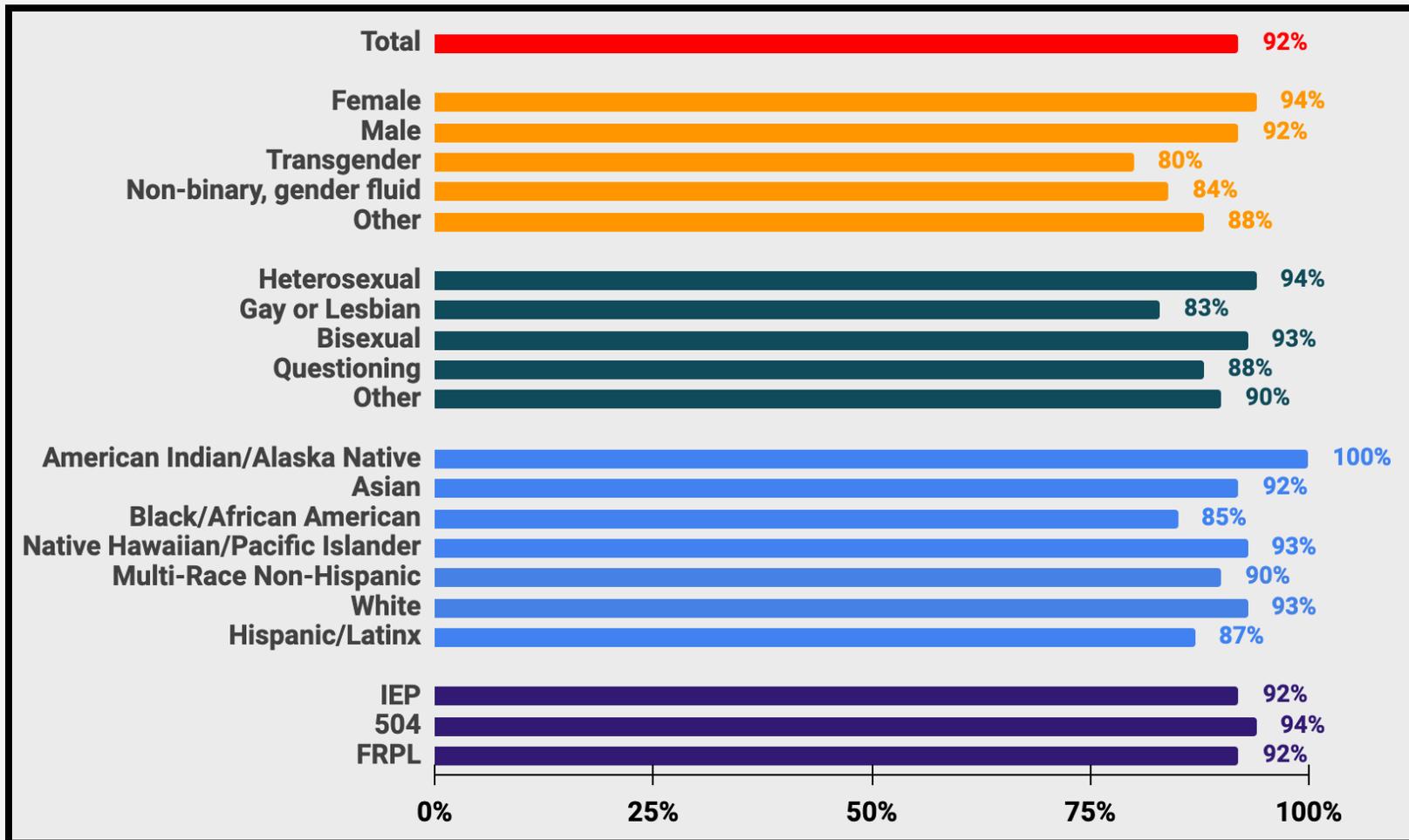
In 2021, 4% of middle school students in Brookline reported having ever attempted suicide. From 2011 to 2017, 1 to 4% of middle school students in Brookline reported attempting suicide.



**Identified a safe person**

In 2023, 92% of middle school students reported that there was at least one person they could go to if they were having a problem. Students who identified as transgender, non-binary, gay or lesbian, Black/African American, or Hispanic/Latinx were less likely to identify at least one person they could talk to.

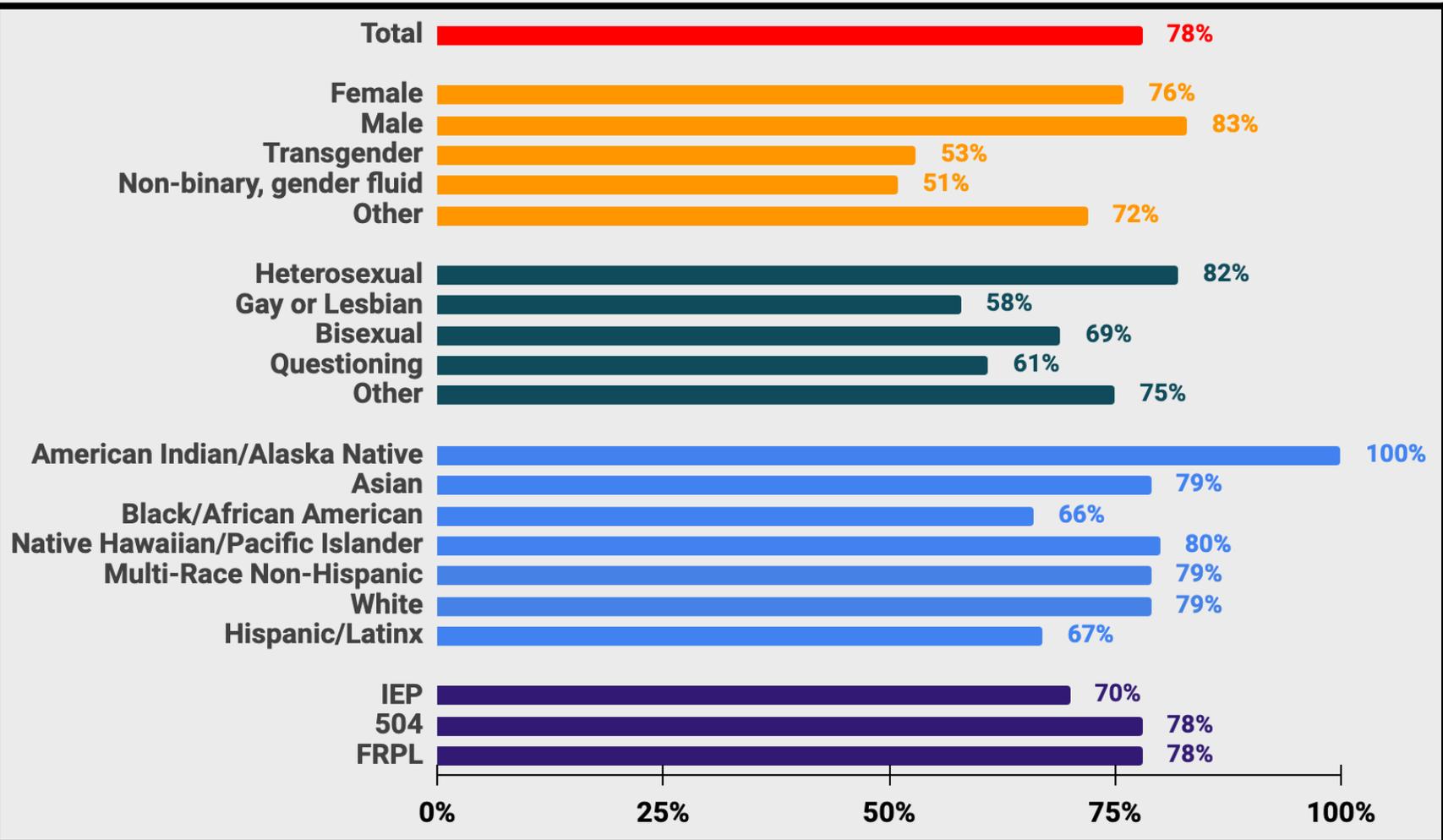
**Percentage of students who reported having someone they could talk to if they needed help with a personal problem.**



## Talking to family

In 2023, 78% of middle school students reported that they can talk to at least one parent or another adult family member about things that are important to them. Students who identified as LGBTQ+, Black/African American, or Hispanic/Latinx were less likely to report having at least one parent or another adult family member to talk to about things that are important to them.

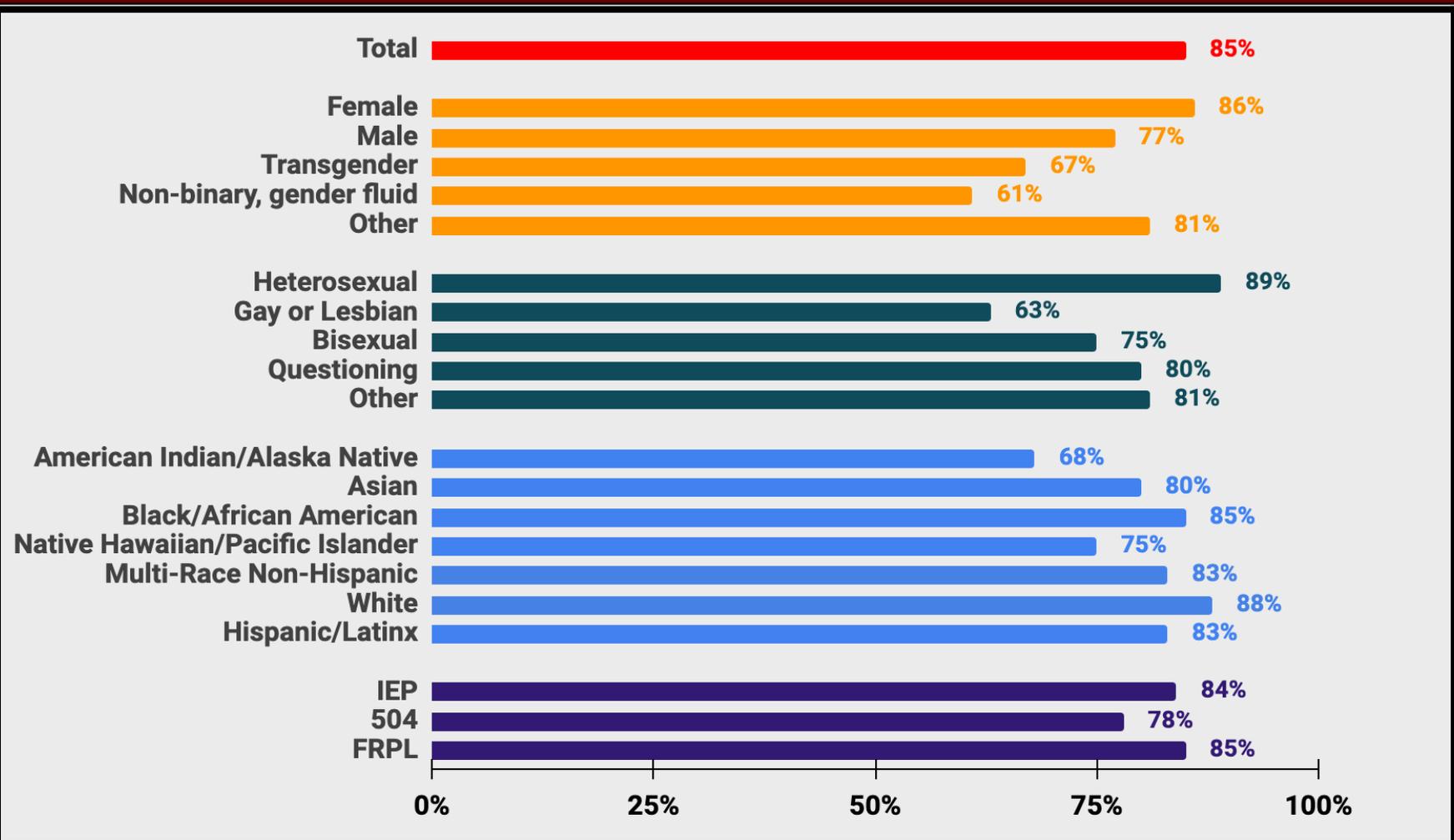
### Percentage of students who reported having at least one parent or another adult family member to talk to about things that are important to them.



## Care about interests

In 2023, 85% of middle school students reported that their family/caregiver(s) support their interests and the things they care about. Students who identified as male, LGBTQ+ or AAPI, and students who reported having a 504 accommodation plan were less likely to report that their family/caregiver(s) support their interests and the things they care about.

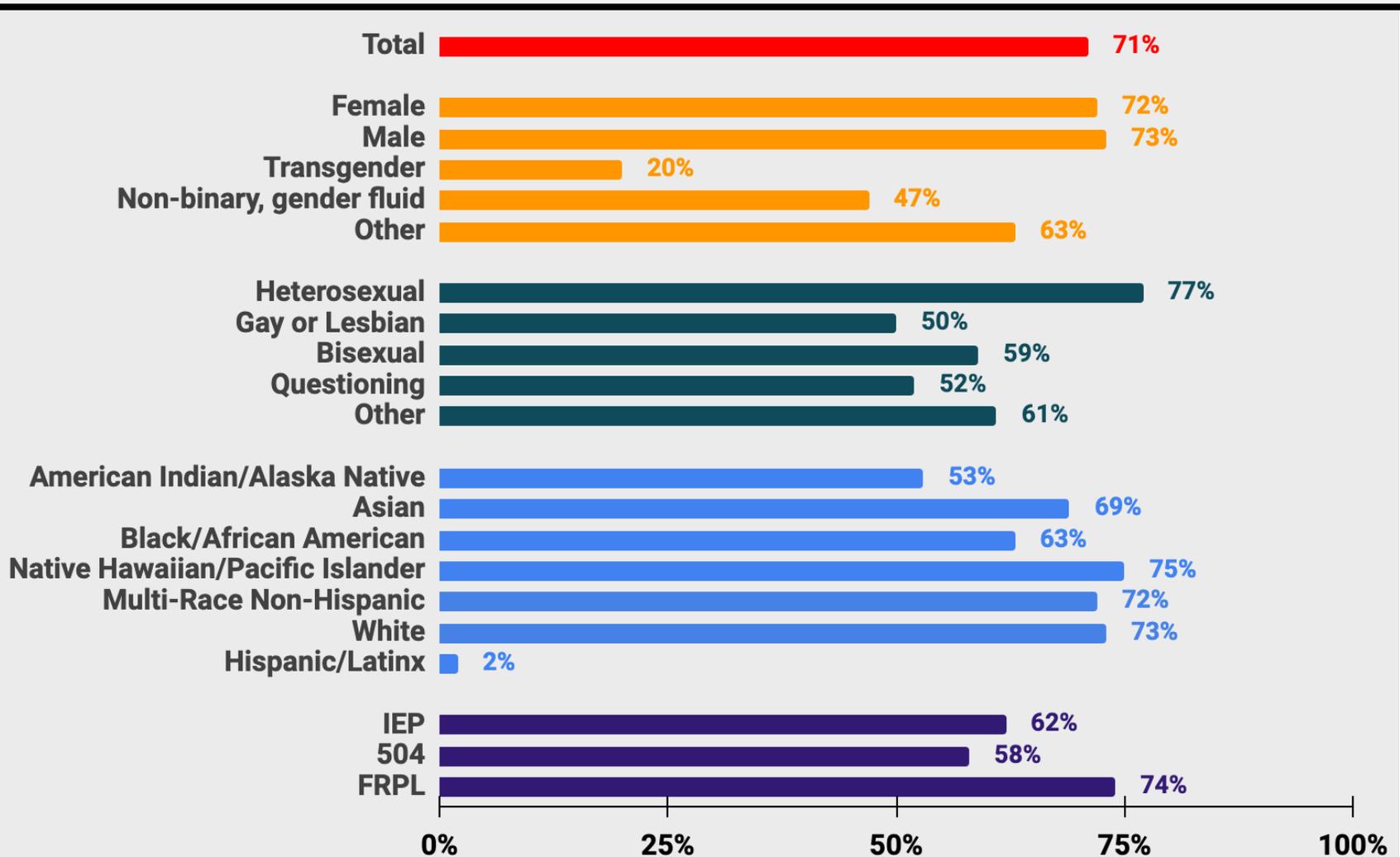
### Percentage of students who reported their family support their interests and the things they care about.



## School belonging

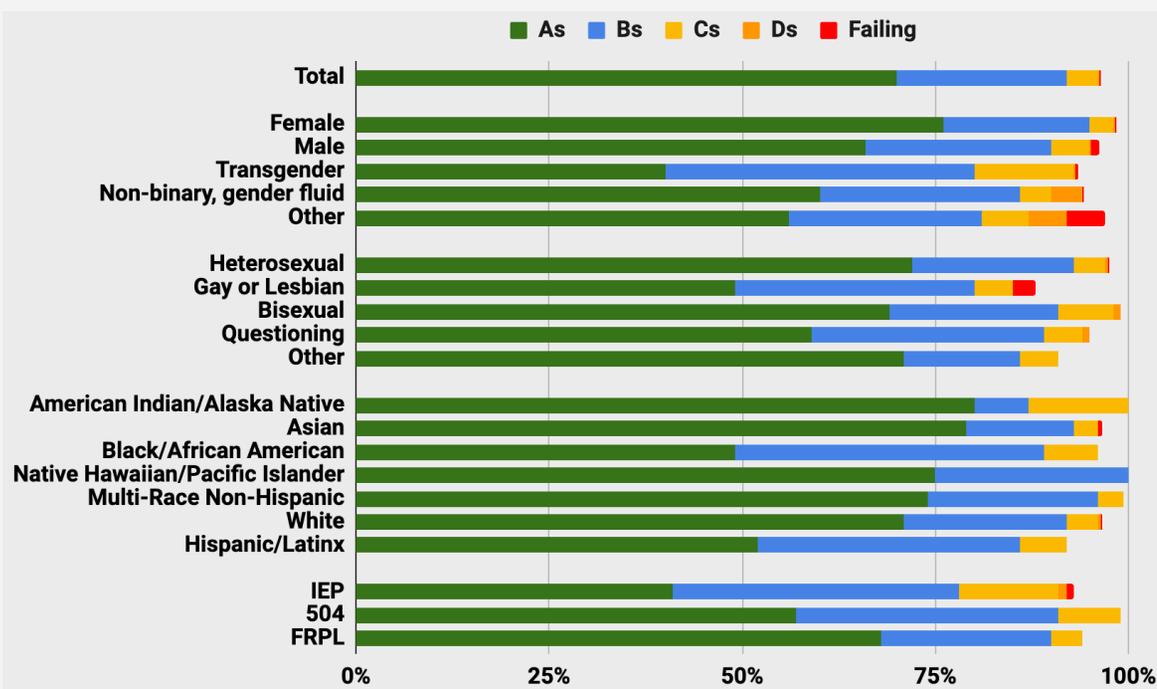
In 2023, 71% of middle school students endorsed strong school belonging. In 2021, 66% of middle school students in MA endorsed strong school belonging. Brookline students who identified as LGBTQ+, Black/African American, or reported being in special education or having a 504 accommodation plan were less likely to endorse strong school belonging.

### Percentage of students who reported strong school belonging



## Additional Wellness-Related Questions

- **Community Engagement.** 32% of middle school students in Brookline reported engaging in volunteer work or community services in the last week. In 2021, 32% of middle school students in MA also reported engaging in volunteer work or community service in the last week.
- **Participation in Organized Activities.** 80% of middle school students in Brookline reported engaging in an organized activity in the last week. In 2021, 70% of middle students in MA reported engaging in an organized activity in the last week.
- **Academic Performance:** Students were asked to describe their typical grades in school for the last year. Students who identified as LGBTQ+, Black/African American, or Hispanic/Latinx and students who reported being in special education or having a 504 accommodation plan reported earning lower grades (lines that do not equal 100% reflect students reporting that they did not know what grades they earned in the last year).



# Substance Use

## Substance Use

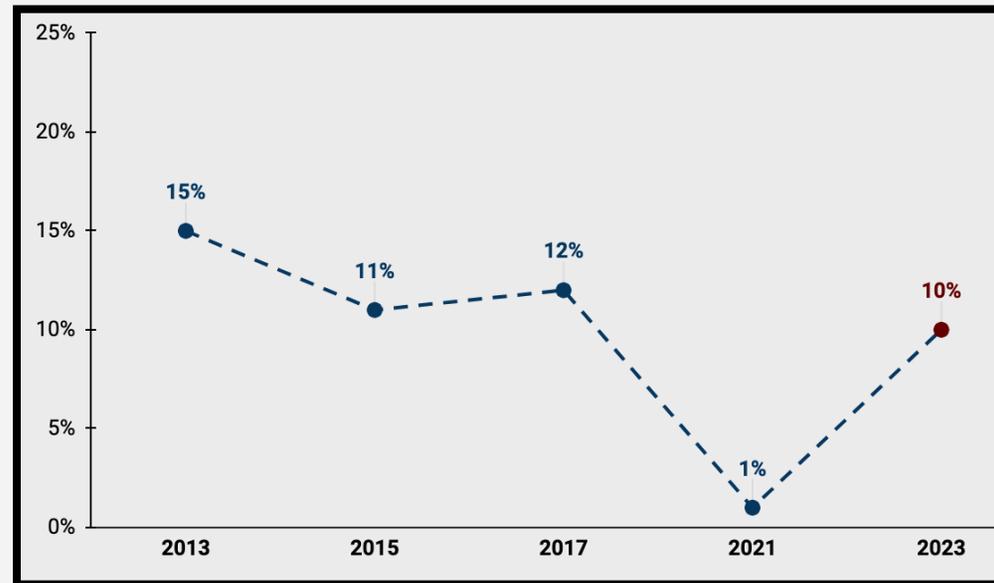
Substance use was measured on the Middle School MYRBS with a number of questions, including:

- During your life, on how many days have you had at least one drink of alcohol?
- During the past 30 days, have you had a drink of alcohol?
- How old were you when you had your first drink of alcohol other than a few sips?
- During the past 30 days, have you had 4 or more drinks of alcohol in a row (if you are female) or 5 or more drinks of alcohol in a row (if you are male) within a couple of hours?
- If you drank alcohol, how did you get it? How would your parent(s) react if they found out you regularly drank alcohol?
- During the past 30 days, did you ride in a car or other vehicle driven by someone who had been drinking alcohol?
- How much do you think people risk harming themselves if they have five or more drinks in a row?
- Do you think most people your age do the following?
  - Drink alcohol, Use vape products, Use marijuana, Use other illegal drugs
- During the past 30 days, how many times did you use marijuana?
- How old were you when you tried marijuana for the first time?
- During the past 30 days, how did you get the marijuana that you used?
- During the past 30 days, how did you use marijuana?
- During the past 30 days, did you ever ride in a car or other vehicle driven by someone who had been using marijuana?
- During the past year, have your parent(s) or guardian(s) talked to you about the potential negative consequences of using marijuana?
- Does anyone who lives with you now use marijuana?
- During your lifetime, have you used inhalants to get high?
- During the past 30 days, have you used inhalants?
- During your lifetime, have you used heroin?
- During the past 30 days, have you used heroin?
- During your lifetime, have you ever used any form of cocaine?

- During your lifetime, have you ever taken amphetamines or methamphetamines?
- During your lifetime, have you ever used ecstasy?
- During your lifetime, have you ever taken over-the-counter medication to get high?
- During your lifetime, have you ever taken prescription drugs that weren't your own?
- During the past 30 days, have you taken prescription drugs that weren't your own?
- During your lifetime, how many times have you used a needle to inject any illegal drug into your body?
- How easy or difficult would it be for you to get each of the following?
  - Beer, wine, or other alcohol, Marijuana
- How much do you think people risk harming themselves if they occasionally use:
  - Tobacco, Vape products, Marijuana, Narcotics, Ritalin, and Inhalants.
- During the past 12 months, have you felt you needed to talk to someone about your use of alcohol or other drugs?
- Have you ever tried cigarette smoking, even one or two puffs?
- Have you ever tried smoking cigars, cigarillos, or little cigars, even one or two puffs?
- Have you ever tried a vape product, even one or two puffs?
- Are you seriously thinking about quitting tobacco products?
- During the past 30 days, have you seen or heard any ads or promotions for alcohol?
- During the past 30 days, have you seen or heard any anti-alcohol and/or anti-drug messages on TV, the Internet, the radio, or in newspapers or magazines?

## Alcohol Use

- In 2023, 10% of middle school students reported lifetime use of alcohol (other than a few sips). The use of alcohol was relatively equally distributed across demographic variables and support characteristics. Of the students who reported lifetime use of alcohol, 56% reported having used alcohol 1 or 2 times.
  - The graph to the right offers 10-year trend data for the percentage of middle school students in Brookline who report lifetime use of alcohol



- In 2023, 2% of middle school students reported using alcohol in the last 30 days. Of the middle school students who reported lifetime use of alcohol (n = 128), 22% reported using alcohol in the last 30 days. In 2021, 3% of middle school students in MA reported using alcohol in the last 30 days.
- Of the middle school students who reported lifetime use of alcohol, 27% reported the age of first use as 9 or 10, 27% reported the age of first use as 11 or 12, and 31% the age of first use as 13 or 14.
- In 2023, less than 1% of middle school students reported having 4 or more drinks in a row within a couple of hours. Of the middle students who reported lifetime use of alcohol, 5% reported having 4 or more drinks in a row within a couple of hours (i.e., binge drinking). In 2021, less than 1% of middle school students in MA reported binge drinking in the last 30 days.

- Of the middle school students who reported lifetime use of alcohol, 9% reported accessing alcohol by buying it from a convenience store, 8% reported purchasing it from a liquor store, 12% reported buying it from a restaurant, 9% reported that they had someone else buy it for them, 16% reported getting it through friends, 42% reported accessing it from home, and 19% reported getting it at parties.
- In 2023, 96% of middle school students reported that their parents/caregivers would be fairly upset or extremely upset if they found out that they regularly drank alcohol.
- In 2023, 6% of middle school students reported riding in a car in the last 30 days with someone who has been drinking alcohol. In 2021, 10% of middle school students in MA reported riding in a car in the last 30 days with someone who has been drinking alcohol.
- In 2023, 80% of middle students reported that people put themselves at moderate or great risk when they have 5 or more drinks in a row. In 2021, 76% of students in MA reported that people put themselves at moderate or great risk when they have 5 or more drinks in a row.
- In 2023, 59% of middle school students reported seeing or hearing an ad or promotion in the past 30 days for alcohol.
- In 2023, 59% of middle school students also reported seeing or hearing anti-alcohol and/or anti-drug messages in the past 30 days.

## Marijuana Use

- In 2023, 2% of middle school students (n = 24) reported lifetime use of marijuana.
  - Of the students who reported lifetime use of marijuana, 50% reported the age of first use as 13 or 14.
  - Less than 1% of middle school students reported using marijuana in the last 30 days. Of the students who reported lifetime use of marijuana, 42% reported using it in the last 30 days.
  - Of the students who reported lifetime use of marijuana, all reported buying it from a store or getting it from someone else.
  - **Local context.** From 2013 to 2021, 1 to 5% of middle school students in Brookline reported lifetime use of marijuana.
  - **State context.** In 2021, 5% of middle school students in MA reported lifetime use of marijuana and 3% of middle school students reported using marijuana in the past 30 days.
- Less than 1% of students (n = 2) reported riding in a car or other vehicle driven by someone who had been using marijuana in the past 30 days. In 2021, 7% of middle school students in MA reported riding in a car with someone who had been using marijuana.
- In 2023, 71% of middle school students reported that in the past year, their parent(s) or guardian(s) have talked to them about the potential negative consequences of using marijuana.
- In 2023, 3% of middle school students reported living with someone who now uses marijuana.

## Tobacco and Vapor Use

- In 2023, 1% of middle school students (n = 19) reported trying cigarettes or cigars in their lifetime, 3% of middle school students (n = 35) reported having tried a vape product in their lifetime, and 1% of middle school students reported using a vape product in the past 30 days. All students who reported lifetime use of tobacco products reported seriously thinking about quitting tobacco products.
  - **Local context.** In 2021 and 2017, 8% and 3% of middle school students in Brookline reported lifetime use of tobacco or electronic cigarettes.
  - **State context.** In 2021, 4% of middle school students in MA reported lifetime use of cigarettes and 10% reported lifetime use of vape products.

## Additional Questions Measuring Substance Use

- In 2023, less than 1% of middle school students reported that they felt they needed to talk to someone about their use of alcohol or other drugs in the last year.
- In 2023, less than 1% of middle school students reported lifetime use of inhalants, cocaine, heroin, methamphetamines, ecstasy, non-prescribed prescription drugs, and intravenous drugs.
- In 2023, 8% of middle school students reported that they believe that most people their age drink alcohol.
- In 2023, 19% of middle school students reported that they believe that most people their age use vape products.
- In 2023, 7% of middle school students reported that they believe that most people their age use marijuana.
- In 2023, 5% of middle school students reported that they believe that most people their age use illegal drugs.
- In 2023, 31% of middle school students reported that it would be very easy or fairly easy to get alcohol.
- In 2023, 5% of middle school students reported that it would be very easy or fairly easy to get marijuana.
- When asked the degree that people risk themselves if they occasionally use substances, middle school students provided the following responses:

	No Risk	Slight Risk	Moderate Risk	Great Risk
<b>Tobacco</b>	6%	30%	35%	30%
<b>Vape Products</b>	5%	27%	36%	32%
<b>Marijuana</b>	5%	19%	40%	23%
<b>Narcotics</b>	4%	9%	37%	53%
<b>Non-Prescribed Stimulant</b>	7%	28%	31%	28%
<b>Inhalants</b>	7%	23%	35%	35%

# Safety and Violence-Related Behavior

## Safety and Violence-Related Behavior

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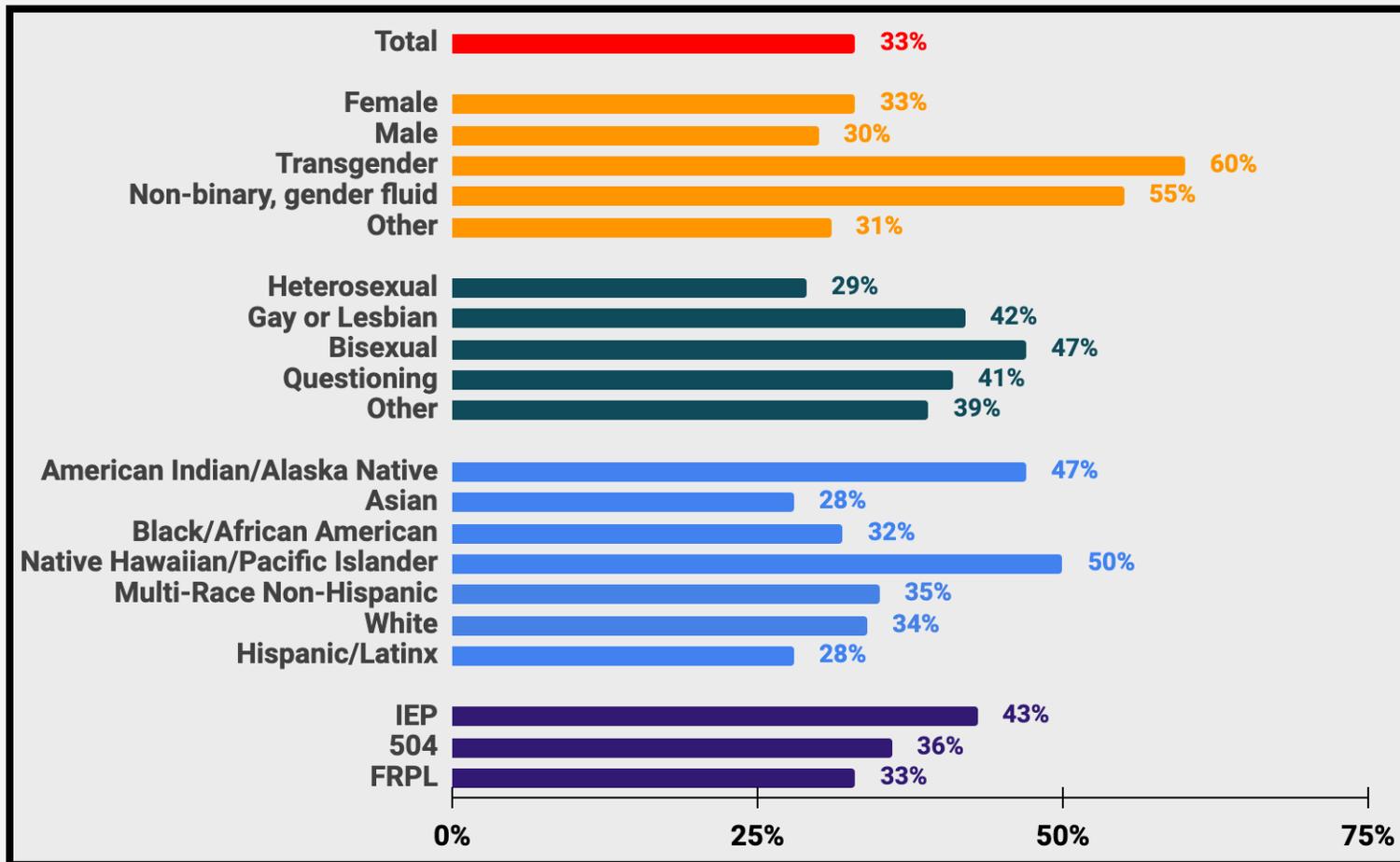
Safety and violence-related behavior were measured on the Middle School MYRBS with the following questions:

- During the past 12 months, how many times have you been bullied at school?
- During the past 12 months, have you ever been electronically bullied?
- In the past 12 months, were you physically hurt by someone in your family?
- In the past 12 months, did you witness violence in your family?
- Has someone you were dating or going out with monitored your cell phone use, called or texted you multiple times a day to monitor your whereabouts, prevented you from doing things with friends, got angry if you were talking to someone else, or prevented you from going to school?
- Have you ever been hurt physically by a date or someone you were going out with?
- Did you do any of the following in the past 12 months?
  - Bully or push someone around.
  - Use texting, e-mail, or social networking sites to make fun of, threaten, or insult another kid, or try to hurt another kid's reputation.
  - Threaten to hurt, physically hurt, or try to hurt a date or someone you were going out with.
- During the past 30 days, how often did you go to bed hungry because there was not enough food in your home?
- How safe from crime do you consider your neighborhood to be?
- During the past 12 months, where did you usually sleep at night?
- To what extent do you feel safe when you are with your family/caregiver(s)?
- Do you think most people your age bully other kids?

## Bullied at school

In 2023, 33% of middle school students reported 1 or more incidents of being bullied at school in the last 12 months. Students who identified as LGBTQ+ and students who report being in special education were more likely to report being bullied at school in the last year.

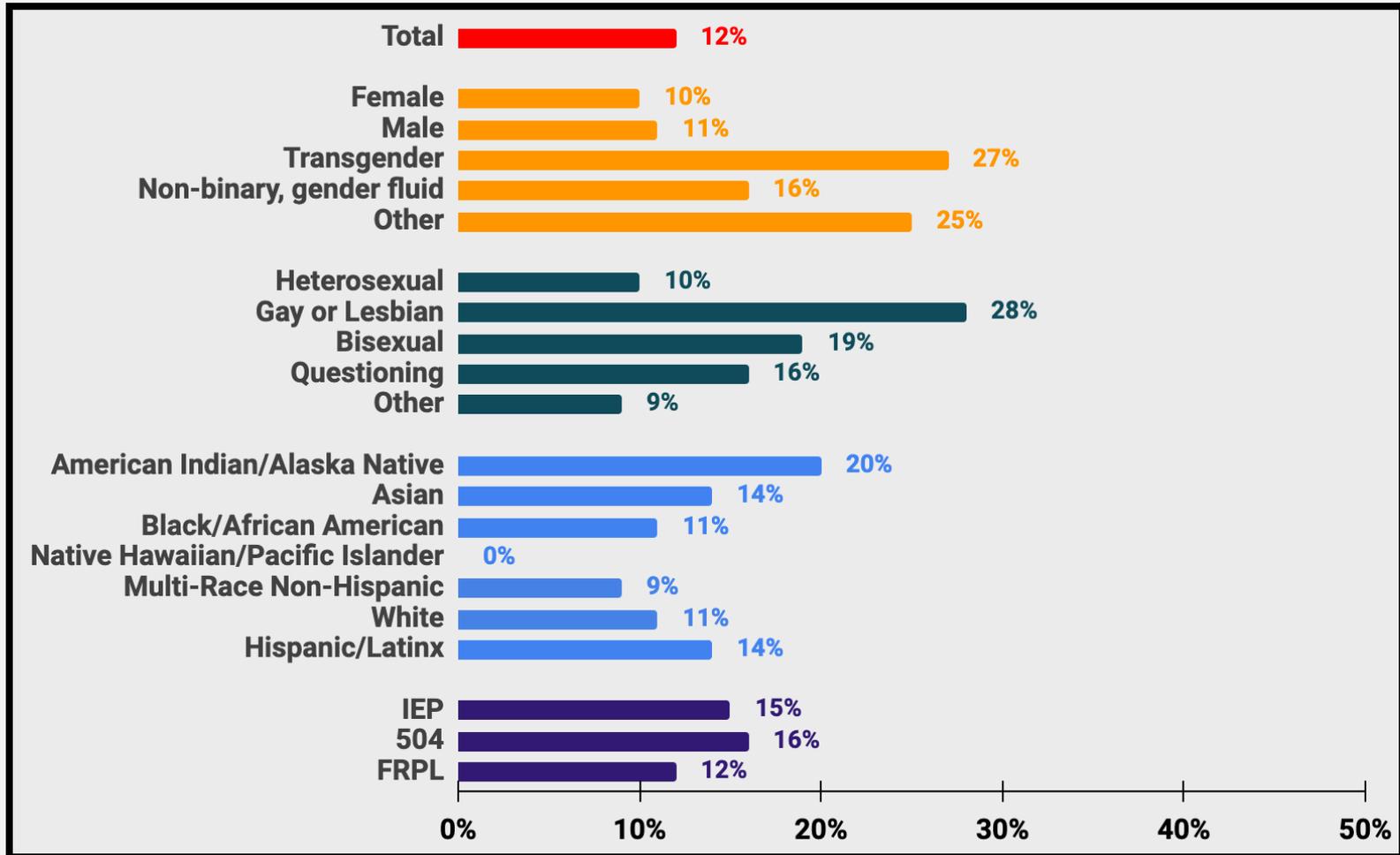
### During the past 12 months, how many times have you been bullied at school?



## Electronically bullied

In 2023, 12% of students reported being electronically bullied in the last 12 months. Students who identified as LGBTQ+ were more likely to report being electronically bullied in the last 12 months.

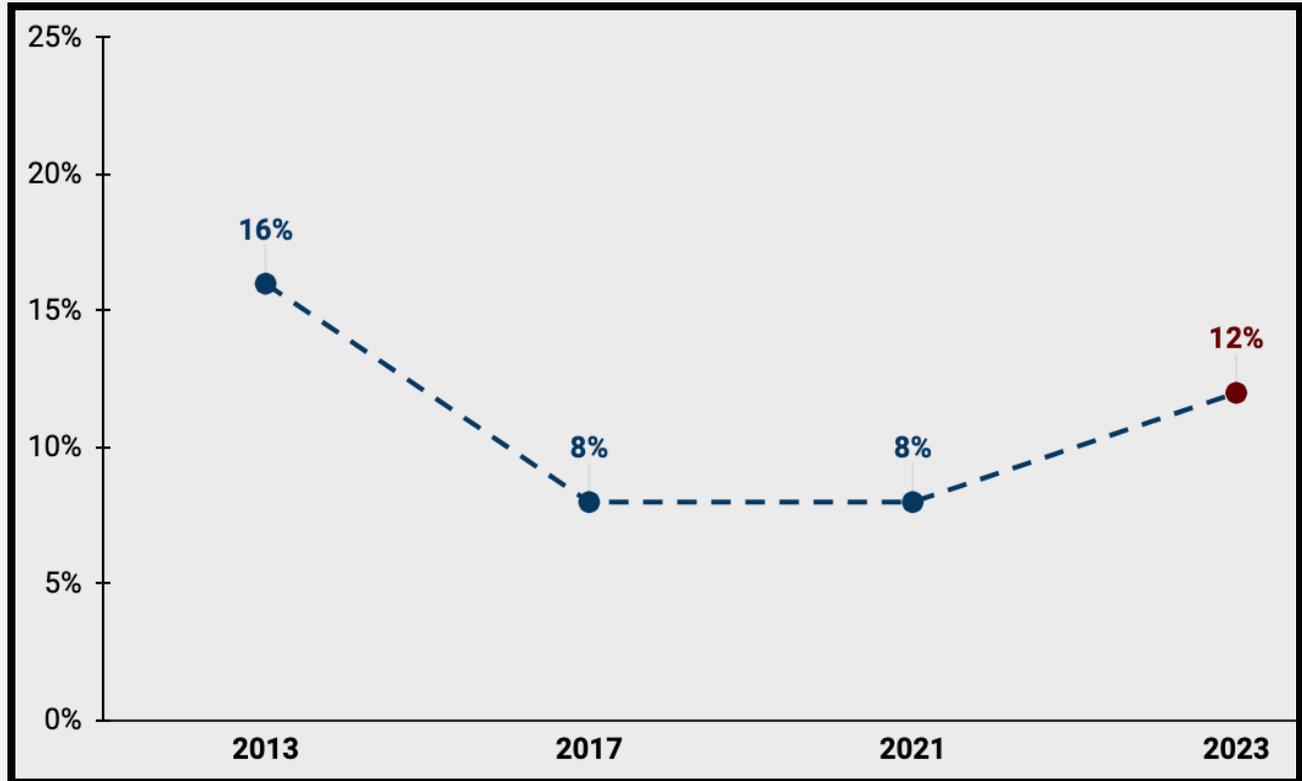
### In the last 12 months, have you ever been electronically bullied?



**Electronically bullied**

**Trends in the percentage of middle school students reporting being electronically bullied.**

**Relative to 2021 and 2017, more students currently report being electronically bullied in the last 12 months.**



## Additional Questions Measuring Safety

- In 2023, 8% of middle school students reported being physically hurt by someone in their family in the past 12 months.
- In 2023, 5% of middle school students reported witnessing violence in their family in the past 12 months.
- In 2023, 3% of middle school students reported that someone they were dating had monitored their cell phone use, called or texted multiple times a day to monitor their whereabouts, prevented them from doing things with friends, got angry when they were talking to someone else, or prevented them from going to school.
- In 2023, 1% of students reported being physically hurt by a date or someone they were going out with.
- In 2023, 6% of middle school students reported that they had bullied another person, 4% reported that they had used text, e-mail, or social networking sites to make fun of, threaten, insult another child, or hurt another child's reputation, and 1% reported that they had threatened a date or someone they were going out with.
- In 2023, 3% of middle school students reported that in the last month, they sometimes, most of the time, or always went to bed hungry because there was not enough food in their house.
- In 2023, 2% of middle school students reported that in the past year, they usually slept in a place other than a guardian's home.
- In 2023, 3% of middle school students reported that they feel somewhat, a little, or not at all safe when they are with their family/caregiver(s).
- In 2023, 40% of middle school students reported that they think that most people their age bully, threaten, or push around other kids.

# Weight, Physical Activity, and Nutrition

## Weight, Physical Activity, and Nutrition

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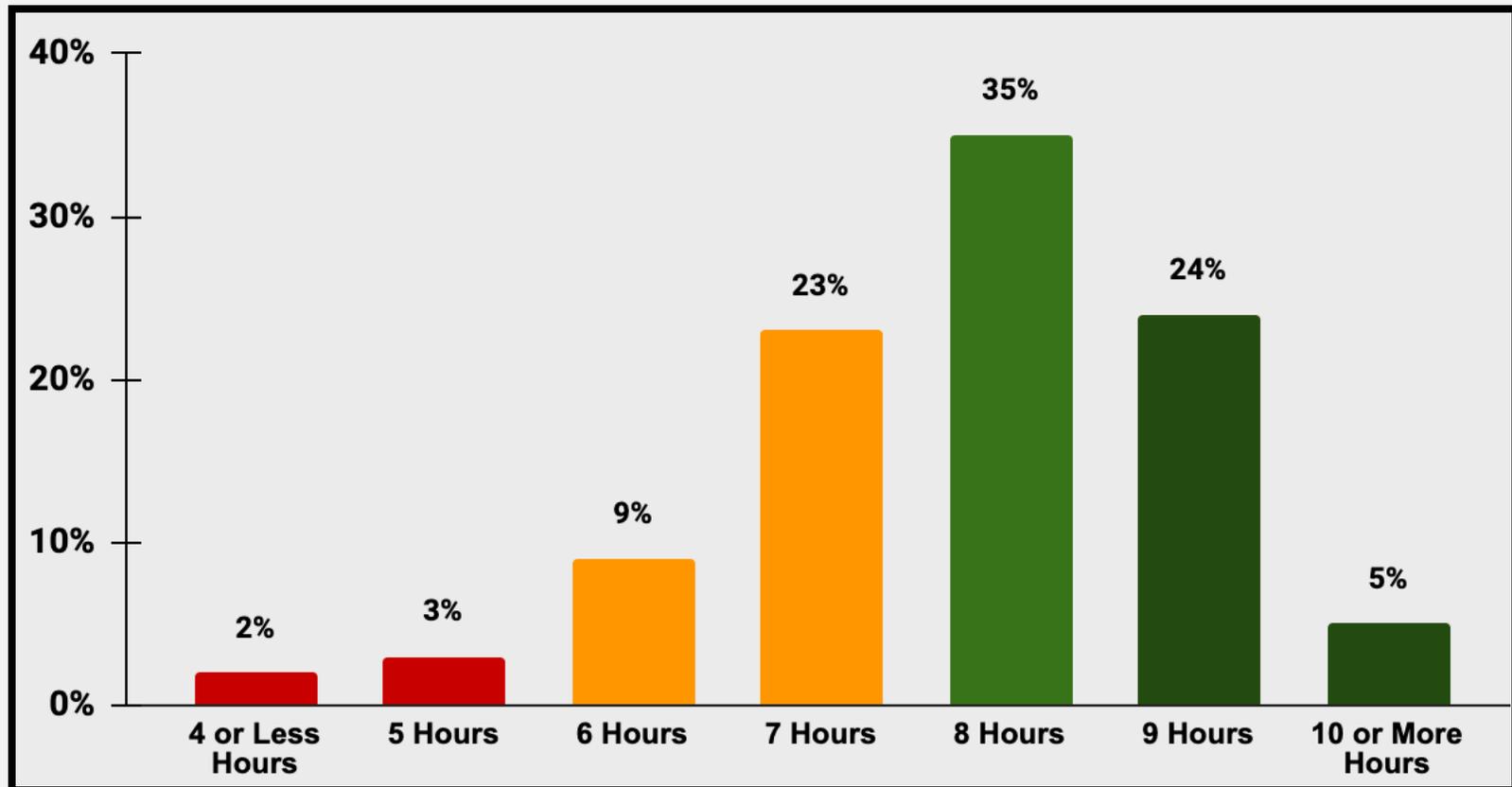
Weight, physical activity, and nutrition was measured on the Middle School MYRBS with a number of questions, including:

- On an average school night, how many hours of sleep do you get?
- On an average school day, how many hours do you play video or computer games or use a computer for something that is not schoolwork?
- During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day?
- During the past 7 days, on how many days did you exercise or participate in physical activity for at least 20 minutes that made you sweat or breathe hard, such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities?

## Sleep

In 2023, when asked to describe how many hours of sleep they get on an average school night, 2% of middle schools students reported 4 or fewer hours, 3% reported 5 hours, 9% reported 6 hours, 23% reported 7 hours, 35% reported 8 hours, 24% reported 9 hours, and 5% reported 10 or more hours. Responses were equally distributed across race/ethnicity, sexual identity, and support characteristics.

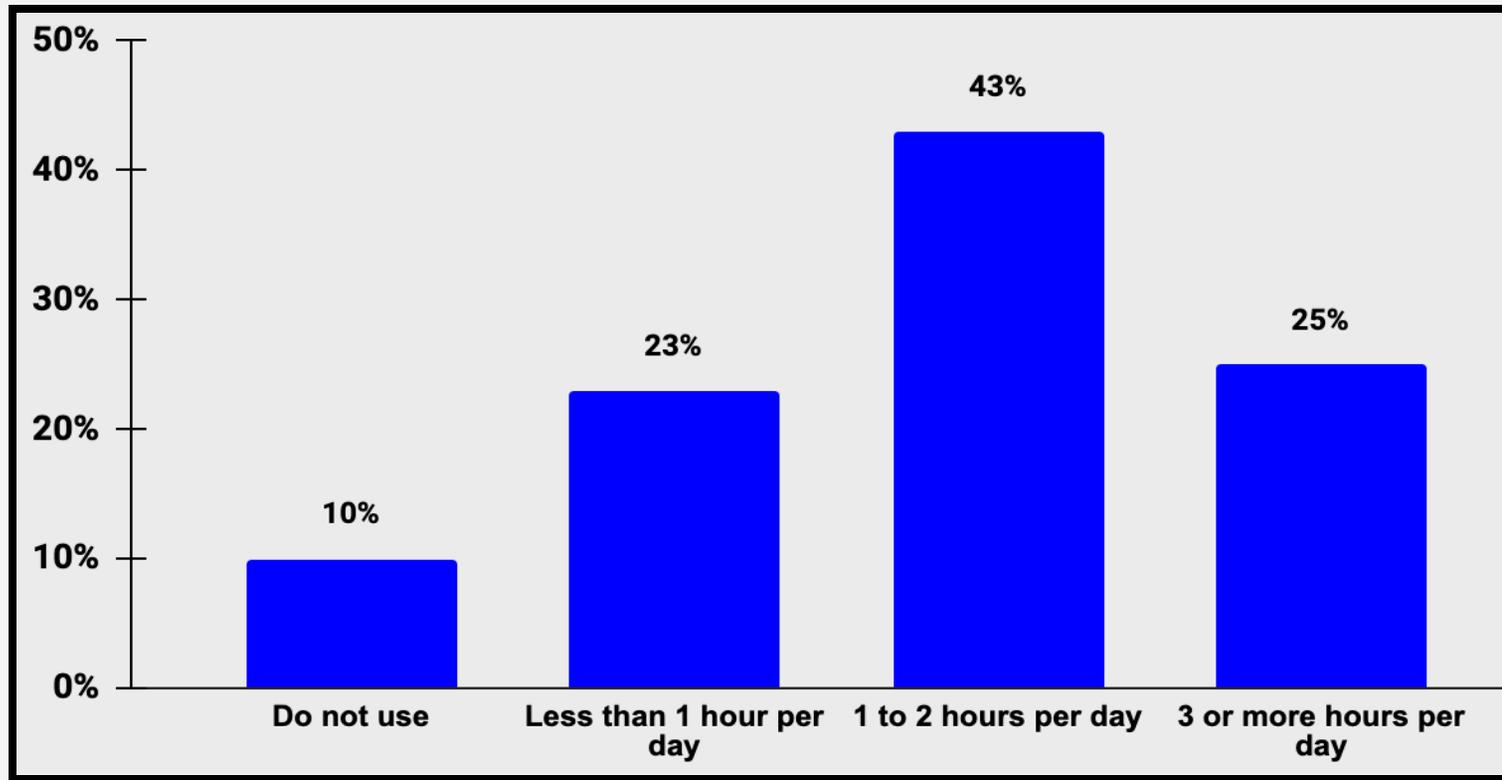
**On an average school night, how many hours of sleep do you get?**



## Screen time

In 2023, when asked to describe how many hours they use a computer for something that is not schoolwork on an average school day, 10% of middle school students reported they do not use a computer for something that is not schoolwork, 23% reported less than 1 hour per day, 43% reported 1 to 2 hours per day, and 25% reported 3 or more hours per day. Students who identified as transgender (43%), non-binary (30%), gay or lesbian (35%), or questioning (30%) were more likely than their peers to report using a computer for 3 or more hours per day.

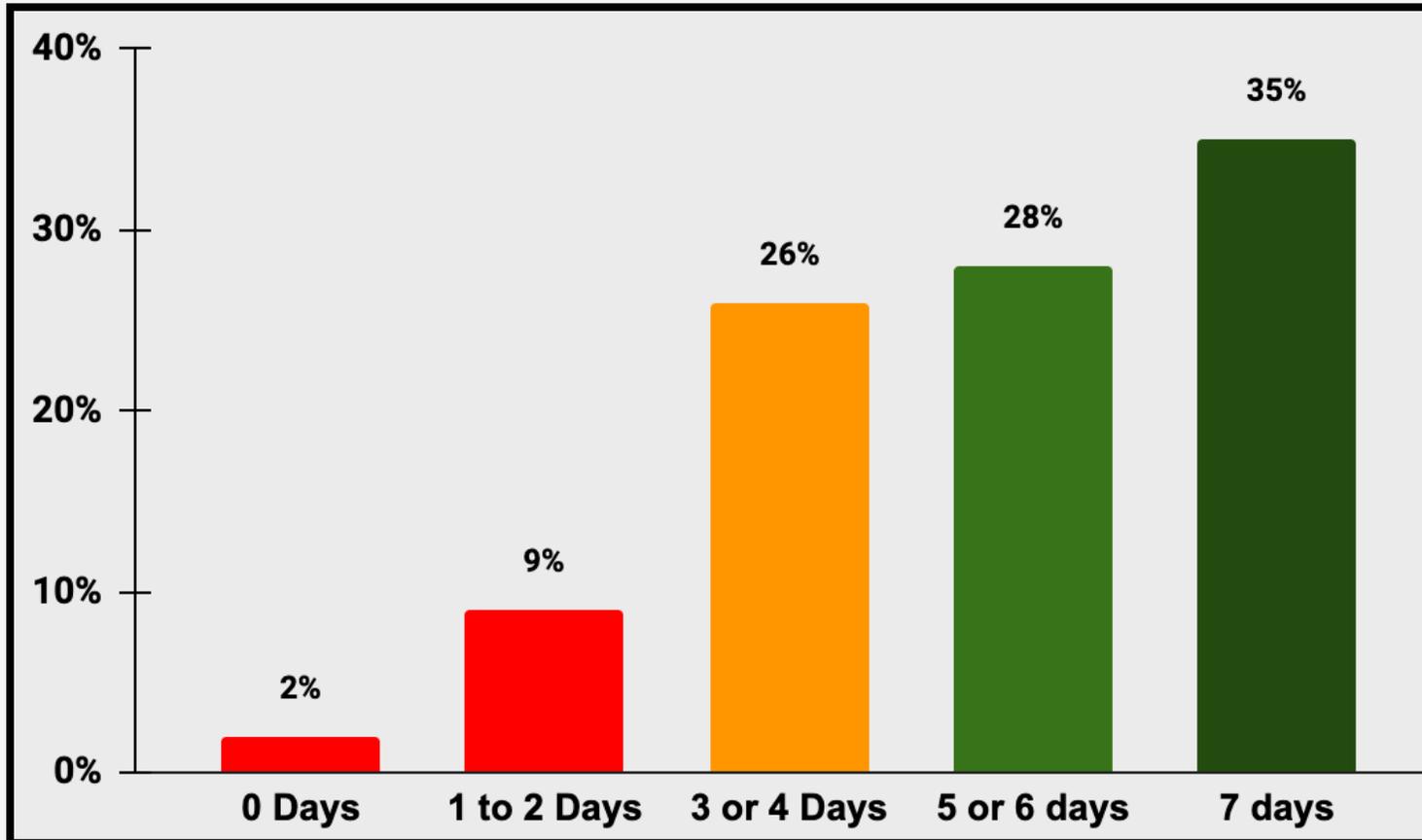
**On an average school day, how many hours do you play video or computer games or use a computer for something that is not schoolwork?**



## Physical activity

In 2023, when asked to report the number of days in the past 7 in which they were physically active for at least 60 minutes, 2% of middle school students reported 0 days, 9% reported 1 or 2 days, 26% reported 3 or 4 days, 28% reported 5 or 6 days, and 35% reported 7 days.

**During the past 7 days, on how many were you physically active for a total of at least 60 minutes per day?**



## Physical activity

In 2023, when asked to report the number of days in the past 7 in which they exercised or participate in a physical activity that made them sweat or breathe hard for at least 20 minutes, 4% of middle school students reported 0 days, 13% reported 1 or 2 days, 24% reported 3 or 4 days, 26% reported 5 or 6 days, and 34% reported 7 days.

**During the past 7 days, on how many did you exercise or participate in a physical activity that made you sweat or breathe hard for at least 20 minutes?**

