

# 2023

# Wilmington Public Schools Youth Health Survey Full Report

In partnership with John Snow, Inc.

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# About the Youth Health Survey

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Since 2017, school districts in Middlesex County, Massachusetts, collectively called the Middlesex League, have collaborated to jointly conduct a youth health survey to capture vital information related to health status and certain behaviors that have been deemed as putting the health of students in middle and high school at-risk. Local superintendents have engaged the services of John Snow, Inc. (JSI) a public health consulting firm with expertise in survey administration, to support this initiative. The superintendents and health coordinators work with JSI to develop a common middle and high school youth health survey instrument based on the United States Centers for Disease Control and Prevention (CDC) Youth Risk Behavior Survey (YRBS) and the Massachusetts Department of Public Health's Youth Health Survey (YHS). These national and State instruments, as well as the Middlesex League Youth Health Survey instruments, are updated every two years in response to emerging health issues. Individual school districts are also given the opportunity to incorporate additional questions, tailored to their unique circumstances and needs, which are added to the standard core survey, to create their specific district survey. This process allows individual school districts and the region, overall, to better understand and respond to the health risks facing youth in their communities, as well as to promote information sharing and coordination across school districts, health officials, and other community-based service providers.

The 2023 YRBS builds upon the 2017, 2019, and 2021 assessments, and includes the districts of Arlington, Belmont, Burlington, Melrose, Reading, Stoneham, Wakefield, Watertown, Wilmington, Winchester, and Woburn.

## SURVEY ADMINISTRATION & CONSENT PROCESS

Once the survey content was finalized, JSI designed self-administered, online surveys for the middle and high school using a nationally recognized, specialized survey platform called Alchemer. In addition to English, the survey was translated into Spanish, Portuguese, and Haitian Creole. JSI worked with each school to develop a standard survey administration plan and schedule. Survey administration occurred during the students' regular class time.

Prior to administration, Wilmington was provided additional, tailored assistance with respect to implementing the student opt-out process, confidentiality practices, and other procedures to ensure the quality and integrity of the data collection process. Schools obtained passive parental permission. Parents were sent a form explaining the purpose of the survey and given the opportunity to have their child "opt out" of taking it. Individual student surveys are never shared, but are combined to create school-specific datasets.

## DATA CLEANING

Online administration of the survey allowed for results to be immediately transferred to JSI's secure computer servers, where the data were aggregated and analyzed using SAS 9.4 (SAS Institute Inc., Cary, NC). The raw data set was reviewed for completeness and the amount of time students took to respond to the questions. Records where a student started but did not complete any of the survey questions, completed less than 50% of the questions, or had a high rate of response but took less than 50% of the average time to complete the survey were marked as incomplete and excluded from the analysis.

# Reporting on the Youth Health Survey

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The purpose of this report is to highlight key middle school and high school findings for eight domains: safety, discrimination, violence-related behaviors and experiences, mental health, substance use, sexual behaviors, physical activity and nutrition, and protective factors. Data is reported and analyzed for all students in Wilmington, as well as by grade, gender identity, sexual orientation, race, and ethnicity. The information provided below is meant to highlight key themes and provide a perspective on how the district-specific data compares to the prior year and state benchmark data. Confidence intervals were used to test for the significance of the findings within each demographic category. If the category had three or more variables (i.e., grade, gender, race), the confidence intervals were compared to the average to determine significance. If the category had two variables (i.e., sexual orientation, ethnicity), the confidence intervals were compared to each other to determine significance. Of note, while statistical differences are highlighted throughout the report, there are areas where *substantive* differences may exist but were underpowered (i.e., small sample size) to detect and note *statistically significant* differences. Wilmington has been provided detailed data outputs and raw reports that allow them to look more carefully at data from each question on the survey, including information that allows the school districts to analyze their data by specific demographic cohorts.

## KEY TERMS AND ACRONYMS

- ML '23 – 2023 Middlesex League Regional Survey Data
- MA '21 – 2021 Massachusetts Youth Health Survey Data
- 6 – 6<sup>th</sup> grade
- 7 – 7<sup>th</sup> grade
- 8 – 8<sup>th</sup> grade
- 9 – 9<sup>th</sup> grade
- 10 – 10<sup>th</sup> grade
- 11 – 11<sup>th</sup> grade
- 12 – 12<sup>th</sup> grade
- M – Male
- F – Female
- TGD – Transgender and Gender Diverse (non-binary, genderfluid, genderqueer, transgender, questioning, etc.)
- HS – Heterosexual
- LGBTQ+ – Lesbian, gay, bisexual, another sexual orientation, questioning, etc.
- SOC – Students of Color
- HL – Hispanic or Latino/a
- EVP – Electronic vapor product
- PDM – Prescription drug misuse

**2023**

**Wilmington Public Schools  
Youth Health Survey**

High School Results

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## 2023 High School Sample

In 2023, 428 high school students participated in Wilmington Youth Health Survey. Among the students that participated, 137 were marked as incomplete and excluded from the final data set used in the analysis. This resulted in a final sample of 291 students. The table below shows a distribution of accepted survey respondents by grade, gender identity, sexual orientation, race, and ethnicity.

<b>Grade</b>	9 <sup>th</sup>	45
	10 <sup>th</sup>	73
	11 <sup>th</sup>	80
	12 <sup>th</sup>	63
<b>Gender Identity</b>	Woman/Girl	140
	Man/Boy	126
	TGD	16
	Did not understand question/ Chose not to respond	7
<b>Sexual Orientation</b>	Heterosexual	215
	LGBQ+	62
	Did not understand question/ Chose not to respond	13
<b>Race</b>	White	238
	Students of Color	52
<b>Ethnicity</b>	Hispanic/Latino/a	28
	Not Hispanic/Latino/a	260

This analysis includes surveys from 40% of the high school student population. The table below shows the distribution of accepted survey respondents and 2022-2023 Wilmington high school enrollment numbers by grade.

Grade	YHS Participation	Enrollment	Participation Rate
9 <sup>th</sup>	45	156	29%
10 <sup>th</sup>	73	141	52%
11 <sup>th</sup>	80	166	48%
12 <sup>th</sup>	63	193	33%

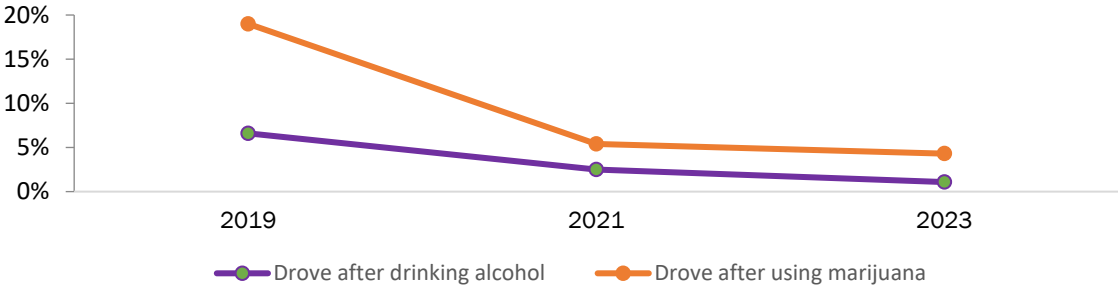
Note that participation rates are lower than prior years because during the survey's administration, Wilmington was simultaneously participating in the CDC YRBS survey. As a result, students either participated in one or the other, resulting in a lower district YRBS participation rate. Due to the low participation rate, results should be interpreted with caution.

# Safety

# Motor Vehicle Safety

## DRIVING A CAR WHILE IMPAIRED

Among high school students who have driven a car in the past 30 days, 1% drove a car when they had been drinking alcohol and 4% drove a car when they had been using marijuana.



**Wilmington '23**  
 Driving/alcohol - 1%  
 Driving/marijuana - 4%

**ML '23**  
 Driving/alcohol - 3%  
 Driving/marijuana - 5%

**MA '21**  
 Driving/alcohol - 5%  
 Driving/marijuana - 25%

The graphs below show a breakdown of 2023 data by different demographic groups.

Grade				Gender			Sexual Orientation		Race		Ethnicity	
9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>	F	M	TGD	HS	LGBQ+	White	SOC	H/L	Not H/L
Drove a car when they had been drinking alcohol												
3%	0%	0%	2%	1%	1%	0%	2%	0%	1%	3%	0%	1%
Drove a car when they had been using marijuana												
3%	5%	3%	6%	3%	5%	11%	4%	7%	3%	13%	5%	4%

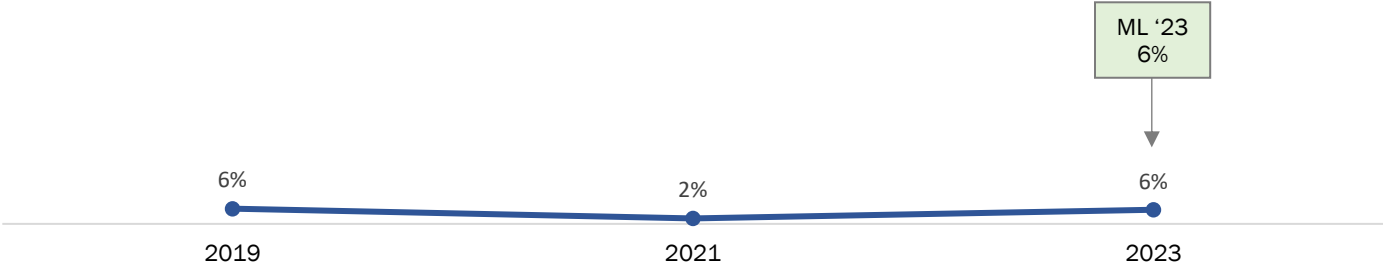
**Drove after drinking alcohol:** There were no significant differences.

**Drove after using marijuana:** There were no significant differences.

Q: During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol?  
 Q: During the past 30 days, how many times did you drive a car or other vehicle when you had been using marijuana?

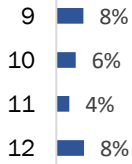
# Safety in or Traveling to or from School

Overall, 6% of high school students skipped school because they felt unsafe at school or on their way to or from school in the past 30 days. *There is no statewide comparison data.*

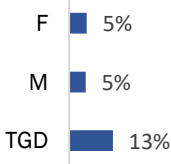


The graphs below show a breakdown of 2023 data by different demographic groups.

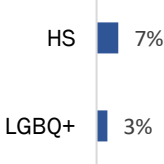
### Grade



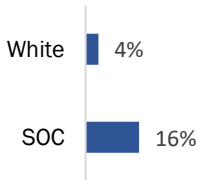
### Gender



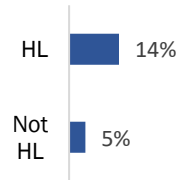
### Sexual Orientation



### Race



### Ethnicity



- Grade:** There were no significant differences.
- Gender:** There were no significant differences.
- Sexual Orientation:** There were no significant differences.
- Race:** There were no significant differences.
- Ethnicity:** There were no significant differences.

Q: 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?

# Discrimination

# Discrimination

## EXPERIENCED DISCRIMINATION

Overall, 7% of high school students reported that they were sometimes, most of the time, or always treated badly or unfairly in school in the past 12 months because of their race or ethnicity, 6% because of their gender identity, 7% because of their sexual orientation, and 5% because of their religion. *There is no statewide comparison data.*

**ML '23**  
 Race/ethnicity – 6%  
 Gender identity – 7%  
 Sexual orientation – 5%  
 Religion – 5%



Below is a breakdown of 2023 data by different demographic groups.

Grade				Gender			Sexual Orientation		Race		Ethnicity	
9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>	F	M	TGD	HS	LGBQ+	White	SOC	H/L	Not H/L
<b>Race or ethnicity</b>												
8%	7%	4%	8%	6%	7%	6%	7%	5%	4%	21%	21%	5%
<b>Gender identity</b>												
7%	8%	5%	5%	6%	2%	38%	2%	18%	5%	13%	11%	5%
<b>Sexual orientation</b>												
5%	8%	8%	8%	4%	6%	38%	2%	26%	7%	6%	4%	7%
<b>Religion</b>												
5%	5%	6%	3%	4%	6%	0%	5%	3%	4%	11%	11%	4%

**Race or ethnicity:** Students of Color were significantly more likely than White students to experience discrimination because of their race or ethnicity.

**Gender identity:** TGD students were significantly more likely than the average high school student to experience discrimination because of their gender identity. LGBQ+ students were significantly more likely than heterosexual students to experience discrimination because of their gender identity.

**Sexual orientation:** TGD students were significantly more likely than the average high school student to experience discrimination because of their sexual orientation. LGBQ+ students were significantly more likely than heterosexual students to experience discrimination because of their sexual orientation.

**Religion:** There were no significant differences.

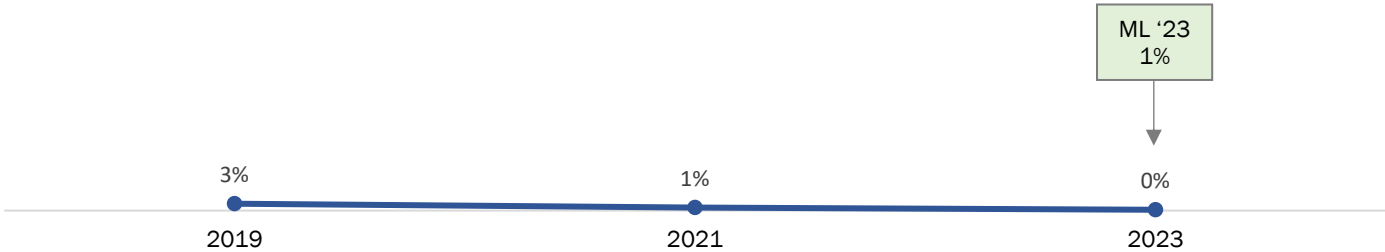
- Q: During the past 12 months, how often have you felt that you were treated badly or unfairly in school because of your race or ethnicity?
- Q: During the past 12 months, how often have you felt that you were treated badly or unfairly in school because of your gender identity?
- Q: During the past 12 months, how often have you felt that you were treated badly or unfairly in school because of your sexual orientation?
- Q: During the past 12 months, how often have you felt that you were treated badly or unfairly in school because of your religion?

# Violence-Related Behaviors and Experiences

# Weapons

## ON SCHOOL PROPERTY

Overall, less than 1% of high school students carried a weapon on school property during the past 30 days. *There is no statewide comparison data.*



The graphs below show a breakdown of 2023 data by different demographic groups.

### Grade

9	1%
10	0%
11	0%
12	0%

### Gender

F	0%
M	1%
TGD	0%

### Sexual Orientation

HS	0%
LGBQ+	0%

### Race

White	0%
SOC	2%

### Ethnicity

HL	0%
Not HL	0%

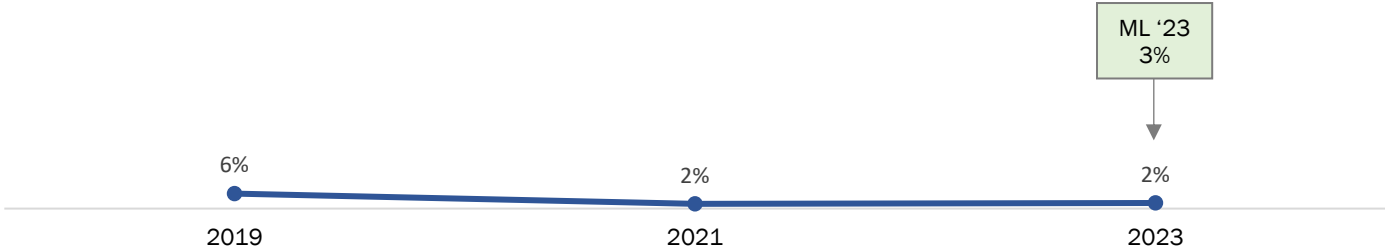
- Grade:** There were no significant differences.
- Gender:** There were no significant differences.
- Sexual Orientation:** There were no significant differences.
- Race:** There were no significant differences.
- Ethnicity:** There were no significant differences.

Q: During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club on school property?

# Physical Fighting

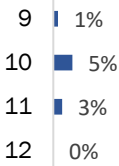
## ON SCHOOL PROPERTY

Overall, 2% of high school students were in a physical fight on school property in the past 12 months. *There is no statewide comparison data.*

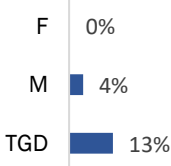


The graphs below show a breakdown of 2023 data by different demographic groups.

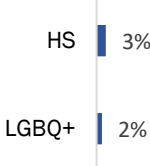
### Grade



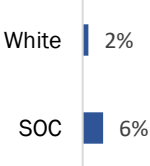
### Gender



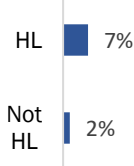
### Sexual Orientation



### Race



### Ethnicity



- Grade:** There were no significant differences.
- Gender:** There were no significant differences.
- Sexual Orientation:** There were no significant differences.
- Race:** There were no significant differences.
- Ethnicity:** There were no significant differences.

Q: During the past 12 months, how many times were you in a physical fight on school property?

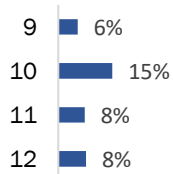
# Sexual Violence

## LIFETIME

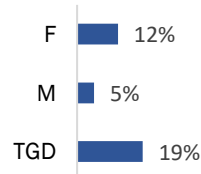
Overall, 9% of high school students have had someone do sexual things to them or forced them to do sexual things that they did not want to, compared to 10% of Middlesex League students. This was the first time this question was asked on the Wilmington Youth Health Survey so there is no trend data. *There is no statewide comparison data.*

The graphs below show a breakdown of 2023 data by different demographic groups.

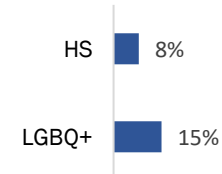
### Grade



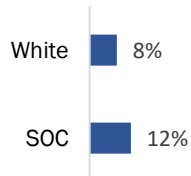
### Gender



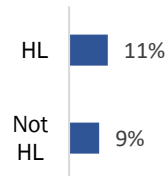
### Sexual Orientation



### Race



### Ethnicity



**Grade:** There were no significant differences.

**Gender:** There were no significant differences.

**Sexual Orientation:** There were no significant differences.

**Race:** There were no significant differences.

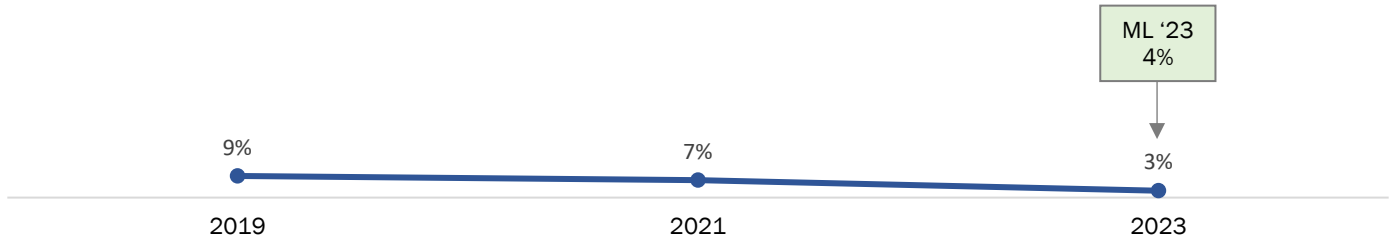
**Ethnicity:** There were no significant differences.

Q: Has anyone ever done sexual things to you or forced you to do sexual things that you did not want?

# Sexual Violence

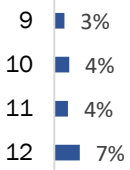
## PAST YEAR

Overall, 3% of high school students have had someone do sexual things to them or forced them to do sexual things that they did not want to in the past 12 months. *There is no statewide comparison data.*

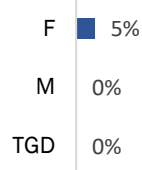


The graphs below show a breakdown of 2023 data by different demographic groups.

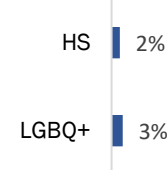
### Grade



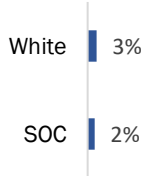
### Gender



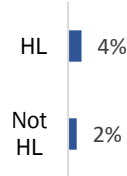
### Sexual Orientation



### Race



### Ethnicity



**Grade:** There were no significant differences.

**Gender:** There were no significant differences.

**Sexual Orientation:** There were no significant differences.

**Race:** There were no significant differences.

**Ethnicity:** There were no significant differences.

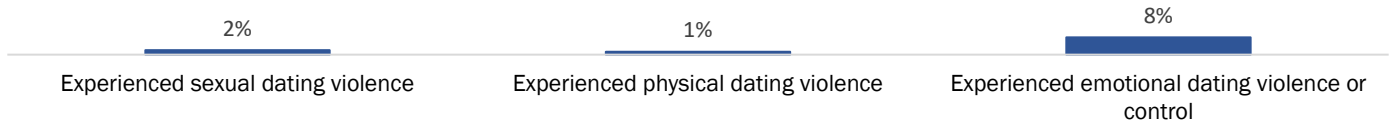
Q: During the past 12 months, did anyone force you to do sexual things that you did not want to?

# Dating Violence

## DATING VIOLENCE

Overall, 2% of high school students have been hurt sexually by someone they were dating or going out with in the past 12 months, 1% have been hurt physically, and 8% have been emotionally hurt or controlled. *There is no statewide comparison data.*

**ML '23**  
 Sexual dating violence – 4%  
 Physical dating violence – 3%  
 Emotional dating violence – 11%



Below is a breakdown of 2023 data by different demographic groups.

Grade				Gender			Sexual Orientation		Race		Ethnicity	
9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>	F	M	TGD	HS	LGBQ+	White	SOC	H/L	Not H/L
Experienced sexual dating violence												
1%	4%	3%	0%	3%	2%	0%	2%	3%	2%	4%	4%	2%
Experienced physical dating violence												
0%	1%	3%	2%	1%	2%	0%	1%	3%	1%	2%	0%	2%
Experienced emotional violence or were controlled												
4%	12%	5%	13%	10%	5%	19%	6%	18%	8%	12%	11%	8%

**Sexual dating violence:** There were no significant differences.

**Physical dating violence:** There were no significant differences.

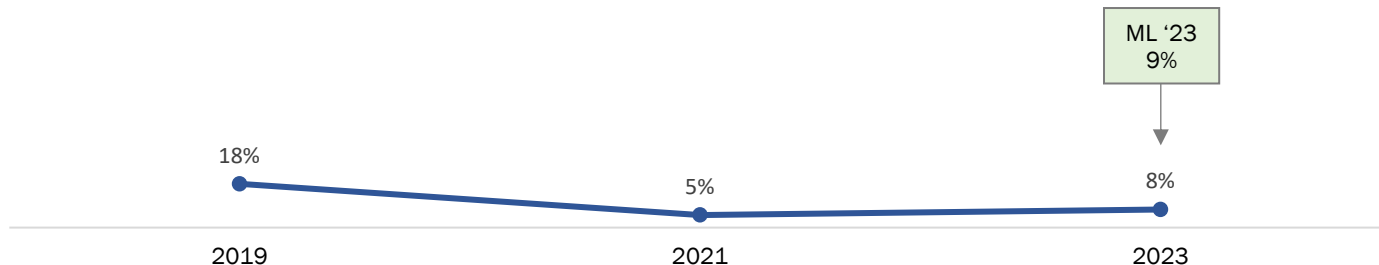
**Emotional dating violence or control:** There were no significant differences.

Q: During the past 12 months, how many times did someone you were dating or going out with physically hurt you?  
 Q: 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?  
 Q: During the past 12 months, how many times did someone you were dating or going out with try to control you or emotionally hurt you?

# Bullying

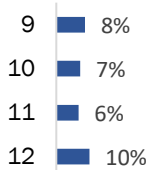
## BULLYING ON SCHOOL PROPERTY

Overall, 8% of high school students were bullied on school property in the past 12 months. *There is no statewide comparison data.*

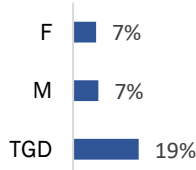


The graphs below show a breakdown of 2023 data by different demographic groups.

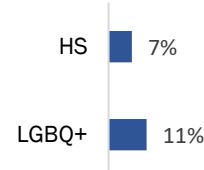
### Grade



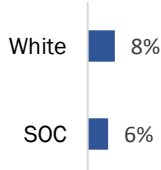
### Gender



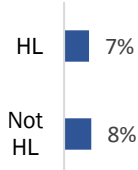
### Sexual Orientation



### Race



### Ethnicity



**Grade:** There were no significant differences.

**Gender:** There were no significant differences.

**Sexual Orientation:** There were no significant differences.

**Race:** There were no significant differences.

**Ethnicity:** There were no significant differences.

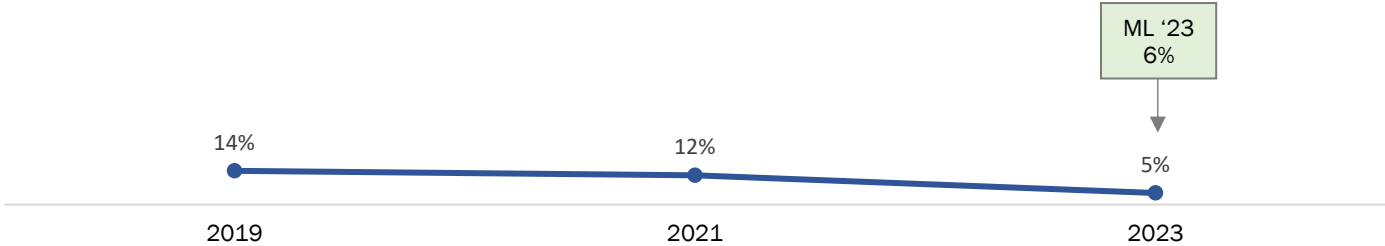
**Q:** During the past 12 months, how many times were you bullied on school property?

The 2023 YHS defined bullying as when one or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again. It is not bullying when two students of about the same strength or power argue or fight or tease each other in a friendly way. Electronic bullying is things such as someone spreading a rumor or something untrue about you online; someone sending you a threatening or aggressive message; someone posting an embarrassing picture of you online without your permission; someone taking a private message you sent them and forwarding it to someone else or posting it where others could see it.

# Bullying

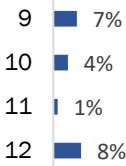
## ELECTRONIC BULLYING

Overall, 5% of high school students were electronically bullied in the past 12 months. *There is no statewide comparison data.*

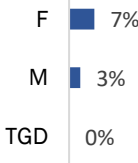


The graphs below show a breakdown of 2023 data by different demographic groups.

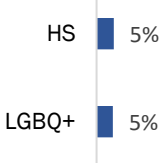
### Grade



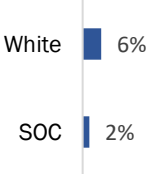
### Gender



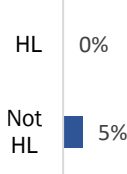
### Sexual Orientation



### Race



### Ethnicity



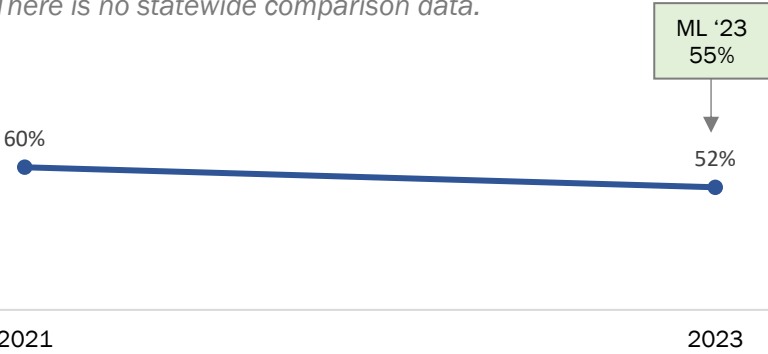
- Grade:** There were no significant differences.
- Gender:** There were no significant differences.
- Sexual Orientation:** There were no significant differences.
- Race:** There were no significant differences.
- Ethnicity:** There were no significant differences.

Q: During the past 12 months, have you been bullied electronically?

# Mental Health

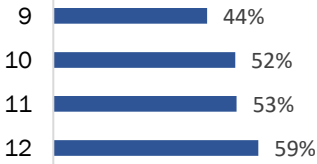
# General

Overall, 52% of high school students reported that their mental health was not good sometimes, most of the time, or always in the past 30 days. *There is no statewide comparison data.*

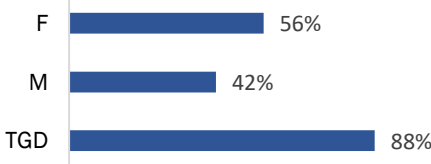


The graphs below show a breakdown of 2023 data by different demographic groups.

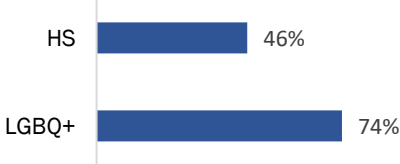
### Grade



### Gender



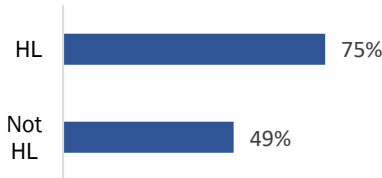
### Sexual Orientation



### Race



### Ethnicity



- Grade:** There were no significant differences.
- Gender:** TGD students were significantly more likely than the average high school student to report that their mental health was not good sometimes, most of the time, or always in the past 30 days.
- Sexual Orientation:** LGBQ+ students were significantly more likely than heterosexual students to report that their mental health was not good sometimes, most of the time, or always in the past 30 days.
- Race:** There were no significant differences.
- Ethnicity:** Hispanic/Latino students were significantly more likely than non-Hispanic/Latino students to report that their mental health was not good sometimes, most of the time, or always in the past 30 days.

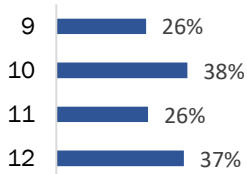
Q: During the past 30 days, how often was your mental health not good?

# Stress

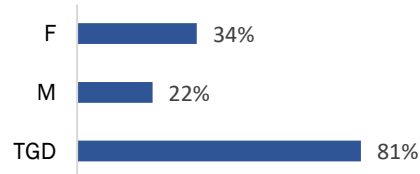
Overall, 31% high school students felt tense, nervous, or worried every day for two or more weeks in a row that they stopped doing some usual activities (i.e., experienced anxiety) in the past 30 days, compared to 33% of Middlesex League students. This was the first time this question was asked on the Wilmington Youth Health Survey so there is no trend data. *There is no statewide comparison data.*

The graphs below show a breakdown of 2023 data by different demographic groups.

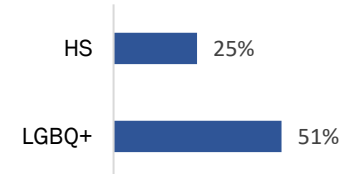
## Grade



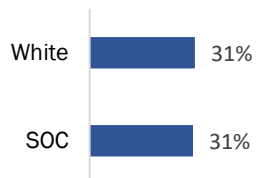
## Gender



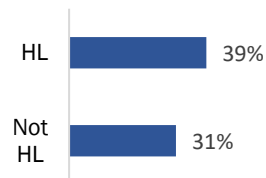
## Sexual Orientation



## Race



## Ethnicity



**Grade:** There were no significant differences.

**Gender:** TGD students were significantly more likely than the average high school student to experience anxiety in the past 30 days.

**Sexual Orientation:** LGBQ+ students were significantly more likely than heterosexual students to experience anxiety in the past 30 days.

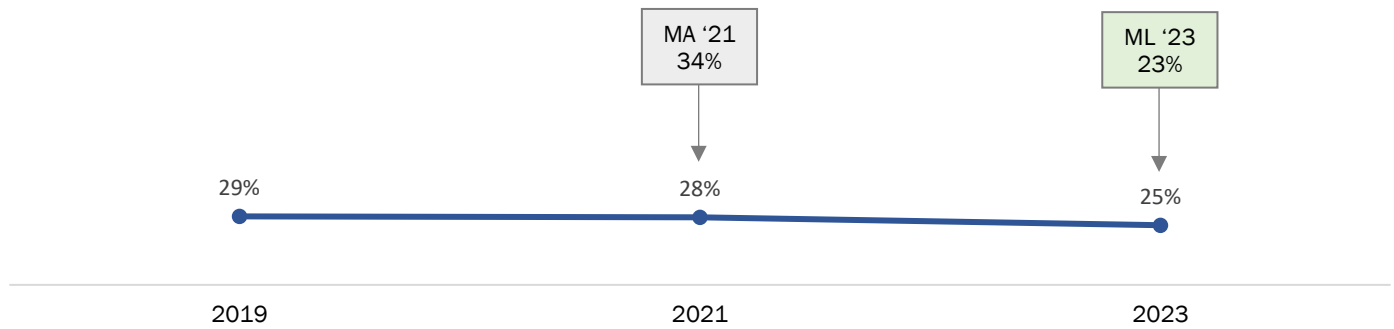
**Race:** There were no significant differences.

**Ethnicity:** There were no significant differences.

Q: During the past 30 days, did you ever feel tense, nervous, or worried every day for two or more weeks in a row that you stopped doing some usual activities?

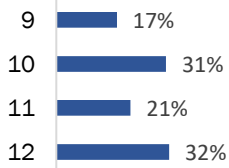
# Feeling Sad or Hopeless

Overall, 25% of high school students felt sad or hopeless almost every day for two or more weeks in a row that they stopped doing some of their usual activities (i.e., experienced depression) in the past 12 months.

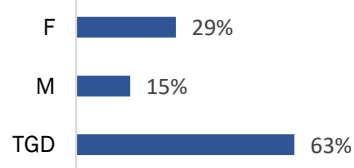


The graphs below show a breakdown of 2023 data by different demographic groups.

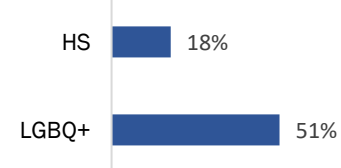
### Grade



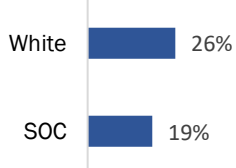
### Gender



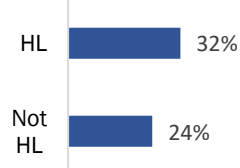
### Sexual Orientation



### Race



### Ethnicity



**Grade:** There were no significant differences.

**Gender:** TGD students were significantly more likely than the average high school student to experience depression in the past 12 months.

**Sexual Orientation:** LGBQ+ students were significantly more likely than heterosexual students to experience depression in the past 12 months.

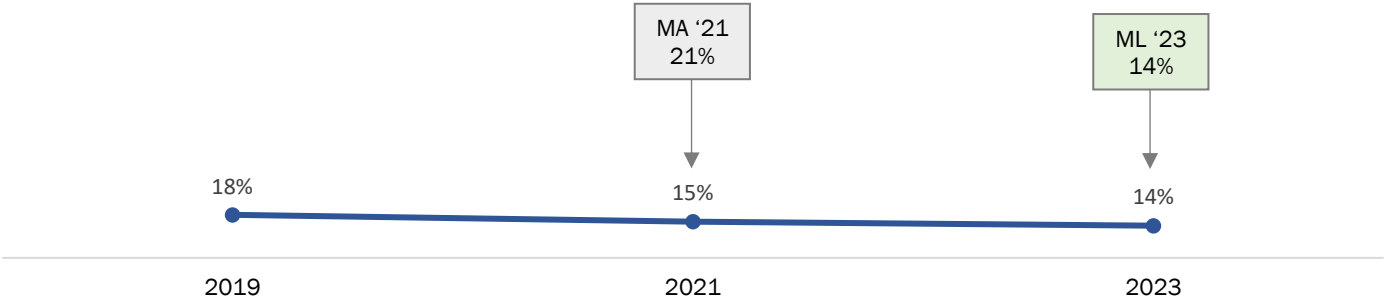
**Race:** There were no significant differences.

**Ethnicity:** There were no significant differences.

Q: During the past 12 months, did you ever feel so sad or hopeless almost every day for two or more weeks in a row that you stopped doing some usual activities?

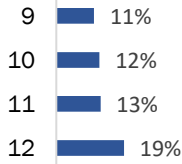
# Self-Harm

Overall, 14% of high school students hurt or injured themselves on purpose without wanting to die (i.e., engaged in self-harm) in the past 12 months.

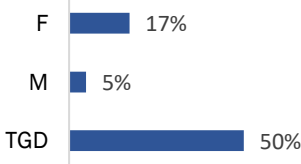


The graphs below show a breakdown of 2023 data by different demographic groups.

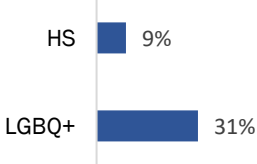
### Grade



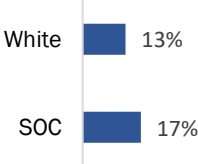
### Gender



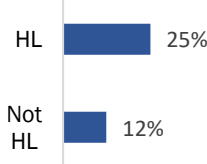
### Sexual Orientation



### Race



### Ethnicity



**Grade:** There were no significant differences.

**Gender:** Male students were significantly less likely than the average high school student to engage in self-harm in the past 12 months, and TGD students were significantly more likely than the average high school student.

**Sexual Orientation:** LGBQ+ students were significantly more likely than heterosexual students to engage in self-harm in the past 12 months,

**Race:** There were no significant differences.

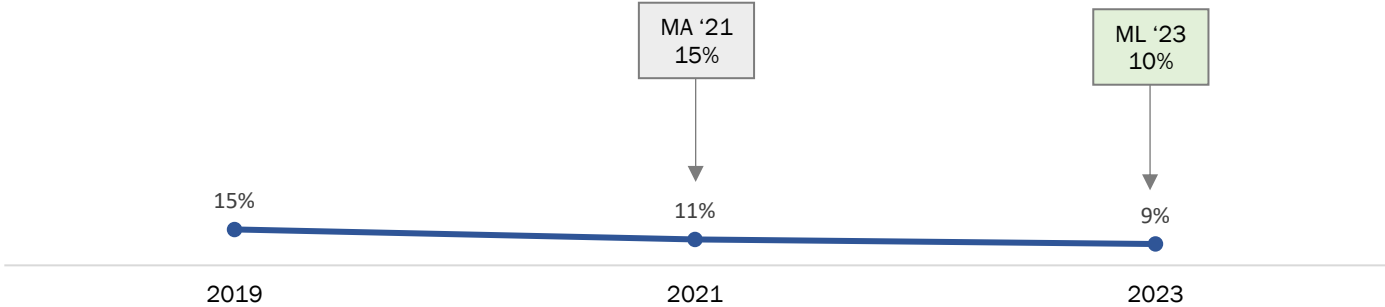
**Ethnicity:** There were no significant differences.

Q: During the past 12 months, how many times did you hurt or injure yourself on purpose without wanting to die?

# Suicidal Ideation & Suicide

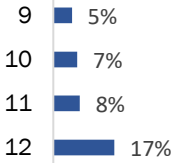
## CONSIDERED ATTEMPTING SUICIDE

Overall, 9% of high school students seriously considered attempting suicide during the past 12 months.

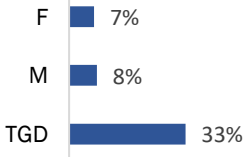


The graphs below show a breakdown of 2023 data by different demographic groups.

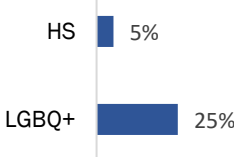
### Grade



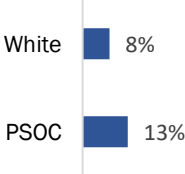
### Gender



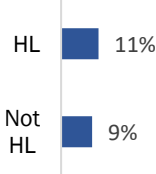
### Sexual Orientation



### Race



### Ethnicity



**Grade:** There were no significant differences.

**Gender:** There were no significant differences.

**Sexual Orientation:** LGBQ+ students were significantly more likely than heterosexual students to seriously consider attempting suicide.

**Race:** There were no significant differences.

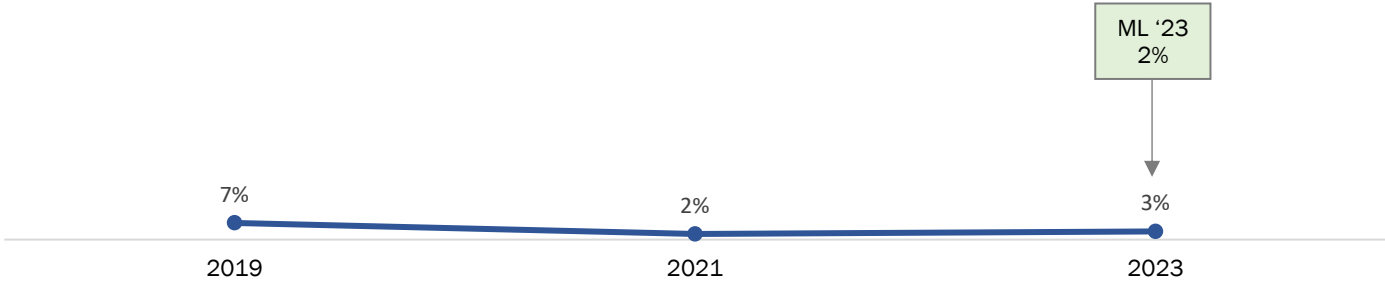
**Ethnicity:** There were no significant differences.

Q: During the past 12 months, did you ever seriously consider attempting suicide?

# Suicidal Ideation & Suicide

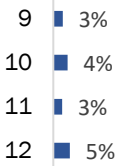
## ATTEMPTED SUICIDE

Overall, 3% of high school students attempted suicide in the past 12 months. *There is no statewide comparison data.*

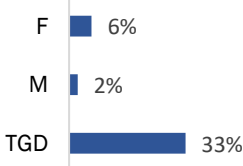


The graphs below show a breakdown of 2023 data by different demographic groups.

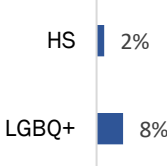
### Grade



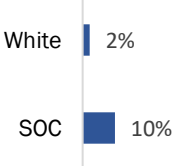
### Gender



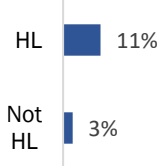
### Sexual Orientation



### Race



### Ethnicity



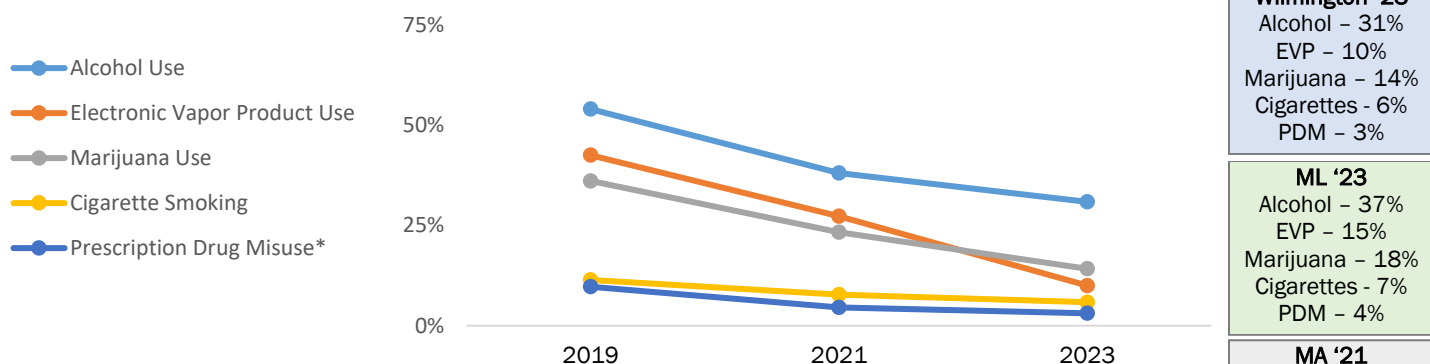
- Grade:** There were no significant differences.
- Gender:** There were no significant differences.
- Sexual Orientation:** There were no significant differences.
- Race:** There were no significant differences.
- Ethnicity:** There were no significant differences.

Q: During the past 12 months, did you attempt suicide?

# Substance Use

# Lifetime Substance Use

Wilmington high school students were asked if they had ever used a variety of substances. Overall, 31% reported ever drinking alcohol, 10% reported ever using electronic vapor products, 14% reported ever using marijuana, 6% reported ever smoking cigarettes, and 3% reported ever using prescription drugs without a prescription.



**Wilmington '23**  
 Alcohol - 31%  
 EVP - 10%  
 Marijuana - 14%  
 Cigarettes - 6%  
 PDM - 3%

**ML '23**  
 Alcohol - 37%  
 EVP - 15%  
 Marijuana - 18%  
 Cigarettes - 7%  
 PDM - 4%

**MA '21**  
 Alcohol - 39%  
 EVP - 31%  
 Marijuana - 28%  
 Cigarettes - 12%

\*In 2021, students were only asked about lifetime prescription pain medicine misuse, not general prescription drug misuse.

Below is a breakdown of 2023 data by different demographic groups.

Grade				Gender			Sexual Orientation		Race		Ethnicity	
9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>	F	M	TGD	HS	LGBQ+	White	SOC	H/L	Not H/L
<b>Alcohol use</b>												
11%	27%	35%	52%	31%	29%	44%	29%	41%	32%	26%	26%	31%
<b>EVP use</b>												
3%	7%	14%	17%	14%	6%	13%	9%	15%	10%	10%	4%	11%
<b>Marijuana use</b>												
4%	14%	13%	29%	13%	12%	38%	10%	28%	14%	12%	15%	14%
<b>Cigarette smoking</b>												
5%	3%	6%	10%	7%	3%	13%	5%	6%	5%	10%	4%	6%
<b>Prescription drug misuse</b>												
1%	7%	1%	3%	2%	3%	13%	3%	5%	3%	4%	4%	3%

**Alcohol use:** Students in 9<sup>th</sup> grade were significantly less likely than the average high school student to ever drink alcohol, and students in 12<sup>th</sup> grade were significantly more likely than the average high school student.

**EVP use:** Students in 9<sup>th</sup> grade were significantly less likely than the average high school student to ever use vape products.

**Marijuana use:** Students in 9<sup>th</sup> grade were significantly less likely than the average high school student to ever use marijuana. LGBQ+ students were significantly more likely than heterosexual students to ever use marijuana.

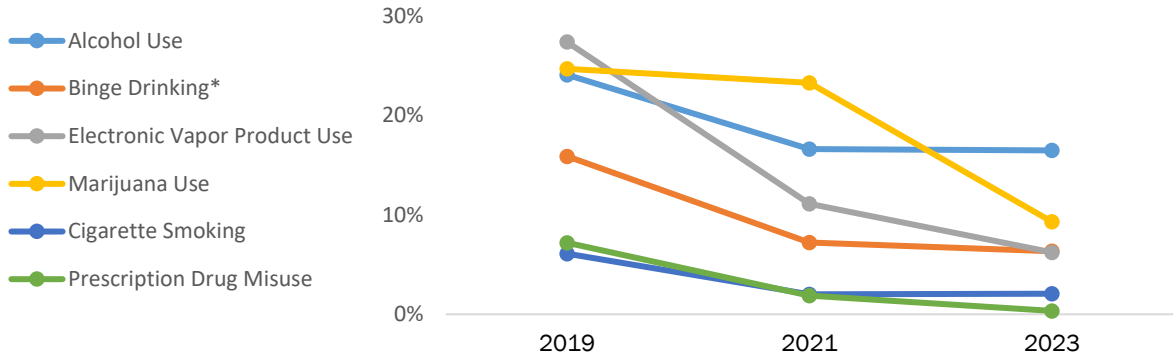
**Cigarette smoking:** There were no significant differences.

**Prescription drug misuse:** There were no significant differences.

- Q: Have you ever had a drink of alcohol other than a few sips?
- Q: Have you ever used an electronic vapor product?
- Q: Have you ever tried marijuana?
- Q: Have you ever tried cigarette smoking, even one or two puffs?
- Q: During your lifetime, have you ever taken prescription drugs that weren't your own?

# Current Substance Use

Wilmington high school students were asked if they had used a variety of substances in the past 30 days (currently). Overall, 16% of high school students reported currently using alcohol, 6% currently binge drinking (5 or more drinks in a row), 6% currently using electronic vapor products, 9% currently using marijuana, 2% currently smoking cigarettes, and 9% currently misusing prescription drugs.



<b>Wilmington '23</b>
Alcohol - 16%
Binge drinking - 6%
EVP - 6%
Marijuana - 9%
Cigarettes - 2%
PDM - 0%

<b>MA '23</b>
Alcohol - 20%
Binge drinking - 10%
EVP - 8%
Marijuana - 11%
Cigarettes - 3%
PDM - 1%

<b>MA '21</b>
Alcohol - 22%
Binge drinking - 11%
EVP - 18%
Marijuana - 18%
Cigarettes - 3%

\*In 2023, the survey redefined "binge drinking" from 4 or more drinks in a row for female students and 5 or more drinks in a row for male students to 5 or more drinks in a row for all students.

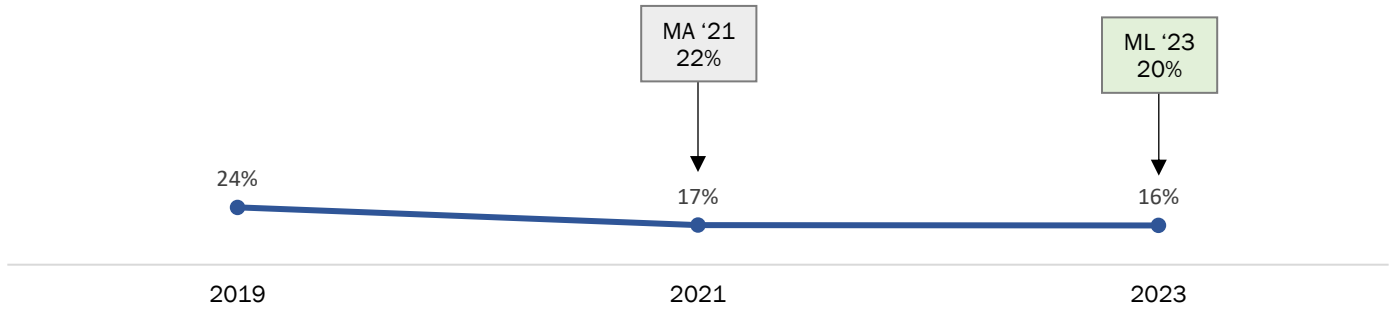
The following pages include a breakdown of 2023 data by different demographic groups.

- Q: During the past 30 days, on how many days did you have at least one drink of alcohol?
- Q: During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row or within a couple of hours?
- Q: During the past 30 days, on how many days did you use an electronic vapor product?
- Q: During the past 30 days, how many times did you use marijuana?
- Q: During the past 30 days, on how many days did you smoke cigarettes?
- Q: During the past 30 days, have you taken prescription drugs that weren't your own?

# Current Substance Use

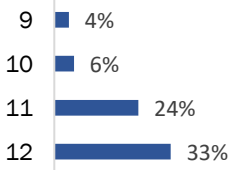
## CURRENT ALCOHOL USE

Overall, 16% of high school students drank alcohol in the past 30 days.

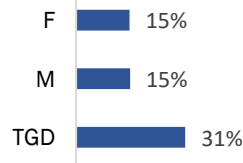


The graphs below show a breakdown of 2023 data by different demographic groups.

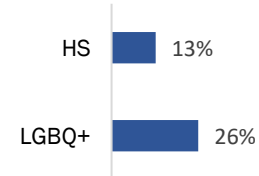
### Grade



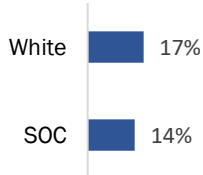
### Gender



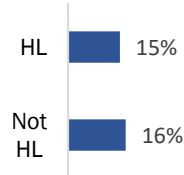
### Sexual Orientation



### Race



### Ethnicity



**Grade:** Students in 9<sup>th</sup> grade were significantly less likely than the average high school student to currently drink alcohol, and students in 12<sup>th</sup> grade were significantly more likely than the average high school student.

**Gender:** There were no significant differences.

**Sexual Orientation:** There were no significant differences.

**Race:** There were no significant differences.

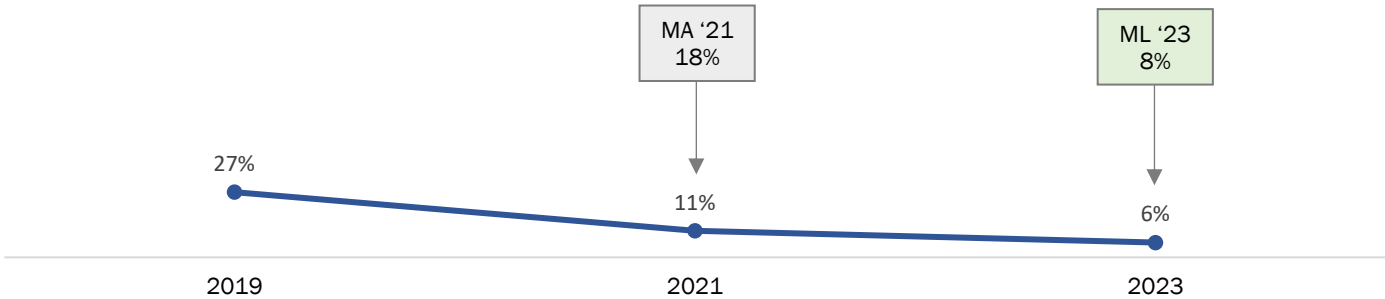
**Ethnicity:** There were no significant differences.

Q: During the past 30 days, on how many days did you have at least one drink of alcohol?

# Current Substance Use

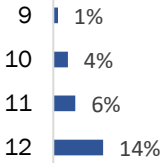
## CURRENT ELECTRONIC VAPOR PRODUCT USE

Overall, 6% of high school students used electronic vapor products in the past 30 days.

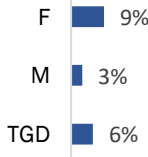


The graphs below show a breakdown of 2023 data by different demographic groups.

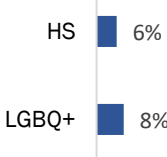
### Grade



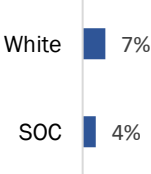
### Gender



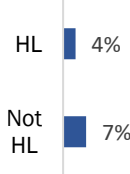
### Sexual Orientation



### Race



### Ethnicity



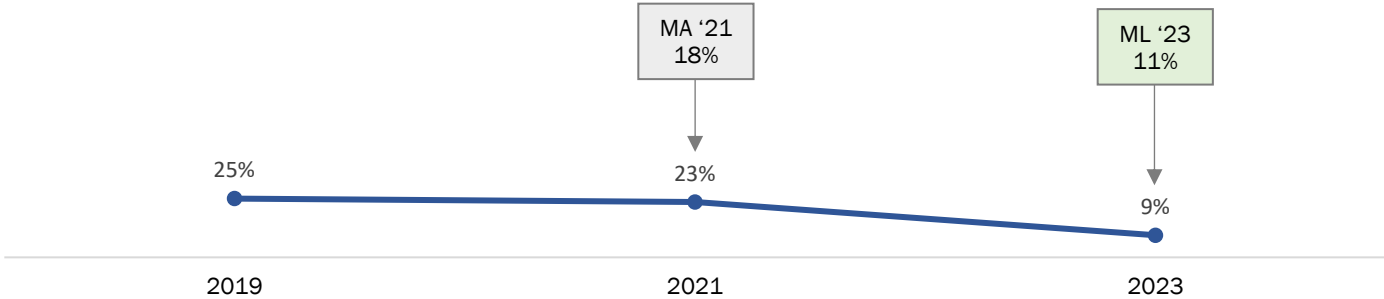
- Grade:** There were no significant differences.
- Gender:** There were no significant differences.
- Sexual Orientation:** There were no significant differences.
- Race:** There were no significant differences.
- Ethnicity:** There were no significant differences.

Q: During the past 30 days, on how many days did you use an electronic vapor product?

# Current Substance Use

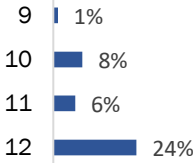
## CURRENT MARIJUANA USE

Overall, 9% of high school students used marijuana in the past 30 days.

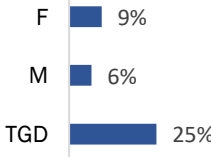


The graphs below show a breakdown of 2023 data by different demographic groups.

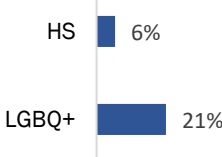
### Grade



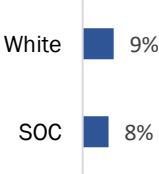
### Gender



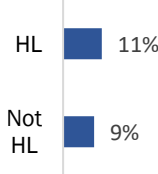
### Sexual Orientation



### Race



### Ethnicity



**Grade:** Students in 9<sup>th</sup> grade were significantly less likely than the average high school student to currently use marijuana, and students in 12<sup>th</sup> grade were significantly more likely than the average high school student.

**Gender:** There were no significant differences.

**Sexual Orientation:** LGBQ+ students were significantly more likely than heterosexual students to currently use marijuana.

**Race:** There were no significant differences.

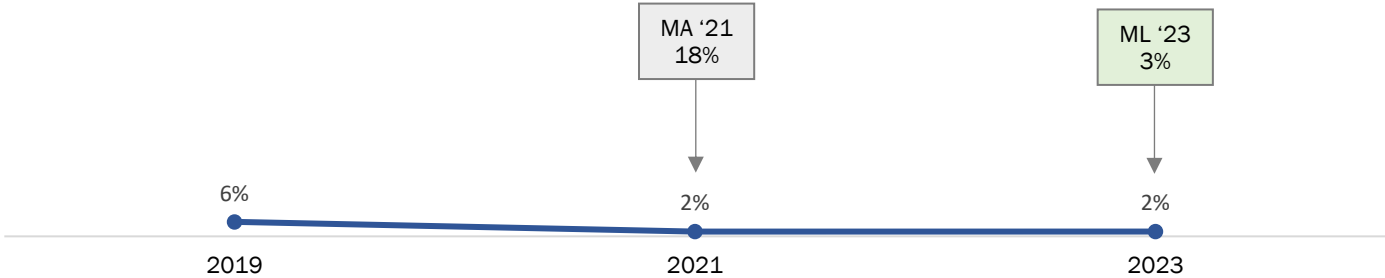
**Ethnicity:** There were no significant differences.

Q: During the past 30 days, how many times did you use marijuana?

# Current Substance Use

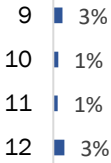
## CURRENT CIGARETTE SMOKING

Overall, 2% of high school students smoked a cigarette in the past 30 days.

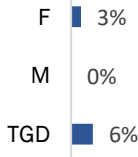


The graphs below show a breakdown of 2023 data by different demographic groups.

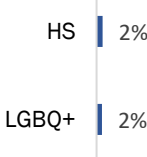
### Grade



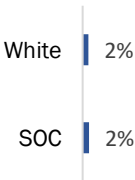
### Gender



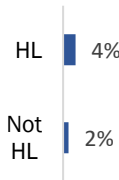
### Sexual Orientation



### Race



### Ethnicity



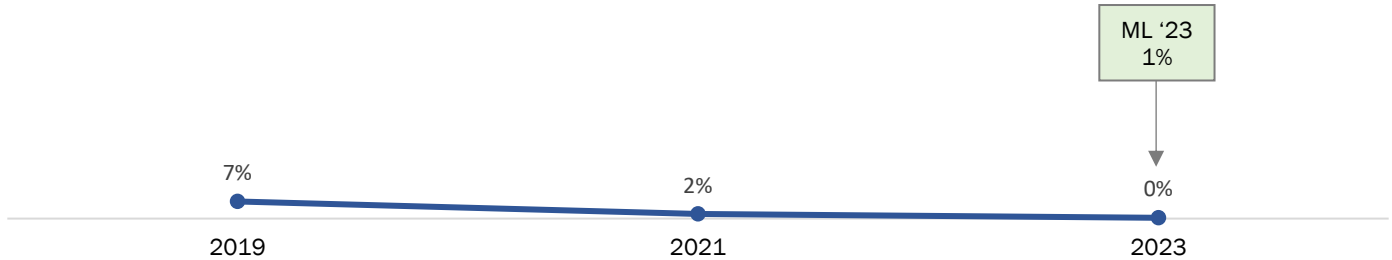
- Grade:** There were no significant differences.
- Gender:** There were no significant differences.
- Sexual Orientation:** There were no significant differences.
- Race:** There were no significant differences.
- Ethnicity:** There were no significant differences.

Q: During the past 30 days, on how many days did you smoke cigarettes?

# Current Substance Use

## CURRENT PRESCRIPTION DRUG MISUSE

Overall, less than 1% of high school students misused prescription drugs in the past 30 days. *There is no statewide comparison data.*



The graphs below show a breakdown of 2023 data by different demographic groups.

### Grade

9	0%
10	0%
11	0%
12	2%

### Gender

F	0%
M	0%
TGD	6%

### Sexual Orientation

HS	0%
LGBQ+	2%

### Race

White	0%
SOC	0%

### Ethnicity

HL	0%
Not HL	0%

**Grade:** There were no significant differences.

**Gender:** There were no significant differences.

**Sexual Orientation:** There were no significant differences.

**Race:** There were no significant differences.

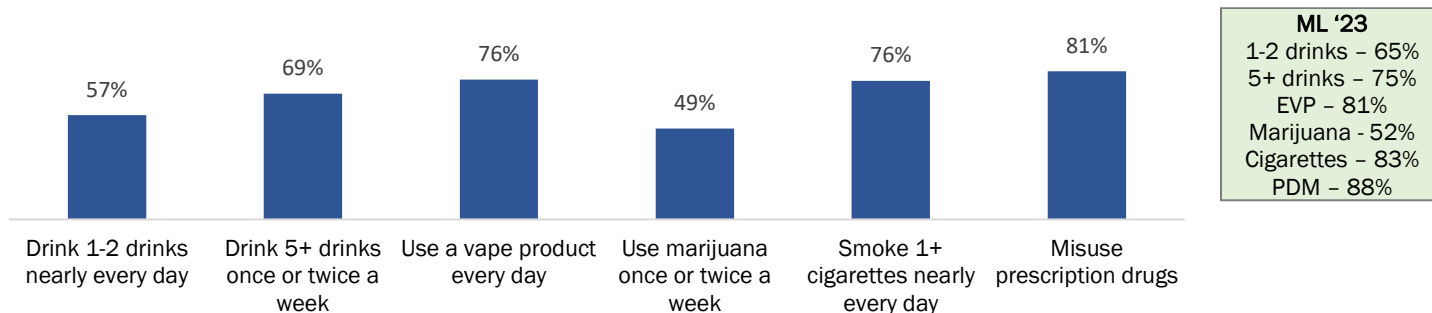
**Ethnicity:** There were no significant differences.

Q: During the past 30 days, have you taken prescription drugs that weren't your own?

# Perceptions About Substance Use

## PERCEIVED RISK OF HARM

Overall, high school students were most likely to perceive misusing prescription drugs as having moderate or great risk of harm (81%), and least likely to think perceive using marijuana as having moderate or great risk of harm (49%). *There is no statewide comparison data.*



Below is a breakdown of 2023 data by different demographic groups.

Grade				Gender			Sexual Orientation		Race		Ethnicity	
9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>	F	M	TGD	HS	LGBQ+	White	SOC	H/L	Not H/L
Drink 1-2 drinks nearly every day												
49%	55%	65%	58%	59%	55%	67%	52%	71%	56%	60%	57%	57%
Drink 5+ drinks once or twice a week												
67%	61%	76%	70%	68%	69%	87%	65%	82%	69%	62%	68%	69%
Use a vape product every day												
72%	75%	84%	73%	76%	76%	93%	74%	87%	76%	77%	79%	76%
Use marijuana once or twice a week												
59%	44%	57%	34%	56%	44%	47%	54%	37%	48%	59%	50%	50%
Smoke 1+ cigarettes nearly every day												
77%	73%	81%	70%	77%	75%	93%	74%	85%	76%	77%	82%	75%
Misuse prescription drugs												
85%	78%	84%	75%	83%	81%	87%	79%	89%	81%	83%	86%	81%

**Drink 1-2 drinks nearly every day:** LGBQ+ students were significantly more likely than heterosexual students to perceive drinking 1-2 drinks of alcohol nearly every day as having moderate or great risk of harm.

**Drink 5+ drinks 1-2 times per week:** LGBQ+ students were significantly more likely than heterosexual students to perceive drinking 5+ drinks of alcohol 1-2 times per week as having moderate or great risk of harm.

**Use a vape product every day:** There were no significant differences.

**Use marijuana 1-2 times per week:** There were no significant differences.

**Smoke 1+ cigarettes nearly every day:** There were no significant differences.

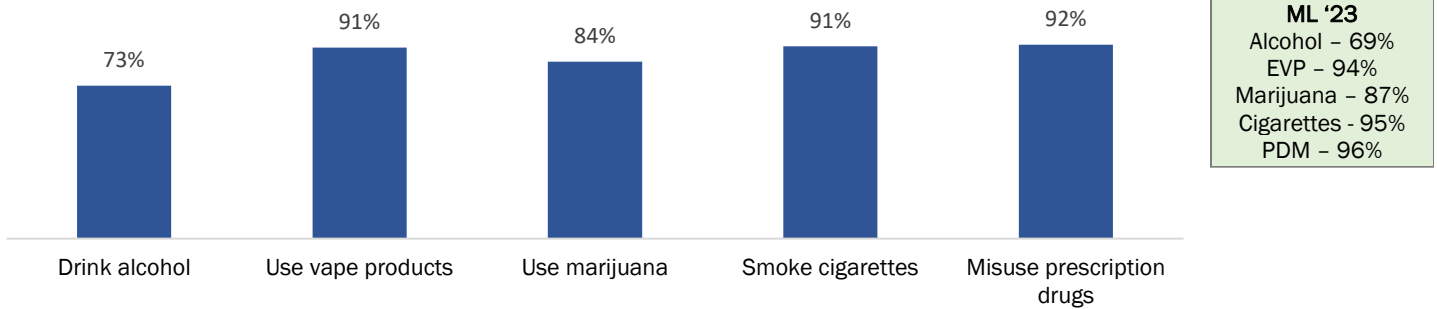
**Misuse prescription drugs:** There were no significant differences.

Q: How much do you think people risk harming themselves if they have one or two drinks of alcohol nearly every day?
Q: How much do you think people risk harming themselves if they have five or more drinks of alcohol once or twice each week?
Q: How much do you think people risk harming themselves if they use a vape product every day?
Q: How much do you think people risk harming themselves if they use marijuana once or twice a week?
Q: How much do you think people risk harming themselves if they smoke one or more cigarettes nearly every day?
Q: How much do you think people risk harming themselves if they use prescription drugs that are not prescribed to them?

# Perceptions About Substance Use

## CAREGIVER PERCEPTIONS

Overall, high school students were most likely to think their caregivers think misusing prescription drugs is wrong or very wrong (92%), and least likely to think their caregivers think drinking alcohol is wrong or very wrong (73%). *There is no statewide comparison data.*



Below is a breakdown of 2023 data by different demographic groups.

Grade				Gender			Sexual Orientation		Race		Ethnicity	
9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>	F	M	TGD	HS	LGBQ+	White	SOC	H/L	Not H/L
Drink alcohol												
91%	82%	65%	49%	75%	72%	73%	74%	70%	72%	75%	75%	72%
Use vape products												
92%	96%	87%	87%	91%	92%	87%	91%	95%	91%	88%	100%	90%
Use marijuana												
96%	90%	78%	69%	86%	86%	73%	88%	77%	84%	85%	86%	84%
Smoke cigarettes												
96%	95%	90%	84%	94%	92%	80%	92%	95%	93%	85%	96%	91%
Use prescription medications not prescribed to them												
95%	95%	92%	85%	94%	93%	87%	92%	97%	93%	88%	93%	92%

**Drink alcohol:** Students in 9<sup>th</sup> grade were significantly more likely than the average high school student to think their caregivers think drinking alcohol is wrong or very wrong, and students in 12<sup>th</sup> grade were significantly less likely than the average high school student.

**Use vape products:** Hispanic/Latino students were significantly more likely than non-Hispanic/Latino students to think their caregivers think using vape products is wrong or very wrong.

**Use marijuana:** Students in 9<sup>th</sup> grade were significantly more likely than the average high school student to think their caregivers think using marijuana is wrong or very wrong.

**Smoke cigarettes:** There were no significant differences.

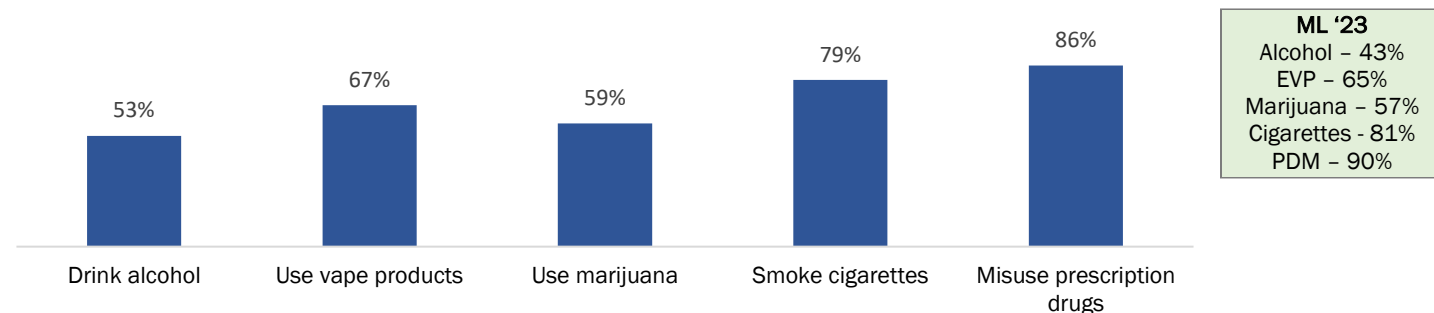
**Misuse prescription drugs:** There were no significant differences.

Q: How wrong do your caregivers feel it would be for you to drink alcohol?  
 Q: How wrong do your caregivers feel it would be for you to use vape products?  
 Q: How wrong do your caregivers feel it would be for you to use marijuana?  
 Q: How wrong do your caregivers feel it would be for you to smoke cigarettes?  
 Q: How wrong do your caregivers feel it would be for you to use prescription medications not prescribed to you?

# Perceptions About Substance Use

## PERCEPTIONS OF FRIENDS

Overall, high school students were most likely to think their friends think misusing prescription drugs is wrong or very wrong (86%), and least likely to think their friends think that drinking alcohol is wrong or very wrong (53%). *There is no statewide comparison data.*



Below is a breakdown of 2023 data by different demographic groups.

Grade				Gender			Sexual Orientation		Race		Ethnicity	
9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>	F	M	TGD	HS	LGBQ+	White	SOC	H/L	Not H/L
Drink alcohol												
76%	57%	44%	30%	61%	46%	33%	56%	42%	50%	65%	61%	52%
Use vape products												
84%	72%	63%	45%	71%	66%	53%	73%	52%	66%	73%	75%	66%
Use marijuana												
80%	61%	52%	38%	68%	54%	33%	65%	38%	57%	65%	61%	58%
Smoke cigarettes												
84%	85%	73%	74%	81%	79%	73%	80%	77%	79%	81%	82%	79%
Use prescription medications not prescribed to them												
86%	89%	84%	85%	87%	85%	100%	87%	88%	86%	87%	89%	86%

**Drink alcohol:** Students in 9<sup>th</sup> grade were significantly more likely than the average high school student to think their friends think drinking alcohol is wrong or very wrong, and students in 12<sup>th</sup> grade were significantly more likely than the average high school student.

**Use vape products:** Students in 9<sup>th</sup> grade were significantly more likely than the average high school student to think their friends think using vape products is wrong or very wrong, and students in 12<sup>th</sup> grade were significantly more likely than the average high school student. LGBQ+ students were significantly more likely than heterosexual students to think their friends think using vape products is wrong or very wrong.

**Use marijuana:** Students in 9<sup>th</sup> grade were significantly more likely than the average high school student to think their friends think using marijuana is wrong or very wrong, and students in 12<sup>th</sup> grade were significantly more likely than the average high school student. LGBQ+ students were significantly more likely than heterosexual students to think their friends think using marijuana is wrong or very wrong.

**Smoke cigarettes:** There were no significant differences.

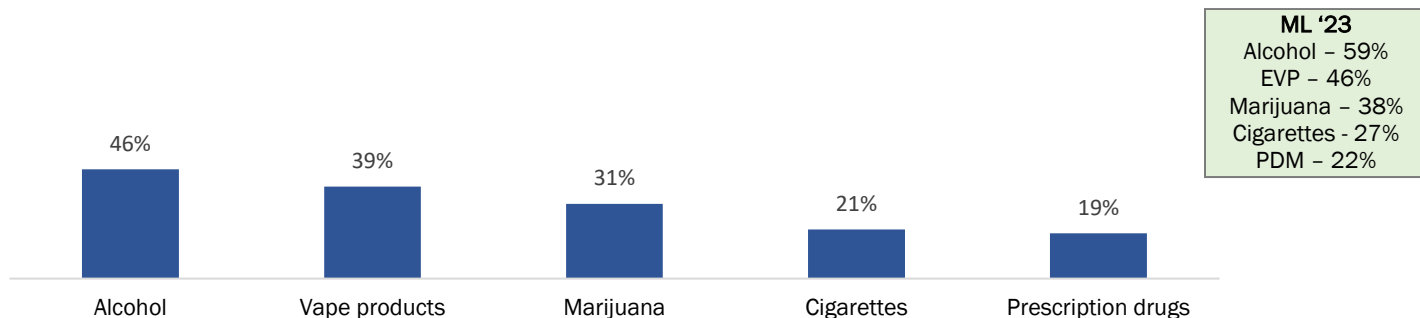
**Misuse prescription drugs:** TGD students were significantly more likely than the average high school student to think their friends think misusing prescription drugs is wrong or very wrong.

Q: How wrong do your friends feel it would be for you to drink alcohol?  
 Q: How wrong do your friends feel it would be for you to use vape products?  
 Q: How wrong do your friends feel it would be for you to use marijuana?  
 Q: How wrong do your friends feel it would be for you to smoke cigarettes?  
 Q: How wrong do your friends feel it would be for you to use prescription medications not prescribed to you?

# Perceptions About Substance Use

## PERCEIVED ACCESS

Overall, high school students were most likely to think that alcohol is easy or very easy to access (46%), and least likely to think that prescription drugs are easy or very easy to access (19%). *There is no statewide comparison data.*



Below is a breakdown of 2023 data by different demographic groups.

Grade				Gender			Sexual Orientation		Race		Ethnicity	
9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>	F	M	TGD	HS	LGBQ+	White	SOC	H/L	Not H/L
<b>Alcohol</b>												
42%	52%	41%	51%	47%	45%	47%	44%	56%	45%	50%	54%	45%
<b>Vape products</b>												
27%	45%	42%	41%	37%	42%	33%	36%	48%	39%	37%	36%	39%
<b>Marijuana</b>												
14%	40%	34%	39%	26%	36%	33%	27%	46%	31%	31%	32%	31%
<b>Cigarettes</b>												
14%	21%	23%	26%	19%	25%	7%	19%	25%	21%	22%	25%	20%
<b>Prescription drugs</b>												
22%	22%	15%	17%	19%	14%	60%	15%	33%	18%	25%	29%	18%

**Alcohol:** There were no significant differences.

**Vape products:** There were no significant differences.

**Marijuana:** Students in 9<sup>th</sup> grade were significantly less likely than the average high school student to think that marijuana is easy or very easy to access.

**Cigarettes:** There were no significant differences.

**Prescription drugs:** TGD students were significantly more likely than the average high school student to think that prescription drugs are easy or very easy to access. LGBQ+ students were significantly more likely than heterosexual students to think that prescriptions drugs are easy or very easy to access.

Q: If you wanted to get the following substances, how easy would it be for you to get alcohol?  
 Q: If you wanted to get the following substances, how easy would it be for you to get vape products?  
 Q: If you wanted to get the following substances, how easy would it be for you to get marijuana?  
 Q: If you wanted to get the following substances, how easy would it be for you to get cigarettes?  
 Q: If you wanted to get the following substances, how easy would it be for you to get prescription medications not prescribed to you?

# Sexual Behaviors

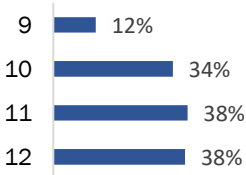
# Sexual Behaviors

## EVER HAD SEXUAL CONTACT

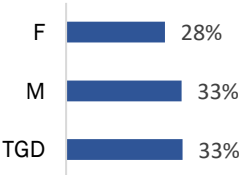
Overall, 30% of high school students have ever had sexual contact with another person, compared to 37% of Middlesex League students. This was the first time this question was asked on the Wilmington Youth Health Survey so there is no trend data. *There is no statewide comparison data.*

The graphs below show a breakdown of 2023 data by different demographic groups.

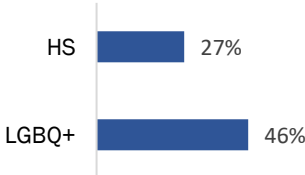
### Grade



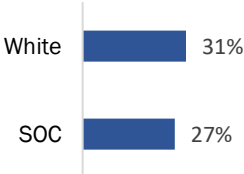
### Gender



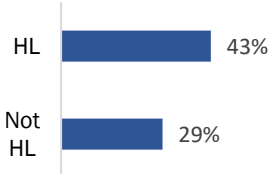
### Sexual Orientation



### Race



### Ethnicity



**Grade:** Students in 9<sup>th</sup> grade were significantly less likely than the average high school student to ever have sexual contact with another person.

**Gender:** There were no significant differences.

**Sexual Orientation:** LGBTQ+ students were significantly more likely than heterosexual students to ever have sexual contact with another person.

**Race:** There were no significant differences.

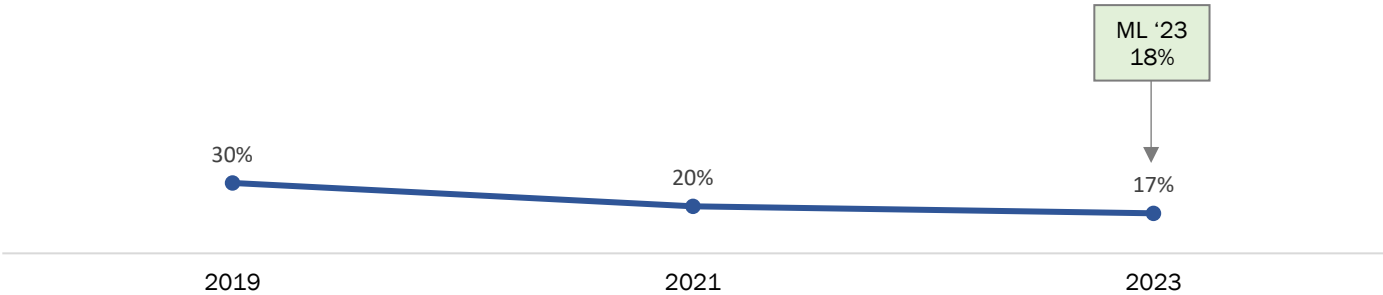
**Ethnicity:** There were no significant differences.

Q: Have you ever had sexual contact with another person?

# Sexual Behaviors

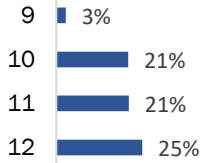
## EVER HAD SEXUAL INTERCOURSE

Overall, 17% of high school students have ever had sexual intercourse. *There is no statewide comparison data.*

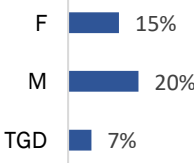


The graphs below show a breakdown of 2023 data by different demographic groups.

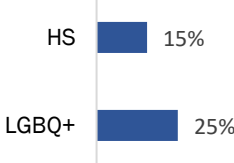
### Grade



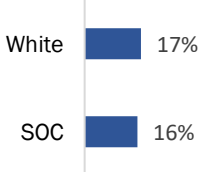
### Gender



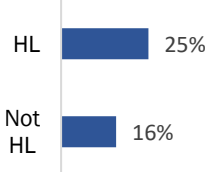
### Sexual Orientation



### Race



### Ethnicity



**Grade:** Students in 9<sup>th</sup> grade were significantly less likely than the average high school student to ever have sexual intercourse.

**Gender:** There were no significant differences.

**Sexual Orientation:** There were no significant differences.

**Race:** There were no significant differences.

**Ethnicity:** There were no significant differences.

Q: Have you ever had sexual intercourse?

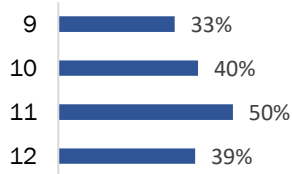
# Sexual Behaviors

## PROTECTIVE BARRIER AT LAST SEXUAL INTERCOURSE

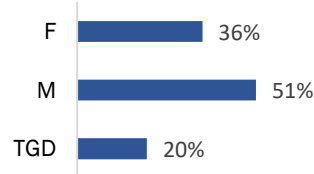
Overall, 43% of high school students used any kind of condom, dental dam, or other barrier to protect themselves and their partner against sexually transmitted infections the last time they had sexual intercourse, compared to 41% of Middlesex League students. This was the first time this question was asked on the Wilmington Youth Health Survey so there is no trend data. *There is no statewide comparison data.*

The graphs below show a breakdown of 2023 data by different demographic groups.

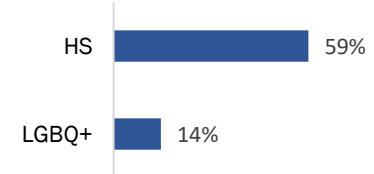
### Grade



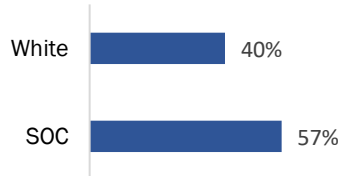
### Gender



### Sexual Orientation



### Race



### Ethnicity



**Grade:** There were no significant differences.

**Gender:** There were no significant differences.

**Sexual Orientation:** Heterosexual students were significantly more likely than LGBQ+ students to use a barrier to protect themselves and their partner from STIs that last time they had sexual intercourse.

**Race:** There were no significant differences.

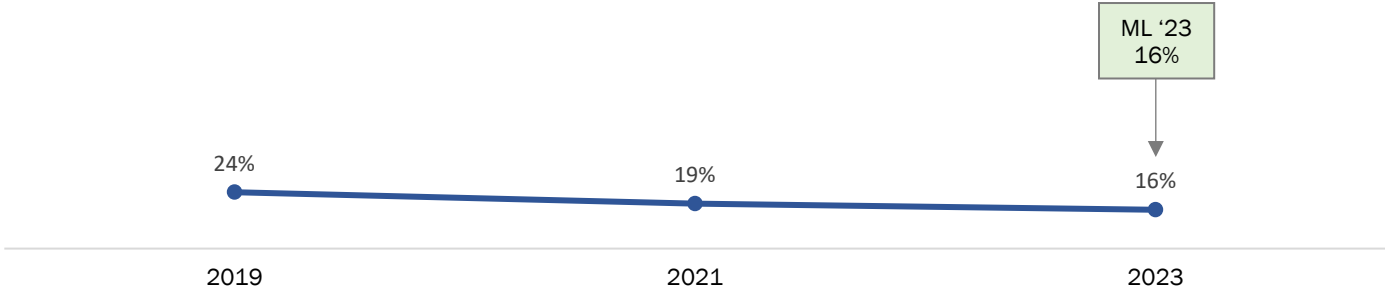
**Ethnicity:** There were no significant differences.

Q: The last time you had sexual contact, did you or the other person use any kind of condom, dental dam, or other barrier to protect yourself and your partner against sexually transmitted infections (STIs)?

# Sexual Behaviors

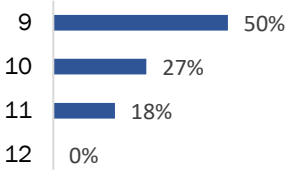
## SUBSTANCE USE AT LAST SEXUAL INTERCOURSE

Among high school students who have had sexual intercourse, 16% drank alcohol or used drugs before the last time they had sexual intercourse. *There is no statewide comparison data.*

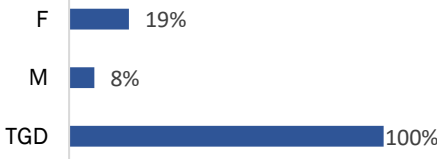


The graphs below show a breakdown of 2023 data by different demographic groups.

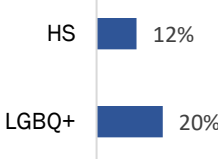
### Grade



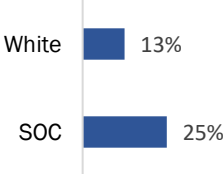
### Gender



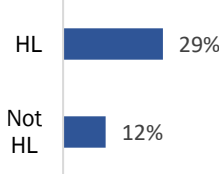
### Sexual Orientation



### Race



### Ethnicity



**Grade:** There were no significant differences.

**Gender:** TGD students were significantly more likely than the average high school student to drink alcohol or use drugs before the last time they had sexual intercourse.

**Sexual Orientation:** There were no significant differences.

**Race:** There were no significant differences.

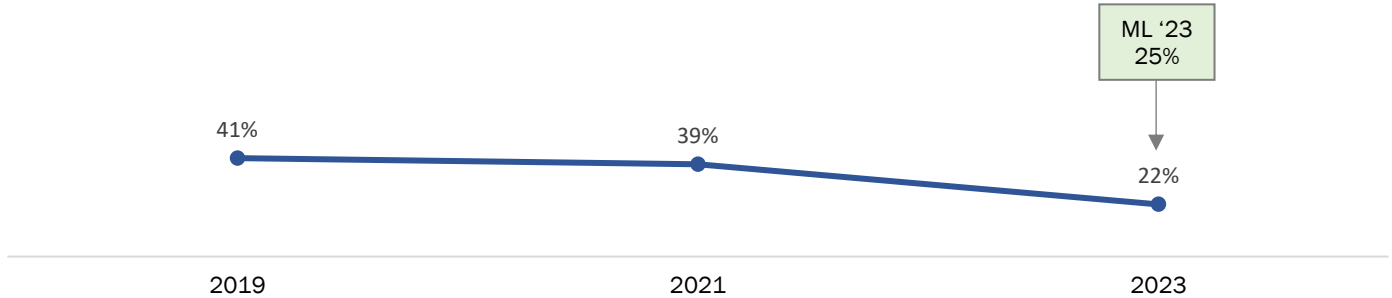
**Ethnicity:** There were no significant differences.

Q: Did you drink alcohol or use drugs before the last time you had sexual intercourse?

# Sexual Behaviors

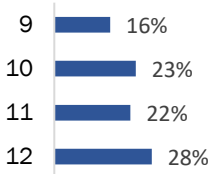
## SEXTING

Overall, 22% of high school students have ever sent or received sexual messages or nude or semi-nude pictures or videos electronically. *There is no statewide comparison data.*

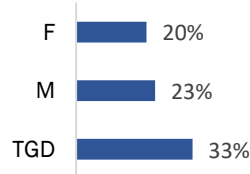


The graphs below show a breakdown of 2023 data by different demographic groups.

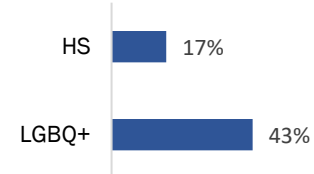
### Grade



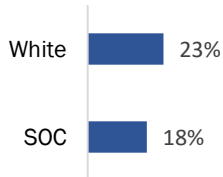
### Gender



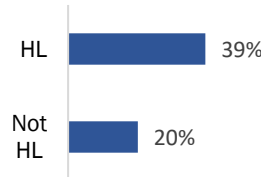
### Sexual Orientation



### Race



### Ethnicity



**Grade:** There were no significant differences.

**Gender:** There were no significant differences.

**Sexual Orientation:** LGBQ+ students were significantly more likely than heterosexual students to send or receive sexual messages, pictures, or videos electronically.

**Race:** There were no significant differences.

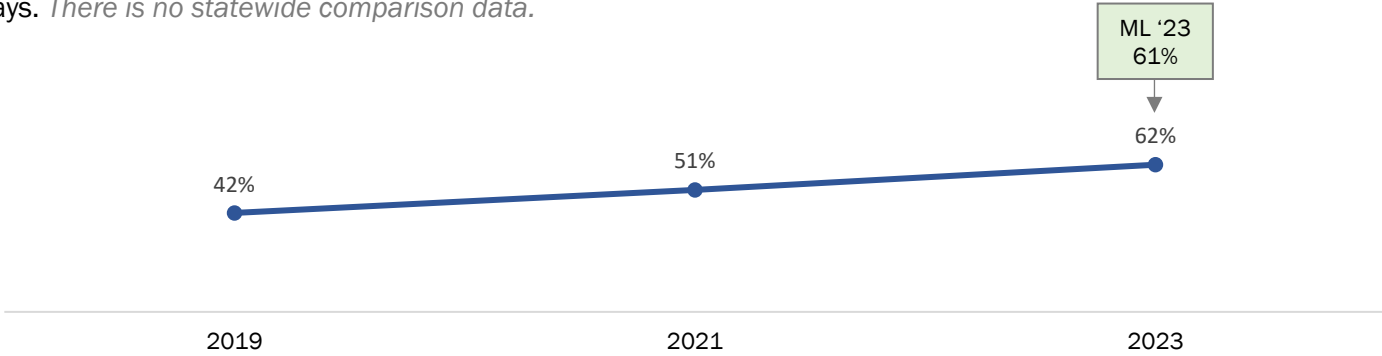
**Ethnicity:** There were no significant differences.

Q: Have you ever sent or received sexual messages or nude or semi-nude pictures or videos electronically (by smartphone, computer, tablet, or other device)?

# Physical Activity And Nutrition

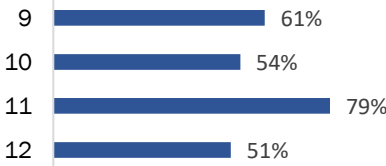
# Physical Activity

Overall, 62% of high school students engaged in 60 or more minutes of physical activity on at least 5 of the past 7 days. *There is no statewide comparison data.*

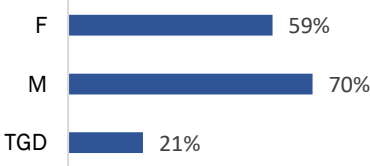


The graphs below show a breakdown of 2023 data by different demographic groups.

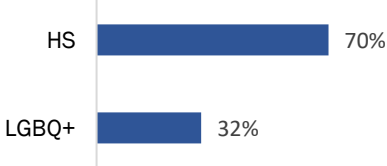
### Grade



### Gender



### Sexual Orientation



### Race



### Ethnicity



**Grade:** Students in 11<sup>th</sup> grade were significantly more likely than the average high school student to engage in 60+ minutes of physical activity on at least 5 of the past 7 days.

**Gender:** TGD students were significantly less likely than the average high school student to engage in 60+ minutes of physical activity on at least 5 of the past 7 days.

**Sexual Orientation:** LGBQ+ students were significantly less likely than heterosexual students to engage in 60+ minutes of physical activity on at least 5 of the past 7 days.

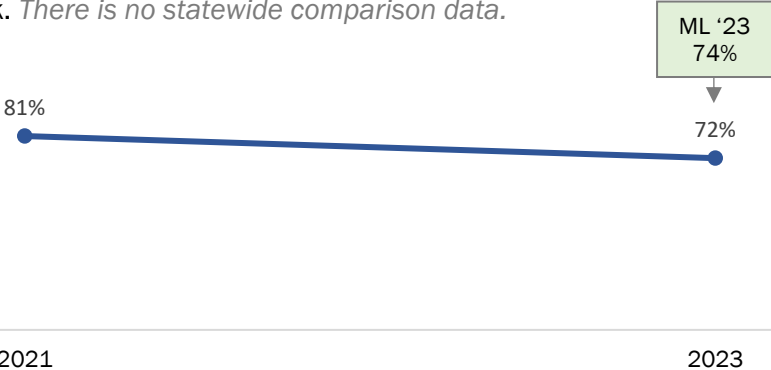
**Race:** There were no significant differences.

**Ethnicity:** There were no significant differences.

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

# Screen Time

Overall, 72% of high school students have 3 or more hours of screen time on an average school day not including time spent doing schoolwork. *There is no statewide comparison data.*



The graphs below show a breakdown of 2023 data by different demographic groups.

### Grade



### Gender



### Sexual Orientation



### Race



### Ethnicity



**Grade:** There were no significant differences.

**Gender:** There were no significant differences.

**Sexual Orientation:** LGBQ+ students were significantly more likely than heterosexual students to have 3+ hours of screen time on an average school day.

**Race:** There were no significant differences.

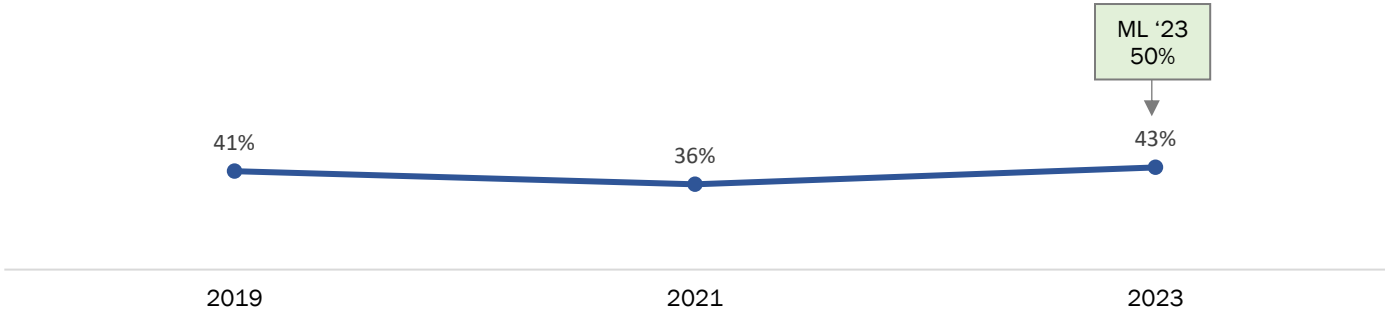
**Ethnicity:** There were no significant differences.

Q: On an average school day, how many hours do you spend in front of a TV, computer, phone, or other electronic device watching shows or videos, playing games, going online, or using social media (also called "screen time")?

# Nutrition

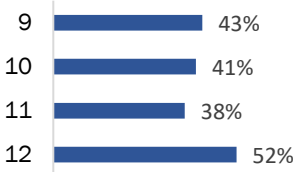
## EATING BREAKFAST

Overall, 43% of high school students ate breakfast on at least 6 of the past 7 days. *There is no statewide comparison data.*

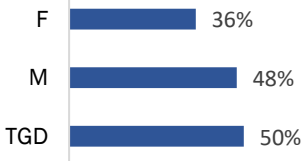


The graphs below show a breakdown of 2023 data by different demographic groups.

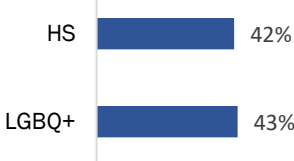
### Grade



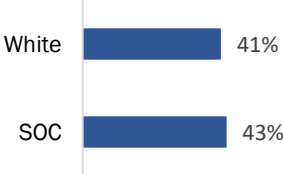
### Gender



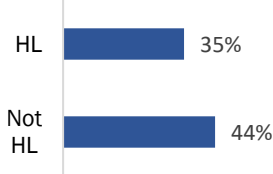
### Sexual Orientation



### Race



### Ethnicity



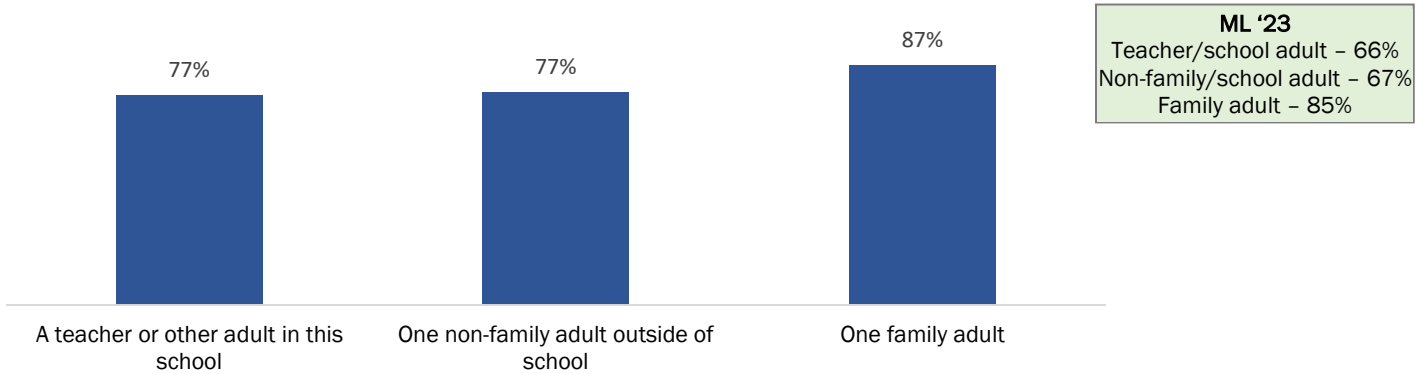
- Grade:** There were no significant differences.
- Gender:** There were no significant differences.
- Sexual Orientation:** There were no significant differences.
- Race:** There were no significant differences.
- Ethnicity:** There were no significant differences.

Q: On how many of the past 7 days did you eat breakfast?

# Youth Assets & Other Protective Factors

# Adult Connectedness

Overall, when asked about adults whom they could talk to about a problem, 77% of high students reported having at least one teacher or other adult in this school, 77% reported having at least one adult outside of school who is not in their family, and 87% reported having at least one family adult. *There is no statewide comparison data.*



Below is a breakdown of 2023 data by different demographic groups.

Grade				Gender			Sexual Orientation		Race		Ethnicity	
9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>	F	M	TGD	HS	LGBQ+	White	SOC	H/L	Not H/L
<b>Teacher or other adult in school</b>												
74%	73%	80%	79%	73%	91%	88%	76%	84%	89%	65%	64%	78%
<b>Non-family adult outside of school</b>												
73%	73%	88%	76%	75%	83%	69%	80%	68%	79%	71%	86%	76%
<b>Family adult</b>												
84%	84%	90%	92%	84%	93%	81%	89%	82%	90%	77%	71%	89%

**Teacher or other adult in school:** There were no significant differences.

**Non-family adult outside of school:** There were no significant differences.

**Family adult:** There were no significant differences.

Q: Is there at least one teacher or other adult in this school that you can talk to if you have a problem?  
 Q: Is there at least one adult outside of school who is not in your family that you can talk to if you have a problem?  
 Q: Is there at least one adult in your family that you can talk to if you have a problem?

# Peer Connectedness

Overall, 91% of high school students have at least one friend of similar age to talk to about a problem, compared to 90% of Middlesex League students. This was the first time this question was asked on the Wilmington Youth Health Survey, so there is no trend data. *There is no statewide comparison data.*

The graphs below show a breakdown of 2023 data by different demographic groups.

### Grade



### Gender



### Sexual Orientation



### Race



### Ethnicity



- Grade:** There were no significant differences.
- Gender:** There were no significant differences.
- Sexual Orientation:** There were no significant differences.
- Race:** There were no significant differences.
- Ethnicity:** There were no significant differences.

Q: Is there at least one friend similar in age to you that you can talk to if you have a problem?

# Participation in Extracurricular Activities

Overall, 82% of high school students reported that they participated in an extracurricular activity this school year, compared to 85% of Middlesex League students. This is the first year that this question was asked on the Wilmington Youth Health Survey, so there is no trend data. *There is no statewide comparison data.*

The graphs below show a breakdown of 2023 data by different demographic groups.

### Grade



### Gender



### Sexual Orientation



### Race



### Ethnicity



**Grade:** There were no significant differences.

**Gender:** TGD students were significantly more likely than the average high school student to participate in an extracurricular activity this school year.

**Sexual Orientation:** There were no significant differences.

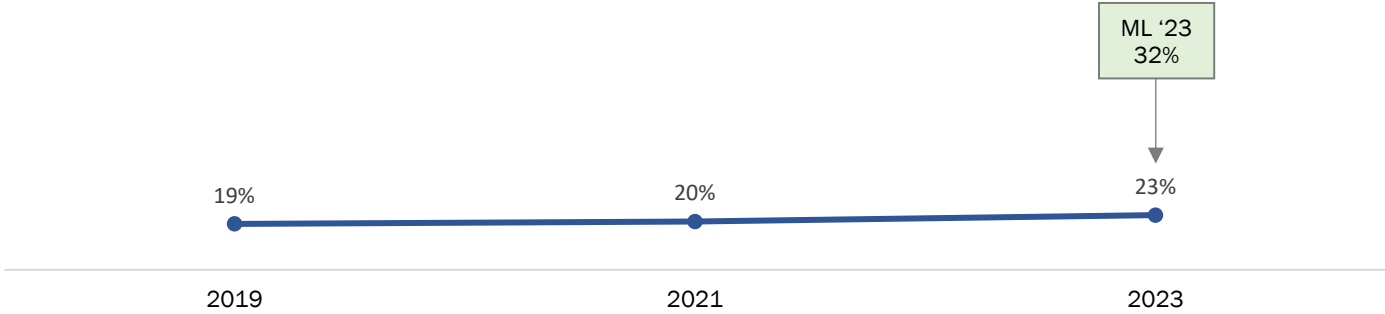
**Race:** There were no significant differences.

**Ethnicity:** There were no significant differences.

Q: During this school year, did you take part in an organized activity?

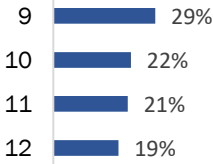
# Sleep

Overall, 23% of high school students reported sleeping 8 or more hours on an average school night. *There is no statewide comparison data.*

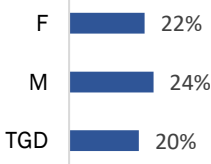


The graphs below show a breakdown of 2023 data by different demographic groups.

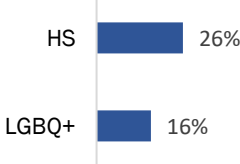
### Grade



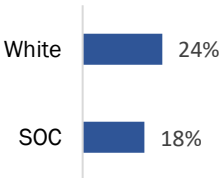
### Gender



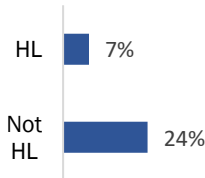
### Sexual Orientation



### Race



### Ethnicity



- Grade:** There were no significant differences.
- Gender:** There were no significant differences.
- Sexual Orientation:** There were no significant differences.
- Race:** There were no significant differences.
- Ethnicity:** There were no significant differences.

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

**2023**

**Wilmington Public Schools  
Youth Health Survey**

Middle School Results

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## 2023 Middle School Sample

In 2023, 689 middle school students participated in Wilmington Youth Health Survey. Among the students that participated, 201 were marked as incomplete and excluded from the final data set used in the analysis. This resulted in a final sample of 488 students. The table below shows a distribution of accepted survey respondents by grade, gender identity, sexual orientation, race, and ethnicity.

<b>Grade</b>	6 <sup>th</sup>	147
	7 <sup>th</sup>	191
	8 <sup>th</sup>	150
<b>Gender Identity</b>	Woman/Girl	226
	Man/Boy	238
	TGD	15
	Did not understand question/ Chose not to respond	9
<b>Sexual Orientation</b>	Heterosexual	396
	LGBQ+	50
	Did not understand question/ Chose not to respond	45
<b>Race</b>	Asian	20
	Black	10
	White	371
	Other	43
	Multi-Racial	42
<b>Ethnicity</b>	Hispanic/Latino/a	27
	Not Hispanic/Latino/a	456

This analysis includes surveys from 77% of the middle school student population. The table below shows the distribution of accepted survey respondents and 2022-2023 Wilmington middle school enrollment numbers by grade.

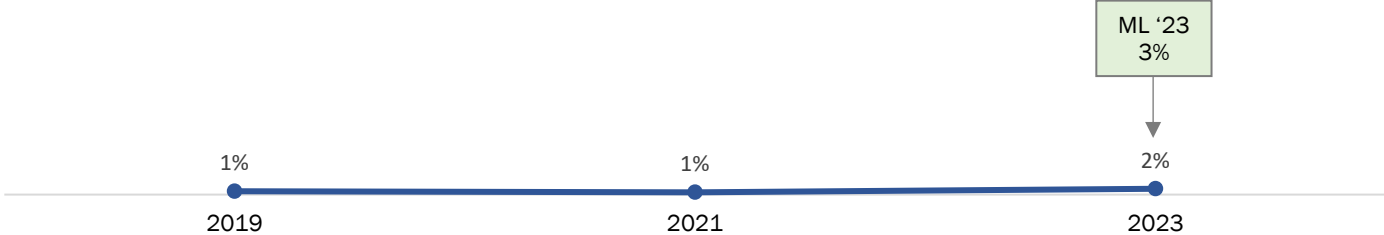
Grade	YHS Participation	Enrollment	Participation Rate
6 <sup>th</sup>	147	209	70%
7 <sup>th</sup>	191	235	81%
8 <sup>th</sup>	150	187	80%

# Safety

# Motor Vehicle Safety

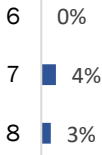
## SEATBELT USE

Overall, 2% of middle school students rarely or never wore a seatbelt when riding in a car. *There is no statewide comparison data.*

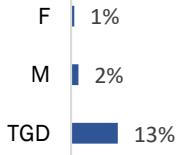


The graphs below show a breakdown of 2023 data by different demographic groups.

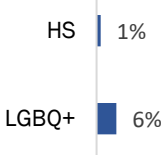
### Grade



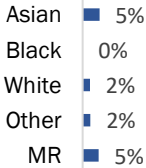
### Gender



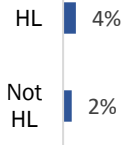
### Sexual Orientation



### Race



### Ethnicity



- Grade:** There were no significant differences.
- Gender:** There were no significant differences.
- Sexual Orientation:** There were no significant differences.
- Race:** There were no significant differences.
- Ethnicity:** There were no significant differences.

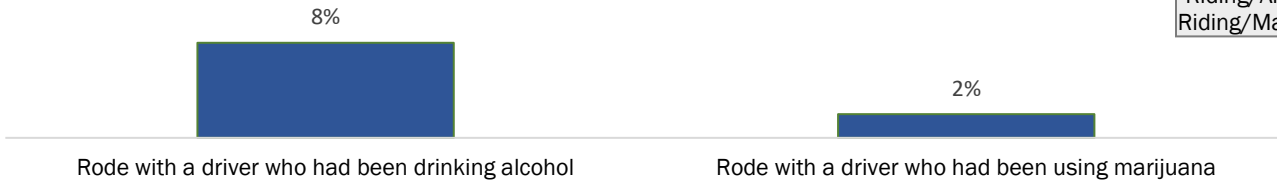
Q: How often do you wear a seatbelt when riding in a car driven by someone else?

# Motor Vehicle Safety

## RIDING WITH AN IMPAIRED DRIVER

Overall, 8% of middle school students rode in a car in the past 30 days with a driver who had been drinking alcohol and 2% students rode in a car with a driver who had been using marijuana. This was the first time these questions were asked on the Wilmington YRBS, so there is no trend data.

<b>ML '23</b>
Riding/Alcohol - 9%
Riding/Marijuana - 3%
<b>MA '21</b>
Riding/Alcohol - 10%
Riding/Marijuana - 7%



The graphs below show a breakdown of 2023 data by different demographic groups.

Grade			Gender			Sexual Orientation		Race					Ethnicity	
6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	F	M	TGD	HS	LGBQ+	Asian	Black	White	Other	MR	H/L	Not H/L
Ridden in a car with someone who had been drinking alcohol														
6%	6%	13%	11%	4%	23%	8%	13%	11%	^	8%	6%	5%	5%	8%
Ridden in a car with someone who had been using marijuana														
1%	1%	5%	2%	1%	14%	2%	6%	6%	^	1%	3%	5%	5%	2%

^Data for Black students is not reported because n<10.

**Drove with a driver/alcohol:** There were no significant differences.

**Drove with a driver/marijuana:** There were no significant differences.

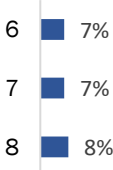
Q: During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been drinking alcohol?  
 Q: During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been using marijuana?

# Safety in or Traveling to or from School

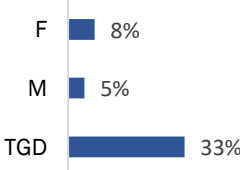
Overall, 7% of middle school students skipped school because they felt unsafe at school or on their way to or from school in the past 30 days, compared to 7% of Middlesex League students. This was the first time this question was asked on the Wilmington Youth Health Survey so there is no trend data. *There is no statewide comparison data.*

The graphs below show a breakdown of 2023 data by different demographic groups.

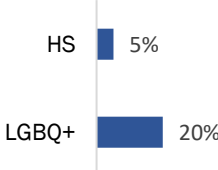
### Grade



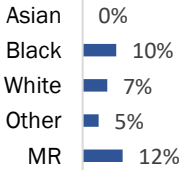
### Gender



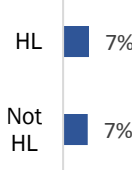
### Sexual Orientation



### Race



### Ethnicity



**Grade:** There were no significant differences.

**Gender:** There were no significant differences.

**Sexual Orientation:** LGBTQ+ students were significantly more likely than heterosexual students to skip school because they felt unsafe at school or on their way to or from school in the past 30 days.

**Race:** There were no significant differences.

**Ethnicity:** There were no significant differences.

Q: 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?

# Discrimination

# Discrimination

## EXPERIENCED DISCRIMINATION

Middle school students were asked different ways in which they had experienced bad or unfair treatment in school in the past 12 months. Overall, 5% of middle school students reported that they were sometimes, most of the time, or always treated badly or unfairly in school because of their race or ethnicity, 5% because of their gender identity, 4% because of their sexual orientation, and 2% because of their religion. *There is no statewide comparison data.*

**ML '23**  
 Race/ethnicity - 7%  
 Gender identity - 6%  
 Sexual orientation - 5%  
 Religion - 4%



The graphs below show a breakdown of 2023 data by different demographic groups.

Grade			Gender			Sexual Orientation		Race				Ethnicity		
6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	F	M	TGD	HS	LGBQ+	Asian	Black	White	Other	MR	H/L	Not H/L
<b>Race or ethnicity</b>														
6%	4%	6%	4%	6%	13%	5%	6%	21%	20%	2%	14%	14%	7%	5%
<b>Gender identity</b>														
5%	4%	5%	2%	4%	40%	3%	16%	0%	0%	4%	5%	12%	4%	5%
<b>Sexual orientation</b>														
2%	5%	7%	4%	3%	40%	2%	20%	0%	0%	5%	5%	5%	7%	4%
<b>Religion</b>														
1%	3%	2%	1%	2%	13%	2%	2%	10%	0%	1%	5%	5%	4%	2%

**Race or ethnicity:** There were no significant differences.

**Gender identity:** TGD students were significantly more likely than the average middle school student to experience discrimination because of their gender identity. LGBQ+ students were significantly more likely than heterosexual students to experience discrimination because of their gender identity.

**Sexual orientation:** TGD students were significantly more likely than the average middle school student to experience discrimination because of their sexual orientation. LGBQ+ students were significantly more likely than heterosexual students to experience discrimination because of their sexual orientation.

**Religion:** There were no significant differences.

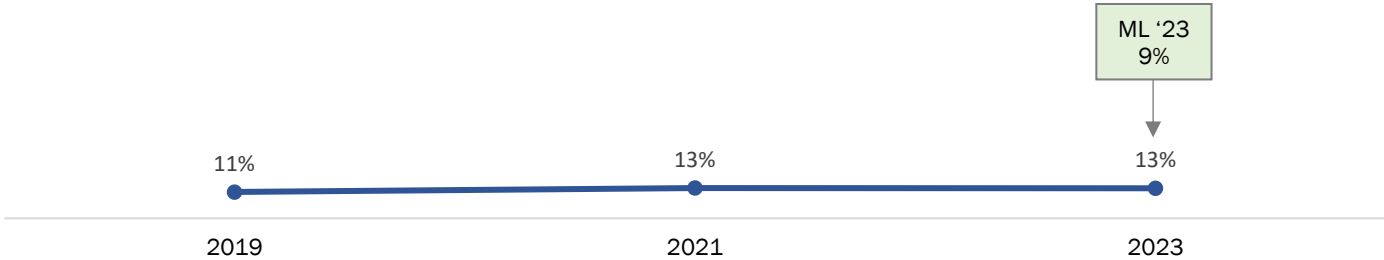
Q: During the past 12 months, how often have you felt that you were treated badly or unfairly in school because of your race or ethnicity?  
 Q: During the past 12 months, how often have you felt that you were treated badly or unfairly in school because of your gender identity?  
 Q: During the past 12 months, how often have you felt that you were treated badly or unfairly in school because of your sexual orientation?  
 Q: During the past 12 months, how often have you felt that you were treated badly or unfairly in school because of your religion?

# Violence-Related Behaviors and Experiences

# Weapons

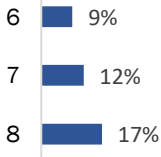
## EVER CARRIED

Overall, 13% of middle school students ever carried a weapon. *There is no statewide comparison data.*

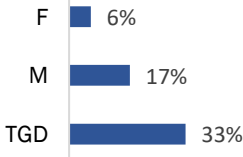


The graphs below show a breakdown of 2023 data by different demographic groups.

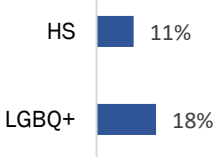
### Grade



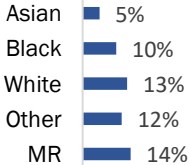
### Gender



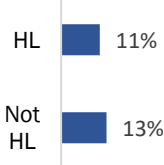
### Sexual Orientation



### Race



### Ethnicity



**Grade:** There were no significant differences.

**Gender:** Female students were significantly less likely than the average middle school student to ever carry a weapon.

**Sexual Orientation:** There were no significant differences.

**Race:** There were no significant differences.

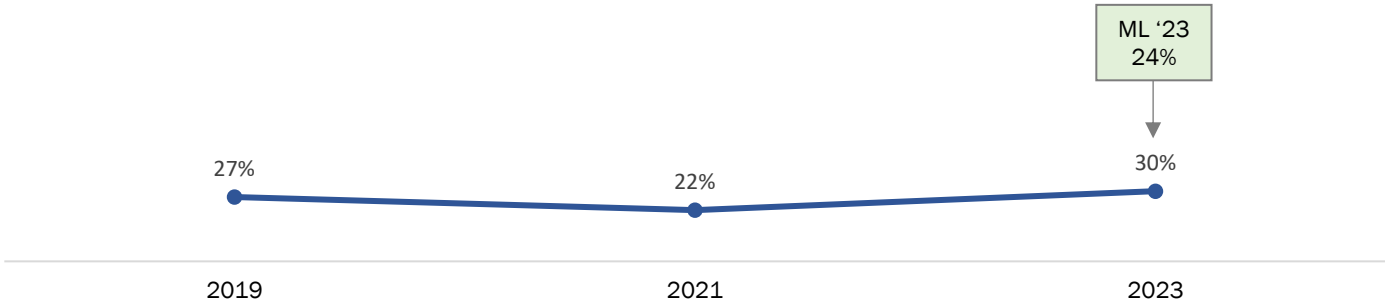
**Ethnicity:** There were no significant differences.

Q: Have you ever carried a weapon such as a gun, knife, or club?

# Physical Fighting

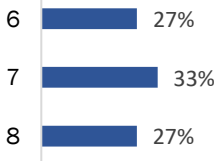
## EVER FOUGHT PHYSICALLY

Overall, 30% of middle school students were ever in a physical fight. *There is no statewide comparison data.*

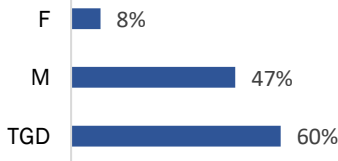


The graphs below show a breakdown of 2023 data by different demographic groups.

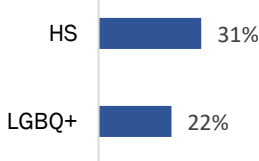
### Grade



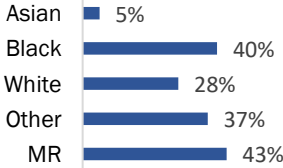
### Gender



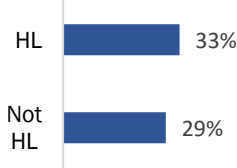
### Sexual Orientation



### Race



### Ethnicity



**Grade:** There were no significant differences.

**Gender:** Female students were significantly less likely than the average middle school student to ever be in a physical fight, and male students were significantly more likely than the average middle school student.

**Sexual Orientation:** There were no significant differences.

**Race:** Asian students were less likely than the average middle school students to ever be in a physical fight.

**Ethnicity:** There were no significant differences.

Q: Have you ever been in a physical fight?

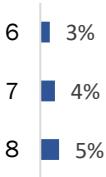
# Sexual Violence

## SEXUAL VIOLENCE

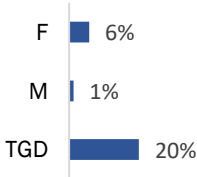
Overall, 4% of middle school students have experienced unwanted sexual contact or been forced to do sexual things that they did not want to, compared to 4% of Middlesex League students. This was the first time this question was asked on the Wilmington Youth Health Survey so there is no trend data. *There is no statewide comparison data.*

The graphs below show a breakdown of 2023 data by different demographic groups.

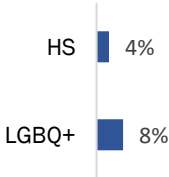
### Grade



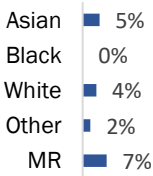
### Gender



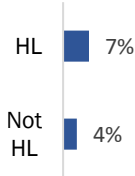
### Sexual Orientation



### Race



### Ethnicity



- Grade:** There were no significant differences.
- Gender:** There were no significant differences.
- Sexual Orientation:** There were no significant differences.
- Race:** There were no significant differences.
- Ethnicity:** There were no significant differences.

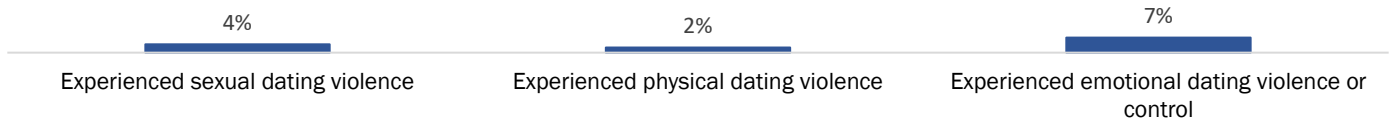
Q: Has anyone ever done sexual things to you or forced you to do sexual things that you did not want?

# Dating Violence

## DATING VIOLENCE

Overall, 4% of middle school students have ever been hurt sexually by someone they were dating or going out with, 2% have been hurt physically, and 7% have been emotionally hurt or controlled. *There is no statewide comparison data.*

**ML '23**  
 Sexual dating violence – 2%  
 Physical dating violence – 1%  
 Emotional dating violence – 6%



Below is a breakdown of 2023 data by different demographic groups.

Grade			Gender			Sexual Orientation		Race					Ethnicity	
6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	F	M	TGD	HS	LGBQ+	Asian	Black	White	Other	MR	H/L	Not H/L
Experienced sexual dating violence														
2%	4%	5%	4%	3%	20%	4%	6%	5%	0%	3%	7%	7%	11%	4%
Experienced physical dating violence														
1%	3%	4%	2%	2%	29%	2%	8%	11%	0%	2%	0%	7%	7%	2%
Experienced emotional violence or were controlled														
3%	8%	11%	10%	3%	33%	8%	8%	10%	0%	7%	2%	14%	11%	7%

**Sexual dating violence:** There were no significant differences.

**Physical dating violence:** TGD students were significantly more likely than the average middle school student to experience physical dating violence.

**Emotional dating violence or control:** There were no significant differences.

Q: Has someone you were dating or going out with ever hurt you physically on purpose?  
 Q: Has someone you were dating or going out with done sexual things to you or forced you to do sexual things you did not want?  
 Q: Has someone you were dating or going out with try to control you or emotionally hurt you?

# Bullying

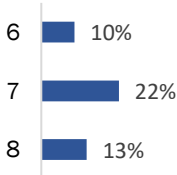
# Bullying

## BULLYING ON SCHOOL PROPERTY

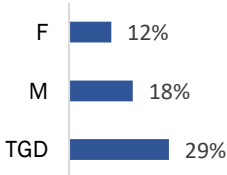
Overall, 15% of middle school students were bullied on school property in the past 12 months, compared to 17% of Middlesex League students. This was the first time this question was asked on the Wilmington Youth Health Survey so there is no trend data. *There is no statewide comparison data.*

The graphs below show a breakdown of 2023 data by different demographic groups.

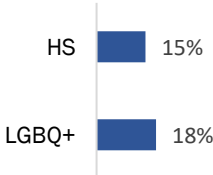
### Grade



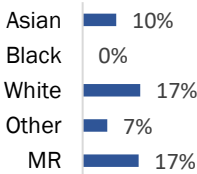
### Gender



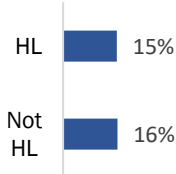
### Sexual Orientation



### Race



### Ethnicity



- Grade:** There were no significant differences.
- Gender:** There were no significant differences.
- Sexual Orientation:** There were no significant differences.
- Race:** There were no significant differences.
- Ethnicity:** There were no significant differences.

Q: During the past 12 months, were you bullied when you were in school?

The 2023 YHS defined bullying as when one or more student's tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again. It is not bullying when two students of about the same strength or power argue or fight or tease each other in a friendly way. Electronic bullying is things such as someone spreading a rumor or something untrue about you online; someone sending you a threatening or aggressive message; someone posting an embarrassing picture of you online without your permission; someone taking a private message you sent them and forwarding it to someone else or posting it where others could see it.

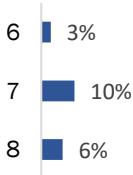
# Bullying

## ELECTRONIC BULLYING

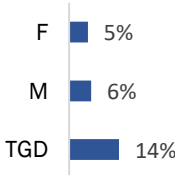
Overall, 6% of middle school students were electronically bullied in the past 12 months, compared to 8% of Middlesex League students. This was the first time this question was asked on the Wilmington Youth Health Survey so there is no trend data. *There is no statewide comparison data.*

The graphs below show a breakdown of 2023 data by different demographic groups.

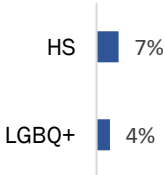
### Grade



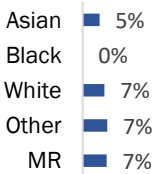
### Gender



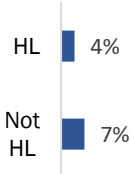
### Sexual Orientation



### Race



### Ethnicity



- Grade:** There were no significant differences.
- Gender:** There were no significant differences.
- Sexual Orientation:** There were no significant differences.
- Race:** There were no significant differences.
- Ethnicity:** There were no significant differences.

Q: During the past 12 months, were you bullied electronically?

# Mental Health

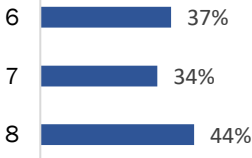
# Overall

Overall, 38% of middle school students reported that their mental health was not good sometimes, most of the time, or always in the past 30 days. *There is no statewide comparison data.*

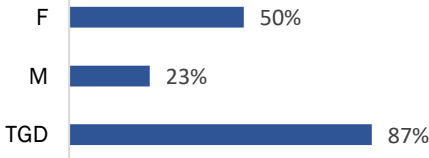


The graphs below show a breakdown of 2023 data by different demographic groups.

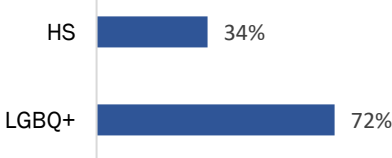
### Grade



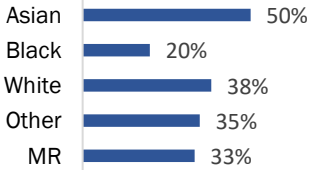
### Gender



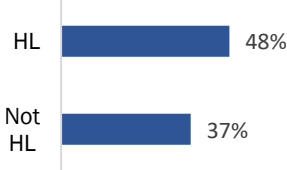
### Sexual Orientation



### Race



### Ethnicity



- Grade:** There were no significant differences.
- Gender:** Female and TGD students were significantly more likely than the average middle school student to report that their mental health was not good sometimes, most of the time, or always in the past 30 days, and male students were significantly less likely than the average middle school student.
- Sexual Orientation:** LGBQ+ students were significantly more likely than heterosexual students to report that their mental health was not good sometimes, most of the time, or always in the past 30 days.
- Race:** There were no significant differences.
- Ethnicity:** There were no significant differences.

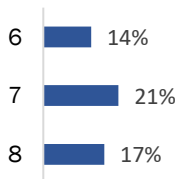
Q: During the past 30 days, how often was your mental health not good?

## Feeling Sad or Hopeless

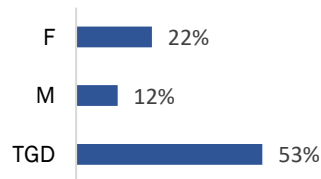
Overall, 18% of middle school students felt sad or hopeless almost every day for two or more weeks in a row that they stopped doing some of their usual activities (i.e., experienced depression) in the past 12 months, compared to 15% of Middlesex League students. This was the first time this question was asked on the Wilmington Youth Health Survey so there is no trend data. *In 2021, 29% of Massachusetts middle school students reported experiencing depression in the past 12 months.*

The graphs below show a breakdown of 2023 data by different demographic groups.

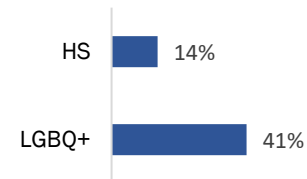
### Grade



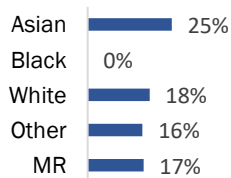
### Gender



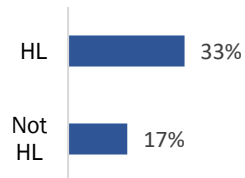
### Sexual Orientation



### Race



### Ethnicity



**Grade:** There were no significant differences.

**Gender:** TGD students were significantly more likely than the average middle school student to experience depression in the past 12 months.

**Sexual Orientation:** LGBQ+ students were significantly more likely than heterosexual students to experience depression in the past 12 months.

**Race:** There were no significant differences.

**Ethnicity:** There were no significant differences.

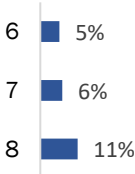
Q: During the past 12 months, did you ever feel so sad or hopeless almost every day for two or more weeks in a row that you stopped doing some usual activities?

# Self-Harm

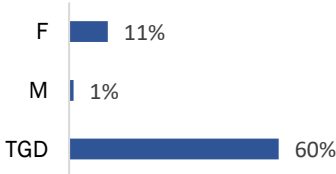
Overall, 8% of middle school students hurt or injured themselves on purpose without wanting to die (i.e., engaged in self-harm) in the past 12 months, compared to 9% of Middlesex League students. This was the first time this question was asked on the Wilmington Youth Health Survey so there is no trend data. *In 2021, 27% of Massachusetts students reported engaging in self-harm in the past 12 months.*

The graphs below show a breakdown of 2023 data by different demographic groups.

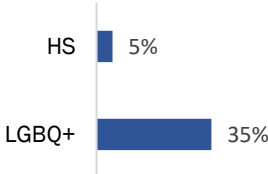
### Grade



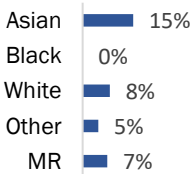
### Gender



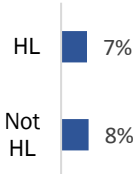
### Sexual Orientation



### Race



### Ethnicity



**Grade:** There were no significant differences.

**Gender:** TGD students were significantly more likely than the average middle school student to engage in self-harm in the past 12 months, and male students were significantly less likely than the average middle school student.

**Sexual Orientation:** LGBQ+ students were significantly more likely than heterosexual students to engage in self-harm in the past 12 months.

**Race:** There were no significant differences.

**Ethnicity:** There were no significant differences.

Q: During the past 12 months, how many times did you hurt or injure yourself on purpose?

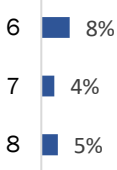
# Suicidal Ideation & Suicide

## CONSIDERED ATTEMPTING SUICIDE

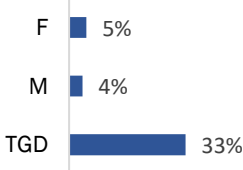
Overall, 6% of middle school students seriously considered attempting suicide during the past 12 months, compared to 7% of Middlesex League students. This was the first time this question was asked on the Wilmington Youth Health Survey so there is no trend data. *In 2021, 13% of Massachusetts students considered attempting suicide in the past 12 months.*

The graphs below show a breakdown of 2023 data by different demographic groups.

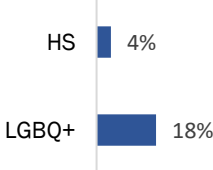
### Grade



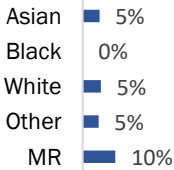
### Gender



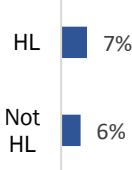
### Sexual Orientation



### Race



### Ethnicity



**Grade:** There were no significant differences.

**Gender:** TGD students were significantly more likely than the average middle school student to seriously consider attempting suicide in the past 12 months.

**Sexual Orientation:** LGBTQ+ students were significantly more likely than heterosexual students to seriously consider attempting suicide in the past 12 months.

**Race:** There were no significant differences.

**Ethnicity:** There were no significant differences.

Q: During the past 12 months, did you ever think about killing yourself?

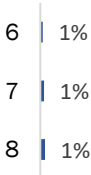
# Suicidal Ideation & Suicide

## ATTEMPTED SUICIDE

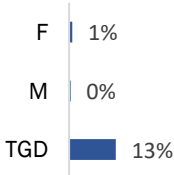
Overall, 1% of middle school students attempted suicide in the past 12 months, compared to 2% of Middlesex League students. This was the first time this question was asked on the Wilmington Youth Health Survey so there is no trend data. *There is no statewide comparison data.*

The graphs below show a breakdown of 2023 data by different demographic groups.

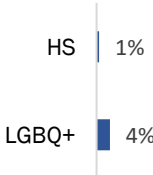
### Grade



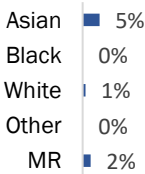
### Gender



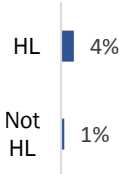
### Sexual Orientation



### Race



### Ethnicity



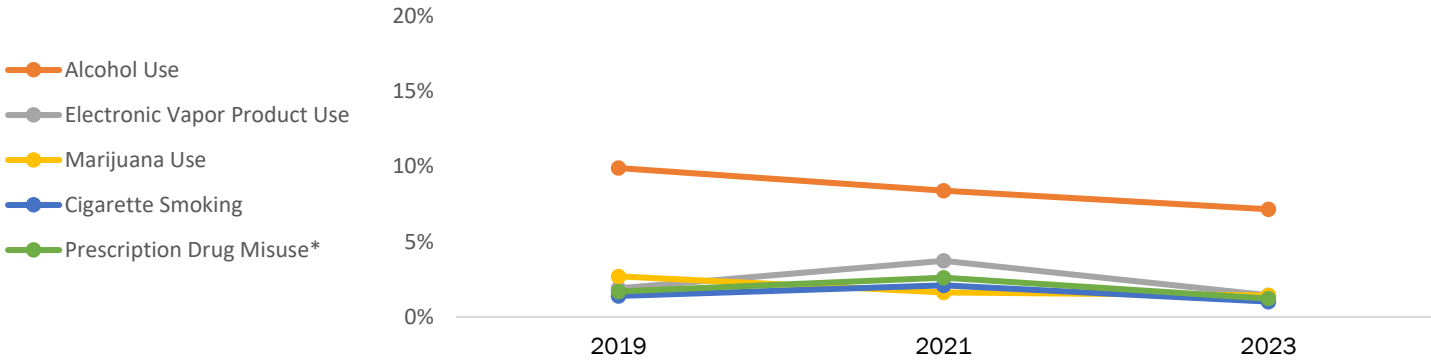
- Grade:** There were no significant differences.
- Gender:** There were no significant differences.
- Sexual Orientation:** There were no significant differences.
- Race:** There were no significant differences.
- Ethnicity:** There were no significant differences.

Q: During the past 12 months, did you attempt suicide?

# Substance Use

# Lifetime Substance Use

Wilmington middle school students were asked if they had ever used a variety of substances. Overall, 7% reported ever drinking alcohol, 1% reported ever using electronic vapor products, 1% reported ever using marijuana, 1% reported ever smoking cigarettes, and 1% reported ever misusing prescription drugs. *There is no statewide comparison data.*



\*In 2019 and 2021, students were only asked about lifetime prescription pain medicine misuse, not general prescription drug misuse.

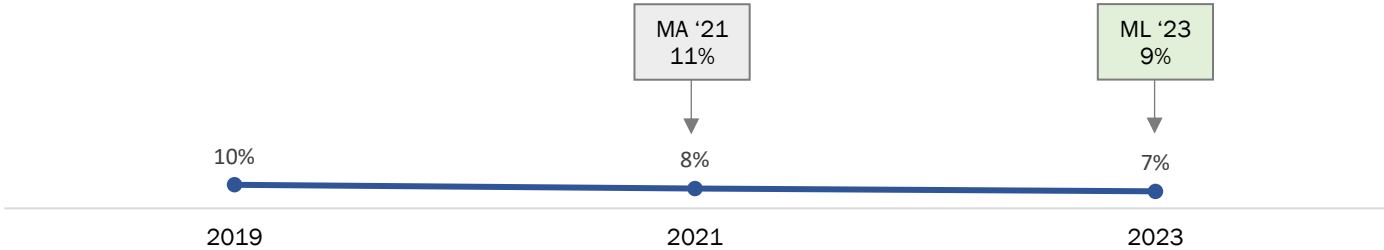
A breakdown of 2023 data by different demographic groups is provided on subsequent pages.

- Q: How old were you when you had your first drink of alcohol (more than a few sips)?
- Q: How old were you when you first used an electronic vapor product?
- Q: How old were you when you first tried marijuana?
- Q: How old were you when you first tried cigarette smoking, even one or two puffs?
- Q: During your lifetime, have you ever taken prescription drugs that weren't your own?

# Lifetime Substance Use

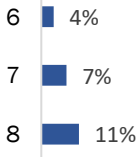
## LIFETIME ALCOHOL USE

Overall, 7% of middle school students have ever drunk alcohol. *There is no statewide comparison data.*

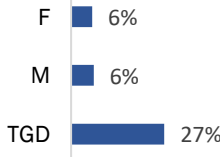


The graphs below show a breakdown of 2023 data by different demographic groups.

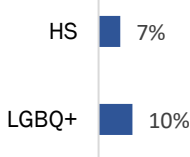
### Grade



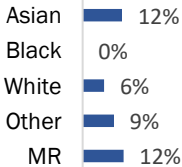
### Gender



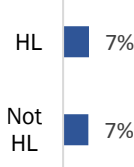
### Sexual Orientation



### Race



### Ethnicity



**Grade:** There were no significant differences.

**Gender:** There were no significant differences.

**Sexual Orientation:** There were no significant differences.

**Race:** There were no significant differences.

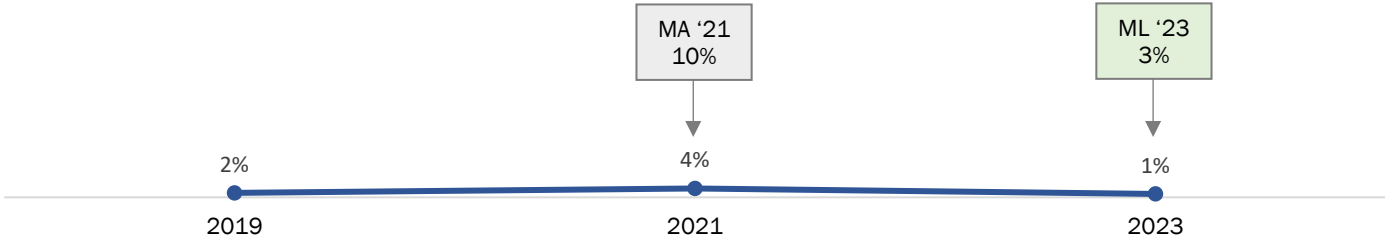
**Ethnicity:** There were no significant differences.

Q: How old were you when you had your first drink of alcohol (more than a few sips)?

# Lifetime Substance Use

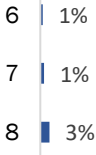
## LIFETIME ELECTRONIC VAPOR PRODUCT USE

Overall, 1% of middle school students have ever used an electronic vapor product.

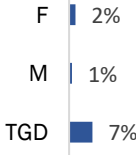


The graphs below show a breakdown of 2023 data by different demographic groups.

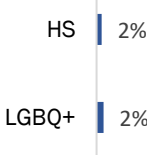
### Grade



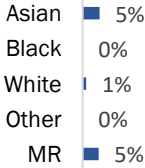
### Gender



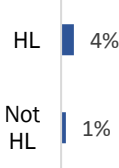
### Sexual Orientation



### Race



### Ethnicity



**Grade:** There were no significant differences.

**Gender:** There were no significant differences.

**Sexual Orientation:** There were no significant differences.

**Race:** There were no significant differences.

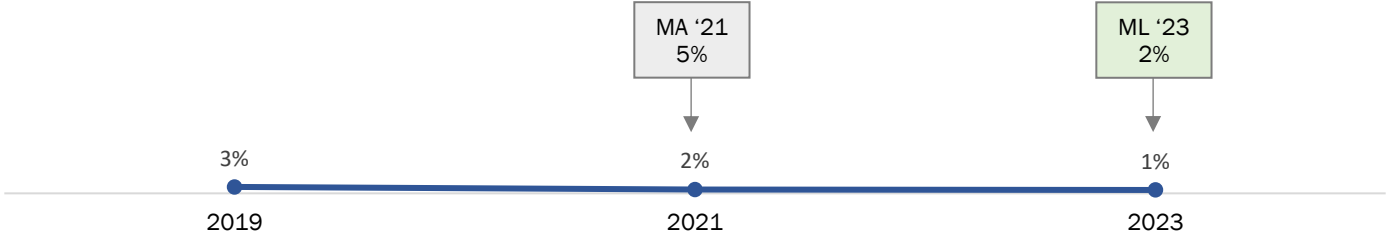
**Ethnicity:** There were no significant differences.

Q: How old were you when you first used an electronic vapor product?

# Lifetime Substance Use

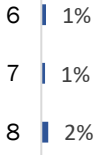
## LIFETIME MARIJUANA USE

Overall, 1% of middle school students have ever used marijuana.

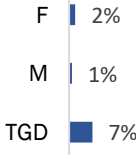


The graphs below show a breakdown of 2023 data by different demographic groups.

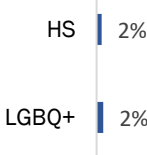
### Grade



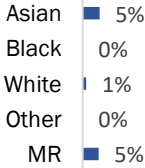
### Gender



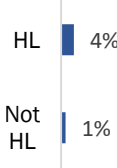
### Sexual Orientation



### Race



### Ethnicity



**Grade:** There were no significant differences.

**Gender:** There were no significant differences.

**Sexual Orientation:** There were no significant differences.

**Race:** There were no significant differences.

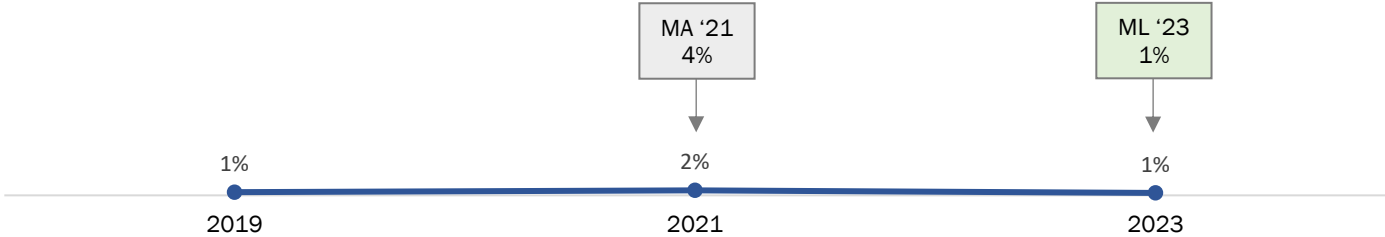
**Ethnicity:** There were no significant differences.

Q: How old were you when you first tried marijuana?

# Lifetime Substance Use

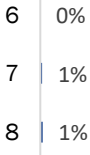
## LIFETIME CIGARETTE SMOKING

Overall, 1% of middle school students have ever smoked a cigarette.

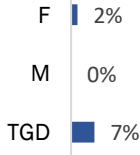


The graphs below show a breakdown of 2023 data by different demographic groups.

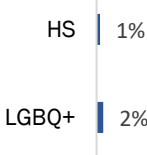
### Grade



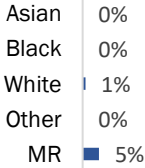
### Gender



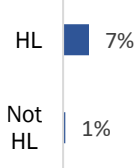
### Sexual Orientation



### Race



### Ethnicity



**Grade:** There were no significant differences.

**Gender:** There were no significant differences.

**Sexual Orientation:** There were no significant differences.

**Race:** There were no significant differences.

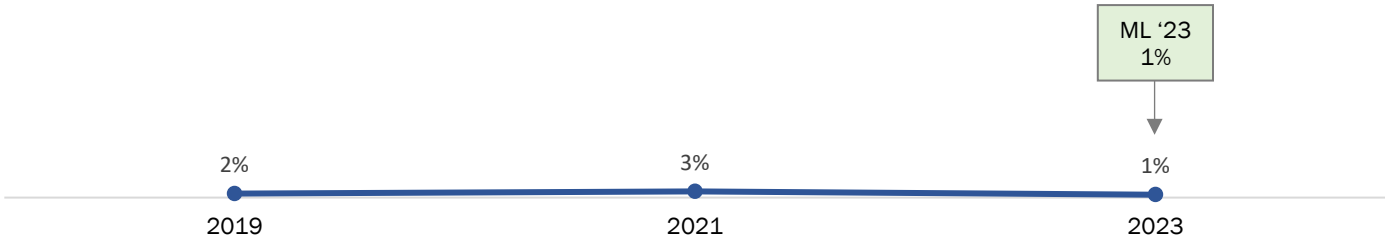
**Ethnicity:** There were no significant differences.

Q: How old were you when you first tried cigarette smoking, even one or two puffs?

# Lifetime Substance Use

## LIFETIME PRESCRIPTION DRUG MISUSE

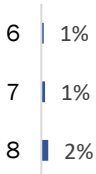
Overall, 1% of middle school students have ever used a prescription drug that was not their own. *There is no statewide comparison data.*



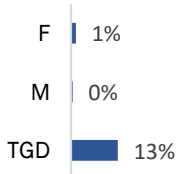
\*In 2019 and 2021, students were only asked about lifetime prescription pain medicine misuse, not general prescription drug misuse.

The graphs below show a breakdown of 2023 data by different demographic groups.

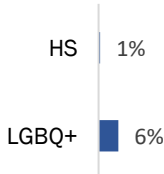
### Grade



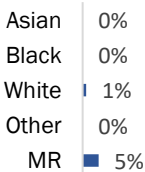
### Gender



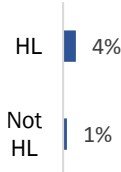
### Sexual Orientation



### Race



### Ethnicity

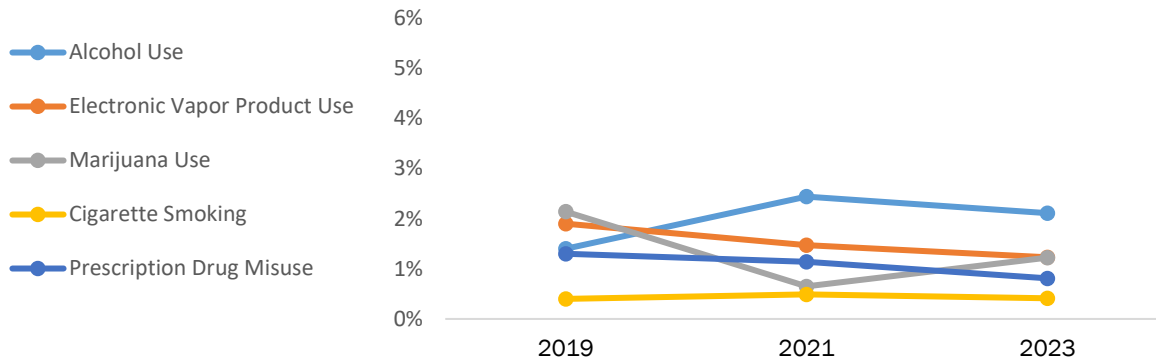


- Grade:** There were no significant differences.
- Gender:** There were no significant differences.
- Sexual Orientation:** There were no significant differences.
- Race:** There were no significant differences.
- Ethnicity:** There were no significant differences.

Q: Have you ever taken prescription drugs that weren't your own?

# Current Substance Use

Wilmington middle school students were asked if they had used a variety of substances in the past 30 days (currently). Two percent of middle school students reported currently using alcohol, 1% reported currently using electronic vapor products, 1% reported currently using marijuana, less than 1% reported currently smoking cigarettes, and 1% reported currently misusing prescription drugs.



<b>Wilmington '23</b> Alcohol – 2% EVP – 1% Marijuana – 1% Cigarettes – 0% PDM – 1%
<b>ML '23</b> Alcohol – 2% EVP – 1% Marijuana – 1% Cigarettes – 0% PDM – 1%
<b>MA '21</b> Alcohol – 3% EVP – 5% Marijuana – 3%

Below is a breakdown of 2023 data by different demographic groups.

Grade			Gender			Sexual Orientation		Race					Ethnicity	
6th	7th	8th	F	M	TGD	HS	LGBQ+	Asian	Black	White	Other	MR	H/L	Not H/L
<b>Alcohol use</b>														
0%	2%	4%	2%	1%	13%	2%	2%	6%	0%	2%	2%	5%	7%	2%
<b>EVP use</b>														
1%	1%	2%	2%	0%	7%	1%	2%	5%	0%	1%	0%	5%	4%	1%
<b>Marijuana use</b>														
1%	1%	2%	2%	0%	7%	1%	2%	5%	0%	1%	0%	5%	4%	1%
<b>Cigarette smoking</b>														
0%	1%	1%	0%	0%	7%	0%	2%	0%	0%	0%	0%	5%	4%	0%
<b>Prescription drug misuse</b>														
1%	1%	1%	1%	0%	13%	0%	6%	0%	0%	1%	0%	5%	4%	1%

**Alcohol use:** There were no significant differences.

**EVP use:** There were no significant differences.

**Marijuana use:** There were no significant differences.

**Cigarette smoking:** There were no significant differences.

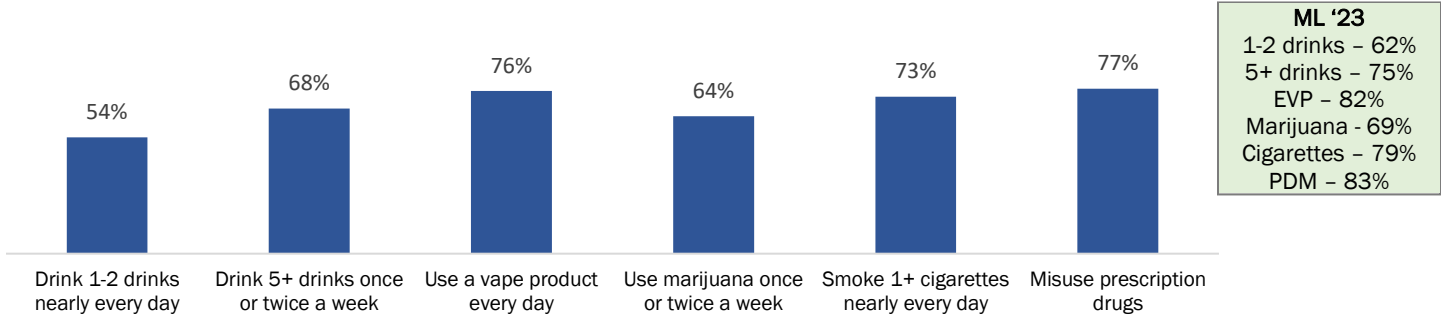
**Prescription drug misuse:** There were no significant differences.

- Q: During the past 30 days, did you have at least one drink of alcohol?
- Q: During the past 30 days, did you use an electronic vapor product?
- Q: During the past 30 days, did you use marijuana?
- Q: During the past 30 days, did you smoke cigarettes?
- Q: During the past 30 days, did you take prescription drugs that weren't your own?

# Perceptions About Substance Use

## PERCEIVED RISK OF HARM

Overall, middle school students were most likely to perceive misusing prescription drugs as having moderate or great risk of harm (77%), and least likely to think drinking 1-2 drinks of alcohol every day as having moderate or great risk of harm (54%). *There is no statewide comparison data.*



Below is a breakdown of 2023 data by different demographic groups.

Grade			Gender			Sexual Orientation		Race					Ethnicity	
6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	F	M	TGD	HS	LGBQ+	Asian	Black	White	Other	MR	H/L	Not H/L
Drink 1-2 drinks nearly every day														
54%	55%	54%	57%	52%	67%	55%	64%	60%	60%	55%	55%	49%	56%	54%
Drink 5+ drinks once or twice a week														
72%	67%	65%	69%	69%	67%	68%	80%	70%	^	68%	67%	60%	67%	68%
Use a vape product every day														
83%	72%	75%	79%	75%	73%	76%	84%	80%	90%	75%	81%	76%	77%	76%
Use marijuana once or twice a week														
74%	61%	60%	70%	62%	47%	65%	63%	80%	80%	64%	67%	54%	69%	64%
Smoke 1+ cigarettes nearly every day														
79%	72%	69%	77%	72%	67%	74%	80%	80%	90%	73%	74%	70%	81%	73%
Misuse prescription drugs														
85%	74%	73%	79%	80%	40%	79%	71%	80%	80%	77%	83%	73%	81%	77%

^Data for Black students is not reported because n<10.

**Drink 1-2 drinks every day:** There were no significant differences.

**Drink 5+ drinks 1-2 times per week:** There were no significant differences.

**Use vape products every day:** There were no significant differences.

**Use marijuana 1-2 times per week:** There were no significant differences.

**Smoke 1+ cigarettes every day:** There were no significant differences.

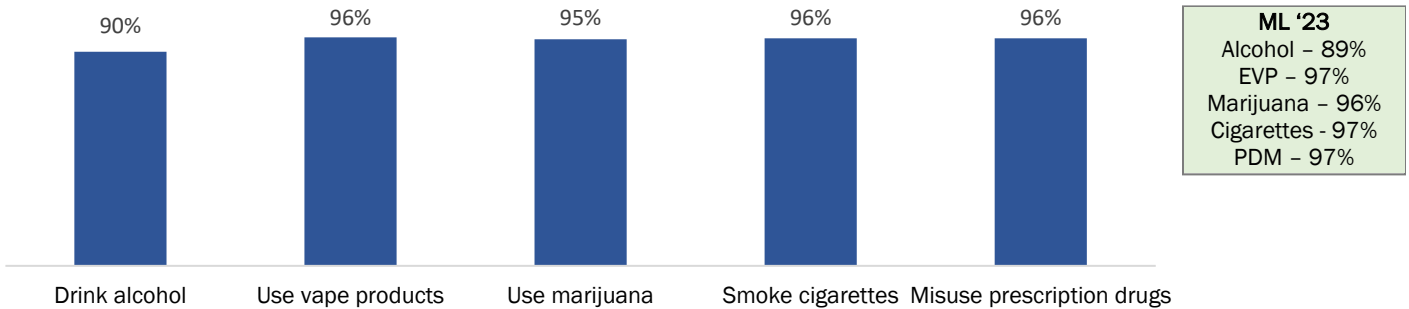
**Misuse prescription drugs:** TGD students were significantly less likely than the average middle school student to perceive misusing prescription drugs as having moderate or great risk of harm.

Q: How much do you think people risk harming themselves if they have one or two drinks of alcohol nearly every day?  
 Q: How much do you think people risk harming themselves if they have five or more drinks of alcohol once or twice each week?  
 Q: How much do you think people risk harming themselves if they use a vape product every day?  
 Q: How much do you think people risk harming themselves if they use marijuana once or twice a week?  
 Q: How much do you think people risk harming themselves if they smoke one or more cigarettes nearly every day?  
 Q: How much do you think people risk harming themselves if they use prescription drugs that are not prescribed to them?

# Perceptions About Substance Use

## CAREGIVER PERCEPTIONS

Overall, middle school students were most likely to think their caregivers think using vape products is wrong or very wrong (96%), and least likely to think their caregivers think drinking alcohol is wrong or very wrong (90%). *There is no statewide comparison data.*



Below is a breakdown of 2023 data by different demographic groups.

Grade			Gender			Sexual Orientation		Race					Ethnicity	
6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	F	M	TGD	HS	LGBTQ+	Asian	Black	White	Other	MR	H/L	Not H/L
Drink alcohol														
90%	90%	90%	91%	91%	73%	91%	80%	85%	^	90%	93%	86%	88%	90%
Use vape products														
97%	94%	97%	97%	97%	80%	97%	90%	90%	^	97%	98%	86%	96%	96%
Use marijuana														
96%	96%	93%	97%	96%	80%	96%	90%	90%	^	97%	93%	86%	96%	95%
Smoke cigarettes														
97%	94%	97%	97%	95%	87%	96%	92%	95%	^	96%	98%	85%	96%	96%
Use prescription medications not prescribed to them														
99%	94%	97%	96%	97%	87%	97%	94%	95%	^	97%	95%	90%	92%	96%

^Data for Black students is not reported because n<10.

**Drink alcohol:** There were no significant differences.

**Use vape products:** There were no significant differences.

**Use marijuana:** There were no significant differences.

**Smoke cigarettes:** There were no significant differences.

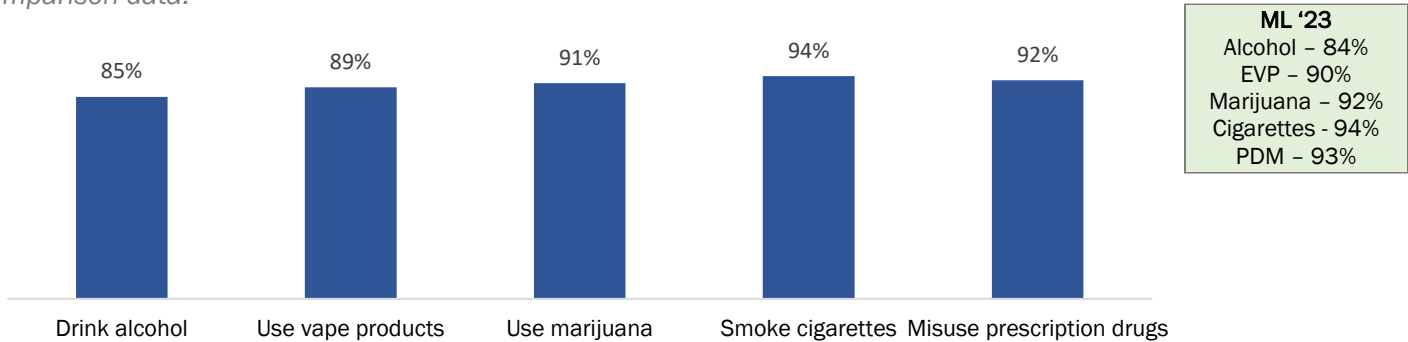
**Misuse prescription drugs:** There were no significant differences.

- Q: How wrong do your caregivers feel it would be for you to drink alcohol?
- Q: How wrong do your caregivers feel it would be for you to use vape products?
- Q: How wrong do your caregivers feel it would be for you to use marijuana?
- Q: How wrong do your caregivers feel it would be for you to smoke cigarettes?
- Q: How wrong do your caregivers feel it would be for you to use prescription medications not prescribed to you?

# Perceptions About Substance Use

## PERCEPTIONS OF FRIENDS

Overall, students were most likely to think their friends think smoking cigarettes is wrong or very wrong (94%), and least likely to think their friends think drinking alcohol is wrong or very wrong (85%). *There is no statewide comparison data.*



Below is a breakdown of 2023 data by different demographic groups.

Grade			Gender			Sexual Orientation		Race					Ethnicity	
6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	F	M	TGD	HS	LGBQ+	Asian	Black	White	Other	MR	H/L	Not H/L
Drink alcohol														
93%	86%	75%	82%	90%	67%	84%	88%	90%	^	84%	88%	81%	77%	85%
Use vape products														
94%	89%	83%	88%	92%	67%	88%	88%	85%	^	89%	95%	81%	81%	89%
Use marijuana														
97%	89%	86%	92%	91%	67%	91%	88%	95%	^	91%	93%	81%	84%	91%
Smoke cigarettes														
97%	91%	94%	95%	94%	80%	94%	92%	95%	^	94%	95%	86%	88%	94%
Use prescription medications not prescribed to them														
94%	89%	93%	94%	92%	80%	93%	86%	95%	^	92%	95%	86%	85%	92%

^Data for Black students is not reported because n<10.

**Drink alcohol:** Students in 6<sup>th</sup> grade were significantly more likely than the average middle school student to think their friends think drinking alcohol is wrong or very wrong.

**Use vape products:** There were no significant differences.

**Use marijuana:** Students in 6<sup>th</sup> grade were significantly more likely than the average middle school student to think their friends think using marijuana is wrong or very wrong.

**Smoke cigarettes:** There were no significant differences.

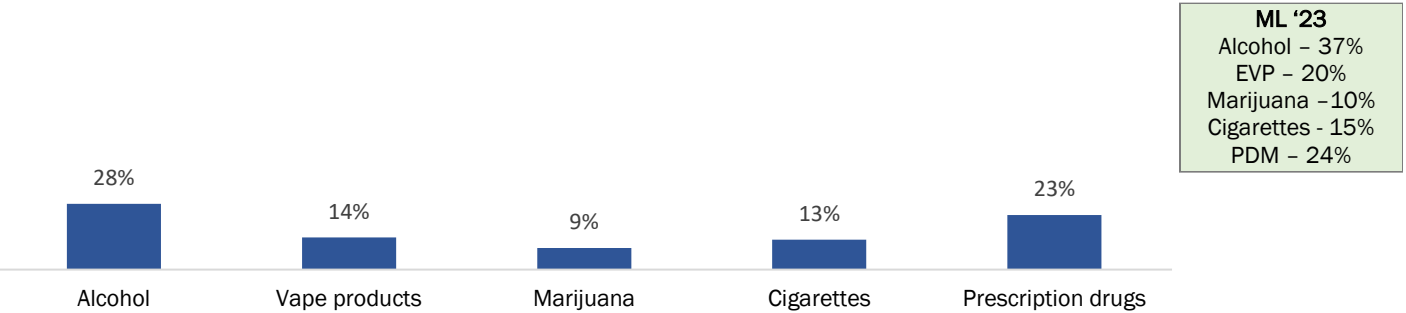
**Misuse prescription drugs:** There were no significant differences.

- Q: How wrong do your friends feel it would be for you to drink alcohol?
- Q: How wrong do your friends feel it would be for you to use vape products?
- Q: How wrong do your friends feel it would be for you to use marijuana?
- Q: How wrong do your friends feel it would be for you to smoke cigarettes?
- Q: How wrong do your friends feel it would be for you to use prescription medications not prescribed to you?

# Perceptions About Substance Use

## PERCEIVED ACCESS

Overall, middle school students were most likely to think alcohol is easy or very easy to access (28%), and least likely to think marijuana is easy or very easy to access (9%). *There is no statewide comparison data.*



Below is a breakdown of 2023 data by different demographic groups.

Grade			Gender			Sexual Orientation		Race				Ethnicity		
6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	F	M	TGD	HS	LGBQ+	Asian	Black	White	Other	MR	H/L	Not H/L
<b>Alcohol</b>														
15%	27%	41%	30%	24%	53%	26%	41%	25%	^	27%	28%	33%	19%	28%
<b>Vape products</b>														
7%	15%	18%	14%	13%	13%	15%	10%	15%	^	14%	9%	17%	19%	13%
<b>Marijuana</b>														
4%	11%	11%	8%	9%	13%	10%	8%	10%	^	9%	9%	14%	8%	9%
<b>Cigarettes</b>														
6%	15%	15%	10%	14%	27%	12%	16%	15%	^	12%	19%	10%	19%	12%
<b>Prescription medications not prescribed to them</b>														
17%	29%	22%	22%	22%	53%	21%	47%	5%	^	24%	23%	22%	19%	23%

^Data for Black students is not reported because n<10.

**Alcohol:** Students in 6<sup>th</sup> grade were significantly less likely than the average middle school student to think alcohol is easy or very easy to access, and students in 8<sup>th</sup> grade were significantly more likely than the average middle school student.

**Vape products:** There were no significant differences.

**Marijuana:** There were no significant differences.

**Cigarettes:** There were no significant differences.

**Prescription drugs:** TGD students were significantly more likely than the average middle school student to think prescription drugs are easy or very easy to access, and Asian students were significantly less likely than the average middle school student. LGBQ+ students were significantly more likely than heterosexual students to think prescription drugs are easy or very easy to access.

- Q: If you wanted to get the following substances, how easy would it be for you to get alcohol?
- Q: If you wanted to get the following substances, how easy would it be for you to get vape products?
- Q: If you wanted to get the following substances, how easy would it be for you to get marijuana?
- Q: If you wanted to get the following substances, how easy would it be for you to get cigarettes?
- Q: If you wanted to get the following substances, how easy would it be for you to get prescription medications not prescribed to you?

# Sexual Behaviors

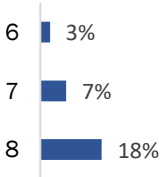
# Sexual Behaviors

## EVER HAD SEXUAL CONTACT

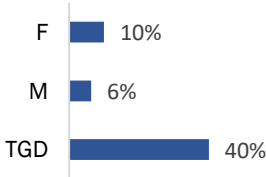
Overall, 9% of middle school students have ever had sexual contact with another person, compared to 10% of Middlesex League students. This was the first time this question was asked on the Wilmington Youth Health Survey so there is no trend data. *There is no statewide comparison data.*

The graphs below show a breakdown of 2023 data by different demographic groups.

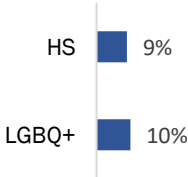
### Grade



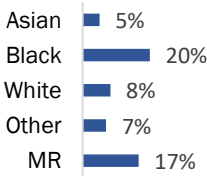
### Gender



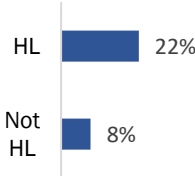
### Sexual Orientation



### Race



### Ethnicity



**Grade:** Students in 6<sup>th</sup> grade were significantly less likely than the average middle school student to have ever had sexual contact with another person.

**Gender:** TGD students were significantly more likely than the average middle school student to have ever had sexual contact with another person.

**Sexual Orientation:** There were no significant differences.

**Race:** There were no significant differences.

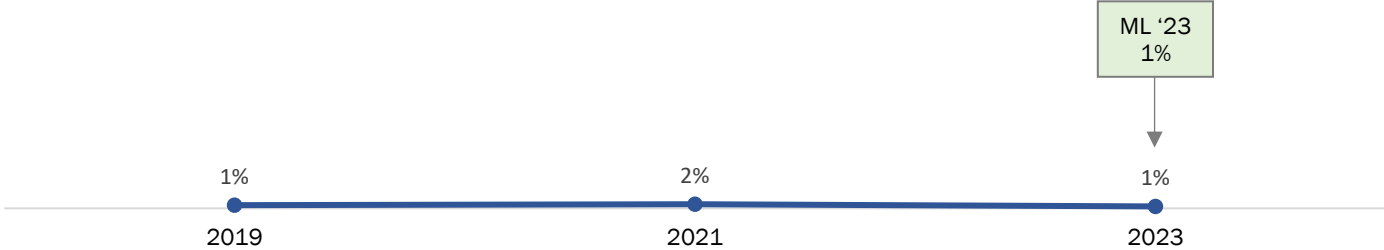
**Ethnicity:** There were no significant differences.

Q: Have you ever had sexual contact with another person?

# Sexual Behaviors

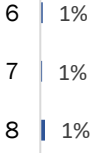
## EVER HAD SEXUAL INTERCOURSE

Overall, 1% of middle school students have ever had sexual intercourse. *There is no statewide comparison data.*

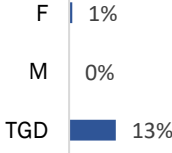


The graphs below show a breakdown of 2023 data by different demographic groups.

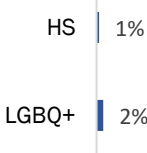
### Grade



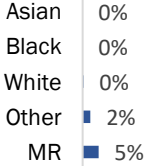
### Gender



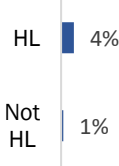
### Sexual Orientation



### Race



### Ethnicity



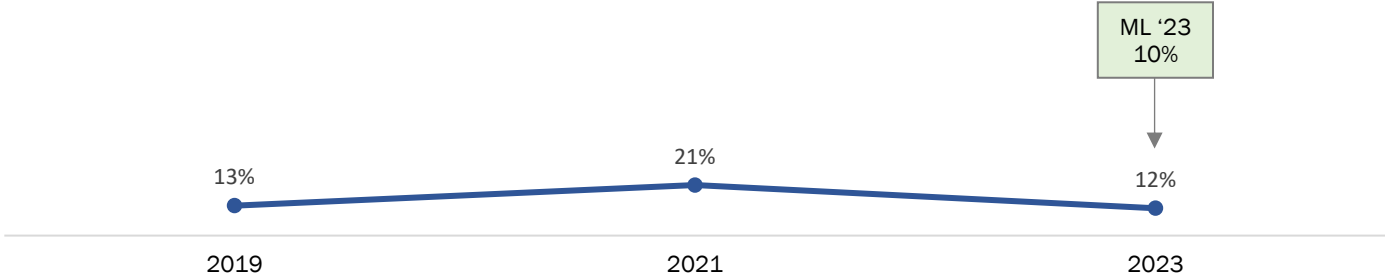
- Grade:** There were no significant differences.
- Gender:** There were no significant differences.
- Sexual Orientation:** There were no significant differences.
- Race:** There were no significant differences.
- Ethnicity:** There were no significant differences.

Q: Have you ever had sexual intercourse?

# Sexual Behaviors

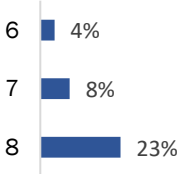
## SEXTING

Overall, 12% of middle school students have ever sent or received sexual messages or nude or semi-nude pictures or videos electronically. *There is no statewide comparison data.*

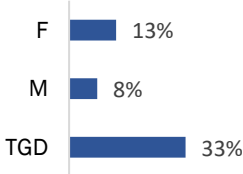


The graphs below show a breakdown of 2023 data by different demographic groups.

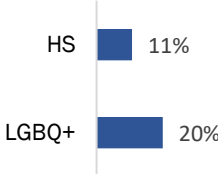
### Grade



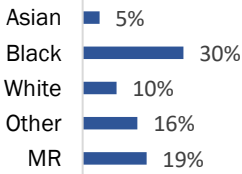
### Gender



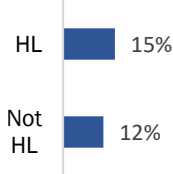
### Sexual Orientation



### Race



### Ethnicity



**Grade:** Students in 6<sup>th</sup> grade were significantly less likely than the average middle school student to ever send or receive sexual messages, pictures, or videos electronically, and students in 8<sup>th</sup> grade were significantly more likely than the average middle school student.

**Gender:** There were no significant differences.

**Sexual Orientation:** There were no significant differences.

**Race:** There were no significant differences.

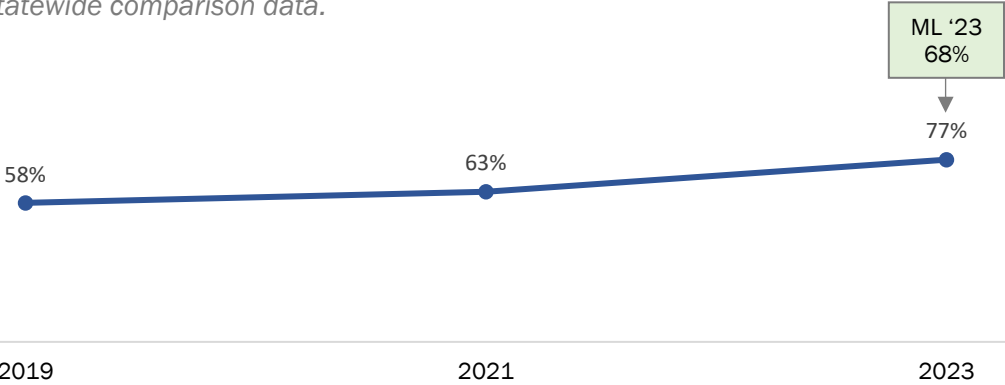
**Ethnicity:** There were no significant differences.

Q: Have you ever sent or received sexual messages or nude or semi-nude pictures or videos electronically (by smartphone, computer, tablet, or other device)?

# Physical Activity And Nutrition

# Physical Activity

Overall, 77% of middle school students engaged in 60 or more minutes of physical activity on at least 5 of the past 7 days. *There is no statewide comparison data.*



The graphs below show a breakdown of 2023 data by different demographic groups.

### Grade



### Gender



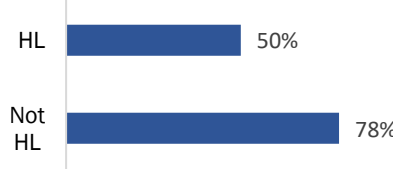
### Sexual Orientation



### Race



### Ethnicity



^Data for Black students is not reported because n<10.

**Grade:** There were no significant differences.

**Gender:** There were no significant differences.

**Sexual Orientation:** LGBTQ+ students were significantly less likely than heterosexual students to engage in 60+ minutes of physical activity on at least 5 of the past 7 days.

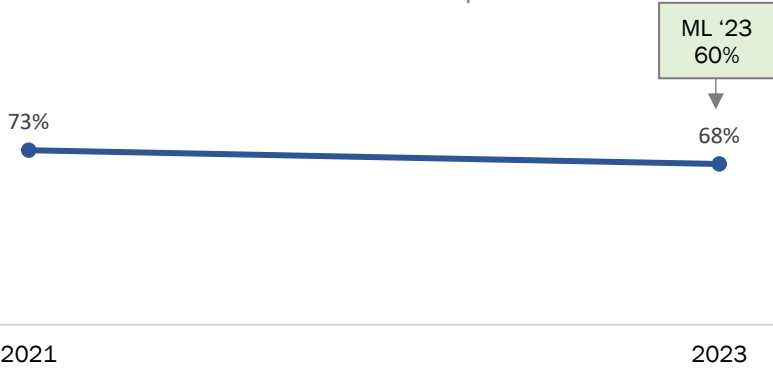
**Race:** There were no significant differences.

**Ethnicity:** Hispanic/Latino students were significantly less likely than non-Hispanic/Latino students to engage in 60+ minutes of physical activity on at least 5 of the past 7 days.

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

# Screen Time

Overall, 68% of middle school students engaged in 3 or more hours of screen time on an average school day not including time spent doing schoolwork. *There is no statewide comparison data.*



The graphs below show a breakdown of 2023 data by different demographic groups.

### Grade



### Gender



### Sexual Orientation



### Race



### Ethnicity



^Data for Black students is not reported because n<10.

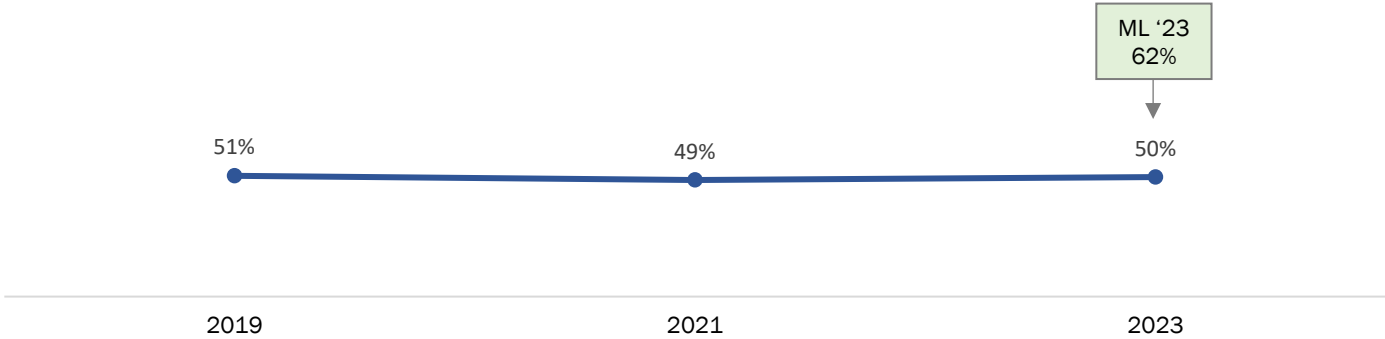
- Grade:** There were no significant differences.
- Gender:** There were no significant differences.
- Sexual Orientation:** There were no significant differences.
- Race:** There were no significant differences.
- Ethnicity:** There were no significant differences.

Q: On an average school day, how many hours do you spend in front of a TV, computer, phone, or other electronic device watching shows or videos, playing games, going online, or using social media (also called "screen time")?

# Nutrition

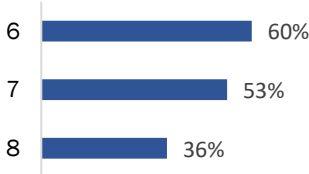
## EATING BREAKFAST

Overall, 50% of middle school students ate breakfast on at least 6 of the past 7 days. *There is no statewide comparison data.*

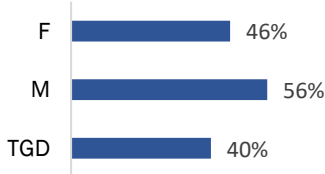


The graphs below show a breakdown of 2023 data by different demographic groups.

### Grade



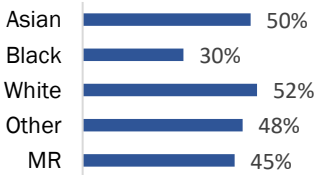
### Gender



### Sexual Orientation



### Race



### Ethnicity



**Grade:** Students in 8<sup>th</sup> grade were significantly less likely than the average middle school student to eat breakfast on at least 6 of the past 7 days.

**Gender:** There were no significant differences.

**Sexual Orientation:** There were no significant differences.

**Race:** There were no significant differences.

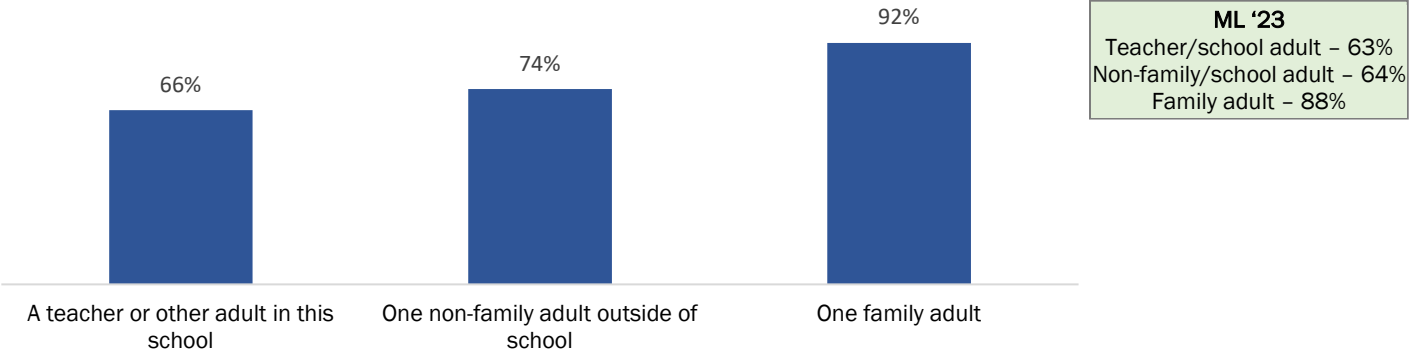
**Ethnicity:** There were no significant differences.

Q: On how many of the past 7 days did you eat breakfast?

# Youth Assets & Other Protective Factors

# Adult Connectedness

Overall, when asked about adults whom they could talk to about a problem, 66% of middle students reported having at least one teacher or other adult in this school, 74% reported having at least one adult outside of school who is not in their family, and 92% reported having at least one family adult. *There is no statewide comparison data.*



Below is a breakdown of 2023 data by different demographic groups.

Grade			Gender			Sexual Orientation		Race					Ethnicity	
6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	F	M	TGD	HS	LGBQ+	Asian	Black	White	Other	MR	H/L	Not H/L
Teacher or other adult in school														
69%	64%	66%	68%	68%	47%	69%	48%	60%	90%	67%	60%	67%	67%	67%
Non-family adult outside of school														
78%	71%	75%	76%	75%	60%	79%	56%	60%	^	76%	63%	74%	58%	75%
Family adult														
95%	90%	91%	90%	95%	80%	94%	76%	80%	90%	93%	86%	93%	93%	92%

^Data for Black students is not reported because n<10.

**Teacher or other adult at school:** LGBQ+ students were significantly less likely than heterosexual students to have a teacher or adult at school to talk to about a problem. Black students were significantly more likely than the average middle school student to have a teacher or other adult at school to talk to about a problem.

**Non-family adult outside of school:** LGBQ+ students were significantly less likely than heterosexual students to have a non-family adult outside of school to talk to about a problem.

**Family adult:** LGBQ+ students were significantly less likely than heterosexual students to have a family adult to talk to about a problem.

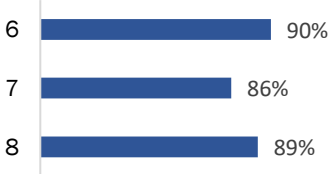
Q: Is there at least one teacher or other adult in this school that you can talk to if you have a problem?  
 Q: Is there at least one adult outside of school who is not in your family that you can talk to if you have a problem?  
 Q: Is there at least one adult in your family that you can talk to if you have a problem?

# Peer Connectedness

Overall, 88% of middle school students have at least one friend of similar age to talk to about a problem, compared to 88% of Middlesex League students. This was the first time this question was asked on the Wilmington Youth Health Survey so there is no trend data. *There is no statewide comparison data.*

The graphs below show a breakdown of 2023 data by different demographic groups.

### Grade



### Gender



### Sexual Orientation



### Race



### Ethnicity



**Grade:** There were no significant differences.

**Gender:** Female students were significantly more likely than the average middle school student to have a friend of similar age to talk to about a problem.

**Sexual Orientation:** There were no significant differences.

**Race:** There were no significant differences.

**Ethnicity:** There were no significant differences.

Q: Is there at least one friend similar in age to you that you can talk to if you have a problem?

# Participation in Extracurricular Activities

Overall, 76% of middle school students reported that they participated in an extracurricular activity this school year, compared to 82% of Middlesex League students. This was the first time this question was asked on the Wilmington Youth Health Survey so there is no trend data. *There is no statewide comparison data.*

The graphs below show a breakdown of 2023 data by different demographic groups.

### Grade



### Gender



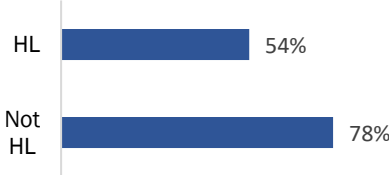
### Sexual Orientation



### Race



### Ethnicity



^Data for Black students is not reported because n<10.

**Grade:** There were no significant differences.

**Gender:** There were no significant differences.

**Sexual Orientation:** There were no significant differences.

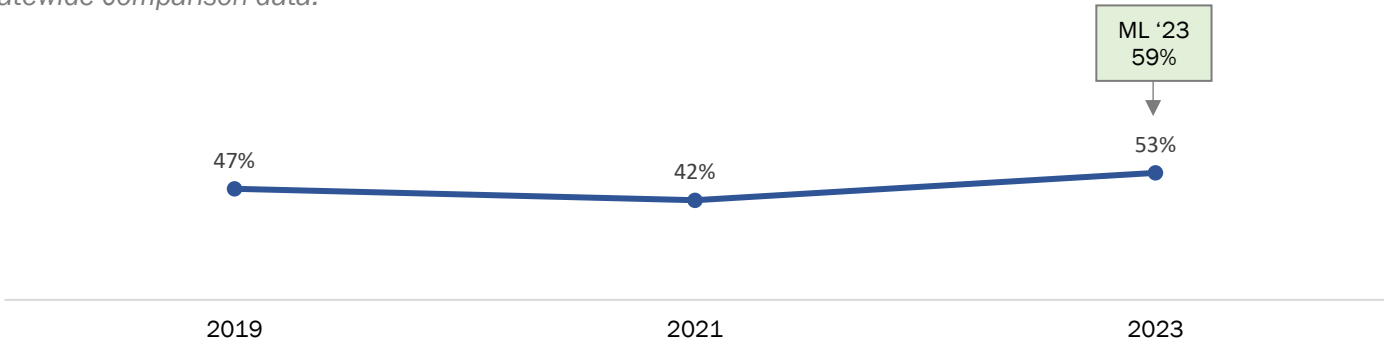
**Race:** There were no significant differences.

**Ethnicity:** Hispanic/Latino students were significantly less likely than non-Hispanic/Latino students to participate in an extracurricular activity this school year.

Q: During this school year, did you take part in an organized activity?

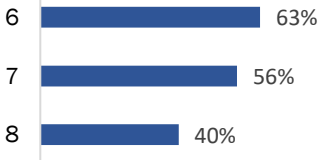
# Sleep

Overall, 53% of middle school students reported sleeping 8 or more hours on an average school night. *There is no statewide comparison data.*

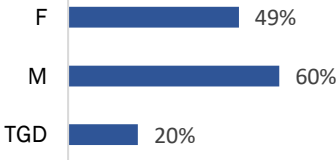


The graphs below show a breakdown of 2023 data by different demographic groups.

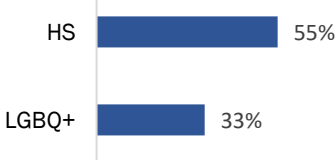
### Grade



### Gender



### Sexual Orientation



### Race



### Ethnicity



^Data for Black students is not reported because n<10.

**Grade:** Students in 8<sup>th</sup> grade were significantly less likely than the average middle school student to sleep 8+ hours on an average school night.

**Gender:** TGD students were significantly less likely than the average middle school student to sleep 8+ hours on an average school night.

**Sexual Orientation:** LGBQ+ students were significantly less likely than heterosexual students to sleep 8+ hours on an average school night.

**Race:** There were no significant differences.

**Ethnicity:** There were no significant differences.

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

## Appendix A. Selected High School Data Tables

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	Wilmington High School YHS			ML Region	MA YHS	MA CDC YRBS
	2019	2021	2023	2023	2021	2021
<b>Safety</b>						
Most of the time or always wear a seatbelt when riding in a car	90.2%	92.8%	88.7%	96.3%	N/A	N/A
Rode in a car with someone who had been drinking alcohol (30 days)	12.8%	8.2%	6.2%	9.1%	N/A	11.2%
Rode in a car with someone who had been using marijuana (30 days)	N/A	N/A	6.9%	9.5%	N/A	N/A
Drove a car when they had been drinking alcohol (among drivers, 30 days)	6.6%	2.5%	1.1%	3.1%	N/A	3.0%
Drove a car when they had been using marijuana (among drivers, 30 days)	19.0%	5.4%	4.3%	4.8%	N/A	N/A
Talked on the phone while driving a car (among drivers, 30 days)	36.2%	31.9%	25.9%	30.6%	N/A	N/A
Checked or used phone while driving a car (among drivers, 30 days)	32.9%	33.7%	22.9%	29.7%	N/A	27.3%
Skipped school because they felt safe at school or on their way to or from school (30 days)	6.4%	2.3%	5.9%	5.8	N/A	7.8%
<b>Discrimination (sometimes, most of the time, always)</b>						
Experienced bad or unfair treatment because of their race or ethnicity (ever)	N/A	11.4%	7.6%	9.9%	N/A	N/A
Experienced bad or unfair treatment because of their race or ethnicity (12 months)	N/A	N/A	6.6%	5.7%	N/A	N/A
Experienced bad or unfair treatment because of their gender identity (12 months)	N/A	N/A	6.2%	7.0%	N/A	N/A
Experienced bad or unfair treatment because of their sexual orientation (12 months)	N/A	N/A	7.2%	5.4%	N/A	N/A
Experienced bad or unfair treatment because of their religion (12 months)	N/A	N/A	5.2%	5.0%	N/A	N/A
<b>Violence-Related Behaviors or Experiences</b>						
<b>Weapons</b>						
Carried a weapon (30 days)	8.3%	4.7%	1.7%	3.8%	N/A	N/A
Carried a weapon on school property (30 days)	2.9%	1.3%	0.4%	1.0%	N/A	N/A
<b>Fighting</b>						
Were in a physical fight (12 months)	16.9%	10.4%	8.3%	9.5%	N/A	14.0%
Were in a physical fight on school property (12 months)	6.3%	2.0%	2.4%	2.8%	N/A	3.5%
<b>Sexual Violence</b>						
Has had sexual things done to them or was forced to do sexual things they did not want to (ever)	N/A	N/A	9.1%	10.1%	N/A	N/A
Has had sexual things done to them or was forced to do sexual things they did not want to (12 months)	9.1%	7.4%	2.9%	4.4%	N/A	10.8%
<b>Dating Violence*</b>						
Experienced sexual dating violence (12 months)	6.8%	6.2%	2.1%	4.3%	N/A	9.5%
Experienced physical dating violence (12 months)	4.2%	2.2%	1.4%	2.7%	N/A	6.8%
Experienced emotional dating violence or control (12 months)	N/A	N/A	8.3%	10.9%	N/A	N/A
<b>Bullying</b>						
Have been bullied on school property (12 months)	18.4%	5.3%	7.7%	9.3%	19.4%	11.2%
Have been bullied electronically (12 months)	14.2%	12.3%	4.9%	6.2%	N/A	14.1%
<b>Mental Health</b>						
Mental health was not good sometimes, most of the time, or always (30 days)	N/A	60.0%	51.6%	55.2%	N/A	31.8%
Worried every day for two or more weeks in a row and stopped doing usual activities (30 days)	N/A	N/A	31.1%	33.0%	N/A	N/A
Felt so sad or hopeless almost every day for two weeks or more in a row and stopped doing usual activities (12 months)	28.8%	28.4%	25.1%	23.4%	29.3%	38.5%
Engaged in self-harm without wanting to die (12 months)	18.1%	15.3%	13.5%	14.0%	26.5%	N/A
Seriously considered attempting suicide (12 months)	15.1%	11.0%	9.0%	10.2%	12.6%	18.4%
Made a plan about how they would attempt suicide (12 months)	11.3%	9.5%	5.9%	6.8%	N/A	14.0%
Attempted suicide (12 months)	7.0%	2.4%	3.5%	2.1%	N/A	7.6%
<b>Substance Use</b>						
<b>Lifetime</b>						
Alcohol use	54.0%	38.1%	30.9%	36.9%	39.1%	N/A
Vape product use	42.5%	27.3%	10.0%	5.4%	30.9%	31.0%
Marijuana use	36.1%	23.3%	14.2%	17.9%	27.9%	N/A
Smoking cigarettes	11.4%	7.7%	5.9%	6.8%	11.8%	N/A
Prescription drug misuse	9.7%	4.5%	3.1%	3.7%	N/A	N/A

\*In 2023, the dating violence questions were changed to remove the word "purposely".

	Wilmington High School YHS			ML Region	MA YHS	MA CDC YRBS
	2019	2021	2023	2023	2021	2021
<b>Substance Use (Continued)</b>						
<b>Current (30 days)</b>						
Alcohol use	24.1%	16.6%	16.5%	19.9%	22.3%	22.5%
Binge drinking (5 or more drinks in a row)**	15.9%	7.2%	6.3%	10.0%	10.5%	11.4%*
Electronic vapor products use	27.4%	11.1%	6.2%	8.0%	17.6%	17.2%
Marijuana use	24.7%	23.3%	9.3%	10.7%	17.8%	16.6%
Smoking cigarettes	6.1%	2.0%	2.1%	2.5%	N/A	3.5%
Prescription drug misuse	7.2%	1.9%	0.3%	1.1%	N/A	N/A
<b>Perceptions of Substance Use</b>						
<b>Risk of Harm (moderate risk, great risk)</b>						
Have one or two drinks of alcohol nearly every day	68.7%	75.1%	56.8%	65.4%	N/A	N/A
Have five or more drinks of alcohol once or twice each week	67.0%	77.8%	68.5%	74.8%	N/A	N/A
Use a vape product every day	N/A	N/A	76.2%	81.2%	N/A	N/A
Use marijuana once or twice a week	42.4%	49.2%	49.5%	51.6%	N/A	N/A
Smoke one or more cigarettes nearly every day	N/A	N/A	75.6%	83.0%	N/A	N/A
Use prescription drugs that are not prescribed to them	80.6%	92.7%	80.8%	88.4%	N/A	N/A
<b>Caregiver Perceptions (wrong, very wrong)</b>						
Drink alcohol	N/A	N/A	72.6%	69.1%	N/A	N/A
Use vape products	N/A	93.4%	90.6%	94.1%	N/A	N/A
Use marijuana	77.0%	85.3%	84.0%	86.7%	N/A	N/A
Smoke cigarettes	89.0%	94.5%	91.3%	95.5%	N/A	N/A
Use prescription drugs not prescribed to them	89.0%	94.8%	92.0%	96.0%	N/A	N/A
<b>Friend Perceptions (wrong, very wrong)</b>						
Drink alcohol	N/A	N/A	52.6%	42.6%	N/A	N/A
Use vape products	N/A	58.5%	67.1%	64.8%	N/A	N/A
Use marijuana	44.9%	53.6%	58.5%	57.2%	N/A	N/A
Smoke cigarettes	89.0%	75.9%	79.1%	81.1%	N/A	N/A
Use prescription drugs not prescribed to them	84.5%	92.5%	86.0%	89.8%	N/A	N/A
<b>Ease of Access (easy, very easy)</b>						
Alcohol	N/A	N/A	46.0%	58.6%	N/A	N/A
Vape products	N/A	N/A	38.7%	46.0%	N/A	N/A
Marijuana	N/A	N/A	31.5%	37.9%	N/A	N/A
Cigarettes	N/A	N/A	20.7%	27.3%	N/A	N/A
Prescription medications not prescribed to them	N/A	N/A	19.1%	22.4%	N/A	N/A
Been sold or given alcohol or other illegal drugs on school property (12 months)	16.6%	4.6%	7.0%	7.2%	N/A	N/A
<b>Sexual Behaviors</b>						
Had sexual contact with another person (ever)	N/A	N/A	30.4%	37.4%	N/A	N/A
Had sexual intercourse (ever)	29.6%	19.8%	16.8%	18.1%	N/A	N/A
Used a barrier to protect themselves and their partners against STIs the last time they had sexual contact (among students who have had sexual contact)	N/A	N/A	42.5%	41.3%	N/A	N/A
Used substances before the last time they had sexual intercourse (among students who have had sexual intercourse)	23.7%	18.9%	16.3%	16.4%	N/A	20.7%
Sent or received sexual messages, pictures, or videos, electronically (ever)	41.4%	38.9%	22.0%	25.2%	N/A	N/A
<b>Physical Activity and Nutrition</b>						
Participated in 60 minutes or more of physical activity on 5 of the past 7 days	41.6%	51.3%	61.9%	60.9%	N/A	45.0%
Ate breakfast on 6 of the past 7 days	41.4%	35.9%	43.0%	50.1%	N/A	N/A
Had 3 or more hours of screen time on an average school day	N/A	81.5%	72.2%	73.7%	N/A	75.6%
<b>Protective Factors</b>						
Have a teacher or other adult in school to talk to about a problem	63.0%	69.1%	76.6%	66.3%	N/A	N/A
Have an adult outside of school not in their family to talk to about a problem***	N/A	N/A	77.4%	67.0%	N/A	N/A
Have an adult in their family to talk to about a problem***	78.5%	80.1%	87.3%	85.0%	N/A	N/A
Have a friend similar in age to talk to about a problem	N/A	N/A	90.7%	89.7%	N/A	N/A

\*\*In 2023, the survey redefined “binge drinking” from 4 or more drinks in a row for female students and 5 or more drinks in a row for male students to 5 or more drinks in a row for all students.

\*\*\*In 2023, this question was changed from “Do you have at least one parent or other adult family member about things that are important to them?” to “Do you have at least one parent or other adult family member to talk to about a problem?”

	Wilmington High School YHS			ML Region	MA YHS	MA CDC YRBS
	2019	2021	2023	2023	2021	2021
<b>Other Health-Related Topics</b>						
Participated in an organized activity this school year	N/A	N/A	17.9%	85.5%	N/A	N/A
Sleep 8 or more hours on an average school night	19.3%	20.3%	23.0%	32.0%	22.5%	20.4%

## Appendix B. Selected Middle School Data Tables

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	Wilmington Middle School YHS			ML Region	MA YHS
	2019	2021	2023	2023	2021
<b>Safety</b>					
Rarely or never wear a seatbelt when riding in a car	1.4%	1.0%	2.5%	2.6%	N/A
Rode in a car with someone who had been drinking alcohol (30 days)	N/A	N/A	8.0%	9.1%	10.1%
Rode in a car with someone who had been using marijuana (30 days)	N/A	N/A	2.0%	2.7%	6.6%
Skipped school because they felt safe at school or on their way to or from school (30 days)	N/A	N/A	7.2%	6.5%	N/A
<b>Discrimination (sometimes, most of the time, always)</b>					
Experienced bad or unfair treatment because of their race or ethnicity (ever)	N/A	6.2%	8.8%	9.8%	N/A
Experienced bad or unfair treatment because of their race or ethnicity (12 months)	N/A	N/A	5.3%	6.8%	N/A
Experienced bad or unfair treatment because of their gender identity (12 months)	N/A	N/A	4.7%	5.6%	N/A
Experienced bad or unfair treatment because of their sexual orientation (12 months)	N/A	N/A	4.5%	4.7%	N/A
Experienced bad or unfair treatment because of their religion (12 months)	N/A	N/A	2.0%	3.7%	N/A
<b>Violence-Related Behaviors or Experiences</b>					
<b>Weapons</b>					
Carried a weapon (ever)	11.1%	12.7%	12.7%	9.2%	N/A
Carried a weapon (30 days)	N/A	N/A	5.9%	3.7%	N/A
Carried a weapon on school property (30 days)	N/A	N/A	0.2%	0.4%	N/A
<b>Fighting</b>					
Were in a physical fight (ever)	27.1%	21.5%	29.5%	24.4%	N/A
Were in a physical fight (12 months)	N/A	N/A	14.6%	11.1%	N/A
Were in a physical fight on school property (12 months)	N/A	N/A	4.3%	3.5%	N/A
<b>Sexual Violence</b>					
Has had sexual things done to them or was forced to do sexual things they did not want to (ever)	N/A	N/A	4.1%	4.0%	N/A
<b>Dating Violence*</b>					
Experienced sexual dating violence (ever)	N/A	N/A	3.9%	2.0%	N/A
Experienced physical dating violence (ever)	N/A	N/A	2.5%	1.2%	N/A
Experienced emotional dating violence or control (ever)	N/A	N/A	7.1%	5.6%	N/A
<b>Bullying</b>					
Have been bullied on school property (12 months)	N/A	N/A	15.5%	16.6%	33.4%
Have been bullied electronically (12 months)	N/A	N/A	6.4%	7.7%	18.1%
<b>Mental Health</b>					
Mental health was not good sometimes, most of the time, or always (30 days)	N/A	50.3%	37.9%	37.2%	N/A
Felt so sad or hopeless almost every day for two weeks or more in a row and stopped doing usual activities (12 months)	N/A	N/A	17.8%	15.2%	29.3%
Engaged in self-harm without wanting to die (12 months)	N/A	N/A	7.8%	9.0%	26.5%
Seriously considered attempting suicide (12 months)	N/A	N/A	5.6%	7.0%	12.6%
Made a plan about how they would attempt suicide (12 months)	N/A	N/A	4.7%	5.3%	N/A
Attempted suicide (12 months)	N/A	N/A	1.0%	1.8%	6.1%
<b>Substance Use</b>					
<b>Lifetime</b>					
Alcohol use	9.9%	8.4%	7.2%	8.6%	N/A
Vape product use	1.9%	3.7%	1.4%	3.2%	10.1%
Marijuana use	2.7%	1.6%	1.4%	2.1%	4.8%
Smoking cigarettes	1.4%	2.1%	1.0%	1.2%	4.4%
Prescription drug misuse	1.7%	2.6%	1.2%	1.4%	N/A

\*In 2023, the dating violence questions were changed to remove the word "purposely".

	Wilmington Middle School YHS			ML Region	MA YHS
	2019	2021	2023	2023	2021
<b>Substance Use (Continued)</b>					
<b>Current (30 days)</b>					
Alcohol use	1.4%	2.4%	2.1%	2.2%	3.1%
Electronic vapor products use	1.9%	1.5%	1.2%	1.4%	4.6%
Marijuana use	2.1%	0.7%	1.2%	0.9%	2.5%
Smoking cigarettes	0.4%	0.5%	0.4%	0.2%	N/A
Prescription drug misuse	1.3%	1.1%	0.8%	0.5%	N/A
<b>Perceptions of Substance Use</b>					
<b>Risk of Harm (moderate risk, great risk)</b>					
Have one or two drinks of alcohol nearly every day	86.7%	84.5%	54.5%	62.2%	N/A
Have five or more drinks of alcohol once or twice each week	85.5%	83.3%	67.8%	75.1%	N/A
Use a vape product every day	N/A	N/A	76.1%	81.5%	N/A
Use marijuana once or twice a week	81.9%	83.1%	64.4%	69.1%	N/A
Smoke one or more cigarettes nearly every day	N/A	N/A	73.4%	79.1%	N/A
Use prescription drugs that are not prescribed to them	95.7%	94.0%	77.2%	83.3%	N/A
<b>Caregiver Perceptions (wrong, very wrong)</b>					
Drink alcohol	N/A	N/A	90.0%	88.6%	N/A
Use vape products	N/A	97.1%	96.1%	96.6%	N/A
Use marijuana	97.6%	97.4%	95.2%	96.1%	N/A
Smoke cigarettes	99.2%	97.4%	87.7%	96.6%	N/A
Use prescription drugs not prescribed to them	98.4%	96.7%	95.6%	96.6%	N/A
<b>Friend Perceptions (wrong, very wrong)</b>					
Drink alcohol	N/A	N/A	85.0%	96.9%	N/A
Use vape products	N/A	87.6%	88.9%	83.6%	N/A
Use marijuana	91.5%	93.1%	90.7%	89.8%	N/A
Smoke cigarettes	91.3%	89.2%	93.6%	91.7%	N/A
Use prescription drugs not prescribed to them	93.4%	92.9%	91.9%	93.6%	N/A
<b>Ease of Access (easy, very easy)</b>					
Alcohol	N/A	N/A	27.7%	36.7%	N/A
Vape products	N/A	N/A	13.5%	19.5%	N/A
Marijuana	N/A	N/A	9.2%	9.6%	N/A
Cigarettes	N/A	N/A	12.5%	15.3%	N/A
Prescription medications not prescribed to them	N/A	N/A	23.0%	24.2%	N/A
Been sold or given alcohol or other illegal drugs on school property (12 months)	N/A	N/A	1.6%	3.8%	N/A
<b>Sexual Behaviors</b>					
Had sexual contact with another person (ever)	N/A	N/A	9.1%	9.6%	N/A
Had sexual intercourse (ever)	1.4%	1.7%	0.8%	1.4%	N/A
Used a barrier to protect themselves and their partners against STIs the last time they had sexual contact (among students who have had sexual contact)	N/A	N/A	23.1%	23.8%	N/A
Used substances before the last time they had sexual intercourse (among students who have had sexual intercourse)	N/A	7.1%	25.0%	25.8%	N/A
Sent or received sexual messages, pictures, or videos, electronically (ever)	N/A	N/A	11.5%	10.3%	N/A
<b>Physical Activity and Nutrition</b>					
Participated in 60 minutes or more of physical activity on 5 of the past 7 days	58.5%	63.1%	76.6%	68.0%	N/A
Ate breakfast on 6 of the past 7 days	50.8%	49.0%	50.3%	61.9%	N/A
Had 3 or more hours of screen time on an average school day	N/A	73.4%	67.6%	60.0%	N/A
<b>Protective Factors</b>					
Have a teacher or other adult in school to talk to about a problem	N/A	62.4%	66.1%	63.2%	N/A
Have an adult outside of school not in their family to talk to about a problem	N/A	N/A	74.1%	64.8%	N/A
Have an adult in their family to talk to about a problem**	N/A	85.8%	91.6%	88.4%	N/A
Have a friend similar in age to talk to about a problem	N/A	N/A	88.2%	87.8%	N/A

\*\*In 2023, this question was changed from "Do you have at least one parent or other adult family member about things that are important to them?" to "Do you have at least one parent or other adult family member to talk to about a problem?"

	Wilmington Middle School YHS			ML Region	MA YHS
	2019	2021	2023	2023	2021
<b>Other Health-Related Topics</b>					
Participated in an organized activity this school year	N/A	N/A	76.3%	82.2%	N/A
Sleep 8 or more hours on an average school night	46.7%	41.9%	53.4%	59.0%	N/A