

2023

Middlesex League Youth Health Survey Regional Report

In partnership with John Snow, Inc.

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About the Youth Health Survey

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, 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, Winchester 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 mailed 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

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 participating students, 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.

KEY TERMS AND ACRONYMS

- ML '23 – 2023 Middlesex League Survey Regional Data
- MA '21 – 2021 Massachusetts Youth Health Survey Data
- 6 – 6th grade
- 7 – 7th grade
- 8 – 8th grade
- 9 – 9th grade
- 10 – 10th grade
- 11 – 11th grade
- 12 – 12th 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.
- MR – Multi-Racial
- HL – Hispanic or Latino/a
- EVP – Electronic vapor product
- PDM – Prescription drug misuse

2023

Middlesex League Youth Health Survey

High School Results

2023 High School Sample

In 2023, 9,588 high school students participated in Youth Health Survey. Among the students that participated, 1,674 were marked as incomplete and excluded from the final data set used in the analysis. This resulted in a final sample of 7,914 students. The table below shows a distribution of accepted survey respondents by grade, gender identity, sexual orientation, race, and ethnicity.

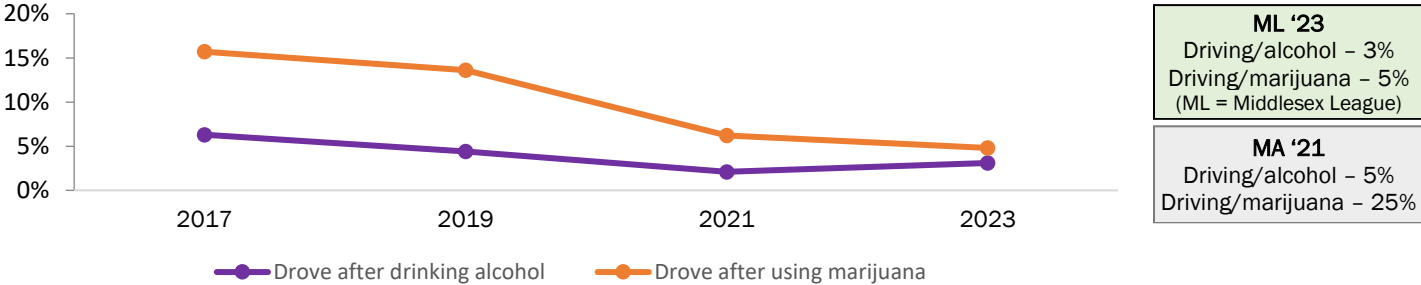
Grade	9 th	2378
	10 th	2138
	11 th	1891
	12 th	1479
Gender Identity	Woman/Girl	3641
	Man/Boy	3590
	TGD	552
	Did not understand question/ Chose not to respond	113
Sexual Orientation	Heterosexual	5909
	LGBQ+	1760
	Did not understand question/ Chose not to respond	208
Race	Asian	918
	Black	317
	White	5507
	Other	493
	Multi-Racial	600
Ethnicity	Hispanic/Latino/a	951
	Not Hispanic/Latino/a	6889

Safety

Motor Vehicle Safety

DRIVING A CAR WHILE IMPAIRED

Among high school students who had driven a car in the past 30 days, 3% drove a car when they had been drinking alcohol and 5% drove a car when they had been using marijuana. Middlesex League students were substantially less likely than Massachusetts students to report driving a car when they had been using marijuana (5% vs 25%). LGBQ+ students were significantly more likely than heterosexual students to report driving a car when they had been using marijuana.



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

Grade				Gender			Sexual Orientation		Race				Ethnicity		
9 th	10 th	11 th	12 th	F	M	TGD	HS	LGBQ+	Asian	Black	White	Other	MR	H/L	Not H/L
Drove a car when they had been drinking alcohol															
3%	2%*	3%	5%*	2%	3%	6%*	3%	4%	2%*	2%	3%	5%	7%*	6%*	3%
Drove a car when they had been using marijuana															
3%*	2%*	6%*	8%*	3%*	5%	10%*	4%	16%*	3%*	5%	4%	6%	10%*	6%	5%

*Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.

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?

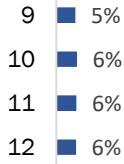
Safety In School and Traveling To/From School

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. The percentage of students who have skipped school because they felt unsafe at school or on their way to or from school in the past 30 days has increased slightly since 2021. TGD students were significantly more likely than the average high school student to skip school because they felt unsafe. LGBQ+ students were significantly more likely than heterosexual students to skip school because they felt unsafe. Hispanic/Latino students were significantly more likely than non-Hispanic/Latino students to skip school because they felt unsafe. *There is no statewide comparison data.*

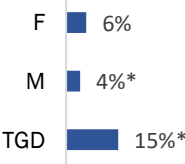


The graphs below show a breakdown of 2023 data by different demographic groups.

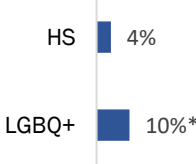
Grade



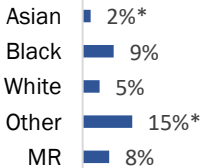
Gender



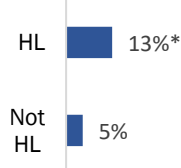
Sexual Orientation



Race



Ethnicity



**Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.*

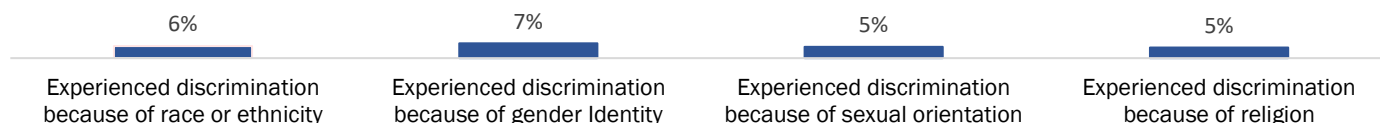
Q: During the past 30 days, on how many days did you not go to school because you felt you would be unsafe at school or on your way to or from school?

Discrimination

Discrimination

EXPERIENCED DISCRIMINATION

Overall, 6% 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, 7% because of their gender identity, 5% because of their sexual orientation, and 5% because of their religion. This was the first time these questions were asked on the Middlesex League Youth Health Survey, so there is no trend data. TGD students were significantly more likely than the average high school student to experience discrimination because of their gender identity or sexual orientation. Similarly, LGBTQ+ students were significantly more likely than heterosexual students to experienced discrimination because of their gender identity or sexual orientation. Students of color were significantly more likely than the average high school student to experience discrimination because of their race or ethnicity, with Black students most likely to report discrimination. *There is no statewide comparison data.*



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

Grade				Gender			Sexual Orientation		Race					Ethnicity	
9th	10th	11th	12th	F	M	TGD	HS	LGBQ+	Asian	Black	White	Other	MR	H/L	Not H/L
Experienced discrimination because of race or ethnicity															
5%	6%	6%	5%	6%	5%	8%	5%	6%	10%*	28%*	2%*	14%*	12%*	13%*	5%
Experienced discrimination because of gender identity															
6%	7%	8%	8%	6%	3%*	35%*	3%	20%*	3%*	6%	7%	9%	10%*	9%	7%
Experienced discrimination because of sexual orientation															
5%	5%	6%	6%	4%*	3%*	26%*	2%	18%*	3%*	4%	5%	6%	9%*	7%	5%
Experienced discrimination because of religion															
5%	5%	5%	5%	5%	5%	7%	5%	5%	4%	8%	4%*	11%*	10%*	7%*	5%

**Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.*

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

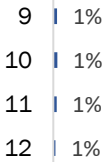
ON SCHOOL PROPERTY

Overall, 1% of high school students carried a weapon on school property in the past 30 days. The percentage of high school students carrying a weapon on school property in the past 30 days has remained relatively unchanged since 2017. TGD and Multi-Racial students were significantly more likely than the average high school student to carry a weapon on school property in the past 30 days. *There is no statewide comparison data.*

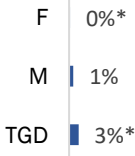


The graphs below show a breakdown of 2023 data by different demographic groups.

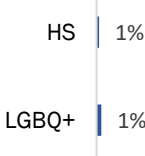
Grade



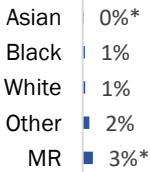
Gender



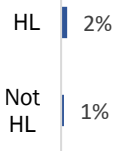
Sexual Orientation



Race



Ethnicity



**Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.*

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

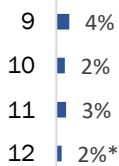
ON SCHOOL PROPERTY

Overall, 3% of high school students were in a physical fight on school property in the past 12 months. The percentage of students who physically fought on school property in the past 12 months has remained relatively unchanged since 2017. Male students and students of another race were significantly more likely than the average high school student to be in a fight on school property in the past 12 months. Hispanic/Latino students were significantly more likely than non-Hispanic/Latino students to be in a fight on school property in the past 12 months. *There is no statewide comparison data.*

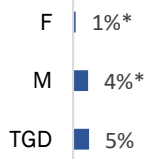


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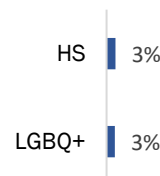
Grade



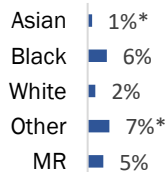
Gender



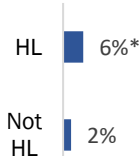
Sexual Orientation



Race



Ethnicity



**Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.*

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

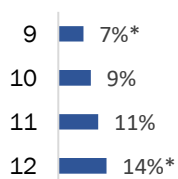
Sexual Violence

LIFETIME

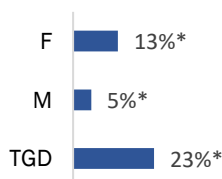
Overall, 10% of high school students have had someone do sexual things to them or forced them to do sexual things that they did not want to. This was the first time this question was asked on the Middlesex Youth Health Survey, so there is no trend data. Students in 12th grade, female students, TGD students, and Multi-Racial students were significantly more likely than the average high school student to ever experience sexual violence. LGBTQ+ students were significantly more likely than heterosexual students to ever experience sexual violence, and Hispanic/Latino students were significantly more likely than non-Hispanic/Latino students to ever experience sexual violence. *There is no statewide comparison data.*

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

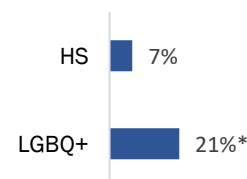
Grade



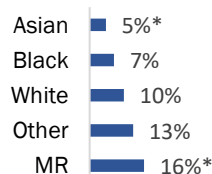
Gender



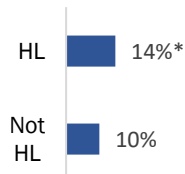
Sexual Orientation



Race



Ethnicity



**Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.*

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

Sexual Violence

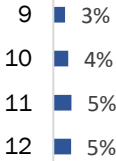
PAST YEAR

Overall, 4% 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. The percentage of high school students experiencing sexual violence in the past 12 months has relatively decreased since 2017 to its lowest percentage. Female, TGD, and Multi-Racial students were significantly more likely than the average high school student to experience sexual violence in the past 12 months. LGBTQ+ students were significantly more likely than heterosexual students to experience sexual violence in the past 12 months. *There is no statewide comparison data.*

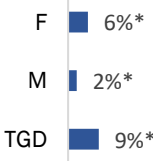


The graphs below show a breakdown of 2023 data by different demographic groups.

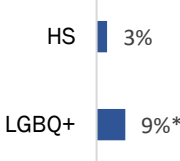
Grade



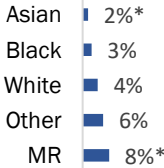
Gender



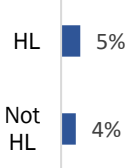
Sexual Orientation



Race



Ethnicity



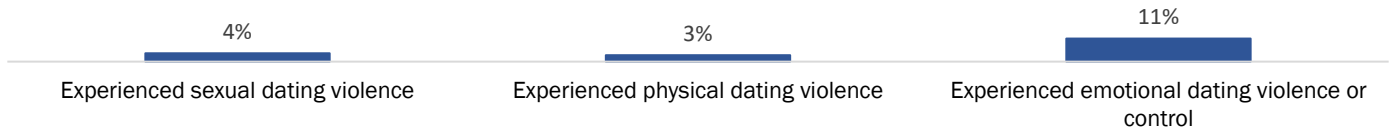
**Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.*

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, 4% of high school students have been hurt sexually by someone they were dating or going out with in the past 12 months, 3% have been hurt physically, and 11% have been emotionally hurt or controlled. Female students and students of another race were significantly more likely than the average high school student to experience sexual dating violence or emotional dating violence or control in the past 12 months. LGBTQ+ students were significantly more likely than heterosexual students to experience all forms of dating violence. Similarly, Hispanic/Latino students were significantly more likely than non-Hispanic/Latino students to experience all forms of dating violence. *There is no statewide comparison data.*



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

Grade				Gender			Sexual Orientation		Race					Ethnicity	
9 th	10 th	11 th	12 th	F	M	TGD	HS	LGBQ+	Asian	Black	White	Other	MR	H/L	Not H/L
Experienced sexual dating violence															
3%*	5%	5%	5%	6%*	2%*	8%*	3%	8%*	2%*	3%	4%	8%*	7%	7%*	4%
Experienced physical dating violence															
2%*	3%	3%	4%	2%	3%	5%*	2%	4%*	1%*	3%	2%	4%	6%*	5%*	2%
Experienced emotional violence or were controlled															
8%*	10%	13%	13%	13%*	8%*	15%	10%	15%*	5%*	11%	11%	17%*	15%*	17%*	10%

**Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.*

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

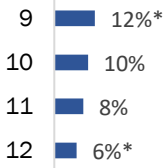
BULLYING ON SCHOOL PROPERTY

Overall, 9% of high school students were bullied on school property in the past 12 months. The percentage of high school students bullied on school property in the past 12 months has varied since 2017. Students in 9th grade and TGD students were significantly more likely than the average high school student to be bullied on school property in the past 12 months. LGBTQ+ students were significantly more likely than heterosexual students to be bullied on school property in the past 12 months. *There is no statewide comparison data.*

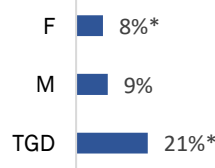


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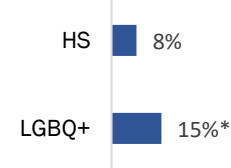
Grade



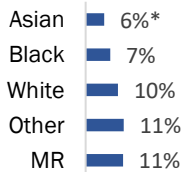
Gender



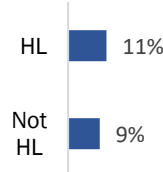
Sexual Orientation



Race



Ethnicity



*Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.

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

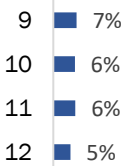
ELECTRONIC BULLYING

Overall, 6% of high school students were electronically bullied in the past 12 months. TGD students were significantly more likely than the average high school student to be electronically bullied in the past 12 months, and LGBQ+ students were significantly more likely than heterosexual students to be electronically bullied in the past 12 months. *There is no statewide comparison data.*

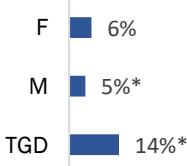


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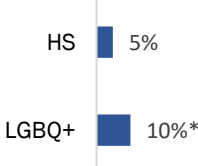
Grade



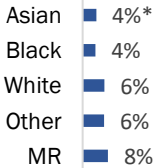
Gender



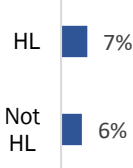
Sexual Orientation



Race



Ethnicity



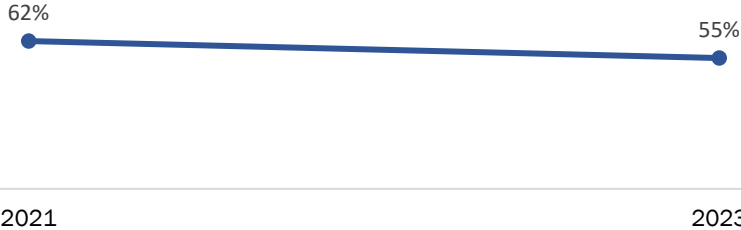
**Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.*

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

Mental Health

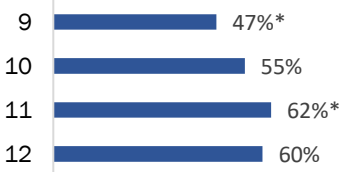
General

Overall, 55% of high school students reported that their mental health was not good sometimes, most of the time, or always in the past 30 days. This is a slight decrease from the percentage reported in 2021 (62%). Students in 11th grade, female students, and 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. LGBTQ+ 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. *There is no statewide comparison data.*

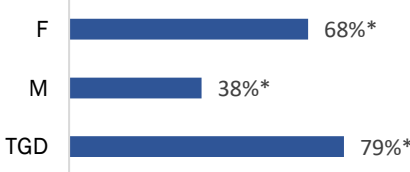


The graphs below show a breakdown of 2023 data by different demographic groups.

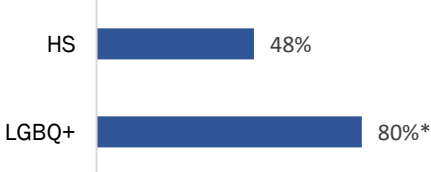
Grade



Gender



Sexual Orientation



Race



Ethnicity



**Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.*

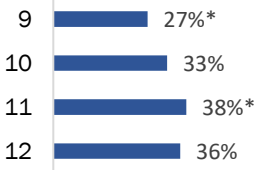
Q: During the past 30 days, how often was your mental health not good?

Stress

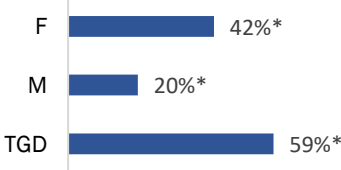
Overall, 33% high school students felt tense, nervous, or worried every day for two or more weeks in a row that they stopped doing some usual activities (i.e., experienced anxiety) in the past 30 days. This was the first time this question was asked on the Middlesex Youth Health Survey, so there is no trend data. Students in 11th grade, female students, and TGD students were significantly more likely than the average high school student to experience anxiety in the past 30 days. LGBTQ+ students were significantly more likely than heterosexual students to experience anxiety in the past 30 days, and Hispanic/Latino students were significantly more likely than non-Hispanic/Latino students to experience anxiety in the past 30 days. *There is no statewide comparison data.*

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

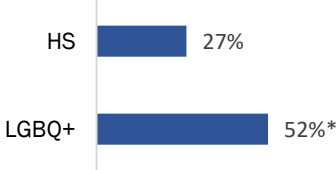
Grade



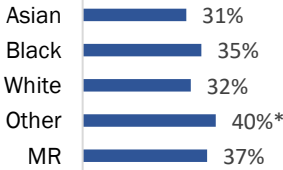
Gender



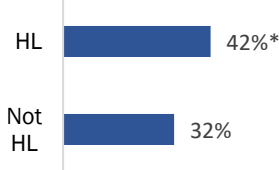
Sexual Orientation



Race



Ethnicity

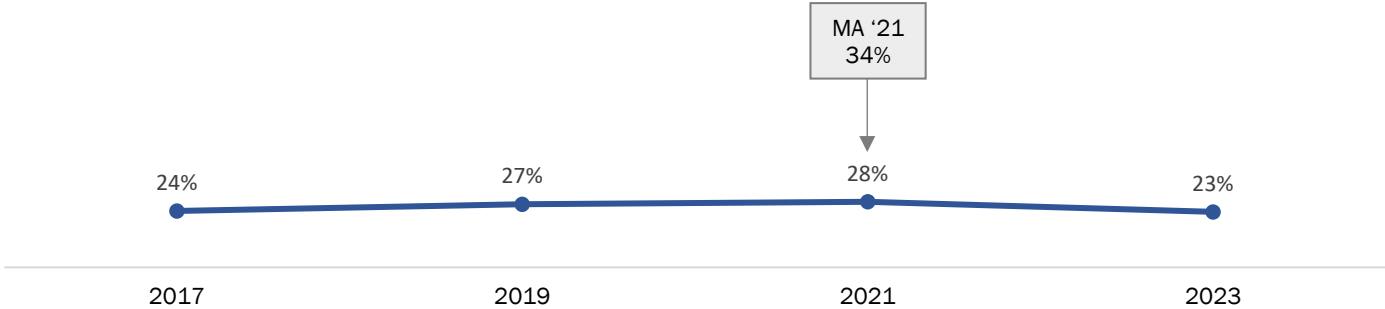


**Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.*

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?

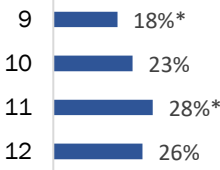
Feeling Sad or Hopeless

Overall, 23% 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. This percentage has remained relatively unchanged since 2017. Middlesex League students were substantially less likely than Massachusetts students to experience depression in the past 12 months. Students in 11th grade, female students, TGD students, and students of another race were significantly more likely than the average high school student to experience depression in the past 12 months. LGBTQ+ students were significantly more likely than heterosexual students to experience depression in the past 12 months, and Hispanic/Latino students were significantly more likely than non-Hispanic/Latino students to experience depression in the past 12 months.

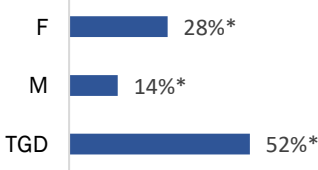


The graphs below show a breakdown of 2023 data by different demographic groups.

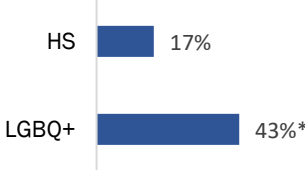
Grade



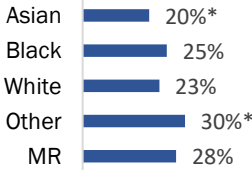
Gender



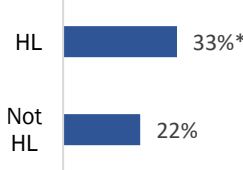
Sexual Orientation



Race



Ethnicity



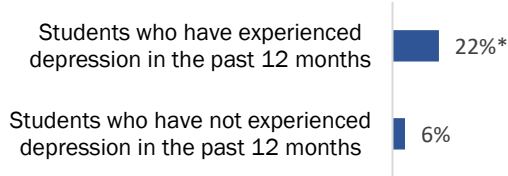
*Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.

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?

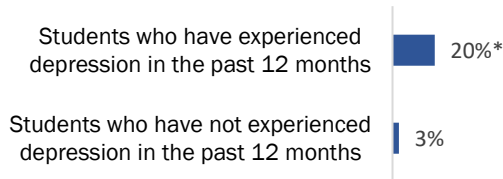
Feeling Sad or Hopeless

High school students who have experienced depression in the past 12 months were significantly more likely to experience bullying, significantly less likely to have adult supports, and significantly less likely to sleep 8 or more hours on an average school night than students who have not experienced depression in the past 12 months.

During the past 12 months, how many times have you been bullied on school property? (1 or more times)



During the past 12 months, how many times have you been bullied electronically? (1 or more times)



Is there at least one teacher or other adult in your school that you can talk to if you have a problem? (yes)



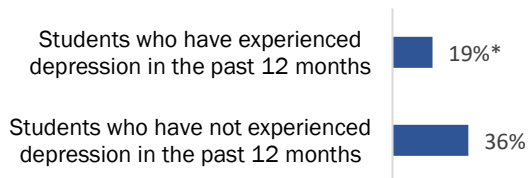
Is there at least one adult outside of school who is not in your family that you can talk to if you have a problem? (yes)



Is there at least one adult in your family that you can talk to if you have a problem? (yes)



On an average school night, how many hours of sleep do you get? (8 or more hours)



**Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.*

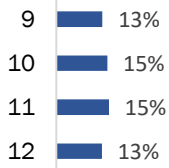
Self-Harm

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. This percentage has remained relatively unchanged since 2017. Middlesex League students were less likely than Massachusetts students to engage in self-harm in the past 12 months. Female, TGD, and Multi-Racial students were significantly more likely than the average high school student to experience engage in self-harm in the past 12 months. LGBTQ+ students were significantly more likely than heterosexual students to engage in self-harm in the past 12 months, and Hispanic/Latino students were significantly more likely than non-Hispanic/Latino students to experience depression in the past 12 months.

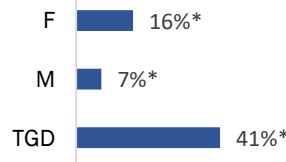


The graphs below show a breakdown of 2023 data by different demographic groups.

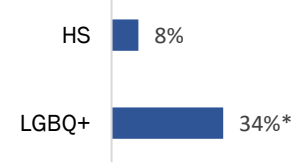
Grade



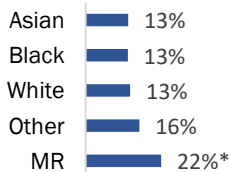
Gender



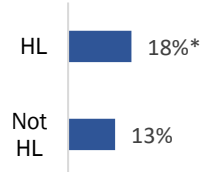
Sexual Orientation



Race



Ethnicity



**Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.*

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

Suicidal Ideation & Suicide

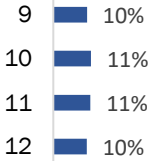
CONSIDERED ATTEMPTING SUICIDE

Overall, 10% of high school students seriously considered attempting suicide during the past 12 months. This percentage has decreased slightly since 2017. Middlesex League students were less likely than Massachusetts students to seriously consider attempting suicide in the past 12 months. TGD and Multi-Racial students were significantly more likely than the average high school student to seriously consider attempting suicide in the past 12 months. LGBTQ+ students were significantly more likely than heterosexual students to seriously consider attempting suicide in the past 12 months.

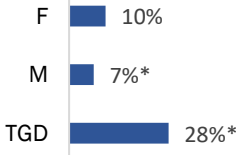


The graphs below show a breakdown of 2023 data by different demographic groups.

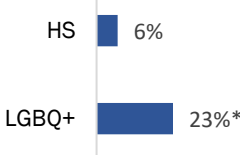
Grade



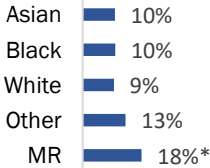
Gender



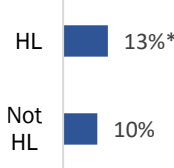
Sexual Orientation



Race



Ethnicity



*Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.

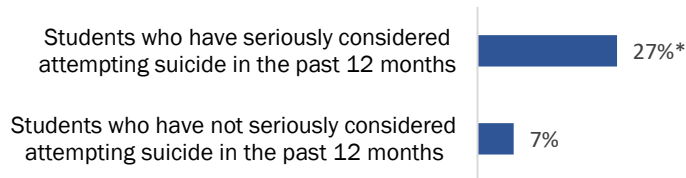
Q: During the past 12 months, did you ever seriously consider attempting suicide?

Suicidal Ideation & Suicide

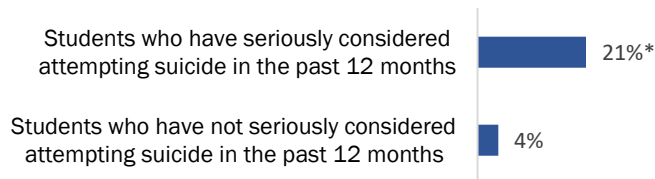
CONSIDERED ATTEMPTING SUICIDE

High school students who seriously considered attempting suicide in the past 12 months were significantly more likely to experience bullying, significantly less likely to have adult and peer supports, and significantly less likely to sleep 8 or more hours on an average school night than students who have not seriously considered attempting suicide in the past 12 months.

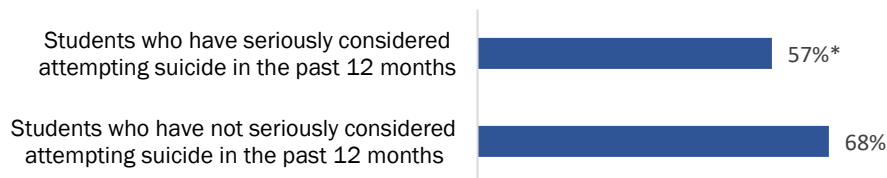
During the past 12 months, how many times have you been bullied on school property? (1 or more times)



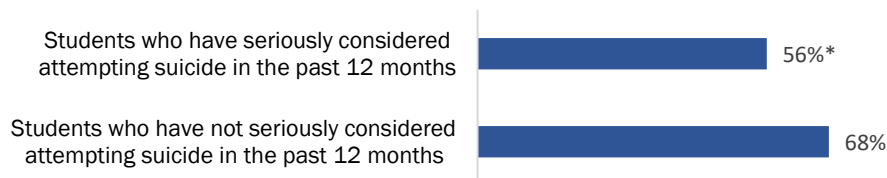
During the past 12 months, how many times have you been bullied electronically? (1 or more times)



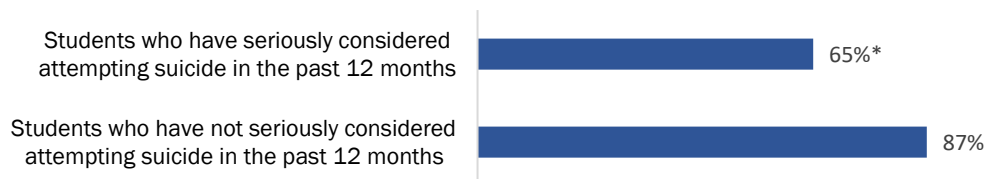
Is there at least one teacher or other adult in your school that you can talk to if you have a problem? (yes)



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? (yes)



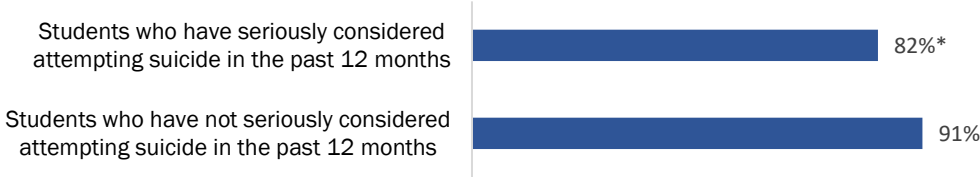
Is there at least one adult in your family that you can talk to if you have a problem? (yes)



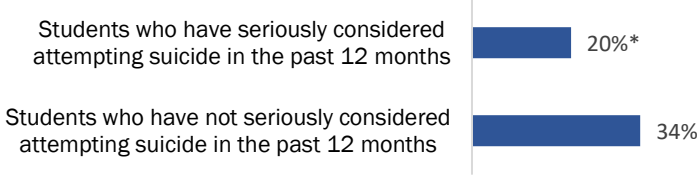
**Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.*

Suicidal Ideation & Suicide

Is there at least one friend similar in age to you that you can talk to if you have a problem? (yes)



On an average school night, how many hours do you sleep? (8 or more hours)



**Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.*

Suicidal Ideation & Suicide

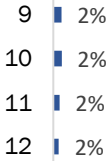
ATTEMPTED SUICIDE

Overall, 2% of high school students attempted suicide in the past 12 months. This percentage has remained relatively unchanged since 2017. TGD students, students of another race, and Multi-Racial students were significantly more likely than the average high school student to attempt suicide in the past 12 months. LGBTQ+ students were significantly more likely than heterosexual students to attempt suicide in the 12 months, and Hispanic/Latino students were significantly more likely than non-Hispanic/Latino students to attempt suicide in the past 12 months. *There is no statewide comparison data.*

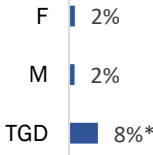


The graphs below show a breakdown of 2023 data by different demographic groups.

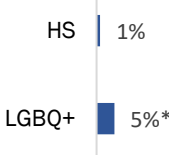
Grade



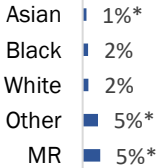
Gender



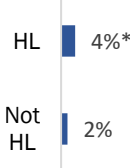
Sexual Orientation



Race



Ethnicity



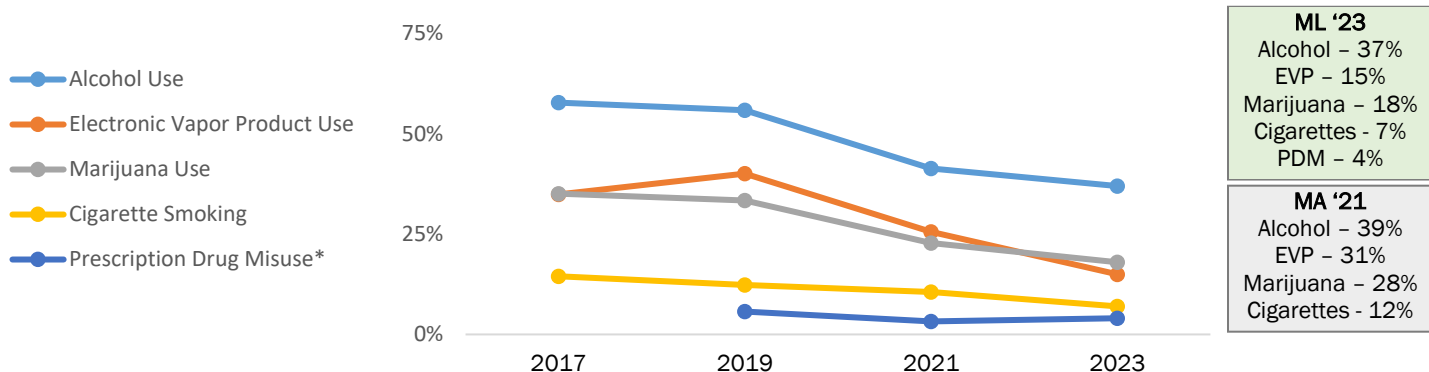
**Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.*

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

Substance Use

Lifetime Substance Use

High school students were asked if they had ever used a variety of substances. Overall, 37% reported ever drinking alcohol, 15% reported ever using electronic vapor products, 18% reported ever using marijuana, 7% reported ever smoking cigarettes, and 4% reported ever using prescription drugs without a prescription. These percentages for all but lifetime prescription drug misuse have relatively decreased since 2017, and Middlesex League students were less likely than Massachusetts students to ever use all substances. As students advanced in grade, they were significantly more likely to ever use all substances except prescription drugs.



*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.

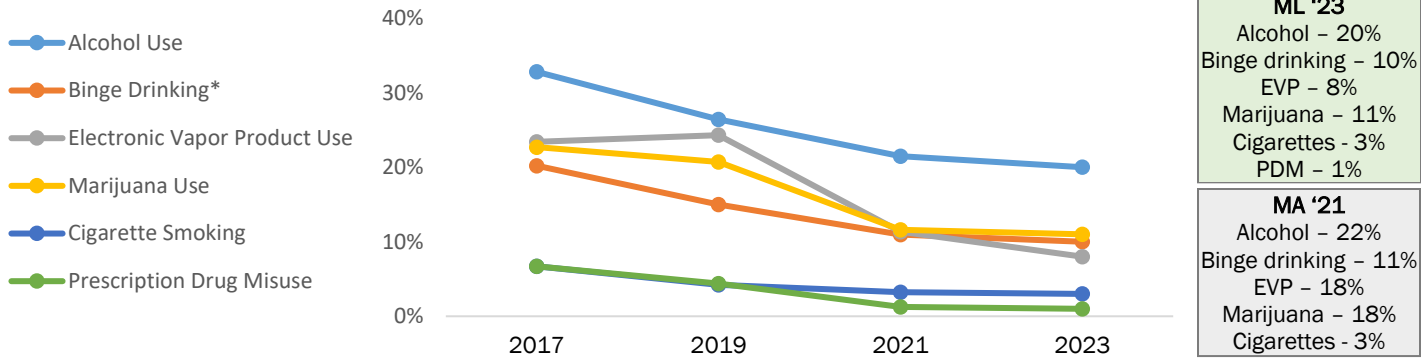
Grade				Gender			Sexual Orientation		Race				Ethnicity		
9 th	10 th	11 th	12 th	F	M	TGD	HS	LGBQ+	Asian	Black	White	Other	MR	H/L	Not H/L
Alcohol use															
21%*	34%*	45%*	57%*	40%*	35%	35%	36%	40%*	18%*	25%*	40%*	34%	43%*	40%	36%
EVP use															
9%*	12%*	20%*	25%*	17%	13%*	19%	14%	20%*	4%*	15%	17%	18%	19%	22%*	14%
Marijuana use															
8%*	14%*	23%*	33%*	18%	17%	23%*	16%	25%*	6%*	14%	20%	18%	23%*	21%	18%
Cigarette smoking															
3%*	5%*	9%	12%*	6%*	7%	10%*	6%	9%*	2%*	4%*	7%	9%	11%*	9%*	6%
Prescription drug misuse															
3%	3%	4%	4%	3%	3%	11%*	3%	7%*	3%	6%	3%	5%	6%*	6%*	3%

*Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.

- 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

Middlesex League high school students were asked if they had used a variety of substances in the past 30 days (currently). Overall, 20% of high school students reported currently using alcohol, 10% reported currently binge drinking (5 or more drinks in a row), 8% reported currently using electronic vapor products, 11% reported currently using marijuana, 3% reported currently smoking cigarettes, and 1% reported currently misusing prescription drugs.



*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.

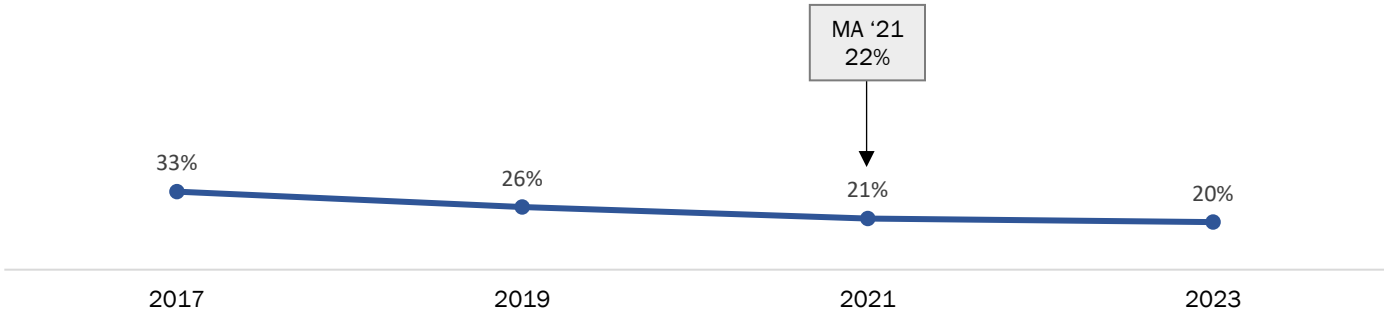
The following pages include a breakdown of 2023 data by different demographic groups.

- 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

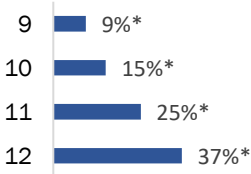
CURRENT ALCOHOL USE

Overall, 20% of high school students drank alcohol in the past 30 days. This percentage has decreased consistently since 2017. Middlesex League students were less likely than Massachusetts students to currently drink alcohol. Students in 12th grade and White students were significantly more likely than the average high school student to currently drink alcohol.

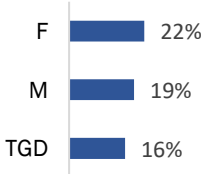


The graphs below show a breakdown of 2023 data by different demographic groups.

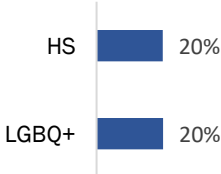
Grade



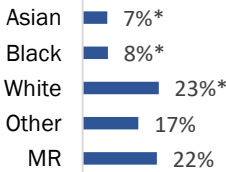
Gender



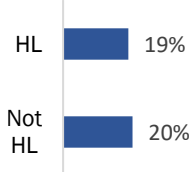
Sexual Orientation



Race



Ethnicity



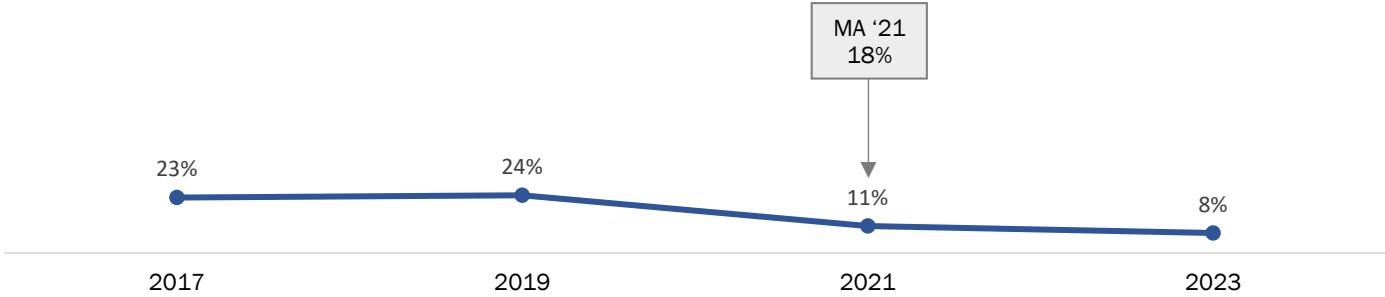
*Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.

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

Current Substance Use

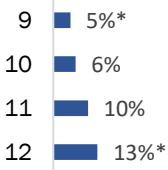
CURRENT ELECTRONIC VAPOR PRODUCT USE

Overall, 8% of high school students used electronic vapor products in the past 30 days. This percentage has relatively decreased since 2017. Middlesex League students were less likely than Massachusetts students to currently use electronic vapor products. Students in 12th grade and TGD students were significantly more likely than the average high school student to currently use electronic vapor products.

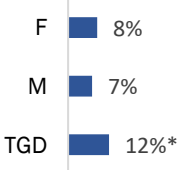


The graphs below show a breakdown of 2023 data by different demographic groups.

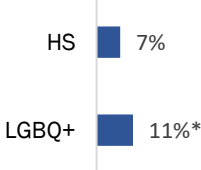
Grade



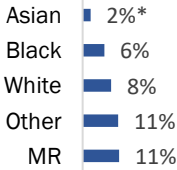
Gender



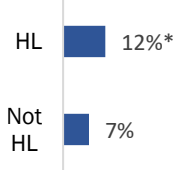
Sexual Orientation



Race



Ethnicity



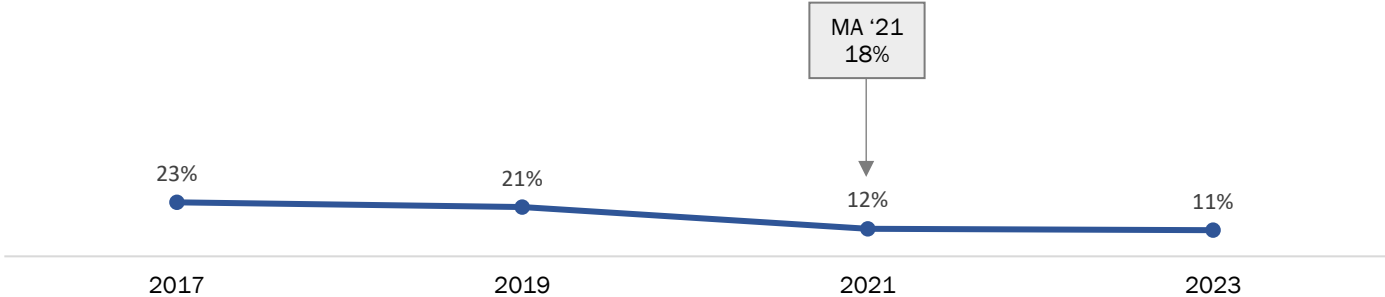
**Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.*

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

Current Substance Use

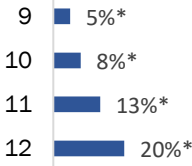
CURRENT MARIJUANA USE

Overall, 11% of high school students used marijuana in the past 30 days. This percentage has decreased consistently since 2017. Middlesex League students were less likely than Massachusetts students to currently use marijuana. Students in 12th grade and TGD students were significantly more likely than the average high school student to currently use marijuana. LGBQ+ students were significantly more likely than heterosexual students to currently use marijuana.

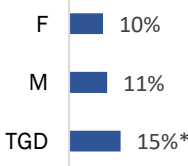


The graphs below show a breakdown of 2023 data by different demographic groups.

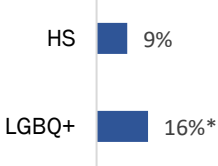
Grade



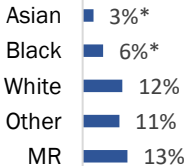
Gender



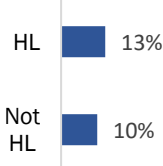
Sexual Orientation



Race



Ethnicity



*Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.

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

Current Substance Use

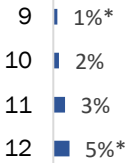
CURRENT CIGARETTE SMOKING

Overall, 3% of high school students smoked a cigarette in the past 30 days. This percentage has relatively decreased since 2017. Middlesex League students were equally likely as Massachusetts students to currently smoke cigarettes. Students in 12th grade and Multi-Racial students were significantly more likely than the average high school student to currently smoke cigarettes. LGBTQ+ students were significantly more likely than heterosexual students to currently smoke cigarettes, and Hispanic/Latino students were significantly more likely than non-Hispanic/Latino students to currently smoke cigarettes.

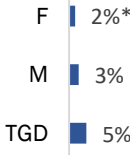


The graphs below show a breakdown of 2023 data by different demographic groups.

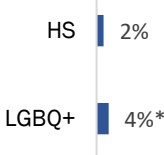
Grade



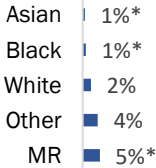
Gender



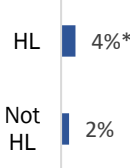
Sexual Orientation



Race



Ethnicity



*Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.

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

Current Substance Use

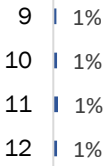
CURRENT PRESCRIPTION DRUG MISUSE

Overall, 1% of high school students misused prescription drugs in the past 30 days. This percentage has relatively decreased since 2017. TGD and Multi-Racial students were significantly more likely than the average high school student to currently misuse prescription drugs. LGBTQ+ students were significantly more likely than heterosexual students to currently misuse prescription drugs, and Hispanic/Latino students were significantly more likely than non-Hispanic/Latino students to currently misuse prescription drugs. *There is no statewide comparison data.*

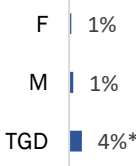


The graphs below show a breakdown of 2023 data by different demographic groups.

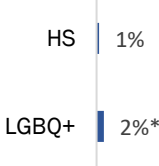
Grade



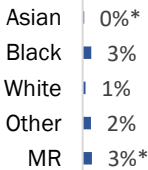
Gender



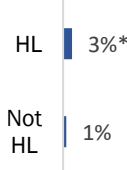
Sexual Orientation



Race



Ethnicity



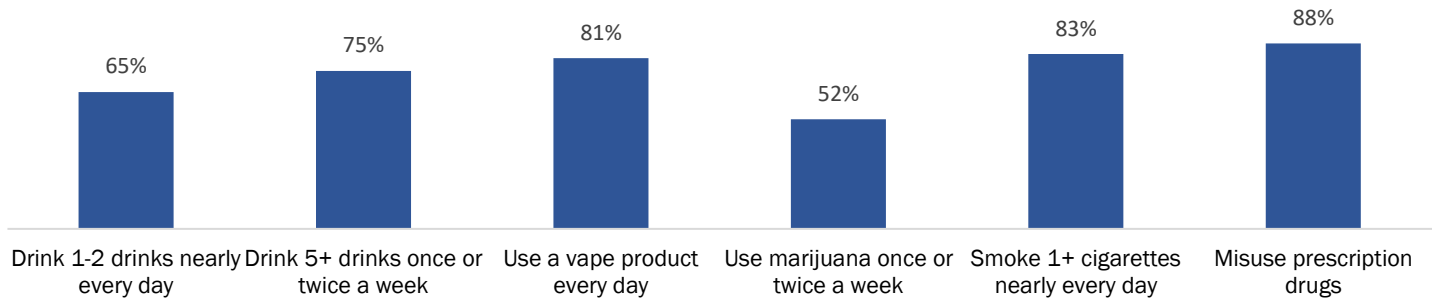
*Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.

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 (88%), and least likely to perceive using marijuana once or twice a week as having moderate or great risk of harm (52%). There were significant differences across many categories. *There is no statewide comparison data.*



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

Grade				Gender			Sexual Orientation		Race				Ethnicity		
9 th	10 th	11 th	12 th	F	M	TGD	HS	LGBQ+	Asian	Black	White	Other	MR	H/L	Not H/L
Drink 1-2 drinks nearly every day															
65%	67%	66%	62%	70%*	59%*	75%*	62%	75%*	72%*	60%	65%	56%*	68%	59%*	66%
Drink 5* drinks once or twice a week															
76%	77%	74%	71%*	78%*	71%*	81%*	73%	82%*	84%*	70%	74%	69%*	77%	70%*	76%
Use a vape product every day															
82%	81%	81%	81%	84%*	78%*	85%*	80%	85%*	83%	79%	82%	73%*	81%	77%*	82%
Use marijuana once or twice a week															
62%*	54%	45%*	40%*	58%*	47%*	44%*	54%	43%*	66%*	50%	49%*	57%	48%	50%	52%
Smoke 1* cigarettes nearly every day															
83%	83%	82%	84%	85%*	81%*	86%	82%	87%*	86%*	76%*	84%	75%*	83%	79%*	84%
Misuse prescription drugs															
87%	89%	87%	90%	91%*	86%*	91%	88%	92%*	89%	80%*	89%	83%*	88%	84%*	89%

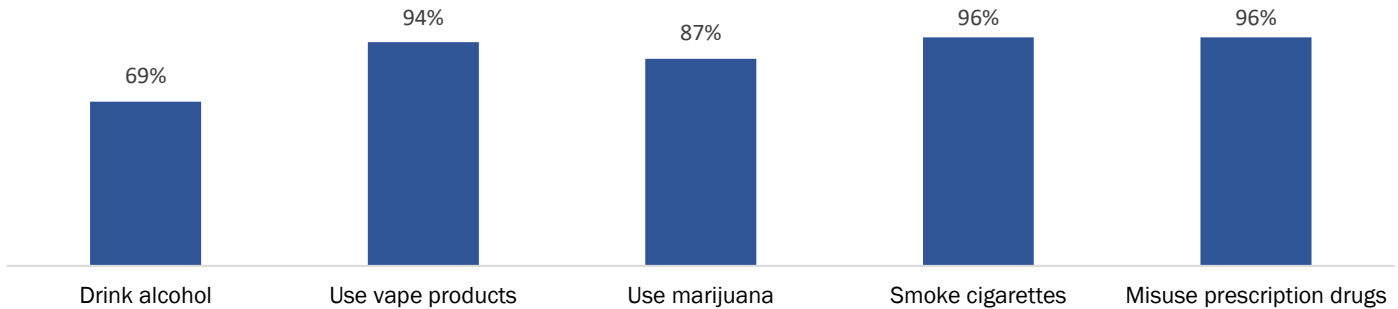
*Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.

- 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 (96%), and least likely to think their caregivers think drinking alcohol is wrong or very wrong (69%). There were significant differences across many categories. *There is no statewide comparison data.*



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

Grade				Gender			Sexual Orientation		Race				Ethnicity		
9 th	10 th	11 th	12 th	F	M	TGD	HS	LGBQ+	Asian	Black	White	Other	MR	H/L	Not H/L
Drink alcohol															
81%*	74%*	63%*	51%*	70%	68%	69%	70%	65%*	78%*	79%*	67%	75%*	66%	69%	69%
Use vape products															
95%	95%	93%	92%*	96%*	93%	93%	94%	94%	95%	90%*	95%	90%*	93%	90%*	95%
Use marijuana															
92%*	90%*	83%*	77%*	89%	86%	78%	89%	81%*	94%*	85%	86%	88%	83%	86%	87%
Smoke cigarettes															
96%	96%	95%	95%	97%	94%	95%	96%	96%	96%	93%	96%	93%	94%	93%*	96%
Use prescription medications not prescribed to them															
96%	97%	96%	95%	98%	95%	92%	96%	95%	95%	93%	97%	94%	93%*	93%*	96%

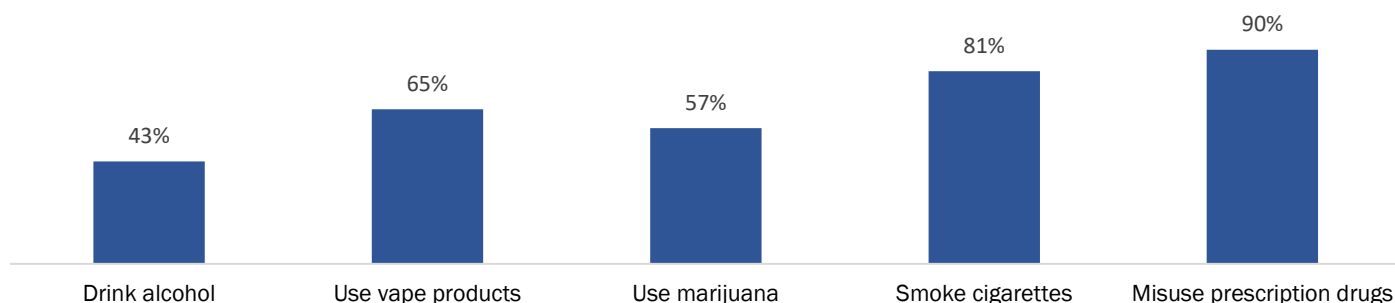
*Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.

- 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 as wrong or very wrong (90%), and least likely to think their friends think drinking alcohol is wrong or very wrong (43%). There were significant differences across many categories. *There is no statewide comparison data.*



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

Grade				Gender			Sexual Orientation		Race					Ethnicity	
9 th	10 th	11 th	12 th	F	M	TGD	HS	LGBQ+	Asian	Black	White	Other	MR	H/L	Not H/L
Drink alcohol															
59%*	45%	32%*	25%*	40%	44%	50%	42%	41%	62%*	48%	39%*	52%*	37%*	45%	42%
Use vape products															
77%*	68%*	56%*	52%*	62%	67%	69%	64%	65%	79%*	56%*	63%	66%	61%	60%*	65%
Use marijuana															
75%*	62%*	45%*	37%*	58%	57%	50%	60%	46%*	77%*	57%	54%*	62%	50%*	58%	57%
Smoke cigarettes															
88%*	84%*	75%*	74%*	81%	80%	83%	82%	79%	88%*	81%	80%	77%	79%	79%	81%
Use prescription medications not prescribed to them															
91%	90%	89%	89%	92%	88%	87%	90%	90%	90%	83%*	91%	84%*	86%*	86%*	90%

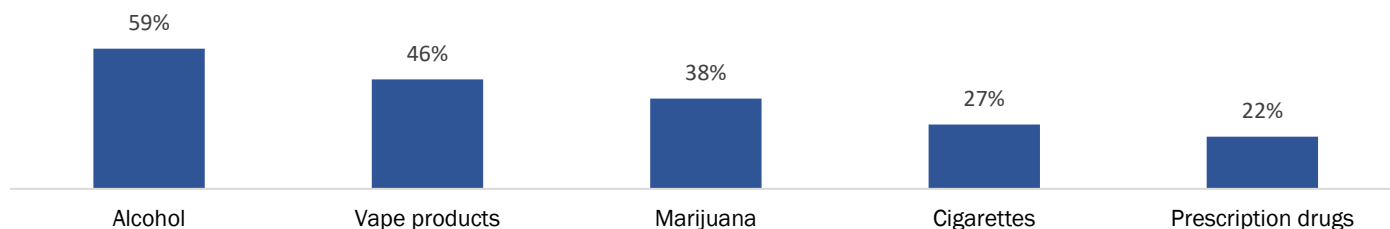
**Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.*

- 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, students were most likely to think alcohol is easy or very easy to access (59%), and least likely to think prescription drugs are easy and very easy to access (22%). There were significant differences across many categories. *There is no statewide comparison data.*



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

Grade				Gender			Sexual Orientation		Race					Ethnicity	
9 th	10 th	11 th	12 th	F	M	TGD	HS	LGBQ+	Asian	Black	White	Other	MR	H/L	Not H/L
Alcohol															
52%*	55%*	62%*	69%*	60%	57%	62%	57%	66%*	49%*	50%*	61%*	48%*	64%*	55%	59%
Vape products															
38%*	44%	51%*	56%*	45%	48%	41%	47%	44%	30%*	52%	48%	46%	51%	51%*	45%
Marijuana															
25%*	34%*	46%*	54%*	36%	39%	42%	36%	44%*	20%*	40%	40%	36%	44%*	43%*	37%
Cigarettes															
21%*	25%	30%	37%*	23%	31%	28%	27%	27%	20%*	23%	28%	31%	33%*	30%	27%
Prescription drugs															
27%*	22%	21%	17%*	21%	22%	37%	20%	30%*	23%	25%	21%	26%	30%*	27%	22%

*Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.

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

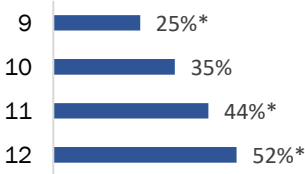
Sexual Behaviors

EVER HAD SEXUAL CONTACT

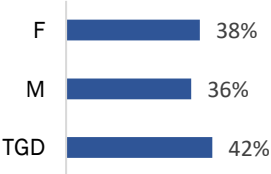
Overall, 37% of high school students have ever had sexual contact with another person. This was the first time this question was asked on the Middlesex Youth Health Survey, so there is no trend data. Students in 11th and 12th grade and White students were significantly more likely than the average high school student to ever have sexual contact with another person. LGBTQ+ students were significantly more likely than heterosexual students to have ever had sexual contact with another person, and Hispanic/Latino students were significantly more likely than non-Hispanic/Latino students to have ever had sexual contact with another person. *There is no statewide comparison data.*

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

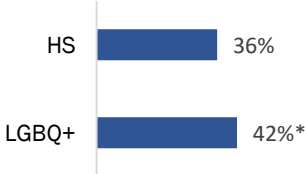
Grade



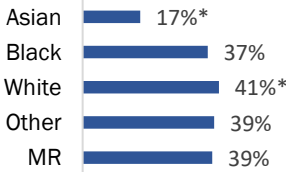
Gender



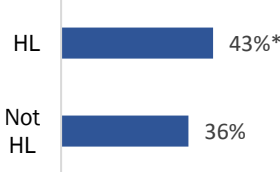
Sexual Orientation



Race



Ethnicity



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

Sexual Behaviors

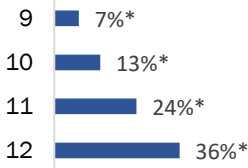
EVER HAD SEXUAL INTERCOURSE

Overall, 18% of high school students have ever had sexual intercourse. This percentage has decreased consistently since 2017. Students in 11th and 12th grade and students of another race were significantly more likely than the average high school student to have ever had sexual intercourse. Hispanic/Latino students were significantly more likely than non-Hispanic/Latino students to have ever had sexual intercourse. *There is no statewide comparison data.*

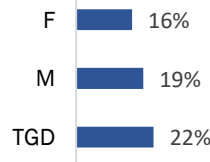


The graphs below show a breakdown of 2023 data by different demographic groups.

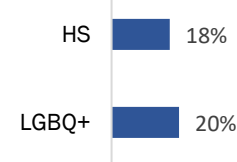
Grade



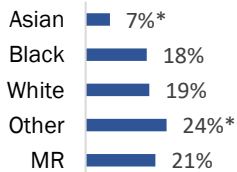
Gender



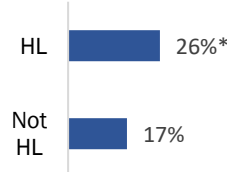
Sexual Orientation



Race



Ethnicity



*Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.

Q: Have you ever had sexual intercourse?

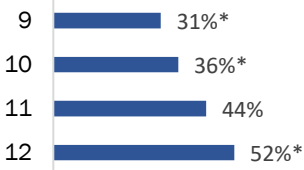
Sexual Behaviors

PROTECTIVE BARRIER AT LAST SEXUAL INTERCOURSE

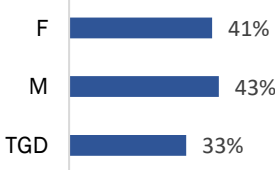
Overall, 41% of high school students used any kind of condom, dental dam, or other barrier to protect themselves and their partner against sexually transmitted infections the last time they had sexual intercourse. This was the first time this question was asked on the Middlesex Youth Health Survey, so there is no trend data. Students in 9th and 10th grade were significantly less likely to use a protective barrier at their last sexual intercourse. LGBTQ+ students were significantly less likely than heterosexual students to use a protective barrier at their last sexual intercourse. *There is no statewide comparison data.*

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

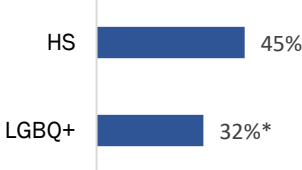
Grade



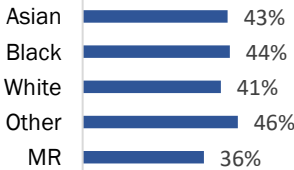
Gender



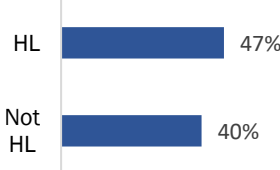
Sexual Orientation



Race



Ethnicity



**Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.*

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

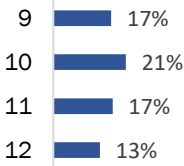
SUBSTANCE USE AT LAST SEXUAL INTERCOURSE

Among high school students who have had sexual intercourse, 16% drank alcohol or used drugs before the last time they had sexual intercourse. This percentage has decreased consistently since 2017. LGBTQ+ students were significantly more likely than heterosexual students to drink alcohol or use drugs before the last time they had sexual intercourse. *There is no statewide comparison data.*

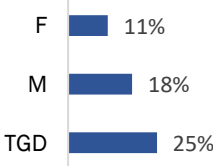


The graphs below show a breakdown of 2023 data by different demographic groups.

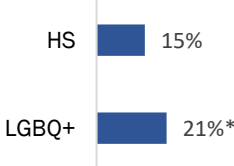
Grade



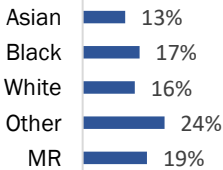
Gender



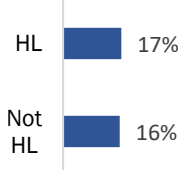
Sexual Orientation



Race



Ethnicity



**Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.*

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

Sexual Behaviors

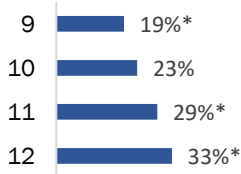
SEXTING

Overall, 25% of high school students have ever sent or received sexual messages or nude or semi-nude pictures or videos electronically. This percentage has decreased consistently since 2017. Students in 11th and 12th grade, students of another race, and Multi-Racial students were significantly more likely than the average high school student to ever send or receive sexual messages, pictures, or videos electronically. LGBQ+ students were significantly more likely than heterosexual students to send or receive sexual messages, pictures, or videos electronically, and Hispanic/Latino students were significantly more likely than non-Hispanic/Latino students to receive sexual messages, pictures, or videos electronically. *There is no statewide comparison data.*

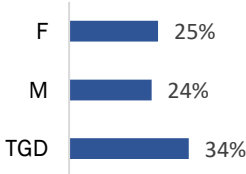


The graphs below show a breakdown of 2023 data by different demographic groups.

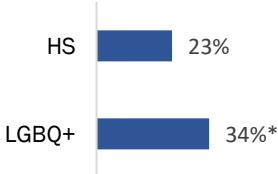
Grade



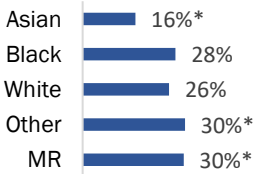
Gender



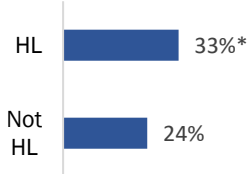
Sexual Orientation



Race



Ethnicity



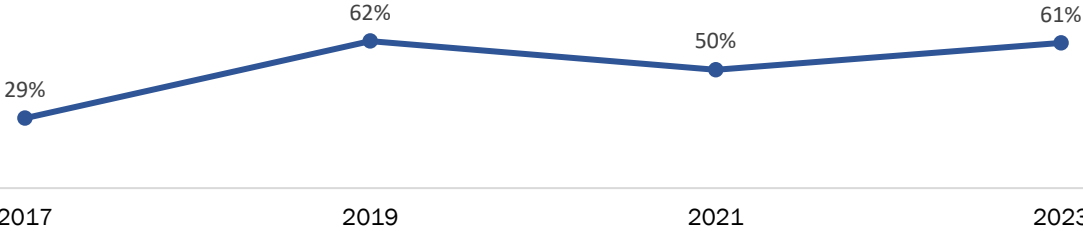
**Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.*

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

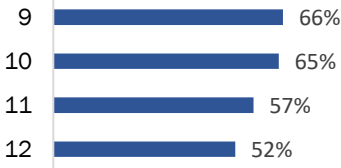
Physical Activity

Overall, 61% of high school students engaged in 60 or more minutes of physical activity on at least 5 of the past 7 days. This percentage has relatively increased since 2017. Male and White students were significantly more likely than the average high school student to engage in 60 or more minutes of physical activity on at least 5 of the past 7 days. Heterosexual students were significantly more likely than LGBTQ+ students to engage in 60 or more minutes of physical activity on at least 5 of the past 7 days. Non-Hispanic/Latino students were significantly more likely than Hispanic/Latino students to engage in 60 or more minutes of physical activity on at least 5 of the past 7 days. *There is no statewide comparison data.*

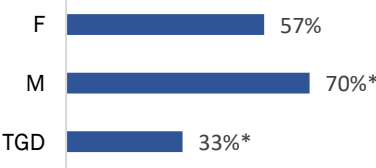


The graphs below show a breakdown of 2023 data by different demographic groups.

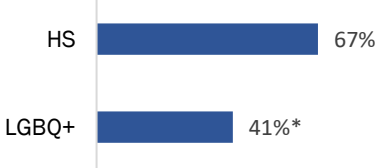
Grade



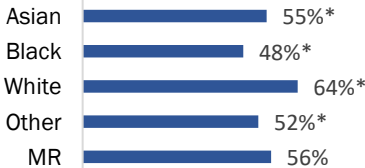
Gender



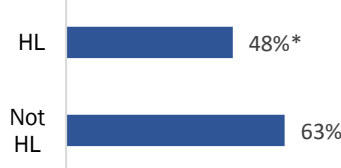
Sexual Orientation



Race



Ethnicity



**Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.*

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, 74% of high school students have 3 or more hours of screen time on an average school day not including time spent doing schoolwork. This percentage has decreased since 2021. LGBTQ+ students were significantly more likely than heterosexual students to have 3 or more hours of screen time on an average school day. *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



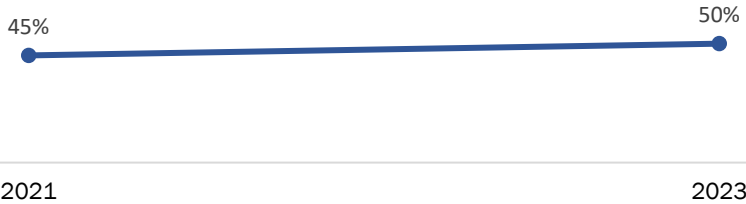
**Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.*

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

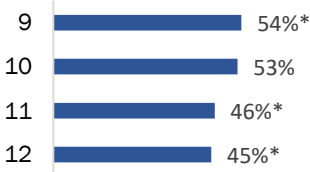
EATING BREAKFAST

Overall, 50% of high school students ate breakfast on at least 6 of the past 7 days. This percentage has increased since 2021. Students in 11th and 12th grade, Black students, and students of another race were significantly less likely than the average high school student to eat breakfast on 6 of the past 7 days. LGBTQ+ students were significantly less likely than heterosexual students to eat breakfast on 6 of the past 7 days. Hispanic/Latino students were significantly less likely than non-Hispanic/Latino students to eat breakfast on 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



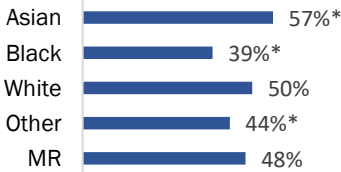
Gender



Sexual Orientation



Race



Ethnicity



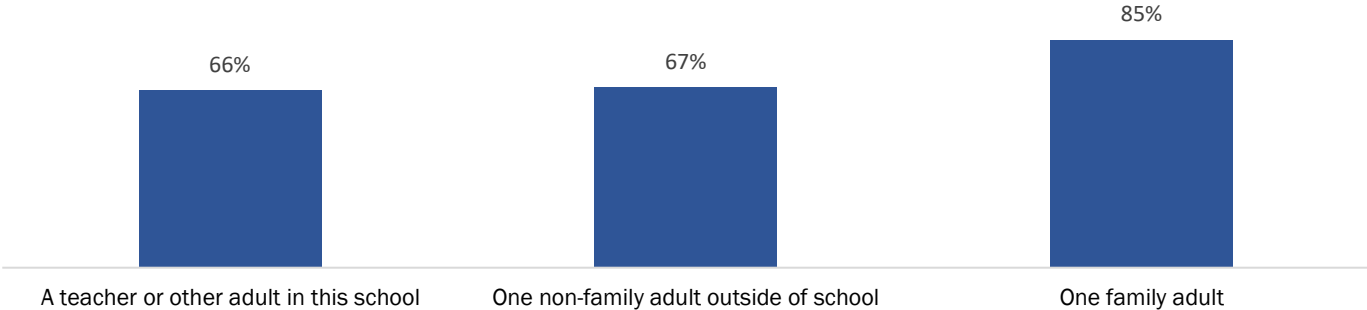
**Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.*

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 high students reported having at least one teacher or other adult in this school, 67% reported having at least one adult outside of school who is not in their family, and 85% reported having at least one family adult. LGBTQ+ students were significantly less likely than heterosexual students to have an adult to talk to about a problem. Students of color were significantly less likely than White students to have an adult to talk to about a problem. Hispanic/Latino students were significantly less likely than non-Hispanic/Latino students to have an adult to talk to about a problem. *There is no statewide comparison data.*



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

Grade				Gender			Sexual Orientation		Race					Ethnicity	
9 th	10 th	11 th	12 th	F	M	TGD	HS	LGBQ+	Asian	Black	White	Other	MR	H/L	Not H/L
Teacher or other adult in school															
62%*	65%	67%	74%*	68%	66%	63%	67%	64%	62%*	58%*	69%*	61%	59%*	62%*	67%
Non-family adult outside of school															
65%	66%	67%	71%*	69%	66%	60%	69%	60%*	55%*	60%*	71%*	61%*	61%*	63%*	68%
Family adult															
86%	86%	82%*	86%	85%	88%	69%	88%	76%*	80%*	76%*	87%*	80%*	80%*	79%*	86%

**Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.*

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, 90% of high school students have at least one friend of similar age to talk to about a problem. This was the first time this question was asked on the Middlesex Youth Health Survey, so there is no trend data. Black students and students of another race were significantly less likely than the average high school student to have a friend of similar age to talk to about a problem. Hispanic/Latino students were significantly less likely than non-Hispanic/Latino students to have a friend of similar age to talk to about a problem. *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



**Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.*

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, 85% of high school students reported that they participated in an extracurricular activity this school year. This is the first year that this question was asked on the Middlesex Youth Health Survey, so there is no trend data. Black students and students of another race are significantly less likely than the average high school student to participate in an extracurricular activity this year. Hispanic/Latino students were significantly less likely than the average non-Hispanic/Latino students to participate in an extracurricular activity this year. *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



**Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.*

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

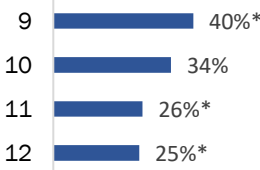
Sleep

Overall, 32% of high school students reported sleeping 8 or more hours on an average school night. This percentage has remained relatively unchanged since 2017. Students in 11th and 12th grade, Asian students, and Black students were significantly less likely than the average high school student to sleep 8 or more hours on an average school night. LGBTQ+ students were significantly less likely than heterosexual students to sleep 8 or more hours on an average school night. Hispanic/Latino students were significantly less likely than non-Hispanic/Latino students to sleep 8 or more hours on an average school night. *There is no statewide comparison data.*

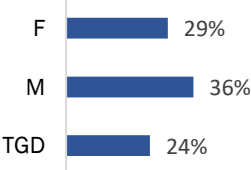


The graphs below show a breakdown of 2023 data by different demographic groups.

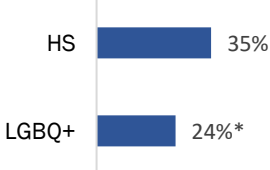
Grade



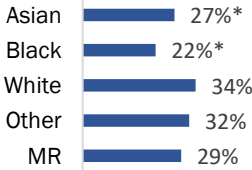
Gender



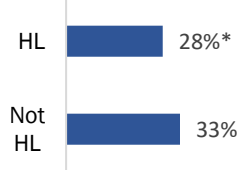
Sexual Orientation



Race



Ethnicity



**Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.*

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

Open-Ended Responses

High school students were given the opportunity to identify health issues that they think concern students in their school. Overall, 2518 students provided valid responses. Responses were coded by areas of concern. The most frequent area of concern from students was “None” (n=747, 29.7%). The second most frequent area was “Substance use: Vaping/smoking” (n=452, 18.0%). Following “Substance use: Vaping/smoking,” the third most frequent area of concern was “Don’t know” (n=244, 9.7%). Finally, the fourth and fifth most frequent areas were “Mental health: General” (n=237, 9.4%) and “Substance use: General” (n=210, 8.3%).

Notable Quotes:

- “Depression is definitely the main health issue at this school. Depression can cause people to vape more often and do things they would not normally do.”
- “We are facing a mental health crisis in teens – especially at this school – and it is not nearly talked about enough or even noticed by school administration”
- “I think a health issue that concerns students in our school is vaping. Many people vape and nothing is really being done to help it.”
- “Many students suffer from stress and anxiety because of the struggles with school on top of personal problems.”
- “It seems like the prevalence of students who are depressed or have severe anxiety, yet don’t get help from anybody, is rapidly increasing.”

2023

Middlesex League

Youth Health Survey

Middle School Results

2023 Middle School Sample

In 2023, 8,004 middle school students participated in Middlesex Youth Health Survey. Among the students that participated, 1,113 were marked as incomplete and excluded from the final data set used in the analysis. This resulted in a final sample of 6,891 students. The table below shows a distribution of accepted survey respondents by grade, gender identity, sexual orientation, race, and ethnicity.

Grade	6 th	1614
	7 th	2630
	8 th	2616
Gender Identity	Woman/Girl	3223
	Man/Boy	3214
	TGD	330
	Did not understand question/ Chose not to respond	104
Sexual Orientation	Heterosexual	5358
	LGBQ+	1043
	Did not understand question/ Chose not to respond	444
Race	Asian	593
	Black	295
	White	4506
	Other	753
	Multi-Racial	662
Ethnicity	Hispanic/Latino/a	812
	Not Hispanic/Latino/a	5932

Safety

Motor Vehicle Safety

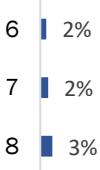
SEATBELT USE

Overall, 1% of middle school students rarely or never wore a seatbelt when riding in a car driven by someone else. This percentage has remained relatively unchanged since 2017. TGD students, Black students, students of another race, and Multi-Racial students were significantly more likely than the average middle school student to rarely or never wear a seatbelt when riding in a car. Hispanic/Latino students were significantly more likely than non-Hispanic/Latino students to rarely or never wear a seatbelt when riding in a car. *There is no statewide comparison data.*

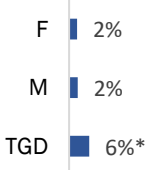


The graphs below show a breakdown of 2023 data by different demographic groups.

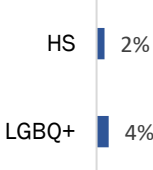
Grade



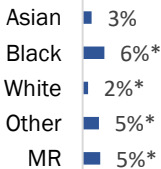
Gender



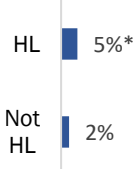
Sexual Orientation



Race



Ethnicity



**Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.*

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, 9% of middle school students rode in a car in the past 30 days driven by a driver who had been drinking alcohol and 1% students rode in a car driven by a driver who had been using marijuana. This was the first time these questions were asked on the Middlesex Youth Health Survey, so there is no trend data. Middlesex League students were less likely than Massachusetts students to ride in a car with a driver who had been drinking alcohol or using marijuana. TGD students were significantly more likely than the average middle school student to ride in a car with someone who had been drinking alcohol or using marijuana. .

MA '21 Riding/Alcohol - 10% Riding/Marijuana - 7%
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The graphs below show a breakdown of 2023 data by different demographic groups.

Grade			Gender			Sexual Orientation		Race					Ethnicity	
6 th	7 th	8 th	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														
9%	9%	10%	10%	7%*	13%*	9%	11%	7%	8%	9%	9%	12%	12%	9%
Ridden in a car with someone who had been using marijuana														
2%	2%*	4%*	3%	2%	6%*	2%	5%*	1%*	6%	2%	3%	6%*	5%*	2%

**Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.*

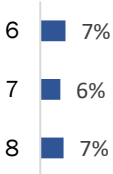
Q: During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been drinking alcohol?
 Q: During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been using marijuana?

Safety in or Traveling to or from School

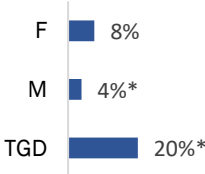
Overall, 6% of middle school students skipped school because they felt unsafe at school or on their way to or from school in the past 30 days. This was the first time this question was asked on the Middlesex Youth Health Survey, so there is no trend data. TGD students, Black students, and students of another race were significantly more likely than the average middle school student to skip school because they felt unsafe at school or on their way to or from school in the past 30 days. LGBQ+ 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. Hispanic/Latino students were significantly more likely than non-Hispanic/Latino students to skip 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.

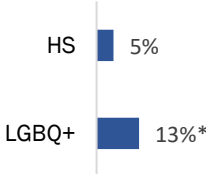
Grade



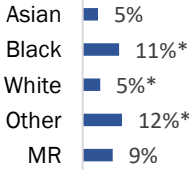
Gender



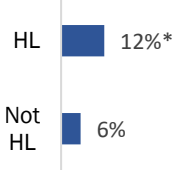
Sexual Orientation



Race



Ethnicity



**Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.*

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, 7% 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, 6% because of their gender identity, 5% because of their sexual orientation, and 4% because of their religion. This is the first time these questions were asked on the Middlesex Youth Health Survey, so there is no trend data. TGD students were significantly more likely than the average middle school student to experience discrimination because of their gender identity or sexual orientation, and students of color were significantly more likely than the average middle school to experience discrimination because of their race. LGBTQ+ students were significantly more likely than heterosexual students to experience discrimination because of their gender identity or sexual orientation. *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		
6 th	7 th	8 th	F	M	TGD	HS	LGBTQ+	Asian	Black	White	Other	MR	H/L	Not H/L
Race or ethnicity														
6%	6%	8%	6%	7%	12%*	6%	9%*	12%*	24%*	3%*	15%*	14%*	14%*	6%
Gender identity														
4%	6%	6%	5%	3%*	39%*	3%	19%*	4%	5%	5%	6%	9%*	7%	5%
Sexual orientation														
4%	4%	6%	3%*	3%*	32%*	1%	21%*	2%*	4%	5%	6%	6%	6%	5%
Religion														
3%	3%	5%	3%	3%	10%*	3%	6%*	5%	2%	2%*	8%*	7%*	5%	3%

*Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.

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

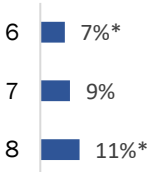
EVER CARRIED

Overall, 9% of middle school students have ever carried a weapon. This percentage has consistently decreased since 2017. Male, TGD, and Multi-Racial students were significantly more likely than the average middle school student to ever carry a weapon. *There is no statewide comparison data.*

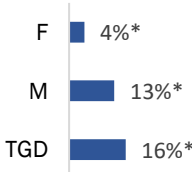


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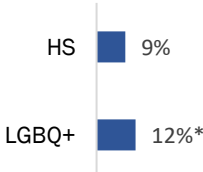
Grade



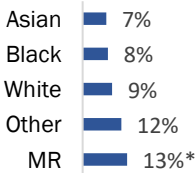
Gender



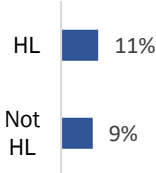
Sexual Orientation



Race



Ethnicity



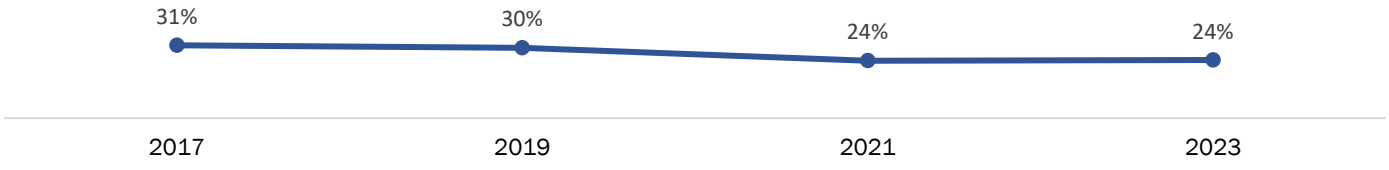
**Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.*

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

Physical Fighting

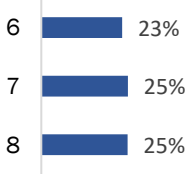
EVER FOUGHT PHYSICALLY

Overall, 24% of middle school students have ever been in a physical fight. This percentage has decreased since 2017. Male, TGD, and Black students were significantly more likely than the average middle school student to ever physically fight. Hispanic/Latino students were significantly more likely than non-Hispanic/Latino students to ever physically fight. *There is no statewide comparison data.*

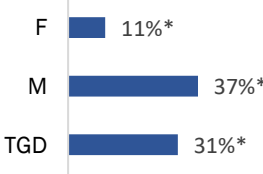


The graphs below show a breakdown of 2023 data by different demographic groups.

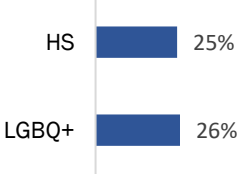
Grade



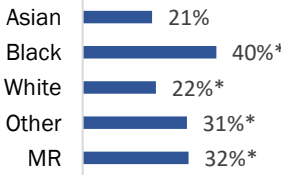
Gender



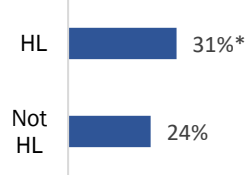
Sexual Orientation



Race



Ethnicity



**Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.*

Q: Have you ever been in a physical fight?

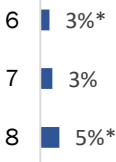
Sexual Violence

SEXUAL VIOLENCE

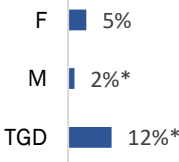
Overall, 4% of middle school students have experienced unwanted sexual contact or been forced to do sexual things that they did not want to (i.e., experience sexual violence). This was the first time this question was asked on the Middlesex Youth Health Survey, so there is no trend data. TGD and students were significantly more likely than the average middle school student to ever experience sexual violence. LGBTQ+ students were significantly more likely than heterosexual students to experience sexual violence, and Hispanic/Latino students were significantly more likely than non-Hispanic/Latino students to ever experience sexual violence. *There is no statewide comparison data.*

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

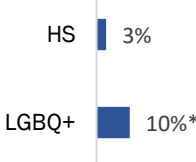
Grade



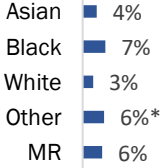
Gender



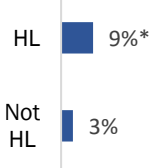
Sexual Orientation



Race



Ethnicity



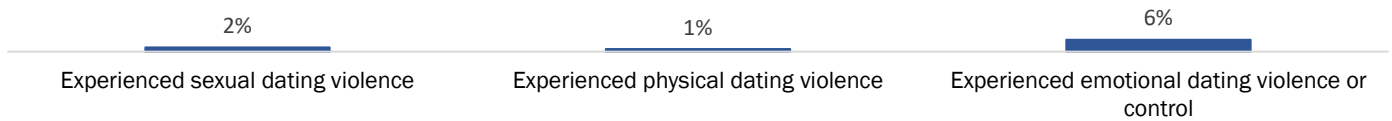
**Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.*

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, 2% of middle school students have ever been hurt sexually by someone they were dating or going out with, less than 1% have been hurt physically, and 6% have been emotionally hurt or controlled. Students in 12th grade, TGD students, students of another race, and Multi-Racial students were significantly more likely than the average middle school student to experience emotional dating violence or control. LGBTQ+ students were significantly more likely than heterosexual students to experience emotional dating violence or control, and Hispanic/Latino students were significantly more likely than non-Hispanic/Latino students to experience emotional dating violence or control. *There is no statewide comparison data.*



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

Grade			Gender			Sexual Orientation		Race					Ethnicity	
6 th	7 th	8 th	F	M	TGD	HS	LGBQ+	Asian	Black	White	Other	MR	H/L	Not H/L
Experienced sexual dating violence														
1%*	2%	3%*	2%	1%	5%*	2%	4%*	1%	2%	2%	3%	3%	4%*	2%
Experienced physical dating violence														
1%	1%	2%	1%	1%	6%*	1%	3%*	1%	1%	1%	2%	2%	2%*	1%
Experienced emotional violence or were controlled														
3%*	5%	8%*	7%*	3%*	14%*	5%	11%*	4%	7%	5%	8%*	8%*	12%*	5%

**Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.*

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

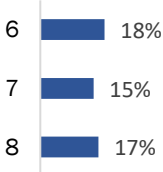
Bullying

BULLYING ON SCHOOL PROPERTY

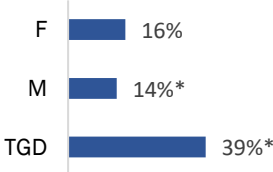
Overall, 17% of middle school students were bullied on school property in the past 12 months. This was the first time this question was asked on the Middlesex Youth Health Survey, so there is no trend data. TGD students were significantly more likely than the average middle school student to be bullied on school property in the past 12 months. LGBTQ+ students were significantly more likely than heterosexual students to be 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.

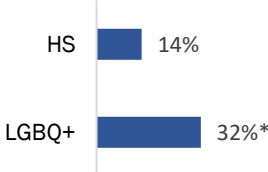
Grade



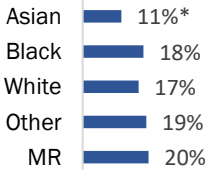
Gender



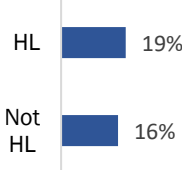
Sexual Orientation



Race



Ethnicity



**Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.*

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.

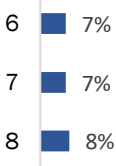
Bullying

ELECTRONIC BULLYING

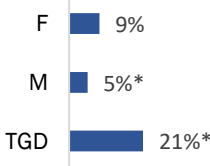
Overall, 8% of middle school students were electronically bullied in the past 12 months. This was the first time this question was asked on the Middlesex Youth Health Survey, so there is no trend data. TGD students were significantly more likely than the average middle school student to be electronically bullied in the past 12 months. LGBQ+ students were significantly more likely than heterosexual students to be 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.

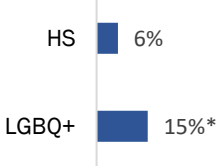
Grade



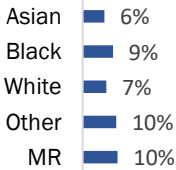
Gender



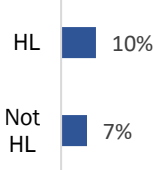
Sexual Orientation



Race



Ethnicity



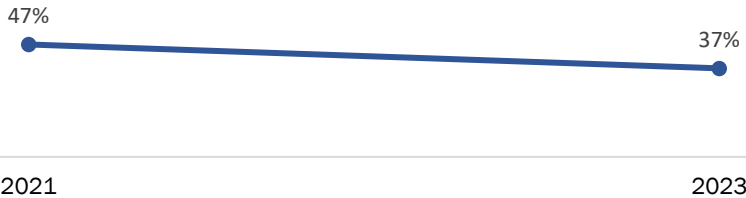
**Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.*

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

Mental Health

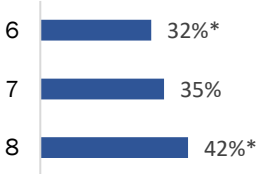
Overall

Overall, 37% of middle school students reported that their mental health was not good sometimes, most of the time, or always in the past 30 days. This percentage has substantially decreased since 2021. Students in 8th grade, female students, 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. LGBTQ+ 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. *There is no statewide comparison data.*

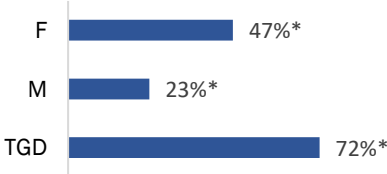


The graphs below show a breakdown of 2023 data by different demographic groups.

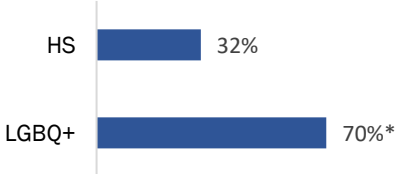
Grade



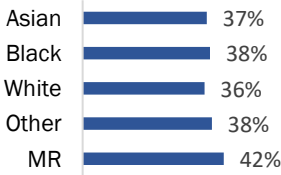
Gender



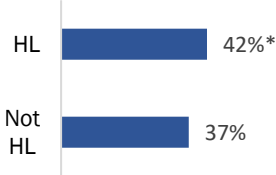
Sexual Orientation



Race



Ethnicity



**Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.*

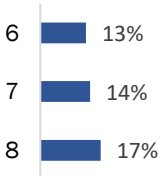
Q: During the past 30 days, how often was your mental health not good?

Feeling Sad or Hopeless

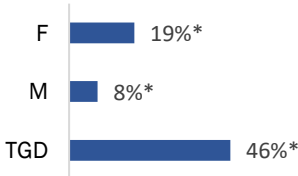
Overall, 15% of middle school students felt sad or hopeless almost every day for two or more weeks in a row that they stopped doing some of their usual activities (i.e., experienced depression) in the past 12 months. This was the first time this question was asked on the Middlesex Youth Health Survey, so there is no trend data. In 2021, 29% of Massachusetts middle school students reported experiencing depression in the past 12 months, which is substantially greater than that reported by Middlesex League students. Female students, TGD students, Black students, and students of another race were significantly more likely than the average middle school student to experience depression in the past 12 months. LGBQ+ students were significantly more likely than heterosexual students to experience depression in the past 12 months. Hispanic/Latino students were significantly more likely than non-Hispanic/Latino students to experience depression in the past 12 months.

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

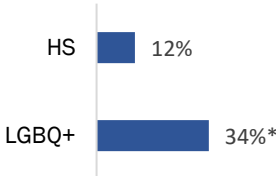
Grade



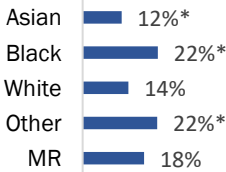
Gender



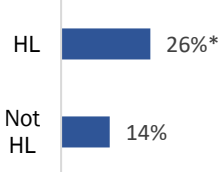
Sexual Orientation



Race



Ethnicity



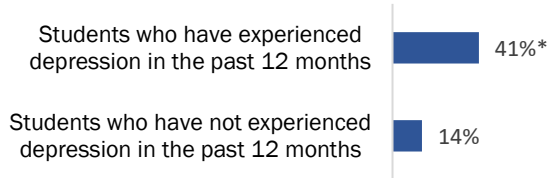
**Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.*

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?

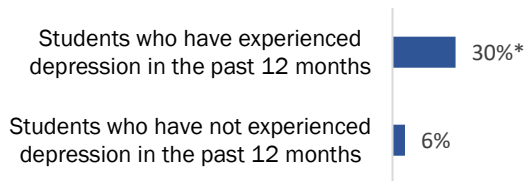
Feeling Sad or Hopeless

Middle school students who have experienced depression in the past 12 months were significantly more likely to experience bullying, significantly less likely to have adult supports, and significantly less likely to sleep 8 or more hours on an average school night than students who have not experienced depression in the past 12 months.

During the past 12 months, how many times have you been bullied on school property? (1 or more times)



During the past 12 months, how many times have you been bullied electronically? (1 or more times)



Is there at least one teacher or other adult in your school that you can talk to if you have a problem? (yes)



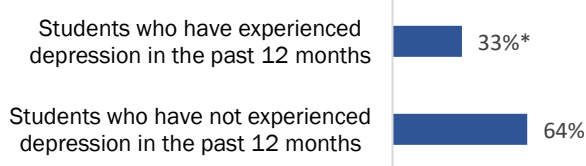
Is there at least one adult outside of school who is not in your family that you can talk to if you have a problem? (yes)



Is there at least one adult in your family that you can talk to if you have a problem? (yes)



On an average school night, how many hours of sleep do you get? (8 hours or more)



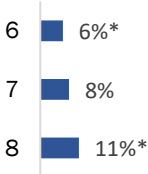
**Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.*

Self-Harm

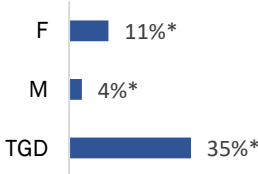
Overall, 9% of middle school students hurt or injured themselves on purpose without wanting to die (i.e., engaged in self-harm) in the past 12 months. This was the first time this question was asked on the Middlesex Youth Health Survey so there is no trend data. In 2021, 27% of Massachusetts middle school students engaged in self-harm in the past 12 months, which is substantially greater than that reported by Middlesex League students. Students in 8th grade, female students, TGD students, and Multi-Racial students were significantly more likely than the average middle school student to engage in self-harm in the past 12 months. LGBQ+ students were significantly more likely than heterosexual students to engage in self-harm in the past 12 months. Hispanic/Latino students were significantly more likely than non-Hispanic/Latino students to engage in self-harm in the past 12 months.

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

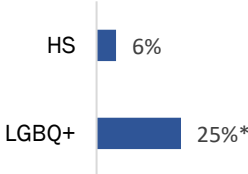
Grade



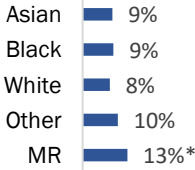
Gender



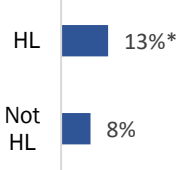
Sexual Orientation



Race



Ethnicity



**Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.*

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

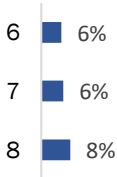
Suicidal Ideation & Suicide

CONSIDERED ATTEMPTING SUICIDE

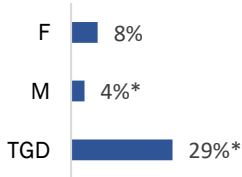
Overall, 7% of middle school students seriously considered attempting suicide during the past 12 months. This was the first time this question was asked on the Middlesex Youth Health Survey, so there is no trend data. In 2021, 13% of Massachusetts middle school students seriously considered attempting suicide in the past 12 months, which is greater than that reported by Middlesex League students. TGD students and Multi-Racial students were significantly more likely than the average middle school student to seriously consider attempting suicide in the past 12 months. LGBQ+ students were significantly more likely than heterosexual students to seriously consider attempting suicide in the past 12 months. Hispanic/Latino students were significantly more likely than non-Hispanic/Latino students to seriously consider attempting suicide in the past 12 months.

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

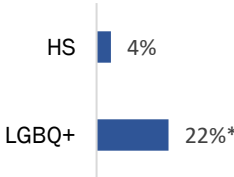
Grade



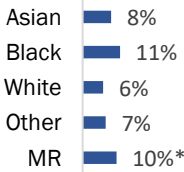
Gender



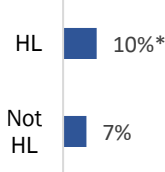
Sexual Orientation



Race



Ethnicity



**Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.*

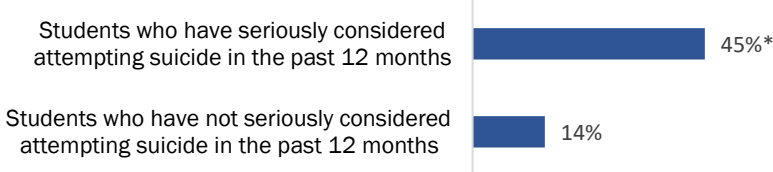
Q: During the past 12 months, did you ever think about killing yourself?

Suicidal Ideation & Suicide

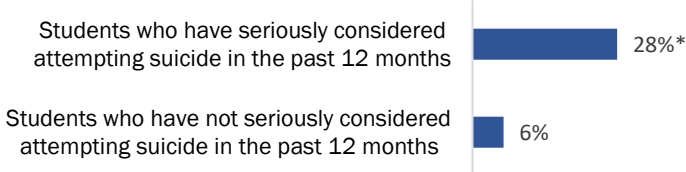
CONSIDERED ATTEMPTING SUICIDE

Middle school students who seriously considered attempting suicide in the past 12 months were significantly more likely to experience bullying, significantly less likely to have adult and peer supports, and significantly less likely to sleep 8 or more hours on an average school night than students who have not seriously considered attempting suicide in the past 12 months.

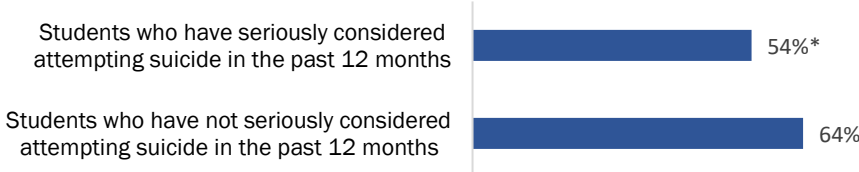
During the past 12 months, how many times have you been bullied on school property? (1 or more times)



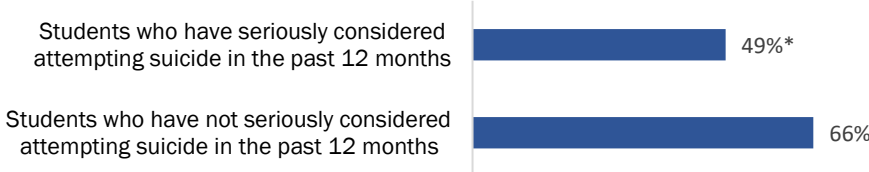
During the past 12 months, how many times have you been bullied electronically? (1 or more times)



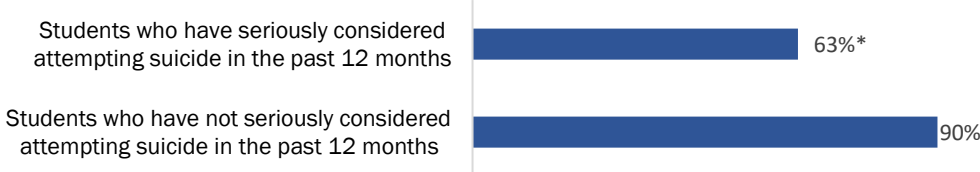
Is there at least one teacher or other adult in your school that you can talk to if you have a problem? (yes)



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? (yes)



Is there at least one adult in your family that you can talk to if you have a problem? (yes)

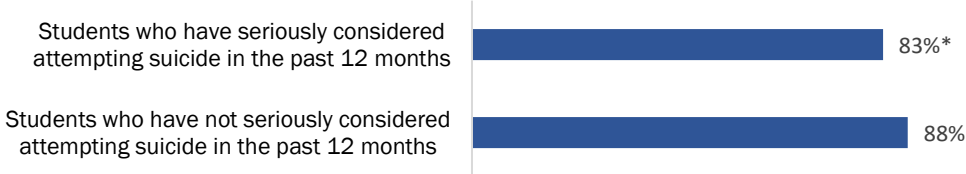


**Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.*

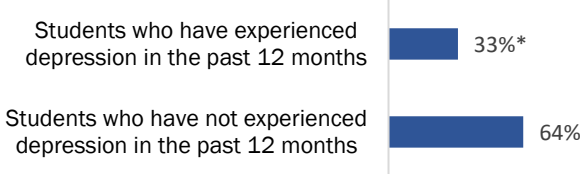
Suicidal Ideation & Suicide

CONSIDERED ATTEMPTING SUICIDE

Is there at least one friend similar in age to you that you can talk to if you have a problem? (yes)



On an average school night, how many hours of sleep do you get? (8 hours or more)



**Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.*

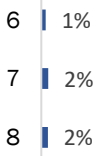
Suicidal Ideation & Suicide

ATTEMPTED SUICIDE

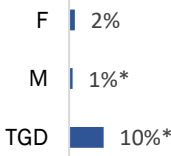
Overall, 2% of middle school students attempted suicide in the past 12 months. This was the first time this question was asked on the Middlesex Youth Health Survey, so there is no trend data. TGD students were significantly more likely than the average middle school student to attempt suicide in the past 12 months. LGBTQ+ students were significantly more likely than heterosexual students to attempt suicide in the past 12 months. Hispanic/Latino students were significantly more likely than non-Hispanic/Latino students to attempt 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.

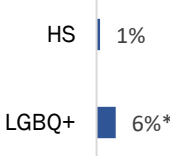
Grade



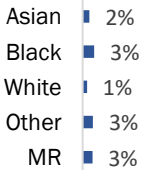
Gender



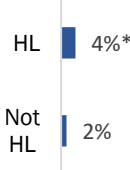
Sexual Orientation



Race



Ethnicity



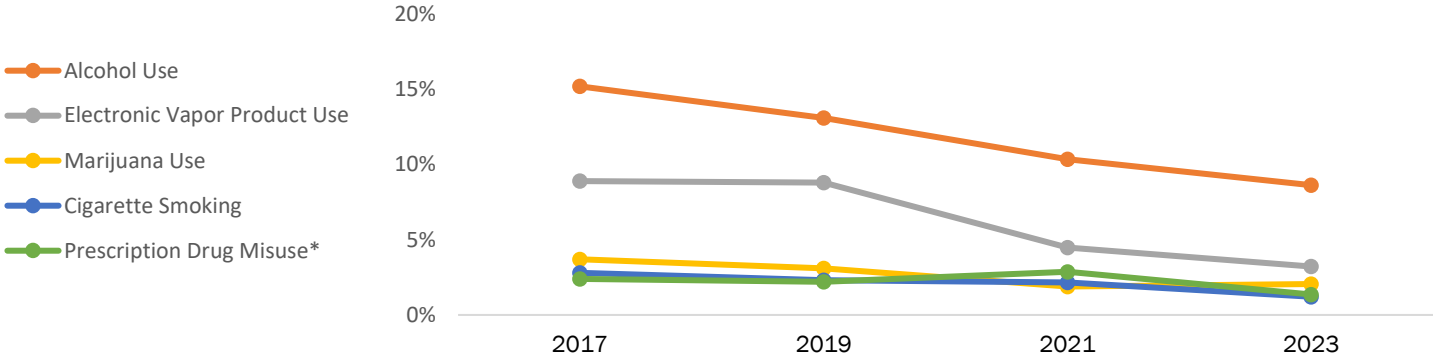
**Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.*

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

Substance Use

Lifetime Substance Use

Middlesex League middle school students were asked if they had ever used a variety of substances. Overall, 9% report ever drinking alcohol, 3% reported ever using electronic vapor products, 2% reported ever using marijuana, 1% reported ever smoking cigarettes, and 1% reported ever misusing prescription drugs. *There is no statewide comparison data.*



*In 2017, 2019 and 2021, students were only asked about lifetime prescription pain medicine misuse, not general prescription drug misuse.

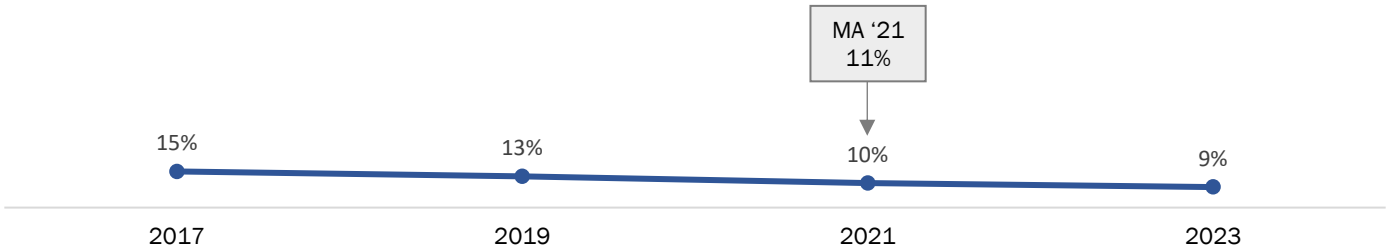
A breakdown of 2023 data by different demographic groups is provided on subsequent pages.

- 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

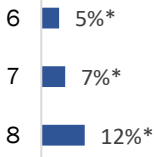
LIFETIME ALCOHOL USE

Overall, 9% of middle school students have ever drunk alcohol. This percentage has consistently decreased since 2017. Middlesex League students were slightly less likely than Massachusetts students to ever drink alcohol. Students in 8th grade, TGD students, students of another race, and Multi-Racial students were significantly more likely than the average middle school student to ever drink alcohol. LGBQ+ students were significantly more likely than heterosexual students to ever drink alcohol. Hispanic/Latino students were significantly more likely than non-Hispanic/Latino students to ever drink alcohol.

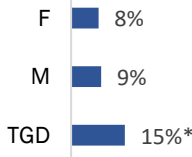


The graphs below show a breakdown of 2023 data by different demographic groups.

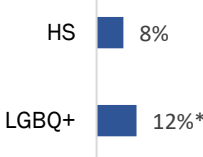
Grade



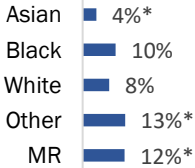
Gender



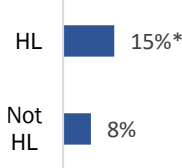
Sexual Orientation



Race



Ethnicity



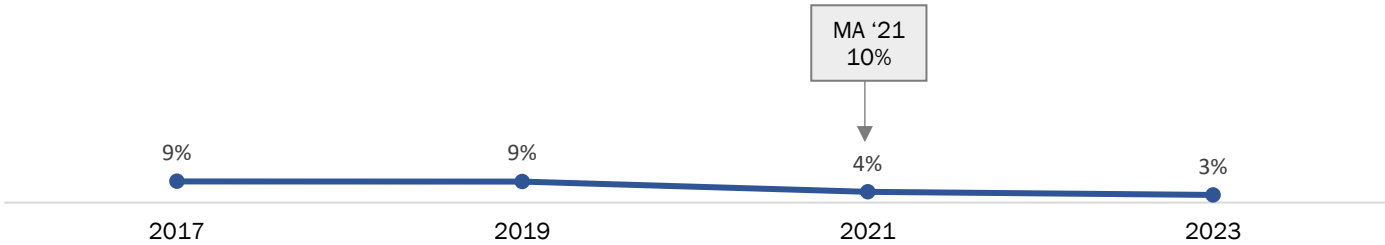
*Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.

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

Lifetime Substance Use

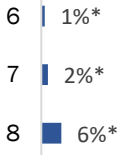
LIFETIME ELECTRONIC VAPOR PRODUCT USE

Overall, 3% of middle school students have ever used an electronic vapor product. This percentage has decreased since 2017. Middlesex League students were less likely than Massachusetts students to ever use an electronic vapor product. Students in 8th grade, Black students, and students of another race were significantly more likely than the average middle school student to ever use an electronic vapor product. LGBTQ+ students were significantly more likely than heterosexual students to ever use an electronic vapor product. Hispanic/Latino students were significantly more likely than non-Hispanic/Latino students to ever use an electronic vapor product.

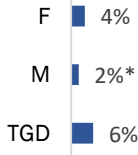


The graphs below show a breakdown of 2023 data by different demographic groups.

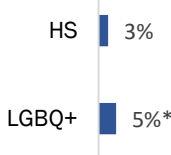
Grade



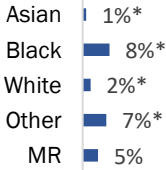
Gender



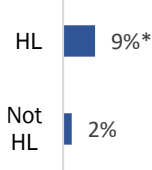
Sexual Orientation



Race



Ethnicity



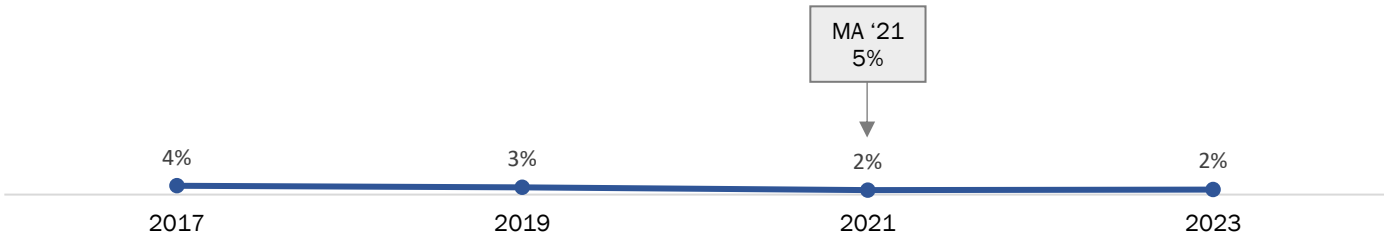
*Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.

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

Lifetime Substance Use

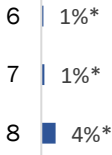
LIFETIME MARIJUANA USE

Overall, 2% of middle school students have ever used marijuana. This percentage has remained relatively unchanged since 2017. Middlesex League students were slightly less likely than Massachusetts students to ever use marijuana. Students in 8th grade and students of another race were significantly more likely than the average middle school student to ever use marijuana. LGBTQ+ students were significantly more likely than heterosexual students to ever use marijuana. Hispanic/Latino students were significantly more likely than non-Hispanic/Latino students to ever use marijuana.

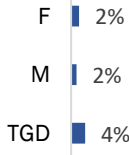


The graphs below show a breakdown of 2023 data by different demographic groups.

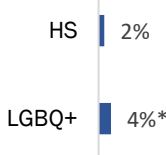
Grade



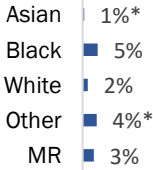
Gender



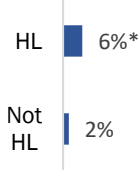
Sexual Orientation



Race



Ethnicity



**Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.*

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

Lifetime Substance Use

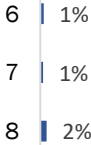
LIFETIME CIGARETTE SMOKING

Overall, less than 1% of middle school students have ever smoked a cigarette. This percentage has relatively decreased since 2017. Middlesex League students were slightly less likely than Massachusetts students to ever smoke cigarettes. LGBTQ+ students were significantly more likely than heterosexual students to ever smoke cigarettes. Hispanic/Latino students were significantly more likely than non-Hispanic/Latino students to ever smoke cigarettes.

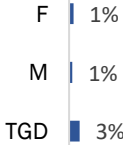


The graphs below show a breakdown of 2023 data by different demographic groups.

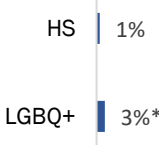
Grade



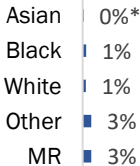
Gender



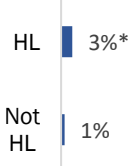
Sexual Orientation



Race



Ethnicity



*Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.

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

Lifetime Substance Use

LIFETIME PRESCRIPTION DRUG MISUSE

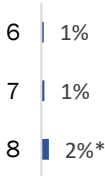
Overall, 1% of middle school students have ever used a prescription drug that was not their own. This percentage has remained relatively unchanged since 2017. Students in 8th grade, TGD students, and Multi-Racial students were significantly more likely than the average middle school student to ever misuse prescription drugs. LGBTQ+ students were significantly more likely than heterosexual students to ever misuse prescription drugs. Hispanic/Latino students were significantly more likely than non-Hispanic/Latino students to ever misuse prescription drugs. *There is no statewide comparison data.*



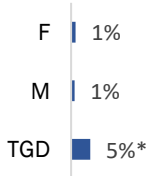
*In 2017, 2019 and 2021, students were only asked about lifetime prescription pain medicine misuse, not general prescription drug misuse.

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

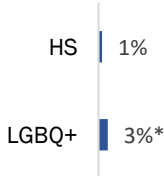
Grade



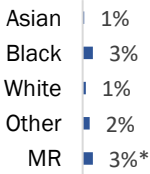
Gender



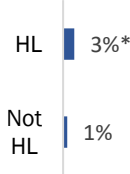
Sexual Orientation



Race



Ethnicity

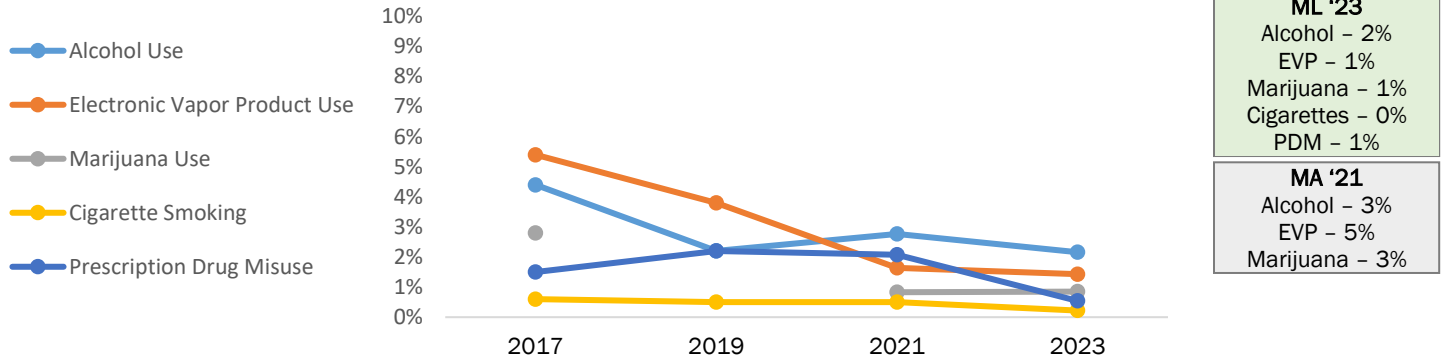


*Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.

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

Current Substance Use

Middlesex League 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 marijuana, less than 1% reported currently smoking cigarettes, and 1% reported currently misusing prescription drugs. Middlesex League students were less likely than Massachusetts students to currently use alcohol, electronic vapor products, or marijuana.



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

Grade			Gender			Sexual Orientation		Race				Ethnicity		
6 th	7 th	8 th	F	M	TGD	HS	LGBQ+	Asian	Black	White	Other	MR	H/L	Not H/L
Alcohol use														
1%*	1%*	4%*	2%	2%	5%*	2%	3%	1%	3%	2%	3%	4%*	4%*	2%
EVP use														
0%*	1%*	3%*	2%	1%*	3%	1%	2%	1%*	3%	1%	3%*	2%	5%*	1%
Marijuana use														
0%*	0%	2%*	1%	1%	1%	1%	2%	1%	2%	1%	2%	1%	2%*	1%
Cigarette smoking														
0%	0%	0%	0%	0%	1%	0%	0%	0%	0%	0%	0%	1%	0%	0%
Prescription drug misuse														
0%	0%	1%	0%	0%	2%	0%	1%	0%	2%	0%	1%	2%	1%*	0%

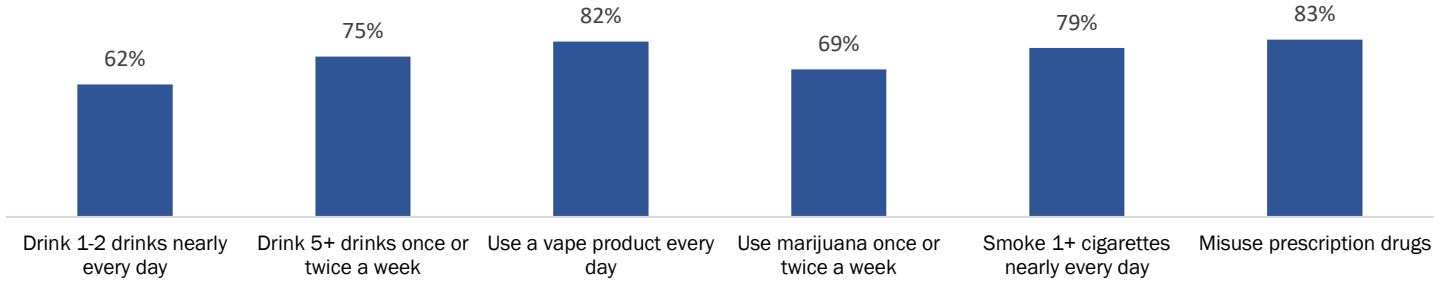
*Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.

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 (83%), and least likely to perceive drinking 1-2 drinks of alcohol nearly every day as having moderate or great risk of harm (62%). There were significant differences across many categories. *There is no statewide comparison data.*



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

Grade			Gender			Sexual Orientation		Race					Ethnicity	
6 th	7 th	8 th	F	M	TGD	HS	LGBQ+	Asian	Black	White	Other	MR	H/L	Not H/L
Drink 1-2 drinks nearly every day														
57%*	62%	66%*	64%	60%	66%	61%	67%*	71%*	64%	62%	58%	61%	57%*	63%
Drink 5* drinks once or twice a week														
71%*	75%	78%*	76%	74%	77%	75%	79%*	83%*	74%	75%	69%*	74%	72%	75%
Use a vape product every day														
79%	82%	83%	82%	81%	80%	81%	84%	85%	74%*	83%	76%*	81%	76%*	82%
Use marijuana once or twice a week														
71%	70%	67%	72%*	67%	64%	69%	67%	77%*	65%	69%	66%	66%	64%*	70%
Smoke 1* cigarettes nearly every day														
76%*	79%	81%	80%	79%	78%	79%	82%*	84%*	76%	80%	73%*	77%	75%*	80%
Misuse prescription drugs														
81%	83%	86%*	85%	83%	82%	83%	85%	85%	78%	85%	77%*	82%	78%*	84%

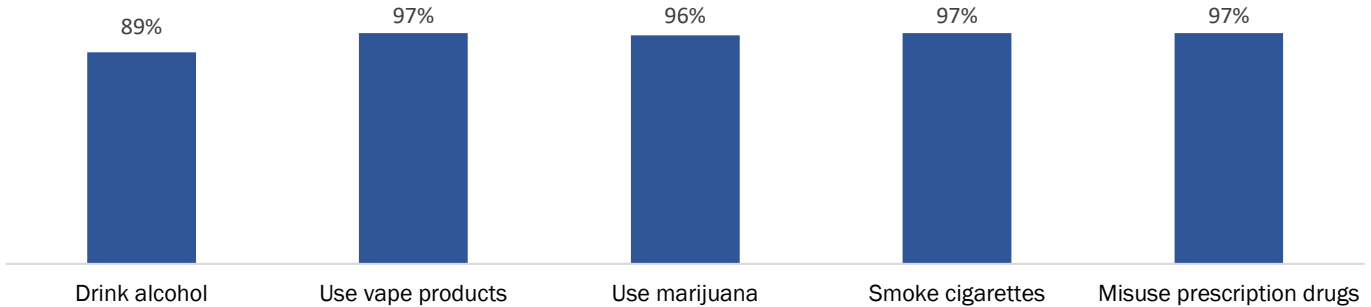
*Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.

- 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 misusing prescription drugs is wrong or very wrong (97%), and least likely to think their caregivers think drinking alcohol is wrong or very wrong (89%). There were significant differences across many categories. *There is no statewide comparison data.*



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

Grade			Gender			Sexual Orientation		Race					Ethnicity	
6 th	7 th	8 th	F	M	TGD	HS	LGBQ+	Asian	Black	White	Other	MR	H/L	Not H/L
Drink alcohol														
90%	90%	86%*	90%	88%	87%	89%	87%	87%	88%	90%	87%	85%	88%	89%
Use vape products														
97%	97%	96%	97%	96%	95%	97%	96%	98%	93%*	97%	95%	94%*	95%	97%
Use marijuana														
97%	97%	95%	97%	96%	92%*	96%	95%	97%	93%	97%	95%	94%	95%	96%
Smoke cigarettes														
96%	97%	97%	98%*	96%	96%	97%	97%	97%	94%	97%	95%	95%	96%	97%
Use prescription medications not prescribed to them														
97%	97%	96%	97%	96%	95%	97%	96%	96%	91%*	98%	95%	96%	95%	97%

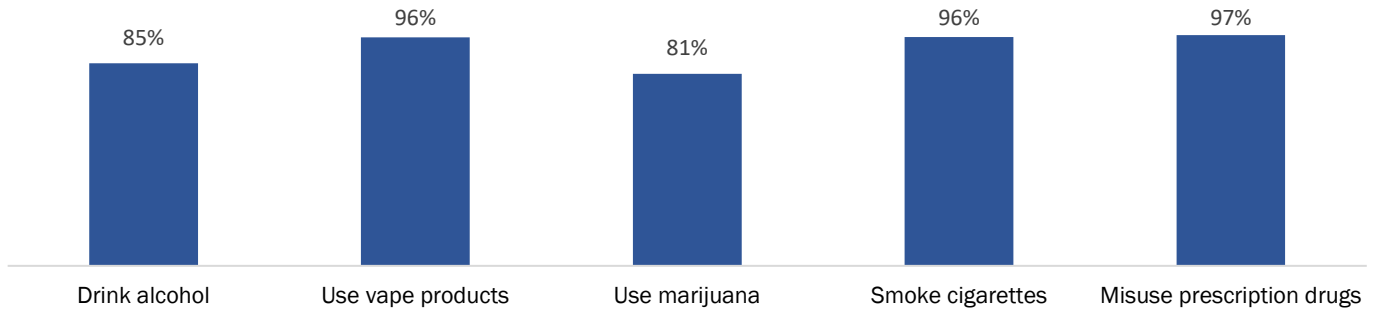
*Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.

- 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, middle school 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 (84%). There were significant differences across many categories. *There is no statewide comparison data.*



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

Grade			Gender			Sexual Orientation		Race					Ethnicity	
6 th	7 th	8 th	F	M	TGD	HS	LGBQ+	Asian	Black	White	Other	MR	H/L	Not H/L
Drink alcohol														
90%*	88%*	76%*	84%	84%	80%	84%	83%	89%*	80%	84%	80%	81%	78%*	84%
Use vape products														
93%*	93%*	85%*	89%	91%	85%*	90%	88%	93%*	80%*	91%	84%*	88%	80%*	91%
Use marijuana														
95%*	95%*	86%*	92%	92%	86%*	92%	89%*	95%*	83%*	93%	88%*	90%	85%*	93%
Smoke cigarettes														
95%	95%*	91%*	94%	93%	91%	94%	93%	96%*	87%*	95%	90%*	92%	90%*	94%
Use prescription medications not prescribed to them														
95%	95%*	91%*	94%	93%	92%	93%	93%	94%	89%*	94%	91%	91%	89%*	94%

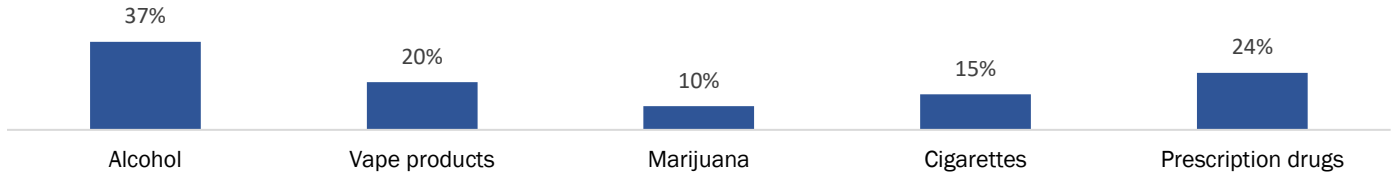
**Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.*

- 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, students were most likely to think alcohol was easy or very easy to access (37%), and least likely to think marijuana is easy or very easy to access (10%). There were significant differences across many categories. *There is no statewide comparison data.*



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

Grade			Gender			Sexual Orientation		Race				Ethnicity		
6 th	7 th	8 th	F	M	TGD	HS	LGBQ+	Asian	Black	White	Other	MR	H/L	Not H/L
Alcohol														
26%*	35%	45%*	37%	35%	45%*	36%	43%*	35%	31%	38%	33%	40%	37%	37%
Vape products														
12%*	16%*	27%*	18%	20%	23%	19%	22%	15%*	39%*	18%	25%*	24%*	29%*	18%
Marijuana														
5%*	6%*	16%*	9%	10%	14%*	9%	13%*	7%	16%*	9%	12%	13%*	14%*	9%
Cigarettes														
14%	13%	18%*	14%	16%	20%	14%	20%*	16%	17%	14%	20%	16%	19%*	15%
Prescription medications not prescribed to them														
18%*	23%	29%*	24%	23%	38%*	22%	34%*	27%	29%	23%	23%*	28%	25%	24%

**Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.*

- 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

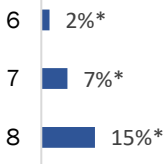
Sexual Behaviors

EVER HAD SEXUAL CONTACT

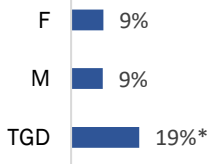
Overall, 10% of middle school students have ever had sexual contact with another person. This was the first time this question was asked on the Middlesex Youth Health Survey, so there is no trend data. Students in 8th grade, TGD students, and Black students were significantly more likely than the average middle school student to ever have sexual contact with another person. LGBQ+ students were significantly more likely than heterosexual students to ever have sexual contact with another person. Hispanic/Latino students were significantly more likely than non-Hispanic/Latino students to ever have sexual contact with another person. *There is no statewide comparison data.*

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

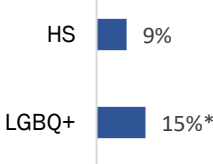
Grade



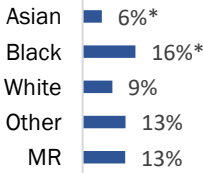
Gender



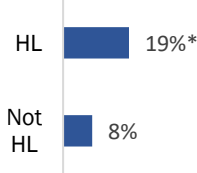
Sexual Orientation



Race



Ethnicity



**Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.*

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

Sexual Behaviors

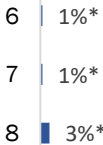
EVER HAD SEXUAL INTERCOURSE

Overall, 1% of middle school students have ever had sexual intercourse. This percentage has remained relatively unchanged since 2017. Students in 8th grade, TGD students, and students of another race were significantly more likely than the average middle school student to ever have sexual intercourse. Hispanic/Latino students were significantly more likely than non-Hispanic/Latino students to ever have sexual intercourse. *There is no statewide comparison data.*

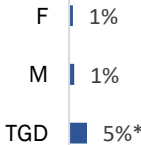


The graphs below show a breakdown of 2023 data by different demographic groups.

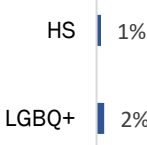
Grade



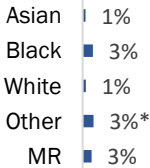
Gender



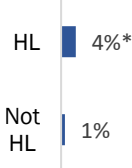
Sexual Orientation



Race



Ethnicity



**Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.*

Q: Have you ever had sexual intercourse?

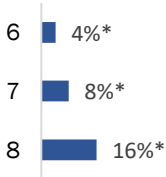
Sexual Behaviors

SEXTING

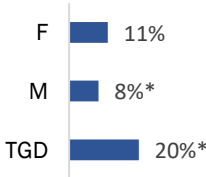
Overall, 10% of middle school students have ever sent or received sexual messages or nude or semi-nude pictures or videos electronically. This was the first time this question was asked on the Middlesex Youth Health Survey, so there is no trend data. Students in 8th grade, TGD students, Black students, and students of another race were significantly more likely than the average middle school student to ever send or receive sexual messages, pictures, or videos electronically. LGBTQ+ students were significantly more likely than heterosexual students to ever send or receive sexual messages, pictures, or videos electronically. Hispanic/Latino students were significantly more likely than non-Hispanic/Latino students to ever send or receive sexual messages, pictures, or videos electronically. *There is no statewide comparison data.*

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

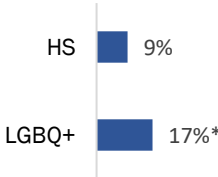
Grade



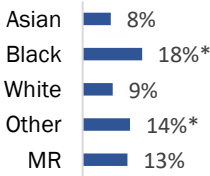
Gender



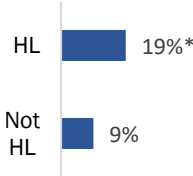
Sexual Orientation



Race



Ethnicity



**Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.*

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, 68% of middle school students engaged in 60 or more minutes of physical activity on at least 5 of the past 7 days. This percentage has varied since 2017. TGD students and Black students were significantly less likely than the average middle school student to engage in 60 or more minutes of physical activity on at least 5 of the past 7 days. LGBTQ+ students were significantly less likely than heterosexual students to engage in 60 or more minutes of physical activity on at least 5 of the past 7 days. Hispanic/Latino students were significantly less likely than non-Hispanic/Latino students to engage in 60 or more minutes of physical activity on at least 5 of the past 7 days. *There is no statewide comparison data.*

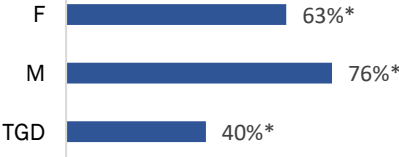


The graphs below show a breakdown of 2023 data by different demographic groups.

Grade



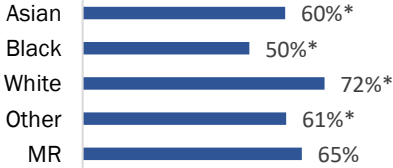
Gender



Sexual Orientation



Race



Ethnicity



**Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.*

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

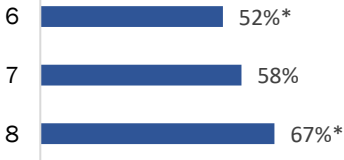
Overall, 60% of middle school students engaged in 3 or more hours of screen time on an average school day not including time spent doing schoolwork. This percentage has decreased since 2021. Students in 8th grade and Black students were significantly more likely than the average middle school student to have three or more hours of screen time on an average school day. LGBTQ+ students were significantly more likely than heterosexual students to have three or more hours of screen time on an average school day. Hispanic/Latino students were significantly more likely than non-Hispanic/Latino students to have three or more hours of screen time on an average school day.

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



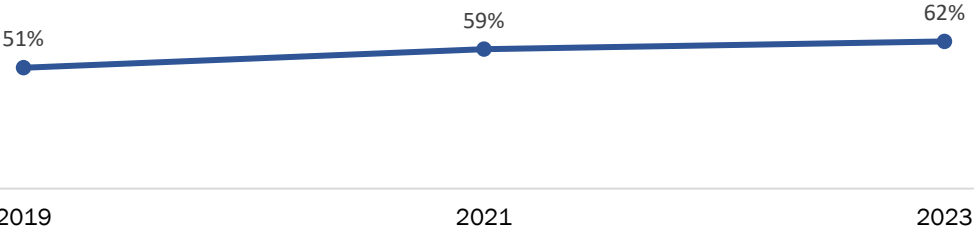
**Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.*

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

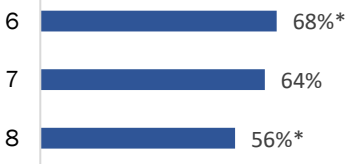
EATING BREAKFAST

Overall, 62% of middle school students ate breakfast on at least 6 of the past 7 days. This percentage has consistently increased since 2019. Students in 8th grade, female students, TGD students, Black students, and students of another race were significantly less likely than the average middle school student to eat breakfast on 6 of the past 7 days. LGBQ+ students were significantly less likely than heterosexual students to eat breakfast on 6 of the past 7 days. Hispanic/Latino students were significantly more likely than non-Hispanic/Latino students to eat breakfast on 6 of the past 7 days. *There is no statewide comparison data.*

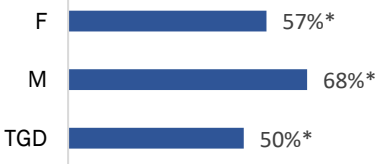


The graphs below show a breakdown of 2023 data by different demographic groups.

Grade



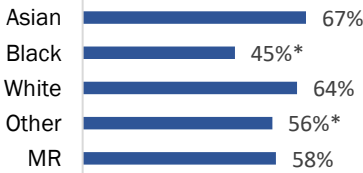
Gender



Sexual Orientation



Race



Ethnicity



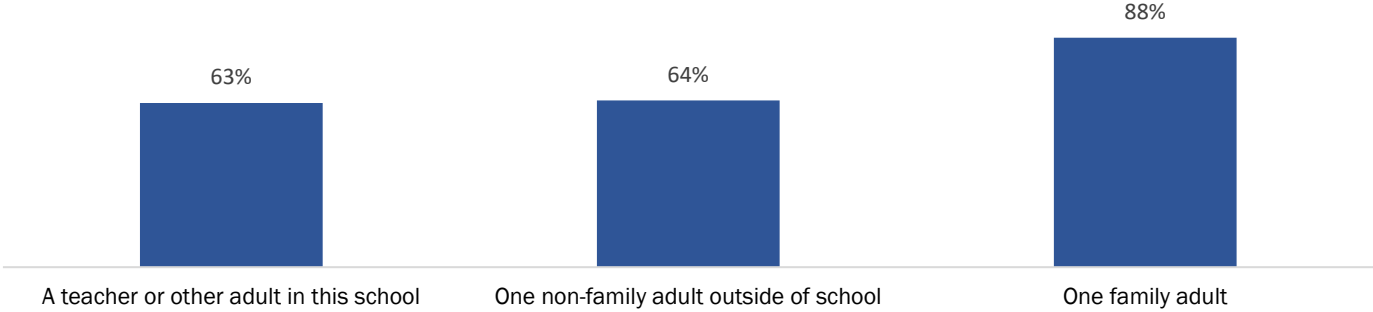
**Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.*

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, 63% of middle students reported having at least one teacher or other adult in this school, 64% reported having at least one adult outside of school who is not in their family, and 88% reported having at least one family adult. TGD students were significantly less likely than the average middle school student to have an adult to talk to. LGBTQ+ students were significantly less likely than heterosexual students to have an adult to talk to. *There is no statewide comparison data.*



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

Grade			Gender			Sexual Orientation		Race				Ethnicity		
6 th	7 th	8 th	F	M	TGD	HS	LGBTQ+	Asian	Black	White	Other	MR	H/L	Not H/L
Teacher or other adult in school														
67%	61%	63%	63%	65%	57%*	64%	59%*	55%*	64%	66%*	58%*	57%*	60%	64%
Non-family adult outside of school														
63%	65%	66%	66%	66%	50%*	68%	51%*	51%*	59%	69%*	56%*	61%	58%*	66%
Family adult														
90%	89%	87%	87%	92%*	69%*	91%	77%*	82%*	79%*	91%*	82%*	85%*	84%*	89%

*Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.

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. This was the first time this question was asked on the Middlesex Youth Health Survey, so there is no trend data. Female and White students were significantly more likely than the average middle school student to have a friend of similar age to talk to about a problem. *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



**Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.*

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 middle school students reported that they participated in an extracurricular activity this school year. This was the first time this question was asked on the Middlesex Youth Health Survey, so there is no trend data. Black and students of another race were significantly less likely than the average middle school student to participate in an extracurricular activity this school year. Hispanic/Latino students were significantly less likely than non-Hispanic/Latino students to participate in an extracurricular activity this school year. *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



**Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.*

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

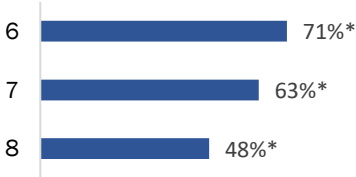
Sleep

Overall, 59% of middle school students reported sleeping 8 or more hours on an average school night. Students in 8th grade, female students, TGD students, and Black students were significantly less likely than the average middle school student to sleep 8 or more hours on an average school night. LGBTQ+ students were significantly less likely than heterosexual students to sleep 8 or more hours on an average school night. Hispanic/Latino students were significantly less likely than non-Hispanic/Latino students to sleep 8 or more hours on an average school night. *There is no statewide comparison data.*

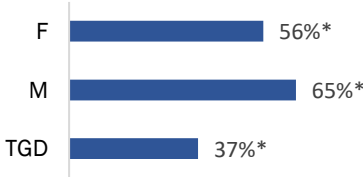


The graphs below show a breakdown of 2023 data by different demographic groups.

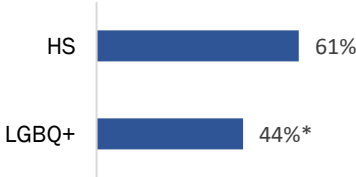
Grade



Gender



Sexual Orientation



Race



Ethnicity



**Indicates statistically significant differences measured by non-overlapping 95% confidence intervals. Note that significance for demographic cohorts with 3 or more categories was determined by comparing each group to the average and demographic cohorts with 2 or fewer categories were compared to each other.*

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

Open-Ended Responses

Middle school students were given the opportunity to identify health issues that they think concern students in their school. Overall, 3647 students provided valid responses. Responses were coded by areas of concern. The most frequent area of concern (n = 1542, 42.3%) from students was “None,” which included responses such as “There is none” and “N/A”. The second most frequent area was “Don’t Know” (n=621, 17.0%). Following “None” and “Don’t Know,” the third most frequent area of concern was “Substance use: Vaping/smoking” (n=368, 10.1%). Finally, the fourth and fifth most frequent areas were “Mental health: Stress, Anxiety, Burnout” (n=247, 6.8%) and “Mental health: Depression” (n=215, 5.9%).

Notable Quotes:

- Vaping
 - “Too many people in my grade vape.”
 - “Many students in school vape and we should take it seriously.”
 - “Kids don’t see what the problem with vaping is.”
 - “Because a lot of people vape or use marijuana, I believe that lung damage could potentially be prominent in many students.”
- Mental Health
 - “Mental health issues due to school stress and body image.”
 - “Many students struggle from depression and other social/emotional conditions which negatively impact their lives in severe ways.”
 - “It is quite clear that students are in desperate need of better mental health assistance and behavioral help, but it has not been given.”
 - “Everyone’s mental health is really bad and school is getting way too stressful, kids are also not getting enough sleep because they are busy doing school work.”
 - “Depression is a big problem in our school and the guidance counselors are not helping at all.”

Appendix A. Selected High School Data Tables

	Middlesex Region High School YHS				MA YHS	MA CDC YRBS
	2017	2019	2021	2023	2021	2021
Safety						
Never or rarely wear a seatbelt when riding in a car	N/A	4.4%	2.3%	3.7%	N/A	N/A
Rode in a car with someone who had been drinking alcohol (30 days)	14.0%	11.9%	6.8%	9.1%	N/A	11.2%
Rode in a car with someone who had been using marijuana (30 days)	N/A	N/A	N/A	9.5%	N/A	N/A
Drove a car when they had been drinking alcohol (among drivers, 30 days)	6.3%	4.4%	2.1%	3.1%	N/A	3.0%
Drove a car when they had been using marijuana (among drivers, 30 days)	15.7%	13.6%	6.2%	4.8%	N/A	N/A
Talked on the phone while driving a car (among drivers, 30 days)	38.8%	39.2%	32.4%	30.6%	N/A	N/A
Checked or used phone while driving a car (among drivers, 30 days)	32.8%	41.3%	35.1%	29.7%	N/A	27.3%
Skipped school because they felt safe at school or on their way to or from school (30 days)	4.4%	4.7%	2.9%	5.8%	N/A	7.8%
Discrimination (sometimes, most of the time, always)						
Experienced bad or unfair treatment because of their race or ethnicity (ever)	N/A	N/A	11.0%	9.9%	N/A	N/A
Experienced bad or unfair treatment because of their race or ethnicity (12 months)	N/A	N/A	N/A	5.7%	N/A	N/A
Experienced bad or unfair treatment because of their gender identity (12 months)	N/A	N/A	N/A	7.0%	N/A	N/A
Experienced bad or unfair treatment because of their sexual orientation (12 months)	N/A	N/A	N/A	5.4%	N/A	N/A
Experienced bad or unfair treatment because of their religion (12 months)	N/A	N/A	N/A	5.0%	N/A	N/A
Violence-Related Behaviors or Experiences						
Weapons						
Carried a weapon (30 days)	7.8%	6.0%	4.9%	3.8%	N/A	N/A
Carried a weapon on school property (30 days)	2.2%	1.3%	0.7%	1.0%	N/A	N/A
Fighting						
Were in a physical fight (12 months)	15.1%	14.3%	9.6%	9.5%	N/A	14.0%
Were in a physical fight on school property (12 months)	4.6%	4.5%	1.6%	2.8%	N/A	3.5%
Sexual Violence						
Has had sexual things done to them or was forced to do sexual things they did not want to (ever)	N/A	N/A	N/A	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)	7.6%	7.5%	7.1%	4.4%	N/A	10.8%
Dating Violence*						
Experienced sexual dating violence (12 months)	4.4%	4.8%	4.3%	4.3%	N/A	9.5%
Experienced physical dating violence (12 months)	2.8%	2.5%	1.0%	2.7%	N/A	6.8%
Experienced emotional dating violence or control (12 months)	N/A	N/A	N/A	10.9%	N/A	N/A
Bullying						
Have been bullied on school property (12 months)	12.4%	13.0%	6.0%	9.3%	19.4%	11.2%
Have been bullied electronically (12 months)	12.1%	11.8%	10.3%	6.2%	N/A	14.1%
Mental Health						
Mental health was not good sometimes, most of the time, or always (30 days)	N/A	N/A	62.1%	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	N/A	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)	23.7%	26.5%	27.6%	23.4%	29.3%	38.5%
Engaged in self-harm without wanting to die (12 months)	13.1%	13.6%	14.4%	14.0%	26.5%	N/A
Seriously considered attempting suicide (12 months)	12.2%	12.4%	11.8%	10.2%	12.6%	18.4%
Made a plan about how they would attempt suicide (12 months)	8.9%	9.0%	8.7%	6.8%	N/A	14.0%
Attempted suicide (12 months)	3.2%	3.6%	3.0%	2.1%	N/A	7.6%
Substance Use						
Lifetime						
Alcohol use	57.8%	55.9%	41.4%	36.9%	39.1%	N/A
Vape product use	34.9%	40.1%	25.6%	15.4%	30.9%	31.0%
Marijuana use	35.1%	33.4%	22.8%	17.9%	27.9%	N/A
Smoking cigarettes	14.5%	12.3%	10.6%	6.8%	11.8%	N/A
Prescription drug misuse	N/A	5.7%	3.3%	3.7%	N/A	N/A

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

	Middlesex Region High School YHS				MA YHS	MA CDC YRBS
	2017	2019	2021	2023	2021	2021
Substance Use (Continued)						
Current (30 days)						
Alcohol use	32.8%	26.4%	21.5%	19.9%	22.3%	22.5%
Binge drinking (5 or more drinks in a row)**	20.2%	15.0%	11.0%	10.0%	10.5%	11.4%*
Electronic vapor products use	23.4%	24.3%	11.4%	8.0%	17.6%	17.2%
Marijuana use	22.7%	20.7%	11.6%	10.7%	17.8%	16.6%
Smoking cigarettes	6.7%	4.2%	3.2%	2.5%	N/A	3.5%
Prescription drug misuse	6.7%	4.4%	1.3%	1.1%	N/A	N/A
Perceptions of Substance Use						
Risk of Harm (moderate risk, great risk)						
Have one or two drinks of alcohol nearly every day	73.1%	76.8%	78.5%	65.4%	N/A	N/A
Have five or more drinks of alcohol once or twice each week	74.4%	77.4%	77.7%	74.8%	N/A	N/A
Use a vape product every day	N/A	N/A	N/A	81.2%	N/A	N/A
Use marijuana once or twice a week	41.5%	44.2%	50.3%	51.6%	N/A	N/A
Smoke one or more cigarettes nearly every day	N/A	N/A	N/A	83.0%	N/A	N/A
Use prescription drugs that are not prescribed to them	89.9%	91.2%	94.0%	88.4%	N/A	N/A
Caregiver Perceptions (wrong, very wrong)						
Drink alcohol	N/A	N/A	N/A	69.1%	N/A	N/A
Use vape products	N/A	86.7%	95.2%	94.1%	N/A	N/A
Use marijuana	83.1%	82.5%	85.8%	86.7%	N/A	N/A
Smoke cigarettes	93.6%	94.0%	95.7%	95.5%	N/A	N/A
Use prescription drugs not prescribed to them	95.2%	94.9%	96.7%	96.0%	N/A	N/A
Friend Perceptions (wrong, very wrong)						
Drink alcohol	N/A	N/A	N/A	42.6%	N/A	N/A
Use vape products	N/A	88.2%	58.1%	64.8%	N/A	N/A
Use marijuana	38.9%	42.5%	52.5%	57.2%	N/A	N/A
Smoke cigarettes	68.5%	70.9%	72.9%	81.1%	N/A	N/A
Use prescription drugs not prescribed to them	86.8%	89.4%	93.0%	89.8%	N/A	N/A
Ease of Access (easy, very easy)						
Alcohol	N/A	N/A	N/A	58.6%	N/A	N/A
Vape products	N/A	N/A	N/A	46.0%	N/A	N/A
Marijuana	N/A	N/A	N/A	37.9%	N/A	N/A
Cigarettes	N/A	N/A	N/A	27.3%	N/A	N/A
Prescription medications not prescribed to them	N/A	N/A	N/A	22.4%	N/A	N/A
Been sold or given alcohol or other illegal drugs on school property (12 months)	N/A	N/A	N/A	7.2%	N/A	N/A
Sexual Behaviors						
Had sexual contact with another person (ever)	N/A	N/A	N/A	37.4%	N/A	N/A
Had sexual intercourse (ever)	28.0%	25.9%	19.4%	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	N/A	41.3%	N/A	N/A
Used substances before the last time they had sexual intercourse (among students who have had sexual intercourse)	20.8%	20.1%	16.8%	16.4%	N/A	20.7%
Sent or received sexual messages, pictures, or videos, electronically (ever)	42.7%	37.5%	35.9%	25.2%	N/A	N/A
Physical Activity and Nutrition						
Participated in 60 minutes or more of physical activity on 5 of the past 7 days	29.4%	61.8%	49.8%	60.9%	N/A	45.0%
Ate breakfast on 6 of the past 7 days	N/A	N/A	45.1%	50.1%	N/A	N/A
Had 3 or more hours of screen time on an average school day	N/A	N/A	81.9%	73.7%	N/A	75.6%
Protective Factors						
Have a teacher or other adult in school to talk to about a problem	66.6%	59.6%	59.8%	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	28.5%	67.0%	N/A	N/A
Have an adult in their family to talk to about a problem***	84.2%	81.6%	80.5%	85.0%	N/A	N/A
Have a friend similar in age to talk to about a problem	N/A	N/A	N/A	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?"

	Middlesex Region High School YHS				MA YHS	MA CDC YRBS
	2017	2019	2021	2023	2021	2021
Other Health-Related Topics						
Participated in an organized activity this school year	N/A	N/A	N/A	85.5%	N/A	N/A
Sleep 8 or more hours on an average school night	31.2%	33.6%	28.5%	32.0%	22.5%	20.4%

Appendix B. Selected Middle School Data Tables

	Middlesex League Middle School YHS				MA YHS
	2017	2019	2021	2023	2021
Safety					
Rarely or never wear a seatbelt when riding in a car	2.6%	1.9%	2.8%	2.6%	N/A
Rode in a car with someone who had been drinking alcohol (30 days)	N/A	N/A	N/A	9.1%	10.1%
Rode in a car with someone who had been using marijuana (30 days)	N/A	N/A	N/A	2.7%	6.6%
Skipped school because they felt unsafe at school or on their way to or from school (30 days)	N/A	N/A	N/A	6.5%	N/A
Discrimination (sometimes, most of the time, always)					
Experienced bad or unfair treatment because of their race or ethnicity (ever)	N/A	N/A	8.0%	9.8%	N/A
Experienced bad or unfair treatment because of their race or ethnicity (12 months)	N/A	N/A	N/A	6.8%	N/A
Experienced bad or unfair treatment because of their gender identity (12 months)	N/A	N/A	N/A	5.6%	N/A
Experienced bad or unfair treatment because of their sexual orientation (12 months)	N/A	N/A	N/A	4.7%	N/A
Experienced bad or unfair treatment because of their religion (12 months)	N/A	N/A	N/A	3.7%	N/A
Violence-Related Behaviors or Experiences					
Weapons					
Carried a weapon (ever)	18.3%	13.9%	12.0%	9.2%	N/A
Carried a weapon (30 days)	N/A	N/A	N/A	3.7%	N/A
Carried a weapon on school property (30 days)	N/A	N/A	N/A	0.4%	N/A
Fighting					
Were in a physical fight (ever)	30.6%	29.6%	24.1%	24.4%	N/A
Were in a physical fight (12 months)	N/A	N/A	N/A	11.1%	N/A
Were in a physical fight on school property (12 months)	N/A	N/A	N/A	3.5%	N/A
Sexual Violence					
Has had sexual things done to them or was forced to do sexual things they did not want to (ever)	N/A	N/A	4.0%	4.0%	N/A
Dating Violence*					
Experienced sexual dating violence (ever)	N/A	1.3%	1.0%	2.0%	N/A
Experienced physical dating violence (ever)	N/A	2.5%	0.8%	1.2%	N/A
Experienced emotional dating violence or control (ever)	N/A	N/A	N/A	5.6%	N/A
Bullying					
Have been bullied on school property (12 months)	N/A	N/A	N/A	16.6%	33.4%
Have been bullied electronically (12 months)	N/A	N/A	N/A	7.7%	18.1%
Mental Health					
Mental health was not good sometimes, most of the time, or always (30 days)	N/A	N/A	47.3%	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	18.3%	23.6%	15.2%	29.3%
Engaged in self-harm without wanting to die (12 months)	N/A	N/A	N/A	9.0%	26.5%
Seriously considered attempting suicide (12 months)	N/A	N/A	N/A	7.0%	12.6%
Made a plan about how they would attempt suicide (12 months)	N/A	N/A	N/A	5.3%	N/A
Attempted suicide (12 months)	N/A	N/A	N/A	1.8%	6.1%
Substance Use					
Lifetime					
Alcohol use	15.2%	13.1%	10.4%	8.6%	N/A
Vape product use	8.9%	8.8%	4.5%	3.2%	10.1%
Marijuana use	3.7%	3.1%	1.9%	2.1%	4.8%
Smoking cigarettes	2.8%	2.3%	2.2%	1.2%	4.4%
Prescription drug misuse	2.4%	2.2%	2.9%	1.4%	N/A

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

	Middlesex League Middle School YHS				MA YHS
	2017	2019	2021	2023	2021
Substance Use (Continued)					
Current (30 days)					
Alcohol use	4.4%	2.2%	2.8%	2.2%	3.1%
Electronic vapor products use	5.4%	3.8%	1.6%	1.4%	4.6%
Marijuana use	2.8%	2.2%	0.8%	0.9%	2.5%
Smoking cigarettes	0.6%	0.5%	0.5%	0.2%	N/A
Prescription drug misuse	1.5%	2.2%	2.1%	0.5%	N/A
Perceptions of Substance Use					
Risk of Harm (moderate risk, great risk)					
Have one or two drinks of alcohol nearly every day	79.1%	83.3%	83.9%	62.2%	N/A
Have five or more drinks of alcohol once or twice each week	81.8%	83.6%	82.7%	75.1%	N/A
Use a vape product every day	N/A	N/A	N/A	81.5%	N/A
Use marijuana once or twice a week	76.0%	77.7%	79.6%	69.1%	N/A
Smoke one or more cigarettes nearly every day	N/A	N/A	N/A	79.1%	N/A
Use prescription drugs that are not prescribed to them	93.3%	93.8%	93.6%	83.3%	N/A
Caregiver Perceptions (wrong, very wrong)					
Drink alcohol	N/A	N/A	N/A	88.6%	N/A
Use vape products	N/A	96.2%	97.4%	96.6%	N/A
Use marijuana	95.4%	95.7%	96.3%	96.1%	N/A
Smoke cigarettes	97.9%	97.7%	97.6%	96.6%	N/A
Use prescription drugs not prescribed to them	96.8%	97.1%	96.7%	96.6%	N/A
Friend Perceptions (wrong, very wrong)					
Drink alcohol	N/A	N/A	N/A	96.9%	N/A
Use vape products	N/A	81.3%	85.9%	83.6%	N/A
Use marijuana	83.0%	86.7%	89.5%	89.8%	N/A
Smoke cigarettes	86.6%	86.2%	88.1%	91.7%	N/A
Use prescription drugs not prescribed to them	89.8%	92.2%	92.0%	93.6%	N/A
Ease of Access (easy, very easy)					
Alcohol	N/A	N/A	N/A	36.7%	N/A
Vape products	N/A	N/A	N/A	19.5%	N/A
Marijuana	N/A	N/A	N/A	9.6%	N/A
Cigarettes	N/A	N/A	N/A	15.3%	N/A
Prescription medications not prescribed to them	N/A	N/A	N/A	24.2%	N/A
Been sold or given alcohol or other illegal drugs on school property (12 months)	N/A	N/A	N/A	3.8%	N/A
Sexual Behaviors					
Had sexual contact with another person (ever)	N/A	N/A	N/A	9.6%	N/A
Had sexual intercourse (ever)	4.0%	2.8%	1.9%	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	N/A	23.8%	N/A
Used substances before the last time they had sexual intercourse (among students who have had sexual intercourse)	N/A	N/A	6.4%	25.8%	N/A
Sent or received sexual messages, pictures, or videos, electronically (ever)	N/A	14.3%	19.3%	10.3%	N/A
Physical Activity and Nutrition					
Participated in 60 minutes or more of physical activity on 5 of the past 7 days	66.7%	61.8%	60.2%	68.0%	N/A
Ate breakfast on 6 of the past 7 days	N/A	50.8%	58.7%	61.9%	N/A
Had 3 or more hours of screen time on an average school day	N/A	N/A	69.1%	60.0%	N/A
Protective Factors					
Have a teacher or other adult in school to talk to about a problem	N/A	59.1%	54.8%	63.2%	N/A
Have an adult outside of school not in their family to talk to about a problem	N/A	65.7%	N/A	64.8%	N/A
Have an adult in their family to talk to about a problem**	N/A	85.1%	83.9%	88.4%	N/A
Have a friend similar in age to talk to about a problem	N/A	N/A	N/A	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?"

	Middlesex League Middle School YHS				MA YHS
	2017	2019	2021	2023	2021
Other Health-Related Topics					
Participated in an organized activity this school year	N/A	N/A	N/A	82.2%	N/A
Sleep 8 or more hours on an average school night	51.1%	56.2%	54.9%	59.0%	N/A