

2025

**Wilmington Public Schools
Youth Health Survey**

Full Report



Table of Contents

About the Youth Health Survey	1
Reporting on the Youth Health Survey	2
High School Results	3
Middle School Results	29
Appendix A. High School Data Tables	52
Appendix B. Middle School Data Tables	56

About the Youth Health Survey

Since 2017, school districts in Middlesex County, Massachusetts, known as the Middlesex League, have collaborated to conduct a youth health survey, collecting data on student health status and behaviors that may pose risks to middle and high school students. Local superintendents have partnered with JSI Research and Training Institute, Inc. (JSI), a public health consulting firm, to assist in survey administration. The superintendents and health coordinators, in collaboration with JSI, design a unified health survey instrument based on the CDC's Youth Risk Behavior Survey (YRBS) and the Massachusetts Department of Public Health's Youth Health Survey (YHS). These instruments, along with the Middlesex League survey, are updated biennially to address emerging health issues. Additionally, districts can incorporate tailored questions into the core survey to address specific local needs. This collaborative approach enhances understanding of youth health risks, facilitates information sharing, and fosters coordination among school districts, health officials, and community service providers.

The 2025 YHS builds upon the 2017, 2019, 2021, and 2023 assessments, and includes the districts of Arlington, Belmont, Burlington, Melrose, Reading (high school only) Stoneham, Wakefield, Watertown, Wilmington, Winchester, and Woburn. Note that Woburn has not yet administered the YHS, so their data are not currently included in the Middlesex League comparison data.

SURVEY ADMINISTRATION & CONSENT PROCESS

JSI designed self-administered, online surveys using a nationally recognized survey platform called Alchemer. In addition to English, the surveys were translated into Haitian Creole, Spanish, and Portuguese. JSI, in collaborations with school districts, developed a standard survey administration plan and schedule for each middle school and high school. Survey administration occurred during the students' regular class time.

Prior to administration, schools obtained passive parental permission. An explanation was provided to parents around the purpose of the survey and they were 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 surveys 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 25% of the questions (approximately 10% of total for low response), 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 protective factors, discrimination, safety, violence-related behaviors and experiences, bullying, mental health, substance use, sexual behaviors, physical activity, nutrition, and screen time. Data are reported and analyzed for all students, as well as by grade, gender identity, sexual orientation, race, and ethnicity.

The information provided 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. Of note, while statistical differences are highlighted throughout the report, there are areas where *substantive* differences may exist but were underpowered (i.e., small sample size) to detect and note *statistically significant* differences.

KEY TERMS AND ACRONYMS

Term	Description
YHS	Youth Health Survey
ML	Middlesex League Regional Survey Data
MA	Massachusetts Survey Data
6	6 th grade
7	7 th grade
8	8 th grade
9	9 th grade
10	10 th grade
11	11 th grade
12	12 th grade
M	Cisgender male
F	Cisgender female
TGD	Transgender and Gender Diverse (non-binary, genderfluid, transgender, questioning, etc.)
HS	Heterosexual
LGBQ+	Lesbian, gay, bisexual, another sexual orientation, questioning, etc.
MR	Multi-Racial
HL	Hispanic or Latino/a
EVP	Electronic vapor product
PD	Prescription drug

2025

**Wilmington Public Schools
Youth Health Survey**

High School Results

2025 High School Sample

In 2025, 470 high school students participated in Wilmington Youth Health Survey. Among the students that participated, 97 were marked as incomplete and excluded from the final data set used in the analysis. **This resulted in a sample of 373 students.** The table below shows a distribution of accepted survey respondents by grade, gender identity, sexual orientation, race, and ethnicity.

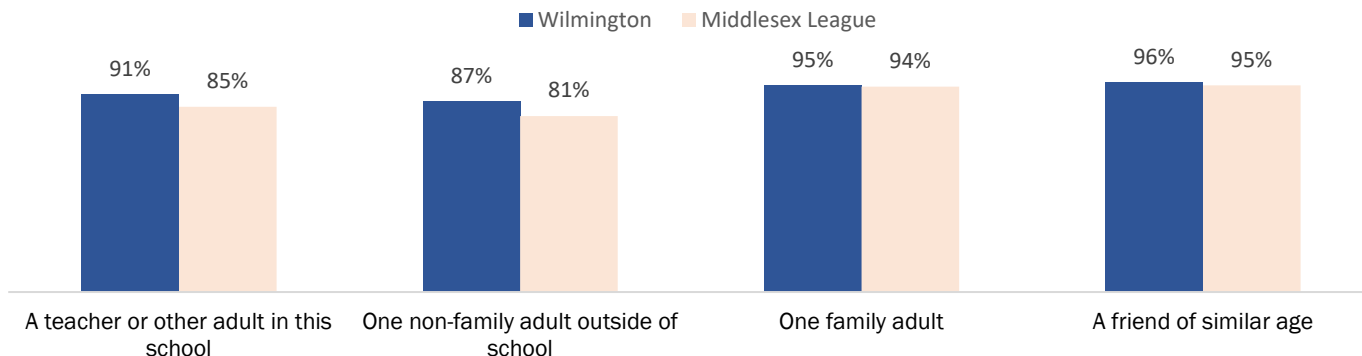
Grade		
9 th	93	25%
10 th	107	29%
11 th	79	21%
12 th	91	24%
Gender Identity		
Woman or girl	195	52%
Man or boy	143	38%
TGD	9	2%
Did not understand/Chose not to respond	23	6%
Sexual Orientation		
Heterosexual	308	83%
LGBQ+	50	13%
Did not understand /Chose not to respond	12	3%
Race		
Asian	26	7%
Black	12	3%
White	284	76%
Another race	18	5%
Multi-racial	28	8%
Ethnicity		
HL	31	8%
Not HL	342	92%

This analysis includes surveys from 60% of the high school student population when using 2024-2025 Wilmington high school enrollment numbers (619).

Assets and Protective Factors

ADULT AND PEER CONNECTEDNESS

Overall, when asked about adults whom they could talk to about a problem, 91% of high students reported having at least one teacher or other adult in this school, 87% reported having at least one adult outside of school who is not in their family, 95% reported having at least one family adult, and 96% reported having a friend of similar age. *There is no statewide comparison data.*



Below is a breakdown of 2025 data by different demographic groups.

Grade				Gender Identity			Sexual Orientation		Race					Ethnicity	
9 th	10 th	11 th	12 th	F	M	TGD	HS	LGBQ+	Asian	Black	White	Other	MR	HL	Not HL
Teacher or other adult in school															
88%	91%	87%	97%	94%	89%	44% ^v	92%	86%	85%	83%	93%	94%	75%	90%	91%
Non-family adult outside of school															
91%	84%	82%	92%	91%	85%	56%	89%	76%	77%	67%	89%	89%	85%	81%	88%
Family adult															
96%	94%	94%	96%	97%	97%	56% ^v	96%	88%	85%	92%	96%	100% [^]	86%	100% [^]	94%
Friend of similar age															
97%	95%	95%	98%	98%	95%	67%	97%	92%	96%	92%	97%	94%	93%	97%	96%

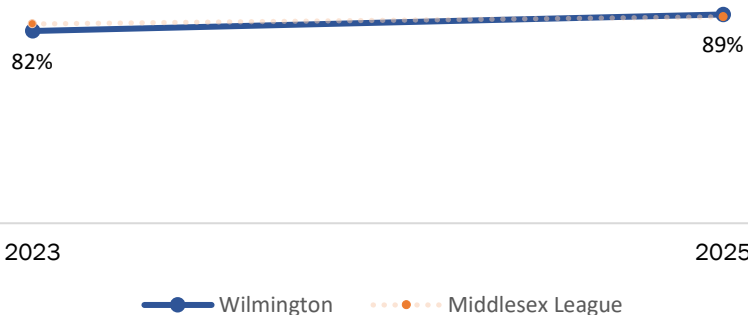
[^] indicates that students in this demographic group are significantly **more** likely than the average high school student to have the adult or peer connection.
^v indicates that students in this demographic group are significantly **less** likely than the average high school student to have the adult or peer connection.

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

Assets and Protective Factors

PARTICIPATION IN EXTRACURRICULAR ACTIVITIES

Overall, 89% of high school students reported that they participated in an extracurricular activity this school year, compared to 88% of Middlesex League students. *There is no statewide comparison data.*

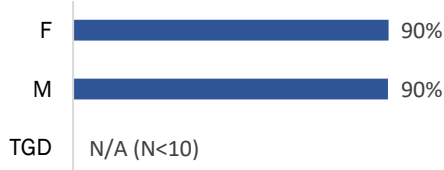


Below is a breakdown of 2025 data by different demographic groups. There were no statistically significant differences within demographic groups.

Grade



Gender Identity



Sexual Orientation



Race



Ethnicity

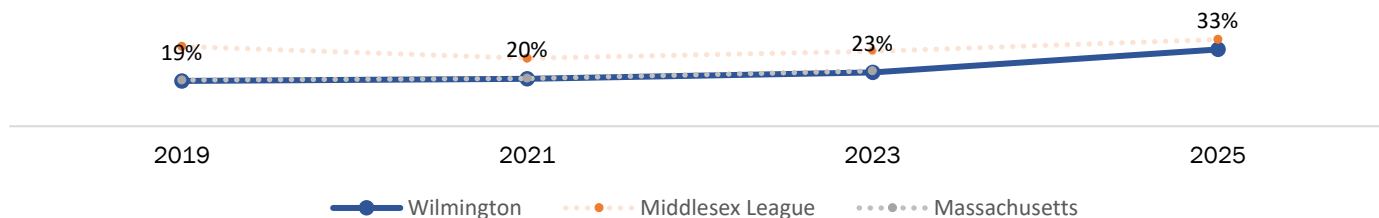


Q: During this school year, did you take part in an organized activity?

Assets and Protective Factors

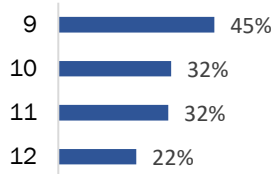
SLEEP

Overall, 33% of high school students reported sleeping 8 or more hours on an average school night, compared to 37% of Middlesex League students.

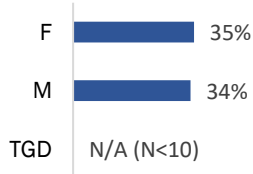


Below is a breakdown of 2025 data by different demographic groups.

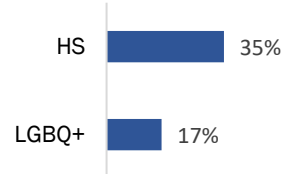
Grade



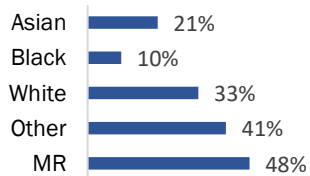
Gender Identity



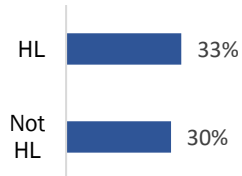
Sexual Orientation



Race



Ethnicity



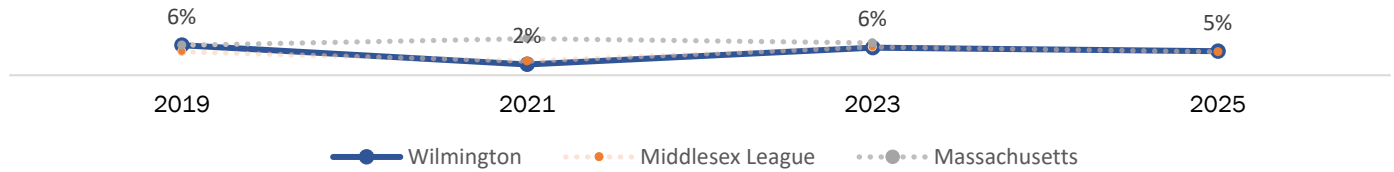
Sexual Orientation: LGBQ+ students were significantly less likely than the average high school student to sleep 8 or more hours on an average school night.

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

Safety

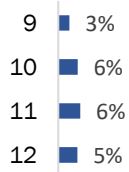
IN OR TRAVELING TO OR FROM SCHOOL

Overall, 5% 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.

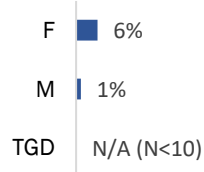


Below is a breakdown of 2025 data by different demographic groups. There were no statistically significant differences within demographic groups.

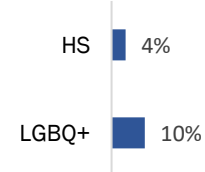
Grade



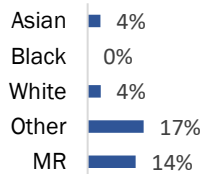
Gender Identity



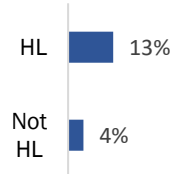
Sexual Orientation



Race



Ethnicity

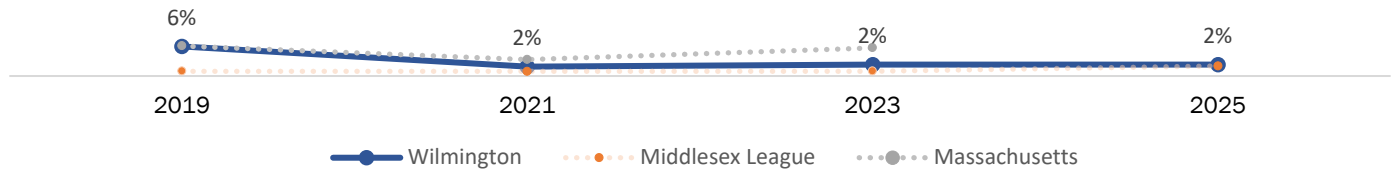


Q: During the past 30 days, on how many days did you not go to school because you felt you would be unsafe at school or on your way to or from school?

Physical Fighting

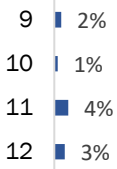
ON SCHOOL PROPERTY

Overall, 2% of high school students were in a physical fight on school property in the past 12 months.

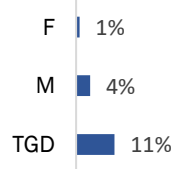


Below is a breakdown of 2025 data by different demographic groups. There were no statistically significant differences within demographic groups.

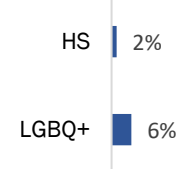
Grade



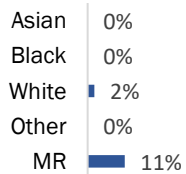
Gender Identity



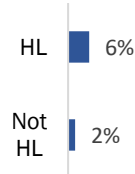
Sexual Orientation



Race



Ethnicity



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

Sexual Violence

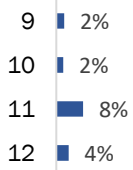
SEXUAL VIOLENCE

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.

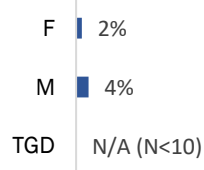


Below is a breakdown of 2025 data by different demographic groups. There were no statistically significant differences within demographic groups.

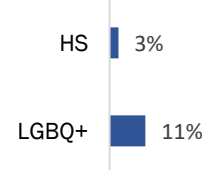
Grade



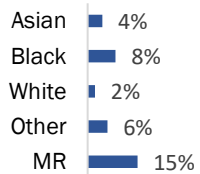
Gender Identity



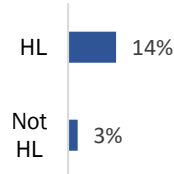
Sexual Orientation



Race



Ethnicity

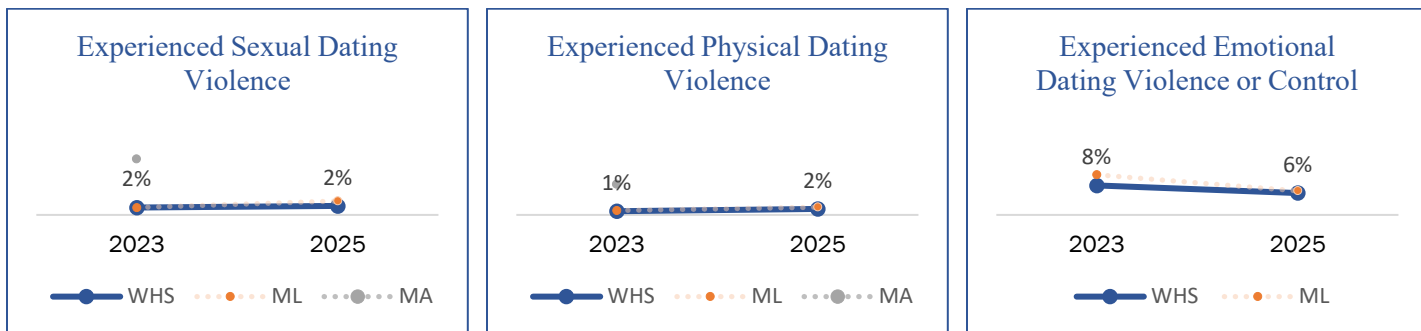


Q: During the past 12 months, did anyone force you to do sexual things that you did not want to?

Violence

DATING VIOLENCE

Overall, 2% of high school students have been hurt sexually by someone they were dating or going out with in the past 12 months, 2% have been hurt physically, and 6% have been emotionally hurt or controlled. *There is no statewide comparison data for emotional dating violence or control.*



Below is a breakdown of 2025 data by different demographic groups.

Grade				Gender Identity			Sexual Orientation		Race				Ethnicity			
9 th	10 th	11 th	12 th	F	M	TGD*	HS	LGBQ+	Asian	Black	White	Other	MR	HL	Not HL	
Experienced sexual dating violence																
1%	3%	4%	2%	2%	1%	N/A	2%	8%	4%	0%	1%	6%	14%	6%	2%	
Experienced physical dating violence																
1%	2%	0%	3%	1%	1%	N/A	1%	6%	0%	0%	1%	6%	4%	3%	1%	
Experienced emotional violence or were controlled																
6%	6%	3%	9%	7%	3%	N/A	4%	18%	4%	8%	5%	17%	14%	13%	5%	

* Data are suppressed as N<10

^ indicates that students in this demographic group are significantly **more** likely than the average high school student to experience the form of dating violence.

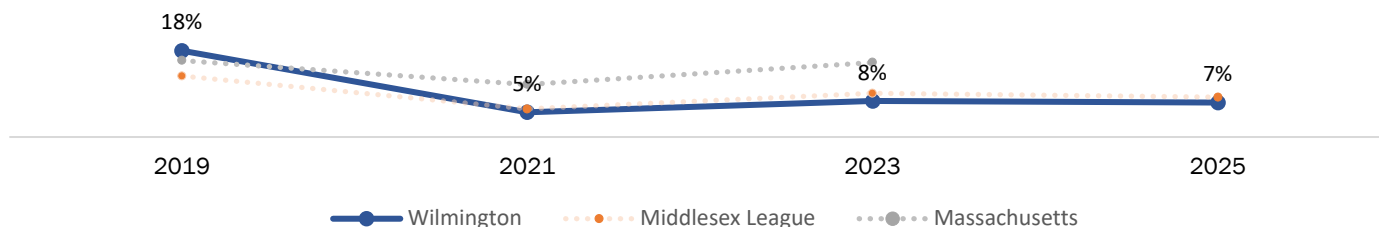
v indicates that students in this demographic group are significantly **less** likely than the average high school student to experience the form of dating violence.

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

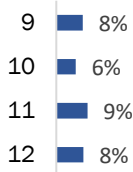
ON SCHOOL PROPERTY

Overall, 7% of high school students were bullied on school property in the past 12 months.

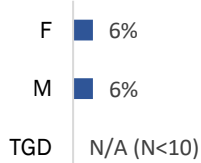


The graphs below show a breakdown of 2025 data by different demographic groups. There were no statistically significant differences within demographic groups.

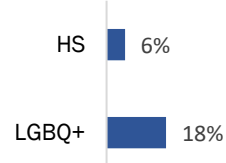
Grade



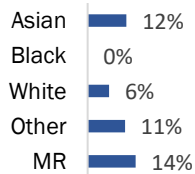
Gender Identity



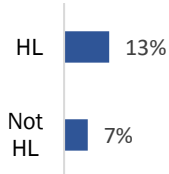
Sexual Orientation



Race



Ethnicity



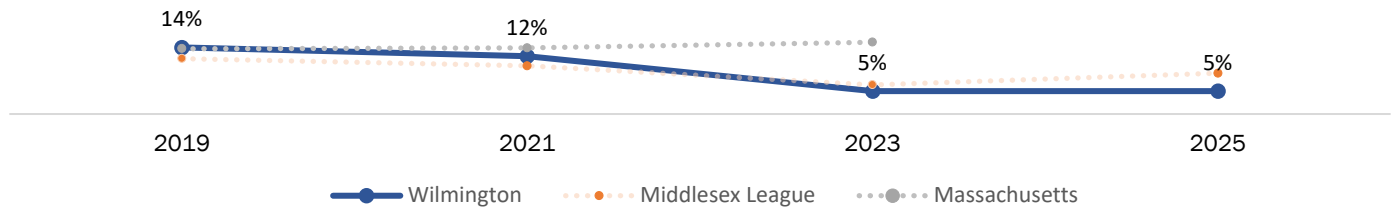
Q: During the past 12 months, how many times were you bullied on school property?

The 2025 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.

Bullying

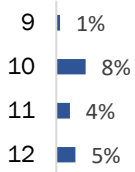
ELECTRONIC

Overall, 5% of high school students were electronically bullied in the past 12 months.

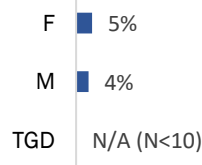


Below is a breakdown of 2025 data by different demographic groups. There were no statistically significant differences within demographic groups.

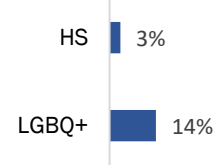
Grade



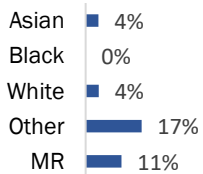
Gender Identity



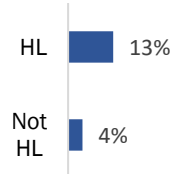
Sexual Orientation



Race



Ethnicity



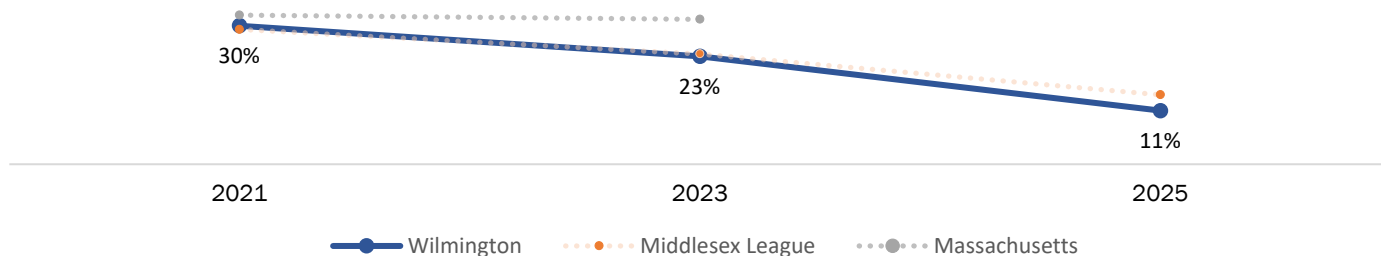
Q: During the past 12 months, have you been bullied electronically?

The 2025 YHS defined electronic bullying as 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.

Mental Health

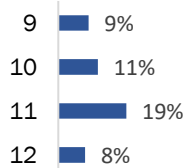
GENERAL

Overall, 11% of high school students reported that their mental health was not good most of the time or always in the past 30 days.

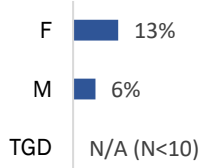


Below is a breakdown of 2025 data by different demographic groups. There were no statistically significant differences within demographic groups.

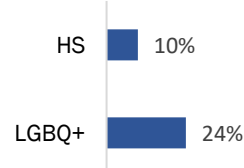
Grade



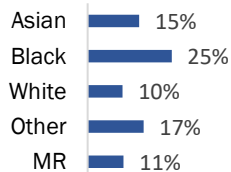
Gender Identity



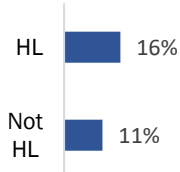
Sexual Orientation



Race



Ethnicity

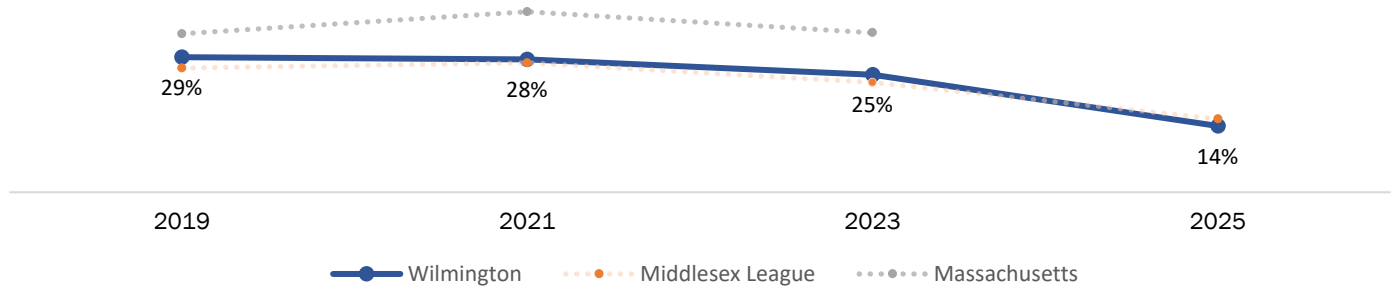


Q: During the past 30 days, how often was your mental health not good?

Mental Health

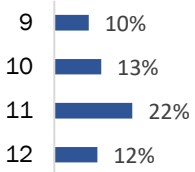
DEPRESSION

Overall, 14% 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.

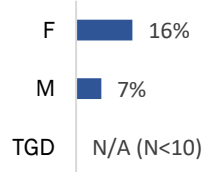


Below is a breakdown of 2025 data by different demographic groups.

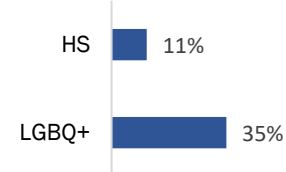
Grade



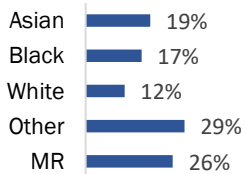
Gender Identity



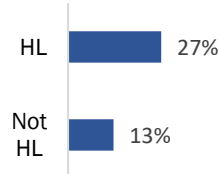
Sexual Orientation



Race



Ethnicity



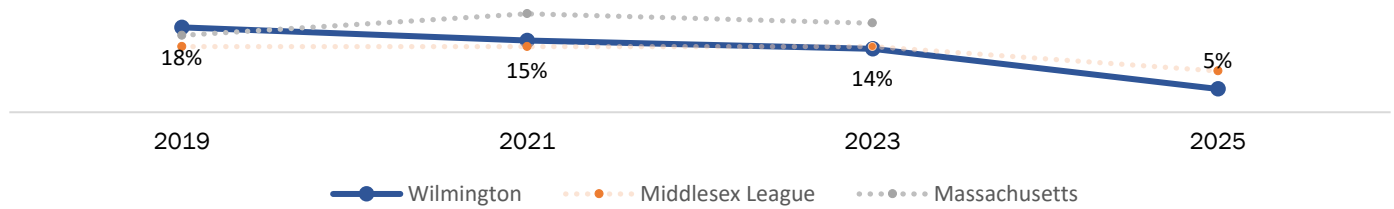
Sexual Orientation: LGBQ+ students were significantly more likely than the average high school student to experience depression in the past 12 months.

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?

Mental Health

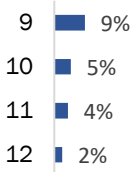
SELF-HARM

Overall, 5% 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.

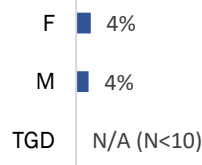


Below is a breakdown of 2025 data by different demographic groups.

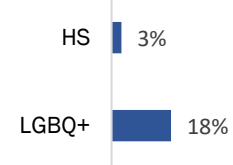
Grade



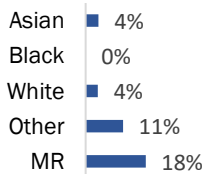
Gender Identity



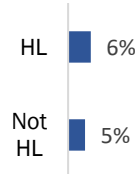
Sexual Orientation



Race



Ethnicity



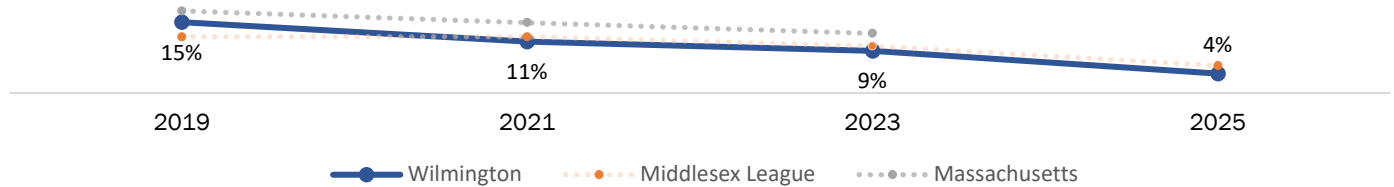
Sexual Orientation: LGBQ+ students were significantly more likely than the average high school student to engage in self-harm in the past 12 months.

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

Mental Health

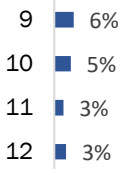
CONSIDERED ATTEMPTING SUICIDE

Overall, 4% of high school students seriously considered attempting suicide during the past 12 months.

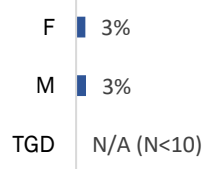


Below is a breakdown of 2025 data by different demographic groups. There were no statistically significant differences within demographic groups.

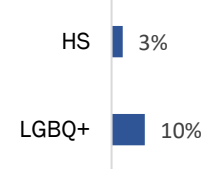
Grade



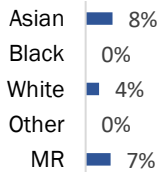
Gender Identity



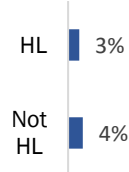
Sexual Orientation



Race



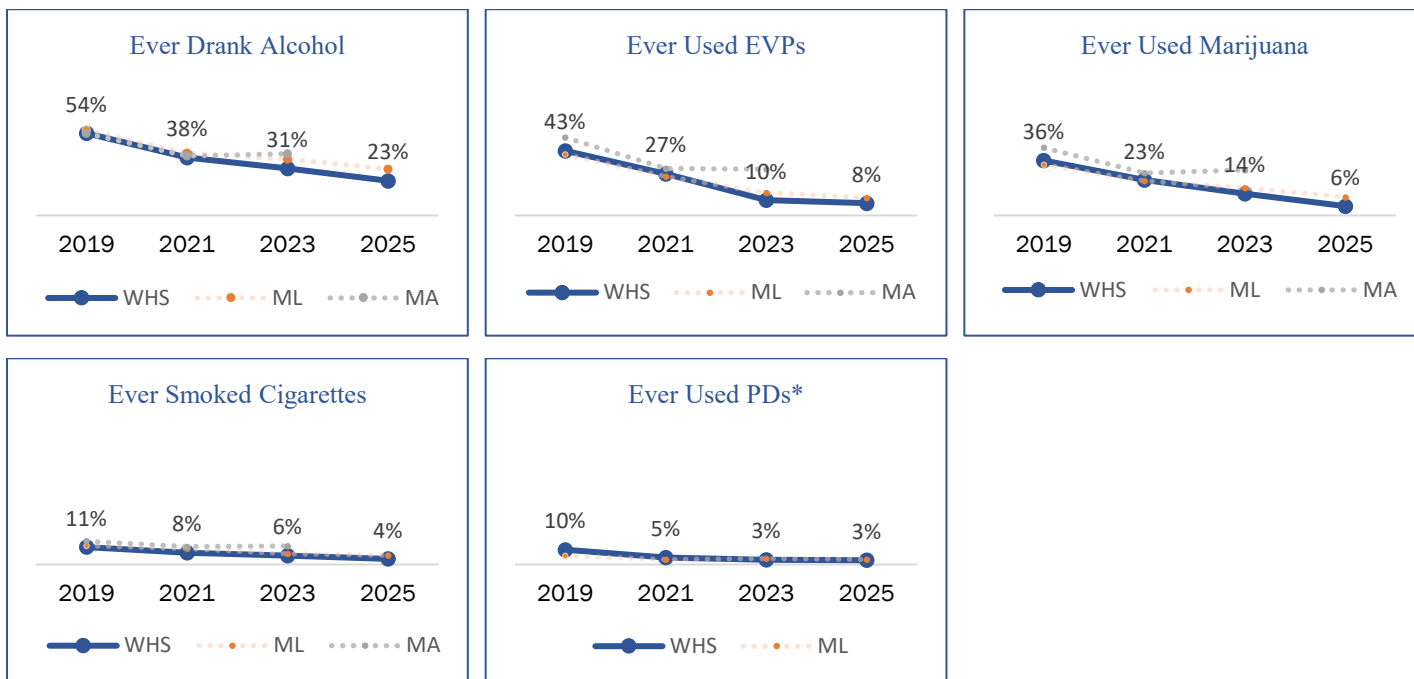
Ethnicity



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

Lifetime Substance Use

Wilmington high school students were asked if they had ever used a variety of substances. Overall, 23% reported ever drinking alcohol, 8% reported ever using electronic vapor products, 6% reported ever using marijuana, 4% reported ever smoking cigarettes, and 3% reported ever using prescription drugs without a prescription. *There is no statewide comparison data for lifetime prescription drug misuse.*



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

Below is a breakdown of 2025 data by different demographic groups.

Grade				Gender Identity			Sexual Orientation		Race				Ethnicity		
9 th	10 th	11 th	12 th	F	M	TGD*	HS	LGBQ+	Asian	Black	White	Other	MR	HL	Not HL
Alcohol use															
17%	15%	32%	28%	18%	26%	N/A	22%	26%	15%	0%	22%	50%	25%	45%^	21%
EVP use															
3%	3%	9%	16%	6%	7%	N/A	7%	10%	12%	0%	5%	33%^	14%	29%^	6%
Marijuana use															
2%	3%	8%	10%	5%	4%	N/A	5%	8%	4%	0%	4%	22%	11%	26%^	4%
Cigarette smoking															
1%	2%	3%	7%	1%	4%	N/A	3%	6%	0%	0%	3%	11%	4%	17%	2%
Prescription drug misuse															
2%	3%	1%	2%	2%	2%	N/A	2%	4%	0%	0%	2%	6%	7%	10%	2%

* Data are suppressed as N<10

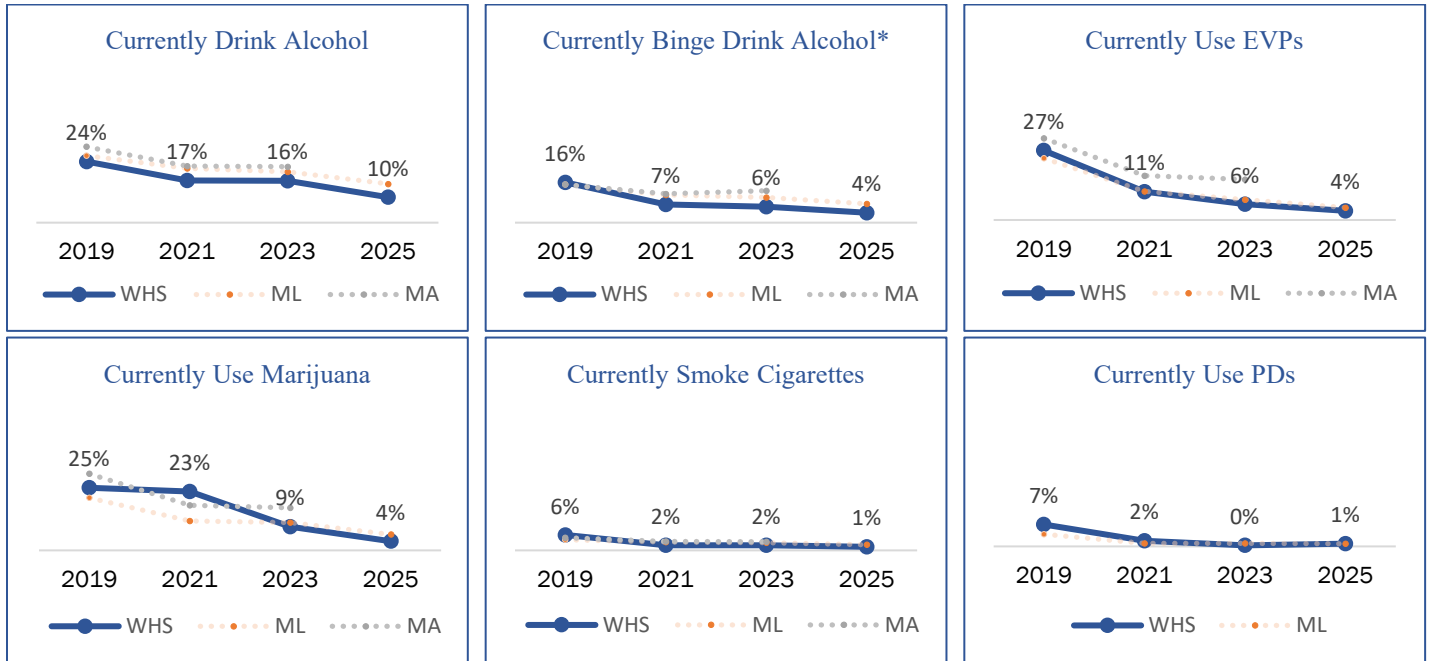
^ indicates that students in this demographic group are significantly **more** likely than the average high school student to have ever used the substance.

v indicates that students in this demographic group are significantly **less** likely than the average high school student to have ever used the substance.

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

Current Substance Use

Wilmington high school students were asked if they had used a variety of substances in the past 30 days (currently). Overall, 10% of high school students reported currently using alcohol, 4% reported currently binge drinking (5 or more drinks in a row), 4% reported currently using electronic vapor products, 4% reported currently using marijuana, 1% reported currently smoking cigarettes, and 1% reported currently misusing prescription drugs. *There is no statewide comparison data for current prescription drug misuse.*



*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. MA comparison data should be viewed with caution as “binge drinking” definition is “Had four or more drinks of alcohol in a row for female students or five or more drinks of alcohol in a row for male students, within a couple of hours, on at least 1 day during the 30 days before the survey.”

Below is a breakdown of 2025 data by different demographic groups.

Grade				Gender Identity			Sexual Orientation		Race				Ethnicity		
9 th	10 th	11 th	12 th	F	M	TGD*	HS	LGBQ+	Asian	Black	White	Other	MR	HL	Not HL
Alcohol use															
4%	11%	8%	13%	6%	12%	N/A	9%	12%	7%	0%	9%	17%	14%	30% [^]	8%
Binge drinking															
0%	2%	4%	10%	2%	5%	N/A	4%	6%	0%	0%	3%	11%	11%	17%	3%
EVP use															
2%	2%	5%	3%	3%	2%	N/A	3%	6%	4%	0%	2%	11%	11%	10%	3%
Marijuana use															
0%	3%	5%	4%	2%	3%	N/A	3%	4%	4%	0%	3%	6%	4%	10%	3%
Cigarette smoking															
1%	1%	1%	1%	0%	2%	N/A	1%	4%	0%	0%	1%	6%	0%	7%	1%
Prescription drug misuse															
0%	1%	0%	1%	1%	0%	N/A	<1%	2%	0%	0%	<1%	6%	0%	3%	1%

* Data are suppressed as N<10

[^] indicates that students in this demographic group are significantly **more** likely than the average high school student to currently use the substance.

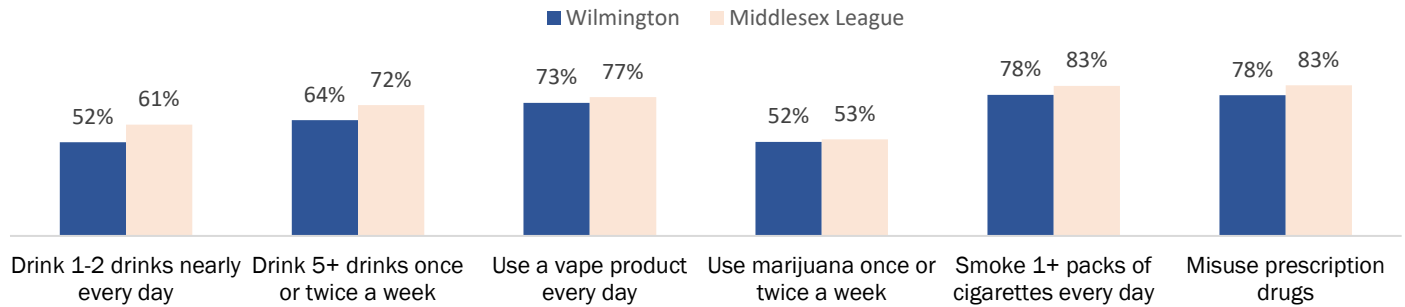
^v indicates that students in this demographic group are significantly **less** likely than the average high school student to currently use the substance.

- 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?

Perceptions About Substance Use

PERCEIVED RISK OF HARM

Overall, high school students are most likely to perceive smoking one or more packs of cigarettes every day and misusing prescription drugs as having moderate or great risk of harm (78%, respectively), and least likely to think drinking one to two drinks nearly every day and using marijuana once or twice a week as having moderate or great risk of harm (52%, respectively). *There is no statewide comparison data.*

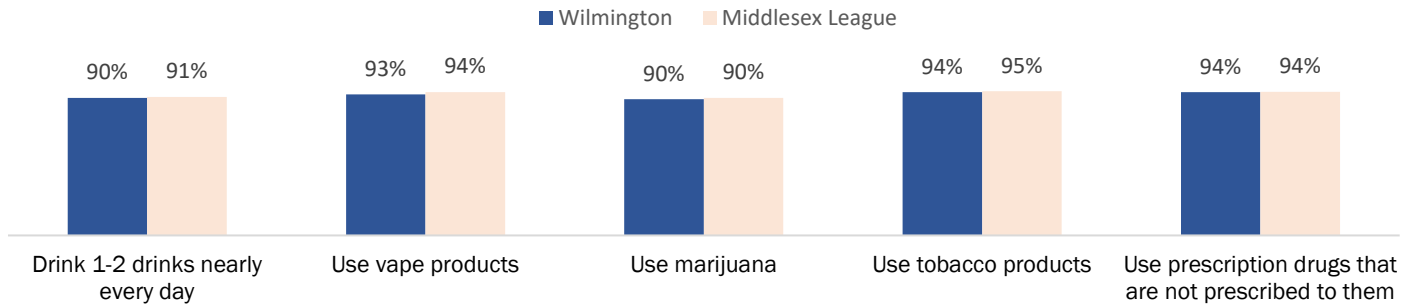


- Q: How much do you think people risk harming themselves if they have one or two drinks of alcohol nearly every day?
- Q: How much do you think people risk harming themselves if they have five or more drinks of alcohol once or twice each week?
- Q: How much do you think people risk harming themselves 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 packs of cigarettes 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 similarly likely to think that their caregivers think misusing different substances is wrong or very wrong. *There is no statewide comparison data.*

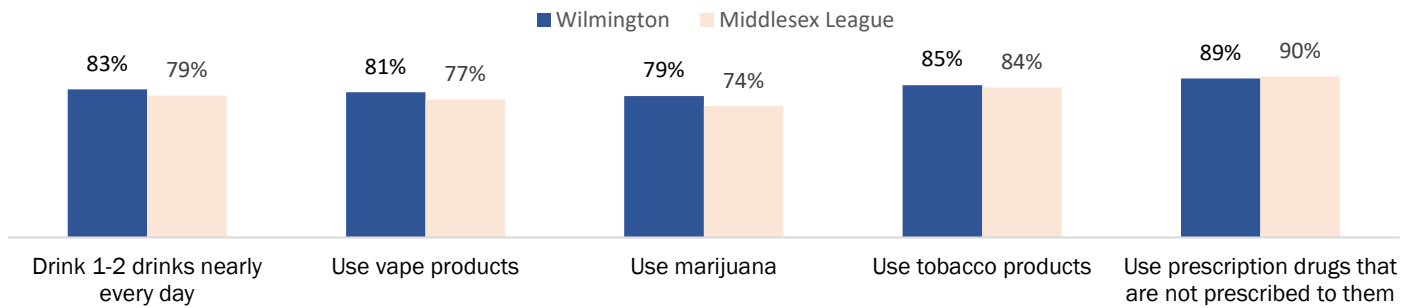


- Q: How wrong do your caregivers feel it would be for you to drink 1-2 drinks nearly every day?
- Q: How wrong do your caregivers feel it would be for you to use vape products?
- Q: How wrong do your caregivers feel it would be for you to use marijuana?
- Q: How wrong do your caregivers feel it would 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 similarly likely to think their friends think misusing different substances is wrong or very wrong. *There is no statewide comparison data.*

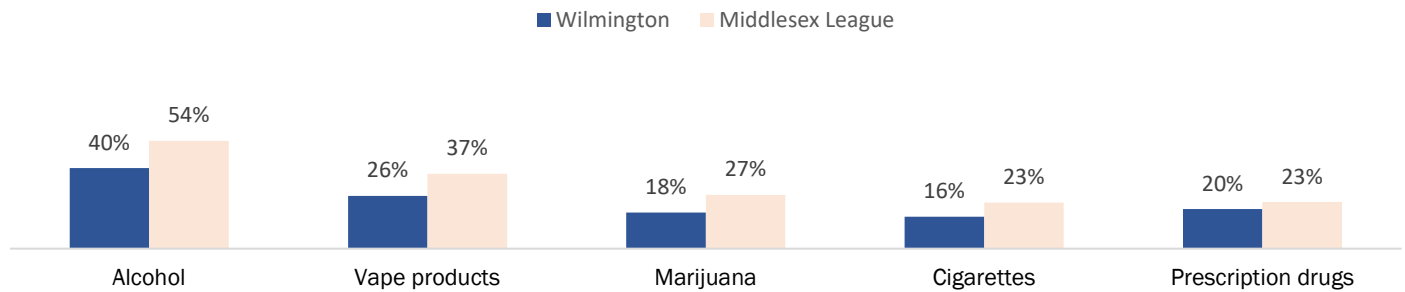


Q: How wrong do your friends feel it would be for you to drink alcohol?
 Q: How wrong do your friends feel it would be for you to use vape products?
 Q: How wrong do your friends feel it would be for you to use marijuana?
 Q: How wrong do your friends feel it would be for you to smoke cigarettes?
 Q: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

Perceptions About Substance Use

PERCEIVED ACCESS

Overall, high school students were most likely to think alcohol easy or very easy to access (40%), and least likely to think cigarettes are easy or very easy to obtain (16%). *There is no statewide comparison data.*

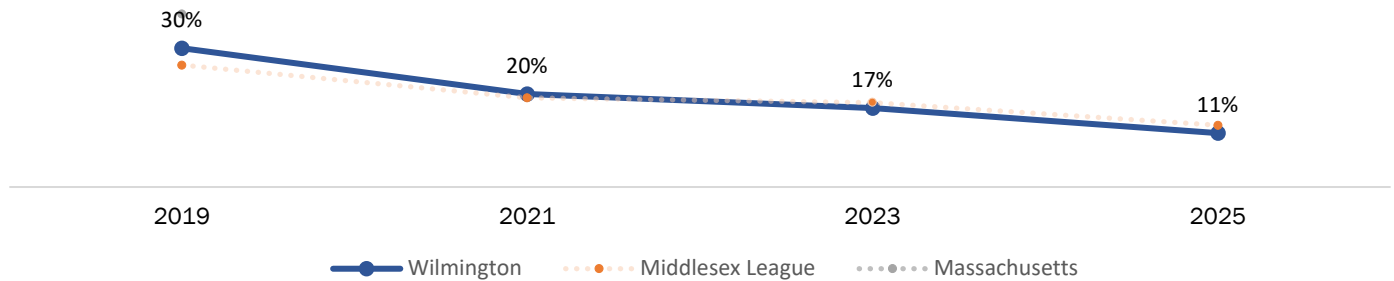


Q: If you wanted to get the following substances, how easy would it be for you to get alcohol?
 Q: If you wanted to get the following substances, how easy would it be for you to get vape products?
 Q: If you wanted to get the following substances, how easy would it be for you to get marijuana?
 Q: If 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

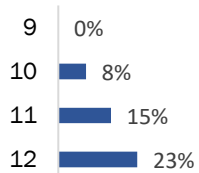
EVER HAD SEXUAL INTERCOURSE

Overall, 11% of high school students have ever had sexual intercourse.

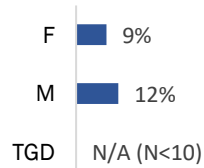


Below is a breakdown of 2025 data by different demographic groups.

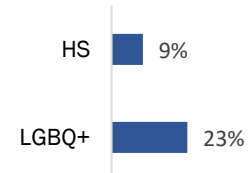
Grade



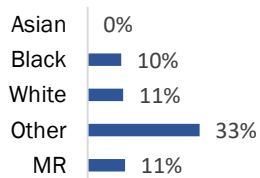
Gender Identity



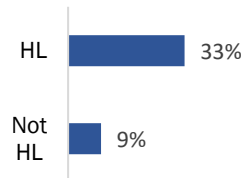
Sexual Orientation



Race



Ethnicity



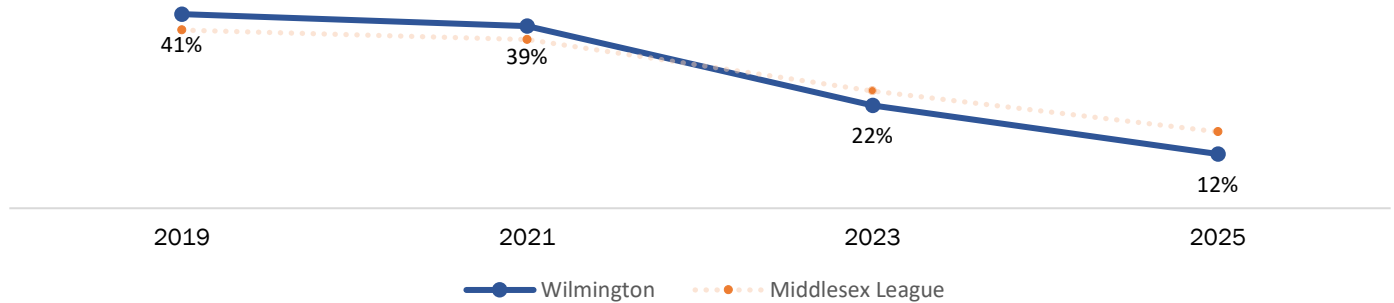
Ethnicity: HL students were significantly more likely than the average high school student to have ever had sexual intercourse.

Q: Have you ever had sexual intercourse?

Sexual Behaviors

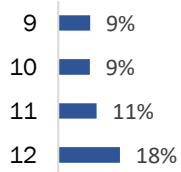
SEXTING

Overall, 12% of high school students have ever sent or received sexual messages or nude or semi-nude pictures or videos electronically, compared to 16% of Middlesex League students. *There is no statewide comparison data.*

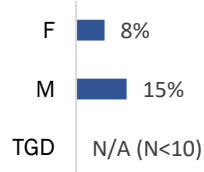


Below is a breakdown of 2025 data by different demographic groups. There were no statistically significant differences within demographic groups.

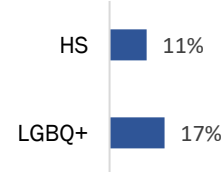
Grade



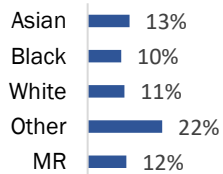
Gender Identity



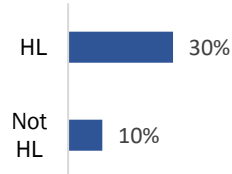
Sexual Orientation



Race



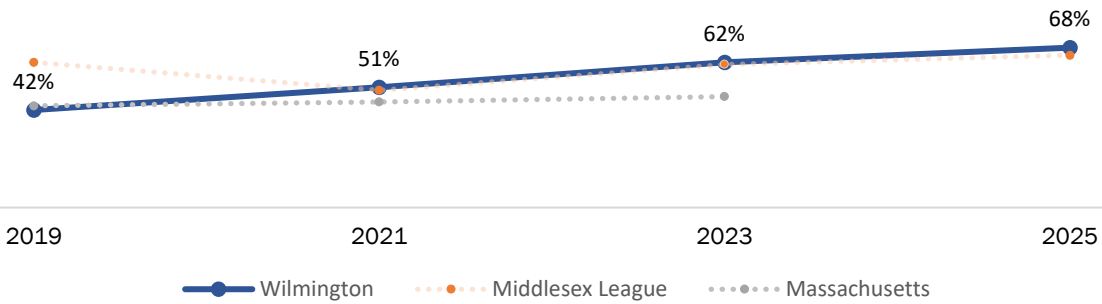
Ethnicity



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)?

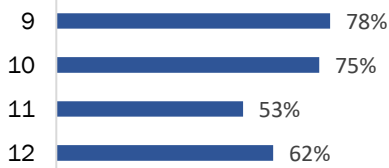
Physical Activity

Overall, 68% of high school students engaged in 60 minutes or more of physical activity on at least 5 of the past 7 days.

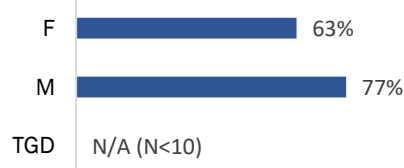


Below is a breakdown of 2025 data by different demographic groups.

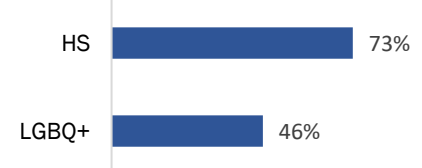
Grade



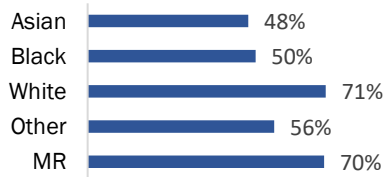
Gender Identity



Sexual Orientation



Race



Ethnicity



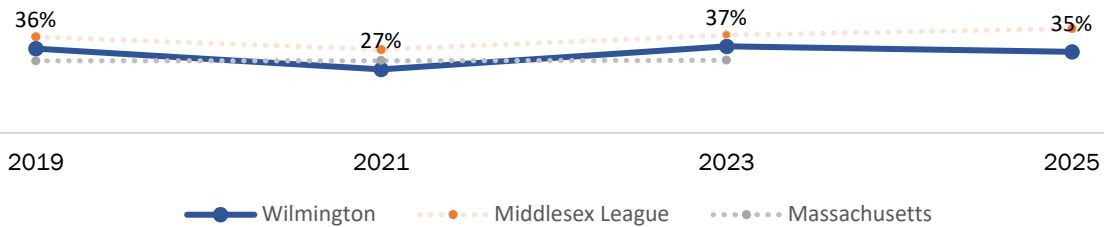
Sexual Orientation: LGBQ+ students were significantly less likely than the average high school student to have been physically active for at least 60 minutes of 5 of the past 7 days.

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

Nutrition

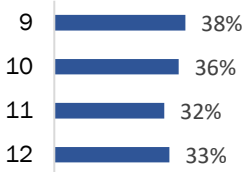
EATING BREAKFAST

Overall, 35% of high school students ate breakfast every day in the past 7 days.

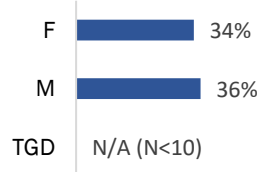


Below is a breakdown of 2025 data by different demographic groups. There were no statistically significant differences within demographic groups.

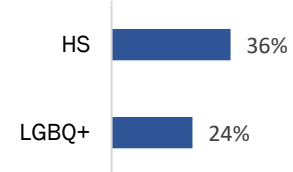
Grade



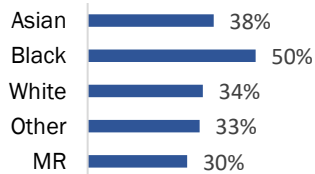
Gender Identity



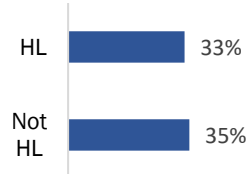
Sexual Orientation



Race



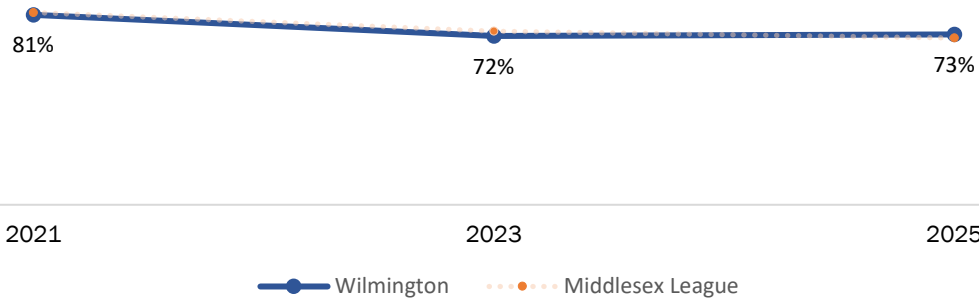
Ethnicity



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

Screen Time

Overall, 73% of high school students have 3 or more hours of screen time on an average school day not including time spent doing schoolwork, compared to 71% of Middlesex League students. *There is no statewide comparison data.*

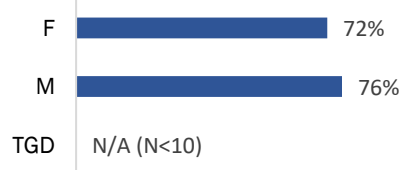


Below is a breakdown of 2025 data by different demographic groups. There were no statistically significant differences within demographic groups.

Grade



Gender Identity



Sexual Orientation



Race



Ethnicity



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")?

2025

**Wilmington Public Schools
Youth Health Survey**

Middle School Results

2025 Middle School Sample

In 2025, 597 middle school students participated in Wilmington Youth Health Survey. Among the students that participated, 68 were marked as incomplete and excluded from the final data set used in the analysis. **This resulted in a final sample of 529 students.** The table below shows a distribution of accepted survey respondents by grade, gender identity, sexual orientation, race, and gender identity.

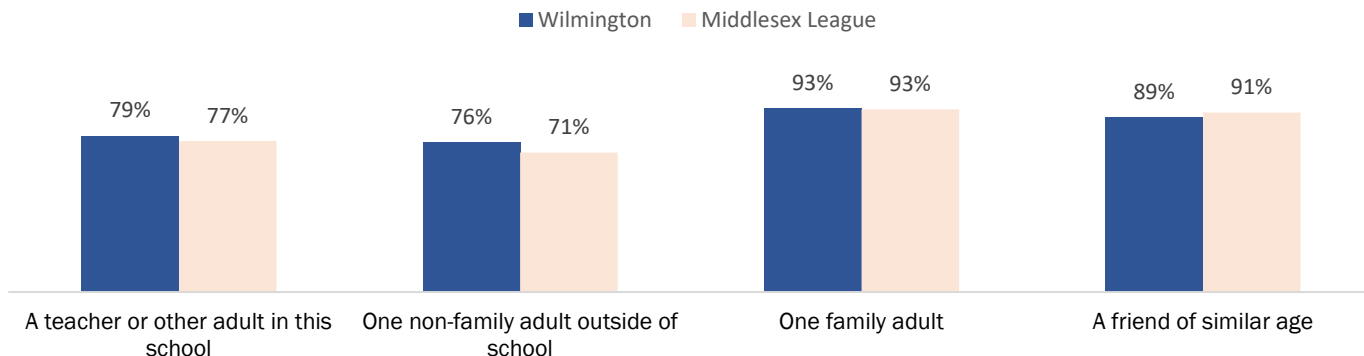
Grade		
6 th	176	33%
7 th	153	29%
8 th	197	37%
Gender Identity		
Woman or girl	231	44%
Man or boy	230	44%
TGD	20	4%
Did not understand/Chose not to respond	45	9%
Sexual Orientation		
Heterosexual	406	77%
LGBQ+	55	10%
Did not understand /Chose not to respond	64	12%
Race		
Asian	31	6%
Black	17	3%
White	359	68%
Another race	64	12%
Multi-racial	54	10%
Ethnicity		
HL	42	8%
Not HL	487	92%

This analysis includes surveys from 77% of the middle school student population when comparing to 2024-2025 Wilmington middle school enrollment numbers (684).

Assets and Protective Factors

ADULT AND PEER CONNECTEDNESS

Overall, when asked about adults whom they could talk to about a problem, 79% of middle students reported having at least one teacher or other adult in this school, 76% reported having at least one adult outside of school who is not in their family, 93% reported having at least one family adult, and 89% reported having a friend of similar age. *There is no statewide comparison data.*



Below is a breakdown of 2025 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	HL	Not HL
Teacher or other adult in school														
71%	82%	84%	84%	78%	70%	82%	73%	77%	71%	80%	81%	74%	74%	80%
Non-family adult outside of school														
70%	79%	79%	80%	76%	55%	81%	56% ^v	61%	59%	80%	69%	70%	62%	77%
Family adult														
91%	95%	93%	91%	97%	90%	96%	76% ^v	90%	88%	93%	94%	96%	93%	93%
Friend of similar age														
85%	89%	92%	93%	86%	90%	91%	84%	90%	76%	91%	83%	83%	88%	89%

[^] indicates that students in this demographic group are significantly *more* likely than the average middle school student to have the adult or peer connection.

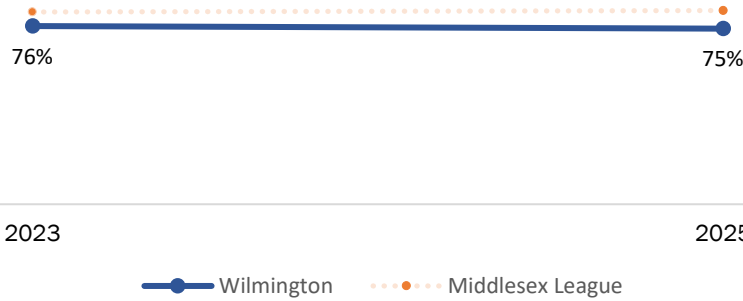
^v indicates that students in this demographic group are significantly *less* likely than the average middle school student to have the adult or peer connection.

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

Assets and Protective Factors

PARTICIPATION IN EXTRACURRICULAR ACTIVITIES

Overall, 75% of middle school students reported that they participated in an extracurricular activity this school year, compared to 83% of Middlesex League students. *There is no statewide comparison data.*



Below is a breakdown of 2025 data by different demographic groups.

Grade



Gender Identity



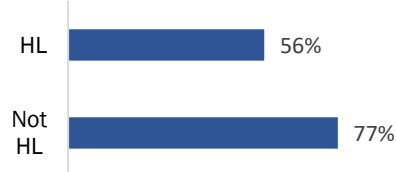
Sexual Orientation



Race



Ethnicity



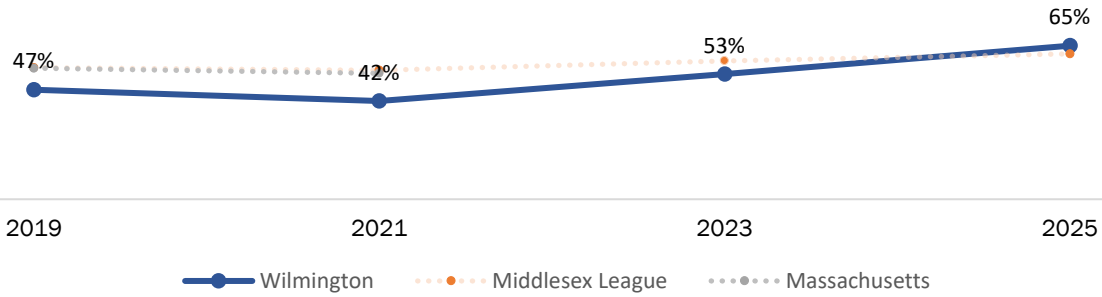
Ethnicity: Hispanic students were significantly less likely than the average middle school student to participate in an organized activity this school year.

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

Assets and Protective Factors

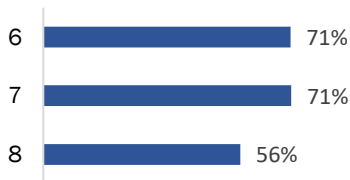
SLEEP

Overall, 65% of middle school students reported sleeping 8 or more hours on an average school night compared to 62% of Middlesex League students.



Below is a breakdown of 2025 data by different demographic groups.

Grade



Gender Identity



Sexual Orientation



Race



Ethnicity



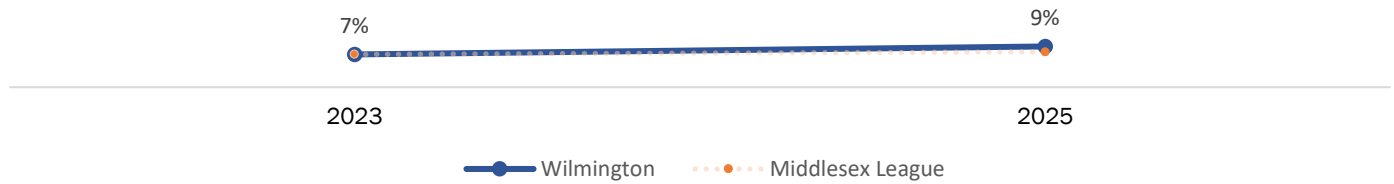
There were no statistically significant differences within demographic groups.

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

Safety

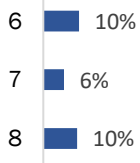
IN OR TRAVELING TO OR FROM SCHOOL

Overall, 9% of middle school students skipped school because they felt unsafe at or on their way to or from school in the past 30 days, compared to 8% of Middlesex League students. *There is no statewide comparison data.*

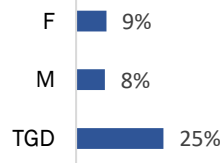


Below is a breakdown of 2025 data by different demographic groups.

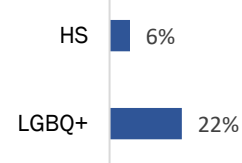
Grade



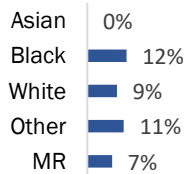
Gender Identity



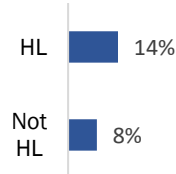
Sexual Orientation



Race



Ethnicity



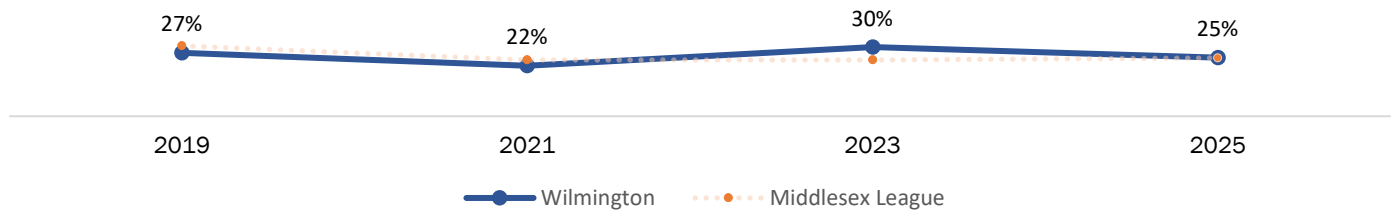
There were no statistically significant differences within demographic groups.

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?

Violence

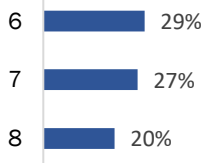
PHYSICAL FIGHT

Overall, 25% of middle school students have ever been in a physical fight, compared to 25% of Middlesex League students. *There is no statewide comparison data.*

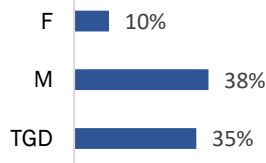


Below is a breakdown of 2025 data by different demographic groups.

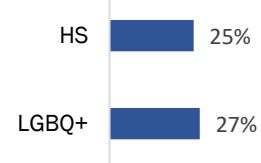
Grade



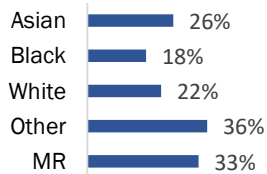
Gender Identity



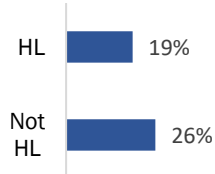
Sexual Orientation



Race



Ethnicity



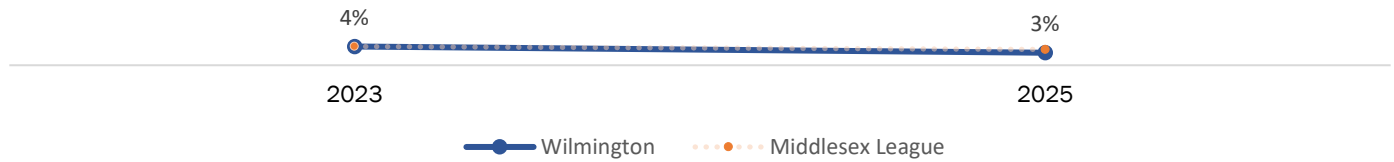
Gender Identity: Female students were significantly less likely than the average middle school student to have ever been in a physical fight, and male students were significantly more likely.

Q: Have you ever been in a physical fight?

Violence

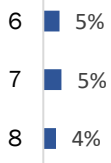
SEXUAL VIOLENCE

Overall, 3% of middle school students have experienced unwanted sexual contact or been forced to do sexual things that they did not want to, compared to 3% of Middlesex League students. *There is no statewide comparison data.*

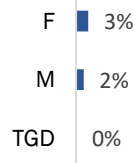


Below is a breakdown of 2025 data by different demographic groups.

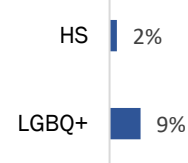
Grade



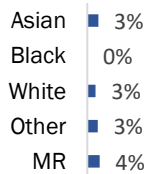
Gender Identity



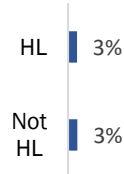
Sexual Orientation



Race



Ethnicity



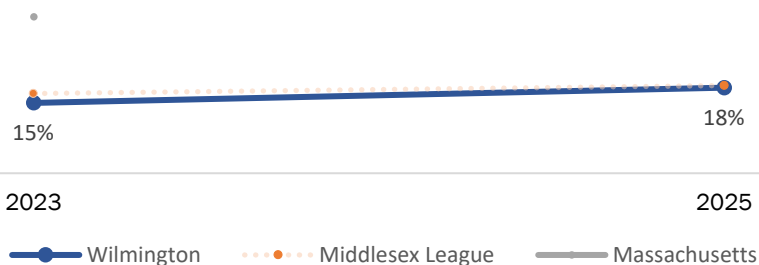
There were no statistically significant differences within demographic groups.

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

Bullying

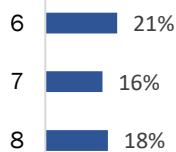
ON SCHOOL PROPERTY

Overall, 18% of middle school students were bullied on school property in the past 12 months, compared to 19% of Middlesex League students.

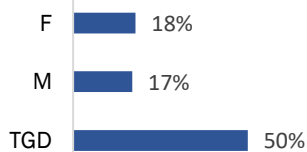


Below is a breakdown of 2025 data by different demographic groups.

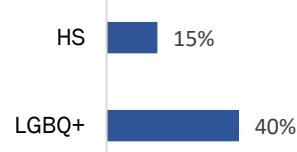
Grade



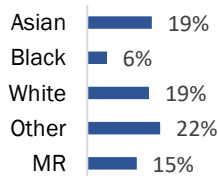
Gender Identity



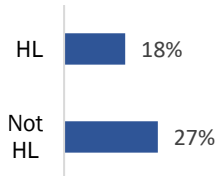
Sexual Orientation



Race



Ethnicity



Gender Identity: TGD students were significantly more likely than the average middle school student to be bullied on school property in the past 12 months.

Sexual Orientation: LGBTQ+ students were significantly more likely than the average middle school student to be bullied on school property in the past 12 months.

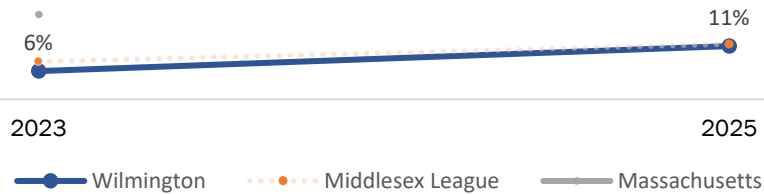
Q: During the past 12 months, have you been bullied on school property?

The 2025 YHS defined in-person 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.

Bullying

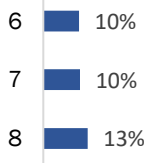
ELECTRONIC

Overall, 11% of middle school students were electronically bullied in the past 12 months, compared to 12% of Middlesex League students.

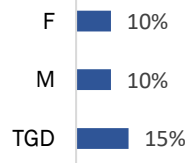


Below is a breakdown of 2025 data by different demographic groups.

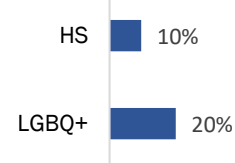
Grade



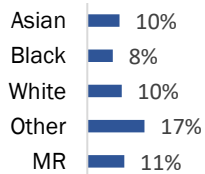
Gender Identity



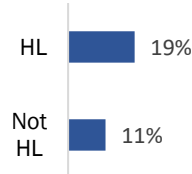
Sexual Orientation



Race



Ethnicity



There were no statistically significant differences within demographic groups.

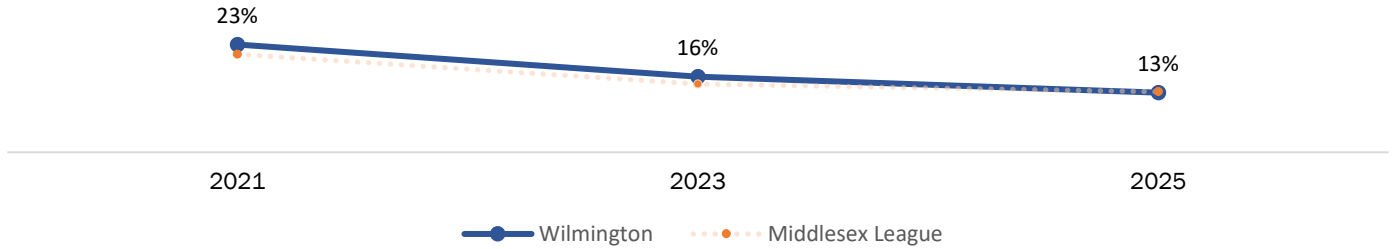
Q: During the past 12 months, were you bullied electronically?

The 2025 YHS defined electronic bullying as 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.

Mental Health

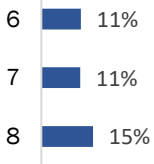
GENERAL

Overall, 13% of middle school students reported that their mental health was not good most of the time or always in the past 30 days, compared to 13% of Middlesex League students. *There is no statewide comparison data.*

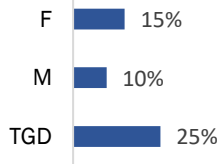


Below is a breakdown of 2025 data by different demographic groups.

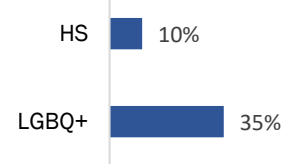
Grade



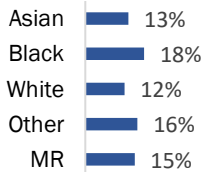
Gender Identity



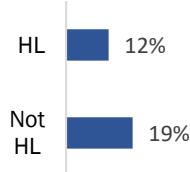
Sexual Orientation



Race



Ethnicity



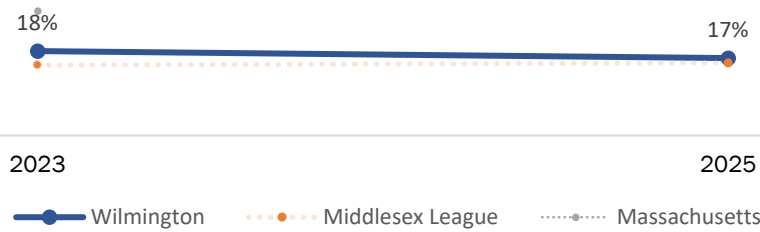
Sexual Orientation: LGBQ+ students were significantly more likely than the average middle school student to report that their mental health was not good most of the time or always in the past 30 days.

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

Mental Health

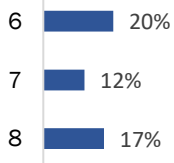
DEPRESSION

Overall, 17% of middle school students felt sad or hopeless almost every day for two or more weeks in a row that they stopped doing some of their usual activities (i.e., experienced depression) in the past 12 months, compared to 16% of Middlesex League students.

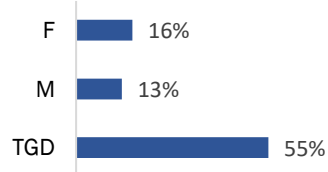


Below is a breakdown of 2025 data by different demographic groups.

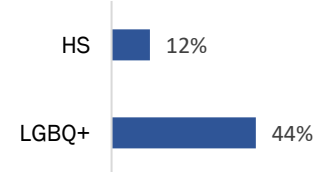
Grade



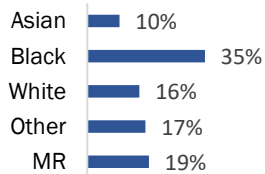
Gender Identity



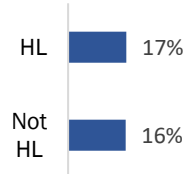
Sexual Orientation



Race



Ethnicity



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

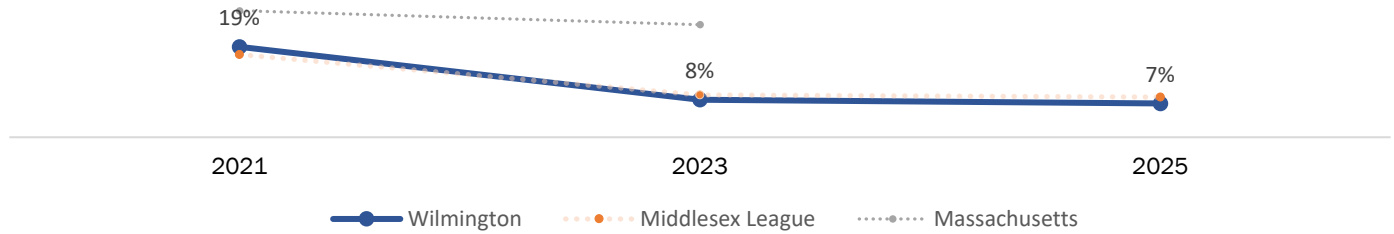
Sexual Orientation: LGBQ+ students were significantly more likely than the average middle school student to experience depression in the past 12 months.

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?

Mental Health

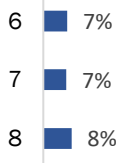
SELF-HARM

Overall, 7% of middle school students hurt or injured themselves on purpose without wanting to die (i.e., engage in self-harm) in the past 12 months, compared to 9% of Middlesex League students.

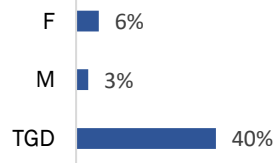


Below is a breakdown of 2025 data by different demographic groups.

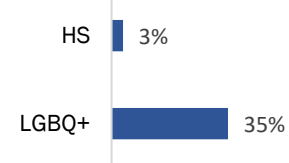
Grade



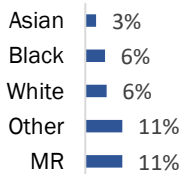
Gender Identity



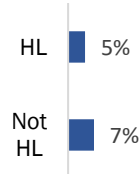
Sexual Orientation



Race



Ethnicity



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

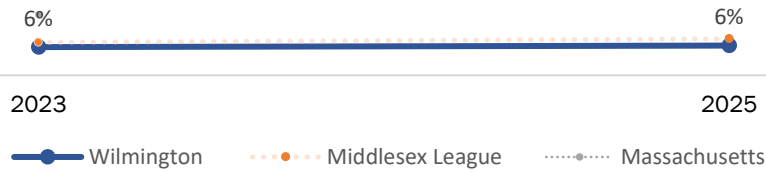
Sexual Orientation: LGBQ+ students were significantly more likely than the average middle school student to engage in self-harm in the past 12 months.

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

Mental Health

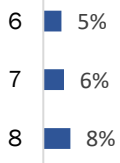
CONSIDERED ATTEMPTING SUICIDE

Overall, 6% of middle school students seriously considered attempting suicide during the past 12 months, compared to 8% of Middlesex League students.

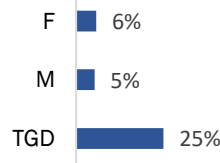


Below is a breakdown of 2025 data by different demographic groups.

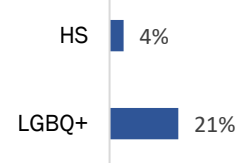
Grade



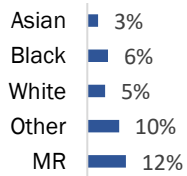
Gender Identity



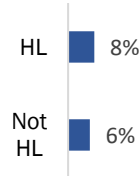
Sexual Orientation



Race



Ethnicity

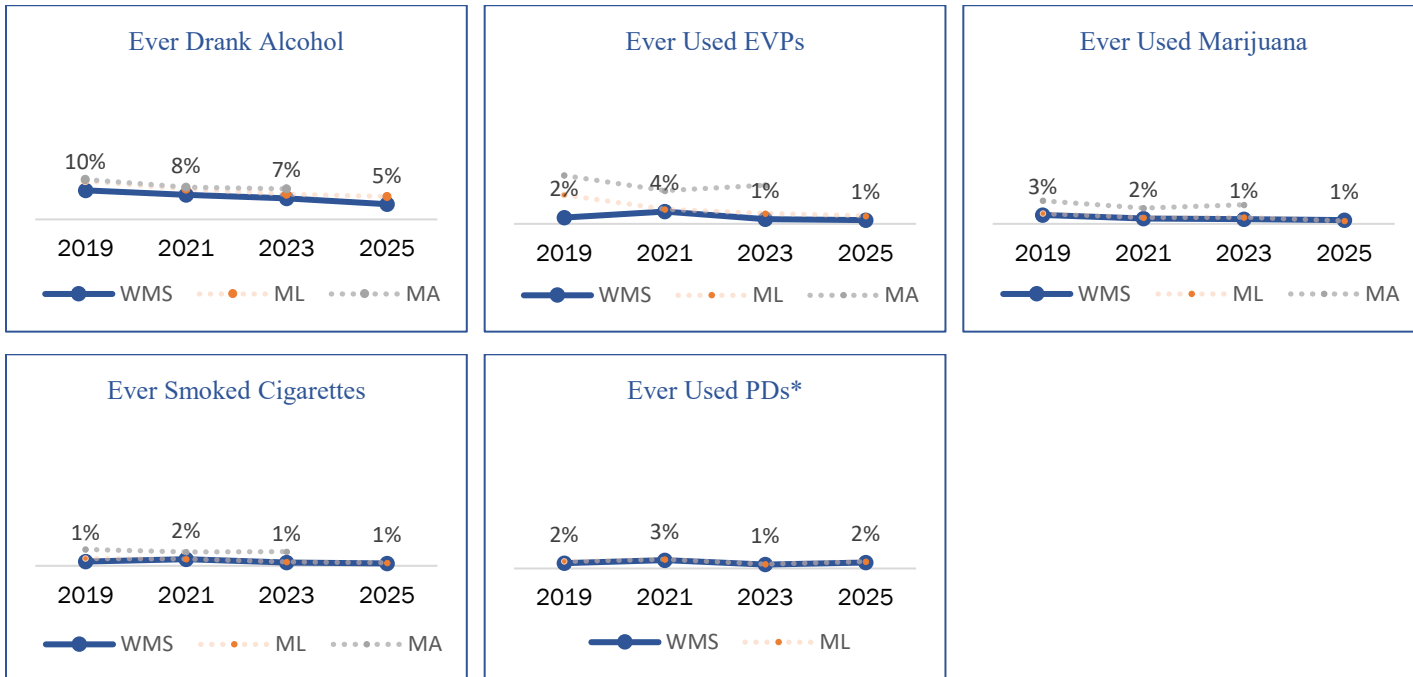


Sexual Orientation: LGBQ+ students were significantly more likely than the average middle school student to seriously consider attempting suicide in the past 12 months.

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

Lifetime Substance Use

Wilmington middle school students were asked if they had ever used a variety of substances. Overall, 5% reported ever drinking alcohol, 1% reported ever using electronic vapor products, 1% reported ever using marijuana, 1% reported ever smoking cigarettes, and 2% reported ever misusing prescription drugs. *There is no statewide lifetime prescription drug misuse comparison data.*



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

Below is a breakdown of 2025 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	HL	Not HL
Alcohol use														
6%	3%	7%	3%	6%	10%	4%	9%	0%	6%	5%	6%	6%	7%	5%
EVP use														
2%	0%	2%	<1%	1%	5%	1%	4%	0%	0%	1%	2%	2%	2%	1%
Marijuana use														
2%	0%	2%	1%	1%	5%	1%	5%	0%	0%	1%	3%	2%	5%	1%
Cigarette smoking														
1%	1%	1%	<1%	<1%	5%	<1%	4%	0%	0%	1%	0%	2%	2%	1%
Prescription drug misuse														
1%	3%	2%	2%	1%	10%	1%	2%	0%	0%	2%	2%	4%	2%	2%

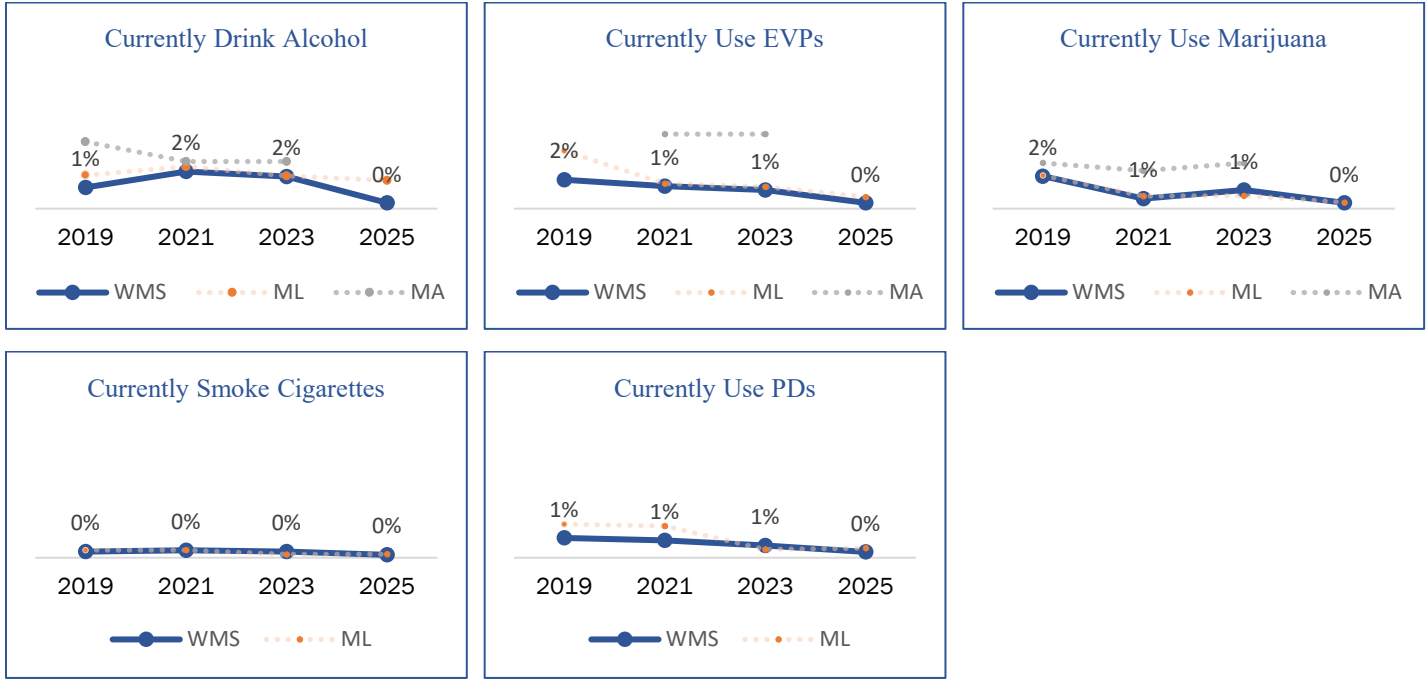
^ indicates that students in this demographic group are significantly **more** likely than the average middle school student to ever use the substance.

v indicates that students in this demographic group are significantly **less** likely than the average middle school student to ever use the substance.

- 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?

Current Substance Use

Wilmington middle school students were asked if they had used a variety of substances in the past 30 days (currently). Less than 1% of middle school students reported currently using alcohol, <1% reported currently using electronic vapor products, <1% reported currently using marijuana, <1% reported currently smoking cigarette, and <1% reported currently misusing prescription drugs. *There is no statewide current cigarette or prescription drug misuse comparison data.*



Below is a breakdown of 2025 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	HL	Not HL
Alcohol use														
1%	0%	1%	0%	<1%	5%	<1%	0%	0%	0%	<1%	0%	2%	2%	<1%
EVP use														
1%	0%	1%	0%	<1%	5%	<1%	0%	0%	0%	<1%	0%	2%	2%	<1%
Marijuana use														
1%	0%	1%	0%	<1%	5%	0%	2%	0%	0%	<1%	0%	2%	2%	<1%
Cigarette smoking														
1%	0%	0%	0%	0%	5%	0%	0%	0%	0%	0%	0%	2%	2%	0%
Prescription drug misuse														
1%	1%	0%	<1%	0%	5%	<1%	0%	0%	0%	<1%	0%	2%	2%	<1%

^ indicates that students in this demographic group are significantly **more** likely than the average middle school student to currently use the substance.

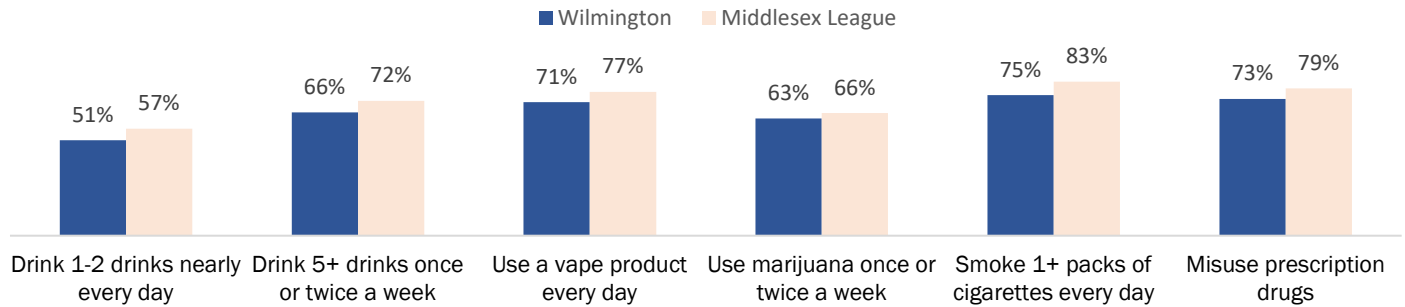
v indicates that students in this demographic group are significantly **less** likely than the average middle school student to currently use the substance.

- 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 smoking 1+ packs of cigarettes every day as having moderate or great risk of harm (75%), and least likely to perceive drinking 1-2 drinks of alcohol nearly every day as having moderate or great risk of harm (51%). *There is no statewide comparison data.*

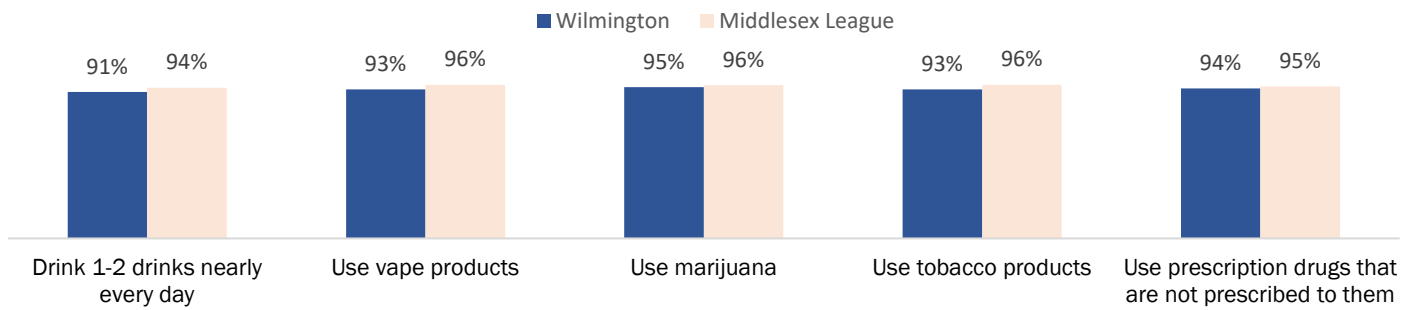


- Q: How much do you think people risk harming themselves if they have one or two drinks of alcohol nearly every day?
- Q: How much do you think people risk harming themselves if they have five or more drinks of alcohol once or twice each week?
- Q: How much do you think people risk harming themselves 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 packs of cigarettes 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 similarly likely to think their caregivers using different substances is wrong or very wrong. *There is no statewide comparison data.*

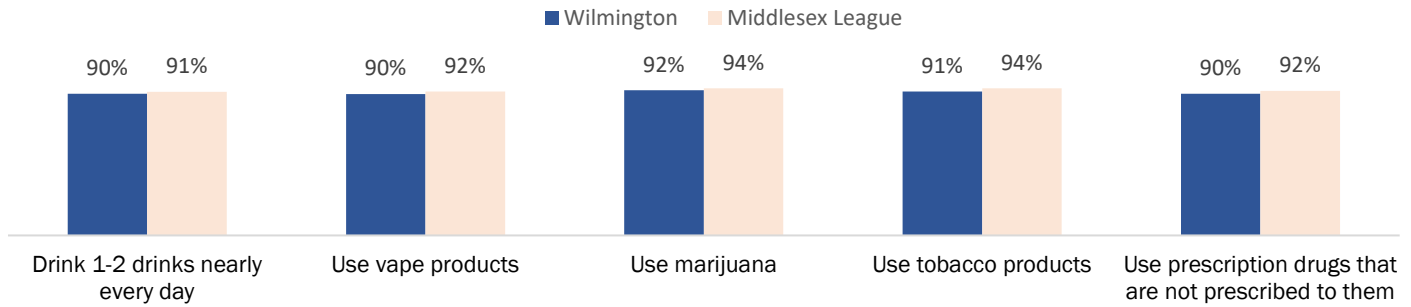


- Q: How wrong do your caregivers feel it would be for you to drink 1-2 drinks nearly every day?
- Q: How wrong do your caregivers feel it would be for you to use vape products?
- Q: How wrong do your caregivers feel it would be for you to use marijuana?
- Q: How wrong do your caregivers feel it would 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 similarly likely to think their friends think using different substances is wrong or very wrong. *There is no statewide comparison data.*

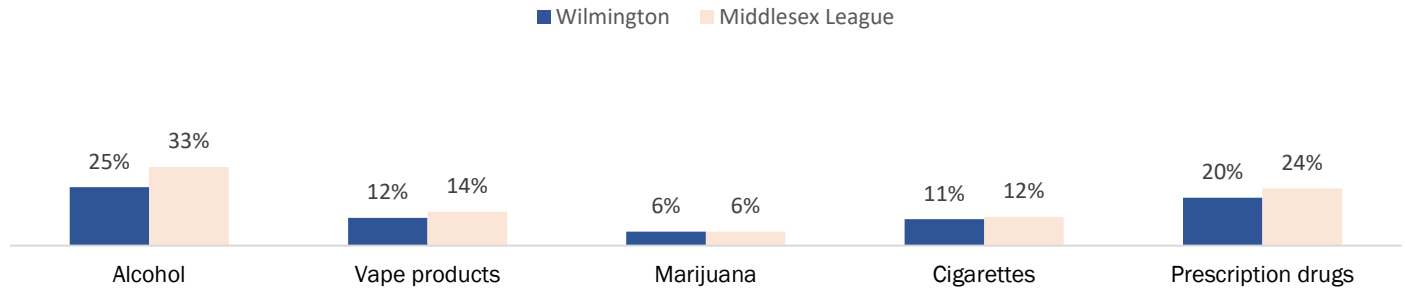


- Q: How wrong do your friends feel it would be for you to drink 1-2 drinks nearly every day?
- Q: How wrong do your friends feel it would be for you to use vape products?
- Q: How wrong do your friends feel it would be for you to use marijuana?
- Q: How wrong do your friends feel it would be for you to smoke cigarettes?
- Q: How wrong do your friends feel it would be for you to use prescription medications not prescribed to you?

Perceptions About Substance Use

PERCEIVED ACCESS

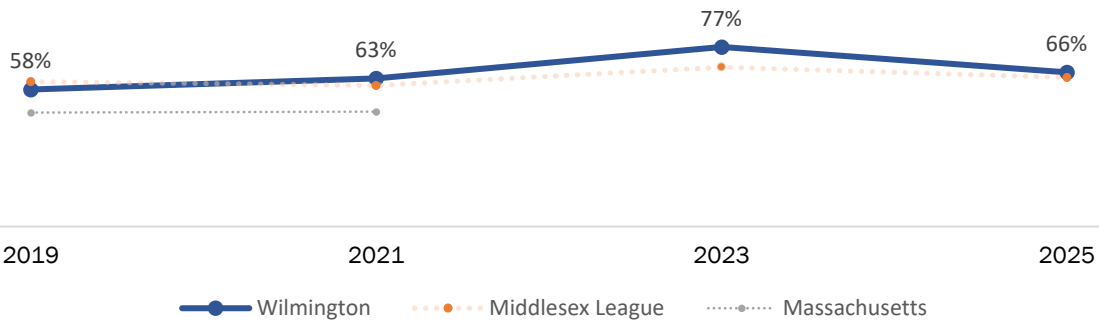
Overall, middle school students were most likely to think alcohol is easy or very easy to access (25%), and least likely to think marijuana is easy or very easy to access (6%). *There is no statewide comparison data.*



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?

Physical Activity

Overall, 66% of middle school students engaged in 60 minutes or more of physical activity on at least 5 of the past 7 days, compared to 64% of Middlesex League students.

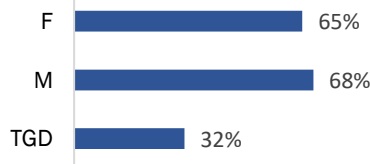


Below is a breakdown of 2025 data by different demographic groups.

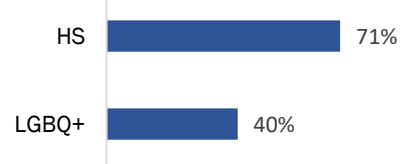
Grade



Gender Identity



Sexual Orientation



Race



Ethnicity



Gender Identity: TGD students were significantly less likely than the average middle school student to be physically active for 60 or more minutes on 5 or more of the past 7 days.

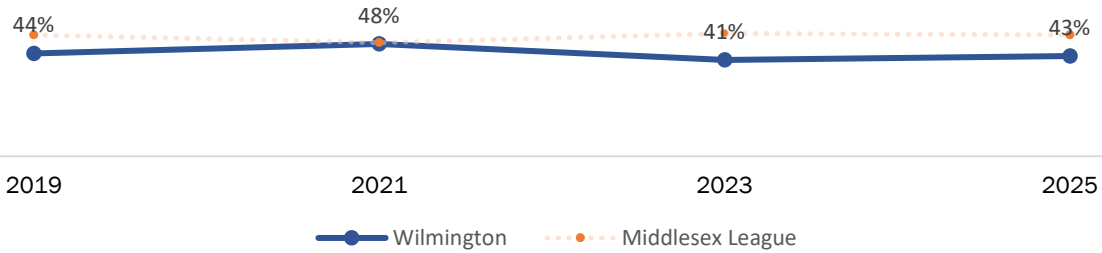
Sexual Orientation: LGBQ+ students were significantly less likely than the average middle school student to be physically active for 60 or more minutes on 5 or more of the past 7 days.

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

Nutrition

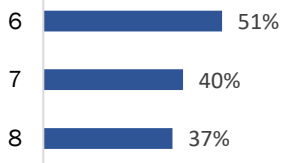
EATING BREAKFAST

Overall, 43% of middle school students ate breakfast every day in the past 7 days, compared to 52% of Middlesex League students. *There is no statewide comparison data.*

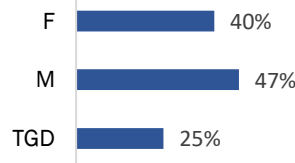


Below is a breakdown of 2025 data by different demographic groups.

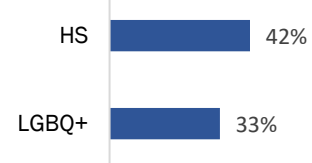
Grade



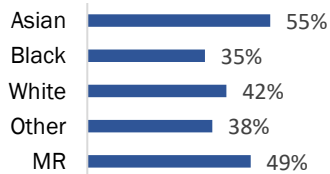
Gender Identity



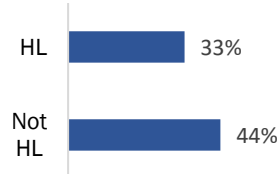
Sexual Orientation



Race



Ethnicity

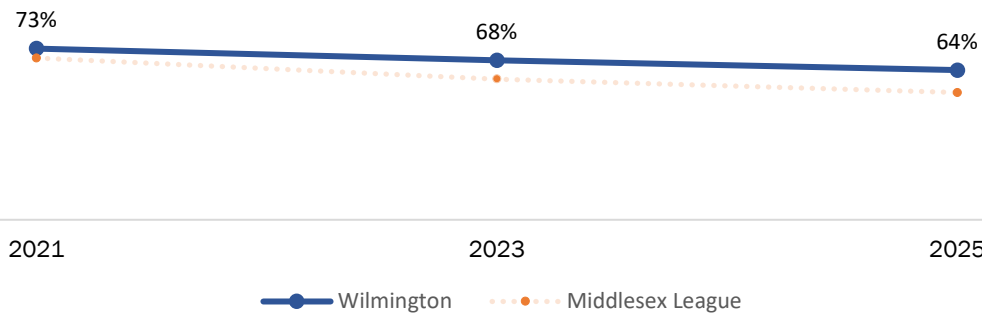


There were no statistically significant differences within demographic groups.

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

Screen Time

Overall, 64% of middle school students engaged in 3 or more hours of screen time on an average school day not including time spent doing schoolwork, compared to 54% of Middlesex League students. *There is no statewide comparison data.*



Below is a breakdown of 2025 data by different demographic groups.

Grade



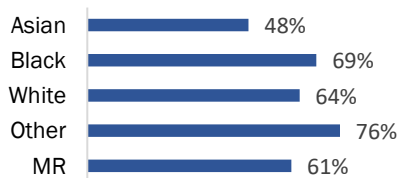
Gender Identity



Sexual Orientation



Race



Ethnicity



There were no statistically significant differences within demographic groups.

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")?

Appendix A.

High School Data Tables

	Wilmington High School				Middlesex League Region				Massachusetts	
	2019	2021	2023	2025	2019	2021	2023	2025	2021	2023
Assets and Protective Factors										
Have a teacher or other adult in school to talk to about a problem	63.0%	69.1%	76.6%	90.5%	59.6%	59.8%	66.3%	84.9%	64.2%	N/A
Have an adult outside of school not in their family to talk to about a problem	N/A	N/A	77.4%	87.3%	N/A	28.5%	67.0%	80.7%	N/A	N/A
Have an adult in their family to talk to about a problem***	78.5%	80.1%	87.3%	94.9%	81.6%	80.5%	85.0%	94.2%	76.1%	N/A
Have a friend similar in age to talk to about a problem	N/A	N/A	90.7%	96.2%	N/A	N/A	89.7%	94.7%	N/A	N/A
Feel close to people at their school (strongly agree, agree)	N/A	54.6%	N/A	N/A	N/A	51.6%	66.6%	76.1%	N/A	N/A
Taking medicine prescribed by a medical professional for a behavioral health, mental health condition, or emotional problem	21.8%	N/A	N/A	N/A	17.2%	16.0%	14.5%	16.4%	N/A	N/A
Participated in an organized activity this school year	N/A	N/A	17.9%	89.1%	N/A	N/A	85.5%	88.1%	N/A	N/A
Sleep 8 or more hours on an average school night	19.3%	20.3%	23.0%	32.8%	33.6%	28.5%	32.0%	37.0%	20.4%	23.6%
Discrimination (sometimes, most of the time, always)										
Experienced bad or unfair treatment because of their race or ethnicity (12 months)	N/A	11.4%	7.6%	3.8%	N/A	N/A	5.7%	5.8%	1.9%	N/A
Experienced bad or unfair treatment because of their gender identity (12 months)	N/A	N/A	6.6%	3.3%	N/A	N/A	7.0%	5.2%	N/A	N/A
Experienced bad or unfair treatment because of their sexual orientation (12 months)	N/A	N/A	6.2%	4.1%	N/A	N/A	5.4%	3.7%	N/A	N/A
Experienced bad or unfair treatment because of their religion (12 months)	N/A	N/A	7.2%	4.1%	N/A	N/A	5.0%	4.7%	N/A	N/A
Experienced bad or unfair treatment because of a learning or physical disability (12 months)	N/A	N/A	N/A	3.8%	N/A	N/A	N/A	5.8%	N/A	N/A
Safety										
Skipped school because they felt safe at school or on their way to or from school (30 days)	6.4%	2.3%	5.9%	2.1%	4.7%	2.9%	5.8%	5.0%	7.8%	6.9%
Think their neighborhood is extremely safe or safe from crime	N/A	N/A	99.0%	97.6%	N/A	N/A	98.1%	97.4%	91.3%	91.2%
Car or Other Vehicle Safety										
Most of the time or always wear a seatbelt when riding in a car	90.2%	92.8%	88.7%	94.3%	89.0%	93.5%	91.1%	93.0%	92.7%	N/A
Rode in a car or other vehicle driven by someone who had been drinking alcohol (30 days)	12.8%	8.2%	6.2%	3.9%	11.9%	6.8%	9.1%	5.1%	N/A	N/A
Rode in a car or other vehicle when the driver had been using marijuana (30 days)	N/A	N/A	6.9%	3.0%	N/A	N/A	9.5%	4.0%	N/A	N/A
Drove a car or other vehicle when they had been drinking alcohol (30 days)	6.6%	2.5%	1.1%	1.4%	4.4%	2.1%	3.1%	1.0%	3.0%	4.5%
Drove a car or other vehicle when they had been using marijuana (30 days)	19.0%	5.4%	4.3%	1.1%	13.6%	6.2%	4.8%	1.3%	9.8%	15.7%
Violence-Related Behaviors or Experiences										
Weapons										
Carried a weapon on one or more days (30 days)	8.3%	4.7%	1.7%	2.4%	1.3%	0.7%	1.0%	2.5%	6.4%	N/A
Carried a weapon on school property on one or more days (30 days)	2.9%	1.3%	0.4%	0.3%	1.3%	0.7%	1.0%	0.7%	2.7%	1.8%
Threatened or injured with a weapon on school property (12 months)	4.5%	2.0%	0.4%	2.2%	3.9%	1.3%	3.2%	2.5%	5.2%	6.5%
Fighting										
Were in a physical fight (12 months)	16.9%	10.4%	8.3%	7.2%	14.3%	9.6%	9.5%	7.4%	14.0%	15.7%
Were in a physical fight on school property (12 months)	6.3%	2.0%	2.4%	2.4%	4.5%	1.6%	2.5%	2.1%	3.5%	6.0%
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	9.1%	6.0%	N/A	N/A	10.1%	6.9%	10.8%	N/A
Has had sexual things done to them or was forced to do sexual things they did not want to (12 months)	9.1%	7.4%	2.9%	3.7%	7.5%	7.1%	4.2%	3.5%	N/A	N/A
Dating Violence*										
Experienced sexual dating violence (12 months)	6.8%	6.2%	2.1%	2.4%	4.8%	4.3%	4.3%	3.8%	9.5%	15.1%
Experienced physical dating violence (12 months)	4.2%	2.2%	1.4%	1.6%	2.5%	1.0%	2.7%	2.1%	6.8%	8.3%
Experienced emotional dating violence or control (12 months)	N/A	N/A	8.3%	5.9%	N/A	N/A	10.9%	6.5%	17.3%	N/A
Bullying										
Have been bullied on school property (12 months)	18.4%	5.3%	7.7%	7.3%	13.0%	6.0%	9.0%	8.5%	11.2%	15.9%
Have been bullied electronically (12 months)	14.2%	12.3%	4.9%	4.9%	11.8%	10.3%	6.0%	8.7%	14.1%	15.3%
Social media post about them made them feel upset or uncomfortable (12 months)	17.4%	17.5%	N/A	N/A	18.2%	15.2%	22.8%	18.7%	N/A	N/A
Mental Health										
Mental health was not good most of the time or always (30 days)	N/A	29.5%	23.0%	11.4%	N/A	28.8%	23.5%	14.8%	31.8%	30.9%
Felt tense, nervous, or worried every day for two or more weeks in a row and stopped doing usual activities (30 days)	N/A	N/A	31.1%	23.4%	N/A	36.2%	33.0%	24.2%	N/A	N/A
Stress felt overwhelming most of the time or always (12 months)	44.7%	41.6%	N/A	N/A	42.0%	34.7%	36.4%	26.3%	N/A	N/A
Have a coping strategy to relieve stress	N/A	75.5%	N/A	N/A	82.0%	78.6%	55.3%	61.5%	N/A	N/A
Depression, Self-Harm, Suicidality										
Felt so sad or hopeless almost every day for two weeks or more in a row and stopped doing usual activities (12 months)	28.8%	28.4%	25.1%	14.1%	26.5%	27.6%	23.4%	15.6%	38.5%	34.3%
Engaged in self-harm without wanting to die (12 months)	18.1%	15.3%	13.5%	5.0%	13.6%	14.4%	14.0%	8.8%	19.7%	19.0%
Seriously considered attempting suicide (12 months)	15.1%	11.0%	9.0%	4.2%	12.4%	11.8%	10.0%	5.9%	18.4%	12.7%
Made a suicide plan (12 months)	11.3%	9.5%	5.9%	1.7%	9.0%	8.7%	6.8%	3.0%	14.0%	12.3%

	Wilmington High School				Middlesex League Region				Massachusetts	
	2019	2021	2023	2025	2019	2021	2023	2025	2021	2023
Attempted suicide (12 months)	7.0%	2.4%	3.5%	0.8%	3.6%	3.0%	2.0%	1.5%	7.6%	7.2%
Treated by a doctor or nurse for an injury, poisoning, or overdose as a result of a suicide attempt	2.4%	0.2%	N/A	N/A	1.0%	0.7%	0.5%	0.4%	1.5%	1.9%
Substance Use										
Lifetime										
Alcohol use	54.0%	38.1%	30.9%	22.8%	55.9%	41.4%	37.0%	30.6%	39.1%	40.5%
Vape product use	42.5%	27.3%	10.0%	8.1%	40.1%	25.6%	15.0%	11.6%	30.9%	30.4%
Marijuana use	36.1%	23.3%	14.2%	6.1%	33.4%	22.8%	18.0%	12.1%	27.9%	29.9%
Smoking cigarettes	11.4%	7.7%	5.9%	3.7%	12.3%	10.6%	7.0%	6.1%	11.8%	12.1%
Prescription drug misuse	9.7%	4.5%	3.1%	2.8%	5.7%	3.3%	4.0%	3.3%	5.7%	N/A
Current (30 days)										
Alcohol use	24.1%	16.6%	16.5%	10.0%	26.4%	21.5%	20.0%	15.3%	22.3%	22.1%
Binge drinking (5 or more drinks in a row)**	15.9%	7.2%	6.3%	3.9%	15.0%	11.0%	10.0%	7.4%	11.4%	12.6%
Electronic vapor products use	27.4%	11.1%	6.2%	3.6%	24.3%	11.4%	8.0%	4.9%	17.5%	16.0%
Marijuana use	24.7%	23.3%	9.3%	3.6%	20.7%	11.6%	11.0%	6.3%	17.8%	16.8%
Smoking cigarettes	6.1%	2.0%	2.1%	1.4%	4.2%	3.2%	3.0%	2.2%	3.5%	3.4%
Prescription drug misuse	7.2%	1.9%	0.3%	0.9%	4.4%	1.3%	1.0%	0.9%	N/A	N/A
Risk of Harm (moderate risk, great risk)										
Have one or two drinks of alcohol nearly every day	68.7%	75.1%	56.8%	51.7%	76.8%	78.5%	65.4%	61.5%	N/A	N/A
Have five or more drinks of alcohol once or twice each week	67.0%	77.8%	68.5%	63.8%	77.4%	77.7%	74.8%	72.1%	N/A	N/A
Use a vape product	63.8%	82.9%	N/A	73.4%	72.5%	85.4%	N/A	76.6%	N/A	N/A
Use marijuana once or twice a week	42.4%	49.2%	49.5%	51.9%	44.2%	50.3%	51.6%	53.3%	N/A	N/A
Smoke one or more packs of cigarettes every day	67.1%	89.0%	N/A	77.8%	87.4%	90.8%	N/A	82.8%	N/A	N/A
Use prescription drugs that are not prescribed to them	80.6%	92.7%	80.8%	77.6%	91.2%	94.0%	88.4%	83.1%	N/A	N/A
Caregiver Perceptions (wrong, very wrong)										
Have one or two drinks of alcohol nearly every day	80.0%	89.1%	N/A	90.4%	90.7%	91.3%	N/A	91.2%	N/A	N/A
Use vape products	N/A	93.4%	90.6%	92.8%	86.7%	95.2%	94.1%	94.4%	N/A	N/A
Use marijuana	77.0%	85.3%	84.0%	89.6%	82.5%	85.8%	86.7%	90.5%	N/A	N/A
Smoke cigarettes	89.0%	94.5%	91.3%	94.2%	94.0%	95.7%	95.5%	94.9%	N/A	N/A
Use prescription drugs not prescribed to them	89.0%	94.8%	92.0%	94.2%	94.9%	96.7%	96.0%	94.4%	N/A	N/A
Friend Perceptions (wrong, very wrong)										
Have one or two drinks of alcohol nearly every day	63.7%	76.0%	N/A	83.0%	72.6%	76.9%	N/A	79.5%	N/A	N/A
Use vape products	N/A	58.5%	67.1%	81.2%	88.2%	58.1%	64.8%	77.1%	N/A	N/A
Use marijuana	44.9%	53.6%	58.5%	79.2%	42.5%	52.5%	57.2%	73.5%	N/A	N/A
Smoke cigarettes	89.0%	75.9%	79.1%	85.3%	70.9%	72.9%	81.1%	83.9%	N/A	N/A
Use prescription drugs not prescribed to them	84.5%	92.5%	86.0%	89.1%	89.4%	93.0%	89.8%	90.0%	N/A	N/A
Ease of Access (easy, very easy)										
Alcohol	N/A	N/A	46.0%	40.2%	N/A	N/A	58.6%	53.7%	N/A	N/A
Vape products	N/A	N/A	38.7%	26.3%	N/A	N/A	46.0%	37.3%	N/A	N/A
Marijuana	N/A	N/A	31.5%	18.0%	N/A	N/A	37.9%	26.8%	N/A	N/A
Cigarettes	N/A	N/A	20.7%	15.9%	N/A	N/A	27.3%	23.0%	N/A	N/A
Prescription medications not prescribed to them	N/A	N/A	19.1%	19.7%	N/A	N/A	22.4%	23.2%	N/A	N/A
Been sold or given alcohol or other illegal drugs on school property (12 months)	16.6%	4.6%	7.0%	3.2%	13.6%	3.8%	7.2%	4.6%	9.6%	N/A
Sexual Behaviors										
Had sexual contact with another person (ever)	N/A	N/A	30.4%	25.4%	N/A	N/A	37.4%	30.1%	N/A	N/A
Had sexual contact with another person (12 months)	N/A	N/A	28.2%	20.3%	N/A	N/A	34.2%	26.8%	N/A	N/A
Had sexual intercourse (ever)	29.6%	19.8%	16.8%	11.5%	25.9%	19.4%	18.0%	13.2%	35.3%	36.9%
Used a barrier to protect against STIs the last time they had sexual contact (among students who have had sexual contact)	N/A	N/A	42.5%	51.2%	N/A	N/A	41.3%	44.1%	N/A	N/A
Used substances before the last time they had sexual intercourse (among students who have had sexual intercourse)	23.7%	18.9%	16.3%	13.2%	20.1%	16.8%	16.0%	13.2%	20.7%	19.1%
Sent or received sexual messages, pictures, or videos, electronically (ever)	41.4%	38.9%	22.0%	11.6%	37.5%	35.9%	24.6%	16.3%	N/A	N/A
Access to Care										
Tested for HIV (ever)	9.1%	N/A	N/A	N/A	6.8%	N/A	4.1%	5.4%	N/A	N/A
Tested for STIs (ever)	11.4%	8.3%	N/A	N/A	8.7%	6.7%	6.2%	5.0%	5.3%	N/A
Talked to caregivers or adults in family about preventing HIV, STIs, or pregnancy (12 months)	35.5%	29.7%	N/A	N/A	29.9%	33.6%	34.3%	35.3%	N/A	N/A

	Wilmington High School				Middlesex League Region				Massachusetts	
	2019	2021	2023	2025	2019	2021	2023	2025	2021	2023
Adult in school who can help them find sexual health services or provide support	39.1%	32.1%	N/A	N/A	36.2%	33.2%	30.1%	34.7%	N/A	N/A
Nutrition										
Eat fruit or drink 100% fruit juice two or more times per day (yesterday)	N/A	N/A	53.5%	49.4%	N/A	N/A	47.1%	50.3%	23.8%	N/A
Eat vegetables three or more times per day (yesterday)	N/A	N/A	18.3%	14.0%	N/A	N/A	18.1%	19.0%	12.5%	N/A
Ate breakfast every day in the past week	36.0%	27.1%	37.0%	34.6%	41.0%	35.6%	41.8%	44.5%	30.8%	31.0%
Most of the time or always went to bed hungry because there was not enough food in their home (30 days)	N/A	N/A	1.8%	3.1%	N/A	N/A	1.0%	2.9%	N/A	N/A
Physical Activity										
Participated in 60 minutes or more of physical activity on at least 5 of the past 7 days	41.6%	51.3%	61.9%	68.2%	61.8%	49.8%	61.0%	65.0%	45.0%	47.3%
Participated in vigorous activity for 20 minutes or more on at least 3 of the past 7 days	N/A	N/A	71.8%	79.4%	N/A	N/A	74.9%	78.9%	68.3%	N/A
Suffered a concussion (12 months)	16.2%	6.8%	N/A	N/A	12.4%	7.2%	12.5%	13.9%	N/A	N/A
Body Weight										
Describe themselves as slightly or very overweight	32.1%	28.8%	N/A	N/A	27.5%	26.2%	26.4%	24.0%	27.7%	28.1%
Trying to lose weight	45.6%	43.5%	N/A	N/A	41.7%	39.2%	35.3%	34.5%	42.8%	42.6%
Other Topics										
Work at a job for pay (12 months)	N/A	N/A	62.1%	56.2%	N/A	N/A	56.5%	53.4%	N/A	N/A
Had 3 or more hours of screen time on an average school day	N/A	81.5%	72.2%	72.6%	N/A	81.9%	74.4%	71.1%	75.6%	N/A
Use social media several times a day	N/A	N/A	N/A	81.9%	N/A	N/A	N/A	76.6%	N/A	79.7%

Appendix B.

Middle School Data Tables

	Wilmington Middle School				Middlesex League Region				Massachusetts	
	2019	2021	2023	2025	2019	2021	2023	2025	2021	2023
Assets and Protective Factors										
Have a teacher or other adult in school to talk to about a problem	N/A	62.4%	66.1%	79.3%	59.1%	54.8%	63.2%	76.7%	N/A	N/A
Have an adult outside of school not in their family to talk to about a problem	N/A	N/A	74.1%	76.1%	65.7%	N/A	64.8%	70.9%	N/A	N/A
Have an adult in their family to talk to about a problem***	N/A	85.8%	91.6%	93.2%	85.1%	83.9%	88.4%	92.8%	N/A	N/A
Have a friend similar in age to talk to about a problem	N/A	N/A	88.2%	88.7%	N/A	N/A	87.8%	91.3%	N/A	N/A
Feel close to people at their school (strongly agree, agree)	N/A	50.4%	N/A	N/A	N/A	53.4%	66.6%	73.1%	N/A	N/A
Taking medicine prescribed by a medical professional for a behavioral health, mental health condition, or emotional problem	13.7%	12.2%	N/A	N/A	11.7%	11.0%	10.6%	9.6%	N/A	N/A
Participated in an organized activity this school year	N/A	N/A	76.3%	75.5%	N/A	N/A	82.2%	82.6%	N/A	N/A
Sleep 8 or more hours on an average school night	46.7%	41.9%	53.4%	65.5%	56.2%	54.9%	59.0%	62.0%	53.7%	N/A
Discrimination (sometimes, most of the time, always)										
Experienced bad or unfair treatment because of their race or ethnicity (12 months)	N/A	N/A	5.3%	1.0%	N/A	N/A	6.8%	7.4%	N/A	N/A
Experienced bad or unfair treatment because of their gender identity (12 months)	N/A	N/A	4.7%	1.3%	N/A	N/A	5.6%	5.0%	N/A	N/A
Experienced bad or unfair treatment because of their sexual orientation (12 months)	N/A	N/A	4.5%	1.0%	N/A	N/A	4.7%	4.8%	N/A	N/A
Experienced bad or unfair treatment because of their religion (12 months)	N/A	N/A	2.0%	0.4%	N/A	N/A	3.7%	4.6%	N/A	N/A
Experienced bad or unfair treatment because of a learning or physical disability (12 months)	N/A	N/A	N/A	1.7%	N/A	N/A	N/A	6.9%	N/A	N/A
Safety										
Skipped school because they felt safe at school or on their way to or from school (30 days)	N/A	N/A	7.2%	8.7%	N/A	N/A	6.5%	7.6%	N/A	N/A
Think their neighborhood is extremely safe or safe from crime	N/A	N/A	98.0%	98.9%	N/A	N/A	98.2%	98.1%	92.0%	89.8%
Car or Other Vehicle Safety										
Never or rarely wear a seatbelt when riding in a car	1.4%	1.0%	2.5%	1.9%	1.9%	2.8%	2.6%	2.1%	4.7%	N/A
Rode in a car or other vehicle driven by someone who had been drinking alcohol (30 days)	N/A	N/A	8.0%	6.6%	N/A	N/A	9.1%	6.2%	10.1%	9.1%
Rode in a car or other vehicle when the driver had been using marijuana (30 days)	N/A	N/A	2.0%	1.7%	N/A	N/A	2.7%	1.8%	6.6%	7.8%
Violence-Related Behaviors or Experiences										
Weapons										
Carried a weapon (ever)	11.1%	12.7%	12.7%	8.2%	13.9%	12.0%	9.2%	8.4%	N/A	N/A
Fighting										
Were in a physical fight (ever)	27.1%	21.5%	29.5%	25.1%	29.6%	24.1%	24.4%	24.8%	N/A	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	4.1%	2.7%	N/A	4.0%	4.0%	3.4%	N/A	N/A
Dating Violence*										
Experienced sexual dating violence (ever)	N/A	N/A	3.9%	1.4%	1.3%	1.0%	2.0%	1.9%	N/A	N/A
Experienced physical dating violence (ever)	N/A	N/A	2.5%	0.2%	2.5%	0.8%	1.2%	1.2%	N/A	N/A
Experienced emotional dating violence or control (ever)	N/A	N/A	7.1%	5.3%	N/A	N/A	5.6%	3.9%	11.9%	N/A
Bullying										
Have been bullied on school property (12 months)	N/A	N/A	15.5%	18.3%	N/A	N/A	16.6%	12.3%	33.4%	N/A
Have been bullied electronically (12 months)	N/A	N/A	6.4%	11.3%	N/A	N/A	7.7%	11.7%	18.1%	N/A
Social media post about them made them feel upset or uncomfortable (12 months)	14.6%	16.5%	N/A	N/A	14.2%	15.6%	21.0%	18.3%	N/A	N/A
Mental Health										
Mental health was not good most of the time or always (30 days)	N/A	24.0%	16.1%	12.7%	N/A	20.9%	14.5%	12.9%	N/A	N/A
Have a coping strategy to relieve stress	N/A	82.8%	N/A	N/A	83.9%	79.4%	43.1%	48.7%	N/A	N/A
Depression, Self-Harm, Suicidality										
Felt so sad or hopeless almost every day for two weeks or more in a row and stopped doing usual activities (12 months)	N/A	N/A	17.8%	16.5%	18.3%	23.6%	15.2%	15.5%	29.3%	26.6%
Engaged in self-harm without wanting to die (12 months)	N/A	N/A	7.8%	7.2%	N/A	N/A	9.0%	8.6%	26.5%	24.0%
Seriously considered attempting suicide (12 months)	N/A	N/A	5.6%	6.3%	N/A	N/A	7.0%	7.8%	12.6%	11.0%
Made a suicide plan (12 months)	N/A	N/A	4.7%	3.1%	N/A	N/A	5.3%	3.4%	N/A	N/A
Attempted suicide (12 months)	N/A	N/A	1.0%	1.7%	N/A	N/A	1.8%	1.6%	6.1%	N/A
Treated by a doctor or nurse for an injury, poisoning, or overdose as a result of a suicide attempt	N/A	N/A	17.8%	N/A	N/A	N/A	31.3%	21.4%	N/A	N/A
Substance Use										
Lifetime										
Alcohol use	9.9%	8.4%	7.2%	5.2%	13.1%	10.4%	8.6%	7.8%	11.0%	10.4%
Vape product use	1.9%	3.7%	1.4%	1.1%	8.8%	4.5%	3.2%	2.4%	10.1%	11.7%
Marijuana use	2.7%	1.6%	1.4%	1.1%	3.1%	1.9%	2.1%	0.9%	4.8%	5.8%
Smoking cigarettes	1.4%	2.1%	1.0%	0.8%	2.3%	2.2%	1.2%	1.0%	4.4%	4.5%

	Wilmington Middle School				Middlesex League Region				Massachusetts	
	2019	2021	2023	2025	2019	2021	2023	2025	2021	2023
Work at a job for pay (12 months)	N/A	N/A	22.7%	12.7%	N/A	N/A	19.9%	17.1%	N/A	N/A
Had 3 or more hours of screen time on an average school day	N/A	73.4%	67.6%	63.9%	N/A	69.1%	60.0%	54.3%	N/A	N/A
Use social media several times a day or more	N/A	N/A	N/A	52.7%	N/A	N/A	N/A	49.1%	N/A	N/A