

# Health Risk Behaviors at Milton High School: Results from the YRBSS

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## Executive Summary

The current report provides detailed results of Milton High School's (MHS) 2022 administration of the Youth Risk Behavior Surveillance System (YRBSS). The YRBSS is a well-regarded assessment of youth health risk behaviors and perceptions of social norms that has been administered to 9-12th grade youth across the United States since 1990. The current report summarizes results from 940 MHS students who completed the YRBSS survey in April of 2022 and compares patterns of health risk behaviors and perceptions of social norms among MHS students in 2022 to patterns found among students statewide and MHS students in 2019.

Throughout the report, the reader will see we use the term, "significant." This term is reserved solely for use when a finding is *statistically meaningful*. In other words, we only use the term "significant" to describe results that have undergone statistical testing, and the result suggests that there is a statistically significant difference.

### Positive Improvements Since 2019

In all, findings from the 2022 YRBSS suggest that MHS students engage in health risk behaviors at similar rates or lower rates than students statewide. There were several positive results suggesting that rates of alcohol consumption, marijuana use, vaping, and prescription drug misuse decreased at MHS between 2019 and 2022.

- Between 2019 and 2022 rates of current alcohol use (36.6% versus 31.3%) and binge drinking (39.2% versus 23.4%) decreased within MHS.
- When compared with results from 2019, rates of both lifetime (34.7% versus 26.7%) and current (in the last 30 days) marijuana use (21.2% versus 15.2%) among MHS students were lower in 2022.
- Rates of prescription drug abuse decreased in MHS from 12.1% to 10.4% between 2019 and 2022.
- In 2019, 48.4% of MHS students reported that they had ever used an electronic vaping product compared with 26.1% in 2022.

### Notable Increases in Substance use Since 2019

In addition to these positive findings suggesting decreases in substance use at MHS, the 2022 administration of the YRBSS revealed several areas to target for future improvement. One area of concern highlighted in the 2022 YRBSS are results suggesting marked increases in cocaine, ecstasy, heroin and methamphetamine use at MHS between 2019 and 2022.

- Between 2019 and 2022 rates of cocaine (2019 1.5%; 2022 3.0%), ecstasy (2019 1.7%; 2022 3.3%), heroin (2019 0.7%; 2022 2.3%) and methamphetamine (2019 0.6%; 2022 2.6%) use approximately doubled within MHS.

## Concerning Findings Among Hispanic, African American and LGBTQ+ Students

Of primary concern are findings that suggest Hispanic and Black or African American students at MHS are struggling with concerns about safety, violence, and mental health issues at higher rates than their White and Asian American peers.

- 12.8% of Hispanic and 10.4% of Black or African American students reported not going to school in the last 30 days because they felt unsafe compared with 4.8% of Asian American students and 5.3% of White students.
- 9.1% of Hispanic and 7.5% of Black or African American students reported experiencing sexual dating violence in the last 12 months compared with 1.6% of Asian American students and 3.4% of White students
- Hispanic students reported the highest rates of depressive symptoms (45.5%) and anxiety (62.3%) of any of the racial/ethnic groups at MHS.
- Black or African American students reported the highest rates of attempting suicide with 13.1% reporting a suicide attempt within the past year.

Similar to their racial minority peers, students who identify as LGBTQ+ reported feeling unsafe and experiencing higher rates of violence, and mental health concerns than their heterosexual peers.

- 7.6% of sexual minority students reported being threatened or injured at school in the last 12 months compared with 1.9% of heterosexual students.
- 11.4% of sexual minority students reported not going to school in the last 30 days because they felt unsafe compared with 4.9% of heterosexual students.
- 50.5% of sexual minority students reported depressive symptoms in the past 12 months compared with 25.5% of heterosexual students.
- 69.7% of sexual minority students reported anxiety in the past 12 months compared with 42.9% of heterosexual students.
- 34.6% of sexual minority students reported ever committing non-suicidal self-injury in the past 12 months compared with 7.9% heterosexual students.

## Declines in Safe Sexual Practices Since 2019

Safe sexual practices are on the decline among MHS students. In 2019, 4.3% of students reported they did not use any method to prevent pregnancy during their last sexual intercourse compared with 10.6% in 2022. Additionally, 2.9% of students in 2022 reported having had sex before age 13 compared with 1.2% of students in 2019. Safe sexual practices emerged as a particular concern for Black or African American and sexual minority students, who report low rates of condom use.

- 10.6% of sexually active students in MHS reported using no method to prevent pregnancy during last sexual intercourse.
- Black or African American (71.4%) students reported the highest rate of not using a condom during their last sexual intercourse than any other racial/ethnic group.
- Sixty percent of sexual minority students reported not using a condom during their last intercourse, 36.4% reported having sex with 4 or more people in their life.

## Mental Health Concerns

In 2022, MHS students reported high rates of anxiety with 49.7% reporting that they experienced clinically significant experiences of anxiety in the last 12 months. Females (62.3%) reported higher rates of anxiety than males (32.0%) and Hispanic students (62.3%) reported the highest rates of anxiety symptoms of any of the racial/ethnicity groups at MHS. Experiences of anxiety were particularly high among sexual minority youth with 69.7% reporting anxiety in the past 12 months compared with 42.9% of heterosexual students.

Although rates of suicidality at MHS are lower than statewide rates, they are still concerning. Ten percent of MHS students reported making a plan to attempt suicide in the last 12 months and 5.8% made a suicide attempt. Rates of suicidal ideation were particularly high among Asian students, of whom 18.0% reported considering suicide and making a plan to attempt suicide in the last 12 months. Among all racial/ethnic groups, Black or African American students reported the highest rates of suicide attempts with 13.1% reporting a suicide attempt within the past year. There were positive findings in regard to suicidality as well - when compared with results from 2019, there was a notable decrease in the percent of MHS students who reported considering suicide from 2019 (14.6%) to 2022 (11.4%).

## Experiences with Racism and Prejudice

More than a third of MHS students reported ever being treated badly due to their race or ethnicity and a quarter of students reported that they had been treated badly at school. Experiences with racism were particularly high among minority youth with 56.9% Black, 55.6% Asian, and 50.6% Hispanic students reported ever being treated badly due to race/ethnicity in school compared with 8.9% of White students. Sexual minority students reported being treated badly at school at higher rates than their heterosexual peers - 54.8% of sexual minority students reported ever being treated badly due to their sexual orientation compared with 7.8% of heterosexual students.

## Conclusions

In all, MHS students tend to report lower rates of substance use and health risk behaviors than their peers statewide and there have been meaningful, positive changes in many of these behaviors since 2019. However, there will always be areas of concern to focus on among high school students and MHS's 2022 administration of the YRBSS have helped to bring several

important issues into focus. In particular, these data highlight concerns surrounding racial and sexual minority students, who are experiencing higher rates of violence and mental health challenges than their White and heterosexual peers.

## Introduction

In conjunction with Milton Coalition, Milton High School (MHS) administered the Youth Risk Behavior Surveillance System (YRBSS) survey to 940 9th-12th grade students in April of 2022. The YRBSS monitors a variety of health-risk behaviors among adolescents including alcohol, drug, and tobacco use, drug and alcohol-related risk behaviors, sexual behaviors, and bullying.

The current report compares the results from MHS's 2022 YRBSS to 1) MHS's 2019 administration of the YRBSS and 2) the 2019 Massachusetts sample of 2,218 9<sup>th</sup>-12<sup>th</sup> grade students. Results are reported overall, by gender, by race/ethnicity, and by sexual identity. Although all data points are reported in the tables at the end of the report, the report text focuses on highlighting significant findings that emerged when MHS students were compared with the Massachusetts sample and calling attention to notable patterns observed among subgroups of students within MHS. Technical Note 1 describes how statistically meaningful differences between the Massachusetts and MHS samples were calculated.

## Sample Description

In this report, the results from MHS's 2022 administration of the YRBSS are compared with two datasets: 1) data from MHS's 2019 administration of the YRBSS and 2) data from the 2019 Massachusetts administration of the YRBSS.

### Milton 2022 Participants

In April 2022, 1,006 students completed the YRBSS at MHS. Of the 1,006 surveys, 66 student surveys (6.5%) were excluded due to a high amount of missing data (in line with the national YRBSS procedures, surveys with less than 20 valid survey responses were excluded from the analysis sample). A total of 940 student surveys comprised the final analysis sample for the YRBSS for 2022.

Students who completed the YRBSS were, on average 16.1 years old and evenly distributed across grades 9-12. Approximately half of the participants (47.9%) were female, 44.7% were male, and 6.9% identified as non-binary gender. Sixty-four percent of participants were White, 10.5% identified as multiracial, 7.4% Black or African American, 6.8% Asian American, 1.5% Caribbean, 0.3% American Indian and 1.1% identified as "other race or ethnicity" that was not explicitly specified in the survey. In addition, 8.4% reported that they identified as Hispanic or Latino/a. The large majority (73.5%) participated in at least one sport and 86.9% of students reported they earned grades of B's or higher in their coursework.

### Milton 2019 Participants

In March 2019, 890 students completed the YRBSS at MHS. The students were, on average 16.0 years old and evenly distributed across grades 9-12. Approximately half of the participants



(52.7%) were female. Sixty percent of participants were White, 18.5% identified as multiracial, 9.6% Black or African American, 6.2% Asian American, and 4.9% Caribbean. In addition, 9.4% reported that they identified as Hispanic or Latino/a. The large majority (73.6%) participated in at least one sport and 87.0% of students reported they earned grades of B's or higher in their coursework.

### Massachusetts Participants

In this report, the results of MHS's survey are compared against 2,218 high school students (in grades 9-12) who completed the YRBSS in Massachusetts in 2019. Data collection in Massachusetts was sponsored by the Centers for Disease Control and Prevention (CDC) and results from all items included in the 2019 survey are publically available on the CDC website (<https://www.cdc.gov/healthyyouth/data/yrbs/index.htm>).

## Violence and Bullying

For approximately half of the measures related to violence and bullying, MHS students reported significantly lower violent and pre-violent (e.g., carrying a weapon) behaviors than students in Massachusetts.

- 4.4% of MHS students reported carrying a weapon within the last 30 days compared with 10.0% of students from Massachusetts
- 12.3% of MHS students reported being in a physical fight within the last 12 months compared with 17.5% of students in Massachusetts
- 4.6% of MHS students reported being in a physical fight on school property within the last 12 months compared with 6.4% of students in Massachusetts
- 9.1% of MHS students reported being bullied on school property within the last 12 months compared with 16.3% of students in Massachusetts

For the other half of the measures related to violence and bullying, rates among MHS students mirrored those among students statewide. There were similar rates of electronic bullying (11.8%) found for MHS students and students in Massachusetts (13.9%), being threatened or injured at schools within the past 12 months for MHS students (3.3%) and students in Massachusetts (4.5%), and not going to school because they felt unsafe in the last 30 days for MHS students (6.6%) and students in Massachusetts (6.4%). In line with statewide trends, female MHS students engaged in violent behaviors less frequently than male MHS students. However, unlike students in Massachusetts, among which males (10.7%) reported lower rates of electronic bullying than females (16.7%), MHS male and female students experienced electronic bullying at a similar rate.

In general, when compared with the MHS 2019 sample, rates of violence and bullying among MHS students in 2022 tended to be higher.

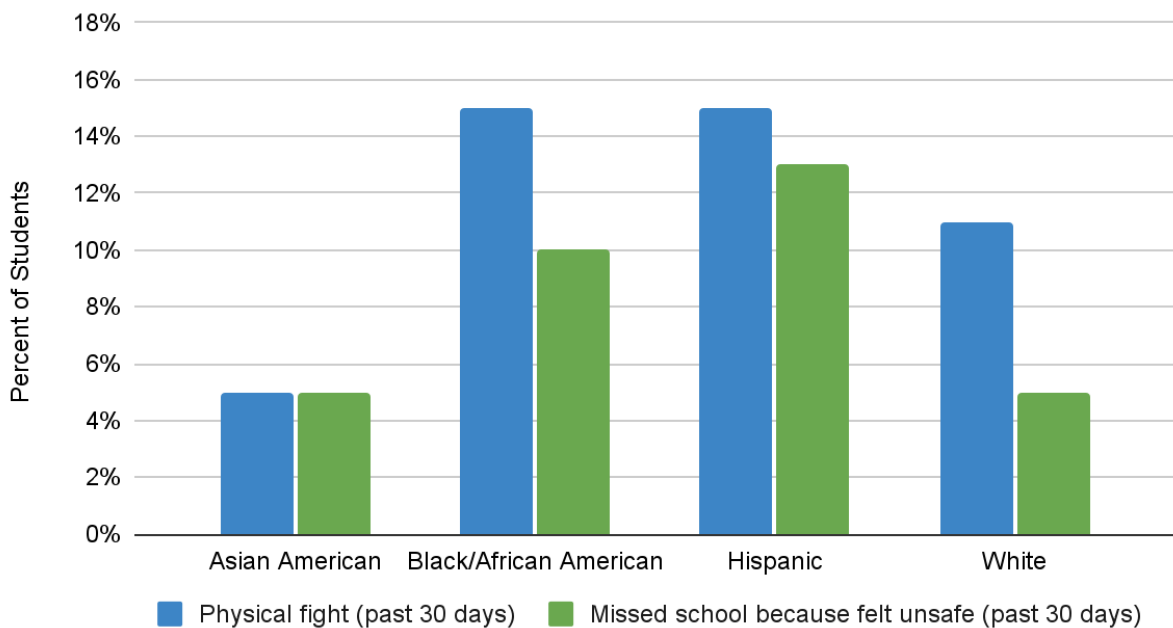
- In 2022, 4.4% of MHS students reported carrying a weapon in the last 30 days compared with only 2.4% of students in 2019
- In 2022, 11.8% of students indicated they were electronically bullied in the last 12 months compared with 7.5% in 2019

Although overall findings suggest that MHS students are engaging in less violence and bullying than students in Massachusetts, there is evidence that there are important differences in violence and bullying among students of different racial/ethnic backgrounds.

- Students who identify as Black or African American (9.0%) or Hispanic (7.7%) report carrying a weapon in the last 30 days more frequently than White (3.1%) or Asian American (0.0%) students

- Students who identify as Hispanic (15.4%) or Black or African American (15.2%) reported being in physical fights more frequently than White (10.5%) or Asian American (4.8%) students
- White (12.7%) students reported more electronic bullying in the last 12 months than other racial/ethnic groups
- Hispanic students reported being in a physical fight (11.5%) on school property more frequently than any other racial/ethnic group
- 12.8% of Hispanic and 10.4% of Black or African American students reported not going to school in the last 30 days because they felt unsafe compared with 4.8% of Asian American students and 5.3% of White students

### Physical Fights and Safety at School by Race/Ethnicity



### Dating Violence and Sexual Assault

In some instances, rates of dating violence and sexual assault were significantly lower among MHS students than among students in Massachusetts.

- 4.1% of MHS students reported ever being physically forced to have sex compared to 10.0% of Massachusetts students
- 3.0% of MHS students reported experiencing dating violence in the last 12 months compared to 6.9% of Massachusetts students

However, MHS students reported that they experienced sexual dating violence (i.e., someone that a student was “dating” or “going out with” forced them to do sexual things that they did not want to do) and sexual violence in the last 12 months at the same rate as students in Massachusetts. In line with statewide trends suggesting females are more likely to experience dating violence than males, MHS female students reported more sexual dating violence and sexual violence than male MHS students.

When compared with results from MHS’s 2019 YRBSS, reports of dating violence and ever being physically forced to have sex remained stable. However, the rates that students reported experiencing sexual violence in the past 12 months were higher in 2022 than in 2019 (8.9% versus 6.5%).

Although the overall results within MHS were favorable when compared with statewide trends, there was evidence to suggest that MHS students of different racial/ethnic backgrounds experienced dating and sexual violence at different rates.

- 7.4% of Black or African American and 6.4% of Hispanic students reported experiencing dating violence in the last 12 months compared with 1.6% of Asian American and 1.4% of White students
- 9.1% of Hispanic and 7.5% of Black or African American students reported experiencing sexual dating violence in the last 12 months compared with 1.6% of Asian American students and 3.4% of White students

## Mental Health

### Depressive Symptoms

Rates of depressive symptoms<sup>1</sup> among MHS students (31.9%) were similar to rates among high school students statewide (33.8%). In line with statewide trends, MHS female students (38.2%) reported notably higher rates of depressive symptoms than male students (19.9%). In addition, Hispanic students (45.5%) reported the highest rates of depressive symptoms of any of the racial/ethnic groups at MHS.

Reports of depressive symptoms increased slightly between 2022 (31.9%) and 2019 (29.0%).

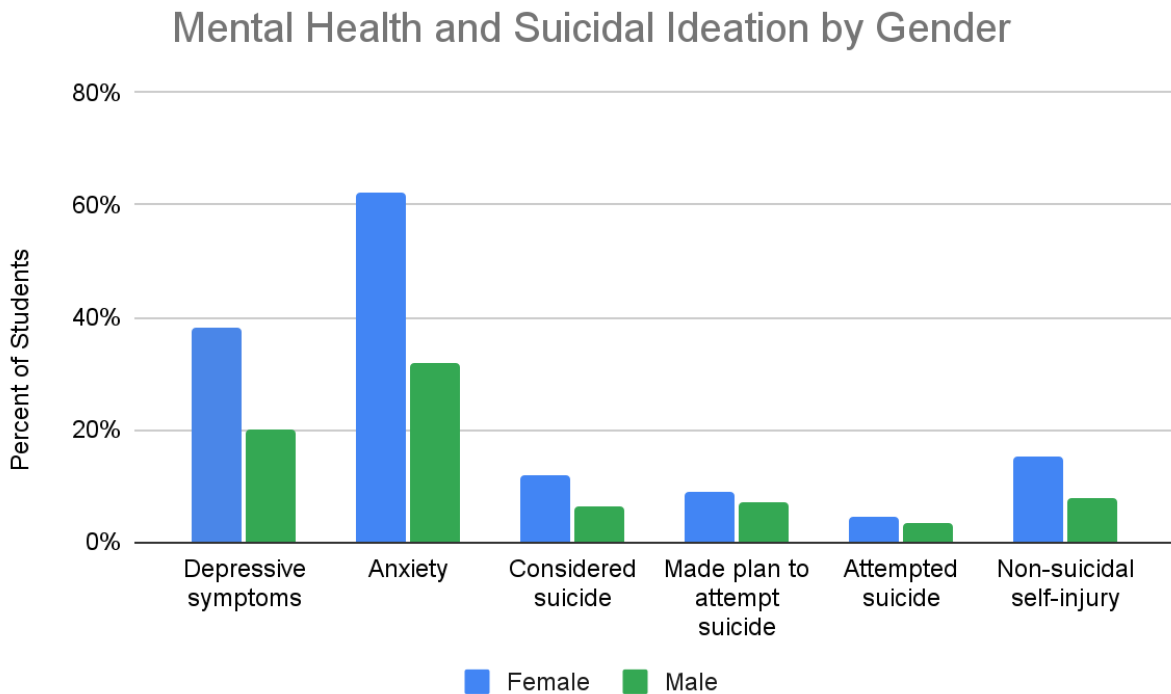
### Anxiety

MHS elected to add an additional question to its survey that does not appear on the Massachusetts YRBSS. MHS asked students, “During the last 12 months, did you ever feel

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<sup>1</sup> Depressive symptoms were measured using a single item that asked students, “During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?”

nervous, anxious, or on edge for two weeks or more in a row?” In response to this question almost half of MHS students (49.7%) indicated that they felt anxious within the last year. Females (62.3%) reported higher rates of anxiety than males (32.0%), and Hispanic students (62.3%) reported the highest rates of anxiety of any of the racial/ethnic groups at MHS.



For reports of anxiety, results show a significant increase in feeling anxious from 49.7% for 2022 MHS students compared with 44.6% for 2019 MHS students.

### Suicidal and Self-Injury Behaviors

In most instances, rates of suicidal ideation and suicide attempts were significantly lower among MHS students than among students in Massachusetts.

- 11.4% of MHS students reported seriously considering suicide in the last 12 months compared with 17.5% of Massachusetts students
- 9.9% of MHS students reported making a plan to attempt suicide in the last 12 months compared with 14.8% of Massachusetts students

In regard to suicidal attempts, patterns among MHS students mirror those found among students in Massachusetts.

- 5.8% of MHS students attempted suicide in the last year compared with 7.3% for Massachusetts students

- 2.5% of MHS students had an injury treated by a doctor after a suicide attempt in the last year compared with 2.6% for Massachusetts students

Similar to statewide trends, female MHS students reported higher rates of suicidal ideation and attempts than male MHS students. For example, 12.0% of female MHS students reported seriously considering suicide in the last 12 months compared with 6.4% of male MHS students.

Rates of suicidal ideation were particularly high among Asian American students, of whom 18.0% reported considering suicide and making a plan to attempt suicide in the last 12 months. Black or African American students reported the highest rates of attempting suicide in the past year (13.1%) and the highest rates of having an injury treated by a doctor after a suicide attempt within the past year (6.3%).

When compared with results from 2019, there was a notable decrease in the percentage of MHS students who reported considering suicide from 2019 (14.6%) to 2022 (11.4%).

Among MHS students, 14.5% reported committing non-suicidal self-injury in the last 12 months. Rates for females (15.1%) were higher than males (7.8%). Rates for Black or African American (16.9%) students were highest, followed by Asian American (15.9%), White (14.1%), and Hispanic (13.2%) students.

## Drug and Alcohol Use

### Cigarette Use

Rates of cigarette use among MHS students are higher than rates statewide, with 8.4% of students reporting that they smoked cigarettes in the last 30 days, compared with 5.0% of students in Massachusetts. Male MHS students (9.2%) used cigarettes more frequently than female (6.5%) MHS students. White (9.4%) MHS students reported higher rates of cigarette use than other racial/ethnic group. Compared with the results from MHS's 2019 survey, rates of cigarette use among MHS students increased from 4.7% in 2019 to 8.4% in 2022.

### Alcohol Use

Rates of current (in the last 30 days) alcohol use among MHS students (31.3%) mirrored rates of alcohol use among students in Massachusetts (29.8%).

- However, rates of binge drinking (consuming five or more drinks within a couple of hours) among MHS students (23.4%) were notably higher than rates statewide (15.0%)
- Although MHS students reported binge drinking more frequently than students in Massachusetts, MHS students tended to begin consuming alcohol at an older age than students statewide— 12.0% of Massachusetts students reported having their first drink before the age 13 compared with only 6.6% of MHS students

- When comparing alcohol use by race/ethnicity, rates of current alcohol consumption were highest among White students (38.3%) and lowest among Asian American students (4.9%). Similarly, rates of binge drinking were highest among White students (29.9%), and lowest among Asian American students (3.3%)
- Rates of current alcohol use and binge drinking were similar for MHS males and females

Between 2019 and 2022, rates of current alcohol use (36.6% versus 31.3%) and binge drinking (23.5% versus 23.4%) decreased within MHS.

## marijuana Use

Rates of marijuana use among Milton students were significantly lower than students in Massachusetts.

- 26.7% of MHS students reported they ever used marijuana compared with 41.9% of Massachusetts students
- 15.2% of MHS students reported they used marijuana in the last 30 days compared with 26.0% of Massachusetts students
- MHS and Massachusetts students reported similar rates of fake marijuana use (MHS 6.3%; Massachusetts 7.5%) and using marijuana before age 13 (MHS 2.7%; Massachusetts 4.0%)

Overall, male MHS students reported higher rates of marijuana use compared to female MHS students.

- Male (28.4%) MHS students reported higher rates of ever using marijuana compared with female (24.9%) MHS students
- Male (17.5%) MHS students reported higher rates of using marijuana in the last 30 days compared with female (12.0%) MHS students
- Male (2.8%) MHS students reported trying marijuana before age 13 compared with female (0.9%) MHS students
- Male (7.9%) MHS students reported higher rates of ever using fake marijuana compared with female (3.8%) MHS students

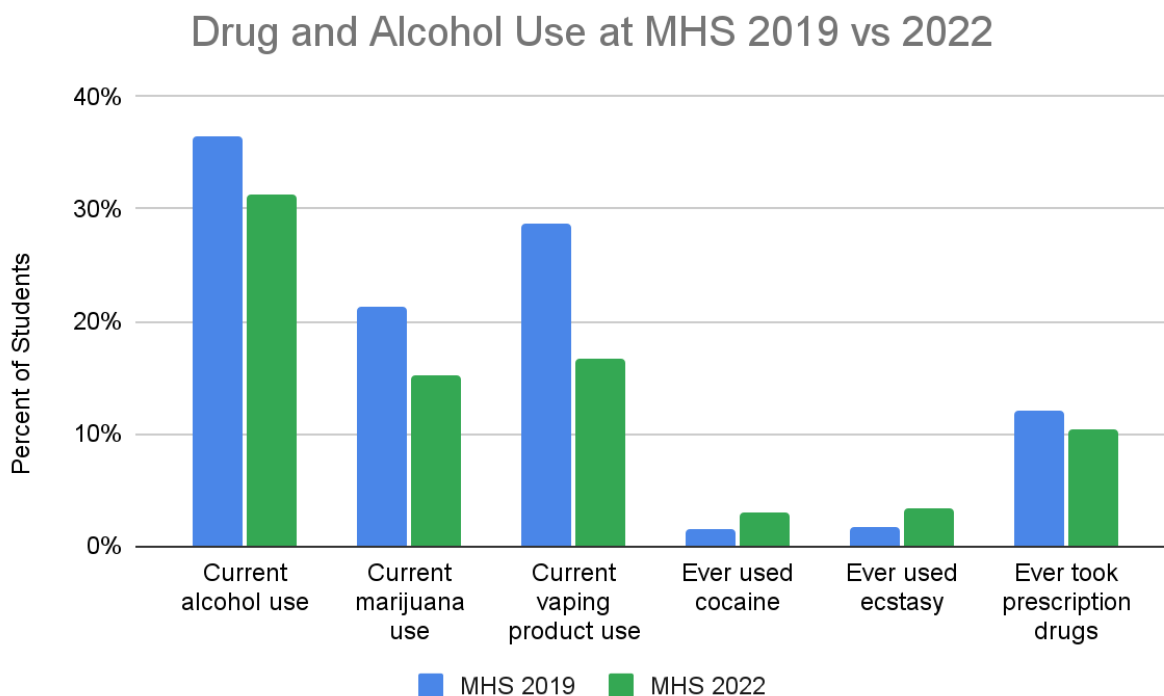
White students reported the highest rates of ever using marijuana (29.7%) and fake marijuana use (6.6%) compared to other racial/ethnic groups. Black or African American (15.9%) and White (15.2%) students reported the highest rates of current marijuana use compared to other racial/ethnic groups.

When compared with results from 2019, rates of both lifetime (34.7% versus 26.7%) and current (in the last 30 days) marijuana use (21.2% versus 15.2%) among MHS students were lower in 2022.

## Prescription Drug and Other Substance Use

In addition to the substances described above, students completing the YRBSS were also asked to report their use of cocaine, ecstasy, heroin, methamphetamines, and prescription drugs<sup>2</sup>. Results suggested that MHS students used these substances at similar rates than students statewide. In general, rates of use among MHS students tended to range from 2.3-3.3%. One notable exception is that 10.4% of students reported ever using prescription drugs without a doctor's permission. Rates of prescription drug abuse at MHS were highest among males (10.7%), Black (19.4%) and Hispanic (18.9%) students.

Between 2019 and 2022 rates of cocaine (2019 1.5%; 2022 3.0%), ecstasy (2019 1.7%; 2022 3.3%), heroin (2019 0.7%; 2022 2.3%) and methamphetamine (2019 0.6%; 2022 2.6%) use approximately doubled within MHS. Rates of prescription drug abuse decreased in MHS from 12.1% to 10.4%.



<sup>2</sup> Current and lifetime prescription drug rates were not available for students in Massachusetts in 2019.



## Electronic Vape Products

Use of electronic vaping products has increased dramatically nationwide over the past several years<sup>3</sup>. Among MHS students, 26.1% reported ever using a vaping product and 16.7% reported using a vaping product in the last 30 days - rates that are significantly lower than those reported statewide. In Massachusetts, 50.7% of students have ever used a vaping product and 32.2% have vaped within the last 30 days. Within MHS, slightly more females (17.6%) currently use a vaping product compared with males (15.6%). White (17.5%) students report the highest rates of vaping within the last 30 days, while Asian American students (8.2%) reported the lowest rates.

In 2019, 48.4% of MHS students reported that they had ever used a vaping product and 28.7% reported that they had vaped within the last 30 days, suggesting that the use of electronic vaping products is declining at MHS.

## Alcohol and Marijuana Access and Characteristics of Use

Almost 80% of MHS students reported it was easy to obtain alcohol. Of the students who consumed alcohol in the past 30 days, 48.5% reported that they obtained alcohol from a store by either buying it themselves (23.7%) or having someone else buy it (24.8%). Approximately a quarter (26.1%) of students who consumed alcohol in the past 30 days consumed it in a friend's home, and 46.0% reported the consumed alcohol at a park, woods or other outdoor site.

Over half (54.2%) of students reported it was easy to obtain marijuana. Among students who used marijuana in the past 30 days, 45.3% reported they obtained marijuana from friends. The YRBSS asks students who reported using marijuana in the past 30 days whether they smoked marijuana in a "joint, pipe, bong or dab" in the past 30 days - a question that 41.3% of students endorsed. However, it is not evident from the survey how the remaining 60% of students used marijuana in the past 30 days.

## Perceptions of Disapproval of Alcohol/Drug Use by Parents and Peers

In general, the large majority of students at MHS perceive that their parents would disapprove if they used alcohol, cigarettes, vape products, marijuana, or abused prescription medication. Rates of perceived peer disapproval of alcohol and drug use were much lower than rates of perceived parental disapproval.

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<sup>3</sup> Cullen K.A., Ambrose B.K., Gentzke A.S., Apelberg B.J., Jamal A., King B.A. (2018). Increase in use of electronic cigarettes and any tobacco product among middle and high school students — United States, 2011–2018. *MMWR Morbid Mortal Wkly Rep*, 67(45).

- Perceived parental disapproval was lowest for marijuana use (91.0%) and highest for prescription drug use (95.7%) and cigarette use (95.6%). Perceived parental disapproval of alcohol use was 92.8% and using vape products was 94.0%
- Perceived peer disapproval was lowest for marijuana use (53.1%) and highest for prescription drug use (90.5%). Perceived peer disapproval of using vape products was 58.4%, cigarette use was 70.9%, and alcohol use was 75.6%

Perceived parental disapproval of drug and alcohol use was similar across male and female MHS students. However, there were differences in perceived peer disapproval across male and female MHS students.

- More female MHS (80.9%) students reported perceived peer disapproval of alcohol use compared with male MHS (70.6%) students
- More female MHS (73.4%) students reported perceived peer disapproval of cigarette use compared with male MHS (67.6%) students
- More female MHS (94.0%) students reported perceived peer disapproval of prescription drug use compared with male MHS (88.2%) students

Across racial/ethnic groups, rates of parental disapproval for marijuana was lowest among Black or African American students (86.5%) and highest among Asian American students (94.7%).

- For perceived peer disapproval of alcohol use, Hispanic (79.7%) students reported the highest perceived peer disapproval compared with Black or African American (71.7%) students who reported the lowest disapproval
- For perceived peer disapproval of cigarette use, Asian American (80.7%) students reported the highest perceived peer disapproval compared with Black or African American (69.8%) students who reported the lowest disapproval
- For perceived peer disapproval of marijuana use, Asian American (65.5%) students reported the highest perceived peer disapproval compared with White (51.1%) students who reported the lowest disapproval
- For perceived peer disapproval of prescription drug use, White (93.0%) students reported the highest perceived peer disapproval compared with Black or African American (73.1%) students who reported the lowest disapproval

## Substance-Related Risk Behaviors

Accompanying alcohol use are a host of risk behaviors that jeopardize health and safety during the high school years. Of particular concern are drunk and drugged driving and sexual risk.

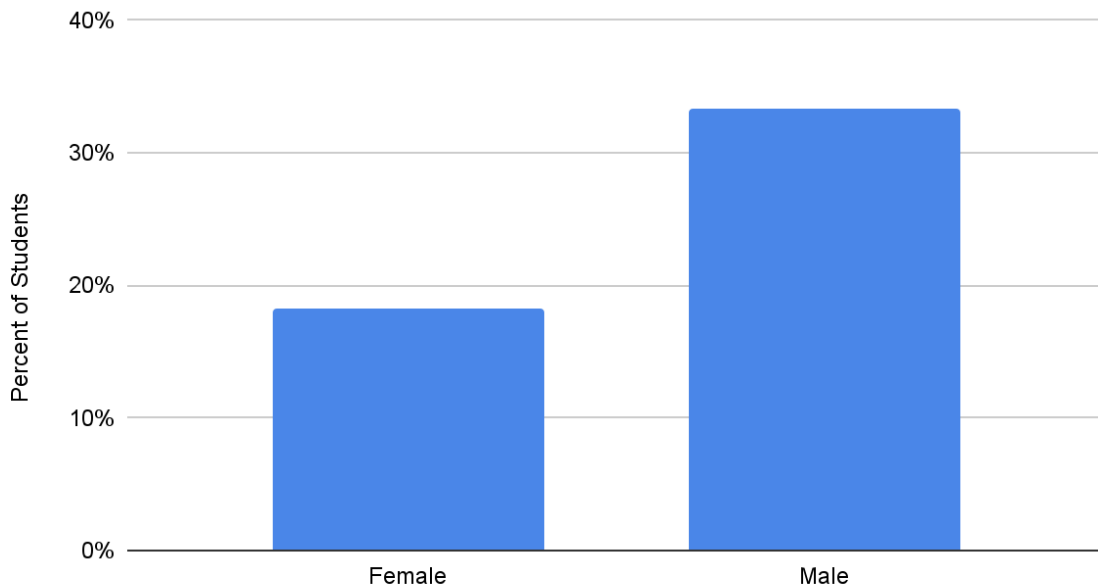
- MHS (3.2%) students are significantly less likely than students in Massachusetts (5.1%) to drive while intoxicated
- MHS (10.1%) students are significantly less likely than students in Massachusetts (15.4%) to ride in a car with an individual who had been drinking

However, MHS students and students statewide reported similar rates of using drugs or alcohol before their most recent sexual intercourse (27.3% versus 23.4%).

In line with statewide trends, male MHS students reported higher rates of substance-related risk behaviors.

- 33.3% of sexually active male MHS students reported using drugs or alcohol before their most recent sexual intercourse compared with 18.3% of female MHS students
- 10.8% of male MHS students reported riding in a car with an individual who had been drinking compared with 8.6% of female MHS students
- 3.8% of male MHS students drove while intoxicated compared with 1.1% of female MHS students

### Drank Alcohol or Used Drugs Before Last Sexual Intercourse



Within MHS, Black or African American (37.5%) and Hispanic (35.3%) students report the highest rates of alcohol or drug use before sexual intercourse. Rates of riding in a car with an individual who had been drinking were highest among White (10.7%) and Black or African American (10.3%) students, and driving while intoxicated was highest among Hispanic (5.1%) students.

When compared with results from the 2019 YRBS, MHS students in 2022 report lower rates of riding in vehicles with a driver who had been smoking marijuana (2022 11.4% versus 2019 14.9%). However, students reported similar rates from 2019 to 2022 of driving or riding in a car when someone had been drinking, and using alcohol or drugs before sexual intercourse.

## Sexual Behaviors

Among MHS students, 25.4% reported they had ever had sexual intercourse, compared with 36.9% within Massachusetts.

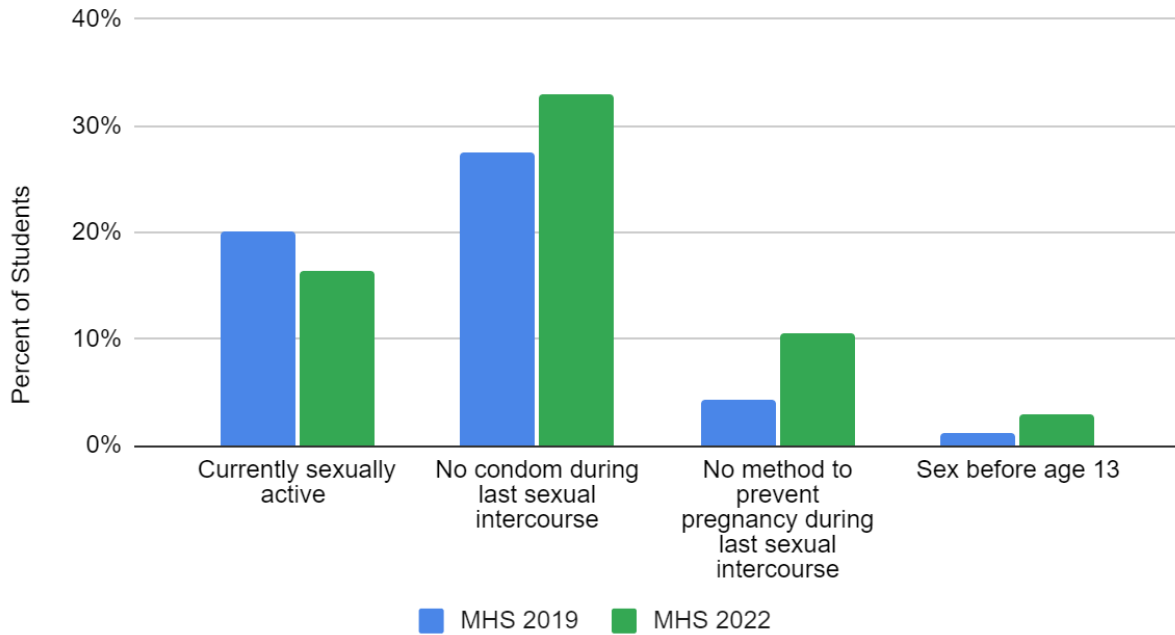
- Fewer MHS students (16.4%) are currently sexually active (sexual intercourse with at least one person during the last 3 months) compared with students in Massachusetts (26.9%)
- Among sexually active MHS students, 33.0% reported they did not use a condom during their last sexual intercourse which is significantly less than students in Massachusetts (48.6%)
- 4.8% of MHS students reported lifetime having had sex with four or more persons compared with 7.8% of students in Massachusetts
- Both sexually active students in MHS (10.6%) and Massachusetts (12.6%) reported similar rates of using no method to prevent pregnancy during last sexual intercourse

More male (27.9%) MHS students reported ever having sexual intercourse compared to female (21.3%) MHS students. For female MHS students, 30.0% reported not using a condom during their last sexual intercourse compared with 25.6% of male MHS students.

More White (26.3%) students reported having had sexual intercourse and reported being currently sexually active (18.6%) than any other racial/ethnic group. Black or African American (71.4%) students reported the highest rate of not using a condom during their last sexual intercourse than any other racial/ethnic group.

In 2019, 26.4% of MHS students reported they had ever had sexual intercourse and 20.1% reported having sexual intercourse within the past three months, suggesting that rates of sexual intercourse are declining among MHS students. However, safe sexual practices among MHS students have decreased since 2019. In 2019, 4.3% of students reported they did not use any method to prevent pregnancy during their last sexual intercourse, compared with 10.6% in 2022. Additionally, 2.9% of students in 2022 reported having had sex before age 13 compared with 1.2% of students in 2019.

## Sexual Behavior MHS 2019 vs 2022



## COVID-19 and Social Emotional Learning

MHS added two items related to COVID-19 to the YRBSS survey in 2022. One item referred to students' mental health during the pandemic and the other asked about physical violence in the home during the pandemic.

Sixty-three percent of MHS students reported poor mental health at least sometimes during the pandemic. This was higher for female (76.3%) MHS students compared with male (46.9%) MHS students. Hispanic (65.2%) and Asian American (63.8%) students reported the highest rate of poor mental health during the pandemic with Black or African American (59.3%) reporting the lowest.

Approximately thirteen percent of MHS students reported at least one instance of physical violence by a parent or at-home adult during the pandemic. Rates were equal across male and female MHS students. Hispanic (23.2%) students reported the highest rate of physical violence during the pandemic and White (10.1%) students reported the lowest.

## Experiences with Racism and Discrimination

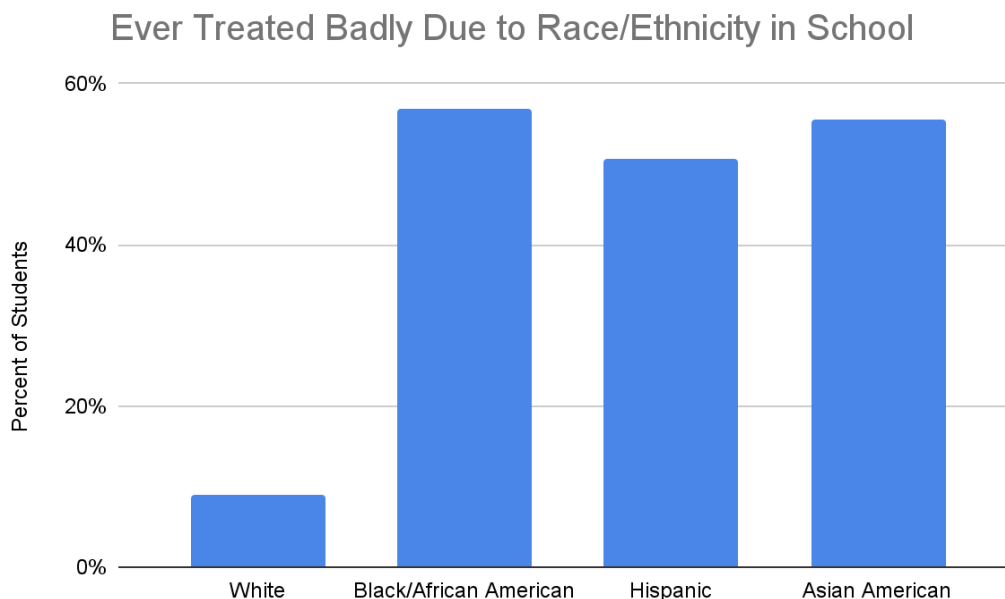
Four new items were added to the MHS YRBSS survey in 2022 that related to experiences of racism and discrimination.

Students were asked whether they had been bullied in the past 12 months about their race/ethnicity.

- 11.2% of MHS students reported they were a victim of bullying due to their race/ethnicity in the last 12 months
- More male (12.0%) MHS students reported being bullied than female (7.3%) MHS students
- 23.8% Asian American, 23.7% Hispanic, and 21.2% Black or African American students reported being bullied in the last 12 months due to their race/ethnicity compared with 3.8% of White students

Students were asked about whether they had ever been treated badly due to their race/ethnicity both in and out of school.

- 34.2% of MHS students reported ever being treated badly due to their race/ethnicity and 25.1% of MHS reported ever being treated badly due to their race/ethnicity in school
- Patterns for ever being treated badly due to race/ethnicity was similar across males and females
- For racial/ethnic groups, 77.8% Asian American, 65.6% Black or African American, and 61.0% Hispanic students reported ever being treated badly due to race/ethnicity
- 56.9% of Black or African American, 55.6% of Asian American, and 50.6% of Hispanic students reported ever being treated badly due to their race/ethnicity in school compared with 8.9% of White students



Lastly, students were asked about whether they had ever been treated badly due to their sexual orientation.

- 18.9% of MHS students reported ever being treated badly due to their sexual orientation
- 54.8% of sexual minority students reported ever being treated badly due to their sexual orientation compared with 7.8% of heterosexual students
- Female (17.3%) MHS students reported higher rates than male (12.4%) MHS students
- Patterns for racial/ethnic groups were similar for rates of ever being treated badly due to their sexual orientation

## Challenging Living Experiences

Two new items were added to the MHS YRBSS survey in 2022 that related to life experiences of living with someone who was depressed or mentally ill or someone who had a drug/alcohol problem.

- 30.1% of MHS students reported ever living with someone who was depressed or mentally ill
- Rates for female MHS students (35.3%) were higher for ever living with someone who was depressed or mentally ill than male MHS students (20.1%)
- Rates of ever living with someone who was depressed or mentally ill were highest for Hispanic (32.4%) students and lowest for Asian American (22.4%) students
- 18.9% of MHS students reported ever living with someone who had a drug or alcohol problem
- Rates of ever living with someone who had a drug or alcohol problem was similar for male and female MHS students
- Rates for ever living with someone who had a drug or alcohol problem was highest for White (20.9%) students and lowest for Asian American (10.3%) students

## LGBTQIA+ Youth at MHS

Nationally, LGBTQIA+ youth tend to be at higher risk for drug and alcohol use and mental health challenges<sup>4</sup>. In the YRBSS, youth identify as heterosexual, gay or lesbian, bisexual or “not sure.” Students who identified as gay or lesbian, bisexual or “not sure” were categorized as sexual minorities.

Sexual minority students reported higher rates of violence and bullying.

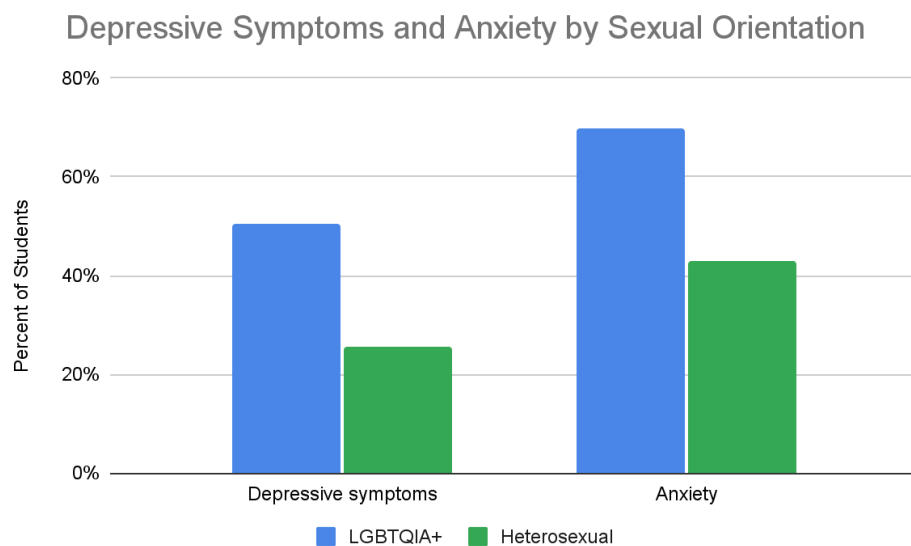
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<sup>4</sup> Kann L., Olsen E.O., McManus T., et al. (2016). Sexual Identity, Sex of Sexual Contacts, and Health-Related Behaviors Among Students in Grades 9-12 – United States and Selected Sites, 2015. *MMWR Surveill Summ 2016; 65(9): 1-202.*

- 15.2% of sexual minority students reported being in a physical fight in the past 12 months compared with 10.6% of heterosexual students
- 8.6% of sexual minority students reported being in a physical fight on school property in the last 12 months compared with 3.5% of heterosexual students
- 7.6% of sexual minority students reported being threatened or injured at school in the last 12 months compared with 1.9% of heterosexual students
- 11.4% of sexual minority students reported not going to school in the last 30 days because they felt unsafe compared with 4.9% of heterosexual students
- 17.1% of sexual minority students reported being electronically bullied in the past 12 months compared with 9.2% of heterosexual students
- 16.7% of sexual minority students reported being bullied on school property in the past 12 months compared with 6.3% of heterosexual students
- 54.8% of sexual minority students reported ever being treated badly due to their sexual orientation compared with 7.8% of heterosexual students
- Sexual minority (15.9%) students reported experiencing more sexual violence in the past 12 months compared to heterosexual (6.6%) students.

Sexual minority students reported higher rates of depressive symptoms and anxiety than students who identified as heterosexual.

- 50.5% of sexual minority students reported depressive symptoms in the past 12 months compared with 25.5% of heterosexual students
- 69.7% of sexual minority students reported feeling anxious in the past 12 months compared with 42.9% of heterosexual students
- 78.5% of sexual minority students reported poor mental health in the past 30 days compared with 53.7% of heterosexual students



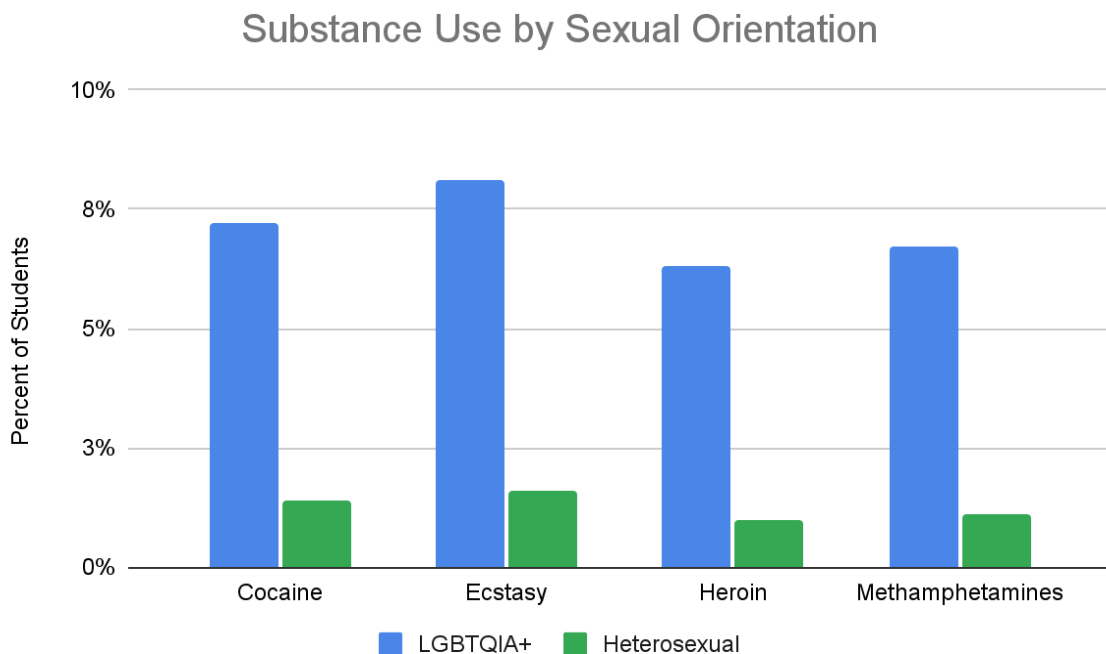


Sexual minority students reported higher rates suicidal and self-injury behaviors than heterosexual students.

- 14.8% of sexual minority students reported attempting suicide compared with 2.5% heterosexual students
- 34.6% of sexual minority students reported ever committing non-suicidal self-injury in the past 12 months compared with 7.9% heterosexual students

Sexual minority students reported less alcohol use, but higher drug use than heterosexual students.

- 25.8% of sexual minority students reported currently using alcohol compared with 32.5% heterosexual students
- Rates of binge drinking (having 5 or more drinks of alcohol in a row) were lower for sexual minority (16.8%) students compared with 25.2% heterosexual students
- Rates of current marijuana use was higher for sexual minority (19.1%) students than heterosexual (13.5%) students
- For prescription drug use, 7.2% of sexual minority students report currently taking prescription drugs in the last 30 days without a prescription compared with 4.1% of heterosexual students
- Sexual minority students reported higher cocaine use (7.2% versus 1.4%), ecstasy use (8.1% versus 1.6%), heroin use (6.3% versus 1.0%) and methamphetamines use (6.7% versus 1.1%) compared with heterosexual students



Similar rates of sexual minority and heterosexual students reported being currently sexually active (18.8% versus 15.6%). However, more sexual minority students reported not using a condom during their last sexual intercourse (60.4% versus 22.2%), having sex with four or more people in their life (36.4% versus 14.7%), and ever being tested for STDs (10.4% versus 5.3%) compared with heterosexual students.

## Extracurricular Involvement, Academic Performance, and Health Risk Behaviors

In this section, we examine patterns of extracurricular involvement and describe the relationship between extracurricular involvement, academic performance and health risk behaviors in the 2022 YRBSS data.

Extracurricular involvement was measured using a single item of how many sports teams the student played on in the past 12 months. Responses included “0 teams”, “1 team”, “2 teams” or “3 or more teams.” This item was dichotomized as “0” for playing on no sports teams and “1” for playing on 1 or more sports teams in the past 12 months.

It is notable that White students were more likely to participate in sports than students in other racial and ethnic groups. Forty percent of Hispanic MHS students, 35.0% of Black or African American, 31.0% of Asian American reported they did not play on any sports team in the last 12 months, compared with only 22.0% of White students.

Academic performance was measured using a single item about students’ academic grades in school over the last 12 months. Responses included “Mostly A’s”, “Mostly B’s”, “Mostly C’s”, “Mostly D’s”, “Mostly F’s”, “None of these grades” and “Not sure.” Grades were reduced into 3 categories: “Mostly A’s”, “Mostly B’s” and “Mostly C’s or lower grades.” Students who indicated “None of these grades” or “Not sure” were categorized as missing and removed from the analysis.

### Health Risk Behaviors and Extracurricular Involvement

Students at MHS generally played on at least one sports team (73.5%) in the last 12 months. In this section, a series of logistic regression models were used to examine whether there is a relationship between extracurricular involvement and health risk behaviors after controlling for demographic factors (gender, race/ethnicity, grade in school). Results suggest that students who participate in sports reported higher rates of alcohol, marijuana and electronic vape product use than students who did not participate in sports. There was no relationship between playing sports and prescription drug use.

There was no relationship between playing sports and depressive symptoms, anxiety, or being bullied on school property.

## Health Risk Behaviors and Academic Performance

Students at MHS generally reported strong academic grades, with 55.0% reporting they received “Mostly A’s”, 31.9% reporting they received “Mostly B’s” and 11.4% reporting they received “Mostly C’s” or lower grades. In this section, a series of logistic regression models were used to examine whether there is a relationship between academic performance and health risk behaviors after controlling for demographic factors (gender, race/ethnicity, grade in school). Results suggest that youth who earn “Mostly A’s” or “Mostly B’s” have lower rates of drug use (marijuana and vaping) than youth who earn “Mostly C’s” or lower grades. However, there is no relationship between academic grades and alcohol or prescription drug use.

Students earning “Mostly A’s” demonstrate lower rates of mental health challenges including fewer depressive symptoms than students who earn “Mostly C’s” or lower grades; however, there was no significant difference between students who earn “Mostly B’s” and students who earn “Mostly C’s” or lower grades on depressive symptoms. There is no relationship between academic grades and anxiety. Students earning “Mostly A’s” or “Mostly B’s” have lower rates of bullying on school property than students who earn “Mostly C’s” or lower grades.

## Tables

Table 1. YRBSS MHS 2022 Sample Description

	<i>n</i>	%
<b>Grade</b>		
9th grade	221	23.8
10th grade	267	28.8
11th grade	218	23.5
12th grade	219	23.6
Ungraded or other grade	2	0.2
<b>Age</b>		
13 years old	1	0.1
14 years old	76	8.1
15 years old	236	25.2
16 years old	253	27.0
17 years old	231	24.6
18 years old	133	14.2
19 years or older	8	0.9
<b>Gender</b>		
Female	446	47.9
Male	420	45.1
Transgender Male	8	0.9
Transgender Female	8	0.9
Nonconforming	36	3.9
Other	13	1.4
<b>Ethnicity</b>		
Hispanic or Latinx	80	8.6
Not Hispanic or Latinx	851	91.4
<b>Race</b>		
American Indian or Alaska Native	4	0.4

	<i>n</i>	%
Asian American	64	6.9
Black or African American	71	7.7
Caribbean Islands (Haiti, Puerto Rico, etc.)	29	3.1
White	609	65.7
Two or more races	125	13.5
Other	25	2.7

Table 2. YRBSS Results in Massachusetts 2019, MHS 2019, and MHS 2022

	MA 2019 Total	MHS 2019	MHS 2022	MA 2019 vs MHS 2022	MHS 2019 vs MHS 2022
<b>Violence and Bullying (Outside of School)</b>					
Carried a weapon in the last 30 days	10.0	2.4	4.4	*	*
Were in a physical fight in last 12 months	17.5	15.5	12.3	*	
Were electronically bullied in last 12 months	13.9	7.5	11.8		*
Ever seen someone physically attacked			11.2		
<b>Experiences with Racism and Discrimination</b>					
Were victim of bullying due to race or ethnicity in last 12 months			11.2		
Ever treated badly due sexual orientation			18.9		
Ever treated badly due race/ethnicity			34.2		
Ever treated badly due to race/ethnicity in school			25.1		
<b>Violence and Bullying (On School Property)</b>					
Were threatened or injured at school in last 12 months	4.5	1.8	3.3		
Were in a physical fight on school property in last 12 months	6.4	3.9	4.6	*	
Did not go to school because you felt unsafe in last 30 days	6.4	4.1	6.6		*
Were bullied on school property in last 12 months	16.3	8.5	9.1	*	
<b>Dating Violence and Sexual Assault</b>					
Were ever physically forced to have sex	10.0	4.9	4.1	*	
Experienced dating violence in last 12 months	6.9	4.2	3.0	*	
Experienced sexual dating violence in last 12 months	6.0	6.3	4.7		
Experienced sexual violence in last 12 months	9.8	6.5	8.9		
<b>Mental Health</b>					
Felt sad or hopeless almost everyday for at least 2 weeks during last 12 months	33.8	29.0	31.9		
Felt anxious almost everyday for at least 2 weeks during last 12 months		44.6	49.7		*
Have trouble concentrating due to physical/mental/emotional problem			42.1		
Poor mental health (at least sometimes) during past 30 days			59.4		
Poor mental health (at least sometimes) during COVID-19 pandemic			62.8		

	MA 2019 Total	MHS 2019	MHS 2022	MA 2019 vs MHS 2022	MHS 2019 vs MHS 2022
<b>Suicidal and Self Injury Behaviors</b>					
Seriously considered suicide in last 12 months	17.5	14.6	11.4	*	*
Made a plan to attempt suicide in last 12 months	14.8		9.9	*	
Attempted suicide in last 12 months	7.3	3.9	5.8		
Suicide attempt that resulted in treatment by doctor in last 12 months	2.6		2.5		
Ever committed non-suicidal self-injury in last 12 months			14.5		
<b>Who do you turn to for help when feeling sad or hopeless?</b>					
Sibling/cousin			29.6		
School staff			16.2		
Friend or peer			60.5		
Parent/Guardian			48.8		
Non-parental adult friend or relative			15.0		
Religious/faith leader			3.5		
No one to talk to			10.5		
<b>Cigarette Use</b>					
Currently smoke cigarettes at least 1 day during last 30 days	5.0	4.7	8.4	*	*
“Sort of easy” or “very easy” to get cigarettes			53.7		
<b>Alcohol Use</b>					
Currently drink alcohol at least 1 day during last 30 days	29.8	36.6	31.3		*
Currently drink alcohol at least 1 day on school property during last 30 days			3.6		
Had five or more drinks of alcohol in a row (within a couple of hours on at least 1 day during the 30 days before the survey)	15.0	23.5	23.4	*	
10 or more drinks in a row within a couple of hours during last 30 days			5.5		
Had first drink before age 13	12.0	9.1	6.6	*	
<b>Alcohol Access</b>					
“Sort of easy” or “very easy” to get alcohol			77.9		
Usually access alcohol by buying at a store during the last 30 days			7.5		

	MA 2019 Total	MHS 2019	MHS 2022	MA 2019 vs MHS 2022	MHS 2019 vs MHS 2022
Usually access alcohol by someone else buying during the last 30 days			7.8		
Usually access alcohol through someone under 21 during the last 30 days			5.9		
Drank alcohol at a friend's home in the last 30 days			8.2		
Drank alcohol at a park, woods, or other outdoor site in the last 30 days			14.6		
<b>Marijuana Use and Access</b>					
Ever used marijuana (one or more times during their life)	41.9	34.7	26.7	*	*
Currently used marijuana at least 1 day during last 30 days	26.0	21.2	15.2	*	*
Currently used marijuana at least 1 day on school property during last 30 days			4.7		
Usually got marijuana from friends in last 30 days			6.9		
Usually smoked marijuana in a joint, pipe, bong or dab during the last 30 days			6.3		
"Sort of easy" or "very easy" to get marijuana			54.2		
First tried marijuana before age 13	4.0	2.9	2.7		
Ever used fake marijuana	7.5	6.1	6.3		
<b>Prescription Drug Use</b>					
Offered/sold/given illegal drugs on school property in last 12 months	21.8		5.8	*	
Ever took prescription drugs without a doctor's prescription		12.1	10.4		
Currently taking prescription drugs without a doctor's prescription in last 30 days			4.9		
"Sort of easy" or "very easy" to get prescription drugs			14.5		
<b>Other Substance Use</b>					
Ever used cocaine	3.7	1.5	3.0		*
Ever used ecstasy	3.4	1.7	3.3		*
Every used heroin	1.9	0.7	2.3		*
Ever used methamphetamines	2.2	0.6	2.6		*
<b>Vaping</b>					
Ever used electronic vapor product	50.7	48.4	26.1	*	*
Used electronic vaping product in the last 30 days	32.2	28.7	16.7	*	*
Used disposable vapor product in the last 30 days			14.8		



	MA 2019 Total	MHS 2019	MHS 2022	MA 2019 vs MHS 2022	MHS 2019 vs MHS 2022
Used vape product that uses pre-filled pods or cartridges in the last 30 days			5.5		
Usually got electronic vaping products by buying them in a store in the last 30 days		13.0	3.9		*
Usually got electronic vaping products through a friend in the last 30 days			5.9		
<b>Substance-Related Risk Behaviors</b>					
Drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)	23.4	27.5	27.3		
Rode with a driver who had been drinking alcohol in last 30 days	15.4	9.2	10.1	*	
Drove when drinking alcohol in last 30 days	5.1	2.8	3.2	*	
Rode with a driver who had been smoking marijuana in last 30 days		14.9	11.4		*
Drove when using drugs in last 30 days			3.4		
<b>Sexual Behaviors</b>					
Ever had sexual intercourse	36.9	26.4	25.4	*	
Currently sexually active (sexual intercourse with at least one person during the 3 months before the survey)	26.9	20.1	16.4	*	*
Did not use a condom during last sexual intercourse (among students who were currently sexually active)	48.6‡	27.6	33.0	*	
Did not use any method to prevent pregnancy (during last sexual intercourse among students who were currently sexually active)	12.6‡	4.3	10.6		*
Ever had sex with 4 or more persons during life	7.8		4.8	*	
Ever tested for STD other than HIV			6.6		
Ever had sex education in school			81.7		
Ever taught in school how to use a condom			44.6		
First had sex before age 13	2.5	1.2	2.9		*
<b>Perceptions of Social Norms</b>					
Student perspective of average percent of students in grade drank alcohol in last 30 days			52.9		
Student perspective of average percent of students in grade using vape products in last 30 days			45.5		

	MA 2019 Total	MHS 2019	MHS 2022	MA 2019 vs MHS 2022	MHS 2019 vs MHS 2022
Student perspective of average percent of students in grade used marijuana in last 30 days			32.8		
Student perspective of average percent of students in grade used prescription drugs in last 30 days			15.5		
<b>Other Health Behaviors and Outcomes</b>					
Texted while driving in the last 30 days	38.4	22.2	23.2	*	
Did not drink 100% fruit juices in last 7 days	7.4		32.0	*	
Did not eat fruit in the last 7 days		5.6	6.0		
Did not drink milk in the last 7 days	32.1		40.2	*	
Did not eat breakfast in the last 7 days	69.2	9.8	11.5	*	
Drank soda in the last 7 days	65.3	56.6	52.9	*	
Did not eat vegetables in the last 7 days	8.6	6.8	4.7	*	
Did not go to Physical Education (PE) in the last 5 school days	77.2	12.5	19.0	*	*
Was not physically active in last 7 days	78.3	11.9	8.5	*	*
Did not play on at least one sports team		73.6	26.5		*
Play video games or use computer for 3 or more hours/day on average school day		38.2	73.0		*
Did not get 8 or more hours of sleep on average for school nights	80.3		65.5	*	
Describe weight as slightly/very overweight	32.8		20.6	*	
Were not trying to lose weight	54.2		61.2	*	
Has long-term (6 months or longer) learning disability			13.4		
Has physical disability or long-term (6 months or longer) health problem			9.8		
<b>Relations with Adults</b>					
"Strongly agree" or "agree" that your parents or other adults in your family have clear rules and consequences for your behavior?			84.0		
"Strongly agree" or "agree" that your school has clear rules and consequences for your behavior?			84.8		
Do you have at least 1 school staff adult can talk to?			67.6		
Do you have at least 1 parent/other adult family member you can talk to?			82.8		
"Most of the time" or "Always" had an adult in life who made sure basic needs met			91.5		

	MA 2019 Total	MHS 2019	MHS 2022	MA 2019 vs MHS 2022	MHS 2019 vs MHS 2022
Ever had parent/other home adult physical violence during COVID-19 pandemic			12.6		
<b>Challenging Living Experiences</b>					
Ever lived with someone with drug/alcohol problem			18.9		
Ever lived with someone who was depressed/mentally ill/suicidal			30.1		
<b>Perceptions of Risk (% of students who perceive risk as "moderate" or "great")</b>					
Risk if have five or more drinks of alcohol once or twice a week?			65.8		
Risk if smoke one or more packs of cigarettes per day?			79.5		
Risk if use vape products once or twice a week?			54.0		
Risk if smoke marijuana once or twice a week?			44.8		
Risk if use prescription drugs that are not prescribed to them?			87.2		
<b>Perceptions of Parental Disapproval of Alcohol/Drug Use</b>					
My parents would think it is "wrong" or "very wrong" if I drank alcohol nearly every day			92.8		
My parents would think it is "wrong" or "very wrong" if I smoked tobacco			95.6		
My parents would think it is "wrong" or "very wrong" if I used a vape product			94.0		
My parents would think it is "wrong" or "very wrong" if I smoked marijuana			91.0		
My parents would think it is "wrong" or "very wrong" if I used prescription drugs not prescribed to me			95.7		
<b>Perceptions of Peer Disapproval of Alcohol/Drug Use</b>					
My peers would think it is "wrong" or "very wrong" if I have one or two drinks of alcohol nearly every day			75.6		
My peers would think it is "wrong" or "very wrong" if I smoke tobacco			70.9		
My peers would think it is "wrong" or "very wrong" if I use a vape product			58.4		
My peers would think it is "wrong" or "very wrong" if I smoke marijuana			53.1		

	MA 2019 Total	MHS 2019	MHS 2022	MA 2019 vs MHS 2022	MHS 2019 vs MHS 2022
My peers would think it is "wrong" or "very wrong" if I use prescription drugs not prescribed to me			90.5		
<b>Social Media Use (Percent of Students who Ever Used):</b>					
YouTube			96.0		
Facebook			23.5		
Snapchat			82.9		
Instagram			88.6		
Twitter			49.5		
LinkedIn			6.0		
Pinterest			44.8		
Reddit			25.6		
Tumblr			9.0		
TikTok			82.0		
<b>NOTE:</b> Asterisks indicate statistically significant differences					

Table 3. YRBSS Results in Massachusetts 2019 and MHS 2022 by Gender

	MA 2019 Females	MA 2019 Males	MHS 22 Females	MHS 22 Males
<b>Violence and Bullying (Outside of School)</b>				
Carried a weapon in the last 30 days	4.6	14.7	1.1	5.3
Were in a physical fight in last 12 months	11.3	23.0	4.1	17.5
Were electronically bullied in last 12 months	16.7	10.7	10.3	9.9
Ever seen someone physically attacked			7.2	12.9
<b>Experiences with Racism and Discrimination</b>				
Were victim of bullying due to race or ethnicity in last 12 months			7.3	12.0
Ever treated badly due sexual orientation			17.3	12.4
Ever treated badly due race/ethnicity			32.6	32.2
Ever treated badly due to race/ethnicity in school			24.2	23.4
<b>Violence and Bullying (On School Property)</b>				
Were threatened or injured at school in last 12 months	2.9	5.5	0.9	4.1
Were in a physical fight on school property in last 12 months	3.5	8.8	0.9	6.2
Did not go to school because you felt unsafe in last 30 days	7.3	4.8	6.5	3.8
Were bullied on school property in last 12 months	17.4	14.6	8.0	6.8
<b>Dating Violence and Sexual Assault</b>				
Were ever physically forced to have sex	11.3	8.2	3.6	2.1
Experienced dating violence in last 12 months	6.3	6.7	1.8	2.1
Experienced sexual dating violence in last 12 months	8.3	3.6	5.4	2.4
Experienced sexual violence in last 12 months	13.6	5.8	10.0	5.5
<b>Mental Health</b>				
Felt sad or hopeless almost everyday for at least 2 weeks during last 12 months	41.1	26.4	38.2	19.9
Felt anxious almost everyday for at least 2 weeks during last 12 months			62.3	32.0
Have trouble concentrating due to physical/mental/emotional problem			51.9	26.8
Poor mental health (at least sometimes) during past 30 days			72.2	42.7
Poor mental health (at least sometimes) during COVID-19 pandemic			76.3	46.9

	MA 2019 Females	MA 2019 Males	MHS 22 Females	MHS 22 Males
<b>Suicidal and Self Injury Behaviors</b>				
Seriously considered suicide in last 12 months	19.2	15.4	12.0	6.4
Made a plan to attempt suicide in last 12 months	15.0	13.5	8.9	6.9
Attempted suicide in last 12 months	7.8	6.5	4.4	3.2
Suicide attempt that resulted in treatment by doctor in last 12 months	3.0	2.2	1.2	2.0
Ever committed non-suicidal self-injury in last 12 months			15.1	7.8
<b>Who do you turn to for help when feeling sad or hopeless?</b>				
Sibling/cousin			32.7	27.9
School staff			18.5	14.1
Friend or peer			68.7	53.3
Parent/Guardian			50.0	50.0
Non-parental adult friend or relative			13.5	15.3
Religious/faith leader			1.2	4.8
No one to talk to			10.2	9.0
<b>Cigarette Use</b>				
Currently smoke cigarettes at least 1 day during last 30 days	4.5	5.2	6.5	9.2
“Sort of easy” or “very easy” to get cigarettes			52.6	56.6
<b>Alcohol Use</b>				
Currently drink alcohol at least 1 day during last 30 days	30.6	28.8	33.3	30.3
Currently drink alcohol at least 1 day on school property during last 30 days			1.7	4.0
Had five or more drinks of alcohol in a row (within a couple of hours on at least 1 day during the 30 days before the survey)	14.9	15.1	23.8	23.4
10 or more drinks in a row within a couple of hours during last 30 days			0.2	10.0
Had first drink before age 13	9.9	13.5	4.6	5.8
<b>Alcohol Access</b>				
“Sort of easy” or “very easy” to get alcohol			80.5	77.0
Usually access alcohol by buying at a store during the last 30 days			5.0	10.8
Usually access alcohol by someone else buying during the last 30 days			10.5	6.0

	MA 2019 Females	MA 2019 Males	MHS 22 Females	MHS 22 Males
Usually access alcohol through someone under 21 during the last 30 days			8.6	3.5
Drank alcohol at a friend's home in the last 30 days			10.0	7.1
Drank alcohol at a park, woods, or other outdoor site in the last 30 days			16.4	13.6
<b>Marijuana Use and Access</b>				
Ever used marijuana (one or more times during their life)	41.7	41.7	24.9	28.4
Currently used marijuana at least 1 day during last 30 days	25.1	26.8	12.0	17.5
Currently used marijuana at least 1 day on school property during last 30 days			2.4	5.8
Usually got marijuana from friends in last 30 days			8.8	5.1
Usually smoked marijuana in a joint, pipe, bong or dab during the last 30 days			4.8	7.4
"Sort of easy" or "very easy" to get marijuana			54.6	55.5
First tried marijuana before age 13	2.6	5.1	0.9	2.8
Ever used fake marijuana	7.3	7.5	3.8	7.9
<b>Prescription Drug Use</b>				
Offered/sold/given illegal drugs on school property in last 12 months	20.6	23.0	4.6	5.6
Ever took prescription drugs without a doctor's prescription			6.7	10.7
Currently taking prescription drugs without a doctor's prescription in last 30 days			2.6	5.1
"Sort of easy" or "very easy" to get prescription drugs			12.4	14.6
<b>Other Substance Use</b>				
Ever used cocaine	2.4	4.8	0.5	3.1
Ever used ecstasy	2.8	3.7	1.0	3.3
Ever used heroin	1.1	2.4	0.5	2.3
Ever used methamphetamines	1.0	2.7	0.7	2.3
<b>Vaping</b>				
Ever used electronic vapor product	50.7	50.4	26.1	26.4
Used electronic vaping product in the last 30 days	32.2	31.9	17.6	15.6
Used disposable vapor product in the last 30 days			16.3	13.4
Used vape product that uses pre-filled pods or cartridges in the last 30 days			3.3	6.7

	MA 2019 Females	MA 2019 Males	MHS 22 Females	MHS 22 Males
Usually got electronic vaping products by buying them in a store in the last 30 days			3.8	4.5
Usually got electronic vaping products through a friend in the last 30 days			7.1	5.5
<b>Substance-Related Risk Behaviors</b>				
Drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)	17.7	29.5	18.3	33.3
Rode with a driver who had been drinking alcohol in last 30 days	14.3	15.7	8.6	10.8
Drove when drinking alcohol in last 30 days	2.4	7.1	1.1	3.8
Rode with a driver who had been smoking marijuana in last 30 days			8.8	13.4
Drove when using drugs in last 30 days			1.4	4.3
<b>Sexual Behaviors</b>				
Ever had sexual intercourse	36.2	37.5	21.3	27.9
Currently sexually active (sexual intercourse with at least one person during the 3 months before the survey)	27.3	26.3	14.8	16.3
Did not use a condom during last sexual intercourse (among students who were currently sexually active)	55.5‡	40.9‡	30.0	25.6
Did not use any method to prevent pregnancy (during last sexual intercourse among students who were currently sexually active)	9.7‡	15.6‡	6.5	7.7
Ever had sex with 4 or more persons during life	6.3	9.3	2.9	4.8
Ever tested for STD other than HIV			5.8	5.1
Ever had sex education in school			77.4	87.5
Ever taught in school how to use a condom			44.6	47.0
First had sex before age 13	1.0	3.9	0.5	3.7
<b>Perceptions of Social Norms</b>				
Student perspective of average percent of students in grade drank alcohol in last 30 days			59.1	48.3
Student perspective of average percent of students in grade using vape products in last 30 days			51.4	40.0
Student perspective of average percent of students in grade used marijuana in last 30 days			35.9	29.2
Student perspective of average percent of students in grade used prescription drugs in last 30 days			14.8	13.9



	MA 2019 Females	MA 2019 Males	MHS 22 Females	MHS 22 Males
<b>Other Health Behaviors and Outcomes</b>				
Texted while driving in the last 30 days	36.9	39.4	25.3	22.0
Did not drink 100% fruit juices in last 7 days	5.4	9.4	38.4	27.0
Did not eat fruit in the last 7 days			4.7	7.8
Did not drink milk in the last 7 days	40.0	23.8	53.1	27.1
Did not eat breakfast in the last 7 days	69.1	68.8	11.4	10.9
Drank soda in the last 7 days	62.4	68.0	48.6	55.9
Did not eat vegetables in the last 7 days	5.3	12.0	3.0	6.7
Did not go to Physical Education (PE) in the last 5 school days	77.6	76.9	21.1	17.3
Was not physically active in last 7 days	83.8	72.7	10.8	5.9
Did not play on at least one sports team			26.4	22.8
Play video games or use computer for 3 or more hours/day on average school day			74.9	70.1
Did not get 8 or more hours of sleep on average for school nights	82.0	78.4	76.1	71.8
Describe weight as slightly/very overweight	37.4	28.4	24.6	16.4
Were not trying to lose weight	42.6	65.9	44.8	76.4
Has long-term (6 months or longer) learning disability			9.1	16.0
Has physical disability or long-term (6 months or longer) health problem			9.1	8.9
<b>Relations with Adults</b>				
"Strongly agree" or "agree" that your parents or other adults in your family have clear rules and consequences for your behavior?			83.4	86.4
"Strongly agree" or "agree" that your school has clear rules and consequences for your behavior?			87.2	83.4
Do you have at least 1 school staff adult can talk to?			66.4	70.7
Do you have at least 1 parent/other adult family member you can talk to?			84.1	86.7
"Most of the time" or "Always" had an adult in life who made sure basic needs met			93.7	90.5
Ever had parent/other home adult physical violence during COVID-19 pandemic			11.1	11.4
<b>Challenging Living Experiences</b>				
Ever lived with someone with drug/alcohol problem			19.3	17.3

	MA 2019 Females	MA 2019 Males	MHS 22 Females	MHS 22 Males
Ever lived with someone who was depressed/mentally ill/suicidal			35.3	20.1
<b>Perceptions of Risk (% of students who perceive risk as "moderate" or "great")</b>				
Risk if have five or more drinks of alcohol once or twice a week?			72.3	57.2
Risk if smoke one or more packs of cigarettes per day?			83.7	73.9
Risk if use vape products once or twice a week?			57.6	49.5
Risk if smoke marijuana once or twice a week?			52.7	35.9
Risk if use prescription drugs that are not prescribed to them?			91.3	82.7
<b>Perceptions of Parental Disapproval of Alcohol/Drug Use</b>				
My parents would think it is "wrong" or "very wrong" if I drank alcohol nearly every day			94.2	92.3
My parents would think it is "wrong" or "very wrong" if I smoked tobacco			97.7	94.8
My parents would think it is "wrong" or "very wrong" if I used a vape product			95.9	93.6
My parents would think it is "wrong" or "very wrong" if I smoked marijuana			93.4	90.1
My parents would think it is "wrong" or "very wrong" if I used prescription drugs not prescribed to me			96.4	96.3
<b>Perceptions of Peer Disapproval of Alcohol/Drug Use</b>				
My peers would think it is "wrong" or "very wrong" if I have one or two drinks of alcohol nearly every day			80.9	70.6
My peers would think it is "wrong" or "very wrong" if I smoke tobacco			73.4	67.6
My peers would think it is "wrong" or "very wrong" if I use a vape product			57.7	59.7
My peers would think it is "wrong" or "very wrong" if I smoke marijuana			55.5	51.2

	MA 2019 Females	MA 2019 Males	MHS 22 Females	MHS 22 Males
My peers would think it is "wrong" or "very wrong" if I use prescription drugs not prescribed to me			94.0	88.2
<b>Social Media Use (Percent of Students who Ever Used):</b>				
YouTube			94.5	97.5
Facebook			28.5	18.7
Snapchat			87.5	81.5
Instagram			93.0	84.7
Twitter			41.0	56.6
LinkedIn			4.1	7.5
Pinterest			71.1	11.3
Reddit			12.2	36.1
Tumblr			8.4	5.1
TikTok			87.8	76.5

Table 4. YRBSS Results in Massachusetts 2019 and MHS 2022 by Race/Ethnicity

	MA 2019 AI	MA 2019 Asian	MA 2019 Black	MA 2019 Hispanic	MA 2019 NHWOPi	MA 2019 White	MA 2019 Multiracial	MHS 22 White	MHS 22 Black	MHS 22 Hispanic	MHS 22 Asian	MHS 22 Other Race
<b>Violence and Bullying (Outside of School)</b>												
Carried a weapon in the last 30 days		2.9	7.8	10.4		11.4		3.1	9.0	7.7	0.0	7.3
Were in a physical fight in last 12 months		6.1	23.4	20.8		16.4		10.5	15.2	15.4	4.8	20.2
Were electronically bullied in last 12 months		8.8	6.8	14.8		15.2		12.7	4.5	9.2	11.1	12.4
Ever seen someone physically attacked								9.0	26.5	15.6	0.0	15.3
<b>Experiences with Racism and Discrimination</b>												
Were victim of bullying due to race or ethnicity in last 12 months								3.8	21.2	23.7	23.8	24.8
Ever treated badly due sexual orientation								19.3	18.8	19.5	11.1	21.0
Ever treated badly due race/ethnicity								15.3	65.6	61.0	77.8	65.5
Ever treated badly due to race/ethnicity in school								8.9	56.9	50.6	55.6	52.5
<b>Violence and Bullying (On School Property)</b>												
Were threatened or injured at school in last 12 months		1.9	5.7	7.4		3.2		2.7	4.5	3.8	0.0	6.5
Were in a physical fight on school property in last 12 months		2.5	11.6	11.7		4.3		2.4	5.9	11.5	0.0	11.4
Did not go to school because you felt unsafe in last 30 days		5.2	7.6	11.7		4.7		5.3	10.4	12.8	4.8	6.5
Were bullied on school property in last 12 months		10.9	13.0	18.6		16.6		8.9	12.3	6.6	4.8	11.6

	MA 2019 AI	MA 2019 Asian	MA 2019 Black	MA 2019 Hispanic	MA 2019 NHWOPi	MA 2019 White	MA 2019 Multiracial	MHS 22 White	MHS 22 Black	MHS 22 Hispanic	MHS 22 Asian	MHS 22 Other Race
<b>Dating Violence and Sexual Assault</b>												
Were ever physically forced to have sex		7.9	9.4	14.6		8.6		3.1	5.9	3.8	1.6	8.1
Experienced dating violence in last 12 months			5.0	10.1		6.0		1.4	7.4	6.4	1.6	5.6
Experienced sexual dating violence in last 12 months			4.5	9.2		4.9		3.4	7.5	9.1	1.6	6.5
Experienced sexual violence in last 12 months			8.8	12.8		9.4		8.0	10.3	10.4	6.3	10.7
<b>Mental Health</b>												
Felt sad or hopeless almost everyday for at least 2 weeks during last 12 months		33.8	27.9	40.9		32.8		28.4	33.3	45.5	36.1	36.1
Felt anxious almost everyday for at least 2 weeks during last 12 months								46.4	54.0	62.3	52.5	50.4
Have trouble concentrating due to physical/mental/emotional problem								40.2	43.1	50.0	42.1	45.6
Poor mental health (at least sometimes) during past 30 days								58.9	62.5	61.4	70.7	57.3
Poor mental health (at least sometimes) during COVID-19 pandemic								61.8	59.3	65.2	63.8	68.3
<b>Suicidal and Self Injury Behaviors</b>												
Seriously considered suicide in last 12 months		19.1	22.0	17.8		16.7		10.0	14.3	12.0	18.0	11.8
Made a plan to attempt suicide in last 12 months		15.0	11.6	16.7		14.2		7.2	11.3	15.8	18.0	12.7

	MA 2019 AI	MA 2019 Asian	MA 2019 Black	MA 2019 Hispanic	MA 2019 NHWOPi	MA 2019 White	MA 2019 Multiracial	MHS 22 White	MHS 22 Black	MHS 22 Hispanic	MHS 22 Asian	MHS 22 Other Race
Attempted suicide in last 12 months		10.9	6.3	10.8		5.7		3.7	13.1	9.1	4.9	9.2
Suicide attempt that resulted in treatment by doctor in last 12 months		1.3	2.2	5.3		2.0		1.4	6.3	5.2	1.6	3.4
Ever committed non-suicidal self-injury in last 12 months								14.1	16.9	13.2	15.9	13.4
<b>Who do you turn to for help when feeling sad or hopeless?</b>												
Sibling/cousin								30.2	37.1	32.0	31.1	21.6
School staff								16.8	17.7	14.7	14.8	15.5
Friend or peer								64.3	41.9	54.7	63.9	57.8
Parent/Guardian								53.8	32.3	41.3	34.4	46.6
Non-parental adult friend or relative								13.6	14.5	16.0	24.6	15.5
Religious/faith leader								3.0	4.8	6.7	1.6	2.6
No one to talk to								6.6	19.4	20.0	13.1	14.7
<b>Cigarette Use</b>												
Currently smoke cigarettes at least 1 day during last 30 days		4.8	1.4	3.9		5.9		9.4	4.8	8.2	1.7	7.8
“Sort of easy” or “very easy” to get cigarettes								56.3	45.6	54.3	42.9	50.5
<b>Alcohol Use</b>												
Currently drink alcohol at least 1 day during last 30 days		18.9	24.8	29.3		32.0		38.3	12.9	20.0	4.9	29.6
Currently drink alcohol at least 1 day on school property during last 30 days								2.7	6.5	2.7	3.3	6.0

	MA 2019 AI	MA 2019 Asian	MA 2019 Black	MA 2019 Hispanic	MA 2019 NHWOPi	MA 2019 White	MA 2019 Multiracial	MHS 22 White	MHS 22 Black	MHS 22 Hispanic	MHS 22 Asian	MHS 22 Other Race
Had five or more drinks of alcohol in a row (within a couple of hours on at least 1 day during the 30 days before the survey)		5.3	9.6	14.4		17.4		29.9	6.6	14.7	3.3	17.1
10 or more drinks in a row within a couple of hours during last 30 days								6.0	3.3	2.7	1.7	6.9
Had first drink before age 13		8.2	18.6	14.4		10.8		4.8	8.5	12.0	3.4	9.4
<b>Alcohol Access</b>												
“Sort of easy” or “very easy” to get alcohol								82.5	59.6	74.3	73.2	69.4
Usually access alcohol by buying at a store during the last 30 days								9.5	3.3	2.7	1.7	7.0
Usually access alcohol by someone else buying during the last 30 days								10.7	0.0	5.3	0.0	4.3
Usually access alcohol through someone under 21 during the last 30 days								8.0	1.6	0.0	1.7	3.5
Drank alcohol at a friend's home in the last 30 days								11.2	0.0	4.1	1.7	5.2
Drank alcohol at a park, woods, or other outdoor site in the last 30 days								18.2	6.6	5.4	3.3	12.2
<b>Marijuana Use and Access</b>												
Ever used marijuana (one or more times during their life)			41.9	45.2		42.0		29.7	24.2	17.6	9.8	29.9
Currently used marijuana at least 1 day during last 30 days		10.9	20.4	27.4		27.8		15.2	15.9	13.5	4.9	21.6
Currently used marijuana at least 1 day on school property during last 30 days								3.2	9.5	5.4	1.6	9.5

	MA 2019 AI	MA 2019 Asian	MA 2019 Black	MA 2019 Hispanic	MA 2019 NHWOPi	MA 2019 White	MA 2019 Multiracial	MHS 22 White	MHS 22 Black	MHS 22 Hispanic	MHS 22 Asian	MHS 22 Other Race
Usually got marijuana from friends in last 30 days								8.8	1.6	4.1	1.7	6.0
Usually smoked marijuana in a joint, pipe, bong or dab during the last 30 days								6.6	1.7	6.8	0.0	10.4
“Sort of easy” or “very easy” to get marijuana								55.3	49.1	53.6	39.3	62.0
First tried marijuana before age 13		1.1	7.2	5.7		3.2		1.6	3.2	2.7	0.0	8.6
Ever used fake marijuana		2.7	7.3	6.1		8.0		6.6	3.2	5.4	1.6	8.6
<b>Prescription Drug Use</b>												
Offered/sold/given illegal drugs on school property in last 12 months		17.8	20.4	26.4		20.5		5.1	8.1	9.7	5.0	6.1
Ever took prescription drugs without a doctor's prescription								7.4	19.4	18.9	8.3	12.3
Currently taking prescription drugs without a doctor's prescription in last 30 days								2.9	11.3	9.5	3.3	7.8
“Sort of easy” or “very easy” to get prescription drugs								11.9	15.8	15.7	14.0	24.8
<b>Other Substance Use</b>												
Ever used cocaine			5.6	5.1		3.3		2.5	3.3	4.1	0.0	4.4
Ever used ecstasy			3.5	3.3		3.5		2.2	4.8	4.1	1.7	7.0
Ever used heroin		0.0	3.2	3.2		1.5		1.5	4.8	2.8	0.0	4.3
Ever used methamphetamines		0.6	3.3	2.5		2.0		1.6	4.8	5.5	0.0	4.3
<b>Vaping</b>												
Ever used electronic vapor product			39.5	50.0		52.7		27.7	23.4	26.0	9.8	29.3



	MA 2019 AI	MA 2019 Asian	MA 2019 Black	MA 2019 Hispanic	MA 2019 NHWOPI	MA 2019 White	MA 2019 Multiracial	MHS 22 White	MHS 22 Black	MHS 22 Hispanic	MHS 22 Asian	MHS 22 Other Race
Used electronic vaping product in the last 30 days		16.1	20.6	28.9		36.3		17.5	14.1	14.3	8.2	20.3
Used disposable vapor product in the last 30 days								16.3	9.5	9.1	8.3	18.1
Used vape product that uses pre-filled pods or cartridges in the last 30 days								5.8	3.2	2.6	1.7	7.8
Usually got electronic vaping products by buying them in a store in the last 30 days								3.9	3.2	3.9	5.0	4.3
Usually got electronic vaping products through a friend in the last 30 days								7.6	3.2	1.3	1.7	5.1
<b>Substance-Related Risk Behaviors</b>												
Drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)				21.6		25.2		28.6	37.5	35.3	0.0	18.8
Rode with a driver who had been drinking alcohol in last 30 days		14.3	17.5	16.2		14.4		10.7	10.3	7.8	3.2	10.5
Drove when drinking alcohol in last 30 days				6.6		4.1		2.5	2.9	5.1	1.6	4.8
Rode with a driver who had been smoking marijuana in last 30 days								10.4	14.7	10.3	3.2	19.5
Drove when using drugs in last 30 days								2.2	1.5	7.7	1.6	8.1
<b>Sexual Behaviors</b>												
Ever had sexual intercourse		19.1	33.8	45.8		35.9		26.3	16.9	25.7	6.8	33.9
Currently sexually active (sexual intercourse with at least one person during the 3 months before the survey)		10.8	20.5	33.1		26.9		18.6	5.2	12.9	5.1	18.7

	MA 2019 AI	MA 2019 Asian	MA 2019 Black	MA 2019 Hispanic	MA 2019 NHWOPi	MA 2019 White	MA 2019 Multiracial	MHS 22 White	MHS 22 Black	MHS 22 Hispanic	MHS 22 Asian	MHS 22 Other Race
Did not use a condom during last sexual intercourse (among students who were currently sexually active)				61.0‡		43.2‡		29.8	71.4	13.3	25.0	45.7
Did not use any method to prevent pregnancy (during last sexual intercourse among students who were currently sexually active)				23.3‡		8.6‡		6.5	10.0	7.1	0.0	30.3
Ever had sex with 4 or more persons during life		2.1	8.6	9.5		7.6		4.3	5.2	2.9	0.0	10.2
Ever tested for STD other than HIV								6.6	3.4	7.1	0.0	11.5
Ever had sex education in school								80.7	81.7	87.1	81.0	84.5
Ever taught in school how to use a condom								43.2	53.3	45.7	46.6	46.6
First had sex before age 13		1.4	5.9	5.3		1.3		2.4	8.5	1.4	0.0	3.7
<b>Perceptions of Social Norms</b>												
Student perspective of average percent of students in grade drank alcohol in last 30 days								55.6	39.4	49.1	45.1	54.8
Student perspective of average percent of students in grade using vape products in last 30 days								45.0	39.4	49.2	41.0	52.0
Student perspective of average percent of students in grade used marijuana in last 30 days								31.9	34.0	34.8	25.7	40.2

	MA 2019 AI	MA 2019 Asian	MA 2019 Black	MA 2019 Hispanic	MA 2019 NHWOPi	MA 2019 White	MA 2019 Multiracial	MHS 22 White	MHS 22 Black	MHS 22 Hispanic	MHS 22 Asian	MHS 22 Other Race
Student perspective of average percent of students in grade used prescription drugs in last 30 days								12.8	23.6	19.5	14.2	21.2
<b>Other Health Behaviors and Outcomes</b>												
Texted while driving in the last 30 days				30.7		41.0		27.8	10.3	12.8	12.7	21.0
Did not drink 100% fruit juices in last 7 days		7.5	11.0	7.7		6.3		33.1	29.5	28.6	39.0	27.3
Did not eat fruit in the last 7 days								4.9	13.3	4.3	5.1	10.2
Did not drink milk in the last 7 days		35.0	35.0	29.5		32.9		39.2	40.0	44.3	40.7	43.4
Did not eat breakfast in the last 7 days		66.9	72.4	71.2		67.2		10.5	18.0	11.4	20.3	9.2
Drank soda in the last 7 days		54.1	66.6	72.4		64.4		51.6	58.3	55.7	43.1	60.7
Did not eat vegetables in the last 7 days		0.9	17.2	11.4		7.0		4.7	8.2	1.4	3.4	5.5
Did not go to Physical Education (PE) in the last 5 school days		76.5	80.3	73.2		77.3		17.4	29.5	22.9	16.9	19.0
Was not physically active in last 7 days		85.3	86.5	82.2		74.7		6.2	23.3	8.7	11.9	8.5
Did not play on at least one sports team								22.0	35.0	40.0	31.0	35.2
Play video games or use computer for 3 or more hours/day on average school day								70.2	69.5	82.9	81.4	79.4
Did not get 8 or more hours of sleep on average for school nights		80.7	81.9	78.6		80.1		71.1	76.7	82.9	80.7	80.4
Describe weight as slightly/very overweight			32.7	37.3		31.8		20.0	30.0	22.5	22.0	16.5
Were not trying to lose weight		57.3	59.1	52.4		53.6		61.0	62.3	61.4	55.9	63.3
Has long-term (6 months or longer) learning disability								14.8	10.3	14.3	5.2	12.6

	MA 2019 AI	MA 2019 Asian	MA 2019 Black	MA 2019 Hispanic	MA 2019 NHWOPi	MA 2019 White	MA 2019 Multiracial	MHS 22 White	MHS 22 Black	MHS 22 Hispanic	MHS 22 Asian	MHS 22 Other Race
Has physical disability or long-term (6 months or longer) health problem								10.0	10.2	8.6	6.9	11.7
<b>Relations with Adults</b>												
"Strongly agree" or "agree" that your parents or other adults in your family have clear rules and consequences for your behavior?								85.6	74.1	81.4	82.8	83.5
"Strongly agree" or "agree" that your school has clear rules and consequences for your behavior?								84.5	82.8	87.0	87.9	84.5
Do you have at least 1 school staff adult can talk to?								71.9	62.7	62.9	58.6	57.8
Do you have at least 1 parent/other adult family member you can talk to?								86.7	70.2	77.1	65.5	83.5
"Most of the time" or "Always" had an adult in life who made sure basic needs met								92.8	81.4	92.8	87.7	93.2
Ever had parent/other home adult physical violence during COVID-19 pandemic								10.1	15.5	23.2	12.5	16.2
<b>Challenging Living Experiences</b>												
Ever lived with someone with drug/alcohol problem								20.9	16.7	16.2	10.3	16.5

	MA 2019 AI	MA 2019 Asian	MA 2019 Black	MA 2019 Hispanic	MA 2019 NHWOPi	MA 2019 White	MA 2019 Multiracial	MHS 22 White	MHS 22 Black	MHS 22 Hispanic	MHS 22 Asian	MHS 22 Other Race
Ever lived with someone who was depressed/mentally ill/suicidal								30.5	30.0	32.4	22.4	33.0
<b>Perceptions of Risk (% of students who perceive risk as "moderate" or "great")</b>												
Risk if have five or more drinks of alcohol once or twice a week?								61.6	69.0	72.2	83.1	71.7
Risk if smoke one or more packs of cigarettes per day?								78.8	69.0	76.4	88.1	86.0
Risk if use vape products once or twice a week?								51.0	62.1	56.9	67.8	57.0
Risk if smoke marijuana once or twice a week?								42.6	53.4	52.8	55.9	40.2
Risk if use prescription drugs that are not prescribed to them?								89.3	69.0	88.9	89.8	85.8
<b>Perceptions of Parental Disapproval of Alcohol/Drug Use</b>												
My parents would think it is "wrong" or "very wrong" if I drank alcohol nearly every day								93.3	90.6	95.7	89.7	91.9
My parents would think it is "wrong" or "very wrong" if I smoked tobacco								96.4	92.3	97.1	96.6	93.0
My parents would think it is "wrong" or "very wrong" if I used a vape product								95.3	90.6	91.2	93.0	93.0
My parents would think it is "wrong" or "very wrong" if I smoked marijuana								91.5	86.5	92.8	94.7	88.2

	MA 2019 AI	MA 2019 Asian	MA 2019 Black	MA 2019 Hispanic	MA 2019 NHWOPI	MA 2019 White	MA 2019 Multiracial	MHS 22 White	MHS 22 Black	MHS 22 Hispanic	MHS 22 Asian	MHS 22 Other Race
My parents would think it is "wrong" or "very wrong" if I used prescription drugs not prescribed to me								96.7	90.4	95.5	96.5	94.0
<b>Perceptions of Peer Disapproval of Alcohol/Drug Use</b>												
My peers would think it is "wrong" or "very wrong" if I have one or two drinks of alcohol nearly every day								75.8	71.7	79.7	75.4	76.0
My peers would think it is "wrong" or "very wrong" if I smoke tobacco								70.2	69.8	72.1	80.7	69.2
My peers would think it is "wrong" or "very wrong" if I use a vape product								57.2	63.5	56.9	63.0	62.5
My peers would think it is "wrong" or "very wrong" if I smoke marijuana								51.1	62.3	55.1	65.5	51.5
My peers would think it is "wrong" or "very wrong" if I use prescription drugs not prescribed to me								93.0	73.1	92.5	84.2	91.8
<b>Social Media Use (Percent of Students who Ever Used):</b>												
YouTube								95.1	98.3	98.5	96.5	97.1
Facebook								26.3	23.7	13.2	23.2	15.4
Snapchat								85.6	73.3	80.9	67.9	82.5
Instagram								89.0	83.6	87.0	91.2	89.3

	MA 2019 AI	MA 2019 Asian	MA 2019 Black	MA 2019 Hispanic	MA 2019 NHWOPi	MA 2019 White	MA 2019 Multiracial	MHS 22 White	MHS 22 Black	MHS 22 Hispanic	MHS 22 Asian	MHS 22 Other Race
Twitter								47.2	62.7	47.8	44.6	55.8
LinkedIn								4.5	10.2	7.4	5.4	9.6
Pinterest								38.5	53.3	54.4	54.4	58.3
Reddit								22.0	32.2	31.3	32.1	32.4
Tumblr								6.7	17.2	14.7	12.5	10.0
TikTok								82.5	80.0	82.6	76.8	82.4

Table 5. YRBSS Results in MHS 2022 by Sexual Orientation

	MHS 22 LGBTQIA+	MHS 22 Heterosexual
<b>Violence and Bullying (Outside of School)</b>		
Were in a physical fight in last 12 months	15.2	10.6
Were electronically bullied in last 12 months	17.1	9.2
<b>Experiences with Racism and Discrimination</b>		
Ever treated badly due sexual orientation	54.8	7.8
<b>Violence and Bullying (On School Property)</b>		
Were threatened or injured at school in last 12 months	7.6	1.9
Were in a physical fight on school property in last 12 months	8.6	3.5
Did not go to school because you felt unsafe in last 30 days	11.4	4.9
Were bullied on school property in last 12 months	16.7	6.3
<b>Dating Violence and Sexual Assault</b>		
Experienced sexual violence in last 12 months	15.9	6.6
<b>Mental Health</b>		
Felt sad or hopeless almost everyday for at least 2 weeks during last 12 months	50.5	25.5
Felt anxious almost everyday for at least 2 weeks during last 12 months	69.7	42.9
Poor mental health (at least sometimes) during past 30 days	78.5	53.7
<b>Suicidal and Self Injury Behaviors</b>		
Seriously considered suicide in last 12 months	26.1	6.7
Attempted suicide in last 12 months	14.8	2.5
Ever committed non-suicidal self-injury in last 12 months	34.6	7.9
<b>Alcohol Use</b>		
Currently drink alcohol at least 1 day during last 30 days	25.8	32.5
Had five or more drinks of alcohol in a row (within a couple of hours on at least 1 day during the 30 days before the survey)	16.8	25.2
10 or more drinks in a row within a couple of hours during last 30 days	5.3	5.1
<b>marijuana Use</b>		
Currently used marijuana at least 1 day during last 30 days	19.1	13.5
<b>Prescription Drug Use</b>		
Currently taking prescription drugs without a doctor's prescription in last 30 days	7.2	4.1
<b>Other Substance Use</b>		
Ever used cocaine	7.2	1.4



	<b>MHS 22 LGBTQIA+</b>	<b>MHS 22 Heterosexual</b>
Ever used ecstasy	8.1	1.6
Every used heroin	6.3	1.0
Ever used methamphetamines	6.7	1.1
<b>Vaping</b>		
Used electronic vaping product in the last 30 days	17.7	15.3
<b>Sexual Behaviors</b>		
Currently sexually active (sexual intercourse with at least one person during the 3 months before the survey)	18.8	15.6
Did not use a condom during last sexual intercourse (among students who were currently sexually active)	60.4	22.2
Ever had sex with 4 or more persons during life (among students who were currently sexually active)	36.4	14.7
Ever tested for STD other than HIV	10.4	5.3

## Technical Note

### Assessment of Statistical Differences Between the Massachusetts Sample and MHS Students

Comparisons between rates of health risk behaviors observed between the state sample and MHS 2022 students and MHS students in 2019 compared with MHS students in 2022 were assessed using a comparing proportions test (see “Z” equation below). This equation tested whether the rate of health behaviors were equivalent between the Massachusetts and MHS 2022 samples and between the MHS 2019 and 2022 samples.

$$Z = \frac{(\hat{p}_1 - \hat{p}_2) - 0}{\sqrt{\hat{p}(1 - \hat{p}) \left( \frac{1}{n_1} + \frac{1}{n_2} \right)}}$$

$$\hat{p} = \frac{Y_1 + Y_2}{n_1 + n_2}$$