

Milton High School Youth Risk Behavior Survey Results – 2014

Milton High School (MHS) administered the Youth Risk Behavior Surveillance System (YRBSS) to 487 randomly-selected 9th-12th grade students in December of 2014. The YRBSS monitors a variety of health-risk behaviors among adolescents including behaviors that contribute to unintentional injuries and violence, sexual behaviors that contribute to unintended pregnancy and sexually transmitted diseases, alcohol and other drug use and tobacco use.

This report analyses Milton students' responses in two phases. First, given that the YRBSS has been administered within other districts in Massachusetts and across the country, we are able to compare Milton's students' responses to other representative samples. This allows us to identify strengths among the MHS student body as well as areas of concern. Next, using the results of these cross-sample comparisons, we are able to look more closely at areas of concern within the MHS sample to better understand the origins of risk behaviors among MHS students and identify potential entry points for improvement.

PHASE 1: Comparing Milton's Health Risk Behaviors to Representative Samples

Description of the Milton High School Sample

The Milton High School students who completed the YRBSS were an average of 16.15 years old. Forty-nine percent of the sample was male. Sixty-one percent of students were White, 26% African 6.5% Asian American, and 6% other racial/ethnic background. Seven percent of students identified as being of Hispanic origin. Seventh-two percent of students reported they participated in at least one sport and 80% of students reported they earned grades of B's or higher in their coursework.

Description of Comparison Samples

The results of MHS's survey were compared against high school students (in grades 9-12) in the United States (N=13,500), Massachusetts (N=2,500), and the Metrowest region (N=24,459). Data collection in the U.S. and Massachusetts was sponsored by the Centers for Disease Control and Prevention (CDC) and results from all items included in the 2013 survey are publically available on the CDC website. Data from the Metrowest region were collected as part of the Metrowest Youth Risk Behavior Project, which surveyed approximately 25 districts in Boston's Metrowest region. Results for a limited number of survey items administered in 2012 are publically available.

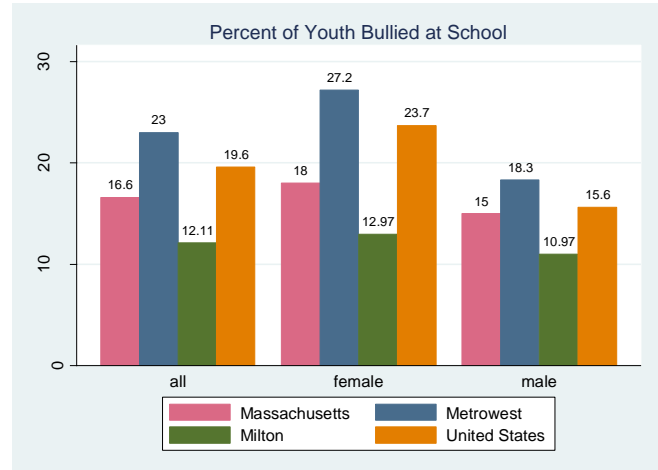
Data available from the CDC provides information required to calculate whether MHS's results are *statistically* different from students across the U.S. and Massachusetts. However, limitations of the availability of the Metrowest data do not allow us to identify whether MHS results are statistically different from results in Metrowest schools. We are, however, still able to compare risk behavior prevalence rates to obtain a sense of where Milton students stand in relation to Metrowest schools.

Results below highlight differences between Milton and the three other samples and also describe gender-related differences when they are meaningful or informative. A full report of results for both the overall samples and the samples divided by gender can be found in Tables 1 and 2.

Violence, Bullying, and Sexual Assault

Milton students reported they felt safer at school and were less likely to be in physical fights, carry weapons or be threatened at school than other students across the U.S. Interestingly, when broken down by sex, Milton female students were less likely to be threatened at school than other students in the U.S. and Massachusetts, but rates of threats at school for Milton males matched those of U.S. and Massachusetts students.

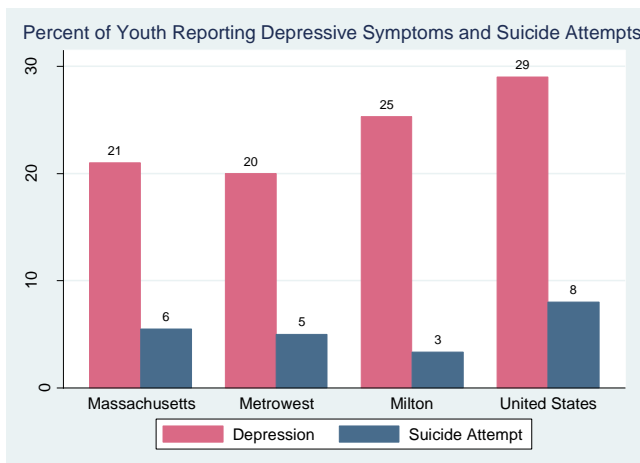
MHS students also reported dramatically lower rates of school bullying and cyberbullying than students in the U.S., Massachusetts, and Metrowest region. For example, among MHS students, 12.1% reported being bullied on school property during the last 12 months compared with 23.0% of students from Metrowest area schools. Nine percent of MHS students reported being victims of cyberbullying during the last 12 months compared with 22% of Metrowest students.



While data regarding dating violence and sexual assault were only available for the U.S. sample and MHS, MHS students demonstrated significantly lower rates of dating violence and sexual assault on all possible comparisons. When broken down by sex, MHS male students reported similar rates of sexual assault to other male students in the U.S.. MHS females, however, reported much lower rates of sexual assault (5.0%) than female students across the U.S. (10.5%).

Mental Health

Milton High School students (25.3%) reported feeling sad or hopeless almost every day for at least two weeks in the last 12 months more often than Massachusetts (21.7%) and Metrowest (20.0%) students. However, the rates of feeling sad or hopeless that MHS students reported were significantly lower than other students across the U.S. (29.9%). While MHS students appeared to be more likely to report



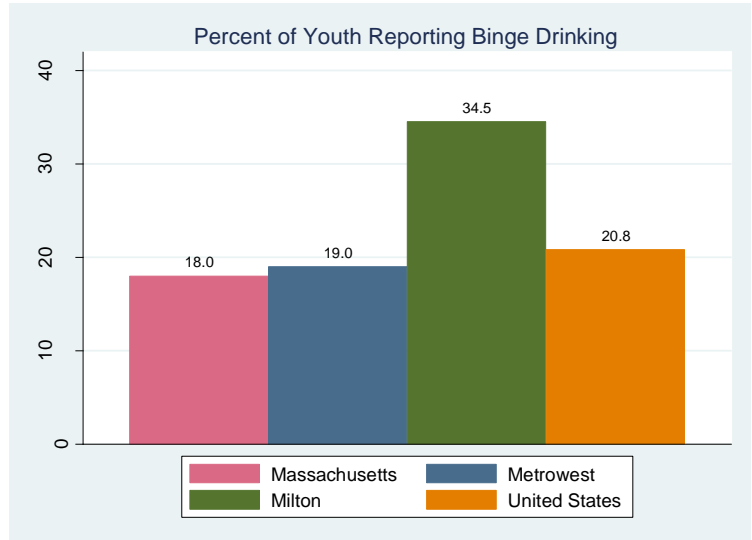
depressive symptoms than the Massachusetts and Metrowest samples, interestingly, rates of suicide attempts were higher among students in the U.S. (8.0%), Massachusetts (5.5%), and Metrowest (5.0%) than Milton (3.4%).

When broken down by sex, MHS female (33.1%) students reported higher rates of depression than male MHS (17.4%) students. This pattern, of higher rates of depression among females, is well-documented in adolescence and is mirrored

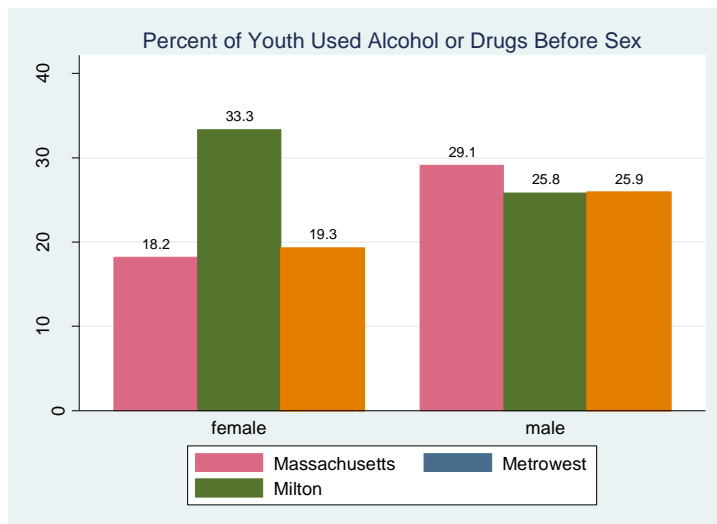
in results among students in the U.S., Massachusetts, and Metrowest.

Alcohol Use

MHS students reported higher rates of lifetime alcohol use (ever consuming at least one drink of alcohol), current alcohol use (use within the last 30 days), and binge drinking (consuming 5 or more drinks in a couple of hours) than U.S., Massachusetts, and Metrowest students. Among MHS students, 34.5% reported binge drinking within the last 30 days compared with 20.8% of U.S. students, 18.9% of Massachusetts students and 19.0% of Metrowest students.



The higher rates of alcohol use among MHS students were accompanied by higher rates of alcohol-related sexual risk. Twenty-nine percent of MHS students reported using alcohol or drugs before their last sexual intercourse versus 22.4% of U.S. students and 23.5% of Massachusetts students. However, MHS students demonstrated greater restraint in relation to both riding in cars with a driver who had been drinking and drunk driving than U.S., Massachusetts, and Metrowest students. For example, only 5.8% of MHS students reported being in a car with a drunk driver compared to 10% of U.S. students, 7% of Massachusetts students and 9.0% of Metrowest students.



of Massachusetts students and 9.0% of Metrowest students. These lower rates of alcohol-related risk are unexpected given the higher rates of alcohol consumption among Milton students.

When broken down by sex, female MHS students were significantly more likely than male students to have drunk alcohol or used drugs before sex. This pattern contrasts with patterns across the U.S., and Massachusetts, where female students are less likely to have consumed alcohol or used drugs before sex.

Marijuana Use

MHS students were more likely to have tried marijuana and to have used marijuana in the last 30 days than students from all other samples. For example, 32.5% of MHS students had used marijuana in the last 30 days versus 23.4% of U.S. students, 24.8% of Massachusetts Students and 22.0% of Metrowest students.

Cigarette Use

Rates of lifetime cigarette use as well as current cigarette use (within the last 30 days) were significantly lower among MHS student when compared to U.S., Massachusetts, and Metrowest students. For example, 6.5% of MHS students had smoked at least once in the 30 days compared with 15.7% of U.S. students, 10.7% of Massachusetts students and 9.0% of Metrowest students.

Other Substance Use

While we are limited to comparing use of other substances to primarily the sample of U.S. students, MHS students were significantly less likely to have ever used cocaine, hallucinogens, ecstasy, heroin, and methamphetamines than U.S. students. We were able to compare MHS students' prescription drug abuse to both U.S. and Metrowest students. These results suggested that MHS students (8.0%) abused prescription drugs at lower rates than U.S. students (17.8%). Rates of prescription drug abuse among MHS students were similar to those among Metrowest students (8.8%). In addition, 15.3% of MHS students reported being offered, sold, or given illegal drugs on school property, a rate significantly lower than U.S. students (21.1%) and of Massachusetts (23.0%) students.

When results were broken down by sex, there was some indication that MHS males used cocaine at rates that matched other male students across the U.S. and was slightly higher than students in Massachusetts. Female MHS students, however, reported cocaine use at much lower rates than female students across the U.S. and Massachusetts.

Sexual Behaviors

MHS students reported rates of sexual intercourse that were similar to other students in Massachusetts, and significantly less than U.S. students. Rates of lifetime and current (within the last 3 months) sexual intercourse among Metrowest students (lifetime: 26.6%, current: 20.7%) were lower than MHS students (lifetime: 34.8%, current: 20.7%), but we are not able to determine whether these rates are statistically significant. Approximately 66% of both Milton and Metrowest students reported using a condom during their most recent sexual intercourse – a rate that is significantly higher than condom use rates among U.S. (59.1%) and Massachusetts students (57.6%).

When broken down by sex, MHS males were slightly less likely to use a condom than other males in the U.S., Massachusetts, and Metrowest. MHS females, however, were significantly *more* likely to use condoms than any other comparison group, suggesting that the higher rates of condom use among the MHS overall sample is driven primarily by females. Similarly, female MHS students reported higher rates of birth control use than any other group of females, while MHS males reported lower rates of birth control than any other group of males.

PHASE 2: A Closer Look at Milton High School

The cross-sample comparisons reviewed in Phase 1 identified areas of strength as well as areas of concern among MHS students. In Phase 2, we take a closer look at four areas of concern identified during Phase 1:

1. Rates of alcohol use and binge drinking
2. Rates of marijuana use
3. Rates of depressive symptoms
4. Rates of cocaine use among MHS male students
5. Risky sexual behavior:
 - a. alcohol and drug use prior to intercourse among females
 - b. low rates of condom use among MHS males

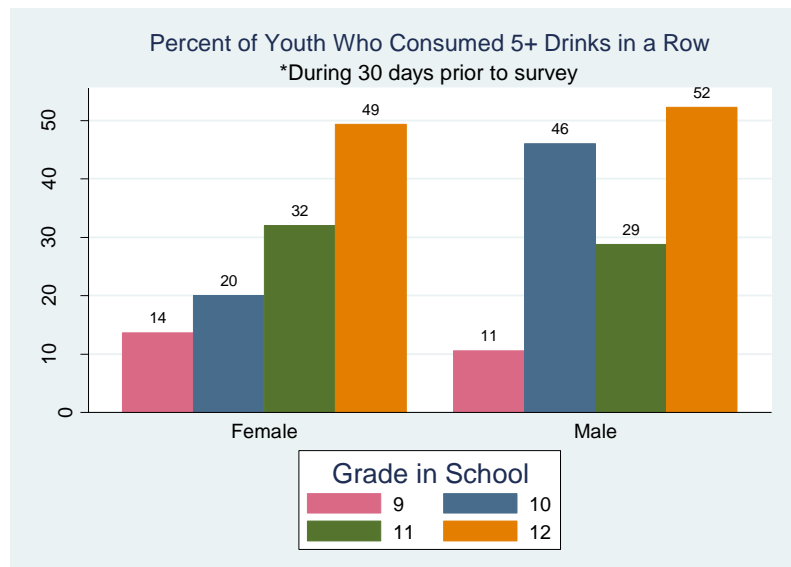
To better understand the origins of these risk behaviors among MHS students, regression analyses were used to consider a variety of factors that may predict a student's likelihood of engaging in each of these behaviors. These analyses identified patterns of risk and sub-groups of students within MHS who may be more likely to participate in the risk behaviors studied in Phase 2.

Rates of alcohol use and binge drinking among MHS students

To better understand the origins of alcohol use among MHS students, analyses considered links between alcohol use and a variety of factors including sex, grade in school (9th-10th), race, academic achievement, and participation in athletics. Regression analyses examining these factors simultaneously were used to determine which characteristics were the strongest predictors of alcohol consumption. These results revealed several important patterns of use suggesting that certain sub-groups of MHS students are more likely to consume alcohol than others.

Alcohol Use Among 10th Grade Male Students

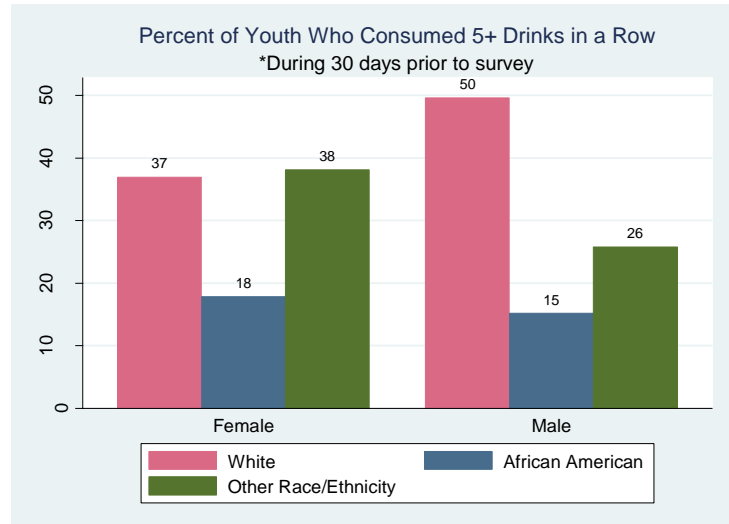
While it was not surprising that 12th grade students reported the highest rates of alcohol consumption, there was an unexpected spike in alcohol consumption among 10th graders that suggested 10th graders were significantly more likely to consume alcohol than 9th and 11th grade students. When these results were broken down by sex, it appeared that 10th grade male students were driving this relationship with alcohol consumption rates that matched 12th grade males. Similar patterns were



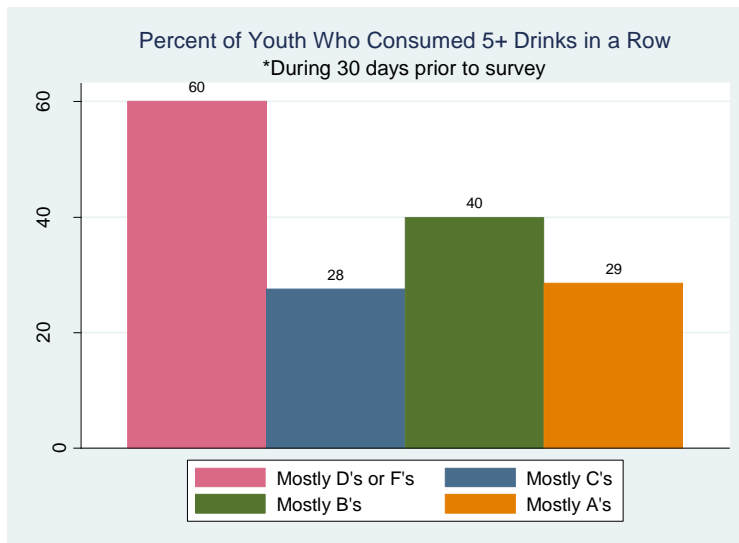
found in relation to alcohol-related risk behaviors with 10th grade males more likely to drunk drive, ride in a car with a drunk driver, and use alcohol or drugs before intercourse than male students in any other grade.

Alcohol Use Among White Students

Overall, White students were significantly more likely to consume alcohol than African American students and other minority students (due to small sample sizes, Asian American, American Indian, and Pacific Islanders were combined into a single category). When considered by sex, this pattern held for White males. For females, however, White females were more likely to binge drink than African American females, but other, non-African American minority female students binge drank at the same rates as White females.



Alcohol use Among Low- and Mid- Achieving Students



Academic achievement (defined as grades received in school) was another important predictor of alcohol consumption among MHS students. While low achieving students who reported receiving mostly D's or F's consumed alcohol at greater rates than any other group, mid-achieving students who reported receiving mostly B's, consumed alcohol at the second highest rate. In all, these results suggest that binge drinking maybe related to both low and average achievement among MHS students.

Alcohol Use Among Athletes

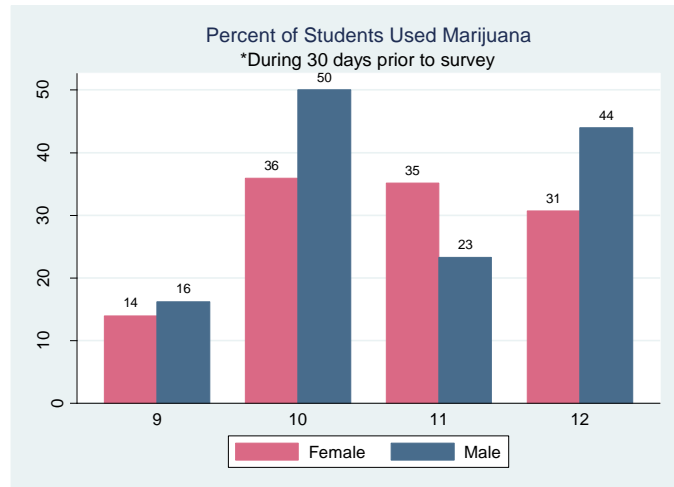
Milton High School students who participated in athletics were significantly more likely to consume alcohol than non-athletes. This relationship demonstrated that students who participated in two or more sports were significantly more likely to consume alcohol than students who participated in one or no sports teams, suggesting that multi-sport athletes are more likely to binge drink than any other group.

Rates of Marijuana Use Among MHS students

Regression analyses examined links between a variety of factors (sex, grade in school (9th-10th), race, academic achievement, participation in athletics, alcohol use, and depressive symptoms) and marijuana use within the last 30 days. Results of these analyses suggested that students in 10th grade were more likely to use marijuana than students in any other grade. In addition, higher achieving students were less likely to use marijuana than lower achieving students. Current binge drinking and depressive symptoms were also predictors of marijuana use. There were no differences in marijuana use in relation to gender. There was some indication that African American students were less likely to use marijuana than White students but this finding was not statistically significant.

Marijuana Use Among 10th Grade Students

Similar to our findings in relation to alcohol use, there was a spike in marijuana use among 10th grade students indicating this group was more likely than any other grade to use marijuana. When broken down by sex, results suggested that 10th grade males were using marijuana at far higher rates than any other group of males or females.

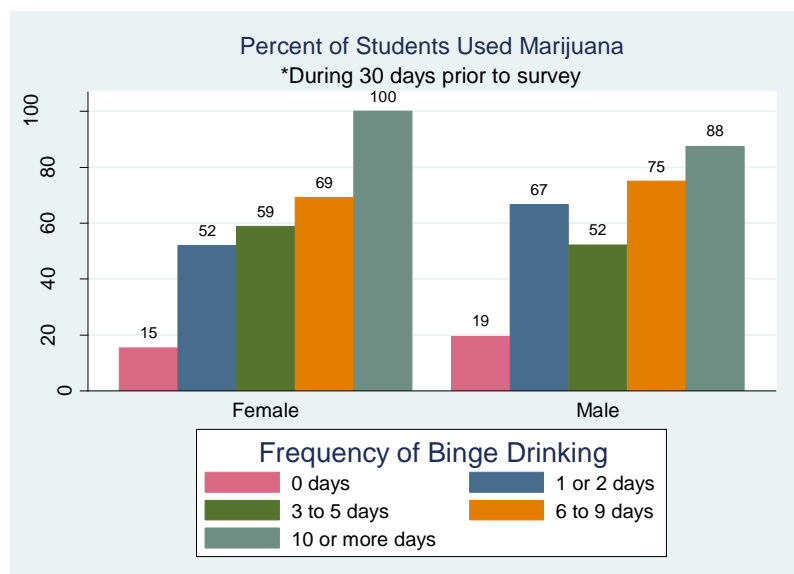


Marijuana Use and Academic Achievement

Marijuana use among MHS students was strongly linked with academic achievement with lower-achieving students (students earning D's or F's) significantly more likely to use marijuana than higher achieving students.

Marijuana use and Alcohol Consumption

Alcohol consumption was one of the strongest predictors of marijuana use. The more frequently students used alcohol; the more likely they were to use marijuana. This relationship was statistically significant for both male and female students; however the pattern was somewhat stronger among female students. Among females who never consumed alcohol



in the last month, 15% reported using marijuana versus 100% of females who reported they consumed alcohol on 10 or more days in the last month.

Marijuana Use and Depressive Symptoms

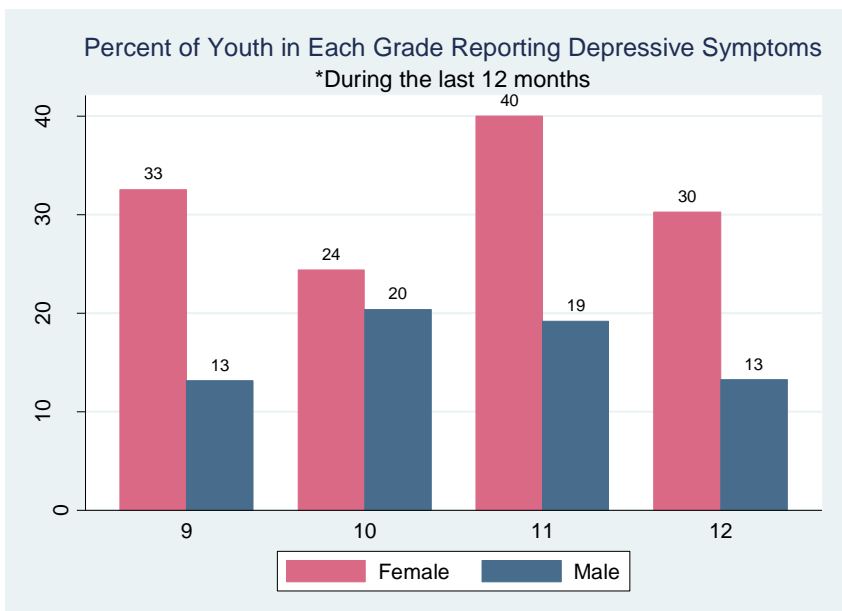
Students who reported feeling sad or hopeless every day for at least two weeks at some point in the last 12 months were more likely to use marijuana. This pattern is consistent with findings across samples of students in the U.S. Among MHS students, the link between depressive symptoms and marijuana use was particularly pronounced among 10th grade males. Among males who reported depressive symptoms within the last 12 months, 62% of 10th graders used marijuana compared with 26% of 9th graders, 41% of 11th graders and 39% of 12th graders.

Rates of Depressive Symptoms Among MHS students

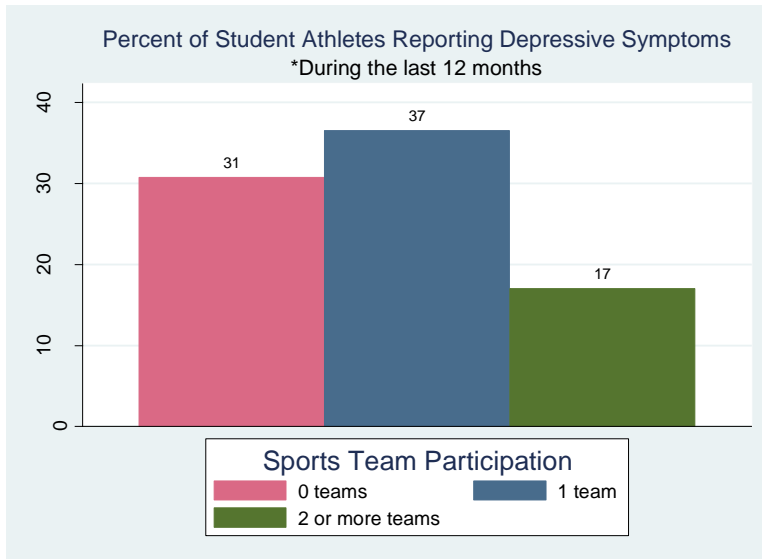
Milton High School students reported significantly higher rates of depressive symptoms (defined as feeling sad or hopeless almost every day for at least 2 weeks within the last 12 months) than students in the U.S. and Massachusetts. Within the Milton student population, 33.1% of females versus 17.4% of males reported these symptoms. This finding mirrors current research that documents a sharp increase in depression among females that approximately coincides with the onset of adolescence. The current analyses again considered how a variety of factors (grade in school (9th-10th), race, academic achievement, and participation in athletics) predicted depressive symptoms among MHS students.

High Rates of Depressive Symptoms among 11th Grade Girls

Results demonstrated that 40% of 11th Grade girls reported depressive symptoms – a rate that was higher than 9th, 10th, and 12th grade girls as well as all males. This pattern mirrors trends found in the U.S., Massachusetts, and Metrowest data demonstrating a spike in depressive symptoms that occurs around 11th grade then drops significantly by senior year.



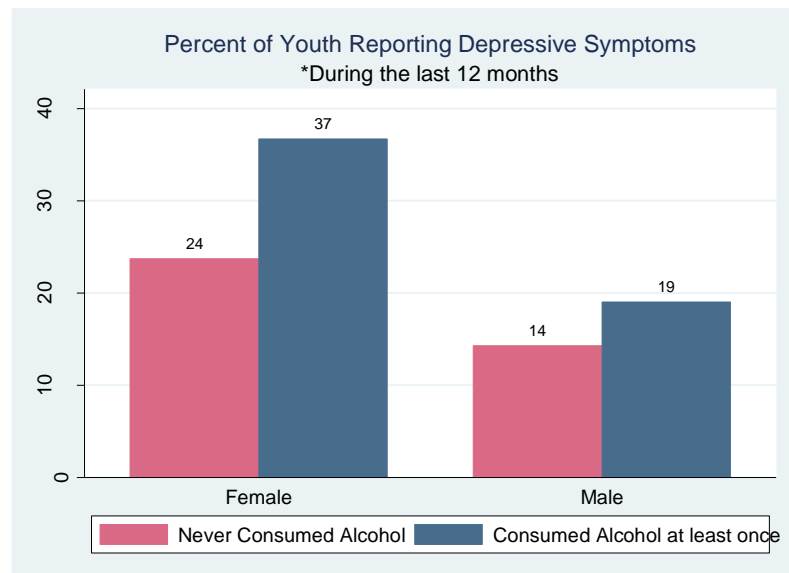
Athletics Participation and Lower Rates of Depression



Athletic participation appeared to act as a protective factor in relation to the development of depressive symptoms. Interestingly, students who played on one sport team demonstrated similar rates of depressive symptoms as students who did not play any sports. Once students were participating in two or more sports teams, however, there was a decrease in depressive symptoms.

Alcohol Consumption Predicts Depressive Symptoms

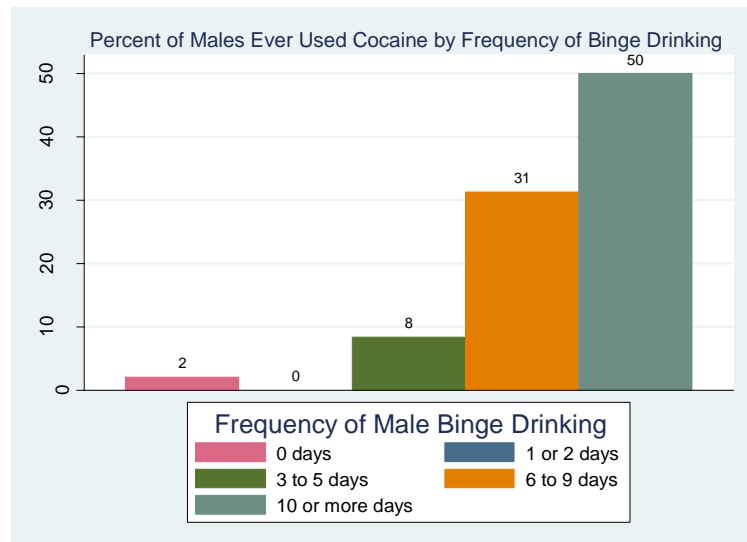
Alcohol consumption also emerged as an important predictor of an increased risk for depression. Twenty-eight percent of students who had ever consumed alcohol reported experiencing depressive symptoms compared with 19% of students who had never consumed alcohol. This relationship was particularly pronounced for female students – 37% of female students who had ever consumed alcohol reported depressive symptoms in the last 12 months compared with 14% of female students who had never consumed alcohol.



Rates of Cocaine Use among Milton High School Males

While higher rates of cocaine use among males versus females is typical, gender differences in rates of cocaine use among MHS students is far greater than gender differences found within other samples. In Milton, 6.9% of males reported using cocaine at least once compared with 1.7% of females. Across the U.S., 6.6% of males report using cocaine compared with 4.5% of females. In addition, Milton male students used cocaine at significantly higher rates than Massachusetts males.

Analyses considered a variety of predictors of cocaine use among MHS males including grade in school (9th-10th), race, academic achievement, participation in athletics and binge drinking. There was some indication that rates of cocaine use among 10th grade males were higher than any other grade, however, this trend was not statistically significant. The only significant predictor of cocaine use was whether the student reported binge drinking within the last 30 days. In fact, as a student's frequency of binge drinking increased, so did his likelihood of using cocaine. Among students who reported they had binge drank 1 or 2 days in the last month, 0% reported using cocaine in their lifetime. Among students who reported binge drinking ten or more days in the last month, 50% reported also using cocaine at least once.



Risky Sexual Behavior

In our cross-sample comparisons, two risk sexual behaviors among MHS students were highlighted. Milton High school males reported lower rates of condom and females reported rates of using alcohol or drugs before intercourse than our comparison samples. Both of these behaviors are characterized as “risky sexual” behaviors given their link with teen pregnancy and sexually transmitted diseases. Analyses considered the role of grade in school (9th-10th), race, academic achievement, participation in athletics, depressive symptoms, and number of sexual partners. Among all the factors examined, a clear pattern identifying sub-groups of students who were more likely to engage in risky sex did not emerge. There was some indication that male condom use was related to the number of sexual partners. Rates of condom failure were highest among students who reported a single sexual partner as well as males who reported large number of partners (5 or more).

Conclusions

Students at MHS are doing well in relation to a variety of risk behaviors examined within the YRBSS. In general, MHS students are less likely to bully, engage in violence, or alcohol-related risk (e.g., ride in a car with a drunk driver). Rates of bullying and cyberbullying within MHS are significantly lower than rates within the U.S., Massachusetts, and Metrowest. Rates of sexual assault and dating violence are also lower among Milton students than other students in the U.S. In addition, Milton students are less likely to drive drunk or ride in a car with a driver who is drunk. In relation to substance use, MHS students are less likely to smoke cigarettes, use hallucinogenics, ecstasy, heroin, methamphetamines, or prescription drugs and less likely to be given, offered or sold drugs on school property than students across the United States and Massachusetts.

The YBRSS also identified several risk behaviors that MHS students are engaging in at higher rates than students in the U.S., Massachusetts, and Metrowest. Milton High School students use alcohol and marijuana and experience depressive symptoms at higher rates than U.S., Massachusetts, and Metrowest students. While cocaine use among MHS males matched rates within the U.S. sample, it was identified as an area of concern given the large gender gap in use evident among MHS students. In relation to sexual risk, MHS males report lower rates of condom use and MHS females report higher rates of using alcohol or drugs before sex when compared with other samples. Both of these behaviors put students at increased risk for teen pregnancy and sexually transmitted diseases.

Analyses from Phase 2 of the current report identified a variety of factors associated with each area of concern identified in the cross-sample comparisons. In general, however, many of these behaviors can be linked directly to alcohol use. In the Phase 2 analyses, Marijuana use, cocaine use, and risky sexual behaviors among females were all directly related to students' alcohol use, suggesting that lowering rates of alcohol use may have a wide-spread effect, lowering rates of risk behaviors in multiple arenas simultaneously.

<i>Table 1. Youth Risk Behaviors in the U.S., Massachusetts, Metrowest, and Milton</i>						
	U.S.	Massachusetts	Metrowest	Milton	Milton Significantly Different from U.S.?	Milton Significantly Different from Massachusetts?
Violence and Bullying (Outside of School)						
Carried a weapon in the last 30 days	17.9	11.6	6.8	8.1	-	-
Were in a physical fight in last 12 months	24.7	20.3	16.8	27.0	+	+
Were electronically bullied in last 12 months	14.8	13.8	22.0	9.2	-	-
Violence and Bullying (On School Property)						
Carried a weapon on school property in last 30 days	5.2	3.1	3.0	2.7	-	
Were threatened or injured at school in last 12 months	6.9	4.3	4.0	4.4	-	
Were in a physical fight on school property in last 12 months	8.1	4.6	6.0	6.5	-	+
Did not go to school because they felt unsafe in last 30 days	7.1	3.6	4.0	3.3	-	
Were bullied on school property in last 30 days	19.6	16.6	23.0	12.1	-	-
Dating Violence and Sexual Assault						
Were ever physically forced to have sex	7.3	-	-	4.6	-	
Experienced dating violence in last 12 months	10.3	-	-	3.6	-	

Experienced sexual dating violence in last 12 months	10.4	-	-	7.7	-	
Mental Health						
Felt sad or hopeless almost everyday for at least 2 weeks during last 12 months	29.9	21.7	20.0	25.3	-	+
Seriously considered suicide in last 12 months	17.0	12.0	13.0	12.0	-	
Attempted suicide in last 12 months	8.0	5.5	5.0	3.4	-	-
Cigarette Use						
Ever tried cigarette smoking (even one or two puffs)	41.1	31.6	-	24.1	-	-
Currently smoke cigarettes at least 1 day during last 30 days	15.7	10.7	9.0	6.5	-	-
Alcohol and Use						
Ever had at least one drink of alcohol (on at least 1 day during their life)	66.2	63.2	56.0	73.9	+	+
Currently drink alcohol at least 1 day during last 30 days	34.9	35.6	33.0	49.6	+	+
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)	20.8	18.9	19.0	34.5	+	+
Alcohol-Related Risk Behaviors						

Drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)	22.4	23.5	-	29.2	+	+
Rode with a driver who had been drinking alcohol in last 30 days	21.9	18.3	19.5	14.9	-	-
Drove when drinking alcohol in last 30 days	10.0	7.1	9.0	5.8	-	
Marijuana Use						
Ever used marijuana (one or more times during their life)	40.7	41.3	32.3	46.7	+	+
Currently used marijuana at least 1 day during last 30 days	23.4	24.8	22.0	32.5	+	+
Other Substance Use						
Ever used cocaine	5.5	3.7	-	4.2	-	
Ever used hallucinogenic drugs	7.1	-	-	3.8	-	
Ever used ecstasy	6.6	4.7	-	2.4	-	-
Every used heroin	2.2	-	-	1.5	-	
Ever used methamphetamines	3.2	1.6	-	1.5	-	
Ever took prescription drugs without a doctor's prescription	17.8	-	8.8	8.0	-	
Were offered, sold, or given an illegal drug on school property in last 12 months	22.1	23.0	-	15.3	-	-
Sexual Behaviors						
Ever had sexual intercourse	46.8	38.1	26.6	34.8	-	

Currently sexually active (sexual intercourse with at least one person during the 3 months before the survey)	34.0	27.7	20.7	26.0	-	
Did not use a condom during last sexual intercourse (among students who were currently sexually active)	40.9	42.4	33.7	33.3	-	-
Did not use any method to prevent pregnancy (during last sexual intercourse among students who were currently sexually active)	13.7	10.5	-	10.9	-	
<i>*Positive sign indicates Milton's rate is significantly higher than the comparison group; Negative sign indicates Milton's rates are significantly lower than the comparison group</i>						

Table 2. Youth Risk Behaviors By Sex in the U.S., Massachusetts, Metrowest, and Milton

	U.S.		Massachusetts		Metrowest		Milton		Milton Significantly Different from U.S.?*		Milton Significantly Different from Massachusetts?*	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Violence and Bullying (Outside of School)												
Carried a weapon in the last 30 days	28.1	7.9	18.1	4.8	11.3	2.4	11.8	4.6	-	-	-	-
Were in a physical fight in last 12 months	30.2	19.2	26.5	13.8	24.9	9.0	37.1	16.8	+	-	+	+
Were electronically bullied in last 12 months	8.5	21.0	9.0	18.7	14.7	28.1	6.3	11.7	-	-	-	-
Violence and Bullying (On School Property)												
Carried a weapon on school property in last 30 days	7.6	3.0	4.4	1.6	4.0	1.1	3.4	2.1	-	-	-	+
Were threatened or injured at school in last 12 months	7.6	6.1	5.4	3.2			7.6	1.3		-	+	-
Were in a physical fight on school property in last 12 months	10.7	5.6	6.4	2.6	8.7	2.4	8.9	4.2	-	-	+	+
Did not go to school because they felt unsafe in last 30 days	5.4	8.7	2.8	4.4			3.0	3.3	-	-		-
Were bullied on school property in last 30 days	15.6	23.7	15.0	18.0	18.3	27.2	11.0	13.0	-	-	-	-
Dating Violence and Sexual Assault												
Were ever physically forced to have sex	4.2	10.5					4.6	5.0		-		
Experienced dating violence in last 12 months	7.4	13.0					3.4	3.3	-	-		

Drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)	25.9	19.3	29.1	18.2			25.8	33.3		+		+
Rode with a driver who had been drinking alcohol in last 30 days	21.4	22.4	17.3	19.4	19.6	19.4	16.0	13.5	-	-		-
Drove when drinking alcohol in last 30 days	12.0	7.8	9.1	4.8			6.3	5.4	-	-	-	
Marijuana Use												
Ever used marijuana (one or more times during their life)	42.1	39.2	43.2	39.1	27.1	27.7	52.0	41.3	+		+	
Currently used marijuana at least 1 day during last 30 days	25.0	21.9	27.6	21.8	26.2	16.9	34.6	30.6	+	+	+	+
Other Substance Use												
Ever used cocaine	6.6	4.5	4.4	2.9			6.9	1.7		-	+	-
Ever used hallucinogenic drugs	8.8	5.5					6.1	1.7	-	-		
Ever used ecstasy	7.6	5.5	5.5	3.7			3.5	1.3	-	-	-	-
Ever used heroin	2.8	1.6					2.2	0.8	-	-		
Ever used methamphetamines	3.4	3.0	1.9	1.3			2.6	0.4	-	-		-
Ever took prescription drugs without a doctor's prescription		17.2			10.4	7.3	9.7	6.8				
Were offered, sold, or given an illegal drug on school property in last 12 months	24.5	19.7	25.1	20.5			18.3	12.7		-	-	
Sexual Behaviors												
Ever had sexual intercourse	47.5	46.0	39.4	36.5	28.6	24.5	37.8	32.1		-	-	

Currently sexually active (sexual intercourse with at least one person during the 3 months before the survey)	32.7	35.2	26.2	29.0	21.6	19.6	27.6	24.9		-		
Did not use a condom during last sexual intercourse (among students who were currently sexually active)	34.2	46.9	34.8	49.2	32.6	34.5	37.4	29.3		-		
Did not use any method to prevent pregnancy (during last sexual intercourse among students who were currently sexually active)	11.5	15.7	12.1	8.8			16.5	4.5		-	+	
<i>*Positive sign indicates Milton's rate is significantly higher than the comparison group; Negative sign indicates Milton's rates are significantly lower than the comparison group</i>												

Table 3. Youth Risk Behaviors By Grade in the U.S., Massachusetts, Metrowest, and Milton

	U.S.				Massachusetts				Metrowest				Milton			
	9	10	11	12	9	10	11	12	9	10	11	12	9	10	11	12
Violence and Bullying (Outside of School)																
Carried a weapon in the last 30 days	17.5	17.8	17.9	18.3	12.1	12.1	10.5	10.7	6.1	6.7	6.9	7.2	3.7	13.4	11.5	3.4
Were in a physical fight in last 12 months	28.3	26.4	24.0	18.8	25.1	21.8	18.4	14.7	19.0	16.7	16.2	14.7	35.4	33.0	26.7	17.8
Were electronically bullied in last 12 months	16.1	22.2	14.9	13.5	14.5	14.4	14.5	11.9	23.3	22.7	20.2	19.5	11.0	9.3	11.5	5.5
Violence and Bullying (On School Property)																
Carried a weapon on school property in last 30 days	4.8	4.8	5.9	5.3	4.0	2.4	3.1	2.4	1.7	2.4	2.9	3.1	1.2	8.3	2.0	0.0
Were threatened or injured at school in last 12 months	8.5	7.0	6.8	4.9	5.9	2.5	4.1	2.1					6.1	8.3	3.4	1.4
Were in a physical fight on school property in last 12 months	10.9	8.3	7.5	4.9	7.2	4.6	3.5	2.7	6.4	5.6	4.9	4.8	4.9	12.5	6.2	3.4
Did not go to school because they felt unsafe in last 30 days	7.7	8.0	7.0	5.5	2.8	3.8	4.4	3.3					2.4	3.1	4.7	1.4
Were bullied on school property in last 30 days	25.0	22.2	16.8	13.3	21.5	17.7	15.8	10.0	25.9	25.4	20.3	19.1	9.8	20.8	14.2	4.8
Dating Violence and Sexual Assault																
Were ever physically forced to have sex	6.1	7.2	7.7	8.4									3.7	7.2	3.4	4.8
Experienced dating violence in last 12 months	8.8	10.0	10.4	11.7									1.2	7.2	3.4	1.4
Experienced sexual dating violence in last 12 months	10.9	10.5	9.7	10.2									11.0	4.1	9.5	6.2

Mental Health																	
Felt sad or hopeless almost everyday for at least 2 weeks during last 12 months	29.4	29.4	31.7	29.1	22.8	22.2	24.9	16.8	20.4	25.7	31.8	39.3	23.5	22.7	29.7	22.1	
Seriously considered suicide in last 12 months	17.2	17.3	18.8	14.9	12.4	12.1	12.8	10.2	11.8	14.0	13.3	12.7	11.1	14.7	13.5	8.4	
Attempted suicide in last 12 months	9.3	8.6	7.5	6.2	5.6	4.5	7.8	3.7	4.8	4.9	4.4	4.4	6.2	5.2	3.4	0.7	
Cigarette Use																	
Ever tried cigarette smoking (even one or two puffs)	31.7	39.0	47.0	48.1	21.8	32.2	34.7	38.9					14.6	27.8	27.0	24.5	
Currently smoke cigarettes at least 1 day during last 30 days	10.2	13.2	21.1	7.3	6.4	10.7	12.7	4.1	5.6	7.4	9.4	14.4	6.0	9.5	5.4	6.3	
Alcohol and Use																	
Ever had at least one drink of alcohol (on at least 1 day during their life)	55.6	64.0	71.2	75.6	47.3	62.8	70.6	74.0	36.9	52.0	63.6	73.1	50.6	71.7	77.0	84.6	
Currently drink alcohol at least 1 day during last 30 days	24.4	30.9	39.2	46.8	22.4	33.1	39.5	49.3	17.4	28.8	39.3	50.7	23.5	43.6	48.3	68.8	
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)	13.5	17.4	24.6	29.2	9.0	15.9	22.3	29.4	7.5	13.9	22.6	32.8	12.0	33.7	30.0	51.0	
Alcohol-Related Risk Behaviors																	
Drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)	22.0	22.3	23.2	21.9		28.7	24.4	18.2					10.0	33.3	32.2	29.9	

Rode with a driver who had been drinking alcohol in last 30 days	19.4	21.8	22.6	24.2	15.9	18.6	18.8	20.2	16.0	17.5	20.0	25.1	9.9	21.7	13.4	13.9
Drove when drinking alcohol in last 30 days	8.0	6.2	11.0	13.1	4.1	3.9	6.0	10.1					1.2	6.2	6.0	7.5
Marijuana Use																
Ever used marijuana (one or more times during their life)	30.1	39.1	46.4	48.6	26.0	39.7	47.9	53.2	15.3	27.1	39.4	50.7	19.5	49.5	46.9	58.0
Currently used marijuana at least 1 day during last 30 days	17.7	23.5	25.5	27.7	15.7	25.3	29.2	30.4	10.0	18.8	26.3	32.7	15.0	43.0	29.0	36.0
Other Substance Use																
Ever used cocaine	4.4	4.0	6.8	7.1	2.7	4.0	3.4	4.8					2.5	7.4	4.8	2.8
Ever used hallucinogenic drugs	4.6	6.6	8.7	8.8									1.3	6.4	3.4	4.2
Ever used ecstasy	4.0	5.5	8.5	8.6	2.2	4.2	6.2	6.2					2.5	5.4	2.7	0.0
Ever used heroin	2.0	2.0	2.4	2.1									2.5	4.3	0.0	0.7
Ever used methamphetamines	2.4	3.0	3.9	3.3	1.6	2.0	1.1	1.5					1.3	5.4	0.0	0.7
Ever took prescription drugs without a doctor's prescription	12.4	23.2	20.8	21.3		24.0			4.5	6.8	10.3	14.3	8.9	9.9	8.2	6.3
Were offered, sold, or given an illegal drug on school property in last 12 months	22.4	23.2	23.2	18.8	21.7	24.0	24.5	21.3					7.5	28.0	15.0	11.2
Sexual Behaviors																
Ever had sexual intercourse	30.0	41.4	54.1	64.1	18.2	31.1	47.4	58.1	11.8	19.1	31.4	46.9	12.7	31.2	37.4	45.3
Currently sexually active (sexual intercourse with at least one person during the 3 months before the survey)	19.6	29.4	40.2	49.3	11.3	22.4	34.9	44.4	8.4	13.8	25.0	37.9	10.3	27.0	26.0	32.6

Did not use a condom during last sexual intercourse (among students who were currently sexually active)	37.3	38.3	37.7	47.0		41.3	43.5	41.1	36.8	31.5	31.6	34.7	20.0	25.9	36.4	37.1
Did not use any method to prevent pregnancy (during last sexual intercourse among students who were currently sexually active)	16.3	14.1	12.4	13.3		12.0	8.5	6.3					0.0	15.4	6.1	15.5