

Results of the Youth Risk Behavior Surveillance System at Milton High School

In December of 2014, students at Milton High School participated in the Youth Risk Behavior Surveillance System (YBRSS), a survey administered to students nationwide that measures involvement in risk behaviors such as alcohol and drug use, sexual risk, and violence and bullying. Because this survey is administered all over the country, responses from MHS students can be compared with responses from students from other regions to identify where MHS students are doing well and which risk behaviors MHS students may be engaging in at rates that are higher than expected, given results from other schools. In this report, MHS students were compared with students in: 1) the United States 2) Massachusetts and 3) the Metrowest region. Results reported below represent *statistically significant* differences between MHS students and students in other samples.

Results of the survey highlight several areas in which MHS students are doing well and also identify potentially problematic areas that may be targeted for additional remediation efforts. Positive findings suggest rates of bullying and cyberbullying within MHS are significantly lower than rates within the United States, Massachusetts, and Metrowest. Rates of sexual assault and dating violence are also lower among Milton students than other students in the United States. In addition, Milton students are less likely to drive drunk or to 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 in which MHS students engage at higher rates than students in the United States, Massachusetts, and Metrowest. Specifically, Milton High School students use alcohol and marijuana at higher rates than United States, Massachusetts, and Metrowest students and report depressive symptoms more frequently than Massachusetts and Metrowest students.

Violence and Bullying

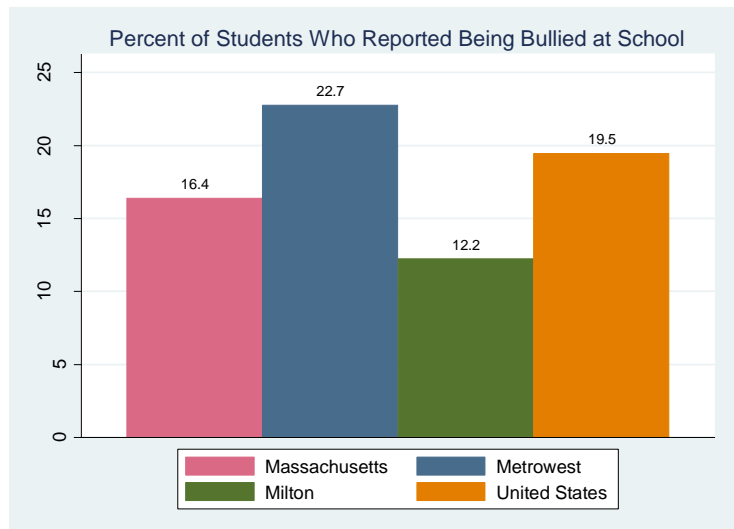
- ✓ MHS students are less likely to be bullied on school property or online than students in the United States, Massachusetts, and Metrowest
- ✓ While 7.1% of students across the United States report not going to school because they felt unsafe, only 3.3% of MHS students reported feeling unsafe at school

Mental Health

- ✓ 25.3% of MHS students reported experiencing symptoms of depression in the last year – this rate was lower than students in the United States (29.9%) but higher than students in Massachusetts (21.7%) and Metrowest (20.0%)
- ✓ MHS students were less likely to have attempted suicide in the last year than students in the United States and Massachusetts

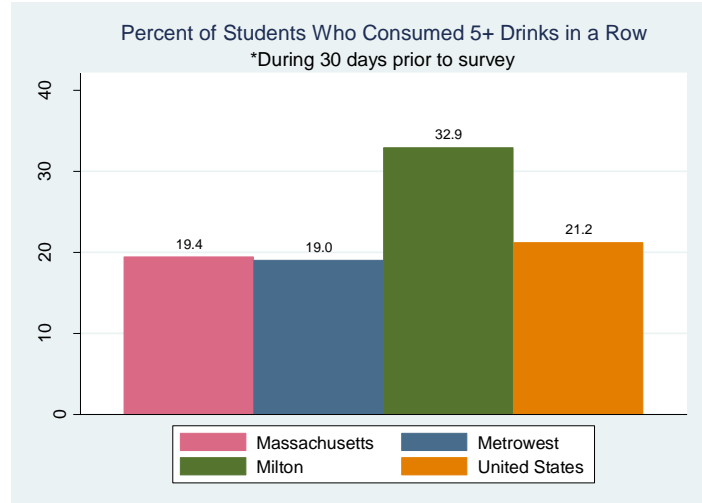
Cigarette Use

- ✓ 41% of students in the United States and 31.6% of students in Massachusetts report smoking cigarettes within the last 30 days compared with 24.1% of MHS students



Alcohol and Drug Use

- ✓ MHS students reported higher levels of binge drinking (34.5%) than students in the United States (20.8%), Massachusetts (18.9%) and Metrowest (19%)
- ✓ 73.9% of MHS students report they consumed alcohol compared with 66% of United States students, 63% of Massachusetts students and 56% of Metrowest students
- ✓ MHS students were more likely to use marijuana than students in the United States, Massachusetts, and Metrowest
- ✓ Rates of cocaine use among MHS female students were significantly lower than students in the United States and Massachusetts. However, 6.9% of MHS male students reported using cocaine compared with 6.6% of male students in the United States and 4.4% of male students in Massachusetts



Drug- and Alcohol-Related Risk Behaviors

- ✓ 29.2% of MHS students reported using alcohol or drugs before sex compared with 22.4% of United States Students and 23.5% of Massachusetts students
- ✓ Only 5.8% of MHS students reported driving drunk in the last 30 days compared with 10% of students in the United States, 7.1% of students in Massachusetts and 9% of Metrowest students

Conclusions

The YBRSS identified both strengths as well as areas of concern that can be targeted for further intervention. In response to these results the MHS administration plans to ...