

The Well-Being of Watertown Youth Report



Watertown
Youth
Coalition
2014 Youth
Risk Behavior
Survey
Results



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Executive Summary

Introduction

The Well Being of Watertown Youth 2014 report summarizes key findings from the Youth Risk Behavior Survey (YRBS) results. This YRBS is administered to Watertown High School and Middle School students every 1-3 years, and the results are used to identify and track the prevalence of health-risk behaviors engaged in by Watertown adolescents. Survey procedures are designed to protect the privacy of students by allowing anonymous and voluntary participation. In 2014, 539 of 735 High School students (73.3%) and 478 of 541 Middle School Students (88.7%) completed the YRBS.

Created by the Centers for Disease Control and Prevention (CDC), the YRBS asks a series of questions about a range of behaviors including Alcohol Use, Marijuana Use, Other Illicit Drug Use, Tobacco Use, Weight and Weight Control, Bullying, Depression and Suicide, Sexual Behaviors and Protective Factors.

The Watertown Youth Coalition (WYC) partners with Watertown High School and Watertown Middle School to help administer the survey, which is conducted during the spring semester of each year it is given. In addition, WYC produces this report, based on survey results, which is available for download at: watertownyouthcoalition.org

Watertown Youth Coalition, overseen by Wayside Multi-Service Center, is a community based coalition of youth, parents, educators, law enforcement, health professionals, clergy, and local business owners committed to fostering healthy and positive lifestyles among Watertown youth. WYC's mission is: To enhance the abilities of children, parents and the community to increase healthy decision-making and decrease unhealthy risky behaviors. We promote programs that support, challenge, and expect the highest from our youth.

Wayside Multi-Service Center (Wayside Multi), a program of Wayside Youth & Family Support Network, Inc., is a longstanding human services agency in Watertown, operating since 1968. The Wayside Multi embraces the development and enhancement of resiliency skills to enable youth and adults to deal with personal and community issues more effectively. In addition to Wayside's quality clinical services provided to Watertown residents, Wayside Multi's community and outreach activities include staffing of WYC, peer leadership programs, HIV/AIDS, substance abuse, and violence prevention in Watertown and surrounding communities, school-based student support services, youth development outreach, after-school programs, Mental Health and Youth Mental Health First Aid certification trainings and Social Services Resource Specialist information and referral for Watertown.

Executive Summary

Overview

The Well-Being of Watertown Youth 2014 report details YRBS High School and Middle School responses. This data tracks what students have reported in the last 5 years, as well as comparing local data to the Commonwealth of Massachusetts results from 2013 (the most recent Massachusetts YRBS results available), which helps to validate behavior trends in Watertown.

Summary

Overall, results presented here often show continued improvements in many important areas and attest to the successful efforts by WYC and its partners as well as countless others in the community working to foster healthy development of young people in Watertown.

Although the emphasis of this report is on adolescent risk behavior, it is equally important to note that most young people in Watertown do make healthy choices and do not engage in behaviors that threaten their health or safety.

This report concludes with [WYC: We Hear You](#) which highlights a variety of community based initiatives, which WYC has implemented over the years in its mission to promote the health and well being of all Watertown youth.

For more information, a list of local, state and national resources and their contact information can be found in the [Resources](#) section at the end of this report.

Results presented here about Watertown High School Students show continued improvements in many important areas, cigarette use and marijuana use show some declines as well as some increases or leveling off from years past. Alcohol use has had increases in all areas including, first age of use, past 30 day use and binge drinking. In addition, a majority of students reported on a number of protective factors that help to protect them against risky behavior: Overall, high school students who report going to their parents with problems (45.1 up from 39.8%) were less likely to engage in risky activities.

While there have been some declines in substance use among high school students, this report indicates a consistent and growing concern about lifetime heroin use (5.3) and suicidal behaviors. Overall, 77 students (14.4%) reported they seriously considered suicide.

Results presented here about Watertown Middle School students show continued improvements in many important areas, especially some indicators of alcohol use, tobacco use and bullying, which all report declines. It is important to note however, that although many of the statistics reported remain very low, and trends appear mixed, many risk behaviors begin in middle school -- and thus require continued attention. In 2014, middle school students reported trying inhalants (2.7%) down from (6.3%), binge drinking (3.4%) down from (6%) and having smoked cigarettes in the past 30 days (1.5%) down from (4%) Middle school students also were more likely to report having been bullied than high school students in 2014 (27.2% down a bit from 27.8%) v. (17.7% up a bit from 17%)

Also in 2014, a majority of students reported on a number of protective factors that help protect them against risky behavior. More than half of all middle school students (54.1%) reported that they have a parent or adult family member to talk to about things that are important to them.

Continued efforts to address these issues and promote the well being of all Watertown students are a priority and can be found in the [WYC: We Hear You](#) section of this report.

Methodology

This section of the Well-Being of Watertown Youth explores what high and middle school students reported in the 2014 YRBS. The statistics presented here cover the major 'risk areas' in the survey including *Alcohol Use, Marijuana Use, Other Illicit Drug Use, Tobacco Use, Weight and Weight Control, Bullying, Depression and Suicide, Sexual Behaviors as well as a section on Protective Factors*.

2014 high school statistics for each risk area are presented graphically in charts alongside 2009, 2010, 2011 and 2012 results to provide a look at the frequency of these self-reported behaviors over the last few years. "2014 Highlights" focuses on recent developments, as well as looking at other risk areas to identify populations who reportedly may be more vulnerable to a variety of high risk behaviors. Where relevant, each category compares the data of Watertown High School to the overall Commonwealth of Massachusetts High School YRBS results from 2013 (the most recent Massachusetts YRBS results available). Limited high school comparisons can be made to Massachusetts as a whole since the Massachusetts Department of Education administers the Youth Risk Behavior Survey to a sample of Massachusetts students every two years.

YRBS Student Population Included in this Report

- In 2014, **73.3%** of High School students took the YRBS (539 out of 735 students)
- In 2012, **73.5%** of High School students took the YRBS (551 out of 751 students)
- In 2011, **72.6%** of High School students took the YRBS (532 out of 733 students)
- In 2010, **84.6%** of High School students took the YRBS (616 out of 728 students)
- In 2009, **84.6%** of High School students took the YRBS (572 out of 676 students)

YRBS Student Population Included in this Report

- In 2014, **88.7%** of Middle School students took the YRBS (480 out of 541 students)
- In 2012, **84%** of Middle School students took the YRBS (483 out of 577 students)
- In 2011, **86.5%** of Middle School students took the YRBS (501 out of 579 students)
- In 2010, **95.5%** of Middle School students took the YRBS (554 out of 580 students)
- In 2009, **84.6%** of Middle School students took the YRBS (471 out of 557 students)

Demographics

Watertown High School

Demographic Characteristics of 2014 Surveyed High School Students			
		Number	Percentage
Gender	Female	264	49.3%
	Male	260	48.6%
	Transgender**	11	2.1%
Race & Ethnicity***	White/Caucasian	282	52.7%
	Armenian	85	15.9%
	Hispanic or Latino	76	14.2%
	Middle Eastern (Pakistan, Afghanistan, Lebanon, Syria, Turkey, etc.)	47	8.8%
	Asian (including Native Hawaiian or Other Pacific Islander, Chinese, Japanese, Indian, Filipino, Taiwanese, Cambodian, Vietnamese, Korean, etc.)	46	8.6%
	Black/African American	34	6.4%
	Other	23	4.3%
	American Indian or Alaskan Native	5	0.9%
*The total number of students who responded to this question was 535.			
**High school students who described themselves as being transgender are a relatively small group (11 out of 535) students) however, it is important to note that they are at higher risk for alcohol, tobacco and other drug use, depression and suicide attempts, being bullied, and risky sexual behavior. Although this report does not focus specifically on the findings of transgendered students, it is important to acknowledge this group to ensure that they too are provided a safe and healthy environment.			
***Race & Ethnicity are combined into one question, and respondents could select more than one category. Therefore, total percentage is higher than 100%. The total number of students who responded to this question was 535.			

Demographics

Watertown Middle School

Demographic Characteristics of 2014 Surveyed Middle School Students			
		Number	Percentage
Gender*	Female	247	51.7%
	Male	229	47.9%
	Transgender**	2	.4%
Race & Ethnicity***	White/Caucasian	268	57.3%
	Hispanic or Latino	78	16.7%
	Armenian	71	15.2%
	Other	44	9.4%
	Asian	33	7.1%
	Middle Eastern	55	11.8%
	Black	44	9.4%
	American Indian or Alaskan Native	14	3.0%
*The total number of students who responded to this question was 478.			
**Middle School students who described themselves as being transgender are a relatively small group (2 out of 478 students) however, it is important to note that they are at higher risk for alcohol, tobacco and other drug use, depression and suicide attempts, being bullied, and risky sexual behavior. Although this report does not focus specifically on the findings of transgendered students, it is important to acknowledge this group to ensure that they too are provided a safe and healthy environment.			
***Race & Ethnicity are combined into one question, and respondents could select more than one. The total number of students who responded to this question was 468.			

Tobacco Use

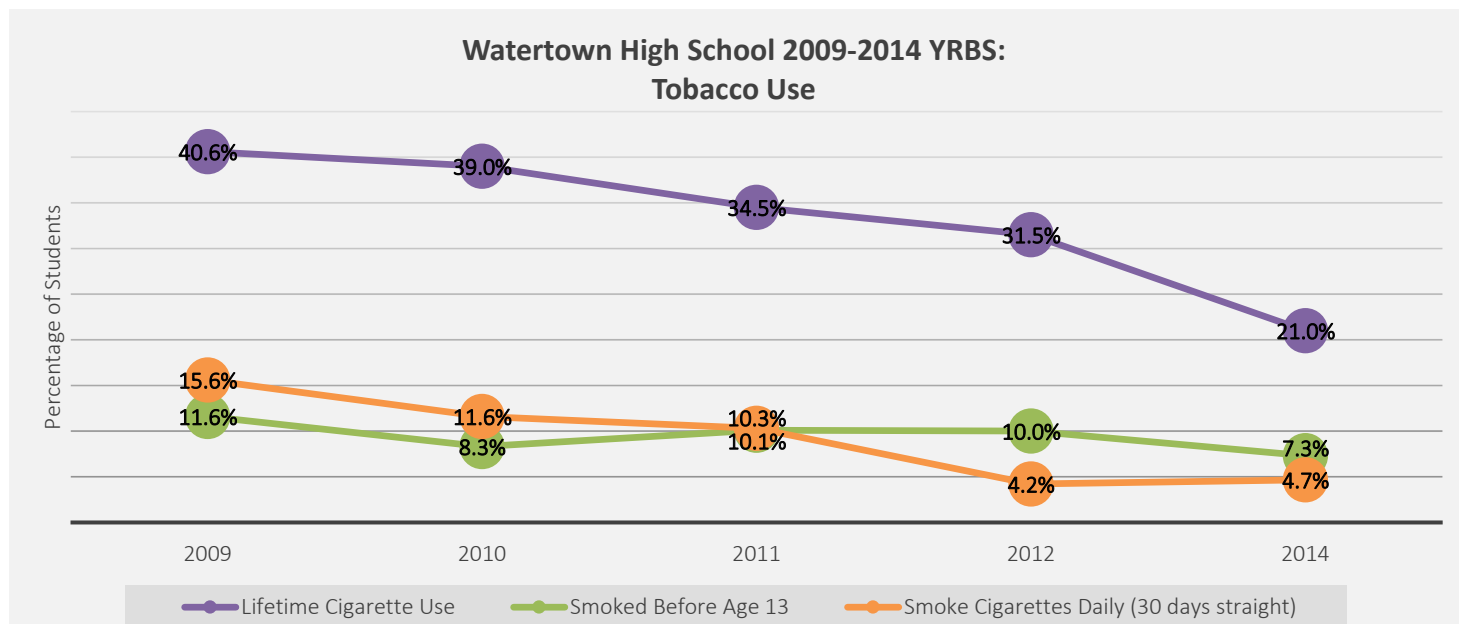
“Prevention efforts must focus on both adolescents and young adults because among adults who become daily smokers, nearly all first use of cigarettes occurs by 18 years of age (88%), with 99% of first use by 26 years of age.”

- Preventing Tobacco Use Among Youth and Young Adults: A Report of the Surgeon General, 2012 U.S. Department of Health & Human Services

See [WYC: We Hear You](#) to read about what Watertown Youth Coalition Peer Leaders are doing to prevent tobacco use.

Watertown High School Highlights

Lifetime cigarette smoking (having ever tried it) shows a significant decline in the last three years, from 40.6% reported 2009, to 21% in 2014, and is significantly lower than the state average from 2013 of 32.0%. However, the past 30 day cigarette use in Watertown High School is higher than the state average from 2013 (13.1% vs. 11.0%).



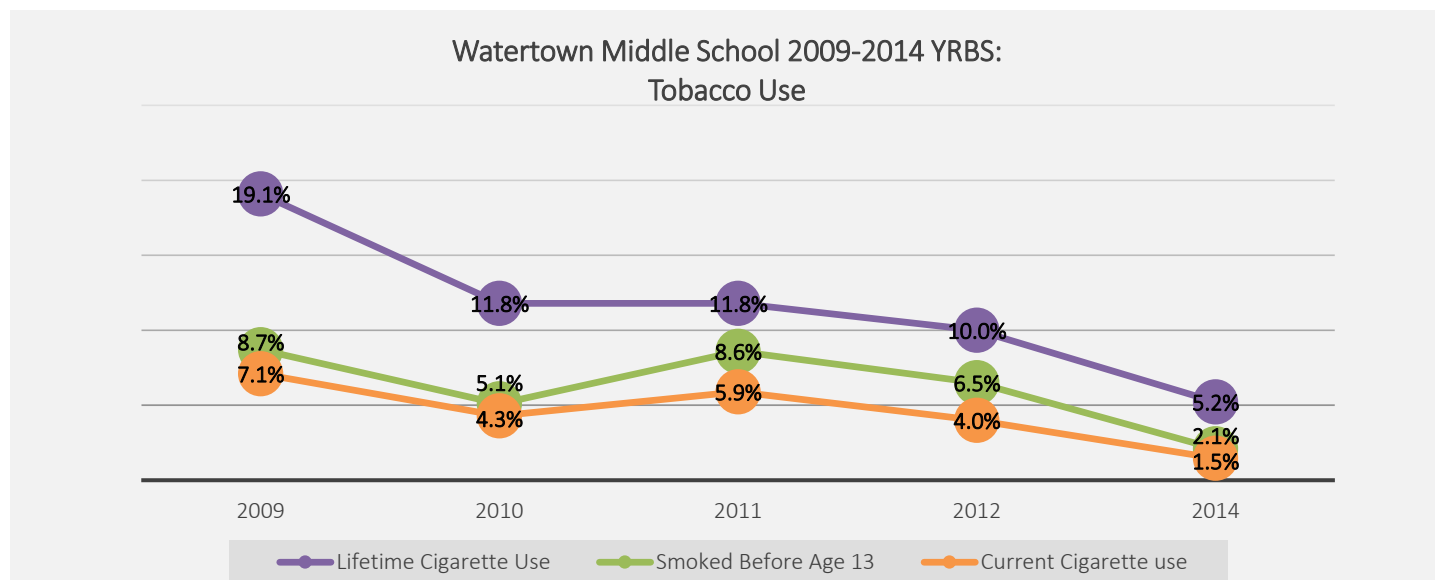
Watertown High School vs. Massachusetts YRBS - Tobacco Use						
Question	WHS 2010	WHS 2011	WHS 2012	WHS 2014	MA 2013	2013 MA-WHS Comparison
Ever smoked cigarettes	39.0%	34.5%	31.5%	21.0%	32%	Lower than MA
Current cigarette use	17.2%	14.3%	15.1%	13.1%	11%	Higher than MA
Smoked cigarettes before age 13	8.3%	10.1%	10.1%	7.3%	5%	Higher than MA
Used smokeless tobacco, past 30 days	9.3%	10.4%	11.6%	8.8%	5%	Higher than MA

The table above compares Watertown High School statistics on Tobacco Use with the most recent published data compiled by the Massachusetts YRBS from 2013.

Tobacco Use

Watertown Middle School Highlights

98.5% of students report that they have not smoked tobacco, in the past 30 days from the survey date, which represents a significant improvement over the last 5 years. The current rate of 30 day use is half that of the state (1.5% vs. 3%). Lifetime cigarette smoking has significantly declined since 2009, when 19.1% of students reported having tried cigarettes, down to 5.2% in 2014, which is more than half the state middle school rate of 11% in 2013.



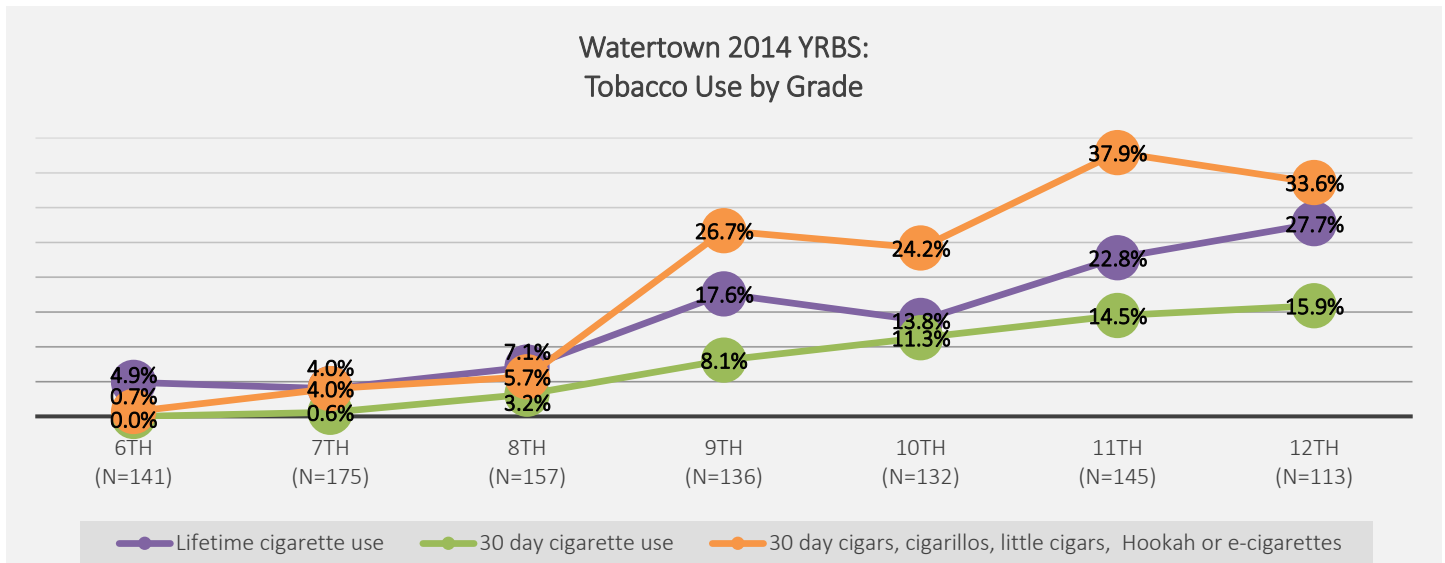
Watertown Middle School vs. Massachusetts – Tobacco Use						
Question	WMS 2010	WMS 2011	WMS 2012	WMS 2014	Mass 2013	MA-WHS Comparison
Ever Smoked Cigarettes	11.8%	11.8%	10.0%	5.2%	11%	Lower than MA
Smoked in the Past 30 days	4.3%	5.9%	4.0%	1.5%	3%	Lower than MA

The table above compares Watertown Middle statistics on Tobacco Use with the most recent published data compiled by the Massachusetts YRBS from 2013.

Tobacco Use

Trends by Grade

As to be expected, lifetime cigarette use, 30 day cigarette use, and 30 day cigars, cigarillos, little cigars, Hookah or e-cigarette use increases with age. The high rate of 30 day cigars, cigarillos, little cigars, Hookah, or e-cigarette use in high school are possibly due to the increased marketing of e-cigarettes.



*Asking students about 30 day use of e-cigarettes is new on the 2014 survey, the sharp increases especially in high school are possibly due to the increased marketing of e-cigarettes.



Tobacco Oh No I'm not trying it

Ages 13-17: Grand Prize: Tobacco I'm Not Buying It Rap

The Manatee Youth for Christ SOZO team, from Bradenton, Florida, rap about the dangers of tobacco, its effect on youth, and why they're not buying it. This video, created by Dantreal Waiters, was the grand prize winner in the 13-17 age category of the Surgeon General's Video Contest: Tobacco—I'm Not Buying It.

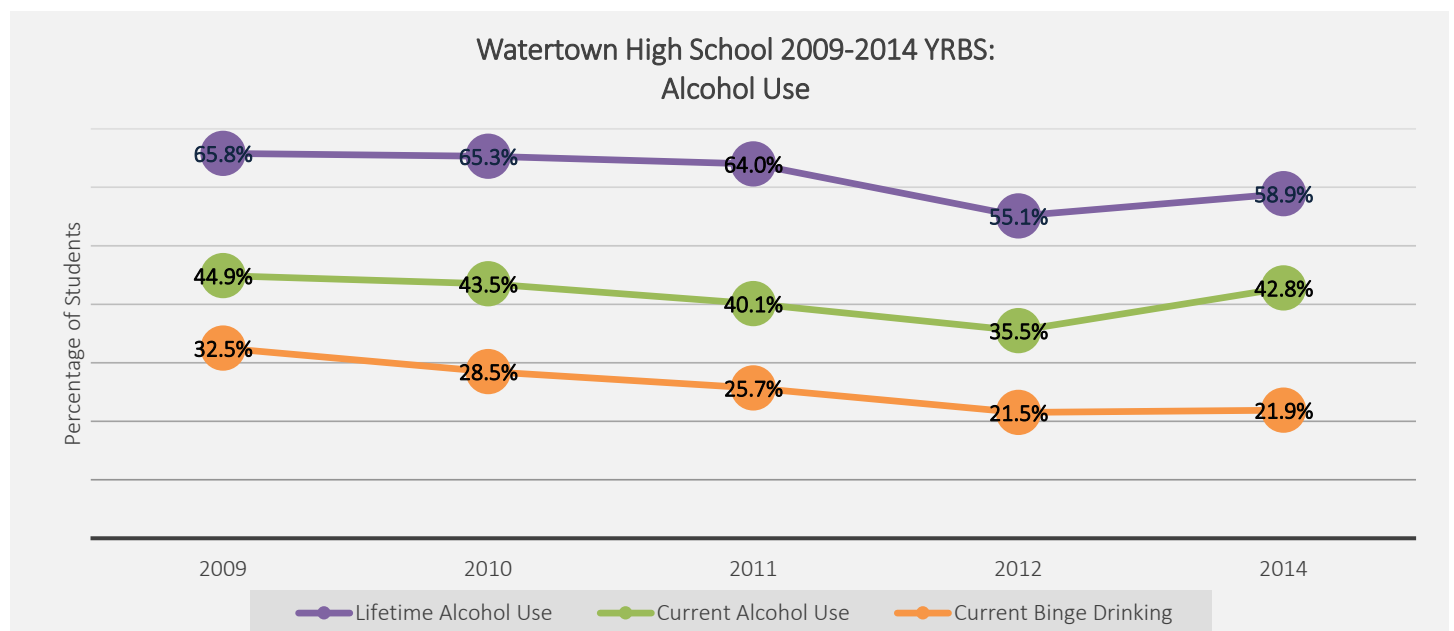
Watch the video online at
youtu.be/izSjgySND0w

Alcohol Use

The YRBS definition of Alcohol includes drinking beer, wine, wine coolers, and liquor such as rum, gin, vodka, or whiskey. The YRBS does not define drinking as a few sips of wine for religious purposes.

Watertown High School Highlights

In 2014 we have seen an increase in all areas of alcohol use. The small increase in binge drinking is not significant, however 30-day use has increased by 7.3%. Past 30 day alcohol use in Watertown High School is 6.8% higher than the state (58.9% vs. 63.0%) and past 30 day binge drinking in Watertown High School is 2.9% higher than the state (21.9% vs. 19.0%).



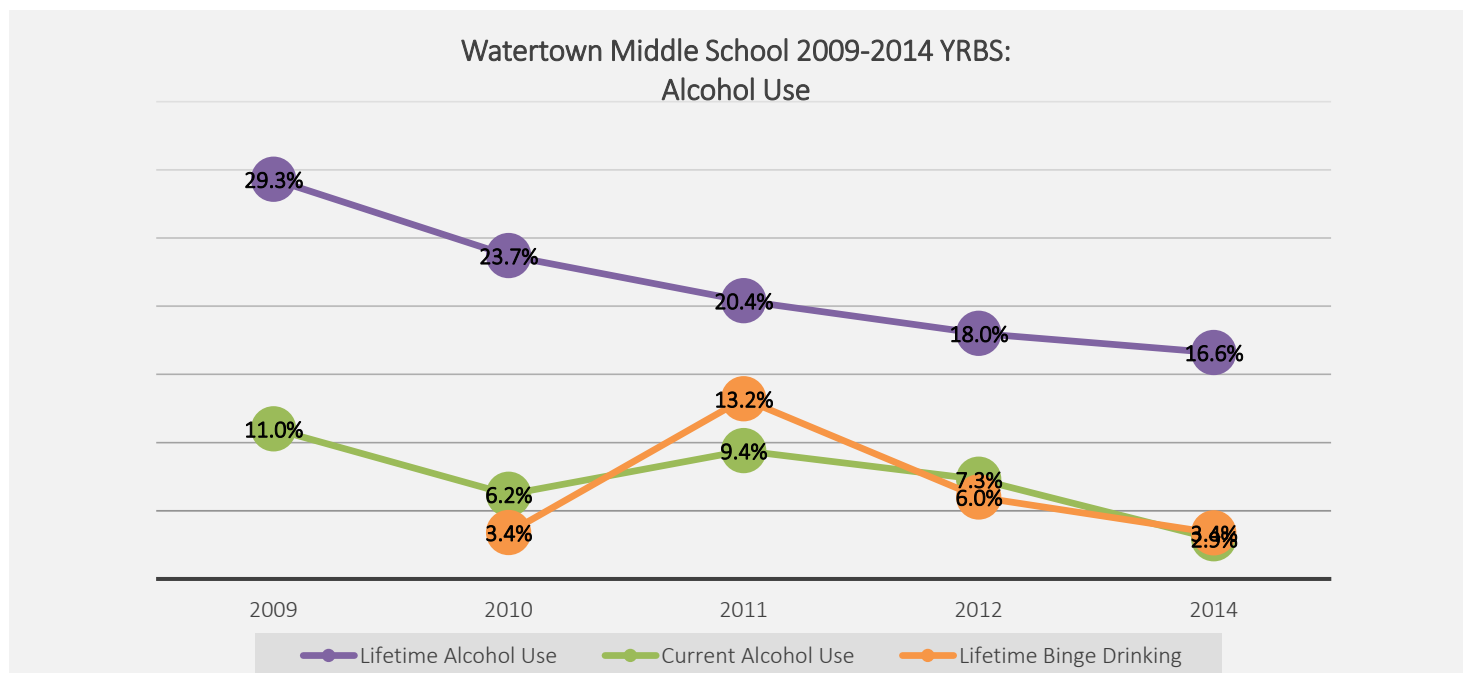
Watertown High School vs. Massachusetts - Alcohol Use						
Question	WHS 2010	WHS 2011	WHS 2012	WHS 2014	MA 2013	2013 MA-WHS Comparison
Lifetime Alcohol Use	65.3%	64.0%	55.1%	58.9%	63%	Lower than MA
Current Alcohol Use	43.5%	40.1%	35.5%	42.8%	36%	Higher than MA
Current Binge Drinking	28.5%	25.7%	21.5%	21.9%	19%	Higher than MA

The comparison chart above compares Watertown High School statistics on Alcohol Use with the most recent published data compiled by the Massachusetts YRBS from 2013.

Alcohol Use

Watertown Middle School Highlights

Overall, there has been a significant downward trend in lifetime alcohol use among Middle School students from 2010 (23.7%) to 2011(20.4%) to 2012 (18%) to 2014 (16.6%). The past 30 day alcohol use follows a similar pattern of decline from 11.0% in 2009 to 2.9% in 2014. Both lifetime and 30 day use in Watertown Middle School are lower than the state average (18% and 6% respectively). Also lifetime binge drinking decreased more than half from 13.2% in 2011 to 6% in 2012 and again close to half in 2014 at the same rate it was in 2010 when we first starting asking this question of 3.4%. However, this rate is still higher than the state middle school binge drinking rate of 2%.



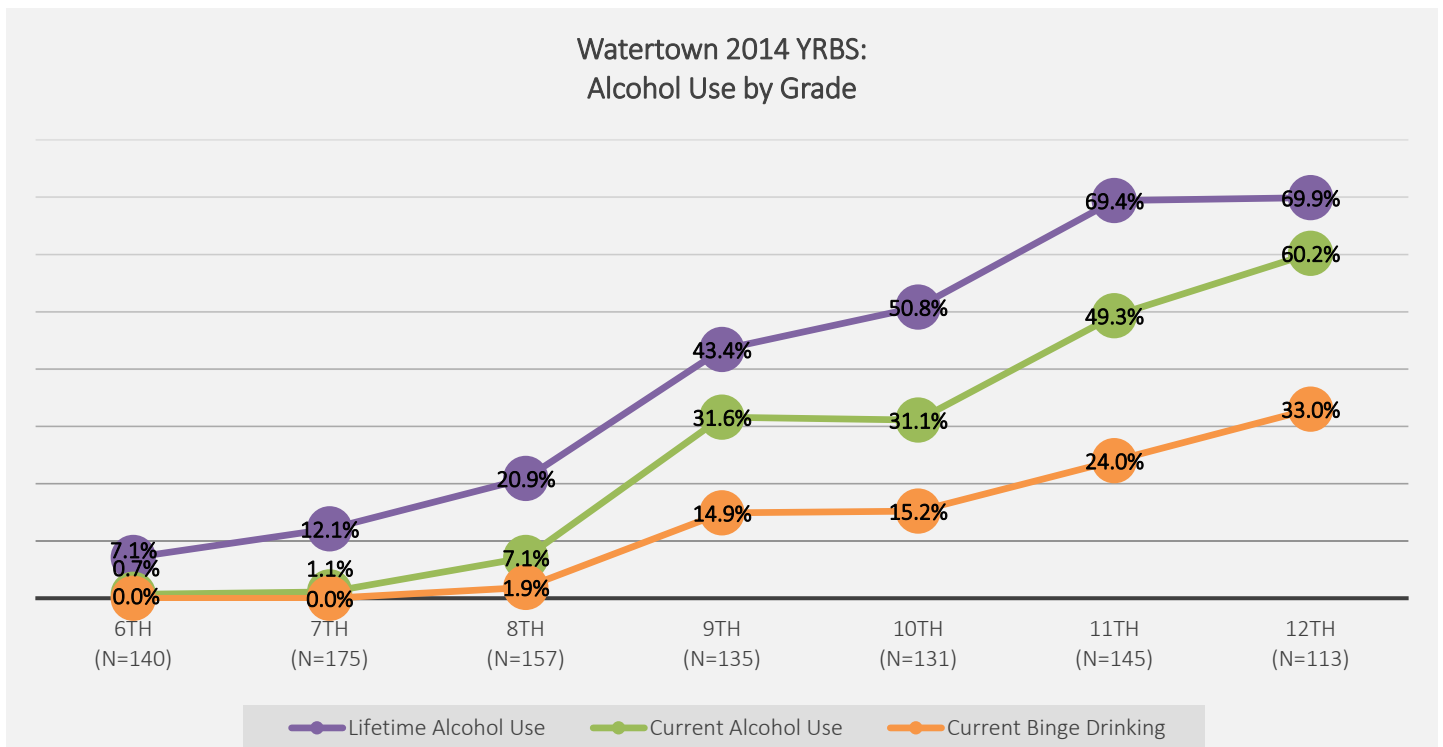
Watertown Middle School vs. Massachusetts – Alcohol Use						
Question	WMS 2010	WMS 2011	WMS 2012	WMS 2014	Mass 2013	MA-WMS Comparison
Ever Tried Alcohol	23.7%	20.4%	18.0%	16.6%	18%	Lower than MA
Drank Alcohol Past 30-days	6.2%	9.4%	7.3%	2.9%	6%	Lower than MA
Ever Binge Drank	3.4%	13.2%	6.0%	3.4%	2%	Higher than MA

The comparison chart above compares Watertown Middle School statistics on Alcohol Use with the most recent published data compiled by the Massachusetts YRBS from 2013.

Alcohol Use

Trends by Grade

As to be expected, lifetime alcohol use, 30 day alcohol use, and 30 day binge drinking increases with age. 0.7% of 6th graders reported using alcohol in the past 30 days as compared to 31.6% of freshman and 60.2% of seniors. The jump from 8th grade to 9th grade for lifetime use, 30 day alcohol use, and 30 day binge drinking indicate an especially large increase in the transition to high school.



“People who begin drinking before age 15 are 4 times more likely to develop alcohol dependence during their lifetime than are people who begin drinking at age 21 (Grant and Dawson 1997). Therefore, it is clearly an important public health goal to delay the initiation of alcohol use among young adolescents for the benefit of their current and long-term health.”

- “Strategies to Prevent Underage Drinking,” National Institute on Alcohol Abuse and Alcoholism

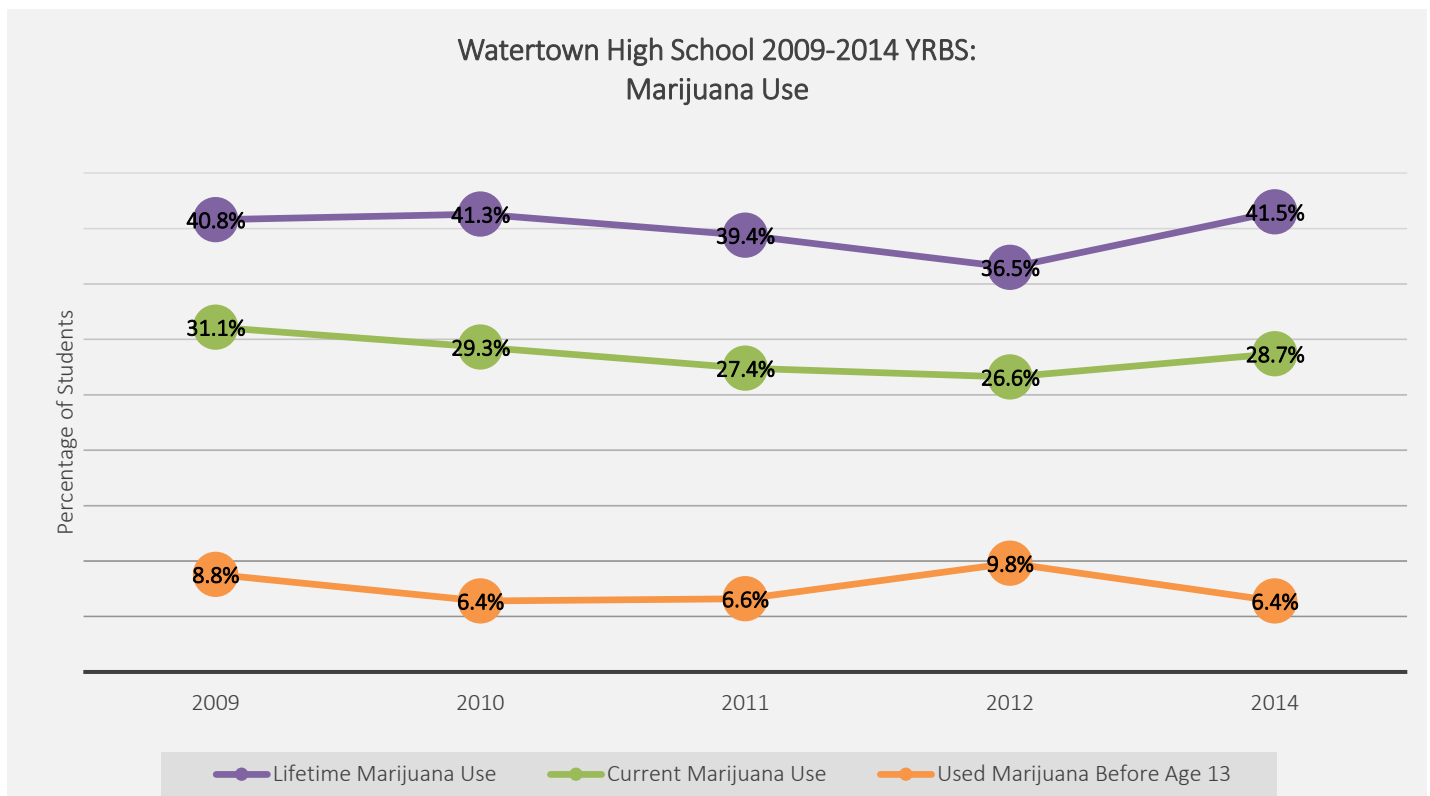
Marijuana Use

“Marijuana intoxication can cause distorted perceptions, impaired coordination, difficulty with thinking and problem solving, and problems with learning and memory. Research has shown that, in chronic users, marijuana’s adverse impact on learning and memory can last for days or weeks after the acute effects of the drug wear off.”

- National Institute on Drug Abuse

Watertown High School Highlights

41.5 % of all high school students reported trying marijuana in their lifetime, with more than one quarter of students (28.7%) using it in the past 30 days. Lifetime use is on par with the state average whereas 30 day use is slightly higher than the state rate of 25.0%



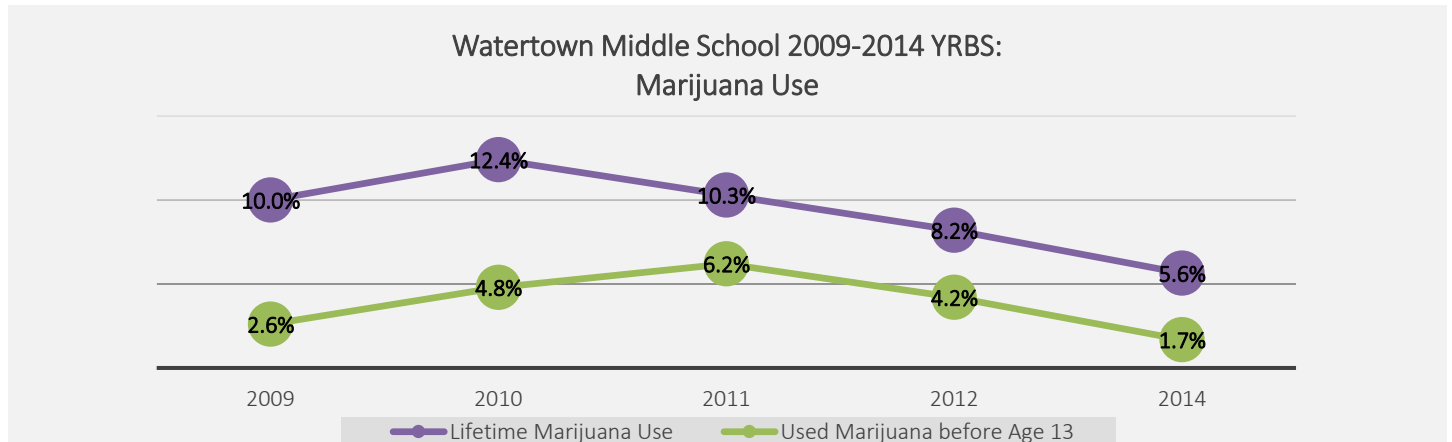
Watertown High School vs. Massachusetts - Marijuana Use*						
Question	WHS 2010	WHS 2011	WHS 2012	WHS 2014	MA 2013	2013 MA-WHS Comparison
Lifetime Marijuana Use	41.3%	39.4%	36.5%	41.5%	41%	Higher than MA
Current Marijuana Use	29.3%	27.4%	26.6%	28.7%	25%	Higher than MA
Tried Marijuana Before Age 13	6.4%	6.6%	9.8%	6.4%	7%	Lower than MA

The table above compares Watertown High School statistics on Marijuana Use with the most recent published data compiled by the Massachusetts YRBS from 2013.

Marijuana Use

Watertown Middle School Highlights

Overall, marijuana use reported by Middle School students remains very low, with 94.4% of students reporting that they have never tried it. This represents a steady decline since 2010 in Watertown Middle School students reporting trying marijuana in their lifetime (12.4% to 5.6%) and lower rates than the state (8%).

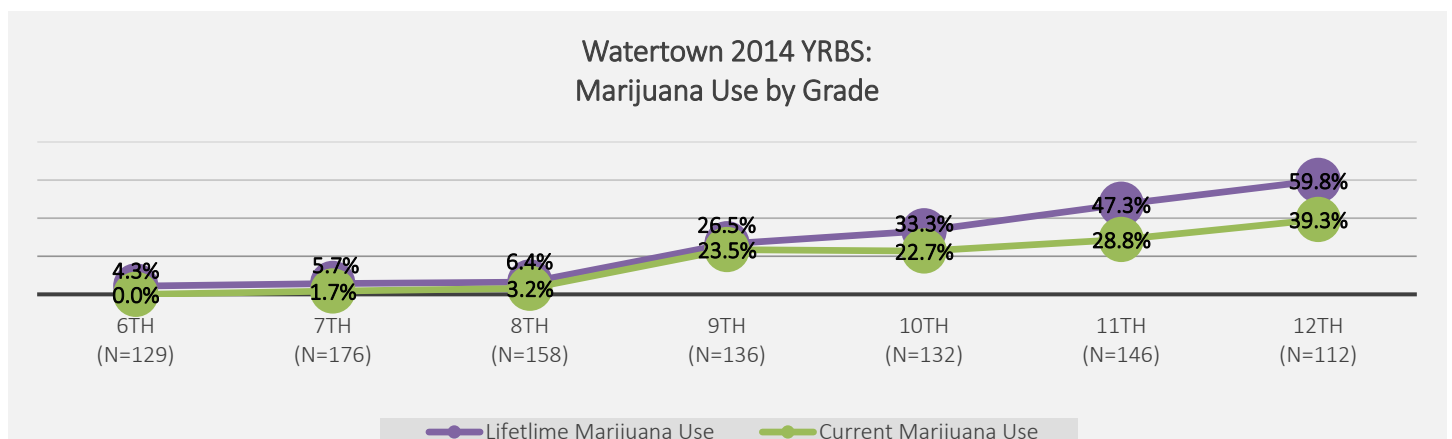


Watertown Middle School vs. Massachusetts – Marijuana Use						
Question	WMS 2010	WMS 2011	WMS 2012	WMS 2014	Mass 2013	MA-WMS Comparison
Ever Tried Marijuana	12.4%	10.3%	8.2%	5.6%	8%	Lower than MA
Used Marijuana before Age 13	4.8%	6.2%	4.2%	1.7%	3%	Lower than MA

The table above compares Watertown Middle School statistics on Marijuana Use with the most recent published data compiled by the Massachusetts YRBS from 2013.

Trends by Grade

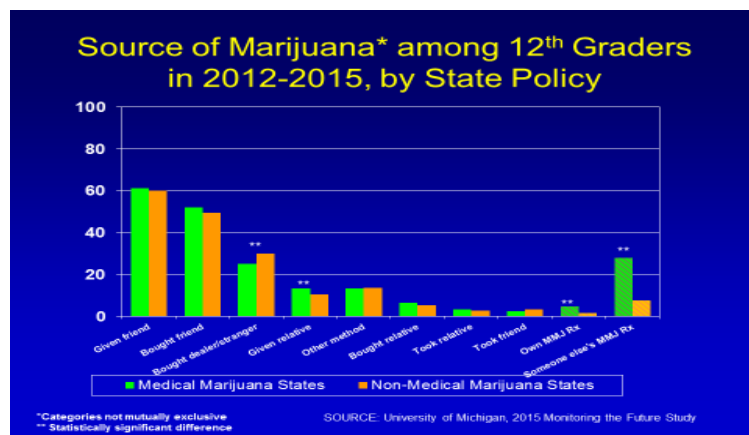
As to be expected, lifetime marijuana use and 30 day marijuana use increases with age. 0.0% of 6th graders reported using marijuana in the past 30 days as compared to 23.5% of freshman and 39.3% of seniors. The jump from 8th grade to 9th grade for lifetime use and 30 day marijuana use indicate an especially large increase in the transition to high school.



Marijuana Use

The following slides were taken from the Monitoring The Future Study (2015) and illustrate that decriminalization, legalized medical marijuana, and legalization of recreational use of marijuana can be sending the wrong message to youth that marijuana is not a health risk. These slides were offered through the National Drug Rx and Heroin Summit 2016.

Diversion To Youth



#RxSummit

NATIONAL
RX DRUG ABUSE & HEROIN
SUMMIT



These students are virtually unemployable

54

#RxSummit

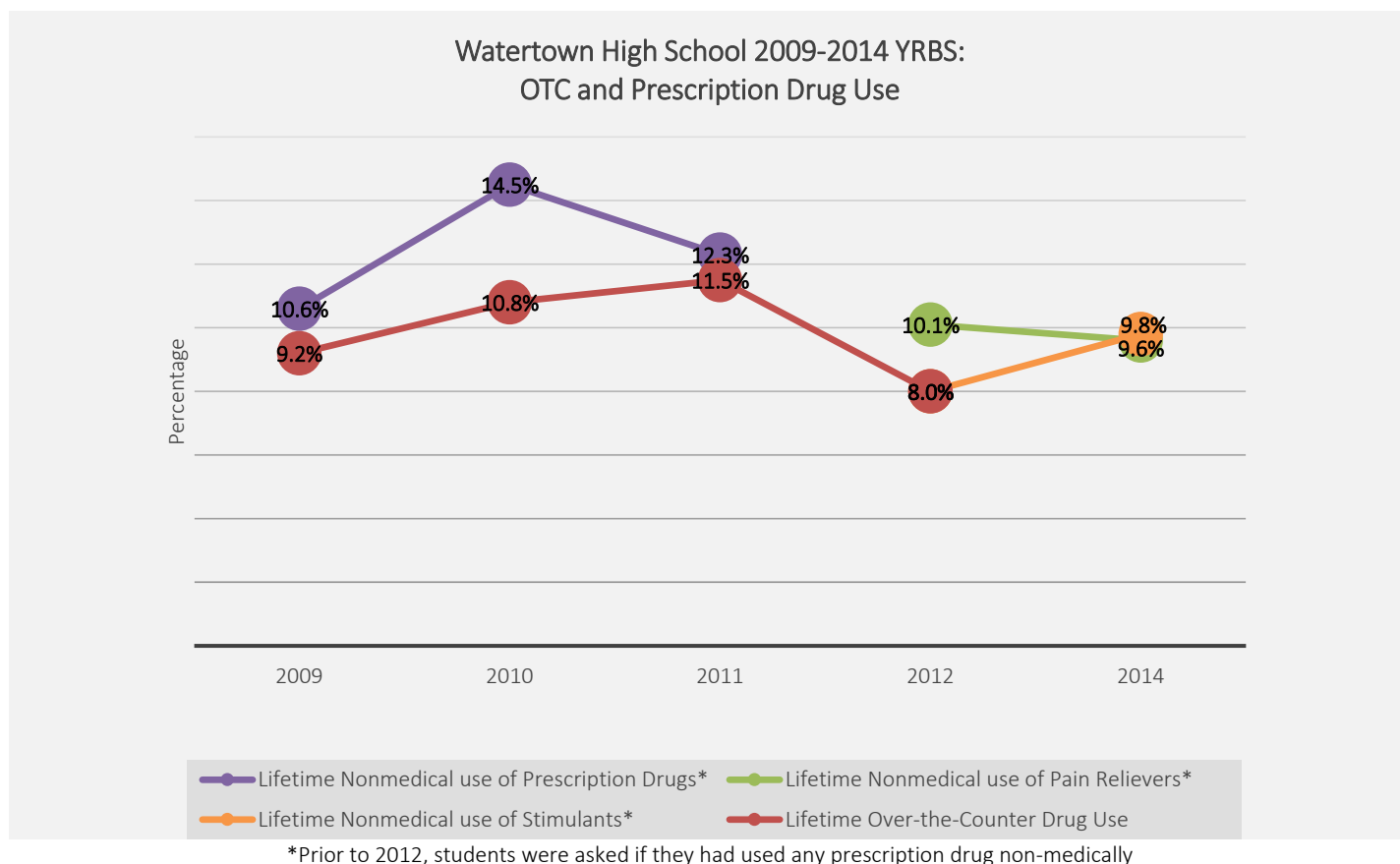
NATIONAL
RX DRUG ABUSE & HEROIN
SUMMIT

Prescription Drug Use & Other Illicit Drug Use

The YRBS definition of “Other Illicit Drugs” includes inhalants, heroin, cocaine, amphetamines, methamphetamine, ecstasy, use of prescription drugs without a doctor’s prescription and use of over-the-counter (OTC) medicine to get high.

Watertown High School Highlights

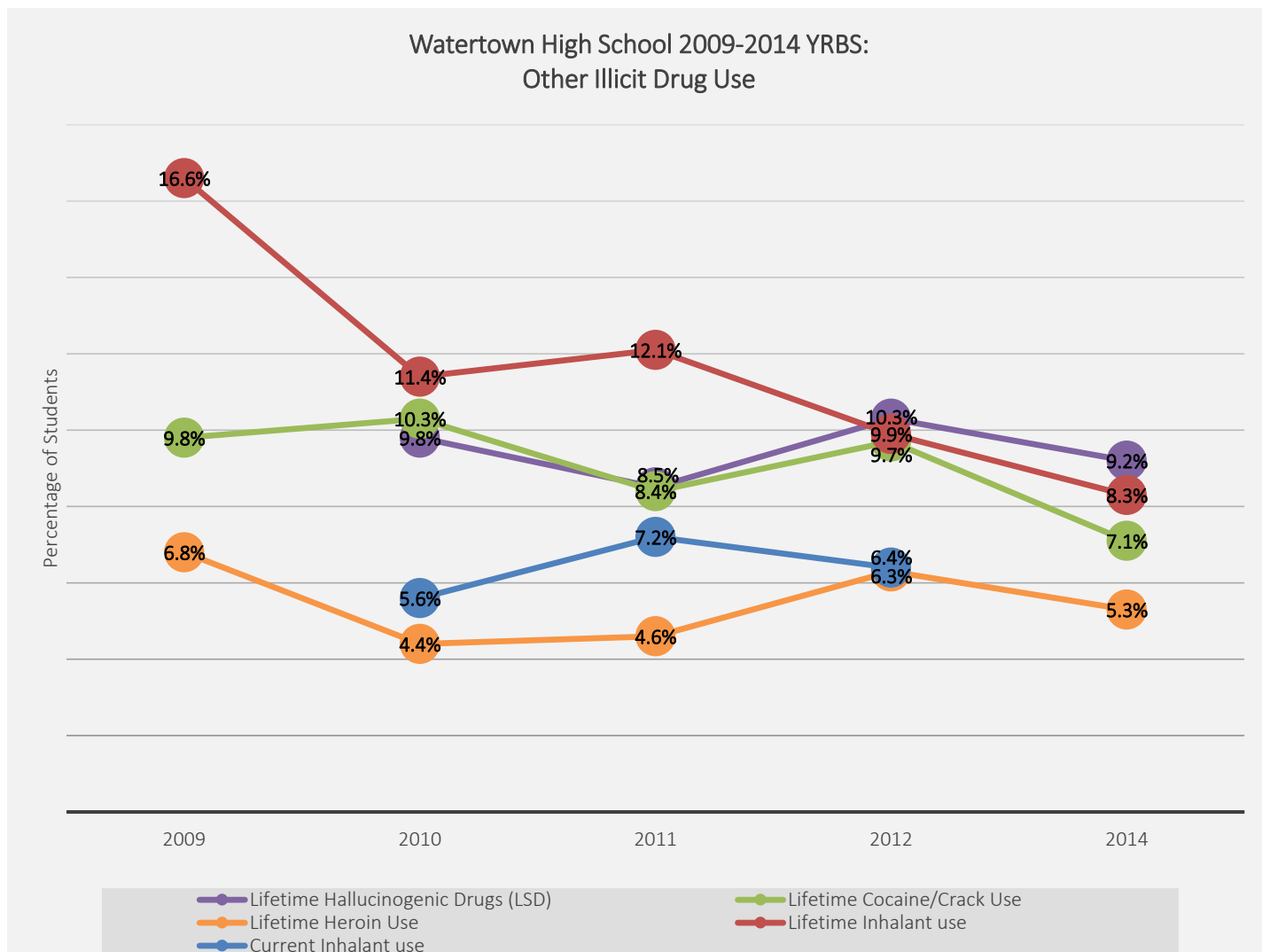
Overall, the incidence of reported illicit drug use remains statistically low. We are noticing a decline in almost all substances, however our rates are still high in comparison to the State. There was an increase in lifetime non-medical use of stimulants from 8.0% in 2012 to 9.8% in 2014.



Watertown High School vs. Massachusetts – Other Drug Use						
Question	WHS 2010	WHS 2011	WHS 2012	WHS 2014	MA 2013	MA-WHS Comparison
Lifetime Cocaine Use	10.3%	8.4%	9.7%	7.1%	4.0%	Higher than MA
Lifetime Heroin Use	4.4%	4.6%	6.3%	5.3%	1%	Higher than MA
Lifetime Inhalant Use	11.4%	12.1%	9.9%	8.3%	5% (MYHS)*	Higher than MA

* The table above compares Watertown High School statistics on Other Drug Use with the most recent published data compiled by the Massachusetts YRBS from 2013 and the Massachusetts Youth Health Survey.

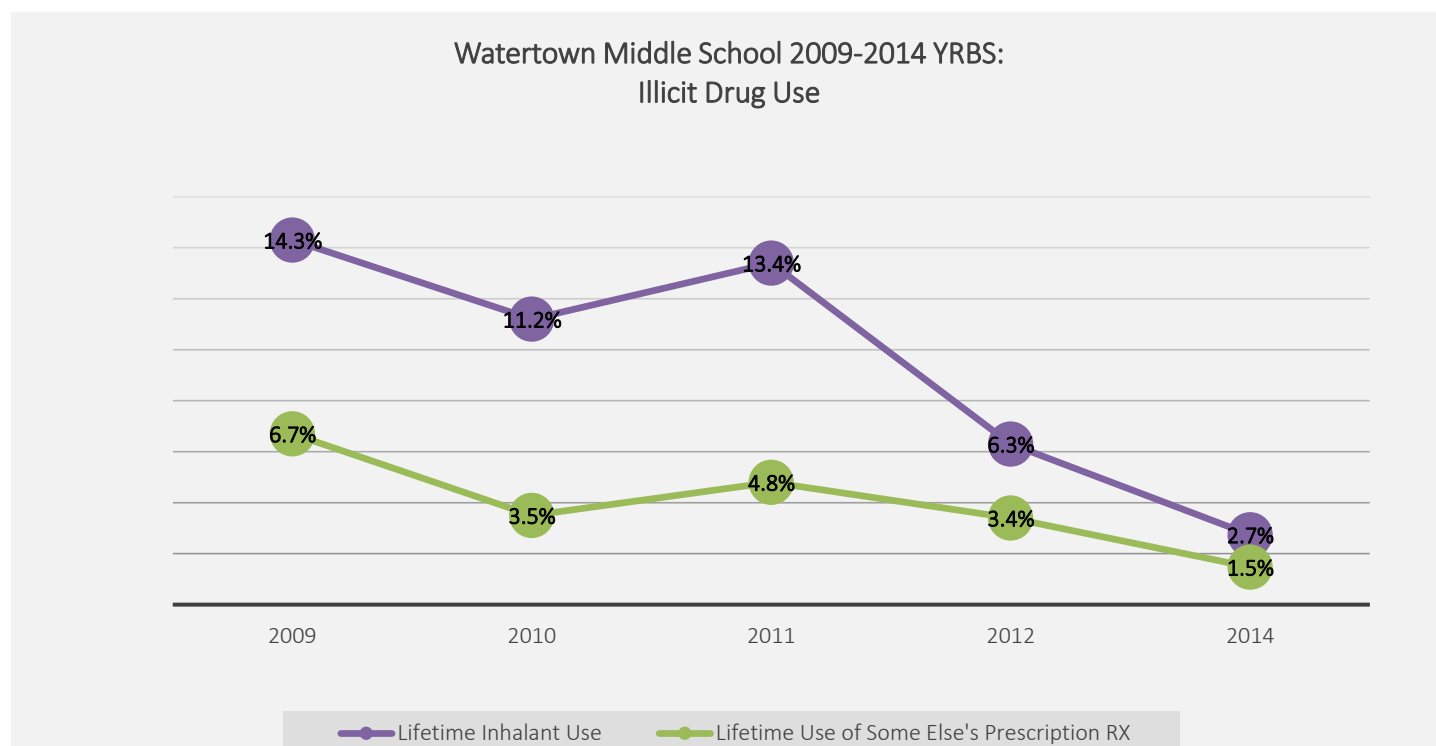
Prescription Drug Use & Other Illicit Drug Use



Prescription Drug Use & Other Illicit Drug Use

Watertown Middle School Highlights

2014 showed decreased rates of Lifetime use of Someone Else's Prescription drug from 2011(4.8%) and 2012 (3.4%) to 2014 (1.5%) and ever using inhalants from 2011 (13.4%) and 2012 (6.3%) to 2014 (2.7%). These rates are significantly lower than the state middle school averages as well (4% and 10% respectively).



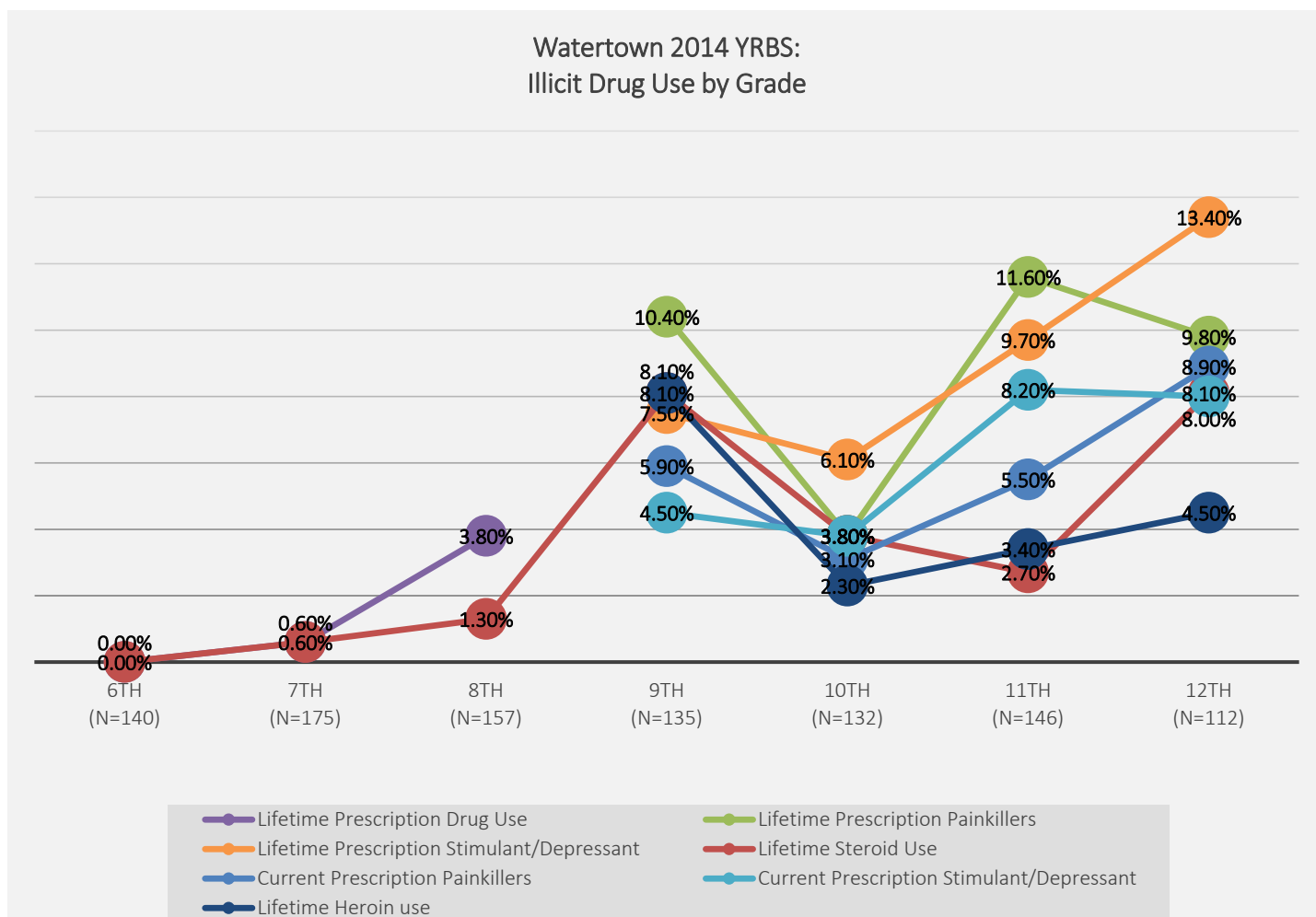
Watertown Middle School vs. Massachusetts – Illicit Drug Use						
Question	WMS 2010	WMS 2011	WMS 2012	WMS 2014	Mass 2013	MA-WMS Comparison
Lifetime Inhalant Use	11.2%	13.4%	6.3%	2.7%	10%	Lower than MA
Lifetime Use of Someone Else's Prescription RX	3.5%	4.8%	3.4%	1.5%	4%	Lower than MA

Since inhalant use has the potential to cause death after first time use, the dangers of using these poisons should be made aware to all parents.

Prescription Drug Use & Other Illicit Drug Use

Trends by Grade

In general, lifetime illicit drug use and 30 day prescription drug use increases with age. However, 9th grade use is unusually high compared to what is expected base on usual drug use trends by grade.



Physical and Mental Health

Self-Harm

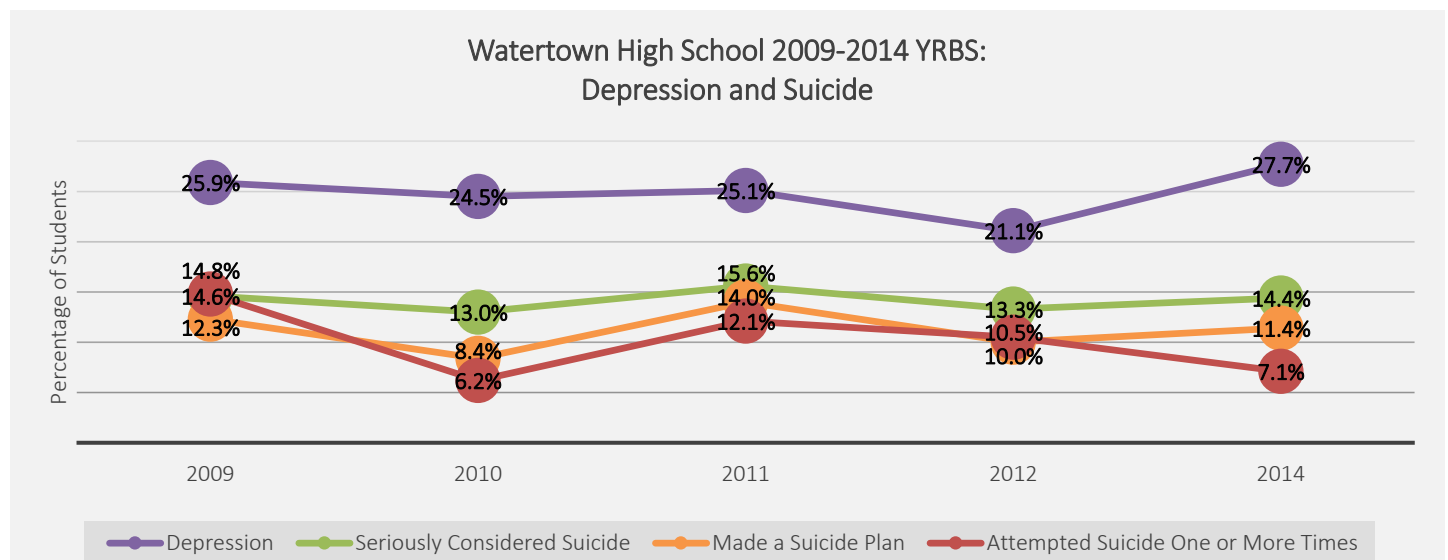
In middle school 15.8% have self-harmed in the past year without intention to kill themselves. In high school 19.4% have self-harmed in the past year without intention to kill themselves. These are both only 1 percentage point away from the percent of students reporting self-harming behaviors in 2012.

Depression and Suicide

The prevalence of depression and suicide ideation, (i.e., suicidal thoughts and behaviors) among high school students are indicators of the mental health of this population. Depression is defined as feeling so sad or hopeless almost every day for two weeks or more in a row over the past year that you stopped doing some usual activities.

Watertown High School Highlights

Overall, 77 students (14.4%) in 2014 reported they seriously considered suicide and 61 (11.4%) made a suicide plan; this is an increase from 2012 when 13.3% of students (72) reported seriously considering suicide and 10% (54) reported making a suicide plan. In 2014, 23 out of 77 students (29.9%) reported requiring medical attention due to a suicide attempt in the past year. In 2014, 38 students (7.1%) reported attempting suicide one or more times — a decrease from 2012 (57 students, 10%).



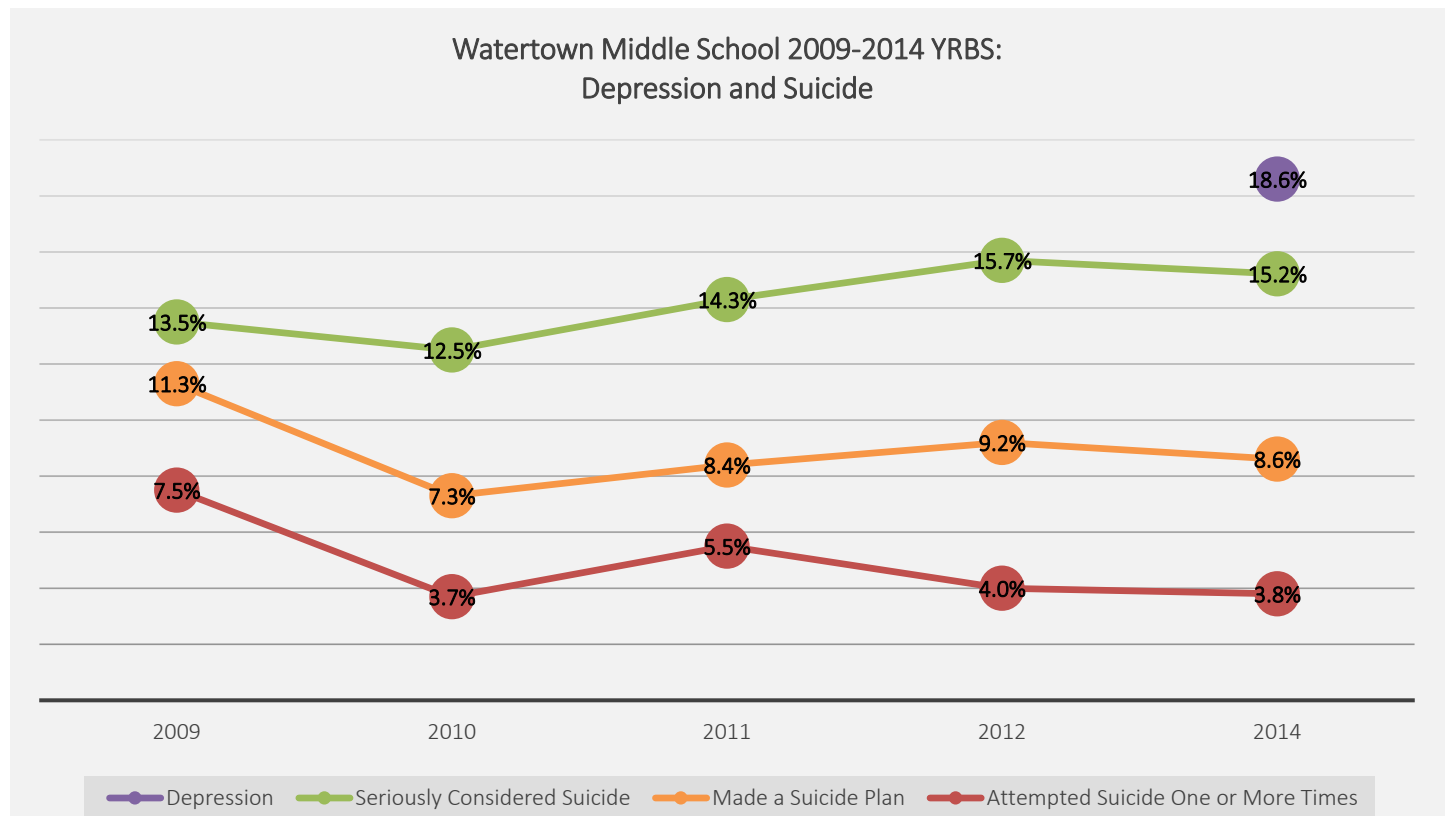
Watertown High School vs. Massachusetts - Depression and Suicide						
Question	WHS 2010	WHS 2011	WHS 2012	WHS 2014	Mass 2013	2013 MA-WHS Comparison
Seriously Considered Suicide	13.0%	15.6%	13.3%	14.4%	12%	Higher than MA
Made a Suicide Plan	8.4%	14.0%	10.0%	11.4%	11%	Higher than MA
Attempted Suicide One or More Times	6.2%	14.8%	10.5%	7.3%	6%	Higher than MA

The table above compares statistics from Watertown High School on Depression and Suicide with the most recent published data compiled by the Massachusetts YRBS from 2013.

Physical and Mental Health

Watertown Middle School Highlights

Overall, 72 students (15.2%) in 2014 reported they seriously considered suicide, and 41 (8.6%) made a suicide plan; a decrease from 2012, when 75 students (15.7%) seriously considered suicide and 44 (9.2%) made a suicide plan. In 2014, 18 students (3.8%) reported attempting suicide one or more times; a decrease from 2012 when 19 students (4.0%) reported attempting suicide one or more times.



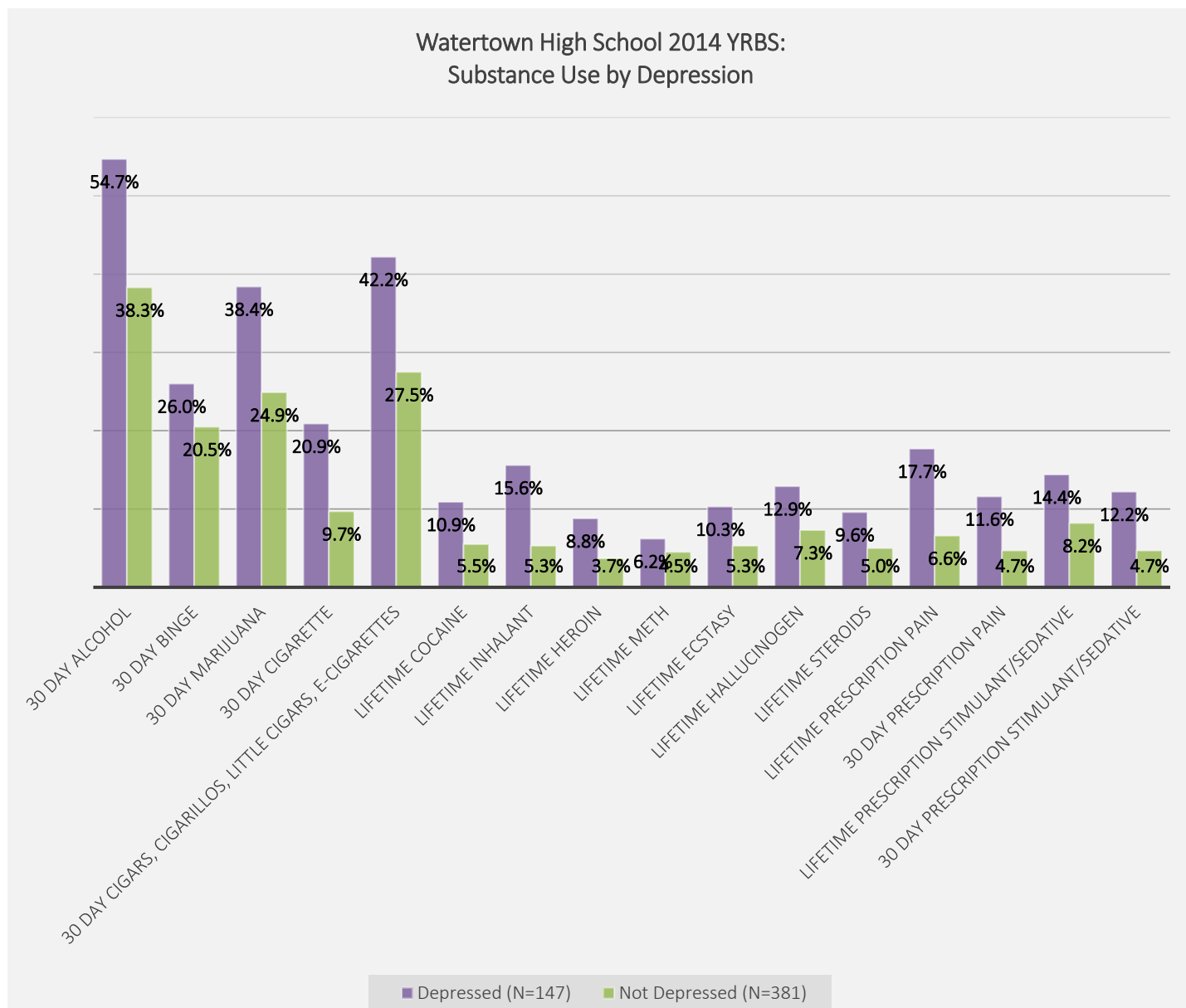
Watertown Middle School vs. Massachusetts – Depression and Suicide						
Question	WMS 2010	WMS 2011	WMS 2012	WMS 2014	Mass 2013	MA-WMS Comparison
Seriously Considered Suicide	12.5%	14.3%	15.7%	15.2%	8%	Higher than MA
Made a Suicide Plan	7.3%	8.4%	9.2%	8.6%	Not reported	No comparison available
Attempted Suicide One or More Times	3.7%	5.5%	4.0%	3.8%	4%	Lower than MA

The table above compares statistics from Watertown Middle School on Depression and Suicide with the most recent published data compiled by the Massachusetts YRBS from 2013.

Physical and Mental Health

Depression as a Risk Factor

The YRBS data indicate that depression is related to substance use. Those who indicated that they were depressed were more likely to use every type of substance asked on the YRBS. In high school, the rate of lifetime inhalant use and lifetime prescription pain medication is almost three times as high for those who were depressed in the last year compared to those that were not (15.6% vs. 5.3% for lifetime inhalant use and 17.7% vs. 6.6% for lifetime prescription pain medication use).



Physical and Mental Health

SOS Signs of Suicide Program

“The **SOS (Signs of Suicide)** High School program was created to reduce suicide among adolescents. The program teaches our youth that suicide is a tragic, permanent solution to a temporary problem, and that problem is often depression,” says Dr. Douglas Jacobs, MD, associate clinical professor of psychiatry at Harvard Medical School and founder and CEO of Screening for Mental Health, Inc. in Wellesley, MA. WHS implements the SOS program annually which uses the following ACT: Acknowledge, Care, Tell.



Youth Mental Health First Aid

Wayside offers trainings in MHFA and YMHFA which are public education programs that introduce participants to the unique risk factors and symptoms of mental health problems in adolescents and transition-aged youth, build understanding of the importance of early intervention, and teach individuals how to help a youth in crisis. MHFA and YMHFA use role-playing and simulations to demonstrate how to assess a mental health crisis; select interventions and provide initial help; and connect young people to professional, peer, social, and self-help care.

FREE YOUTH MENTAL HEALTH FIRST AID TRAINING!

Sometimes, first aid isn't
a **bandage** or **CPR**,
Sometimes, first aid is **YOU!**

A young person you know could be experiencing
A mental health challenge or crisis...
You can help them...

You are more likely to encounter someone — friend, family member, student, neighbor, or member of the community — in an emotional or mental crisis than someone having a heart attack. Youth Mental Health First Aid teaches a 5-step action plan to offer initial help to young people showing signs of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social, or self help care. Anyone can take the 8-hour Youth Mental Health First Aid course, but it is ideally designed for adults who work with young people, ages 12-18 — teachers, coaches, leaders of faith communities, social workers, and other caring citizens.

Sometimes, the best first aid is you!

- Take the course
- Save a life
- Strengthen your community.

This **FREE** training includes:

- 8 hour training course book
- Snacks & Beverages

See back for registration and contact information

This training is brought to you by
The Wayside Multi-Service Center through
The Project AWARE-C grant from SAMSHA

Physical and Mental Health

Personal Challenges

In order to learn about challenges that Watertown teens experience and believe other teens experience, additional questions were added to the YRBS survey each year for the past 6 survey years. The questions in past years asked about the “challenges Watertown students face.” This year, they were asked about personal challenges they face, and they are as follows:

The Personal Challenges for Watertown High School students in 2014 were:

1. Academic Stress (85.7%)
2. Body Image (38.5%)
3. Non Acceptance, Intolerance, Bullying (11.3%)
4. Alcohol and Other Drugs (10.0%)
5. Peer Pressure (8.2%)
6. Pressure to Have Sex (5.7%)
7. Dating/ Relationship Violence (3.7%)
8. School Violence (2.0%)

The Personal Challenges for Watertown Middle School students in 2014 were:

1. Academic Stress (85.5%)
2. Body Image (38.2%)
3. Peer Pressure (19.2%)
4. Non Acceptance, Intolerance, Bullying (16.0%)
5. Dating/Relationship Violence (7.5%)
6. School Violence (4.2%)
7. Alcohol and Other Drugs (2.7%)
8. Pressure to Have Sex (2.0%)

It has been useful to ask these questions each year so that WYC can focus on the most significant challenges that Watertown youth face and reassess each year to offer solutions focused on the top 5 issues for each school.

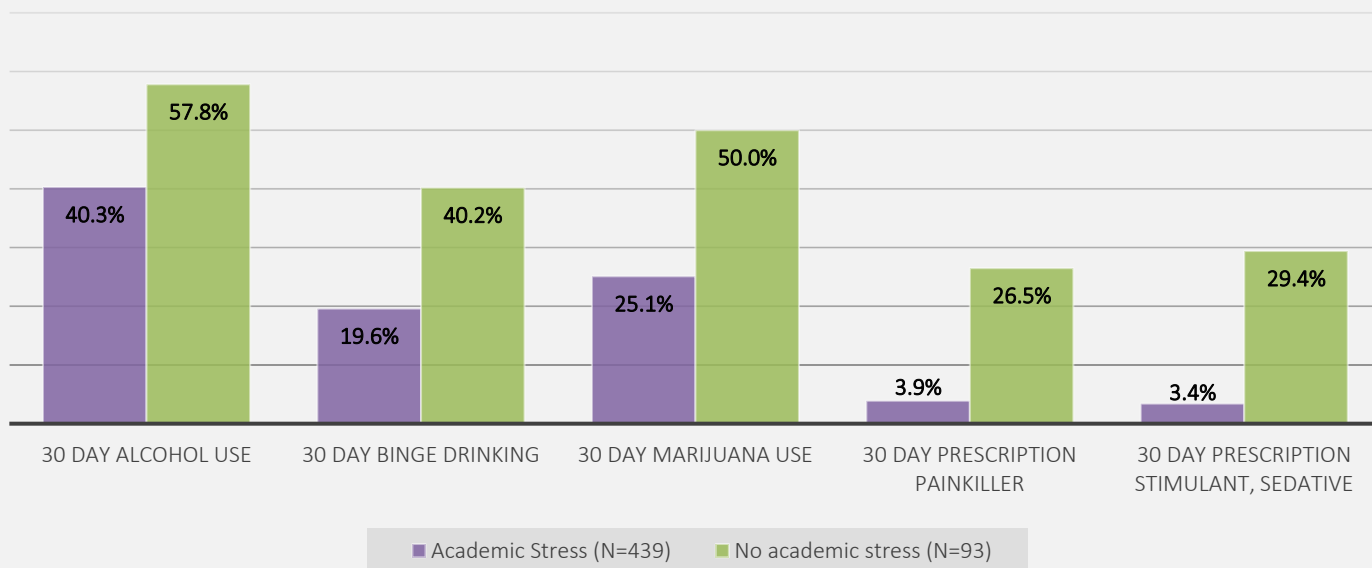
The Personal Challenges of Academic Stress and Body Image are the primary challenges reported by students. Peer pressure, non-acceptance and bullying rate third or fourth place. Throughout this report many connections are made between these challenges and higher rates of AOD. Alcohol and Other Drugs rate fourth for students in grades 9-12.

This helps to validate that positive social culture, fair treatment, positive mentoring, sharing tips to success for academic and social emotional learning and substance use prevention efforts should be a focus in Elementary and Middle School.

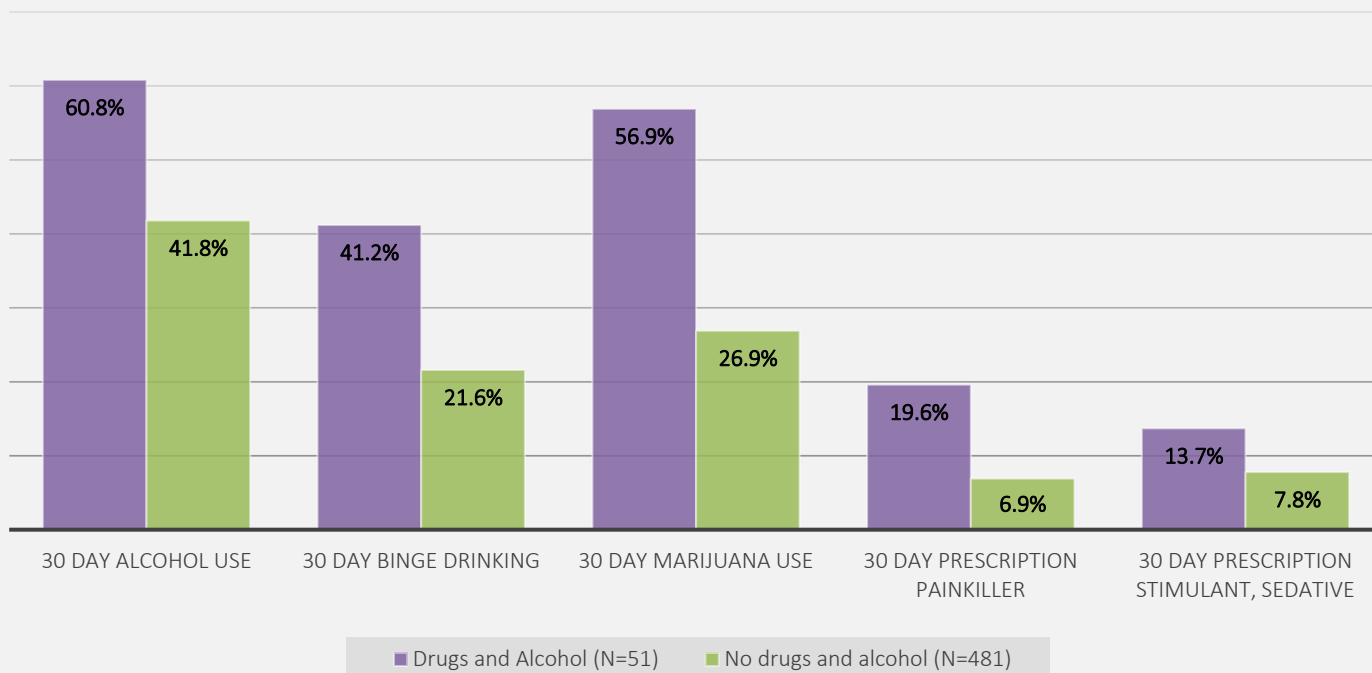
There is a relationship between what students rated as their biggest challenge and substance use. Those that listed academic stress were less likely to use substances whereas those that listed alcohol and other drugs were more likely to use substances.

Physical and Mental Health

Watertown High School 2014 YRBS:
Current Substance Use by Academic Stress as One of Biggest Challenges



Watertown High School 2014 YRBS:
Current Substance Use by Alcohol and Other Drugs as One of Biggest Challenges

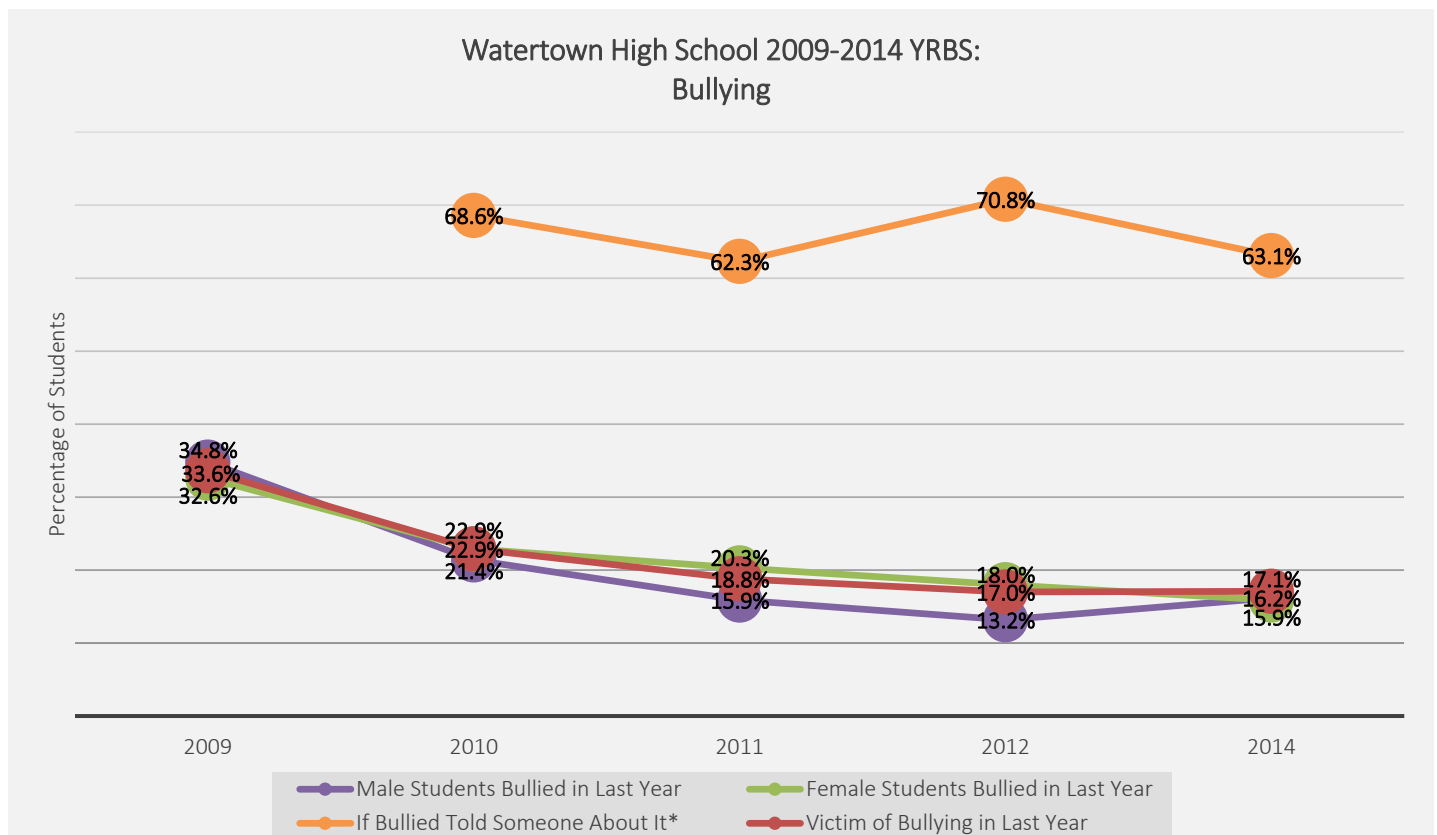


Bullying

The YRBS defines bullying as being repeatedly teased, threatened, hit, kicked, shunned, or excluded by another student or group of students and/or having belongings stolen or damaged. Bullying includes physical, verbal, cyber and cell phone interactions. *This report has documented that bullying and its consequences are often linked with statistically higher rates of most of the risk behaviors outlined here. Please refer to the other “Risk Areas” for specific data reported by students linking bullying to a higher incidence of alcohol and drug use, higher rates of depression and suicide and an increased frequency of risky sexual behaviors and weight control methods.*

Watertown High School Highlights

In Watertown High School, overall the rate of victims of bullying has remained the same. Students who were bullied were more likely to tell someone about it in 2012 than in 2014 taking a 7.7% drop. Females who have been bullied has gone down slightly while boys have gone up slightly so that now rates for males and females are relatively the same. Students who have been bullied in the past year report that verbal attacks were the most prevalent (70.7%), followed by internet bullying (Facebook, Instant Messenger) (27.2%), cell phone (texting, calling) (20.7%) and physical confrontation (20.7%).



Watertown High School utilizes the Olweus Bullying Prevention Program to reduce bullying behavior. For more information, visit violencepreventionworks.org

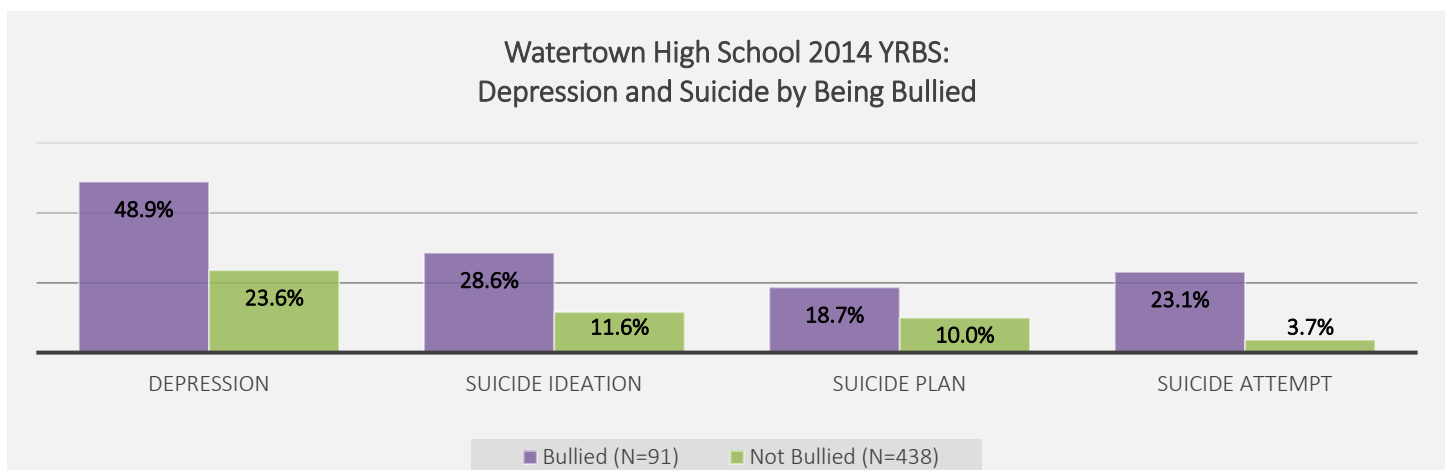
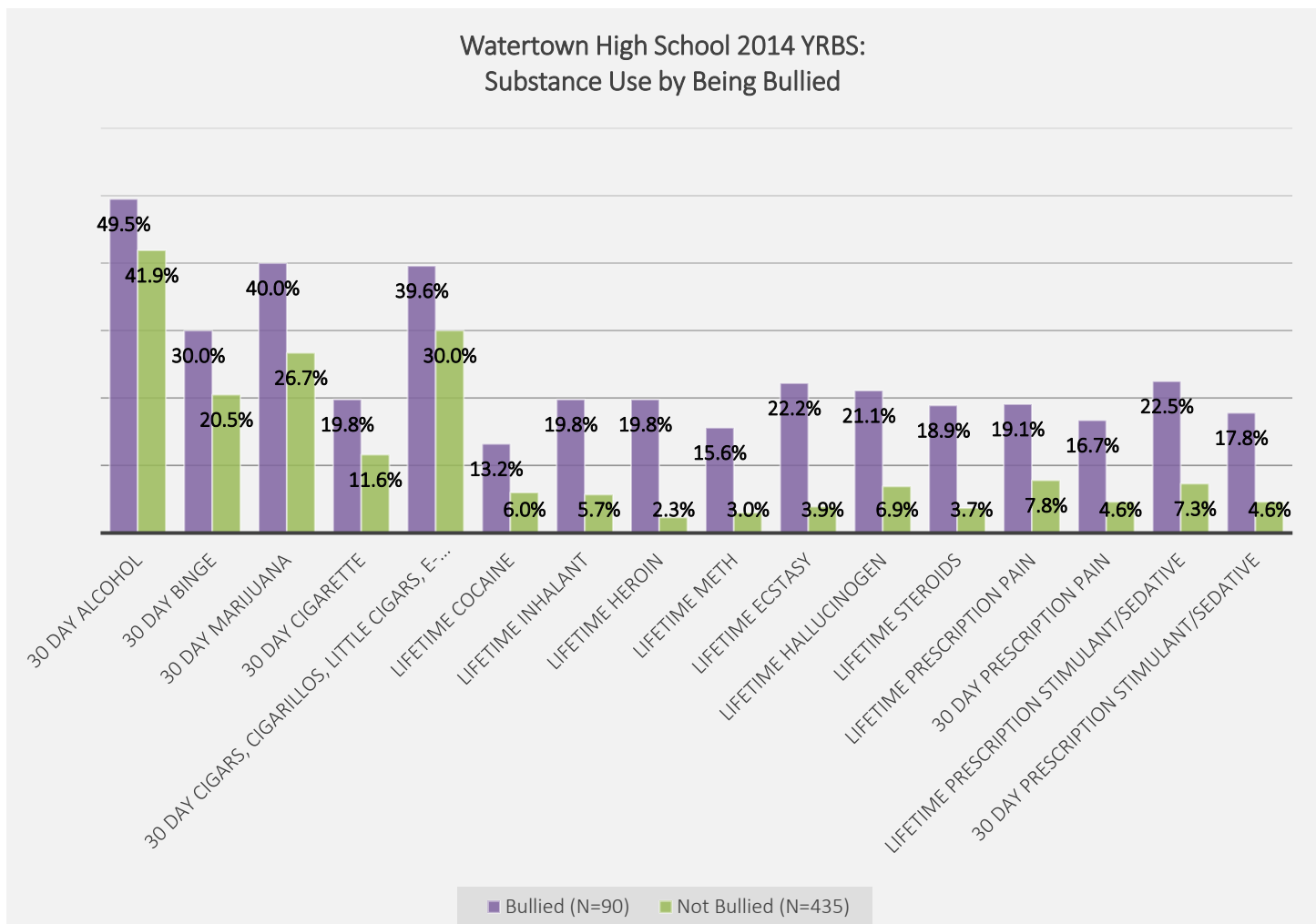
Cyber Bullying Reasons and Motives: trezeltld.staging.wpengine.com/cyber-bullying-reasons-and-motives

11 Facts about Bullying: www.dosomething.org/us/facts/11-facts-about-bullying

For Watertown School Policy on “Bullying Prevention & Intervention” please visit: www.watertown.k12.ma.us/wps/bullying/index.html

Bullying

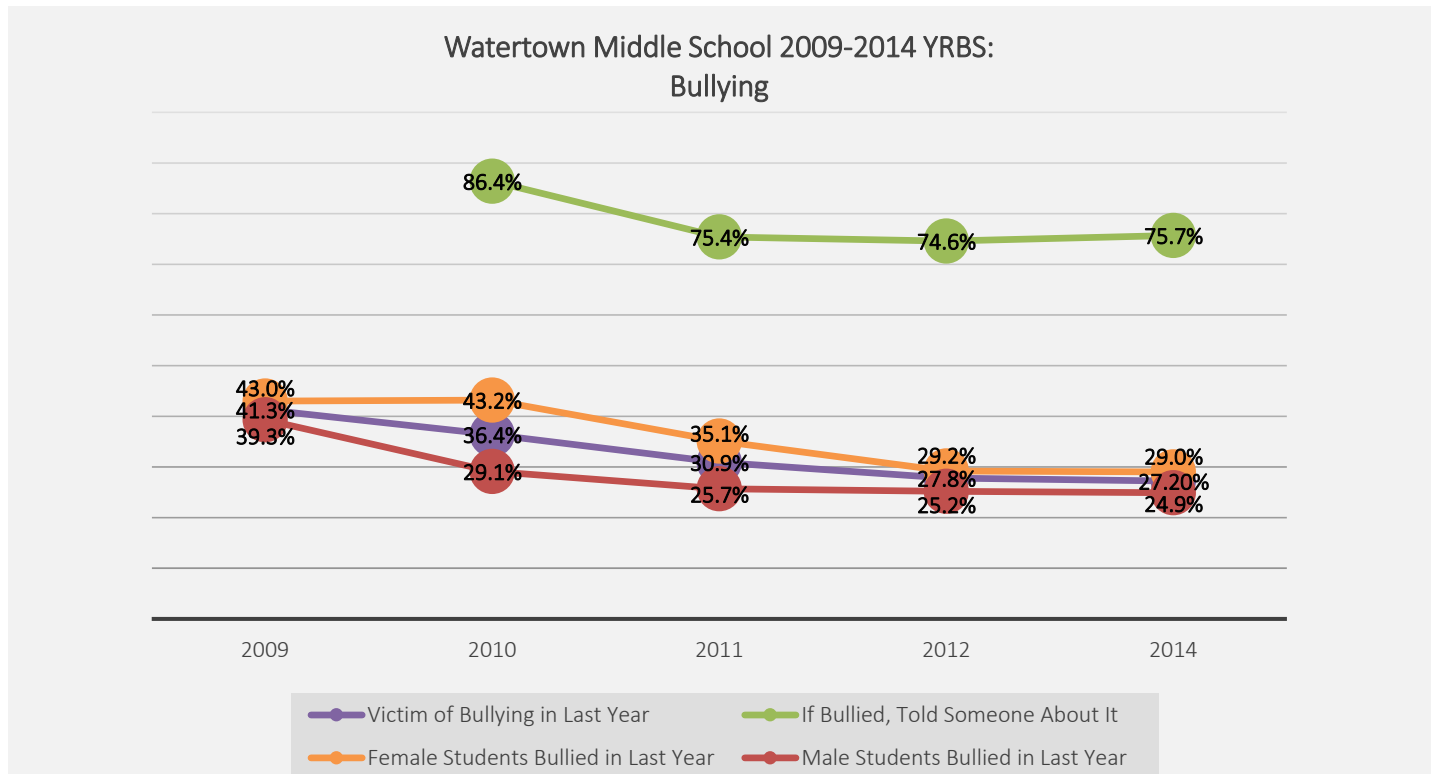
Those students who report being bullied were more likely to use all types of substances compared to those who did not report being bullied. They were also more likely to experience depression, have suicidal ideation, make a suicide plan, and attempt suicide.



Bullying

Watertown Middle School Highlights

In Watertown Middle School, bullying in general has stayed about the same with minor increases and decreases. Students who have been bullied in the past year report that verbal attacks were the most prevalent (69.0%), followed by Internet bullying (Facebook, Instant messenger) (65.9%), and cell phone (texting, calling) (26.4%). Female students report a higher rate of being bullied in the past year (29.0%) than male (24.9%) classmates. Although verbal bullying in middle school has *decreased* from 2012 to 2014 (20.8% vs. 18.8%), cyber bullying (7.2% vs. 17.9%) and cell phone bullying (4.8% vs. 7.2%) have *increased*.



Watertown Middle School vs. Massachusetts - Bullying						
Question	WMS 2010	WMS 2011	WMS 2012	WMS 2014	MA 2013	MA-WMS Comparison
Female Students Bullied within the Past Year	43.2%	35.1%	29.2%	29.0%	33%	Lower than MA
Male Students Bullied within the Past Year	29.1%	25.7%	25.2%	24.9%	24%	Higher than MA

The table above compares select Middle School statistics on Bullying with the most recent published data compiled by the Massachusetts YRBS from 2013.

Watertown Middle School utilizes the Let's Get Real program to reduce bullying behavior. For more information, visit groundspark.org/what

*In 2010, US adolescents spent on average, 8.5 hours per day interacting with digital devices (cell phones, computer, TV, video games).
According to Common Sense Media: "Social media isn't simply a way of life for kids -- it's life itself."*



Healthy Technology Use

for students and families in today's hyperconnected world

Learn practical strategies to help your family use technology in a healthy way

Wednesday, March 25

The Emotional & Hidden Consequences of the Internet

Parents only presentation

Jon Mattleman, MS, Founder,
Youth/Family Resources

Introductory mindfulness activities:
Stacy Caruth, Mindful Schools

Wednesday, April 1

Cyber Safety

Kristen Noto, Middlesex
District Attorney's Office

Watertown Public Schools staff:
Toni Carlson, Kimo Carter,
Jason Del Porto

Wednesday, April 8

Child Development & Media/Technology

David Bickham, Harvard Center
on Media & Child Health

Introductory mindfulness activities:
Stacy Caruth, Mindful Schools

7:00 pm • Watertown Middle School • PDPs available

Parents and students are encouraged to attend April 1 & 8.

Free child care will be provided for the entire series.

Yoga & mindfulness activities offered for kids courtesy of Megan Dattoli, Groundwork Yoga + Wellness.

Attend the series to learn and discuss

- Student reports of digital behavior, cyberbullying, and the consequences
- Why teens feel compelled to be connected 24/7 and what that means for emotional development
- How to make a family technology plan
- Mindfulness techniques to help your family disconnect from screens and reconnect to each other

Presented by Watertown Public Schools, Watertown Boys & Girls Club, Watertown Youth Coalition, Wayside Youth & Family Support Network, Watertown Special Education Parent Advisory Council (SEPAC), Watertown Education Foundation, Families for Depression Awareness, and Live Well Watertown.

Register online @ <http://healthy-watertown-2015.eventbrite.com>

Thank you to the Watertown Community Foundation for its generous support of this new speaker series.

Also, don't miss SEPAC's upcoming event on Bullying with Dr. Jeff Bostic
A promising approach to help both the bullied and the bullies become more resilient
Thursday, March 19 @ 7:00 pm • Watertown Middle School • PDPs available

The Technology series collaboration across many agencies and the Watertown Public Schools dealt directly with understanding cyber use and developing a technology plan for each participant. Additional information about mindfulness techniques was shared to balance time in digital users' lives.

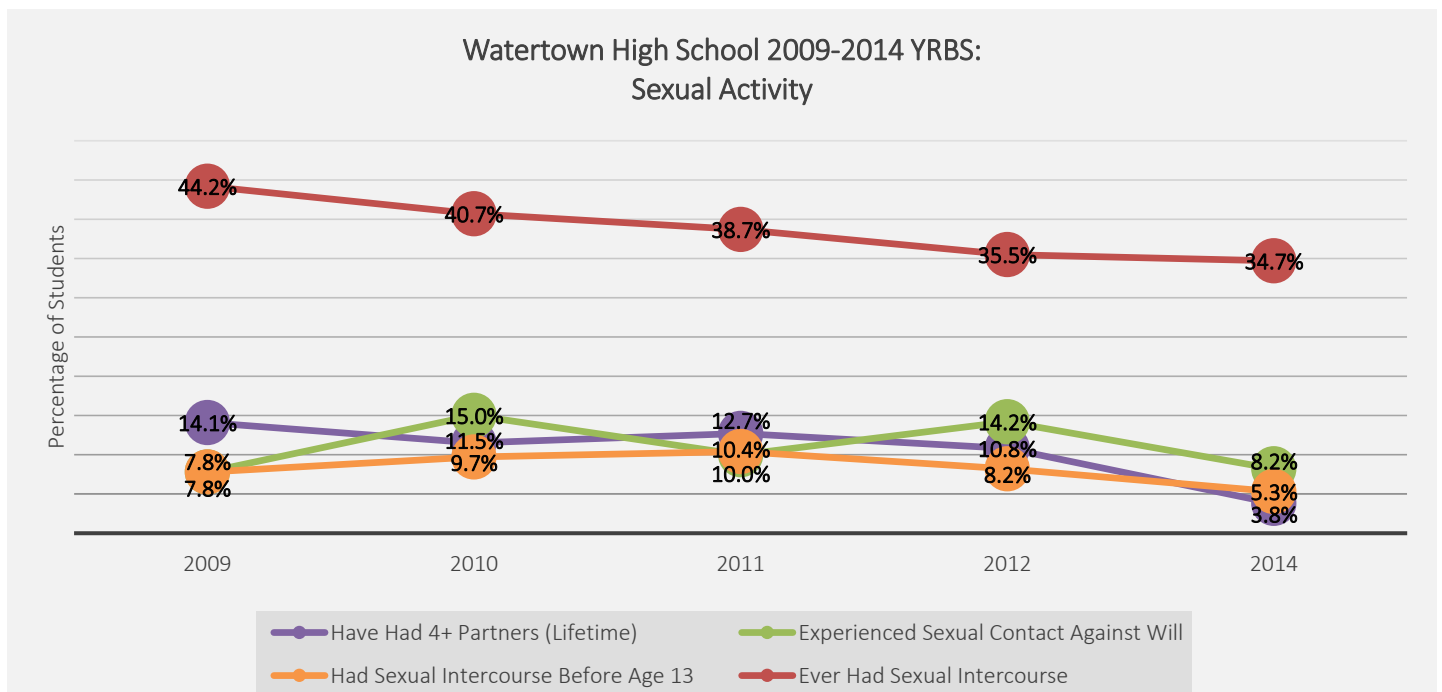
Sexual Behaviors

“Research shows that well-designed, well-implemented school-based HIV/ STD prevention programs can significantly reduce sexual risk behaviors among students. Sexual health education programs resulted in a delay in first sexual intercourse, a decrease in the number of sex partners, and an increase in condom or contraceptive use.”

- Centers for Disease Control

Watertown High School Highlights

In 2014, 34.7% of all high school students reported having ever had sexual intercourse; and 3.8% of students reported having four or more partners in their lifetime. These are significant drops in the rates of sexual activity amongst high school students. However, the rate of students who used a condom at last intercourse has gone up and is higher than the state average in 2013 (59.9% in 2012, 62.6% in 2014, 58% for MA 2013).



Watertown High School vs. Massachusetts - Sexual Behavior						
Question	WHS 2010	WHS 2011	WHS 2012	WHS 2014	MA 2013	2013 MA-WHS Comparison
Ever had sexual intercourse	40.7%	38.7%	35.5%	34.7%	38%	Lower than MA
Had Sexual Intercourse before Age 13	9.7%	10.4%	8.2%	5.3%	3%	Higher than MA
Used a Condom at Last Intercourse	63.3%	64.9%	59.9%	62.6%	58%	Higher than MA
Drank Alcohol or Used Drugs at Last Intercourse	28.0%	39.9%	30.3%	28.0%	24%	Higher than MA
Taught about HIV/AIDS in School	85.8%	90.0%	87.0%	85.9%	85%	Higher than MA

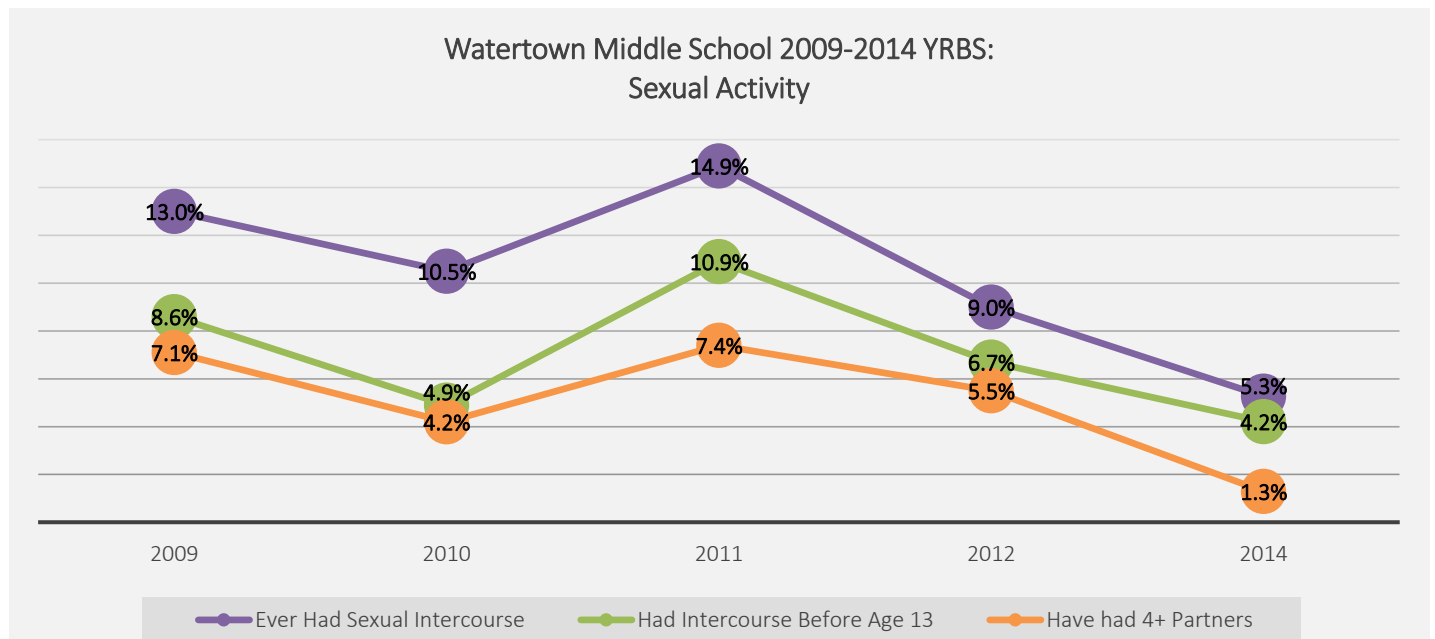
The table above compares Watertown High School statistics on Sexual Behavior with the most recent published data compiled by the Massachusetts YRBS from 2013.

Sexual Behaviors

Watertown Middle School Highlights

In 2014, 5.3% of all middle school students reported having ever had sexual intercourse; and just over five percent (1.3%) of students reported having four or more partners in their lifetime. These are significant drops in the rates of sexual activity amongst Middle School Students.

28.2% of middle school students reported receiving HIV/AIDS in school, an increase from 2012 where only 13% reported receiving HIV/AIDS education, and 64.3% reported using a condom at last Intercourse (up from 47.7% in 2012).



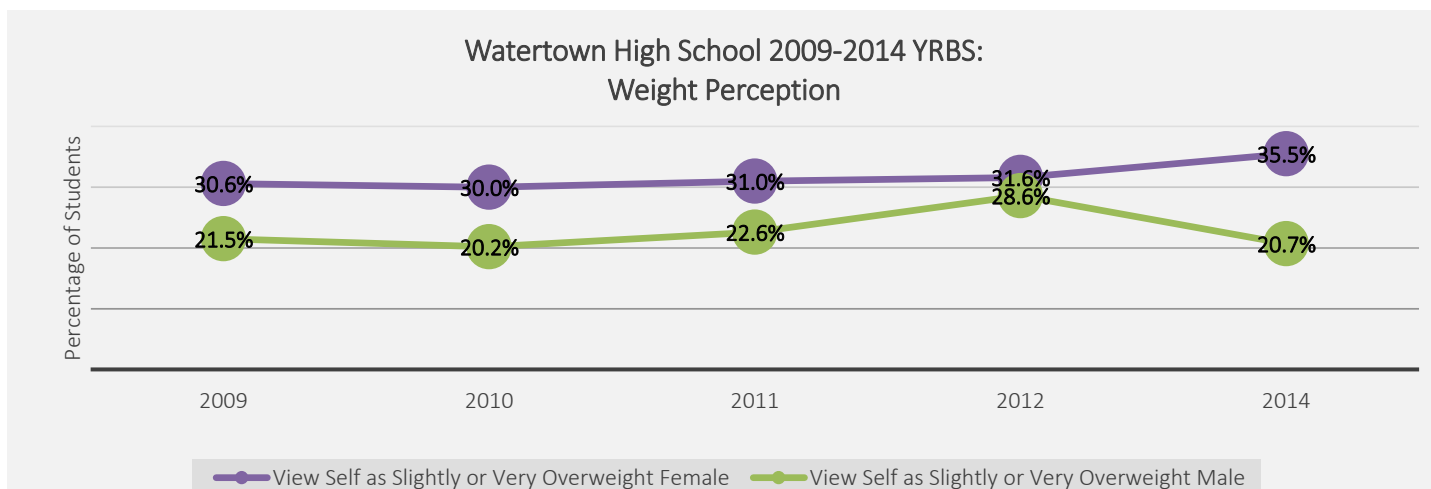
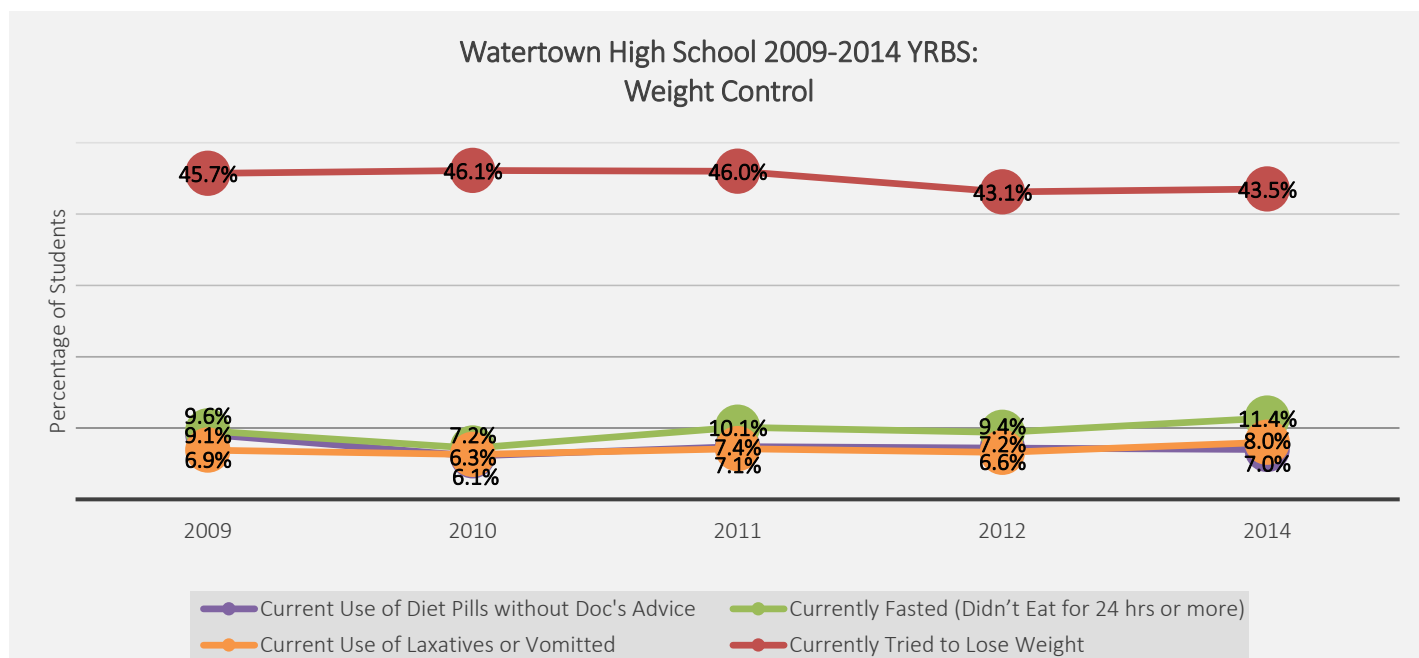
Weight and Weight Control

The YRBS asks a series of questions related to weight control and perception of weight. Questions include what are you doing about your weight and include options from not trying to do anything, stay the same, lose or gain weight. We also ask if a student is fasting (going without food for 24 hours), taking diet pills, powders or liquids without a doctor's advice, vomiting or taking laxatives all with the intention of losing weight or to keep from gaining weight

When students were asked "What are the biggest challenges you are facing personally?" 38.5% of high school and 38.2% of Middle School students said body image was their biggest personal challenge both coming in second with Academic Stress taking first place for personal challenges.

Watertown High School Highlights

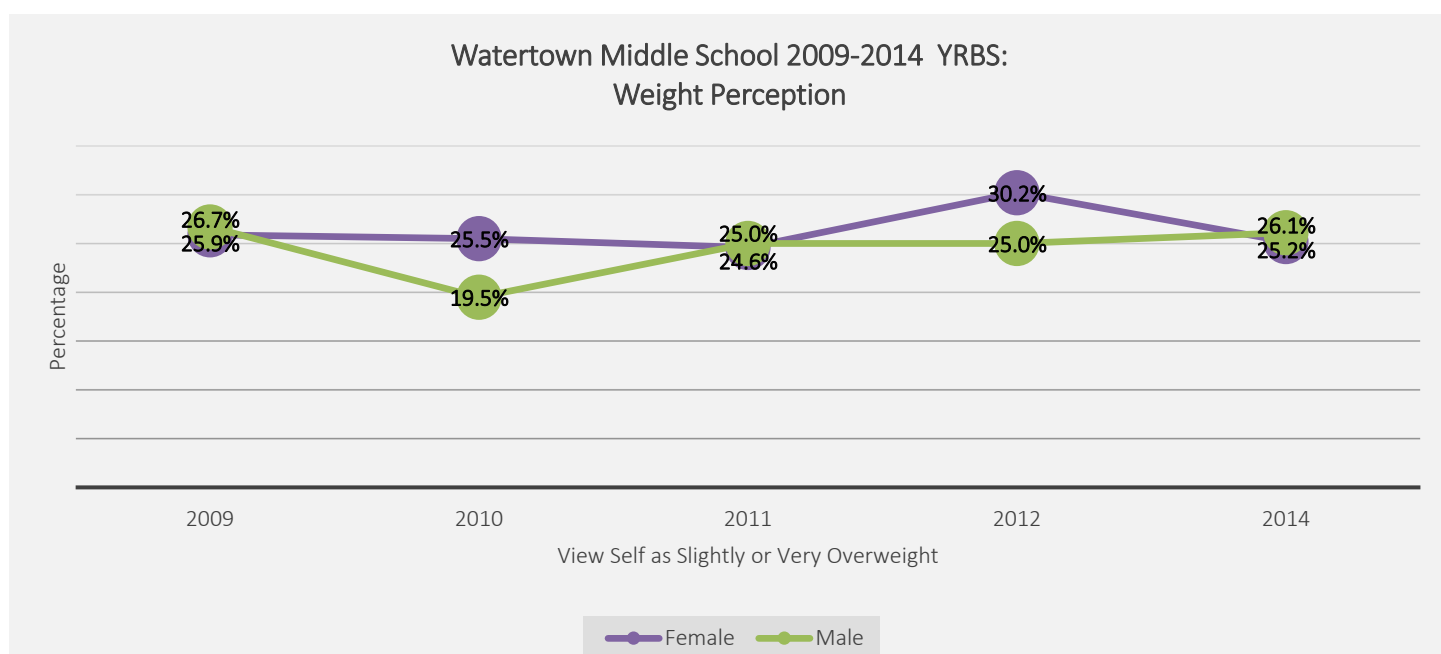
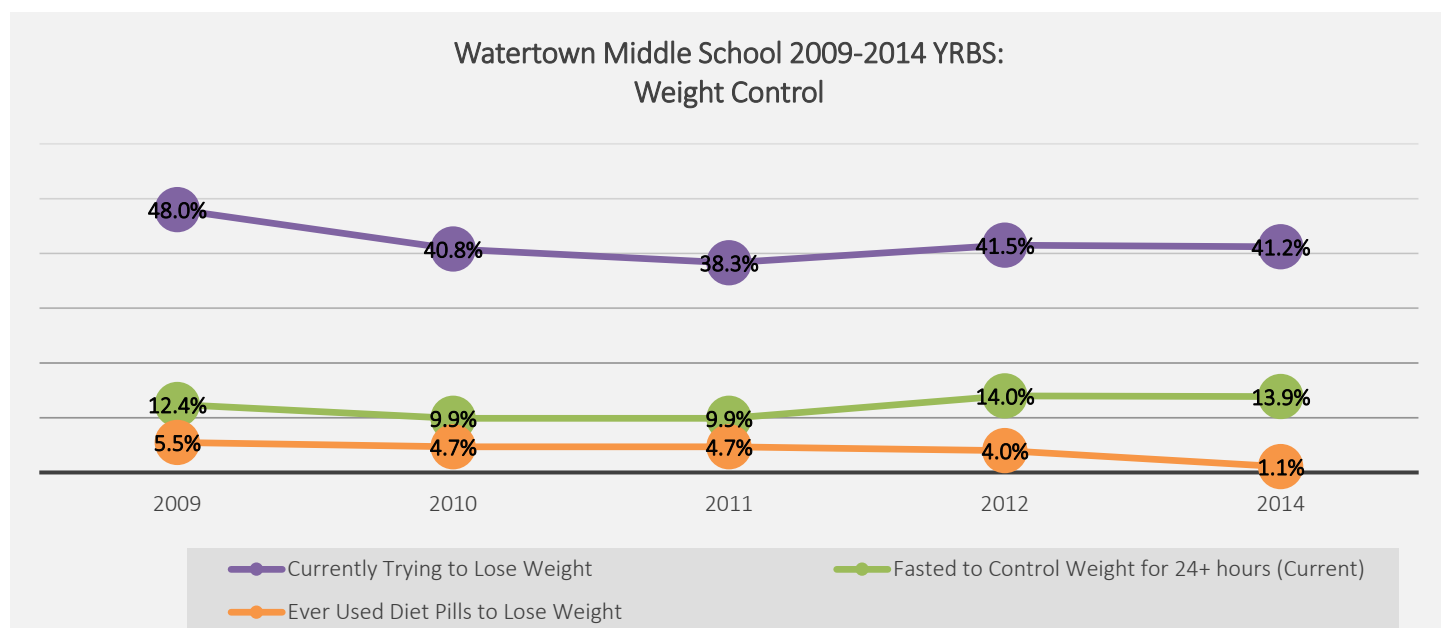
Rates of students who said they were currently trying to lose weight and have used diet pills in the past 30 days have remained stable while rates of fasting and use of laxatives or vomiting to control weight have increased. Male high school students were less likely to perceive themselves as overweight than females (20.7% vs. 35.5%), and much less likely to report that they were trying to lose weight (26.3% vs. 62.2%).



Weight and Weight Control

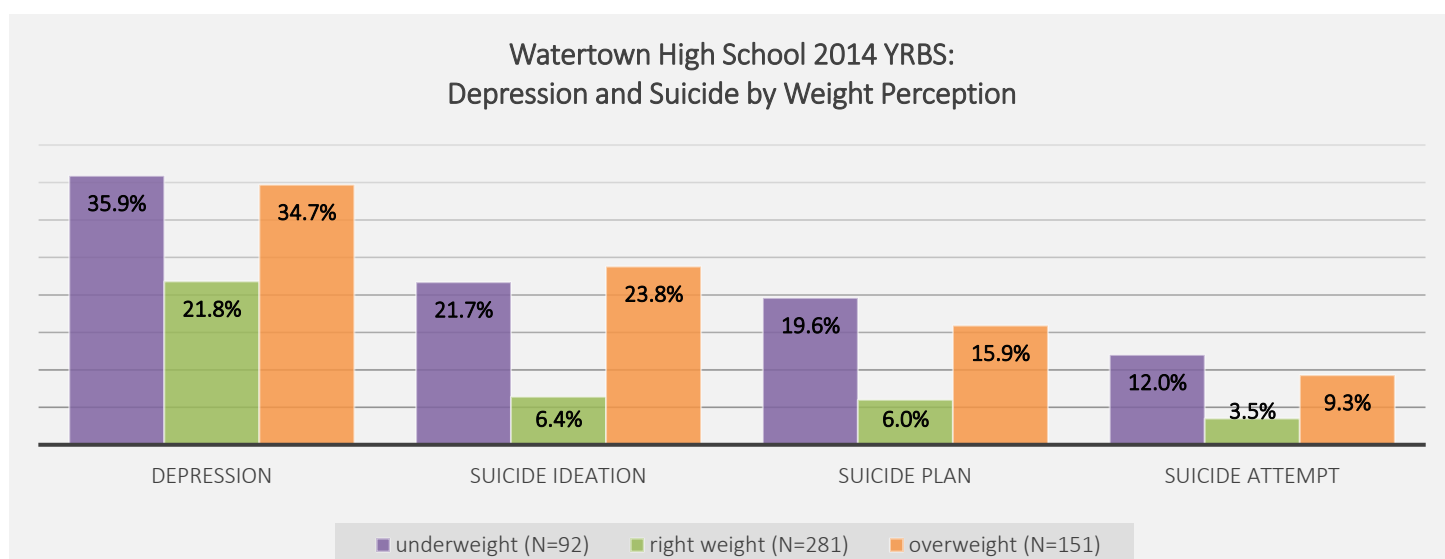
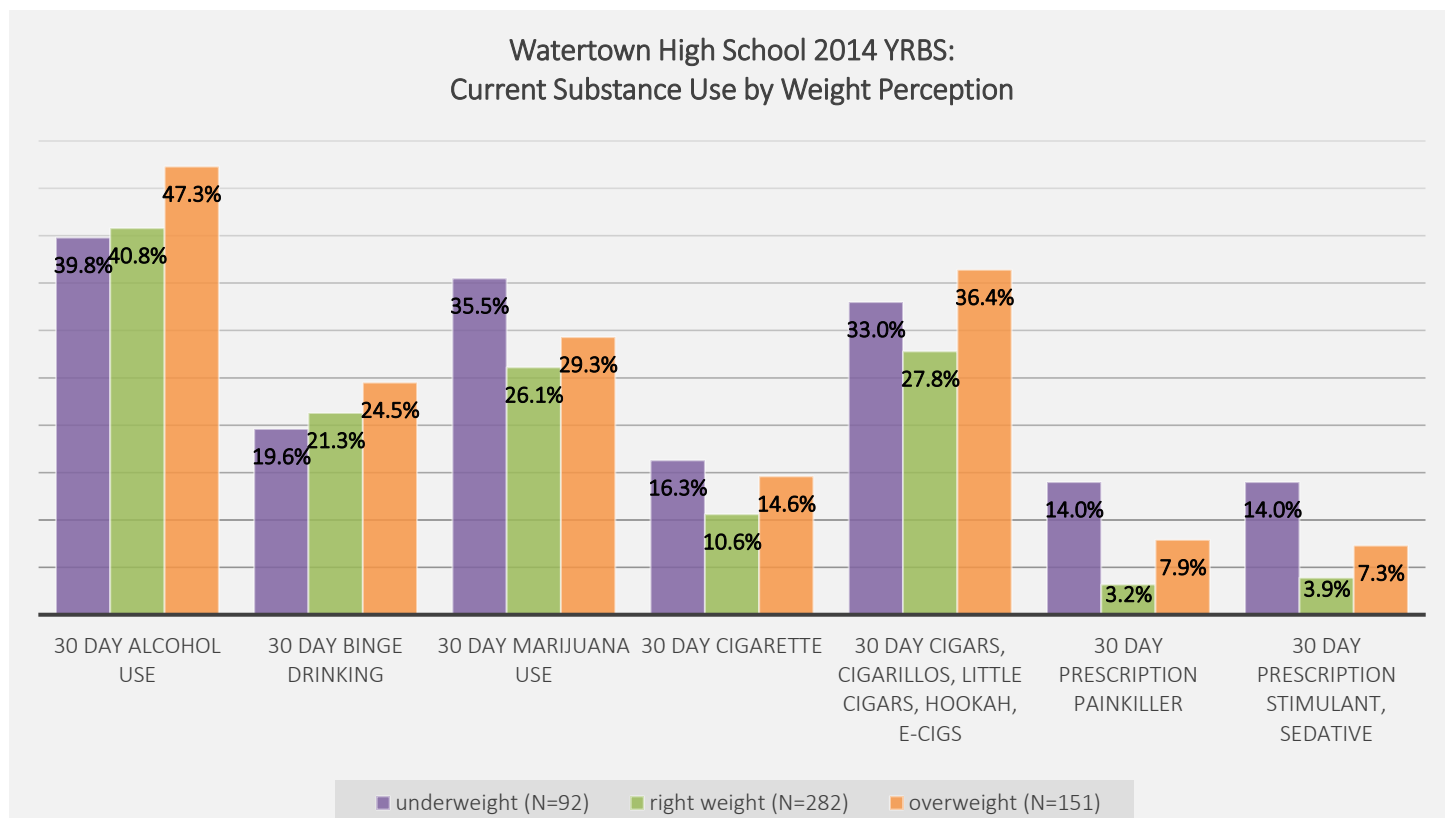
Watertown Middle School Highlights

Even though the rates of students who are currently trying to lose weight and who have fasted to control weight have remained steady, the rate of those who have ever used diet pills to lose weight have significantly declined from 5.5% in 2009 to 1.1% in 2014. Male students were more likely than female students to view themselves as overweight (26.1% vs. 25.2%); however they were much less likely to report that they were trying to lose weight (32.6% vs. 49.8%).



Weight and Weight Control

Those that felt that they were overweight were more likely to use substances than those that felt they were the right weight. Those that thought they were underweight were more likely to use marijuana, smoke cigarettes and other tobacco products, and use prescription drugs than those that felt they were the right weight. Those that felt they were underweight and overweight were also more likely to be depressed, have suicidal ideation, make a suicide plan, and attempt suicide than those that felt they were the right weight.



Weight and Weight Control

Help Your Teen Develop a Healthy Body Image

Peer Pressure, Non-acceptance, Intolerance, and Bullying directly affect body image and how teens see themselves. Having a healthy body image is a crucial part of adolescence.

Many of today's youth think they are overweight and are not satisfied with their bodies. Having extreme weight concerns — and acting on those concerns — can harm youths' social, physical, and emotional growth.

- Make sure your child understands that weight gain is a normal part of development, especially during puberty.
- Avoid negative statements about food, weight, and body size and shape.
- Allow your child to make decisions about food, while making sure that plenty of healthy and nutritious meals and snacks are available.
- Compliment your child on her or his efforts, talents, accomplishments, and personal values.
- Watch television and other media outlets with your child and discuss the media images you see.
- Encourage your school to enact policies against size and sexual discrimination, harassment, teasing, and name-calling; support the elimination of public weigh-ins and fat measurements.
- Keep the communication lines with your child open.

Parents are role models and should try to follow the healthy eating and physical activity patterns that you would like your children to follow — for your health and theirs. Extreme weight concerns and eating disorders, as well as obesity, are hard to treat. Yet, you can play an important role in preventing these problems for your children.

Your children pay attention to what you say and do — even if it doesn't seem like it sometimes.

- Choose not to complain about your weight or express feeling pressure to change your body shape; your children may learn that their bodies are ok the way they are.
- Choose not to partake in “diets”; they may learn making healthy lifestyle choices is a better choice than restrictive dieting.
- Compliment your children's beauty and also show concern about their health through nutrition and activity; they will learn that the goals of weight loss are about better health and not attractiveness.

For more information visit:

kidshealth.org/en/teens/body-image.html

www.webmd.com/parenting/raising-fit-kids/mood/healthy-body-image

www.common sense media.org/blog/is-social-media-giving-your-teen-a-negative-body-image

Risk and Protective Factors

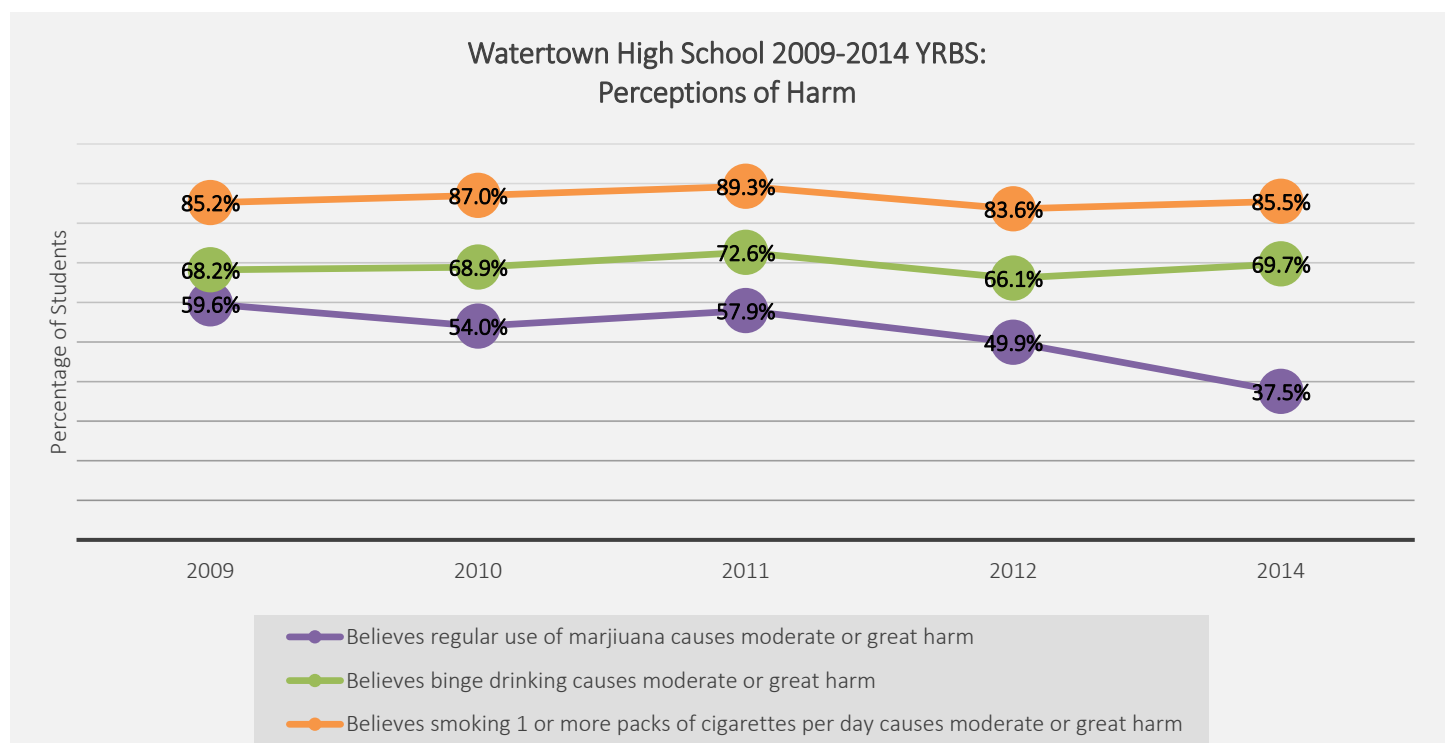
Perceptions of Harm

Perception of harm is another important factor in the decision making process that young people go through when deciding whether or not to engage in high risk behaviors. Teenagers in general have a difficult time estimating potential negative long-term effects; however, when the perceived risk of harm is high, reported frequency tends to be low.

Watertown High School students were asked about their perceptions of harm related to substance use. This information is useful for planning strategies to guide health educators and help Watertown Youth Coalition in its prevention planning efforts. This report elaborates on this in the [WYC: We Hear You](#) section of this report.

Watertown High School Highlights

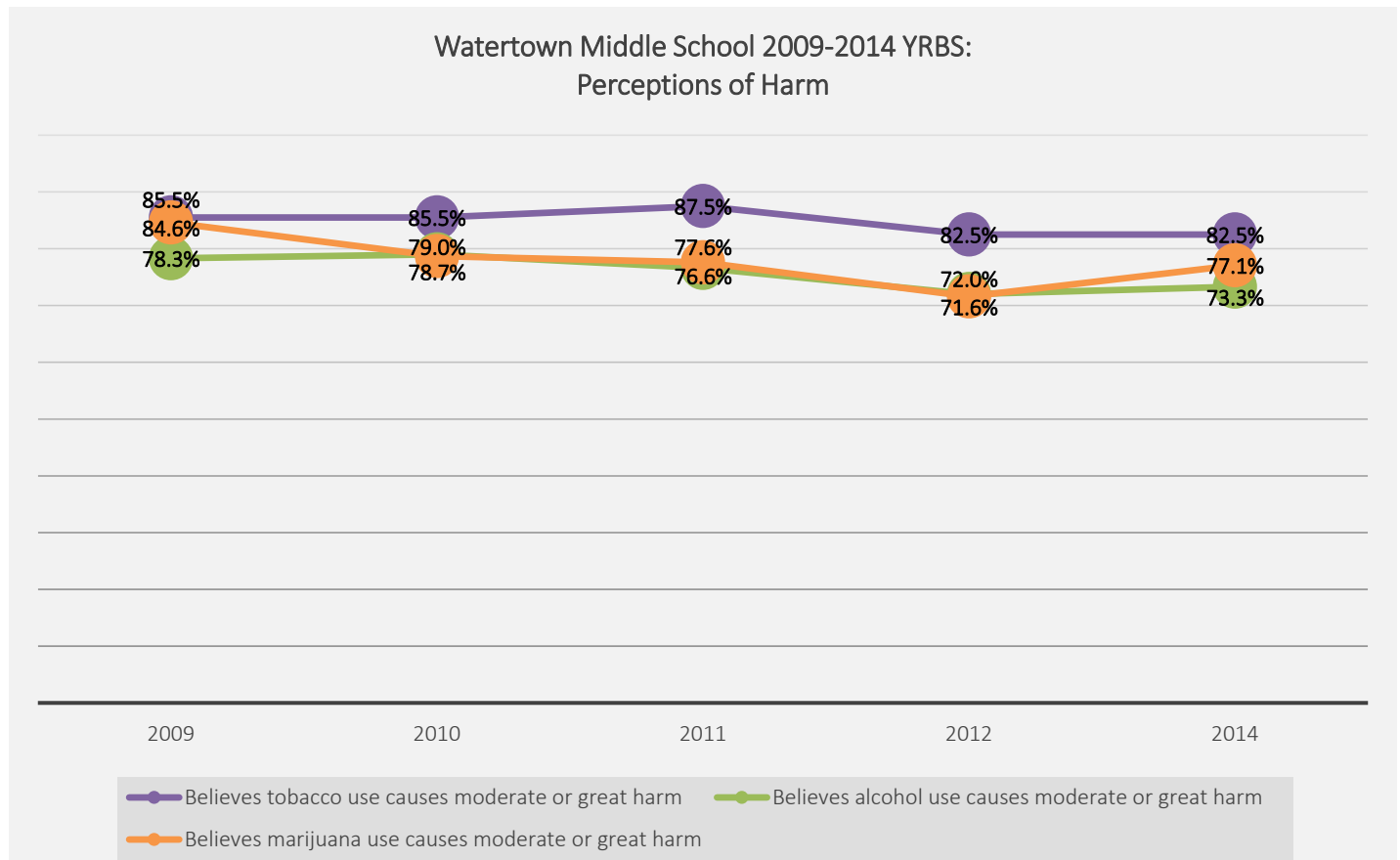
Perceptions of risk from binge drinking and cigarette use have both slightly increased while perception of risk of harm from marijuana has decreased significantly by 12.4%.



Risk and Protective Factors

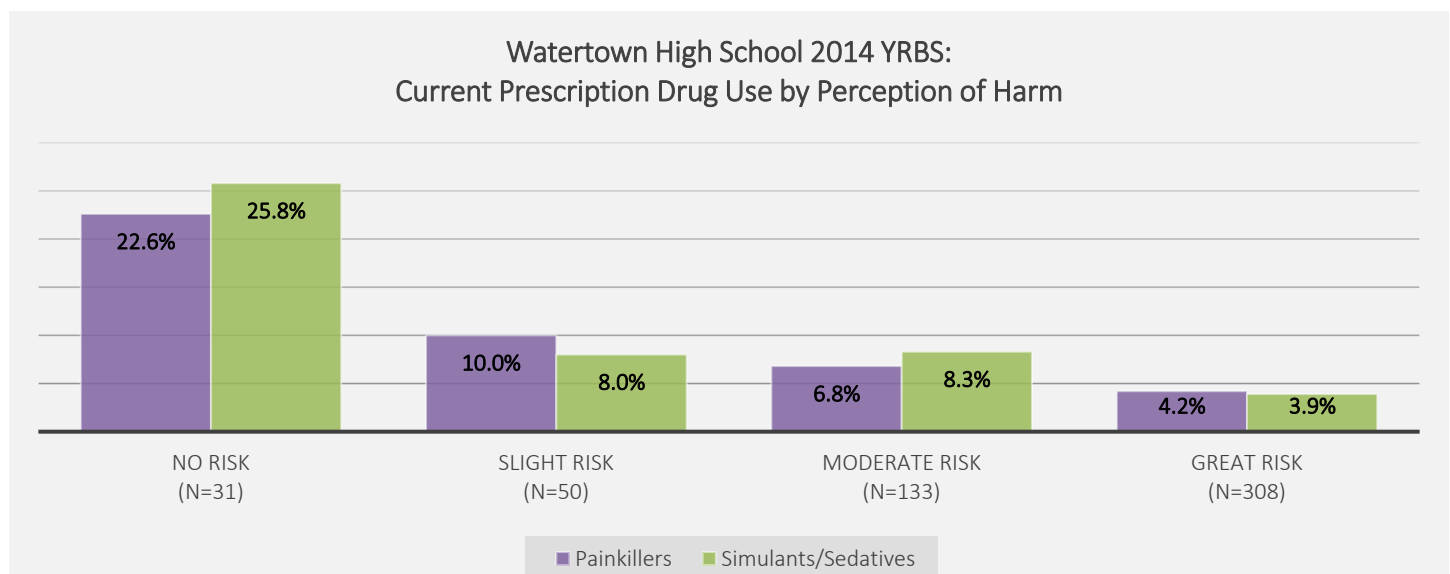
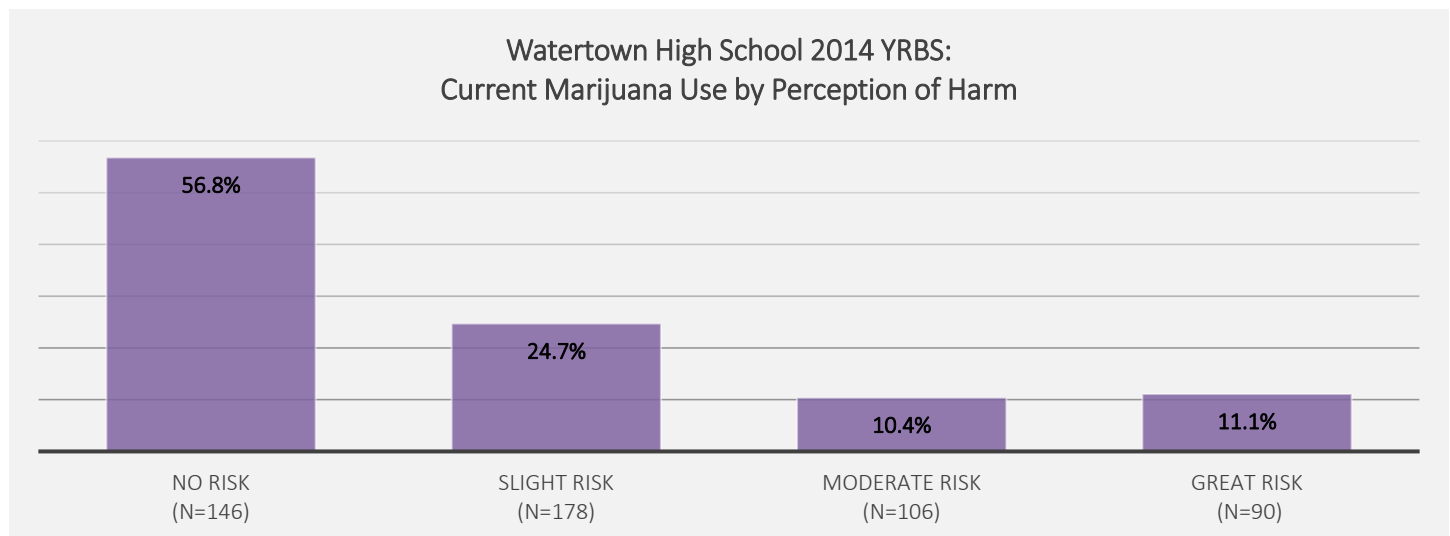
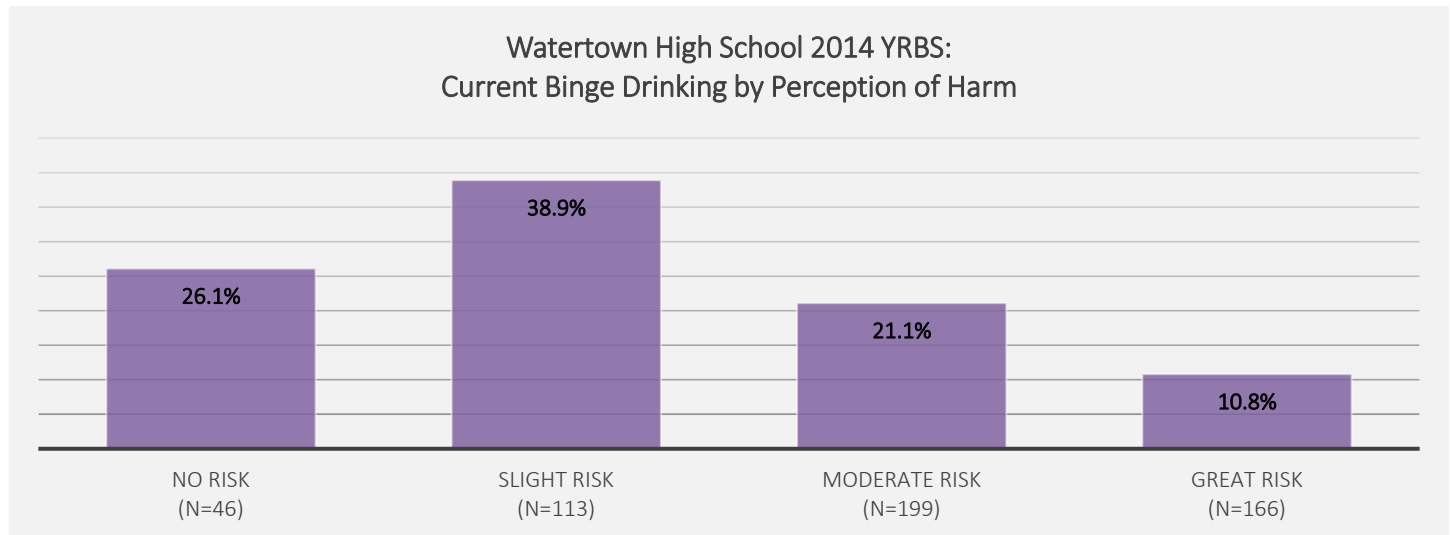
Watertown Middle School Highlights

Perceptions of risk from drinking and cigarette use stayed the same from 2012 and marijuana increased to 77.1% from 2012.



Risk and Protective Factors

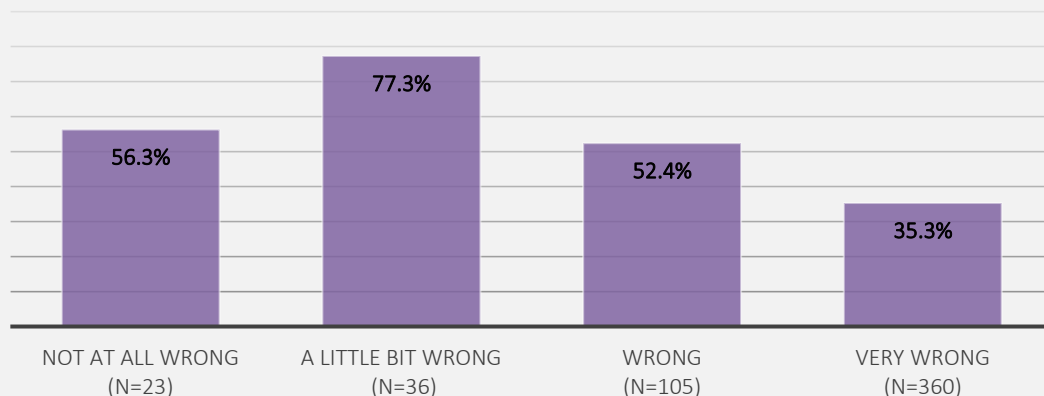
Greater perceptions of harm for substances are related to lower levels of use as indicated by the following charts.



Risk and Protective Factors

Parental Disapproval

Watertown High School 2014 YRBS:
Current Alcohol Use by Parental Disapproval

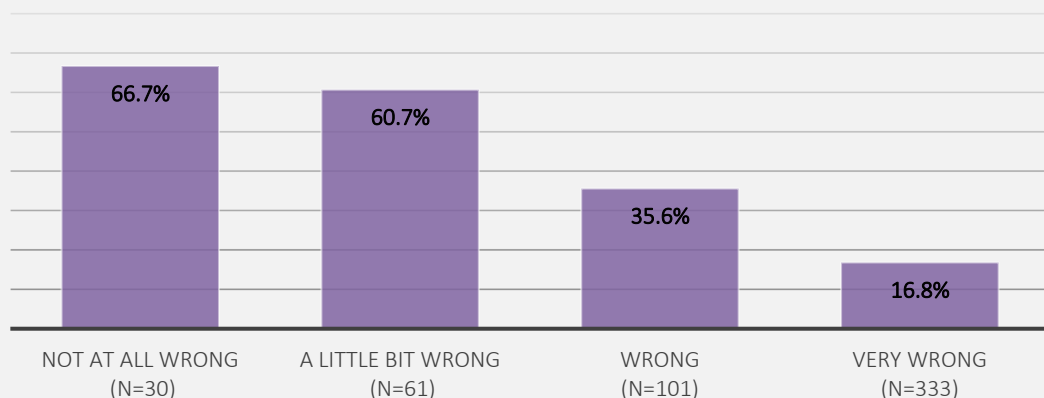


97.3% of Middle School students and 88.6% of High School students report that they know their parents think it is wrong for them to drink alcohol regularly.

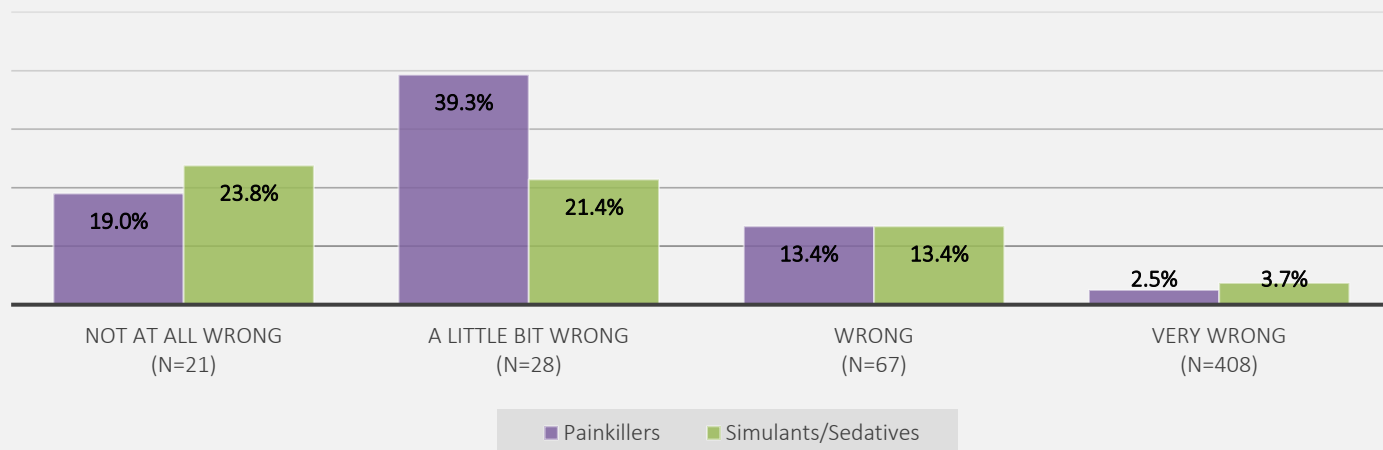
96.5% of Middle School students and 82.7% of High School students report that their parents think it is wrong for them to smoke marijuana.

Teens' perceptions of their parents' attitudes concerning alcohol and drug use is reportedly a strong protective factor for adolescents. Greater perceived parental disapproval of use is related to lower levels of use as indicated by these charts.

Watertown High School 2014 YRBS:
Current Marijuana Use by Parental Disapproval



Watertown High School 2014 YRBS:
Current Prescription Drug Use by Parental Disapproval



Access to Alcohol

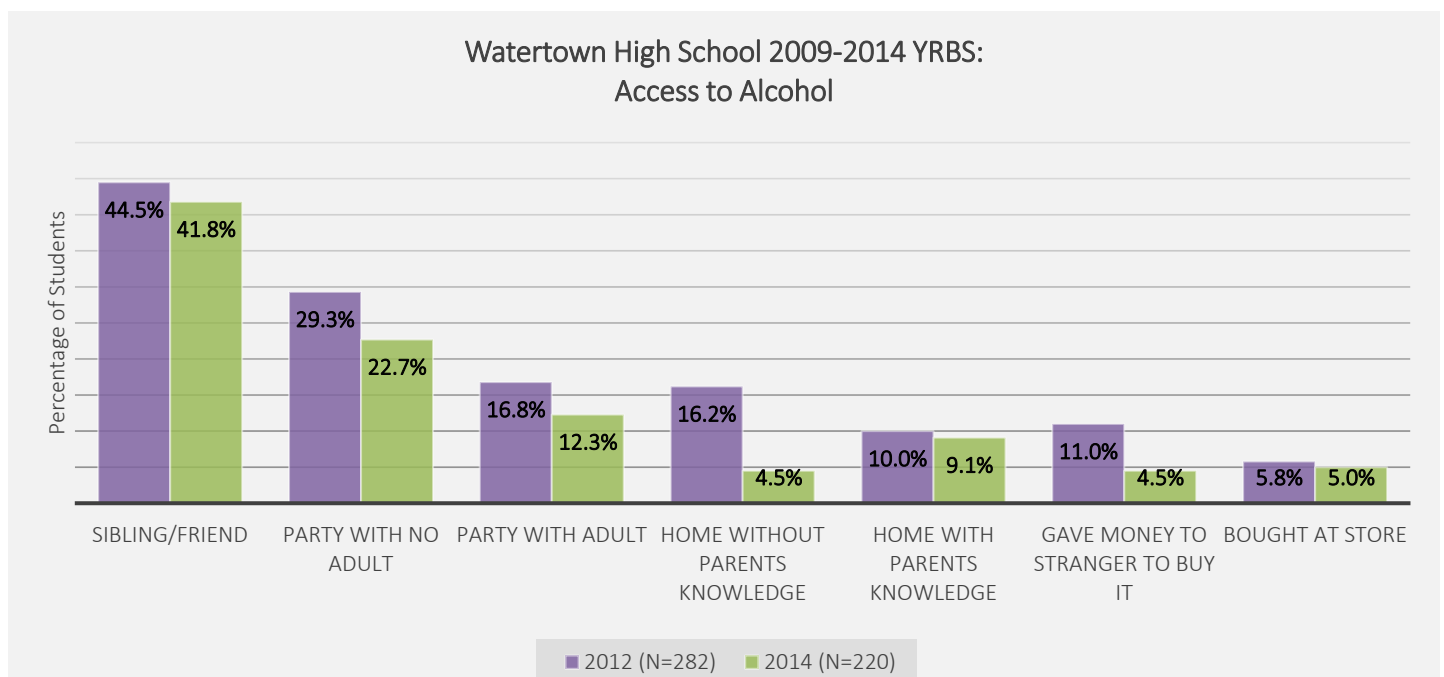
Access refers to where and how teens get alcohol and other drugs. Underage drinking is a significant public health issue that affects the health and well being of youth, and takes a heavy physical and emotional toll on their families and the community. Increased alcohol use is associated with the perception that it is easy to obtain, regardless of whether the perception is accurate.

“Adolescents can only use ATOD substances if they have access to these substances. In general, the less able adolescents can find these substances, the less likely they are to consume these substances. Laws exist in order to limit adolescent’s access to legal yet harmful substances such as alcohol and tobacco in addition to the banning of illegal substances. Even though laws exist to restrict access to ATOD substances, adolescents can often find and consume these substances. Enforcing current laws may help limit access or community groups may need to lobby for stronger laws to protect adolescents.”

- Prevention Resource Center, Region 1 Texas Managed Care Center for Addictive/Other Disorders, Inc.

Watertown High School Highlights

Of those high school students reporting 30-day alcohol use (42.8%), their primary access to alcohol in 2014 was from a sibling or friend (41.8%) or at a party with no adult present (22.7). 12.3% reported getting alcohol from a party with an adult present, while 9.1% reported getting it from parents with their consent.

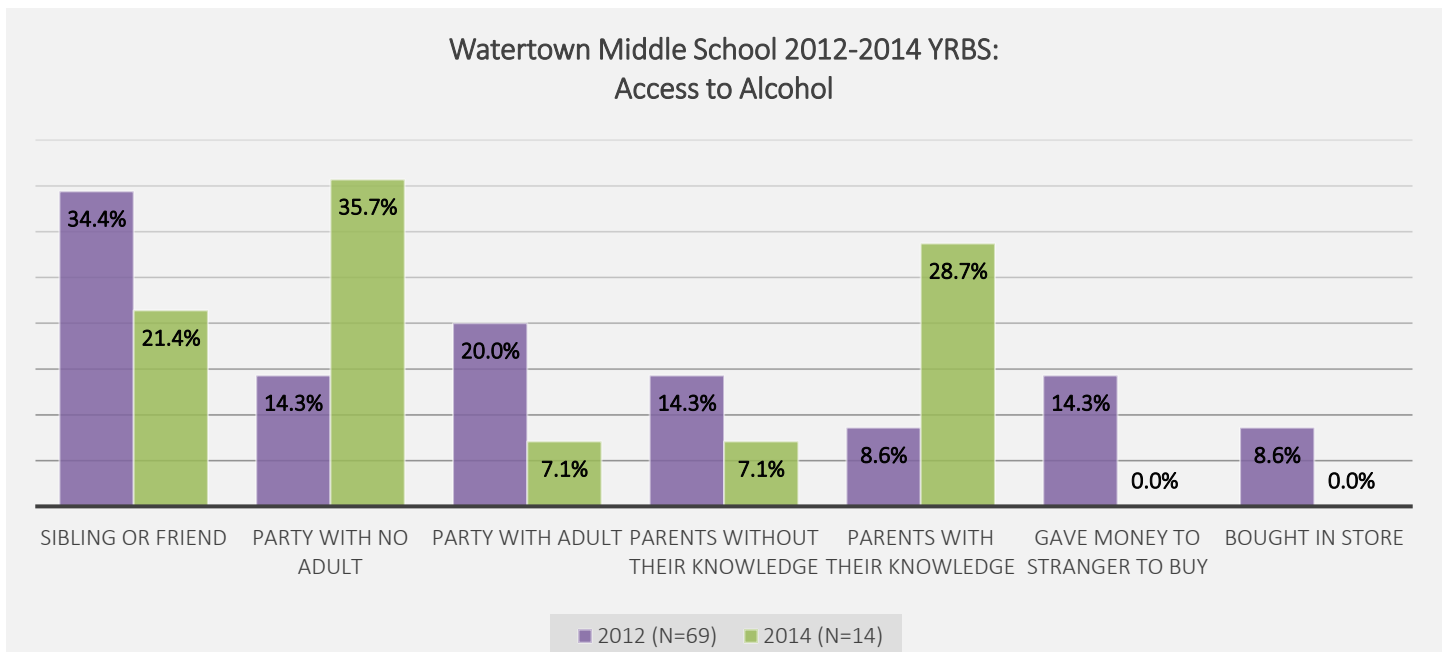


Note: In 2012, students were asked to select their top 2 options, whereas in 2014, they were asked to select their top option.

Access to Alcohol

Watertown Middle School Highlights

For those middle school students reporting 30-day use of alcohol (2.9%), they report their primary access to alcohol was from a party with no adult present (35.7%). 28.7% reported getting it from parents with their consent, while 21.4% reported getting it from a sibling or friend.



Note: In 2012, students were asked to select their top 2 options, whereas in 2014, they were asked to select their top option.

Here are some tips to keep alcohol out of youth's hands

- Talk early and often about your concerns—and theirs—regarding alcohol. Adolescents who know their parents' opinions about youth drinking are more likely to not drink or delay use.
- Establish policies early on, and be consistent in setting expectations and enforcing rules.
- Work with other parents to monitor where kids are gathering and what they are doing. Being involved in the lives of adolescents is the key to keeping them safe.
- Work in and with the community to promote dialogue about underage drinking and the creation and implementation of action steps to address it.
- Be aware of MA and local social host laws about providing alcohol to your own children or other youth.

Protective Factors

The YRBS uses the term “**protective factors**” to describe influences or experiences that help young people become more resilient, resist pressures to engage in dangerous activities, and develop healthy lifestyles. The strength of these influences and experiences is often a key indicator as to how students will respond to the multiple challenges they face throughout the year.

School Adult or Parent/Guardian to Talk To

The strongest protective factor for youth is a connection to a parent, or other adult family member to talk to about things that are important. The rate of substance use, depression, and suicide is significantly lower when a student has a parent or adult family member to talk to about things that are important to them. 78.3% of Watertown High School and 80.1% of Middle School students report that they have a parent, and/or other adult family member to talk to about things that are important to them.

Strong bonds between parents/guardians and/or adult family members and their teenage children are the most important way to prevent them from becoming involved in risky behavior. Despite what teens may say, parents do play a critical role in determining what influences them. This report documents that students who receive strong support from adults/guardians are much less likely to get involved in risky behaviors.

“Often parents contribute to adolescent substance use by approving of, either implicitly or explicitly, their children consuming these substances. Alcohol is usually the commonly supplied substance that adolescents consume.”

- Prevention Resource Center, Region 1 Texas Managed Care Center for Addictive/Other Disorders, Inc.

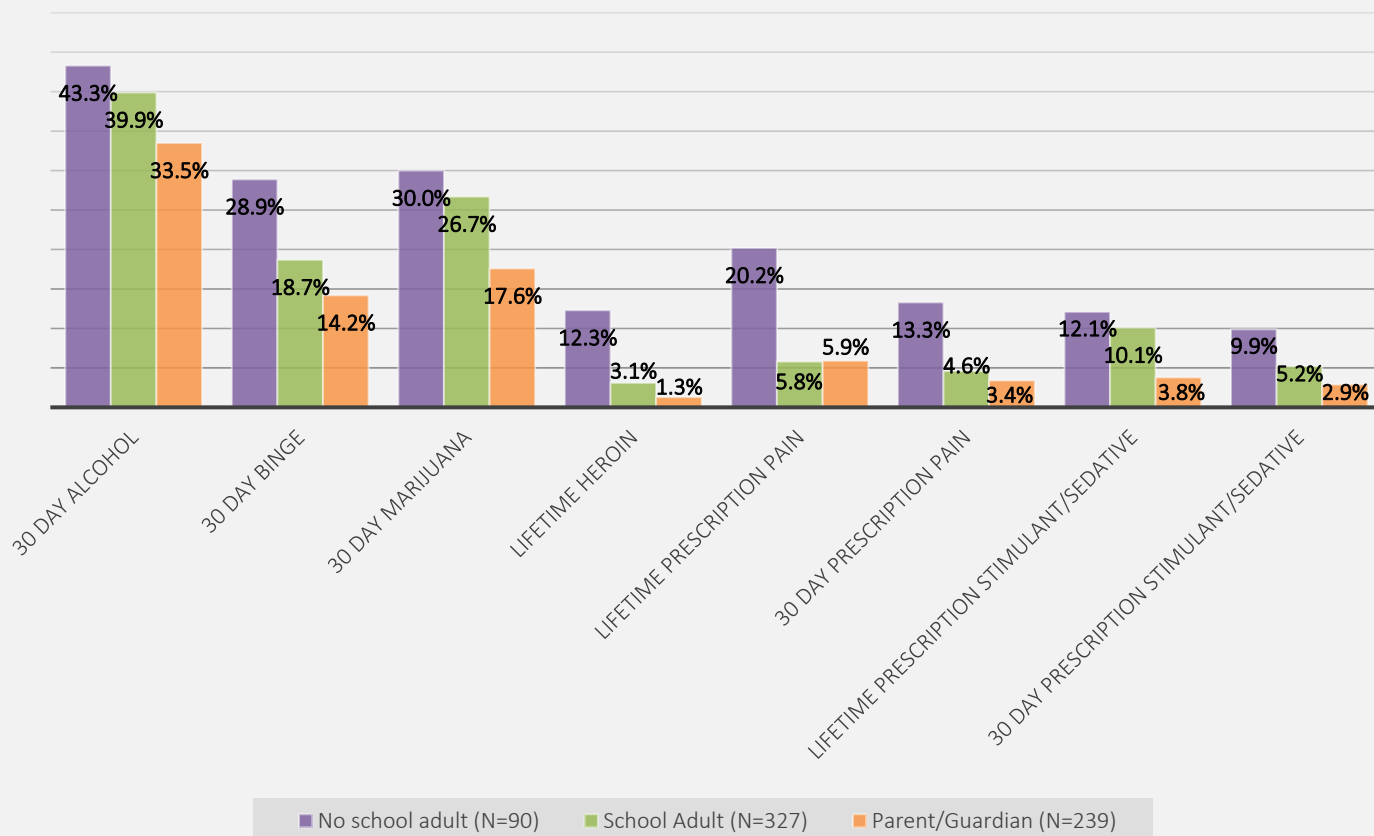
Another important influence on adolescents is connection to caring adults at school. The rate of substance use, depression, and suicide is significantly lower when a student has an adult at school to talk to about things that are important to them. 62.2% of Watertown High School students and 56.9% of Middle School students report that they have a teacher/guidance counselor or someone at school to talk to about things that are important to them. This is an area of focus that is currently and consistently being addressed at all Watertown Schools.

Parents Corner

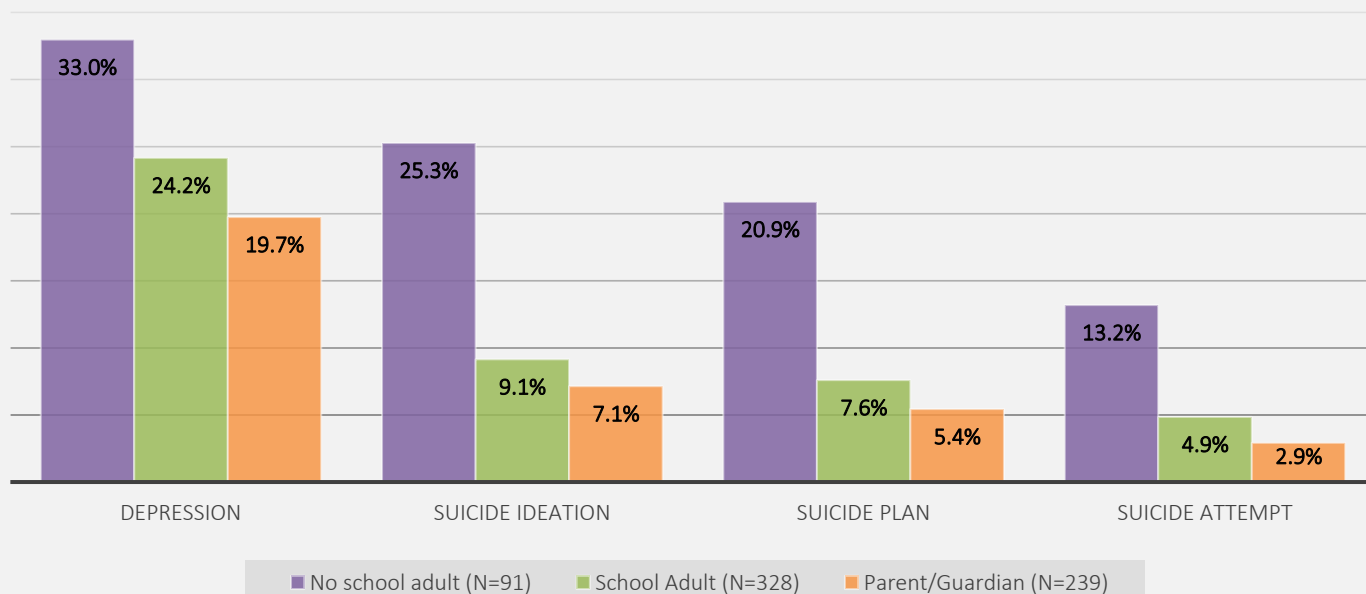
- Make a regular date with your teen
- Let them know how important they are to you
- Listen to what they have to say
- Validate their feelings without judgment; you are empowering them to continue talking to you
- Approach concern with education or advice to encourage continued discussion and problem-solving
- Include your teen in finding solutions to problems
- Take care of yourself -- parents who take care of themselves can best help their teens
- It's never too late to begin talking with your teen: Start creating routine opportunities for communication -- on the way to music lessons, during a game, at family dinners. Research supports that eating together as a family has a positive effect on kids making healthy choices.

Protective Factors

Watertown High School 2014 YRBS:
Substance Use by Adult to Talk to



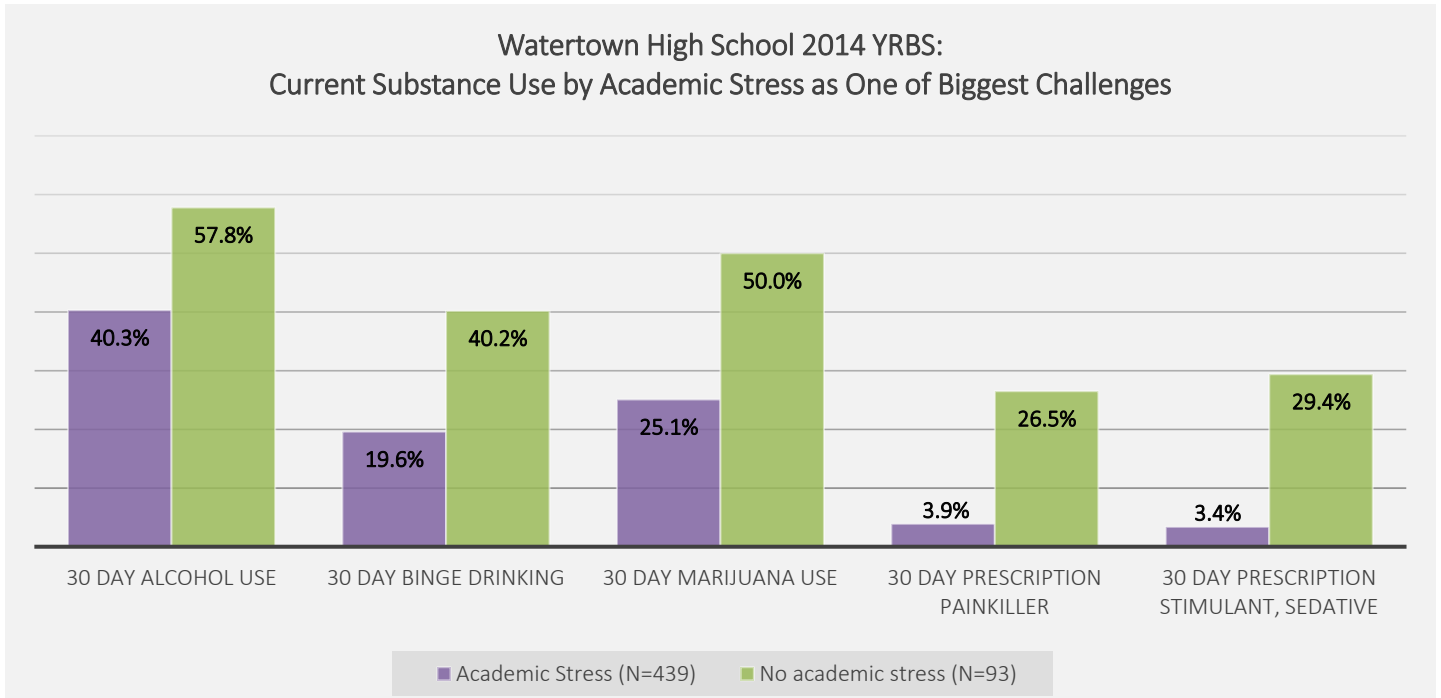
Watertown High School 2014 YRBS:
Depression and Suicide by Adult to Talk to



Protective Factors

Academic Achievement

Academic achievement is a protective factor. As noted under the section on Stress, those that listed academic stress as one of their biggest challenges were less likely to use substances. 78.9% of high school students and 88.5% of middle school students report receiving mostly A's and B's. Please see [Watertown High School Student Handbook](#) & [Watertown Middle School Student Handbook](#) for a list and explanation of academic supports offered in the both schools.



Students at Increased Risk

Although lesbian, gay, bisexual, Transgendered and questioning (LGBTQ) youth consist of a relatively small group, they are at a higher risk for many risk behaviors.

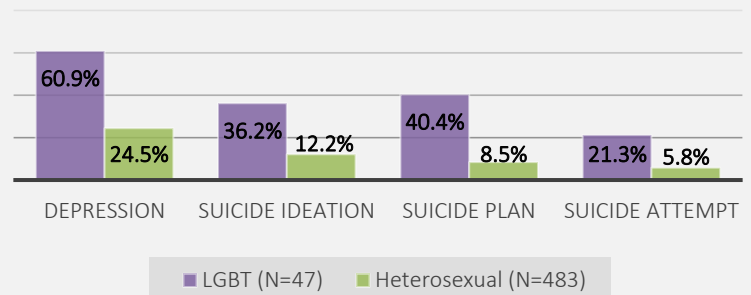
“Perhaps the most crucial finding is that both the school and the home environment are able to protect LGB and questioning students. Not all students who identify themselves as LGB or questioning will suffer high rates of depression and drug use when families or schools are supportive of their sexual orientation.”

- Dr. Dorothy Espelage, University of Illinois Urbana-Champaign

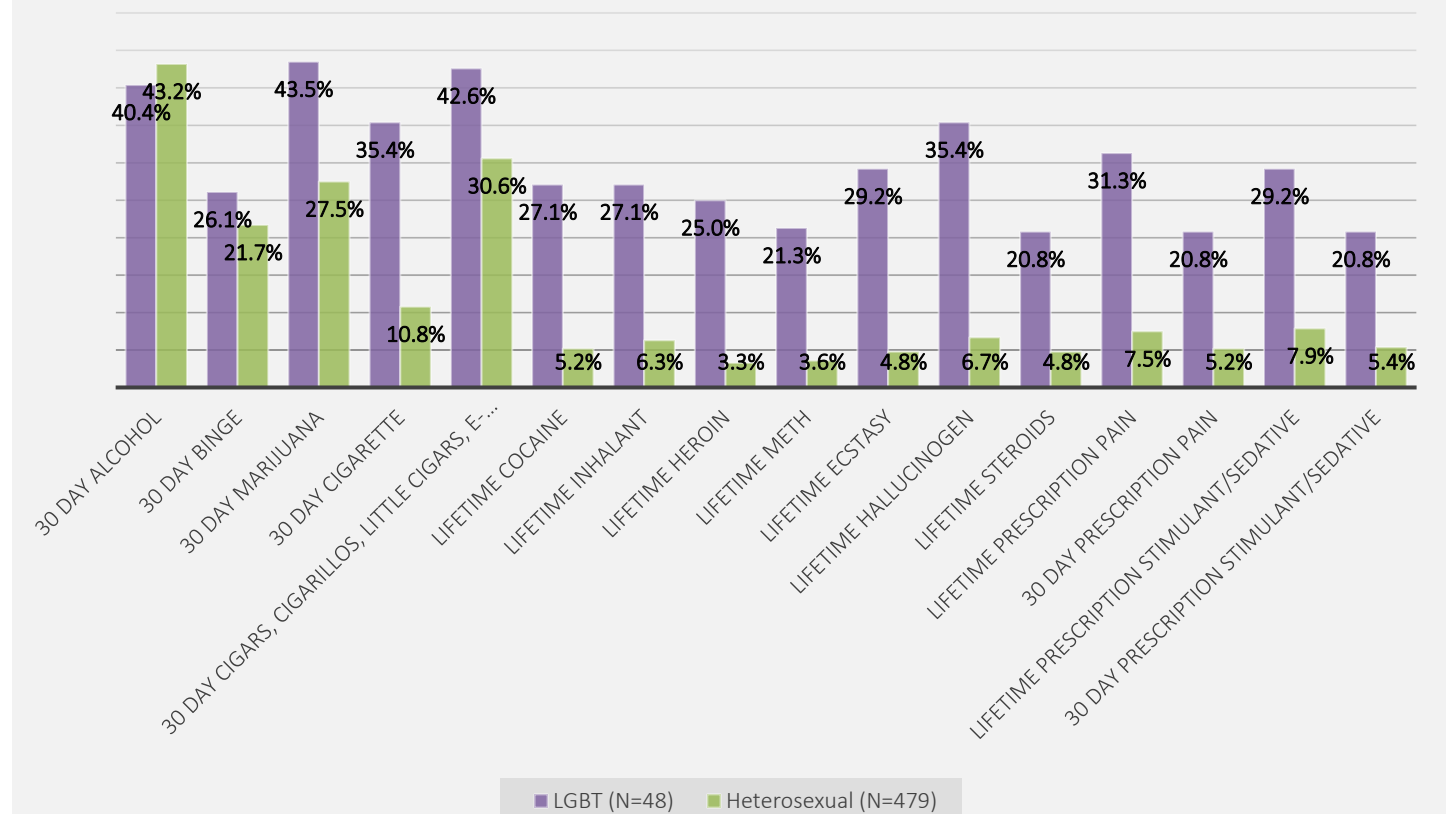
Watertown High School Highlights

High School LGBTQ students reported greater use of all substances except for 30 day alcohol use. They were also more likely to indicate being depressed, having suicidal ideation, making a suicide plan, and attempting suicide than their heterosexual counterparts.

Watertown High School 2014 YRBS:
Depression and Suicide by Sexual Orientation



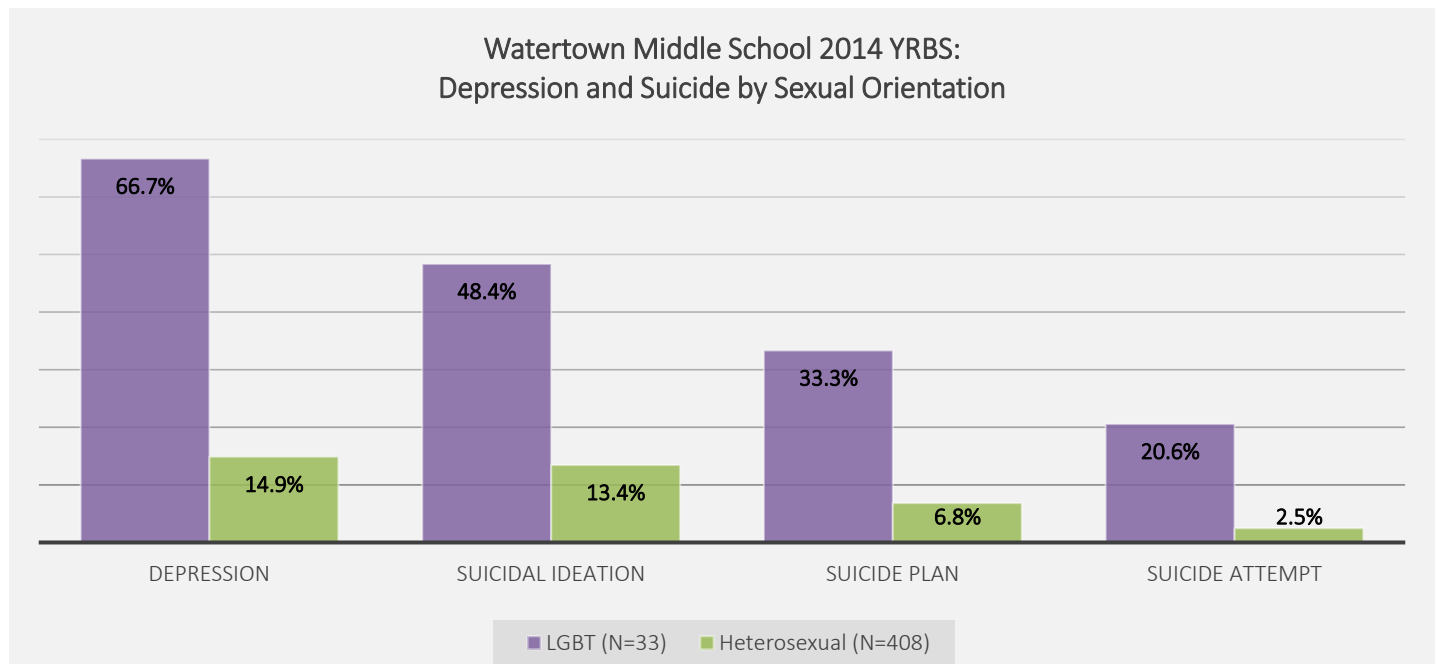
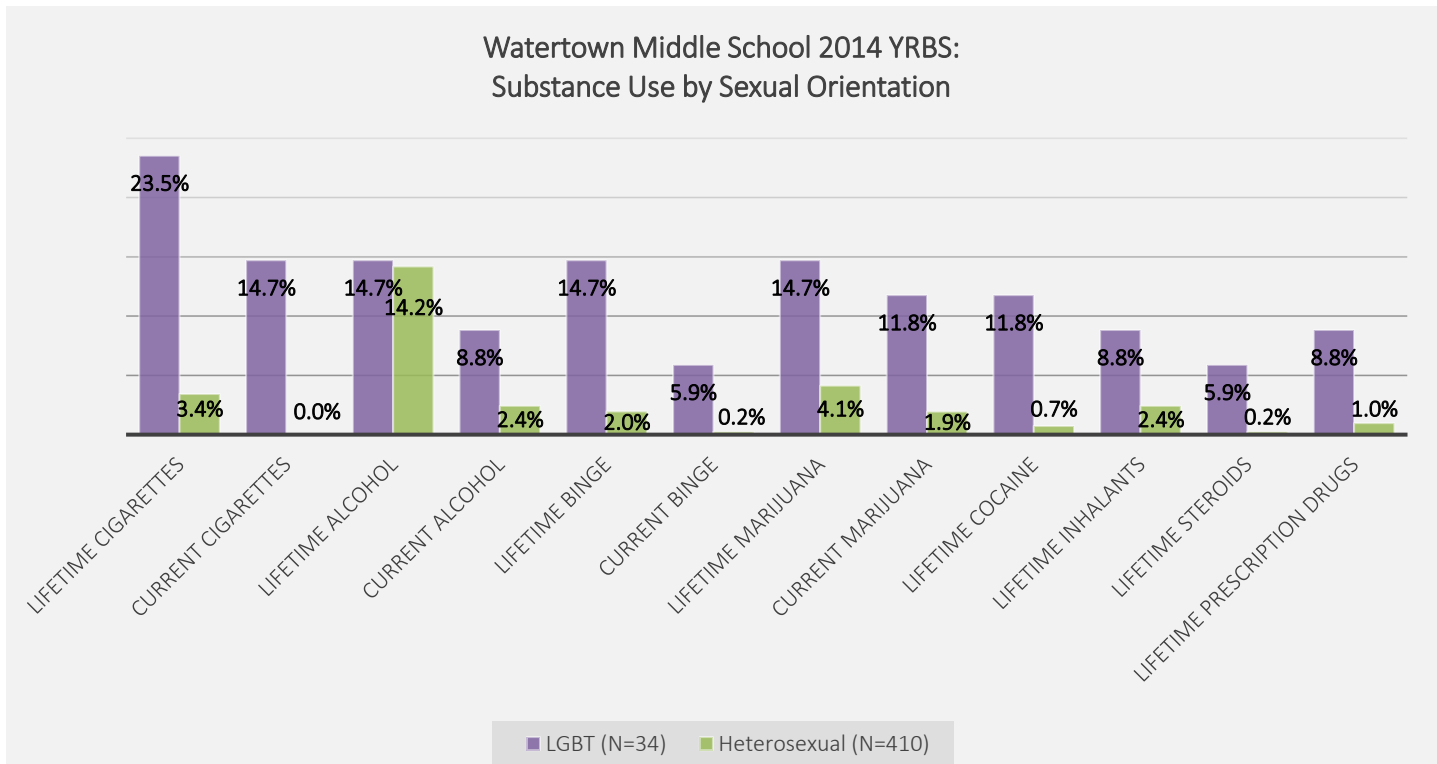
Watertown High School 2014 YRBS:
Substance Use by Sexual Orientation



Students at Increased Risk

Watertown Middle School Highlights

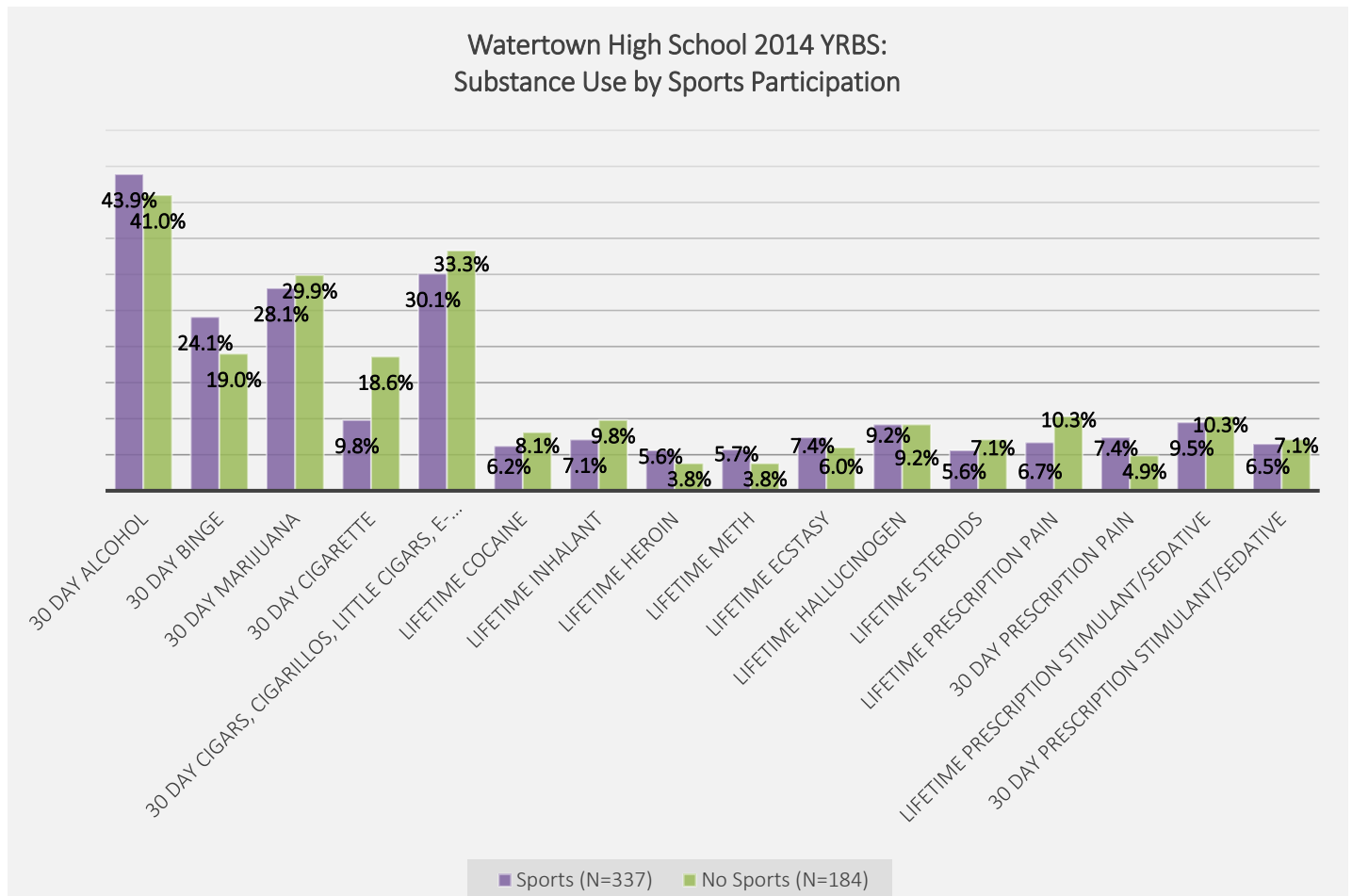
Middle School LGBTQ students reported greater use of all substances. They were also more likely to indicate being depressed, having suicidal ideation, making a suicide plan, and attempting suicide than their heterosexual counterparts.



Students at Increased Risk

Athletes

Those that indicated they played sports were more likely to use some substances, such as alcohol and heroin, but less likely to use others, such as cigarettes and other tobacco products and inhalants.



WYC: We Hear You

What we do!

How we do it!

The activities The Watertown Youth Coalition and all of its collaborative partners share in.....

The Watertown Youth Coalition (WYC), overseen by Wayside Multi-Service Center, a program of Wayside Youth & Family Support Network, is a community based coalition of youth, parents, educators, law enforcement, health professionals, clergy, and local business owners committed to fostering healthy and positive life styles among Watertown youth. WYC's mission is to enhance the abilities of children, teens, parents and the community to increase healthy decision-making and decrease unhealthy risky behaviors. WYC is able to provide these services through grants from the MA Department of Public Health Bureau of Substance Abuse Services (BSAS) Substance Abuse Prevention Collaborative (SAPC) and Massachusetts Opioid Abuse Prevention Collaborative (MOAPC), and the U.S. Substance Abuse and Mental Health Services Administration (SAMHSA) Now Is The Time Project Community Aware (NITT C Aware) Youth Mental Health First Aid Grant (YMHFA).

WYC partners with Watertown High School and Watertown Middle School to administer the YRBS, and produces *The Well-Being of Watertown Youth* based on survey results. The results of the YRBS are benchmarks for WYC's mission. They enable WYC to target escalating risk behaviors and provide solutions through a variety of community based initiatives including social marketing campaigns, public events and seminars.

Vital to the success of these public initiatives is WYC's Peer Leadership group. This program empowers Watertown High School Students to become Peer Leaders through their active participation as advocates in helping to shape and implement positive change in their community.

The following information is related to the programs and materials we share with the community to inform and make positive change in the lives of Watertown Youth.

WYC: We Hear You

Underage Drinking Prevention

For every year an adolescent delays using alcohol, the odds of lifelong dependence decrease by 15%


You might want to think twice before buying him that first drink.

When you buy alcohol for minors, YOU are responsible for the consequences. Even if you can pay the fines of up to \$2,000, stomach a year in prison, and deal with thousands of dollars more in civil suits, you still have to deal with the fact that you were the one in charge. You made the decision to break the law, so you have to face the consequences. **You are the adult. When you buy alcohol for minors, the responsibility falls ON YOU.**

it's on YOU.

WWW.ITSONYOU.ORG

Sponsored by Wayside Multi-Service Center and The Watertown Youth Coalition



Part of the It's On You campaign asking 21+ year old people to think twice before purchasing alcohol for a minor. This flyer shares the ethical reasons for not purchasing for minors and highlights the importance of delaying first use of alcohol.

This sticker is seen on almost every door of the beer coolers and front door of each retail store selling alcohol in Watertown. This reminds people of the law and fines associated with buying for minors.

Buying for someone UNDER 21?

CAN you HANDLE **arrest \$2,000 in fines lawsuits** **?**


Your I.D. Your responsibility.

WWW.ITSONYOU.ORG

it's on YOU.



WYC: We Hear You



Watertown Youth Coalition General Meeting

**Wednesday, February 12
6 - 7:30pm**


**Watertown Free Library
Watertown Savings Bank Room**

**Come Meet New
People!**


**Learn about what the
Coalition & Peer
Leaders are up to**

**NEW Members
Welcome!**

Dinner Provided by



For more information, and RSVP: contact Melanie St. Pierre at 617-926-3600 x307 or melanie_stpierre@waysideyouth.org
watertownyouthcoalition.org



watertownyouthcoalition

Each year the Watertown Youth Coalition General Meeting highlights the overall work of the WYC that year. Data campaigns and ideas are shared and the attendees engage in conversations about ways in which to promote healthy development of Watertown's youth.



A Checklist For Prom & Graduation

- ___ Choose a date
- ___ Choose a dress or a tux
- ___ Choose which friends to go with
- ___ Choose NOT to binge drink
- ___ Choose NOT to drink and drive or ride in a car with someone who has been drinking

Make Choices You'll Want to Remember

It's Supposed To Be The Time Of Your Life!



Brought to you by The Watertown Youth Coalition
For more info contact Melanie St. Pierre (x307) @ Wayside Multi-Service Center
617-926-3600 or email watertownyouthcoalition@waysideyouth.org
Please visit us at www.watertownyouthcoalition.org
Funded in part by the MA DPH, Bureau of Substance Abuse Services

Every year WYC sends this flyer or a variation of it to the schools. Students receive this among other important communications when they receive their cap and gown.

Substance Abuse Prevention Collaborative (SAPC)

In 2015, Watertown began collaborating regionally with Belmont, Waltham and Brookline to develop a strategic plan to prevent and delay youth alcohol and other drug use. Funded by the MA Department of Public Health Bureau of Substance Abuse Services, SAPC is near completion of its Strategic Plan and has involved multiple stakeholders from each community in its development.

WYC: We Hear You

Massachusetts Opioid Abuse Prevention Collaborative

SAVING LIVES TOGETHER!

**Overdose Prevention
&
FREE Narcan Training**
(Training provided by the Needle Exchange Program)

**Tuesday, MAY 19, 2015
6-8PM**

Watertown High School
Lecture Hall
50 Columbia St. Watertown
Light dinner will be served

YOU WILL LEARN:

- HOW TO** recognize & prevent an overdose
- WHAT TO DO** during an overdose
- HOW TO** administer Narcan (lifesaving tool to prevent overdose death)

❖ **To register, please go to:**
<https://eventbrite.com/event/16807067391/>

❖ **For more information, please contact:**
melanie_stpierre@waysideyouth.org or 617-926-3600 x307

Logos: Watertown Youth Coalition, OPEN, Watertown Police, Wayside

Funded by the MA Dept of Public Health, Bureau of Substance Abuse Services, MA Opioid Abuse Prevention Collaborative grant

Watertown Youth Coalition and our work as part of the Massachusetts Opioid Abuse Prevention Collaborative (MOAPC) with Cambridge, Somerville and Everett, are working to raise awareness about the disease of addiction. The negative stigma about addiction, whether it is alcohol, marijuana, tobacco use, prescription pain relievers or heroin, prevents people with addiction from fair and equitable treatment in the justice system, social circles, and within families.

Treatment cannot be pursued if people are ashamed and afraid to ask for help.



Visit the OPEN website for more information and resources about prevention and treatment of opioid addiction: odprevention.org

"Stigma is the reason there is so much social and legal discrimination against people with addictions People who are victims of stigma internalize the hate it carries, transforming it to shame and hiding from its effects."

David L. Rosenbloom
Professor of Public Health
Boston University

WYC: We Hear You

Do you have unused or expired
prescription medications
in your home?

Dispose of them the safe way!

Bring medication you no longer want or need to:

Watertown Police Department
552 Main Street, Watertown

A medication drop-box and container for syringes are available 24/7 in the front lobby.

Liquids are **not** accepted.

Drop-offs are anonymous!
Please remove any identifying information from medication bottles.

For more information, please contact: Stephanie Sunderland-Ramsey
617-926-3600 x311 | stephanie_sunderland@waysideyouth.org

WAYSIDE
YOUTH & FAMILY
SUPPORT NETWORK
Building Strength, Hope & Resiliency

WATERTOWN
POLICE

OPEN
Overdose Prevention & Education Network

Watertown Police Department are part of the National Take Back Day which happens twice annually, once in September and once in April. WYC helps to promote Take Back Days as well as the Drug Take Back Box sited at the Watertown Police Department.

This flyer is used to share important information about safe disposal of medications that may end up in the hands of a person they were not intended for.

Got Drugs?

Turn in your unused or expired medication for safe disposal
Saturday, September 26th,
10 a.m. – 2 p.m.

Visit www.dea.gov
or call 800-882-9539
for a collection site near you


dispose
unused
Rx

For more information, please visit www.dea.gov

WYC: We Hear You

WHAT ARE THE FACTS ?

- ◆ Drug addiction is a medical disease of the brain
- ◆ It can permanently change parts of the brain used for making decisions and self control
- ◆ Many people keep using drugs even though they want to stop
- ◆ People who are addicted can steal from family and friends
- ◆ Addiction affects EVERYONE
 - ◆ The person who is addicted
 - ◆ Family
 - ◆ Friends
 - ◆ Community




Have I noticed anything missing from my home?

DO I KNOW SOMEONE THAT MAY BE ADDICTED ?

A PERSON WHO IS ADDICTED :

- ◆ Can steal prescription drugs, money, and things that could be sold or pawned to buy drugs
- ◆ Is taking more of the drug than prescribed by a doctor for a long period of time
- ◆ Continues to use drugs even though it is causing problems with work, school, and money
- ◆ Not interested in activities once enjoyed
- ◆ Spends a lot of time/effort using and thinking about drugs
- ◆ Can feel sick/pain/irritable when not taking the drug (also known as withdrawal)

HOW CAN I KEEP MY HOME SAFE ?



Be careful with medications

- 1 **Secure your medications** the same way you would other valuables in your home, Like jewelry or cash.
- 2 **Monitor all medications.** Keep track of the number of pills in your prescriptions or refills.
- 3 **Ask for less pain medication** for you & your family after a medical or dental procedure.
- 4 **Get rid of unused/expired medication.** Bring the medication to a safe and secure drug drop-box in your community or look for Prescription Drug Take-Back days in the Spring & Fall

This is part of a brochure that WYC made in collaboration with Waltham Youth And Community Coalition with funding from the Community Health Network Area 17 to raise awareness about the connection between opioid drug use and abuse and crime. Tips on recognizing addiction and protecting your personal property and medications are all included.

WYC: We Hear You



The W.A.T.E.R.town Task Force (Watertown Access to Treatment, Education and Resources for Substance Use Disorder) is a collaborative group led by The Watertown Health Department Director, Deborah Rosati and Lt. Dan Unsworth from The Watertown Police Department, Community and Staff Development Division. The Watertown Youth Coalition works with this task force to bring Erase The Stigma events and ongoing programs to reduce stigma of addiction and reduce opioid overdose in Watertown.



HELP SAVE LIVES IN THE COMMONWEALTH
Massachusetts 911 Good Samaritan Campaign

www.moar-recovery.org/#!/good-samaritan-presentation-2016/c1otn

For information on legislation being pursued nationally visit www.supportprop.org/advocacy

WYC: We Hear You

The 84 Movement

Alcohol, marijuana, tobacco, and other drugs prevention are all a focus of the Watertown Youth Coalition Peer Leaders. For the last few years and historically, WYC Peer Leaders have led the coalition by sharing information about all things related to youth health. In collaboration with the adult membership WYC PL have been members of The 84 Movement, Tobacco Prevention organization and have assessed e-cigarettes and flavored cigars availability in Watertown, and participated in the statewide “Kick Butts Day” where they advocated for tobacco prevention legislation for since 2014.



Peer Leaders complete the Tobacco 101 Training with The 84 Movement (2016)



Cris Patvakanian and Becca Grossman, with former Peer Leader Advisor Sara Berkowitz, with Representative Jonathan Hecht at the Chapter 84 Kick Butts Day Event in Boston 2015.



Peer Leaders and Advisors meet with Representative Hecht at the Statehouse to discuss how the big tobacco industry is targeting youth for Kick Butts Day 2016

WYC: We Hear You

SPEAK Week



SPEAK (Sharing Personal Experiences and Knowledge) Week at Watertown High School is organized by Wayside Multi Service-Center's Watertown Youth Coalition (WYC) Peer Leaders from WHS.

Every year, WYC Peer Leaders organize a fun filled week with special guest speakers, activities and knowledge building that relate to helping youth make positive healthy choices. In 2016, SPEAK Week welcomed three guest speakers:

- Get Real Teen Council, presenting on healthy relationships and consent, brought by the WHS Feminist Group.
- Dr. Bernard Lafayette, civil rights activist who worked with Dr. Martin Luther King, brought by World of Watertown, Watertown Public School Department, and the Watertown Police Department, discussing nonviolent conflict reconciliation.
- Laura Kehoe, M.D., assembly on opiate/substance use prevention with a young adult in recovery, brought by Wayside and the Watertown Youth Coalition.

Throughout the week, WYC Peer Leaders, along with the WHS Feminist Coalition and the GSA, hosted fun activities and tables in the WHS café around diversity and increasing healthy decision-making, while decreasing unhealthy risky behaviors among youth in Watertown.

Watertown Youth Coalition Peer Leaders would like to thank Watertown Community Foundation (WCF), World in Watertown, Shirley Lundberg (Watertown High School Principal), and Laura Kehoe M.D. for helping make SPEAK WEEK 2016 possible.

WYC: We Hear You



SPEAK Week 2015: Stereotyping activity



The Genki Spark: Taiko Projects with Attitude during SPEAK Week 2015



Dr. Laura Kehoe and Jason speak to Watertown High School students about erasing the stigma around seeking help for addictions during SPEAK Week 2016



WYC Peer Leader Advisors were honored to meet Dr. Bernard Lafayette, (Civil Rights Activist who worked alongside Dr. Martin Luther King) and his wife during SPEAK Week 2016

WYC: We Hear You

“I Am...” Social Marketing Campaign

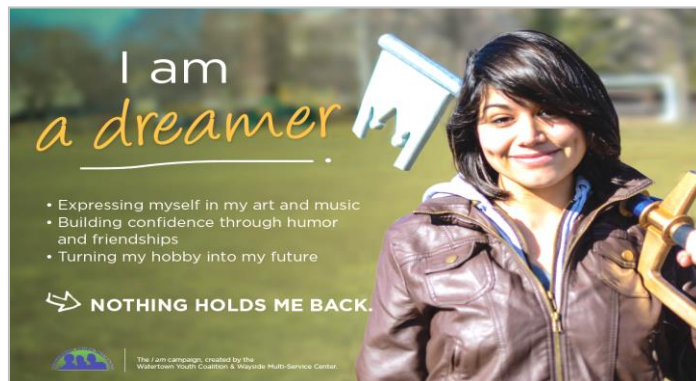
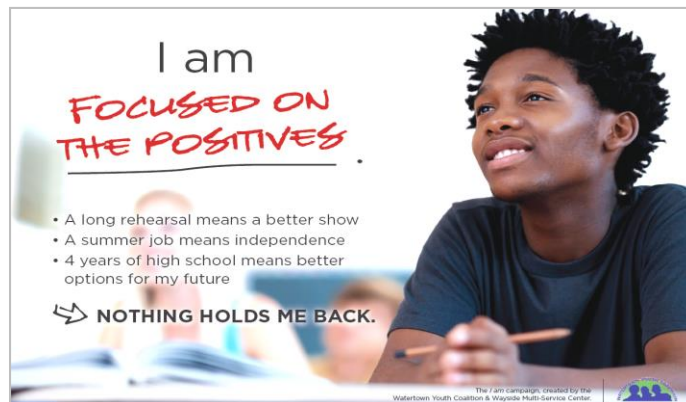
Social Marketing is a type of marketing that uses various tools (i.e., Facebook, posters, banners) to promote positive behavior changes. The WYC is using a social marketing campaign as a substance abuse prevention strategy to reduce underage alcohol use among Watertown youth.

Summer of 2012, the WYC peer leaders participated in brainstorming sessions to identify the goals of the campaign and the best approach. The peer leaders decided to address underage alcohol use by trying to change the perception that drinking is the only way to have a good time. Alternatives to drinking are addressed by emphasizing positive behaviors that replace substance use, such as promoting healthy decision making, goal setting, and owning a positive image.

As a result, the “I am...” campaign was created.

The “I am...” campaign is about recognizing a part of your identity that you feel good about and are proud to share with others. It also outlines some of the steps that the student takes to help them maintain that identity.

The first phase of the “I am...” campaign has five different posters each showing an image of a Watertown High School student and/or a stock photograph of a teen participating in an activity they are passionate about. On each poster, the text reads “I am ...”



Michelle Gallego: Watertown High School Graduate

The students and peer leaders worked together to decide how to identify themselves. Some examples include: “I am a role model,” “I am a team captain,” and “I am the next Taylor Swift.”

The second phase of the campaign was rolled out in the late spring 2013 read “I own my image” and encouraged students to maintain a positive image both online and offline.

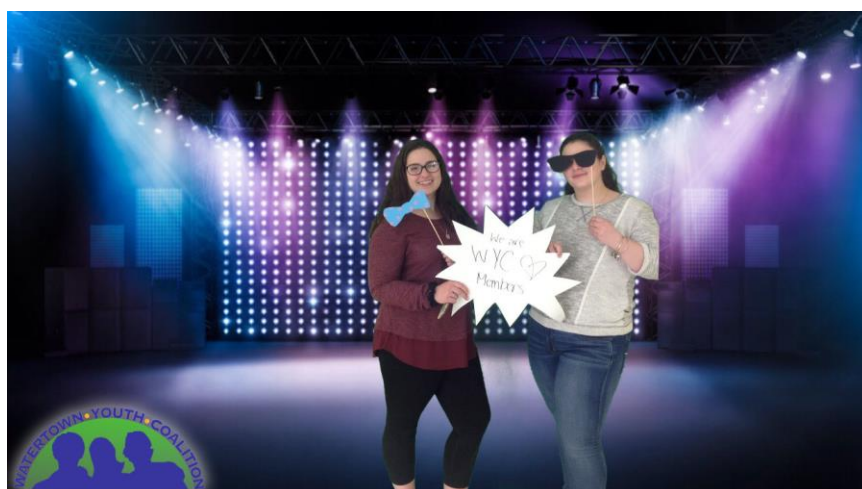
WYC: We Hear You

In 2014, 20+ students produced a short corresponding film that promotes healthy decision making, addresses alternatives to risky behaviors such as underage drinking, and emphasizes positive behaviors to replace substance abuse. These students have shared ways to maintain that identity both in real life and in the online representation of themselves.



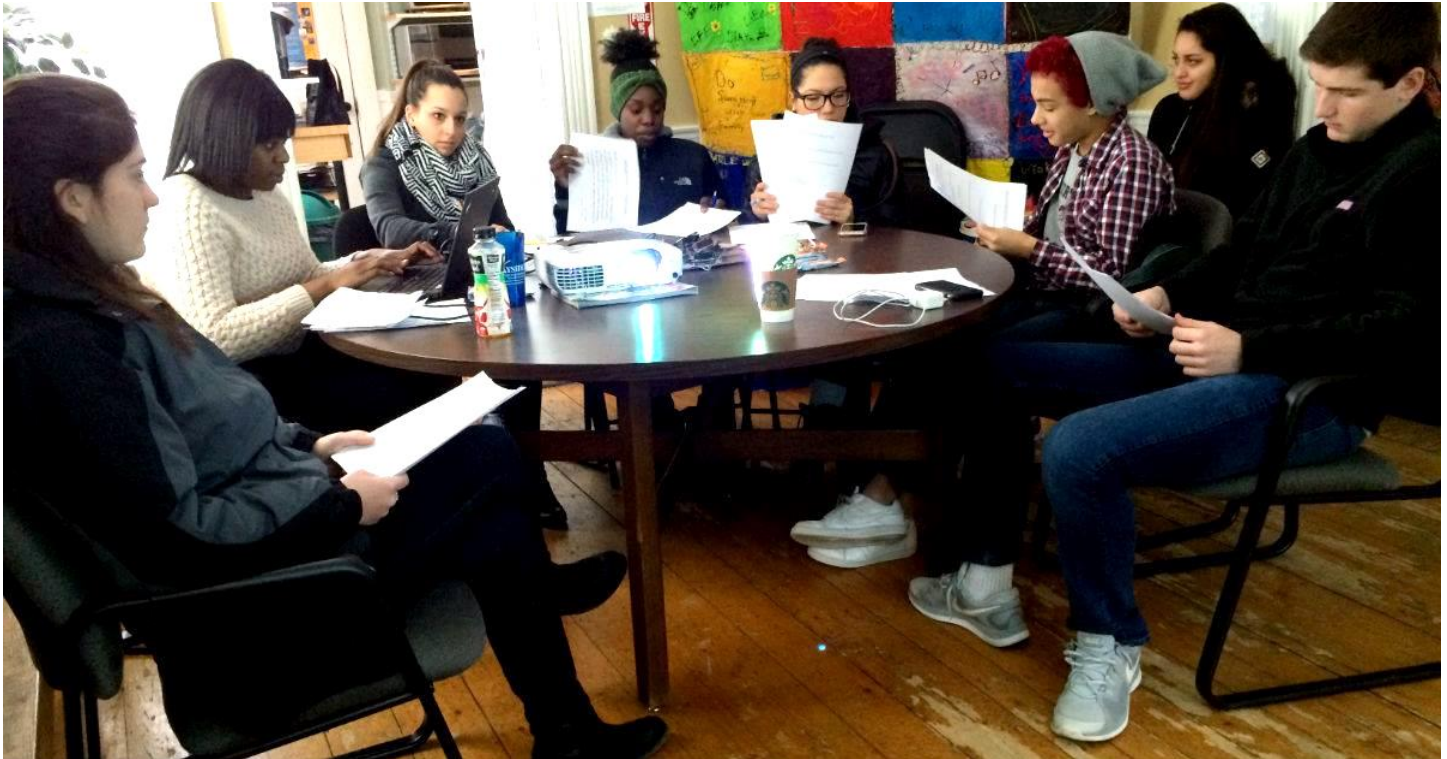
Watch the "I Am" video online at youtu.be/Ul3srjSomvg

During SPEAK Week 2016, Peer Leaders hosted an "I am" Campaign Photo Booth, encouraging students to broadcast what they are proud of about themselves.

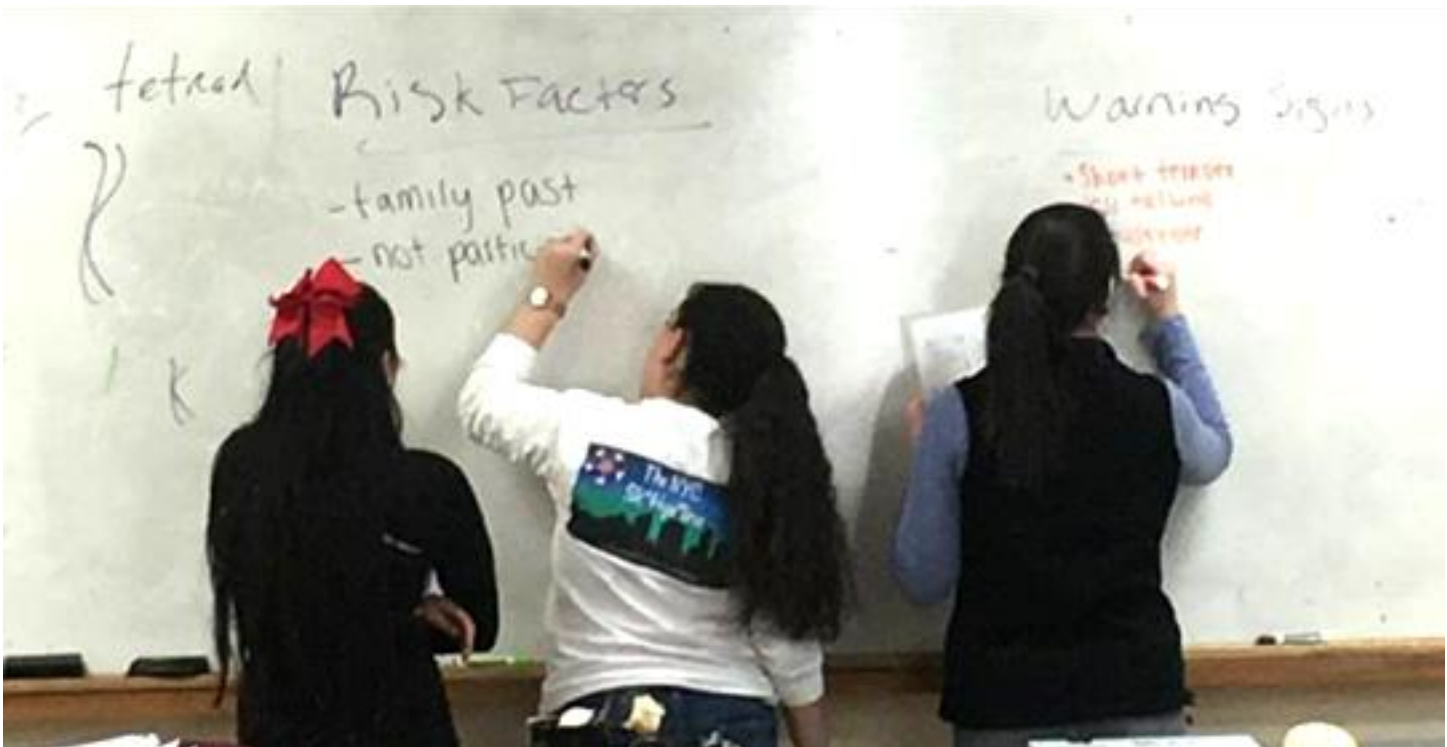


WYC: We Hear You

More from WYC Peer Leaders 2015-2016



Peer Leaders preparing for their “Community Policing in Watertown Interviews 2016” to collect the perspectives of youth and other community members on the subject of policing in Watertown. Results from interviews and surveys were presented by Peer Leaders at the Police and Community Dialog led by Dr. Bernard Lafayette.



Peer Leaders discuss signs of suicide through a presentation by special guest Lauren Gablinske from Samaritans.

WYC: We Hear You

Spirit Awards

Each June, the Watertown Youth Coalition holds its annual “Spirit Awards” event to acknowledge extraordinary people that work or live in Watertown. Awardees are recognized specifically for their contribution to the health and well-being of Watertown youth. The Spirit Awards event has grown each year and is a wonderful way for youth and adults to celebrate a year of great work together and begin a new year filled with commitment and energy.



Spirit Awards Reception 2015



Christopher Thigpen, Community Spirit Award recipient (right)
Nominated by Donna Ruseckas
Photographed with Lt. Dan Unsworth

Acknowledgements & Thanks

The Watertown Youth Coalition (WYC) and the WYC Peer Leaders thank the extended Watertown community of youth, parents, educators, law enforcement officials, fire department, health professionals, clergy, and local business owners whose dedication to fostering healthy and positive life styles are essential to the well being of Watertown youth. We would also like to extend our thanks to the Watertown High School and Middle School students who participated in the 2014 YRBS, as well as the Watertown Public School and Wayside staff whose continued commitment to the health and well being of Watertown youth were crucial to the development of this report.

Volunteers: Participated in ongoing YRBS Sub-Committee

Candace Miller, Parent, WYC Community Member
Anne Wang, Parent, WYC Community Member
Stephanie Venizelos, Parent, WYC Community Member
Stephanie Sunderland-Ramsey, Coalition Staff, Chairperson YRBS Sub-Committee
Cris Patvakanian, WYC Peer Leader

WYC Steering Committee Members

Michael Dattoli, Watertown Youth Coalition Co-Chairperson, Parent
Conor Kennelly, WYC Peer Leader
Ryan Barry, WYC Peer Leader
Tony Palomba, Town Councilor, Parent
Kenneth Woodland, Town Councilor, Resident
Laura Kehoe, MD, MPH, MGH Addiction Medicine
Martha Sesin, Parent
Diane Murphy, Watertown Housing Authority, Parent
Deborah Rosati, Director of Watertown Health Department
Stephanie Sunderland-Ramsey, Shanesha Christmas, Melanie St. Pierre, Dawn Graham (Wayside/Coalition staff)

WYC Peer Leaders

Albert Fom, Ana Zoubian, Anahid Ohanyan, Anna Santos, Catherin Canales, Conor Kennelly, Cris Patvakanian, Elza Shakhverdova, Fatima Roda, Isaac Gibbons, Kaitlin Tracy, Larissa Bittencourt, Lauren Burns, Lori Shirinian, Marcus Moore, Mayra Guerra, Natalia Balan, Pam Santos, Robert Leonard, Rubina Simikyan, Ryan Barry, Shariel Joseph, Stefanos Kiorpes, Valentina Gaete, Zoe Grodsky

WYC Staff: Wayside Youth & Family Support Network, Multi-Service Center

Laura Kurman, LMFT, CPS, Senior Program Director
Stephanie Sunderland-Ramsey, Prevention Program Coordinator
Sara Berkowitz, LICSW, Peer Leader Advisor (until 2015)
Shanesha Christmas, Peer Leader Advisor (2015-2016)
Melanie St. Pierre, MPH, Prevention Specialist
Dawn Graham, Media & Prevention Specialist

Acknowledgements & Thanks

Watertown Public Schools

Jean Fitzgerald Ed. D., Superintendent
Donna Ruseckas, Director of Wellness and Extended Services
Barbara Gortych, Ph.D., Director of Assessment, Guidance, and Mental Health
Shirley Lundgren, Headmaster Watertown High School
Annmarie Boudreau, Associate Headmaster Watertown High School
Kimo Carter, Principal Watertown Middle School
Jason DelPorto, Assistant Principal Watertown Middle School
Dan Dressler, Web Master

Community Stakeholders Supporting the Work of WYC

Watertown Police Department, Chief Michael Lawn, Capt. Thomas Rocca, Capt. Raymond Dupuis, Detective Sgt. Tom Grady, Lt. Dan Unsworth, Detective Mark Lewis, Sgt George Demos, Officer Kerry Kelley, Officer Miguel Colon, Watertown Fire Department, Chief Mario Orangio, Watertown Boys & Girls Club, The Watertown Community Foundation, World in Watertown, Watertown School Committee, Watertown Town Manager Michael Driscoll and Town Council, Watertown Health Department Deborah Rosati and Wil vanDinter, Stephanie Venizelos, Live Well Watertown, Wendy Morrissey and Peter Airasian, Watertown Overcoming Addiction, Watertown Social Service Resource Specialist, Danielle DeMoss, Diane Murphy and Brian Costello, Watertown Housing, Watertown Patch, Watertown Tab and Press, Watertown News, Charlie Breitrose, Ralph Vitiello, Miller Tracy Foundation, Dr. Laura Kehoe and Woody Giessmann, Right Turn, Lynn Bratley, Improbable Players, Harvard Vanguard Medical Associates, Advocates Inc., State Representative Jonathan Hecht, State Senator Will Brownsberger, State Representative John Lawn.

The Well-Being of Watertown Youth 2014 Report was supported in part by the following funders

Massachusetts Department of Public Health, Bureau of Substance Abuse Services (BSAS)
U.S. Substance Abuse and Mental Health Services Administration (SAMHSA)

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Cris Patvakanian, Peer Leader, 2012-2016
Dawn Graham, Media & Prevention Specialist, Wayside Multi-Service Center
Shanesha Christmas, Peer Leader Advisor, Wayside Multi-Service Center
Laura Kurman, LMFT, CPS, Senior Program Director, Wayside Multi-Service Center

Additional Information

For more information about the Watertown Youth Risk Behavior Survey, please contact the Watertown Youth Coalition at (617-926-3600) or watertownyouthcoalition.org. Like WYC on Facebook at facebook.com/watertownyouthcoalition. For more information about the National Youth Risk Behavior Survey, please visit the CDC website at www.cdc.gov/yrbs

Resources

Community Resources

Watertown Youth Coalition	watertownyouthcoalition.org Stephanie Sunderland-Ramsey, Prevention Program Coordinator Stephanie_Sunderland@waysideyouth.org 617-926-3600 x311 Melanie St. Pierre, Prevention Specialist melanie_stpierre@waysideyouth.org 617-926-3600 x307 Dawn Graham, Media & Prevention Specialist dawn_graham@waysideyouth.org 617-926-3600 x303 Shanesha Christmas, Peer Leader Advisor Shanesha_christmas@waysideyouth.org 617-926-3600 x305
Wayside Multi-Service Center	waysideyouth.org Laura Kurman, LMFT, CPS, Senior Program Director Laura_Kurman@waysideyouth.org 617-926-3600 x308
Watertown Social Services Resource Specialist	Danielle DeMoss, LICSW 617-744-9585
Emergency Services Programs and Mobile Crisis Intervention Services	Advocates, Inc. and Wayside Youth & Family Support Network, Inc. 800-540-5806

Watertown High School (WHS)

WHS School Resource Officer	Officer Kerry Kelley, Watertown Police Department, School Resource Officer kerry.kelley@watertown.k12.ma.us 617-926-7799 (School)
WHS Guidance Counselors	www.watertown.k12.ma.us/whs/guidance/index.html All can be reached at 617-926-7736 Adrienne Eaton: adrienne.eaton@watertown.k12.ma.us Katja Baker: katja.baker@watertown.k12.ma.us Jaimie Leonard: jaimie.leonard@watertown.k12.ma.us Kim Osborne: kimberly.osborne@watertown.k12.ma.us

Resources

Clinician at Watertown High School	Becket Rhodes, Adjustment Counselor, LMHC, LSAC rebecca.rhodes@watertown.k12.ma.us
WHS Nurse	www.watertown.k12.ma.us/dept/medical/index.html Joan Corkery joan.corkery@watertown.k12.ma.us 617-926-7758

Watertown Middle School (WMS)

WMS School Resource Officer	Officer Miguel Colon, Watertown Police Department, School Resource Officer miguel.colon@watertown.k12.ma.us
WMS Guidance Counselors	www.watertown.k12.ma.us/whs/guidance/index.html All can be reached at 617-926-7783 Amanda Skypeck: amanda.skypeck@watertown.k12.ma.us Ashley Davis: ashley.davis@watertown.k12.ma.us Stacy Stern: stacy.stern@watertown.k12.ma.us
WMS Nurse	www.watertown.k12.ma.us/dept/medical/index.html Gloria Kimera 617-926-7783 x1046

Additional School Resources

Director of Student Services (District)	watertown.k12.ma.us/dept/student/index.html Paula Czyrkliis: paula.czyrkliis@watertown.k12.ma.us Secondary Special Education Coordinator 617-926-7760
Guidance Department (K-12)	www.watertown.k12.ma.us/whs/guidance/index.html Coordinator of Assessment, Guidance and Mental Health: Barbara Gortych, Ph.D.: barbara.gortych@watertown.k12.ma.us 617-926-7736 ext. 6602
Watertown Bullying Prevention & Intervention	www.watertown.k12.ma.us/wps/bullying/index.html Donna Ruseckas, Director of Wellness and Extended Services donna.ruseckas@watertown.k12.ma.us 617-926-7700 Joseph Lampman, Coordinator PE/HealthK-12 joseph.lampman@watertown.k12.ma.us 617-926-7760

Resources

Community Education	Beth Sahakian, Director of Community Education Elizabeth.sahakian@watertown.k12.ma.us 617-923-7653
Screening for Mental Health, Inc. (Signs of Suicide Program)	www.mentalhealthscreening.org youth@mentalhealthscreening.org 781-239-0071

Local Hospital Resources

Children's Hospital	www.ceasar-boston.org Adolescent Substance Abuse Program (ASAP) Intake and Scheduling: 617-355-2727
Institute for Health and Recovery (IHR)	www.healthrecovery.org Youth Central Intake Adolescent Programs Youth Substance Abuse Program Referral: 617-661-3991 or 617-599-4099
Mass General Hospital Addiction Services	www.addictionanswers.com Addiction Recovery Management Services (ARMS)* 617-643-4699
Mt. Auburn Hospital	www.mountauburnhospital.org Prevention & Recovery Center: 617-499-5051
McLean Hospital	www.mcleanhospital.org/programs/adolescent-art Adolescent Acute Residential Treatment 877-412-3445 or 617-855-2800

Massachusetts Resources

Massachusetts Substance Abuse	www.helpline-online.com www.adolescent-substance-abuse.com Information and Education Helpline 800-327-5050
The Massachusetts Aggression Reduction Center	marccenter.webs.com
Suicide Prevention Resource Center	www.sprc.org Suicide Risk and Prevention for LGBTQ and Transgender Youth 877-GET-SPRC (438-7772)
Massachusetts Department of Public Health	Information on prevention of alcohol and other drug use www.state.ma.us/dph/bsas

Resources

National Resources

Alcoholics Anonymous	www.aaboston.org 617-426-9444
Al-Anon	For family and friends of alcoholics www.aaboston.org 617-426-9444
Narcotics Anonymous	www.na.org 866-624-3578
Marijuana Anonymous	www.marijuana-anonymous.org 800-766-6779
Learn to Cope	www.learn2cope.org (508) 738-5148
GRASP (Grief Recovery After Substance Passing)	www.GraspHelp.org

Online Resources

HelpGuide	Information about Emotional and Mental Health Issues helpguide.org <ul style="list-style-type: none"> • Dealing with Teen Depression – Tips and Tools for Helping Yourself or a Friend helpguide.org/mental/depression_teen_teenagers.htm • Teen Depression – A Guide for Parents and Teachers helpguide.org/mental/depression_teen.htm
CDC Healthy Youth	www.cdc.gov/healthyyouth/alcoholdrug/index.htm
Bullying Resources	www.stopbullying.gov
The Partnership at DrugFree.Org	www.drugfree.org/join-together
Parents. The Anti-Drug	www.theantidrug.com
abovetheinfluence.com	www.abovetheinfluence.com
Watertown Youth Coalition	www.watertownyouthcoalition.org
Wicked Sober	Locating addiction treatment www.wickedsober.com



WATERTOWN YOUTH COALITION
watertownyouthcoalition.org
facebook.com/watertownyouthcoalition



Wayside Multi-Service Center
127 North Beacon Street
Watertown, MA 02472
617-926-3600
waysideyouth.org

WATERTOWN YOUTH COALITION PARTNERS



Harvard Vanguard
Medical Associates
Atrius Health

