

The Well-Being of Watertown Youth



2017 YOUTH RISK BEHAVIOR SURVEY RESULTS



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Executive Summary

Introduction

The Well Being of Watertown Youth 2017 report summarizes key findings from the Youth Risk Behavior Survey (YRBS) results. The 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 2017, 538 of 662 High School students (81.3%) and 562 of 569 Middle School Students (98.8%) 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 and health professionals, clergy, and local business owners committed to fostering healthy and positive lifestyles among Watertown youth. WYC's mission is: "To support the wellness and empowerment of Watertown youth by engaging young people, families, and community."

Wayside Multi-Service Center (Wayside Multi), a program of Wayside Youth & Family Support Network, Inc., is a human services agency in Watertown, operating since 1968. Wayside Multi embraces the development and enhancement of resiliency skills to enable youth and adults to deal with personal and community issues more effectively and is committed to inclusivity, racial equity, and social justice. While using a racial and gender-equity lens, Wayside offers quality clinical services in Watertown and surrounding communities and community and youth development activities including staffing of WYC, peer leadership and HIV/AIDS and substance abuse prevention initiatives, school-based student support services, Youth and Adult Mental Health First Aid certification trainings, and Social Services Resource Specialist information and referral for Watertown residents.

The Watertown Youth Coalition addresses racial and gender equity issues while we focus on youth substance use prevention because studies show marginalized youth have lower health and wellness outcomes due to inequitable access to services. It is important to address these inequities as it allows vulnerable youth the opportunity to lead healthy lives; just as their non-marginalized peers. All youth, and all community members benefit from equitable treatment for all.

WYC provides these services through grants from the MA Department of Public Health Bureau of Substance Addiction Services (BSAS), Substance Abuse Prevention Collaborative (SAPC), Massachusetts Opioid Abuse Prevention Collaborative (MOAPC), and the U.S. Substance Abuse and Mental Health Services Administration (SAMHSA), Sober Truth on Preventing Underage Drinking Act (STOP Act) Grants.

Overview

The Well-Being of Watertown Youth 2017 report details YRBS High School and Middle School responses. This data tracks what students have reported in the last 8 years, as well as comparing local data to the Commonwealth of Massachusetts' results from 2017, 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 the 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](#), highlighting the 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, alcohol, marijuana, and other substance use all show declines from years past. 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 (54%, up from 45% in 2014) were less likely to engage in risky activities.

Results presented here about Watertown Middle School students also show continued improvements in many important areas, especially some indicators of alcohol, tobacco, and marijuana 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. Also, in 2017, a majority of students reported on a number of factors that help to protect them against risky behavior. More than two thirds of all middle school students (71%, up from 54% in 2014) 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

Waltham, Watertown, Brookline, and Belmont worked to align their questions on the YRBS so that data could be compared across communities. The survey was also made available online through SurveyMonkey for ease of administration and data analysis.

In April 2017, the high school survey was administered to all Watertown High School students simultaneously and the middle school survey was administered to all Watertown Middle School students simultaneously. Parents were informed in advance of the survey and given the option to opt their child out of the survey. Teachers were provided with written instructions to read to the students before taking the survey. The link for the survey was made available on the school website the day of administration, and students were given the password for the survey by their teacher during the scheduled time of administration. Those who did not have a device to take the survey online, or who preferred not to take it online, were given a paper version of the survey. Students whose responses showed that they did not answer honestly were removed from the analysis.

This section of the Well-Being of Watertown Youth explores what high and middle school students reported in the 2017 YRBS. The statistics presented here cover the major ‘risk areas’ in the survey including *Alcohol Use, Marijuana Use, Prescription and Illicit Drug Use, Tobacco Use, Weight and Weight Control, Bullying, Depression and Suicide, Sexual Behaviors, as well as a section on Protective Factors.*

2017 high school statistics for each risk area are presented graphically in charts alongside 2009, 2010, 2011, 2012, and 2014 results to provide a look at the frequency of these self-reported behaviors over the last few years. Where available, each category compares the data of Watertown High School to the overall Commonwealth of Massachusetts High School YRBS results from 2017.

YRBS Student Population Included in this Report

- In 2017, **81.3%** of High School students took the YRBS (538 out of 662 students)
- 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 2017, **98.8%** of Middle School students took the YRBS (562 out of 569 students)
- 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 2017 Surveyed High School Students			
		Number	Percentage
Sex & Gender	Female*	271	50.9%
	Male*	261	49.1%
	Transgender**	9	1.7%
Race & Ethnicity***	White/Caucasian	306	57.6%
	Hispanic or Latino	82	15.4%
	Armenian	75	14.1%
	Middle Eastern (Pakistan, Afghanistan, Lebanon, Syria, Turkey, etc.)	57	10.7%
	Black/African American	32	6.0%
	Other	23	4.3%
	Asian (including Native Hawaiian or Other Pacific Islander, Chinese, Japanese, Indian, Filipino, Taiwanese, Cambodian, Vietnamese, Korean, etc.)	22	4.1%
	American Indian or Alaska Native	11	2.1%
	Haitian Creole	11	2.1%
*The total number of students who responded to this question was 532.			
**This question was asked separately from sex. High school students who described themselves as being transgender are a relatively small group (9 out of 530) 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 transgender 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 531; 72 students selected more than one category.			

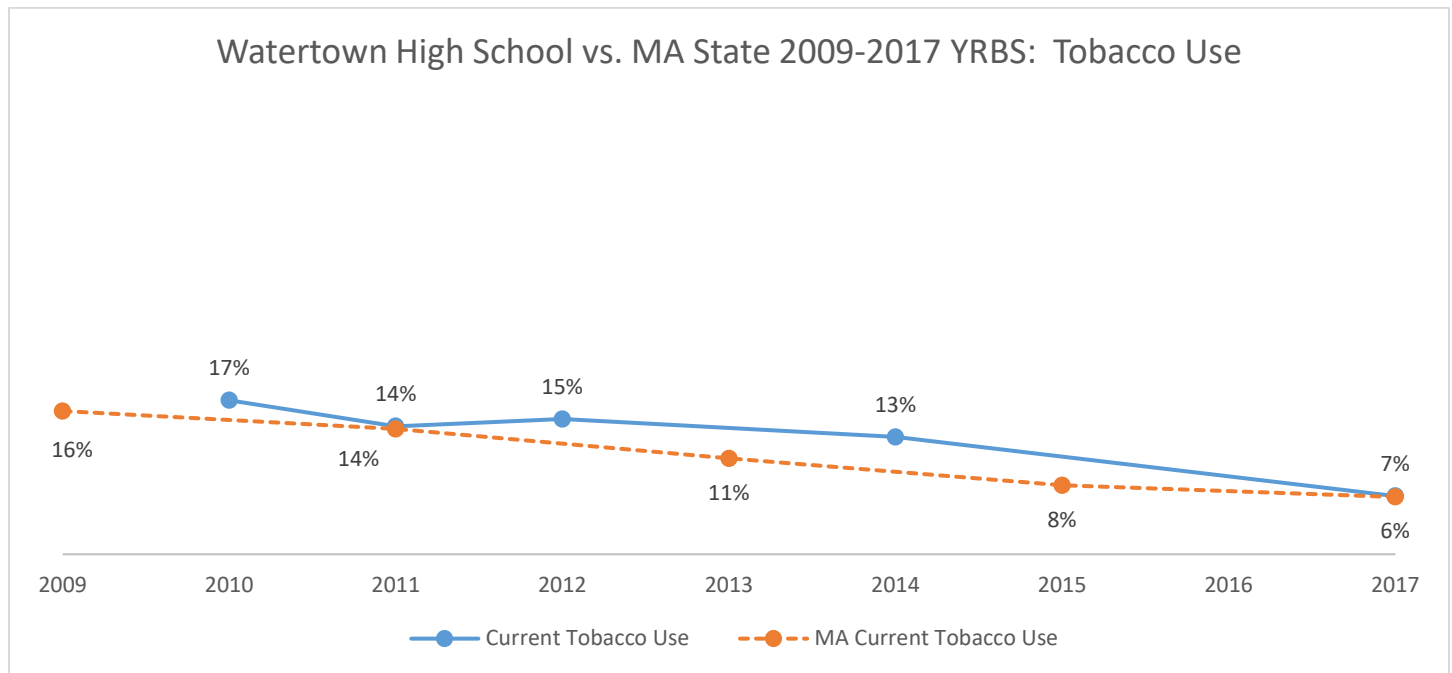
Watertown Middle School

Demographic Characteristics of 2017 Surveyed Middle School Students			
		Number	Percentage
Sex & Gender	Female*	282	50.4%
	Male*	278	49.6%
	Transgender**	11	2.0%
Race & Ethnicity***	White/Caucasian	267	48.0%
	Hispanic or Latino	102	18.3%
	Other	84	15.1%
	Armenian	77	13.8%
	Middle Eastern	71	12.8%
	Asian	50	9.0%
	Black	40	7.2%
	American Indian or Alaska Native	27	4.9%
	Haitian Creole	9	1.6%
*The total number of students who responded to this question was 560.			
**This question was asked separately from sex. Middle School students who described themselves as being transgender are a relatively small group (11 out of 563 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 transgender 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 556. 120 students selected more than one category.			

Substance Misuse

Tobacco

Tobacco use has decreased steadily over the last 8 years. In that time, lifetime cigarette use has halved for high school students from 40.6% in 2009 to 19.3% in 2017 and decreased by more than 80% for middle school students from 19.1% in 2009 to 3.0% in 2017.

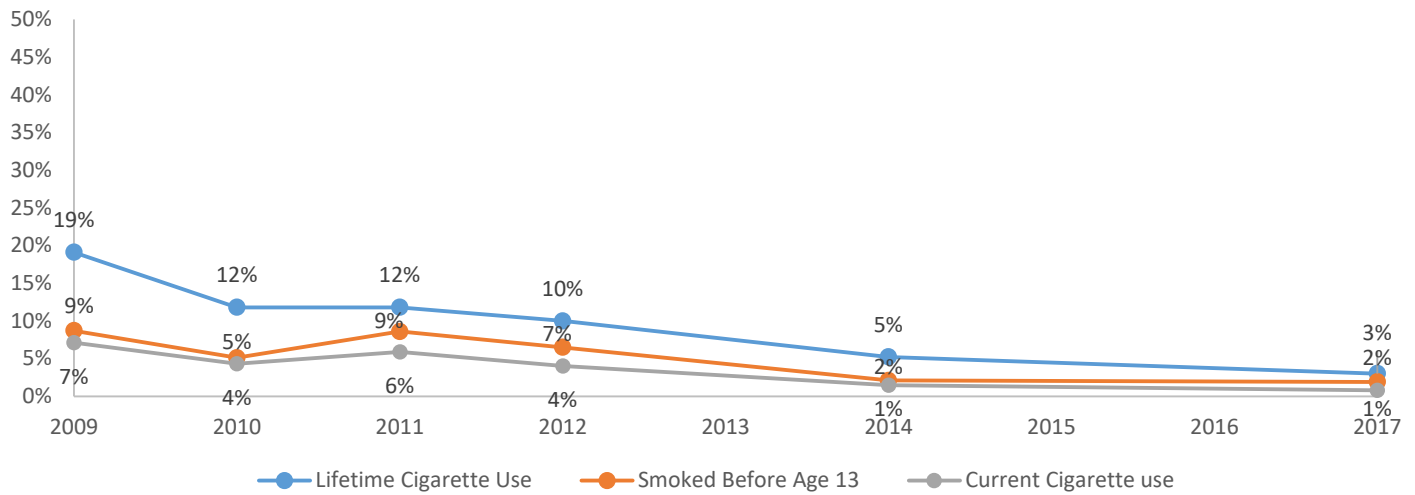


Watertown High School vs. Massachusetts -Tobacco Use								
Question	WHS 2009	WHS 2010	WHS 2011	WHS 2012	WHS 2014	WHS 2017	MA 2017	MA-WHS Comparison
Lifetime Cigarette Use	41%	39%	35%	32%	21%	19%	20%	Lower than MA
Tried Cigarettes Before Age 13	12 %	8%	10%	10%	7%	4%	6%	Lower than MA
Current Cigarette Use		17%	14%	15%	13%	7%	6%	The same
Smoke Cigarettes Daily (30 days straight)	16%	12%	10%	4%	5%	1%	1%	The same
Current Electronic Vapor Product Use						24%	20%	Higher than MA

Note 1: The comparison chart and table above compare Watertown High School statistics on tobacco use with MA State current tobacco use from the MA State YRBS, which occurs bi-annually and is compiled by the CDC.

Note 2: Current use indicates those students who report smoking cigarettes or electronic vapor products in the 30 days prior to taking the survey.

Watertown Middle School 2009-2017 YRBS: Tobacco Use

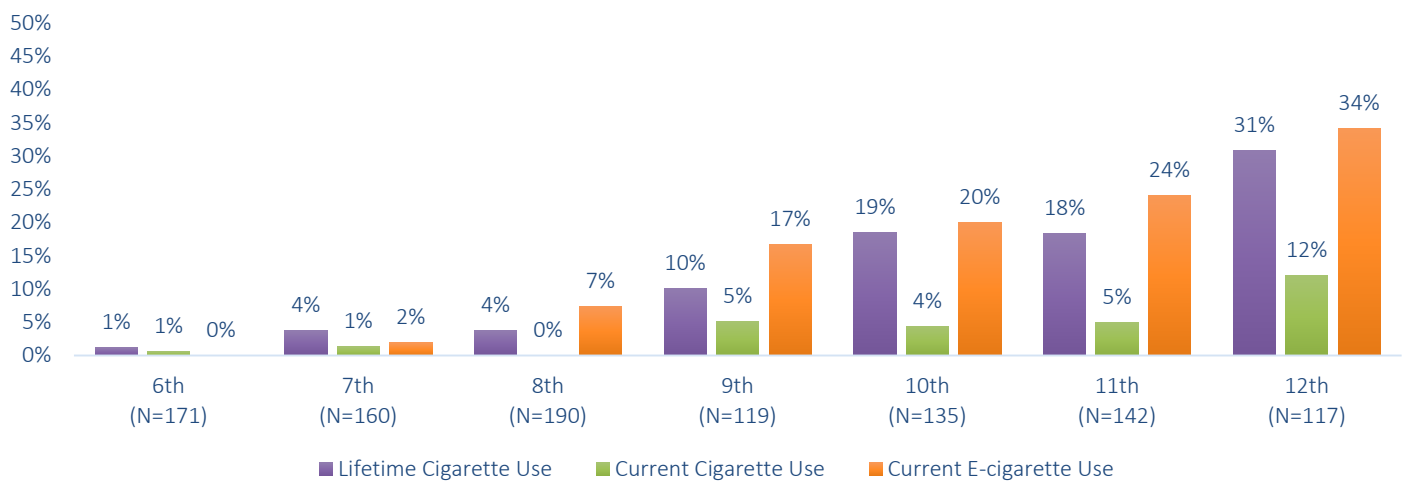


Note 1: Current use indicates those students who report smoking cigarettes in the 30 days prior to taking the survey.

Note 2: MA comparison data for middle school are not yet available.

However, e-cigarette use, which we only started to ask about in 2014, is four times higher than cigarette use. At the high school, 6.5% reported smoking cigarettes in the past 30 days, while 23.6% reported using e-cigarettes in the past 30 days. At the middle school, 0.8% reported smoking cigarettes in the past 30 days, while 3.5% reported using e-cigarettes in the past 30 days.

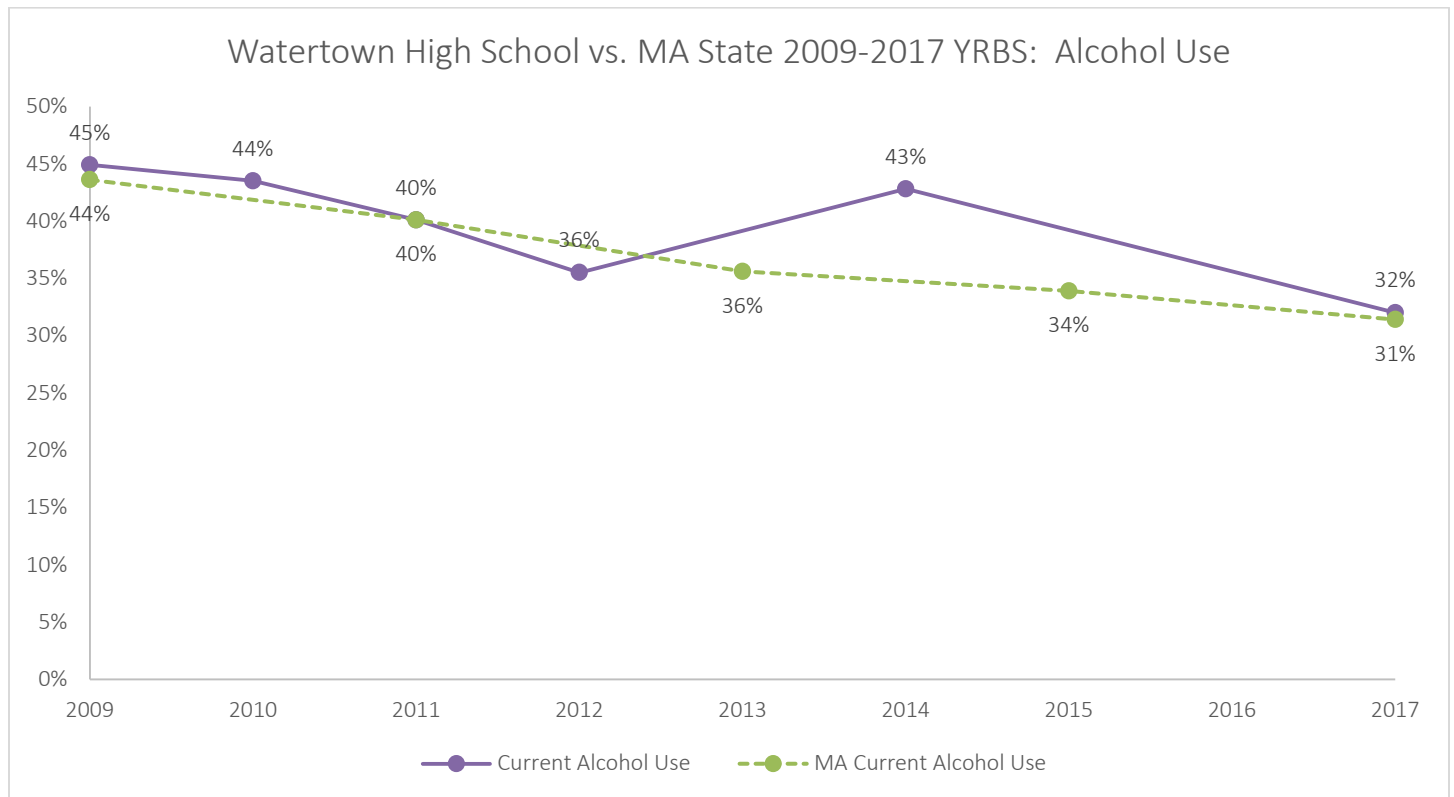
Watertown 2017 YRBS: Tobacco Use by Grade



Note: Current use indicates those students who report using tobacco in the 30 days prior to taking the survey.

Alcohol

Alcohol use has also decreased over the past eight years, although not as dramatically as cigarette use. Over that time period, at the high school, students who report drinking alcohol in the 30 days prior to the survey has decreased from 44.9% in 2009 to 32.0% in 2017, and at the middle school, use decreased by more than 70% from 11.0% in 2009 to 3.1% in 2017. For these questions, drinking alcohol does not include drinking a few sips of wine for religious reasons.

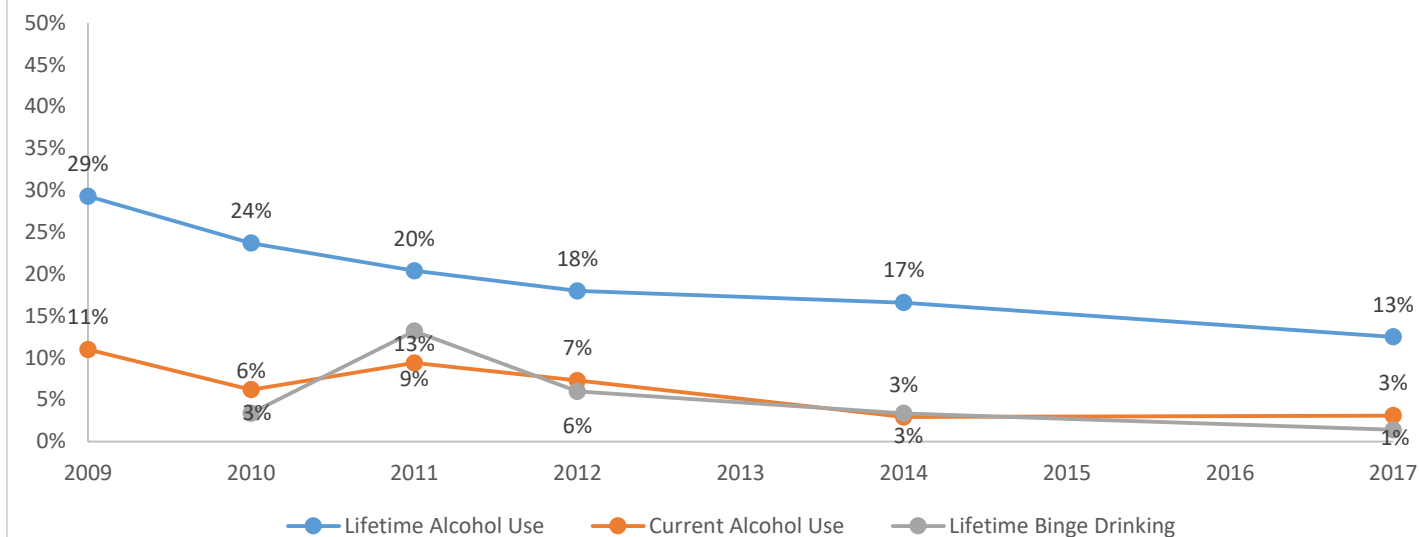


Watertown High School vs. Massachusetts - Alcohol Use								
Question	WHS 2009	WHS 2010	WHS 2011	WHS 2012	WHS 2014	WHS 2017	MA 2017	MA-WHS Comparison
Lifetime Alcohol Use	66%	65%	64%	55%	59%	55%	56%	Lower than MA
Current Alcohol Use	45%	44%	40%	36%	43%	32%	31%	Higher than MA
Current Binge Drinking	33%	29%	26%	22%	22%	14%	16%	Lower than MA

Note 1: The comparison chart and table above compare Watertown High School statistics on alcohol use with MA State current alcohol use from the MA State YRBS, which occurs bi-annually and is compiled by the CDC.

Note 2: Current use indicates those students who report alcohol use in the 30 days prior to taking the survey.

Watertown Middle School 2009-2017 YRBS: Alcohol Use

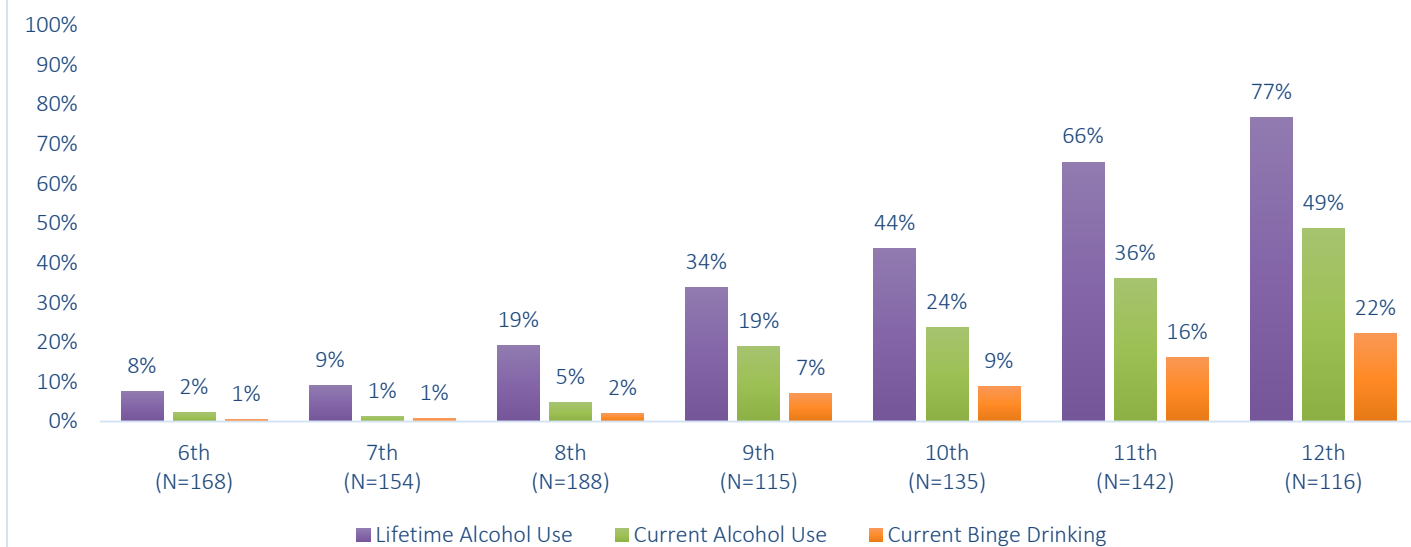


Note 1: Current use indicates those students who report alcohol use in the 30 days prior to taking the survey.

Note 2: MA comparison data for middle school are not yet available.

Students reporting binge drinking in the 30 days prior to the survey is at an all-time low at 13.6% at the high school and 1.4% at the middle school. However, one out of five 12th graders report binge drinking in the past 30 days.

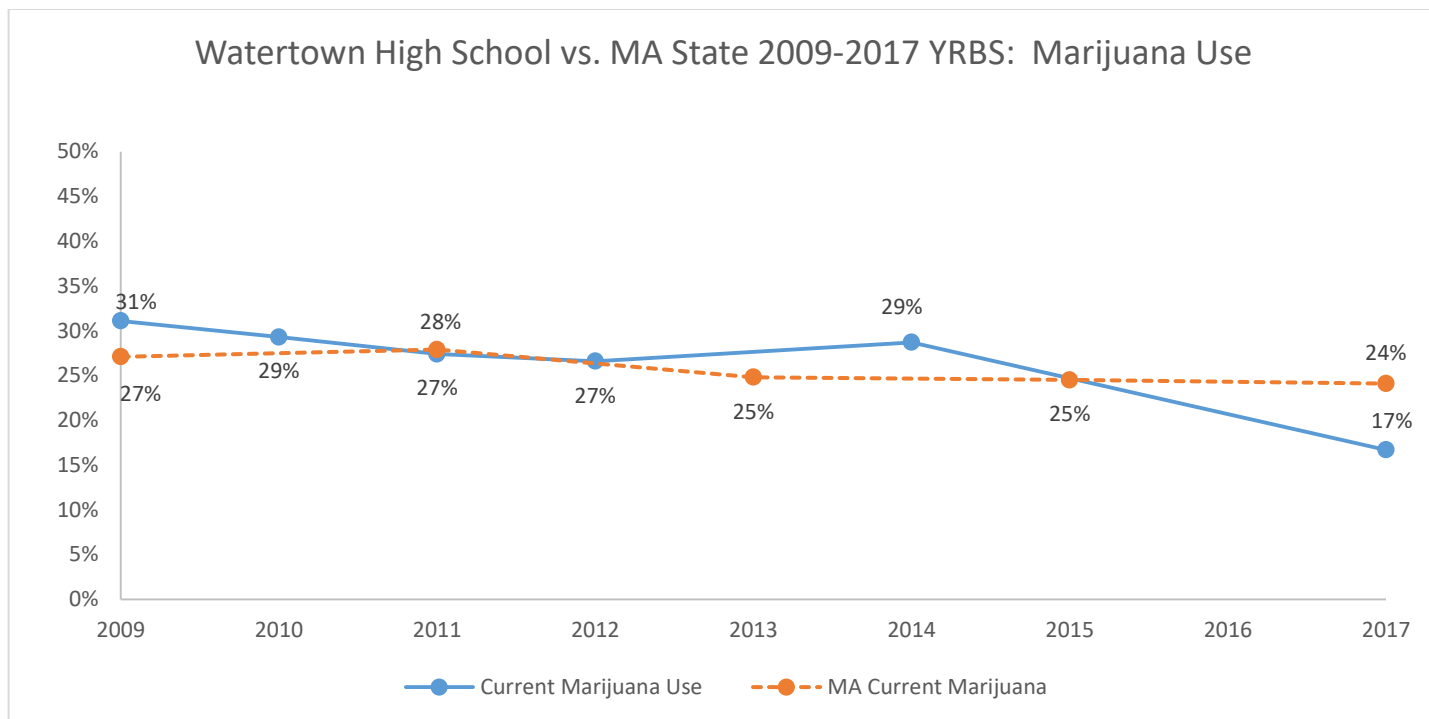
Watertown 2017 YRBS: Alcohol Use by Grade



Note: Current use indicates those students who report alcohol use in the 30 days prior to taking the survey.

Marijuana

Marijuana use has also decreased over the past eight years. Over that time period, students who report using marijuana in the 30 days prior to the survey has almost halved from 31.1% in 2009 to 16.7% in 2017 at the high school, and from 2.6% to 1.4% at the middle school.



Watertown High School vs. Massachusetts - Marijuana Use								
Question	WHS 2009	WHS 2010	WHS 2011	WHS 2012	WHS 2014	WHS 2017	MA 2017	MA-WHS Comparison
Lifetime Marijuana Use	41%	41%	39%	37%	42%	30%	38%	Lower than MA
Current Marijuana Use	31%	29%	27%	27%	29%	17%	24%	Lower than MA
Used Marijuana before 13	9%	6%	7%	10%	6%	2%	4%	Lower than MA

Note 1: The comparison chart and table above compare Watertown High School statistics on marijuana use with MA State current marijuana use from the MA State YRBS, which occurs bi-annually and is compiled by the CDC.

Note 2: Current use indicates those students who report marijuana use in the 30 days prior to taking the survey.

"In states where marijuana is legal, shoppers can buy cartridges of liquid containing THC, the chemical in marijuana that gets people high, that work with a number of devices. Juul, by far the most popular e-cigarette device, does not offer marijuana pods, but users can re-fill cartridges with cannabis oil." By Associated Press, the increasing popularity of vaping marijuana draws health concerns, Sep. 17, 2018 / 2:31 PM EDT

["Increasing popularity vaping marijuana draws health concerns" - NBC News](#)

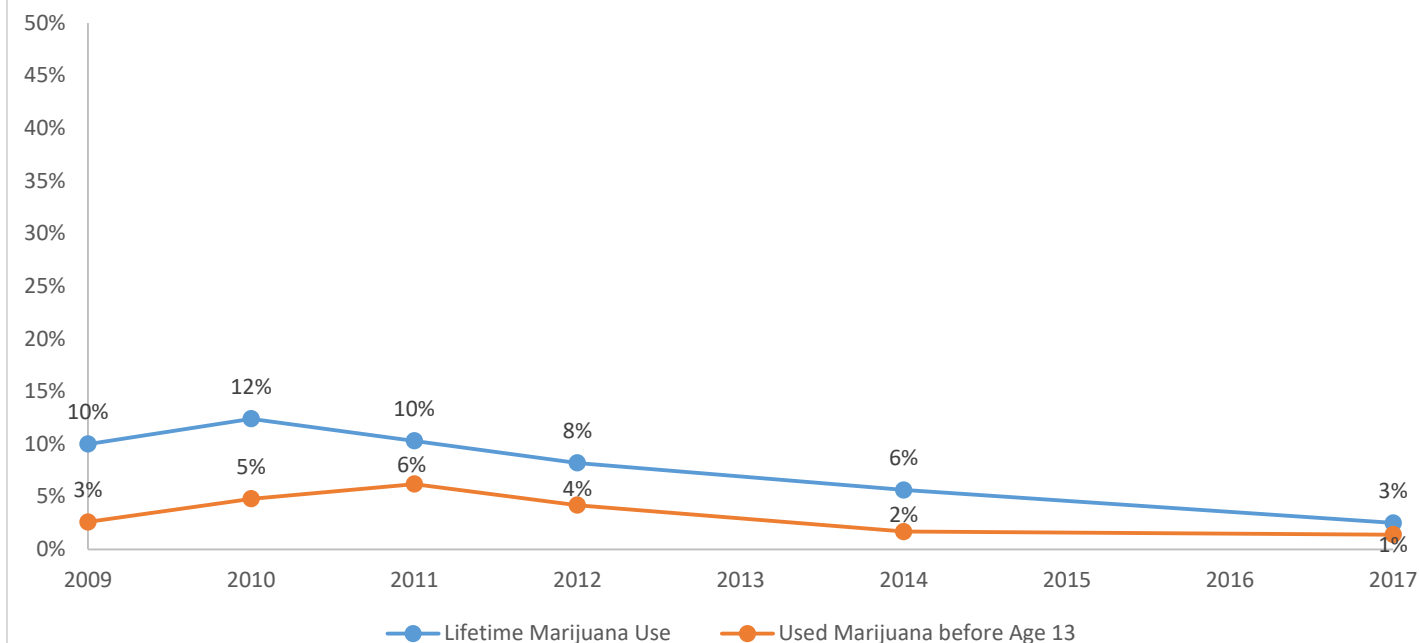


“The brains of young people do not fully develop until they reach their mid-20s. Regular marijuana use during adolescence and early adulthood can lead to changes in the brain and negatively affect memory, learning, and attention. It can also impact school performance and the ability to drive. To learn more, [visit the CDC](#).”

Images downloaded and provided by <https://pixabay.com>, photo taken by Ethan Parsa

For more information about Marijuana, please see information from Mass.Gov [HERE](#).

Watertown Middle School 2009-2017 YRBS: Marijuana Use

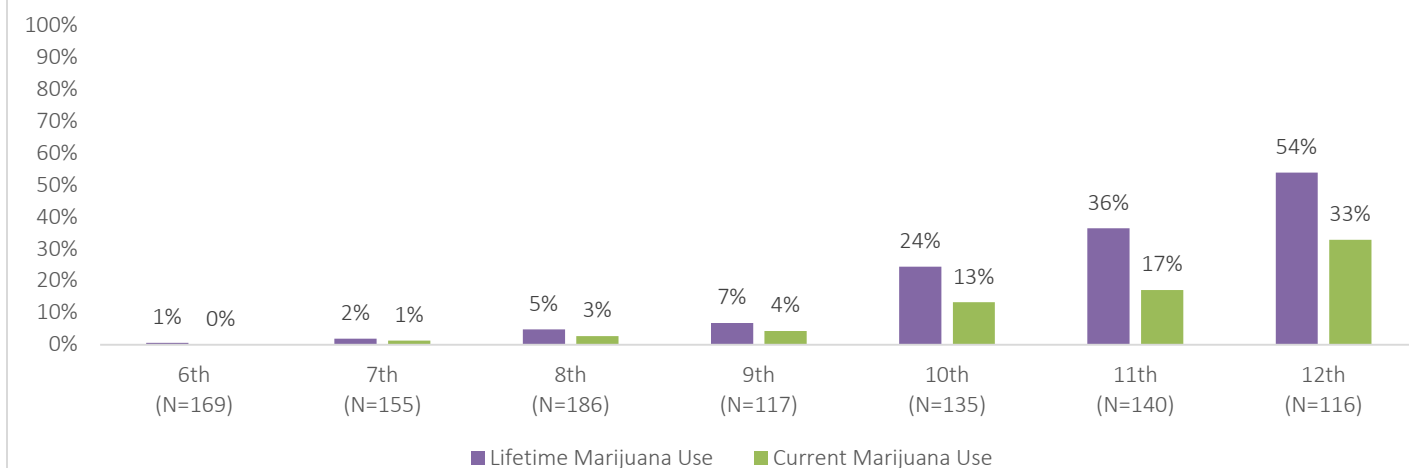


Note 1: Current use indicates those students who report marijuana use in the 30 days prior to taking the survey.

Note 2: MA comparison data for middle school are not yet available.

Although rates of marijuana use are the lowest they have ever been in the past eight years, one out of three 12th graders reported using marijuana in the 30 days prior to the survey.

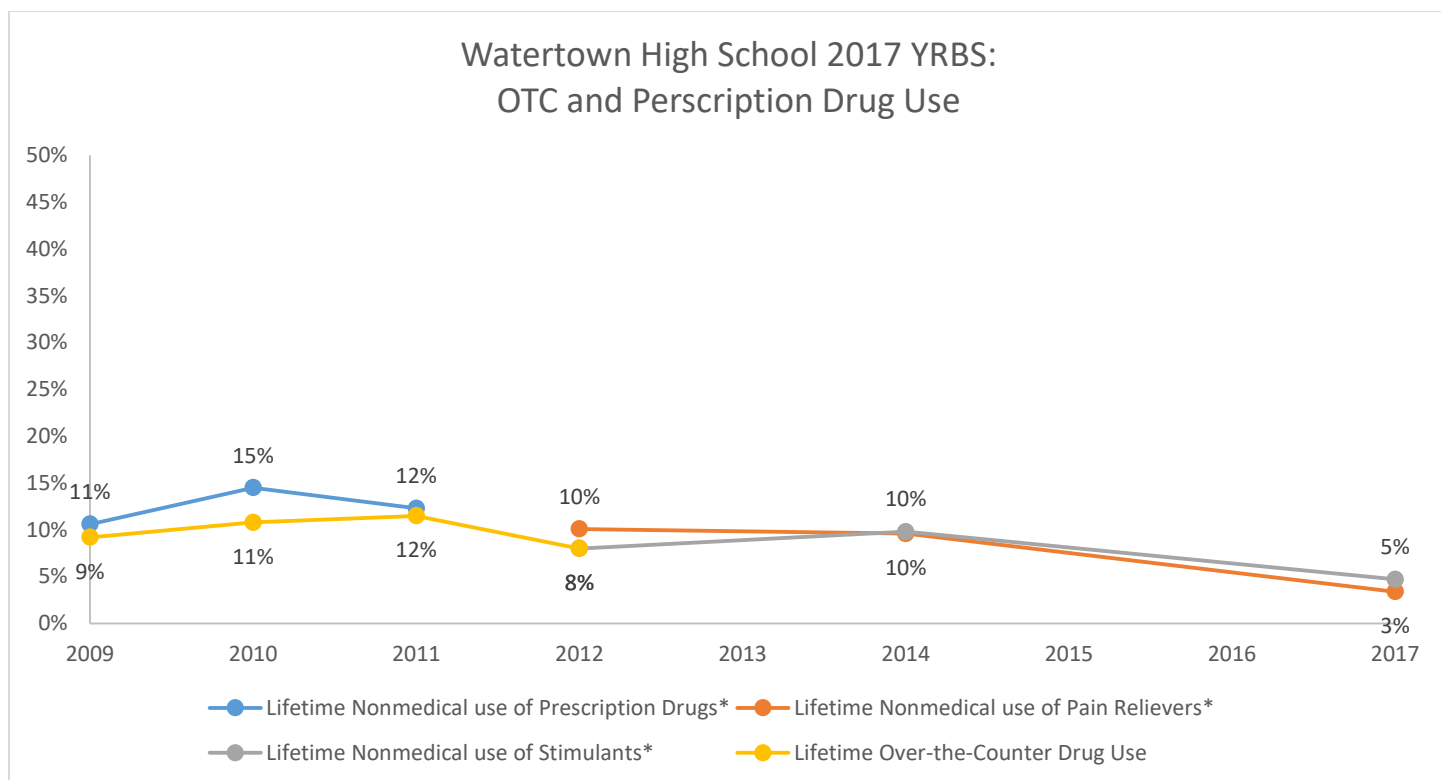
Watertown 2017 YRBS: Marijuana Use by Grade



Note: Current use indicates those students who report marijuana use in the 30 days prior to taking the survey.

Prescription and Illicit Drugs

Prescription drug use has also decreased over the years. Since we started asking about student use of certain types of prescription drugs in 2012, lifetime use has decreased by more than half from 10.1% and 8.0% for use of pain relievers and stimulants/sedatives respectively in 2012 to 4.7% and 3.4% respectively in 2017 at the high school.

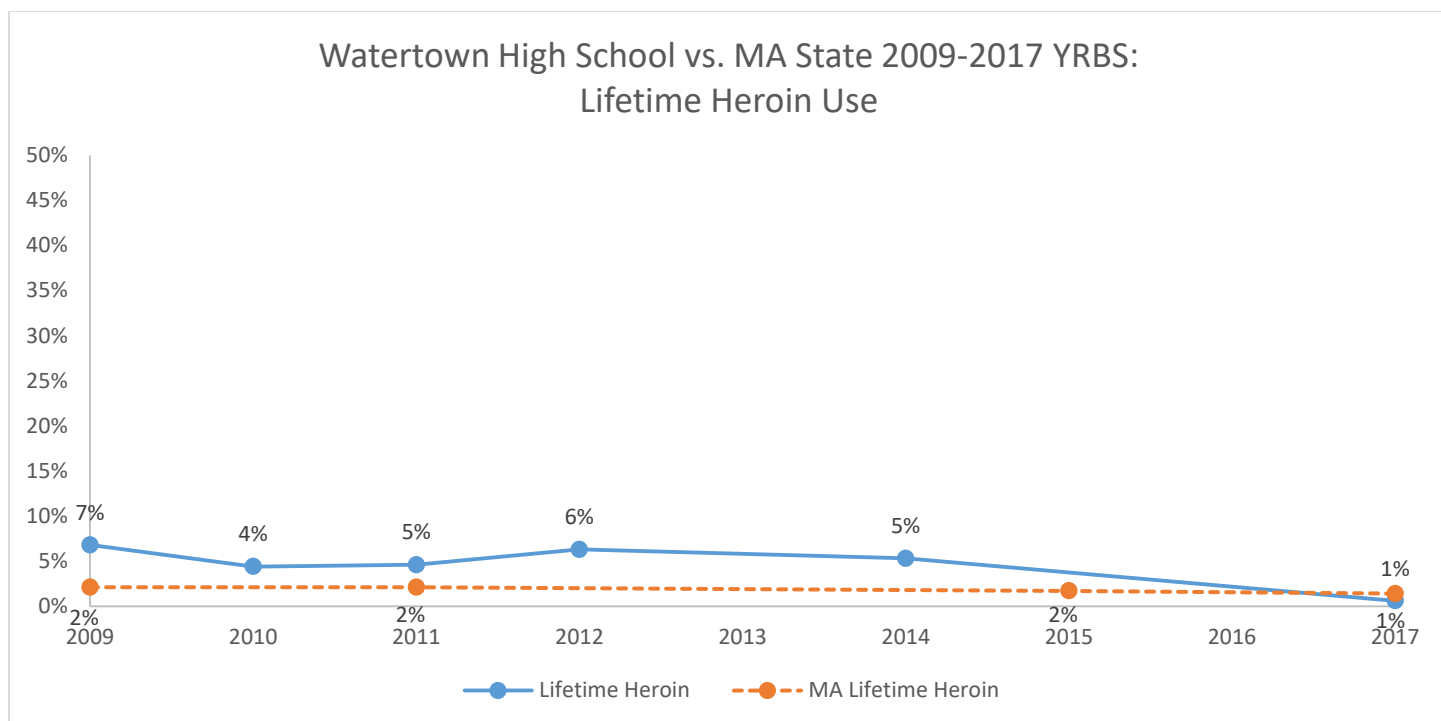


Watertown High School vs. Massachusetts - OTC and Prescription Drug Use								
Question	WHS 2009	WHS 2010	WHS 2011	WHS 2012	WHS 2014	WHS 2017	MA 2017	MA-WHS Comparison
Lifetime Nonmedical Use of Prescription Drugs*	11%	15%	12%				-	No Comparison Available
Lifetime Nonmedical Use of Pain Relievers*				10%	10%	3%	-	No Comparison Available
Lifetime Nonmedical Use of Stimulants*				8%	10%	5%	-	No Comparison Available
Lifetime Over-the-Counter Drug Use	9%	11%	12%	8%			-	No Comparison Available

*Prior to 2012, students were asked if they had used any prescription drug non-medically.

Note: The comparison chart and table above compares Watertown High School statistics on drug use with MA State current drug use from the MA State YRBS, which occurs bi-annually and is compiled by the CDC.

Use of all other illicit drugs has also significantly decreased over the past eight years. Of note is the rate of lifetime inhalant use, which decreased 90% at the high school from 16.6% in 2009 to 1.6% in 2017 and almost as much at the middle school from 14.3% in 2009 to 1.8% in 2017.

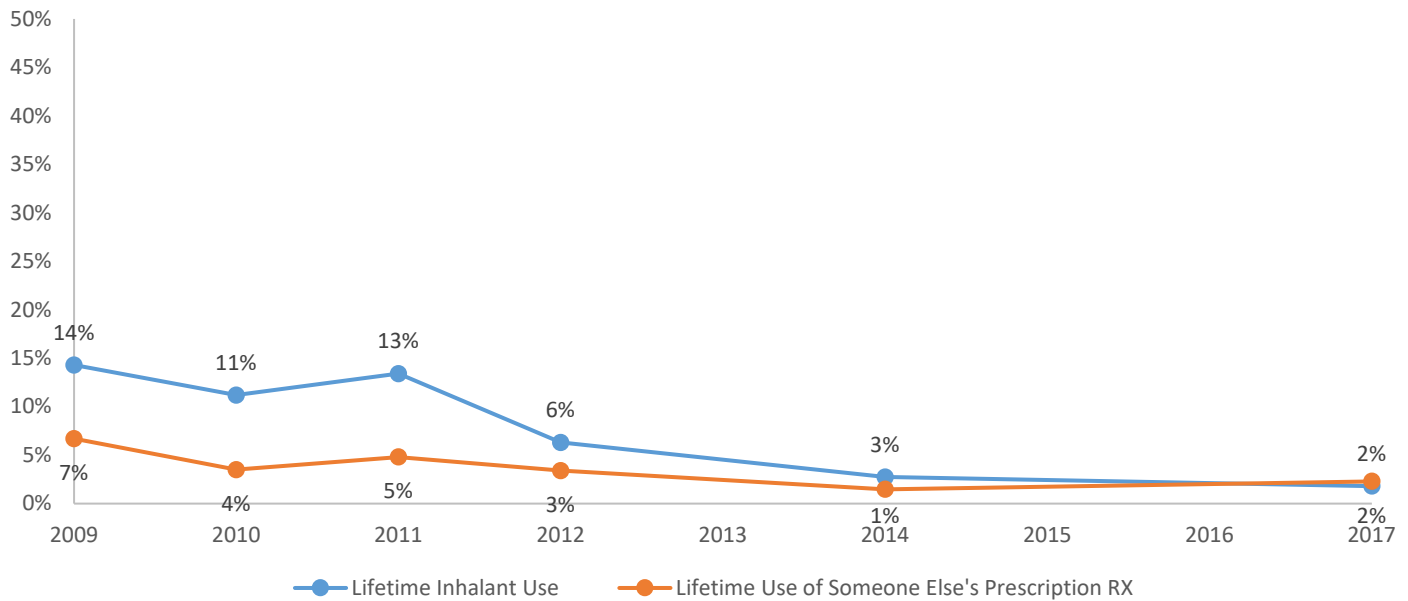


Watertown High School vs. Massachusetts - Other Illicit Drug Use								
Question	WHS 2009	WHS 2010	WHS 2011	WHS 2012	WHS 2014	WHS 2017	MA 2017	MA-WHS Comparison
Lifetime Hallucinogenic Drugs (LSD)		10%	9%	10%	9%	3%	-	
Lifetime Heroin Use	7%	4%	5%	6%	5%	<1%	1.4%	Lower than MA
Lifetime Inhalant use	17%	11%	12%	10%	8%	2%	-	
Current Inhalant use		6%	7%	6%		1%	-	

Note 1: The comparison chart and table above compare Watertown High School statistics on drug use with MA State current drug use from the MA State YRBS, which occurs bi-annually and is compiled by the CDC.

Note 2: Current use indicates those students who report drug use in the 30 days prior to taking the survey.

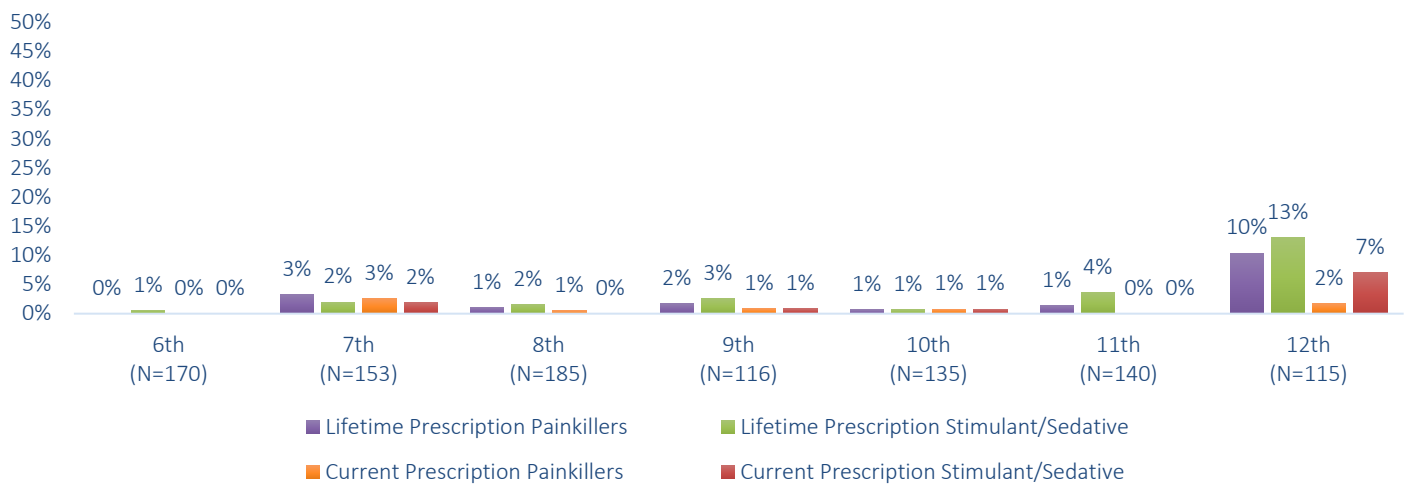
Watertown Middle School 2009-2017 YRBS: Illicit Drug Use



Note: MA comparison data for middle school are not yet available.

Although the rate of prescription drug use is low, the rate is significantly higher for 12th graders, 7.0% of whom report using prescription stimulants/sedatives in the 30 days prior to the survey compared to 0.9%, 0.8%, and 0.0% of 9th, 10th, and 11th graders respectively.

Watertown 2017 YRBS: Prescription Drug Use by Grade



Note: Current use indicates those students who report drug use in the 30 days prior to taking the survey.

Mental Health

Self-Harm

Self-harm is defined as doing something to deliberately hurt or injure yourself without wanting to die, such as cutting, burning, or bruising yourself on purpose. In middle school, 8% have self-harmed in the past year, down from 16% in 2014. In high school, 13% have self-harmed in the past year, down from 19% in 2014.

*Aside from deliberately doing physical acts of self-harm, people also harm themselves in other ways, including by staying in abusive relationships, driving recklessly, mixing medications with alcohol, and engaging in excessive exercise.

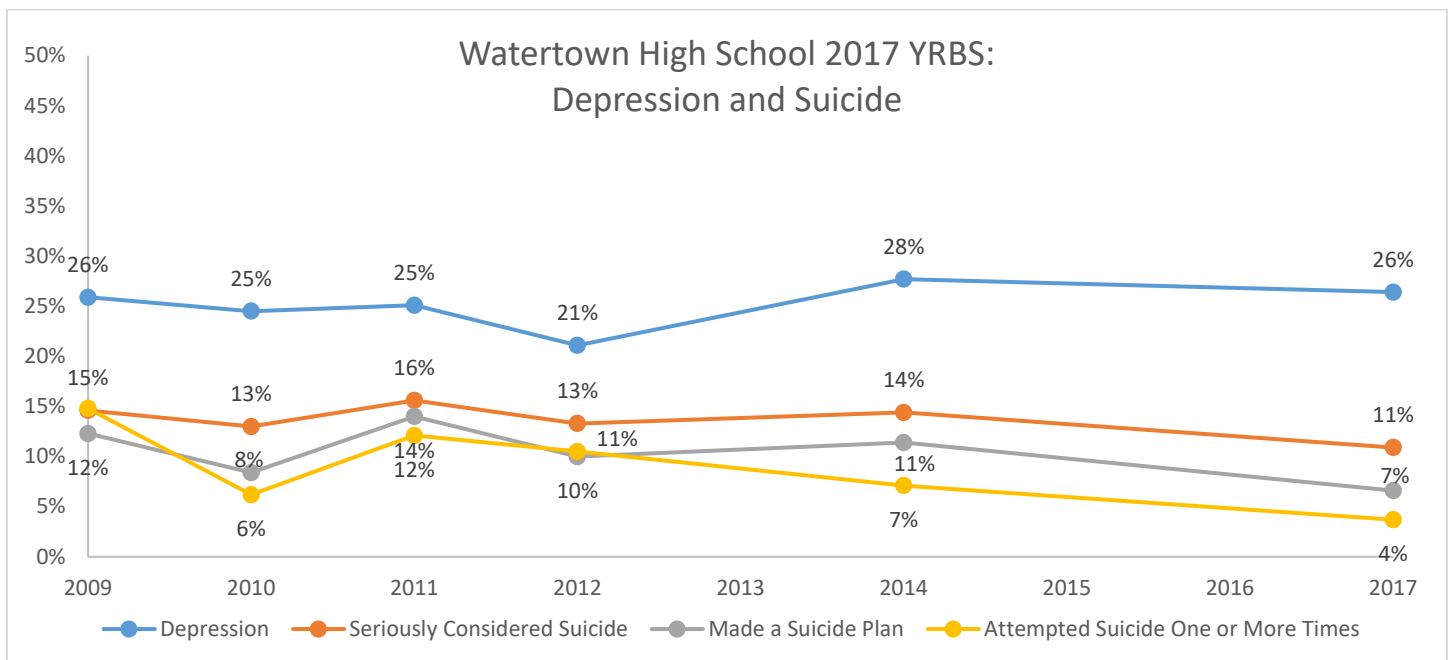
Anxiety

In 2017, we asked students for the first time whether they experienced overwhelming stress or anxiety in the past year. In middle school, 63% of students reported occasional (48%) or frequent (15%) overwhelming stress or anxiety in the past year. In high school, 78% of students reported occasional (53%) or frequent (26%) overwhelming stress or anxiety in the past year.

Depression and Suicide

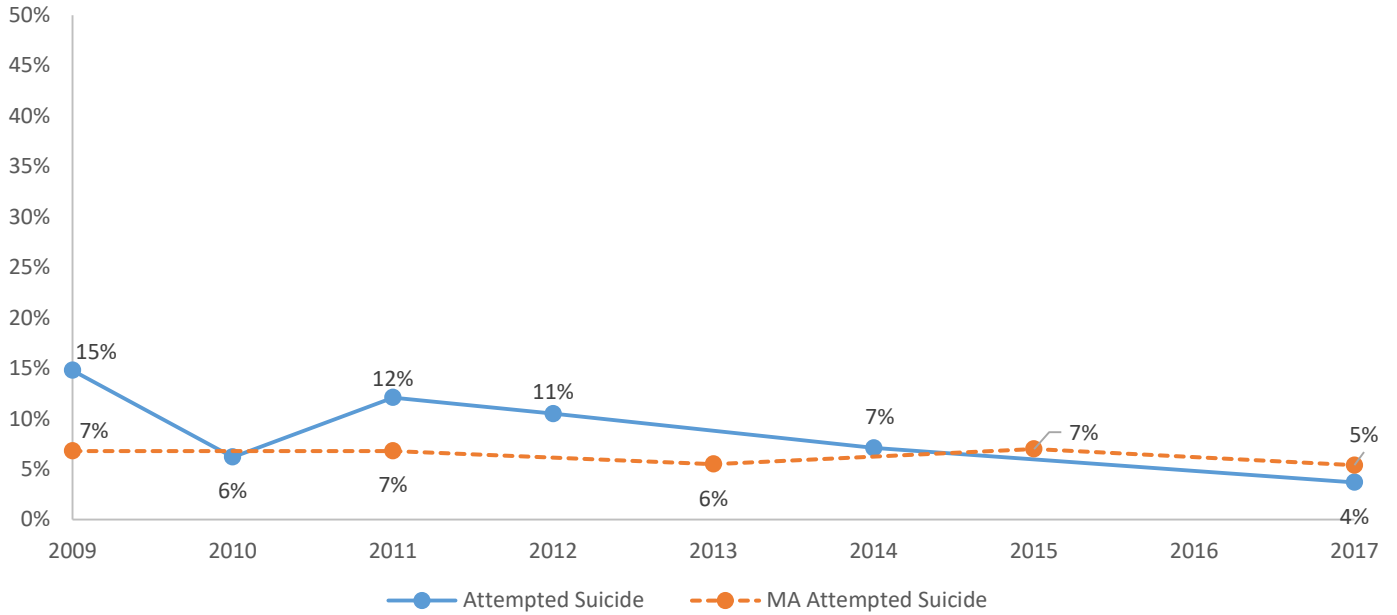
The prevalence of depression and suicidal thoughts, plans, and attempts among students are indicators of their mental health. Depression is defined as feeling so sad or hopeless almost every day for two weeks or more in a row over the past year that you stopped doing some of your usual activities.

At the high school, rates of depression have remained relatively stable over the past eight years with approximately a quarter of high school students report being depressed in the past 12 months prior to the survey. However, rates of those who have seriously considered suicide, made a suicide plan, or attempted suicide in the past 12 months has decreased over the years. For more info about mental health for LGBTQ students, see [page 37](#).



Note: Depression is assessed using the following question: During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?

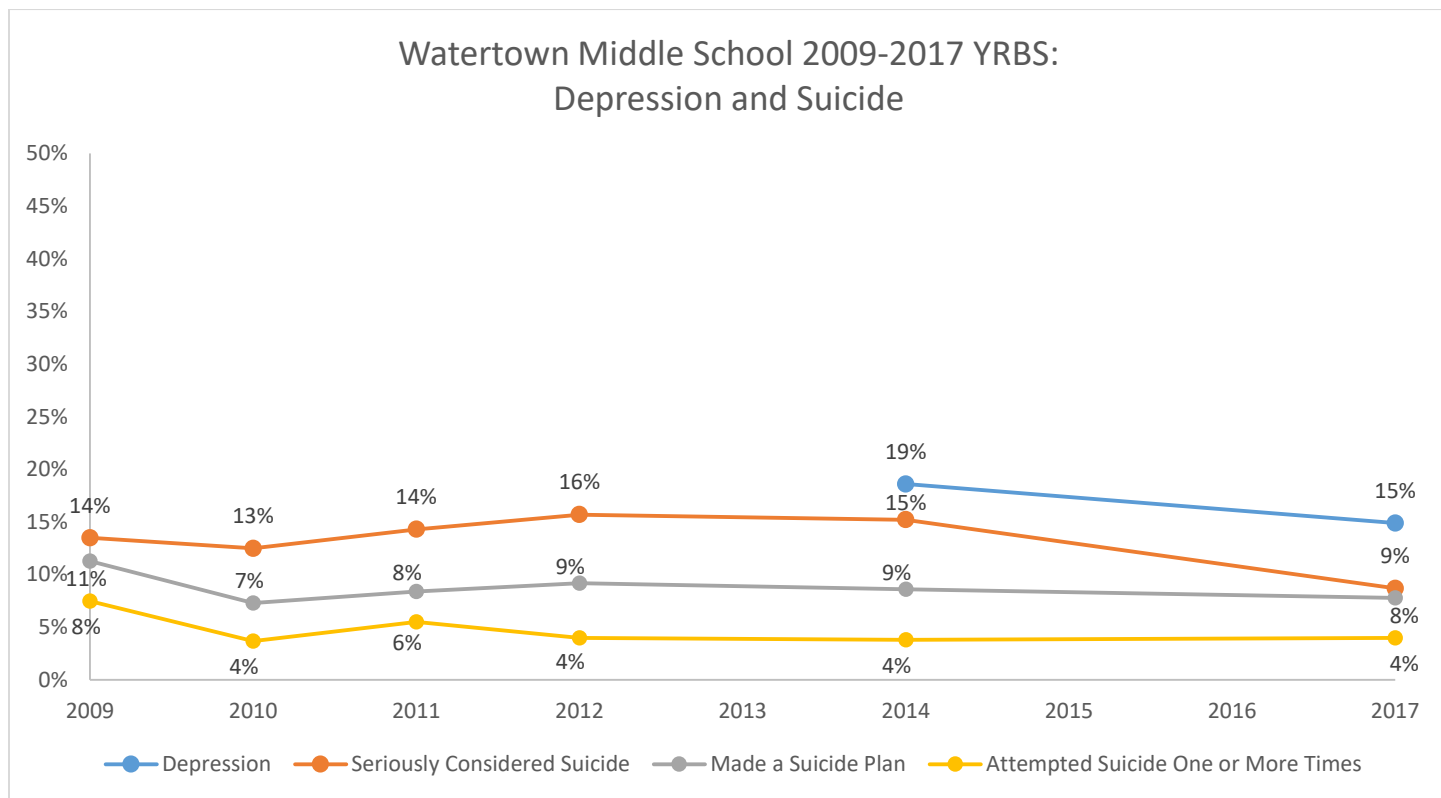
Watertown High School vs. MA State 2009-2017 YRBS: Suicide Attempt



Watertown High School vs. Massachusetts - Depression and Suicide								
Question	WHS 2009	WHS 2010	WHS 2011	WHS 2012	WHS 2014	WHS 2017	MA 2017	MA-WHS Comparison
Depression	26%	25%	25%	21%	28%	26%	27%	Lower than MA
Seriously Considered Suicide	15%	13%	16%	13%	14%	11%	12%	Lower than MA
Made a Suicide Plan	12%	8%	14%	10%	11%	7%	11%	Lower than MA
Attempted Suicide One or More Times	15%	6%	12%	11%	7%	4%	5%	Lower than MA

Note: The comparison chart and table above compare Watertown High School statistics on depression and suicide with MA State rates of depression and suicide from the MA State YRBS, which occurs bi-annually and is compiled by the CDC.

Although rates of middle school students who have seriously considered suicide, made a suicide plan, or attempted suicide in the past 12 months is lower in 2017 than in 2009, the rate has not changed between 2010 and 2017 for those making a suicide plan or attempting suicide.



Note: MA comparison data for middle school are not yet available.

Bullying

Effects of Bullying

Bullying can affect everyone—those who are bullied, those who bully, and those who witness bullying. Bullying is linked to many negative outcomes including impacts on mental health, substance use, and suicide. It is important to talk to kids to determine whether bullying is a concern.

stopbullying.gov

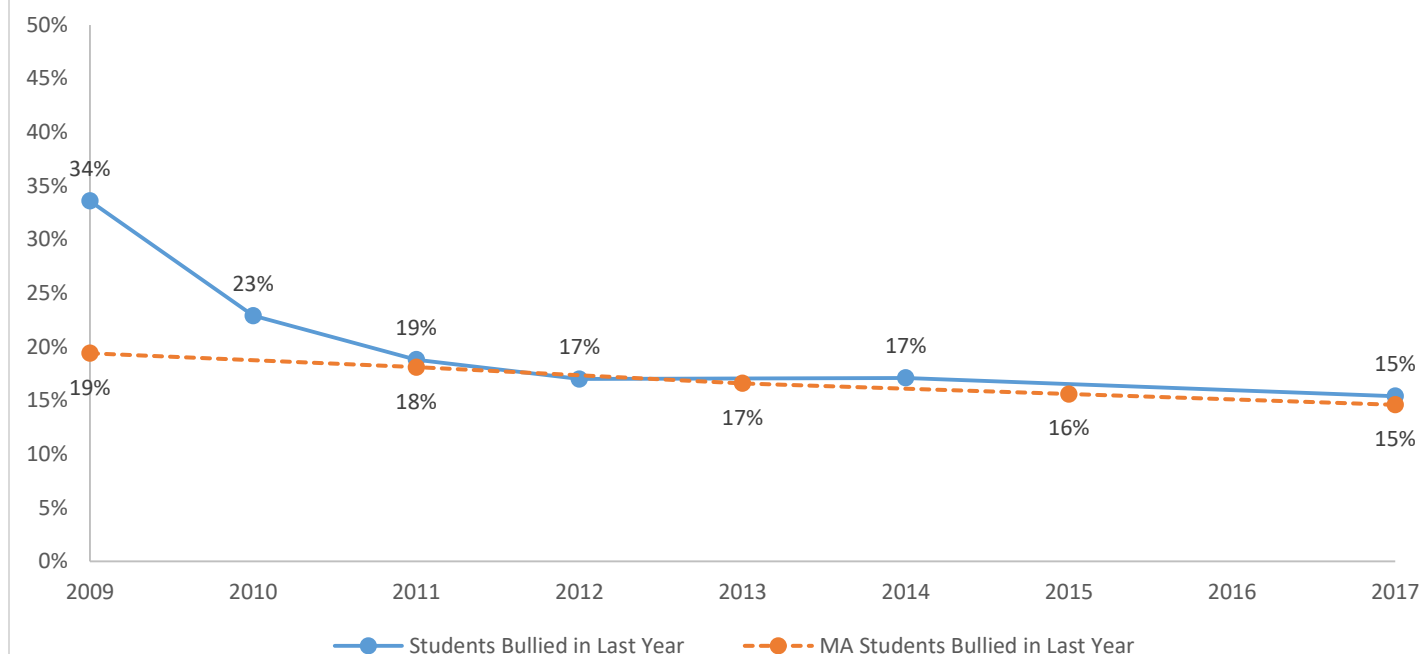


Image downloaded from: <https://pixabay.com>

Photo taken by Alexandra München

Rates of bullying are consistently higher in middle school than they are in high school. Rates of bullying are relatively the same for males and females in high school, but female middle school students experience more bullying than male middle school students.

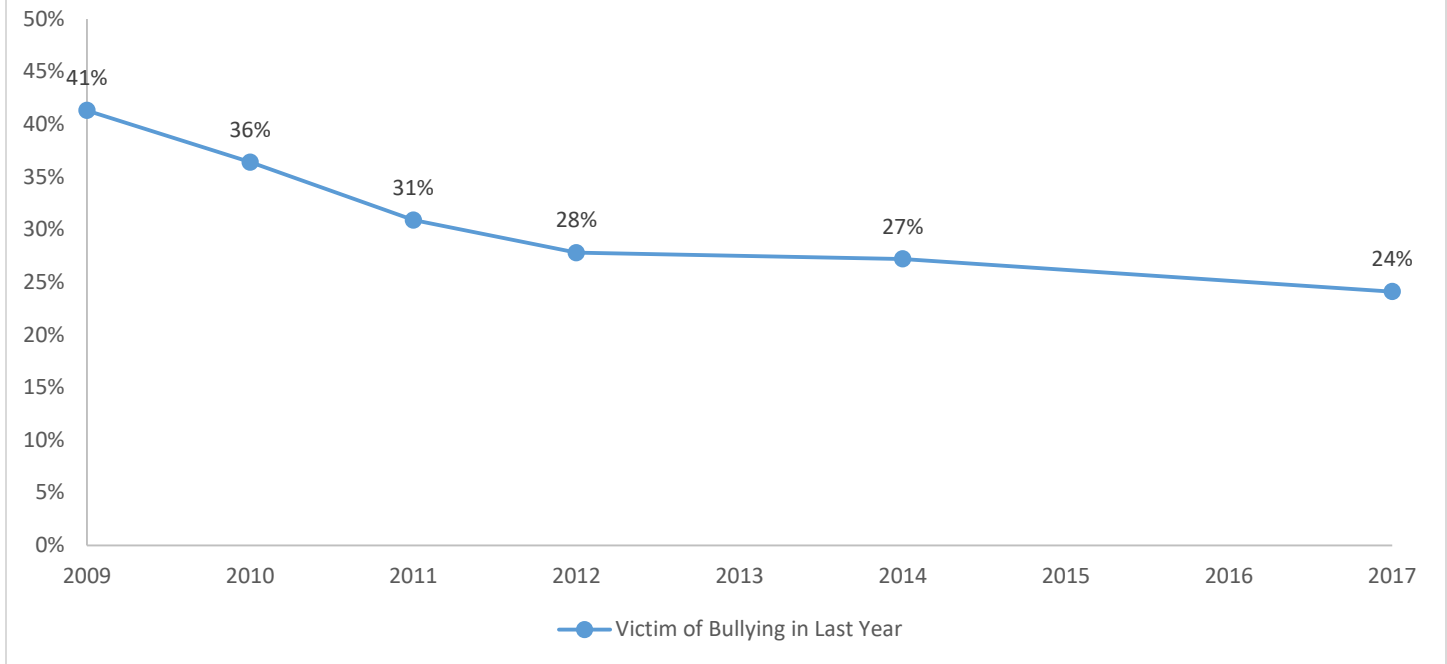
Watertown High School vs. MA State 2009-2017 YRBS: Bullying



Watertown High School vs. Massachusetts - Bullying								
Question	WHS 2009	WHS 2010	WHS 2011	WHS 2012	WHS 2014	WHS 2017	MA 2017	MA-WHS Comparison
Male Students Bullied in Last Year	35%	21%	16%	13%	16%	16%	12%	Higher than MA
Female Students Bullied in Last Year	33%	23%	20%	18%	16%	15%	18%	Lower than MA
If Bullied Told Someone About It		69%	62%	71%	63%	74%	-	No Comparison Available
Students Bullied in Last Year	34%	23%	19%	17%	17%	15%	-	No Comparison Available

Note: The comparison chart and table above compares Watertown High School statistics on bullying with MA State rates of bullying from the MA State YRBS, which occurs bi-annually and is compiled by the CDC.

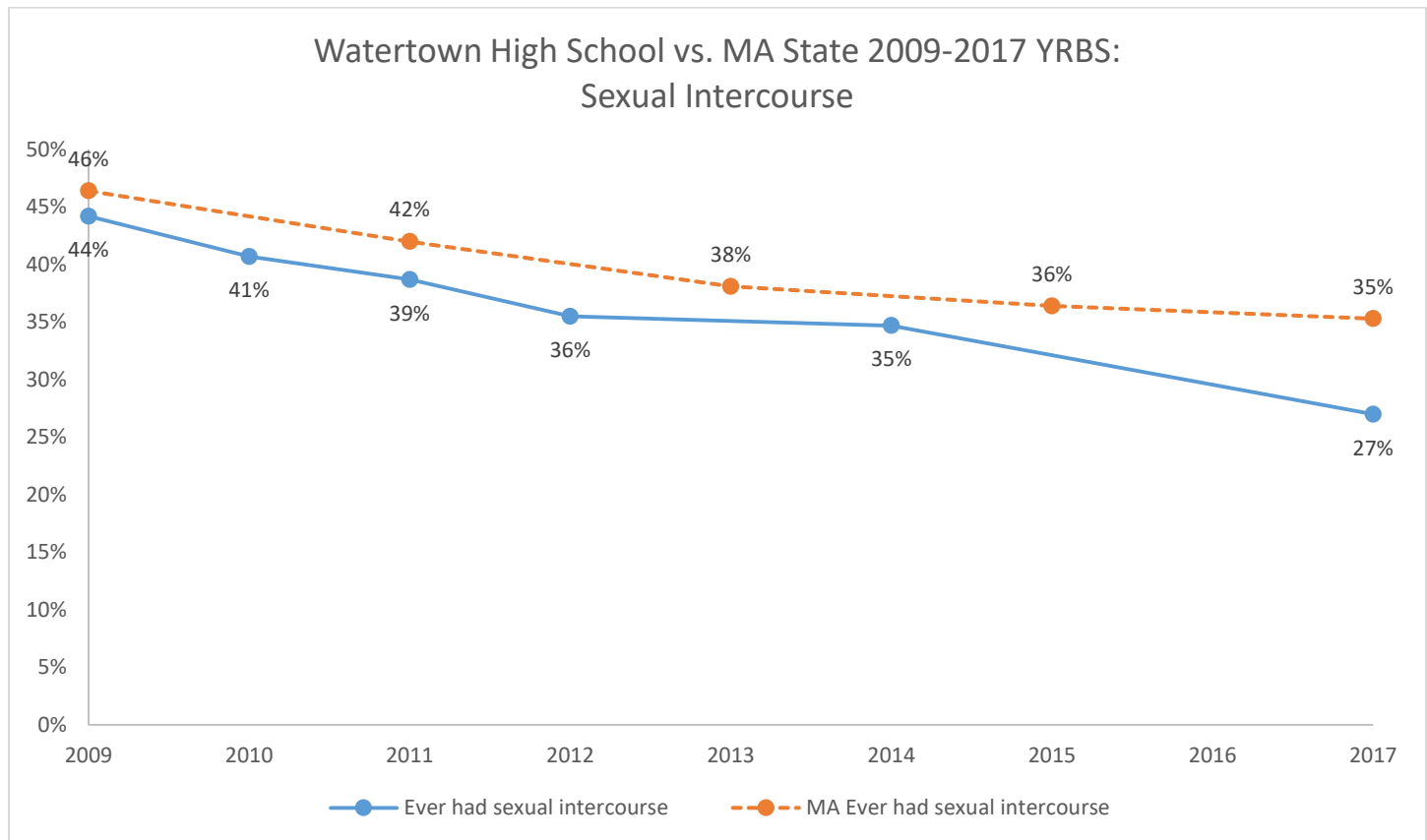
Watertown Middle School 2009-2017 YRBS: Bullying



Note: MA comparison data for middle school are not yet available.

Sexual Activity

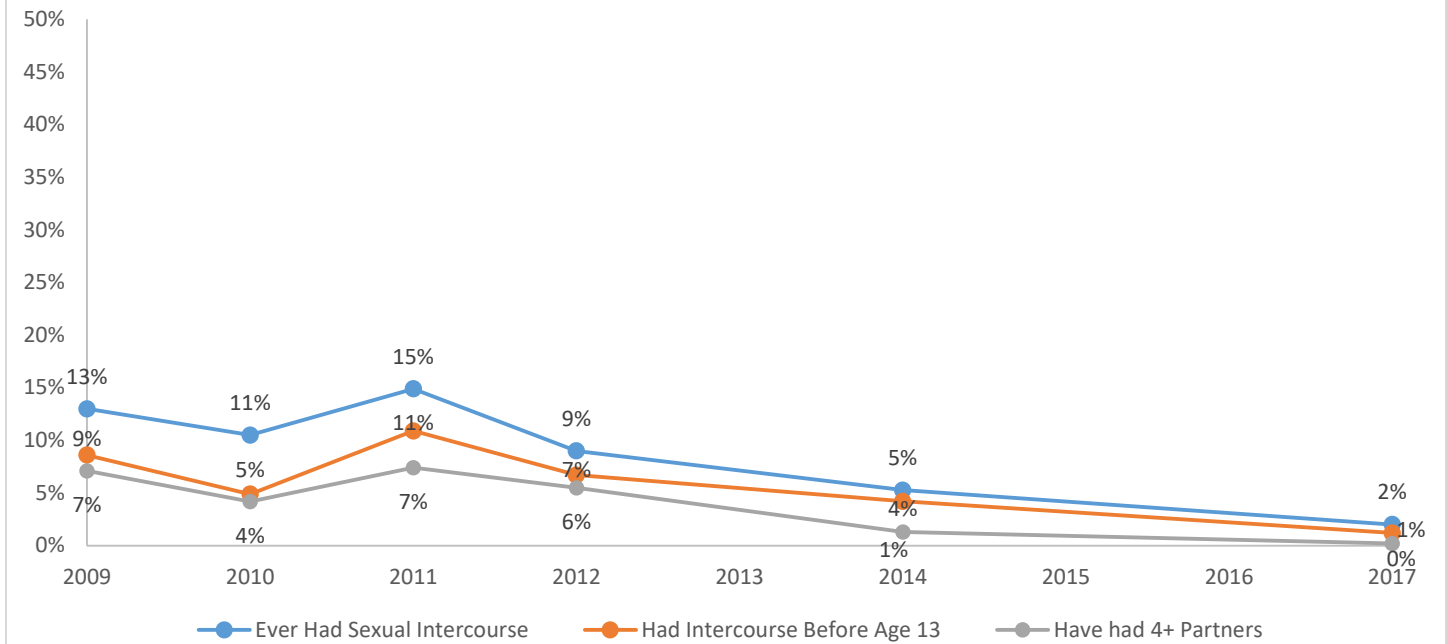
Rates of sexual activity have steadily decreased over the past eight years with rates of high school students reporting ever having had sexual intercourse decreasing by two fifths from 44.2% in 2009 to 27.0% in 2017, and rates of middle high school students reporting ever having had sexual intercourse decreasing by four fifths from 13.0% in 2009 to 2.0% in 2017.



Watertown High School vs. Massachusetts - Sexual Behavior								
Question	WHS 2009	WHS 2010	WHS 2011	WHS 2012	WHS 2014	WHS 2017	MA 2017	MA-WHS Comparison
Ever Had Sexual Intercourse	44%	41%	39%	36%	35%	27%	35%	Lower than MA
Had Sexual Intercourse before Age 13	8%	10%	10%	8%	5%	1%	2%	Lower than MA
Used a Condom at Last Intercourse	62%	63%	65%	60%	63%	65%	42%	Higher than MA
Drank Alcohol or Used Drugs at Last Intercourse	28%	30%	40%	38%	28%	18%	18%	The same
Taught about HIV/AIDS in School	90%	87%	90%	84%	86%	78%	-	No Comparison Available
Experienced Sexual Contact Against Will	8%	15%	10%	14%	8%	7%	10%	Lower than MA

Note: The comparison chart and table above compare Watertown High School statistics on sexual behavior with MA State rates of sexual behavior from the MA State YRBS, which occurs bi-annually and is compiled by the CDC.

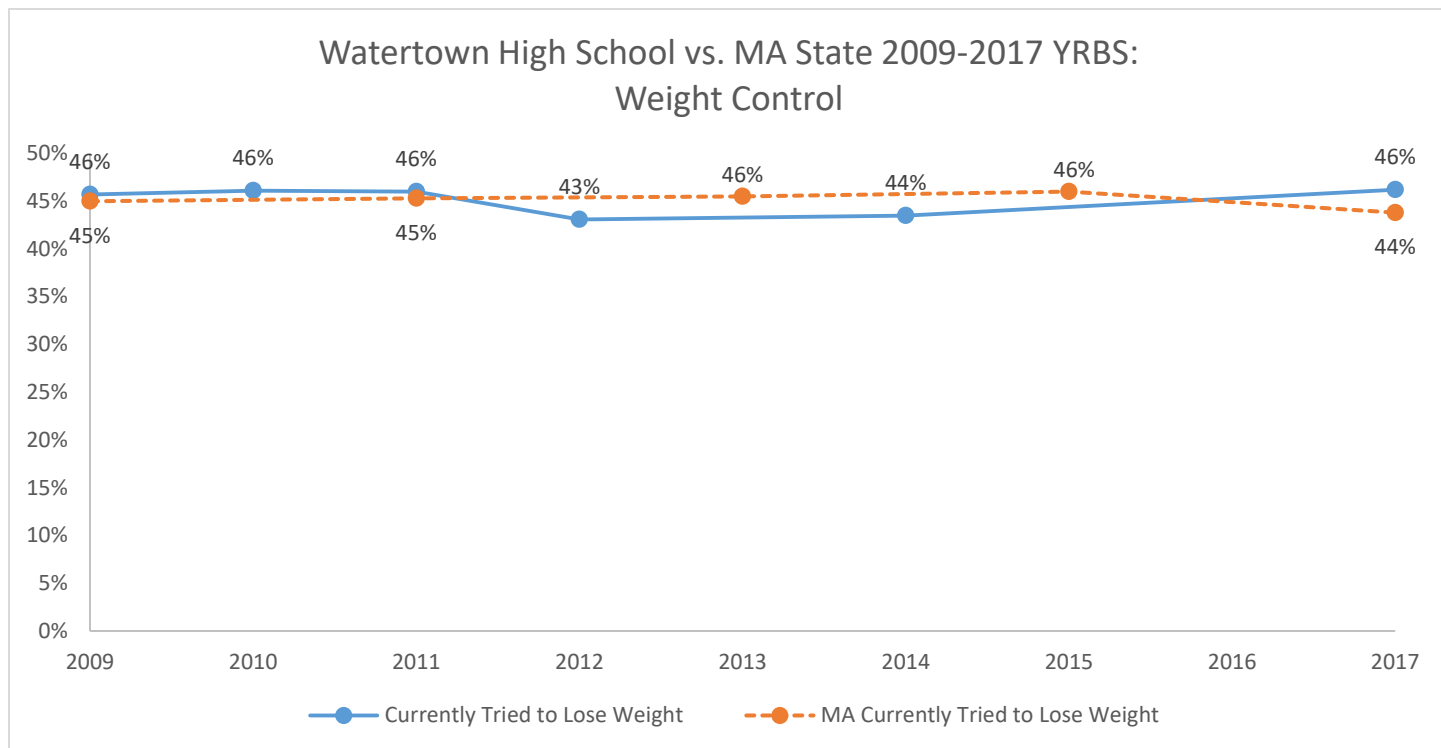
Watertown Middle School 2009-2017 YRBS: Sexual Activity



Note: MA comparison data for middle school are not yet available.

Weight Control

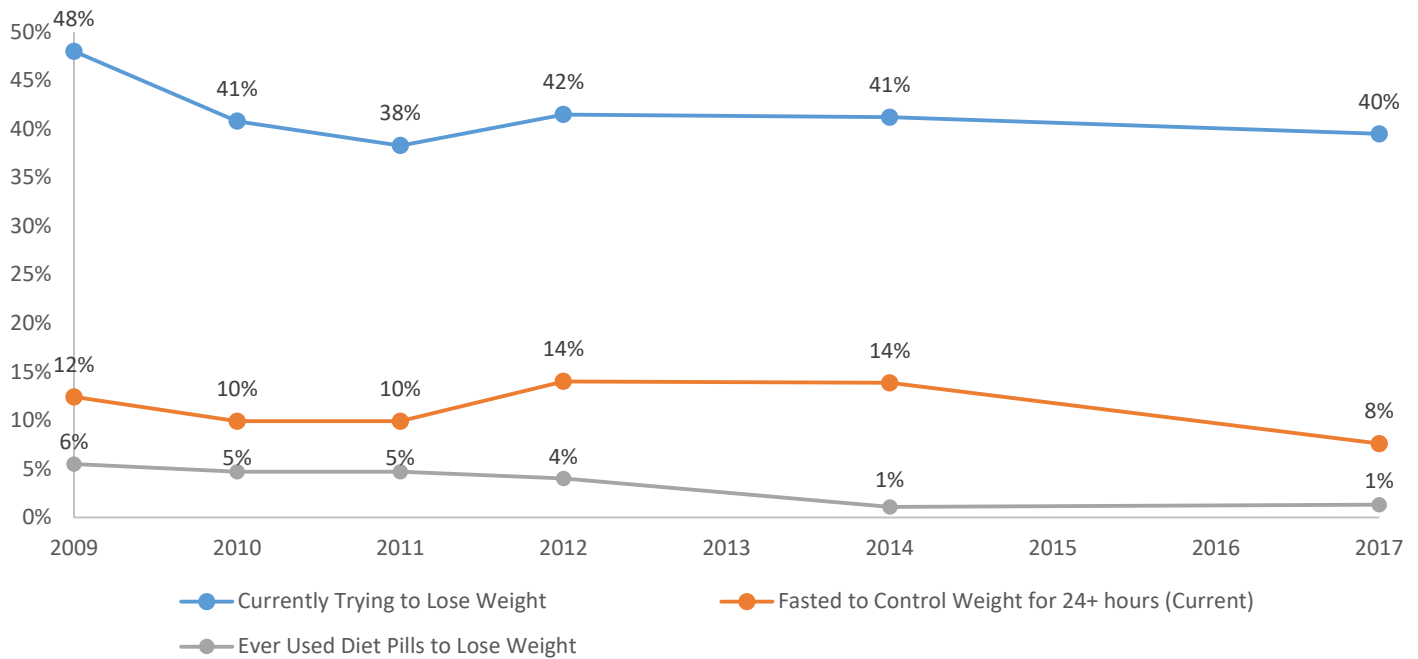
Although the rate of high school and middle school students trying to lose weight has remained relatively stable over the past several years, the use of laxatives and diet pills has decreased at the high school as well as rates of fasting and diet-pill use at the middle school.



Note: The comparison chart above compares Watertown High School statistics on weight control with MA State statistics on weight control from the MA State YRBS, which occurs bi-annually and is compiled by the CDC.

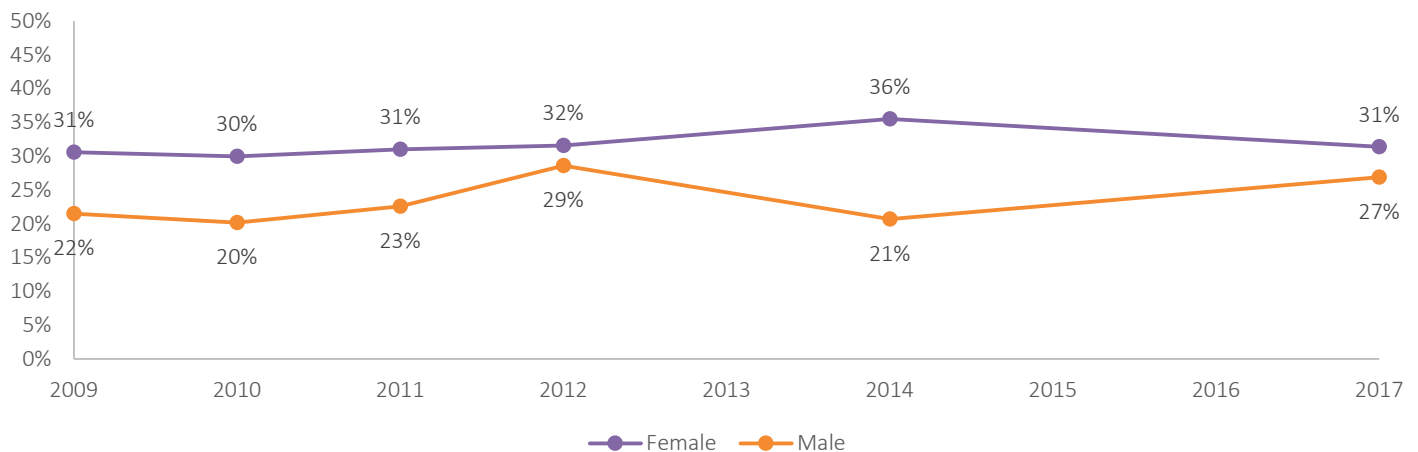
Watertown High School vs. Massachusetts - Weight								
Question	WHS 2009	WHS 2010	WHS 2011	WHS 2012	WHS 2014	WHS 2017	MA 2017	MA-WHS Comparison
Current Use of Diet Pills without Doctor's Advice	9%	6%	7%	7%	7%	4%	-	No Comparison Available
Currently Fasted (Didn't Eat for 24 hrs. or more)	10%	7%	10%	9%	11%	10%	-	No Comparison Available
Current Use of Laxatives or Vomiting	7%	6%	7%	7%	8%	4%	-	No Comparison Available
Currently Tried to Lose Weight	46%	46%	46%	43%	44%	46%	-	No Comparison Available

Watertown Middle School 2009-2017 YRBS: Weight Control

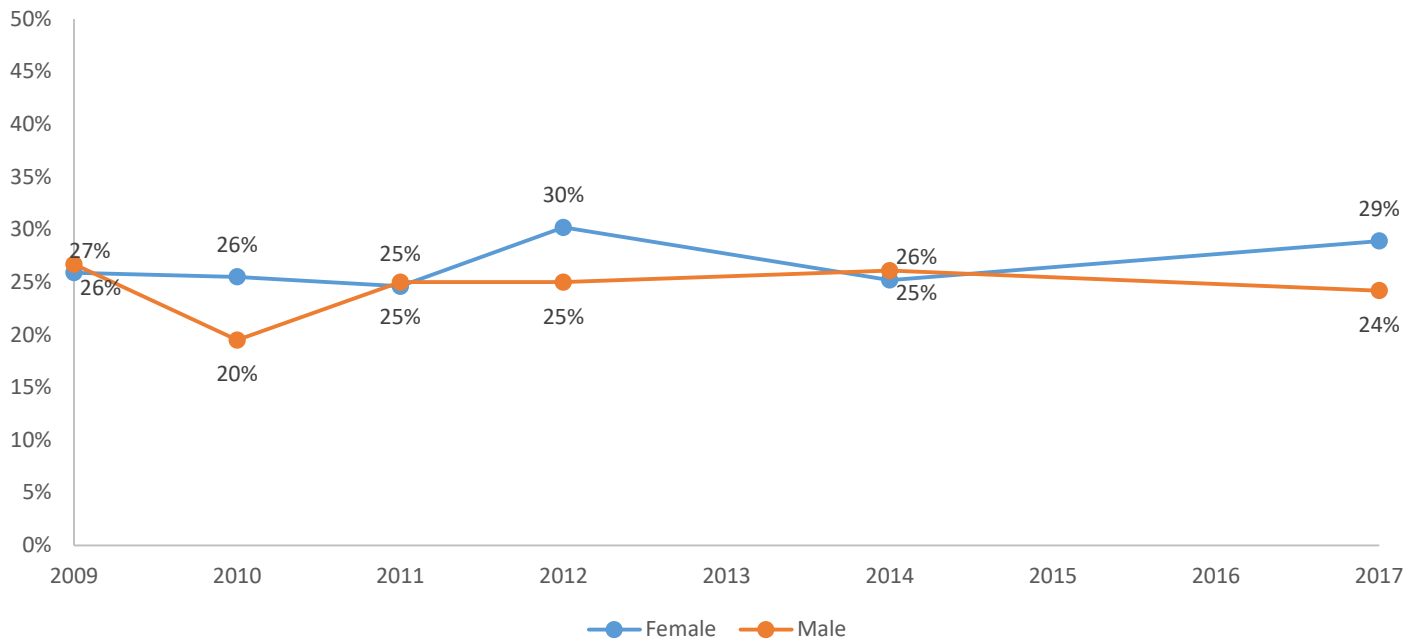


More females than males view themselves as slightly or very overweight at both the high school and the middle school, which has been fairly consistent over that last several years. As in previous years, the number of students who are trying to lose weight is greater than the number of students who perceive themselves as overweight.

Watertown High School 2017 YRBS: Percentage that Percieve Themselves as Slightly or Very Overweight

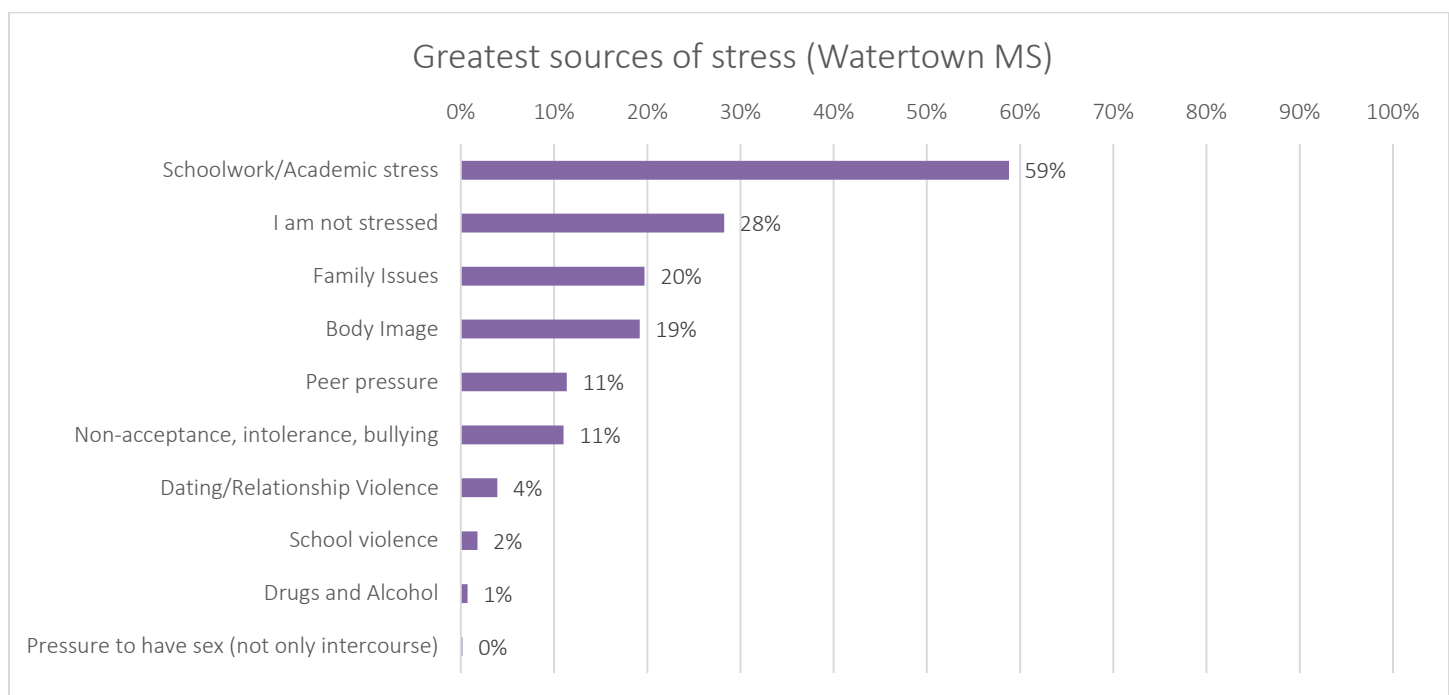
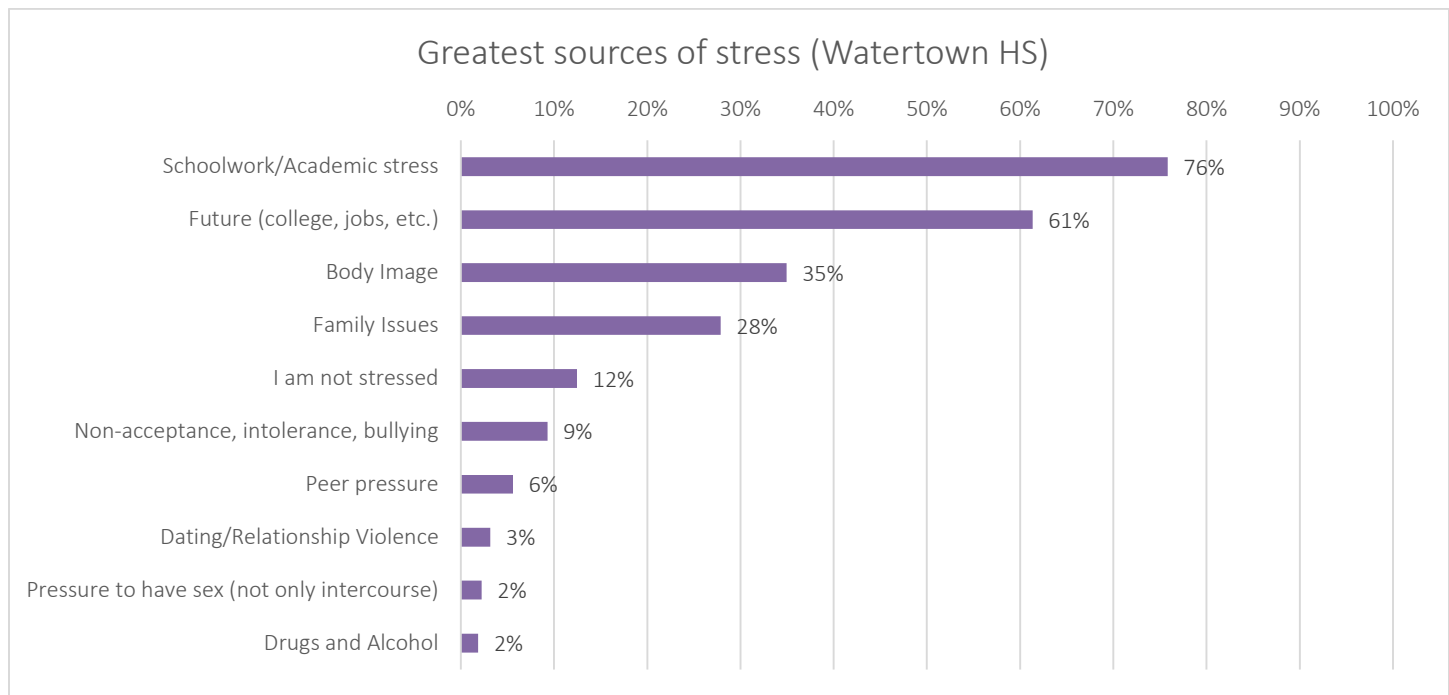


Watertown Middle School 2009-2017 YRBS:
Percentage that Percieve Themselves as Slightly or Very Overweight



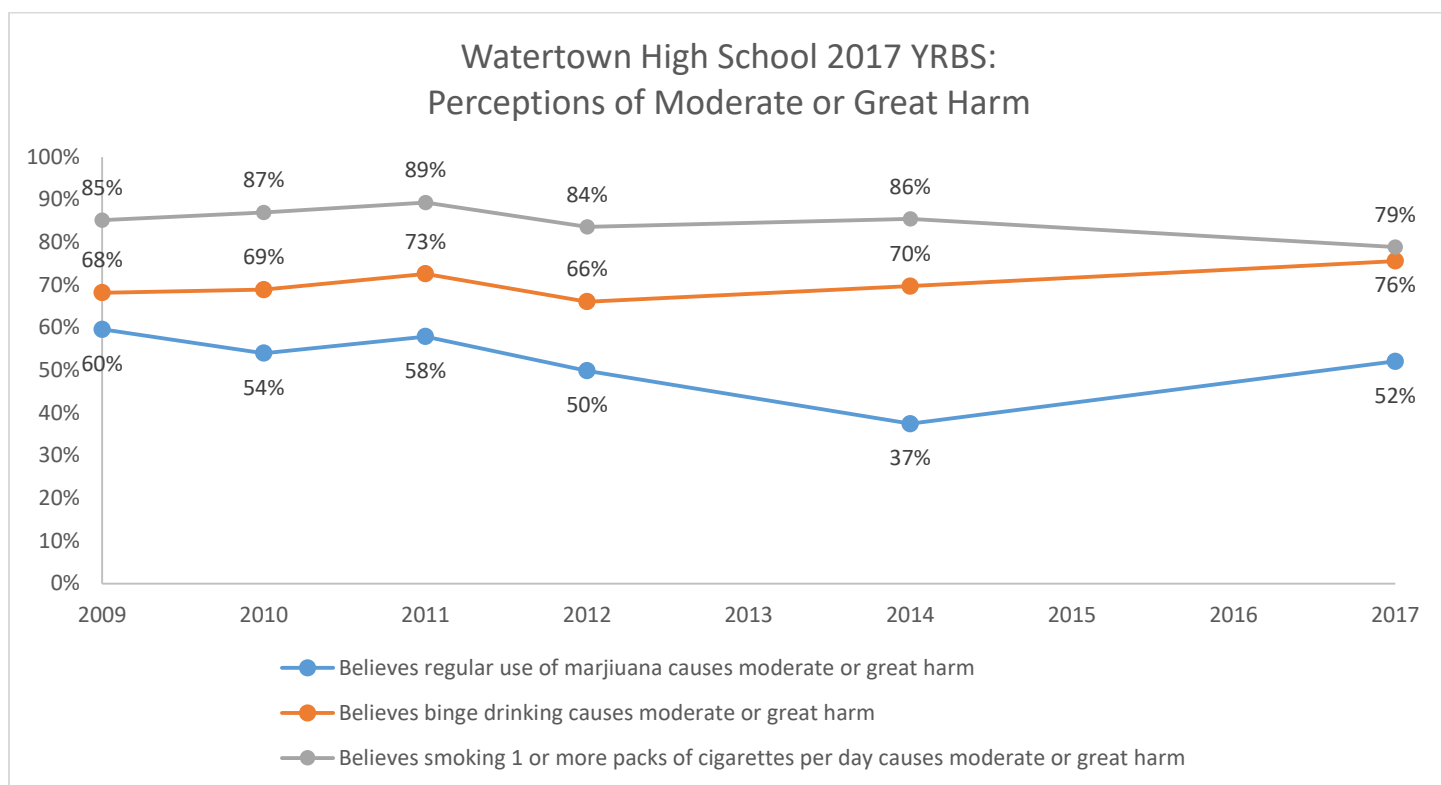
Sources of Stress

In order to learn about challenges that Watertown youth experience, we asked about middle and high school students about their greatest stressors. Students were asked to select their top three sources of stress. For high schoolers, we added an additional option related to stress regarding their future (college, jobs, etc.). For both high school and middle school students, schoolwork/academics was their greatest source of stress (76% of high school students and 59% of middle school students). For high school students, stress related to their future was the second greatest source of stress (61%).

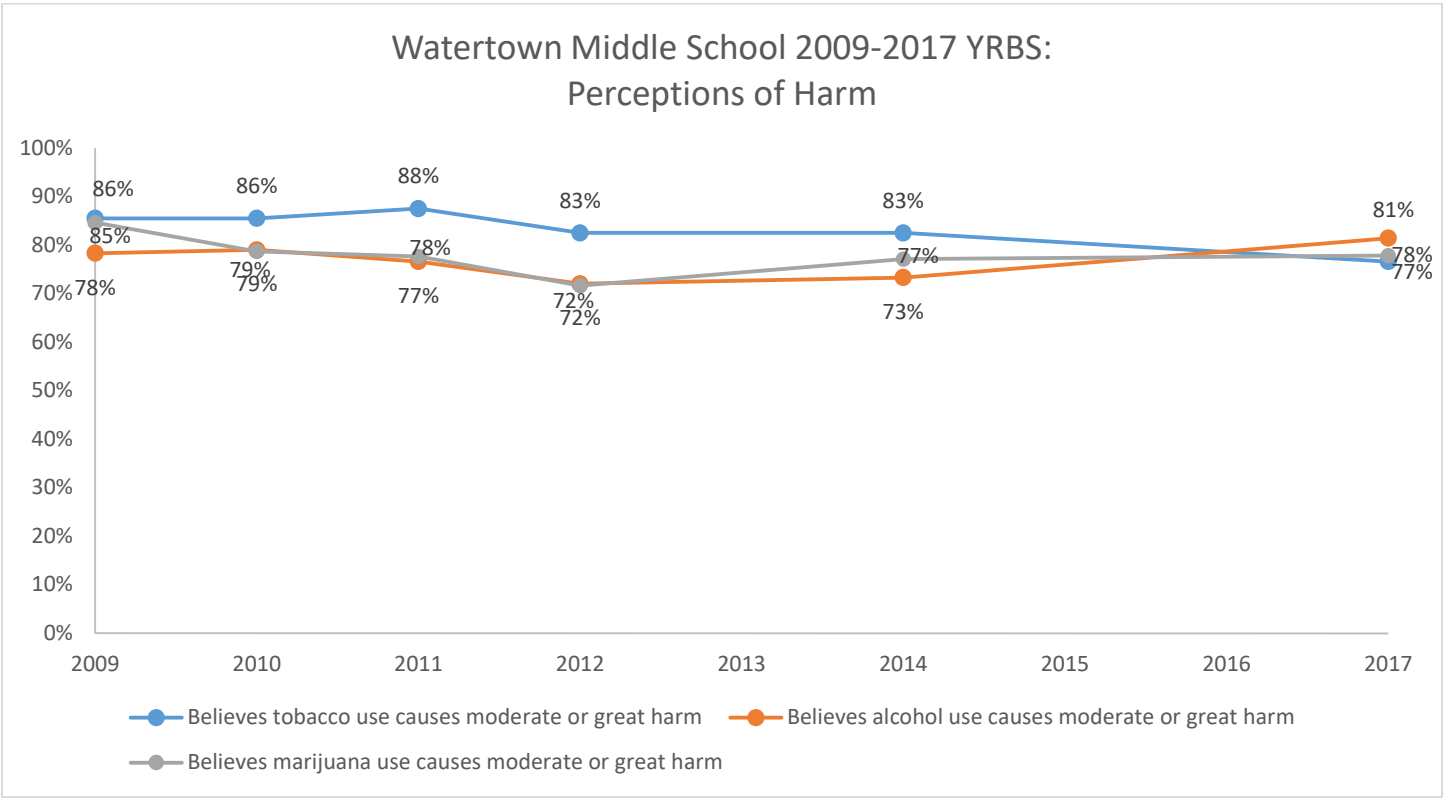


Perception of Harm

Perceptions of harm from marijuana, binge drinking, and cigarettes at the high school and marijuana, drinking, and cigarettes at the middle school have remained relatively stable over the years. High School students perceive marijuana as the least harmful of the three (52% believe regular marijuana use causes moderate to great harm), while middle school students perceived all three as relatively harmful (between 77% and 81% believe alcohol, marijuana, and tobacco cause moderate to great harm). We asked about harm from electronic vapor for the first time in 2017 and both middle and high school students report perceiving the least amount of harm from electronic vapor products (33% of high school students and 57% of middle school students believe using electronic vapor products causes moderate to great harm).



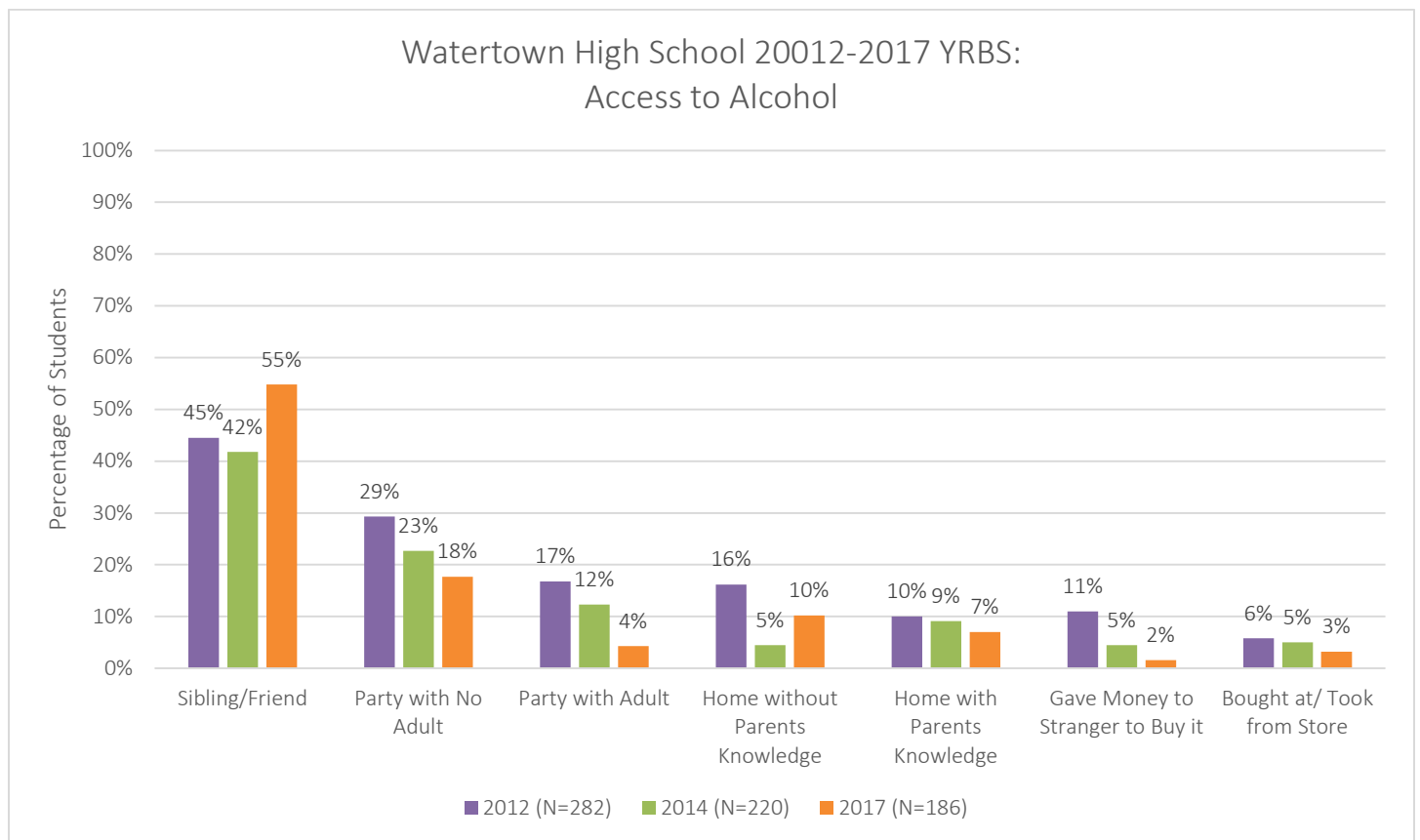
Watertown High School vs. Massachusetts - Perceptions of Moderate or Great Harm								
Question	WHS 2009	WHS 2010	WHS 2011	WHS 2012	WHS 2014	WHS 2017	MA 2017	MA-WHS Comparison
Harm from Regular Marijuana Use	60%	54%	8%	50%	38%	52%	-	No Comparison Available
Harm from Binge Drinking	68%	69%	73%	66%	70%	76%	-	No Comparison Available
Harm from Smoking 1 or More Packs of Cigarettes a Day	85%	87%	89%	84%	86%	79%	-	No Comparison Available
Harm from Using Electronic Vapor Products						33%		No Comparison Available



Access to Alcohol

High school students obtain the alcohol they drink most often from a sibling or a friend, which has been the case since we started asking the question in 2012. Middle school student data are much less reliable, because they are based on only 21 students reporting how they obtained their alcohol in the past 30 days, but seem to indicate that parents may be allowing them to drink.

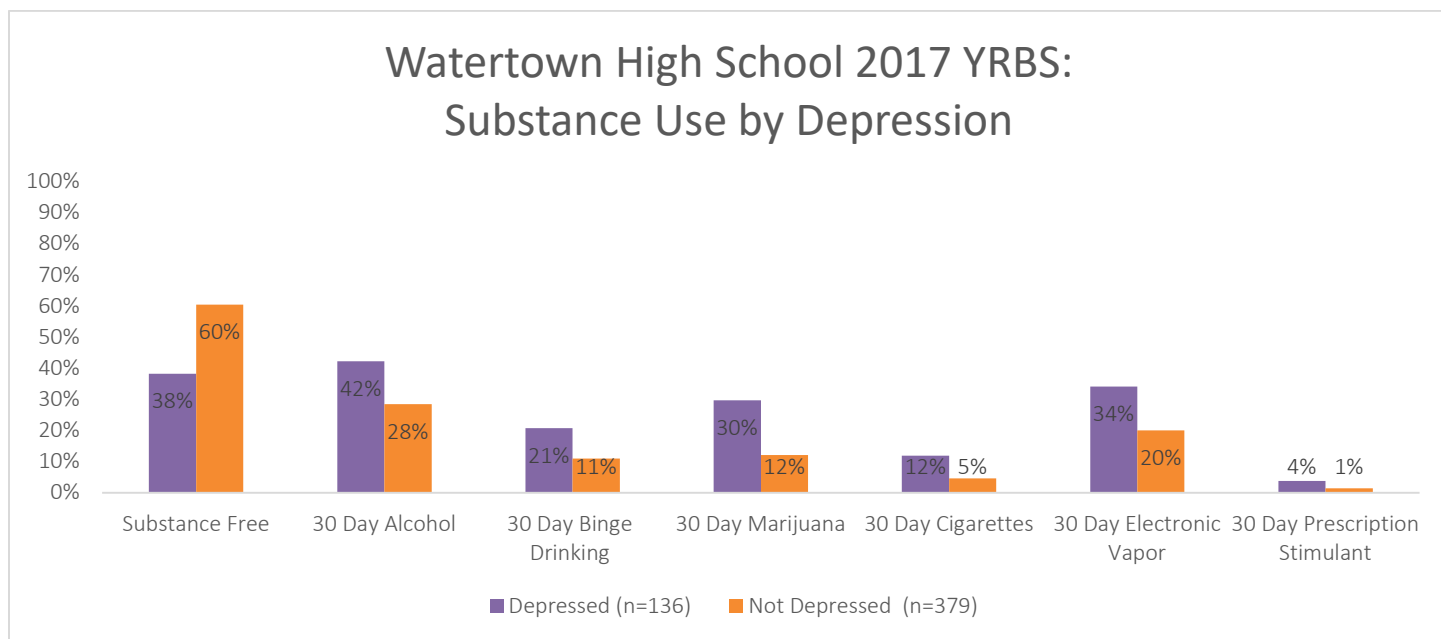
32.0% of high school students reported having a drink on at least one of the previous 30 days. In 2017, high school students reported their primary access to alcohol was from a friend (50.0%). 17.7% reported getting alcohol at a party where no adult was at home, and 10.2% reported getting alcohol from their parent's/guardian's home without their knowledge, while 7.0% reported getting it from parents/guardians with their consent.



Risk Factors for Substance Misuse, Depression, and Suicide

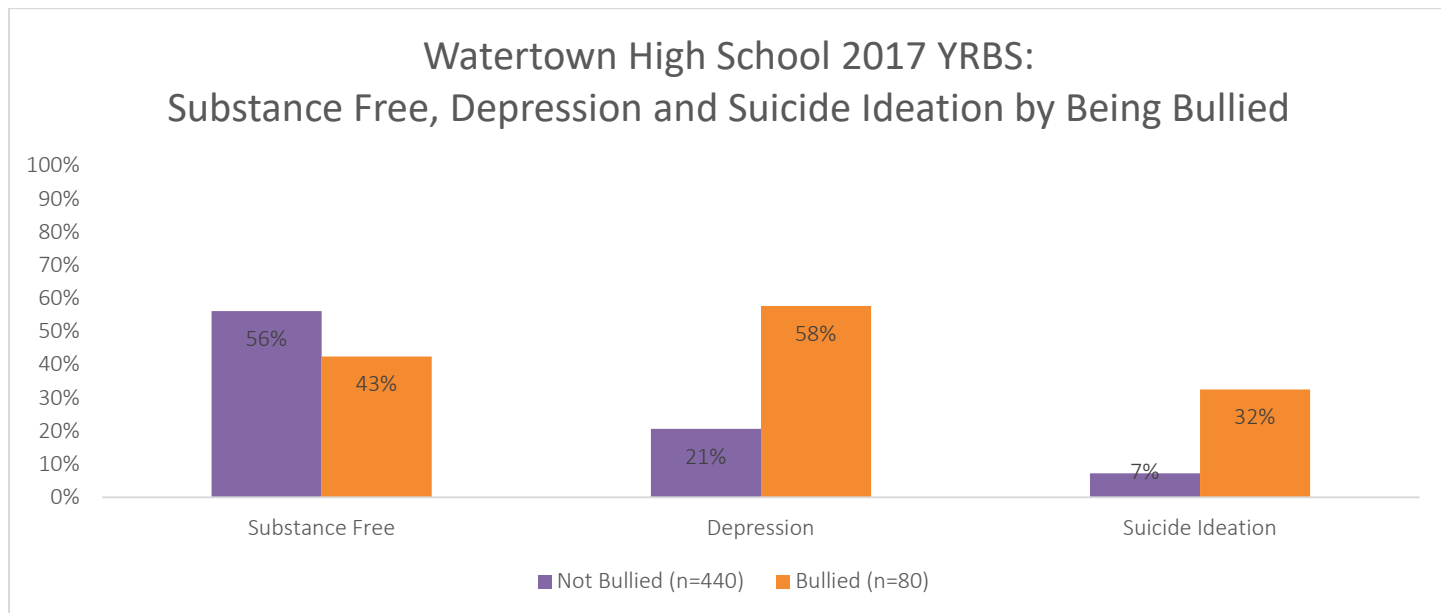
Depression

Students who indicated they were depressed in the past 12 months were more likely to misuse substances.



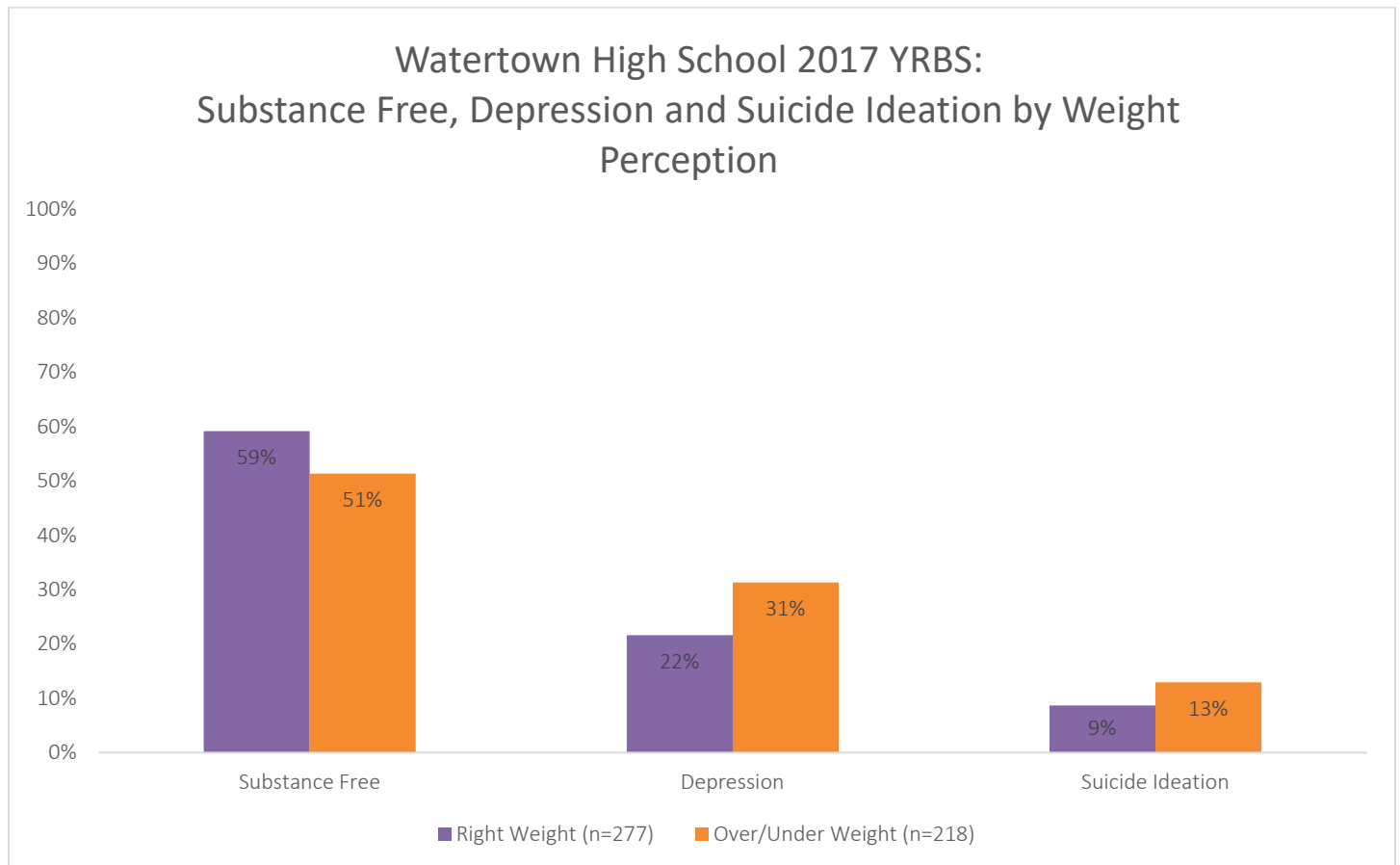
Being Bullied

Students who indicated they were bullied were three times as likely to be depressed and four times as likely to have thoughts of suicide.



Weight Perception

Students who perceived themselves to be over or under weight showed a similar but less dramatic pattern.



"A recent CNN article explored how we are now exposed to more and more images of unattainable beauty, thanks to social networking: 'Before social networks, we mostly had images of impossibly perfect celebrities. We would pass these images on billboards, watch them on TV, flip through them in magazines, but we weren't sitting around staring at them for hours every day.' And it's not just the exposure to these images that is damaging. It's our interaction with them—the pressure to have the perfect profile pics, the comparisons we make, and the dangers of the constant scrutiny of our own and others' bodies."

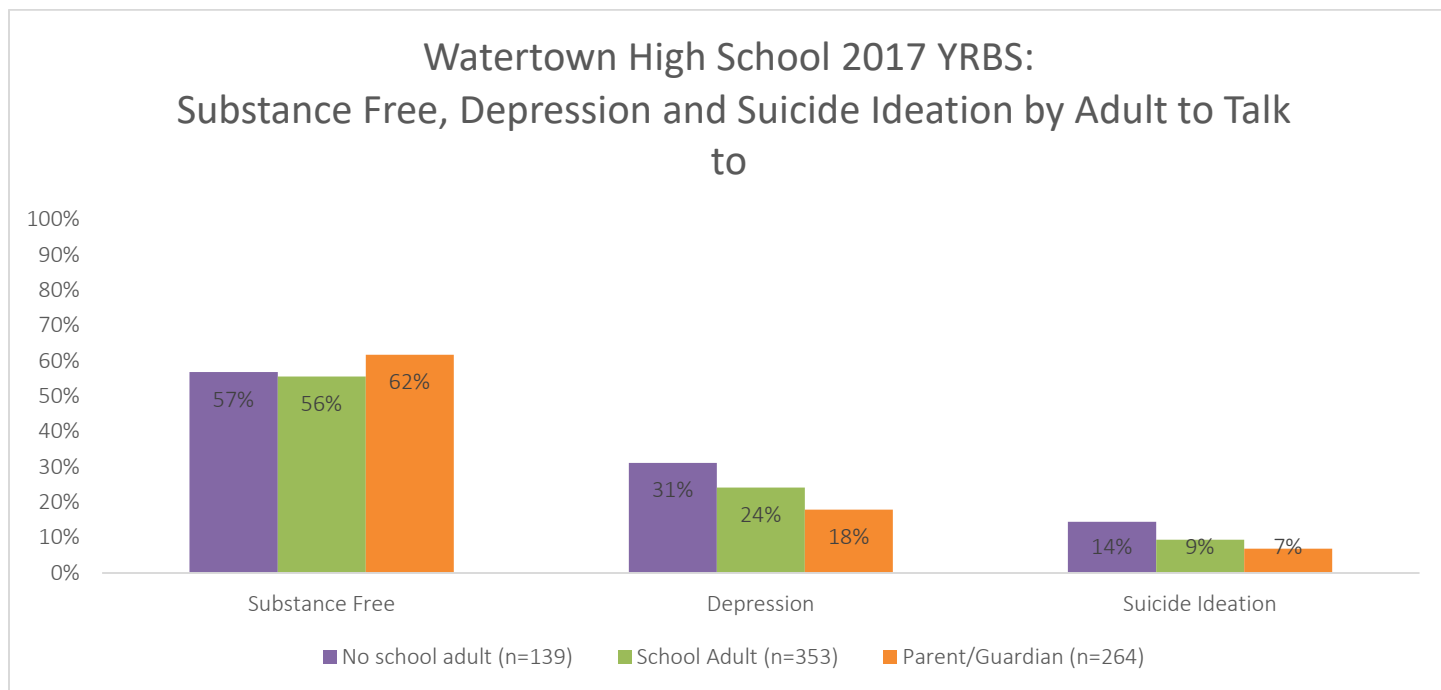
For more information, see:

["How Does Social Media Affect Your Body Image?" from NEDA](#)

Protective Factors

Having an Adult to Talk to

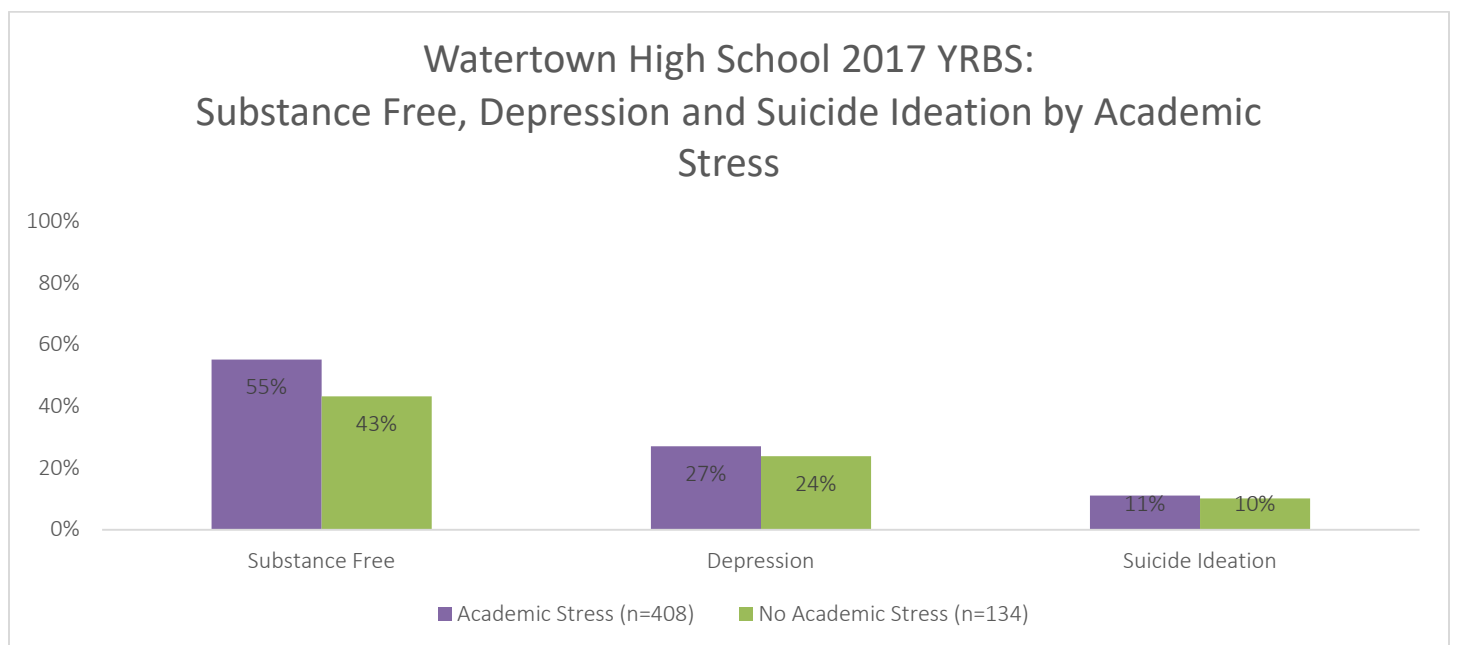
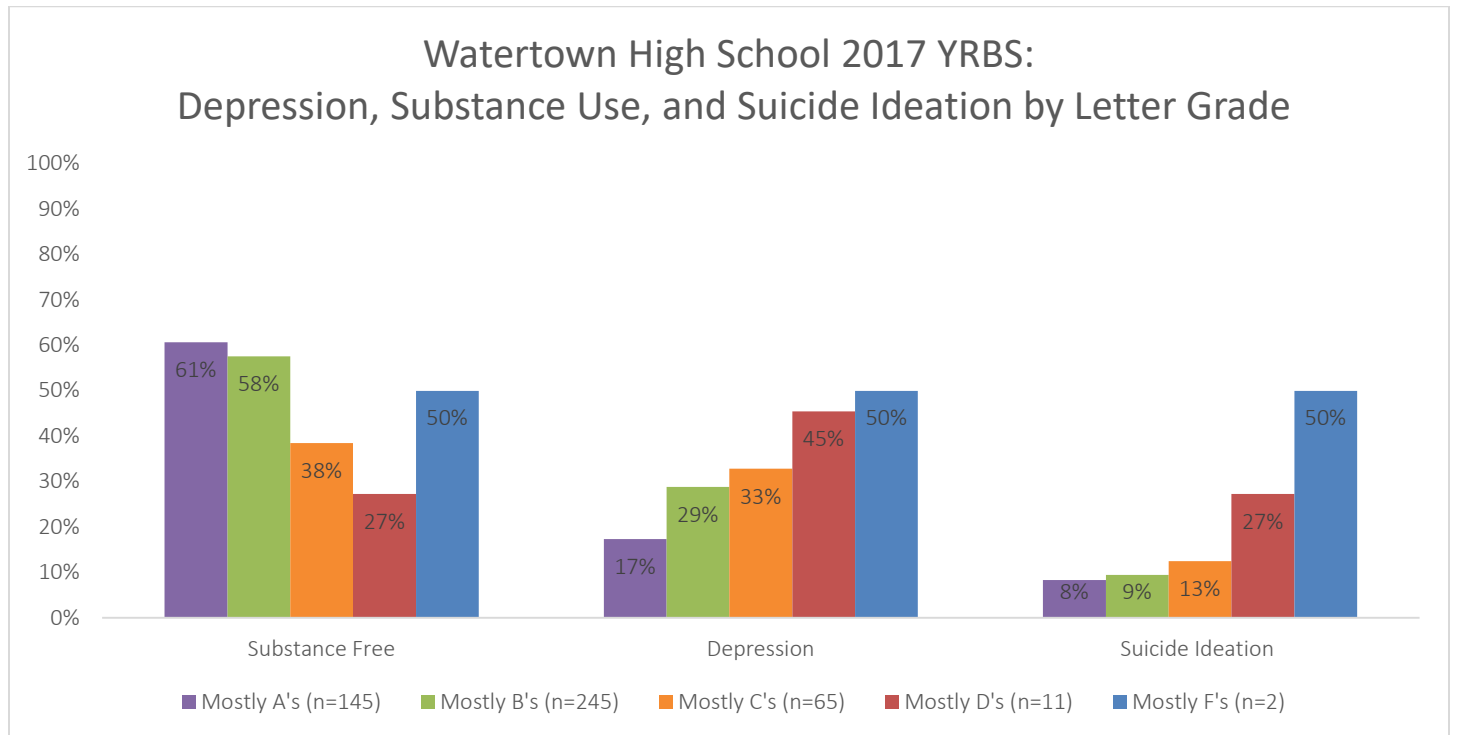
Students who feel they can talk to their parent(s) or another adult family member about things that are important to them are less likely to use substances, be depressed, or have suicidal thoughts. Having a school adult to talk to is also a protective factor, but not as protective as having a parent or an adult family member to talk to.



For more information on this campaign, see [page 41](#).

Academic Achievement

Students who earn A's are also the least likely to use substances, be depressed, or have suicidal thoughts compared to students who earn B's, C's, D's, or F's. And similarly, students who report academic stress are somewhat less likely to use substances. However, they are also slightly more likely to be depressed.

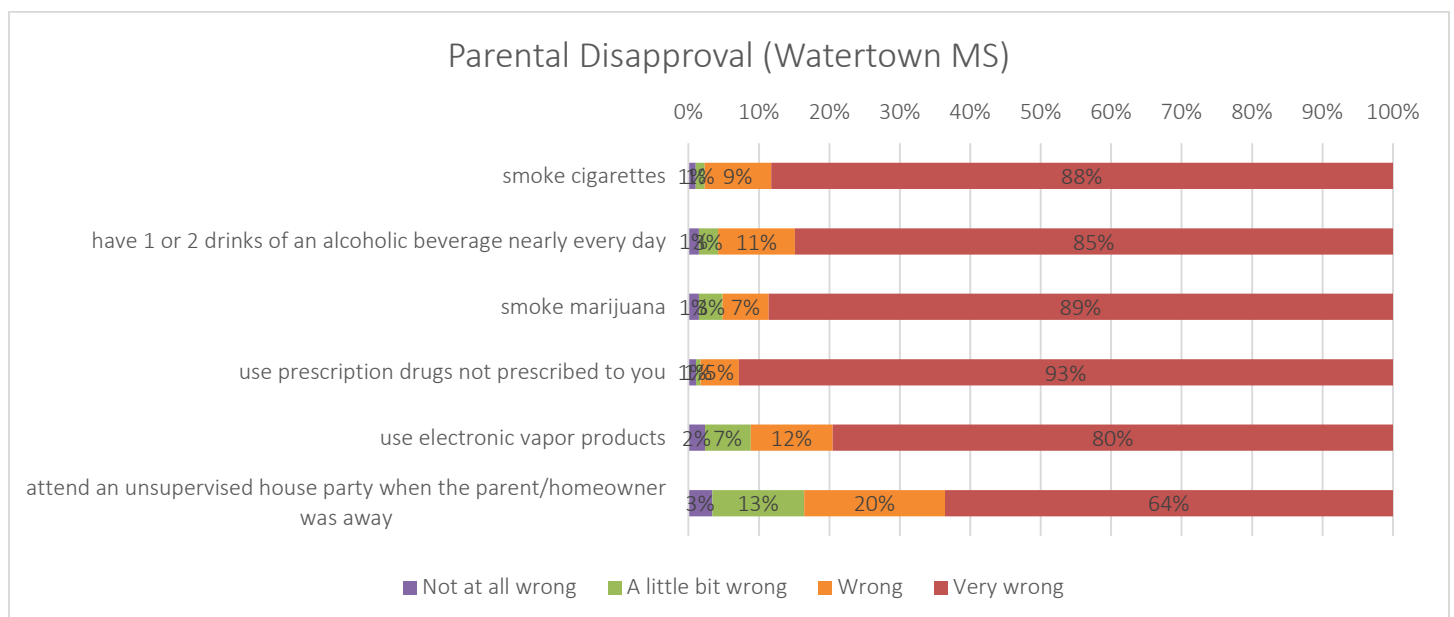
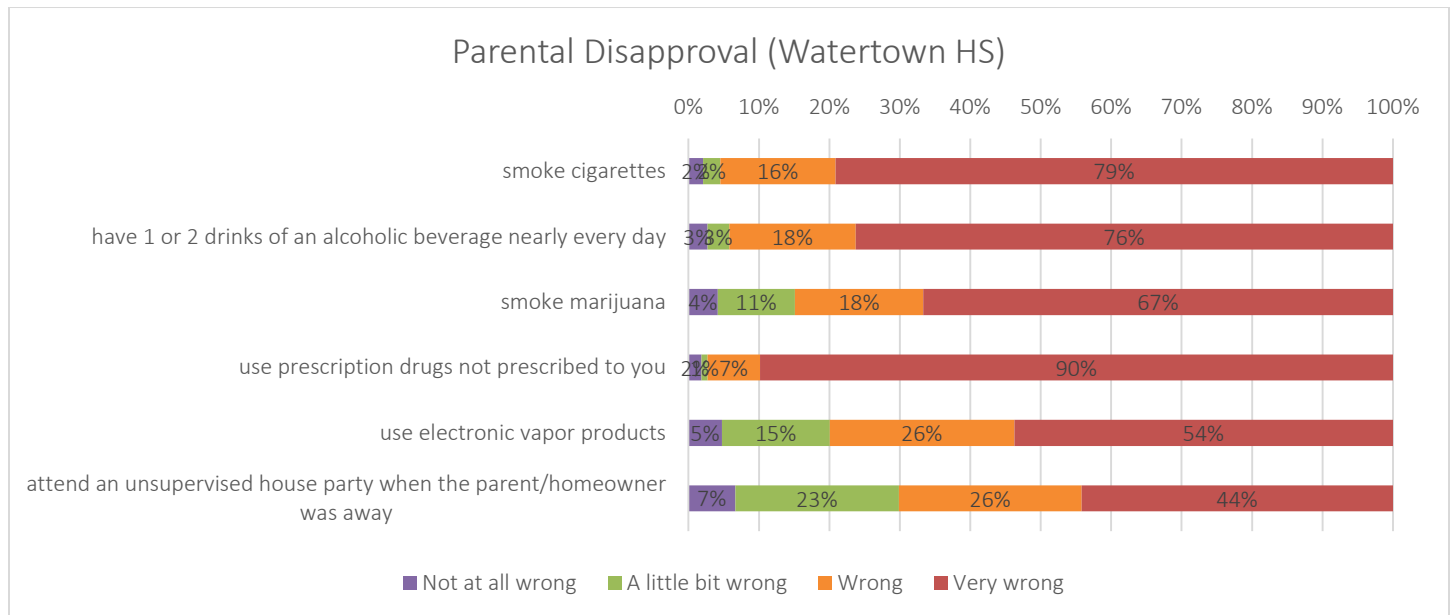


Parental Disapproval of Substance Use

Students who report greater parental disapproval for substances are much less likely to use those same substances than students who report little or no parental disapproval for substance use.

96% of middle school students and 94% of high school students report that their parents think it is wrong or very wrong for them to drink alcohol regularly. Perception of parental disapproval for alcohol use has stayed relatively stable at the middle school but risen at the high school (from 89% in 2014).

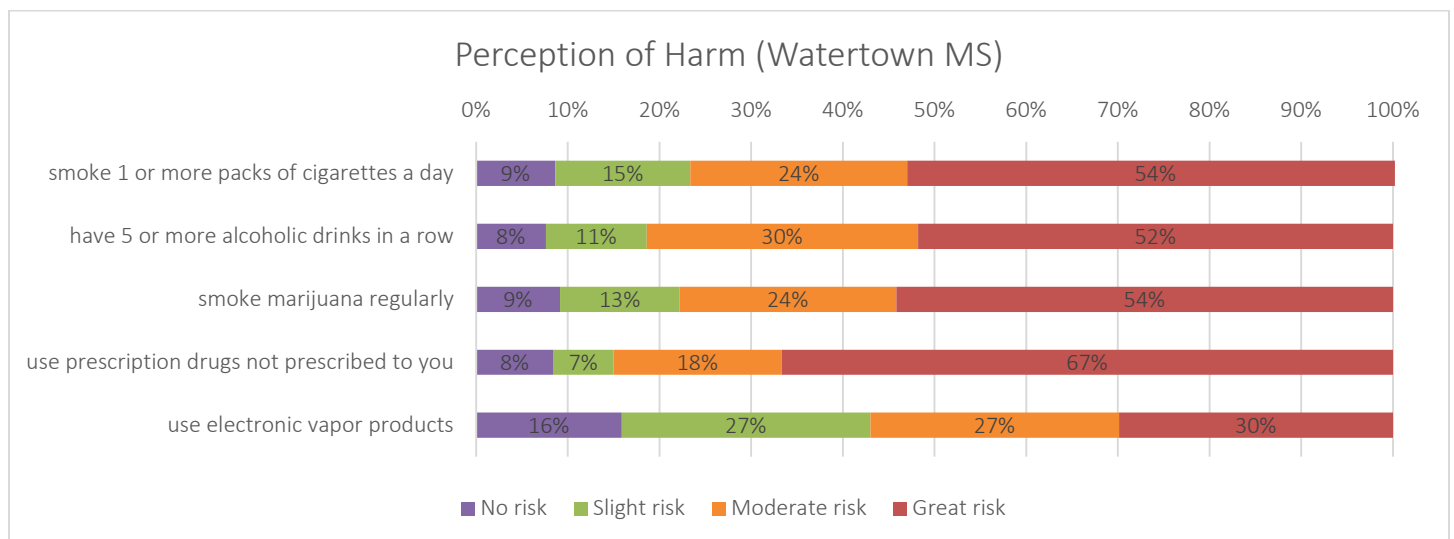
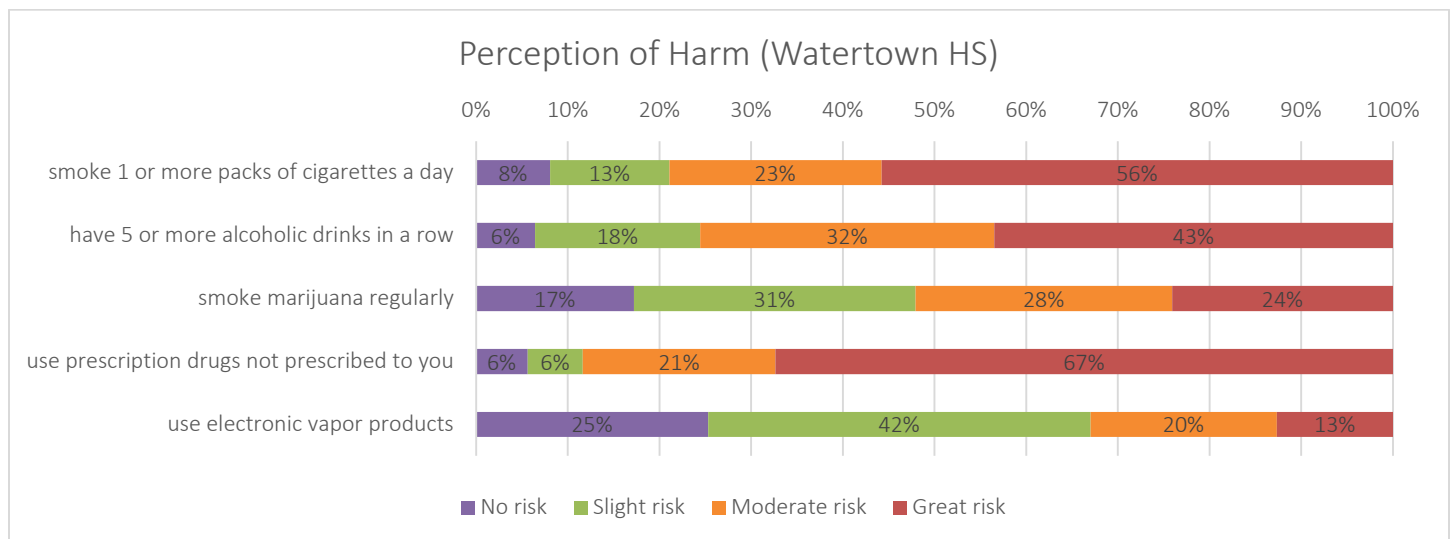
96% of middle school students and 85% of high school students report that their parents think it is wrong or very wrong for them to smoke marijuana regularly. Rates have stayed relatively stable from 2014, with a slight increase in perception of parental disapproval for marijuana use at the high school (from 83% in 2014).



Perception of Harm from Substance Use

As with perceptions of parental disapproval, students who perceive greater harm from the use of substances are much less likely to use those same substances than those students who report little or no perception of harm from substance use.

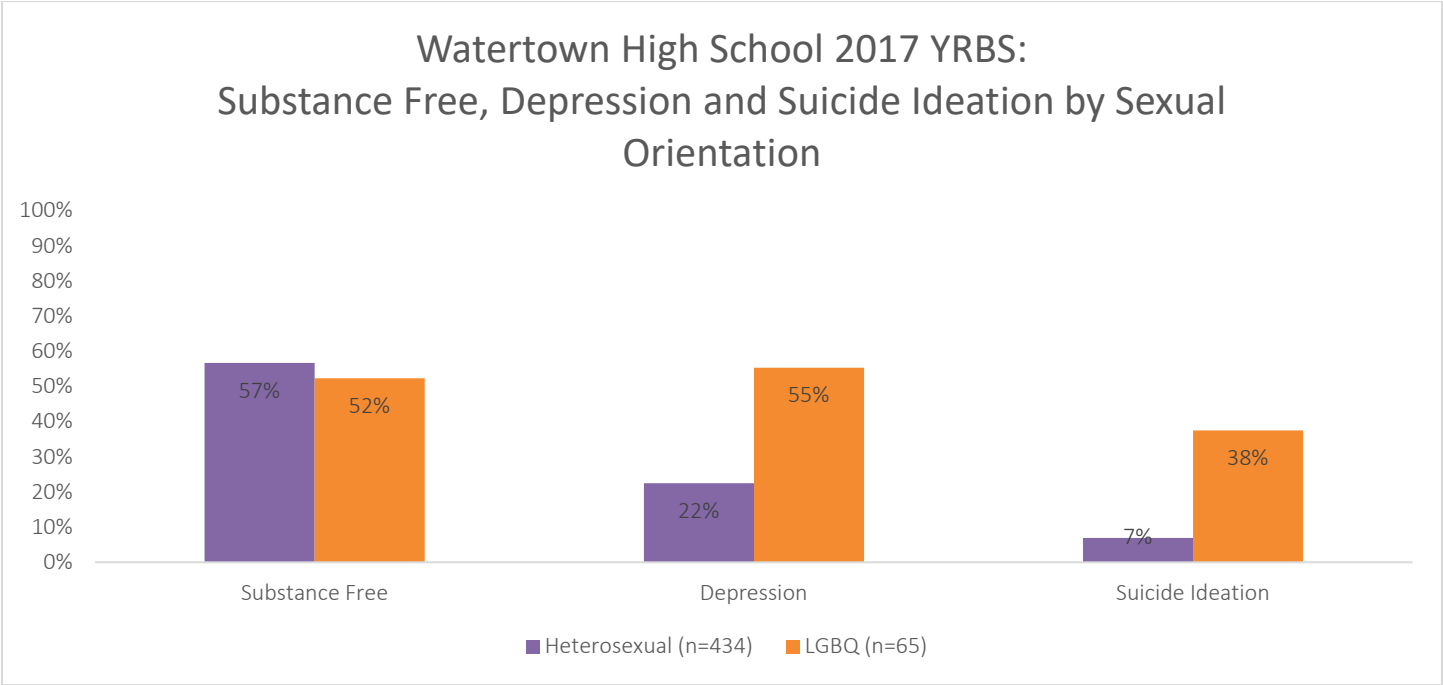
Students' perception of harm from smoking cigarettes (79% of high school students and 78% of middle school students perceive moderate to great risk in smoking 1 or more packs of cigarettes a day) is significantly higher than for e-cigarettes (33% of high school students and 57% of middle school students perceive moderate to great risk in using electronic vapor products), which may account for the higher percentage of students who use e-cigarettes than smoke cigarettes.



Substance Misuse, Depression, and Suicide Ideation as it Relates to Sub-populations

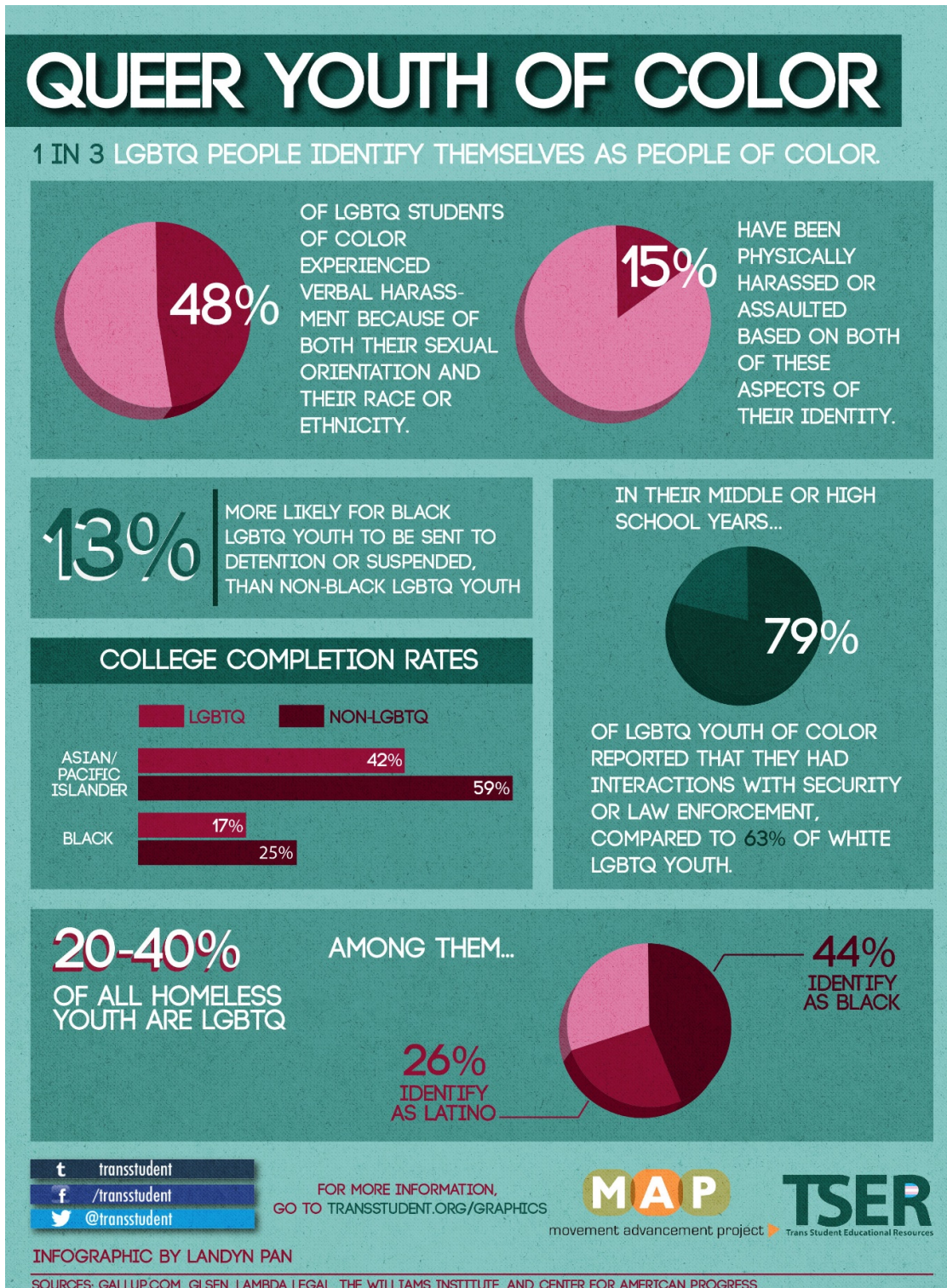
LGBQ

Students who identify as LGBQ* are slightly less likely to use substances than those who identify as heterosexual, but more than twice as likely to be depressed and more than 5 times as likely to have suicidal thoughts as their heterosexual peers.



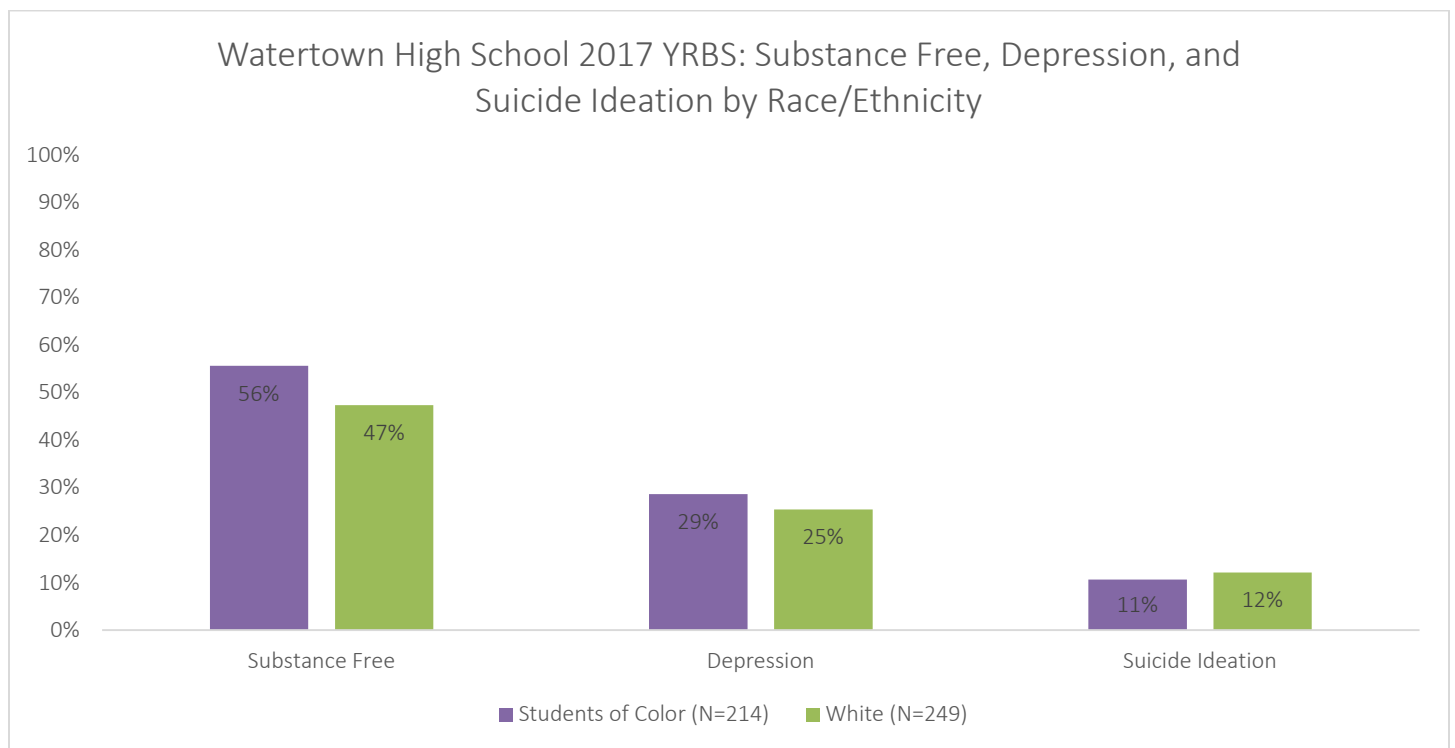
*LGBQ (Lesbian, Gay, Bisexual, Queer) status was obtained from a question regarding sexual orientation. Gender identity was asked in a separate question and thus transgender status was not included in this analysis.

Evidence shows that students of color who identify as LGBTQ are at higher risk for a variety of negative interactions with the law and other authority figures as well as verbal and physical harrassment by peers.



Race/Ethnicity

Students of color are less likely to use substances but slightly more likely to be depressed than white students. Students of color represent students who self-identify as American Indian/Alaska Native, Asian, Black/African-American, Haitian Creole, Hispanic or Latino, Middle Eastern, or any combination of these races/ethnicities including with White/Caucasian.

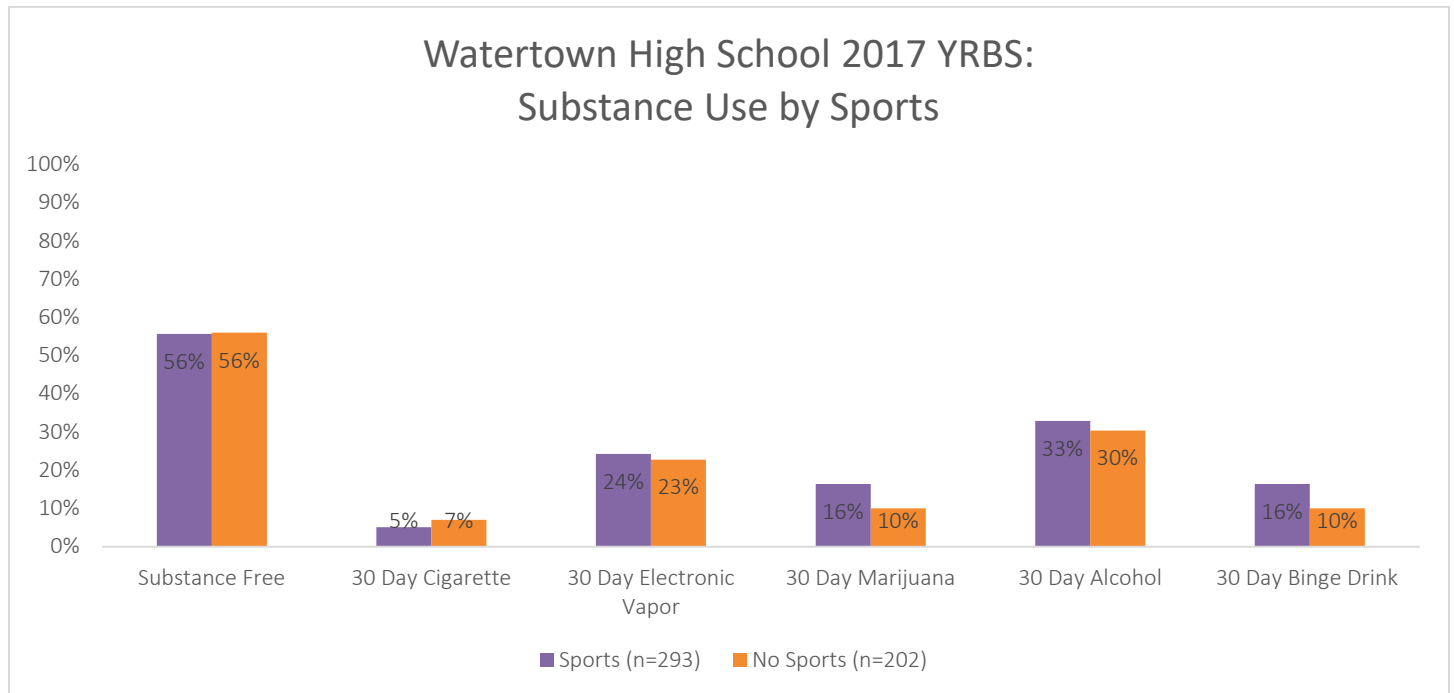


“Mental illness affects young people of color at similar rates as white young adults. However, they are less likely to be diagnosed or seek mental health services. This is largely due to stigma and a cultural mistrust of mental health professionals who lack cultural competence.” see details in the article on NAMI’s website [HERE](#).

By Annelle B. Primm, M.D., MPH | Jul. 16, 2018

Students who Play Sports

Students who play sports are more likely to binge drink and smoke marijuana than students who don't participate in sports. However, they are no more likely to use substances than students who are not involved in sports.



“One study of more than 8,000 high school students in the United States found that participating in sports was associated with an overall increase in problematic alcohol use over time, but only for adolescents who did not participate in other extracurricular activities like academic or music clubs” (Mays, DePadilla, Thompson, Kushner, & Windle, 2010)

[Oxford Research Encyclopedia of Psychology, Matthew P. Martens, Online Publication Date: June 2017](#)

Watertown Youth Coalition (WYC): We Hear You

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 promote 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 changes in their community.

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

Each year the Watertown Youth Coalition Town Hall/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.

LISTEN
to your kids

TALK
about values & expectations

LISTEN
and they will listen too

KIDS WHO BELIEVE THEIR PARENTS DISAPPROVE OF UNDERAGE DRINKING ARE LESS LIKELY TO DRINK.

Openly communicate with your children. Listen to their concerns. Share why you disapprove of underage drinking and other substance use. Be realistic and understanding about the pressures they are facing. Help youth find safe alternatives that are healthy. Learn more at <http://bit.ly/2p00000>.

THE TEEN BRAIN IS STILL DEVELOPING

Partnership for Drug-Free Kids says, "Substance use can disrupt and alter the still developing brain, which in turn may adversely impact learning and behavior. The risks of developing anxiety, depression and substance use disorders in adulthood." Learn more about the risks at <http://bit.ly/2p00000>.

PARENT INFLUENCE MATTERS

According to a national survey on substance use and health, "Nine out of ten teens say that parents are the leading influence on their decisions about drinking." Share your concerns, listen to teens, and help them to understand the benefits of not drinking. Learn more parenting strategies at <http://bit.ly/2p00000>.

CONVERSATIONS WITH YOUR KIDS CAN BE EASY

Psychology Today notes that "Kids who 'grapevine' before age 13 are four times more likely to become addicted than those who begin after age 20." Take advantage of current events, talk early and often, be honest and non-judgmental, share values and expectations. Learn helpful conversation tips at <http://bit.ly/2p00000>.

MAKE A DIFFERENCE: A PARENT TOOLKIT

National Institute on Alcohol Abuse and Alcoholism says, "The actions of a few kids that most young teens don't yet drink. And parents' disapproval of youth alcohol use is the key reason children choose not to drink. So make no mistake: You can make a difference." Learn more at <http://bit.ly/2p00000>.

You make a difference! For local resources, go to watertownyouthcoalition.org.

Brought to you by the Watertown, Waltham, Belmont, Brookline Substance Abuse Prevention Collaborative.
Funded by the MA Department of Public Health Bureau of Substance Abuse Services.

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 the use of alcohol and other drugs among youth. The collaborative is funded by the MA Department of Public Health Bureau of Substance Abuse Services. We are introducing a parent campaign to increase the rate of parental disapproval of underage alcohol use with the intention of simultaneously increasing Watertown Youth's perception of parental disapproval. This campaign addresses the request from Coalition members and other concerned residents about the need for parent education:

Parents at the 2016 and 2018 Town Hall Meetings requested, "Education for parents about how to talk with their kids about not drinking, being clear about expectations and keeping alcohol less accessible to youth" and "Giving parents a set of practical tools for 'best practices' in talking with their teens."

The Listen • Talk • Listen Media Campaign is the result of those requests. To read about how to listen and talk with your youth, [click here](#).

Massachusetts Opioid Abuse Prevention Collaborative

Watertown Youth Coalition and our participation in 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.

Signs and Symptoms of an Opioid Overdose

Heavy nod	Skin looks blue, lips and fingertips often show first	Body very limp	Face very pale	Slow, irregular, or no pulse (heart beat))
Throwing up	Passing out	Choking sounds	Gurgling or snoring	Slow, shallow irregular or not breathing
Awake, but not able to respond	Clammy, cool skin	Pinpoint pupils	No response to stimulation	No response to sternum rub

Really High

Looks like she/he is napping

Speech is slow or slurred

Will respond to stimulation like yelling, pinching, sternum rub (hard rub of knuckles against the breast bone)

Overdose

Deep snoring for gurgling (death rattle)

Cannot talk at all

Slow heart beat/ pulse

Blue lips or fingertips

Not breathing

One way to keep both prescription and over-the-counter medications out of the hands of those who might misuse them is the “Take Back Days” held at the Watertown Police Department. National Take back days occur in October and April every year, and those dates are widely advertised.

The “take back” box is always open at the Watertown Police Department, 552 Main Street, Watertown, MA.

No need to wait for the National Take Back Day, you can make it a monthly errand.

**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 & Resilience

WATERTOWN
POLICE

OPEN
Overdose Prevention & Education Network



HELP SAVE LIVES IN THE COMMONWEALTH

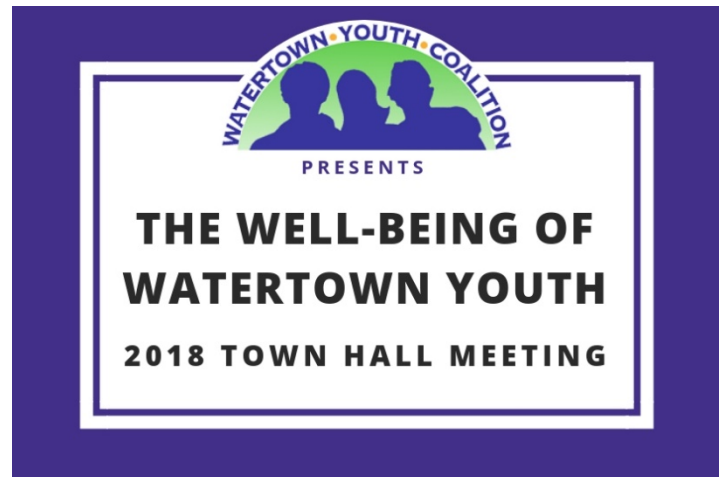
Massachusetts 911 Good Samaritan Campaign

The Good Samaritan law is a Massachusetts state law that offers protection for people who may be involved with the use of –or who have possession of– a drug when they call 911 in order to save the life of someone who is actively in a state of overdose. It does not protect people who are intending to distribute drugs.

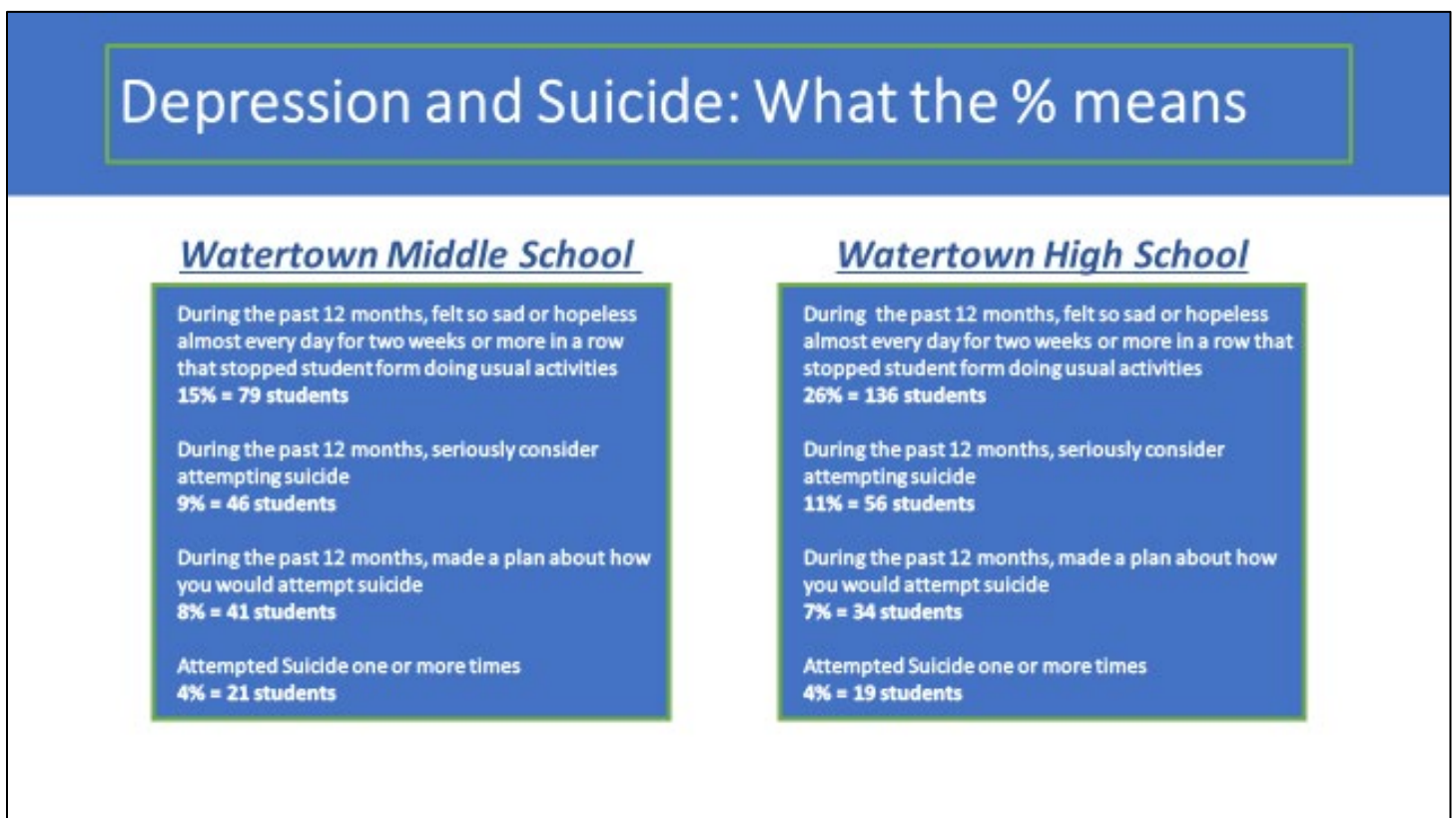
We encourage you to call 911 to save a life and to cite the Good Samaritan Law when you encounter law enforcement personnel and other first responders who respond to the call. Please review the signs of overdose above to know when to call for help. When in doubt call 911.

For more information about policies related to opioids and other drugs in Massachusetts, see Massachusetts Organization for Addiction Recovery’s Policy Corner [HERE](#).

At our Town Hall Meetings in 2016 and 2018 we heard from participants that it is important to “Educate parents and adults in the community of suicide risk factors and warning signs”



The slide below illustrates the need for strong programs that talk candidly about suicide and ways to prevent it:



Data taken from 2017 Youth Risk Behavior Survey and presented at the Town Hall Meeting 2018

To raise awareness about mental health disorders in the Watertown community the Wayside Multi Service Center staff has been offering Youth Mental Health First Aid trainings to any community member, school staff and other adults who interact with youth. The training is intended to reduce stigma, expose myths, and teach a skill set that will help build people's capacity to intervene when a person (young or old) is having a mental-health issue or challenge. Please visit the Mental Health First Aid website for more information and to find a training near you.

We also offer Mental Health First Aid for Adults, Public Safety and Law Enforcement, as well as for Fire and EMS Modules. Reach out to Stephanie Sunderland-Ramsey to arrange a training: stephanie_sunderland@waysideyouth.org.



[Click here to visit Mental Health First Aid's website](#)

The Watertown Public Schools use SOS Signs of Suicide to educate students about what the signs are and what to do in the case that they recognize these signs in peers:



"Depression can leave youth feeling worthless, guilty, and devoid of hope. Mental health is not often a popular topic of conversation due to stigma and fear, leaving students afraid to talk about these serious feelings." mentalhealthscreening.org, Signs of suicide program"

ACT is the acronym for Acknowledge Care Tell

This is a way for youth and adults/teachers to remember to approach a person they think has signs of suicidal behavior. They are encouraged to acknowledge that their peer or student is struggling and let them know they are aware and care. Care is expressed through acknowledgment and interacting with the person thinking about suicide. Most importantly the peer should tell their teacher an administrator or parent that can assist them in advocating for that peer to get the support they need to choose to live.

[Click here to learn about SOS Signs of Suicide Programs](#)

The 84 Movement

Watertown Youth Coalition Peer Leaders are a chapter of The 84 Movement, a statewide movement of youth fighting tobacco in Massachusetts. They participate in statewide events including the Youth Power Summit and Kick Butts Day, where they speak to legislators about how the big tobacco industry targets youth. In the spring of 2017, WYC Peer Leaders completed a Community Mapping Project, where they showed the proximity of tobacco retailers in Watertown to schools, parks, and other places where teens spend time. They presented this to Watertown's Board of Health, which updated local policies to better prevent the tobacco industry from targeting youth.

During the 2017-2018 school year, WYC Peer Leaders Marcus Moore and Shariel Joseph became members of The 84 Movement's Statewide Leadership Team. WYC Peer Leaders also facilitated community conversations about #BlackLivesBlackLungs, a short documentary about the targeting and history of injustice the black community has faced at the hands of the tobacco industry. In a ceremony at the State House, they received The 84 Movement's 2018 Local Community Change Award in recognition of their accomplishments in Watertown, and WYC Peer Leadership Advisor Dawn Graham received The 84 Movement's 2018 Advisor of the Year Award.



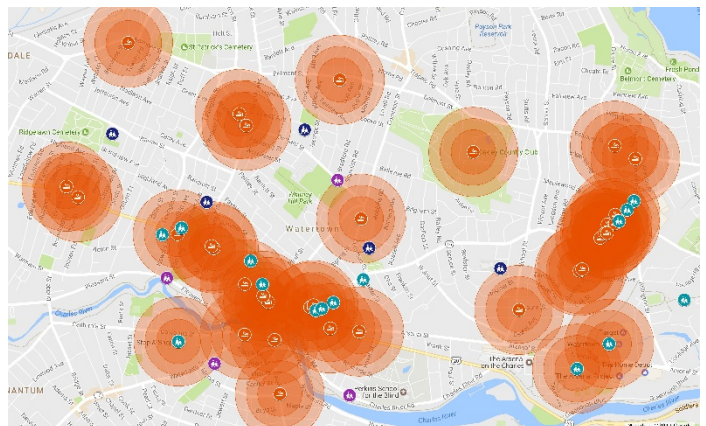
Peer Leader Shariel Joseph speaks at Attorney General Maura Healey's Press Conference on Vaping



WYC Peer Leaders accept the Local Community Change award during Kick Butts Day 2018 at the State House



WYC Peer Leaders and Advisor at the 2017 Youth Power Summit



Community Mapping Project showing proximity of tobacco retailers to teen hangouts

SPEAK Project

SPEAK (Sharing Personal Experiences and Knowledge) Project 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 guest speakers, activities and knowledge building that relate to helping youth make positive healthy choices. In 2017 and 2018, SPEAK Project activities included:

- **All-School Assemblies:** Jonathan “Globe” Lewis speaking about Kingian nonviolence and “Mykee” Fowlin performing “You Don’t Know Me Until You Know Me.”
- **Speaker Series sessions with guests:** Active Bystander Stories, Minding Your Mind, Community Organizing, Spoken Word 101, Strategies for Stress, and Addiction / Recovery.
- **Student-led Speaker Series sessions:** Sexuality in Gender-al (Decoding the letters of LGBTQ+), #BlackLivesBlackLungs, Your Problems Are Relevant, and Conflict Resolution.
- **Lunchtime Activities:** “I Am” Photobooth from WYC Peer Leaders, Coloring Mural from WYC Peer Leaders, Apology Box from WYC Peer Leaders, Kindness Wall from WYC Peer Leaders, Community Map from World in Watertown, Survey from Hope Squad, Trivia from GSA, Food samples and music from International Club, and Robotics Demonstration from Robotics Team.

Watertown Youth Coalition Peer Leaders thank Watertown Community Foundation (WCF), World in Watertown, Shirley Lundberg (Watertown High School Principal), and all of our guests for helping make the SPEAK Project possible.



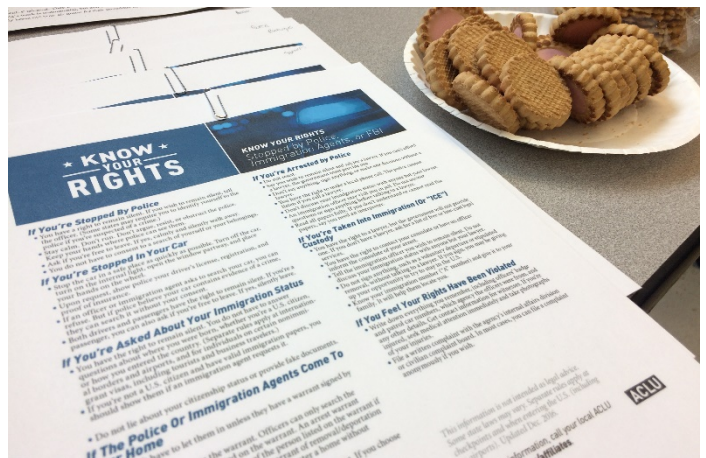
From WYC Peer Leaders’ “I Am” Photobooth during SPEAK Week 2018



WYC Peer Leaders with Jonathan “Globe” Lewis at SPEAK Week 2018



Mass LEAP Director, Alex Charalambides performs a poem during Spoken Word 101 at SPEAK Week 2017



International Club shares food, music, and Know Your Rights information during SPEAK Week 2017

Relaxation Station

In Watertown's 2014 Youth Risk Behavior Survey Results, 85.7% of responding students identified "Academic Stress" as a personal challenge. WYC Peer Leaders identified exam week as a particularly stressful time in students' lives and created the Relaxation Station to promote the Watertown Youth Coalition's goal of helping their peers to increase positive coping skills in response to stress in their lives.

WYC Peer Leaders set up a Relaxation Station in the lobby of the Watertown High School during each day of mid-term exams week in January 2017. They offered tea, hot chocolate, snacks, relaxing coloring pages, and tip sheets on how to beat exam stress. A large coloring mural provided the opportunity for community collaboration and more coloring.

The Relaxation Station was a huge success, with both students and school faculty asking if it would be back for final exams week. WYC Peer Leaders did return with the Relaxation Station during finals, but with iced tea and lemonade instead of hot chocolate and hot tea. This is now a staple Watertown Youth Coalition project.



First day of Relaxation Station during midterms in January 2017



A WYC Peer Leader adds to the coloring mural during finals week in June 2017

Community Spirit Awards

Each June, the Watertown Youth Coalition holds its annual Community Spirit Awards event to acknowledge extraordinary people who work or live in Watertown. Awardees are recognized specifically for their contribution to the health and well-being of Watertown youth. The 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.



2018 Award Recipients



2017 Award Recipients



2016 Award Recipients

Acknowledgements and Thanks

The Watertown Youth Coalition (WYC) and the WYC Peer Leaders thank the extended Watertown community of youth, parents, educators, law-enforcement and fire-department officials, health professionals, clergy, and local business owners whose dedication to fostering healthy and positive lifestyles 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 2017 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

Stephanie Sunderland-Ramsey, Coalition Staff
Dawn Graham, Coalition Staff
Anne Wang, Evaluator
Phen Sarles, WYC Peer Leader
Joseph Lampman, Watertown Public Schools
Ellen Kolton, Resident
Fatma Vatansever, Resident
Deborah Peterson, Resident

Watertown Youth Coalition Steering Committee

Marcus Moore, WYC Peer Leader
Shariel Joseph, WYC Peer Leader
Tony Palomba, Town Councilor and Parent
Fatma Vatansever, Resident
Ruth Henry, Watertown Middle School Teacher and Parent
Joseph Lampman, Watertown Public Schools Coordinator of Health, PE, and Wellness
Maria Carrasquillo, Parent and Wayside Shortstop in Somerville
Ellen Kolton, Resident
Lucine Karakhanyan, Parent
Rhode Moise, Watertown Boys and Girls Club Social Recreation and Teen Director
Miguel Colon and Kerry Kelly, Watertown Public Schools School Resource Officers
Former member Amy McCreath, Church of the Good Shepherd Pastor (2017)
Stephanie Sunderland-Ramsey, Wayside/Coalition staff
Lisa Gibalerio, Wayside/Coalition staff
Shanesha Christmas, Wayside/Coalition staff

WYC Peer Leaders 2016 - 2018

Aaliyah Morrill, Ashley Mawanda, Esther Mendez, Eva Henry, Ivy Seek, Janoah Thomas, Kaitlin Tracy, Marcus Moore, Olivia Haggerty, Phen Sarles, Shama Joseph, Shariel Joseph, Valentina Gaete

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

Laura Kurman, LMFT, CPS, Senior Program Director

Stephanie Sunderland-Ramsey, Prevention Program Coordinator

Lisa Gibalerio, Prevention Specialist

Shanesha Christmas, Peer Leader Advisor

Anne Wang, Ph.D., Senior Research Associate and Evaluator, Education Development Center

Watertown Public Schools

Dede Galdston Ed. D., Superintendent

Theresa McGuinness, Assistant Superintendent

Joseph Lampman, Coordinator of Health, PE, and Wellness

Kathleen Desmarais, Director of Student Services

Shirley Lundberg, Headmaster Watertown High School

Annmarie Boudreau, Associate Headmaster Watertown High School

Donna K. Martin, Principal Watertown Middle School

Jason DelPorto, Assistant Principal Watertown Middle School

Community Stakeholders Supporting the Work of WYC

Watertown Police Department, Watertown Fire Department, Watertown Boys & Girls Club, The Watertown Community Foundation, World in Watertown, Watertown School Committee, Watertown Town Manager and Town Council, Watertown Health Department, The W.A.T.E.R.town Task Force for Substance Use Disorder, Live Well Watertown, Watertown Overcoming Addiction, Watertown Social Service Resource Specialist, Watertown Housing, Watertown Patch, Watertown Tab and Press, Watertown News, Church of the Good Shepherd, First Parish of Watertown, Miller Tracy Foundation, Dr. Laura Kehoe and Woody Giessmann, Right Turn, The Improbable Players, Harvard Vanguard Medical Associates, Advocates Inc., 84 Movement, State Representative Jonathan Hecht, State Representative John Lawn, State Senator Will Brownsberger, and most importantly Watertown Parents and Youth .

The Well-Being of Watertown Youth 2017 Report was supported in part by the following funders

Massachusetts Department of Public Health, Bureau of Substance Addiction Services (BSAS)

U.S. Substance Abuse and Mental Health Services Administration (SAMHSA)

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Phen Sarles, Peer Leader, Watertown Youth Coalition

Joseph Lampman, Watertown Public Schools, Coordinator of Health, PE, and Wellness

Ellen Kolton, WYC Member, Watertown Resident

Laura Kurman, LMFT, Wayside Senior Program Director

Additional Information

For more information about the Watertown Youth Risk Behavior Survey, please contact the Watertown Youth Coalition at (617-926-3600) or [visit our website](#).

Like WYC on Facebook at [HERE](#). For more information about the National Youth Risk Behavior Survey, please visit the CDC website [HERE](#).

Resources

Community Resources

Watertown Youth Coalition	watertownyouthcoalition.org Stephanie Sunderland-Ramsey, Prevention Program Coordinator stephanie_sunderland@waysideyouth.org 617-926-3600 x2648 Lisa Gibalerio, Prevention Specialist lisa_gibalerio@waysideyouth.org 617-926-3600 x 2649 waysideyouth.org
Wayside Multi-Service Center	Laura Kurman, LMFT, CPS, Senior Program Director laura_kurman@waysideyouth.org 617-926-3600 x 2645
Watertown Social Services Resource Specialist	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	sites.google.com/a/watertown.k12.ma.us/whs-guidance/ All can be reached at 617-926-7736
Clinician at Watertown High School	Theodore Disciscio, Adjustment Counselor theodore.disciscio@watertown.k12.ma.us Felicia Voudris, School Psychologist felicia.voudris@watertown.k12.ma.us Teresa Malone, PUSH teresa.malone@watertown.k12.ma.us John Bresnihan, School Social Worker john.bresnihan@watertown.k12.ma.us Becket Rhodes, Adjustment Counselor, LMHC, LSAC rebecca.rhodes@watertown.k12.ma.us

WHS Nurse	watertownhs.ss19.sharpschool.com/ 617-926-7758
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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	watertownms.ss19.sharpschool.com/ All can be reached at 617-926-7783
Clinicians at Watertown Middle School	Erica Vazquez, School Psychologist erica.vazquez@watertown.k12.ma.us
WMS Nurse	watertownms.ss19.sharpschool.com/ 617-926-7783 x1046

Additional School Resources

Director of Student Services (District)	Kathleen Desmarais, Director of Student Services kathleen.desmarais@watertown.k12.ma.us 617-926-7736 ext. 6602
Watertown Bullying Prevention & Intervention	watertown.ss19.sharpschool.com/cms/one.aspx?portalId=190103&pageId=1032163
Community Education	Director of Community Education 617-923-7653
Screening for Mental Health, Inc. (Signs of Suicide Program)	mentalhealthscreening.org youth@mentalhealthscreening.org 781-239-0071

Local Hospital Resources

Institute for Health and Recovery (IHR)	healthrecovery.org Youth Central Intake Adolescent Programs Youth Substance Abuse Program Referral: 617-661-3991 or 617-599-4099
Mass General Hospital Addiction Services	massgeneral.org/psychiatry/services/treatmentprograms

	Addiction Recovery Management Services (ARMS)* 617-643-4699
Mt. Auburn Hospital	mountauburnhospital.org Prevention & Recovery Center: 617-499-5051
McLean Hospital	mcleanhospital.org/programs/adolescent-art Adolescent Acute Residential Treatment 877-412-3445 or 617-855-2800

Massachusetts Resources

Massachusetts Substance Abuse	helpline-online.com adolescent-substance-abuse.com Information and Education Helpline 800-327-5050
The Massachusetts Aggression Reduction Center	marccenter.webs.com
Suicide Prevention Resource Center	sprc.org 877-GET-SPRC (438-7772)
Massachusetts Department of Public Health	Information on prevention of alcohol and other drug use mass.gov/orgs/departments-of-public-health

National Resources

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

Resources for LGBTQ Community

Greater Boston Parents and Friends of LGBTQ+ Youth (GBPFLAG)	gbpflag.org
Boston Alliance of LGBTQ Youth (BAGLY)	bagly.org
OUT MetroWest	Local LGBT youth programs outmetrowest.org
GLSEN LGBTQ+ student resources	glsen.org
Campus Pride	Resources, programming, information (bathrooms and insurance) for youth and especially college students campuspride.org

Online Resources

HelpGuide	Information about Emotional and Mental Health Issues helpguide.org
Bullying Resources	stopbullying.gov
Parents. The Anti-Drug	theantidrug.com
abovetheinfluence.com	abovetheinfluence.com
Watertown Youth Coalition	watertownyouthcoalition.org
Wicked Sober	recoverycentersofamerica.com



watertownyouthcoalition.org

facebook.com/watertownyouthcoalition



Building Strength, Hope & Resiliency

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

Wayside Multi is committed to inclusivity, racial and gender equity, and social justice.

Watertown Youth Coalition Partners



Harvard Vanguard
Medical Associates
Atrius Health

