

2023

Watertown Public Schools Youth Health Survey Full Report

In partnership with John Snow, Inc.

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About the Youth Health Survey

Since 2017, school districts in Middlesex County, Massachusetts, collectively called the Middlesex League, have collaborated to jointly conduct a youth health survey to capture vital information related to health status and certain behaviors that have been deemed as putting the health of students in middle and high school at-risk. Local superintendents have engaged the services of John Snow, Inc. (JSI) a public health consulting firm with expertise in survey administration, to support this initiative. The superintendents and health coordinators work with JSI to develop a common middle and high school youth health survey instrument based on the United States Centers for Disease Control and Prevention (CDC) Youth Risk Behavior Survey (YRBS) and the Massachusetts Department of Public Health's Youth Health Survey (YHS). These national and State instruments, as well as the Middlesex League Youth Health Survey instruments, are updated every two years in response to emerging health issues. Individual school districts are also given the opportunity to incorporate additional questions, tailored to their unique circumstances and needs, which are added to the standard core survey, to create their specific district survey. This process allows individual school districts and the region, overall, to better understand and respond to the health risks facing youth in their communities, as well as to promote information sharing and coordination across school districts, health officials, and other community-based service providers.

The 2023 YRBS builds upon the 2017, 2019, and 2021 assessments, and includes the districts of Arlington, Belmont, Burlington, Melrose, Reading, Stoneham, Wakefield, Watertown, Wilmington, Winchester, and Woburn.

SURVEY ADMINISTRATION & CONSENT PROCESS

Once the survey content was finalized, JSI designed self-administered, online surveys for the middle and high school using a nationally recognized, specialized survey platform called Alchemer. In addition to English, the survey was translated into Spanish, Portuguese, and Haitian Creole. JSI worked with each school to develop a standard survey administration plan and schedule. Survey administration occurred during the students' regular class time.

Prior to administration, Watertown was provided additional, tailored assistance with respect to implementing the student opt-out process, confidentiality practices, and other procedures to ensure the quality and integrity of the data collection process. Schools obtained passive parental permission. Parents were mailed a form explaining the purpose of the survey and given the opportunity to have their child "opt out" of taking it. Individual student surveys are never shared, but are combined to create school-specific datasets.

DATA CLEANING

Online administration of the survey allowed for results to be immediately transferred to JSI's secure computer servers, where the data were aggregated and analyzed using SAS 9.4 (SAS Institute Inc., Cary, NC). The raw data set was reviewed for completeness and the amount of time students took to respond to the questions. Records where a student started but did not complete any of the survey questions, completed less than 50% of the questions, or had a high rate of response but took less than 50% of the average time to complete the survey were marked as incomplete and excluded from the analysis.

Reporting on the Youth Health Survey

The purpose of this report is to highlight key middle school and high school findings for eight domains: safety, discrimination, violence-related behaviors and experiences, mental health, substance use, sexual behaviors, physical activity and nutrition, and protective factors. Data is reported and analyzed for all students in Watertown, as well as by grade, gender identity, sexual orientation, race, and ethnicity. The information provided below is meant to highlight key themes and provide a perspective on how the district-specific data compares to the prior year and state benchmark data. Confidence intervals were used to test for the significance of the findings within each demographic category. If the category had three or more variables (i.e., grade, gender, race), the confidence intervals were compared to the average to determine significance. If the category had two variables (i.e., sexual orientation, ethnicity), the confidence intervals were compared to each other to determine significance. Of note, while statistical differences are highlighted throughout the report, there are areas where *substantive* differences may exist but were underpowered (i.e., small sample size) to detect and note *statistically significant* differences. Watertown has been provided detailed data outputs and raw reports that allow them to look more carefully at data from each question on the survey, including information that allows the school districts to analyze their data by specific demographic cohorts.

KEY TERMS AND ACRONYMS

- ML '23 – 2023 Middlesex League Survey Regional Data
- MA '21 – 2021 Massachusetts Youth Health Survey Data
- 6 – 6th grade
- 7 – 7th grade
- 8 – 8th grade
- 9 – 9th grade
- 10 – 10th grade
- 11 – 11th grade
- 12 – 12th grade
- M – Male
- F – Female
- TGD – Transgender and Gender Diverse (non-binary, genderfluid, genderqueer, transgender, questioning, etc.)
- HS – Heterosexual
- LGBTQ+ – Lesbian, gay, bisexual, another sexual orientation, questioning, etc.
- MR – Multi-Racial
- HL – Hispanic or Latino/a
- EVP – Electronic vapor product
- PDM – Prescription drug misuse

2023

**Watertown Public Schools
Youth Health Survey**

High School Results

2023 High School Sample

In 2023, 803 high school students participated in Watertown Youth Health Survey. Among the students that participated, 208 were marked as incomplete and excluded from the final data set used in the analysis. This resulted in a final sample of 595 students. The table below shows a distribution of accepted survey respondents by grade, gender identity, sexual orientation, race, and ethnicity.

Grade	9 th	181
	10 th	180
	11 th	127
	12 th	103
Gender Identity	Woman/Girl	249
	Man/Boy	291
	TGD	46
	Did not understand question/ Chose not to respond	7
Sexual Orientation	Heterosexual	459
	LGBQ+	113
	Did not understand question/ Chose not to respond	19
Race	Asian	42
	Black	35
	White	324
	Other	119
	Multi-Racial	63
Ethnicity	Hispanic/Latino/a	182
	Not Hispanic/Latino/a	403

This analysis includes surveys from 81% of the high school student population. The table below shows the distribution of accepted survey respondents and 2022-2023 Watertown high school enrollment numbers by grade.

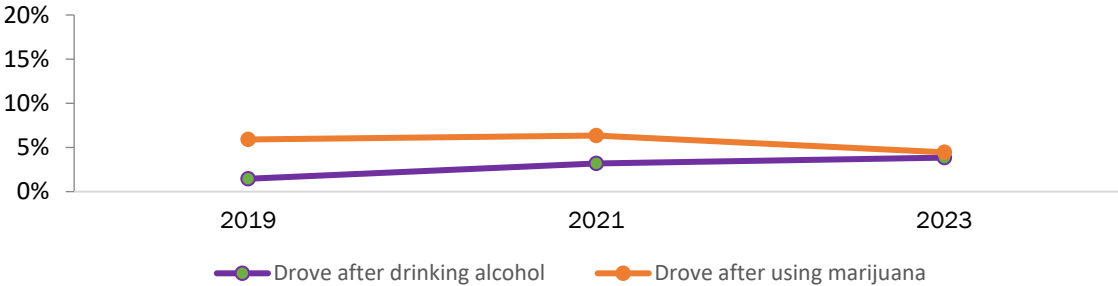
Grade	YHS Participation	Enrollment	Participation Rate
9 th	181	202	90%
10 th	180	209	86%
11 th	127	166	77%
12 th	103	152	68%

Safety

Motor Vehicle Safety

DRIVING A CAR WHILE IMPAIRED

Among high school students who have driven a car in the past 30 days, 4% drove a car when they had been drinking alcohol and 4% drove a car when they had been using marijuana.



Watertown '23 Driving/alcohol - 4% Driving/marijuana - 4%
ML '23 Driving/alcohol - 3% Driving/marijuana - 5%
MA '21 Driving/alcohol - 5% Driving/marijuana - 25%

The graphs below show a breakdown of 2023 data by different demographic groups.

Grade				Gender			Sexual Orientation		Race				Ethnicity		
9 th	10 th	11 th	12 th	F	M	TGD	HS	LGBQ+	Asian	Black	White	Other	MR	H/L	Not H/L
Drove a car when they had been drinking alcohol															
2%	7%	1%	6%	3%	3%	9%	4%	5%	0%	10%	4%	0%	9%	7%	2%
Drove a car when they had been using marijuana															
1%	7%	2%	9%	3%	4%	14%	4%	9%	0%	5%	5%	1%	12%	7%	3%

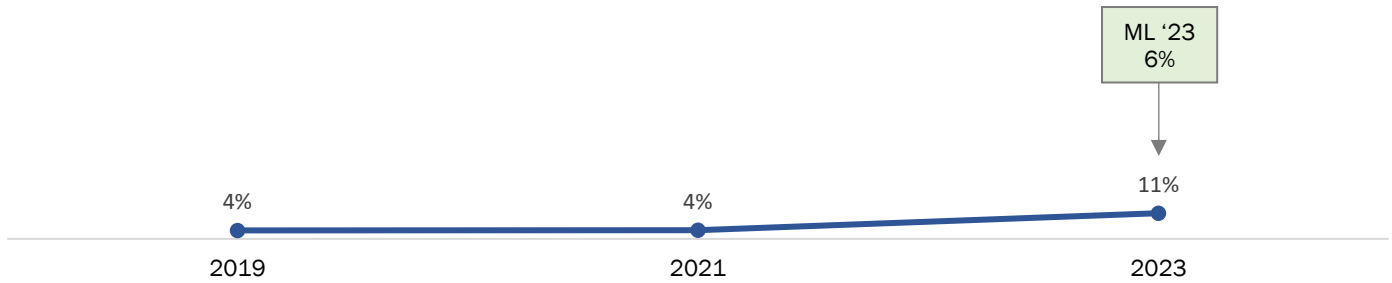
Drove after drinking alcohol: There were no significant differences.

Drove after using marijuana: There were no significant differences.

Q: During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol?
 Q: During the past 30 days, how many times did you drive a car or other vehicle when you had been using marijuana?

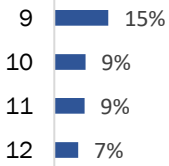
Safety in or Traveling to or from School

Overall, 11% of high school students skipped school because they felt unsafe at school or on their way to or from school in the past 30 days. *There is no statewide comparison data.*

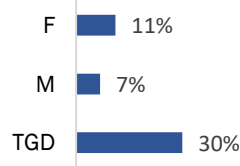


The graphs below show a breakdown of 2023 data by different demographic groups.

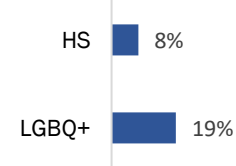
Grade



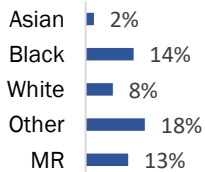
Gender



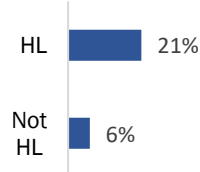
Sexual Orientation



Race



Ethnicity



Grade: There were no significant differences.

Gender: TGD students were significantly more likely than the average high school student to skip school because they felt unsafe at school or on their way to or from school.

Sexual Orientation: LGBQ+ students were significantly more likely than heterosexual students to skip school because they felt unsafe at school or on their way to or from school.

Race: Asian students were significantly less likely than the average high school student to skip school because they felt unsafe at school or on their way to or from school.

Ethnicity: Hispanic/Latino students were significantly more likely than non-Hispanic/Latino students to skip school because they felt unsafe at school or on their way to or from school.

Q: During the past 30 days, on how many days did you not go to school because you felt you would be unsafe at school or on your way to or from school?

Discrimination

Discrimination

EXPERIENCED DISCRIMINATION

Overall, 8% of high school students reported that they were sometimes, most of the time, or always treated badly or unfairly in school in the past 12 months because of their race or ethnicity, 8% because of their gender identity, 5% because of their sexual orientation, and 5% because of their religion. *There is no statewide comparison data.*

ML '23
Race/ethnicity – 6%
Gender identity – 7%
Sexual orientation – 5%
Religion – 5%



Below is a breakdown of 2023 data by different demographic groups.

Grade				Gender			Sexual Orientation		Race				Ethnicity		
9 th	10 th	11 th	12 th	F	M	TGD	HS	LGBQ+	Asian	Black	White	Other	MR	H/L	Not H/L
Race or ethnicity															
7%	9%	10%	6%	7%	6%	20%	7%	11%	2%	23%	3%	13%	13%	16%	4%
Gender identity															
3%	12%	7%	8%	6%	5%	33%	4%	23%	5%	0%	8%	10%	8%	9%	7%
Sexual orientation															
2%	6%	6%	6%	2%	3%	28%	1%	18%	2%	3%	6%	4%	5%	7%	4%
Religion															
6%	7%	2%	3%	5%	3%	7%	4%	7%	0%	3%	3%	8%	8%	6%	4%

Race or ethnicity: White students were significantly less likely than the average high school student to experience discrimination because of their race or ethnicity. Hispanic/Latino students were significantly more likely than non-Hispanic/Latino students to experience discrimination because of their race or ethnicity.

Gender identity: TGD students were significantly more likely than the average high school student to experience discrimination because of their gender identity. LGBQ+ students were significantly more likely than heterosexual students to experience discrimination because of their gender identity.

Sexual orientation: TGD students were significantly more likely than the average high school student to experience discrimination because of their sexual orientation. LGBQ+ students were significantly more likely than heterosexual students to experience discrimination because of their sexual orientation.

Religion: There were no significant differences.

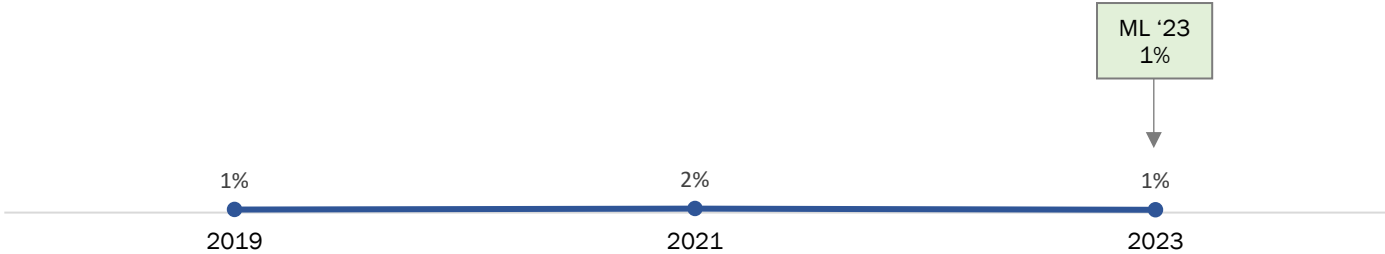
- Q: During the past 12 months, how often have you felt that you were treated badly or unfairly in school because of your race or ethnicity?
- Q: During the past 12 months, how often have you felt that you were treated badly or unfairly in school because of your gender identity?
- Q: During the past 12 months, how often have you felt that you were treated badly or unfairly in school because of your sexual orientation?
- Q: During the past 12 months, how often have you felt that you were treated badly or unfairly in school because of your religion?

Violence-Related Behaviors and Experiences

Weapons

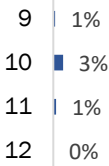
ON SCHOOL PROPERTY

Overall, 1% of high school students carried a weapon on school property during the past 30 days. *There is no statewide comparison data.*

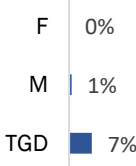


The graphs below show a breakdown of 2023 data by different demographic groups.

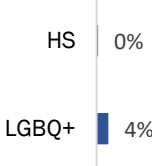
Grade



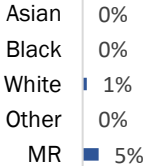
Gender



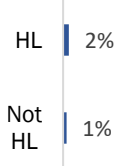
Sexual Orientation



Race



Ethnicity



Grade: There were no significant differences.

Gender: There were no significant differences.

Sexual Orientation: There were no significant differences.

Race: There were no significant differences.

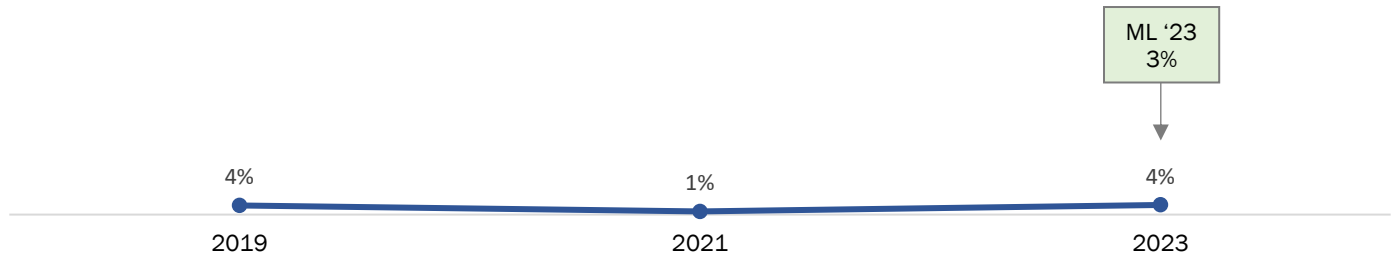
Ethnicity: There were no significant differences.

Q: During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club on school property?

Physical Fighting

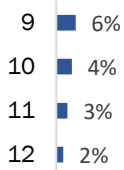
ON SCHOOL PROPERTY

Overall, 4% of high school students were in a physical fight on school property in the past 12 months. *There is no statewide comparison data.*

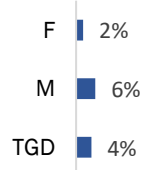


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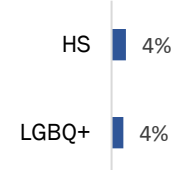
Grade



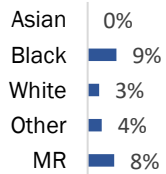
Gender



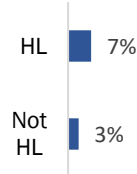
Sexual Orientation



Race



Ethnicity



Grade: There were no significant differences.

Gender: There were no significant differences.

Sexual Orientation: There were no significant differences.

Race: There were no significant differences.

Ethnicity: There were no significant differences.

Q: During the past 12 months, how many times were you in a physical fight on school property?

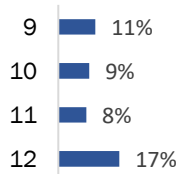
Sexual Violence

LIFETIME

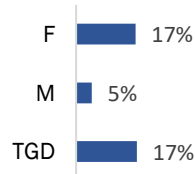
Overall, 11% of high school students have had someone do sexual things to them or forced them to do sexual things that they did not want to, compared to 10% of Middlesex League students. This was the first time this question was asked on the Watertown Youth Health Survey so there is no trend data. *There is no statewide comparison data.*

The graphs below show a breakdown of 2023 data by different demographic groups.

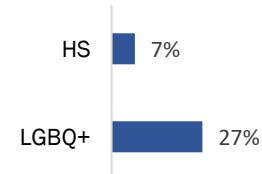
Grade



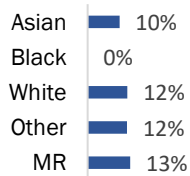
Gender



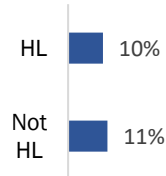
Sexual Orientation



Race



Ethnicity



Grade: There were no significant differences.

Gender: Male students were significantly less likely than the average high school student to ever experience sexual violence.

Sexual Orientation: LGBQ+ students were significantly more likely than heterosexual students to ever experience sexual violence.

Race: There were no significant differences.

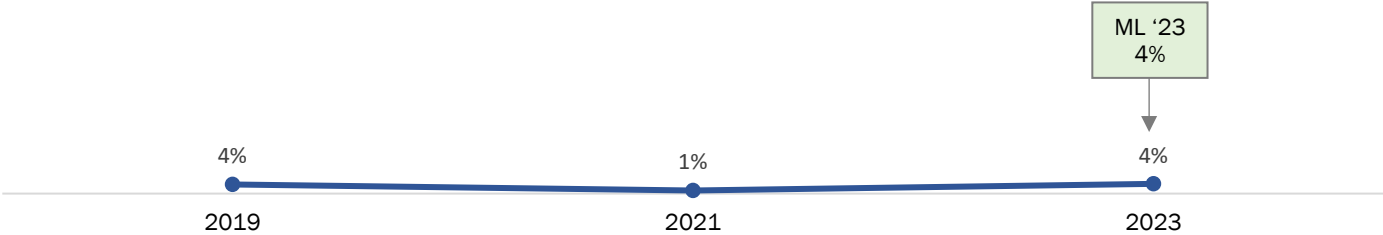
Ethnicity: There were no significant differences.

Q: Has anyone ever done sexual things to you or forced you to do sexual things that you did not want?

Sexual Violence

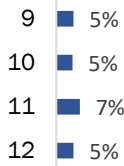
PAST YEAR

Overall, 5% of high school students have had someone do sexual things to them or forced them to do sexual things that they did not want to in the past 12 months. *There is no statewide comparison data.*

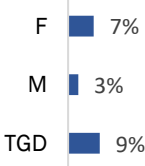


The graphs below show a breakdown of 2023 data by different demographic groups.

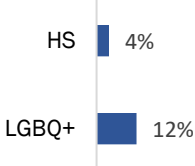
Grade



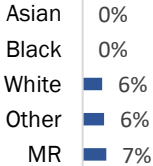
Gender



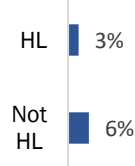
Sexual Orientation



Race



Ethnicity



Grade: There were no significant differences.

Gender: There were no significant differences.

Sexual Orientation: LGBTQ+ students were significantly more likely than heterosexual students to experience sexual violence in the past 12 months.

Race: There were no significant differences.

Ethnicity: There were no significant differences.

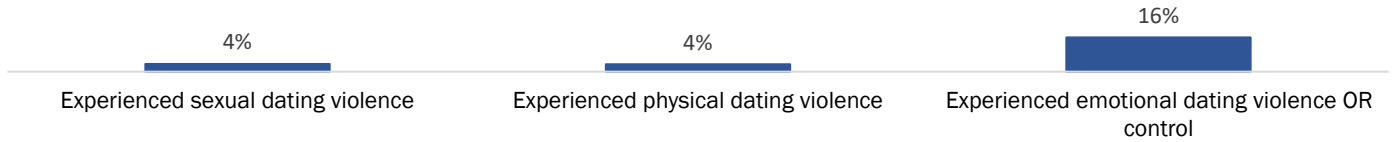
Q: During the past 12 months, did anyone force you to do sexual things that you did not want to?

Dating Violence

DATING VIOLENCE

Overall, 4% of high school students have been hurt sexually by someone they were dating or going out with in the past 12 months, 4% have been hurt physically, and 16% have been emotionally hurt or controlled. *There is no statewide comparison data.*

ML '23
 Sexual dating violence – 4%
 Physical dating violence – 3%
 Emotional dating violence – 11%



Below is a breakdown of 2023 data by different demographic groups.

Grade				Gender			Sexual Orientation		Race					Ethnicity	
9 th	10 th	11 th	12 th	F	M	TGD	HS	LGBQ+	Asian	Black	White	Other	MR	H/L	Not H/L
Experienced sexual dating violence															
3%	5%	2%	4%	4%	2%	9%	3%	7%	0%	0%	3%	6%	6%	5%	3%
Experienced physical dating violence															
2%	4%	4%	5%	2%	4%	7%	3%	4%	0%	3%	3%	4%	8%	7%	2%
Experienced emotional violence or were controlled															
17%	13%	20%	16%	20%	12%	20%	14%	24%	5%	17%	16%	18%	19%	19%	14%

Sexual dating violence: There were no significant differences.

Physical dating violence: There were no significant differences.

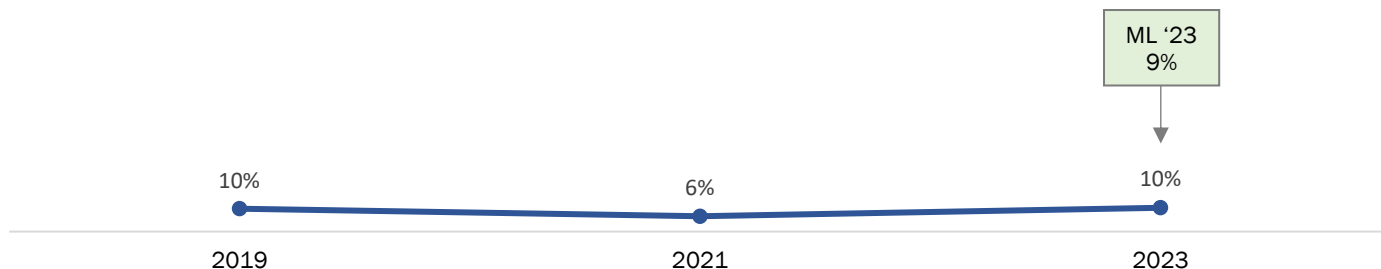
Emotional dating violence or control: Asian students were significantly less likely than the average high school student to experience emotional dating violence or control.

Q: During the past 12 months, how many times did someone you were dating or going out with physically hurt you?
 Q: During the past 12 months, how many times did someone you were dating or going out with force you to do sexual things that you did not want to?
 Q: During the past 12 months, how many times did someone you were dating or going out with try to control you or emotionally hurt you?

Bullying

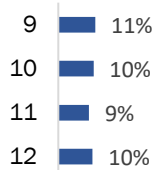
BULLYING ON SCHOOL PROPERTY

Overall, 10% of high school students were bullied on school property in the past 12 months. *There is no statewide comparison data.*

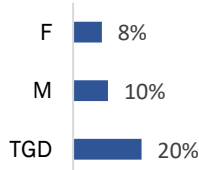


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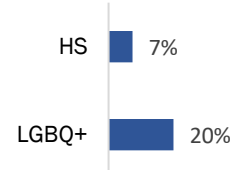
Grade



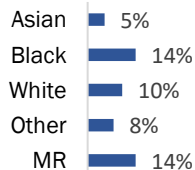
Gender



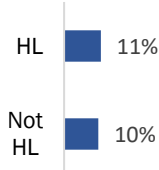
Sexual Orientation



Race



Ethnicity



Grade: There were no significant differences.

Gender: There were no significant differences.

Sexual Orientation: LGBQ+ students were significantly more likely than heterosexual students to be bullied on school property in the past 12 months.

Race: There were no significant differences.

Ethnicity: There were no significant differences.

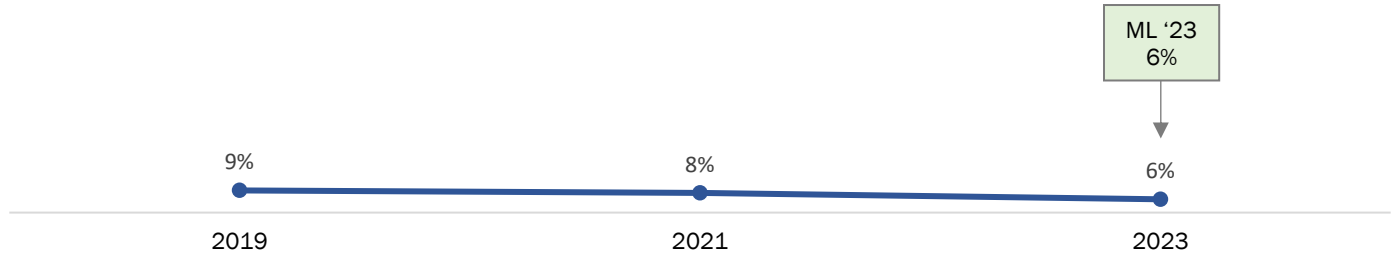
Q: During the past 12 months, how many times were you bullied on school property?

The 2023 YHS defined bullying as when one or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again. It is not bullying when two students of about the same strength or power argue or fight or tease each other in a friendly way. Electronic bullying is things such as someone spreading a rumor or something untrue about you online; someone sending you a threatening or aggressive message; someone posting an embarrassing picture of you online without your permission; someone taking a private message you sent them and forwarding it to someone else or posting it where others could see it.

Bullying

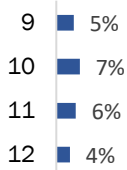
ELECTRONIC BULLYING

Overall, 6% of high school students were electronically bullied in the past 12 months. *There is no statewide comparison data.*

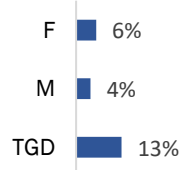


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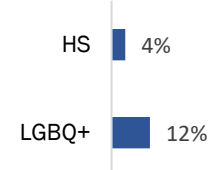
Grade



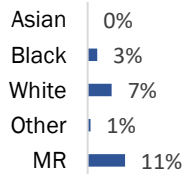
Gender



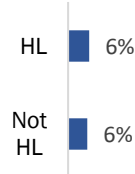
Sexual Orientation



Race



Ethnicity



Grade: There were no significant differences.

Gender: There were no significant differences.

Sexual Orientation: There were no significant differences.

Race: Students of another race were significantly less likely than the average high school student to experience electronic bullying in the past 12 months.

Ethnicity: There were no significant differences.

Q: During the past 12 months, have you been bullied electronically?

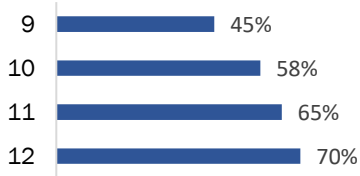
Mental Health

General

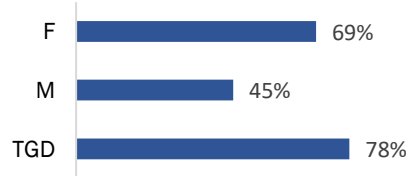
Overall, 58% of high school students reported that their mental health was not good sometimes, most of the time, or always, compared to 55% of Middlesex League students. This was the first time this question was asked on the Watertown Youth Health Survey so there is no trend data. *There is no statewide comparison data.*

The graphs below show a breakdown of 2023 data by different demographic groups.

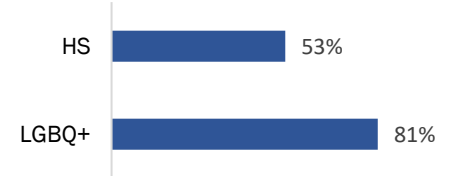
Grade



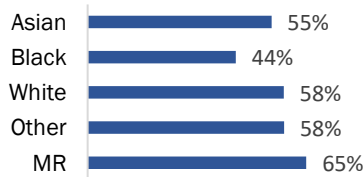
Gender



Sexual Orientation



Race



Ethnicity



Grade: Students in 9th grade were significantly less likely than the average high school student to report that their mental health was not good sometimes, most of the time, or always in the past 30 days.

Gender: Female and TGD students were significantly more likely than the average high school student to report that their mental health was not good sometimes, most of the time, or always in the past 30 days, and male students were significantly less likely than the average high school student.

Sexual Orientation: LGBQ+ students were significantly more likely than heterosexual students to report that their mental health was not good sometimes, most of the time, or always in the past 30 days.

Race: There were no significant differences.

Ethnicity: There were no significant differences.

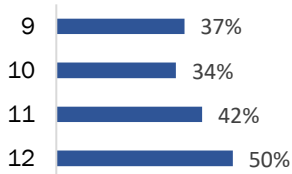
Q: During the past 30 days, how often was your mental health not good?

Stress

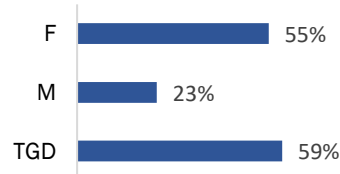
Overall, 40% high school students felt tense, nervous, or worried every day for two or more weeks in a row that they stopped doing some usual activities (i.e., experienced anxiety) in the past 30 days, compared to 33% of Middlesex League students. This was the first time this question was asked on the Watertown Youth Health Survey so there is no trend data. *There is no statewide comparison data.*

The graphs below show a breakdown of 2023 data by different demographic groups.

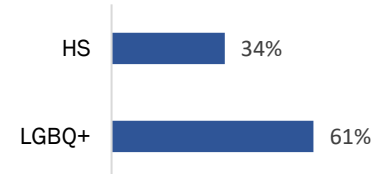
Grade



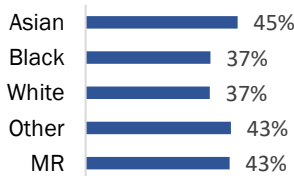
Gender



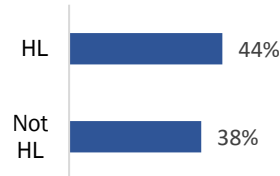
Sexual Orientation



Race



Ethnicity



Grade: There were no significant differences.

Gender: Female and TGD students were significantly more likely than the average high school student to experience anxiety in the past 30 days, and male students were significantly less likely than the average high school student.

Sexual Orientation: LGBQ+ students were significantly more likely than heterosexual students to experience anxiety in the past 30 days.

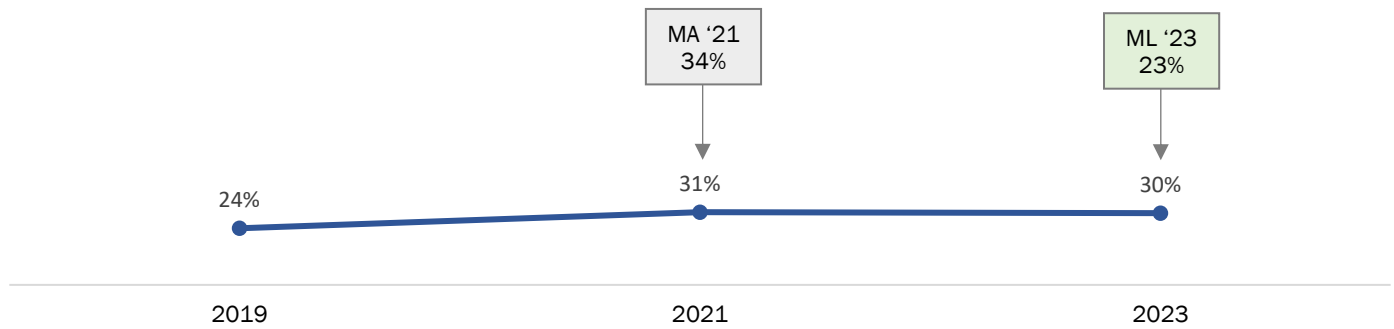
Race: There were no significant differences.

Ethnicity: There were no significant differences.

Q: During the past 30 days, did you ever feel tense, nervous, or worried every day for two or more weeks in a row that you stopped doing some usual activities?

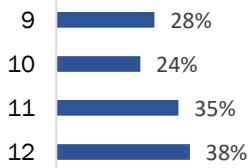
Feeling Sad or Hopeless

Overall, 34% of high school students felt sad or hopeless almost every day for two or more weeks in a row that they stopped doing some of their usual activities (i.e., experienced depression) in the past 12 months.

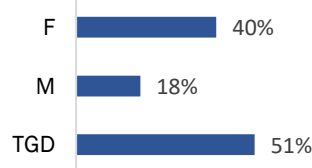


The graphs below show a breakdown of 2023 data by different demographic groups.

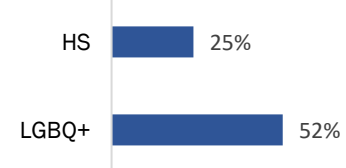
Grade



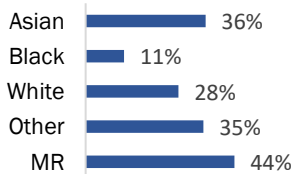
Gender



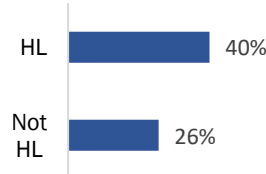
Sexual Orientation



Race



Ethnicity



Grade: There were no significant differences.

Gender: Male students were significantly less likely than the average high school student to experience depression in the past 12 months, and TGD students were significantly more likely than the average high school student.

Sexual Orientation: LGBQ+ students were significantly more likely than heterosexual students to experience depression in the past 12 months.

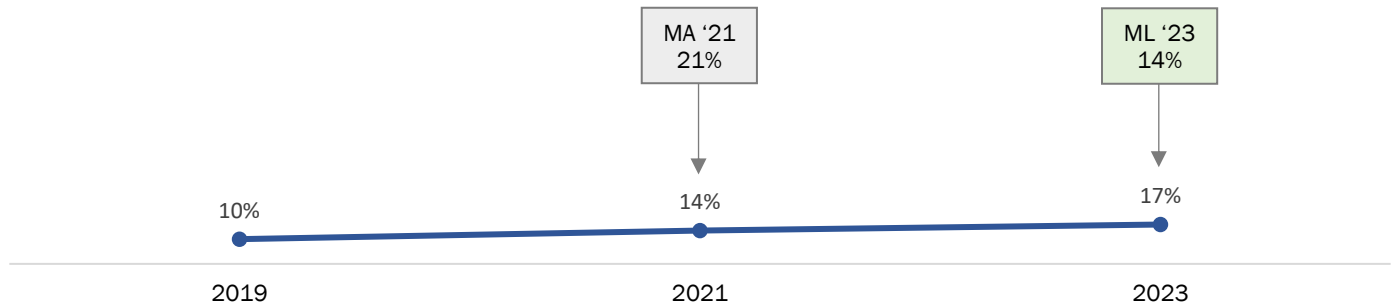
Race: Black students were significantly less likely than the average high school student to experience depression in the past 12 months.

Ethnicity: Hispanic/Latino students were significantly less likely than non-Hispanic/Latino students to experience depression in the past 12 months.

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

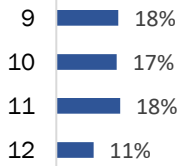
Self-Harm

Overall, 17% of high school students hurt or injured themselves on purpose without wanting to die (i.e., engaged in self-harm) in the past 12 months.

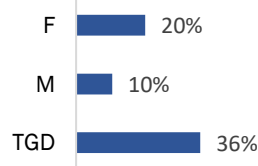


The graphs below show a breakdown of 2023 data by different demographic groups.

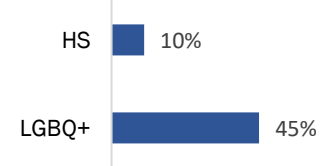
Grade



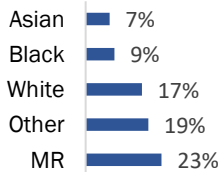
Gender



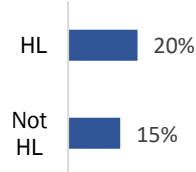
Sexual Orientation



Race



Ethnicity



Grade: There were no significant differences.

Gender: TGD students were significantly more likely than the average high school student to engage in self-harm in the past 12 months.

Sexual Orientation: LGBQ+ students were significantly more likely than heterosexual students to engage in self-harm in the past 12 months.

Race: There were no significant differences.

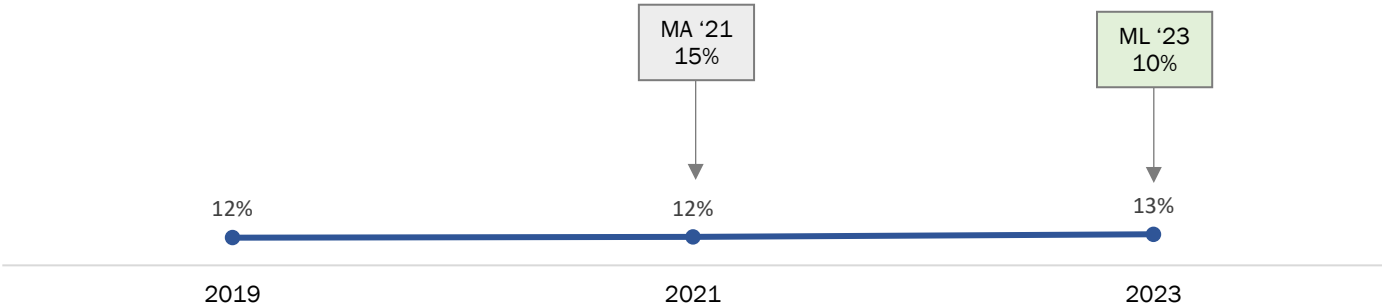
Ethnicity: There were no significant differences.

Q: During the past 12 months, how many times did you hurt or injure yourself on purpose without wanting to die?

Suicidal Ideation & Suicide

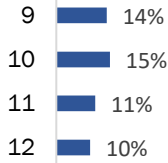
CONSIDERED ATTEMPTING SUICIDE

Overall, 13% of high school students seriously considered attempting suicide during the past 12 months.

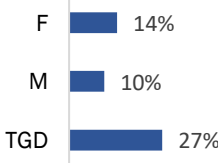


The graphs below show a breakdown of 2023 data by different demographic groups.

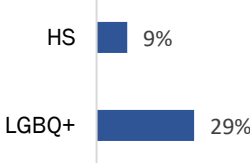
Grade



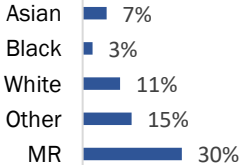
Gender



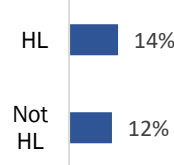
Sexual Orientation



Race



Ethnicity



Grade: There were no significant differences.

Gender: There were no significant differences.

Sexual Orientation: LGBQ+ students were significantly more likely than heterosexual students to seriously consider attempting suicide in the past 12 months.

Race: Black students were significantly less likely than the average high school student to seriously consider attempting suicide in the past 12 months, and Multi-Racial students were significantly more likely than the average high school student.

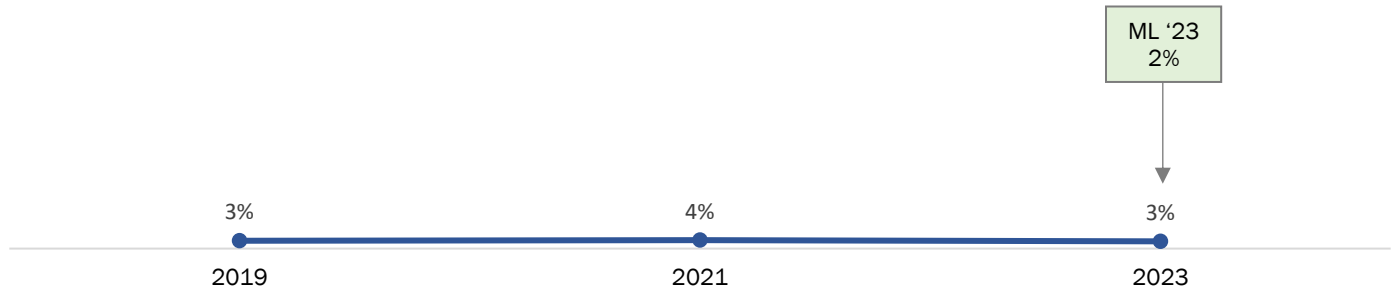
Ethnicity: There were no significant differences.

Q: During the past 12 months, did you ever seriously consider attempting suicide?

Suicidal Ideation & Suicide

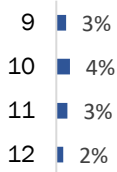
ATTEMPTED SUICIDE

Overall, 3% of high school students attempted suicide in the past 12 months. This was the first time this question was asked on the Watertown Youth Health Survey so there is no trend data. *There is no statewide comparison data.*

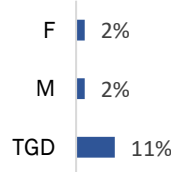


The graphs below show a breakdown of 2023 data by different demographic groups.

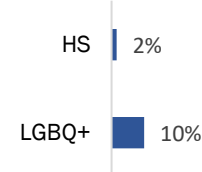
Grade



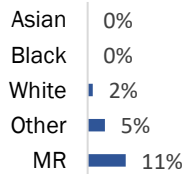
Gender



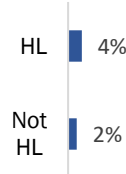
Sexual Orientation



Race



Ethnicity



Grade: There were no significant differences.

Gender: There were no significant differences.

Sexual Orientation: LGBQ+ students were significantly more likely than heterosexual students to attempt suicide in the past 12 months.

Race: There were no significant differences.

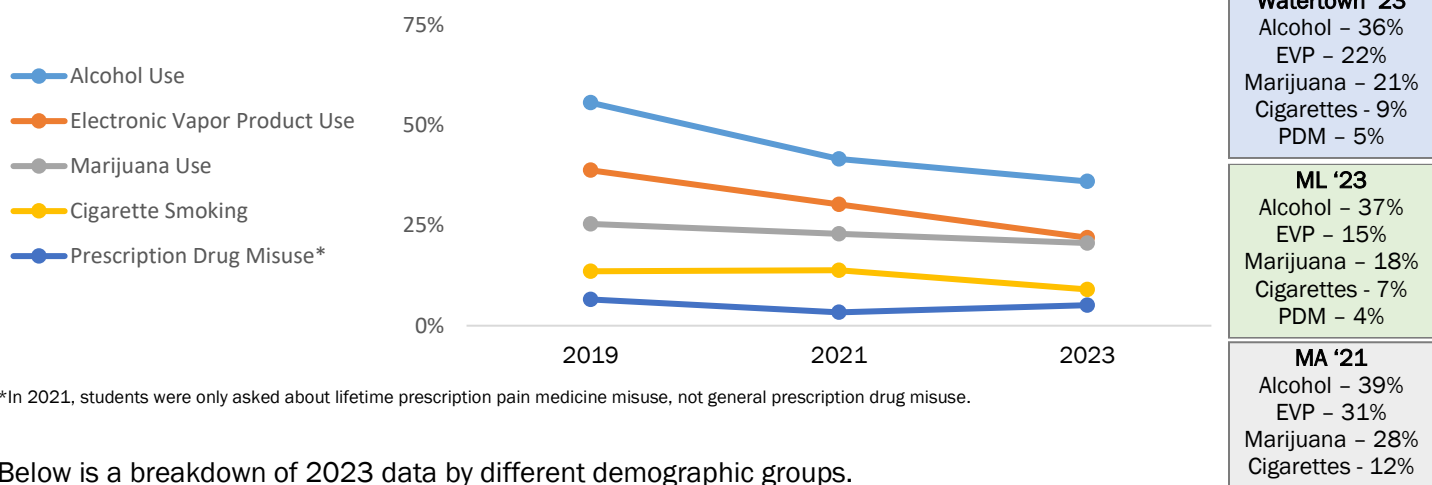
Ethnicity: There were no significant differences.

Q: During the past 12 months, did you attempt suicide?

Substance Use

Lifetime Substance Use

Watertown high school students were asked if they had ever used a variety of substances. Overall, 36% reported ever drinking alcohol, 22% reported ever using electronic vapor products, 21% reported ever using marijuana, and 9% reported ever smoking cigarettes, and 5% reported ever using prescription drugs without a prescription.



Below is a breakdown of 2023 data by different demographic groups.

Grade				Gender			Sexual Orientation		Race					Ethnicity	
9 th	10 th	11 th	12 th	F	M	TGD	HS	LGBQ+	Asian	Black	White	Other	MR	H/L	Not H/L
Alcohol use															
28%	33%	35%	55%	40%	32%	38%	36%	38%	5%	26%	40%	38%	40%	41%	33%
EVP use															
21%	18%	24%	28%	24%	20%	22%	21%	27%	10%	24%	22%	23%	24%	24%	20%
Marijuana use															
16%	14%	23%	34%	22%	17%	27%	18%	31%	7%	11%	24%	18%	21%	21%	20%
Cigarette smoking															
8%	11%	8%	7%	8%	9%	11%	8%	11%	0%	12%	9%	8%	15%	9%	8%
Prescription drug misuse															
6%	4%	8%	3%	4%	5%	18%	4%	12%	0%	12%	4%	4%	12%	6%	5%

Alcohol use: Students in 12th grade were significantly more likely than the average high school student to ever use alcohol, and Asian students were significantly less likely than the average high school student.

EVP use: There were no significant differences.

Marijuana use: Students in 12th grade were significantly more likely than the average high school student to ever use marijuana, and Asian students were significantly less likely than the average high school student. LGBQ+ students were significantly more likely than heterosexual students to ever use marijuana.

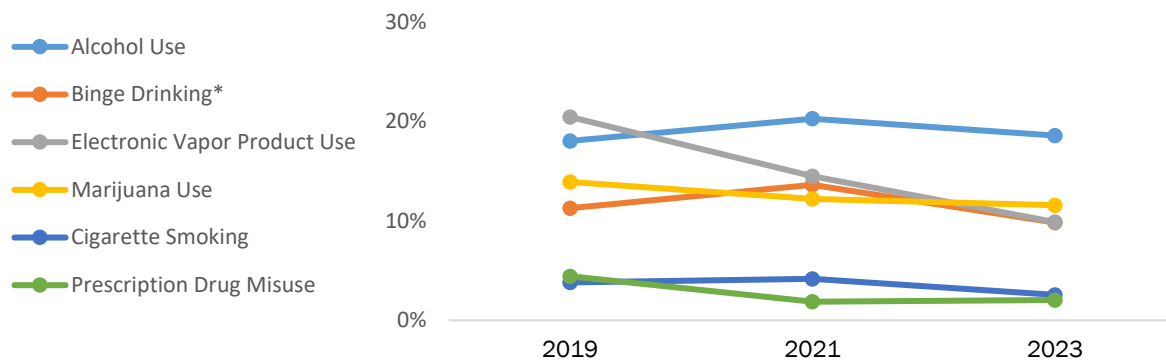
Cigarette smoking: There were no significant differences.

Prescription drug misuse: LGBQ+ students were significantly more likely than heterosexual students to ever misuse prescription drugs.

Q: Have you ever had a drink of alcohol other than a few sips?
 Q: Have you ever used an electronic vapor product?
 Q: Have you ever tried marijuana?
 Q: Have you ever tried cigarette smoking, even one or two puffs?
 Q: During your lifetime, have you ever taken prescription drugs that weren't your own?

Current Substance Use

Watertown high school students were asked if they had used a variety of substances in the past 30 days (currently). Overall, 19% of high school students reported currently using alcohol, 10% reported currently binge drinking (5 or more drinks in a row), 10% reported currently using electronic vapor products, 12% reported currently marijuana use, 3% reported currently smoking cigarettes, and 2% reported currently misusing prescription drugs.



Watertown '23
Alcohol - 19%
Binge drinking - 10%
EVP - 10%
Marijuana - 12%
Cigarettes - 3%
PDM - 2%

ML '23
Alcohol - 20%
Binge drinking - 10%
EVP - 8%
Marijuana - 11%
Cigarettes - 3%
PDM - 1%

MA '21
Alcohol - 22%
Binge drinking - 11%
EVP - 18%
Marijuana - 18%
Cigarettes - 3%

*In 2023, the survey redefined "binge drinking" from 4 or more drinks in a row for female students and 5 or more drinks in a row for male students to 5 or more drinks in a row for all students.

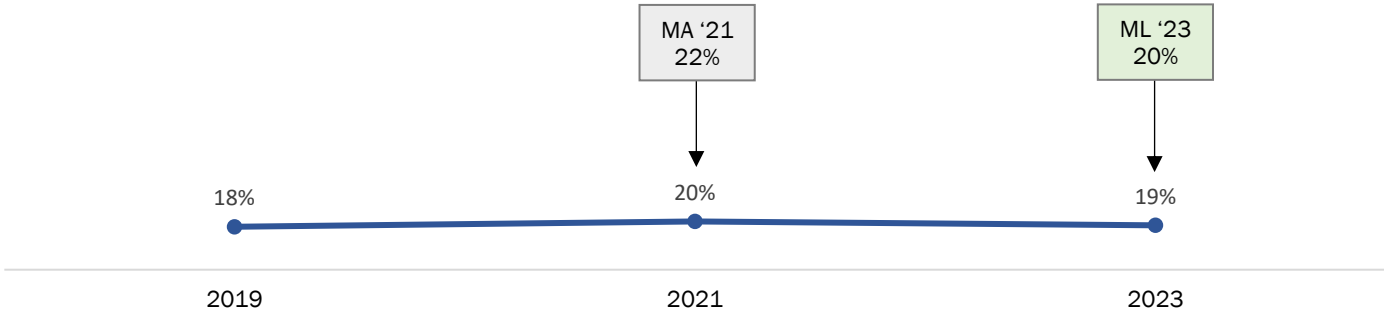
The following pages include a breakdown of 2023 data by different demographic groups.

- Q: During the past 30 days, on how many days did you have at least one drink of alcohol?
- Q: During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row or within a couple of hours?
- Q: During the past 30 days, on how many days did you use an electronic vapor product?
- Q: During the past 30 days, how many times did you use marijuana?
- Q: During the past 30 days, on how many days did you smoke cigarettes?
- Q: During the past 30 days, have you taken prescription drugs that weren't your own?

Current Substance Use

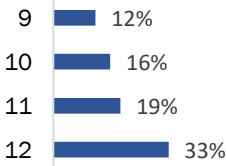
CURRENT ALCOHOL USE

Overall, 19% of high school students drank alcohol in the past 30 days.

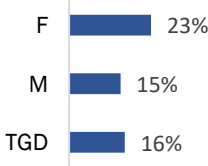


The graphs below show a breakdown of 2023 data by different demographic groups.

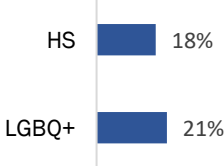
Grade



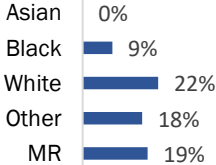
Gender



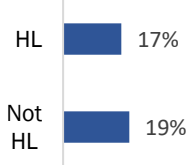
Sexual Orientation



Race



Ethnicity



Grade: Students in 12th grade were significantly more likely than the average high school student to currently drink alcohol.

Gender: There were no significant differences.

Sexual Orientation: There were no significant differences.

Race: There were no significant differences.

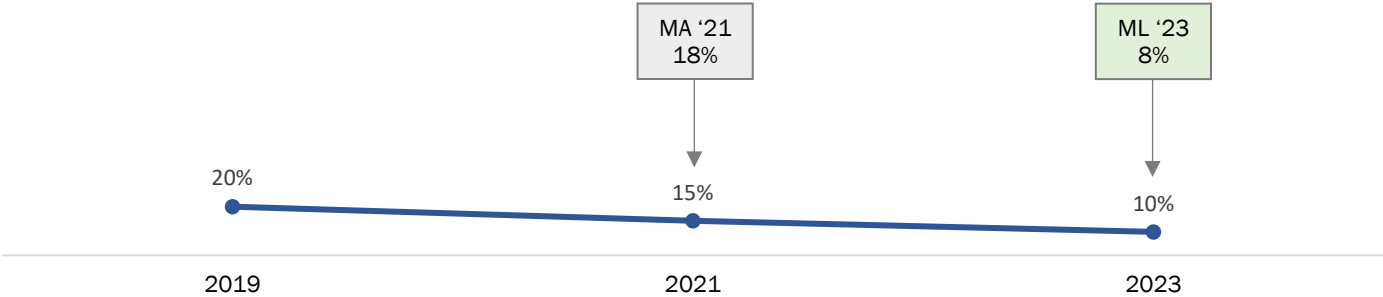
Ethnicity: There were no significant differences.

Q: During the past 30 days, on how many days did you have at least one drink of alcohol?

Current Substance Use

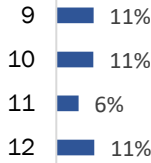
CURRENT ELECTRONIC VAPOR PRODUCT USE

Overall, 10% of high school students used electronic vapor products in the past 30 days.

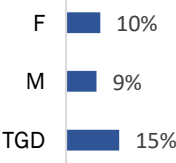


The graphs below show a breakdown of 2023 data by different demographic groups.

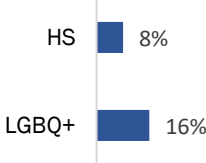
Grade



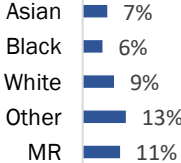
Gender



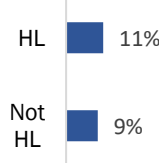
Sexual Orientation



Race



Ethnicity



Grade: There were no significant differences.

Gender: There were no significant differences.

Sexual Orientation: There were no significant differences.

Race: There were no significant differences.

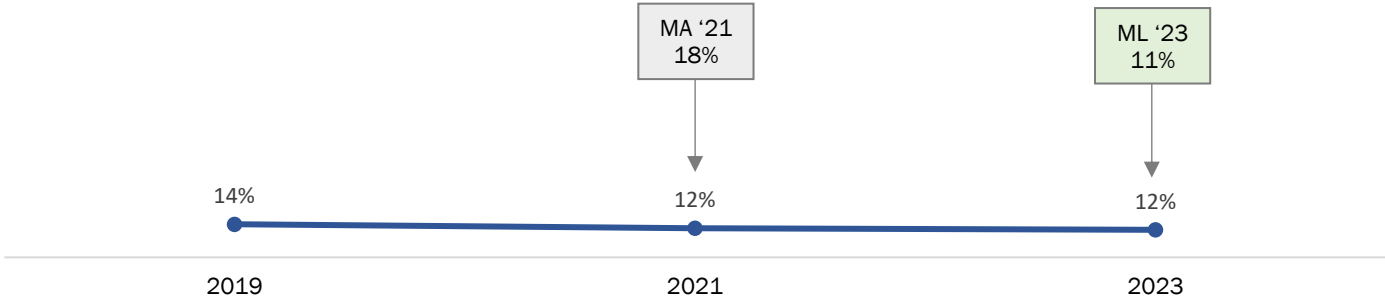
Ethnicity: There were no significant differences.

Q: During the past 30 days, on how many days did you use an electronic vapor product?

Current Substance Use

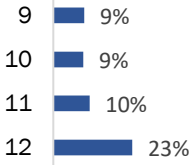
CURRENT MARIJUANA USE

Overall, 12% of high school students used marijuana in the past 30 days.

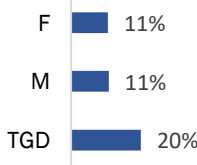


The graphs below show a breakdown of 2023 data by different demographic groups.

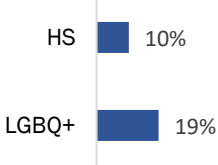
Grade



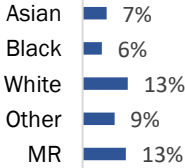
Gender



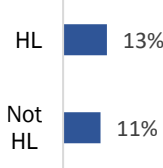
Sexual Orientation



Race



Ethnicity



Grade: Students in 12th grade were significantly more likely than the average high school student to currently use marijuana.

Gender: There were no significant differences.

Sexual Orientation: There were no significant differences.

Race: There were no significant differences.

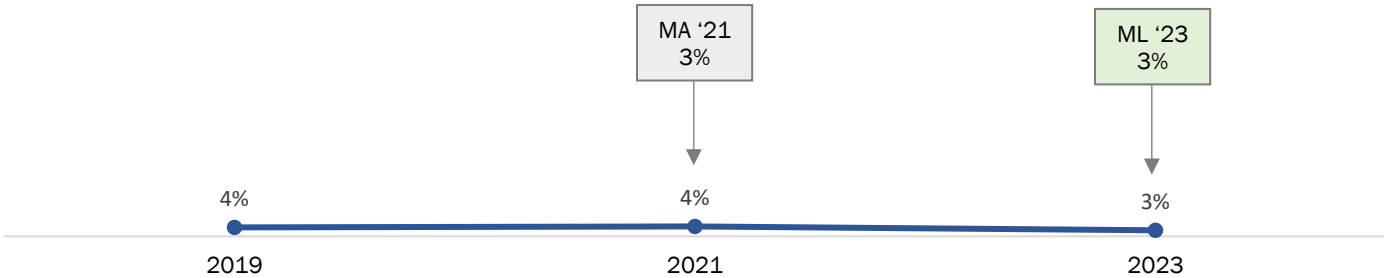
Ethnicity: There were no significant differences.

Q: During the past 30 days, how many times did you use marijuana?

Current Substance Use

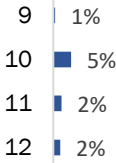
CURRENT CIGARETTE SMOKING

Overall, 3% of high school students smoked a cigarette in the past 30 days.

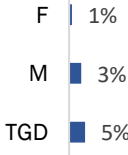


The graphs below show a breakdown of 2023 data by different demographic groups.

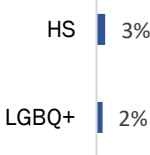
Grade



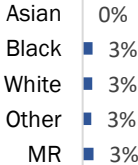
Gender



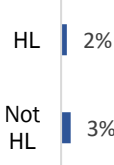
Sexual Orientation



Race



Ethnicity



Grade: There were no significant differences.

Gender: There were no significant differences.

Sexual Orientation: There were no significant differences.

Race: There were no significant differences.

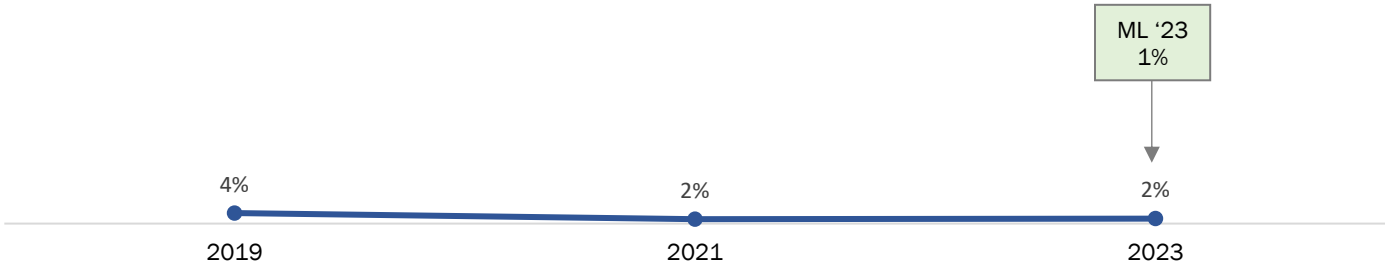
Ethnicity: There were no significant differences.

Q: During the past 30 days, on how many days did you smoke cigarettes?

Current Substance Use

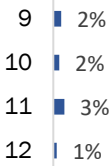
CURRENT PRESCRIPTION DRUG MISUSE

Overall, 2% of high school students misused prescription drugs in the past 30 days. *There is no statewide comparison data.*

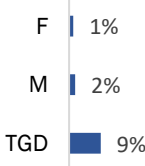


The graphs below show a breakdown of 2023 data by different demographic groups.

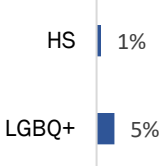
Grade



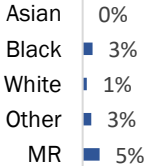
Gender



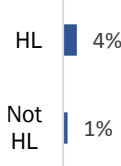
Sexual Orientation



Race



Ethnicity



Grade: There were no significant differences.

Gender: There were no significant differences.

Sexual Orientation: There were no significant differences.

Race: There were no significant differences.

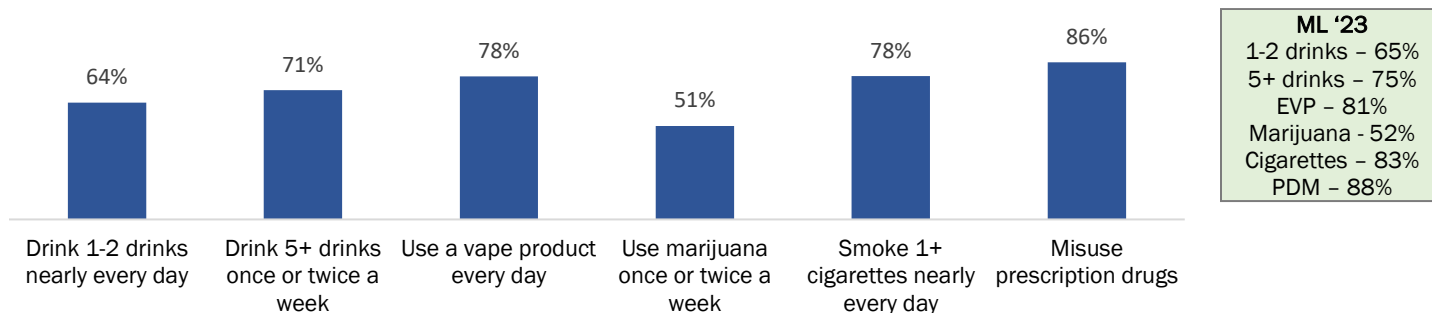
Ethnicity: There were no significant differences.

Q: During the past 30 days, have you taken prescription drugs that weren't your own?

Perceptions About Substance Use

PERCEIVED RISK OF HARM

Overall, high school students were most likely to perceive misusing prescription drugs as having moderate or great risk of harm (86%), and least likely to perceive smoking marijuana 1-2 times per week as having moderate or great risk of harm (51%). *There is no statewide comparison data.*



Below is a breakdown of 2023 data by different demographic groups.

Grade				Gender			Sexual Orientation		Race				Ethnicity		
9 th	10 th	11 th	12 th	F	M	TGD	HS	LGBQ+	Asian	Black	White	Other	MR	H/L	Not H/L
Drink 1-2 drinks nearly every day															
60%	65%	62%	69%	71%	58%	70%	61%	76%	67%	50%	67%	54%	68%	55%	68%
Drink 5+ drinks once or twice a week															
66%	73%	73%	72%	74%	69%	60%	70%	76%	74%	62%	74%	59%	76%	64%	74%
Use a vape product every day															
79%	76%	77%	81%	83%	76%	74%	78%	81%	76%	65%	81%	72%	82%	74%	79%
Use marijuana once or twice a week															
56%	50%	52%	44%	57%	48%	37%	54%	39%	51%	50%	50%	51%	59%	50%	52%
Smoke 1+ cigarettes nearly every day															
73%	79%	80%	84%	80%	76%	79%	77%	85%	67%	66%	82%	71%	87%	75%	79%
Misuse prescription drugs															
80%	85%	88%	92%	88%	85%	79%	86%	88%	76%	74%	89%	86%	81%	82%	87%

Drink 1-2 drinks nearly every day: Hispanic/Latino students were significantly less likely than non-Hispanic/Latino students to perceive drinking 1-2 drinks of alcohol nearly every day has having moderate or great risk of harm.

Drink 5+ drinks 1-2 times per week: There were no significant differences.

Use a vape product every day: There were no significant differences.

Use marijuana 1-2 times per week: LGBQ+ students were significantly less likely than heterosexual students to think that using marijuana 1-2 times per week as having moderate or great risk of harm.

Smoke 1+ cigarettes nearly every day: There were no significant differences.

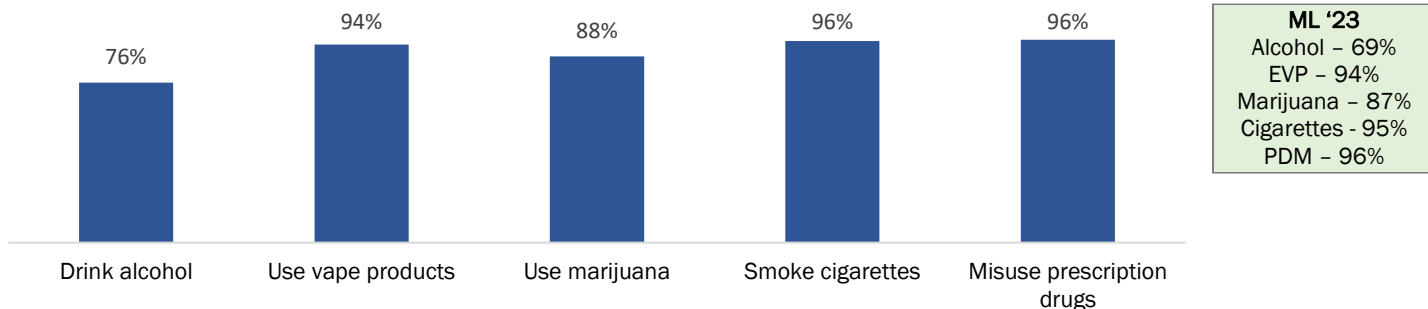
Misuse prescription drugs: There were no significant differences.

Q: How much do you think people risk harming themselves if they have one or two drinks of alcohol nearly every day?
Q: How much do you think people risk harming themselves if they have five or more drinks of alcohol once or twice each week?
Q: How much do you think people risk harming themselves if they use a vape product every day?
Q: How much do you think people risk harming themselves if they use marijuana once or twice a week?
Q: How much do you think people risk harming themselves if they smoke one or more cigarettes nearly every day?
Q: How much do you think people risk harming themselves if they use prescription drugs that are not prescribed to them?

Perceptions About Substance Use

CAREGIVER PERCEPTIONS

Overall, high school students were most likely to think their caregivers think that smoking cigarettes was wrong or very wrong (96%), and least likely to think their caregivers think that drinking alcohol was wrong or very wrong (76%).
There is no statewide comparison data.



Below is a breakdown of 2023 data by different demographic groups.

Grade				Gender			Sexual Orientation		Race					Ethnicity	
9 th	10 th	11 th	12 th	F	M	TGD	HS	LGBQ+	Asian	Black	White	Other	MR	H/L	Not H/L
Drink alcohol															
86%	78%	72%	60%	78%	74%	73%	77%	68%	86%	73%	77%	74%	70%	74%	77%
Use vape products															
97%	93%	94%	92%	98%	92%	89%	95%	91%	88%	88%	97%	91%	93%	90%	96%
Use marijuana															
93%	88%	86%	85%	91%	88%	75%	90%	80%	85%	84%	87%	90%	95%	89%	88%
Smoke cigarettes															
98%	93%	95%	97%	99%	94%	93%	96%	94%	93%	94%	97%	96%	93%	95%	96%
Use prescription medications not prescribed to them															
98%	94%	97%	98%	100%	96%	84%	97%	93%	93%	91%	98%	95%	95%	95%	97%

Drink alcohol: Students in 9th grade were significantly more likely to think that their caregivers think drinking alcohol is wrong or very wrong, and students in 12th grade were significantly less likely than the average high school student.

Use vape products: Female students were significantly more likely than the average high school student to think their caregivers think using vape products is wrong or very wrong.

Use marijuana: There were no significant differences.

Smoke cigarettes: Female students were significantly more likely than the average high school student to think their caregivers think smoking cigarettes is wrong or very wrong.

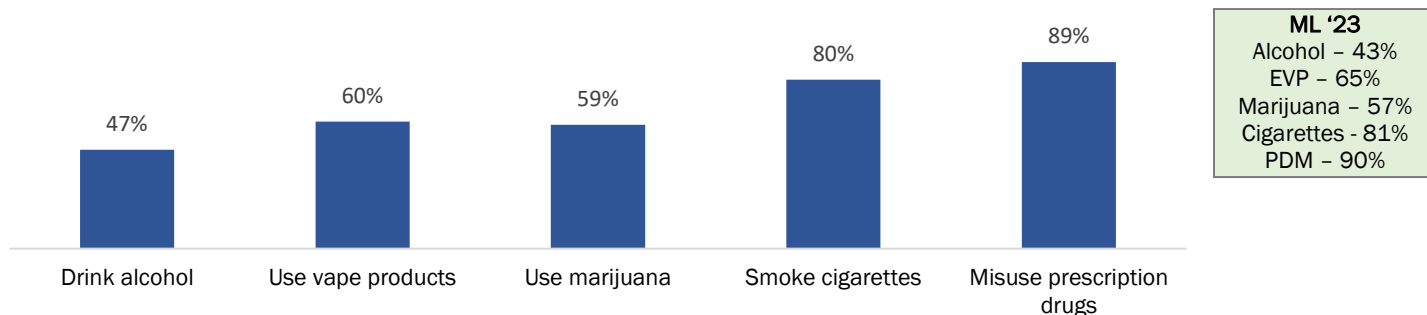
Misuse prescription drugs: Female students were significantly more likely than the average high school student to think their caregivers think misusing prescription drugs is wrong or very wrong, and TGD students were significantly less likely than the average high school student.

- Q: How wrong do your caregivers feel it would be for you to drink alcohol?
- Q: How wrong do your caregivers feel it would be for you to use vape products?
- Q: How wrong do your caregivers feel it would be for you to use marijuana?
- Q: How wrong do your caregivers feel it would be for you to smoke cigarettes?
- Q: How wrong do your caregivers feel it would be for you to use prescription medications not prescribed to you?

Perceptions About Substance Use

PERCEPTIONS OF FRIENDS

Overall, high school students were most likely to think their friends think misusing prescription drugs is wrong or very wrong (89%), and least likely to think their friends think drinking alcohol is wrong or very wrong (47%). *There is no statewide comparison data.*



Below is a breakdown of 2023 data by different demographic groups.

Grade				Gender			Sexual Orientation		Race					Ethnicity	
9 th	10 th	11 th	12 th	F	M	TGD	HS	LGBQ+	Asian	Black	White	Other	MR	H/L	Not H/L
Drink alcohol															
58%	49%	41%	30%	45%	48%	53%	46%	47%	67%	44%	42%	46%	57%	46%	47%
Use vape products															
66%	61%	53%	58%	58%	62%	63%	61%	54%	60%	53%	60%	58%	69%	60%	60%
Use marijuana															
70%	61%	52%	44%	59%	60%	47%	62%	43%	67%	53%	56%	58%	67%	59%	58%
Smoke cigarettes															
82%	80%	76%	83%	82%	80%	74%	81%	78%	76%	75%	82%	75%	84%	78%	81%
Use prescription medications not prescribed to them															
89%	88%	87%	92%	90%	89%	79%	90%	83%	86%	84%	91%	83%	90%	83%	91%

Drink alcohol: Students in 9th grade and Asian students were significantly more likely than the average high school student to think their friends think drinking alcohol is wrong or very wrong, and students in 12th grade were significantly less likely than the average high school student.

Use vape products: There were no significant differences.

Use marijuana: Students in 12th grade were significantly less likely than the average high school student to think their friends think using marijuana is wrong or very wrong. LGBTQ+ students were significantly less likely than heterosexual students to think their friends think using marijuana is wrong or very wrong.

Smoke cigarettes: There were no significant differences.

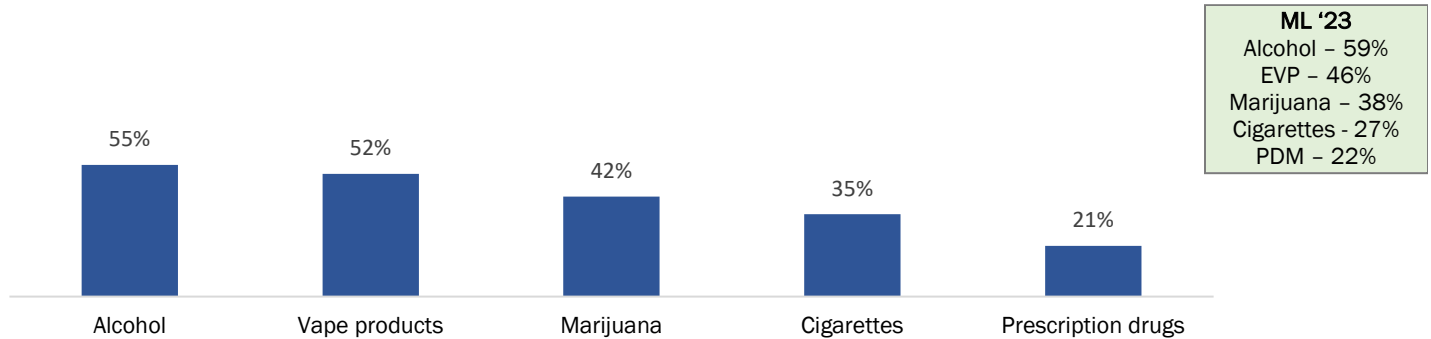
Misuse prescription drugs: There were no significant differences.

- Q: How wrong do your friends feel it would be for you to drink alcohol?
- Q: How wrong do your friends feel it would be for you to use vape products?
- Q: How wrong do your friends feel it would be for you to use marijuana?
- Q: How wrong do your friends feel it would be for you to smoke cigarettes?
- Q: How wrong do your friends feel it would be for you to use prescription medications not prescribed to you?

Perceptions About Substance Use

PERCEIVED ACCESS

Overall, high school students were most likely to think that alcohol is easy or very easy to access (55%), and least likely to think that prescription drugs are easy or very easy to access (21%). *There is no statewide comparison data.*



Below is a breakdown of 2023 data by different demographic groups.

Grade				Gender			Sexual Orientation		Race				Ethnicity		
9 th	10 th	11 th	12 th	F	M	TGD	HS	LGBQ+	Asian	Black	White	Other	MR	H/L	Not H/L
Alcohol															
51%	52%	56%	68%	60%	51%	57%	54%	67%	41%	39%	62%	52%	42%	57%	55%
Vape products															
54%	47%	54%	52%	51%	52%	45%	52%	52%	41%	52%	55%	47%	49%	55%	50%
Marijuana															
38%	37%	46%	52%	42%	39%	57%	39%	57%	34%	42%	44%	37%	44%	46%	40%
Cigarettes															
36%	35%	32%	34%	32%	37%	31%	35%	32%	25%	31%	35%	38%	35%	38%	33%
Prescription drugs															
26%	23%	19%	13%	19%	21%	33%	19%	30%	20%	9%	20%	24%	29%	23%	21%

Alcohol: There were no significant differences.

Vape products: There were no significant differences.

Marijuana: LGBTQ+ students were significantly more likely than heterosexual students to think marijuana is easy or very easy to access.

Cigarettes: There were no significant differences.

Prescription drugs: There were no significant differences.

Q: If you wanted to get the following substances, how easy would it be for you to get alcohol?
 Q: If you wanted to get the following substances, how easy would it be for you to get vape products?
 Q: If you wanted to get the following substances, how easy would it be for you to get marijuana?
 Q: If you wanted to get the following substances, how easy would it be for you to get cigarettes?
 Q: If you wanted to get the following substances, how easy would it be for you to get prescription medications not prescribed to you?

Sexual Behaviors

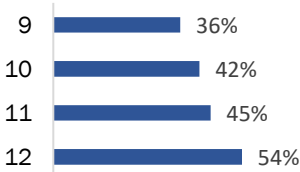
Sexual Behaviors

EVER HAD SEXUAL CONTACT

Overall, 43% of high school students have ever had sexual contact with another person, compared to 37% of Middlesex League students. This was the first time this question was asked on the Watertown Youth Health Survey so there is no trend data. *There is no statewide comparison data.*

The graphs below show a breakdown of 2023 data by different demographic groups.

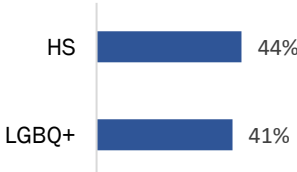
Grade



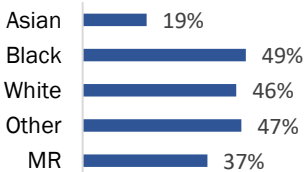
Gender



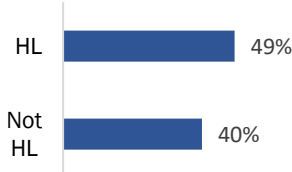
Sexual Orientation



Race



Ethnicity



Grade: There were no significant differences.

Gender: There were no significant differences.

Sexual Orientation: There were no significant differences.

Race: Asian students were significantly less likely than the average high school student to have ever had sexual contact with another person.

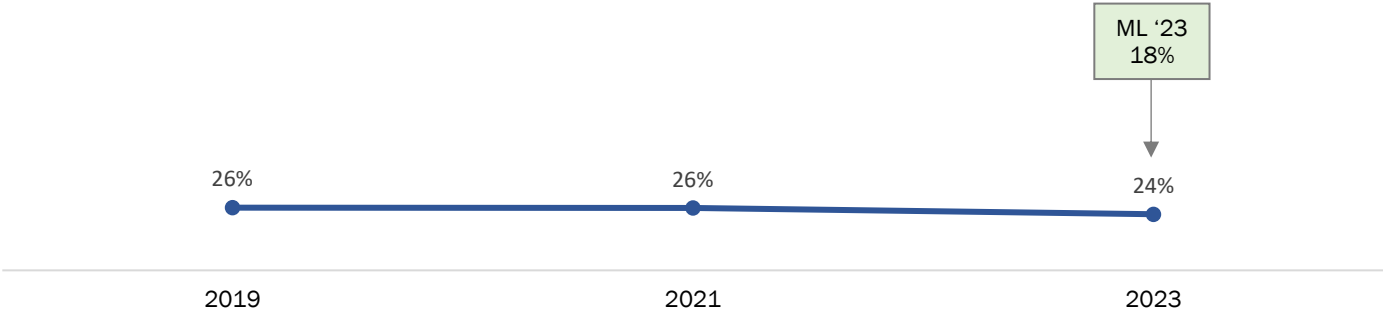
Ethnicity: There were no significant differences.

Q: Have you ever had sexual contact with another person?

Sexual Behaviors

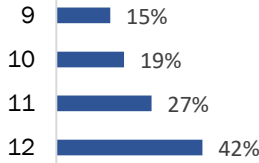
EVER HAD SEXUAL INTERCOURSE

Overall, 24% of high school students have ever had sexual intercourse. *There is no statewide comparison data.*

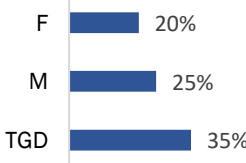


The graphs below show a breakdown of 2023 data by different demographic groups.

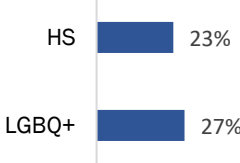
Grade



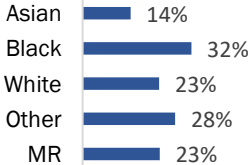
Gender



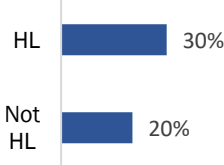
Sexual Orientation



Race



Ethnicity



Grade: Students in 12th grade were significantly more likely than the average high school student to ever have sexual intercourse.

Gender: There were no significant differences.

Sexual Orientation: There were no significant differences.

Race: There were no significant differences.

Ethnicity: There were no significant differences.

Q: Have you ever had sexual intercourse?

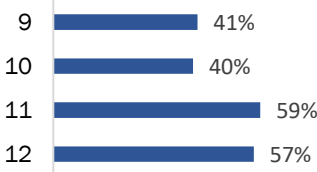
Sexual Behaviors

PROTECTIVE BARRIER AT LAST SEXUAL INTERCOURSE

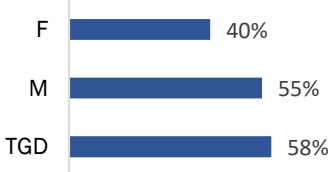
Overall, 49% of high school students used any kind of condom, dental dam, or other barrier to protect themselves and their partner against sexually transmitted infections the last time they had sexual intercourse, compared to 41% of Middlesex League students. This was the first time this question was asked on the Watertown Youth Health Survey so there is no trend data. *There is no statewide comparison data.*

The graphs below show a breakdown of 2023 data by different demographic groups.

Grade



Gender



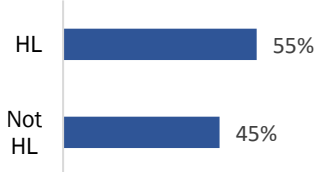
Sexual Orientation



Race



Ethnicity



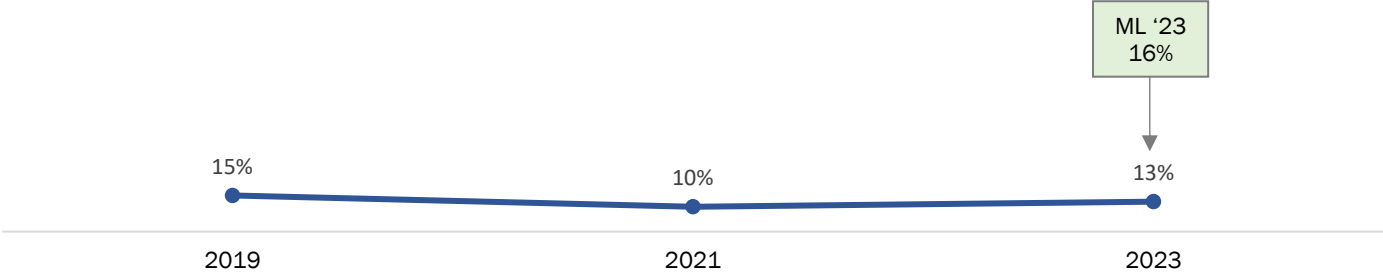
- Grade:** There were no significant differences.
- Gender:** There were no significant differences.
- Sexual Orientation:** There were no significant differences.
- Race:** There were no significant differences.
- Ethnicity:** There were no significant differences.

Q: The last time you had sexual contact, did you or the other person use any kind of condom, dental dam, or other barrier to protect yourself and your partner against sexually transmitted infections (STIs)?

Sexual Behaviors

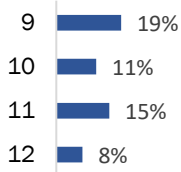
SUBSTANCE USE AT LAST SEXUAL INTERCOURSE

Among high school students who have had sexual intercourse, 13% drank alcohol or used drugs before the last time they had sexual intercourse. *There is no statewide comparison data.*

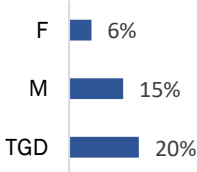


The graphs below show a breakdown of 2023 data by different demographic groups.

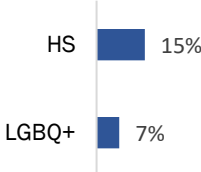
Grade



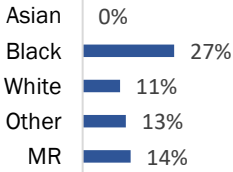
Gender



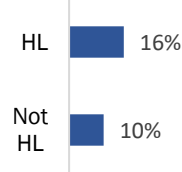
Sexual Orientation



Race



Ethnicity



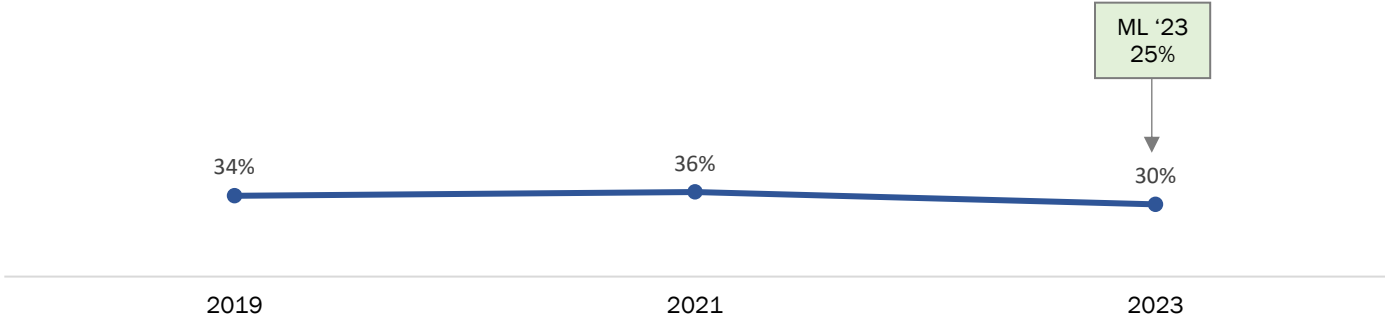
- Grade:** There were no significant differences.
- Gender:** There were no significant differences.
- Sexual Orientation:** There were no significant differences.
- Race:** There were no significant differences.
- Ethnicity:** There were no significant differences.

Q: Did you drink alcohol or use drugs before the last time you had sexual intercourse?

Sexual Behaviors

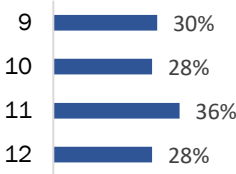
SEXTING

Overall, 30% of high school students have ever sent or received sexual messages or nude or semi-nude pictures or videos electronically. *There is no statewide comparison data.*

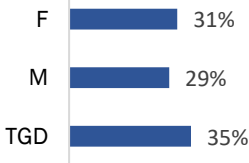


The graphs below show a breakdown of 2023 data by different demographic groups.

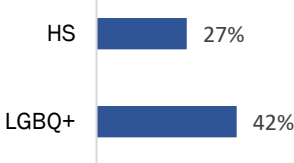
Grade



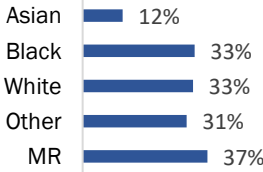
Gender



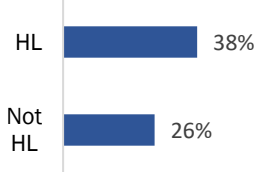
Sexual Orientation



Race



Ethnicity



Grade: There were no significant differences.

Gender: There were no significant differences.

Sexual Orientation: LGBQ+ students were significantly more likely than heterosexual students to ever send or receive sexual messages, pictures, or videos electronically.

Race: Asian students were significantly less likely than the average high school student to ever send or receive sexual messages, pictures, or videos electronically.

Ethnicity: Hispanic/Latino students were significantly more likely than non-Hispanic/Latino students to ever send or receive sexual messages, pictures or videos electronically.

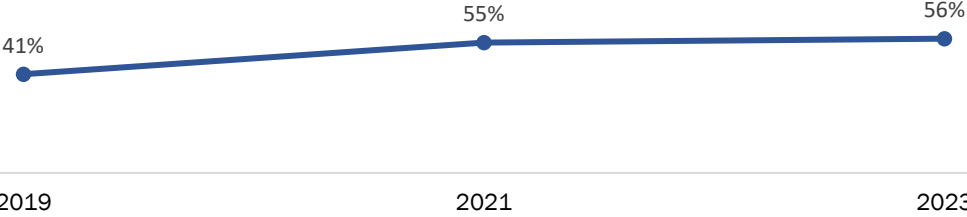
Q: Have you ever sent or received sexual messages or nude or semi-nude pictures or videos electronically (by smartphone, computer, tablet, or other device)?

Physical Activity And Nutrition

Physical Activity

Overall, 56% of high school students engaged in 60 or more minutes of physical activity on at least 5 of the past 7 days. *There is no statewide comparison data.*

ML '23
61%

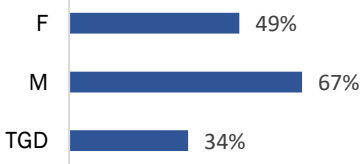


The graphs below show a breakdown of 2023 data by different demographic groups.

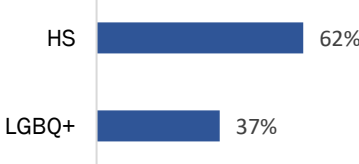
Grade



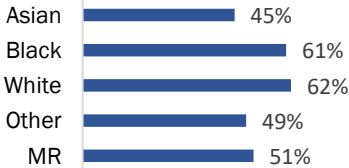
Gender



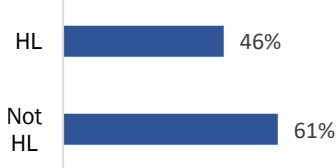
Sexual Orientation



Race



Ethnicity

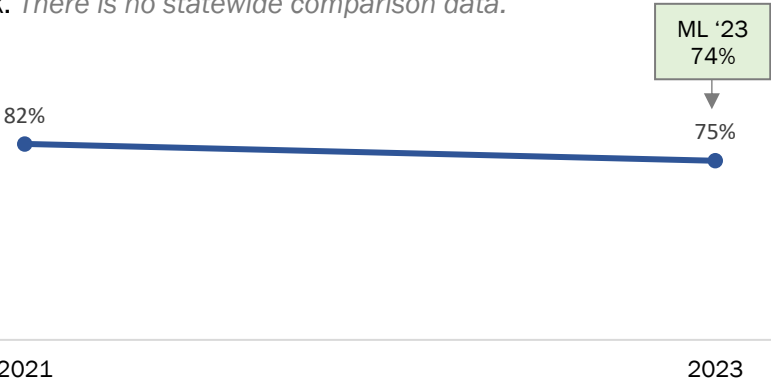


- Grade:** There were no significant differences.
- Gender:** Male students were significantly more likely than the average high school student to be physically active for 60+ minutes on at least 5 of the past 7 days.
- Sexual Orientation:** LGBQ+ students were significantly less likely than heterosexual students to be physically active for 60+ minutes on at least 5 of the past 7 days.
- Race:** There were no significant differences.
- Ethnicity:** Hispanic/Latino students were significantly less likely than non-Hispanic/Latino students to be physically active for 60+ minutes on at least 5 of the past 7 days.

Q: During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day?

Screen Time

Overall, 75% of high school students have 3 or more hours of screen time on an average school day not including time spent doing schoolwork. *There is no statewide comparison data.*



The graphs below show a breakdown of 2023 data by different demographic groups.

Grade



Gender



Sexual Orientation



Race



Ethnicity



Grade: There were no significant differences.

Gender: There were no significant differences.

Sexual Orientation: LGBQ+ students were significantly more likely than heterosexual students to have 3+ hours of screen time on an average school day.

Race: There were no significant differences.

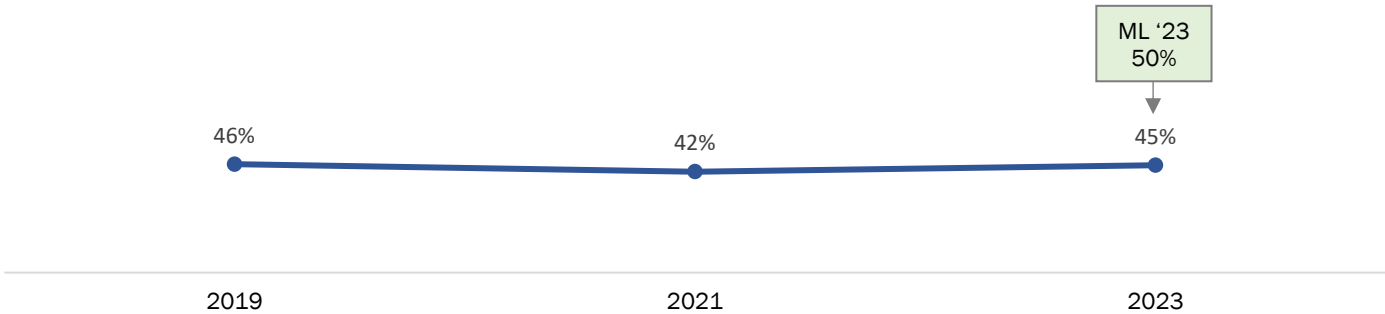
Ethnicity: There were no significant differences.

Q: On an average school day, how many hours do you spend in front of a TV, computer, phone, or other electronic device watching shows or videos, playing games, going online, or using social media (also called "screen time")?

Nutrition

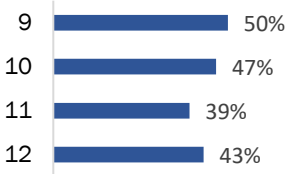
EATING BREAKFAST

Overall, 45% of high school students ate breakfast on at least 6 of the past 7 days. *There is no statewide comparison data.*



The graphs below show a breakdown of 2023 data by different demographic groups.

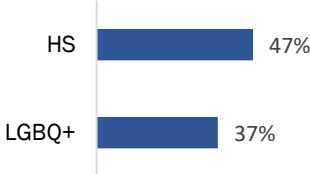
Grade



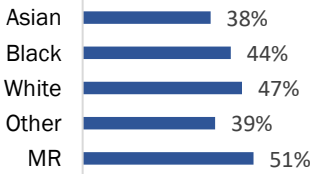
Gender



Sexual Orientation



Race



Ethnicity



Grade: There were no significant differences.

Gender: There were no significant differences.

Sexual Orientation: There were no significant differences.

Race: There were no significant differences.

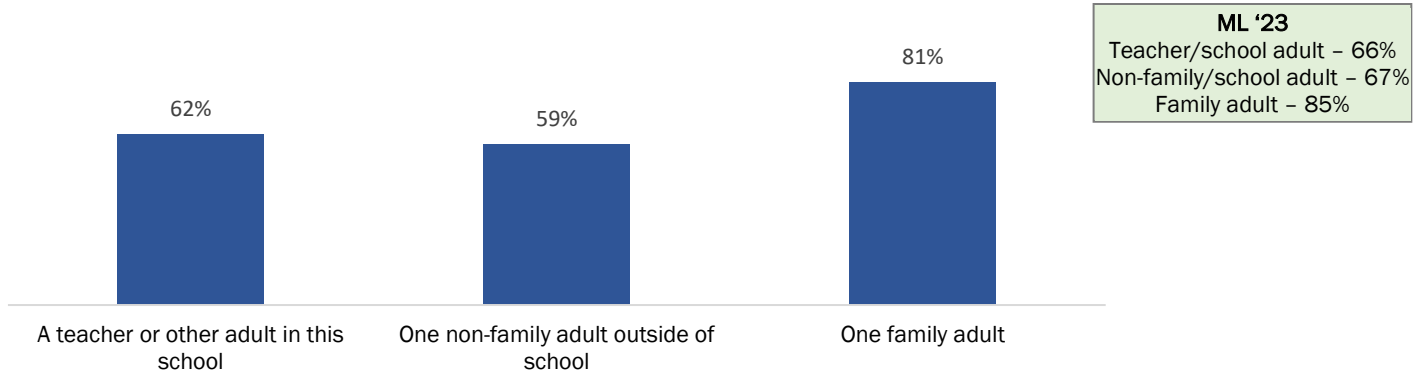
Ethnicity: There were no significant differences.

Q: On how many of the past 7 days did you eat breakfast?

Youth Assets & Other Protective Factors

Adult Connectedness

Overall, when asked about adults whom they could talk to about a problem, 62% of high students reported having at least one teacher or other adult in this school, 59% reported having at least one adult outside of school who is not in their family, and 81% reported having at least one family adult. *There is no statewide comparison data.*



Below is a breakdown of 2023 data by different demographic groups.

Grade				Gender			Sexual Orientation		Race				Ethnicity		
9 th	10 th	11 th	12 th	F	M	TGD	HS	LGBQ+	Asian	Black	White	Other	MR	H/L	Not H/L
Teacher or other adult in school															
56%	59%	68%	73%	65%	62%	54%	64%	58%	64%	69%	65%	58%	53%	59%	64%
Non-family adult outside of school															
55%	54%	63%	65%	60%	59%	54%	60%	53%	45%	68%	61%	56%	52%	54%	60%
Family adult															
82%	81%	77%	84%	79%	87%	63%	85%	69%	76%	80%	83%	82%	74%	79%	82%

Teacher or other adult in school: There were no significant differences.

Non-family adult outside of school: There were no significant differences.

Family adult: TGD students were significantly less likely than the average high school student to have a family adult to talk to about a problem. LGBQ+ students were significantly less likely than heterosexual students to have a family adult to talk to about a problem.

Q: Is there at least one teacher or other adult in this school that you can talk to if you have a problem?
 Q: Is there at least one adult outside of school who is not in your family that you can talk to if you have a problem?
 Q: Is there at least one adult in your family that you can talk to if you have a problem?

Peer Connectedness

Overall, 87% of high school students have at least one friend of similar age to talk to about a problem, compared to 90% of Middlesex League students. This was the first time this question was asked on the Watertown Youth Health Survey so there is no trend data. *There is no statewide comparison data.*

The graphs below show a breakdown of 2023 data by different demographic groups.

Grade



Gender



Sexual Orientation



Race



Ethnicity



Grade: There were no significant differences.

Gender: There were no significant differences.

Sexual Orientation: There were no significant differences.

Race: Black students were significantly less likely than the average high school student to have a friend of similar age to talk to about a problem.

Ethnicity: There were no significant differences.

Q: Is there at least one friend similar in age to you that you can talk to if you have a problem?

Participation in Extracurricular Activities

Overall, 74% of high school students reported that they participated in an extracurricular activity this school year, compared to 85% of Middlesex League students. This is the first year that this question was asked on the Watertown Youth Health Survey, so there is no trend data. *There is no statewide comparison data.*

The graphs below show a breakdown of 2023 data by different demographic groups.

Grade



Gender



Sexual Orientation



Race



Ethnicity



Grade: There were no significant differences.
Gender: There were no significant differences.
Sexual Orientation: There were no significant differences.

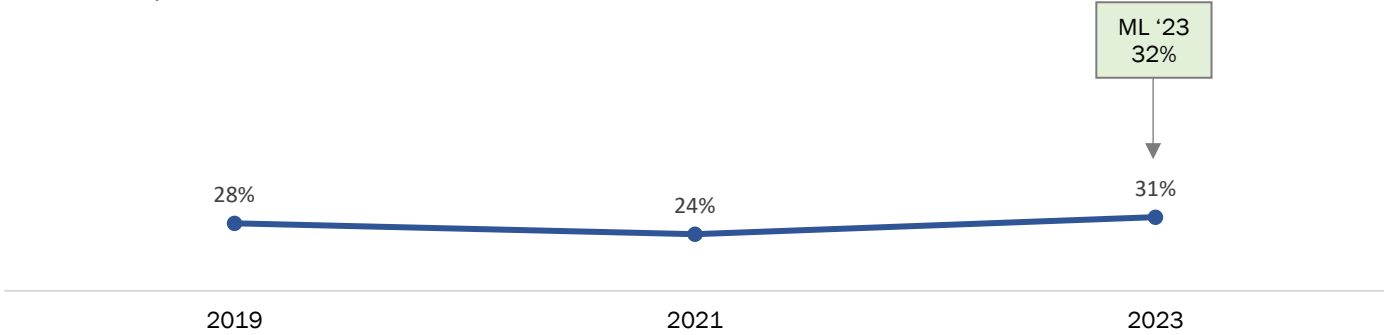
Race: Students of another race were significantly less likely than the average high school student to participate in an extracurricular activity this school year.

Ethnicity: Hispanic/Latino students were significantly less likely than non-Hispanic/Latino students to participate in an extracurricular activity this school year.

Q: During this school year, did you take part in an organized activity?

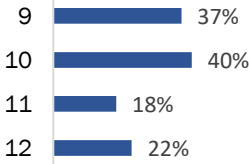
Sleep

Overall, 31% of high school students reported sleeping 8 or more hours on an average school night. *There is no statewide comparison data.*

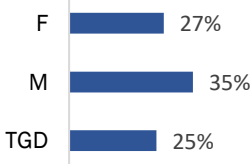


The graphs below show a breakdown of 2023 data by different demographic groups.

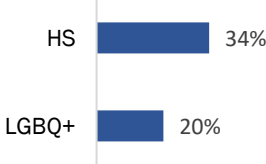
Grade



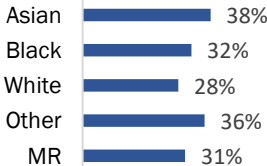
Gender



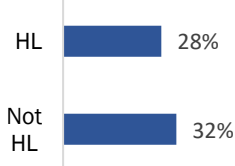
Sexual Orientation



Race



Ethnicity



Grade: Students in 11th grade were significantly less likely than the average high school student to sleep 8+ hours on an average school night.

Gender: There were no significant differences.

Sexual Orientation: LGBQ+ students were significantly less likely than heterosexual students to sleep 8+ hours on an average school night.

Race: There were no significant differences.

Ethnicity: There were no significant differences.

Q: On an average school night, how many hours of sleep do you get?

2023

**Watertown Public Schools
Youth Health Survey**

Middle School Results

2023 Middle School Sample

In 2023, 503 middle school students participated in Watertown Youth Health Survey. Among the students that participated, 76 were marked as incomplete and excluded from the final data set used in the analysis. This resulted in a final sample of 427 students. The table below shows a distribution of accepted survey respondents by grade, gender identity, and race.

Grade	6 th	136
	7 th	146
	8 th	142
Gender Identity	Woman/Girl	205
	Man/Boy	180
	TGD	30
	Did not understand question/ Chose not to respond	9
Sexual Orientation	Heterosexual	322
	LGBQ+	62
	Did not understand question/ Chose not to respond	38
Race	Asian	30
	Black	19
	White	202
	Other	110
	Multi-Racial	59
Ethnicity	Hispanic/Latino/a	98
	Not Hispanic/Latino/a	315

This analysis includes surveys from 80% of the middle school student population. The table below shows the distribution of accepted survey respondents and 2022-2023 Watertown middle school enrollment numbers by grade.

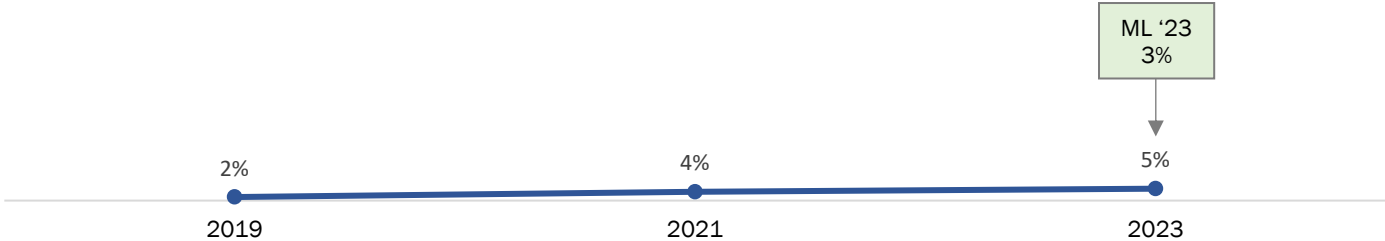
Grade	YHS Participation	Enrollment	Participation Rate
6 th	136	185	74%
7 th	146	178	82%
8 th	142	169	84%

Safety

Motor Vehicle Safety

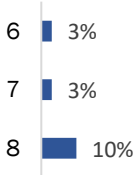
SEATBELT USE

Overall, 5% of middle school students rarely or never wore a seatbelt when riding in a car. *There is no statewide comparison data.*

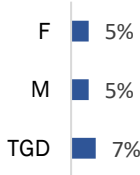


The graphs below show a breakdown of 2023 data by different demographic groups.

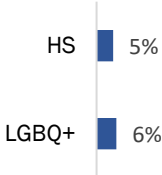
Grade



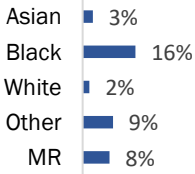
Gender



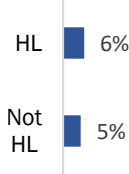
Sexual Orientation



Race



Ethnicity



- Grade:** There were no significant differences.
- Gender:** There were no significant differences.
- Sexual Orientation:** There were no significant differences.
- Race:** There were no significant differences,
- Ethnicity:** There were no significant differences.

Q: How often do you wear a seatbelt when riding in a car driven by someone else?

Motor Vehicle Safety

RIDING WITH AN IMPAIRED DRIVER

Overall, 12% of middle school students rode in a car in the past 30 days with a driver who had been drinking alcohol and 3% students rode in a car with a driver who had been using marijuana. This was the first time these questions were asked on the Watertown Youth Health Survey, so there is no trend data.



The graphs below show a breakdown of 2023 data by different demographic groups.

Grade			Gender			Sexual Orientation		Race					Ethnicity	
6 th	7 th	8 th	F	M	TGD	HS	LGBQ+	Asian	Black	White	Other	MR	H/L	Not H/L
Ridden in a car with someone who had been drinking alcohol														
10%	10%	16%	14%	10%	21%	13%	15%	10%	15%	10%	12%	22%	14%	12%
Ridden in a car with someone who had been using marijuana														
2%	3%	4%	3%	3%	7%	3%	7%	7%	11%	3%	1%	3%	4%	3%

Rode with a driver/alcohol: There were no significant differences.

Rode with a driver/marijuana: There were no significant differences.

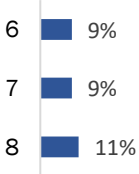
Q: During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been drinking alcohol?
 Q: During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been using marijuana?

Safety in or Traveling to or from School

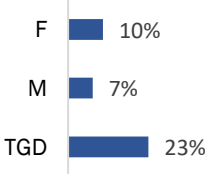
Overall, 9% of middle school students skipped school because they felt unsafe at school on their way to or from school in the past 30 days, compared to 7% of Middlesex League students. This was the first time this question was asked on the Watertown Youth Health Survey so there is no trend data. *There is no statewide comparison data.*

The graphs below show a breakdown of 2023 data by different demographic groups.

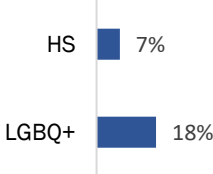
Grade



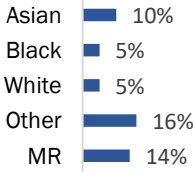
Gender



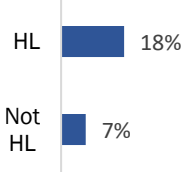
Sexual Orientation



Race



Ethnicity



Grade: There were no significant differences.

Gender: There were no significant differences.

Sexual Orientation: There were no significant differences.

Race: There were no significant differences.

Ethnicity: Hispanic/Latino students were significantly more likely than Hispanic/Latino students to skip school in the past 30 days because they felt they would be unsafe at school or on the way to or from school.

Q: During the past 30 days, on how many days did you not go to school because you felt you would be unsafe at school or on your way to or from school?

Discrimination

Discrimination

EXPERIENCED DISCRIMINATION

Middle school students were asked different ways in which they had experienced bad or unfair treatment in school in the past 12 months. Overall, 8% of middle school students reported that they were sometimes, most of the time, or always treated badly or unfairly in school because of their race or ethnicity, 7% because of their gender identity, 7% because of their sexual orientation, and 7% because of their religion. *There is no statewide comparison data.*

ML '23
 Race/ethnicity - 7%
 Gender identity - 6%
 Sexual orientation - 5%
 Religion - 4%



The graphs below show a breakdown of 2023 data by different demographic groups.

Grade			Gender			Sexual Orientation		Race				Ethnicity		
6 th	7 th	8 th	F	M	TGD	HS	LGBQ+	Asian	Black	White	Other	MR	H/L	Not H/L
Race or ethnicity														
9%	6%	9%	6%	7%	17%	8%	7%	7%	21%	2%	13%	18%	14%	5%
Gender identity														
5%	8%	8%	5%	4%	37%	4%	25%	0%	0%	8%	7%	8%	2%	8%
Sexual orientation														
3%	8%	10%	4%	6%	23%	2%	37%	3%	5%	8%	5%	8%	2%	8%
Religion														
5%	5%	10%	8%	3%	7%	6%	8%	23%	0%	3%	9%	8%	5%	6%

Race or ethnicity: White students were significantly less likely than the average middle school student to experience discrimination because of their race or ethnicity.

Gender identity: TGD students were significantly more likely than the average middle school student to experience discrimination because of their gender identity. LGBQ+ students were significantly more likely than heterosexual students to experience discrimination because of their gender identity. Hispanic/Latino students were significantly less likely than non-Hispanic/Latino students to experience discrimination because of their gender identity.

Sexual orientation: LGBQ+ students were significantly more likely than heterosexual students to experience discrimination because of their sexual orientation. Hispanic/Latino students were significantly less likely than non-Hispanic/Latino students to experience discrimination because of their sexual orientation.

Religion: There were no significant differences.

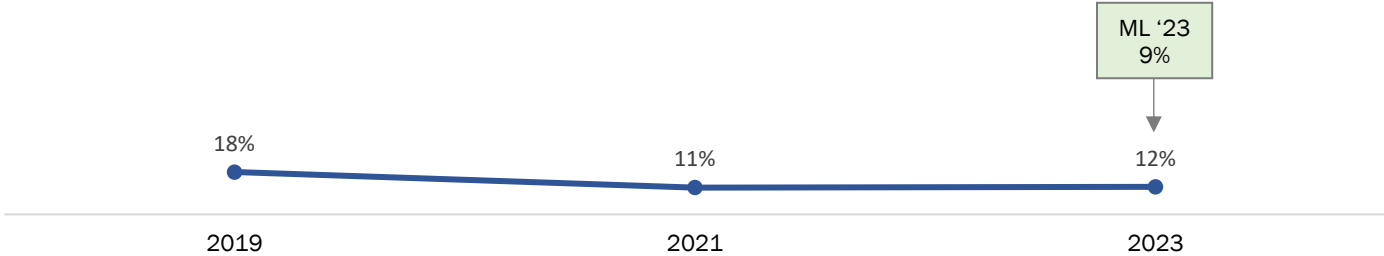
Q: During the past 12 months, how often have you felt that you were treated badly or unfairly in school because of your race or ethnicity?
 Q: During the past 12 months, how often have you felt that you were treated badly or unfairly in school because of your gender identity?
 Q: During the past 12 months, how often have you felt that you were treated badly or unfairly in school because of your sexual orientation?
 Q: During the past 12 months, how often have you felt that you were treated badly or unfairly in school because of your religion?

Violence-Related Behaviors and Experiences

Weapons

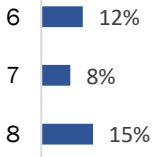
EVER CARRIED

Overall, 12% of middle school students have ever carried a weapon. *There is no statewide comparison data.*

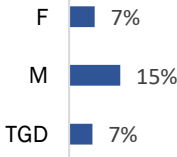


The graphs below show a breakdown of 2023 data by different demographic groups.

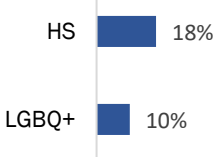
Grade



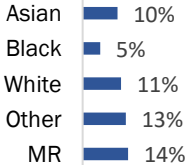
Gender



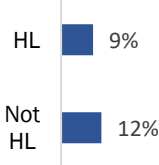
Sexual Orientation



Race



Ethnicity



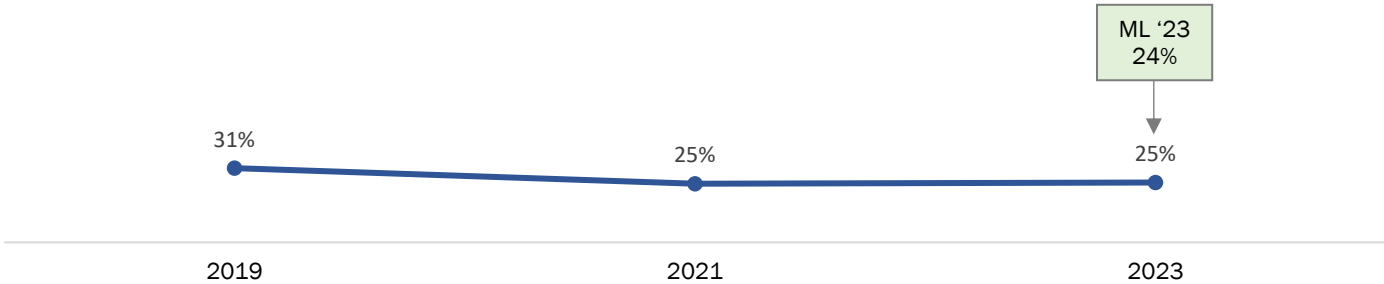
- Grade:** There were no significant differences.
- Gender:** There were no significant differences.
- Sexual Orientation:** There were no significant differences.
- Race:** There were no significant differences.
- Ethnicity:** There were no significant differences.

Q: Have you ever carried a weapon such as a knife, gun, or club?

Physical Fighting

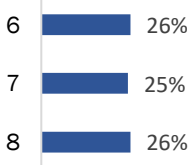
EVER FOUGHT PHYSICALLY

Overall, 25% of middle school students have ever been in a physical fight. *There is no statewide comparison data.*

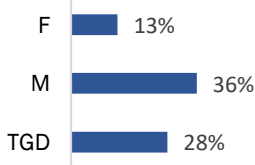


The graphs below show a breakdown of 2023 data by different demographic groups.

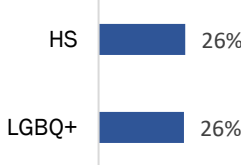
Grade



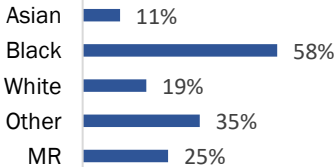
Gender



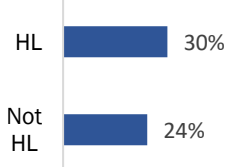
Sexual Orientation



Race



Ethnicity



Grade: There were no significant differences.

Gender: Female students were significantly less likely than the average middle school student to ever be in a physical fight.

Sexual Orientation: There were no significant differences.

Race: Black students were significantly more likely than the average middle school student to ever be in a physical fight.

Ethnicity: There were no significant differences.

Q: Have you ever been in a physical fight?

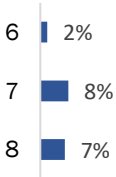
Sexual Violence

SEXUAL VIOLENCE

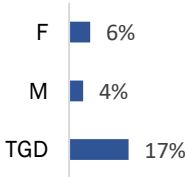
Overall, 6% of middle school students have experienced unwanted sexual contact or been forced to do sexual things that they did not want to, compared to 4% of Middlesex League students. This was the first time this question was asked on the Watertown Youth Health Survey so there is no trend data. *There is no statewide comparison data.*

The graphs below show a breakdown of 2023 data by different demographic groups.

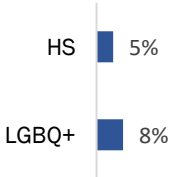
Grade



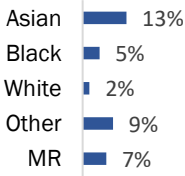
Gender



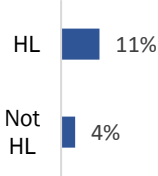
Sexual Orientation



Race



Ethnicity



- Grade:** There were no significant differences.
- Gender:** There were no significant differences.
- Sexual Orientation:** There were no significant differences.
- Race:** There were no significant differences.
- Ethnicity:** There were no significant differences.

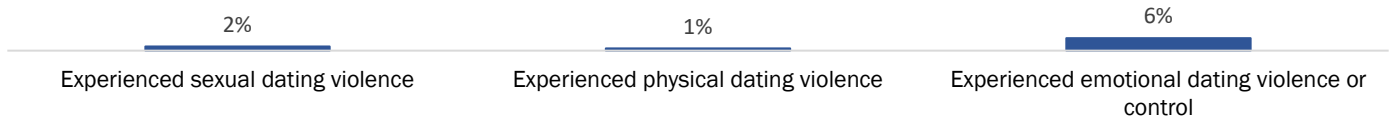
Q: Has anyone ever done sexual things to you or forced you to do sexual things that you did not want?

Dating Violence

DATING VIOLENCE

Overall, 2% of middle school students have ever been hurt sexually by someone they were dating or going out with, 1% have been hurt physically, and 6% have been emotionally hurt or controlled. *There is no statewide comparison data.*

ML '23
 Sexual dating violence – 2%
 Physical dating violence – 1%
 Emotional dating violence – 6%



Below is a breakdown of 2023 data by different demographic groups.

Grade			Gender			Sexual Orientation		Race				Ethnicity		
6th	7 th	8 th	F	M	TGD	HS	LGBQ+	Asian	Black	White	Other	MR	H/L	Not H/L
Experienced sexual dating violence														
0%	2%	5%	2%	2%	3%	3%	3%	3%	6%	0%	5%	3%	4%	2%
Experienced physical dating violence														
0%	1%	4%	2%	1%	3%	1%	3%	0%	0%	2%	3%	0%	2%	1%
Experienced emotional violence or were controlled														
4%	3%	10%	8%	2%	10%	5%	11%	3%	5%	4%	10%	7%	10%	4%

Sexual dating violence: There were no significant differences.

Physical dating violence: There were no significant differences.

Emotional dating violence or control: There were no significant differences.

Q: Has someone you were dating or going out with ever hurt you physically on purpose?
 Q: Has someone you were dating or going out with done sexual things to you or forced you to do sexual things you did not want?
 Q: Has someone you were dating or going out with try to control you or emotionally hurt you?

Bullying

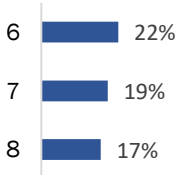
Bullying

BULLYING ON SCHOOL PROPERTY

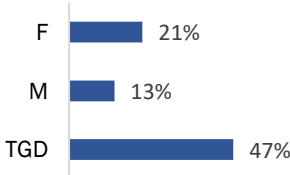
Overall, 19% of middle school students were bullied on school property in the past 12 months, compared to 17% of Middlesex League students. This was the first time this question was asked on the Watertown Youth Health Survey so there is no trend data. *There is no statewide comparison data.*

The graphs below show a breakdown of 2023 data by different demographic groups.

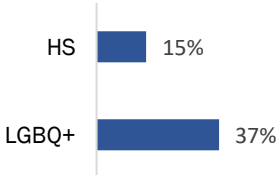
Grade



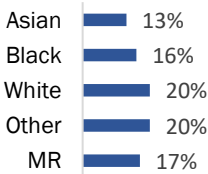
Gender



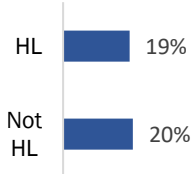
Sexual Orientation



Race



Ethnicity



Grade: There were no significant differences.

Gender: TGD students were significantly more likely than heterosexual students to have been bullied on school property in the past 12 months.

Sexual Orientation: LGBQ+ students were significantly more likely than the average middle school student to have been bullied on school property in the past 12 months.

Race: There were no significant differences.

Ethnicity: There were no significant differences.

Q: During the past 12 months, were you bullied when you were in school?

The 2023 YHS defined bullying as when one or more student’s tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again. It is not bullying when two students of about the same strength or power argue or fight or tease each other in a friendly way. Electronic bullying is things such as someone spreading a rumor or something untrue about you online; someone sending you a threatening or aggressive message; someone posting an embarrassing picture of you online without your permission; someone taking a private message you sent them and forwarding it to someone else or posting it where others could see it.

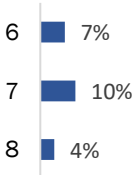
Bullying

ELECTRONIC BULLYING

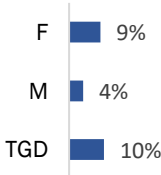
Overall, 7% of middle school students were electronically bullied in the past 12 months. This was the first time this question was asked on the Watertown Youth Health Survey so there is no trend data. *There is no statewide comparison data.*

The graphs below show a breakdown of 2023 data by different demographic groups.

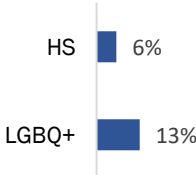
Grade



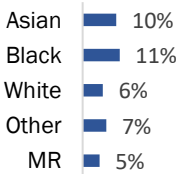
Gender



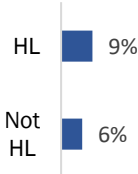
Sexual Orientation



Race



Ethnicity



- Grade:** There were no significant differences.
- Gender:** There were no significant differences.
- Sexual Orientation:** There were no significant differences.
- Race:** There were no significant differences.
- Ethnicity:** There were no significant differences.

Q: During the past 12 months, were you bullied electronically?

Mental Health

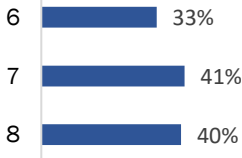
Overall

Overall, 38% of middle school students reported that their mental health was not good sometimes, most of the time, or always in the past 30 days. *There is no statewide comparison data.*

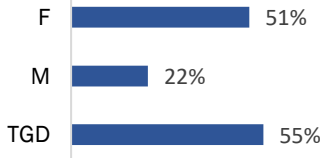


The graphs below show a breakdown of 2023 data by different demographic groups.

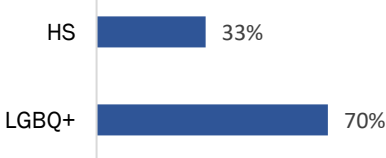
Grade



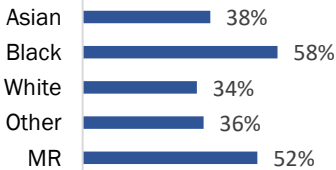
Gender



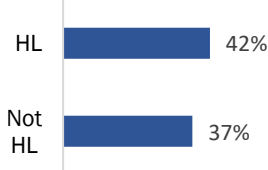
Sexual Orientation



Race



Ethnicity



Grade: There were no significant differences.

Gender: Male students were significantly less likely than the average middle school student to report that their mental health was not good sometimes, most of the time, or always in the past 30 days.

Sexual Orientation: LGBQ+ students were significantly more likely than heterosexual students to report that their mental health was not good sometimes, most of the time, or always in the past 30 days.

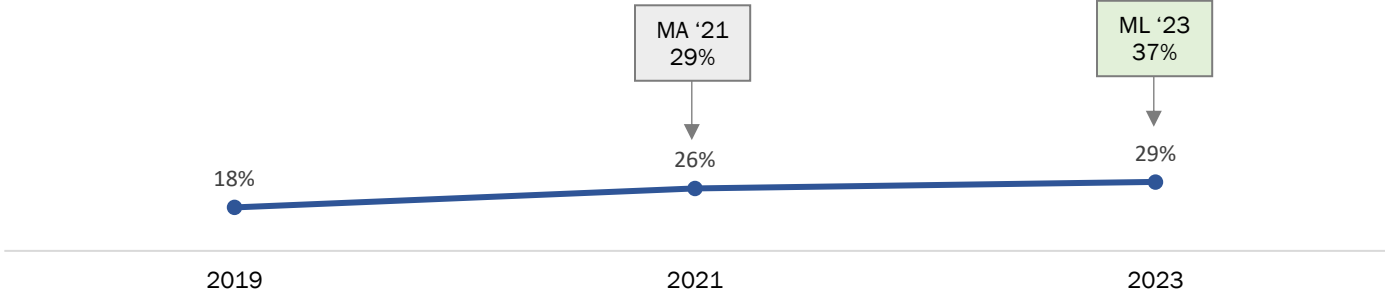
Race: There were no significant differences.

Ethnicity: There were no significant differences.

Q: During the past 30 days, how often was your mental health not good?

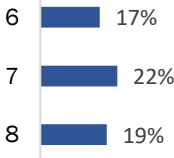
Feeling Sad or Hopeless

Overall, 29% of middle school students felt sad or hopeless almost every day for two or more weeks in a row that they stopped doing some of their usual activities (i.e., experienced depression) in the past 12 months.

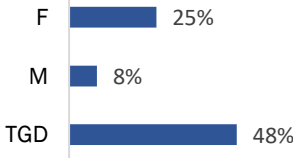


The graphs below show a breakdown of 2023 data by different demographic groups.

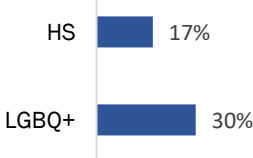
Grade



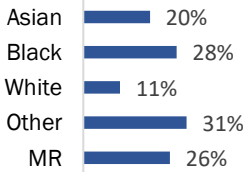
Gender



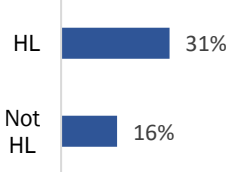
Sexual Orientation



Race



Ethnicity



Grade: There were no significant differences.

Gender: Male students were significantly less likely than the average middle school student to experience depression in the past 12 months, and TGD students were significantly more likely than the average middle school student.

Sexual Orientation: There were no significant differences.

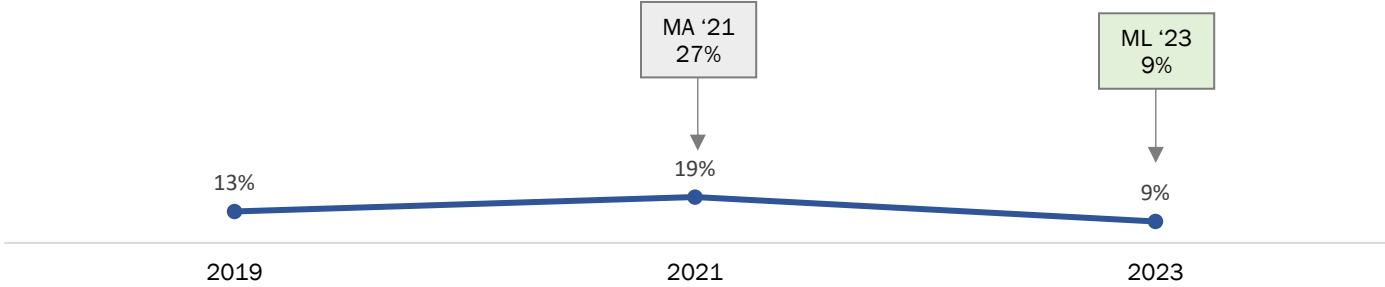
Race: White students were significantly less likely than the average middle school student to experience depression in the past 12 months.

Ethnicity: Hispanic/Latino students were significantly more likely than non-Hispanic/Latino students to experience depression in the past 12 months.

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

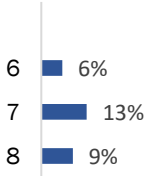
Self-Harm

Overall, 9% of middle school students hurt or injured themselves on purpose without wanting to die (i.e., engaged in self-harm) in the past 12 months.

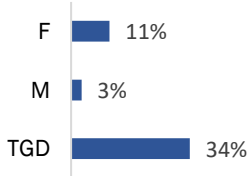


The graphs below show a breakdown of 2023 data by different demographic groups.

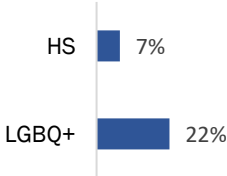
Grade



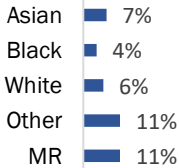
Gender



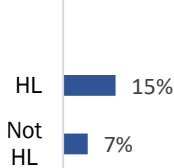
Sexual Orientation



Race



Ethnicity



Grade: There were no significant differences.

Gender: TGD students were significantly more likely than the average middle school student to engage in self-harm in the past 12 months, and male students were significantly less likely than the average middle school student.

Sexual Orientation: LGBQ+ students were significantly more likely than heterosexual students to engage in self-harm in the past 12 months.

Race: There were no significant differences.

Ethnicity: There were no significant differences.

Q: During the past 12 months, how many times did you hurt or injure yourself on purpose without wanting to die?

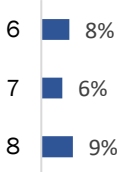
Suicidal Ideation & Suicide

CONSIDERED ATTEMPTING SUICIDE

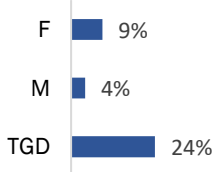
Overall, 8% of middle school students seriously considered attempting suicide during the past 12 months, compared to 7% of Middlesex League students. This was the first time this question was asked on the Watertown Youth Health Survey so there is no trend data. *In 2021, 13% of Massachusetts middle school students considered attempting suicide in the past 12 months.*

The graphs below show a breakdown of 2023 data by different demographic groups.

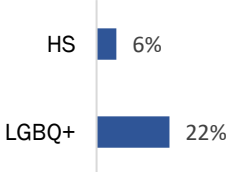
Grade



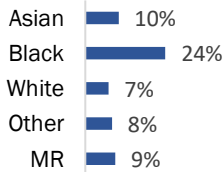
Gender



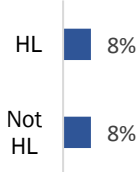
Sexual Orientation



Race



Ethnicity



Grade: There were no significant differences.

Gender: There were no significant differences.

Sexual Orientation: LGBTQ+ students were significantly more likely than heterosexual students to seriously consider attempting suicide in the past 12 months.

Race: There were no significant differences.

Ethnicity: There were no significant differences.

Q: During the past 12 months, did you ever seriously consider attempting suicide?

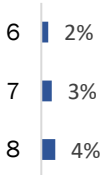
Suicidal Ideation & Suicide

ATTEMPTED SUICIDE

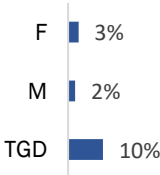
Overall, 3% of middle school students attempted suicide in the past 12 months, compared to 2% of Middlesex League students. This was the first time this question was asked on the Watertown Youth Health Survey so there is no trend data. *There is no statewide comparison data.*

The graphs below show a breakdown of 2023 data by different demographic groups.

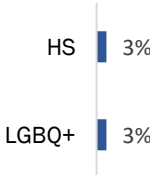
Grade



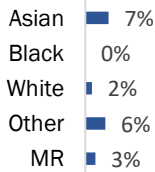
Gender



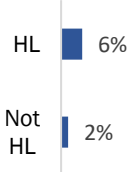
Sexual Orientation



Race



Ethnicity



Grade: There were no significant differences.

Gender: There were no significant differences.

Sexual Orientation: There were no significant differences.

Race: Black students were significantly less likely than the average middle school student to attempt suicide in the past 12 months.

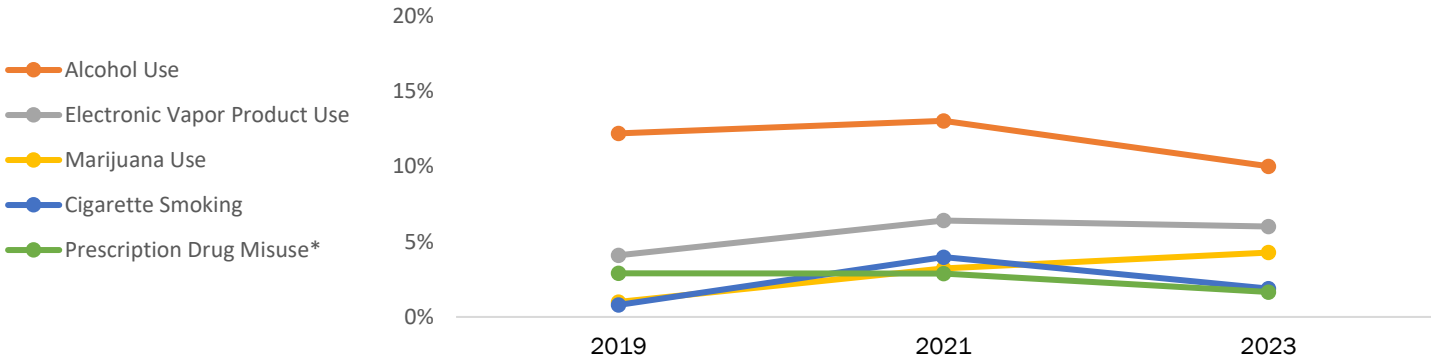
Ethnicity: There were no significant differences.

Q: During the past 12 months, did you attempt suicide?

Substance Use

Lifetime Substance Use

Watertown middle school students were asked if they had ever used a variety of substances. Overall, 10% reported ever drinking alcohol, 6% reported ever using electronic vapor products, 4% reported ever using marijuana, 2% report ever smoking cigarettes, and 2% reported ever misusing prescription drugs. *There is no statewide comparison data.*



*In 2019 and 2021, students were only asked about lifetime prescription pain medicine misuse, not general prescription drug misuse.

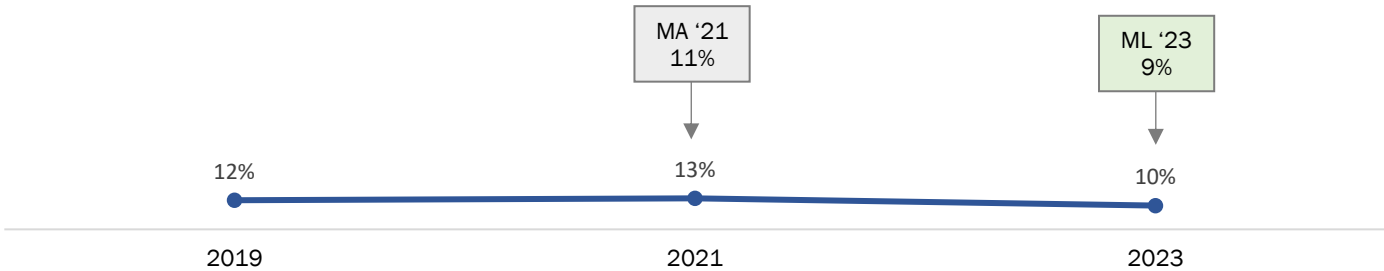
A breakdown of 2023 data by different demographic groups is provided on subsequent pages.

- Q: How old were you when you had your first drink of alcohol (more than a few sips)?
- Q: How old were you when you first used an electronic vapor product?
- Q: How old were you when you first tried marijuana?
- Q: How old were you when you first tried cigarette smoking, even one or two puffs?
- Q: During your lifetime, have you ever taken prescription drugs that weren't your own?

Lifetime Substance Use

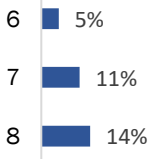
LIFETIME ALCOHOL USE

Overall, 10% of middle school students have ever drunk alcohol. *There is no statewide comparison data.*

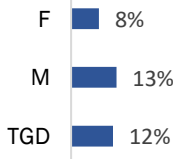


The graphs below show a breakdown of 2023 data by different demographic groups.

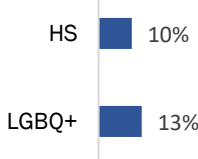
Grade



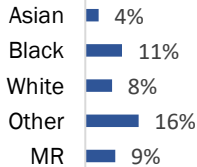
Gender



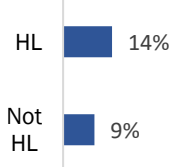
Sexual Orientation



Race



Ethnicity



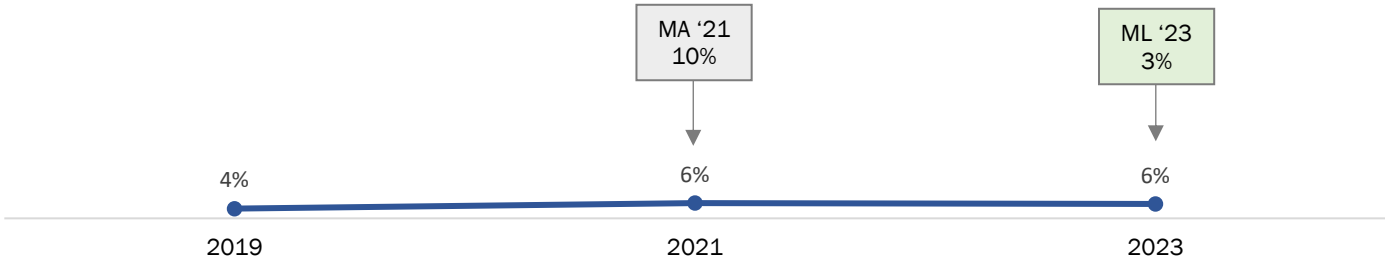
- Grade:** There were no significant differences.
- Gender:** There were no significant differences.
- Sexual Orientation:** There were no significant differences.
- Race:** There were no significant differences.
- Ethnicity:** There were no significant differences.

Q: How old were you when you had your first drink of alcohol (more than a few sips)?

Lifetime Substance Use

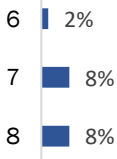
LIFETIME ELECTRONIC VAPOR PRODUCT USE

Overall, 6% of middle school students have ever used an electronic vapor product.

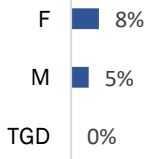


The graphs below show a breakdown of 2023 data by different demographic groups.

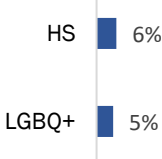
Grade



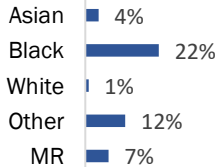
Gender



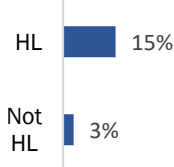
Sexual Orientation



Race



Ethnicity



Grade: There were no significant differences.

Gender: There were no significant differences.

Sexual Orientation: There were no significant differences.

Race: White students were significantly less likely than the average middle school student to ever use an electronic vapor product.

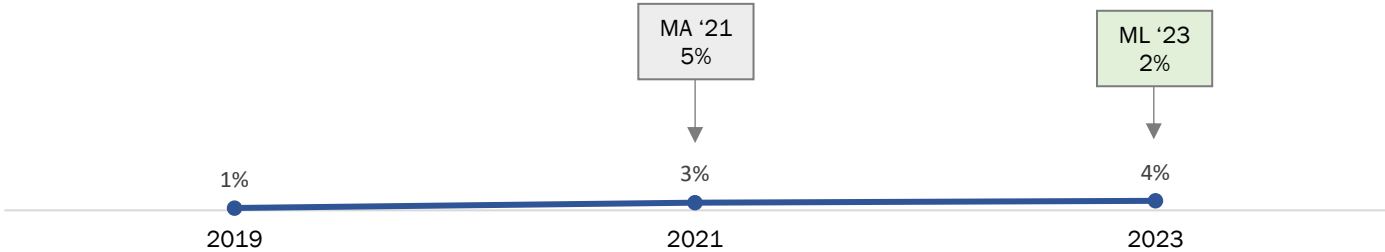
Ethnicity: Hispanic/Latino students were significantly more likely than non-Hispanic/Latino students to ever use an electronic vapor product.

Q: How old were you when you first used an electronic vapor product?

Lifetime Substance Use

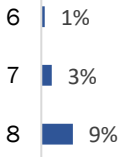
LIFETIME MARIJUANA USE

Overall, 4% of middle school students have ever used marijuana.

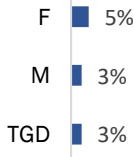


The graphs below show a breakdown of 2023 data by different demographic groups.

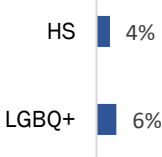
Grade



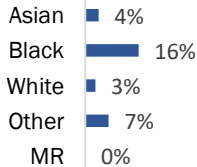
Gender



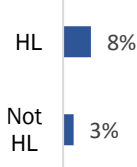
Sexual Orientation



Race



Ethnicity



Grade: Students in 6th grade were significantly less likely than the average middle school student to ever try marijuana.

Gender: There were no significant differences.

Sexual Orientation: There were no significant differences.

Race: There were no significant differences.

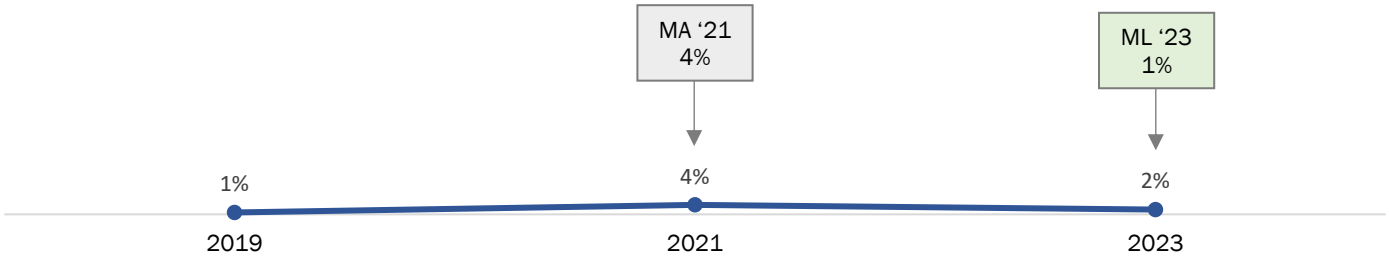
Ethnicity: There were no significant differences.

Q: How old were you when you first tried marijuana?

Lifetime Substance Use

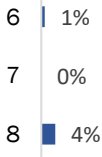
LIFETIME CIGARETTE SMOKING

Overall, 2% of middle school students have ever smoked a cigarette.

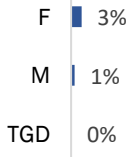


The graphs below show a breakdown of 2023 data by different demographic groups.

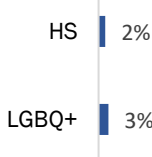
Grade



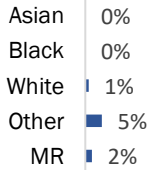
Gender



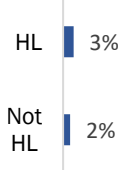
Sexual Orientation



Race



Ethnicity



Grade: There were no significant differences.

Gender: There were no significant differences.

Sexual Orientation: There were no significant differences.

Race: Asian and Black students were significantly less likely than the average middle school student to ever smoke a cigarette.

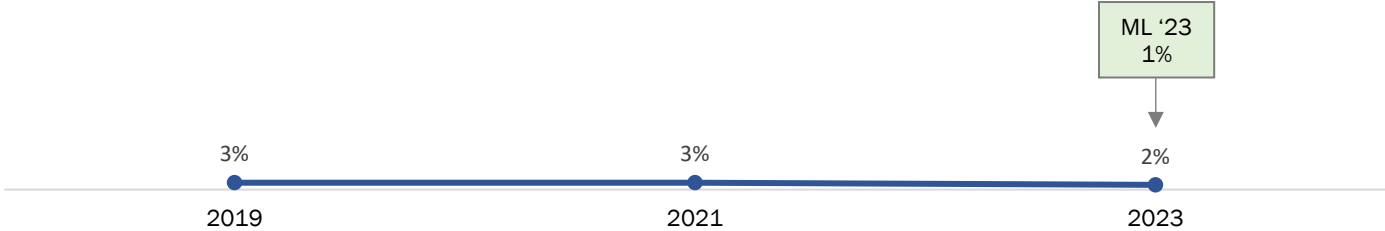
Ethnicity: There were no significant differences.

Q: How old were you when you first tried cigarette smoking, even one or two puffs?

Lifetime Substance Use

LIFETIME PRESCRIPTION DRUG MISUSE

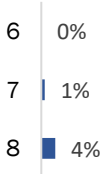
Overall, 2% of middle school students have ever used a prescription drug that was not their own. *There is no statewide comparison data.*



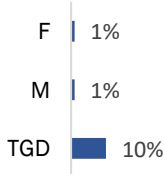
*In 2019 and 2021, students were only asked about lifetime prescription pain medicine misuse, not general prescription drug misuse.

The graphs below show a breakdown of 2023 data by different demographic groups.

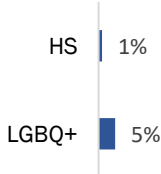
Grade



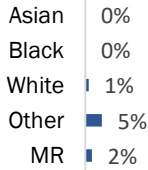
Gender



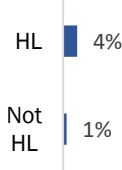
Sexual Orientation



Race



Ethnicity



Grade: There were no significant differences.

Gender: There were no significant differences.

Sexual Orientation: There were no significant differences.

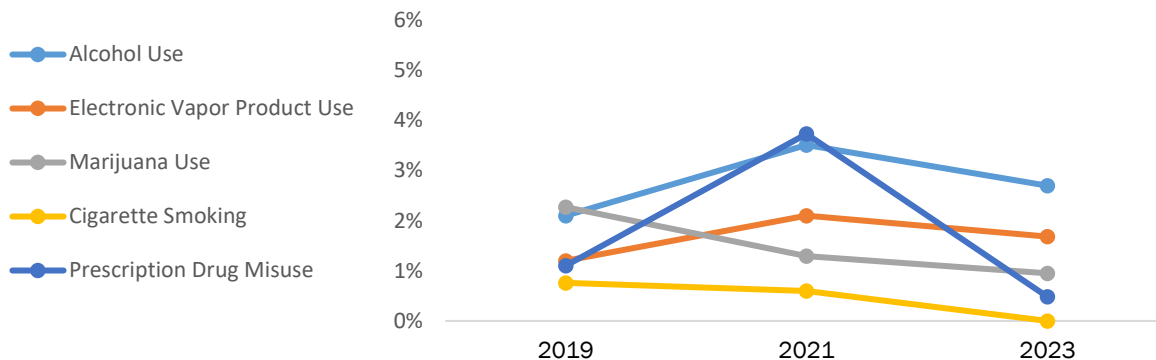
Race: There were no significant differences.

Ethnicity: There were no significant differences.

Q: Have you ever taken prescription drugs that weren't your own?

Current Substance Use

Watertown middle school students were asked if they had used a variety of substances in the past 30 days (currently). Three percent of middle school students reported currently drinking alcohol, 2% reported currently using electronic vapor products, 1% reported currently using marijuana, 0% reported currently smoking cigarettes, and less than 1% reported currently misusing prescription drugs.



Watertown '23 Alcohol - 3% EVP - 2% Marijuana - 1% Cigarettes - 0% PDM - 0%
ML '23 Alcohol - 2% EVP - 1% Marijuana - 1% Cigarettes - 0% PDM - 1%
MA '21 Alcohol - 3% EVP - 5% Marijuana - 3%

Below is a breakdown of 2023 data by different demographic groups.

Grade			Gender			Sexual Orientation		Race					Ethnicity	
6th	7th	8th	F	M	TGD	HS	LGBQ+	Asian	Black	White	Other	MR	H/L	Not H/L
Alcohol use														
1%	3%	4%	3%	3%	0%	3%	3%	4%	11%	1%	3%	4%	4%	2%
EVP use														
1%	1%	3%	2%	1%	0%	2%	2%	4%	6%	1%	3%	0%	4%	1%
Marijuana use														
0%	1%	2%	1%	1%	0%	1%	3%	4%	5%	1%	1%	0%	2%	1%
Cigarette smoking														
0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
Prescription drug misuse														
0%	0%	1%	0%	0%	3%	0%	0%	0%	0%	0%	2%	0%	1%	0%

Alcohol use: There were no significant differences.

EVP use: There were no significant differences.

Marijuana use: Students in 6th grade were significantly less likely than the average middle school student to currently use marijuana.

Cigarette smoking: There were no significant differences.

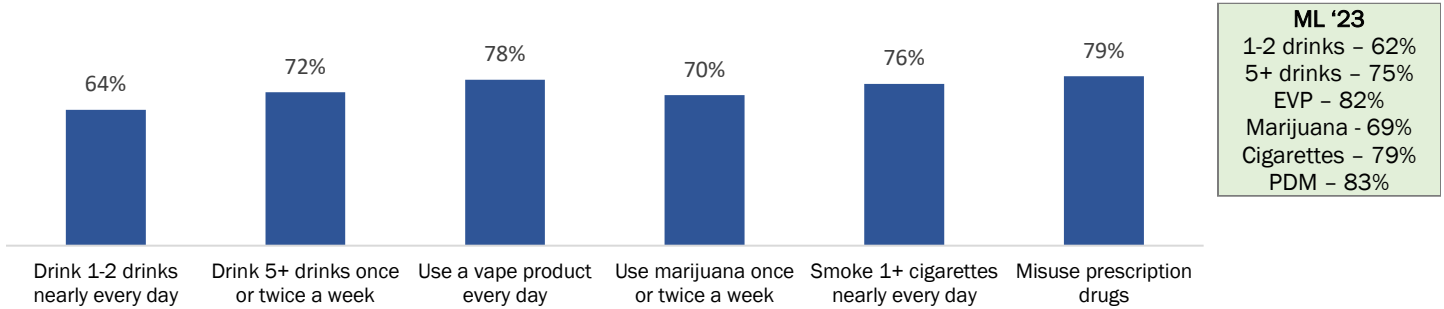
Prescription drug misuse: Students of another race were significantly more likely than the average middle school student to currently misuse prescription drugs.

- Q: During the past 30 days, did you have at least one drink of alcohol?
- Q: During the past 30 days, did you use an electronic vapor product?
- Q: During the past 30 days, did you use marijuana?
- Q: During the past 30 days, did you smoke cigarettes?
- Q: During the past 30 days, did you take prescription drugs that weren't your own?

Perceptions About Substance Use

PERCEIVED RISK OF HARM

Overall, middle school students were most likely to perceive misusing prescription drugs as having moderate or great risk of harm (79%), and least likely to perceive drinking 1-2 drinks of alcohol nearly every day as having moderate or great risk of harm (64%). *There is no statewide comparison data.*



Below is a breakdown of 2023 data by different demographic groups.

Grade			Gender			Sexual Orientation		Race					Ethnicity	
6 th	7 th	8 th	F	M	TGD	HS	LGBQ+	Asian	Black	White	Other	MR	H/L	Not H/L
Drink 1-2 drinks nearly every day														
56%	63%	71%	66%	59%	69%	62%	75%	56%	63%	65%	61%	71%	57%	65%
Drink 5+ drinks once or twice a week														
69%	74%	72%	73%	70%	69%	72%	75%	70%	94%	72%	65%	77%	68%	72%
Use a vape product every day														
75%	79%	79%	78%	76%	77%	79	79%	73%	89%	80%	73%	79%	70%	80%
Use marijuana once or twice a week														
67%	76%	68%	73%	67%	73%	70%	72%	70%	67%	69%	72%	71%	66%	73%
Smoke 1+ cigarettes nearly every day														
73%	77%	77%	77%	74%	77%	75%	79%	78%	84%	77%	71%	75%	68%	78%
Misuse prescription drugs														
78%	79%	82%	83%	75%	77%	78%	84%	78%	95%	82%	69%	80%	70%	82%

Drink 1-2 drinks nearly every day: There were no significant differences.

Drink 5+ drinks 1-2 times per week: Black students were significantly more likely than the average middle school student to perceive drinking 5+ drinks of alcohol 1-2 times per week as having moderate or great risk of harm.

Use vape products every day: There were no significant differences.

Use marijuana 1-2 times per week: There were no significant differences.

Smoke 1+ cigarettes nearly every day: There were no significant differences.

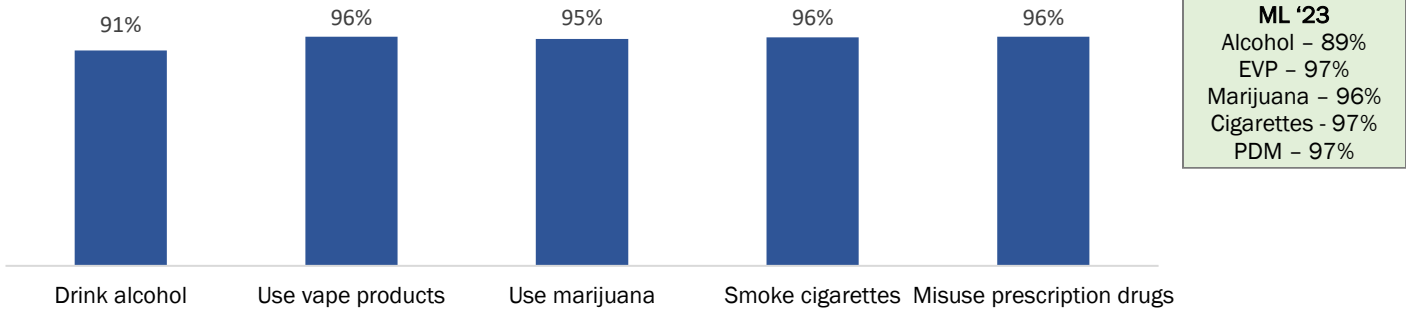
Misuse prescription drugs: Black students were significantly more likely than the average middle school student to perceive misusing prescription drugs as having moderate or great risk of harm.

- Q: How much do you think people risk harming themselves if they have one or two drinks of alcohol nearly every day?
- Q: How much do you think people risk harming themselves if they have five or more drinks of alcohol once or twice each week?
- Q: How much do you think people risk harming themselves if they use a vape product every day?
- Q: How much do you think people risk harming themselves if they use marijuana once or twice a week?
- Q: How much do you think people risk harming themselves if they smoke one or more cigarettes nearly every day?
- Q: How much do you think people risk harming themselves if they use prescription drugs that are not prescribed to them?

Perceptions About Substance Use

CAREGIVER PERCEPTIONS

Overall, middle school students were most likely to think their caregivers think using vape products or misusing prescription drugs is wrong or very wrong (96%), and least likely to think their caregivers think drinking alcohol is wrong or very wrong (91%). *There is no statewide comparison data.*



Below is a breakdown of 2023 data by different demographic groups.

Grade			Gender			Sexual Orientation		Race				Ethnicity		
6 th	7 th	8 th	F	M	TGD	HS	LGBQ+	Asian	Black	White	Other	MR	H/L	Not H/L
Drink alcohol														
91%	92%	89%	91%	88%	96%	90%	87%	100%	84%	90%	90%	91%	94%	90%
Use vape products														
96%	97%	96%	97%	95%	96%	96%	97%	100%	100%	96%	95%	96%	96%	96%
Use marijuana														
95%	95%	96%	96%	94%	96%	95%	92%	100%	95%	95%	95%	93%	95%	95%
Smoke cigarettes														
96%	97%	95%	97%	94%	96%	95%	97%	100%	95%	96%	96%	95%	96%	96%
Use prescription medications not prescribed to them														
95%	98%	96%	98%	94%	96%	96%	97%	100%	100%	96%	94%	96%	97%	96%

Drink alcohol: Asian students were significantly more likely than the average middle school student to think their caregivers think drinking alcohol is wrong or very wrong.

Use vape products: Asian and Black students were significantly more likely than the average middle school student to think their caregivers think using vape products is wrong or very wrong.

Use marijuana: Asian students were significantly more likely than the average middle school student to think their caregivers think using marijuana is wrong or very wrong.

Smoke cigarettes: Asian students were significantly more likely than the average middle school student to think their caregivers think smoking cigarettes is wrong or very wrong.

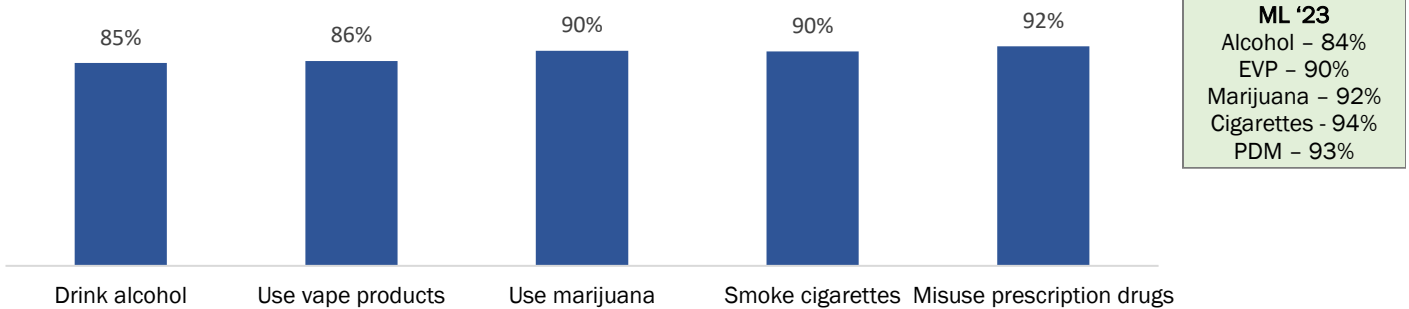
Misuse prescription drugs: Asian and Black students were significantly more likely than the average middle school student to think their caregivers think misusing prescription drugs is wrong or very wrong.

- Q: How wrong do your caregivers feel it would be for you to drink alcohol?
- Q: How wrong do your caregivers feel it would be for you to use vape products?
- Q: How wrong do your caregivers feel it would be for you to use marijuana?
- Q: How wrong do your caregivers feel it would be for you to smoke cigarettes?
- Q: How wrong do your caregivers feel it would be for you to use prescription medications not prescribed to you?

Perceptions About Substance Use

PERCEPTIONS OF FRIENDS

Overall, middle school students were most likely to think their friends think misusing prescription drugs is wrong or very wrong (92%), and least likely to think their friends think drinking alcohol is wrong or very wrong (86%) . *There is no statewide comparison data.*



Below is a breakdown of 2023 data by different demographic groups.

Grade			Gender			Sexual Orientation		Race					Ethnicity	
6 th	7 th	8 th	F	M	TGD	HS	LGBQ+	Asian	Black	White	Other	MR	H/L	Not H/L
Drink alcohol														
94%	83%	79%	85%	84%	89%	83%	90%	96%	83%	87%	79%	86%	86%	85%
Use vape products														
91%	86%	81%	84%	86%	96%	85%	87%	92%	83%	87%	82%	86%	84%	87%
Use marijuana														
95%	91%	85%	89%	90%	96%	90%	87%	92%	89%	92%	87%	91%	91%	91%
Smoke cigarettes														
94%	89%	87%	91%	88%	96%	89%	93%	96%	78%	92%	87%	91%	91%	90%
Use prescription medications not prescribed to them														
95%	92%	90%	93%	91%	96%	92%	93%	92%	89%	94%	89%	95%	94%	92%

Drink alcohol: There were no significant differences.

Use vape products: There were no significant differences.

Use marijuana: There were no significant differences.

Smoke cigarettes: There were no significant differences.

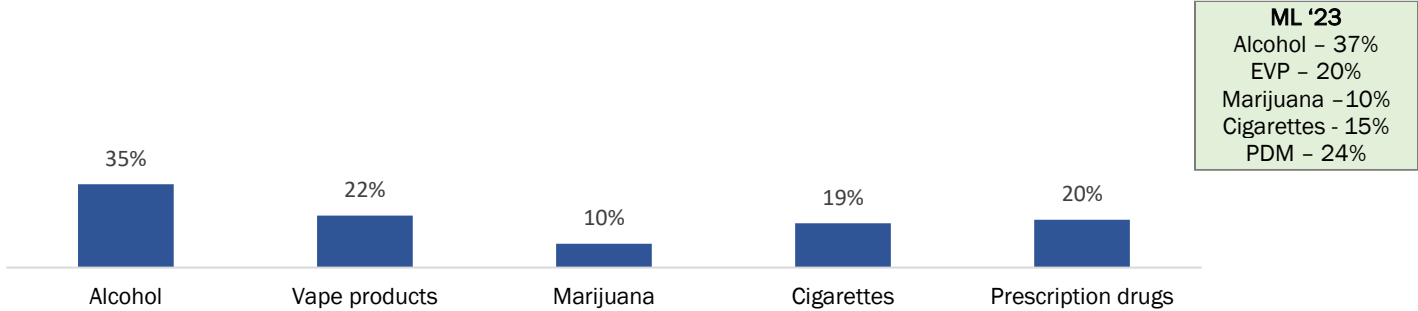
Misuse prescription drugs: There were no significant differences.

- Q: How wrong do your friends feel it would be for you to drink alcohol?
- Q: How wrong do your friends feel it would be for you to use vape products?
- Q: How wrong do your friends feel it would be for you to use marijuana?
- Q: How wrong do your friends feel it would be for you to smoke cigarettes?
- Q: How wrong do your friends feel it would be for you to use prescription medications not prescribed to you?

Perceptions About Substance Use

PERCEIVED ACCESS

Overall, middle school students were most likely to think alcohol was easy or very easy to access (35%), and least likely to think marijuana is easy or very easy to access (10%). *There is no statewide comparison data.*



Below is a breakdown of 2023 data by different demographic groups.

Grade			Gender			Sexual Orientation		Race				Ethnicity		
6 th	7 th	8 th	F	M	TGD	HS	LGBQ+	Asian	Black	White	Other	MR	H/L	Not H/L
Alcohol														
30%	36%	39%	40%	34%	30%	34%	39%	19%	42%	40%	29%	37%	35%	35%
Vape products														
15%	24%	27%	22%	24%	11%	22%	23%	18%	32%	18%	25%	26%	29%	19%
Marijuana														
4%	7%	19%	11%	8%	15%	9%	16%	12%	21%	6%	12%	15%	11%	9%
Cigarettes														
20%	14%	23%	21%	17%	15%	18%	21%	15%	26%	17%	21%	20%	20%	17%
Prescription medications not prescribed to them														
20%	15%	26%	22%	18%	30%	18%	33%	8%	21%	22%	17%	20%	20%	20%

Alcohol: There were no significant differences.

Vape products: There were no significant differences.

Marijuana: There were no significant differences.

Cigarettes: There were no significant differences.

Prescription drugs: There were no significant differences.

Q: If you wanted to get the following substances, how easy would it be for you to get alcohol?
 Q: If you wanted to get the following substances, how easy would it be for you to get vape products?
 Q: If you wanted to get the following substances, how easy would it be for you to get marijuana?
 Q: If you wanted to get the following substances, how easy would it be for you to get cigarettes?
 Q: If you wanted to get the following substances, how easy would it be for you to get prescription medications not prescribed to you?

Sexual Behaviors

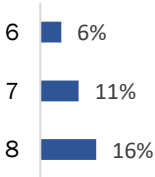
Sexual Behaviors

EVER HAD SEXUAL CONTACT

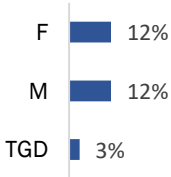
Overall, 11% of middle school students have ever had sexual contact with another person, compared to 10% of Middlesex League students. This was the first time this question was asked on the Watertown Youth Health Survey so there is no trend data. *There is no statewide comparison data.*

The graphs below show a breakdown of 2023 data by different demographic groups.

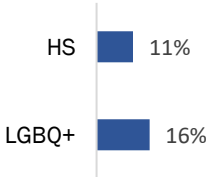
Grade



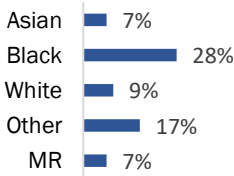
Gender



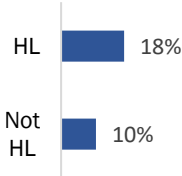
Sexual Orientation



Race



Ethnicity



Grade: There were no significant differences.

Gender: TGD students were significantly less likely than the average middle school student to have ever had sexual contact with another person.

Sexual Orientation: There were no significant differences.

Race: There were no significant differences.

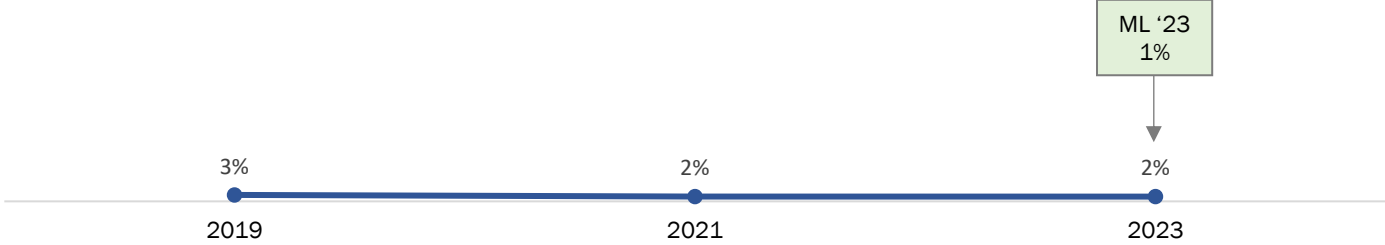
Ethnicity: There were no significant differences.

Q: Have you ever had sexual contact with another person?

Sexual Behaviors

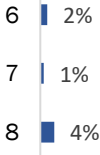
EVER HAD SEXUAL INTERCOURSE

Overall, 2% of middle school students have ever had sexual intercourse. *There is no statewide comparison data.*

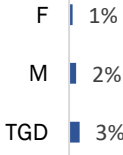


The graphs below show a breakdown of 2023 data by different demographic groups.

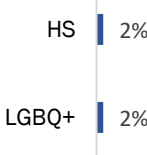
Grade



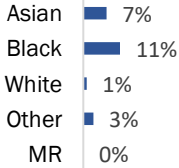
Gender



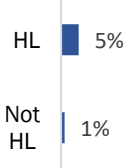
Sexual Orientation



Race



Ethnicity



Grade: There were no significant differences.

Gender: There were no significant differences.

Sexual Orientation: There were no significant differences.

Race: Multi-Racial students were significantly less likely than the average middle school student to have ever had sexual intercourse.

Ethnicity: There were no significant differences.

Q: Have you ever had sexual intercourse?

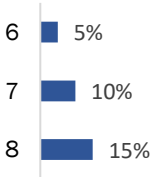
Sexual Behaviors

SEXTING

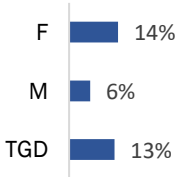
Overall, 10% of middle school students have ever sent or received sexual messages or nude or semi-nude pictures or videos electronically, compared to 10% of Middlesex League students. This was the first time this question was asked on the Watertown Youth Health Survey so there is no trend data. *There is no statewide comparison data.*

The graphs below show a breakdown of 2023 data by different demographic groups.

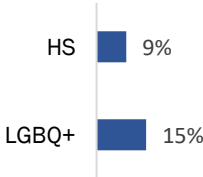
Grade



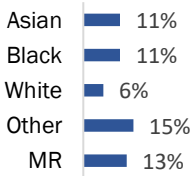
Gender



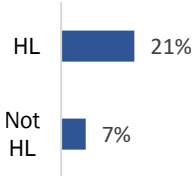
Sexual Orientation



Race



Ethnicity



Grade: There were no significant differences.

Gender: There were no significant differences.

Sexual Orientation: There were no significant differences.

Race: There were no significant differences.

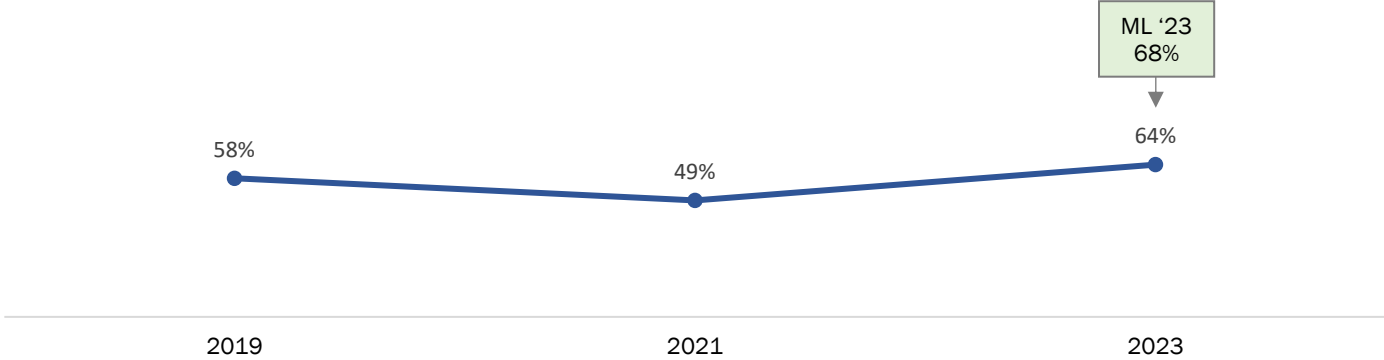
Ethnicity: Hispanic/Latino students were significantly more likely than non-Hispanic/Latino students to ever send or receive sexual messages, pictures, or videos electronically.

Q: Have you ever sent or received sexual messages or nude or semi-nude pictures or videos electronically (by smartphone, computer, tablet, or other device)?

Physical Activity And Nutrition

Physical Activity

Overall, 64% of middle school students engaged in 60 minutes of physical activity on at least 5 of the past 7 days. *There is no statewide comparison data.*

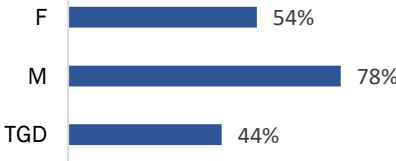


The graphs below show a breakdown of 2023 data by different demographic groups.

Grade



Gender



Sexual Orientation



Race



Ethnicity



Grade: There were no significant differences.

Gender: Male students were significantly more likely than the average middle school student to engage in 60+ minutes of physical activity on at least 5 of the past 7 days.

Sexual Orientation: There were no significant differences.

Race: There were no significant differences.

Ethnicity: There were no significant differences.

Q: During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day?

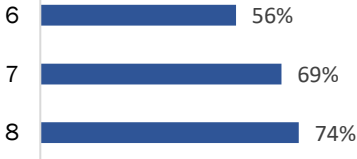
Screen Time

Overall, 67% of middle school students engaged in 3 or more hours of screen time on an average school day not including time spent doing schoolwork. *There is no statewide comparison data.*



The graphs below show a breakdown of 2023 data by different demographic groups.

Grade



Gender



Sexual Orientation



Race



Ethnicity



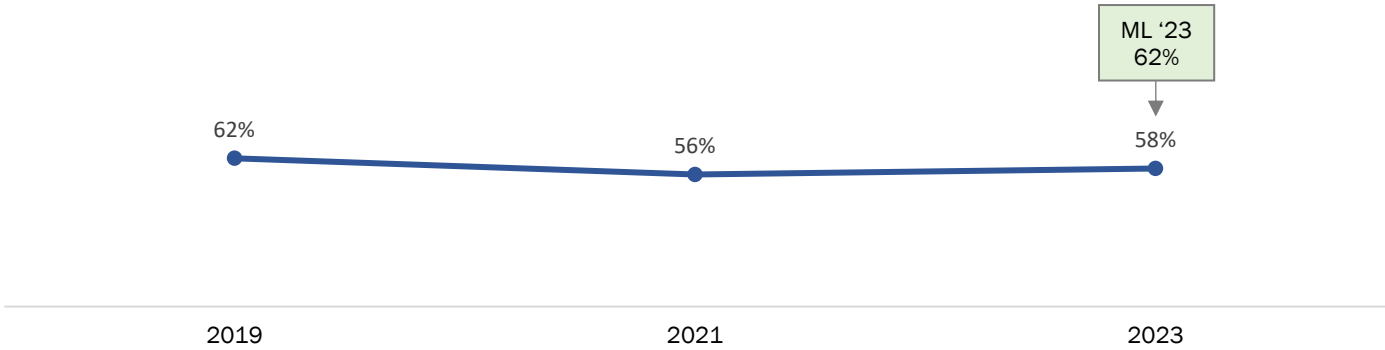
- Grade:** There were no significant differences.
- Gender:** There were no significant differences.
- Sexual Orientation:** There were no significant differences.
- Race:** There were no significant differences.
- Ethnicity:** There were no significant differences.

Q: On an average school day, how many hours do you spend in front of a TV, computer, phone, or other electronic device watching shows or videos, playing games, going online, or using social media (also called "screen time")?

Nutrition

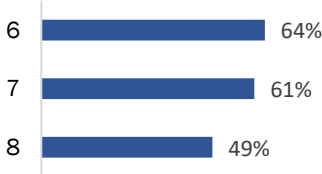
EATING BREAKFAST

Overall, 58% of middle school students ate breakfast on at least 6 of the past 7 days. *There is no statewide comparison data.*

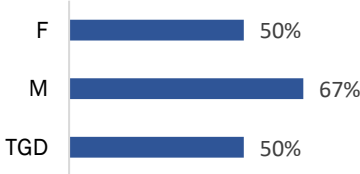


The graphs below show a breakdown of 2023 data by different demographic groups.

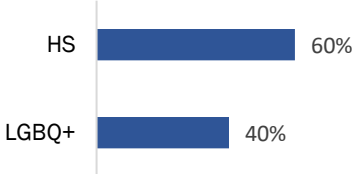
Grade



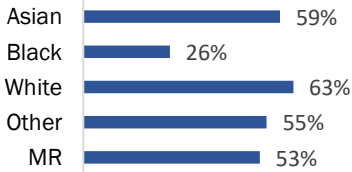
Gender



Sexual Orientation



Race



Ethnicity



Grade: There were no significant differences.

Gender: There were no significant differences.

Sexual Orientation: LGBQ+ students were significantly less likely than heterosexual students to eat breakfast on at least 6 of the last 7 days.

Race: Black students were significantly less likely than the average middle school student to eat breakfast on at least 6 of the last 7 days.

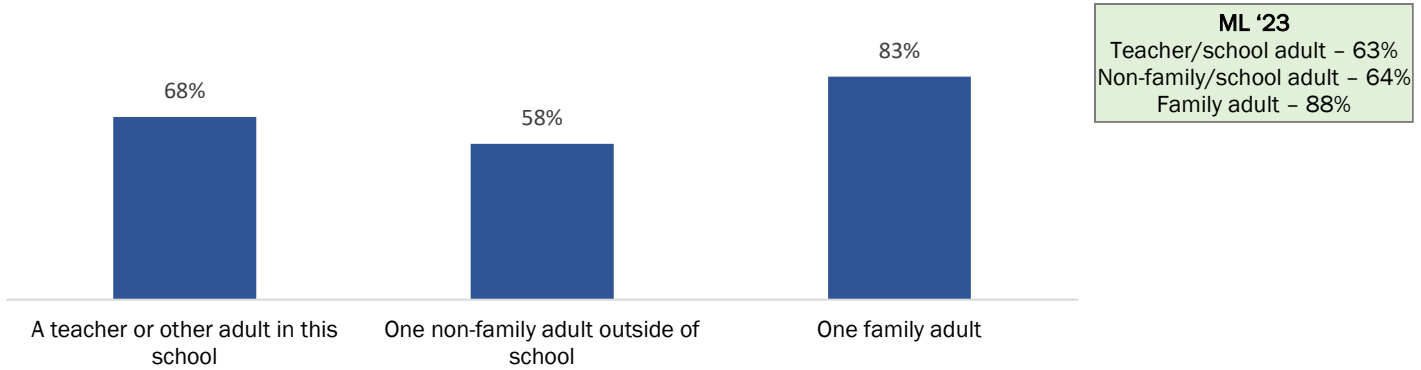
Ethnicity: There were no significant differences.

Q: On how many of the past 7 days did you eat breakfast?

Youth Assets & Other Protective Factors

Adult Connectedness

Overall, when asked about adults whom they could talk to about a problem, 68% of middle students reported having at least one teacher or other adult in this school, 58% reported having at least one adult outside of school who is not in their family, and 83% reported having at least one family adult. *There is no statewide comparison data.*



Below is a breakdown of 2023 data by different demographic groups.

Grade			Gender			Sexual Orientation		Race					Ethnicity	
6 th	7 th	8 th	F	M	TGD	HS	LGBQ+	Asian	Black	White	Other	MR	H/L	Not H/L
Teacher or other adult in school														
70%	72%	63%	67%	71%	63%	71%	61%	54%	83%	76%	55%	72%	66%	69%
Non-family adult outside of school														
57%	59%	58%	54%	66%	34%	62%	46%	48%	47%	68%	45%	60%	46%	61%
Family adult														
85%	87%	77%	76%	93%	69%	86%	67%	74%	68%	91%	72%	84%	72%	86%

Teacher or other adult at school: There were no significant differences.

Non-family adult outside of school: TGD students were less likely than the average middle school student to have a non-family adult outside of school to talk to about a problem.

Family adult: Male students and White students were significantly more likely than the average middle school student to have a family adult to talk to about a problem. LGBQ+ students were significantly less likely than heterosexual students to have family adult to talk to about a problem. Hispanic/Latino students were significantly less likely than non-Hispanic/Latino students to have a family adult to talk to about a problem.

Q: Is there at least one teacher or other adult in this school that you can talk to if you have a problem?
 Q: Is there at least one adult outside of school who is not in your family that you can talk to if you have a problem?
 Q: Is there at least one adult in your family that you can talk to if you have a problem?

Peer Connectedness

Overall, 85% of middle school students have at least one friend of similar age to talk to about a problem, compared to 88% of Middlesex League students. This was the first time this question was asked on the Watertown Youth Health Survey so there is no trend data. *There is no statewide comparison data.*

The graphs below show a breakdown of 2023 data by different demographic groups.

Grade



Gender



Sexual Orientation



Race



Ethnicity



- Grade:** There were no significant differences.
- Gender:** There were no significant differences.
- Sexual Orientation:** There were no significant differences.
- Race:** There were no significant differences.
- Ethnicity:** There were no significant differences.

Q: Is there at least one friend similar in age to you that you can talk to if you have a problem?

Participation in Extracurricular Activities

Overall, 80% of middle school students reported that they participated in an extracurricular activity this school year, compared to 82% of Middlesex League students. This was the first time this question was asked on the Watertown Youth Health Survey so there is no trend data. *There is no statewide comparison data.*

The graphs below show a breakdown of 2023 data by different demographic groups.

Grade



Gender



Sexual Orientation



Race



Ethnicity

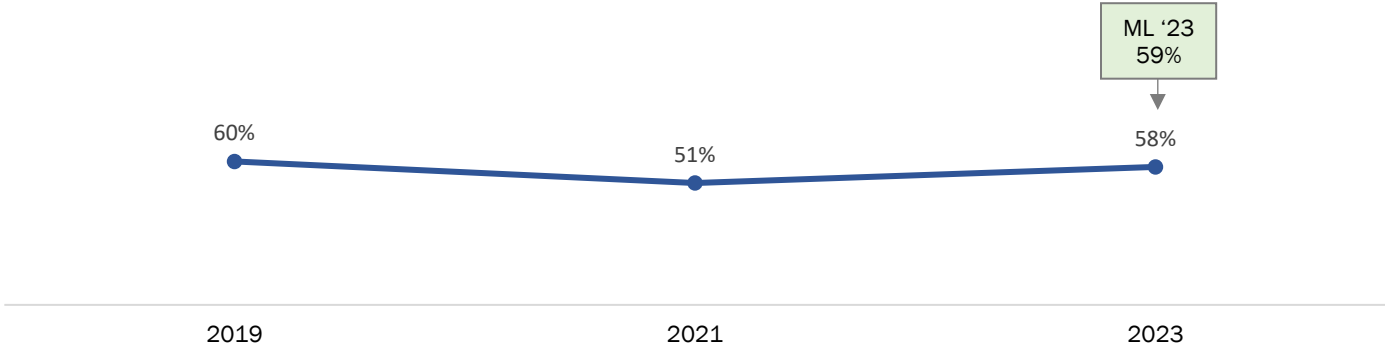


- Grade:** There were no significant differences.
- Gender:** There were no significant differences.
- Sexual Orientation:** There were no significant differences.
- Race:** There were no significant differences.
- Ethnicity:** There were no significant differences.

Q: During this school year, did you take part in an organized activity?

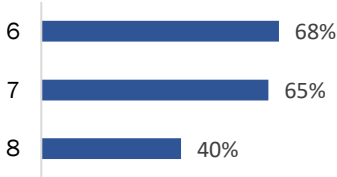
Sleep

Overall, 58% of middle school students reported sleeping 8 or more hours on an average school night. *There is no statewide comparison data.*

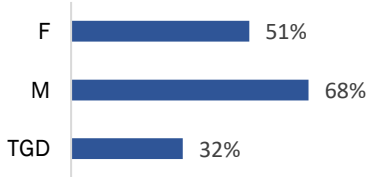


The graphs below show a breakdown of 2023 data by different demographic groups.

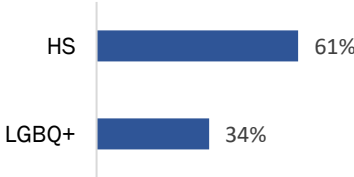
Grade



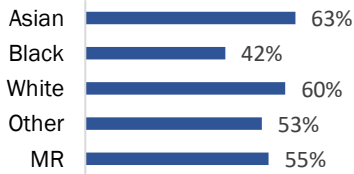
Gender



Sexual Orientation



Race



Ethnicity



Grade: Students in 8th grade were significantly less likely than the average middle school student to sleep 8+ hours on an average school night.

Gender: TGD students were significantly less likely than the average middle school student to sleep 8+ hours on an average school night.

Sexual Orientation: LGBQ+ students were significantly less likely than heterosexual students to sleep 8+ hours on an average school night.

Race: There were no significant differences.

Ethnicity: There were no significant differences.

Q: On an average school night, how many hours of sleep do you get?

Appendix A. Selected High School Data Tables

	Watertown High School YHS			ML Region	MA YHS	MA CDC YRBS
	2019	2021	2023	2023	2021	2021
Safety						
Most of the time or always wear a seatbelt when riding in a car	83.5%	29.6%	85.0%	96.3%	N/A	N/A
Rode in a car with someone who had been drinking alcohol (30 days)	10.2%	7.5%	10.5%	9.1%	N/A	11.2%
Rode in a car with someone who had been using marijuana (30 days)	N/A	N/A	8.8%	9.5%	N/A	N/A
Drove a car when they had been drinking alcohol (among drivers, 30 days)	1.5%	3.2%	3.8%	3.1%	N/A	3.0%
Drove a car when they had been using marijuana (among drivers, 30 days)	5.9%	6.3%	4.5%	4.8%	N/A	N/A
Talked on the phone while driving a car (among drivers, 30 days)	31.5%	28.3%	29.4%	30.6%	N/A	N/A
Checked or used phone while driving a car (among drivers, 30 days)	32.0%	30.8%	23.9%	29.7%	N/A	27.3%
Skipped school because they felt safe at school or on their way to or from school (30 days)	3.6%	3.7%	10.8%	5.8	N/A	7.8%
Discrimination (sometimes, most of the time, always)						
Experienced bad or unfair treatment because of their race or ethnicity (ever)	N/A	14.3%	12.5%	9.9%	N/A	N/A
Experienced bad or unfair treatment because of their race or ethnicity (12 months)	N/A	N/A	7.8%	5.7%	N/A	N/A
Experienced bad or unfair treatment because of their gender identity (12 months)	N/A	N/A	7.6%	7.0%	N/A	N/A
Experienced bad or unfair treatment because of their sexual orientation (12 months)	N/A	N/A	4.9%	5.4%	N/A	N/A
Experienced bad or unfair treatment because of their religion (12 months)	N/A	N/A	4.6%	5.0%	N/A	N/A
Violence-Related Behaviors or Experiences						
Weapons						
Carried a weapon (30 days)	5.7%	4.8%	4.7%	3.8%	N/A	N/A
Carried a weapon on school property (30 days)	1.3%	1.7%	1.2%	1.0%	N/A	N/A
Fighting						
Were in a physical fight (12 months)	16.4%	11.4%	89.2%	9.5%	N/A	14.0%
Were in a physical fight on school property (12 months)	3.8%	1.3%	4.1%	2.8%	N/A	3.5%
Sexual Violence						
Has had sexual things done to them or was forced to do sexual things they did not want to (ever)	N/A	N/A	10.8%	10.1%	N/A	N/A
Has had sexual things done to them or was forced to do sexual things they did not want to (12 months)	6.1%	8.6%	5.2%	4.4%	N/A	10.8%
Dating Violence*						
Experienced sexual dating violence (12 months)	3.5%	3.6%	3.7%	4.3%	N/A	9.5%
Experienced physical dating violence (12 months)	1.9%	1.3%	3.6%	2.7%	N/A	6.8%
Experienced emotional dating violence or control (12 months)	N/A	N/A	16.2%	10.9%	N/A	N/A
Bullying						
Have been bullied on school property (12 months)	9.6%	6.5%	10.0%	9.3%	19.4%	11.2%
Have been bullied electronically (12 months)	9.3%	8.3%	5.6%	6.2%	N/A	14.1%
Mental Health						
Mental health was not good sometimes, most of the time, or always (30 days)	N/A	N/A	57.9%	55.2%	N/A	31.8%
Worried every day for two or more weeks in a row and stopped doing usual activities (30 days)	N/A	N/A	39.7%	33.0%	N/A	N/A
Felt so sad or hopeless almost every day for two weeks or more in a row and stopped doing usual activities (12 months)	23.8%	30.6%	30.2%	23.4%	29.3%	38.5%
Engaged in self-harm without wanting to die (12 months)	10.4%	14.0%	16.6%	14.0%	26.5%	N/A
Seriously considered attempting suicide (12 months)	11.6%	11.9%	13.1%	10.2%	12.6%	18.4%
Made a plan about how they would attempt suicide (12 months)	6.5%	10.1%	10.0%	6.8%	N/A	14.0%
Attempted suicide (12 months)	3.3%	3.6%	3.1%	2.1%	N/A	7.6%
Substance Use						
Lifetime						
Alcohol use	55.6%	41.6%	36.0%	36.9%	39.1%	N/A
Vape product use	38.8%	30.2%	21.9%	5.4%	30.9%	31.0%
Marijuana use	25.4%	22.9%	20.6%	17.9%	27.9%	N/A
Smoking cigarettes	13.5%	13.8%	9.0%	6.8%	11.8%	N/A
Prescription drug misuse	6.5%	3.3%	5.1%	3.7%	N/A	N/A

*In 2023, the dating violence questions were changed to remove the word "purposely".

	Watertown High School YHS			ML Region	MA YHS	MA CDC YRBS
	2019	2021	2023	2023	2021	2021
Substance Use (Continued)						
Current (30 days)						
Alcohol use	18.1%	20.3%	18.6%	19.9%	22.3%	22.5%
Binge drinking (5 or more drinks in a row)**	11.3%	13.6%	9.8%	10.0%	10.5%	11.4%*
Electronic vapor products use	20.5%	14.5%	9.9%	8.0%	17.6%	17.2%
Marijuana use	13.9%	12.2%	11.6%	10.7%	17.8%	16.6%
Smoking cigarettes	3.8%	4.2%	2.6%	2.5%	N/A	3.5%
Prescription drug misuse	4.4%	1.9%	2.0%	1.1%	N/A	N/A
Perceptions of Substance Use						
Risk of Harm (moderate risk, great risk)						
Have one or two drinks of alcohol nearly every day	76.2%	80.1%	63.7%	65.4%	N/A	N/A
Have five or more drinks of alcohol once or twice each week	72.4%	76.4%	70.5%	74.8%	N/A	N/A
Use a vape product every day	N/A	N/A	78.0%	81.2%	N/A	N/A
Use marijuana once or twice a week	45.1%	53.1%	51.0%	51.6%	N/A	N/A
Smoke one or more cigarettes nearly every day	N/A	N/A	78.1%	83.0%	N/A	N/A
Use prescription drugs that are not prescribed to them	87.9%	91.4%	85.6%	88.4%	N/A	N/A
Caregiver Perceptions (wrong, very wrong)						
Drink alcohol	N/A	N/A	75.9%	69.1%	N/A	N/A
Use vape products	88.2%	93.8%	94.1%	94.1%	N/A	N/A
Use marijuana	83.7%	85.4%	88.4%	86.7%	N/A	N/A
Smoke cigarettes	93.5%	95.3%	95.7%	95.5%	N/A	N/A
Use prescription drugs not prescribed to them	92.5%	94.9%	96.4%	96.0%	N/A	N/A
Friend Perceptions (wrong, very wrong)						
Drink alcohol	N/A	N/A	47.0%	42.6%	N/A	N/A
Use vape products	N/A	51.1%	60.3%	64.8%	N/A	N/A
Use marijuana	50.0%	51.9%	58.8%	57.2%	N/A	N/A
Smoke cigarettes	73.3%	68.9%	80.2%	81.1%	N/A	N/A
Use prescription drugs not prescribed to them	88.1%	88.6%	88.6%	89.8%	N/A	N/A
Ease of Access (easy, very easy)						
Alcohol	N/A	N/A	55.4%	58.6%	N/A	N/A
Vape products	N/A	N/A	51.6%	46.0%	N/A	N/A
Marijuana	N/A	N/A	42.0%	37.9%	N/A	N/A
Cigarettes	N/A	N/A	34.6%	27.3%	N/A	N/A
Prescription medications not prescribed to them	N/A	N/A	21.3%	22.4%	N/A	N/A
Been sold or given alcohol or other illegal drugs on school property (12 months)	7.1%	5.7%	9.7%	7.2%	N/A	N/A
Sexual Behaviors						
Had sexual contact with another person (ever)	N/A	N/A	42.9%	37.4%	N/A	N/A
Had sexual intercourse (ever)	26.4%	26.2%	23.6%	18.1%	N/A	N/A
Used a barrier to protect themselves and their partners against STIs the last time they had sexual contact (among students who have had sexual contact)	N/A	N/A	48.8%	41.3%	N/A	N/A
Used substances before the last time they had sexual intercourse (among students who have had sexual intercourse)	15.2%	10.4%	12.6%	16.4%	N/A	20.7%
Sent or received sexual messages, pictures, or videos, electronically (ever)	34.0%	35.6%	30.4%	25.2%	N/A	N/A
Physical Activity and Nutrition						
Participated in 60 minutes or more of physical activity on 5 of the past 7 days	41.5%	54.8%	56.4%	60.9%	N/A	45.0%
Ate breakfast on 6 of the past 7 days	45.6%	42.4%	45.2%	50.1%	N/A	N/A
Had 3 or more hours of screen time on an average school day	N/A	82.4%	75.3%	73.7%	N/A	75.6%
Protective Factors						
Have a teacher or other adult in school to talk to about a problem	58.6%	61.6%	62.4%	66.3%	N/A	N/A
Have an adult outside of school not in their family to talk to about a problem***	24.5%	32.0%	58.5%	67.0%	N/A	N/A
Have an adult in their family to talk to about a problem***	79.8%	80.8%	81.2%	85.0%	N/A	N/A
Have a friend similar in age to talk to about a problem	N/A	N/A	87.0%	89.7%	N/A	N/A

**In 2023, the survey redefined “binge drinking” from 4 or more drinks in a row for female students and 5 or more drinks in a row for male students to 5 or more drinks in a row for all students.

***In 2023, this question was changed from “Do you have at least one parent or other adult family member about things that are important to them?” to “Do you have at least one parent or other adult family member to talk to about a problem?”

	Watertown High School YHS			ML Region	MA YHS	MA CDC YRBS
	2019	2021	2023	2023	2021	2021
Other Health-Related Topics						
Participated in an organized activity this school year	N/A	N/A	74.5%	85.5%	N/A	N/A
Sleep 8 or more hours on an average school night	28.4%	23.8%	31.0%	32.0%	22.5%	20.4%

Appendix B. Selected Middle School Data Tables

	Watertown Middle School YHS			ML Region	MA YHS
	2019	2021	2023	2023	2021
Safety					
Rarely or never wear a seatbelt when riding in a car	1.5%	3.7%	5.4%	2.6%	N/A
Rode in a car with someone who had been drinking alcohol (30 days)	N/A	N/A	13.0%	9.1%	10.1%
Rode in a car with someone who had been using marijuana (30 days)	N/A	N/A	3.3%	2.7%	6.6%
Skipped school because they felt safe at school or on their way to or from school (30 days)	N/A	N/A	9.5%	6.5%	N/A
Discrimination (sometimes, most of the time, always)					
Experienced bad or unfair treatment because of their race or ethnicity (ever)	N/A	12.8%	15.3%	9.8%	N/A
Experienced bad or unfair treatment because of their race or ethnicity (12 months)	N/A	N/A	7.8%	6.8%	N/A
Experienced bad or unfair treatment because of their gender identity (12 months)	N/A	N/A	6.9%	5.6%	N/A
Experienced bad or unfair treatment because of their sexual orientation (12 months)	N/A	N/A	6.9%	4.7%	N/A
Experienced bad or unfair treatment because of their religion (12 months)	N/A	N/A	6.6%	3.7%	N/A
Violence-Related Behaviors or Experiences					
Weapons					
Carried a weapon (ever)	17.8%	11.2%	11.6%	9.2%	N/A
Carried a weapon (30 days)	N/A	N/A	2.8%	3.7%	N/A
Carried a weapon on school property (30 days)	N/A	N/A	0.2%	0.4%	N/A
Fighting					
Were in a physical fight (ever)	31.2%	24.7%	25.1%	24.4%	N/A
Were in a physical fight (12 months)	N/A	N/A	10.4%	11.1%	N/A
Were in a physical fight on school property (12 months)	N/A	N/A	5.5%	3.5%	N/A
Sexual Violence					
Has had sexual things done to them or was forced to do sexual things they did not want to (ever)	N/A	N/A	5.7%	4.0%	N/A
Dating Violence*					
Experienced sexual dating violence (ever)	N/A	N/A	2.4%	2.0%	N/A
Experienced physical dating violence (ever)	N/A	N/A	1.4%	1.2%	N/A
Experienced emotional dating violence or control (ever)	N/A	N/A	5.7%	5.6%	N/A
Bullying					
Have been bullied on school property (12 months)	N/A	N/A	19.3%	16.6%	33.4%
Have been bullied electronically (12 months)	N/A	N/A	7.1%	7.7%	18.1%
Mental Health					
Mental health was not good sometimes, most of the time, or always (30 days)	N/A	45.5%	38.1%	37.2%	N/A
Felt so sad or hopeless almost every day for two weeks or more in a row and stopped doing usual activities (12 months)	18.3%	26.3%	19.5%	15.2%	29.3%
Engaged in self-harm without wanting to die (12 months)	13.2%	19.3%	9.2%	9.0%	26.5%
Seriously considered attempting suicide (12 months)	N/A	N/A	7.9%	7.0%	12.6%
Made a plan about how they would attempt suicide (12 months)	N/A	N/A	4.8%	5.3%	N/A
Attempted suicide (12 months)	N/A	N/A	3.1%	1.8%	6.1%
Substance Use					
Lifetime					
Alcohol use	12.2%	13.0%	10.0%	8.6%	N/A
Vape product use	4.1%	6.4%	6.0%	3.2%	10.1%
Marijuana use	1.0%	3.2%	4.3%	2.1%	4.8%
Smoking cigarettes	0.8%	4.0%	1.9%	1.2%	4.4%
Prescription drug misuse	2.9%	2.9%	1.7%	1.4%	N/A

*In 2023, the dating violence questions were changed to remove the word "purposely".

	Watertown Middle School YHS			ML Region	MA YHS
	2019	2021	2023	2023	2021
Substance Use (Continued)					
Current (30 days)					
Alcohol use	2.1%	3.5%	2.7%	2.2%	3.1%
Electronic vapor products use	1.2%	2.1%	1.7%	1.4%	4.6%
Marijuana use	2.3%	1.3%	1.0%	0.9%	2.5%
Smoking cigarettes	0.8%	0.6%	0.0%	0.2%	N/A
Prescription drug misuse	1.1%	3.7%	0.5%	0.5%	N/A
Perceptions of Substance Use					
Risk of Harm (moderate risk, great risk)					
Have one or two drinks of alcohol nearly every day	82.2%	84.9%	63.6%	62.2%	N/A
Have five or more drinks of alcohol once or twice each week	77.4%	80.1%	71.9%	75.1%	N/A
Use a vape product every day	N/A	N/A	77.6%	81.5%	N/A
Use marijuana once or twice a week	74.4%	73.6%	70.5%	69.1%	N/A
Smoke one or more cigarettes nearly every day	N/A	N/A	75.8%	79.1%	N/A
Use prescription drugs that are not prescribed to them	91.3%	91.5%	79.2%	83.3%	N/A
Caregiver Perceptions (wrong, very wrong)					
Drink alcohol	N/A	N/A	90.5%	88.6%	N/A
Use vape products	94.3%	98.4%	96.4%	96.6%	N/A
Use marijuana	94.9%	96.2%	95.4%	96.1%	N/A
Smoke cigarettes	95.8%	97.0%	96.1%	96.6%	N/A
Use prescription drugs not prescribed to them	95.4%	97.3%	96.4%	96.6%	N/A
Friend Perceptions (wrong, very wrong)					
Drink alcohol	N/A	N/A	85.3%	96.9%	N/A
Use vape products	N/A	83.4%	86.2%	83.6%	N/A
Use marijuana	85.7%	86.4%	90.4%	89.8%	N/A
Smoke cigarettes	83.2%	84.2%	90.2%	91.7%	N/A
Use prescription drugs not prescribed to them	89.6%	89.8%	92.4%	93.6%	N/A
Ease of Access (easy, very easy)					
Alcohol	N/A	N/A	35.1%	36.7%	N/A
Vape products	N/A	N/A	21.8%	19.5%	N/A
Marijuana	N/A	N/A	10.1%	9.6%	N/A
Cigarettes	N/A	N/A	18.6%	15.3%	N/A
Prescription medications not prescribed to them	N/A	N/A	20.2%	24.2%	N/A
Been sold or given alcohol or other illegal drugs on school property (12 months)	N/A	N/A	4.6%	3.8%	N/A
Sexual Behaviors					
Had sexual contact with another person (ever)	N/A	N/A	11.1%	9.6%	N/A
Had sexual intercourse (ever)	2.7%	2.0%	1.9%	1.4%	N/A
Used a barrier to protect themselves and their partners against STIs the last time they had sexual contact (among students who have had sexual contact)	N/A	N/A	27.3%	23.8%	N/A
Used substances before the last time they had sexual intercourse (among students who have had sexual intercourse)	N/A	10.0%	42.9%	25.8%	N/A
Sent or received sexual messages, pictures, or videos, electronically (ever)	N/A	N/A	10.2%	10.3%	N/A
Physical Activity and Nutrition					
Participated in 60 minutes or more of physical activity on 5 of the past 7 days	58.2%	49.0%	64.1%	68.0%	N/A
Ate breakfast on 6 of the past 7 days	62.4%	55.5%	57.9%	61.9%	N/A
Had 3 or more hours of screen time on an average school day	N/A	70.1%	66.7%	60.0%	N/A
Protective Factors					
Have a teacher or other adult in school to talk to about a problem	84.0%	55.7%	68.3%	63.2%	N/A
Have an adult outside of school not in their family to talk to about a problem**	64.5%	70.6%	57.7%	64.8%	N/A
Have an adult in their family to talk to about a problem**	81.5%	83.8%	83.2%	88.4%	N/A
Have a friend similar in age to talk to about a problem	N/A	N/A	85.3%	87.8%	N/A

**In 2023, this question was changed from "Do you have at least one parent or other adult family member about things that are important to them?" to "Do you have at least one parent or other adult family member to talk to about a problem?"

	Watertown Middle School YHS			ML Region	MA YHS
	2019	2021	2023	2023	2021
Other Health-Related Topics					
Participated in an organized activity this school year	N/A	N/A	79.9%	82.2%	N/A
Sleep 8 or more hours on an average school night	60.3%	51.2%	57.5%	59.0%	N/A