

# Summary of Results from the 2016-2017 Somerville Middle School Health Survey

**Submitted to:**

The City of Somerville, Massachusetts

**Submitted by:**

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## BACKGROUND

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### REPORT FORMAT

In April of 2017, 802 Somerville middle school students (grades 6-8) took part in the 2016-2017 Somerville Middle School Health Survey. The survey was developed by partners including the Somerville Office of Prevention, the Somerville Public Schools, the Somerville Police Department, and the Cambridge Health Alliance. Based on surveys such as the *Youth Risk Behavior Survey*, *Monitoring the Future*, *Profiles of Student Life – Attitudes and Behaviors*, and the *Survey of Student Resources and Assets*, the questionnaire was designed to gather information on some of the important issues facing youth in Somerville, such as substance use, violence and safety, and stress. Similar surveys of Somerville middle school students were conducted during the 2002-03, 2004-05, 2006-07, 2008-09, 2010-11, 2012-13, and 2014-2015 school years.

This report is designed to provide an overview of key survey data, focusing on four main themes: (1) What do the data from this survey tell us about the challenges facing youth in Somerville?; (2) Are there any important sub-population differences among respondents (such as by gender or grade)?; (3) How have the data changed since previous administrations of the survey?; and (4) When possible, how do results in Somerville compare to those in other communities? The summary presents an overview of findings grouped according to the following themes: Substance Use; Violence and Safety; Mental Health; and, Physical Health. The main results in each section are illustrated using charts that are complemented by supplementary data or information. An appendix containing selected data follows the main results.

### WHO CONDUCTED THE SURVEY?

The survey was conducted by the Somerville Office of Prevention, the Somerville Public Schools, the Somerville Police Department, and the Cambridge Health Alliance in collaboration with Social Science Research and Evaluation, Inc., a non-profit social science research firm located in Burlington, Massachusetts.

### HOW AND WHEN WAS THE SURVEY CONDUCTED?

The survey was administered as a questionnaire in April of 2017 to all Somerville public school students in grades 6 through 8. The number of respondents in each grade is as follows:

6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	Unknown	TOTAL
249	291	250	12	802

School administrators set aside approximately 30 minutes for students to complete the survey. The attending classroom teacher was responsible for passing out the questionnaires and maintaining order in the classroom. In addition to English, the survey was translated into Spanish, Portuguese, and Haitian.

## **WHAT DID THE SURVEY ASK ABOUT?**

The survey focuses on issues ranging from demographic and background items (e.g., gender, age), to student substance use (e.g., alcohol, tobacco, other drugs), to other issues related to student health such as stress and suicide, violence and safety, sexual behavior, dietary behavior, and physical activity.

## **VALIDITY**

There is a good deal of research about the ways in which students respond to surveys and whether they tell the truth. This work indicates that student survey results are reasonably accurate provided that student participation is voluntary and that the respondents cannot be identified. The Somerville Middle School Health Survey met these conditions. The voluntary nature of the survey was explained to both students and their parents. Prior to the survey, parents were given the opportunity to opt their child(ren) out of the survey. In addition, students could choose not to participate or to skip any items. The confidential nature of the survey was highlighted in the questionnaire instructions that asked students *not* to put their name on the questionnaire and explained that their answers would not be viewed by anyone who knows them.

Two other steps were taken to increase validity. First, each questionnaire was reviewed to identify any on which students obviously provided frivolous answers. Such questionnaires were omitted from all analyses. Second, analyses were conducted to test for the reasonableness of responses and for the consistency of responses across related items. When inconsistent responses were identified, the entire case or the suspect items for that case were treated as missing data in all subsequent analyses. These two procedures identified few problems.

The validity of the survey is also bolstered by using a questionnaire based largely upon existing instruments such as the *Youth Risk Behavior Survey* (Centers for Disease Control and Prevention), *Monitoring the Future* (University of Michigan), and *Profiles of Student Life – Attitudes and Behaviors* and *Survey of Student Resources and Assets* (America's Promise and Search Institute). These standardized instruments have been thoroughly tested and administered in large-scale research studies (see: Centers for Disease Control and Prevention. [2013]. "Methodology of the Youth Risk Behavior Surveillance System – 2013." *MMWR* 2013, 62-1.; Brener, N., Kann, L., McManus, T., Kinchen, S.A., Sundberg E.C., and Ross, J.G. [2002]. "Reliability of the 1999 Youth Risk Behavior Survey Questionnaire." *Journal of Adolescent Health*, 31, 336-342.)

## **NON-RESPONDENTS**

It is important to keep in mind that the survey results can be generalized only to students who were present when the survey was administered. The results may not reflect responses that might have been obtained from students who were absent on the day of the survey.

## **TRENDS**

Trend comparisons can provide extremely useful information on whether certain behaviors have improved, worsened, or stayed the same over time. In fact, it is best to repeat a survey

such as this at regular intervals in order to track changes over time. Because similar surveys of Somerville middle school students were administered in 2003, 2005, 2007, 2009, 2011, 2013, and 2015, it is possible to make comparisons to results from those surveys when items are comparable.

### **COMPARATIVE DATA**

A limitation of such data is that it is difficult to compare results from Somerville to results from other communities. Making comparisons to other communities is quite complicated – surveys are not exactly alike, the populations used may differ in unknown ways, the timing of the surveys may vary, and so on. Although it is natural to want to compare to other communities, the most useful comparisons are made by looking at Somerville over time.

When surveying high school students in grades nine through 12, limited comparisons can be made to Massachusetts as a whole since the Massachusetts Department of Education administers the Youth Risk Behavior Survey to a sample of Massachusetts students every two years. Massachusetts does not, however, administer a statewide survey of middle school students and there are few other large-scale surveys of middle school students.

The Monitoring the Future Survey (MTF), administered annually each Spring by the University of Michigan for the National Institute on Drug Abuse, does include selected comparable items related to 8th grade substance use (the survey is not administered to students in grades 6 or 7). When possible, substance use results for Somerville 8th graders will be compared to national 8th grade results using the most recent available MTF data. The most current data are from the 2016 MTF which was administered in the Spring of 2016. It is important to note that this survey was administered one year prior to the Somerville survey.

### **WHO HAS THE PROBLEM?**

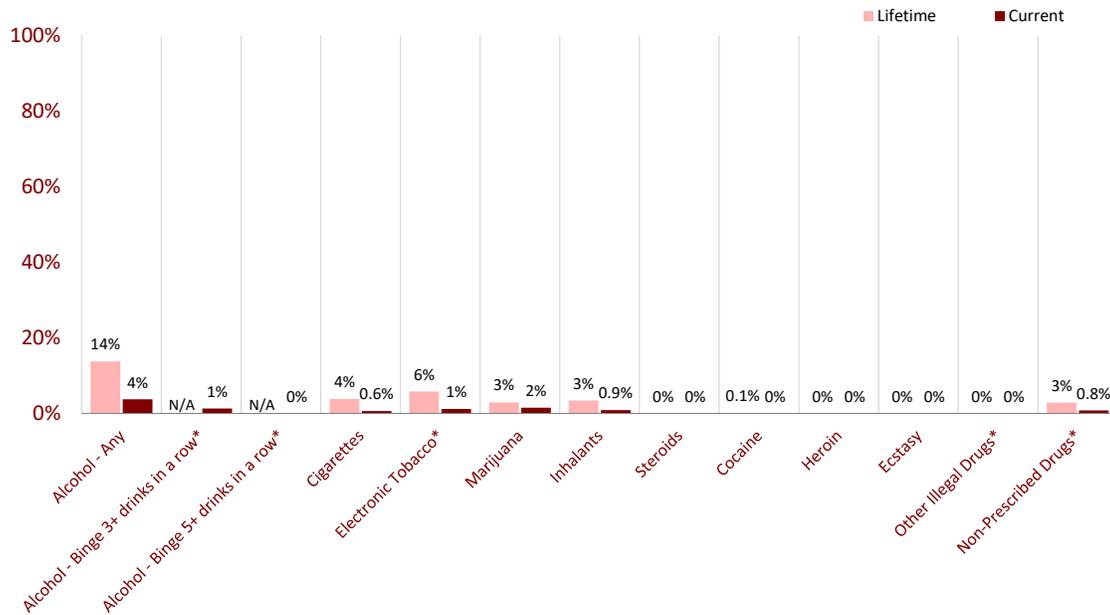
Although this survey was administered to middle school students, this does not mean that the issues addressed are confined solely to youth. For example, national studies of substance use show that rates of use are higher among young adults than adolescents. It is also important to keep in mind that while this survey focuses on a number of risky behaviors, it may not fully address the many positive aspects of adolescent life.

### **WHO IS RESPONSIBLE?**

Data on health behavior among youth is typically collected in public schools because it is comparatively simple to collect data from what is essentially a "captive" audience. The fact that data on youth are collected in schools, however, does not mean that the schools bear the sole or even the largest responsibility for the behaviors revealed in these surveys. Issues such as those addressed in this survey are not school problems; they are community problems that require the attention of all community members and organizations.

# Substance Use

## Lifetime\* and Current\* Substance Use for Somerville Middle School Students (2017)

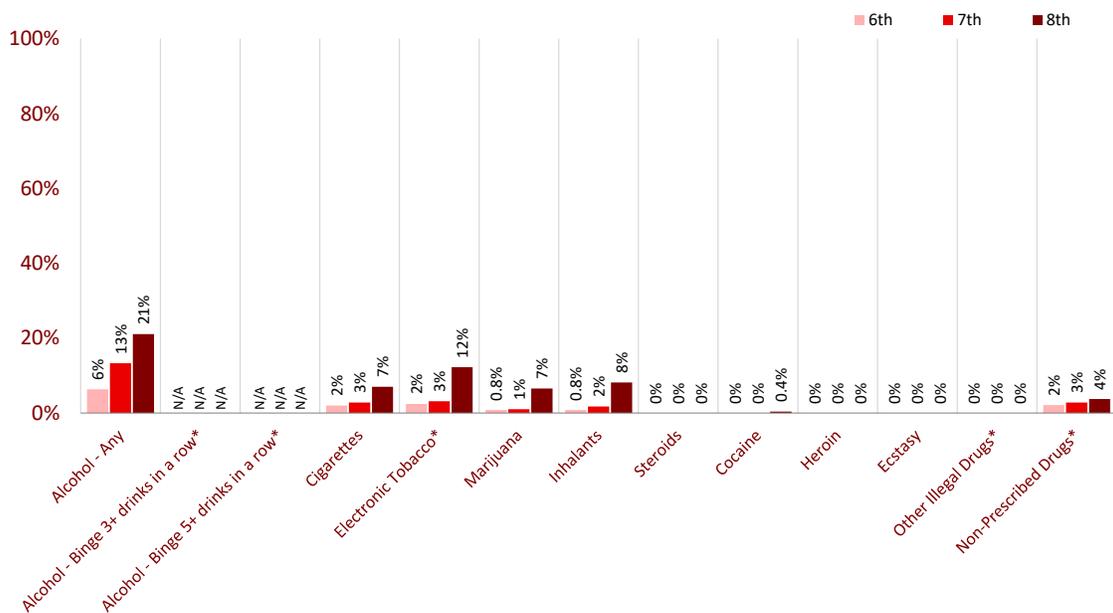


\* Lifetime Use – any use in one’s lifetime. Current Use – any use in the 30 days prior to the survey.  
 \* Binge Alcohol Use – “three or more drinks of alcohol in a row, that is, within a couple of hours,” “five or more drinks of alcohol in a row, that is, within a couple of hours.”  
 \* Electronic Tobacco – “used an electronic cigarette (e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens).”  
 \* Other Illegal Drugs – (italics indicates language added in 2017) “used any other type of illegal drug such as LSD (acid), PCP, mushrooms, Ketamine (Special K), Rohypnol (Roofies), or GHB, or synthetic drugs (bath salts, N-Bomb, Spice, K2, etc.).”  
 \* Non-Prescribed Drugs – “taken a prescription drug without a doctor’s prescription (like Oxycontin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax).”

### SELECTED POINTS

- Lifetime use is any use in one’s lifetime. Current use is any use in the 30 days prior to the survey.
- The questions concerning alcohol use were preceded by the following instruction: “The next questions ask about drinking alcohol. This includes drinking beer, wine, wine coolers and alcohol such as rum, gin, vodka or whiskey. For these questions, drinking alcohol does *not* include drinking sips of wine for religious purposes.”
- Alcohol is the substance of choice, with 14% of 2017 Somerville middle school students reporting that they had consumed alcohol in their lifetime and 4% reporting that they had consumed it in the 30 days prior to the survey. One percent (1%) of respondents reporting binge drinking in the 30 days prior to the survey by consuming 3 or more drinks in a row, while 0% consumed 5 or more drinks in a row.
- Tobacco use was the next most common form of substance use, with 6% of respondents reporting lifetime use of electronic tobacco (1% current use) and 4% of reporting lifetime cigarette use (0.6% current use).
- Marijuana was the most commonly used illegal drug, with 3% of respondents reporting that they had ever used marijuana and 2% that they had used it in the 30 days prior to the survey.
- Both lifetime and current use of substances other than alcohol, tobacco, marijuana, and inhalants was comparatively low.
- Three percent (3%) of respondents reported ever using prescription drugs without a doctor’s prescription, while 0.8% reported current use. This was a new item in the 2017 survey.

## Lifetime\* Substance Use for Somerville Middle School Students, by Grade (2017)



\* Lifetime Use – any use in one's lifetime.

\* Binge Alcohol Use – "three or more drinks of alcohol in a row, that is, within a couple of hours," "five or more drinks of alcohol in a row, that is, within a couple of hours."

\* Electronic Tobacco – "used an electronic cigarette (e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens)."

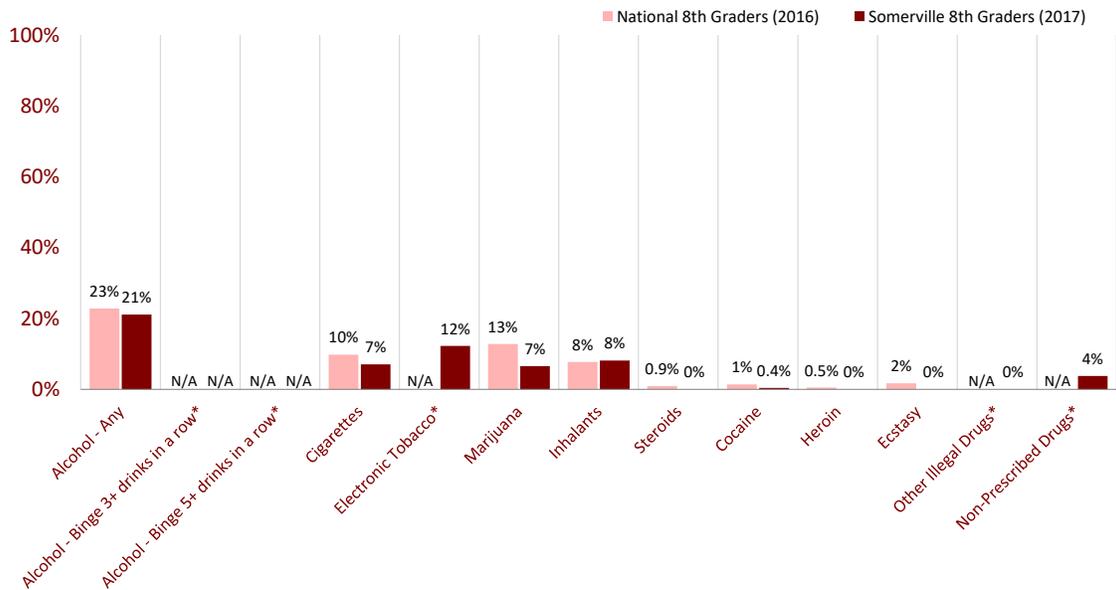
\* Other Illegal Drugs – (italics indicates language added in 2017) "used any other type of illegal drug such as LSD (acid), PCP, mushrooms, Ketamine (Special K), Rohypnol (Roofies), or GHB, or synthetic drugs (*both salts, N-Bomb, Spice, K2, etc.*)."

\* Non-Prescribed Drugs – "taken a prescription drug without a doctor's prescription (like Oxycontin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax)."

### SELECTED POINTS

- Overall, the percentage of 2017 Somerville middle school students who reported ever using substances increased with age/grade. For example, the percentage who reported ever using alcohol in their lifetime increased from 6% in 6<sup>th</sup> grade to 13% in 7<sup>th</sup> grade and 21% in 8<sup>th</sup> grade.

## Lifetime\* Substance Use for National 8<sup>th</sup> Grade Students (2016)\* and Somerville 8<sup>th</sup> Grade Students (2017)



\* Lifetime Use – any use in one’s lifetime.

\* National 8th grade data from the 2016 Monitoring the Future Survey, National Institute on Drug Abuse.

\* Binge Alcohol Use – “three or more drinks of alcohol in a row, that is, within a couple of hours,” “five or more drinks of alcohol in a row, that is, within a couple of hours.”

\* Electronic Tobacco – “used an electronic cigarette (e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens).”

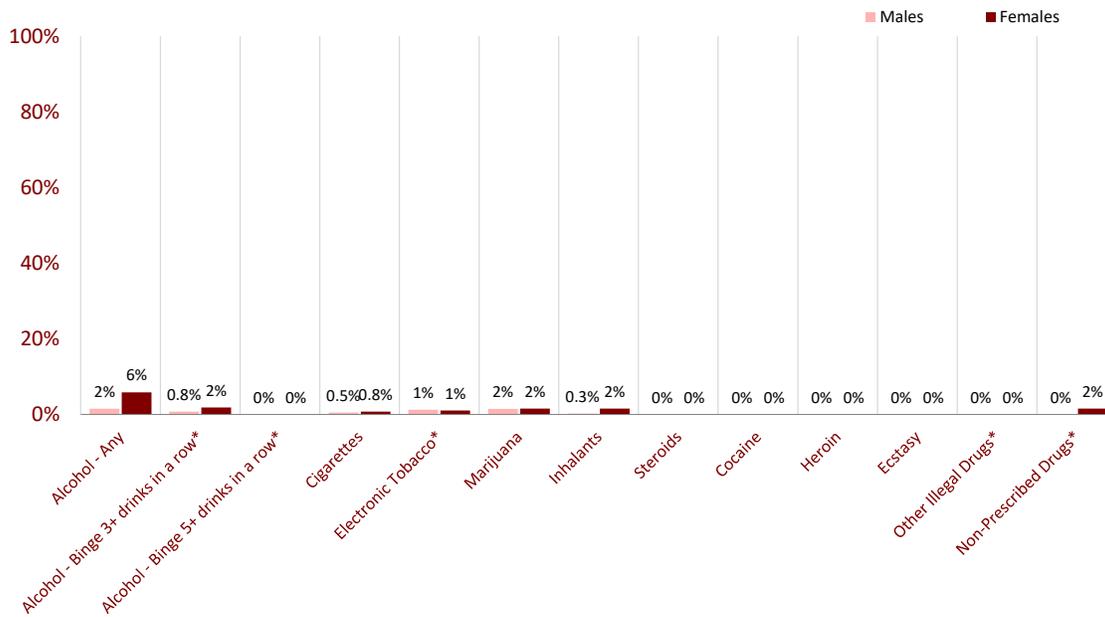
\* Other Illegal Drugs – (italics indicates language added in 2017) “used any other type of illegal drug such as LSD (acid), PCP, mushrooms, Ketamine (Special K), Rohypnol (Roofies), or GHB, or synthetic drugs (bath salts, N-Bomb, Spice, K2, etc.).”

\* Non-Prescribed Drugs – “taken a prescription drug without a doctor’s prescription (like Oxycontin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax).”

### SELECTED POINTS

- Comparative middle school data are from the 2016 *Monitoring the Future Survey*, conducted by the University of Michigan for the National Institute on Drug Abuse.
- Because the *Monitoring the Future Survey* is conducted with students in grades 8, 10, and 12, comparative data are limited to 8<sup>th</sup> grade students.
- Rates of Somerville 8<sup>th</sup> grade lifetime substance use were *at or below* the national average: alcohol (23% National, 21% Somerville), cigarettes (10% National, 7% Somerville), marijuana (13% National, 7% Somerville), inhalants (8% National, 8% Somerville), steroids (0.9% National, 0% Somerville), cocaine (1% National, 0.4% Somerville), heroin (0.5% National, 0% Somerville), and ecstasy (2% National, 0% Somerville).
- National data for other substances are not available.

## Current\* Substance Use for Somerville Middle School Students, by Gender (2017)

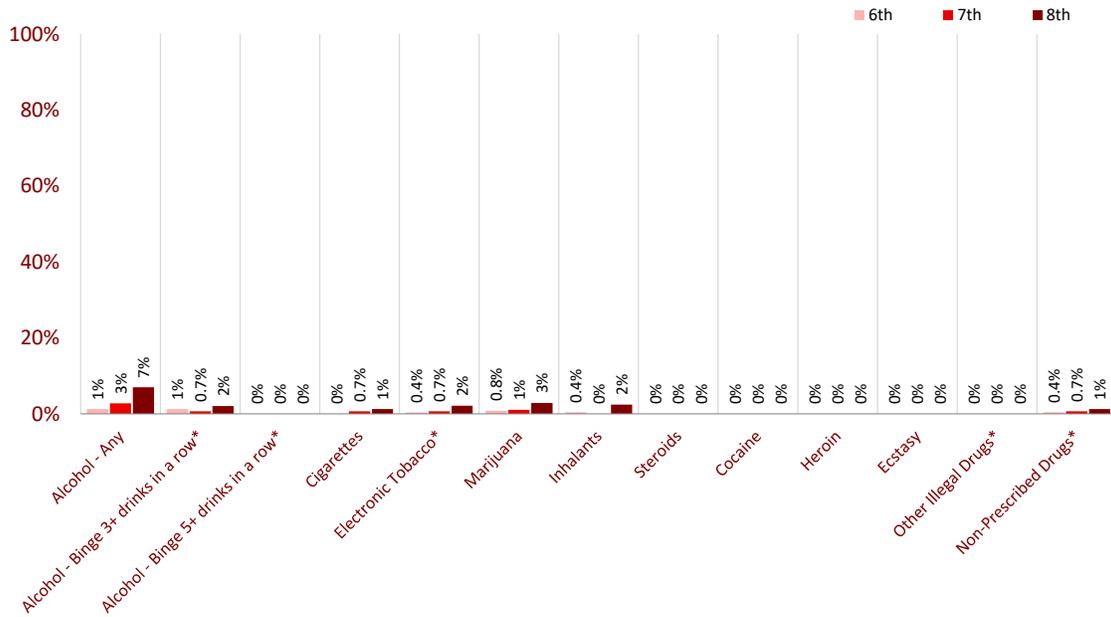


\* Current Use – any use in the 30 days prior to the survey.  
 \* Binge Alcohol Use – "three or more drinks of alcohol in a row, that is, within a couple of hours," "five or more drinks of alcohol in a row, that is, within a couple of hours."  
 \* Electronic Tobacco – "used an electronic cigarette (e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens)."  
 \* Other Illegal Drugs – (italics indicates language added in 2017) "used any other type of illegal drug such as LSD (acid), PCP, mushrooms, Ketamine (Special K), Rohypnol (Roofies), or GHB, or synthetic drugs (bath salts, N-Bomb, Spice, K2, etc.)."  
 \* Non-Prescribed Drugs – "taken a prescription drug without a doctor's prescription (like Oxycontin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax)."

### SELECTED POINTS

- Current use is any use in the 30 days prior to the survey.
- Overall, reported current substance use was similar among Somerville middle school males and females, with the exception of alcohol use which was more prevalent among females: alcohol (2% males, 6% females), binge alcohol 3+ drinks (0.8% males, 2% females), binge alcohol 5+ drinks (0% each), cigarettes (0.5% males, 0.8% females), electronic tobacco (1% each) marijuana (2% each), inhalants (0.3% males, 2% females), steroids (0% each), cocaine (0% each), heroin (0% each), ecstasy (0% each), other drugs (0% each), non-medical use of prescription drugs (0% males, 2% females).

## Current\* Substance Use for Somerville Middle School Students, by Grade (2017)



\* Current Use – any use in the 30 days prior to the survey.

\* Binge Alcohol Use – "three or more drinks of alcohol in a row, that is, within a couple of hours," "five or more drinks of alcohol in a row, that is, within a couple of hours."

\* Electronic Tobacco – "used an electronic cigarette (e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens)."

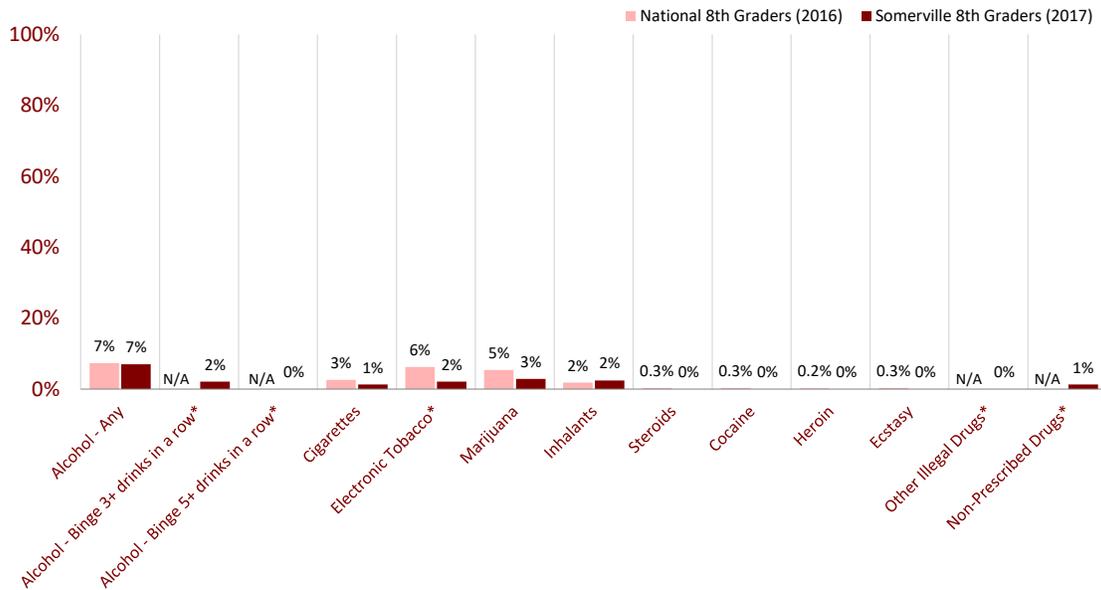
\* Other Illegal Drugs – (italics indicates language added in 2017) "used any other type of illegal drug such as LSD (acid), PCP, mushrooms, Ketamine (Special K), Rohypnol (Roofies), or GHB, or synthetic drugs (bath salts, N-Bomb, Spice, K2, etc.)."

\* Non-Prescribed Drugs – "taken a prescription drug without a doctor's prescription (like Oxycontin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax)."

### SELECTED POINTS

- Overall, the percentage of Somerville middle school students who reported current use of more common substances such as alcohol, tobacco, and marijuana increased slightly with age/grade. For example, the percentage of students who reported current alcohol use increased from 1% in 6<sup>th</sup> grade, to 3% in 7<sup>th</sup> grade, to 7% in 8<sup>th</sup> grade; the rate of electronic tobacco use increased from 0.4% to 0.7% to 2%; and the rate of marijuana use increased from 0.8% to 1% to 3%.
- Use rates for other substances remained comparatively low across all grades.

## Current\* Substance Use for National 8<sup>th</sup> Grade Students (2016)\* and Somerville 8<sup>th</sup> Grade Students (2017)

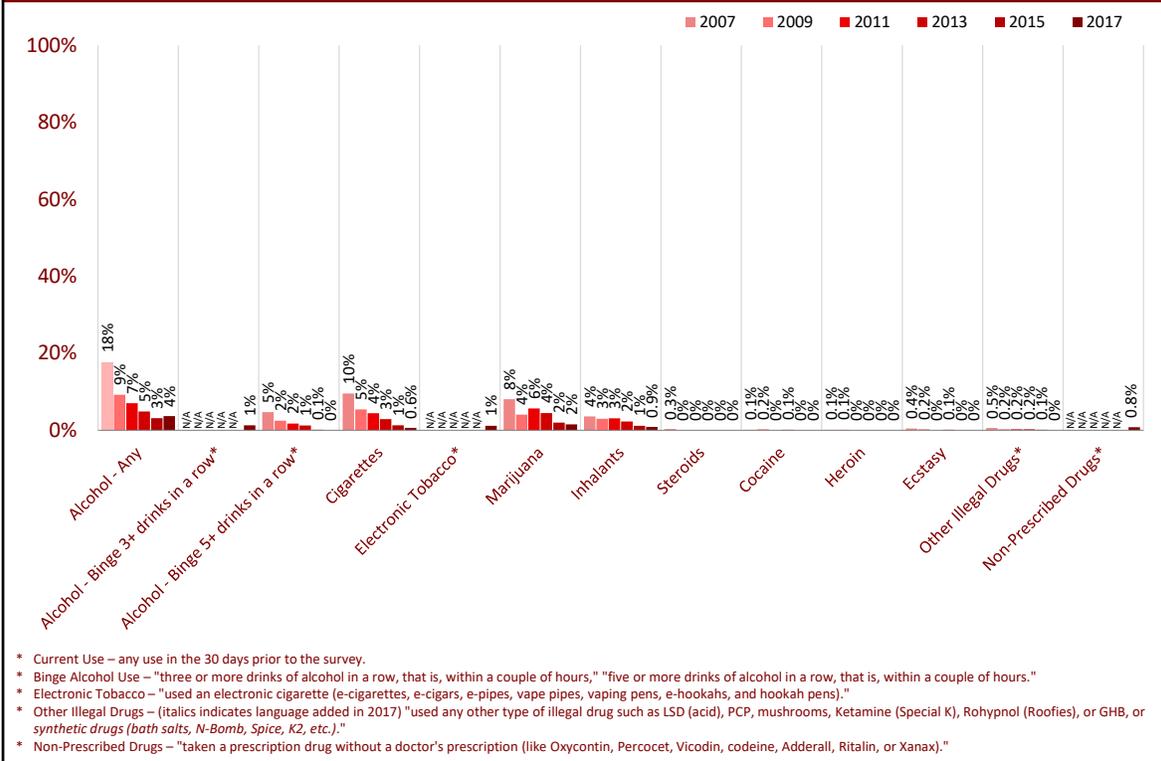


\* Current Use – any use in the 30 days prior to the survey.  
 \* National 8th grade data from the 2016 Monitoring the Future Survey, National Institute on Drug Abuse.  
 \* Binge Alcohol Use – "three or more drinks of alcohol in a row, that is, within a couple of hours," "five or more drinks of alcohol in a row, that is, within a couple of hours."  
 \* Electronic Tobacco – "used an electronic cigarette (e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens)."  
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 \* Non-Prescribed Drugs – "taken a prescription drug without a doctor's prescription (like Oxycontin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax)."

### SELECTED POINTS

- Somerville 8<sup>th</sup> grade current use rates for comparable substances were *at* or *below* national averages: alcohol (7% National, 7% Somerville), cigarettes (3% National, 1% Somerville), electronic tobacco (6% National, 2% Somerville), marijuana (5% National, 3% Somerville), inhalants (2% National, 2% Somerville).
- Use rates for less commonly used substances were similarly low among both populations.

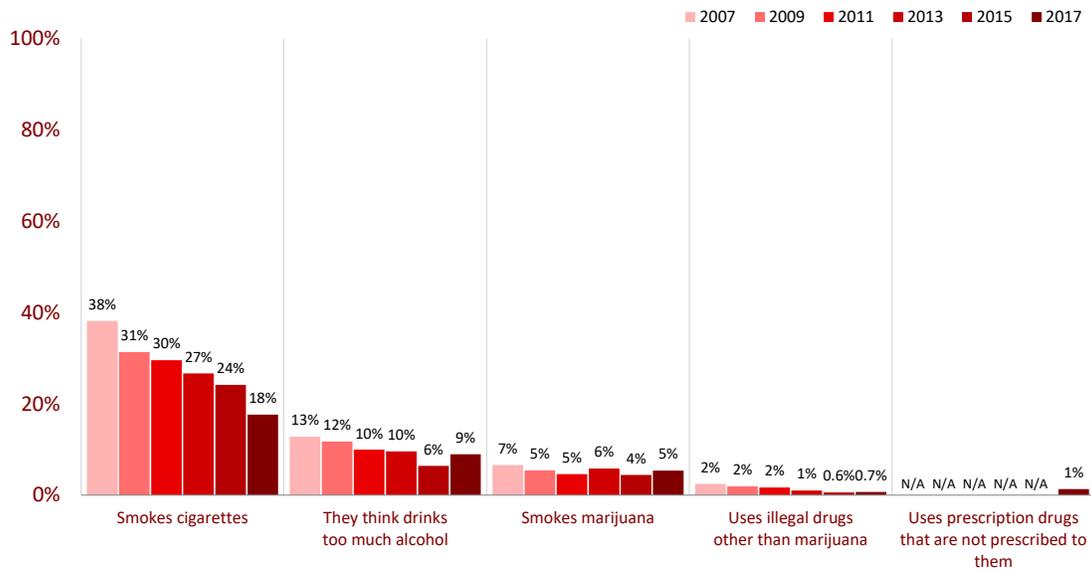
## Current\* Substance Use for Somerville Middle School Students ('07, '09, '11, '13, '15, '17)



### SELECTED POINTS

- Available trend data reveal consistency in current use from 2015 to 2017, with levels remaining historically low. Since 2007, the rate of current alcohol use has declined from 18% to 4%, binge alcohol use of 5+ drinks from 5% to 0%, cigarette use from 10% to 0.6%, marijuana use from 8% to 2%, and inhalants from 4% to 0.9%. Use of other illegal substances has remained comparatively low.

## Percent of Somerville Middle School Students Who Reported Having Someone Living in Their Household\* Who Uses Substances ('07, '09, '11, '13, '15, '17)



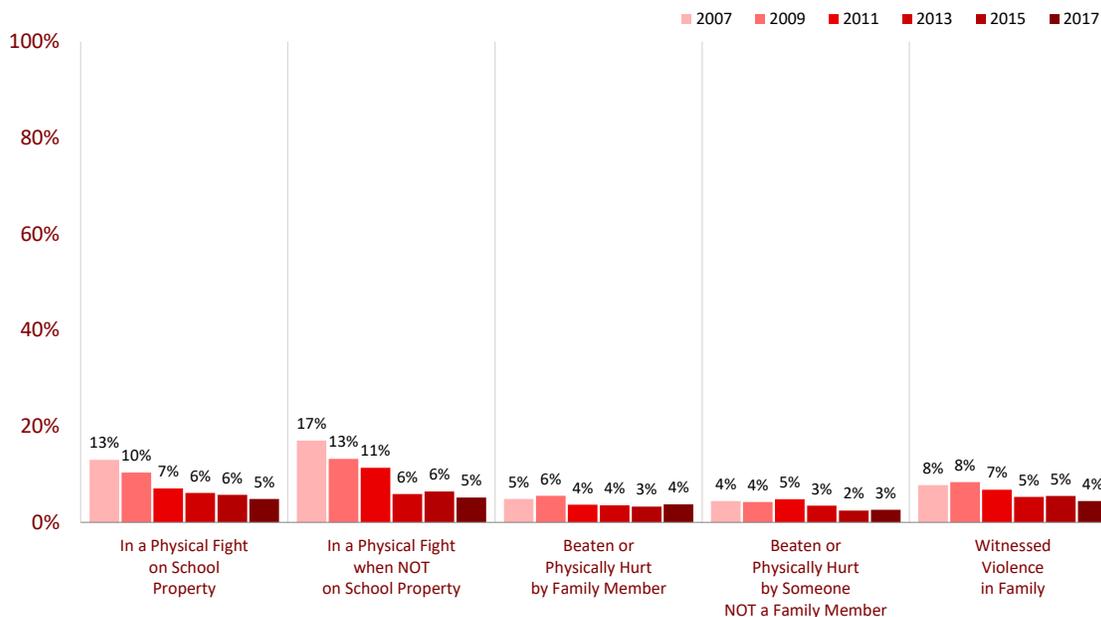
\* Respondents were asked, "Is there anyone (other than you) living in your household who...".

### SELECTED POINTS

- Somerville middle school students were asked if they live with someone who: (1) smokes cigarettes, (2) they think drinks too much alcohol, (3) smokes marijuana, and/or (4) uses illegal drugs other than marijuana.
- 2017 respondents were most likely to report living with someone who smokes cigarettes (18%), followed by someone who they think drinks too much alcohol (9%), someone who smokes marijuana (5%), someone who uses prescription drugs that are not prescribed to them (1%), and someone who uses illegal drugs other than marijuana (0.7%).
- Levels of exposure to substance use at home have largely declined since 2007; however, results were mixed in 2017. While exposure to cigarette use declined from 24% to 18%, exposure to both problematic alcohol use (6% to 9%) and marijuana use (4% to 5%) increased somewhat.

# Violence and Safety

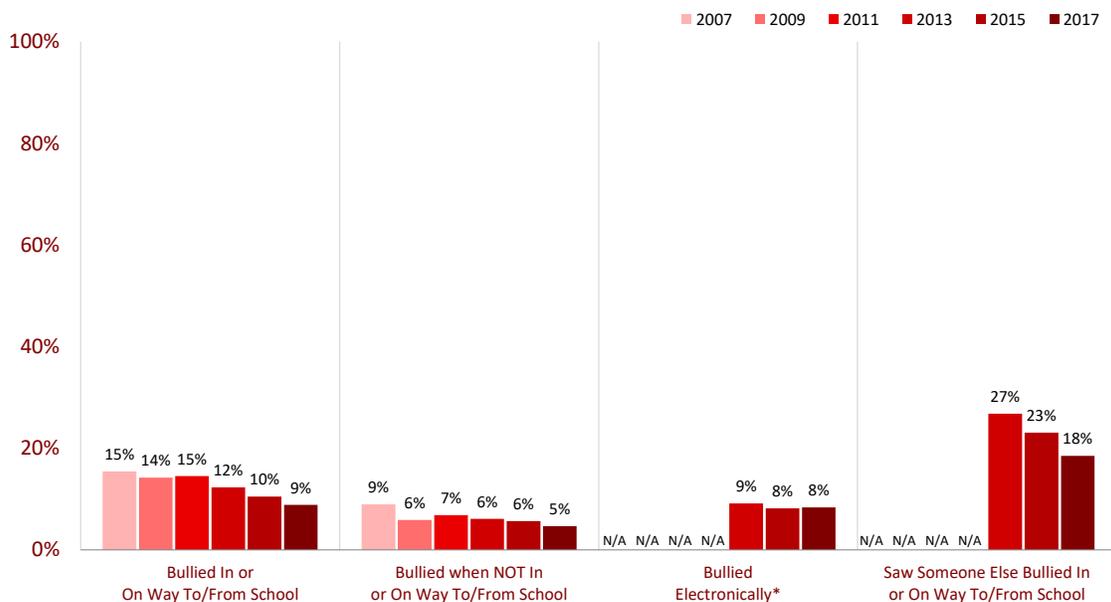
## Percent of Somerville Middle School Students Who Experienced Physical Violence Issues in the Past 12 Months ('07, '09, '11, '13, '15, '17)



### SELECTED POINTS

- Trends:** Available trend data reveal little substantive change in 2017 in reported issues of physical fighting and family violence, with rates remaining at historically low levels.
- Gender:** 2017 Somerville male middle school students were more likely than females to report physical fighting, while females were more likely than males to experience family-related violence: physical fighting *on* school property (7% males, 2% females), physical fighting *off* school property (7%, 3%), being beaten or physically hurt by a family member (4%, 4%), being beaten or physically hurt by someone not in their family (3%, 2%), witnessing family violence (3%, 6%).
- Grade:** Reported experiences with violence and/or threats among 2017 Somerville middle school students varied only slightly with age/grade, with the most notable difference being the decline in physical fighting at school from 6<sup>th</sup> to 8<sup>th</sup> grade: fought *on* school property (7%, 5%, 2%), fought *off* school property (7%, 4%, 4%), beaten or physically hurt by a family member (4%, 2%, 5%), beaten or physically hurt by someone not in their family (2%, 3%, 2%), witnessed family violence (4%, 6%, 4%).

## Percent of Somerville Middle School Students Who Experienced Bullying Issues in the Past 12 Months ('07, '09, '11, '13, '15, '17)

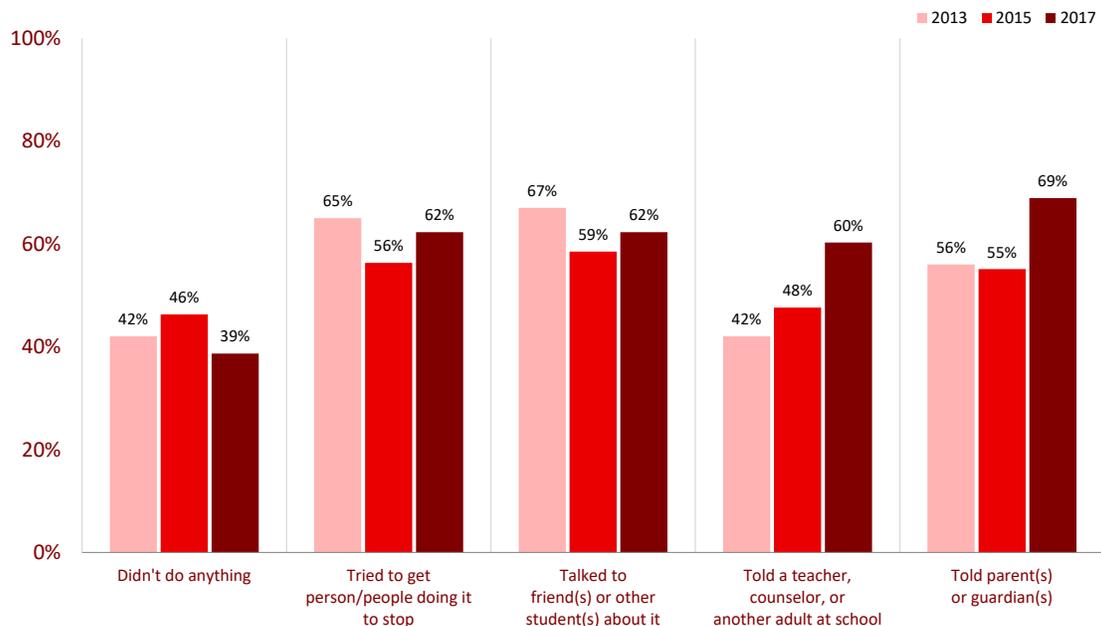


\* Respondents were asked, "During the PAST 12 MONTHS, were you bullied ELECTRONICALLY (cyber bullied)? Include being bullied through texting, e-mail, or social media like Facebook, Twitter, or Instagram."

### SELECTED POINTS

- As observed in prior years, 2017 Somerville middle school students were more likely to report being bullied when they were *in or on the way to/from* school (9%) than when they were not *in or on the way to/from* school (5%). Eight percent (8%) reported that they were bullied *electronically* (through texting, e-mail, or social media like Facebook, Twitter, or Instagram) in the past 12 months and 18% saw someone else bullied in or on the way to/from school.
- **Trends:** Trend data reveal continued decreases in 2017 in reports of these issues: bullied *in or on the way to/from school* (10% 2015, 9% 2017), bullied when *not in or on the way to/from school* (6%, 5%), bullied *electronically* (8%, 8%), saw someone else bullied in or on way to/from school (23%, 18%).
- **Gender:** 2017 Somerville female middle school students were more likely than males to report each of these bullying experiences: bullied *in or on the way to/from school* (7% males, 11% females), bullied *off school property* (4%, 6%), bullied *electronically* (5%, 11%), saw someone else bullied in or on the way to/from school (17%, 20%).
- **Grade:** Reported experiences with violence and/or threats among 2017 Somerville middle school students varied with age/grade. Sixth to 8<sup>th</sup> grade data are as follows: bullied *in or on the way to/from school* (12%, 8%, 6%), bullied *off school property* (3%, 6%, 5%), bullied *electronically* (6%, 10%, 8%), saw someone else bullied in or on the way to/from school (23%, 18%, 14%).

## Response Last Time Bullied In/To/From School in the Past 12 Months – Multiple Responses Possible ('13, '15, '17)



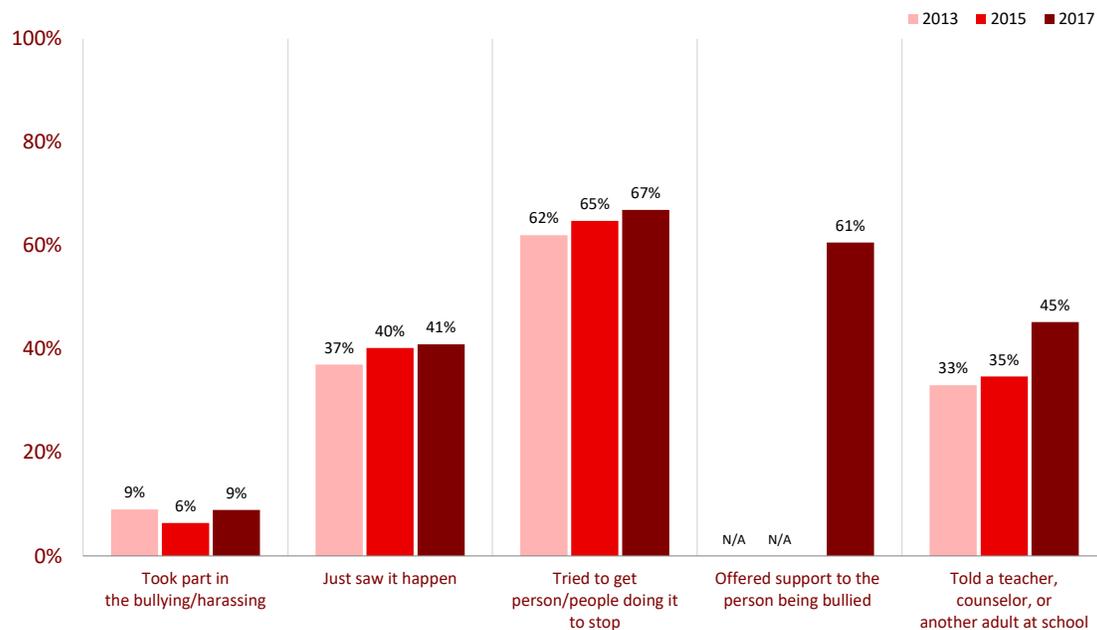
### SELECTED POINTS

- Respondents who reported that they had been bullied in school in or on the way to/from school in the 12 months prior to the survey were asked how they responded the last time it happened (multiple responses were possible). Beyond not doing anything (39%), 2017 respondents were most likely to report telling a parent/guardian about it (69%), followed by trying to get the person/people doing it to stop (62%) and/or talking to friend(s) or other student(s) about it (62%), and telling a school adult (60%).
- **Trends:** Trend data reveal an increase in 2017 active responses: did nothing (46% 2015, 39% 2017); tried to get the person/people doing it to stop (56%, 62%); talked to friend(s) about it (59%, 62%); told a teacher/counselor/other school adult (48%, 60%); told parent/guardian (55%, 69%).

Subgroup analyses for these items, such as those examining differences by gender and grade, should be interpreted with caution due to the small number of responses per subgroup. For example, the maximum number of 2017 male respondents on any of these items was 27 and the maximum number of female respondents was 41, which means that a change in any one response impacts the gender subgroup results by between 2% and 3%. The maximum number of 2017 6<sup>th</sup> grade respondents was 30, the maximum number of 7<sup>th</sup> grade respondents was 24, and the maximum number of 8<sup>th</sup> grade respondents was 14, which means that a change in any response impacts the grade subgroup results by between 3% and 7%.

- **Gender:** Results by gender varied by response: did nothing (32% males, 39% females); tried to get the person/people doing it to stop (57% males, 66% females); talked to friend(s) about it (52% males, 68% females); told a teacher, counselor, or another adult at school (60% males, 61% females); told parent/guardian (71% males, 66% females).
- **Grade:** While there were few consistent differences by age/grade in 2017 responses to being bullied, of note is the decline by grade in those who reported the incident to a school adult: did nothing (32% 6<sup>th</sup> grade, 33% 7<sup>th</sup> grade, 64% 8<sup>th</sup> grade); tried to get the person/people doing it to stop (62%, 59%, 64%); talked to friend(s) about it (62%, 45%, 91%); told a teacher, counselor, or another adult at school (75%, 57%, 25%); told parent/guardian (85%, 50%, 64%).

## Response Last Time Saw Someone Else Bullied In/To/From School in the Past 12 Months – Multiple Responses Possible ('13, '15, '17)



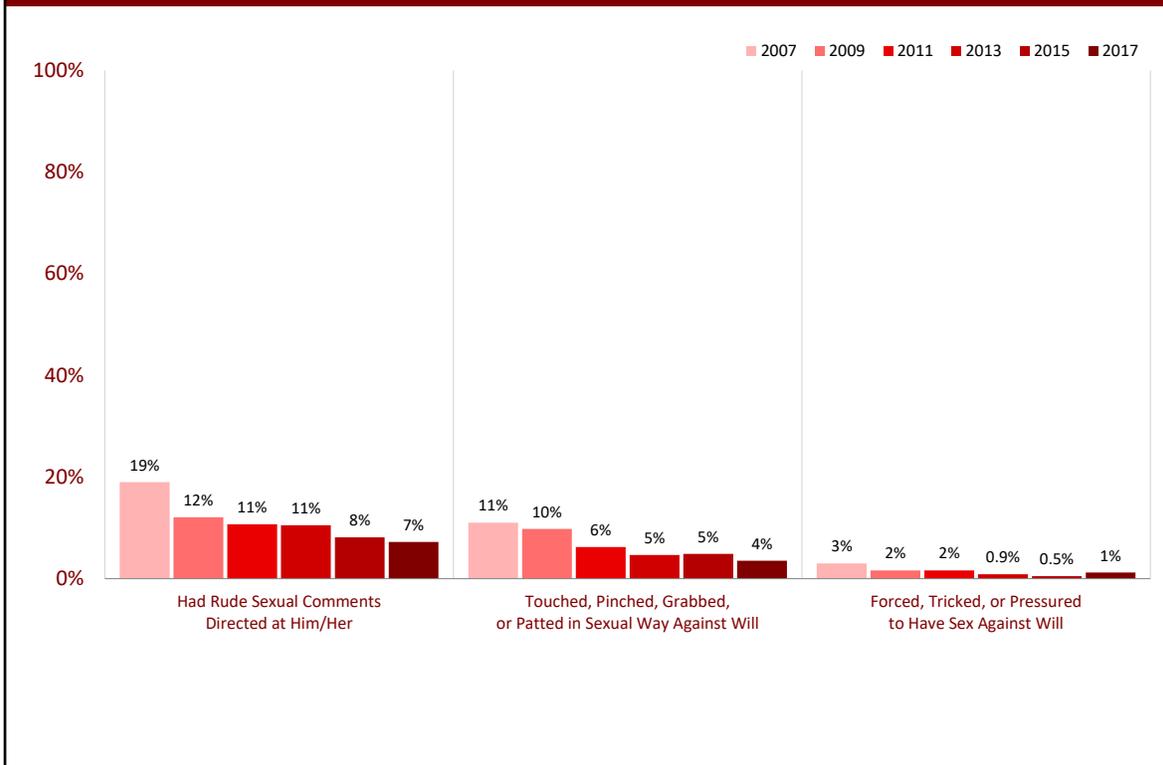
### SELECTED POINTS

- Respondents who reported that they had seen someone else been bullied in or on the way to/from school in the 12 months prior to the survey were asked how they responded the last time they saw it happen (multiple responses were possible). Respondents in 2017 were most likely to report trying to get the person/people doing it to stop (67%), followed by offering support to the person being bullied (61%), telling a school adult (45%), and just seeing it happen and doing nothing (41%). They were much less likely to report taking part in the bullying (9%).
- **Trends:** Of note is the 2017 increase in the percentage of respondents who reported telling a school adult that they saw someone being bullied: took part (6% 2015, 9% 2017); did nothing (40%, 41%); tried to get the person/people doing it to stop (65%, 67%); told a teacher, counselor, or another adult at school (35%, 45%).

Subgroup analyses for these items, such as those examining differences by gender and grade, should be interpreted with caution due to the small number of responses per subgroup. The maximum number of 2017 male respondents on any of these items was 70 and the maximum number of female respondents was 80, which means that a change in any response impacts the gender subgroup results by approximately 1%. The maximum number of 6<sup>th</sup> grade respondents was 62, the maximum number of 7<sup>th</sup> grade respondents was 53, and the maximum number of 8<sup>th</sup> grade respondents was 35, which means that a change in any one response impacts the grade subgroup results by between 2% and 3%.

- **Gender:** There was little difference by gender in 2017 responses to seeing bullying: took part (9% males, 9% females); did nothing (38% males, 44% females); tried to get the person/people doing it to stop (68% males, 66% females); offered support to the person being bullied (66% males, 54% females); told a teacher, counselor, or another adult at school (46% males, 45% females).
- **Grade:** There was little difference by age/grade in 2017 responses to seeing bullying: took part (12% 6<sup>th</sup> grade, 11% 7<sup>th</sup> grade, 3% 8<sup>th</sup> grade); did nothing (43%, 38%, 41%); tried to get the person/people doing it to stop (71%, 73%, 52%); offered support to the person being bullied (71%, 55%, 47%); told a teacher, counselor, or another adult at school (58%, 42%, 30%).

## Percent of Somerville Middle School Students Who Experienced Sexual Violence Issues in the Past 12 Months ('07, '09, '11, '13, '15, '17)

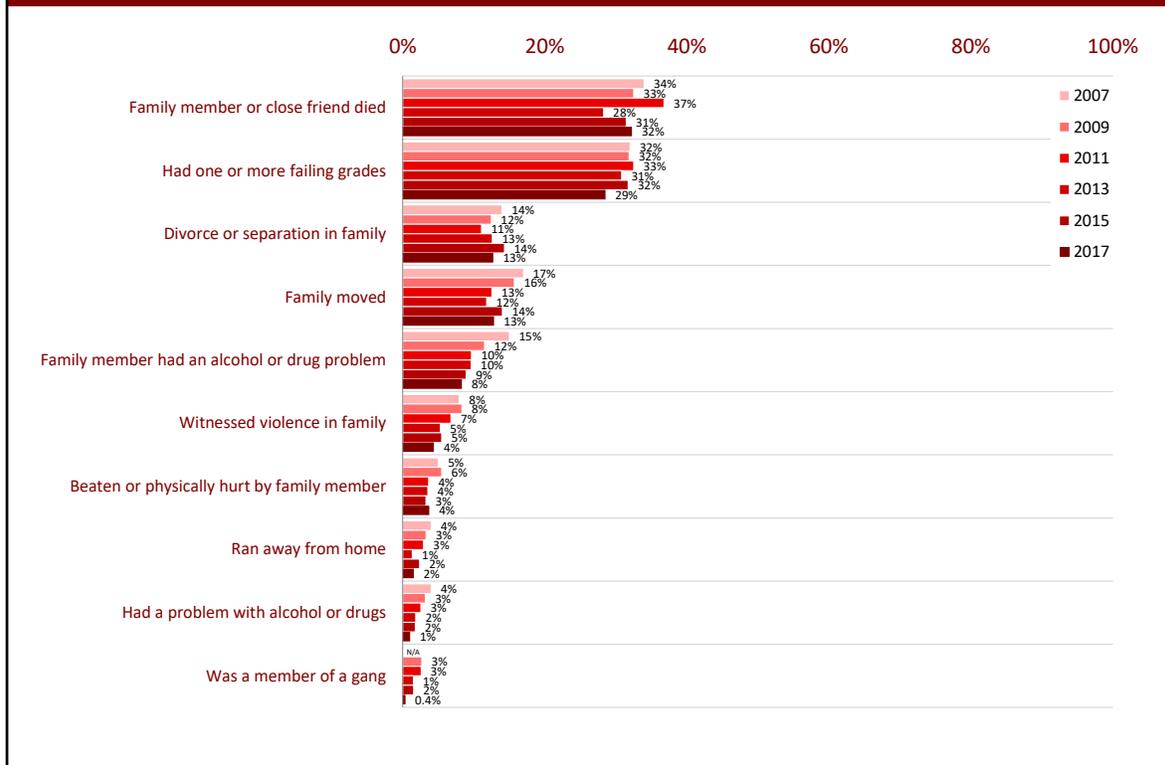


### SELECTED POINTS

- In 2017, 7% of Somerville middle school students reported that they had rude sexual comments directed at them in the 12 months prior to the survey, 4% had been touched, pinched, grabbed, or patted in a sexual way against their will, and 1% were forced, tricked, or pressured to have sex.
- **Trends:** Overall, 2017 reports of these issues continued decreases observed since 2007: rude sexual comments directed at them (19% in 2007, 12% in 2009, 11% in 2011, 11% in 2013, 8% in 2015, 7% in 2017); touched, pinched, grabbed, or patted in a sexual way against their will (11%, 10%, 6%, 5%, 5%, 4%); forced, tricked, or pressured to have sex against their will (3%, 2%, 2%, 0.9%, 0.5%, 1%).
- **Gender:** Female 2017 Somerville middle school students were more likely than males to report each of these issues: had rude sexual comments directed at them (4% males, 10% females); touched, pinched, grabbed, or patted in a sexual way against their will (3%, 4%); forced/tricked/pressured to have sex (0.8%, 2%).
- **Grade:** The percentage of 2017 respondents in each grade who reported these experiences are as follows: had rude sexual comments directed at them (5%, 7%, 10%); touched, pinched, grabbed, or patted in a sexual way against their will (1%, 3%, 7%); forced, tricked, or pressured to have sex against their will (0.9%, 1%, 1%).

# Mental Health

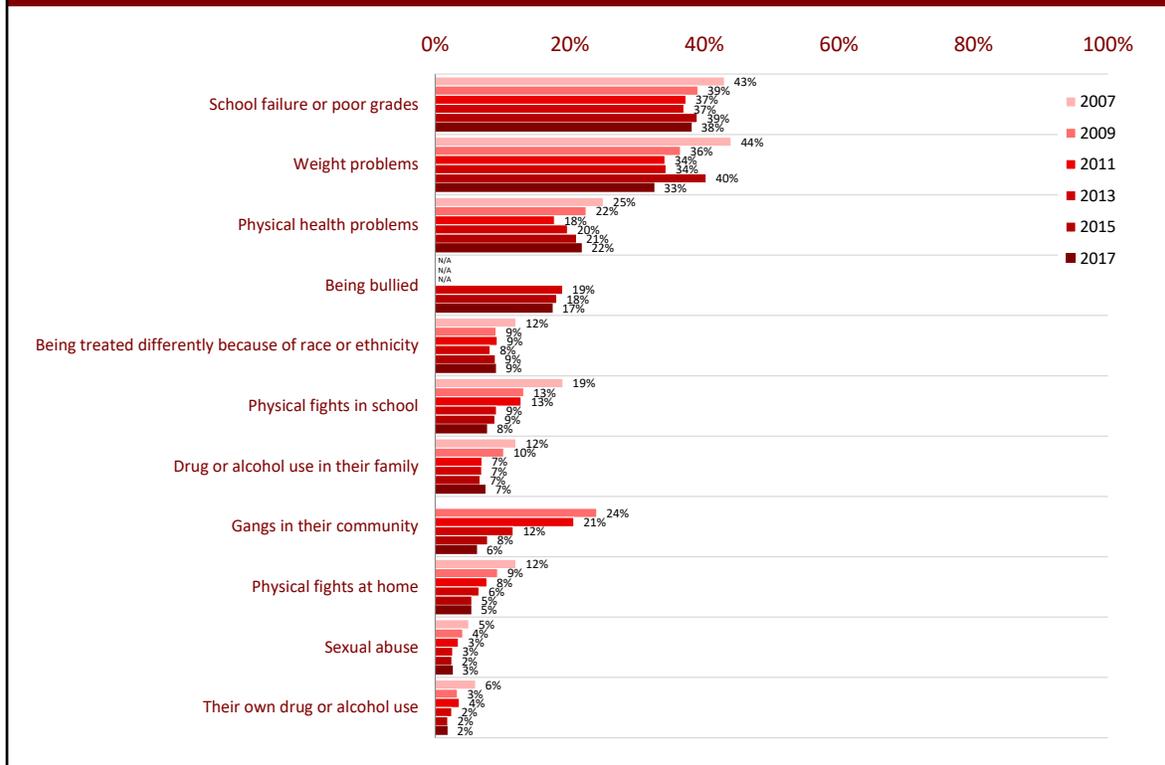
## Percent of Somerville Middle School Students Who Reported Experiencing Potential Stressors in the Past 12 Months ('07, '09, '11, '13, '15, '17)



### SELECTED POINTS

- In 2017, approximately one out of every three Somerville middle school students had a family member or close friend die (32%) and/or had a failing report card grade (29%) in the 12 months prior to the survey. Roughly one of 10 had experienced a divorce or separation in their family (13%), moved with their family (13%), and/or had a family member with an alcohol or drug problem (8%). Less than one in 10 had witnessed violence in their family (4%), were beaten or physically hurt by a family member (4%), ran away from home (2%), had a problem with alcohol or drugs (1%), or were a member of a gang (0.4%).
- Trends:** Reports of issues remained similar to prior levels.
- Gender:** Differences by gender in reports of these issues varied by item: had a family member or close friend die (29% males, 36% females), had one or more failing grades (32%, 25%), experienced a divorce or separation in their family (10%, 16%), family moved (15%, 11%), family member with an alcohol or drug problem (6%, 10%), witnessed violence in their family (3%, 6%), beaten or physically hurt by a family member (4%, 4%), ran away from home (0.3%, 3%), had a problem with alcohol or drugs (1%, 1%), member of a gang (0.3%, 0.3%).
- Grade:** On the whole, most of these experiences varied only slightly with age/grade: had a family member or close friend die (32% 6<sup>th</sup>, 34% 7<sup>th</sup>, 31% 8<sup>th</sup>), had one or more failing grades (30%, 30%, 25%), experienced a divorce or separation in their family (13%, 13%, 13%), family moved (13%, 13%, 12%), family member with an alcohol or drug problem (6%, 10%, 8%), witnessed violence in their family (4%, 6%, 4%), beaten or physically hurt by a family member (4%, 2%, 5%), ran away from home (0.8%, 1%, 2%), had a problem with alcohol or drugs (0.4%, 1%, 1%), member of a gang (0%, 0%, 0.8%).

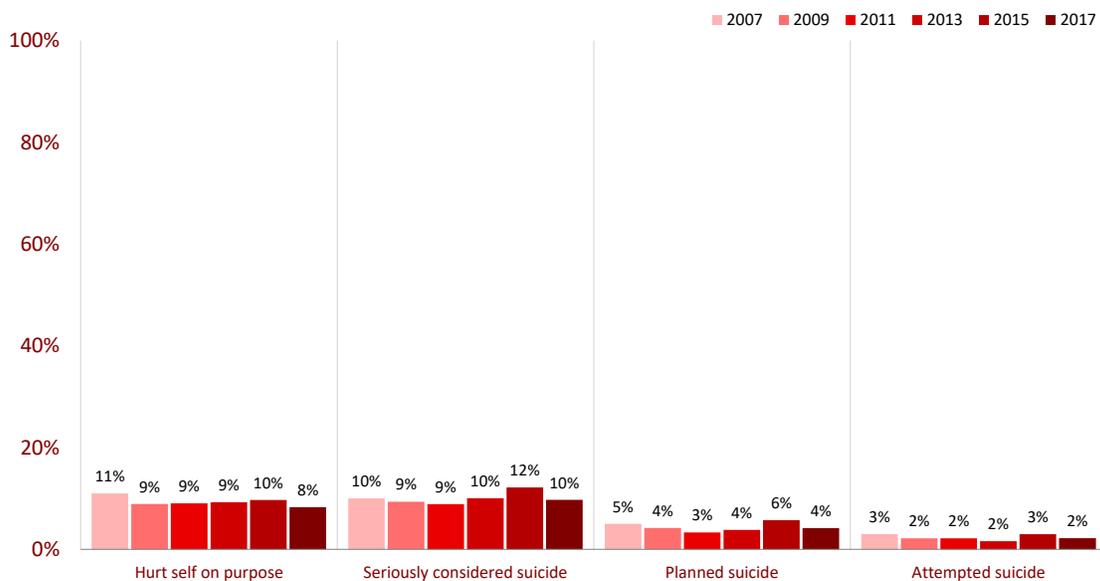
## Percent of Somerville Middle School Students Who Reported Worrying About Problems in the Past 12 Months ('07, '09, '11, '13, '15, '17)



### SELECTED POINTS

- The issue that the largest percentage of Somerville middle school students reported worrying about in 2017 was school failure or poor grades (38% reported worrying about this in the 12 months prior to the survey), followed closely by weight problems (33%). Approximately one-fifth reported worrying about physical health problems (22%) and being bullied (17%).
- **Trends:** As displayed in the chart, trends in concern about these issues vary. There has been a slight increase since 2011 in concern about physical health problems (18% 2011, 20% 2013, 21% 2015, 22% 2017), while there have been notable historical declines in concern over violence-related issues such as community gangs (24% in 2009 to 6% in 2017), physical fights at school (19% in 2007 to 8% in 2017), and physical fights at home (12% in 2007 to 5% in 2017).
- **Gender:** Concern about personal issues in 2017 was more prevalent among Somerville middle school females, while concern about violence and safety issues was more similar: school failure/poor grades (35% males, 41% females), weight problems (23%, 43%), being bullied (15%, 20%), physical health problems (15%, 29%), being treated differently because of their race or ethnicity (8%, 10%), physical fights in school (9%, 7%), drug or alcohol use in their family (6%, 10%), gangs in their community (7%, 6%), physical fights at home (5%, 5%), sexual abuse (1%, 4%), and their own drug or alcohol use (1%, 3%).
- **Grade:** The percentage of students in grades 6 through 8 who reported worrying about these issues is as follows: school failure or poor grades (36%, 40%, 38%), weight problems (29%, 33%, 35%), physical health problems (17%, 22%, 27%), being bullied (19%, 19%, 14%), being treated differently because of race or ethnicity (9%, 11%, 7%), physical fights in school (10%, 9%, 4%), drug/alcohol use in family (6%, 9%, 7%), gangs in their community (4%, 5%, 9%), physical fights at home (6%, 5%, 5%), sexual abuse (3%, 2%, 4%), and their own drug or alcohol use (0.9%, 2%, 2%).

## Self-Harm and Suicidal Ideation and Behavior in the Past 12 Months Among Somerville Middle School Students ('07, '09, '11, '13, '15, '17)

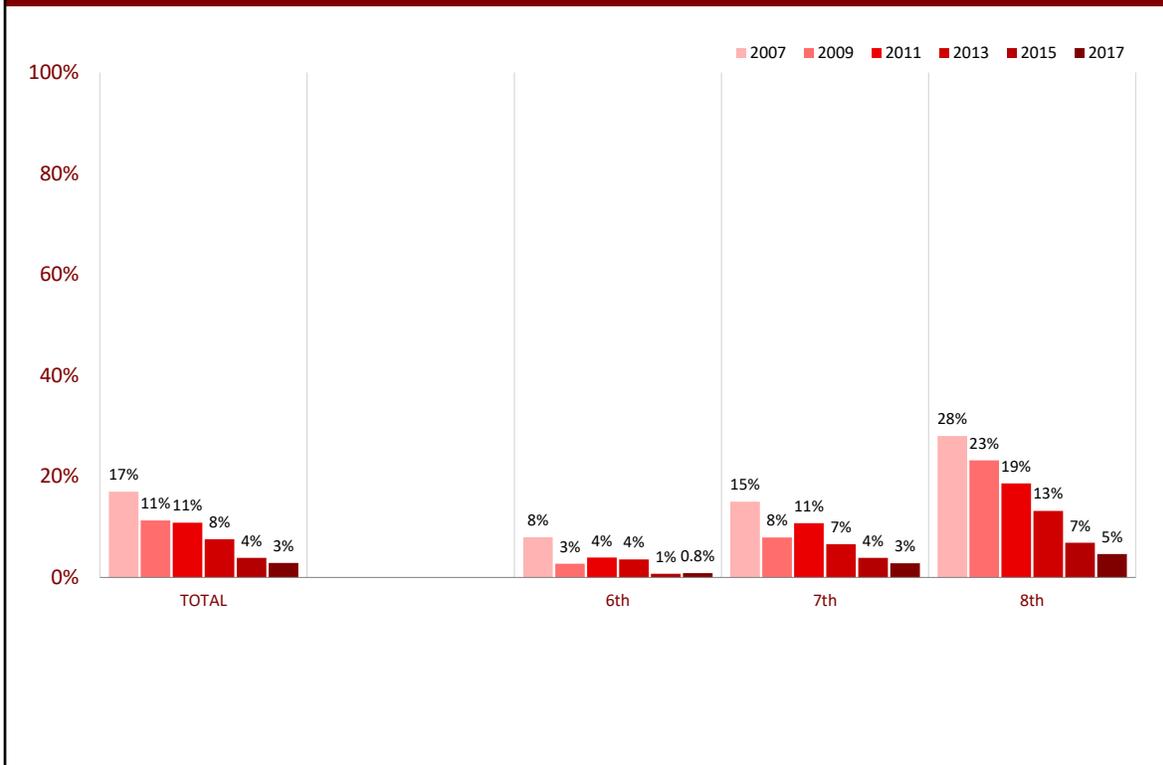


### SELECTED POINTS

- Eight percent (8%) of 2017 Somerville middle school students reported that they *hurt themselves on purpose* in the 12 months prior to the survey. Ten percent (10%) reported *seriously considering* suicide, 4% *made a plan* to commit suicide, and 2% *actually attempted* suicide in that time.
- **Trends:** Reports of these issues decreased in 2017, remaining in line with rates prior to 2015: self-harm (11% in 2007, 9% in 2009, 9% in 2011, 9% in 2013, 10% in 2015, 8% in 2017), *considered* suicide (10%, 9%, 9%, 10%, 12%, 10%), *planned* suicide (5%, 4%, 3%, 4%, 6%, 4%), and *attempted* suicide (3%, 2%, 2%, 2%, 3%, 2%).
- **Gender:** In 2017, Somerville middle school females were more likely than males to have *hurt themselves on purpose* (6% males, 11% females), *seriously considered* suicide (5%, 14%), *made a plan to commit* suicide (2%, 6%), and *actually attempted* suicide (0.8%, 4%) in the 12 months prior to the survey.
- **Grade:** Rates of each of these issues generally increased after grade 6: *hurt self on purpose* (7%, 10%, 8%), *seriously considered* suicide (6%, 11%, 11%), *made a plan to commit* suicide (1%, 6%, 5%), *actually attempted* suicide (0.4%, 3%, 3%).

# Physical Health

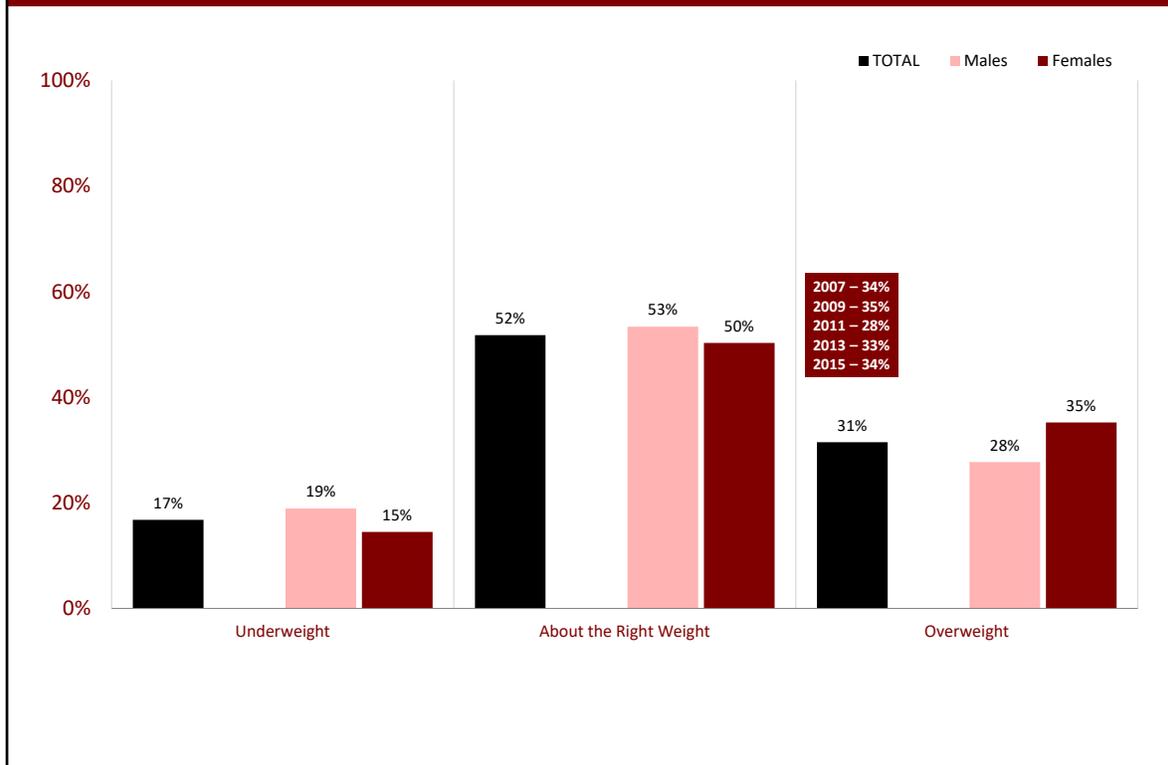
## Percent of Somerville Middle School Students Who Have Ever Had Sexual Intercourse, Total and by Grade ('07, '09, '11, '13, '15, '17)



### SELECTED POINTS

- Three percent (3%) of 2017 Somerville middle school students reported ever having sexual intercourse – 0.8% of 6<sup>th</sup> graders, 3% of 7<sup>th</sup> graders, and 5% of 8<sup>th</sup> graders.
- **Trends:** The overall percentage of Somerville middle school students who reported ever having sexual intercourse declined in 2017 to the lowest level historically observed (17% in 2007, 11% in 2009, 11% in 2011, 8% in 2013, 4% in 2015, 3% in 2017). Rates by grade also declined.
- **Gender:** 2017 Somerville middle school males (4%) were more likely than females (2%) to report ever having sexual intercourse.
- **Grade:** As displayed in the chart, the percentage of 2017 Somerville middle school students who reported ever having sexual intercourse increased from 0.8% in 6<sup>th</sup> grade to 3% in 7<sup>th</sup> grade and 5% in 8<sup>th</sup> grade.

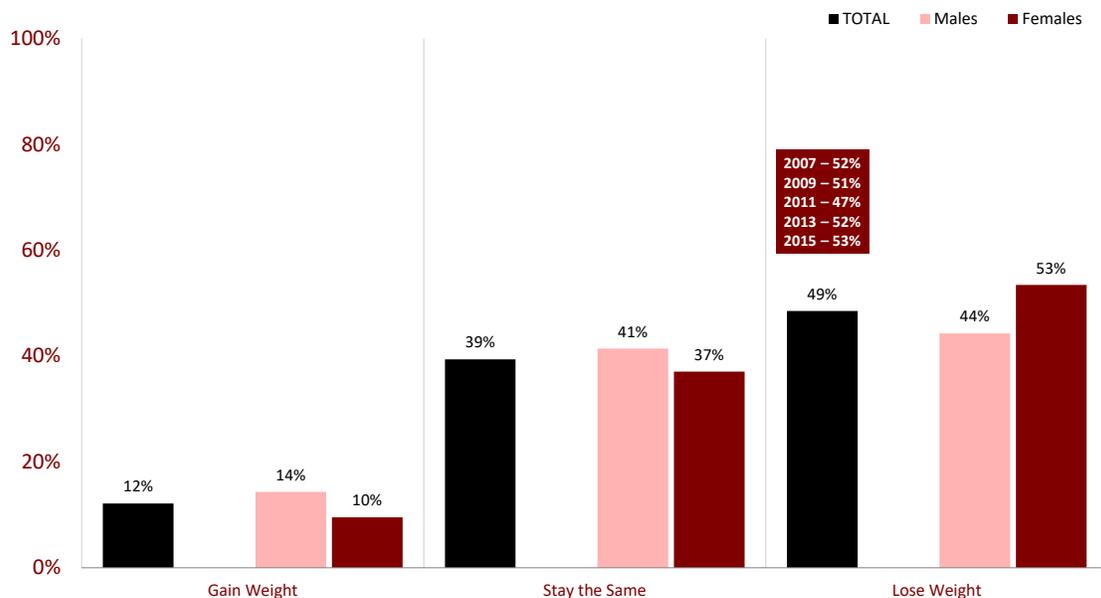
## Perception of Body Weight Among Somerville Middle School Students, Total and by Gender (2017)



### SELECTED POINTS

- Seventeen percent (17%) of 2017 Somerville middle school students described themselves as *underweight*, 52% as *about the right weight*, and 31% as *overweight*.
- **Trends:** The percentage of Somerville middle school students who describe themselves as *overweight* declined between 2015 (34%) and 2017 (31%), with rates remaining largely consistent over time (34% in 2007, 35% in 2009, 28% in 2011, 33% in 2013, 34% in 2015, 31% in 2017).
- **Gender:** As displayed in the chart, males were more likely than females to perceive themselves as *underweight* or *about the right weight*, while females were more likely to report being *overweight*.
- **Grade:** Weight perception varied across grades: *underweight* (14% 6<sup>th</sup> grade, 21% 7<sup>th</sup> grade, 15% 8<sup>th</sup> grade), *about the right weight* (59%, 46%, 52%), *overweight* (28%, 33%, 33%).

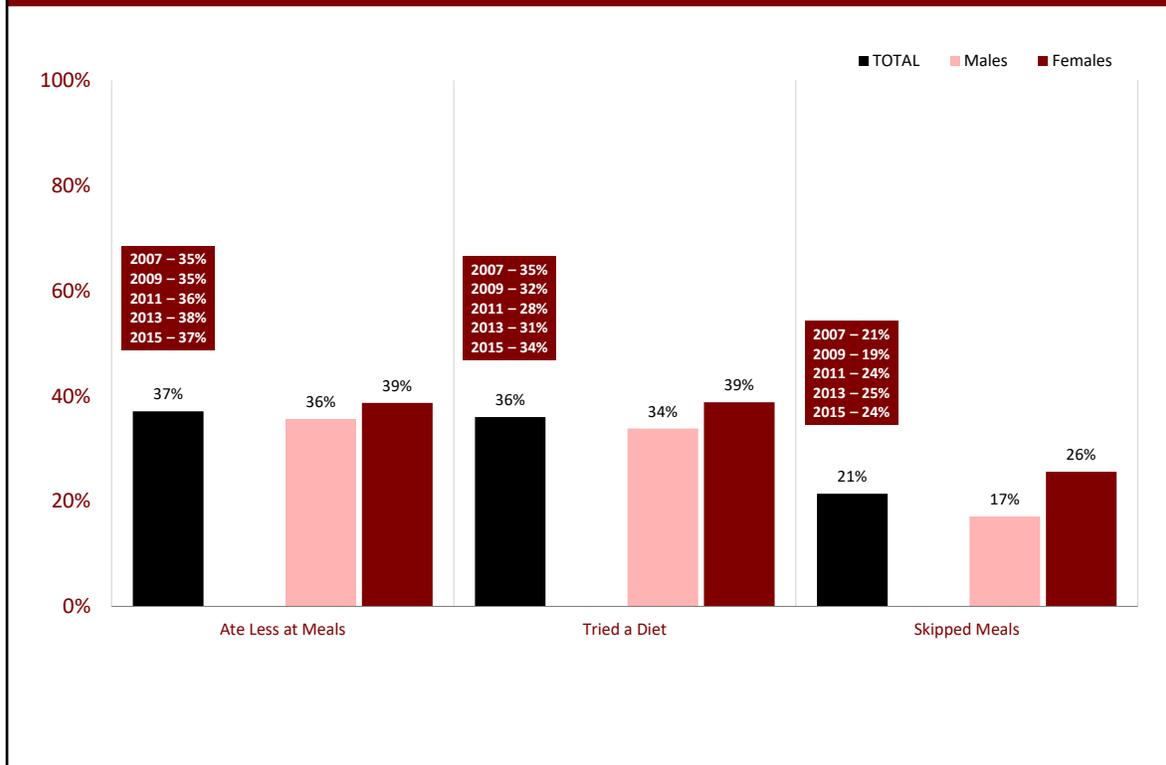
## Current Weight Control Goal Among Somerville Middle School Students, Total and by Gender (2017)



### SELECTED POINTS

- Twelve percent (12%) of 2017 Somerville middle school students reported that they were trying to *gain weight*, 39% that they were trying to *stay the same weight*, and 49% that they were trying to *lose weight*.
- **Trends:** While the percentage of Somerville middle school students who reported that they were trying to *lose weight* decreased between 2015 (53%) and 2017 (49%), rates remained similar to those previously observed (52% in 2007, 51% in 2009, 47% in 2011, 52% in 2013, 53% in 2015, 49% in 2017).
- **Gender:** Female students were more likely to report trying to *lose weight* (44% males, 53% females) while males were more likely to report trying to *gain weight* (14% males, 10% females) or *stay the same weight* (41% males, 37% females).
- **Grade:** Reported weight control efforts varied only slightly with age/grade: *gain weight* (10%, 14%, 11%), *stay the same weight* (44%, 37%, 38%), *lose weight* (46%, 49%, 51%).

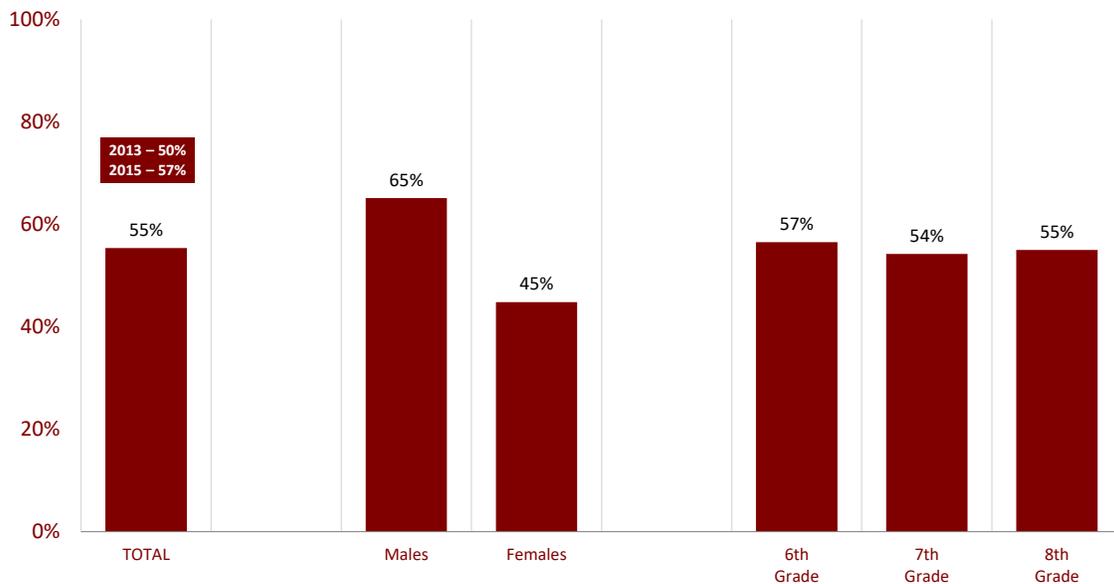
## Weight Loss Methods Used by Somerville Middle School Students in the Past 12 Months, Total and by Gender (2017)



### SELECTED POINTS

- Thirty-seven percent (37%) of 2017 Somerville middle school students reported that they had *eaten less at meals* in the 12 months prior to the survey in order to lose weight. Thirty-six percent (36%) had *tried a diet* to do so and 21% had *skipped meals*.
- Thirty-nine percent (39%) of Somerville middle school females reported that they had *eaten less at meals* to lose weight compared to 36% of males, 39% had *tried a diet* compared to 34% of males, and 26% had *skipped meals* compared to 17% of males.
- **Trends:** Trend data reveal little change in 2017: *ate less at meals* (35% in 2007, 35% in 2009, 36% in 2011, 38% in 2013, 37% in 2015, 37% in 2017), *tried a diet* (35%, 32%, 28%, 31%, 34%, 36%), *skipped meals* (21%, 19%, 24%, 25%, 24%, 21%).
- **Gender:** Female middle school students were more likely than males to report using each of these weight loss methods: *ate less at meals* (36% males, 39% females), *tried a diet* (34% males, 39% females), *skipped meals* (17% males, 26% females).
- **Grade:** There was little difference by age/grade in weight loss methods used by Somerville middle school students: *ate less at meals* (37%, 39%, 35%), *tried a diet* (34%, 35%, 39%), *skipped meals* (20%, 22%, 22%).

## Percent of Somerville Middle School Students Who Reported Physical Activity for 60+ Minutes on at Least 5 of the Past 7 Days\* (2017)



\* The US Department of Health and Human Services recommends that "children and adolescents should do 60 minutes (1 hour) or more of physical activity daily."

### SELECTED POINTS

- This chart displays the percentage of 2017 Somerville middle school students who reported engaging in 60 minutes or more of physical activity on at least five of the seven days prior to the survey, the level recommended for children and adolescents by the US Surgeon General.
- In 2017, 55% of Somerville middle school students reported engaging in the recommended level of physical activity.
- **Trends:** The percentage of Somerville middle school students who reported engaging in the recommended level of physical activity remained fairly consistent in 2017 (57% in 2015, 55% in 2017).
- **Gender:** Male students (65%) were more likely than females (45%) to report that they engaged in physical activity for at least 60 minutes on five or more of the seven days prior to the survey.
- **Grade:** Reported physical activity was similar in all grades (57% among 6<sup>th</sup> graders, 54% among 7<sup>th</sup> graders, and 55% among 8<sup>th</sup> graders).

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**Appendix A:**

**Selected Data Tables**

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## 2016-2017 SOMERVILLE MIDDLE SCHOOL HEALTH SURVEY

### Alcohol, Tobacco, and Other Drug Use - Middle School (N=802)

	TOTAL								GENDER		GRADE			MTF <sup>1</sup>
	2003 (1098)	2005 (1036)	2007 (926)	2009 (818)	2011 (818)	2013 (831)	2015 (880)	2017 (802)	Males (403)	Females (386)	6th (249)	7th (291)	8th (250)	8th
<b>LIFETIME (any use in lifetime)</b>														
Alcohol (other than a few sips)	30.1%	37.6%	38.4%	26.1%	22.4%	18.4%	11.7%	13.8%	12.0%	15.5%	6.3%	13.3%	21.1%	22.8%
Binge Alcohol Use - 3 or more drinks in a row	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Binge Alcohol Use - 5 or more drinks in a row	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Cigarettes	N/A	23.6%	23.4%	15.9%	14.1%	9.4%	5.4%	3.8%	3.5%	4.2%	2.0%	2.8%	7.0%	9.8%
Electronic Tobacco <sup>2</sup>	N/A	N/A	N/A	N/A	N/A	N/A	N/A	5.8%	6.3%	5.4%	2.4%	3.2%	12.2%	N/A
Marijuana	N/A	11.3%	11.9%	7.3%	7.9%	7.2%	3.4%	2.9%	2.8%	2.9%	0.8%	1.0%	6.5%	12.8%
Inhalants	N/A	10.9%	8.5%	5.6%	5.5%	3.5%	2.0%	3.4%	2.3%	4.7%	0.8%	1.7%	8.2%	7.7%
Steroids (no prescription)	3.9%	0.8%	1.0%	0.4%	0.0%	0.4%	0.5%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.9%
Cocaine	N/A	2.1%	0.8%	0.4%	0.5%	0.2%	0.0%	0.1%	0.0%	0.3%	0.0%	0.0%	0.4%	1.4%
Heroin	N/A	1.0%	0.2%	0.2%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.5%
Ecstasy	N/A	1.2%	1.2%	0.7%	0.1%	0.6%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	1.7%
Other Illegal Drugs <sup>3</sup>	N/A	2.0%	1.4%	0.7%	0.5%	0.9%	0.2%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	N/A
Prescription Drugs without a Prescription	N/A	N/A	N/A	N/A	N/A	N/A	N/A	2.8%	1.0%	4.8%	2.1%	2.8%	3.7%	N/A
<b>CURRENT (any use in past 30 days)</b>														
Alcohol (other than a few sips)	15.2%	13.4%	17.7%	9.2%	7.0%	4.9%	3.2%	3.7%	1.5%	5.9%	1.2%	2.8%	7.0%	7.3%
Binge Alcohol Use - 3 or more drinks in a row	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1.3%	0.8%	1.9%	1.2%	0.7%	2.1%	N/A
Binge Alcohol Use - 5 or more drinks in a row	N/A	2.7%	4.7%	2.5%	1.7%	1.2%	0.1%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	N/A
Cigarettes	N/A	7.3%	9.5%	5.4%	4.4%	2.9%	1.3%	0.6%	0.5%	0.8%	0.0%	0.7%	1.2%	2.6%
Electronic Tobacco <sup>2</sup>	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1.2%	1.3%	1.1%	0.4%	0.7%	2.1%	6.2%
Marijuana	6.2%	7.1%	8.0%	4.1%	5.7%	4.5%	2.0%	1.5%	1.5%	1.6%	0.8%	1.0%	2.8%	5.4%
Inhalants	6.3%	6.1%	3.6%	3.0%	3.1%	2.3%	1.2%	0.9%	0.3%	1.6%	0.4%	0.0%	2.4%	1.8%
Steroids (no prescription)	N/A	0.5%	0.3%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.3%
Cocaine	1.2%	1.0%	0.1%	0.2%	0.0%	0.1%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.3%
Heroin	N/A	0.3%	0.1%	0.1%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.2%
Ecstasy	N/A	0.7%	0.4%	0.2%	0.0%	0.1%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.3%
Other Illegal Drugs <sup>3</sup>	N/A	0.9%	0.5%	0.2%	0.2%	0.2%	0.1%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	N/A
Prescription Drugs without a Prescription	N/A	N/A	N/A	N/A	N/A	N/A	N/A	0.8%	0.0%	1.6%	0.4%	0.7%	1.2%	N/A
Attended class within one hour of using alcohol, marijuana, or other drugs (past 30 days)	N/A	3.3%	5.6%	3.0%	3.1%	1.7%	0.6%	1.0%	0.5%	1.6%	0.8%	1.4%	0.8%	N/A

<sup>1</sup> Data from the 2016 Monitoring the Future Survey administered by the University of Michigan for the National Institute on Drug Abuse (spring 2016).

<sup>2</sup> Respondents were asked if they had "used an electronic cigarette (e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens)."

<sup>3</sup> Respondents were asked about their use of "any other type of illegal drug such as LSD (acid), PCP, Ketamine (Special K), Rohypnol (Roofies), GHB, or synthetic drugs (N-Bomb, Spice, K2, etc.)." The reference to "synthetic drugs (N-Bomb, Spice, K2, etc.)" was added to the survey in 2017.

## 2016-2017 SOMERVILLE MIDDLE SCHOOL HEALTH SURVEY

### Substance Use Related Issues - Middle School (N=802)

	TOTAL								GENDER		GRADE			MTF 8th
	2003 (1098)	2005 (1036)	2007 (926)	2009 (818)	2011 (818)	2013 (831)	2015 (880)	2017 (802)	Males (403)	Females (386)	6th (249)	7th (291)	8th (250)	
<b>PERCEIVED RISK – Percent who perceive use as a "Moderate Risk" or "Great Risk"</b>														
Smoke one or more packs of cigarettes per day	N/A	N/A	80.4%	78.4%	74.4%	76.7%	78.1%	80.9%	83.5%	79.2%	80.8%	80.0%	82.8%	N/A
Take 1 or 2 drinks of an alcoholic beverage nearly every day	N/A	N/A	54.9%	58.2%	61.1%	63.2%	62.3%	64.1%	66.9%	61.7%	60.0%	63.6%	69.3%	N/A
Smoke marijuana regularly	N/A	N/A	83.3%	79.9%	78.6%	74.1%	77.4%	78.5%	77.2%	79.9%	80.9%	78.9%	76.1%	N/A
Use illegal drugs other than marijuana	N/A	N/A	89.8%	87.7%	85.8%	85.9%	86.5%	89.4%	90.7%	88.2%	87.1%	89.4%	92.4%	N/A
Use prescription drugs that are not prescribed to them	N/A	N/A	N/A	N/A	N/A	N/A	N/A	83.9%	85.6%	82.1%	79.1%	82.5%	90.3%	N/A
<b>PERCEPTION OF PARENTS' RESPONSE – Percent who indicated that their <i>parents</i> would think it was "Wrong" or "Very Wrong" for them to...</b>														
Smoke cigarettes	N/A	97.4%	95.9%	98.1%	96.3%	96.6%	97.5%	97.4%	98.4%	96.5%	96.6%	97.5%	98.3%	N/A
Drink beer, wine, or hard liquor regularly	N/A	93.0%	92.4%	95.5%	95.3%	95.9%	96.9%	92.0%	92.7%	91.6%	94.0%	92.2%	90.4%	N/A
Smoke marijuana	N/A	98.0%	96.8%	98.4%	96.3%	96.4%	97.3%	96.2%	95.6%	97.0%	97.0%	96.8%	95.0%	N/A
Use illegal drugs other than marijuana	N/A	98.6%	98.0%	98.7%	97.1%	97.4%	97.9%	98.4%	99.0%	98.1%	97.0%	99.3%	99.2%	N/A
Use prescription drugs not prescribed to you	N/A	N/A	N/A	N/A	N/A	N/A	N/A	97.1%	98.2%	96.2%	95.2%	98.2%	97.9%	N/A
<b>EXPOSURE TO SUBSTANCE USE AT HOME – Percent who live with someone who...</b>														
Smokes cigarettes	45.0%	40.3%	38.1%	31.3%	29.5%	26.6%	24.1%	17.6%	14.5%	21.2%	15.3%	16.1%	22.2%	N/A
They think drinks too much alcohol	N/A	13.1%	12.8%	11.7%	9.9%	9.6%	6.4%	8.9%	5.7%	12.6%	8.1%	9.0%	10.1%	N/A
Smokes marijuana	N/A	6.6%	6.6%	5.4%	4.6%	5.8%	4.4%	5.3%	4.4%	6.5%	3.4%	4.6%	8.4%	N/A
Uses illegal drugs other than marijuana	N/A	3.4%	2.4%	1.9%	1.7%	1.0%	0.6%	0.7%	0.3%	1.1%	0.4%	0.7%	0.8%	N/A
Uses prescription drugs that are not prescribed to them	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1.3%	0.3%	2.4%	1.7%	1.8%	0.4%	N/A
<b>EVER RECEIVED INSTRUCTION IN SCHOOL ON...</b>														
The risks involved with smoking and other tobacco use	71.4%	79.3%	72.3%	55.8%	64.3%	52.8%	50.1%	67.6%	67.7%	67.8%	61.7%	67.2%	74.5%	N/A
The risks involved with drug use	75.9%	75.1%	69.4%	54.2%	62.7%	53.3%	52.1%	68.2%	69.3%	66.9%	51.3%	73.4%	79.1%	N/A
Handling peer pressure, including pressure to smoke, drink, or take drugs	69.8%	68.1%	65.4%	51.1%	53.7%	50.7%	48.0%	53.8%	52.8%	54.6%	45.0%	53.0%	63.7%	N/A
<b>EVER TALKED WITH PARENTS OR OTHER FAMILY ADULTS ABOUT...</b>														
The risks involved with smoking and other tobacco use	57.6%	60.7%	60.4%	58.4%	53.6%	49.5%	52.4%	57.1%	57.4%	57.5%	54.4%	58.9%	58.5%	N/A
The risks involved with drug use	54.1%	61.3%	60.9%	57.6%	53.7%	52.4%	53.3%	57.6%	57.3%	57.7%	47.7%	59.2%	65.7%	N/A

## 2016-2017 SOMERVILLE MIDDLE SCHOOL HEALTH SURVEY

### Violence and Safety - Middle School (N=802)

	TOTAL								GENDER		GRADE			MTF 8th
	2003 (1098)	2005 (1036)	2007 (926)	2009 (818)	2011 (818)	2013 (831)	2015 (880)	2017 (802)	Males (403)	Females (386)	6th (249)	7th (291)	8th (250)	
<b>VIOLENCE AND SAFETY EXPERIENCES (past 12 months)</b>														
Witnessed violence in family (12 months)	7.6%	8.3%	7.7%	8.3%	6.8%	5.3%	5.5%	4.4%	3.1%	5.9%	3.8%	5.6%	3.7%	N/A
Beaten or physically hurt by someone in family (12 months)	4.9%	5.1%	4.9%	5.5%	3.7%	3.5%	3.3%	3.7%	3.8%	3.7%	4.2%	2.5%	4.9%	N/A
Beaten or physically hurt by someone NOT a family member (12 months)	3.8%	4.8%	4.4%	4.2%	4.8%	3.4%	2.5%	2.6%	3.3%	1.6%	2.1%	2.8%	2.4%	N/A
Had rude sexual comments directed at him/her (12 months)	14.5%	17.8%	18.6%	12.1%	10.7%	10.5%	8.1%	7.2%	3.9%	10.4%	5.2%	6.7%	10.2%	N/A
Touched, pinched, grabbed, or patted in a sexual way against will (12 months)	8.1%	10.2%	11.1%	9.8%	6.2%	4.7%	4.9%	3.5%	2.9%	4.1%	1.3%	2.8%	6.8%	N/A
Forced, tricked, or pressured to have sex that he/she didn't want by a boyfriend, girlfriend, or some other person he/she knew (12 months)	3.2%	3.1%	3.1%	1.6%	1.6%	0.9%	0.5%	1.2%	0.8%	1.6%	0.9%	1.4%	1.3%	N/A
Was a member of a gang (12 months)	N/A	N/A	N/A	2.7%	2.6%	1.5%	1.5%	0.4%	0.3%	0.3%	0.0%	0.0%	0.8%	N/A
<b>BULLYING AND FIGHTING (past 12 months)</b>														
Bullied in/on the way to school (12 months) <sup>1</sup>	13.2%	14.3%	15.4%	14.2%	14.5%	12.3%	10.5%	8.9%	6.8%	10.8%	12.2%	8.3%	5.7%	N/A
Bullied when NOT in/on the way to school (12 months) <sup>1</sup>	N/A	8.9%	8.9%	5.9%	6.8%	6.1%	5.7%	4.7%	3.8%	5.7%	2.9%	6.3%	4.9%	N/A
Bullied electronically (texting, e-mail, or social media like Facebook, Twitter, or Instagram) (12 months)	N/A	N/A	N/A	N/A	N/A	9.2%	8.2%	8.3%	5.3%	11.3%	6.5%	9.8%	8.1%	N/A
Saw someone else bullied in/on the way to school (12 months) <sup>1</sup>	N/A	N/A	N/A	N/A	N/A	26.8%	23.1%	18.5%	17.1%	19.8%	23.3%	18.1%	13.8%	N/A
In a physical fight - on school property (12 months)	N/A	12.4%	12.9%	10.3%	7.1%	6.1%	5.7%	4.9%	7.1%	2.4%	7.4%	4.9%	2.0%	N/A
In a physical fight - when NOT on school property (12 months)	N/A	17.8%	17.1%	13.2%	11.3%	5.9%	6.4%	5.2%	7.1%	2.9%	7.1%	4.2%	4.5%	N/A
<b>WEAPONS CARRYING AND STAYING HOME FROM SCHOOL (past 30 days)</b>														
Carried a weapon - on school property (30 days)	N/A	3.0%	4.7%	3.0%	3.4%	1.2%	1.0%	1.0%	1.6%	0.5%	1.3%	0.7%	1.3%	N/A
Carried a weapon - when NOT on school property (30 days)	N/A	8.4%	9.7%	5.6%	6.9%	4.2%	2.7%	3.0%	4.7%	1.3%	3.0%	2.5%	3.8%	N/A
Stayed home from school out of fear for safety (30 days)	7.8%	6.8%	6.2%	5.7%	6.9%	4.2%	5.5%	5.0%	4.1%	6.1%	5.8%	6.3%	2.9%	N/A
<b>EVER RECEIVED INSTRUCTION IN SCHOOL ON...</b>														
How to resolve disputes without fighting	64.7%	65.3%	64.6%	64.8%	63.6%	56.0%	58.1%	68.2%	69.3%	67.6%	63.8%	68.4%	73.7%	N/A

<sup>1</sup> Bullying was defined in the 2017 survey as "...when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again. It is not bullying when 2 students of about the same strength or power argue or fight or tease each other in a friendly way." Prior surveys defined bullying as "...being repeatedly teased, threatened, hit, kicked, or excluded by another person or group of people."

## 2016-2017 SOMERVILLE MIDDLE SCHOOL HEALTH SURVEY

### Health and Mental Health - Middle School (N=802)

	TOTAL								GENDER		GRADE			MTF 8th
	2003 (1098)	2005 (1036)	2007 (926)	2009 (818)	2011 (818)	2013 (831)	2015 (880)	2017 (802)	Males (403)	Females (386)	6th (249)	7th (291)	8th (250)	
<b>STRESSORS EXPERIENCED (past 12 months)</b>														
Had one or more failing grades on a report card (12 months)	34.8%	37.3%	32.0%	31.9%	32.5%	30.8%	31.7%	28.6%	32.1%	25.1%	29.8%	30.4%	24.9%	N/A
Had a problem with alcohol or drugs (12 months)	3.8%	5.1%	4.3%	3.2%	2.6%	1.8%	1.8%	1.0%	1.3%	0.8%	0.4%	1.1%	1.2%	N/A
A family member had an alcohol or drug problem (12 months)	11.7%	13.3%	14.5%	11.5%	9.7%	9.6%	8.9%	8.4%	6.4%	10.5%	6.3%	10.3%	7.9%	N/A
There was a divorce or separation in family (12 months)	11.8%	11.3%	13.5%	12.5%	11.1%	12.6%	14.3%	12.8%	10.0%	15.8%	12.6%	12.7%	13.2%	N/A
Family moved (12 months)	14.9%	16.8%	16.8%	15.7%	12.5%	11.8%	14.0%	12.9%	14.6%	11.0%	12.7%	13.0%	12.3%	N/A
Ran away from home (12 months)	4.0%	5.4%	4.1%	3.3%	2.9%	1.4%	2.4%	1.6%	0.3%	3.0%	0.8%	1.4%	2.5%	N/A
Family member or close friend died (12 months)	36.9%	38.9%	33.8%	32.5%	36.8%	28.3%	31.5%	32.3%	28.7%	36.1%	31.9%	33.9%	30.7%	N/A
<b>WORRIED ABOUT ISSUES (past 12 months)</b>														
Physical health problems (12 months)	27.5%	26.6%	24.7%	22.4%	17.7%	19.7%	21.0%	21.8%	15.2%	29.2%	16.9%	21.7%	27.0%	N/A
Weight problems (12 months)	43.2%	45.5%	43.6%	36.5%	34.1%	34.3%	40.3%	32.6%	22.9%	42.8%	29.1%	33.5%	35.2%	N/A
Sexual abuse (12 months)	6.7%	5.2%	5.1%	4.1%	3.5%	2.6%	2.5%	2.6%	1.0%	4.3%	2.6%	1.8%	3.7%	N/A
School failure or poor grades (12 months)	45.8%	44.3%	42.9%	39.0%	37.3%	37.0%	38.9%	38.1%	35.0%	41.3%	36.4%	39.6%	37.7%	N/A
Drug or alcohol use in your family (12 months)	11.3%	12.6%	12.3%	10.2%	6.9%	6.9%	6.7%	7.5%	5.7%	9.5%	6.1%	8.8%	7.0%	N/A
Your own drug or alcohol use (12 months)	5.7%	5.9%	6.3%	3.3%	3.6%	2.5%	1.9%	1.8%	1.0%	2.7%	0.9%	2.1%	2.5%	N/A
Physical fights at home (12 months)	13.0%	13.0%	11.8%	9.3%	7.7%	6.5%	5.4%	5.4%	5.4%	5.2%	6.4%	4.6%	4.9%	N/A
Physical fights in school (12 months)	15.7%	16.8%	18.7%	13.2%	12.8%	9.1%	8.9%	7.7%	8.5%	6.7%	10.3%	8.8%	3.7%	N/A
Being treated differently because of your race or ethnicity (12 months)	10.5%	10.3%	11.6%	9.0%	9.2%	8.1%	8.9%	9.0%	8.3%	10.0%	9.0%	11.0%	7.0%	N/A
Being bullied by other students (teased, threatened, hit, kicked, or excluded) (12 months)	N/A	N/A	N/A	N/A	N/A	18.9%	18.1%	17.5%	15.0%	19.6%	19.0%	19.4%	13.7%	N/A
Gangs in your community (12 months)	N/A	N/A	N/A	24.3%	20.6%	11.6%	7.8%	6.2%	6.5%	6.0%	4.3%	5.3%	8.8%	N/A
<b>ANXIETY, SELF-HARM, AND SUICIDE</b>														
Experienced anxiety <sup>1</sup> (30 days)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	24.6%	15.7%	33.8%	17.6%	26.1%	29.6%	N/A
Hurt/injured self on purpose (12 months)	9.7%	11.2%	10.9%	8.9%	9.0%	9.3%	9.7%	8.3%	5.6%	10.7%	6.6%	9.9%	8.2%	N/A
Seriously considered suicide (12 months)	14.2%	12.8%	10.1%	9.4%	8.9%	10.0%	12.2%	9.7%	5.4%	14.3%	6.4%	11.3%	11.5%	N/A
Made a plan to commit suicide (12 months)	7.5%	5.4%	5.4%	4.2%	3.3%	3.8%	5.7%	4.1%	2.3%	5.9%	1.3%	5.7%	5.3%	N/A
Actually attempted suicide (12 months)	3.7%	3.1%	3.0%	2.1%	2.2%	1.6%	3.0%	2.2%	0.8%	3.8%	0.4%	2.8%	3.3%	N/A
<b>SOCIAL SUPPORTS</b>														
Have at least one teacher or other school adult to talk to about a problem	N/A	60.4%	54.9%	58.4%	59.0%	60.1%	62.7%	68.2%	72.4%	64.6%	69.7%	65.5%	69.9%	N/A
<b>SEXUAL ISSUES</b>														
Ever had sexual intercourse	13.5%	16.1%	17.1%	11.3%	10.8%	7.6%	3.9%	2.8%	3.9%	1.9%	0.8%	2.8%	4.6%	N/A
Ever taught about AIDS or HIV infection in school	N/A	80.5%	73.0%	62.9%	53.1%	62.6%	67.8%	70.4%	70.5%	71.1%	32.4%	85.3%	92.4%	N/A
Ever talked about AIDS or HIV infection with parents or other family adults	N/A	50.5%	45.1%	43.9%	34.6%	38.5%	34.5%	33.3%	35.9%	31.0%	22.8%	35.4%	42.3%	N/A

<sup>1</sup> Anxiety was described in the survey as feeling "tense, nervous, or worried every day for two or more weeks in a row."