

SUMMARY OF RESULTS
FROM THE
2018-2019
SOMERVILLE MIDDLE SCHOOL HEALTH SURVEY

SUBMITTED TO
THE CITY OF SOMERVILLE, MASSACHUSETTS

SUBMITTED BY
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2019

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BACKGROUND

REPORT FORMAT

In March of 2019, 886 Somerville middle school students (grades 6-8) took part in the 2018-2019 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, 2014-2015, and 2016-2017 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 March of 2019 to all Somerville public school students in grades 6 through 8. The number of respondents in each grade is as follows:

6 th	7 th	8 th	Unknown	TOTAL
321	306	254	5	886

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 and nicotine, marijuana, 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 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 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. Methodology of the Youth Risk Behavior Surveillance System – 2013. MMWR 2013;62 [RR-1].)

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 provide useful information on whether certain behaviors have improved, worsened, or stayed the same over time. 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, 2015, and 2017, 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 2018 MTF which was administered in the Spring of 2018. It is important to note that this survey was administered one year prior to the Somerville survey.

WHO HAS THE PROBLEM?

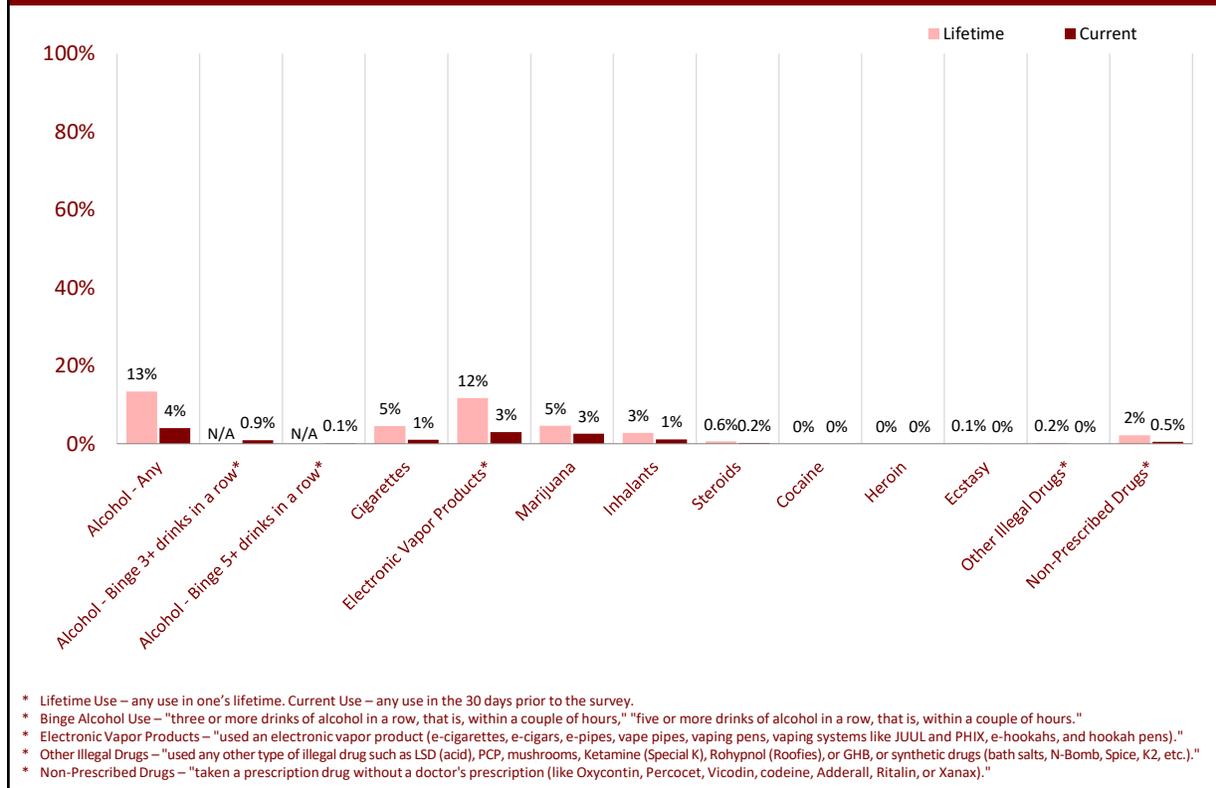
Although this survey was administered to middle school students, this does not mean that the issues addressed are confined solely to youth. For example, national studies of substance use show that rates of use are higher among young adults than adolescents. It is also important to keep in mind that while 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

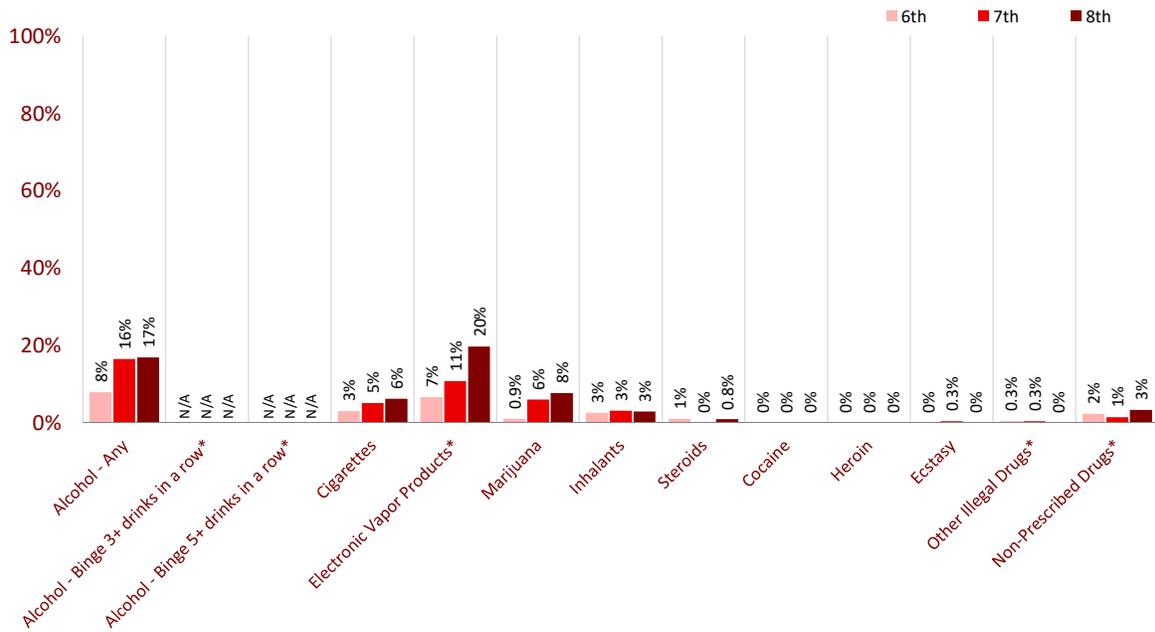
Lifetime* and Current* Substance Use for Somerville Middle School Students (2019)



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 13% of 2019 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. Approximately 1% of respondents reporting binge drinking in the 30 days prior to the survey by consuming 3 or more drinks in a row, while 0.1% consumed 5 or more drinks in a row.
- Tobacco and nicotine use was the next most common form of substance use, with 12% of respondents reporting lifetime use of electronic vapor products (3% current use) and 5% of reporting lifetime cigarette use (1% current use).
- Marijuana was the most commonly used illegal drug, with 5% of respondents reporting that they had ever used marijuana and 3% 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.
- Two percent (2%) of respondents reported ever using prescription drugs without a doctor's prescription, while 0.5% reported current use.

Lifetime* Substance Use for Somerville Middle School Students, by Grade (2019)

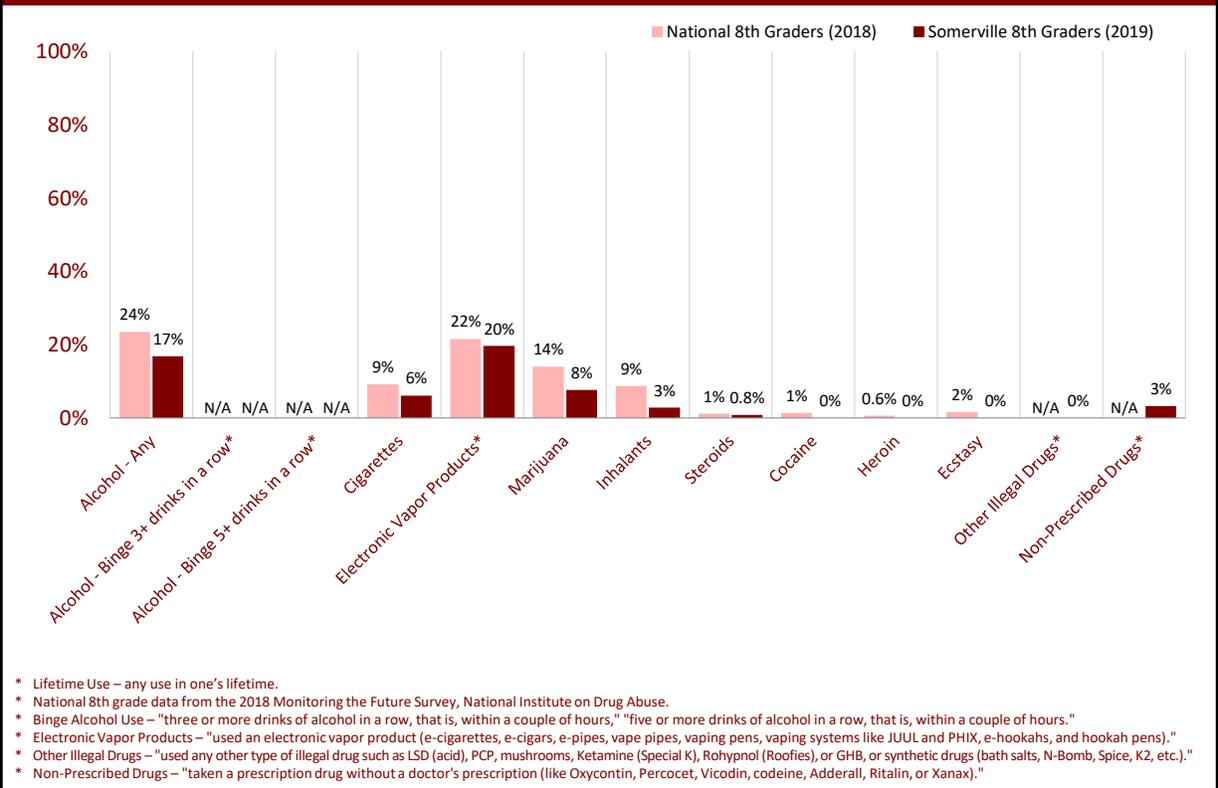


* Lifetime Use – any use in one’s lifetime. Current Use – any use in the 30 days prior to the survey.
 * Binge Alcohol Use – “three or more drinks of alcohol in a row, that is, within a couple of hours,” “five or more drinks of alcohol in a row, that is, within a couple of hours.”
 * Electronic Vapor Products – “used an electronic vapor product (e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, vaping systems like JUUL and PHIX, e-hookahs, and hookah pens).”
 * Other Illegal Drugs – “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 2019 Somerville middle school students who reported ever using substances increased with age/grade. For example, the percentage who reported ever using electronic vapor products in their lifetime increased from 7% in 6th grade to 11% in 7th grade and 20% in 8th grade.

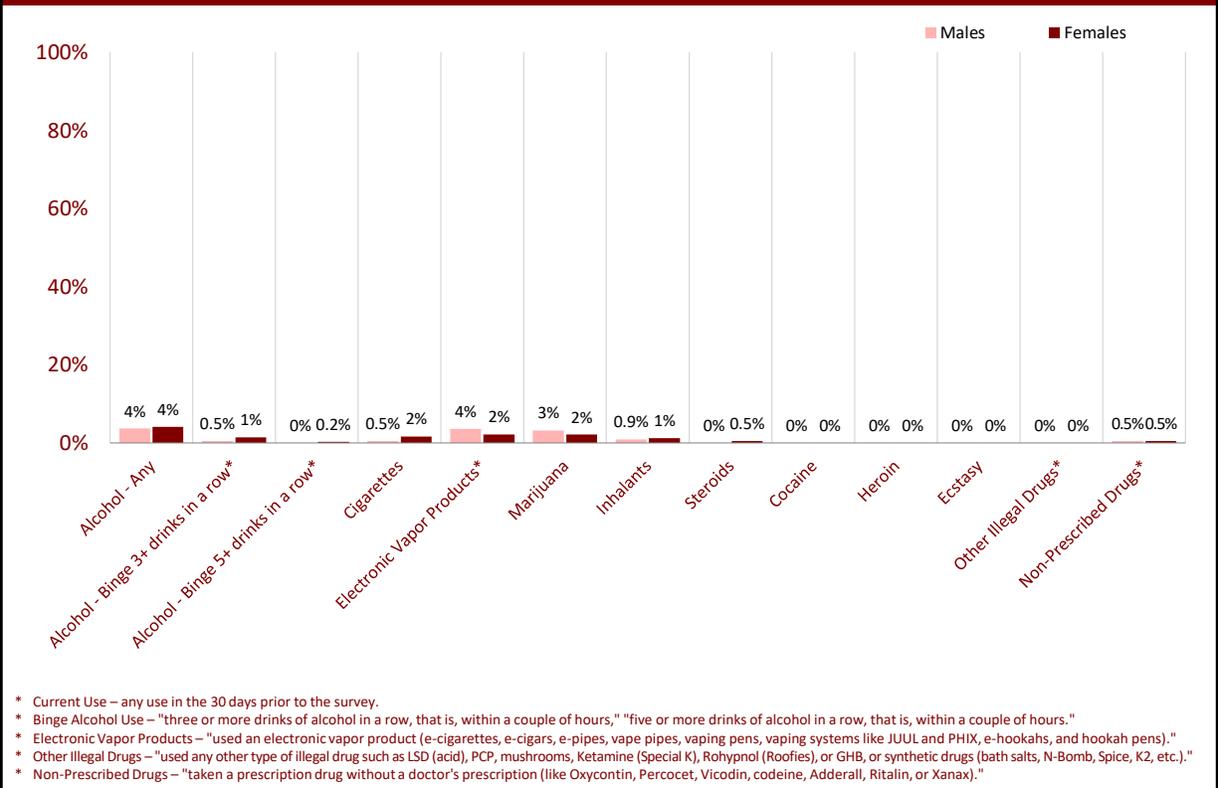
Lifetime* Substance Use for National 8th Grade Students (2018)* and Somerville 8th Grade Students (2019)



SELECTED POINTS

- Comparative middle school data are from the 2018 *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 8th grade students.
- Rates of Somerville 8th grade lifetime substance use were *below* national averages: alcohol (24% National, 17% Somerville), cigarettes (9% National, 6% Somerville), electronic vapor products (22% National, 20% Somerville), marijuana (14% National, 8% Somerville), inhalants (9% National, 3% Somerville), steroids (1% National, 0.8% Somerville), cocaine (1% National, 0% Somerville), heroin (0.6% National, 0% Somerville), and ecstasy (2% National, 0% Somerville).
- National data for other substances are not available.

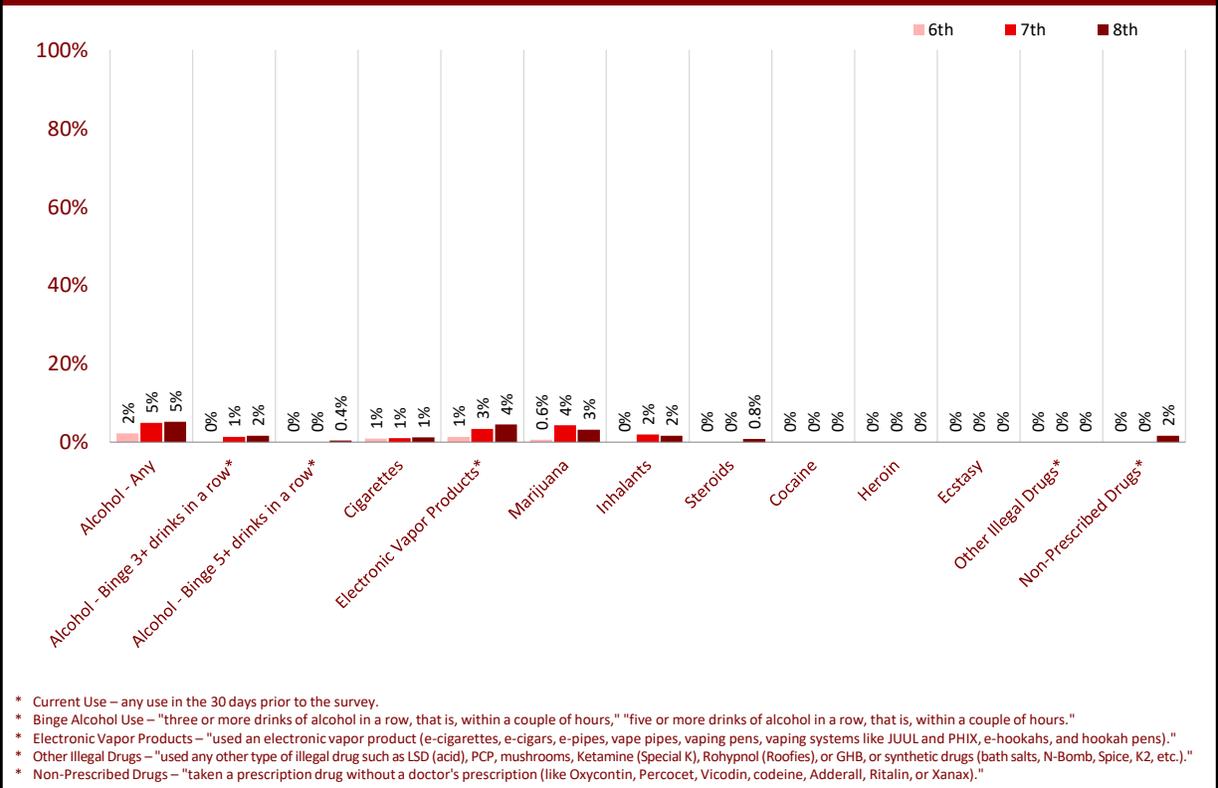
Current* Substance Use for Somerville Middle School Students, by Gender (2019)



SELECTED POINTS

- Current use is any use in the 30 days prior to the survey.
- Overall, current substance use was similar among Somerville middle school males and females: alcohol (4% males, 4% females), binge alcohol 3+ drinks (0.5% males, 1% females), binge alcohol 5+ drinks (0% males, 0.2% females), cigarettes (0.5% males, 2% females), electronic vapor products (4% males, 2% females), marijuana (3% males, 2% females), inhalants (0.9% males, 1% females), steroids (0% males, 0.5% females), cocaine (0% each), heroin (0% each), ecstasy (0% each), other drugs (0% each), non-medical use of prescription drugs (0.5% each).

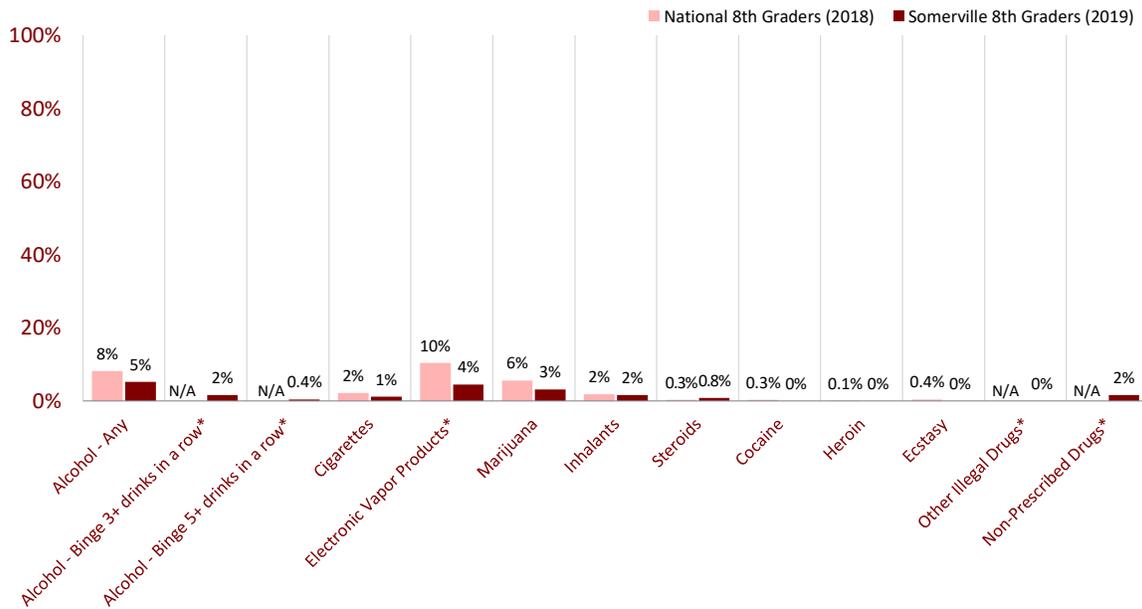
Current* Substance Use for Somerville Middle School Students, by Grade (2019)



SELECTED POINTS

- Overall, the percentage of Somerville middle school students who reported current use of more common substances such as alcohol, tobacco/nicotine, and marijuana increased slightly with age/grade. For example, the percentage of students who reported current alcohol use increased from 2% in 6th grade, to 5% in 7th grade, to 5% in 8th grade; the rate of electronic vapor product use increased from 1% to 3% to 4%; and the rate of marijuana use increased from 0.6% to 4% and 3%.
- Use rates for other substances remained comparatively low across all grades.

Current* Substance Use for National 8th Grade Students (2018)* and Somerville 8th Grade Students (2019)

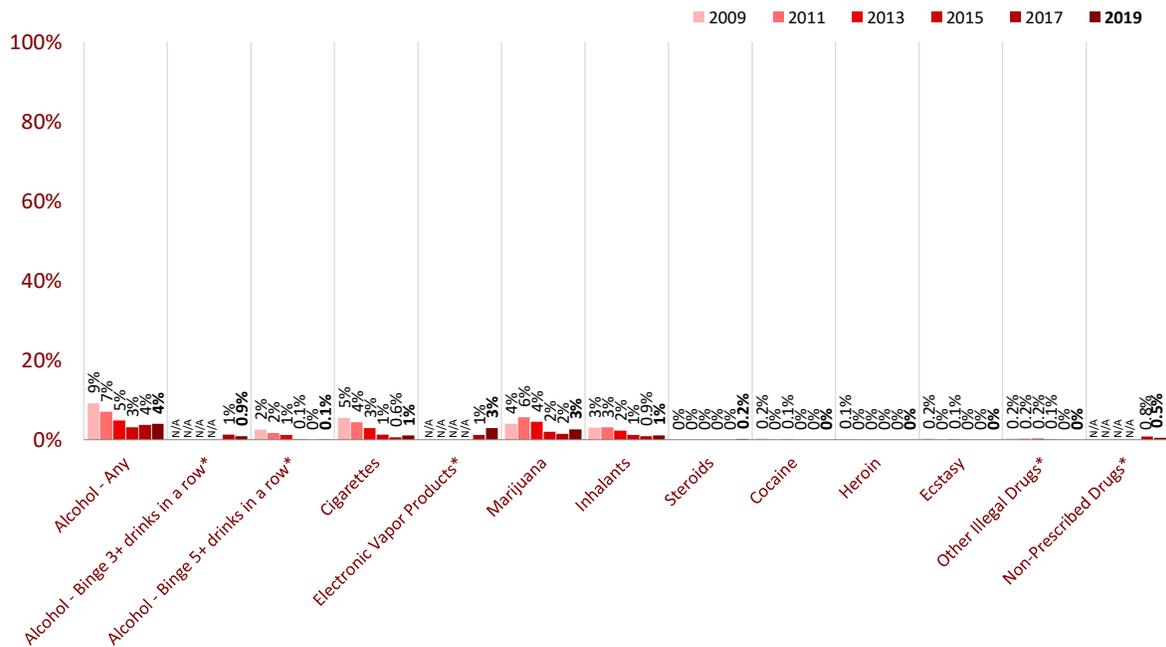


* Current Use – any use in the 30 days prior to the survey.
 * National 8th grade data from the 2018 Monitoring the Future Survey, National Institute on Drug Abuse.
 * Binge Alcohol Use – "three or more drinks of alcohol in a row, that is, within a couple of hours," "five or more drinks of alcohol in a row, that is, within a couple of hours."
 * Electronic Vapor Products – "used an electronic vapor product (e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, vaping systems like JUUL and PHIX, e-hookahs, and hookah pens)."
 * Other Illegal Drugs – "used any other type of illegal drug such as LSD (acid), PCP, mushrooms, Ketamine (Special K), Rohypnol (Rohies), 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

- Somerville 8th grade current use rates for comparable substances were generally *at or below* national averages: alcohol (8% National, 5% Somerville), cigarettes (2% National, 1% Somerville), electronic vapor products (10% National, 4% Somerville), marijuana (6% 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 ('09, '11, '13, '15, '17, '19)



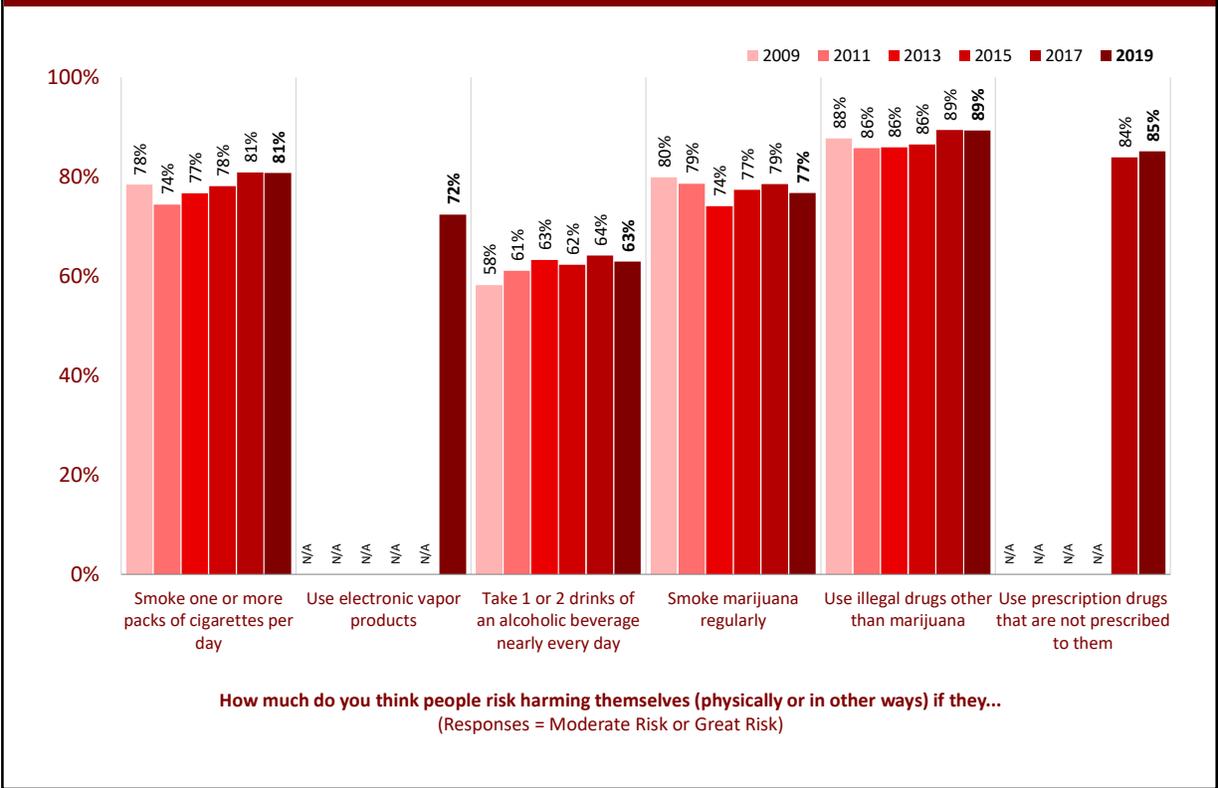
* Current Use – any use in the 30 days prior to the survey.
 * Binge Alcohol Use – "three or more drinks of alcohol in a row, that is, within a couple of hours," "five or more drinks of alcohol in a row, that is, within a couple of hours."
 * Electronic Vapor Products – "used an electronic vapor product (e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, vaping systems like JUUL and PHIX, e-hookahs, and hookah pens)."
 * Other Illegal Drugs – "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

- Available trend data reveal consistency in current use from 2017 to 2019, with levels remaining historically low. Since 2009, the rate of current alcohol use has declined from 9% to 4%, binge alcohol use of 5+ drinks from 2% to 0.1%, cigarette use from 5% to 1%, marijuana use from 6% in 2011 to 3%, and inhalants from 3% to 1%. Use of other illegal substances has remained comparatively low.
- An exception is the use of electronic vapor products which increased from 1% in 2017 to 3% in 2019.

Issues Related to Substance Use

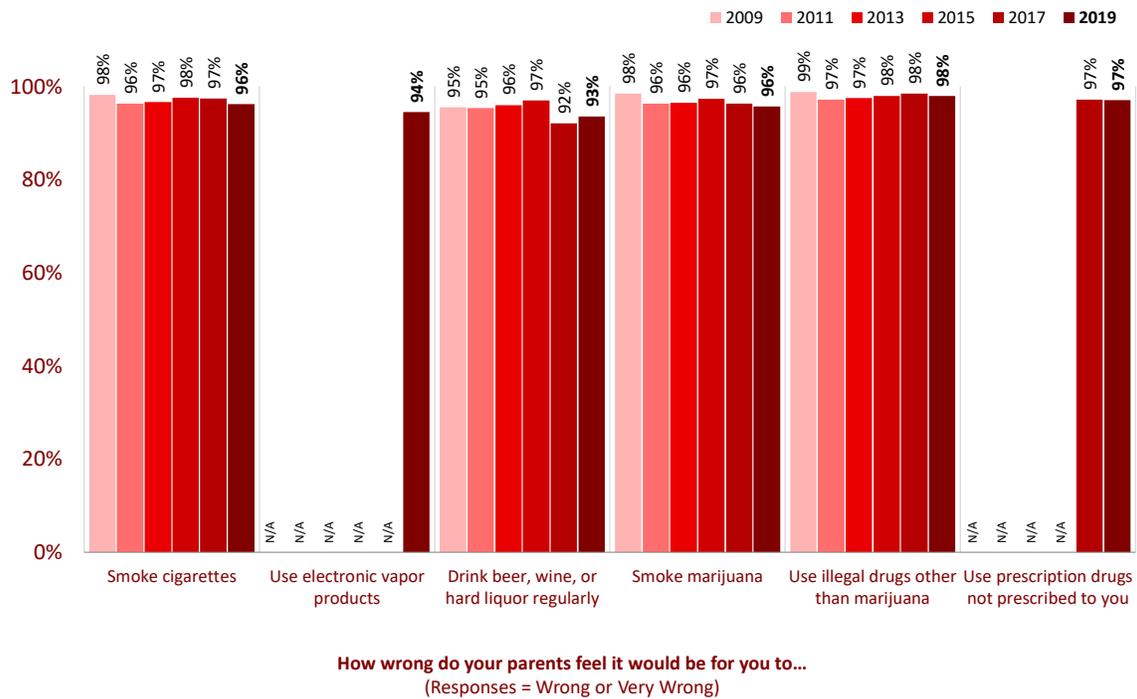
Perceived Risk of Substance Use Among Somerville Middle School Students ('09, '11, '13, '15, '17, '19)



SELECTED POINTS

- Respondents were asked to answer the following question about the use of cigarettes, electronic vapor products, alcohol, marijuana, illegal drugs other than marijuana, and prescription drugs that are not prescribed to them: "How much do you think people risk harming themselves (physically or in other ways) if they...". Displayed are the percentage of respondents who answered *moderate risk* or *great risk*.
- The question concerning use of electronic vapor products was added to the survey in 2019 and the question concerning non-medical use of prescription drugs was added in 2017.
- Overall, the largest percentage of respondents perceive use of illegal drugs other than marijuana as a moderate or great risk (89% in 2019), followed by non-medical use of prescription drugs (85%), smoking one or more packs of cigarettes per day (81%), smoking marijuana regularly (77%), using electronic vapor products (72%), and taking 1-2 drinks of alcohol nearly every day (63%).
- The perceived harm of substance use has remained largely consistent.

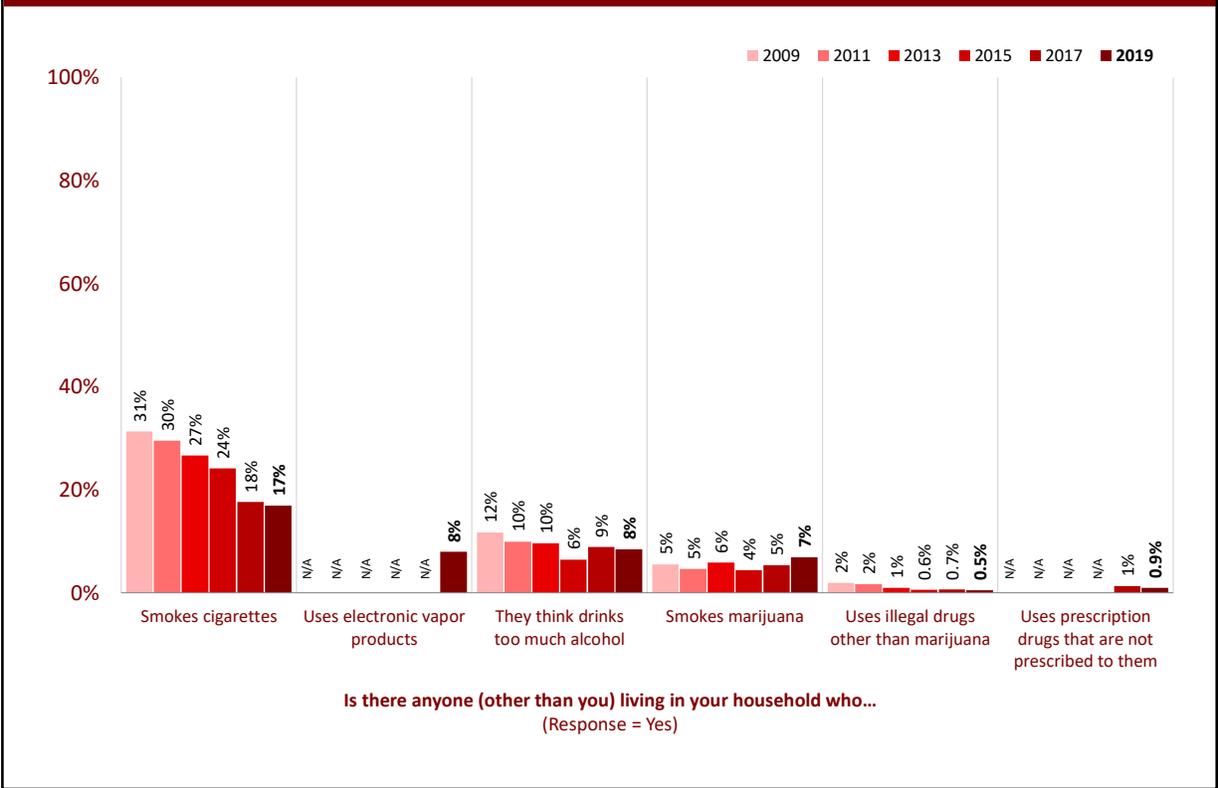
Perceived Parental Disapproval of Substance Use Among Somerville Middle School Students ('09, '11, '13, '15, '17, '19)



SELECTED POINTS

- Respondents were asked to answer the following question about how their parents would view their use of cigarettes, electronic vapor products, alcohol, marijuana, illegal drugs other than marijuana, and prescription drugs that are not prescribed to them: "How wrong do your parents feel it would be for you to...". Displayed are the percentage of respondents who answered *wrong* or *very wrong*.
- The question concerning use of electronic vapor products was added to the survey in 2019 and the question concerning non-medical use of prescription drugs was added in 2017.
- Overall, most respondents felt that their parents would not approve of their substance use. The largest percentage of respondents perceive parental disapproval of their use of illegal drugs other than marijuana (98% in 2019), followed closely by non-medical use of prescription drugs (97%), smoking cigarettes and smoking marijuana (96% respectively), using electronic vapor products (94%), and drinking alcohol regularly (93%).
- Perceived parental disapproval of substance use has shown little historical change.

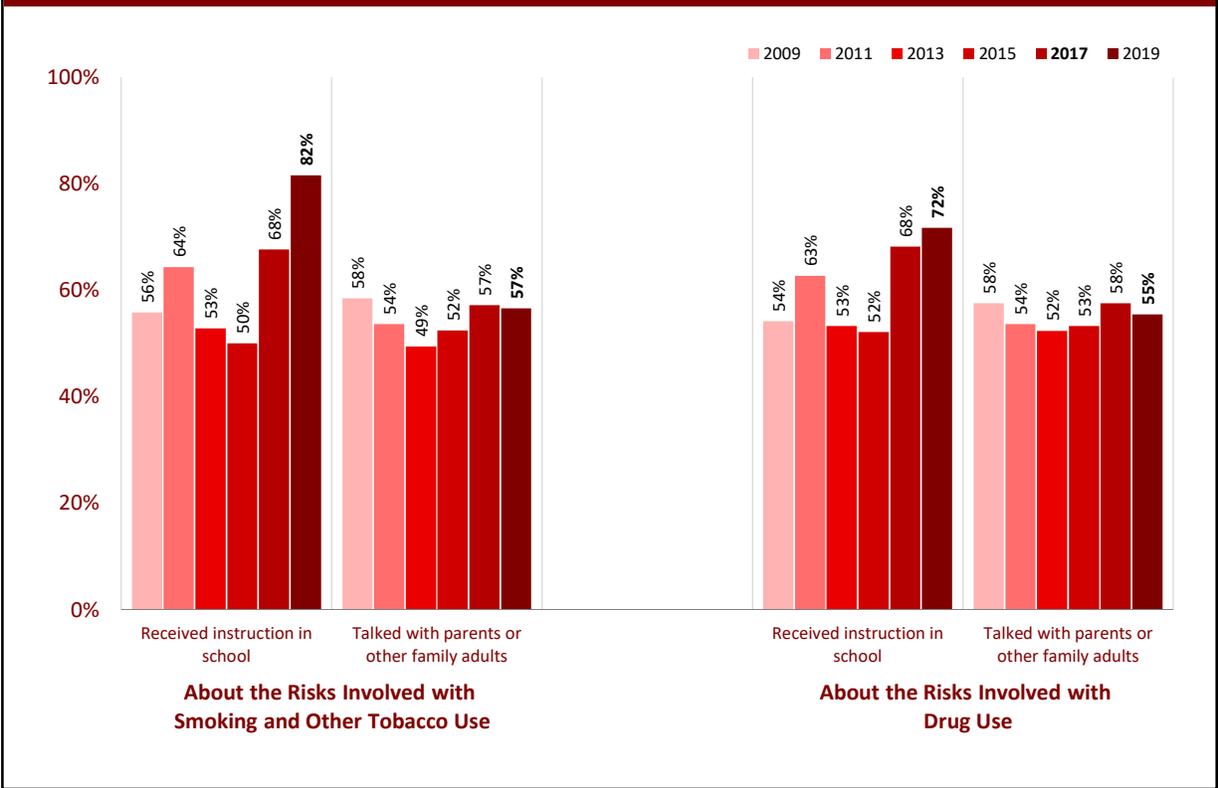
Percent of Somerville Middle School Students Who Reported Having Someone Living in Their Household* Who Uses Substances ('09, '11, '13, '15, '17, '19)



SELECTED POINTS

- Somerville middle school students were asked if they live with someone who: (1) smokes cigarettes, (2) uses electronic vapor products, (3) they think drinks too much alcohol, (4) smokes marijuana, (5) uses illegal drugs other than marijuana, and (6) uses prescription drugs that are not prescribed to them.
- 2019 respondents were most likely to report living with someone who smokes cigarettes (17%), followed by someone who uses electronic vapor products and/or they think drinks too much alcohol (8% respectively), someone who smokes marijuana (7%), someone who uses prescription drugs that are not prescribed to them (0.9%), and someone who uses illegal drugs other than marijuana (0.5%).
- Overall levels of exposure to substance use at home have declined since 2009 and were largely consistent between 2017 and 2019. Exposure to marijuana use has increased slightly but consistently since 2015 (4%, 5%, 7%).

Percent of Somerville Middle School Students Who Received Instruction in School and Talked with Family Adults About Substance Use ('09, '11, '13, '15, '17, '19)

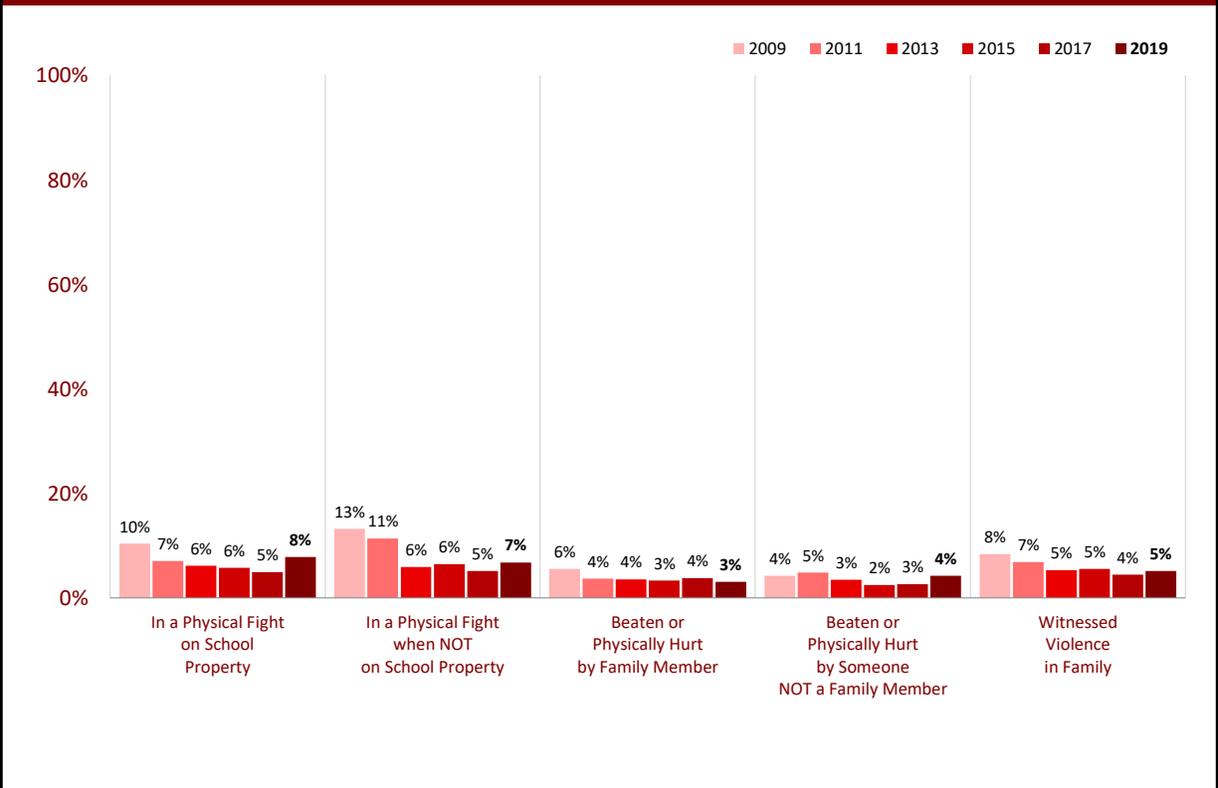


SELECTED POINTS

- Somerville middle school students were asked if they had ever received instruction in school and/or talked with parents or other family adults about (1) the risks involved with smoking and other tobacco use and (2) the risks involved with drug use.
- 2019 respondents were more likely to report receiving instruction in school about both issues than they were to have spoken to their parents or other family adults: the risks of smoking and other tobacco use (82% in school, 57% with parents/family adults), the risks involved with drug use (72% in school, 55% with parents/family adults).
- While communication with parents and other family adults about the risks of substance use has remained relatively consistent, the percentage of students who reported receiving instruction in school has increased notably since 2015: received instruction in school on the risks of smoking and other tobacco use (50% 2015, 68% 2017, 82% 2019), received instruction on the risks involved with drug use (52% 2015, 68% 2017, 72% 2019).

Violence and Safety

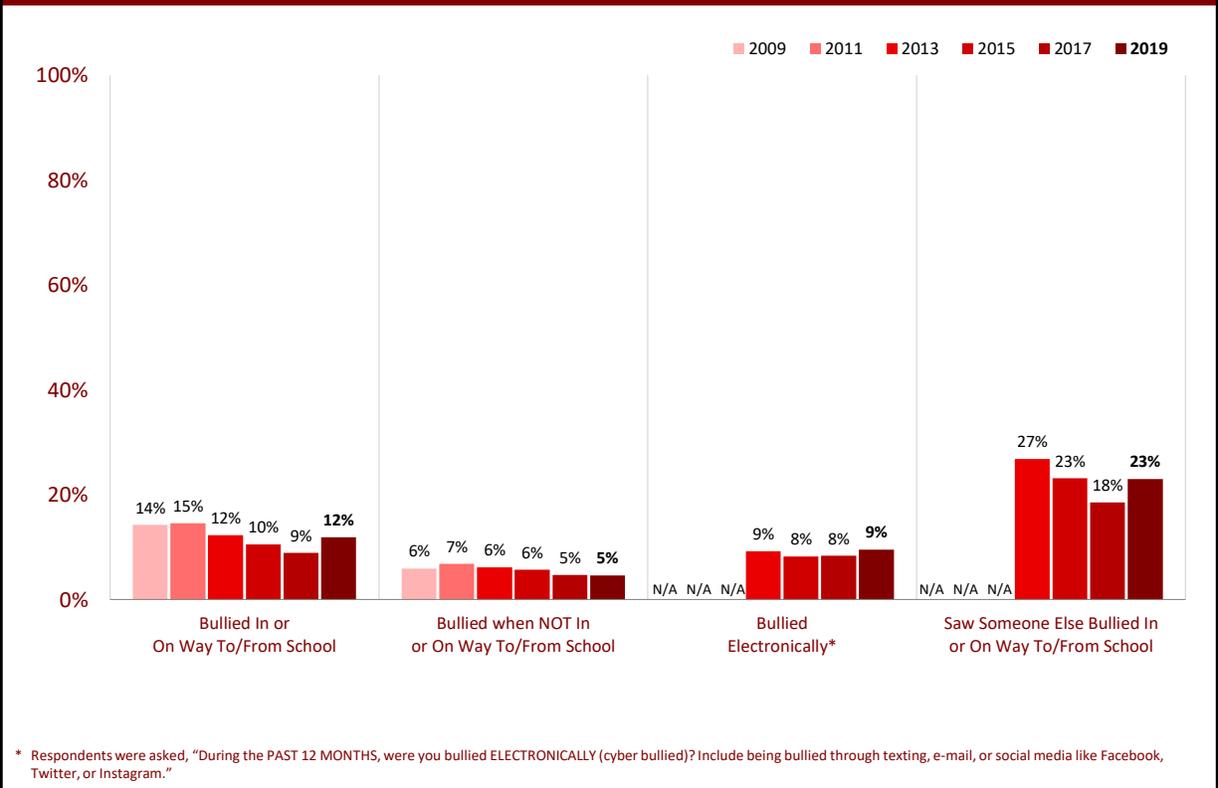
Percent of Somerville Middle School Students Who Experienced Physical Violence Issues in the Past 12 Months ('09, '11, '13, '15, '17, '19)



SELECTED POINTS

- Trends:** Available trend data reveal slight increases in 2019 in reported issues of physical fighting and family violence after prior declines since 2009: physical fighting *on* school property (5% 2017, 8% 2019), physical fighting *off* school property (5%, 7%), being beaten or physically hurt by a family member (4%, 3%), being beaten or physically hurt by someone not in their family (3%, 4%), witnessing family violence (4%, 5%).
- Gender:** 2019 Somerville male middle school students were more likely than females to report physical fighting: physical fighting *on* school property (12% males, 4% females), physical fighting *off* school property (10%, 3%), being beaten or physically hurt by a family member (3%, 3%), being beaten or physically hurt by someone not in their family (5%, 3%), witnessing family violence (5%, 3%).
- Grade:** Reported experiences with violence and/or threats among 2019 Somerville middle school students varied only slightly with age/grade, with the most notable difference being the decline in physical fighting at school from 6th to 8th grade: fought *on* school property (10%, 8%, 5%), fought *off* school property (6%, 9%, 5%), beaten or physically hurt by a family member (3%, 3%, 3%), beaten or physically hurt by someone not in their family (5%, 6%, 2%), witnessed family violence (6%, 5%, 4%).

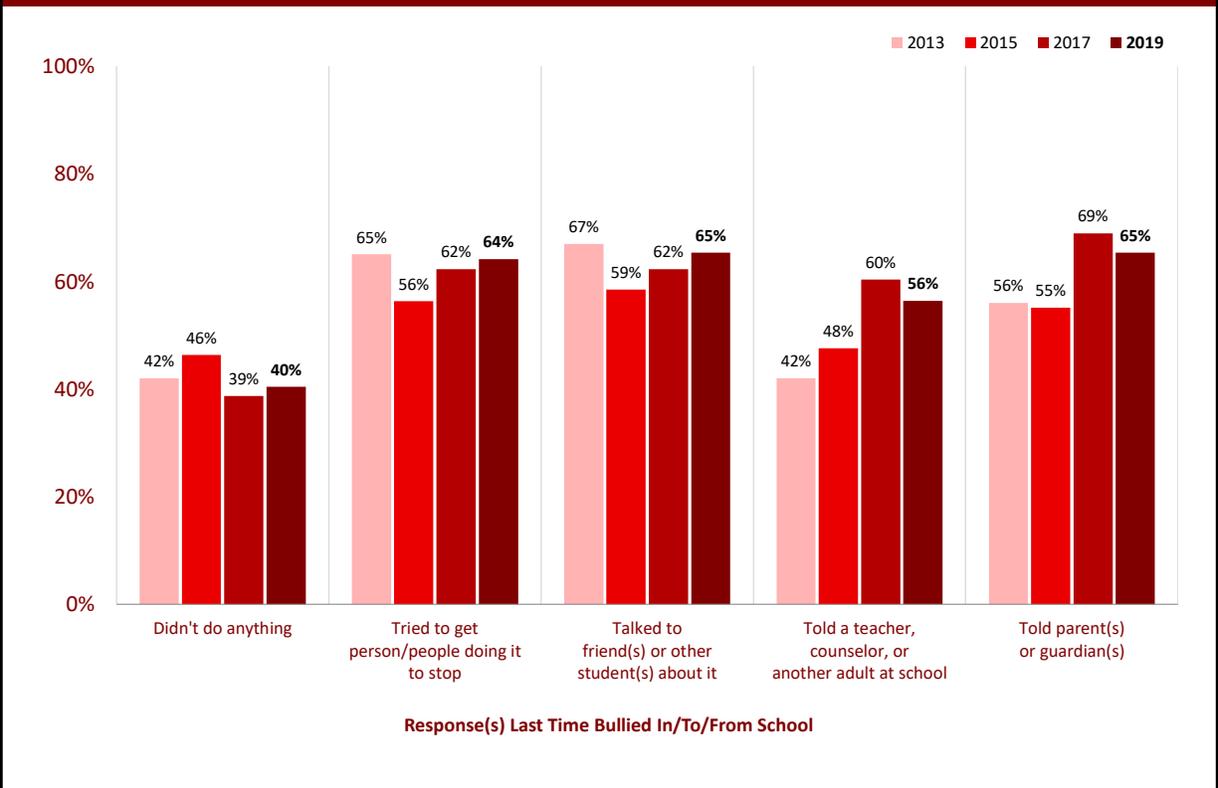
Percent of Somerville Middle School Students Who Experienced Bullying Issues in the Past 12 Months ('09, '11, '13, '15, '17, '19)



SELECTED POINTS

- As observed in prior years, 2019 Somerville middle school students were more likely to report being bullied when they were *in or on the way to/from* school (12%) than when they were *not in or on the way to/from* school (5%). Nine percent (9%) reported that they were bullied *electronically* (through texting, e-mail, or social media like Facebook, Twitter, or Instagram) in the past 12 months and 23% saw someone else bullied in or on the way to/from school.
- **Trends:** Trend data reveal a reversal in 2019 of prior decreases in reports of these issues: bullied *in or on the way to/from school* (9% 2017, 12% 2019), bullied when *not in or on the way to/from school* (5%, 5%), bullied *electronically* (8%, 9%), saw someone else bullied in or on way to/from school (18%, 23%).
- **Gender:** 2019 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* (10% males, 14% females), bullied *off school property* (3%, 6%), bullied *electronically* (8%, 11%), saw someone else bullied in or on the way to/from school (23%, 22%).
- **Grade:** Reported experiences with bullying among 2019 Somerville middle school students decreased overall with age/grade. Sixth to 8th grade data are as follows: bullied *in or on the way to/from school* (15%, 14%, 5%), bullied *off school property* (5%, 5%, 4%), bullied *electronically* (11%, 11%, 6%), saw someone else bullied in or on the way to/from school (27%, 24%, 17%).

Response Last Time Bullied In/To/From School in the Past 12 Months – Multiple Responses Possible ('13, '15, '17, '19)



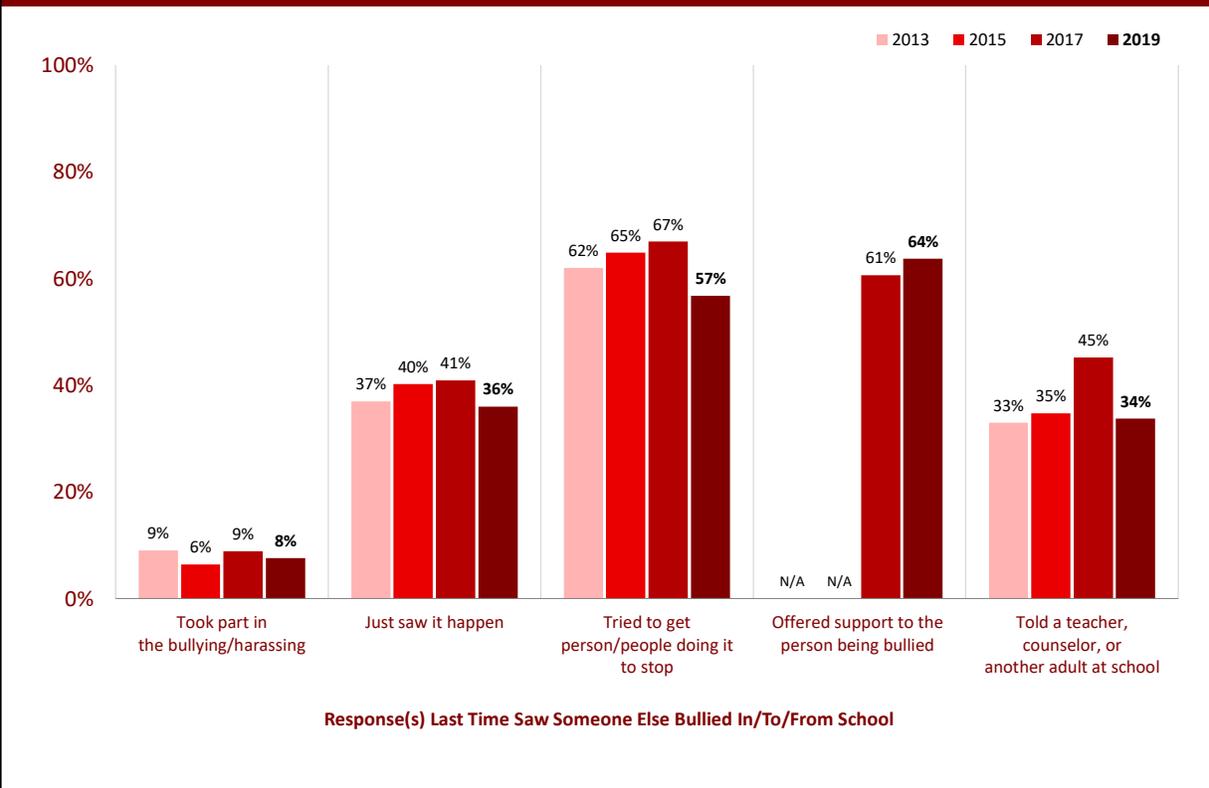
SELECTED POINTS

- 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 (40%), 2019 respondents were most likely to report telling a friend/other student(s) and/or a parent/guardian about it (65% respectively), followed by trying to get the person/people doing it to stop (64%), and telling a school adult (56%).
- **Trends:** Trend data varied: did nothing (39% 2017, 40% 2019), tried to get the person/people doing it to stop (62%, 64%), talked to friend(s) about it (62%, 65%), told a teacher/counselor/other school adult (60%, 56%), told parent/guardian (69%, 65%).

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 2019 male respondents on any of these items was 41 and the maximum number of female respondents was 56, which means that a change in any one response impacts the gender subgroup results by approximately 2%. The maximum number of 2019 6th grade respondents was 48, the maximum number of 7th grade respondents was 41, and the maximum number of 8th grade respondents was 12, which means that a change in any response impacts the grade subgroup results by between 2% and 8%.

- **Gender:** Males were more likely than females to report each response: did nothing (44% males, 36% females), tried to get the person/people doing it to stop (66% males, 62% females), talked to friend(s) about it (68% males, 63% females), told a teacher, counselor, or another adult at school (61% males, 54% females), told parent/guardian (68% males, 65% females).
- **Grade:** There were few consistent differences by age/grade in 2019 responses to being bullied: did nothing (39% 6th grade, 37% 7th grade, 58% 8th grade), tried to get the person/people doing it to stop (68%, 65%, 45%), talked to friend(s) about it (58%, 79%, 50%), told a teacher, counselor, or another adult at school (56%, 58%, 55%), told parent/guardian (72%, 58%, 64%).

Response Last Time Saw Someone Else Bullied In/To/From School in the Past 12 Months – Multiple Responses Possible ('13, '15, '17, '19)



SELECTED POINTS

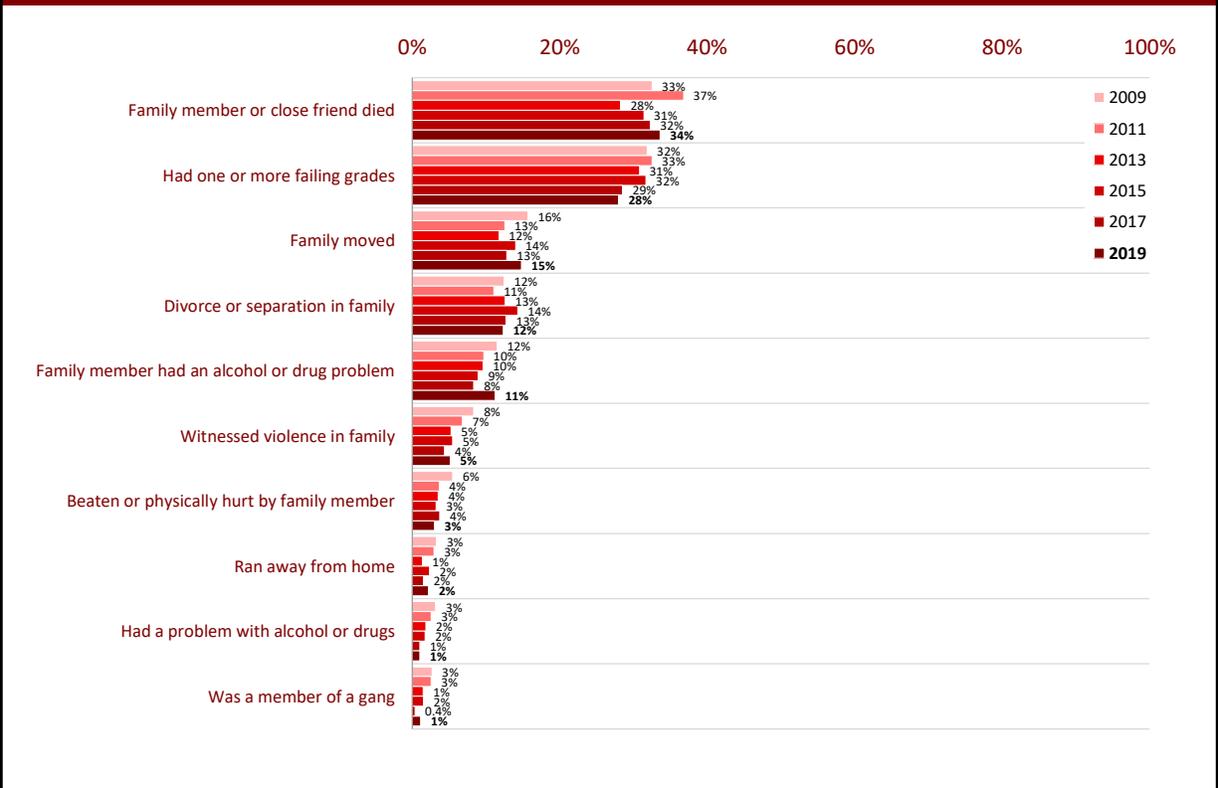
- Respondents who reported that they had seen someone else been bullied in or on the way to/from school in the 12 months prior to the survey were asked how they responded the last time they saw it happen (multiple responses were possible). Respondents in 2019 were most likely to report offering support to the person being bullied (64%), followed by trying to get the person/people doing it to stop (57%), just seeing it happen and doing nothing (36%), and telling a school adult (34%). They were much less likely to report taking part in the bullying (8%).
- **Trends:** 2019 trends in responses varied: took part (9% 2017, 8% 2019), did nothing (41%, 36%), tried to get the person/people doing it to stop (67%, 57%), offered support to the person being bullied (61%, 64%), told a teacher, counselor, or another adult at school (45%, 34%).

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 2019 male respondents on any of these items was 90 and the maximum number of female respondents was 90, which means that a change in any response impacts the gender subgroup results by approximately 1%. The maximum number of 6th grade respondents was 78, the maximum number of 7th grade respondents was 69, and the maximum number of 8th grade respondents was 39, which means that a change in any one response impacts the grade subgroup results by between 1% and 3%.

- **Gender:** Female 2019 respondents were more likely than males to report active responses: took part (10% males, 6% females), did nothing (46% males, 24% females), tried to get the person/people doing it to stop (54% males, 60% females), offered support to the person being bullied (57% males, 69% females), told a teacher, counselor, or another adult at school (33% males, 37% females).
- **Grade:** While there was little difference by age/grade in 2019 responses to seeing bullying, note the decline by age/grade in telling a trusted school adult: took part (6% 6th grade, 11% 7th grade, 6% 8th grade), did nothing (35%, 35%, 38%), tried to get the person/people doing it to stop (53%, 63%, 56%), offered support to the person being bullied (67%, 61%, 62%), told a teacher, counselor, or another adult at school (41%, 30%, 26%).

Mental Health

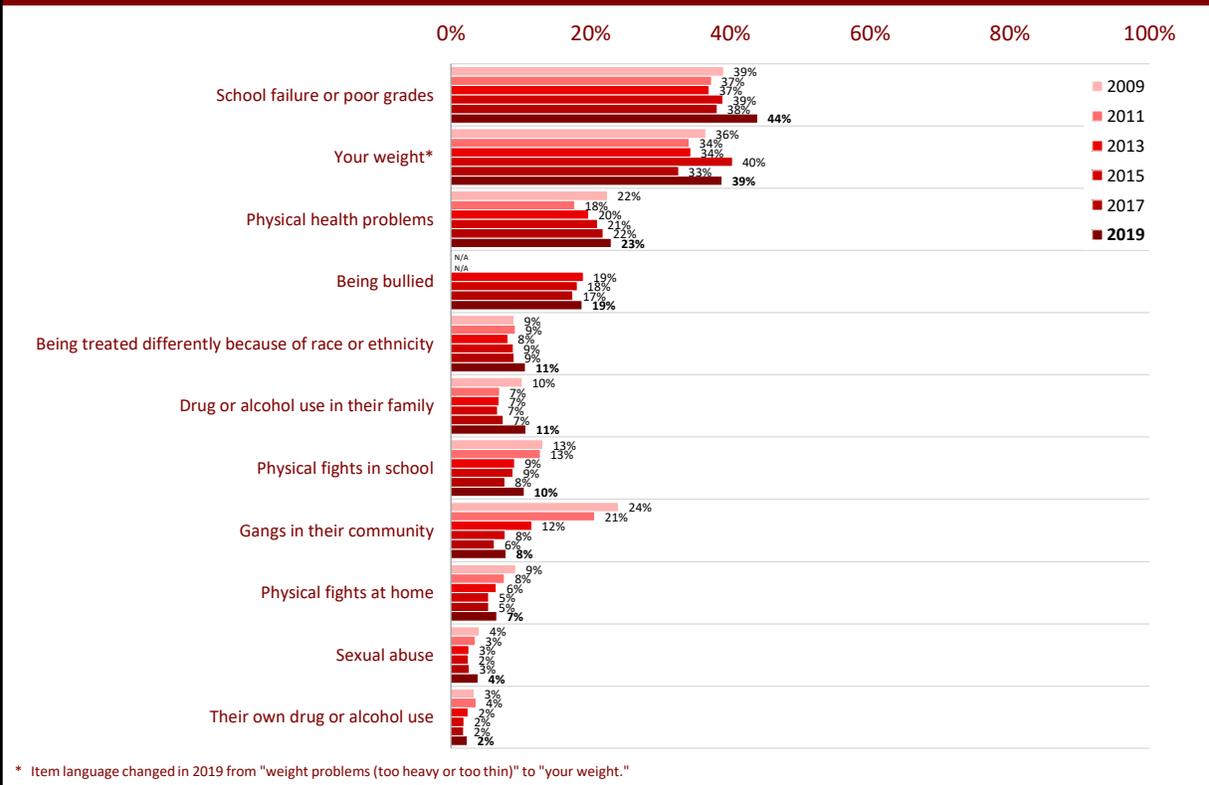
Percent of Somerville Middle School Students Who Reported Experiencing Potential Stressors in the Past 12 Months ('09, '11, '13, '15, '17, '19)



SELECTED POINTS

- In 2019, approximately one out of every three Somerville middle school students had a family member or close friend die (34%) and/or had a failing report card grade (28%) in the 12 months prior to the survey. Roughly one of 10 had moved with their family (15%), experienced a divorce or separation in their family (12%), and/or had a family member with an alcohol or drug problem (11%). Less than one in 10 had witnessed violence in their family (5%), were beaten or physically hurt by a family member (3%), ran away from home (2%), had a problem with alcohol or drugs (1%), or were a member of a gang (1%).
- Trends:** Notable *increasing* trends include an increase since 2013 in the percentage of students who reported having a family member or close friend die (28% in 2013, 31%, 32%, 34% in 2019), and an increase between 2017 and 2019 in the percentage reporting that a family member had an alcohol or drug problem after prior decreases (8% in 2017, 11% in 2019). Most other experiences remained similar to or below previous levels.
- Gender:** Differences by gender in reports of these issues varied by item: had a family member or close friend die (31% males, 36% females), had one or more failing grades (36%, 19%), family moved (15%, 14%), experienced a divorce or separation in their family (13%, 12%), family member with an alcohol or drug problem (11%, 12%), witnessed violence in their family (5%, 5%), beaten or physically hurt by a family member (3%, 3%), ran away from home (3%, 1%), had a problem with alcohol or drugs (1%, 0.7%), member of a gang (1%, 1%).
- Grade:** On the whole, most of these experiences varied only slightly with age/grade: had a family member or close friend die (36% 6th, 34% 7th, 31% 8th), had one or more failing grades (29%, 28%, 27%), family moved (15%, 17%, 12%), experienced a divorce or separation in their family (16%, 10%, 10%), family member with an alcohol or drug problem (11%, 10%, 13%), witnessed violence in their family (6%, 5%, 4%), beaten or physically hurt by a family member (3%, 3%, 3%), ran away from home (2%, 3%, 2%), had a problem with alcohol or drugs (0.3%, 2%, 0.8%), member of a gang (0.3%, 2%, 1%).

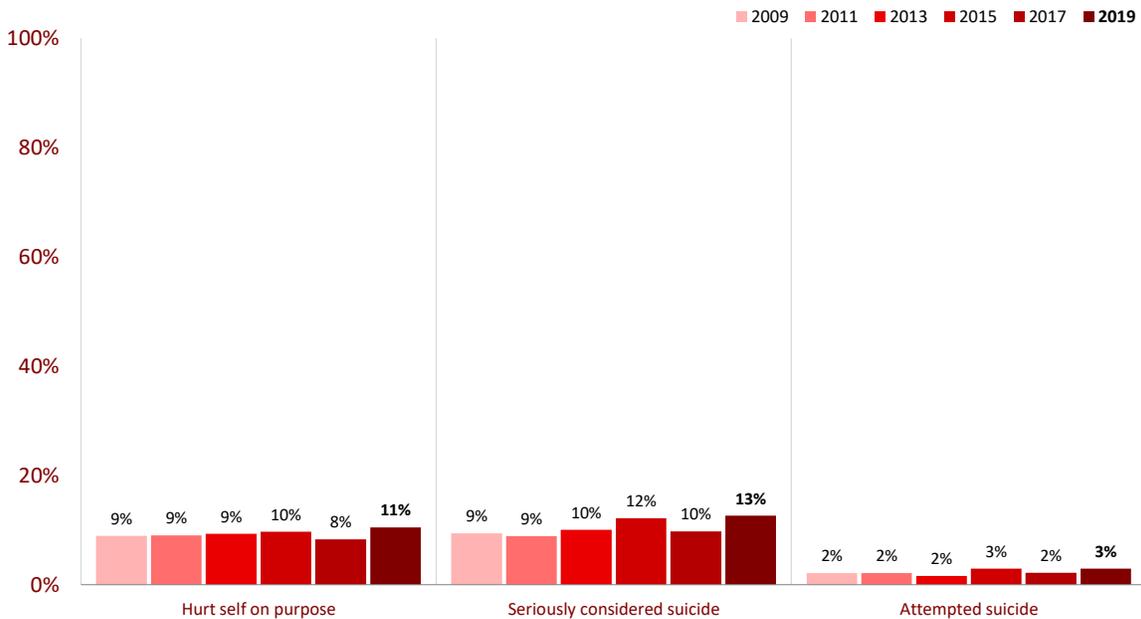
Percent of Somerville Middle School Students Who Reported Worrying About Problems in the Past 12 Months ('09, '11, '13, '15, '17, '19)



SELECTED POINTS

- The issue that the largest percentage of Somerville middle school students reported worrying about in 2019 was school failure or poor grades (44% reported worrying about this in the 12 months prior to the survey), followed closely by their weight (39%). Approximately one-fifth reported worrying about physical health problems (23%) and being bullied (19%).
- **Trends:** As displayed in the chart, concern about each issue increased in 2019, most notably concern about school failure or poor grades (38% in 2017, 44% in 2019), their weight (33%, 39%), and drug or alcohol use in their family (7%, 11%). Concern about physical health problems has increased slightly but consistently since 2011 (18% in 2011, 20%, 21%, 22%, 23% in 2019).
- **Gender:** With the exception of physical fighting, overall concern about personal issues was more prevalent among Somerville middle school females in 2019: school failure/poor grades (41% males, 46% females), their weight (32%, 46%), physical health problems (21%, 24%), being bullied (14%, 22%), being treated differently because of their race or ethnicity (8%, 13%), drug or alcohol use in their family (10%, 12%), physical fights in school (13%, 7%), gangs in their community (7%, 9%), physical fights at home (7%, 5%), sexual abuse (2%, 6%), and their own drug or alcohol use (2%, 3%).
- **Grade:** Notable in the percentage of students in grades 6 through 8 who reported worrying about these issues is the increase with age/grade in concern about school failure/poor grades and weight: school failure or poor grades (40% 6th, 45% 7th, 48% 8th), their weight (30%, 41%, 47%), physical health problems (22%, 26%, 22%), being bullied (20%, 23%, 12%), being treated differently because of race or ethnicity (9%, 11%, 11%), drug/alcohol use in family (14%, 8%, 10%), physical fights in school (11%, 11%, 9%), gangs in their community (8%, 9%, 5%), physical fights at home (9%, 4%, 6%), sexual abuse (5%, 2%, 5%), and their own drug or alcohol use (2%, 3%, 2%).

Self-Harm and Suicidal Ideation and Behavior in the Past 12 Months Among Somerville Middle School Students ('09, '11, '13, '15, '17, '19)

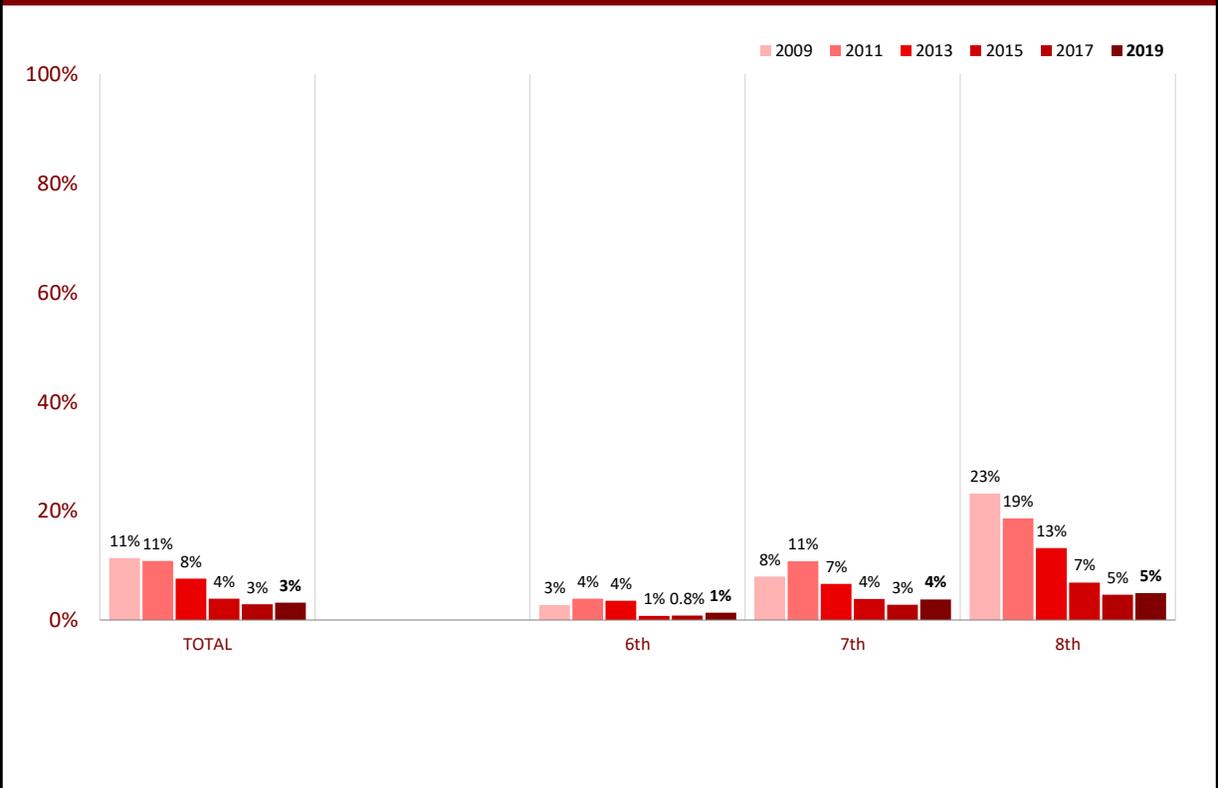


SELECTED POINTS

- Eleven percent (11%) of 2019 Somerville middle school students reported that they *hurt themselves on purpose* in the 12 months prior to the survey, while 13% reported *seriously considering* suicide and 3% *actually attempted* suicide in that time.
- **Trends:** Reports of these issues increased in 2019: self-harm (9% in 2009, 9% in 2011, 9% in 2013, 10% in 2015, 8% in 2017, 11% in 2019), *considered* suicide (9%, 9%, 10%, 12%, 10%, 13%), and *attempted* suicide (2%, 2%, 2%, 3%, 2%, 3%).
- **Gender:** In 2019, Somerville middle school females were more likely than males to have *hurt themselves on purpose* (8% males, 11% females), *seriously considered* suicide (7%, 17%), and *actually attempted* suicide (2%, 4%) in the 12 months prior to the survey.
- **Grade:** Rates of each of these issues varied with age/grade: *hurt self on purpose* (9%, 13%, 9%), *seriously considered* suicide (11%, 15%, 12%), *actually attempted* suicide (4%, 3%, 2%).

Physical Health

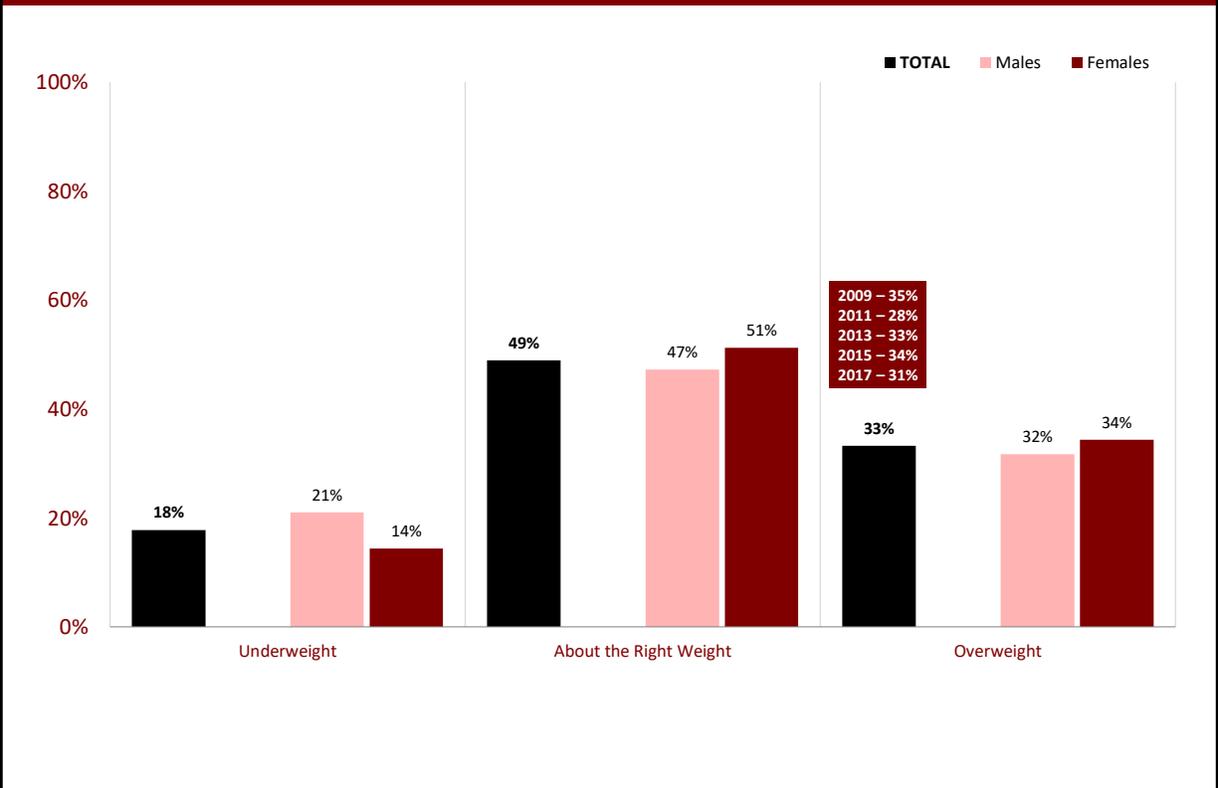
Percent of Somerville Middle School Students Who Have Ever Had Sexual Intercourse, Total and by Grade ('09, '11, '13, '15, '17, '19)



SELECTED POINTS

- Three percent (3%) of 2019 Somerville middle school students reported ever having sexual intercourse – 1% of 6th graders, 4% of 7th graders, and 5% of 8th graders.
- **Trends:** The overall percentage of Somerville middle school students who reported ever having sexual intercourse remained unchanged in 2019 and at the lowest level observed since 2009 (11% in 2009, 11% in 2011, 8% in 2013, 4% in 2015, 3% in 2017, 3% in 2019).
- **Gender:** 2019 Somerville middle school males (4%) were slightly more likely than females (3%) to report ever having sexual intercourse.
- **Grade:** As displayed in the chart, the percentage of 2019 Somerville middle school students who reported ever having sexual intercourse increased from 1% in 6th grade to 4% in 7th grade and 5% in 8th grade.

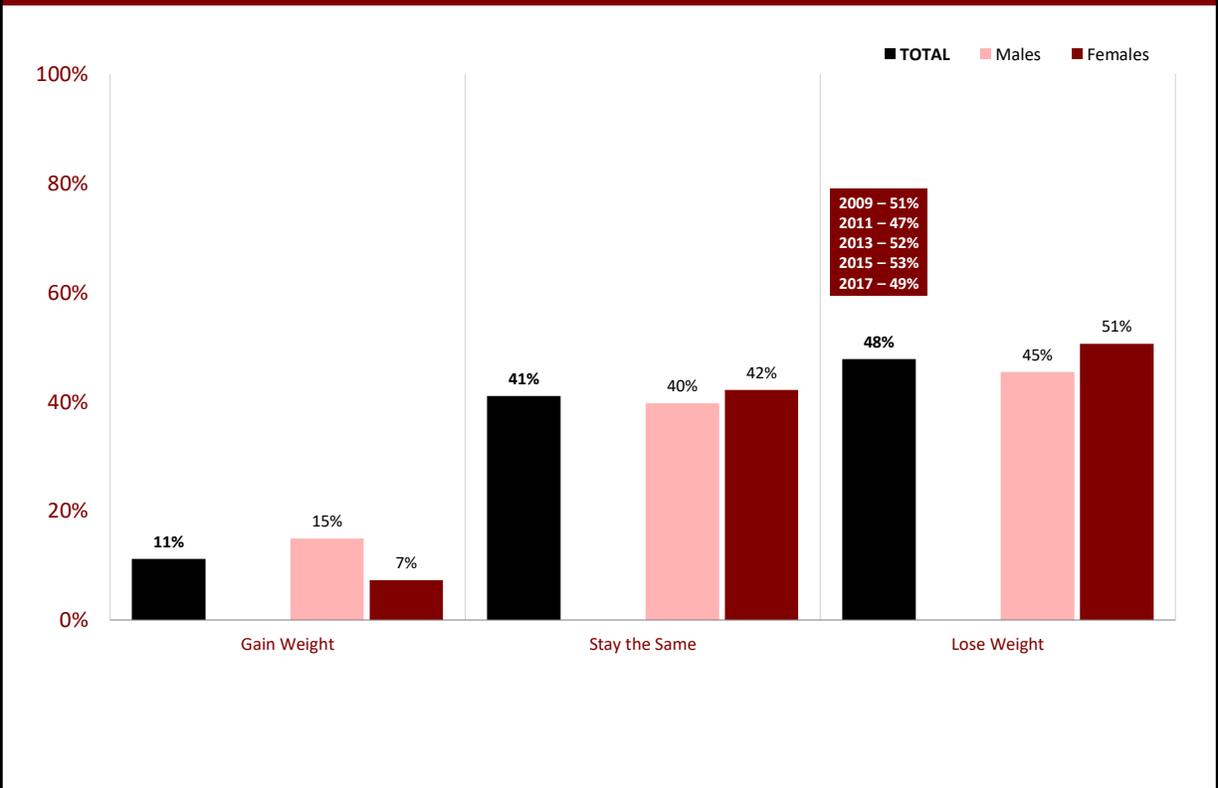
Perception of Body Weight Among Somerville Middle School Students, Total and by Gender (2019)



SELECTED POINTS

- Eighteen percent (18%) of 2019 Somerville middle school students described themselves as *underweight*, 49% as *about the right weight*, and 33% as *overweight*.
- **Trends:** The percentage of Somerville middle school students who describe themselves as *overweight* increased between 2017 (31%) and 2019 (33%), with rates remaining largely consistent over time (35% in 2009, 28% in 2011, 33% in 2013, 34% in 2015, 31% in 2017, 33% in 2019).
- **Gender:** As displayed in the chart, males were more likely than females to perceive themselves as *underweight*, while females were more likely to report being *about the right weight* or *overweight*.
- **Grade:** While weight perception was largely consistent across grades, there was a shift among 8th graders who had a higher percentage of respondents considering themselves *overweight*: *underweight* (19% 6th grade, 19% 7th grade, 14% 8th grade), *about the right weight* (50%, 50%, 45%), *overweight* (30%, 31%, 41%).

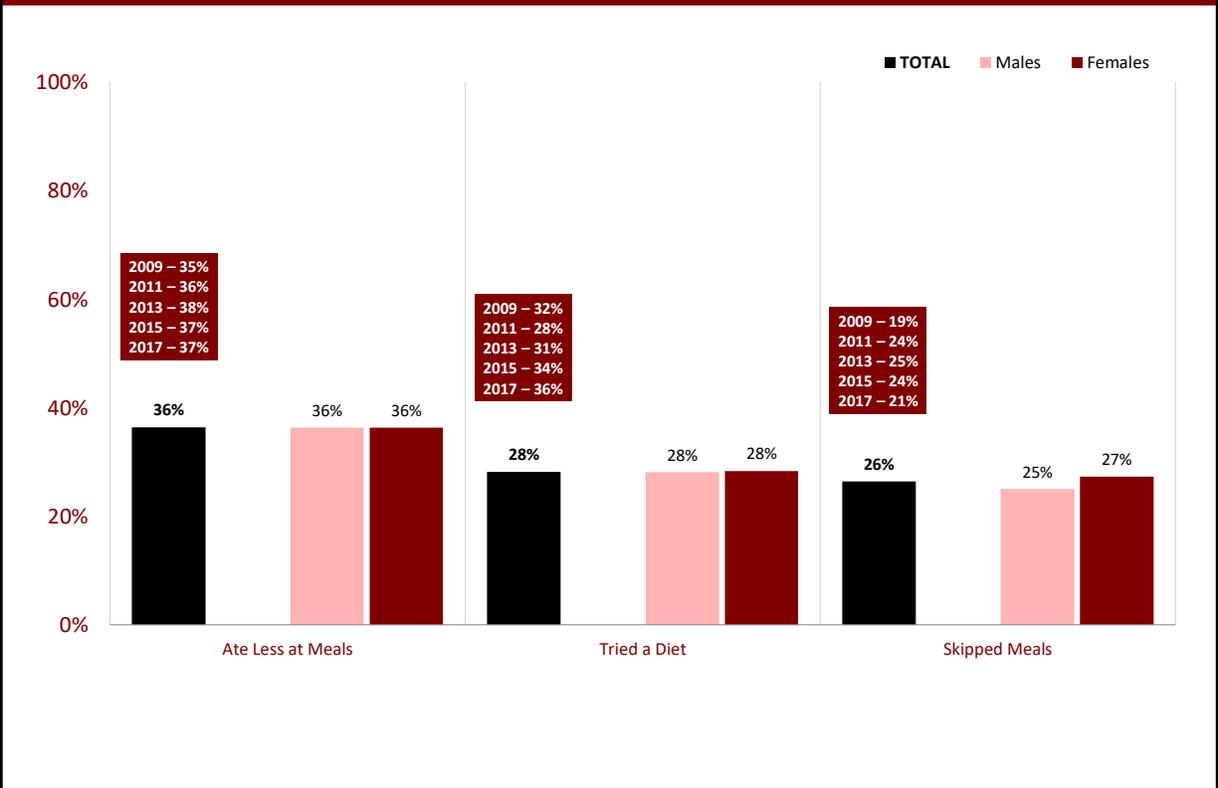
Current Weight Control Goal Among Somerville Middle School Students, Total and by Gender (2019)



SELECTED POINTS

- Eleven percent (11%) of 2019 Somerville middle school students reported that they were trying to *gain weight*, 41% that they were trying to *stay the same weight*, and 48% that they were trying to *lose weight*.
- **Trends:** The percentage of Somerville middle school students who reported that they were trying to *lose weight* has remained largely consistent at approximately 50% since 2009 (51% in 2009, 47% in 2011, 52% in 2013, 53% in 2015, 49% in 2017, 48% in 2019).
- **Gender:** Female students were more likely to report trying to *lose weight* (45% males, 51% females) or *stay the same weight* (40% males, 42% females), while males were more likely to report trying to *gain weight* (15% males, 7% females).
- **Grade:** Reported weight control efforts varied only slightly with age/grade, with a notable increase in the percentage of 8th graders reporting that they were trying to *lose weight*: *gain weight* (10%, 12%, 10%), *stay the same weight* (45%, 43%, 34%), *lose weight* (45%, 45%, 56%).

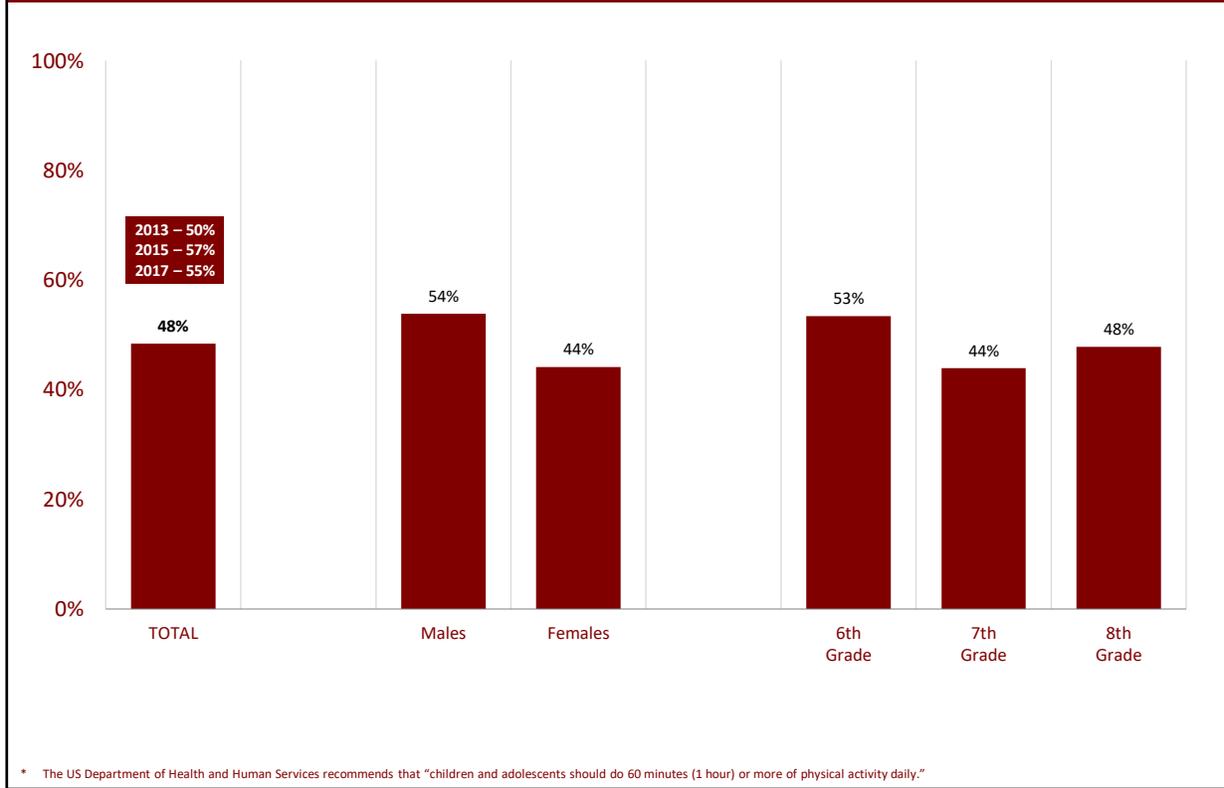
Weight Loss Methods Used by Somerville Middle School Students in the Past 12 Months, Total and by Gender (2019)



SELECTED POINTS

- Thirty-six percent (36%) of 2019 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. Twenty-eight (28%) had *tried a diet* to do so and 26% had *skipped meals*.
- **Trends:** Trend data were mixed, with no change in the percentage who *ate less*, a decrease in *trying a diet*, and an increase in *skipping meals*: *ate less at meals* (35% in 2009, 36% in 2011, 38% in 2013, 37% in 2015, 37% in 2017, 36% in 2019), *tried a diet* (32%, 28%, 31%, 34%, 36%, 28%), *skipped meals* (19%, 24%, 25%, 24%, 21%, 26%).
- **Gender:** There was little difference by gender in use of each of these weight loss methods: *ate less at meals* (36% males, 36% females), *tried a diet* (28% males, 28% females), *skipped meals* (25% males, 27% females).
- **Grade:** There was an increase by age/grade in weight loss methods used by Somerville middle school students: *ate less at meals* (32%, 36%, 44%), *tried a diet* (24%, 30%, 31%), *skipped meals* (22%, 27%, 31%).

Percent of Somerville Middle School Students Who Reported Physical Activity for 60+ Minutes on at Least 5 of the Past 7 Days* (2019)



SELECTED POINTS

- This chart displays the percentage of 2019 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 2019, 48% 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 decreased in 2019 (50% in 2013, 57% in 2015, 55% in 2017, 48% in 2019).
- **Gender:** Male students (54%) were more likely than females (44%) 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 highest among 6th graders (53% among 6th graders, 44% among 7th graders, and 48% among 8th graders).

**Appendix A:
Selected Data Tables**

2018-2019 SOMERVILLE MIDDLE SCHOOL HEALTH SURVEY

Substance Use - Middle School (N=886)

	TOTAL									GENDER		GRADE			MTF ¹ 8th
	2003 (1098)	2005 (1036)	2007 (926)	2009 (818)	2011 (818)	2013 (831)	2015 (880)	2017 (802)	2019 (886)	Males (442)	Females (429)	6th (321)	7th (306)	8th (254)	
LIFETIME (any use in lifetime)															
Alcohol (other than a few sips)	30.1%	37.6%	38.4%	26.1%	22.4%	18.4%	11.7%	13.8%	13.4%	13.1%	13.2%	7.8%	16.4%	16.8%	23.5%
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	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	N/A
Cigarettes	N/A	23.6%	23.4%	15.9%	14.1%	9.4%	5.4%	3.8%	4.5%	4.0%	5.2%	2.9%	5.0%	6.1%	9.1%
Electronic Vapor Products ²	N/A	N/A	N/A	N/A	N/A	N/A	N/A	5.8%	11.7%	11.4%	12.1%	6.5%	10.7%	19.6%	21.5%
Marijuana	N/A	11.3%	11.9%	7.3%	7.9%	7.2%	3.4%	2.9%	4.6%	5.3%	4.0%	0.9%	5.9%	7.6%	13.9%
Inhalants	N/A	10.9%	8.5%	5.6%	5.5%	3.5%	2.0%	3.4%	2.7%	2.1%	3.3%	2.5%	3.0%	2.8%	8.7%
Steroids (no prescription)	3.9%	0.8%	1.0%	0.4%	0.0%	0.4%	0.5%	0.0%	0.6%	0.0%	1.2%	1.0%	0.0%	0.8%	1.1%
Cocaine	N/A	2.1%	0.8%	0.4%	0.5%	0.2%	0.0%	0.1%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	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%	0.0%	0.6%
Ecstasy	N/A	1.2%	1.2%	0.7%	0.1%	0.6%	0.0%	0.0%	0.1%	0.2%	0.0%	0.0%	0.3%	0.0%	1.6%
Other Illegal Drugs ³	N/A	2.0%	1.4%	0.7%	0.5%	0.9%	0.2%	0.0%	0.2%	0.2%	0.2%	0.3%	0.3%	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%	2.2%	2.1%	2.4%	2.2%	1.3%	3.2%	N/A
CURRENT (any use in past 30 days)															
Alcohol (other than a few sips)	15.2%	13.4%	17.7%	9.2%	7.0%	4.9%	3.2%	3.7%	4.0%	3.7%	4.0%	2.2%	4.9%	5.2%	8.2%
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%	0.9%	0.5%	1.4%	0.0%	1.3%	1.6%	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%	0.1%	0.0%	0.2%	0.0%	0.0%	0.4%	N/A
Cigarettes	N/A	7.3%	9.5%	5.4%	4.4%	2.9%	1.3%	0.6%	1.0%	0.5%	1.7%	1.0%	1.0%	1.2%	2.2%
Electronic Vapor Products ²	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1.2%	2.9%	3.6%	2.1%	1.3%	3.3%	4.5%	10.4%
Marijuana	6.2%	7.1%	8.0%	4.1%	5.7%	4.5%	2.0%	1.5%	2.6%	3.2%	2.1%	0.6%	4.2%	3.2%	5.6%
Inhalants	6.3%	6.1%	3.6%	3.0%	3.1%	2.3%	1.2%	0.9%	1.1%	0.9%	1.2%	0.0%	2.0%	1.6%	1.8%
Steroids (no prescription)	N/A	0.5%	0.3%	0.0%	0.0%	0.0%	0.0%	0.0%	0.2%	0.0%	0.5%	0.0%	0.0%	0.8%	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%	0.0%	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%	0.0%	0.1%
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%	0.0%	0.4%
Other Illegal Drugs ³	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%	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%	0.5%	0.5%	0.5%	0.0%	0.0%	1.6%	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%	1.7%	1.9%	1.7%	1.3%	2.3%	1.6%	N/A

¹ Comparative 8th grade substance use data are from the 2018 Monitoring the Future Survey administered by the University of Michigan for the National Institute on Drug Abuse (spring 2018).

² Respondents were asked if they had "used an electronic vapor product (e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, vaping systems like JUUL and PHIX, e-hookahs, and hookah pens)." The language was revised in 2019 to reference use of an "electronic vapor product" (was "electronic cigarette," and the phrase "vaping systems like JUUL and PHIX" was added).

³ 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.)."

2018-2019 SOMERVILLE MIDDLE SCHOOL HEALTH SURVEY

Substance Use Related Issues - Middle School (N=886)

	2003	2005	2007	2009	TOTAL					GENDER		GRADE			MTF
	(1098)	(1036)	(926)	(818)	(818)	(831)	(880)	(802)	(886)	Males (442)	Females (429)	6th (321)	7th (306)	8th (254)	8th
PERCEIVED RISK – Percent who perceive use as a "Moderate Risk" or "Great Risk"															
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%	80.8%	18.9%	19.9%	19.1%	19.0%	20.1%	N/A
Use electronic vapor products	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	72.4%	28.3%	27.1%	23.8%	28.6%	31.7%	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%	62.9%	40.3%	34.1%	36.1%	37.4%	38.3%	N/A
Smoke marijuana regularly	N/A	N/A	83.3%	79.9%	78.6%	74.1%	77.4%	78.5%	76.8%	25.8%	20.7%	20.1%	25.3%	24.8%	N/A
Use illegal drugs other than marijuana	N/A	N/A	89.8%	87.7%	85.8%	85.9%	86.5%	89.4%	89.3%	11.2%	10.2%	12.0%	11.2%	8.7%	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%	85.1%	16.9%	12.9%	16.2%	16.7%	11.5%	N/A
PERCEPTION OF PARENTS' RESPONSE – Percent who indicated that their <i>parents</i> would think it was "Wrong" or "Very Wrong" for them to...															
Smoke cigarettes	N/A	97.4%	95.9%	98.1%	96.3%	96.6%	97.5%	97.4%	96.2%	3.9%	3.6%	2.3%	5.9%	3.3%	N/A
Use electronic vapor products	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	94.4%	6.8%	4.4%	2.6%	8.0%	6.6%	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%	93.5%	7.7%	5.5%	3.3%	8.6%	8.3%	N/A
Smoke marijuana	N/A	98.0%	96.8%	98.4%	96.3%	96.4%	97.3%	96.2%	95.6%	4.9%	4.1%	2.0%	7.6%	3.7%	N/A
Use illegal drugs other than marijuana	N/A	98.6%	98.0%	98.7%	97.1%	97.4%	97.9%	98.4%	97.9%	2.7%	1.7%	1.0%	3.8%	1.7%	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%	97.0%	3.6%	2.4%	1.3%	4.5%	3.3%	N/A
EXPOSURE TO SUBSTANCE USE AT HOME – Percent who live with someone who...															
Smokes cigarettes	45.0%	40.3%	38.1%	31.3%	29.5%	26.6%	24.1%	17.6%	16.9%	15.5%	17.8%	16.8%	15.6%	19.0%	N/A
Uses electronic vapor products	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	7.9%	6.9%	8.8%	5.5%	7.7%	10.9%	N/A
They think drinks too much alcohol	N/A	13.1%	12.8%	11.7%	9.9%	9.6%	6.4%	8.9%	8.4%	6.0%	10.4%	7.8%	9.2%	8.5%	N/A
Smokes marijuana	N/A	6.6%	6.6%	5.4%	4.6%	5.8%	4.4%	5.3%	6.9%	6.8%	6.9%	4.5%	7.1%	9.8%	N/A
Uses illegal drugs other than marijuana	N/A	3.4%	2.4%	1.9%	1.7%	1.0%	0.6%	0.7%	0.5%	0.5%	0.5%	0.0%	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%	0.9%	1.9%	0.0%	0.6%	1.7%	0.4%	N/A
EVER RECEIVED INSTRUCTION IN SCHOOL ON...															
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%	81.6%	79.6%	83.5%	82.0%	78.5%	84.9%	N/A
The risks involved with drug use	75.9%	75.1%	69.4%	54.2%	62.7%	53.3%	52.1%	68.2%	71.7%	71.6%	71.8%	70.4%	71.2%	74.3%	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%	62.9%	59.3%	66.3%	59.4%	63.8%	66.7%	N/A
EVER TALKED WITH PARENTS OR OTHER FAMILY ADULTS ABOUT...															
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%	56.6%	55.1%	58.9%	51.1%	58.2%	61.8%	N/A
The risks involved with drug use	54.1%	61.3%	60.9%	57.6%	53.7%	52.4%	53.3%	57.6%	55.5%	54.8%	57.1%	50.6%	55.5%	61.8%	N/A

2018-2019 SOMERVILLE MIDDLE SCHOOL HEALTH SURVEY

Violence and Safety - Middle School (N=886)

	2003	2005	2007	2009	TOTAL					GENDER		GRADE			MTF
	(1098)	(1036)	(926)	(818)	(818)	(831)	(880)	(802)	(886)	Males (442)	Females (429)	6th (321)	7th (306)	8th (254)	8th
VIOLENCE AND SAFETY EXPERIENCES (past 12 months)															
Witnessed violence in family (12 months)	7.6%	8.3%	7.7%	8.3%	6.8%	5.3%	5.5%	4.4%	5.1%	5.5%	4.5%	5.9%	5.4%	4.0%	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%	3.0%	2.6%	3.1%	3.3%	2.7%	3.2%	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%	4.2%	5.5%	2.8%	4.6%	5.7%	2.0%	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%	10.5%	6.1%	14.3%	7.7%	13.0%	11.3%	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%	4.1%	2.4%	5.7%	3.9%	3.0%	5.7%	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%	0.7%	0.2%	1.2%	0.3%	0.7%	1.2%	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%	1.2%	1.4%	1.0%	0.3%	2.0%	1.2%	N/A
BULLYING AND FIGHTING (past 12 months)															
Bullied in/on the way to school (12 months) ¹	13.2%	14.3%	15.4%	14.2%	14.5%	12.3%	10.5%	8.9%	11.9%	10.0%	13.5%	15.1%	14.3%	5.2%	N/A
Bullied when NOT in/on the way to school (12 months) ¹	N/A	8.9%	8.9%	5.9%	6.8%	6.1%	5.7%	4.7%	4.6%	3.0%	5.9%	5.4%	4.6%	3.6%	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%	9.5%	7.7%	10.9%	10.8%	10.9%	6.4%	N/A
Saw someone else bullied in/on the way to school (12 months) ¹	N/A	N/A	N/A	N/A	N/A	26.8%	23.1%	18.5%	23.0%	23.2%	22.4%	27.0%	24.0%	16.9%	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%	7.8%	12.3%	3.6%	9.5%	8.4%	5.2%	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%	6.7%	10.4%	2.6%	5.8%	9.0%	5.2%	N/A
WEAPONS CARRYING AND STAYING HOME FROM SCHOOL (past 30 days)															
Carried a weapon - on school property (30 days)	N/A	3.0%	4.7%	3.0%	3.4%	1.2%	1.0%	1.0%	0.9%	0.2%	1.4%	0.3%	0.7%	1.6%	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%	3.0%	3.8%	1.9%	1.6%	3.3%	4.0%	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%	7.0%	6.3%	7.8%	6.1%	7.3%	7.6%	N/A
EVER RECEIVED INSTRUCTION IN SCHOOL ON...															
How to resolve conflicts or disputes without fighting	64.7%	65.3%	64.6%	64.8%	63.6%	56.0%	58.1%	68.2%	59.3%	55.9%	62.5%	59.2%	59.5%	59.0%	N/A

¹ Bullying was defined 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."

2018-2019 SOMERVILLE MIDDLE SCHOOL HEALTH SURVEY

Health and Mental Health - Middle School (N=886)

	TOTAL									GENDER		GRADE			MTF 8th
	2003 (1098)	2005 (1036)	2007 (926)	2009 (818)	2011 (818)	2013 (831)	2015 (880)	2017 (802)	2019 (886)	Males (442)	Females (429)	6th (321)	7th (306)	8th (254)	
STRESSORS EXPERIENCED (past 12 months)															
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%	28.0%	36.4%	19.5%	29.0%	27.6%	27.0%	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%	1.1%	1.4%	0.7%	0.3%	2.0%	0.8%	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%	11.3%	10.8%	11.9%	11.1%	9.8%	13.5%	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%	12.3%	12.7%	12.4%	16.1%	10.5%	9.8%	N/A
Family moved (12 months)	14.9%	16.8%	16.8%	15.7%	12.5%	11.8%	14.0%	12.9%	14.8%	15.4%	14.5%	15.0%	17.1%	11.8%	N/A
Ran away from home (12 months)	4.0%	5.4%	4.1%	3.3%	2.9%	1.4%	2.4%	1.6%	2.2%	3.1%	1.4%	2.3%	2.7%	1.6%	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%	33.6%	31.4%	36.1%	35.7%	33.8%	30.8%	N/A
WORRIED ABOUT ISSUES (past 12 months)															
Physical health problems (12 months)	27.5%	26.6%	24.7%	22.4%	17.7%	19.7%	21.0%	21.8%	23.0%	21.0%	24.2%	21.6%	25.6%	21.5%	N/A
Your weight (12 months)	43.2%	45.5%	43.6%	36.5%	34.1%	34.3%	40.3%	32.6%	38.8%	31.8%	45.8%	30.2%	41.3%	46.8%	N/A
Sexual abuse (12 months)	6.7%	5.2%	5.1%	4.1%	3.5%	2.6%	2.5%	2.6%	3.9%	1.9%	5.5%	5.0%	2.4%	4.5%	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%	43.9%	40.6%	46.2%	40.1%	44.7%	48.2%	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%	10.7%	9.5%	11.6%	13.6%	8.1%	10.1%	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%	2.3%	1.9%	2.8%	2.3%	2.7%	2.0%	N/A
Physical fights at home (12 months)	13.0%	13.0%	11.8%	9.3%	7.7%	6.5%	5.4%	5.4%	6.5%	7.4%	5.2%	8.7%	4.4%	6.5%	N/A
Physical fights in school (12 months)	15.7%	16.8%	18.7%	13.2%	12.8%	9.1%	8.9%	7.7%	10.5%	13.0%	7.3%	10.7%	11.1%	9.3%	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%	10.7%	8.4%	12.6%	9.4%	11.3%	10.9%	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%	18.8%	14.2%	22.1%	20.0%	23.2%	12.3%	N/A
Gangs in your community (12 months)	N/A	N/A	N/A	24.3%	20.6%	11.6%	7.8%	6.2%	7.9%	7.4%	8.6%	8.5%	9.2%	5.3%	N/A
ANXIETY, SELF-HARM, AND SUICIDE															
Experienced anxiety ¹ (30 days)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	24.6%	26.5%	17.3%	35.0%	22.8%	28.5%	28.9%	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%	10.5%	8.5%	11.0%	9.4%	13.0%	8.9%	N/A
Seriously considered suicide (12 months)	14.2%	12.8%	10.1%	9.4%	8.9%	10.0%	12.2%	9.7%	12.6%	7.3%	17.0%	11.0%	15.2%	11.7%	N/A
Actually attempted suicide (12 months)	3.7%	3.1%	3.0%	2.1%	2.2%	1.6%	3.0%	2.2%	2.9%	1.7%	3.6%	3.6%	3.0%	2.0%	N/A
SOCIAL SUPPORTS															
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%	63.4%	66.5%	61.0%	69.5%	56.1%	65.0%	N/A
SEXUAL ISSUES															
Ever had sexual intercourse	13.5%	16.1%	17.1%	11.3%	10.8%	7.6%	3.9%	2.8%	3.2%	3.8%	2.6%	1.3%	3.8%	4.9%	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%	50.1%	52.4%	48.0%	19.0%	63.4%	73.7%	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%	28.1%	29.5%	27.0%	20.0%	28.3%	37.8%	N/A

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