

2016

Wakefield Middle School

Youth Risk Behavior Survey Results



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Methods

Wakefield Middle School students completed a youth survey to assess a host of risk and protective factors. This report provides the detailed survey findings.

SURVEY

The 2016 Wakefield Youth Survey was adapted from the 2013 Massachusetts Youth Risk Behavior Survey (YRBS) by the Centers for Disease Control¹. Questions in the survey measured student demographics, substance use, protective factors, suicidal behaviors, personal safety, sexual health, and exercise and weight loss.

SAMPLE

The survey was administered on January 27, 2016. The final number and demographic profile of students surveyed are discussed in the sample section of this report.

DATA CLEANING AND VALIDITY

Surveys were sent directly to Scantron, Inc. for scanning. Scanned data was sent to the evaluator for analysis. Several steps were taken to ensure that the gathered data accurately reflects the behaviors of Sharon Middle School students, a process known as “data cleaning.”

The data was analyzed for inconsistency and exaggeration. Surveys are removed for inconsistencies in cases where students gave inconsistent answers throughout the entire survey. An example of exaggeration might be a student selecting the highest possible use rate for all substances on the survey. Two students were removed for these reasons.

Following the data cleaning procedure, the final sample size for the Wakefield Middle School Youth Risk Behavior Survey is 553 students.

COMPARISON DATA

Since the survey administered at Wakefield Middle School was based on an existing instrument, comparison data for many question items is publicly available. Comparisons are useful for providing context to survey results and can aid in identifying both strengths and priority areas.

Where available, comparison data is provided in this report. National comparison data for middle school students is not available. State comparison numbers used are from the 2013 Massachusetts Youth Risk Behavior Survey data set reported by The Massachusetts Department of Elementary and Secondary Education and Public Health. This is the most current comparison data available.

REPORTING

For each variable (question), percentages are given out of the students that answered that individual question. Therefore, responses may vary by question as students were allowed

¹ Center for Disease Control, www.cdc.gov

to skip individual questions if they did not want to respond. Percentages are rounded up or down where necessary.

Sample

Wakefield Middle School Survey Population

Total number of students enrolled at Wakefield Middle School	599 students
Number of students absent on day of survey	25 students
Number of students whose parents opted out of survey	9 students
Surveys removed from final sample by evaluators through the data cleaning and validity process*	2 students
Final sample included in analysis for this report	553 students
Representation Rate (% of surveys included in analysis out of those available to take the survey)	98%

*Please see page 3 for explanation of validity check procedures.

DEMOGRAPHIC PROFILE

	Number of Respondents	Percentage of Respondents
Total Valid Surveys	553	100%
Sex		
Male	274	50%
Female	276	50%
Grade		
7 th grade	265	48%
8 th grade	283	51%
Other	2	0.4%
Age		
12 years old	142	26%
13 years old	259	47%
14 years old	148	27%
15 years old	3	0.5%
Race/Ethnicity (students were allowed to select more than one response)		
White	66	12%
Hispanic or Latino	28	5%
Black or African American	28	5%
American Indian or Alaskan Native	15	3%
Asian	28	5%
Native Hawaiian or Other Pacific Islander	3	0.5%

(The number of students in the first column may not always add up to the total amount in the sample of 553. Students were allowed to skip individual questions.)

Survey Findings

SUBSTANCE USE

Students were asked a range of questions related to their use of substances. Where applicable comparisons are made to Massachusetts' and United States' (2013) averages.

Substance/Activity	Wakefield	MA
Alcohol		
Used within past 30 days	3%	6%
Used within lifetime	15%	18%
Age of onset	11.56 years	NA
First used before age 13	7%	NA
High-risk drinking during past 30 days	0.2%	2%
Drank on school property during the past 30 days	0.4%	NA
Rode with a driver who had been drinking alcohol during past 30 days	15%	NA
Tobacco		
Used within past 30 days	0.7%	3%
Used within lifetime	1%	9%
Age of onset	11.50 years	NA
First used before age 13	0.9%	NA
Used a tobacco product or nicotine delivery device on school property during past 30 days	0	NA
Marijuana		
Used within past 30 days	1%	3%
Used within lifetime	3%	8%
Age of onset	12.70 years	NA
First used before age 13	1%	NA
Prescription Drugs Not Prescribed		
Used within past 30 days	9%	2%

USE OF TOBACCO PRODUCTS

Students were asked if they have used any of the following tobacco products during the past 30 days. They were allowed to select more than one response.

Response	Percentage
None	96%
Electronic cigarettes	5%
Blunt wraps	1%
Snus or other dissolvables	0.7%
Cigars	0.5%
Dip	0.4%
Snuff	0.2%
Chewing tobacco	0.2%
Cigarettes or little cigars	0

TRIED TO QUIT TOBACCO

Students were asked how many times they have tried to quit smoking cigarettes, using tobacco or using a nicotine delivery device.

Response	Percentage
I have never smoked cigarettes, used tobacco or used a nicotine delivery device	98%
I have never tried to quit	1%
1 or 2 times	0.7%

OTHER ILLICIT DRUG USE

Substance/Activity	Wakefield
Other Illicit Drug Use: Lifetime	
Over-the-counter medications to get high such as cough or cold syrups	2%
Cocaine	0.2%
Salvia, K2 or other synthetic marijuana or "legal bud"	0.7%
Steroid pills or shots without a doctor's prescription	0.2%
Inhalants	3%
Used a needle to inject any illegal drug into body	0.4%
Used prescription pain relievers such as Vicodin, Percocet, Hydrocodone or Oxycontin that were not prescribed by a doctor or a nurse	2%
Used prescription stimulants such as Ritalin or Adderall that were not prescribed by a doctor or a nurse	0.5%
Used prescription tranquilizers such as Xanax, Valium or Ambien were not prescribed by a doctor or a nurse	0.7%

**Chart 1. Wakefield Middle School Past 30 Days Substance Use (2016)
Compared to Massachusetts (2013)**

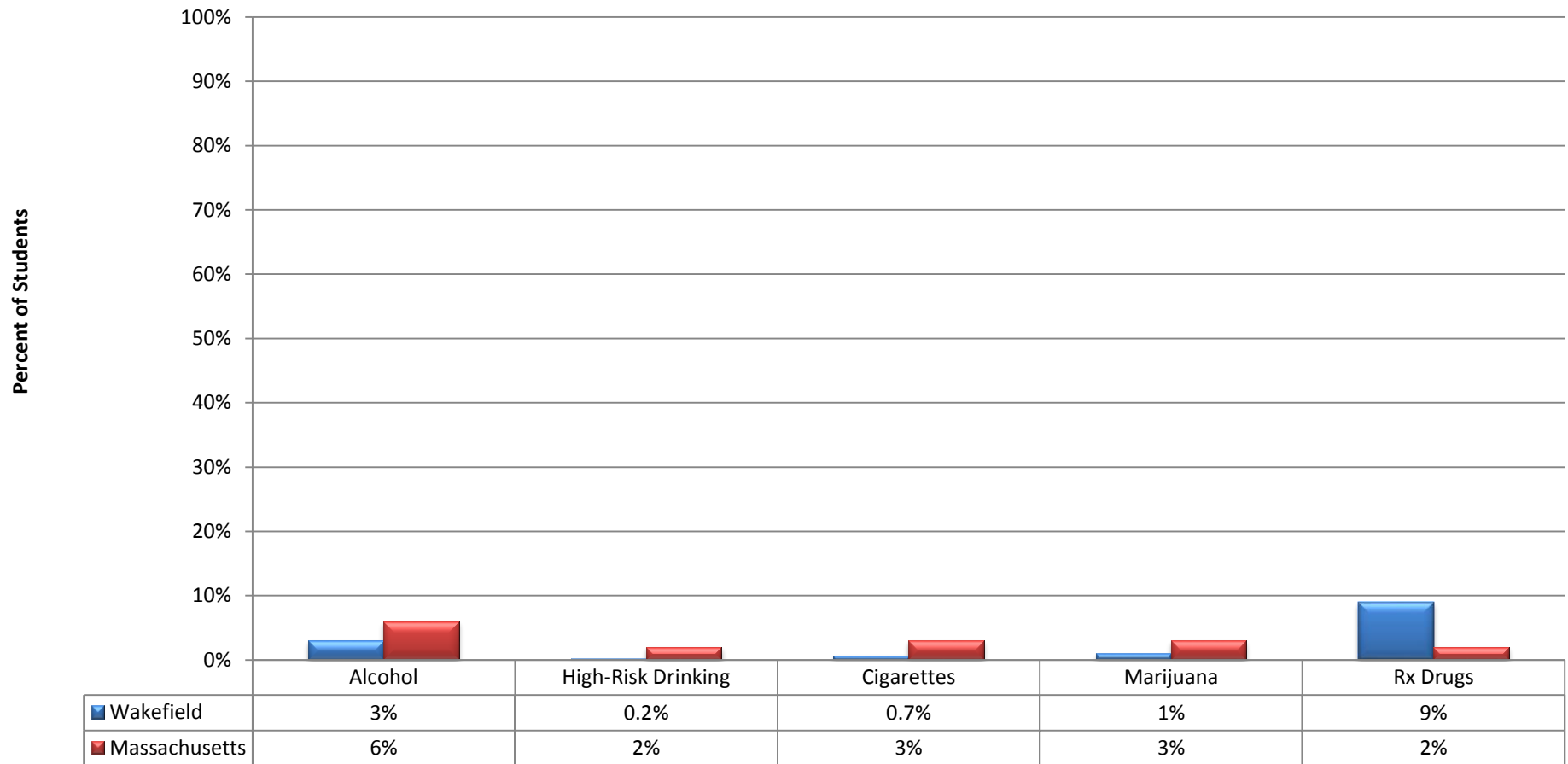
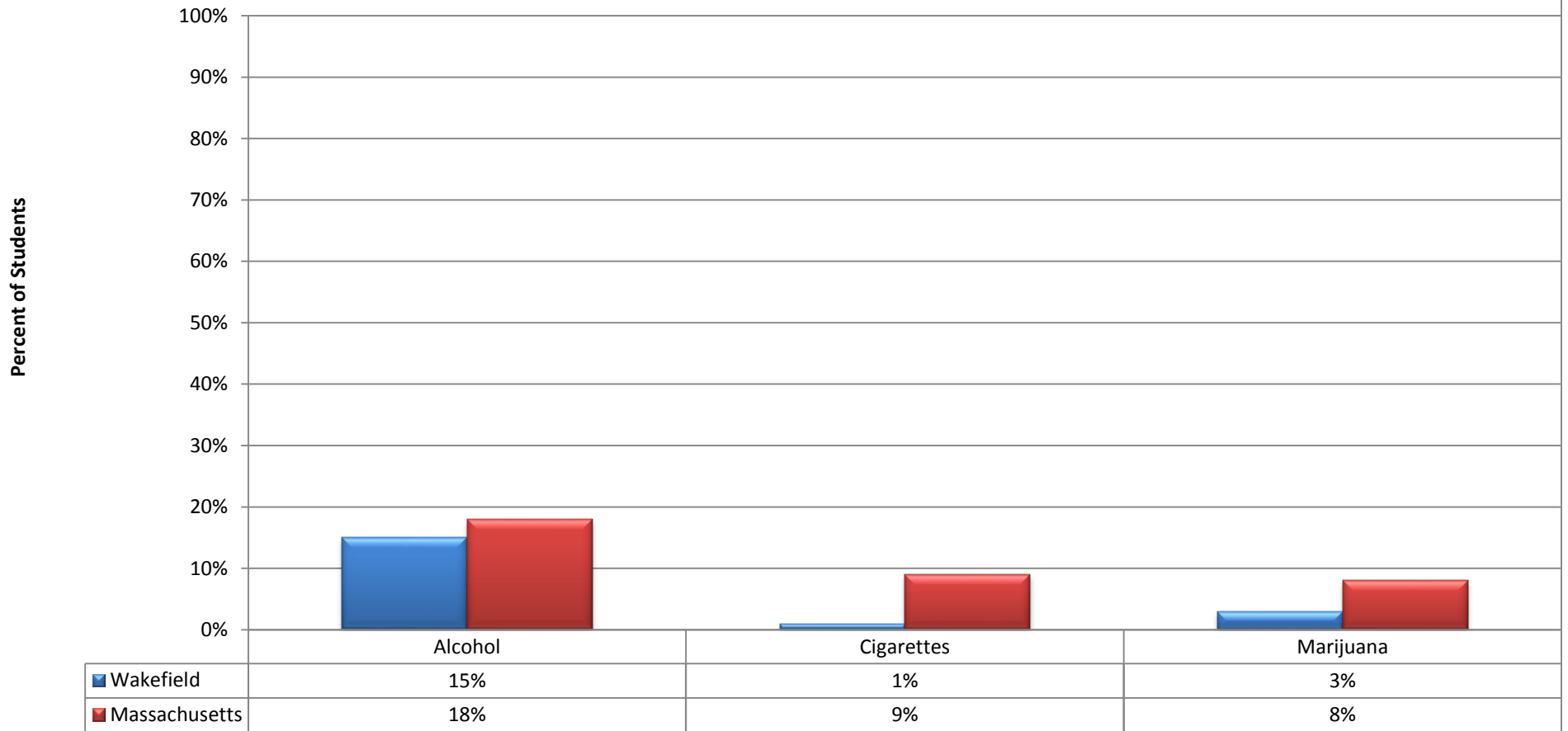


Chart 2. Wakefield Middle School Lifetime Substance Use (2016) Compared to Massachusetts (2013)



ACCESS TO ALCOHOL AND DRUGS

Students were asked a series of questions regarding accessing alcohol, cigarettes and other drugs.

EASE OF ACCESS TO ALCOHOL

Students were asked if they wanted to, how difficult it would be to get beer, wine or liquor.

Response	Alcohol
Impossible	46.5%
Very difficult	15%
Fairly difficult	7%
Fairly easy	18%
Very easy	14%

WHERE STUDENTS OBTAIN ALCOHOL

Students were asked to report where they usually obtained alcohol during the past 12 months. Students were asked to select all that apply.

Access Point	Percentage of Students
I have not drink beer, wine coolers, wine or liquor in the past 12 months	91%
I got it at home	4%
I got it at parties	3%
I got it through my friends	2%
I had an adult buy it for me	0.9%
I bought them from a supermarket or convenience store	0.7%
I bought it from bars, clubs or restaurants	0
I bought it from a liquor store (or package store)	0

WHERE STUDENTS DRINK ALCOHOL

Students were asked to report where they have drunk alcohol in the past 12 months. Students were asked to select all that apply.

Access Point	Percentage of Students
Have not drunk alcohol in the past 12 months	91%
At home	3%
At family events	3%
At a friend's house	2%
At weekend parties	1%
Other places	1%
At parks, in the woods, in a car or other outdoor places	0.7%
At school or school events- before, during or after school hours	0

WHERE STUDENTS OBTAIN CIGARETTES

Students were asked to report where they usually obtained cigarettes during the past 30 days. Students were asked to select all that apply.

Access Point	Percentage of Students
I gave someone else money to buy them for me	0.4%
I borrowed (or bummed) them from someone else	0.5%
A person 18 years old or older gave them to me	0.4%
I got them some other way	0.4%
I took them from a store or family member	0
I bought them in a store such as a supermarket, convenience store or gas station	0

RISK AND PROTECTIVE FACTORS

This section of the report covers several areas related to risk and protective factors associated with the prevention of substance use and other risky behaviors. These risk and protective factors include having supportive adults, grades, perception of risk of harm of alcohol and drug use and perception of parental and peer disapproval of alcohol and drug use.

SUPPORTIVE ADULTS

Students were asked if there is an adult (or adults) outside of school they can talk to about things that are important to them. The answer choices and corresponding results follow. Students were allowed to select more than one response.

Response	Percentage
Yes, parent or other adult family member	51%
Yes, non-family adult (such as religious leader, club advisor, neighbor, etc.)	1.5%
Yes, both family and non-family adults	40%
No	3%
Not sure	4%

SUPPORTIVE ADULTS AT SCHOOL

Students were asked if there is at least one teacher or other adult in school they can talk to if they have a problem.

- 72% said 'Yes'
- 8% said 'No'
- 20% said 'Not sure'

GRADES AT SCHOOL

Students were asked to describe their grades in school during the past 12 months.

Grades	Percentage
Mostly A's	47%
Mostly B's	32%
Mostly C's	13%
Mostly D's	3%
Mostly F's	0.4%
None of these grades	0.4%
Not sure	5%

- ❖ 92% of Massachusetts Middle school students reported having Mostly A's, B's or C's.

PERCEPTION OF RISK OF HARM

This collection of questions asked students how much they believed people risked harming themselves by engaging in four risk behaviors.

Substance	'Moderate Risk'	'Great Risk'
Smoking one or more packs of cigarettes per day	20%	68%
Use e-cigarettes or vaping devices regularly	39%	39%
Drinking five or more drinks of an alcoholic beverage once or twice a week	33.5%	49%
Smoking marijuana once or twice a week	26%	56%
Using prescription drugs not prescribed to you	26%	61%

PERCEPTION OF PARENTAL DISAPPROVAL

A series of questions asked each student how wrong his/her parents feel (on a four point scale) it would be for him/her to drink alcohol, smoke tobacco, smoke marijuana and use prescription drugs not prescribed to them.

Substance	'Wrong'	'Very Wrong'
Smoking cigarettes	6%	93%
Having one or two drinks of an alcoholic beverage nearly every day	8%	91%
Smoking marijuana	4%	94%
Using prescription drugs not prescribed to them	7%	92%

PERCEPTION OF PEER DISAPPROVAL

A series of questions asked each student how wrong his/her friends feel (on a four point scale) it would be for him/her to drink alcohol, smoke tobacco, smoke marijuana and use prescription drugs not prescribed to them.

Substance	'Wrong'	'Very Wrong'
Smoking tobacco	18%	77%
Having one or two drinks of an alcoholic beverage nearly every day	20%	73%
Smoking marijuana	19%	73%
Using prescription drugs not prescribed to them	17%	78%

SUICIDAL BEHAVIORS AND MENTAL HEALTH

Students were asked a series of questions that addressed suicidal behaviors, treatment for behavioral or mental health and being bothered by emotional problems.

Measure	Wakefield	MA
Seriously thought about killing yourself	16%	8%
Made a plan about how to kill yourself	9%	NA
Tried to kill yourself	4%	4%

CAUSES OF STRESS OR TENSION IN SCHOOL

Students were asked to report what they believe to be the biggest cause of tension or stress in school.

Response	Percentage
Classes and grades	67%
School environment	6%
Family problems	10%
Sports/extra curricula activities	5%
Peer groups and friends	8%
Relationships	2%
A mental health condition	2%

MEDICATIONS OR TREATMENT FOR BEHAVIORAL HEALTH

Students were asked if they have ever taken medication or received treatment for any type of behavior health, mental health condition or emotional problem (not including ADHD or ADD).

Response	Percentage
Yes, currently	5.5%
Yes, previously within the past 6 months	1.5%
Yes, previously between 6 and 12 months ago	1%
Yes, more than 12 months ago	2%
No	81%
Don't know/not sure	9%

EMOTIONAL HEALTH IMPACT

Students were asked if emotional problems limited their usual social activities with family or friends or kept them from doing their usual works, school or other daily activities.

Response	Social activities	Daily activities
Not at all	33%	63%
Very little	34%	21%
Somewhat	19%	11%
Quite a lot	14%	3%
Could not do social activities	NA	1%

PERSONAL SAFETY & VIOLENCE

Results for violence-related questions for students who answered 'yes' or 'one time or more' for the given question are provided in the table below.

Number of Students that Reported Being Involved in Violence-Related Behaviors

Activity	Wakefield
Carried a weapon such as a gun, knife or club during lifetime	16%
Been in a physical fight during lifetime	23%
Been injured in a physical fight and had to be treated by a doctor or nurse during lifetime	2%
Did not go to school because they felt it would be unsafe at school or on their way to or from school during the past 30 days	5%

PHYSICAL VIOLENCE IN A RELATIONSHIP

Students were asked if they have ever been physically or sexually hurt by a date or someone they were going out with.

- 59% of students reported 'I have never been on a date or gone out with anyone'
- 39% of students reported 'No, I have **never** been hurt physically by a date or someone I was going out with'
- 0.5% of students reported 'Yes, I was hurt physically'
- 0.7% of students reported 'Yes, I was hurt sexually'
- 0.4% of students reported 'Yes, I was hurt both physically and sexually'

SEAT BELT USE

Students were asked how often they wear a seat belt when riding in a car driven by someone else.

Frequency	Percentage of Students
Never	0.9%
Rarely	2%
Sometimes	6%
Most of the time	31%
Always	61%

- ❖ 7% of Massachusetts' Middle school students reported 'Never' or 'Rarely' wearing a seat belt when riding in a car driven by someone else.

BULLYING

Wakefield Middle School students were asked a series of questions regarding bullying.

FREQUENCY OF BULLYING

Students were asked how often they have been bullied at school the past couple of months and on their cell phone or internet with mean or hurtful messages, calls, or pictures.

Frequency	Bullied at school during past couple months	Bullied on cell phone/internet this school year
I have not been bullied	71%	81%
Once or twice	20%	15%
2 or 3 times a month	5%	2%
About once a week	2%	1%
Several times a week	2%	0.5%

WAYS STUDENTS HAVE BEEN BULLIED

Students were asked in what ways they have been bullied at school the past couple of months. Students were allowed to select more than one response.

Response	Percentage
I have not been bullied at school in the past couple of months	71%
I was called mean names, was made fun of, or was teased in a hurtful way	16%
I was excluded from a group of friends or completely ignored	12%
Others students told lies or spread false rumors about me and tried to make others dislike me	11%
I was bullied in other ways	5%
I was hit, kicked, shoved around or locked indoors	1%
I was threatened or forced to do things I did not want to	0.7%
I had money or other things taken away from me or had my belongings damaged	0.7%

WAYS STUDENTS HAVE BEEN HARASSED AT SCHOOL

Students were asked in what ways they have been harassed at school the past 12 months. Students were allowed to select more than one response.

Response	Percentage
Harassment about your race or ethnic origin	4%
Unwanted sexual comments or attention	6.5%
Harassment because someone thought you were gay, lesbian, or bisexual	4%
Harassment about your weight, clothes, acne, or other physical characteristics	9%
Harassment about your group of friends	6%
Other reasons	6%
I have not been harassed	78%

WAYS STUDENTS BULLIED OTHERS

Students were asked in what ways they have bullied other students at school the past couple of months. Students were allowed to select more than one response.

Response	Percentage
I have not bullied another student in the past couple of months	8%
I called another student mean names, made fun of them, or teased them in a hurtful way	5%
I kept him or her out of things on purpose, excluded him/her from a group of friends or completely ignored him/her	3%
I spread false rumors about him/her and tried to make others dislike him/her	1%
I took money or other things taken away from him/her or damaged his/her belongings	0.5%
I bullied in other ways	0.4%
I threatened or forced him/her to do things he/she did not want to	0
I hit, kicked, shoved around or locked him/her indoors	0

FREQUENCY OF BULLYING OTHERS

Students were asked how often they have bullied another student on their cell phone or internet with mean or hurtful messages, calls, or pictures during the past couple of months.

Frequency	Percentage
I have not bullied	93%
Once or twice	7%
2 or 3 times a month	0
About once a week	0.2%
Several times a week	0

REACTION TO WITNESSING BULLYING

Students were asked why what they usually do when they see someone being bullied. They were allowed to select more than one response.

Response	Percentage
I have never noticed that students my age have been bullied	34%
I try to help the bullied student in one way or another	37.5%
I do not do anything, but I think I ought to help the bullied student	15%
I tell a teacher or another adult at school about the bullying	6%
I tell my parents or other adult family member about the bullying	4%
I just watch what goes on	2%
I do not do anything, but I think the bullying is okay	0.4%
I take part in bullying	0.4%

FREQUENCY OF TEACHER INVOLVEMENT

Students were asked how often teachers or other adults try to stop the bullying.

Frequency	Percentage
Almost always	28%
Often	26%
Sometimes	16.5%
Once in a while	17%
Almost Never	12%

SEXUAL HEALTH

Wakefield Middle School students were asked questions about age of first sexual intercourse, number of sexual partners and condom usage.

SEXUAL INTERCOURSE

- 4% of Wakefield Middle School students reported having sexual intercourse in their lifetime.

AGE AT FIRST SEXUAL INTERCOURSE

Of the students that have reported having sexual intercourse, the average age when they first had sex was 11.72 years.

Age	Percentage
Have never had sexual intercourse	98%
8 years old or younger	0.2%
9 years old	0.2%
10 years old	0.2%
11 years old	0.2%
12 years old	0.2%
13 years old	0.9%
14 years old or older	0.2%

NUMBER OF SEXUAL PARTNERS IN LIFETIME

Students were asked how many people they have had sexual intercourse with, within their lifetime.

Number of Partners	Percentage
I have never had sexual intercourse	98%
1 person	1%
2 people	0.4%
3 people	0.2%
4 people or more people	0.2%

USE OF CONDOMS

- 55% of students reported they or their partner used a condom the last time they sexual intercourse.

EXERCISE AND NUTRITION

Wakefield Middle School students were asked questions about frequency of physical activity, weight management and ways to lose weight.

PHYSICAL ACTIVITY

Students were asked to identify the number of days within the past week they were physically active for at least 20 minutes per day. They were told to add all the time they spent in any kind of physical activity that increased their heart rate and made them breathe hard some of the time.

Response	Percentage
0 days	7.5%
1 day	3%
2 days	9%
3 days	17%
4 days	15%
5 days	21%
6 days	10%
7 days	19%

❖ 77% of Massachusetts Middle school students reported that they were physically active for a total of at least 20 minutes per day on three or more of the past seven days.

WEIGHT DESCRIPTION

Students were asked how they would describe their weight.

Response	Percentage
Very underweight	2%
Slightly underweight	17%
About the right weight	53%
Slightly overweight	23%
Very overweight	4%

❖ 24% of Massachusetts' Middle school students viewed themselves as 'slightly overweight' or 'very overweight'.

WEIGHT MANAGEMENT

Students were asked what they are trying to do about their weight.

Response	Percentage
Lose weight	43%
Gain weight	10%
Stay the same weight	21%
Not trying to do anything about weight	26%

WAYS TO LOSE WEIGHT

Students were asked if they have ever engaged in the following behaviors to lose weight or to keep from gaining weight.

Response	Wakefield	MA
Exercised	70%	NA
Ate less food, fewer calories, or foods low in fat	46.5%	NA
Both exercised and ate less food, fewer calories, or foods low in fat	%	NA
Went without eating for 24 hours or more to lose weight or to keep from gaining weight	12%	10%
Taken any diet pills, powders or liquids without a doctor's advice to lose weight or to keep from gaining weight	2%	NA
Vomited or taken laxatives to lose weight or to keep from gaining weight	4%	NA

- ❖ 9% of Massachusetts' Middle school students reported unhealthy weight control methods.

WAYS STUDENTS SPEND THEIR TIME

Wakefield Middle School students were asked questions regarding screen time, sports teams and playing the lottery.

TELEVISION TIME

Students were asked how many hours a day they spend watching TV on an average school day.

Response	Percentage
Do not watch TV on an average school day	9.5%
Less than 1 hour per day	25%
1 hour per day	19.5%
2 hours per day	27%
3 hours per day	12%
4 hours per day	2.5%
5 hours or more per day	4%

SCREEN TIME

Students were asked how many hours a day they spend on their cell phone, computer or other internet capable device, playing video games or use computer for something that is not school work on an average school day.

Response	Percentage
Do not play video or computer games or computer for something that is not school work	3%
Less than 1 hour per day	8%
1 hour per day	18%
2 hours per day	22%
3 hours per day	24%
4 hours per day	10%
5 hours or more per day	15%

PARTICIPATION IN SPORTS TEAMS

- 80.5 % of students report they play on sports teams.

PLAYED LOTTERY OR SCRATCH-OFF TICKETS

Students were asked how often they played the lottery or scratch-off tickets.

Response	Percentage
Never	60%
Before, but not in the past year	15%
A few times in the past year	21%
Once or twice a month	4%
Once or twice a week	0.8%
Almost every day	0.2%

Contact Information

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