

2021 Youth Risk Behavior Survey

Lynnfield Report

SUBMITTED TO
Lynnfield Public Schools

SUBMITTED BY
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Acknowledgements

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Introduction

Background

In October and November of 2021, 312 Lynnfield middle school students (grades 7-8) and 543 Lynnfield high school students (grades 9-12) took part in the 2021 Lynnfield Youth Risk Behavior Survey to capture vital information related to health status and certain behaviors that put the health of Lynnfield students at risk. Lynnfield Public Schools engaged with John Snow, Inc. (JSI), a public health consulting firm with expertise in survey administration, to support this initiative. JSI and Lynnfield Public Schools worked to develop a targeted health survey based on past Lynnfield health surveys, the Center for Disease Control and Prevention (CDC) Youth Risk Behavior Survey (YRBS), and the Massachusetts Department of Public Health's Youth Health Survey (YHS).

Survey Content

The Lynnfield Youth Risk Behavior Survey asked students to report risk behaviors that contribute to the leading causes of death, disability, and social problems among youth and adults. Six major health behaviors that are related to the leading causes of illness and death among youth in the United States have been identified and categorized into the following domains:

- Behaviors that contribute to unintentional injuries and violence
- Behaviors related to mental health
- Smoking and tobacco use
- Alcohol and other drug use
- Sexual behaviors related to unintended pregnancy and sexually transmitted infections (STIs)
- Unhealthy dietary behaviors and physical inactivity

In addition, given the unique circumstances related to the coronavirus (COVID-19) pandemic, questions were added this year to gather relevant information to assess the impact of the pandemic and put its consequences in the appropriate context.

Survey Administration & Consent Process

Once the survey content was finalized, JSI designed self-administered, online surveys for the middle and high school using a nationally recognized, specialized survey platform called Alchemer (formerly SurveyGizmo). JSI worked with each school to develop a survey administration plan and schedule. Survey administration occurred over 1 to 5 day period, during the students' regular class time.

Prior to administration, Lynnfield was provided assistance with respect to implementing the student opt-out process, confidentiality practices, and other procedures to ensure the quality and integrity of the data collection process. Schools obtained passive parental permission, and parents were mailed a form explaining the purpose of the survey and given the opportunity to have their child "opt out" of taking it. JSI is wholly responsible for protecting data and ensuring student confidentiality. The surveys are considered anonymous in that students are not asked to provide their names and no identifying information (e.g., Geodata, IP address) is collected. Individual student surveys are never shared, but are combined to create school and district datasets.

Introduction

Data Cleaning & Analysis

Online administration of the survey allowed for results to be immediately transferred to JSI's secure computer servers, where the data were aggregated and analyzed using SAS 9.4 (SAS Institute Inc., Cary, NC). Overall rate of completion was checked for each survey. Records with fewer than 30 valid responses for high schools and fewer than 25 responses for middle schools (shorter overall survey length) were removed. Logical edits on each questionnaire were performed and responses that conflicted in logical terms were set to missing. A descriptive analysis of survey responses was conducted.

Purpose of Report

The purpose of this report is to highlight key findings for each of the six core domains and the COVID-19 questions. Data is reported and analyzed for all students in Lynnfield, as well as by race, gender identity, school (middle or high school), and grade when relevant. The report includes a brief narrative summary of each domain to provide national context. This narrative is then followed by a series of bulleted statements and graphs, which together summarize the survey finding by domain. The information provided is meant to highlight key themes and provide a perspective on how the data compares to prior year data. Lynnfield has been provided detailed data outputs and raw reports that allow them to look more carefully at data from each question on the survey, including information that allows the school districts to analyze their data by specific demographic cohorts, such as for males, females, genderqueer students, different racial categories, middle school students, or high school students. The 2021 school year was unprecedented with the impact of the pandemic, and therefore, comparisons to state and national data were not included this year.

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Key Findings

Respondent Characteristics

How do Lynnfield students describe themselves?

A total of 312 middle school (MS) and 601 high school (HS) students were included in the Lynnfield Youth Risk Behavior Survey analysis. Tables 1 and 2 show the distribution of survey respondents by grade, race, ethnicity, sex at birth, and gender.

Table 1. Distribution of Lynnfield MS respondents

Total		312	100%
Grade			
	7 th Grade	165	53.1%
	8 th Grade	146	46.9%
Race/Ethnicity			
	AI/AN*	2	0.7%
	Asian	26	8.8%
	Black or African American	8	2.7%
	NH/PI**	1	0.3%
	White	246	83.4%
	Multi-Racial	12	4.1%
	Hispanic/Latino	13	4.9%
Sex at birth			
	Male	160	51.8%
	Female	277	48.2%
Gender			
	Male	164	52.9%
	Female	134	43.2%
	Genderqueer	8	2.6%
	I don't know	4	1.3%

*American Indian/Alaska Native

**Native Hawaiian/Pacific Islander

Table 2. Distribution of Lynnfield HS respondents

Total		543	100%
Grade			
	9 th Grade	135	25.4%
	10 th Grade	136	25.6%
	11 th Grade	134	25.2%
	12 th Grade	127	23.9%
Race/Ethnicity			
	AI/AN*	6	1.1%
	Asian	39	7.3%
	Black or African American	13	2.4%
	White	460	86.1%
	Multi-Racial	16	3.0%
	Hispanic/Latino	19	3.5%
Sex at birth			
	Male	257	48.1%
	Female	277	51.9%
Gender			
	Male	253	47.5%
	Female	269	50.5%
	Genderqueer	7	1.3%
	I don't know	4	0.8%

*American Indian/Alaska Native

**Native Hawaiian/Pacific Islander

Key Findings

Coronavirus Pandemic

Beginning in March 2020, the United States experienced the coronavirus (COVID-19) pandemic. While the full extent of the pandemic's effects on adolescents is unknown, early evidence shows that it has had a profound effect on students' mental and physical well-being. Major findings conclude that more than one-quarter of students (29%) say they do not feel connected at all to school adults.¹ A similar percentage do not feel connected to their classmates or school community. Additionally, more than 1 in 4 young people report sleeping fewer hours because of worry, loss of self-confidence, or feelings of unhappiness, depression, or constant strain. The distress that students face has been greatly exacerbated by COVID-19, however, it follows the historical trend of increasing depression, anxiety, and stress experienced by young people.

Pulse Check Summary

- Over one-third of HS students and one-fourth of MS students reported that they struggled with their mental health most of the time or always during the coronavirus pandemic.
- Genderqueer students were significantly more likely to report struggling with their mental health.
- While the majority of students did not experience adverse financial or health-related effects of the coronavirus pandemic, **26% of HS students and 22% of MS students had a family member or close friend who died.**
- There were significant differences in reported student feelings of isolation, happiness, worry about their family or friends, connection to teachers, and concern for their grades between this and last school year.

Core Survey Questions Analyzed

- During the coronavirus pandemic, how often was your mental health not good?
- During the past 12 months, did any of these things happen to you?
- How would you rate the school year during the coronavirus pandemic (last year)?
- Compared to the last school year (during the coronavirus pandemic), how would you rate this school year?

¹ <https://www.americaspromise.org/press-release/national-survey-high-school-students-during-covid-19-finds-widespread-negative-impact>

Key Findings

Coronavirus Pandemic

During the coronavirus pandemic, how often did you struggle with your mental health?

- **Overall:** Over one-third of HS students and one-fourth of MS students reported that they struggled with their mental health (most of the time or always) during the coronavirus pandemic.
- **Race:** Multi-Racial HS and MS students were more likely to report that they struggled with their mental health.
- **Gender:** Genderqueer students were significantly more likely to report that they struggled with their mental health.
- **Grade:** Student reports of struggling with their mental health generally increased as students increased in grade.

Figure 1. Percent of Lynnfield students who reported that they struggled with their mental health (most of the time or always) during the coronavirus pandemic

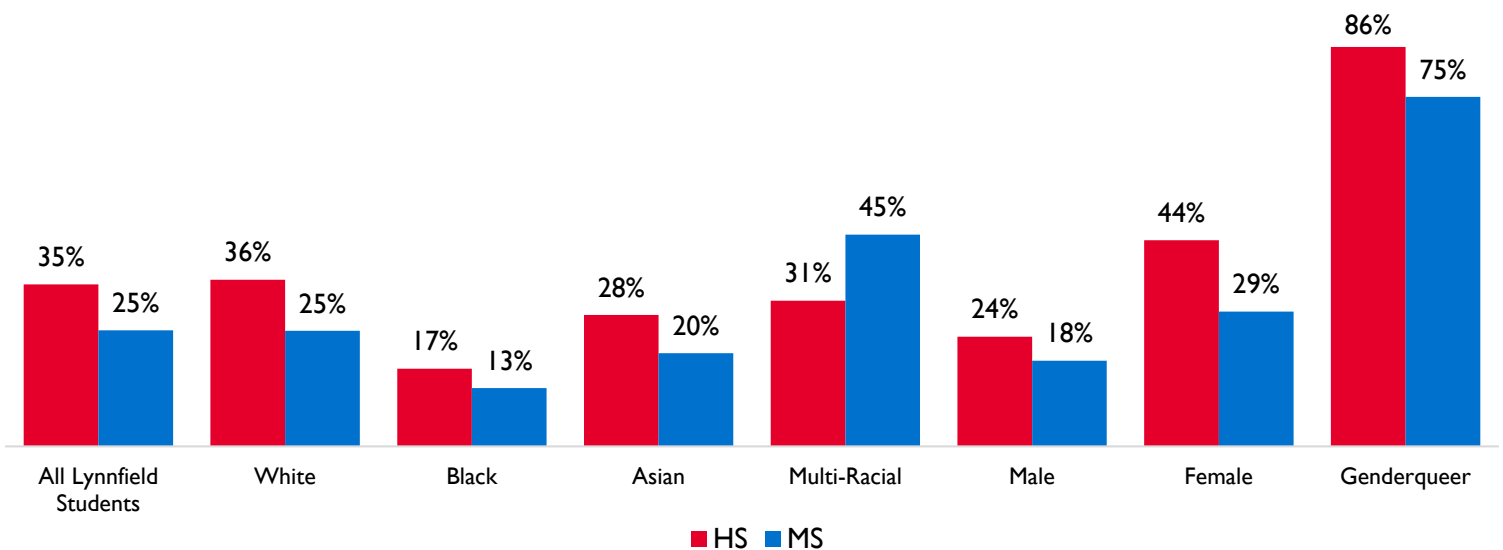
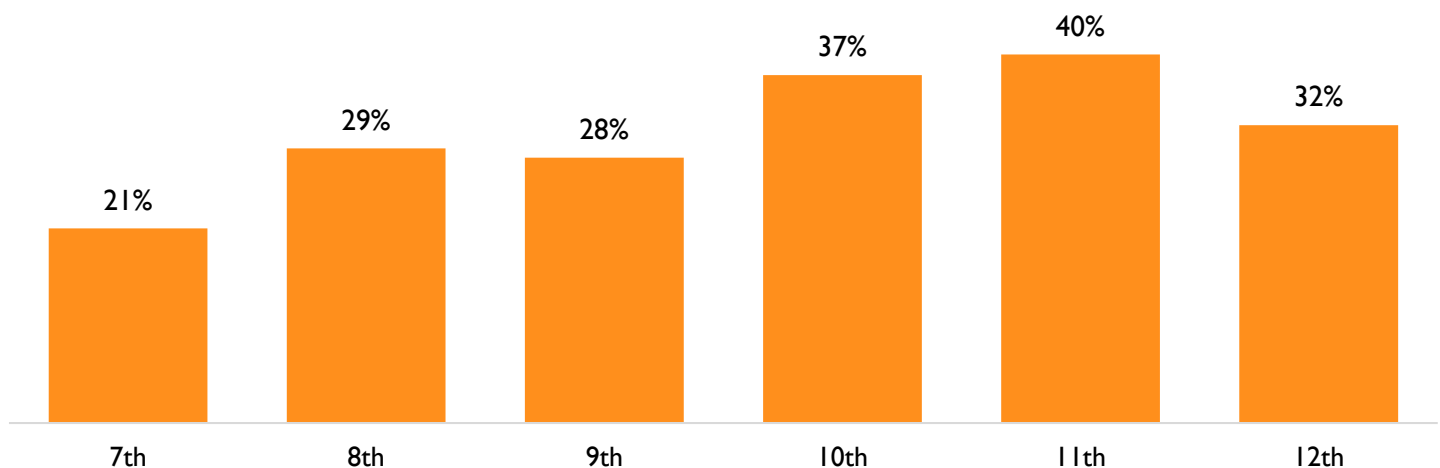


Figure 2. Percent of Lynnfield students who reported that they struggled with their mental health (most of the time or always) during the coronavirus pandemic by grade



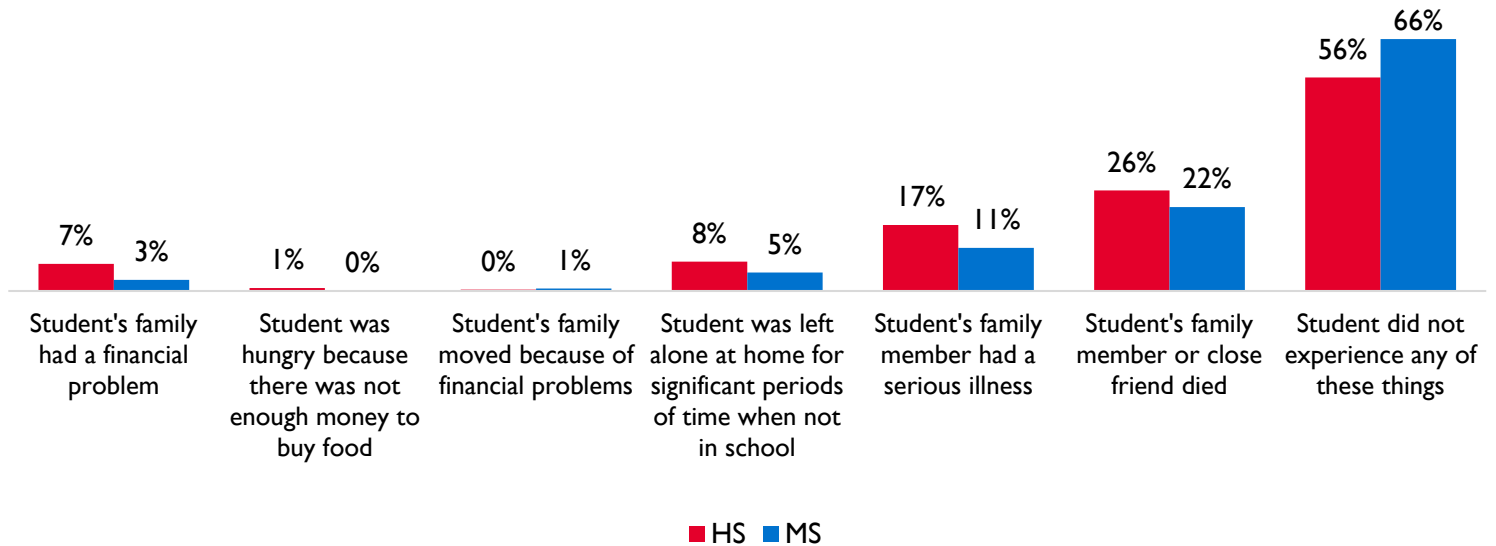
Key Findings

Coronavirus Pandemic

During the past 12 months, did any of these things happen to you?

- **Overall:** HS and MS students were most likely to report that they did not experience adverse effects of the coronavirus pandemic (56% and 66%, respectively), followed by the death of a family member or close friend (26% and 22%, respectively) and a family member having a serious illness (17% and 11%, respectively).

Figure 3. Percent of Lynnfield students who reported that their family experienced adverse financial or health effects from the coronavirus pandemic



Key Findings

Coronavirus Pandemic

How would you rate last school year (during the coronavirus pandemic) and this school year?

- **Overall:** Compared to the last school year, this school year Lynnfield HS students felt significantly less isolated, happier, less worried about their family or friends, more connected to teachers, and more concerned about their grades. Students also worried less about their relationships with friends, health, and mental health, but the differences between this school year and the last school year were not as great.

Table 3. Lynnfield HS student school year ratings (much more or more) by race

	Last Year (2020-2021)				This Year (2021-2022)			
	White	Black	Asian	Multi-Racial	White	Black	Asian	Multi-Racial
Felt isolated	61%	42%	74%	56%	11%	8%	3%	6%
Felt happy	20%	17%	11%	19%	51%	50%	44%	50%
Worried about my friends or family	46%	42%	54%	56%	20%	33%	10%	13%
Felt connected to my teachers	10%	25%	5%	0%	53%	42%	46%	38%
Cared about my grades	21%	33%	15%	19%	60%	67%	59%	56%
Worried about my relationships with friends	40%	25%	44%	63%	32%	50%	31%	25%
Worried about my health	36%	25%	49%	50%	27%	58%	31%	31%
Worried about my mental health	45%	42%	41%	60%	33%	58%	21%	27%

Table 4. Lynnfield HS student school year ratings (much more or more) by gender

	Last Year (2020-2021)			This Year (2021-2022)		
	Male	Female	Genderqueer	Male	Female	Genderqueer
Felt isolated	53%	70%	71%	7%	13%	0%
Felt happy	26%	12%	29%	51%	49%	86%
Worried about my friends or family	38%	54%	57%	18%	20%	43%
Felt connected to my teachers	12%	7%	0%	52%	50%	50%
Cared about my grades	20%	22%	14%	58%	63%	50%
Worried about my relationships with friends	36%	45%	71%	28%	35%	50%
Worried about my health	30%	44%	71%	27%	30%	33%
Worried about my mental health	31%	57%	71%	24%	41%	50%

Key Findings

Coronavirus Pandemic

How would you rate last school year (during the coronavirus pandemic) and this school year?

- Compared to the last school year, this school year Lynnfield MS students felt significantly less isolated, happier, less worried about their family or friends, more connected to teachers, and more concerned about their grades. Students also worried less about their relationships with friends and their health, but the differences between this school year and the last school year were not as great. Students worried about their health at similar rates this school year compared to the last school year.

Table 5. Lynnfield MS student school year ratings (much more or more) by race

	Last Year (2020-2021)				This Year (2021-2022)			
	White	Black	Asian	Multi-Racial	White	Black	Asian	Multi-Racial
Felt isolated	39%	43%	46%	45%	0%	9%	0%	9%
Felt happy	38%	14%	32%	36%	73%	67%	77%	64%
Worried about my friends or family	46%	75%	46%	55%	17%	43%	17%	18%
Felt connected to my teachers	27%	14%	17%	27%	51%	29%	61%	36%
Cared about my grades	55%	43%	76%	55%	87%	88%	100%	100%
Worried about my relationships with friends	44%	29%	50%	64%	40%	29%	33%	27%
Worried about my health	30%	86%	36%	36%	25%	57%	29%	30%
Worried about my mental health	31%	50%	13%	18%	28%	29%	17%	18%

Table 6. Lynnfield MS student school year ratings (much more or more) by gender

	Last Year (2020-2021)			This Year (2021-2022)		
	Male	Female	Genderqueer	Male	Female	Genderqueer
Felt isolated	37%	38%	75%	6%	9%	38%
Felt happy	43%	35%	0%	74%	73%	38%
Worried about my friends or family	45%	51%	50%	17%	20%	13%
Felt connected to my teachers	24%	29%	25%	52%	50%	38%
Cared about my grades	56%	57%	50%	86%	92%	88%
Worried about my relationships with friends	37%	50%	75%	32%	44%	63%
Worried about my health	33%	30%	63%	27%	25%	38%
Worried about my mental health	22%	34%	75%	20%	31%	50%

Key Findings

Mental Health

In the United States, approximately 1 in 4 youth meet criteria for a lifetime mental disorder such as depression, anxiety, or Attention Deficit Hyperactivity Disorder (ADHD).¹ This can cause serious changes in the way youth learn, behave, or handle their emotions, causing distress and problems getting through the day. The CDC reports that 7.4% of children aged 3-17 years (~4.5 million) have a diagnosed behavior problem, 7.1% (~4.4 million) have diagnosed anxiety, and 3.2% (~1.9 million) have diagnosed depression.² In addition, the CDC reports that the rate of suicide for youth and young adults ages 10 to 24 increased nearly 60% between 2007 and 2018.³

Pulse Check Summary

- School-related issues were the most common cause of stress for HS and MS students. The greatest reported source of stress in school was keeping up with schoolwork.
- Student reports of experiencing depression and suicidal ideations varied by race.
- Genderqueer students were more likely to report experiencing depression or suicidal ideations compared to male and female students.
- Reported mental health concerns varied by grade, however, reported experiences of depression clearly increased by grade.
- Students most often identified an adult outside of school or as their support network.

Survey Questions Analyzed

- **Stress**
 - Which of the following do you find causes the most negative stress for you?
 - Which of the following do you find the most stressful about school?
- **Self-harm and suicide**
 - During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?
 - During the past 12 months, how many times did you do something to purposely hurt yourself without wanting to die, such as cutting or burning yourself on purpose (HS)?
 - Did you seriously consider attempting suicide in the past 12 months (HS) or ever (MS)?
 - Did you make a plan about how you would attempt suicide in the past 12 months (HS) or ever (MS)?
 - Did you attempt suicide in the past 12 months (HS) or ever (MS)?
- **Support networks and treatment access**
 - Is there at least one teacher or other adult in your school that you can talk to if you have a problem?
 - Outside of school, is there an adult (or adults) you can talk to about things that are important to you?
 - Are you taking medicine/receiving counseling prescribed doctor or other health professional for any type of behavioral health, mental health condition or emotional problem?

¹ <https://youth.gov/youth-topics/prevalence-mental-health-disorders-among-youth#:~:text=Click%20to%20Enlarge%20Most%20youth,with%20anxiety%20disorders%2C%20and%209.6>

² <https://www.cdc.gov/childrensmentalhealth/features/anxiety-depression-children.html>

³ <https://www.cdc.gov/nchs/data/nvsr/nvsr69/NVSR-69-11-508.pdf>

Key Findings

Mental Health

Which of the following do you find causes the most negative stress for you?

- **Overall:** Students reported that school demands or expectations, busy schedules, other family or personal issues, and worrying about the future were the most frequent causes of negative stress.
- **Gender:** Causes of negative stress varied by gender.

Figure 4. Causes of the most negative stress for Lynnfield students

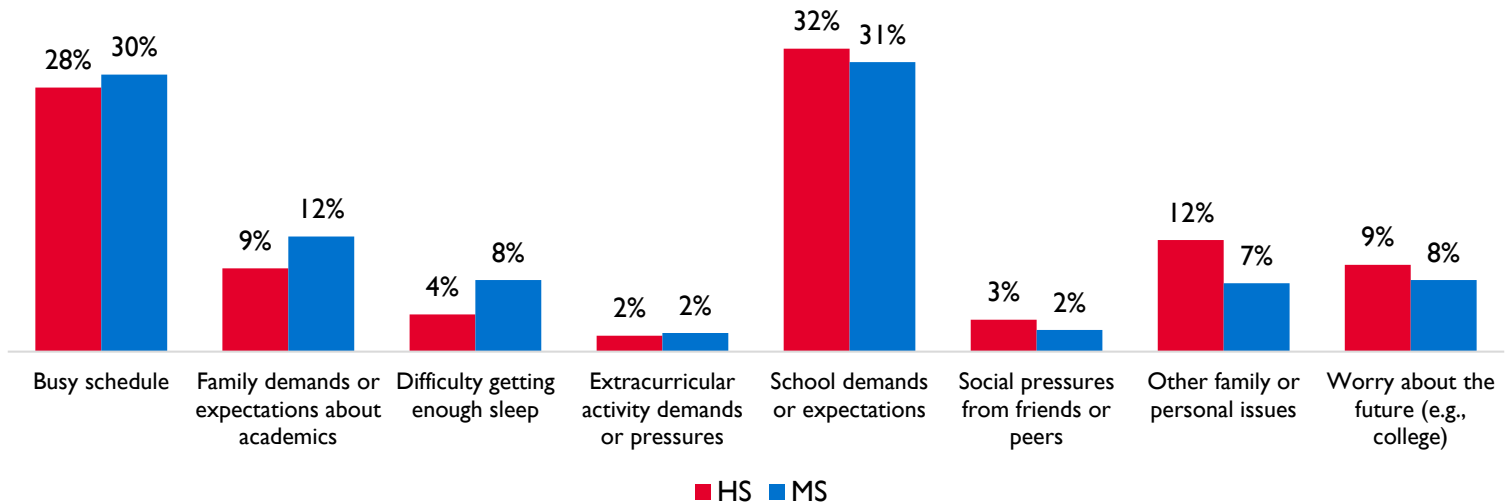


Table 7. Causes of the most negative stress for Lynnfield students by gender

	High School			Middle School		
	Male	Female	Genderqueer	Male	Female	Genderqueer
Busy schedule	29%	28%	14%	29%	31%	38%
Family demands or expectations about academics	10%	8%	0%	12%	12%	25%
Difficulty getting enough sleep	4%	4%	14%	8%	7%	0%
Extracurricular activity demands or pressures	2%	1%	14%	3%	1%	0%
School demands or expectations	34%	32%	28%	32%	31%	13%
Social pressures from friends or peers	2%	5%	14%	1%	4%	0%
Other family or personal issues	8%	16%	14%	5%	8%	25%
Worry about the future (e.g., college)	12%	7%	0%	9%	6%	0%

Key Findings

Mental Health

Which of the following do you find the most stressful about school?

- **Overall:** The greatest source of stress about school for MS and HS students was keeping up with schoolwork.
- **Gender:** The greatest source of stress about school varied by gender.

Figure 5. Causes of the most stress about school by Lynnfield students

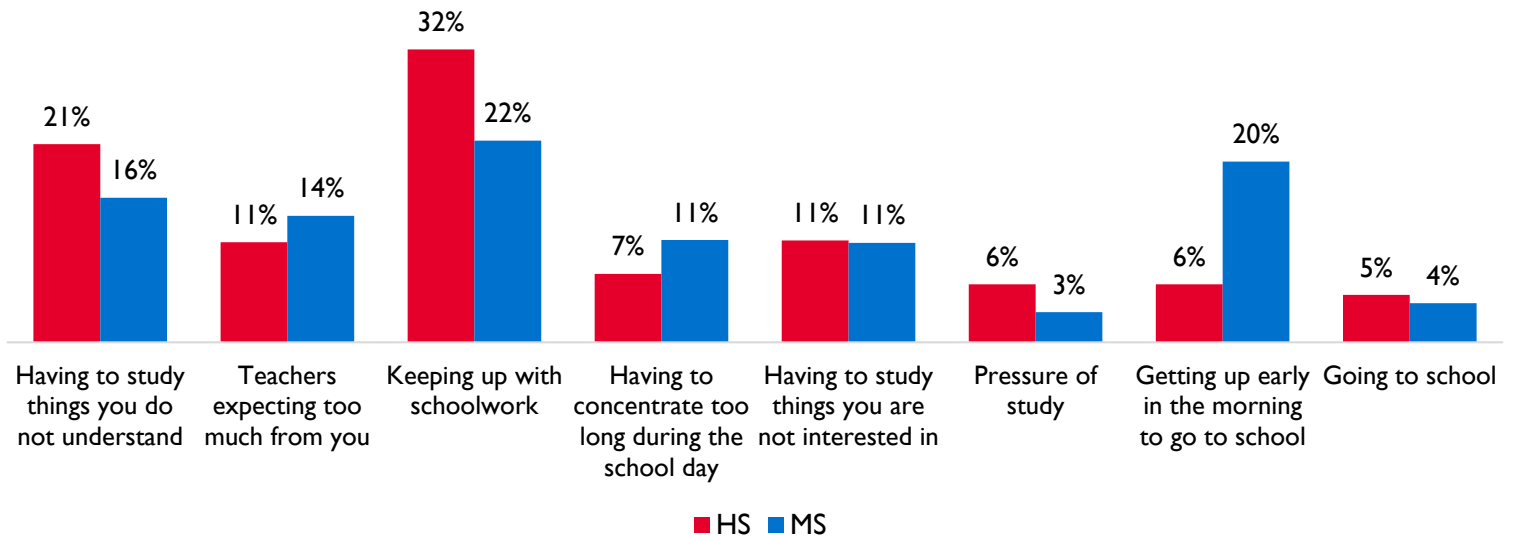


Table 8. Causes of the most stress about school for Lynnfield students by gender

	High School			Middle School		
	Male	Female	Genderqueer	Male	Female	Genderqueer
Having to study things you do not understand	17%	26%	0%	13%	20%	0%
Teachers expecting too much from you	8%	13%	29%	15%	13%	0%
Keeping up with schoolwork	33%	31%	29%	22%	20%	50%
Having to concentrate too long during school	8%	7%	14%	12%	9%	25%
Having to study things you are not interested in	17%	5%	0%	11%	11%	0%
Pressure of study	6%	7%	0%	4%	3%	0%
Getting up early in the morning to go to school	8%	5%	14%	20%	20%	13%
Going to school	4%	6%	14%	4%	5%	13%

Key Findings

Mental Health

Reports of depression, self-harm, and suicide among Lynnfield students

- **Race:** Black HS students were more likely to report experiencing depression, Asian HS students were more likely to report making a plan to commit suicide, and Multi-Racial HS students were more likely to report engaging in self-harm, seriously considering suicide, and attempting suicide.
- **Gender:** Genderqueer HS students were significantly more likely to report mental health concerns than male or female students.

Table 9. Percent of Lynnfield HS students who reported depression, self-harm, and suicide in the past 12 months

	Experienced depression	Hurt self on purpose	Seriously considered suicide	Made a plan to commit suicide	Attempted suicide
Overall	31%	15%	13%	10%	4%
White	30%	14%	12%	8%	4%
Black	46%	8%	8%	8%	0%
Asian	33%	23%	15%	18%	5%
Multi-Racial	31%	25%	27%	17%	13%
Male	20%	6%	7%	8%	2%
Female	40%	22%	17%	11%	5%
Genderqueer	71%	71%	43%	14%	29%

- **Race:** White MS students were more likely to report experiencing depression and Asian MS students were more likely to report seriously considering suicide, making a plan to commit suicide, and attempting suicide.
- **Gender:** Genderqueer MS students were significantly more likely to report mental health concerns than male or female students.

Table 10. Percent of Lynnfield MS students who reported depression and suicide ever

	Experienced depression*	Seriously considered suicide	Made a plan to commit suicide	Attempted suicide
Overall	16%	9%	9%	3%
White	18%	9%	10%	3%
Black	0%	0%	0%	0%
Asian	12%	15%	12%	4%
Multi-Racial	17%	8%	0%	0%
Male	13%	4%	5%	1%
Female	15%	10%	8%	2%
Genderqueer	75%	75%	75%	25%

*MS students were asked to report experiencing depression in the past 12 months.

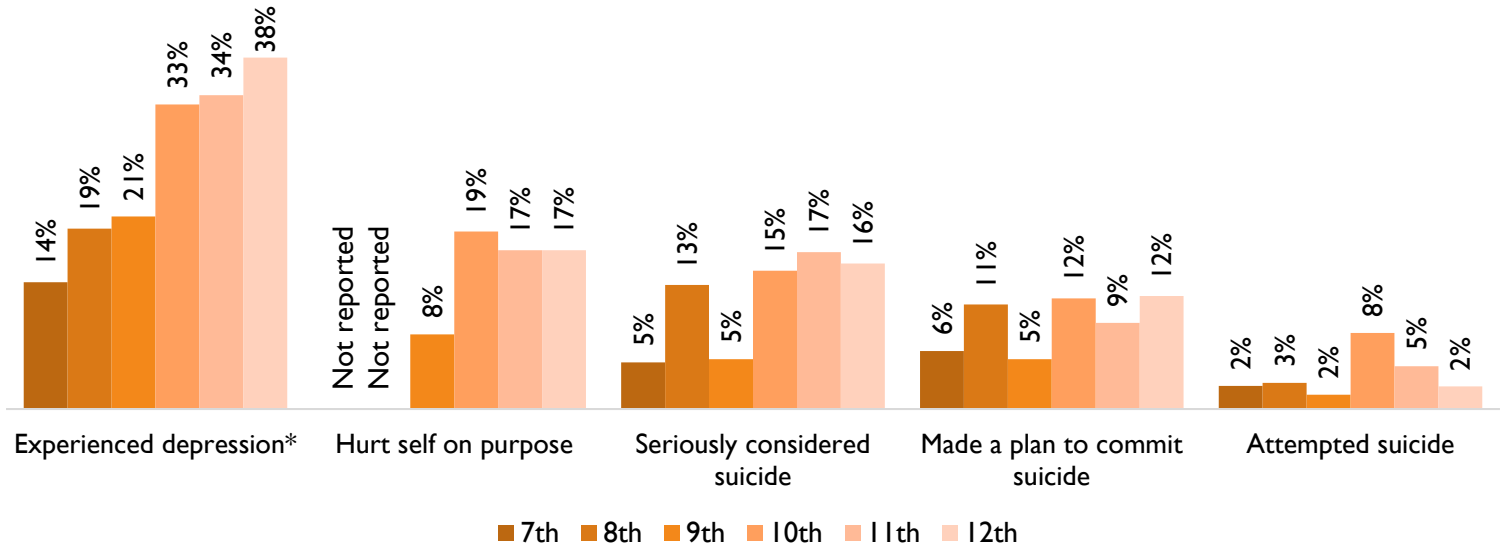
Key Findings

Mental Health

Reports of depression, self-harm, and suicide among Lynnfield students

- **Grade:** Reported mental health concerns varied by grade. However, reports of experiencing depression clearly increased as students increased in grade.

Figure 6. Percent of Lynnfield students who reported mental health concerns in the past 12 months (HS) or ever (MS) by grade



*MS students were asked to report experiencing depression in the past 12 months.

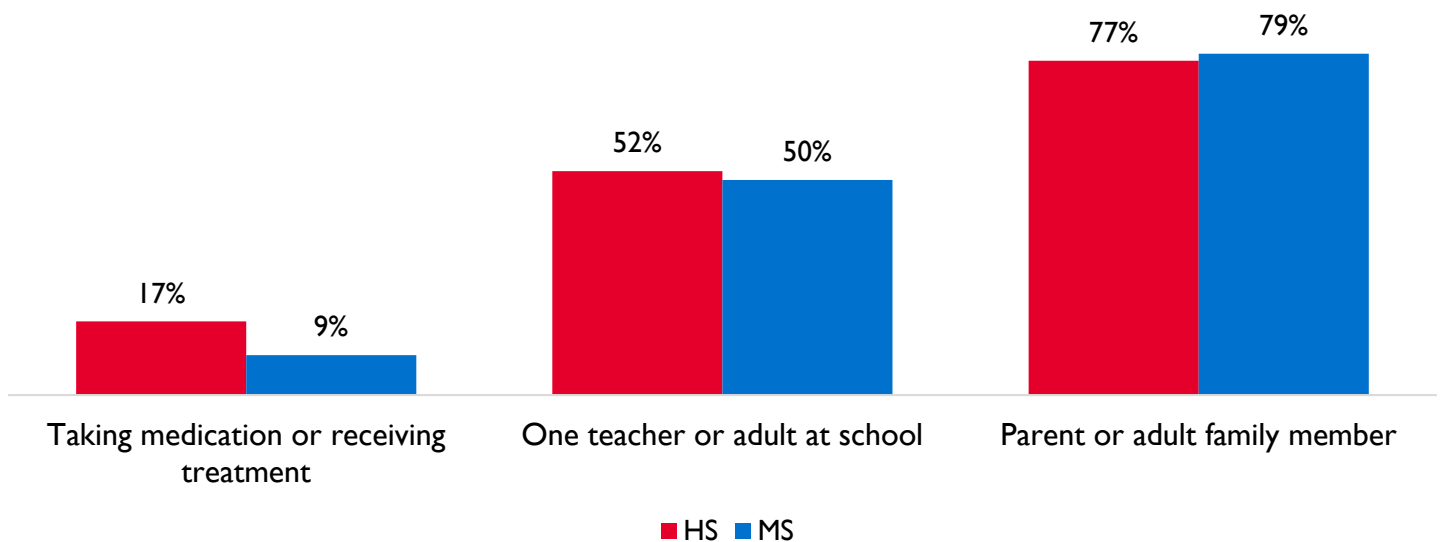
Key Findings

Mental Health

Support networks and treatment access (overall)

- **Overall:** About half of Lynnfield students had one teacher or adult at school that they could talk to if they had a problem. Over three-fourths of Lynnfield students had a parent or adult family member that they could talk to about things that are important to them. Of students who reported having a school staff person in their support network, HS students were most likely to identify this person as a teacher and MS students were more likely to identify this person as an “other” staff person.
- **Race:** White HS students were more likely to report having teacher or adult at school that they could talk to if they had a problem. White HS students were also more likely to report having a parent or adult family member that they could talk to about things important to them. Multi-Racial HS students were more likely to report taking medication or receiving treatment for a behavioral health condition. Multi-Racial MS students were more likely to report having a teacher or adult at school that they could talk to if they had a problem. Black MS were more likely to report having a parent or adult family member that they could talk to about things important to them. White MS students were more likely to report taking medication or receiving treatment for a behavioral health condition.
- **Gender:** Female students were more likely to report having access to a teacher or adult at school that they could talk to if they had a problem. Male students were more likely to report having access to a parent or other adult family member that they could talk to about things important to them. Genderqueer students were more likely to report taking medication or receiving treatment for a behavioral health condition.

Figure 7. Percent of Lynnfield students who reported having a support network or access to treatment



Key Findings

Substance Use

Studies show that the earlier substance use begins, the more likely an individual will continue to use substances and develop a substance use problem. Adolescents use alcohol, marijuana, and tobacco most commonly with about two-thirds of students across the country having tried alcohol by 12th grade.¹ From 2017 to 2019, the national percentage of teenagers who said they have vaped nicotine in the past 12 months roughly doubled for 8th graders from 7.5% to 16.5%, for 10th graders from 15.8% to 30.7%, and for 12th graders from 18.8% to 35.3%.² While rates steadied in 2020, they have not decreased and remain a cause for health concern amongst youth.³

As the coronavirus pandemic continues, it remains to be analyzed whether reduced ability to interact with peers and having access to other sources of drugs may be a mitigating factor in youth substance use.

Pulse Check Summary

- Overall, lifetime and current (past 30 days) use increased as students increased in grade.
- Alcohol was most commonly used by HS and MS students. Over half of HS students report having drunk alcohol in their lifetime.
- Current use of substances varied by race across substances, but Asian HS students were less likely to report overall use.
- HS and MS students perceived using non-prescribed medication as the most risky and marijuana as the least risky.
- Alcohol was perceived as the easiest substance to access.
- Students were most likely to report that it is very easy to refuse substances that are offered to them.

Survey Questions Analyzed

- **Students' use of substances**
 - Have you ever used part of all of a substance (lifetime use)? (Asked for each substance)
 - During the past 30 days, on how many days did you use part of all of a substance (current use)? (Asked for each substance)
 - During the past 30 days, on how many days did you have 4 or more drinks of alcohol in a row (binge drinking)?
- **Risk of substance use**
 - How much do you think people risk harming themselves physically or in other ways if they use a substance? (Asked for each substance)
- **Access and exposure to substances**
 - If you wanted to get a substance, how easy would it be? (Asked for each substance)
- **School events and peer pressure**
 - How likely are your friends or peers (people your age) to stand up for you or respect your decision if you choose not to use substances?
 - How easy or difficult is it for you to refuse alcohol and other drugs when they are offered to you?

¹ <https://www.cdc.gov/ncbddd/fasd/features/teen-substance-use.html>

² <https://teens.drugabuse.gov/teachers/stats-trends-teen-drug-use>

³ Ibid.

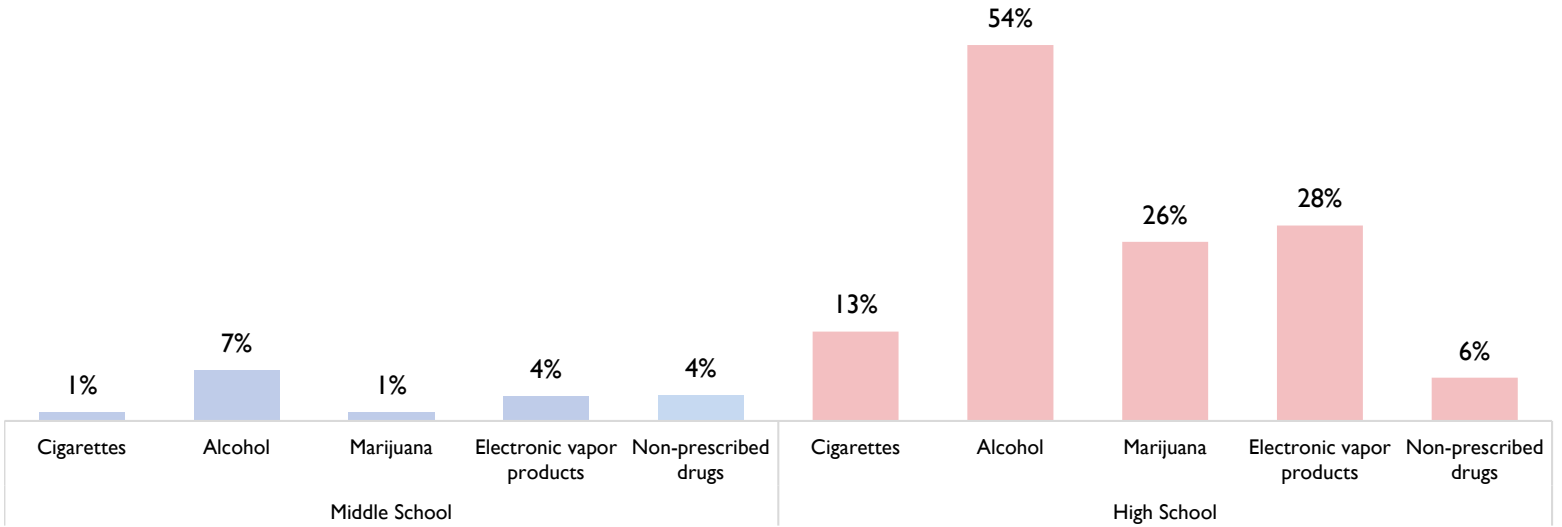
Key Findings

Substance Use

Lifetime use

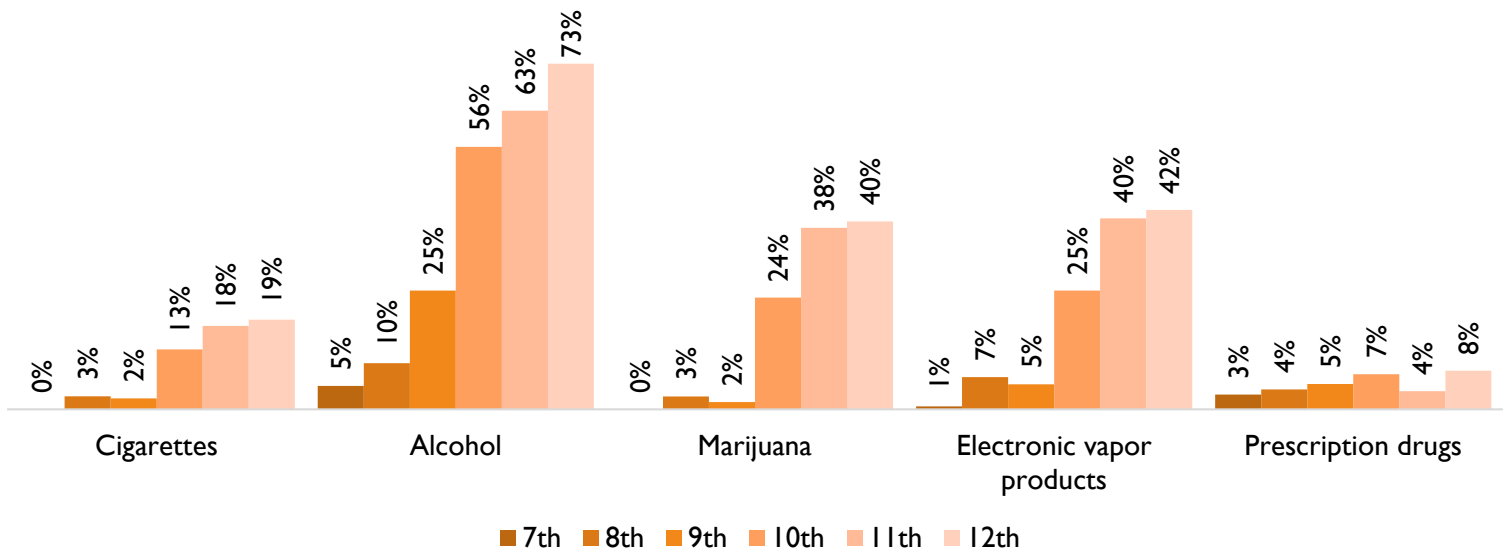
- Overall:** Alcohol was the most reported lifetime substance used by both HS and MS students.

Figure 8. Percent of Lynnfield students reporting lifetime use of substances



- Grade:** The percent of students reporting lifetime use of any substance increased as students increased in grade.

Figure 9. Percent of Lynnfield students reporting lifetime use of substances by grade



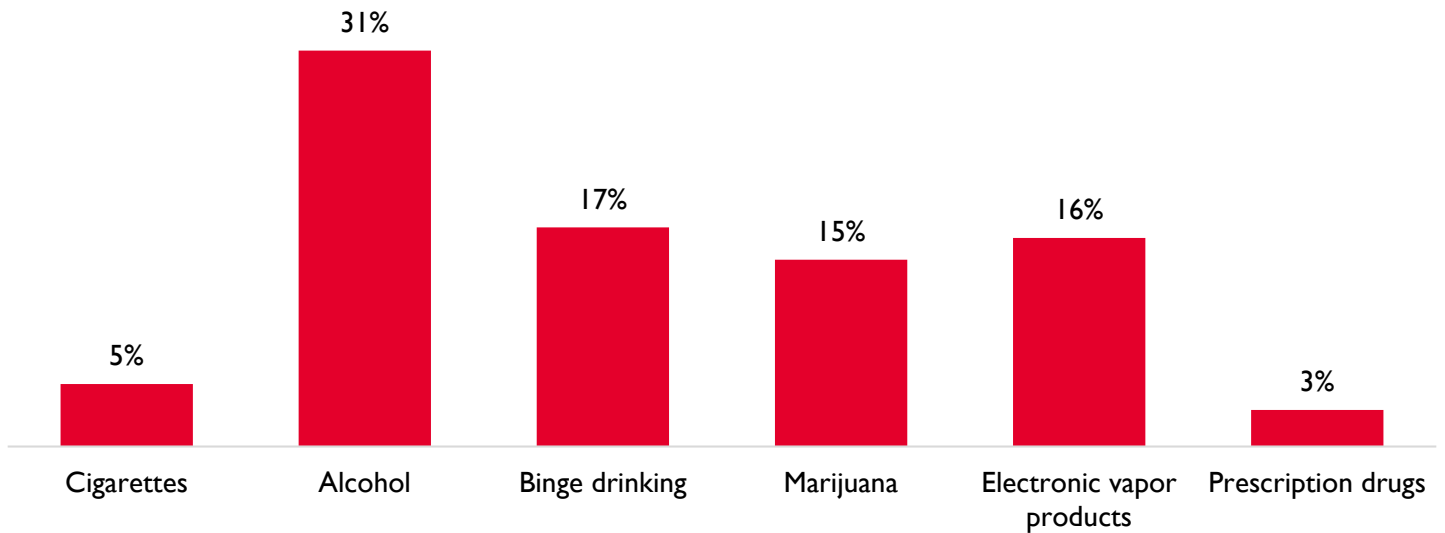
Key Findings

Substance Use

Current (past 30 day) use

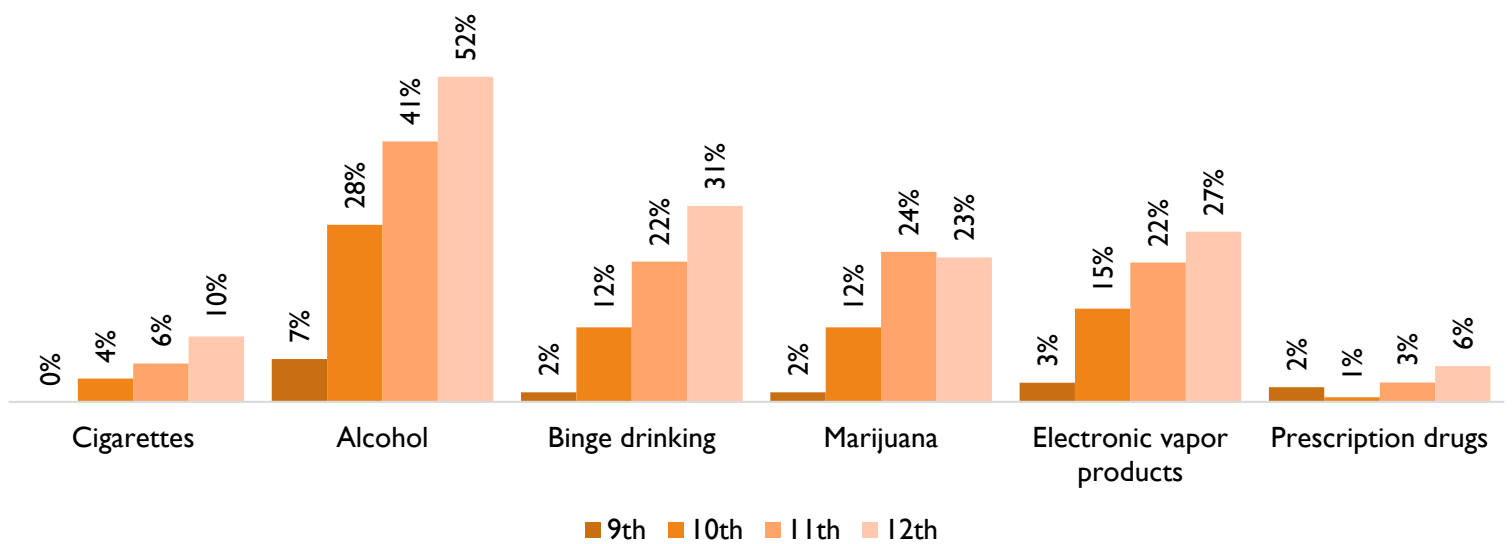
- **Overall:** Lynnfield HS students were more likely to report current use of alcohol. Students reported similar rates of binge drinking, marijuana, and electronic vapor products.

Figure 10. Percent of Lynnfield HS students reporting current (past 30 day) use of substances



- **Grade:** Generally, the percent of Lynnfield HS students reporting current use of any substance increased as students increased in grade.

Figure 11. Percent of Lynnfield HS students reporting current (past 30 day) use of substances by grade



Key Findings

Substance Use

Current (past 30 day) use

- **Race:** Use of substances varied across race. Asian students were least likely to report current overall substance use.
- **Gender:** Use of substances also varied across genders. Female students were more likely to report smoking cigarettes, binge drinking, and the use electronic vapor products. Genderqueer students were more likely to report drinking alcohol, using marijuana, and using prescription drugs not prescribed to them.

Table 11. Percent of Lynnfield HS students who reported current (past 30 day) use of substances

	Cigarettes	Alcohol	Binge drinking	Marijuana	Electronic vapor products	Prescription drugs
Overall	5%	31%	17%	15%	16%	3%
White	5%	34%	18%	16%	18%	3%
Black	0%	8%	8%	8%	8%	0%
Asian	0%	11%	3%	3%	3%	3%
Multi-Racial	13%	25%	13%	25%	13%	6%
Male	4%	28%	14%	15%	13%	3%
Female	6%	35%	19%	14%	21%	2%
Genderqueer	0%	43%	0%	29%	0%	14%

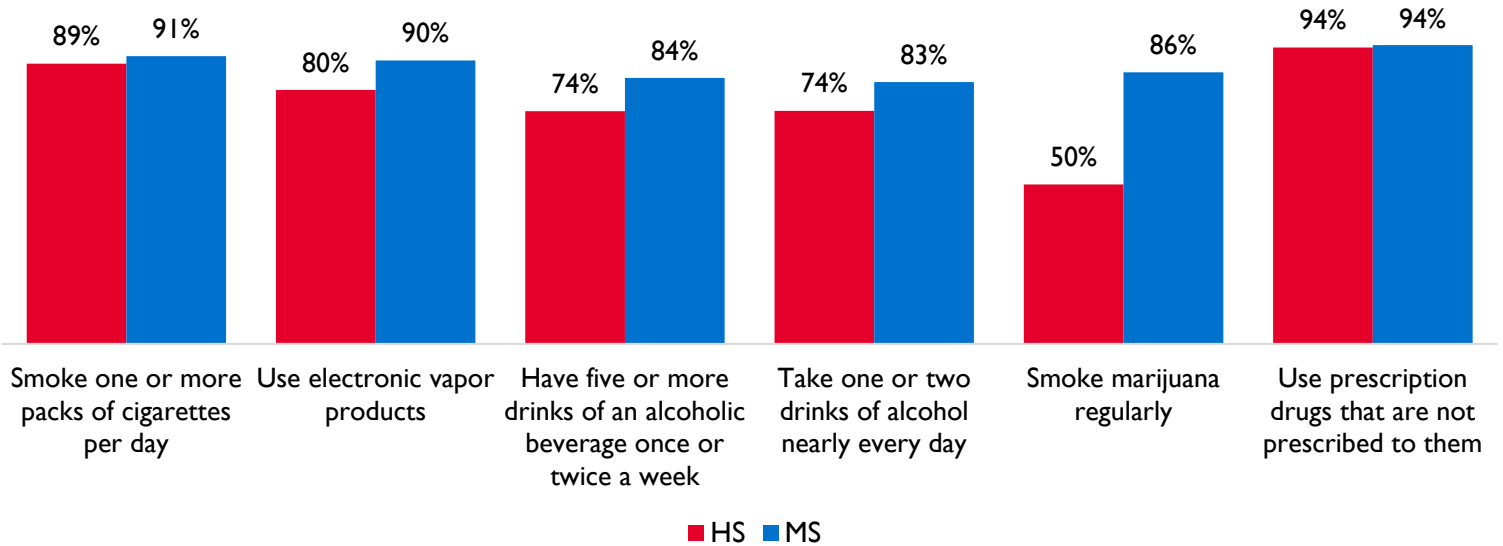
Key Findings

Substance Use

How much do you think people risk harming themselves (physically or in other ways) if they use the following substances?

- **Overall:** Lynnfield students perceived using prescription drugs that are not prescribed to them as the most risky, followed by smoking one or more packs of cigarettes per day, and using electronic vapor products.

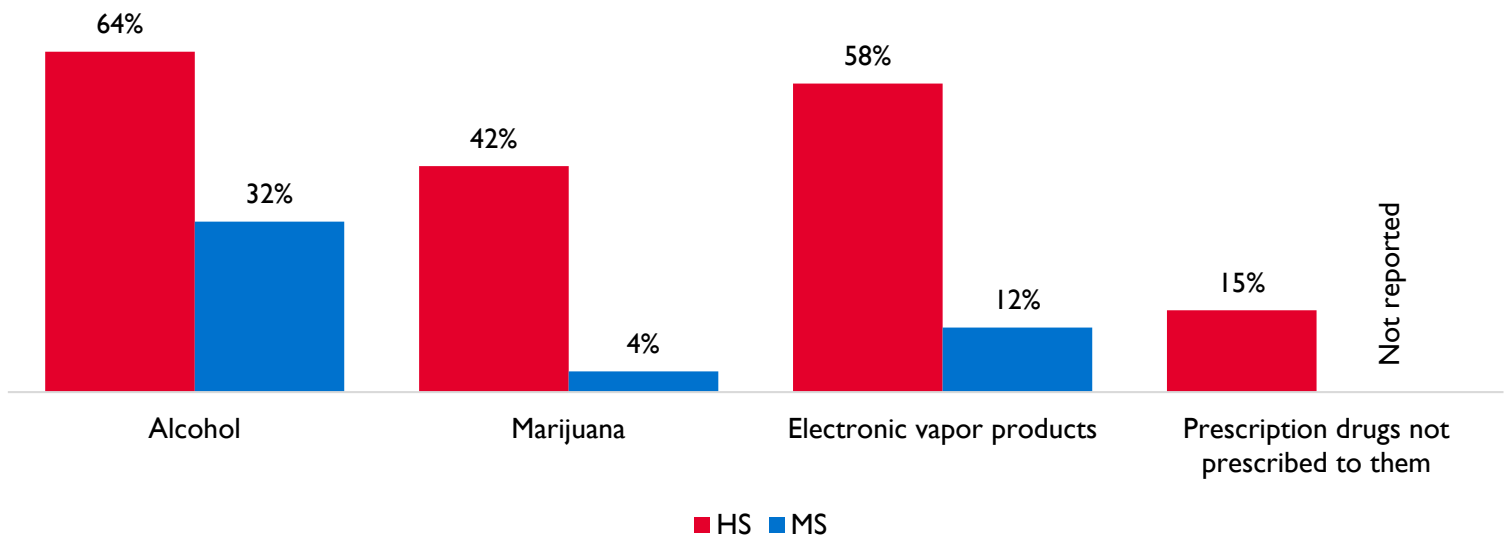
Figure 12. Perceived risk (moderate risk or great) of substance use among Lynnfield students



If you wanted to get the following substances how easy would it be?

- **Overall:** Lynnfield students perceived alcohol as the easiest substance to obtain, followed by electronic vapor products, marijuana, and prescription drugs not prescribed to them.

Figure 13. Percent of Lynnfield students reporting perceived ease (fairly easy or very easy) of obtaining substances



Key Findings

Substance Use

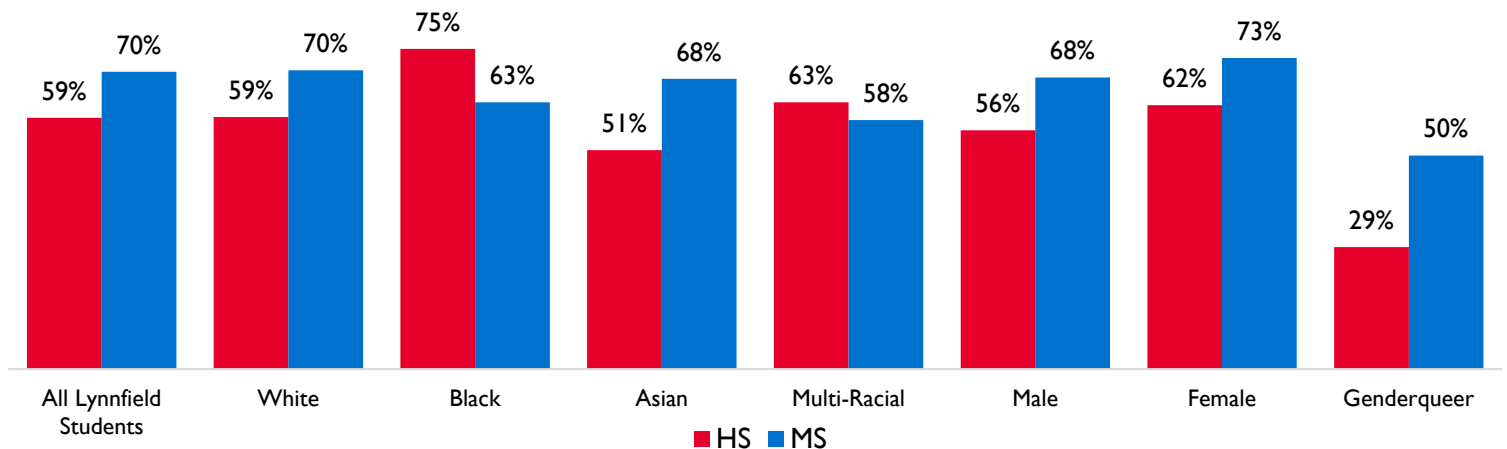
How often do you feel the need to use alcohol, tobacco, or other drugs because you want to fit in with your friends or peers (people your age)?

- **Overall:** Only 5% of Lynnfield HS students and 0.3% of Lynnfield MS students reported that they often or always feel the need to use substances because they want to fit in with their friends or peers.

How likely are your friends or peers (people your age) to stand up for you or respect your decision if you choose not to use substances?

- **Overall:** Lynnfield students reported that their friends or peers would support or respect their decision to not use substances at similar rates across races and genders with the exception of genderqueer HS students who reported at significantly lower rates.

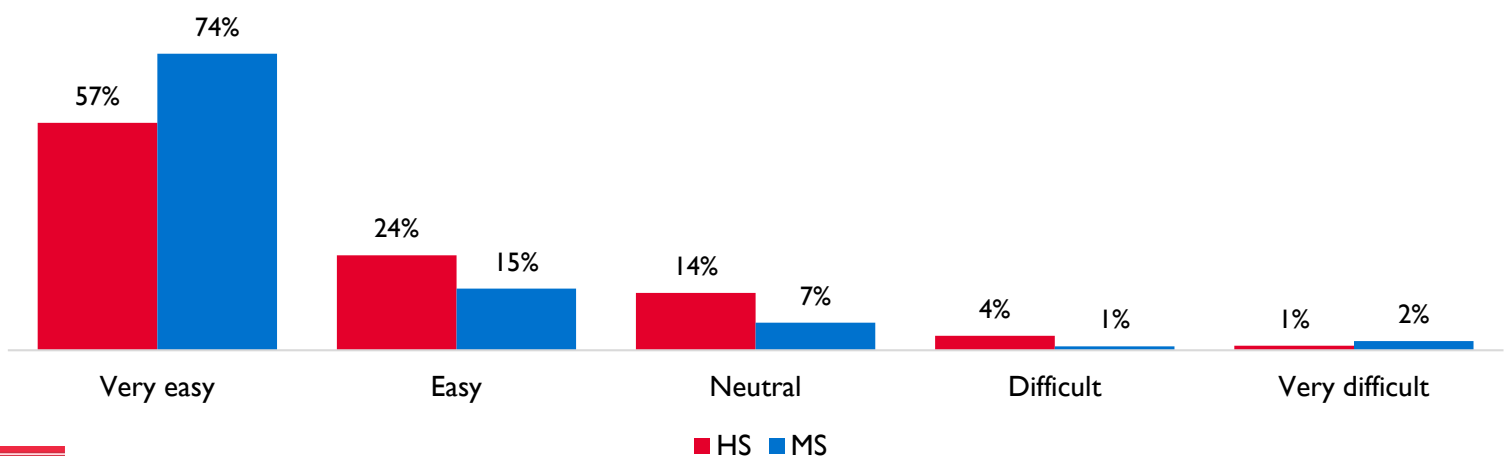
Figure 14. Percent of Lynnfield students who reported that their friends or peers are very likely to stand up for or respect their decision if they choose not to use substances



How easy or difficult is it for you to refuse alcohol and other drugs when they are offered to you?

- **Overall:** More than half of Lynnfield HS students and almost three-quarters of Lynnfield MS students reported that it would be very easy to refuse substances offered to them.

Figure 15. Percent of Lynnfield students reporting it would be very easy to refuse substances



Key Findings

Unintentional Injury and Violence

Unintentional injuries are defined as accidental injuries where the harmful outcome was not sought, occurred in a short period of time, or normal body functions were blocked by external means. Some of the most common unintentional injuries result from motor vehicle crashes, falls, fires and burns, drowning, poisonings, and suffocations. According to a new analysis by CDC, between 1999-2016, mortality from all three forms of injury death – unintentional injury/accidents, suicide, and homicide – have increased for children and adolescents ages 10-19, after years of sharp decline.¹

This section also reports data on sexual or physical dating violence amongst students. Unhealthy relationship dynamics during adolescence can be detrimental to emotional development and lead to other long-term negative impacts on future relationships. Teen dating violence (TDV) occurs between two people in a close relationship and includes four types of behavior; physical violence, sexual violence, stalking, and psychological aggression. The CDC reports nationally, nearly 1 in 9 female teens and 1 in 13 male teens report experiencing physical dating violence in the last 12 months.² Primary prevention initiatives include early education about safe dating practices, problem-solving skills, and avoidance of risky behaviors. In the state of Massachusetts, 2010 Mass. Acts, Chap. 256 requires school districts to implement a specific policy to address teen dating violence in public schools.

Pulse Check Summary

- Overall, 11% of HS reported experiencing sexual violence in the past 12 months.
- Multi-Racial and genderqueer HS students were more likely to report experiencing sexual violence.
- Multi-Racial and genderqueer HS students were more likely to report experiencing bullying on school property in the past 12 months. Similarly, Multi-Racial MS students were more likely to report experiencing bullying on school property ever.
- White and genderqueer HS students were more likely to report electronic bullying in the past 12 months. Multi-Racial and genderqueer MS students were more likely to report electronic bullying ever.

Survey Questions Analyzed

- **General**
 - During the past 12 months, how many times did anyone force you to do sexual things that you did not want to do?
- **Dating violence**
 - During the past 12 months, how many times did someone you were dating or going out with force you to do sexual things that you did not want to do?
 - During the past 12 months, how many times did someone you were dating or going out with physically hurt you on purpose?
- **Bullying**
 - Have you been bullied on school property in the past 12 months (HS) or ever (MS)?
 - Have you been electronically bullied in the past 12 months (HS) or ever (MS)?

¹ https://www.cdc.gov/nchs/pressroom/nchs_press_releases/2018/201806_Youth_Injury_Mortality.htm

² <https://www.ncsl.org/research/health/teen-dating-violence.aspx>

Key Findings

Unintentional Injury and Violence

Sexual violence and dating violence in the past 12 months

- **Overall:** Eleven percent of Lynnfield HS students reported being forced to do sexual things that they did not want to do by anyone. Lower percentages of HS students reported being forced to do sexual things or physically hurt on purpose by someone they were dating.
- **Race:** Multi-Racial HS students and were more likely to experience sexual violence by anyone.
- **Gender:** Genderqueer HS students were more likely to experience sexual violence by anyone.

Figure 16. Percent of Lynnfield HS students who reported experiencing sexual or physical violence in the past 12 months

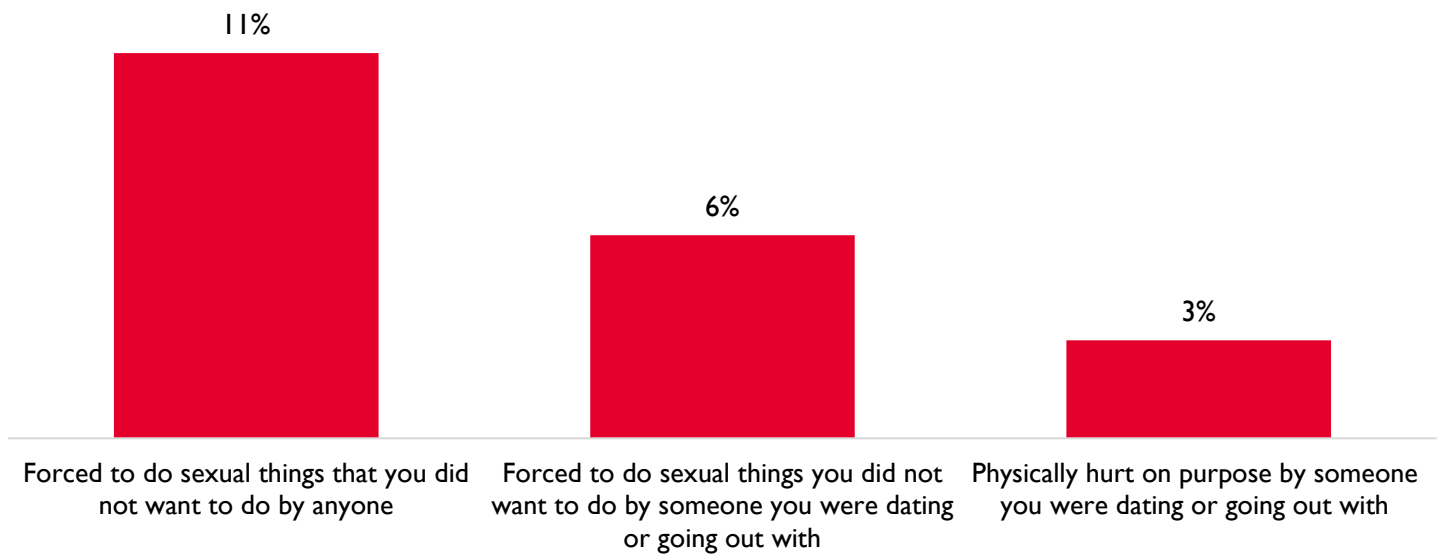
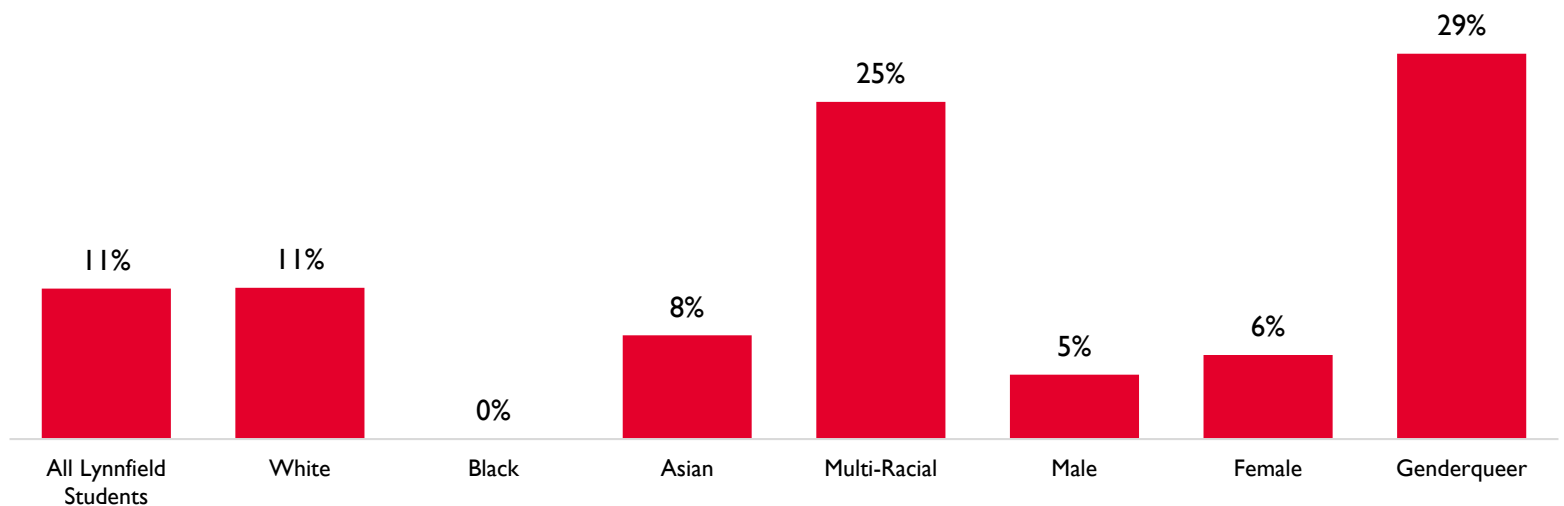


Figure 17. Percent of Lynnfield HS students who reported being forced to do sexual things that they did not want to do by anyone in the past 12 months



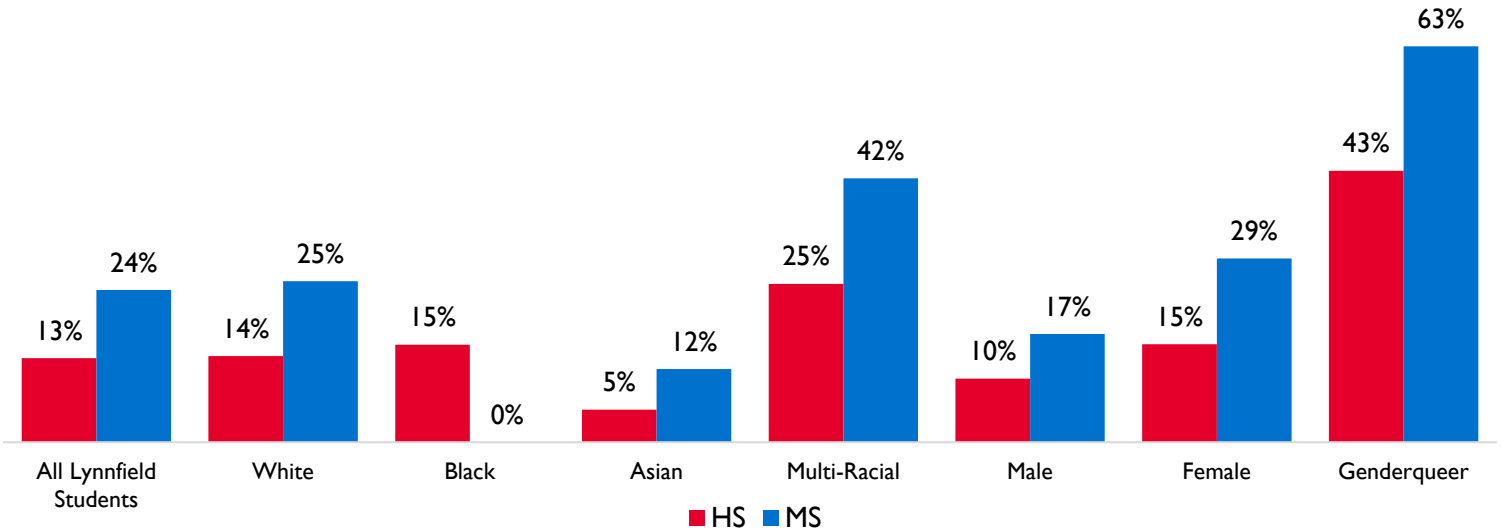
Key Findings

Unintentional Injury and Violence

Have you been bullied on school property in the past 12 months (HS) or ever (MS)?

- **Race:** Multi-Racial HS students and Multi-Racial MS students were more likely to report having been bullied on school property.
- **Gender:** Genderqueer students are significantly more likely to report having been bullied on school property.

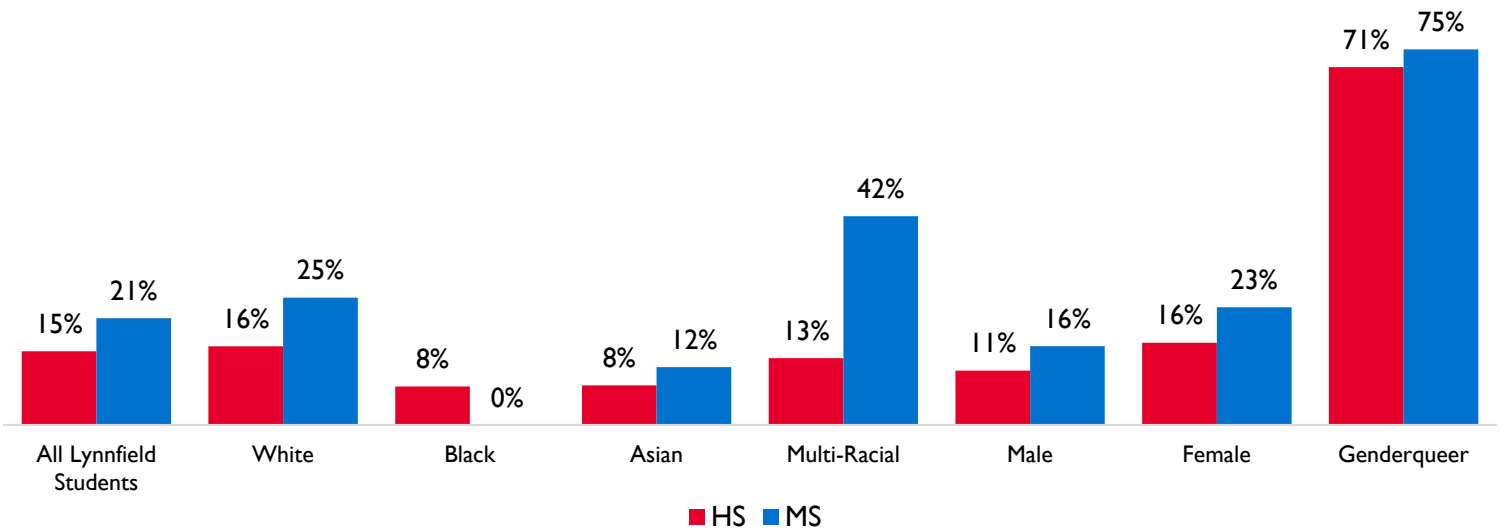
Figure 18. Percent of Lynnfield students who reported having been bullied on school property in the past 12 months (HS) or ever (MS)



Have you been electronically bullied in the past 12 months (HS) or ever (MS)?

- **Race:** White HS students and Multi-Racial MS students were more likely to report having been electronically bullied.
- **Gender:** Genderqueer students were significantly more likely to report having been electronically bullied.

Figure 19. Percent of Lynnfield students who reported having been electronically bullied in the past 12 months (HS) or ever (MS)



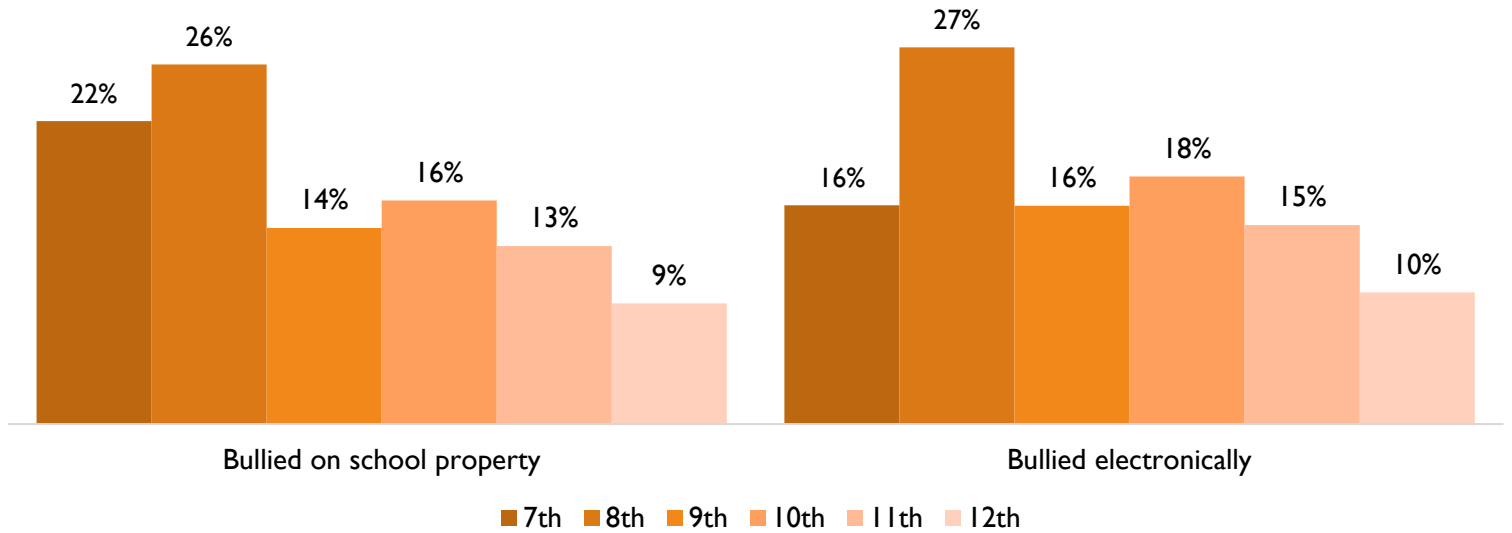
Key Findings

Unintentional Injury and Violence

Have you been bullied on school property or electronically in the past 12 months (HS) or ever (MS)?

- **Grade:** Generally, the percent of Lynnfield students who reported being bullied on school property and/or electronically decreased as students increased in grade.

Figure 20. Percent of Lynnfield students reporting being bullied on school property or electronically in the past 12 months (HS) or ever (MS) by grade



Key Findings

Sexual Behaviors

Youth who engage in sexual behaviors are at risk for unintended health outcomes such as human immunodeficiency virus (HIV), other sexually transmitted infections (STIs), and unintended pregnancy. Sexual minority youth including lesbian, gay, and bisexual high school students in particular are at substantial risk for serious health outcomes relative to their peers. The CDC reports that nationwide, 11% of students identifying as LGBT have had sex with four or more partners, compared to 8% of students identifying as heterosexual.¹

Despite a decline in high school student sexual risk behavior from 2009 to 2019, students continue to engage in risky health-related behaviors. For example, there has been a decline in condom use among sexually active students from 61% in 2009 to 54% in 2019.²

Pulse Check Summary

- Overall, 23% of HS students and 1% of MS students reported that they had ever had sexual intercourse.
- White and genderqueer HS students who reported ever having had sexual intercourse were more likely to report using alcohol or drugs the last time they had sexual intercourse.
- Black and male HS students who reported ever having had sexual intercourse were more likely to report that they or their partner used a condom the last time they had sexual intercourse.

Survey Questions Analyzed

- Sexual activity
 - Have you ever had sexual intercourse?
 - Did you drink alcohol or use drugs before you had sexual intercourse the last time? (HS)
- Methods of protection
 - The last time you had sexual intercourse, did you or your partner use a condom?

¹ https://www.cdc.gov/healthyyouth/youth_hiv/hiv-information-and-youth.htm

² <https://www.cdc.gov/mmwr/volumes/69/su/su6901a2.htm>

Key Findings

Sexual Behaviors

Have you ever had sexual intercourse?

- **Overall:** 23% of HS students and 1% of MS students reported that they had ever had sexual intercourse.
- **Race:** Black HS students and White MS students were more likely to report ever having had sexual intercourse.
- **Gender:** Genderqueer HS students and male MS students were more likely to report ever having had sexual intercourse.
- **Grade:** Students were more likely to report ever having had sexual intercourse as they increased in grade.

Figure 21. Percent of Lynnfield students who reported that they had ever had sexual intercourse

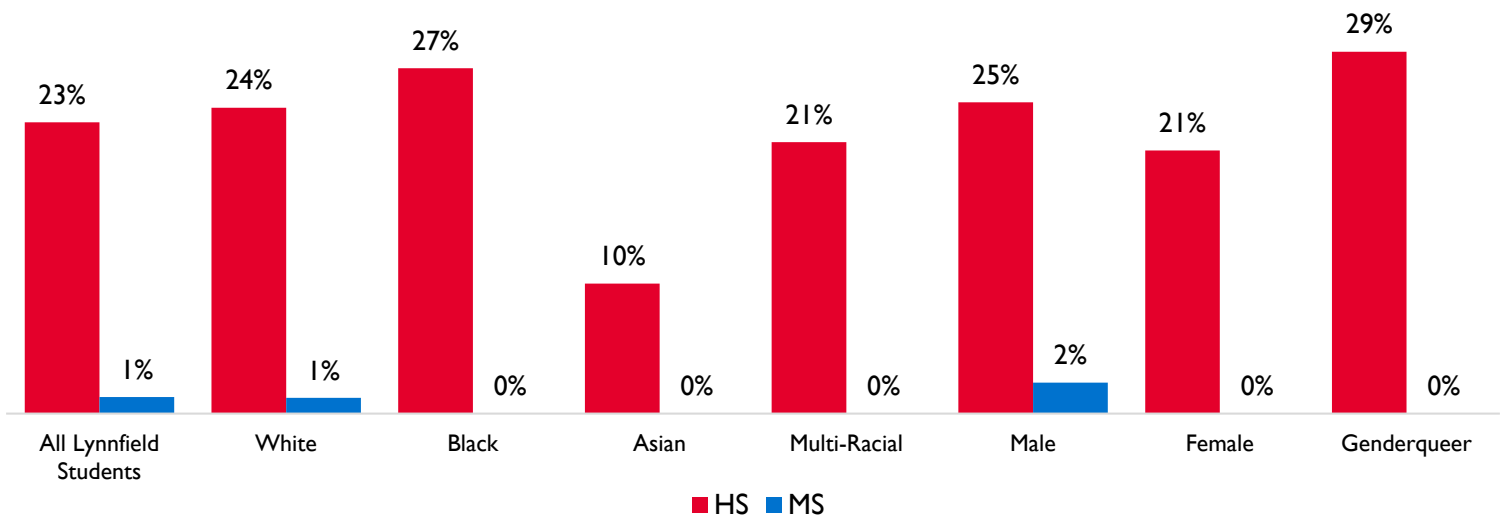
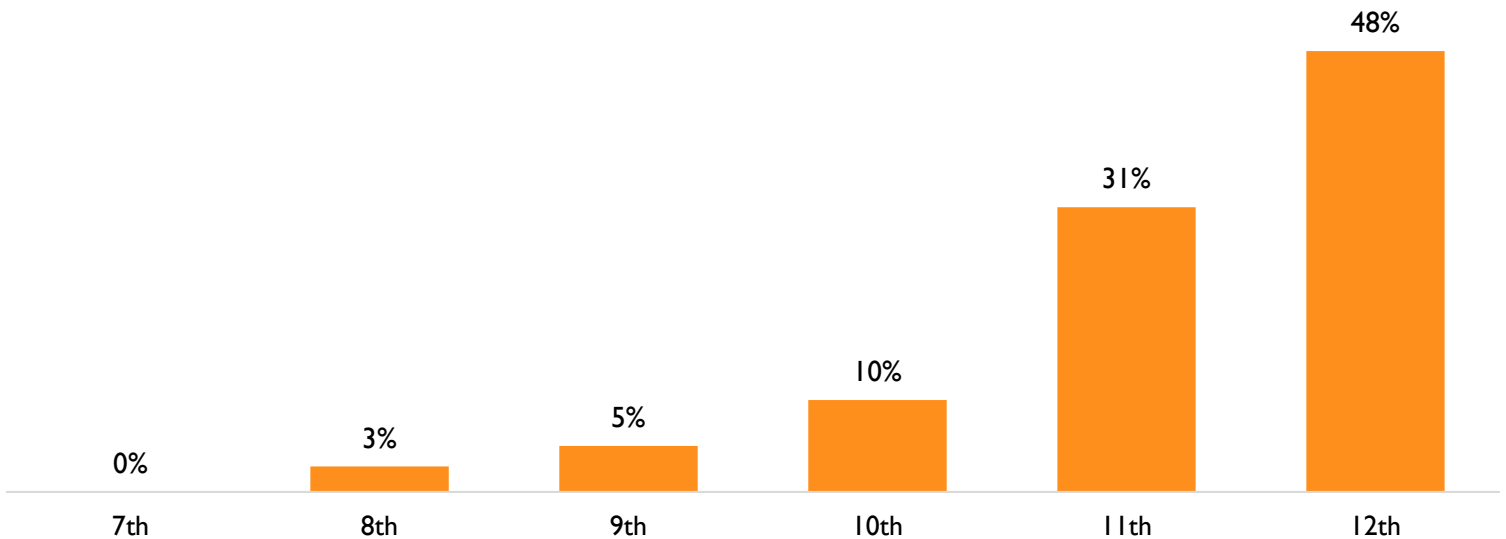


Figure 22. Percent of Lynnfield students who reported that they had ever had sexual intercourse by grade



Key Findings

Sexual Behaviors

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

- **Overall:** Of the HS students who reported ever having had sexual intercourse, 20% reported that they drank alcohol or used drugs the last time they had sexual intercourse.
- **Race:** White HS students were more likely to report drinking alcohol or using drugs the last time they had sexual intercourse.
- **Gender:** Genderqueer HS students were more likely to report drinking alcohol or using drugs the last time they had sexual intercourse.
- **Grade:** Use of alcohol or drugs before sexual intercourse increased as HS students increased in grade.

Figure 23. Percent of Lynnfield HS students who ever had sexual intercourse who reported that they drank alcohol or used drugs the last time they had sexual intercourse

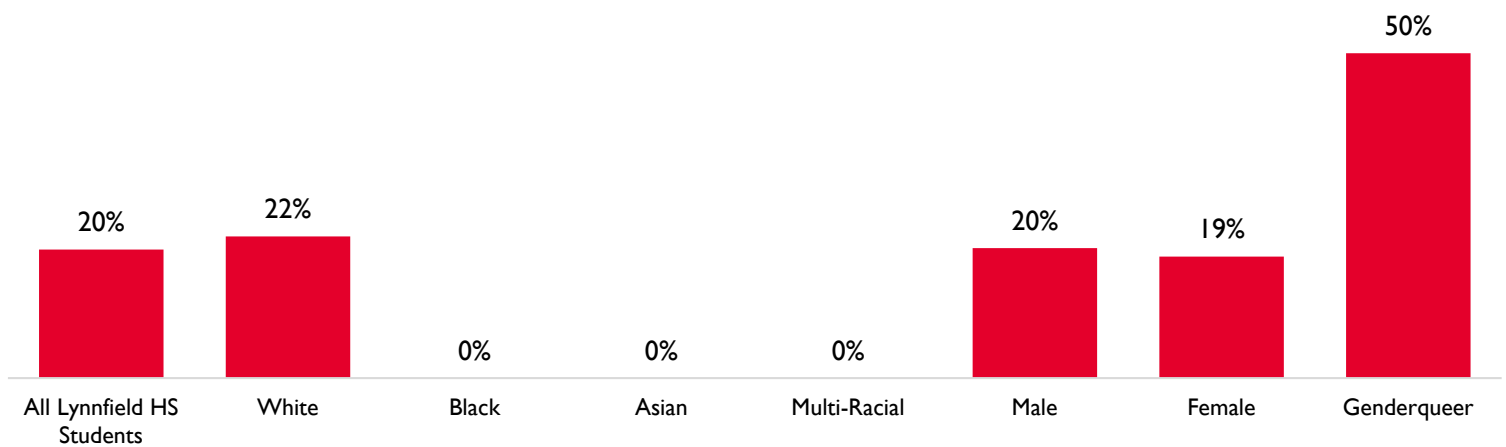
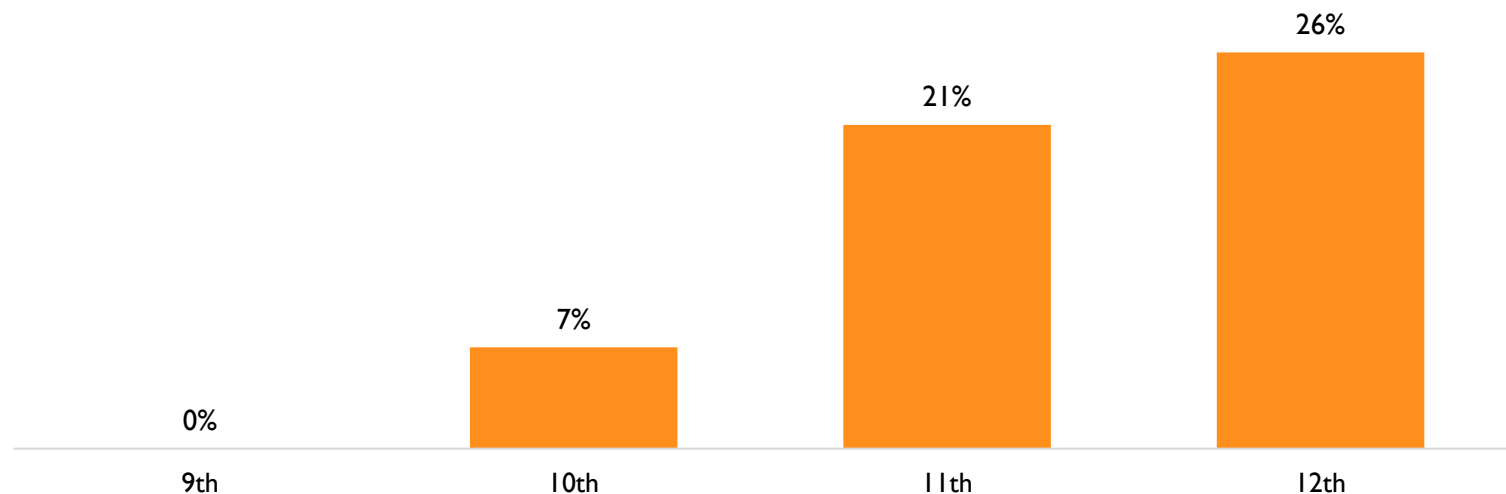


Figure 24. Percent of Lynnfield HS students who ever had sexual intercourse who reported that they drank alcohol or used drugs the last time they had sexual intercourse by grade



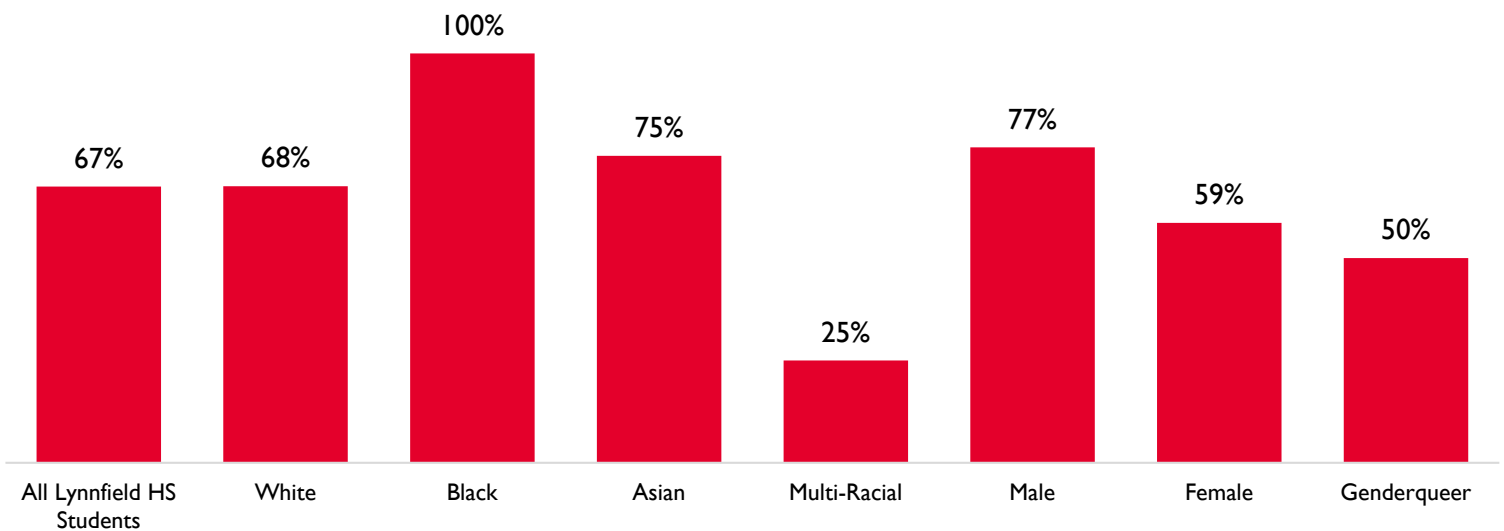
Key Findings

Sexual Behaviors

Did you or your partner use a condom the last time you had sexual intercourse?

- **Overall:** Of the HS students who reported ever having had sexual intercourse, 67% reported that they or their partner used a condom the last time they had sexual intercourse. Condom use was the most likely method used to prevent pregnancy by Lynnfield HS students.
- **Race:** Black HS students were more likely to report using a condom the last time they had sexual intercourse. Multi-Racial students were most likely to report not using any method to prevent pregnancy.
- **Gender:** Male HS students and were more likely to report using a condom.

Figure 25. Percent of Lynnfield HS students who had ever had sexual intercourse who reported that they or their partner used a condom the last time they had sexual intercourse



The last time you had sexual intercourse, what one method did you or your partner use to prevent pregnancy?

Table 12. Percent of Lynnfield HS students who reported having sexual intercourse and their methods to prevent pregnancy

	No method	Birth control pills	Condoms	IUD or implant	Withdrawal or other method	Not sure
Overall	7%	26%	56%	2%	3%	5%
White	5%	27%	58%	2%	3%	5%
Black	33%	0%	33%	0%	33%	0%
Asian	0%	33%	67%	0%	0%	0%
Multi-Racial	50%	25%	0%	0%	0%	25%
Male	7%	19%	69%	2%	2%	2%
Female	7%	33%	44%	2%	5%	9%
Genderqueer	0%	100%	0%	0%	0%	0%

Key Findings

Dietary Behaviors and Physical Activity

Nutrition and physical activity are important for optimal growth and development and chronic disease prevention. Establishing healthy dietary and physical activity behaviors early in life is a vital public health strategy for promoting lifelong physical health. The CDC recommends that children and adolescents ages 6-17 years eat a variety of vegetables, fruits, and whole grains, and engage in more than 60 minutes of moderate-to-vigorous physical activity daily.¹ Data analyzed by the CDC indicates that most American adolescents are not meeting these recommendations for healthy eating or physical activity, which puts them at increased risk for chronic diseases, (e.g., type 2 diabetes, cardiovascular diseases, or obesity).²

Sugar-sweetened beverages (SSBs) are the primary source of added sugars in U.S. youths' diets. Studies show higher SSB intake among male adolescents compared to female adolescents and among Black and Hispanic adolescents compared to White adolescents.³

Pulse Check Summary

- Fifty-seven percent of HS students and 61% of MS students reported that they are about the right weight.
- Female HS students and genderqueer MS students were more likely to report that they wanted to lose weight.
- White HS students and Black MS students were more likely to report that they were physically active for 60 minutes on 5 out the past 7 days. Male HS and MS students were more likely to report that they were physically active.
- Reported rates of physical activity were consistent across grades.

Survey Questions Analyzed

- **Dietary Behaviors**
 - How would you describe your weight?
 - Which of the following are you trying to do about your weight?
- **Physical Activity**
 - During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day?

¹ <https://www.cdc.gov/mmwr/volumes/69/su/su6901a8.htm>

² <https://www.cdc.gov/healthyschools/obesity/index.htm>

³ <https://www.cdc.gov/mmwr/volumes/69/su/su6901a8.htm>

Key Findings

Dietary Behaviors and Physical Activity

How do students describe their weight?

- **Overall:** 57% of HS students and 61% of MS students reported that they are about the right weight.
- **Gender:** Genderqueer students were less likely to report that they are about the right weight.

Figure 26. Percent of Lynnfield HS students who described themselves as slightly or very overweight by gender

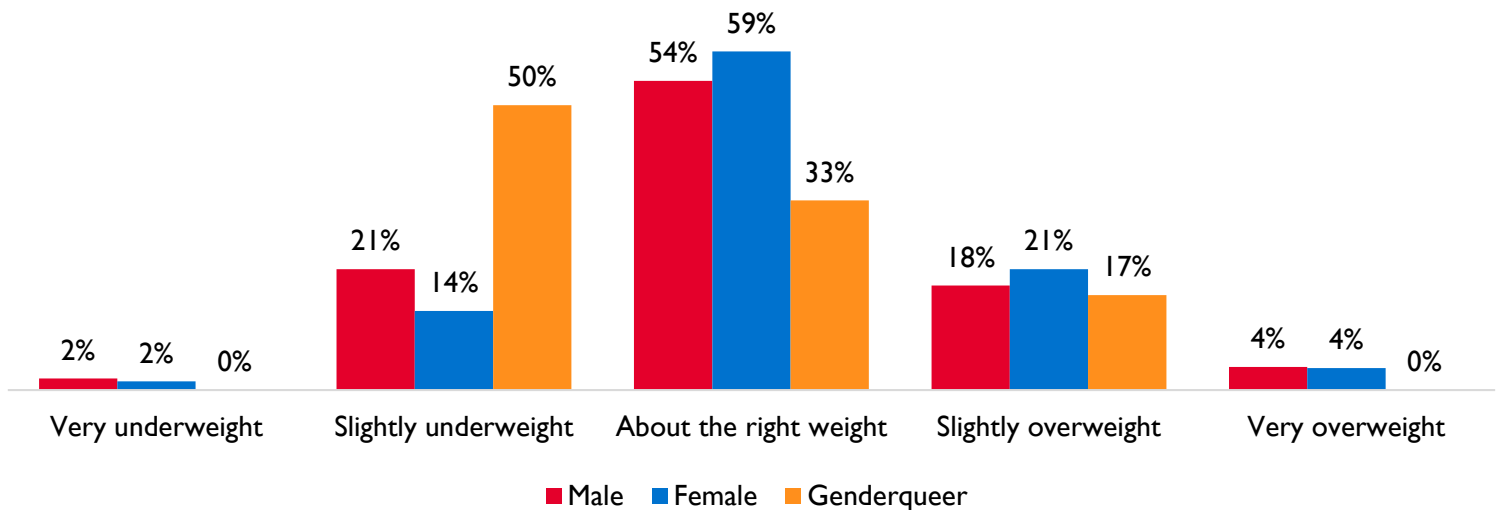
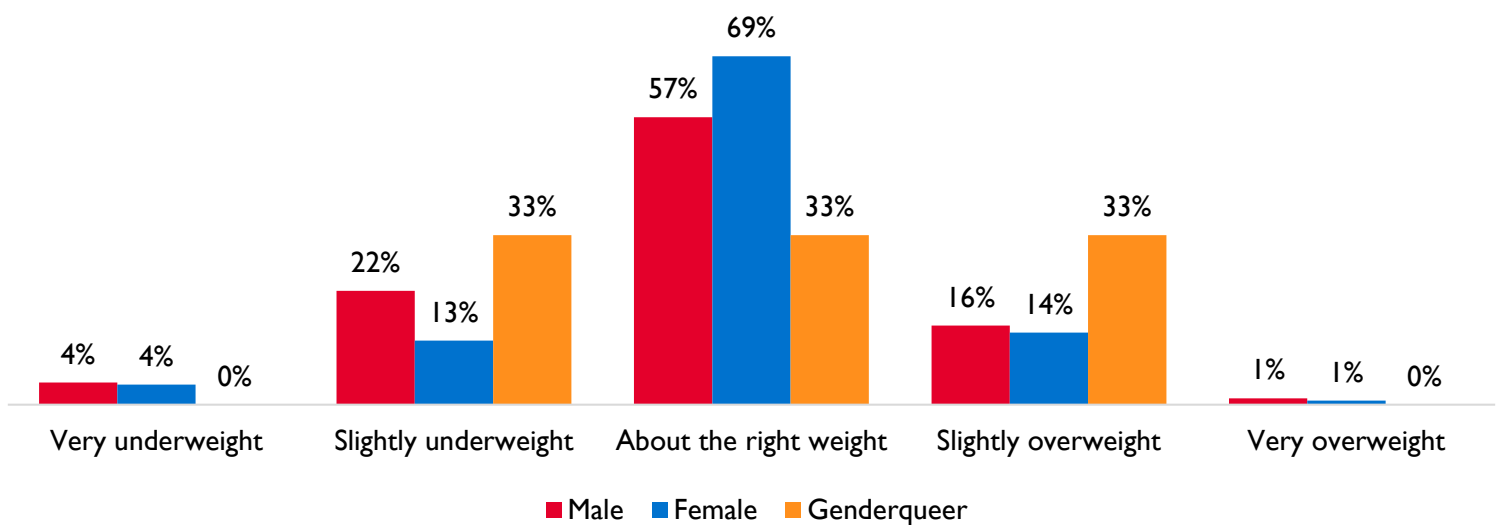


Figure 27. Percent of Lynnfield MS students who described themselves as slightly or very overweight by gender



Key Findings

Dietary Behaviors and Physical Activity

What students want to do about their weight?

- **Overall:** 39% of HS and 30% MS students report that they are trying to lose weight.
- **Gender:** Female HS students and genderqueer MS students were more likely to report trying to lose weight. Male HS and MS students were more likely to report trying to gain weight.

Figure 28. What Lynnfield HS students are trying to do about their weight by gender

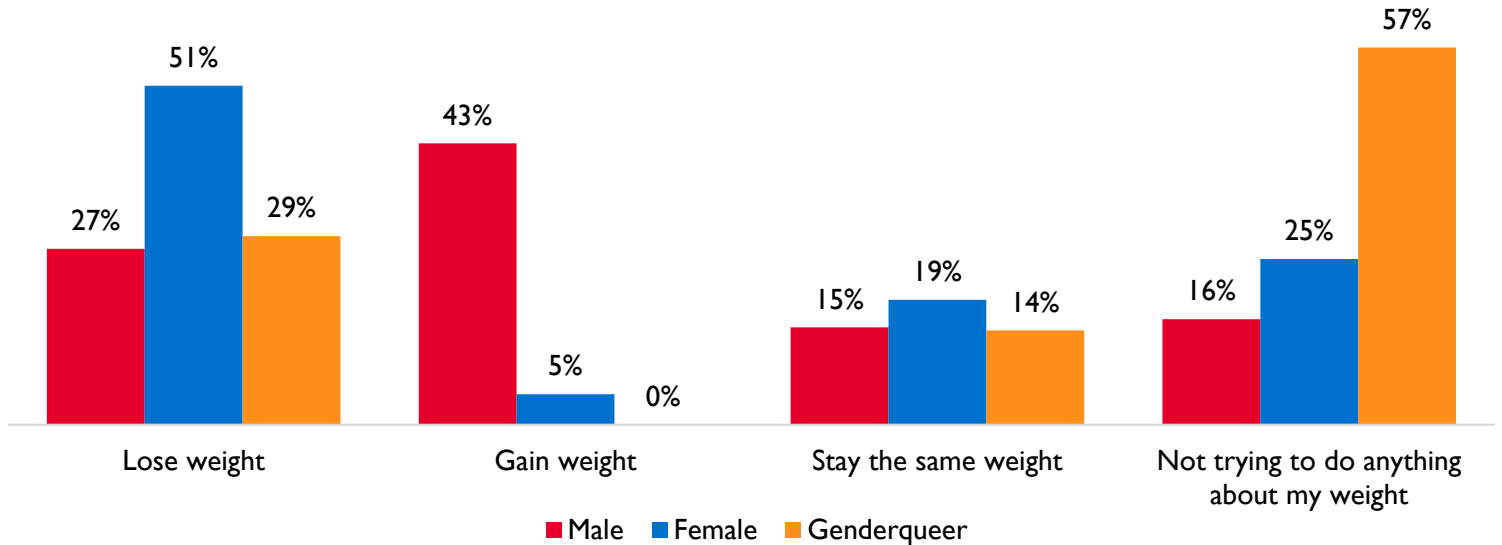
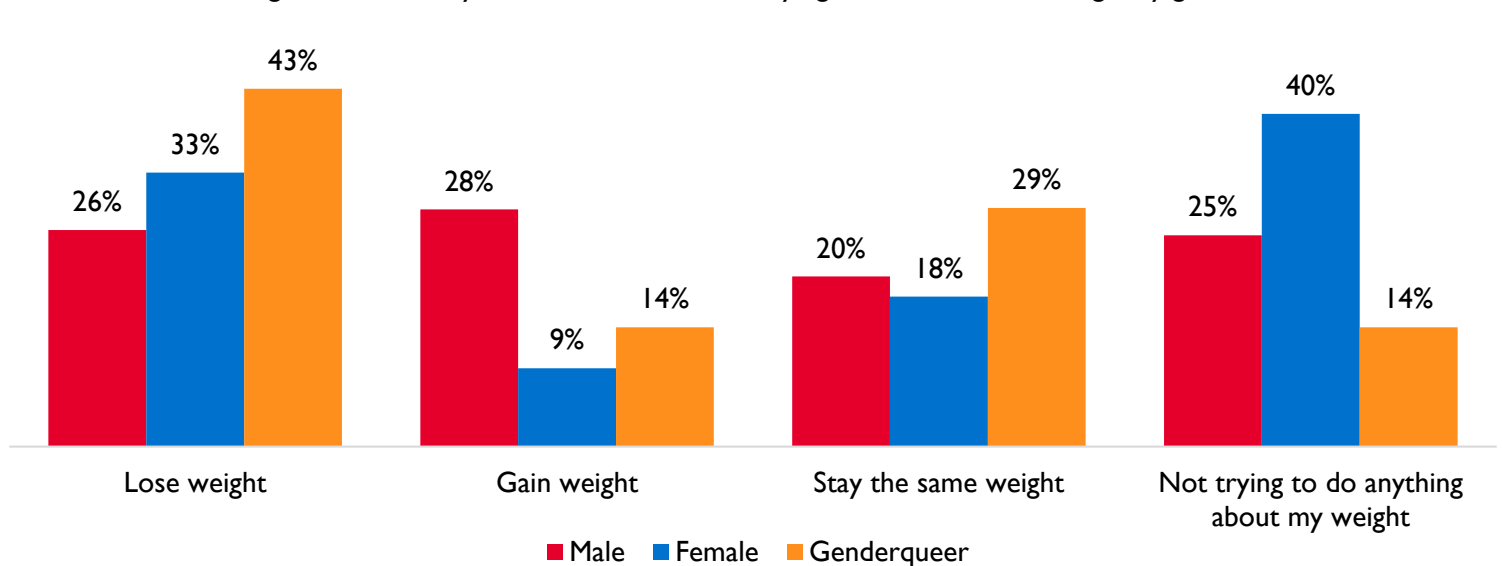


Figure 29. What Lynnfield MS students are trying to do about their weight by gender



Key Findings

Dietary Behaviors and Physical Activity

Were you physically active for 60 minutes for 5 out of the past 7 days?

- **Overall:** 65% of HS students and 72% of MS students reported that they were physically active (60 minutes for 5 out of the past 7 days).
- **Race:** White HS students and Black MS students were more likely to report that they were physically active.
- **Gender:** Male HS and MS students are more likely to be physically active.
- **Grade:** Reported rates of physical activity decreased as students increased in grade.

Figure 30. Percent of Lynnfield students who reported that they were physically active (60 minutes on at least 5 of the past 7 days)

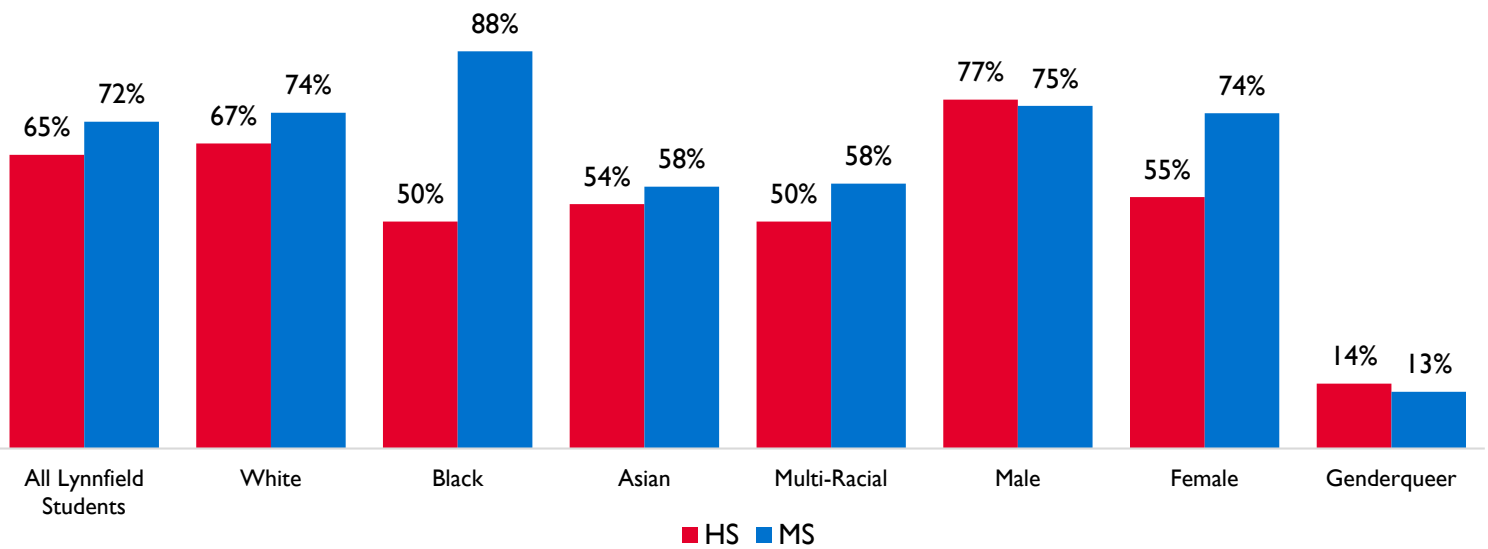
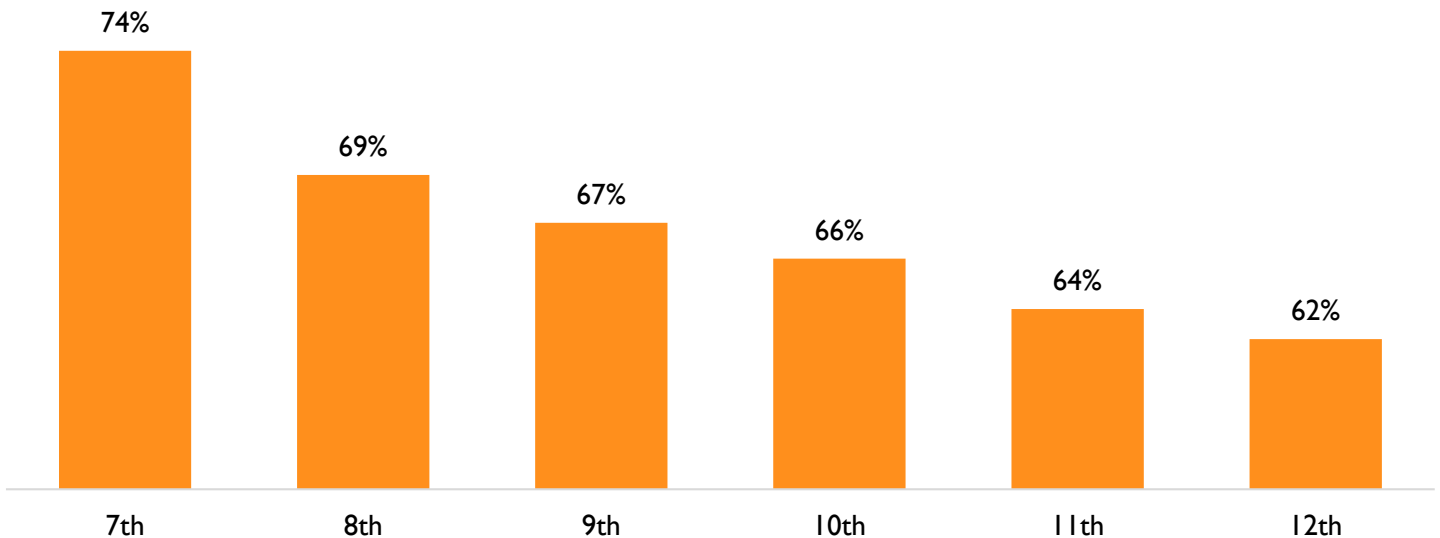


Figure 31. Percent of Lynnfield students who reported that they were physically active (60 minutes on at least 5 of the past 7 days) by grade



Key Findings

Organized Activities

Organized, or extracurricular, activities help adolescents build social skills, self-esteem, and stay mentally, emotionally, and physically healthy. For older adolescents, these activities offer an opportunity to assume meaningful roles and responsibilities. Reports from the U.S. Census Bureau show that children involved in one or more activities (sports, lessons, or clubs) are more likely to have higher levels of school engagement.¹

In 2021, it was expected that student participation in organized activities would drop as in-person gatherings were cancelled due to the COVID-19 pandemic. However, across the United States, about 75% of students reported that they participated sports, school clubs, community groups, drama, etc.

Pulse Check Summary

- Overall, over half of HS and MS students reported that in a typical week they participated in organized activities on five days or more.
- Black HS students and Multi-Racial MS students were more likely to report not participating in organized activities.
- Genderqueer HS and MS students were more likely to report not participating in organized activities.

Survey Questions Analyzed

- In a typical week, how many days are you involved in organized activities?

¹ <https://www.census.gov/newsroom/press-releases/2018/childs-day.html>

Key Findings

Organized Activities

In a typical week, how many days are you involved in organized activities?

- **Overall:** Over half of HS and MS students reported participating in organized activities 5 days or more per week.
- **Race:** Black HS and Multi-Racial MS students were more likely to report no participation in out of school programs.
- **Gender:** Genderqueer students were more likely to report no participation in out of school programs.
- **Grade:** Students reported similar participation in out of school programs across grades.

Figure 32. Frequency in which Lynnfield students participated in organized activities

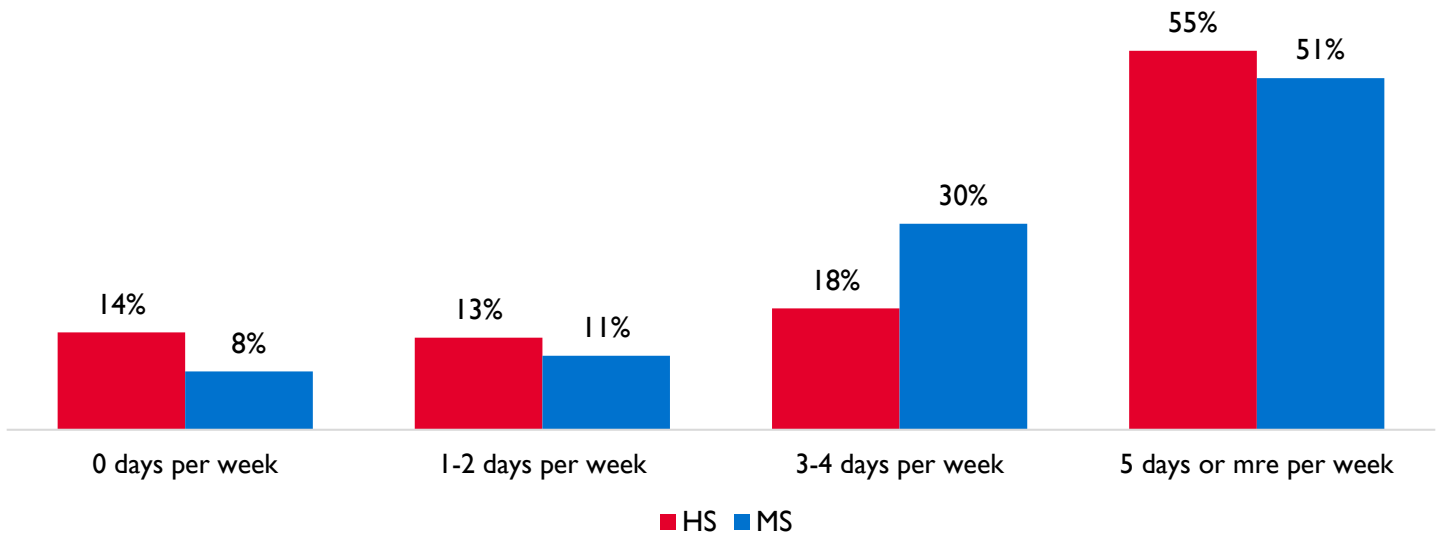
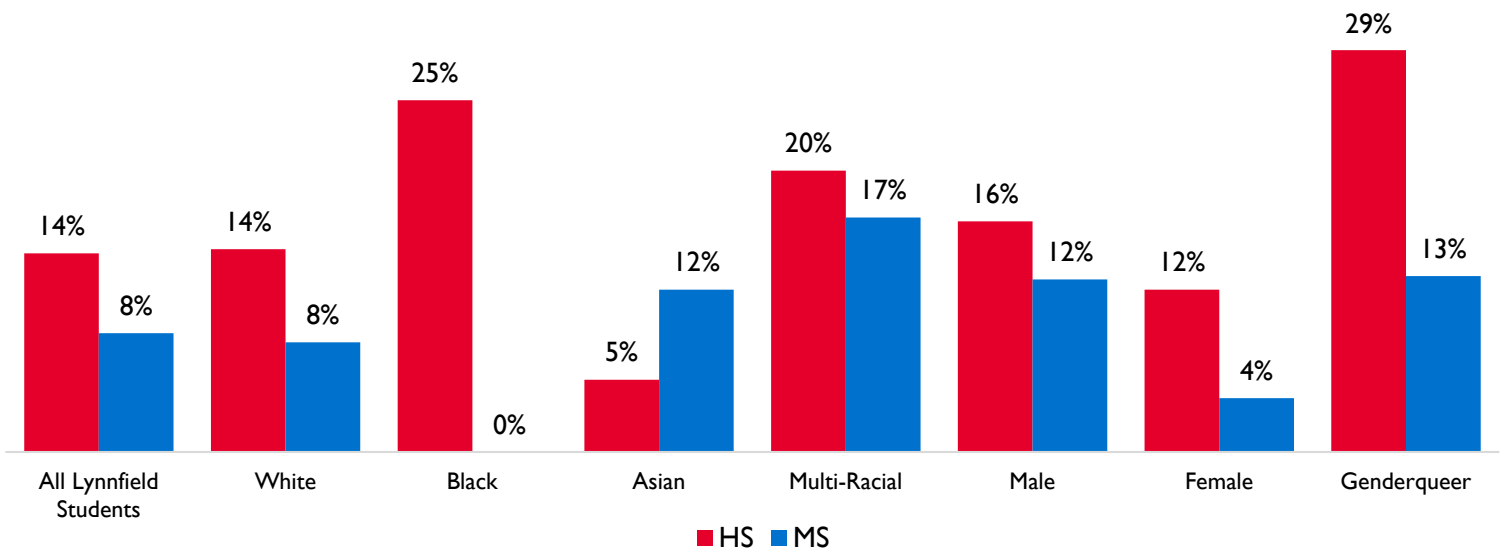


Figure 33. Percent of Lynnfield students who report no participation in organized activities



Key Findings

Open-Ended Responses

At the end of the survey, Lynnfield students were given the opportunity to provide feedback about their experiences with the school system that were not otherwise captured by the survey questions. Between 90-110 (~35%) of the total MS survey respondents and 100-120 (~20%) of the total HS respondents provided text-based answers to the questions asked, acknowledging strengths and identifying opportunities for improvement in the school's approach to overall student wellbeing. The following summary points highlight common themes and represent the key needs of Lynnfield students.

Major Themes:

- Frequent staff and parent check-ins were identified as a primary support system for Lynnfield students.
- Mental health was identified as the leading health topic of personal importance for Lynnfield students.
- Lynnfield HS students would like the school and community to prioritize stress management and coping mechanisms to help deal with high demand environments.

Survey Questions Analyzed

- What areas of your health are most important to you? Why?
- What is being done in your school community that makes you feel your health and well-being is important?
- What else might be done to address student health in your school or community?

Key Findings

Open-Ended Responses

What areas of your health are most important to you? Why? (n=98 MS, n=114 HS)



Physical Health
63% Middle School
56% High School



Mental Health
51% Middle School
70% High School



**Other; Social,
Sexual Health**

What is being done in your school community that makes you feel your health and well-being is important? (n= 67 MS, n=64 HS)



Staff Support
25% Middle School
28% High School



School Programs
21% Middle School
31% High School



School Classes
28% Middle School
6% High School

What else might be done to address student health in your school or community? (n=48 MS, n=65 HS)



**Support & Stress
Management**
25% Middle School
52% High School



**School Programs,
Classes, & Assemblies**
54% Middle School
46% High School

Key Findings

Open-Ended Responses

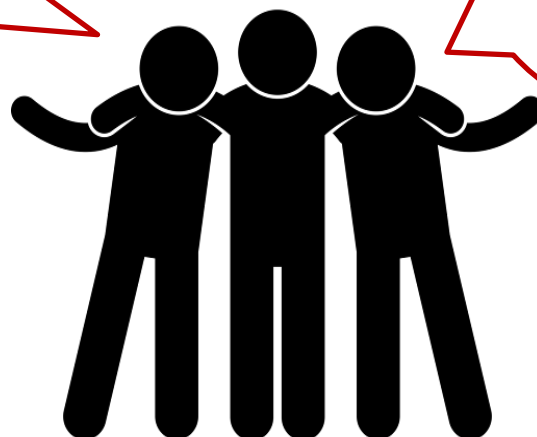
Below is a summary table showing the number and percentage of MS students who provided feedback organized by theme.

Middle School

What areas of your health are most important to you? Why? (n=98)		
	n	%
Mental health	50	51
Physical health	62	63
General wellness	8	8
What is being done in your school community that makes you feel your health and well-being is important ? (n=67)		
School staff	17	25
School programs	14	21
School classes	19	28
What else might be done to address student health in your school or community? (n=48)		
Support and stress management	12	25
School programs, classes, and assemblies	26	54

“Mental health is most important to me because without good **mental health**, a lot of your other health can go downhill.”

“Health class educates me and my peers about **the importance of staying healthy** and how to do so.”



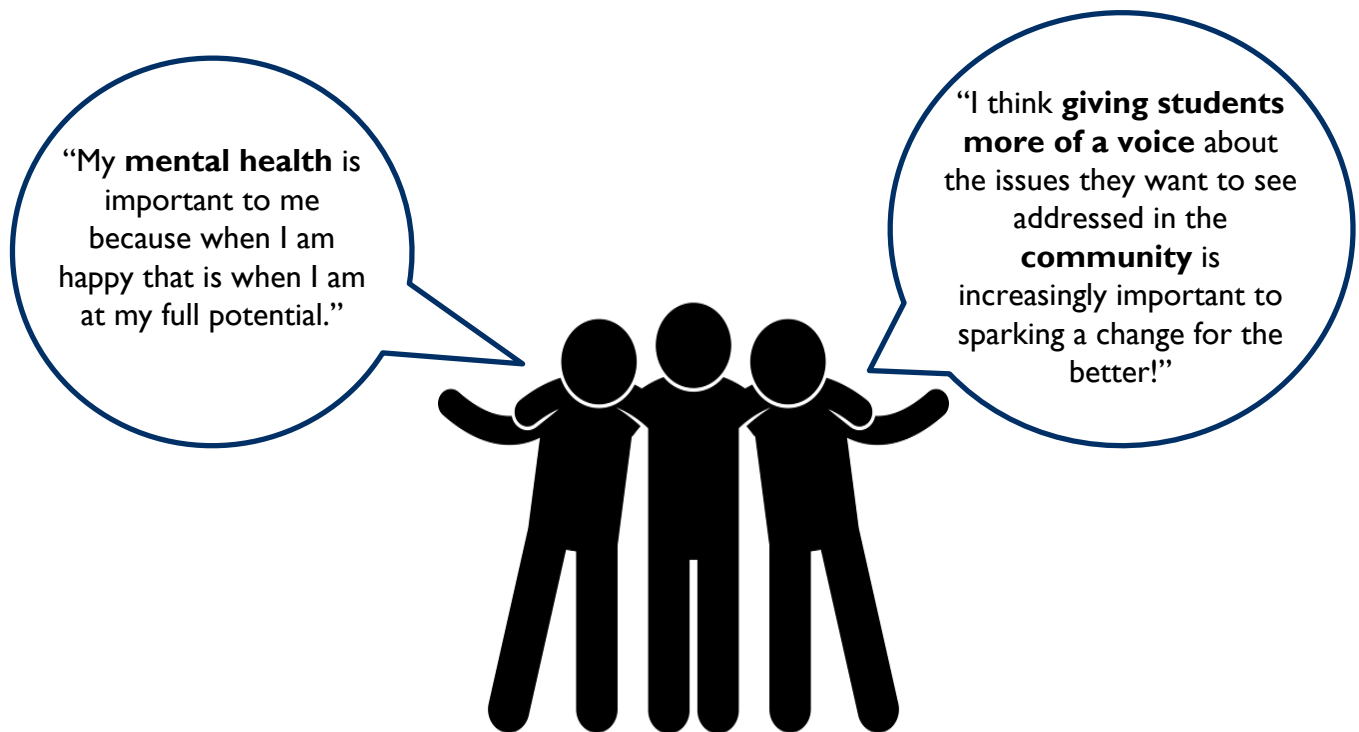
Key Findings

Open-Ended Responses

Below is a summary table showing the number and percentage of HS students who provided feedback organized by theme.

High School

What areas of your health are most important to you? Why? (n=114)		
	n	%
Mental health	80	70
Physical health	64	56
What is being done in your school community that makes you feel your health and well-being is important ? (n=64)		
School staff	18	28
School programs	20	31
School classes	4	6
What else might be done to address student health in your school or community? (n=65)		
Support and stress management	34	52
School programs, classes, and assemblies	30	46



Appendix A. Data Tables

Table A. Lynnfield High School Responses with Middlesex League, State, and National Comparisons								
	Lynnfield 2019		Lynnfield 2021		Middlesex 2021		MA 2019	US 2019
	n	%	n	%	n	%	N	%
UNINTENTIONAL INJURIES & VIOLENCE								
Rarely or never wore a seat belt (when riding in a car driven by someone else)	21	3.9	15	2.8	199	2.3	8.0	6.5
Rode with a driver who had been drinking alcohol (in a car or other vehicle, one or more times during the 30 days before the survey)	49	9.1	40	7.5	600	6.8	15.4	16.7
Drove when they had been drinking alcohol (in a car or other vehicle, one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)	2	0.7	20	2.6	98	2.1	5.1	5.4
Drove when they had been using marijuana (also called grass, pot, or weed, in a car or other vehicle, one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)	34	11.3	28	10.3	286	6.2	20.1	-
Talked on a cell phone while driving a car or other vehicle (on at least 1 day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)	130	43.9	129	47.4	1476	32.4	-	-
Checked their cell phone, texted, or e-mailed while driving a car or other vehicle (on at least 1 day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)	135	44.9	132	48.7	1599	35.1	38.4	39.0
Carried a weapon (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)*	25	4.6	28	5.3	391	4.8	10.0	13.2
Carried a weapon on school property (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey, among students who have been on school property)*	4	0.7	3	0.6	50	0.7	1.8	2.8
Did not go to school because they felt unsafe at school or on their way to or from school (on at least 1 day during the 30 days before the survey, among students who have been on school property)	11	2.0	13	2.5	218	2.9	6.3	-
Were threatened or injured with a weapon on school property (such as a gun, knife, or club, one or more times during the 12 months before the survey, among students who have been on school property)*	16	2.9	10	1.9	118	1.5	4.5	7.4
Were in a physical fight (one or more times during the 12 months before the survey)	69	12.7	78	14.8	837	9.6	17.5	21.9
Were in a physical fight on school property (one or more times during the 12 months before the survey, among students who have been on school property)	16	2.9	15	2.8	114	1.6	6.4	8.0
Were ever physically forced to have sexual intercourse (when they did not want to)	10	1.8	26	4.9	238	3.6	10.0	7.3

*2021 Lynnfield YRBS did not include "club" in weapon examples

Table A. Lynnfield High School Responses with Middlesex League, State, and National Comparisons

	Lynnfield 2019		Lynnfield 2021		Middlesex 2021		MA 2019	US 2019
	n	%	n	%	n	%	n	%
UNINTENTIONAL INJURIES & VIOLENCE								
Ever experienced dating or relationship violence								
Experienced sexual violence by anyone (being forced to do sexual things (counting such things as kissing, touching, or being physically forced to have sexual intercourse) they did not want to do by anyone, one or more times during the 12 months before the survey)	30	5.6	59	11.1	573	7.1	-	10.8
Experienced sexual dating violence (being forced to do sexual things they did not want to do by someone they were dating or going out with, one or more times during the 12 months before the survey)	19	3.5	31	5.9	343	6.5	6.0	8.2
Experienced physical dating violence (being physically hurt on purpose by someone they were dating or going out with, one or more times during the 12 months before the survey)	5	0.9	15	2.9	125	2.4	6.9	8.2
Were bullied on school property (during the 12 months before the survey, among students who have been on school property)	63	11.6	70	13.3	471	5.4	16.3	19.5
Were electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media, during the 12 months before the survey)	42	7.8	77	14.7	903	10.3	13.9	15.7
Were not harassed at school or on the way to or from school (during the past 12 months)	463	82.4	435	80.9			-	-
MENTAL HEALTH								
Purposely hurt themselves without wanting to die, such as cutting or burning themselves on purpose (at least once in the past 12 months)	58	10.7	80	15.2	1249	14.4	16.4	-
Felt sad or hopeless (almost every day for 2 weeks or more in a row so that they stopped doing some usual activities, during the 12 months before the survey)	126	23.2	164	31.2	2381	27.6	33.8	36.7
Seriously considered attempting suicide (during the 12 months before the survey)	58	10.7	68	13.0	1008	11.8	17.5	18.8
Made a plan about how they would attempt suicide (during the 12 months before the survey)	35	6.5	50	9.6	747	8.7	14.8	-
Attempted suicide (one or more times during the 12 months before the survey)	16	3.0	22	4.2	225	3.0	7.3	8.9
Suicide attempt resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey)	1	0.2	8	1.5	56	0.7	2.6	2.5
Took medicine or received treatment from a doctor or other health professional for any type of behavioral health, mental health condition or emotional problem	97	18.1	89	17.0	87	12.7	-	-
Has at least one teacher or other adult in your school that you can talk to if you have a problem	272	50.6	271	51.5	5205	59.8	74.4	-
Can talk with at least one adult outside of school about things that are important to them	444	83.0	404	77.0	6452	80.6	80.3	-

Table A. Lynnfield High School Responses with Middlesex League, State, and National Comparisons

	Lynnfield 2019		Lynnfield 2021		Middlesex 2021		MA 2019	US 2019
	n	%	n	%	n	%	n	%
SUBSTANCE USE								
Tobacco								
Ever tried cigarette smoking (even one or two puffs)	26	4.8	66	12.7	794	10.6	17.7	24.1
First tried cigarette smoking before age 13 years (even one or two puffs)	6	1.1	5	1.0	112	1.7	5.1	7.9
Currently smoked cigarettes (on at least 1 day during the 30 days before the survey)	4	0.7	26	4.9	245	3.2	5.0	6.0
Currently used smokeless tobacco (on at least 1 day during the 30 days before the survey)	7	1.3	8	1.5	146	2.2	4.8	3.8
Did not try to quit using all tobacco products (during the 12 months before the survey, among students who used any tobacco products during the 12 months before the survey)	34	35.1	56	10.7	745	8.7	-	52.4
Electronic Vapor Products								
Ever used an electronic vapor product (one or more times during their life)	158	29.0	146	28.9	2194	25.6	50.7	50.1
Currently used an electronic vapor product (on at least 1 day during the 30 days before the survey)	90	16.0	86	16.5	970	11.4	32.2	32.7
Currently used an electronic vapor product on school property (on at least 1 day during the 30 days before the survey)	-	-	25	4.8	45	2.6	-	-
Alcohol								
Ever drank alcohol (one or more times during their life)	248	46.4	274	53.6	3430	41.4	-	-
Had their first drink of alcohol before age 13 years (other than a few sips)	32	6.0	46	9.0	453	5.5	-	15.0
Currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)	104	19.2	162	31.3	1816	21.5	29.8	29.2
Had at least one drink of alcohol on school property (at least one day during the past 30 days, among students who have been on school property)	2	0.4	5	1.0	77	1.1	4.2	-
Reported current binge drinking (four or more drinks of alcohol in a row (if they were female) or five or more drinks of alcohol in a row (if they were male), within a couple of hours, on at least 1 day during the 30 days before the survey)	50	9.3	85	16.3	927	11.0	15.0	13.7
Reported 10 or more as the largest number of drinks they had in a row (within a couple of hours, during the 30 days before the survey)	9	1.7	15	2.9	185	2.2	-	3.1
Marijuana								
Ever used marijuana (one or more times during their life)	126	23.2	133	25.5	1919	22.8	41.9	36.8
Tried marijuana for the first time before age 13 years (also called grass, pot, or weed)	10	7.8	9	1.7	112	1.3	4.0	5.6
Currently used marijuana (one or more times during the 30 days before the survey)	81	14.9	77	14.8	974	11.6	26.0	21.7
Used marijuana on school property (at least once during the past 30 days, among students who have been on school property)	18	3.3	13	2.5	156	2.3	9.4	-

Table A. Lynnfield High School Responses with Middlesex League, State, and National Comparisons

	Lynnfield 2019		Lynnfield 2021		Middlesex 2021		MA 2019	US 2019
	n	%	n	%	n	%	n	%
SUBSTANCE USE								
Other Drugs								
Ever took prescription drugs without a doctor's prescription or differently than how a doctor told them to use it (one or more times during their life)*	28	5.0	32	6.2	270	3.2	10.6	14.3
Currently used prescription drugs not prescribed to them (at least one or more times during the 30 days before the survey)*	11	2.0	15	2.9	104	1.3	3.7	7.2
Ever taken Adderall, Ritalin, or Xanax without a doctor's prescription or differently than how a doctor told them to use it (one or more times during their life)	19	3.5	29	5.6	53	3.9	-	-
Ever used cocaine (one or more times during their life)	3	0.6	4	0.8	102	1.2	3.7	3.9
Ever used heroin (one or more times during their life)	5	0.9	2	0.4	73	0.9	1.9	1.8
Ever used methamphetamines (one or more times during their life)	3	0.6	3	0.6	81	1.0	2.2	2.1
Ever used ecstasy (one or more times during their life)	6	1.1	5	1.0	118	1.4	3.4	3.6
Ever used synthetic marijuana (one or more times during their life)	8	1.5	23	4.4	402	4.8	-	7.3
Took over-the-counter medication, including cough syrup, to get high (at least once during their life)	17	3.1	22	4.3	239	2.9	-	-
Ever injected any illegal drug (used a needle to inject any illegal drug into their body, one or more times during their life)	1	0.2	2	0.4	51	0.7	1.1	1.6
Currently used inhalants (one or more times during the 30 days before the survey)	13	2.4	12	2.3	124	1.5	3.6	-
Other								
Were offered, sold, or given an illegal drug on school property (during the 12 months before the survey, among students who have been on school property)	51	9.4	36	6.9	319	3.8	21.8	21.8
SEXUAL BEHAVIORS								
Ever had sexual intercourse	129	24.2	118	23.0	1599	19.4	36.9	38.4
Had sexual intercourse for the first time before age 13 years	8	1.5	6	1.2	94	1.1	2.5	3.0
Had sexual intercourse with four or more persons during their life	17	3.2	23	4.4	253	3.1	7.8	8.6
Were currently sexually active (had sexual intercourse with at least one person, during the 3 months before the survey)	102	19.0	97	18.8	1107	13.4	26.9	27.4
Drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)	10	7.5	26	5.0	257	14.3	23.4	21.2
Did not use a condom during last sexual intercourse (among students who were currently sexually active)	43	33.3	83	16.0	1058	35.9	48.6	45.7
Did not use any method to prevent pregnancy during last sexual intercourse (among students who were currently sexually active)	7	5.6	8	6.8	128	8.2	12.6	11.9
Had been pregnant or gotten someone pregnant (at least once)	5	0.9	6	1.2	110	1.3	3.5	-
Ever sent received sexual messages or nude or semi-nude pictures or videos electronically	159	29.5	199	38.3	2983	35.9	-	-
Have been tested for sexually transmitted diseases (STDs) such as genital herpes, chlamydia, syphilis, or genital warts (ever in their life)	26	4.8	27	5.2	486	6.7	12.7	8.6

*MA YHS survey question asked about using prescription drugs that were "not their own"

Table A. Lynnfield High School Responses with Middlesex League, State, and National Comparisons

	Lynnfield 2019		Lynnfield 2021		Middlesex 2021		MA 2019	US 2019
	n	%	n	%	n	%	n	%
SEXUAL BEHAVIORS								
Talked with their parents or other adults in their family about sexuality or ways to prevent HIV infection, other sexually transmitted diseases (STDs), or pregnancy (at least once during the 12 months before the survey)	191	35.4	164	31.9	2785	33.6	48.9	-
Have an adult in their school who can help find sexual health services (HIV, STD and pregnancy testing, access to birth control) or support around their sexuality	104	19.3	82	15.9	2434	33.2	-	-
Felt comfortable asking an adult at school for help finding sexual health services	61	11.3	48	9.3	1504	20.5	-	-
NUTRITION & PHYSICAL ACTIVITY								
Did not eat breakfast on all 7 days (during the 7 days before the survey)	340	62.6	340	65.4	5361	64.4	31.0	66.9
Were physically active for a total of at least 60 minutes on 5 or more days (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time, during the 7 days before the survey)	359	65.6	336	64.7	4136	49.8	43.4	55.9
Played video or computer games or used a computer for 3 or more hours per day (Xbox, PlayStation, an iPad or other tablet, a smartphone, texting, YouTube, Instagram, Facebook, or other social media, for something that was not school work, on an average school day)	229	42.3	-	-	-	-	-	46.1
Spent time in front of a TV, computer, smartphone, or other electronic device for 3 hours or more per day (for something that was not school work, on an average school day)	-	-	379	73.0	6801	81.9	-	-
Did not play on at least one sports team (counting any teams run by their school or community groups, during the 12 months before the survey)	115	21.2	97	18.7	2742	37.3	-	42.6
Had a concussion from playing a sport or being physically active one or more times (during the 12 months before the survey)	60	11.1	41	7.9	602	7.2	-	15.1
Described themselves as slightly or very overweight	134	24.8	123	23.8	2170	26.2	32.8	32.4
Were not trying to lose weight	307	56.7	315	61.0	5046	60.8	54.2	51.7
Were overweight (\geq 85 th percentile but $<$ 95 th percentile for body mass index, based on sex-and age-specific reference data from the 2000 CDC growth charts)	64	12.1	81	15.7	12	1.8	14.8	16.1
Were obese (\geq 95 th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts)	42	7.9	28	5.4	16	2.4	14.2	15.5
OTHER HEALTH-RELATED TOPICS								
Had long-term learning disabilities (long-term means 6 months or more)	73	13.6	68	13.3	721	11.0	20.9	-
Had long-term physical disabilities or long-term health problems (long-term means 6 months or more)	61	11.4	48	9.4	555	8.5	14.4	-
Ever told by a doctor or nurse that they had asthma	108	20.1	102	19.9	1141	20.1	-	21.8
Has never seen a dentist (for a check-up exam, teeth cleaning, or other dental work)	1	0.2	3	0.6	53	1.0	11.1	1.9
Did not get 8 or more hours of sleep (on an average school night)	443	82.5	390	75.6	5859	71.5	80.3	77.9

Table B. Lynnfield Middle School Responses with Middlesex League and State Comparisons

	Lynnfield 2019		Lynnfield 2021		Middlesex 2021		MA 2019
	n	%	n	%	n	%	n
UNINTENTIONAL INJURIES & VIOLENCE							
Never or rarely wore a helmet when riding a bicycle (among those who rode a bicycle)	106	32.0	86	30.2	1893	30.0	-
Never or rarely wore a seatbelt when riding in a car	2	0.5	9	2.9	129	1.8	5.3
Ever ridden in a car driven by someone who had been drinking alcohol	51	13.8	33	10.8	654	9.1	-
Ever ridden in a car driven by someone who had been using marijuana	11	3.6	5	1.6	25	1.8	-
Ever carried a weapon (such as, a gun, knife, or club)*	37	10.1	35	11.4	862	12.0	-
Ever in a physical fight	96	26.3	64	20.7	1737	24.1	-
Ever bullied on school property	65	18.0	74	24.0	1745	24.3	-
Ever electronically bullied (counting being bullied through texting, TikTok, Instagram, Facebook, Twitch, or other social media)	102	28.1	65	21.3	1427	19.9	-
Were not harassed at school or on the way to or from school (during the past 12 months)	256	83.9	252	80.8	2055	77.1	-
MENTAL HEALTH							
Sources that cause the most negative stress							
Busy schedule (school, activities, sports, etc.)	96	27.0	89	29.7	1656	23.5	-
Parent/family demands/expectations about academics, grades, etc.	43	12.1	37	12.3	945	13.4	-
Difficulty getting enough sleep	23	6.5	23	7.7	340	4.8	-
Extracurricular activity demands or pressures	1	0.3	6	2.0	140	2.0	-
School demands/expectations—such as assignments, homework, etc.	147	41.4	93	31.0	2463	35.0	-
Social pressures from friends, peers, etc.	4	1.1	7	2.3	285	4.1	-
Other family or personal issues which cause emotional stress for you	22	6.2	22	7.3	602	8.6	-
Worrying about the future such as college, career, etc.	19	5.4	23	7.7	611	8.7	-
School related factors that cause the most stress							
Having to study things you do not understand	41	11.5	48	15.6	925	13.1	-
Teachers expecting too much from you	53	14.8	42	13.7	889	12.6	-
Keeping up with schoolwork	95	26.6	67	21.8	2462	34.8	-
Having to concentrate too long during the school day	32	9.0	34	11.1	761	10.8	-
Having to study things you are not interested in	33	9.2	33	10.8	766	10.8	-
Pressure of study	27	7.6	10	3.3	347	4.9	-
Getting up early in the morning to go to school	58	16.2	60	19.5	674	9.5	-
Going to school	18	5.0	13	4.2	257	3.6	-

Table B. Lynnfield Middle School Responses with Middlesex League and State Comparisons

	Lynnfield 2019		Lynnfield 2021		Middlesex 2021		MA 2019
	n	%	n	%	n	%	n
MENTAL HEALTH							
Felt sad or hopeless (almost every day for 2 weeks or more in a row so that they stopped doing some usual activities, during the 12 months before the survey)	44	14.5	50	16.2	310	23.6	-
Ever seriously thought about attempting suicide	32	9.1	27	8.9	1202	17.0	11.3
Ever made a plan about how they would attempt suicide	16	4.6	26	8.5	738	10.4	-
Ever attempted suicide	6	1.7	8	2.6	239	3.4	5.0
Has at least one teacher or other adult in school that they can talk to if they have a problem	132	46.8	153	49.5	3936	54.8	-
Can talk with at least one adult outside of school about things that are important to them	247	87.6	242	78.6	980	86.4	-
Currently taking medicine or receiving treatment for behavioral health, mental health condition, or emotional problem (from a doctor or other health professional)	32	9.2	28	9.2	789	11.0	-
SUBSTANCE USE							
Tobacco							
Ever tried cigarette smoking (even one or two puffs)	3	0.9	4	1.3	155	2.2	5.2
Tried cigarette smoking before age 10 years (for the first time, even one or two puffs)	0	0.0	1	0.3	36	0.6	-
Currently smoked cigarettes (on at least 1 day during the 30 days before the survey)	0	0.0	0	0.0	36	0.5	-
Currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)	0	0.0	0	0.0	12	0.2	-
Currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products on at least 1 day during the 30 days before the survey)	1	0.3	0	0.0	15	0.2	-
Electronic Vapor Products							
Ever used electronic vapor products (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens)	11	3.3	11	3.6	318	4.5	14.7
Currently used an electronic vapor product (on at least 1 day during the 30 days before the survey)	5	1.5	6	2.0	96	1.4	-
Alcohol							
Ever drank alcohol (other than a few sips)	38	11.8	22	7.2	724	10.4	13.6
Drank alcohol before age 11 years (for the first time other than a few sips)	14	4.3	6	2.0	268	3.9	-
Currently drank alcohol (at least one drink of alcohol during the 30 days before the survey)	1	0.3	2	0.7	184	2.6	4.4
Marijuana							
Ever used marijuana	3	1.0	4	1.3	133	1.9	7.0
Tried marijuana before age 10 years (for the first time)	0	0.0	0	0.0	15	0.2	-
Currently use marijuana (at least one time during the 30 days before the survey)	3	1.0	3	1.0	58	0.8	3.0

Table B. Lynnfield Middle School Responses with Middlesex League and State Comparisons

	Lynnfield 2019		Lynnfield 2021		Middlesex 2021		MA 2019
	n	%	n	%	n	%	n
SUBSTANCE USE							
Other Drugs							
Ever taken prescription pain medicine without a doctor’s prescription or differently than how a doctor said to use it (counting drugs such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet)*	10	3.3	11	3.6	201	2.9	3.6
Currently took prescription medication not prescribed to them or differently than how a doctor told them to use it (at least one time during the 30 days before the survey)	-	-	3	1.0	146	2.1	-
Ever used cocaine (any form of cocaine, such as powder, crack, or freebase)	0	0.0	0	0.0	36	0.5	-
Ever sniffed glue, breathed the contents of spray cans, inhaled paints or sprays to get high	7	2.3	4	1.3	205	2.9	-
SEXUAL BEHAVIORS							
Ever had sexual intercourse	9	3.1	4	1.3	116	1.9	-
Had sexual intercourse before age 10 years (for the first time)	2	0.7	0	0.0	28	0.5	-
Had sexual intercourse with four or more persons (during their life)	0	0.0	1	0.3	24	0.4	-
Did not use a condom (during last sexual intercourse, among students who have had sexual intercourse)	3	30.0	4	1.3	45	26.9	-
NUTRITION & PHYSICAL ACTIVITY							
Did not eat breakfast on at least one day during the week (during the 7 days before the survey)	9	3.1	24	7.8	550	7.8	-
Did not eat breakfast on every day during the week (during the 7 days before the survey)	155	52.5	157	50.8	3640	51.6	-
Were physically active for a total of at least 60 minutes on 5 or more days (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time, during the 7 days before the survey)	69	23.7	221	72.0	4196	60.2	48.6
Watched TV for 3 or more hours per day (on an average school day)	25	8.5	-	-	-	-	-
Played video or computer games or used a computer 3 or more hours per day (for something that was not school work on an average school day)	122	1.5	-	-	-	-	-
Spent time in front of a TV, computer, smartphone, or other electronic device for 3 hours or more per day (for something that was not school work, on an average school day)	-	-	175	57.2	4824	69.1	-
Were involved in organized activities on at least 1 day (in a typical week)	269	95.7	282	91.6	1324	73.8	-
Described themselves as slightly or very overweight	65	22.0	50	16.7	1756	25.2	24.7
Were not trying to lose weight	202	68.2	213	70.3	4642	66.6	-

*MA YHS survey question asked about using prescription drugs that were “not their own”

Table B. Lynnfield Middle School Responses with Middlesex League and State Comparisons

	Lynnfield 2019		Lynnfield 2021		Middlesex 2021		MA 2019
	n	%	n	%	n	%	n
OTHER HEALTH-RELATED TOPICS							
Had long-term learning disabilities (long-term means 6 months or more)	-	-	23	7.6	-	-	13.2
Had long-term physical disabilities or long-term health problems (long-term means 6 months or more)	-	-	15	5.0	-	-	11.6
Ever been told by a doctor that they have asthma	-	-	44	14.5	905	16.3	-
Did not get 8 or more hours of sleep (on an average school night)	136	50.9	149	48.9	3155	45.1	44.1