

2023

Lynnfield Public Schools

Youth Health Survey

Presentation

Summary

Since 2017, JSI and Lynnfield have collaborated to jointly conduct a youth health survey to capture vital information related to health status and certain behaviors that have been deemed as putting the health of students in middle and high school at-risk.

In fall of 2023, the Youth Health Survey was administered to all middle school and high school students. After cleaning the data per CDC standards, 85% of high school students (N=537) and 86% of middle school students (N=527) were included in the analyses.

Data is reported and analyzed for all students, as well as by grade, gender identity, sexual orientation, race, and ethnicity.

The information provided is meant to highlight key themes and provide a perspective on how the district-specific data compares to the prior year and state benchmark data. Confidence intervals were used to test for the significance of the findings within each demographic category.

There may be instances where there are large gaps between frequencies and not a statistically significant difference. This is often because of small sample sizes, which have large confidence intervals making it more difficult to detect statistical significance between groups.

Sample

Middle School Student Characteristics		
Grade		
	6 th	156
	7 th	134
	8 th	169
Gender Identity		
	Woman/Girl	220
	Man/Boy	231
	Transgender or gender diverse	4*
	Chose not to respond	3
Sexual Orientation		
	Heterosexual	373
	LGBQ+	33
	Not sure/Chose not to respond	17
Race		
	Asian	26
	Black	13
	White	322
	Another Race	52
	Multi-Racial	38
Ethnicity		
	Hispanic/Latino	28
	Not Hispanic/Latino	415

*To protect the anonymity of students (N<10), the Transgender and Gender Diverse student population was not reported on individually in the following tables.

High School Student Characteristics		
Grade		
	9 th	134
	10 th	121
	11 th	98
	12 th	137
Gender Identity		
	Woman/Girl	239
	Man/Boy	233
	Transgender or gender diverse	17
	Chose not to respond	1
Sexual Orientation		
	Heterosexual	415
	LGBQ+	63
	Not sure/Chose not to respond	9
Race		
	Asian	39
	Black	9*
	White	362
	Another Race	28
	Multi-Racial	42
Ethnicity		
	Hispanic/Latino	51
	Not Hispanic/Latino	439

*To protect the anonymity of students (N<10), the Black student population was not reported on individually in the following tables.

Sample

Middle School Student Characteristics		
Grade		
	6 th	156
	7 th	134
	8 th	169
Gender Identity		
	Woman/Girl	220
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Race		
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	Another Race	52
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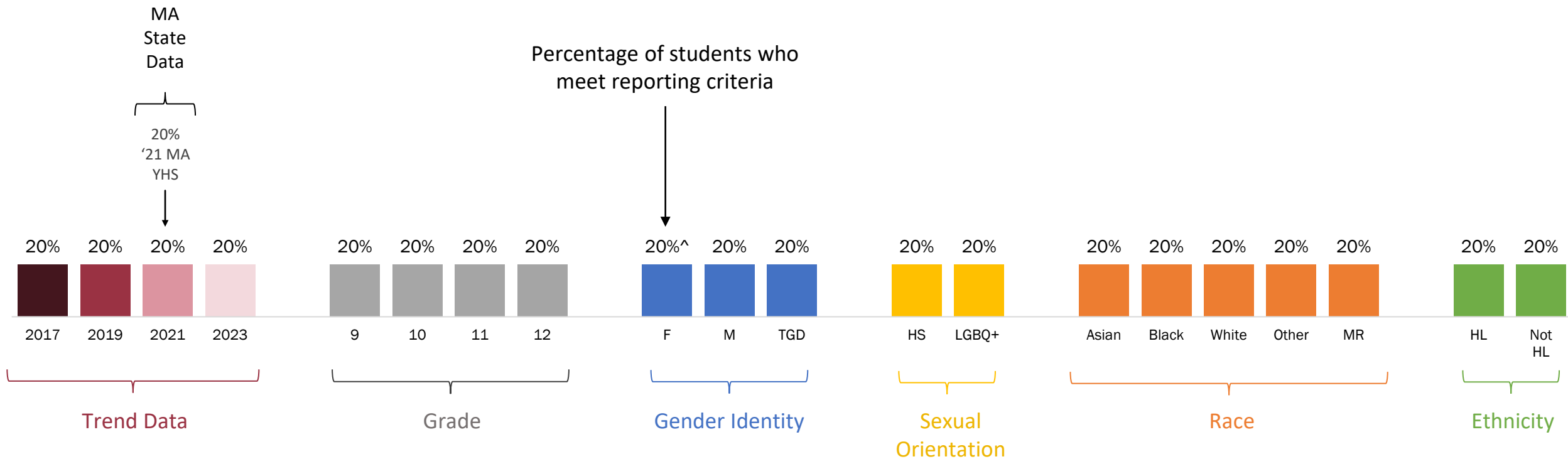
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Reporting on the YHS

Throughout this report, we show differences by grade, gender identity, sexual orientation, race, and ethnicity. Some groups students have a significantly different prevalence of many health-risk behaviors. These are noted throughout the report as being significantly more (^) or less (v) likely to report the behavior than another group. Though not reflected in the entirety of the report, we also show significant middle school outcomes for LGBTQ+ students. Finally, changes over time and comparisons to 2021 Massachusetts data are included.



Reporting on the YHS

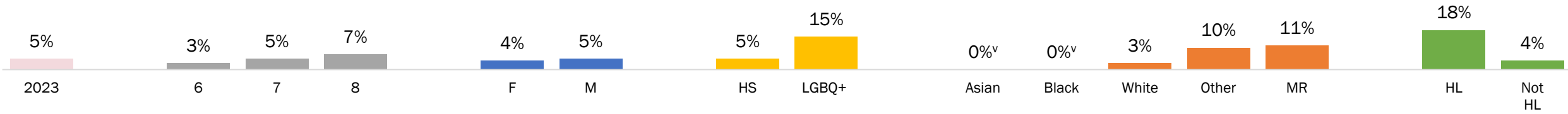
Key Terms and Acronyms

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

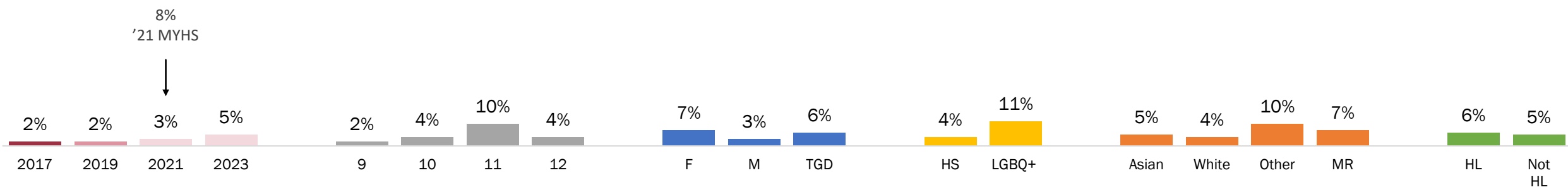
Results

During the past 30 days, on how many days did you not go to school because you felt you would be unsafe at school or on your way to or from school? (1 or more days)

MIDDLE SCHOOL



HIGH SCHOOL



During the past 12 months, how often have you felt that you were treated badly or unfairly in school because of your race or ethnicity?

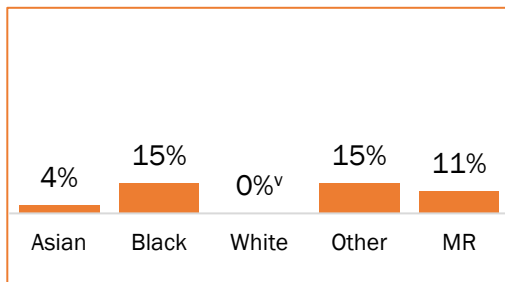
During the past 12 months, how often have you felt that you were treated badly or unfairly in school because of your gender identity?

During the past 12 months, how often have you felt that you were treated badly or unfairly in school because of your sexual orientation?

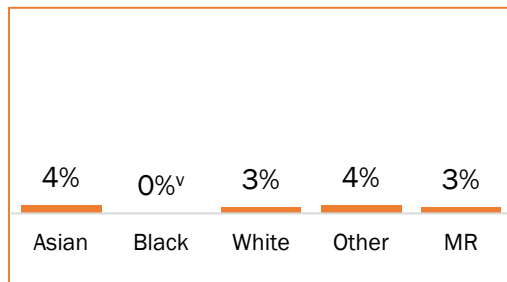
During the past 12 months, how often have you felt that you were treated badly or unfairly in school because of your religion?

(sometimes, most of the time, always)

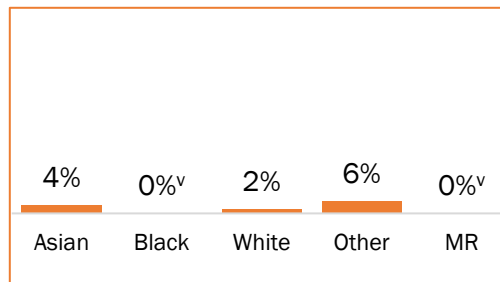
MIDDLE SCHOOL



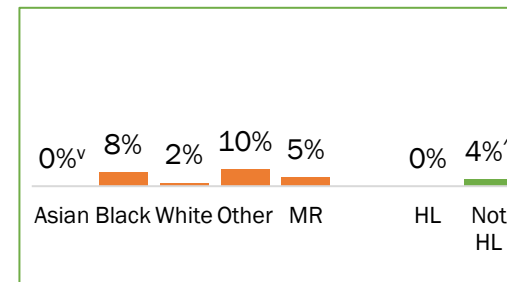
4%



3%



2%



3%

Race or ethnicity

Gender Identity

Sexual Orientation

Religion

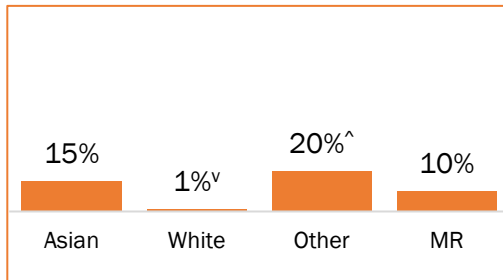
Grade			Gender		Sexual Orientation		Race					Ethnicity	
6 th	7 th	8 th	F	M	HS	LGBQ+	Asian	Black	White	Other	MR	H/L	Not H/L
Race or ethnicity													
1%	3%	6%	2%	5%	4%	3%	4%	15%	0%	15%	11%	11%	3%
Gender identity													
3%	4%	2%	2%	3%	2%	15%	4%	0%	3%	4%	3%	7%	2%
Sexual orientation													
1%	4%	1%	1%	2%	1%	12%	4%	0%	2%	6%	0%	4%	2%
Religion													
1%	3%	5%	4%	2%	3%	3%	0%	8%	2%	10%	5%	0%	4%

High School

Discrimination

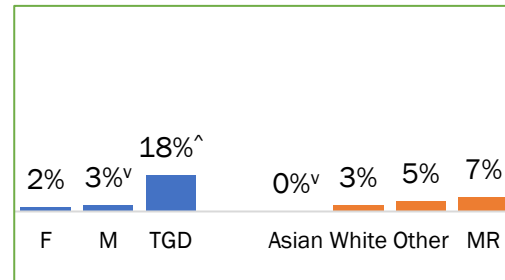
During the past 12 months, how often have you felt that you were treated badly or unfairly in school because of your race or ethnicity?
 During the past 12 months, how often have you felt that you were treated badly or unfairly in school because of your gender identity?
 During the past 12 months, how often have you felt that you were treated badly or unfairly in school because of your sexual orientation?
 During the past 12 months, how often have you felt that you were treated badly or unfairly in school because of your religion?
 (sometimes, most of the time, always)

HIGH SCHOOL



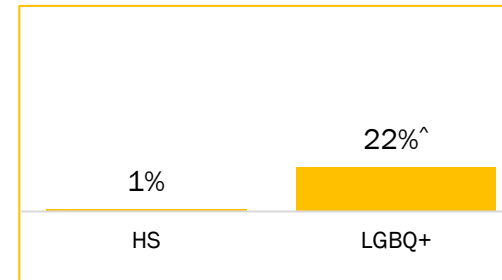
5%

Race or ethnicity



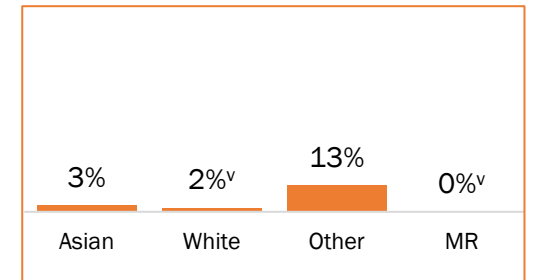
3%

Gender Identity



4%

Sexual Orientation



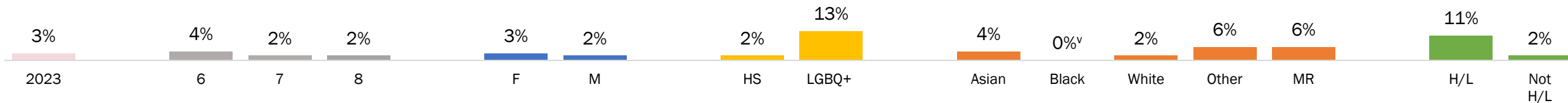
3%

Religion

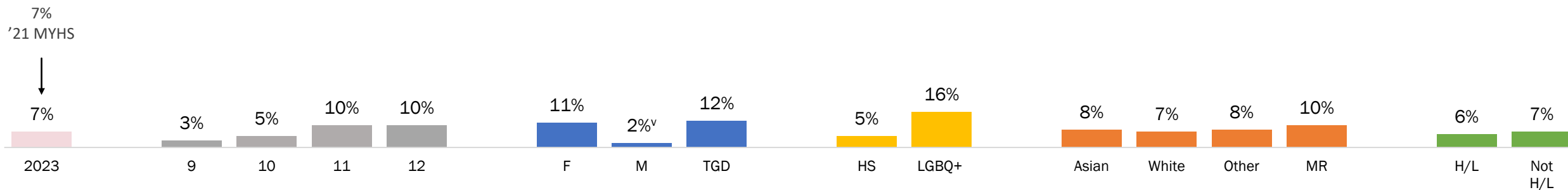
Grade				Gender			Sexual Orientation		Race				Ethnicity	
9 th	10 th	11 th	12 th	F	M	TGD	HS	LGBTQ+	Asian	White	Other	MR	H/L	Not H/L
Race or ethnicity														
5%	9%	5%	1%	3%	6%	18%	4%	8%	15%	1%	20%	10%	12%	4%
Gender identity														
3%	5%	1%	2%	2%	3%	18%	2%	11%	0%	3%	5%	7%	4%	3%
Sexual orientation														
5%	6%	1%	3%	3%	3%	18%	1%	22%	3%	4%	5%	7%	4%	4%
Religion														
2%	6%	1%	4%	2%	5%	6%	3%	6%	3%	2%	13%	0%	4%	3%

Has anyone ever done sexual things to you or forced you to do sexual things that you did not want? (yes)

MIDDLE SCHOOL



HIGH SCHOOL



High School

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?

During the past 12 months, how many times did someone you were dating or going out with physically hurt you?

During the past 12 months, how many times did someone you were dating or going out with try to control you or emotionally hurt you?
(yes)

HIGH SCHOOL

7%
'21 MYHS



3%

2%

11%

Experienced sexual dating violence

Experienced physical dating violence

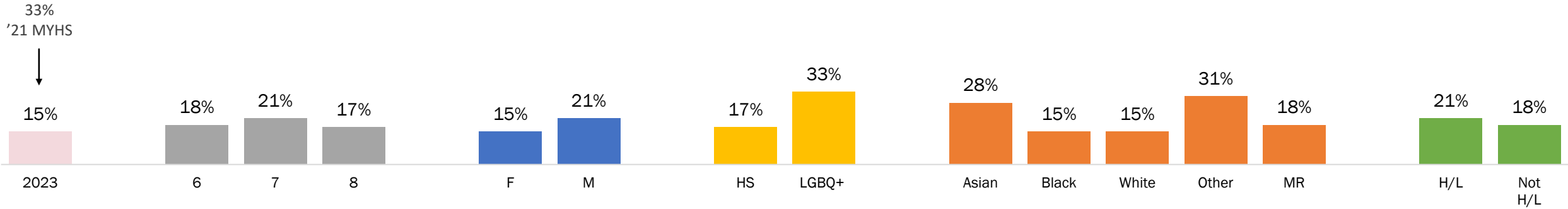
Experienced emotional dating violence or control

Grade				Gender			Sexual Orientation		Race				Ethnicity	
9 th	10 th	11 th	12 th	F	M	TGD	HS	LGBQ+	Asian	White	Other	MR	H/L	Not H/L
Experienced sexual dating violence														
2%	4%	3%	3%	4%	1%	6%	2%	5%	3%	3%	5%	0% ^v	4%	3%
Experienced physical dating violence														
1%	4%	4%	1%	2%	3%	6%	2%	8%	3%	2%	10%	2%	4%	2%
Experienced emotional dating violence or control														
6%	12%	13%	13%	14%	6%	18%	10%	19%	8%	12%	10%	10%	16%	10%

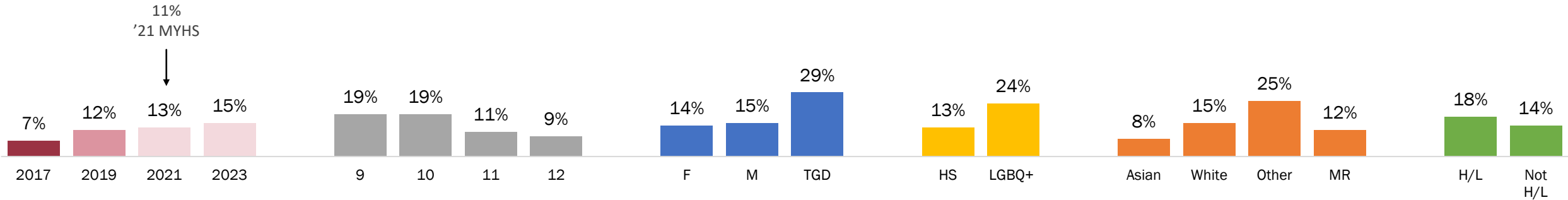
During the past 12 months, how many times were you bullied on school property?

(1 or more times)

MIDDLE SCHOOL



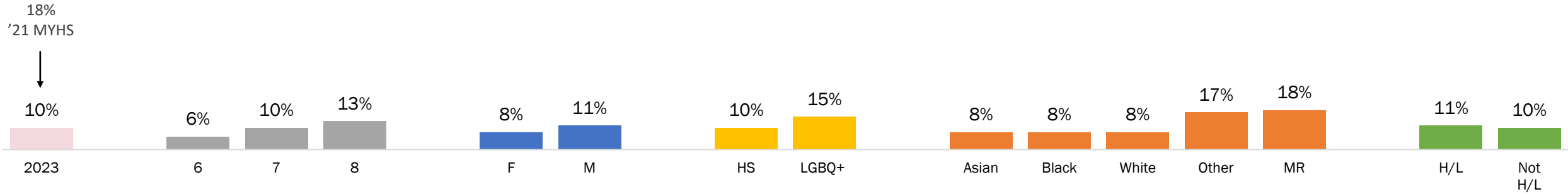
HIGH SCHOOL



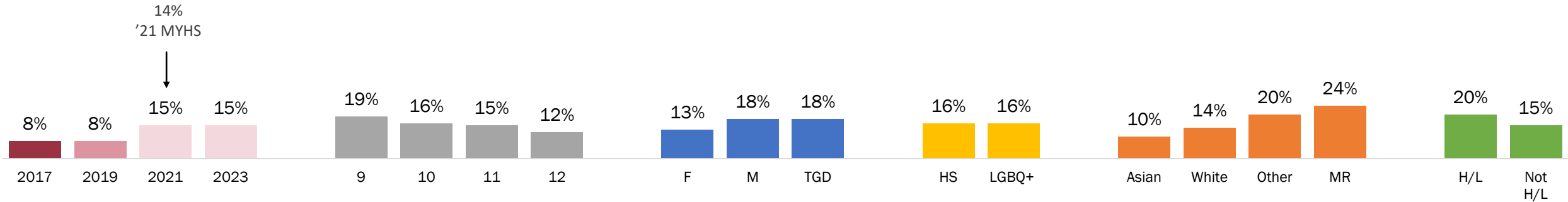
During the past 12 months, have you been bullied electronically?

(1 or more times)

MIDDLE SCHOOL



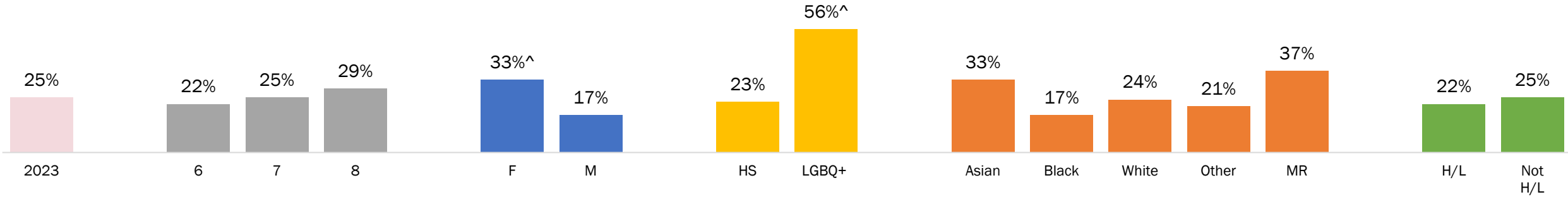
HIGH SCHOOL



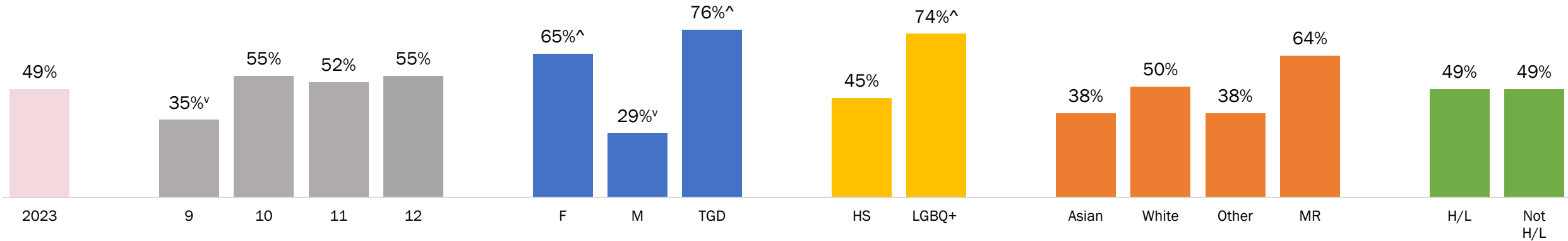
During the past 30 days, how often was your mental health not good?

(sometimes, most of the time, always)

MIDDLE SCHOOL



HIGH SCHOOL



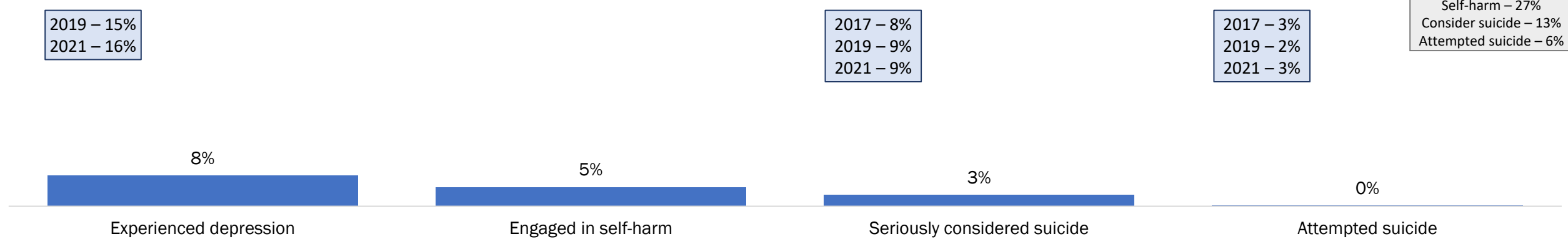
During the past 12 months, did you ever feel so sad or hopeless almost every day for two or more weeks in a row that you stopped doing some usual activities (i.e., experienced depression)? (yes)

During the past 12 months, how many times did you hurt or injure yourself on purpose (i.e., engaged in self-harm)? (1 or more times)

During the past 12 months, did you ever seriously consider attempting suicide? (yes)

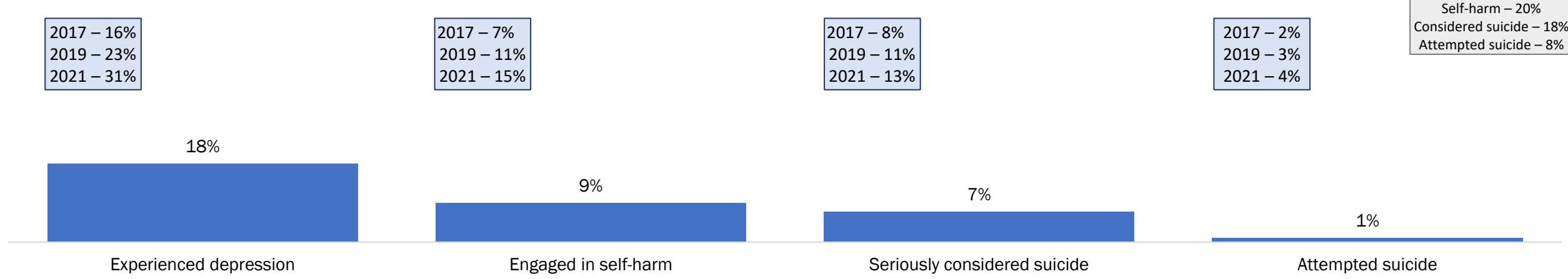
During the past 12 months, how many times did you attempt suicide? (1 or more times)

MIDDLE SCHOOL



LGBTQ+ students were significantly more likely than the average middle school student to report that their mental health was not good sometimes, most of the time, or always in the past 30 days. LGBTQ+ students were also significantly more likely than the average middle school student to experience depression, engage in self-harm, and seriously consider attempting suicide in the past 12 months.

HIGH SCHOOL



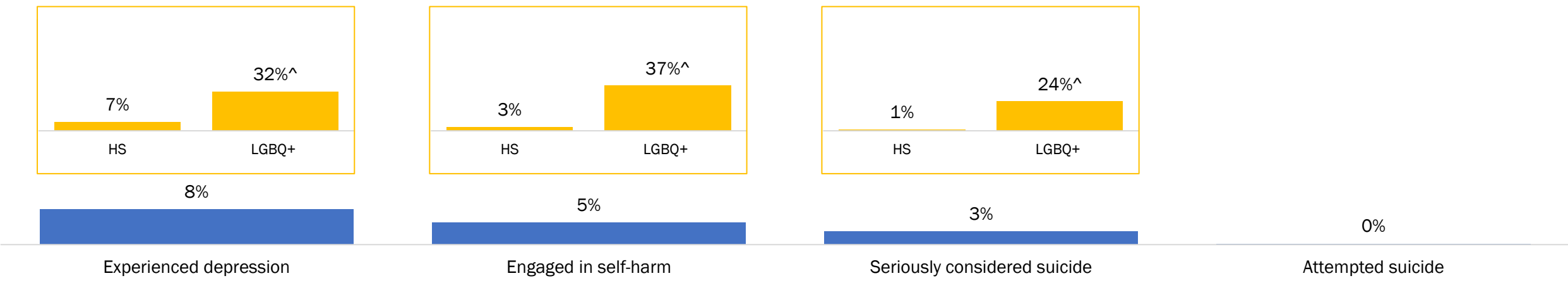
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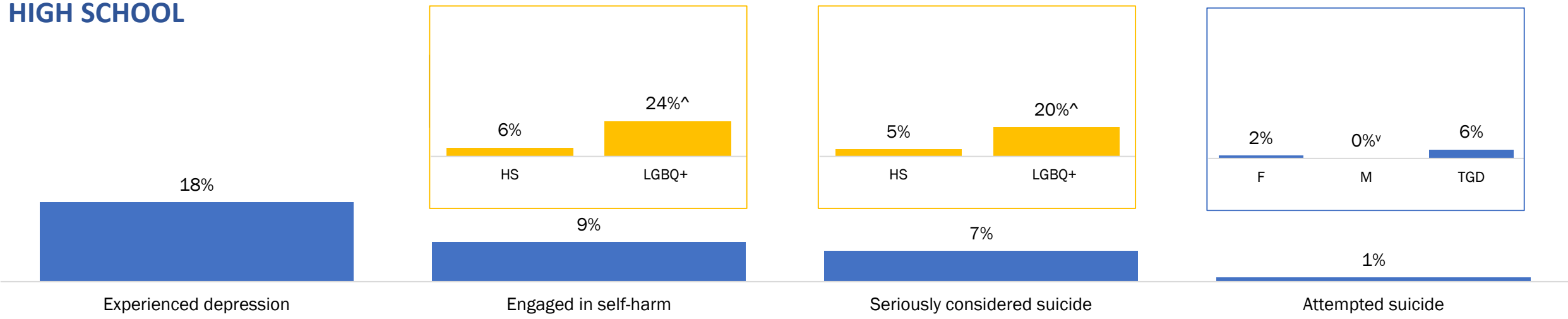
During the past 12 months, did you ever seriously consider attempting suicide? (yes)

During the past 12 months, how many times did you attempt suicide? (1 or more times)

MIDDLE SCHOOL



HIGH SCHOOL

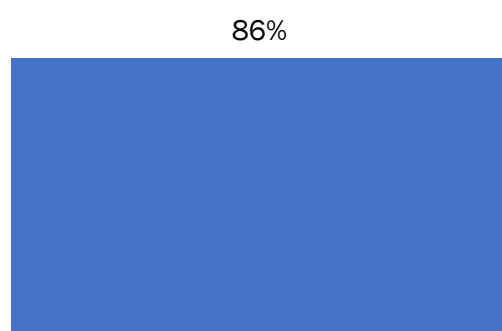
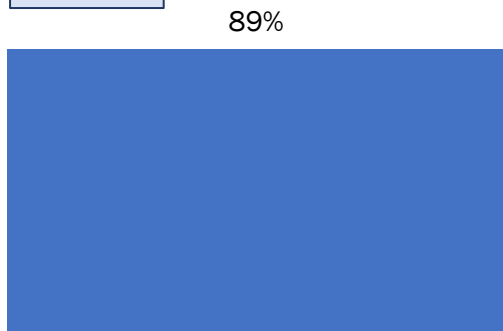
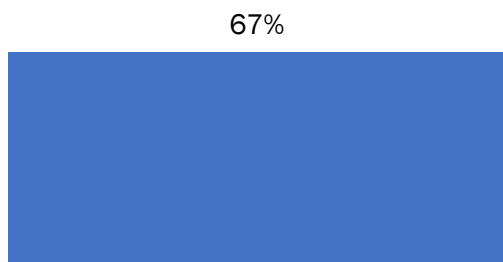
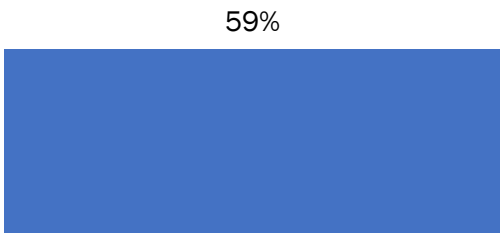


Is there at least one teacher or other adult in this school that you can talk to if you have a problem? (yes)
Is there at least one adult outside of school that you can talk to if you have a problem? (yes)
Is there at least one adult in your family that you can talk to if you have a problem? (yes)
Is there at least one friend similar in age to you that you can talk to if you have a problem? (yes)

MIDDLE SCHOOL

2017 – 54%
2019 – 47%
2021 – 50%

2017 – 88%
2019 – 88%
2021 – 79%



At least one teacher or other adult in school

At least one non-family adult outside of school

At least one family adult

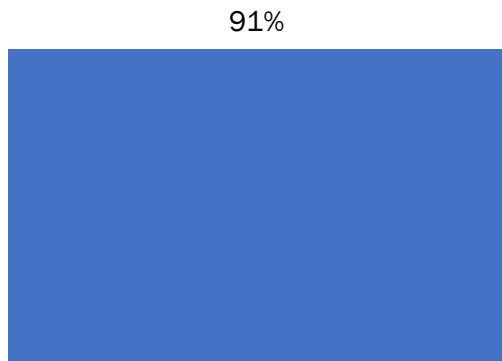
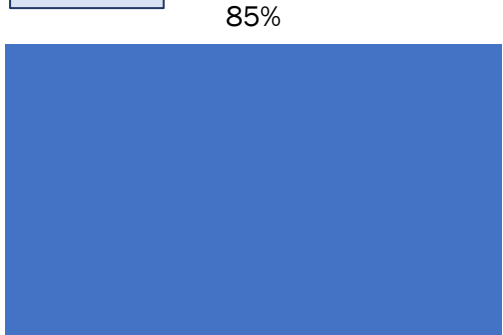
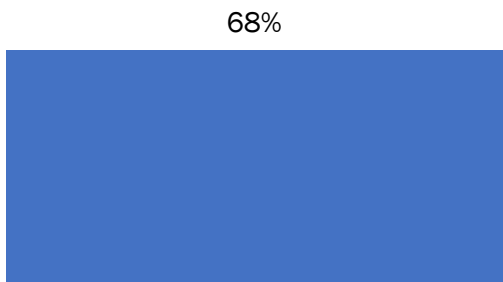
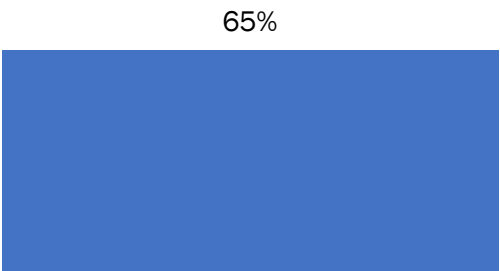
At least one friend of similar age

HIGH SCHOOL

2017 – 57%
2019 – 51%
2021 – 52%

2017 – 87%
2019 – 83%
2021 – 77%

MA YHS '21
Teacher/Adult at school – 64%
Family adult – 76%



At least one teacher or other adult in school

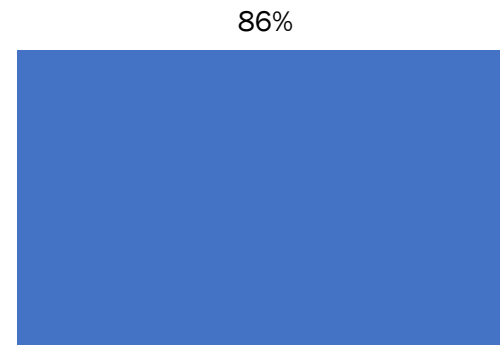
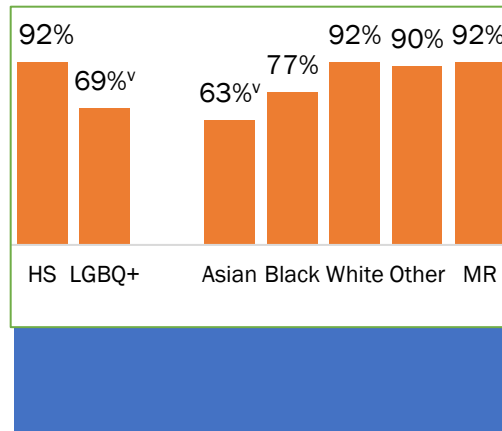
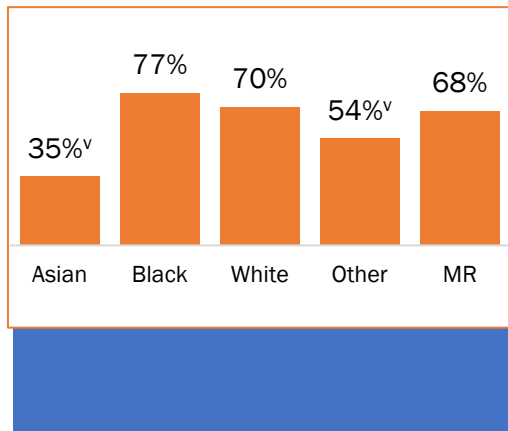
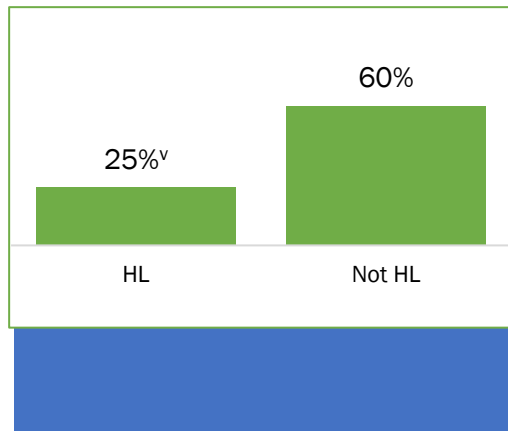
At least one non-family adult outside of school

At least one family adult

At least one friend of similar age

Is there at least one teacher or other adult in this school that you can talk to if you have a problem? (yes)
 Is there at least one adult outside of school that you can talk to if you have a problem? (yes)
 Is there at least one adult in your family that you can talk to if you have a problem? (yes)
 Is there at least one friend similar in age to you that you can talk to if you have a problem? (yes)

MIDDLE SCHOOL



At least one teacher or other adult in school

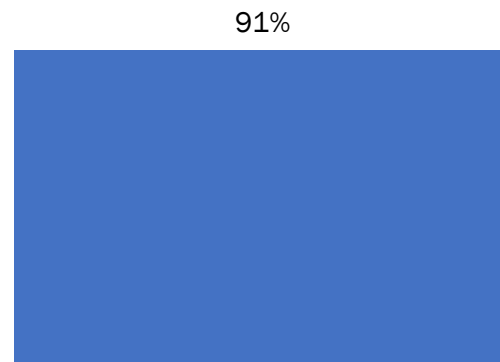
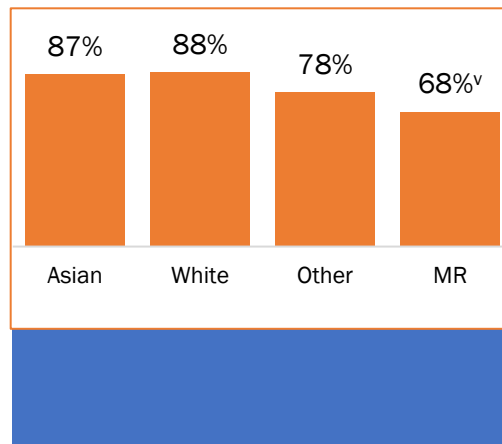
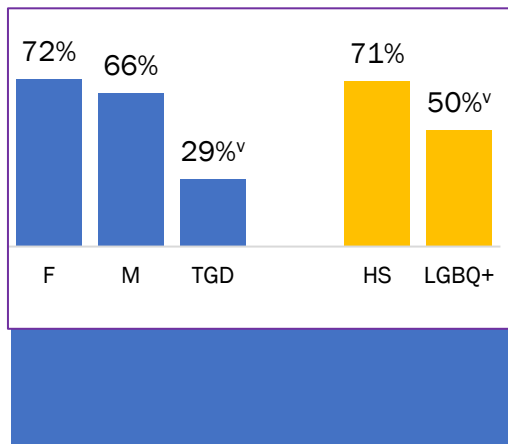
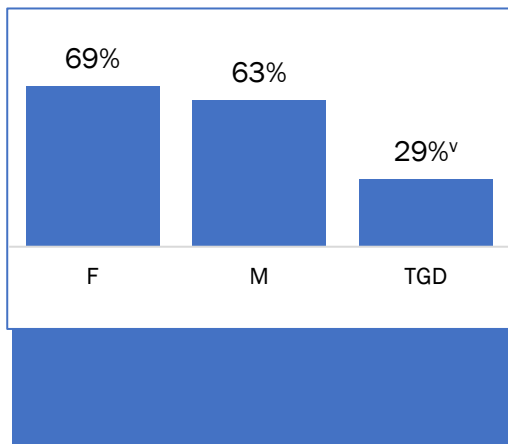
At least one non-family adult outside of school

At least one family adult

At least one friend of similar age

LGBTQ+ students were significantly less likely than the average middle school student to have at least one family adult to talk to about a problem.

HIGH SCHOOL



At least one teacher or other adult in school

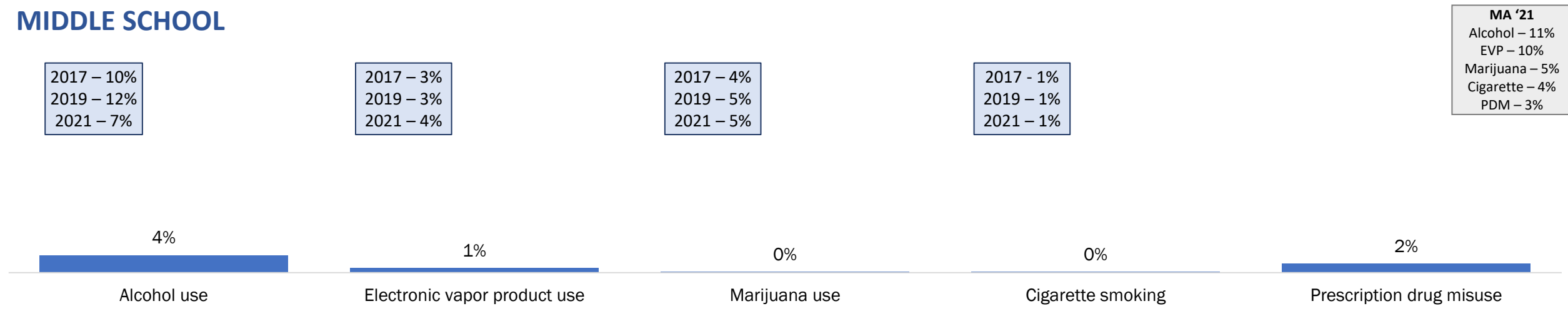
At least one non-family adult outside of school

At least one family adult

At least one friend of similar age

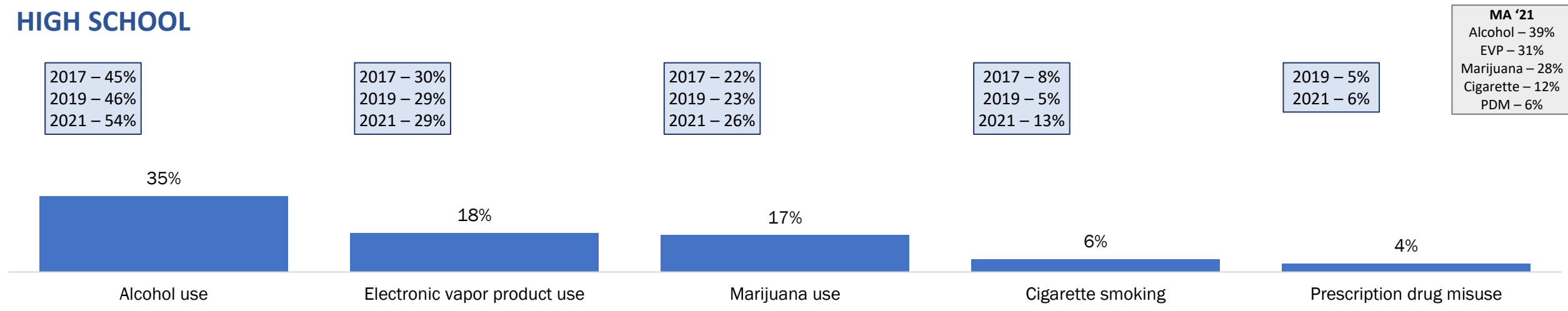
Have you ever had a drink of alcohol other than a few sips? (yes)
Have you ever used an electronic vapor product? (yes)
Have you ever tried marijuana? (yes)
Have you ever tried cigarette smoking, even one or two puffs? (yes)
Have you ever taken prescription drugs that weren't your own? (yes)

MIDDLE SCHOOL



MA '21
 Alcohol – 11%
 EVP – 10%
 Marijuana – 5%
 Cigarette – 4%
 PDM – 3%

HIGH SCHOOL

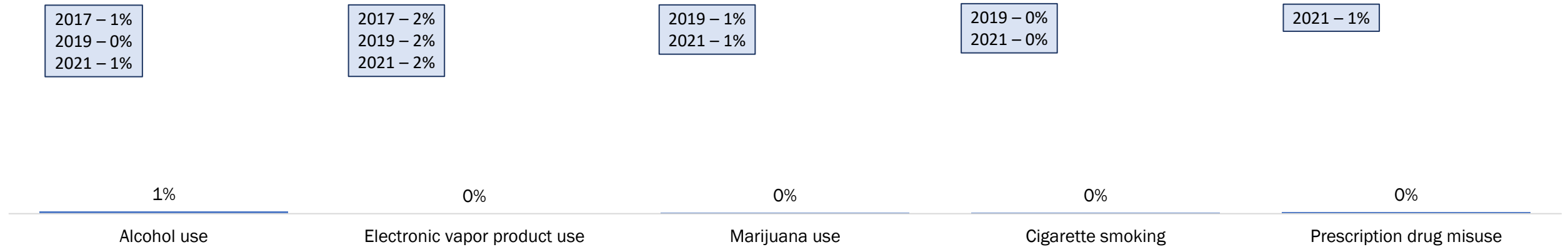


MA '21
 Alcohol – 39%
 EVP – 31%
 Marijuana – 28%
 Cigarette – 12%
 PDM – 6%

During the past 30 days, on how many days did you have at least one drink of alcohol? (1 or more days)
During the past 30 days, on how many days did you use an electronic vapor product? (1 or more days)
During the past 30 days, how many times did you use marijuana? (1 or more days)
During the past 30 days, on how many days did you smoke cigarettes? (1 or more days)

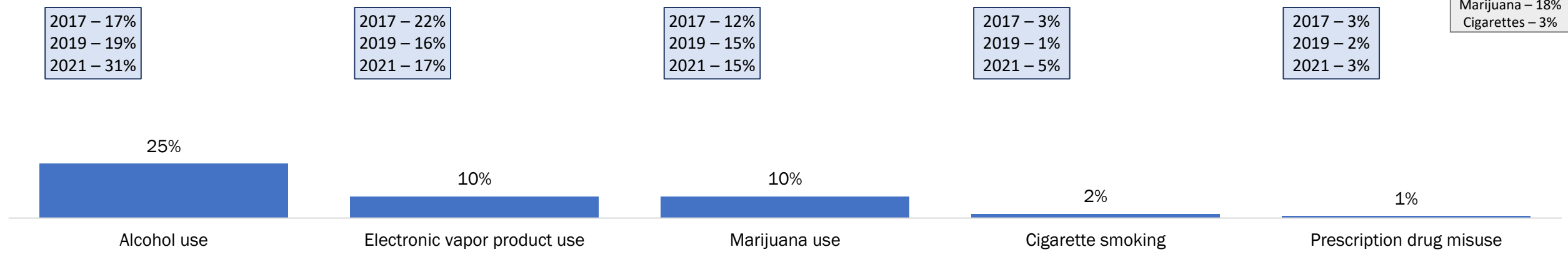
MIDDLE SCHOOL

MA '21
Alcohol – 3%
EVP – 5%
Marijuana – 3%



HIGH SCHOOL

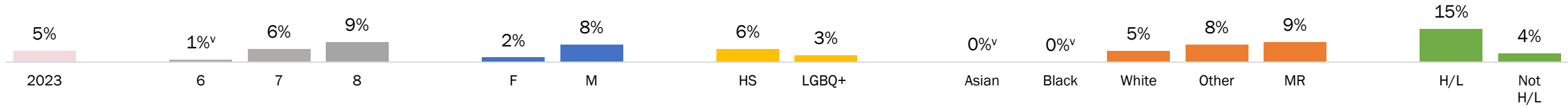
MA '21
Alcohol – 22%
EVP – 18%
Marijuana – 18%
Cigarettes – 3%



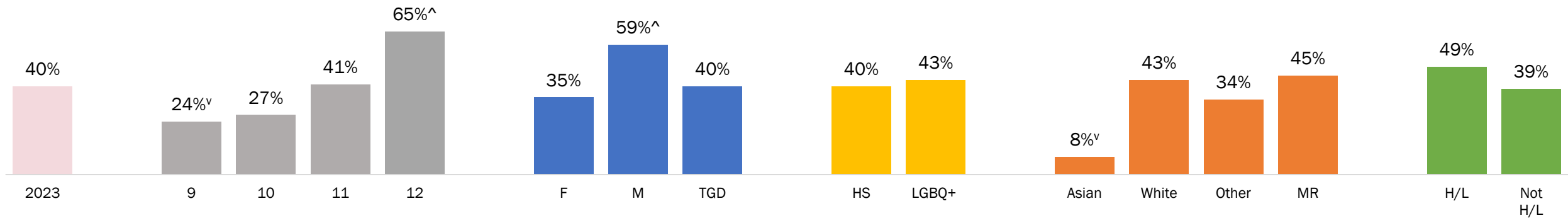
Have you ever had sexual contact with another person?

(yes)

MIDDLE SCHOOL



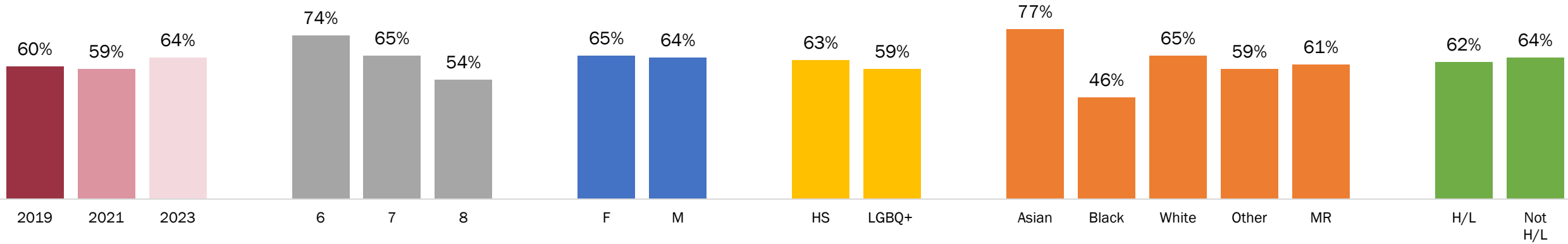
HIGH SCHOOL



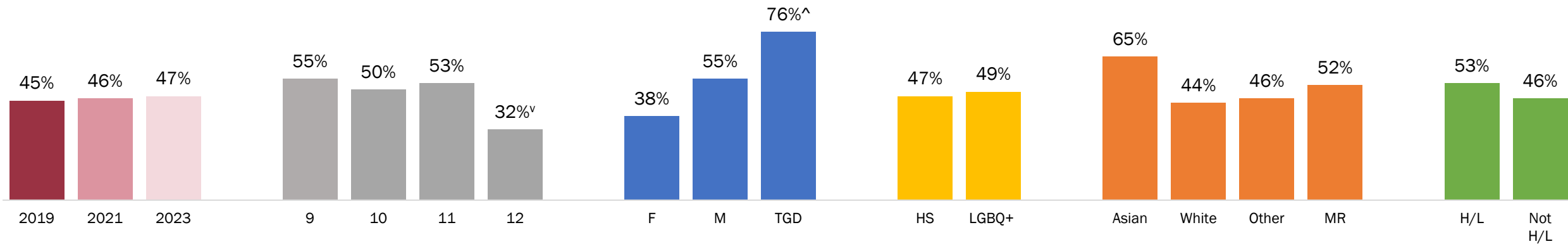
Lynnfield '23
Ever had sexual
intercourse – 16%

On how many of the past 7 days did you eat breakfast? (6 or 7 days)

MIDDLE SCHOOL

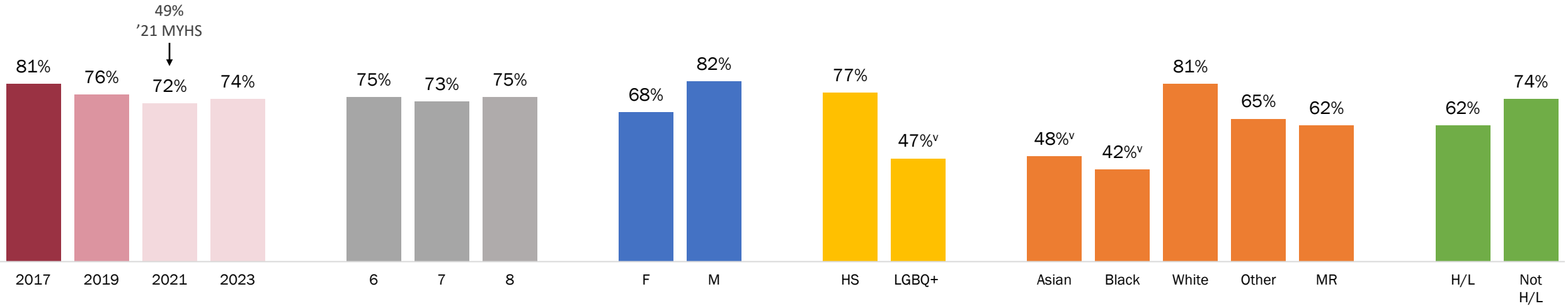


HIGH SCHOOL



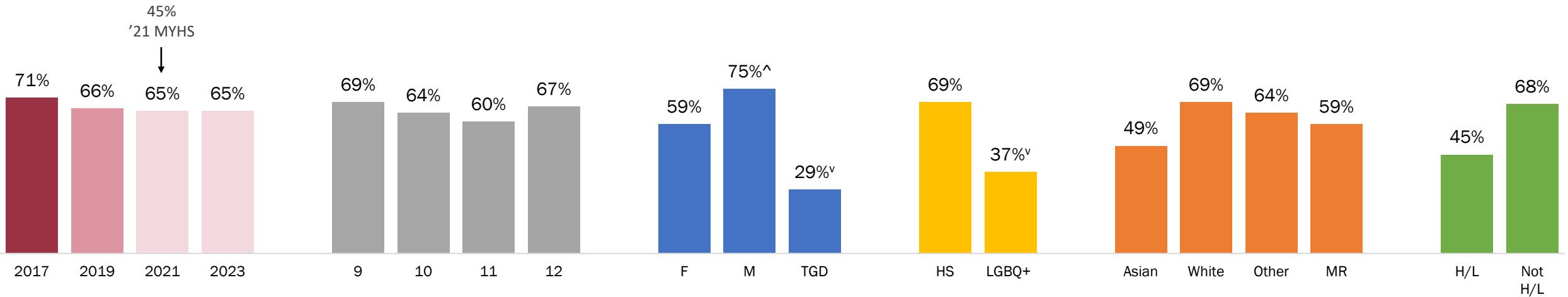
During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? (5 or more days)

MIDDLE SCHOOL



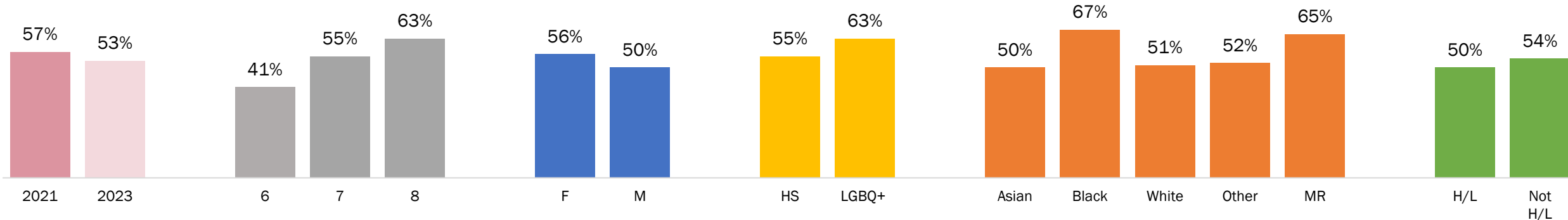
LGBTQ+ students were significantly less likely than the average middle school student to engage in 60 minutes of physical activity on at least 5 of the past 7 days.

HIGH SCHOOL

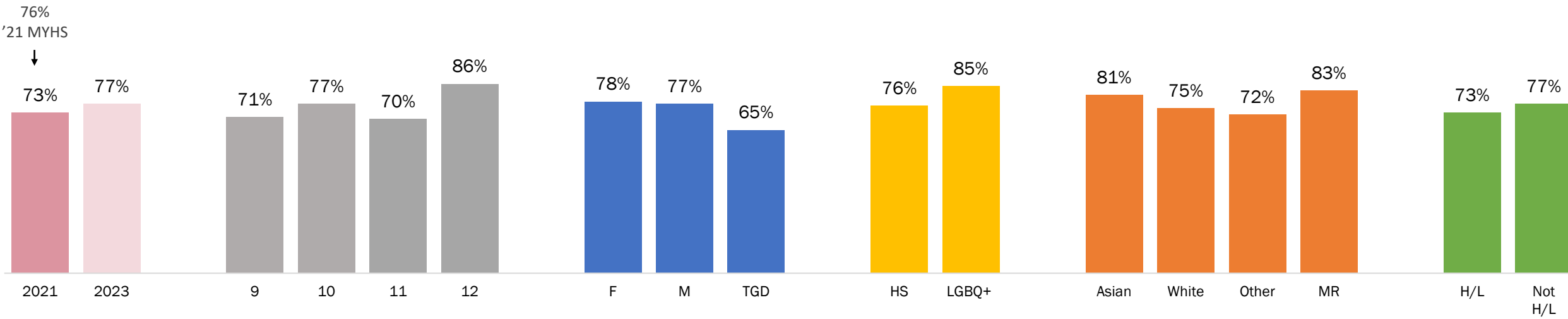


On an average school day, how many hours do you spend in front of a TV or on a computer, smartphone, or other electronic device doing things other than schoolwork? (3 or more hours)

MIDDLE SCHOOL



HIGH SCHOOL





Questions?