

RESULTS FROM
A FOCUS GROUP OF
LYNNFIELD, MASSACHUSETTS
HIGH SCHOOL STUDENTS
IN GRADES 11 & 12

CONDUCTED BY
A HEALTHY LYNNFIELD &
SOCIAL SCIENCE RESEARCH AND EVALUATION, INC.
ON FEBRUARY 10, 2021



RESULTS – GRADES 11 & 12

- On February 10, 2021, A Healthy Lynnfield (AHL) convened a focus group with Lynnfield High School students representing grades 11 and 12 to discuss health and well-being, substance use and related issues, and how AHL and others can support youth to make good decisions about their health. A similar focus group was conducted on February 11 for representatives from grades 9 and 10.
- This session took place after school when Lynnfield High School was operating in hybrid mode due to the COVID-19 pandemic, during which most students attended school two days a week on-site and remotely on other days.
- AHL attempted to obtain a total sample of 12 students representing both the junior and senior classes. Participation was voluntary and parental permission was required. Seven (7) students participated in the focus group. All participants were on-site during the session and were seniors (no juniors). Three (3) were male and 4 were female.
- Participants were encouraged to think broadly about substance use, including use of alcohol (beer, hard seltzer or cider, wine, liquor like vodka), tobacco and nicotine (cigarettes, vaping), marijuana (smoking, vaping, edibles), and someone using prescription drugs (Adderall, Oxycontin) that either were not prescribed for them or in a way that they aren't supposed to.
- This document summarizes the main themes and provides illustrative comments for each topic area discussed.

LIFE IN LYNNFIELD

What are some of the things you like about living in Lynnfield? Positive things about the community.

Sense of community (supportive, respectful, everyone knows each other)

- If you need something, you always have someone to go to.
- Generally feel supported.
- You can have a friend group where you all have different interests extracurricular-wise and it's supported.
- Everything people want to explore is supported by parents, staff, coaches.
- Everyone is very inclusive. There are no real distinctions between groups. Everyone really coexists together.
- Really respectful here, no bullying or significant bullying as much as I know.
- Everyone knows each other and knows different families.

A word cloud with the following words: 'know people' (yellow), 'respectful' (red), 'supportive' (blue), 'relationships' (red), 'inclusive' (green), 'coexist' (red), and 'supportive' (blue).

What are some things that you don't like or that make it challenging for people your age in Lynnfield?

Living in a "bubble" (lack of exposure, lack of diversity)

- Lynnfield is very much like a bubble. There's one type of group. We don't get a lot of diverse experiences or meet people outside of who we know.
- It's not very diverse.
- I moved here in 7th grade and came from a school with a lot of diversity. Coming to Lynnfield in the bubble was really hard because there's no diversity.
- Agree with the diversity thing – there's not a lot here.

A word cloud with the following words: 'hard to break in' (blue), 'not diverse' (red), 'bubble' (blue), 'lack of exposure' (green), 'gossipy' (green), 'feel left out' (yellow), 'don't really know people' (yellow), 'everyone knows you' (yellow), and 'putting on a face' (red).

Challenging to establish and maintain close personal relationships

- Although it's nice to be small, there's cons to it. You know everyone. If you know everyone, you're apt to feel left out of things sometimes.
- Even though everyone knows each other, you don't really know everyone. Everyone puts on a face.
- You don't really know them, you don't know what they are thinking behind closed doors.
- If you know everyone, it can get gossipy, word spreads around fast.
- Hard to break into Lynnfield because everyone is so close.
- We've all been with each other since elementary school, so we know everyone. It's hard to break in.
- I still have my Middle School vision of people in our grade. I look around and say these people aren't the same people, they've changed so much.

HEALTH AND WELL-BEING

What are the one or two **most important things that impact the health of Lynnfield High School students** right now?

Lack of social interaction due to COVID (no extracurriculars, nothing to look forward to after school or on weekends)

- A big thing is the ability to be social. COVID had a big impact on that. I see from my own mental health that it's been really hard. I feel like I was a completely different person before COVID, being in school and seeing everyone.
- All the fun stuff has been taken away. No social interaction.
- Before COVID, you worked at school and you had something to look forward to on the weekend, something fun to do. Now you go to school... no, you don't even go to school, you just sit for 7 hours. There's nothing rewarding about it.
- You want to have that social aspect, but you're stuck inside. You're doing the right thing, even though all you want to do is go out.
- All work on a Zoom meeting. No time to just be social on Zoom. It's all about the schoolwork.



School workload and structure (time devoted to schoolwork, tiring nature of online classes, difficult learning online)

- It's the same thing over and over, and it's so tiring. It was so long when we were home, then it was such a big adjustment to go to school for 2 days... so hard to learn on Zoom while managing distractions. When you're in a classroom it's easier to learn. There's a lot more stress and it impacts your mental health.
- Hybrid learning has taken a toll on my mental health. A school counselor had to reach out to me because I wasn't getting my work done on time. They are moving me to a 4-day-a-week schedule. It's impossible.
- On remote days, it's 7 hours of looking at a screen. It's too much.

Anxiety caused by online interactions (online classes, social media)

- I think a huge part of that as well is being on Zoom all the time. There are now insecurities to think about – how I look, how my house looks – it's really harmful.
- Social media is a big thing. You see everyone's Snapchat stories, everyone hanging out, and you are home and not hanging out. You wonder, what am I doing home?
- Screen time in general is deteriorating our generation. Social media. You see other people and all the details of their lives. It is not healthy.
- Our attention span has gone down a lot. Before I had a phone, I could sit down to read a whole book, but I can't finish a page now. I have no attention span. Everything has to be fast paced now.

More time to sleep now (more regular schedule due to COVID)

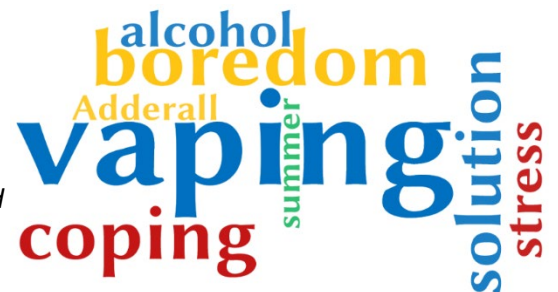
- Before COVID, we were not able to sleep as much. We had more work and things to do before. Now we have more time to sleep, at least I do.
- I agree. Before COVID everyone had a bunch of work and extracurriculars, so we didn't have that much time to get a good night's sleep. With COVID, we now have more of a schedule.

SUBSTANCE USE

When you think about **substance use in Lynnfield among high school youth**, what immediately comes to mind?

Vaping

- Vaping.
- A lot of vaping everywhere.
- Vaping is probably the biggest one.
- Vaping... mostly nicotine.
- I know it happens every day. I can walk into the [school] bathroom and it can reek. I see it all the time.
- The dangers that come along with vaping can be appealing. It's the cooler thing to do. Kids are getting riskier, doing it in lunchrooms, because they've been getting away with it for so long.
- People make fun of their [vaping] addiction, like "Ha, ha. I'm so addicted." They don't realize they have a problem.



Use as a coping mechanism (stress, boredom)

- From the outside looking in, someone who isn't from here would be shocked at what people do here. We're in such a small little bubble, people are looking for something to do. Especially right now, people think it will be a solution to their problems. In Lynnfield, there is pressure with assignments, to get into college, so they think it will help.
- I think people are just bored, we can't really do anything, so they turn to [substance use].

Seasonality (more prevalent in the summer)

- More in the summer when it's out of school time.
- People have three months to do whatever they want, so they'll experiment.
- Over time it has progressed to not just a summer thing but also winter thing too.

Other comments

- You mind your business when you walk into the [school] bathroom, not knowing who's next to you doing what.
- Definitely alcohol.
- Adderall.
- Adderall most extreme type of drug use in Lynnfield. There's no narcotics or opioids, but alcohol, vaping, marijuana, and Adderall is what I see.

Is there a difference between when Lynnfield high school students use substances in groups or when they are alone?

Use in group settings is considered social

- Alcohol you see mainly in a group social setting, minus a few special cases.
- In a group setting, there's a feeling of "This is so cool, I can do this, everyone's doing it, it's a safe space. I can get drunk with all my friends, whatever, who cares." I think it's rare that behavior gets brought back to being individual, unless there's a serious problem.

Use alone is considered troubling

- My friend picked up very unhealthy habits during COVID because he was hanging out alone and it just ruined his life.
- Vaping can be in a group and alone. It can turn from a group setting when being introduced to being addicted and having to use alone.
- I've seen people who started vaping and became addicted and their whole life went downhill.
- Adderall is more alone... kids in their room, feeling pressure to get good grades.



How do Lynnfield high school youth get substances? Who or where do they get them from?

From parents (mostly alcohol, some nicotine)

- Parents.
- Parents in Lynnfield provide.
- Parents, especially in Lynnfield.
- Alcohol is condoned by parents. I've seen parents give it to their kids and kids take it from home and their parents don't say anything when they notice it's missing.
- I think it's common for parents to get it. Parents who condone drug use among their children. Nicotine mostly, something that they can just run down the street and get for their kid.
- Parents buy it for their kids.

On social media (often from college students)

- People post on social media that they're selling.
- I see a lot of marijuana, probably more than I see nicotine. Snapchat is a huge place for marijuana to be distributed, especially from older college kids.
- College students will offer it on social media or in group chats or post it on social media selling it.
- Kids who are freshmen or sophomores in college who will come back... they have stuff.



Using fake IDs (alcohol)

- When I was a freshman, there was a whole ring for fake IDs.
- Fake IDs are still common.

Other sources

- Older siblings.
- You do what it takes to get it, to "get your fix."

Where do Lynnfield high school youth use substances?

Homes (house parties, including those where parents know use is occurring)

- I've noticed an increase in the amount of "safe spaces" at homes where I have seen drug use. Parents being home, kids go in the basement and drink, smoke, whatever. Parents are aware of what's going on, having kids over and letting them get drunk in the basement.
- If I say I'm going out for the night or to the woods, parents are more suspicious. But if I say I'm going to a friend's house, my parents are OK with that.



Private and/or open spaces (school bathrooms, the woods, cars)

- Bathrooms.
- Honestly, I think anywhere they can get private space... the woods, at a house, their car.

How common is it for Lynnfield high school youth to post online about substance use?

Lynnfield youth use Snapchat (private stories) and Instagram

- I think social media is a big part, because [kids] see it and want to do it to fit in. They hang out and maybe try it for the first time, then it builds up to addiction.
- Snapchat stories where just your friends can see it. That's where I see people post using or partying or what they have.
- Snapchat is the most common unfiltered way of posting.
- On Instagram, kids will post a picture with alcohol and they put an emoji over [the alcohol]. They want you to know what it is. Oh, you know that that blue heart emoji isn't supposed to be there, but you know what it is.



Not impressed by posts showing use

- They want you to think, oh, this person is really cool. But in reality, it is not that cool. Other kids are going to see that. Parents are going to see that. It's stupid.
- I honestly don't care. I hate when people try to do that stuff, make it known subtly. I just think it's stupid.
- You know when people are posting to bring attention to themselves, and they think it makes them look cool, but nobody else thinks that.

Why do you think some Lynnfield high school youth choose to use substances?

Social influences (seeing others use [upper classmen, team captains, college kids, older siblings], wanting to fit in, wanting to be social, insecurity)

- Being from such a small town you know older kids, kids from college, older siblings... We see them do it and think oh that looks cool, maybe I'll try it.
- Being a freshman on sports teams, you watch upper classmen and captains use.
- On sports teams, you're exposed to the upper classmen more than you would be in class.
- When I was a sophomore, I was exposed to people doing ketamine within [an extra-curricular] program. Kids were doing



LSD, stuff like that. If kids don't have a ton going on in their lives, they are trying to fill something, like a stimulant, and it just builds and builds.

- You look around school and everyone seems like a good kid, from a good home, with good morals. If you see one of your role models participating in these activities, you think "Oh, this can't be that bad. That kid gets straight A's and goes out and drinks every weekend. I can do the same thing."
- I think a lot of kids are really insecure here. A lot of the people who are abusing drugs and alcohol... I think it's compensation, people think it makes them look cooler.

Entertainment and stimulation

- There's literally nothing to do here, people are looking for anything to do. What can you do on a Friday night in Lynnfield? People are looking for some form of entertainment.
- People use it as a stimulant – something to do.

Stress relief

- There's a lot of pressure, especially since it's a small town. People want that form of relief.

Are there specific things in Lynnfield that may promote or contribute to youth substance use?

Lack of repercussions (from authorities, from parents)

- The lack of repercussion for youth. There are kids doing drugs in the high school parking lot every weekend. They rarely get caught and if they do nothing happens.
- They think it's funny running from the cops or avoiding all repercussions.
- Even from kids' parents, a lot of them are really soft and try to hide things their kids do... substance use or whatever... so their kids don't look bad.
- How do you punish a kid now? (during pandemic) Stick them in their room?



Social media (seeing other people post about use, influencers)

- TikTok is more global. Snapchat is from your own hometown. On TikTok, you see random kids from you don't know where just smoking, drinking, partying.
- People only post the good things in their life. I know someone who was 17 had been vaping for three years and had to have a lung transplant. He still continued to vape after that and post about it. But he didn't post about the lung transplant.
- You sometimes see social media influencers using alcohol, smoking, vaping.
- On social media, kids are watching people do all this stuff. They don't show the bad parts of their lives, so kids see these influencers getting drunk or high every night. Kids think that they don't get in trouble and they want to be just like them.
- Some influencers get popular strictly by doing drugs. On TikTok, there are pages and pages about substance abuse that have hundreds of thousands of followers.
- People post about it on TikTok and become famous because of it.

Other media (use on TV, in movies)

- Besides social media, a lot of TV shows and movies show drugs and alcohol.
- On TV, drug use is romanticized. The show Euphoria is a great example. The show is about kids who are doing drugs. And their lives suck. But everyone takes away from it that they're cool and wear cool makeup and everyone wants to be just like them. It's a snowball effect.

Lack of health messaging after middle school

- In the middle school, there is a huge presence of [hearing that you should] do the right thing, make healthy choices, the warnings of all the drugs that are out there. But as we get to high school, that disappears. There's no warnings. It's like, take the learnings from health class in 8th grade and take that with you [to high school]. There is lack of repetition. There need to be more constant reminders of the bad things that can happen if you use.

PREVENTION

What is it like for Lynnfield High School youth who choose NOT to use?

Not treated differently, but not "in the know"

- As someone who doesn't use, I don't feel [unincluded], but sometimes I don't know what's going on because I am not part of that community of people.
- I think there's definitely certain social aspects that I don't take part in or know what's going on because I don't use. I wouldn't know where they get stuff.
- I don't feel [unincluded], but I don't know anything about it. I'm not jealous, but I just don't know about it going on.

not treated differently
used as a crutch

FOMO missing out

don't know about it

Sometimes feel like you're missing out

- I still fall victim to this romanticizing of drugs. When I see someone doing it on Snapchat, I feel like I'm missing out on something that I should be doing. Kind of like seeing people hanging out during the pandemic and feeling like you're missing out. You're doing the right thing, but it's hard, especially with social media.

You end up being responsible for others who use (the designated driver)

- I feel like you get used, almost, if people are drinking and need a driver. You're like the kid who drives around all your drunk friends and that's what you're used for.
- When people are partying, the majority of the kids are partaking and there are a rare few that choose not to. Even the people who do partake, they do it in kind of a responsible way. There's always one person who will take the night off to make sure their friends are OK. Mainly for alcohol, but for marijuana too.

Are there specific things in Lynnfield that make it less likely for youth to use substances?

Surrounding yourself with positive influences

- Mostly the people you surround yourself with. It's almost a snowball effect. Once one person gets into it, they'll encourage others. If you surround yourself with people who don't like that, it's easy not to get drawn in.
- The majority of my friends don't drink or use drugs, and it's a whole separate world. I don't know what people do, where they use, how they get it. I don't think about it when I'm with my friends because it's not even on our radar.
- Even though there's half of the people that do, there's another half that don't. It's who you surround yourself with.

acceptance getting through transitions
others who don't use
encouragement
foundation
respect support morals
positive parents
positive peers

Getting through impressionable periods (freshman and sophomore years) and creating your own foundation

- There is a time when you are most impressionable and if you just get over that period and don't get pulled in, it's easy to just not do it. You know it's the right thing. It's like you set your morals.
- That impressionable period is probably around freshman and sophomore year. When I was a freshman, I was hanging around with a bunch of seniors who were vaping and I almost did. But I said no and, from then on, once I got over that urge, I've been kind of set in my ways. That's just not something that I'm going to do.
- It's not so much peer pressure, but self-pressure. Getting [through the need] to feel accepted or included.

Respect for other people and their decisions

- People respect that about you. If you stand your ground, no one will pressure you to do anything.
- I agree. I don't think peer pressure is a huge thing here. If someone asks you to do something and you say no, it's like, OK, suit yourself, that's fine with me. Kids don't feel that they have to.

Positive parental influences

- It really depends on how your parents raised you. If you see your parents drinking every weekend, going to parties, you're going to think that's acceptable and you're going to not think twice about doing it. But if your parents raised you to not do that, you're not going to.
- My parents don't drink. There's nothing in my house to take even if I wanted to. So I don't [drink]. I grew up not seeing it, so I don't.

- There is so much support in our town. And even if it seems sometimes that there's no one there for you, it's so easy to just go and find it. I know our counselors, our principals, our teachers... everyone's great people and willing to talk to you if you need it. I was raised in a house where that's not accepted. The opposite of a parent giving their kid alcohol, my mom would kill me. But she's also supportive. So even though there's a lack of repercussion [in the community], there's also a lot of support.

What attitudes or behaviors in Lynnfield related to substance use do you feel need to change?

Lack of high school health education

- We don't have health anymore. They drilled it into us in middle school. But we don't get it in high school.
- We learned about alcohol and drugs in 8th grade, but no one was really exposed to it then. I think we should learn about it in high school. Everyone forgets.
- Now [in high school], teachers and people need to understand that an assembly once a month isn't going to change anything. Kids have already done it. They will just laugh it off. They've already made their decisions. Even if you hear someone talk in an assembly about how they were addicted to pills and it ruined their life, you feel bad for him, but that won't change anything. Throwing something out once a year or once a month is useless.
- When we hear about such an extreme case, like when someone gets addicted to pills from severe pain... no high schooler is going to relate to that because they don't have that in their life. The closest thing we heard about was this woman who lost her daughter who got drunk and drowned in a two-inch creek [Taylor's Story]. That type of story relates most and having those sort of lessons would start some talk in school.
- Yeah, I think of that story all the time when I'm offered. And I won't go in the woods because of that story and it definitely did drill it into our heads.

social media normalization
 older teammates
 irrelevant messages
 lack of HS health classes
 negative role models
 set better examples

Older students serving as negative influences on younger students, especially on sports teams

- It's a good idea to get the young kids to say no. But then you need to get the older kids to set a better example for younger kids.
- Just this past weekend, on social media, I saw a [Lynnfield High School] sports team who went back and had a party after finishing their season. [At first], you saw all of the seniors on the team drinking and having a good time, with all of the sophomores just watching them. And then a few minutes later, those same sophomores were doing the same thing that the seniors were doing.
- The upper classmen have an effect on the younger classmen. I definitely see that when I play sports. It is very prevalent.
- On sports teams, the upper classmen are your role models. They are your captains, the people that you look to for guidance, the ones that you look up to at the end of games to get you through things. If you look up and see them just after a game start ripping a nicotine device, you're just like, what the heck is this?
- Many people don't take sports [eligibility] seriously because they aren't going to play sports at the next level. Unless you're a top athlete, there's no real concern.
- There was one phenomenal student athlete [who] threw it all away with drugs.
- You'd be surprised how many athletes are so absorbed in that and still go to practice and still do good. It shows the younger classmen that, "Oh, I can still do drugs and do this too."

Prevalence and import of social media

- People putting every little detail of your life out on social media needs to stop. Some things need to be kept private. It leads to the normalization of some activities. Generations before us didn't have to worry about all of that, but now we see everything all the time. It's a lot to take in.

Can you think of any examples of **positive things Lynnfield is already doing** to prevent substance use among high school youth?

Community awareness events

- There is a run [Night of Hope walk] that started two years ago when one of our classmate's uncles passed away from drug use. That's been an ongoing thing.
- Anything with Think of Michael. That's helped my friend group a lot. They could even do more.
- It's a community event. The immense amount of popularity of that event.
- As sad as it is, it's good to know that someone we know struggles with it. Like with the [professional] football guy, we can't connect with him. But if it's one of your classmates going through it... it's helpful to know that it can happen.

personal experiences
awareness
community events
Think of Michael
Night of Hope

What else should be in place or what else could be done to help prevent youth substance use in Lynnfield – information, resources, supports? What are some of the best ways to reach youth? Who do you listen to?

Help students access support for mental health concerns

- Maybe school can work on support. Building confidence and having that support readily accessible so kids don't have to search for it, especially in the transition between 8th grade and freshman year. I know now that our school has a psychologist, but I did not know that as a freshman. It's sad that I did not know that. For Compass (advisory block) we say, "Let's look for kids who need help." I needed help and no one was going to look at me and say, "She needs help adjusting." We need to make it less taboo for kids to look for help, even if they're just feeling a little down, because there is nothing that is dramatic or bad about that. There's a lot of anxiety and depression right now, and people brush it off and say "Oh, it's hormones. You're a teen. You'll get over it." But no. I think if we attack the problem when it starts like that and look for ways that we can make support easily accessible to kids, I think we will see a decrease in substance use.
- I agree with that.
- The pressure in general from the college search and to get good grades and everything. It's a lot. There's always obsessive talk about college. We're still here and it's not as bad as everyone made it seem.
- That anxiety originates in middle school, with more responsibility, more classes and homework to get in, all the way through until you graduate. It comes from parents pressuring you. Kids sometimes want to escape and rebel.
- I'm so lucky to have my mom. When I'm feeling anxious, she's always there to calm me down. If we could reach out to parents more... it's hard... but give them different strategies for support.

target transition years
no stigma
parents
positive decisions
mental health
supports
ask for help
incentives
more relevant efforts

More relatable prevention efforts

- The lady that talked about her daughter that drowned. We need more stories that are relatable like that.
- It definitely sticks with you, that story. It completely came down to her making that decision to drink. And after hearing that story, I won't make that decision.
- I went to the parent night where they talked about that and they added a part about how the mother went home and found marijuana in her son's room. Even after his sister died, he was still using pot. It goes to show you that there needs to be some sort of self-recognition.

Target the transition years (freshman and sophomore years)

- I really think there should be a target focused on younger kids, especially freshmen and sophomores. My brother is a sophomore. I see him and his friends thinking about it. Do something in the sophomore year and use a more targeted approach, a more direct approach to point out the bad things about drug use so they don't use and to stop use in later high school years.

Promote positive decision-making among youth and parents

- We need more incentive not to do it. With all of the social pressures. If you don't do it, what are you missing out on? You need to promote doing the right thing.
- Tell [parents] it's not OK to give your kids alcohol.

SUMMARY POINTS – GRADES 11 & 12

Benefits & challenges to living here	Impacts on youth health	Substance use among LHS students
<p>Benefits</p> <ul style="list-style-type: none"> • Sense of community (supportive, respectful, everyone knows each other) <p>Challenges</p> <ul style="list-style-type: none"> • Living in a "bubble" (lack of exposure, lack of diversity) • Challenging to establish and maintain close personal relationships 	<ul style="list-style-type: none"> • Lack of social interaction due to COVID (no extracurriculars, nothing to look forward to after school or on weekends) • School workload and structure (time devoted to schoolwork, tiring nature of online classes, difficult learning online) • Anxiety caused by online interactions (online classes, social media) • More time to sleep now (more regular schedule due to COVID) 	<ul style="list-style-type: none"> • Vaping • Use as a coping mechanism • Seasonality (more prevalent in the summer) • Alcohol • Adderall
How youth use (groups vs. alone)	How youth get substances	Where youth use substances
<ul style="list-style-type: none"> • Use in <i>group</i> settings is considered <i>social</i> • Use <i>alone</i> is considered <i>troubling</i> 	<ul style="list-style-type: none"> • From parents (mostly alcohol, some nicotine) • On social media (often from college students) • Using fake IDs (alcohol) 	<ul style="list-style-type: none"> • Homes (house parties, including those where parents know use is occurring) • Private and/or open spaces (school bathrooms, the woods, cars)
Why youth use substances & things that promote youth use	What it's like for youth who don't use & things that make use less likely	Messaging & messengers
<p>Why youth use</p> <ul style="list-style-type: none"> • Social influences (seeing others use [upper classmen, team captains, college kids, older siblings], wanting to fit in, wanting to be social, insecurity) • Entertainment and stimulation • Stress relief <p>Things that promote youth use</p> <ul style="list-style-type: none"> • Lack of repercussions (from authorities, from parents) • Social media (seeing other people post about use, influencers) • Other media (use on TV, in movies) • Lack of health messaging after middle school 	<p>What it's like for youth who don't use</p> <ul style="list-style-type: none"> • Not treated differently, but not "in the know" • Sometimes feel like you're missing out • You end up being responsible for others who use (the designated driver) <p>Things that make use less likely</p> <ul style="list-style-type: none"> • Surrounding yourself with positive influences • Getting through impressionable periods (freshman and sophomore years) and creating your own foundation • Respect for other people and their decisions • Positive parental influences 	<ul style="list-style-type: none"> • Lynnfield youth use Snapchat (private stories) and Instagram • Not impressed by posts showing substance use
Things that need to change		Positive things Lynnfield is doing & what else should be done
<ul style="list-style-type: none"> • Lack of high school health education • Older students serving as negative influences on younger students, especially on sports teams • Prevalence of social media 		<p>Positive things Lynnfield is doing</p> <ul style="list-style-type: none"> • Community awareness nights <p>What else should be done</p> <ul style="list-style-type: none"> • Help students access support for mental health concerns • More relatable prevention efforts • Target the transition years (freshman and sophomore years) • Promote positive decision-making among youth and parents