

Lynnfield Youth Wellness Survey Results School Committee Presentation



UNDERSTANDING STUDENT HEALTH, SAFETY & WELL-BEING

A Healthy Lynnfield & Lynnfield Public Schools

May 2026

Presentation Overview

What we will cover tonight:

- Purpose of the Survey
- Who Participated
- Areas where we have seen improvement
- Areas we are monitoring
- Next Steps

About the Survey

- Survey name: Lynnfield Youth Wellness Survey
- Administered to: Grades 6-8, 9-12
- Method: Anonymous survey, Qualtrics Data Collection tool
- Date administered: 2/25/26

Why we conduct this survey



Understand student wellness trends



Identify strengths and areas needing support



Inform prevention and mental health initiatives



Guide district and community decision-making



Align with CDC Youth Risk Behavior Survey (YRBS) framework

Participation

- Total eligible students: LMS: 526, LHS: 579
- Total responses: LMS: 474, LHS: 521
- Participation rate: LMS: 90%, LHS 90%
- Opt-out process explained to parents
- Total Opt-outs: LMS: 22, LHS: 9

Survey Categories

- Student Safety
- Violence-Related Behaviors
- Substance Use
- Mental Health
- Healthy Lifestyle Indicators
- Open-Ended Questions

Student Safety

This topic includes:

- Being Driven By A Person Who Was Under The Influence Of Alcohol Or Marijuana
- Driving While Under The Influence Of Marijuana Or Alcohol
- Feelings Of Safety In School And Community

Student Safety Data

- All of this data improved since the 2023 survey.
- 19% (89) of LMS Students were “unsure” if they ever rode in a car driven by someone who had been drinking alcohol.
- LHS Students skipping school because they felt unsafe improved from 5% down to 2%

Student Safety Key Findings & Next Steps

- More education may be needed on self-advocacy, handling potentially difficult situations, etc. for LMS students.
- Continue substance use prevention partnership with A Healthy Lynnfield
- Continue educating students on refusal skills and healthy decision making in health classes

Violence Related Behaviors

This Topic Includes:

- Possession Of Weapons
- Fighting On And Off School Property
- Dating Violence and Emotional Abuse
- Bullying

Violence Related Behaviors Data

Lynnfield High School

- Weapons, fighting and dating violence were consistent with low reporting rates ranging from
 - Less than 1% for carrying a weapon
 - Fighting at 3%,
 - Physical dating violence less than 3%.
 - Emotional hurt while dating was consistent at 11% and remains an area to monitor

Survey reported numbers remain lower than the state and national levels.

Bullying

- 23% report being bullied on school property (up from 15%) - LMS
- 17% report being bullied on school property (up from 14.7%) - LHS

- 14% report electronic bullying (up from 10%) - LMS
- 15% report electronic bullying (no change) - LHS

Violence Related Behaviors

Key Findings & Next Steps

- Data reflects a physically safe school and community environment
- Self-reported increases in bullying highlight an area where continued education, prevention, support, and student engagement efforts will be beneficial.

Substance Use

This Topic Includes:

- Lifetime Use Of Alcohol, Vape Products, Marijuana, Cigarettes And Prescription Drugs
- 30-Day Use Of Alcohol, Vape Products, Marijuana, Cigarettes And Prescription Drugs
- Substance Use Risk Awareness (ie - students' perceptions and awareness of the health risks associated with various substances)
- Binge Drinking

Substance Use Data

Lynnfield Middle School:

- Self-reported use of all substances remains extremely low, less than 1%
- Risk awareness increased across the board for all substances

Lynnfield High School:

- 7% report vaping in the last 30 days (-3.5% since 2023)
- 14% report drinking alcohol in the last 30 days (-11% since 2023)
- 7% report smoking marijuana in the last 30 days (-2.9% since 2023)
- 9% report smoking cigarettes (+3% since 2023)
- Less than 2% report misusing RX drugs (no change)
- Risk awareness increased across the board EXCEPT for cigarettes which decreased by 4.7%

Substance Use Key Findings & Next Steps

Lynnfield Middle School:

- Students demonstrate very low levels of substance use and strong awareness of health risks
- Botvin Life Skills and Catch My Breath Curriculum
- Skills-based education

Lynnfield High School:

- Vaping, alcohol, and marijuana use declined since 2023
- Cigarette smoking has increased and risk awareness has decreased in line with the national trend. This is an area to continue to monitor and provide education and cessation support
- Area to monitor: Fewer kids are having sex but more of them are drinking before they do. While the number of students remains relatively small, it has steadily increased across the last three survey cycles

Mental Health

This Topic Includes:

- Overall Mental Health
- Self Harm And Suicidal Ideation
- Adult Connections In School And Home

Mental Health Data

Lynnfield Middle School

- 29% of LMS students report poor mental health in the past 30 days “sometimes,” “most of the time” or “always”(+4% since 2023)
- 8% of LMS students report having seriously thought about suicide (+3% since 2023)

Lynnfield High School

- 33% of LHS students report poor mental health in the past 30 days “sometimes,” “most of the time” or “always”(-16% since 2023)
- 4% of LHS students report having seriously thought about suicide (-3% since 2023)
- Students reporting self-harm behaviors declined since 2023 (LHS).
- Students feeling “sad or hopeless almost every day for two weeks or more in a row that you stopped doing some of your usual activities” improved since 2023 (LHS)

Trusted Adults, School Connectedness and Peer Support

- 95% (LMS - 6% improvement) and 96% (LHS: 11% improvement) report at least one supportive adult in their family
- 85% (LMS: 27% improvement) and 82% (LHS: 17% improvement) report a trusted adult at school
- 94% (LMS) and 96% (LHS) report at least one supportive friend

Mental Health Key Findings & Next Steps

- Self-reported increases in mental health concerns for our LMS Students highlight an area where continued prevention, support, and student engagement efforts will be beneficial.
 - Signs Of Suicide (SOS) Curriculum Expanded This Past School Year
 - Screening, Brief Intervention, and Referral to Treatment (SBIRT) In Grades 7 and 9
 - Teen Mental Health First Aid Added In Grade 9
 - Counseling And Prevention Supports Strengthened
 - Students Will Now Receive Multiple Years Of Mental Health Education Before Graduation

Healthy Lifestyles

This Topic Includes:

- Social Media Use & Screen Time
- Diet & Body Image
- Sleep
- Physical Activity

Healthy Lifestyles Data - Social Media

Lynnfield Middle School

- 80% of LMS students report they use social media and 70% of LMS students report they use social media at least daily

Lynnfield High School

- 95% of LHS Students report they use social media at least daily and 34% of LHS Students report being on social media once an hour or more.

Healthy Lifestyles Data - Diet & Body Image

Lynnfield Middle School

- 61% of LMS Students report drinking soda at least once per week
- 14% LMS Students report drinking at least one energy drink weekly
- 30% of LMS students report trying to lose weight

Lynnfield High School

- 59% LHS Students report drinking soda at least once per week
- 32% LHS Students report drinking at least one energy drink weekly
- 35% of LHS Students report trying to lose weight and 8% of LHS students report they have fasted

Healthy Lifestyles Data - Sleep

- 41% of LMS Students report getting less than 8+ hours of sleep per night (+3% since 2023)
- Sleep data has remained the same for LHS students, but still only 25%

Healthy Lifestyles Data - Physical Activity

Lynnfield Middle School

- 82% of LMS Students report they are active at least 4 days a week for more than 60 minutes per day.
- 83% of LMS Students report they participate in team sports.

Lynnfield High School

- 56% of LHS Students were active 60 minutes a day for 5 of the last 7 days as compared to 65% in 2023.
- 78% of LHS Students play on at least one sports team (which is in line with our actual numbers from the Athletic Dept.)
- 10% of students self-reported having at least one concussion in the last 12 months.

Healthy Lifestyles Key Findings & Next Steps

- Self-reported increases in daily social media use highlight an area where more parent and student education may be beneficial
- Students report high participation in sports and physical activity
- Athletics and the school nurse at LHS will continue to closely monitor and follow concussion protocol

Lynnfield Middle School Student Voice

Students highlighted:

- Sports, physical activity, and healthy eating as key to their health
- Mental health and stress related to schoolwork and tests are a common concern
- The need for more opportunities for physical activity, additional counseling support, and strategies to address bullying

Lynnfield High School Student Voice

Students Highlighted:

- Importance Of Sports And Physical Activity
- Stress Related To School Workload
- Need For Greater Balance And Wellness Support
- Support Systems Such As Guidance Staff Are Helpful
- Academic Stress And Overscheduling
- Importance Of Counseling Access
- Desire For Balance And Support
- Growing Awareness Of Mental Health Needs

Thank You!

- Any questions...

