



YOUTH RISK BEHAVIOR SURVEY SUMMARY OF FINDINGS FOR 2022: Maynard Public Schools

Prepared For

 Emerson Hospital

Spring 2022

Youth Risk Behavior Survey (YRBS)

2022 Emerson YRBS Overview

Since 1997, Emerson Hospital and public school districts within Emerson Hospital's service area have collaborated to conduct the biannual **Emerson Youth Risk Behavior Survey (YRBS)**. The YRBS is a comprehensive survey of students in 6th grade, 8th grade, and 9th through 12th grade on topics ranging from mental health and resiliency to technology habits, stress, body image, social media, bullying, substance use and sexual activity.



For more information, please contact:

Kelsey Magnuson
Community Benefits and Events Coordinator
Emerson Hospital
310 Baker Ave
Concord, MA 01742
978.287.1193

Maynard Public Schools YRBS

Maynard Public Schools has participated in the Emerson YRBS since 2002. This report presents findings for Maynard Public School's 6th graders, 8th graders, and high school students. Maynard Public School's students from these grades are also included in the aggregate for all districts for 2022.



2022 Emerson YRBS Methodology

- Emerson YRBS strives to achieve a census of students in 6th grade, 8th grade, and high school. Ten public school districts participated in the 2022 survey, including 7,722 students in 6th grade, 8th grade and high school who completed an online survey in March, 2022.
- Questionnaires are age-appropriate and based on the Massachusetts YRBS and U.S. Centers for Disease Control and Prevention versions.
- Students participating in the Emerson YRBS are guaranteed confidentiality. Identifying information about students is not kept, and results are only reported in grouped form, with no way of identifying individuals.
- Of the 483 students enrolled in Maynard on March, 2022, 89% responded to the survey. The remaining students were either absent on the days the surveys were conducted, their parents/guardians opted for them not to participate, they submitted a blank survey (indicating refusal to participate), or the survey was not administered due to some technical challenges.

Students Participating in 2022 Emerson YRBS

	Total Surveyed	6th Grade	8th Grade	High School
2022 TOTAL:	7,722	1,498	1,527	4,684
Acton-Boxborough Regional School District	1,848	384	322	1,139
Ayer Shirley Regional School District	421	95	123	202
Bedford Public Schools	1,115	180	191	744
Concord-Carlisle High School/Concord Public Schools	993	174	171	644
Carlisle Middle School/Carlisle Public Schools	128	53	75	0
Groton-Dunstable Regional School District	657	117	142	398
The Bromfield School (Harvard Public Schools)	442	74	82	285
Littleton High School/Littleton Public Schools	586	126	125	334
Maynard Public Schools	430	85	80	265
Nashoba Regional School District	1,102	210	216	673

* Data collection for these grades could not be completed before pandemic-related district closure in March, 2020.

** Carlisle Middle School joined Emerson YRBS in 2020 and is its own district (no high school).

Comparing 2022 and Previous Results for Emerson YRBS

Historical Comparisons

- In this report, we compare 2018, 2020, 2021, and 2022 results for 6th graders, 8th graders, and high school students. We also include an aggregate for all districts combined for 2022, and Maynard's students are represented in the aggregate.

Census vs. Sample: What is the YRBS?

- A **census** is a survey that includes everyone in the population being surveyed (e.g., all 6th or 12th grade youth). A **sample** surveys some members of the population, but not everyone.
- Emerson YRBS is designed to be as close to a census of 6th grade, 8th grade, and high school youth as possible. There are, however, some youth who did not participate in the survey, so technically, the YRBS is a sample.
- Because the Emerson YRBS sample is so large, however, nearly all differences (including small differences) will register in statistical software as statistically “significant.” This does not necessarily mean all changes are meaningful.

How to Gauge Whether a Difference is Meaningful in the Emerson YRBS

- Substantial differences (5% or more) will be highlighted in red

Companion Document

Along with this report, Emerson Hospital has received **data tables** in Excel format that include:

- Comparable totals for 2018, 2020, 2021, 2022
- Breakdowns by grade for 2018, 2020, 2021, 2022
- Breakdowns for 2022 by selected student characteristics (gender, sexual orientation, race/ethnicity)

Questions

In this report, questions are referred to by number, e.g., “Q23” refers to Question 23 in the survey. Question numbers and exact question wording are also cross-referenced in the companion documents.



Previous Participation by School Districts

	2018	2020 (pre-COVID)	2021	2022
Acton-Boxborough	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Ayer-Shirley	<input checked="" type="checkbox"/>	-	-	<input checked="" type="checkbox"/>
Carlisle Middle School	-	<input checked="" type="checkbox"/>	-	<input checked="" type="checkbox"/>
Concord-Carlisle	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	-	<input checked="" type="checkbox"/>
Groton-Dunstable	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Harvard Bromfield	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	-	<input checked="" type="checkbox"/>
Littleton	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	-	<input checked="" type="checkbox"/>
Maynard	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Nashoba	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	-	<input checked="" type="checkbox"/>
Bedford	-		-	<input checked="" type="checkbox"/>

Question numbers are included at the bottom of the slides throughout this report, to show the number, text, and years the question was asked of students.

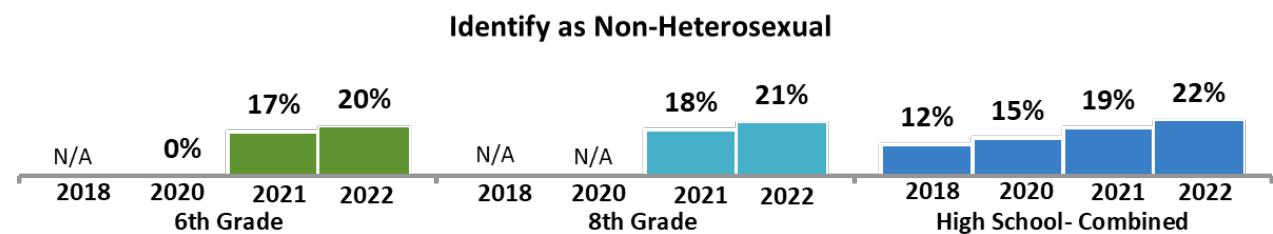
Question #	Question Text	Years Question Was Asked
Q44	During the past 12 months have YOU repeatedly threatened humiliated or harassed (bullied) someone in school?	2018 2020 2022



Student Demographic Profile

2022	6 TH Grade	8 TH Grade	High School
Gender (Q3)*			
Female	43%	51%	50%
Male	50%	44%	47%
Non-binary	7%	5%	3%
Transgender (Q4)**			
Yes	4%	1%	3%
No	89%	96%	97%
Not sure	7%	3%	1%
Sexual Orientation (Q5)			
Straight (heterosexual)	54%	74%	71%
Gay or lesbian (homosexual)	5%	1%	5%
Bisexual	12%	13%	13%
Another orientation (asexual, pansexual etc.)	2%	8%	5%
Not sure	27%	5%	7%
Identify as Hispanic/Latinx**			
Yes	13%	14%	17%
No	87%	86%	83%
Race/Ethnicity- Select as many as apply (Q16)*			
American Indian or Alaska Native	4%	3%	3%
Southeast Asian American	2%	1%	2%
Middle Eastern American	2%	0%	0%
Asian American	5%	1%	3%
Black or African American	4%	6%	5%
Native Hawaiian or other Pacific Islander	0%	0%	1%
White	66%	83%	85%
Don't Know	24%	9%	8%

- The proportion of Maynard students who identify as non-heterosexual shows a slight, but steady increase over the past 4 years.



* Question was changed from previous surveys

** New Question



Overall Summary of Findings

As 2022 marks a return to the classroom after the pandemic, it also marks a return and increase of some risk behaviors and attitudes.

- This year posed unique challenges for students compared to previous years, as many were returning to classroom settings since the pandemic.
- As students readjust to interacting with their peers more frequently, they are also exhibiting increases in risk behaviors compared to previous years.
- 6th graders, in particular, exhibited many increases in risk behaviors compared to previous years.



Substantial increases among Maynard 6th graders.

- Not having a trusted adult outside of school: 5%**
- Not having a trusted adult at school: 8%**
- Being bullied at school: 11%*
- Experiencing stress at home: 9%**
- Trying to lose weight: 10%**
- Having hidden social media: 8%**
- Spending 4+ hours on social media: 6%**
- Risky situations from online behavior: 5%**



Substantial increases among Maynard 8th graders.

- Sexual harassment: 6%**
- Identifying as overweight: 10%**
- Trying to lose weight: 9%**
- Leaving phones on in the bedroom: 7%**
- Willingness to seek out a teacher for help: 11%**



Substantial increases among Maynard high schoolers

- Sexual harassment: 9%**
- Self-harm: 7%**
- Suicide consideration: 6%**
- Viewing pornography: 6%**



* Compared to 2020

** Compared to 2021

However, this year also saw some substantial decreases in risky attitudes and behaviors.

- Compared to previous years, students also exhibited a shift away from certain attitudes and behaviors.
- Many of these behaviors indicate students are spending less time online as they are returning in-person to the classroom.



Behaviors and attitudes that have decreased among Maynard 6th graders

- Stress from academic workload: 9%**
- Leaving phones on in the bedroom at night: 17%**
- Going without food 3+ times a month: 11%**
- Unmonitored cellphone use: 7%**
- Viewing pornography: 5%**



Behaviors and attitudes that have decreased among Maynard 8th graders

- Stress from academic workload: 5%**
- Stress at home: 7%**
- Identifying as underweight: 6%**
- Trying to gain weight: 8%**
- Spending 6+ hours on visual media: 16%**
- Unwanted online contact: 9%**
- Viewing pornography: 15%**
- Unmonitored cellphone use: 9%**



Behaviors and attitudes that have decreased among Maynard high schoolers

- Stress from the pandemic: 24%**
- Alcohol consumption: 7%**
- Spending 6+ hours on visual media: 9%**
- Risky situations from online behavior: 6%**



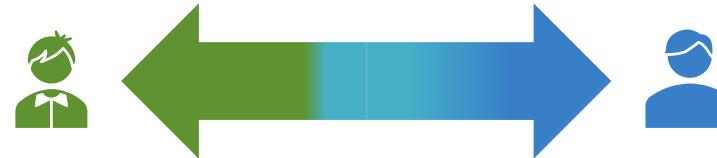
* Compared to 2020

** Compared to 2021

Although many risk behaviors and attitudes increase with age, 6th and 8th graders showed many areas of vulnerability.

- As can be expected, there are stark differences in risky behavior based on grade, with younger and older students dealing with different problems and finding different ways to cope.
- For many of these risk behaviors, rate of incidence slowly increases between 6th and 9th grade and then undergoes a sizable increase around 10th grade, indicating that as students physically mature, they open themselves up to several more potentially harmful behaviors and stressors.
 - Maynard 10th graders, in particular, showed higher rates of several risk behaviors.

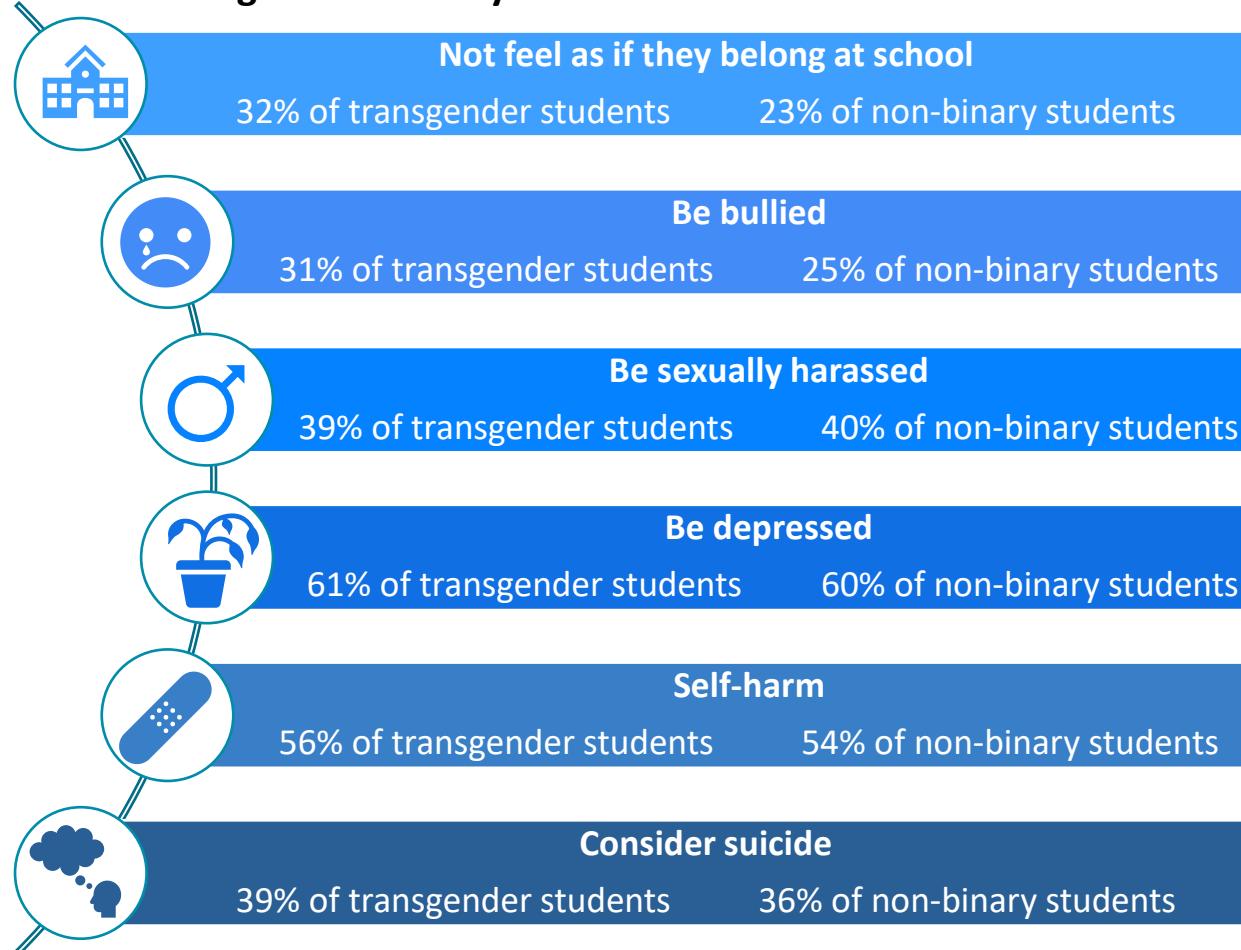
- Compared to students in higher grade levels, Maynard 6th graders are more likely to deal with:
 - Being bullied
- However, these students also report having more protection against certain risks including:
 - More sleep at night
 - More parental involvement in social media use



- As students reach higher grade levels, they are much more likely to engage in several risky behaviors, including:
 - Alcohol, e-cigarette, and marijuana use
 - Sexual intercourse
 - Pornography
 - Depression
- Additionally, these students indicate being under more stress from their academic workload and home.

On the aggregate level, students who identify as transgender or non-binary are especially vulnerable.

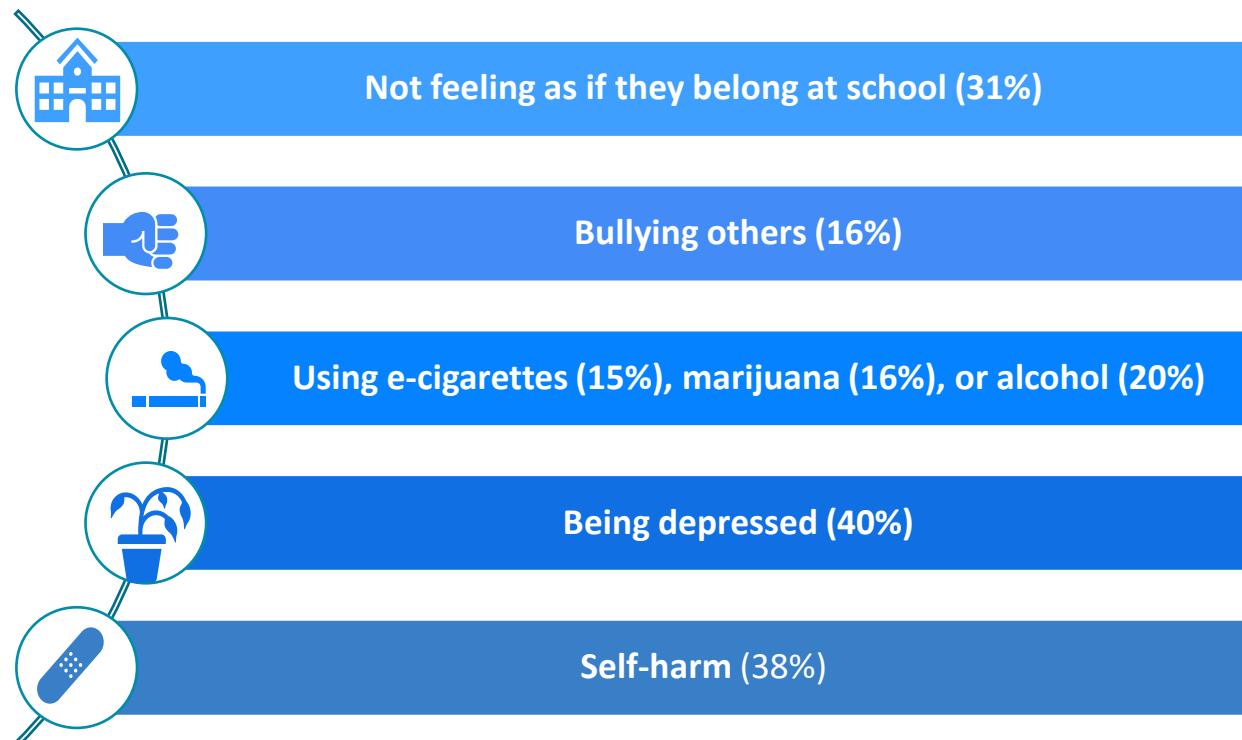
Among other risk-factors, those with a non-traditional gender identity are at an increased likelihood to:



- Students who identify as transgender or non-binary show a disproportionate rate of incidence for several risk behaviors.
- Notably, over half of these students indicate recently feeling depressed or engaging in self-harm.
- Most concerningly, over a third of students who identify as transgender or non-binary also indicate considering suicide at some point in the last 12 months.
- These students are more than 2x as likely to not know where to go or who to talk to if they had a serious problem, indicating that many suffer in silence.

Certain racial and ethnic groups also indicated being an increased incidence of several risk behaviors in the aggregate.

- Although they only make up 1% of the population, students who identify as Native Hawaiian or Pacific Islander display an increased likelihood of substance use and other risks, such as:



Other racial and ethnic identities that show a particularly high prevalence of risk behaviors include:

- American Indian or Alaska Native
- Black or African American
- Southeast Asian Americans

- Likewise, many of these groups also display a high prevalence of not having trusted adults to speak to when they have a problem.
 - As such, special effort should be taken to make sure minority students feel as if they belong at school and have individuals they can trust there.

Resilience, Trust, and Belonging

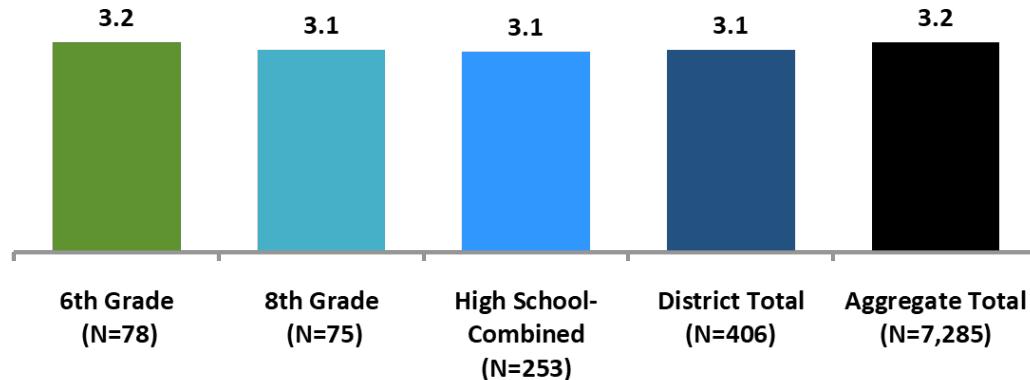
Segmentation: Resilience

New to this year, students completed the 6-item Brief Resilience Questionnaire (Smith et al., 2008). Students indicated the extent to which they agreed with the following statements on a scale ranging from 1 (Strongly disagree) to 5 (Strongly agree):

1.	I tend to bounce back quickly after hard times.
2.	I have a hard time making it through stressful events.*
3.	It does not take me long to recover from a stressful event.
4.	It is hard for me to snap back when something wrong happens.*
5.	I usually come through difficult times with little trouble.
6.	I tend to take a long time to get over setbacks in my life.*

Maynard students' overall score on this scale was consistent across grades.

Overall Resilience Score



Segmentation analysis of the aggregate revealed 3 distinct segments in the student population when it comes to resilience:

- High Resilience**
 - Had an average resilience score of 4.0.
 - 28% of student population.
- Moderate Resilience**
 - Had an average resilience score of 3.1.
 - 53% of student population.
- Low Resilience**
 - Had an average resilience score of 2.1.
 - 19% of student population.

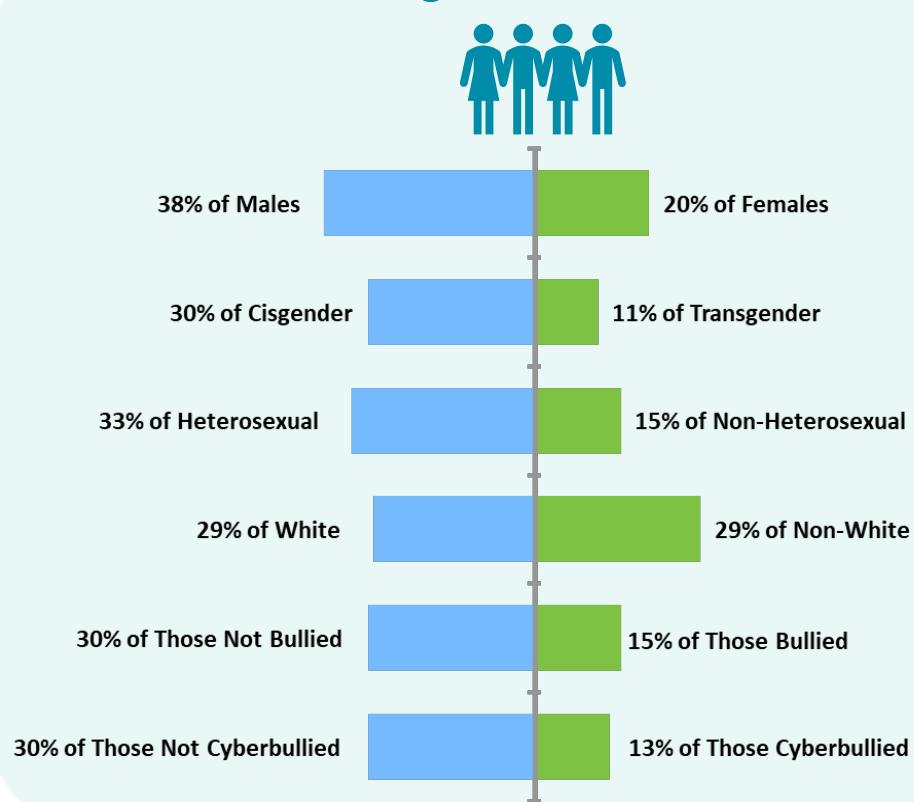


A segmentation of the aggregate reveals a strong gender and sexuality gap in resiliency.

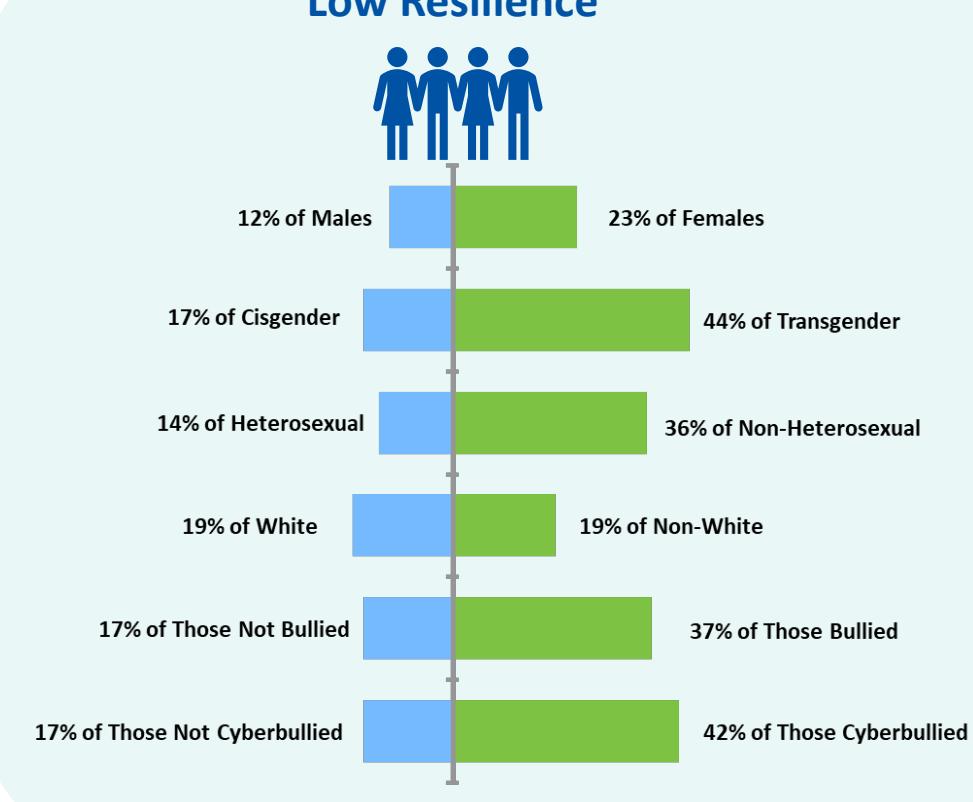
Segmentation: Resilience

- Those who identify as female, non-heterosexual and/or to have experienced bullying are more likely to be low in resilience.
- Males are nearly 2x more likely to be high in resilience than females.
- Students high in resilience are especially likely to identify as heterosexual and to have NOT experienced bullying.

High Resilience



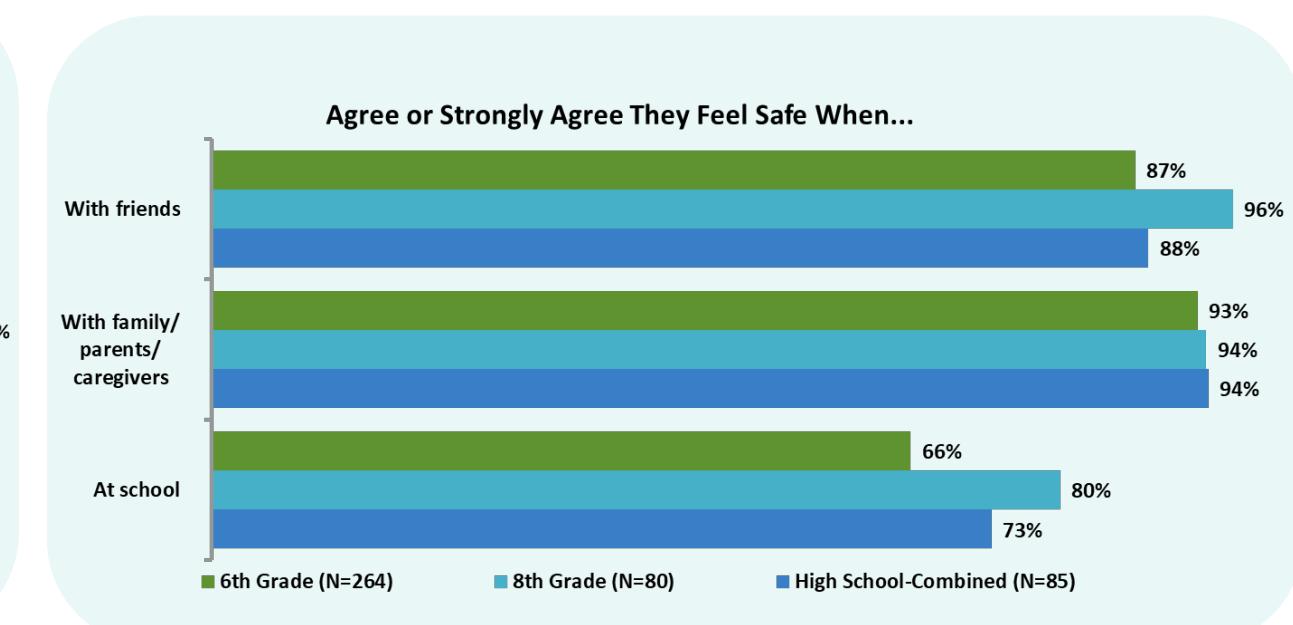
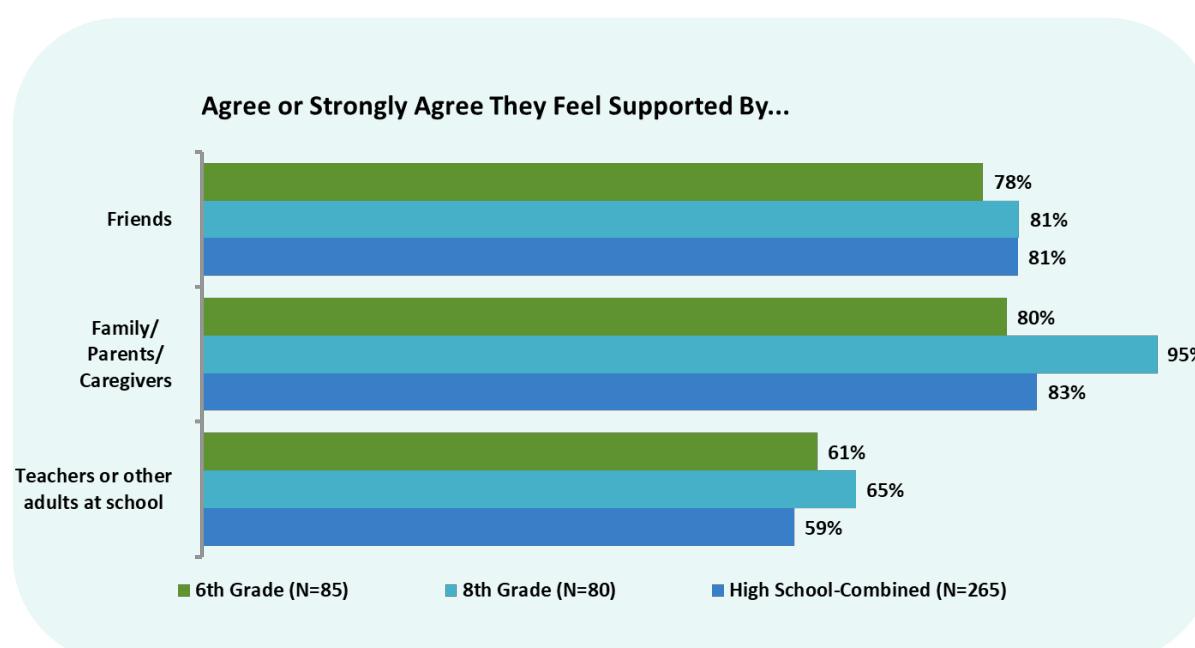
Low Resilience



Sources of Support and Safety

- While those in the 6th grade and high school feel relatively equal levels of support among family and friends, those in the 8th grade show a strong feeling of support from their family.
- All students indicate feeling lower levels of support from teachers or adults at school.

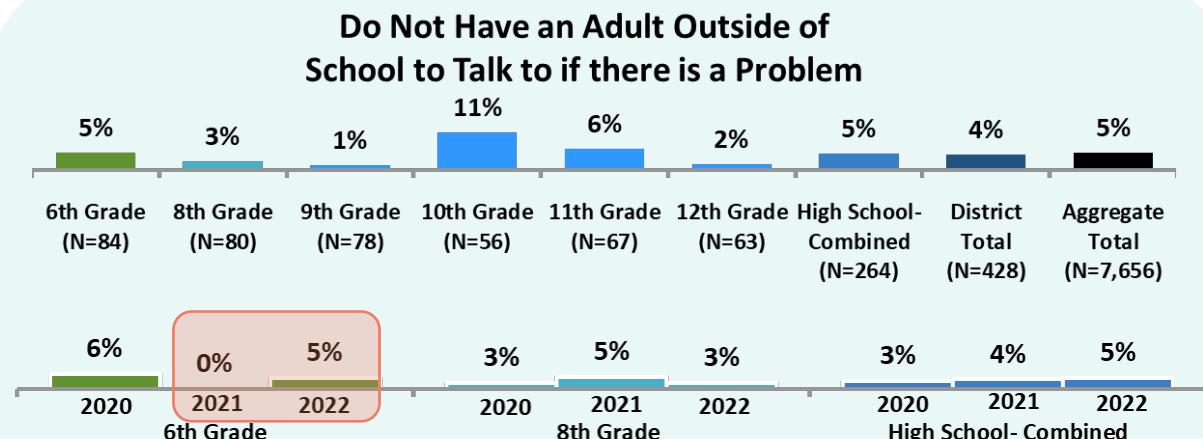
- While home is the place that most 6th grade and high school students feel safe, a near equal proportion of 8th graders feel safe at home or with friends.
- While smaller proportions of all grade-levels indicate feeling safe at school, this gap is especially strong for 6th graders.



Q28, Q29, Q30	I feel Supported by ...my friends, ...my family/parents/caregivers, ...my teachers and other adults at school.				2022
Q32, Q33, Q34	I feel safe when I am ...with friends, ...with my family/parents/caregivers,... at school.				2022

Trusted Adults Outside of School

- Overall, 91% of Maynard students feel they have an adult outside of school that they can talk to if experiencing a problem.
- While the proportion of those who feel they do not have a trusted adult is low and remains stable over the years, over 1 in 10 of those in the 10th grade indicate not having one.
- Additionally, 67% of Maynard students who do not have an adult outside of school also report not having an adult at school to talk to.



Additionally, **1% of 6th graders, 4% of 8th graders, and 6% of high schoolers** in 2022 were not sure if they had an adult outside of school they could talk to.

Aggregate Demographics and Behaviors Associated with Not Having a Trusted Adult Outside of School (5% of the population)

Demographics

- 11% of those who identify as non-binary
- 17% of those who identify as transgender
- 12% of those who identify as Southeast Asian American
- 12% of those who identify as American Indian or Alaska Native
- 13% of those who identify as Native Hawaiian or Pacific Islander

Those who don't have an adult outside of school are also likely to:

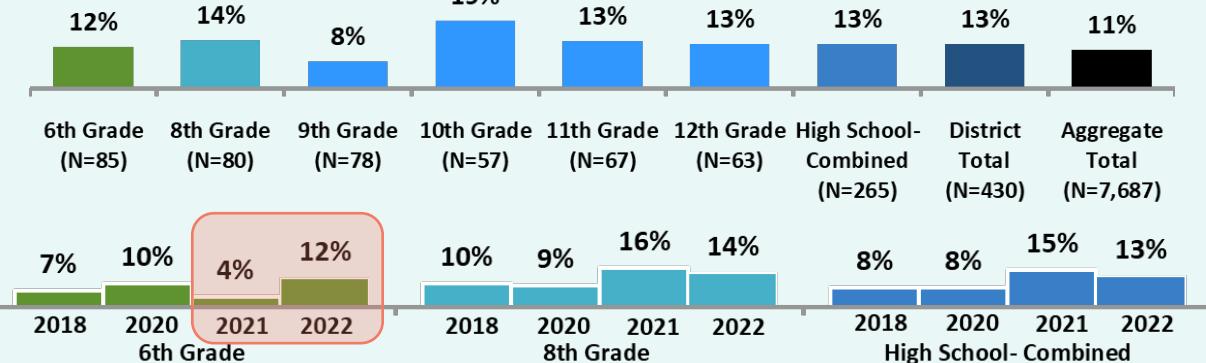
- Not have a trusted adult or teacher at school (55%)
- Have been bullied (26%) or cyberbullied (21%)
- Be sexually harassed (35%)
- Bully (10%) or cyberbully others (9%)
- Feel depressed (59%), self-harm (45%), or consider suicide (36%)
- Use e-cigarettes (12%)
- Have sexual intercourse (15%)
- View pornography (39%)
- Send or receive sexual messages (29%)
- Engage in unhealthy dieting (24%)
- Be in the “low resilience” segment (38%)



Trusted Adults at School

- Overall, 70% of Maynard students feel they have a teacher or adult at school they can talk to if they are experiencing a problem.
- Those in the 10th grade have a particularly high proportion who do not feel they have a trusted adult at school.
- 22% of Maynard students who do not have a trusted adult at school, also report not having a trusted adult outside of school.

Do Not Have a Teacher or Adult In School to Talk to if there is a Problem



Additionally, **32% of 6th graders, 20% of 8th graders, and 11% of high schoolers** in 2022 were **not sure** if they had a teacher or adult at school to talk to.

Aggregate Demographics and Behaviors Associated with not Having a Trusted Teacher or Adult at School (11% of the population)

Demographics

- 18% of those who identify as transgender
- 21% of those who identify as Southeast Asian American
- 19% of those who identify as American Indian or Alaska native
- 19% of those who identify as Native Hawaiian or Pacific Islander

Those who don't have a teacher or adult at school are also more likely to:

- Not have a trusted adult outside of school (24%)
- Have been bullied (18%) or cyberbullied (17%)
- Feel depressed (40%), self-harm (32%), consider suicide (23%)
- Be sexually harassed (25%)
- View pornography (35%)
- Send or receive sexual messages (18%)
- Be in the “low resilience” segment (26%)



Q24

Is there at least one teacher or other adult in your school that you could talk to if you had a problem?

2018

2020

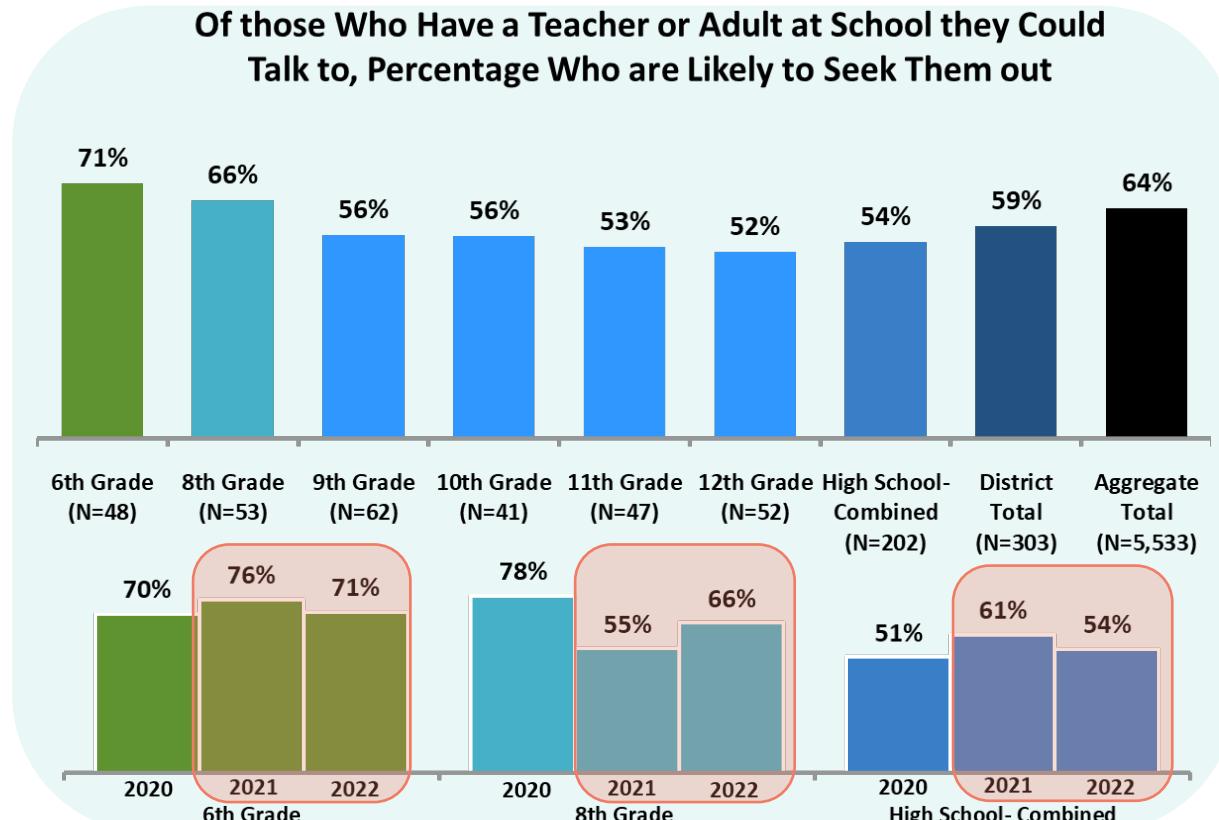
2021

2022

Market Street Research | Page 18

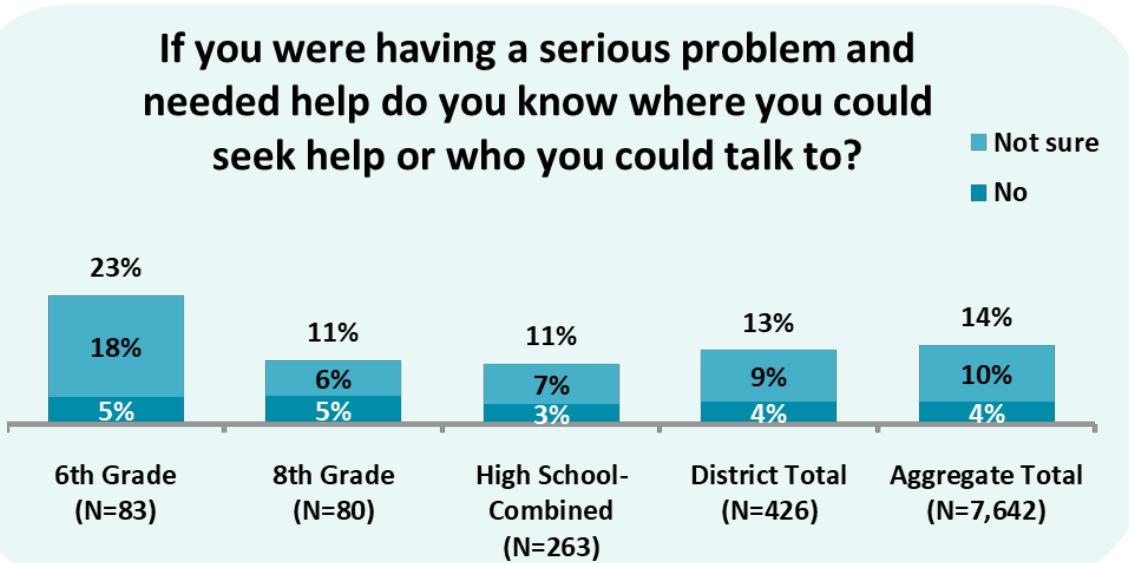
Seeking Out Adults at School

- However, having an adult at school doesn't mean students will utilize this resource.
 - Just under 3 in 5 (59%) of Maynard students who *have* a trusted adult at school say they are likely to seek them out.
 - Likelihood of seeking out an adult or teacher decreases with each consecutive grade level.
- Compared to 2021, high schoolers and 6th graders are less likely to seek out an adult, while 8th graders are more likely, marking a return to pre-pandemic levels.



Resources for Help

- Overall, 87% of Maynard students feel they know where to seek help or have someone they could talk to if they had a serious issue.
- While only 4% of Maynard students report not having a place to go, an additional 9% are not sure if they have a place.
- Aggregate analyses show those with a non-traditional gender identity or who identify as Black or African American have a slightly greater rate of not having any resources to go to for help.
- Depression, self-harm, and suicide consideration are disproportionately high among this group.



Aggregate Demographics and Behaviors associated with not knowing where to go if having a serious problem (4% of the population)

Demographics

- 9% of those who identify as non-binary
- 11% of those who identify as transgender
- 10% of those who identify as Black or African American
- 9% of those who identify as Southeast Asian American
- 9% of those who identify as American Indian or Alaska Native

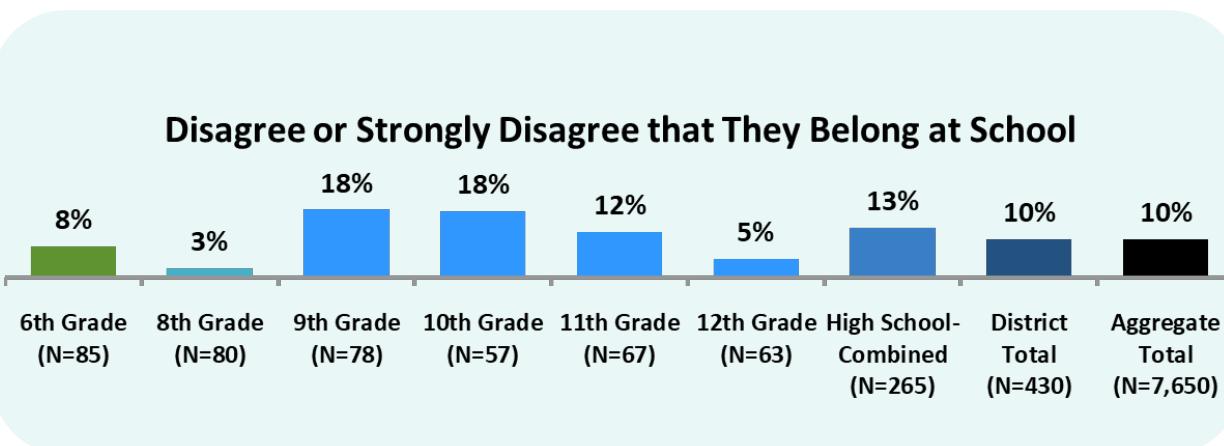
Those who don't have a place or person to seek help from are also more likely to:

- Not have a trusted adult at school (51%)
- Not have a trusted adult outside of school (37%)
- Have been bullied (26%) or cyberbullied (26%)
- Bully (9%) or cyberbully others (9%)
- Feel depressed (58%), self-harm (44%), consider suicide (36%)
- Use e-cigarette products (11%) or marijuana (13%)
- View pornography (35%)
- Send or receive sexual messages (21%)
- Be in the “low resilience” segment (38%)



Sense of Belonging at School

- While overall, 65% of Maynard students agree or strongly agree that they belong in school, the feeling of not belonging is especially high among those in the 9th and 10th grade.
- Aggregate analyses show a high percentage of students who identify as transgender or Native Hawaiian/Pacific Islander feel as if they don't belong at school.
- While feeling as if one does not belong at school is associated with many risk behaviors, depression, self-harm, and suicide consideration are especially high for these students.



Aggregate Demographics and Behaviors associated with not feeling as if one belongs at school (10% of the population)

Demographics

- 23% of those who identify as non-binary
- 32% of those who identify as transgender
- 20% of those who identify as non-heterosexual
- 31% of those who identify as Native Hawaiian or Pacific Islander
- 25% of those who identify as Southeast Asian American

Those who feel they don't belong at school are also more likely to:

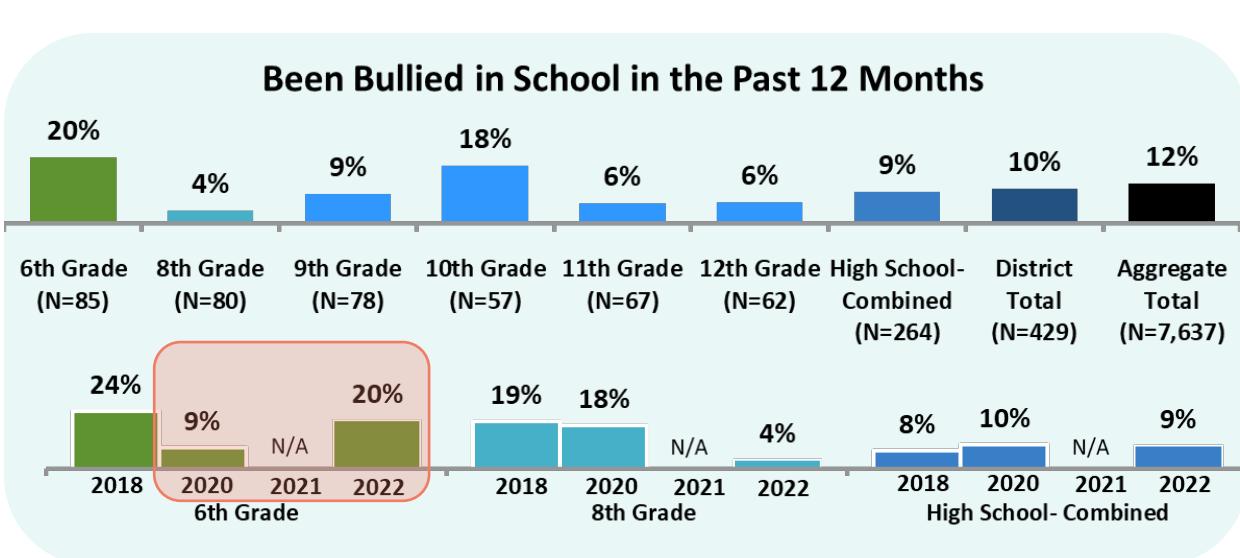
- Have been bullied (36%) or cyberbullied (27%)
- Bully (10%) or cyberbully others (7%)
- Feel depressed (58%), self-harm (45%), consider suicide (36%)
- Drink alcohol (19%)
- Use marijuana (17%)
- Have sexual intercourse (19%)
- View pornography (38%)
- Send or receive sexual messages (26%)



Bullying, Cyberbullying, and Sexual Harassment

Being Bullied

- 6th and 10th graders report particularly high levels of bullying, with 6th graders experiencing a substantial increase compared to 2020.
- 43% of Maynard students who report being bullied also report being cyberbullied.
- Aggregate findings show that students who identify as non-binary, non-heterosexual, or transgender are at a particularly high risk of being bullied.
- Students being bullied are at a higher risk of feeling depressed, self-harming, and considering suicide, among other risk factors.



Aggregate Demographics and Behaviors associated with being bullied (12% of the population)

Demographics

- 25% of those who identify as non-binary
- 31% of those who identify as transgender
- 18% of those who identify as non-heterosexual
- 24% of those who identify as American Indian or Alaska Native

Those who are bullied at school are also more likely to:

- Be cyberbullied (45%)
- Bully (21%) or cyberbully others (12%)
- Be sexually harassed (44%)
- Feel depressed (54%), self-harm (42%), consider suicide (32%)
- Drink alcohol (18%)
- Use e-cigarettes (13%) or marijuana (13%)
- Have sexual intercourse (18%)
- View pornography (35%)
- Send or receive sexual messages (27%)



Q43

During the past 12 months have you been repeatedly threatened, humiliated or experienced hostile behaviors (bullied) from others in school?

2018

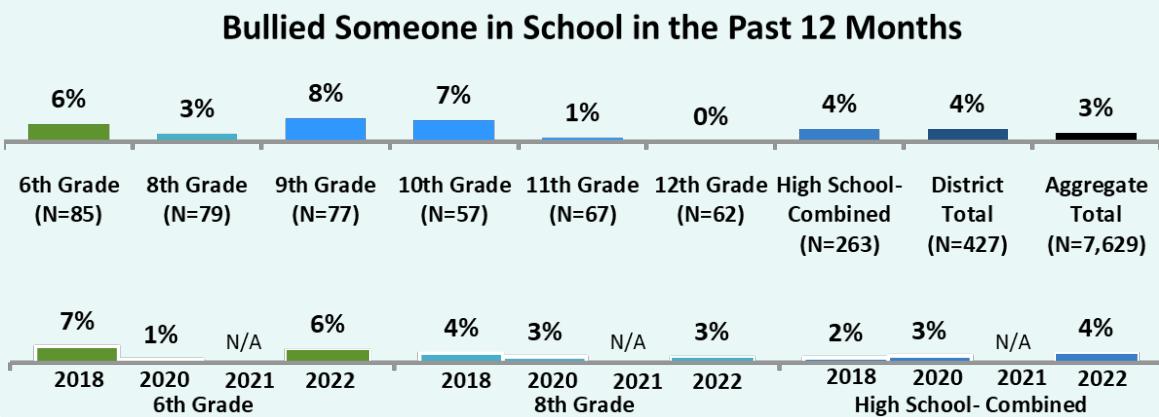
2020

2022

Market Street Research | Page 23

Bullying Others at school

- 56% of Maynard students who report bullying others also report being bullied, indicating that bullying and being bullied are often linked.
- 41% of Maynard students who bully others, also report cyberbullying others.
- Analyses of the aggregate show that Native Hawaiian and Pacific Islander students show a much higher rate of bullying than other identities.
- Students who bully others are also at a much more likely to engage in several risk behaviors, including depression, self-harm, suicide consideration, sexual harassment, and sexual messaging.



Aggregate Demographics and Behaviors associated with bullying others
(3% of the population)

Demographics

- 7% of those who identify as non-binary
- 9% of those who identify as transgender
- 16% of those who identify as Native Hawaiian or Pacific Islander
- 13% of those who identify as American Indian or Alaska Native

Those who have bullied someone at school are also more likely to:

- Have been bullied (74%) or cyberbullied (50%)
- Cyberbully others (41%)
- Be sexually harassed (50%)
- Feel depressed (55%), self-harm (42%), consider suicide (32%)
- Drink alcohol (33%)
- Use e-cigarettes (25%) or marijuana (28%)
- Have sexual intercourse (30%)
- View pornography (55%)
- Send or receive sexual messages (44%)



Q44

During the past 12 months have YOU repeatedly threatened, humiliated or harassed (bullied) someone in school?

2018

2020

2022

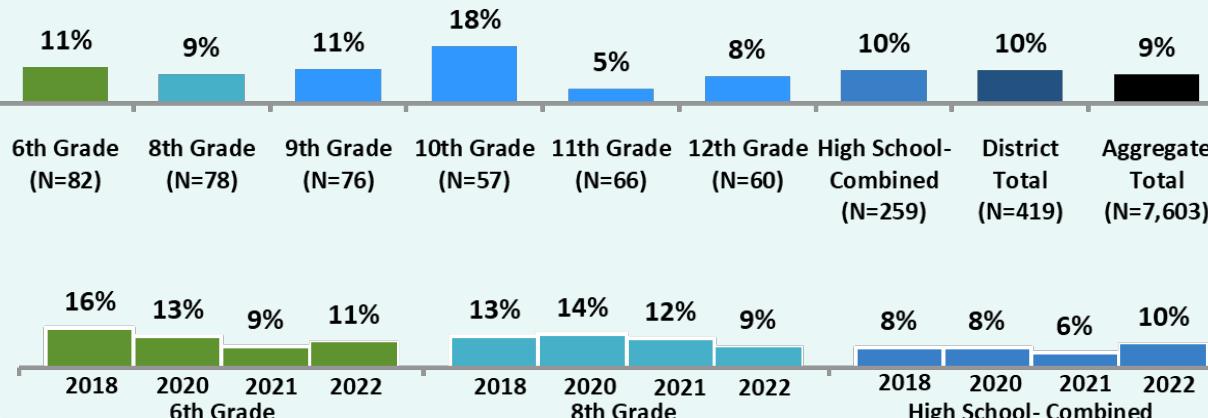
Market Street Research | Page 24

Cyberbullying

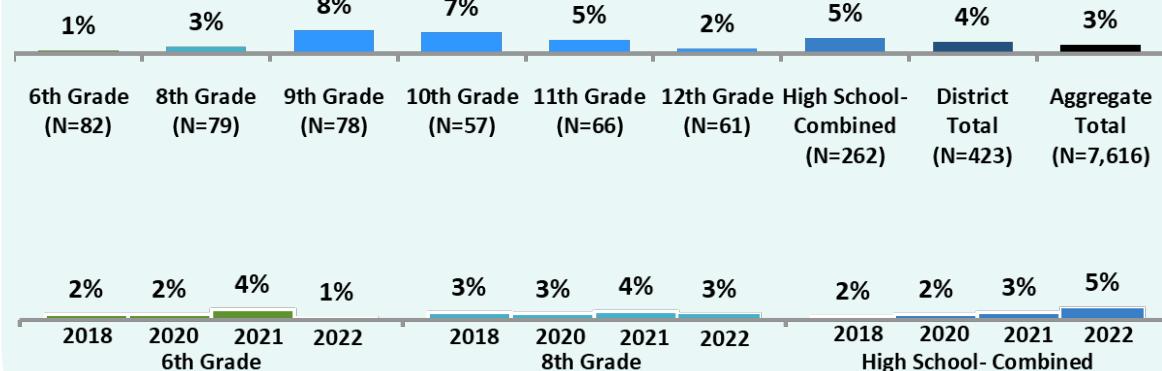
- Rates of cyberbullying are also highest among those in the 10th grade.
- 43% of Maynard students who report being cyberbullied, also indicate that they are bullied at school.
- While rates of cyberbullying are fairly stable, those in the 10th grade experience particularly high rates.

- Very few students admit to cyberbullying others and these rates have remained stable over time.
- Many of those who cyberbully also bully others at school (41%).
- Half (50%) of Maynard students who cyberbully also have social media accounts their parents don't know about.

Been Bullied Electronically in the Past 12 Months



Bullied Others Electronically in the Past 12 Months



Q45

During the past 12 months have you been repeatedly threatened, humiliated or experienced hostile behaviors (bullied) from others electronically?

2018

2020

2021

2022

Q46

During the past 12 months have YOU repeatedly threatened, humiliated or harassed (bullied) someone electronically?

2018

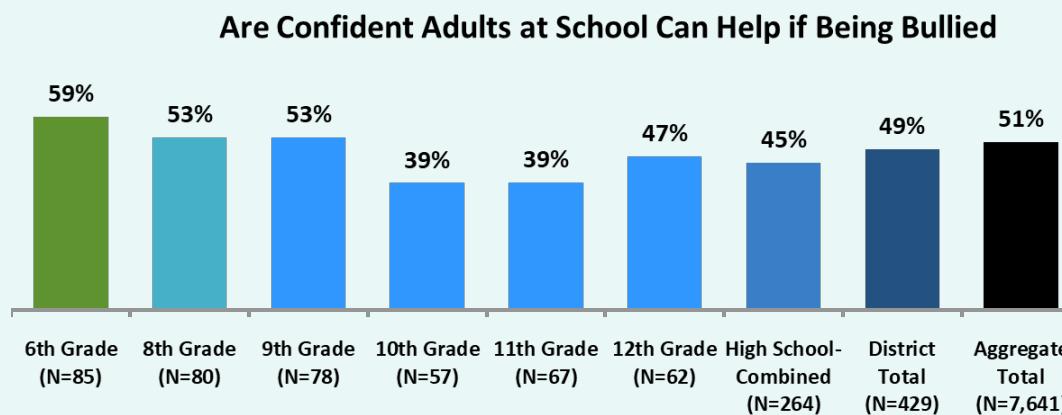
2020

2021

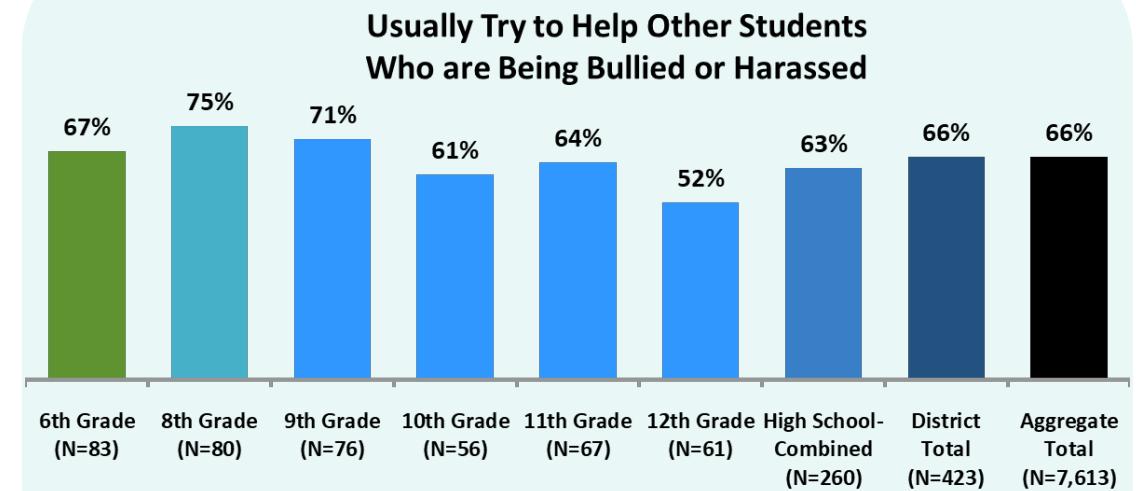
2022

Coping with Bullying

- Confidence in adults and teachers shows lower levels in students after 9th grade.
 - This is particularly concerning because 10th graders indicate the highest levels of bullying.



- Those in the 8th and 9th grade show the highest willingness to help others who are being bullied.



Q35

If I am being bullied or harassed I am confident adults at school can help me.

Q36

I usually try to help other students who are being bullied or harassed.

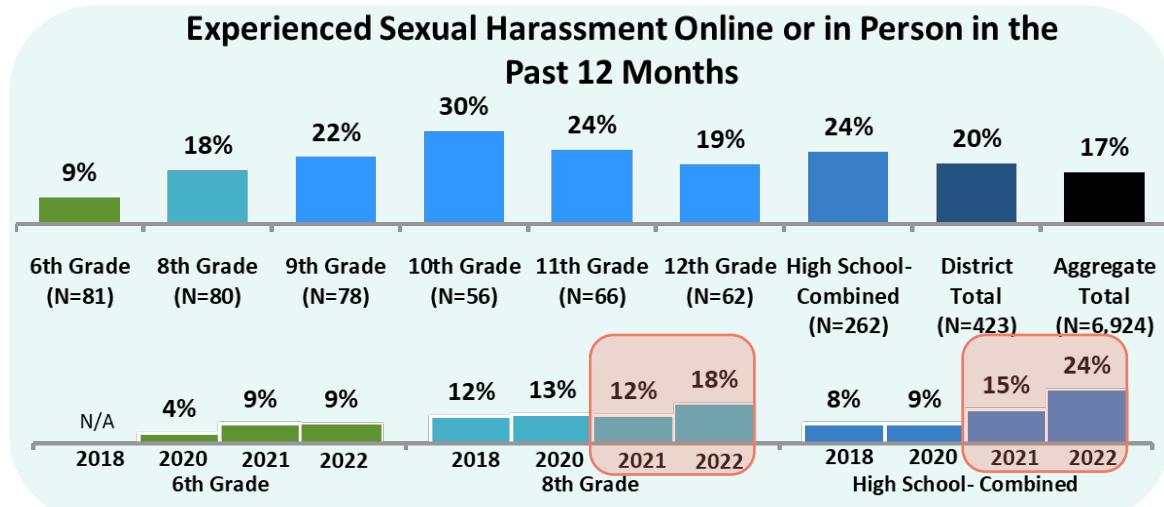
2022

2022

Market Street Research | Page 26

Sexual harassment

- Rates of sexual harassment reach their peak in the 10th grade, with nearly a third (30%) of 10th graders indicating they have been sexually harassed.
- The most common form of sexual harassment for Maynard students is in-person (9%), while 5% experienced sexual harassment online, and 6% in both contexts.
- Sexual harassment has increased among 8th graders and high schoolers compared to previous years.
- Aggregate analyses show that students who identify as non-binary, transgender, or non-heterosexual are much more likely to experience sexual harassment.
- Sexually harassed students also show a greater likelihood of a variety of other risk behaviors, with especially high depression rates.



* Note: Response options changed in 2021, to include sexual harassment online.

Aggregate Demographics and Behaviors Associated with Being Sexually Harassed (17% of the population)

Demographics

- 40% of those who identify as non-binary students
- 25% of those who identify as female
- 39% of those who identify as transgender
- 38% of those who identify as non-heterosexual
- 25% of those who identify as Southeast Asian, Middle Eastern, or Native Hawaiian
- 25% of those who identify as Hispanic or Latinx Students

Those who are sexually harassed are also more likely to:

- Be bullied (28%) cyberbullied (28%)
- Bully (10%) or cyberbully others (8%)
- Feel depressed (59%), self-harm (48%), consider suicide (32%)
- Drink alcohol (25%)
- Use e-cigarettes (16%) or marijuana (18%)
- Have sexual intercourse (21%)
- View pornography (39%)
- Send or receive sexual messages (36%)
- Engage in unhealthy dieting (29%)
- Be in the “low resilience” segment (39%)



Q52

During the past 12 months have you received unwelcome comments or actions of a sexual nature which made you uncomfortable (sexual harassment)?

2018

2020

2021

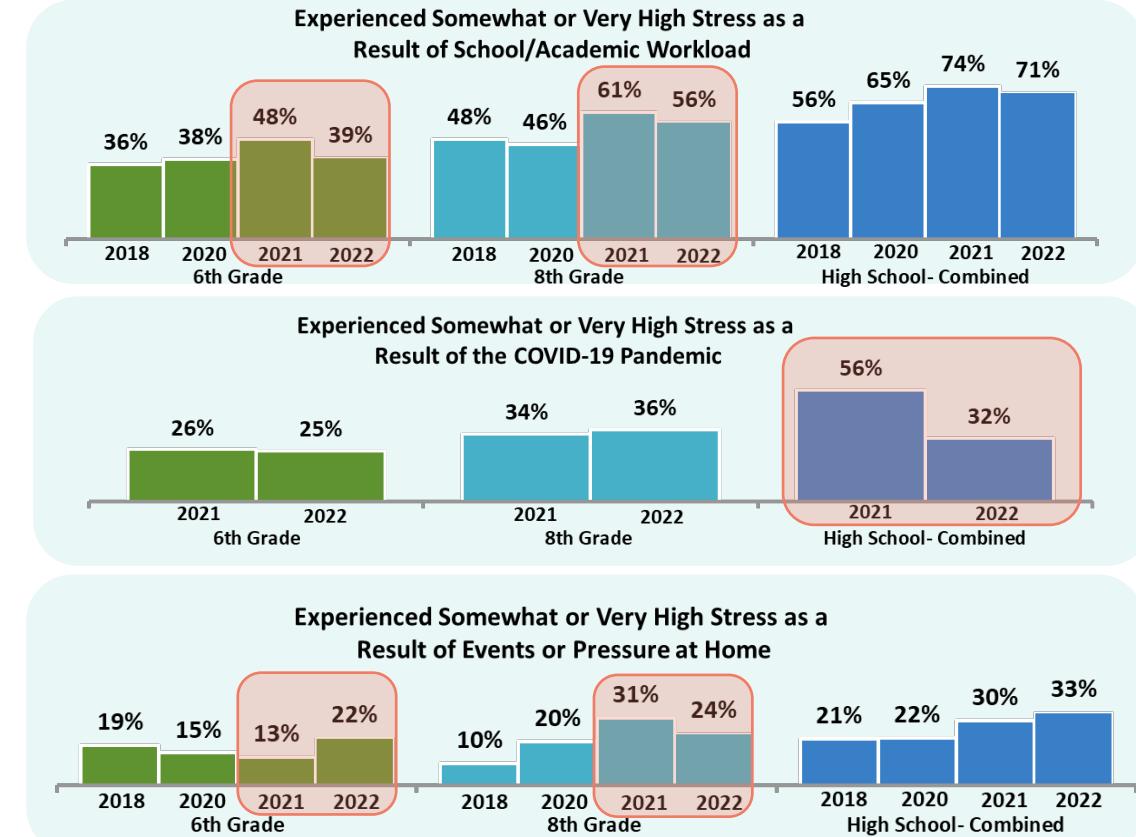
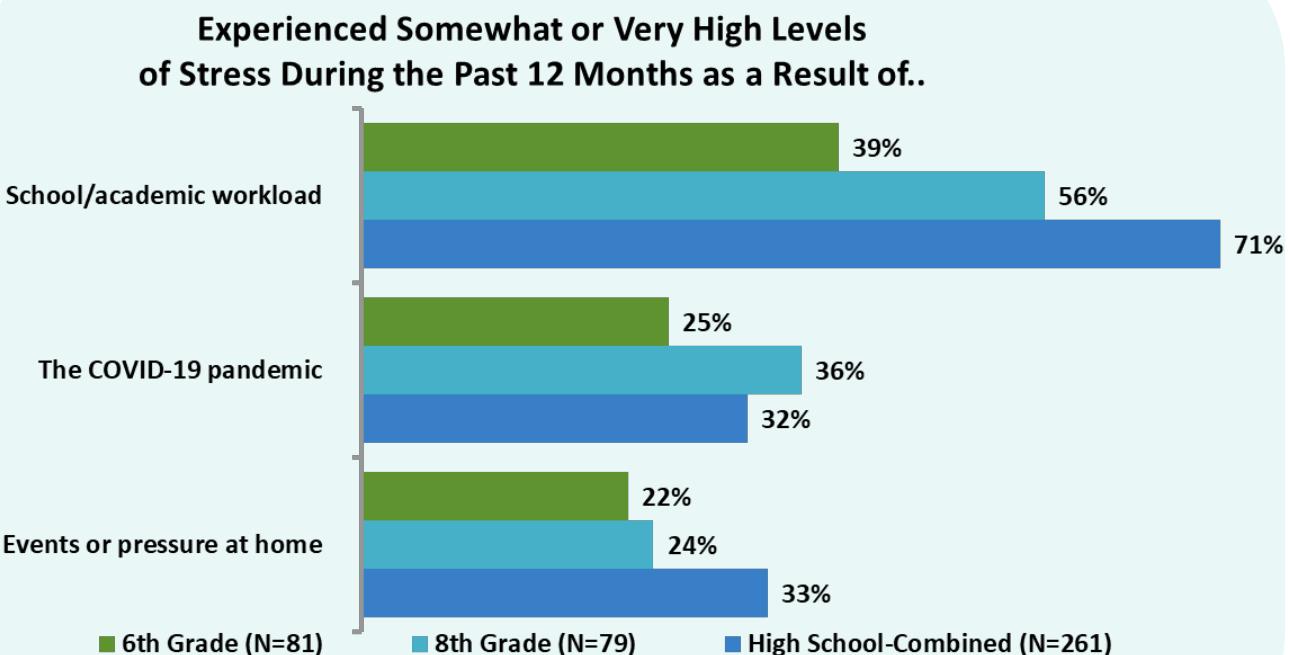
2022

Market Street Research | Page 27

Stress, Depression, and Suicide

Sources of Stress

- School/academic workload remains the largest source of stress among students.
- Stress from academic coursework has decreased for all grade levels compared to 2021 and is exhibiting a return to the pre-pandemic levels.
- Stress related to COVID-19 has decreased dramatically for high schoolers since 2021, indicating the pandemic is not taking as much of a toll on these students.
- While stress from home has decreased for those in the 8th grade, 6th graders show an increase in stress from home compared to previous years.



Q53, Q55

During the past 12 months what level of stress have you experienced as a result of... your school/academic workload? ...events or pressure at home?

2018

2020

2021

2022

Q54

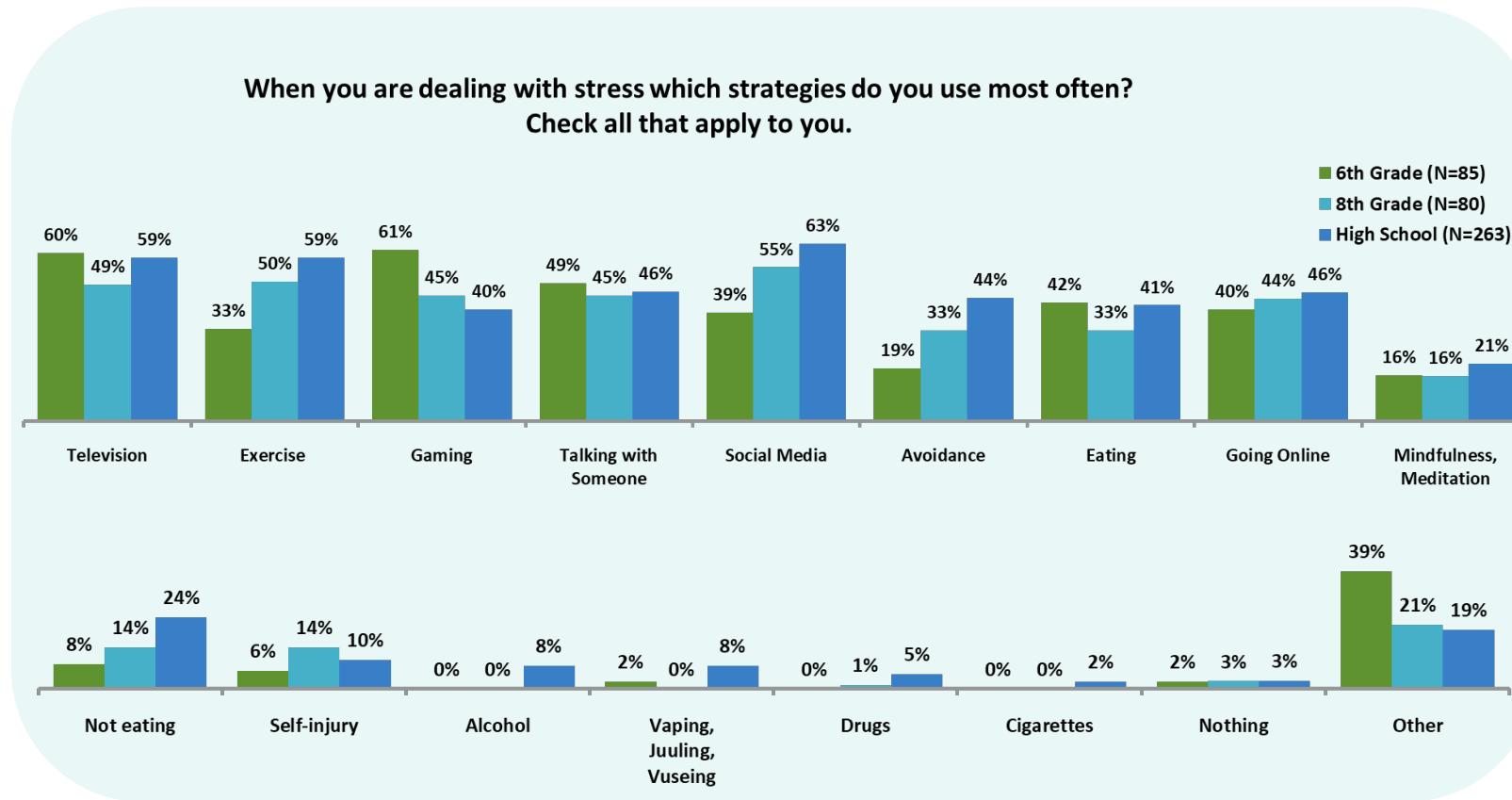
During the past 12 months what level of stress have you experienced as a result of the COVID-19 (coronavirus) pandemic?

2021

2022

Coping Mechanisms

- Overall, 15% of Maynard students report dealing with stress through drugs, alcohol, vaping, cigarettes, or self-harm.
- Additionally, just over half of students (51%) cope with stress through either eating or avoiding food.



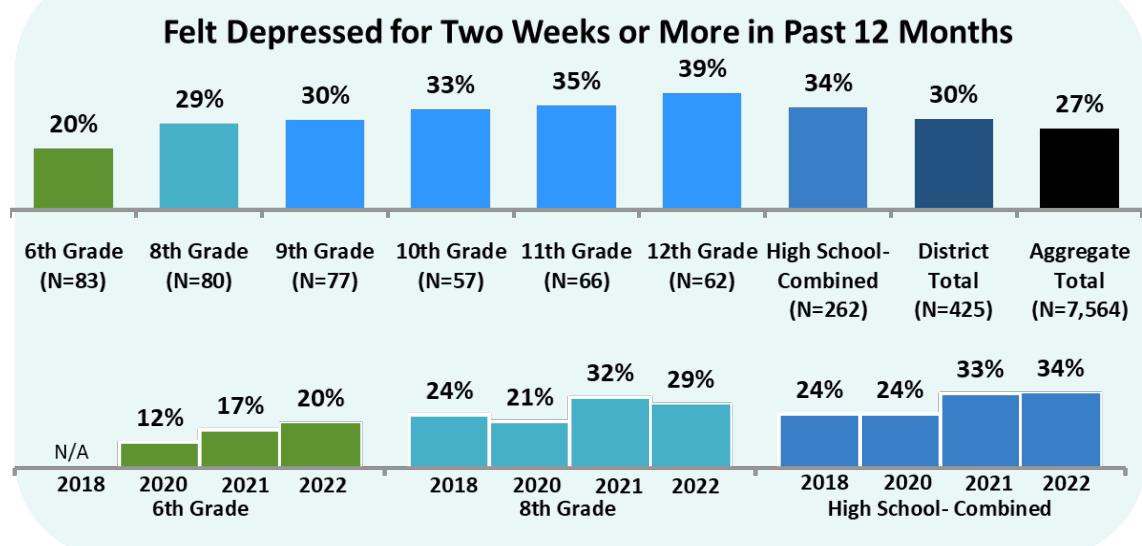
* Note: Question changed in 2022, to include more coping behaviors.

- For high schoolers, the 3 most common ways to cope with stress are:
 - Social media
 - Exercise
 - Television
- For 8th graders, the 3 most common ways to cope with stress are:
 - Social media
 - Exercise
 - Television
- For 6th graders, the 3 most common ways to cope with stress are:
 - Gaming
 - Television
 - Talking with someone



Depression

- Incidence of depression increases with each grade level, with nearly 2 in 5 (39%) of 12th graders reporting such feelings.
- However, rates of depression are stable compared to previous years.
- Aggregate analyses show that over half of all students who express a non-traditional gender identity or sexuality report feeling depressed over the past 12 months.
- Students who are depressed are at risk for a variety of risk behaviors, especially self-harm and suicide consideration.



Aggregate Demographics and Behaviors Associated with Being Depressed (27% of the population)

Demographics

- 60% of those who identify as non-binary
- 61% of those who identify as transgender
- 52% of those who identify as non-heterosexual
- 31% of those who identify as female
- 40% of those who identify as Native Hawaiian or Pacific Islander
- 40% of Hispanic or Latinx students

Those who are Depressed are also more likely to:

- Be bullied (24%) or cyberbullied (22%)
- Be sexually harassed (38%)
- Self-harm (47%) or consider suicide (38%)
- Drink alcohol (18%)
- Use e-cigarettes (12%) or marijuana (14%)
- Have sexual intercourse (16%)
- View pornography (37%)
- Send or receive sexual messages (24%)
- Engage in unhealthy dieting (24%)
- Be in the “low resilience” segment (42%)



Q73

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?

2018

2020

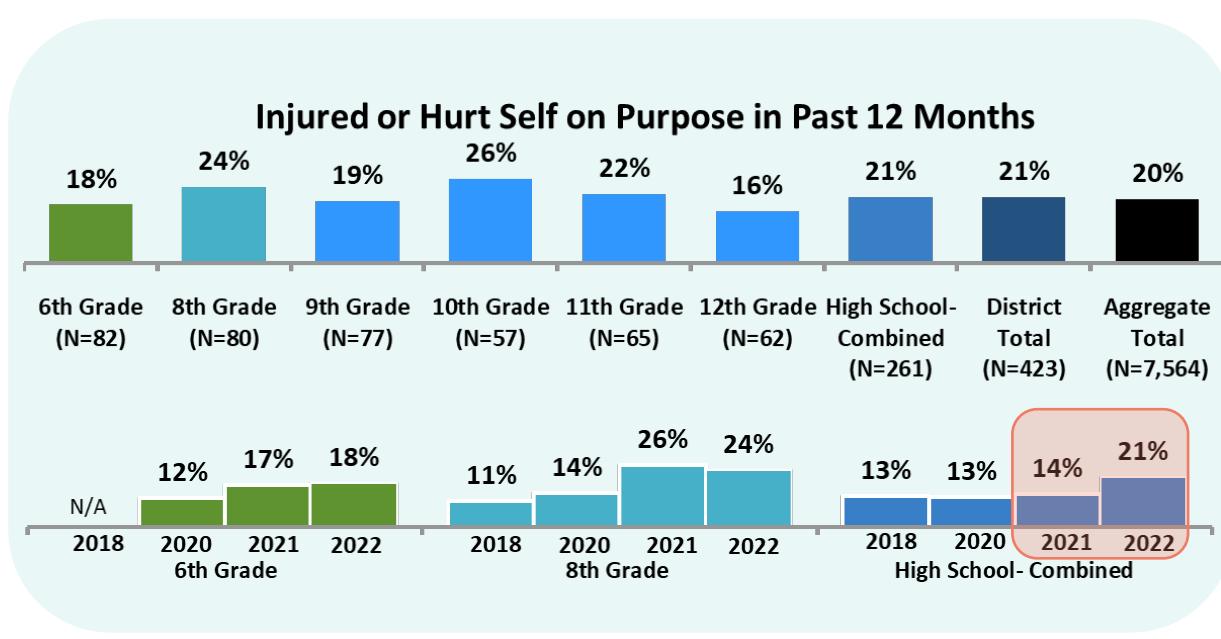
2021

2022

Market Street Research | Page 31

Self-harm

- Those in the 10th and 8th grade are most likely to engage in self-harm.
- Rates of self-harm show an increase compared to previous years for Maynard High school students.
- Aggregate analyses show that students with a non-traditional gender or sexual orientation have especially high rates of self-harm.
- Those who self-harm also display high rates of depression, suicide consideration, and sexual harassment.



Aggregate Demographics and Behaviors Associated with Self-Harm (20% of the population)

Demographics

- 54% of non-binary students
- 56% of transgender students
- 44% of non-heterosexual students
- 38% of Native Hawaiian or Pacific Islander students
- 28% of American Indian or Alaska Native students
- 27% of Southeast Asian students

Those who self-harm are also more likely to:

- Be bullied (25%) or cyberbullied (23%)
- Be sexually harassed (41%)
- Be depressed (63%) or consider suicide (42%)
- Drink alcohol (17%)
- Use e-cigarettes (11%) or marijuana (14%)
- Have sexual intercourse (15%)
- View pornography (39%)
- Send or receive sexual messages (26%)
- Engage in unhealthy dieting (27%)
- Be in the “low resilience” segment (41%)



Q72

During the past 12 months how many times did you hurt or injure yourself on purpose (for example by cutting/burning or bruising yourself on purpose)?

2018

2020

2021

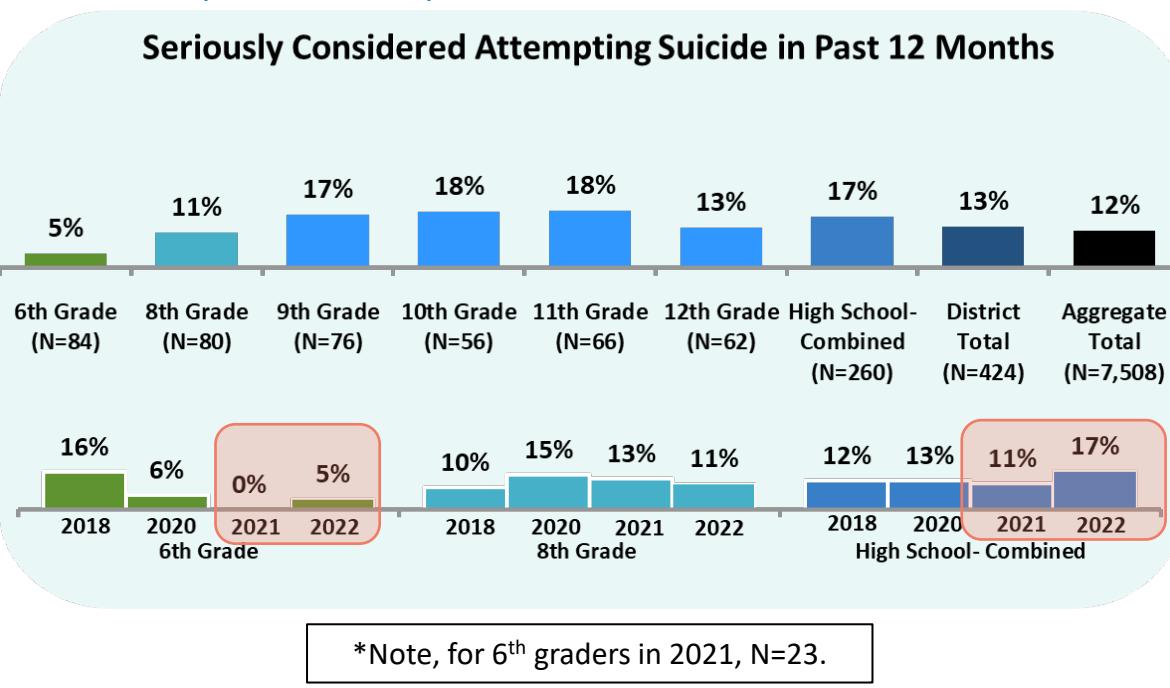
2022

Market Street Research | Page 32

Suicide Consideration

- Rates of suicide consideration show large increases between 6th and 8th grade and between 8th and 9th grade.
- Suicide consideration shows an increase compared to 2021 for 6th graders and high schoolers but is on par with pre-pandemic rates.
- Analyses of the aggregate show that those who do not identify with a traditional gender or sexuality are nearly 3x as likely to consider suicide than the student population.
- 80% of Maynard students who considered suicide, indicated that they had been depressed in the past 12 months.

Seriously Considered Attempting Suicide in Past 12 Months



Aggregate Demographics and Behaviors Associated with Suicide Consideration (12% of the population)

Demographics

- 36% of non-binary students
- 39% of transgender students
- 31% of non-heterosexual students
- 20% of Black or African American Students

Those who consider suicide are also more likely to:

- Be bullied (30%) or cyberbullied (29%)
- Cyberbully others (9%)
- Be sexually harassed (45%)
- Be depressed (82%) or self-harm (68%)
- Drink alcohol (22%)
- Use e-cigarettes (16%) or marijuana (18%)
- Have sexual intercourse (20%)
- View pornography (46%)
- Send or receive sexual messages (30%)
- Engage in unhealthy dieting (33%)
- Be in the “low resilience” segment (49%)



Q74

During the past 12 months did you ever seriously consider attempting suicide?

2018

2020

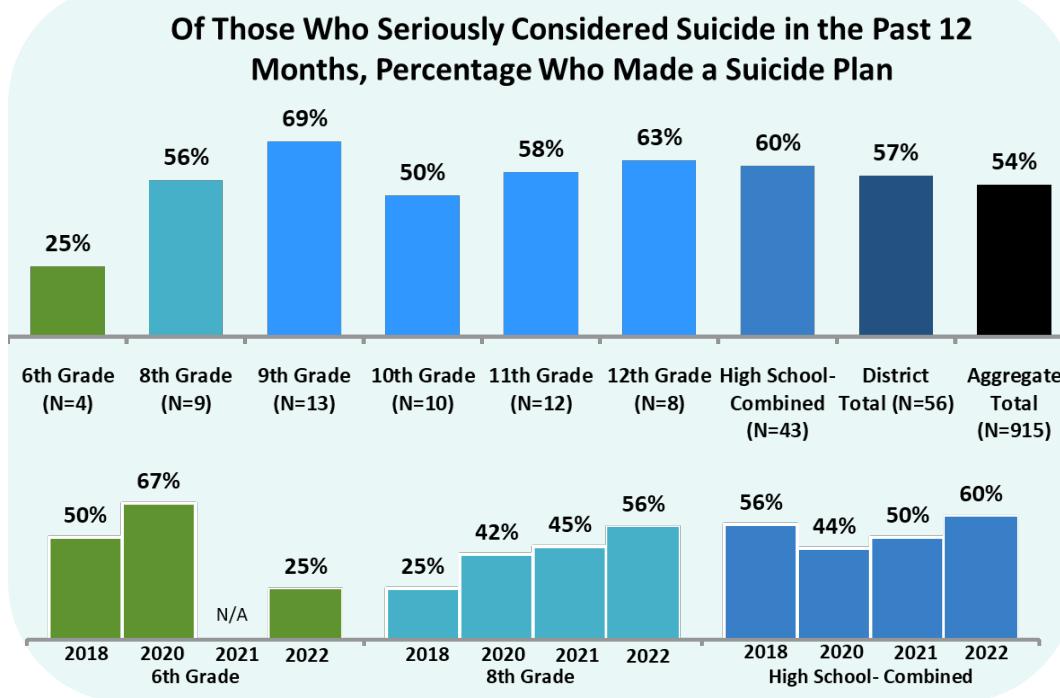
2021

2022

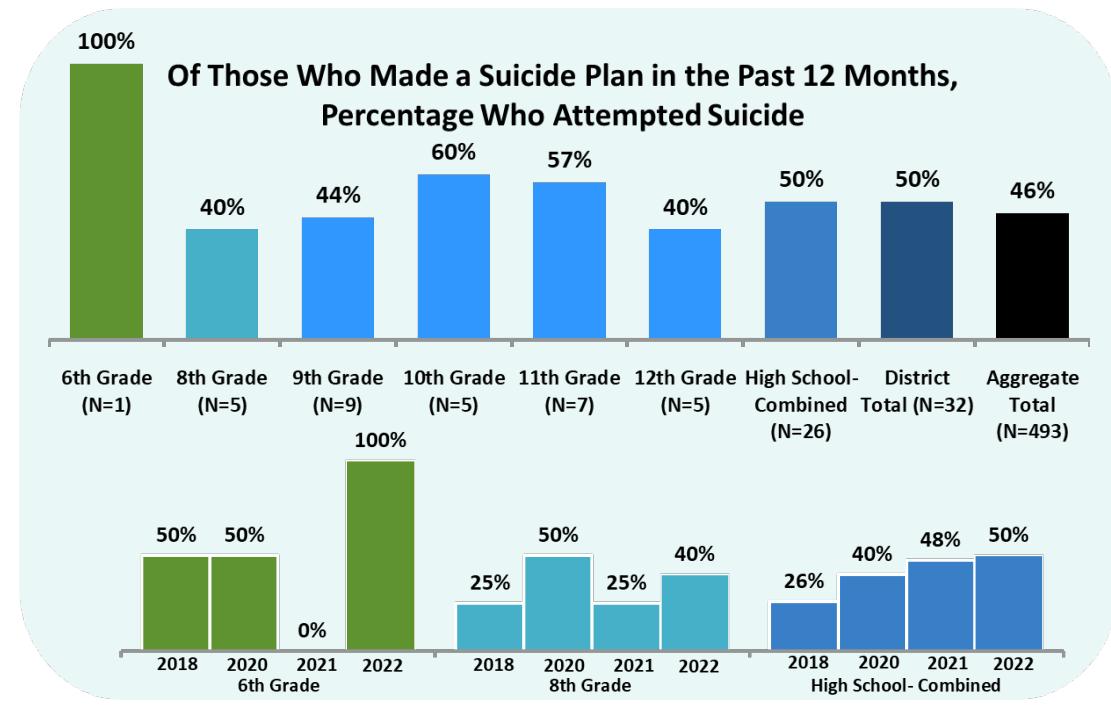
Market Street Research | Page 33

Suicide Planning and Attempts

- 57% of Maynard students who seriously considered suicide made a suicide plan in the past year.
- Although numbers are small, it appears 6th graders are showing a decrease in going a step further by making a suicide plan, while those in the 8th grade and high school are exhibiting an increase.



- Of those who made a suicide plan, half (50%) went through with an attempt.
- Additionally, 22% of Maynard students who made a suicide plan attempted suicide more than once.
- Although numbers are small, the proportion who attempt suicide appears to be growing.



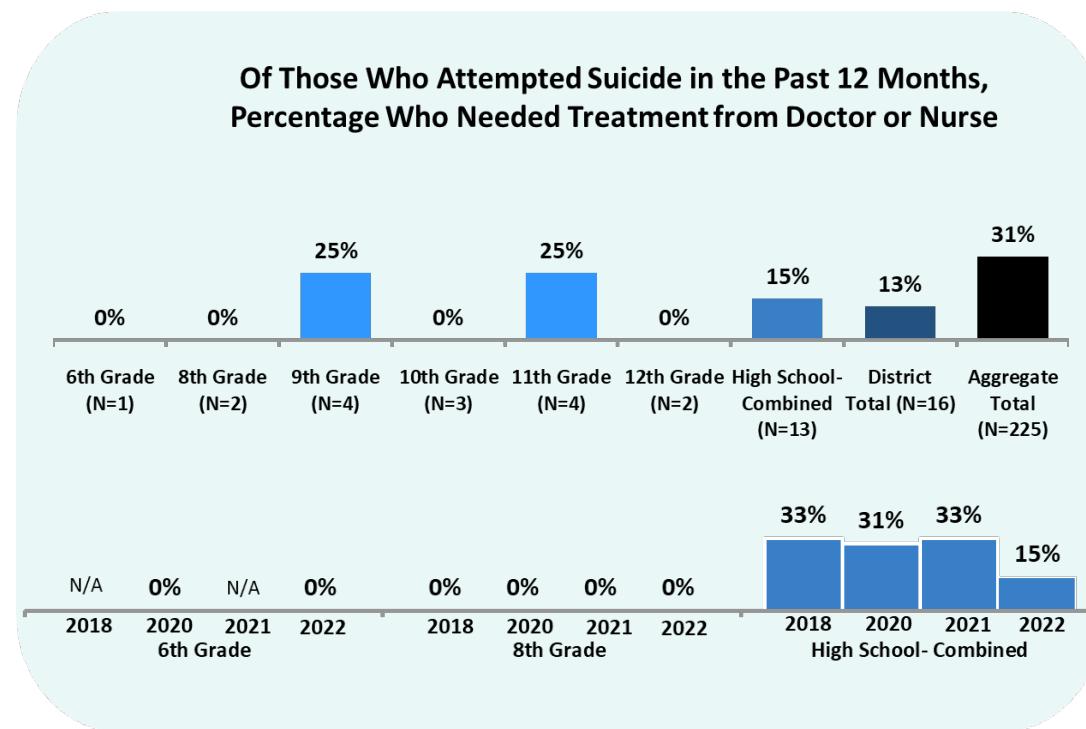
*Note, Ns are small and may not represent trends over time.



Q75	During the past 12 months did you make a plan about how you would attempt suicide?	2018	2020	2021	2022
Q76	During the past 12 months how many times did you actually attempt suicide?	2018	2020	2021	2022

Suicide Injury

- Of those who made a suicide attempt, just over 1 in 10 (13%) needed medical treatment.
- Although numbers are small, injurious attempts decreased compared to previous years.



*Note, Ns are small and may not represent trends over time.



Q77

If you attempted suicide during the past 12 months did any attempt result in an injury poisoning or overdose that had to be treated by a doctor or nurse?

2018

2020

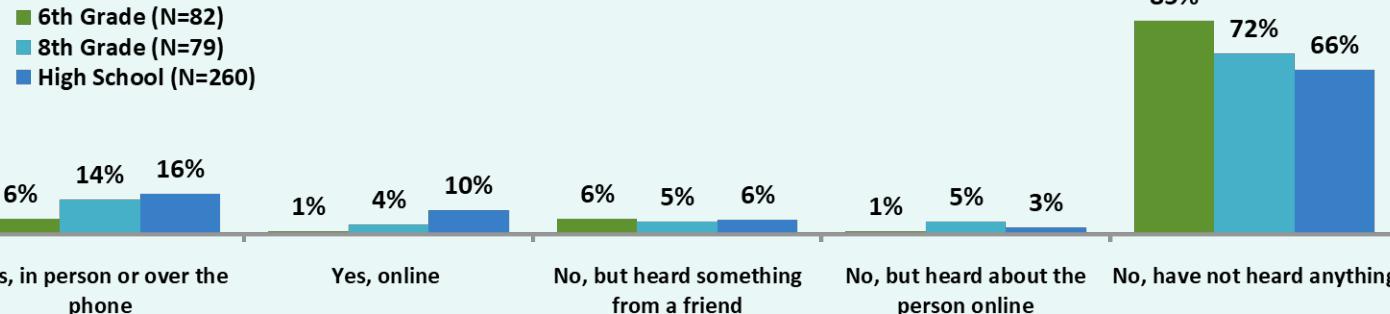
2021

2022

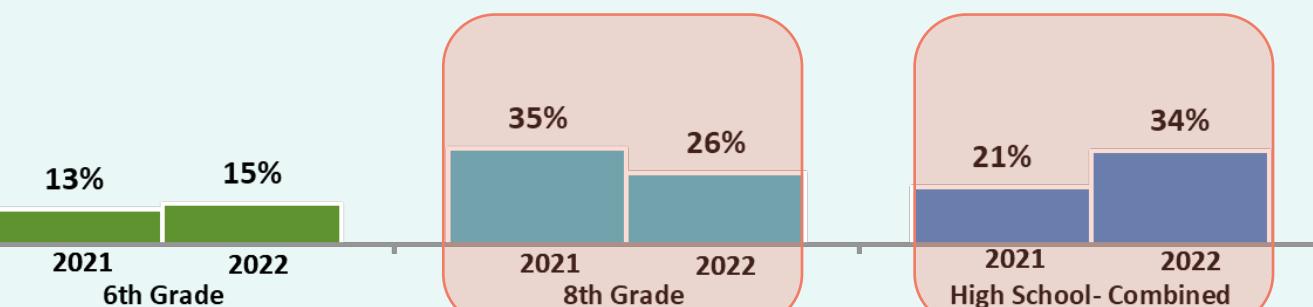
Market Street Research | Page 35

Hearing about Suicide

In the past 12 months has anyone you know from school told you they were thinking about hurting themselves or suicide?



Have Heard of Someone Thinking About Hurting Themselves or Suicide in Past 12 Months



- Overall, 21% of Maynard students report someone they know telling them they were thinking about hurting themselves or suicide.
- The most common way students hear about suicide contemplation is through in-person conversation or over the phone.

- The proportion of students hearing about suicide or self-harm directly, from friends, or online has decreased among 8th graders but increased among high school students.



Q78

In the past 12 months has anyone you know from school told you they were thinking about hurting themselves or suicide?

2021

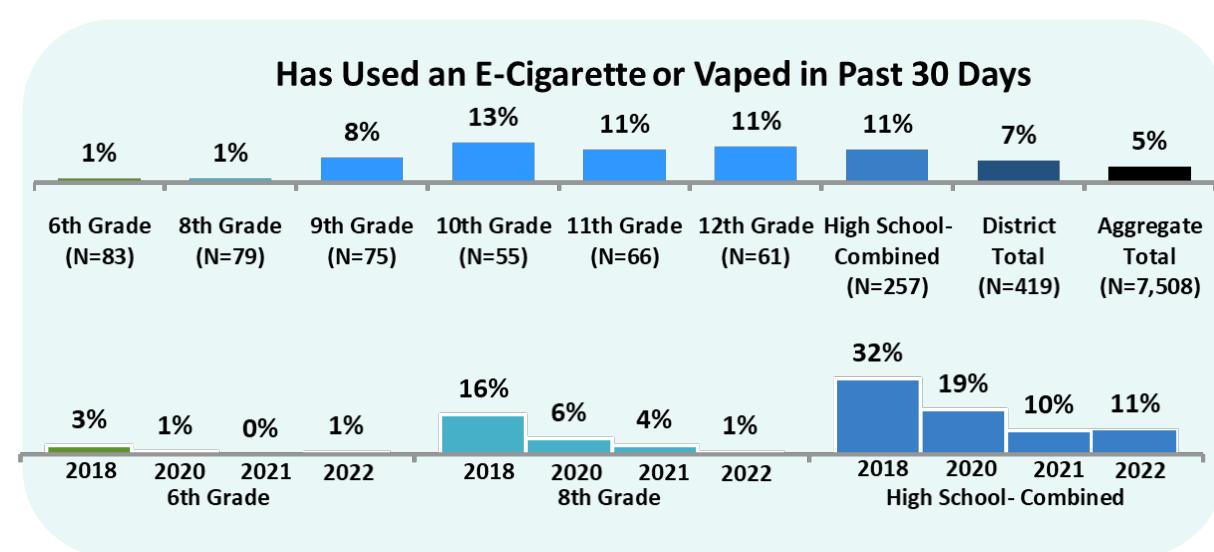
2022

Market Street Research | Page 36

Drugs, Alcohol, and Sex

E-Cigarette Usage

- E-cigarette and vaping is most common among those in high school.
- Although rates among 8th graders and high schoolers are stable compared to 2021, rates are substantially lower than 2018.
- Aggregate analyses show that students who identify as Native Hawaiian or Pacific Islander are nearly 3x as likely to use e-cigarettes or vaping products.
- Those who use e-cigarettes have a high likelihood of also using marijuana and alcohol, along with a higher propensity for a variety of risk behaviors including depression, pornography, sexual intercourse, and sexual messaging.
- Furthermore, 3% of Maynard students have used an e-cigarette at least 10 days in the month of the survey.



Aggregate Demographics and Behaviors Associated with E-Cigarette Use (5% of the population)

Demographics

- 15% of those who identify as Native Hawaiian or Pacific Islander

Those who use E-cigarettes or vape are also more likely to:

- Be bullied (30%) or cyberbullied (30%)
- Bully (15%) or cyberbully others (15%)
- Be sexually harassed (51%)
- Be depressed (58%), self-harm (41%), or consider suicide (36%)
- Drink alcohol (75%)
- Use marijuana (71%)
- Have sexual intercourse (54%)
- View pornography (68%)
- Send or receive sexual messages (54%)
- Engage in unhealthy dieting (33%)
- Be in the “low resilience” segment (36%)



Q81

During the past 30 days on how many days did you use an electronic cigarette (e-cigarette) also called vaping juuling or vusing?

2018

2020

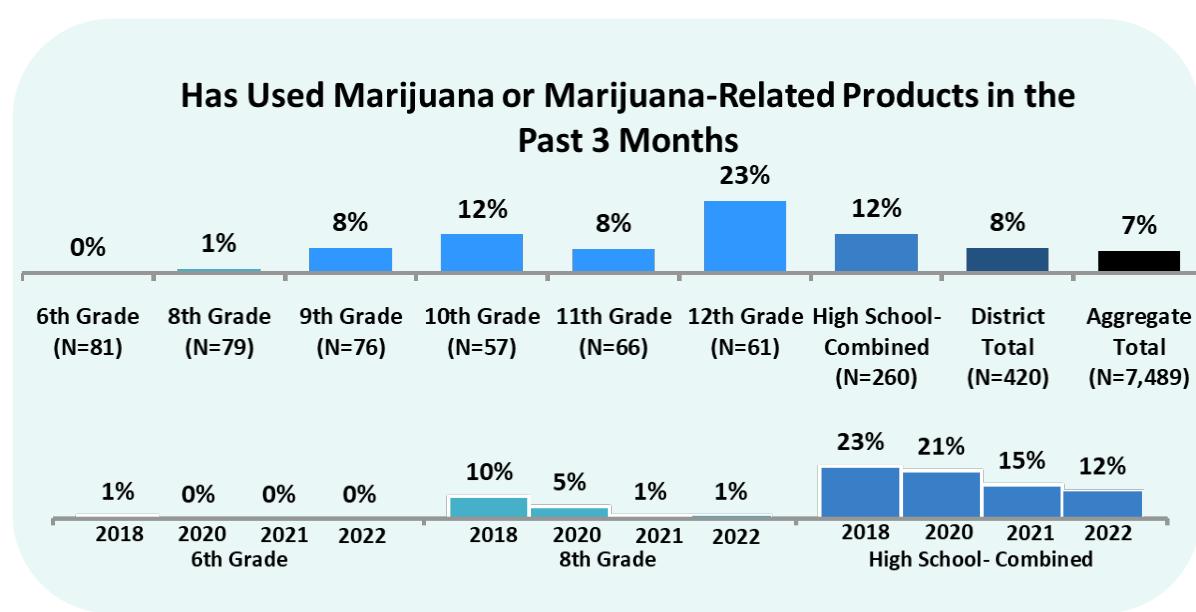
2021

2022

Market Street Research | Page 38

Marijuana Usage

- Marijuana use is at its highest in the 12th grade, wherein nearly a quarter of students (23%) report using marijuana in the past 30 days.
- However, rates of marijuana usage appear stable compared to 2021, and are much lower among high school students compared to 2018.
- Analyses from the aggregate show that Native Hawaiian and Pacific Islander students show an increased likelihood of using marijuana products.
- Students who use marijuana are especially likely to use other substances and have an increased rate of a variety of risky behaviors.



Aggregate Demographics and Behaviors Associated with Marijuana Use (7% of the population)

Demographics

- 16% of Native Hawaiian or Pacific Islander students

Those who use marijuana are also more likely to:

- Be bullied (24%) or cyberbullied (24%)
- Bully (14%) or cyberbully others (14%)
- Be sexually harassed (47%)
- Be depressed (56%), self-harm (40%), or consider suicide (34%)
- Drink alcohol (73%)
- Use e-cigarettes (58%)
- Have sexual intercourse (51%)
- View pornography (70%)
- Send or receive sexual messages (50%)
- Engage in unhealthy dieting (32%)
- Be in the “low resilience” segment (33%)



Q82

During the past 30 days on how many days did you use marijuana or marijuana-related products (not including CBD oil)?

2018

2020

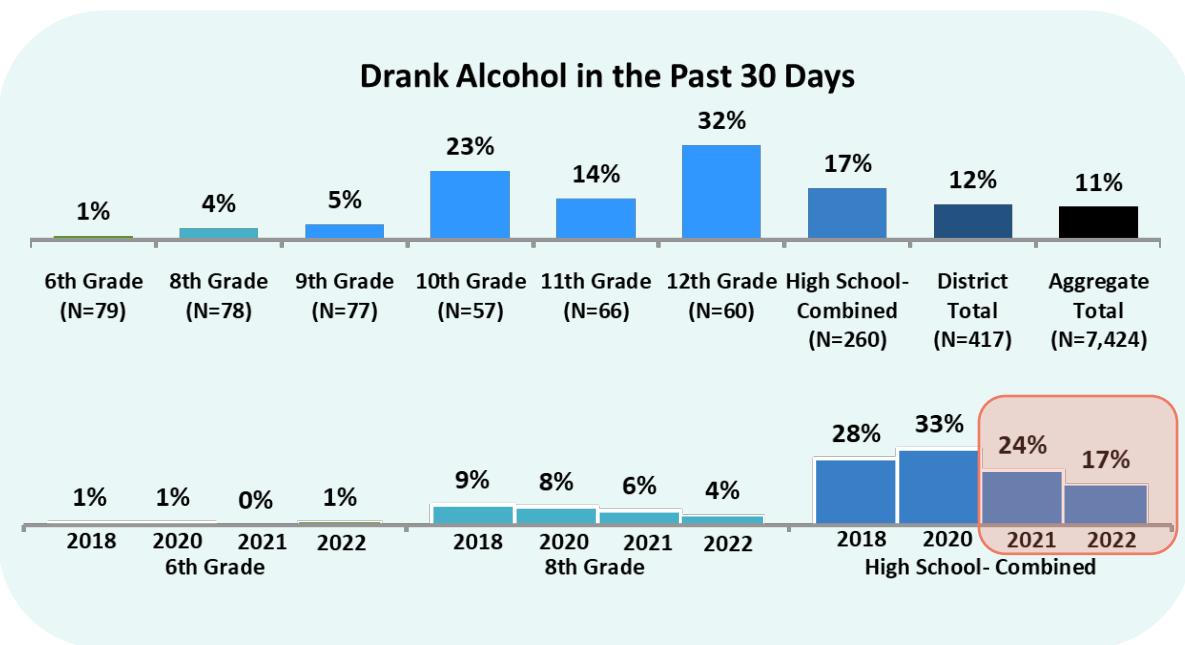
2021

2022

Market Street Research | Page 39

Alcohol consumption

- Alcohol consumption is also at its highest among 12th graders with nearly a third (32%) of Maynard students reporting drinking alcohol in the past 30 days.
- However, rates of alcohol consumption have decreased compared to previous years for high schoolers.
- Along with other risk factors, those who drink alcohol are especially likely to use other substances such as e-cigarettes and marijuana.
- For high schoolers, alcohol consumption appears to be steadily declining over time.



Aggregate Demographics and Behaviors Associated with Recent Alcohol Use (11% of the population)

Demographics

- 20% of Native Hawaiian or Pacific Islander students
- 16% of Middle Eastern Americans

Those who recently drank alcohol are also more likely to:

- Be bullied (20%) or cyberbullied (19%)
- Be sexually harassed (39%)
- Be depressed (42%), self-harm (31%), or consider suicide (24%)
- Use e-cigarettes (37%) or marijuana (44%)
- Have sexual intercourse (39%)
- View pornography (59%)
- Send or receive sexual messages (39%)
- Engage in unhealthy dieting (27%)
- Be in the “low resilience” segment (26%)



Q79

During the past 30 days on how many days did you have at least one drink of alcohol?

2018

2020

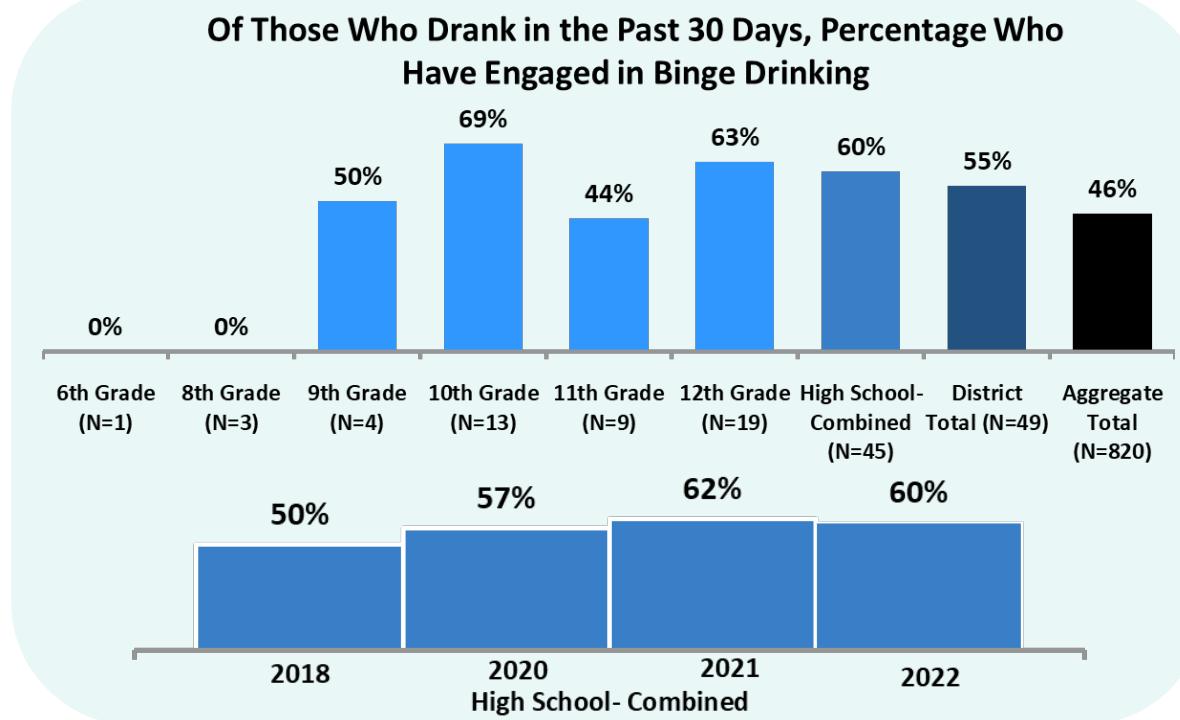
2021

2022

Market Street Research | Page 40

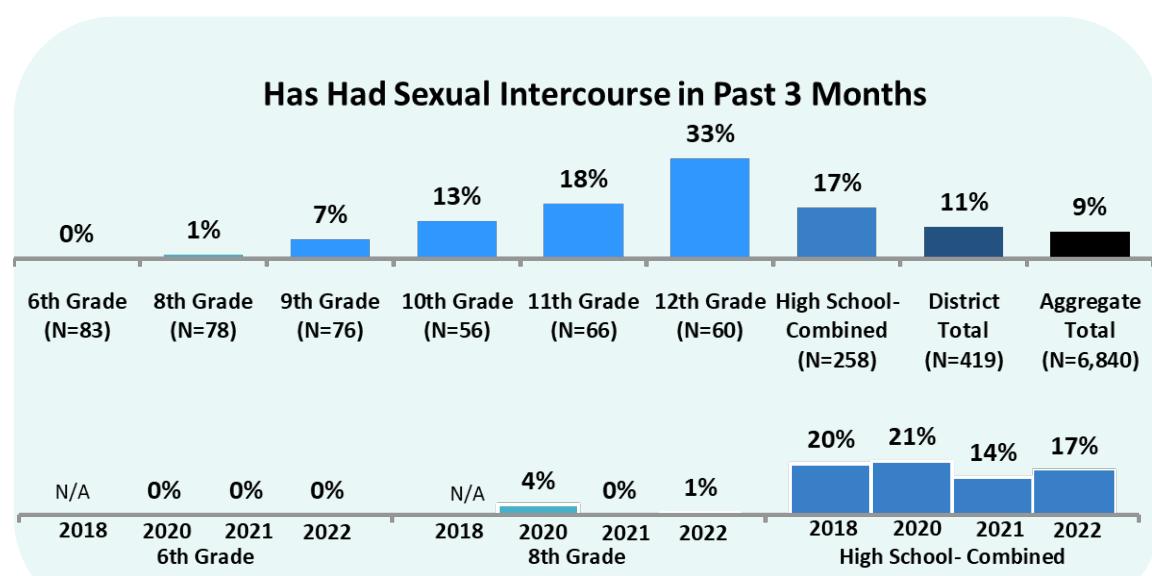
Binge Drinking

- Over half of those who drank in the past 30 days also report binge drinking during that time.
- Rates of binge drinking are stable with previous years.



Sexual Intercourse

- Rates of sexual intercourse increase with grade level, with 1 in 3 Maynard 12th graders reporting having sex in the past 3 months.
- Aggregate analyses show that Native Hawaiian and Pacific Islander students are especially likely to have sexual intercourse.
- Those who have had sexual intercourse in the past 3 months are also more likely to engage in other sexual risk behaviors such as sexual messaging, sexual harassment, and pornography.



Aggregate Demographics and Behaviors Associated with Recent Sexual Intercourse (9% of the population)

Demographics

- 17% of those who identify as transgender
- 20% of those who identify as Native Hawaiian or Pacific Islander
- 17% of those who identify as Hispanic or Latinx

Those who recently had sexual intercourse are also more likely to:

- Be bullied (23%) or cyberbullied (22%)
- Bully (12%)
- Be sexually harassed (42%)
- Be depressed (48%), self-harm (33%), or consider suicide (28%)
- Recently drink alcohol (50%)
- Use e-cigarettes (34%) or marijuana (38%)
- Have sexual intercourse (39%)
- View pornography (58%)
- Send or receive sexual messages (50%)
- Engage in unhealthy dieting (25%)
- Be in the “low resilience” segment (30%)



Q83

During the past 3 months with how many people did you have sexual intercourse?

2018

2020

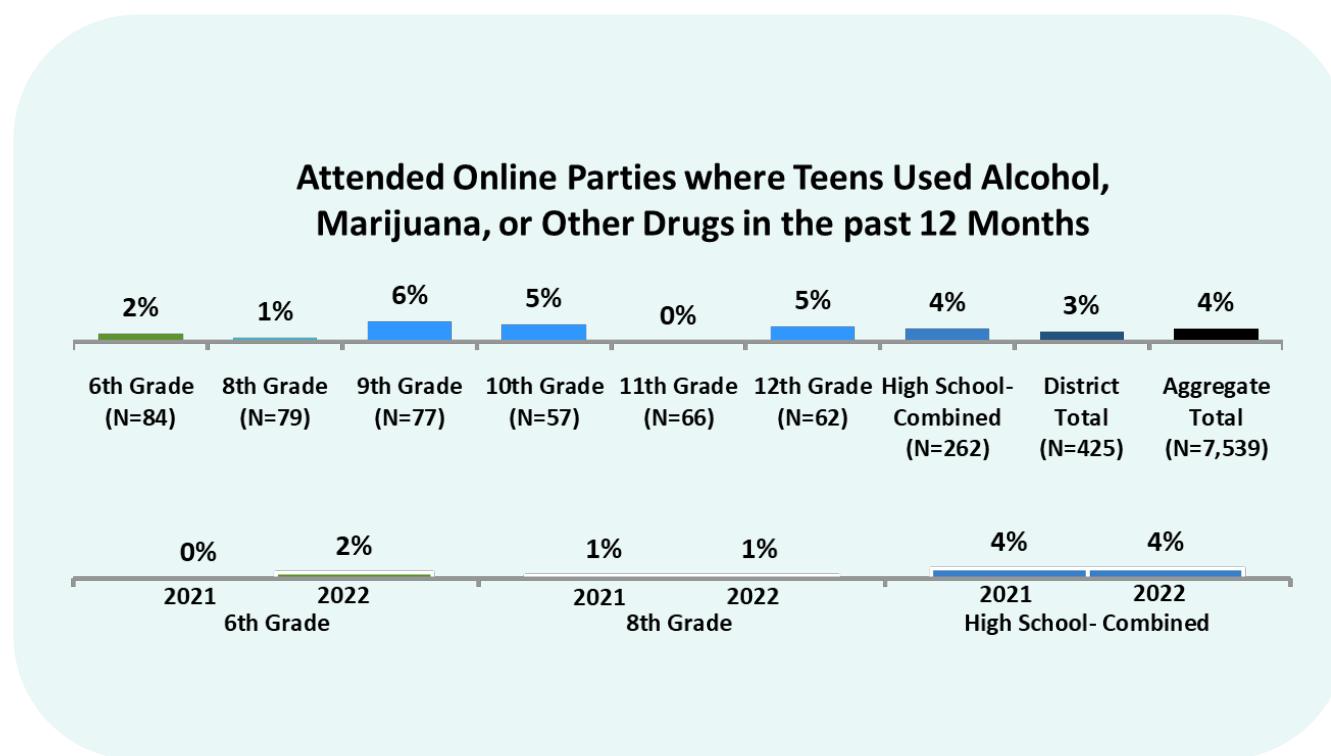
2021

2022

Market Street Research | Page 42

Parties with Illegal Substances

- The proportion of students who have attended online parties where teens used alcohol, marijuana or other drugs remains low and stable compared to 2021.
- Maynard students most likely to attend such parties are students who:
 - Bullied others: 33%
 - Cyberbullied others: 24%
 - Recently used marijuana: 21%



Q84

During the past 12 months have you attended any online parties (such as by Zoom or Google Hangout or other online meeting platform) where you or other teens used alcohol marijuana or other drugs or were vaping?

2021

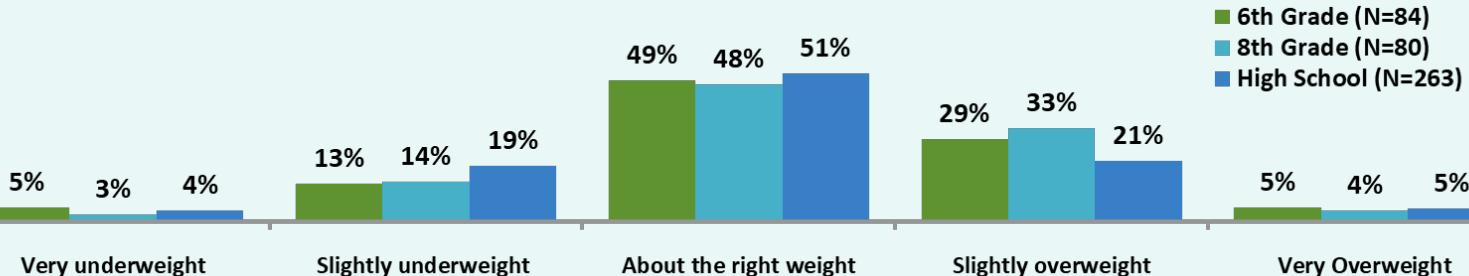
2022

Market Street Research | Page 43

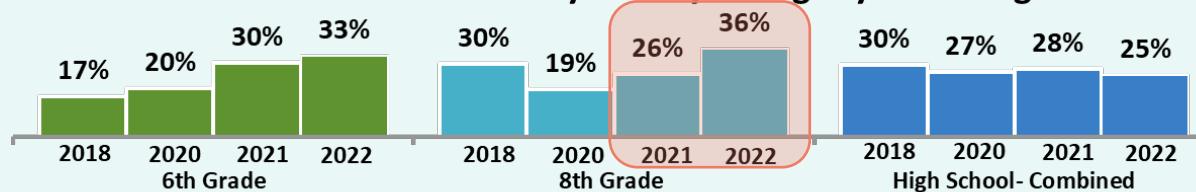
Body Image and Dieting

Body Image

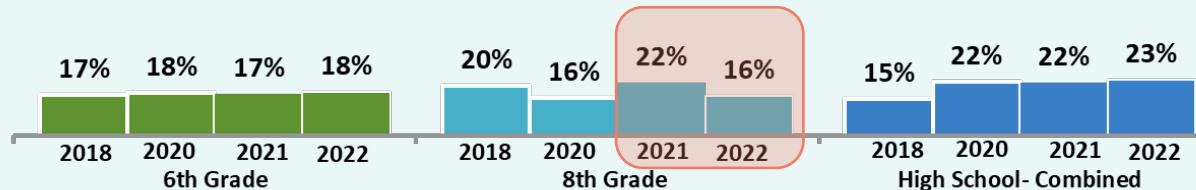
How would you describe your weight?



Percent who Identify as Very or Slightly Overweight



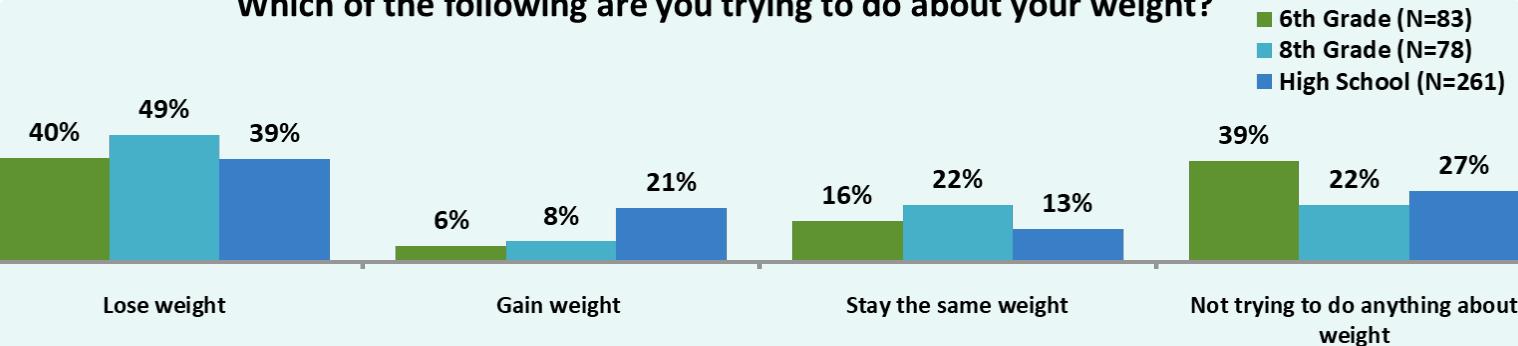
Percent who Identify as Very or Slightly Underweight



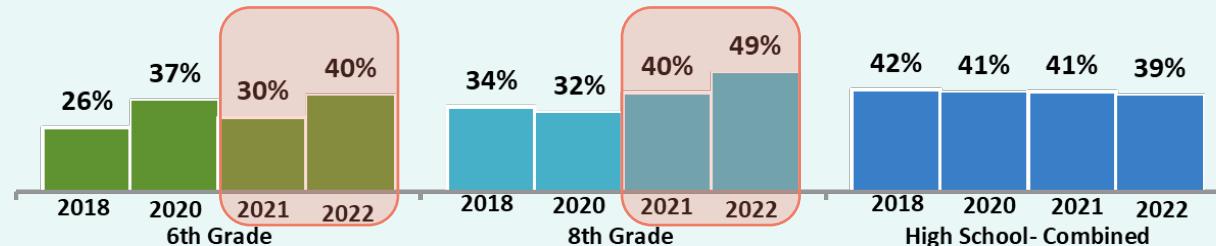
- Overall, half (50%) of students feel they are the right weight.
- Compared to 2021, more Maynard 8th graders identify as overweight and fewer identify as underweight.

Weight Goals

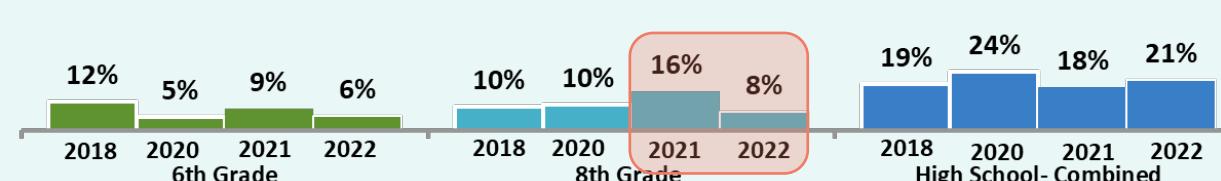
Which of the following are you trying to do about your weight?



Percent Trying to Lose Weight



Percent Trying to Gain Weight

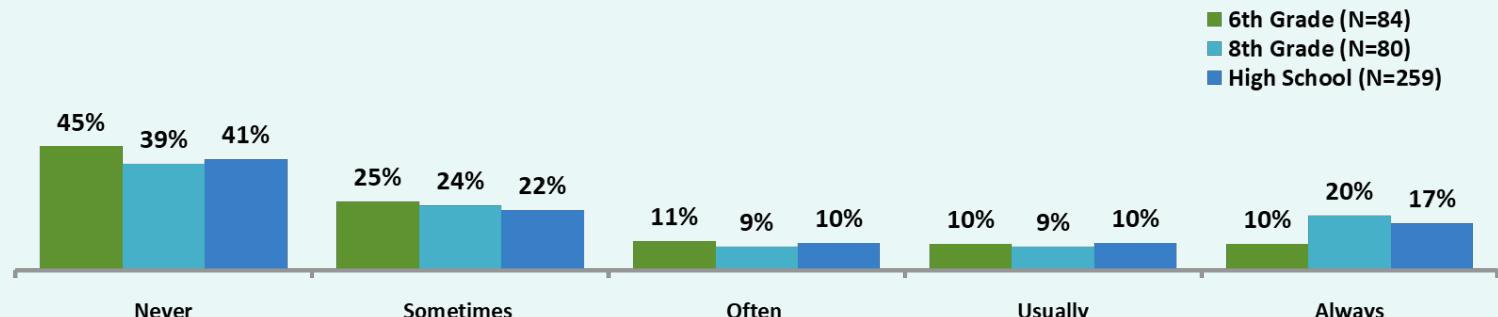


- Although 29% of Maynard students, overall, said they felt they were overweight, 41% indicated that they were trying to lose weight.
- 75% of Maynard students who said they were slightly or very overweight indicated they were trying to lose weight.
- 36% of those who thought they were about the right weight indicated they wanted to lose weight.
- Most concerningly, 8% of Maynard students who identified as very or slightly underweight also indicated a desire to lose weight.
- Compared to previous years, the proportion of 6th and 8th graders trying to lose weight has increased, while the proportion of 8th graders trying to gain weight has decreased.

Desire to be Thinner

- Similarly, while 67% of Maynard students who felt they were overweight indicated they often, usually, or always had a strong desire to be thinner, 28% of those who felt they were at the right weight, and 11% of those who identified as underweight also felt this way.
- Aggregate analyses show that those who identify as non-heterosexual or Native Hawaiian/Pacific Islander are especially likely to indicate a strong desire to be thinner.
- This desire to be thinner is fairly constant across grade levels, indicating that the pressure to be thin may affect students regardless of age.

I have a strong desire to be thinner.



Aggregate Demographics and Behaviors Associated with Often, Usually, or Always Having a Strong Desire to be Thinner (30% of the population)

Demographics

- 42% of those who identify as female
- 40% of those who identify as non-binary
- 39% of those who identify as transgender
- 45% of those who identify as non-heterosexual
- 44% of those who identify as Native Hawaiian or Pacific Islander
- 37% of those who identify as Hispanic or Latinx

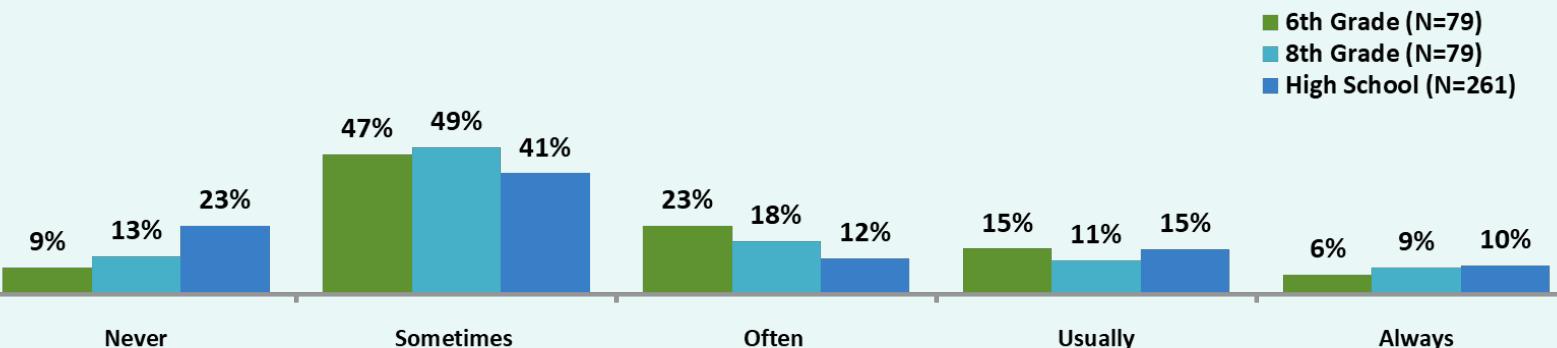
Those who have a desire to be thinner are also more likely to:

- Be bullied (18%) or cyberbullied (15%)
- Be sexually harassed (30%)
- Be depressed (44%), self-harm (34%), or consider suicide (23%)
- Recently drink alcohol (16%)
- Send or receive sexual messages (18%)
- Engage in unhealthy dieting (25%)



Dieting

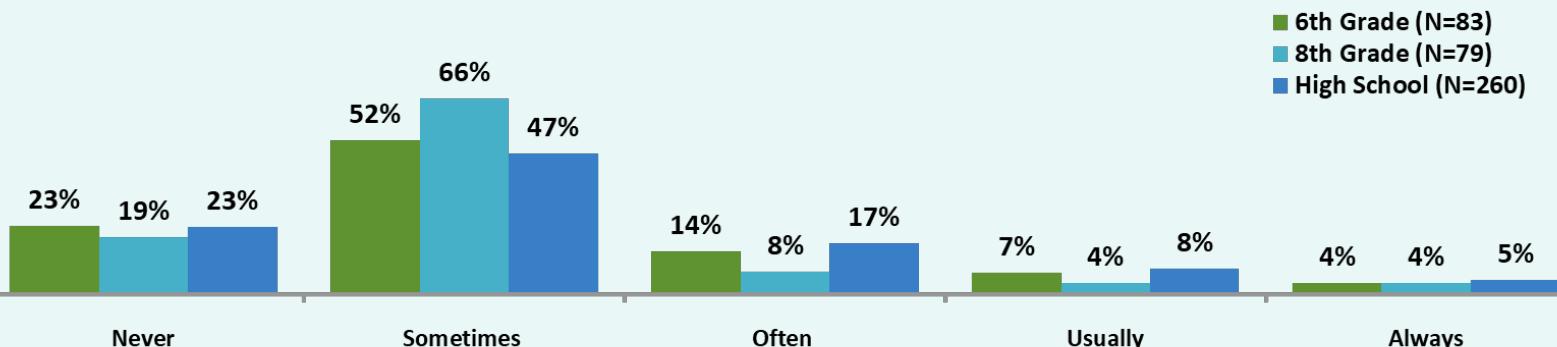
I am aware of the caloric content of the foods I eat.



➤ Overall, 38% of Maynard students indicated they were often, usually, or always aware of their food's caloric content.

➤ This was highest among those with a strong desire to be thinner (55%) and those trying to lose weight (51%).

I avoid foods I think are unhealthy or don't fit in my diet.



➤ Overall, 26% of Maynard students indicated they often, usually, or always avoid unhealthy foods.

➤ This was highest among those with a strong desire to be thinner (40%) and those trying to lose weight (36%).

Q87

I am aware of the caloric content of foods that I eat.

2022

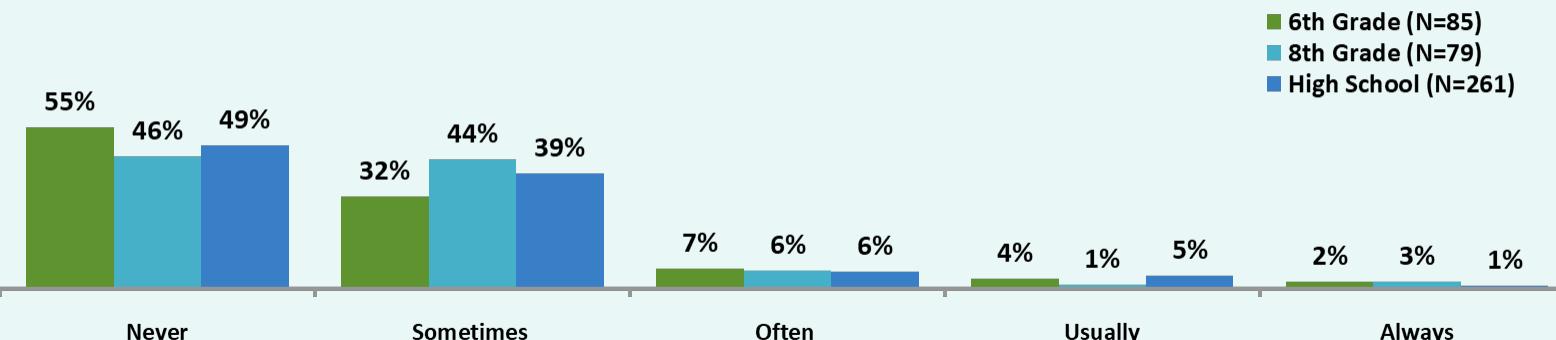
Q89

I avoid foods I think are unhealthy or don't fit in my diet.

2022

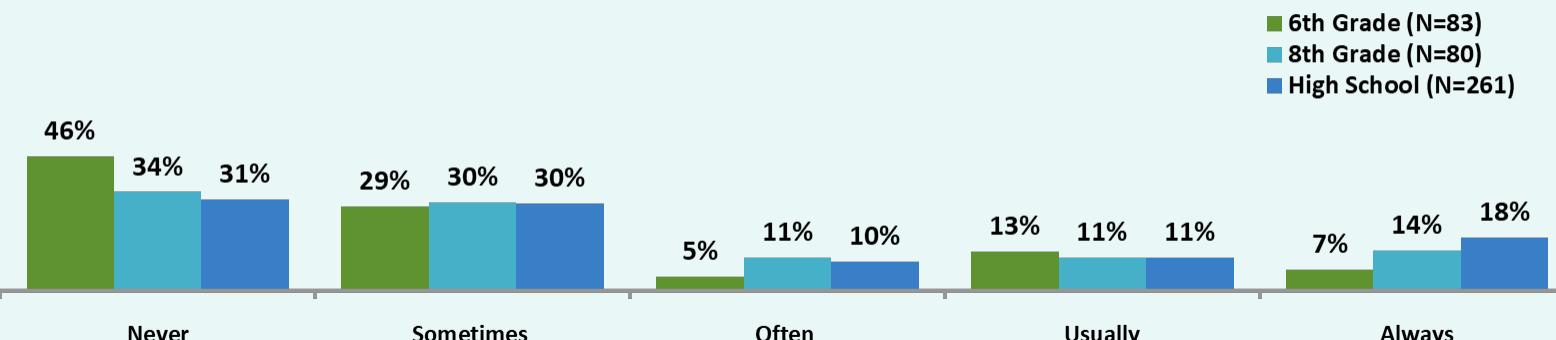
Self-Inflicted Food Deprivation and Body Image

I avoid eating when I am hungry.



- Overall, 12% of Maynard students indicated they often, usually, or always avoided eating when hungry.
 - This was highest among those with a strong desire to be thinner (28%) and those trying to lose weight (23%).

My weight influences how I judge myself.



- Just over a third (36%) of Maynard students, overall, said their weight often, usually, or always influences how they judge themselves.
- This was especially high among those who had a strong desire to be thinner (77%), identified as overweight (59%), or were trying to lose weight (60%).



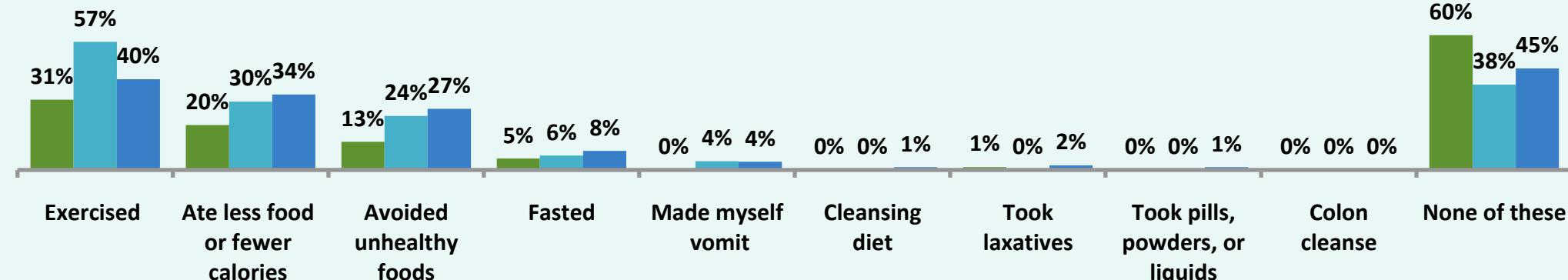
Q88	I avoid eating when I am hungry					2022
Q90	My weight influences how I judge myself.					2022

Unhealthy Dieting

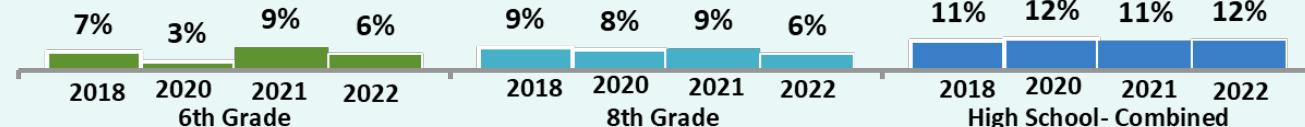
- Overall, 10% of Maynard students engaged in dangerous behaviors to lose weight in the past 30 days.
- However, over 1 in 5 (21%) of those who had a strong desire to be thinner indicated using these methods.
- Such behaviors were also high among those identified as overweight (12%) and were trying to lose weight (17%).

During the past 30 days without a doctors advice have you done any of the following to lose weight or keep from gaining weight?

6th Grade (N=80)
8th Grade (N=79)
High School (N=250)



Percent who Indicate Fasting, Vomiting, Cleansing, Laxatives, or Using Pills, Powders, or Liquids to Lose Weight.



Those who engage in unhealthy dieting show a greater likelihood of depression, self-harm, and suicide.

Aggregate Demographics and Behaviors Associated with Unhealthy Dieting (10% of the population)

Demographics

- 27% of those who identify as transgender
- 21% of those who identify as non-heterosexual
- 19% of those who identify as Black or African American

Those who engage in unhealthy dieting are also more likely to:

- Be bullied (32%) or cyberbullied (29%)
- Bully (10%)
- Be sexually harassed (51%)
- Be depressed (65%), self-harm (55%), or consider suicide (41%)
- Recently drink alcohol (30%)
- Use e-cigarettes (18%) or marijuana (21%)
- Have sexual intercourse (22%)
- View pornography (37%)
- Send or receive sexual messages (31%)
- Be in the “low resilience” category (40%)

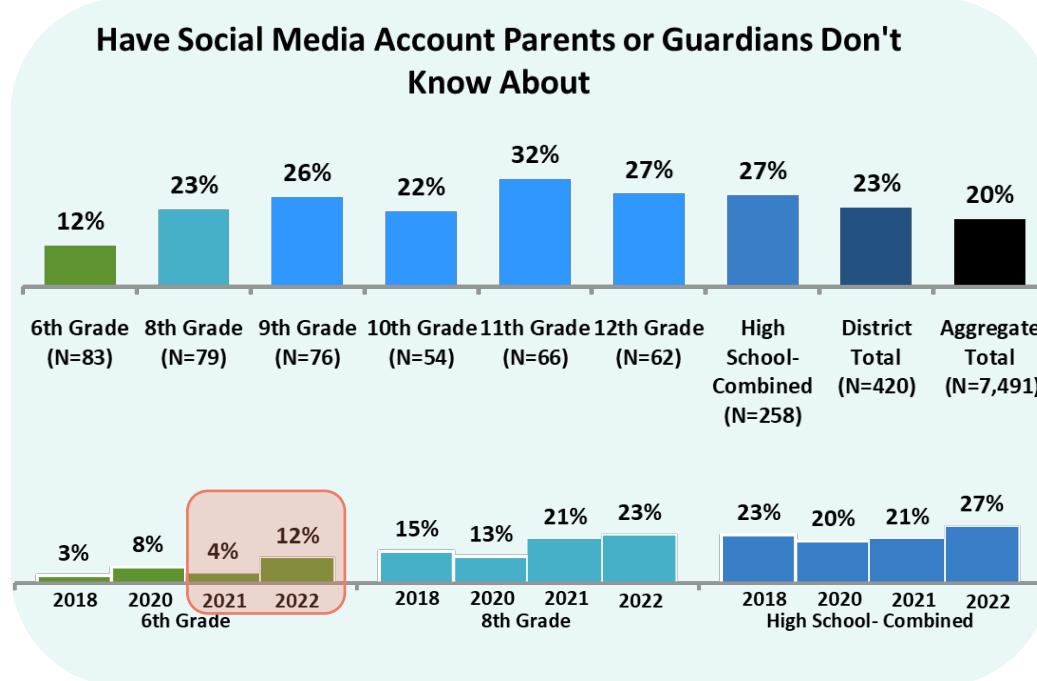
- Aggregate analyses show those most at risk for unhealthy dieting are those who have a non-traditional gender identity or sexuality.
- Additionally, those that engage in unhealthy dieting are also highly likely to abuse their body through self-harm and have a high rate of depression, suicide consideration, and substance abuse.



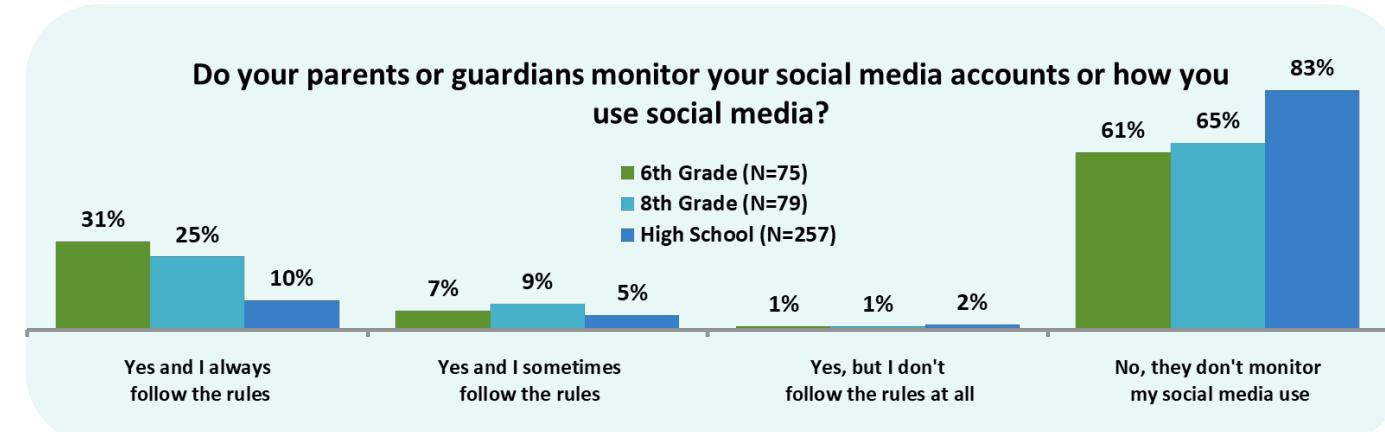
Social Media and Cellphone Use

Parental Involvement on Social Media

- Students in the 8th grade are nearly 2x as likely to have a social media account their parents are unaware of than 6th graders.
- There is also a high rate of hidden social media accounts among 11th and 12th graders.
- However, the rate of 6th graders who report having a social media account their parents don't know about is 3x as much as 2021.



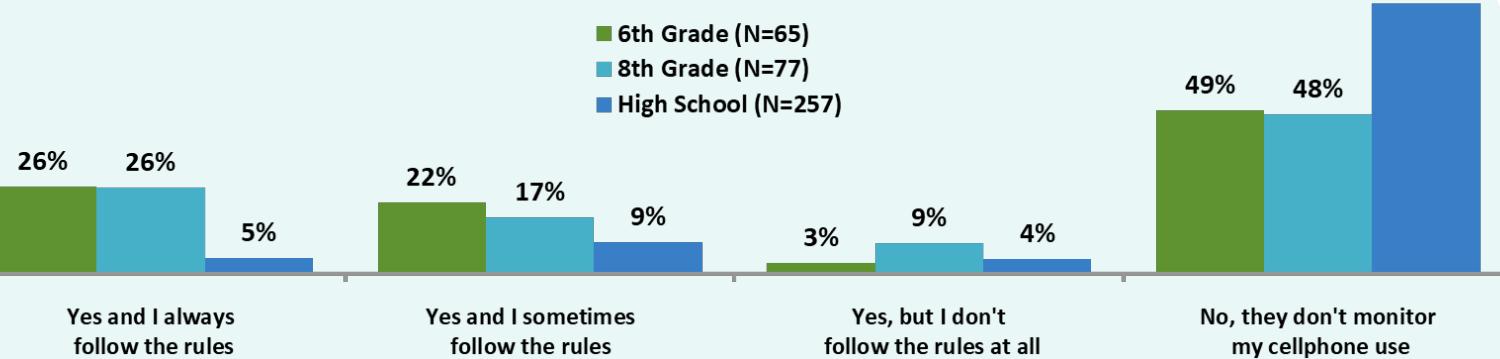
- Overall, parents are less likely to monitor social media for older students:
 - 39% of 6th graders have parents who monitor social media
 - 35% of 8th graders have parents who monitor social media
 - 17% of high schoolers have parents who monitor social media
- However, 12% of Maynard students who say their parents monitor their social media have an account they are unaware of.



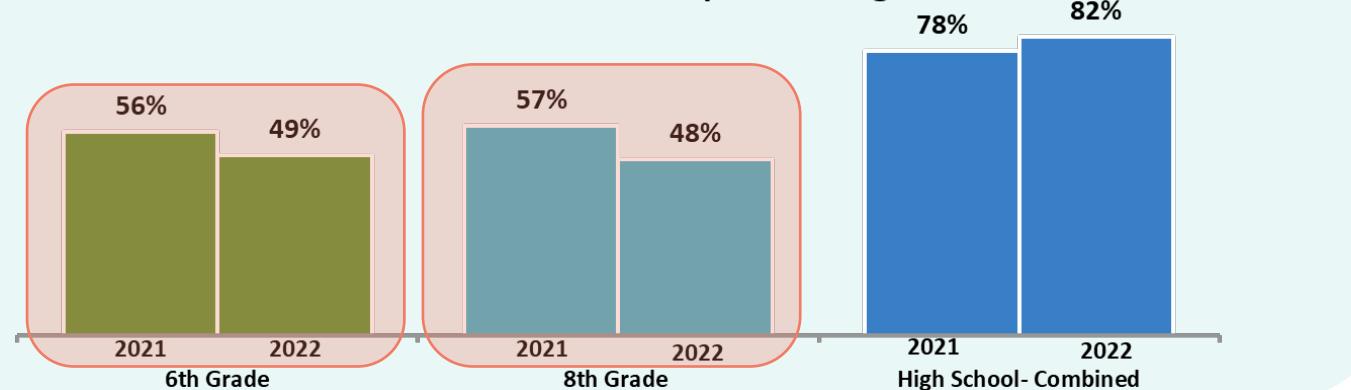
Q117	Do you have any social media accounts that your parents or guardians don't know about?	2018	2020	2021	2022
Q118	Do your parents or guardians monitor your social media accounts or how you use social media?				

Parental Involvement on Cellphone Usage

Do your parents or guardians monitor your cellphone use?



Parents Don't Monitor Cell phone Usage



- Similar to social media use, parents are less likely to monitor cellphone use for high school students.
 - 51% of 6th graders have parents who monitor their phone
 - 52% of 8th graders have parents who monitor their phone
 - 18% of high schoolers have parents who monitor their phone
- Compared to 2021, less 6th and 8th graders say their parents don't monitor their cellphone use.



Q106

Do your parents or guardians monitor your cell phone use, such as where you keep it at night or how late you can use it?

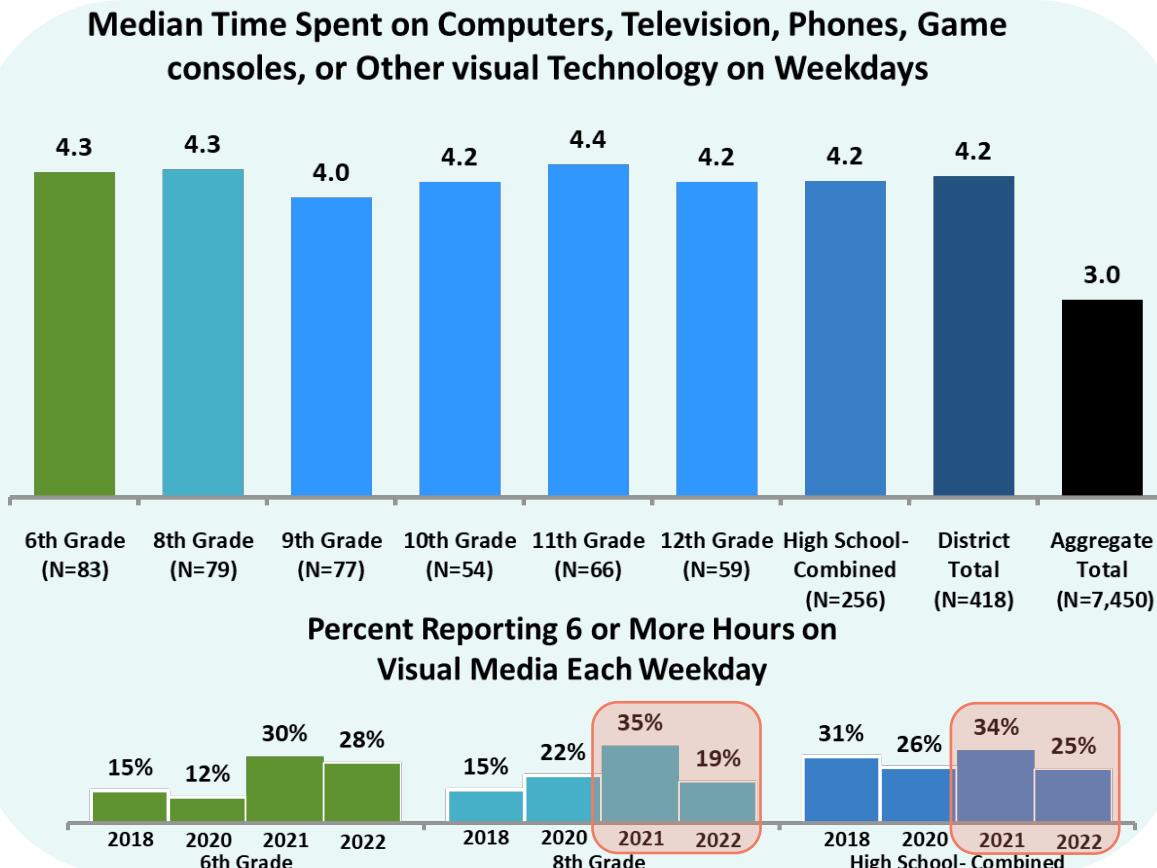
2021

2022

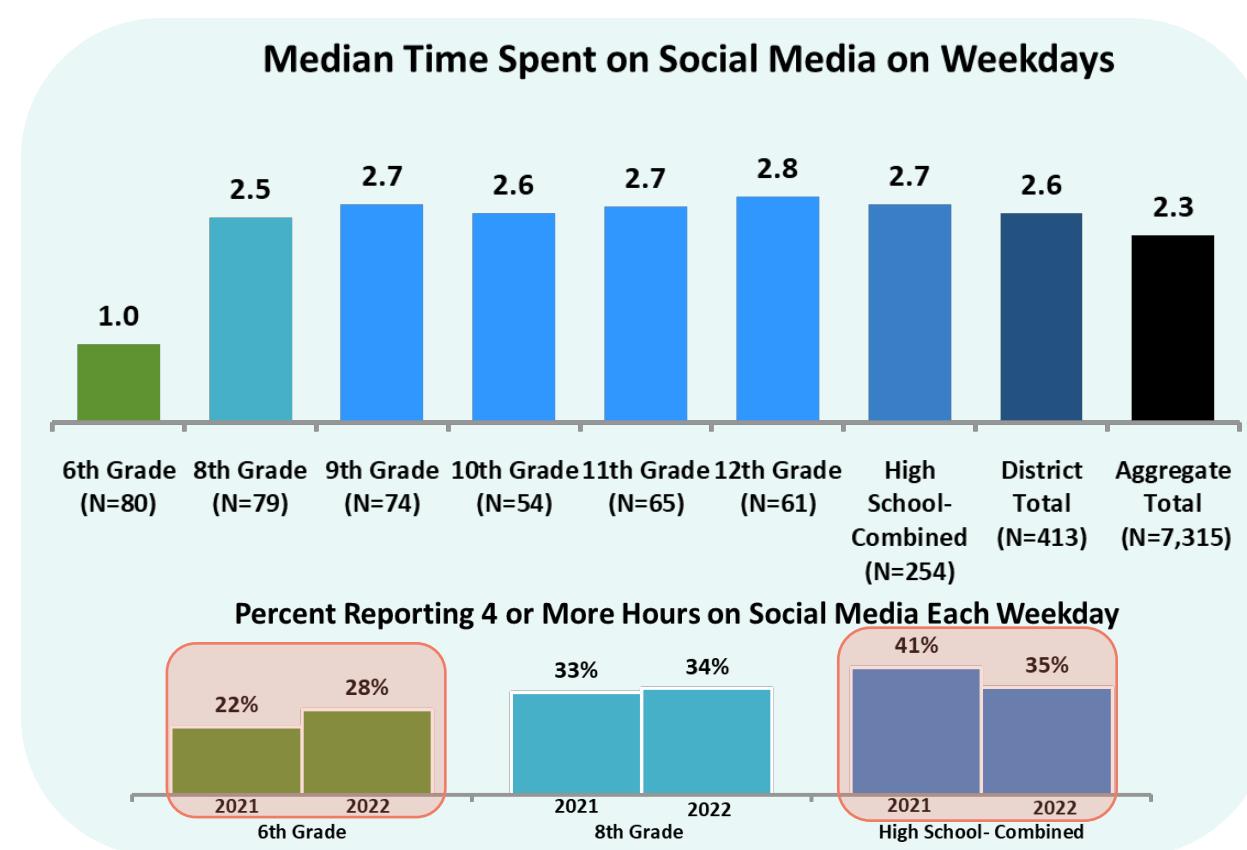
Market Street Research | Page 54

Screen Time and Social Media

- Overall, Maynard students report spending a median time of around 4 hours on electronic devices on weekdays.
 - This is an hour longer than the aggregate population.
- However, for 8th graders and high school students, the amount spending 6 or more hours of screen time has fallen since 2021.



- Overall, Maynard students report spending a median time of around 2 and a half hours on social media on weekdays, with median time more than doubling after 6th grade.
- However, 6th graders show an increase in spending 4 or more hours on social media since 2021, while high school students show a decrease.

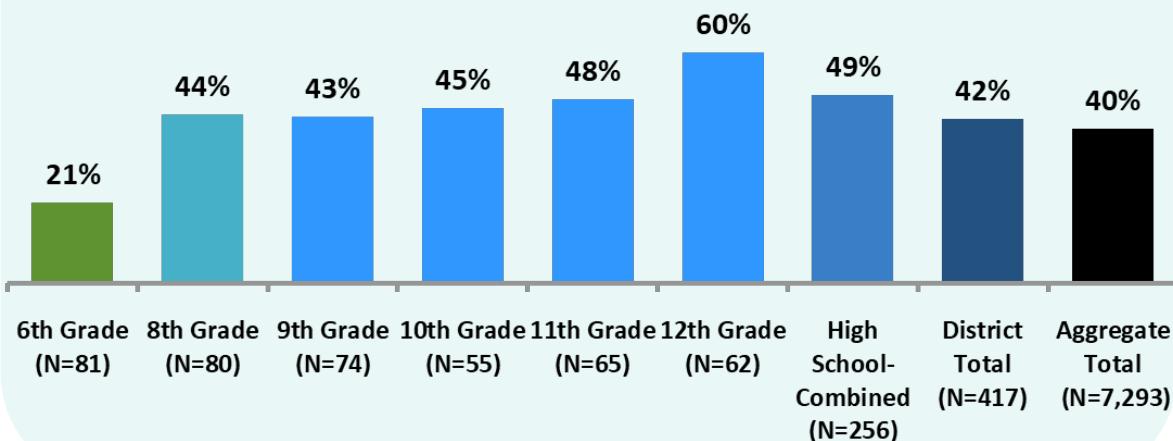


Q115	How much time do you spend weekdays after school using computers, television, phones, game consoles, or other visual technology for non-school related activities?	2018	2020	2021	2022
Q116	How much time do you spend weekdays on social media (e.g. Facebook, Twitter, Instagram, SnapChat, TikTok)?			2021	2022

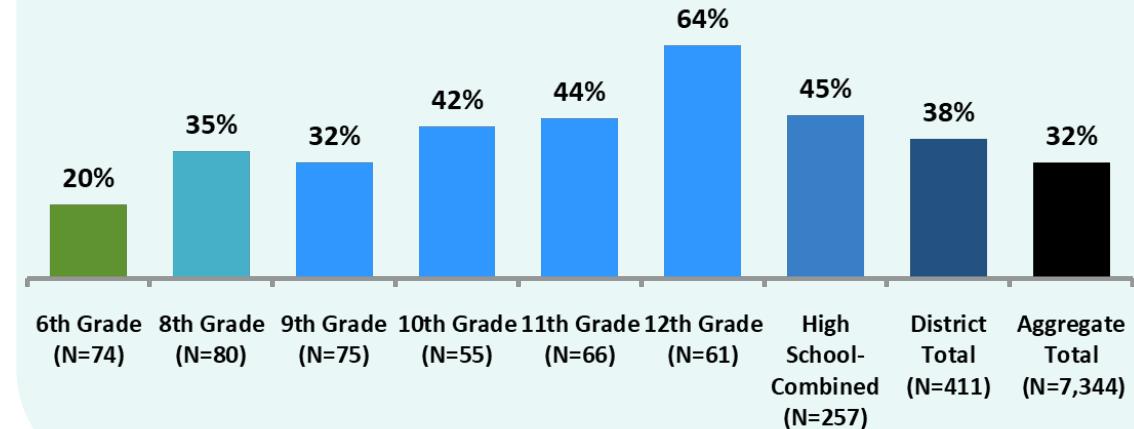
Perception of Time Spent on Cellphones and Social Media

- Overall, 42% of Maynard students feel they spend too much time on their phone and 38% feel they spend too much time on social media.
- Those in the 12th grade are especially likely to feel they spend too much time on their phone or social media.
 - However, their screen and social media time is not substantially higher than other grades, indicating this feeling is based on differing perceptions of how time should be spent.

Feel They Spend too Much Time on Their Cellphone



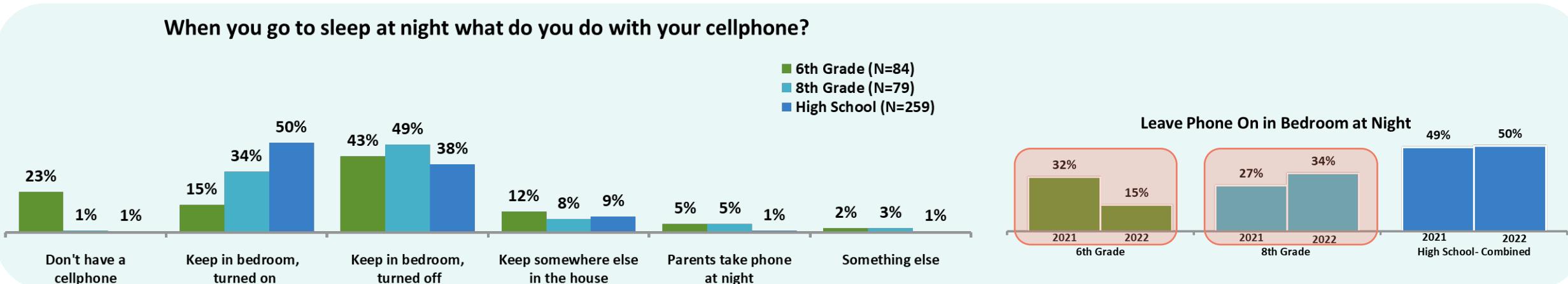
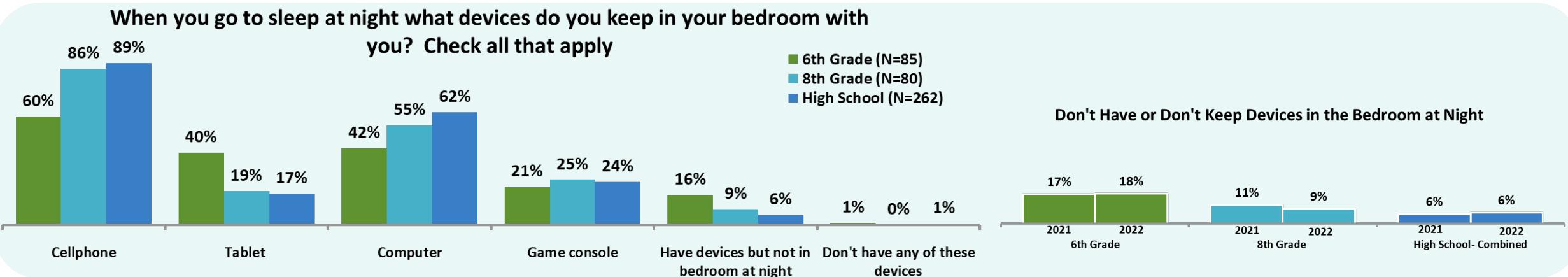
Feel They Spend too Much Time on Social Media



Q111	Do you think you spend too much time, about the right amount of time, or too little time on your cellphone?			2022
Q112	Do you think you spend too much time, about the right amount of time, or too little time on social media?			2022

Electronic Devices in the Bedroom

- Cellphones are the most common devices students keep in the bedroom at night.
- Half of high schoolers indicate keeping their phone on in their bedroom at night, a much higher proportion than 6th and 8th graders.
- 6th graders show a sharp decrease in keeping their phone on in the bedroom compared to 2021, while 8th graders show an increase in keeping their phone on at night.

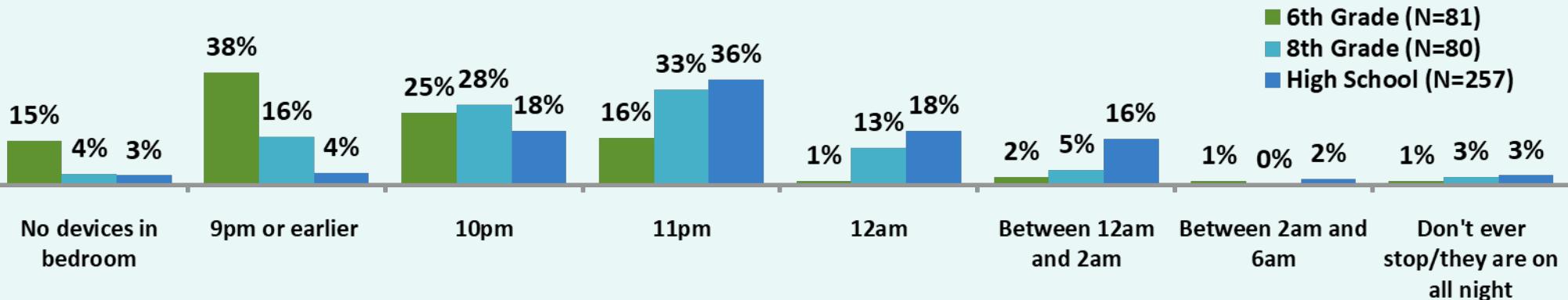


Q101-104	When you go to sleep at night, what devices do you keep in your bedroom with you? Check all that apply:	2021	2022
Q105	When you go to sleep at night, what do you do with your cell phone?	2021	2022

Turning off Electronic Devices in the Bedroom

- Overall, 12% of Maynard students indicate using electronic devices after midnight.
 - For high schoolers, the most common time to turn off a cellphone at night is at 11pm (36%)
 - For 8th graders, the most common time to turn off a cellphone at night is at 11pm (33%)
 - For 6th graders, the most common time to turn off a cellphone at night is by 9pm (38%)

What time do you usually stop using all of your electronic devices (cellphone, tablet, computer, game console) at night before going to sleep?



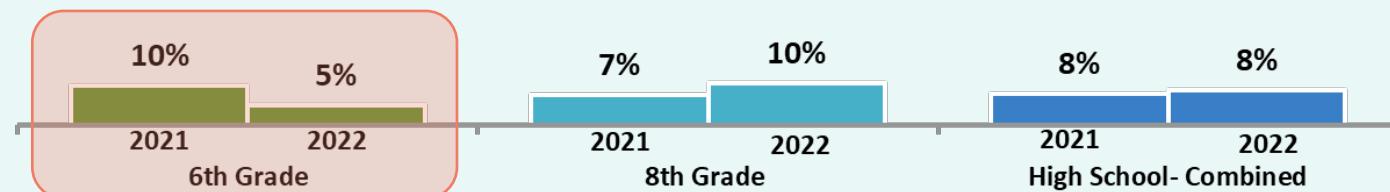
Effect of Electronic Devices on Sleep

- Overall, 8% of Maynard students wake up at least once because of their cellphone at night.
- 6th graders show a decline in waking up at night from an electronic device compared to 2021.

How many times do you wake up each night because your cellphone, tablet, computer, or other electronic device rings, you get notifications, or you hear an alarm or other noise from your devices?

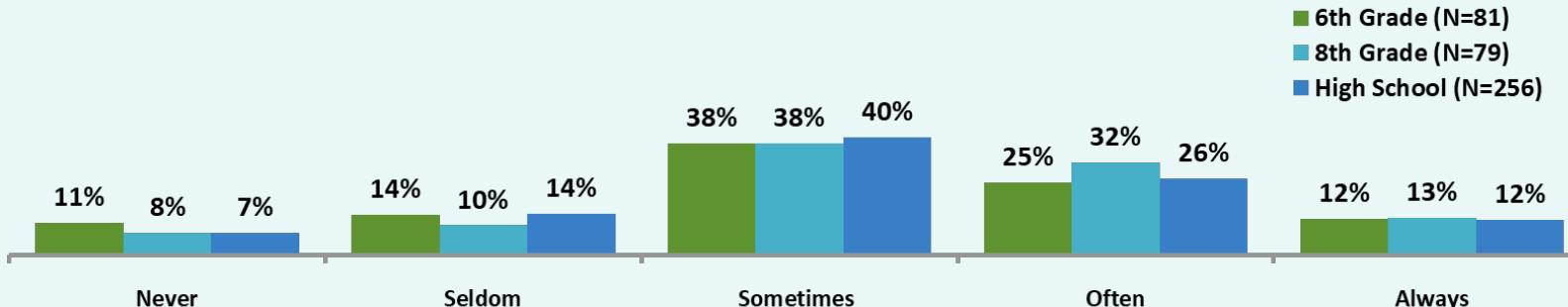


Wake Up 1 or More Times Each Night Because of Electronic Devices



Cellphone Distraction

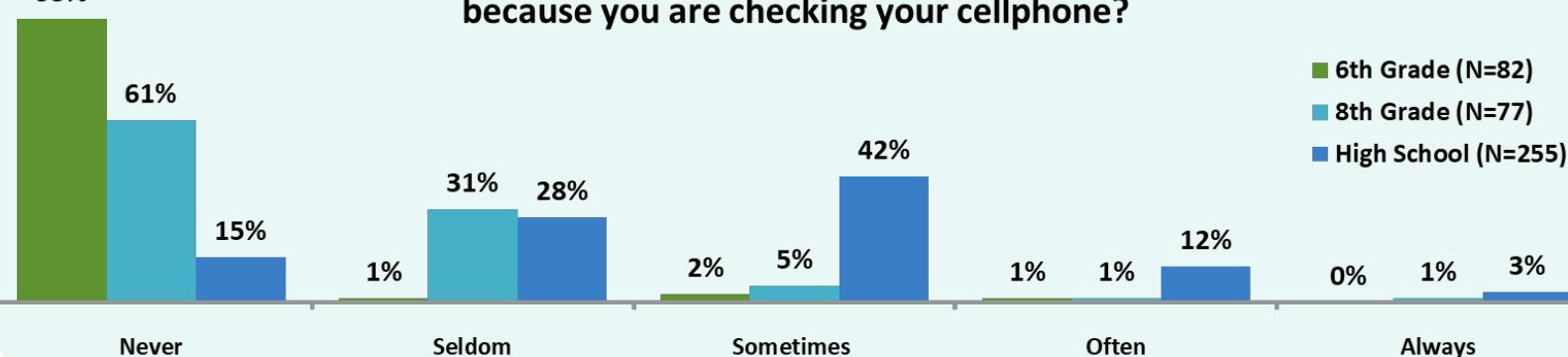
How often do you feel as though you have to respond to messages from other people immediately?



➤ Overall, 39% of Maynard students feel they have to respond to messages often or always.

➤ This feeling is strongest among 8th graders, with 44% feeling as if they have to respond often or always.

How often do you lose focus in class or at school because you are checking your cellphone?



➤ Overall, 10% of Maynard students indicate losing focus often or always due to checking their cellphone.

➤ This is most common amongst high school students (15%).

➤ 63% of those who lose focus in class due to checking their phone, indicate they feel as if they have to check it often or always.



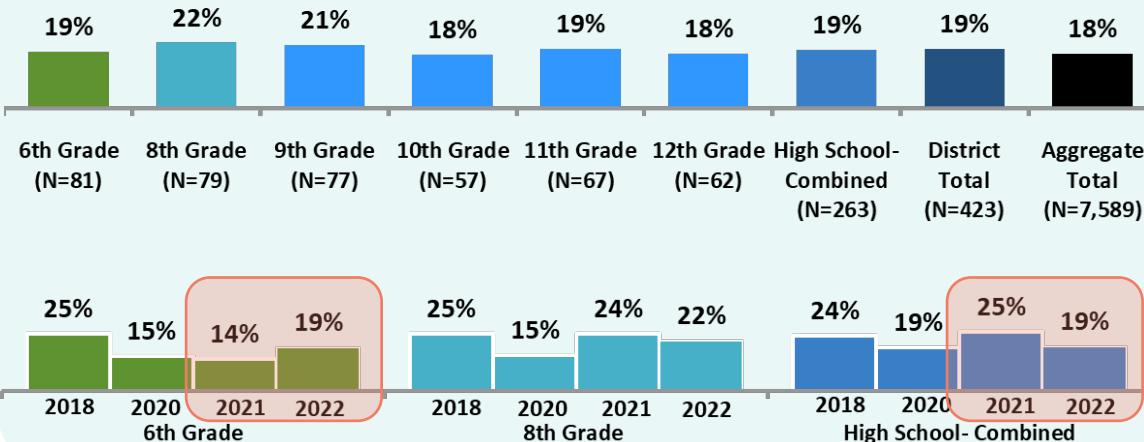
Q109	How often do you feel as though you have to respond to messages from other people immediately?				2022
Q110	How often do you lose focus in class or at school because you are checking your cellphone?				2022

Risky Online Behaviors and Unwanted Contact

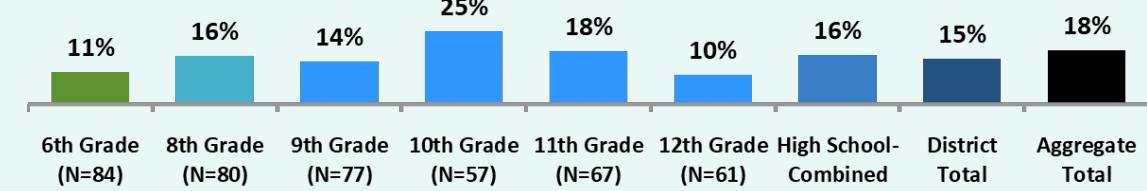
- The proportion of students who found themselves in a risky situation due to online activity is relatively stable across grade level.
- However, 6th graders show an increase in this compared to 2021, while high schoolers are less likely than 2021.

- Those in the 10th grade report the highest levels of being in uncomfortable social media chats, meetings, or events with a quarter (25%) indicating they have done so.
- This is especially common for those who indicate they have been cyberbullied (45%) or cyberbullied others (47%).

Has Been in a Risky/Unwanted Situations Beacuse of Information Shared Electronically

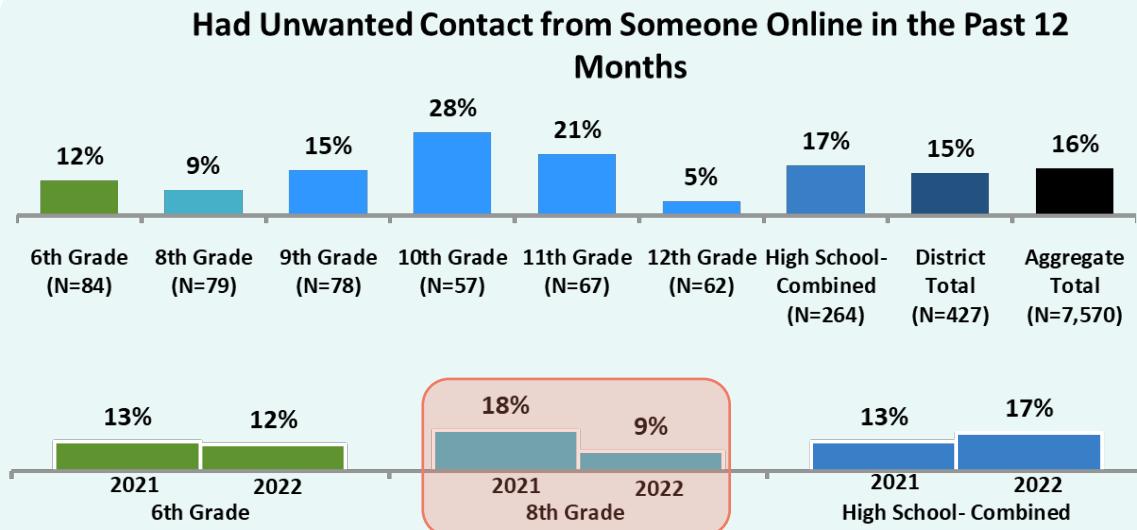


Participated in Uncomfortable Social Media Chats, Meetings, or Events but Had a Hard Time Leaving



Q49	Have you ever found yourself in a risky/unwanted situation because of information you shared electronically?	2018	2020	2021	2022
Q51	In the past 12 months have you participated in any group chats meetings or events on social media where the discussion made you uncomfortable but you had a hard time leaving?				2022

Unwanted Online Contact



- Those in the 10th grade report the highest rate of having unwanted contact from someone online.
- The rate of 8th graders reporting unwanted contact is half of what it was in 2021.
- This is especially common for Maynard students who indicate they have:
 - Bullied others (53%)
 - Been cyberbullied (45%)
 - Engaged in unhealthy dieting (44%)
 - Cyberbullied others (41%)



Q50

In the past 12 months have you had unwanted contact from someone you talked to online?

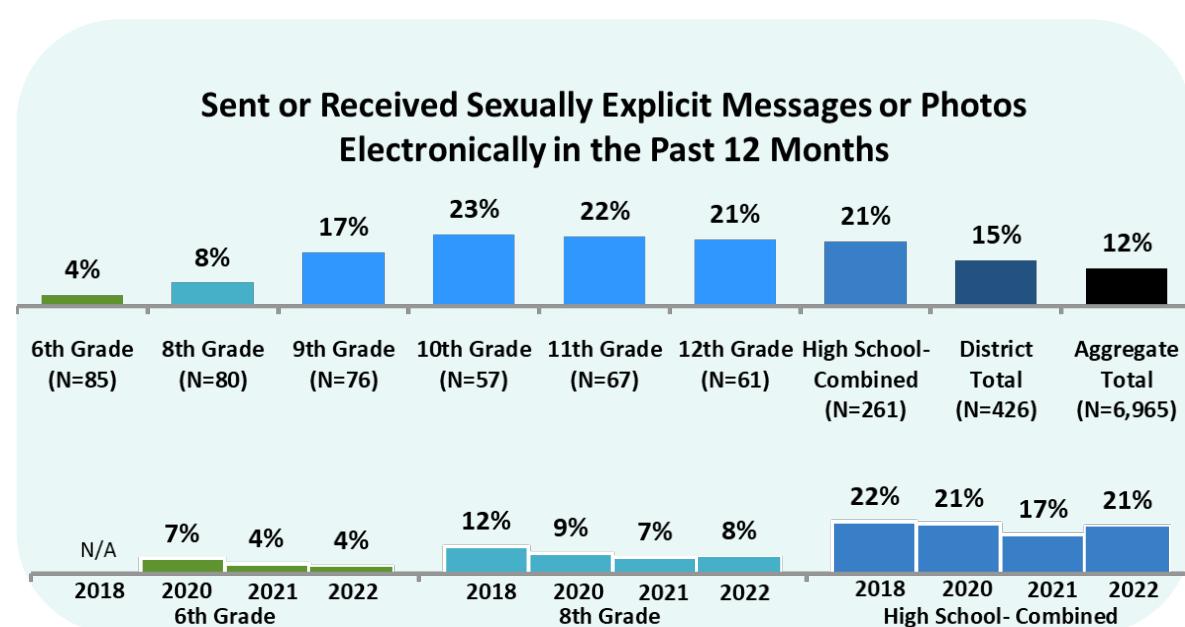
2021

2022

Market Street Research | Page 62

Sending or Receiving Sexually Explicit Messages

- The proportion of students who send or receive sexually explicit messages doubles between 6th and 8th grade, and between 8th and 9th grade.
- However, rates are stable compared to previous years.
- Aggregate analyses show that those who identify as transgender or Native Hawaiian or Pacific Islander have a much higher rate of sexually explicit messaging compared to the population.
- Those who send or receive sexually explicit messages are especially likely to be sexually harassed, depressed, and view pornography.



Aggregate Demographics and Behaviors Associated with sending or receiving sexually explicit messages (12% of the population)

Demographics

- 26% of those who identify as transgender
- 20% of those who identify as non-heterosexual
- 26% of those who identify as Native Hawaiian or Pacific Islander
- 21% of those who identify as Middle Eastern American

Those who have sent or received sexual messages are more likely to:

- Be Bullied (26%) or cyberbullied (31%)
- Bully (13%) or cyberbully others (13%)
- Be sexually harassed (53%)
- Be depressed (54%), self-harm (45%), or consider suicide (31%)
- Recently drink alcohol (37%)
- Use e-cigarettes (25%) or marijuana (28%)
- Have sexual intercourse (37%)
- View pornography (64%)
- Engage in unhealthy dieting (26%)
- Be in the “low resilience” segment (33%)



Q47

During the past 12 months have you sent or received sexually explicit messages or photos electronically (e.g. sexting on Snapchat Instagram or other social media platform)?

2018

2020

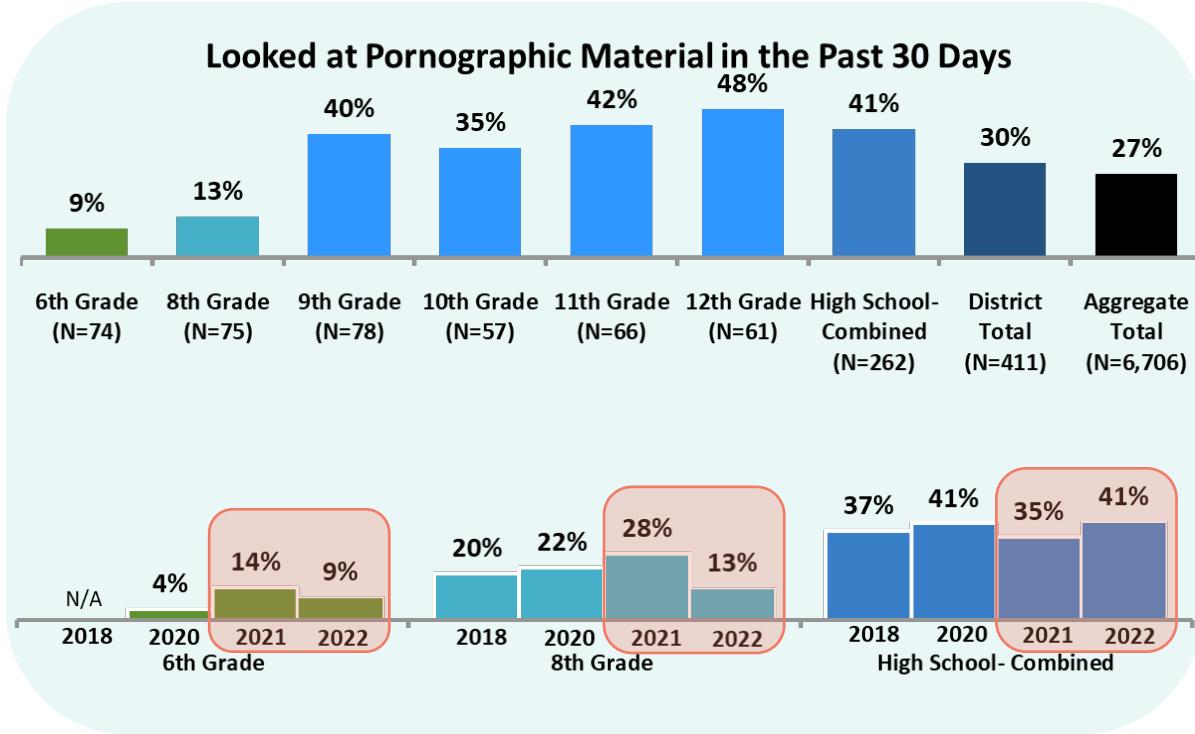
2021

2022

Market Street Research | Page 63

Pornography

- Rates of looking at pornography increase dramatically once students enter high school.
- While high school students indicate an increase in viewing pornography compared to 2021, those in 6th and 8th grade show a decrease.
- Aggregate analyses show a disproportionate number of students who identify as transgender indicate they have recently viewed pornography.



Aggregate Demographics and Behaviors Associated with Recent Pornography viewing (27% of the population)

Demographics

- 37% of males
- 38% of those who identify as non-binary
- 46% of those who identify as transgender
- 37% of those who identify as non-Heterosexual
- 39% of those who identify as Native Hawaiian or Pacific Islander

Those who have recently viewed pornography are also more likely to:

- Be cyberbullied (15%)
- Cyberbully others (9%)
- Be sexually harassed (25%)
- Be depressed (37%), self-harm (29%), or consider suicide (21%)
- Recently drink alcohol (25%)
- Use e-cigarettes (14%) or marijuana (17%)
- Have sexual intercourse (19%)
- Send or receive sexual messages (29%)



Q48

During the past 30 days on how many days did you look at pornographic material either in electronic or any other format?

2018

2020

2021

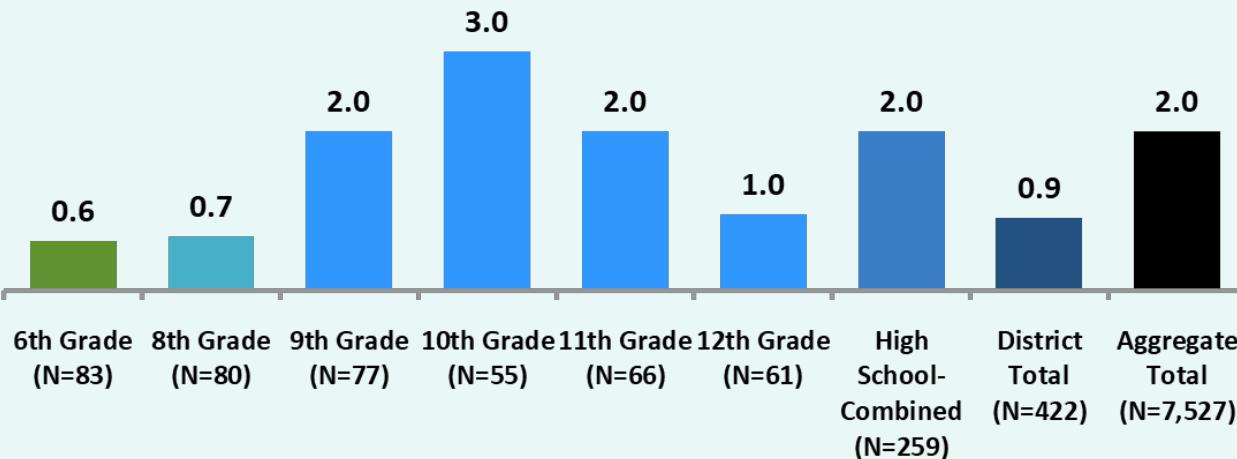
2022

Market Street Research | Page 64

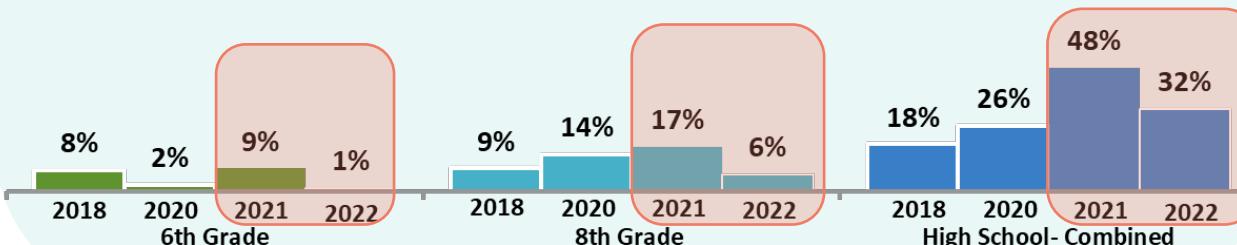
Lifestyle

Homework

Median Hours Spent Doing Homework Each Day



Does 3 or More Hours of Homework Each Day

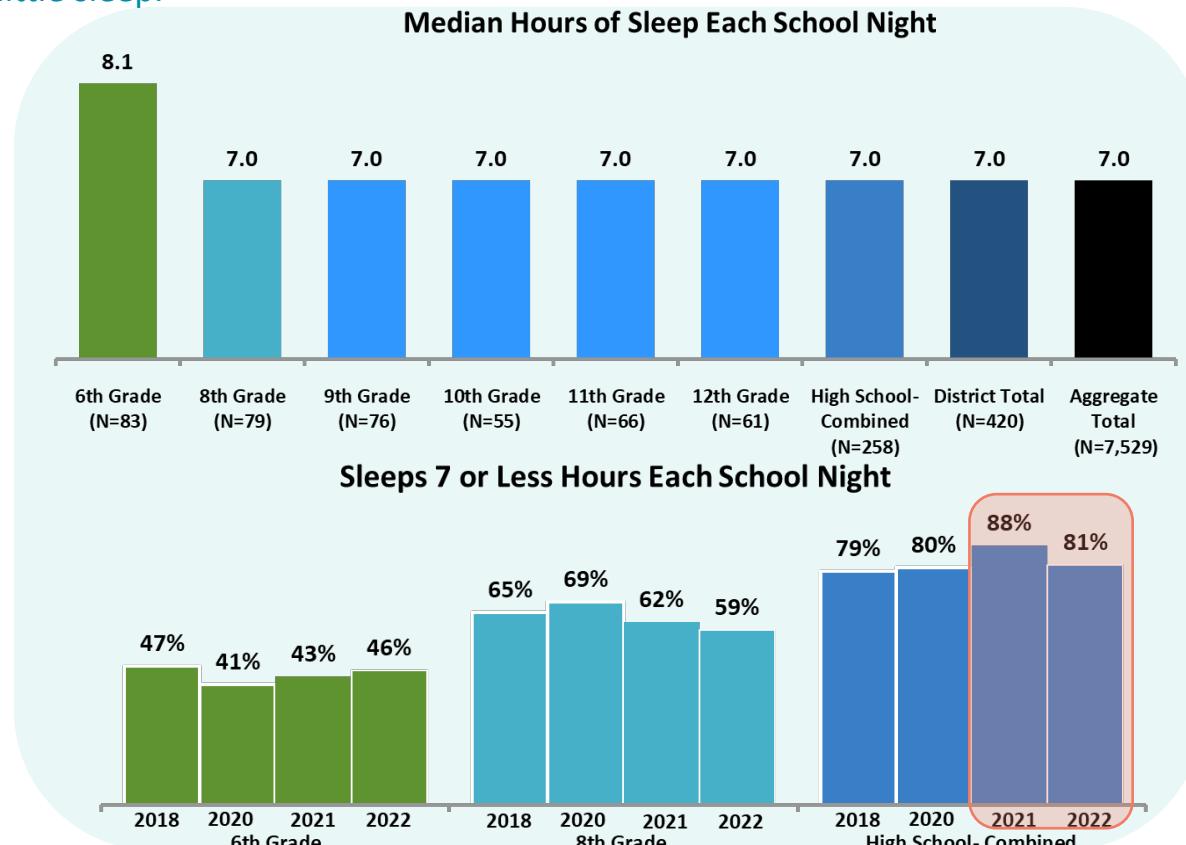


- For Maynard students, time spent doing homework shows an increase once students enter high school.
- However, Maynard students report lower levels of homework than the aggregate and show a decline since 2021.
- 83% of Maynard students who report 3 or more hours of homework each day also indicate that they have experienced somewhat high or very high levels of stress due to their academic course load.



Sleep

- Most 8-12th graders get 7 or less hours of sleep each night, with 35% of all students reporting 6 or less hours.
- However, less high schoolers are getting low levels of sleep compared to 2021.
- Aggregate analyses show Native Hawaiian or Pacific Islander students and those with a non-traditional gender identity or sexual orientation are among those most likely to get little sleep.



Aggregate Demographics and Behaviors Associated with Getting 6 or Less hours of sleep Each Night (35% of the population)

Demographics

- 54% of those who identify as non-binary
- 54% of those who identify as transgender
- 51% of those who identify as non-heterosexual
- 58% of those who identify as Native Hawaiian or Pacific Islander
- 51% of those who identify as Black or African American
- 46% of those who identify as Hispanic or Latinx

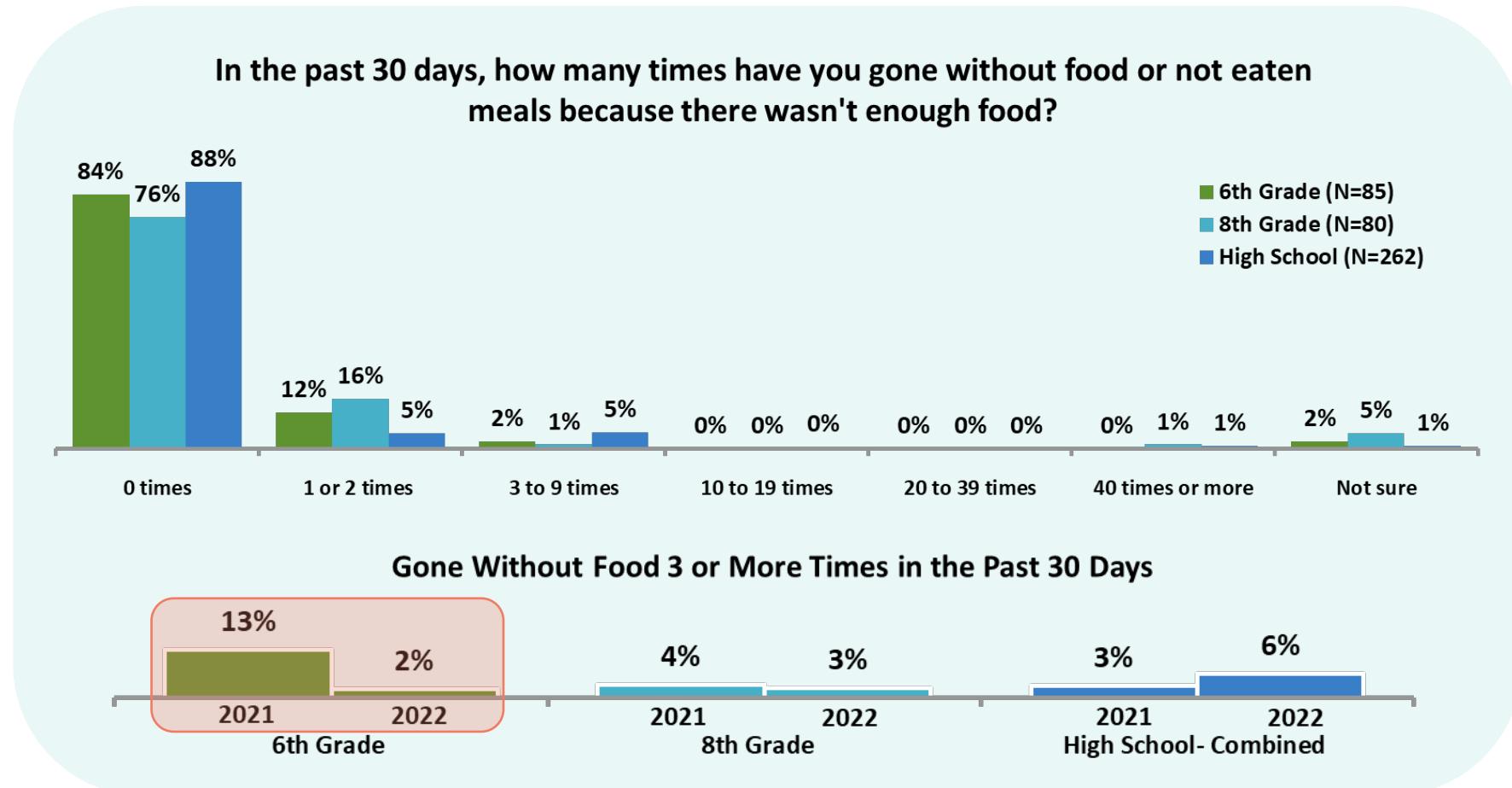
Those who get 7 or less hours of sleep each night are more likely to:

- Be sexually harassed (25%)
- Be depressed (39%), self-harm (28%), or consider suicide (20%)
- Be sexually harassed (25%)
- Be in the “low resilience” segment (26%)



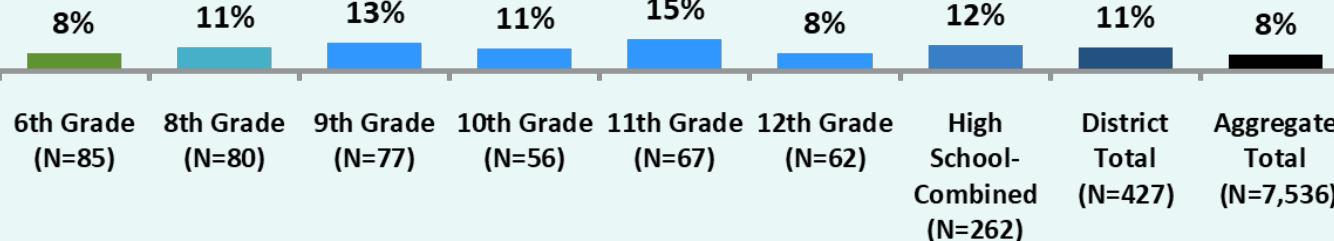
Going Without Food

- While the majority of students do not go without food, 5% of Maynard students have gone hungry 3 or more times in the 30 days prior to taking this survey.
- 6th graders, show a substantial decrease in the number who report going 3 or more days without food.



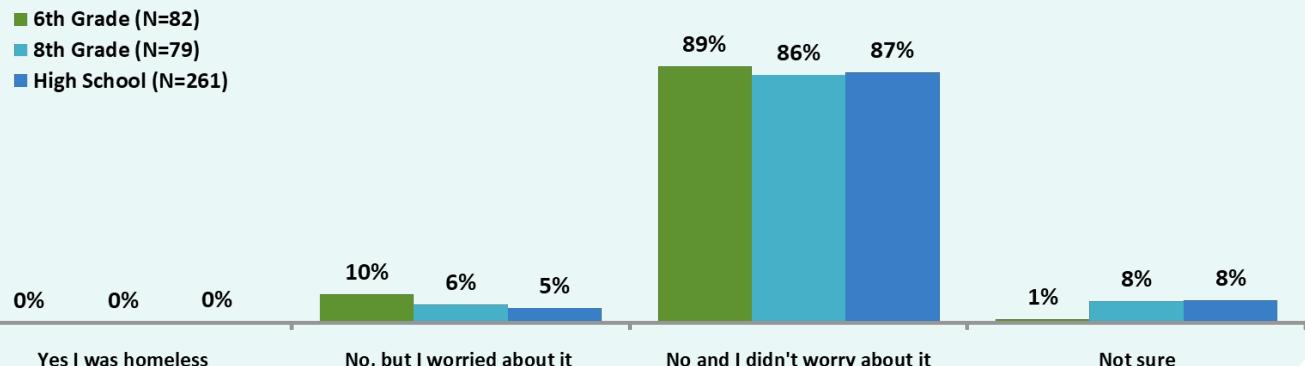
Moving and Homelessness

Moved to New Apartment or House in Past 30 Days



- Overall, 11% of students reported moving in the past 30 days with 11th graders showing the highest proportion of moving.

At any point in the past 12 months, were you homeless or did you worry about being homeless?



- Although 0% of Maynard students were homeless in the past year, 1 in 10 of those in the 6th grade worried about homelessness.



Q120	In the past 12 months did you move to a new apartment or house?				2022
Q121	At any point in the past 12 months were you homeless or did you worry about being homeless?				2022

Appendix A: Changes to Questionnaire

Questionnaire Differences in 2022

Questions that changed compared to previous years

Q3	How do you identify yourself? <ul style="list-style-type: none"> Female Male Something else (non-binary, etc) 	How do you identify yourself? <ul style="list-style-type: none"> Female Male Transgender Other (Non-binary, etc) 	2020	2018
	2022	2021		
Q16-23	How do you describe yourself? Select as many as apply to you:	How do you describe yourself? (Select one or more responses.)	2021	2020
	2022			
Q52	During the past 12 months, have you received unwelcome comments or actions of a sexual nature which made you uncomfortable (sexual harassment)? <ul style="list-style-type: none"> Yes this happened to me online Yes this happened to me in person Yes both online and in person No, this hasn't happened to me 	During the past 12 months, have you received unwelcome comments or actions of a sexual nature which made you uncomfortable (sexual harassment) from others in school? <ul style="list-style-type: none"> Yes No 	2020	2018
	2022	2021		
Q53	During the past 12 months, what level of stress have you experienced as a result of your school/academic workload ?	During the past 12 months, what level of stress have you experienced as a result of your academic workload?	2021*	2020
	2022	2021*		



* For 2021, some participating districts got different versions of this question

Questionnaire Differences in 2022

Questions that changed compared to previous years

Q56-71	<p>When you are dealing with stress, which strategies do you use most often? Check all that apply to you.</p> <ul style="list-style-type: none"> Nothing Exercise Drinking alcohol Doing drugs Smoking cigarettes Vaping/Juuling/Vuseing Mindfulness/Meditation activities Self-injury Watching television Avoidance, ignoring the stress, walking away Eating Gaming Social media Talking to someone I trust Not eating or avoiding food Going online Other 	<p>Which of the following strategies do you use most frequently to deal with stress? (Choose all that apply)</p> <ul style="list-style-type: none"> Nothing Exercise Drinking/drugs/smoking Vaping/Juuling/Vuseing Mediation/ relaxation activities Self-injury Watching television Eating Other <p>(Options listed are for 2020, which are different from previous years).</p>		
	2022	2021	2020	2018
Q77	<p>If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse? (Asked only of those who attempted suicide)</p> <ul style="list-style-type: none"> Yes No 	<p>If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?</p> <ul style="list-style-type: none"> I did not attempt suicide during the past 12 months Yes No 		
	2022	2021	2020	2018
Q78	<p>In the past 12 months, has anyone you know from school told you they were thinking about hurting themselves or suicide? Yes, they told me in person, on a phone/video call, or in a text</p> <ul style="list-style-type: none"> Yes, they told me online (direct messaging, email, in social media, etc) No, but I saw or heard something about the person from a friend No, but I saw or heard something about the person online No, nobody at school has told me they were thinking about hurting themselves or suicide <p>Not compared to previous versions</p>	<p>In the past 12 months, has anyone at school told you they were thinking about hurting themselves or suicide, and did you tell an adult about it? (Not compared to new version)</p> <ul style="list-style-type: none"> No one told me they wanted to hurt themselves, and I'm not worried about anyone No one told me they wanted to hurt themselves, but I am worried about someone Yes, someone told me, but I didn't tell an adult Yes, someone told me, and I did tell an adult Not sure 		
	2022	2021	2020	2018



Questionnaire Differences in 2022

Questions that changed compared to previous years

During the past 30 days, on how many days did you have at least one drink of alcohol?

- **I have never had a drink of alcohol other than a few sips**
- **I have drunk alcohol (more than few sips) but not within the past 30 days**
- 1 or 2 days • 10 to 19 days
- 3 to 5 days • 20 to 29 days
- 6 to 9 days • All 30 days

During the past 30 days, on how many days did you have at least one drink of alcohol?

- 0 days • 10 to 19 days
- 1 or 2 days • 20 to 29 days
- 3 to 5 days • All 30 days
- 6 to 9 days

Q79

During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row, that is, within a couple of hours?

- **I have never had 5 or more drinks in a row within a couple hours**
- **I have had 5 or more dinks in a row within a couple of hours, but not within the past 30 days**
- 1 or 2 days • 10 to 19 days
- 3 to 5 days • 20 to 29 days
- 6 to 9 days • All 30 days

2021

2020

2018

Q80

During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row, that is, within a couple of hours?

- 0 days • 10 to 19 days
- 1 or 2 days • 20 to 29 days
- 3 to 5 days • All 30 days
- 6 to 9 days

2022

During the past 30 days, on how many days did you use an electronic cigarette (e-cigarette), also called vaping, juuling, or vusing?

- **I have never used an e-cigarette or vaped**
- **I have used an e-cigarette or vaped but not in the last 30 days**
- 1 or 2 days • 10 to 19 days
- 3 to 5 days • 20 to 29 days
- 6 to 9 days • All 30 days

2021

2020

2018

Q81

During the past 30 days, on how many days did you use an electronic cigarette (e-cigarette), also called vaping, juuling, or vusing?

- 0 days • 10 to 19 days
- 1 or 2 days • 20 to 29 days
- 3 to 5 days • All 30 days
- 6 to 9 days

2022

2021

2020

2018



Questionnaire Differences in 2022

Questions that changed compared to previous years

	Questions that changed compared to previous years			
	2022	2021	2020	2018
Q82	<p>During the past 30 days, on how many days did you use marijuana or marijuana-related products (not including CBD oil)?</p> <ul style="list-style-type: none"> • I have never used marijuana or marijuana-related products • I have used marijuana or marijuana-related products but not in the past 30 days • 1 or 2 days • 10 to 19 days • 3 to 5 days • 20 to 29 days • 6 to 9 days • All 30 days 	<p>During the past 30 days, on how many days did you use marijuana or marijuana-related products (not including CBD oil)?</p> <ul style="list-style-type: none"> • 0 times • 20 to 39 times • 1 or 2 times • 40 or more times • 3 to 9 times • 10 to 19 days 		
Q92-100	<p>During the past 30 days, without a doctor's advice, have you done any of the following to lose weight or keep from gaining weight?</p> <ul style="list-style-type: none"> • Exercised to lose weight • Ate less food or fewer calories (dieted) • Went without food for 24 hours or more (also called fasting) • Went on a cleansing diet • Colon cleanse • Made myself vomit • Avoided unhealthy foods or foods that didn't fit in my diet • Took laxatives • Took diet pills, powders, or liquids • I did not do any of these 	<p>During the past 30 days, without a doctor's advice, have you done any of the following to lose weight or keep from gaining weight?</p> <ul style="list-style-type: none"> • Go without eating for 24 hours (also called fasting) • Go on a cleansing diet • Colon cleanse • Make myself vomit • Take laxatives • Take diet pills, powders, or liquids • None of these 		



Questionnaire Differences in 2022

Questions that changed compared to previous years

Q108	<p>What time do you usually stop using all of your electronic devices (cell phone, tablet, computer, game console) at night before going to sleep</p> <ul style="list-style-type: none">• I don't ever stop using my devices or they are on all night• I stop using my electronic devices at 9pm or earlier• I stop using my electronic devices by 10pm• I stop using my electronic devices by 11pm• I stop using my electronic devices by 12 midnight• I stop using my electronic devices between 12 midnight and 2am• I stop using my electronic devices between 2am and 6am• My electronic devices aren't in my bedroom or I keep them somewhere else at night	<p>What time do you usually shut your cell phone off on a school night before going to sleep?</p> <ul style="list-style-type: none">• I don't have a cell phone• I don't shut my cell phone off at night, or it is on all night• I shut it off before 9pm• I shut it off at 10pm• I shut it off at 11pm• I shut it off at 12 midnight• I shut it off between 12 midnight and 2am• I shut it off after 2am
	<p>Not compared to previous versions</p>	
Q115	<p>2022</p> <p>How much time do you spend weekdays after school using computers, television, phones, game consoles, or other visual technology for non-school related activities?</p>	<p>2021</p> <p>On an average school day, how much time do you spend using computers, television, phones, or other visual technology?</p>
	<p>2022</p>	<p>2018</p>



Questionnaire Differences in 2022

Questions that changed compared to previous years					
Q118	<p>Do your parents or guardians monitor your social media accounts or how you use social media?</p> <ul style="list-style-type: none">• Yes, they monitor my social media use and I always follow the rules• Yes, they monitor my social media use and I sometimes follow the rules• Yes, they monitor my social media use and I don't follow the rules at all• No, they don't monitor my social media use. <p>Not compared to previous versions</p>	<p>How do your parents or guardians monitor your social media accounts or how you use social media? Check all that apply:)</p> <ul style="list-style-type: none">• They do not monitor my social media accounts or use• I don't know if they monitor my social media accounts or use• I have a contract and ground rules for my phone/tablet/computer• They follow my social media accounts weekly or more often• They use monitoring, blocking, or filtering software• They put parental controls on my phone/tablet/computer• I am only allowed to use my phone/tablet/computer at certain times• I am only allowed to use my phone/tablet/computer in certain places in our home• They monitor my social media accounts or use in some other way• I don't have any social media accounts, or I don't have a phone			
		2022	2021	2020	2018

