

YOUTH RISK BEHAVIOR SURVEY SUMMARY OF FINDINGS FOR 2020:



Maynard Public Schools

Prepared For



March, 2021

Youth Risk Behavior Survey (YRBS)

2020 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 well-being to bullying, sexual activity, violence, alcohol and drug use, and other risk behaviors.

Coronavirus Pandemic and the 2020 Emerson YRBS

The 2020 YRBS presented challenges unique in the history of Emerson Hospital's efforts to address youth risk behaviors. The coronavirus pandemic began in early 2020 just as school districts were surveying students, and not all schools were able to finish the surveys before shutting down in March. Emerson Hospital made the decision to suspend all activities related to the YRBS until January, 2021.

Emerson Hospital also made the decision to shift some resources from the 2020 YRBS to a new, interim survey that will focus on behavioral risks students are facing during the pandemic. The fact that 2020 YRBS data collection occurred immediately prior to the pandemic's onset means it will be possible to assess whether risks have changed as students grapple with remote learning and the social and economic impacts of COVID-19 on their families and communities.

As a consequence of the shift in focus, this report is a summary and does not include the level of detail usually included in Emerson YRBS reports. The next, full Emerson YRBS will be conducted in 2022.

Maynard Public Schools YRBS

Maynard Public Schools has participated in the Emerson YRBS since 2002. This report presents findings for the district's 6th grade, 8th grade, and high school students, all of whom were surveyed before schools shut down in March, 2020 due to the pandemic. Maynard Public Schools students from these grades are also included in the aggregate for all districts for 2020.



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2020 Emerson YRBS Methodology

- Emerson YRBS is a census of students in 6th grade, 8th grade, and high school. Eight public school districts participated in the 2020 survey, including 6,866 students in 6th grade, 8th grade and high school who completed an interview in March, 2020. Of these students, 472 were from Maynard Public Schools.
- Questionnaires are age-appropriate and based on the Massachusetts YRBS and U.S. Centers for Disease Control and Prevention versions.
- School districts collected data from students in two ways: (1) online, for 6th and 8th graders; and (2) online and on paper, depending on school districts' ability to use an online platform for a large-scale survey.
- Students complete the YRBS surveys at school during the 2nd week of March and a password system is used to prevent students from completing the survey more than once.
- 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.
- In Maynard Public Schools, questionnaires were completed by 87% of 6th graders, 85% of 8th graders, and 89% of high school students enrolled on the day(s) the YRBS was conducted. Students who did not complete the survey were either absent, were opted out of the survey by a parent or guardian, or they submitted a blank survey indicating refusal to participate.

Students Participating in 2020 Emerson YRBS

	Total Surveyed	6th Grade	8th Grade	High School
2020 TOTAL:	6,866	1,402	997	4,467
Acton-Boxborough Regional School District	1,962	394	*	1,568
Concord-Carlisle High School/Concord Public Schools	1,509	221	215	1,073
Carlisle Middle School/Carlisle Public Schools	150	78	72	**
Groton-Dunstable Regional School District	341	156	185	*
The Bromfield School (Harvard Public Schools)	521	91	80	350
Littleton High School/Littleton Public Schools	637	132	116	389
Maynard Public Schools	472	91	79	302
Nashoba Regional School District	1,274	239	250	785



* 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 2018 and 2020 Results for Emerson YRBS

Historical Comparisons:

- In this report, we compare 2018 and 2020 results for 6th graders, 8th graders, and high school students (9th through 12th grade combined). We also include an aggregate for all districts combined for 2020, and Maynard Public School 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 to 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 from 2018 to 2020 are meaningful.

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

- To help readers identify changes that are large, in this report, any time there is difference or shift from 2018 to 2020 of 5 percentage points or more, the finding is highlighted in orange.

Companion Documents:

Along with this report, Maynard Public Schools has also received **data tables** comparing results for the district’s students broken down by year (2018-2020).

Maynard Public Schools has also received a copy of the 2020 Emerson YRBS Questionnaire as a Word document.

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.



Student Demographic Profile

Student demographics can shift over time in response to changes in the communities served by Emerson Hospital. In smaller school districts, year-to-year percentage changes can be large, depending on enrollment trends

This chart compares student demographics for Maynard Public School students who participated in the YRBS. For the most part, student demographics were stable from 2018 to 2020, with a few exceptions:

- There were minor changes in grades reported at all grade levels from 2018 to 2020, with a shift toward more “As” and fewer “Bs”
- The proportion of 6th graders identifying as Hispanic or Latino increased from 2018 to 2020

Shift of 5 percentage points or more from 2018 to 2020

	6TH GRADE			8TH GRADE			HIGH SCHOOL		
	Maynard Public Schools		Aggregate	Maynard Public Schools		Aggregate	Maynard Public Schools		Aggregate
	2018	2020	2020	2018	2020	2020	2018	2020	2020
Gender (Q2)									
Female	49%	53%	50%	54%	56%	50%	51%	47%	51%
Male	48%	45%	49%	45%	43%	48%	47%	49%	47%
Transgender or other	2%	2%	1%	1%	1%	2%	2%	4%	2%
Orientation (Q12)									
Straight (Heterosexual)							82%	81%	84%
Gay or lesbian (Homosexual)							3%	4%	3%
Bisexual							8%	6%	7%
Something else (Asexual, Pansexual etc.)							2%	5%	3%
Not sure							6%	4%	4%
Grades in School (Q13)									
Mostly As	41%	48%	53%	54%	59%	58%	40%	49%	54%
Mostly Bs	44%	36%	27%	32%	31%	29%	42%	34%	38%
Mostly Cs or below	1%	2%	6%	10%	9%	10%	14%	13%	6%
Not graded	0%	0%	1%	0%	0%	0%	1%	0%	0%
Don't know	14%	13%	14%	4%	1%	3%	4%	4%	2%
Race-Ethnicity (Q4-Q11)									
American Indian/Alaska Native	4%	8%	5%	4%	0%	1%	3%	3%	2%
Southeast Asian American	2%	1%	1%	1%	3%	2%	2%	3%	2%
Middle Eastern American	2%	2%	3%	1%	3%	3%	2%	3%	3%
Asian American	5%	2%	14%	1%	3%	8%	6%	5%	19%
Black or African American	6%	7%	5%	3%	4%	5%	6%	4%	4%
Hispanic or Latino	9%	16%	7%	12%	12%	6%	12%	14%	6%
Native Hawaiian/Pacific Islander	0%	1%	1%	0%	0%	1%	1%	2%	1%
White	84%	84%	76%	83%	82%	86%	80%	84%	75%

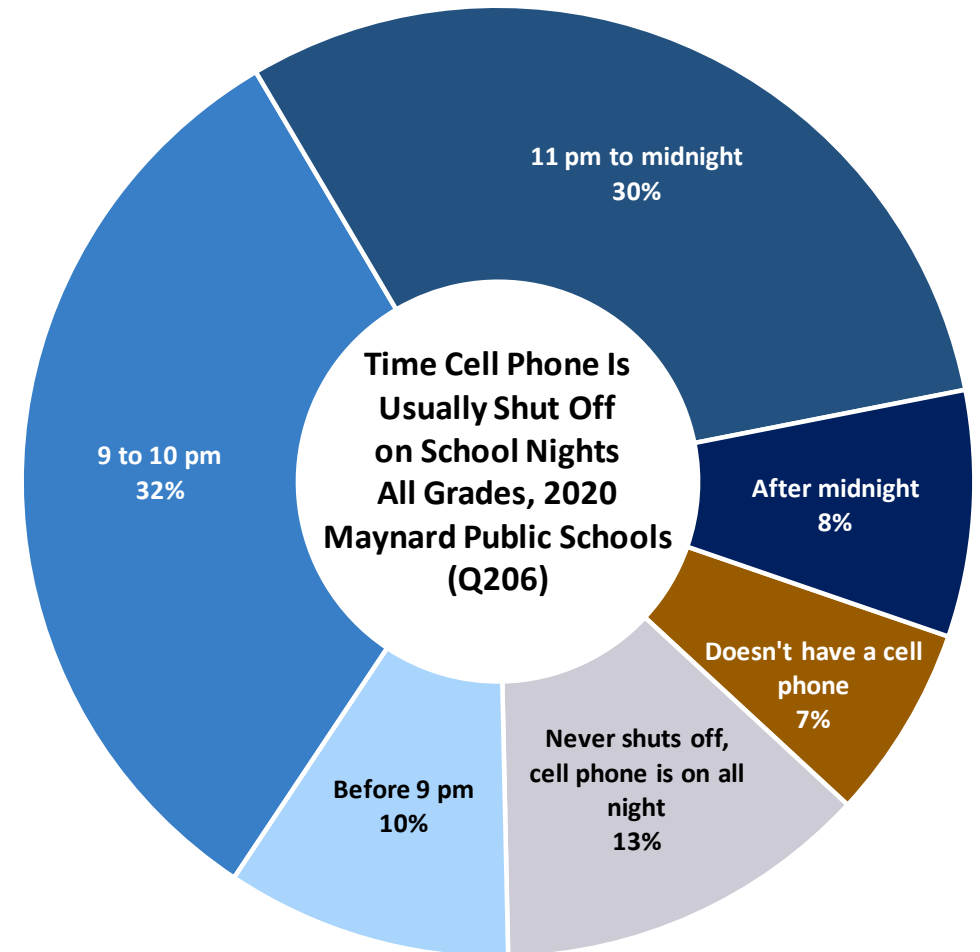


Summary of Findings Related to Emotional Wellbeing and Physical Health Maynard Public Schools

Hours In a Day: Students' Lives

The Emerson YRBS asks students to estimate how much time they spend, on average, on various activities including sleep, homework, exercising, and after-school activities. Results for Maynard Public Schools are comparable to aggregate results:

- The amount of **sleep** students get declines as students age: 6th graders get the most, and high schoolers get the least amount of sleep. For Maynard high school students, 17% get less than 5 hours of sleep on school nights.
- For the aggregate, the amount of **homework** students face increases as students age. This is less true for Maynard Public Schools students, although high schoolers have the most homework (median 2 hours)
- The amount of time students spend using **visual technology** (cell phones, computers, tablets, etc.) for non-school activities also increases as students age, and peaks in high school at about 4 hours a day.
- The majority of students claim they **exercise** at least 3 days a week, but there are many (e.g., about 1 in 5 high schoolers) who don't exercise or engage in vigorous physical exercise at all in an average week.
- This year, we asked students when they **shut their cell phones off** at night. The time varies by grade--the majority of 6th and 8th graders turn their phones off before 11 pm on school nights, but 66% of high schoolers either turn it off after 11 pm or they never turn it off.



Snapshot 2018 to 2020: Hours in a Day – Students’ Lives

Maynard Public Schools vs. Aggregate

Hours Spent Daily on Various Activities:	6TH GRADE			8TH GRADE			HIGH SCHOOL		
	Maynard Public Schools 2018	2020 Aggregate		Maynard Public Schools 2018	2020 Aggregate		Maynard Public Schools 2018	2020 Aggregate	
Median hours of sleep students get each school night (Q204)	9 hours	9 hours	7 hours	7 hours	7 hours	6 hours	7 hours	7 hours	6 hours
Percent who sleep 7 or fewer hours per night (Q204)	47%	41%	40%	65%	69%	67%	79%	80%	84%
Percent who sleep 5 or fewer hours per night (Q204)	6%	7%	6%	10%	23%	15%	15%	17%	18%
Median hours of homework each day (Q203)	1 hour	1 hour	1 hour	1 hour	1 hour	2 hours	1 hour	2 hours	3 hours
Median hours spent weekdays using visual technology for non-school related activities (Q205)*	3 hours	3 hours	2 hours	3 hours	4 hours	3 hours	4 hours	4 hours	3 hours
Median hours spent each day doing organized activities (Q214)**	1 hour	1 hour	2 hours	2 hours	2 hours	2 hours	2 hours	2 hours	2 hours
Exercised or vigorous physical activity for at least 20 minutes on 3 or more of the past 7 days (Q202)	66%	74%	78%	68%	68%	80%	58%	65%	75%
Has not exercised or participated in vigorous exercise at all in past 7 days (Q202)	14%	9%	7%	11%	12%	7%	23%	17%	10%
Cell Phones:									
Has a cell phone (Q206)	(not asked)	79%	76%	(not asked)	96%	95%	(not asked)	97%	98%
Shuts cell phone off before 11 pm on school nights (Q206)	(not asked)	63%	64%	(not asked)	56%	63%	(not asked)	31%	36%
Shuts cell phone off at 11 pm or later on school nights (Q206)	(not asked)	9%	7%	(not asked)	32%	24%	(not asked)	50%	47%
Doesn't shut cell phone off at night, or it is on all night (Q206)	(not asked)	8%	4%	(not asked)	8%	9%	(not asked)	16%	15%

Medians are mid-points; for example, half of the Maynard Public School 6th graders surveyed in 2020 sleep more than 9 hours on school nights, and half sleep less than 8 hours.

Shift of 5 percentage points or more from 2018 to 2020

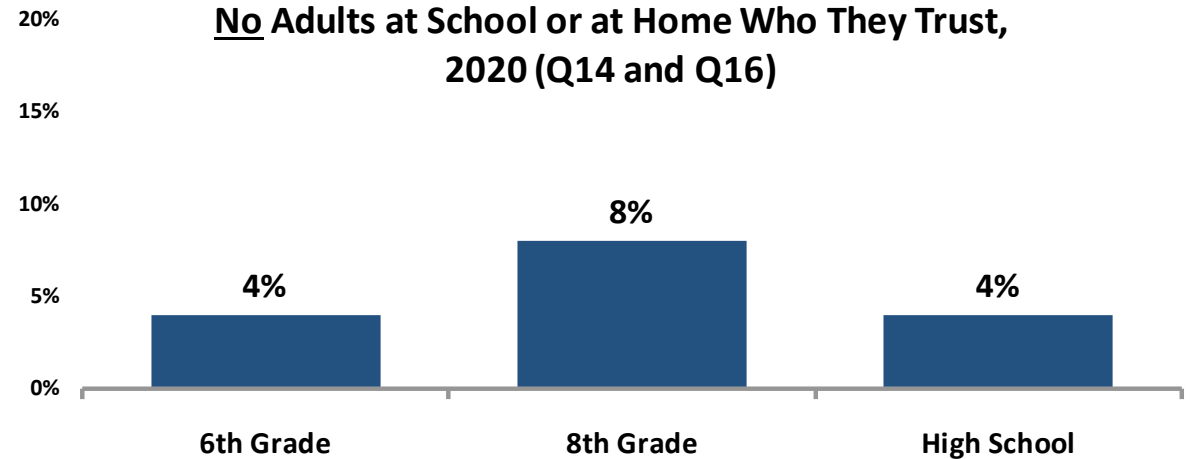
- * Visual technology such as computers, television, phones, game consoles, etc.
- ** Organized activities such as volunteer work, sports, clubs, a paid job, etc.

Trusted Adults

Trusted Adults: Not having a trusted adult to talk to is significantly associated with most other risk behaviors examined in the YRBS:

- The majority of Maynard Public School students surveyed in 2020 have at least one adult at school who they think they could talk to if they had a problem, although it is not always the case that they will reach out to those adults if needed
- Depending on grade, between 4% and 8% of students surveyed in 2020 have no adults in their lives, at school or at home, who they trust enough to talk to if they have a problem
- Among 8th graders, the proportion with at least one teacher or adult at school who they could talk to if they had a problem declined from 2018 to 2020, from 72% to 63%

Proportion of Maynard Public School Students Who Have No Adults at School or at Home Who They Trust, 2020 (Q14 and Q16)

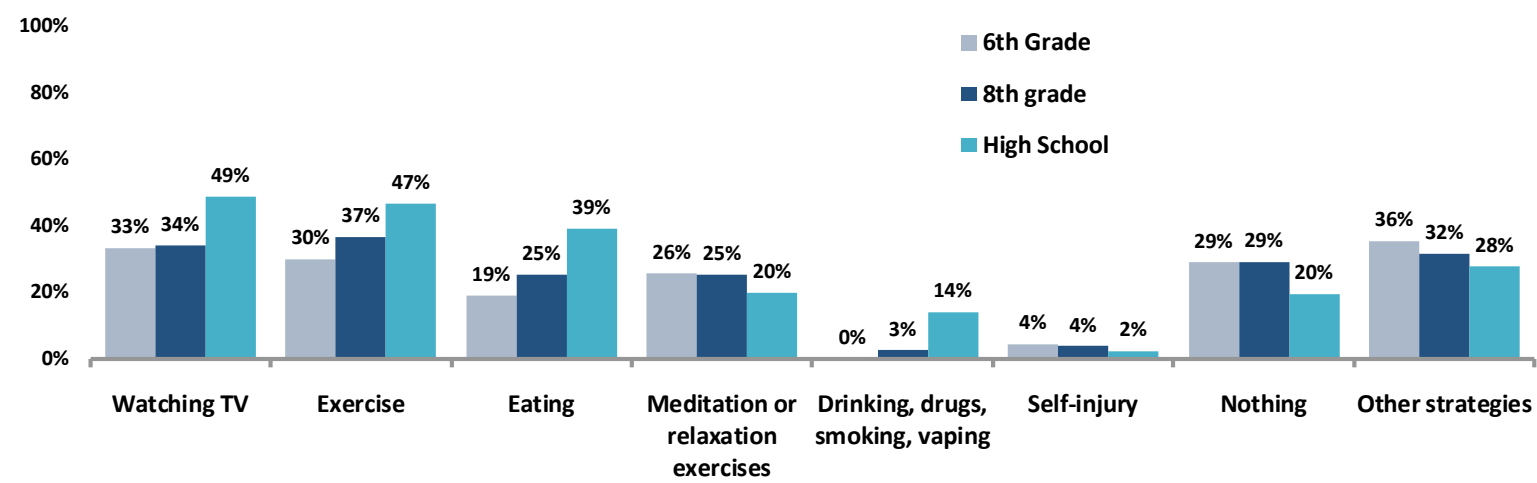


Sources of Stress

Stress: Students consistently report that the top source of stress in their lives is school. Friends, relationships, home life, and other factors are important sources of stress for some students, but for the majority, school is the main stressor. Maynard Public Schools results are similar to the aggregate for the region; however:

- the proportion of Maynard high school students reporting “somewhat high” to “very high” levels of stress has increased from 2018 to 2020, for all three sources of stress examined (academic workload, events at school, events or pressure at home)
- at the same time, the proportion of high school students listing school as the greatest source of stress in their lives has declined since 2018
- Students’ strategies for dealing with stress vary to some extent by grade, but in general the top strategies are watching television, exercise, eating, or doing meditation or relaxation exercises

Strategies for Dealing With Stress, Maynard Public Schools, 2020 (Q78)



Snapshot 2018 to 2020: Trusted Adults in School and Stress

Maynard Public Schools vs. Aggregate

	6TH GRADE			8TH GRADE			HIGH SCHOOL		
	Maynard Public Schools 2018	2020	2020 Aggregate	Maynard Public Schools 2018	2020	2020 Aggregate	Maynard Public Schools 2018	2020	2020 Aggregate
Trusted Adults:									
Has at least one teacher or adult at school who could talk to if had a problem (Q14)	72%	76%	66%	72%	63%	70%	79%	79%	74%
"Very likely" or "somewhat likely" to seek out a teacher/adult at school for help (Q15)	(not asked)	66%	63%	(not asked)	66%	56%	(not asked)	45%	51%
Has at least one adult outside of school who could talk to if had a problem (Q16)	(not asked)	88%	91%	(not asked)	87%	89%	(not asked)	93%	88%
Has no trusted adults at school or at home (Q14 and Q16)	(not asked)	4%	6%	(not asked)	8%	7%	(not asked)	4%	7%
Stress Levels and Sources of Stress:									
"Very high" to "somewhat high" stress due to academic workload (Q74)	36%	37%	32%	48%	46%	51%	56%	65%	59%
"Very high" to "somewhat high" stress due to events at school (Q75)	22%	25%	21%	31%	43%	36%	38%	47%	42%
"Very high" to "somewhat high" stress due to events or pressure at home (Q76)	19%	14%	13%	10%	20%	21%	21%	22%	27%
School is greatest source of stress in student's life (Q77)	48%	72%	55%	47%	55%	72%	71%	65%	68%

 Shift of 5 percentage points or more from 2018 to 2020



Body Image, Diet/Nutrition

Body image: Depending on grade, between half and two-thirds of Maynard Public Schools students think they are “*about the right weight*.” Obesity is significant concern; more often students think they need to lose weight rather than the other way around:

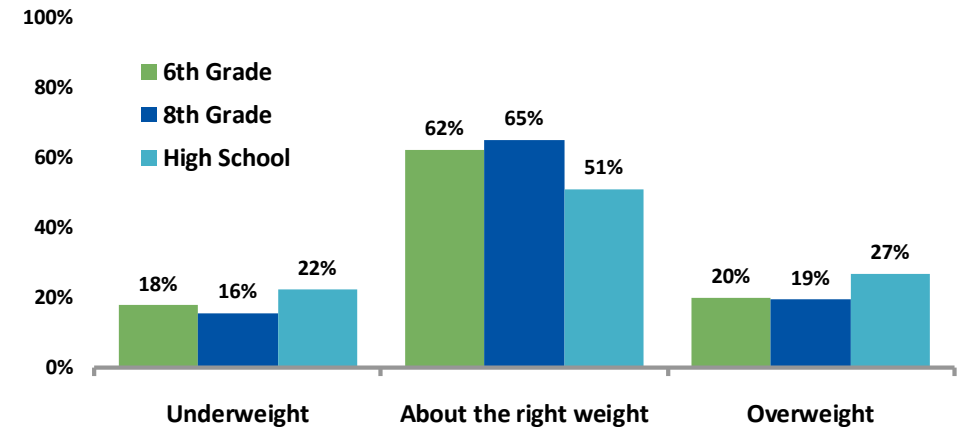
- The proportion of 6th graders trying to lose weight increased from 26% to 38% from 2018 to 2020 (and the proportion trying to gain weight declined)
- The proportion of students who aren’t trying to do anything about their weight declines as students age. High schoolers are most likely to be “*doing something*” and, most often, are trying to lose weight

Weight loss strategies: The strategy students use most often to lose weight is exercise, followed by reducing calorie intake (e.g., by eating less, eating fewer calories, eating foods lower in fat, or going on a cleansing diet). Small proportions use strategies not recommended for youth such as fasting, making themselves vomit, taking laxatives or doing “*colon cleanses*,” or taking diet pills, powders, or liquids. Students who use these strategies almost invariably think they are overweight.

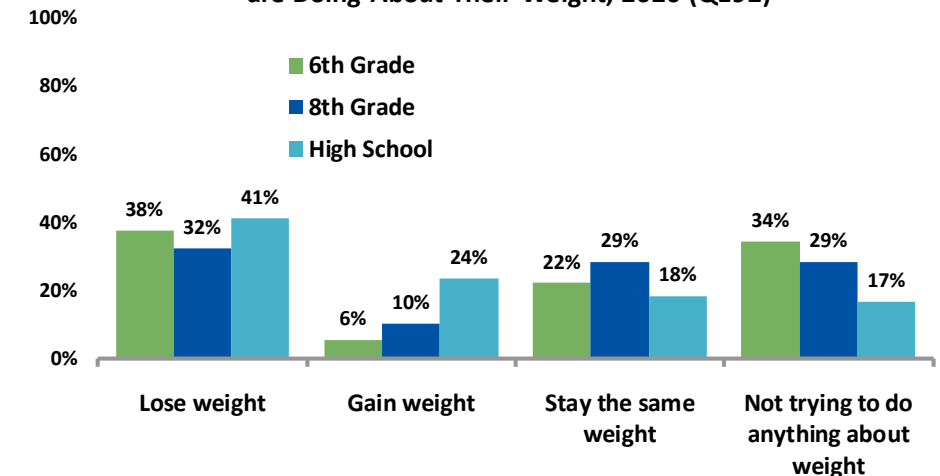
The Emerson YRBS has two questions about nutrition:

- The majority of Maynard Public Schools students drink **caffeinated beverages** at least occasionally. High school students’ consumption went down from 2018 to 2020, while consumption went up for 8th graders
- The proportion of students **eating breakfast every day** declined for high school students, but went up for 8th graders between 2018 to 2020

How Maynard Public Schools Students Describe Their Weight, 2020 (Q191)




What Maynard Public Schools Students are Doing About Their Weight, 2020 (Q192)



Snapshot 2018 to 2020: Body Image, Strategies for Losing Weight, Nutrition

Maynard Public Schools vs. Aggregate

	6TH GRADE			8TH GRADE			HIGH SCHOOL		
	Maynard Public Schools: 2018	2020	Aggregate 2020	Maynard Public Schools: 2018	2020	Aggregate 2020	Maynard Public Schools: 2018	2020	Aggregate 2020
Body Image:									
Percent who think they are "about the right weight" (Q191)	67%	62%	56%	49%	65%	59%	55%	51%	57%
Percent who are trying to lose weight (Q192)	26%	38%	29%	34%	32%	32%	41%	41%	39%
Percent who are trying to gain weight (Q192)	12%	6%	11%	10%	10%	14%	19%	24%	19%
Strategies for Losing Weight:									
Exercised (Q193)	57%	58%	59%	59%	56%	61%	56%	58%	59%
Ate less food, fewer calories, foods low in fat, or went on a cleansing diet (Q193)	13%	11%	15%	18%	18%	19%	29%	28%	29%
Went without eating for 24 hours or more or fasted (Q194)	5%	2%	3%	6%	6%	6%	7%	7%	6%
Went on a cleansing diet (Q194)	3%	0%	2%	2%	0%	3%	7%	3%	5%
Made myself vomit (Q194)	0%	1%	1%	2%	3%	2%	3%	3%	3%
Colon cleanse or took laxatives (Q194)	0%	0%	0%	0%	1%	1%	0%	2%	2%
Took diet pills, powders, or liquids (Q194)	0%	0%	0%	0%	1%	1%	2%	3%	1%
Nutrition: Caffeinated Beverages, Eating Breakfast									
Drank caffeinated beverage 1 or more times a day in past week (Q200)	7%	7%	5%	10%	19%	12%	24%	17%	17%
Ate breakfast all 7 days during the past week (Q201)	65%	64%	58%	53%	61%	49%	45%	38%	42%

 Shift of 5 percentage points or more from 2018 to 2020

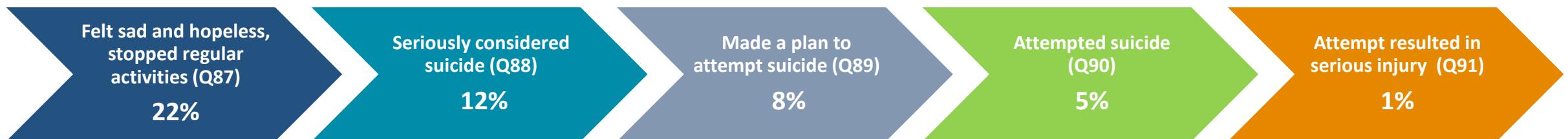


Self-Injury, Depression, Suicide

Many students struggle with depression. Even those who are not depressed or engaging in self-injurious behaviors are worried about peers at school who struggle with these issues. Findings for Maynard Public Schools are similar to the aggregate for the region:

- Depending on grade, between 11% and 25% of Maynard Public Schools students have felt so sad or hopeless in the past year that they stopped doing some usual activities
- Smaller proportions (7% to 15%) actively considered suicide, made a plan to attempt suicide, or tried it, although the proportion who injured themselves to the point of needing medical treatment is small:
 - The proportion of 6th graders who said they actually attempted suicide went down from 2018 to 2020
 - The proportion of 8th graders who said they seriously considered attempting suicide went up from 2018 to 2020
- The proportion of students who are worried that someone they know at school will hurt themselves or is considering suicide declined from 2018 to 2020 for all grades (although many are still worried about this)

Symptoms of Depression, 2020 Total All Grades, Maynard Public Schools



Snapshot 2018 to 2020: Self-Injury, Depression, Suicidality

Maynard Public Schools vs. Aggregate

In the past 12 months:	6TH GRADE			8TH GRADE			HIGH SCHOOL		
	Maynard Public Schools		Aggregate	Maynard Public Schools		Aggregate	Maynard Public Schools		Aggregate
	2018	2020	2020	2018	2020	2020	2018	2020	2020
Hurt or injured yourself on purpose (Q86)	(not asked)	12%	12%	11%	14%	13%	13%	13%	14%
Felt so sad or hopeless that you stopped doing some usual activities (Q87)	(not asked)	11%	13%	24%	21%	17%	25%	25%	23%
Seriously considered attempting suicide (Q88)	16%	7%	7%	10%	15%	11%	12%	12%	13%
Made a plan about how you would attempt suicide (Q89)	9%	7%	4%	4%	8%	7%	10%	9%	9%
Percent who actually attempted suicide at least once (Q90)	8%	3%	3%	4%	5%	3%	3%	5%	3%
Number who actually attempted suicide at least once (Q90)	7 students	3 students	38 students	4 students	4 students	26 students	11 students	15 students	145 students
Suicide attempt resulted in injury, poisoning, overdose requiring treatment (Q91)	0%	0%	0%	0%	0%	1%	1%	1%	1%
Number of students whose suicide attempt resulted in injury requiring treatment (Q91)	None	None	4 students	None	None	6 students	4 students	4 students	39 students
Worried someone at school is thinking about hurting themselves or suicide (Q92)	21%	13%	10%	35%	10%	13%	15%	9%	13%
Someone told me they were thinking about hurting themselves or suicide (Q92)	22%	13%	11%	20%	15%	16%	15%	19%	17%

Shift of 5 percentage points or more from 2018 to 2020



Bullying, Cyber-Bullying, Sexual Harassment

Not all students feel safe at school. Between 8% and 11% of Maynard Public Schools students surveyed in 2020 said they stayed home from school at least 1 day in the previous month because they didn't feel safe, either at school or to and from school.

Bullying: Students' reports of being bullied at school did not change for Maynard 8th graders and high schoolers, but declined for 6th graders from 2018 to 2020:

- Bullying is most prevalent in 6th and 8th grade and diminishes in high school, both in terms of being bullying and bullying others
- As has been true in previous YRBS surveys, students who bully others are highly likely to have been bullied themselves

Cyberbullying: Students' reports of cyberbullying remained fairly stable from 2018 to 2020:

- Cyberbullying happens most in 6th grade and is least common among high school students, both in terms of being cyberbullied and cyberbullying others
- Again, students who cyberbully are highly likely to have been either bullied or cyberbullied by others at school
- Maynard students find it somewhat easier to do something about cyberbullying than about other forms of bullying and sexual harassment

Sexual harassment: Reports of sexual harassment increase with age. This year, we asked Maynard 6th graders about sexual harassment and 3% said they had *"received unwelcome comments or actions of a sexual nature which made them uncomfortable (sexual harassment) from others at school."* By high school, 10% of Maynard students have experienced it.

Most Common Responses to Bullying, All Grades, Maynard Public Schools Students, Among Those Bullied, 2020

Cyberbullying (Q29)

- **Nothing (25%)**
- Told a friend or peer at school (34%)
- Told parent/guardian/other adult at home (43%)
- Told adult at school (22%)
- Reported to website administrator (15%)
- Reported to police (7%)

Bullying (Q61)

- **Nothing (48%)**
- Told the person to stop (30%)
- Walked away (25%)
- Told adult at home (29%) or at school (21%)
- Resisted with physical force (6%)

Sexual harassment (Q68)


- **Nothing (56%)**
- Walked away (21%)
- Told person to stop (23%)
- Told an adult at home (12%) or at school (3%)
- Resisted with physical force (2%)



Snapshot 2018 to 2020: Bullying, Cyberbullying, and Sexual Harassment

Maynard Public Schools vs. Aggregate

Experiences with Bullying, Cyberbullying, and Sexual Harassment:	6TH GRADE			8TH GRADE			HIGH SCHOOL		
	Maynard Public Schools		Aggregate	Maynard Public Schools		Aggregate	Maynard Public Schools		Aggregate
	2018	2020	2020	2018	2020	2020	2018	2020	2020
Bullied by others in school in past 12 months (Q59)	24%	8%	11%	19%	18%	11%	8%	11%	7%
Has bullied someone else in school in past 12 months (Q60)	7%	1%	2%	4%	3%	1%	2%	3%	2%
Bullied electronically in past 12 months (Q28)	16%	12%	9%	13%	14%	10%	8%	9%	8%
Has bullied someone else electronically in past 12 months (Q35)	2%	2%	1%	3%	3%	2%	2%	3%	3%
Did not go to school at least 1 day in past month because felt unsafe (Q52)	16%	8%	7%	12%	11%	7%	8%	9%	5%
Sexually harassed in past 12 months (Q67)	(not asked)	3%	4%	12%	13%	8%	8%	10%	11%

 Shift of 5 percentage points or more from 2018 to 2020



Exposure to Violence

Exposure to sexual violence: Less than 10% of Maynard Public Schools students report being hurt physically or sexually in any of the scenarios examined in the 2020 YRBS:

- The highest percentages in 2020 are for lifetime risk of having been molested, raped, or sexually violated, among high school students (9%)
- This year, we asked 6th graders about having been molested, raped, or sexually violated, and 2% reported having been in their lifetimes

Bringing weapons to school: For 2020, we changed the question about bringing weapons to school to include the word “intentionally,” since students sometimes inadvertently bring small pocketknives or other weapon-like objects to school that, while disallowed, are not of major concern:

- The change in the wording of the question did not appear to affect the results appreciably
- Percentages are low for all types of weapons, but for some behaviors with a potential for very serious consequences (such as bringing guns to school), the number of students reporting is as important as the percentage
- The number of Maynard Public Schools students reporting bringing guns to school is low, but there are still a few students who report doing so (3 students reported it in 2020 vs. 1 student in 2018)
- Although students at all grade levels do intentionally bring large knives, guns, or other weapons to school, the behavior is most prevalent among high schoolers



Snapshot 2018 to 2020: Exposure to Violence

Maynard Public Schools vs. Aggregate

Experiences with Violence:	6TH GRADE			8TH GRADE			HIGH SCHOOL		
	Maynard Public Schools		Aggregate	Maynard Public Schools		Aggregate	Maynard Public Schools		Aggregate
	2018	2020	2020	2018	2020	2020	2018	2020	2020
Hurt physically by someone when one or both under influence of alcohol/drugs (Q54)	(not asked)	2%	0%	2%	3%	1%	2%	4%	3%
Hurt sexually by someone when one or both under influence of alcohol/drugs (Q55)	(not asked)	0%	0%	0%	0%	0%	0%	3%	2%
Percent of students molested, raped, sexually violated, within past 12 months (Q56)	(not asked)	0%	0%	(not asked)	3%	2%	2%	5%	4%
Percent of students molested, raped, sexually violated, lifetime (Q56)	(not asked)	2%	1%	(not asked)	5%	4%	8%	9%	9%
Ever been hurt physically or sexually by a date or someone you were going out with (Q57)	(not asked)	1%	0%	3%	4%	2%	5%	2%	3%
Ever physically or sexually hurt a date or someone you were going out with (Q58)	(not asked)	0%	0%	0%	0%	1%	2%	3%	3%
Bringing Weapons to School (Q48):									
Number of students who intentionally brought a large knife to school, past 30 days**	None	None	None	None	None	1 student	1 student	2 students	81 students
Number of students who intentionally brought a gun to school, past 30 days*	None	None	None	None	None	1 student	1 student	3 students	17 students
Percent of students bringing any weapon to school intentionally, past 30 days	0%	0%	1%	0%	3%	1%	4%	3%	2%
Percent of students who have brought weapons to school in the past, but not recently	2%	3%	4%	3%	3%	4%	10%	8%	7%

* Note that the percentage who brought a gun to school is 0%. It is important, with questions involving very high-risk behaviors that could result in significant harm to self or others at school, to examine both the percentage and the number of students who responded to the question.

** A large knife, such as a hunting knife or switchblade.

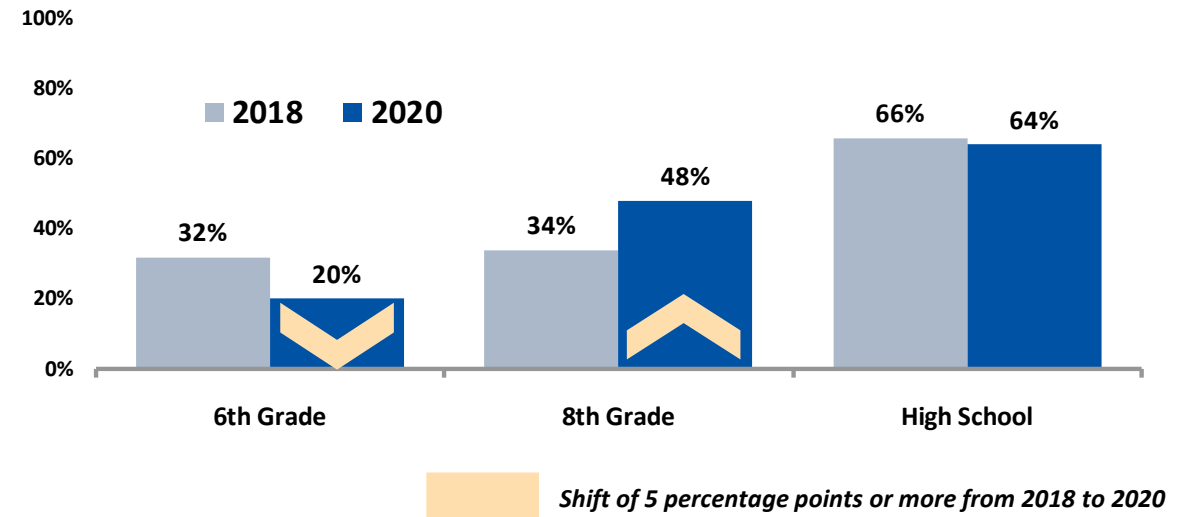
Summary of Findings Relating to Risk Behaviors Maynard Public Schools

Risk Behaviors, Social Media, and the Internet

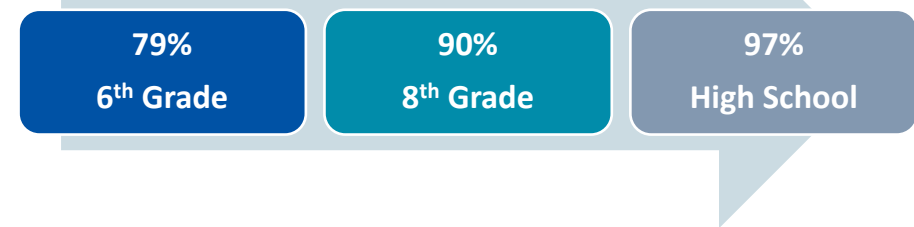
By the time students reach high school, nearly all have access to social media (e.g., Facebook, Snapchat, Instagram, TikTok, etc.). Risky behavior involving the internet is more common as students age, but even younger students find themselves in situations they did not anticipate when engaging with social media:

- Parents tend to monitor younger children's social media use, but by the time students are in high school, two-thirds are unmonitored. This has improved since 2018 for 6th graders (more are monitored in 2020), but the proportion of unmonitored students increased for 8th graders from 2018 to 2020
- Students who report that their parents or guardians monitor their social media use most often say:
 - Their parents follow their accounts weekly or more often
 - They have contracts or ground rules for phones, tablets, computers
 - There are parental controls on phones, tablets, or computers (this is most common for 6th graders)
- Depending on grade level, 8% to 20% of Maynard Public Schools students have social media accounts that their parents or guardians don't know about
- Students are not usually starting *relationships* with people they meet on dating websites, but 9% to 22% have had face-to-face meetings with people they met online
- 14% to 19% of Maynard Public Schools students have found themselves in risky or unwanted situations because of information they shared electronically. This has improved for both 6th and 8th graders.

Maynard Public Schools Students Whose Parents/Guardians Don't Monitor Their Social Media Accounts or Use, 2018-2020 (Q38)



Has Access to Social Media in 2020
Maynard Public Schools Students (Q38)



Snapshot 2018 to 2020: Risk Behaviors and the Internet

Maynard Public Schools vs. Aggregate

Experiences with Social Media:	6TH GRADE			8TH GRADE			HIGH SCHOOL		
	Maynard Public Schools		Aggregate	Maynard Public Schools		Aggregate	Maynard Public Schools		Aggregate
	2018	2020	2020	2018	2020	2020	2018	2020	2020
Has access to social media (Q38)	***	79%	74%	***	84%	86%	***	95%	96%
Ever found yourself in a risky/unwanted situation because of information shared electronically (Q27)	25%	14%	14%	25%	15%	20%	24%	19%	24%
Ever started relationship with someone met on a dating website (Q45)*	(not asked)	1%	0%	(not asked)	1%	1%	(not asked)	6%	4%
Ever had face-to-face meeting with someone you met online (Q46)	(not asked)	9%	8%	(not asked)	22%	16%	(not asked)	19%	19%
Sent or received sexually explicit messages/photos aka "sexting," past 12 months (Q36)**	(not asked)	7%	2%	12%	9%	9%	22%	21%	21%
Viewed pornographic material electronically or other format, past 30 days (Q47)	(not asked)	4%	5%	20%	22%	14%	38%	40%	36%
Has social media accounts parents/guardians don't know about (Q37)	3%	8%	6%	15%	13%	11%	23%	20%	22%

Shift of 5 percentage points or more from 2018 to 2020

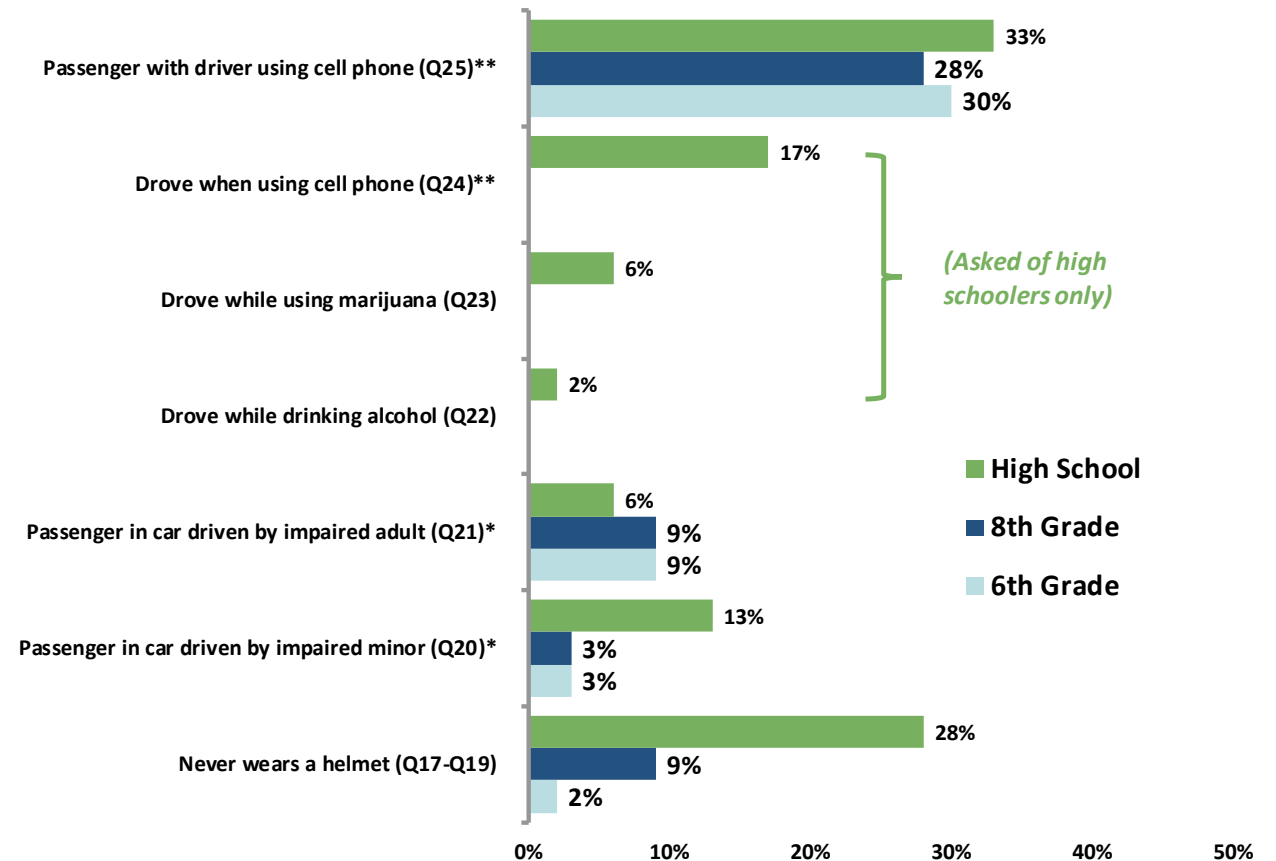
- * Dating app or website such as E-Harmony, Tinder, or Match.com.
- ** E.g., sexting on Snapchat, Instagram, or other social media platforms.
- *** Question format changed from 2018 to 2020 so comparable data is not available for 2018.

Helmets and Safety in Vehicles

For most activities, statistics for Maynard Public Schools students on helmet use and vehicular safety are comparable to the aggregate findings. Key findings for 2020:

- Maynard Public Schools students do not always wear helmets and likelihood of using a helmet declines with age. This year:
 - 6th and 8th graders were much more likely to report wearing helmets while bicycling, and for both grades, the proportion saying they “*never wear a helmet*” declined
 - 6th graders were more likely to say they always wear a helmet while skateboarding, but 8th graders were less likely and were also less likely to say they always wear a helmet when skiing or snowboarding
 - Use of helmets among high school students did not change appreciably from 2018 to 2020
- The most significant risk students face is as passengers in cars driven by drivers who are using cellphones to talk, text, check social media, etc. Many high school students also admit to driving while using cell phones
- This year, we asked 6th graders about being passengers in cars in which the drivers are using cell phones. The results clearly indicate that young students are aware of whether or not drivers are using cell phones, and 30% say this happens to them regularly

Helmets and Vehicular Safety, Maynard Public Schools, 2020



* In the past 30 days, has been the driver or been a passenger in a car in which the driver was under the influence of alcohol or drugs.

** In the past 30 days, has “sometimes, most of the time, or always” used a cell phone to talk, text, access the internet or social media without hands-free option.

Snapshot 2018 to 2020: Helmets and Vehicular Safety Maynard Public Schools vs. Aggregate

6TH GRADE									
8TH GRADE									
HIGH SCHOOL									
Frequency of Wearing Helmets (Q17-19):									
Maynard Public Schools									
Aggregate									
2018									
2020									
2020									
Always wears a helmet when riding a bicycle									
Always wears a helmet when riding a skateboard									
Always wears a helmet when skiing or snowboarding									
Never wears a helmet									
Exposure to Impaired Driving:									
Rode in car driven by minor who had been drinking or using drugs (Q20)*									
Rode in car driven by adult who had been drinking or using drugs (Q21)*									
High Schoolers:	Drove when had been drinking alcohol (Q22)*								
	Drove when had been using marijuana (Q23)*								
	Drove when using a cell phone (Q24)**								
Passenger in a car with driver using cell phone (Q25)									

Shift of 5 percentage points or more from 2018 to 2020



* *In the past 30 days, has been the driver or been a passenger in a car in which the driver was under the influence of alcohol or drugs.*

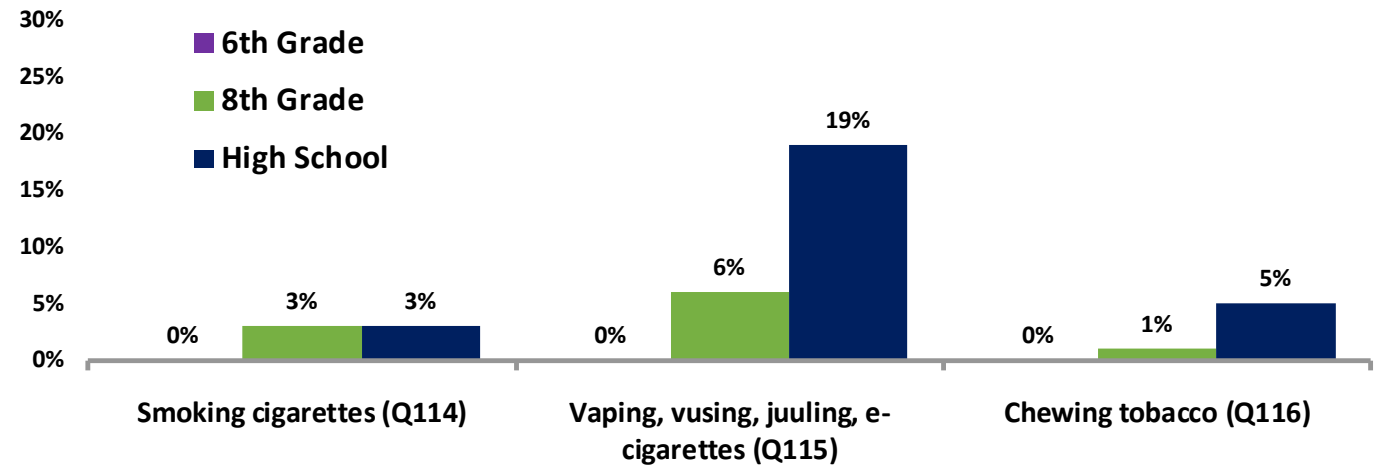
**** In the past 30 days, has “sometimes, most of the time, or always” used a cell phone to talk, text, or access the internet or social media without hands-free option. These questions asked only of high school students.**

Tobacco: Cigarette Smoking

Cigarette Smoking: Rates of cigarette smoking among students within Emerson Hospital's service area have declined significantly over the past several decades and are currently at an historic low:

- Less than 1 in 10 Maynard Public Schools high school students in 2020 report ever having smoked cigarettes, and only 5% smoked in the previous 30 days. Most 6th and 8th graders have never smoked.
- Most students have never used chewing tobacco
- Students are far more likely to have vaped (used an e-cigarette) than smoked cigarettes or used chewing tobacco, especially in high school

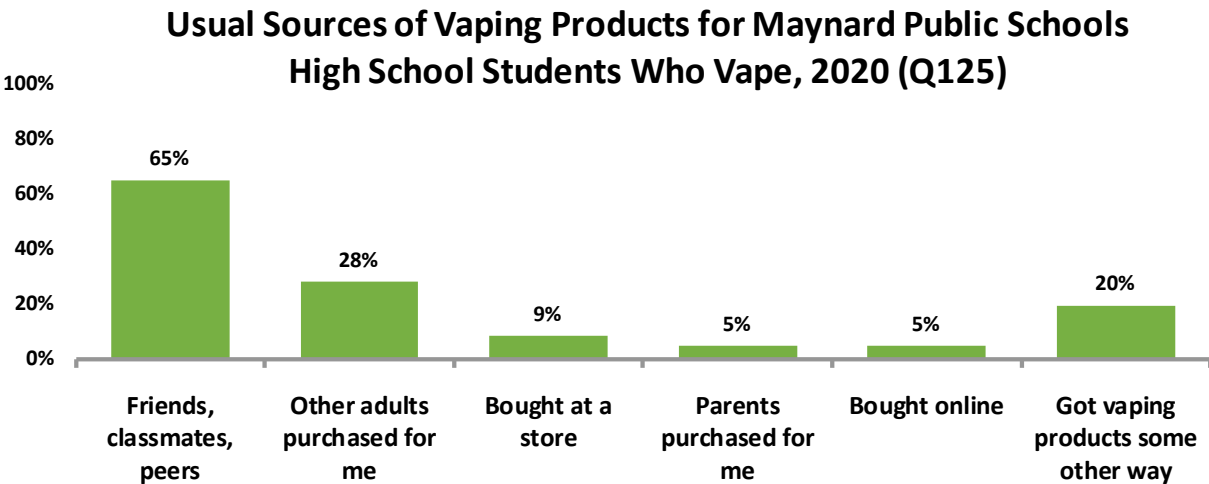
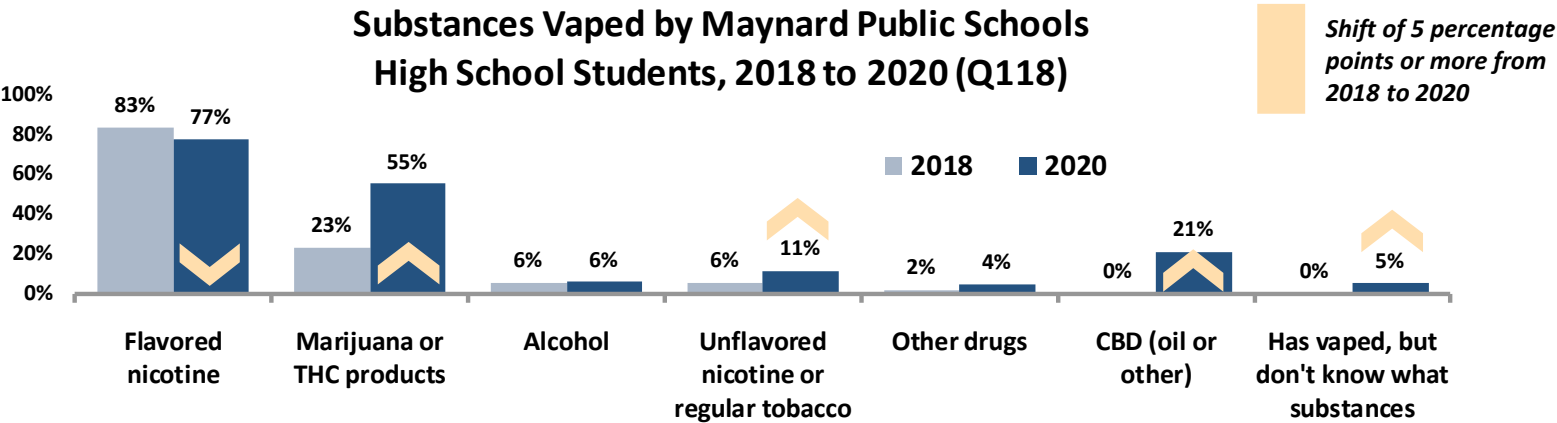
**Tobacco Products Consumed by
Maynard Public Schools Students, Past 30 Days, 2020**



Tobacco: Vaping

Vaping: Students are much more likely to vape than smoke cigarettes. Vaping increased dramatically between 2014, when questions about it were first added to the Emerson YRBS, and 2018; however:

- This year, lifetime likelihood of vaping among Maynard Public Schools high school students is about the same as it was in 2018, but recent vaping (past 30 days) declined by half from 2018 to 2020. Vaping among 8th graders declined across the board (lifetime and recent).
- Most often, students vape either flavored nicotine or marijuana/THC products. They are increasingly likely to vape substances other than flavored nicotine. Use of marijuana, unflavored nicotine (regular tobacco), and CBD (oil and other products) have all increased substantially since 2018
- Students mainly get vaping products from friends, classmates, peers and adults other than their parents



Snapshot 2018 to 2020: Consumption of Tobacco Products

Maynard Public Schools vs. Aggregate

	6TH GRADE			8TH GRADE			HIGH SCHOOL		
	Maynard Public Schools 2018	2020	Aggregate 2020	Maynard Public Schools 2018	2020	Aggregate 2020	Maynard Public Schools 2018	2020	Aggregate 2020
Cigarette and Cigar Smoking:									
Ever smoked cigarettes, lifetime (Q108 and Q112)*	2%	0%	0%	6%	5%	4%	14%	9%	9%
Smoked cigarettes at least once in past 30 days (Q114)	0%	0%	0%	2%	3%	1%	5%	3%	3%
Ever smoked cigars or cigarillos, lifetime (Q108)	**	0%	0%	**	0%	1%	**	6%	5%
Vaping, Juuling, Vusing, Use of Electronic Cigarettes:									
Ever vaped, juuled, vused, e-cigarette, lifetime (Q108 and Q113)*	0%	0%	1%	16%	10%	6%	32%	36%	27%
Vaped, juuled, vused, e-cigarette at least once in past 30 days (Q115)	3%	0%	1%	16%	6%	3%	32%	19%	14%
Vaped, juuled, vused, e-cigarette on school property in past 30 days (Q117)	**	0%	5%	**	3%	3%	**	14%	10%
Chewing Tobacco, Snuff, Pack/Pouch, Dip:									
Ever used chewing tobacco, snuff, pack/pouch, dip, lifetime (Q108 and Q116)*	**	0%	1%	0%	3%	1%	3%	6%	4%
Used chewing tobacco, snuff, pack, dip at least once in past 30 days (Q116)	**	0%	1%	0%	1%	1%	3%	5%	2%

 Shift of 5 percentage points or more from 2018 to 2020

* Students sometimes admit to a behavior in subsequent questions even though they don't report it initially. The lifetime estimates in this table are the highest rates reported, which may be calculated from responses to several similar questions.

** Not asked, or question format or wording changed so comparable 2018 data is not available.

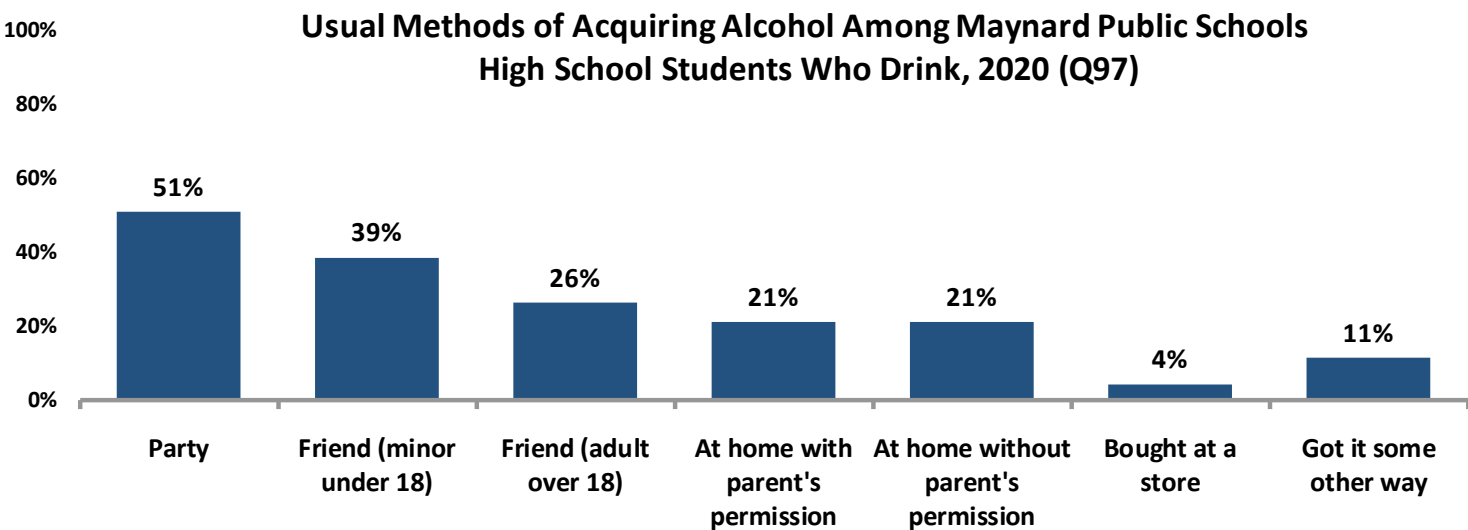
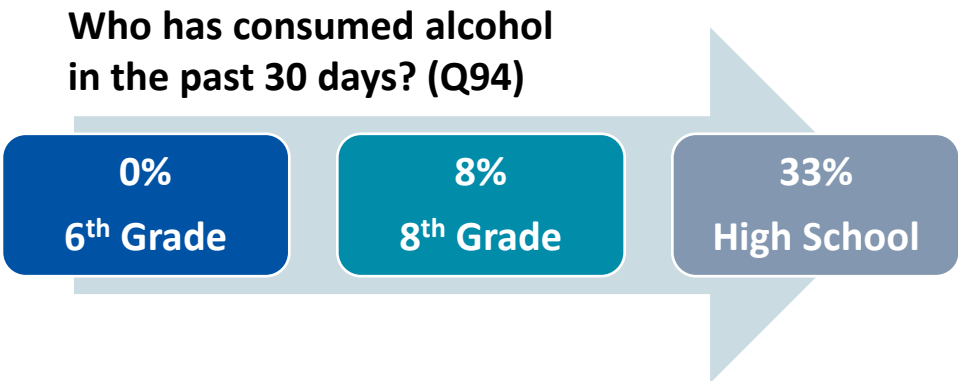
Alcohol Consumption

Alcohol Consumption: Drinking by minors is relatively common within Emerson Hospital’s service area:

- About half of Maynard Public Schools high school students report having consumed alcohol at some point in their lives, and 33% did so within the past 30 days
- The proportion of high school students reporting attending parties where alcohol use by teens is allowed increased from 2018 to 2020
- At the same time, lifetime alcohol consumption declined among Maynard Public Schools 6th and 8th graders from 2018 to 2020

Sources of Alcohol: **Parents** are a major source of alcohol for students who consume it. This is especially true for 6th graders, but 1 in 5 high school students who drink also report that their parents give them alcohol.


For high schoolers, parties, peers, and adult friends are key sources for alcohol. Many also consume alcohol at home without their parents’ permission.



Snapshot 2018 to 2020: Alcohol Consumption

Maynard Public Schools vs. Aggregate

Alcohol Consumption:	6TH GRADE			8TH GRADE			HIGH SCHOOL		
	Maynard Public Schools		Aggregate	Maynard Public Schools		Aggregate	Maynard Public Schools		Aggregate
	2018	2020	2020	2018	2020	2020	2018	2020	2020
Has ever drunk more than a few sips of alcohol, lifetime (Q93)	10%	3%	5%	13%	18%	15%	52%	48%	45%
Has had at least one drink of alcohol in past 30 days (Q94)	1%	0%	1%	9%	8%	6%	29%	33%	28%
Binge drinking in past 30 days (Q95)	(not asked)	0%	0%	(not asked)	3%	2%	15%	19%	14%
Came to school under influence of alcohol or used alcohol at school, past 30 days (Q96)	(not asked)	0%	0%	1%	0%	1%	3%	4%	4%
Attended parties where alcohol use by teens is allowed (Q104)	(not asked)	2%	3%	10%	10%	5%	26%	31%	27%

 **Shift of 5 percentage points or more from 2018 to 2020**



* Binge drinking defined as “5 or more drinks of alcohol in a row that is within a couple of hours.”

Marijuana, Illegal Drugs, Prescription Medications

Marijuana: Marijuana is now legal for adult use in Massachusetts and schools are interested in knowing how legalization has impacted students' use of marijuana and related products. Maynard Public School students' use of marijuana stayed fairly stable from 2018 to 2020, although 8th graders' use of it went down somewhat.

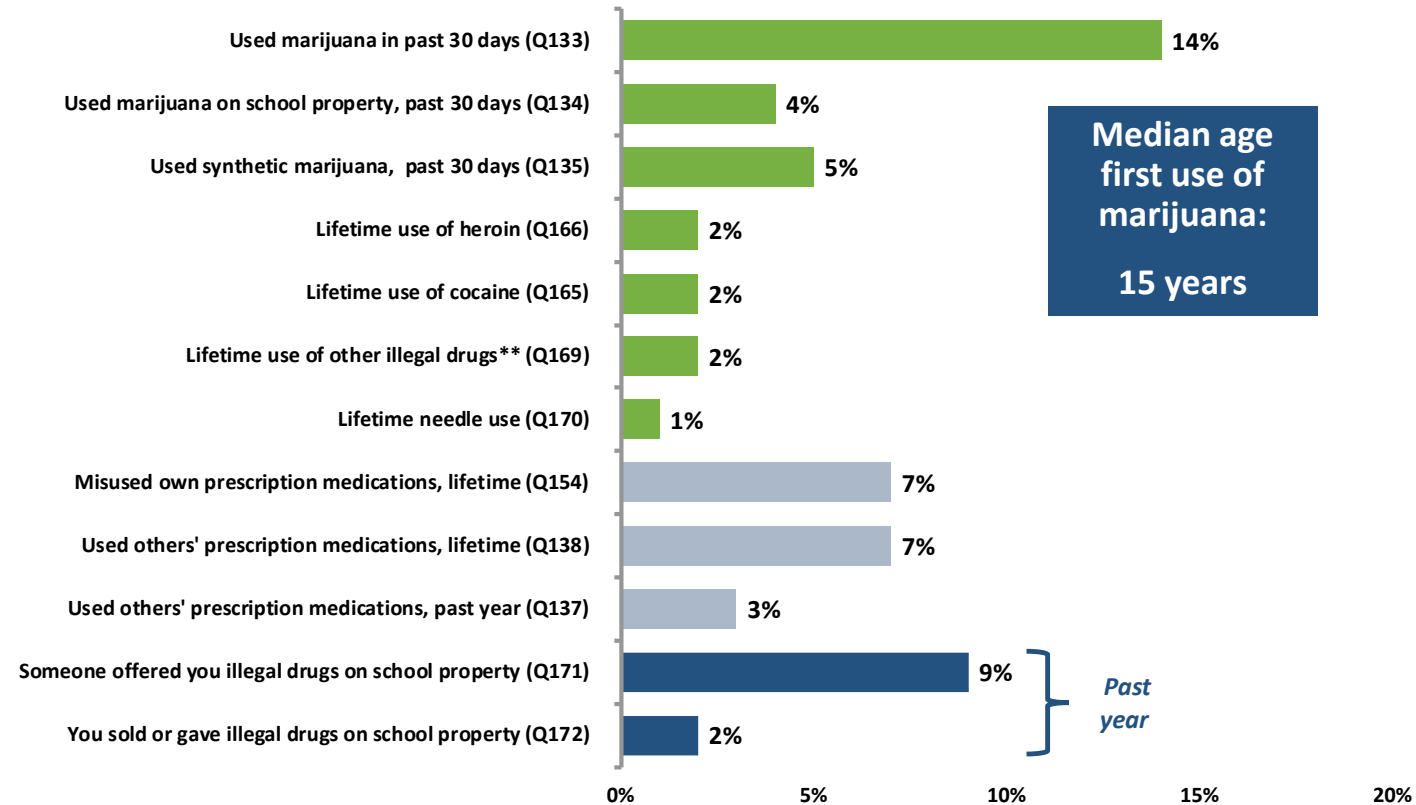
Illegal Drugs: As has been true historically, use of illegal drugs such as heroin, cocaine, etc. is rare among Maynard Public Schools students, although it does happen. There were no significant changes from 2018 to 2020.

Misuse of Prescription Medications: Maynard Public Schools students' use of others' prescription medications, and misuse of one's own medications, has remained stable from 2018 to 2020:

- **Opiate medications** students report using in 2020 are Vicodin, Oxycontin, Dilaudid, Codeine, Fentanyl, Percocet, Morphine, and Methadone
- **Anxiety medications** students report using in 2020 are Xanax, Klonopin, Valium, and Ativan
- Students misuse prescription medications for a variety of reasons, most often in 2020 to get high, to numb emotions, to help with sleeping, sex, or for social reasons, and to reduce stress

Illegal Drugs on School Property: About 1 in 10 Maynard Public Schools high school students in 2020 reported that someone offered, sold, or gave them an illegal drug on school property in the previous year. About 3% said they had offered or sold someone drugs on school property.

Use of Marijuana, Illegal Drugs, and Prescription Medications, Maynard Public Schools, All Grades, 2020




** Other illegal drugs such as LSD, ketamine, etc.

Snapshot 2018 to 2020: Use of Marijuana and Illegal Drugs

Maynard Public Schools vs. Aggregate

	6TH GRADE			8TH GRADE			HIGH SCHOOL		
	Maynard Public Schools 2018	2020	Aggregate 2020	Maynard Public Schools 2018	2020	Aggregate 2020	Maynard Public Schools 2018	2020	Aggregate 2020
Marijuana Use in Past 30 Days:									
Used marijuana or marijuana products not including CBD oil (Q133)	1%	0%	0%	10%	5%	2%	23%	21%	16%
Used marijuana or marijuana products on school property (Q134)	(not asked)	0%	0%	(not asked)	0%	1%	2%	6%	5%
Used synthetic marijuana such as Spice, K2, or edible form (Q135)	(not asked)	0%	0%	3%	1%	1%	4%	8%	6%
Misuse of Prescription Drugs:*									
Used someone else's prescription drugs, past 12 months (Q137)*	(not asked)	0%	3%	1%	4%	3%	5%	4%	4%
Used someone else's prescription drugs, lifetime (Q138)*	5%	7%	5%	7%	9%	6%	9%	7%	9%
Used own prescription drugs in a way not prescribed (Q154)**	(not asked)	1%	3%	7%	6%	6%	9%	8%	7%
Lifetime Use of Other Drugs:									
Cocaine including powder, crack, or freebase (Q165)	(not asked)	0%	0%	(not asked)	0%	1%	(not asked)	3%	2%
Heroin e.g. Smack, Junk, China White (Q166)	(not asked)	0%	0%	(not asked)	0%	1%	1%	2%	1%
Methamphetamines e.g. Speed, Crystal, Crank, Ice (Q167)	(not asked)	0%	0%	(not asked)	2%	1%	1%	2%	1%
MDMA e.g. Molly, Ecstasy, E or X (Q168)	(not asked)	0%	0%	(not asked)	0%	1%	2%	3%	2%
Other illegal drugs such as LSD, PCP, mushrooms, Ketamine, Rohypnol, GHB (Q169)	(not asked)	0%	0%	(not asked)	0%	1%	4%	3%	4%
Used needle to inject any illegal drug into your body (Q170)	(not asked)	0%	0%	1%	0%	1%	1%	2%	1%
Procuring Illegal Drugs on School Property, Past 12 Months:									
Has anyone offered, sold, given you illegal drugs on school property (Q171)	2%	2%	1%	5%	9%	4%	7%	11%	14%
Have you offered, sold, or given anyone illegal drugs on school property (Q172)	0%	0%	0%	2%	1%	1%	1%	3%	4%

 Shift of 5 percentage points or more from 2018 to 2020

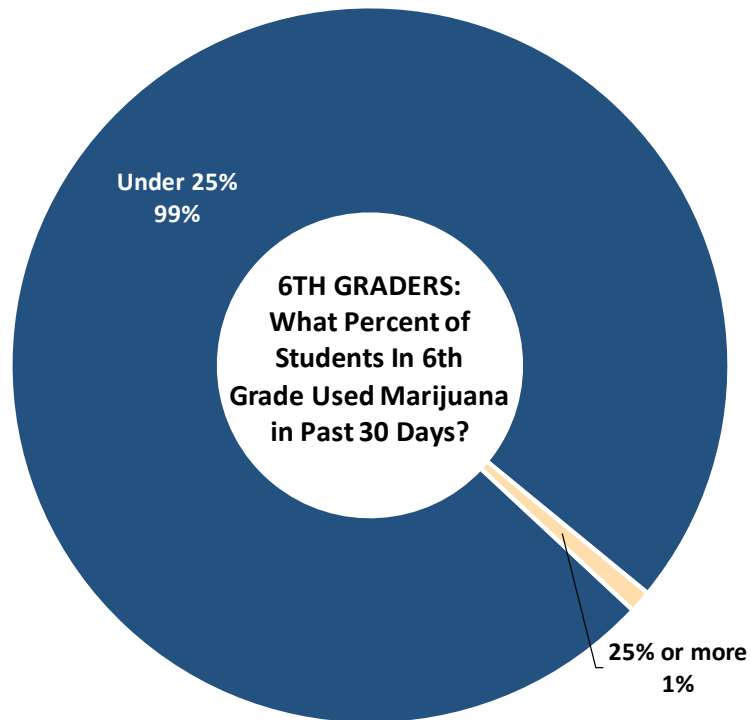


* Used someone else's prescription drug that was not prescribed by a doctor specifically for the student

** Used own prescription drugs in a way doctor did not prescribe, such as taking more than student was told to take

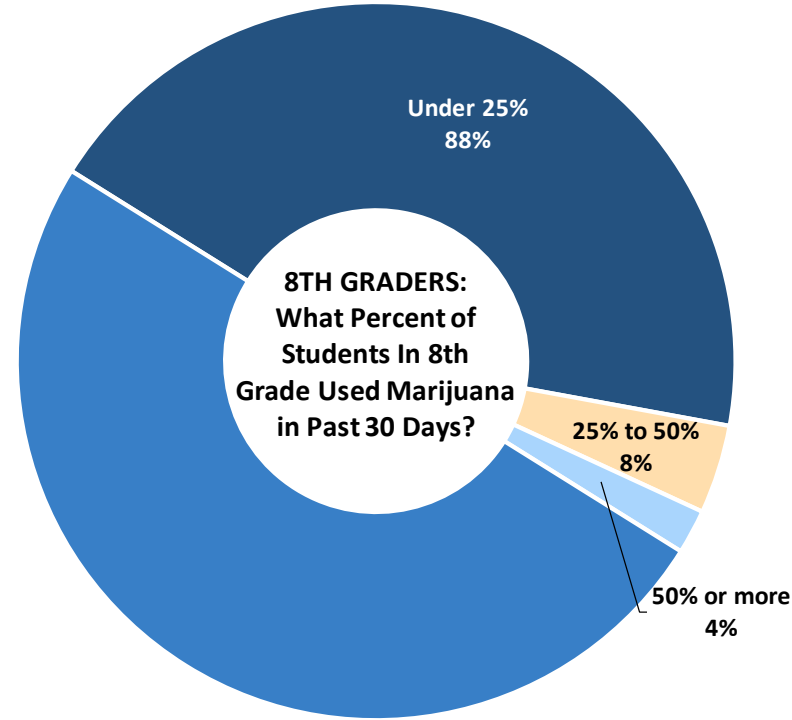
Perceived vs. Actual Prevalence of Marijuana Use

Results for Maynard Public Schools, 2020



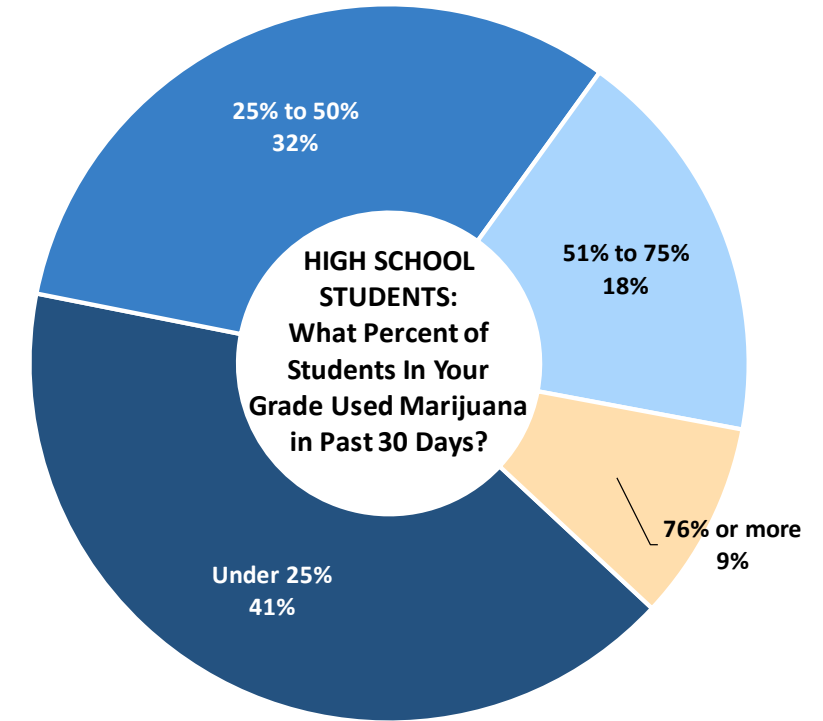
Actual Percentage
for Maynard 6th
Graders in 2020:

0%



Actual Percentage
for Maynard 8th
Graders in 2020:

5%



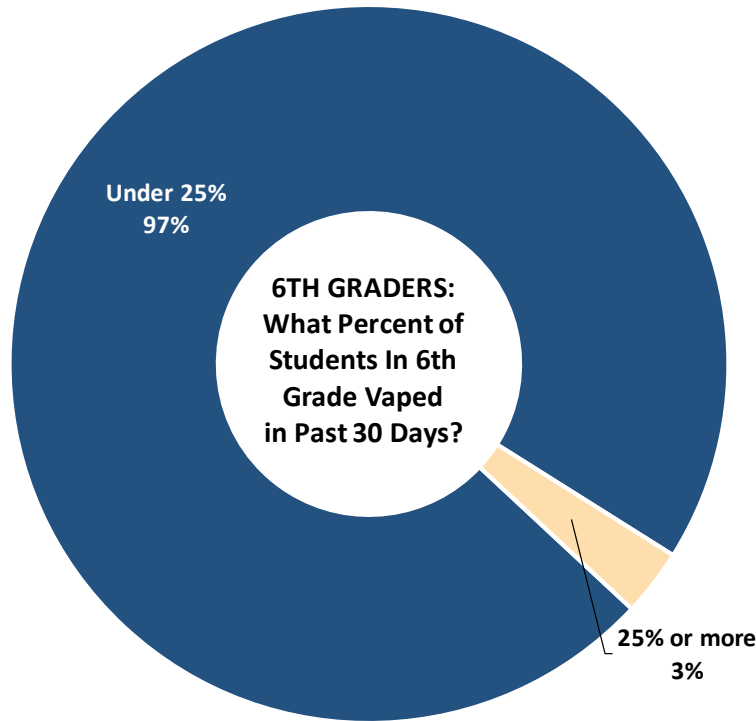
Actual Percentage for
Maynard High School
Students in 2020:

21%



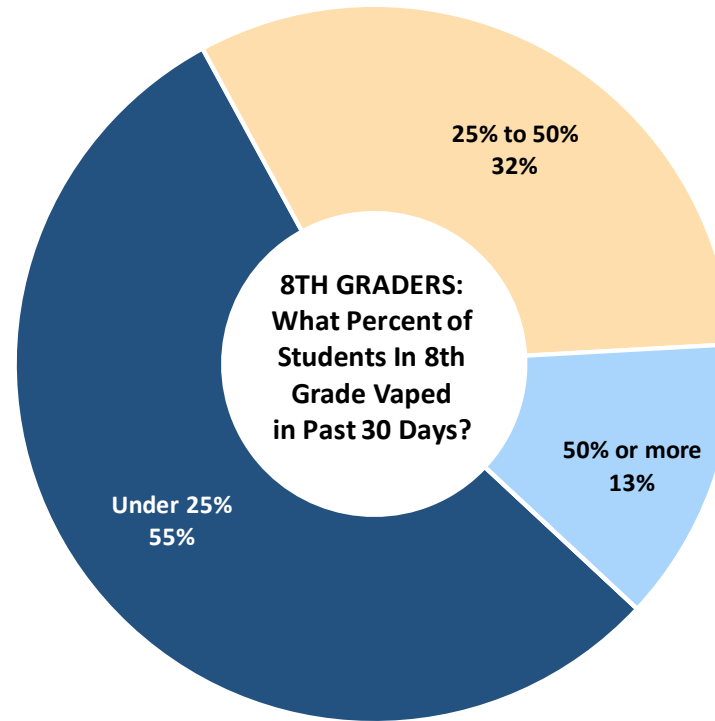
Perceived vs. Actual Prevalence of Vaping, 2020*

Results for Maynard Public Schools, 2020



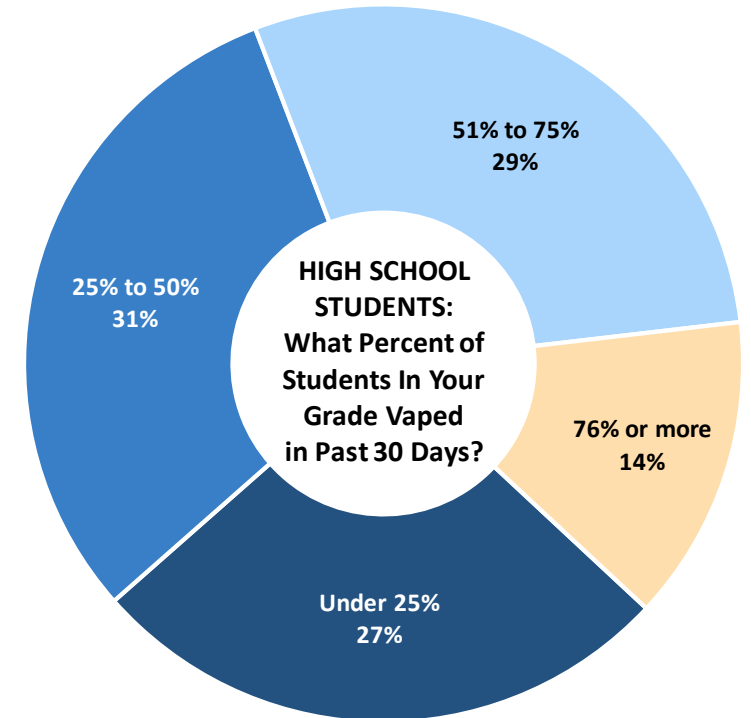
Actual Percentage for Maynard 6th Graders in 2020:

0%



Actual Percentage for Maynard 8th Graders in 2020:

6%



Actual Percentage for Maynard High School Students in 2020:

19%



Perceived Risks of Tobacco, Alcohol, and Drug Use

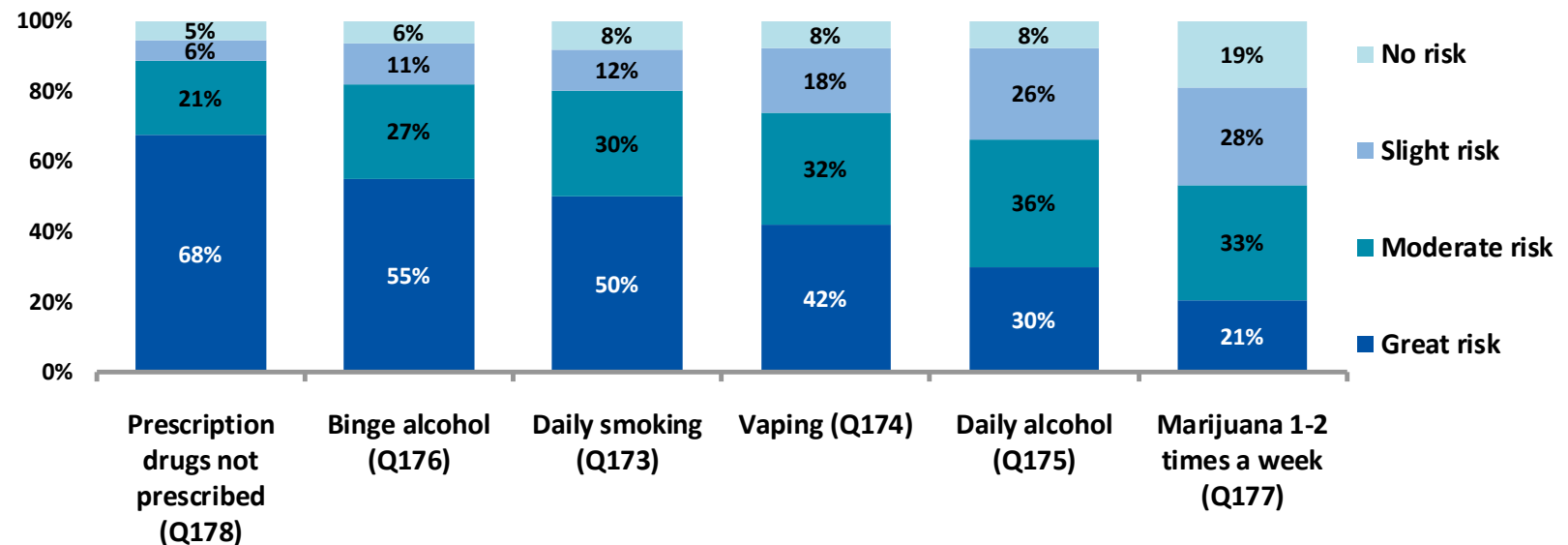
In 2020, the Emerson YRBS included new questions about whether students think they risk harming themselves (physically or in other ways) if they use various substances:

- Maynard Public School students clearly perceive misuse of prescription drugs and binge alcohol drinking to be the riskiest of the behaviors examined
- Students are least likely to think daily alcohol consumption and marijuana involve a great risk

There are demographic and use-related differences in which substances students think are more or less risky:

- Perceptions about risk decline with age, with 6th graders most likely and high school students least likely to perceive “a great risk” of harm in using various substance. There is one exception: prescription medications, which students in all grades tend to think come with “a great risk”
- Students who use substances often think there isn’t as much risk in the substances they use
- Students who use one substance tend to think all of the other substances covered in the survey involve less risk. This tendency is true regardless of which substances students are using

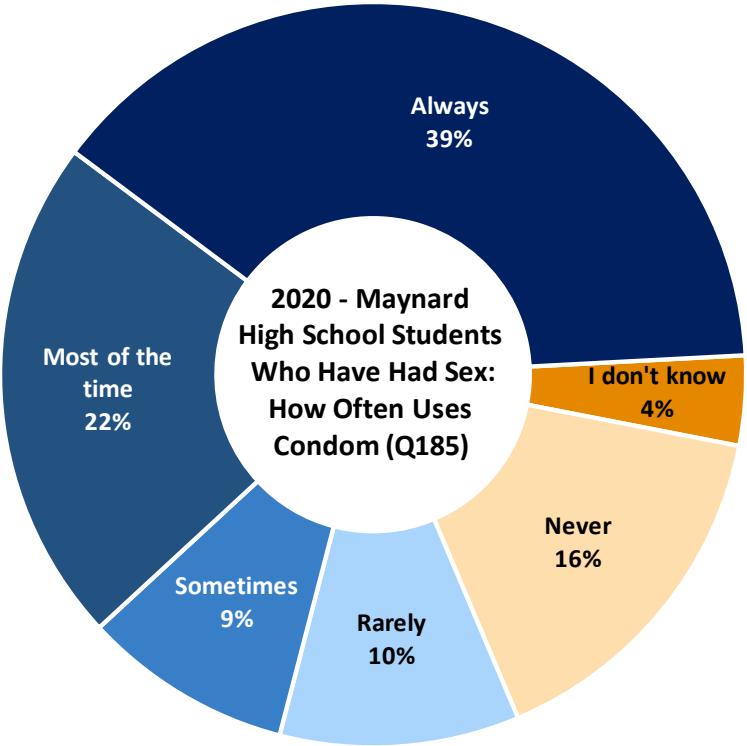
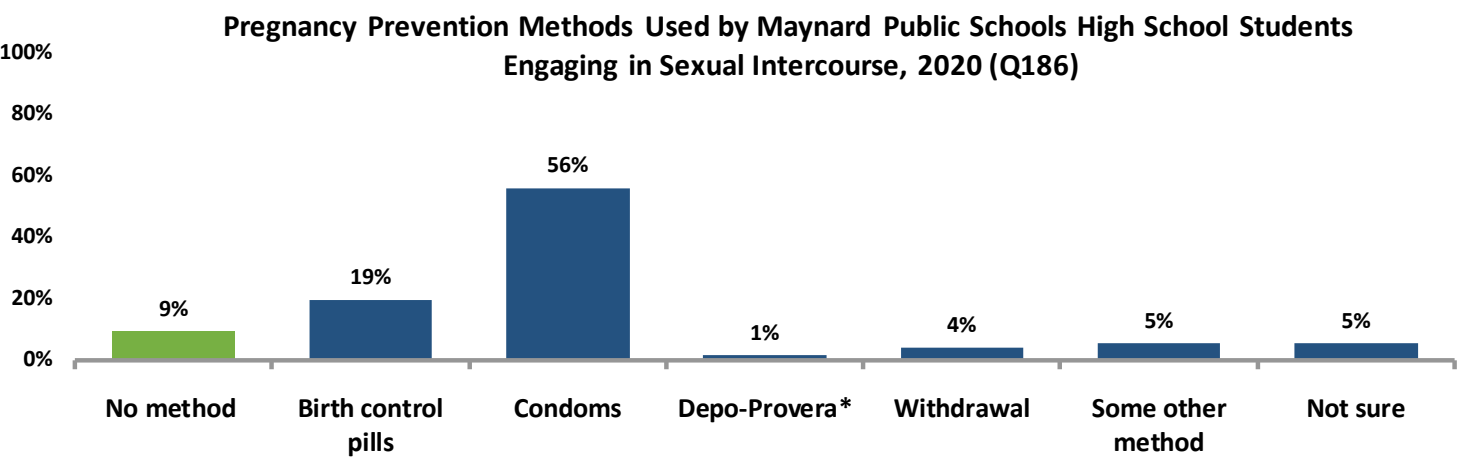
Perceived Relative Risks of Alcohol and Substance Use
Maynard Public Schools, All Grades, 2020



Sexual Behaviors

In 2020, about 1 in 4 Maynard Public Schools high school students reported having had sexual intercourse with at least one person in their lifetimes, a rate nearly the same as in 2018. In terms of risks:

- Maynard Public Schools high school students do not always wear condoms or use some form of pregnancy prevention when they have sex, and the proportion who say they “always” or “sometimes” do went down from 2018 to 2020
- Although the district’s 8th graders are much less likely than high schoolers to have had sex, those who do tend to engage in riskier behavior, such as not using condoms, not using any form of pregnancy prevention, or not knowing whether they are using precautions to avoid pregnancy. The reported rate of condom use among 8th graders did increase from 2018 to 2020, from 33% to 60%



Median Age of Onset for Sexual Intercourse:
16 years



* Depo-Provera (injectable birth control).

Snapshot 2018 to 2020: Sexual Behaviors, 8th Graders and High School Students*

Maynard Public Schools vs. Aggregate

	8TH GRADE			HIGH SCHOOL		
	Maynard Public Schools		2020	Maynard Public Schools		2020
	2018	2020	Aggregate	2018	2020	Aggregate
Experiences with Sexual Intercourse:						
Has had sexual intercourse with at least one person, lifetime (Q179 and Q180)	5%	7%	4%	26%	27%	23%
Has had sexual intercourse with at least one person, past 3 months (Q181)	(not asked)	3%	4%	20%	20%	23%
Among students who have had intercourse, condom used "always" or "most of the time" (Q185)	33%	60%	44%	67%	61%	66%
Among students who have had intercourse, condom used "rarely" or "never" (Q185)	50%	40%	50%	22%	26%	23%
Most recent time had intercourse, no method was used to prevent pregnancy (Q186)	(not asked)	20%	23%	9%	9%	7%
Experiences with Oral Sex:						
Has had oral sex at least once, either giving or receiving, lifetime (Q188)	3%	8%	4%	31%	28%	26%
Has had oral sex at least once, past year (Q189)	(not asked)	8%	3%	29%	25%	24%
Substance Use and Sexual Activity:						
Alcohol/marijuana the last time had sexual intercourse (Q182)	(not asked)	0%	1%	4%	7%	5%
Unintended sexual activity after alcohol/marijuana/drugs, past year (Q183)	(not asked)	1%	1%	4%	0%	1%

 Shift of 5 percentage points or more from 2018 to 2020

* Most questions about sexual behaviors were not asked of 6th graders. This year, about 4% of Maynard Public Schools 6th graders did say they have had sexual intercourse with at least one person in their lifetimes.