

YOUTH RISK BEHAVIOR SURVEY SUMMARY OF FINDINGS FOR 2024:

Maynard Public Schools

Prepared For



Spring 2024

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Youth Risk Behavior Survey (YRBS)

2024 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.

Maynard 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 2024.



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2024 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 2024 survey, including 7,885 students in 6th grade, 8th grade and high school who completed an online survey in March, 2024.
- 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 498 students enrolled in Maynard on March, 2024, 83% 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.

***Throughout this report, “students” refers to Maynard students unless otherwise specified (i.e., labeled “aggregate”).**

Students Participating in 2024 Emerson YRBS

	Total Surveyed	6th Grade	8th Grade	High School	Other
2024 TOTAL:	7,885	1,415	1,537	4,890	12
Acton-Boxborough Regional School District	2,213	366	394	1,450	3
Ayer Shirley Regional School District	198	106	91	0	1
Bedford Public Schools	1,005	198	177	629	1
Concord-Carlisle High School/Concord Public Schools	1,327	179	187	960	1
Carlisle Middle School/Carlisle Public Schools	113	59	53	0	1
Groton-Dunstable Regional School District	749	148	142	457	2
The Bromfield School (Harvard Public Schools)	426	82	80	264	0
Littleton High School/Littleton Public Schools	429	0	115	313	1
Maynard Public Schools	413	77	83	253	0
Nashoba Regional School District	982	200	215	564	3



Comparing 2024 and Previous Results for Emerson YRBS

Historical Comparisons

- In this report, we compare 2020, 2021, 2022 and 2024 results for 6th graders, 8th graders, and high school students. We also include an aggregate for all districts combined for 2024, 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, your district has received aggregate **data tables** in Excel format that include:

- Comparable totals for 2020, 2021, 2022, 2024
- Breakdowns by grade for 2020, 2021, 2022, 2024
- Breakdowns for 2024 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

	2020 (pre-COVID)	2021	2022	2024
Acton-Boxborough	✓	✓	✓	✓
Ayer-Shirley	-	-	✓	✓
Bedford		-	✓	✓
Carlisle Middle School	✓	-	✓	✓
Concord-Carlisle	✓	-	✓	✓
Groton-Dunstable	✓	✓	✓	✓
Harvard Bromfield	✓	-	✓	✓
Littleton	✓	-	✓	✓
Maynard	✓	✓	✓	✓
Nashoba	✓	-	✓	✓

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.

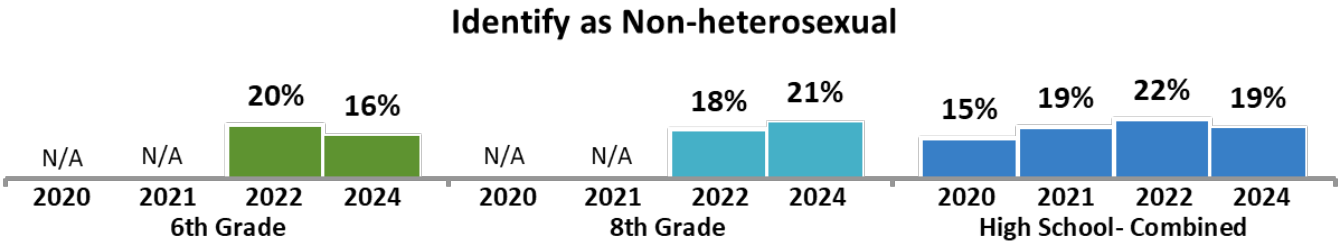
Question #	Question Text	Years Question Was Asked			
<div>↓</div> Q38	<div>↓</div> During the past 12 months have YOU repeatedly threatened, humiliated, or harassed (bullied) someone in school?	2020		2022	2024



Student Demographic Profile

2024	6 TH Grade	8 th Grade	High School
Gender (Q3)*			
Female	47%	51%	51%
Male	49%	48%	46%
Non-binary	4%	1%	3%
Transgender (Q4)			
Yes	12%	4%	3%
No	87%	92%	94%
Not sure	1%	5%	3%
Sexual Orientation (Q5)			
Straight (heterosexual)	82%	72%	78%
Gay or lesbian (homosexual)	4%	5%	3%
Bisexual	5%	12%	14%
Another orientation (asexual, pansexual etc.)	6%	4%	2%
Not sure	3%	7%	3%
Race/Ethnicity- Select as many as apply (Q15-22)*			
American Indian or Alaska Native	1%	1%	2%
Asian American	3%	4%	4%
Black or African American	9%	5%	4%
Hispanic or Latino/Latina/Latinx/Latine	15%	18%	18%
Middle Eastern American	4%	2%	3%
Native Hawaiian or Pacific Islander	1%	0%	1%
Southeast Asian American	0%	4%	2%
White	64%	77%	79%
Don't Know	9%	1%	2%

➤ Among 6th grade and high school students, the proportion who identify as non-heterosexual may be trending down between 2022 and 2024.



* Question was changed from previous surveys

Overall Summary of Findings

Compared to 2022, students show an increase in some positive attitudes and experiences, though rates of certain risk factors have also increased.



Positive behaviors and attitudes that demonstrate an overall increase compared to previous years

- **Feeling supported by family**
 - Trending up among 6th grade and high school students since 2022.
- **Confidence in adults to help with bullying**
 - Trending up among 8th grade and high school students since 2022.
- **Not keeping devices in their rooms at night**
 - Trending up among all grades compared to 2022.



Negative behaviors and experiences that display an overall increase compared to previous years

- **Being bullied**
 - Showed a substantial increase among middle school students since 2022.
- **Feeling they do not belong at school**
 - Trending up among 6th graders and increased substantially among 8th grade students.
- **Feeling they spend too much time on their phones or on social media**
 - Increased significantly among high school students compared to 2022.

While confidence in adults to help with bullying is trending up among older students, rates of being bullied have increased substantially among middle school students.

8th grade students may be facing unique challenges in 2024 compared to 2022.

Significant decreases:

- Feeling supported by family and by adults at school
- Feeling safe at school
- Feeling they belong at school

Trending down:

- Feeling supported by or safe with friends
- Feeling safe with family

*Throughout this report, “students” refers to Maynard students unless otherwise specified (i.e., labeled “aggregate”).



Many risky experiences and attitudes have decreased compared to prior years, including high stress from academics and using substances.

Rates of using alcohol, e-cigarettes, and marijuana decreased or are trending down in 2024 for many students.



Risk behaviors and attitudes that have decreased compared to previous years

- **Feeling high levels of stress from academic workload**
 - Trending down among all students between 2022 and 2024.
- **Experiencing sexual harassments**
 - Trending down for 8th grade and high school students in 2024 compared to 2022.
- **Using e-cigarettes and marijuana**
 - Decreased significantly among high school students and trending down among 8th graders since 2020.
- **Using e-cigarettes or marijuana on school property**
 - E-cigarette use decreased significantly and marijuana use is trending down among high school students since 2020.
- **Drinking alcohol**
 - Decreased significantly among high school students since 2020.
- **Desire to be thinner**
 - Trending down among middle school students in 2024 compared to 2022.



While overall rates of many risky behaviors have decreased over time, as students mature, they show a tendency to engage in certain risky experiences and behaviors.

- As can be expected, there are some differences in risky behaviors based on grade, with younger and older students dealing with different problems and finding different ways to cope.

Compared to students in high school, those in the 6th grade appear more likely to struggle with:

- Being bullied at school
 - Bullying others at school
- Self-harm
- Using unhealthy dieting methods

However, 6th graders also appear to have more protection against certain risks including:

- Lower levels of stress due to academic workload
- Greater likelihood of helping other students who are being bullied
- More parental monitoring of phone and social media use
- Always following their parents' rules with cellphone and social media use



Compared to lower grade levels, high school students appear more likely to engage in several risky experiences or behaviors, including:

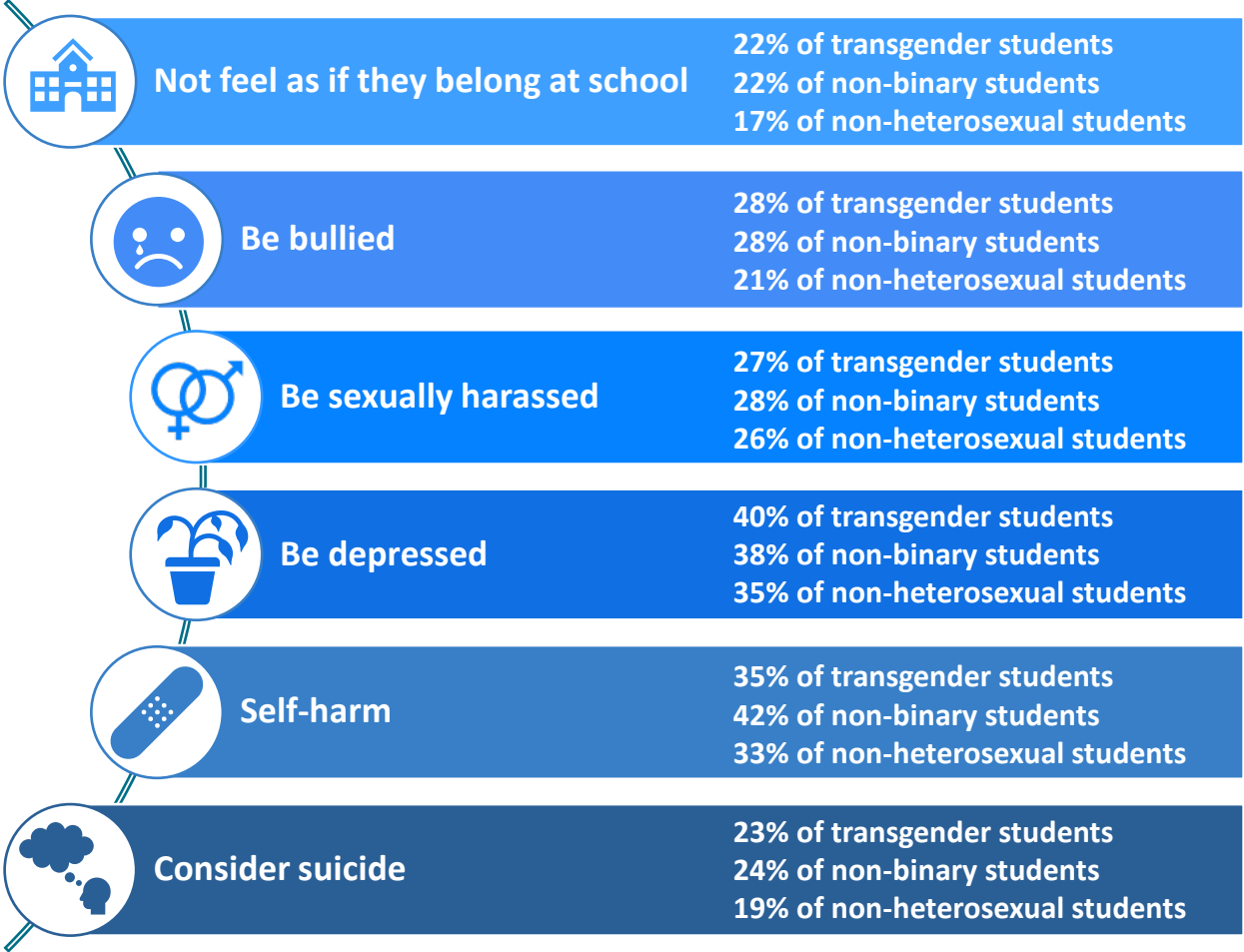
- Feeling depressed
- Being sexually harassed
- Using e-cigarettes or marijuana
- Drinking alcohol
- Risky driving behaviors
- Having a strong desire to be thinner
- Feeling their weight influences how they judge themselves
- Feeling they spend too much time on their phones or on social media

Additionally, these students indicate being under more stress from their academic workload and events or pressure at home



Students who identify as transgender, non-binary, or non-heterosexual are especially vulnerable.

Among other risk factors, those with non-traditional gender identities or sexual orientation are at an increased likelihood to:



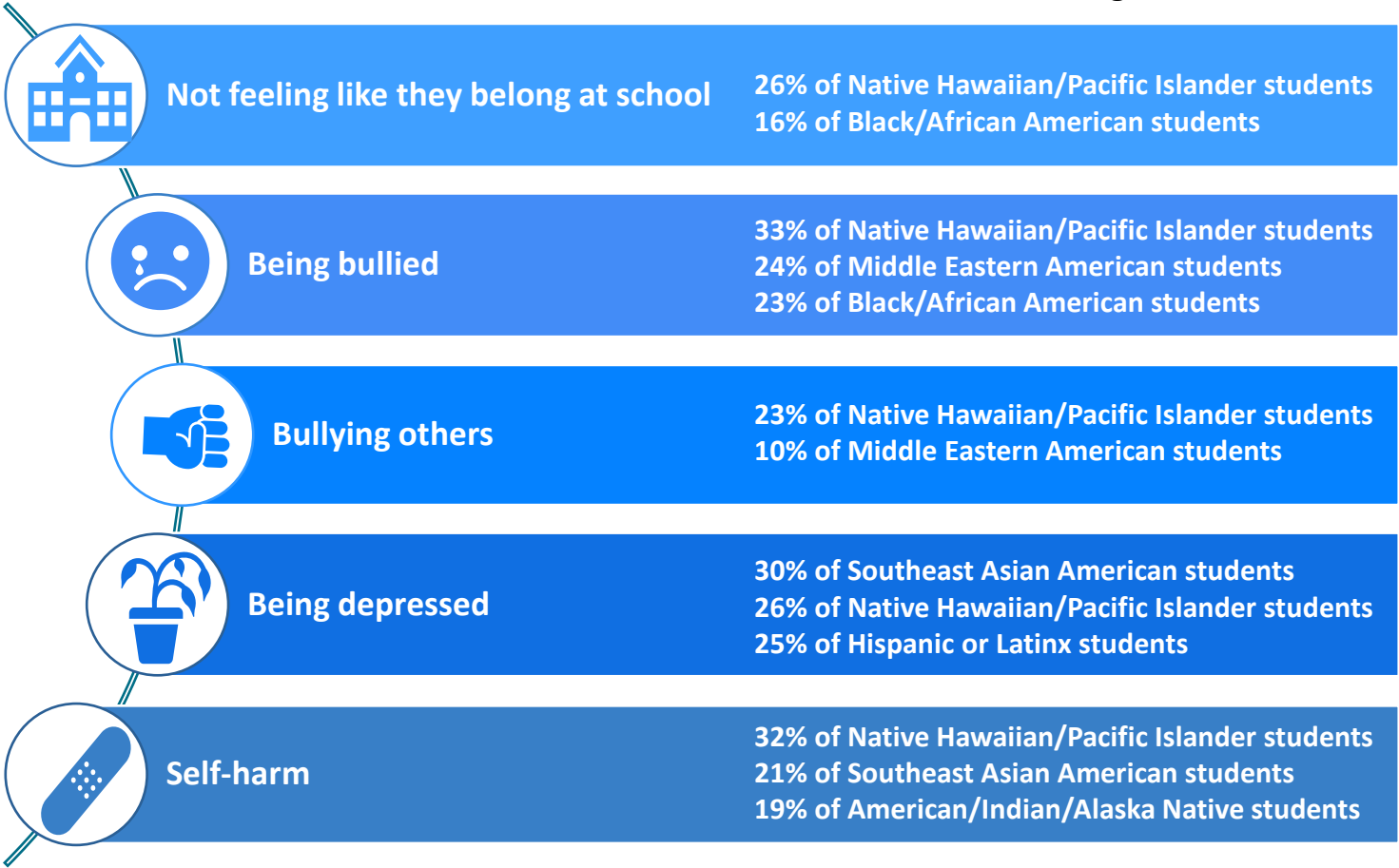
This slide only shows information from the aggregate sample, as Ns for certain racial and ethnic groups are small within the Maynard district and may not be generalizable.

- Students who identify as transgender, non-binary, or non-heterosexual show a disproportionate rate of incidence for several risk factors.
- Notably, especially high proportions of these students indicate recently feeling depressed or engaging in self-harm.
- Most concerning, just under a quarter of students who identify as transgender or non-binary also indicate having considered suicide at some point in the last 12 months.
- These students who identify as non-binary or transgender are more than twice 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 have an increased incidence of several risk factors or behaviors.

Considering the influence of structural racism and other forms of systemic bias, certain racial and ethnic groups display an increased likelihood of substance use and other risks, including:



This slide only shows information from the aggregate sample, as Ns for certain racial and ethnic groups are small within the Maynard district and may not be generalizable.

- While a variety of racial or ethnic groups show higher rates of risk factors and behaviors, this appears to be especially prevalent with Native Hawaiian or Pacific Islander students.
- Many of these groups also have greater rates of not having a trusted adult at school to talk to and not being willing to seek out an adult when they have a serious problem.
 - Given this, consider placing substantial efforts towards making non-white students feel as though they belong and are supported.

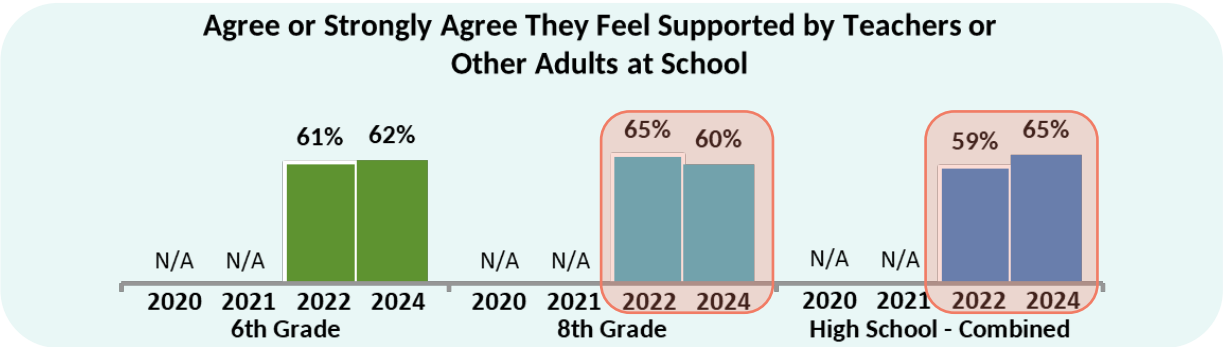
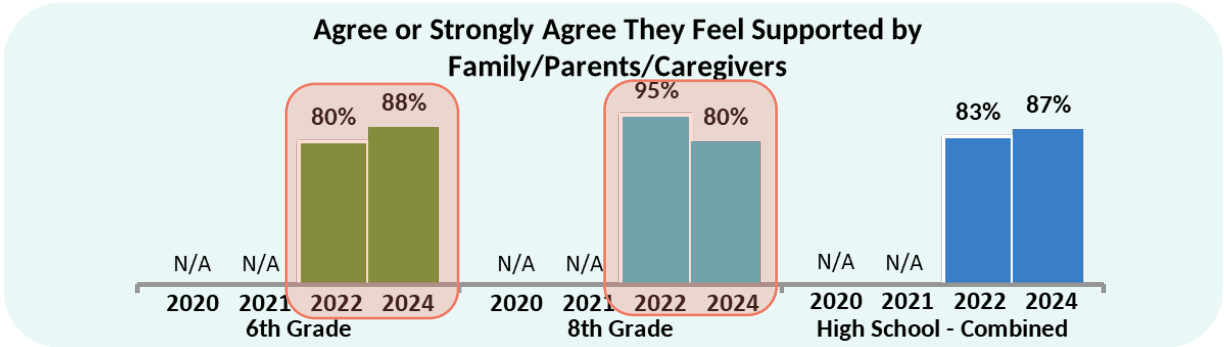
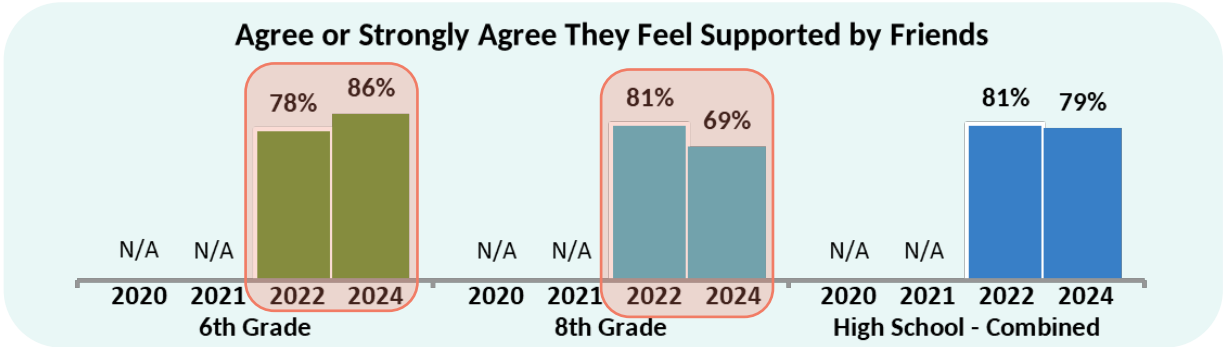
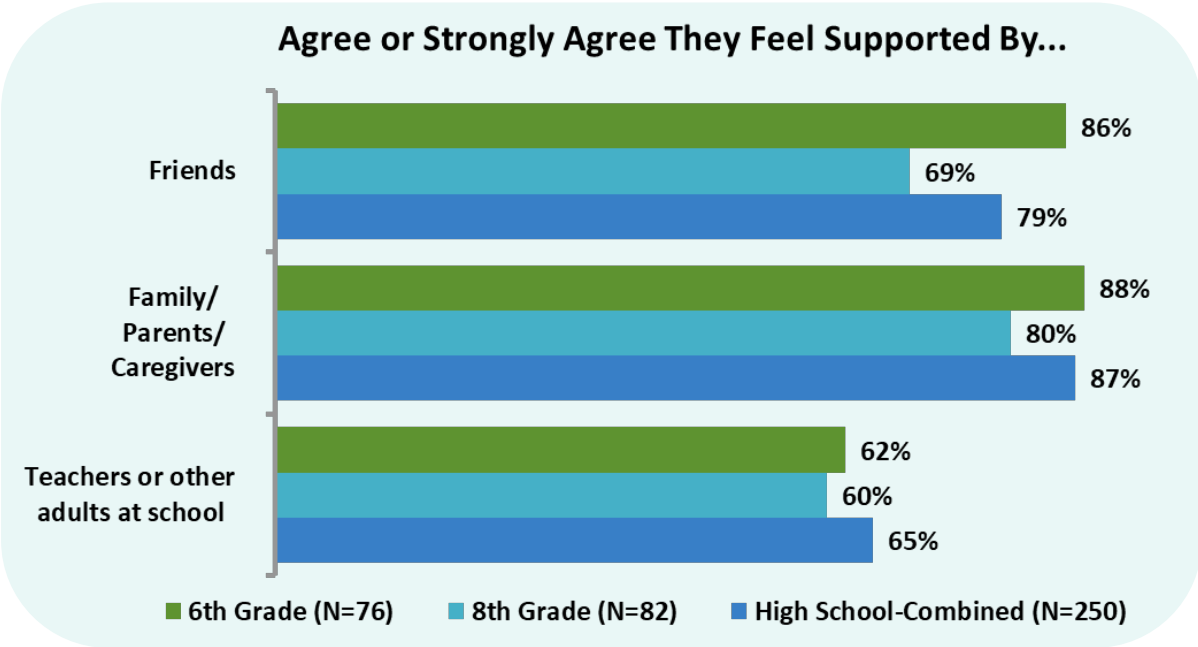


Detailed Findings

Trust and Belonging

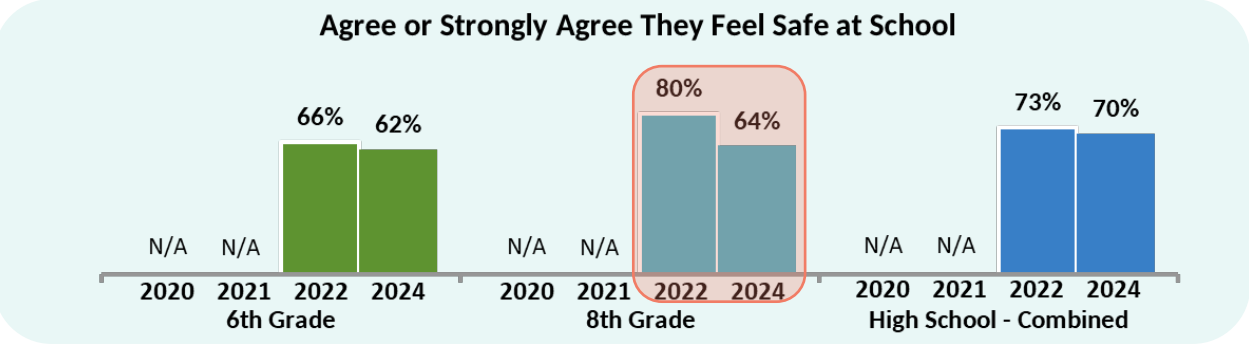
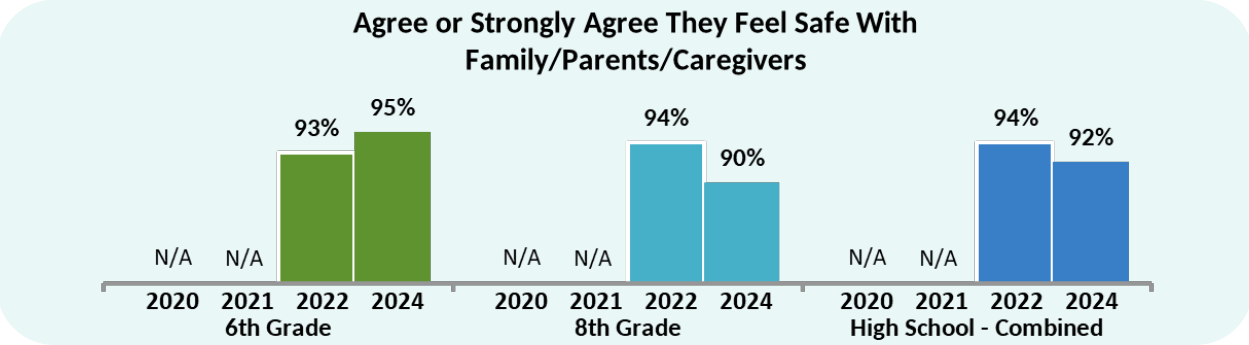
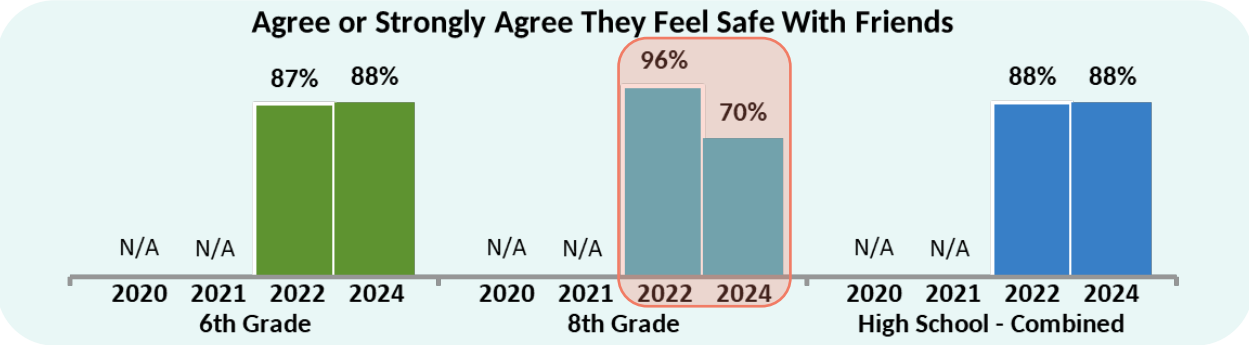
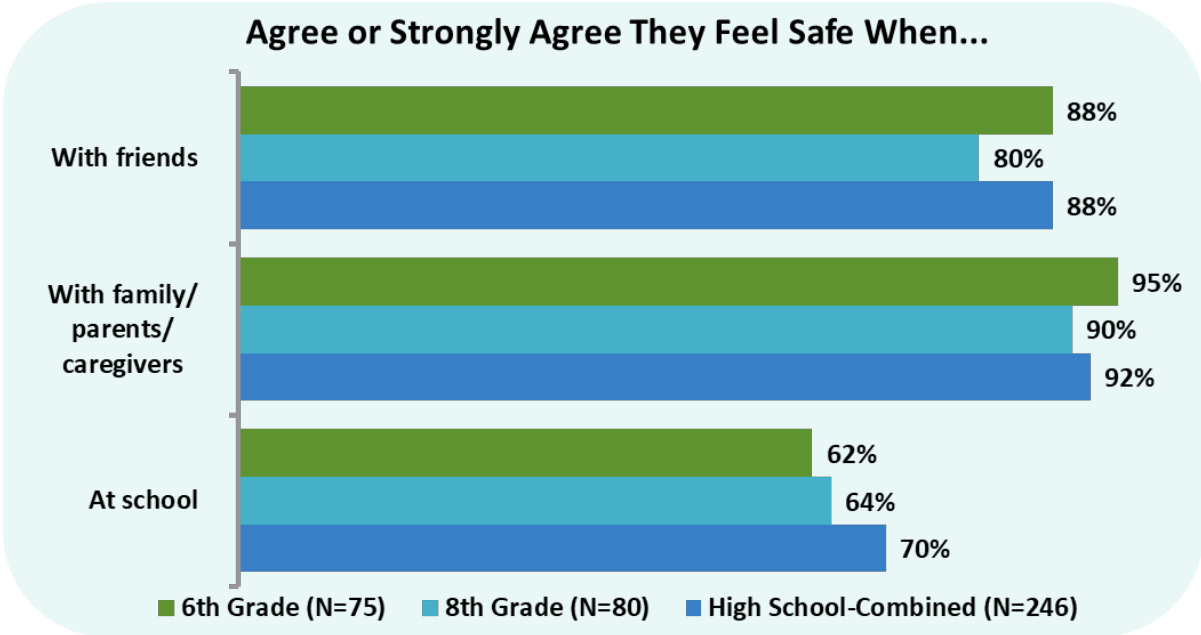
Sources of Support

- For 8th grade students, rates of feeling supported by all sources appear to have decreased compared to 2022.
- 6th grade students have the highest rates of feeling supported by friends in 2024.
- Among all students, rates of feeling supported by adults at school appear lower compared to feeling of support with friends or family.



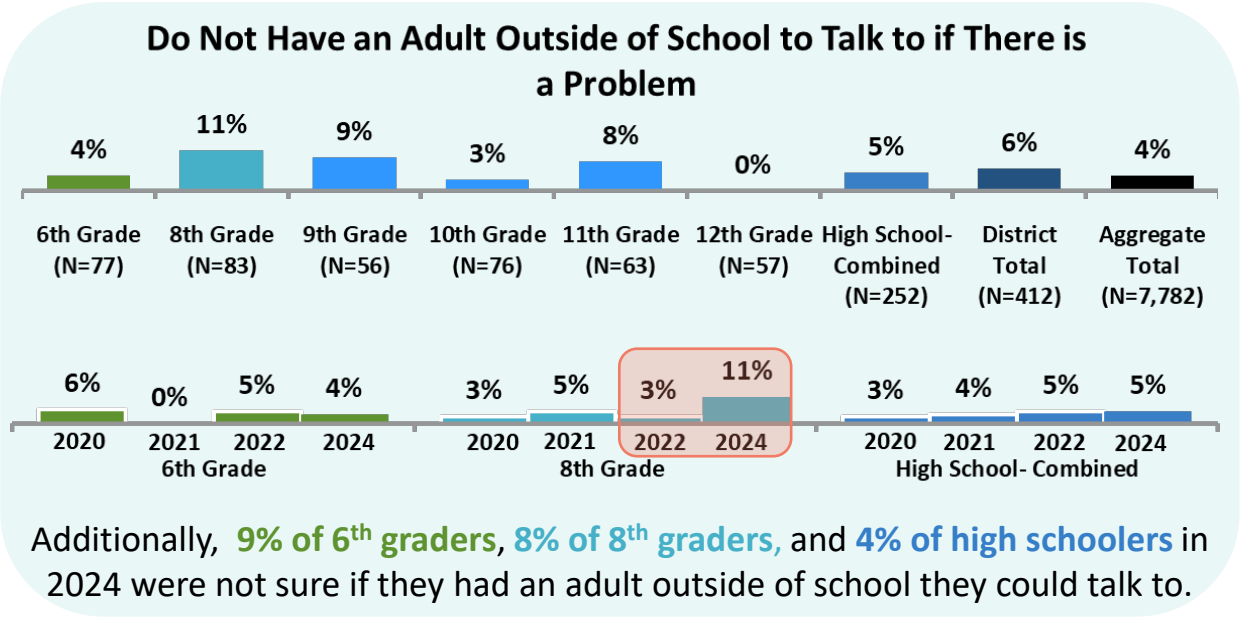
Sources of Safety

- Similar to feelings of support, feelings of safety with all sources appear to have decreased among 8th graders since 2022.
- High school students appear to show higher rates of feeling safe at school compared to younger students.
- On the other hand, 6th graders appear to show somewhat higher rates of feeling safe with family compared to older students.



Trusted Adults Outside of School

- Overall, 88% of students feel they have an adult outside of school that they can talk to if experiencing a problem.
- The proportion of those who feel they do not have a trusted adult is low but appears highest among 8th graders, where there is an increase in not having a trusted adult in 2024 compared to 2022.
- In the aggregate sample, those who do not have an adult outside of school have an increased incidence of depression, self-harm, and suicide consideration.
 - Additionally, half of those who report not having an adult outside of school to talk to also report not having an adult or teacher at school to talk to.



Aggregate Demographics and Behaviors Associated with Not Having a Trusted Adult Outside of School (4% of the population)

Demographics

- 18% of those who identify as Native Hawaiian or Pacific Islander
- 12% of those who identify as Southeast Asian American
- 10% of those who identify as American Indian or Alaska Native
- 10% of those who identify as transgender
- 7% of those who identify as non-binary

Those lacking a trusted adult outside of school are also likely to:

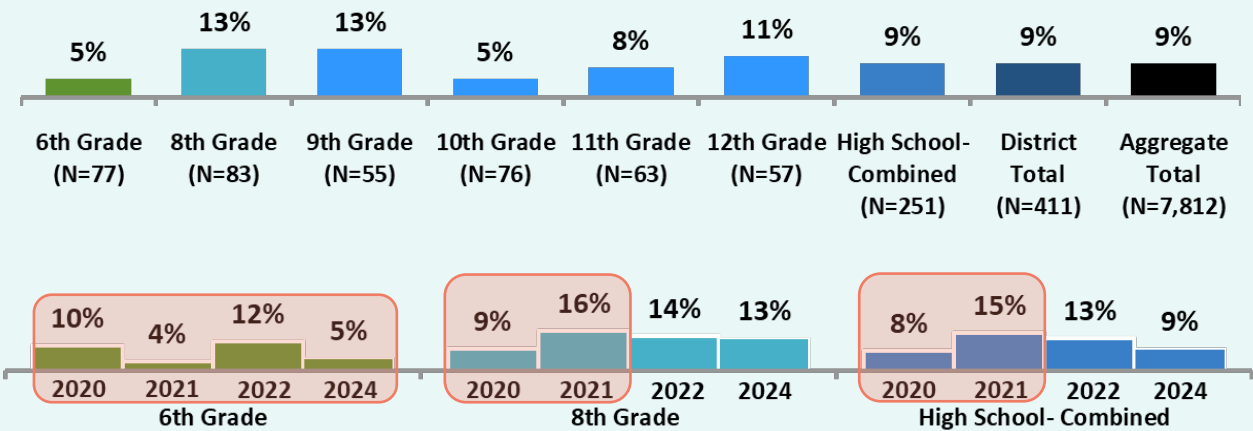
- Not have a trusted adult or teacher at school (50%)
- View pornography (40%)
- Feel depressed (39%), self-harm (32%), or consider suicide (25%)
- Be sexually harassed (26%)
- Have been bullied (25%) or cyberbullied (19%)
- Send or receive sexual messages (22%)
- Engage in unhealthy dieting (19%)
- Have sexual intercourse (16%)
- Bully (10%) or cyberbully others (8%)
- Use e-cigarettes (7%)



Trusted Adults at School

- Overall, just over 4 in 5 students (83%) feel they have a teacher or adult at school they can talk to if they are experiencing a problem.
- The proportion of those who do not is small and appears to be trending down among 6th grade and high school students compared to 2022.
- In the aggregate sample, just over 1 in 5 (21%) of those who do not have a teacher or adult to talk to at school also indicate not having an adult outside of school.

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



Additionally, 9% of 6th graders, 6% of 8th graders, and 8% of high schoolers in 2024 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 (9% of the population)

Demographics

- 19% of those who identify as Native Hawaiian or Pacific Islander
- 17% of those who identify as Southeast Asian American
- 15% of those who identify as American Indian or Alaska native
- 11% of those who identify as transgender

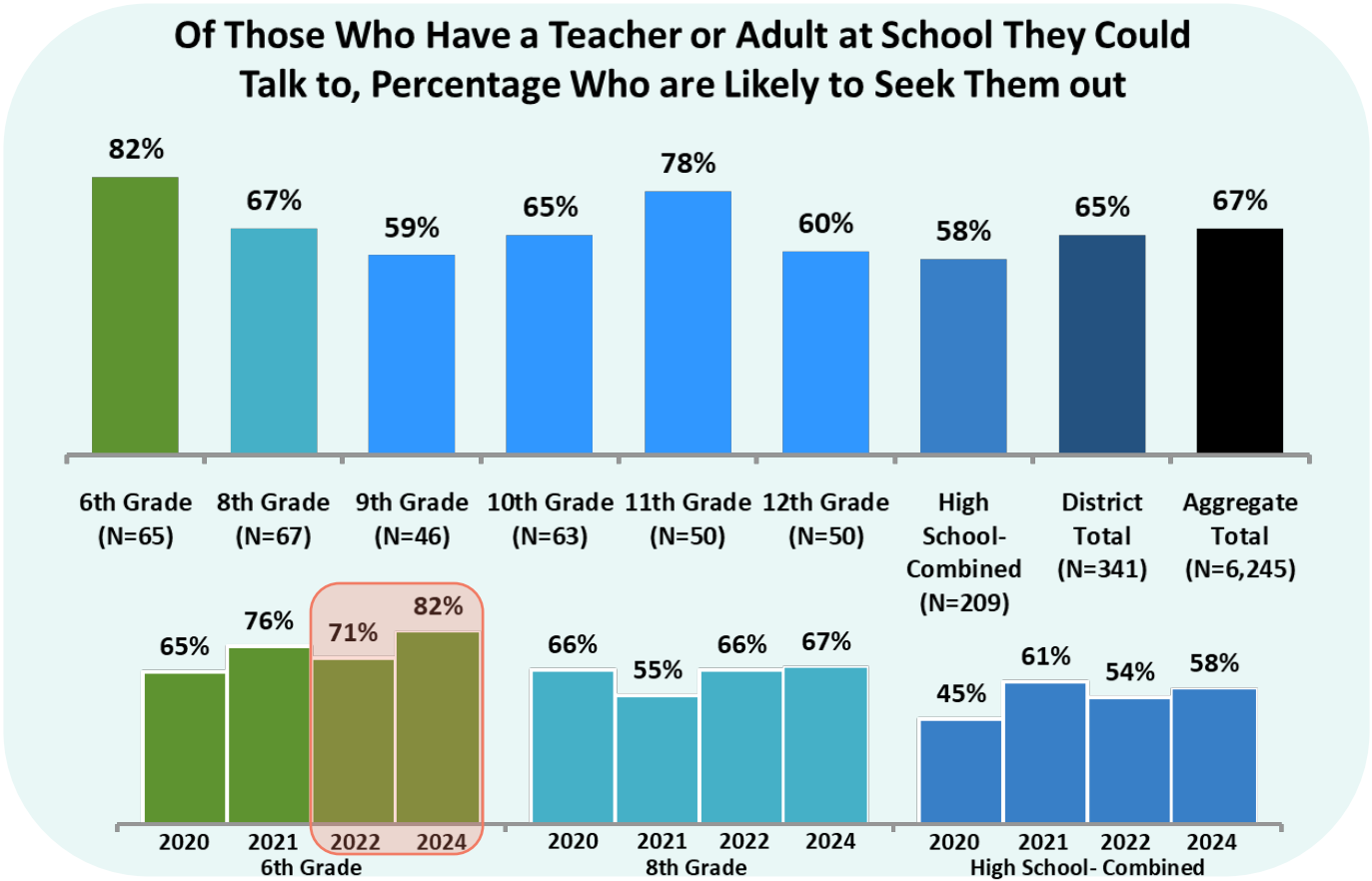
Those who don't have a teacher or adult at school are also more likely to:

- View pornography (36%)
- Feel depressed (23%), self-harm (20%), or consider suicide (12%)
- Not have a trusted adult outside of school (21%)
- Have been bullied (18%) or cyberbullied (14%)
- Send or receive sexual messages (17%)
- Be sexually harassed (16%)



Seeking Out Adults at School

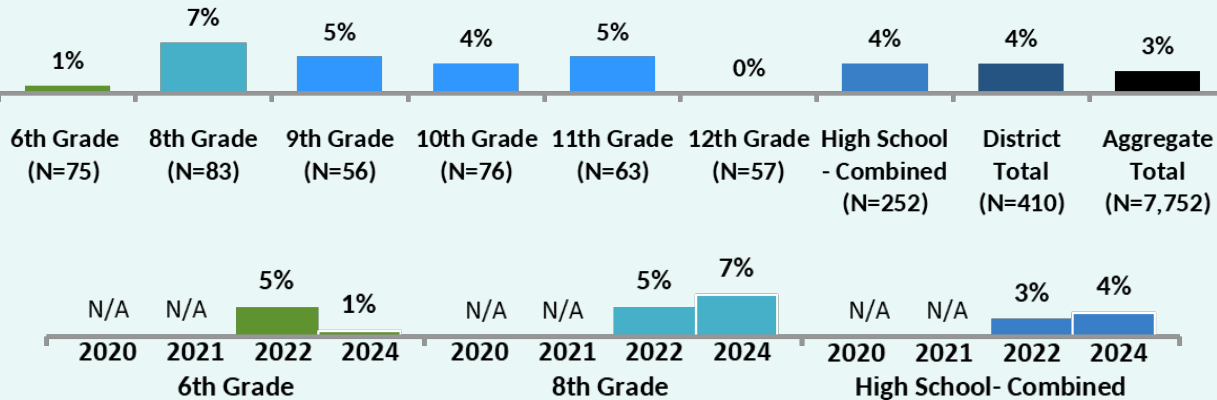
- Likelihood of seeking out a trusted adult at school if they have an issue appears highest in 6th grade.
- 6th grade and high school students appear more likely to seek out an adult at school for help compared to 2020.



Resources for Help

- Overall, 90% of students feel they know where to seek help or who to talk to if they had a serious issue.
- Rates of not knowing where to go or who to talk to appear highest in 8th grade.
- In the aggregate sample, those who identify as Native Hawaiian or Pacific Islander are less likely to have a place or person to seek out or talk to.
 - Those without this resource are more likely to experience depression, self-harm, or consider suicide.

Do Not Know Where They Could Seek Help or Who They Could Talk to if They Were Having a Serious Problem



Additionally, **12% of 6th graders**, **5% of 8th graders**, and **5% of high schoolers** in 2024 were **not sure** if they knew where to seek help.

Aggregate Demographics and Behaviors Associated with Not Knowing Where to go if Having a Serious Problem (3% of the population)

Demographics

- 19% of those who identify as Native Hawaiian or Pacific Islander
- 11% of those who identify as Southeast Asian American
- 10% of those who identify as American Indian or Alaska Native
- 8% of those who identify as non-binary
- 8% of those who identify as transgender

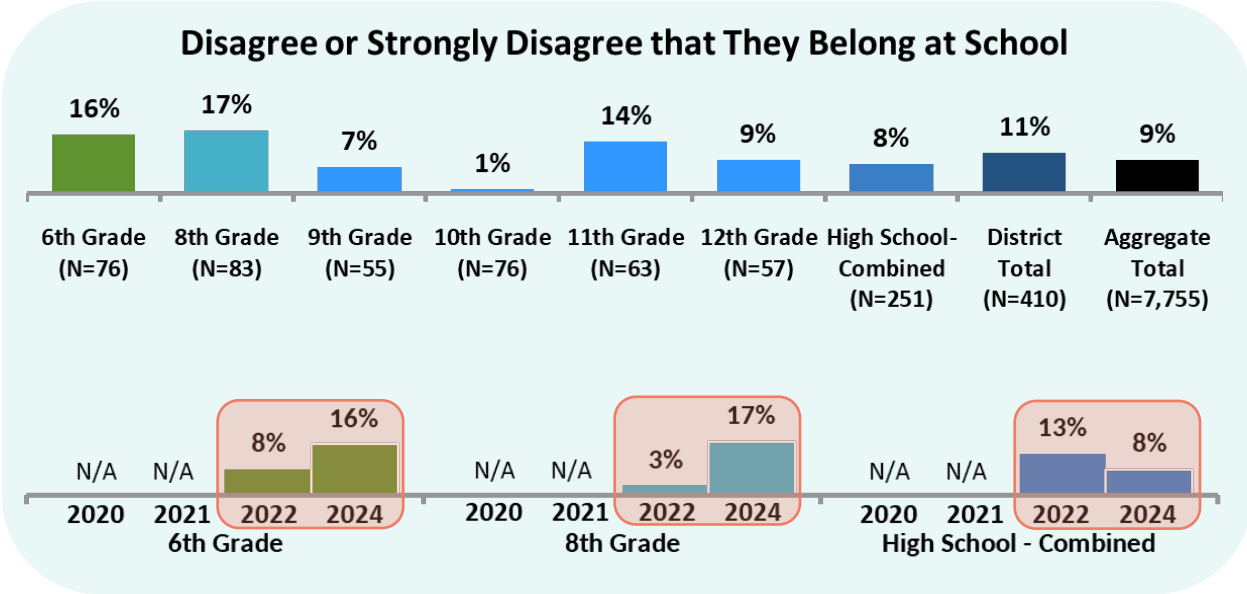
Those who don't have a place or person to seek help from are also more likely to:

- Not have a trusted adult at school (49%)
- Not have a trusted adult outside of school (41%)
- Feel depressed (38%), self-harm (34%), or consider suicide (24%)
- View pornography (38%)
- Have been bullied (32%) or cyberbullied (24%)
- Send or receive sexual messages (23%)
- Bully (11%) or cyberbully others (10%)
- Use e-cigarette products (6%) or marijuana (7%)



Sense of Belonging at School

- While just under 2 in 3 students (61%) overall agree or strongly agree that they belong in school, the feeling of not belonging appears especially high and has increased since 2022 for those in middle school.
- In the aggregate sample, an especially high percentage of students who identify as transgender, non-binary or Native Hawaiian or 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 factors, 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 (9% of the population)

Demographics

- 26% of those who identify as Native Hawaiian or Pacific Islander
- 22% of those who identify as non-binary
- 22% of those who identify as transgender
- 17% of those who identify as non-heterosexual
- 16% of those who identify as Black or African American

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

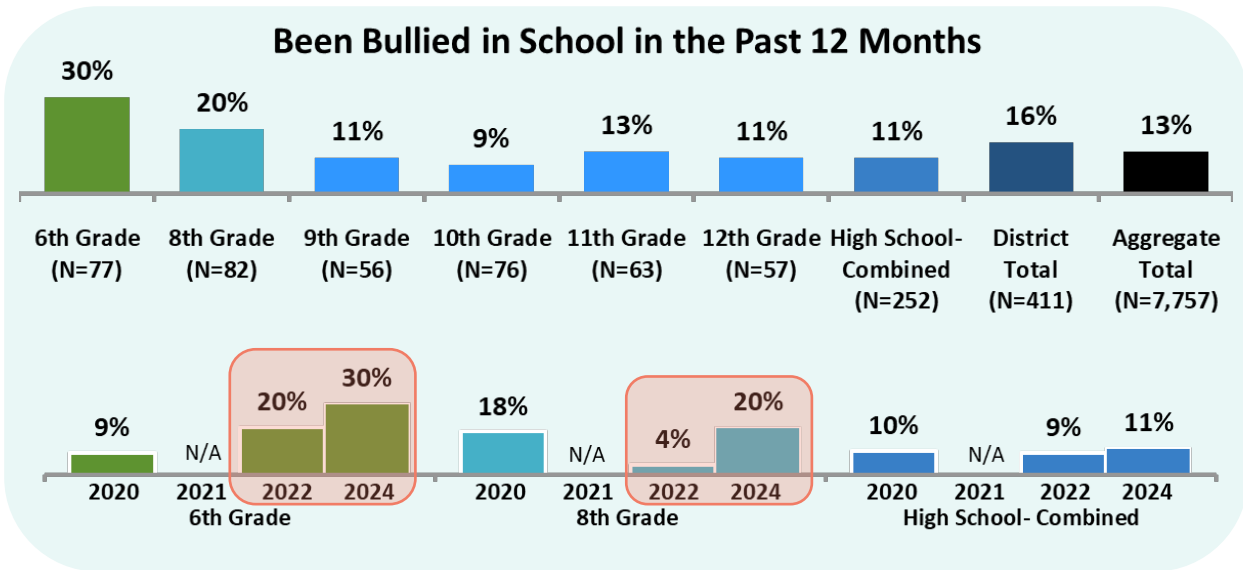
- View pornography (44%)
- Feel depressed (42%), self-harm (34%), or consider suicide (27%)
- Have been bullied (38%) or cyberbullied (21%)
- Send or receive sexual messages (26%)
- Have sexual intercourse (16%)
- Drink alcohol (14%)
- Bully (9%) or cyberbully others (7%)
- Use marijuana (9%)



Bullying, Cyberbullying, Threats, and Injury

Being Bullied

- Rates of being bullied are highest among 6th and 8th graders.
- Furthermore, rates of bullying have increased among 6th and 8th graders between 2022 and 2024.
- In the aggregate sample, nearly a third of students who identify as transgender or non-binary report being bullied.
 - Students who identify as a race or ethnicity other than white or Asian American also report being bullied at a higher rate than their white or Asian American classmates.



Aggregate Demographics and Behaviors Associated with Being Bullied (13% of the population)

Demographics

- 33% of those who identify as Native Hawaiian or Pacific Islander
- 28% of those who identify as non-binary
- 28% of those who identify as transgender
- 24% of those who identify as Middle Eastern American
- 23% of those who identify as Black or African American

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

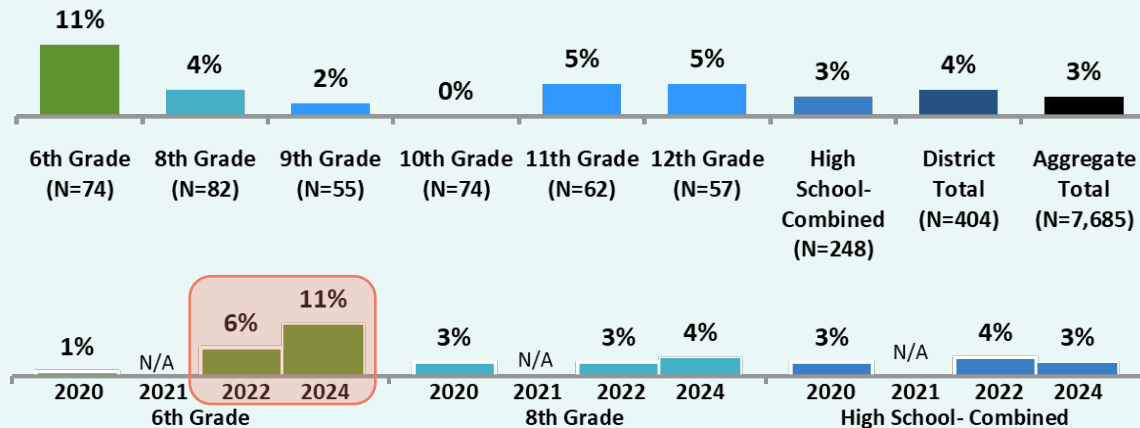
- View pornography (50%)
- Be cyberbullied (40%)
- Feel depressed (36%), self-harm (30%), or consider suicide (20%)
- Be sexually harassed (30%)
- Send or receive sexual messages (27%)
- Bully (17%) or cyberbully others (12%)
- Drink alcohol (15%)
- Have sexual intercourse (15%)
- Use e-cigarettes (8%) or marijuana (9%)



Bullying Others at School

- Rates of bullying others are low and somewhat stable over time for most grades but appear to be trending up among 6th graders.
- In the aggregate sample, a large proportion of those who bully others also report being bullied or cyberbullied by others, indicating that bullying and being bullied are often linked.
 - Furthermore, over half of those who bully others doubt that adults at school can help if they are being bullied or harassed, which may be leading them to “take matters into their own hands” so to speak.

Bullied Someone in School in the Past 12 Months



Aggregate Demographics and Behaviors Associated with Bullying Others (3% of the population)

Demographics

- 23% of those who identify as Native Hawaiian or Pacific Islander
- 10% of those who identify as Middle Eastern American
- 9% of those who identify as Black or African American
- 9% of those who identify as American Indian or Alaska Native
- 9% of those who identify as transgender
- 7% of those who identify as non-binary

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

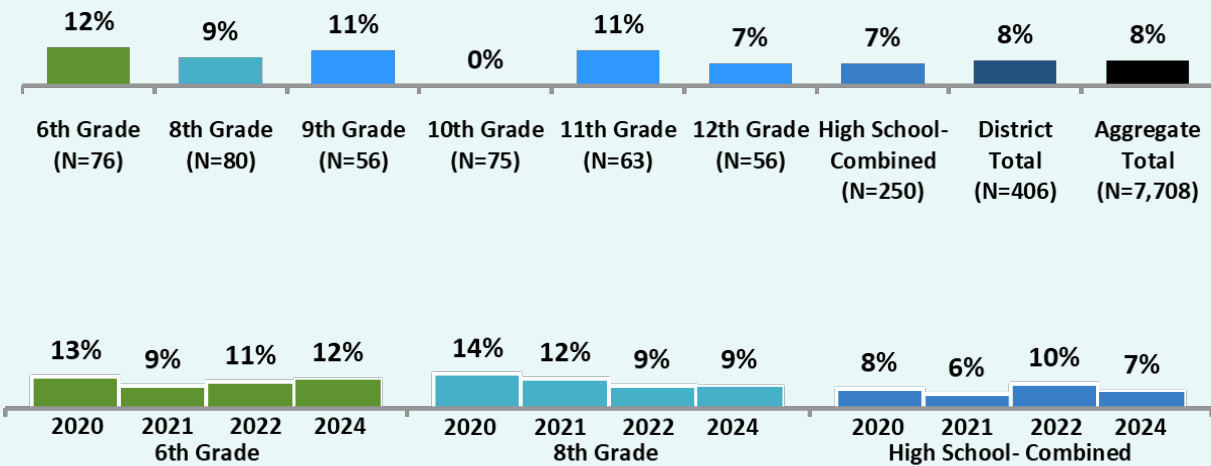
- Have been bullied (73%) or cyberbullied (51%)
- View pornography (59%)
- Don't think adults at school can help if they are being bullied (56%)
- Cyberbully others (42%)
- Send or receive sexual messages (37%)
- Feel depressed (36%), self-harm (31%), or consider suicide (22%)
- Be sexually harassed (35%)
- Drink alcohol (29%)
- Have sexual intercourse (25%)
- Use e-cigarettes (17%) or marijuana (21%)



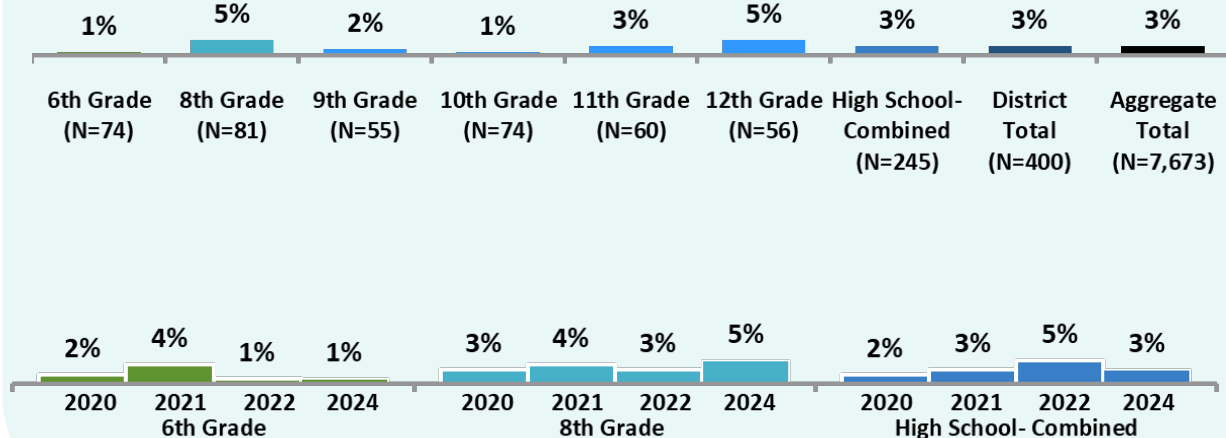
Cyberbullying

- Rates of being cyberbullied appear lower than rates of being bullied at school.
- Just over 2 in 3 students (67%) who report being cyberbullied also indicate that they are bullied at school.
- Rates of cyber bullying remain somewhat low over time.
- Very few students admit to cyberbullying others, and these rates have remained low over time.
- 1 in 4 students (25%) who cyberbully also bully others at school.
- Over 2 in 3 students (67%) who cyberbully also have social media accounts their parents don't know about.

Been Bullied Electronically in the Past 12 Months



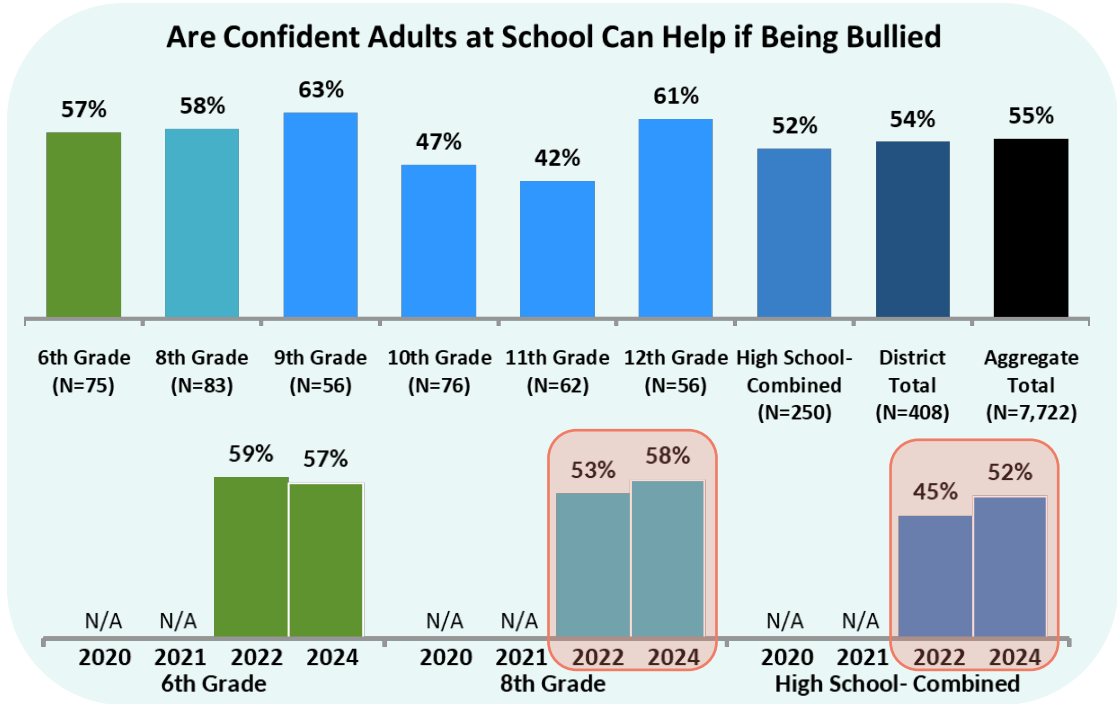
Bullied Others Electronically in the Past 12 Months



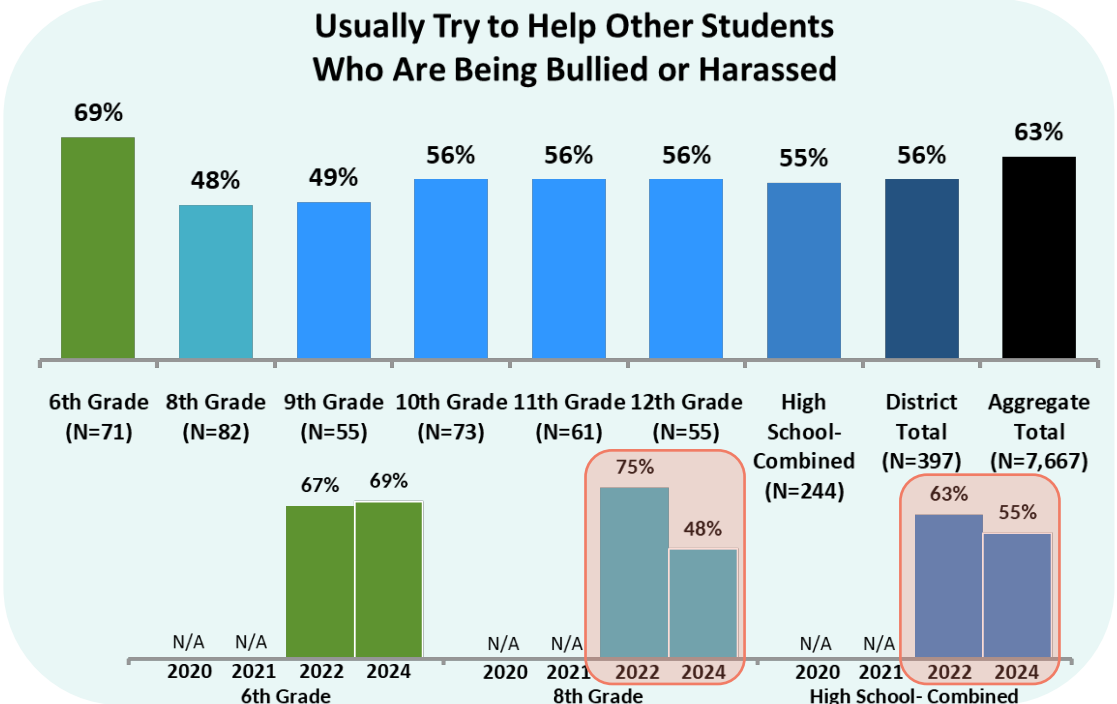
Q39	During the past 12 months have you been repeatedly threatened humiliated or experienced hostile behaviors (bullied) from others electronically?	2020	2021	2022	2024
Q40	During the past 12 months have YOU repeatedly threatened humiliated or harassed (bullied) someone electronically?	2020	2021	2022	2024

Coping with Bullying

- Confidence in adults at school appears to have increased among 8th grade and high school students compared to 2022.



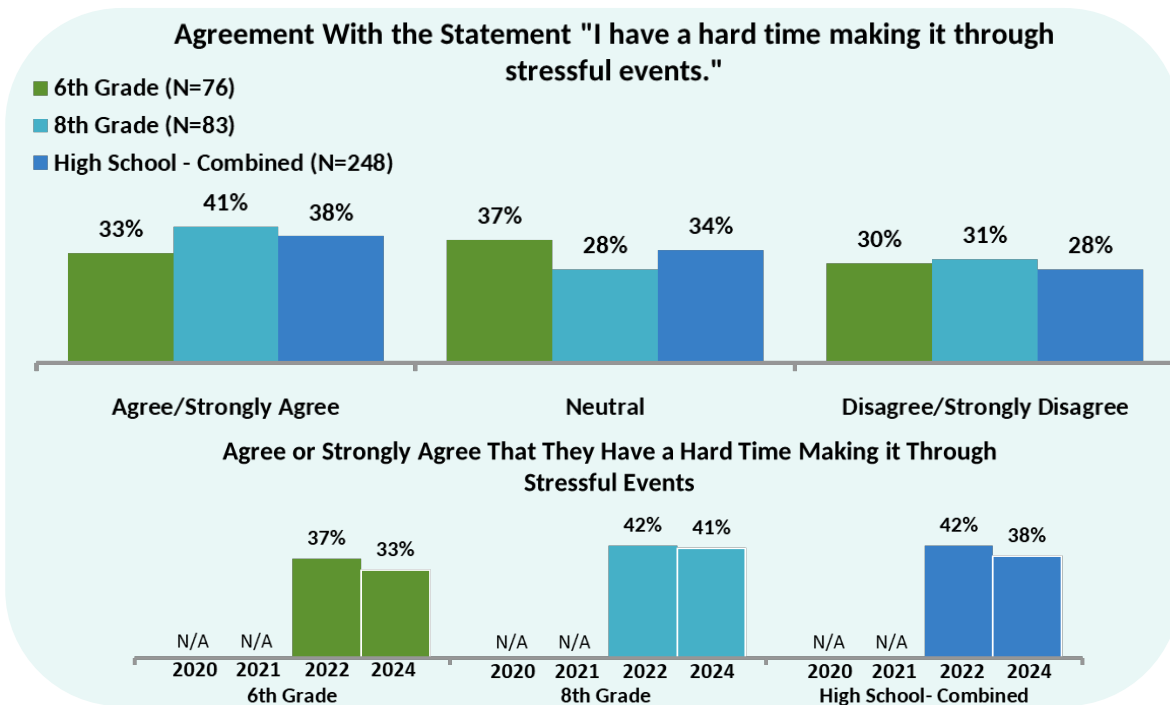
- Rates of trying to help others who are being bullied or harassed appear highest in 6th grade.
- Compared to 2022, rates of trying to help others who are being bullied decreased dramatically among 8th graders.



Q34	If I am being bullied or harassed, I am confident adults at school can help me.			2022	2024
Q35	I usually try to help other students who are being bullied or harassed.			2022	2024

Handling Stressful Events

- Students are relatively evenly split on whether they agree, disagree, or feel neutral regarding the statement “I have a hard time making it through stressful events.”
- Rates of having a hard time making it through stressful events appear to be trending down among 6th grade and high school students compared to 2022.



Aggregate Demographics and Behaviors Associated with Having a Hard Time Making it Through Stressful Events (31% of the population)

Demographics

- 53% of those who identify as non-binary
- 50% of those who identify as non-heterosexual
- 49% of those who identify as transgender or are not sure if they identify as transgender
- 37% of those who identify as female
- 35% of those who identify as Hispanic or Latino/Latina/Latinx/Latine

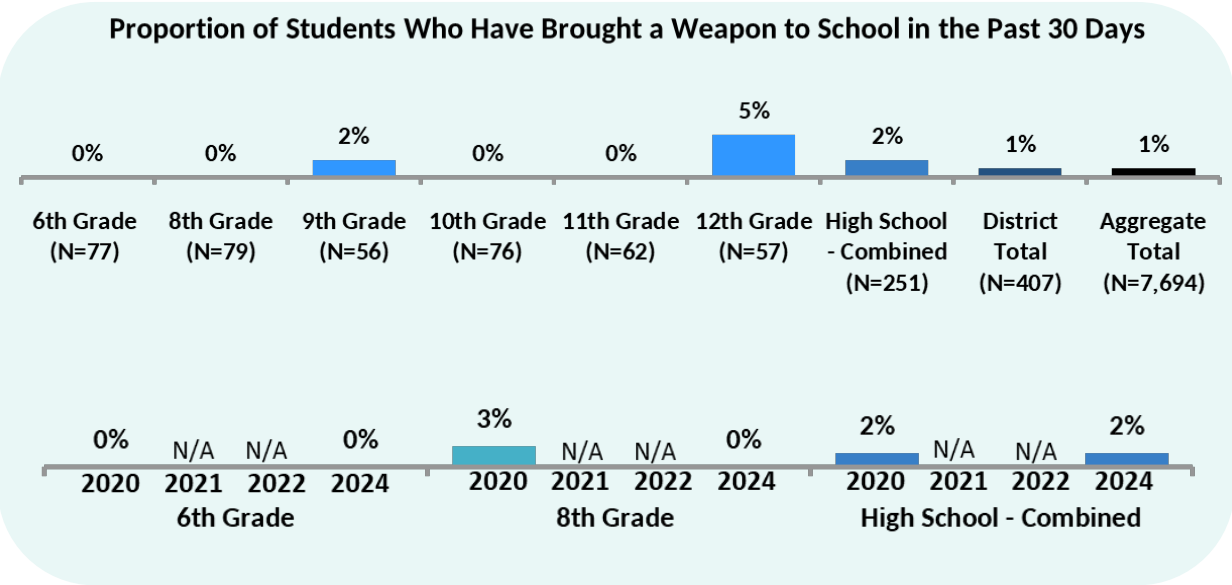
Those who have a hard time navigating stress are also more likely to:

- Feel somewhat or very high stress from school workload (73%)
- Get 6 hours of sleep or less (42%)
- Feel somewhat or very high stress from pressures at home (39%)
- Feel depressed (28%), self-harm (20%), or consider suicide (12%)
- Be bullied (19%)
- Experience a risky/unwanted situation due to information they shared electronically (17%)
- Engage in unhealthy dieting (13%)
- Experience sexual assault (10%)
- Not feel safe at school (8%)



Weapons in School

- While 1% of the overall sample have brought a weapon to school in the last 30 days, 5% have brought a weapon to school at some point more than 30 days ago.
- Of the 4 students who have brought a weapon to school in the past 30 days, half (2 students) brought a small or large knife.
- Rates of bringing a weapon to school have remained relatively stable over time.



Aggregate Demographics and Behaviors Associated with Intentionally Bringing a Weapon to School at any Point (4% of the population)

Demographics

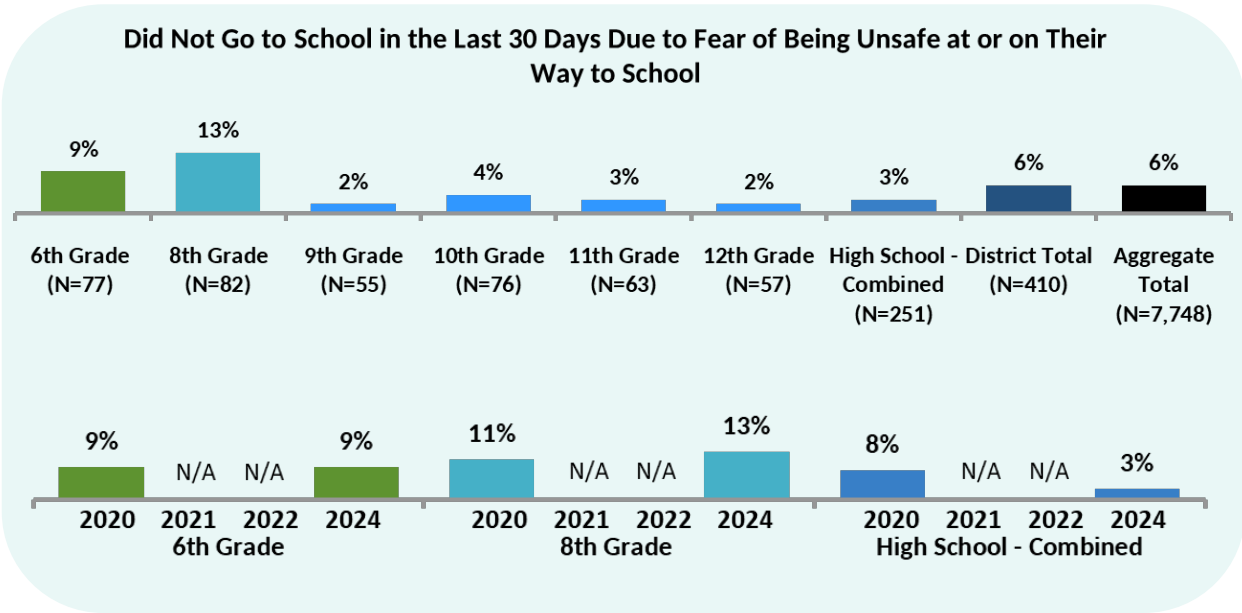
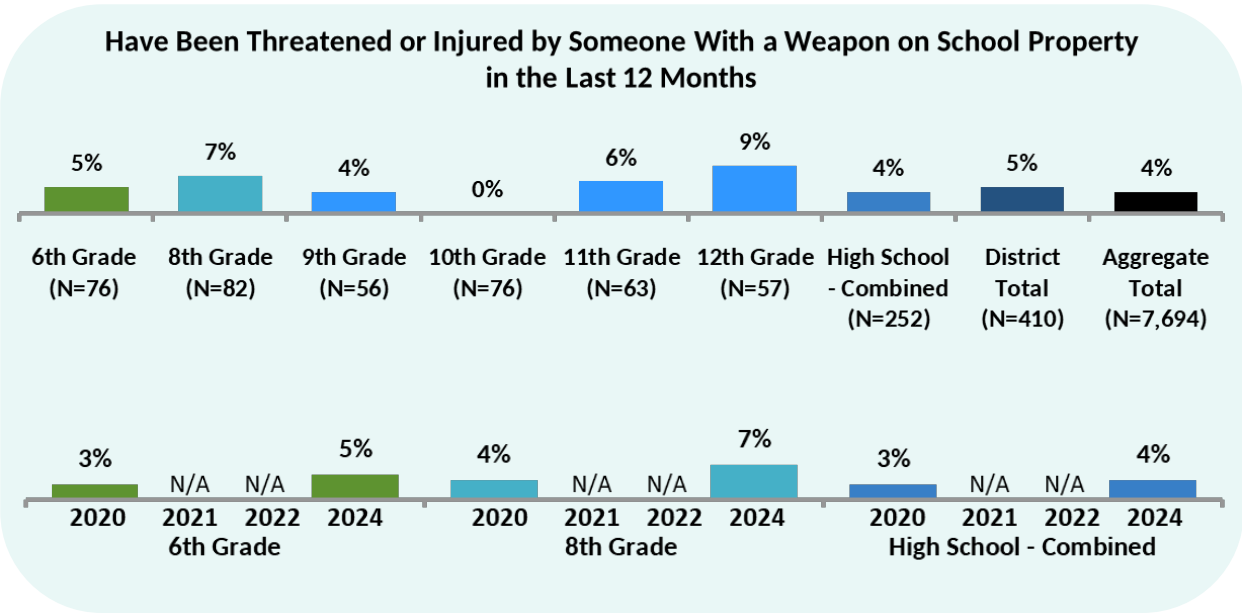
- 15% of those who identify as Native Hawaiian or Pacific Islander
- 13% of those who identify as non-binary students
- 10% of those who identify as transgender
- 10% of those who identify as Black or African American

- Those who have brought a weapon to school are also more likely to:**
- Feel depressed (26%), self-harm (27%), or consider suicide (17%)
 - Be bullied (24%) or cyberbullied (20%)
 - Be sexually harassed (22%)
 - Not have a trusted adult to talk to at school (16%)
 - Be threatened or injured by someone with a weapon on school property (16%)
 - Not go to school due to feeling unsafe there (15%)
 - Not feel safe at school (14%) or with friends (10%)
 - Bully (13%) or cyberbully others (13%)
 - Not have a trusted adult outside of school to talk to (10%)



Threat, Injury, and Absence

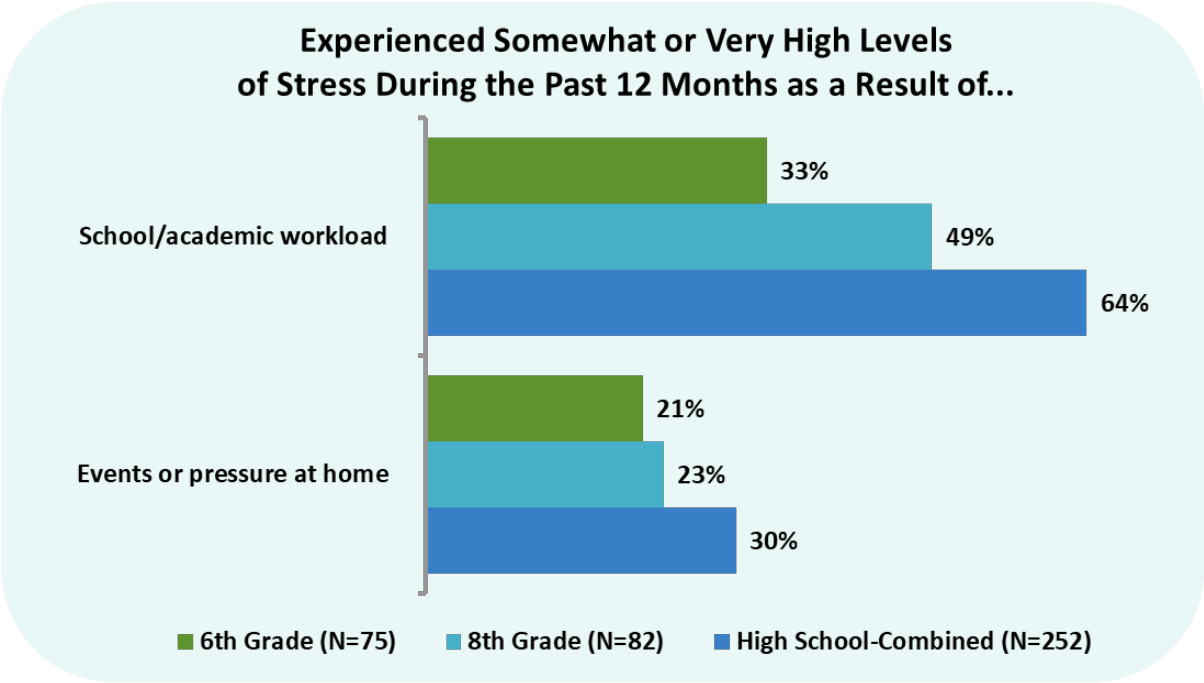
- Rates of being threatened or injured by someone with a weapon on school property are low across all grades and peak in 12th grade.
- Rates of being threatened or injured at school are relatively stable over time but may be trending up among 8th graders.
- Rates of missing 1 or more days of school in the 30 days leading up to the survey appear highest in middle school.
- Since 2020, rates of not going to school due to fear of being unsafe have remained largely stable but may be trending down among high school students.



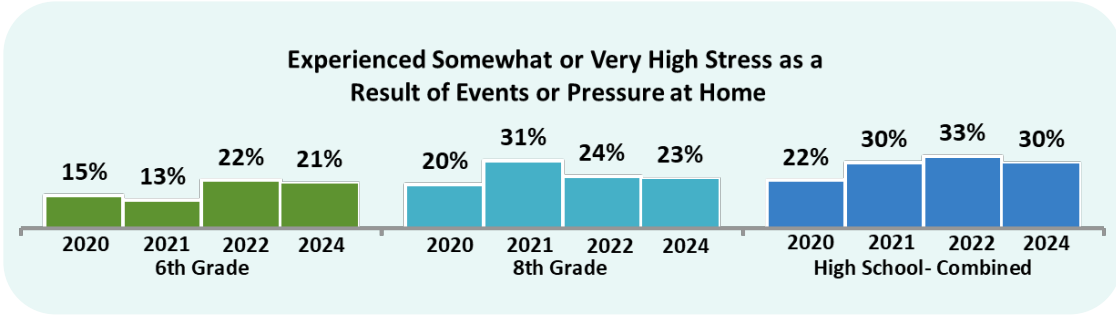
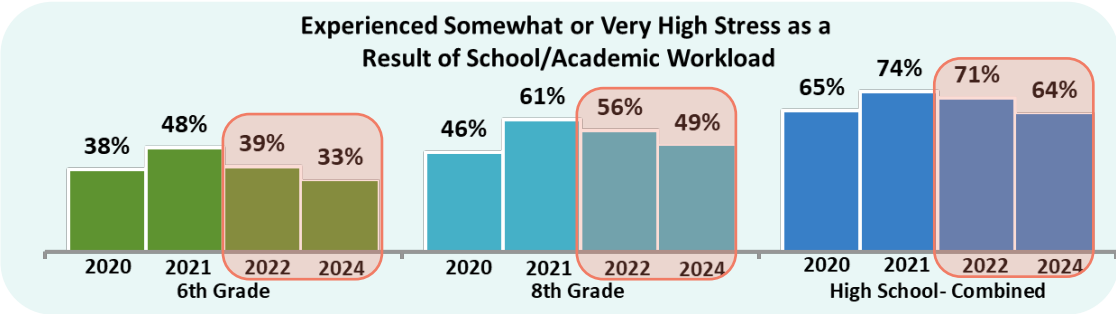
Stress, Depression, and Suicide

Sources of Stress

- School/academic workload remains the largest source of stress among students.
 - This appears especially impactful with high school students, as nearly 2 in 3 (64%) feel high levels of stress due to academic workload.



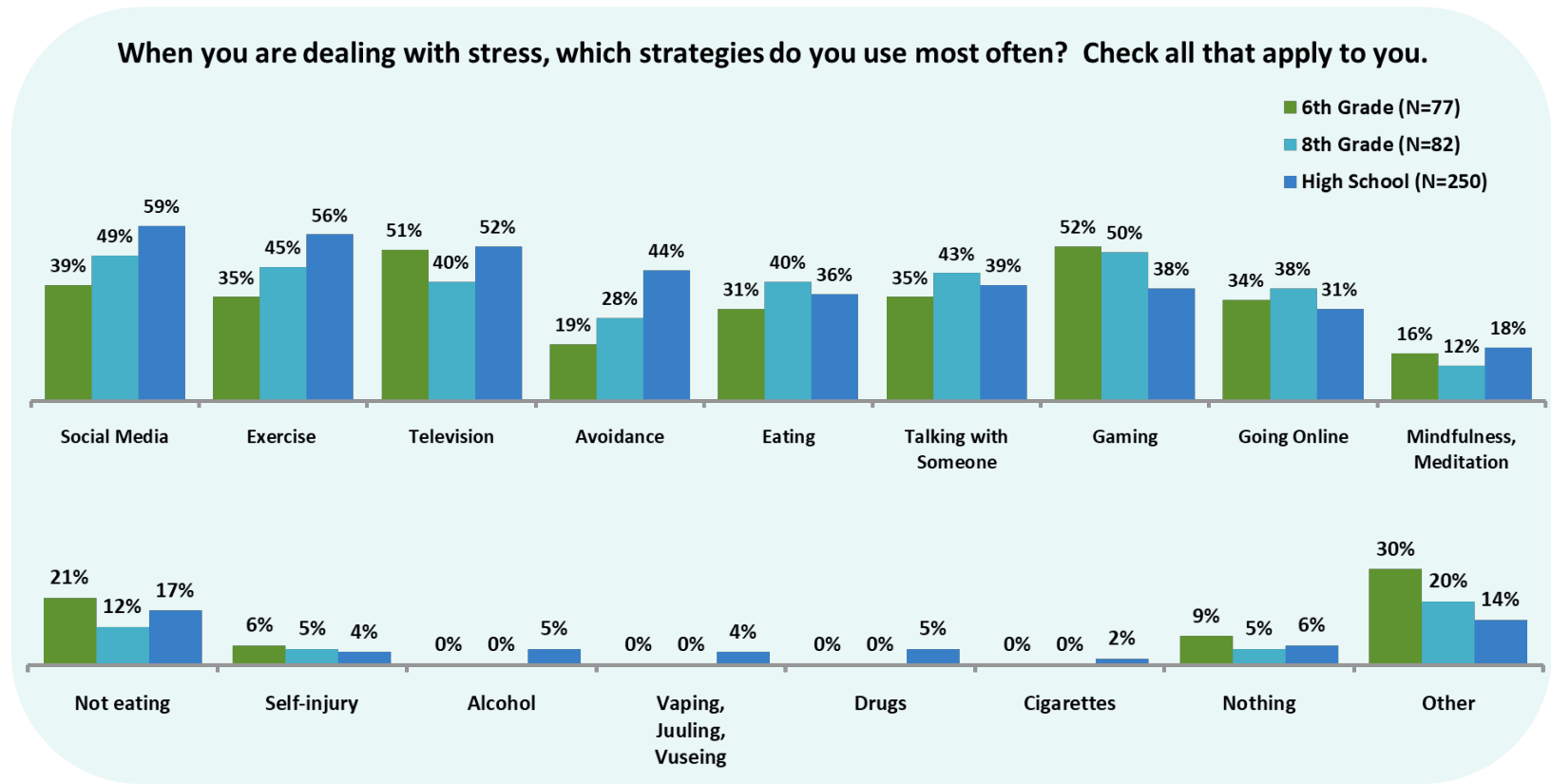
- Stress from academic workload appear to decrease for all grades between 2022 and 2024.
- On the other hand, stress from events or pressure at home appear to be trending up among 6th grade and high school students compared to 2020.



Q55	During the past 12 months what level of stress have you experienced as a result of your school/academic workload?	2020	2021	2022	2024
Q56	During the past 12 months what level of stress have you experienced as a result of events or pressure at home?		2021	2022	2024

Coping Mechanisms

- Overall, 9% of students report dealing with stress through drugs, alcohol, vaping, cigarettes, or self-harm.
- Additionally, nearly half of students (46%) cope with stress through either eating or avoiding food.



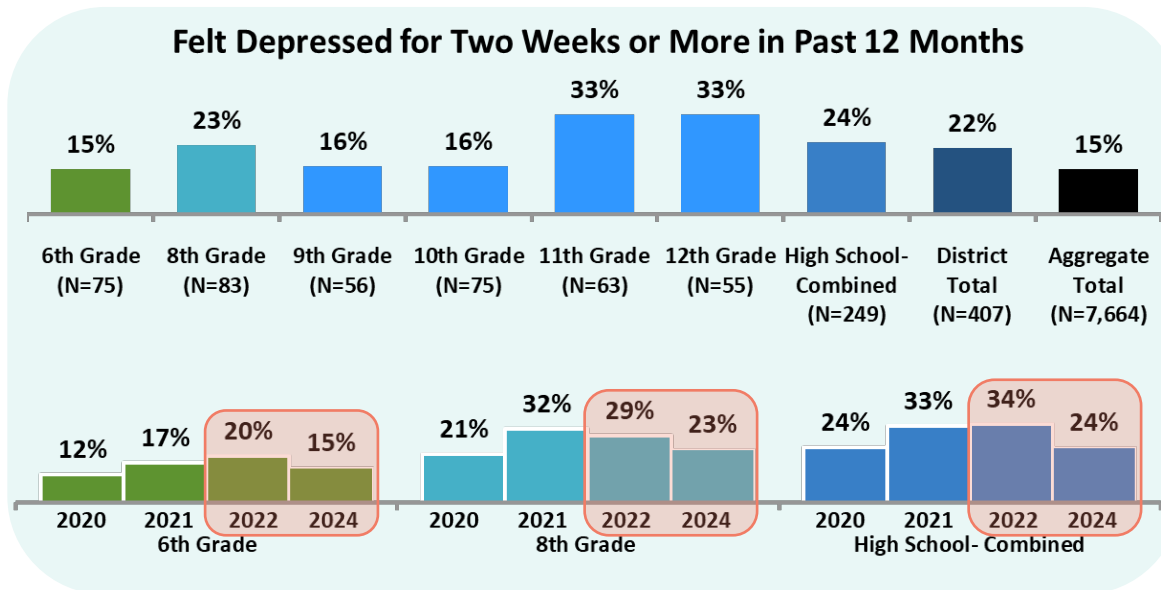
* Note: Question changed in 2022, to include more coping behaviors.

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



Depression

- The proportion of students reporting depression appears to decrease in 2024 compared to 2022 for all grades.
- Rates of depression are highest in 11th and 12th grades.
- In the aggregate sample, those with non-traditional gender identities or sexualities report feeling depressed over the past 12 months at especially high rates.
 - Students who are depressed are at risk for a variety of risk factors, especially self-harm and suicide consideration.



Aggregate Demographics and Behaviors Associated with Being Depressed (15% of the population)

Demographics

- 40% of those who identify as transgender
- 38% of those who identify as non-binary
- 35% of those who identify as non-heterosexual
- 30% of those who identify as Southeast Asian American
- 26% of those who identify as Native Hawaiian or Pacific Islander
- 25% of those who identify as Hispanic, Latino/Latina/Latinx/Latine
- 18% of those who identify as female

Those who feel depressed are also more likely to:

- Self-harm (43%) or consider suicide (35%)
- Not feel that adults at school can help with bullying (34%)
- Be sexually harassed (33%)
- Be bullied (30%) or cyberbullied (21%)
- Get 5 hours of sleep or less on average (26%)
- Engage in unhealthy dieting (25%)
- Drink alcohol (17%)
- Have sexual intercourse (14%)
- Use e-cigarettes (9%) or marijuana (11%)



Q74

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?

2020

2021

2022

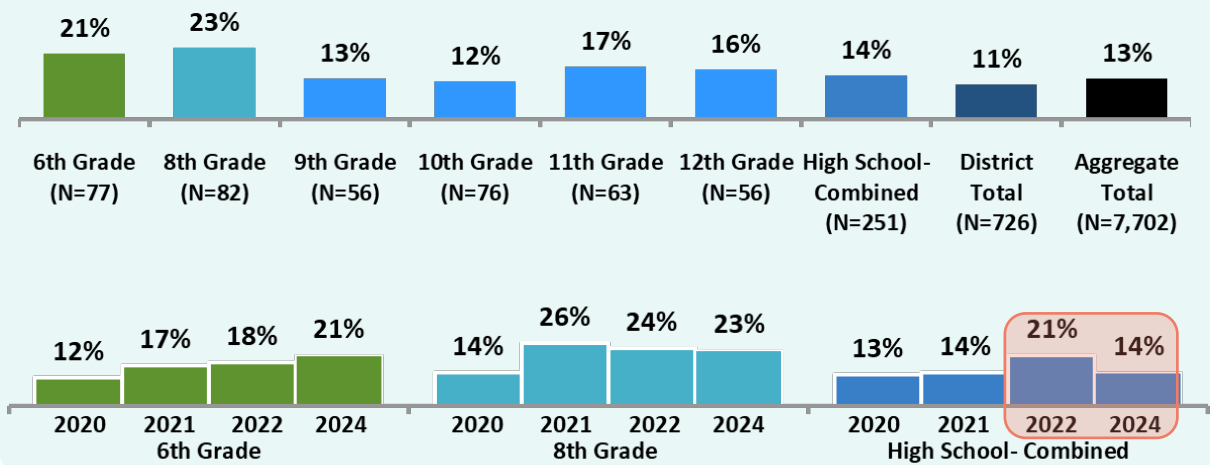
2024

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Self-harm

- Students in middle school appear most likely to engage in self-harm.
- Rates of self harm appear to have increased for middle school students in 2024 compared to 2020, and to have decreased for high school students since 2022.
- In the aggregate sample, 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 unhealthy eating, depression, and suicide consideration.

Injured or Hurt Self on Purpose in Past 12 Months



Aggregate Demographics and Behaviors Associated with Self-harm (13% of the population)

Demographics

- 42% of those who identify as non-binary
- 35% of those who identify as transgender
- 33% of those who identify as non-heterosexual
- 32% of those who identify as Native Hawaiian or Pacific Islander
- 21% of those who identify as Southeast Asian American

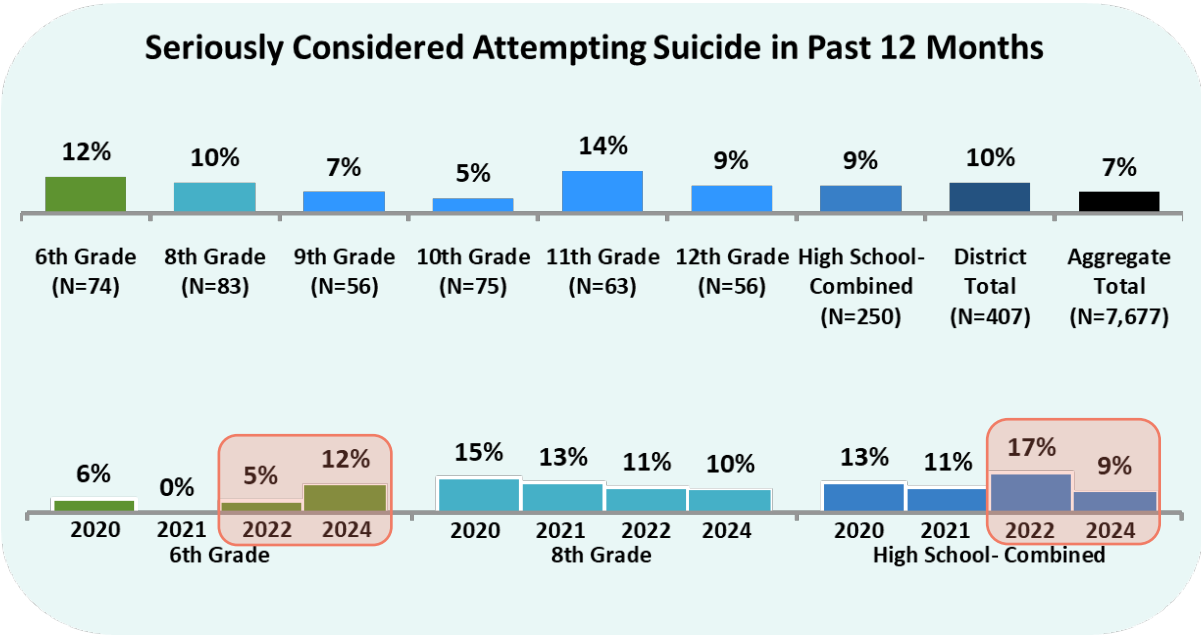
Those who self-harm are also more likely to:

- Be depressed (52%) or consider suicide (38%)
- Not think adults at school can help with bullying (34%)
- Be sexually harassed (32%)
- Be bullied (31%) or cyberbullied (21%)
- Engage in unhealthy dieting (25%)
- Drink alcohol (16%)
- Have sexual intercourse (13%)
- Use e-cigarettes (9%) or marijuana (10%)



Suicide Consideration

- Rates of suicide consideration appear to have increased among 6th graders and decreased among high schoolers compared to 2022.
- In the aggregate sample, those who do not identify with a traditional gender or sexuality are especially likely to consider suicide.
 - Those who consider suicide also display high rates of depression, self-harm, and unhealthy dieting.



Aggregate Demographics and Behaviors Associated with Suicide Consideration (7% of the population)

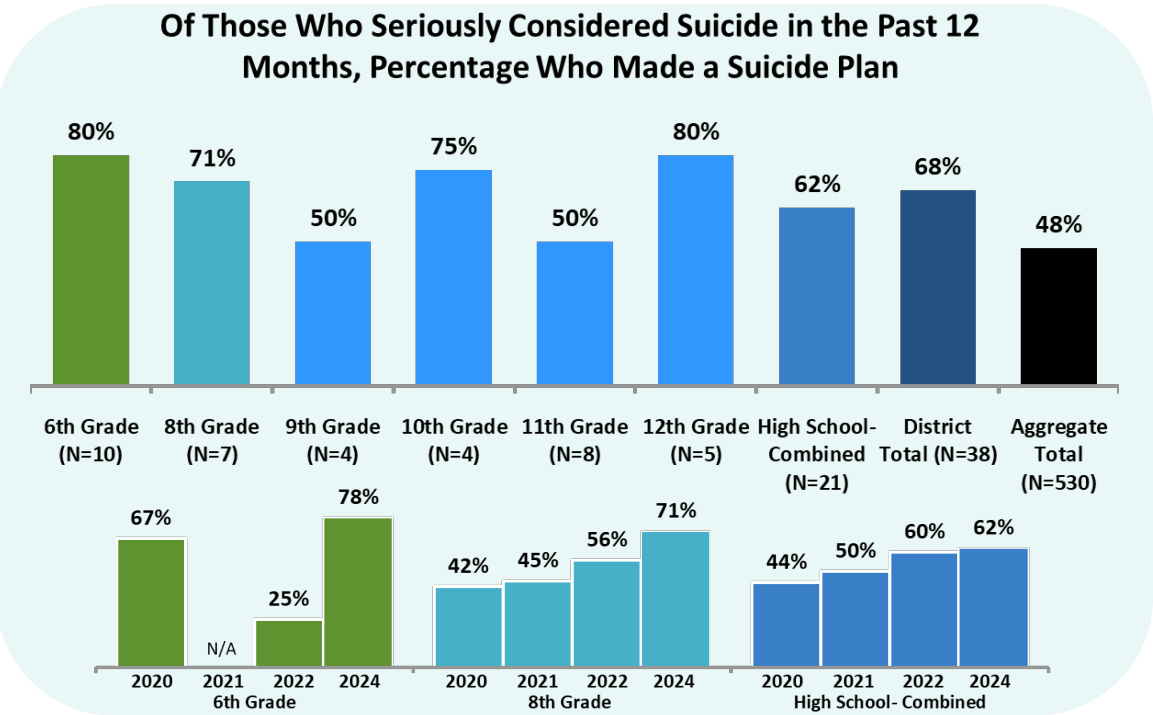
- Demographics**
- 24% of those who identify as non-binary
 - 23% of those who identify as transgender
 - 19% of those who identify as non-heterosexual
 - 19% of those who identify as Native Hawaiian or Pacific Islander

- Those who consider suicide are also more likely to:**
- Be depressed (79%) or self-harm (69%)
 - Do not think adults at school can help with bullying (41%)
 - Be bullied (38%) or cyberbullied (26%)
 - Be sexually harassed (38%)
 - Engage in unhealthy dieting (31%)
 - Drink alcohol (20%)
 - Have sexual intercourse (17%)
 - Use e-cigarettes (14%) or marijuana (14%)
 - Be threatened or injured with a weapon on school property (13%)



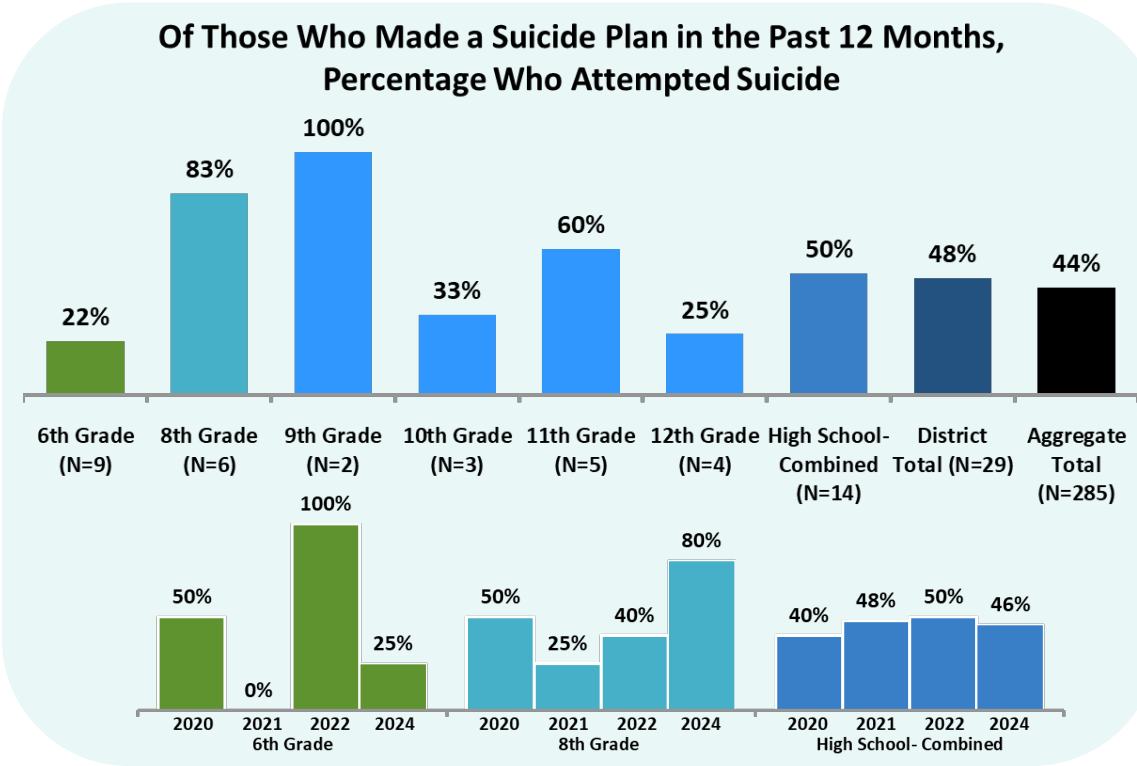
Suicide Planning and Attempts

- Of those who seriously considered suicide, 68% made a suicide plan in the past year.
- While Ns are small and may not be generalizable, rates of making suicide plans appear to have increased for all grades since 2021.



*Note, Ns are small for these questions, and may not represent the population. Due to small Ns, red boxes are not used to highlight differences.

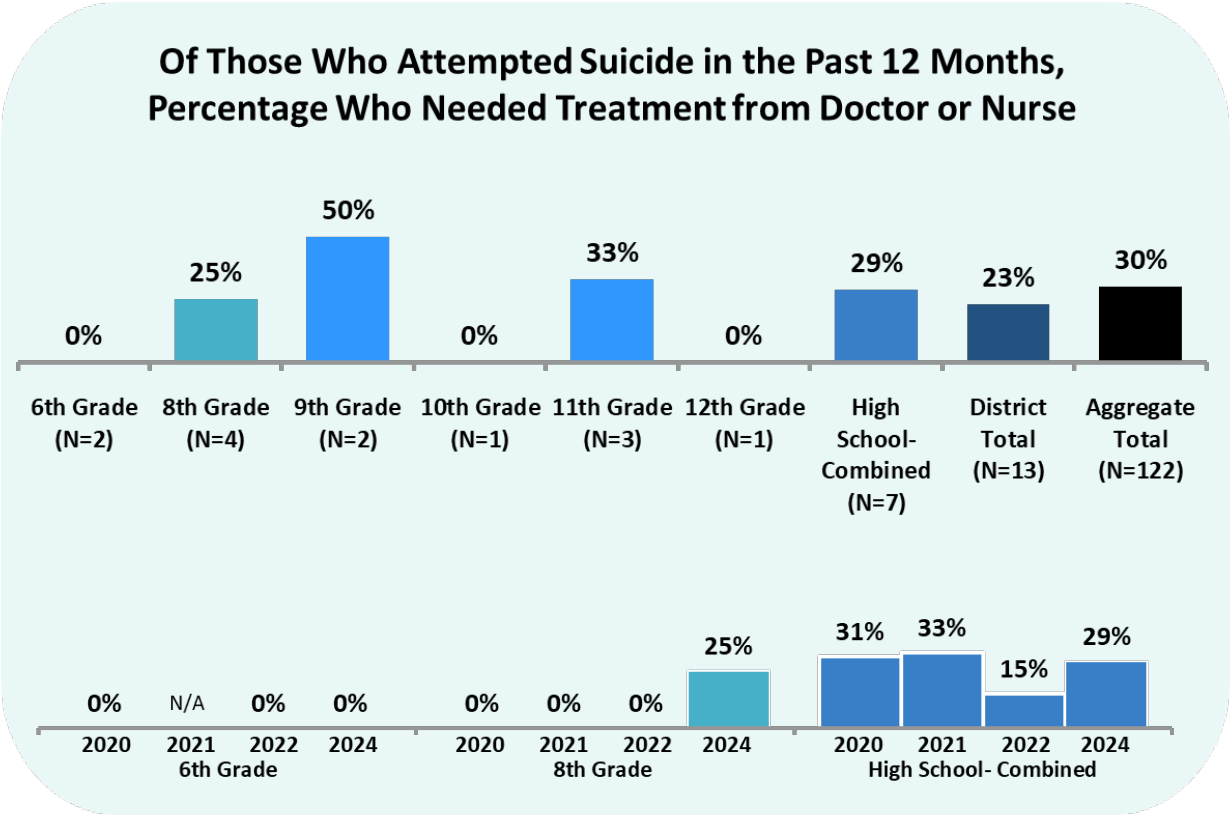
- Of those who made a suicide plan, just under half (48%) went through with an attempt.
- Just over 1 in 3 (34%) who made a suicide plan attempted suicide more than once.



Q76	During the past 12 months did you make a plan about how you would attempt suicide?	2020	2021	2022	2024
Q77	During the past 12 months how many times did you actually attempt suicide?	2020	2021	2022	2024

Suicide Injury

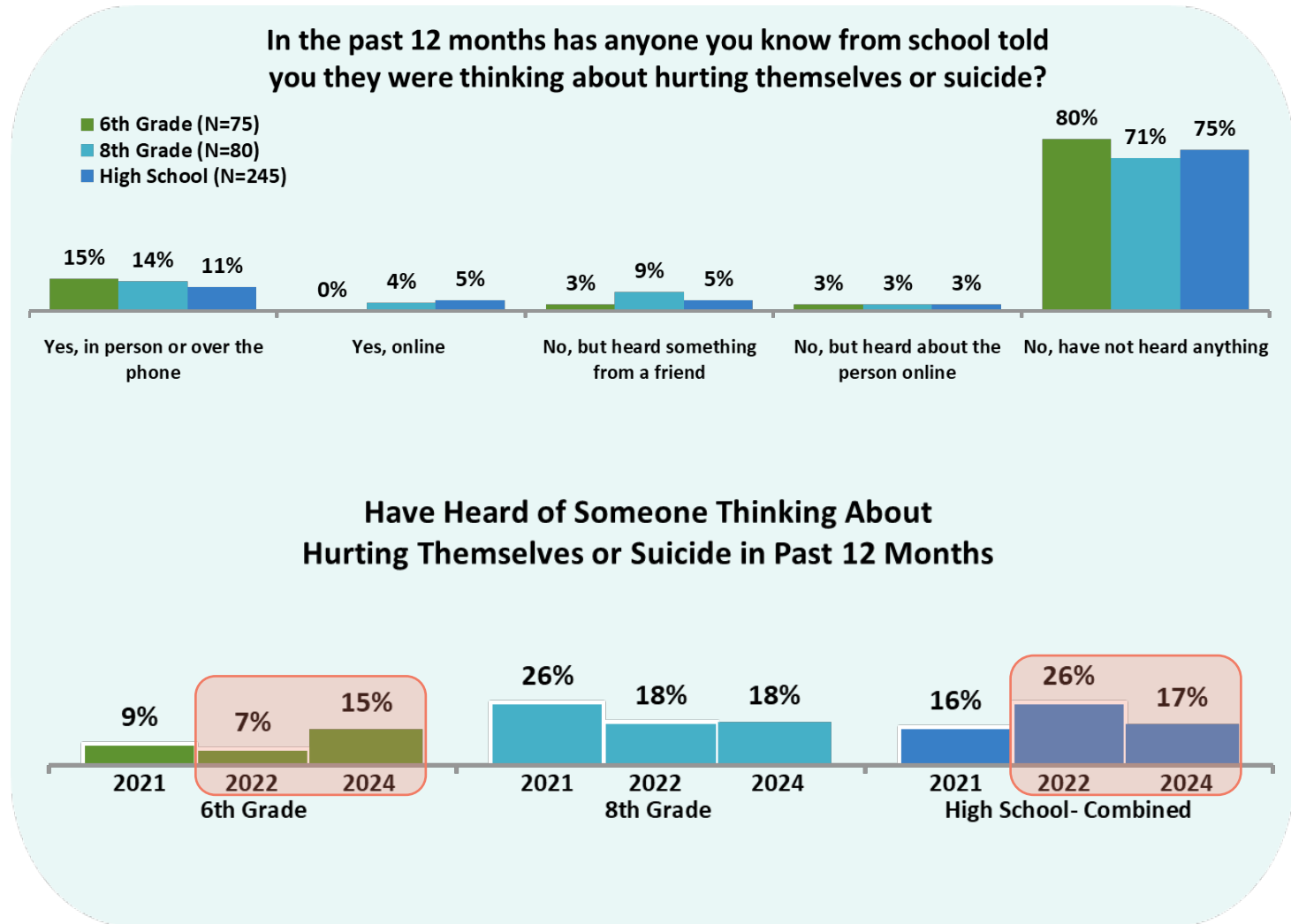
- Of the 13 students who made a suicide attempt, just under 1 in 4 (23%) needed medical treatment.
- Ns are low and may not be generalizable.



*Note, Ns are small for these questions, and may not represent the population. Due to small Ns, red boxes are not used to highlight differences.



Hearing About Suicide



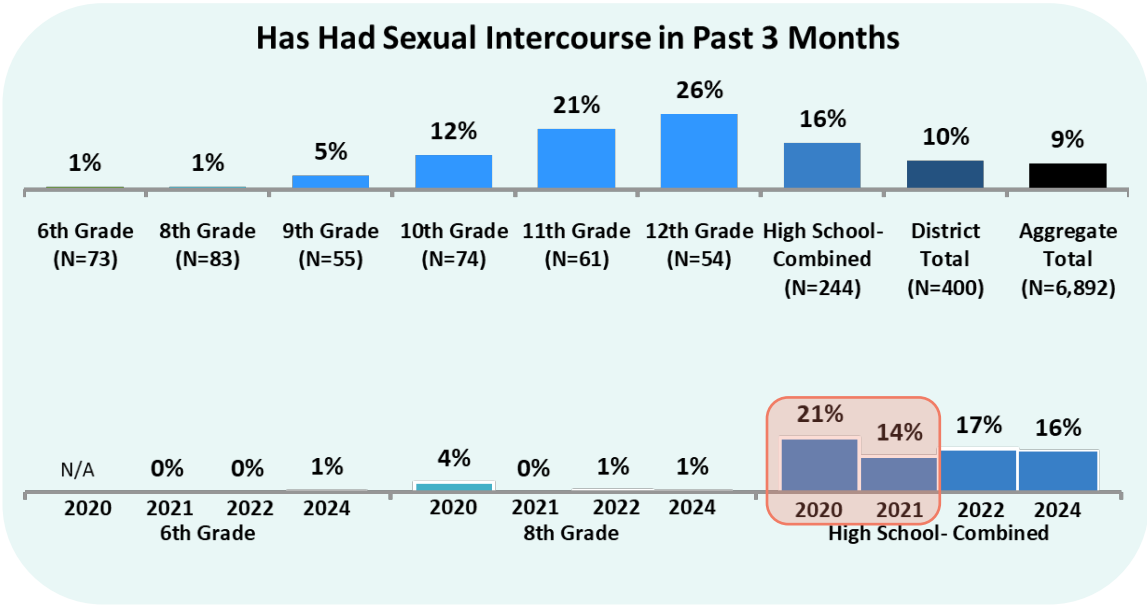
- Overall, 17% of students report someone they know telling them they were thinking about hurting themselves or were contemplating suicide.
- The most common way students hear about suicide contemplation is through in-person conversation or over the phone.
- The proportion of students hearing about suicide or self-harm attempts directly, from friends, or online appears to have increased among 6th graders and decreased among high schoolers between 2022 and 2024.



Sexual Intercourse, Sexual Harassment, and Sexual Assault

Sexual Intercourse

- Rates of sexual intercourse increase alongside grade level, with over a quarter (26%) of 12th graders engaging in sexual activity in the past 3 months.
- Furthermore, 2% of students have had sexual intercourse with 3 or more people.
- In the aggregate sample, those who have had sexual intercourse in the past 3 months are also more likely to engage in or experience other sexual risk behaviors or experiences such as sexual messaging, being sexually harassed, and pornography.



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

Demographics

- 26% of those who identify as Native Hawaiian or Pacific Islander
- 15% of those who identify as transgender
- 15% of those who identify as Black or African American
- 14% of those who identify as Hispanic or Latino/Latina/Latinx/Latine
- 14% of those who identify as Southeast Asian American
- 12% of those who identify as non-binary

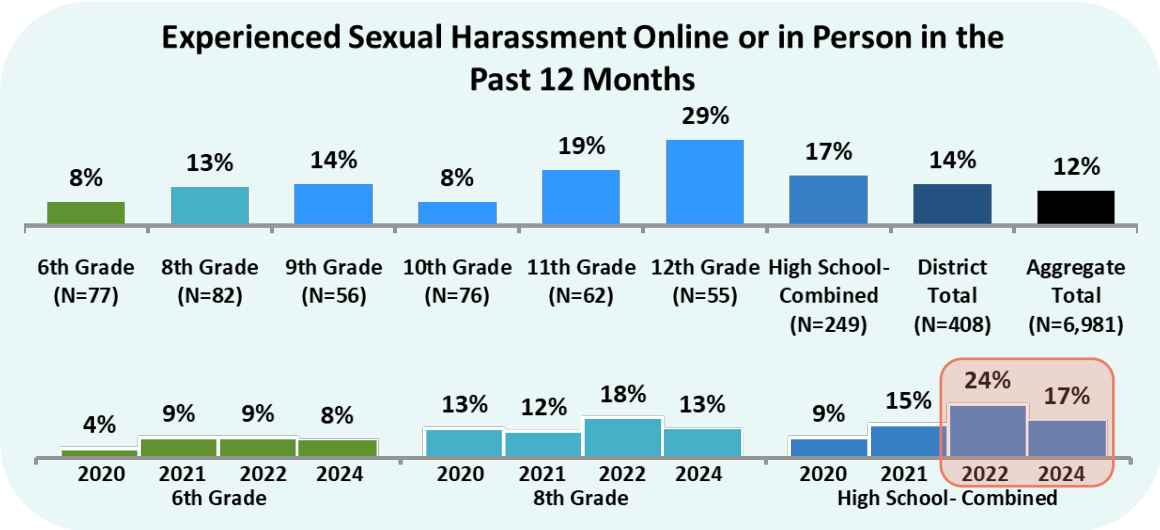
Those who recently had sexual intercourse are also more likely to:

- View pornography (61%)
- Send or receive sexual messages (47%)
- Drink alcohol (44%) or binge drink (40%)
- Be sexually harassed (28%)
- Be depressed (26%), self-harm (20%), or consider suicide (14%)
- Be sexually assaulted (23%)
- Be bullied (22%) or cyberbullied (17%)
- Use e-cigarettes (21%) or marijuana (24%)
- Engage in unhealthy dieting (20%)



Sexual Harassment

- Incidence of sexual harassment appear to increase with age, with nearly 3 in 10 12th graders reporting experiencing sexual harassment. However, sexual harassment has declined for those in higher school since 2022.
- Students indicate being sexually harassed in person slightly more than being sexually harassed online or in both settings (6%, 4%, and 3%, respectively).
- In the aggregate sample, students who identify as 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 factors, including feeling depressed and being bullied.



Aggregate Demographics and Behaviors Associated with Being Sexually Harassed (12% of the population)

- Demographics**
- 33% of those who identify as Native Hawaiian or Pacific Islander
 - 28% of those who identify as non-binary students
 - 27% of those who identify as transgender
 - 26% of those who identify as non-heterosexual
 - 22% of those who identify as Middle Eastern
 - 22% of those who identify as Southeast Asian American
 - 18% of those who identify as female

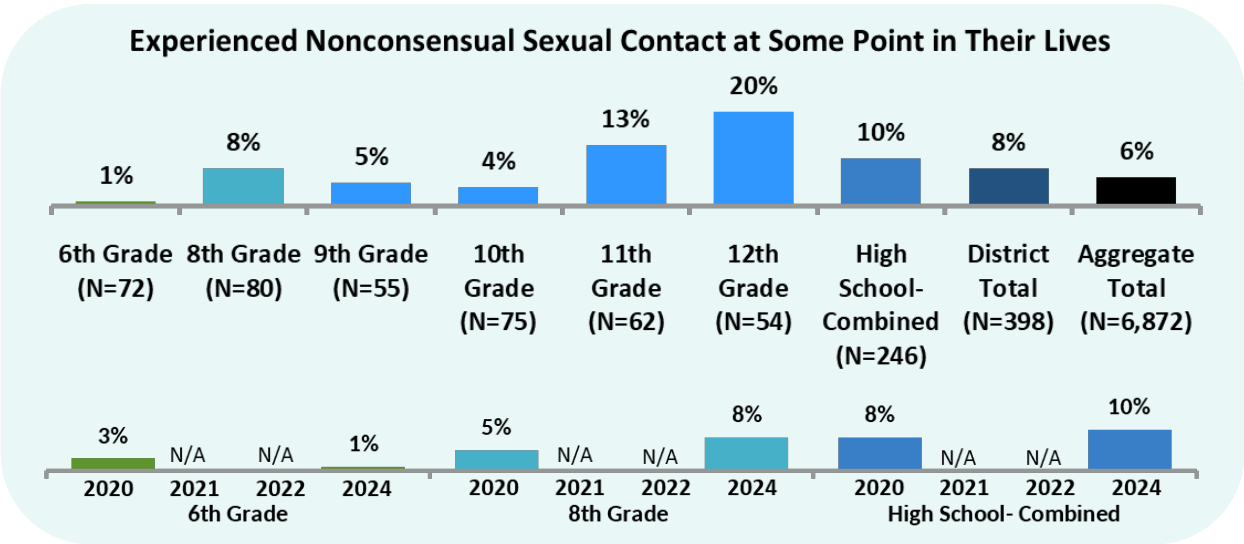
- Those who are sexually harassed are also more likely to:**
- View pornography (65%)
 - Send or receive sexual messages (42%)
 - Feel depressed (42%), self-harm (34%), or consider suicide (22%)
 - Be bullied (32%) or cyberbullied (25%)
 - Engage in unhealthy dieting (26%)
 - Drink alcohol (24%)
 - Have sexual intercourse (20%)
 - Bully (9%) or cyberbully others (8%)

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



Nonconsensual Sexual Contact

- Those in 11th through 12th grade have the highest rates of experiencing nonconsensual sexual contact.
- In the aggregate sample, just over 2 in 5 (41%) of those who have experienced nonconsensual sexual contact experienced it within the last 12 months or both within the past 12 months and more than 12 months ago.
 - Sexually assaulted students show a greater likelihood of a variety of risk factors, especially depression and self-harm.



Aggregate Demographics and Behaviors Associated with Experiencing Nonconsensual Sexual Contact (6% of the population)

Demographics

- 21% of those who identify as non-binary students
- 19% of those who identify as transgender
- 18% of those who identify as Native Hawaiian or Pacific Islander
- 16% of those who identify as non-heterosexual
- 13% of those who identify as Southeast Asian American
- 8% of those who identify as female

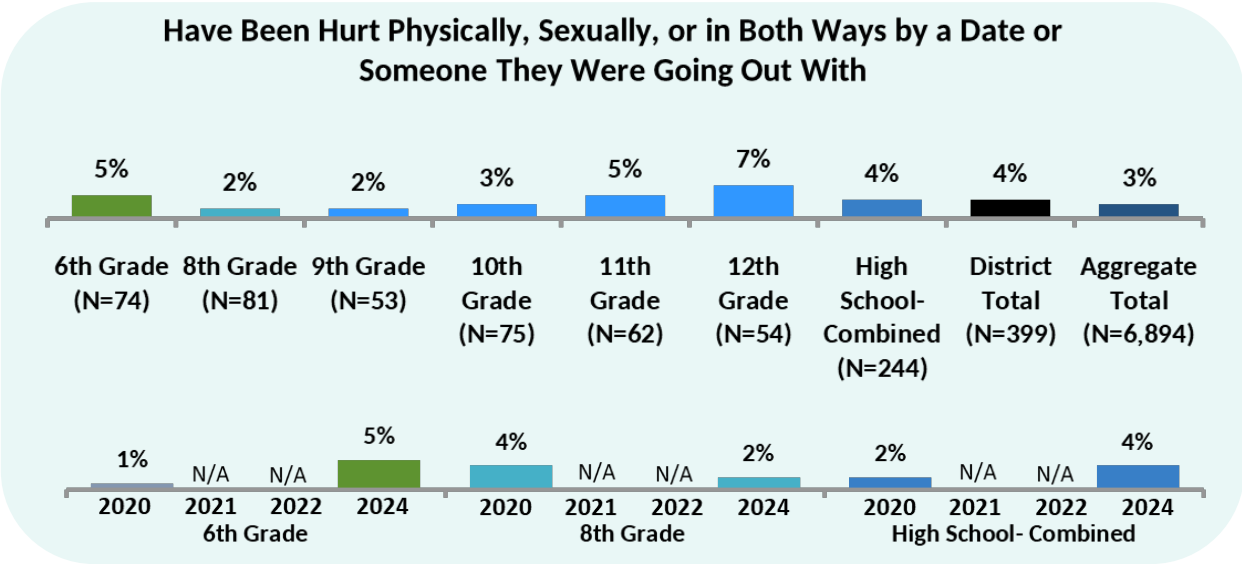
Those who are sexually assaulted are also more likely to:

- View pornography (69%)
- Feel depressed (52%), self-harm (42%), or consider suicide (30%)
- Send or receive sexual messages (48%)
- Be bullied (39%) or cyberbullied (31%)
- Have sexual intercourse (33%)
- Drink alcohol (32%)
- Engage in unhealthy dieting (32%)
- Bully (11%) or cyberbully others (10%)



Sexual Coercion and Harm When Dating

- Very few students indicate being harmed physically or sexually by a date or someone they are going out with.
- In the aggregate sample, students who have experienced coercion or being hurt by a date or long-term partner show a greater likelihood of a variety of other risk factors, including feeling depressed, self-harm, and drinking alcohol.



Aggregate Demographics and Behaviors Associated with Experiencing Harm or Sexual Coercion While Dating (3% of the population)

Demographics

- 13% of those who identify as Native Hawaiian or Pacific Islander
- 9% of those who identify as transgender
- 8% of those who identify as non-binary students
- 7% of those who identify as non-heterosexual
- 7% of those who identify as Southeast Asian American
- 7% of those who identify as Black or African American
- 7% of those who identify as American Indian or Alaska Native

Those who are harmed or sexually coerced while dating are also more likely to:

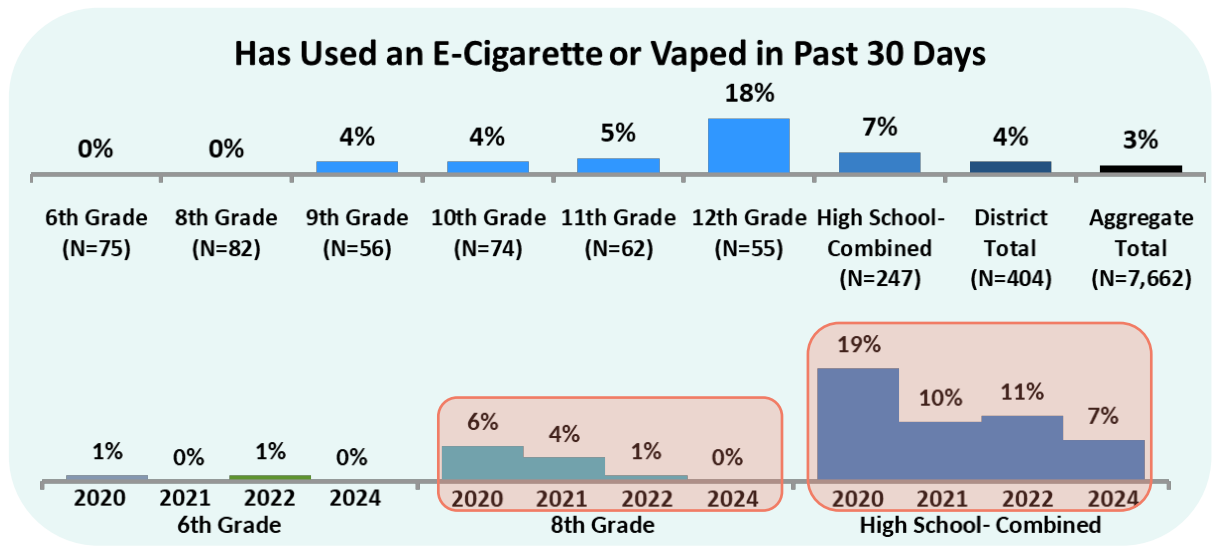
- View pornography (68%)
- Send or receive sexual messages (57%)
- Feel depressed (52%), self-harm (43%), or consider suicide (33%)
- Be bullied (48%) or cyberbullied (40%)
- Have sexual intercourse (45%)
- Drink alcohol (39%)
- Engage in unhealthy dieting (36%)
- Bully (18%) or cyberbully others (20%)



Drugs and Alcohol

E-Cigarette Usage

- While e-cigarette and vaping usage appears to increase with grade level, it is showing an overall downward trend from 2020 to 2024 for 8th grade and high school students.
- 2% of students used an e-cigarette at least 10 days in the 30 days prior to the survey.
- In the aggregate sample, 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 factors including depression, high levels of stress, and being bullied.



Aggregate Demographics and Behaviors Associated with Recent E-Cigarette Use (3% of the population)

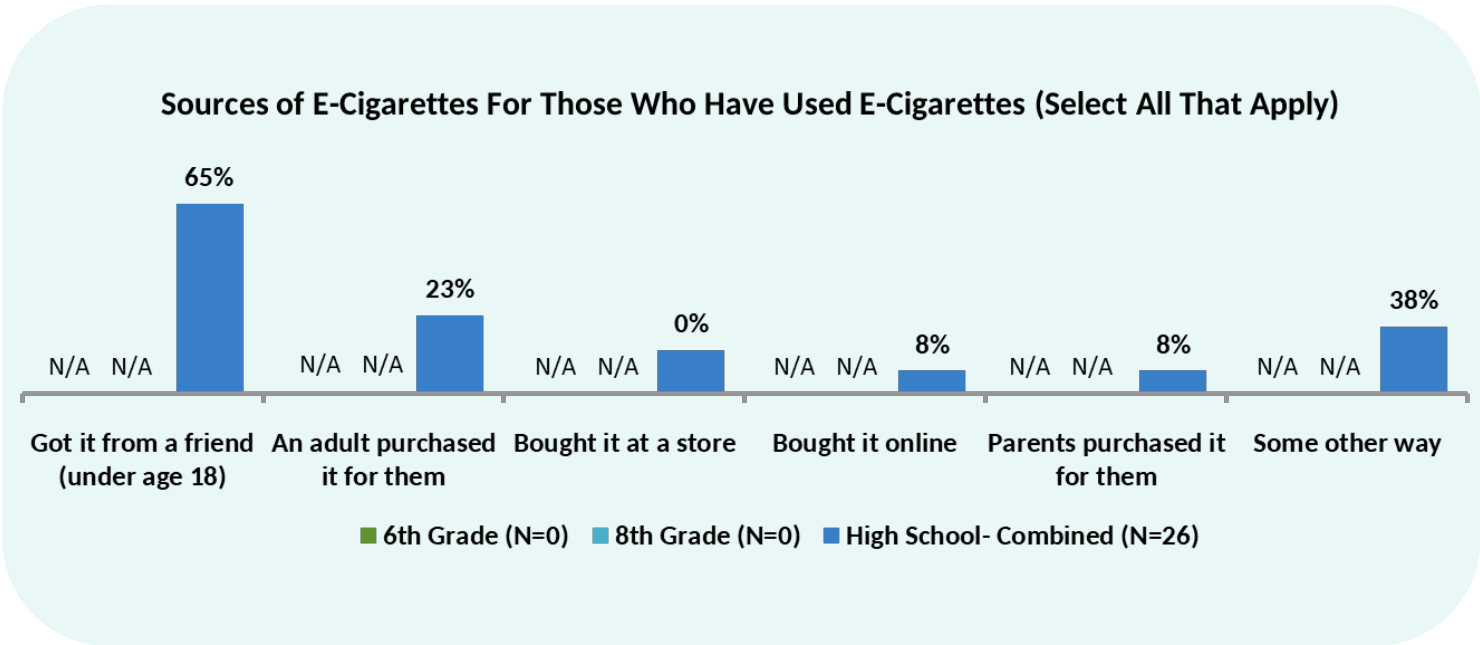
- Demographics**
- 20% of those who identify as Native Hawaiian or Pacific Islander
 - 8% of those who identify as Black or African American
 - 8% of those who identify as Middle Eastern American
 - 8% of those who identify as American Indian or Alaska Native

- Those who use E-cigarettes or vape are also more likely to:**
- View pornography (74%)
 - Drink alcohol (72%)
 - Use marijuana (65%)
 - Send or receive sexual messages (59%)
 - Have sexual intercourse (53%)
 - Be depressed (43%), self-harm (36%), or consider suicide (28%)
 - Be sexually harassed (40%)
 - Be bullied (33%) or cyberbullied (23%)
 - Engage in unhealthy dieting (30%)
 - Bully (16%) or cyberbully others (16%)



E-Cigarette Sources

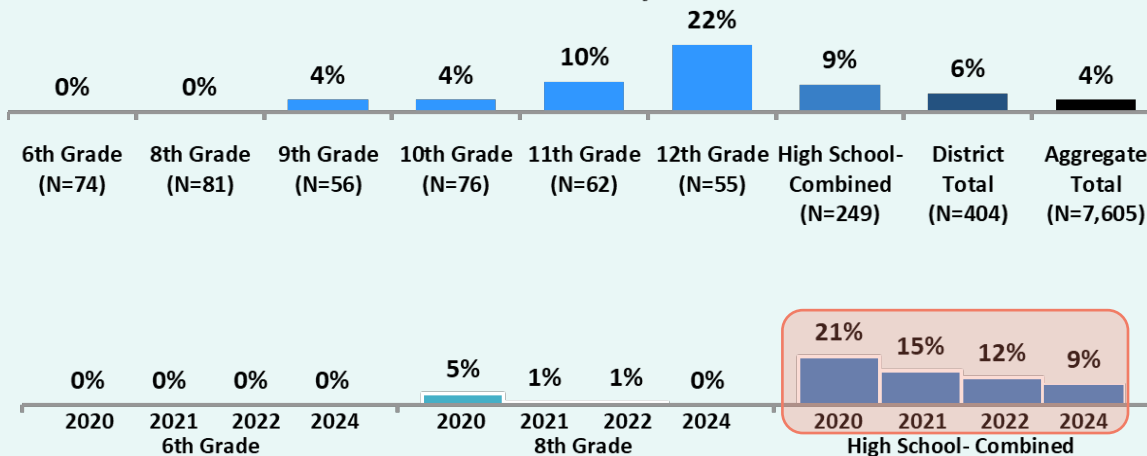
- While the majority of students in all grades do not use e-cigarettes, for many of those who do, other minors are a main source for e-cigarettes.
- For high school students, just under 2 in 3 (65%) had a friend under 18 supply the e-cigarette for them.
 - Interpret findings related to source of e-cigarettes with caution due to low Ns.



Marijuana Usage

- Rates of marijuana usage appear much higher for students in 12th grade compared to younger grades.
- Rates of marijuana usage among high schoolers appears to be trending down since 2020.
- In the aggregate sample, students who use marijuana are especially likely to use other substances and have an increased rate of a variety of risky behaviors or experiences.

Has Used Marijuana or Marijuana-Related Products in the Past 30 Days



Aggregate Demographics and Behaviors Associated with Recent Marijuana Use (4% of the population)

Demographics

- 25% of those who identify as Native Hawaiian or Pacific Islander
- 11% of those who identify as transgender
- 10% of those who identify as Middle Eastern American
- 10% of those who identify as American Indian or Alaska Native

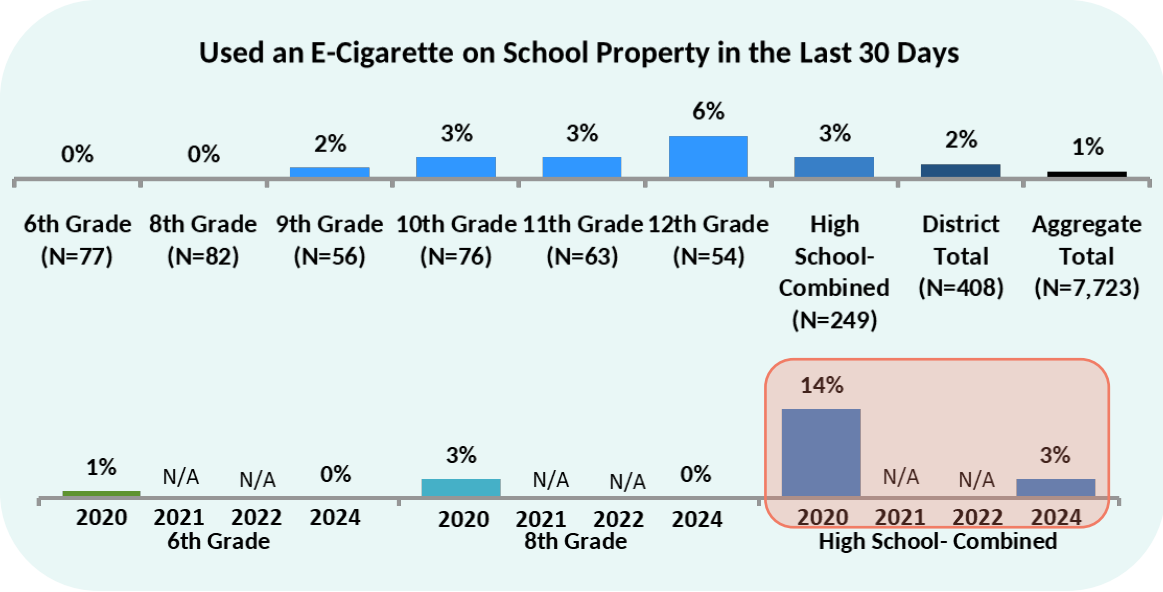
Those who use marijuana are also more likely to:

- View pornography (78%)
- Drink alcohol (73%)
- Send or receive sexual messages (54%)
- Use e-cigarettes (50%)
- Have sexual intercourse (46%)
- Be depressed (41%), self-harm (30%), or consider suicide (23%)
- Be sexually harassed (35%)
- Be bullied (27%) or cyberbullied (20%)
- Engage in unhealthy dieting (22%)
- Bully (15%) or cyberbully others (14%)

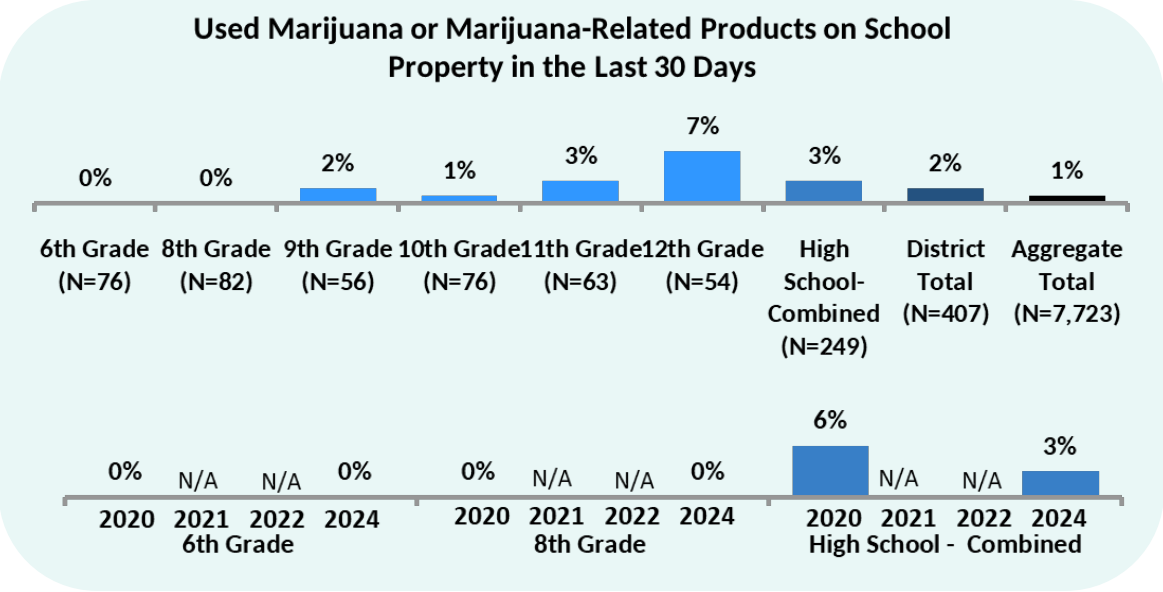


Drug Use on School Property

- Rates of using e-cigarettes on school property are very low across all grades.
- High school students show a substantial decrease in rates of e-cigarette use on school property in 2024 compared to 2020.
- Of the few students who have used e-cigarettes on school property recently, 4 have done so 10 or more times.



- Rates of using marijuana on school property are similarly low, with 12th grade students having the highest rates.
- Of the 8 students who have used marijuana on school property recently, 5 have done so 10 or more times.



Q83
and
Q91

During the past 30 days how many times did you use an e-cigarette or vape on school property? ...marijuana or marijuana-related products on school property?

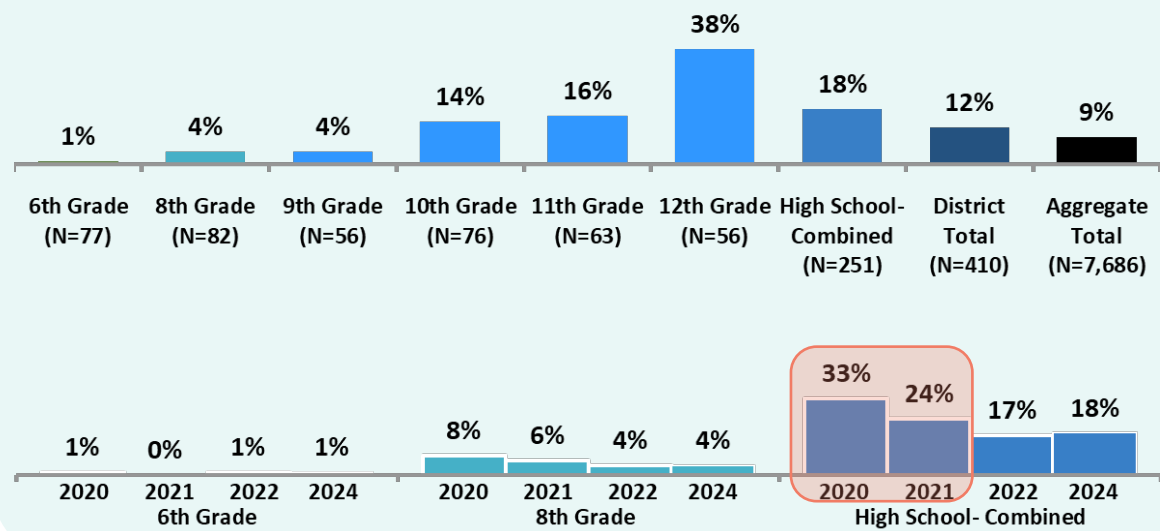
2020

2024

Alcohol Consumption

- Rates of alcohol consumption are far higher in high school compared to middle school students.
- Rates of alcohol consumption appear to be trending down for high school students since 2020.

Drank Alcohol in the Past 30 Days



Aggregate Demographics and Behaviors Associated with Recent Alcohol Use (9% of the population)

Demographics

- 29% of those who identify as Native Hawaiian or Pacific Islander
- 13% of those who identify as Middle Eastern American
- 13% of those who identify as Hispanic, Latino, Latina, Latinx or Latine

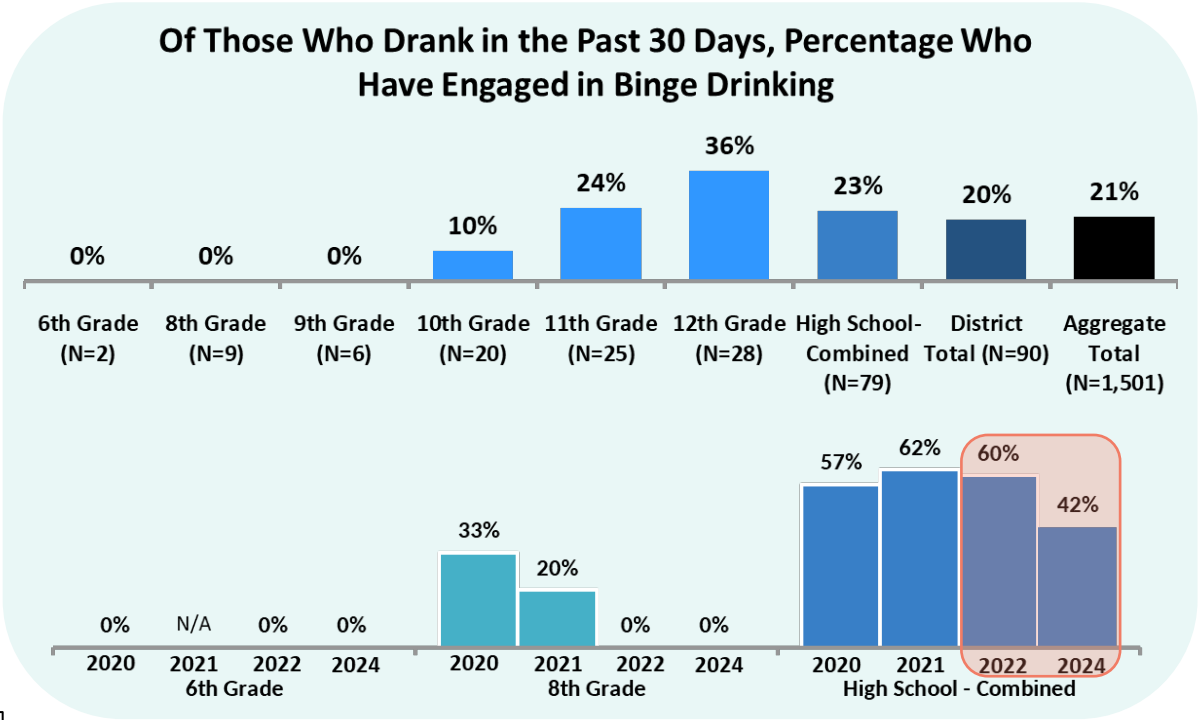
Those who recently drank alcohol are also more likely to:

- View pornography (68%)
- Send or receive sexual messages (43%)
- Have sexual intercourse (39%)
- Be sexually harassed (30%)
- Be depressed (28%), self-harm (22%), or consider suicide (15%)
- Use e-cigarettes (25%) or marijuana (33%)
- Be bullied (22%) or cyberbullied (15%)
- Engage in unhealthy dieting (20%)
- Bully (10%) or cyberbully others (10%)



Binge Drinking

- Overall, 1 in 5 (20%) of those who drank in the 30 days leading up to the survey also report binge drinking during that time.
 - Furthermore, 1% binge drank 10 days or more in the 30 days leading up to the survey.
- Binge drinking appears to be declining at the high school level, compared to 2022.



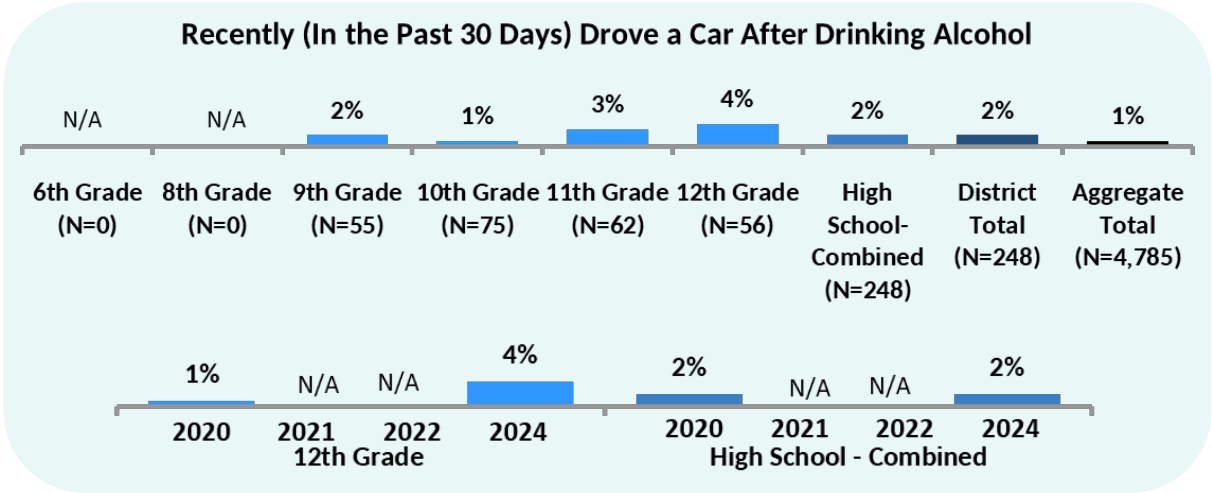
*Note, Ns, especially for 6th and 8th graders, are low, so results may not be generalizable.



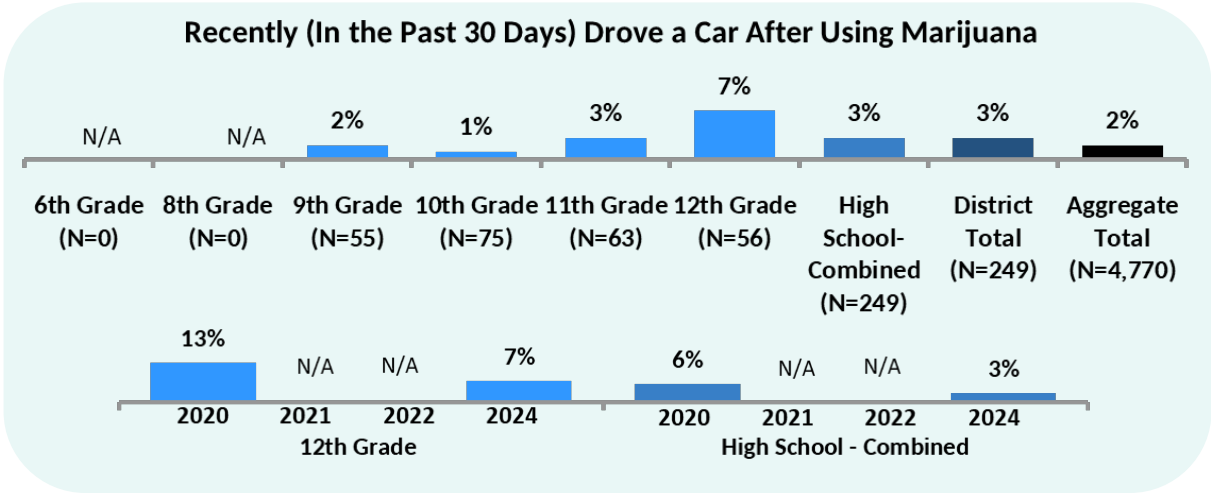
Unsafe Driving

Driving Under the Influence of Alcohol or Marijuana

- Rates of driving while under the influence of alcohol are very low across grade levels.
- These rates remain stable over time for high school grades combined.



- Rates of driving while under the influence of marijuana are also very low, and they are highest in 12th grade.
- While remaining low over time, combined high school rates for driving under the influence of marijuana are half what they were in 2020.



*Note, these questions were not asked of 6th and 8th grade students.



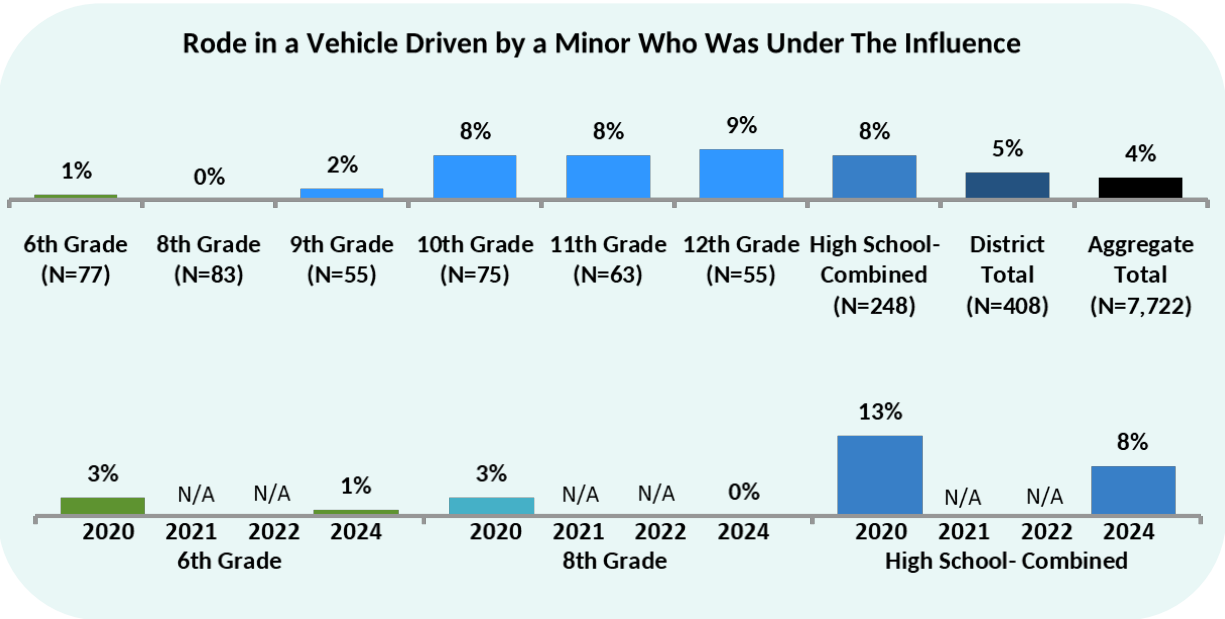
Q94
and
Q95

During the past 30 days how many times did YOU drive a car or other vehicle when you had been drinking alcohol?
...when you had been using marijuana?

2020			2024
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Riding With Someone Under the Influence

- While low overall, rates for riding in a car with a driver who is under the influence are higher than rates for driving under the influence, which are shown on the previous slide.
- Rates of riding in a vehicle driven by a minor who is under the influence appear higher in 10th through 12th grades compared to younger students. These rates appear to have declined since 2020.



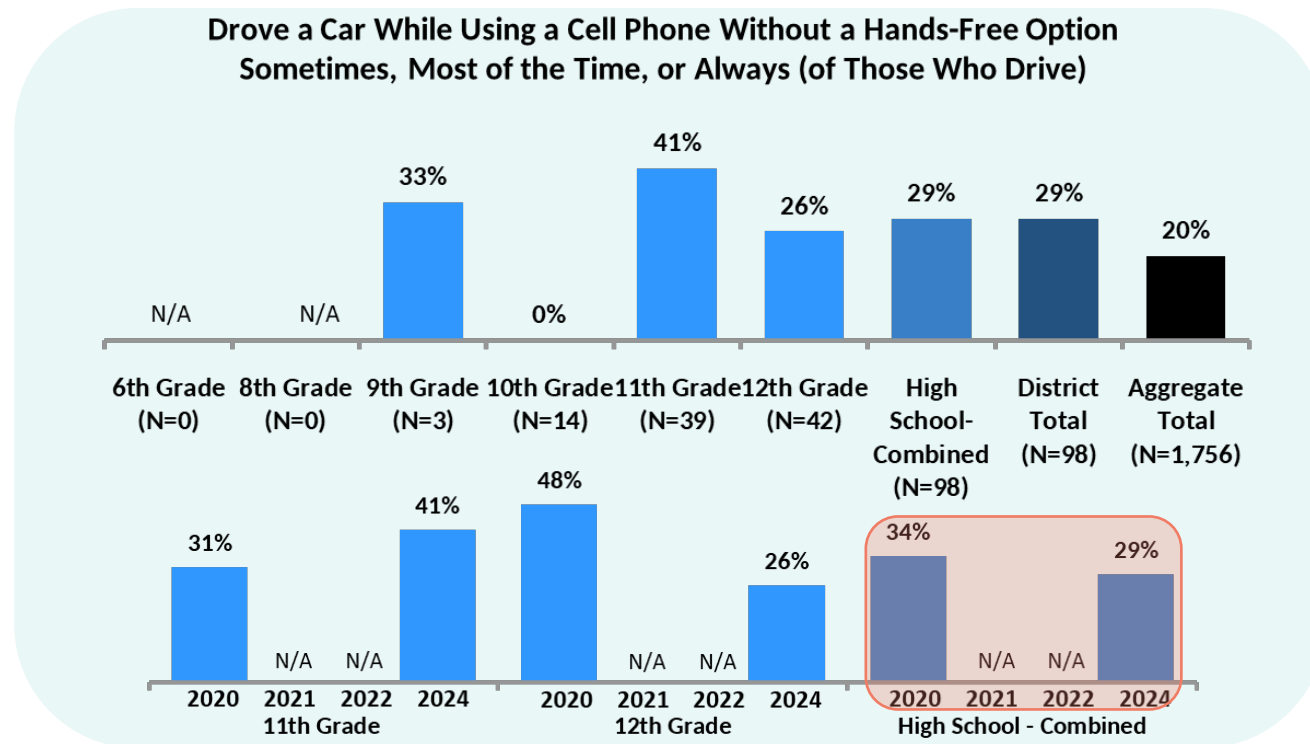
Those who are more likely to ride with a minor who is under the influence of alcohol or drugs include those who:

- Drive a car while using a cell phone without a hands-free option (40%)
- Binge drink alcohol (39%)



Using Cell Phones While Driving

- Of those who drive, over 1 in 4 (29%) drove while using a cell phone (without a hands-free option) sometimes, most of the time, or always.
 - Furthermore, 10% of those who drive use a cell phone without a hands-free option most of the time or always.
- The rate of distracted driving appears to have decreased since 2020.



*Note, this question was not asked of 6th and 8th grade students.



Q96

During the past 30 days have you driven a car while using a cell phone to talk, text, or access the internet or social media without a hands-free option?

2020

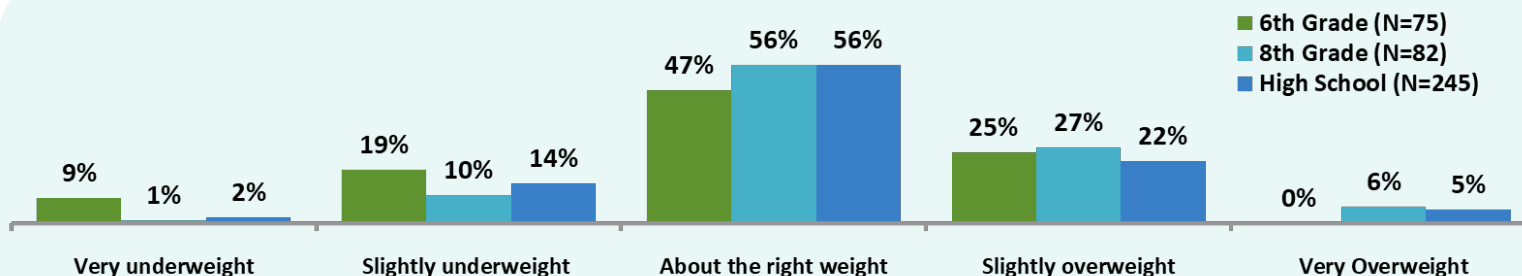
2024

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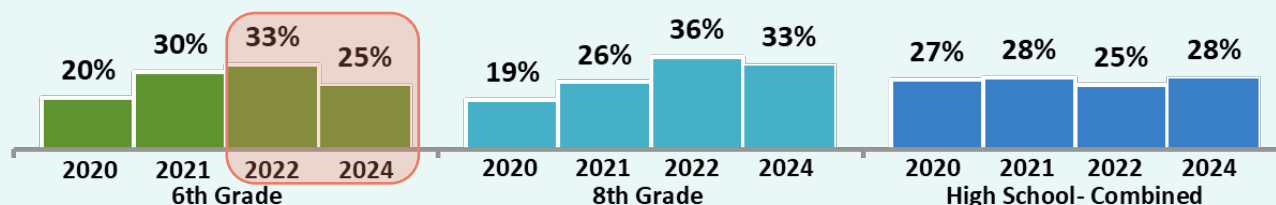
Body Image and Dieting

Body Image

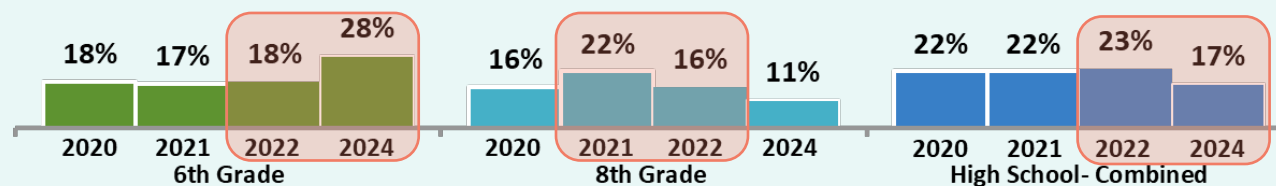
How would you describe your weight?



Percent Who Identify as Very or Slightly Overweight



Percent Who Identify as Very or Slightly Underweight

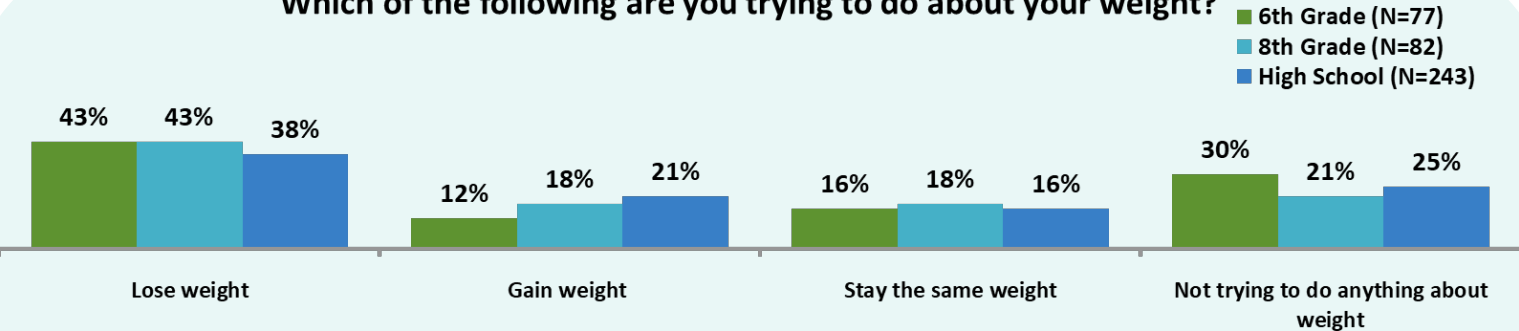


- Over half of older students and just under half of 6th graders feel that they are at about the right weight.
- Though these rates have fluctuated somewhat over time, rates of identifying as overweight appear to have been trending up among middle school students between 2020 and 2024, while rates of identifying as overweight appear to have declined among 6th grade students since 2022.

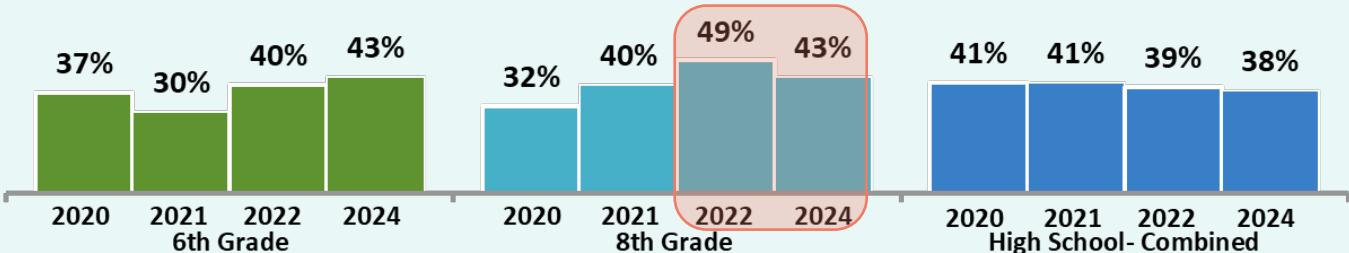


Weight Goals

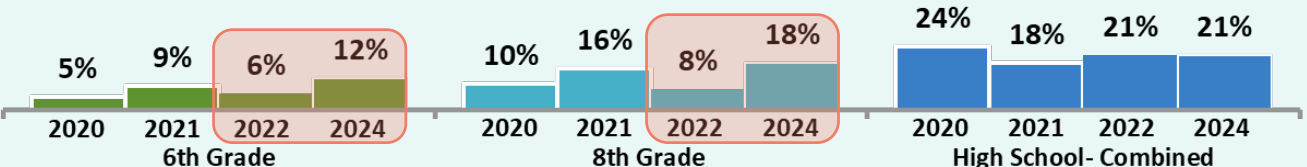
Which of the following are you trying to do about your weight?



Percent Trying to Lose Weight



Percent Trying to Gain Weight

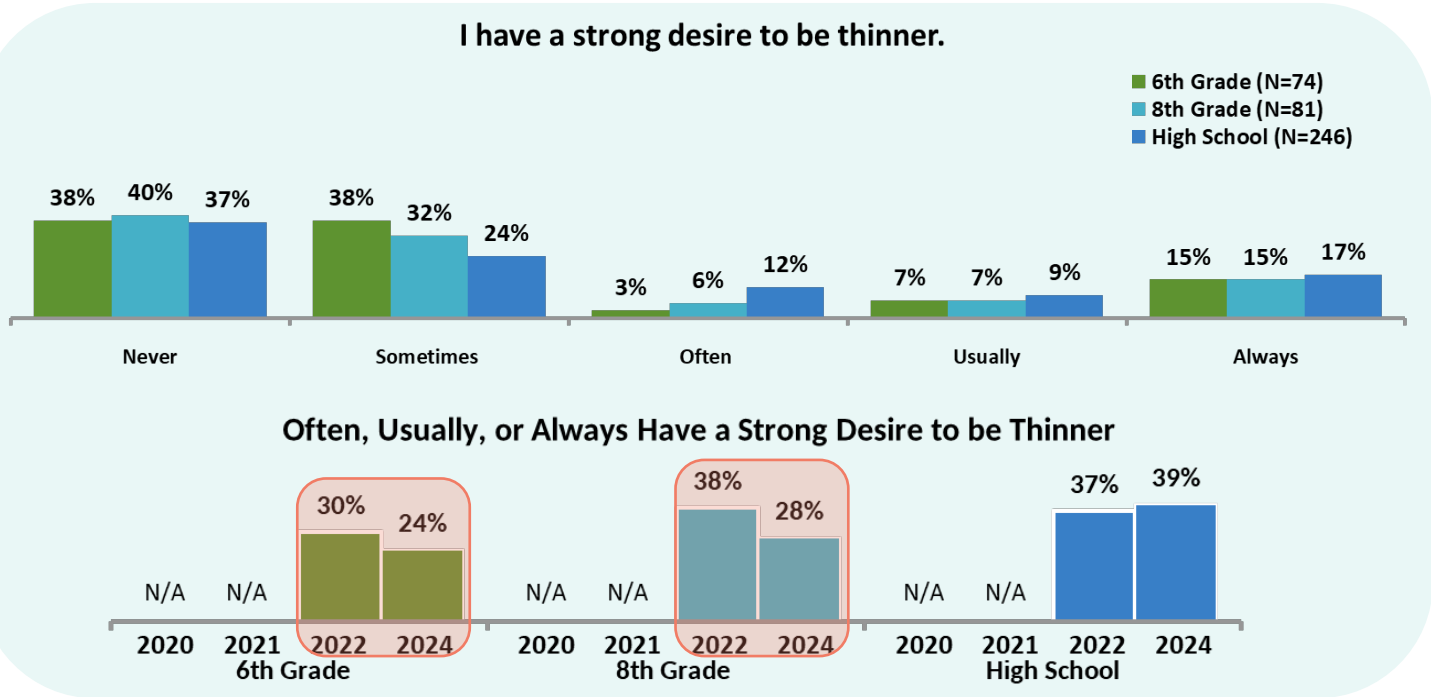


- Although 28% of students overall said they felt they were overweight, 40% of all students indicated that they were trying to lose weight.
- 72% of students who said they were slightly or very overweight indicated they were trying to lose weight.
- 30% of those who thought they were about the right weight indicated wanting to lose weight.
- Most concerning, 18% of those who identified as underweight also indicated a desire to lose weight.
- Rates of trying to lose weight are largely stable for high school students but may be trending up among middle school students in 2024 compared to 2020.
- Rates of trying to gain weight appear to be trending up since 2020 among middle school students but remained largely stable among high school students.



Desire to be Thinner

- While 61% of students who felt they were overweight indicated they often, usually, or always had a strong desire to be thinner, 23% of those who felt they were at the right weight, and 27% of those who identified as underweight also felt this way.
- This desire to be thinner appears to have decreased among middle school students compared to 2022.
- In the aggregate sample, those who identify as non-heterosexual, female, or non-binary are especially likely to indicate a strong desire to be thinner.



Aggregate Demographics and Behaviors Associated with Often, Usually, or Always Having a Strong Desire to be Thinner (33% of the population)

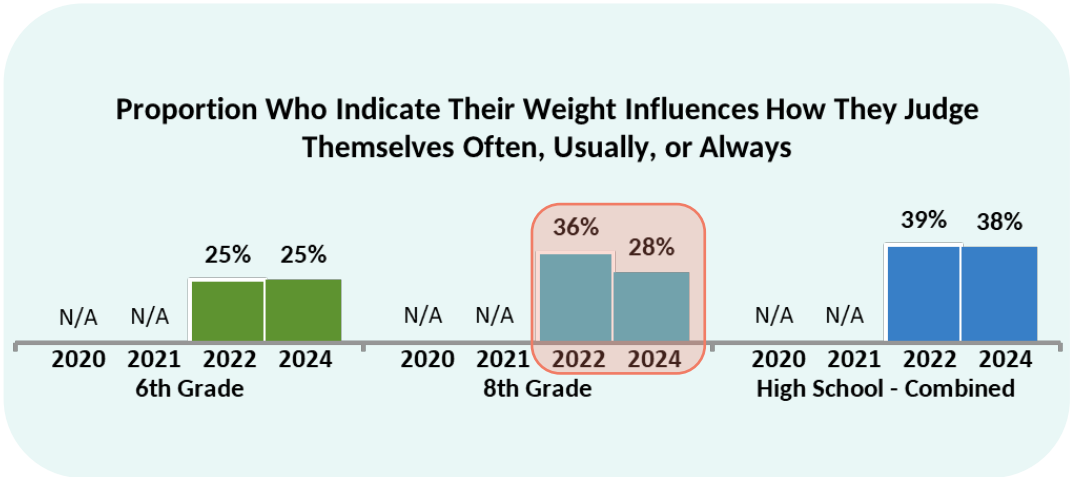
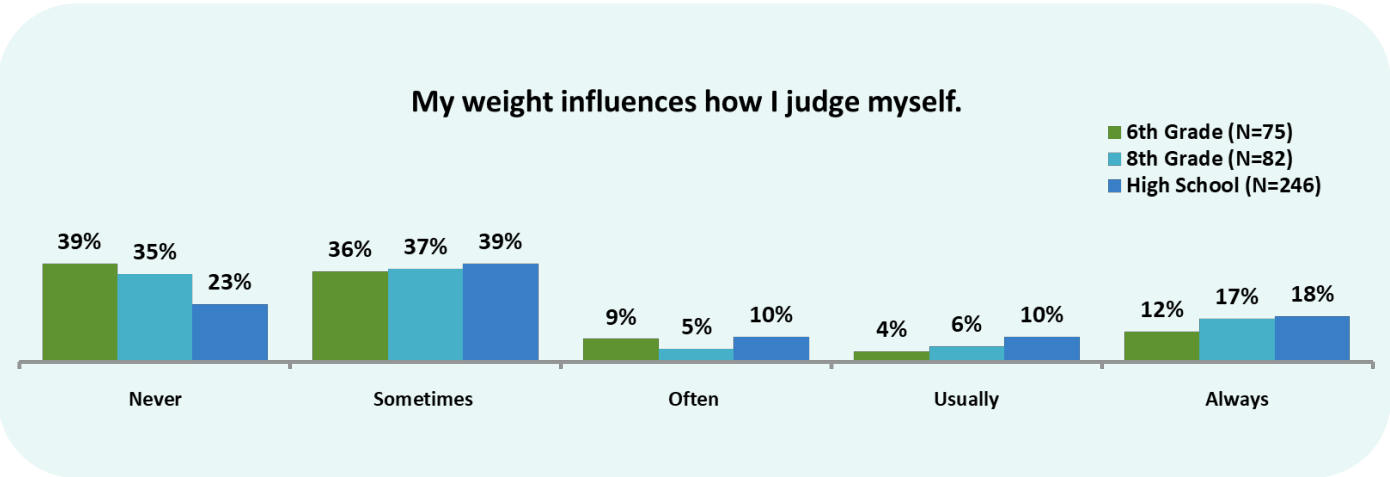
- Demographics**
- 38% of those who identify as non-heterosexual
 - 34% of those who identify as female
 - 33% of those who identify as non-binary
 - 33% of those who identify as transgender
 - 33% of those who identify as Hispanic or Latinx
 - 26% of those who identify as Middle Eastern American or Black or African American

- Those who have a desire to be thinner are also more likely to:**
- Indicate their weight influences their self-image (77%)
 - Consider themselves overweight (56%)
 - Avoid food to cope with stress (48%)
 - Eat to cope with stress (47%)
 - Be depressed (30%), self-harm (26%), or consider suicide (15%)
 - Be sexually harassed (24%)
 - Be bullied (21%) or cyberbullied (13%)
 - Engage in unhealthy dieting (15%)



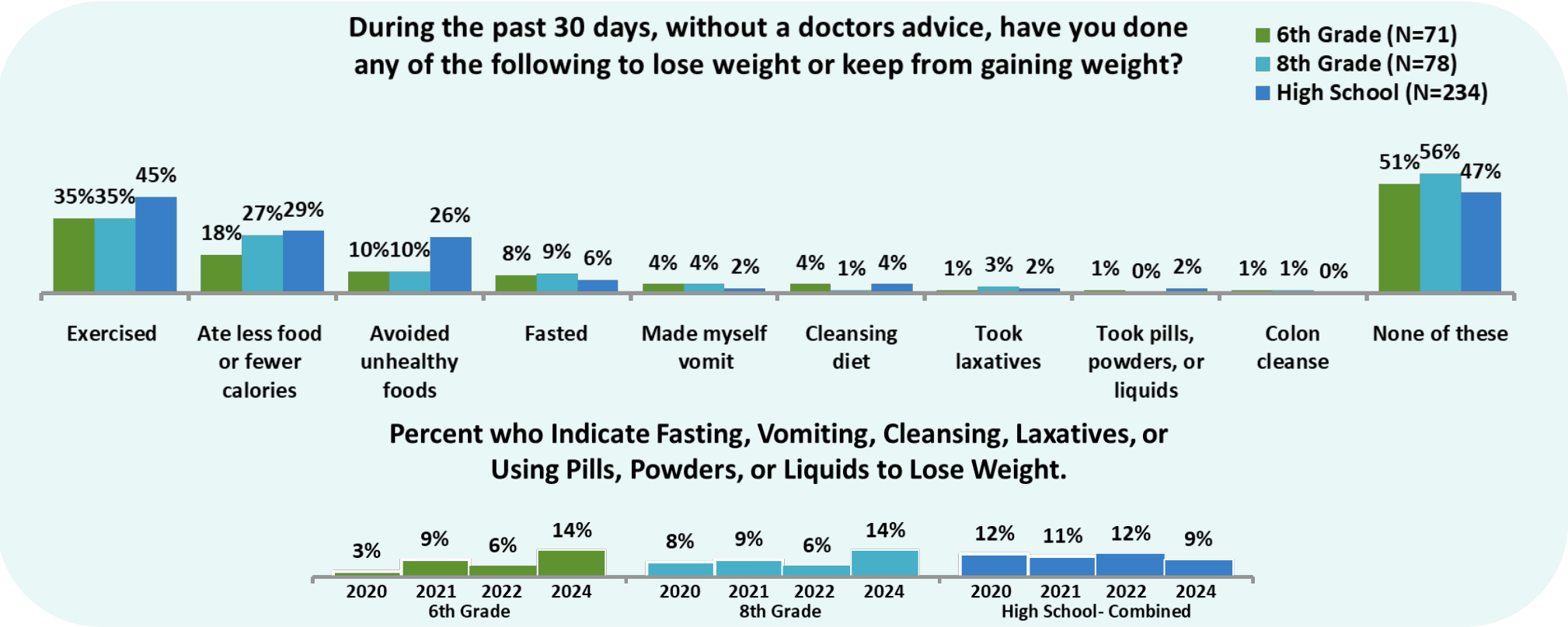
Body Image

- Just over 1 in 3 students (34%) overall said their weight often, usually, or always influences how they judge themselves.
- These rates have remained largely stable between 2022 and 2024 for most grades, though rates appear to decrease among 8th graders.
- This was especially high among those who had a strong desire to be thinner (77%), were trying to lose weight (60%), or identified as overweight (54%).



Unhealthy Dieting

- Overall, 11% of students engage in dangerous behaviors to lose weight.
- Moreover, 27% of those who have a strong desire to be thinner sometimes or more often indicate using these methods.
- Such behaviors were also high among those were trying to lose weight (21%) and identified as overweight (17%).
- The rate at which students use these methods appears to have remained low over time but may be trending up among middle school students compared to 2022.



Unhealthy Dieting (cont.)

Aggregate Demographics and Behaviors Associated with Unhealthy Dieting (9% of the population)

Demographics

- 22% of those who identify as Native Hawaiian or Pacific Islander
- 21% of those who identify as non-binary
- 19% of those who identify as non-heterosexual
- 11% of those who identify as female

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

- Indicate trying to lose weight (78%)
- Often, usually, or always have a strong desire to be thinner (73%)
- Often, usually, or always feel their weight influences how they judge themselves (72%)
- Be depressed (43%), self-harm (36%), or consider suicide (24%)
- Be sexually harassed (36%)
- Be bullied (28%) or cyberbullied (21%)
- Drink alcohol (20%)
- Use e-cigarettes (11%)
- Use marijuana (11%)

This slide only shows information from the aggregate sample, as Ns for certain racial and ethnic groups are small within the Maynard district and may not be generalizable.

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

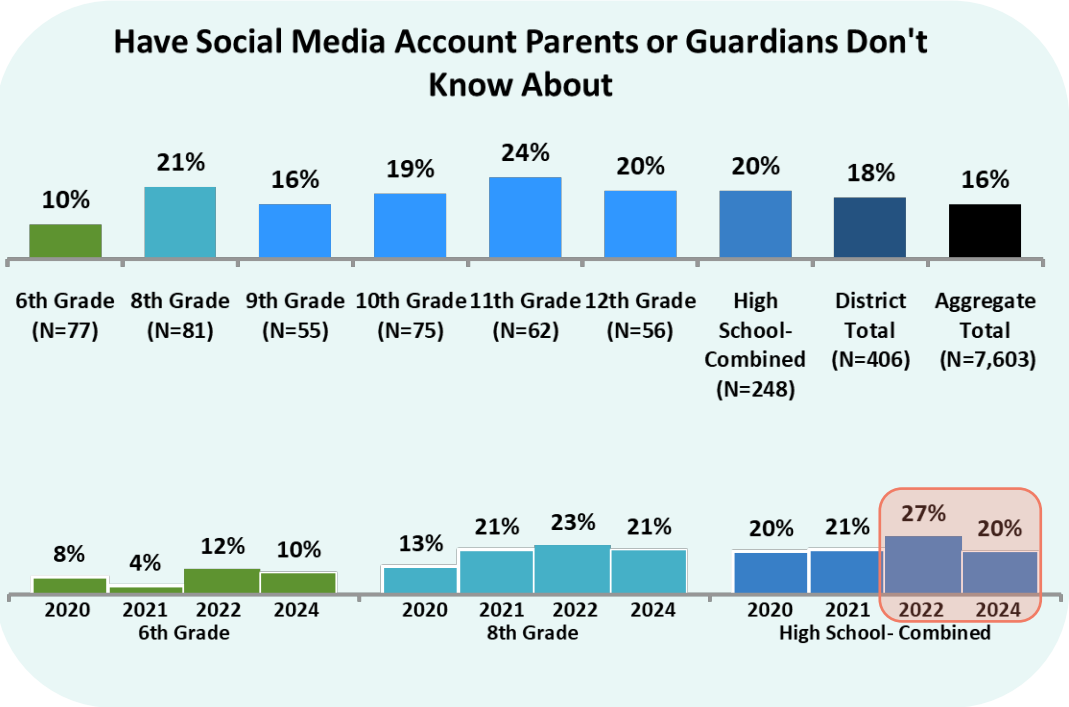
- Those most at risk for unhealthy dieting are those who have a non-traditional gender identity or sexuality and women.
- Additionally, those that engage in unhealthy dieting also have high rates of depression, self-harm, and feeling their weight influences their self-image.



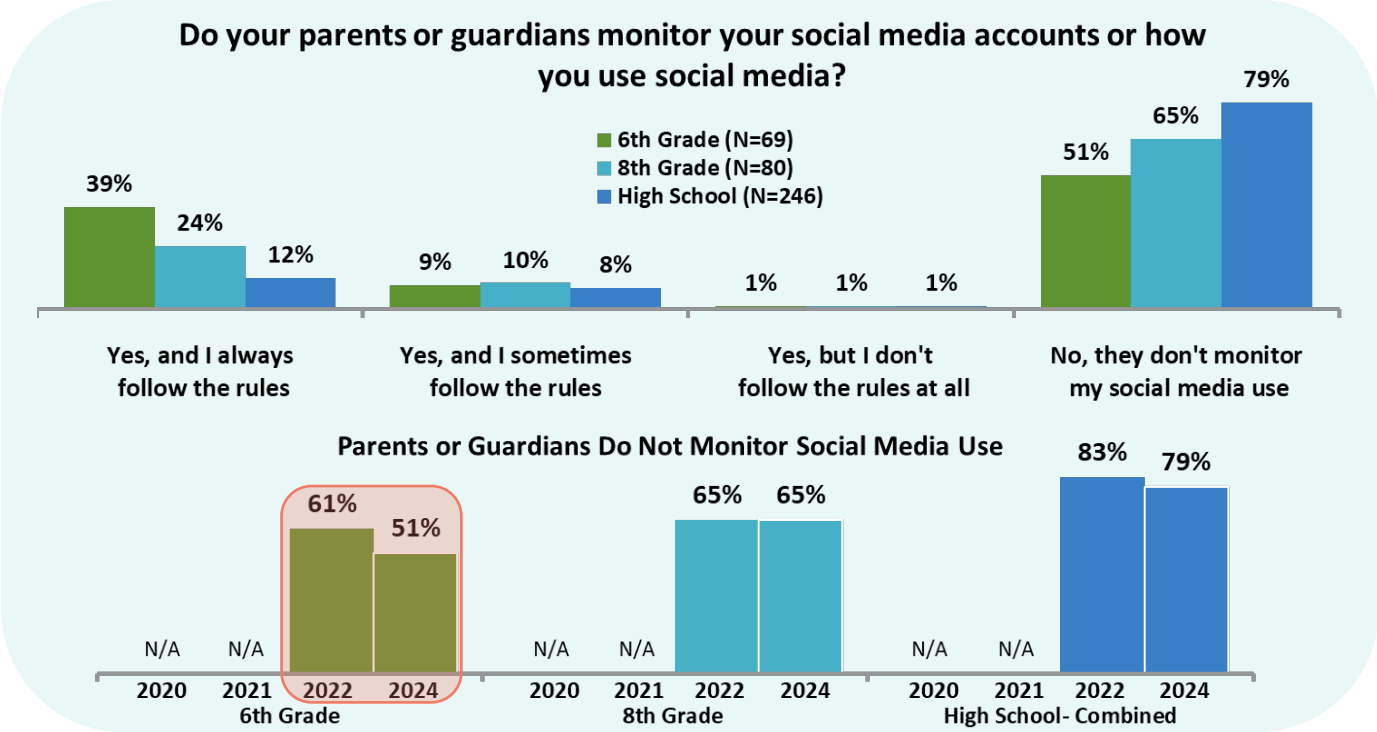
Social Media and Cellphone Use

Parental Involvement on Social Media

- Rates of having social media accounts their parents do not know about appear lowest in 6th grade.
- These rates remain largely stable over time for most grades but may be trending down among high school students since 2022.



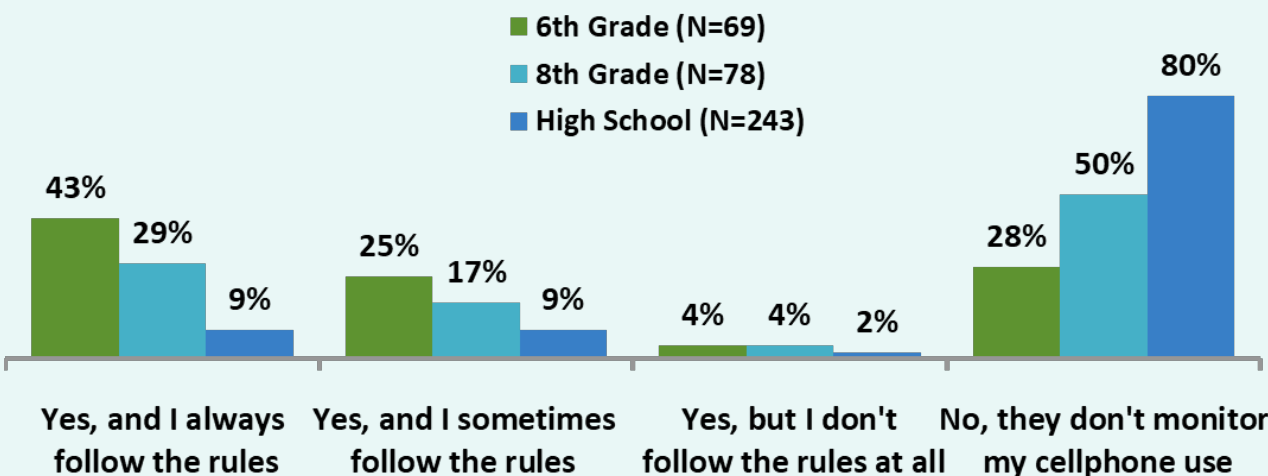
- Overall, parents are less likely to monitor social media for older students:
 - 49% of 6th graders have parents who monitor social media.
 - 35% of 8th graders have parents who monitor social media.
 - 21% of high schoolers have parents who monitor social media.
- However, 14% of those who say their parents monitor their social media, have an account of which their parents are unaware.



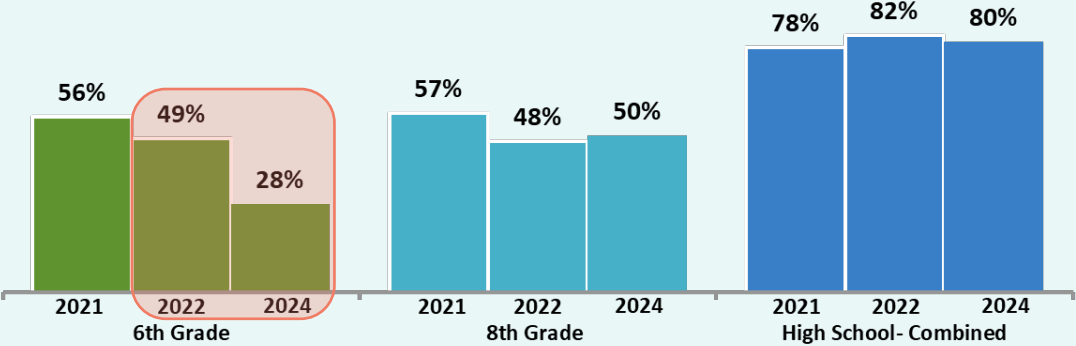
Q124	Do you have any social media accounts that your parents or guardians don't know about?	2020	2021	2022	2024
Q125	Do your parents or guardians monitor your social media accounts or how you use social media?			2022	2024

Parental Involvement in Cellphone Usage

Do your parents or guardians monitor your cellphone use?



Parents Don't Monitor Cell Phone Usage

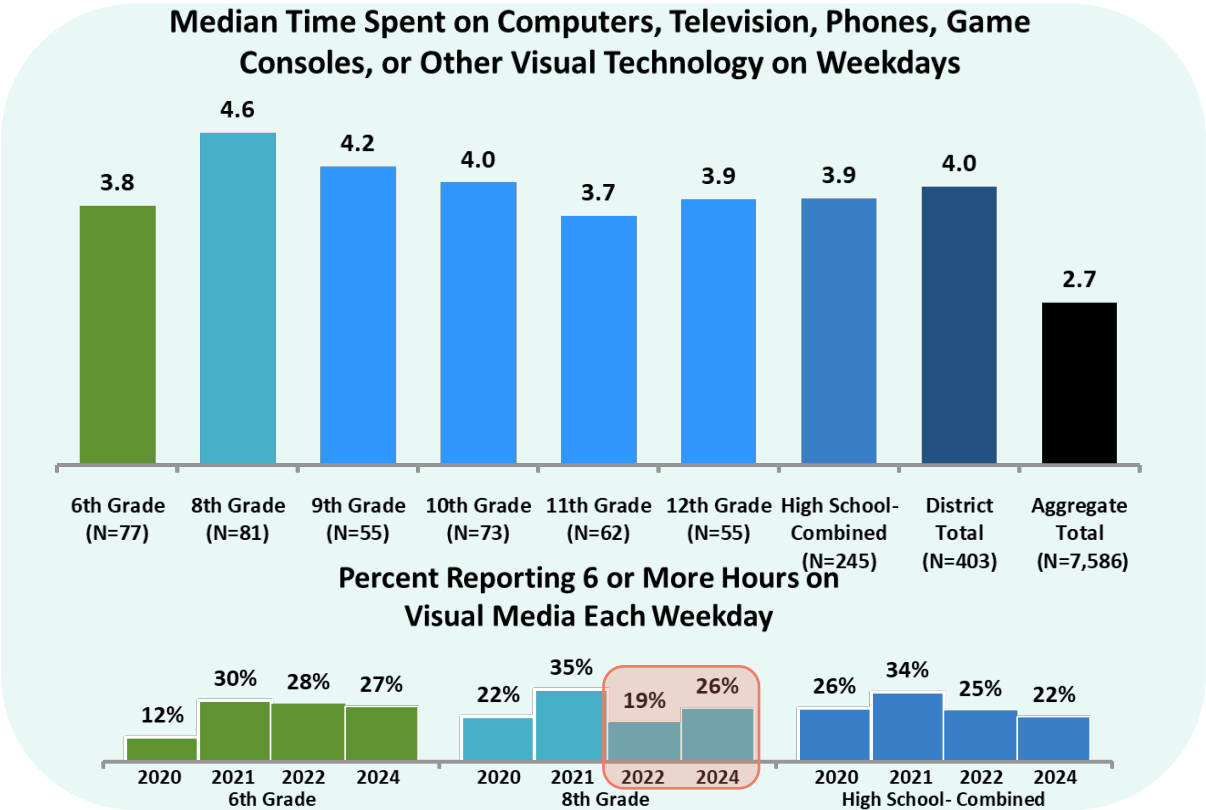


- Similar to social media use, parents are less likely to monitor cellphone use for older students:
 - 72% of 6th graders have parents who monitor their phone.
 - 50% of 8th graders have parents who monitor their phone.
 - 20% of high schoolers have parents who monitor their phone.
- 6th graders report higher rates of parents monitoring their cell phone use in 2024 compared to prior years.

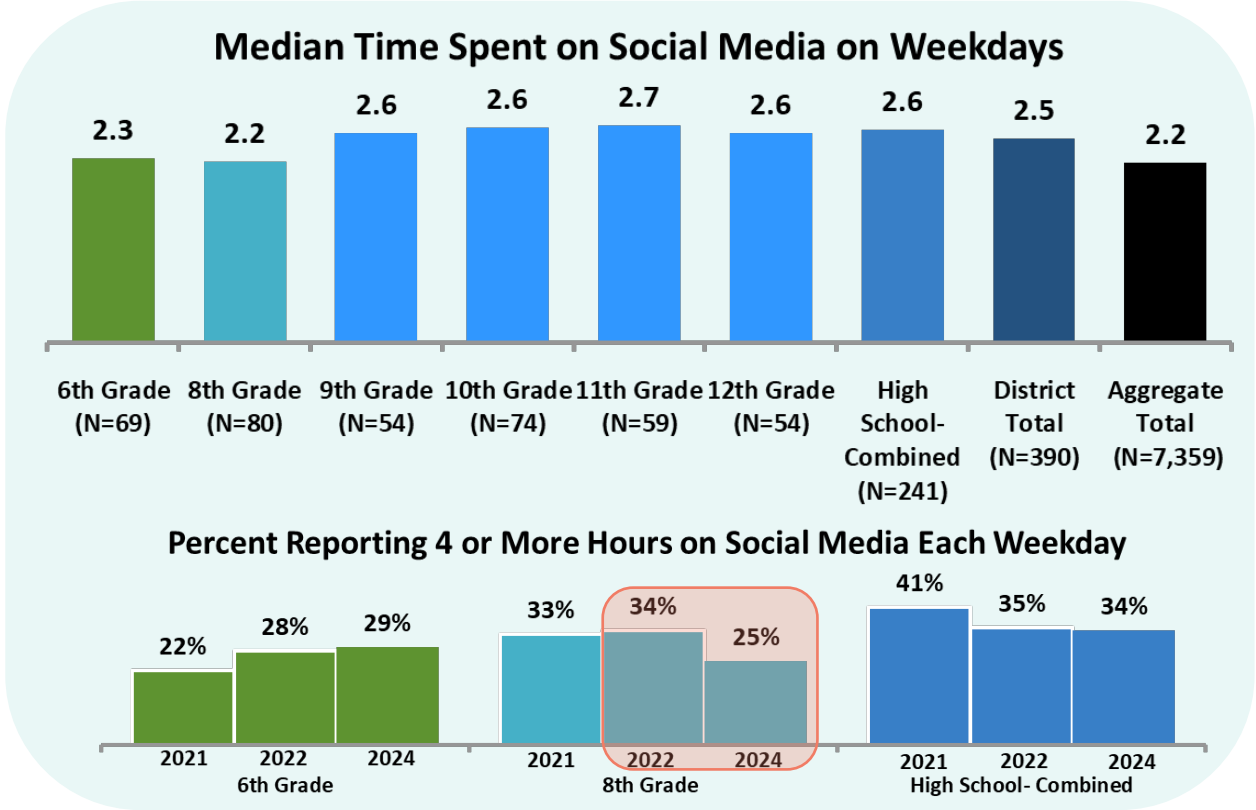


Screen Time and Social Media

- Overall, students report spending a median of 4 hours on electronic devices on weekdays for non-school related activities.
- Rates of spending 6 or more hours on visual media each weekday appear to be trending down among high schoolers since 2021; however, 8th grade is up since 2022..



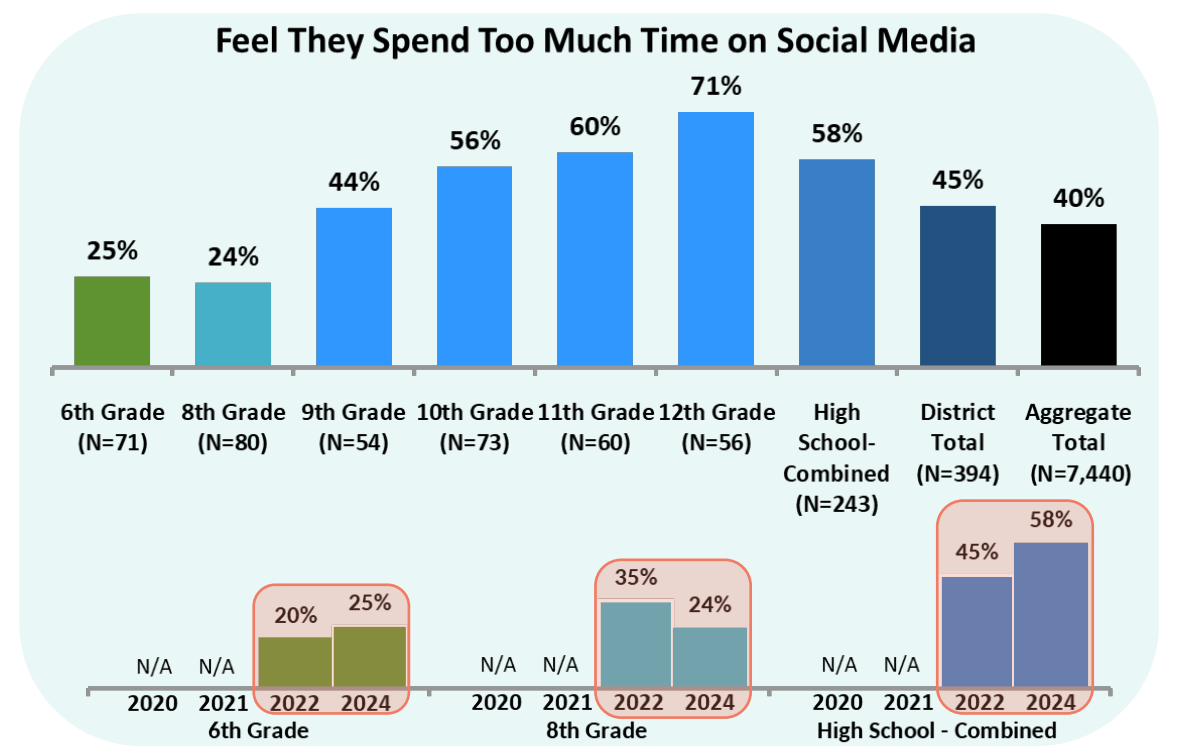
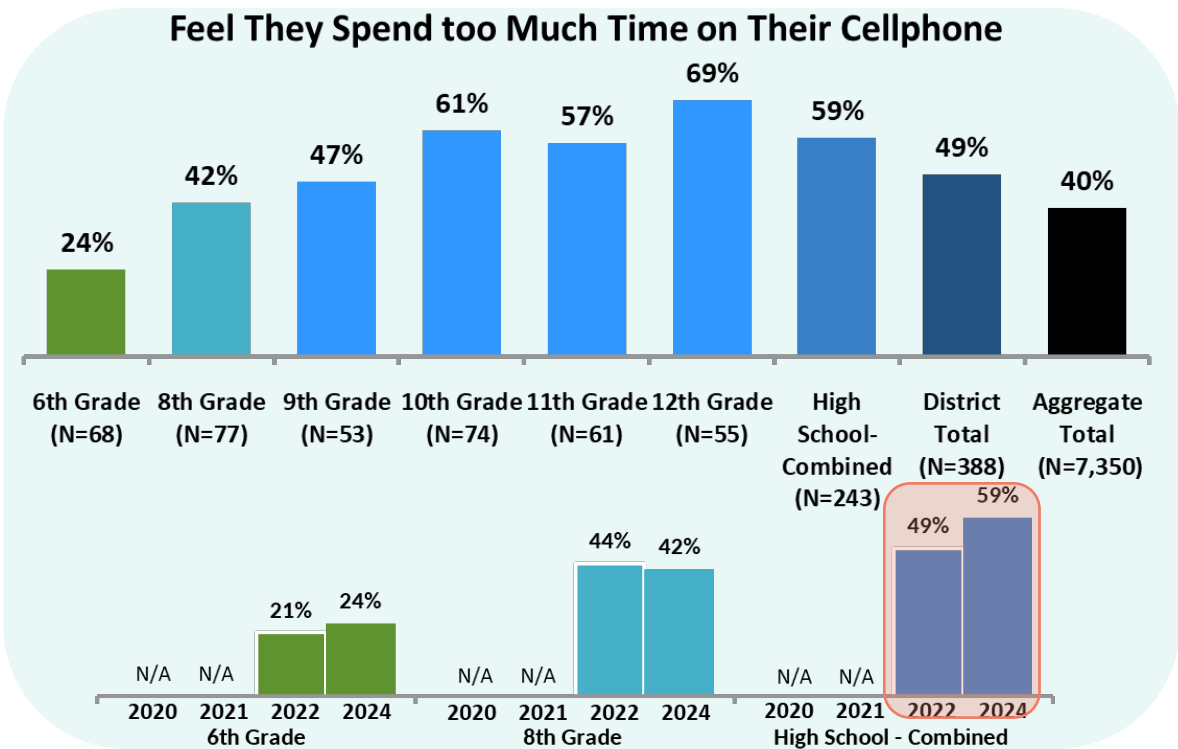
- Overall, students report spending a median of 2.5 hours on social media on weekdays.
- Further, just under 1 in 3 students (31%) in the overall sample report spending 4 or more hours on social media each weekday.



Q122	How much time do you spend weekdays after school using computers, television, phones, game consoles, or other visual technology for non-school related activities?	2020	2021	2022	2024
Q123	How much time do you spend weekdays on social media (e.g. Facebook, Twitter, Instagram, SnapChat, TikTok)?		2021	2022	2024

Perception of Time Spent on Cellphones and Social Media

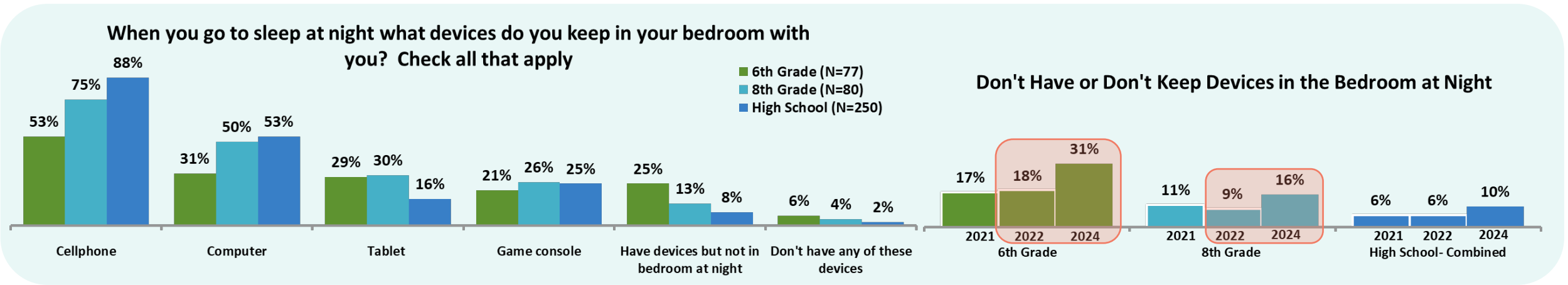
- Overall, just under half of students feel they spend too much time on their phones or on social media (49% and 45%, respectively).
- The feeling that one spends too much time on their phones or on social media appear much higher in older grades compared to middle school, despite screen time and social media time not substantially changing with each grade.
- Rates of feeling they spend too much time on phones and social media have increased among high school students since 2022.
- In the aggregate report, rates of feeling they spend too much time on their phones or on social media are especially high among those who identify as female, non-binary, or non-heterosexual.



Q118	Do you think you spend too much time, about the right amount of time, or too little time on your cellphone?			2022	2024
Q119	Do you think you spend too much time, about the right amount of time, or too little time on social media?			2022	2024

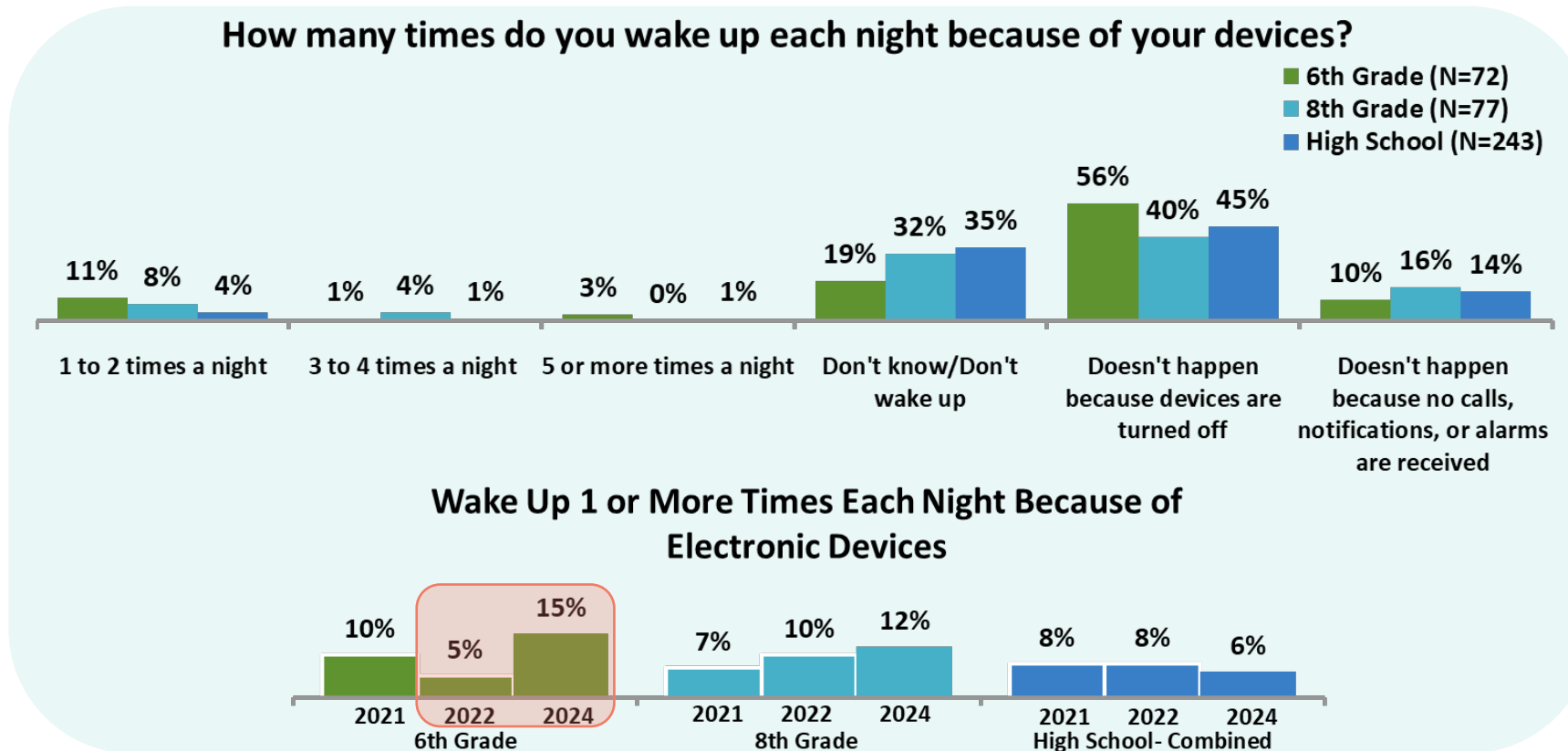
Electronic Devices in the Bedroom

- Cellphones are the most common devices students keep in the bedroom at night, followed by computers.
- High schoolers appear to show a greater tendency to keep their phone in their bedroom at night compared to 6th and 8th graders.
- Rates of not keeping devices in the bedroom at night have remained stable or increased for all grades between 2021 and 2024.



Effect of Electronic Devices on Sleep

- Overall, 9% of students wake up at least once because of their devices at night.
- More than half of 6th grade students and about 2 in 5 older students turn off their devices at night.



Q115

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

2021

2022

2024

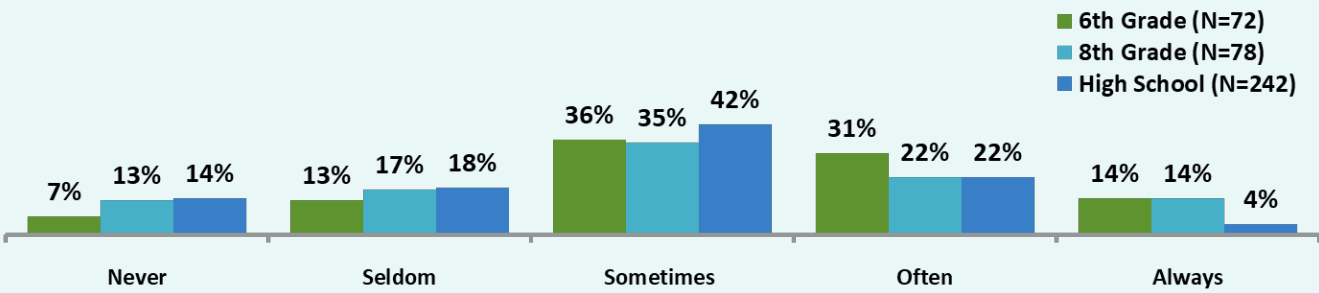
Cellphone Distraction: Notifications

- Overall, 31% of students feel they must immediately respond to messages often or always.
- Rates of feeling they must always respond to messages immediately appear highest in 6th grade, where rates are trending up compared to 2022.
- On the other hand, rates appear to be trending down among older students.

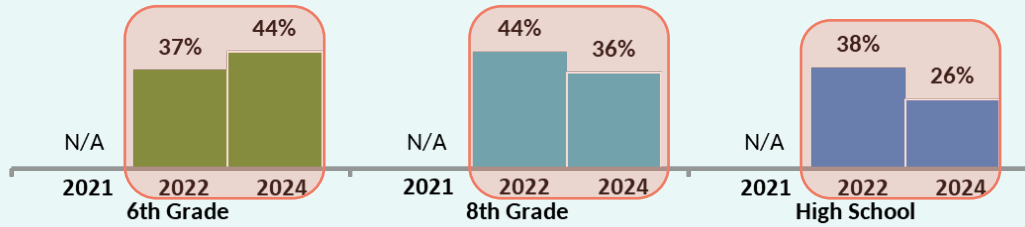
Those who often or always feel the need to respond to messages immediately are also more likely to:

- Have unwanted contact from someone they talked to online (23%)
- Experience difficulty leaving group chats or social media events that make them uncomfortable (23%)

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



Often or Always Feel the Need to Respond to Messages Immediately



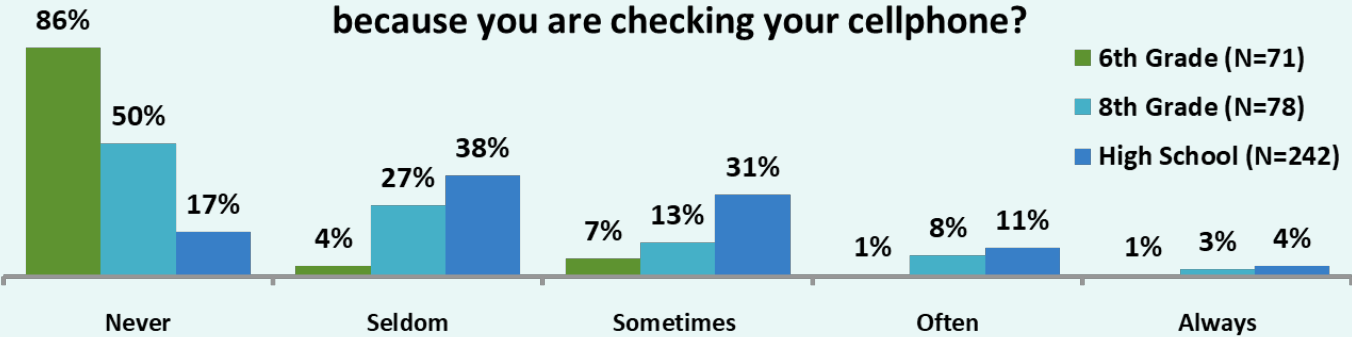
Cellphone Distraction: Focus in Class

- Overall, 12% of students indicate losing focus often or always due to checking their cellphone.
- High school students appear especially likely to lose focus, with 14% saying they often or always lose focus in class due to their phone compared to 10% of 8th grade or 3% of 6th grade students.
- Additionally, 17% of those who often or always feel they must immediately respond to messages also often or always indicate losing focus.

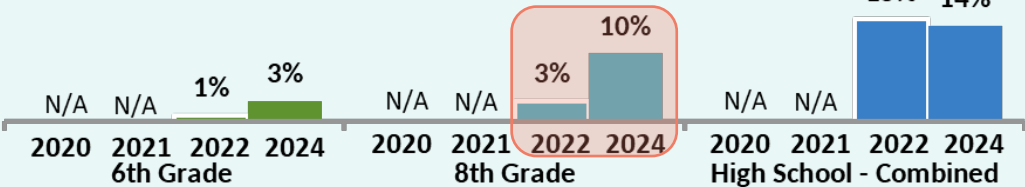
Those who often or always lose focus in class due to checking their phone are also more likely to:

- Feel they spend too much time on their phones (71%) or on social media (68%)

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

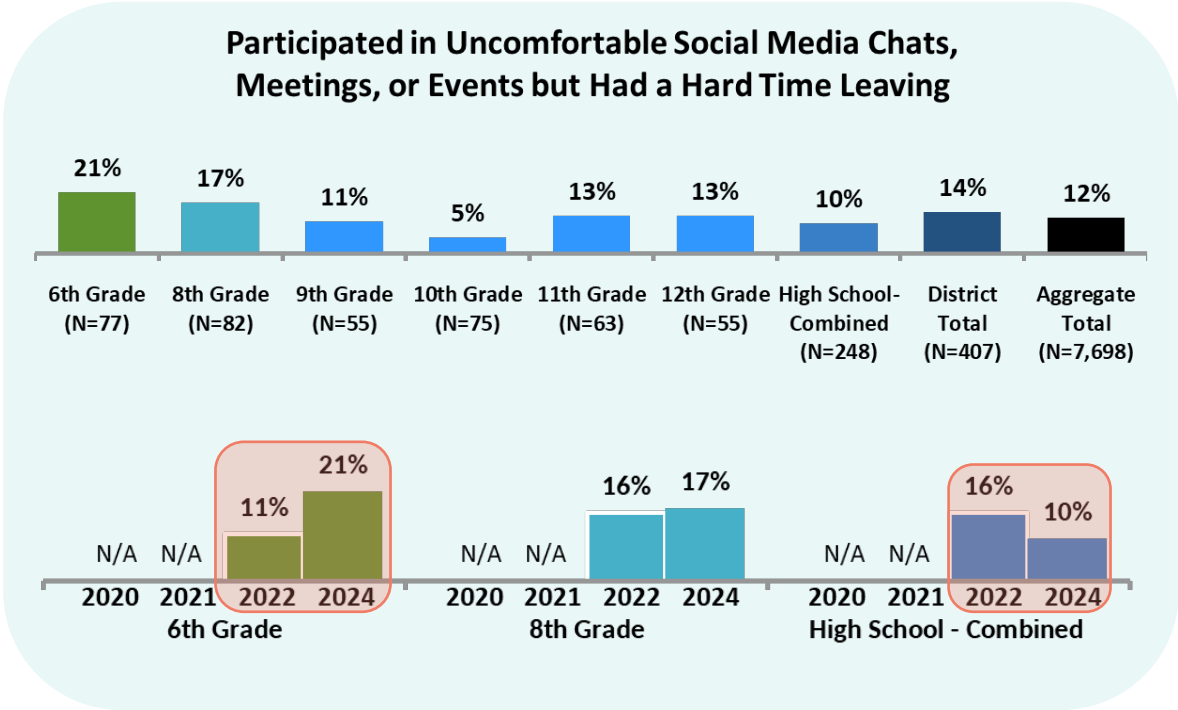
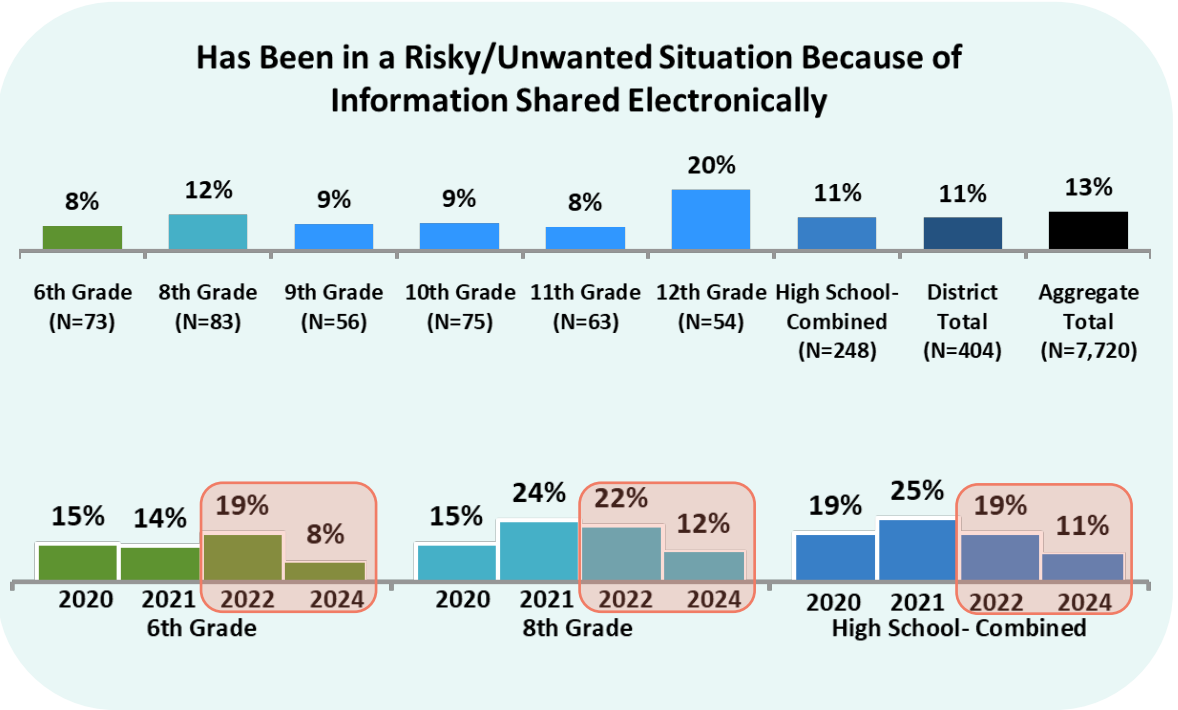


Often or Always Lose Focus in Class Due to Looking at Their Cell Phone



Risky Online Behaviors and Unwanted Contact

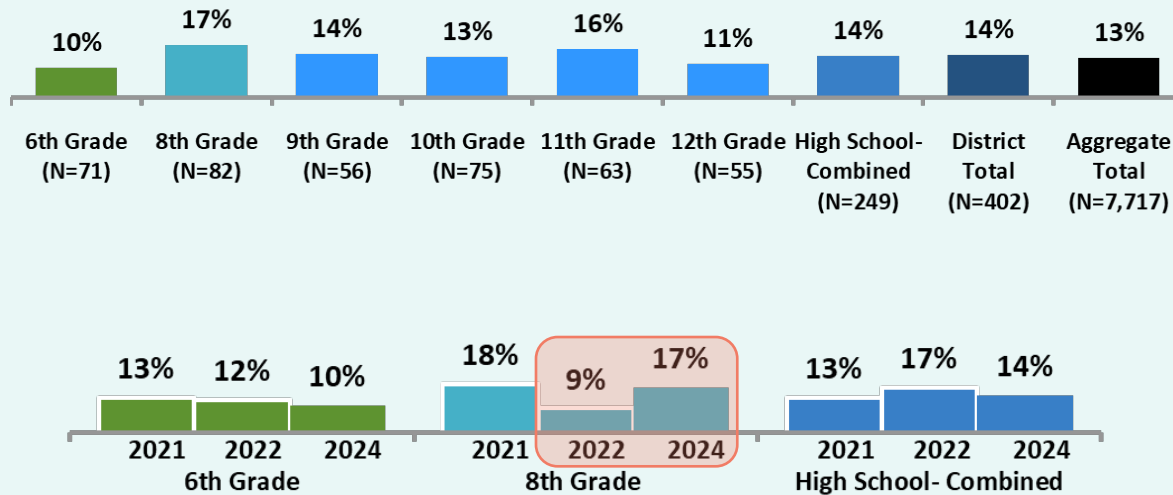
- The rate of students being in risky or unwanted situations due to information shared electronically appears to be highest in 12th grade.
- Between 2022 and 2024, these levels appear to decrease among all students.
- Rates of having a hard time leaving uncomfortable social media chats appear highest in middle school.
- These levels appear to have increased over time for 6th graders, remained stable among 8th graders, and are trending down among high schoolers.



Q49	Have you ever found yourself in a risky/unwanted situation because of information you shared electronically?	2020	2021	2022	2024
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	2024

Unwanted Online Contact

Had Unwanted Contact from Someone Online in the Past 12 Months



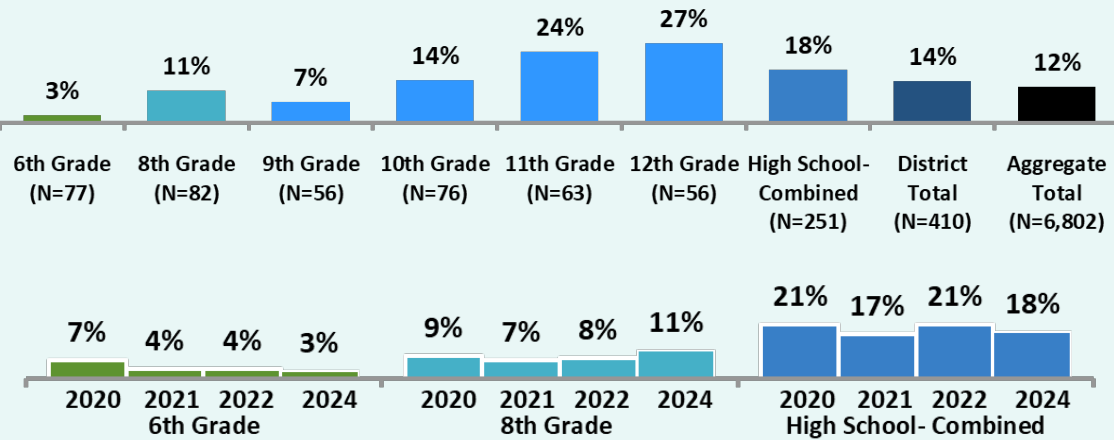
- Rates of unwanted online contact appear relatively stable over time, except for a dip in rates among 8th graders in 2022.
- This is especially common for those who indicate they have:
 - Been bullied (29%) or cyberbullied (44%)
 - Have social media accounts their parents or guardians don't know about (26%)



Sending or Receiving Sexually Explicit Messages

- Rates of sending or receiving sexually explicit messages are highest in the last 2 years of high school.
- Rates of sending and receiving such messages appears somewhat stable over time.
- In the aggregate sample, those who identify as transgender or Southeast Asian American 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 and to view pornography.

Sent or Received Sexually Explicit Messages or Photos Electronically in the Past 12 Months



Aggregate Demographics and Behaviors Associated with Sending or Receiving Sexually Explicit Messages (12% of the population)

Demographics

- 27% of those who identify as Native Hawaiian or Pacific Islander
- 25% of those who identify as transgender
- 21% of those who identify as non-binary
- 19% of those who identify as Black or African American
- 18% of those who identify as non-heterosexual

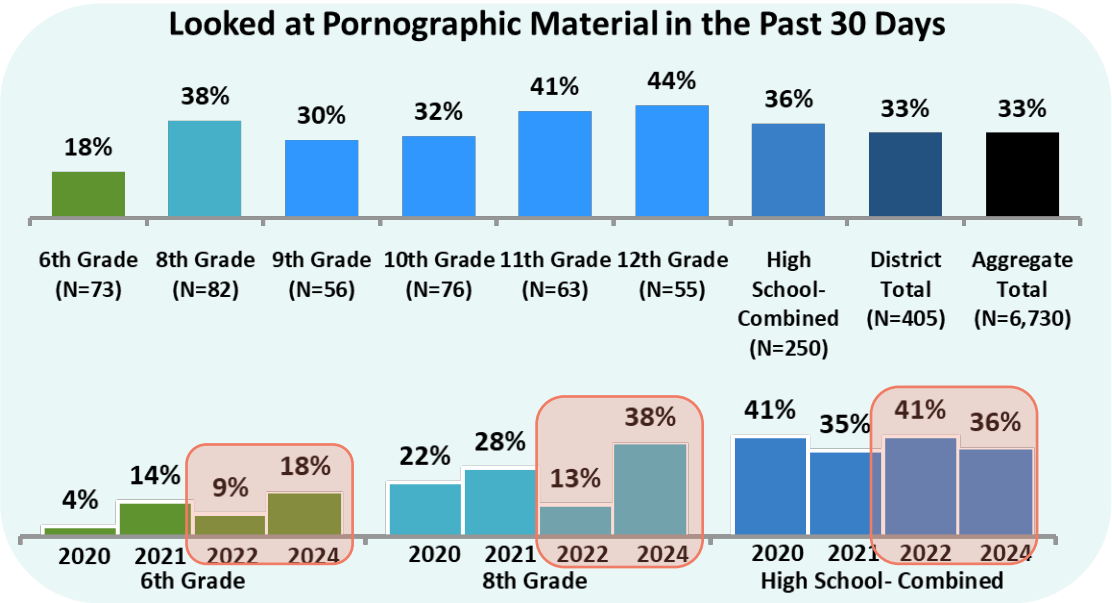
Those who have sent or received sexual messages are more likely to:

- View pornography (82%)
- Be sexually harassed (42%)
- Drink alcohol (35%)
- Be depressed (34%), self-harm (28%), or consider suicide (19%)
- Have sexual intercourse (32%)
- Be bullied (28%) or cyberbullied (20%)
- Engage in unhealthy dieting (22%)
- Use e-cigarettes (17%) or marijuana (20%)
- Bully (9%) or cyberbully others (10%)



Pornography

- Rates of pornography viewing appear highest in the last 2 years of high school.
- 6th and 8th graders appear to be displaying an upward trend compared to 2022 regarding viewing pornography.
- However, question wording changed from previous years to describe pornography rather than using the term pornography. Given this, it is possible that exposure to pornography has not substantially increased for younger students, rather their understanding of the question improved compared to previous years.



Aggregate Demographics and Behaviors Associated with Recent Pornography Viewing (33% of the population)

Demographics

- 47% of those who identify as non-binary
- 46% of those who identify as transgender
- 44% of those who identify as non-heterosexual
- 42% of those who identify as Middle Eastern American
- 41% of those who identify as Southeast Asian American
- 34% of those who identify as male

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

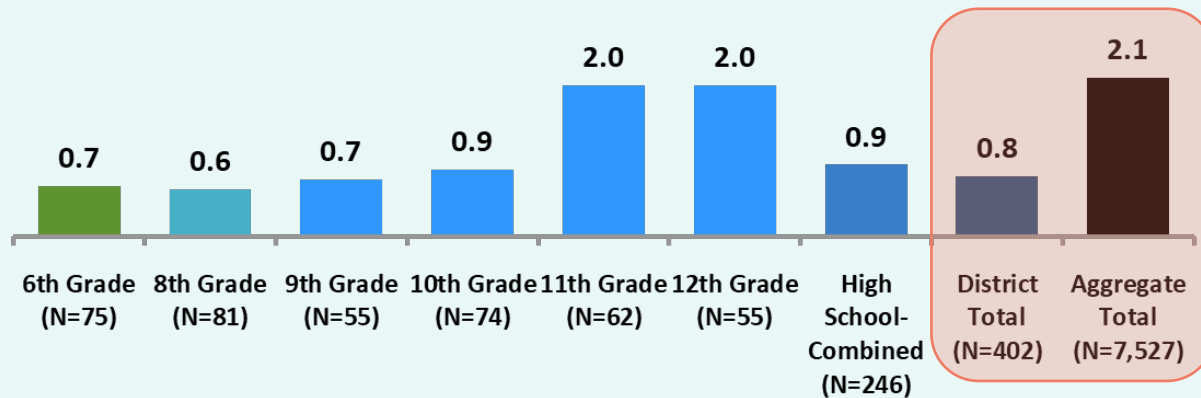
- Send or receive sexual messages (31%)
- Be sexually harassed (24%)
- Be depressed (24%), self-harm (22%), or consider suicide (13%)
- Drink alcohol (20%)
- Be bullied (19%) or cyberbullied (13%)
- Have sexual intercourse (16%)
- Engage in unhealthy dieting (14%)



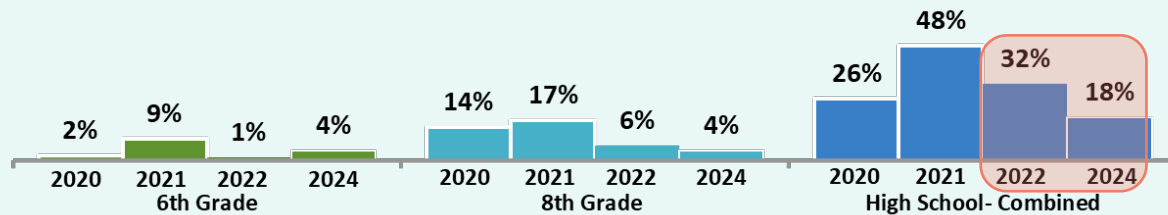
Lifestyle

Homework

Median Hours Spent Doing Homework Each Day



Does 3 or More Hours of Homework Each Day

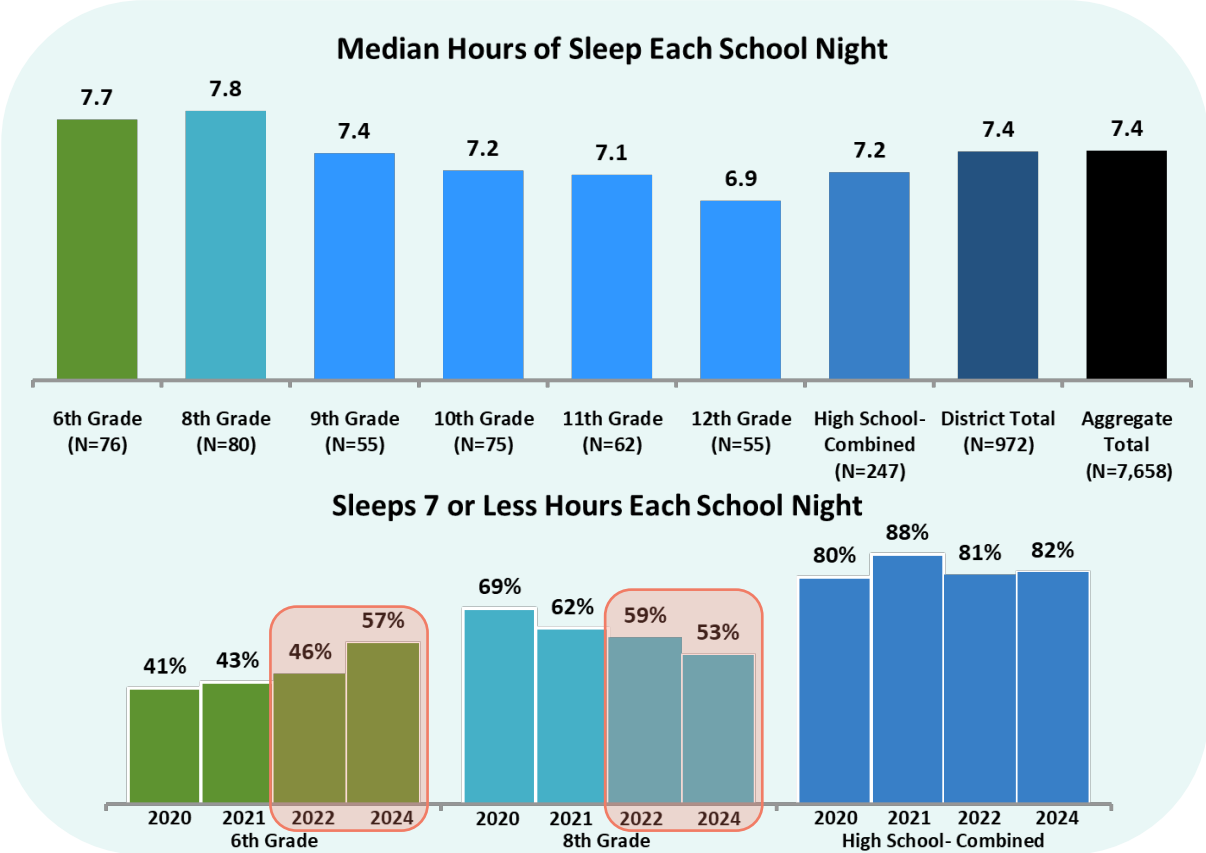


- While the median amount of time students spend on homework in 6th and 8th grade is under 1 hour each day, this increases to 2 hours in high school.
- Rates of doing 3 or more hours of homework each day decreased for all grades in 2024 compared to 2021.
- 76% of students who report 3 or more hours of homework each day also indicate that they have experienced somewhat high or very high levels of stress due to their academic course load.
- Maynard students report a lower median amount of time on homework compared to all district combined (0.8 hours, compared to 2.1 for the aggregate).



Sleep

- Most students get less than 8 hours of sleep each night, with 36% of all students reporting 6 or fewer hours.
- Within the aggregate sample, those with a non-traditional gender identity or sexual orientation and those who identify as Black or African American are among those most likely to get little sleep.



Aggregate Demographics and Behaviors Associated with Getting 6 or Fewer Hours of Sleep Each Night (33% of the population)

Demographics

- 51% of those who identify as non-binary
- 50% of those who identify as non-heterosexual
- 50% of those who identify as Black or African American
- 46% of those who identify as Native Hawaiian or Pacific Islander
- 46% of those who identify as transgender
- 43% of those who identify as Hispanic or Latinx
- 37% of those who identify as female

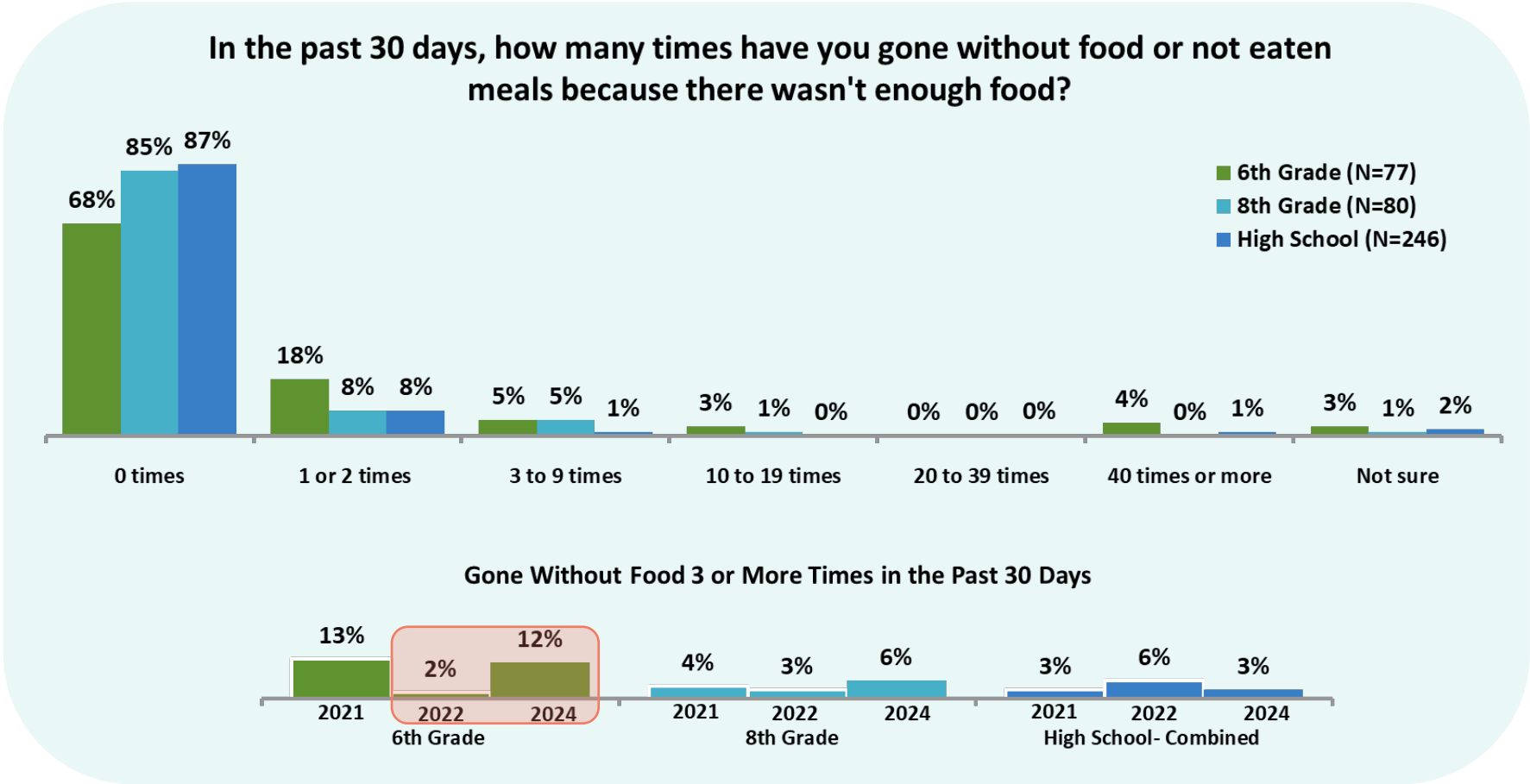
Those who get 6 or fewer hours of sleep each night are more likely to:

- Feel high levels of stress from academic workload (69%)
- Have a hard time navigating stressful events (40%)
- Feel high levels of stress from events or pressure at home (34%)
- Be depressed (25%), self-harm (18%), or consider suicide (11%)



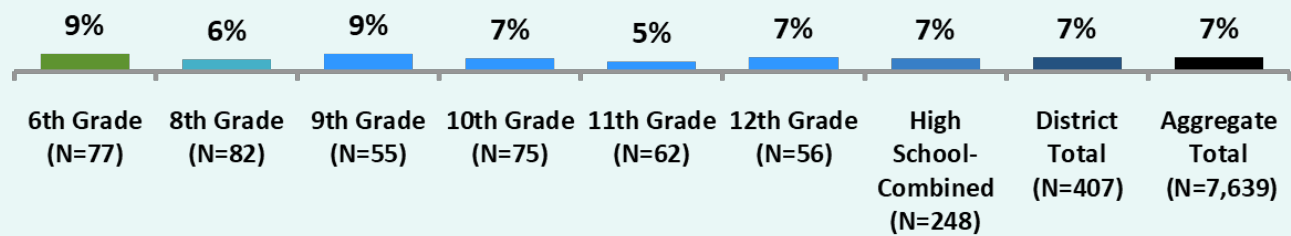
Going Without Food

- While the majority of students do not go without food, 5% of students have gone hungry 3 or more times in the 30 days prior to taking this survey.
 - Rates of going without food have remained somewhat stable between 2021 and 2024, with the exception of 6th grade where there is significant fluctuation.



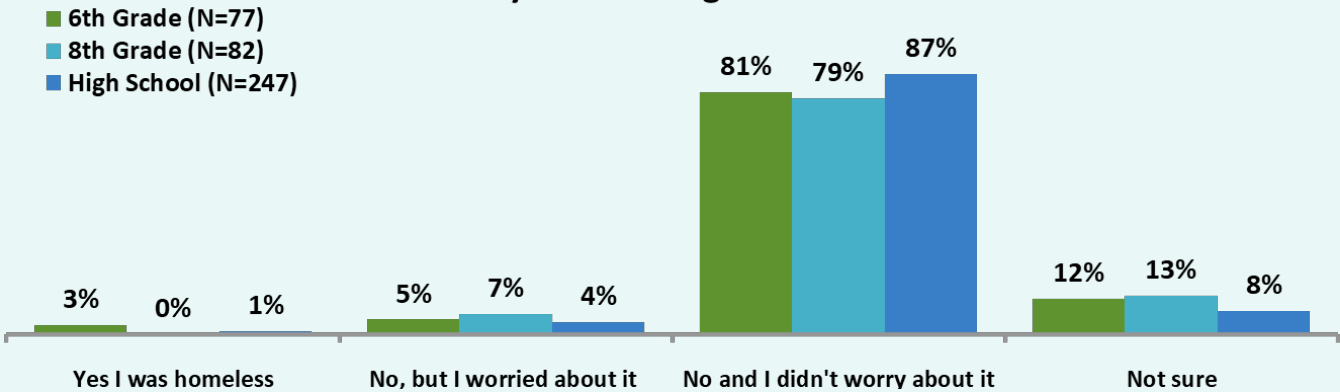
Moving and Homelessness

Moved to New Apartment or House in Past 30 Days



➤ Overall, 7% of students reported moving in the past 30 days.

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



➤ While low at 3%, 6th grade students appear to report higher rates of being homeless compared to older students.



Q127	In the past 12 months did you move to a new apartment or house?			2022	2024
Q128	At any point in the past 12 months were you homeless or did you worry about being homeless?			2022	2024

Appendix

Appendix A: Changes to Questionnaire

Questionnaire Differences in 2024

Questions that changed compared to previous years				
Q3	How do you identify yourself? • Female • Male • Something else (non-binary, etc)	How do you identify yourself? • Female • Male • Transgender • Other (Non-binary, etc)		
	2024	2022	2021	2020
Q4	Do you identify as transgender, or identify with a different gender than the one you were assigned at birth?	Do you identify as transgender?		
	2024	2022		
Q5	How do you think of yourself? • Straight (attracted to people the opposite gender as you, also known as heterosexual) • Gay or lesbian (attracted to people the same gender as you, also known as homosexual) • Bisexual (attracted to people both the same and opposite gender as you) • Something else (asexual, pansexual, etc.) • Not sure	How do you think of yourself? • Straight (heterosexual) • Gay or lesbian (homosexual) • Bisexual • Something else (asexual, pansexual, etc.) • Not sure		
	2024	2022	2021	2020
Q15-22	How do you describe yourself? – Hispanic or Latino/Latina/Latinx/Latine included instead of as a separate ethnicity question	How do you describe yourself? – asked if they identified as Hispanic or Latino/Latina/Latinx separately.		
	2024	2022	2021	2020



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

Questionnaire Differences in 2024

Questions that changed compared to previous years				
Q 48	During the past 30 days, on how many days have you seen or heard pictures, stories, sounds, or actions that show nudity or sexual behavior, either in electronic or any other format? <ul style="list-style-type: none"> • I have not seen or heard any in the past 30 days • 1 or 2 days • 3 to 5 days • 6 to 9 days • 10 to 19 days • 20 to 29 days • All 30 days 			During the past 30 days, on how many days did you look at pornographic material, either in electronic or any other format? <ul style="list-style-type: none"> • I have not looked at pornographic material in the past 30 days • 1 or 2 days • 3 to 5 days • 6 to 9 days • 10 to 19 days • 20 to 29 days • All 30 days
	2024			2022 2021 2020
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
	2024	2022	2021	2020
Q55	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?
	2024	2022	2021*	2021* 2020



Questionnaire Differences in 2024

Questions that changed compared to previous years

Q56-71	When you are dealing with stress, which strategies do you use most often? Check all that apply to you. <ul style="list-style-type: none">NothingExerciseDrinking alcoholDoing drugsSmoking cigarettesVaping/Juuling/VuseingMindfulness/Mediation activitiesSelf-injuryWatching televisionAvoidance, ignoring the stress, walking awayEatingGamingSocial media (e.g. TikTok, Instagram, BeReal, Snapchat, X, Facebook)*Talking to someone I trustNot eating or avoiding foodGoing onlineOther			Which of the following strategies do you use most frequently to deal with stress? (Choose all that apply) <ul style="list-style-type: none">NothingExerciseDrinking/drugs/smokingVaping/Juuling/VuseingMediation/ relaxation activitiesSelf-injuryWatching televisionEatingOther		
	2024		2022		2021	2020
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? (Asked only of those who attempted suicide) <ul style="list-style-type: none">YesNo			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? <ul style="list-style-type: none">I did not attempt suicide during the past 12 monthsYesNo		
	2022		2021		2020	2018
Q78	In the past 12 months, has anyone you know from school told you they were thinking about hurting themselves or suicide? <ul style="list-style-type: none">Yes, they told me in person, on a phone/video call, or in a textYes, they told me online (direct messaging, email, in social media, etc)No, but I saw or heard something about the person from a friendNo, but I saw or heard something about the person onlineNo, nobody at school has told me they were thinking about hurting themselves or suicide			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) <ul style="list-style-type: none">No one told me they wanted to hurt themselves, and I'm not worried about anyoneNo one told me they wanted to hurt themselves, but I am worried about someoneYes, someone told me, but I didn't tell an adultYes, someone told me, and I did tell an adultNot sure		
	2024		2022		2021	2020



Questionnaire Differences in 2024

Questions that changed compared to previous years

Intro for Q80	The next questions ask about your experiences with alcohol and other substances. Alcohol includes beer, wine, hard seltzers , and liquor such as rum, gin, vodka, or whiskey. For these questions, drinking alcohol does NOT include drinking a few sips of wine for religious purposes.		The next questions ask about your experiences with alcohol and other substances. Alcohol includes beer, wine, wine coolers , and liquor such as rum, gin, vodka, or whiskey. For these questions, drinking alcohol does NOT include drinking a few sips of wine for religious purposes.		
	2024		2022	2021	2020
Q80	During the past 30 days, on how many days did you have at least one drink of alcohol? <ul style="list-style-type: none"> • 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 • 3 to 5 days • 6 to 9 days • 10 to 19 days • 20 to 29 days • All 30 days 		During the past 30 days, on how many days did you have at least one drink of alcohol? <ul style="list-style-type: none"> • 0 days • 1 or 2 days • 3 to 5 days • 6 to 9 days • 10 to 19 days • 20 to 29 days • All 30 days 		
	2024		2022	2021	2020
Q81	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? <ul style="list-style-type: none"> • 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 • 3 to 5 days • 6 to 9 days • 10 to 19 days • 20 to 29 days • All 30 days 		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? <ul style="list-style-type: none"> • 0 days • 1 or 2 days • 3 to 5 days • 6 to 9 days • 10 to 19 days • 20 to 29 days • All 30 days 		
	2024		2022	2021	2020



Questionnaire Differences in 2024

Questions that changed compared to previous years

Q82	During the past 30 days, on how many days did you use an electronic e-cigarette*, also called vaping, juuling, or vusing? • I have never used and e-cigarette or vaped • I have used an e-cigarette or vaped but not in the last 30 days • 1 or 2 days • 3 to 5 days • 6 to 9 days • 10 to 19 days • 20 to 29 days • All 30 days		During the past 30 days, on how many days did you use an electronic cigarette (e-cigarette), also called vaping, juuling, or vusing? • 1 or 2 days • 3 to 5 days • 6 to 9 days • 10 to 19 days • 20 to 29 days • All 30 days	
	2024	2022	2021	2020
Q90	During the past 30 days, on how many days did you use marijuana or marijuana-related products (not including CBD oil)? • 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 • 3 to 5 days • 6 to 9 days • 10 to 19 days • 20 to 29 days • All 30 days		During the past 30 days, on how many days did you use marijuana or marijuana-related products (not including CBD oil)? • 0 times • 1 or 2 days • 3 to 5 days • 6 to 9 days • 10 to 19 days • 20 to 29 days • All 30 days	
	2024	2022	2021	2020

* Note in 2024 “Electronic cigarette (e-cigarette)” was shortened to just “e-cigarette”.



Questionnaire Differences in 2024

Questions that changed compared to previous years

<p>Q101-109</p> <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
<p>2024</p>	<p>2022</p>
<p>Q125</p> <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>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
<p>2024</p>	<p>2022</p>
<p>2024</p>	<p>2021</p>
<p>2024</p>	<p>2020</p>

