

2022

Cambridge Public Schools

Teen and Middle Grades Health Survey

Full Report



Table of Contents

HIGH SCHOOL

Discrimination
Violence-Related Behaviors & Experiences
Bullying
Mental Health.....
Substance Use
Sexual Behavior
Physical Activity & Nutrition
Habits & Activities

MIDDLE GRADES

Discrimination
Violence-Related Behaviors & Experiences
Bullying
Mental Health.....
Substance Use
Sexual Behavior
Physical Activity & Nutrition.....
Habits & Activities

APPENDIX A - SURVEY QUESTIONS

APPENDIX B - MIDDLE GRADES DATA TABLES

APPENDIX C - HIGH SCHOOL DATA TABLES

About the Youth Risk Survey

The Youth Risk Behavior Surveillance System (YRBSS) monitors health behaviors, conditions, and experiences among middle and high school-aged students throughout the United States. The system includes a national Youth Risk Behavior Survey (YRBS), conducted by Centers for Disease Control and Prevention (CDC), as well as separate state, local school district, territorial, and tribal school-based YRBSSs, which are referred to as site-level surveys. These site level surveys use sampling methodologies that collect information from a relatively small but representative group of youth, which allows for these sites to generalize to the broader population. In turn, many municipalities, like Cambridge, conduct their own version of the YRBS, often modifying the CDC survey, so that they can gather information on their entire student body, and then segment their analysis by age, race, ethnicity, grade, special education status, and other respondent characteristics.

The YRBSS is designed to gather information related to a series of prioritized, health risk behaviors that are known to contribute to the leading causes of death, poor health, and disability among youth and young adults. These include:

- Behaviors that contribute to unintentional injuries and violence
- Sexual behaviors related to unintended pregnancy and sexually transmitted infections (STIs), including HIV infection
- Alcohol and other drug use
- Tobacco use
- Unhealthy dietary behaviors
- Inadequate physical activity

The YRBS also measures other high priority health-related behaviors and protective factors. These include:

- Prevalence of obesity
- Attitudes and perceptions related to substance use
- Food and housing insecurity
- Youth assets
- Academic achievement
- Sexual identity and sex of sexual contacts

Cambridge Public Schools (CPS) has administered an adapted version of the YRBS every two years since 2003. They conducted two separate paper copy surveys from 2003 to 2019—a high school survey of students in grades 9 through 12 and a middle grades survey of students in grades 6 through 8—but changed to a single electronic survey in 2021.

Administration of the Youth Risk Survey

SURVEY DEVELOPMENT

CPS and JSI developed the 2022 Cambridge Teen and Middle Grades Health Survey using past Cambridge youth surveys, the CDC YRBS, and the Massachusetts Department of Public Health's Youth Health Survey (YHS) for guidance. The 2022 survey instrument can be viewed in Appendix A.

SURVEY ADMINISTRATION & CONSENT PROCESS

Once the survey content was finalized, JSI designed self-administered, online surveys for the middle and high school using a nationally recognized, specialized survey platform called Alchemer. In addition to English, the survey was translated into Amharic, Arabic, Bengali, Chinese, Haitian Creole, Portuguese, and Spanish. CPS and JSI then developed a standard survey administration plan and schedule. Survey administration occurred from late-May to mid-June, during the students' regular class time.

Similar to the 2021 survey, the 2022 survey was completed online. This allowed for a more streamlined survey administration and instant access to the data. JSI was wholly responsible for protecting data and ensuring student confidentiality. The surveys were considered anonymous in that students were not asked to provide their names and no identifying information (e.g., Geodata, IP address) was collected.

Prior to administration, Cambridge was provided additional, tailored assistance with respect to implementing the student opt-out process, confidentiality practices, and other procedures to ensure the quality and integrity of the data collection process. Schools obtained passive parental permission. Parents were mailed a form explaining the purpose of the survey and given the opportunity to have their child "opt out" of taking it. Individual student surveys are never shared but are combined to create school-specific datasets.

DATA CLEANING

Online administration of the survey allowed for results to be immediately transferred to JSI's secure computer servers, where the data were aggregated and analyzed using SAS 9.4 (SAS Institute Inc., Cary, NC). The raw data set was reviewed for completeness and the amount of time students took to respond to the questions. Records where a student started but did not complete any of the survey questions, completed less than 50% of the questions, or had a high rate of response but took less than 50% of the average time to complete the survey were marked as incomplete and excluded from the analysis.

Reporting on the Youth Risk Survey

The purpose of this report is to highlight key high school and middle grades findings for the six core domains. Data is reported and analyzed for all students in Cambridge high school and upper schools, as well as by grade, gender identity, race, and ethnicity when relevant. The information provided below is meant to highlight key themes and provide a perspective on how the data compares to the prior year and state benchmark data. Cambridge has been provided detailed data outputs and raw reports that allow them to look more carefully at data from each question on the survey, including information that allows the school districts to analyze their data by specific demographic cohorts.

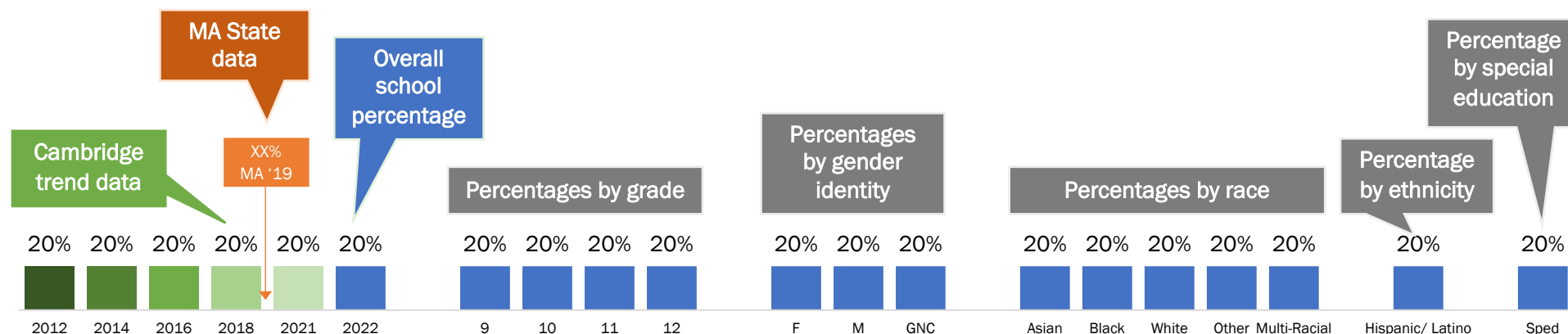
KEY TERMS AND ACRONYMS

- MA '19 – 2019 Massachusetts Youth Health Survey
- 6 – 6th grade
- 7 – 7th grade
- 8 – 8th grade
- 9 – 9th grade
- 10 – 10th grade
- 11 – 11th grade
- 12 – 12th grade
- M – Male
- F – Female
- GNC – Gender non-conforming (i.e., transgender, non-binary, questioning, other gender)
- Another race – Students who identified as a race not listed as an answer category
- Sped – Students who reported receiving special education services
- EVP – Electronic vapor product

Reporting on the Youth Risk Survey

INTERPRETING THE YRBS RESULTS

Throughout this report, we show differences by grade, gender identity and race. Some groups of students have a higher prevalence of many health-risk behaviors. These are noted throughout the report as being **more or less likely** to report the behavior than another group. In addition, changes over time are noted.



2022 High School Results

Sample & Demographics

Overall, 1282 high school students participated in Cambridge Teen and Middle Grades Health Survey. Among the students that participated, 4 were marked as incomplete and excluded from the final data set used in the analysis. The table below shows a distribution of accepted survey respondents by grade, gender identity, race, ethnicity, and special education status.

Total		1282
Grade	9th	368
	10th	346
	11th	320
	12th	248
Gender Identity	Female/Woman/Girl	604
	Male/Man/Boy	565
	Transgender, Non-binary, Questioning, Other	97
	Chose not to respond	15
Race	Asian	147
	Black	303
	White	539
	Multi-Racial	163
	Other	114
Ethnicity	Hispanic/Latino	237
Special Education	Receive services	169

This analysis includes surveys from 69% of the high school student population. The table below shows the distribution of accepted survey respondents and 2021-2022 Cambridge high school enrollment numbers by grade. Note that the Extension School did not participate in this survey.

Grade	YRBS Participation	Enrollment	Participation Rate
9th	368	498	74%
10th	346	426	81%
11th	320	452	71%
12th	248	469	53%

Discrimination



Discrimination

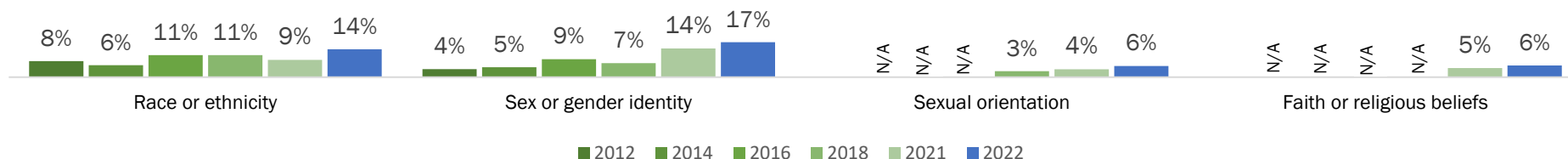
OVERALL DISCRIMINATION IN SCHOOL

High school students were most likely to report being treated badly or unfairly in school because of their sex or gender identity (17%), followed by race or ethnicity (14%), sexual orientation (6%), and faith or religious beliefs (6%).

- **Trends:** The percentage of Cambridge high school students who reported bad or unfair treatment in school increased across all characteristics.
- **Statewide comparison:** There is no statewide comparison data.

63% of high school students reported witnessing discriminatory actions by students and 23% witnessed discriminatory actions by teachers or other school staff.

Experienced Bad or Unfair Treatment in School
(Sometimes, Most of the Time, Always)



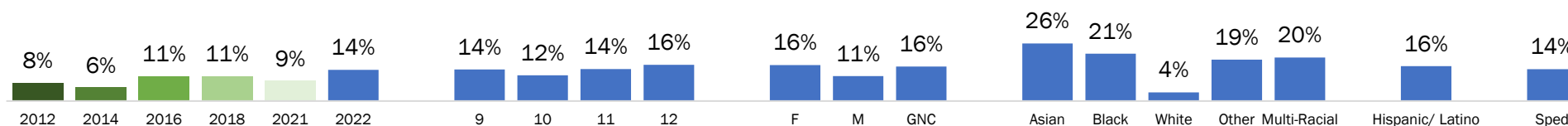
Discrimination

DISCRIMINATION BY RACE OR ETHNICITY

Overall, 14% of high school students reported bad or unfair treatment in school because of their race or ethnicity.

- **Grade:** Percentages were similar across grades.
- **Gender:** Percentages were similar across genders.
- **Race/Ethnicity:** Asian students were most likely to report bad or unfair treatment in school because of their race or ethnicity (26%), followed by Black students, Multi-Racial students, students of another race, and White students (21%, 20%, 19%, and 4%, respectively). Sixteen percent of Hispanic/Latino students reported bad or unfair treatment in school because of their race or ethnicity.
- **Special Education:** Fourteen percent of students who reported receiving special education services reported bad or unfair treatment in school because of their race or ethnicity.
- **Trends:** The percentage of Cambridge high school students who reported bad or unfair treatment in school because of their race or ethnicity increased to its highest percentage in 2022.
- **Statewide comparison:** There is no statewide comparison data.

Experienced Bad or Unfair Treatment in School because of their Race or Ethnicity
(Sometimes, Most of the Time, Always)



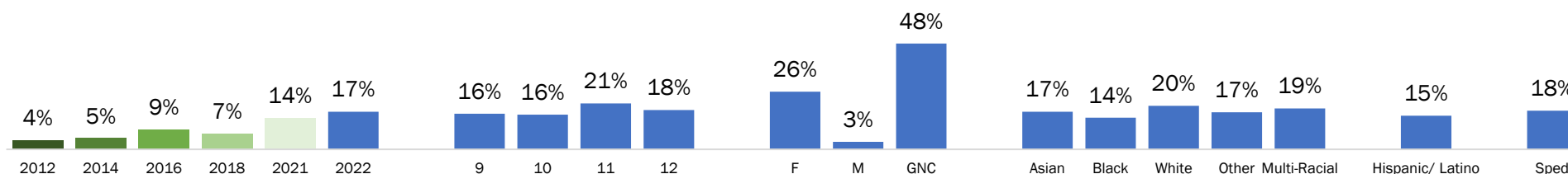
Discrimination

DISCRIMINATION BY SEX OR GENDER IDENTITY

Overall, 17% of high school students reported bad or unfair treatment in school because of their sex or gender identity.

- **Grade:** Percentages were similar across grades.
- **Gender:** Gender nonconforming students were most likely to report bad or unfair treatment in school because of their sex or gender identity (48%), followed by female and male students (26% and 3%, respectively).
- **Race/Ethnicity:** White students were most likely to report bad or unfair treatment in school because of their sex or gender identity (20%), followed by Multi-Racial students, Asian students, students of another race, and Black students (19%, 17%, 17%, and 14%, respectively). Fifteen percent of Hispanic/Latino students reported bad or unfair treatment in school because of their sex or gender identity.
- **Special Education:** Eighteen percent of students who reported receiving special education services reported bad or unfair treatment in school because of their sex or gender identity.
- **Trends:** The percentage of Cambridge high school students who reported bad or unfair treatment in school because of their sex or gender identity increased to its highest percentage in 2022.
- **Statewide comparison:** There is no statewide comparison data.

Experienced Bad or Unfair Treatment in School because of their Sex or Gender Identity
(Sometimes, Most of the Time, Always)



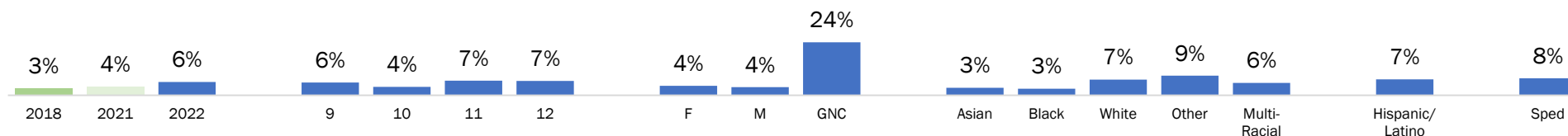
Discrimination

DISCRIMINATION BY SEXUAL ORIENTATION

Overall, 6% of high school students reported bad or unfair treatment in school because of their sexual orientation.

- **Grade:** Percentages were similar across grades.
- **Gender:** Gender nonconforming students were six times more likely to report bad or unfair treatment in school because of their sexual orientation than female and male students (24% vs 4%).
- **Race/Ethnicity:** Percentages were similar across races and ethnicity.
- **Special Education:** Eight percent of students who reported receiving special education services reported bad or unfair treatment in school because of their sexual orientation.
- **Trends:** The percentage of Cambridge high school students who reported bad or unfair treatment in school because of their sexual orientation increased to its highest percentage in 2022.
- **Statewide comparison:** There is no statewide comparison data.

Experienced Bad or Unfair Treatment in School because of their Sexual Orientation
(Sometimes, Most of the Time, Always)



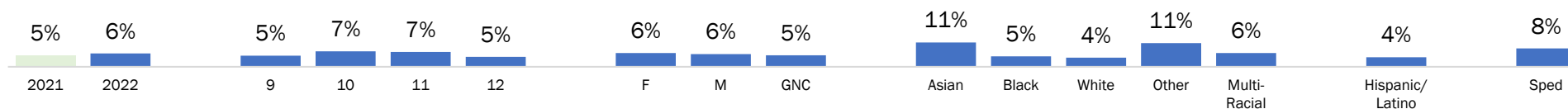
Discrimination

DISCRIMINATION BY FAITH OR RELIGIOUS BELIEFS

Overall, 6% of high school students reported bad or unfair treatment in school because of their faith or religious beliefs.

- **Grade:** Percentages were similar across grades.
- **Gender:** Percentages were similar across genders.
- **Race/Ethnicity:** Asian and students of another race were most likely to report bad or unfair treatment in school because of their faith or religious beliefs (11%, respectively), followed by Multi-Racial students, Black students, and White students (6%, 5%, and 4%, respectively). Four percent of Hispanic/Latino students reported bad or unfair treatment because of their faith or religious beliefs.
- **Special Education:** Eight percent of students who reported receiving special education services reported bad or unfair in school because of their faith or religious beliefs.
- **Trends:** The percentage of Cambridge high school students who reported bad or unfair treatment in school because of their faith or religious beliefs increased slightly from 2021 and 2022.
- **Statewide comparison:** There is no statewide comparison data.

Experienced Bad or Unfair Treatment in School because of their Faith or Religious Beliefs
(Sometimes, Most of the Time, Always)



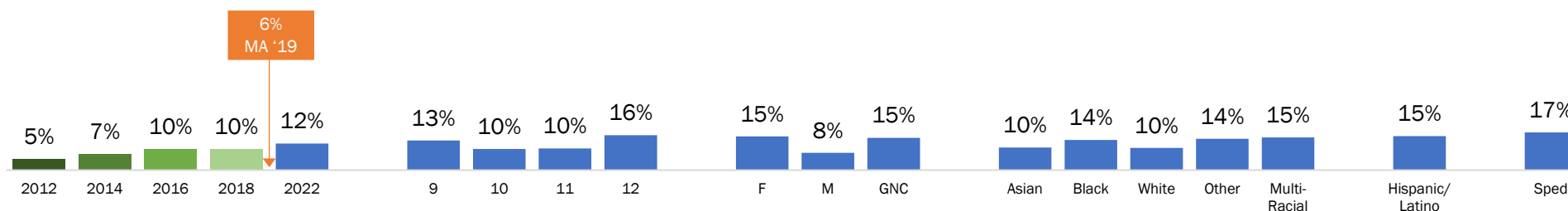
Violence-Related Behaviors & Experiences

Safety

Overall, 12% of high school students stayed home from school because they felt unsafe at school or on their way to or from school.

- **Grade:** Students in 12th grade were most likely to stay home from school for fear of their safety (16%), followed by 9th, 10th, and 11th graders (13%, 10%, and 10%, respectively).
- **Gender:** Female and gender non-conforming students were most likely to stay home from school for fear of their safety (15% of each group).
- **Race/Ethnicity:** Percentages were similar across race and ethnicity.
- **Special Education:** Seventeen percent of students who reported receiving special education services stayed home from school for fear of their safety.
- **Trends:** The percentage of Cambridge high school students who stayed home from school for fear of their safety has increased since 2012 to its highest percentage in 2022.

Stayed Home from School for Fear of their Safety, Past 30 days



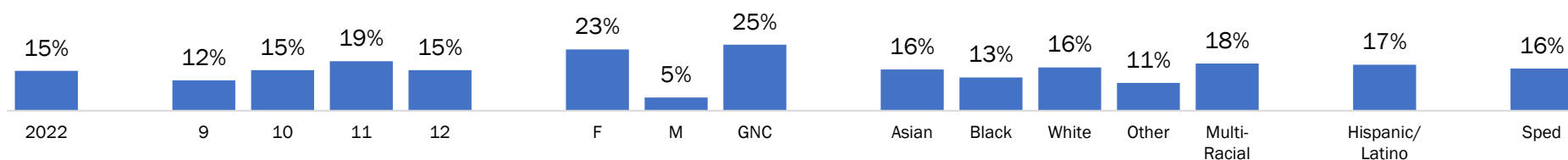
Sexual & Dating Violence

SEXUAL VIOLENCE

Overall, 15% of high school students have experienced unwanted sexual contact or been forced to do sexual things that they did not want to.

- **Grade:** Students in 11th grade were most likely to have experienced sexual violence (19%), followed by students in 12th, 10th, and 9th grade (15%, 15%, and 12%, respectively).
- **Gender:** Gender non-conforming and female students were most likely to experience sexual violence (25% and 23%, respectively).
- **Race/Ethnicity:** Multi-Racial students were most likely to experience sexual violence (18%), followed by White students, Asian students, Black students, and students of another race (16%, 16%, 13%, and 11%, respectively). Seventeen percent of Hispanic/Latino students reported experiencing sexual violence.
- **Special Education:** Sixteen percent of students who reported receiving special education services have experienced sexual violence.
- **Trends:** This was a new question in 2022, so there is no trend data.
- **Statewide comparison:** There is no statewide comparison data.

Ever Experienced Sexual Violence



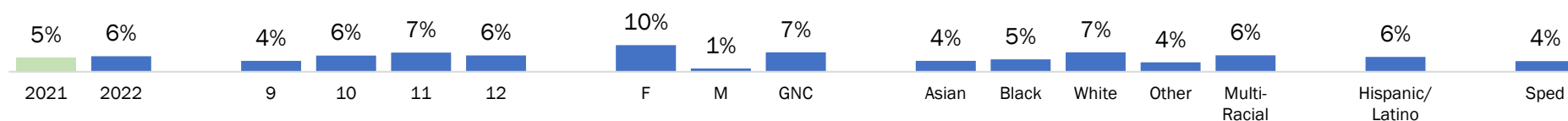
Sexual & Dating Violence

SEXUAL VIOLENCE

Overall, 6% of high school students experienced sexual violence in the past 12 months.

- **Grade:** Percentages were similar across grades.
- **Gender:** Female and gender non-conforming students were most likely to have experienced sexual violence in the past 12 months (10% and 7%, respectively).
- **Race:** Percentages were similar across race and ethnicity.
- **Special Education:** Four percent of students who reported receiving special education services have experienced sexual violence in the past 12 months.
- **Trends:** The percentage of Cambridge high school students who have experienced sexual violence in the past 12 months increased slightly from 2021 to 2022.
- **Statewide comparison:** There is no statewide comparison data.

Experienced Sexual Violence, Past 12 Months



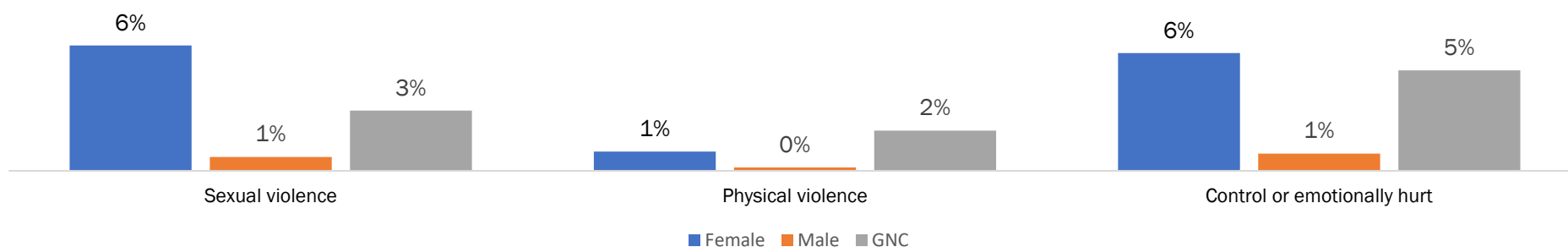
Sexual & Dating Violence

DATING VIOLENCE

Overall, 4% of high school students have been hurt sexually by someone they were dating or going out with in the past 12 months, 1% have been hurt physically, and 4% have been emotionally controlled or hurt (data not shown).

- **Grade:** Percentages were similar across grades (data not shown).
- **Gender:** Female students were most likely to experience sexual and emotional dating violence. Gender non-conforming students were most likely to experience physical dating violence.
- **Race:** Percentages were similar across race and ethnicity (data not shown).
- **Special Education:** Students who reported receiving special education services were similarly likely to experience sexual and physical dating violence, but less likely to experience emotional dating violence than students who did not report receiving services (data not shown).
- **Trends:** The percentage of Cambridge high school students who have experienced emotional dating violence has remained relatively consistent since 2012 (data not shown).
- **Statewide comparison:** There is no statewide comparison data.

Experienced Sexual, Physical, or Emotional Violence by
Someone They were Dating or Going Out With, Past 12 Months



Bullying



Bullying

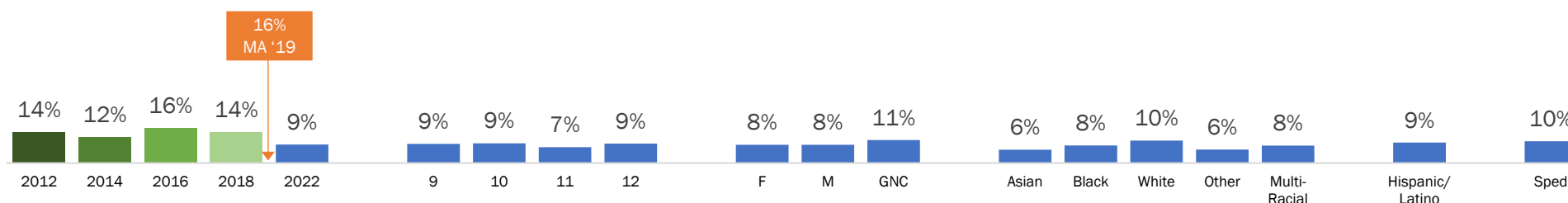
The 2022 Cambridge YRBS defined bullying as when one or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again. It is not bullying when two students of about the same strength or power argue or fight or tease each other in a friendly way. Electronic bullying is things such as someone spreading a rumor or something untrue about you online; someone sending you a threatening or aggressive message; someone posting an embarrassing picture of you online without your permission; someone taking a private message you sent them and forwarding it to someone else or posting it where others could see it.

BULLYING IN SCHOOL

Overall, 9% of high school students reported being bullied in school in the past 12 months.

- **Grade:** Percentages were similar across grades.
- **Gender:** Percentages were similar across genders.
- **Race/Ethnicity:** Percentages were similar across race and ethnicity.
- **Special Education:** Ten percent of students who reported receiving special education services reported being bullied in school.
- **Trends:** The percentage of Cambridge high school students who reported being bullied in school has decreased since 2012 to its lowest percentage in 2022.

Bullied in School, Past 12 Months



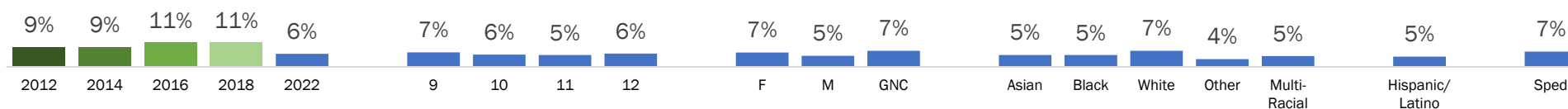
Bullying

BULLYING OUTSIDE OF SCHOOL

Overall, 6% of high school students reported being bullied outside of school in the past 12 months.

- **Grade:** Percentages were similar across grades.
- **Gender:** Percentages were similar across genders.
- **Race/Ethnicity:** Percentages were similar across race and ethnicity.
- **Special Education:** Seven percent of students who reported receiving special education services reported being bullied outside of school.
- **Trends:** The percentage of Cambridge high school students who reported being bullied outside school has decreased since 2012 to its lowest percentage in 2022.
- **Statewide comparison:** There is no statewide comparison data.

Bullied Outside of School, Past 12 months



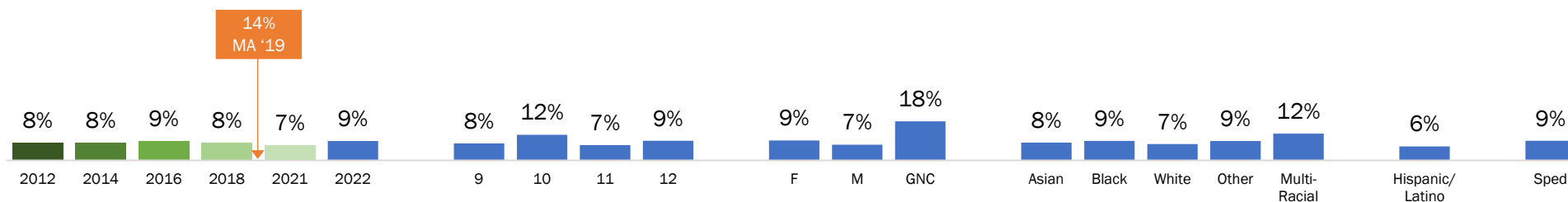
Bullying

ELECTRONIC BULLYING

Overall, 9% of high school students reported being electronically bullied in the past 12 months.

- **Grade:** Percentages were similar across grades.
- **Gender:** Gender non-conforming students were most likely to report being electronically bullied (18%), followed by female and male students (9% and 7%, respectively).
- **Race/Ethnicity:** Multi-Racial students were most likely to report being electronically bullied (12%).
- **Special Education:** Nine percent of students who reported receiving special education services reported being bullied electronically.
- **Trends:** The percentage of Cambridge high school students who were electronically bullied has remained consistent since 2012.

Bullied in Electronically, Past 12 Months



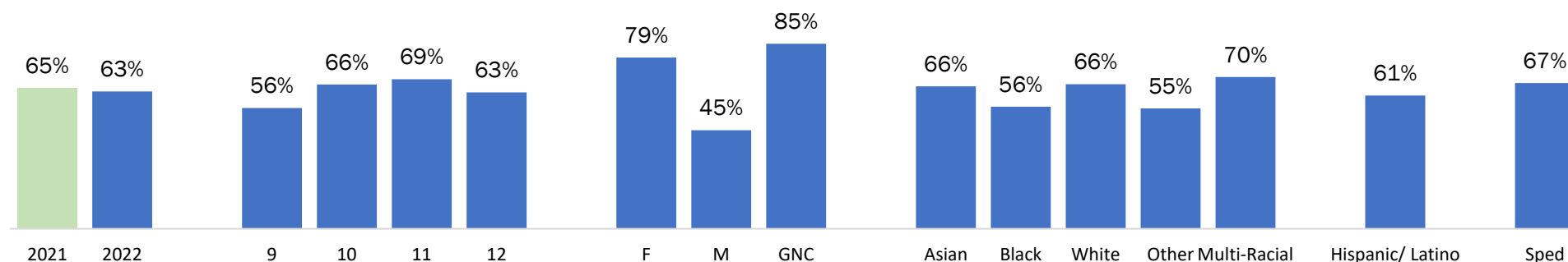
Mental Health

General

Overall, 63% of high school students reported that their mental health was not good sometimes, most of the time, or always in the past 30 days.

- **Grade:** Students in 11th grade were most likely to describe their mental health as not good (69%), followed by students in 10th, 12th, and 9th grade (66%, 63%, and 56%, respectively).
- **Gender:** Gender non-conforming students were most likely to describe their mental health as not good (85%), followed by female and male students (79% and 45%, respectively).
- **Race/Ethnicity:** Multi-Racial students were most likely to describe their mental health as not good (70%).
- **Special Education:** Sixty-seven percent of students who reported receiving special education services described their mental health as not good.
- **Trends:** The percentage of Cambridge high school students who described their mental health as not good slightly decreased from 2021 to 2022.
- **Statewide comparison:** There is no statewide comparison data.

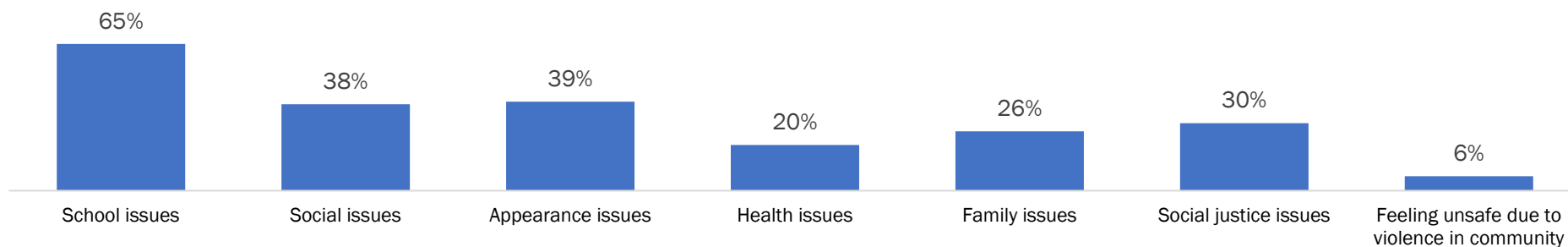
Mental Health Not Good, Past 30 Days
(Sometimes, Most of the Time, Always)



Stress

Overall, high school students were most likely to worry fairly or very often about school issues (65%), followed by appearance issues (39%), social issues (38%), social justice issues (30%), family issues (26%), health issues (20%), and community violence (6%).

Issues Worried About, Past 30 Days
(Fairly Often, Very Often)



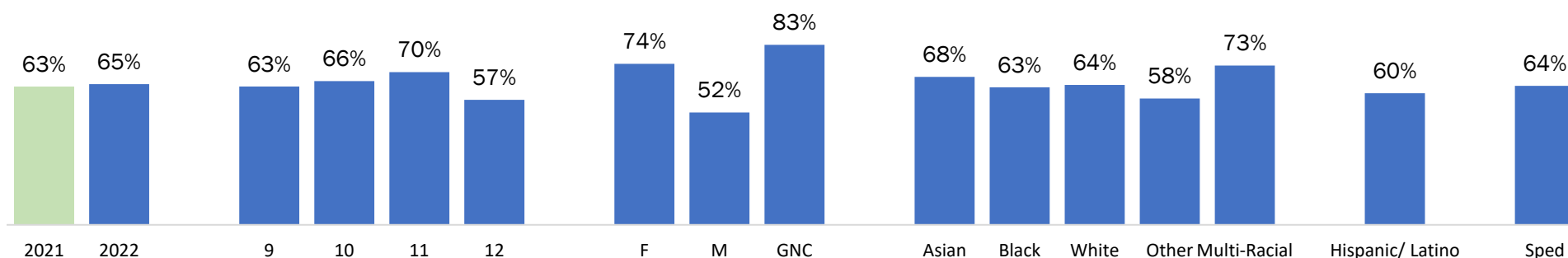
Stress

SCHOOL ISSUES

Overall, 65% of high school students reported worrying fairly often or very often about school issues in the past 30 days.

- **Grade:** Students in 11th grade were most likely to worry about school issues (70%), followed by 10th, 9th, and 12th graders (66%, 63%, and 57%, respectively).
- **Gender:** Gender non-conforming students were most likely to worry about school issues (83%), followed by female and male students (74% and 52%, respectively).
- **Race/Ethnicity:** Multi-Racial students were most likely to worry about school issues (73%), followed by Asian students, White students, Black students, and students of another race (68%, 64%, 63%, and 58%, respectively). Sixty percent of Hispanic/Latino students worried about school issues.
- **Special Education:** Sixty-four percent of students who reported receiving special education services worried about school issues.
- **Trends:** The percentage of Cambridge high school students who worried about school issues has increased slightly from 2021 to 2022.
- **Statewide comparison:** There is no statewide comparison data.

Worry About School Issues, Past 30 Days
(Fairly Often, Very Often)

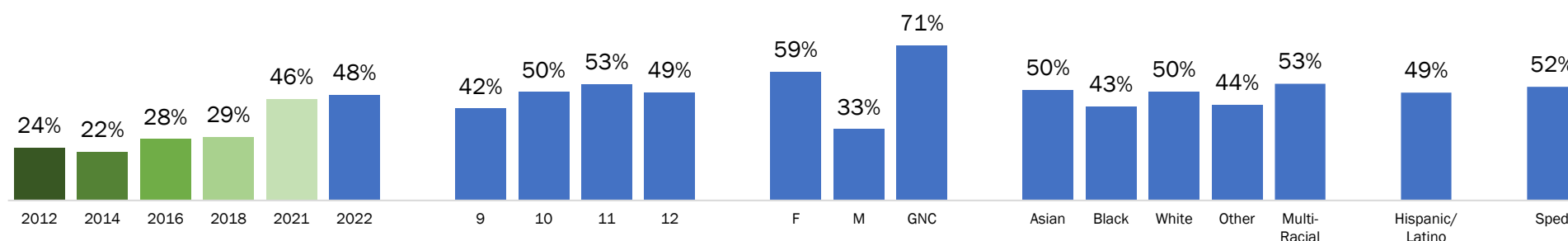


Anxiety

Overall, 48% of high school students felt tense, nervous, or worried almost every day for two or more weeks in a row (i.e., experienced anxiety) in the past 12 months.

- **Grade:** Students in 11th grade were most likely to experience anxiety (53%), followed by 10th, 12th, and 9th graders (50%, 49%, and 42%, respectively).
- **Gender:** Almost three-quarters of gender non-conforming students experienced anxiety (71%), followed by female and male students (59% and 33%, respectively).
- **Race/Ethnicity:** Multi-Racial students were most likely to experience anxiety (53%), followed by White students, Asian students, students of another race, and Black students (50%, 50%, 44%, and 43%, respectively). Forty-nine percent of Hispanic/Latino students reported experiencing anxiety.
- **Special Education:** Fifty-two percent of students who reported receiving special education experienced anxiety.
- **Trends:** The percentage of Cambridge high school students who experienced anxiety has doubled since 2012. However, this data should be interpreted with caution as this question was changed in 2021 to expand the timeframe in which students were considering when responding from 30 days to 12 months.
- **Statewide comparison:** There is no statewide comparison data.

Felt Tense, Nervous, or Worried for Two or More Weeks in a Row, Past 12 Months



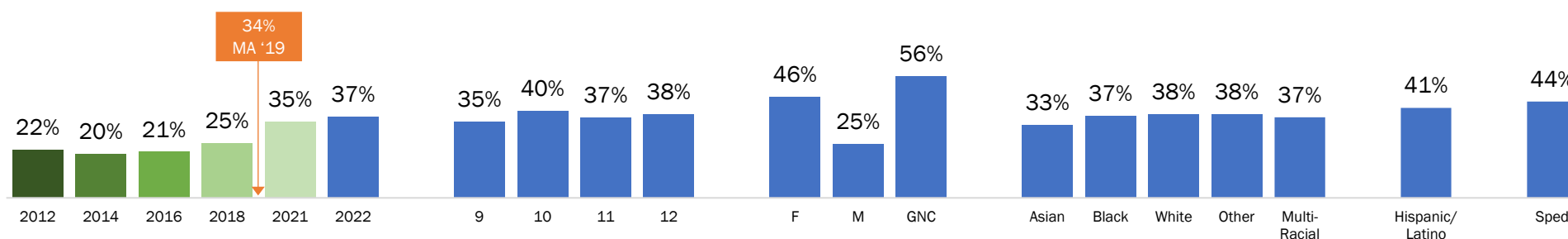
Depression

Overall, 37% of high school students felt sad or hopeless almost every day for two or more weeks in a row that they stopped doing some of their usual activities (i.e., experienced depression) in the past 12 months.

- **Grade:** Percentages were similar across grades.
- **Gender:** About half of gender non-conforming and female students experienced depression.
- **Race/Ethnicity:** Percentages were similar across race and ethnicity.
- **Special Education:** Forty-four percent of students who reported receiving special education experienced depression.
- **Trends:** The percentage of Cambridge high school students who experienced depression has increased since 2012 to its highest percentage.

15% of high school students reported taking prescription medication for mental health support, 25% reported seeing a therapist, and 5% met with a Teen Health Counselor.

Felt Sad or Hopeless for Two or More Weeks in a Row, Past 12 Months

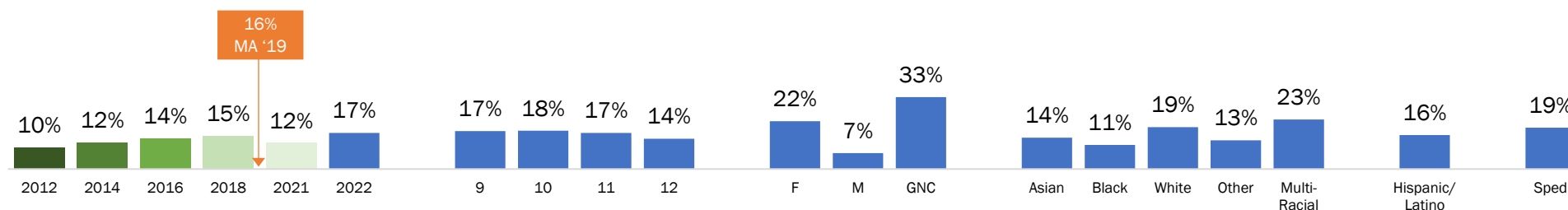


Self-Harm

Overall, 17% of high school students hurt or injured themselves on purpose in the past 12 months.

- **Grade:** Percentages were similar across grades although slightly lower for 12th grade students (14%).
- **Gender:** One-third of gender non-conforming students engaged in self-harm, followed by female and male students (22% and 7%, respectively)
- **Race/Ethnicity:** Multi-Racial students were most likely to engage in self-harm (23%), followed by White students, Asian students, Black students, and students of another race (19%, 14%, 13%, and 11%, respectively). Sixteen percent of Hispanic/Latino students engaged in self-harm in the past 12 months.
- **Special Education:** Nineteen percent of students who reported receiving special education engaged in self-harm.
- **Trends:** The percentage of Cambridge high school students who engaged in self-harm has relatively increased since 2012. Although percentages decreased from 2018 to 2021, they increased from 2021 to 2022.

Hurt Themselves on Purpose Without Wanting to Die, Past 12 Months



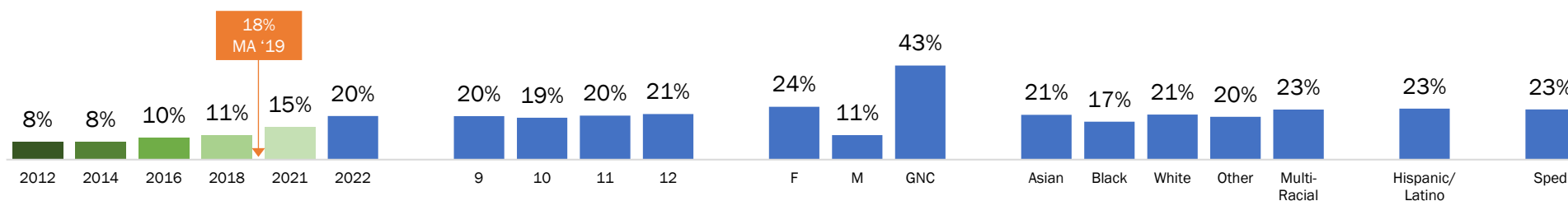
Suicidal Ideation & Suicide

CONSIDERED ATTEMPTING SUICIDE

Overall, 20% of high school students considered attempting suicide during the past 12 months.

- **Grade:** Percentages were similar across grades.
- **Gender:** Gender non-conforming students were almost two times more likely to consider attempting suicide than female students and almost four times as likely as male students.
- **Race/Ethnicity:** Percentages were similar across race and ethnicity.
- **Special Education:** Twenty-three percent of students who reported receiving special education considered attempting suicide.
- **Trends:** The percentage of Cambridge high school students who considered attempting suicide has continued to increase since 2012. Note that in 2021, this question was changed from asking students if they “seriously considered attempting suicide” to “considered attempting suicide”.

Considered Attempting Suicide, Past 12 Months



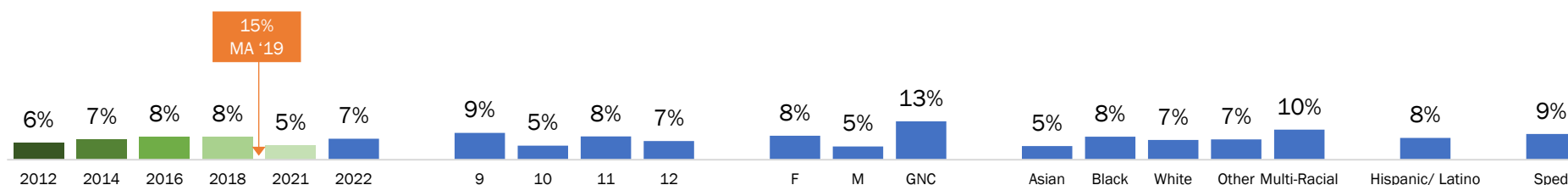
Suicidal Ideation & Suicide

MADE A SUICIDE PLAN

Overall, 7% of high school students made a suicide plan in the past 12 months.

- **Grade:** Students in 9th grade were most likely to make a suicide plan (9%), followed by 11th, 12th, and 10th graders (8%, 7%, and 5%, respectively).
- **Gender:** Gender non-conforming students were most to make a suicide plan (13%), followed by female and male students (8% and 5%, respectively).
- **Race/Ethnicity:** Multi-Racial students were most likely to make a suicide plan (10%), followed by Black students, White students, students of another race, and Asian students (8%, 7%, 7%, and 5%, respectively). Eight percent of Hispanic/Latino students made a suicide plan.
- **Special Education:** Nine percent of students who reported receiving special education made a suicide plan.
- **Trends:** The percentage of Cambridge high school students who made a suicide plan is relatively unchanged since 2012.

Made a Suicide Plan, Past 12 Months



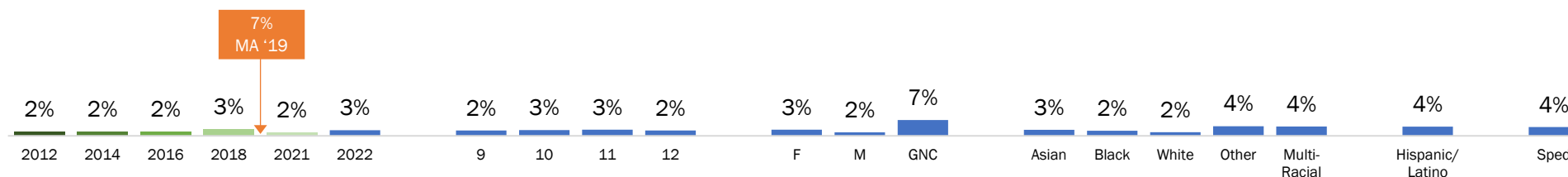
Suicidal Ideation & Suicide

ATTEMPTED SUICIDE

Overall, 3% of high school students attempted suicide in the past 12 months.

- **Grade:** Percentages were similar across grades.
- **Gender:** Seven percent of gender non-conforming students attempted suicide.
- **Race/Ethnicity:** Percentages were similar across race and ethnicity.
- **Special Education:** Four percent of students who reported receiving special education attempted suicide.
- **Trends:** The percentage of Cambridge high school students who attempted suicide has remained relatively unchanged since 2012.

Attempted Suicide, Past 12 Months



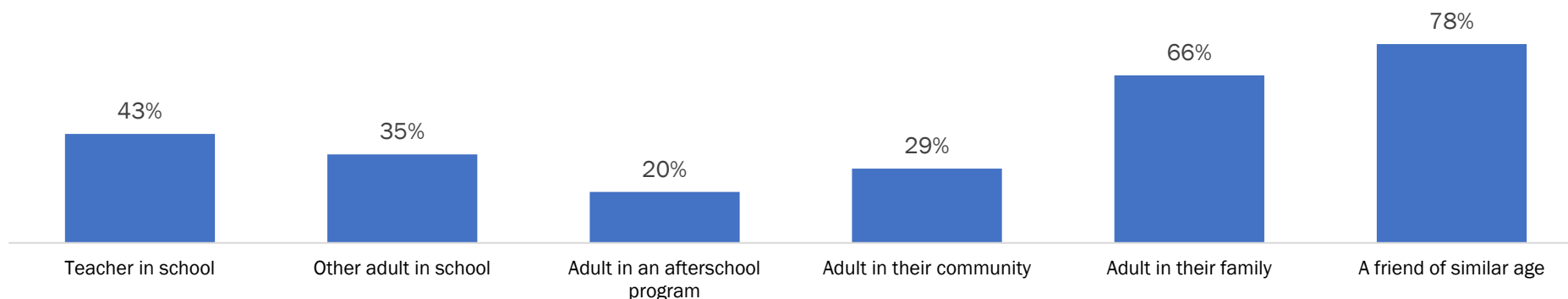
Social Supports

Overall, high school students were most likely to have a friend of similar age to talk to about a problem (78%), followed by an adult in their family (66%), an teacher in school (43%), an other adult in school (35%), an adult in their community (29%), and an adult in an afterschool program (20%).

- **Trends:** The percentages of high school students with social supports rebounded from 2021 when students spent the majority of the school year in remote learning, but are still lower than they were in 2018 (data not shown).

63% of high school students have 3 or more close friends.

People Available to Talk to if a Student had a Problem



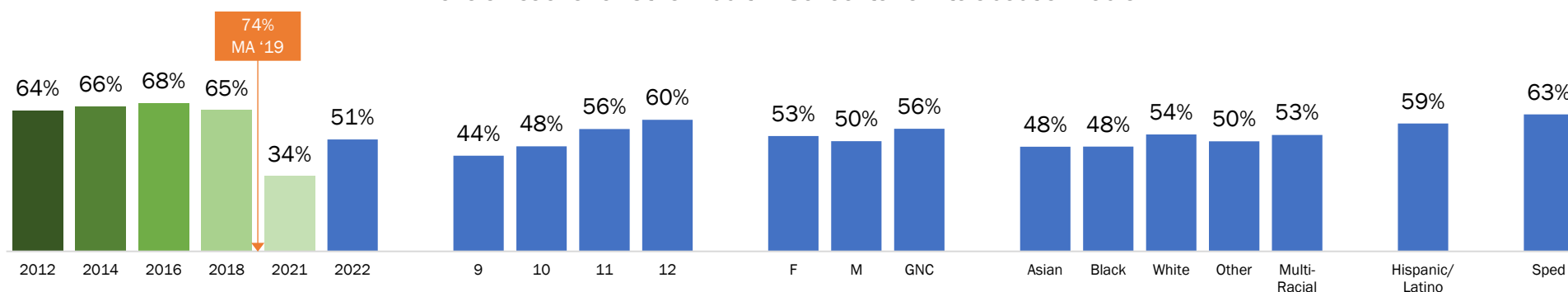
Social Supports

TEACHER OR OTHER SCHOOL ADULT

Overall, 51% of high school students reported having at least one teacher or other adult in school to talk to about a problem.

- **Grade:** Reported teacher or other school adult support increased as students advanced in grade. Students in 12th grade were most likely to have a teacher or other adult in school to talk to about a problem (60%), followed by 11th, 10th, and 9th graders (56%, 48%, and 44%, respectively).
- **Gender:** Gender non-conforming students were most likely to have a teacher or other adult in school to talk to about a problem (56%), followed by female and male students (53% and 50%, respectively).
- **Race/Ethnicity:** White students were most likely to a teacher or other adult in school to talk to about a problem (54%), followed by Multi-Racial students, students of another race, Asian students, and Black students (53%, 50%, 48%, and 48%, respectively). Fifty-nine percent of Hispanic/Latino students reported having a teacher or other adult at school to talk to about a problem.
- **Special Education:** Sixty-three percent of students who reported receiving special education reported having a teacher or other adult in school to talk to about a problem.
- **Trends:** The percentage of Cambridge high school students who reported having a teacher or other adult at school to talk to about a problem decreased significantly from 2018 to 2021. The percentage increased from 2021 to 2022, although it is still lower than pre-2021 percentages.

Have a Teacher or Other Adult in School to Talk to about a Problem



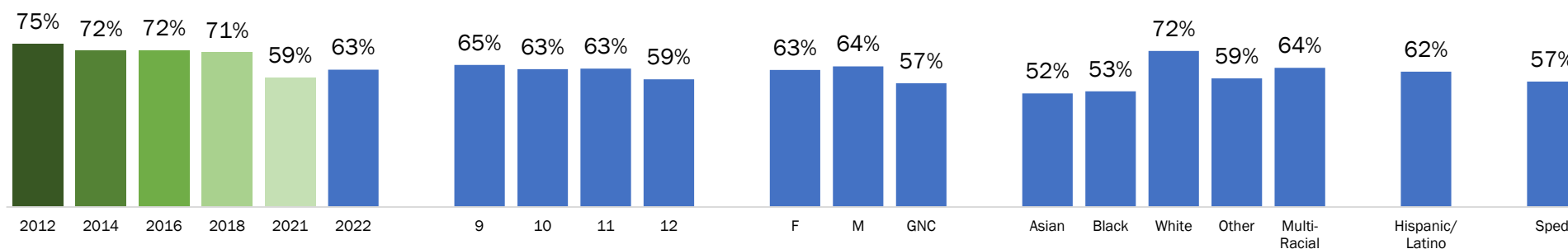
Social Supports

FRIENDSHIP

Overall, 63% of high school students reported having three or more close friends.

- **Grade:** Students in 9th grade were most likely to have three or more close friends (65%), followed by students in 10th, 11th, and 12th grade (63%, 63%, and 59%, respectively).
- **Gender:** Gender non-conforming students were least likely to have three or more close friends (57%) and male students were most likely (64%).
- **Race/Ethnicity:** White students were most likely to have three or more friends (72%), followed by Multi-Racial students, students of another race, Black students, and Asian students (64%, 59%, 53%, and 52%, respectively). Sixty-two percent of Hispanic/Latino students reported having three or more close friends.
- **Special Education:** Fifty-seven percent of students who reported receiving special education reported having three or more close friends.
- **Trends:** The percentage of Cambridge high school students who reported having three or more close friends decreased from 2018 to 2021, but has increased from 2021 to 2022.
- **Statewide comparison:** There is no statewide comparison data.

Have 3 or More Close Friends



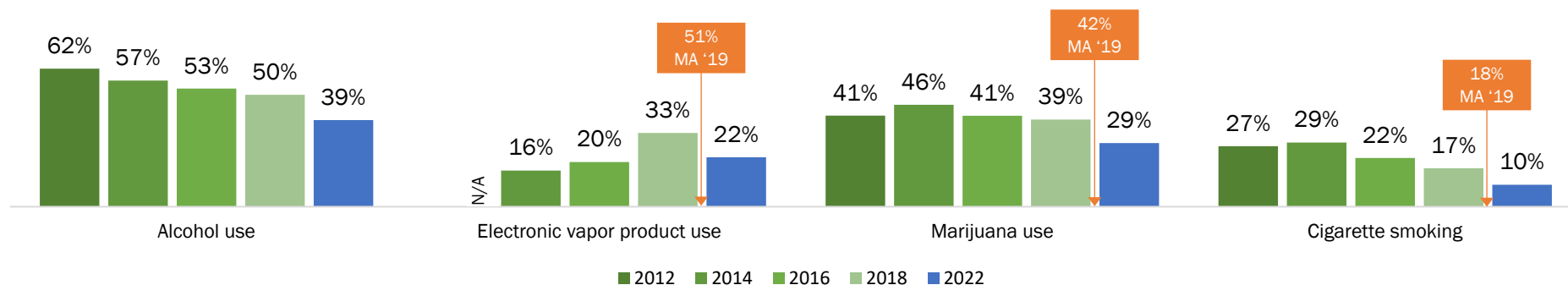
Substance Use

Lifetime Substance Use

Cambridge high school students were asked if they had ever used a variety of substances. Overall, 39% reported ever using alcohol, 22% reported ever using electronic vapor products, 29% reported ever using marijuana, and 10% reported ever smoking cigarettes.

- Trends:** The percentage of Cambridge high school students who had ever used alcohol, marijuana, and cigarettes has relatively decreased since 2012, except for electronic vapor product use (EVP). EVP use decreased by 33% between 2018 and 2022, but was still greater in 2022 than when it was first reported in 2014 (16%).

Lifetime Substance Use

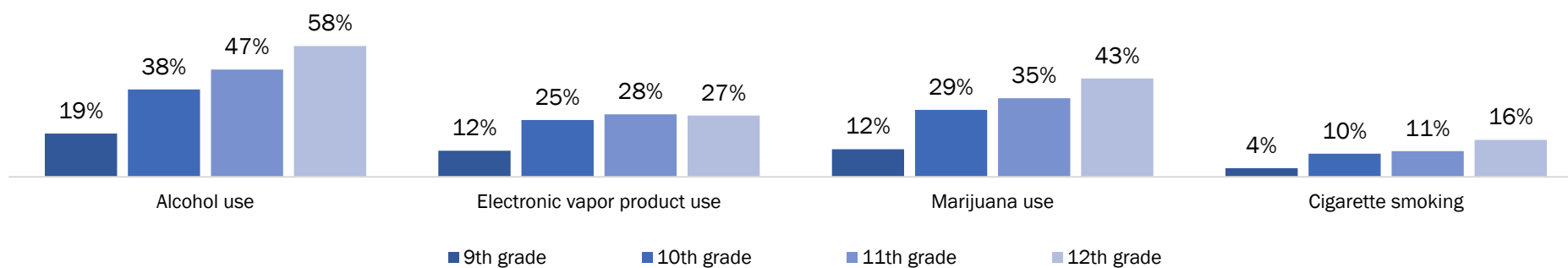


Lifetime Substance Use

BY GRADE

The percentage of Cambridge high school students who have ever used a substance increases as students advance in grade.

Lifetime Substance Use, By Grade

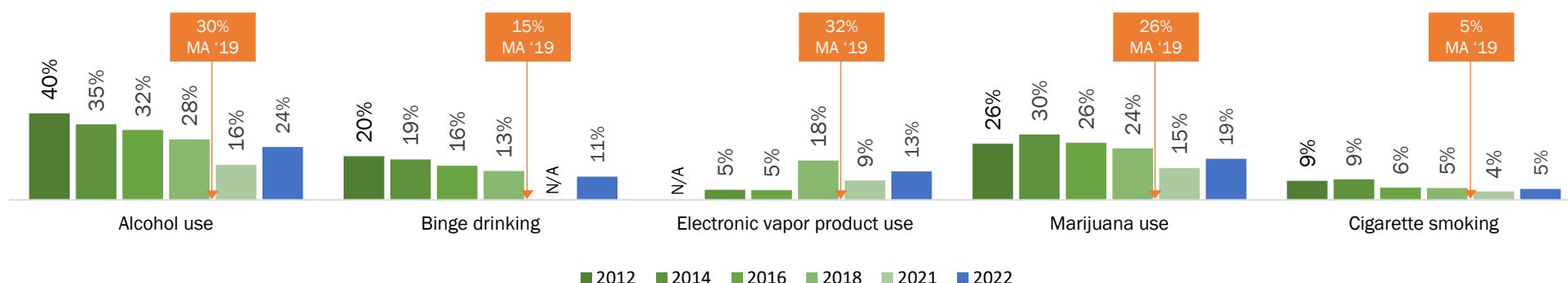


Current Substance Use

Cambridge high school students were asked if they had used a variety of substances in the past 30 days (currently). Twenty-four percent of Cambridge high school students reported using alcohol, 11% reported binge drinking*, 13% reported EVP use, 19% reported marijuana use, and 5% reported cigarette smoking.

- Trends:** The percentage of Cambridge high school students who reported current substance use has varied since 2012. Alcohol use, binge drinking, marijuana use, and cigarette smoking have relatively decreased since 2012. EVP use decreased from 2018 to 2021, but increased in 2022 (percentages are still lower than in 2018).

Current Substance Use



* In 2022, Cambridge defined binge drinking as consuming “5 or more drinks of alcohol in a row, that is, within a couple of hours.”

Current Substance Use

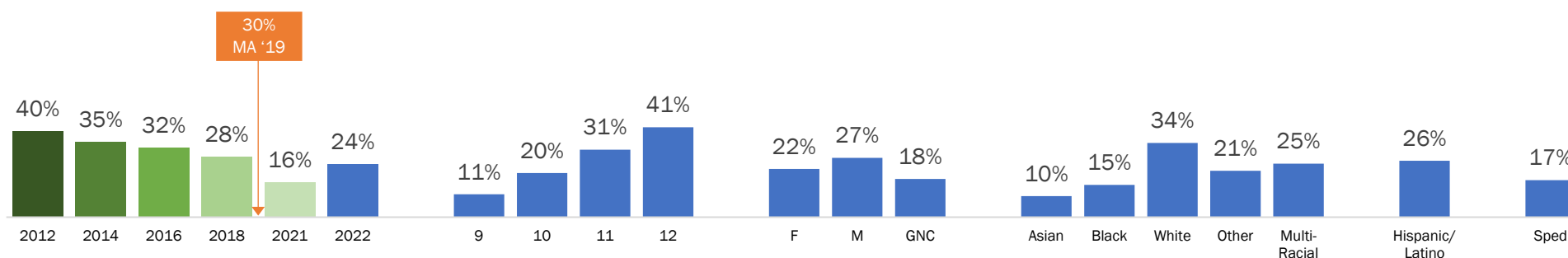
CURRENT ALCOHOL USE

Overall, 24% of high school students drank alcohol in the past 30 days.

11% of high school students engaged in binge drinking in the past 30 days.

- **Grade:** Current alcohol use increases as students advance in grade. Students in 12th grade were most likely to currently drink alcohol (41%), followed by 11th, 10th, and 9th graders (31%, 20%, and 11%, respectively).
- **Gender:** Male students were most likely to currently drink alcohol (27%), followed by female and gender non-conforming students (22% and 18%, respectively).
- **Race/Ethnicity:** White students were mostly likely to currently drink alcohol (34%), followed by Multi-Racial students, students of another race, Black students, and Asian students (25%, 21%, 15%, and 10%, respectively). Twenty-six percent of Hispanic/Latino students reported currently drinking.
- **Special Education:** Seventeen percent of students who reported receiving special education services currently drank alcohol.
- **Trends:** The percentage of Cambridge high school students who currently drank alcohol has relatively decreased since 2012 and more significantly in 2021, but increased by 50% from 2021 to 2022.

Drank Alcohol, Past 30 Days



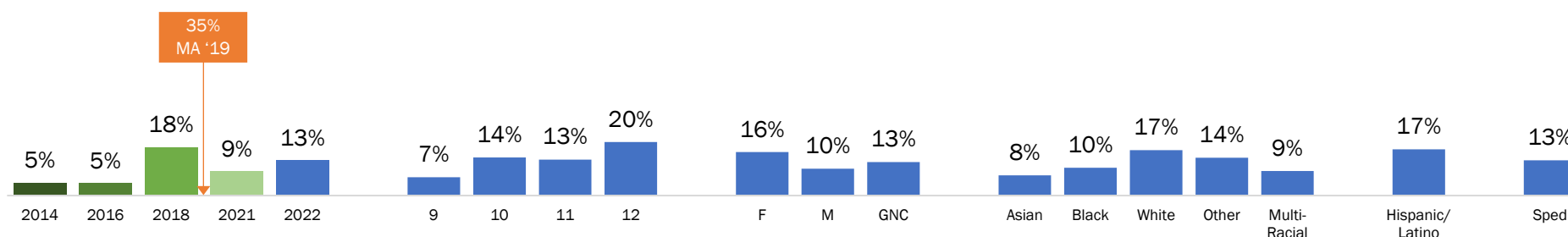
Current Substance Use

CURRENT ELECTRONIC VAPOR PRODUCT USE

Overall, 13% of high school students used EVPs in the past 30 days.

- **Grade:** Students in 12th grade were most likely to currently use EVPs (20%), followed by 10th, 11th, and 9th grades (14%, 13%, and 7%, respectively).
- **Gender:** Female students were most likely to currently use EVPs (16%), followed by gender non-conforming and male students (13% and 10%, respectively).
- **Race/Ethnicity:** White students were most likely to currently EVPs (17%), followed by students of another race, Black students, Multi-Racial students, and Asian students (14%, 10%, 9%, and 8%, respectively). Seventeen percent of Hispanic/Latino students reported current EVP use.
- **Special Education:** Thirteen percent of students who reported receiving special education services currently used electronic vapor products.
- **Trends:** The percentage of Cambridge high school students who currently used EVPs has varied since 2014, but increased by almost 50% from 2021 to 2022.

Used Electronic Vapor Products, Past 30 Days



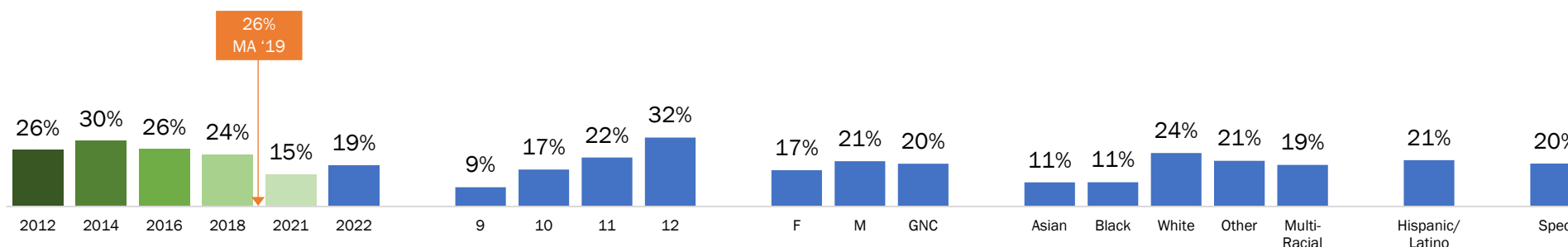
Current Substance Use

CURRENT MARIJUANA USE

Overall, 19% of high school students have used marijuana in the past 30 days.

- **Grade:** Current marijuana use increases as students advance in grade. Students in 12th grade were most likely to currently use marijuana (32%), followed by 11th, 10th, and 9th graders (22%, 17%, and 9%, respectively).
- **Gender:** Percentages were similar across genders.
- **Race/Ethnicity:** White students were most likely to currently use marijuana (24%), followed by students of another race, Multi-Racial students, Asian students, and Black students (21%, 19%, 11%, and 11%, respectively). Twenty-one percent of Hispanic/Latino students reported current marijuana use.
- **Special Education:** Twenty percent of students who reported receiving special education services currently used marijuana.
- **Trends:** The percentage of Cambridge high school students who currently used marijuana had varied since 2012, but increased from a significant decrease in 2021 to 2022.

Used Marijuana, Past 30 Days



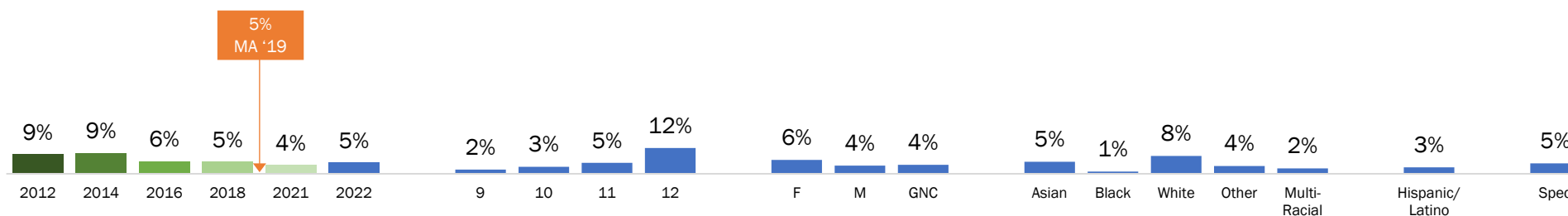
Current Substance Use

CURRENT CIGARETTE SMOKING

Overall, 5% of high school students have smoked a cigarette in the past 30 days.

- **Grade:** Current cigarette smoking increases as students advanced in grade. Students in 12th grade were most likely to currently smoke cigarettes (12%), followed by 11th, 10th, and 9th graders (5%, 3%, and 2%, respectively).
- **Gender:** Percentages were similar across genders.
- **Race/Ethnicity:** White students were most likely to currently smoke cigarettes (8%), followed by Asian students, students of another race, Multi-Racial students, and Black students (5%, 4%, 2%, and 1%, respectively). Three percent of Hispanic/Latino students reported currently smoking cigarettes.
- **Special Education:** Five percent of students who reported receiving special education services currently drank alcohol.
- **Trends:** The percentage of Cambridge high school students who currently smoke cigarettes has remained relatively consistent since 2016.

Smoked a Cigarette, Past 30 Days

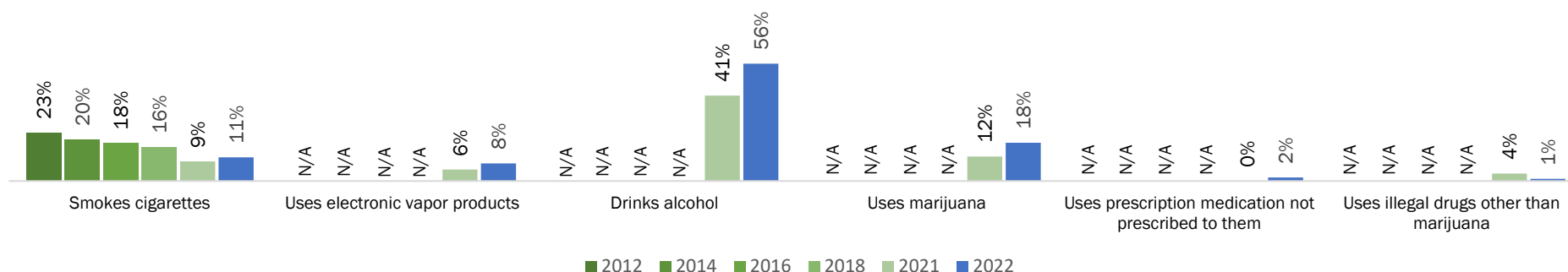


Exposure to Substance Use

Overall, when asked if there was anyone (other than them) living in their household who used substances, high school students were most likely to report a household member(s) who drink alcohol (56%), followed by uses marijuana (18%), smokes cigarettes (11%), uses EVPs (8%), uses prescription medication not prescribed to them (2%), and uses illegal drugs other than marijuana (1%).

- **Trends:** Living with someone who smokes cigarettes has relatively decreased since 2012. Living with someone who uses electronic vapor products, drinks alcohol, uses marijuana, or uses prescription medication not prescribed to them has increased since 2021. Living with someone who uses illegal drugs other than marijuana has decreased since 2021.
- **Statewide comparison:** There is no statewide comparison data.

Has Someone Living in Their Household (Other Than Them) Who Uses Substances

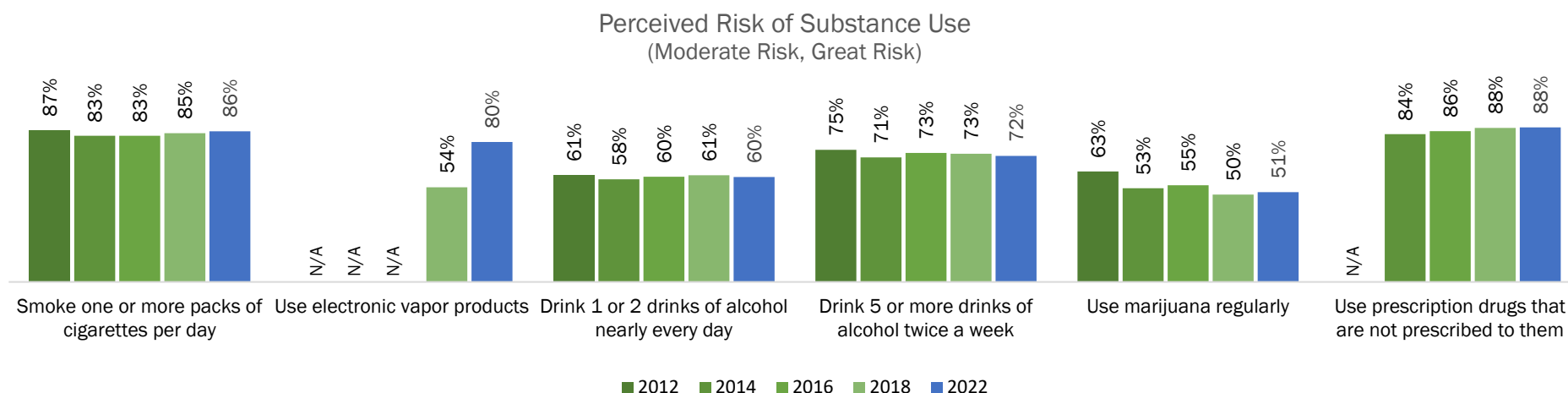


Attitudes & Perceptions about Substance Use

PERCEIVED RISK OF HARM

Overall, high school students perceived using prescription drugs not prescribed to them to have the most risk of harm (88%), followed by smoking one or more packs of cigarettes per day (86%), using EVPs (80%), drinking 5 or more drinks of alcohol twice a week (72%), drinking 1 or 2 drinks of alcohol nearly every day (60%), and smoking marijuana regularly (51%).

- **Trends:** Cambridge high school students continued to perceive using marijuana once or twice a week as the least risk of harm and using prescription drugs that are not prescribed to them as the most risk of harm. Since 2018, the perceived risk of harm of using EVPs has increased by almost 50%.
- **Statewide comparison:** There is no statewide comparison data.

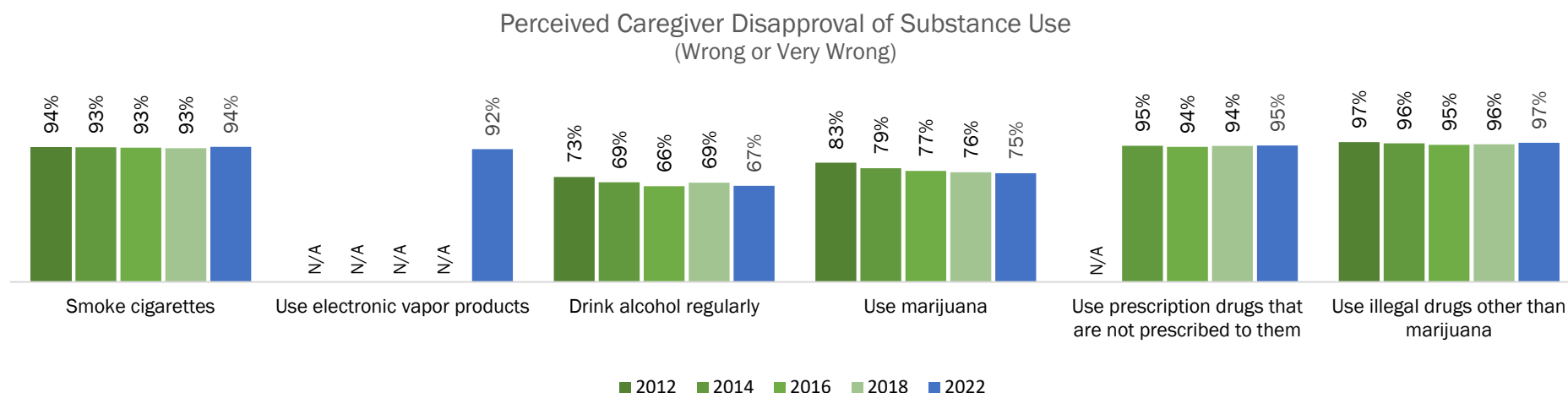


Attitudes & Perceptions About Substance Use

CAREGIVER DISAPPROVAL

Overall, high school students perceived that their parents would disapprove least if they drank alcohol regularly (67%), followed by using marijuana (75%), using EVPs (92%), smoking cigarettes (94%), using prescription drugs that are not prescribed to them (95%), and using illegal drugs other than marijuana (97%).

- **Trends:** The percentage of Cambridge high school students' perceived caregiver disapproval of substance use has remained high and relatively unchanged since 2012, although there are notable differences between substances. Note that this is the first year that this question has been asked for EVP use.
- **Statewide comparison:** There is no statewide comparison data.



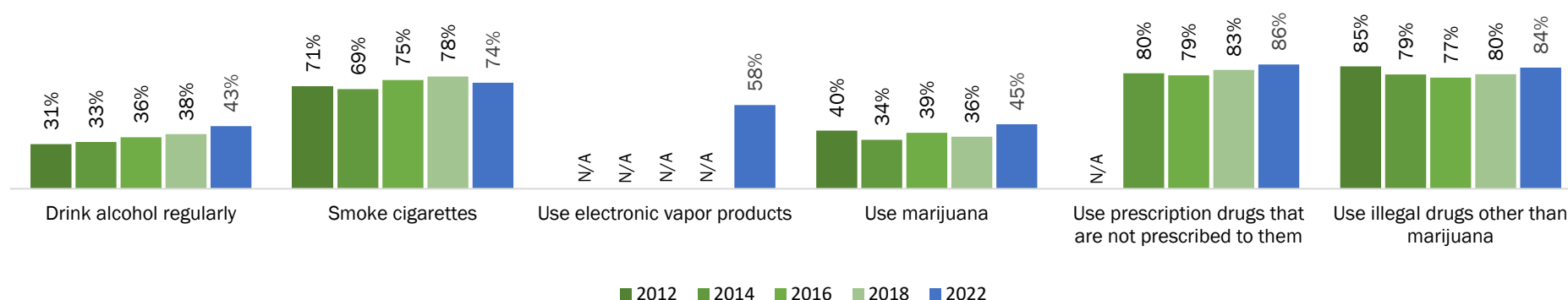
Attitudes & Perceptions About Substance Use

FRIENDS' DISAPPROVAL

Overall, high school students perceived that their close friends would disapprove least if they drank alcohol regularly (43%), followed by using marijuana (45%), using EVPs (58%), smoking cigarettes (74%), using illegal drugs other than marijuana (84%), and using prescription drugs that are not prescribed to them (86%).

- **Trends:** The percentage of Cambridge high school students' perceived disapproval of substance use by friends has remained relatively unchanged since 2012, although there are notable differences between substances. Note that this is the first year this question has been asked for EVP use.
- **Statewide comparison:** There is no statewide comparison data.

Perceived Disapproval by Close Friends of Substance Use
(Wrong or Very Wrong)



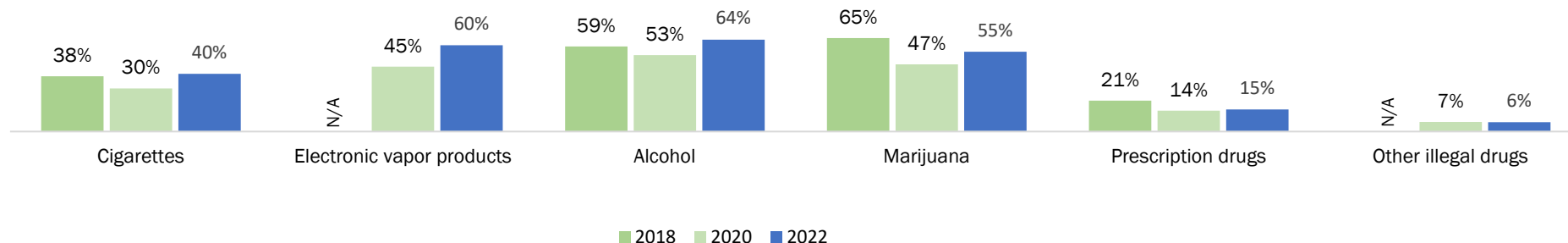
Attitudes & Perceptions about Substance Use

PERCEIVED ACCESS

Overall, high school students perceived that it would be easiest for them to obtain alcohol (64%), followed by electronic vapor products (60%), marijuana (55%), cigarettes (40%), prescription drugs (15%), and other illegal drugs (6%).

- **Trends:** The percentage of Cambridge high school students' perceived caregiver disapproval of substance use has remained high and relatively unchanged since 2012, although there are notable differences between substances. Note that this is the first year that this question has been asked for EVP use.
- **Statewide comparison:** There is no statewide comparison data.

Perceived Ease of Obtaining Substances
(Sort of Easy, Very Easy)



Sexual Behavior

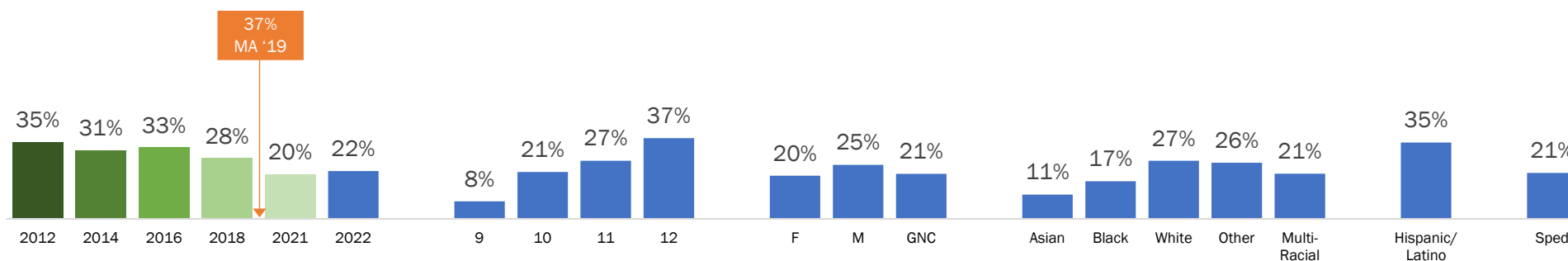
Sexual Activity

EVER HAD CONSENSUAL SEXUAL INTERCOURSE*

Overall, 22% of high school students have ever had consensual sexual intercourse.

- **Grade:** Students were more likely to have ever had consensual sexual intercourse as they advanced in grade. Thirty-seven percent of students in 12th grade have ever had sexual intercourse, followed by students in 11th, 10th, and 9th grade (27%, 21%, and 8%, respectively).
- **Gender:** Percentages were similar across genders.
- **Race/Ethnicity:** White students were most likely to have ever had consensual sexual intercourse (27%), followed by students of another race, Multi-Racial students, Black students, and Asian students (26%, 21%, 17%, and 11%, respectively). Thirty-five percent of Hispanic/Latino students reported ever having consensual sexual intercourse.
- **Special Education:** Twenty-one percent of students who reported receiving special education have ever had consensual sexual intercourse.
- **Trends:** The percentage of Cambridge high school students who have ever had consensual sexual intercourse has relatively decreased since 2012 and slightly increased from 2021 to 2022.

Ever Had Consensual Sexual Intercourse



*The word "consensual" was first added in the 2021 Cambridge Teen and Middle Grades Health Survey.

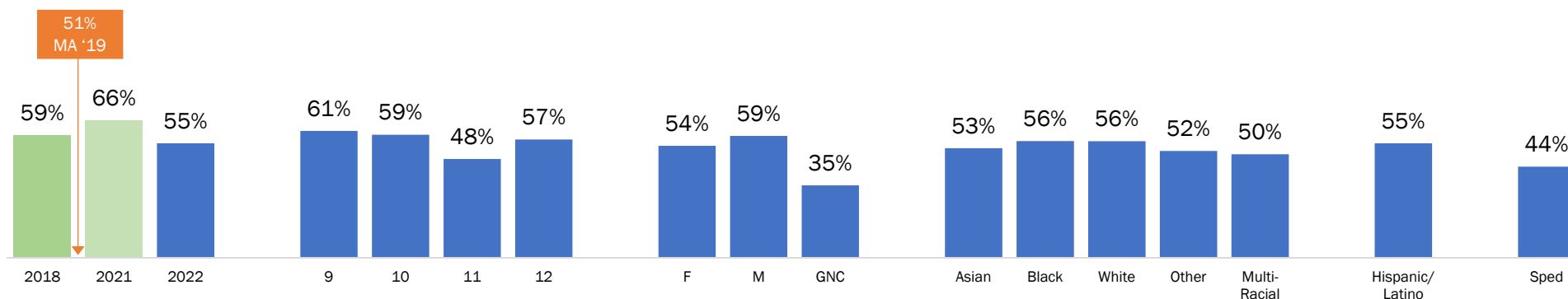
Sexual Activity

CONDOM USE BEFORE LAST CONSENSUAL SEXUAL INTERCOURSE*

Among high school students who have had sexual intercourse, 55% of students used a condom the last time they had consensual sexual intercourse.

- **Grade:** Students in 11th grade were least likely to report using a condom the last time they had consensual sexual intercourse (48%).
- **Gender:** Male students were most likely to report using a condom the last time they had consensual sexual intercourse (59%), followed by female and gender non-conforming students (54% and 35%, respectively).
- **Race/Ethnicity:** Multi-Racial students were least likely to report using a condom the last time they had consensual sexual intercourse (50%).
- **Special Education:** Forty-four percent of students who reported receiving special education services used a condom the last time they had consensual sexual intercourse.
- **Trends:** The percentage of Cambridge high school students who used a condom the last time they had sexual intercourse has decreased to its lowest percentage in 2022 since 2018.

Used A Condom When They Had Consensual Sexual Intercourse, Last Time
(Among Students Who Have Had Sexual Intercourse)



*The word “consensual” was first added in the 2021 Cambridge Teen and Middle Grades Health Survey.

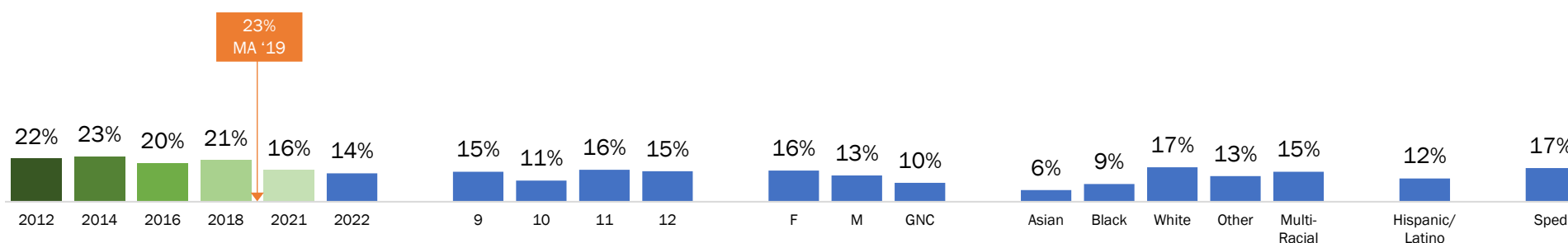
Sexual Activity

SUBSTANCE USE BEFORE LAST SEXUAL CONSENSUAL INTERCOURSE*

Among high school students who have had sexual intercourse, 14% drank alcohol or used drugs before the last time they had consensual sexual intercourse.

- **Grade:** Percentages were similar across grades.
- **Gender:** Female students were most likely to drink alcohol or use drugs before the last time they had consensual sexual intercourse (16%).
- **Race/Ethnicity:** White students were most likely to drink alcohol or use drugs before the last time they had consensual sexual intercourse (17%), followed by Multi-Racial students, students of another race, Black students, and Asian students (15%, 13%, 9%, and 6%, respectively). Twelve percent of Hispanic/Latino students reported drinking alcohol or using drugs before the last time they had consensual sexual intercourse.
- **Special Education:** Seventeen percent of students who reported receiving special education services drank alcohol or used drugs the last time they had consensual sexual intercourse.
- **Trends:** The percentage of Cambridge high school students who drank alcohol or used drugs before the last time they had sexual intercourse has relatively decreased since 2012 and was at its lowest percentage in 2022.

Used Alcohol or Drugs Before They Had Consensual Sexual Intercourse, Last Time
(Among Students Who Have Had Sexual Intercourse)



*The word “consensual” was first added in the 2021 Cambridge Teen and Middle Grades Health Survey.

Physical Activity & Nutrition

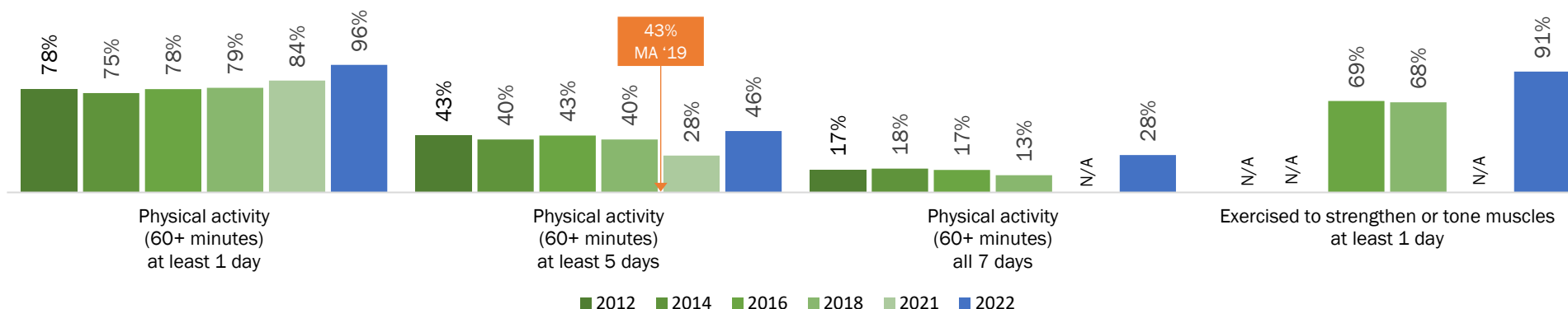
Physical Activity

Overall, 96% of high school students engaged in 60 minutes of physical activity on at least 1 day in the past week, 46% on at least 5 days in the past week, and 28% on all 7 days. Ninety-one percent of students exercised to strengthen or tone their muscles on at least 1 day in the past week.

- Trends:** The percentage of Cambridge high school students who engaged in physical activity on at least 1 of the past 7 days has continued to increase to its highest percentage in 2022. The percentage of students who engaged in physical activity on at least 5 of the past 7 days increased to its highest percentage in 2022 after significantly decreasing in 2021. The percentage of students who engaged in physical activity on all of the past 7 days and the percentage who exercised to strengthen or tone muscles on at least one of the past 7 days increased to their highest percentages in 2022.

54% of high school students have been taught in school about how to follow a personal fitness plan.

Engaged in Physical Activity in the Past 7 Days



Physical Activity

SCREEN TIME

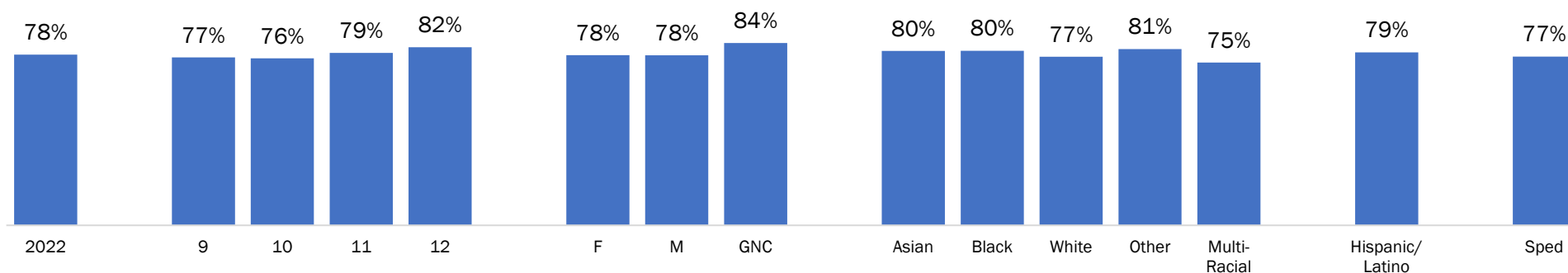
Screen time includes things such as time spent in front of a TV, computer, smartphone, or other electronic device to watch shows or videos, play games, access the Internet, or use social media.

Overall, 78% of high school students engaged in 3 or more hours of screen time on an average school day.

- **Grade:** Percentages were similar across grades.
- **Gender:** Percentages were similar across genders.
- **Race/Ethnicity:** Percentages were similar across race and ethnicity.
- **Special Education:** Students who reported receiving special education services engaged in 3 or more hours of screen time on an average day at similar rates to other students.
- **Trends:** This question was new in 2022 so there is no trend data.
- **Statewide comparison:** There is no statewide comparison data.

22% of high school students have caregivers who limit their amount of screen time.

Engaged in 3 or More Hours of Screen Time, Average School Day



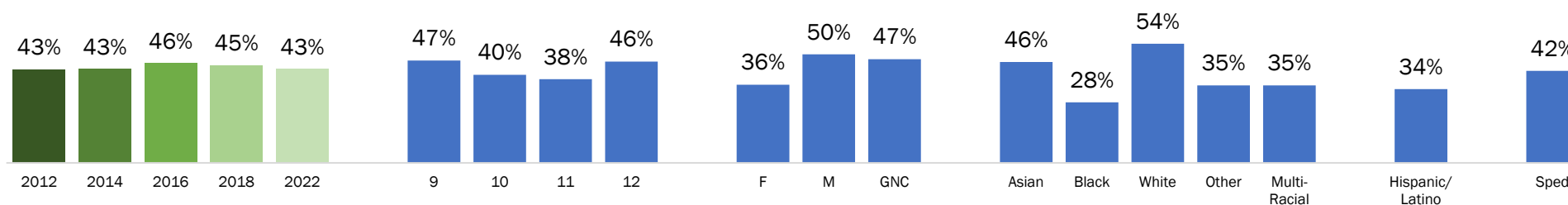
Nutrition

EATING BREAKFAST

Overall, 43% of high school students ate breakfast on 6 of the past 7 days.

- **Grade:** Students in 9th grade were most likely to eat breakfast on 6 of the past 7 days (47%), followed by 12th, 10th, and 11th graders (46%, 40%, and 38%, respectively).
- **Gender:** Male students were most likely to eat breakfast on 6 of the past 7 days (50%), followed by gender non-conforming and female students (47% and 36%, respectively).
- **Race/Ethnicity:** White students were most likely to eat breakfast on 6 of the past 7 days (54%), followed by Asian students, students of another race, Multi-Racial students, and Black students (46%, 35%, 35%, and 28%, respectively). Thirty-four percent of Hispanic/Latino students ate breakfast on 6 of the past 7 days.
- **Special Education:** Forty-two percent of students who reported receiving special education services ate breakfast on 6 of the past 7 days.
- **Trends:** The percentage of Cambridge high school students who ate breakfast on 6 of the past 7 days has been consistent since 2012.
- **Statewide comparison:** There is no statewide comparison data.

Ate Breakfast on 6 of the Past 7 Days

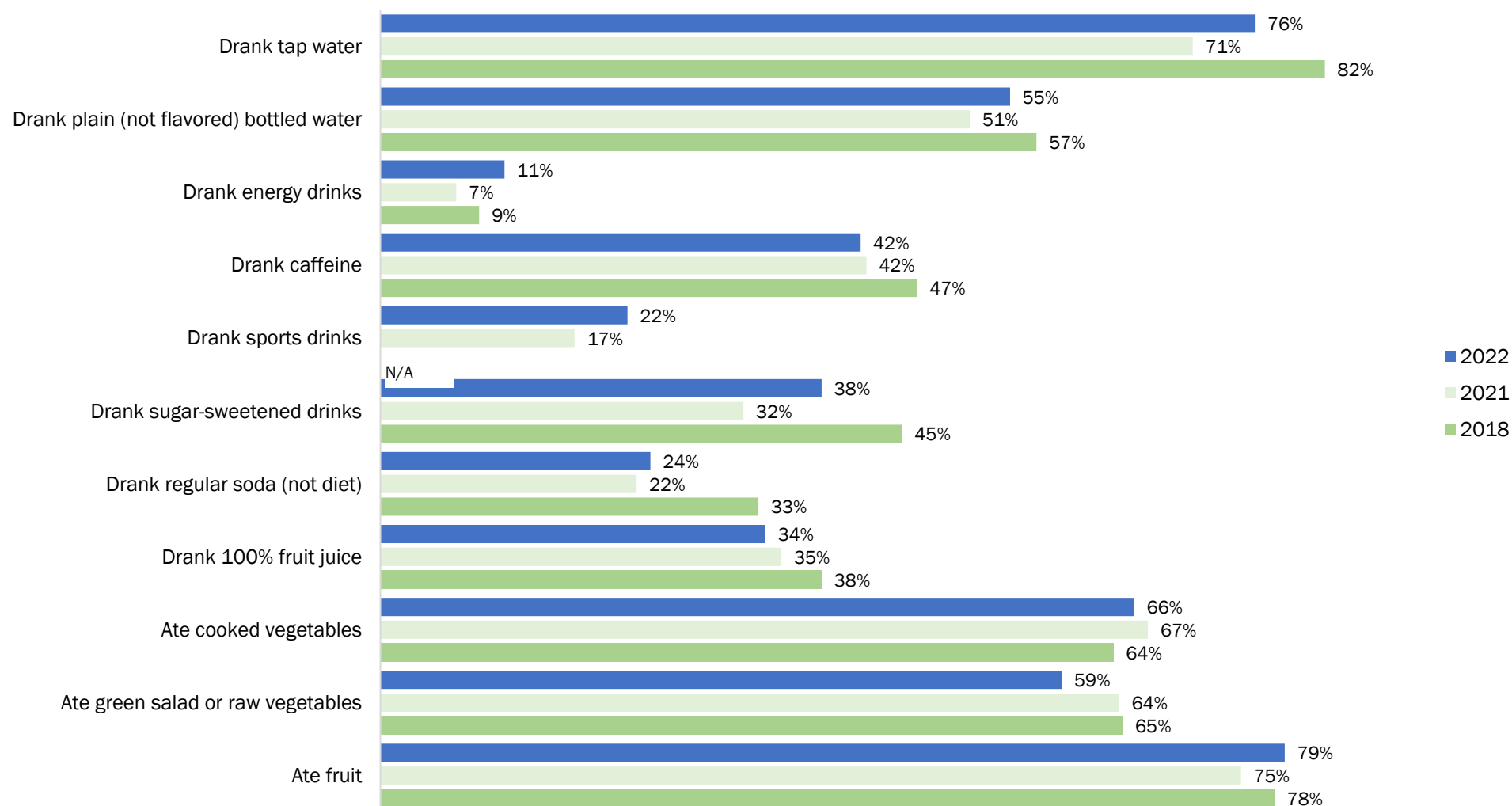


Nutrition

FOODS AND BEVERAGES CONSUMED YESTERDAY

Below, you will find the food and beverages that Cambridge high school students reported consuming at least one time the day before taking the survey.

Food and Beverages Consumed, Yesterday



Habits & Activities

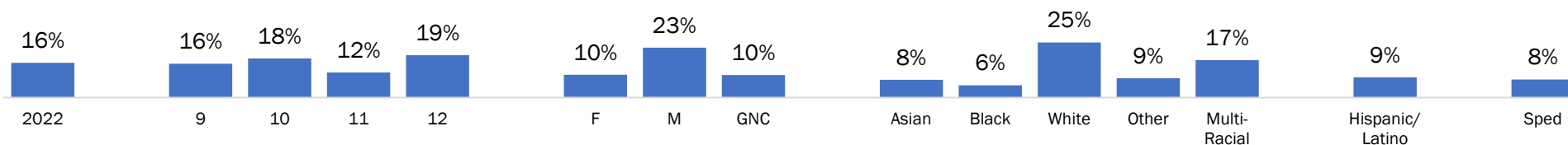
Traveling to School

Overall, 16% of high school students reported that they most commonly traveled to school by bike, skateboard, or scooter in the past 30 days.

- **Grade:** Students in 12th grade were most likely to travel to school by bike, skateboard, or scooter (19%), followed by 10th, 9th, and 11th graders (18%, 15%, and 12%, respectively).
- **Gender:** Male students were more than twice as likely to travel to school by bike, skateboard, or scooter as female and gender nonconforming students (23% vs. 10%).
- **Race/Ethnicity:** White students were most likely to travel to school by bike, skateboard, or scooter (25%), followed by Multi-Racial students, students of another race, Asian students, and Black students (17%, 9%, 8%, and 6%, respectively). Nine percent of Hispanic/Latino students traveled to school by bike, skateboard, or scooter.
- **Special Education:** Eight percent of students who reported receiving special education services traveled to school by bike, skateboard or scooter.
- **Trends:** This question was new in 2022 so there is no trend data.
- **Statewide comparison:** There is no statewide comparison data.

49% of high school students have ever fallen off their bike while biking on the road, 9% have crashed with a vehicle, 12% have crashed with another bike, and 7% have crashed with a pedestrian.

Most Commonly Traveled to School by Bike, Skateboard, or Scooter, Past 30 Days

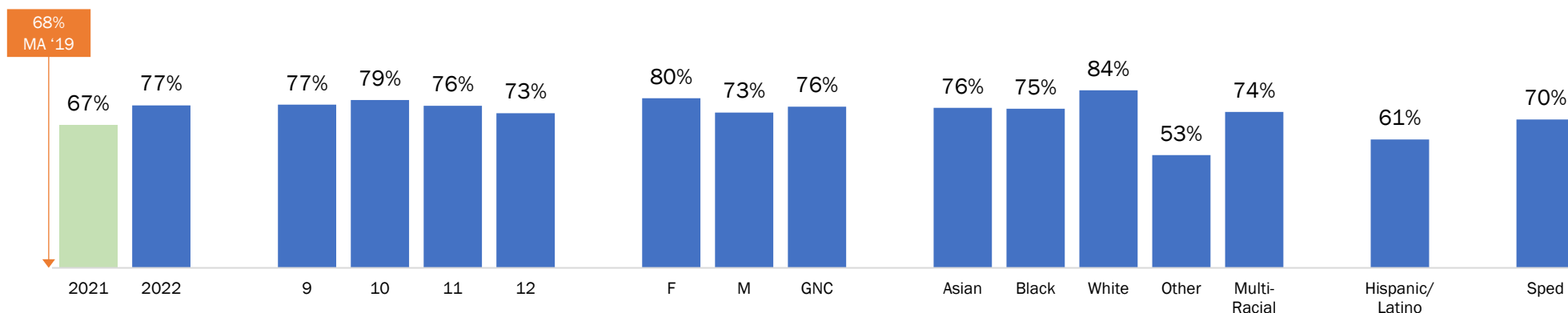


Participation in Afterschool Activities

Overall, 77% of high school students participated in afterschool activities on at least 1 day per week this school year.

- **Grade:** Students in 10th grade were most likely to participate in afterschool activities (79%), followed by 9th, 11th, and 12th graders (77%, 76%, and 73%, respectively).
- **Gender:** Female students were most likely to participate in afterschool activities (80%), followed by gender non-conforming and male students (76% and 73%, respectively).
- **Race/Ethnicity:** Students of another race were least likely to participate in afterschool activities (53%) and White students were the most likely (84%). Sixty-one percent of Hispanic/Latino students reported participating in afterschool activities.
- **Special Education:** Seventy percent of students who reported receiving special education services participated in afterschool activities.
- **Trends:** The percentage of Cambridge high school students who participated in afterschool activities this school year increased from 2021 to 2022.

Participation in Afterschool Activities on at Least 1 Day per Week, This School Year

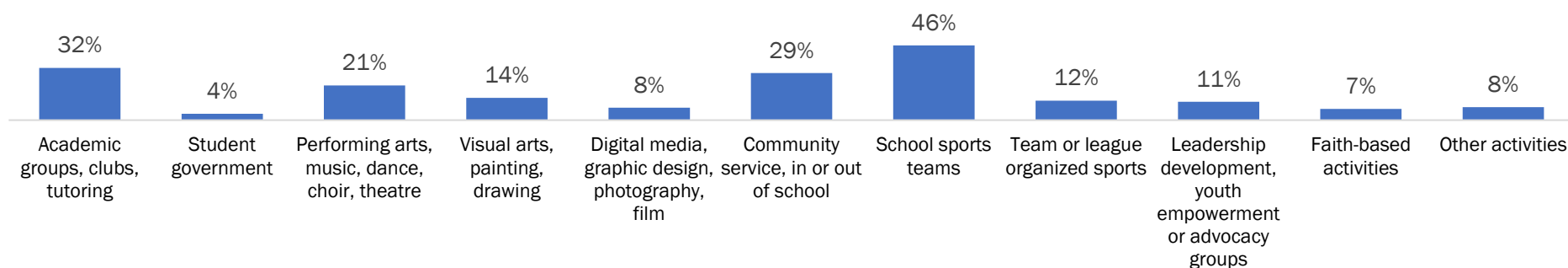


Participation in Afterschool Activities

High school students were asked to report in which activities they participated. Students were most likely to participate in school sports teams (46%) and least likely to participate in student government (4%).

61% of high school students had barriers to participating in afterschool activities.

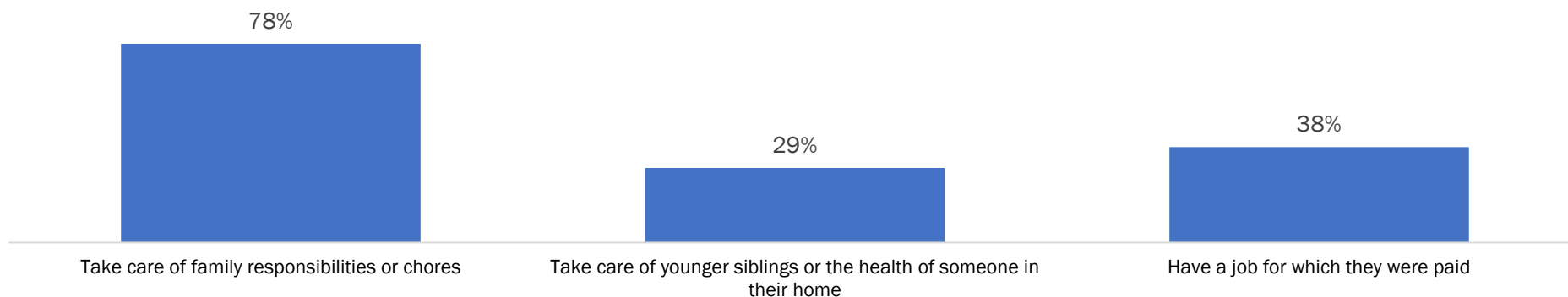
Participation in Afterschool Activities, This School Year



Afterschool Responsibilities

Overall, 78% of high school students reported taking care of family responsibilities or chores, 38% have a job for which they were paid, and 29% take care of younger siblings or the health of someone in their home.

Reported Afterschool Responsibilities



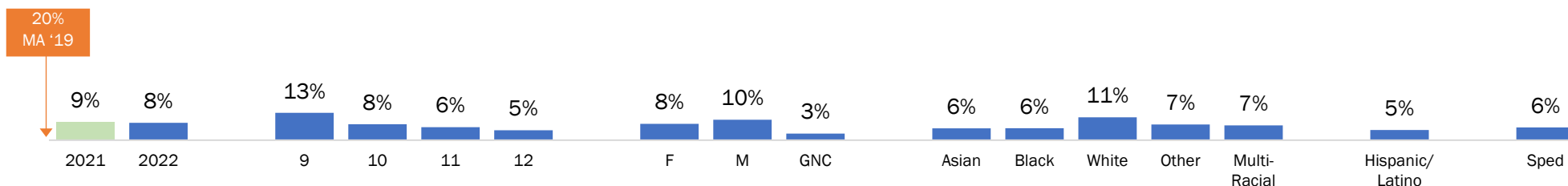
Sleep

Overall, 8% of high school students reported sleeping 8 or more hours on a regular school night.

- **Grade:** The percentage of students who slept 8 or more hours on a regular school night decreased as students advanced in grade. Students in 9th grade were most likely to sleep 8 or more hours on a regular school night (13%), followed by 10th, 11th, and 12th graders (8%, 6%, and 5%, respectively).
- **Gender:** Male students were most likely to sleep 8 or more hours on a regular school night (10%), followed by female and gender non-conforming students (8% and 3%, respectively).
- **Race/Ethnicity:** Percentages were similar across race and ethnicity.
- **Special Education:** Six percent of students who reported receiving special education services sleep 8 or more hours on a regular school night.
- **Trends:** The percentage of Cambridge high school students who reported sleeping 8 or more hours on a regular school night was the same in 2021 and 2022.

38% of high school students reported checking their phone after they got into bed to go to sleep.

Sleep 8+ Hours on a Regular School Night



2022 Middle Grades Results

Sample & Demographics

Overall, 918 middle grades students participated in Cambridge Teen and Middle Grades Health Survey. Among the students that participated, 53 were marked as incomplete and excluded from the final data set used in the analysis. The table below shows a distribution of survey respondents by grade, gender identity, race, ethnicity, and special education status.

Total		918
Grade	6th grade	314
	7th grade	304
	8th grade	300
Gender Identity	Female/Woman/Girl	428
	Male/Man/Boy	393
	Transgender, Non-binary, Questioning, Other gender	82
	Chose not to respond	10
Race	Asian	110
	Black	204
	White	346
	Other race	132
	Multi-Racial	111
	Chose not to respond	15
Ethnicity	Hispanic/Latino	158
Special Education	Receive services	89

This analysis includes surveys from 76% of the middle grades student population. The table below shows the distribution of accepted survey respondents and 2021-2022 Cambridge middle grades enrollment numbers by grade. Note that given the low overall response rate, in particular among 7th and 8th grade students, findings may not accurately represent the risk behaviors of the Cambridge middle grades population.

Grade	YRBS Participation	Enrollment	Participation Rate
6 th	314	388	81%
7 th	304	411	74%
8 th	300	402	75%
TOTAL	918	1201	76%

Discrimination

Discrimination

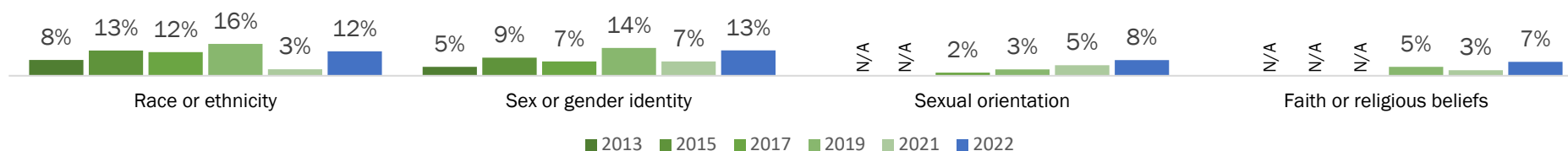
OVERALL DISCRIMINATION IN SCHOOL

Middle grades students were most likely to report experiencing bad or unfair treatment in school because of their sex or gender identity (13%), followed by their race or ethnicity (12%), sexual orientation (8%), and faith or religious beliefs (7%).

- **Trends:** The percentage of Cambridge middle grades students who experienced bad or unfair treatment has varied since 2013. All percentages have relatively increased since 2013, and all have increased from 2021 to 2022.
- **Statewide comparison:** There is no statewide comparison data.

64% of middle grades students reported witnessing discriminatory actions by students and 22% witnessed discriminatory actions by teachers or other school staff.

Experienced Bad or Unfair Treatment in School
(Sometimes, Most of the Time, Always)



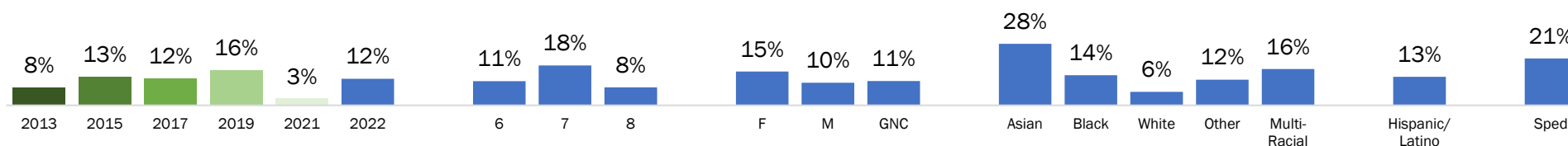
Discrimination

DISCRIMINATION BY RACE OR ETHNICITY

Overall, 12% of middle grades students reported bad or unfair treatment in school because of their race or ethnicity.

- **Grade:** Students in 7th grade were most likely to report bad or unfair treatment in school because of their race or ethnicity (18%), followed by 6th and 8th graders (11% and 8%, respectively).
- **Gender:** Percentages were similar across genders.
- **Race/Ethnicity:** Asian students were most likely to report bad or unfair treatment in school because of their race or ethnicity (28%), followed by Multi-Racial students, Black students, students of another race, and White students (16%, 14%, 12%, and 6%, respectively). Thirteen percent of Hispanic/Latino students reported bad or unfair treatment in school because of their race or ethnicity.
- **Special Education:** Twenty-one percent of students who reported receiving special education services reported bad or unfair treatment in school because of their race or ethnicity.
- **Trends:** The percentage of Cambridge middle grades students who reported bad or unfair treatment in school because of their race or ethnicity has increased by 300% since 2021, although it remains equal to or below 2015-2019 levels.
- **Statewide comparison:** There is no statewide comparison data.

Experienced Bad or Unfair Treatment in School because of their Race or Ethnicity
(Sometimes, Most of the Time, Always)



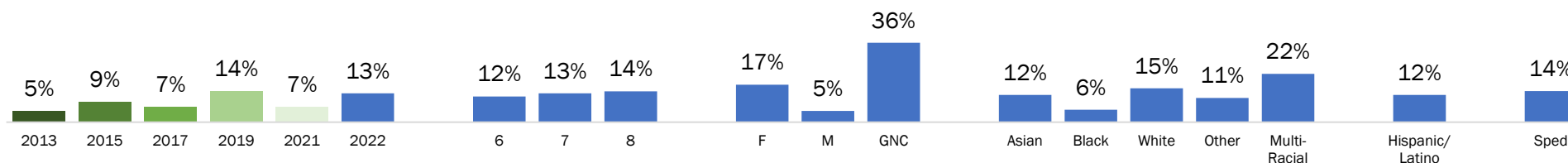
Discrimination

DISCRIMINATION BY SEX OR GENDER IDENTITY

Overall, 13% of middle grades students reported bad or unfair treatment in school because of their sex or gender identity.

- **Grade:** Percentages were similar across grades.
- **Gender:** Gender nonconforming students were most likely to report bad or unfair treatment in school because of their sex or gender identity (36%), followed by female and male students (17% and 5%, respectively).
- **Race/Ethnicity:** Multi-Racial students were most likely to report bad or unfair treatment in school because of their sex or gender identity (22%), followed by White students, Asian students, students of another race, and Black students (15%, 12%, 11%, and 6%, respectively). Twelve percent of Hispanic/Latino students reported bad or unfair treatment in school because of their sex or gender identity.
- **Special Education:** Fourteen percent of students who reported receiving special education services reported bad or unfair treatment in school because of their sex or gender identity.
- **Trends:** The percentage of Cambridge middle grades students who reported bad or unfair treatment in school because of their sex or gender identity increased by almost 50% since 2021.
- **Statewide comparison:** There is no statewide comparison data.

Experienced Bad or Unfair Treatment in School because of their Sex or Gender Identity
(Sometimes, Most of the Time, Always)



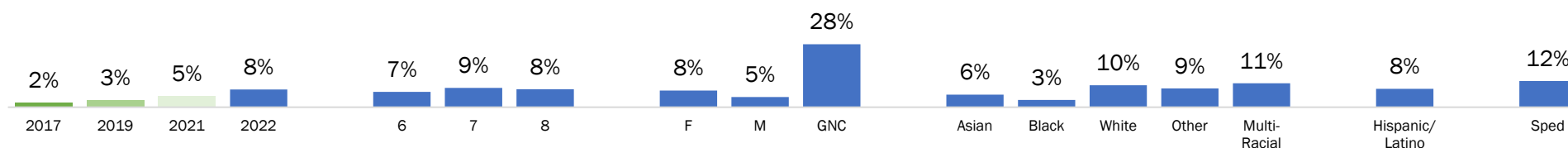
Discrimination

DISCRIMINATION BY SEXUAL ORIENTATION

Overall, 8% of middle grades students reported bad or unfair treatment in school because of their sexual orientation.

- **Grade:** Percentages were similar across grades.
- **Gender:** Gender nonconforming students were more than three times more likely to report bad or unfair treatment in school because of their sexual orientation than female and male students (28% vs 8% and 5%).
- **Race/Ethnicity:** Multi-Racial students were most likely to report bad or unfair treatment in school because of their sexual orientation (11%), followed by White students, students of another race, Asian students, and Black students (10%, 9%, 6%, and 3%, respectively). Eight percent of Hispanic/Latino students reported bad or unfair treatment in school because of their sexual orientation.
- **Special Education:** Twelve percent of students who reported receiving special education services reported bad or unfair treatment in school because of their sexual orientation.
- **Trends:** The percentage of Cambridge middle grades students who reported bad or unfair treatment in school because of their sexual orientation increased to its highest percentage in 2022.
- **Statewide comparison:** There is no statewide comparison data.

Experienced Bad or Unfair Treatment in School because of their Sexual Orientation
(Sometimes, Most of the Time, Always)



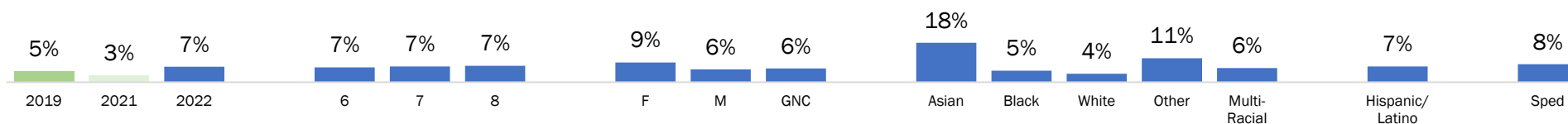
Discrimination

DISCRIMINATION BY FAITH OR RELIGIOUS BELIEFS

Overall, 7% of middle grades students reported bad or unfair treatment in school because of their faith or religious beliefs.

- **Grade:** Percentages were similar across grades.
- **Gender:** Percentages were similar across genders.
- **Race/Ethnicity:** Asian students were most likely to report bad or unfair treatment in school because of their faith or religious beliefs (18%, respectively), followed by students of another race, Multi-Racial students, Black students, and White students (11%, 6%, 5%, and 4%, respectively). Seven percent of Hispanic/Latino students reported bad or unfair treatment because of their faith or religious beliefs.
- **Special Education:** Eight percent of students who reported receiving special education services reported bad or unfair treatment in school because of their faith or religious beliefs.
- **Trends:** The percentage of Cambridge middle grades students who reported bad or unfair treatment in school because of their faith or religious beliefs increased slightly from 2021 and 2022.
- **Statewide comparison:** There is no statewide comparison data.

Experienced Bad or Unfair Treatment in School because of their Faith or Religious Beliefs
(Sometimes, Most of the Time, Always)



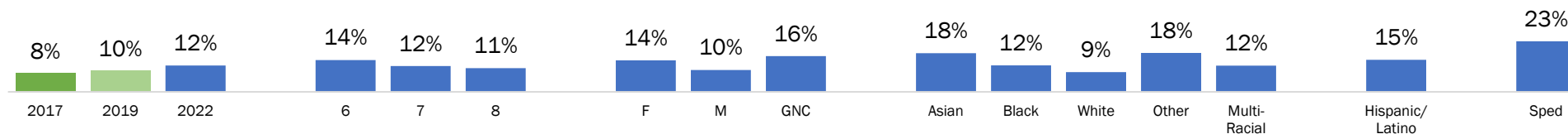
Violence-Related Behaviors & Experiences

Safety

Overall, 12% of middle grades students stayed home from school because they felt unsafe at school on their way to or from school.

- **Grade:** Percentages were similar across grades.
- **Gender:** Gender non-conforming students were most likely to stay home from school for fear of their safety (16%), followed by female and male students (14% and 10%, respectively).
- **Race/Ethnicity:** Asian students and students of another race were most likely to stay home from school for fear of their safety (18%, respectively), followed by Black students, Multi-Racial students, and White students (12%, 12%, and 9%, respectively). Fifteen percent of Hispanic/Latino students stayed home from school for fear of their safety.
- **Special Education:** Twenty-three percent of students who reported receiving special education services stayed home from school for fear of their safety.
- **Trends:** The percentage of Cambridge middle grades students who stayed home from school for fear of their safety has increased since 2017 to its highest percentage in 2022.
- **Statewide comparison:** There is no statewide comparison data.

Stayed Home from School for Fear of Their Safety, Past 30 Days



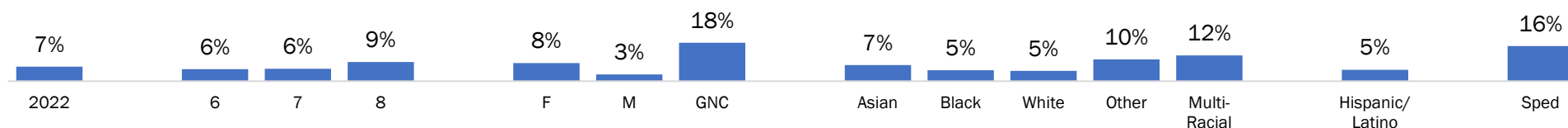
Sexual & Dating Violence

SEXUAL VIOLENCE

Overall, 7% of middle grades students have ever experienced unwanted sexual contact or been forced to do sexual things that they did not want to.

- **Grade:** Students in 8th grade were slightly more likely to have ever experienced sexual violence (9%).
- **Gender:** Almost one-fifth of gender non-conforming students have ever experienced sexual violence (18%), followed by female and male students (8% and 3%, respectively).
- **Race/Ethnicity:** Multi-Racial students were most likely to have ever experienced sexual violence (12%), followed by students of another race, Asian students, Black students, and White students (10%, 7%, 5%, and 5%, respectively). Five percent of Hispanic/Latino students have ever experienced sexual violence.
- **Special Education:** Sixteen percent of students who reported receiving special education services have ever experienced sexual violence.
- **Trends:** This was a new question in 2022, so there is no trend data.
- **Statewide comparison:** There is no statewide comparison data.

Ever Experienced Sexual Violence



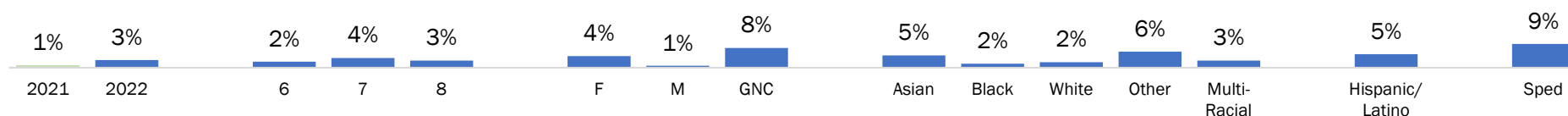
Sexual & Dating Violence

SEXUAL VIOLENCE

Overall, 3% of middle grades students experienced sexual violence in the past 12 months.

- **Grade:** Percentages were similar across grades.
- **Gender:** Gender non-conforming students were most likely to have experienced sexual violence in the past 12 months (8%), followed by female and male students (4% and 1%, respectively).
- **Race/Ethnicity:** Percentages were similar across race and ethnicity, although students of another race, Asian students, and Hispanic/Latino students were more likely to have experienced sexual violence in the past 12 months (6%, 5%, and 5%, respectively).
- **Special Education:** Nine percent of students who reported receiving special education services experienced sexual violence in the past 12 months.
- **Trends:** The percentage of Cambridge middle grades students who have experienced sexual violence in the past 12 months increased slightly from 2021 to 2022.
- **Statewide comparison:** There is no statewide comparison data.

Experienced Sexual Violence, Past 12 Months



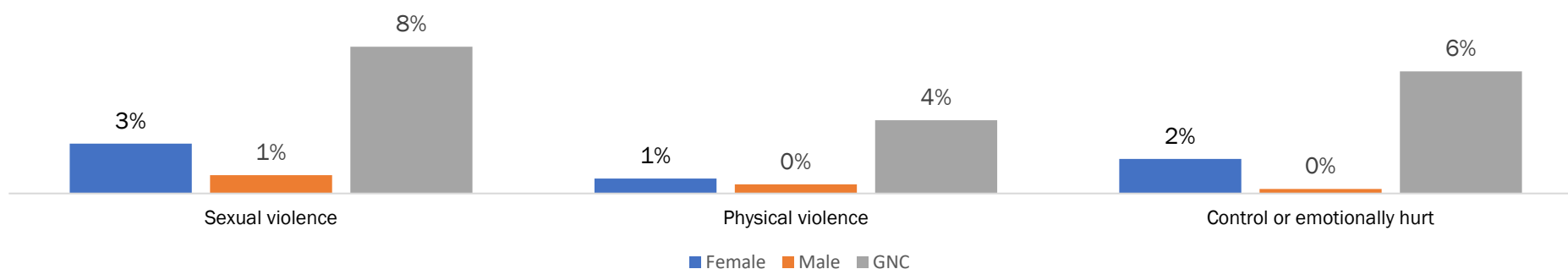
Sexual & Dating Violence

DATING VIOLENCE

Overall, 2% of middle grades students have been hurt sexually, 1% have been hurt physically, and 1% have been emotionally controlled or hurt by someone they were dating or going out with in the past 12 months (data not shown).

- **Grade:** Percentages were similar across grades (data not shown).
- **Gender:** Gender non-conforming students were most likely to experience sexual, physical, and emotional dating violence.
- **Race/Ethnicity:** Percentages were similar across race and ethnicity (data not shown).
- **Special Education:** Students who reported receiving special education services were less likely to experience dating violence than those who did not (data not shown).
- **Trends:** The percentage of Cambridge middle grades students who have experienced physical dating violence has remained relatively consistent since 2013 (data not shown).
- **Statewide comparison:** There is no statewide comparison data.

Experienced Sexual, Physical, or Emotional Violence by
Someone They were Dating or Going Out With, Past 12 Months



Bullying



Bullying

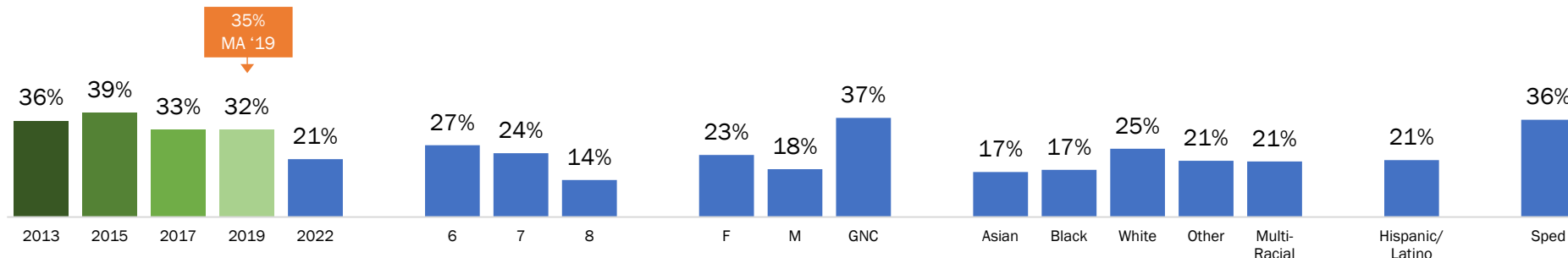
The 2022 Cambridge YRBS defined bullying as when one or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again. It is not bullying when two students of about the same strength or power argue or fight or tease each other in a friendly way. Electronic bullying is things such as someone spreading a rumor or something untrue about you online; someone sending you a threatening or aggressive message; someone posting an embarrassing picture of you online without your permission; someone taking a private message you sent them and forwarding it to someone else or posting it where others could see it.

BULLYING IN SCHOOL

Overall, 21% of middle grades students reported being bullied in school in the past 12 months.

- **Grade:** The percentage of students who reported being bullied in school decreased as students advanced in grade. Students in 6th grade were most likely to be bullied in school (27%), followed by 7th and 8th graders (24% and 14%, respectively).
- **Gender:** Over one-third of gender non-conforming students reported being bullied in school (37%).
- **Race/Ethnicity:** Percentages across race and ethnicity were similar, however, White students were more likely to report being bullied in school (25%).
- **Special Education:** Thirty-six percent of students who reported receiving special education services reported being bullied in school.
- **Trends:** The percentage of Cambridge middle grades students who reported being bullied in school has relatively decreased since 2013 to its lowest percentage in 2022.

Bullied in School, Past 12 Months



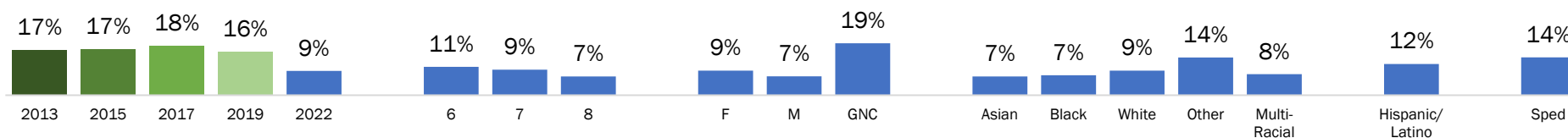
Bullying

BULLYING OUTSIDE OF SCHOOL

Overall, 9% of middle grades students reported being bullied outside of school in the past 12 months.

- **Grade:** The percentage of students who reported being bullied outside of school were similar across grades but decreased slightly as students advanced in grade.
- **Gender:** Gender non-conforming students were more than twice as likely than female and male students to report being bullied outside of school.
- **Race/Ethnicity:** Percentages across race and ethnicity were similar, however, students of another race and Hispanic/Latino students were more likely to report being bullied outside of school.
- **Special Education:** Fourteen percent of students who reported receiving special education services reported being bullied outside of school.
- **Trends:** The percentage of Cambridge middle grades students who reported being bullied outside school has relatively decreased since 2013 to its lowest percentage in 2022.
- **Statewide comparison:** There is no statewide comparison data.

Bullied Outside of School, Past 12 Months



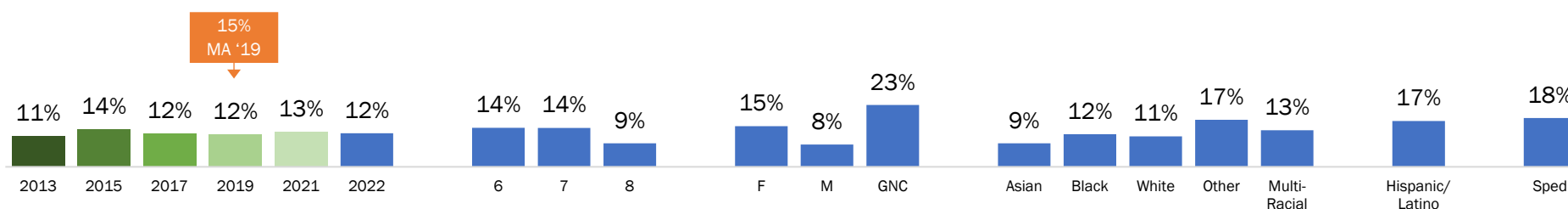
Bullying

ELECTRONIC BULLYING

Overall, 12% of middle grades students reported being bullied electronically in the past 12 months.

- **Grade:** Students in 6th and 7th grade were most likely to report being bullied electronically (14%, respectively).
- **Gender:** Almost one-fourth of gender non-conforming students reported being bullied electronically (23%), followed by female and male students (15% and 8%, respectively).
- **Race/Ethnicity:** Students of another race and Hispanic/Latino students were most likely to report being bullied electronically (17%, respectively), followed by Multi-Racial students, Black students, White students, and Asian students (13%, 12%, 11%, and 9%, respectively).
- **Special Education:** Eighteen percent of students who reported receiving special education services reported being bullied electronically.
- **Trends:** The percentage of Cambridge middle grades students who reported being bullied electronically has been consistent since 2013.

Bullied Electronically, Past 12 Months



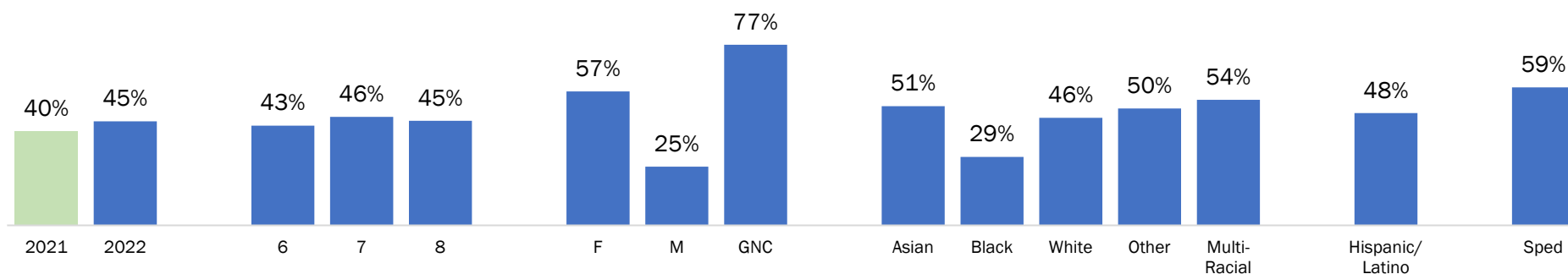
Mental Health

General

Overall, 45% of middle grades students reported that their mental health was not good sometimes, most of the time, or always in the past 30 days.

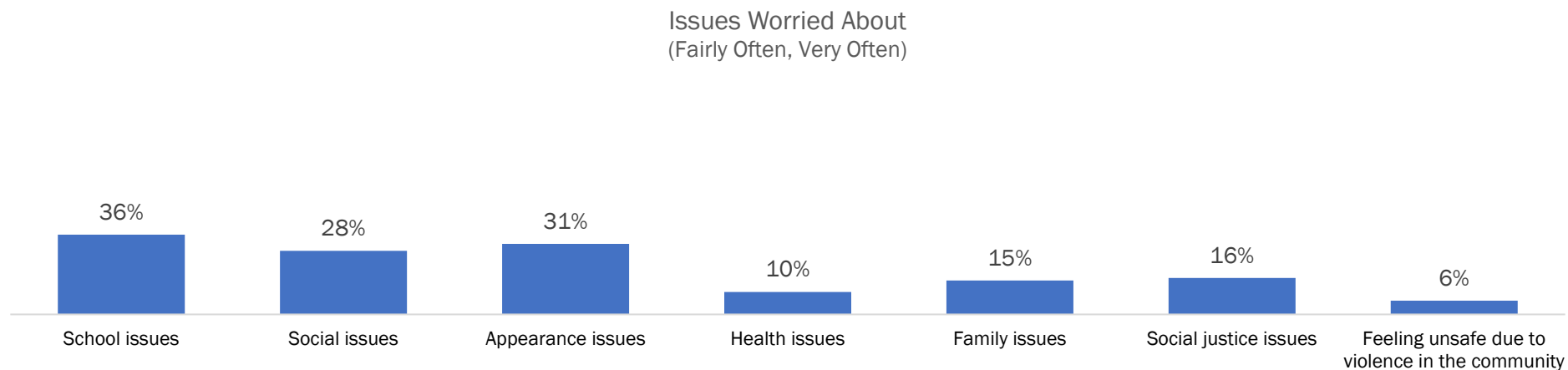
- **Grade:** Percentages were similar across grades.
- **Gender:** Over three-fourths of gender non-conforming students and half of female students described their mental health as not good.
- **Race/Ethnicity:** Black students were least likely to describe their mental health as not good (29%), followed by White students, students of another race, Asian students, and Multi-Racial students (46%, 50%, 51%, and 54%, respectively). Forty-eight percent of Hispanic/Latino students described their mental health as not good.
- **Special Education:** Fifty-nine percent of students who reported receiving special education services described their mental health as not good.
- **Trends:** The percentage of Cambridge middle grades students who described their mental health as not good increased from 2021 to 2022.
- **Statewide comparison:** There is no statewide comparison data.

Mental Health Not Good, Past 30 Days
(Sometimes, Most of the Time, Always)



Stress

Overall, middle grades students were most likely to worry fairly often or very often about school issues (36%), followed by appearance issues (31%), social issues (28%), social justice issues (16%), family issues (15%), health issues (10%), and feeling unsafe due to violence in their community (6%).



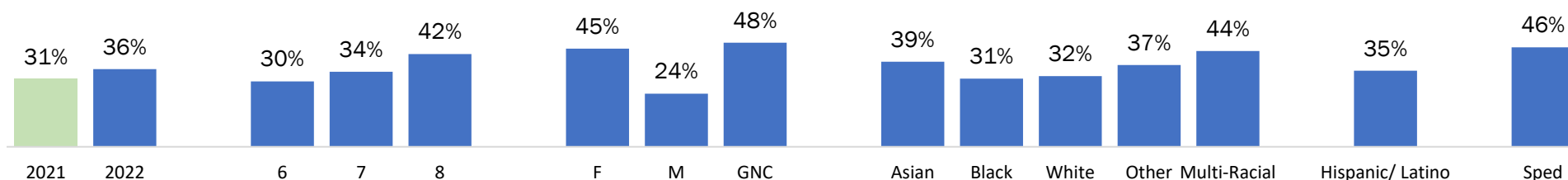
Stress

SCHOOL ISSUES

Overall, 36% of middle grades students reported worrying fairly often or very often about school issues in the past 30 days.

- **Grade:** The percentage of students who worried about school issues increased as students advanced in grade. Students in 8th grade were most likely to worry about school issues (42%), followed by 7th and 6th graders (34% and 30%, respectively).
- **Gender:** Gender non-conforming and female students were more likely to worry about school issues (48% and 45%, respectively) than male students (24%).
- **Race/Ethnicity:** Multi-Racial students were most likely to worry about school issues (44%), followed by Asian students, students of another race, White students, and Black students (39%, 37%, 32%, and 31%, respectively). Thirty-five percent of Hispanic/Latino students worried about school issues.
- **Special Education:** Forty-six percent of students who reported receiving special education services worried about school issues.
- **Trends:** The percentage of Cambridge middle grades students who worried about school issues has increased from 2021 to 2022.
- **Statewide comparison:** There is no statewide comparison data.

Worry About School Issues, Past 30 Days
(Fairly Often, Very Often)

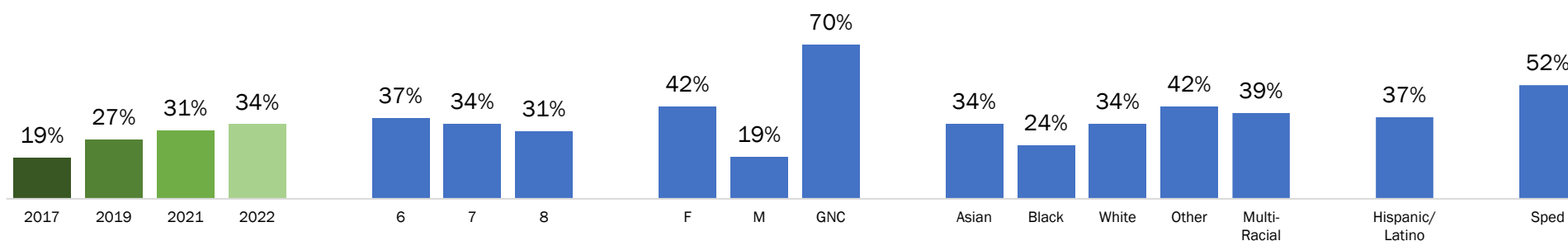


Anxiety

Overall, 34% of middle grades students felt tense, nervous, or worried almost every day for two or more weeks in a row (i.e., experienced anxiety) in the past 12 months.

- **Grade:** The percentage of students who experienced anxiety decreased as students advanced in grade. Students in 6th grade were most likely to experience anxiety (37%), followed by 7th and 8th graders (34% and 31%, respectively).
- **Gender:** Almost three-quarters of gender non-conforming students experienced anxiety (70%), followed by female and male students (42% and 19%, respectively).
- **Race/Ethnicity:** Students of another race were most likely to experience anxiety (42%), followed by Multi-Racial students, White students, Asian students, and Black students (39%, 34%, 34%, and 24%, respectively). Thirty-seven percent of Hispanic/Latino students experienced anxiety.
- **Special Education:** Fifty-two percent of students who reported receiving special education services experienced anxiety.
- **Trends:** The percentage of Cambridge middle grades students who experienced anxiety has increased since 2012 to its highest percentage in 2022. However, this data should be interpreted with caution as this question was changed in 2021 to expand the timeframe in which students were considering when responding from 30 days to 12 months.
- **Statewide comparison:** There is no statewide comparison data.

Felt Tense, Nervous, or Worried for Two or More Weeks in a Row, Past 12 Months



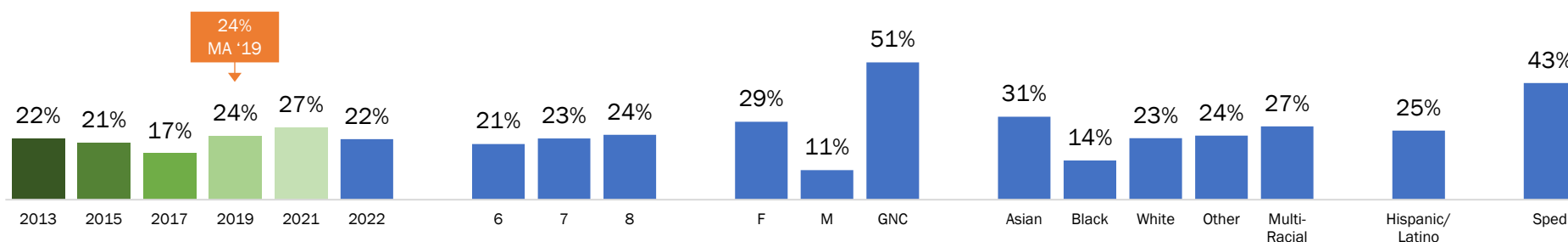
Depression

Overall, 22% of middle grades students felt so sad or hopeless almost every day for two or more weeks in a row that they stopped doing some of their usual activities during the past 12 months.

- **Grade:** Percentages were similar across grades, but slightly increased as students advanced in grade.
- **Gender:** Over half of gender non-conforming students experienced depression (51%), followed by female and male students (29% and 11%, respectively).
- **Race/Ethnicity:** Asian students were most likely to have experienced depression (31%), followed by Multi-Racial students, students of another race, White students, and Black students (27%, 24%, 23%, and 14%, respectively). Twenty-five percent of Hispanic/Latino students reported experiencing depression.
- **Special Education:** Forty-three percent of students who reported receiving special education services experienced depression.
- **Trends:** The percentage of Cambridge middle grades students that have experienced depression has varied since 2013.

6% of middle grades students reported taking prescription medication for mental health support and 15% reported seeing a therapist.

Felt Sad or Hopeless for Two or More Weeks in a Row, Past 12 Months

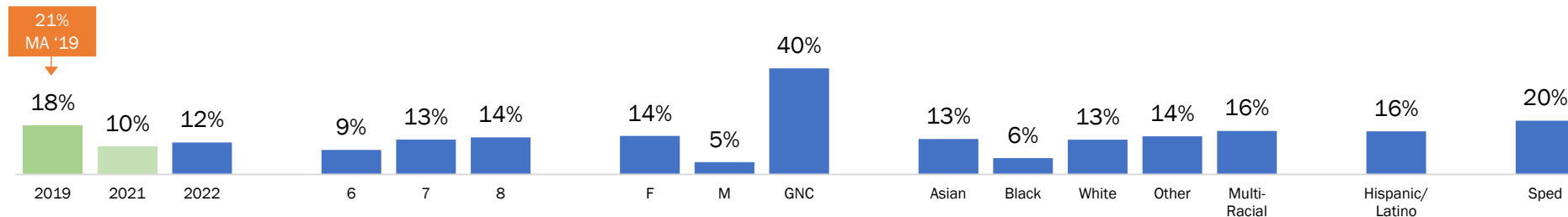


Self-Harm

Overall, 12% of middle grades students hurt or injured themselves on purpose during the past 12 months.

- **Grade:** Percentages were similar across grades but increased as students advanced in grade.
- **Gender:** Forty percent of gender non-conforming students engaged in self-harm, followed by female and male students (14% and 5%, respectively).
- **Race:** Black students were least likely to engage in self-harm (6%), followed by White students, Asian students, students of another race, and Multi-Racial students (13%, 13%, 14%, and 16%, respectively). Sixteen percent of Hispanic/Latino students engaged in self-harm.
- **Special Education:** Twenty percent of students who reported receiving special education services engaged in self-harm.
- **Trends:** The percentage of Cambridge middle grades students who have engaged in self-harm has relatively decreased since 2019.

Hurt Themselves on Purpose Without Wanting to Die, Past 12 Months



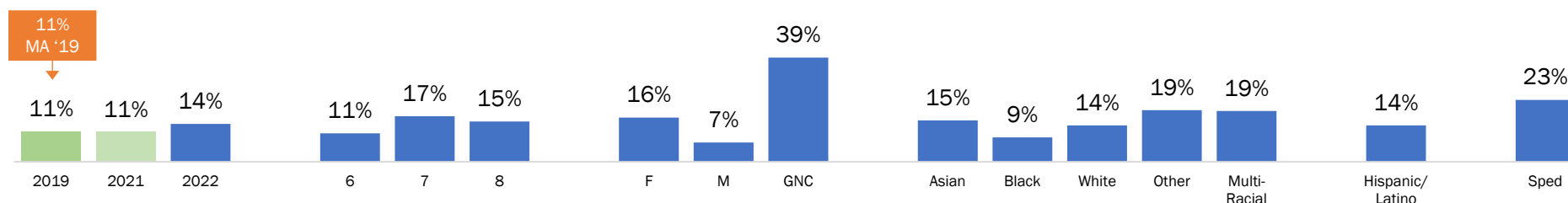
Suicidal Ideation & Suicide

CONSIDERED ATTEMPTING SUICIDE

Overall, 14% of middle grades students considered attempting suicide during the past 12 months.

- **Grade:** Students in 7th grade were most likely to consider attempting suicide (17%), followed by 8th and 6th graders (15% and 11%, respectively).
- **Gender:** Over two-thirds of gender non-conforming students considered attempting suicide (39%), followed by female and male students (16% and 7%, respectively).
- **Race:** Multi-Racial students and students of another race were most likely to seriously consider attempting suicide (19%, respectively), followed by Asian students, White students, and Black students (15%, 14%, and 9%, respectively). Fourteen percent of Hispanic/Latino students considered attempting suicide.
- **Special Education:** Twenty-three percent of students who reported receiving special education services considered attempting suicide.
- **Trends:** The percentage of Cambridge middle grades students who have considered attempting suicide has remained relatively consistent since 2019 but increased from 2021 to 2022. Note that in 2021, this question was changed from asking students if they “seriously considered attempting suicide” to “considered attempting suicide”.

Considered Attempting Suicide, Past 12 Months



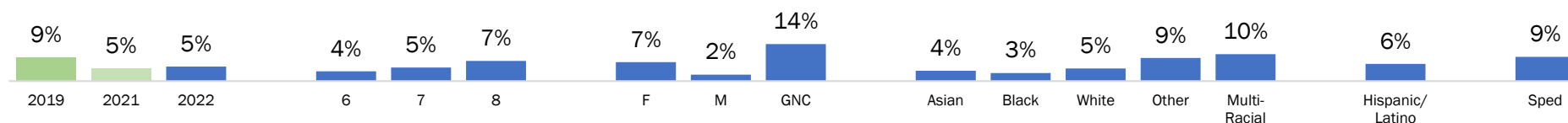
Suicidal Ideation & Suicide

MADE A SUICIDE PLAN

Overall, 5% of middle grades students made a suicide plan during the past 12 months.

- **Grade:** Percentages were similar across grades but increased as students advanced in grade.
- **Gender:** Gender non-conforming students were almost twice as likely to make a suicide plan as female students (14% vs. 7%) and seven times more likely as male students (14% vs. 2%).
- **Race/Ethnicity:** Multi-Racial students were most likely to make a suicide plan (10%), followed by students of another race, White students, Asian students, and Black students (9%, 5%, 4%, and 3%, respectively). Six percent of Hispanic/Latino students made a suicide plan.
- **Special Education:** Nine percent of students who reported receiving special education services made a suicide plan.
- **Trends:** The percentage of Cambridge middle grades students who made a suicide plan has relatively decreased since 2019.
- **Statewide comparison:** There is no statewide comparison data.

Made a Suicide Plan, Past 12 Months



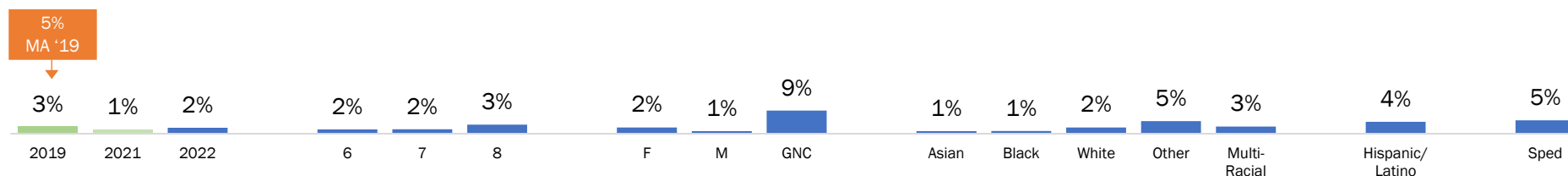
Suicidal Ideation & Suicide

ATTEMPTED SUICIDE

Overall, 2% of middle grades students attempted suicide during the past 12 months.

- **Grade:** Percentages were similar across grades.
- **Gender:** Nine percent of gender non-conforming students attempted suicide.
- **Race/Ethnicity:** Students of another race were most likely to attempt suicide (5%). Four percent of Hispanic/Latino students attempted suicide.
- **Special Education:** Five percent of students who reported receiving special education services attempted suicide.
- **Trends:** The percentage of Cambridge middle grades students who have attempted suicide has been relatively consistent since 2019.

Attempted Suicide, Past 12 Months



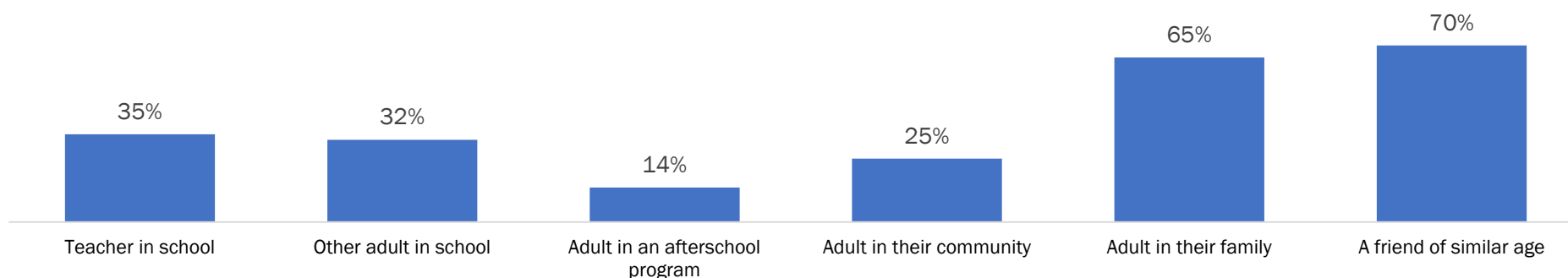
Social Supports

Overall, middle grades students were most likely to have a friend of similar age to talk to about a problem (70%), followed by an adult in their family (65%), a teacher in school (35%), an other adult in school (32%), an adult in their community (25%), and an adult in an afterschool program (14%).

78% of middle grades students have 3 or more close friends.

- **Trends:** Overall, the percentages of students with social supports rebounded from 2021 when students spent the majority of the school year in remote learning but are still lower than they were in 2018 (data not shown).

People Available to Talk to if a Student had a Problem



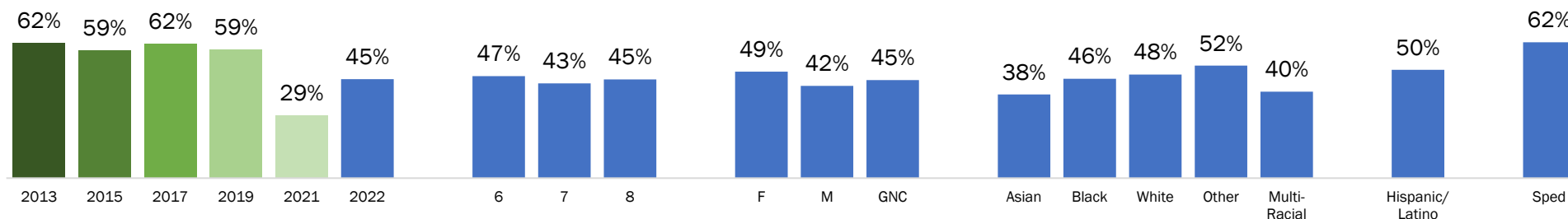
Social Supports

TEACHER OR OTHER SCHOOL ADULT

Overall, 45% of middle grades students reported having at least one teacher or other adult in school to talk to about a problem.

- **Grade:** Percentages were similar across grades.
- **Gender:** Female students were most likely to have a teacher or other adult in school to talk to about a problem (49%), followed by gender non-conforming and male students (45% and 42%, respectively).
- **Race/Ethnicity:** Students of another race were most likely to have a teacher or other adult in school to talk to about a problem (52%), followed by White students, Black students, Multi-Racial students, and Asian students (48%, 46%, 40%, and 38%, respectively). Fifty percent of Hispanic/Latino students reported having a teacher or other adult at school to talk to about a problem.
- **Special Education:** Sixty-two percent of students who reported receiving special education reported having a teacher or other adult in school to talk to about a problem.
- **Trends:** The percentage of Cambridge middle grades students who reported having a teacher or other adult at school to talk to about a problem decreased significantly from 2018 to 2021. The percentage increased from 2021 to 2022, although it is still lower than pre-2021 percentages.
- **Statewide comparison:** There is no statewide comparison data.

Have a Teacher or Other Adult in School to Talk to about a Problem



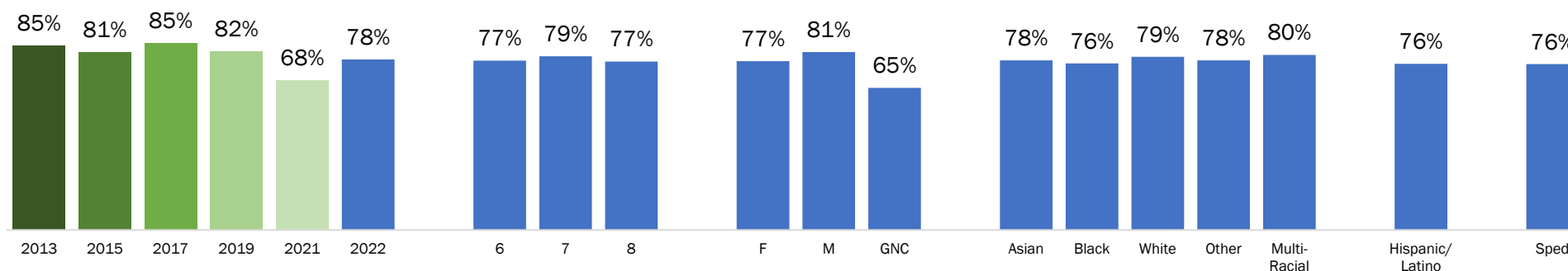
Social Supports

FRIENDSHIP

Overall, 78% of middle grades students reported having three or more close friends.

- **Grade:** Percentages were similar across grades.
- **Gender:** Gender non-conforming students were least likely to have three or more close friends (65%) and male students were most likely (81%).
- **Race/Ethnicity:** Percentages were similar across race and ethnicity.
- **Special Education:** Seventy-six percent of students who reported receiving special education reported having three or more close friends.
- **Trends:** The percentage of Cambridge middle grades students who reported having three or more close friends decreased from 2018 to 2021 but has increased from 2021 to 2022.
- **Statewide comparison:** There is no statewide comparison data.

Have 3 or More Close Friends

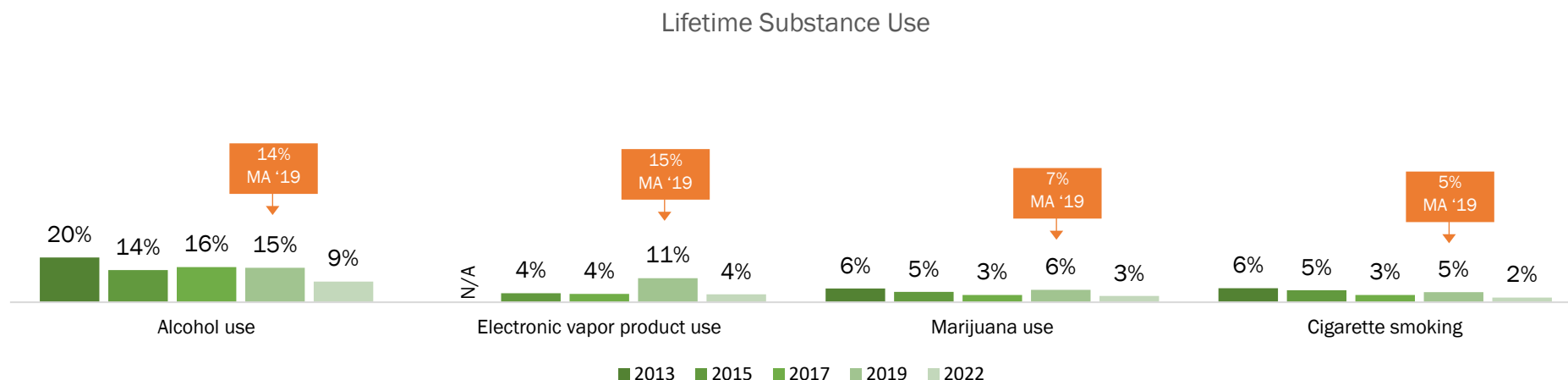


Substance Use

Lifetime Substance Use

Cambridge middle grades students were asked if they had ever used a variety of substances. Overall, 9% reported ever drinking alcohol, 4% reported ever using electronic vapor products (EVPs), 3% reported ever using marijuana, and 2% reported ever smoking cigarettes.

- Trends:** The percentage of Cambridge middle grades students who had ever used a substance has relatively decreased across all substances since 2013.



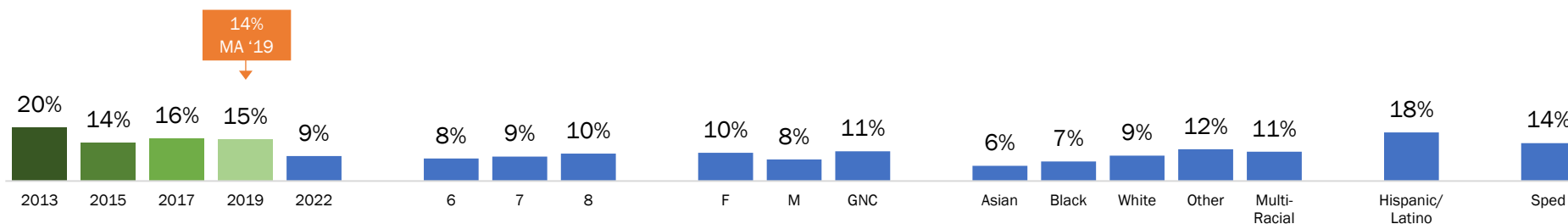
Lifetime Substance Use

LIFETIME ALCOHOL USE

Overall, 9% of middle grades students have ever drunk alcohol.

- **Grade:** Lifetime alcohol use is similar across grades, but slightly increases as students advanced in grade.
- **Gender:** Percentages are similar across genders.
- **Race/Ethnicity:** Students of another race were most likely to have ever drunk alcohol (12%), followed by Multi-Racial students, White, students, Black students, and Asian students (11%, 9%, 7%, and 6%, respectively). Eighteen percent of Hispanic/Latino students have ever drunk alcohol.
- **Special Education:** Fourteen percent of students who reported receiving special education services have ever drunk alcohol.
- **Trends:** The percentage of Cambridge middle grades students who had ever drunk alcohol has relatively decreased since 2013 to its lowest percentage in 2022.

Ever Drunk Alcohol



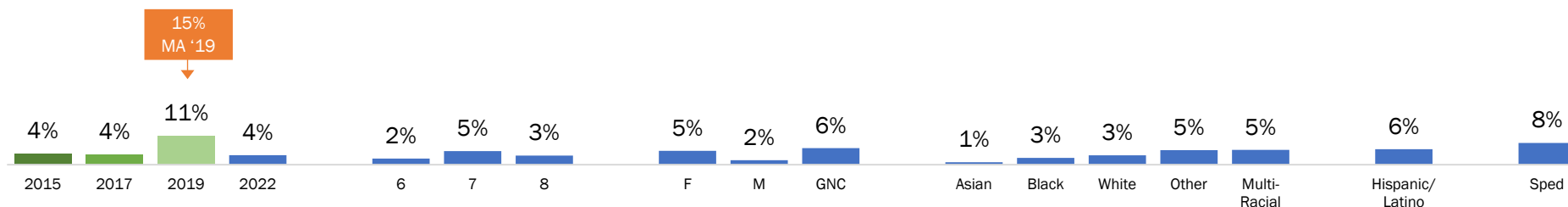
Lifetime Substance Use

LIFETIME ELECTRONIC VAPOR PRODUCT USE

Overall, 4% of middle grades students have ever used EVPs.

- **Grade:** Percentages were similar across grades.
- **Gender:** Percentages were similar across genders.
- **Race/Ethnicity:** Percentages were similar across race and ethnicity.
- **Special Education:** Eight percent of students who reported receiving special education services have ever used EVPs.
- **Trends:** The percentage of Cambridge middle grades students who ever used EVPs increased sharply in 2019 but decreased to 2015 and 2017 percentages in 2022.

Ever Used Electronic Vapor Products



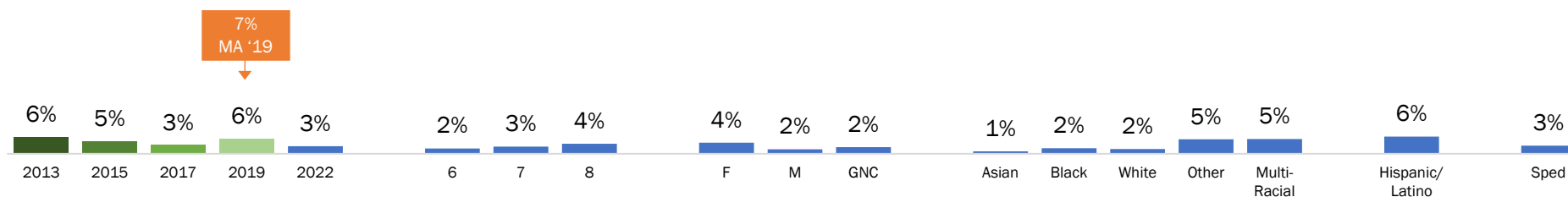
Lifetime Substance Use

LIFETIME MARIJUANA USE

Overall, 3% of middle grades students have ever used marijuana.

- **Grade:** Lifetime marijuana use is similar across grades, but slightly increases as students advanced in grade.
- **Gender:** Percentages were similar across grades.
- **Race/Ethnicity:** Percentages were similar across race and ethnicity.
- **Special Education:** Three percent of students who reported receiving special education services have ever used marijuana.
- **Trends:** The percentage of Cambridge middle grades students who had ever used marijuana has varied slightly since 2013.

Ever Used Marijuana



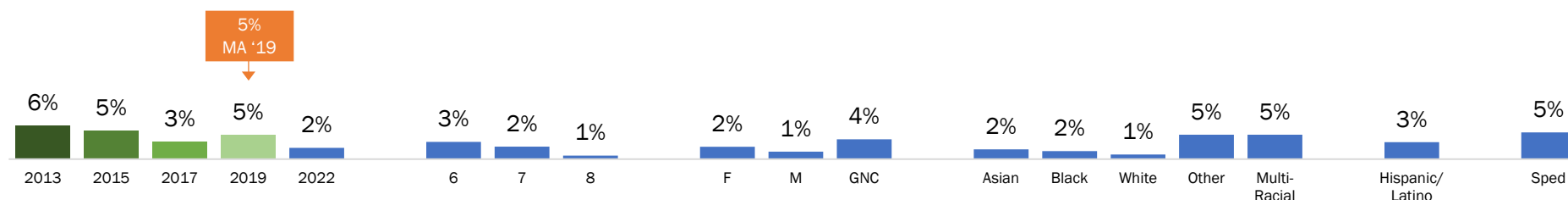
Lifetime Substance Use

LIFETIME CIGARETTE USE

Overall, 2% of middle grades students have ever smoked a cigarette.

- **Grade:** Lifetime cigarette smoking is similar across grades, but slightly decreases as students advanced in grade.
- **Gender:** Percentages were similar across genders.
- **Race/Ethnicity:** Percentages were similar across race and ethnicity.
- **Special Education:** Five percent of students who reported receiving special education services have ever smoked a cigarette.
- **Trends:** The percentage of Cambridge middle grades students who had ever smoke a cigarette has relatively decreased since 2013 to its lowest percentage in 2022.

Ever Smoked a Cigarette

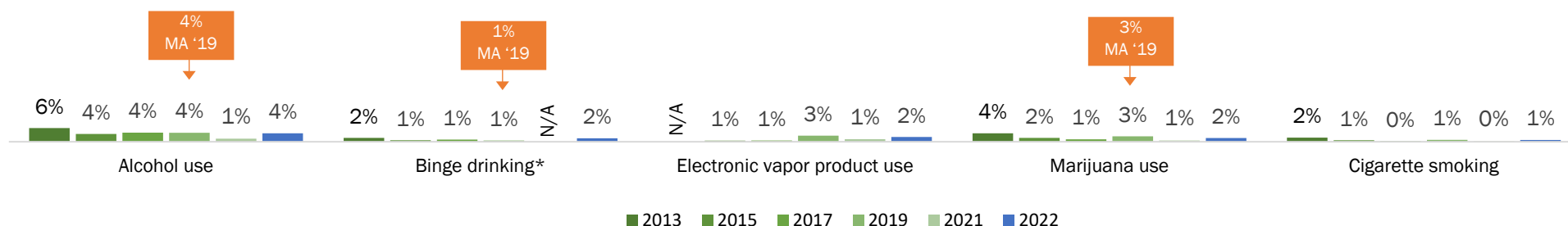


Current Substance Use

Cambridge middle grades students were asked if they had used a variety of substances in the past 30 days (currently). Four percent reported using alcohol, 2% reported binge drinking, 2% reported using electronic vapor products, 2% reported using marijuana, and 1% reporting smoking cigarettes.

- Trends:** The percentage of Cambridge middle grades students who reported currently using substances has remained relatively unchanged since 2013.

Current Substance Use

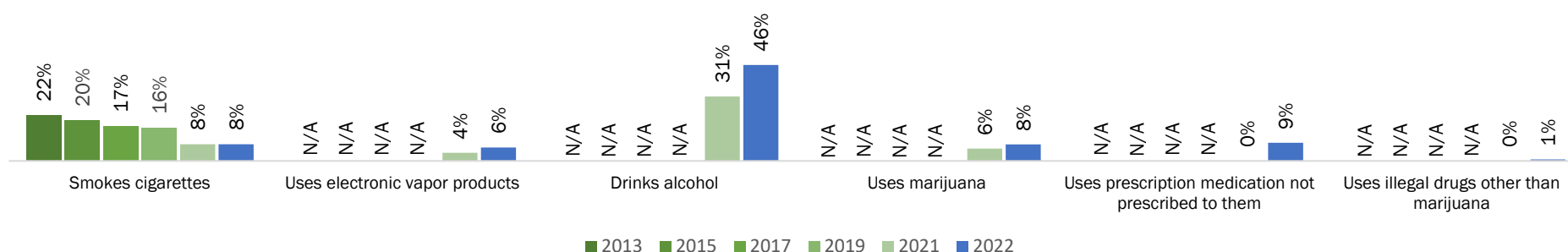


Exposure to Substance Use

Overall, when asked if there was anyone (other than them) living in their household who used substances, middle grades students were most likely to report a household member(s) drinks alcohol (46%), followed by uses prescription medication not prescribed to them (9%), smokes cigarettes (8%), uses marijuana (8%), uses EVPs (6%), and uses illegal drugs other than marijuana (1%).

- **Trends:** The percentage of Cambridge middle grades students who live with someone who smokes cigarettes has decreased since 2013, while those who live with someone who uses other substances has increased since 2021.
- **Statewide comparison:** There is no statewide comparison data.

Has Someone Living in Their Household (Other Than Them) Who Uses Substances

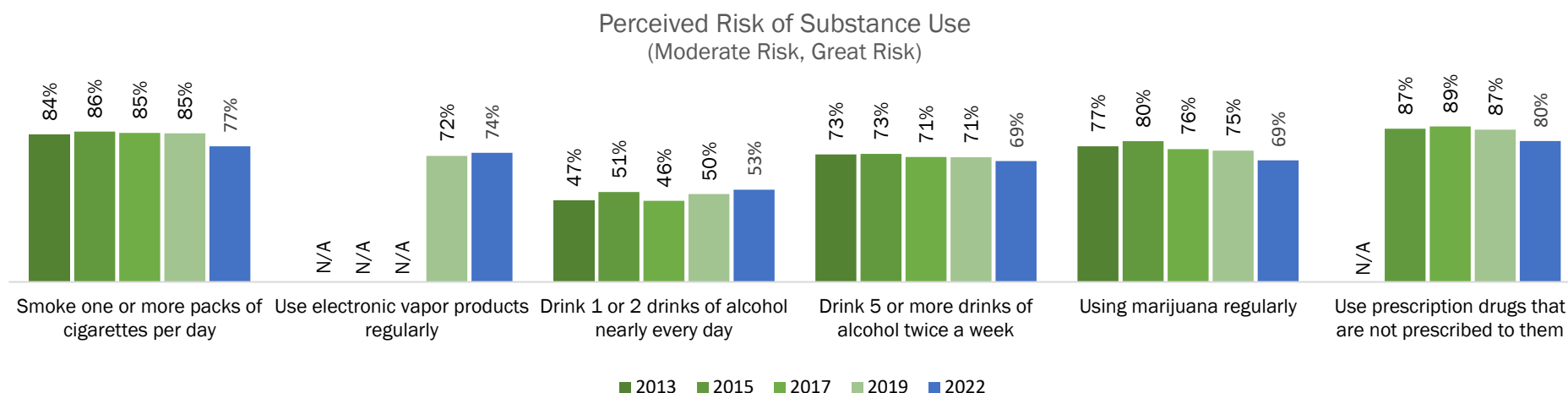


Attitudes & Perceptions about Substance Use

PERCEIVED RISK OF HARM

Overall, middle grades students perceived using prescription drugs not prescribed to them to have the most risk of harm (80%), followed by smoking one or more packs of cigarettes per day (77%), using EVPs (74%), drinking 5 or more drinks of alcohol twice a week (69%), smoking marijuana regularly (69%), and drinking 1 or 2 drinks of alcohol nearly every day (53%).

- **Trends:** Cambridge middle grades students' perceived risk of harm of substances has varied since 2013. However, there has been a relative decrease from 2021 to 2022 in perceived risk of harm of smoking cigarettes, binge drinking, using marijuana, and using prescription drugs not prescribed to them.
- **Statewide comparison:** There is no statewide comparison data.



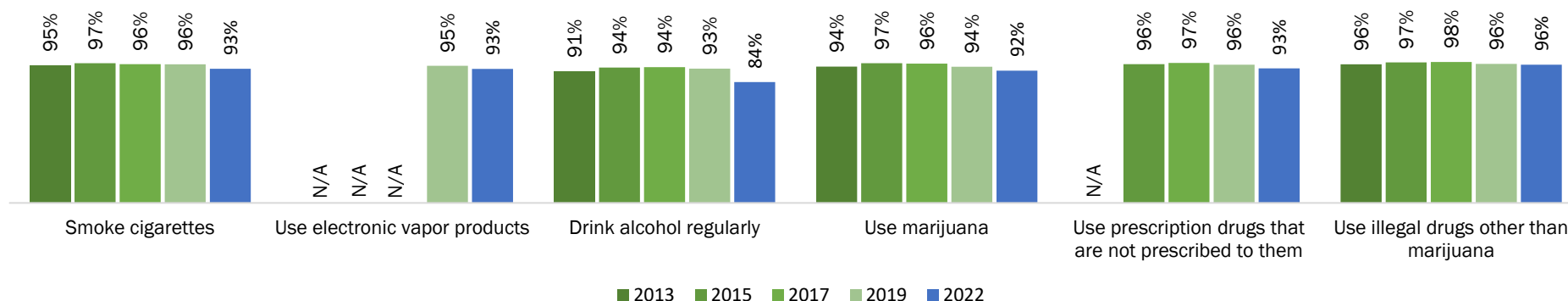
Attitudes & Perceptions about Substance Use

CAREGIVER DISAPPROVAL

Overall, middle grades students perceive high levels of caregiver disapproval for substance use across substances. They perceived that their caregivers would disapprove least if they drink alcohol regularly (84%), use marijuana (92%), use prescription drugs that are not prescribed to them (93%), and use illegal drugs other than marijuana (96%).

- **Trends:** The percentage of Cambridge middle grades students' perceived caregiver disapproval of substance use has remained relatively unchanged since 2013.
- **Statewide comparison:** There is no statewide comparison data.

Perceived Caregiver Disapproval of Substance Use
(Wrong or Very Wrong)



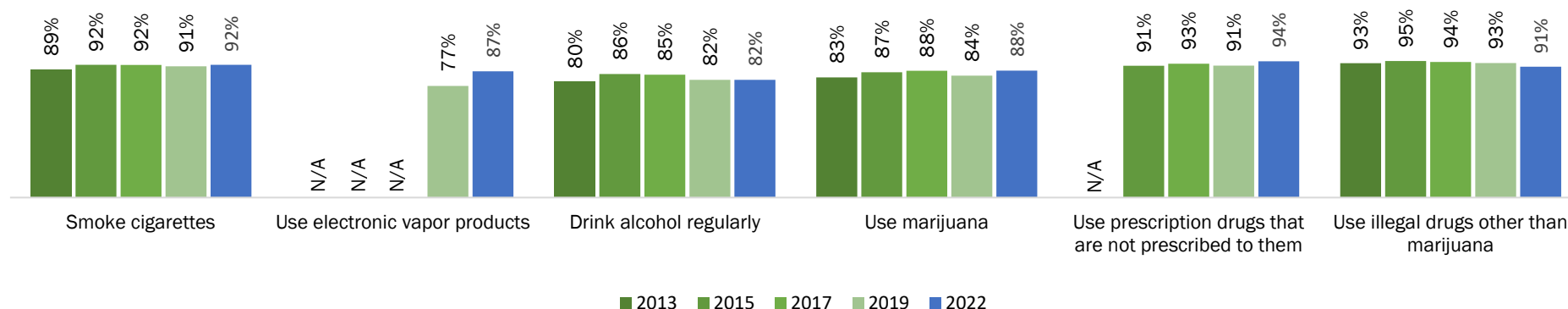
Attitudes & Perceptions about Substance Use

FRIENDS' DISAPPROVAL

Overall, middle grades students perceived that their close friends would disapprove least if they drink alcohol regularly (82%), followed by use EVPs (87%), use marijuana (88%), use illegal drugs other than marijuana (91%), smoke cigarettes (92%), and use prescription drugs that are not prescribed to them (94%).

- **Trends:** The percentage of Cambridge middle grades students' friends' perceived disapproval of substance use has been relatively unchanged since 2013. However, perception of disapproval around using electronic vapor products increased by 13% from 2019 to 2021.
- **Statewide comparison:** There is no statewide comparison data.

Perceived Disapproval by Close Friends of Substance Use
(Wrong or Very Wrong)



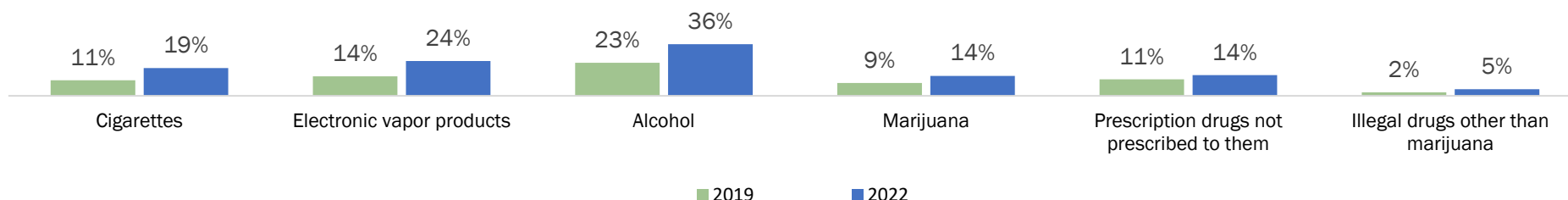
Attitudes & Perceptions about Substance Use

PERCEIVED ACCESS

Overall, middle grades students perceive that it would be easiest for them to obtain alcohol (36%), followed by EVPs (24%), cigarettes (19%), marijuana (14%), prescription drugs that are not prescribed to them (14%), and illegal drugs other than marijuana (5%).

- **Trends:** The percentage of Cambridge middle grades students' perceived ease of obtaining substances has increased for all substances from 2019 to 2022.
- **Statewide comparison:** There is no statewide comparison data.

Perceived Ease of Obtaining Substances
(Sort of Easy, Very Easy)



Sexual Behavior

Sexual Activity

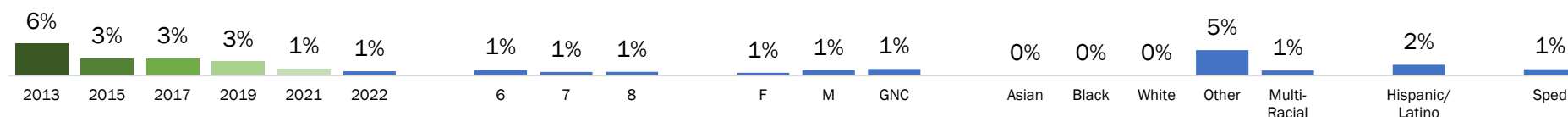
EVER HAD CONSENSUAL SEXUAL INTERCOURSE

Overall, 1% of middle grades students have ever had consensual sexual intercourse.*

- **Grade:** Percentages are similar across grades.
- **Gender:** Percentages are similar across genders.
- **Race/Ethnicity:** Students of another race were most likely to have ever had consensual sexual intercourse (5%). Two percent of Hispanic/Latino students have ever had consensual sexual intercourse.
- **Special Education:** One percent of students who reported receiving special education services have ever had consensual sexual intercourse.
- **Trends:** The percentage of Cambridge middle grades students who has ever had consensual sexual intercourse has relatively decreased since 2013.
- **Statewide comparison:** There is no statewide comparison data.

Among middle grades students who have had consensual sexual intercourse, 29% used a condom the last time and 25% drank alcohol or used drugs the last time.

Ever Had Consensual Sexual Intercourse



* The word "consensual" was added in the 2021 Cambridge YRBS.

Physical Activity & Nutrition

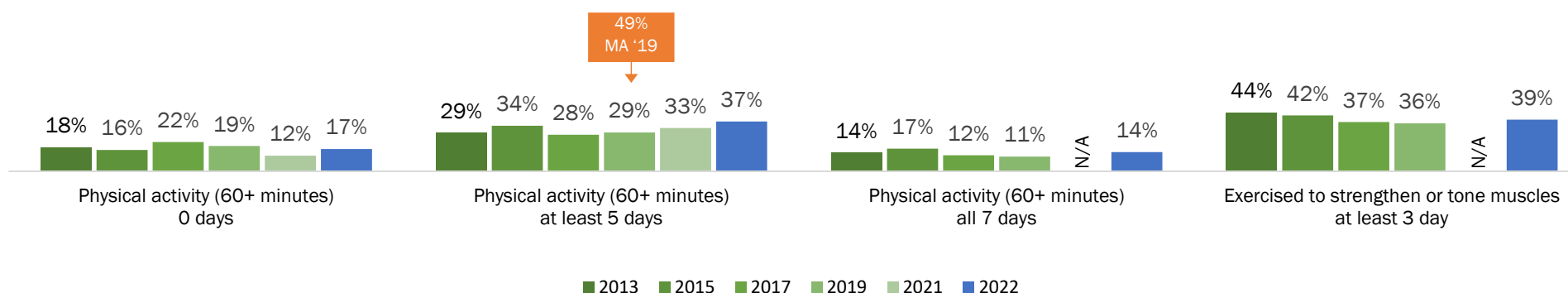
Physical Activity

Overall, 17% of middle grades students were not physically active in the past week, 37% engaged in 60 minutes of physical activity on at least 5 days in the past week, and 14% on all 7 days. Thirty-nine percent of students exercised to strengthen or tone their muscles on at least 3 days in the past week.

- Trends:** The percentage of Cambridge middle grades students who engaged in physical activity has varied since 2013.

39% of middle grades students have been taught in school about how to follow a personal fitness plan.

Engaged in Physical Activity in the Past 7 Days



Physical Activity

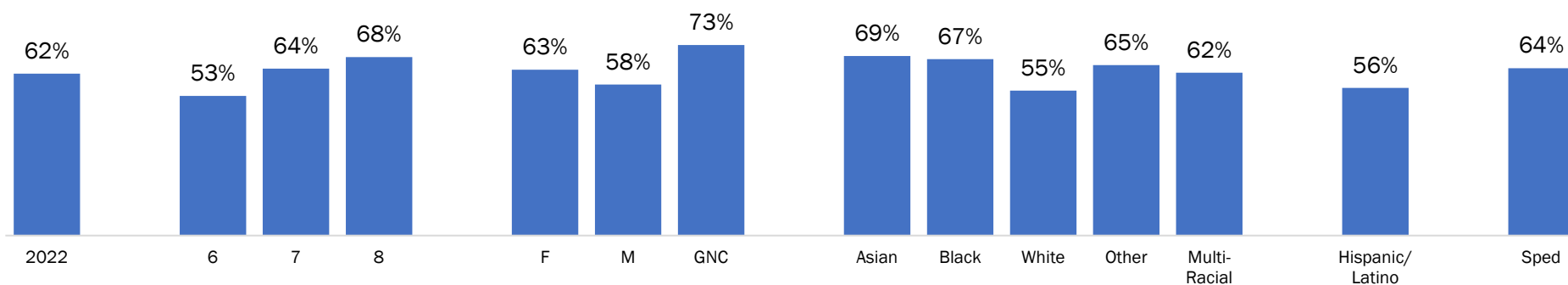
SCREEN TIME

Screen time includes things such as time spent in front of a TV, computer, smartphone, or other electronic device to watch shows or videos, play games, access the Internet, or use social media.

Overall, 62% of middle grades students engaged in 3 hours or more of screen time on an average school day.

- **Grade:** The percentage of students who engage in 3 hours or more a screen time on an average school grade increases as students advanced in grade. Students in 8th grade were most likely to engage in 3 hours or more of screen time on an average school day (68%), followed by 7th and 6th graders (64% and 53%, respectively).
- **Gender:** Gender non-conforming students were most likely to engage in 3 hours or more of screen time on an average school day (73%), followed by female and male students (63% and 58%, respectively).
- **Race/Ethnicity:** Asian students were most likely to engage in 3 hours or more of screen time on an average school day (69%), followed by Black students, students of another race, Multi-Racial students, and White students (67%, 65%, 62%, and 55%, respectively). Fifty-six percent of Hispanic/Latino students engaged in 3 hours or more of screen time on an average school day.
- **Special Education:** Sixty-four percent of students who reported receiving special education services engaged in 3 or more hours of screen time on an average school day.
- **Trends:** This was a new question in 2022, so there is no trend data.
- **Statewide comparison:** There is no 2019 statewide comparison data.

Engaged in 3 Hours or More of Screen Time, Average School Day



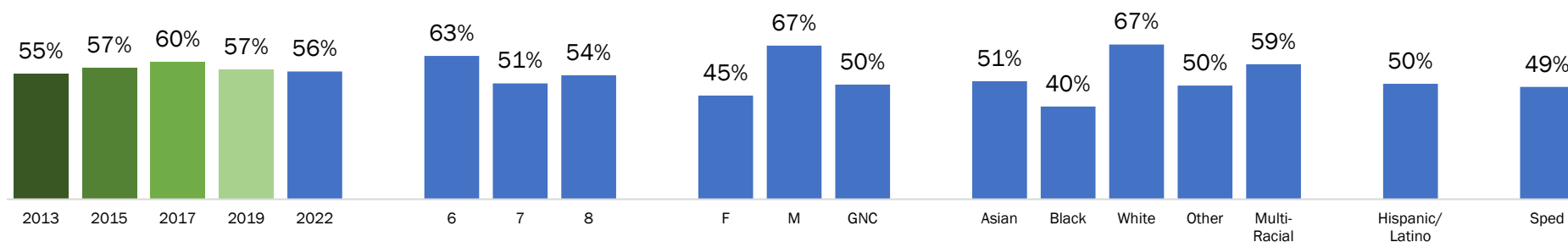
Nutrition

EATING BREAKFAST

Overall, 56% of middle grades students ate breakfast on at least 6 of the past 7 days.

- **Grade:** Students in 6th grade were most likely to eat breakfast (63%), followed by 8th and 7th graders (54% and 51%, respectively).
- **Gender:** Only 45% of female students ate breakfast on 6 of the past 7 days, followed by 50% of gender non-conforming students and 67% of male students.
- **Race/Ethnicity:** White students were most likely to eat breakfast on 6 of the past 7 days (67%), followed by Multi-Racial students, Asian students, students of another race, and Black students (59%, 51%, 50%, and 40%, respectively). Fifty percent of Hispanic/Latino students ate breakfast on 6 of the past 7 days.
- **Special Education:** Forty-nine percent of students who reported receiving special education services ate breakfast on at least 6 of the past 7 days.
- **Trends:** The percentage of Cambridge middle grades students who ate breakfast on 6 of the past 7 days has been consistent since 2013.
- **Statewide comparison:** There is no statewide comparison data.

Ate Breakfast on 6 of the Past 7 Days

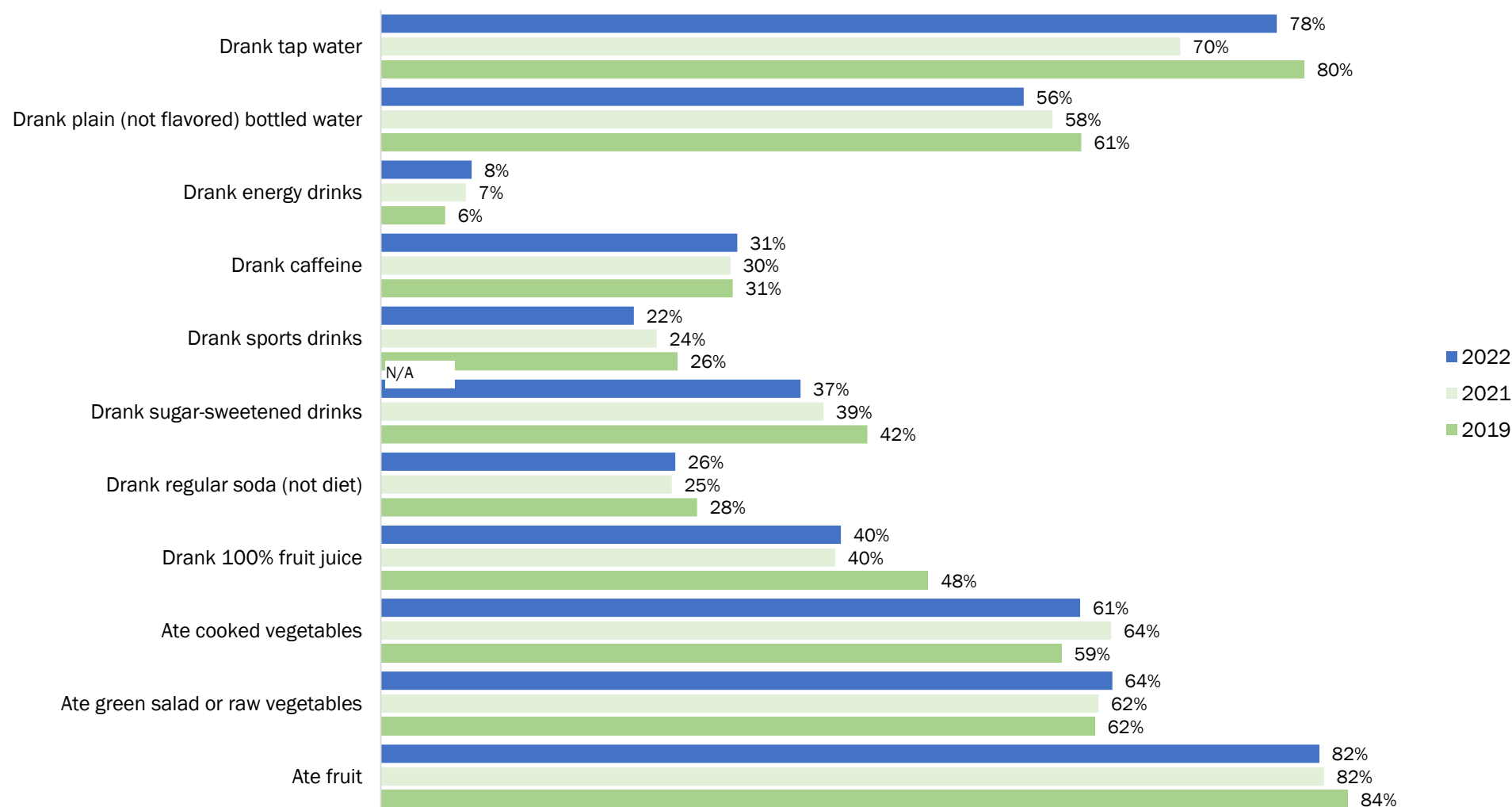


Nutrition

FOODS AND BEVERAGES CONSUMED YESTERDAY

Below, you will find the food and beverages Cambridge middle grades students reported consuming at least one time the day before taking the survey.

Food and Beverages Consumed, Yesterday



Habits & Activities

Traveling to School

Overall, 5% of middle grades students reported that they most commonly traveled to school by bike, skateboard, or scooter in the past 30 days.

- **Grade:** Percentages were similar across grades.
- **Gender:** Gender nonconforming students were most likely to travel to school by bike, skateboard, or scooter (9%), followed by male and female students (8% and 2%, respectively).
- **Race/Ethnicity:** Percentages were similar across race and ethnicity.
- **Special Education:** Five percent of students who reported receiving special education services traveled to school by bike, skateboard or scooter.
- **Trends:** This question was new in 2022 so there is no trend data.
- **Statewide comparison:** There is no statewide comparison data.

43% of middle grades students have ever fallen off their bike while biking on the road, 4% have crashed with a vehicle, 14% have crashed with another bike, and 7% have crashed with a pedestrian.

Most Commonly Traveled to School by Bike, Skateboard, or Scooter, Past 30 Days

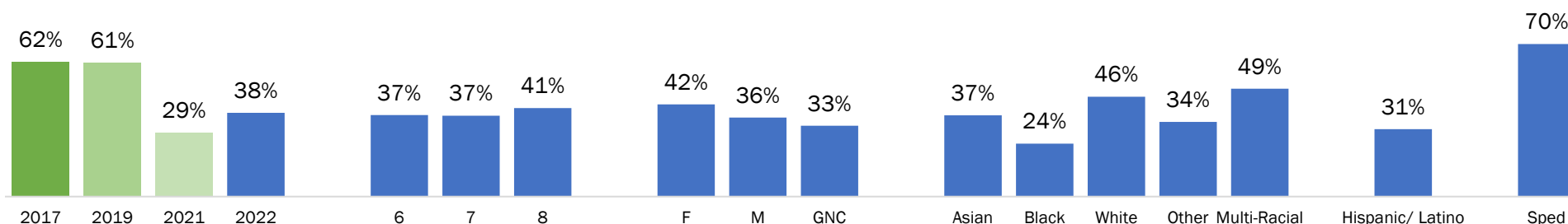


Participation in Extracurricular Activities

Overall, 38% of middle grades students reported that they participated in afterschool activities on at least 3 days per week this school year.

- **Grade:** Percentages are similar across grades.
- **Gender:** Male students were most likely to participate in afterschool activities (42%), followed by male and gender non-conforming students (36% and 33%, respectively).
- **Race/Ethnicity:** Multi-Racial students were most likely to participate in afterschool activities (49%), followed by White students, Asian students, students of another race, and Black students (46%, 37%, 34%, and 24%, respectively). Thirty-one percent of Hispanic/Latino students participated in afterschool activities.
- **Special Education:** Seventy percent of students who reported receiving special education services participated in afterschool activities.
- **Trends:** The percentage of Cambridge middle grades students who participated in afterschool activities decreased by over 50% from 2019 to 2021. Participation levels recovered slightly from 2021 to 2022.
- **Statewide comparison:** There is no statewide comparison data.

Participation in Afterschool Activities on at Least 3 Days per Week, This School Year

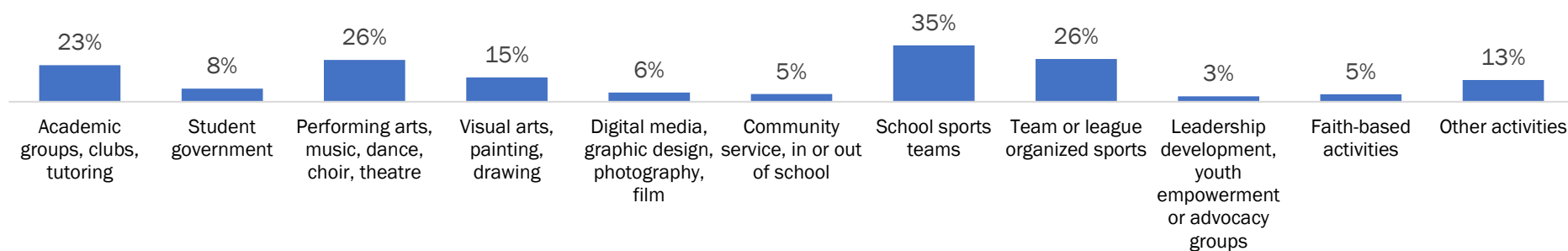


Participation in Afterschool Activities

Middle grades students were asked to report in which activities they participated. They were most likely to participate in school sports teams (35%) and least likely to participate in leadership development, youth empowerment, or advocacy groups (3%).

43% of middle grades students had barriers to participating in afterschool activities.

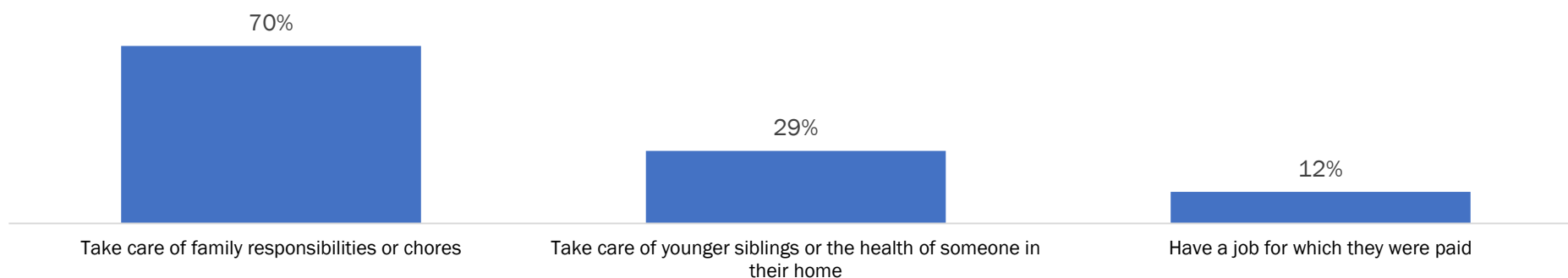
Participation in Afterschool Activities, This School Year



Afterschool Responsibilities

Overall, 70% of middle grades students reported taking care of family responsibilities or chores, 29% take care of younger siblings or the health of someone in their home, and 12% have a job for which they were paid.

Reported Afterschool Responsibilities



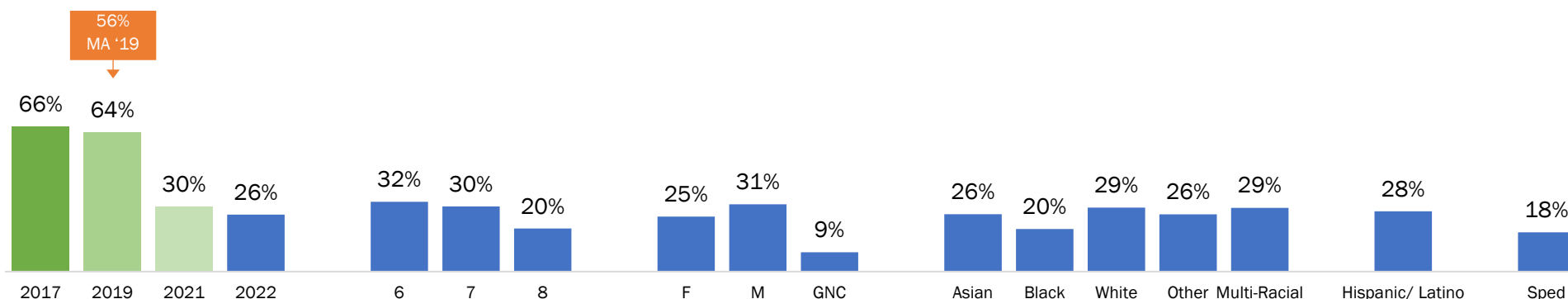
Sleep

Overall, 26% of middle grades students reported sleeping 8 or more hours on a regular school night.

- **Grade:** The percentage of students who slept 8 or more hours on a regular school night decreased as students advance in grade. Students in 6th grade were most likely to sleep 8 or more hours on a regular school night (32%), followed by 7th and 8th graders (30% and 20%, respectively).
- **Gender:** Male students were most likely to sleep 8 or more hours on a regular school night (31%) and gender non-conforming students were the least likely (9%).
- **Race/Ethnicity:** Black students were the least likely to sleep 8 or more hours on a regular school night (20%).
- **Special Education:** Eighteen percent of students who reported receiving special education services sleep 8 or more hours on a regular school night.
- **Trends:** The percentage of Cambridge middle grades students who reported sleeping 8 or more hours on a regular school night decreased by more than 50% from 2019 to 2021 and continued to decrease in 2022.

40% of middle grades students reported checking their phone after they got into bed to go to sleep.

Sleep 8+ Hours on a Regular School Night





Appendix A

2022 CAMBRIDGE PUBLIC SCHOOLS YOUTH RISK SURVEY

Select a language.

Take the survey in English

Responda la encuesta en español

Reponn sondaj la nan lang kreyòl ayisyen

বাংলাতে সমীক্ষা নিন

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العربية باللغة الاستطلاع في شارك

Cambridge Public Schools would love to hear from you! We are conducting the Cambridge Teen and Middle Grades Health Survey to help determine ways to better serve our scholars through the promotion of healthy behaviors and reduction of high risk behaviors. Participation in this survey is completely voluntary, but we would greatly appreciate any input you can provide so that we can continue to improve our schools and your experience as a student.

The survey should take you 25-30 minutes to complete.

Please answer based on your own experiences during this past school year (since September 2021) and try to answer all the questions as honestly as possible. We would like to get accurate information about you instead of assuming what is best for you. If you are not comfortable answering a question, you may skip it. We understand that some of the questions in this survey are about sensitive topics, but it is very important that you help us better understand some of the leading health issues and high risk behaviors for people your age today.

All of the answers you give are completely anonymous, your answers are not tied to you, and no one will know how you responded. After you submit the survey, there will be an opportunity for you to provide your name if you would like a counselor at your school to reach out to help you, or to discuss any of the topics covered in the survey.

Thank you so much for participating in the Cambridge Teen and Middle Grades Health Survey today!

Demographics

This section is about your personal background. The answers you give cannot be used to find out your name.

1. What grade are you in now?
 - ☐ 6th
 - ☐ 7th
 - ☐ 8th
 - ☐ 9th
 - ☐ 10th
 - ☐ 11th
 - ☐ 12th
 - ☐ Ungraded/Other
2. How old are you?
 - ☐ 10 years old or younger
 - ☐ 11 years old
 - ☐ 12 years old
 - ☐ 13 years old
 - ☐ 14 years old
 - ☐ 15 years old
 - ☐ 16 years old
 - ☐ 17 years old
 - ☐ 18 years old or older
3. What is your sex assigned at birth?
 - ☐ Male
 - ☐ Female
 - ☐ I prefer not to answer
4. What is your current gender identity?
 - ☐ Male / Man / Boy
 - ☐ Female / Woman / Girl
 - ☐ Transgender Male / Man / Boy
 - ☐ Transgender Female / Woman / Girl
 - ☐ Non-binary / Gender nonconforming
 - ☐ Another gender (please specify): _____
 - ☐ I'm not sure about my gender identity (questioning)
 - ☐ I don't know what this question is asking
 - ☐ I prefer not to answer
5. Do you think of yourself as:
 - ☐ Bisexual
 - ☐ Lesbian or gay
 - ☐ Straight or heterosexual
 - ☐ Another sexual orientation (please specify):: _____
 - ☐ I am not sure about my sexual identity (questioning)
 - ☐ I don't know what this question is asking
 - ☐ I prefer not to answer
6. Are you Hispanic or Latino?
 - ☐ Yes
 - ☐ No

7. What is your race? (You can choose more than one answer)
- ☐ Black or African American
 - ☐ White or Caucasian
 - ☐ Asian or Pacific Islander
 - ☐ American Indian or Alaskan Native
 - ☐ Other race (please specify): _____
8. How long have you lived in the United States?
- ☐ Less than 1 year
 - ☐ 1 to 3 years
 - ☐ 4 to 6 years
 - ☐ More than six years, but not my whole life
 - ☐ I have always lived in the United States
9. What language is spoken most often in your home? (Choose only one answer)
- ☐ English
 - ☐ Spanish
 - ☐ Haitian Creole
 - ☐ Bengali
 - ☐ Amharic
 - ☐ Chinese
 - ☐ Portuguese
 - ☐ Arabic
 - ☐ Other language (please specify):: _____
10. Where are you living now?
- ☐ A home owned by my caregiver
 - ☐ A home rented by my caregiver
 - ☐ Affordable housing (Cambridge housing authority, private affordable housing, inclusionary housing, or Section 8)
 - ☐ A shelter, motel, or other temporary housing
 - ☐ A residential program
 - ☐ Foster care
 - ☐ My family and I are staying with another family at their house/apartment
 - ☐ I am staying with a friend or relative who is not my caregiver
 - ☐ Somewhere else
11. During the past 12 months, did any of the following things happen to you? (You can choose more than one answer)
- ☐ My family had a serious financial problem
 - ☐ I was hungry because there was not enough money to buy food for my home
 - ☐ My family moved
 - ☐ There was a divorce or separation in my family
 - ☐ A family member had a serious illness
 - ☐ A family member or close friend died
 - ☐ A family member was incarcerated
 - ☐ A family member was deported
 - ☐ None of these things happened to me

12. In the past 30 days, what was the most common way you traveled to school?
- ☐ Walk
 - ☐ Bike, skateboard, or scooter
 - ☐ School bus
 - ☐ Rode in a vehicle with only members of my family
 - ☐ Rode in a vehicle with children or adults from other families (carpool)
 - ☐ Public Transit (city bus, subway, other public transportation)
 - ☐ Other way
13. When was the last time you went to the Teen Health Center?
- ☐ During the last 12 months
 - ☐ More than 12 months ago
 - ☐ Never
 - ☐ Not sure
14. During the past 12 months, have you gone to the Teen Health Center for any of these services? (You can choose more than one answer)
- ☐ Sports physical
 - ☐ Physical exam
 - ☐ Counseling
 - ☐ Birth control/condoms
 - ☐ HIV/STI testing
 - ☐ Pregnancy test
 - ☐ Immunization/vaccine
 - ☐ Some other service
15. Are you currently receiving Special Education services?
- ☐ No
 - ☐ Yes
 - ☐ Not sure
16. Do you or your family receive any public assistance such as Welfare (TANF), SSI, or SNAP (Food Stamps)?
- ☐ No
 - ☐ Yes
 - ☐ Not sure

Safety

The next questions ask about safety.

17. Have any of the following ever happened to you when you were riding a bike? (You can choose more than one answer)
- ☐ I have never ridden a bike
 - ☐ You fell off your bike while biking on a road
 - ☐ You were in a bike crash with a car or other vehicle
 - ☐ You were in a bike crash with another bike
 - ☐ You were in a bike crash with a pedestrian

18. During the past 30 days, how many times did you ride in a car or other vehicle when the driver had been drinking alcohol?
- I did not ride in a car in the past 30 days
 - 0 times
 - 1 time
 - 2 or 3 times
 - 4 or 5 times
 - 6 or more times
19. During the past 30 days, how many times did you ride in a car or other vehicle when the driver had been using marijuana?
- I did not ride in a car in the past 30 days
 - 0 times
 - 1 time
 - 2 or 3 times
 - 4 or 5 times
 - 6 or more times
20. During the past 30 days, if you rode in a car or other vehicle driven by someone who had been drinking alcohol or using marijuana, who was the driver the last time it happened?
- It was my parent or guardian
 - It was an adult (21 or older) other than my caregiver
 - It was someone less than 21 years of age
21. During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol?
- I did not drive a car in the past 30 days
 - 0 times
 - 1 time
 - 2 or 3 times
 - 4 or 5 times
 - 6 or more times
22. During the past 30 days, how many times did you drive a car or other vehicle when you had been using marijuana?
- I did not drive a car in the past 30 days
 - 0 times
 - 1 time
 - 2 or 3 times
 - 4 or 5 times
 - 6 or more times
23. Have you ever done any of these things? (You can choose more than one answer)
- Spoken on the phone with an adult stranger (18 or older) you met online?
 - Met in person with an adult stranger (18 or older) you met online?
 - I have not done either of these things

Discrimination

The next questions ask about discrimination you have experienced or witnessed by students, teachers, or staff.

24. During this school year (since September), have you ever felt that you were treated badly or unfairly in school because of your: (Choose one answer on each line)

	Never	Rarely	Sometimes	Most of the time	Always
race or ethnicity?					
sex (e.g. female) or gender identity (e.g., transgender)?					
sexual orientation? (e.g., gay, straight)					
faith or religious beliefs?					

25. During this school year (since September), did you see or hear racially discriminatory actions or language from school students? Include all forms, including in person, text, or social media. (You can choose more than one answer)
- I did not see any discriminatory actions based on race/ethnicity by students
 - Calling an individual names, insult, or verbally assaulting them
 - Excluding an individual from a social event or activity
 - Subjecting an individual to hostile stares
 - Threatening or attacking an individual
 - Targeting an individual because of a foreign accent or for speaking a language other than English
 - Making racist jokes, cartoons, graffiti, or flyers
 - I saw or heard some other type of racially based discriminatory action or language
26. During this school year (since September), did you see or hear racially discriminatory actions or language from school teachers or staff? Include all forms, including in person, text, or social media. (You can choose more than one answer)
- I have not seen or heard any discriminatory actions based on race/ethnicity by teachers or staff
 - Calling an individual names, insult, or verbally assaulting them
 - Excluding an individual from a social event or activity
 - Subjecting an individual to hostile stares
 - Threatening or attacking an individual
 - Targeting an individual because of a foreign accent or for speaking a language other than English
 - Making racist jokes, cartoons, graffiti, or flyers
 - I saw or heard some other type of racially based discriminatory action or language

Violence-Related Experiences and Behaviors

The next questions ask about violence-related experiences and behaviors.

27. During the past 30 days, on how many days did you not go to school because you felt you would be unsafe at school or on your way to or from school?
- 0 days
 - 1 day
 - 2 or 3 days
 - 4 or 5 days
 - 6 or more days
28. Has anyone ever done sexual things to you or forced you to do sexual things that you did not want to do?
- Yes
 - No
 - I don't know

29. During the past 12 months, did anyone force you to do sexual things that you did not want to do?
- ☐ Yes
 - ☐ No
 - ☐ I don't know
30. During the past 12 months, how many times did someone you were dating or going out with force you to do sexual things that you did not want to do? Count such things as kissing, touching, or being physically forced to have sexual intercourse.
- ☐ I did not date or go out with anyone in the past 12 months
 - ☐ 0 times
 - ☐ 1 time
 - ☐ 2 or 3 times
 - ☐ More than 3 times
 - ☐ I don't know
31. During the past 12 months, how many times did someone you were dating or going out with physically hurt you on purpose? Count such things as being hit, slammed into something, injured with an object or weapon, etc.
- ☐ 0 times
 - ☐ 1 time
 - ☐ 2 or 3 times
 - ☐ More than 3 times
 - ☐ I don't know
32. During the past 12 months, how many times did someone you were dating or going out with purposely try to control you or emotionally hurt you? Count such things as being told who you could and could not spend time with, being humiliated in front of others, being threatened if you did not do what they wanted, etc.
- ☐ 0 times
 - ☐ 1 time
 - ☐ 2 or 3 times
 - ☐ More than 3 times
 - ☐ I don't know

The next questions ask about sexual harassment. Examples of sexual harassment include unwelcome sexual advances, requests for sexual favors, and other physical or verbal conduct of a sexual nature.

33. During the past 12 months, did you experience sexual harassment by a student?
- ☐ Yes
 - ☐ No
 - ☐ I don't know
34. During the past 12 months, did you experience sexual harassment by a teacher or other school staff?
- ☐ Yes
 - ☐ No
 - ☐ I don't know
35. If you were sexually harassed, did you report it to an adult at school? (You can select more than one answer)
- ☐ I didn't report it
 - ☐ I told a teacher, counselor, or another adult at school
 - ☐ I reported it through Speakfully (Speakfully is a resource that students can use to privately report concerning incidents.)
 - ☐ I did something else

Violence-Related Experiences and Behaviors

The next questions ask about bullying. Bullying is when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again. It is not bullying when 2 students of about the same strength or power argue or fight or tease each other in a friendly way.

Bullying can be done in-person or electronically (cyberbullying). Electronic bullying takes place over digital devices like cell phones, computers, and tablets, and can occur through text or online in spaces where people can view, participate in, or share content like social media.

36. During the past 12 months, have you ever been bullied: (Choose one answer on each line)

	Yes	No
at school?		
outside of school?		
electronically? Count being bullied through texting, Instagram, Twitter, Twitch, Facebook, other social media apps, or email.		

37. During the past 12 months, what did you do the last time you were bullied at school?

- ☐ I didn't do anything
- ☐ I told a teacher, counselor, or another adult at school and the bullying stopped
- ☐ I told a teacher, counselor, or another adult at school, but the bullying continued
- ☐ I took some other action and the bullying stopped
- ☐ I took some other action, but the bullying continued

38. During the past 12 months, did someone steal or deliberately damage your property such as your phone, clothing, or books on school property?

- ☐ Yes
- ☐ No

Mental Health

The next questions ask about your mental health. If you are not comfortable answering a question, you may skip it.

39. During the past 30 days, how often did you struggle with your mental health? Poor mental health includes stress, anxiety, and depression.

- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☐ Most of the time
- ☐ Always

40. During the past 30 days, how often did you worry about the following issues? (Choose one answer on each line)

	Never	Almost never	Sometimes	Fairly often	Very often
School issues (grades, homework, tests, etc.)					
Social issues (friendships, dating, teasing, etc.)					
Appearance issues (your weight, how you look, etc.)					
Health issues (your health, the chance of getting sick, etc.)					
Family issues (your relationship with your parent(s), your family's financial situation, family health concerns, etc.)					
Social justice issues (whether people are treated fairly and equally no matter their background, human rights, racism, etc.)					
Feeling unsafe due to violence in my community					

41. During the past 12 months, did you feel tense, nervous, or worried every day for two or more weeks in a row?
☐ Yes
☐ No

Mental Health

Sometimes people feel so depressed about the future that they may consider attempting suicide, that is, taking some action to end their own life. The next questions ask about sad feelings and suicide.

42. 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?
☐ Yes
☐ No
43. During the past 12 months, did you do something to purposely hurt yourself without wanting to die, such as cutting or burning yourself on purpose?
☐ Yes
☐ No
44. During the past 12 months, did you ever consider attempting suicide?
☐ Yes
☐ No
45. During the past 12 months, did you make a suicide plan?
☐ Yes
☐ No
46. During the past 12 months, did you attempt suicide?
☐ Yes
☐ No

Having thoughts of suicide is not unusual or shameful. Most people who have even intense suicidal moments recover and live happy, fulfilling lives. You can too. Getting professional help is important, and connecting to support makes a difference in getting through these difficult times.

If you are currently having suicidal thoughts or urges please connect with a crisis counselor now at the MA Samaritans Statewide Helpline (call or text!) 1-877-870-4673. You can text or call this number any time you want, 24/7. The number is 1 (877)-870-4673 (HOPE).

Mental Health

The next questions ask about things you are doing for your mental health and connections.

47. Is there at least one person in any of these groups that you would talk to if you had a problem? (Choose one answer on each line)

	Yes	No	I don't know
A teacher in your school			
Other adult in your school (counselors, specialists, admin, student support staff, liaisons, etc.)			
An adult in an afterschool program (afterschool program adult, youth center staff, coach, etc.)			
An adult in your community (religious leader, neighbor, adult friend, etc.)			
An adult in your family			
A friend similar in age to you			
I would not talk to anyone in these groups			

48. How many close friends do you have?

- ☐ None
- ☐ 1 or 2
- ☐ 3 or more

49. During the past 12 months, did you do any of the following things? (You can choose more than one answer)

- ☐ I met with a school counselor for mental health support (in-person, online, or on the phone)
- ☐ I met with a Teen Health Center counselor
- ☐ I met with a therapist (with or without your family) for mental health support (in-person, online, or on the phone)
- ☐ I took medication prescribed to me for mental health support
- ☐ I did not do any of these things

Alcohol Use

The next questions ask about alcohol use. A reminder that your answers are completely anonymous. They are not tied to you, and no one will know how you responded. If you are not comfortable answering a question, you may skip it.

50. Have you ever had a drink of alcohol (more than a few sips)? Examples of alcohol include beer, wine, wine coolers, or liquor (rum, vodka, tequila, whiskey). Do not include a few sips for religious purposes.

- ☐ Yes
- ☐ No

51. How old were you when you had your first drink of alcohol (more than a few sips)?
- 8 years old or younger
 - 9 or 10 years old
 - 11 or 12 years old
 - 13 or 14 years old
 - 15 or 16 years old
 - 17 years old or older
52. During the past 30 days, on how many days did you have at least one drink of alcohol (more than a few sips)?
- 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
53. During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row, that is, within a couple of hours?
- 0 days
 - 1 day
 - 2 days
 - 3-5 days
 - 6-9 days
 - 10-19 days
 - 20 or more days
54. How did you usually get the alcohol you drank?
- I bought it in a store such as a liquor store, convenience store, supermarket, discount store, or gas station
 - I bought it at a restaurant, bar, or club
 - I bought it at a public event such as a concert or sporting event
 - I gave someone else money to buy it for me
 - Someone gave it to me
 - I took it from a store or family member
 - I got it some other way
55. How many of the students in your grade do you think drank alcohol in the past 30 days?
- No students
 - A few students
 - Half of the students
 - More than half of the students
 - Almost all of the students
 - All students

Electronic Vapor Product Use

The next questions ask about electronic vapor product use. A reminder that your answers are completely anonymous. They are not tied to you, and no one will know how you responded. If you are not comfortable answering a question, you may skip it.

56. Have you ever used an electronic vapor product? Examples include JUUL, PHIX, vape pens, e-cigarettes, e-cigars, vape pipes, hookah pens, and e-hookah.
- ☐ Yes
 - ☐ No
57. How old were you when you used an electronic vapor product (vape) for the first time?
- ☐ 8 years old or younger
 - ☐ 9 or 10 years old
 - ☐ 11 or 12 years old
 - ☐ 13 or 14 years old
 - ☐ 15 or 16 years old
 - ☐ 17 years old or older
58. During the past 30 days, on how many days did you use an electronic vapor product?
- ☐ 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
59. How did you usually get your electronic vapor products?
- ☐ I got or bought them from a friend, family member, or someone else
 - ☐ I bought them myself in a vape shop or tobacco shop
 - ☐ I bought them myself in a convenience store, supermarket, discount store, or gas station
 - ☐ I bought them myself at a mall or shopping center kiosk or stand
 - ☐ I bought them myself on the Internet
 - ☐ I took them from a store or another person
 - ☐ I got them in some other way

Marijuana Use

The next questions ask about marijuana use. A reminder that your answers are completely anonymous. They are not tied to you, and no one will know how you responded. If you are not comfortable answering a question, you may skip it.

60. Have you ever tried marijuana? Marijuana is also called cannabis, weed, pot, or trees.
- ☐ Yes
 - ☐ No
61. How old were you when you tried marijuana for the first time?
- ☐ 8 years old or younger
 - ☐ 9 or 10 years old
 - ☐ 11 or 12 years old
 - ☐ 13 or 14 years old
 - ☐ 15 or 16 years old
 - ☐ 17 years old or older

62. During the past 30 days, how many times did you use marijuana?
- ☐ 0 times
 - ☐ 1 or 2 times
 - ☐ 3 to 9 times
 - ☐ 10 to 19 times
 - ☐ 20 to 39 times
 - ☐ 40 or more times
63. During the past 30 days, how did you use marijuana? (You can choose more than one answer)
- ☐ I smoked it
 - ☐ I ate it (in an edible, candy, tincture, or other food)
 - ☐ I drank it
 - ☐ I vaped it
 - ☐ I dabbed it
 - ☐ I used it some other way
64. How did you usually get the marijuana you used?
- ☐ I got or bought it from a friend, family member, or someone else
 - ☐ I bought it myself from a store
 - ☐ I bought it myself from the Internet
 - ☐ I took it from family member without their permission
 - ☐ I took it from another person or some other place without permission
 - ☐ I got it some other way
65. How many of the students in your grade do you think used marijuana in the past 30 days?
- ☐ No students
 - ☐ A few students
 - ☐ Half of the students
 - ☐ More than half of the students
 - ☐ Almost all students
 - ☐ All students

Tobacco/Nicotine Use

The next questions ask about tobacco/nicotine use. A reminder that your answers are completely anonymous. They are not tied to you, and no one will know how you responded. If you are not comfortable answering a question, you may skip it.

66. Have you ever tried cigarette smoking, even one or two puffs?
- ☐ Yes
 - ☐ No
67. How old were you when you smoked a whole cigarette for the first time?
- ☐ 8 years old or younger
 - ☐ 9 or 10 years old
 - ☐ 11 or 12 years old
 - ☐ 13 or 14 years old
 - ☐ 15 or 16 years old
 - ☐ 17 years old or older

68. During the past 30 days, on how many days did you smoke cigarettes?
- 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
69. How did you usually get the cigarettes you smoked?
- I got or bought them from a friend, family member, or someone else
 - I bought them myself in a tobacco shop or vape shop
 - I bought them myself in a convenience store, supermarket, discount store, or gas station
 - I bought them myself on the Internet
 - I gave someone else money to buy them for me
 - Someone gave them to me
 - I took them from a store or another person
 - I got them in some other way

Prescription Drug Use

The next questions ask about prescription drug use. A reminder that your answers are completely anonymous. They are not tied to you, and no one will know how you responded. If you are not comfortable answering a question, you may skip it.

70. During your life, have you taken any of the following medications without a doctor's prescription or differently than how a doctor told you to use it? (You can choose more than one answer)
- Pain medication (like OxyContin, Percocet, Vicodin, codeine)
 - Anti-anxiety or anti-depressant medication (like Ativan, Valium, Xanax, Klonopin, Ambien)
 - Stimulants (like Adderall, Ritalin, or Dexedrine)
 - Some other medication
 - I have not taken any medications without a doctor's prescription or differently than how a doctor told me to use it
71. During the past 30 days, on how many days did you take prescription pain medicine without a doctor's prescription or differently than how a doctor told you to use it? Count drugs such as OxyContin, Percocet, or codeine.
- 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

72. During the past 30 days, on how many days did you take anti-anxiety or anti-depressant medications without a doctor's prescription or differently than how a doctor told you to use it? Count drugs such as Ativan, Valium, Xanax, Klonopin, or Ambien.
- ☐ 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
73. During the past 30 days, on how many days did you take stimulants without a doctor's prescription or differently than how a doctor told you to use it? Count drugs such as Adderall, Ritalin, or Dexedrine.
- ☐ 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
74. During the past 30 days, did you ever try to get high by taking any over-the-counter medications such as cough or cold syrups or diet pills? Do not count anything that you took because you were sick.
- ☐ Yes
 - ☐ No
75. How did you usually get the prescription drugs you took?
- ☐ I got or bought them from a friend, family member, or someone else
 - ☐ I bought them myself on the Internet
 - ☐ I took them from a family member
 - ☐ I took them from another person
 - ☐ I got them in some other way

Other Drug Use

The next questions ask about other drug use. A reminder that your answers are completely anonymous. They are not tied to you, and no one will know how you responded. If you are not comfortable answering a question, you may skip it.

76. During the past 30 days, how many times did you use any form of cocaine? Also called powder, crack, coke, or snow.
- ☐ I have never used cocaine
 - ☐ 0 times
 - ☐ 1 or 2 times
 - ☐ 3 to 9 times
 - ☐ 10 to 19 times
 - ☐ 20 to 39 times
 - ☐ 40 or more times

77. During the past 30 days, how many times did you use ecstasy? Also called E, X, MDMA, or Molly.
- ☐ I have never used ecstasy
 - ☐ 0 times
 - ☐ 1 or 2 times
 - ☐ 3 to 9 times
 - ☐ 10 to 19 times
 - ☐ 20 to 39 times
 - ☐ 40 or more times
78. During the past 30 days, how many times did you use heroin? Also called junk or China White.
- ☐ I have never used heroin
 - ☐ 0 times
 - ☐ 1 or 2 times
 - ☐ 3 to 9 times
 - ☐ 10 to 19 times
 - ☐ 20 to 39 times
 - ☐ 40 or more times
79. During the past 30 days, how many times did you sniff glue, breathe the contents of aerosol spray cans, or inhale any paints or sprays to get high?
- ☐ 0 times
 - ☐ 1 or 2 times
 - ☐ 3 to 9 times
 - ☐ 10 to 19 times
 - ☐ 20 to 39 times
 - ☐ 40 or more times
80. How did you usually get the other illegal drugs you used?
- ☐ I got or bought them from a friend, family member, or someone else
 - ☐ I bought them myself on the Internet
 - ☐ I took them from a family member
 - ☐ I took them from another person
 - ☐ I got them in some other way

Other Drug Use

81. During the past 12 months, has anyone offered, sold, or given you an illegal drug on school property?
- ☐ Yes
 - ☐ No
82. During the past 30 days, on how many days did you attend class within one hour of using alcohol, marijuana, or other drugs?
- ☐ 0 days
 - ☐ 1 day
 - ☐ 2 to 5 days
 - ☐ 6 to 9 days
 - ☐ 10 or more days
83. Have you ever received help to stop or reduce your alcohol or drug use?
- ☐ Yes
 - ☐ No
 - ☐ I don't know

84. How much do you think people risk harming themselves (physically or in other ways), if they: (Choose one answer on each line)

	No risk	Slight risk	Moderate risk	Great risk
have one or two drinks of alcohol (beer, wine, or liquor) nearly every day?				
have five or more drinks of alcohol (beer, wine, or liquor) once or twice each weekend?				
smoke one or more packs of cigarettes per day?				
use an electronic vapor product (Juul, PHIX, vape pens) regularly?				
use marijuana (cannabis, weed, pot, trees) regularly?				
use prescription drugs that are not prescribed to them?				

85. How wrong do your caregivers think it would be for you to: (Choose one answer on each line)

	Not at all wrong	A little bit wrong	Wrong	Very wrong
drink beer, wine, or hard liquor regularly (at least twice a month)?				
smoke cigarettes?				
use electronic vapor products (Juul, PHIX, vape pens)?				
use marijuana (cannabis, weed, pot, trees)?				
use illegal drugs other than marijuana?				
use prescription medications not prescribed to you?				

86. How important is what your caregivers think in your decision about whether or not to use alcohol or other drugs?

- ☐ Not at all important
- ☐ Not very important
- ☐ Somewhat important
- ☐ Fairly important
- ☐ Very important

87. During the past 12 months, did you and your caregivers have any conversations about alcohol or other drug use? If yes, how helpful were the conversations?

- ☐ We didn't talk about alcohol or other drugs in the past 12 months
- ☐ Not at all helpful
- ☐ Somewhat helpful
- ☐ Very helpful

88. How wrong do your close friends think it would be for you to: (Choose one answer on each line)

	Not at all wrong	A little bit wrong	Wrong	Very wrong
drink beer, wine, or hard liquor regularly (at least twice a month)?				
smoke cigarettes?				
use electronic vapor products (Juul, PHIX, vape pens)?				
use marijuana (cannabis, weed, pot, trees)?				
uses illegal drugs other than marijuana?				
use prescription medications not prescribed to you?				

89. Is there anyone (other than you) living in your household who: (Choose one answer on each line)

	Yes	No	I'm not sure
smokes cigarettes, cigars, or pipes?			
uses electronic vapor products (Juul, PHIX, vape pens)?			
drinks alcohol (beer, wine, or liquor)?			
uses marijuana (cannabis, weed, pot, trees)?			
uses illegal drugs other than marijuana?			
uses prescription medications not prescribed to them?			

90. If you wanted to get the following substances, how easy would it be for you to get: (Choose one answer on each line)

	Very hard	Sort of hard	Sort of easy	Very easy
cigarettes?				
electronic vapor products (e-cigarettes, vape pipes, vaping pens like JUUL, etc.)?				
alcohol (beer, wine, hard liquor)?				
marijuana (cannabis, weed, pot, trees)?				
prescription drugs (OxyContin, Percocet, Vicodin, etc.)?				
other illegal drugs (heroin, meth, ecstasy, etc.)?				

Sexual Behavior

The next questions ask about consensual sexual behavior. Consent is when all people involved in any kind of sexual activity agree to take part by choice and have the freedom and capacity to make that choice. Remember this survey is anonymous and your individual responses will never be shared or tied back to you.

91. Have you ever had consensual sexual activity?

- ☐ Yes
- ☐ No
- ☐ I'm not sure

92. Have you ever had consensual sexual intercourse? Sexual intercourse includes vaginal sex which is penetration into the vagina, anal sex which is penetration of the anus, or oral sex which is mouth to penis, mouth to vulva, or mouth to anus.

- ☐ Yes
- ☐ No
- ☐ I'm not sure

93. About how old were you when you first had consensual sexual intercourse? Select the answer that is close even if you can't remember your exact age.

- ☐ 12 or younger
- ☐ 13 years old
- ☐ 14 years old
- ☐ 15 years old
- ☐ 16 years old
- ☐ 17 years old
- ☐ 18 or older

94. During your life, with how many people have you had consensual sexual intercourse?
- ☐ 1 person
 - ☐ 2-3 people
 - ☐ More than 3 people
95. Did you use alcohol or drugs before you had consensual sexual intercourse the last time?
- ☐ Yes
 - ☐ No
 - ☐ I don't know
96. The last time you had consensual sexual intercourse, did you or your partner use a condom or other protective barrier to decrease the risk of sexually transmitted infections (STIs)?
- ☐ Yes
 - ☐ No
 - ☐ I don't know
97. The last time you had consensual sexual intercourse, what method(s) did you use to decrease the risk of unwanted pregnancy and/or sexually transmitted infections (STIs)? (You can choose more than one answer)
- ☐ No method was used to decrease the risk of unwanted pregnancy and/or STIs
 - ☐ Birth control pills (DO NOT count emergency contraception such as Plan B or the "morning after" pill)
 - ☐ Condoms
 - ☐ An IUD (such as Mirena or ParaGard) or implant (Implanon or Nexplanon)
 - ☐ A shot (Depo-Provera), patch (Ortho Evra), or birth control ring (NuvaRing)
 - ☐ Withdrawal or some other method to prevent pregnancy
 - ☐ I'm not sure if I did or used any of these things

Sexual Education & Communication

The next questions ask about sexual education and communication.

98. Has information you received in health or sex education caused you to be more careful about your sexual behavior?
- ☐ Yes
 - ☐ No
99. Have you ever been tested for any sexually transmitted infection, such as HIV, gonorrhea, or chlamydia?
- ☐ Yes
 - ☐ No
 - ☐ I'm not sure
100. Have you ever been told by a doctor or nurse that you had HIV infection or any other sexually transmitted infections (STIs)?
- ☐ Yes
 - ☐ No
 - ☐ I'm not sure

101. During the past 12 months, did you:

	Yes	No	I'm not sure
have a conversation with your caregivers about sex			
have a conversation with your caregivers about sexuality or gender identity			

Nutrition & Physical Activity

The next questions ask about nutrition and physical activity.

102. How many days a week do you eat breakfast?

0 days a week

1 to 2 days a week

3 to 5 days a week

6 to 7 days a week

103. Have you been taught in school about how to choose foods that will keep you healthy and how to eat a balanced, nutritious diet?

☐ Yes

☐ No

☐ I'm not sure

104. The next questions ask about food you ate yesterday. Think about all of the meals and snacks you ate from the time you got up until you went to bed. Be sure to include food you ate at home, at school, at restaurants, or anywhere else.

Yesterday, how many times did you eat or drink the following?

	0 times	1 time	2 times	3 or more times
Drink tap water (water that comes from a faucet or water fountain)				
Drink plain (not flavored) bottled water				
Eat green salad or raw vegetables				
Eat cooked vegetables (do not count potatoes, french fries, or fried potatoes)				
Eat fruit				
Drink 100% fruit juice				
Drink sweetened drinks like punch, Snapple, iced tea, or other fruit-flavored drinks				
Drink sports drinks, like Gatorade or PowerAde				
Drink regular soda (not diet)				
Drink caffeine (coffee, tea, soda)				
Drink energy drinks (Amp, Red Bull, Monster, Full Throttle)				

105. In the past 7 days, on how many days did you:

	0 days	1	2	3	4	5	6	7 days
Participate in physical activity for at least 30 minutes (such as walking, bicycling or skating)								
Participate in physical activity for a total of at least 60 minutes per day? (Add up all the time you spent in any kind of physical activity that increased your heart rate and made you breathe hard some of the time)								
Exercise to strengthen or tone your muscles, such as push-ups, sit-ups, or weight lifting								

106. Have you been taught in school how to follow a personal fitness plan, including setting fitness goals for yourself and keeping track of your progress?
- ☐ Yes
 - ☐ No
 - ☐ I'm not sure
107. During the past 12 months, how many times did you suffer a blow or jolt to your head while playing with a sports team (either during a game or during practice) which caused you to get “knocked out,” have memory problems, double or blurry vision, headaches, “pressure” in the head, or nausea or vomiting?
- ☐ 0 times
 - ☐ 1 time
 - ☐ 2 times
 - ☐ 3 times
 - ☐ 4 or more times
 - ☐ I don't know
108. What did you do the last time you got a concussion?
- ☐ I continued playing sports that day the last time it happened
 - ☐ I stopped playing sports that day the last time it happened and got checked by a doctor, nurse, or healthcare provider
 - ☐ I stopped playing sports that day the last time it happened but did not get checked by a doctor, nurse, or healthcare provider
109. On an average school day, how many hours do you spend in front of a TV, computer, smart phone, or other electronic device watching shows or videos, playing games, accessing the Internet, or using social media (also called "screen time")? Do not count time spent doing schoolwork.
- ☐ Less than 1 hour per day
 - ☐ 1 hour per day
 - ☐ 2 hours per day
 - ☐ 3 hours per day
 - ☐ 4 hours per day
 - ☐ 5 or more hours per day
110. Do your caregivers limit the amount of time per day you can watch TV, go on the Internet, play video games, or use a computer, tablet, or smartphone?
- ☐ Yes
 - ☐ No
111. During the past 30 days, have you done any of the following things to lose weight: Increase your intake of fruit and vegetables, reduce the number of calories you eat, cut out between meal snacking, decrease your fat intake, or exercise?
- ☐ Yes
 - ☐ No
112. During the past 30 days, have you done any of the following things at least once to lose weight: fast (that is going 24 hours or more without eating), vomit or throw up on purpose after eating, take diet pills without a doctor's permission, or take laxatives?
- ☐ Yes
 - ☐ No

Other Health-Related Topics

The next questions ask about other health-related topics.

113. During this school year (since September), how many days per week did you typically participate in out of school time programs such as afterschool program, youth center, club, arts, sports, tutoring, etc.? Participation could be in-person or virtual.
- ☐ 0 days per week
 - ☐ 1-2 days per week
 - ☐ 3-4 days per week
 - ☐ 5 days per week
114. During this school year (since September), which programs, teams, or activities did you participate in? Participation could be in-person or virtual. (You can choose more than one answer)
- ☐ Academic groups, clubs, tutoring (including STEM)
 - ☐ Student government
 - ☐ Performing arts, music, dance, choir, theatre
 - ☐ Visual arts, painting, drawing
 - ☐ Digital media, graphic design, photography, film
 - ☐ Community service, in or out of school
 - ☐ School sports teams (such as junior varsity, varsity, 9th grade, or intramural teams or clubs)
 - ☐ Team or league organized sports (such as softball, AAU basketball, travel teams for any sport, etc.)
 - ☐ Leadership development, youth empowerment or advocacy groups
 - ☐ Faith based activities
 - ☐ Other (please specify): _____
 - ☐ I did not participate in any of these things
115. During this school year (since September), which if any of the following barriers kept you from accessing or participating in an afterschool program, team, or activity? (You can choose more than one answer)
- ☐ I did not have any barriers
 - ☐ I did not know of or about them
 - ☐ They were full
 - ☐ They were too expensive
 - ☐ They were hard to get to
 - ☐ They were hard to sign up for
 - ☐ I had other responsibilities at home
 - ☐ I had too much homework
 - ☐ The time conflicted with my job (paid work)
 - ☐ I was needed at home
 - ☐ My family was against me participating in them
 - ☐ My friends did not participate in them
 - ☐ Another reason (please specify): _____
116. During this school year (since September), did you do any of these things? (You can choose more than one answer)
- ☐ Take care of family responsibilities or chores (like cleaning, cooking, or taking out the trash)
 - ☐ Take care of younger siblings or the health of someone in your home
 - ☐ Have a job for which you were paid (do not include household chores)
 - ☐ I did not do any of these things

117. On a regular school day, how many hours do you spend studying or completing homework outside of school hours?
- ☐ 0 hours
 - ☐ Less than 1 hour
 - ☐ 1-2 hours
 - ☐ 3-4 hours
 - ☐ 5 or more hours
118. On a regular school night, how many hours of sleep do you get?
- ☐ 4 hours or less
 - ☐ 5-6 hours
 - ☐ 7-8 hours
 - ☐ More than 8 hours
119. On a regular school night, do you keep your phone on during the night or do you check your phone after you get into bed to go to sleep?
- ☐ Yes
 - ☐ No
120. On a regular school night, how much time do you spend using your phone (on house party, FaceTime, Instagram, etc.) after you got into bed to go to sleep?
- ☐ Less than 30 minutes
 - ☐ 30 minutes to 1 hour
 - ☐ 1 to 2 hours
 - ☐ More than 2 hours

This is the end of the survey. If you do not want to change any of your answers, click "Submit".

Thank You!

Thank you so much for participating in the Cambridge Teen and Middle Grades Health Survey today!

If you need help, or would like your school counselor to reach out to you to discuss any of the topics covered in the survey please click on this link to provide your name: <https://survey.sogosurvey.com/r/IZLxv3>. This link is completely separate from your survey and providing your name will in no way tie your answers back to you.



Appendix B

2022 CAMBRIDGE MIDDLE SCHOOL YOUTH RISK BEHAVIOR SURVEY																							
	CAMBRIDGE MS - ALL															MA YRBS		GENDER			GRADE		
	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2022	2017	2019	M	F	NB	6 th	7 th	8 th	
SUBSTANCE USE																							
Lifetime (any use in lifetime)																							
Alcohol	N/A	N/A	N/A	N/A	N/A	22.0%	21.1%	20.3%	19.9%	14.3%	15.6%	15.3%	N/A	9.2%	13.5%	13.6%	8.0%	10.4%	11.0%	8.3%	9.0%	10.1%	
Cigarettes	N/A	N/A	N/A	N/A	N/A	N/A	N/A	10.5%	6.2%	5.3%	3.2%	4.5%	N/A	2.1%	4.3%	5.2%	1.4%	2.3%	3.7%	3.2%	2.3%	0.7%	
Electronic vapor products	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	4.0%	3.7%	10.7%	N/A	3.5%	9.9%	14.7%	1.7%	5.1%	6.1%	2.3%	5.0%	3.3%	
Marijuana	N/A	N/A	N/A	N/A	N/A	4.8%	4.7%	6.2%	6.1%	4.6%	3.2%	5.5%	N/A	2.8%	5.8%	7.0%	1.7%	4.1%	2.4%	2.0%	2.7%	3.7%	
Prescription drugs without a prescription	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1.7%	2.8%	2.7%	N/A	10.8%	3.7%	3.6%	11.6%	10.3%	11.0%	13.0%	10.1%	9.4%	
Pain medication	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	3.9%	N/A	N/A	3.5%	4.1%	6.1%	5.4%	2.0%	4.3%	
Anti-anxiety or depressant medication	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1.5%	N/A	N/A	1.2%	1.8%	2.4%	1.0%	1.6%	2.0%	
Stimulants	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1.0%	N/A	N/A	0.9%	1.3%	0.0%	0.6%	0.7%	1.7%	
Current (any use in the 30 days)																							
Alcohol	25.2%	19.2%	17.0%	17.9%	18.6%	9.7%	8.2%	4.3%	6.3%	3.6%	4.2%	4.1%	1.4%	3.9%	4.2%	4.4%	3.1%	4.2%	7.3%	4.3%	3.7%	3.7%	
Binge alcohol use - 5 or more drinks in a row	9.2%	5.6%	5.6%	6.6%	6.6%	3.4%	3.3%	1.4%	1.8%	0.7%	1.0%	0.6%	N/A	1.6%	0.8%	0.9%	1.2%	2.1%	1.2%	2.3%	0.7%	1.7%	
Cigarettes	8.3%	4.9%	3.4%	3.9%	3.8%	1.4%	1.9%	1.9%	1.9%	0.7%	0.3%	0.9%	0.2%	0.8%	0.8%	N/A	0.7%	0.8%	1.2%	1.3%	0.7%	0.3%	
Electronic vapor products	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	0.5%	0.6%	2.8%	1.2%	2.2%	N/A	N/A	1.2%	3.3%	2.4%	1.3%	2.7%	2.7%	
Marijuana	8.5%	5.6%	5.9%	6.7%	6.5%	3.1%	2.4%	3.2%	3.9%	1.8%	1.1%	2.5%	0.6%	1.7%	2.3%	3.0%	0.7%	2.6%	2.4%	1.0%	2.0%	2.0%	
Cocaine	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	2.3%	N/A	N/A	1.0%	1.3%	1.2%	1.3%	1.0%	1.0%	
Heroin	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	11.7%	N/A	N/A	0.2%	1.3%	1.2%	0.7%	1.0%	0.7%	
Ecstasy	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	12.7%	N/A	N/A	0.7%	1.6%	1.2%	1.0%	1.0%	1.4%	
Inhalants	5.0%	4.1%	3.3%	4.7%	5.8%	2.3%	2.3%	3.1%	4.8%	2.9%	2.3%	4.3%	N/A	2.8%	N/A	N/A	1.7%	3.1%	7.3%	3.6%	2.3%	2.4%	
Prescription drugs without a prescription	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	0.3%	0.4%	0.5%	0.4%	N/A	1.3%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
Over-the-Counter Medication (to get high)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	0.7%	1.0%	1.0%	N/A	0.7%	N/A	N/A	0.8%	0.8%	0.0%	1.7%	0.4%	0.0%	
Alcohol and Other Drug-Related Issues																							
Rode with drinking driver (30 days)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	4.9%	4.8%	3.6%	5.4%	3.9%	N/A	7.2%	9.1%	9.8%	6.2%	7.7%	8.5%	7.8%	7.3%	6.4%	
Rode with a driver who had used marijuana (30 days)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	3.6%	5.5%	6.3%	3.3%	3.1%	8.5%	3.3%	5.0%	2.7%	
Talked with parents about alcohol or other drugs (12 months)	52.8%	57.5%	57.2%	50.8%	49.0%	45.6%	42.5%	40.3%	37.5%	39.4%	33.9%	42.1%	N/A	44.9%	N/A	N/A	44.6%	45.6%	42.9%	37.0%	47.5%	49.8%	
Influence of parents on decisions about whether or not to use alcohol or other drugs (fairly/very important)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	85.2%	83.3%	82.5%	N/A	83.8%	N/A	N/A	84.2%	85.8%	77.2%	87.2%	81.8%	82.4%	
Had a problem with alcohol or drugs (12 months)	4.4%	3.2%	2.7%	3.4%	2.8%	2.5%	1.9%	1.7%	1.6%	1.8%	0.8%	1.2%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
Ever helped or treated for alcohol or drug use	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
Attended class within 1 hour of using alcohol, marijuana, or drugs (30 days)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	2.0%	0.8%	0.7%	2.4%	N/A	0.9%	N/A	0.8%	1.1%	1.2%	0.7%	1.8%	0.4%	
Offered, sold, or given drugs on school property (12 months)	N/A	N/A	N/A	6.6%	4.9%	3.6%	3.9%	4.7%	3.5%	4.3%	3.1%	4.5%	N/A	2.8%	N/A	N/A	2.7%	3.7%	0.0%	1.8%	5.0%	1.8%	

2022 CAMBRIDGE MIDDLE SCHOOL YOUTH RISK BEHAVIOR SURVEY																						
	CAMBRIDGE MS - ALL														MA YRBS		GENDER			GRADE		
	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2022	2017	2019	M	F	NB	6 th	7 th	8 th
SUBSTANCE USE																						
“Moderate” or “Great” Perceived Harm of Use																						
Drink one or two drinks of alcohol nearly every day	N/A	N/A	N/A	N/A	N/A	61.7%	64.0%	65.8%	46.6%	51.2%	46.2%	50.0%	N/A	52.5%	N/A	N/A	47.2%	56.3%	65.4%	49.7%	54.6%	53.1%
Drink five or more drinks of alcohol twice a week	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	72.6%	72.9%	71.1%	71.0%	N/A	68.8%	81.3%	76.2%	67.0%	69.3%	74.7%	66.0%	67.1%	73.3%
Smoke one or more packs of cigarettes per day	N/A	N/A	N/A	N/A	N/A	78.3%	81.5%	80.7%	83.9%	85.6%	84.8%	84.6%	N/A	77.2%	N/A	N/A	73.2%	79.9%	86.3%	73.9%	77.1%	80.6%
Use electronic vapor products regularly	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	71.7%	N/A	73.5%	N/A	N/A	67.6%	77.9%	82.3%	74.9%	71.7%	74.0%
Use marijuana regularly	N/A	N/A	N/A	N/A	N/A	79.6%	80.8%	79.5%	77.2%	80.1%	75.6%	74.7%	N/A	69.2%	N/A	N/A	66.8%	71.2%	73.8%	72.4%	66.8%	68.4%
Use prescription drugs that are not prescribed to them	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	87.2%	88.5%	86.7%	N/A	80.2%	N/A	N/A	77.1%	82.7%	86.1%	76.2%	79.8%	84.4%
Perceive that Caregivers Would Not Disapprove of their Substance Use ("Wrong" or “Very Wrong”)																						
Drink alcohol regularly	N/A	N/A	N/A	N/A	N/A	89.6%	93.0%	93.8%	90.8%	93.6%	93.9%	92.9%	N/A	83.6%	N/A	N/A	83.5%	84.1%	81.0%	84.0%	84.2%	82.6%
Smoke cigarettes	N/A	N/A	N/A	N/A	N/A	93.6%	95.8%	96.3%	95.1%	96.6%	96.0%	95.9%	N/A	92.8%	N/A	N/A	91.3%	94.2%	93.6%	93.0%	92.4%	93.0%
Use electronic vapor products	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	94.8%	N/A	92.7%	N/A	N/A	91.8%	93.1%	94.9%	93.7%	91.8%	92.6%
Use marijuana	N/A	N/A	N/A	N/A	N/A	93.9%	95.7%	95.9%	94.3%	96.6%	96.3%	94.2%	N/A	91.5%	N/A	N/A	91.8%	91.8%	89.8%	93.7%	90.1%	90.9%
Use prescription drugs that are not prescribed to them	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	96.0%	96.8%	95.6%	N/A	93.1%	N/A	N/A	93.8%	92.3%	94.9%	92.6%	91.7%	95.1%
Use illegal drugs other than marijuana	N/A	N/A	N/A	N/A	N/A	94.8%	96.6%	96.3%	95.9%	97.2%	97.5%	96.2%	N/A	95.6%	N/A	N/A	95.9%	95.5%	94.8%	96.1%	94.5%	96.1%
Perceive that Friends Would Not Disapprove of their Substance Use ("Wrong" or “Very Wrong”)																						
Drink alcohol regularly	N/A	N/A	N/A	N/A	N/A	74.6%	81.9%	80.6%	80.2%	85.6%	85.1%	81.5%	N/A	81.5%	N/A	N/A	80.8%	81.4%	86.3%	87.4%	80.4%	77.0%
Smoke cigarettes	N/A	N/A	N/A	N/A	N/A	83.4%	88.8%	87.8%	88.8%	91.9%	91.8%	90.9%	N/A	91.9%	N/A	N/A	89.9%	92.9%	96.3%	95.3%	89.8%	90.6%
Use electronic vapor products	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	77.3%	N/A	87.4%	N/A	N/A	87.8%	86.8%	88.8%	92.5%	88.1%	81.9%
Use marijuana	N/A	N/A	N/A	N/A	N/A	84.0%	88.4%	85.6%	83.2%	86.8%	87.8%	84.4%	N/A	87.9%	N/A	N/A	87.4%	88.9%	88.8%	94.2%	88.4%	81.4%
Use illegal drugs other than marijuana	N/A	N/A	N/A	N/A	N/A	88.2%	92.6%	93.0%	93.1%	94.6%	93.9%	93.2%	N/A	90.6%	N/A	N/A	89.3%	91.6%	93.6%	91.7%	90.8%	89.4%
Use prescription drugs not prescribed to them	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	91.3%	92.7%	91.4%	N/A	94.4%	N/A	N/A	92.7%	95.7%	96.3%	96.1%	92.3%	94.8%
Perceive that Substances are Easy to Get ("Very Easy" or "Sort of Easy")																						
Alcohol	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	22.9%	35.7%	38.1%	39.6%	18.7%	18.9%	23.5%	17.0%	21.6%	18.8%
Cigarettes	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	10.8%	19.2%	N/A	N/A	24.7%	23.1%	28.4%	17.4%	26.3%	28.2%
Electronic vapor products	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	13.5%	24.1%	N/A	N/A	29.8%	40.0%	45.7%	24.4%	40.2%	42.0%
Marijuana	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	8.9%	13.8%	14.7%	16.0%	13.1%	13.4%	20.3%	10.4%	11.8%	19.0%
Prescription drugs that are not prescribed to them	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	11.4%	14.3%	N/A	N/A	13.7%	13.2%	24.7%	11.2%	16.1%	15.4%
Illegal drugs other than marijuana	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	2.4%	4.6%	N/A	N/A	6.2%	2.7%	6.2%	3.4%	5.7%	4.5%
Perceived Ease of Obtaining Alcohol - How easy would it be to get alcohol from... (Responses Sort of Easy, Very Easy)																						
Liquor store, bar, or restaurant	N/A	N/A	N/A	N/A	N/A	N/A	7.0%	7.4%	12.4%	9.9%	8.8%	10.1%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
Home	N/A	N/A	N/A	N/A	N/A	N/A	37.2%	35.7%	34.4%	34.9%	34.4%	35.8%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
Adult 21 years of age or older	N/A	N/A	N/A	N/A	N/A	N/A	17.1%	17.6%	18.0%	18.8%	15.6%	15.4%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
Someone less than 21 years of age	N/A	N/A	N/A	N/A	N/A	N/A	27.3%	26.5%	26.9%	22.8%	22.3%	24.4%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
Substance Use in Household																						
Live with a cigarette smoker	34.9%	31.0%	29.4%	30.1%	28.4%	26.8%	N/A	N/A	22.0%	19.6%	16.7%	15.8%	8.0%	8.0%	25.1%	28.2%	5.8%	8.6%	13.9%	10.1%	7.0%	7.0%
Live with someone who uses electronic vapor products	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	3.9%	6.4%	N/A	N/A	3.9%	7.0%	12.5%	5.5%	7.3%	6.3%
Live with someone who drinks alcohol	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	30.8%	45.9%	N/A	N/A	42.7%	46.2%	55.7%	43.5%	45.3%	48.8%
Live with someone who uses marijuana	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	5.9%	7.9%	N/A	N/A	6.1%	8.2%	13.8%	5.5%	7.7%	10.3%
Live with someone who abuses prescription medication	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	0.0%	8.7%	N/A	N/A	2.4%	1.4%	1.3%	1.5%	2.5%	1.8%
Live with someone who uses other illegal drugs	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	0.0%	0.7%	N/A	N/A	0.8%	0.5%	2.5%	1.5%	0.4%	0.4%

2022 CAMBRIDGE MIDDLE SCHOOL YOUTH RISK BEHAVIOR SURVEY																							
	CAMBRIDGE MS - ALL															MA YRBS		GENDER			GRADE		
	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2022	2017	2019	M	F	NB	6 th	7 th	8 th	
VIOLENCE-RELATED BEHAVIORS AND EXPERIENCES																							
Weapons																							
Carried a weapon to school	9.3%	5.4%	3.9%	4.5%	4.7%	3.1%	2.4%	1.8%	1.3%	1.9%	1.4%	1.7%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
Threatened with a knife or gun (12 months)	5.6%	5.3%	4.3%	4.6%	4.5%	5.3%	4.9%	1.5%	2.7%	1.8%	2.2%	2.8%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
Violence-Related Experiences																							
Stayed home from school out of fear (30 days)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	8.4%	9.5%	N/A	12.4%	N/A	N/A	10.0%	14.4%	16.3%	14.5%	11.7%	10.8%	
Witnessed violence in your family	10.1%	6.3%	6.5%	8.6%	8.3%	7.8%	6.7%	8.7%	8.7%	6.7%	6.2%	8.2%	N/A	N/A	8.2%	10.1%	N/A	N/A	N/A	N/A	N/A	N/A	
Witnessed violence in your neighborhood	N/A	N/A	N/A	19.9%	21.1%	18.0%	17.0%	14.7%	15.8%	12.9%	9.8%	11.8%	N/A	N/A	N/A	13.7%	N/A	N/A	N/A	N/A	N/A	N/A	
Beaten or physically hurt by someone in your family or home	6.4%	4.5%	6.2%	5.3%	4.9%	4.2%	4.3%	4.7%	5.3%	5.3%	4.8%	5.5%	N/A	N/A	8.8%	9.4%	N/A	N/A	N/A	N/A	N/A	N/A	
Beaten of physically hurt by someone not a family member	4.8%	3.1%	4.1%	2.8%	4.0%	3.6%	3.3%	2.8%	3.8%	4.1%	3.8%	3.7%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
Verbally or emotionally abused by someone in your family	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	7.2%	11.0%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
Property stolen or deliberately damaged on school property	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	22.6%	21.9%	24.8%	22.3%	N/A	14.2%	N/A	N/A	14.4%	13.7%	17.1%	17.8%	17.2%	7.5%	
Fighting (12 months)																							
In a fight	25.4%	21.7%	15.3%	18.7%	16.8%	16.3%	13.3%	7.7%	10.6%	8.8%	7.8%	10.1%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
In a fight when in school	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
In a fight when NOT at school	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
Sexual & Dating Violence (12 months)																							
Experienced sexual violence (ever)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	6.6%	N/A	N/A	3.1%	8.2%	17.5%	5.5%	5.7%	8.8%	
Experienced sexual violence	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	0.9%	2.9%	N/A	N/A	0.7%	4.4%	7.5%	2.3%	3.7%	2.7%	
Forced, tricked, or pressured to have unwanted sex	N/A	N/A	N/A	N/A	2.1%	1.9%	1.6%	1.4%	1.0%	1.0%	0.6%	0.7%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
Forced, tricked, or pressured someone to have sex	2.1%	2.0%	1.7%	2.0%	1.6%	1.3%	0.2%	0.5%	0.6%	0.6%	0.3%	0.7%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
Hurt physically or sexually by a date or someone you were dating	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1.1%	N/A	2.5%	2.5%	N/A	N/A	N/A	N/A	N/A	N/A	
Hurt physically by a date or someone you were dating	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1.3%	0.8%	1.4%	1.2%	1.0%	N/A	0.9%	N/A	N/A	0.5%	0.8%	3.8%	1.3%	0.7%	0.7%	
Hurt sexually by a date or someone you were dating	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	2.2%	N/A	N/A	1.0%	2.26%	7.6%	1.6%	1.7%	3.4%	
Verbally or emotionally abused by person you were dating	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1.4%	N/A	N/A	0.2%	1.8%	6.3%	1.3%	1.3%	1.7%	
Internet Safety																							
Ever spoke on phone with adult stranger met online	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	9.5%	N/A	N/A	10.3%	7.6%	13.4%	7.6%	9.2%	11.7%	
Ever met in person with adult stranger met online	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	0.4%	N/A	N/A	0.7%	0.3%	0.0%	0.3%	1.0%	0.0%	
Bullying (12 months)																							
Bullied in school	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	35.7%	38.6%	32.5%	32.4%	N/A	21.4%	34.0%	35.3%	17.7%	23.0%	36.7%	26.6%	23.6%	13.7%	
Bullied when not at school	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	16.8%	17.0%	18.2%	16.1%	N/A	9.0%	N/A	N/A	7.2%	9.1%	19.2%	10.5%	9.5%	6.9%	
Bullied electronically	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	11.3%	13.8%	12.3%	12.0%	12.8%	12.4%	14.1%	15.2%	8.2%	15.0%	22.8%	14.4%	14.3%	8.7%	
Last time they were bullied in school																							
Didn't do anything	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	47.0%	N/A	N/A	41.2%	50.5%	48.7%	44.3%	46.5%	53.1%	
I told a teacher, counselor, or another adult at school and the bullying stopped	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	19.0%	N/A	N/A	12.9%	24.8%	16.2%	20.6%	16.3%	20.4%	
I told a teacher, counselor, or another adult at school, but the bullying continued	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	8.6%	N/A	N/A	8.2%	8.3%	10.8%	9.3%	7.0%	10.2%	
I took some other action and the bullying stopped	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	16.0%	N/A	N/A	22.4%	11.9%	13.5%	12.4%	20.9%	14.3%	
I took some other action, but the bullying continued	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	9.5%	N/A	N/A	15.3%	4.6%	10.8%	13.4%	9.3%	2.0%	

2022 CAMBRIDGE MIDDLE SCHOOL YOUTH RISK BEHAVIOR SURVEY																						
	CAMBRIDGE MS - ALL														MA YRBS		GENDER			GRADE		
	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2022	2017	2019	M	F	NB	6 th	7 th	8 th
DISCRIMINATION																						
Treated Badly or Unfairly in School (sometimes, most of the time, always)																						
Because of race or ethnicity (school year)	N/A	N/A	N/A	8.2%	8.8%	10.0%	6.1%	6.8%	8.0%	12.7%	11.9%	16.1%	3.3%	12.3%	N/A	N/A	10.2%	15.3%	11.0%	10.9%	18.0%	8.1%
Because of gender identity (school year)	N/A	N/A	N/A	7.0%	6.1%	8.6%	5.1%	4.8%	4.5%	9.1%	7.2%	14.0%	7.2%	12.8%	N/A	N/A	5.1%	16.9%	35.8%	11.6%	13.0%	13.9%
Because of sexual orientation (school year)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1.6%	3.2%	5.3%	7.9%	N/A	N/A	4.6%	7.5%	28.4%	6.9%	8.4%	8.1%
Because of religion (school year)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	4.5%	2.8%	7.0%	N/A	N/A	5.8%	8.9%	6.2%	6.7%	7.1%	7.4%
MENTAL HEALTH																						
General																						
Mental health not good (sometimes, most of the time, always)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	40.4%	44.5%	N/A	N/A	25.1%	57.3%	77.2%	42.6%	46.4%	44.7%
Worried (fairly often, very often) (30 days)																						
School issues	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	31.0%	35.5%	N/A	N/A	24.3%	44.9%	47.6%	29.9%	34.3%	42.4%
Social issues	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	19.9%	28.3%	N/A	N/A	14.6%	37.5%	54.3%	25.2%	29.4%	30.5%
Appearance issues	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	25.4%	31.4%	N/A	N/A	12.0%	47.6%	53.7%	30.6%	32.9%	30.7%
Health issues	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	10.6%	10.0%	N/A	N/A	6.5%	12.9%	13.4%	11.1%	7.1%	11.8%
Family issues	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	12.9%	15.1%	N/A	N/A	7.4%	18.9%	34.2%	16.2%	13.5%	15.5%
Social justice issues	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	24.7%	16.2%	N/A	N/A	8.4%	20.2%	34.6%	15.5%	12.2%	20.8%
Feeling unsafe due to violence in community	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	4.0%	6.1%	N/A	N/A	3.9%	7.4%	9.8%	7.1%	8.1%	3.1%
Self-Harm & Suicide (12 months)																						
Experienced anxiety (30 days)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	18.6%	27.0%	31.1%	34.0%	N/A	N/A	19.0%	42.3%	29.6%	36.8%	34.1%	30.9%
Hurt self on purpose	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	18.3%	10.3%	11.9%		16.8%	21.0%	4.6%	14.3%	39.5%	9.2%	13.0%	13.8%
Reported depression	N/A	N/A	N/A	N/A	N/A	N/A	N/A	20.1%	22.4%	20.9%	17.0%	23.5%	26.6%	22.3%	18.9%	24.3%	10.9%	28.7%	50.6%	20.5%	22.6%	23.9%
Considered suicide	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	11.2%	11.1%	14.1%	8.6%	11.3%	7.2%	16.5%	38.8%	10.6%	17.0%	15.0%
Made a plan to attempt suicide	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	8.7%	4.6%	5.4%	N/A	N/A	2.4%	7.0%	13.8%	3.6%	5.1%	7.5%
Actually attempted suicide	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	2.6%	1.4%	2.2%	4.2%	5.0%	1.0%	2.3%	8.6%	1.6%	1.7%	3.4%
Connectedness																						
Received counseling from a doctor or other health professional	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	15.3%	14.8%	17.7%	14.0%	14.6%	N/A	N/A	9.6%	15.0%	39.0%	11.8%	14.1%	18.0%
Took medication prescribed for you for mental health support	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	8.7%	10.1%	10.1%	4.5%	6.2%	N/A	N/A	5.8%	4.6%	17.1%	4.5%	5.9%	8.3%
Met with a school counselor for mental health support	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	14.4%	16.1%	19.8%	9.2%	13.6%	N/A	N/A	7.5%	18.1%	25.6%	12.4%	14.5%	14.0%
At least one teacher/adult in school to talk to about a problem	N/A	N/A	N/A	60.9%	58.9%	60.5%	57.1%	64.4%	62.0%	58.7%	61.6%	58.9%	N/A	45.2%	N/A	N/A	42.4%	49.2%	44.9%	47.1%	43.0%	45.1%
At least one teacher in school to talk to about a problem	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	22.2%	34.6%	N/A	N/A	33.9%	36.1%	31.3%	34.4%	37.6%	31.6%
At least one other adult (not teacher) in school to talk to about a problem	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	16.8%	32.4%	N/A	N/A	29.8%	35.3%	32.5%	33.0%	29.7%	34.4%
At least one adult in an afterschool program to talk to about a problem	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	36.7%	31.1%	4.2%	13.6%	N/A	N/A	15.9%	10.4%	16.5%	14.8%	11.6%	14.3%
At least one adult in the community to talk to about a problem	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	41.3%	38.5%	9.7%	25.0%	N/A	N/A	29.1%	22.1%	18.8%	24.9%	23.6%	26.4%
At least one family adult to talk to about important issues	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	87.4%	82.1%	56.1%	64.8%	N/A	N/A	71.8%	62.0%	42.5%	64.7%	63.0%	66.8%
At least one friend similar in age to talk to about important issues	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	56.0%	69.5%	N/A	N/A	63.1%	77.9%	63.3%	64.2%	72.9%	71.6%
Have three or more close friends	84.2%	81.9%	83.0%	85.8%	84.1%	84.3%	83.4%	83.7%	84.5%	81.4%	85.3%	81.6%	68.4%	78.0%	N/A	N/A	81.4%	77.2%	65.0%	77.5%	79.4%	77.0%
Regularly participate in church, synagogue, mosque, or other faith community	N/A	N/A	51.1%	47.0%	46.1%	44.4%	41.4%	40.0%	40.9%	40.9%	38.4%	33.5%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A

2022 CAMBRIDGE MIDDLE SCHOOL YOUTH RISK BEHAVIOR SURVEY																						
	CAMBRIDGE MS - ALL														MA YRBS		GENDER			GRADE		
	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2022	2017	2019	M	F	NB	6 th	7 th	8 th
SEXUAL BEHAVIOR*																						
Had consensual sexual activity (ever)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	2.6%	N/A	N/A	3.0%	2.7%	1.2%	2.1%	1.7%	4.2%
Had consensual sexual intercourse (ever)	9.7%	8.9%	7.4%	11.1%	12.5%	8.2%	6.8%	5.8%	5.9%	3.2%	3.2%	2.6%	1.2%	0.8%	N/A	N/A	1.0%	0.5%	1.2%	1.0%	0.7%	0.7%
Used a condom the last time they had consensual sexual intercourse	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	18.2%	28.6%	N/A	N/A	25.0%	50.0%	0.0%	0.0%	0.0%	100.0%
Alcohol/drugs at last consensual sexual intercourse	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	0.0%	25.0%	N/A	N/A	25.0%	0.0%	100.0%	33.3%	33.3%	0.0%
More careful about sexual behavior due to health class	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	63.8%	N/A	N/A	58.0%	69.4%	69.1%	56.9%	60.2%	74.2%
Ever tested for HIV/STI(s)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	0.7%	N/A	N/A	0.8%	0.8%	0.0%	0.4%	1.4%	0.4%
Had HIV/STI(s) ever	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	0.4%	N/A	N/A	0.3%	0.5%	0.0%	0.4%	0.4%	0.4%
Had conversation with caregivers about sexuality or gender identity (12 months)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	34.2%	N/A	N/A	24.5%	35.0%	75.3%	34.3%	32.4%	35.8%
Had conversation with caregivers about sex (12 months)	34.3%	30.6%	32.6%	31.8%	33.4%	28.5%	32.2%	31.9%	28.2%	27.6%	25.0%	26.2%	N/A	34.0%	N/A	N/A	33.3%	36.3%	28.4%	34.6%	34.3%	33.2%
HEALTHCARE																						
Saw a doctor or nurse (12 months)	63.7%	63.4%	62.0%	62.6%	63.3%	68.0%	74.8%	76.3%	78.9%	76.6%	78.1%	79.6%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Saw a dentist (12 months)	70.6%	70.6%	69.4%	70.0%	70.6%	74.0%	76.2%	77.1%	77.2%	79.3%	80.2%	83.0%	N/A	N/A	87.9%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Family has health insurance	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
BODY WEIGHT																						
Describe self as slightly/very overweight	N/A	N/A	N/A	27.0%	27.2%	26.5%	27.8%	27.2%	24.9%	26.4%	22.8%	23.6%	N/A	N/A	24.7%	24.7%	N/A	N/A	N/A	N/A	N/A	N/A
Trying to lose weight	N/A	N/A	N/A	N/A	42.0%	42.4%	37.4%	38.8%	37.6%	41.0%	37.4%	39.2%	N/A	N/A	84.5%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Exercise	N/A	N/A	N/A	N/A	N/A	57.5%	69.5%	72.1%	73.0%	76.4%	74.2%	73.0%	N/A	N/A	76.2%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Fasted to lose or maintain weight	N/A	N/A	N/A	N/A	N/A	5.4%	6.4%	5.8%	7.6%	8.3%	6.9%	6.9%	N/A	N/A	8.1%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Vomited or took laxatives to lose or maintain weight	N/A	N/A	N/A	N/A	N/A	2.3%	2.0%	2.0%	2.2%	2.7%	2.4%	1.4%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Took diet pills, powders, or liquids to lose or maintain weight	N/A	N/A	N/A	N/A	N/A	2.5%	2.1%	2.4%	3.4%	2.5%	3.5%	2.4%	N/A	N/A	1.3%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Tried a diet plan	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	39.3%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Increased intake of fruit and vegetables, reduced the number of calories eaten, cut out between meal snacking, decreased fat intake, or exercise	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	53.5%	N/A	N/A	45.6%	49.3%	42.5%	40.3%	45.8%	53.1%
Fasted, vomited or threw up on purpose after eating, took diet pills without a doctor's permission, or took laxatives	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	7.8%	N/A	N/A	4.6%	10.5%	11.4%	6.8%	10.2%	6.4%
PHYSICAL ACTIVITY & NUTRITION																						
Physical Activity																						
Participated in 60 min of physical activity on 5 of prior 7 days	N/A	N/A	N/A	N/A	N/A	N/A	N/A	29.2%	29.0%	34.2%	27.5%	29.2%	32.5%	34.7%	50.9%	48.6%	43.0%	30.9%	25.3%	37.6%	33.6%	36.3%
Participated in 30 min of physical activity on 5 of prior 7 days	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	44.9%	47.8%	N/A	52.3%	N/A	N/A	60.7%	51.0%	39.2%	52.4%	54.7%	56.0%
Participated in muscle strengthening activities on 3 or more days	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	43.6%	42.2%	37.0%	36.4%	N/A	38.8%	N/A	N/A	55.3%	30.3%	19.2%	33.5%	45.6%	41.4%
Watched TV or used electronic devices 3 or more hours per day	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	61.9%	33.5%	N/A	57.7%	63.4%	72.8%	53.4%	63.8%	68.2%
Taught in school how to follow a personal fitness plan	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	43.1%	38.4%	N/A	39.3%	N/A	N/A	40.6%	39.5%	30.0%	37.6%	36.38%	43.4%

*The word "consensual" was added to sexual activity question in 2021.

2022 CAMBRIDGE MIDDLE SCHOOL YOUTH RISK BEHAVIOR SURVEY																						
	CAMBRIDGE MS - ALL														MA YRBS		GENDER			GRADE		
	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2022	2017	2019	M	F	NB	6 th	7 th	8 th
PHYSICAL ACTIVITY & NUTRITION																						
Nutrition																						
Ate breakfast on at least 6 of prior 7 days	51.7%	50.2%	50.6%	50.3%	51.9%	55.8%	52.3%	54.3%	54.8%	57.2%	59.8%	56.7%	N/A	55.7%	N/A	N/A	67.0%	45.2%	50.0%	62.5%	50.5%	54.0%
Ate fruit (yesterday)	N/A	N/A	N/A	72.2%	71.1%	79.5%	80.9%	82.8%	81.3%	82.2%	85.7%	84.1%	82.0%	81.6%	N/A	N/A	82.9%	83.0%	72.0%	83.0%	80.8%	80.8%
Ate green salad or raw vegetables (yesterday)	N/A	N/A	N/A	51.6%	50.0%	54.9%	54.7%	59.7%	56.6%	57.7%	61.8%	62.1%	62.4%	63.6%	N/A	N/A	63.7%	65.1%	58.3%	66.9%	59.5%	64.4%
Ate cooked vegetables (yesterday)	N/A	N/A	N/A	47.7%	52.5%	55.0%	56.9%	60.5%	59.9%	57.4%	61.4%	59.2%	63.5%	60.8%	N/A	N/A	61.7%	60.4%	58.3%	60.0%	61.3%	61.2%
Drank 100% fruit juice (yesterday)	N/A	N/A	N/A	71.6%	68.7%	71.2%	69.0%	68.4%	63.0%	58.6%	47.1%	47.6%	39.5%	40.0%	N/A	N/A	45.1%	37.0%	30.5%	40.8%	40.1%	39.2%
Drank regular soda (not diet) (yesterday)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	37.5%	36.2%	33.1%	29.9%	27.5%	25.3%	25.6%	N/A	N/A	28.2%	23.9%	18.5%	20.4%	31.0%	24.4%
Drank diet soda (yesterday)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	8.6%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Drank sugar-sweetened drinks (yesterday)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	42.3%	38.5%	36.5%	N/A	N/A	37.9%	35.8%	34.6%	31.4%	37.3%	38.9%
Drank sports drinks (yesterday)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	25.8%	24.0%	22.0%	N/A	N/A	38.8%	28.3%	7.7%	16.9%	24.3%	24.6%
Drank caffeine (yesterday)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	33.8%	31.5%	30.6%	30.4%	31.0%	38.9%	N/A	26.3%	33.7%	37.0%	33.8%	33.2%
Drank energy drinks (yesterday)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	7.6%	5.3%	5.6%	7.4%	7.9%	N/A	N/A	9.4%	5.9%	8.3%	8.2%	5.8%
Drank plain (not flavored) bottled water (yesterday)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	66.4%	65.9%	59.9%	60.9%	58.4%	55.9%	N/A	N/A	79.8%	54.9%	44.0%	57.6%	57.4%	52.9%
Drank tap water (yesterday)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	69.9%	69.9%	73.4%	80.3%	69.5%	77.9%	N/A	N/A	79.3%	76.5%	81.3%	77.2%	76.5%	80.0%
Hungry in the past 12 months because there was not enough money at home to buy food	4.5%	5.1%	4.6%	4.3%	5.3%	5.3%	4.9%	4.2%	5.6%	6.1%	5.3%	5.7%	1.5%	0.7%	N/A	N/A	0.2%	0.8%	2.4%	0.3%	1.3%	0.3%
Taught in school how to eat healthy	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	69.6%	N/A	N/A	71.4%	66.6%	74.4%	73.2%	71.6%	64.1%
OTHER																						
Usually get 8 or more hours of sleep during a regular school night	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	66.4%	63.6%	29.6%	26.1%	59.0%	55.9%	30.8%	25.2%	8.9%	32.0%	26.9%	19.7%
Caregivers limit amount of screen time per day	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	55.6%	59.3%	N/A	54.7%	N/A	N/A	58.6%	51.0%	53.1%	60.6%	54.6%	49.1%
Spent 2 or more hours on an average school day studying or completing homework outside of school hours	N/A	N/A	N/A	N/A	N/A	N/A	N/A	44.3%	38.8%	48.8%	40.1%	32.6%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Took care of family responsibilities or chores (7 days)	82.2%	79.4%	80.6%	78.6%	81.5%	84.4%	82.1%	84.8%	82.5%	85.6%	89.2%	86.1%	N/A	69.8%	N/A	N/A	69.9%	68.9%	74.4%	68.2%	67.5%	73.9%
Took care of younger siblings or health of someone at home (7 days)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	41.9%	38.9%	N/A	28.5%	N/A	N/A	25.8%	30.8%	29.3%	29.1%	27.6%	28.9%
Worked for money	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	15.0%	12.4%	N/A	N/A	12.3%	12.5%	12.2%	9.9%	9.5%	17.8%
Participated in extracurricular activities at least 3 days a week during a typical week	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	61.7%	61.4%	29.2%	38.4%	N/A	N/A	36.2%	42.3%	32.5%	37.4%	37.1%	40.6%
Participated in after-school, youth, church, or teen center programs (7 days)	N/A	N/A	N/A	N/A	52.2%	55.7%	51.9%	56.2%	59.8%	53.1%	62.9%	54.2%	N/A	N/A	N/A	68.4%	N/A	N/A	N/A	N/A	N/A	N/A
Participated in academic groups, clubs, or student gov	N/A	N/A	N/A	N/A	42.2%	36.0%	42.0%	40.9%	50.8%	48.7%	51.6%	50.4%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Participated in academic groups, clubs, or tutoring	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	25.2%	22.6%	N/A	N/A	22.1%	22.1%	26.8%	17.8%	23.7%	26.5%
Participated in student government	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	3.9%	8.1%	N/A	N/A	5.0%	10.4%	11.0%	8.6%	7.1%
Participated in music, band, choir, arts, theatre, or dance	N/A	N/A	N/A	N/A	44.7%	47.2%	54.7%	61.4%	56.3%	57.8%	65.6%	70.7%	18.0%	25.9%	N/A	N/A	14.8%	33.2%	45.1%	29.1%	19.8%	28.6%
Participated in visual arts, painting, or drawing	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	10.8%	15.1%	N/A	N/A	6.5%	19.9%	30.5%	18.8%	15.2%	11.2%
Participated in digital media, graphic design, photos, or film	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	4.8%	5.7%	N/A	N/A	6.3%	4.1%	9.8%	5.8%	6.4%	4.9%
Participated in community service, in or out of school	N/A	N/A	N/A	N/A	24.1%	27.9%	31.4%	35.2%	27.5%	26.3%	28.3%	35.7%	3.0%	4.8%	N/A	N/A	2.5%	6.5%	7.3%	3.8%	3.9%	6.6%
Participated in school organized or intramural sports	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	42.5%	48.3%	42.6%	42.1%	4.2%	34.9%	N/A	N/A	36.6%	34.9%	31.7%	32.2%	34.3%	38.3%
Participated in community organized youth sports	N/A	N/A	N/A	N/A	N/A	41.7%	40.4%	39.9%	51.8%	46.1%	43.7%	41.6%	21.4%	26.5%	N/A	N/A	29.1%	24.8%	23.2%	26.0%	27.2%	26.1%
Participated in leadership dev, youth empowerment groups	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	3.6%	3.4%	N/A	N/A	1.3%	4.4%	9.8%	2.1%	2.1%	5.9%
Participated in faith based groups	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	4.6%	4.6%	N/A	N/A	4.0%	5.7%	3.7%	2.7%	5.7%	5.6%
Participated in some other afterschool program or youth center	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	51.9%	51.7%	48.8%	16.1%	13.5%	N/A	N/A	15.5%	10.9%	17.1	18.5%	12.7%	9.1%
Divorce or separation in family (12 months)	11.0%	10.7%	12.2%	10.6%	13.4%	11.2%	9.3%	10.9%	10.0%	9.8%	9.7%	9.7%	N/A	4.0%	N/A	N/A	2.3%	5.3%	4.9%	3.8%	3.0%	5.3%
Ran away from home (12 months)	3.7%	3.0%	3.1%	3.0%	4.2%	2.7%	2.9%	2.8%	3.9%	2.0%	2.2%	2.7%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Family member or close friend died (12 months)	40.9%	41.9%	41.3%	39.0%	38.6%	41.7%	40.3%	39.6%	41.0%	39.4%	31.5%	33.7%	22.1%	19.5%	N/A	N/A	14.3%	23.9%	23.2%	22.6%	18.8%	17.0%
Your family moved (12 months)	17.1%	14.5%	14.8%	12.8%	15.7%	18.7%	13.1%	11.8%	13.4%	13.3%	13.8%	15.5%	N/A	9.5%	N/A	N/A	9.4%	9.7%	9.8%	10.2%	9.2%	9.0%

The graphic consists of a horizontal bar divided into two sections. The left section is dark blue and contains the text 'Appendix C' in white. The right section is green and is separated from the blue section by a white diagonal line that forms a triangular shape pointing to the right.

Appendix C

2022 CAMBRIDGE HIGH SCHOOL YOUTH RISK BEHAVIOR SURVEY																										
	CRLS																	MA YRBS		GENDER			GRADE			
	1992	1994	1996	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2021	2022	2017	2019	M	F	NB	9 th	10 th	11 th	12 th	
SUBSTANCE USE																										
Lifetime (any use in lifetime)																										
Alcohol	73.4%	76.0%	77.9%	82.3%	N/A	N/A	N/A	64.9%	62.0%	60.1%	61.8%	56.5%	52.9%	50.1%	N/A	38.8%	56.2%	N/A	37.7%	39.7%	42.3%	19.1%	38.4%	47.2%	57.6%	
Cigarettes	49.5%	47.3%	46.9%	53.1%	50.2%	40.0%	35.3%	33.6%	28.1%	31.6%	27.1%	28.7%	21.8%	17.2%	N/A	9.8%	19.6%	17.7%	9.1%	11.2%	7.2%	3.8%	10.2%	11.3%	16.3%	
Electronic vapor products	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	16.2%	20.0%	33.0%	N/A	22.1%	41.1%	50.7%	17.9%	27.0%	19.8%	11.5%	25.0%	27.5%	26.9%	
Marijuana	26.1%	33.0%	43.6%	49.2%	N/A	N/A	N/A	40.7%	40.1%	40.4%	40.8%	45.6%	40.7%	39.0%	N/A	28.5%	37.9%	41.9%	26.1%	30.2%	33.0%	12.2%	29.5%	34.6%	43.3%	
Cocaine	4.1%	3.2%	3.8%	4.0%	N/A	N/A	N/A	N/A	N/A	N/A	2.2%	1.9%	2.3%	2.1%	1.8%	N/A	N/A	4.1%	3.7%	N/A	N/A	N/A	N/A	N/A	N/A	
Heroin	2.5%	1.5%	3.1%	2.3%	N/A	N/A	N/A	N/A	N/A	N/A	0.6%	0.2%	0.8%	0.6%	0.8%	N/A	N/A	1.4%	1.9%	N/A	N/A	N/A	N/A	N/A	N/A	
Ecstasy	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	3.1%	1.7%	2.9%	2.1%	1.7%	N/A	N/A	2.8%	3.4%	N/A	N/A	N/A	N/A	N/A	N/A	
Prescription drugs without a prescription	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	6.7%	7.8%	8.0%	N/A	12.0%	N/A	N/A	10.3%	11.5%	24.2%	12.1%	11.1%	12.1%	12.7%	
Pain medication	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	3.3%	3.9%	4.6%	N/A	3.2%	N/A	N/A	1.4%	1.5%	6.2%	1.9%	1.0%	2.1%	1.4%	
Anti-anxiety or depressant medication	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1.8%	3.3%	3.8%	N/A	2.6%	N/A	N/A	0.4%	1.3%	5.2%	0.9%	1.0%	1.1%	0.5%	
Stimulants	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	3.4%	3.5%	3.3%	N/A	2.8%	N/A	N/A	1.4%	1.5%	6.2%	1.9%	0.0%	2.4%	1.8%	
Current (any use in the 30 days)																										
Alcohol	32.8%	39.1%	41.9%	49.5%	45.1%	36.3%	39.1%	41.9%	41.6%	38.3%	39.6%	34.6%	32.0%	27.7%	16.1%	24.2%	31.4%	29.8%	22.0%	27.2%	17.5%	10.5%	20.2%	30.1%	41.2%	
Binge alcohol use - 5 or more drinks in a row	18.4%	20.8%	24.9%	26.8%	28.2%	19.8%	19.0%	21.3%	24.2%	20.6%	20.0%	18.5%	15.6%	13.2%	N/A	10.6%	N/A	N/A	10.7%	12.4%	7.2%	3.9%	8.1%	11.3%	23.3%	
Cigarettes	11.3%	12.6%	16.4%	20.5%	17.8%	11.9%	12.4%	12.6%	9.8%	11.9%	8.7%	9.4%	5.6%	5.4%	3.8%	5.0%	6.4%	5.0%	3.7%	6.3%	4.1%	1.9%	3.2%	5.0%	11.8%	
Electronic vapor products	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	4.6%	4.5%	18.0%	8.9%	13.0%	20.1%	32.2%	10.2%	16.3%	12.5%	6.9%	14.2%	13.4%	20.0%	
Marijuana	13.0%	19.9%	26.3%	30.0%	27.7%	20.7%	21.2%	26.1%	27.7%	28.8%	25.7%	29.9%	26.1%	23.6%	14.6%	18.8%	24.1%	26.0%	16.6%	20.1%	19.6%	8.8%	16.9%	22.4%	31.6%	
Cocaine	1.7%	1.2%	2.0%	1.6%	1.1%	1.3%	1.9%	2.4%	2.8%	1.3%	0.8%	1.1%	1.0%	0.8%	N/A	0.3%	N/A	N/A	0.2%	0.2%	2.1%	0.6%	0.3%	0.3%	0.0%	
Heroin	1.6%	0.9%	1.9%	1.1%	0.7%	0.5%	0.7%	0.6%	1.6%	0.5%	0.1%	0.7%	0.3%	0.7%	N/A	0.2%	N/A	N/A	0.3%	0.0%	1.0%	0.5%	0.0%	0.0%	0.4%	
Ecstasy	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1.7%	0.8%	1.6%	0.8%	1.0%	N/A	0.2%	N/A	N/A	0.2%	0.0%	1.0%	0.6%	0.0%	0.0%	0.0%	
Inhalants	3.1%	1.9%	3.1%	3.4%	2.1%	1.6%	1.9%	1.5%	1.9%	2.2%	1.3%	1.9%	1.4%	1.6%	N/A	0.9%	2.5%	3.6%	0.4	0.7	6.2%	1.6%	0.6%	0.6%	0.8%	
Prescription drugs without a prescription	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1.7%	3.1%	1.6%	2.1%	N/A	N/A	N/A	1.4%	1.5%	N/A	1.9%	1.0%	2.6%	1.4%	
Over-the-Counter Medication (to get high)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	2.3%	2.9%	2.0%	N/A	0.9%	N/A	N/A	0.7%	0.7%	3.2%	1.7%	0.6%	0.6%	0.4%	
Alcohol and Other Drug-Related Issues																										
Ever injected illegal drugs	2.8%	1.9%	2.4%	1.4%	1.8%	1.1%	1.0%	1.1%	1.2%	0.6%	0.3%	0.7%	0.8%	0.6%	N/A	N/A	1.1%	1.1%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
Drove after drinking (30 days)	3.7%	4.0%	3.6%	5.3%	3.6%	2.9%	3.2%	3.7%	3.4%	2.8%	1.7%	1.7%	1.6%	1.4%	N/A	1.3%	6.0%	5.1%	1.6%	1.0%	1.0%	0.3%	1.2%	0.6%	3.7%	
Rode with drinking driver (30 days)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	12.9%	11.7%	9.1%	9.2%	7.5%	N/A	10.3%	14.0%	15.4%	8.2%	12.3%	9.3%	8.2%	7.5%	12.9%	13.9%
Drove after using marijuana (30 days)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	2.2%	N/A	N/A	1.6%	2.8%	2.1%	0.5%	0.9%	3.4%	4.5%	
Rode with a driver who had used marijuana (30 days)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	11.1%	N/A	N/A	9.7%	13.0%	9.3%	4.1%	6.2%	14.7%	23.7%	
Talked with caregivers about alcohol or other drugs (12 months)	N/A	N/A	55.0%	52.4%	47.7%	44.6%	44.1%	49.7%	49.6%	53.5%	57.9%	54.6%	55.9%	52.9%	N/A	60.9%	N/A	N/A	61.2%	59.9%	69.2%	60.1%	63.7%	57.7%	62.3%	
Influence of caregivers on decisions about whether or not to use alcohol or other drugs (fairly/very important)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	55.8%	58.1%	62.7%	N/A	65.1%	N/A	N/A	67.4%	64.7%	56.3%	74.0%	69.2%	61.6%	50.4%	
Had a problem with alcohol or drugs (12 months)	6.4%	6.7%	8.3%	11.4%	10.2%	7.6%	5.6%	5.7%	6.4%	6.5%	5.9%	6.5%	4.8%	4.8%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
Ever helped or treated for alcohol or drug use	4.2%	3.1%	3.1%	3.0%	3.5%	3.8%	2.5%	3.1%	2.6%	3.4%	2.8%	4.0%	2.7%	2.8%	N/A	52.6%	N/A	N/A	54.0%	52.2%	45.8%	68.7%	52.1%	45.1%	39.9%	
Family member had a problem with alcohol or drugs (12 months)	14.4%	14.0%	13.5%	13.9%	12.2%	12.3%	10.1%	11.1%	12.8%	11.1%	10.1%	9.5%	9.5%	10.2%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
Class within 1 hour of using alcohol, marijuana, or drugs (30 days)	N/A	N/A	N/A	N/A	15.5%	10.6%	9.7%	12.1%	11.6%	12.2%	8.9%	11.3%	9.1%	9.1%	N/A	7.2%	N/A	N/A	5.6%	8.3%	9.4%	5.8%	7.1%	7.0%	9.5%	
Offered, sold, or given drugs on school property (12 months)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	22.8%	20.0%	19.5%	18.7%	19.9%	N/A	15.4%	20.1%	21.8%	13.3%	16.3%	22.9%	13.1%	18.9%	14.6%	14.8%	

2022 CAMBRIDGE HIGH SCHOOL YOUTH RISK BEHAVIOR SURVEY																										
	CRLS																MA YRBS		GENDER			GRADE				
	1992	1994	1996	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2021	2022	2017	2019	M	F	NB	9 th	10 th	11 th	12 th	
SUBSTANCE USE																										
“Moderate” or “Great” Perceived Harm of Use																										
Drink one or two drinks of alcohol nearly every day	N/A	N/A	N/A	N/A	N/A	N/A	N/A	68.4%	68.5%	58.8%	60.8%	58.4%	59.9%	60.7%	N/A	59.7%	N/A	N/A	54.2%	65.2%	57.7%	57.9%	60.5%	63.7%	56.0%	
Drink five or more drinks of alcohol twice a week	N/A	N/A	N/A	N/A	N/A	N/A	N/A	76.7%	73.1%	71.9%	75.2%	70.9%	73.4%	73.0%	N/A	71.8%	N/A	N/A	68.2%	75.3%	74.0%	69.8%	71.9%	76.4%	68.3%	
Smoke one or more packs of cigarettes per day	N/A	N/A	N/A	N/A	N/A	N/A	N/A	87.9%	84.6%	85.1%	86.5%	83.2%	83.2%	84.7%	N/A	85.7%	N/A	N/A	80.7%	88.9%	94.8%	82.1%	87.1%	89.1%	84.7%	
Use electronic vapor products regularly	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	53.9%	N/A	79.7%	N/A	N/A	72.6%	84.7%	89.7%	74.9%	80.4%	84.0%	80.1%	
Use marijuana regularly	N/A	N/A	N/A	N/A	N/A	N/A	N/A	73.9%	70.2%	65.6%	62.9%	53.3%	55.0%	49.7%	N/A	51.1%	N/A	N/A	44.3%	58.8%	44.3%	59.4%	50.6%	50.5%	40.3%	
Use prescription drugs that are not prescribed to them	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	84.1%	85.8%	87.7%	N/A	88.0%	N/A	N/A	84.7%	90.5%	91.8%	84.9%	88.5%	89.4%	90.0%	
Perceive that Caregivers Would Not Disapprove of their Substance Use ("Wrong" or “Very Wrong")																										
Drink alcohol regularly	N/A	N/A	N/A	N/A	N/A	N/A	N/A	72.2%	70.0%	70.4%	72.8%	69.1%	66.4%	68.9%	N/A	66.7%	N/A	N/A	63.7%	68.7%	69.8%	77.4%	73.0%	60.4%	49.8%	
Smoke cigarettes	N/A	N/A	N/A	N/A	N/A	N/A	N/A	90.8%	90.1%	91.2%	93.7%	93.4%	93.2%	92.8%	N/A	93.7%	N/A	N/A	92.1%	94.7%	94.8%	92.0%	95.9%	94.3%	92.4%	
Use electronic tobacco	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	92.1%	N/A	N/A	91.5%	92.8%	90.5%	92.0%	92.7%	92.9%	90.3%	
Use marijuana	N/A	N/A	N/A	N/A	N/A	N/A	N/A	86.1%	82.5%	80.3%	82.7%	78.9%	77.0%	76.1%	N/A	75.5%	N/A	N/A	75.8%	75.9%	71.9%	82.0%	77.4%	72.9%	66.2%	
Use prescription drugs that are not prescribed to them	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	94.5%	93.7%	94.4%	N/A	94.6%	N/A	N/A	93.3%	95.7%	94.8%	92.0%	96.2%	94.9%	96.2%	
Use illegal drugs other than marijuana	N/A	N/A	N/A	N/A	N/A	N/A	N/A	95.7%	93.9%	96.5%	97.0%	96.2%	95.1%	95.5%	N/A	96.6%	N/A	N/A	95.47	97.5%	96.9%	95.3%	97.4%	97.4%	96.2%	
Perceive that Friends Would Not Disapprove of their Substance Use ("Wrong" or “Very Wrong")																										
Drink alcohol regularly	N/A	N/A	N/A	N/A	N/A	N/A	N/A	34.7%	33.3%	33.4%	31.0%	32.5%	35.7%	37.9%	N/A	43.4%	N/A	N/A	43.2%	43.4%	44.2%	59.5%	46.9%	35.8%	24.2%	
Smoke cigarettes	N/A	N/A	N/A	N/A	N/A	N/A	N/A	66.7%	67.1%	67.8%	71.2%	69.1%	75.4%	77.9%	N/A	73.6%	N/A	N/A	74.4%	72.7%	74.5%	79.4%	77.2%	72.4%	61.0%	
Use electronic tobacco	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	58.1%	N/A	N/A	60.7%	55.0%	60.0%	66.8%	61.4%	51.3%	49.2%	
Use marijuana	N/A	N/A	N/A	N/A	N/A	N/A	N/A	48.5%	46.1%	41.2%	40.3%	34.0%	38.8%	36.1%	N/A	44.7%	N/A	N/A	44.8%	46.2%	33.7%	63.1%	46.6%	33.0%	29.1%	
Use prescription drugs not prescribed to them	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	80.1%	78.7%	82.5%	N/A	86.2%	N/A	N/A	84.3%	86.2%	87.4%	83.0%	86.3%	89.0%	87.2%	
Use illegal drugs other than marijuana	N/A	N/A	N/A	N/A	N/A	N/A	N/A	81.1%	76.9%	84.4%	84.9%	79.3%	77.1%	79.5%	N/A	84.0%	N/A	N/A	82.2%	86.2%	82.1%	85.7%	86.0%	83.6%	79.2%	
Perceive that Substances are Easy to Get ("Very Easy" or "Sort of Easy")																										
Alcohol	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	58.9%	52.9%	63.6%	N/A	N/A	62.5%	62.8%	40.4%	55.5%	60.8%	65.0%	78.0%	
Cigarettes	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	38.3%	29.8%	39.9%	N/A	N/A	41.1%	39.0%	60.6%	27.3%	39.8%	40.3%	58.9%	
Electronic vapor products	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	44.9%	59.8%	N/A	N/A	61.2%	58.1%	74.0%	50.6%	62.0%	63.4%	65.8%	
Marijuana	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	64.7%	46.5%	55.3%	N/A	N/A	54.2%	55.1%	61.7%	35.8%	59.5%	63.1%	68.7%	
Prescription drugs that are not prescribed to them	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	21.4%	14.4%	15.3%	N/A	N/A	14.4%	15.3%	22.4%	16.0%	14.5%	13.0%	18.6%	
Illegal drugs other than marijuana	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	6.7%	6.5%	N/A	N/A	7.2%	6.0%	6.4%	6.5%	6.0%	4.8%	9.3%	
Perceived Ease of Obtaining Alcohol - How easy would it be to get alcohol from... (Responses Sort of Easy, Very Easy)																										
Liquor store, bar, or restaurant	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	21.2%	19.4%	19.2%	16.1%	15.9%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
Home	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	46.5%	48.1%	49.2%	52.0%	51.7%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
Adult 21 years of age or older	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	57.2%	56.3%	49.0%	46.3%	41.9%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
Someone less than 21 years of age	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	54.5%	50.1%	48.9%	51.7%	48.2%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
Substance Use in Household																										
Live with a cigarette smoker	N/A	N/A	37.9%	33.5%	29.6%	25.6%	25.0%	23.4%	21.9%	26.9%	23.1%	20.0%	18.1%	16.1%	9.4%	11.4%	26.1%	35.2%	12.2%	10.9%	11.6%	10.6%	11.2%	11.9%	12.2%	
Live with someone who uses electronic vapor products	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	5.5%	8.4%	N/A	N/A	7.4%	8.7%	12.5%	6.7%	9.5%	10.6%	6.7%	
Live with someone who drinks alcohol	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	40.9%	56.2%	N/A	N/A	52.3%	57.1%	74.0%	48.7%	56.8%	59.0%	63.8%	
Live with someone who uses marijuana	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	11.7%	18.3%	N/A	N/A	16.7%	18.3%	27.1%	13.9%	19.2%	18.7%	23.2%	
Live with someone who abuses prescription medication	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	0.1%	1.7%	N/A	N/A	1.1%	1.9%	4.2%	1.9%	2.1%	1.0%	1.7%	
Live with someone who uses other illegal drugs	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	3.6%	1.0%	N/A	N/A	0.7%	1.2%	2.1%	1.7%	0.6%	0.7%	1.3%	

2022 CAMBRIDGE HIGH SCHOOL YOUTH RISK BEHAVIOR SURVEY																									
	CRLS																MA YRBS		GENDER			GRADE			
	1992	1994	1996	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2021	2022	2017	2019	M	F	NB	9 th	10 th	11 th	12 th
VIOLENCE-RELATED EXPERIENCES AND BEHAVIORS																									
Weapons (12 months)																									
Carried a weapon to school (ever)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	2.5%	N/A	N/A	2.7%	1.8%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Threatened with a knife or gun in school	N/A	3.1%	2.6%	3.4%	1.7%	1.2%	1.2%	0.6%	1.4%	1.1%	1.0%	1.3%	0.9%	1.5%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Threatened with a knife or gun outside of school	N/A	10.0%	8.4%	8.9%	7.1%	4.8%	3.6%	4.6%	4.6%	5.2%	4.1%	3.1%	3.4%	3.6%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Violence-Related Experiences																									
Stayed home from school out of fear (30 days)	N/A	N/A	N/A	N/A	N/A	N/A	8.2%	7.0%	9.6%	6.3%	5.0%	7.2%	9.5%	9.5%	N/A	11.9%	4.5%	6.4%	7.8%	15.2%	14.6%	13.4%	9.5%	9.8%	15.7%
Witnessed violence in your family	N/A	N/A	8.6%	8.8%	6.1%	6.5%	7.5%	7.9%	9.6%	9.6%	7.9%	6.5%	6.5%	6.6%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Witnessed violence in your neighborhood	N/A	N/A	N/A	N/A	N/A	N/A	23.8%	26.4%	24.4%	20.3%	12.4%	11.1%	10.3%	9.5%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Beaten or physically hurt by someone in your family or home	5.4%	3.9%	5.0%	5.1%	4.5%	3.6%	3.9%	3.5%	3.9%	3.6%	3.6%	2.7%	4.3%	4.2%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Verbally or emotionally abused by someone in your family	16.5%	17.7%	19.9%	21.3%	18.2%	15.3%	15.5%	15.2%	15.4%	15.3%	14.6%	14.5%	14.7%	16.5%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Property stolen or deliberately damaged on school property	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	28.6%	29.2%	27.5%	16.6%	15.8%	14.2%	N/A	7.8%	N/A	13.5%	10.5%	5.7%	6.2%	10.4%	7.3%	7.0%	5.7%
Mistreated by someone who thought you were not masculine or feminine enough	N/A	N/A	5.0%	6.1%	5.0%	3.7%	3.4%	4.6%	3.8%	5.1%	4.2%	4.2%	5.4%	6.8%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Were a member of a gang	N/A	8.6%	7.0%	6.8%	4.5%	2.0%	4.3%	5.1%	3.9%	2.6%	1.5%	1.8%	1.2%	1.3%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Fighting (12 months)																									
In a fight	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	4.5%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
In a fight when in school	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	5.8%	6.4%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
In a fight when NOT at school	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Sexual & Dating Violence (12 months)																									
Experienced sexual violence (ever)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	13.3%	10.3%	9.7%	8.7%	9.1%	11.1%	10.5%	N/A	15.1%	10.4%	N/A	5.0%	23.2%	25.0%	11.5%	15.4%	18.8%	15.4%
Forced/tricked to have sex (ever)	8.5%	7.6%	N/A	7.8%	N/A	N/A	5.1%	7.0%	5.8%	4.0%	4.6%	3.5%	3.3%	4.3%	N/A	N/A	6.8%	10.0%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Experienced sexual violence	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	5.4%	5.8%	N/A	N/A	5.0%	23.2%	7.3%	11.5%	15.4%	18.8%	15.4%
Hurt physically or sexually by a date or someone you were dating	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	3.8%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Hurt physically by a date or someone you were dating	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	0.9%	N/A	6.9%	0.2%	1.0%	2.1%	0.5%	0.9%	0.3%	1.2%
Hurt sexually by a date or someone you were dating	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	4.3%	N/A	6.0%	0.7%	6.5%	3.1%	3.3%	3.5%	4.1%	4.1%
Verbally or emotionally abused by a date or someone you were dating	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	7.5%	6.0%	6.0%	6.8%	5.7%	N/A	4.3%	N/A	N/A	0.9%	6.1%	5.2%	3.0%	4.6%	4.4%	2.8%
Internet Safety																									
Ever spoke on phone with adult stranger met online	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	13.1%	14.1%	N/A	18.6%	N/A	N/A	21.4%	13.7%	32.0%	16.3%	13.9%	24.1%	21.4%
Ever met in person with adult stranger met online	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	7.5%	6.7%	N/A	4.5%	N/A	N/A	5.3%	3.3%	7.2%	1.1%	2.3%	7.2%	9.3%
Bullying (12 months)																									
Bullied in school	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	13.5%	12.2%	15.6%	13.8%	N/A	8.5%	14.6%	16.3%	8.9%	8.5%	10.5%	8.8%	9.1%	7.3%	8.9%
Bullied when not at school	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	9.4%	9.0%	11.4%	10.8%	N/A	5.9%	N/A	N/A	5.0%	6.6%	7.4%	6.6%	5.6%	5.4%	6.1%
Bullied electronically	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	7.6%	7.6%	9.4%	7.7%	7.1%	8.9%	13.6%	13.9%	7.2%	9.1%	17.9%	7.8%	11.7%	7.0%	9.0%
Last time they were bullied in school																									
Didn't do anything	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	52.3%	N/A	N/A	48.6%	56.5%	42.9%	52.0%	50.0%	52.8%	55.3%
I told a teacher, counselor, or another adult at school and the bullying stopped	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	7.9%	N/A	N/A	7.1%	8.2%	9.5%	8.0%	7.4%	0.0%	15.8%
I told a teacher, counselor, or another adult at school, but the bullying continued	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	9.6%	N/A	N/A	4.3%	12.9%	14.3%	6.0%	5.6%	16.7%	13.2%
I took some other action and the bullying stopped	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	24.7%	N/A	N/A	30.0%	20.0%	28.6%	24.0%	33.3%	27.8%	10.5%
I took some other action, but the bullying continued	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	5.6%	N/A	N/A	10.0%	2.4%	4.8%	10.0%	3.7%	2.8%	5.3%

2022 CAMBRIDGE HIGH SCHOOL YOUTH RISK BEHAVIOR SURVEY																										
	CRLS																	MA YRBS		GENDER			GRADE			
	1992	1994	1996	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2021	2022	2017	2019	M	F	NB	9 th	10 th	11 th	12 th	
SEXUAL BEHAVIOR*																										
Had consensual sexual activity (ever)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	28.0%	N/A	N/A	29.5%	27.3%	25.8%	13.5%	27.9%	34.4%	41.6%	
Had sexual consensual intercourse (ever)	49.4%	47.7%	43.7%	42.8%	39.6%	37.4%	42.3%	49.5%	44.2%	37.6%	34.9%	31.2%	32.6%	27.7%	20.4%	21.9%	35.3%	36.9%	24.7%	19.8%	20.6%	8.0%	21.5%	26.6%	36.9%	
Been/gotten someone pregnant (ever)	7.0%	6.8%	6.4%	6.5%	5.1%	3.7%	4.0%	4.9%	3.5%	3.4%	2.4%	1.7%	0.5%	1.2%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
Used a condom the last time they had consensual sexual intercourse	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	59.1%	66.2%	55.3%	57.8%	51.4%	53.2%	38.2%	35.0%	41.5%	46.5%	40.9%	49.1%	
Alcohol/drugs at last consensual sexual intercourse	13.5%	13.9%	17.9%	23.8%	22.1%	14.8%	12.8%	15.3%	16.7%	19.7%	21.7%	22.7%	19.5%	20.8%	15.8%	14.3%	18.2%	23.4%	13.3%	15.7%	9.5%	15.2%	10.7%	16.1%	15.4%	
More careful about sexual behavior due to health class	N/A	N/A	N/A	N/A	67.0%	62.3%	68.6%	74.6%	72.0%	70.1%	70.5%	66.5%	66.7%	66.3%	N/A	76.3%	N/A	N/A	73.9%	79.7%	72.9%	78.8%	74.5%	74.4%	77.7%	
Ever tested for HIV	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	12.8%	11.0%	10.4%	10.0%	N/A	N/A	10.5%	12.6%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
Ever tested for other STIs	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	13.1%	11.2%	12.8%	13.1%	N/A	N/A	N/A	12.7%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
Ever tested for HIV/STI(s)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	11.2%	N/A	N/A	9.7%	11.8%	16.7%	2.8%	8.7%	15.8%	20.8%	
Had HIV/STI(s) ever	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1.6%	1.9%	1.0%	1.3%	N/A	0.8%	N/A	N/A	1.1%	0.7%	0.0%	0.6%	0.6%	0.6%	1.7%	
Had conversation with caregivers about sexuality or gender identity (12 months)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	37.1%	N/A	N/A	23.4%	28.1%	70.1%	26.8%	30.9%	29.9%	29.3%	
Had conversation with caregivers about sex (12 months)	N/A	N/A	N/A	32.7%	38.7%	34.2%	30.5%	33.5%	34.8%	35.7%	38.0%	34.0%	36.6%	33.6%	N/A	29.2%	N/A	N/A	37.5%	36.3%	41.2%	36.8%	39.5%	36.2%	35.3%	
HEALTHCARE																										
Saw a doctor or nurse (12 months)	59.8%	65.0%	70.4%	79.5%	79.8%	78.1%	81.0%	81.6%	80.7%	84.9%	85.8%	86.8%	87.3%	86.7%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
Saw a dentist (12 months)	N/A	N/A	N/A	65.4%	69.9%	68.4%	68.9%	73.7%	75.7%	77.5%	80.4%	79.7%	82.6%	83.5%	N/A	N/A	89.0%	88.9%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
Family has health insurance	72.7%	68.6%	68.9%	77.3%	81.7%	82.0%	79.8%	84.2%	84.2%	84.6%	85.8%	86.9%	85.3%	84.1%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
Went to Teen Health Center in the past 12 months	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	47.4%	50.2%	44.2%	39.6%	N/A	44.6%	N/A	N/A	37.9%	49.4%	55.7%	41.6%	41.0%	49.1%	46.4%	
Went to Teen Hlth Ctr for birth control/condoms (12 months)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	12.5%	18.6%	16.7%	12.1%	N/A	14.6%	N/A	N/A	10.8%	19.2%	5.6%	7.2%	19.2%	16.6%	16.0%	
Went to Teen Hlth Ctr for HIV/STI testing (12 months)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	7.8%	5.6%	4.5%	5.1%	N/A	3.9%	N/A	N/A	1.4%	5.7%	3.7%	0.7%	6.4%	3.2%	5.9%	
Went to Teen Hlth Ctr for physical exam (12 months)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	8.2%	10.9%	8.0%	10.4%	N/A	9.7%	N/A	N/A	7.9%	11.5%	7.4%	9.8%	7.1%	10.8%	10.9%	
Went to Teen Hlth Ctr for counseling (12 months)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	6.0%	5.8%	4.2%	5.4%	N/A	8.4%	N/A	N/A	6.1%	8.4%	18.5%	8.5%	6.4%	6.4%	13.5%	
Went to Teen Hlth Ctr for immunization/vaccine (12 months)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	5.6%	10.4%	8.6%	6.2%	N/A	18.4%	N/A	N/A	15.4%	21.2%	16.7%	11.1%	18.4%	19.8%	26.1%	
Went to Teen Hlth Ctr for sports physical (12 months)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	12.1%	11.4%	13.0%	N/A	10.7%	N/A	N/A	15.0%	8.4%	5.6%	9.6%	8.5%	15.3%	8.4%		
Went to Teen Hlth Ctr for pregnancy test (12 months)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	5.1%	4.4%	4.1%	N/A	4.6%	N/A	N/A	0.5%	8.1%	1.9%	2.6%	7.8%	3.2%	5.0%		
BODY WEIGHT																										
Describe self as slightly/very overweight	N/A	N/A	N/A	N/A	N/A	N/A	26.2%	25.4%	23.1%	23.2%	26.7%	25.5%	25.1%	27.0%	N/A	N/A	28.1%	32.8%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
Trying to lose weight	38.7%	37.7%	N/A	N/A	N/A	N/A	41.7%	40.3%	40.9%	40.4%	41.9%	39.8%	39.5%	42.9%	N/A	N/A	43.8%	45.8%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
Exercise	N/A	N/A	N/A	N/A	N/A	66.6%	65.3%	69.5%	65.8%	71.6%	69.9%	68.0%	68.4%	69.3%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
Fasted to lose or maintain weight	N/A	N/A	N/A	N/A	N/A	N/A	N/A	4.9%	5.9%	6.1%	6.1%	6.0%	8.0%	7.4%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
Took laxatives to lose or maintain weight	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	3.5%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
Vomited	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	2.2%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
Took diet pills, powders, or liquids to lose or maintain weight	N/A	N/A	N/A	N/A	N/A	4.1%	3.2%	3.1%	2.9%	5.2%	4.1%	4.4%	5.3%	4.5%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
Tried a diet plan	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	46.2%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
Increased intake of fruit and vegetables, reduced the number of calories eaten, cut out between meal snacking, decreased fat intake, or exercise	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	45.2%	N/A	N/A	40.4%	51.2%	38.5%	46.5%	50.5%	44.7%	36.7%	
Fasted, vomited or threw up on purpose after eating	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	11.0%	N/A	N/A	5.3%	15.8%	11.3%	12.6%	10.1%	12.5%	8.0%	

*The word "consensual" was added to sexual activity question in 2021.

2022 CAMBRIDGE HIGH SCHOOL YOUTH RISK BEHAVIOR SURVEY																											
	CRLS																	MA YRBS		GENDER			GRADE				
	1992	1994	1996	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2021	2022	2017	2019	M	F	NB	9 th	10 th	11 th	12 th		
PHYSICAL ACTIVITY & NUTRITION																											
Physical Activity (past 7 days)																											
Participated in 60 min of physical activity 5+ days	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	41.3%	N/A	41.3%	42.7%	40.3%	27.8%	40.0%	45.7%	43.4%	42.2%	38.1%	39.2%	40.1%	41.6%	38.7%	39.1%	
Participated in muscle strengthening activities 1+ days	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	68.6%	68.0%	N/A	67.5%	N/A	N/A	90.1%	88.6%	86.5%	87.6%	90.3%	88.7%	91.0%	
Watched TV or used electronics 3+ hours per day	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	78.2%	N/A	N/A	77.9%	77.9%	83.5%	76.9%	76.5%	79.0%	81.6%	
Taught in school how to follow a personal fitness plan	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	50.2%	52.6%	N/A	53.5%	N/A	N/A	55.2%	51.9%	53.1%	61.6%	56.7%	51.0%	40.2%	
Nutrition																											
Ate breakfast on at least 6 of prior 7 days	40.7%	36.8%	38.9%	34.9%	34.3%	31.0%	33.5%	38.3%	37.8%	39.4%	42.7%	42.8%	45.5%	44.5%	N/A	42.8%	N/A	N/A	49.6%	35.8%	47.4%	46.8%	40.2%	38.3%	46.3%		
Ate fruit (yesterday)	N/A	N/A	N/A	62.3%	65.2%	59.8%	60.9%	65.3%	72.7%	74.6%	75.7%	77.1%	80.1%	77.8%	74.9%	78.7%	N/A	N/A	81.8%	78.0%	68.8%	78.6%	81.9%	74.0%	80.8%		
Ate green salad or raw vegetables (yesterday)	N/A	N/A	N/A	52.3%	53.3%	50.0%	47.9%	54.5%	58.2%	59.9%	61.3%	62.3%	63.1%	64.6%	64.3%	59.3%	N/A	N/A	62.4%	57.7%	51.5%	57.0%	61.4%	54.9%	65.3%		
Ate cooked vegetables (yesterday)	N/A	N/A	N/A	51.9%	49.6%	47.5%	45.9%	50.7%	59.6%	60.1%	61.0%	62.3%	63.2%	63.8%	66.8%	65.6%	N/A	N/A	67.9%	64.0%	61.9%	63.0%	66.8%	63.3%	70.7%		
Drank 100% fruit juice (yesterday)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	63.4%	63.8%	66.8%	67.0%	58.3%	54.7%	48.0%	38.4%	34.9%	33.5%	N/A	N/A	38.7%	30.1%	25.8%	34.3%	32.9%	33.1%	33.6%	
Drank regular soda (not diet) (yesterday)	N/A	N/A	N/A	N/A	N/A	N/A	57.1%	54.0%	49.1%	53.9%	45.2%	41.7%	33.6%	32.9%	22.3%	23.5%	N/A	N/A	29.3%	19.0%	18.6%	28.9%	24.0%	20.5%	19.1%		
Drank sugar-sweetened drinks (yesterday)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	54.6%	46.6%	45.4%	31.6%	38.4%	N/A	N/A	43.5%	34.8%	33.0%	40.0%	38.0%	35.9%	40.3%	
Drank sports drinks (yesterday)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	16.9%	21.5%	N/A	N/A	28.5%	16.3%	14.4%	21.8%	20.4%	23.8%	19.5%	
Drank caffeine (yesterday)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	51.3%	47.3%	46.7%	42.3%	41.8%	N/A	N/A	37.2%	45.0%	48.5%	38.8%	40.4%	43.9%	46.0%	
Drank energy drinks (yesterday)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	9.0%	11.1%	8.6%	6.6%	10.8%	N/A	N/A	11.7%	10.2%	8.3%	11.1%	9.6%	10.4%	12.7%	
Drank plain (not flavored) bottled water (yesterday)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	67.7%	49.8%	61.6%	57.1%	51.3%	54.8%	N/A	N/A	54.8%	58.0%	38.1%	56.9%	53.6%	57.1%	50.2%
Drank tap water (yesterday)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	69.0%	76.4%	76.3%	82.2%	70.7%	76.1%	N/A	N/A	79.1%	71.1%	89.6%	76.5%	75.4%	73.3%	80.3%
Hungry in the past 12 months because there was not enough money at home to buy food	5.7%	6.3%	7.0%	9.5%	8.3%	8.0%	8.7%	9.2%	10.1%	10.6%	9.0%	8.5%	9.0%	10.4%	1.4%	1.6%	N/A	N/A	0.5%	1.8%	5.2%	1.4%	0.9%	2.5%	1.6%		
Taught in school how to eat healthy	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	69.5%	68.8%	N/A	68.5%	N/A	N/A	71.9%	65.1%	70.8%	66.4%	73.4%	72.1%	60.1%	
OTHER																											
Usually get 8+ hours of sleep on a regular school night	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	34.2%	30.9%	29.2%	28.6%	25.4%	25.9%	8.5%	8.2%	19.8%	19.7%	9.6%	7.7%	3.1%	12.9%	7.5%	6.1%	4.7%		
Spent 2+ hours on an average school day studying or completing homework outside of school hours	N/A	N/A	N/A	N/A	N/A	N/A	53.4%	51.5%	53.1%	54.7%	56.3%	61.9%	60.0%	58.0%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A		
Took care of family responsibilities or chores	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	87.3%	N/A	78.3%	N/A	N/A	76.5%	79.9%	82.3%	76.4%	82.0%	78.6%	75.8%		
Took care of younger siblings or health of someone at home	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	40.3%	N/A	29.4%	N/A	N/A	28.6%	30.4%	28.1%	27.1%	33.7%	28.4%	28.3%		
Worked for money	N/A	N/A	53.0%	61.7%	58.5%	52.3%	47.6%	52.6%	50.2%	43.2%	41.8%	41.5%	43.3%	39.3%	37.9%	37.6%	N/A	N/A	35.5%	41.1%	30.2%	25.5%	36.1%	46.4%	48.0%		
Participated in academic groups, clubs, or student gov	N/A	N/A	N/A	47.8%	47.6%	41.4%	41.0%	45.5%	50.5%	53.7%	52.3%	50.8%	51.1%	57.0%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A		
Participated in academic groups, clubs, or tutoring	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	27.1%	32.3%	N/A	N/A	28.3%	35.4%	35.2%	26.3%	31.7%	37.7%	35.3%		
Participated in student government	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	2.4%	4.0%	N/A	N/A	2.2%	5.9%	3.1%	6.0%	2.1%	3.2%	4.5%		
Participated in music, band, choir, arts, theatre, or dance	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	37.0%	16.0%	21.4%	N/A	N/A	12.5%	27.9%	32.3%	22.7%	22.5%	18.5%	21.7%		
Participated in visual arts, painting, or drawing	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	8.1%	13.8%	N/A	N/A	7.8%	16.4%	29.2%	13.7%	10.4%	17.9%	13.5%		
Participated in digital media, graphic design, photography, or film	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	6.7%	7.7%	N/A	N/A	9.2%	6.0%	9.4%	6.6%	5.6%	9.3%	10.3%		
Participated in community service, in or out of school	N/A	N/A	N/A	44.7%	38.7%	36.5%	38.2%	43.5%	49.6%	46.1%	48.1%	51.5%	53.6%	53.2%	16.9%	29.1%	N/A	N/A	19.4%	38.4%	26.0%	17.8%	28.4%	35.1%	39.3%		
Participated in school organized/interscholastic sports	N/A	N/A	N/A	N/A	N/A	N/A	44.4%	50.9%	52.7%	55.5%	56.7%	53.3%	54.0%	52.7%	33.9%	46.3%	N/A	N/A	52.9%	41.1%	40.6%	46.3%	48.5%	46.3%	43.0%		
Participated in community organized youth sports	N/A	N/A	N/A	N/A	N/A	N/A	25.0%	29.2%	29.6%	27.7%	26.7%	25.8%	26.1%	27.5%	11.5%	21.1%	N/A	N/A	14.3%	10.9%	8.3%	13.4%	13.3%	10.2%	10.7%		
Participated in leadership development, youth empowerment groups	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	10.0%	11.4%	N/A	N/A	5.4%	16.8%	10.4%	7.4%	11.8%	15.7%	11.1%		
Participated in faith based groups	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	6.0%	7.0%	N/A	N/A	7.4%	6.9%	5.2%	6.0%	6.8%	7.4%	8.2%		
Divorce or separation in family (12 months)	13.9%	10.5%	10.1%	10.2%	11.1%	10.3%	8.2%	9.7%	9.8%	7.7%	8.6%	7.9%	7.4%	6.9%	N/A	5.0%	N/A	N/A	3.5%	5.8%	7.2%	6.5%	4.3%	5.0%	3.6%		
Ran away from home (12 months)	6.8%	6.1%	5.4%	4.8%	5.1%	4.3%	5.1%	3.6%	4.5%	5.7%	4.2%	2.6%	3.2%	2.8%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A		
Family member or close friend died (12 months)	26.3%	30.5%	33.2%	40.0%	35.3%	34.3%	35.3%	34.9%	42.9%	35.3%	41.5%	34.4%	34.8%	36.1%	22.5%	24.5%	N/A	N/A	20.7%	28.3%	22.7%	24.2%	24.3%	28.1%	20.6%		
Your family moved (12 months)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	11.7%	N/A	10.5%	N/A	N/A	8.0%	12.9%	10.3%	12.0%	9.8%	12.2%	7.3%		