

REPORT ON
THE 2010 YOUTH RISK BEHAVIOR SURVEY
FOR STUDENTS IN GRADES 9, 10, 11 AND 12
FOR THE
BEVERLY PUBLIC SCHOOLS

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INTRODUCTION

For the fourth time the Beverly Public Schools contracted with Northeast Health Resources (NHR) to carry out the tabulations and an overview analysis of the Youth Risk Behavior Survey for students in grades 9 through 12. This survey was developed specifically for high school students at the Centers for Disease Control and Prevention in Atlanta, Georgia. The survey contains 98 questions, which fall under general categories of risk behaviors including: safety, violence, suicide, tobacco use, alcohol use, illegal drug use, HIV/AIDS education, sexual behavior, dietary behavior, and physical activity.

Every other year, the Massachusetts Department of Education carries out a Youth Risk Behavior Survey of high school students from a cross-section of school systems in the state. The most recent MA YRBS for which data is currently available was carried out by the Department of Education during the Spring of 2007. The survey was administered to students from 59 randomly selected public high schools in the state.

An overview of the results of the Youth Risk Behavior Survey as well as a comparison with certain of the data from the 2007 Massachusetts YRBS for high school students, are included herein.

SURVEY PROCESS

It was agreed that the Youth Risk Behavior Survey would be distributed to all students in attendance on the day of the survey from grades 9, 10, 11, and 12. Parents were informed in advance of the survey and four students were withheld at parental request. The survey was administered simultaneously to all students on March 31, 2010 by professional staff. Teachers were provided with written instructions which were read to all students before taking the survey.

Once all of the surveys were completed, they were gathered and tabulated. There were a total of 1,051 students who responded to the survey, 285 from grade 9, 264 from grade 10, 236 from grade 11, and 249 from grade 12. 560 females and 479 males responded to the survey. Twelve students did not indicate their gender and seventeen students did not indicate their grade.

ANALYSIS OF DATA

Frequencies of responses are reported for all items in the survey and cross-tabulations are provided for three demographic characteristics: grade, gender, and grade/gender. The results of the survey, including all cross-tabulations, are presented in percentages under separate cover. Please note that the data results were tabulated in percentages, rounded to the nearest tenth of one percent and not all percentages will total exactly 100 due to rounding and no responses in some cases.

OVERVIEW OF MAJOR FINDINGS

There is much important and relevant information to be found in an analysis of the tabulations of the Youth Risk Behavior Survey as taken by students from the Beverly Public Schools. This is true when one looks at the tabulations of all students taken as a group, and is especially so when one looks at the cross-tabulations by grade and gender.

With students having responded to 98 questions, much can be said about the responses to each of those questions. However, it is not the intention here to discuss the results of each question. Rather, it is the intention of this report to highlight certain of the results and to offer comparisons with the 2008 Beverly YRBS and data gathered from the implementation of the 2007 Massachusetts Youth Risk Behavior Survey. It is hoped that the following as well as a more detailed analysis of the results of this survey, will assist the Beverly Public Schools and their Health Advisory Committee in their on-going development of health education curriculum.

The following includes comparisons with certain of the data from the 2007 MA YRBS. It should be noted that the report on the MA YRBS often only provides aggregate data on all students from grades 9 through 12 and not on the results from specific grades.

VEHICLE RELATED SAFETY

- **12.9%** of all respondents (15.2% - 2008) (15% - MA YRBS) report **“never” or “rarely” wearing a seatbelt when riding in a car driven by someone else**. There was very little variation by grade and little variation by gender (females – 11.4%, males – 14.2%).
- **26.1%** of all respondents (30.7% - 2008) (26% - MA YRBS) report **having ridden in a car or other vehicle driven by someone who had been drinking alcohol** on at least one occasion during the thirty days prior to the survey. The incidence of this experience increased each year by grade (grade 9 – 19.4%, grade 10 – 22.0%, grade 11 – 28.6%, grade 12 – 35.0%). Male respondents (28.8%) report this experience more frequently than females (23.8%).
- **10.9%** of all respondents (13.9% - 2008) (11% - MA YRBS) report **having driven a car or other vehicle after they had been drinking alcohol** on at least one occasion during the thirty days prior to the survey. The incidence of this behavior was highest in grade 11 (12.3%) and grade 12 (20.9%). The groups which most frequently report this behavior were 11th grade males (14.5%), 12th grade females (17.8%), and 12th grade males (24.8%).

VIOLENCE RELATED BEHAVIORS

- **5.2%** of all respondents (6.4% - 2008) (5% - MA YRBS) **report having carried a weapon such as a gun, knife, or club on school property** on at least one occasion during the thirty days prior to the survey. Respondents from grade 12 report doing so most frequently (grade 9 – 4.9%, grade 10 – 3.1%, grade 11 – 4.7%, grade 12 – 7.2%). Males (7.3%) were much more likely to have carried a weapon on school property than were females (2.9%).
- **6.6%** of all respondents (4.9% - 2008) (5% - MA YRBS) **report having not gone to school because they felt they would be unsafe at school or on their way to or from school** on at least one occasion during the thirty days prior to the survey. There was little variation by grade or gender.
- **26.3%** of all respondents (25.0% - 2008) (22% - MA YRBS) **report having been bullied at school** on at least one occasion during the twelve months prior to the survey. The incidence of this experience decreased each year by grade (grade 9 – 37.0%, grade 10 – 30.7%, grade 11 – 19.5%, grade 12 – 15.4%). Female respondents (30.6%) report being bullied at school much more frequently than males (20.6%).
- **6.9%** of all respondents (6.6% - 2008) (5% - MA YRBS) **report having been threatened or injured by someone with a weapon such as a gun, knife, or club on school property** at least once during the previous 12 months. Respondents from grade 9 report this experience most frequently (grade 9 – 10.2%, grade 10 – 8.0%, grade 11 – 4.2%, grade 12 – 4.0%). There was no variation by gender.
- **One respondent in ten (10.5%)** (10.6% - 2008) (11% - MA YRBS) **report having ever been hurt physically or sexually by a date or someone they were going out with.** The incidence of this experience was highest in grade 11 (grade 9 – 10.2%, grade 10 – 8.8%, grade 11 – 12.4%, grade 12 – 10.8%). Females (14.8%) report this experience much more frequently than males (5.5%).
- **19.1%** of all respondents (18.0% - 2008) (17% - MA YRBS) **report having hurt or injured themselves on purpose (for example by cutting, burning, or bruising)** at least once during the twelve months prior to the survey (grade 9 – 21.4%, grade 10 – 22.1%, grade 11 – 18.6%, grade 12 – 14.2%). Female respondents (23.1%) report such self-injury more frequently than males (14.1%).

SUICIDE

- **16.2%** of all respondents (14.9% - 2008) (13% - MA YRBS) **report having seriously considered attempting suicide** during the twelve months prior to the survey. There was little variation by grade (grade 9 – 15.7%, grade 10 – 17.2%, grade 11 – 17.4%, grade 12 – 14.2%) or gender (females – 16.4%, males 15.2%).
- **9.8%** of all respondents (8.9% - 2008) (8% - MA YRBS) **report having actually attempted suicide** on at least one occasion during the twelve months prior to the survey. There was no variation by gender. Further, among all respondents, **3.8%** (2.8% - 2008) **report that if they attempted suicide, that attempt resulted in receiving medical treatment from a doctor or nurse.**

“During the past 12 months, how many times did you actually attempt suicide?”
“At least once”

	<u>Grade 9</u>	<u>Grade 10</u>	<u>Grade 11</u>	<u>Grade 12</u>	<u>Total</u>	<u>MA YRBS</u>
Female	13.7%	8.6%	10.3%	5.2%	9.6%	9%
Male	8.6%	12.6%	6.5%	11.0%	9.4%	6%
Total	11.1%	10.5%	8.5%	8.2%	9.8%	8%
2008	10.4%	9.6%	6.6%	7.8%	8.9%	

TOBACCO USE

- **More than one-third of all respondents (35.9%)** (43.3% - 2008) (46% - MA YRBS) **report having ever tried cigarette smoking, even one or two puffs.** The incidence of this behavior increased each year by grade (grade 9 – 29.5%, grade 10 – 32.7%, grade 11 – 36.8%, grade 12 – 44.5%) (females – 32.7%, males – 39.6%). Further, **8.0%** of all respondents (9.8% - 2008) **report having smoked a whole cigarette for the first time before the age of 13.**
- **15.3%** of all respondents (21.8% - 2008) (18% - MA YRBS) **report having smoked cigarettes** on at least one day during the thirty days prior to the survey. The incidence of recent cigarette use was lowest in grade 9.

“During the past 30 days, on how many days did you smoke cigarettes?”

“At least once”

	<u>Grade 9</u>	<u>Grade 10</u>	<u>Grade 11</u>	<u>Grade 12</u>	<u>Total</u>
Female	8.5%	14.9%	11.9%	18.5%	13.6%
Male	11.3%	14.2%	17.3%	26.1%	17.1%
Total	9.9%	14.9%	14.4%	21.9%	15.3%
2008	18.9%	13.0%	28.0%	27.5%	21.8%

- **6.3%** of all respondents (8.0% - 2008) (7% - MA YRBS) **report having smoked cigarettes on school property** on at least one occasion during the thirty days prior to the survey (grade 9 – 4.2%, grade 10 – 8.0%, grade 11 – 5.1%, grade 12 – 6.9%). There was no variation by gender.
- **11.5%** of all respondents (14.0% - 2008) (15% - MA YRBS) **report having smoked cigars, cigarillos or little cigars** on at least one occasion during the thirty days prior to the survey. The incidence of this behavior increased each year by grade (grade 9 – 8.2%, grade 10 – 9.6%, grade 11 – 10.7%, grade 12 – 17.9%). Male respondents (16.5%) report this behavior much more frequently than females (7.2%).

ALCOHOL USE

- **Two-thirds (68.9%)** of all respondents (72.4% - 2008) (73% - MA YRBS) **report having had at least one drink of alcohol on at least one occasion during their lives.** The incidence of lifetime alcohol use increased each year by grade (grade 9 – 56.0%, grade 10 – 64.4%, grade 11 – 74.9%, grade 12 – 82.7%). There was very little variation by gender (females – 69.9%, males – 67.9%). Further, **one respondent in six (16.3%) (17.0% - 2008) reports having had their first drink of alcohol before the age of 13.**
- **43.2%** of all respondents (45.8% - 2008) (46% - MA YRBS) **report having had at least one drink of alcohol on at least one occasion during the thirty days prior to the survey.** The incidence of recent alcohol use increased each year by grade.

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

“At least once”

	<u>Grade 9</u>	<u>Grade 10</u>	<u>Grade 11</u>	<u>Grade 12</u>	<u>Total</u>
Female	31.2%	44.1%	44.8%	61.5%	45.2%
Male	23.2%	36.2%	43.6%	62.7%	40.4%
Total	27.2%	41.3%	44.3%	62.2%	43.2%
2008	31.8%	43.1%	53.1%	57.0%	45.8%

- **27.4%** of all respondents (30.9% - 2008) (28% - MA YRBS) **report having had five or more drinks of alcohol in a row** (within a couple of hours) on at least one occasion during the thirty days prior to the survey. The incidence of recent binge drinking increased each year by grade (grade 9 – 12.5%, grade 10 – 24.1%, grade 11 – 31.4%, grade 12 – 43.3%). There was little variation by gender (females – 26.2%, males – 28.5%).
- **37.4%** of all respondents (41.3% - 2008) **report having attended parties held in homes in their school district where alcohol use by teens is allowed either occasionally or frequently** during the previous 12 months. The incidence of this experience increased each year by grade (grade 9 – 27.8%, grade 10 – 30.9%, grade 11 – 36.3%, grade 12 – 55.7%). Females (40.6%) report this experience more frequently than males (33.6%).

ILLEGAL DRUG USE

- **46.7%** of all respondents (45.1% - 2008) (41% - MA YRBS) **report having ever used marijuana** and **7.1%** (9.0% - 2008) **report having done so for the first time before the age of 13**. The incidence of lifetime marijuana use increased each year by grade (grade 9 – 32.6%, grade 10 – 41.1%, grade 11 – 52.3%, grade 12 – 62.3%). Males (50.3%) were more likely to have ever used marijuana than were females (43.5%). Further, **31.2%** of all respondents (25% - MA YRBS) **report having used marijuana on at least one occasion during the thirty days prior to the survey**.

“During the past 30 days, how many times did you use marijuana?”

“At least once”

	<u>Grade 9</u>	<u>Grade 10</u>	<u>Grade 11</u>	<u>Grade 12</u>	<u>Total</u>
Female	15.6%	23.8%	29.8%	35.6%	26.0%
Male	28.4%	39.0%	41.1%	42.7%	37.1%
Total	22.0%	30.2%	35.1%	38.6%	31.2%
2008	19.8%	21.7%	37.8%	36.3%	28.6%

- **5.6%** all respondents (9.9% - 2008) (9% - MA YRBS) **report having ever used any form of cocaine, including powder, crack, or freebase** (grade 9 – 5.3%, grade 10 – 5.0%, grade 11 – 3.4%, grade 12 – 7.8%) (females – 5.0%, males – 6.0%).
- **5.9%** of all respondents (8.6% - 2008) (7% - MA YRBS) **report having used ecstasy (also called MDMA) on at least one occasion during their lives** (grade 9 – 3.2%, grade 10 – 3.5%, grade 11 – 6.8%, grade 12 – 9.8%). There was very little variation by gender (females – 5.2%, males – 6.6%).
- **12.4%** of all respondents (16.6% - 2008) **report having ever tried to get high by using someone else’s prescription medication (i.e. Ritalin, inhalers, pills)**. The incidence of this behavior increased each year by grade (grade 9 – 8.1%, grade 10 – 11.2%, grade 11 – 14.0%, grade 12 – 16.7%). There was no variation by gender.
- **One respondent in ten (10.8%)** (14.5% - 2008) **reports having ever used any “other type” of illegal drug such as inhalants, LSD (acid), PCP, mushrooms, Ketamine (Special K), Rohypnol (Roofies), or GHB**. The lifetime incidence of “other illegal drug use” was lowest in grades 9 and 10 (grade 9 – 7.1%, grade 10 – 7.8%, grade 11 – 13.2%, grade 12 – 15.0%). Male respondents (12.8%) report this behavior more frequently than females (9.0%).
- **One-fourth (25.9%)** of all respondents (27.8% - 2008) (27% - MA YRBS) **report having been offered, sold, or given an illegal drug on school property on at least one occasion during the twelve months prior to the survey**. The incidence of this experience was highest in grade 9 (grade 9 – 30.4%, grade 10 – 25.4%, grade 11 – 19.3%, grade 12 – 26.6%). Male respondents (30.2%) were more likely to have been offered, sold, or given an illegal drug on school property than were females (22.0%).

HIV/AIDS EDUCATION

- **One-half (52.2%)** of all respondents (46.8% - 2008) **report having had no conversations at all with their parents or other adults in their family about sex or ways to prevent HIV, other sexually transmitted diseases, or pregnancy during the twelve months prior to the survey** (grade 9 – 54.3%, grade 10 – 49.8%, grade 11 – 48.3%, grade 12 – 56.0%). Males (61.9%) report having not had such a conversation much more frequently than females (44.0%).
- **87.4%** of all respondents (84.1% - 2008) **report having ever been taught about AIDS/HIV infection in school** (grade 9 – 89.6%, grade 10 – 89.5%, grade 11 – 86.8%, grade 12 – 83.7%). There was no variation by gender.

SEXUAL BEHAVIOR

- **46.3%** of all respondents (47.2% - 2008) (44% - MA YRBS) **report having ever had sexual intercourse.** The incidence of this behavior increased each year by grade. Further, **5.3%** of all respondents (6% - MA YRBS) **report having had sexual intercourse for the first time before the age of 13.**

“Have you ever had sexual intercourse?”

“Yes”

	<u>Grade 9</u>	<u>Grade 10</u>	<u>Grade 11</u>	<u>Grade 12</u>	<u>Total</u>
Female	23.0%	38.0%	55.7%	63.4%	44.6%
Male	34.8%	36.5%	53.7%	68.2%	48.1%
Total	28.9%	37.5%	54.8%	65.3%	46.3%
2008	31.0%	42.6%	54.2%	63.5%	47.2%

- **One-half (50.8%)** of all respondents (52.8% - 2008) **report having ever had oral sex, either given or received.** The incidence of this behavior increased each year by grade (grade 9 – 32.2%, grade 10 – 43.6%, grade 11 – 59.1%, grade 12 – 69.4%). Male respondents (54.1%) report this experience more frequently than females (47.9%).
- **12.7%** of all respondents (12.5% - 2008) (12% - MA YRBS) **report having had sexual intercourse with four or more partners** during their lives. The incidence of this behavior was much higher among respondents from grade 12 (grade 9 – 6.8%, grade 10 – 8.5%, grade 11 – 11.7%, grade 12 – 23.3%). There was little variation by gender (females – 11.8%, males – 13.6%).
- **One respondent in three (34.5%)** (34.4% - 2008) (33% - MA YRBS) **reports having had sexual intercourse at least once during the three months prior to the survey.** The incidence of recent sexual intercourse increased each year by grade (grade 9 – 19.2%, grade 10 – 26.8%, grade 11 – 35.9%, grade 12 – 49.0%). Female respondents (36.3%) report recent sexual intercourse slightly more frequently than males (32.2%).

DIETARY BEHAVIOR

- While **59.6%** of all respondents **described themselves as being at about the right weight**, **45.6%** (46% - MA YRBS) were **trying to lose weight** and **15.3%** were **trying to gain weight**. There was little variation by grade. Females (61.4%) were much more likely to be trying to lose weight than were males (27.5%) who were much more likely to be trying to gain weight.
- During the thirty days prior to the survey, in order to lose weight or to keep from gaining weight:
 - **69.7%** of all respondents (67.1% - 2008) **report having exercised**. (females – 70.9%, males – 68.0%)
 - **40.6%** of all respondents (37.9% - 2008) **report having eaten less food, fewer calories, or foods low in fat** (females – 53.0%, males – 26.1%).
 - **11.5%** of all respondents (10.7% - 2008) (11% - MA YRBS) **report having gone without eating for 24 hours or more** (females – 14.7%, males – 7.8%).
 - **6.2%** of all respondents (5.7% - 2008) **report having taken diet pills, powders, or liquids without a doctor's advice**. (females – 7.2%, males – 5.2%)
 - **6.0%** of all respondents (6.6% - 2008) (5% - MA YRBS) **report having vomited or taken laxatives**. (females – 7.0%, males – 4.6%)
- **One-half (51.9%)** of all respondents **report eating in a fast food restaurant at least once during the 7 days prior to the survey**. Respondents from grade 12 report doing so most frequently (grade 9 – 50.9%, grade 10 – 49.0%, grade 11 – 50.0%, grade 12 – 57.4%) (females – 49.1%, males – 55.3%)
- **43.4%** of all respondents (44.2% - 2008) **report eating breakfast on fewer than five days during the seven days prior to the survey** (grade 9 – 45.6%, grade 10 – 39.5%, grade 11 – 40.2%, grade 12 – 47.6%). There was no variation by gender.

PHYSICAL ACTIVITY

- **64.4%** of all respondents (60.7% - 2008) **report having exercised or participated in physical activities for at least 20 minutes** on at least three days during the week prior to the survey. There was very little variation by grade. Males (67.1%) report such regular exercise slightly more frequently than females (62.1%).
- **21.3%** of all respondents (23.8% - 2008) (28% - MA YRBS) **report that they watch television 3 hours or more per day** on an average school day (grade 9 – 28.0%, grade 10 – 21.0%, grade 11 – 14.3%, grade 12 – 21.3%). There was no variation by gender.
- **Nearly two-thirds (65.0%)** of all respondents (60.3% - 2008) **report that on average they get seven or fewer hours of sleep each night**. The incidence of this behavior was highest in grade 11 (grade 9 – 59.4%, grade 10 – 62.7%, grade 11 – 71.1%, grade 12 – 67.1%). Females (67.8%) report getting seven or fewer hours of sleep on average more frequently than males (61.7%).

APPENDIX

THE 2010 YOUTH RISK BEHAVIOR SURVEY

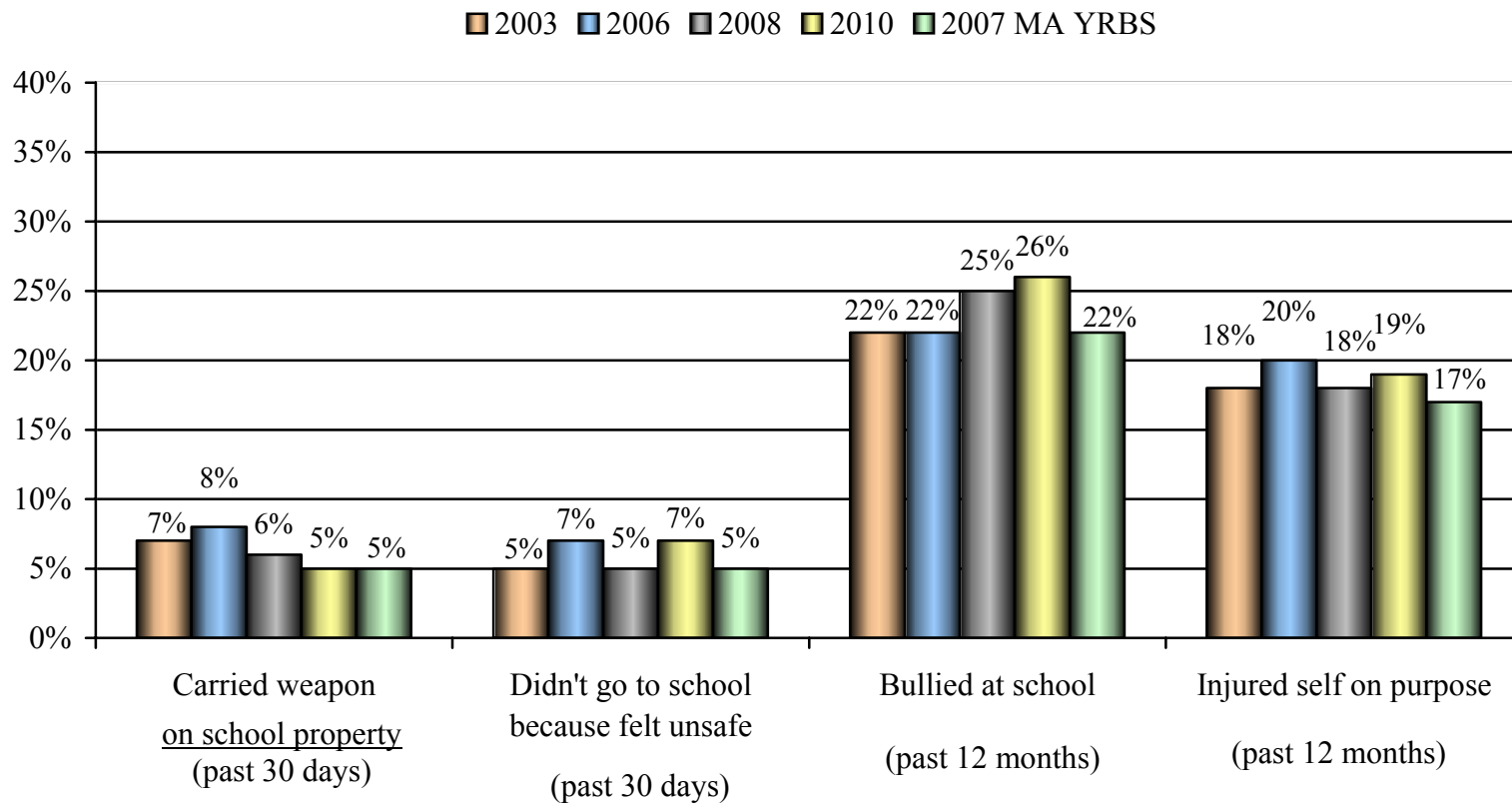
FOR THE

BEVERLY PUBLIC SCHOOLS

GRADES 9, 10, 11, AND 12

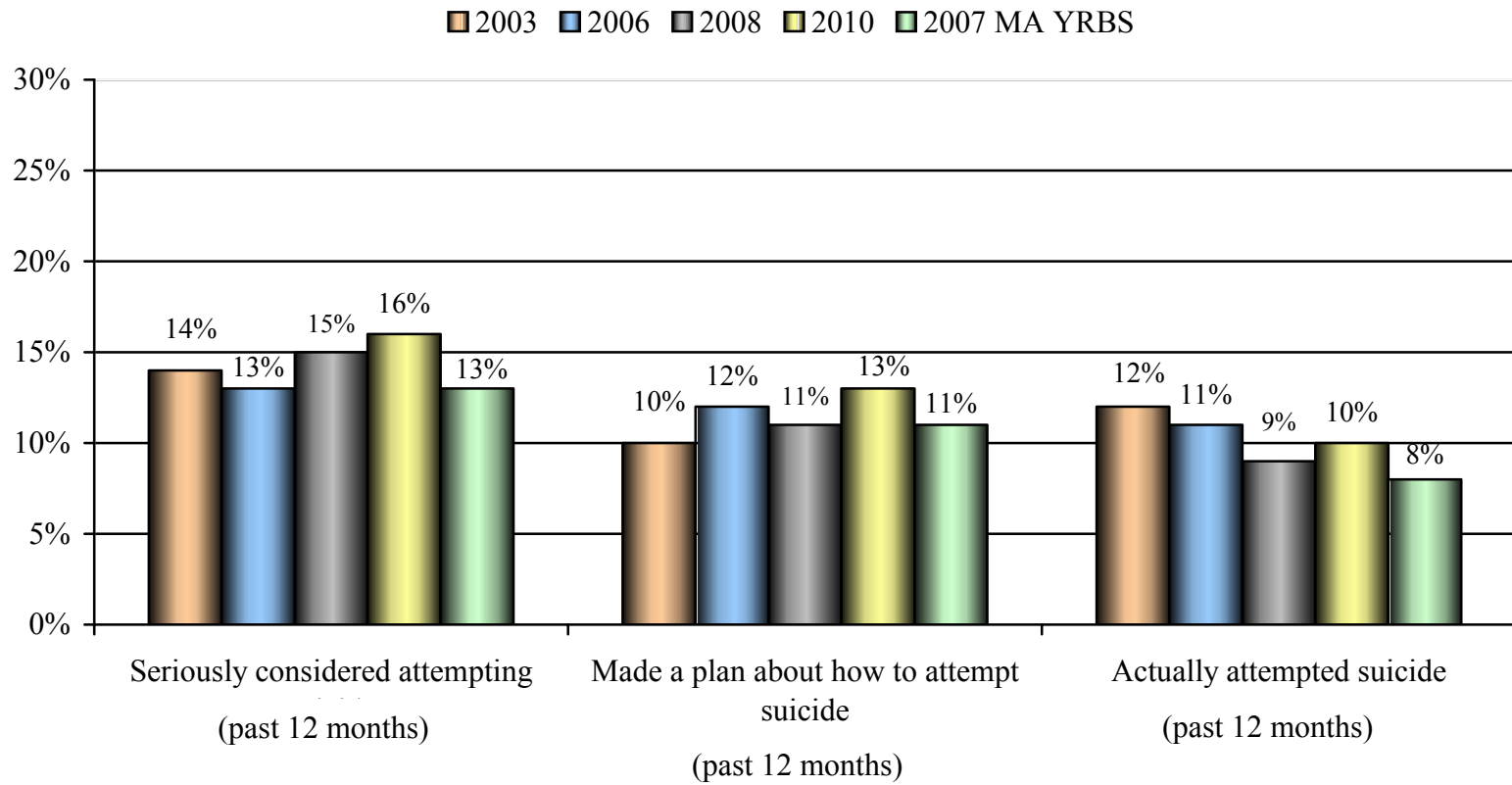
**BEVERLY PUBLIC SCHOOLS
2010 YRBS
HIGH SCHOOL
(GRADES 9 THROUGH 12 - COMBINED)**

VIOLENCE RELATED BEHAVIORS



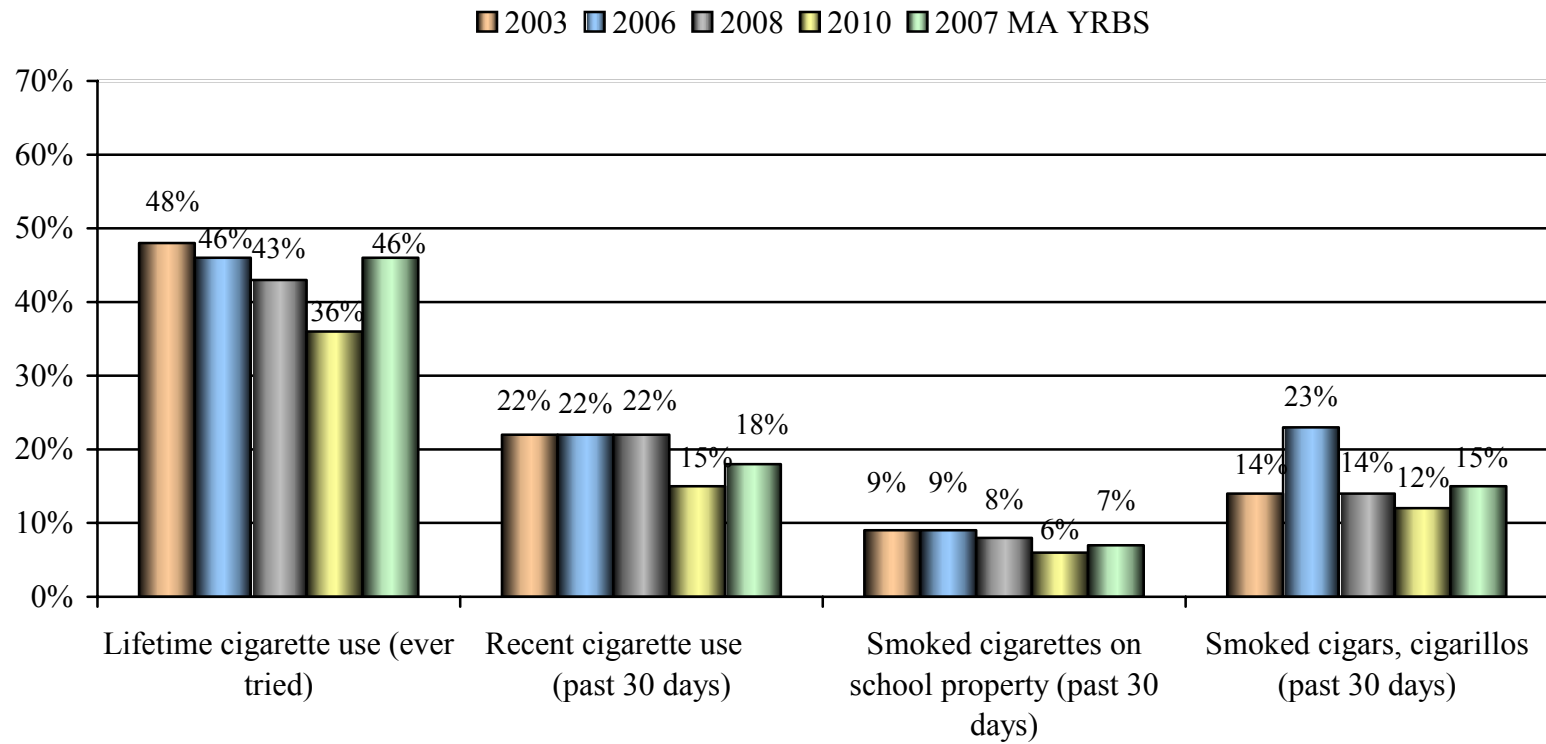
**BEVERLY PUBLIC SCHOOLS
2010 YRBS
HIGH SCHOOL
(GRADES 9 THROUGH 12 - COMBINED)**

SUICIDE



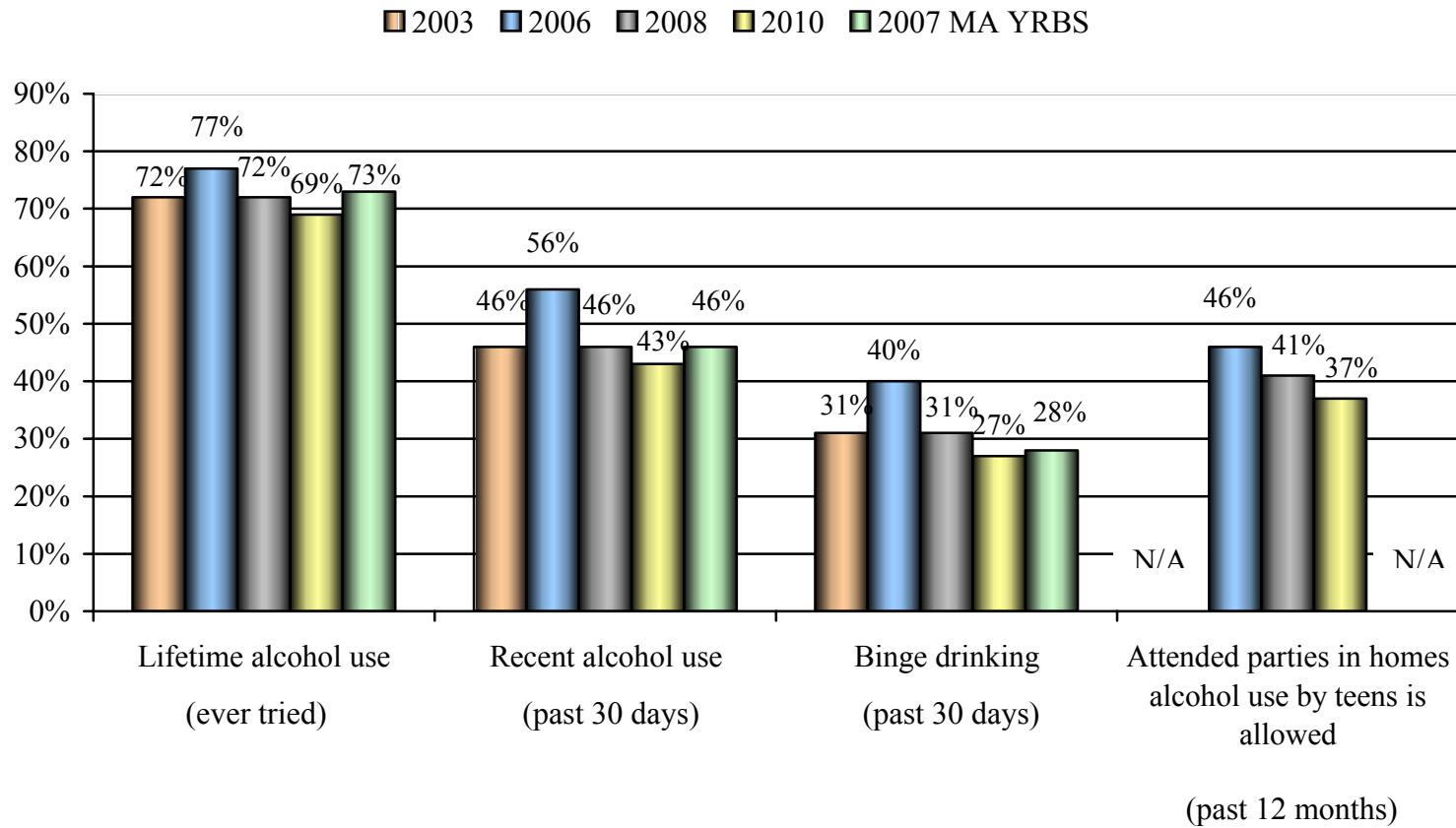
**BEVERLY PUBLIC SCHOOLS
2010 YRBS
HIGH SCHOOL
(GRADES 9 THROUGH 12 - COMBINED)**

TOBACCO USE



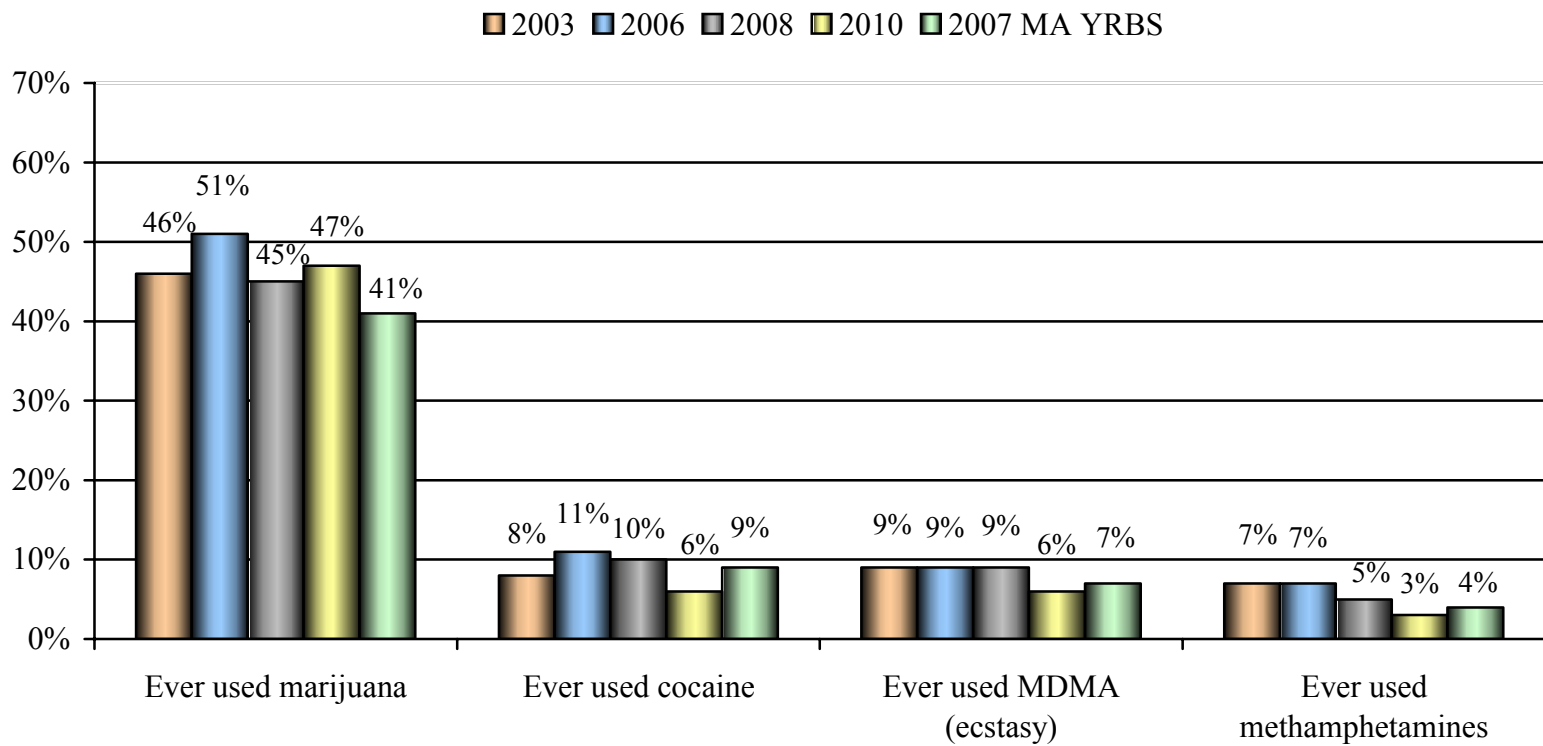
**BEVERLY PUBLIC SCHOOLS
2010 YRBS
HIGH SCHOOL
(GRADES 9 THROUGH 12 - COMBINED)**

ALCOHOL USE



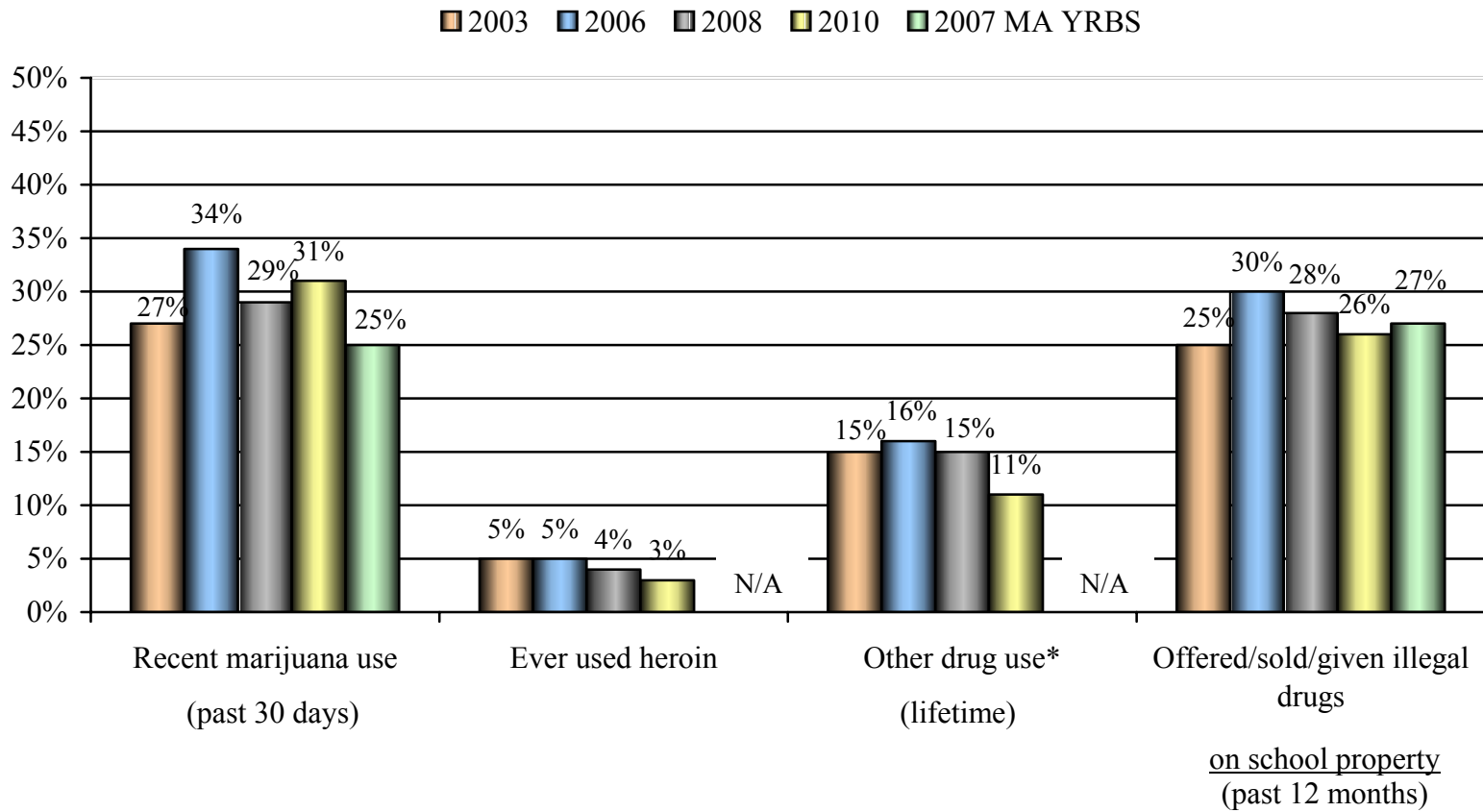
**BEVERLY PUBLIC SCHOOLS
2010 YRBS
HIGH SCHOOL
(GRADES 9 THROUGH 12 - COMBINED)**

ILLEGAL DRUG USE



**BEVERLY PUBLIC SCHOOLS
2010 YRBS
HIGH SCHOOL
(GRADES 9 THROUGH 12 - COMBINED)**

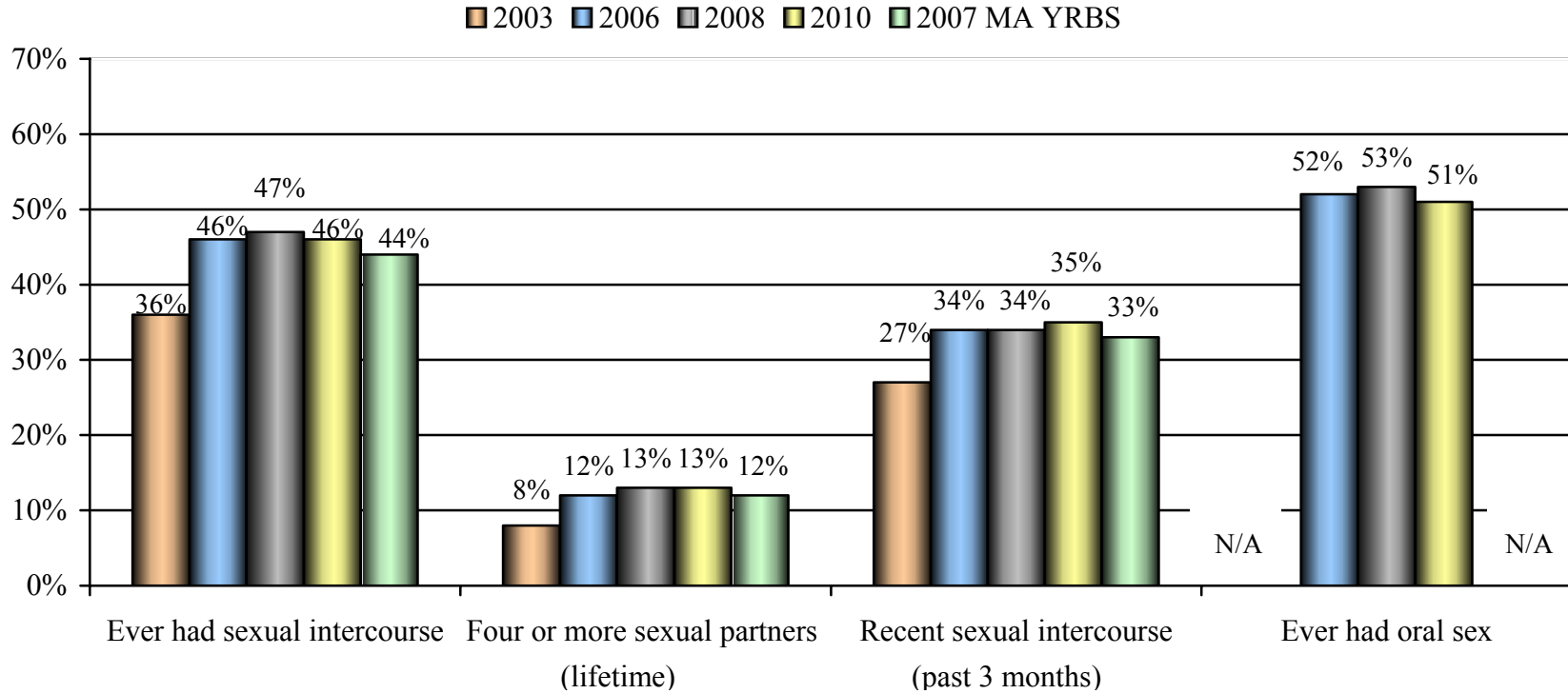
ILLEGAL DRUG USE



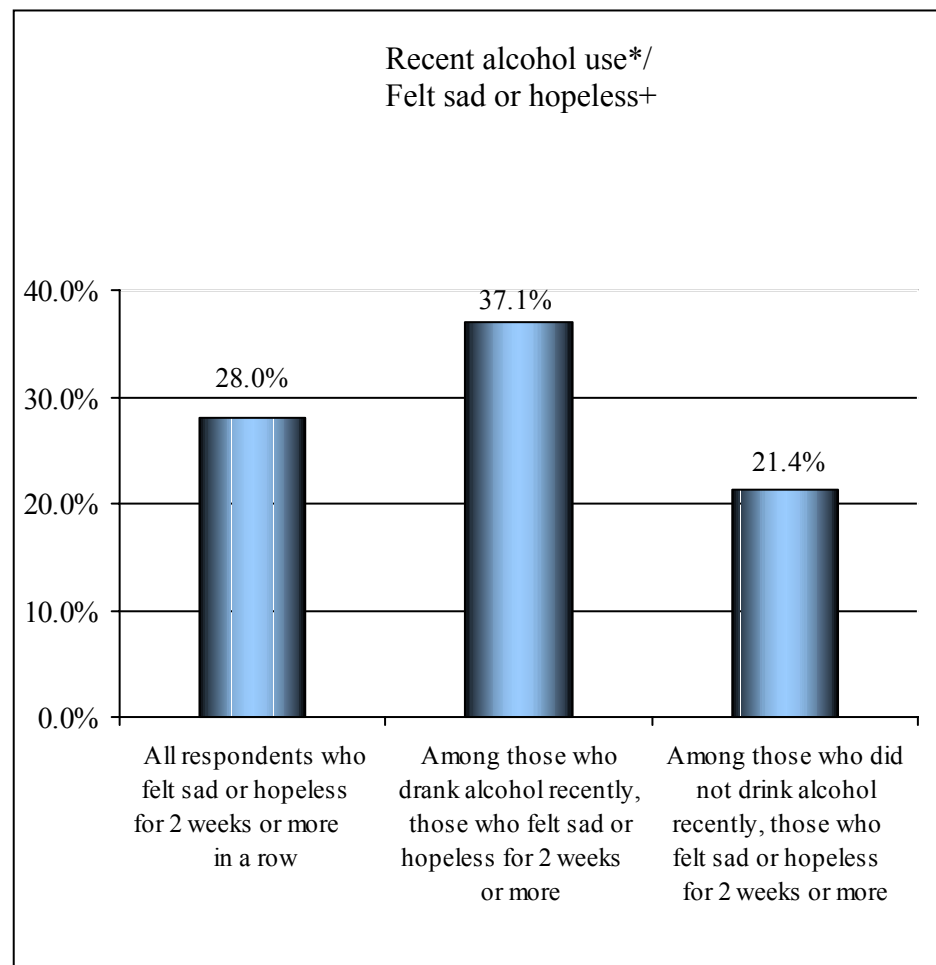
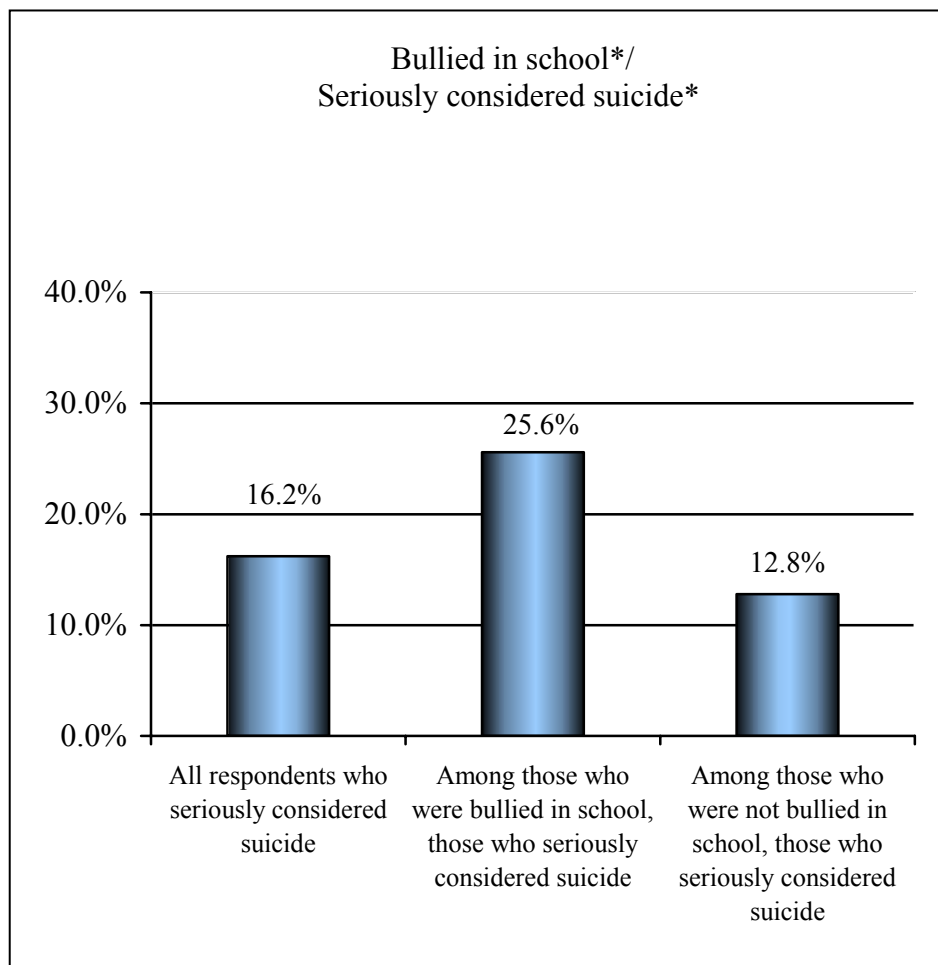
*such as LSD, PCP, mushrooms, Special K, Rohypnol, or GHB

**BEVERLY PUBLIC SCHOOLS
2010 YRBS
HIGH SCHOOL
(GRADES 9 THROUGH 12 - COMBINED)**

SEXUAL BEHAVIOR



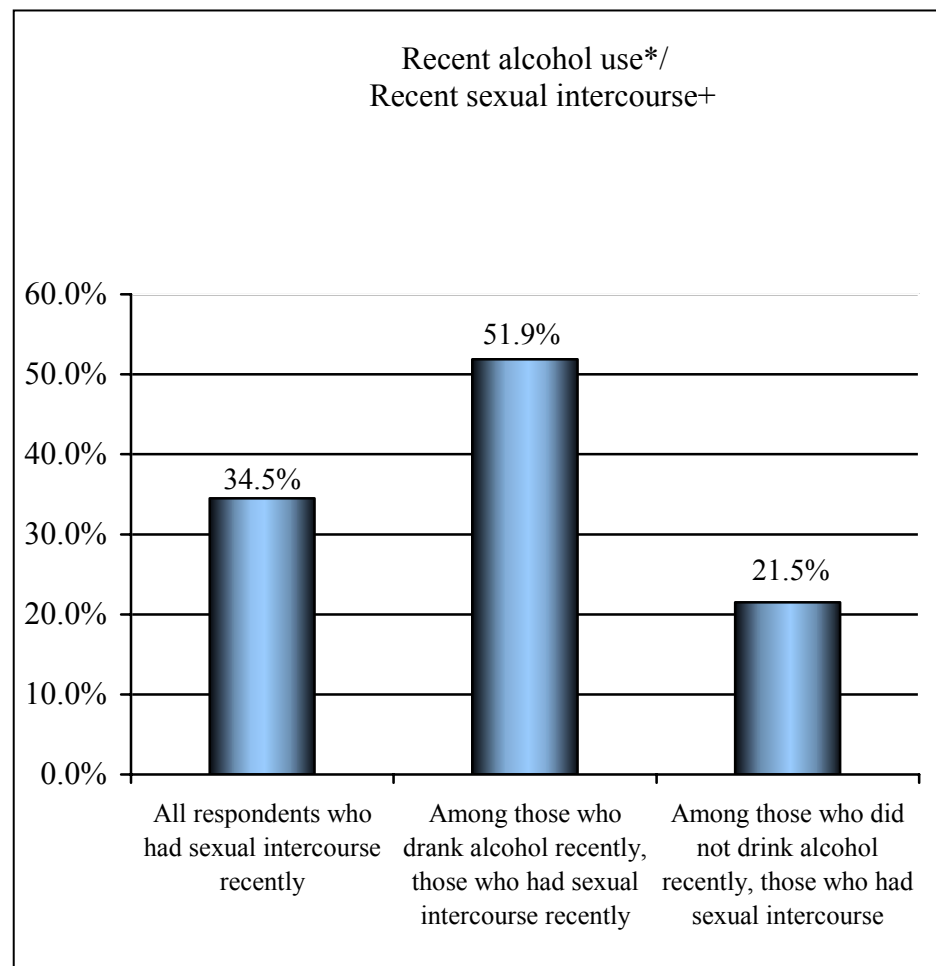
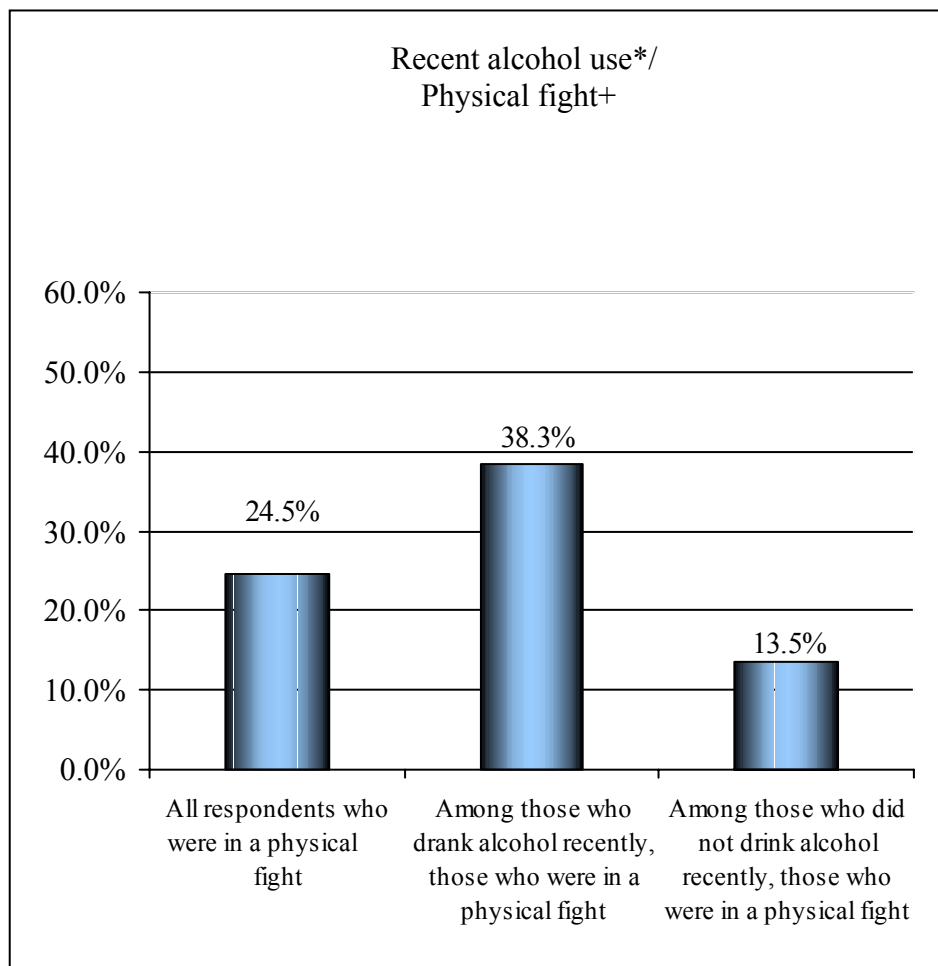
**BEVERLY PUBLIC SCHOOLS
2010 YRBS
HIGH SCHOOL
(GRADES 9 THROUGH 12 - COMBINED)**



* past 12 months

* past month
+ past 12 months

**BEVERLY PUBLIC SCHOOLS
2010 YRBS
HIGH SCHOOL
(GRADES 9 THROUGH 12 - COMBINED)**



* past month
+ past 12 months

* past month
+ past 3 months

