

**Findings from Beverly Student Health Survey  
Middle School age students (SY 2014-2015)  
Beverly Public Schools**

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## Summary of Results: Beverly Student Health Survey, Middle School (2015)

### 1.0 Background

This is a preliminary report of findings from recent administration of the Beverly Student Health Survey to a large sample of middle school students in the Beverly Public Schools. This survey is one of two similar surveys administered to youth in Beverly this year, one administered to high school students and a second shorter version administered to middle school students.

#### 1.1 Survey purposes

Findings from the survey are intended to address several key questions:

- What do the findings from the survey tell us about the challenges facing youth in our community?
- To what extent are there differences among sub-groups of respondents, such as by gender or grade?
- How do survey findings in Beverly compare to findings elsewhere?

#### 1.2 Survey development

The two Beverly Student Health Surveys both are based primarily on the widely used *Youth Risk Behavior Survey* (YRBS). The YRBS was developed by the U.S. Centers for Disease Control and Prevention in collaboration with federal, state and private sectors. It is conducted periodically at the national, state, and local level. The YRBS is available in two versions: (1) the original version intended for use with high school students; and (2) a more recently developed and somewhat shorter version intended for use with middle school students.

The versions of the survey used this year in Beverly are identical to those used this year with students in the neighboring community of Gloucester. The Gloucester surveys had been developed previously by a collaboration of health and education organizations and groups in Gloucester with support from the research firm Social Science Research and Evaluation, Inc. (SSRE). The current Gloucester and Beverly Student Health Surveys include many of the questions in the YRBS, but has been tailored to local interests and needs by eliminating some YRBS questions and adding other new questions not on the YRBS. The Gloucester and Beverly Student Health Surveys also are somewhat longer than the YRBS. Gloucester has been administering the Gloucester Student Health surveys to students in Gloucester every two years for some time, with reports of findings dating back to 2003; and so there is substantial experience with these surveys.

The two current surveys include a high school version administered to students in grades 9-12 and a middle school version administered to students in grades 6-8. The middle school version essentially is a much shorter version of the high school survey. While many questions are

unchanged from the high school version, other questions were omitted or modified in the middle school version to facilitate participation by younger students.

### 1.3 Survey content

The questions in both surveys address risky behaviors and activities, various health related activities, as well as attitudes toward some risky behaviors. Survey questions address the following topics:

- Demographic characteristics of respondents;
- Personal safety and bullying;
- Personal stressors and support systems;
- Self-harm, depression, and suicide;
- Substance use: Alcohol, tobacco, and other drugs;
- Additional issues regarding substance use;
- Sexual experiences;
- Health, nutrition, and physical activity.

Questions in the middle school version of the survey cover all of the above topics, but pose fewer and in some cases slightly different questions in each topic area than does the high school version.

### 1.4 Survey administration and reporting

The two paper and pencil surveys were administered to Beverly middle school and high school students respectively in April, 2015. Approximately one classroom period was set aside for completion of the surveys. Attending classroom teachers were responsible for passing out surveys to students and then for collection and delivery of the completed surveys to the school administration.

Several provisions were made to assure respondent confidentiality and voluntary participation by students – and in turn hopefully truthfulness of responses. Prior to survey administration, parents were given the opportunity to decide whether or not their child(ren) would participate in the survey. In addition, each student could choose to answer or not answer any or all questions. Finally, survey instructions directed students not to put their names on the surveys and explained that their answers would not be seen by anyone who knows them.

After collection of all completed surveys, administrators of the Beverly Public Schools delivered the completed surveys to J. Richard Woy, Ph.D. of JRW Associates, an independent consulting contractor, for data processing and analysis and preparation of reports of survey findings.

The middle school version of the survey was completed by 533 middle school students representing grades 7 and 8. (It should be noted that the survey was not administered to 6<sup>th</sup> grade students because of scheduling conflict involving all 6<sup>th</sup> grade students.) While the sample represents only about 55% of the total enrollment in the Briscoe Middle School, the sample does represent approximately 82% of the students in the 7<sup>th</sup> and 8<sup>th</sup> grades.

## 1.5 Comparisons

Since many of the items in the Beverly Student Health Surveys are identical or very similar to those on the YRBS, it is possible to make useful comparisons on some items between the figures for Beverly and those for Massachusetts and/or the United States as a whole. However, statewide and national figures are not available for the middle school version of the YRBS, preventing these comparisons for middle school students.

For some substance use related items in the Beverly middle school survey, findings from the Monitoring the Future survey are useful for comparison. Supported by funding from the National Institute of Drug Abuse (NIDA), the Monitoring the Future survey is a national survey carried out annually to track and document substance use by teenagers and young adults in the United States. National figures for 8<sup>th</sup> grade students in 2014 on the Monitoring the Future survey are used where applicable for comparison with the figures from the Beverly survey.

In addition, the YRBS was administered most recently to middle school students in Beverly in 2009 and to high school students in Beverly in 2010. Since those surveys were administered so long ago, figures from those surveys are not included in the tables and charts to follow. However, findings from those surveys are noted in some places in the text where applicable.

Finally, since the Beverly and Gloucester surveys this year are identical, it will be possible to make direct comparisons of figures for Beverly with comparable figures for Gloucester. To facilitate these comparisons, this current report and the attached tables have been prepared in a format similar to that employed in recent reports of comparable surveys in Gloucester.

## 1.6 Organization of the report

This report is designed to provide an overview of key findings from the survey of middle school students. Findings are grouped according to the main survey topic areas listed above. In each topic area primary results are presented using tables and charts supplemented by additional information and commentary. Following the main report, an appendix provides tables with figures for all items in the survey, including comparisons with statewide figures where applicable and breakouts by gender and grade.

The sections to follow provide a summary of key findings from the Beverly Student Health Survey with middle school students.

## 2.0 Student demographics

### Students by Age

Age in years	Number	Percent
10 or younger	1	.2
11	2	.4
12	84	15.8
13	267	50.1
14	163	30.6
15 or older	15	2.8
Missing/Other	1	.2
<b>TOTAL</b>	<b>533</b>	<b>100%</b>

- As might be expected, virtually all of the students in the sample were in the age range from 12 to 14 years, coinciding with the 7<sup>th</sup> and 8<sup>th</sup> grades in school.

### Students by gender

Year	Female	Male	Missing	Total
2015	266	264	3	533

- In 2015, there were essentially the same number of girls (266) as boys (264) in the sample.

### Students by Grade

Year	6 <sup>th</sup> Grade	7 <sup>th</sup> Grade	8 <sup>th</sup> grade	Missing	Total
2015	0	271	258	4	533

- In 2015, all both the 7<sup>th</sup> and 8<sup>th</sup> grades were well represented in the sample. As noted earlier, surveys were not administered to 6<sup>th</sup> grade students.

### Students by Race/Ethnicity

Race/Ethnicity	Number	Percent
American Indian/Alaskan Native	4	.8
Asian or Pacific Islander	22	4.1
Black/African American	17	3.2
Hispanic/Latino	46	8.6
White	397	74.5
Other	30	5.6
Missing	17	3.2
TOTAL	533	100%

- White students made up three quarters of the sample (74.5%). The remaining approximately 25% of the students in the sample were quite diverse, including representatives of a wide range of racial/cultural groups.

### Primary language students speak at home

Language spoken at home	Number	Percent
English	478	89.7
Spanish	19	3.6
Portuguese	7	1.3
Italian	0	0
Another language	18	3.4
Missing	11	2.1
TOTAL	533	100%

- About 9 out of 10 students in the sample (89.7%) reported English as the primary language they speak when at home. Spanish was the second most frequently spoken language at home (3.6% of respondents), with an additional 1.3% speaking Portuguese at home. A significant number of students (18 or 3.4%) reported speaking “Another language” (language unspecified) when at home.

### 3.0 Personal safety and bullying

#### 3.1 Violence and safety

2014-2015 Beverly Student Health Survey – Middle School						
Violence and Safety						
Variables	% Total		% by Gender		% by Grade	
	Beverly 2015	MTF 2014	M	F	7 <sup>th</sup> grade	8 <sup>th</sup> grade
In past 30 days:						
Q7a. Did not go to school because you felt unsafe going to or from school (30 days)	3.8	N/A	1.9	5.6	2.6	4.7
Q7b. Carried a weapon at school (30 days)	.9	N/A	1.1	.8	1.5	.4
Q7c. Carried a weapon when not at school (30 days)	7.1	N/A	11.7	2.3	7.7	6.2
In past 12 months:						
Q8a. In a physical fight at school (12 months)	4.5	N/A	5.3	3.8	5.5	3.5
Q8b. In a physical fight not at school (12 months)	12.8	N/A	17.8	7.9	12.5	13.2

#### Observations:

- Few middle school respondents reported not going to school because they felt unsafe (3.8%).
- Middle school respondents were much more likely to report carrying a weapon outside school (7.1%) than when at school (.9%).
- Similarly, respondents were much more likely to report physical fighting outside school (12.8%) than fighting at school (4.5%).
- Comparisons: On comparable items, the 2015 figures for Beverly middle school students were better than the figures for the 2009 middle school YRBS: Not going to school out of fear (2015 3.8% vs 2009 7.9%); carrying a weapon at school (2015 .9% vs 2009 5.2%).
- By gender: As noted in the table above, boys were much more likely than girls to report carrying a weapon, particularly outside of school (11.7% boys vs. 2.3% girls). Similarly, boys were much more likely than girls to report physical fighting, again particularly outside school (boys 17.8% vs girls 7.9%). In addition, girls were more likely to report not going to school out of fear (girls 5.6% vs boys 1.9%).
- By grade: There were substantial variations by grade level. However, the differences did not fall into clear patterns with readily identified explanations.

### 3.2 Bullying

2014-2015 Beverly Student Health Survey – Middle School						
Bullying						
Variables	% Total		% by Gender		% by Grade	
	Beverly 2015	MTF 2014	M	F	7 <sup>th</sup> grade	8 <sup>th</sup> grade
Q9. Bullied at school (12 months)	34.7	N/A	31.1	38.3	36.2	32.9
Q10. Bullied when Not at school (12 months)	17.3	N/A	14.8	19.9	14.0	20.9
Q11. Bullied electronically (12 months)	22.3	N/A	14.4	30.1	19.9	24.4
Q12. Saw someone else bullied at school (12 months)	52.9	N/A	51.1	54.6	52.0	53.5

#### Observations:

- Respondents were more likely to report being bullied in school (34.7%) than out of school (17.3%).
- At 22.3%, the rate of reported electronic bullying was substantial, and higher than the rate of bullying outside school (17.3%).
- More than half of the respondents (52.9%) reported seeing someone else bullied at school in the previous 12 months.
- Comparisons: On comparable items, the 2015 figures for Beverly middle school students were mixed when compared with figures for the 2009 middle school YRBS: Being bullied at school (2015 34.7% vs 2009 47.9%); Being bullied electronically (2015 22.3% vs 2009 24.0%).
- By gender: As noted in the table, girls were more likely than boys to report being bullied both at school (girls 38.3.8% vs boys 31.1%) and outside of school (girls 19.9% vs 14.0%). More notably, girls were more than twice as likely as boys to report being bullied electronically (girls 30.1% vs boys 14.4%). Girls and boys reported seeing someone else being bullied at school at about the same rates (girls 54.6% vs boys 51.1%).
- By grade: There were substantial variations by grade level. However, the differences did not fall into clear patterns with readily identified explanations.

### 3.3 Bullying and bystander behavior

2014-2015 Beverly Student Health Survey – Middle School						
Bullying bystander behavior – All respondents						
Variables	% Total		% by Gender		% by Grade	
	Beverly 2015	MTF 2014	M	F	7 <sup>th</sup> grade	8 <sup>th</sup> grade
If you saw someone else bullied at school during the past 12 months..... (Response = Yes)						
Q13_1. I didn't see anyone bullied at school	48.2	N/A	51.9	44.7	49.4	47.3
Q13_2. I took part in the bullying	.4	N/A	.8	.0	.0	.8
Q13_3. I didn't do anything – just saw it happen	19.7	N/A	19.5	20.1	21.0	18.2
Q13_4. I tried to get the person/people doing it to stop	20.5	N/A	20.1	20.3	18.1	22.5
Q13_5. I told a teacher, counselor, or other adult at school	4.5	N/A	3.0	6.0	5.9	3.1

#### Observations:

- As indicated in the table, a majority of respondents (51.8%) reported seeing someone bullied at school in the previous 12 months.
- Of those respondents who did report seeing bullying, responses to the observed bullying varied from one respondent to another. The two most frequently reported responses were: (1) to try to get the people doing it to stop (20.5% of the total sample or 39.5% of those who reported bullying); and (2) to do nothing and just watch the bullying (19.7% of total sample or 38.0% of those who reported seeing bullying). Many fewer respondents reported either taking part in the bullying (.4% or .7%) or telling a teacher or other adult at the school (4.5% or 8.7%).
- Comparisons: Comparative data is not available.
- By gender: While girls were more likely than boys to report seeing anyone bullied at school (girls 55.3% vs boys 48.1%), rates of reported responses of boys and girls to the bullying bystander situation were very similar.
- By grade: There were substantial variations by grade level. However, the differences did not fall into clear patterns with readily identified explanations.

## 4.0 Personal stressors and support systems

### 4.1 Personal stressors

2014-2015 Beverly Student Health Survey – Middle School						
Personal Stressors						
Variables	% Total		% by Gender		% by Grade	
	Beverly 2015	MTF 2014	M	F	7 <sup>th</sup> grade	8 <sup>th</sup> grade
In the past 12 months, did any of the following things happen to you? (Response = Yes)						
Q14a. Divorce or separation in your family (12 months)	7.5	N/A	4.9	10.2	6.6	8.5
Q14b. Serious family financial problem (12 months)	13.3	N/A	9.8	16.5	12.9	13.6
Q14c. Family moved (12 months)	9.6	N/A	10.2	8.6	8.5	10.1
Q14d. Witnessed violence in your family (12 months)	6.6	N/A	4.5	8.6	4.1	8.9
Q14e. Received verbal or emotional abuse from family member (12 months)	12.0	N/A	8.7	15.0	8.5	15.9
Q14f. Were beaten or physically hurt by family member (12 months)	3.9	N/A	3.0	4.9	3.7	4.3

#### Observations:

- This table is intended to present some types of stressors students may have been exposed to at home during the previous 12 months. No more than 13% of respondents reported any of the six stressful situations.
- The most frequently reported stressors were family financial problems (13.3%) and receiving verbal or emotional abuse from a family member (12%), followed by a family move (9.6%), divorce or separation (7.5%), witnessing family violence (6.6%), and being beaten or physically hurt by family member (3.9%).
- Comparisons: Comparative data is not available.
- By gender: Interestingly, with the exception of family moves, girls were more likely to report all stressors than were boys.
- By grade: There were substantial differences in percentages by grade, but no clear patterns were apparent.

## 4.2 Support systems

2014-2015 Beverly Student Health Survey – Middle School						
Support Systems						
Variables	% Total		% by Gender		% by Grade	
	Beverly 2015	MTF 2014	M	F	7 <sup>th</sup> grade	8 <sup>th</sup> grade
How much do you agree or disagree with each of the following statements? (Response = Agree or Strongly Agree)						
Q15b. Am happy to be at this school	57.0	N/A	59.8	54.5	61.6	52.7
Q15d. Teachers treat students fairly at this school	62.7	N/A	65.9	60.1	70.8	54.3
Q15e. Feel safe in my school	74.6	N/A	74.7	74.4	74.2	75.2
Is there at least.....(Response = Yes)						
Q16a. One teacher or other adult in this school to talk to about your problems?	73.5	N/A	73.1	74.1	71.6	76.4
Q16b. One parent or other adult family member to talk to about things important to you?	87.1	N/A	89.0	85.3	88.2	86.8
Q16c. One non-family adult outside of school that you can talk to about things important to you?	60.4	N/A	60.6	60.2	58.7	62.4

### Observations:

- This table is intended to document the quality and extent of support systems at home and at school to help students with problems.
- A majority of students report being happy at school (57.0%), and even larger majorities report feeling safe at school (74.6%) and that teachers treat students fairly at school (62.7%).
- Similarly, over seven out of 10 students (73.5%) reported having a teacher or other adult to talk to at school about problems; and almost nine out of 10 (87.1%) reported having an adult family member to talk to about problems. In addition, about six out of 10 respondents (60.4%) reported having an adult non-family member outside of school to talk to about problems.
- Comparisons: Comparative data is not available.
- By gender and grade: Differences by gender and grade were small for all of these items and fell into no discernible patterns.

## 5.0 Depression, self-harm, and suicide

2014-2015 Beverly Student Health Survey – Middle School						
Self-harm, Depression and Suicide						
Variables	% Total		% by Gender		% by Grade	
	Beverly 2015	MTF 2014	M	F	7 <sup>th</sup> grade	8 <sup>th</sup> grade
During the past 12 months, did any of the following things happen to you? (Response = Yes)						
Q17a. Hurt self on purpose (12 months)	12.2	N/A	4.9	19.2	10.3	13.6
Q17b. Felt depressed enough for at least two weeks that you stopped usual activities (12 months)	18.0	N/A	11.0	25.2	12.2	24.0
Q17c. Seriously considered suicide (12 months)	10.3	N/A	5.3	15.4	7.7	13.2
Q17d. Made a plan to commit suicide (12 months)	4.5	N/A	2.3	6.8	3.3	5.8
Q17e. Attempted suicide (12 months)	2.4	N/A	.8	4.1	1.8	3.1

### Observations:

- As indicated in the table, 18% of respondents reported feeling significant depression at some point during the previous 12 months. About one out of ten (10.3%) reported seriously considering suicide; 4.50% reported making a plan to commit suicide; and 2.4% reported attempting suicide. In addition, 12.2% reported intentionally hurting themselves during the previous year.
- Comparisons: On comparable items, the 2015 figures for Beverly middle school students were better than the figures for the 2009 middle school YRBS, as follows: (1) seriously thinking about committing suicide (2015 10.3% vs 2009 13.1%); (2) making a suicide plan (2015 4.5% vs 2009 6.0%); and (3) making a suicide attempt (2015 2.4% vs 2009 3.9%).
- By gender: As indicated in the table, the percentages reported by girls were substantially higher on all variables than the percentages reported by boys.
- By grade: Interestingly, the reported rates for all variables increased from the 7<sup>th</sup> to the 8<sup>th</sup> grades, in a couple of cases almost doubling.

## 6.0 Substance use: Alcohol, tobacco, and other drugs

### 6.1 Lifetime substance use

2014-2015 Beverly Student Health Survey – Middle School						
Lifetime substance use						
Variables	% Total		% by Gender		% by Grade	
	Beverly 2015	MTF 2014	M	F	7 <sup>th</sup> grade	8 <sup>th</sup> grade
In your lifetime, have you.....(Response = Yes)						
Q18. Smoked cigarettes (lifetime)	6.0	13.5	4.9	7.1	4.4	7.4
Q22. Ever drank alcohol (lifetime)	16.5	26.8	14.8	18.4	11.1	22.1
Q26. Used marijuana (lifetime)	7.7	15.6	8.7	6.8	6.6	8.5
Q28. Used cocaine (lifetime)	.8	1.8	1.1	.4	.7	.8
Q30. Used ecstasy (lifetime)	.6	1.4	.8	.4	.7	.4
Q32. Used heroin (lifetime)	.8	.9	1.1	.4	.0	.4
Q34. Used other illegal drugs (lifetime)	1.5	N/A	2.3	.8	1.5	1.6
Q36. Used a prescription drug without a doctor's prescription (lifetime)	3.6	N/A	3.0	4.1	3.3	3.6

#### Observations:

- Of the middle school students in the sample, 16.5% reported lifetime use of alcohol while 7.7% and 6.0% respectively reported lifetime use of marijuana and cigarettes. Reported rates of use of cocaine, ecstasy, heroin, and other illegal drugs were negligible.
- Comparisons: As indicated in the table, current reported lifetime rates for cigarette smoking, drinking alcohol, and marijuana use are substantially lower than comparable national rates on the 2014 Monitoring the Future survey. Similarly, on comparable items the 2015 figures for Beverly middle school students were better than the figures for the 2009 middle school YRBS in Beverly: (1) lifetime cigarette smoking (2015 6.0% vs 2009 16.0%); (2) drinking alcohol (2015 16.5% vs 2009 24.0%); (3) used marijuana (2015 8.5% vs 2009 13.9%); used cocaine (2015 .8% vs 2009 4.5%); used prescription drugs not prescribed to them (2015 1.5% vs 2009 5.2%).
- By gender: Boys were slightly more likely than girls to report lifetime marijuana use (boys 8.7% vs girls 6.8%) while girls were slightly more likely than boys to report lifetime alcohol use (girls 18.4% vs boys 14.8%) and cigarette smoking (girls 7.1% vs boys 4.9%). Boys and girls both reported low and similar rates of use of cocaine, ecstasy, heroin, prescription drugs without a doctor's prescription, and other illegal drugs.
- By grade: Reported lifetime use of alcohol, marijuana, and cigarettes all increased from the 7<sup>th</sup> grade to the 8<sup>th</sup> grade, particularly alcohol use which doubled from 11.1% to 22.1%. Rates of use of the less frequently reported substances tended varied less by grade.

## 6.2 Past 30-day substance use

2014-2015 Beverly Student Health Survey – Middle School						
Past 30 day substance use						
Variables	% Total		% by Gender		% by Grade	
	Beverly 2015	MTF 2014	M	F	7 <sup>th</sup> grade	8 <sup>th</sup> grade
In the past 30 days, have you.....(Response = Yes)						
Q20. Currently smoke cigarettes (30 days)	3.9	4.0	3.3	4.5	4.1	3.9
Q23. Drank alcohol (30 days)	7.9	9.0	6.1	9.8	4.1	11.6
Q27. Used marijuana (30 days)	3.2	6.5	3.4	3.0	2.2	4.3
Q29. Used cocaine (30 days)	.2	.5	.0	.4	.4	.0
Q31. Used ecstasy (30 days)	.2	.4	.0	.4	.0	.4
Q33. Used heroin (30 days)	.2	.3	.0	.4	.0	.4
Q35. Used other illegal drugs (30 days)	.2	N/A	.0	.4	.0	.4
Q37. Used a prescription drug without a doctor's prescription (30 days)	1.1	N/A	.8	1.5	.7	1.2
Q38. Sniffed glue, breathed contents of aerosol cans, or inhaled paints or sprays to get high? (30 days)	1.3	2.2	.4	2.3	1.1	1.6

### Observations:

- As might be expected, reported past 30 day rates were somewhat lower than lifetime rates for all substances.
- Of the students in the sample, 7.9% reported past 30 day use of alcohol while 3.9% and 3.2% respectively reported current use of cigarettes and marijuana. Reported rates for current glue/aerosol can sniffing and use of prescription drugs without a doctor's prescription were 1.3% and 1.1% respectively. Rates of reported current use of cocaine, ecstasy, heroin, and other illegal drugs all were less than 1% of the sample.
- Comparisons: As indicated in the table, the reported past 30day rate for cigarette smoking in Beverly is essentially the same as the comparable national rate on the 2014 Monitoring the Future (MTF) survey (Beverly 2015 3.9% vs MTF 4.0%). The rate for current marijuana use in Beverly is less than the comparable national rate on the MTF in 2014 (Beverly 4.3% vs MTF 6.5%), as is the rate for glue/aerosol can sniffing (Beverly 1.6% vs MTF 2.2%).
- By gender: Boys were slightly more likely than girls to report current marijuana use (boys 3.4% vs girls 3.0%) while girls were slightly more likely than boys to report current alcohol use (girls 9.8% vs boys 6.1%), cigarette smoking (girls 4.5% vs boys 3.3%), and glue/aerosol can sniffing (girls 2.3% vs boys .4%). Boys and girls both reported low and similar rates of use of cocaine, ecstasy, heroin, prescription drugs without a doctor's prescription, and other illegal drugs.
- By grade: From 7<sup>th</sup> to 8<sup>th</sup> grade there were notable increases in reported current use of alcohol (4.1% to 11.6%) and marijuana (2.2% to 4.3%). Reported current cigarette

smoking remained constant from 7<sup>th</sup> to 8<sup>th</sup> grade at about 4%, and there appeared to be small increases in use of prescription drugs without a doctor's prescription (.7% to 1.2%) and glue/aerosol can sniffing (1.1% to 1.6%).

## 7.0 Substance use: Additional issues

### 7.1 Exposure to substance use at home

2014-2015 Beverly Student Health Survey – Middle School						
Exposure to substance use at home						
Variables	% Total		% by Gender		% by Grade	
	Beverly 2015	MTF 2014	M	F	7 <sup>th</sup> grade	8 <sup>th</sup> grade
Exposure to substance use: Is there anyone (other than you) living in your household who.....(Response = Yes)						
Q43a. Smokes cigarettes?	26.3	N/A	25.4	27.1	25.1	27.5
Q43b. You think drinks too much?	10.9	N/A	8.3	13.2	6.6	15.1
Q43c. Smokes marijuana?	11.3	N/A	8.7	13.9	8.9	13.6
Q43d. Uses illegal drugs other than marijuana?	1.9	N/A	.8	3.0	1.1	2.7
Q43e. Abuses prescription medication?	1.9	N/A	.4	3.4	1.1	2.7

#### Observations:

- Respondents were most likely to report living with someone who smokes cigarettes (26.3%), followed by someone who smokes marijuana (11.3%), closely followed by someone who the respondent thinks drinks too much (10.9%). Few respondents reported living with someone who uses illegal drugs other than marijuana (1.9%) or who abuses prescription medication (1.9%).

## 7.2 Ease of access to drugs

2014-2015 Beverly Student Health Survey – Middle School						
Exposure and access to drugs and information about drugs						
Variables	% Total		% by Gender		% by Grade	
	Beverly 2015	MTF 2014	M	F	7 <sup>th</sup> grade	8 <sup>th</sup> grade
Ease of access – If you wanted to get the following substances, how easy would it be for you to get some? (Responses = Sort of easy, Very easy)						
Q42a. Some cigarettes?	30.4	47.2	29.5	30.9	21.4	39.6
Q42b. Some beer, wine, or hard liquor?	43.7	54.4	40.6	46.7	32.8	54.7
Q42c. Some marijuana?	22.3	36.9	23.5	21.0	15.5	29.5
Q42d. Prescription drugs to use to get high?	17.8	N/A	15.1	20.3	10.7	25.2

### Observations:

- Close to half of the respondents reported that it would be easy to obtain beer, wine or hard liquor (43.7%). Almost a third reported that it would be easy to obtain cigarettes (30.4%) followed by 22.3% who reported it would be easy to obtain marijuana. Only 17.8% of respondents reported that it would be easy to obtain prescription drugs to use to get high.
- Comparisons: As indicated in the table, the percentages of 8<sup>th</sup> grade students in Beverly who reported it would be easy to obtain cigarettes and marijuana were lower than comparable national percentages on the Monitoring the Future survey in 2014 (Beverly 2015 39.6% vs MTF 2014 47.2% for cigarettes; Beverly 2015 29.5% vs MTF 2014 36.9% for marijuana). The current Beverly figure for ease of access to alcohol is essentially the same as the comparable figure on the 2014 MTF survey (Beverly 54.7% vs MTF 54.4%).
- By gender: Rates for boys and girls were quite similar, with boys slightly more likely than girls to report it would be easy to obtain marijuana and girls slightly more likely than boys to report it would be easy to obtain alcohol and prescription drugs to get high. About the same percentage of boys and girls reported it would be easy to obtain cigarettes (30%).
- By grade: For all four types of substances, respondents reported substantially greater ease of access from 7<sup>th</sup> grade to 8<sup>th</sup> grade, with percent reporting easy access increasing from: 21.4% to 39.6% for cigarettes; 15.5% to 29.5% for marijuana; 32.8% to 54.7% for alcohol; and 10.7% to 25.2% for prescription drugs.

## 8.0 Sexual experiences

2014-2015 Beverly Student Health Survey – Middle School						
Sexual experiences						
Variables	% Total		% by Gender		% by Grade	
	Beverly 2015	MTF 2014	M	F	7 <sup>th</sup> grade	8 <sup>th</sup> grade
In your lifetime, have you.....(Response = Yes)						
Q46. Ever had sexual intercourse	4.1	N/A	5.3	3.0	2.2	6.2
Q47. Had sexual intercourse before 13 years of age	1.5	N/A	1.2	1.9	1.8	1.2
Q48. Have ever been forced to have sexual intercourse against your will	.6	N/A	.4	.8	.7	.4

### Observations:

- In 2015, 4.1% of middle school respondents reported having ever had sexual intercourse while 1.5% reported having sexual intercourse before age 13 years and .6% reported having been forced to have sexual intercourse against their will.
- Comparisons: While about 4% of the current sample reported having sexual intercourse in their lifetimes, more than double that percentage (10.8%) reported having had sexual intercourse in the 2009 Beverly YRBS.
- By gender: Boys were more likely than girls to report ever having had sexual intercourse (boys 5.3% vs girls 3.0%) while girls were slightly more likely than boys to report having had sexual intercourse before 13 years of age (girls 1.9% vs boys 1.2%) and to have ever been forced to have sexual intercourse against their will (girls .8% vs boys .4%).
- By grade: As might be anticipated, the percentage of respondents who reported lifetime sexual intercourse increased from the 7<sup>th</sup> to 8<sup>th</sup> grades (2.2% to 6.2%).

## 9.0 Health issues

### 9.1 Perceived body weight and weight control efforts

2014-2015 Beverly Student Health Survey – Middle School						
Weight control						
Variables	% Total		% by Gender		% by Grade	
	Beverly 2015	MTF 2014	M	F	7 <sup>th</sup> grade	8 <sup>th</sup> grade
Q49. Described self as slightly or very overweight	25.9	N/A	23.8	27.8	23.2	28.7
Q50. Were trying to lose weight	34.9	N/A	28.8	40.6	28.4	41.55

#### Observations:

- As indicated in the table, one in four (25.9%) respondents reported being slightly or very overweight, and more than a third (34.9%) reported trying to lose weight.
- By gender: Girls were more likely than boys to report being overweight (girls 27.8% vs boys 23.8%) and were much more likely to report trying to lose weight (girls 40.6% vs boys 28.8%).
- By grade: Reports of both being overweight and trying to lose weight increased from 7<sup>th</sup> to 8<sup>th</sup> grade.

## 9.2 Diet and nutrition

2014-2015 Beverly Student Health Survey – Middle School						
Diet and nutrition						
Variables	% Total		% by Gender		% by Grade	
	Beverly 2015	MTF 2014	M	F	7 <sup>th</sup> grade	8 <sup>th</sup> grade
Q53. Overall, how healthy are the food s that you and your family eat? (Response = Mostly healthy, Very healthy)	71.1	N/A	71.6	70.3	74.2	67.8
Yesterday, did you.....(Response = Yes)						
Q54a. Eat fruit	86.7	N/A	86.4	86.82	86.0	87.2
Q54b. Eat green salad, raw vegetables, or cooked vegetables (not counting potatoes, French fries, or chips)	75.6	N/A	69.7	81.2	76.8	74.8
Q54c. Eat dairy products (milk, cheese, yoghurt)	95.5	N/A	97.0	94.4	96.7	94.6
Q54d. Drink sweetened drinks like soda, punch, sports drinks	56.3	N/A	63.3	50.0	56.5	56.2
Q54e. Eat food like cookies, doughnuts, cakes, candy, french fries, potato/corn chips	75.2	N/A	75.0	75.9	74.5	76.0
In the past 7 days, did you.....(Response = Yes)						
Q55a. Eat breakfast on at least one day	91.4	N/A	93.9	88.7	94.5	88.4
Q55a. Eat breakfast on all 7 days	55.5	N/A	62.5	48.9	60.5	50.8

### Observations:

- As indicated in the table, over two-thirds of respondents (71.1%) reported that they eat mostly or very healthy foods; and three-quarters or more respondents that they had eaten fruit (86.7%), salad and vegetables (75.6%), and dairy products (95.5%) in the previous day. However, more than half the respondents also reported that they had drunk soda and other sweet drinks (56.3%) and/or cookies/cakes/candy/chips (75.2%) in the previous day.
- More than nine out of ten respondents (91.4%) reported eating breakfast at least once in the previous week, and over half (55.5%) reported eating breakfast every day in the past week.
- By gender: Overall, reported rates of boys and girls were quite similar on most of these dimensions. Girls were more likely than boys to report eating salad and vegetables (girls 81.2% vs boys 69.7%), and boys were more likely than girls to report drinking soda and other sweetened drinks (boys 63.0% vs girls 50.0%). Boys also were slightly more likely than girls to report eating breakfast.
- By grade: The frequency of responses on most of these variables remained fairly stable from 7<sup>th</sup> to 8<sup>th</sup> grade, although the percent reporting eating breakfast did decline slightly (breakfast every day - 60.5% in 7<sup>th</sup> grade to 50.8% in 8<sup>th</sup> grade).

### 9.3 Family and physical activities

2014-2015 Beverly Student Health Survey – Middle School						
Family and physical activities						
Variables	% Total		% by Gender		% by Grade	
	Beverly 2015	MTF 2014	M	F	7 <sup>th</sup> grade	8 <sup>th</sup> grade
Q52. You and your family you live with ate dinner together once or more (past 7 days)	91.0	N/A	91.3	90.6	93.4	88.4
Q52. You and your family you live with ate dinner together 5 or more days (past 7 days)	42.2	N/A	45.5	39.1	46.1	38.3
Q51. Visited a local park, playground, field, beach, or other recreation area to play or be physically active (30 days)	88.6	N/A	89.0	88.0	88.2	88.8
Q56a. Watch TV 3 or more hours on an average school day	19.5	N/A	20.1	19.2	16.6	22.4
Q56b. Used the computer or playing video games when not in school 3 or more hours on an average school day	32.1	N/A	30.3	34.2	31.0	33.4

#### Observations:

- As indicated in the table, more than nine out of ten respondents (91.0%) reported that they had eaten dinner with their family at least once in the past week, and about four out of ten (42.2%) reported eating dinner with their family five or more out of the past seven days.
- Similarly, almost nine out of ten respondents (88.6%) reported visiting a park or other recreation area for play or physical activity in the previous month. Reported rates for watching TV and using a computer or video game three hours or more on a school day were 19.5% and 32.1% respectively.
- Comparisons: While about 19.5% of the current sample reported watching TV three or more hours on an average school day, a larger percentage (22.3%) reported this behavior in the 2009 Beverly YRBS.
- By gender: Response rates of boys and girls were quite similar for all of these dimensions.
- By grade: The frequency of responses on most of these variables remained fairly stable from 7<sup>th</sup> to 8<sup>th</sup> grade, although the percent reporting eating dinner with family did decline slightly while the percent reporting three or more hours of TV watching increased slightly.

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## Appendix A: Middle school data tables

2014-2015 Beverly Student Health Survey – Middle School						
Violence and Safety						
Variables	% Total		% by Gender		% by Grade	
	Beverly 2015	MTF 2014	M	F	7 <sup>th</sup> grade	8 <sup>th</sup> grade
Q6. Rode a bicycle while not wearing a helmet (12 months)	60.2	N/A	65.2	55.7	57.1	62.8
Q7a. Did not go to school because you felt unsafe going to or from school (30 days)	3.8	N/A	1.9	5.6	2.6	4.7
Q7b. Carried a weapon at school (30 days)	.9	N/A	1.1	.8	1.5	.4
Q7c. Carried a weapon when not at school (30 days)	7.1	N/A	11.7	2.3	7.7	6.2
Q8a. In a physical fight at school (12 months)	4.5	N/A	5.3	3.8	5.5	3.5
Q8b. In a physical fight not at school (12 months)	12.8	N/A	17.8	7.9	12.5	13.2
Q9. Bullied at school (12 months)	34.7	N/A	31.1	38.3	36.2	32.9
Q10. Bullied when Not at school (12 months)	17.3	N/A	14.8	19.9	14.0	20.9
Q11. Bullied electronically (12 months)	22.3	N/A	14.4	30.1	19.9	24.4
Q12. Saw someone else bullied at school (12 months)	52.9	N/A	51.1	54.6	52.0	53.5
If you saw someone else bullied at school during the past 12 months..... (Response = Yes)						
Q13_1. I didn't see anyone bullied at school	48.2	N/A	51.9	44.7	49.4	47.3
Q13_2. I took part in the bullying	.4	N/A	.8	.0	.0	.8
Q13_3. I didn't do anything – just saw it happen	19.7	N/A	19.5	20.1	21.0	18.2
Q13_4. I tried to get the person/people doing it to stop	20.5	N/A	20.1	20.3	18.1	22.5
Q13_5. I told a teacher, counselor, or other adult at school	4.5	N/A	3.0	6.0	5.9	3.1

2014-2015 Beverly Student Health Survey – Middle School						
Personal Stressors and Support Systems						
Variables	% Total		% by Gender		% by Grade	
	Beverly 2015	MTF 2014	M	F	7 <sup>th</sup> grade	8 <sup>th</sup> grade
In the past 12 months, did any of the following things happen to you? (Response = Yes)						
Q14a. Divorce or separation in your family (12 months)	7.5	N/A	4.9	10.2	6.6	8.5
Q14b. Serious family financial problem (12 months)	13.3	N/A	9.8	16.5	12.9	13.6
Q14c. Family moved (12 months)	9.6	N/A	10.2	8.6	8.5	10.1
Q14d. Witnessed violence in your family (12 months)	6.6	N/A	4.5	8.6	4.1	8.9
Q14e. Received verbal or emotional abuse from family member (12 months)	12.0	N/A	8.7	15.0	8.5	15.9
Q14f. Were beaten or physically hurt by family member (12 months)	3.9	N/A	3.0	4.9	3.7	4.3
How much do you agree or disagree with each of the following statements? (Response = Agree or Strongly Agree)						
Q15a. Feel close to people at your school	72.1	N/A	75.3	68.4	70.9	73.6
Q15b. Am happy to be at this school	57.0	N/A	59.8	54.5	61.6	52.7
Q15c. Feel like I am part of this school	63.4	N/A	64.7	62.0	66.5	60.1
Q15d. Teachers treat students fairly at this school	62.7	N/A	65.9	60.1	70.8	54.3
Q15e. Feel safe in my school	74.6	N/A	74.7	74.4	74.2	75.2
Is there at least.....(Response = Yes)						
Q16a. One teacher or other adult in this school to talk to about your problems?	73.5	N/A	73.1	74.1	71.6	76.4
Q16b. One parent or other adult family member to talk to about things important to you?	87.1	N/A	89.0	85.3	88.2	86.8
Q16c. One non-family adult outside of school that you can talk to about things important to you?	60.4	N/A	60.6	60.2	58.7	62.4

2014-2015 Beverly Student Health Survey – Middle School						
Self-harm, Depression and Suicide						
Variables	% Total		% by Gender		% by Grade	
	Beverly 2015	MTF 2014	M	F	7 <sup>th</sup> grade	8 <sup>th</sup> grade
During the past 12 months, did any of the following things happen to you? (Response = Yes)						
Q17a. Hurt self on purpose (12 months)	12.2	N/A	4.9	19.2	10.3	13.6
Q17b. Felt depressed enough for at least two weeks that you stopped usual activities (12 months)	18.0	N/A	11.0	25.2	12.2	24.0
Q17c. Seriously considered suicide (12 months)	10.3	N/A	5.3	15.4	7.7	13.2
Q17d. Made a plan to commit suicide (12 months)	4.5	N/A	2.3	6.8	3.3	5.8
Q17e. Attempted suicide (12 months)	2.4	N/A	.8	4.1	1.8	3.1

2014-2015 Beverly Student Health Survey – Middle School						
Tobacco use						
Variables	% Total		% by Gender		% by Grade	
	Beverly 2015	MTF 2014	M	F	7 <sup>th</sup> grade	8 <sup>th</sup> grade
Q18. Smoked cigarettes (lifetime)	6.0	13.5	4.9	7.1	4.4	7.4
Q19. Smoked first whole cigarette before age 13 years	2.3	N/A	2.3	2.3	1.9	2.8
Q20. Currently smoke cigarettes (30 days)	3.9	4.0	3.3	4.5	4.1	3.9
Q20. Currently smoke cigarettes frequently (20 or more days out of past 30 days)	.4	N/A	.4	.4	.0	.8
Q20. Smoked cigarettes on all of past 30 days	.4	1.4	.4	.4	.0	.8
Q21. On days you smoked, you smoked 10 or more cigarettes (30 days)	.2	.5	.0	.4	.0	.4

2014-2015 Beverly Student Health Survey – Middle School						
Alcohol use						
Variables	% Total		% by Gender		% by Grade	
	Beverly 2015	MTF 2014	M	F	7 <sup>th</sup> grade	8 <sup>th</sup> grade
Q22. Had first drink of alcohol, other than a few sips, before age 13 years	5.2	N/A	5.3	5.3	3.6	6.6
Q22. Ever drank alcohol (lifetime)	16.5	26.8	14.8	18.4	11.1	22.1
Q23. Drank alcohol (30 days)	7.9	9.0	6.1	9.8	4.1	11.6
Q24. Have 5 or more drinks in a row once or more (30 days)	1.5	2.7	1.1	1.9	.4	2.3
Q25. Rode in a vehicle driven by someone who had been drinking alcohol (30 days)	9.4	N/A	6.1	12.8	7.0	11.6

2014-2015 Beverly Student Health Survey – Middle School						
Marijuana use						
Variables	% Total		% by Gender		% by Grade	
	Beverly 2015	MTF 2014	M	F	7 <sup>th</sup> grade	8 <sup>th</sup> grade
Q26. Used marijuana (lifetime)	7.7	15.6	8.7	6.8	6.6	8.5
Q26. Tried marijuana for the first time before age 13 years	2.8	N/A	3.4	2.3	3.4	1.9
Q27. Used marijuana (30 days)	3.2	6.5	3.4	3.0	2.2	4.3

2014-2015 Beverly Student Health Survey – Middle School						
Other drug use						
Variables	% Total		% by Gender		% by Grade	
	Beverly 2015	MTF 2014	M	F	7 <sup>th</sup> grade	8 <sup>th</sup> grade
Q28. Used cocaine (lifetime)	.8	1.8	1.1	.4	.7	.8
Q28. Used cocaine for the first time before age 13 years	.0	N/A	.0	.0	.0	.0
Q29. Used cocaine (30 days)	.2	.5	.0	.4	.4	.0
Q30. Used ecstasy (lifetime)	.6	1.4	.8	.4	.7	.4
Q30. Used ecstasy for the first time before age 13 years	.0	N/A	.0	.0	.0	.0
Q31. Used ecstasy (30 days)	.2	.4	.0	.4	.0	.4
Q32. Used heroin (lifetime)	.8	.9	1.1	.4	.0	.4
Q32. Used heroin for the first time before age 13 years	.0	N/A	.0	.0	.0	.0
Q33. Used heroin (30 days)	.2	.3	.0	.4	.0	.4
Q34. Used other illegal drugs (lifetime)	1.5	N/A	2.3	.8	1.5	1.6
Q34. Used other illegal drugs for the first time before age 13 years	.2	N/A	.4	.0	.4	.0
Q35. Used other illegal drugs (30 days)	.2	N/A	.0	.4	.0	.4
Q36. Used a prescription drug without a doctor's prescription (lifetime)	3.6	N/A	3.0	4.1	3.3	3.6
Q36. Used a prescription drug without a doctor's prescription for the first time before age 13 years	2.1	N/A	1.6	2.7	2.6	1.2
Q37. Used a prescription drug without a doctor's prescription (30 days)	1.1	N/A	.8	1.5	.7	1.2
Q38. Sniffed glue, breathed contents of aerosol cans, or inhaled paints or sprays to get high? (30 days)	1.3	2.2	.4	2.3	1.1	1.6

2014-2015 Beverly Student Health Survey – Middle School						
Substance use related attitudes						
Variables	% Total		% by Gender		% by Grade	
	Beverly 2015	MTF 2014	M	F	7 <sup>th</sup> grade	8 <sup>th</sup> grade
Perceived harm – How much do you think people risk harming themselves (physically or in other ways) if they...(Responses = Medium risk or Great risk)						
Q39a. Smoke one or more packs of cigarettes per day?	88.6	62.1	89.4	88.0	90.0	86.8
Q39b. Drink 1 or 2 drinks of alcohol nearly every day?	69.9	31.0	68.1	71.8	71.2	68.3
Q39c. Drink 5 or more drinks of alcohol twice a week?	82.2	54.3	81.5	82.7	84.2	79.8
Q39d. Smoke marijuana once or twice a week?	67.4	58.9	67.4	70.3	73.1	62.0
Q39e. Use prescription drugs that are not prescribed to them?	88.8	N/A	89.4	88.0	88.2	89.1
Perception of parental response – how wrong do your parents feel it would be for you to.....(Responses = Wrong, Very wrong)						
Q40a. Smoke cigarettes?	98.0	N/A	98.1	97.8	98.9	96.9
Q40b. Drink 1 or 2 drinks of alcohol nearly every day?	95.5	N/A	95.8	94.7	97.4	93.8
Q40c. Drink 5 or more drinks of alcohol twice a week?	97.5	N/A	97.8	97.4	98.6	96.9
Q40d. Smoke marijuana?	95.3	N/A	95.5	95.1	97.1	93.8
Q40e. Use prescription drugs not prescribed to you?	96.8	N/A	97.0	96.6	97.7	95.7
Perception of friends' response – how wrong do your friends feel it would be for you to.....(Responses = Wrong, Very wrong)						
Q41a. Smoke cigarettes?	89.4	N/A	88.3	90.2	92.2	86.1
Q41b. Drink 1 or 2 drinks of alcohol nearly every day?	87.6	N/A	88.2	86.8	92.7	83.5
Q41c. Drink 5 or more drinks of alcohol twice a week?	88.8	N/A	89.4	88.0	92.3	85.3
Q41d. Smoke marijuana?	80.4	N/A	79.5	81.6	88.2	72.9
Q41e. Use prescription drugs not prescribed to you?	92.7	N/A	91.2	94.0	94.3	90.7

2014-2015 Beverly Student Health Survey – Middle School						
Exposure and access to drugs and information about drugs						
Variables	% Total		% by Gender		% by Grade	
	Beverly 2015	MTF 2014	M	F	7 <sup>th</sup> grade	8 <sup>th</sup> grade
Ease of access – If you wanted to get the following substances, how easy would it be for you to get some? (Responses = Sort of easy, Very easy)						
Q42a. Some cigarettes?	30.4	47.2	29.5	30.9	21.4	39.6
Q42b. Some beer, wine, or hard liquor?	43.7	54.4	40.6	46.7	32.8	54.7
Q42c. Some marijuana?	22.3	36.9	23.5	21.0	15.5	29.5
Q42d. Prescription drugs to use to get high?	17.8	N/A	15.1	20.3	10.7	25.2
Exposure to substance use: Is there anyone (other than you) living in your household who.....(Response = Yes)						
Q43a. Smokes cigarettes?	26.3	N/A	25.4	27.1	25.1	27.5
Q43b. You think drinks too much?	10.9	N/A	8.3	13.2	6.6	15.1
Q43c. Smokes marijuana?	11.3	N/A	8.7	13.9	8.9	13.6
Q43d. Uses illegal drugs other than marijuana?	1.9	N/A	.8	3.0	1.1	2.7
Q43e. Abuses prescription medication?	1.9	N/A	.4	3.4	1.1	2.7
Information and support: Frequency of talking with a parent or guardian about decisions concerning use of substances like cigarettes, alcohol, marijuana, or other drugs. (Responses = Sometimes, Often)						
Q44. How often do you talk with a parent or guardian about substance use decisions?	30.0	N/A	28.4	32.0	25.1	35.3

2014-2015 Beverly Student Health Survey – Middle School						
Sexual activity and sexual issues						
Variables	% Total		% by Gender		% by Grade	
	Beverly 2015	MTF 2014	M	F	7 <sup>th</sup> grade	8 <sup>th</sup> grade
Q46. Ever had sexual intercourse	4.1	N/A	5.3	3.0	2.2	6.2
Q47. Had sexual intercourse before 13 years of age	1.5	N/A	1.2	1.9	1.8	1.2
Q48. Have ever been forced to have sexual intercourse against your will	.6	N/A	.4	.8	.7	.4
Parental support: How often do you talk with a parent or guardian about the following issues.....(Responses = Sometimes, Often)						
Q45a. How they feel about teenagers having sex?	17.5	N/A	10.2	24.8	12.1	23.2
Q45b. Sex and sexual issues?	20.0	N/A	14.1	26.3	12.9	27.9

2014-2015 Beverly Student Health Survey – Middle School						
Weight control						
Variables	% Total		% by Gender		% by Grade	
	Beverly 2015	MTF 2014	M	F	7 <sup>th</sup> grade	8 <sup>th</sup> grade
Q49. Described self as slightly or very overweight	25.9	N/A	23.8	27.8	23.2	28.7
Q50. Were not trying to lose weight	65.1	N/A	71.2	59.4	71.6	58.5

2014-2015 Beverly Student Health Survey – Middle School						
Dietary behavior						
Variables	% Total		% by Gender		% by Grade	
	Beverly 2015	MTF 2014	M	F	7 <sup>th</sup> grade	8 <sup>th</sup> grade
Q53. Overall, how healthy are the food s that you and your family eat? (Response = Mostly healthy, Very healthy)	71.1	N/A	71.6	70.3	74.2	67.8
Yesterday, did you.....(Response = Yes)						
Q54a. Not eat fruit	13.3	N/A	13.6	13.2	14.0	12.8
Q54b. Not eat green salad, raw vegetables, or cooked vegetables (not counting potatoes, French fries, or chips)	24.4	N/A	30.3	18.8	23.2	25.2
Q54c. Not eat dairy products (milk, cheese, yoghurt)	4.5	N/A	3.0	5.6	3.3	5.4
Q54d. Did drink sweetened drinks like soda, punch, sports drinks	56.3	N/A	63.3	50.0	56.5	56.2
Q54e. Did eat food like cookies, doughnuts, cakes, candy, french fries, potato/corn chips	75.2	N/A	75.0	75.9	74.5	76.0
In the past 7 days, did you.....(Response = Yes)						
Q55a. Not eat breakfast on any day	8.6	N/A	6.1	11.3	5.5	11.6
Q55a. Not eat breakfast on all 7 days	44.5	N/A	37.5	51.1	39.5	49.2

2014-2015 Beverly Student Health Survey – Middle School						
Family and out-of-school activities						
Variables	% Total		% by Gender		% by Grade	
	Beverly 2015	MTF 2014	M	F	7 <sup>th</sup> grade	8 <sup>th</sup> grade
Q51. Visited a local park, playground, field, beach, or other recreation are to play or be physically active (30 days)	88.6	N/A	89.0	88.0	88.2	88.8
Q52. You and your family you live with ate dinner together once or more (past 7 days)	91.0	N/A	91.3	90.6	93.4	88.4
Q52. You and your family you live with ate dinner together 5 or more days (past 7 days)	42.2	N/A	45.5	39.1	46.1	38.3
Q56a. Watch TV 3 or more hours on an average school day	19.5	N/A	20.1	19.2	16.6	22.4
Q56b. Used the computer or playing video games when not in school 3 or more hours on an average school day	32.1	N/A	30.3	34.2	31.0	33.4
During this school year, have you participated (either in or out of school) in.....(Response = Yes)						
Q57a. Sports team	69.0	N/A	70.5	67.3	70.8	66.7
Q57b. Volunteer work, community service, or helping people outside your home without getting paid ( not including punishment)	49.0	N/A	41.3	56.8	43.2	55.4
Q57c. Organized afterschool, evening, or weekend activities (such as school clubs, community center groups, music/art/dance lessons, drama, church, or other supervised activities	55.3	N/A	49.6	60.9	55.7	55.0