

YOUTH RISK BEHAVIOR SURVEY SUMMARY OF FINDINGS FOR 2020:



The Bromfield School
Harvard Public Schools

Prepared For



March, 2021

Youth Risk Behavior Survey (YRBS)

2020 Emerson YRBS Overview

Since 1997, Emerson Hospital and public school districts within Emerson Hospital's service area have collaborated to conduct the biannual **Emerson Youth Risk Behavior Survey (YRBS)**. The YRBS is a comprehensive survey of students in 6th grade, 8th grade, and 9th through 12th grade on topics ranging from mental health and well-being to bullying, sexual activity, violence, alcohol and drug use, and other risk behaviors.

The Bromfield School YRBS

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

Coronavirus Pandemic and the 2020 Emerson YRBS

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

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

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



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2020 Emerson YRBS Methodology

- Emerson YRBS is a census of students in 6th grade, 8th grade, and high school. Eight public school districts participated in the 2020 survey, including 6,866 students in 6th grade, 8th grade and high school who completed an interview in March, 2020. Of these students, 521 were from the Bromfield School.
- Questionnaires are age-appropriate and based on the Massachusetts YRBS and U.S. Centers for Disease Control and Prevention versions.
- School districts collected data from students in two ways: (1) online, for 6th and 8th graders; and (2) online and on paper, depending on school districts' ability to use an online platform for a large-scale survey.
- Students complete the YRBS surveys at school during the 2nd week of March and a password system is used to prevent students from completing the survey more than once.
- Students participating in the Emerson YRBS are guaranteed confidentiality. Identifying information about students is not kept, and results are only reported in grouped form, with no way of identifying individuals.
- At the Bromfield School, questionnaires were completed by 87% of 6th grade, 8th grade, and high school students enrolled on the day(s) the YRBS was conducted. Students who did not complete the survey were either absent, were opted out of the survey by a parent or guardian, or they submitted a blank survey indicating refusal to participate.

Students Participating in 2020 Emerson YRBS

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



* Data collection for these grades could not be completed before pandemic-related district closure in March, 2020.

** Carlisle Middle School joined Emerson YRBS in 2020 and is its own district (no high school).

Comparing 2018 and 2020 Results for Emerson YRBS

Historical Comparisons:

- In this report, we compare 2018 and 2020 results for 6th graders, 8th graders, and high school students. We also include an aggregate for all districts combined for 2020, and students at the Bromfield School are represented in the aggregate.

Census vs. Sample: What is the YRBS?

- A **census** is a survey that includes everyone in the population being surveyed (e.g., all 6th to 12th grade youth). A **sample** surveys some members of the population, but not everyone.
- Emerson YRBS is designed to be as close to a census of 6th grade, 8th grade, and high school youth as possible. There are, however, some youth who did not participate in the survey, so technically, the YRBS is a sample.
- Because the Emerson YRBS sample is so large, however, nearly all differences (including small differences) will register in statistical software as statistically “significant.” This does not necessarily mean all changes from 2018 to 2020 are meaningful.

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

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

Companion Documents:

Along with this report, Bromfield School has also received **data tables** comparing results for the district’s 6th graders, 8th graders, and high school students, broken down by year (2018-2020).

The district has also received a copy of the 2020 Emerson YRBS Questionnaire as a Word document.

Questions:

In this report, questions are referred to by number, e.g., “Q23” refers to Question 23 in the survey. Question numbers and exact question wording are also cross-referenced in the companion documents.



Student Demographic Profile

Student demographics can change over time in response to changes in the communities served by Emerson Hospital. In smaller school districts the changes from year to year can be fairly large percentage-wise.

This chart compares student demographics for Bromfield School students who participated in the YRBS. Student demographics were relatively stable from 2018 to 2020, with some exceptions:

- The gender mix changed for 6th and 8th graders from 2018 to 2020
- There were minor shifts in students' grades
- Fewer 6th graders identified as Hispanic or Latino
- Larger proportions of 8th graders identified as Middle Eastern American and white in 2020

	6TH GRADE			8TH GRADE			HIGH SCHOOL		
	Bromfield School 2018	2020	2020 Aggregate	Bromfield School 2018	2020	2020 Aggregate	Bromfield School 2018	2020	2020 Aggregate
Gender (Q2)									
Female	41%	59%	50%	55%	50%	50%	48%	50%	51%
Male	58%	40%	49%	45%	49%	48%	50%	47%	47%
Transgender or other	1%	1%	1%	0%	1%	2%	2%	3%	2%
Orientation (Q12)									
Straight (Heterosexual)							84%	82%	84%
Gay or lesbian (Homosexual)							2%	3%	3%
Bisexual		(not asked)			(not asked)		7%	6%	7%
Something else (Asexual, Pansexual etc.)							3%	4%	3%
Not sure							3%	5%	4%
Grades in School (Q13)									
Mostly As	69%	69%	53%	64%	62%	58%	65%	69%	54%
Mostly Bs	13%	18%	27%	27%	23%	29%	28%	23%	38%
Mostly Cs or below	6%	7%	6%	9%	9%	10%	5%	6%	6%
Not graded	0%	0%	1%	0%	0%	0%	1%	1%	0%
Don't know	12%	7%	14%	0%	6%	3%	1%	1%	2%
Race-Ethnicity (Q4-Q11)									
American Indian/Alaska Native	3%	7%	5%	1%	5%	1%	1%	2%	2%
Southeast Asian American	4%	0%	1%	4%	4%	2%	2%	4%	2%
Middle Eastern American	4%	3%	3%	1%	6%	3%	2%	3%	3%
Asian American	12%	13%	14%	20%	18%	8%	16%	18%	19%
Black or African American	0%	1%	5%	2%	3%	5%	2%	5%	4%
Hispanic or Latino	12%	1%	7%	8%	10%	6%	7%	10%	6%
Native Hawaiian/Pacific Islander	0%	1%	1%	0%	1%	1%	1%	2%	1%
White	78%	80%	76%	76%	81%	86%	83%	82%	75%

Shift of 5 percentage points or more from 2018 to 2020

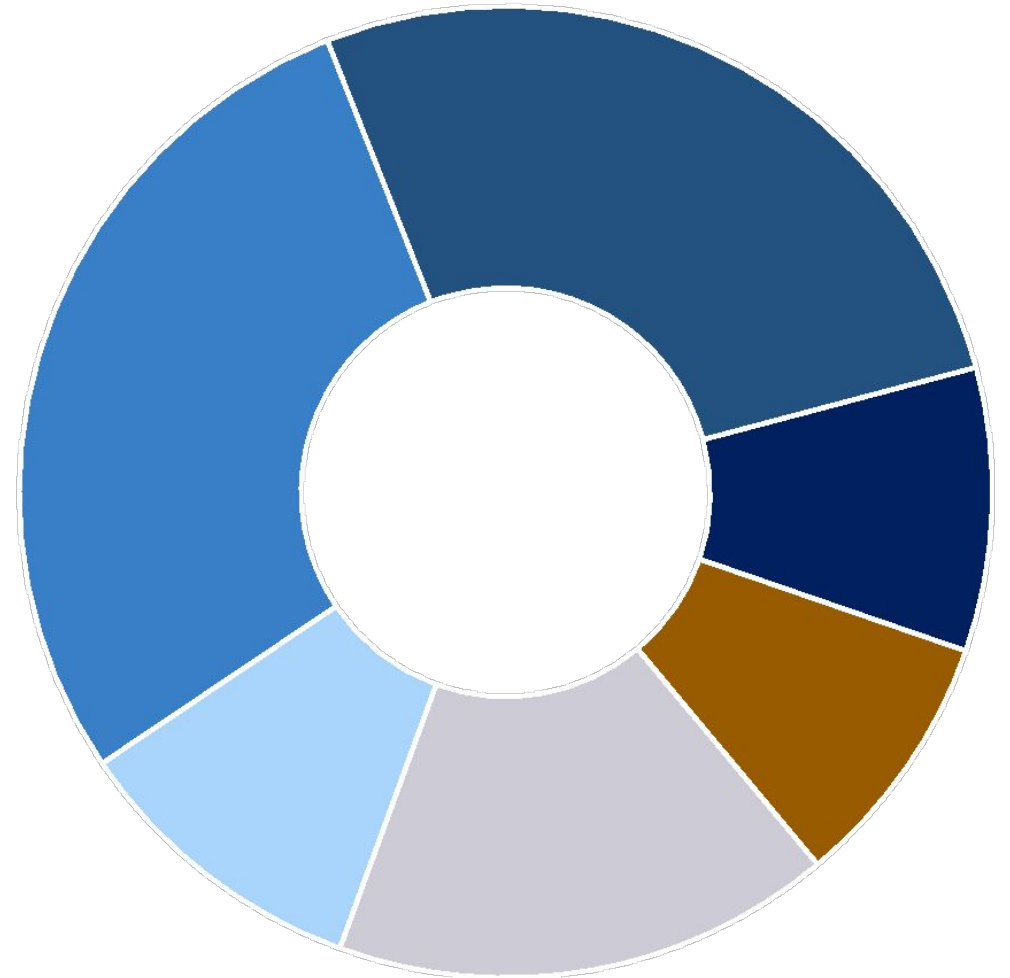


Summary of Findings Related to Emotional Wellbeing and Physical Health The Bromfield School

Hours In a Day: Students' Lives

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

- The amount of **sleep** students get declines as students age: 6th graders get the most, and high schoolers get the least amount of sleep. For Bromfield School high school students, 24% get less than 5 hours of sleep on school nights.
- The amount of **homework** students face increases as students age and is highest for 11th and 12th graders.
- The amount of time students spend using **visual technology** (cell phones, computers, tablets, etc.) for non-school activities also increases somewhat as students age
- The majority of students claim they **exercise** at least 3 days a week, but there are many (e.g., about 1 in 10 high schoolers) who don't exercise or engage in vigorous physical exercise at all in an average week.
- This year, we asked students when they **shut their cell phones off** at night. The time varies by grade--the majority of 6th and 8th graders turn their phones off before 11 pm on school nights, but two-thirds of schoolers either turn it off after 11 pm or they never turn it off.



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

The Bromfield School vs. Aggregate

	6TH GRADE			8TH GRADE			HIGH SCHOOL		
	Bromfield School 2018	2020 Aggregate	2020 Aggregate	Bromfield School 2018	2020 Aggregate	2020 Aggregate	Bromfield School 2018	2020 Aggregate	2020 Aggregate
Hours Spent Daily on Various Activities:									
Median hours of sleep students get each school night (Q204)	7 hours	7 hours	7 hours	6 hours	6 hours	6 hours	6 hours	6 hours	6 hours
Percent who sleep 7 or fewer hours per night (Q204)	36%	42%	40%	75%	67%	67%	87%	88%	84%
Percent who sleep 5 or fewer hours per night (Q204)	8%	10%	6%	17%	23%	15%	21%	24%	18%
Median hours of homework each day (Q203)	2 hours	2 hours	1 hour	3 hours	3 hours	2 hours	3 hours	3 hours	3 hours
Median hours spent weekdays using visual technology for non-school related activities (Q205)*	3 hours	2 hours	2 hours	5 hours	3 hours	3 hours	4 hours	3 hours	3 hours
Median hours spent each day doing organized activities (Q214)**	2 hours	1 hour	2 hours	2 hours	2 hours	2 hours	2 hours	2 hours	2 hours
Exercised or vigorous physical activity for at least 20 minutes on 3 or more of the past 7 days (Q202)	78%	81%	78%	66%	86%	80%	66%	74%	75%
Has not exercised or participated in vigorous exercise at all in past 7 days (Q202)	6%	7%	7%	8%	4%	7%	16%	10%	10%
Cell Phones:									
Has a cell phone (Q206)	(not asked)	63%	76%	(not asked)	92%	95%	(not asked)	99%	98%
Shuts cell phone off before 11 pm (Q206)	(not asked)	53%	64%	(not asked)	55%	63%	(not asked)	31%	36%
Shuts cell phone off at 11 pm or later on school nights (Q206)	(not asked)	7%	7%	(not asked)	26%	24%	(not asked)	46%	47%
Doesn't shut cell phone off at night, or it is on all night (Q206)	(not asked)	3%	4%	(not asked)	12%	9%	(not asked)	21%	15%

Shift of 5 percentage points or more from 2018 to 2020

Medians are mid-points; for example, half of the Bromfield School 6th graders surveyed in 2020 sleep more than 7 hours on school nights, and half sleep less than 7 hours.

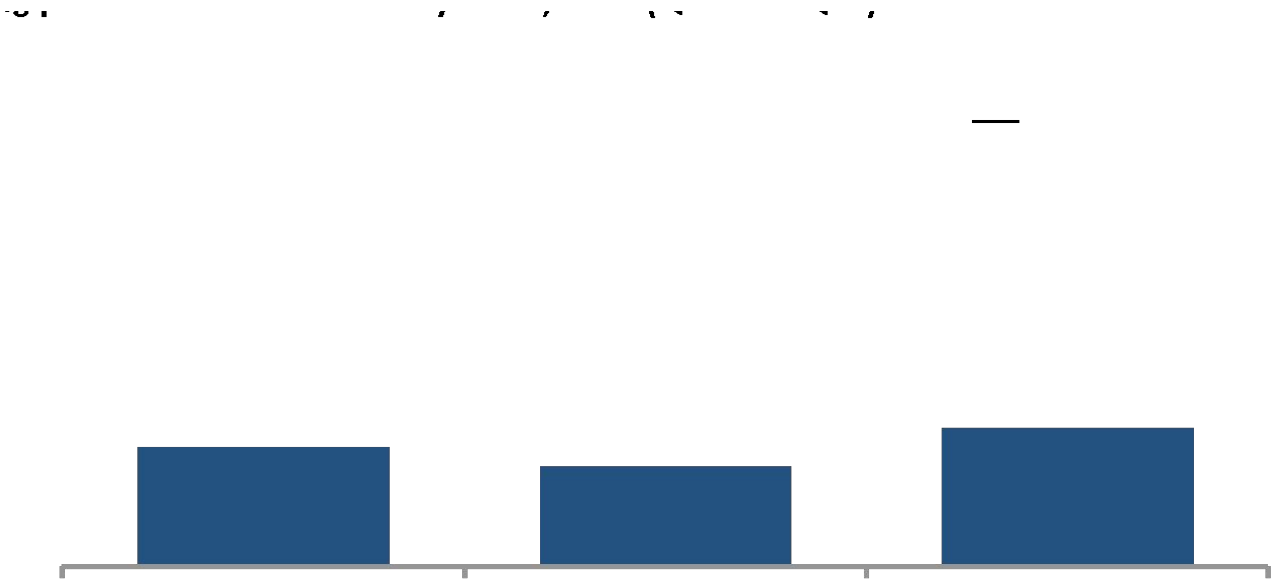
* Visual technology such as computers, television, phones, game consoles, etc.

** Organized activities such as volunteer work, sports, clubs, a paid job, etc.

Trusted Adults

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

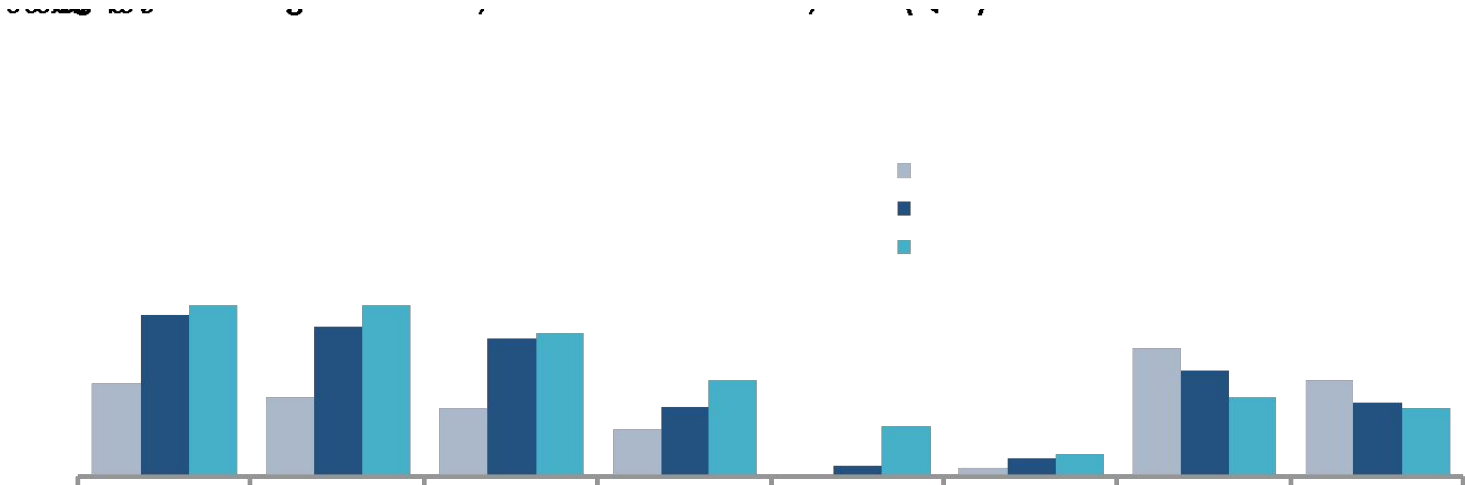
- The majority of Bromfield School students surveyed in 2020 have at least one adult at school who they think they could talk to if they had a problem, although it is not always the case that they will reach out to those adults if needed
- The proportion of 6th graders who have at least one trusted adult at school has declined since 2018, from 73% to 67%
- Depending on grade, between 5% and 7% of Bromfield School students surveyed in 2020 have no adults in their lives, at school or at home, who they trust enough to talk to if they have a problem



Sources of Stress

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

- Overall, stress levels for Bromfield School 6th graders appears to have decreased from 2018 to 2020, in all areas covered by the YRBS
- At the same time, school-related stress for high school students has increased, both overall and in terms of academic workload and events at school
- Strategies for dealing with stress vary to some extent by grade, but in general the top strategies are exercise, watching television, eating, and doing meditation or relaxation exercises
- Some students engage in negative behaviors in dealing with stress, such as drinking, drugs, smoking/vaping, or self-injury. These strategies increase as students age and are most prevalent for high school students



Snapshot 2018 to 2020: Trusted Adults in School and Stress

The Bromfield School vs. Aggregate

Trusted Adults:	6TH GRADE			8TH GRADE			HIGH SCHOOL		
	Bromfield School 2018	2020	2020 Aggregate	Bromfield School 2018	2020	2020 Aggregate	Bromfield School 2018	2020	2020 Aggregate
Has at least one teacher or adult at school who could talk to if had a problem (Q14)	73%	67%	66%	74%	76%	70%	81%	81%	74%
"Very likely" or "somewhat likely" to seek out a teacher/adult at school for help (Q15)	(not asked)	47%	63%	(not asked)	56%	56%	(not asked)	53%	51%
Has at least one adult outside of school who could talk to if had a problem (Q16)	(not asked)	93%	91%	(not asked)	94%	89%	(not asked)	89%	88%
Has no trusted adults at school or at home (Q14 and Q16)	(not asked)	6%	6%	(not asked)	5%	7%	(not asked)	7%	7%
Stress Levels and Sources of Stress:									
"Somewhat high" to "very high" stress due to academic workload (Q74)	41%	28%	32%	64%	64%	51%	60%	66%	59%
"Somewhat high" to "very high" stress due to events at school (Q75)	21%	13%	21%	45%	48%	36%	38%	45%	42%
"Somewhat high" to "very high" stress due to events or pressure at home (Q76)	22%	10%	13%	33%	30%	21%	28%	27%	27%
School is greatest source of stress in student's life (Q77)	65%	58%	55%	72%	73%	72%	68%	74%	68%

Shift of 5 percentage points or more from 2018 to 2020



Body Image, Diet/Nutrition

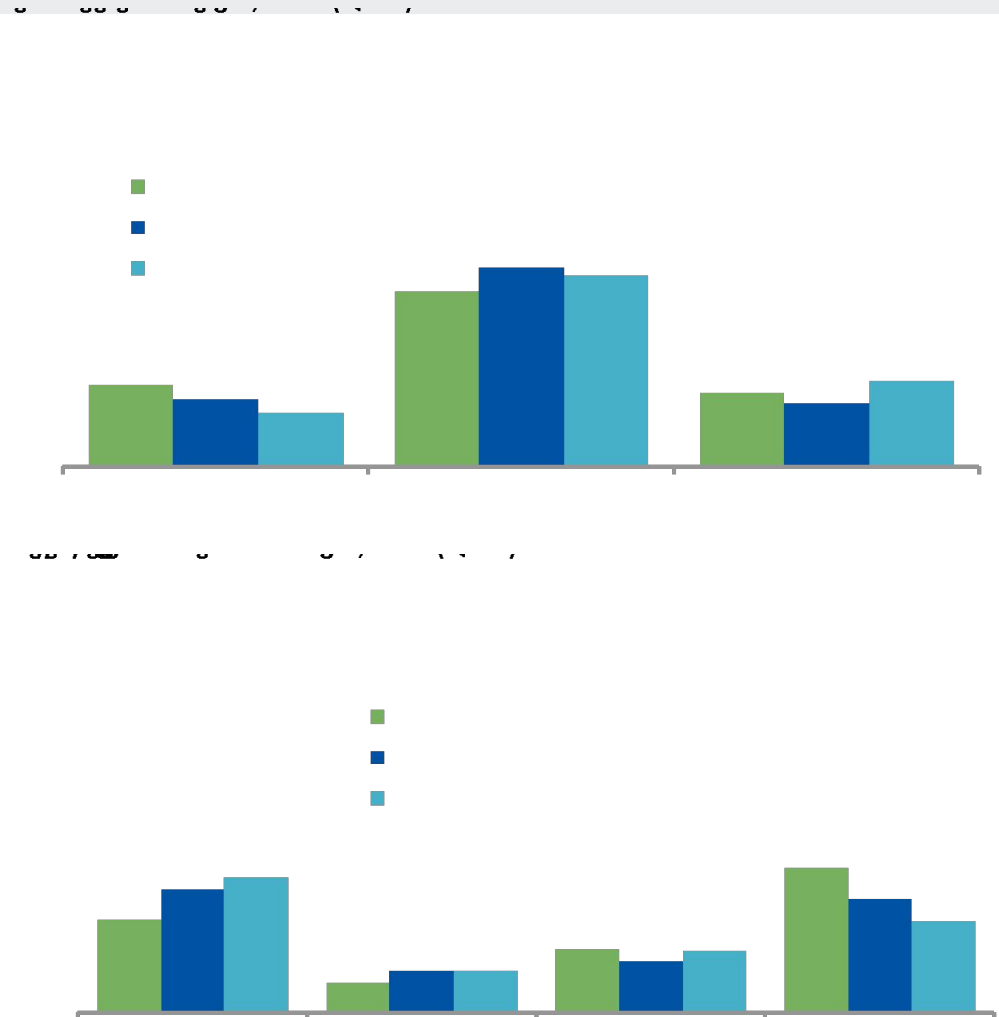
Body image: Just under two-fifths of Bromfield School students in 2020 think they are “*about the right weight.*” There is significant concern about obesity; more often students think they need to lose weight rather than the other way around:

- About 3 times as many students are trying to lose weight as gain weight
- The proportion of students who aren’t trying to do anything about their weight declines as students age. High schoolers are most likely to be “*doing something*” and, most often, are trying to lose weight

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

The Emerson YRBS has two questions about nutrition:

- Two-thirds of Bromfield School students drink **caffeinated beverages** at least occasionally. High school students are most likely to drink one or more caffeinated beverages every day
- The proportion of students **eating breakfast every day** is highest in 6th grade, and drops significantly from 8th graders and high school students. Only a third of high schoolers eat breakfast every day



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

The Bromfield School vs. Aggregate

	6TH GRADE			8TH GRADE			HIGH SCHOOL		
	Bromfield School 2018	2020	2020 Aggregate	Bromfield School 2018	2020	2020 Aggregate	Bromfield School 2018	2020	2020 Aggregate
Body Image:									
Percent who think they are "about the right weight" (Q191)	64%	53%	56%	62%	60%	59%	53%	58%	57%
Percent who are trying to lose weight (Q192)	29%	28%	29%	33%	37%	32%	41%	41%	39%
Percent who are trying to gain weight (Q192)	12%	9%	11%	15%	13%	14%	17%	13%	19%
Strategies for Losing Weight:									
Exercised (Q193)	54%	52%	59%	51%	64%	61%	54%	60%	59%
Ate less food, fewer calories, foods low in fat, or went on a cleansing diet (Q193)	22%	11%	15%	18%	21%	19%	31%	32%	29%
Went without eating for 24 hours or more or fasted (Q194)	5%	3%	3%	4%	9%	6%	7%	5%	6%
Went on a cleansing diet (Q194)	6%	2%	2%	7%	6%	3%	8%	4%	5%
Made myself vomit (Q194)	3%	1%	1%	1%	5%	2%	4%	2%	3%
Colon cleanse or took laxatives (Q194)	0%	0%	0%	0%	1%	1%	0%	2%	2%
Took diet pills, powders, or liquids (Q194)	0%	0%	0%	0%	3%	1%	3%	2%	1%
Nutrition: Caffeinated Beverages, Eating Breakfast									
Drank caffeinated beverage 1 or more times a day in past week (Q200)	3%	6%	5%	18%	18%	12%	22%	22%	17%
Ate breakfast all 7 days during the past week (Q201)	67%	64%	58%	38%	38%	49%	36%	33%	42%

Shift of 5 percentage points or more from 2018 to 2020

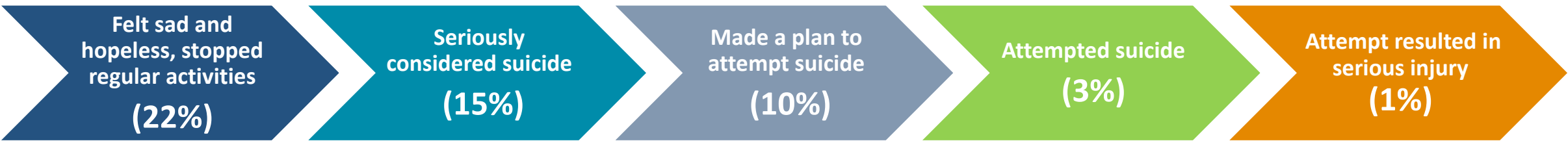


Self-Injury, Depression, Suicide

Many students struggle with depression. Even those who are not depressed or engaging in self-injurious behaviors are worried about peers at school who struggle with these issues. For the most part, these findings have not changed significantly from 2018 to 2019, and findings for The Bromfield School are similar to the aggregate for the region:

- 8% to 26% of Bromfield School students have felt so sad or hopeless in the past year that they stopped doing some usual activities. Smaller proportions actively considered suicide, made a plan to attempt suicide, or tried it, although the proportion who injured themselves to the point of needing medical treatment is small
- Self-injury declined among 8th graders from 2018 to 2020 (20% to 11%)
- Concern about peers wanting to hurt themselves or act on suicidal feelings has declined for Bromfield School 6th and 8th graders. More high school students, however, said that someone at school told them they were thinking about hurting themselves or suicide.

Symptoms of Depression, 2020 Total All Grades, The Bromfield School



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

The Bromfield School vs. Aggregate

In the past 12 months:	6TH GRADE			8TH GRADE			HIGH SCHOOL		
	Bromfield School 2018	2020	2020 Aggregate	Bromfield School 2018	2020	2020 Aggregate	Bromfield School 2018	2020	2020 Aggregate
Hurt or injured yourself on purpose (Q86)	(not asked)	14%	12%	20%	11%	13%	16%	17%	14%
Felt so sad or hopeless that you stopped doing some usual activities (Q87)	(not asked)	8%	13%	20%	23%	17%	21%	26%	23%
Seriously considered attempting suicide (Q88)	9%	5%	7%	15%	15%	11%	16%	18%	13%
Made a plan about how you would attempt suicide (Q89)	5%	4%	4%	9%	9%	7%	9%	12%	9%
Percent who actually attempted suicide at least once (Q90)	3%	2%	3%	5%	4%	3%	3%	3%	3%
Suicide attempt resulted in injury, poisoning, overdose requiring treatment (Q91)	(not asked)	0%	0%	1%	0%	1%	1%	1%	1%
Worried someone at school is thinking about hurting themselves or suicide (Q92)	17%	6%	10%	20%	20%	13%	17%	14%	13%
Someone told me they were thinking about hurting themselves or suicide (Q92)	5%	11%	11%	24%	14%	16%	13%	18%	17%

Shift of 5 percentage points or more from 2018 to 2020



Bullying, Cyber-Bullying, Sexual Harassment

Not all students feel safe at school. Between 6% and 8% of Bromfield School students surveyed in 2020 said they stayed home from school at least 1 day in the previous month because they didn't feel safe, either at school or to and from school.

Bullying: Students' reports of being bullied at school did not change significantly from 2018 to 2020:

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

Cyberbullying: Students' reports of cyberbullying also remained fairly stable from 2018 to 2020, with one exception: more 8th graders reported being cyberbullied in 2020 (15% vs. 6% for 2018):

- Again, students who cyberbully are highly likely to have been either bullied or cyberbullied by others at school
- Bromfield School students find it somewhat easier to do something about cyberbullying than about bullying (in person) or sexual harassment

Sexual harassment: More than one-tenth of 8th graders and high school students at Bromfield School had *"received unwelcome comments or actions of a sexual nature which made them uncomfortable (sexual harassment) from others at school."*

Most Common Responses to Bullying, All Grades, Bromfield School Students, Among Those Bullied, 2020

Bullying (Q61)

- **Nothing (41%)**
- Told the person to stop (38%)
- Walked away (32%)
- Told adult at home (28%) or at school (21%)
- Resisted with physical force (10%)

Cyberbullying (Q29)

- **Nothing (34%)**
- Told a friend or peer at school (42%)
- Told parent/guardian/other adult at home (37%)
- Told adult at school (14%)
- Reported to website administrator (10%)
- Reported to police (6%)

Sexual harassment (Q68)

- **Nothing (49%)**
- Walked away (32%)
- Told person to stop (38%)
- Told an adult at home (10%) or at school (6%)
- Resisted with physical force (7%)



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

The Bromfield School vs. Aggregate

Experiences with Bullying, Cyberbullying, and Sexual Harassment:	6TH GRADE			8TH GRADE			HIGH SCHOOL		
	Bromfield School 2018	2020	Aggregate	Bromfield School 2018	2020	Aggregate	Bromfield School 2018	2020	Aggregate
Bullied by others in school in past 12 months (Q59)	8%	7%	11%	10%	14%	11%	7%	8%	7%
Has bullied someone else in school in past 12 months (Q60)	3%	2%	2%	1%	0%	1%	2%	3%	2%
Bullied electronically in past 12 months (Q28)	8%	7%	9%	6%	15%	10%	8%	8%	8%
Has bullied someone else electronically in past 12 months (Q35)	4%	0%	1%	5%	8%	2%	2%	3%	3%
Did not go to school at least 1 day in past month because felt unsafe (Q52)	6%	7%	7%	13%	8%	7%	3%	6%	5%
Sexually harassed in past 12 months (Q67)	(not asked)	0%	4%	11%	13%	8%	15%	11%	11%

Shift of 5 percentage points or more from 2018 to 2020



Exposure to Violence

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

- The highest percentages in 2020 are for lifetime risk of having been molested, raped, or sexually violated, among high school students (10%)

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

- The change in the wording of the question did not appear to affect the results appreciably
- Percentages are low for all types of weapons, but for some behaviors with a potential for very serious consequences (such as bringing guns to school), the number of students reporting is as important as the percentage
- The number of Bromfield School students reporting bringing guns to school is smaller this year than in 2018 (3 students in 2018 and 1 in 2020)
- Although students at all grade levels do intentionally bring large knives, guns, or other weapons to school, the behavior is most prevalent among high schoolers



Snapshot 2018 to 2020: Exposure to Violence

The Bromfield School vs. Aggregate

	6TH GRADE			8TH GRADE			HIGH SCHOOL		
	Bromfield School 2018	2020	2020 Aggregate	Bromfield School 2018	2020	2020 Aggregate	Bromfield School 2018	2020	2020 Aggregate
Experiences with Violence:									
Hurt physically by someone when one or both under influence of alcohol/drugs (Q54)	(not asked)	1%	0%	1%	1%	1%	3%	4%	3%
Hurt sexually by someone when one or both under influence of alcohol/drugs (Q55)	(not asked)	0%	0%	1%	0%	0%	2%	2%	2%
Percent of students molested, raped, sexually violated, within past 12 months (Q56)	(not asked)	0%	0%	(not asked)	0%	2%	5%	5%	4%
Percent of students molested, raped, sexually violated, lifetime (Q56)	(not asked)	3%	1%	(not asked)	9%	4%	9%	10%	9%
Number of students molested, raped, sexually violated, lifetime (Q56)	(not asked)	3 students	15 students	(not asked)	7 students	40 students	35 students	35 students	376 students
Ever been hurt physically or sexually by a date or someone you were going out with (Q57)	(not asked)	0%	0%	1%	1%	2%	5%	5%	3%
Ever physically or sexually hurt a date or someone you were going out with (Q58)	(not asked)	0%	0%	1%	1%	1%	1%	1%	3%
Bringing Weapons to School (Q48):									
Number of students who intentionally brought a large knife to school, past 30 days*	None	None	None	1 student	None	1 student	1 student	2 students	81 students
Number of students who intentionally brought a gun to school, past 30 days**	None	None	None	1 student	None	1 student	2 students	1 student	17 students
Percent of students bringing any weapon to school intentionally, past 30 days	0%	3%	1%	2%	0%	1%	4%	3%	2%
Percent of students who have brought weapons to school in the past, but not recently	3%	2%	4%	4%	3%	4%	13%	8%	7%



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

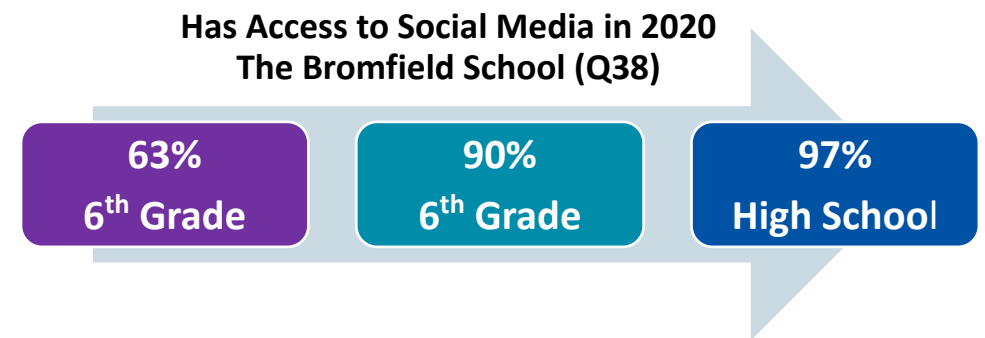
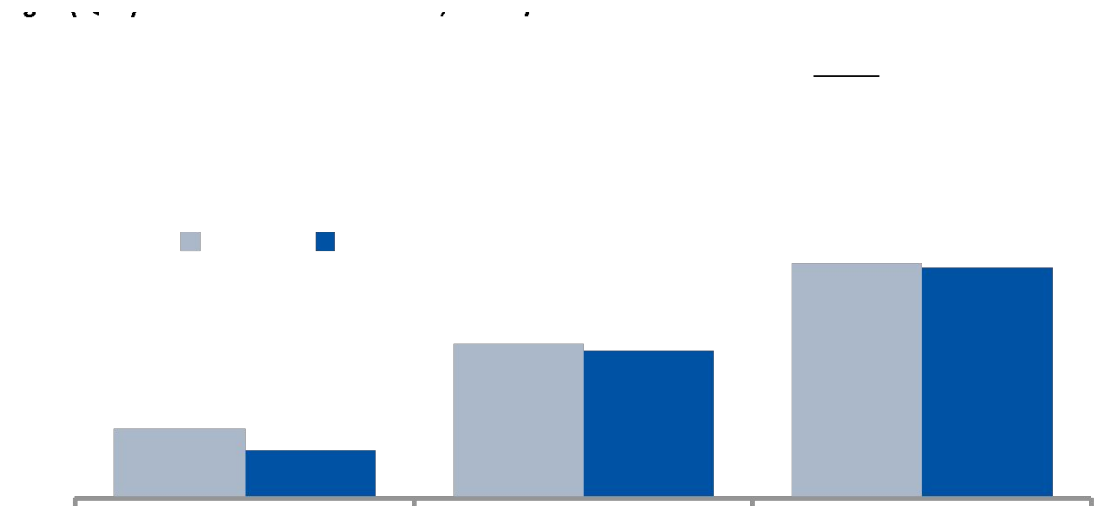
** A large knife, such as a hunting knife or switchblade.

Summary of Findings Relating to Risk Behaviors The Bromfield School

Risk Behaviors, Social Media, and the Internet

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

- Parents tend to monitor younger children's social media use, but by the time students are in high school, two-thirds are unmonitored.
- Students who report that their parents or guardians monitor their social media use most often say:
 - Their parents follow their accounts weekly or more often
 - They have contracts or ground rules for phones, tablets, computers
 - There are parental controls on phones, tablets, or computers (this is most common for 6th and 8th graders)
- Depending on grade level, 6% to 25% of Bromfield School students have social media accounts that their parents or guardians don't know about. These proportions have declined somewhat since 2018 for 8th graders and high schoolers.
- Students are not usually starting *relationships* with people they meet on dating websites, but 4% to 19% have had face-to-face meetings with people they met online
- 14% to 34% of Bromfield School students have found themselves in risky or unwanted situations because of information they shared electronically. This has improved since 2018 for 6th graders, but has increased for 8th graders



Snapshot 2018 to 2020: Risk Behaviors and the Internet

The Bromfield School vs. Aggregate

	6TH GRADE			8TH GRADE			HIGH SCHOOL		
	Bromfield School 2018	2020	Aggregate	Bromfield School 2018	2020	Aggregate	Bromfield School 2018	2020	Aggregate
Experiences with Social Media:									
Has access to social media (Q38)	***	63%	74%	***	90%	86%	***	97%	96%
Ever found yourself in a risky/unwanted situation because of information shared electronically (Q27)	21%	14%	14%	22%	34%	20%	31%	29%	24%
Ever started relationship with someone met on a dating website (Q45)*	(not asked)	0%	0%	(not asked)	1%	1%	(not asked)	4%	4%
Ever had face-to-face meeting with someone you met online (Q46)	(not asked)	4%	8%	(not asked)	19%	16%	(not asked)	19%	19%
Sent or received sexually explicit messages/photos aka "sexting," past 12 months (Q36)**	(not asked)	2%	2%	10%	11%	9%	27%	25%	21%
Viewed pornographic material electronically or other format, past 30 days (Q47)	(not asked)	5%	5%	20%	18%	14%	46%	41%	36%
Has social media accounts parents/guardians don't know about (Q37)	8%	6%	6%	17%	11%	11%	30%	25%	22%

Shift of 5 percentage points or more from 2018 to 2020

* Dating app or website such as E-Harmony, Tinder, or Match.com.

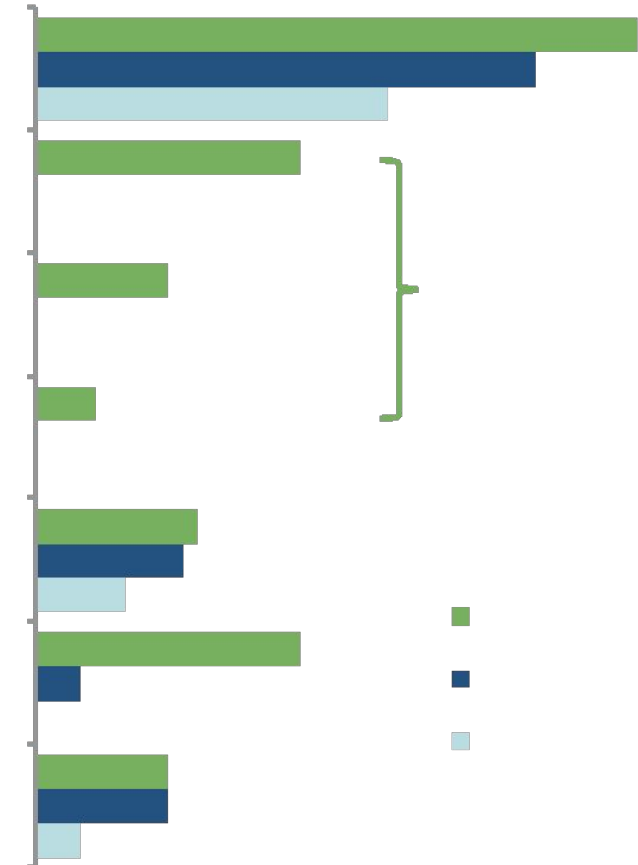
** E.g., sexting on Snapchat, Instagram, or other social media platforms.

*** Question format changed from 2018 to 2020 so comparable data is not available for 2018.

Helmets and Safety in Vehicles

For most activities, statistics for Bromfield School students on helmet use and vehicular safety remained fairly stable from 2018 to 2020. Key findings for 2020:

- Students do not always wear helmets and likelihood of using a helmet declines with age. This year, high school students were more likely to report that they always wear helmets when bicycle riding
- The most significant risk students face is as passengers in cars driven by drivers who are using cellphones to talk, text, check social media, etc.
- Many high school students also admit to driving while using cell phones
- This year, we asked 6th and 8th graders about being passengers in cars in which the drivers are using cell phones. The results clearly indicate that young students are aware of whether or not drivers are using cell phones, and 24% to 34% say this happens to them regularly
- Bromfield School students' usual response when faced with a driver using a cell phone inappropriately is to **not do anything (37%)**, although some successfully ask drivers to stop (32%)



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

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

Snapshot 2018 to 2020: Helmets and Vehicular Safety

The Bromfield School vs. Aggregate

			6TH GRADE			8TH GRADE			HIGH SCHOOL		
			Bromfield School		2020	Bromfield School		2020	Bromfield School		2020
			2018	2020	Aggregate	2018	2020	Aggregate	2018	2020	Aggregate
Frequency of Wearing Helmets (Q17-19):											
Always wears a helmet when riding a bicycle			78%	82%	77%	64%	65%	65%	52%	57%	52%
Always wears a helmet when riding a skateboard			38%	38%	37%	35%	21%	29%	26%	27%	19%
Always wears a helmet when skiing or snowboarding			69%	63%	55%	72%	69%	62%	66%	66%	55%
Never wears a helmet			4%	3%	7%	8%	9%	11%	10%	9%	15%
Exposure to Impaired Driving:											
Rode in car driven by minor who had been drinking or using drugs (Q20)*			3%	0%	2%	6%	3%	3%	18%	18%	12%
Rode in car driven by adult who had been drinking or using drugs (Q21)*			(not asked)	6%	6%	(not asked)	10%	9%	(not asked)	11%	9%
High School ers:	Drove when had been drinking alcohol (Q22)*		(not asked)	(not asked)	(not asked)	(not asked)	(not asked)	(not asked)	5%	4%	3%
	Drove when had been using marijuana (Q23)*		(not asked)	(not asked)	(not asked)	(not asked)	(not asked)	(not asked)	13%	9%	6%
	Drove when using a cell phone (Q24)**		(not asked)	(not asked)	(not asked)	(not asked)	(not asked)	(not asked)	16%	18%	14%
Passenger in a car with driver using cell phone (Q25)			(not asked)	24%	21%	(not asked)	34%	26%	45%	41%	36%

Shift of 5 percentage points or more from 2018 to 2020



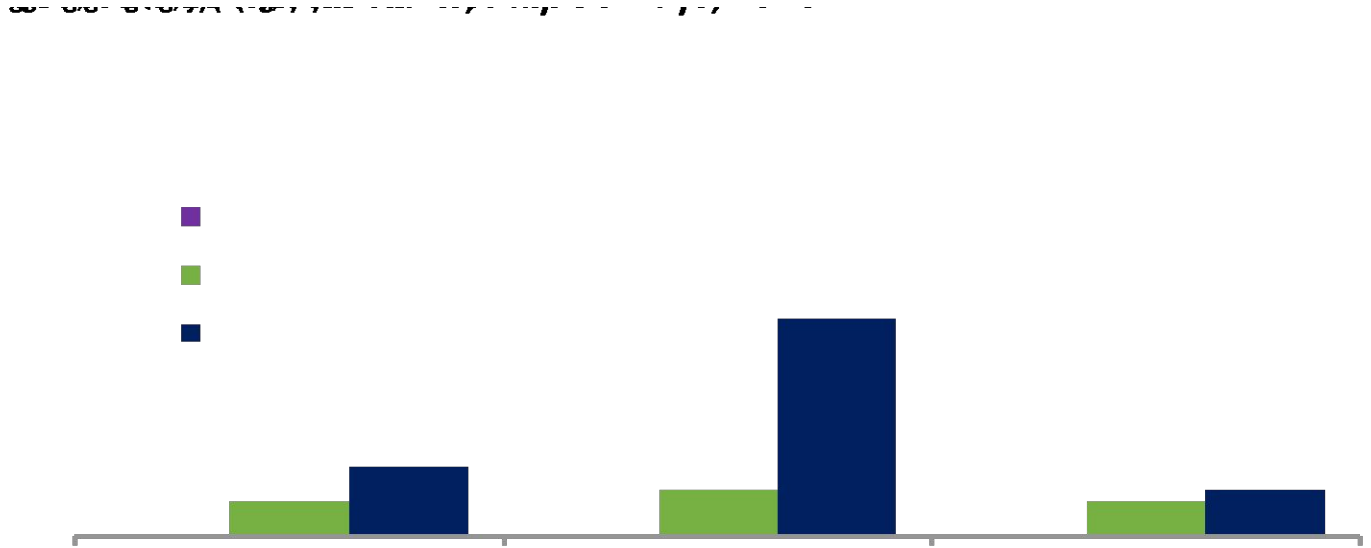
* In the past 30 days, has been the driver or been a passenger in a car in which the driver was under the influence of alcohol or drugs.

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

Tobacco: Cigarette Smoking

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

- Less than 1 in 10 Bromfield School students in 2020 report ever having smoked cigarettes
- Most 6th and 8th graders in the district have never smoked
- Students are far more likely to have vaped (used an e-cigarette) than smoked cigarettes



Tobacco: Vaping

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

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

Figure 10: Vaping Use by Product Type

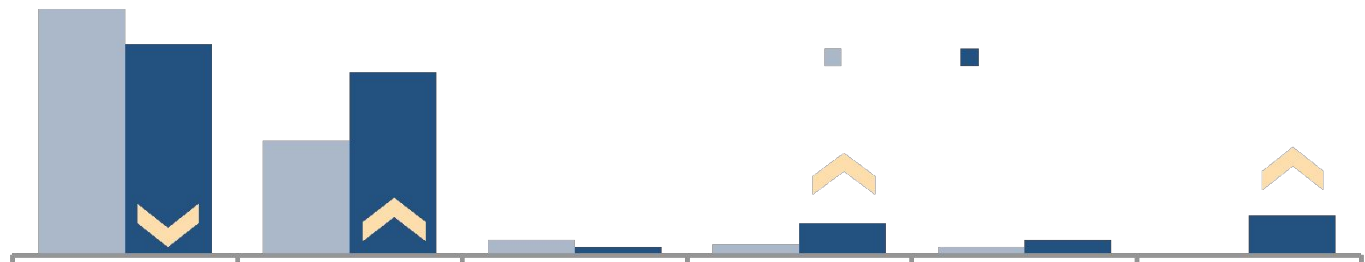


Figure 11: Vaping Use by Source



Shift of 5 percentage points or more from 2018 to 2020



Snapshot 2018 to 2020: Consumption of Tobacco Products

The Bromfield School vs. Aggregate

	6TH GRADE			8TH GRADE			HIGH SCHOOL		
	Bromfield School 2018	2020	2020 Aggregate	Bromfield School 2018	2020	2020 Aggregate	Bromfield School 2018	2020	2020 Aggregate
Cigarette and Cigar Smoking:									
Ever smoked cigarettes, lifetime (Q108 and Q112)*	1%	0%	0%	7%	9%	4%	21%	12%	9%
Smoked cigarettes at least once in past 30 days (Q114)	0%	0%	0%	2%	3%	1%	7%	6%	3%
Ever smoked cigars or cigarillos, lifetime (Q108)	**	0%	0%	**	1%	1%	**	9%	5%
Vaping, Juuling, Vusing, Use of Electronic Cigarettes:									
Ever vaped, juuled, vused, e-cigarette, lifetime (Q108 and Q113)*	0%	0%	1%	16%	8%	6%	32%	33%	27%
Vaped, juuled, vused, e-cigarette at least once in past 30 days (Q115)	0%	0%	0%	16%	4%	3%	32%	19%	14%
Vaped, juuled, vused, e-cigarette on school property in past 30 days (Q117)	**	0%	5%	**	1%	3%	**	10%	10%
Chewing Tobacco, Snuff, Pack/Pouch, Dip:									
Ever used chewing tobacco, snuff, pack/pouch, dip, lifetime (Q108 and Q116)	**	0%	1%	1%	4%	1%	3%	6%	4%
Used chewing tobacco, snuff, pack, dip at least once in past 30 days (Q116)	**	0%	1%	1%	3%	1%	3%	4%	2%

Shift of 5 percentage points or more from 2018 to 2020

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

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

Alcohol Consumption

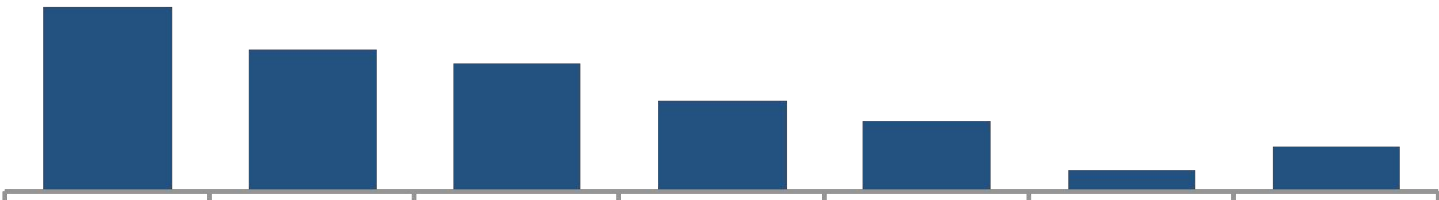
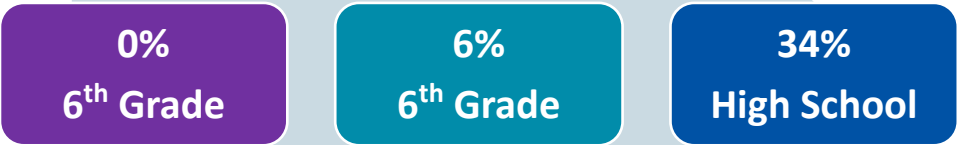
Alcohol Consumption: Drinking by minors is relatively common within Emerson Hospital’s service area:

- About half (46%) of Bromfield School high school students report having consumed alcohol at some point in their lives, and 34% did so within the past 30 days
- Binge drinking among high school students declined from 2018 to 2020; all other forms of alcohol consumption for 6th graders, 8th graders, and high school students remained constant
- Fewer 8th graders reported in 2020 that they had attended parties where alcohol use by teens is allowed

Sources of Alcohol: **Parents** are a major source of alcohol for students who consume it. This is especially true for 6th and 8th graders, but a third of Bromfield School high school students also report that their parents give them alcohol.

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

Who has consumed alcohol in the past 30 days? (Q94)



Snapshot 2018 to 2020: Alcohol Consumption

The Bromfield School vs. Aggregate

Alcohol Consumption:	6TH GRADE			8TH GRADE			HIGH SCHOOL		
	Bromfield School		2020	Bromfield School		2020	Bromfield School		2020
	2018	2020	Aggregate	2018	2020	Aggregate	2018	2020	Aggregate
Has ever drunk more than a few sips of alcohol, lifetime (Q93)	4%	4%	5%	26%	23%	15%	48%	46%	45%
Has had at least one drink of alcohol in past 30 days (Q94)	0%	0%	1%	10%	6%	6%	33%	34%	28%
Binge drinking in past 30 days (Q95)	(not asked)	0%	0%	(not asked)	4%	2%	19%	18%	14%
Came to school under influence of alcohol or used alcohol at school, past 30 days (Q96)	(not asked)	0%	0%	1%	1%	1%	2%	5%	4%
Attended parties where alcohol use by teens is allowed (Q104)	(not asked)	4%	3%	15%	10%	5%	37%	33%	27%

Shift of 5 percentage points or more from 2018 to 2020



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

Marijuana, Illegal Drugs, Prescription Medications

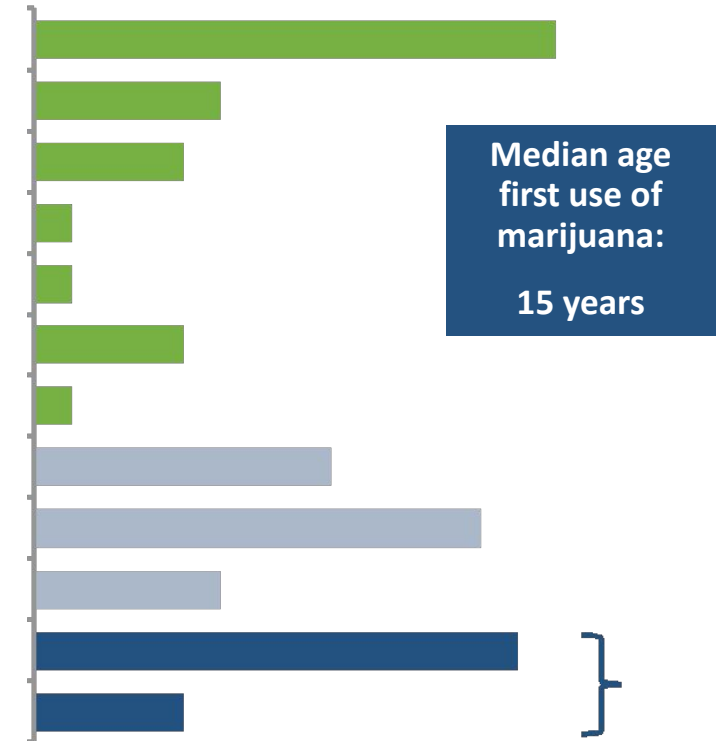
Marijuana: Marijuana is now legal for adult use in Massachusetts and schools are interested in knowing how legalization has impacted students' use of marijuana and related products. Bromfield School high school students' use of marijuana declined somewhat from 2018 to 2020, from 25% to 20%. Student use of marijuana on school property stayed about the same, as did use of synthetic marijuana.

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

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

- **The only opiate medication** students reported using in 2020 is Oxycontin
- The only **anxiety medications** students report using in 2020 are Xanax and Ativan (Lorazepam)
- Students misuse prescription medications for a variety of reasons, most often in 2020 to get high, to help with school work, to help with sleeping, and to reduce stress

Illegal Drugs on School Property: About 13% of Bromfield School students in 2020 report that someone offered, sold, or gave them an illegal drug on school property in the previous year. About 4% this year said they had offered or sold someone drugs on school property



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

Snapshot 2018 to 2020: Use of Marijuana and Illegal Drugs

The Bromfield School vs. Aggregate

	6TH GRADE			8TH GRADE			HIGH SCHOOL		
	Bromfield School 2018	2020	2020 Aggregate	Bromfield School 2018	2020	2020 Aggregate	Bromfield School 2018	2020	2020 Aggregate
Marijuana Use in Past 30 Days:									
Used marijuana or marijuana products not including CBD oil (Q133)	0%	0%	0%	2%	5%	2%	25%	20%	16%
Used marijuana or marijuana products on school property (Q134)	(not asked)	0%	0%	(not asked)	3%	1%	4%	7%	5%
Used synthetic marijuana such as Spice, K2, or edible form (Q135)	(not asked)	0%	0%	1%	1%	1%	6%	6%	6%
Misuse of Prescription Drugs:*									
Used someone else's prescription drugs, past 12 months (Q137)*	(not asked)	1%	3%	7%	9%	3%	8%	5%	4%
Used someone else's prescription drugs, lifetime (Q138)*	1%	5%	5%	11%	10%	6%	14%	13%	9%
Used own prescription drugs in a way not prescribed (Q154)**	(not asked)	2%	3%	9%	6%	6%	12%	10%	7%
Lifetime Use of Other Drugs:									
Cocaine including powder, crack, or freebase (Q165)	(not asked)	0%	0%	(not asked)	0%	1%	(not asked)	1%	2%
Heroin e.g. Smack, Junk, China White (Q166)	(not asked)	0%	0%	(not asked)	0%	1%	3%	1%	1%
Methamphetamines e.g. Speed, Crystal, Crank, Ice (Q167)	(not asked)	0%	0%	(not asked)	0%	1%	3%	1%	1%
MDMA e.g. Molly, Ecstasy, E or X (Q168)	(not asked)	0%	0%	(not asked)	1%	1%	3%	1%	2%
Other illegal drugs such as LSD, PCP, mushrooms, Ketamine, Rohyphnol, GHB (Q169)	(not asked)	0%	0%	(not asked)	3%	1%	7%	5%	4%
Used needle to inject any illegal drug into your body (Q170)	(not asked)	0%	0%	0%	1%	1%	3%	1%	1%
Procuring Illegal Drugs on School Property, Past 12 Months:									
Has anyone offered, sold, given you illegal drugs on school property (Q171)	1%	4%	1%	2%	12%	4%	19%	15%	14%
Have you offered, sold, or given anyone illegal drugs on school property (Q172)	1%	0%	0%	1%	1%	1%	6%	5%	4%

Shift of 5 percentage points or more from 2018 to 2020



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

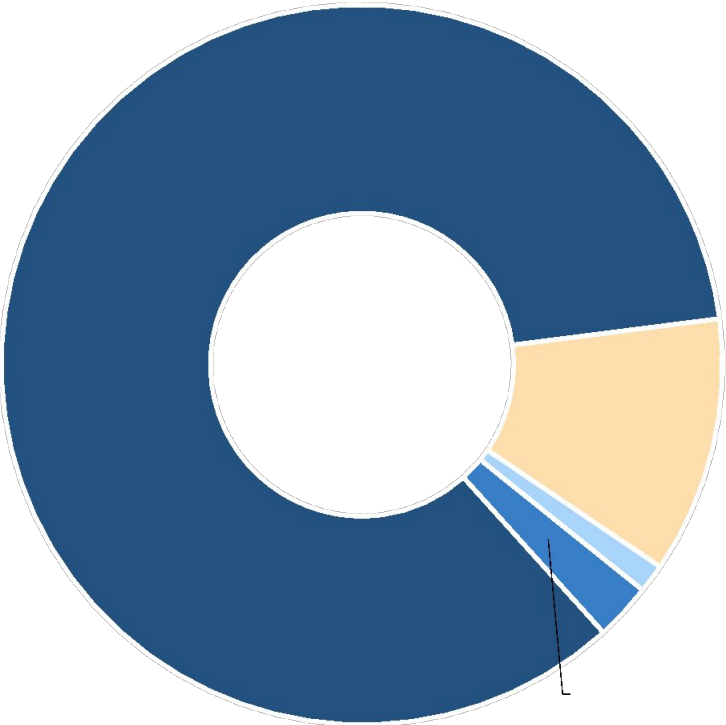
** Used own prescription drugs in a way doctor did not prescribe, such as taking more than student was told to take

Perceived vs. Actual Prevalence of Marijuana Use

Results for The Bromfield School, 2020

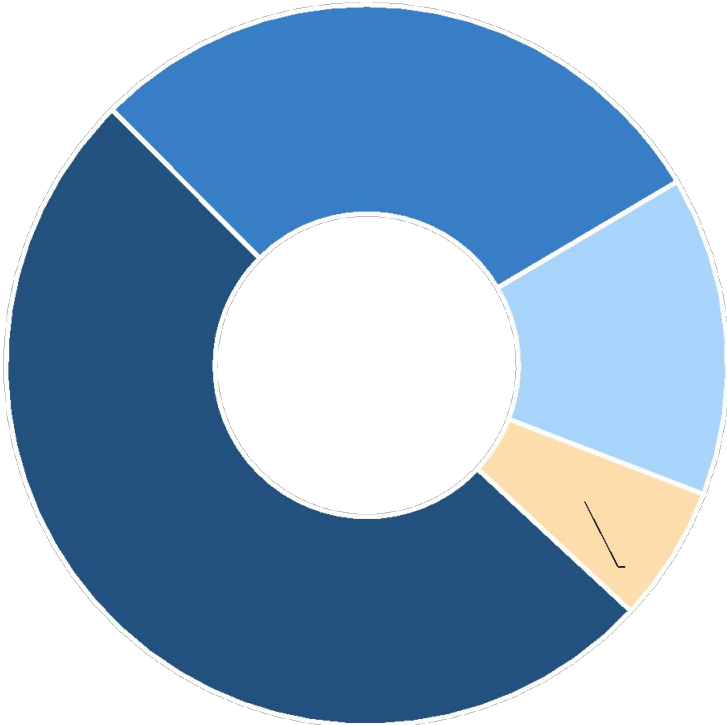
All (100%) of Bromfield School's 6th graders guessed that none of their peers used marijuana in the past 30 days, and the actual percentage for 6th graders is

0%



Actual Percentage
for 8th Graders in
2020:

5%



Actual Percentage
for High School
Students in 2020:

20%



* Actual use of marijuana or marijuana-related products (Q133) versus perceived use (Q136). The time period for both question is past 30 days.

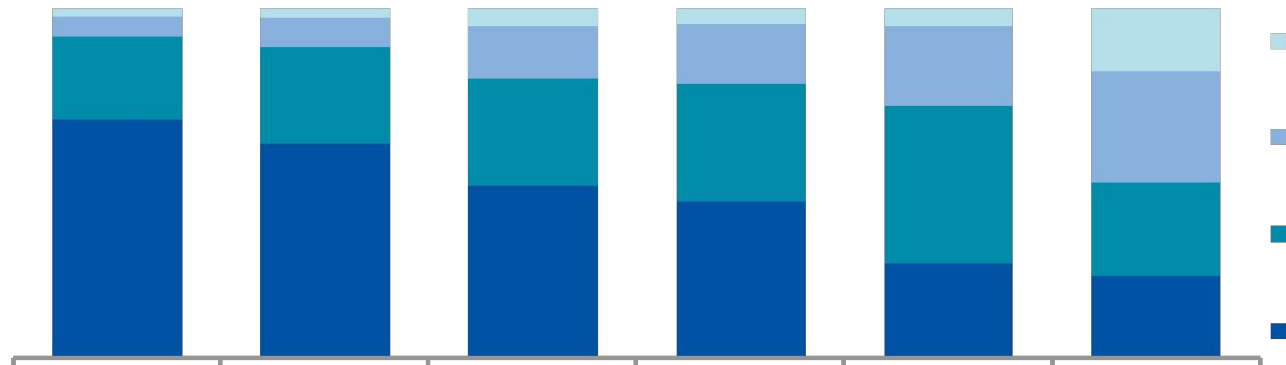
Perceived Risks of Tobacco, Alcohol, and Drug Use

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

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

At the aggregate level, there are demographic and use-related differences in which substances students think are more or less risky:

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

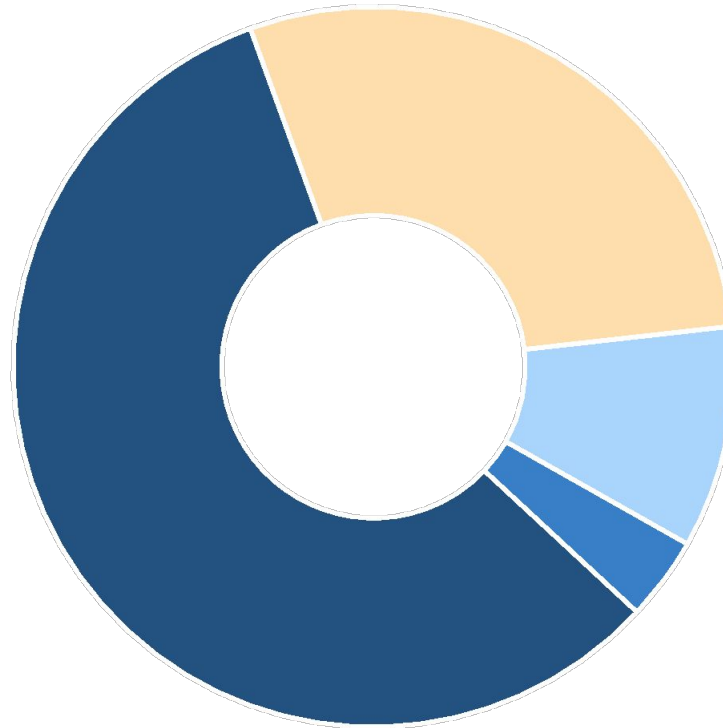


Perceived vs. Actual Prevalence of Vaping

Results for The Bromfield School, 2020

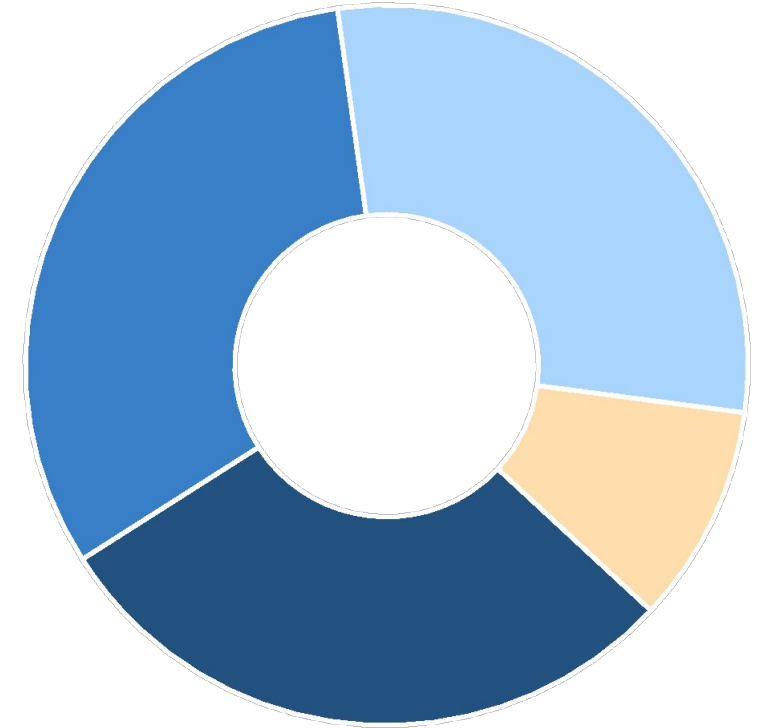
All (100%) of Bromfield School's 6th graders guessed that none of their peers vaped in the past 30 days, and the actual percentage for 6th graders is

0%



Actual Percentage
for 8th Graders in
2020:

4%



Actual Percentage
for High School
Students in 2020:

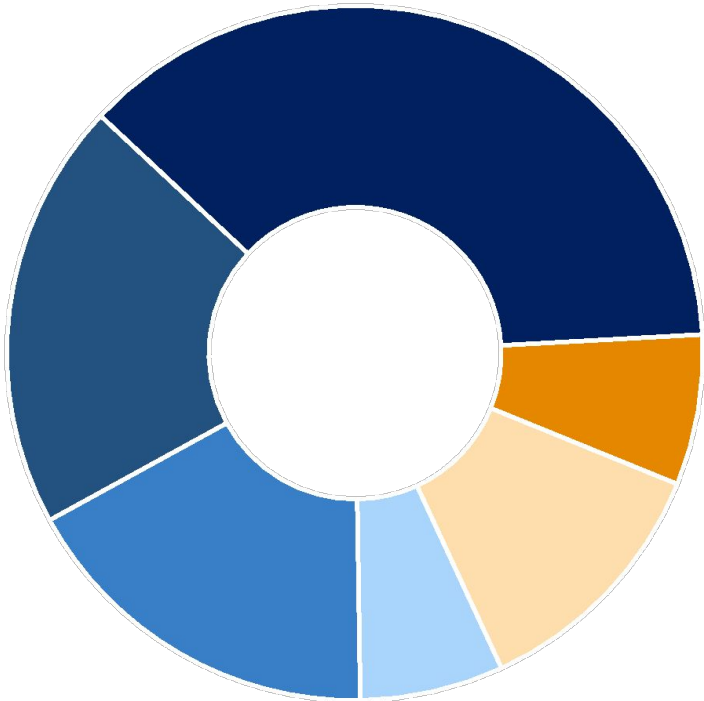
19%



Sexual Behaviors

In 2020, about 1 in 4 Bromfield School high school students reported having had sexual intercourse with at least one person in their lifetimes, a rate nearly the same as in 2018. The only large change in sexual behavior among the district’s high school students from 2018 to 2020 was in terms of oral sex, which declined to an historic low of 24% (lifetime). In terms of risks:

- Bromfield School students do not always wear condoms or use some form of pregnancy prevention when they have sex. The proportion of high school students who used a condom “always” or “most of the time” declined from 2018 to 2020.
- Bromfield School 8th graders are much less likely than high schoolers to have had sex, but those who do tend to engage in riskier behaviors. They are less likely than high schoolers to use condoms, for example, and are more likely to say “no method was used to prevent pregnancy” the last time they had sex.



Median Age of Onset for Sexual Intercourse:
16 years



* Depo-Provera (injectable birth control).

Snapshot 2018 to 2020: Sexual Behaviors, High School Students*

The Bromfield School vs. Aggregate

	8TH GRADE			HIGH SCHOOL		
	Bromfield School		2020	Bromfield School		2020
	2018	2020	Aggregate	2018	2020	Aggregate
Experiences with Sexual Intercourse:						
Has had sexual intercourse with at least one person, lifetime (Q179 and Q180)	3%	5%	4%	24%	22%	23%
Has had sexual intercourse with at least one person, past 3 months (Q181)	(not asked)	8%	4%	19%	15%	23%
Among students who have had intercourse, condom used "always" or "most of the time" (Q185)	80%	50%	44%	64%	57%	66%
Among students who have had intercourse, condom used "rarely" or "never" (Q185)	20%	33%	50%	23%	19%	23%
Most recent time had intercourse, no method was used to prevent pregnancy (Q186)	(not asked)	50%	23%	9%	8%	7%
Experiences with Oral Sex:						
Has had oral sex at least once, either giving or receiving, lifetime (Q188)	7%	9%	4%	31%	24%	26%
Has had oral sex at least once, past year (Q189)	(not asked)	6%	3%	28%	21%	24%
Substance Use and Sexual Activity:						
Alcohol/marijuana the last time had sexual intercourse (Q182)	(not asked)	0%	1%	6%	6%	5%
Unintended sexual activity after alcohol/marijuana/drugs, past year (Q183)	(not asked)	1%	1%	8%	0%	1%

Shift of 5 percentage points or more from 2018 to 2020

* Most questions about sexual behaviors were not asked of 6th graders. This year, about 1% of Bromfield School 6th graders did say they have had sexual intercourse with at least one person in their lifetimes.