



YOUTH RISK BEHAVIOR SURVEY SUMMARY OF FINDINGS FOR 2022:

THE BROMFIELD SCHOOL HARVARD PUBLIC SCHOOLS

Prepared For



Spring 2022

Youth Risk Behavior Survey (YRBS)

2022 Emerson YRBS Overview

Since 1997, Emerson Hospital and public school districts within Emerson Hospital's service area have collaborated to conduct the biannual **Emerson Youth Risk Behavior Survey (YRBS)**. The YRBS is a comprehensive survey of students in 6th grade, 8th grade, and 9th through 12th grade on topics ranging from mental health and resiliency to technology habits, stress, body image, social media, bullying, substance use and sexual activity.

The Bromfield School YRBS

The Bromfield School has participated in Emerson YRBS since 2002. This report presents findings for The Bromfield School's 6th graders, 8th graders, and high school students. The Bromfield School's students from these grades are also included in the aggregate for all districts for 2022.



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2022 Emerson YRBS Methodology

- Emerson YRBS strives to achieve a census of students in 6th grade, 8th grade, and high school. Ten public school districts participated in the 2022 survey, including 7,722 students in 6th grade, 8th grade and high school who completed an online survey in March, 2022.
- Questionnaires are age-appropriate and based on the Massachusetts YRBS and U.S. Centers for Disease Control and Prevention versions.
- Students participating in the Emerson YRBS are guaranteed confidentiality. Identifying information about students is not kept, and results are only reported in grouped form, with no way of identifying individuals.
- Of the 469 students enrolled in The Bromfield School on March, 2022, 94% responded to the survey. The remaining students were either absent on the days the surveys were conducted, their parents/guardians opted for them not to participate, they submitted a blank survey (indicating refusal to participate), or the survey was not administered due to some technical challenges.

Students Participating in 2022 Emerson YRBS

	Total Surveyed	6th Grade	8th Grade	High School
2022 TOTAL:	7,722	1,498	1,527	4,684
Acton-Boxborough Regional School District	1,848	384	322	1,139
Ayer Shirley Regional School District	421	95	123	202
Bedford Public Schools	1,115	180	191	744
Concord-Carlisle High School/Concord Public Schools	993	174	171	644
Carlisle Middle School/Carlisle Public Schools	128	53	75	0
Groton-Dunstable Regional School District	657	117	142	398
The Bromfield School (Harvard Public Schools)	442	74	82	285
Littleton High School/Littleton Public Schools	586	126	125	334
Maynard Public Schools	430	85	80	265
Nashoba Regional School District	1,102	210	216	673



* 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 2022 and Previous Results for Emerson YRBS

Historical Comparisons

- In this report, we compare 2018, 2020, and 2022 results for 6th graders, 8th graders, and high school students. We also include an aggregate for all districts combined for 2022, and The Bromfield School's students are represented in the aggregate.

Census vs. Sample: What is the YRBS?

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

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

- Substantial differences (5% or more) will be highlighted in red

Companion Document

Along with this report, Emerson Hospital has received **data tables** in Excel format that include:

- Comparable totals for 2018, 2020, and 2022
- Breakdowns by grade for 2018, 2020, and 2022
- Breakdowns for 2022 by selected student characteristics (gender, sexual orientation, race/ethnicity)

Questions

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



Previous Participation by School Districts

	2018	2020 (pre-COVID)	2021	2022
Acton-Boxborough	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ayer-Shirley	<input type="checkbox"/>	-	-	<input type="checkbox"/>
Carlisle Middle School	-	<input type="checkbox"/>	-	<input type="checkbox"/>
Concord-Carlisle	<input type="checkbox"/>	<input type="checkbox"/>	-	<input type="checkbox"/>
Groton-Dunstable	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Harvard Bromfield	<input type="checkbox"/>	<input type="checkbox"/>	-	<input type="checkbox"/>
Littleton	<input type="checkbox"/>	<input type="checkbox"/>	-	<input type="checkbox"/>
Maynard	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nashoba	<input type="checkbox"/>	<input type="checkbox"/>	-	<input type="checkbox"/>
Bedford	-		-	<input type="checkbox"/>

Question numbers are included at the bottom of the slides throughout this report, to show the number, text, and years the question was asked of students.

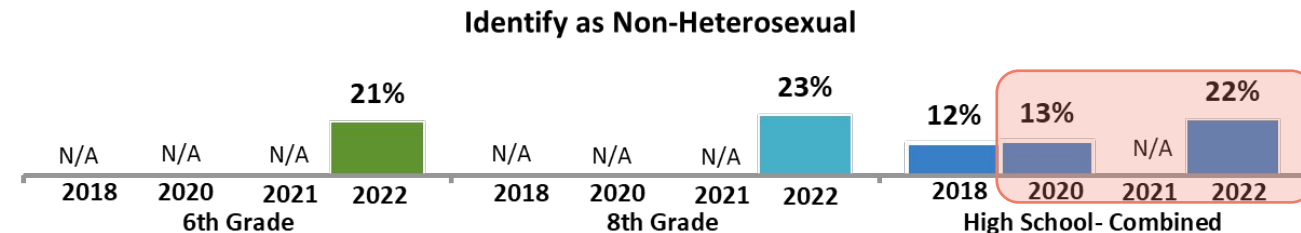
Question #	Question Text	Years Question Was Asked			
<div> <div></div> <div>Q44</div> </div>	<div> <div></div> <div>During the past 12 months have YOU repeatedly threatened humiliated or harassed (bullied) someone in school?</div> </div>	2018	2020		2022



Student Demographic Profile

2022	6 TH Grade	8 th Grade	High School
Gender (Q3)*			
Female	38%	49%	49%
Male	54%	43%	46%
Non-binary	8%	9%	5%
Transgender (Q4)**			
Yes	8%	5%	2%
No	84%	89%	96%
Not sure	8%	6%	2%
Sexual Orientation (Q5)			
Straight (heterosexual)	56%	68%	73%
Gay or lesbian (homosexual)	4%	4%	6%
Bisexual	7%	9%	12%
Another orientation (asexual, pansexual etc.)	10%	11%	4%
Not sure	23%	9%	5%
Identify as Hispanic/Latinx**			
Yes	1%	5%	9%
No	99%	95%	91%
Race/Ethnicity- Select as many as apply (Q16)*			
American Indian or Alaska Native	3%	4%	1%
Southeast Asian American	3%	2%	2%
Middle Eastern American	4%	2%	1%
Asian American	8%	16%	17%
Black or African American	3%	2%	4%
Native Hawaiian or other Pacific Islander	0%	1%	1%
White	71%	82%	85%
Don't Know	19%	5%	1%

□ The proportion of the Bromfield School's high school students who identify as non-heterosexual has increased substantially since 2020.



Overall Summary of Findings

As 2022 marks a return to the classroom after the pandemic, it also marks a return and increase of some risk behaviors and attitudes.

- This year posed unique challenges for students compared to previous years, as many were returning to classroom settings since the pandemic.
- As students readjust to interacting with their peers more frequently, they are also exhibiting increases in risk behaviors compared to previous years.
- 8th graders and high schoolers, in particular, exhibited many increases in risk behaviors compared to previous years.



Substantial increases among The Bromfield School's 6th graders

- Sexual harassment: 7%*
- Stress from academic workload: 8%*
- Viewing pornography: 7%*



Substantial increases among The Bromfield School's 8th graders

- Not having a trusted adult at school: 7%*
- Sexual harassment: 7%*
- Stress at home: 13%*
- Depression: 5%*
- Self-harm: 26%*
- Suicide consideration: 6%*
- Identifying as overweight: 9%*
- Getting low levels of sleep: 7%*



Substantial increases among The Bromfield School's high schoolers

- Sexual harassment: 16%*
- Stress from academic workload: 10%*
- Stress at home: 14%*
- Depression: 11%*
- Self-harm: 9%*
- Spending 6+ hours on screen time: 5%*
- Viewing pornography: 5%*



However, this year also saw some substantial decreases in risky attitudes and behaviors.

- Compared to previous years, a greater proportion of students indicate less substance use, getting better sleep, and healthier weight.
 - Those in high school, especially, show some shifts toward healthier behaviors.



Substantial decreases among The Bromfield School's 6th graders

- Identifying as overweight: 6%*
- Getting low levels of sleep: 10%*

Substantial decreases among The Bromfield School's 8th graders

- Marijuana usage: 5%*
- Risky situations from online behavior: 11%*

Substantial decreases among The Bromfield School's high schoolers

- E-cigarette use or vaping: 7%*
- Marijuana usage: 5%*
- Binge drinking: 5%*
- Identifying as overweight: 6%*
- Getting low levels of sleep: 6%*



Although many risk behaviors and attitudes increase with age, 6th and 8th graders showed many areas of vulnerability.

- As can be expected, there are stark differences in risky behavior based on grade, with younger and older students dealing with different problems and finding different ways to cope.
- For many of these risk behaviors, rate of incidence undergoes a sizable increase around 9th grade, indicating that as students physically mature, they open themselves up to several more potentially harmful behaviors and stressors.
- The Bromfield School shows a particularly high rate of incidence for alcohol consumption among students in higher grade levels.

- Compared to students in higher grade levels, The Bromford School's middle schoolers are more likely to deal with:

- Being bullied
 - This is especially high in the 8th grade.
- Self-harm
 - This is especially high in the 8th grade.

- However, these students also report having more protection against certain risks including:

- More sleep at night
- More parental involvement in social media use



- As students reach higher grade levels, they are much more likely to engage in several risky behaviors, including:

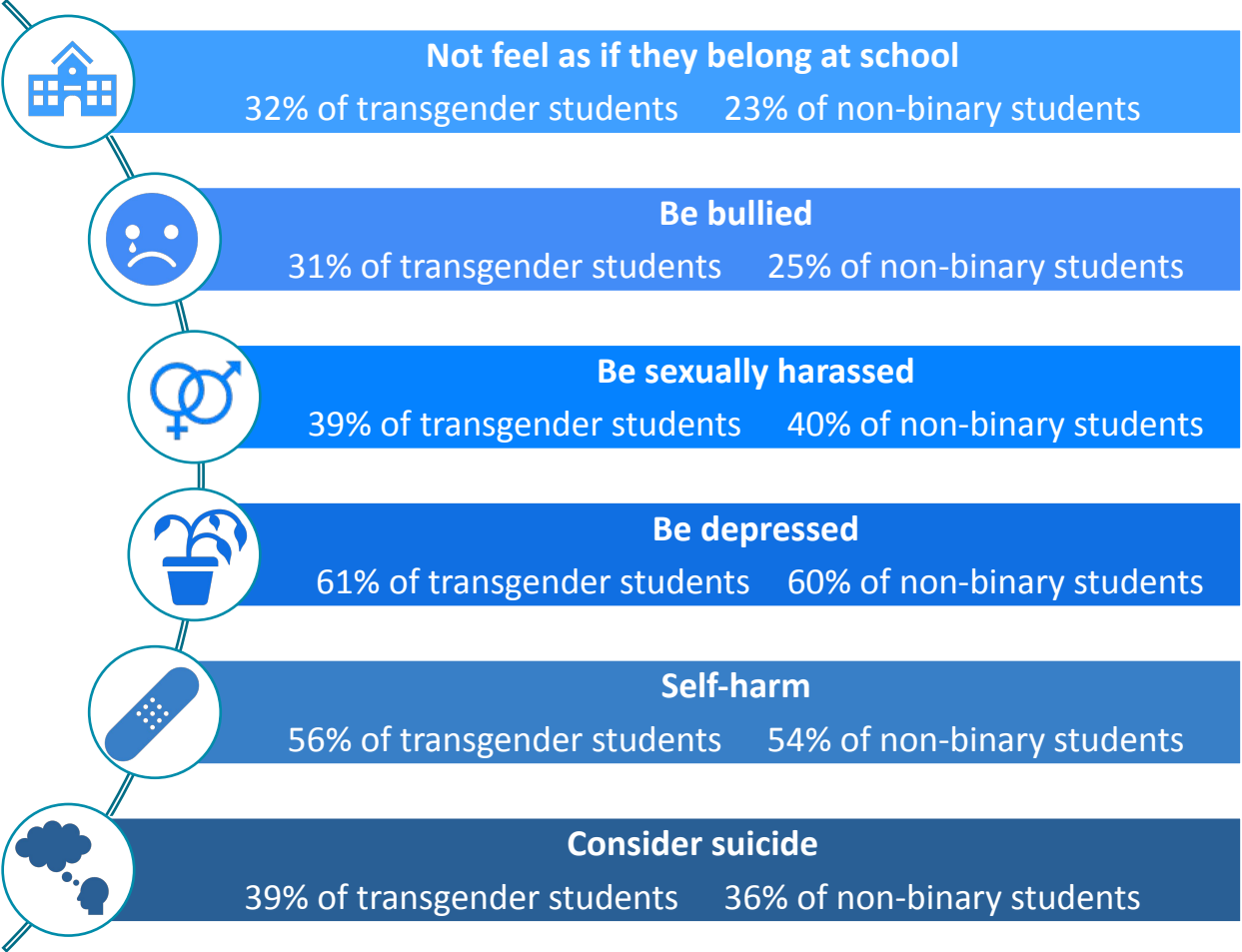
- Alcohol, e-cigarette, and marijuana use
- Sexual intercourse
- Sexual harassment
- Pornography

- Additionally, these students indicate being under more stress from their academic workload and the pandemic.



On the aggregate level, students who identify as transgender or non-binary are especially vulnerable.

Among other risk-factors, those with a non-traditional gender identity are at an increased likelihood to:

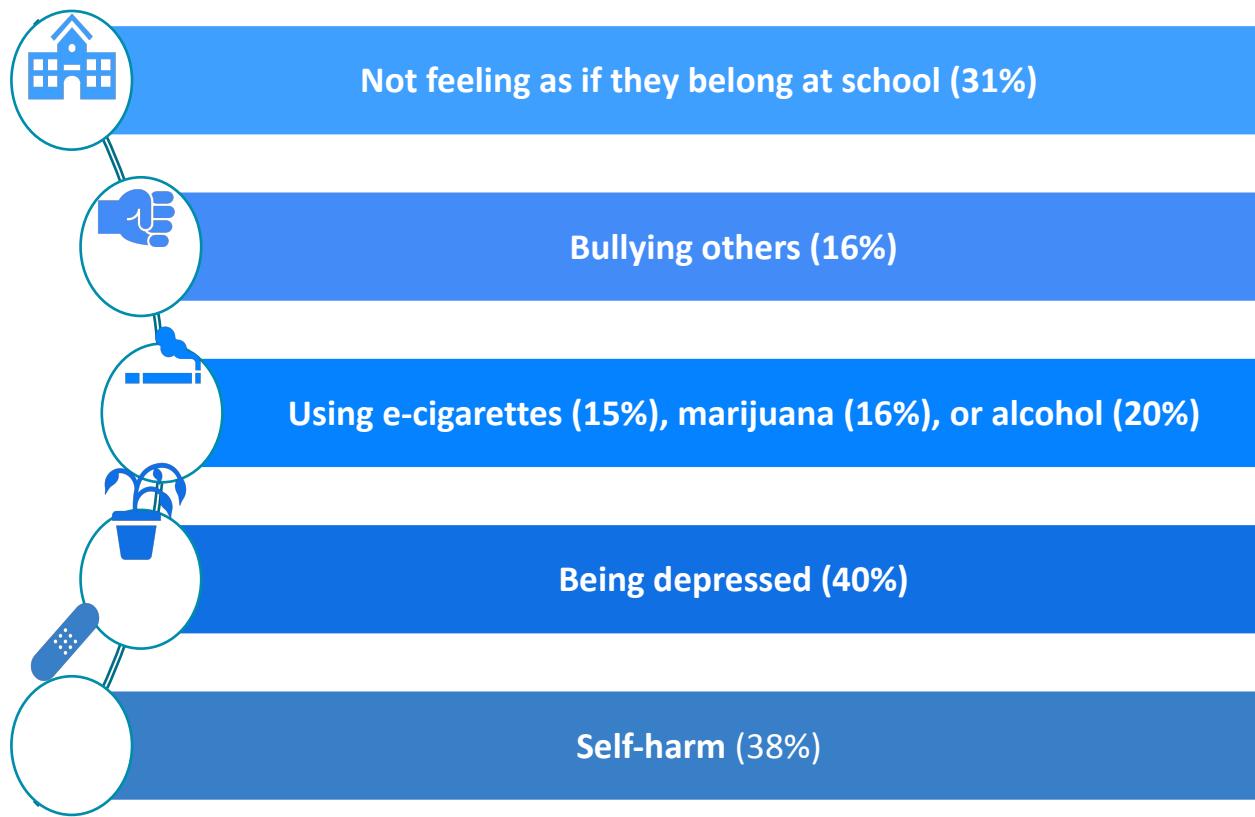


- ▣ Students who identify as transgender or non-binary show a disproportionate rate of incidence for several risk behaviors.
- ▣ Notably, over half of these students indicate recently feeling depressed or engaging in self-harm.
- ▣ Most concerning, over a third of students who identify as transgender or non-binary also indicate considering suicide at some point in the last 12 months.
- ▣ These students are more than 2x as likely to not know where to go or who to talk to if they had a serious problem, indicating that many suffer in silence.



Certain racial and ethnic groups also have an increased incidence of several risk behaviors.

□ Although they only make up 1% of the population, students who identify as Native Hawaiian or Pacific Islander display an increased likelihood of substance use and other risks, such as:



Other racial and ethnic identities that show a particularly high prevalence of risk behaviors include:

- American Indian or Alaska Native
- Black or African American
- Southeast Asian Americans

□ Likewise, many of these groups also display a high prevalence of not having trusted adults to speak to when they have a problem.

- As such, special effort should be taken to make sure minority students feel as if they belong at school and have individuals they can trust there.



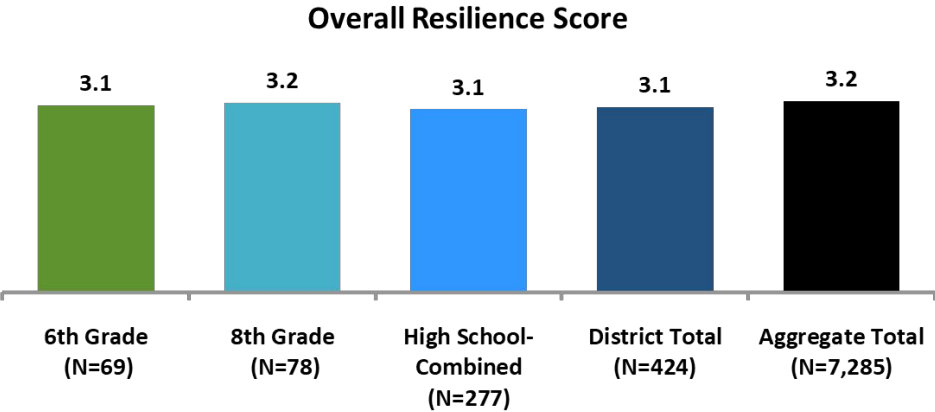
Resilience, Trust, and Belonging

Segmentation: Resilience

New to this year, students completed the 6-item Brief Resilience Questionnaire (Smith et al., 2008). Students indicated the extent to which they agreed with the following statements on a scale ranging from 1 (Strongly disagree) to 5 (Strongly agree):

1.	I tend to bounce back quickly after hard times.
2.	I have a hard time making it through stressful events.*
3.	It does not take me long to recover from a stressful event.
4.	It is hard for me to snap back when something wrong happens.*
5.	I usually come through difficult times with little trouble.
6.	I tend to take a long time to get over setbacks in my life.*

Resilience scores for The Bromfield School appear stable across grade levels.



Segmentation analysis of the aggregate revealed 3 distinct segments in the student population when it comes to resilience:

High Resilience

- Had an average resilience score of 4.0.
- 28% of student population.

Moderate Resilience

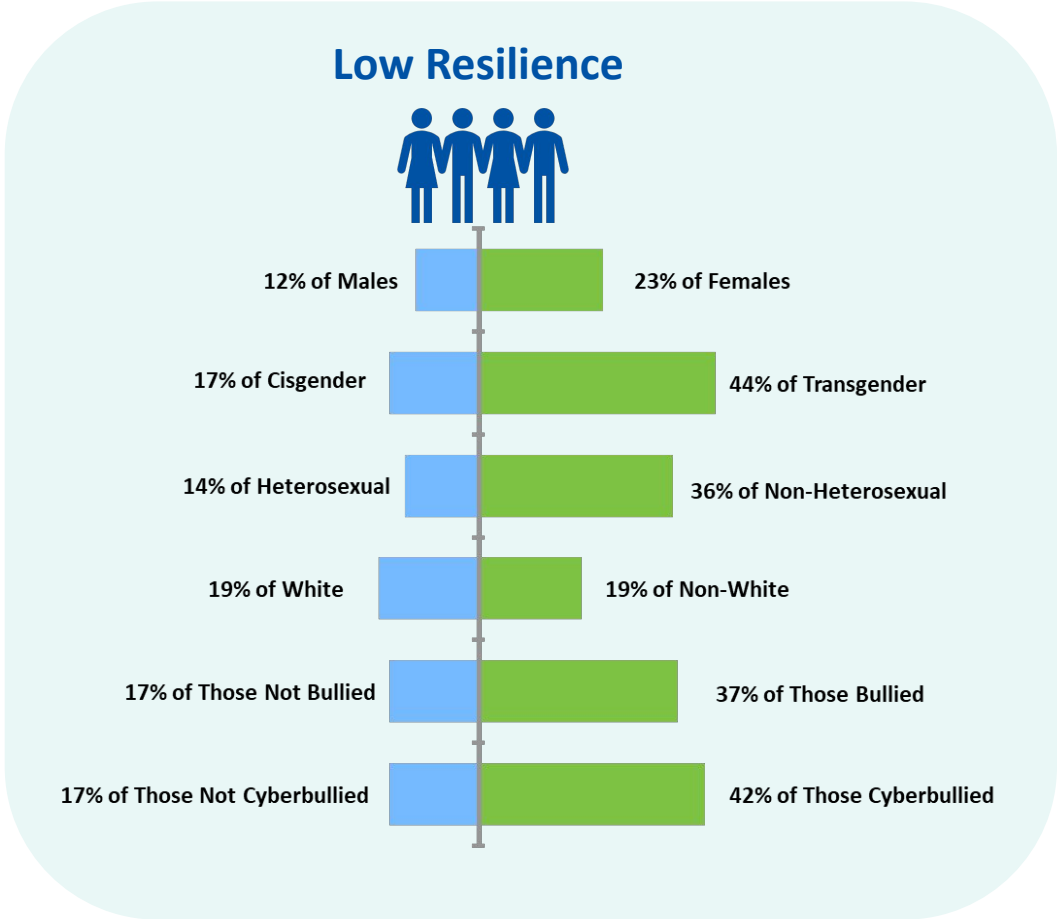
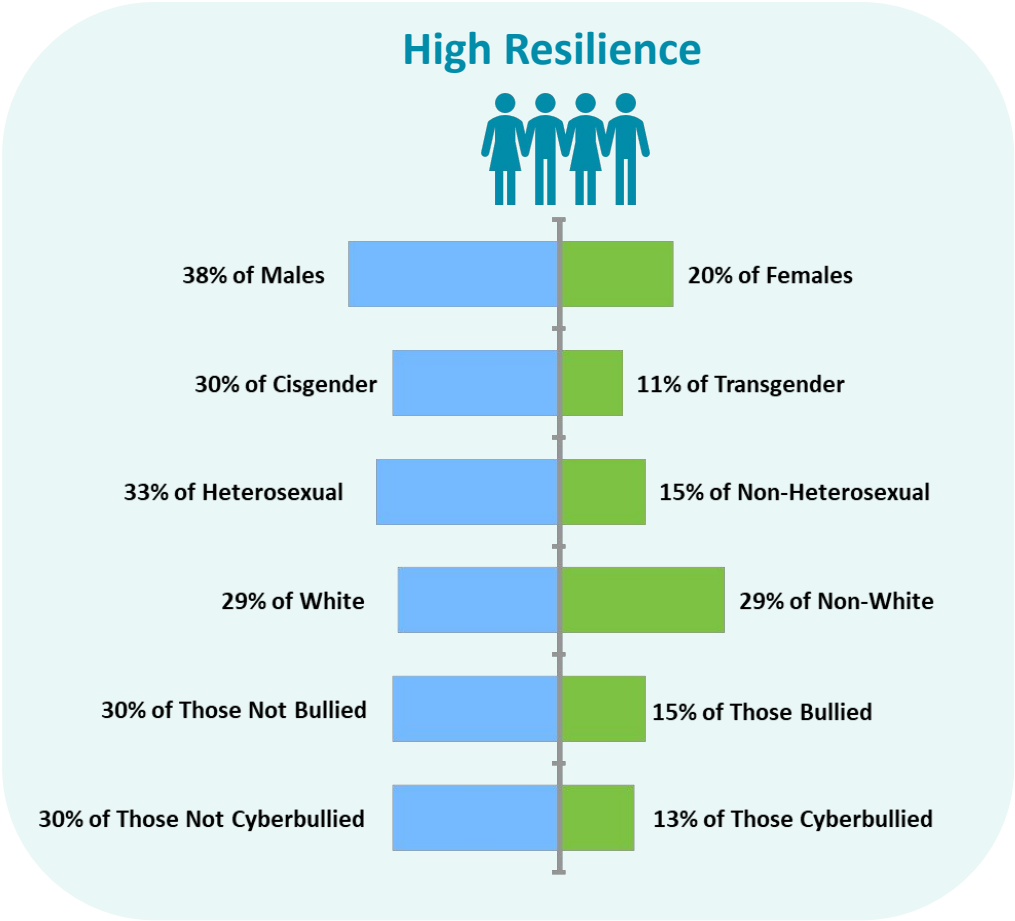
- Had an average resilience score of 3.1.
- 53% of student population.

Low Resilience

- Had an average resilience score of 2.1.
- 19% of student population.

A segmentation of the aggregate reveals a strong gender and sexuality gap in resiliency.

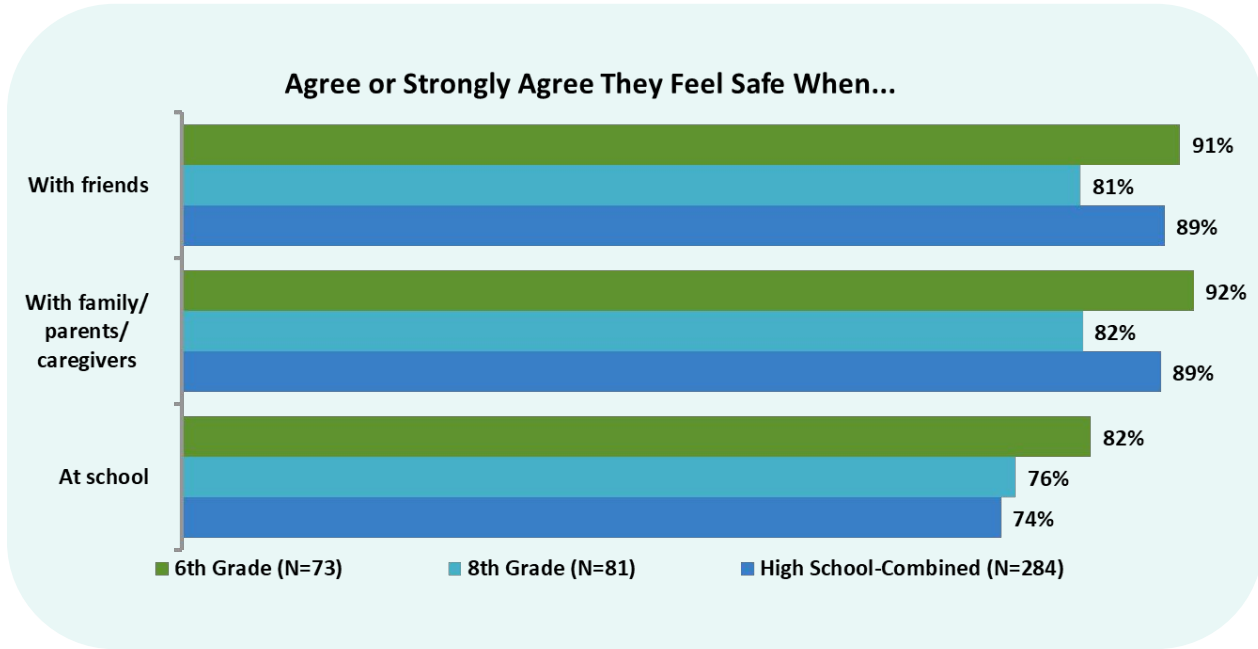
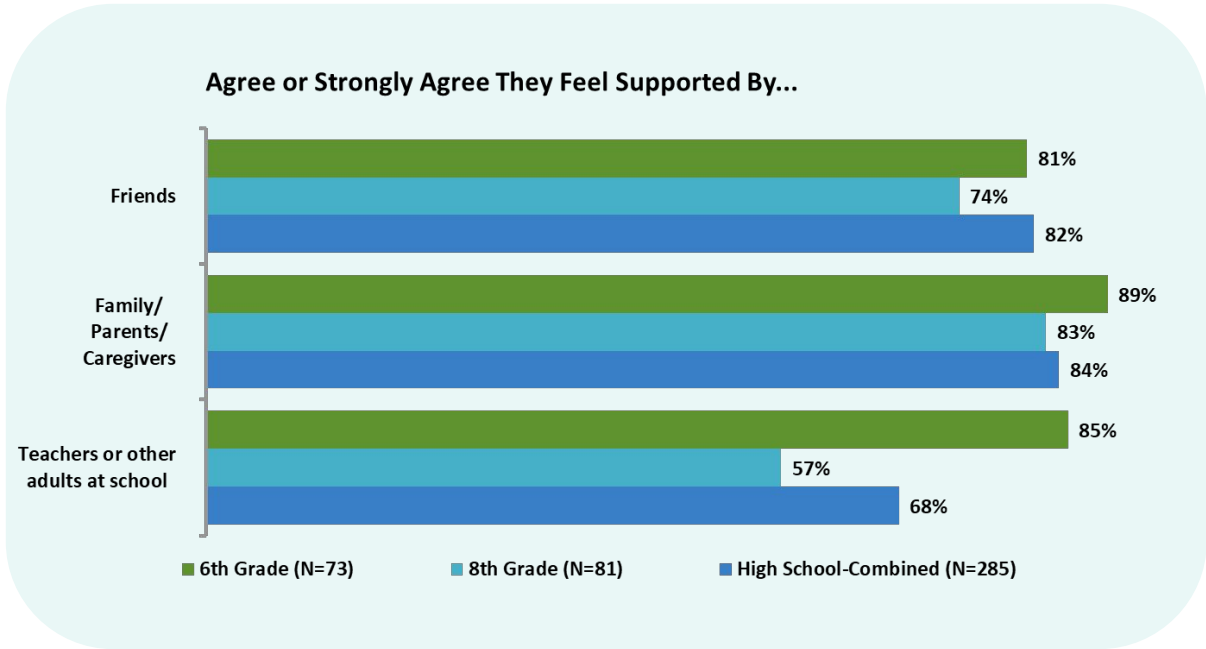
- Those who identify as female, non-heterosexual and/or to have experienced bullying are more likely to be low in resilience.
- Males are nearly 2x more likely to be high in resilience than females.
- Students high in resilience are especially likely to identify as heterosexual and to have NOT experienced bullying.



Sources of Support and Safety

- While being with family is the largest source of support for students, 6th graders largely indicate that they feel supported with friends, family, and teachers.
- School is the place that is least endorsed by all students as a place of support and is especially low among those in the 8th grade.

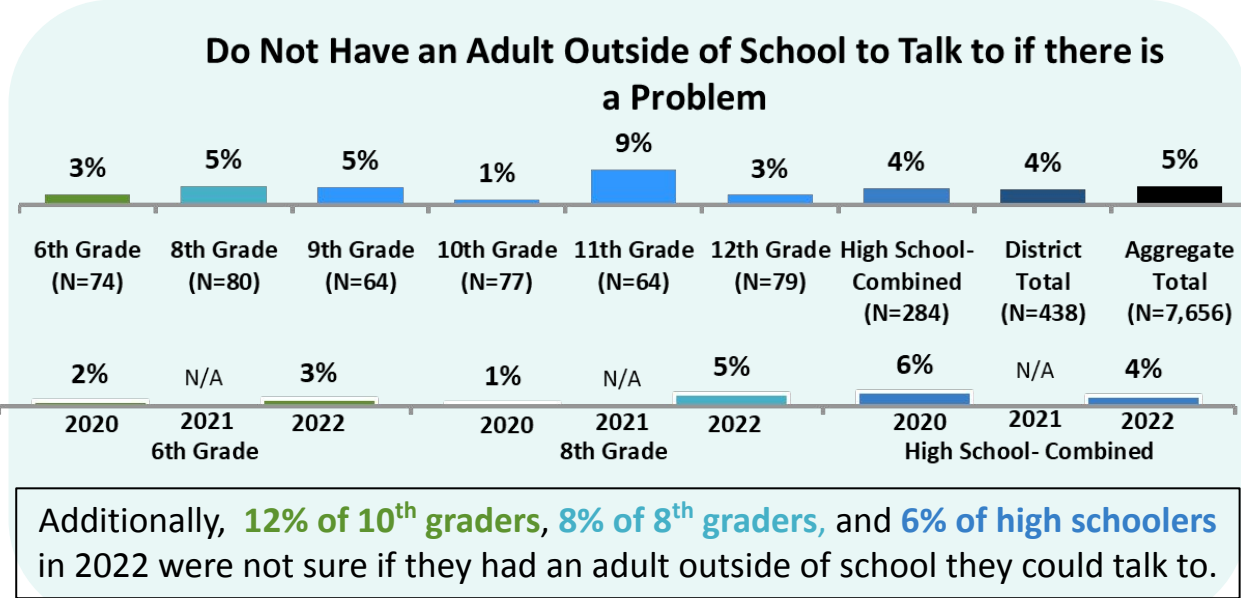
- As a whole, nearly equal proportions of students indicate feeling safe with friends or with family.
- While smaller proportions of all grade-levels indicate feeling safe at school, this gap is especially strong for high school students.



Q28, Q29, Q30	I feel Supported by ...my friends, ...my family/parents/caregivers, ...my teachers and other adults at school.				2022
Q32, Q33, Q34	I feel safe when I am ...with friends, ...with my family/parents/caregivers,... at school.				2022

Trusted Adults Outside of School

- Overall, 88% of The Bromfield School’s students feel they have an adult outside of school that they can talk to if experiencing a problem.
- While the proportion of those who do not feel they have a trusted adult is low, it affects nearly a tenth (9%) of those in the 11th grade. Those without a trusted adult outside of school are at a higher risk for several negative outcomes.
- Additionally, a third (33%) of The Bromfield School’s students who do not have an adult outside of school also report not having an adult at school to talk to.



Aggregate Demographics and Behaviors Associated with Not Having a Trusted Adult Outside of School (5% of the population)

- Demographics**
- 11% of those who identify as non-binary
 - 17% of those who identify as transgender
 - 12% of those who identify as Southeast Asian American
 - 12% of those who identify as American Indian or Alaska Native
 - 13% of those who identify as Native Hawaiian or Pacific Islander

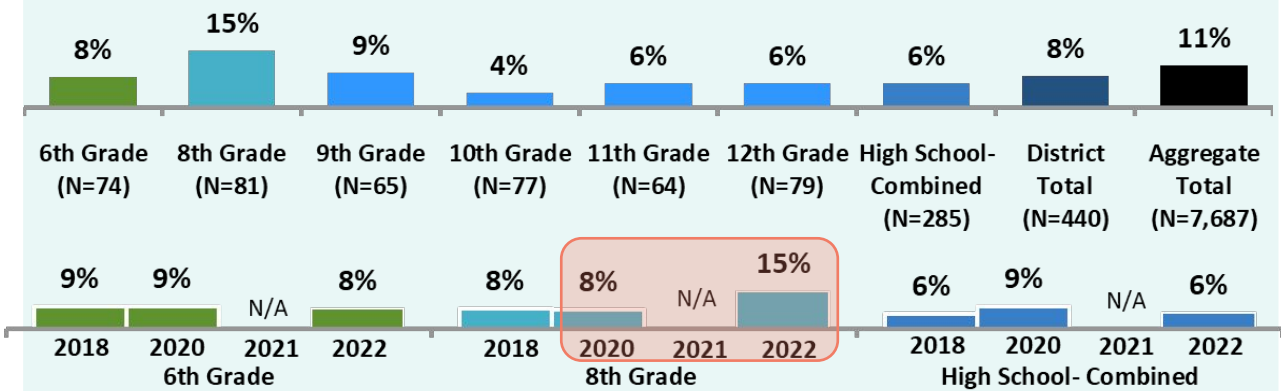
- Those who don’t have an adult outside of school are also likely to:**
- Not have a trusted adult or teacher at school (55%)
 - Have been bullied (26%) or cyberbullied (21%)
 - Be sexually harassed (35%)
 - Bully (10%) or cyberbully others (9%)
 - Feel depressed (59%), self-harm (45%), or consider suicide (36%)
 - Use e-cigarettes (12%)
 - Have sexual intercourse (15%)
 - View pornography (39%)
 - Send or receive sexual messages (29%)
 - Engage in unhealthy dieting (24%)
 - Be in the “low resilience” segment (38%)



Trusted Adults at School

- Overall, 77% of The Bromfield School’s students feel they have a teacher or adult at school they can talk to if they are experiencing a problem.
- Those in the 8th grade have the highest proportion of students who feel they do not have a trusted adult at school and this proportion has risen among 8th graders compared to 2020.
- 26% of The Bromfield School’s students who do not have a trusted adult at school also report not having a trusted adult outside of school.

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



Additionally, 18% of 6th graders, 20% of 8th graders, and 13% of high schoolers in 2022 were **not sure** if they had a teacher or adult at school to talk to.

Aggregate Demographics and Behaviors Associated with not Having a Trusted Teacher or Adult at School (11% of the population)

Demographics

- 18% of those who identify as transgender
- 21% of those who identify as Southeast Asian American
- 19% of those who identify as American Indian or Alaska native
- 19% of those who identify as Native Hawaiian or Pacific Islander

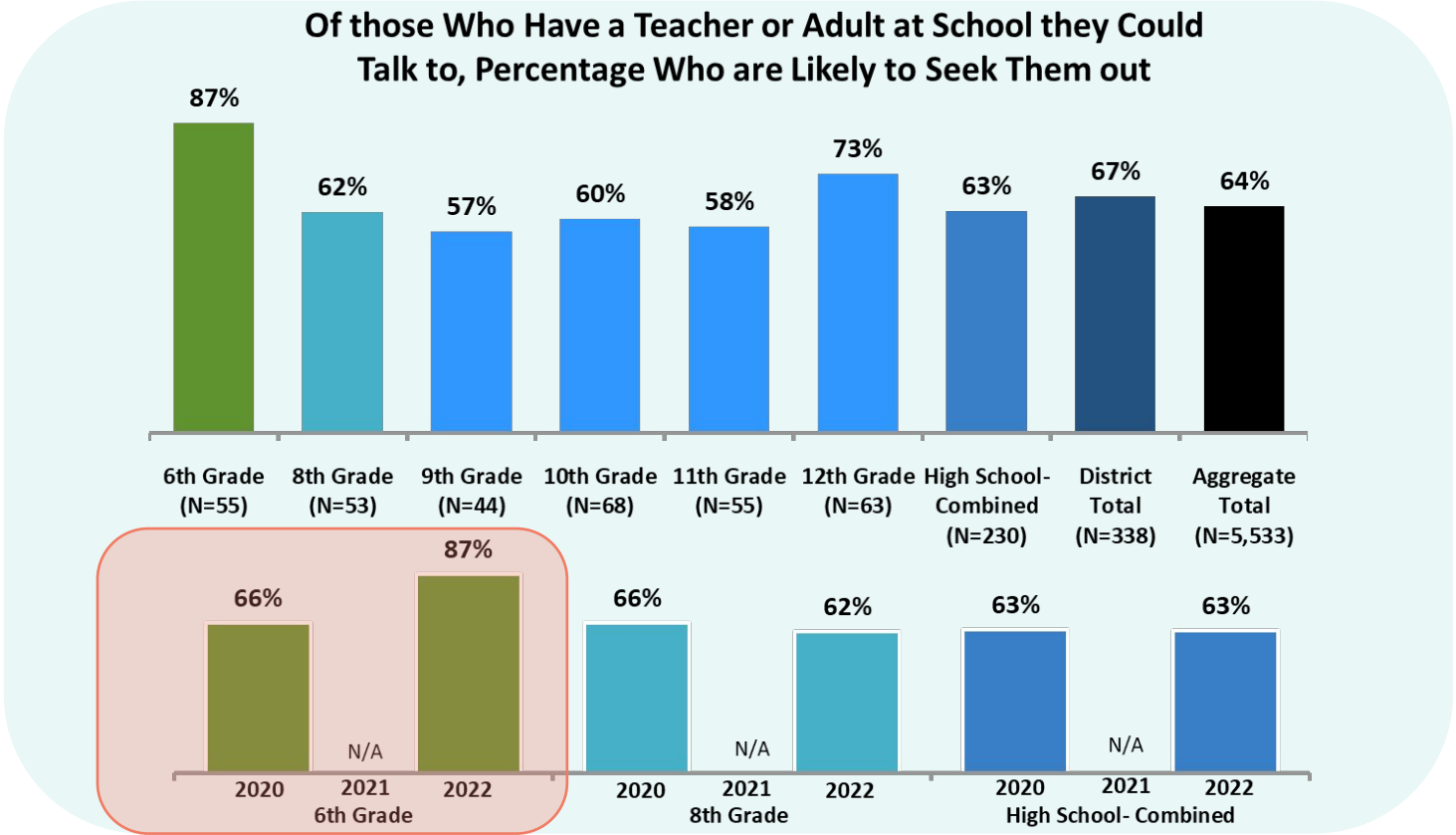
Those who don’t have a teacher or adult at school are also more likely to:

- Not have a trusted adult outside of school (24%)
- Have been bullied (18%) or cyberbullied (17%)
- Feel depressed (40%), self-harm (32%), consider suicide (23%)
- Be sexually harassed (25%)
- View pornography (35%)
- Send or receive sexual messages (18%)
- Be in the “low resilience” segment (26%)



Seeking Out Adults at School

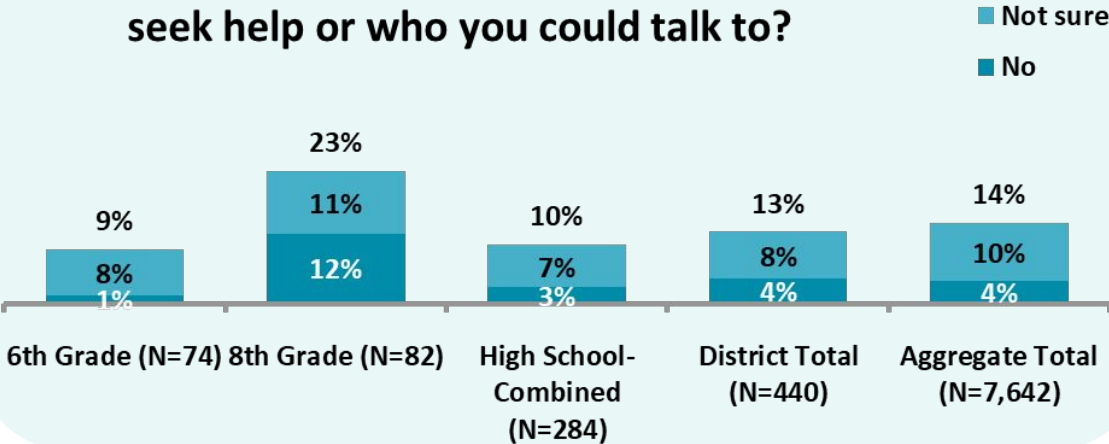
- However, having an adult at school doesn't mean students will utilize this resource.
 - 2 in 3 (67%) of The Bromfield School's students who *have* a trusted adult at school say they are likely to seek them out.
 - Those in the 6th grade have the highest proportion of students who would seek out a teacher or adult at school, and the proportion of 6th graders has risen substantially compared to 2020.



Resources for Help

- Overall, 88% of The Bromfield School students feel they know where to seek help or have someone they could talk to if they had a serious issue.
- While only 4% report not having a place to go, an additional 8% of students report not knowing if they have a place.
- 8th graders, in particular show a high proportion of not knowing where to go, with nearly a quarter (23%) not having a resource or not being sure if they do.
- Aggregate analyses show those with a non-traditional gender identity or who identify as Black or African American have a slightly greater rate of not having any resources to go to for help.
- Depression, self-harm, and suicide consideration are disproportionately high among this group.

If you were having a serious problem and needed help do you know where you could seek help or who you could talk to?



Aggregate Demographics and Behaviors associated with not knowing where to go if having a serious problem (4% of the population)

Demographics

- 9% of those who identify as non-binary
- 11% of those who identify as transgender
- 10% of those who identify as Black or African American
- 9% of those who identify as Southeast Asian American
- 9% of those who identify as American Indian or Alaska Native

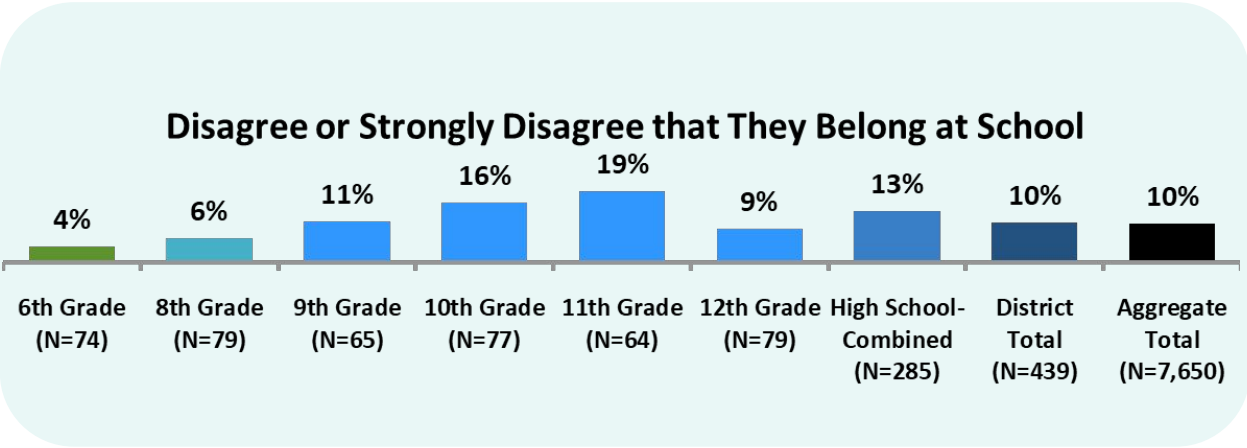
Those who don't have a place or person to seek help from are also more likely to:

- Not have a trusted adult at school (51%)
- Not have a trusted adult outside of school (37%)
- Have been bullied (26%) or cyberbullied (26%)
- Bully (9%) or cyberbully others (9%)
- Feel depressed (58%), self-harm (44%), consider suicide (36%)
- Use e-cigarette products (11%) or marijuana (13%)
- View pornography (35%)
- Send or receive sexual messages (21%)
- Be in the "low resilience" segment (38%)



Sense of Belonging at School

- Overall, 60% of the Bromfield School’s students agree or strongly agree that they belong in school, with 30% feeling neutral about if they belong.
- Not feeling as if one belongs increases with each grade level until peaking in the 11th grade.
- Aggregate analyses show a high percentage of students who identify as transgender or Native Hawaiian/Pacific Islander feel as if they don’t belong at school.
- While feeling as if one does not belong at school is associated with many risk behaviors, depression, self-harm, and suicide consideration are especially high for these students.



Aggregate Demographics and Behaviors associated with not feeling as if one belongs at school (10% of the population)

- Demographics
- 23% of those who identify as non-binary
 - 32% of those who identify as transgender
 - 20% of those who identify as non-heterosexual
 - 31% of those who identify as Native Hawaiian or Pacific Islander
 - 25% of those who identify as Southeast Asian American

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

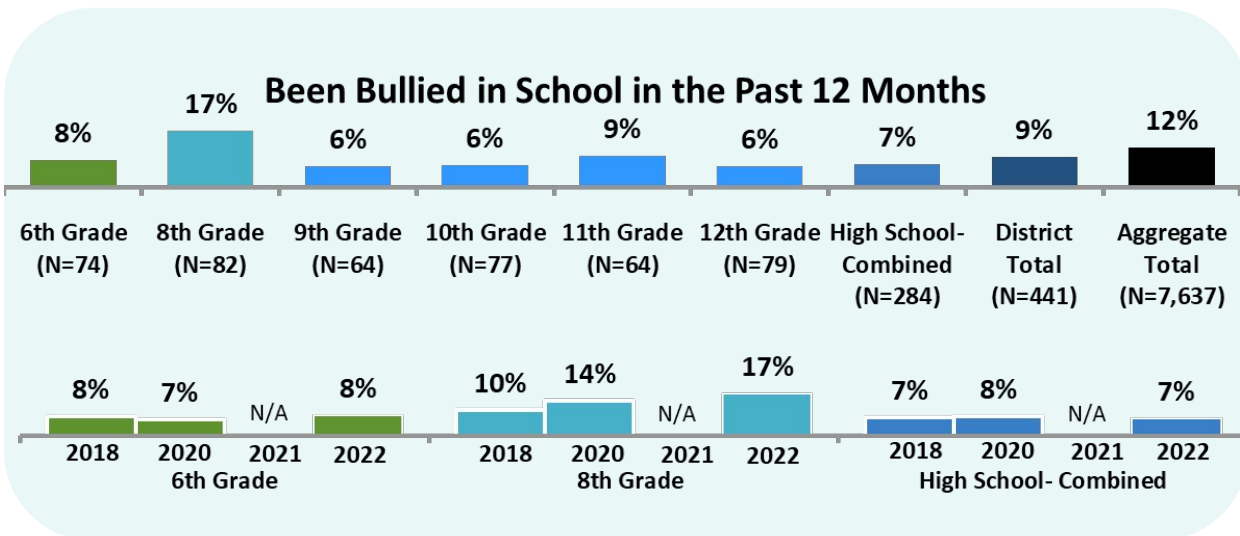
- Have been bullied (36%) or cyberbullied (27%)
- Bully (10%) or cyberbully others (7%)
- Feel depressed (58%), self-harm (45%), consider suicide (36%)
- Drink alcohol (19%)
- Use marijuana (17%)
- Have sexual intercourse (19%)
- View pornography (38%)
- Send or receive sexual messages (26%)



Bullying, Cyberbullying, and Sexual Harassment

Being Bullied

- Those in the 8th grade report the highest levels of bullying.
- 50% of The Bromfield School's students who report being bullied also report being cyberbullied.
- Rates of bullying appear stable compared to previous years.
- Aggregate findings show that students who identify as non-binary, non-heterosexual, or transgender are at a particularly high risk of being bullied.
- Students being bullied are at a higher risk of feeling depressed, self-harming, and considering suicide, among other risk factors.



Aggregate Demographics and Behaviors associated with being bullied (12% of the population)

Demographics

- 25% of those who identify as non-binary
- 31% of those who identify as transgender
- 18% of those who identify as non-heterosexual
- 24% of those who identify as American Indian or Alaska Native

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

- Be cyberbullied (45%)
- Bully (21%) or cyberbully others (12%)
- Be sexually harassed (44%)
- Feel depressed (54%), self-harm (42%), consider suicide (32%)
- Drink alcohol (18%)
- Use e-cigarettes (13%) or marijuana (13%)
- Have sexual intercourse (18%)
- View pornography (35%)
- Send or receive sexual messages (27%)



Q43

During the past 12 months have you been repeatedly threatened humiliated or experienced hostile behaviors (bullied) from others in school?

2018

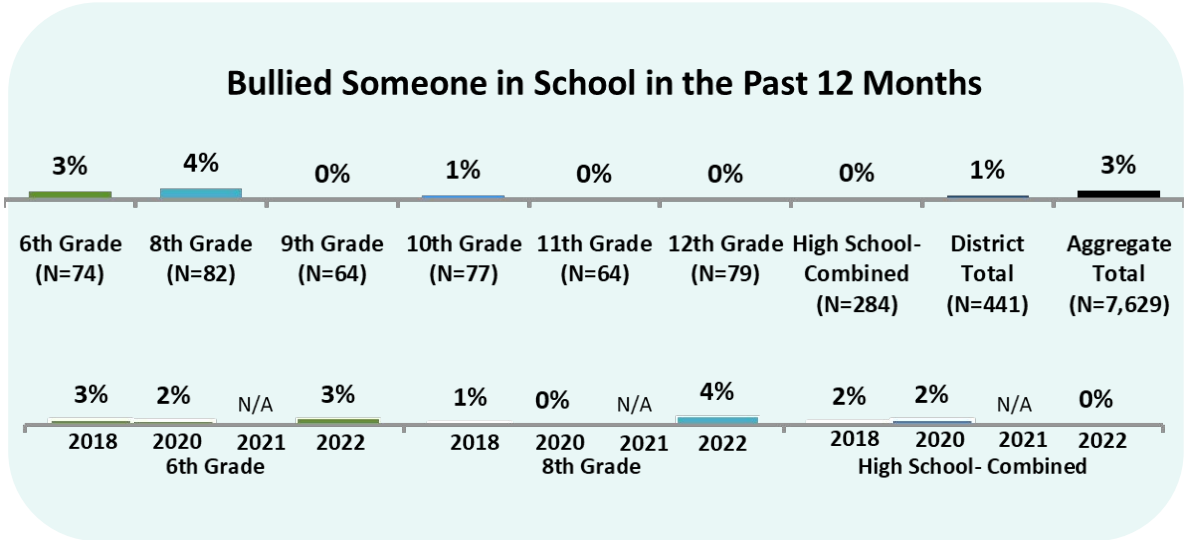
2020

2022

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Bullying Others at school

- The proportion of The Bromfield School’s students who report bullying others is low and stable across both grade levels and time.
- 83% of The Bromfield School’s students who report bullying others also report being bullied, indicating that bullying and being bullied are often linked.
- 50% of The Bromfield School’s students who bully others, also report cyberbullying others.
- Analyses of the aggregate show that Native Hawaiian and Pacific Islander students show a much higher rate of bullying than other identities.
- Students who bully others are also much more likely to engage in several risk behaviors, including depression, self-harm, suicide consideration, sexual harassment, and sexual messaging.



Aggregate Demographics and Behaviors associated with bullying others (3% of the population)

Demographics

- 7% of those who identify as non-binary
- 9% of those who identify as transgender
- 16% of those who identify as Native Hawaiian or Pacific Islander
- 13% of those who identify as American Indian or Alaska Native

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

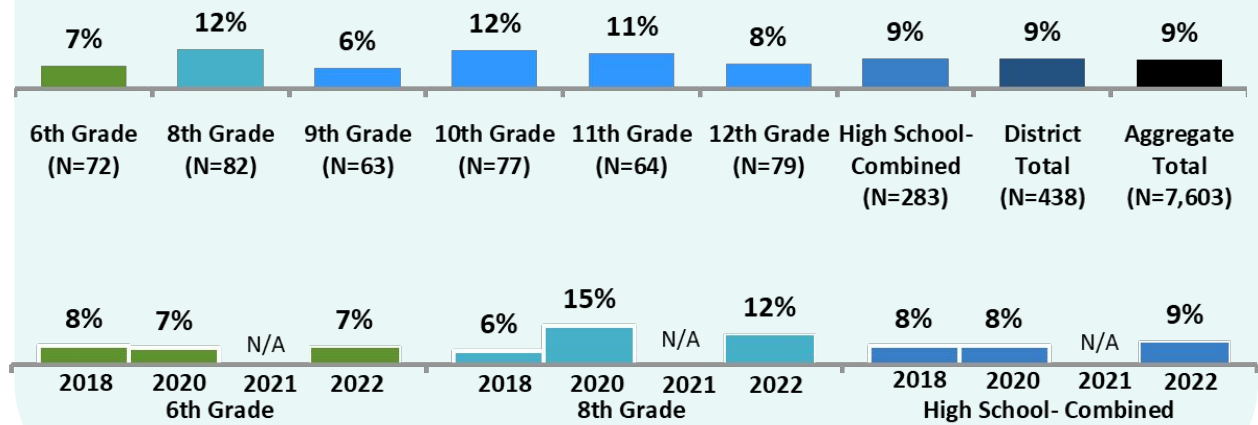
- Have been bullied (74%) or cyberbullied (50%)
- Cyberbully others (41%)
- Be sexually harassed (50%)
- Feel depressed (55%), self-harm (42%), consider suicide (32%)
- Drink alcohol (33%)
- Use e-cigarettes (25%) or marijuana (28%)
- Have sexual intercourse (30%)
- View pornography (55%)
- Send or receive sexual messages (44%)



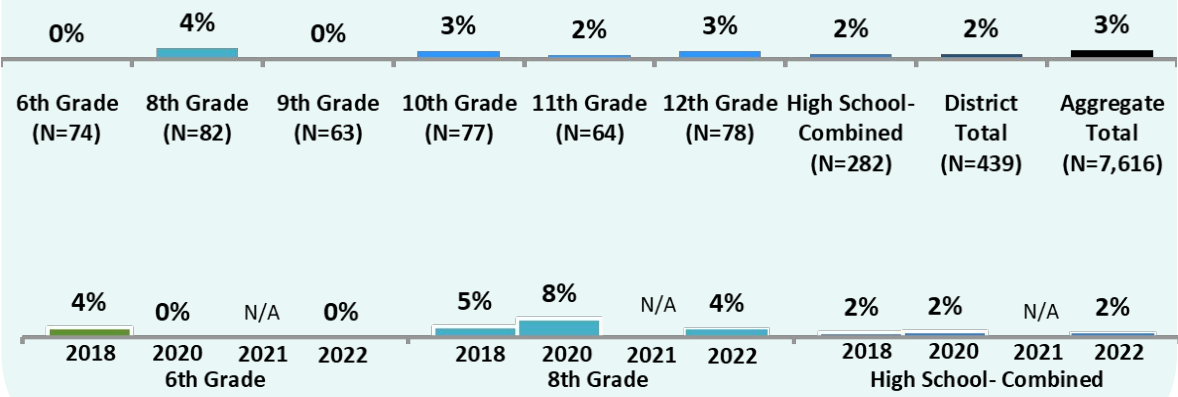
Cyberbullying

- ❑ Rates of being cyberbullied are low and fairly stable across grade level and time.
- ❑ Half (49%) of The Bromfield School’s students who report being cyberbullied also indicate that they are bullied at school.
- ❑ Very few students report cyberbullying others and this proportion does not change much across grade level or time.
- ❑ Nearly 2 in 5 (38%) of those who cyberbully others also reported bullying others at school.
- ❑ 63% of The Bromfield School’s students who cyberbully also have social media accounts their parents don’t know about.

Been Bullied Electronically in the Past 12 Months



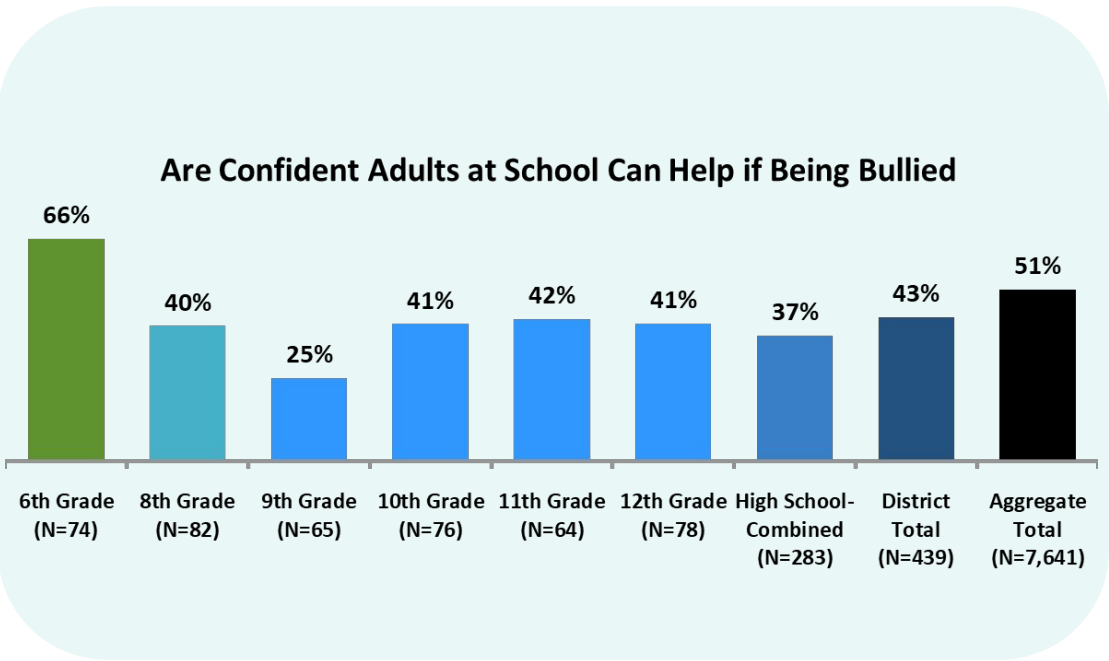
Bullied Others Electronically in the Past 12 Months



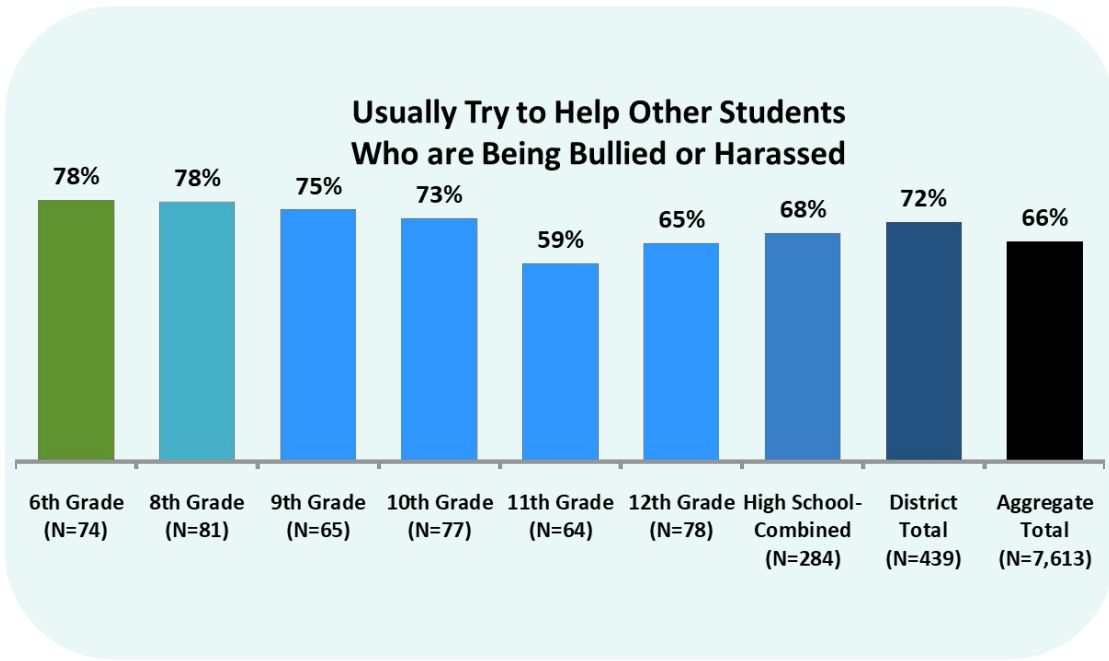
Q45	During the past 12 months have you been repeatedly threatened humiliated or experienced hostile behaviors (bullied) from others electronically?	2018	2020	2021	2022
Q46	During the past 12 months have YOU repeatedly threatened humiliated or harassed (bullied) someone electronically?	2018	2020	2021	2022

Coping with Bullying

- The Bromfield School’s students have substantially less confidence in their teachers’ ability to help if being bullied compared to the aggregate.
- Those in the 6th grade are the most likely to feel as if adults can help if they are being bullied, while only a quarter of 9th graders feel adults can help.



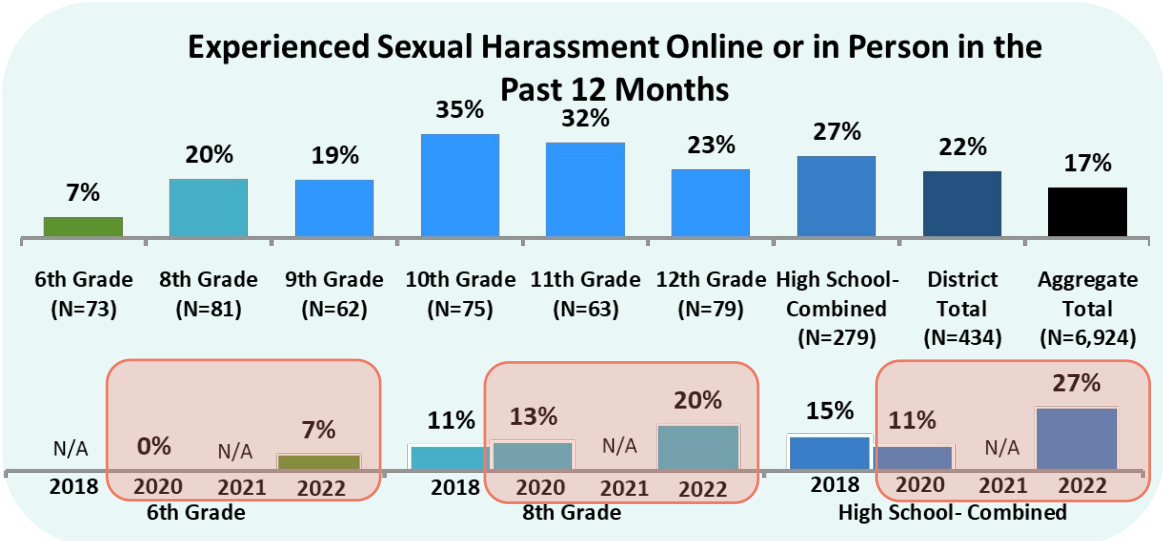
- The majority of The Bromfield School’s students indicate trying to help students who are being bullied, and the proportion of students who help is higher than the aggregate.
- However, a much lower proportion of those in the 11th grade indicate being willing to help compared to other grades.



Q35	If I am being bullied or harassed I am confident adults at school can help me.				2022
Q36	I usually try to help other students who are being bullied or harassed.				2022

Sexual harassment

- Rates of sexual harassment increase substantially after 6th grade and reach their peak in the 10th grade.
- The most common form of sexual harassment for The Bromfield School’s students is in-person (9%), while 7% experienced sexual harassment both online and in person, and 7% online.
- Sexual harassment has increased among all grade levels since 2020.
- Aggregate analyses show that students who identify as non-binary, transgender, or non-heterosexual are much more likely to experience sexual harassment.
- Sexually harassed students also show a greater likelihood of a variety of other risk behaviors, with especially high depression rates.



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

Aggregate Demographics and Behaviors Associated with Being Sexually Harassed (17% of the population)

Demographics

- 40% of those who identify as non-binary students
- 25% of those who identify as female
- 39% of those who identify as transgender
- 38% of those who identify as non-heterosexual
- 25% of those who identify as Southeast Asian, Middle Eastern, or Native Hawaiian
- 25% of those who identify as Hispanic or Latinx Students

Those who are sexually harassed are also more likely to:

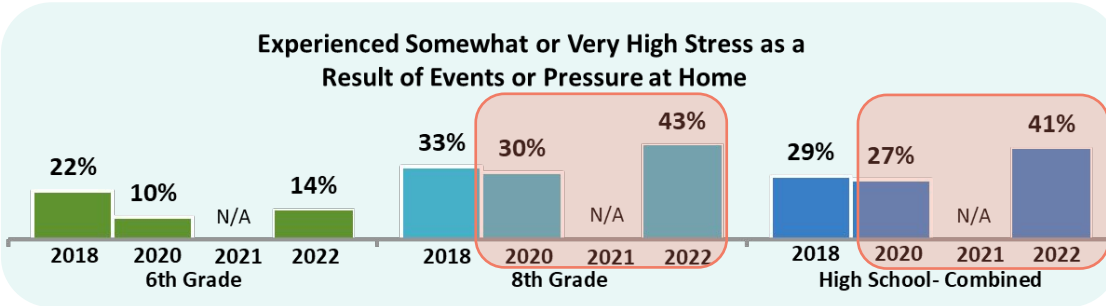
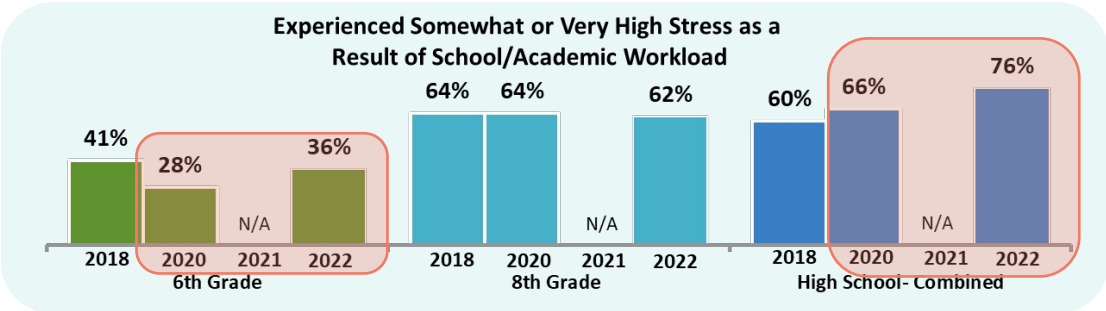
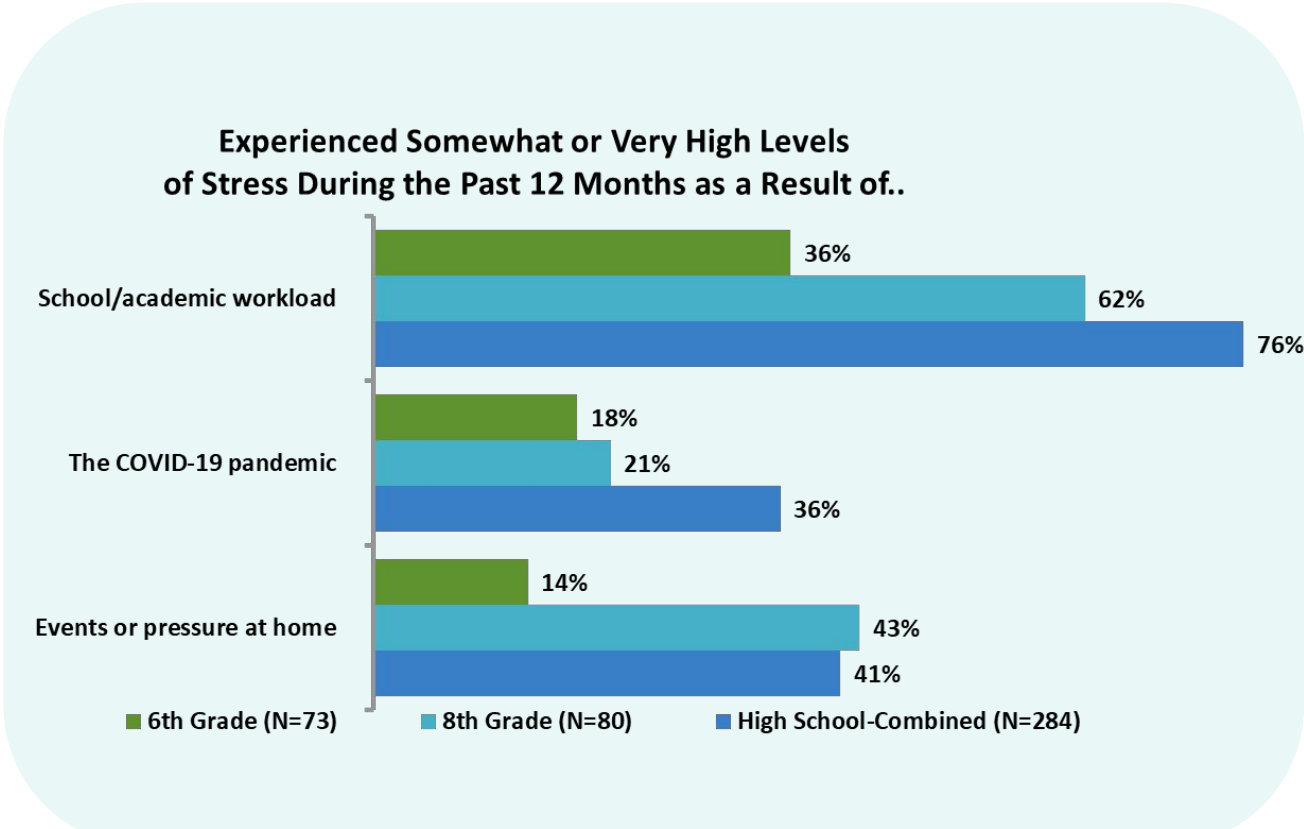
- Be bullied (28%) or cyberbullied (28%)
- Bully (10%) or cyberbully others (8%)
- Feel depressed (59%), self-harm (48%), consider suicide (32%)
- Drink alcohol (25%)
- Use e-cigarettes (16%) or marijuana (18%)
- Have sexual intercourse (21%)
- View pornography (39%)
- Send or receive sexual messages (36%)
- Engage in unhealthy dieting (29%)
- Be in the “low resilience” segment (39%)



Stress, Depression, and Suicide

Sources of Stress

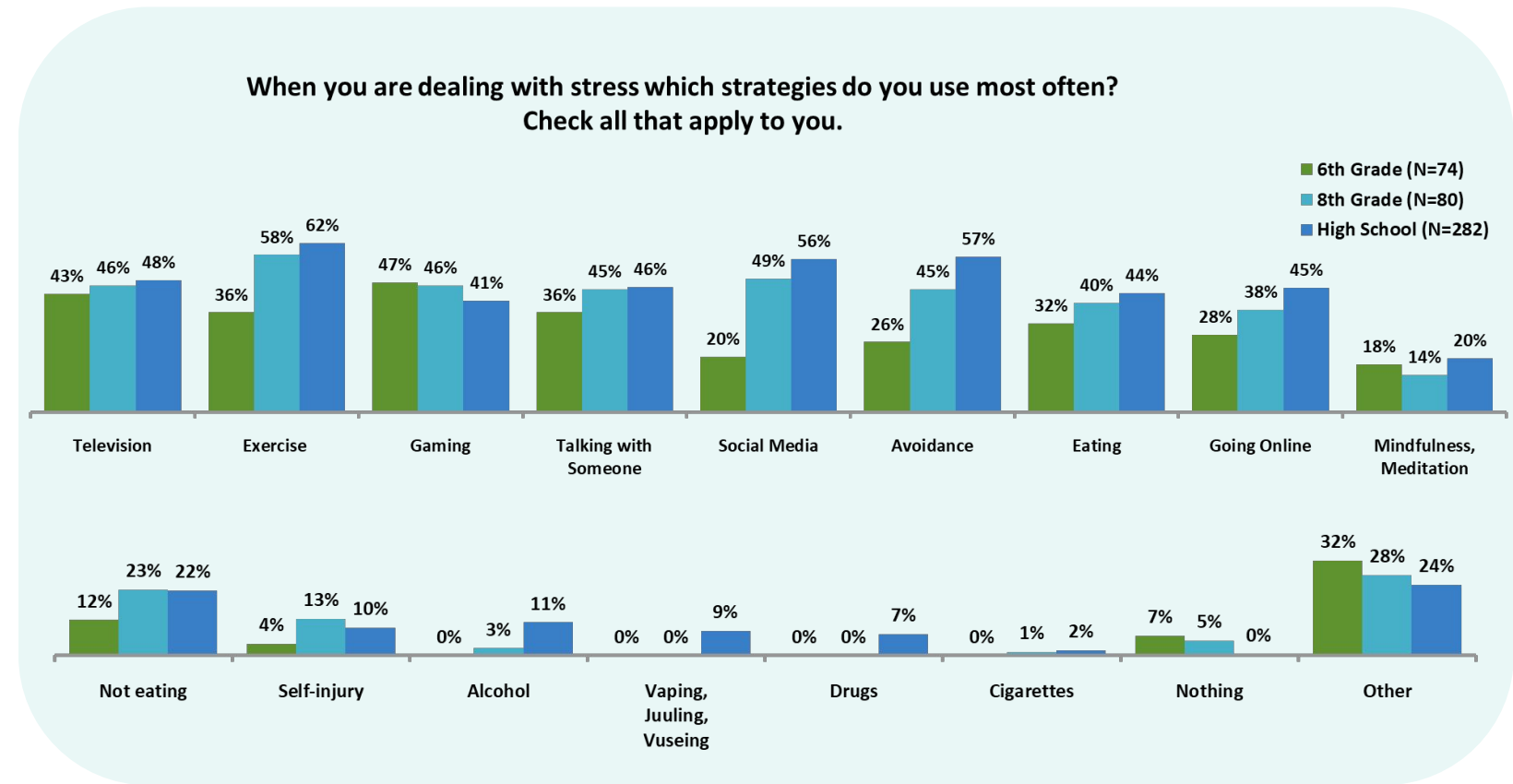
- School/academic workload remains the largest source of stress among all students.
- Those in the 6th grade and in high school have shown a substantial increase in stress due to academic workload since 2020.
- Additionally, 8th graders and high school students report a substantial increase in stress from home compared to previous years.



Q53, Q55	During the past 12 months what level of stress have you experienced as a result of... your school/academic workload? ...events or pressure at home?	2018	2020	2021	2022	Market Street Research Page 29
Q54	During the past 12 months what level of stress have you experienced as a result of the COVID-19 (coronavirus) pandemic?			2021	2022	

Coping Mechanisms

- Overall, 17% of The Bromfield School’s students report dealing with stress through drugs, alcohol, vaping, cigarettes, or self-harm.
- Additionally, half of students (52%) cope with stress through either eating or avoiding food.



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

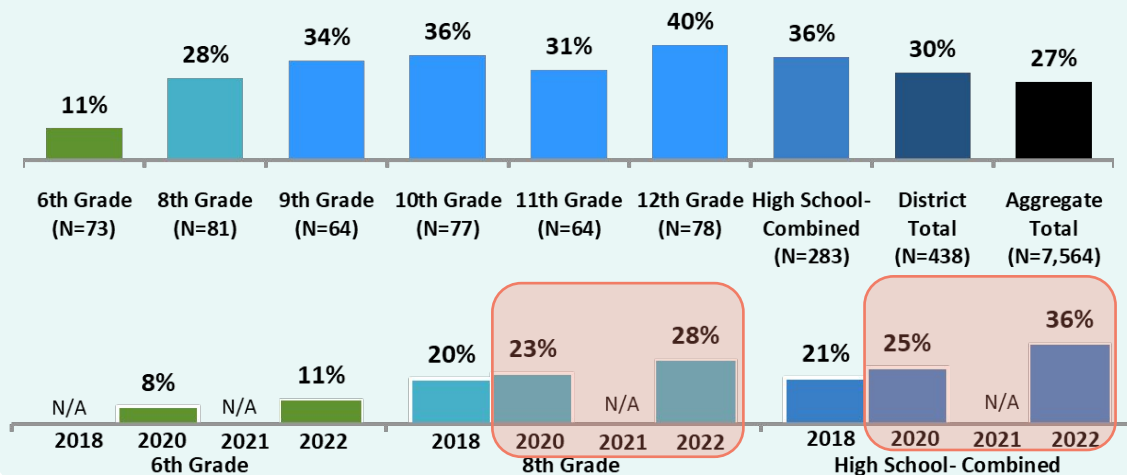
- For high schoolers, the most common ways to cope with stress are:
 - Exercise
 - Avoidance
 - Social media
- For 8th graders, the most common ways to cope with stress are:
 - Exercise
 - Social media
 - Gaming
 - Television
- For 6th graders, the most common ways to cope with stress are:
 - Gaming
 - Television
 - Exercise
 - Talking with someone



Depression

- Depression increases substantially after the 6th grade and affects 2 in 5 students in the 12th grade.
- Rates of depression have increased among 8th graders and high schoolers.
- Aggregate analyses show that over half of all students who express a non-traditional gender identity or sexuality report feeling depressed over the past 12 months.
- Students who are depressed are at risk for a variety of risk behaviors, especially self-harm and suicide consideration.

Felt Depressed for Two Weeks or More in Past 12 Months



Aggregate Demographics and Behaviors Associated with Being Depressed (27% of the population)

Demographics

- 60% of those who identify as non-binary
- 61% of those who identify as transgender
- 52% of those who identify as non-heterosexual
- 31% of those who identify as female
- 40% of those who identify as Native Hawaiian or Pacific Islander
- 40% of Hispanic or Latinx students

Those who are depressed are also more likely to:

- Be bullied (24%) or cyberbullied (22%)
- Be sexually harassed (38%)
- Self-harm (47%) or consider suicide (38%)
- Drink alcohol (18%)
- Use e-cigarettes (12%) or marijuana (14%)
- Have sexual intercourse (16%)
- View pornography (37%)
- Send or receive sexual messages (24%)
- Engage in unhealthy dieting (24%)
- Be in the “low resilience” segment (42%)



Q73

During the past 12 months did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?

2018

2020

2021

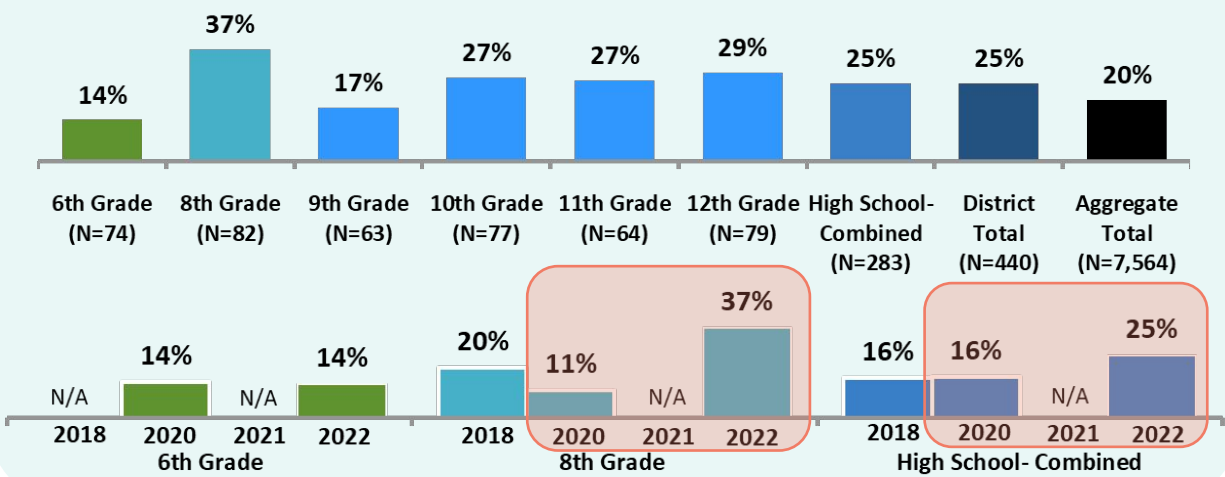
2022

Market Street Research | Page 31

Self-harm

- The Bromfield School shows a higher rate of incidence for self-harm than the aggregate.
- Those in the 8th grade are most likely to engage in self-harm.
- Rates of self-harm show a substantial increase among 8th graders and high school students compared to 2020.
 - Self-harm is more than triple what it was for 8th graders in 2020.
- Aggregate analyses show that students with a non-traditional gender or sexual orientation have especially high rates of self-harm.
- Those who self-harm also display high rates of depression, suicide consideration, and sexual harassment.

Injured or Hurt Self on Purpose in Past 12 Months



Aggregate Demographics and Behaviors Associated with Self-Harm (20% of the population)

Demographics

- 54% of non-binary students
- 56% of transgender students
- 44% of non-heterosexual students
- 38% of Native Hawaiian or Pacific Islander students
- 28% of American Indian or Alaska Native students
- 27% of Southeast Asian students

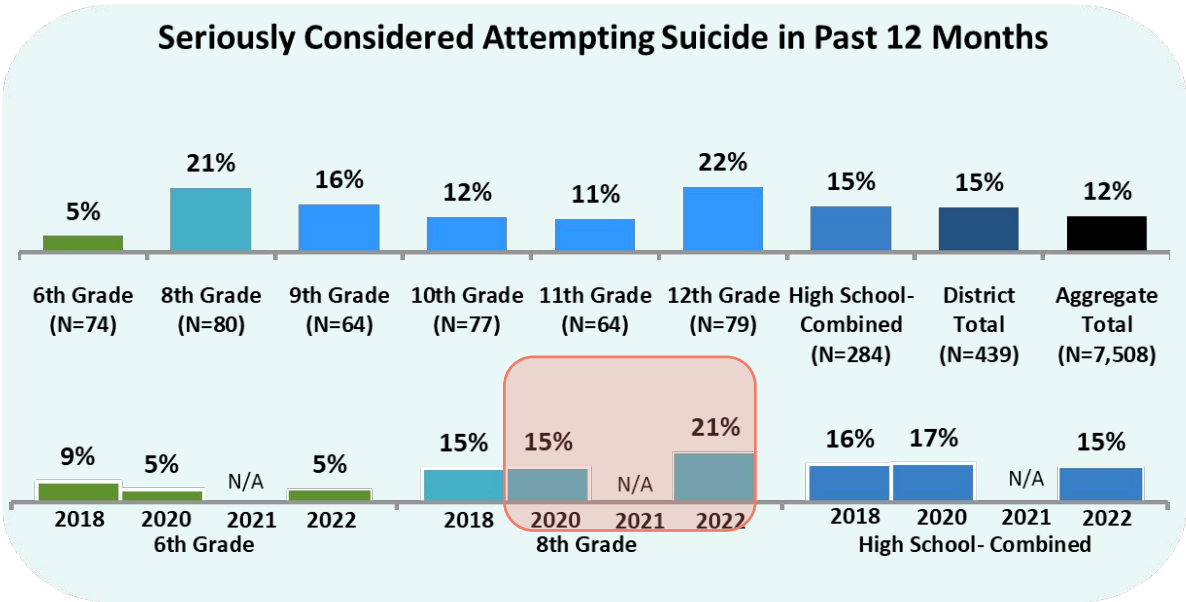
Those who self-harm are also more likely to:

- Be bullied (25%) or cyberbullied (23%)
- Be sexually harassed (41%)
- Be depressed (63%) or consider suicide (42%)
- Drink alcohol (17%)
- Use e-cigarettes (11%) or marijuana (14%)
- Have sexual intercourse (15%)
- View pornography (39%)
- Send or receive sexual messages (26%)
- Engage in unhealthy dieting (27%)
- Be in the “low resilience” segment (41%)



Suicide Consideration

- Those in the 8th grade also show a high proportion of suicide consideration, along with those in the 12th grade.
- Suicide consideration shows a substantial increase among 8th graders.
- Analyses of the aggregate show that those who do not identify with a non-traditional gender or sexuality are nearly 3x as likely to consider suicide than the student population.
- 80% of The Bromfield School’s students who considered suicide, indicated that they had been depressed in the past 12 months.



Aggregate Demographics and Behaviors Associated with Suicide Consideration (12% of the population)

Demographics

- 36% of non-binary students
- 39% of transgender students
- 31% of non-heterosexual students
- 20% of Black or African American Students

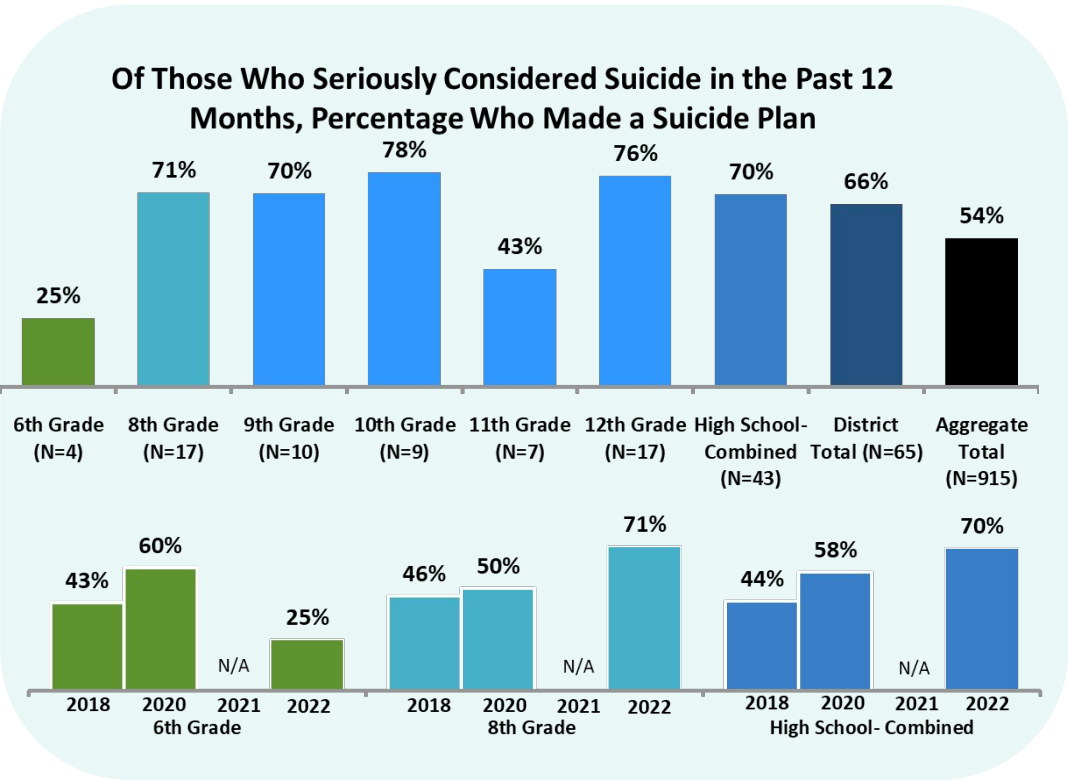
Those who consider suicide are also more likely to:

- Be bullied (30%) or cyberbullied (29%)
- Cyberbully others (9%)
- Be sexually harassed (45%)
- Be depressed (82%) or self-harm (68%)
- Drink alcohol (22%)
- Use e-cigarettes (16%) or marijuana (18%)
- Have sexual intercourse (20%)
- View pornography (46%)
- Send or receive sexual messages (30%)
- Engage in unhealthy dieting (33%)
- Be in the “low resilience” segment (49%)

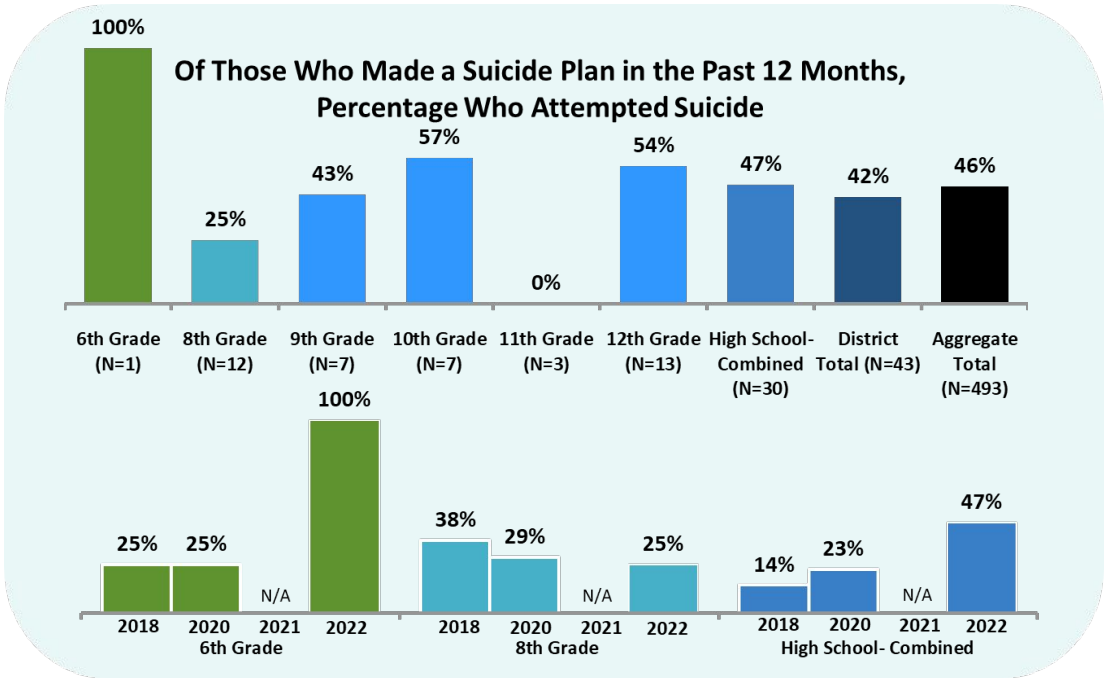


Suicide Planning and Attempts

- 66% of The Bromfield School’s students who seriously considered suicide made a suicide plan in the past year.
- Although numbers are small, this is a substantially higher proportion than the aggregate.



- Of those who made a suicide plan, just over 2 in 5 (42%) went through with an attempt.
- Additionally, (9%) of The Bromfield Schools students who made a suicide plan attempted suicide more than once.
- Although numbers are small, the proportion who attempt suicide appears to be decreasing among 6th graders but increasing among high schoolers.



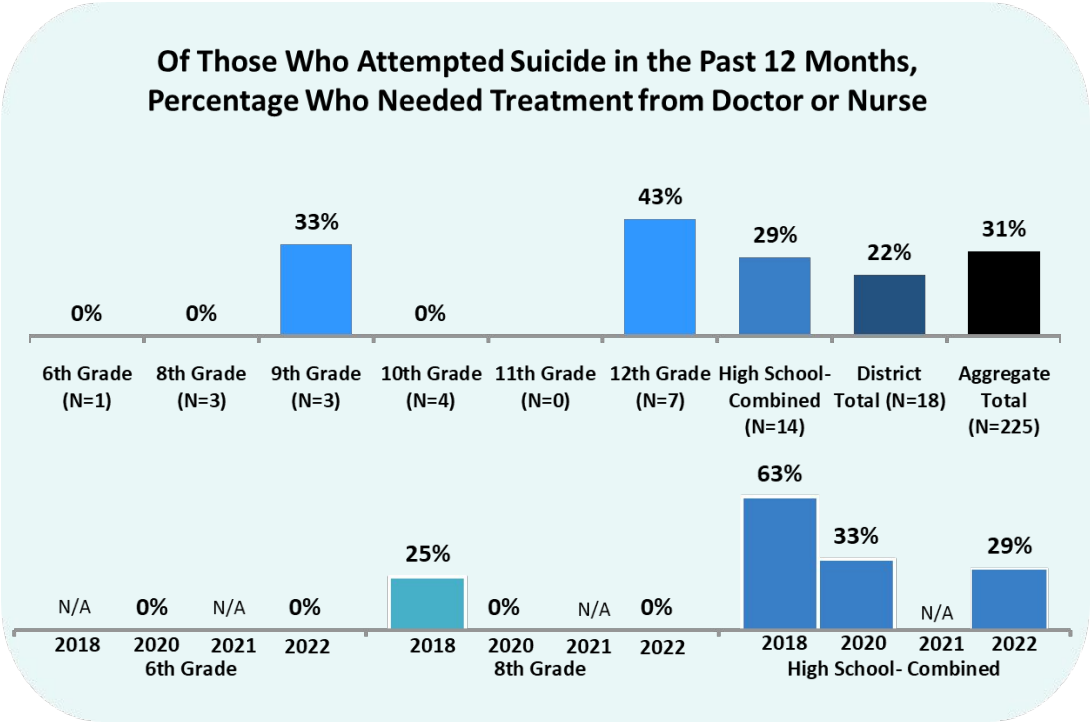
*Note, Ns are small and may not represent trends over time.



Q75	During the past 12 months did you make a plan about how you would attempt suicide?	2018	2020	2021	2022
Q76	During the past 12 months how many times did you actually attempt suicide?	2018	2020	2021	2022

Suicide Injury

- Of those who made a suicide attempt, 22% needed medical treatment in 2022.
- This is higher than the aggregate.



*Note, Ns are small and may not represent trends over time.



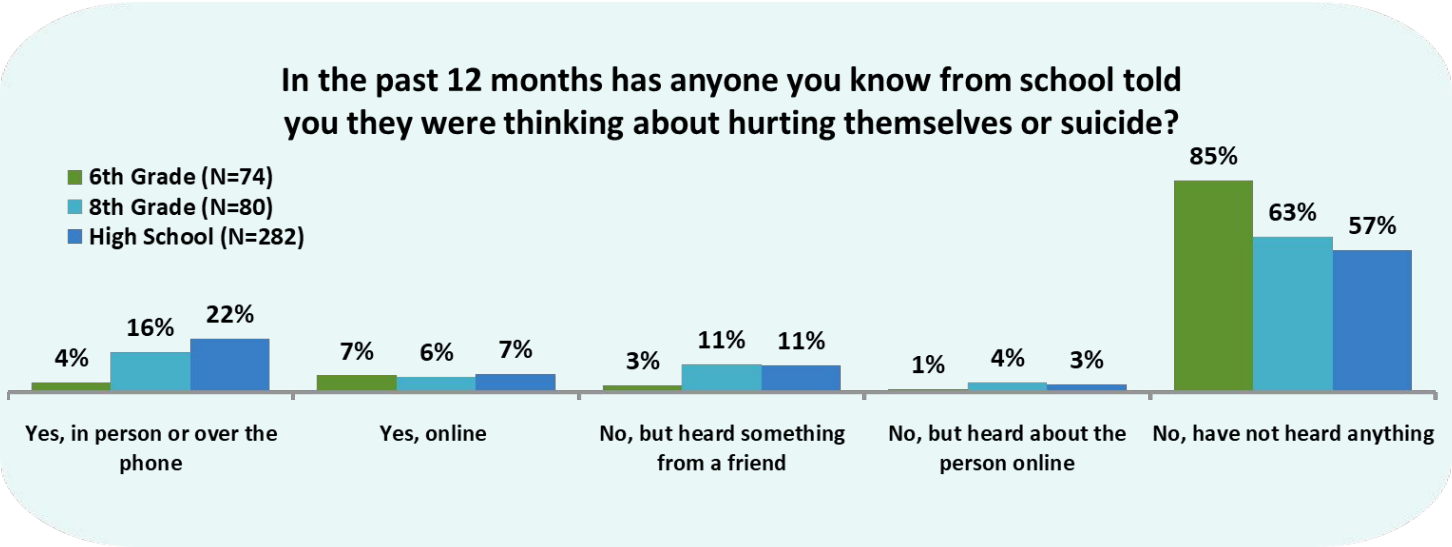
Q77

If you attempted suicide during the past 12 months did any attempt result in an injury poisoning or overdose that had to be treated by a doctor or nurse?

2018 2020 2021 2022

Hearing about Suicide

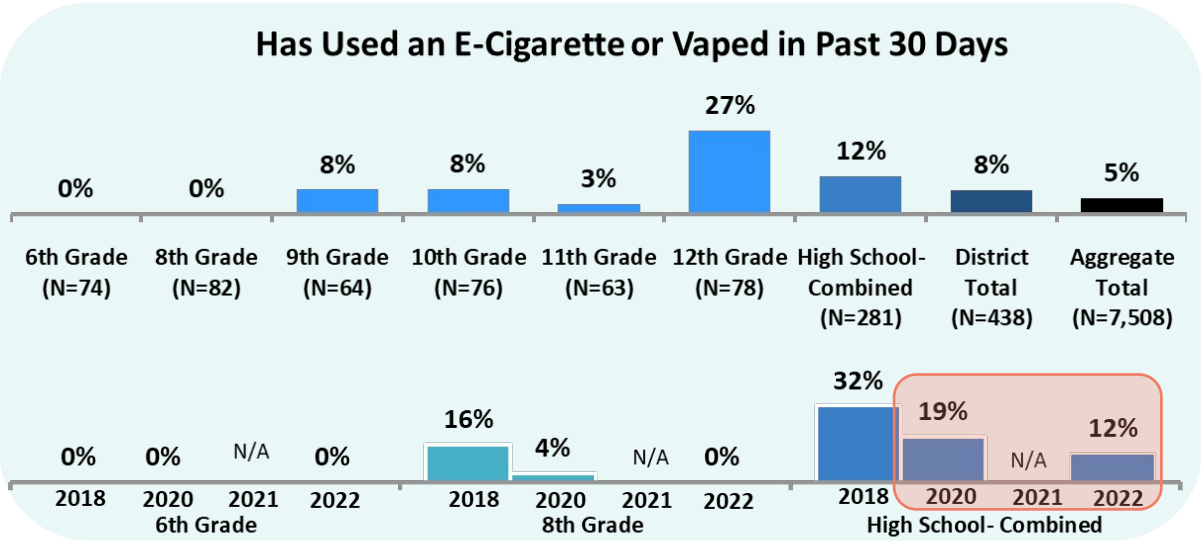
- Overall, a quarter (25%) of The Bromfield School’s students report someone they know telling them they were thinking about hurting themselves or suicide.
- The most common way for 8th graders and high school students hear about suicide contemplation is through in-person conversation or over the phone, while those in the 6th grade are slightly more likely to hear about it online.



Drugs, Alcohol, and Sex

E-Cigarette Usage

- Rates of e-cigarette use and vaping are highest among students in the 12th grade but show a substantial decrease among high schoolers over time.
- Aggregate analyses show that students who identify as Native Hawaiian or Pacific Islander are nearly 3x as likely to use e-cigarettes or vaping products.
- Those who use e-cigarettes have a high likelihood of also using marijuana and alcohol, along with a higher propensity for a variety of risk behaviors including depression, pornography, sexual intercourse, and sexual messaging.
- Furthermore, 5% of The Bromfield School’s students have used an e-cigarette for at least 10 days in the month of the survey.



Aggregate Demographics and Behaviors Associated with E-Cigarette Use (5% of the population)

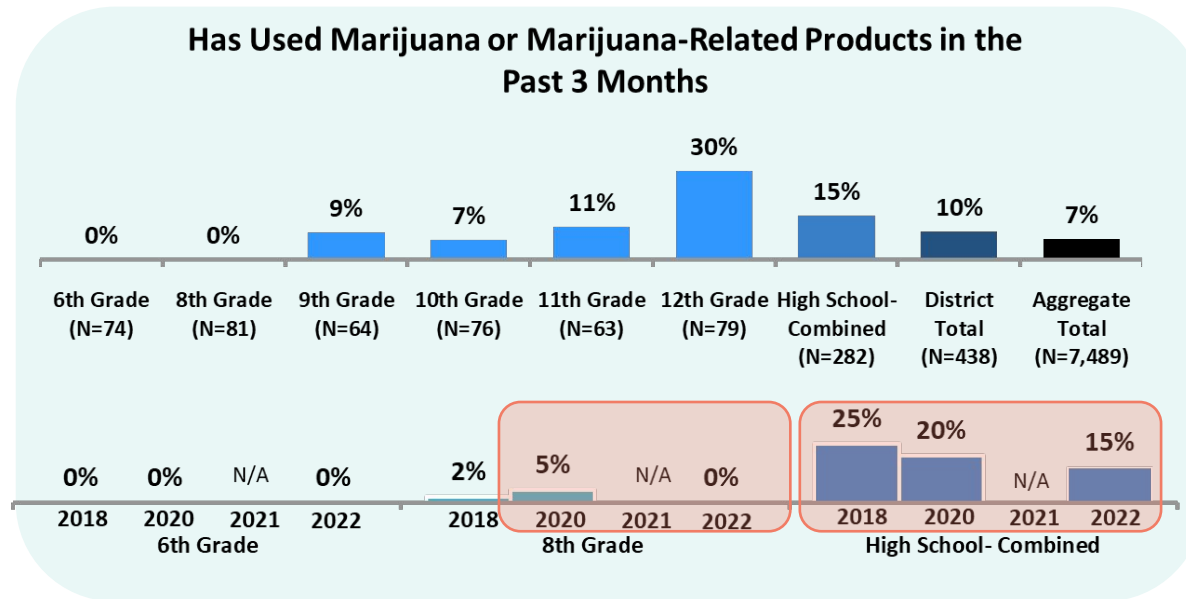
- Demographics**
- 15% of those who identify as Native Hawaiian or Pacific Islander

- Those who use e-cigarettes or vape are also more likely to:**
- Be bullied (30%) or cyberbullied (30%)
 - Bully (15%) or cyberbully others (15%)
 - Be sexually harassed (51%)
 - Be depressed (58%), self-harm (41%), or consider suicide (36%)
 - Drink alcohol (75%)
 - Use marijuana (71%)
 - Have sexual intercourse (54%)
 - View pornography (68%)
 - Send or receive sexual messages (54%)
 - Engage in unhealthy dieting (33%)
 - Be in the “low resilience” segment (36%)



Marijuana Usage

- While marijuana use is nonexistent among 6th and 8th graders, nearly a third (30%) of those in the 12th grade indicate using marijuana products.
- However, marijuana use is continuing to decline among high schoolers compared to previous years and has also shown a decline in 8th graders compared to 2020.
- Analyses from the aggregate show that Native Hawaiian and Pacific Islander students show an increased likelihood of using marijuana products.
- Students who use marijuana are especially likely to use other substances and have an increased rate of a variety of risky behaviors.



Aggregate Demographics and Behaviors Associated with Marijuana Use (7% of the population)

Demographics

- 16% of Native Hawaiian or Pacific Islander students

Those who use marijuana are also more likely to:

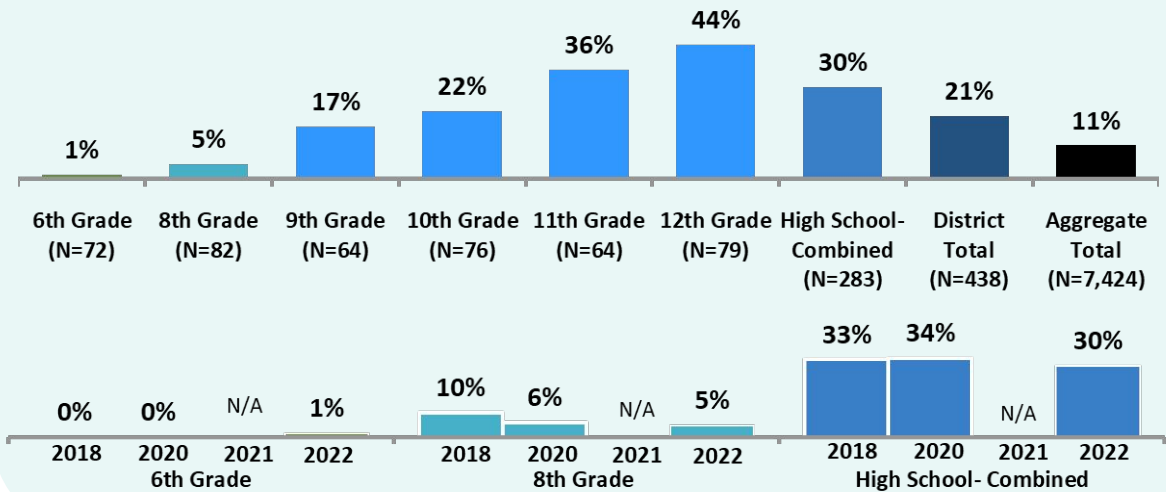
- Be bullied (24%) or cyberbullied (24%)
- Bully (14%) or cyberbully others (14%)
- Be sexually harassed (47%)
- Be depressed (56%), self-harm (40%), or consider suicide (34%)
- Drink alcohol (73%)
- Use e-cigarettes (58%)
- Have sexual intercourse (51%)
- View pornography (70%)
- Send or receive sexual messages (50%)
- Engage in unhealthy dieting (32%)
- Be in the “low resilience” segment (33%)



Alcohol consumption

- ❑ Rates of alcohol consumption among students at The Bromfield School are 10% higher than the aggregate population, indicating this is a particular risk for this district.
- ❑ Alcohol consumption increases with grade level and is at its highest among 12th graders.
- ❑ Along with other risk factors, those who drink alcohol are especially likely to use other substances such as e-cigarettes and marijuana.

Drank Alcohol in the Past 30 Days



Aggregate Demographics and Behaviors Associated with Recent Alcohol Use (11% of the population)

Demographics

- 20% of Native Hawaiian or Pacific Islander students
- 16% of Middle Eastern Americans

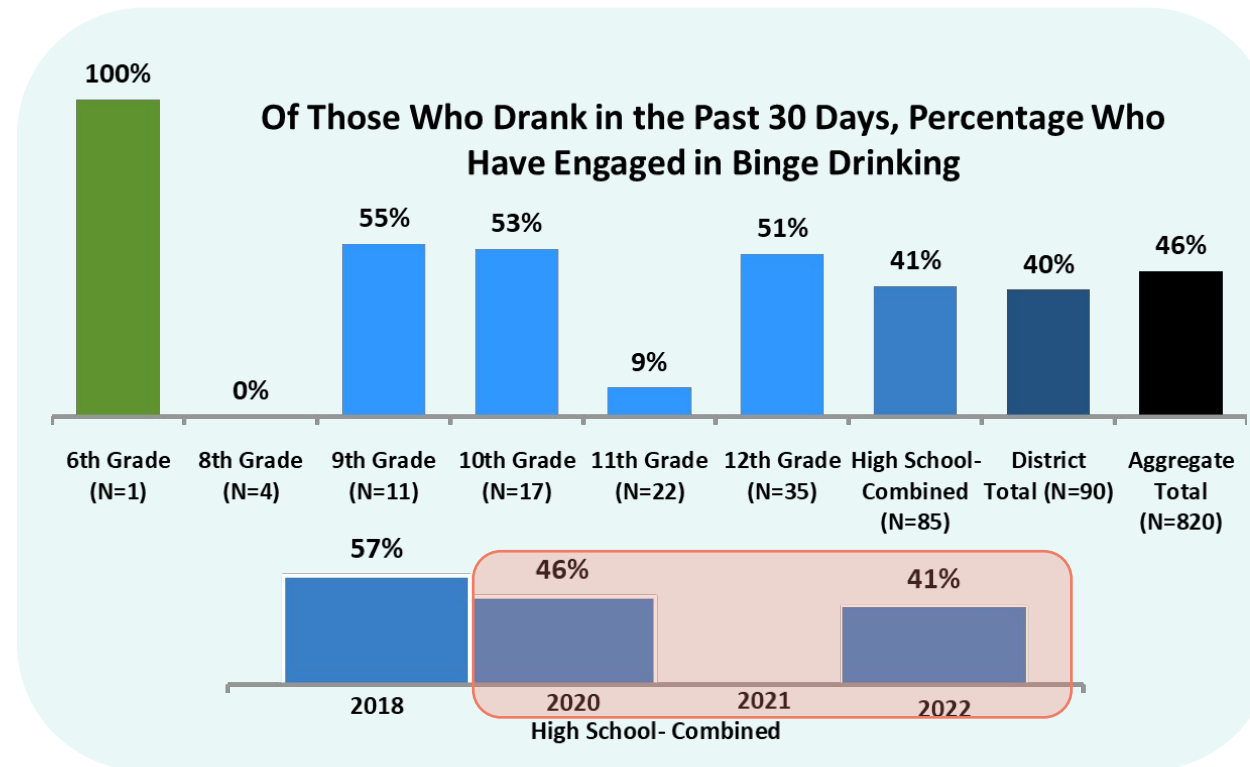
Those who recently drank alcohol are also more likely to:

- Be bullied (20%) or cyberbullied (19%)
- Be sexually harassed (39%)
- Be depressed (42%), self-harm (31%), or consider suicide (24%)
- Use e-cigarettes (37%) or marijuana (44%)
- Have sexual intercourse (39%)
- View pornography (59%)
- Send or receive sexual messages (39%)
- Engage in unhealthy dieting (27%)
- Be in the “low resilience” segment (26%)



Binge Drinking

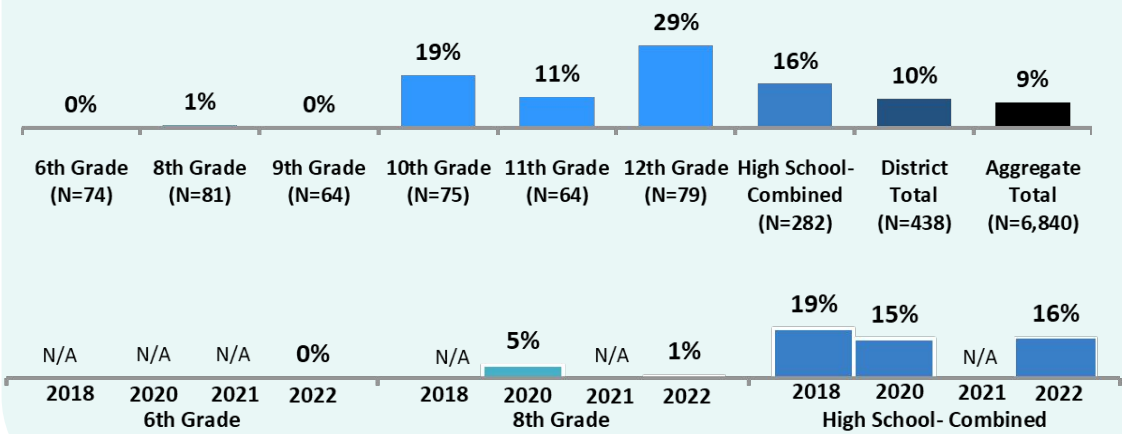
- 2 in 5 (40%) of those who drank in the past 30 days also report binge drinking during that time.
 - This is substantially lower than the aggregate.
- Rates of binge drinking continue to decline over the years.



Sexual Intercourse

- The Bromfield School’s students show substantial proportions of students having sexual intercourse starting in the 10th grade, with nearly a third (30%) of 12th graders reporting having sexual intercourse in the past 3 months.
- Aggregate analyses show that Native Hawaiian and Pacific Islander students are especially likely to have sexual intercourse.
- Those who have had sexual intercourse in the past 3 months are also more likely to engage in other sexual risk behaviors such as sexual messaging, sexual harassment, and pornography.

Has Had Sexual Intercourse in Past 3 Months



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

Demographics

- 17% of those who identify as transgender
- 20% of those who identify as Native Hawaiian or Pacific Islander
- 17% of those who identify as Hispanic or Latinx

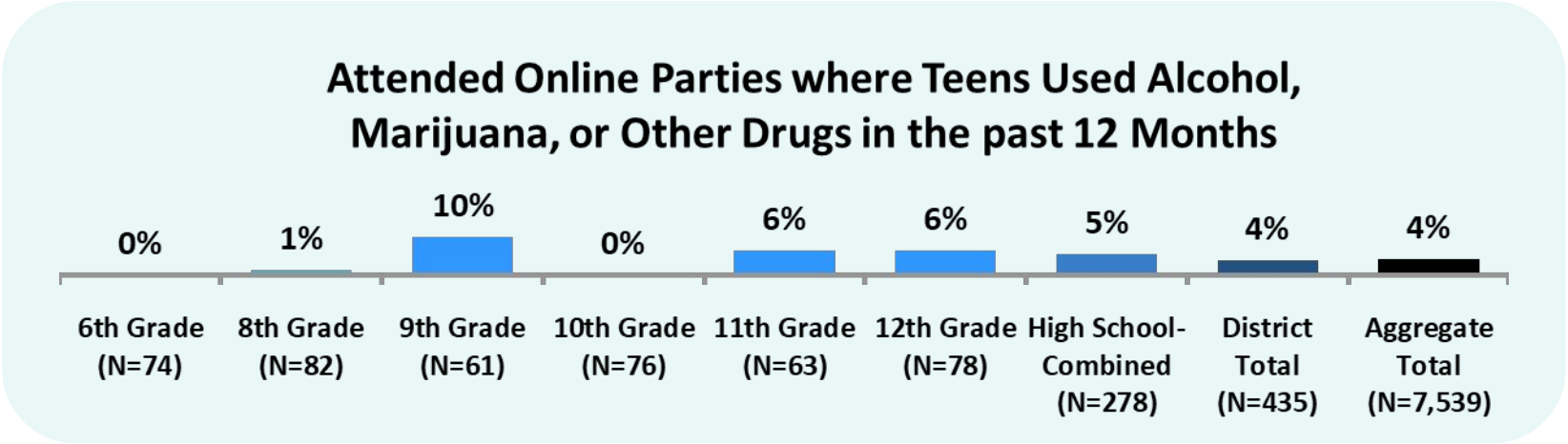
Those who recently had sexual intercourse are also more likely to:

- Be bullied (23%) or cyberbullied (22%)
- Bully (12%)
- Be sexually harassed (42%)
- Be depressed (48%), self-harm (33%), or consider suicide (28%)
- Recently drink alcohol (50%)
- Use e-cigarettes (34%) or marijuana (38%)
- Have sexual intercourse (39%)
- View pornography (58%)
- Send or receive sexual messages (50%)
- Engage in unhealthy dieting (25%)
- Be in the “low resilience” segment (30%)



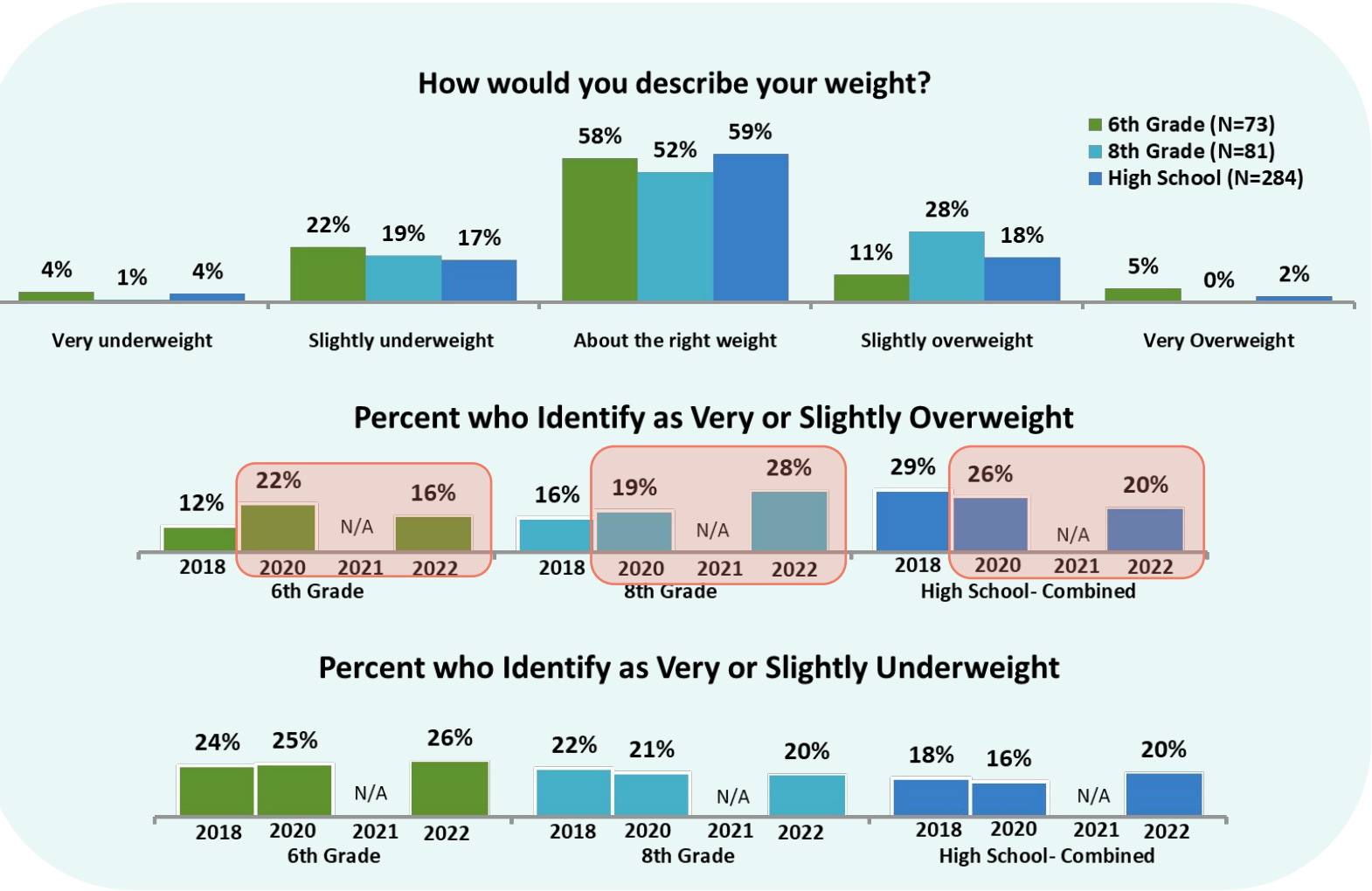
Parties with Illegal Substances

- The proportion of students who have attended online parties where teens used alcohol, marijuana or other drugs is low, but most common among those in the 9th grade.
- The Bromfield School’s students most likely to attend such parties are students who:
 - Cyberbullied others: 13%
 - Experienced bullying at school: 13%
 - Bullied others at school: 13%



Body Image and Dieting

Body Image

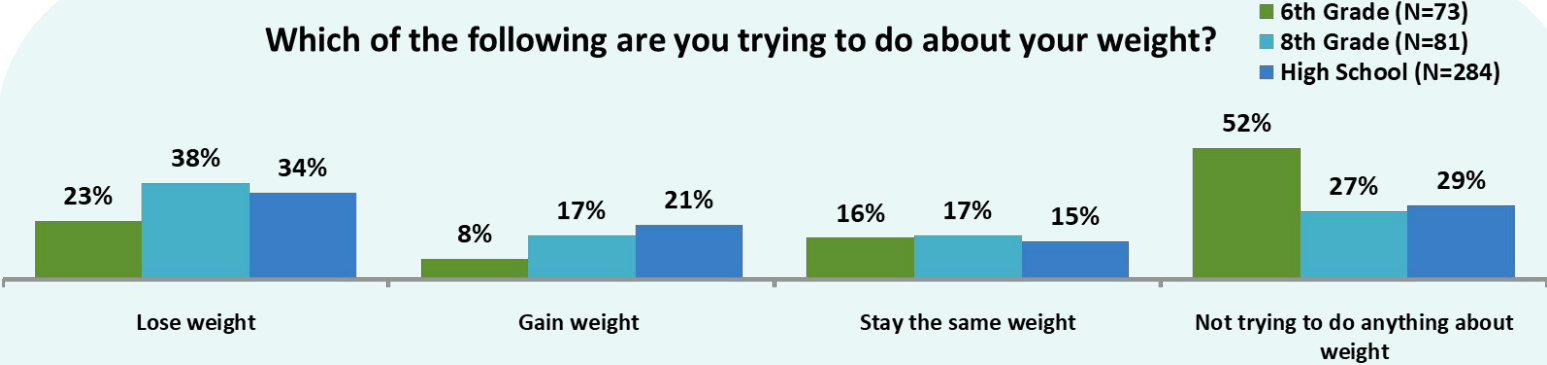


- Nearly 3 in 5 (57%) of the Bromfield School’s students feel they are the right weight.
- Fewer 6th graders and high schoolers identify as overweight compared to 2020.
- However, the proportion of 8th graders who identify as overweight has increased compared to previous years.

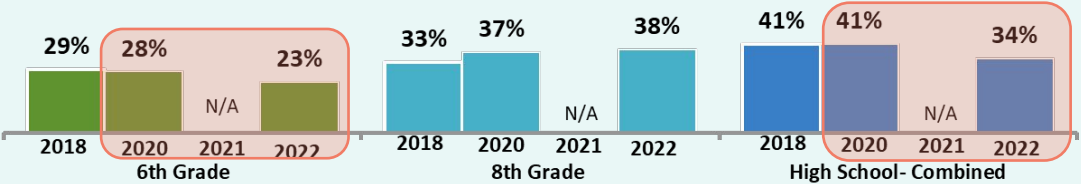


Weight Goals

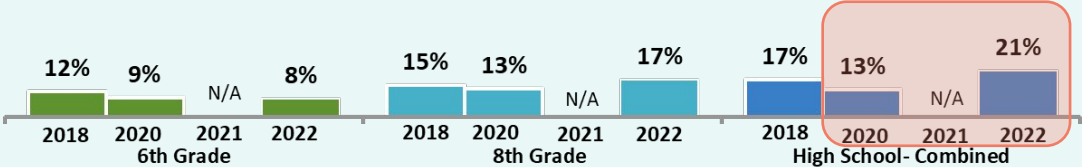
Which of the following are you trying to do about your weight?



Percent Trying to Lose Weight



Percent Trying to Gain Weight



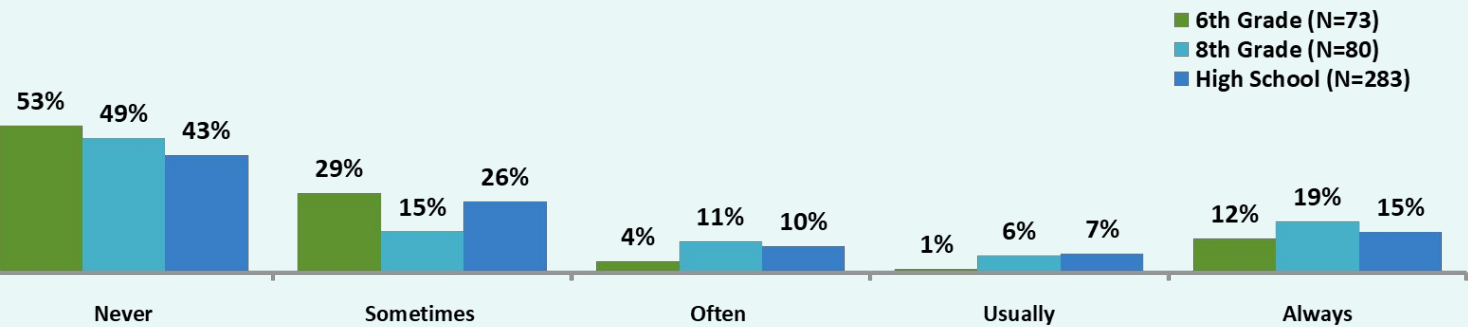
- Although 21% of the Bromfield School’s students, overall, said they felt they were overweight, a third (33%) indicated that they were trying to lose weight.
- 80% of the Bromfield School’s students who said they were slightly or very overweight indicated they were trying to lose weight.
- 25% of those who thought they were about the right weight indicated they wanted to lose weight.
- Most concerning, 8% of students who identified as very or slightly underweight also indicated a desire to lose weight.
- Compared to 2020, the proportion of 6th graders and high schoolers trying to lose weight has decreased.
- The proportion of high schoolers trying to gain weight has increased compared to 2020



Desire to be Thinner

- Similarly, while 73% of The Bromfield School’s students who felt they were overweight indicated they often, usually, or always had a strong desire to be thinner, 20% of those who felt they were at the right weight, and 13% of those who identified as underweight also felt this way.
- Aggregate analyses show that those who identify as non-heterosexual or Native Hawaiian/ Pacific Islander are especially likely to indicate a strong desire to be thinner.

I have a strong desire to be thinner.



Aggregate Demographics and Behaviors
Associated with
Often, Usually, or Always Having a
Strong Desire to be Thinner
(30% of the population)

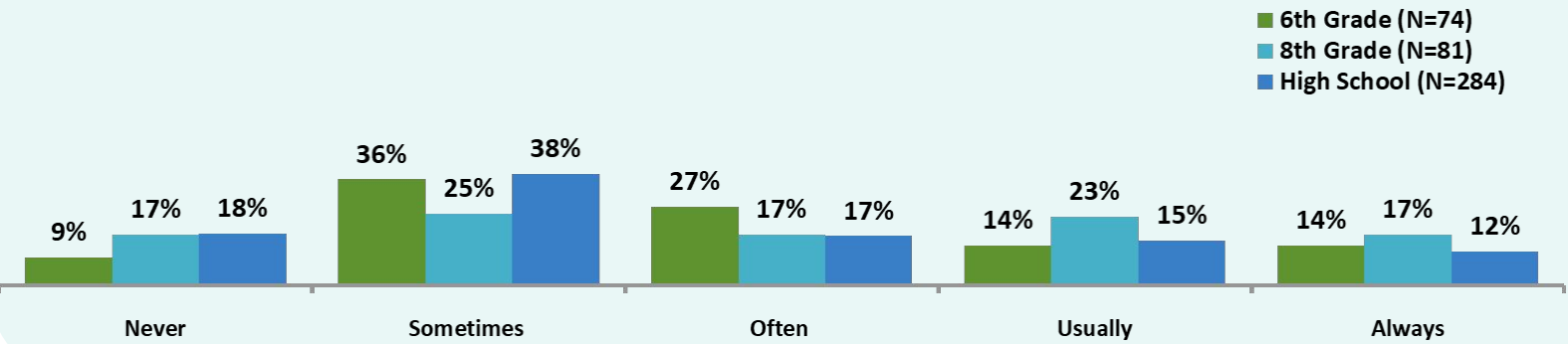
- Demographics**
- 42% of those who identify as female
 - 40% of those who identify as non-binary
 - 39% of those who identify as transgender
 - 45% of those who identify as non-heterosexual
 - 44% of those who identify as Native Hawaiian or Pacific Islander
 - 37% of those who identify as Hispanic or Latinx

- Those who have a desire to be thinner are also more likely to:**
- Be bullied (18%) or cyberbullied (15%)
 - Be sexually harassed (30%)
 - Be depressed (44%), self-harm (34%), or consider suicide (23%)
 - Recently drink alcohol (16%)
 - Send or receive sexual messages (18%)
 - Engage in unhealthy dieting (25%)



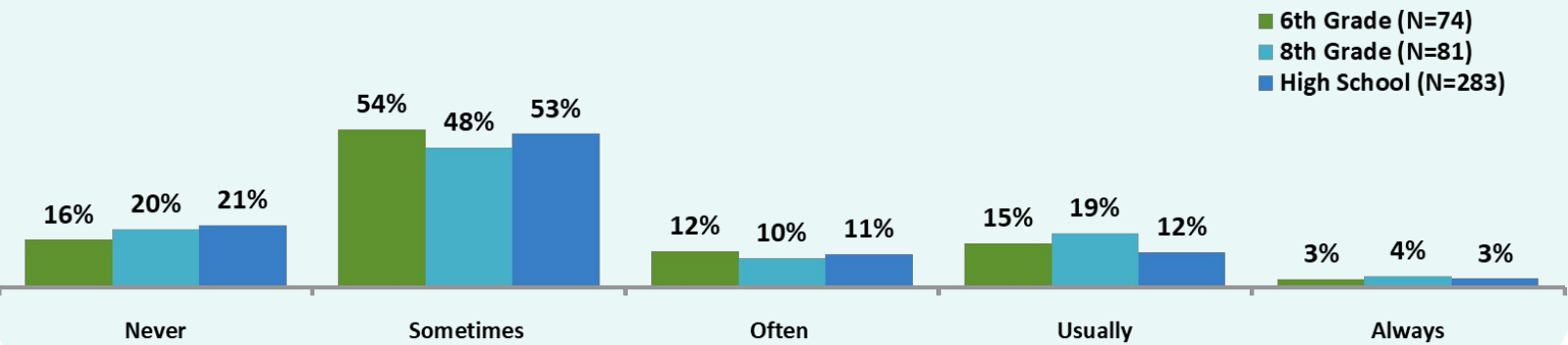
Dieting

I am aware of the caloric content of the foods I eat.



- Overall, 48% of The Bromfield School’s students indicated they were often, usually, or always aware of their food’s caloric content.
 - This was highest among those with a strong desire to be thinner (67%) and those trying to lose weight (60%).

I avoid foods I think are unhealthy or don't fit in my diet.



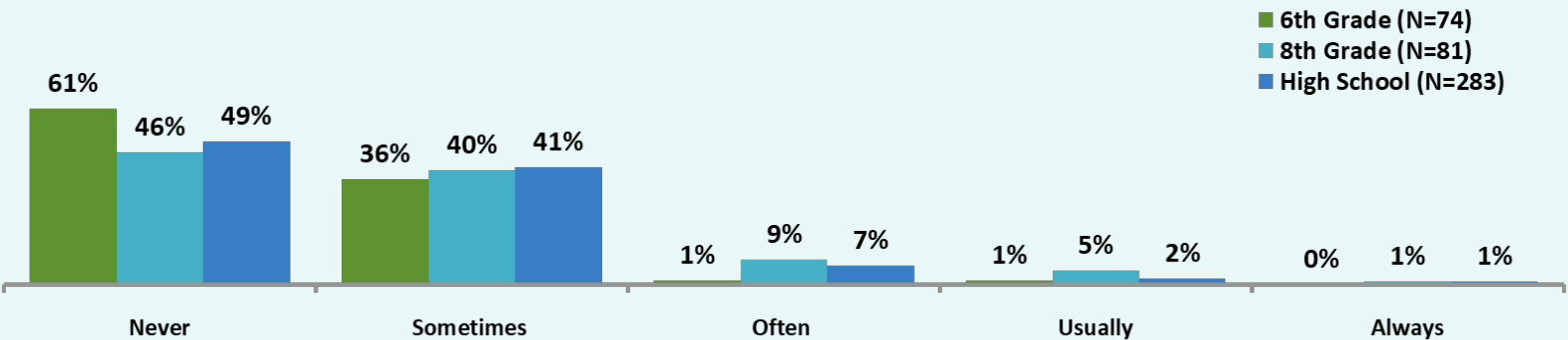
- Overall, 28% of The Bromfield School’s students indicated they often, usually, or always avoid unhealthy foods.
 - This was highest among those with a strong desire to be thinner (37%) and those trying to lose weight (36%).



Q87	I am aware of the caloric content of foods that I eat.				2022
Q89	I avoid foods I think are unhealthy or don't fit in my diet.				2022

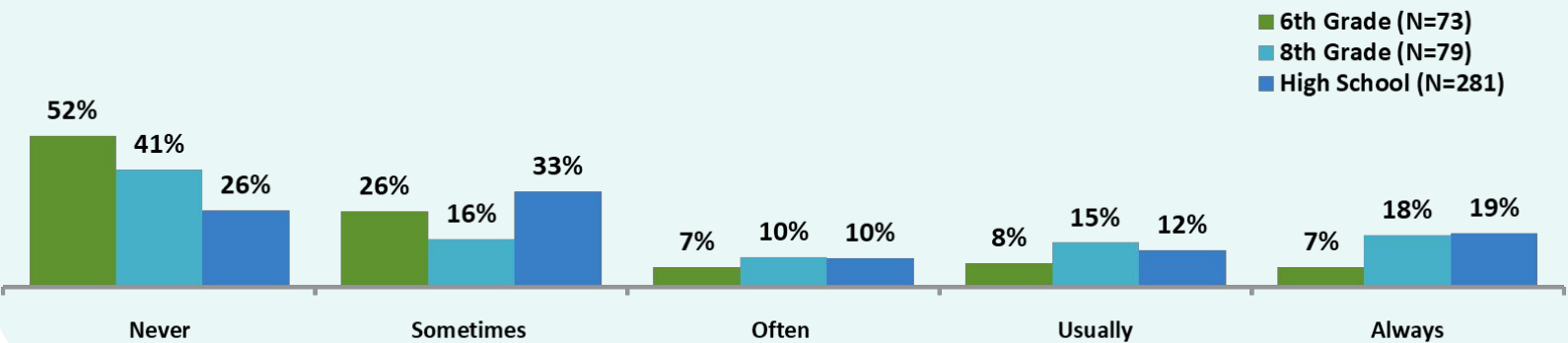
Self-Inflicted Food Deprivation and Body Image

I avoid eating when I am hungry.



- Overall, 10% of The Bromfield School’s students indicated they often, usually, or always avoided eating when hungry.
 - This was highest among those with a strong desire to be thinner (37%) and those trying to lose weight (36%).

My weight influences how I judge myself.



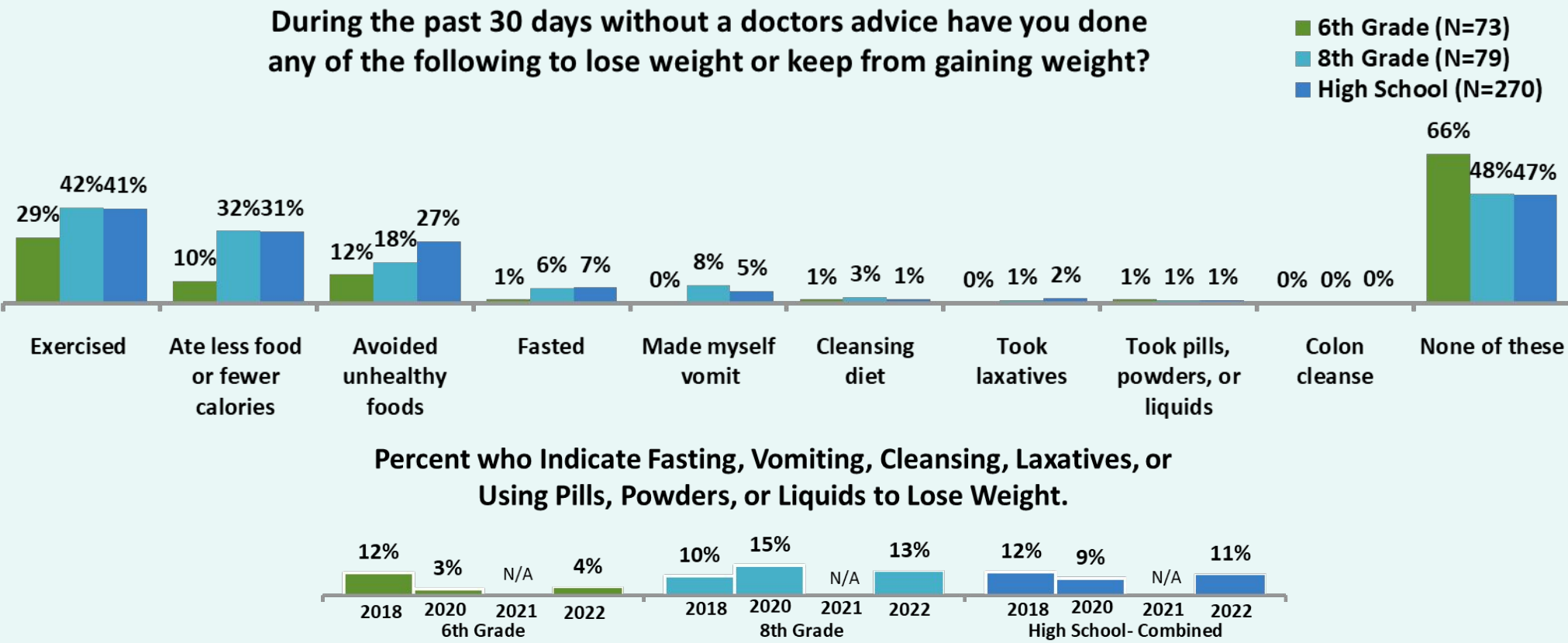
- 38% of The Bromfield School’s students, overall, said their weight often, usually, or always influences how they judge themselves.
 - This was especially high among those who had a strong desire to be thinner (80%), identified as overweight (72%), or were trying to lose weight (70%).



Q88	I avoid eating when I am hungry				2022
Q90	My weight influences how I judge myself.				2022

Unhealthy Dieting

- Overall, 10% of The Bromfield School’s students engaged in dangerous behaviors to lose weight in the past 30 days.
- However, over a quarter (28%) of those who had a strong desire to be thinner indicated using these methods.
- Such behaviors were also high among those identified as overweight (21%) and were trying to lose weight (24%).
- Rates of unhealthy dieting remain stable compared to 2020.



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

Aggregate Demographics and Behaviors Associated with Unhealthy Dieting (10% of the population)

Demographics

- 27% of those who identify as transgender
- 21% of those who identify as non-heterosexual
- 19% of those who identify as Black or African American

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

- Be bullied (32%) or cyberbullied (29%)
- Bully (10%)
- Be sexually harassed (51%)
- Be depressed (65%), self-harm (55%), or consider suicide (41%)
- Recently drink alcohol (30%)
- Use e-cigarettes (18%) or marijuana (21%)
- Have sexual intercourse (22%)
- View pornography (37%)
- Send or receive sexual messages (31%)
- Be in the “low resilience” category (40%)

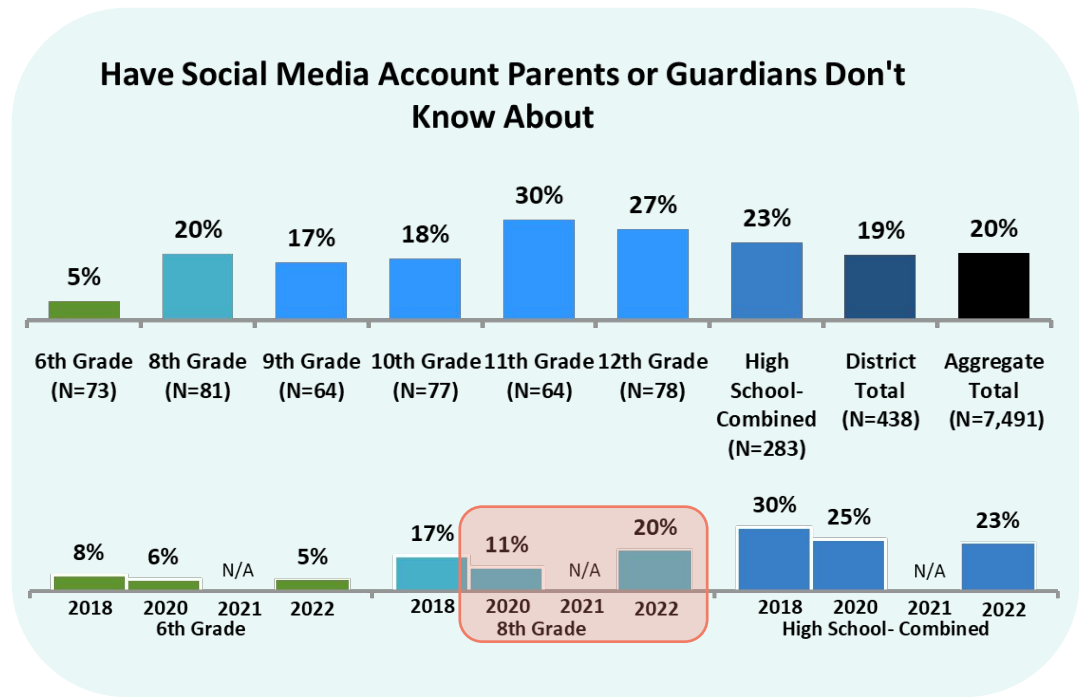
- Aggregate analyses show those most at risk for unhealthy dieting are those who have a non-traditional gender identity or sexuality.
- Additionally, those that engage in unhealthy dieting are also highly likely to abuse their body through self-harm and have a high rate of depression, suicide consideration, and substance abuse.



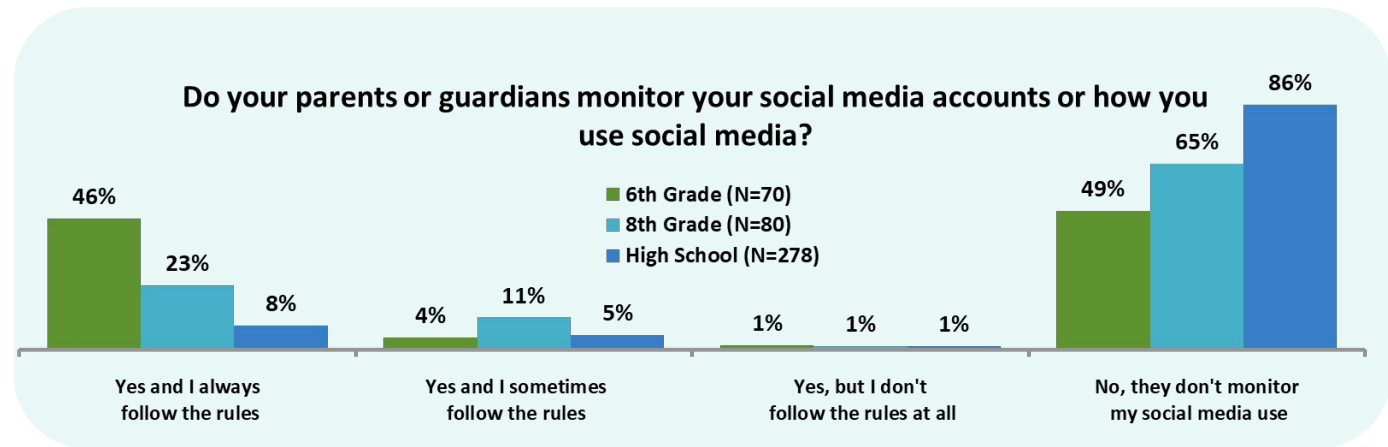
Social Media and Cellphone Use

Parental Involvement on Social Media

- Having a hidden social media account is highest among those in the 11th and 12th grade.
- 8th graders show a substantial increase in hidden social media accounts compared to previous 2020.



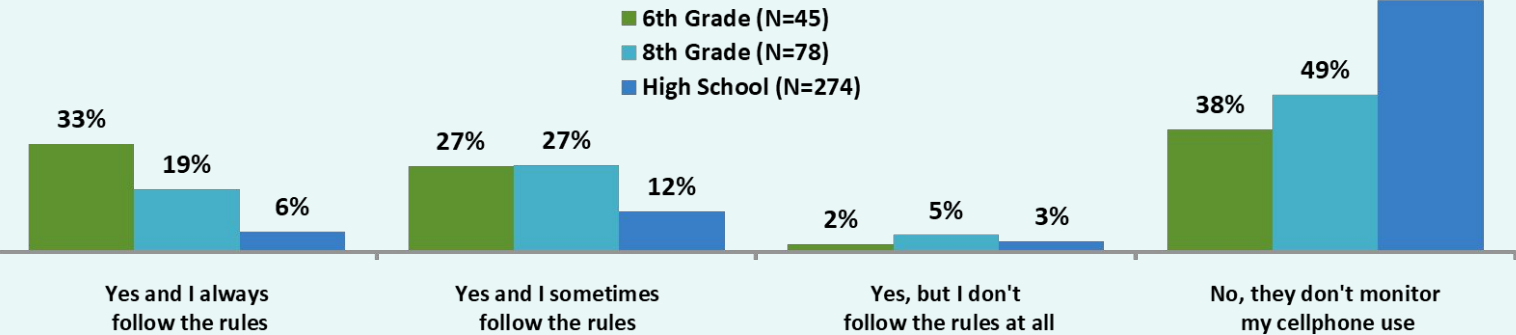
- Overall, parents are less likely to monitor social media for older students:
 - 51% of 6th graders have parents who monitor social media
 - 35% of 8th graders have parents who monitor social media
 - 14% of high schoolers have parents who monitor social media
- However, 11% of The Bromfield School's students who say their parents monitor their social media have an account they are unaware of.



Q117	Do you have any social media accounts that your parents or guardians don't know about?	2018	2020	2021	2022
Q118	Do your parents or guardians monitor your social media accounts or how you use social media?				2022

Parental Involvement on Cellphone Usage

Do your parents or guardians monitor your cellphone use?

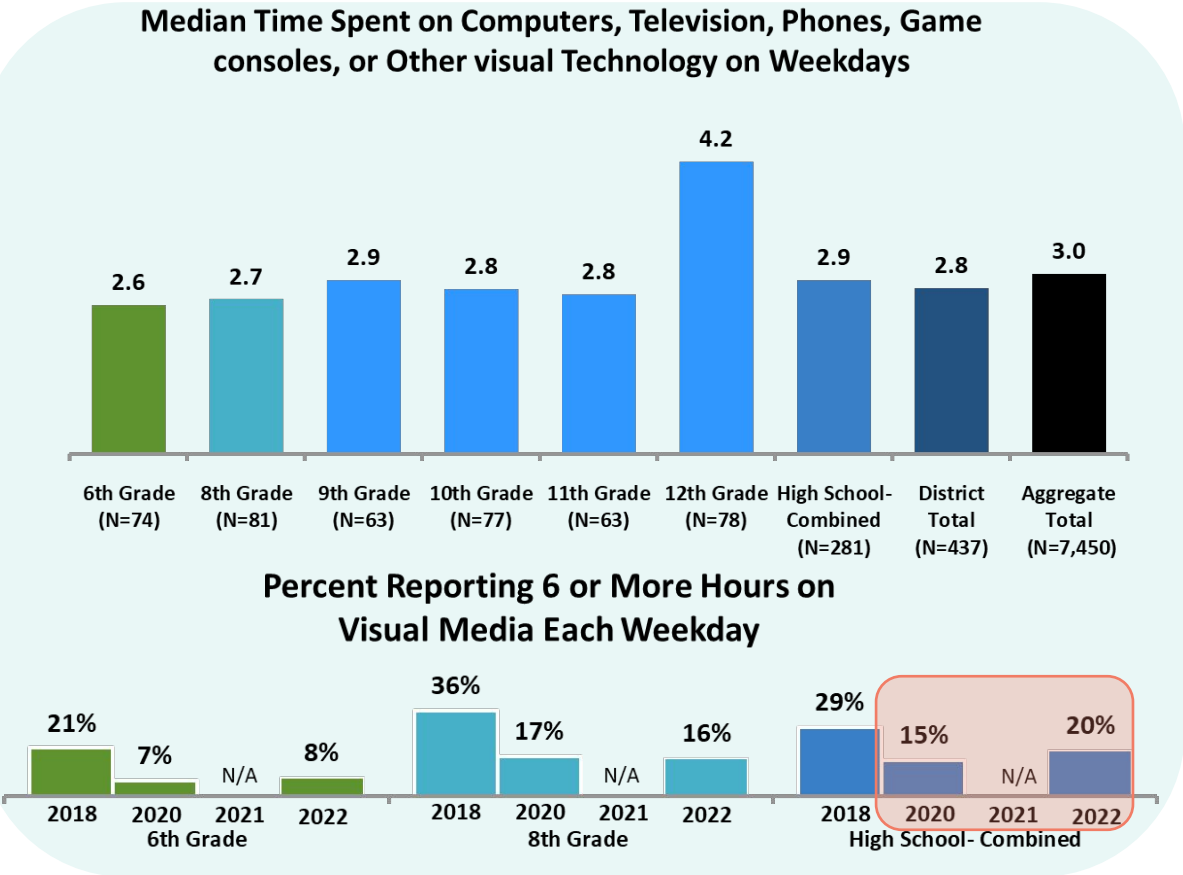


- Similar to social media use, parents are less likely to monitor cellphone use as students age.
 - 62% of 6th graders have parents who monitor their phone
 - 51% of 8th graders have parents who monitor their phone
 - 22% of high schoolers have parents who monitor their phone

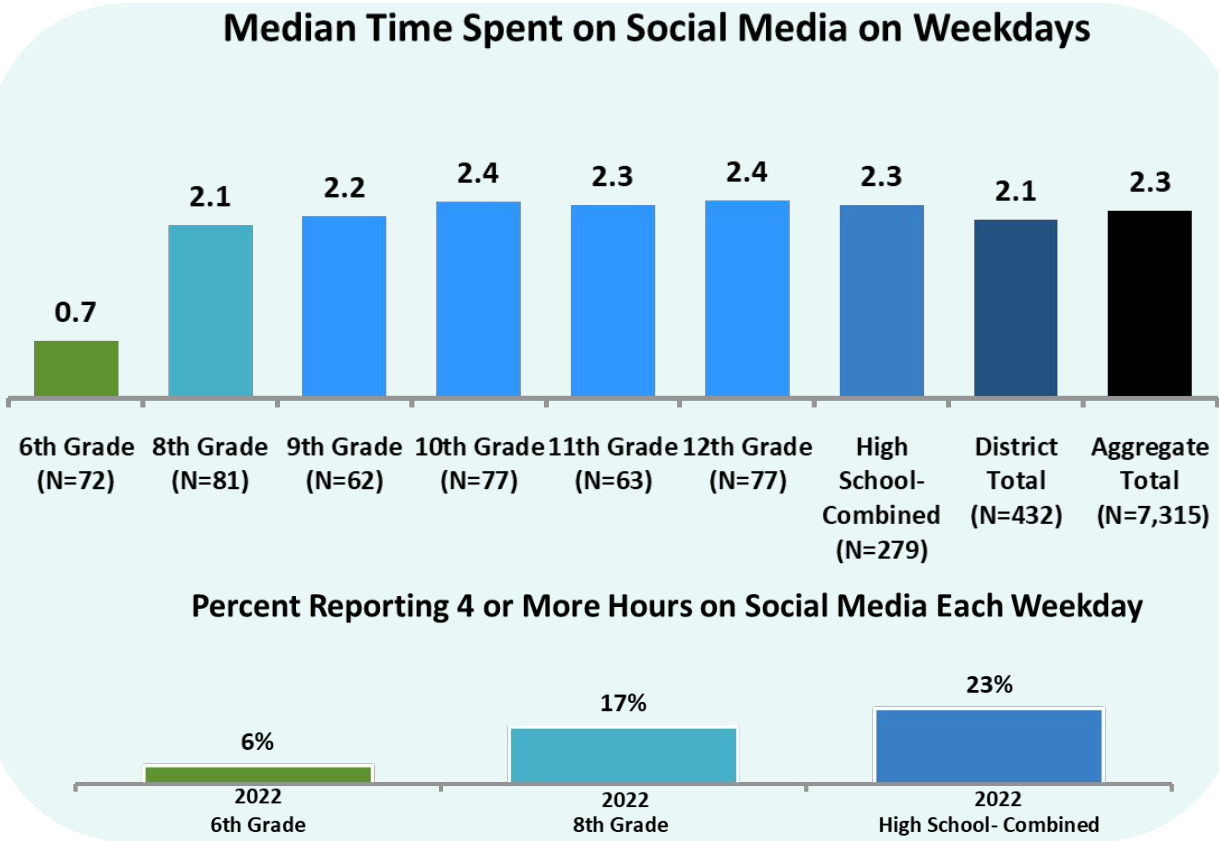


Screen Time and Social Media

- Overall, The Bromfield School’s students report spending a median time just under 3 hours on electronic devices on weekdays, with 12th graders spending the most time.
- While 12th graders show an increase in spending 6 or more hours on such devices compared to 2020, this is still much lower than the rates of 2018.



- Overall, The Bromfield School’s students report spending a median time of just over 2 hours on social media on weekdays.
- While this is much lower for 6th graders, rates are fairly constant across grade levels.

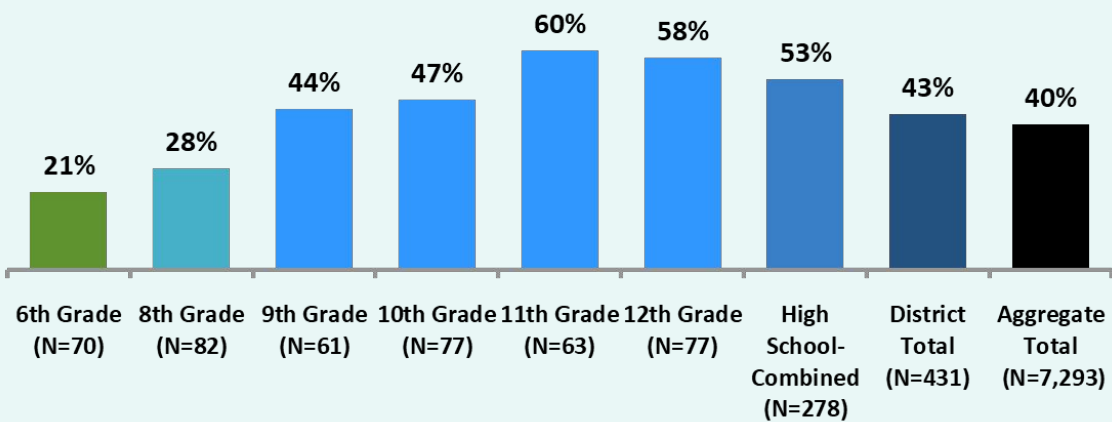


Q115	How much time do you spend weekdays after school using computers, television, phones, game consoles, or other visual technology for non-school related activities?	2018	2020	2021	2022
Q116	How much time do you spend weekdays on social media (e.g. Facebook, Twitter, Instagram, SnapChat, TikTok)?			2021	2022

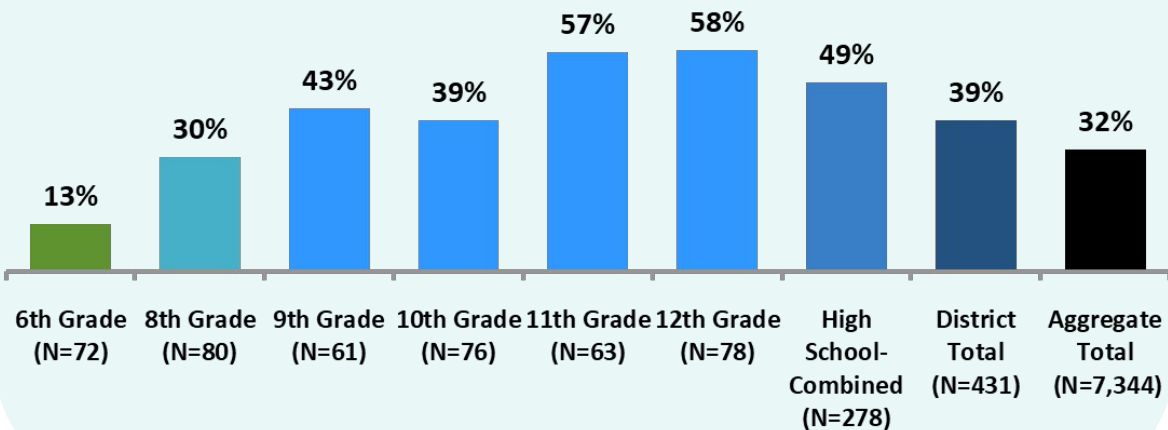
Perception of Time Spent on Cellphones and Social Media

- Overall, 43% of The Bromfield School’s students feel they spend too much time on their phone and 39% feel they spend too much time on social media.
 - Those in the 11th and 12th grades have the highest proportion of students who feel they spend too much time on these.
- Although The Bromfield School’s students don’t spend more time than the aggregate population on social media, a higher proportion than the aggregate feels as if they spend too much time on social media.

Feel They Spend too Much Time on Their Cellphone



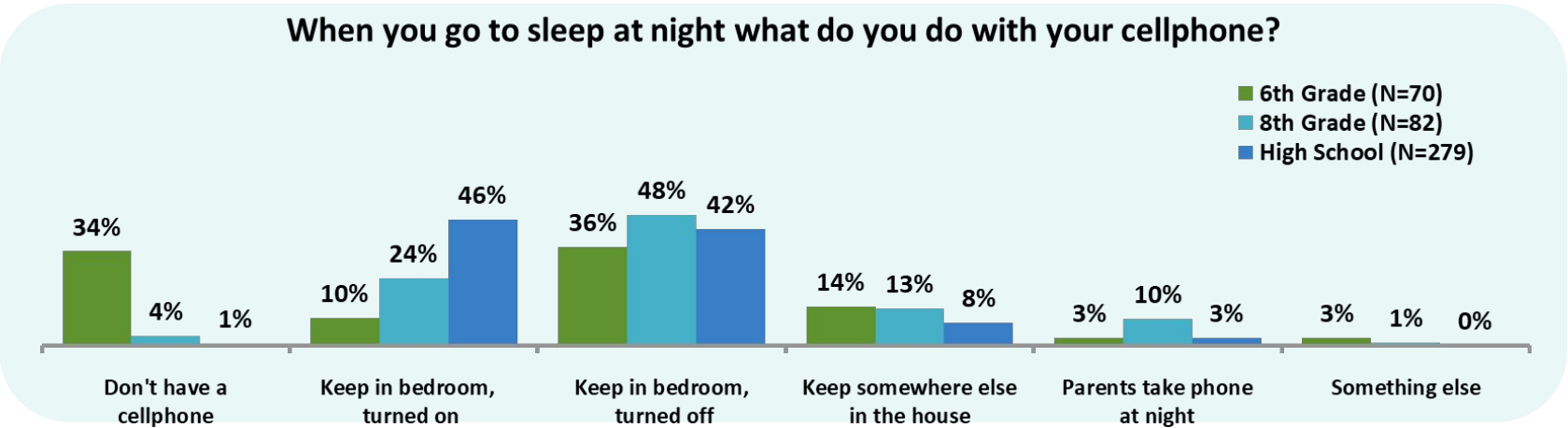
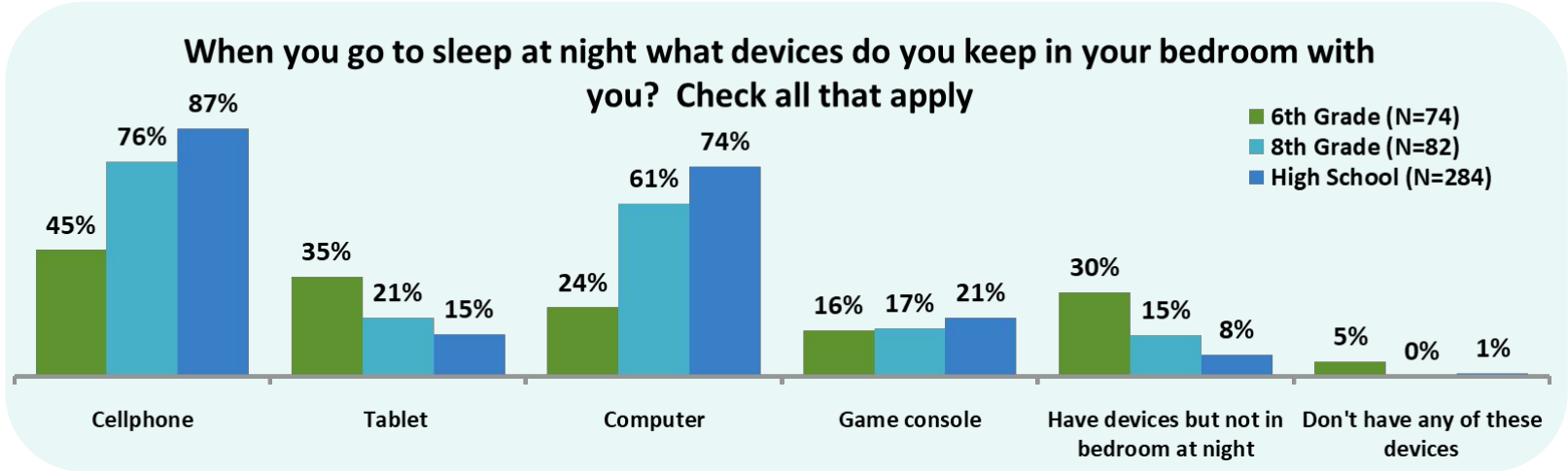
Feel They Spend too Much Time on Social Media



Q111	Do you think you spend too much time, about the right amount of time, or too little time on your cellphone?				2022
Q112	Do you think you spend too much time, about the right amount of time, or too little time on social media?				2022

Electronic Devices in the Bedroom

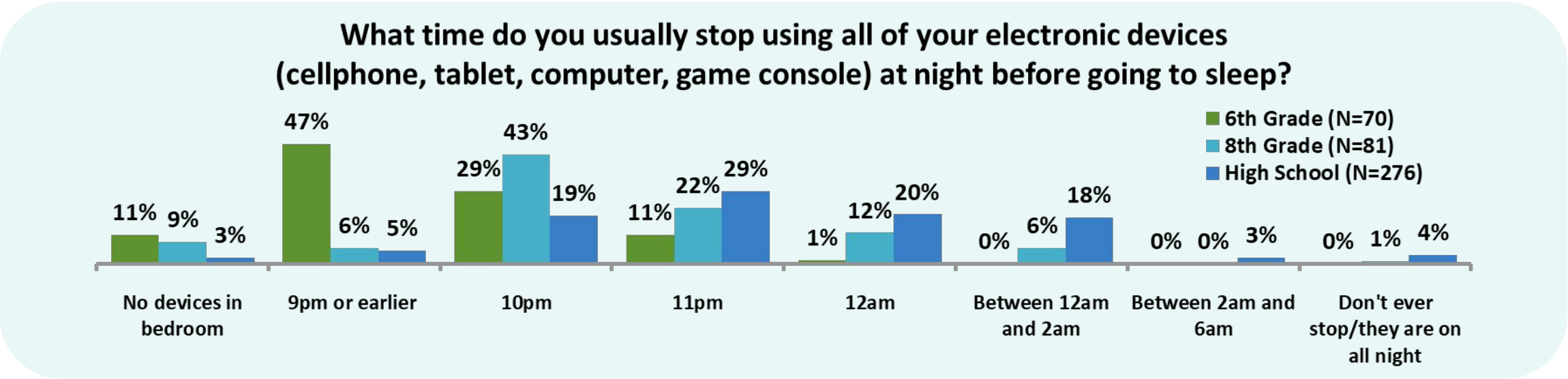
- Cellphones are the most common devices students keep in the bedroom at night.
- Around a third (36%) of The Bromfield School’s students keep their phone on in the bedroom at night.



Q101-104	When you go to sleep at night, what devices do you keep in your bedroom with you? Check all that apply:			2021	2022
Q105	When you go to sleep at night, what do you do with your cell phone?			2021	2022

Turning off Electronic Devices in the Bedroom

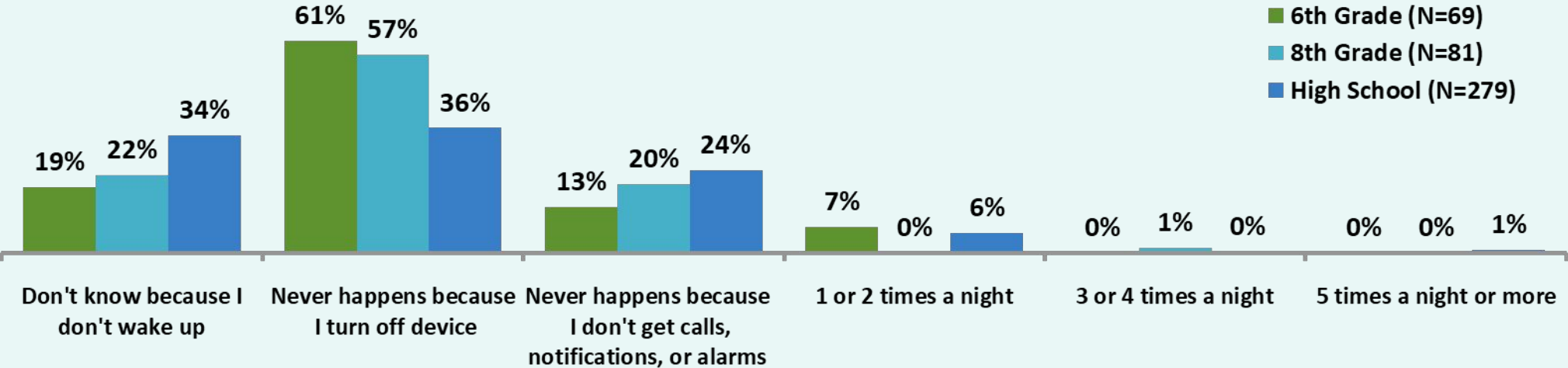
- Overall, 15% of The Bromfield School's students indicate using electronic devices after midnight.
- For high schoolers, the most common time to turn off a cellphone at night is at 11pm (29%)
- For 8th graders, the most common time to turn off a cellphone at night is at 10pm (43%)
- For 6th graders, the most common time to turn off a cellphone at night is by 9pm (47%)



Effect of Electronic Devices on Sleep

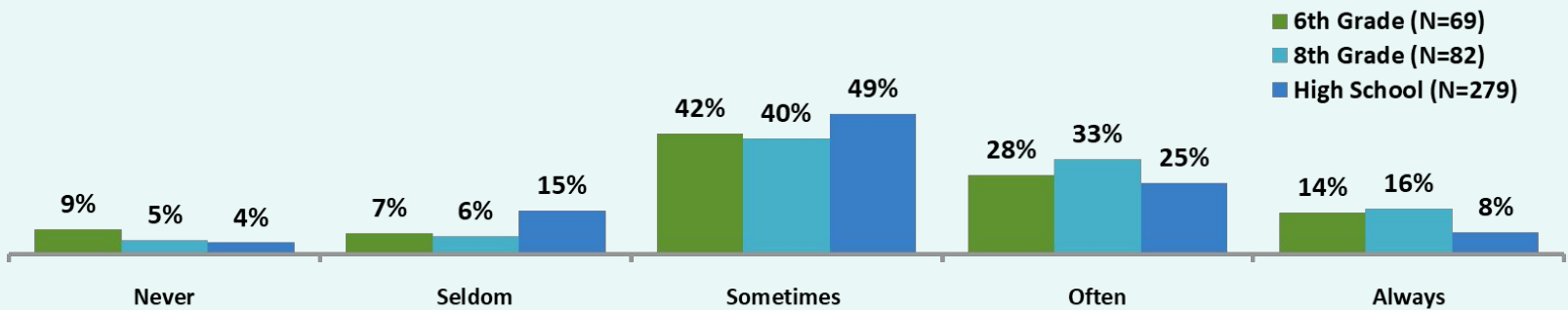
Overall, 6% of The Bromfield School’s students wake up at least once because of their cellphone at night.

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



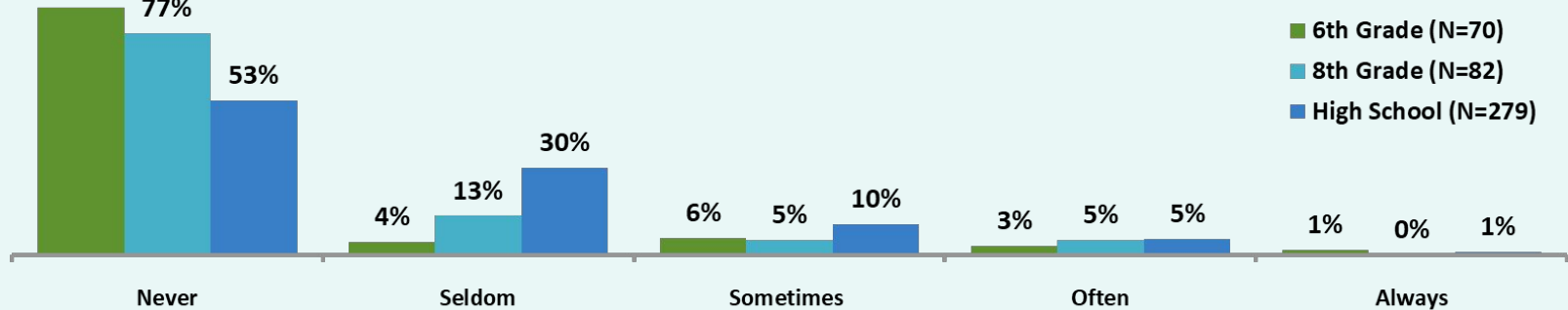
Cellphone Distraction

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



- Overall, 37% of The Bromfield School’s students feel they have to respond to messages often or always.
- This feeling is strongest among 8th graders, with 49% feeling as if they have to respond often or always.

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



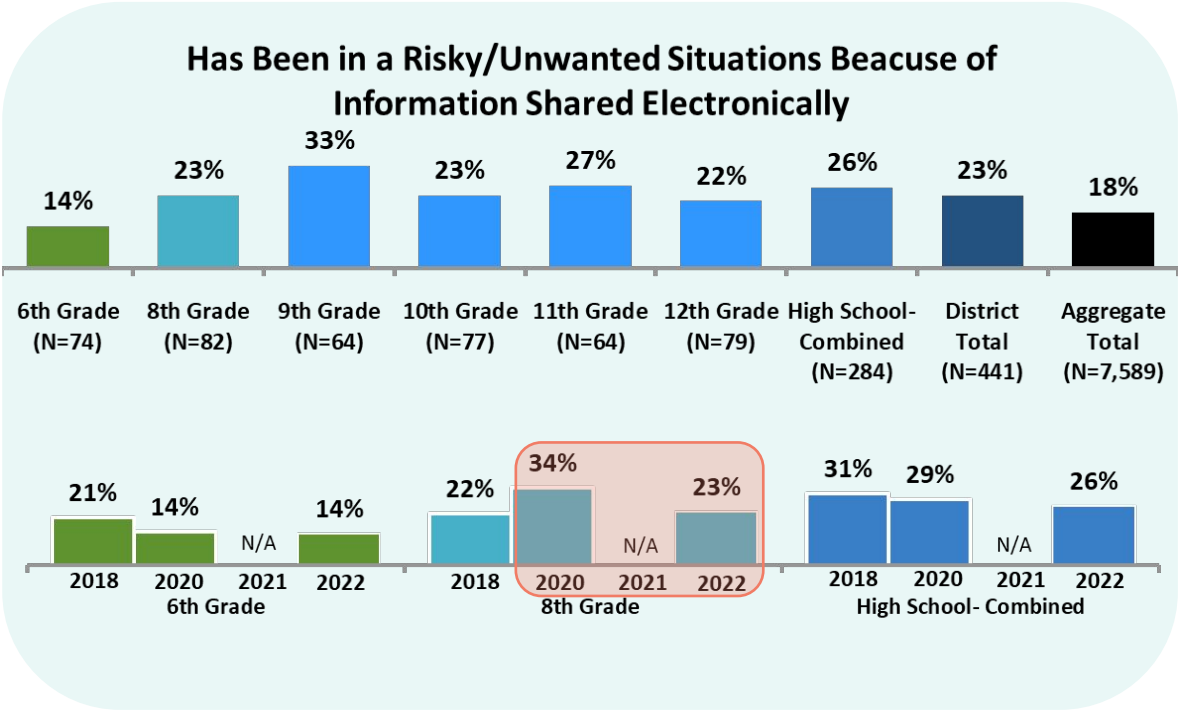
- Overall, 6% of the Bromfield School’s students indicate losing focus often or always due to checking their cellphone.
- 67% of those who lose focus in class due to checking their phone, indicate they feel as if they have to respond to messages often or always.



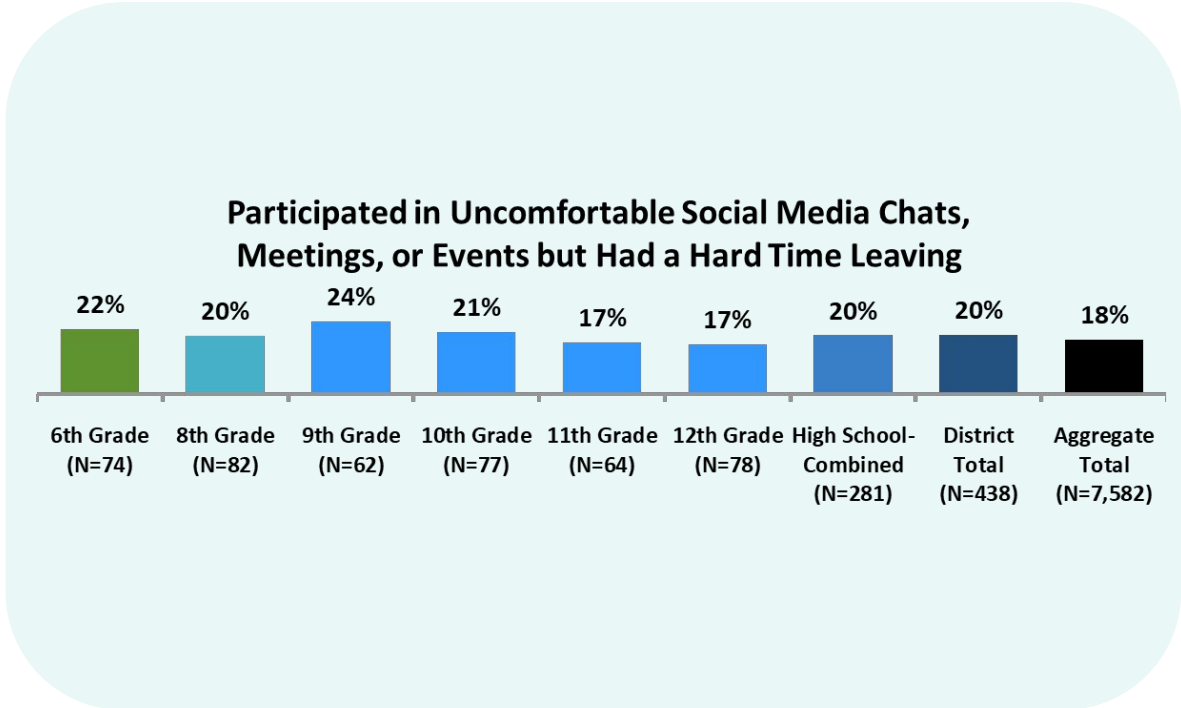
Q109	How often do you feel as though you have to respond to messages from other people immediately?				2022
Q110	How often do you lose focus in class or at school because you are checking your cellphone?				2022

Risky Online Behaviors and Unwanted Contact

- Those in the 9th grade show the highest proportion of students who found themselves in a risky situation due to online activity, with a third (33%) indicating this has happened.
- Those in the 8th grade show substantially lower rates of incidence compared to previous years.

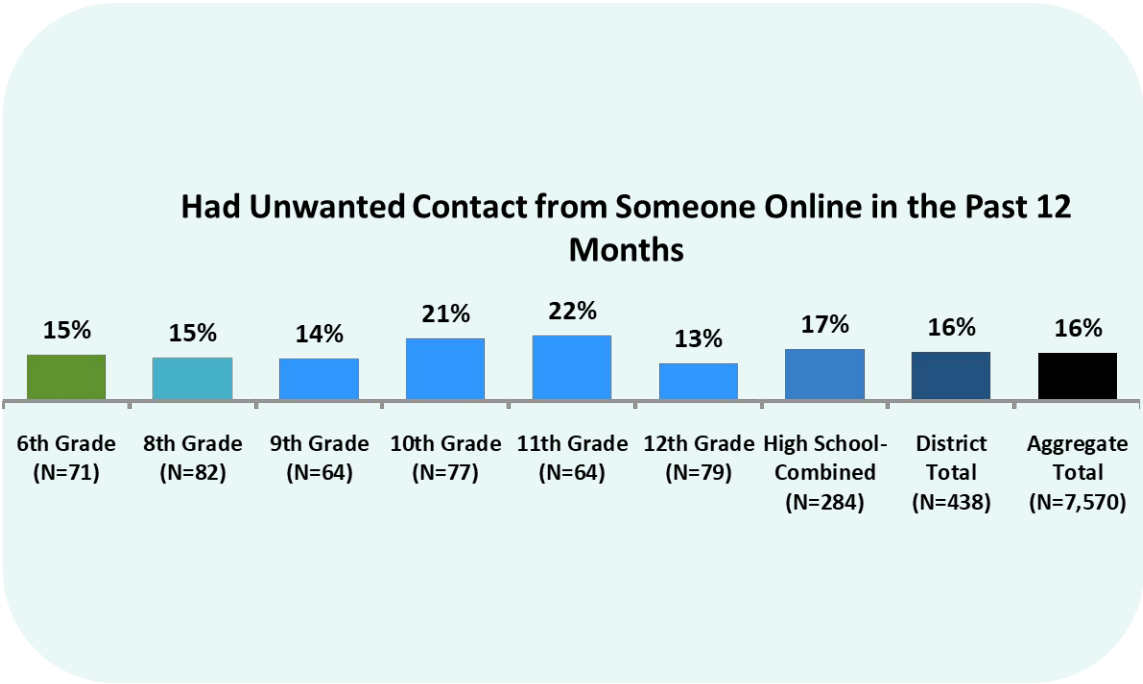


- Rates of being in uncomfortable social media chats, meetings, or events appears fairly stable across grade level.
- However, this is especially common for those who indicate they have been bullied at school (50%) or don't have a trusted adult in their life outside of school (50%).



Q49	Have you ever found yourself in a risky/unwanted situation because of information you shared electronically?	2018	2020	2021	2022
Q51	In the past 12 months have you participated in any group chats meetings or events on social media where the discussion made you uncomfortable but you had a hard time leaving?				2022

Unwanted Online Contact

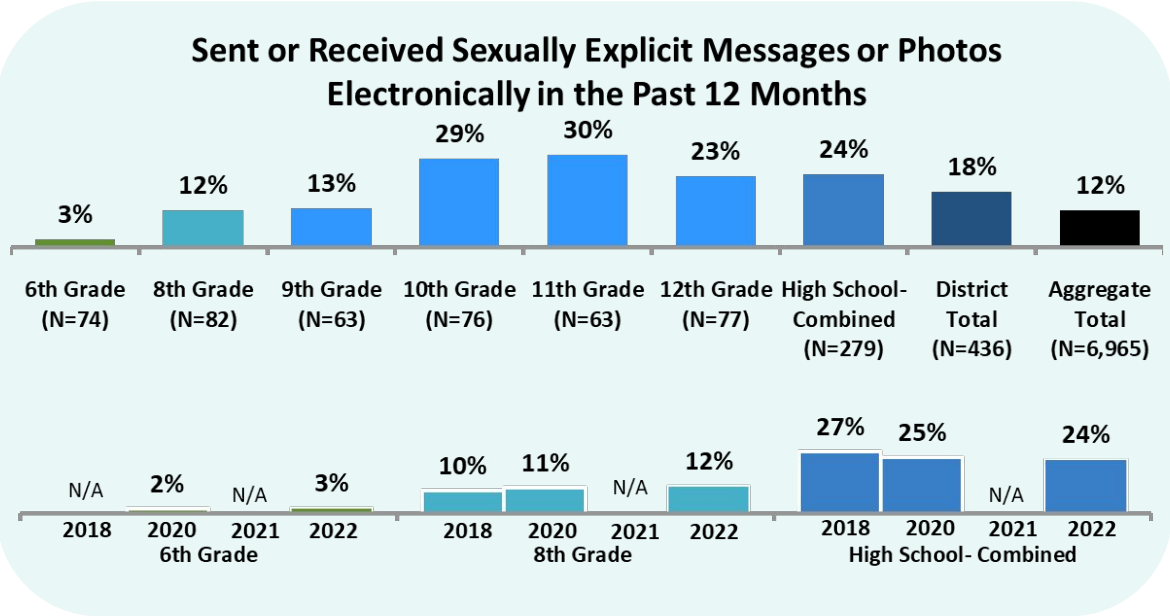


- Rates of unwanted online contact are at their highest among students in the 10th and 11th grade.
- This is especially common for The Bromfield School students who indicate they have:
 - Cyberbullied others (50%)
 - Had sexual intercourse in the past 3 months (42%)
 - Been cyberbullied (41%)



Sending or Receiving Sexually Explicit Messages

- The proportion of students who send or receive sexually explicit messages begins increasing starting in the 10th grade and higher.
- However, rates are stable over time.
- Aggregate analyses show that those who identify as transgender or Native Hawaiian or Pacific Islander have a much higher rate of sexually explicit messaging compared to the population.
- Those who send or receive sexually explicit messages are especially likely to be sexually harassed, depressed, and view pornography.



Aggregate Demographics and Behaviors Associated with sending or receiving sexually explicit messages (12% of the population)

- Demographics**
- 26% of those who identify as transgender
 - 20% of those who identify as non-heterosexual
 - 26% of those who identify as Native Hawaiian or Pacific Islander
 - 21% of those who identify as Middle Eastern American

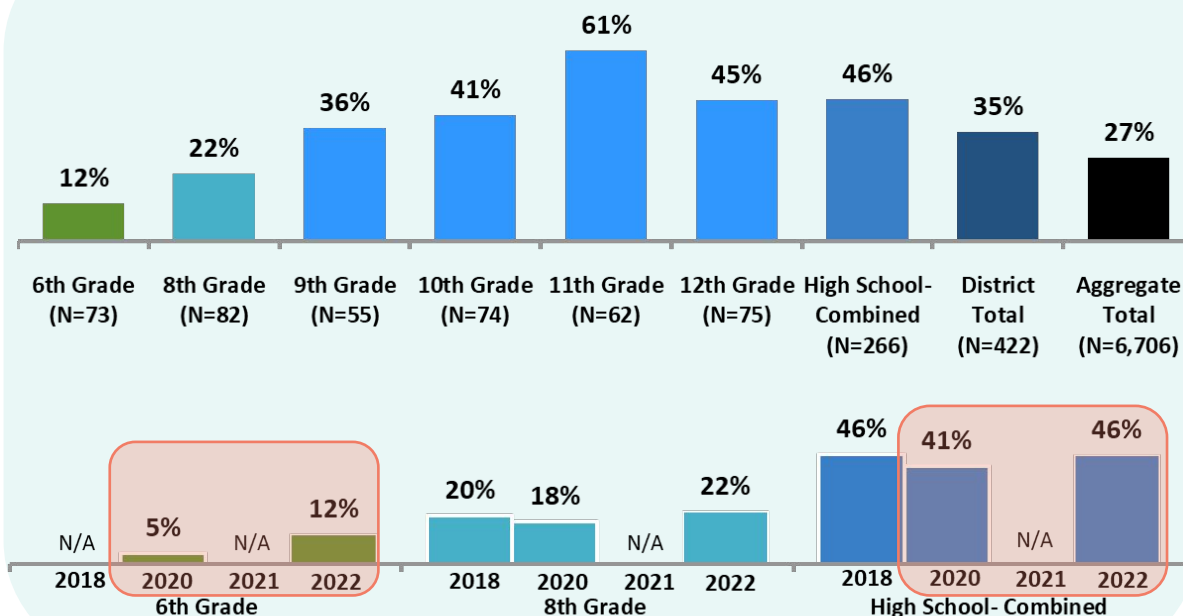
- Those who have sent or received sexual messages are more likely to:**
- Be bullied (26%) or cyberbullied (31%)
 - Bully (13%) or cyberbully others (13%)
 - Be sexually harassed (53%)
 - Be depressed (54%), self-harm (45%), or consider suicide (31%)
 - Recently drink alcohol (37%)
 - Use e-cigarettes (25%) or marijuana (28%)
 - Have sexual intercourse (37%)
 - View pornography (64%)
 - Engage in unhealthy dieting (26%)
 - Be in the “low resilience” segment (33%)



Pornography

- Rates of looking at pornography also increase with each grade level until they peak at the 11th grade.
- 6th graders and high school students show a substantial increase in viewing pornography compared to previous years.
- Aggregate analyses show a disproportionate number of students who identify as transgender indicate they have recently viewed pornography.

Looked at Pornographic Material in the Past 30 Days



Aggregate Demographics and Behaviors Associated with Recent Pornography viewing (27% of the population)

Demographics

- 37% of males
- 38% of those who identify as non-binary
- 46% of those who identify as transgender
- 37% of those who identify as non-heterosexual
- 39% of those who identify as Native Hawaiian or Pacific Islander

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

- Be cyberbullied (15%)
- Cyberbully others (9%)
- Be sexually harassed (25%)
- Be depressed (37%), self-harm (29%), or consider suicide (21%)
- Recently drink alcohol (25%)
- Use e-cigarettes (14%) or marijuana (17%)
- Have sexual intercourse (19%)
- Send or receive sexual messages (29%)



Q48

During the past 30 days on how many days did you look at pornographic material either in electronic or any other format?

2018

2020

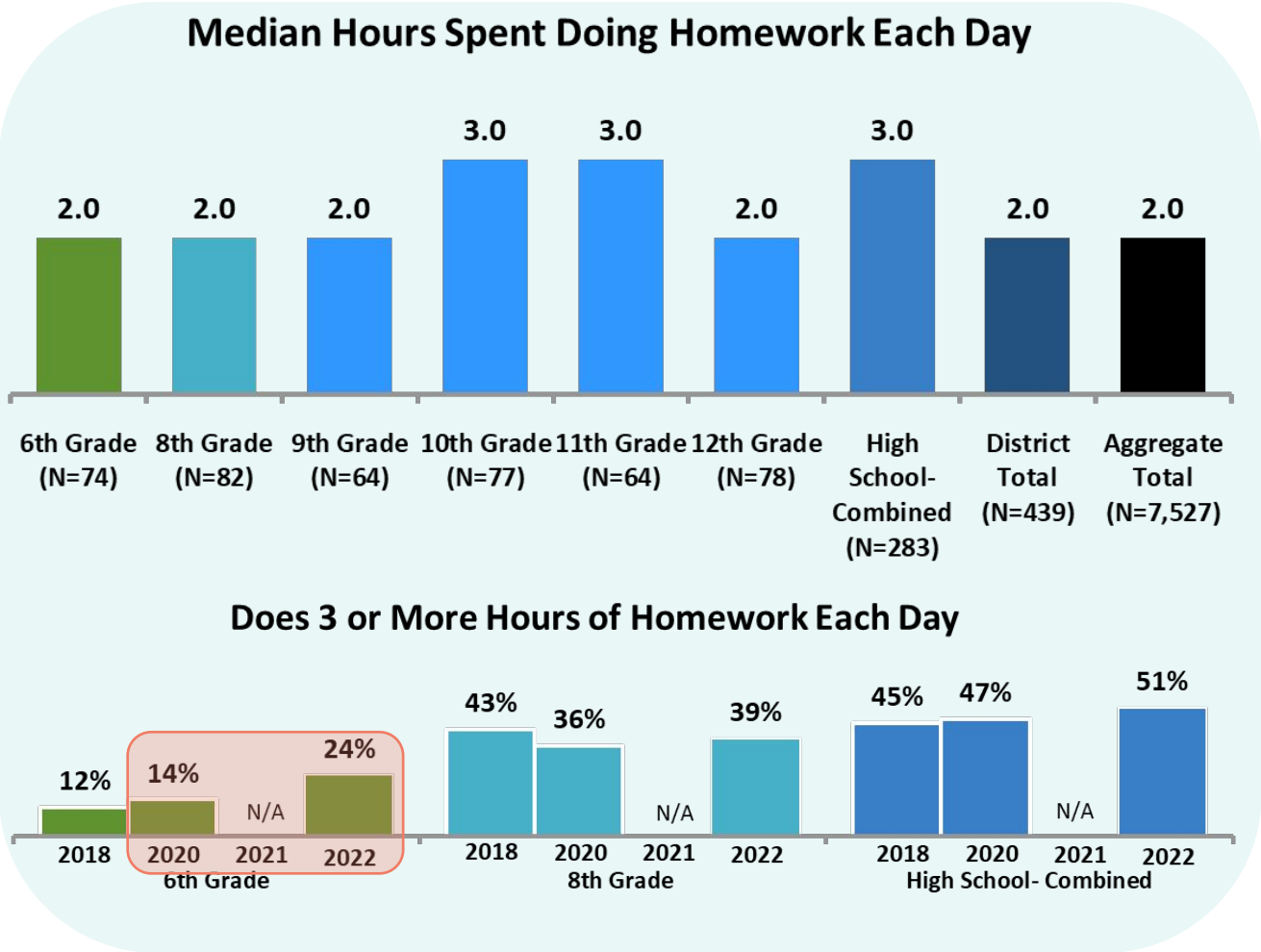
2021

2022

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Lifestyle

Homework



- The median time spent doing homework for The Bromfield School’s students is 2 hours, with those in the 10th and 11th grade reporting the most homework.
- Compared to previous years, more 6th graders report spending 3 or more hours on homework.
- 85% of The Bromfield School’s students who report 3 or more hours of homework each day also indicate that they have experienced somewhat high or very high levels of stress due to their academic course load.



Sleep

- While most 6th graders get more than 7 hours of sleep, most students in other grades report 7 or less hours of sleep, with 34% of all students reporting 6 or less.
- Compared to 2020, fewer 6th graders and high school students report getting 7 or less hours of sleep, while more 8th graders are getting low-levels of sleep.
- Aggregate analyses show Native Hawaiian or Pacific Islander students and those with a non-traditional gender identity or sexual orientation are among those most likely to get little sleep.

Aggregate Demographics and Behaviors Associated with Getting 6 or Less hours of sleep Each Night (35% of the population)

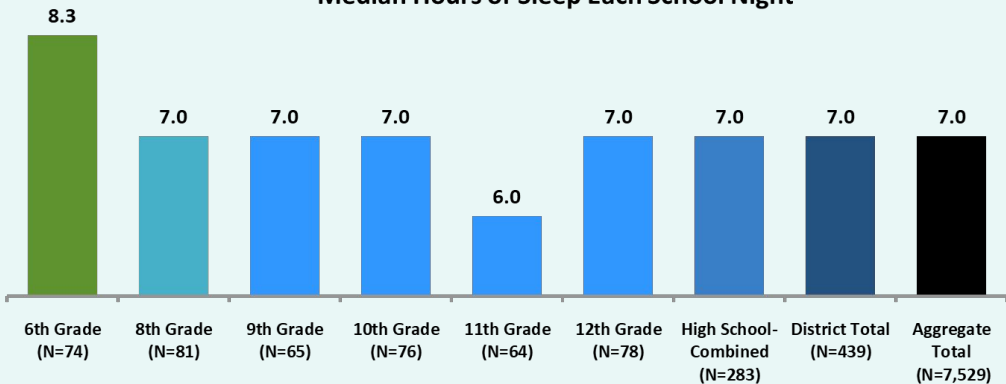
Demographics

- 54% of those who identify as non-binary
- 54% of those who identify as transgender
- 51% of those who identify as non-heterosexual
- 58% of those who identify as Native Hawaiian or Pacific Islander
- 51% of those who identify as Black or African American
- 46% of those who identify as Hispanic or Latinx

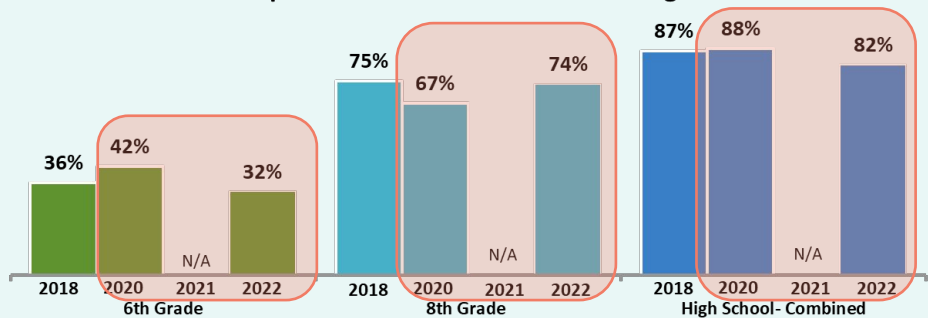
Those who get 6 or less hours of sleep each night are more likely to:

- Be depressed (39%), self-harm (28%), or consider suicide (20%)
- Be sexually harassed (25%)
- Be in the “low resilience” segment (26%)

Median Hours of Sleep Each School Night

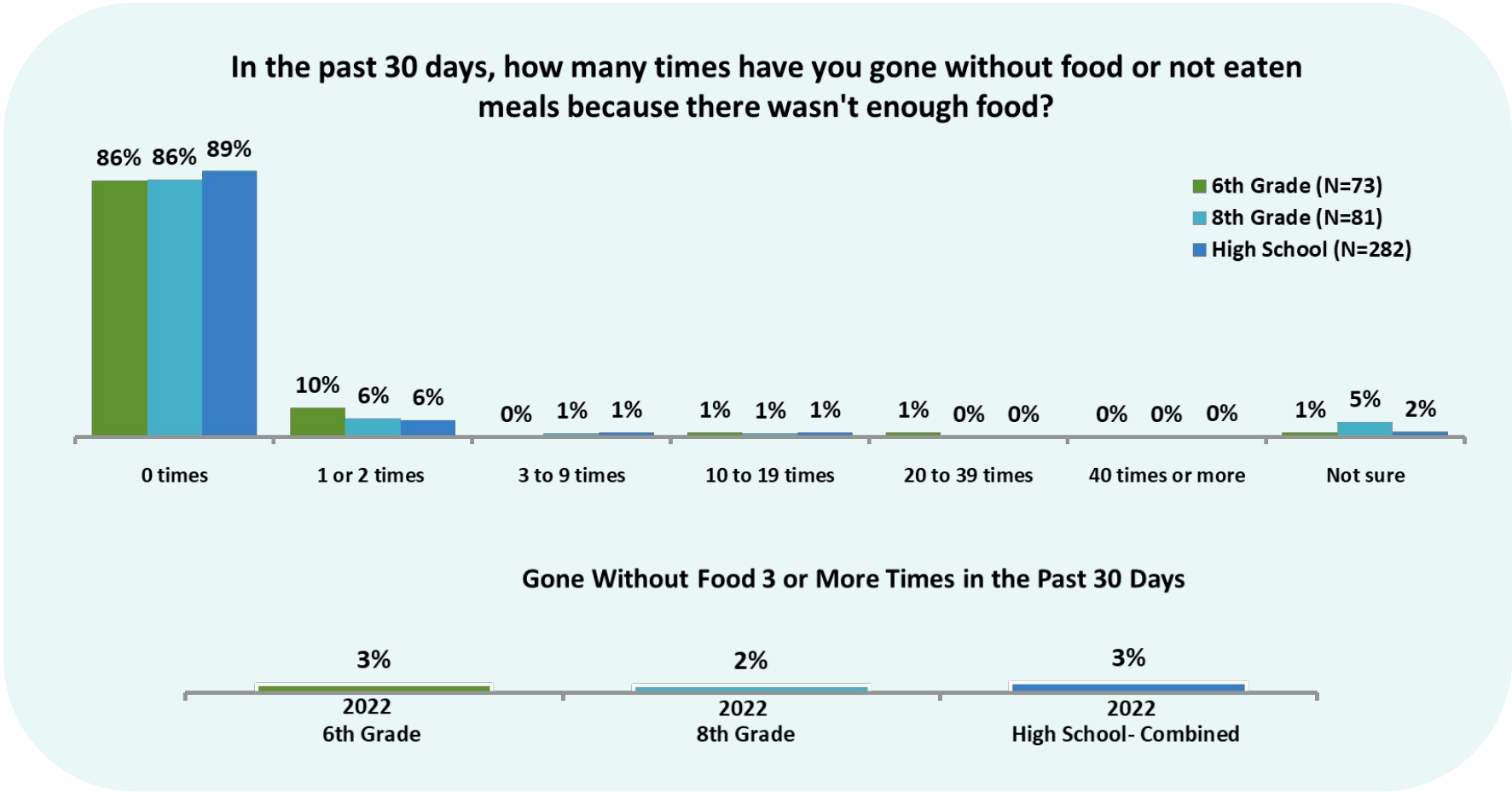


Sleeps 7 or Less Hours Each School Night



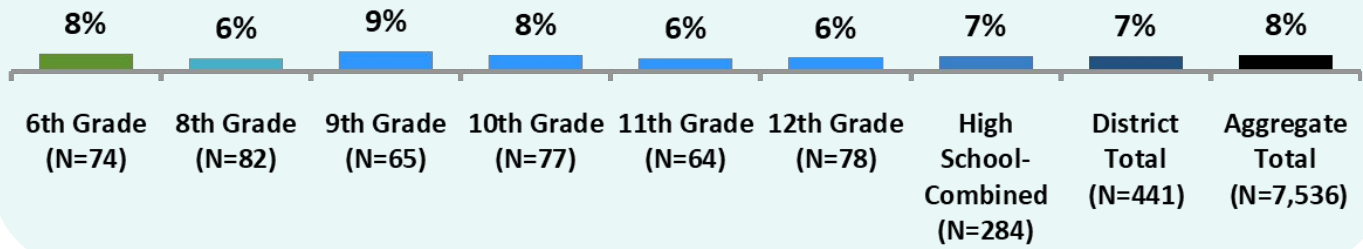
Going Without Food

Overall, 3% of The Bromfield School’s students have gone hungry 3 or more times in the 30 days prior to taking this survey.



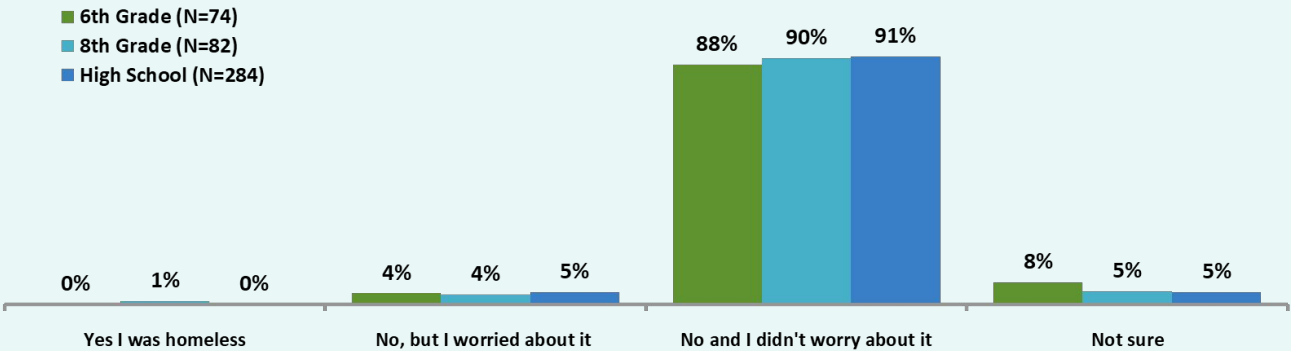
Moving and Homelessness

Moved to New Apartment or House in Past 30 Days



Overall, 7% of students reported moving in the past 30 days, with little variation among grades.

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



Although 0% of the Bromfield School’s students were homeless in the past year, 10% of students either worried about it or weren’t sure.



Q120	In the past 12 months did you move to a new apartment or house?				2022
Q121	At any point in the past 12 months were you homeless or did you worry about being homeless?				2022

Appendix A: Changes to Questionnaire

Questionnaire Differences in 2022

Questions that changed compared to previous years					
Q3	How do you identify yourself? • Female • Male • Something else (non-binary, etc)		How do you identify yourself? • Female • Male • Transgender • Other (Non-binary, etc)		
	2022		2021	2020	2018
Q16-23	How do you describe yourself? Select as many as apply to you:		How do you describe yourself? (Select one or more responses.)		
	2022		2021	2020	2018
Q52	During the past 12 months, have you received unwelcome comments or actions of a sexual nature which made you uncomfortable (sexual harassment)? • Yes this happened to me online • Yes this happened to me in person • Yes both online and in person • No, this hasn't happened to me		During the past 12 months, have you received unwelcome comments or actions of a sexual nature which made you uncomfortable (sexual harassment) from others in school? • Yes • No		
	2022	2021	2020	2018	
Q53	During the past 12 months, what level of stress have you experienced as a result of your school /academic workload?		During the past 12 months, what level of stress have you experienced as a result of your academic workload?		
	2022	2021*	2021*	2020	2018



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

Questionnaire Differences in 2022

Questions that changed compared to previous years

Q56-71	When you are dealing with stress, which strategies do you use most often? Check all that apply to you. <ul style="list-style-type: none">NothingExerciseDrinking alcoholDoing drugsSmoking cigarettesVaping/Juuling/VuseingMindfulness/Mediation activitiesSelf-injuryWatching televisionAvoidance, ignoring the stress, walking awayEatingGamingSocial mediaTalking to someone I trustNot eating or avoiding foodGoing onlineOther		Which of the following strategies do you use most frequently to deal with stress? (Choose all that apply) <ul style="list-style-type: none">NothingExerciseDrinking/drugs/smokingVaping/Julling/VuseingMediation/ relaxation activitiesSelf-injuryWatching televisionEatingOther (Options listed are for 2020, which are different from previous years).		
	2022		2021	2020	2018
Q77	If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse? (Asked only of those who attempted suicide) <ul style="list-style-type: none">YesNo		If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse? <ul style="list-style-type: none">I did not attempt suicide during the past 12 monthsYesNo		
	2022		2021	2020	2018
Q78	In the past 12 months, has anyone you know from school told you they were thinking about hurting themselves or suicide? Yes, they told me in person, on a phone/video call, or in a text <ul style="list-style-type: none">Yes, they told me online (direct messaging, email, in social media, etc)No, but I saw or heard something about the person from a friendNo, but I saw or heard something about the person onlineNo, nobody at school has told me they were thinking about hurting themselves or suicide Not compared to previous versions		In the past 12 months, has anyone at school told you they were thinking about hurting themselves or suicide, and did you tell an adult about it? (Not compared to new version) <ul style="list-style-type: none">No one told me they wanted to hurt themselves, and I'm not worried about anyoneNo one told me they wanted to hurt themselves, but I am worried about someoneYes, someone told me, but I didn't tell an adultYes, someone told me, and I did tell an adultNot sure		
	2022		2021	2020	2018



Questionnaire Differences in 2022

Questions that changed compared to previous years

Q79	<p>During the past 30 days, on how many days did you have at least one drink of alcohol?</p> <ul style="list-style-type: none"> • I have never had a drink of alcohol other than a few sips • I have drunk alcohol (more than few sips) but not within the past 30 days • 1 or 2 days • 3 to 5 days • 6 to 9 days • 10 to 19 days • 20 to 29 days • All 30 days 	<p>During the past 30 days, on how many days did you have at least one drink of alcohol?</p> <ul style="list-style-type: none"> • 0 days • 1 or 2 days • 3 to 5 days • 6 to 9 days • 10 to 19 days • 20 to 29 days • All 30 days 	2021	2020	2018
Q80	<p>During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row, that is, within a couple of hours?</p> <ul style="list-style-type: none"> • I have never had 5 or more drinks in a row within a couple hours • I have had 5 or more dinks in a row within a couple of hours, but not within the past 30 days • 1 or 2 days • 3 to 5 days • 6 to 9 days • 10 to 19 days • 20 to 29 days • All 30 days 	<p>During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row, that is, within a couple of hours?</p> <ul style="list-style-type: none"> • 0 days • 1 or 2 days • 3 to 5 days • 6 to 9 days • 10 to 19 days • 20 to 29 days • All 30 days 	2021	2020	2018
Q81	<p>During the past 30 days, on how many days did you use an electronic cigarette (e-cigarette), also called vaping, juuling, or vusing?</p> <ul style="list-style-type: none"> • I have never used and e-cigarette or vaped • I have used an e-cigarette or vaped but not in the last 30 days • 1 or 2 days • 3 to 5 days • 6 to 9 days • 10 to 19 days • 20 to 29 days • All 30 days 	<p>During the past 30 days, on how many days did you use an electronic cigarette (e-cigarette), also called vaping, juuling, or vusing?</p> <ul style="list-style-type: none"> • 0 days • 1 or 2 days • 3 to 5 days • 6 to 9 days • 10 to 19 days • 20 to 29 days • All 30 days 	2021	2020	2018



Questionnaire Differences in 2022

Questions that changed compared to previous years

Q82	During the past 30 days, on how many days did you use marijuana or marijuana-related products (not including CBD oil)? <ul style="list-style-type: none">• I have never used marijuana or marijuana-related products• I have used marijuana or marijuana-related products but not in the past 30 days• 1 or 2 days • 10 to 19 days• 3 to 5 days • 20 to 29 days• 6 to 9 days • All 30 days		During the past 30 days, on how many days did you use marijuana or marijuana-related products (not including CBD oil)? <ul style="list-style-type: none">• 0 times • 20 to 39 times• 1 or 2 times • 40 or more times• 3 to 9 times• 10 to 19 days			
	2022		2021	2020	2018	
Q92-100	During the past 30 days, without a doctor's advice, have you done any of the following to lose weight or keep from gaining weight? <ul style="list-style-type: none">• Exercised to lose weight• Ate less food or fewer calories (dieted)• Went without food for 24 hours or more (also called fasting)• Went on a cleansing diet• Colon cleanse• Made myself vomit• Avoided unhealthy foods or foods that didn't fit in my diet• Took laxatives• Took diet pills, powders, or liquids• I did not do any of these		During the past 30 days, without a doctor's advice, have you done any of the following to lose weight or keep from gaining weight? <ul style="list-style-type: none">• Go without eating for 24 hours (also called fasting)• Go on a cleansing diet• Colon cleanse• Make myself vomit• Take laxatives• Take diet pills, powders, or liquids• None of these			
	2022		2021	2020	2018	



Questionnaire Differences in 2022

Questions that changed compared to previous years

Q108	What time do you usually stop using all of your electronic devices (cell phone, tablet, computer, game console) at night before going to sleep <ul style="list-style-type: none">• I don't ever stop using my devices or they are on all night• I stop using my electronic devices at 9pm or earlier• I stop using my electronic devices by 10pm• I stop using my electronic devices by 11pm• I stop using my electronic devices by 12 midnight• I stop using my electronic devices between 12 midnight and 2am• I stop using my electronic devices between 2am and 6am• My electronic devices aren't in my bedroom or I keep them somewhere else at night Not compared to previous versions			What time do you usually shut your cell phone off on a school night before going to sleep? <ul style="list-style-type: none">• I don't have a cell phone• I don't shut my cell phone off at night, or it is on all night• I shut it off before 9pm• I shut it off at 10pm• I shut if off at 11pm• I shut it off at 12 midnight• I shut it off between 12 midnight and 2am• I shut it off after 2am		
	2022		2021		2020	
Q115	How much time do you spend weekdays after school using computers, television, phones, game consoles, or other visual technology for non-school related activities?			On an average school day, how much time do you spend using computers, television, phones, or other visual technology?		
	2022		2021		2020	
	2022		2021		2020	



Questionnaire Differences in 2022

Questions that changed compared to previous years

Q118	<p>Do your parents or guardians monitor your social media accounts or how you use social media?</p> <ul style="list-style-type: none">• Yes, they monitor my social media use and I always follow the rules• Yes, they monitor my social media use and I sometimes follow the rules• Yes, they monitor my social media use and I don't follow the rules at all• No, they don't monitor my social media use. <p>Not compared to previous versions</p>	How do your parents or guardians monitor your social media accounts or how you use social media? Check all that apply:)		
		<ul style="list-style-type: none">• They do not monitor my social media accounts or use• I don't know if they monitor my social media accounts or use• I have a contract and ground rules for my phone/tablet/computer• They follow my social media accounts weekly or more often• They use monitoring, blocking, or filtering software• They put parental controls on my phone/tablet/computer• I am only allowed to use my phone/tablet/computer at certain times• I am only allowed to use my phone/tablet/computer in certain places in our home• They monitor my social media accounts or use in some other way• I don't have any social media accounts, or I don't have a phone		
	2022	2021	2020	2018

