

Summary of Results from the 2005-2006 Wayland Adolescent Behavior Survey Grades 6-12

Submitted to:

The Wayland Public Schools
Wayland, Massachusetts

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BACKGROUND

REPORT FORMAT

In April/May of 2006, the Wayland Public Schools administered the 2005-2006 Wayland Adolescent Behavior Survey to students in grades 6 through 12. Largely based on the Centers for Disease Control and Prevention's *Youth Risk Behavior Survey*, the questionnaire was designed to gather information on some of the important issues facing youth in Wayland, such as substance use, violence and safety, and mental and physical health.

This report is designed to provide an overview of key survey data, focusing on four main themes: (1) What do the data from this survey tell us about the challenges facing youth in the Wayland community?; (2) Are there any important sub-population differences among respondents (such as by gender or grade)?; (3) How have the data changed since previous administrations of similar surveys?; and (4) How do results in Wayland compare to those in Massachusetts as a whole? The summary presents an overview of findings grouped according to the following themes: Alcohol, Tobacco, and Other Drug Use; Issues Related to Alcohol Use; Violence and Safety; Mental Health; and, Physical Health. The main results in each section are illustrated using charts that are complemented by supplementary data or information. Appendices containing selected data follow the main results.

WHO CONDUCTED THE SURVEY?

The survey was conducted by the Wayland Public Schools in collaboration with Social Science Research and Evaluation, Inc. (SSRE), a non-profit social science research firm located in Burlington, Massachusetts.

HOW AND WHEN WAS THE SURVEY CONDUCTED?

The survey was administered as a questionnaire in April/May of 2006 to all students in the Wayland public middle and high schools in grades 6 through 12. The number of respondents in each grade is as follows:

MIDDLE SCHOOL			HIGH SCHOOL				TOTAL
6 th	7 th	8 th	9 th	10 th	11 th	12 th	
215	226	233	224	202	191	187	1,478
Middle School = 674			High School = 804				

School administrators set aside approximately one period of classroom time for students to complete the survey. The attending classroom teacher was responsible for passing out the questionnaires and maintaining order in the classroom.

Student responses to the questionnaire were anonymous. The questionnaire did not ask students for any information that could identify them. The survey was also voluntary; students were instructed that they could skip any items that they would rather not answer.

WHAT DID THE SURVEY ASK ABOUT?

The survey is based on the Centers for Disease Control and Prevention's Youth Risk Behavior Survey (YRBS). It focuses mainly on risky and healthy behaviors. Questions range from

demographic items (e.g., gender, age, grade), to student substance use (e.g., alcohol, tobacco, other drugs), to other issues related to student health such as stress, suicide, violence and safety, sexual behavior, dietary behavior, and vehicle-related risk behavior.

VALIDITY

There is a good deal of research about the ways in which students respond to surveys and whether they tell the truth. This work indicates that student survey results are reasonably accurate provided that student participation is voluntary and that the respondents cannot be identified. The Wayland Adolescent Behavior Survey met these conditions. The voluntary nature of the survey was explained to both students and their parents. Prior to the survey, parents were given the opportunity to opt their child(ren) out of the survey. In addition, students could choose not to participate or to skip any items. The confidential nature of the survey was highlighted in the questionnaire instructions that asked students not to put their name on the questionnaire and explained that their answers would not be viewed by anyone who knows them.

Two other steps were taken to increase validity. First, each questionnaire was reviewed to identify any on which students obviously provided frivolous answers. Such questionnaires were omitted from all analyses. Second, analyses were conducted to test for the reasonableness of responses and for the consistency of responses across related items. When inconsistent responses were identified, the entire case or the suspect items for that case were treated as missing data in all subsequent analyses. These two procedures identified few problems.

The validity of the survey is also bolstered by using a questionnaire based largely upon existing instruments such as the Youth Risk Behavior Survey (Centers for Disease Control and Prevention), Monitoring the Future (University of Michigan), and Profiles of Student Life – Attitudes and Behaviors and Survey of Student Resources and Assets (America's Promise and Search Institute). These standardized instruments have been thoroughly tested and administered in large-scale research studies (see Brener, N., Kann, L., McManus, T., Kinchen, S.A., Sundberg E.C., and Ross, J.G. [2002]. "Reliability of the 1999 Youth Risk Behavior Survey Questionnaire." *Journal of Adolescent Health*, 31, 336-342).

NON-RESPONDENTS

It is important to keep in mind that the survey results can be generalized only to students who were present when the survey was administered. The results may not reflect responses that might have been obtained from students who were absent or truant on the day of the survey, nor from students who have dropped out of school.

TRENDS

Because this is the fourth time that the Wayland Adolescent Behavior Survey has been administered (prior surveys were administered in 1998, 2000, and 2002), trend comparisons can be made. These trend comparisons can provide useful information on whether certain behaviors have improved, worsened, or stayed the same over time. It is best to repeat a survey such as this at regular intervals in order to track change over time. Note, however, that the 1998 survey was administered only to students in grades 6, 7, 8, 9, and 11. While it is possible to analyze middle school trends across all years, combined high school trend data is limited to 2000, 2002, and 2006.

COMPARATIVE DATA

A limitation of the data is that it is difficult to compare results from Wayland to results from other communities. Making comparisons to other communities is quite complicated – surveys are not exactly alike, the populations used may differ in unknown ways, the timing of the surveys may vary, and so on. Although it is natural to want to compare to other communities, a great deal can be learned simply by looking at Wayland data. The most useful comparisons are made by looking at Wayland over time.

In addition to trend data for Wayland, limited high school comparisons can be made to Massachusetts as a whole since the Massachusetts Department of Education administers the Youth Risk Behavior Survey to a sample of Massachusetts students every two years. The most recent administration of this survey occurred in the spring of 2005 and selected data from that survey were available at the time of this report. In cases where the 2005 data are not yet available, it is possible to make comparisons to results from prior Massachusetts surveys. Comparable Massachusetts middle school data are unavailable since Massachusetts does not administer a statewide middle school survey.

WHO HAS THE PROBLEM?

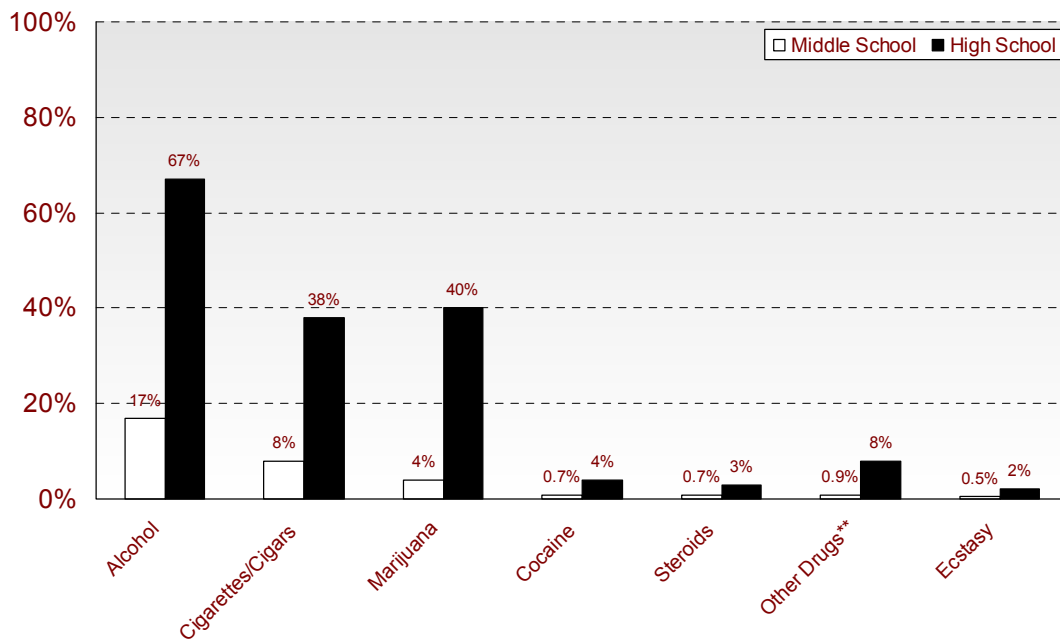
Although this survey was administered to middle and high school students, this does not mean that the issues addressed are confined solely to youth. For example, national studies of substance use show that rates of use are higher among young adults than adolescents. It is also important to keep in mind that while the survey focuses on a number of risky behaviors, it may not fully address the many positive aspects of adolescent life.

WHO IS RESPONSIBLE?

Data on health behavior among youth is typically collected in public schools because it is comparatively simple to collect data from what is essentially a "captive" audience. The fact that data on youth are collected in schools, however, does not mean that the schools bear the sole or even the largest responsibility for the risky behaviors revealed in these surveys. Issues such as those addressed in the survey are not school problems; they are community problems that require the attention of all community members and organizations.

Alcohol, Tobacco, & Other Drug Use

Lifetime* Substance Use for Wayland Middle and High School Students (2006)



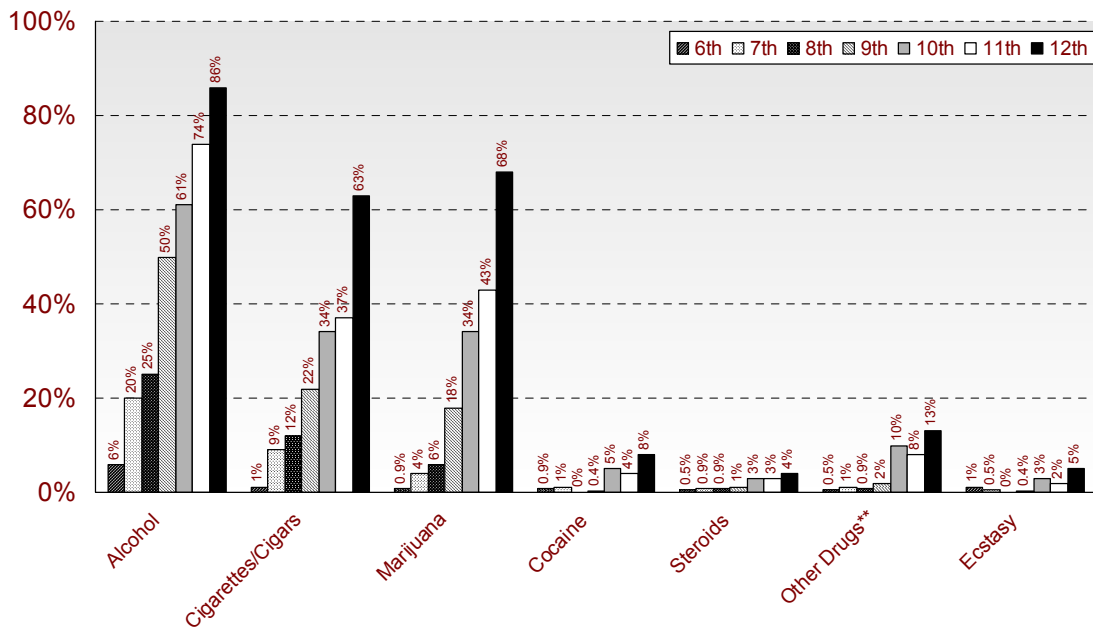
* Lifetime use is any use in one's lifetime.

** Respondents were asked about "any other drugs such as LSD, PCP, ecstasy, mushrooms, speed, ice, heroin, tranquilizers, barbiturates, or any other pills."

SELECTED POINTS

- Lifetime use is any use in one's lifetime.
- The questions concerning alcohol use were preceded by the following instruction: "The next questions ask about drinking alcohol. This includes drinking beer, wine, wine coolers, and liquor such as rum, vodka, or whiskey. For these questions, drinking alcohol does not include drinking a few sips of wine for religious purposes."
- Alcohol is the substance of choice of both middle and high school students, with 17% of 2006 Wayland middle school students and 67% of high school students reporting that they had consumed alcohol in their lifetime.
- Approximately four of every ten high school students reported ever using cigarettes and/or cigars (38%) or marijuana (40%).
- Lifetime use of substances other than alcohol, cigarettes, and marijuana was comparatively low.

Lifetime* Substance Use for Wayland Middle and High School Students, by Grade (2006)



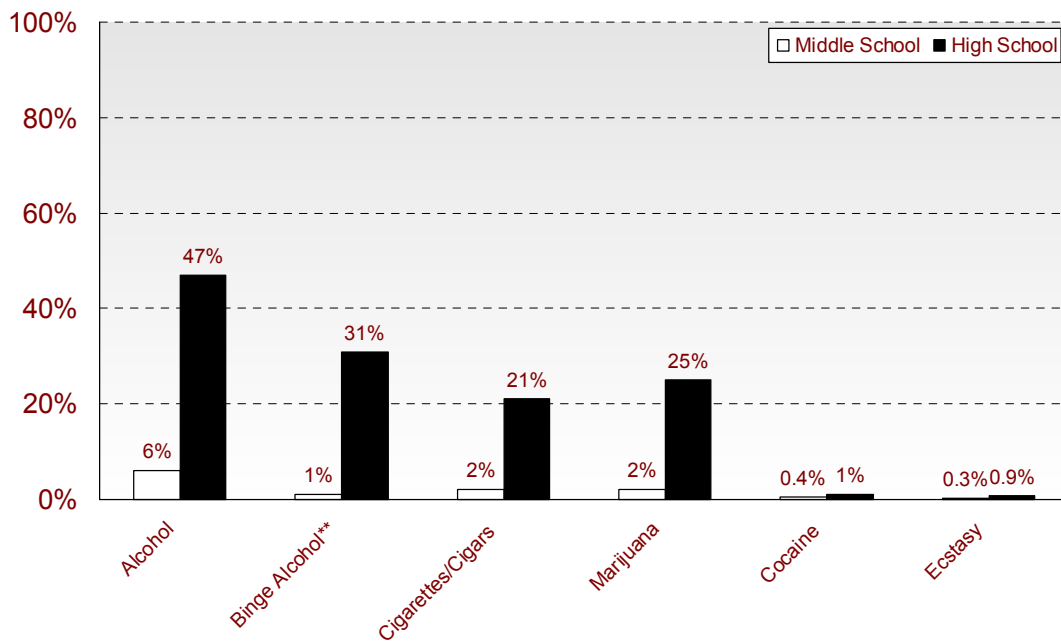
* Lifetime use is any use in one's lifetime.

** Respondents were asked about "any other drugs such as LSD, PCP, ecstasy, mushrooms, speed, ice, heroin, tranquilizers, barbiturates, or any other pills."

SELECTED POINTS

- Overall, the percentage of 2006 Wayland students who reported ever using each of these substances increased with age/grade. For example, the percentage who reported ever using alcohol in their lifetime increased from 6% in 6th grade to 86% in 12th grade.
- By Spring of their senior year, almost nine of every ten Wayland youth have tried alcohol (86%), almost seven of ten have tried marijuana (68%), and six out of ten have tried cigarettes and/or cigars (63%). Smaller percentages have used cocaine (8%), steroids (4%), other drugs (such as LSD, PCP, ecstasy, mushrooms, speed, ice, heroin, tranquilizers, barbiturates, or any other pills) (13%). Five percent (5%) have tried ecstasy specifically.

Current* Substance Use for Wayland Middle and High School Students (2006)



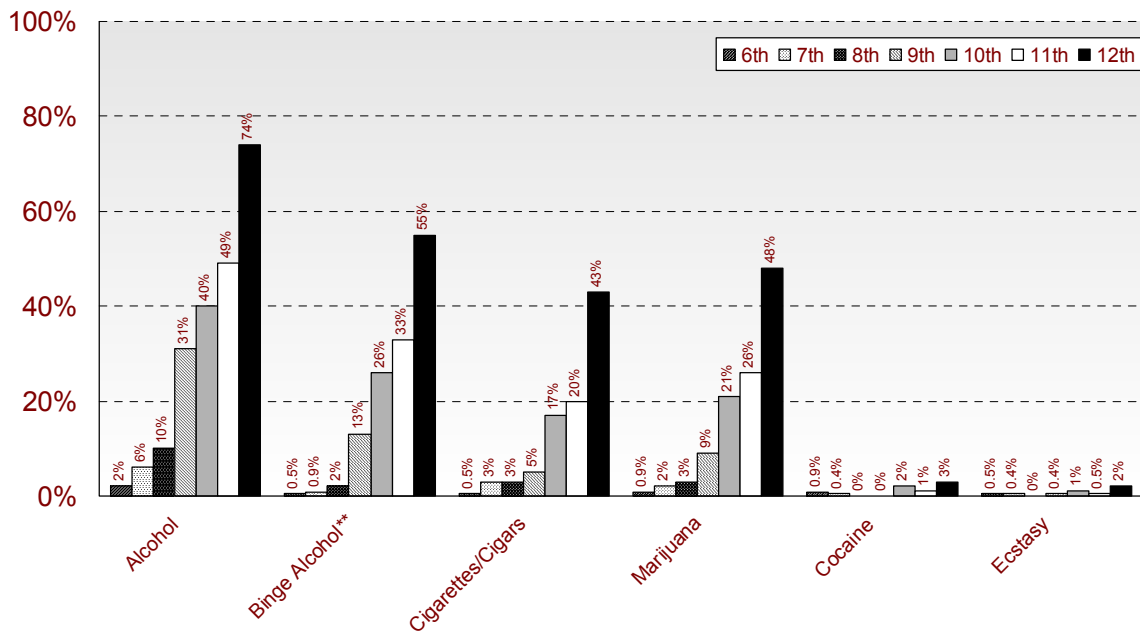
* Current use is any use in the 30 days prior to the survey.

** Respondents were asked about consuming "5 or more drinks of alcohol in a row, that is, within a couple of hours."

SELECTED POINTS

- Current use is any use in the 30 days prior to the survey.
- Binge alcohol use was defined in the survey as having "five or more drinks of alcohol in a row, that is, within a couple of hours."
- Alcohol is the most commonly used substance, with 6% of Wayland middle school students and 47% of high school students reporting that they had consumed it in the 30 days prior to the survey.
- Thirty-one percent (31%) of Wayland high school students reported binge drinking in the same time period. This means that two-thirds of those who drank in the past 30 days engaged in binge drinking (66%).
- The high school rate of current marijuana use (25%) was higher than the rate of current cigarette/cigar use (21%) and much higher than that for cocaine (1%) or ecstasy (0.9%).

Current* Substance Use for Wayland Middle and High School Students, by Grade (2006)



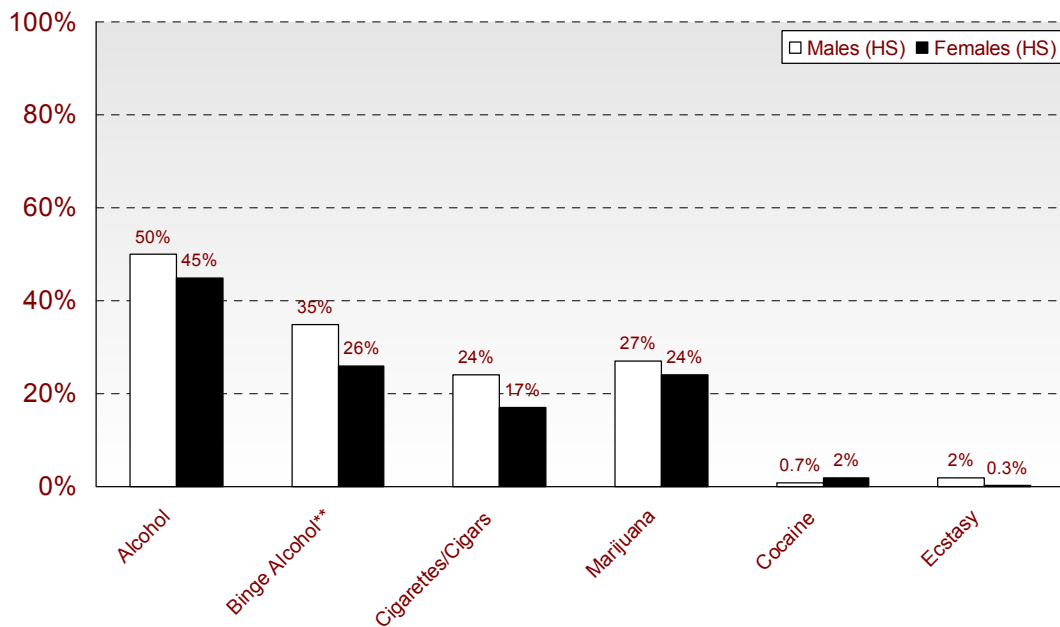
* Current use is any use in the 30 days prior to the survey.

** Respondents were asked about consuming "5 or more drinks of alcohol in a row, that is, within a couple of hours."

SELECTED POINTS

- Overall, current substance use increased with age/grade. For example, 2% of Wayland 6th graders reported using alcohol in the 30 days prior to the survey, compared with 74% of 12th graders.
- Use of illegal drugs other than marijuana – cocaine and ecstasy – did not show substantive increases by grade with levels remaining consistently low across grades.
- Respondents in the 12th grade reported much higher rates of current substance use than respondents in other grades. Roughly three-quarters of 12th graders reported current alcohol use (74%), over half reported current binge drinking (55%), and close to half reported current use of cigarettes/cigars (43%) and marijuana (48%).
- Note the other large increases that generally occurred between grades eight and nine, and between grades nine and ten. For example, the percentage of students who reported current alcohol use increased from 10% in 8th grade to 31% in 9th grade. The percentage who reported current marijuana use increased from 3% in 8th grade to 9% in 10th grade and 21% in 11th grade.

Current* Substance Use for Wayland High School Students, by Gender (2006)



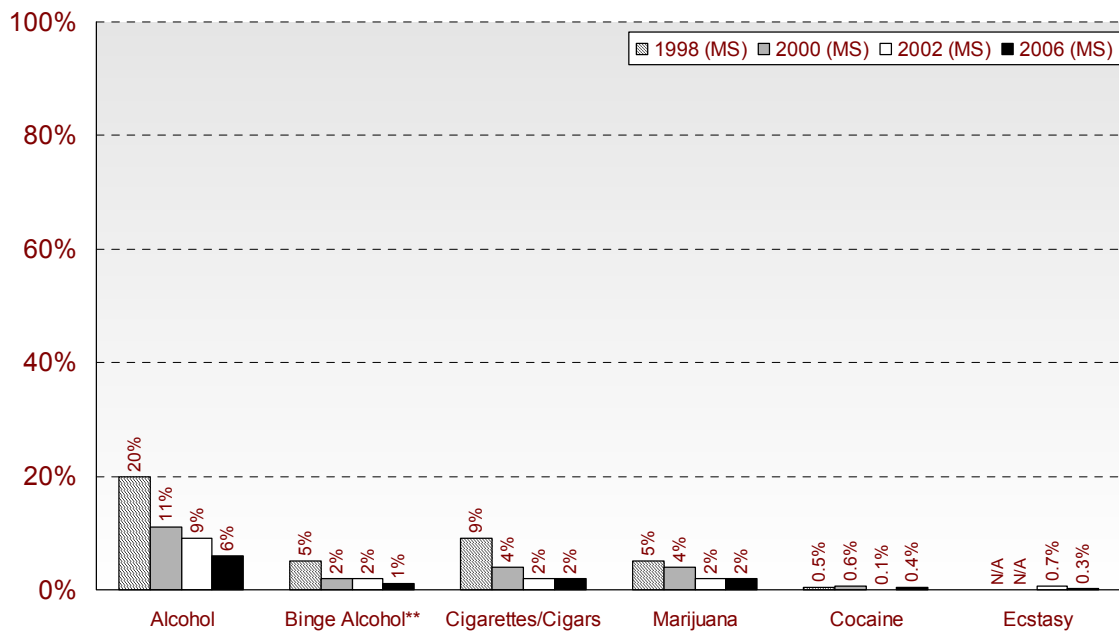
* Current use is any use in the 30 days prior to the survey.

** Respondents were asked about consuming "5 or more drinks of alcohol in a row, that is, within a couple of hours."

SELECTED POINTS

- Wayland high school males reported higher overall rates of current substance use than females in 2006. For example, a higher percentage of males than females reported current use of more commonly used substances: alcohol (50% males, 45% females), binge alcohol (35%, 26%), cigarettes/cigars (24%, 17%), and marijuana (27%, 24%).
- Middle school data by gender were as follows:
 - Alcohol (7% males, 5% females)
 - Binge Alcohol (0.6% males, 1% females)
 - Cigarettes/Cigars (4% males, 0.8% females)
 - Marijuana (4% males, 0.8% females)
 - Cocaine (0.3% males, 0.6% females)
 - Ecstasy (0% males, 0.6% females)

Trends in Current* Substance Use for Wayland Middle School Students (1998, 2000, 2002, 2006)



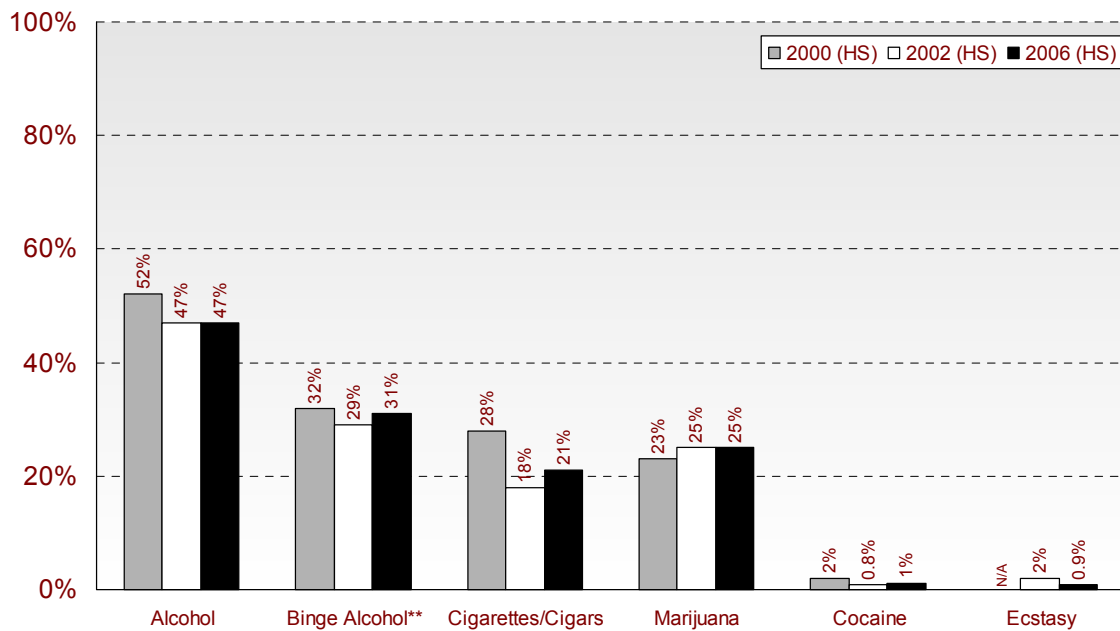
* Current use is any use in the 30 days prior to the survey.

** Respondents were asked about consuming "5 or more drinks of alcohol in a row, that is, within a couple of hours."

SELECTED POINTS

- While there was little substantive change between 2002 and 2006 in current substance use rates among Wayland middle school students, levels of current use remain at or below those in previous years, with 2006 rates falling below original 1998 levels. For example, between 2002 and 2006, the rate of current alcohol use decreased from 9% to 6%, continuing a downward trend since 1998 (20%) and 2000 (11%). Binge alcohol use has decreased from 5% in 1998 to 1% in 2006; cigarette/cigar use has decreased from 9% in 1998 to 2% in 2006; and, marijuana use has decreased from 5% in 1998 to 2% in 2006.
- Use of cocaine and ecstasy has remained comparatively low and unchanged.

Trends in Current* Substance Use for Wayland High School Students (2000, 2002, 2006)



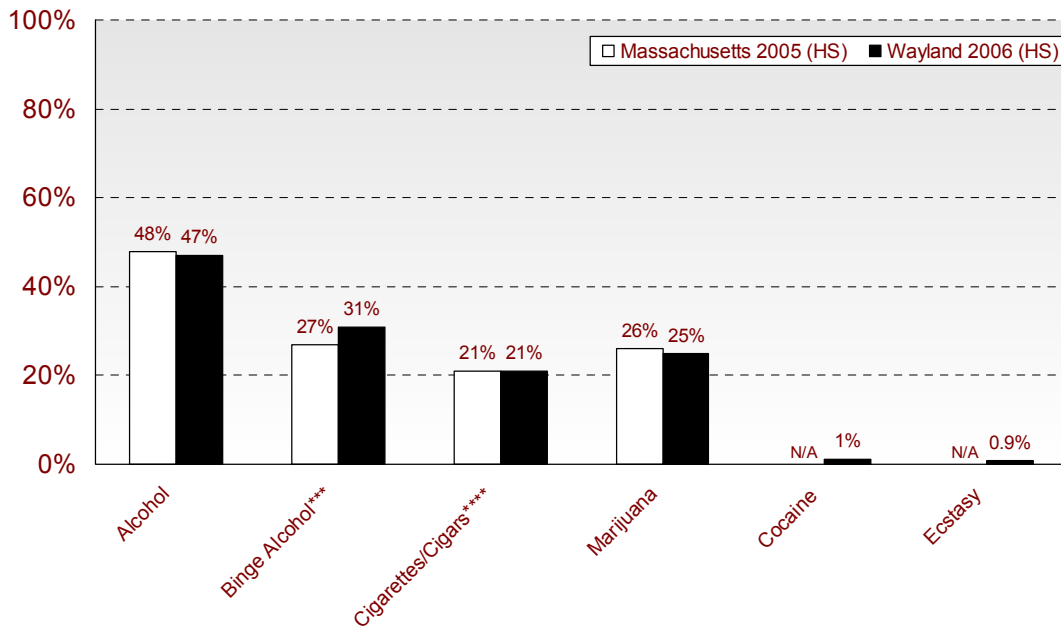
* Current use is any use in the 30 days prior to the survey.

** Respondents were asked about consuming "5 or more drinks of alcohol in a row, that is, within a couple of hours."

SELECTED POINTS

- Overall, there were few changes in current substance use among Wayland high school students between 2002 and 2006.
- Binge alcohol use and cigarette/cigar use increased slightly between 2002 and 2006, while use of any alcohol and marijuana were unchanged.

Current* Substance Use for Massachusetts (2005)** and Wayland (2006) High School Students



* Current use is any use in the 30 days prior to the survey.

** Massachusetts high school data are from the 2005 MA Youth Risk Behavior Survey conducted by the MA Department of Education in Spring, 2005.

*** Respondents were asked about consuming "5 or more drinks of alcohol in a row, that is, within a couple of hours."

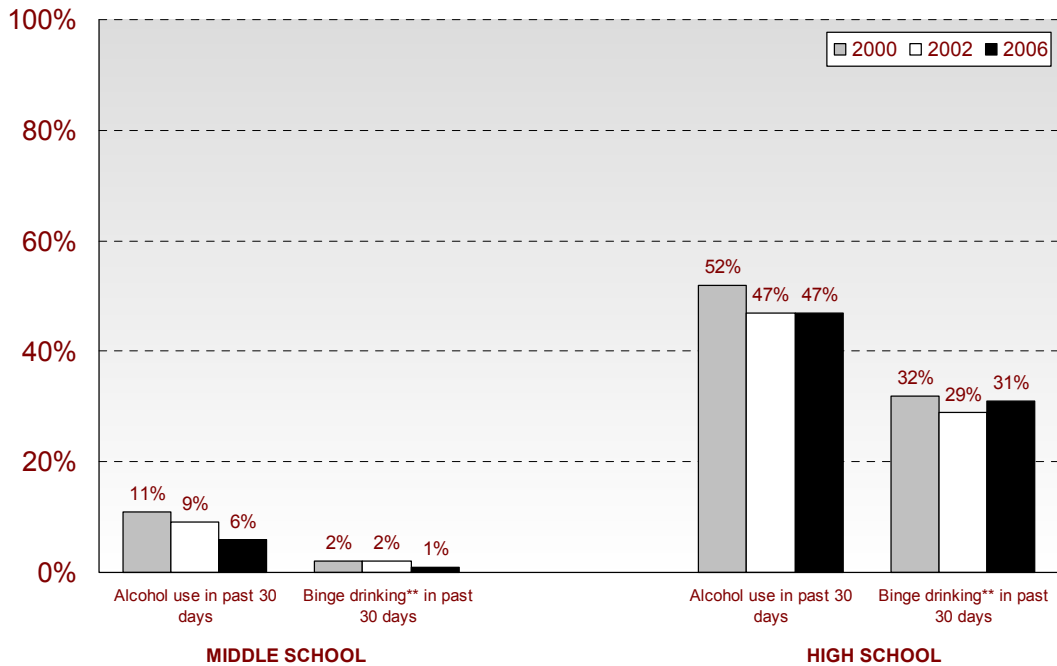
**** While the Wayland survey combined the use of cigarettes and cigars, the Massachusetts item asked only about cigarettes.

SELECTED POINTS

- Massachusetts data displayed here and elsewhere in this summary are from the 2005 *Massachusetts Youth Risk Behavior Survey* (MYRBS), which was administered during the Spring of the 2005 school year. Limited comparisons are only available for high school students as Massachusetts does not administer the MYRBS to middle school students.
- While the Wayland survey combined the use of cigarettes and cigars, the Massachusetts item asked only about cigarettes.
- Current use rates were generally similar among Wayland and Massachusetts high school students: alcohol (47% Wayland 2006, 48% MA 2005), cigarettes/cigars (21% Wayland 2006, 21% MA 2005), and marijuana (25% Wayland 2006, 26% MA 2005). By exception, the rate of current binge alcohol use was higher in Wayland (31%) than Massachusetts (27%).

Issues Related to Alcohol Use

Trends in Current* Alcohol Use by Wayland Middle and High School Students (2000, 2002, 2006)



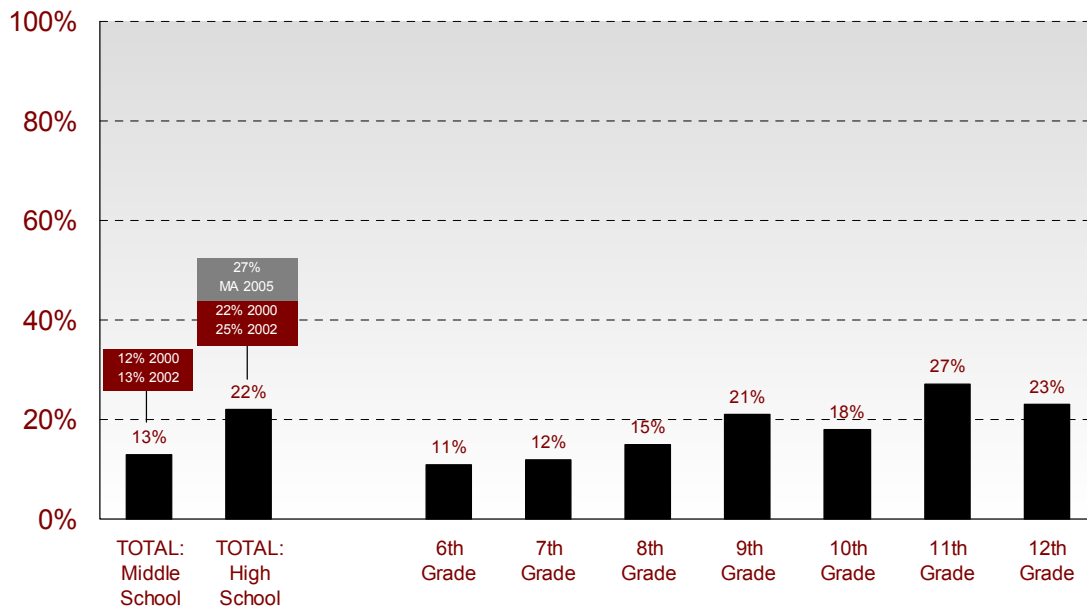
* Current use is any use in the 30 days prior to the survey.

** Respondents were asked about consuming "5 or more drinks of alcohol in a row, that is, within a couple of hours."

SELECTED POINTS

- Six percent (6%) of 2006 Wayland middle school students and 47% of high school students reported using alcohol in the 30 days prior to the survey; 1% of middle school students and 31% of high school students engaged in binge drinking during that period.
- While current use of alcohol among Wayland middle school students has decreased since 2000, use among high school students is lower than in 2000 but has remained steady (any current use) or increased (binge drinking) since 2002.

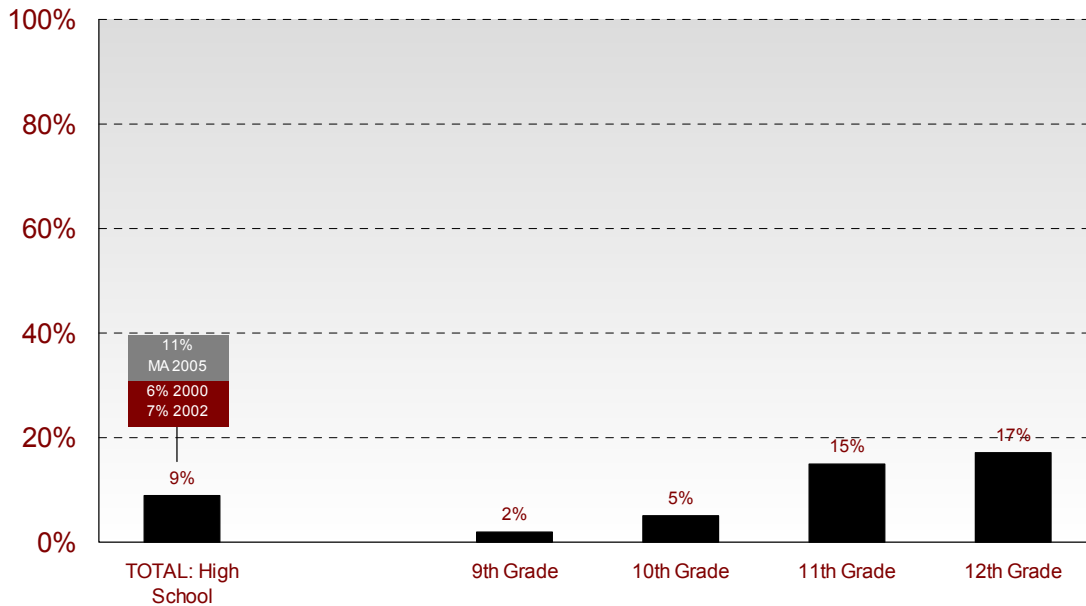
Percent of Wayland Middle and High School Students Who Rode With a Driver Who Was Using Alcohol in the Past 30 Days, Total and By Grade (2006)



SELECTED POINTS

- Thirteen percent (13%) of 2006 Wayland middle school students and 22% of high school students reported riding with a driver who was using alcohol in the 30 days prior to the survey.
- **Trends:** Overall, there was no change between 2002 and 2006 in the percentage of middle school students who rode with a drinking driver (12% in 2000, 13% in 2002, 13% in 2006), and a slight decrease among high school students (22%, 25%, 22%).
- **Comparisons:** 2006 Wayland high school students (22%) were less likely than 2005 Massachusetts students (27%) to report riding with a driver who was using alcohol. *MA data from the 2005 MA Youth Risk Behavior Survey*
- **Gender:** In 2006, Wayland males in both middle school (15% males, 11% females) and high school (24% males, 20% females) were more likely than females to report riding with a driver who was using alcohol.
- **Grade:** The percentage of respondents who reported riding with a drinking driver generally increased with age/grade between grades 6 and 12, peaking among 11th graders (11%, 12%, 15%, 21%, 18%, 27%, 23%).

Percent of Wayland High School Students Who Drove After Using Alcohol in the Past 30 Days, Total and By Grade (2006)

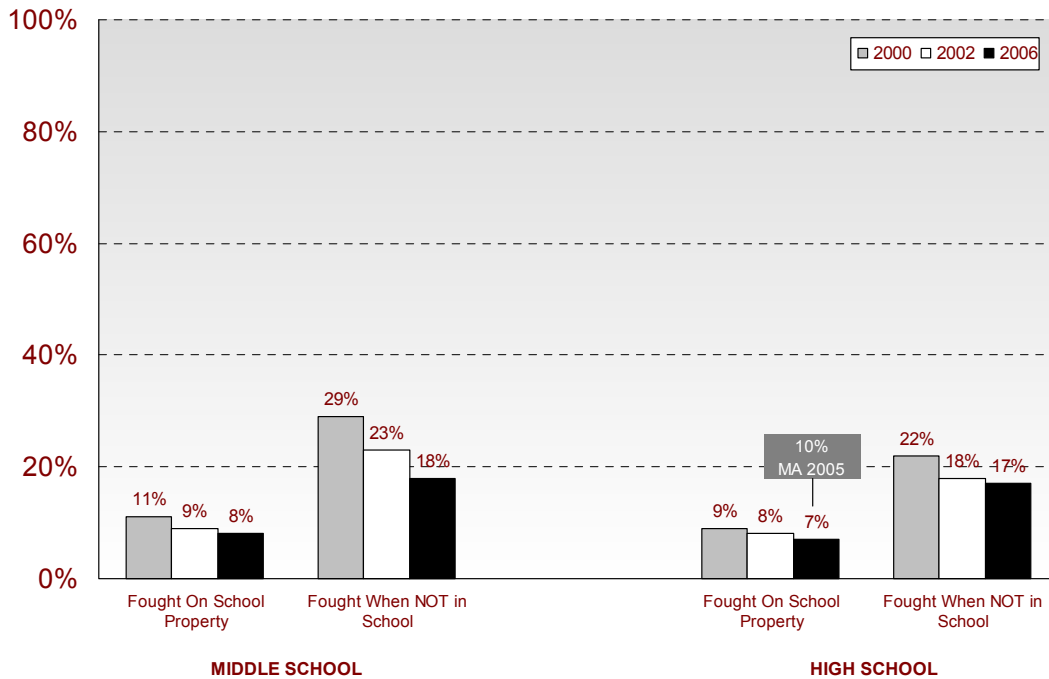


SELECTED POINTS

- Nine percent (9%) of all 2006 Wayland high school students reported driving after using alcohol in the 30 days prior to the survey.
- **Trends:** Overall, there has been an increase since 2000 in reported driving after using alcohol among Wayland high school students (6% in 2000, 7% in 2002, 9% in 2006).
- **Comparisons:** 2006 Wayland high school students (9%) were less likely than 2005 Massachusetts students (11%) to report driving after using alcohol. *MA data from the 2005 MA Youth Risk Behavior Survey*
- **Gender:** In 2006, Wayland high school males (32%) were much more likely than females (6%) to report driving after using alcohol.
- **Grade:** The percentage of respondents who reported driving after drinking alcohol increased with age/grade between grades 9 and 12 (2%, 5%, 15%, 17%).

Violence & Safety

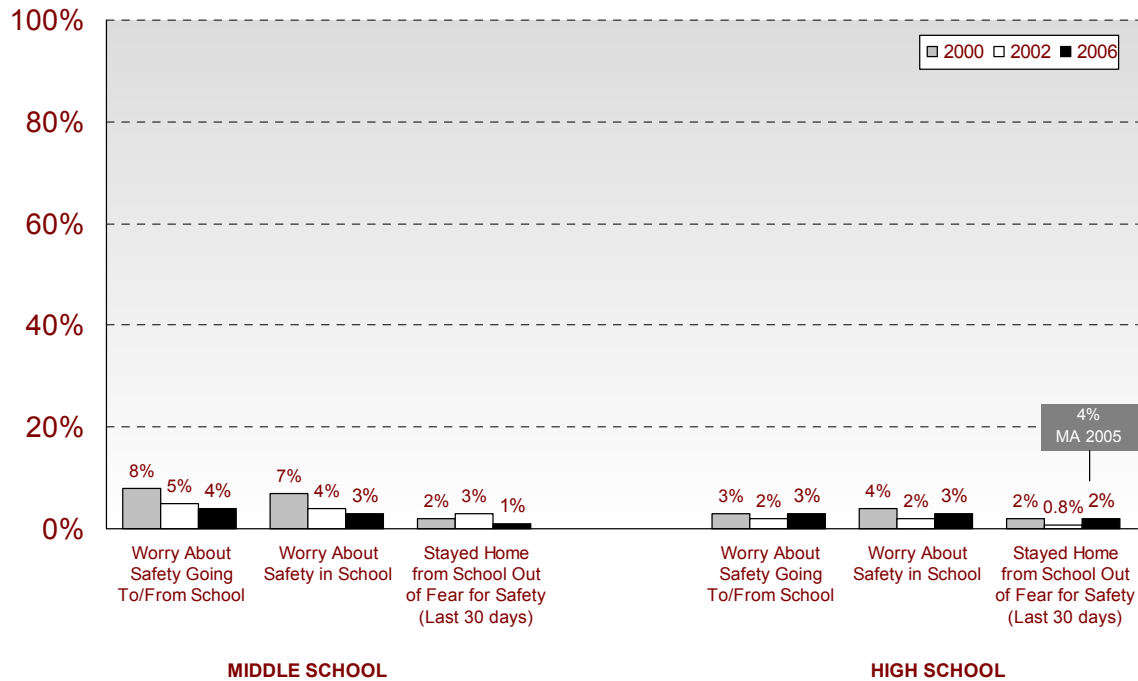
Trends in the Percent of Wayland Middle and High School Students Who Were in a Physical Fight in the Past 12 Months (2000, 2002, 2006)



SELECTED POINTS

- Wayland students in both middle and high school were more likely to report being in a physical fight when they were *not* in school than when they were *in* school. Eight percent (8%) of 2006 Wayland middle school students and 7% of high school students reported being in a physical fight *on school property* in the 12 months prior to the survey, compared to 18% of middle school students and 17% of high school students who reported fighting *when not in school*.
- **Trends:** The percentage of Wayland students who reported physical fighting decreased between 2002 and 2006, continuing a downward trend since 2000: *on school property* (MS – 11%, 9%, 8%; HS – 9%, 8%, 7%), *when not in school* (MS – 29%, 23%, 18%; HS – 22%, 18%, 17%).
- **Comparisons:** Fewer 2006 Wayland (7%) than 2005 Massachusetts (10%) high school students reported fighting *on school property* in the 12 months prior to the survey. The Massachusetts survey did not ask about fighting *when not in school*. MA data from the 2005 MA Youth Risk Behavior Survey
- **Gender:** In 2006, Wayland males were much more likely than females to report physical fighting in any location: *on school property* (MS – 12% males, 4% females; HS – 10%, 4%), *when not in school* (MS – 28% males, 9% females; HS – 24%, 10%).
- **Grade:** The percentage of respondents who reported fighting both *on school property* (7%, 10%, 7%, 12%, 7%, 6%, 2%) and *when not in school* (12%, 22%, 19%, 23%, 14%, 17%, 13%) varied inconsistently with age/grade.

Trends in the Percent of Wayland Middle and High School Students Who Worry About Their Safety* and Have Stayed Home Out of Fear (2000, 2002, 2006)

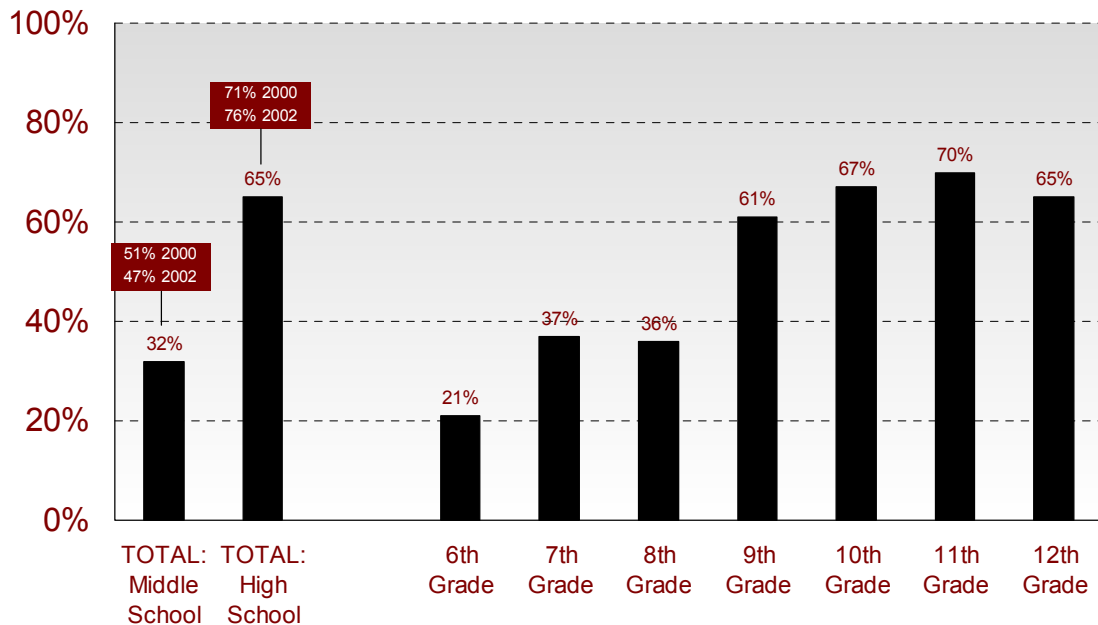


SELECTED POINTS

- 2006 Wayland students in both middle and high school were similarly likely to report worrying about their safety *going to/from school* (4% middle school, 3% high school) and *in school* (3% middle school, 3% high school). Relatively few Wayland students reported staying home from school out of fear for their safety in the 30 days prior to the survey (1% middle school, 2% high school).
- **Trends:** While the percentage of Wayland middle school students who reported worrying about their safety and staying home from school out of fear generally decreased slightly between 2002 and 2006, the percentage of high school students who did so increased slightly: *worried about safety going to/from school* (MS – 8%, 5%, 4%; HS – 3%, 2%, 3%), *worried about safety in school* (MS – 7%, 4%, 3%; HS – 4%, 2%, 3%), *stayed home from school out of fear* (MS – 2%, 3%, 1%; HS – 2%, 0.8%, 2%).
- **Comparisons:** 2006 Wayland high school students (2%) were less likely than 2005 Massachusetts students (4%) to have stayed home from school out of fear for their safety in the 30 days prior to the survey. Comparable data for other items are not available. *MA data from the 2005 MA Youth Risk Behavior Survey*
- **Gender:** In 2006, Wayland middle school females were slightly more likely than males to report each of these safety concerns, while there was little difference by gender among high school respondents: *worried about safety going to/from school* (MS – 3% males, 7% females; HS – 4%, 2%), *worried about safety in school* (MS – 3% males, 4% females; HS – 4%, 3%), *stayed home from school out of fear for safety* (MS – 0% males, 3% females; HS – 2%, 2%).
- **Grade:** There were only slight but inconsistent differences by age/grade in safety concerns: *worried about safety going to/from school* (4%, 6%, 3%, 2%, 4%, 3%, 4%), *worried about safety in school* (5%, 4%, 2%, 3%, 4%, 4%, 3%), *stayed home from school out of fear* (0.9%, 2%, 0.9%, 2%, 2%, 2%, 1%).

Mental Health

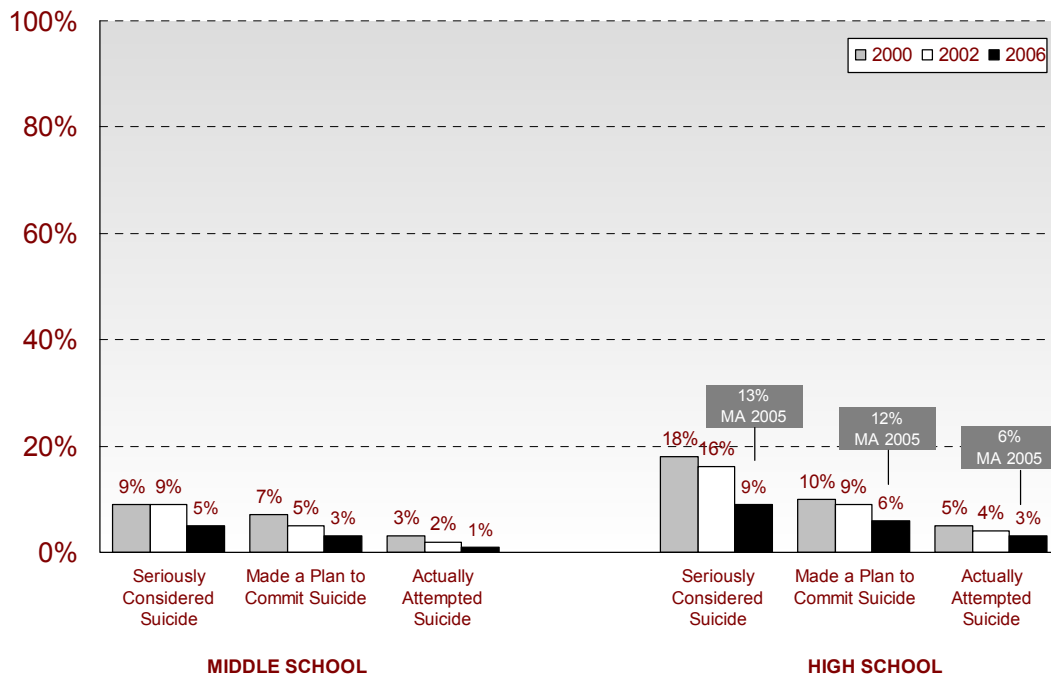
Percent of Wayland Middle and High School Students Who Describe Their Lives as Stressful, Total and by Grade (2006)



SELECTED POINTS

- In 2006, 32% of Wayland middle school students and 65% of high school students reported that they thought their life was stressful.
- **Trends:** Rates of perceived stress decreased between 2002 and 2006, with levels remaining below those in 2000 (MS – 51%, 47%, 32%; HS – 71%, 76%, 65%).
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Female 2006 Wayland students were much more likely than males to report that their life was stressful (MS – 28% males, 35% females; HS – 56%, 75%).
- **Grade:** As displayed in the chart, the percentage of 2006 Wayland respondents who reported that their life was stressful increased overall from the 6th to the 12th grade (21%, 37%, 36%, 61%, 67%, 70%, 65%). Students in grade 11 reported the highest rate of perceived stress (70%).

Trends in Suicidal Ideation and Behavior in the Past 12 Months Among Wayland Middle and High School Students (2000, 2002, 2006)

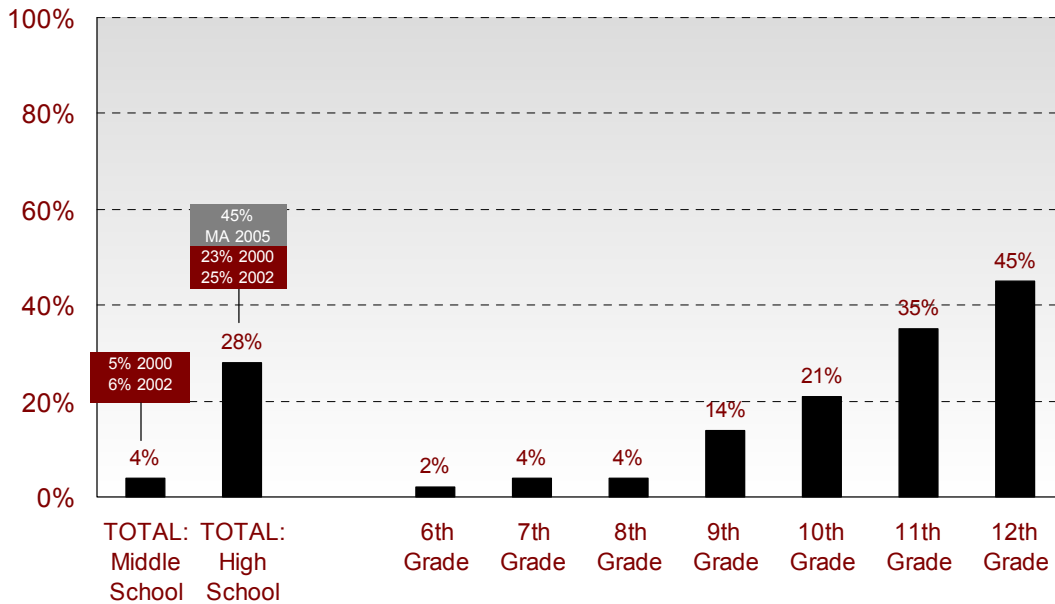


SELECTED POINTS

- Five percent (5%) of 2006 Wayland middle school students reported *seriously considering* suicide in the 12 months prior to the survey, while 3% *made a plan* to commit suicide, and 1% *actually attempted* suicide. High school rates were 9%, 6%, and 3% respectively.
- **Trends:** As displayed in the chart, 2006 rates of suicidal ideation and behavior among Wayland middle and high school students decreased between 2002 and 2006, remaining at or below year 2000 levels: *seriously considered suicide* (MS – 9%, 9%, 5%; HS – 18%, 16%, 9%), *planned to commit suicide* (MS – 7%, 5%, 3%; HS – 10%, 9%, 6%), *attempted suicide* (MS – 3%, 2%, 1%; HS – 5%, 4%, 3%).
- **Comparisons:** Smaller percentages of 2006 Wayland than 2005 Massachusetts high school students *seriously considered* suicide (9% Wayland, 13% MA), *planning* suicide (6% Wayland, 12% MA), and *attempting* suicide (3% Wayland, 6% MA). *MA data from the 2005 MA Youth Risk Behavior Survey*
- **Gender:** While there was little difference by gender among middle school respondents, Wayland high school females were more likely than males to report suicidal ideation and behavior: *seriously considered* suicide (MS – 5% males, 5% females; HS – 7% males, 10% females), *made a plan* to commit suicide (MS – 3% males, 3% females; HS – 4% males, 7% females), *actually attempted* suicide (MS – 0.6% males, 2% females; HS – 2% males, 3% females).
- **Grade:** The percentage of respondents who reported these suicidal ideations/behaviors generally increased with age/grade among middle school students and then remained constant throughout the high school years: *seriously considered* suicide (3%, 5%, 7%, 8%, 9%, 9%, 8%), *made a plan* to commit suicide (2%, 3%, 4%, 7%, 6%, 6%, 4%), *actually attempted* suicide (0%, 2%, 1%, 2%, 5%, 3%, 1%).

Physical Health

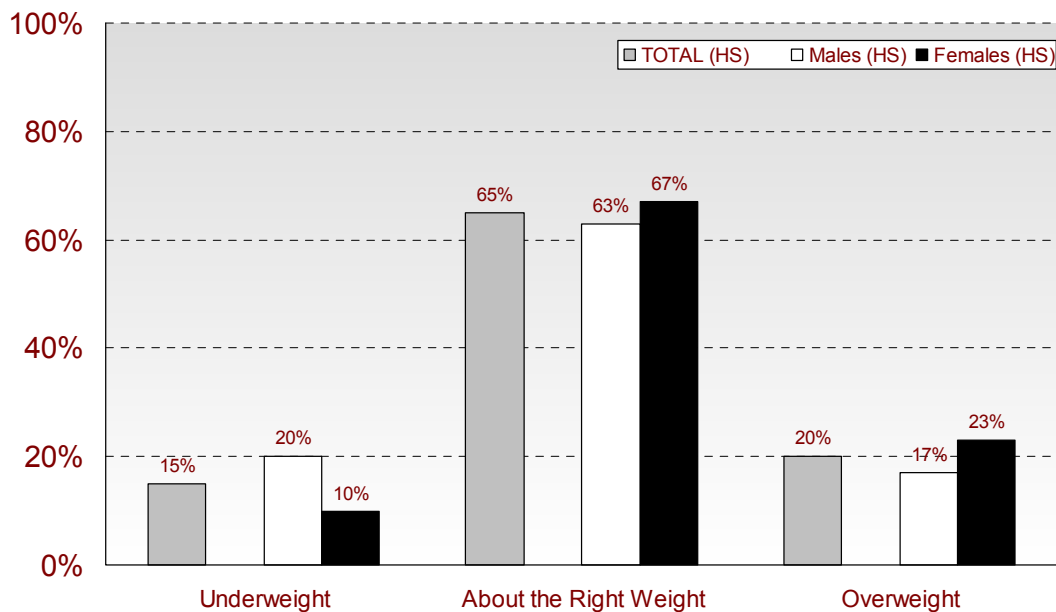
Percent of Wayland Middle and High School Students Who Have Ever Had Sexual Intercourse, Total and by Grade (2006)



SELECTED POINTS

- In 2006, 4% of Wayland middle school students and 28% of high school students reported ever having sexual intercourse.
- **Trends:** There was a decrease among middle school respondents (5% in 2000, 6% in 2002, 4% in 2006) and an increase among high school respondents (23%, 25%, 28%) between 2002 and 2006 in the percentage who reported ever having sexual intercourse.
- **Comparisons:** A smaller percentage of 2006 Wayland (28%) than 2005 Massachusetts (45%) high school students reported ever having sexual intercourse. *MA data from the 2005 MA Youth Risk Behavior Survey*
- **Gender:** Males in both middle and high school were more likely than females to report ever having sexual intercourse (MS – 5% males, 2% females; HS – 30% males, 26% females).
- **Grade:** As displayed in the chart, the percentage of 2006 Wayland middle and high school students who reported ever having sexual intercourse increased from 2% in 6th grade to 45% in 12th grade.

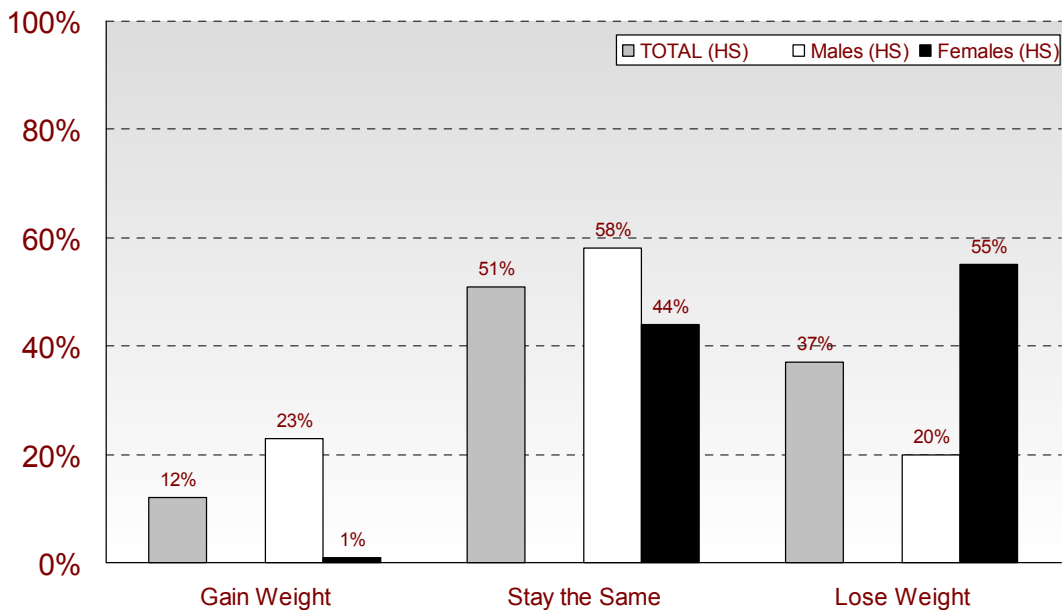
Perception of Body Weight Among Wayland High School Students, Total and by Gender (2006)



SELECTED POINTS

- Fifteen percent (15%) of 2006 Wayland high school students described themselves as *underweight*, 65% as *about the right weight*, and 20% as *overweight*.
- Twenty percent (20%) of males and 10% of females described themselves as *underweight*, 63% of males and 67% of females as *about the right weight*, and 17% of males and 23% of females as *overweight*.
- **Trends:** The percentage of Wayland high school students who described themselves as *overweight* decreased since 2002, dropping to a level below that observed in 2000 (22%, 24%, 20%).
- **Comparisons:** A smaller percentage of 2006 Wayland (20%) than 2005 Massachusetts (31%) high school students described themselves as *overweight*. *MA data from the 2005 MA Youth Risk Behavior Survey*
- **Gender:** As displayed in the chart, 2006 Wayland high school females were more likely than males to describe themselves as *overweight* (17% males, 23% females) or *about the right weight* (63% males, 67% females), while males were more likely than females to describe themselves as *underweight* (20% males, 10% females).
- **Grade:** There were subtle differences by age/grade, with the percentage who described themselves as *overweight* increasing through grade 12 while the percentage who described themselves as either *underweight* or *about the right weight* decreased: *underweight* (16%, 16%, 15%, 14%), *about the right weight* (69%, 65%, 65%, 61%), *overweight* (15%, 20%, 20%, 25%).

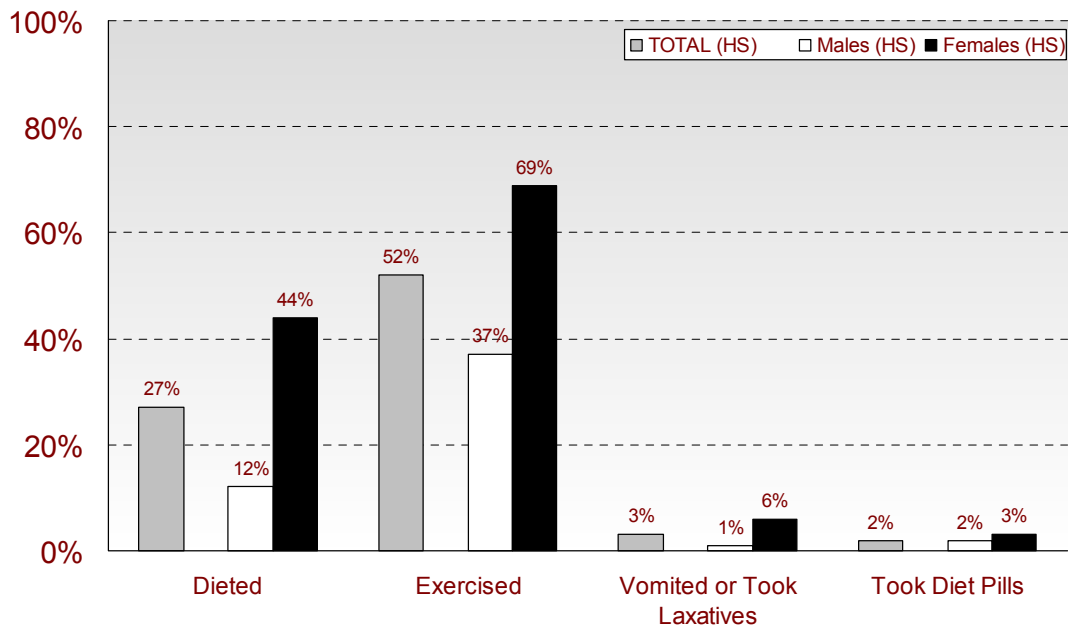
Current Weight Control Goal Among Wayland High School Students, Total and by Gender (2006)



SELECTED POINTS

- Twelve percent (12%) of 2006 Wayland high school students reported that they were trying to *gain weight*, 51% that they were trying to *stay the same weight*, and 37% that they were trying to *lose weight*.
- **Trends:** While there were only minor differences in reported weight maintenance efforts between 2000 and 2006, there was a slight decrease in the percentage of Wayland high school students who reported that they were trying to *lose weight* (40%, 39%, 37%).
- **Comparisons:** A smaller percentage of 2006 Wayland (37%) than 2005 Massachusetts (47%) high school students reported that they were currently trying to *lose weight*. MA data from the 2005 MA Youth Risk Behavior Survey
- **Gender:** Female students were much more likely than males to report trying to *lose weight* (20% males, 55% females) while males were much more likely than females to report trying to *gain weight* (23% males, 1% females) or *stay the same weight* (58% males, 44% females).
- **Grade:** The percentage of 2006 Wayland high school students reporting that they were trying to *lose weight* varied inconsistently with age/grade (34%, 38%, 31%, 25%).

Weight Loss/Maintenance Methods Used by Wayland High School Students in the Past 30 Days, Total and by Gender (2006)



SELECTED POINTS

- Fifty-two percent (52%) of 2006 Wayland high school students reported that they had *exercised* in the 30 days prior to the survey in order to lose or maintain their weight. Twenty-seven percent (27%) had *dieted* to do so, 3% had *vomited or taken laxatives*, and 2% had *taken diet pills*.
- Trends:** In general, the percentage of Wayland high school students who reported each of these weight loss/maintenance efforts decreased between 2002 and 2006, with rates remaining below 2000 levels: *dieted* (34%, 32%, 27%); *exercised* (54%, 55%, 52%); *vomited or took laxatives* (6%, 6%, 3%); *took diet pills* (5%, 4%, 2%).
- Comparisons:** Smaller percentages of 2006 Wayland than 2005 Massachusetts high school students reported *vomiting or taking laxatives* (3% Wayland, 6% MA), and *taking diet pills* (2% Wayland, 5% MA) to control their weight. Comparable MA data about *exercising* and *dieting* were not available at the time of this report. *MA data from the 2005 MA Youth Risk Behavior Survey*
- Gender:** As displayed in the chart, female 2006 Wayland high school students were more likely than males to report using each of these weight maintenance methods.
- Grade:** Differences in methods used by age/grade among 2006 Wayland high school students were inconsistent: *dieted* (21%, 28%, 30%, 31%); *exercised* (53%, 50%, 50%, 57%); *vomited or took laxatives* (1%, 5%, 3%, 4%); *took diet pills* (0.9%, 4%, 3%, 1%).

Appendix A:

Selected Middle School Data Tables

2005-2006 WAYLAND ADOLESCENT BEHAVIOR SURVEY
Alcohol, Tobacco, and Other Drug Use – Middle School (N≈674)

	TOTAL				GENDER		GRADE		
	1998 (593)	2000 (628)	2002 (689)	2006 (674)	Males (319)	Females (355)	6 th (215)	7 th (226)	8 th (233)
LIFETIME (any use in lifetime)									
Cigarettes/Cigars	27.1%	16.8%	9.2%	7.6%	12.0%	3.7%	1.4%	8.8%	12.0%
Alcohol	38.2%	31.1%	22.2%	17.0%	23.6%	11.0%	5.6%	19.9%	24.6%
Marijuana	8.6%	5.1%	3.6%	3.9%	6.6%	1.4%	0.9%	4.4%	6.0%
Cocaine	0.7%	1.1%	1.3%	0.7%	1.0%	0.6%	0.9%	1.3%	0.0%
Inhalants	12.6%	7.9%	6.1%	5.8%	7.3%	4.5%	5.2%	8.4%	3.9%
Steroids	1.0%	1.3%	2.0%	0.7%	0.9%	0.6%	0.5%	0.9%	0.9%
Other Drugs ¹	2.2%	1.8%	2.2%	0.9%	0.6%	1.1%	0.5%	1.3%	0.9%
Ecstasy	N/A	N/A	1.3%	0.5%	0.3%	0.6%	1.0%	0.5%	0.0%
CURRENT (any use in past 30 days)									
Cigarettes/Cigars	8.6%	3.8%	1.8%	2.2%	3.8%	0.8%	0.5%	2.7%	3.4%
Alcohol	20.4%	10.5%	8.6%	5.9%	6.9%	5.1%	1.9%	5.8%	9.9%
Marijuana	5.3%	3.5%	1.7%	2.1%	3.5%	0.8%	0.9%	2.2%	3.0%
Cocaine	0.5%	0.6%	0.1%	0.4%	0.3%	0.6%	0.9%	0.4%	0.0%
Ecstasy	N/A	N/A	0.7%	0.3%	0.0%	0.6%	0.5%	0.4%	0.0%
CURRENT - On School Property (any use on school property in the past 30 days)									
Any Tobacco (cigarettes, cigars, smokeless tobacco)	0.9%	0.6%	0.4%	0.3%	0.0%	0.6%	0.5%	0.4%	0.0%
Smokeless Tobacco only	0.8%	0.3%	0.4%	0.3%	0.3%	0.3%	1.0%	0.0%	0.0%
Alcohol	0.7%	0.5%	0.6%	0.3%	0.0%	0.6%	0.5%	0.4%	0.0%
Marijuana	0.5%	1.0%	0.1%	0.4%	0.3%	0.6%	0.9%	0.4%	0.0%
Cocaine	0.3%	0.2%	0.0%	0.3%	0.3%	0.3%	0.9%	0.0%	0.0%
Other Drugs ²	2.0%	2.1%	1.7%	1.3%	1.6%	1.1%	0.5%	2.2%	1.3%

¹ Respondents were asked about "any other drugs such as LSD, PCP, ecstasy, mushrooms, speed, ice, heroin, tranquilizers, barbiturates, or any other pills."

² Respondents were asked about their use of "inhalants, steroids pills, or other drugs (except tobacco, alcohol, marijuana, and cocaine) on school property."

2005-2006 WAYLAND ADOLESCENT BEHAVIOR SURVEY
Violence and Safety – Middle School (N≈674)

	TOTAL				GENDER		GRADE		
	1998 (593)	2000 (628)	2002 (689)	2006 (674)	Males (319)	Females (355)	6 th (215)	7 th (226)	8 th (233)
CARRIED A WEAPON¹ (30 days)									
On school property	3.7%	2.7%	2.9%	1.5%	2.5%	0.6%	1.4%	1.8%	1.3%
When NOT in school	15.7%	10.6%	12.0%	8.2%	14.2%	2.8%	5.2%	9.3%	9.9%
CARRIED A GUN (30 days)									
Carried a gun (no location)	2.4%	2.1%	1.6%	2.0%	3.5%	0.6%	1.9%	2.2%	1.7%
IN A PHYSICAL FIGHT (12 months)									
On school property	13.1%	10.5%	8.7%	7.8%	12.2%	4.0%	6.7%	9.8%	6.9%
When NOT in school	31.7%	28.7%	23.0%	17.9%	28.2%	8.8%	12.3%	21.6%	19.4%
Treated by doctor or nurse after a fight	3.2%	2.1%	2.3%	1.6%	2.2%	1.1%	2.8%	2.2%	0.0%
SOMEWHAT/VERY WORRIED ABOUT SAFETY²									
In school	3.2%	6.5%	4.1%	3.4%	2.9%	4.0%	4.7%	3.5%	2.2%
Going to and from school	7.5%	7.9%	5.0%	4.4%	2.5%	6.5%	4.3%	6.2%	3.0%
SCHOOL SAFETY ISSUES									
Did not go to school out of fear for safety (30 days)	2.4%	2.1%	2.8%	1.3%	0.0%	2.5%	0.9%	2.2%	0.9%
Threatened/injured with a weapon (12 months)	2.7%	5.0%	4.2%	2.7%	1.9%	3.4%	2.3%	4.0%	1.7%
Someone stole or damaged property (12 months)	46.7%	44.8%	36.3%	29.4%	34.1%	25.2%	20.1%	35.7%	31.9%

¹ Respondents were asked about "a weapon such as a knife, gun, or club".

² Represents a combination of "somewhat worried" and "very worried" responses.

2005-2006 WAYLAND ADOLESCENT BEHAVIOR SURVEY
Miscellaneous – Middle School (N≈674)

	TOTAL				GENDER		GRADE		
	1998 (593)	2000 (628)	2002 (689)	2006 (674)	Males (319)	Females (355)	6 th (215)	7 th (226)	8 th (233)
DRINKING AND DRIVING									
Rode with drinking driver - All Students (30 days)	16.1%	12.2%	13.2%	12.6%	14.6%	10.9%	10.5%	12.4%	14.8%
Drove after drinking - Of All Students (30 days)	- ¹	-	-	-	-	-	-	-	-
Drove after drinking - Of Drivers Only (30 days)	-	-	-	-	-	-	-	-	-
SEXUAL BEHAVIOR									
Ever had sexual intercourse	4.6%	5.1%	6.1%	3.6%	5.1%	2.3%	2.4%	4.0%	4.3%
Alcohol/drugs at last intercourse ²	16.0%	30.0%	31.6%	10.0%	-	-	-	-	-
Ever been/gotten someone pregnant	0.7%	0.6%	0.7%	0.3%	0.0%	0.6%	0.5%	0.4%	0.0%
Ever forced into sexual contact	3.6%	4.2%	3.9%	1.7%	0.6%	2.6%	6.7%	10.2%	13.0%
SUICIDE									
Seriously considered (12 months)	11.8%	9.2%	8.8%	4.9%	5.3%	4.6%	2.8%	4.9%	6.9%
Made a plan (12 months)	8.5%	6.6%	5.2%	3.0%	2.8%	3.1%	1.9%	3.1%	3.9%
Attempted (12 months)	3.8%	2.7%	1.8%	1.2%	0.6%	1.7%	0.0%	2.2%	1.3%
Attempt that needed medical treatment (12 months)	0.9%	0.5%	0.1%	0.1%	0.0%	0.3%	0.0%	0.0%	0.4%
USE OF SAFETY EQUIPMENT									
Never wear seatbelt when riding as a car passenger	1.5%	1.1%	1.5%	0.4%	0.9%	0.0%	0.5%	0.4%	0.4%
Never wear a bike helmet ³	12.8%	8.5%	9.7%	11.3%	15.8%	7.3%	6.2%	11.8%	15.7%
Never wear a rollerblade/skateboard helmet ³	17.7%	13.2%	10.8%	7.8%	10.6%	5.5%	6.4%	7.4%	9.8%

¹ A dash (-) signifies that there were too few potential respondents to provide meaningful data.

² Of those who have ever had sexual intercourse.

³ Of those who rode a bicycle or rollerblade/skateboard in the 12 months prior to the survey.

Appendix B:

Selected High School Data Tables

2005-2006 WAYLAND ADOLESCENT BEHAVIOR SURVEY
Alcohol, Tobacco, and Other Drug Use – High School (N≈804)

	TOTAL			MA	GENDER		GRADE			
	2000 (664)	2002 (640)	2006 (804)	2005 (3522)	Males (411)	Females (392)	9 th (224)	10 th (202)	11 th (191)	12 th (187)
LIFETIME (any use in lifetime)										
Cigarettes/Cigars	57.4%	47.9%	38.0%	51% ¹	43.0%	32.6%	22.2%	33.8%	36.6%	62.6%
Alcohol	74.9%	71.0%	66.9%	76%	67.3%	66.3%	50.2%	61.4%	73.8%	85.6%
Marijuana	40.3%	41.0%	39.6%	45%	40.7%	38.3%	17.9%	34.2%	42.9%	67.9%
Cocaine	4.5%	2.2%	4.4%	8%	4.6%	4.1%	0.4%	5.4%	4.2%	8.0%
Inhalants	8.9%	8.0%	5.5%	N/A	6.1%	4.8%	5.4%	9.5%	3.7%	3.2%
Steroids	3.5%	2.7%	2.5%	4%	2.9%	2.0%	1.3%	2.5%	2.6%	3.7%
Other Drugs ²	16.9%	11.4%	7.9%	N/A	8.8%	6.9%	1.8%	9.9%	7.9%	12.8%
Ecstasy	N/A	6.0%	2.2%	7%	2.7%	1.8%	0.4%	2.5%	1.6%	4.8%
CURRENT (any use in past 30 days)										
Cigarettes/Cigars	27.5%	17.6%	20.5%	21% ¹	23.8%	17.1%	5.4%	16.8%	20.4%	42.8%
Alcohol	52.1%	46.9%	47.3%	48%	50.1%	44.5%	30.9%	40.1%	48.7%	73.5%
Marijuana	23.1%	25.0%	25.2%	26%	26.7%	23.5%	9.0%	21.3%	25.7%	48.4%
Cocaine	2.3%	0.8%	1.2%	N/A	0.7%	1.8%	0.0%	1.5%	1.0%	2.7%
Ecstasy	N/A	1.6%	0.9%	N/A	1.5%	0.3%	0.4%	1.0%	0.5%	1.6%
CURRENT - On School Property (any use on school property in the past 30 days)										
Any Tobacco (cigarettes, cigars, smokeless tobacco)	10.5%	3.0%	2.7%	N/A	4.2%	1.3%	1.3%	2.5%	3.2%	4.3%
Smokeless Tobacco only	3.8%	0.8%	0.5%	N/A	1.0%	0.0%	0.0%	1.5%	0.5%	0.0%
Alcohol	3.5%	1.7%	2.7%	4%	2.9%	2.6%	2.2%	3.0%	3.1%	2.7%
Marijuana	3.9%	3.1%	1.9%	5%	2.4%	1.3%	1.3%	2.0%	1.6%	2.7%
Cocaine	0.3%	0.2%	0.2%	N/A	0.2%	0.3%	0.0%	1.0%	0.0%	0.0%
Other Drugs ³	6.0%	3.3%	2.9%	N/A	2.7%	3.1%	1.3%	3.5%	3.7%	3.2%

¹ While the Wayland survey combined the use of cigarettes and cigars, the Massachusetts item asked only about cigarettes.

² Respondents were asked about "any other drugs such as LSD, PCP, ecstasy, mushrooms, speed, ice, heroin, tranquilizers, barbiturates, or any other pills."

³ Respondents were asked about their use of "inhalants, steroids pills, or other drugs (except tobacco, alcohol, marijuana, and cocaine) on school property."

2005-2006 WAYLAND ADOLESCENT BEHAVIOR SURVEY
Violence and Safety – High School (N≈804)

	TOTAL			MA	GENDER		GRADE			
	2000 (664)	2002 (640)	2006 (804)	2005 (3522)	Males (411)	Females (392)	9 th (224)	10 th (202)	11 th (191)	12 th (187)
CARRIED A WEAPON¹ (30 days)										
On school property	6.8%	3.8%	5.0%	6%	7.8%	2.1%	4.9%	5.5%	5.2%	4.3%
When NOT in school	12.4%	9.7%	11.8%	N/A	19.5%	3.6%	14.3%	9.4%	12.6%	10.7%
CARRIED A GUN (30 days)										
Carried a gun (no location)	2.4%	2.2%	2.4%	3%	4.4%	0.3%	3.1%	2.5%	1.6%	2.1%
IN A PHYSICAL FIGHT (12 months)										
On school property	8.7%	8.2%	6.8%	10%	9.5%	4.1%	11.6%	6.9%	5.8%	2.1%
When NOT in school	22.2%	17.8%	17.0%	N/A	23.6%	10.0%	23.2%	14.0%	16.8%	12.8%
Treated by doctor or nurse after a fight	3.2%	1.6%	2.0%	N/A	2.2%	1.8%	2.7%	3.0%	1.0%	1.1%
SOMEWHAT/VERY WORRIED ABOUT SAFETY²										
In school	3.8%	2.2%	3.4%	N/A	4.1%	2.6%	3.1%	3.5%	4.1%	2.6%
Going to and from school	3.0%	2.0%	3.0%	N/A	3.7%	2.3%	2.2%	3.5%	2.6%	3.8%
SCHOOL SAFETY ISSUES										
Did not go to school out of fear for safety (30 days)	2.0%	0.8%	1.7%	4%	1.9%	1.5%	1.8%	2.0%	2.1%	1.1%
Threatened/injured with a weapon (12 months)	4.1%	4.2%	4.4%	5%	6.1%	2.6%	5.4%	4.0%	4.7%	3.2%
Someone stole or damaged property (12 months)	44.0%	38.3%	33.2%	22%	36.0%	30.1%	42.0%	33.2%	30.9%	25.1%

¹ Respondents were asked about "a weapon such as a knife, gun, or club".

² Represents a combination of "somewhat worried" and "very worried" responses.

2005-2006 WAYLAND ADOLESCENT BEHAVIOR SURVEY
Miscellaneous – High School (N≈804)

	TOTAL			MA	GENDER		GRADE			
	2000 (664)	2002 (640)	2006 (804)	2005 (3522)	Males (411)	Females (392)	9 th (224)	10 th (202)	11 th (191)	12 th (187)
DRINKING AND DRIVING										
Rode with drinking driver - All Students (30 days)	22.0%	25.4%	21.8%	27%	23.6%	19.7%	20.6%	17.9%	26.7%	22.5%
Drove after drinking - Of All Students (30 days)	6.3%	6.7%	9.3%	11%	32.2%	5.8%	2.2%	4.5%	15.2%	16.6%
Drove after drinking - Of Drivers Only (30 days)	13.7%	14.9%	17.9%	N/A	23.7%	11.6%	-	11.1%	20.4%	17.5%
SEXUAL BEHAVIOR										
Ever had sexual intercourse	22.5%	25.4%	27.8%	45%	29.5%	25.8%	13.5%	20.9%	35.1%	44.9%
Alcohol/drugs at last intercourse ¹	23.5%	23.0%	22.5%	23%	26.5%	18.0%	14.3%	29.3%	21.5%	22.6%
Ever been/gotten someone pregnant	1.1%	0.5%	1.4%	5%	2.2%	0.5%	0.4%	3.0%	1.6%	0.5%
Ever forced into sexual contact	9.7%	5.4%	6.8%	10%	4.1%	9.5%	4.5%	7.5%	7.9%	7.5%
SUICIDE										
Seriously considered (12 months)	17.5%	15.7%	8.5%	13%	7.1%	10.0%	8.1%	8.9%	9.4%	7.5%
Made a plan (12 months)	10.4%	8.8%	5.7%	12%	4.4%	7.2%	6.8%	5.9%	6.3%	3.7%
Attempted (12 months)	5.1%	4.1%	2.6%	6%	2.0%	3.3%	1.8%	5.0%	2.6%	1.1%
Attempt that needed medical treatment (12 months)	1.2%	1.3%	0.9%	2%	0.2%	1.5%	0.9%	1.5%	0.5%	0.5%
USE OF SAFETY EQUIPMENT										
Never wear seatbelt when riding as a car passenger	1.8%	0.8%	1.0%	N/A	1.2%	0.8%	0.9%	0.5%	1.6%	1.1%
Never wear a bike helmet ²	32.8%	28.4%	28.4%	N/A	36.2%	18.8%	21.1%	33.1%	29.1%	32.8%
Never wear a rollerblade/skateboard helmet ²	36.3%	33.5%	24.8%	N/A	32.7%	15.4%	14.8%	30.7%	28.2%	30.1%

¹ Of those who had sexual intercourse.

² Of those who rode a bicycle or rollerblade/skateboard in the 12 months prior to the survey.