

YOUTH RISK BEHAVIOR SURVEY SUMMARY OF FINDINGS FOR 2024

Prepared For



Spring 2024

2024 Emerson YRBS Methodology

- Conducted since 1997
- Sponsored by Emerson Health and select public school districts
- Survey students in 6th and 8th-12th grades
- 2024 data collected in March
- Students are guaranteed confidentiality, and no identifying information is gathered
- 7,885 participants among 9,722 students (81% response rate)

Students Participating in 2024 Emerson YRBS

	Total Surveyed	6th Grade	8th Grade	High School	Other
2024 TOTAL:	7,885	1,415	1,537	4,890	12
Acton-Boxborough Regional School District	2,213	366	394	1,450	3
Ayer Shirley Regional School District	198	106	91	0	1
Bedford Public Schools	1,005	198	177	629	1
Concord-Carlisle High School/Concord Public Schools	1,327	179	187	960	1
Carlisle Middle School/Carlisle Public Schools	113	59	53	0	1
Groton-Dunstable Regional School District	749	148	142	457	2
The Bromfield School (Harvard Public Schools)	426	82	80	264	0
Littleton High School/Littleton Public Schools	429	0	115	313	1
Maynard Public Schools	413	77	83	253	0
Nashoba Regional School District	982	200	215	564	3

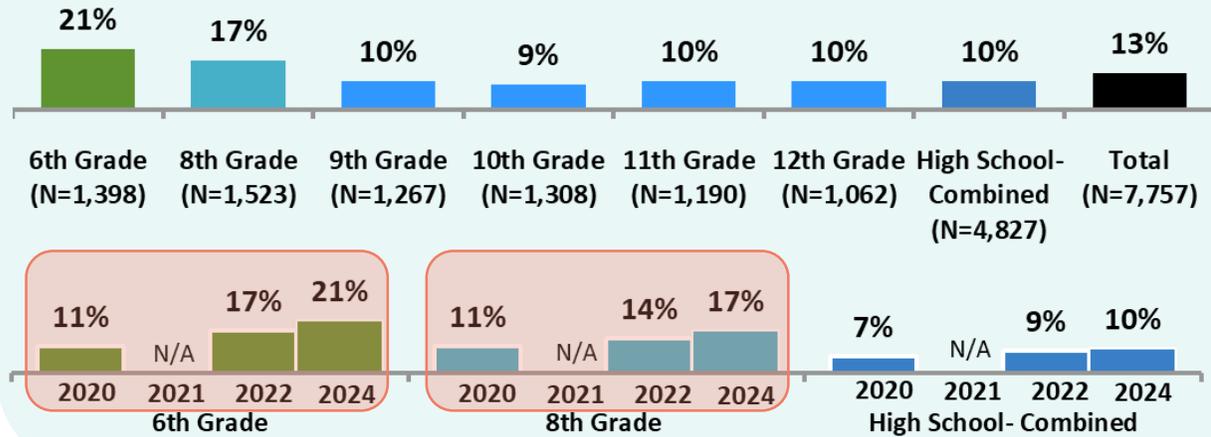
Differences of 5% or more are highlighted in red



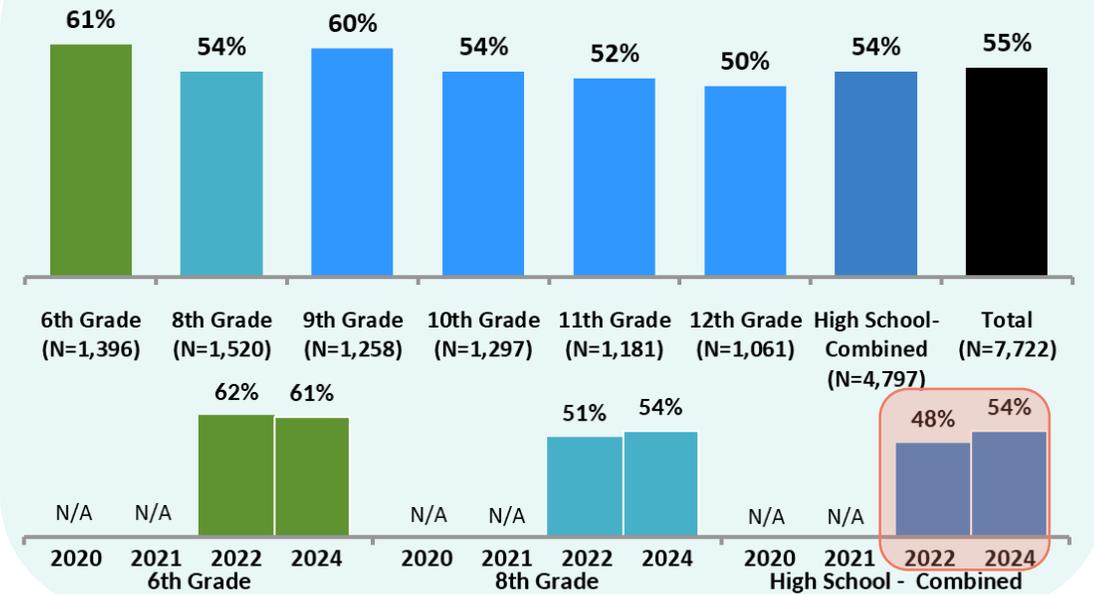
Select Detailed Findings Negative Trends

Being Bullied and Coping with Bullying

Been Bullied in School in the Past 12 Months

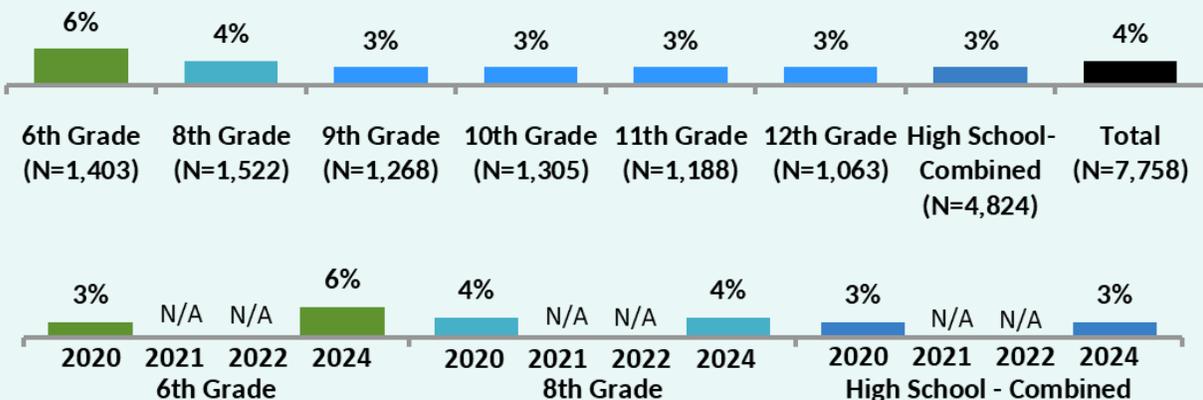


Are Confident Adults at School Can Help if Being Bullied

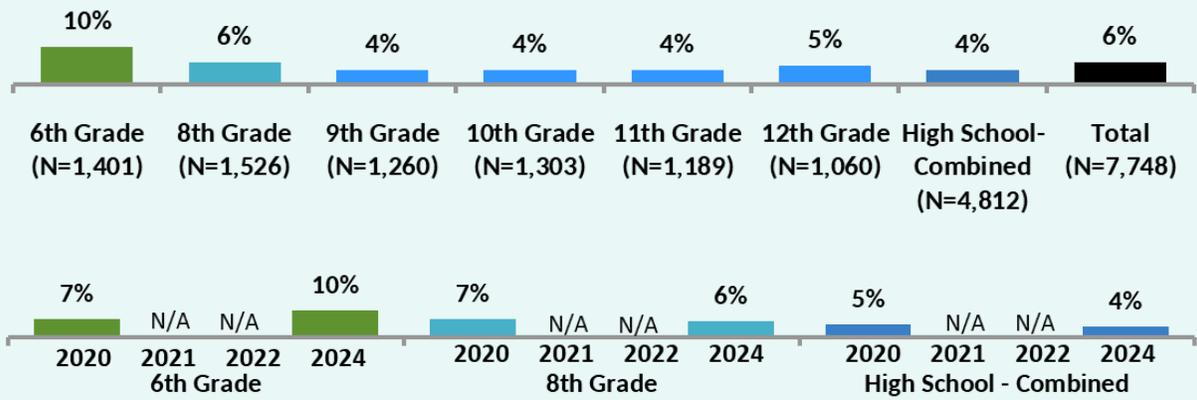


Threat, Injury, and Absence

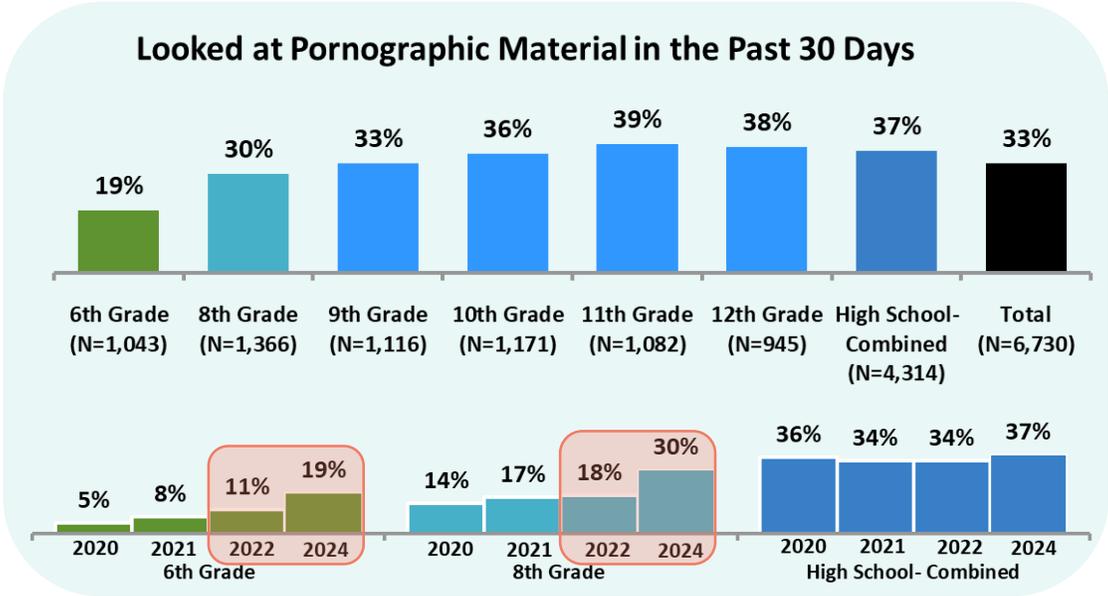
Have Been Threatened or Injured by Someone With a Weapon in the Last 12 Months



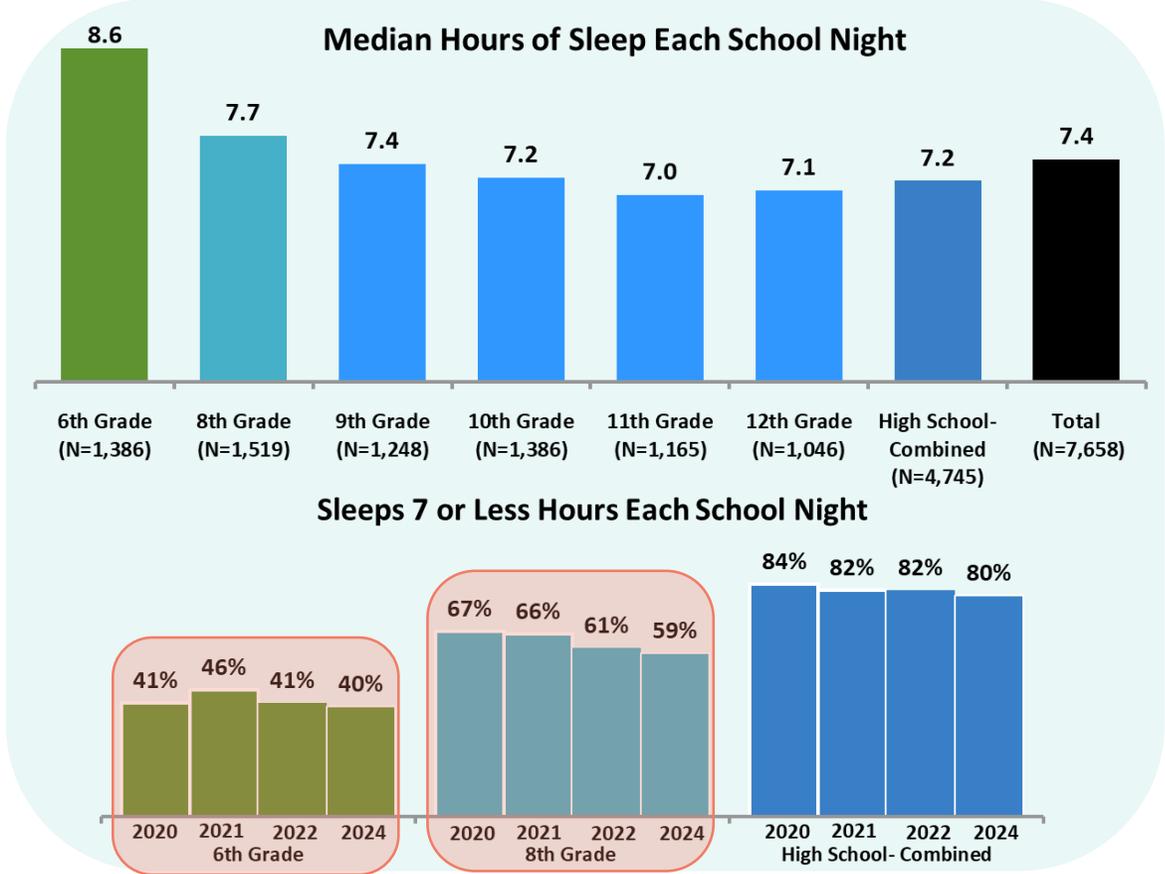
Did Not go to School in the Last 30 Days Due to Fear of Being Unsafe at or on Their Way to School



Pornography



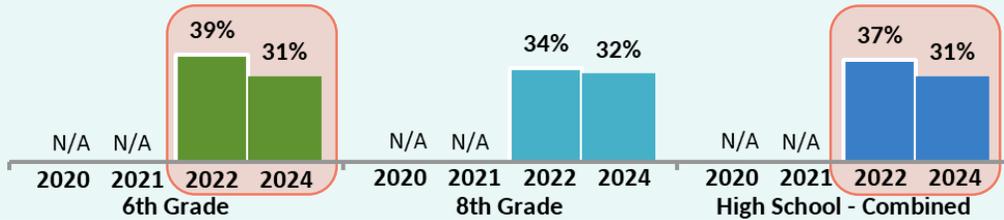
Sleep



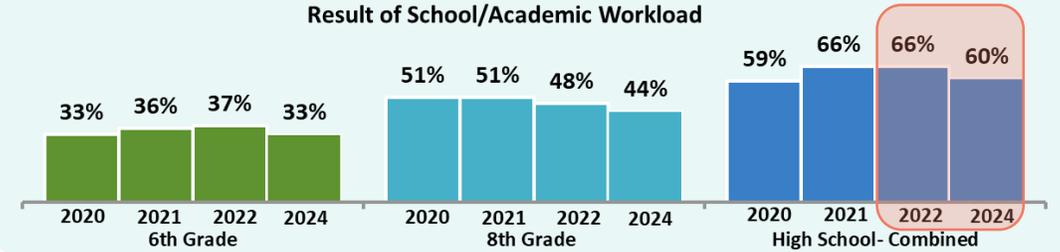
Select Detailed Findings Positive Trends

Handling Stressful Events and Sources of Stress

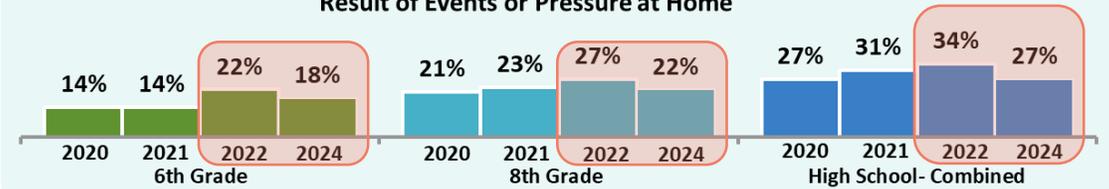
Agree or Strongly Agree That They Have a Hard Time Making it Through Stressful Events



Experienced Somewhat or Very High Stress as a Result of School/Academic Workload

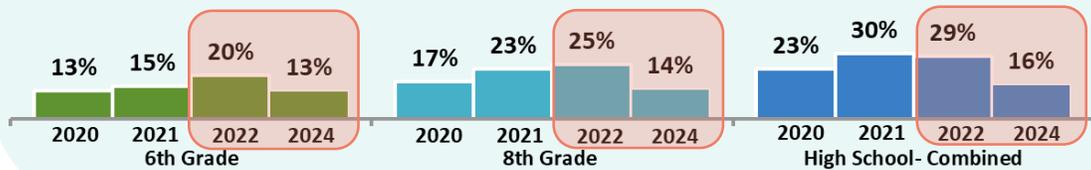
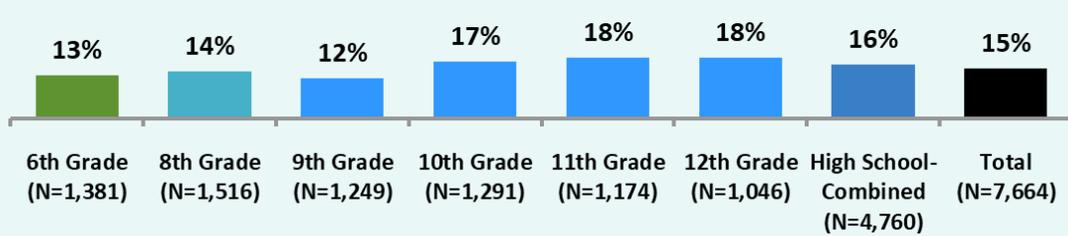


Experienced Somewhat or Very High Stress as a Result of Events or Pressure at Home

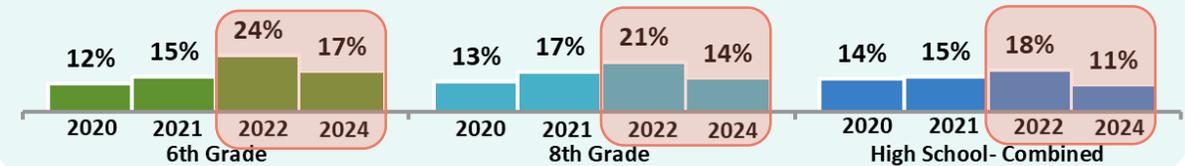
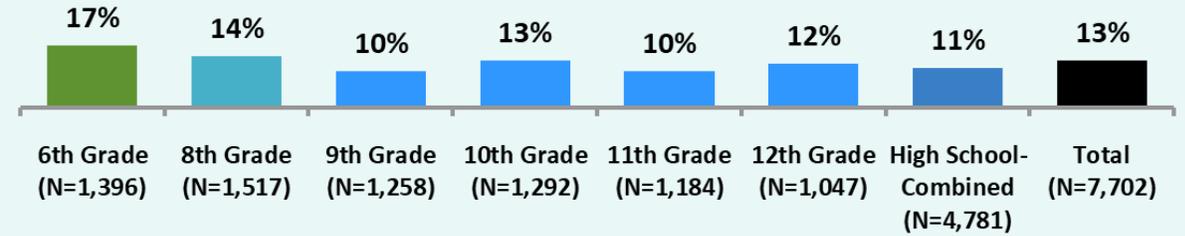


Depression and Self-Harm

Felt Depressed for Two Weeks or More in Past 12 Months

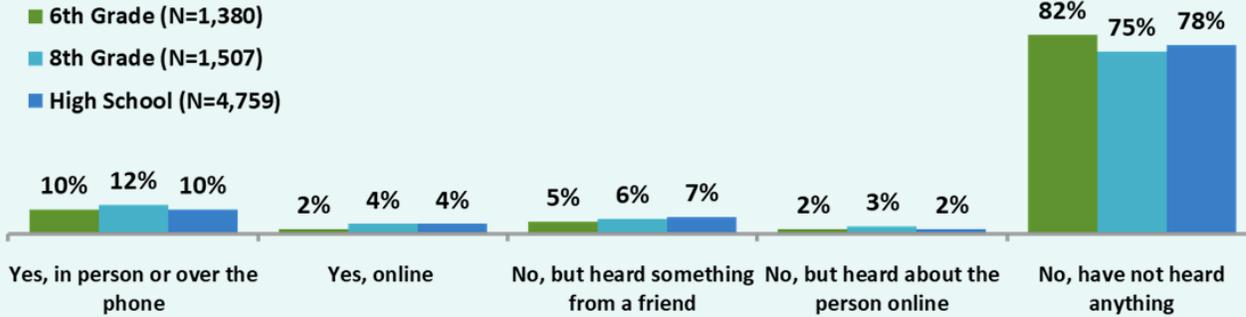


Injured or Hurt Self on Purpose in Past 12 Months

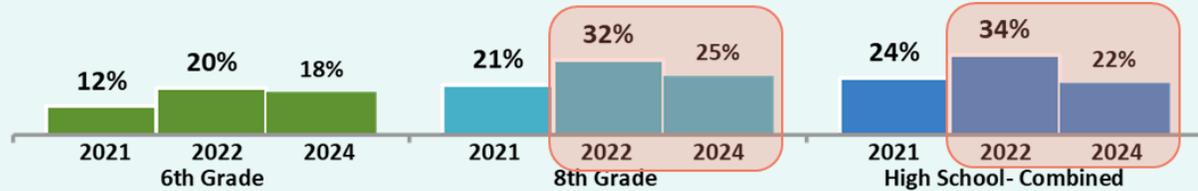


Hearing about Suicide and Suicide Consideration

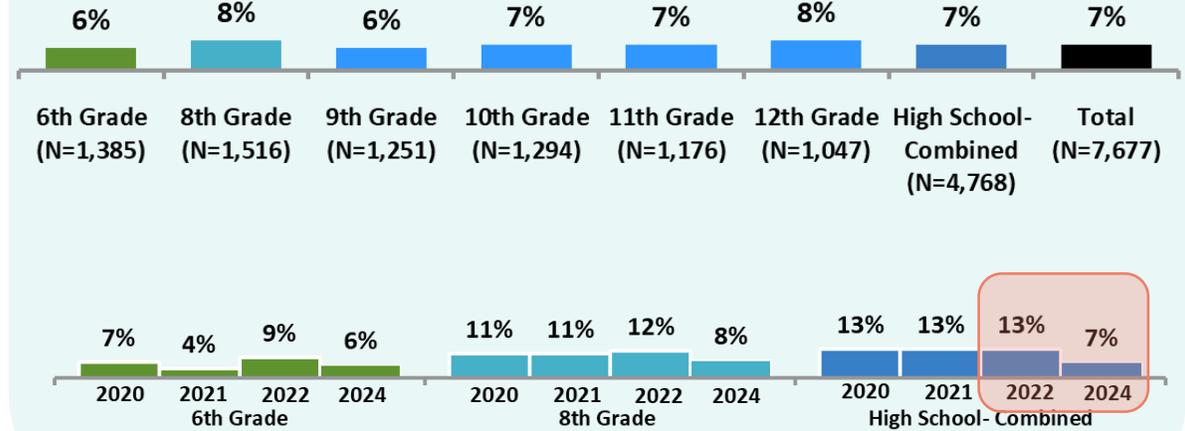
In the past 12 months has anyone you know from school told you they were thinking about hurting themselves or suicide?



Have Heard of Someone Thinking About Hurting Themselves or Suicide in Past 12 Months

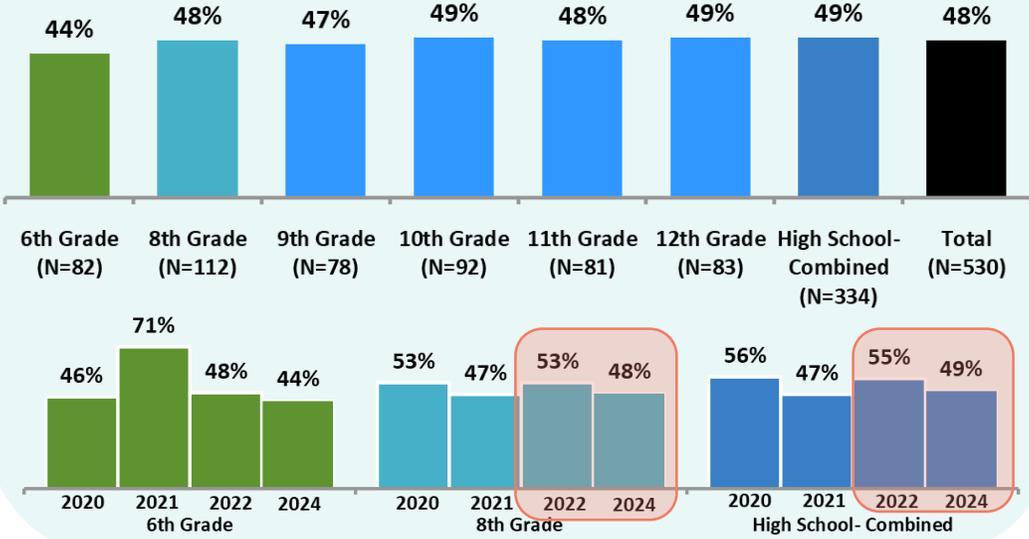


Seriously Considered Attempting Suicide in Past 12 Months



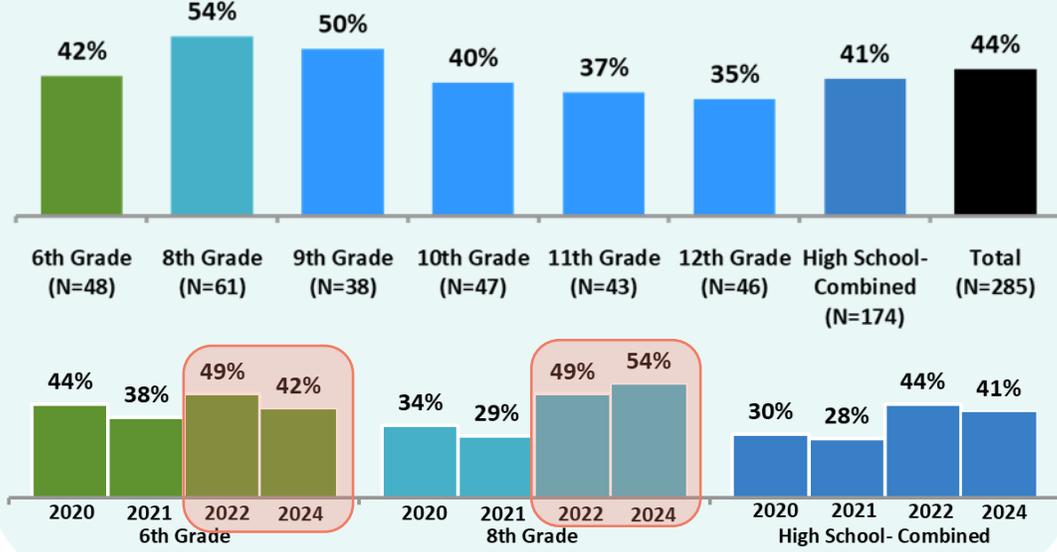
Suicide Planning and Attempts

Of Those Who Seriously Considered Suicide in the Past 12 Months, Percentage Who Made a Suicide Plan

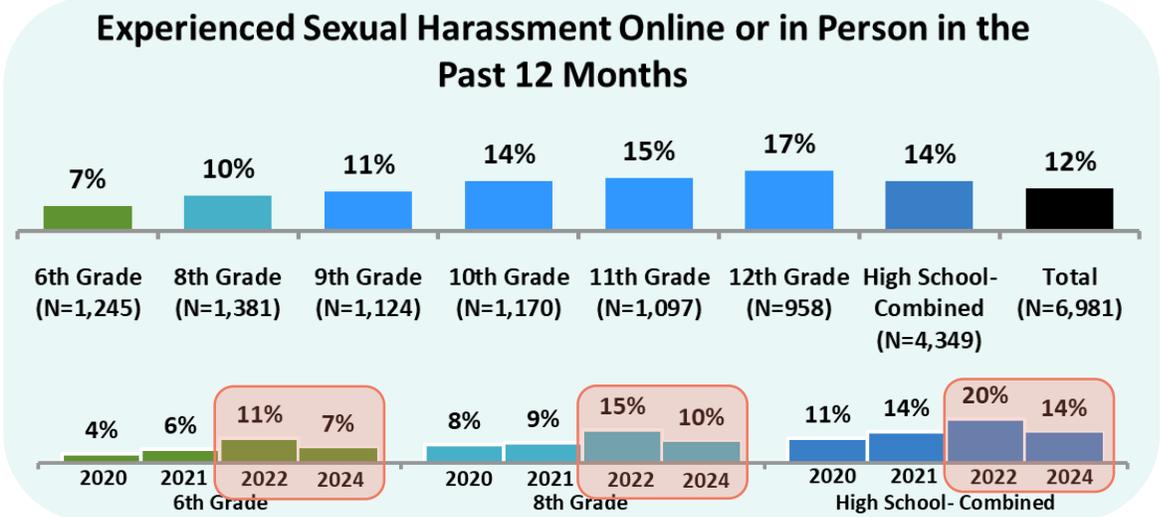


*Note, N=7 for 6th graders in 2021, and may not represent the population

Of Those Who Made a Suicide Plan in the Past 12 Months, Percentage Who Attempted Suicide



Sexual Harassment

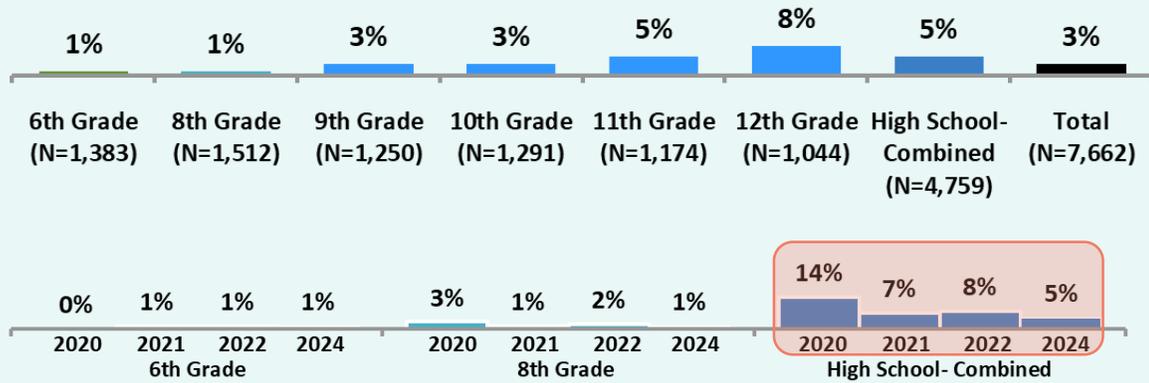


* Note: Response options changed in 2021, to include sexual harassment online.

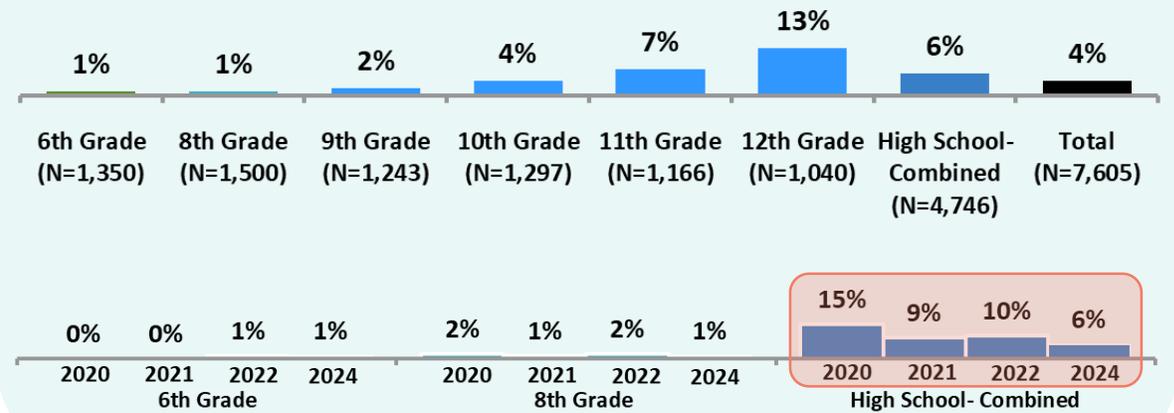


E-Cigarette and Marijuana Usage

Used an E-Cigarette or Vaped in Past 30 Days

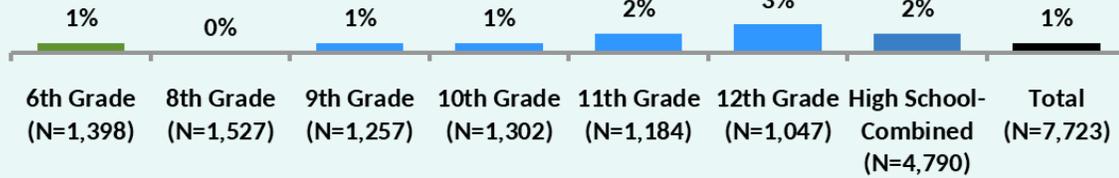


Used Marijuana or Marijuana-Related Products in the Past 3 Months

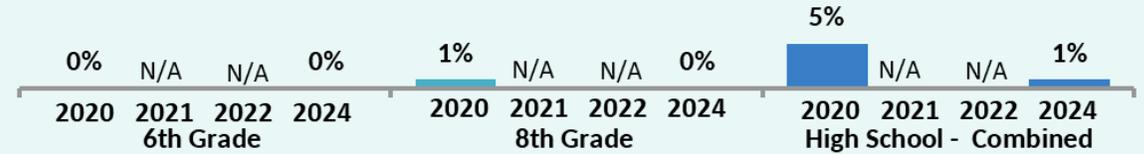
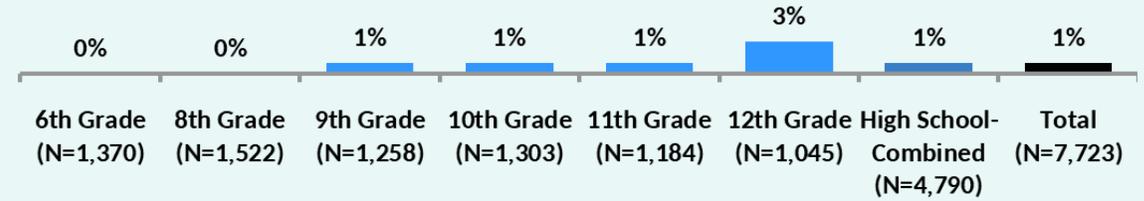


Drug Use on School Property

Used an E-Cigarette on School Property in the Last 30 Days

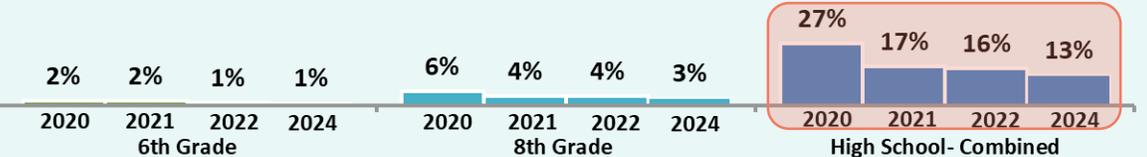
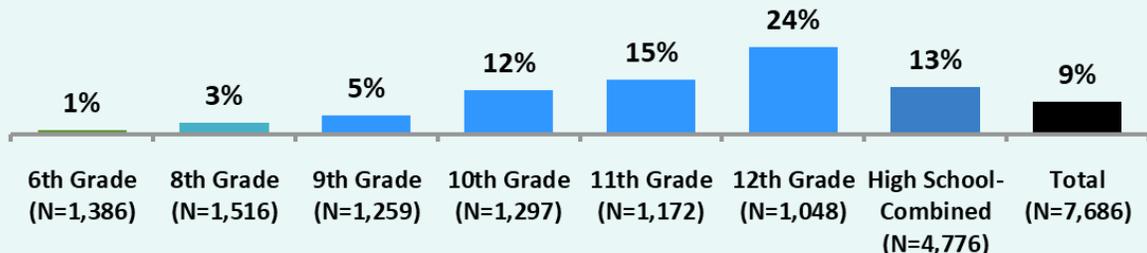


Used Marijuana or Marijuana-Related Products on School Property in the Last 30 Days

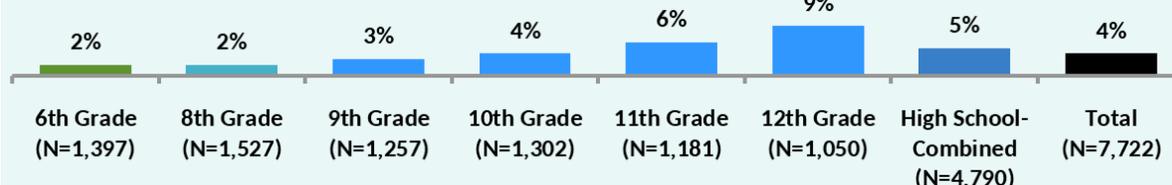


Alcohol Consumption and Riding with Someone Under the Influence

Drank Alcohol in the Past 30 Days

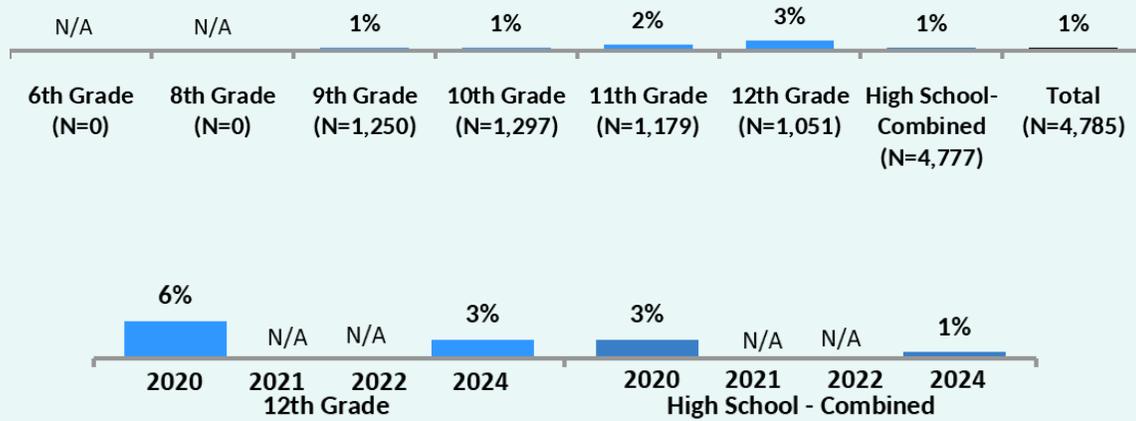


Rode in a Vehicle Driven by a Minor Who Was Under The Influence

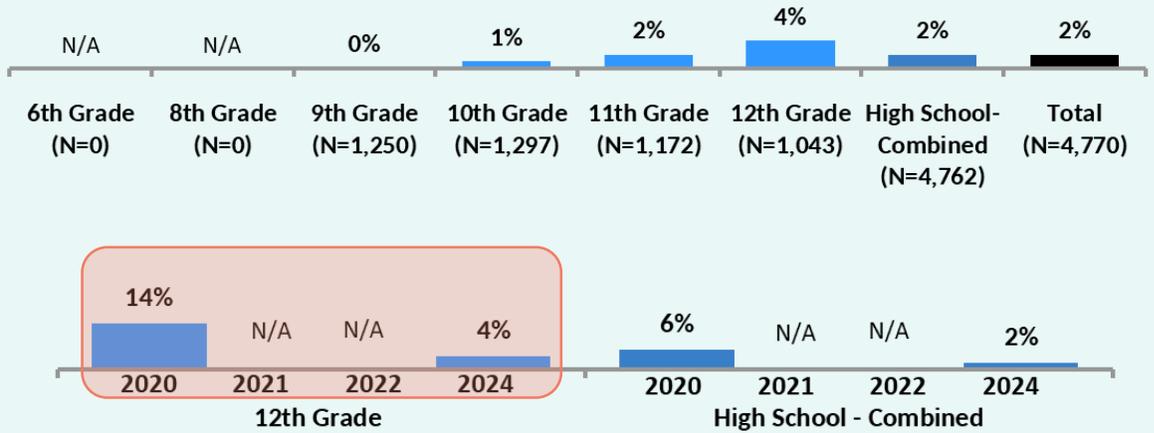


Driving Under the Influence of Alcohol or Marijuana

Recently (In the Past 30 Days) Drove a Car After Drinking Alcohol



Recently (In the Past 30 Days) Drove a Car After Using Marijuana

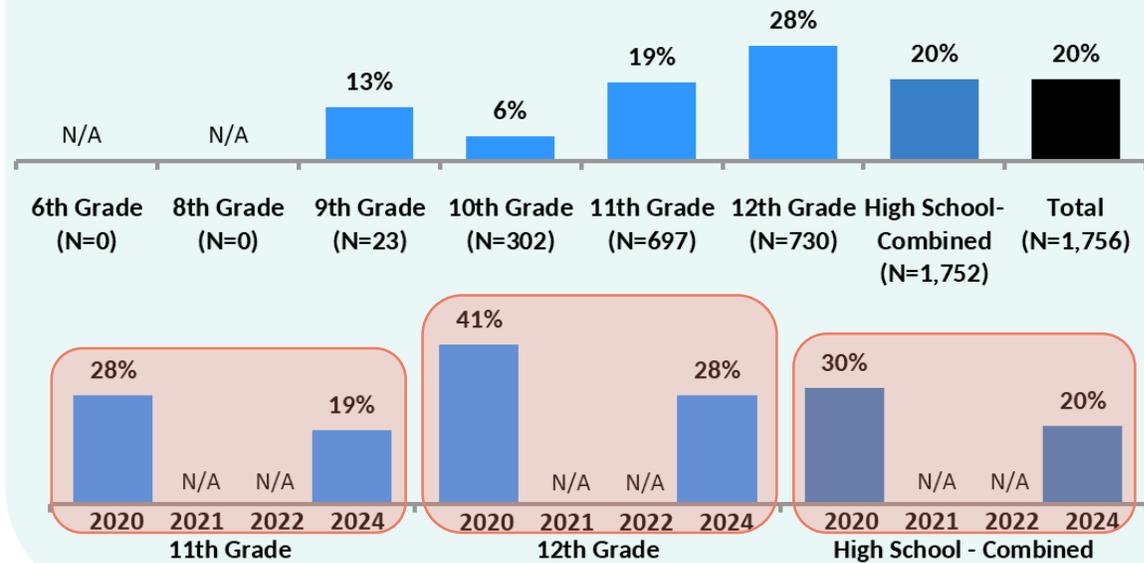


*Note, these questions were not asked of 6th and 8th grade students.



Using Cell Phones While Driving

**Drove a Car While Using a Cell Phone Without a Hands-Free Option
Sometimes, Most of the Time, or Always (of Those Who Drive)**

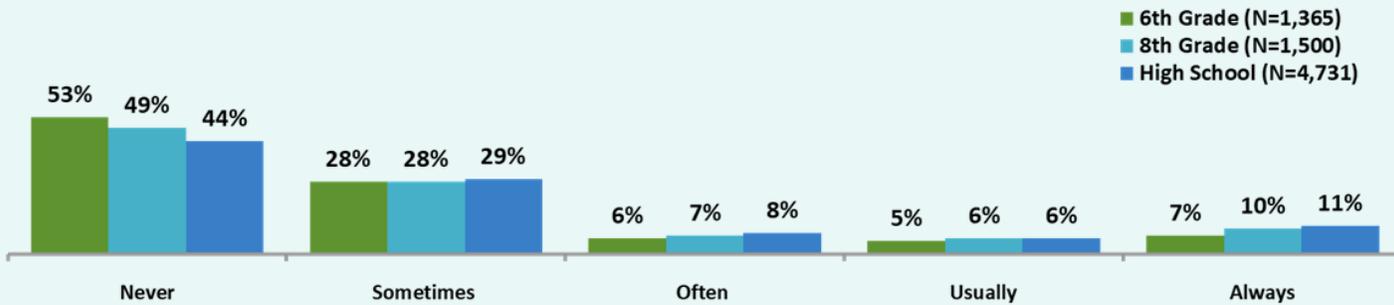


*Note, this question was not asked of 6th and 8th grade students.

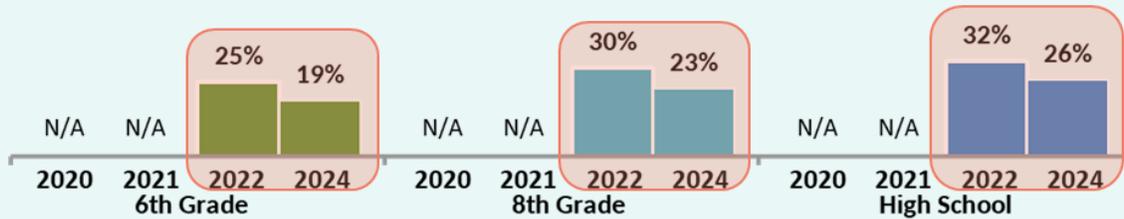


Desire to be Thinner and Impact of Weight on Image

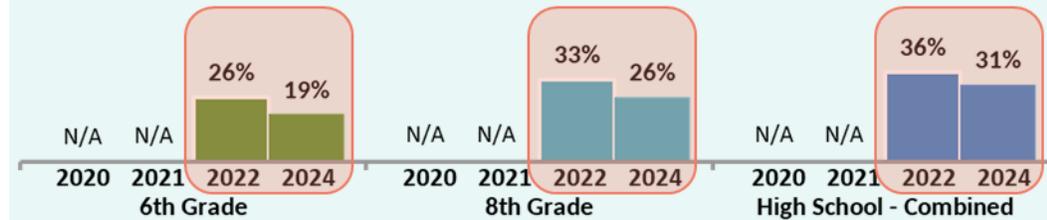
I have a strong desire to be thinner.



Often, Usually, or Always Have a Strong Desire to be Thinner

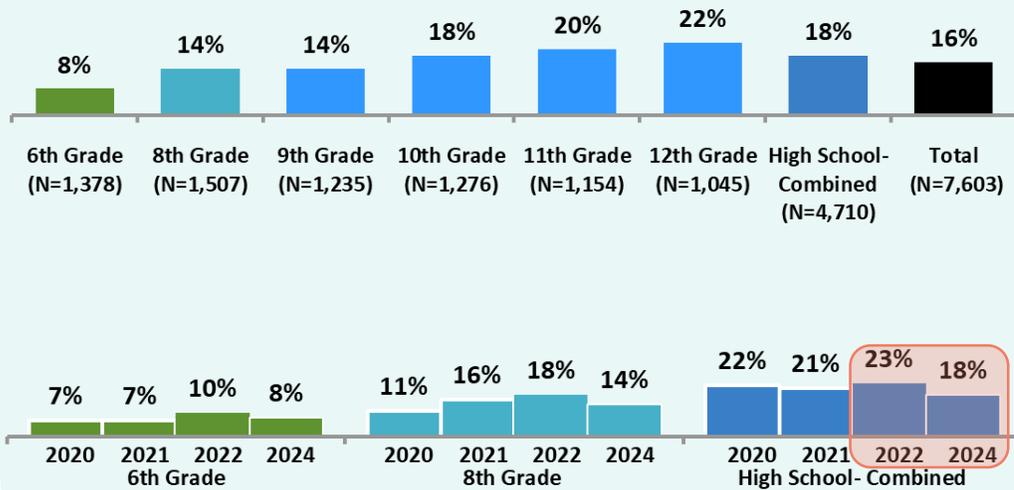


Proportion Who Indicate Their Weight Influences How They Judge Themselves Often, Usually, or Always

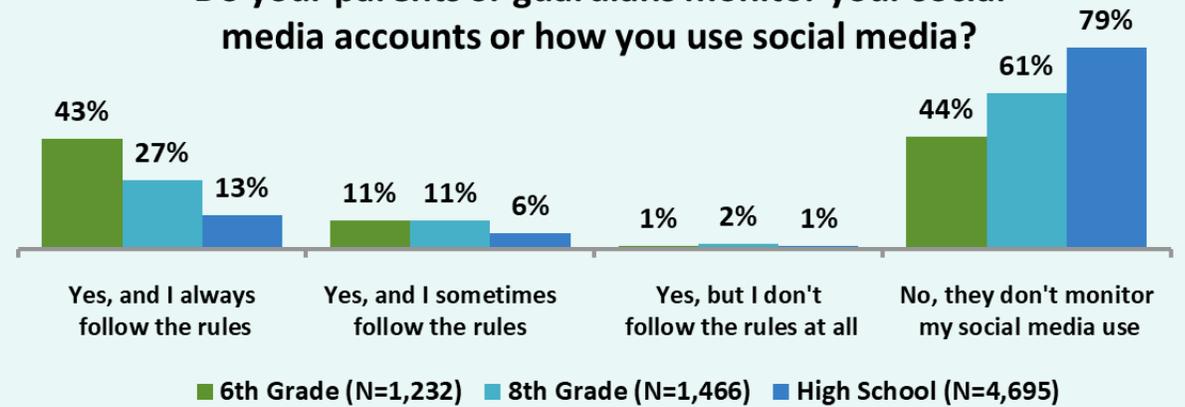


Parental Involvement on Social Media

Have Social Media Account Parents or Guardians Don't Know About

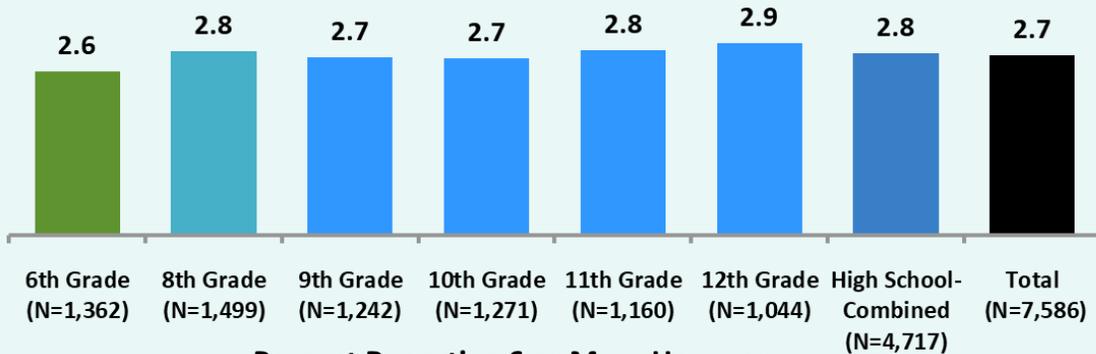


Do your parents or guardians monitor your social media accounts or how you use social media?

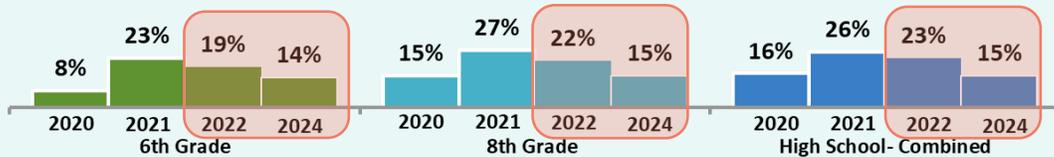


Screen Time and Social Media

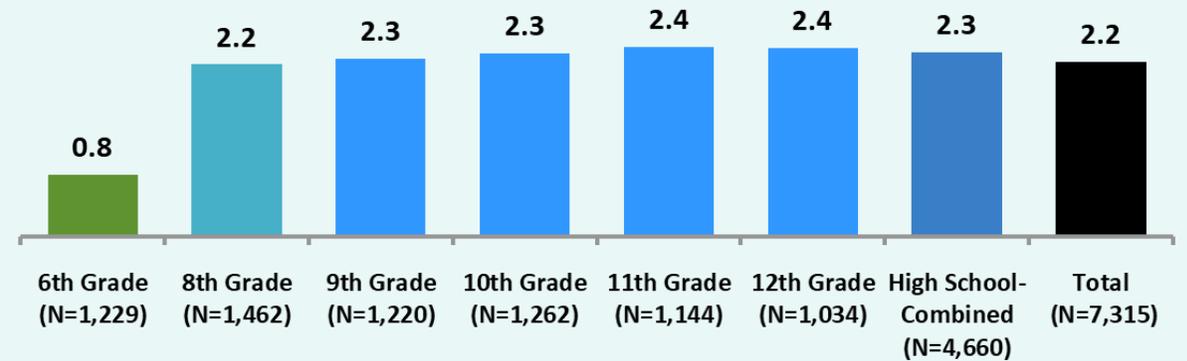
Median Hours Spent on Computers, Television, Phones, Game Consoles, or Other Visual Technology on Weekdays



Percent Reporting 6 or More Hours on Visual Media Each Weekday



Median Hours Spent on Social Media on Weekdays

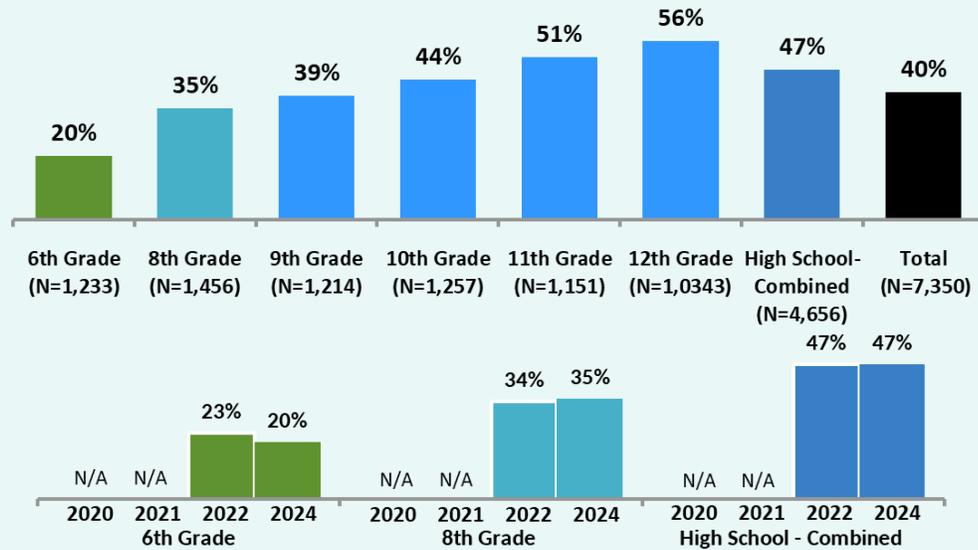


Percent Reporting 4 or More Hours on Social Media Each Weekday

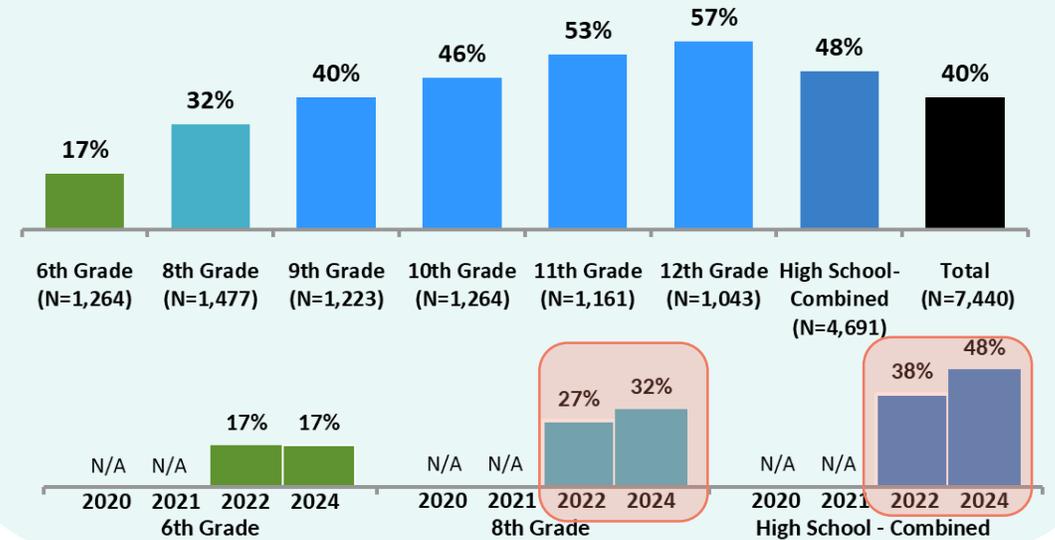


Perception of Time Spent on Cellphones and Social Media

Feel They Spend too Much Time on Their Cellphone

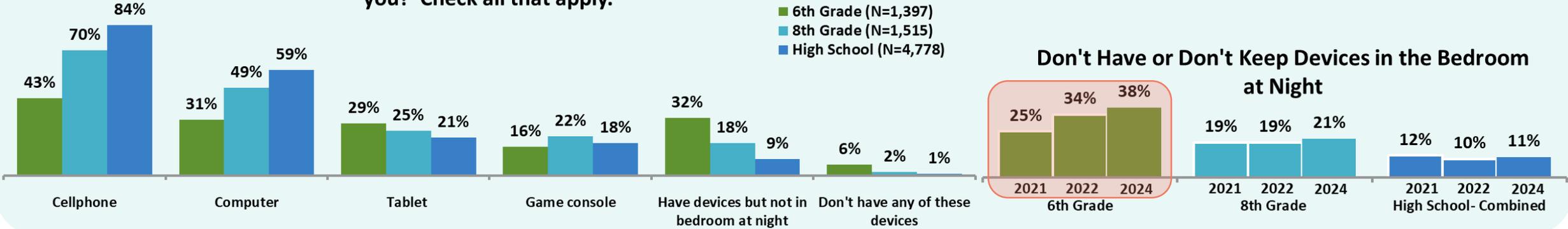


Feel They Spend too Much Time on Social Media

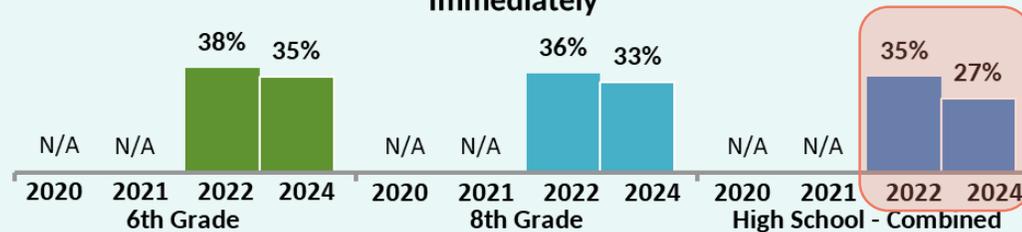


Electronic Devices in the Bedroom and Distractions

When you go to sleep at night, what devices do you keep in your bedroom with you? Check all that apply.

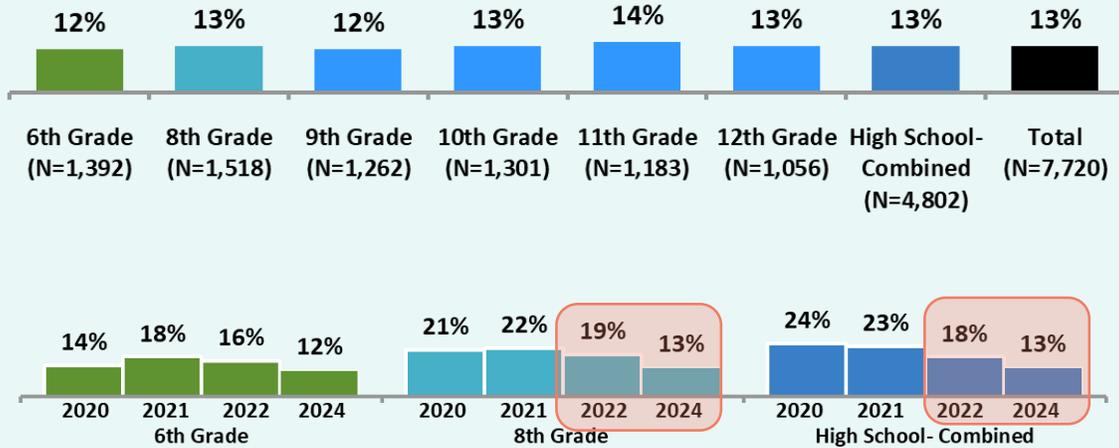


Often or Always Feel The Need to Respond to Messages Immediately

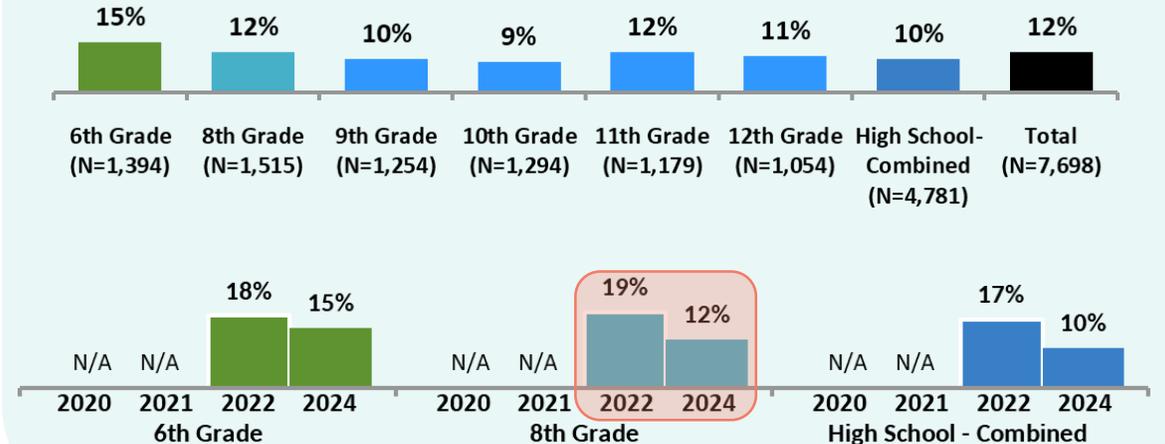


Risky Online Behaviors and Unwanted Contact

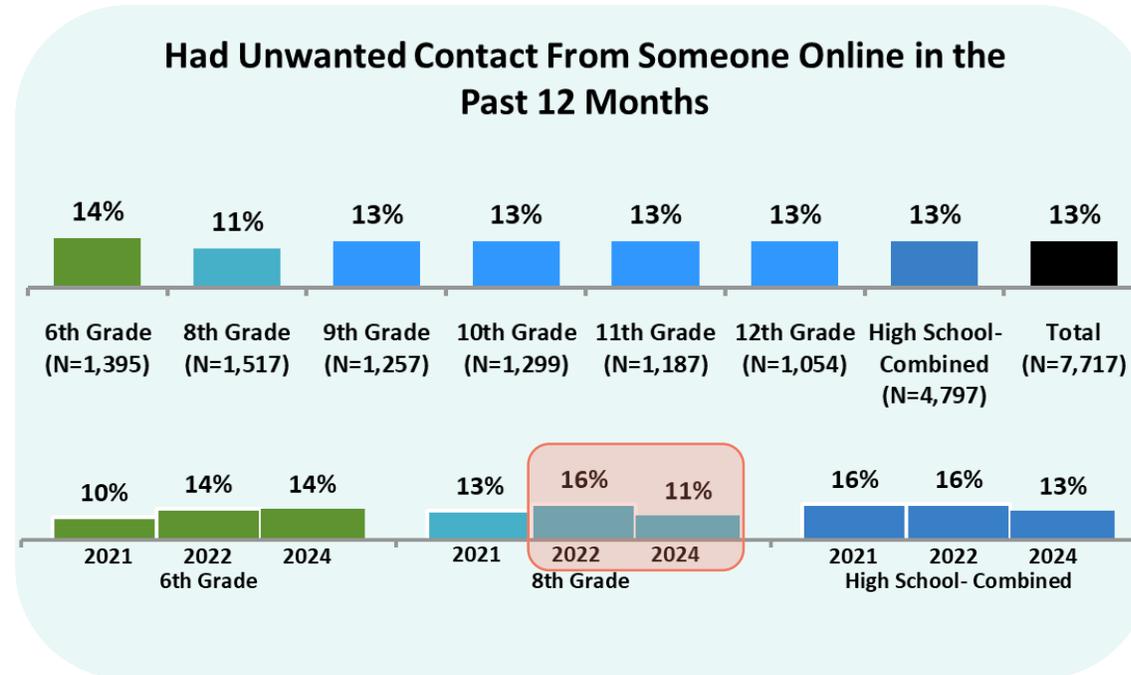
Has Been in a Risky/Unwanted Situation Because of Information Shared Electronically



Participated in Uncomfortable Social Media Chats, Meetings, or Events but Had a Hard Time Leaving

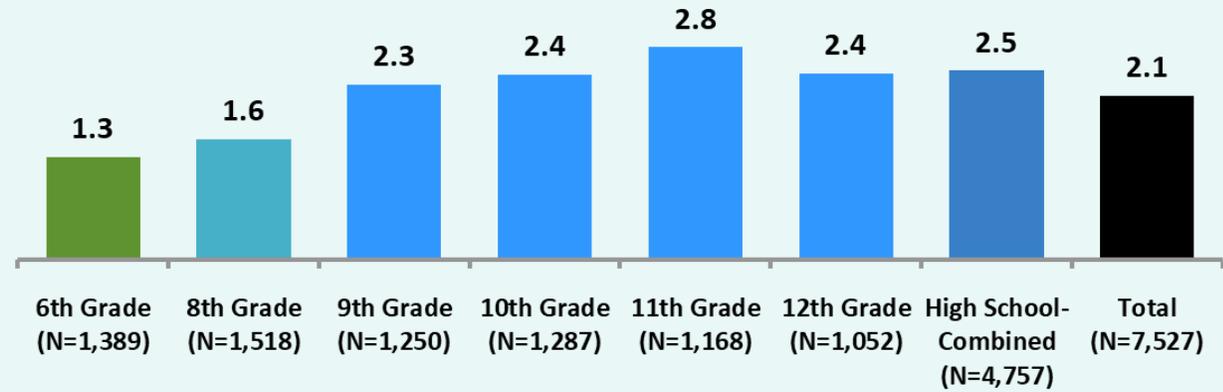


Unwanted Online Contact

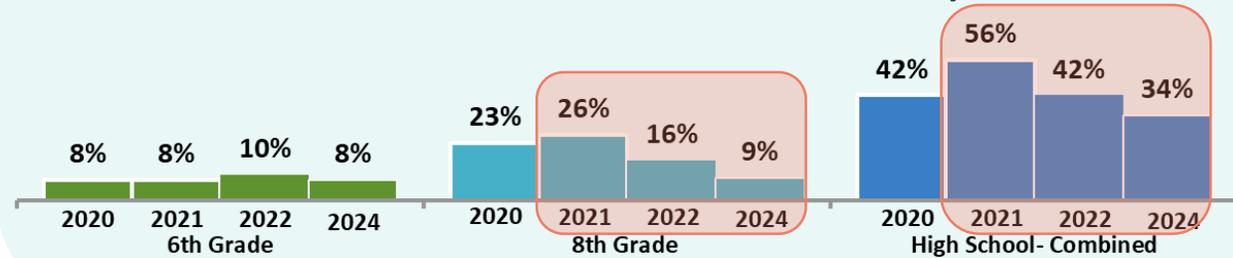


Homework

Median Hours Spent Doing Homework Each Day



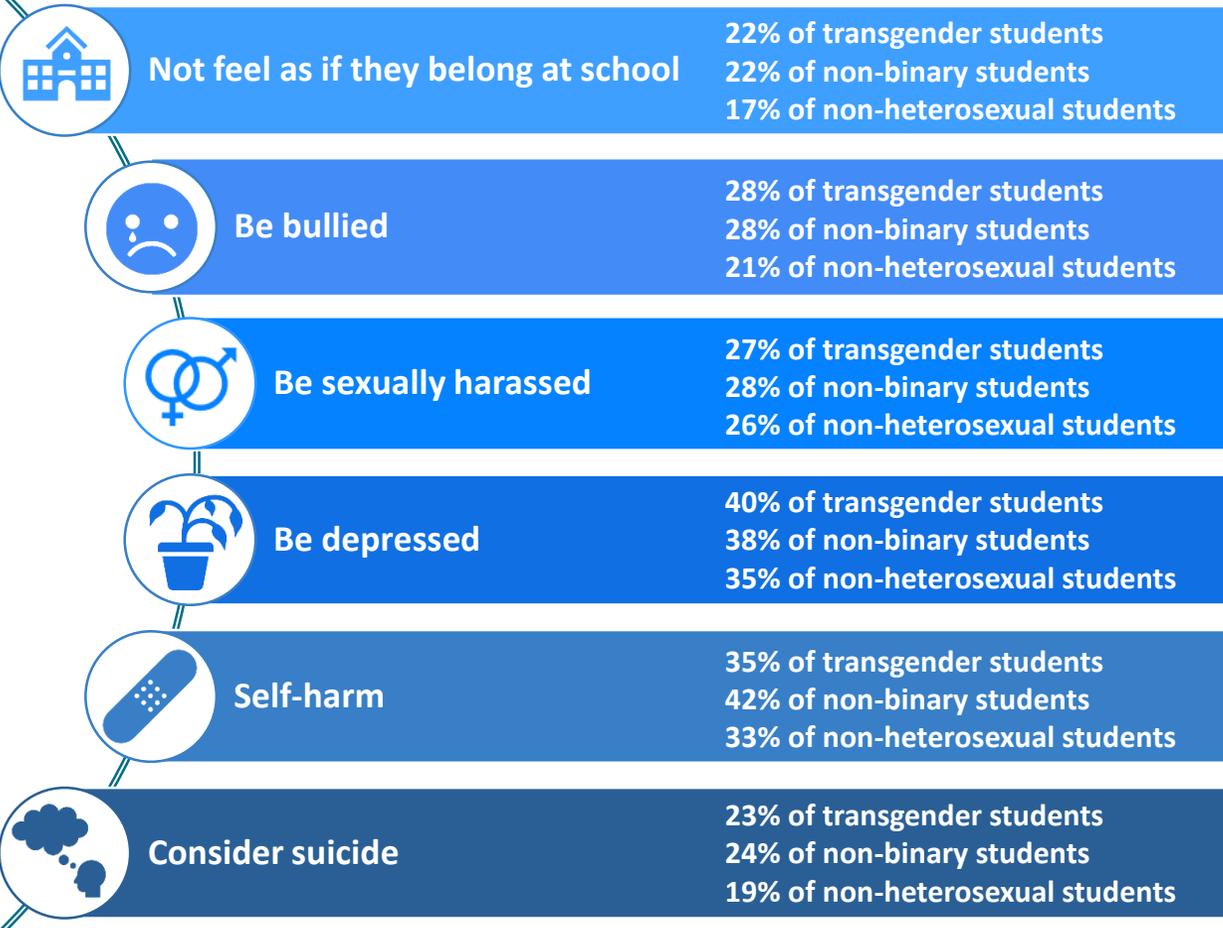
Does 3 or More Hours of Homework Each Day



Higher Risk Groups

Students who identify as transgender, non-binary, or non-heterosexual are especially vulnerable.

Among other risk factors, those with non-traditional gender identities or sexual orientation are at an increased likelihood to:

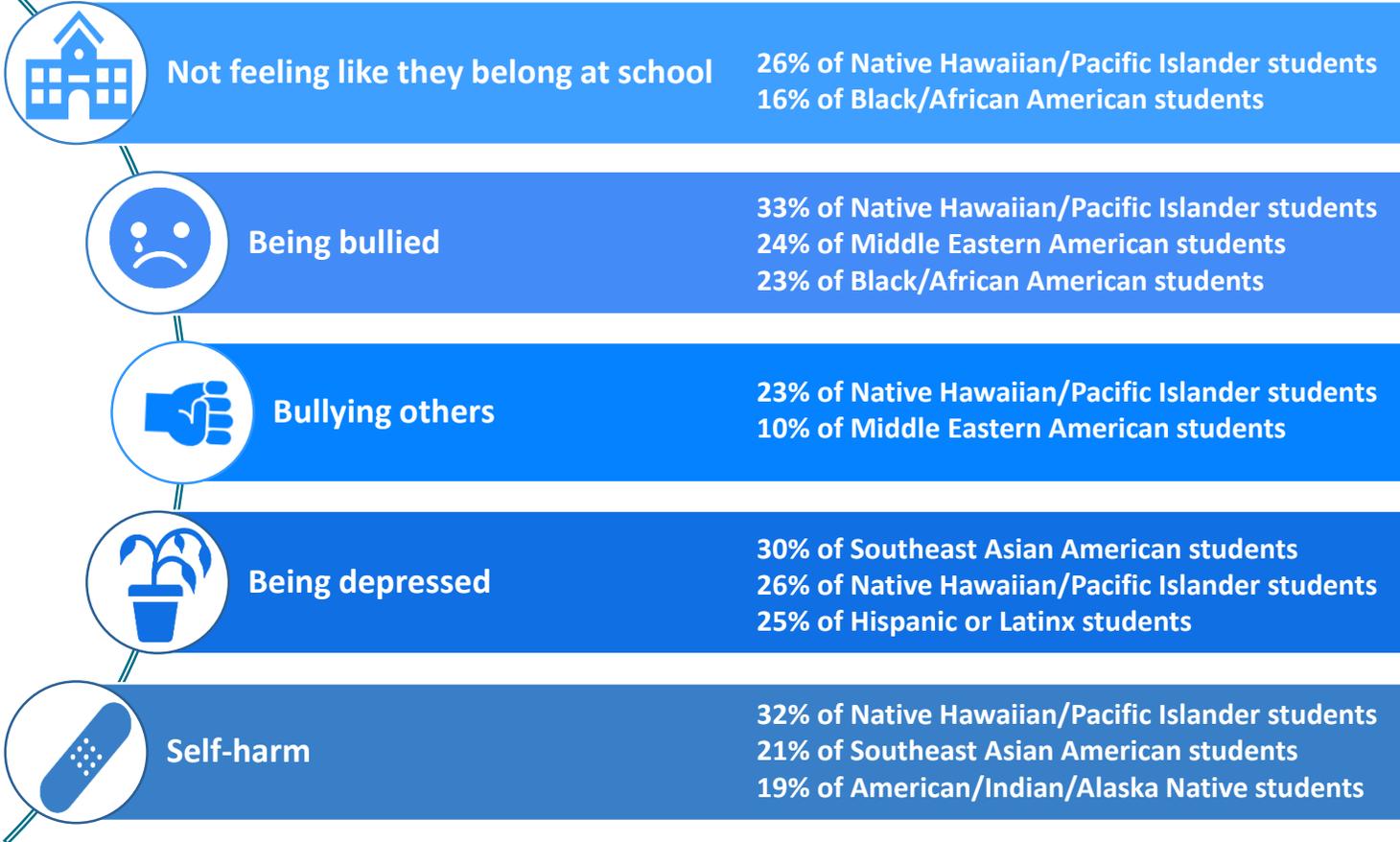


- Students who identify as transgender, non-binary, or non-heterosexual show a disproportionate rate of incidence for several risk factors.
- Notably, especially high proportions of these students indicate recently feeling depressed or engaging in self-harm.
- Most concerningly, just under a quarter of students who identify as transgender or non-binary also indicate having considered suicide at some point in the last 12 months.
- These students who identify as non-binary or transgender are more than twice 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 factors or behaviors.

Certain racial and ethnic groups display an increased likelihood of substance use and other risks, including:



- While a variety of racial or ethnic groups show higher rates of risk factors and behaviors, this appears to be especially prevalent with Native Hawaiian or Pacific Islander students.
- Many of these groups also have greater rates of not having a trusted adult at school to talk to and not being willing to seek out an adult when they have a serious problem.
 - Given this, consider placing substantial efforts towards making non-white students feel as though they belong and are supported.



Appendix

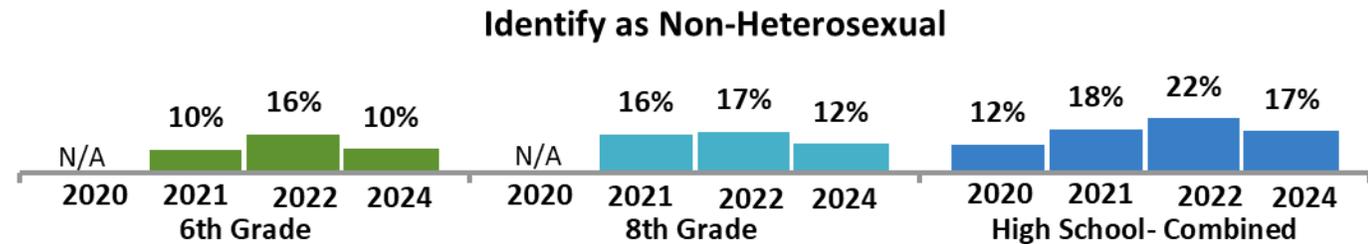
Appendix A: Changes to Questionnaire

Student Demographic Profile

2024	6 TH Grade	8 th Grade	High School
Gender (Q3)*			
Female	46%	47%	48%
Male	51%	51%	49%
Non-binary	3%	2%	3%
Transgender (Q4)			
Yes	4%	3%	4%
No	92%	94%	94%
Not sure	4%	2%	2%
Sexual Orientation (Q5)			
Straight (heterosexual)	79%	84%	79%
Gay or lesbian (homosexual)	2%	2%	4%
Bisexual	5%	7%	10%
Another orientation (asexual, pansexual etc.)	3%	3%	3%
Not sure	11%	4%	4%
Race/Ethnicity- Select as many as apply (Q15)*			
American Indian or Alaska Native	4%	3%	2%
Asian American	17%	17%	21%
Black or African American	6%	5%	6%
Hispanic or Latino/Latina/Latinx/Latine	8%	11%	9%
Middle Eastern American	3%	3%	3%
Native Hawaiian or Pacific Islander	1%	1%	1%
Southeast Asian American	2%	2%	2%
White	63%	70%	71%
Don't Know	8%	3%	1%

**Note: Race and ethnicity percentages add to over 100% as students were allowed to select multiple options.

➤ While the proportion of those who identify as non-heterosexual increased from 2020 to 2022 for all three groups, all groups saw a drop in the proportion of those who identify as non-heterosexual for 2024.



Questionnaire Differences in 2024

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)
		2024	2022	2021 2020
Q4	Do you identify as transgender, or identify with a different gender than the one you were assigned at birth?			Do you identify as transgender?
		2024		2022
Q5	How do you think of yourself? • Straight (attracted to people the opposite gender as you, also known as heterosexual) • Gay or lesbian (attracted to people the same gender as you, also known as homosexual) • Bisexual (attracted to people both the same and opposite gender as you) • Something else (asexual, pansexual, etc.) • Not sure			How do you think of yourself? • Straight (heterosexual) • Gay or lesbian (homosexual) • Bisexual • Something else (asexual, pansexual, etc.) • Not sure
		2024	2022	2021 2020
Q15-22	How do you describe yourself? – Hispanic or Latino/Latina/Latinx/Latine included instead of as a separate ethnicity question			How do you describe yourself? – asked if they identified as Hispanic or Latino/Latina/Latinx separately.
		2024	2022	2021 2020



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

Questionnaire Differences in 2024

Questions that changed compared to previous years

Q 48	During the past 30 days, on how many days have you seen or heard pictures, stories, sounds, or actions that show nudity or sexual behavior, either in electronic or any other format? <ul style="list-style-type: none"> • I have not seen or heard any in 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 			During the past 30 days, on how many days did you look at pornographic material, either in electronic or any other format? <ul style="list-style-type: none"> • I have not looked at pornographic material in 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 		
	2024			2022	2021	2020
Q52	During the past 12 months, have you received unwelcome comments or actions of a sexual nature which made you uncomfortable (sexual harassment)? <ul style="list-style-type: none"> • 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? <ul style="list-style-type: none"> • Yes • No 		
	2024	2022	2021	2020		
Q55	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?		
	2024	2022	2021*	2021*	2020	



Questionnaire Differences in 2024

Questions that changed compared to previous years

Q56-71	<p>When you are dealing with stress, which strategies do you use most often? Check all that apply to you.</p> <ul style="list-style-type: none"> • Nothing • Exercise • Drinking alcohol • Doing drugs • Smoking cigarettes • Vaping/Juuling/Vuseing • Mindfulness/Mediation activities • Self-injury • Watching television • Avoidance, ignoring the stress, walking away • Eating • Gaming • Social media (e.g. TikTok, Instagram, BeReal, Snapchat, X, Facebook)* • Talking to someone I trust • Not eating or avoiding food • Going online • Other 	<p>Which of the following strategies do you use most frequently to deal with stress? (Choose all that apply)</p> <ul style="list-style-type: none"> • Nothing • Exercise • Drinking/drugs/smoking • Vaping/Juuling/Vuseing • Mediation/ relaxation activities • Self-injury • Watching television • Eating • Other 		
	2024	2022	2021	2020
Q77	<p>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)</p> <ul style="list-style-type: none"> • Yes • No 		<p>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?</p> <ul style="list-style-type: none"> • I did not attempt suicide during the past 12 months • Yes • No 	
	2022	2021	2020	2018
Q78	<p>In the past 12 months, has anyone you know from school told you they were thinking about hurting themselves or suicide?</p> <ul style="list-style-type: none"> • Yes, they told me in person, on a phone/video call, or in a text • Yes, they told me online (direct messaging, email, in social media, etc) • No, but I saw or heard something about the person from a friend • No, but I saw or heard something about the person online • No, nobody at school has told me they were thinking about hurting themselves or suicide 		<p>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)</p> <ul style="list-style-type: none"> • No one told me they wanted to hurt themselves, and I'm not worried about anyone • No one told me they wanted to hurt themselves, but I am worried about someone • Yes, someone told me, but I didn't tell an adult • Yes, someone told me, and I did tell an adult • Not sure 	
	2024	2022	2021	2020



Questionnaire Differences in 2024

Questions that changed compared to previous years

Intro for Q80	The next questions ask about your experiences with alcohol and other substances. Alcohol includes beer, wine, hard seltzers , and liquor such as rum, gin, vodka, or whiskey. For these questions, drinking alcohol does NOT include drinking a few sips of wine for religious purposes.		• The next questions ask about your experiences with alcohol and other substances. Alcohol includes beer, wine, wine coolers , and liquor such as rum, gin, vodka, or whiskey. For these questions, drinking alcohol does NOT include drinking a few sips of wine for religious purposes.		
	2024		2022	2021	2020
Q80	During the past 30 days, on how many days did you have at least one drink of alcohol? <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 		During the past 30 days, on how many days did you have at least one drink of alcohol? <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 		
Q81	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? <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 		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? <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 		
	2024	2022	2021		2020



Questionnaire Differences in 2024

Questions that changed compared to previous years

	2024	2022	2021	2020
Q82	<p>During the past 30 days, on how many days did you use an electronic 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"> • 1 or 2 days • 3 to 5 days • 6 to 9 days • 10 to 19 days • 20 to 29 days • All 30 days
Q90	<p>During the past 30 days, on how many days did you use marijuana or marijuana-related products (not including CBD oil)?</p> <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 • 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 marijuana or marijuana-related products (not including CBD oil)?</p> <ul style="list-style-type: none"> • 0 times • 1 or 2 days • 3 to 5 days • 6 to 9 days • 10 to 19 days • 20 to 29 days • All 30 days



* Note in 2024 "Electronic cigarette (e-cigarette)" was shortened to just "e-cigarette".

Questionnaire Differences in 2024

Questions that changed compared to previous years

	2024	2022	2021	2020
Q101-109	<p>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?</p> <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 	<ul style="list-style-type: none"> • 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 	<p>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?</p> <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 	<ul style="list-style-type: none"> • Take diet pills, powders, or liquids • None of these
Q125	<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>How do your parents or guardians monitor your social media accounts or how you use social media? Check all that apply:)</p> <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 	

