

**REPORT ON**

**THE 2004 YOUTH RISK BEHAVIOR SURVEY**

**FOR STUDENTS IN GRADES 6, 8, 9, 10, 11, AND 12**

**FOR THE**

**ACTON PUBLIC SCHOOLS**

**AND THE**

**ACTON-BOXBOROUGH REGIONAL SCHOOLS**

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## **BACKGROUND AND ACKNOWLEDGEMENTS**

In 1997, Ms. Leslie Luppold, the Senior Vice-President of Operations for Emerson Hospital, reached out to several school districts from the hospital's service area to attempt to determine areas of common interest and concern. A number of discussions ensued and through this process, Emerson Hospital and the Health Education Coordinators from the four school districts which responded, decided to collaborate on the development and implementation of the first joint Youth Risk Behavior Survey (YRBS) Project in 1998.

Using an instrument based on the YRBS from the Centers for Disease Control and Prevention, students from grades 6, 8, and 11 were surveyed and the responses to those surveys were tabulated and analyzed. Much information of value to Emerson Hospital, the four school districts (the Acton and Acton-Boxborough Regional Schools, the Concord and Concord-Carlisle Regional Schools, the Littleton Public Schools, and the Westford Public Schools), as well as their respective communities, important to program planning and curriculum development, was gathered and shared broadly.

This effort was undertaken for a second time (including seven school districts) in the year 2000. Because of the success of the first two projects, it was decided to undertake this effort in 2002 and again in 2004 in the hopes of developing reliable data on youth risk behavior on an every other year basis. Also, beginning with the survey of 2000, the scope was expanded to include all students from grades 6, 8, 9, 10, 11, and 12.

In May of 2003, with the support and encouragement of administration from Emerson Hospital and each school district, a committee comprised of a representative from Emerson Hospital and Health Education Coordinators from seven area school districts, met and worked for nine months to update and refine the YRBS and the process for its implementation and analysis.

The members of this committee included: Ms. Jennifer Hart from Emerson Hospital; Ms. Christina Granahan from the Acton and Acton-Boxborough Regional Schools; Mr. Sam Slarskey from the Boxborough Public Schools; Ms. Kathy Bowen from the Concord and Concord-Carlisle Regional Schools; Ms. Judy Robinson from the Groton-Dunstable Regional Schools; Ms. Patricia Trahman from the Littleton Public Schools; Ms. Lisa MacLean from the Maynard Public Schools; Ms. Maureen Buckley from the Westford Public Schools; and Mr. James Byrne from Northeast Health Resources. It is because of their continuing commitment and collaboration that this project and report are a reality.

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## **INTRODUCTION**

Through the support and assistance of Emerson Hospital, the Youth Risk Behavior Survey was implemented with students in grades 6, 8, 9, 10, 11, and 12 in seven school districts including the Acton and Acton-Boxborough Regional Schools, during March of 2004. These surveys were primarily based on those developed specifically for middle school and high school students at the Centers for Disease Control and Prevention in Atlanta, Georgia. Students responded to questions which fall under general categories of risk behaviors including: safety, violence, suicide, tobacco use, alcohol use, drug use, gambling, HIV/AIDS education, sexual behavior, dietary behavior, and physical activity. Emerson Hospital and the seven school districts contracted with Northeast Health Resources (NHR) to assist in the design of the instrument and to carry out the tabulation and an analysis of the data gathered from the Youth Risk Behavior Survey.

Every other year, the Massachusetts Department of Education carries out a Youth Risk Behavior Survey for high school students from a cross-section of school systems in the state. The most recent of these surveys was carried out during the Spring of 2003 and was administered to students from 50 randomly selected public school systems. A comparison with certain of the data from the results of that survey will also be provided. No such survey for middle school students is carried out on a state-wide basis.

The data gathered from the surveys in each of the school districts, was tabulated individually and then combined to form an aggregate database. The seven school systems included in this aggregate are the Acton and Acton-Boxborough Regional Schools, the Boxborough Public Schools (grade 6 only), the Concord and Concord-Carlisle Regional Schools, the Groton-Dunstable Regional Schools, the Littleton Public Schools, the Maynard Public Schools, and the Westford Public Schools. As part of the following analysis, a comparison with certain of the data from the results of that aggregate will also be provided.

## **SURVEY PROCESS**

In the Acton and Acton-Boxborough Regional Schools it was agreed that the Youth Risk Behavior Survey would be distributed to all students in grades 6, 8, and 9 through 12 during March of 2004. Parents were informed in advance of the survey and six students were exempted at parental request. The survey was administered to all students on March 19, 2004. In grade 6 the survey was administered over the course of the school day in each school. In grade 8 the survey was administered during homeroom period. At the high school, the survey was administered over the course of the school day during English classes. In each school the survey was administered by professional staff from the school district. Teachers were provided with written instructions, which were read to students before taking the survey.

Once all of the surveys were completed, they were gathered and tabulated. There were a total of 745 students who responded to the middle school survey: 333 from grade 6 (females – 170, males – 161), and 412 from grade 8 (females – 205, males – 207). Two sixth graders did not indicate their gender.

There were a total of 1,528 students who responded to the high school survey: 417 from grade 9, 396 from grade 10, 352 from grade 11, and 359 from grade 12. There were 761 females and 760 males who responded to the survey. Seven students did not indicate their gender and four students did not indicate their grade.

## **ANALYSIS OF DATA**

Frequencies of responses are reported for all items in the survey and cross-tabulations are provided for three demographic characteristics: grade, gender, and grade/gender. The results of the survey, including all cross-tabulations, are presented under separate cover. Please note that the data results were tabulated in percentages, rounded to the nearest tenth of one percent, and not all percentages will total exactly 100 due to rounding and no responses in some cases.

## DEMOGRAPHIC CHARACTERISTICS

### Aggregate of Respondents From Seven School Districts 2004 YRBS Student Sample

#### Grade and Gender

##### Grade 6: 1,479 Respondents

Females	50.2%
Males	49.6%
Gender not indicated	0.2%

##### Grade 8: 1,406 Respondents

Females	47.9%
Males	52.1%
Gender not indicated	0%

##### Grade 9: 1,352 Respondents

Females	48.8%
Males	51.1%
Gender not indicated	0.1%

##### Grade 10: 1,369 Respondents

Females	50.4%
Males	49.5%
Gender not indicated	0.1%

##### Grade 11: 1,216 Respondents

Females	50.7%
Males	49.0%
Gender not indicated	0.3%

##### Grade 12: 1,086 Respondents

Females	52.9%
Males	46.6%
Gender not indicated	0.5%

**DEMOGRAPHIC CHARACTERISTICS (CONT'D)**

**School District**

**Grade 6:**

Acton	22.5%	333
Boxborough	6.2%	91
Concord	14.8%	219
Groton - Dunstable	14.4%	213
Littleton	7.4%	110
Maynard	8.1%	120
Westford	26.6%	<u>393</u>
		1,479

**Grade 8:**

Acton - Boxborough	29.3%	412
Concord	13.4%	189
Groton - Dunstable	15.3%	215
Littleton	7.2%	101
Maynard	7.8%	110
Westford	27.0%	<u>379</u>
		1,406

**High School:**

Acton - Boxborough	30.3%	1,528
Concord - Carlisle	20.7%	1,043
Groton - Dunstable	13.6%	686
Littleton	6.4%	321
Maynard	5.5%	280
Westford	23.5%	<u>1,188</u>
		5,046

## OVERVIEW OF MAJOR FINDINGS

There is much important and relevant information to be found in an analysis of the tabulations of the Youth Risk Behavior Survey as taken by students from the Acton and Acton-Boxborough Regional Schools. This is true when one looks at the tabulations of all students taken as a group and is especially so when one looks at the cross-tabulations by grade and gender.

With students having responded to 64 questions in grade 6, 89 questions in grade 8, and 110 questions at the high school, much can be said about the responses to each of those questions. However, it is not the intention here to discuss the results of each question. Rather, it is the intention of this report to highlight certain of the results and to offer comparisons with data gathered from the implementation of the 2003 Massachusetts High School Youth Risk Behavior Survey and the seven school district aggregate data. It is hoped that the following as well as a more detailed analysis of the results of this survey, will assist the Acton and Acton-Boxborough Regional Schools and their Health Advisory Committee in their on-going development of health education curriculum.

### MIDDLE SCHOOL – GRADES 6 AND 8

#### VEHICLE RELATED SAFETY

- **1.5%** of sixth grade respondents (1.8% - aggregate) and **5.1%** of eighth grade respondents (7.6% - aggregate) **report that they “never” or “rarely” wear a seatbelt when riding in a car** (grade 6: females – 0%, males – 3.1%; grade 8: females – 4.4%, males – 5.8%).
- **12.4%** of sixth grade respondents (15.7% - aggregate) and **28.3%** of eighth grade respondents (34.8% - aggregate) **report that they “never” or “rarely” wear a helmet when riding a bicycle**. In grade 6 there was little variation by gender. In grade 8, males (33.8%) report never or rarely wearing a bicycle helmet more frequently than females (22.9%).
- **0.3%** of sixth grade respondents (1.9% - aggregate) and **7.3%** of eighth grade respondents (8.5% - aggregate) **report having ridden in a car or other vehicle driven by a minor (under age 21) who had been drinking alcohol or using other drugs on at least one occasion during the thirty days prior to the survey** (grade 8: females – 5.9%, males – 8.7%).

VIOLENCE RELATED BEHAVIORS

- **4.8%** of sixth grade respondents (8.1% - aggregate) and **13.9%** of eighth grade respondents (16.6% - aggregate) **report having carried any type of weapon such as a gun, knife or club** during the thirty days prior to the survey. Male respondents (grade 6 – 8.1%, grade 8 – 23.2%) were much more likely to have done so than were females (grade 6 – 1.8%, grade 8 – 4.4%). Further, **0.6%** of 6<sup>th</sup> grade respondents (1.1% - aggregate) and **3.9%** of 8<sup>th</sup> grade respondents (3.9% - aggregate) **report having done so on school property**.
- **33.1%** of sixth grade respondents (32.3% - aggregate) and **32.1%** of eighth grade respondents (36.6% - aggregate) **report having been in a physical fight** at least once in the twelve months prior to the survey. Male respondents (grade 6 – 50.0%, grade 8 – 42.4%) were much more likely to have done so than were females (grade 6 – 17.6%, grade 8 – 21.7%). Further, **14.7%** of 6<sup>th</sup> graders (12.0% - aggregate) and **12.5%** of 8<sup>th</sup> graders (16.8% - aggregate) **report having done so on school property**.
- **26.1%** of sixth grade respondents (24.4% - aggregate) and **27.8%** of eighth graders (27.0% - aggregate) **report having been bullied in school** during the twelve months prior to the survey (grade 6: females – 23.2%, males – 29.3%; grade 8: females – 29.9%, males – 25.7%). Among all respondents, **1.0%** (1.5% - aggregate) of 6<sup>th</sup> graders and **3.4%** (5.2% - aggregate) of 8<sup>th</sup> graders **report having resisted with physical force**.
- **11.5%** of eighth grade respondents (11.1% - aggregate) **report having been sexually harassed by someone in school** during the 12 months prior to the survey (females – 18.6%, males – 4.4%).
- **4.1%** of eighth grade respondents (4.7% - aggregate) **report having ever been hurt physically or sexually by a date or someone they were going out with** (females – 6.3%, males – 1.9%). **0.7%** of all respondents (0.8% - aggregate) **report having ever done so to someone else**.
- **11.7%** of eighth grade respondents (12.5% - aggregate) **report having been shouted at, sworn at, scared, threatened, or insulted by someone they were dating or going out with** on at least one occasion during the twelve months prior to the survey (females – 13.7%, males – 9.7%). **6.1%** of all respondents (8.7% - aggregate) **report having done so to someone else** (females – 5.9%, males – 6.3%).
- **16.4%** of eighth grade respondents (17.5% - aggregate) **report having hurt themselves on purpose (for example by cutting, burning, or bruising yourself on purpose)** on at least one occasion during the previous twelve months. There was little variation by gender (females – 17.2%, males – 15.6%).

SUICIDE

- **5.5%** of sixth grade respondents (5.2% - aggregate) and **14.3%** of eighth grade respondents (14.7% - aggregate) **report having seriously considered attempting suicide** during the twelve months prior to the survey. In grade 6, there was little variation by gender. In grade 8, females (17.3%) report doing so more frequently than males (11.2%).
- **1.5%** of sixth grade respondents (1.5% - aggregate) and **4.2%** of eighth grade respondents (5.6% - aggregate) **report having actually attempted suicide** on at least one occasion during the twelve months prior to the survey. There was little or no variation by gender in either grade.

TOBACCO USE

- **1.8%** of sixth grade respondents (3.1% - aggregate) and **10.0%** of eighth grade respondents (14.7% - aggregate) **report having ever tried cigarette smoking** (grade 6: females – 3.0%, males – 0.6%; grade 8: females – 8.4%, males – 11.6%). Further, **No sixth graders and 2.9% of eighth graders report having smoked a whole cigarette for the first time before the age of 12.**
- **No** sixth grade respondents (0.5% - aggregate) and **2.5%** of eighth grade respondents (5.3% - aggregate) **report having smoked cigarettes on at least one occasion** during the thirty days prior to the survey. There was no variation by gender in grade 8. Recent cigarette use on school property was 0% in grade 6 and 1.0% among 8<sup>th</sup> graders.
- **While there was virtually no** (0.3%) (0.5% - aggregate) **use of cigars, cigarillos, or little cigars among sixth grade respondents** during the thirty days prior to the survey, **2.9%** of eighth grade respondents (4.8% - aggregate) **report having done so.** 8<sup>th</sup> grade male respondents (4.9%) report having done so more frequently than females (1.0%).
- **1.7%** of eighth grade respondents (2.7% - aggregate) **report having smoked Bidis, herbal cigarettes, or cloves on at least one day** during the thirty days prior to the survey (females – 1.0%, males – 2.4%).

ALCOHOL USE

- **6.4%** of sixth grade respondents (7.8% - aggregate) and **27.6%** of eighth grade respondents (33.9% - aggregate) **report having ever had a drink of alcohol other than for religious reasons** (grade 6: females – 4.7%, males – 8.3%; grade 8: females – 24.4%, males – 30.7%). Further, **6.5%** of sixth graders and **8.7%** of eighth graders **report having done so for the first time before the age of 12.**
- **0.9%** of sixth grade respondents (2.9% - aggregate) and **11.3%** of eighth grade respondents (15.7% - aggregate) **report having had at least one drink of alcohol on at least one occasion during the thirty days prior to the survey.** There was little variation by gender in either grade.
- **One eighth grade respondent in eleven (9.4%) (12.3% - aggregate) reports having attended parties held in homes in their school district where alcohol use by teens is allowed,** either occasionally or frequently during the twelve months prior to the survey. There was no variation by gender.
- **When eighth graders were asked their perception about how many students at their grade level in their school had used alcohol during the previous month, 39.5% believed that over one-quarter of their peers had done so.** In fact, **11.3%** of all eighth grade respondents actually **report having used alcohol during the previous month.**

ILLEGAL DRUG USE

- **No** sixth grade respondents (0.8% - aggregate) and **7.8%** of eighth grade respondents (10.2% - aggregate) **report having ever used marijuana**. Eighth grade males (10.8%) were more likely to have ever used marijuana than were females (4.9%). Further, **1.9%** of eighth graders **report having used marijuana for the first time before the age of 12**.
- **No** sixth grade respondents (0.6% - aggregate) and **5.4%** of eighth grade respondents (6.2% - aggregate) **report having used marijuana on at least one occasion during the thirty days prior to the survey** (grade 8: females – 2.0%, males – 8.8%).
- **When eighth graders were asked their perception about how many students at their grade level in their school had used marijuana during the previous month, 16.0% believed that at least one-quarter of their peers had done so**. In fact, **5.4%** of all eighth grade respondents actually **report having used marijuana during the previous month**.
- **4.0%** of sixth grade respondents (4.0% - aggregate) and **5.4%** of eighth grade respondents (7.4% - aggregate) **report having sniffed glue, or breathed the contents of spray cans, or inhaled any paints or sprays to get high** at least once during the thirty days prior to the survey. There was little variation by gender in either grade.
- **6.4%** of eighth graders (7.8% - aggregate) **report having used someone else's prescription medication** during the twelve months prior to the survey (females – 7.3%, males – 5.4%).
- **2.0%** of eighth graders (2.4% - aggregate) **report having used MDMA (i.e. ecstasy, "E", "X")** at least once during their lives (females – 1.0%, males – 2.9%). Further, **1.2%** of eighth graders (1.6% - aggregate) **report having done so at least once** during the thirty days prior to the survey.
- **0.3%** of sixth grade respondents (1.2% - aggregate) and **6.7%** of eighth grade respondents (8.5% - aggregate) **report having been offered, sold, or given an illegal drug on school property** during the twelve months prior to the survey. There was little variation by gender.

GAMBLING

- **16.8%** of sixth grade respondents (21.2% - aggregate) and **32.5%** of eighth grade respondents (40.5% - aggregate) **report having gambled by betting on the lottery, Keno, sporting events, casino games, cards, or racing** at least once during the twelve months prior to the survey. Male respondents in both grades (grade 6 – 26.7%, grade 8 – 42.9%) report this behavior much more frequently than females (grade 6 – 7.6%, grade 8 – 22.2%). Further, **10.6% of sixth graders** and **19.0% of eighth graders report having gambled** during the prior thirty days.

HIV/AIDS EDUCATION

- **16.2%** of sixth grade respondents (38.6% - aggregate) and **62.4%** of eighth grade respondents (68.9% - aggregate) **report having ever been taught about AIDS or HIV infection in school**. Males in both grades (grade 6 – 19.7%, grade 8 – 66.3%) report receiving this education more frequently than females (grade 6 – 12.9%, grade 8 – 58.5%).
- **40.0%** of sixth grade respondents (35.2% - aggregate) and **48.8%** of eighth grade respondents (43.4% - aggregate) **report having ever talked about AIDS or HIV infection with their parents or other adults in their family** (grade 6: females – 45.3%, males – 34.8%; grade 8: females – 54.6%, males – 42.8%).

SEXUAL BEHAVIOR

- **7.1%** of eighth grade respondents **report having ever had sexual intercourse** compared to 9.0% from the six district aggregate. Male respondents (9.4%) were more likely to have had this experience than were females (4.4%). **2.9%** of all eighth graders (2.7% - aggregate) **report having had sexual intercourse for the first time before the age of 12**.

DIETARY BEHAVIOR

- **More than one-half** of all respondents (grade 6 – 61.5%, grade 8 – 50.4%) **described themselves as being at about the right weight** while many were trying to lose weight (grade 6 – 22.9%, grade 8 – 36.3%) (aggregate: grade 6 – 29.3%, grade 8 – 35.2%) and others were trying to gain weight (grade 6 – 8.8%, grade 8 – 14.2%). Female respondents in both grades (grade 6 – 26.6%, grade 8 – 46.1%) were more likely to be trying to lose weight than were males (grade 6 – 19.0%, grade 8 – 26.5%).
- During the thirty days prior to the survey, **in order to lose weight or to keep from gaining weight:**
  - **59.4%** of sixth graders (63.2% - aggregate) and **66.1%** of eighth graders (65.5% - aggregate) **report having exercised.**
  - **21.8%** of sixth graders (22.3% - aggregate) and **23.3%** of eighth graders (25.3% - aggregate) **report having eaten less food, fewer calories, or foods low in fat.**
  - **1.5%** of sixth graders (1.8% - aggregate) and **3.7%** of eighth graders (6.6% - aggregate) **report having gone without eating for 24 hours or more.**
  - **0.6%** of sixth graders (0.5% - aggregate) and **1.2%** of eighth graders (1.8% - aggregate) **report having taken any diet pills, powders, or liquids without a doctor's advice.**
  - **1.8%** of sixth graders (0.7% - aggregate) and **2.7%** of eighth graders (2.6% - aggregate) **report having vomited or taken laxatives.**
- **11.4%** of sixth grade respondents (14.0% - aggregate) and **32.8%** of eighth grade respondents (34.5% - aggregate) **report that they ate breakfast on fewer than five days during the week before the survey.** In grade 6 there was little variation by gender. In grade 8 females (37.1%) report doing so more frequently than males (28.8%).

PHYSICAL ACTIVITY

- **79.2%** of sixth grade respondents (81.5% - aggregate) and **83.1%** of eighth grade respondents (78.0% - aggregate) **report having exercised or participated in physical activity for at least 20 minutes that made them sweat or breathe hard on at least three days during the seven days prior to the survey.** Females in both grades (grade 6 – 83.1%, grade 8 – 84.1%) report having done so more frequently than males (grade 6 – 75.6%, grade 8 – 82.0%).
- **10.7%** of sixth grade respondents (14.9% - aggregate) and **41.9%** of eighth grade respondents (40.2% - aggregate) **report that they get seven or fewer hours of sleep each night on average.** In grade 6 males (14.6%) report doing so more frequently than females (7.2%), while the reverse was true in grade 8 (females – 49.5%, males – 34.2%).
- **11.2%** of sixth grade respondents (18.1% - aggregate) and **15.7%** of eighth grade respondents (23.5% - aggregate) **report that they watch TV for at least 3 hours or more per day on an average school day.** In grade 6, males (15.9%) report doing so more frequently than females (7.1%). In grade 8, there was no variation by gender.

## HIGH SCHOOL - GRADES 9, 10, 11, AND 12

As mentioned earlier in this report, the Youth Risk Behavior Survey was administered to Acton-Boxborough High School students in grades 9 through 12 during March of 2004. This report is an overview analysis of certain of the results of that survey. The complete tabulations of student responses to that survey are also available for review.

The following includes comparisons with certain of the data from the 2003 Massachusetts Youth Risk Behavior Survey as well as the six district aggregate. It should be noted that some of the questions in this survey were not asked of students in the Massachusetts Youth Risk Behavior Survey.

### VEHICLE RELATED SAFETY

- **5.4%** of all respondents (6.6% - aggregate) (16.2% - MA YRBS) **report “never” or “rarely” wearing a seatbelt when riding in a car driven by someone else.** There was little variation by grade. Male respondents (6.7%) report not wearing a seatbelt more frequently than females (3.8%). Among those most likely to drive, 3.1% of 11<sup>th</sup> graders and 5.6% of 12<sup>th</sup> graders report “never” or “rarely” wearing a seatbelt when they themselves drive.
- **19.2%** of all respondents (20.3% - aggregate) **report having ridden in a car or other vehicle driven by a minor (under age 21) who had been drinking alcohol or using other drugs** at least once during the thirty days prior to the survey (grade 9 – 10.9%, grade 10 – 16.5%, grade 11 – 23.1%, grade 12 – 27.3%). Male respondents (20.8%) report this experience slightly more frequently than females (17.4%).
- **8.1%** of all respondents (8.6% - aggregate) (11.6% - MA YRBS) **report having driven a car or other vehicle when they had been drinking alcohol** on at least one occasion during the thirty days prior to the survey. Respondents from grade 12 (16.6%) were most likely to have done so. The groups which most frequently reported this behavior, were 11<sup>th</sup> grade males (12.6%), 12<sup>th</sup> grade females (11.8%), and 12<sup>th</sup> grade males (21.2%).

VIOLENCE RELATED BEHAVIORS

- **2.4%** of all respondents (1.9% - aggregate) **report having carried a gun on school property** on at least one occasion during the thirty days prior to the survey (grade 9 – 1.4%, grade 10 – 2.3%, grade 11 – 1.7%, grade 12 – 3.9%) (females – 0.7%, males – 4.1%).
- **5.8%** of all respondents (5.1% - aggregate) (5.0% - MA YRBS) **report having carried a weapon such as a gun, knife, or club on school property** on at least one occasion during the thirty days prior to the survey (grade 9 – 3.6%, grade 10 – 4.6%, grade 11 – 5.7%, grade 12 – 8.9%). Males (9.5%) were more likely to have carried a weapon on school property than were females (1.8%).
- **6.0%** of all respondents (5.3% - aggregate) (6.3% - MA YRBS) **report having been threatened or injured by someone with a weapon such as a gun, knife, or club on school property** at least once during the twelve months prior to the survey. There was very little variation by grade. Male respondents (8.6%) were more likely to have had this experience than were females (3.2%).
- **5.0%** of all respondents (5.3% - aggregate) (10.5% - MA YRBS) **report having ever been hurt physically or sexually by a date or someone they were going out with.** The incidence of this experience was highest in grade 12 (6.8%) and lowest in grade 9 (3.2%). There was little variation by gender (females – 5.9%, males – 3.9%). Among all respondents, **3.2%** (2.9% - aggregate) **report having done so to someone else.**
- **11.7%** of all respondents (14.5% - aggregate) **report having been shouted at, sworn at, scared, threatened, or insulted by someone they were dating or going out with** on at least one occasion during the twelve months prior to the survey. The incidence of this experience was highest in grade 11 (grade 9 – 8.8%, grade 10 – 11.1%, grade 11 – 14.2%, grade 12 – 12.7%) and there was little variation by gender (females – 13.3%, males – 10.2%). Among all respondents, **10.1%** (13.0% - aggregate) **report having done so to someone else.**
- **14.8%** of all respondents (13.8% - aggregate) (23% - MA YRBS) **report having been bullied in school** during the twelve months prior to the survey. The incidence of this experience was highest in grades 9 and 10 (grade 9 – 17.0%, grade 10 – 17.0%, grade 11 – 15.5%, grade 12 – 9.0%). Males (17.2%) report this experience more frequently than females (12.5%). Further, **3.7%** of all respondents (2.9% - aggregate) **report that they resisted being bullied in school with physical force.**

VIOLENCE RELATED BEHAVIORS (CONT'D)

- **One respondent in ten (9.7%)** (8.5% - aggregate) **reports having been sexually harassed in school** during the twelve months prior to the survey (grade 9 – 10.9%, grade 10 – 13.3%, grade 11 – 8.0%, grade 12 – 5.6%). Female respondents (12.6%) report this experience more frequently than males (6.8%).
- **16.1%** of all respondents (16.1% - aggregate) (18% - MA YRBS) **report having hurt themselves on purpose (cuts, burns, bruises)** on at least one occasion during the previous twelve months (grade 9 – 15.6%, grade 10 – 16.9%, grade 11 – 14.7%, grade 12 – 16.3%). Female respondents (17.5%) report doing so slightly more frequently than males (14.5%).

SUICIDE

- **14.8%** of all respondents (13.6% - aggregate) (16.3% - MA YRBS) **report having seriously considered attempting suicide** during the twelve months prior to the survey (grade 9 – 14.7%, grade 10 – 17.8%, grade 11 – 12.9%, grade 12 – 13.4%). Females (17.4%) report seriously considering suicide more frequently than males (12.4%).
- **4.9%** of all respondents (4.6% - aggregate) (8.4% - MA YRBS) **report having actually attempted suicide** on at least one occasion during the twelve months prior to the survey (grade 9 – 3.9%, grade 10 – 6.9%, grade 11 – 4.3%, grade 12 – 4.5%). There was no variation by gender. Further, among all respondents, **2.1%** (1.7% - aggregate) (2.8% - MA YRBS) **report that such attempt resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse.**

TOBACCO USE

- **32.2%** of all respondents (33.5% - aggregate) (53.2% - MA YRBS) **report having ever tried cigarette smoking, even one or two puffs.** The incidence of lifetime cigarette smoking increased each year by grade (grade 9 – 16.4%, grade 10 – 29.3%, grade 11 – 37.9%, grade 12 – 47.8%). Male respondents (34.6%) report ever smoking cigarettes more frequently than females (29.8%). Further, **6.4%** of all respondents (7.0% - aggregate) (15.3% - MA YRBS) **report having smoked a whole cigarette for the first time before the age of 13.**
- **15.6%** of all respondents (15.2% - aggregate) (20.9% - MA YRBS) **report having smoked cigarettes on at least one day during the thirty days prior to the survey** (grade 9 – 6.0%, grade 10 – 14.4%, grade 11 – 20.0%, grade 12 – 23.2%). There was no variation by gender.
- **6.8%** of all respondents (6.0% - aggregate) (8.9% - MA YRBS) **report having smoked cigarettes on school property** on at least one occasion during the thirty days prior to the survey. 12<sup>th</sup> grade respondents (10.6%) were more likely to have done so than were those from the other grades (grade 9 – 3.4%, grade 10 – 5.6%, grade 11 – 8.0%) (females – 5.4%, males – 8.2%).
- **11.8%** of all respondents (12.2% - aggregate) (11.8% - MA YRBS) **report having smoked cigars, cigarillos, or little cigars** on at least one occasion during the thirty days prior to the survey. 12<sup>th</sup> graders (17.6%), especially 12<sup>th</sup> grade males (30.2%), report this behavior more frequently than those from the lower grades (grade 9 – 5.0%, grade 10 – 10.6%, grade 11 – 14.4%). Males (19.6%) were much more likely to have done so than were females (4.0%).
- **7.1%** of all respondents (7.2% - aggregate) **report having smoked Bidis, herbal cigarettes, or cloves** on at least one day during the thirty days prior to the survey (grade 9 – 2.7%, grade 10 – 7.8%, grade 11 – 8.6%, grade 12 – 9.3%). There was little variation by gender (females – 6.1%, males – 8.0%).

ALCOHOL USE

- **65.5%** of all respondents (68.0% - aggregate) (75.2% - MA YRBS) **report having had at least one drink of alcohol (other than for religious reasons) on at least one occasion during their lives and 14.2%** (15.6% - aggregate) (25.2% - MA YRBS) **report having had their first drink of alcohol before the age of 13.** The incidence of lifetime alcohol use increased each year by grade (grade 9 – 48.2%, grade 10 – 66.3%, grade 11 – 70.9%, grade 12 – 79.5%). There was little variation by gender (females – 64.5%, males – 66.7%).
- **43.1%** of all respondents (42.1% - aggregate) (45.7% - MA YRBS) **report having had at least one drink of alcohol on at least one occasion during the thirty days prior to the survey.** The incidence of recent alcohol use increased each year by grade (grade 9 – 22.7%, grade 10 – 44.7%, grade 11 – 47.6%, grade 12 – 60.5%). Males (46.1%) report recent alcohol use more frequently than females (40.3%).
- **27.2%** of all respondents (26.5% - aggregate) (26.9% - MA YRBS) **report having had five or more drinks of alcohol in a row** (within a couple of hours) on at least one occasion during the thirty days prior to the survey. The incidence of binge drinking increased each year by grade (grade 9 – 8.7%, grade 10 – 25.9%, grade 11 – 34.6%, grade 12 – 42.2%). Males (31.3%) report recent binge drinking more frequently than females (23.1%).
- **More than one-third (36.2%)** of all respondents (32.9% - aggregate) **report having attended parties held in homes in their school district where alcohol use by teens was allowed, either occasionally or frequently** during the twelve months prior to the survey (grade 9 – 17.6%, grade 10 – 32.8%, grade 11 – 38.7%, grade 12 – 58.6%). There was very little variation by gender.
- **When asked their perception about how many students at their grade level in their school had used alcohol during the previous month, 22.8% believed that over three-quarters of their peers had done so** and another 35.6% (total of 58.4%) believed that over half had done so. In fact, **43.1%** of all respondents actually **report having used alcohol during the previous month.**

ILLEGAL DRUG USE

- **34.3%** of all respondents (35.0% - aggregate) (46.7% - MA YRBS) **report having ever used marijuana** and **4.6%** (5.7% - aggregate) (10.7% - MA YRBS) **report having done so for the first time before the age of 13**. The incidence of lifetime marijuana use increased each year by grade (grade 9 – 13.6%, grade 10 – 29.4%, grade 11 – 43.8%, grade 12 – 53.9%), especially between grades 9 and 10. Males (37.7%) were more likely to have ever used marijuana than were females (30.8%). Further, **21.5%** of all respondents (21.0% - aggregate) (27.7% - MA YRBS) **report having used marijuana on at least one occasion during the thirty days prior to the survey** (females – 19.7%, males – 23.2%).
- **When asked their perception about how many students at their grade level in their school had used marijuana during the previous month, 6.9% believed that over three-quarters of their peers had done so** and another 19.0% (total of 25.9%) believed that over half had done so. In fact, **21.5%** of all respondents actually **report having used marijuana during the previous month**.
- **11.9%** of all respondents (11.9% - aggregate) **report having used someone else’s prescription medication** during the twelve months prior to the survey (grade 9 – 6.8%, grade 10 – 11.9%, grade 11 – 12.9%, grade 12 – 16.5%). There was very little variation by gender.
- **6.3%** all respondents (6.2% - aggregate) (8.4% - MA YRBS) **report having ever used any form of cocaine, including powder, crack, or freebase** (grade 9 – 3.4%, grade 10 – 4.3%, grade 11 – 7.7%, grade 12 – 10.1%) (females – 5.2%, males – 7.3%). Further, **3.6%** of all respondents (3.5% - aggregate) **report having used any form of cocaine on at least one occasion during the thirty days prior to the survey**.
- **3.8%** all respondents (3.8% - aggregate) (6% - MA YRBS) **report having sniffed glue, or breathed the contents of spray cans, or inhaled any paints or sprays to get high** on at least one occasion during the thirty days prior to the survey. There was little variation by grade or gender.
- **6.1%** of all respondents (5.2% - aggregate) (9.1% - MA YRBS) **report having ever used MDMA (i.e. ecstasy, “E”, “X”)** (grade 9 – 3.4%, grade 10 – 4.8%, grade 11 – 5.7%, grade 12 – 10.4%). There was little variation by gender (females – 5.3%, males – 6.8%). Further, **3.0%** of all respondents (2.6% - aggregate) **report using MDMA at least once during the thirty days prior to the survey**.
- **When asked their perception about how many students at their grade level in their school had used MDMA (i.e. ecstasy, “E”, “X”) during the previous month, 10.8% believed that over one-quarter of their peers had done so**. In fact, **3.0%** of all respondents actually **report having used MDMA during the previous month**.

ILLEGAL DRUG USE (CONT'D)

- **13.3%** all respondents (9.5% - aggregate) **report having ever used any “other type” of illegal drug such as LSD (acid), PCP, mushrooms, Ketamine (Special K), Rohypnol (Roofies), or GHB.** The incidence of this behavior increased each year by grade (grade 9 – 4.6%, grade 10 – 9.2%, grade 11 – 15.2%, grade 12 – 21.3%). Males (15.2%) report having ever done so more frequently than females (9.4%).
- **25.8%** of all respondents (21.7% - aggregate) (31.9% - MA YRBS) **report having been offered, sold, or given an illegal drug on school property** on at least one occasion during the twelve months prior to the survey. Respondents from grade 11 (29.2%) report this experience most frequently (grade 9 – 20.6%, grade 10 – 28.1%, grade 12 – 26.3%). Male respondents (31.7%) were more likely to have been offered, sold, or given an illegal drug on school property than were females (20.0%).

GAMBLING

- **42.3%** of all respondents (41.0% - aggregate) **report having gambled by betting on the lottery, Keno, sporting events, casino games, cards, or racing** at least once during the twelve months prior to the survey. There was little variation by grade (grade 9 – 43.3%, grade 10 – 37.6%, grade 11 – 44.0%, grade 12 – 44.4%). Males (61.1%) report having done so much more frequently than females (23.6%). In fact, **30.7%** of all respondents (27.6% - aggregate) **report having gambled during the previous month**. Further, **1.3%** of all respondents (1.3% - aggregate) **report that their gambling has caused personal, family, or school problems for them either “often” or “always”**.

HIV/AIDS EDUCATION

- **50.9%** of all respondents (55.2% - aggregate) **report having ever talked about AIDS or HIV infection with their parents or other adults in their family**. There was little variation by grade. Female respondents (54.9%) report having had such a conversation more frequently than males (46.8%).
- **95.1%** of all respondents (93.9% - aggregate) (91.6% - MA YRBS) **report having ever been taught about AIDS/HIV infection in school**. There was little variation by grade or gender.

SEXUAL BEHAVIOR

- **23.8%** of all respondents (27.8% - aggregate) (41.0% - MA YRBS) **report having ever had sexual intercourse.** The incidence of lifetime sexual intercourse was highest in grade 12 (grade 9 – 8.9%, grade 10 – 16.3%, grade 11 – 30.0%, grade 12 – 42.7%). There was little variation by gender (females – 22.1%, males – 25.6%). Further, **2.9%** of all respondents (2.7% - aggregate) (5.9% - MA YRBS) **report having had sexual intercourse for the first time before the age of 13.**
- **5.7%** of all respondents (6.5% - aggregate) (10.1% - MA YRBS) **report having had sexual intercourse with four or more partners** during their lives. The incidence of this behavior increased each year by grade (grade 9 – 2.6%, grade 10 – 3.5%, grade 11 – 6.9%, grade 12 – 9.5%). There was little variation by gender (females – 4.7%, males – 6.7%).
- **18.8%** of all respondents (21.4% - aggregate) (29.8% - MA YRBS) **report having had sexual intercourse on at least one occasion during the three months prior to the survey.** The incidence of recent sexual intercourse increased each year by grade (grade 9 – 5.3%, grade 10 – 12.0%, grade 11 – 25.0%, grade 12 – 35.2%). There was no variation by gender.
- **8.5%** of all respondents (8.2% - aggregate) **report having drunk alcohol or used drugs before they had sexual intercourse the last time.** The incidence of this behavior was highest in grade 12 (grade 9 – 2.7%, grade 10 – 5.9%, grade 11 – 11.0%, grade 12 – 15.7%). Males (10.3%) report doing so more frequently than females (6.7%).
- **When asked their perception about how many students at their grade level in their school had ever had sexual intercourse, 22.7% believed that more than half of their peers had done so.** In fact, **23.8%** of all respondents actually **report having ever had sexual intercourse.**

DIETARY BEHAVIOR

- While **56.9%** of all respondents **described themselves as being at about the right weight**, **39.7%** (41.4% - aggregate) (45.9% - MA YRBS) were **trying to lose weight** (grade 9 – 32.1%, grade 10 – 40.4%, grade 11 – 42.8%, grade 12 – 44.9%). Females (58.9%) were much more likely to be trying to lose weight than were males (20.3%) who were much more likely to be trying to gain weight.
- During the thirty days prior to the survey, **in order to lose weight or to keep from gaining weight**:
  - **59.4%** of all respondents (61.8% - aggregate) (65% - MA YRBS) **report having exercised**. (females – 68.0%, males – 50.9%)
  - **35.8%** of all respondents (33.9% - aggregate) (39% - MA YRBS) **report having eaten less food, fewer calories, or foods low in fat**. (females – 54.0%, males – 17.4%)
  - **7.0%** of all respondents (8.1% - aggregate) (12% - MA YRBS) **report having gone without eating for 24 hours or more**. (females – 9.7%, males – 4.5%)
  - **4.4%** of all respondents (4.9% - aggregate) (7% - MA YRBS) **report having taken diet pills, powders, or liquids without a doctor's advice**. (females – 6.0%, males – 2.8%)
  - **4.2%** of all respondents (3.9% - aggregate) (6% - MA YRBS) **report having vomited or taken laxatives**. (females – 6.0%, males – 2.5%)
- **34.0%** of all respondents (38.4% - aggregate) **report having eaten breakfast on fewer than five days during the week prior to the survey**. The incidence of this behavior increased each year by grade (grade 9 – 21.8%, grade 10 – 32.7%, grade 11 – 40.1%, grade 12 – 43.6%). There was no variation by gender.
- **5.3%** of all respondents (5.5% - aggregate) **report having taken performance enhancing supplements such as androstenedione or creatine** on at least one occasion during the twelve months prior to the survey. The incidence of this behavior was highest in grade 12 (grade 9 – 1.7%, grade 10 – 5.6%, grade 11 – 5.2%, grade 12 – 8.9%). Males (8.9%) report using these supplements much more frequently than females (1.7%).

PHYSICAL ACTIVITY

- **71.0%** of all respondents (72.1% - aggregate) (61.3% - MA YRBS) **report having exercised or participated in physical activities for at least 20 minutes on at least three days during the week prior to the survey.** The incidence of such regular exercise was highest in grade 10 (grade 9 – 74.9%, grade 10 – 77.2%, grade 11 – 69.9%, grade 12 – 61.3%). Male respondents (75.9%) report regular exercise more frequently than females (66.5%).
- **68.2%** of all respondents (66.4% - aggregate) **report that they get seven or fewer hours of sleep each night on average** (grade 9 – 56.5%, grade 10 – 70.9%, grade 11 – 72.4%, grade 12 – 74.3%). Females (74.0%) report doing so more frequently than males (62.4%).
- **13.9%** of all respondents (17.4% - aggregate) (31.3% - MA YRBS) **report that they watch television 3 hours or more per day on an average school day.** There was little variation by grade (grade 9 – 13.7%, grade 10 – 14.5%, grade 11 – 12.2%, grade 12 – 14.6%). Males (16.8%) report watching television for 3 hours or more on school days more frequently than females (10.8%).

**APPENDIX**

**TO THE**

**REPORT ON**

**THE 2004 YOUTH RISK BEHAVIOR SURVEY**

**FOR STUDENTS IN GRADES 6, 8, 9, 10, 11, AND 12**

**FOR THE**

**ACTON PUBLIC SCHOOLS**

**AND THE**

**ACTON-BOXBOROUGH REGIONAL SCHOOLS**

**APPENDIX A**

**THE 2004 EMERSON YRBS**

**SELECTED COMPARISONS**

**WITH RESULTS FROM**

**THE 2004 SEVEN DISTRICT AGGREGATE**

**AND**

**THE 2003 MASSACHUSETTS YRBS  
(HIGH SCHOOL ONLY)**

**FOR THE**

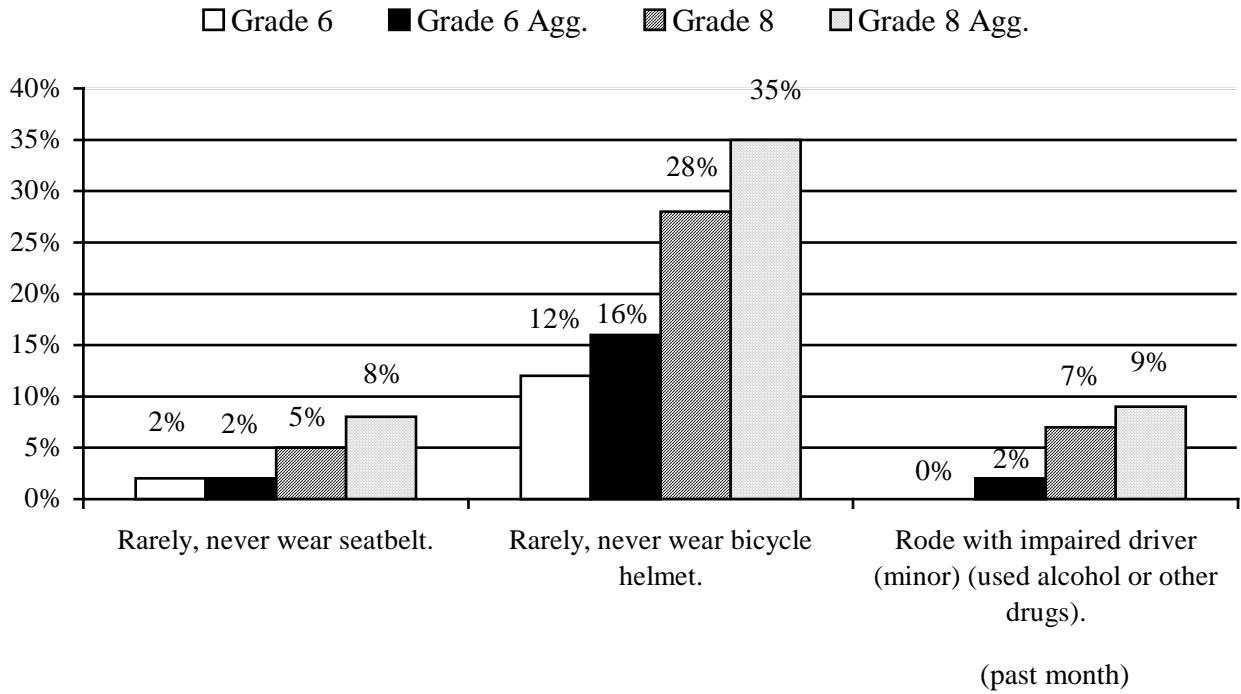
**ACTON PUBLIC SCHOOLS**

**AND THE**

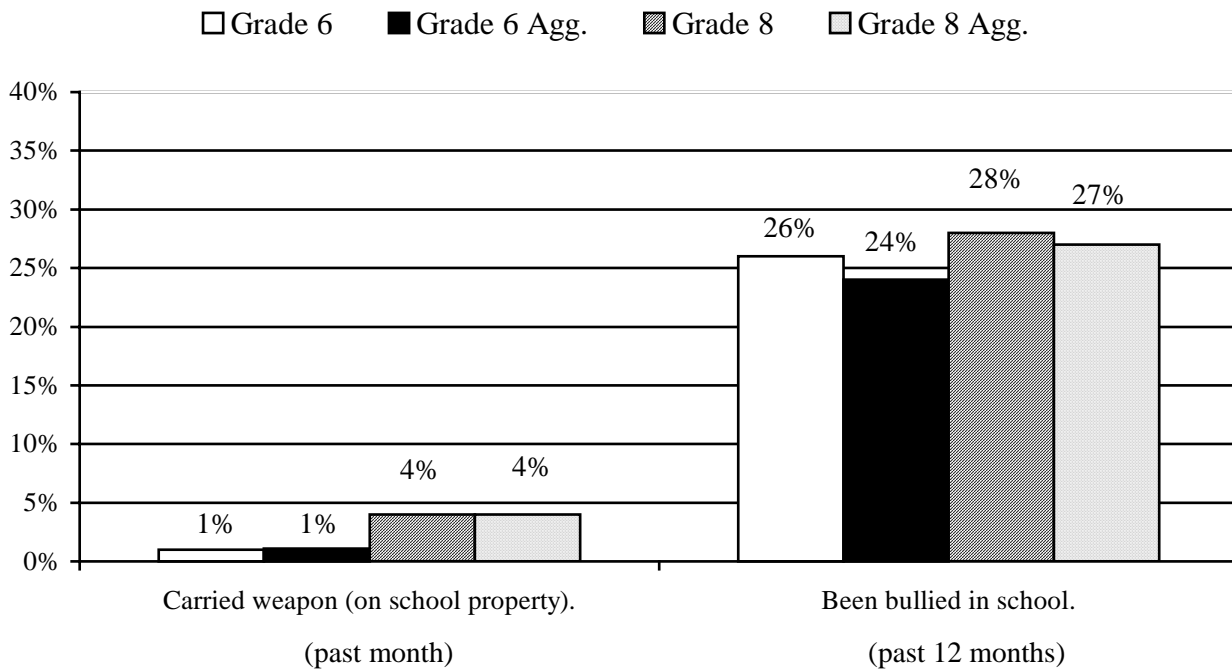
**ACTON-BOXBOROUGH REGIONAL SCHOOLS**

**ACTON-BOXBOROUGH 2004 YRBS  
GRADES 6 AND 8**

**VEHICLE RELATED SAFETY**

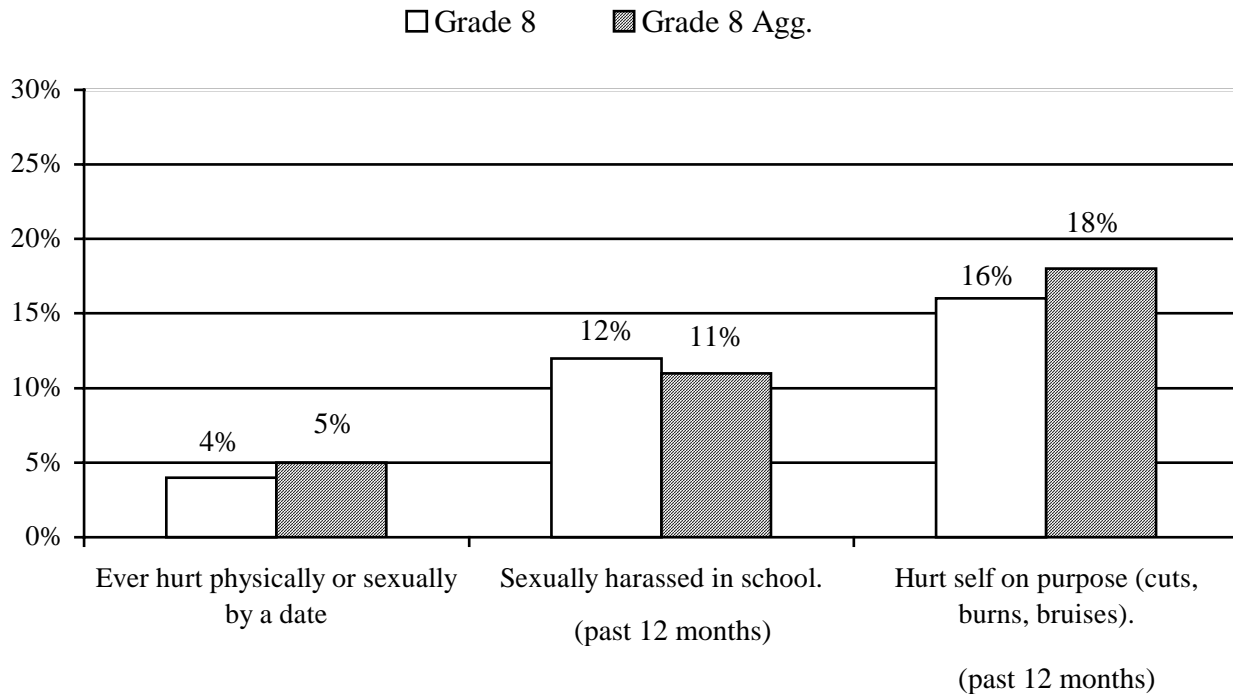


**VIOLENCE RELATED BEHAVIORS**

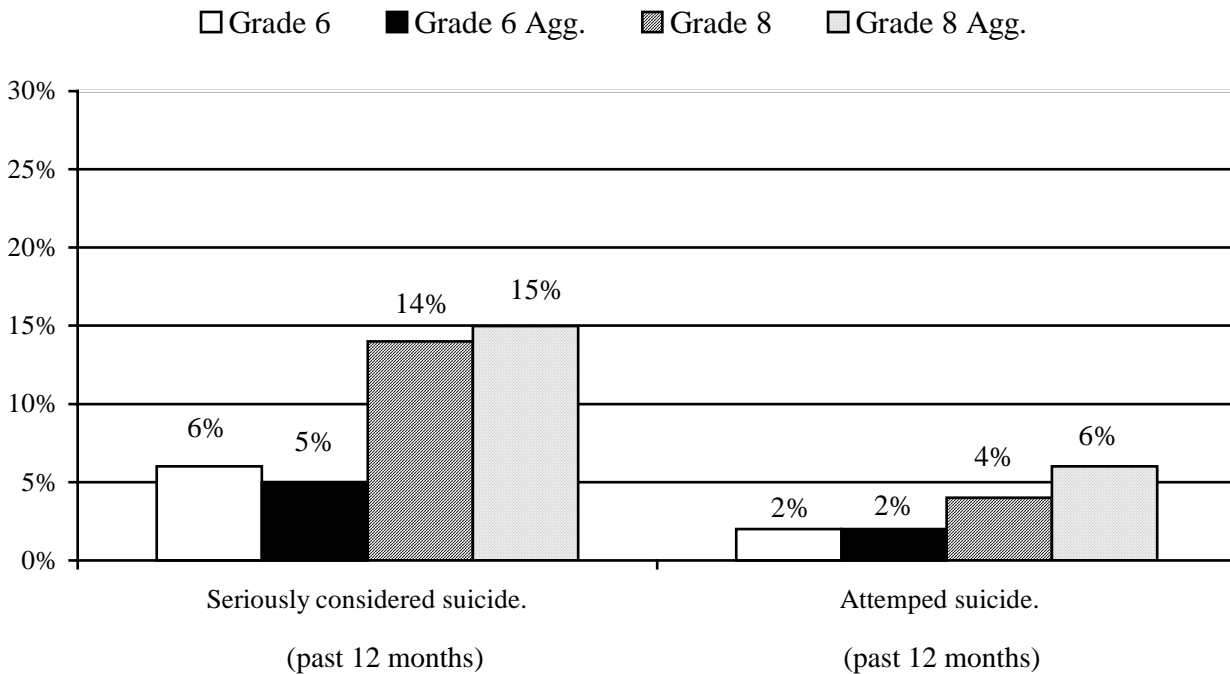


**ACTON-BOXBOROUGH 2004 YRBS  
GRADES 6 AND 8**

**VIOLENCE RELATED BEHAVIORS**

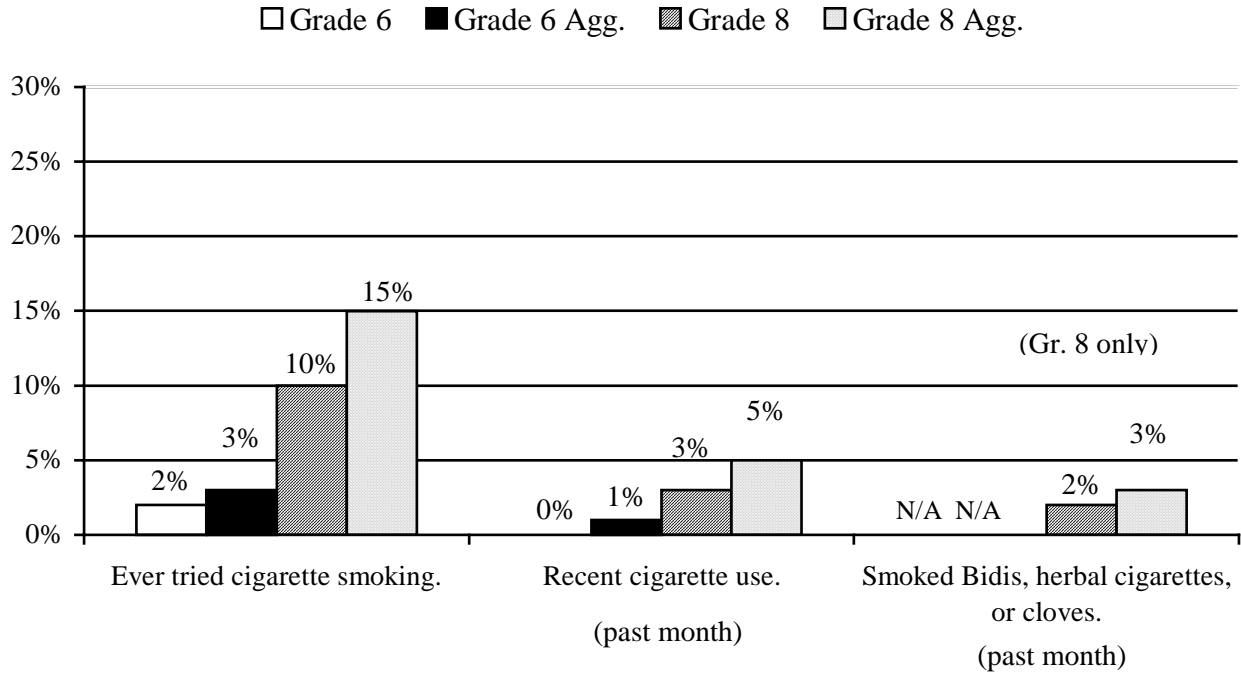


**SUICIDE**

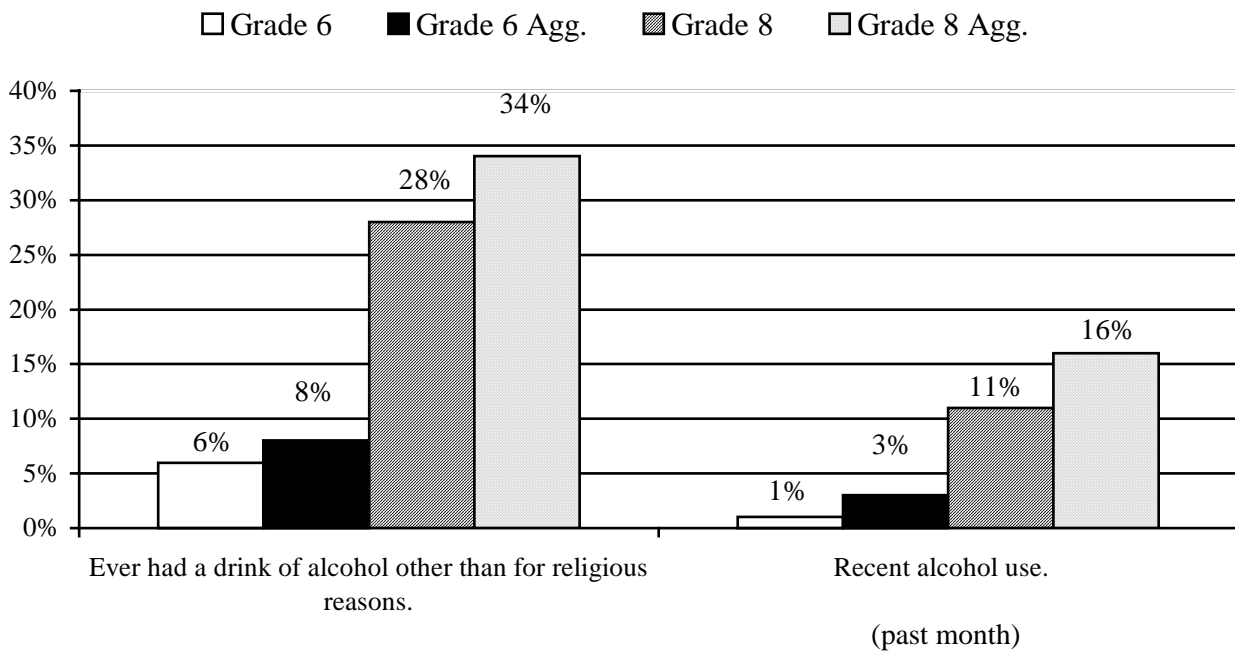


**ACTON-BOXBOROUGH 2004 YRBS  
GRADES 6 AND 8**

**TOBACCO USE**

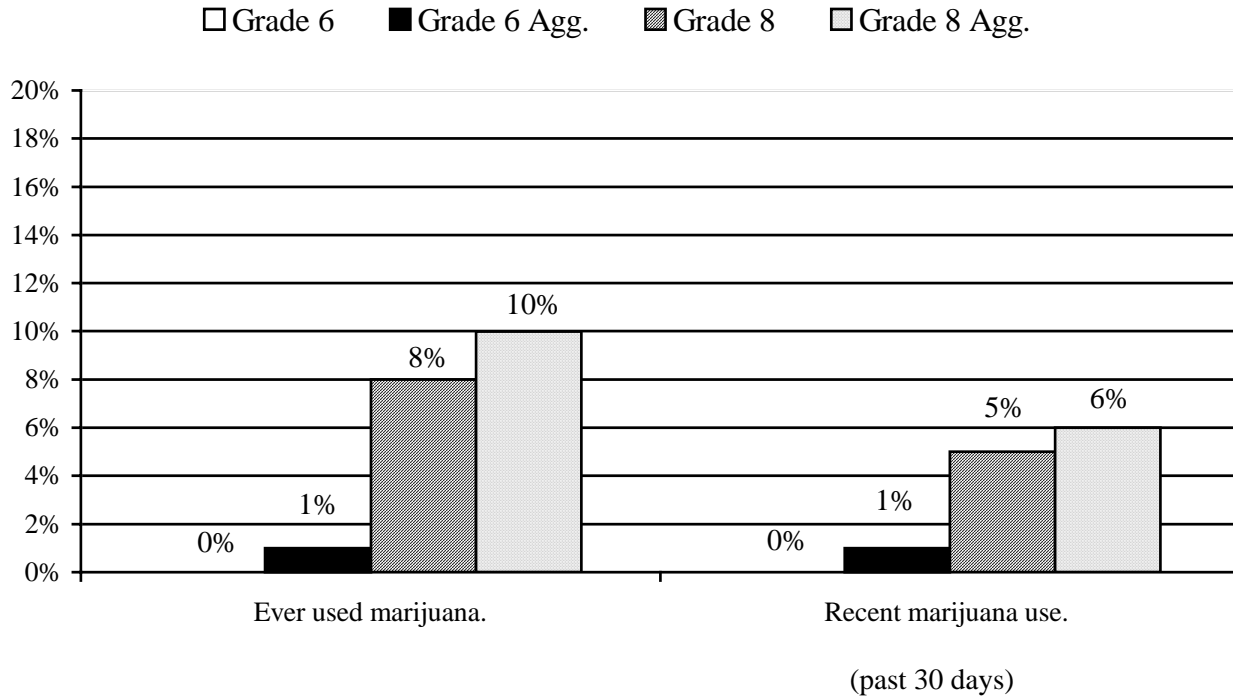


**ALCOHOL USE**

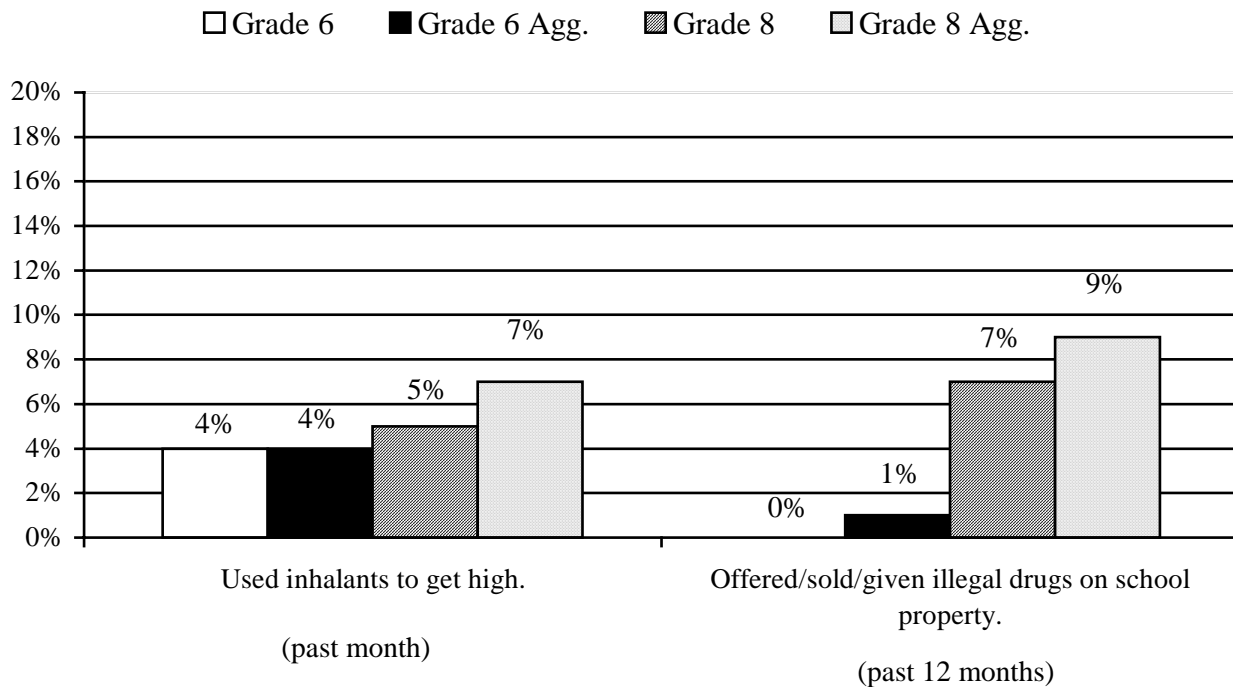


**ACTON-BOXBOROUGH 2004 YRBS  
GRADES 6 AND 8**

**ILLEGAL DRUG USE**

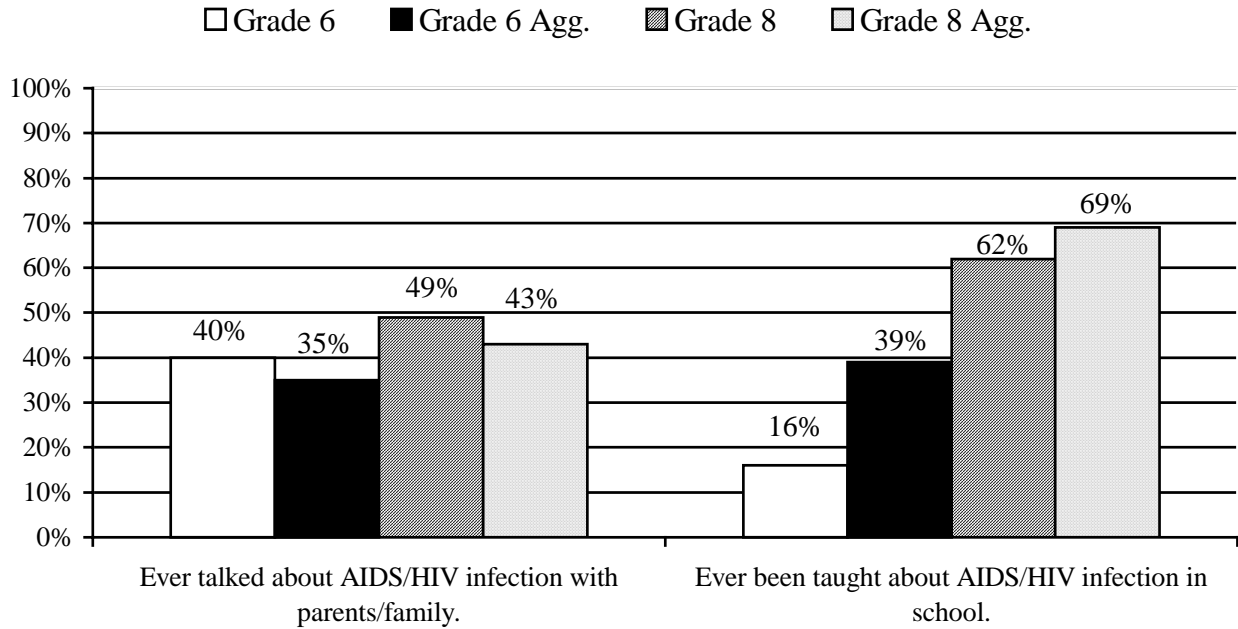


**ILLEGAL DRUG USE**

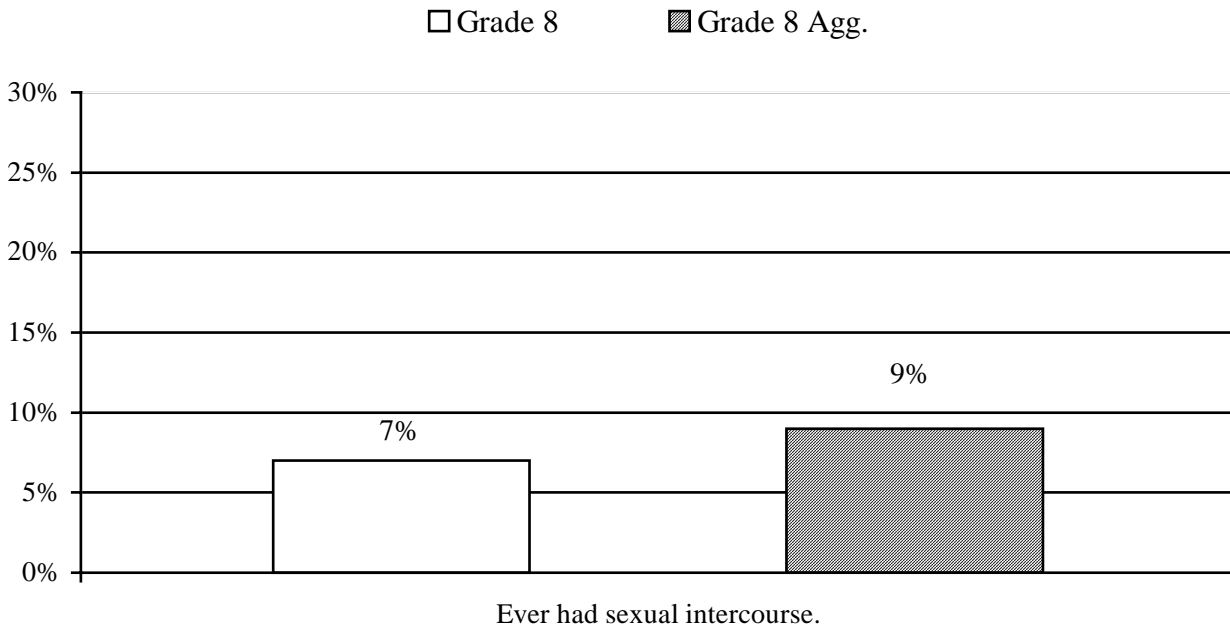


**ACTON-BOXBOROUGH 2004 YRBS  
GRADES 6 AND 8**

**HIV/AIDS EDUCATION**

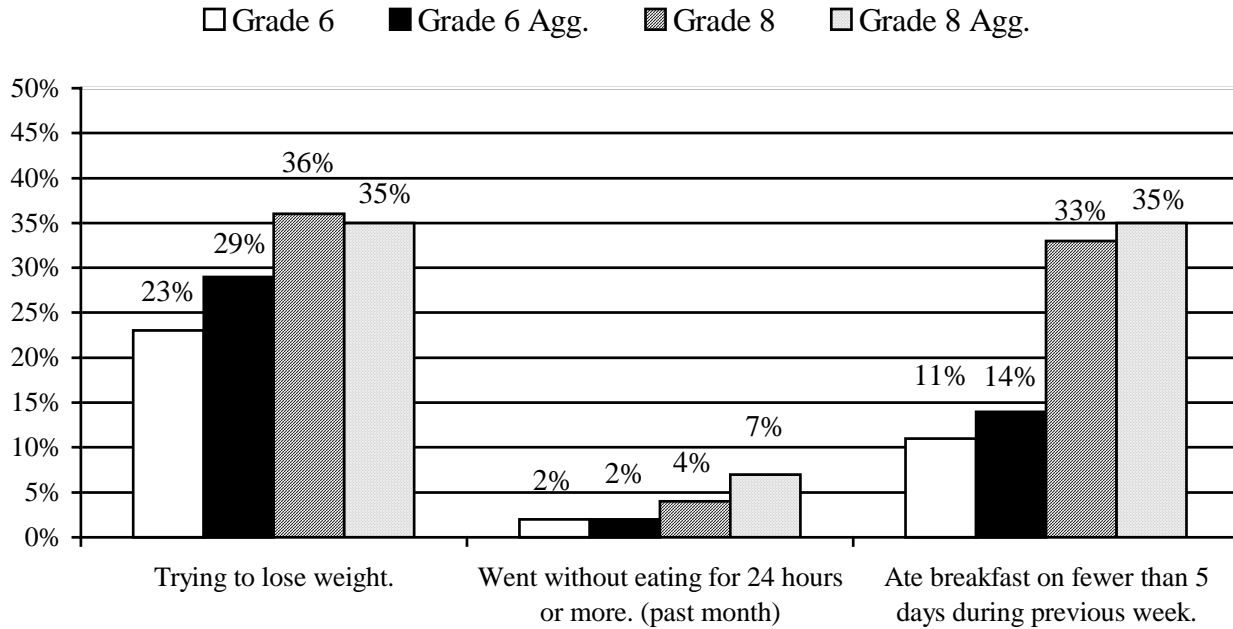


**SEXUAL BEHAVIOR**

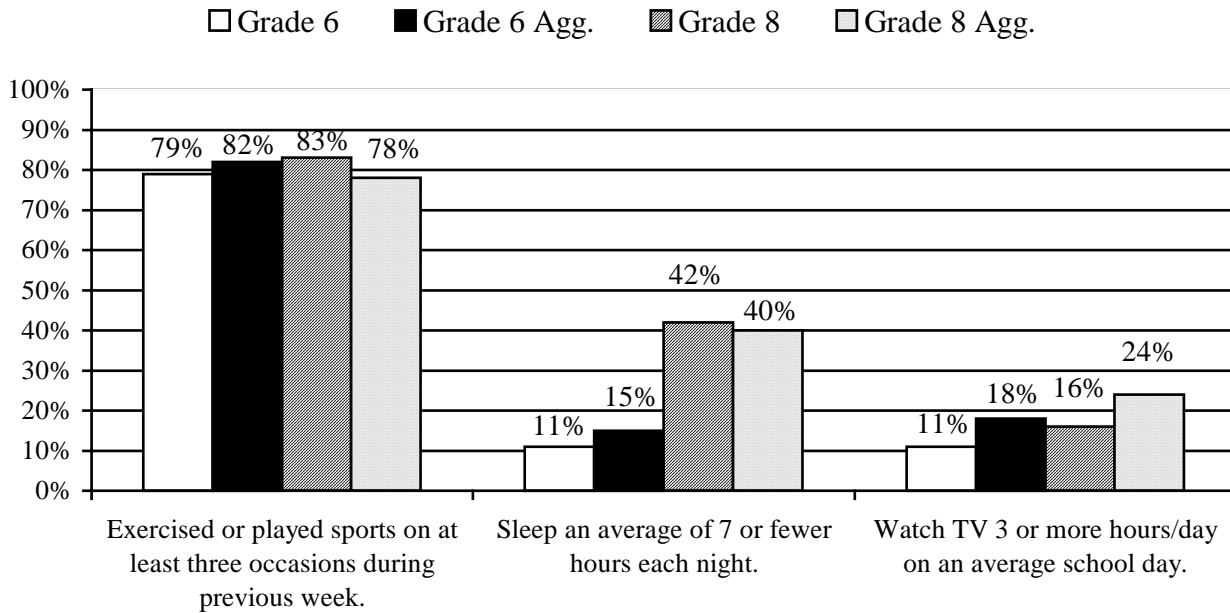


**ACTON-BOXBOROUGH 2004 YRBS  
GRADES 6 AND 8**

**DIETARY BEHAVIOR**

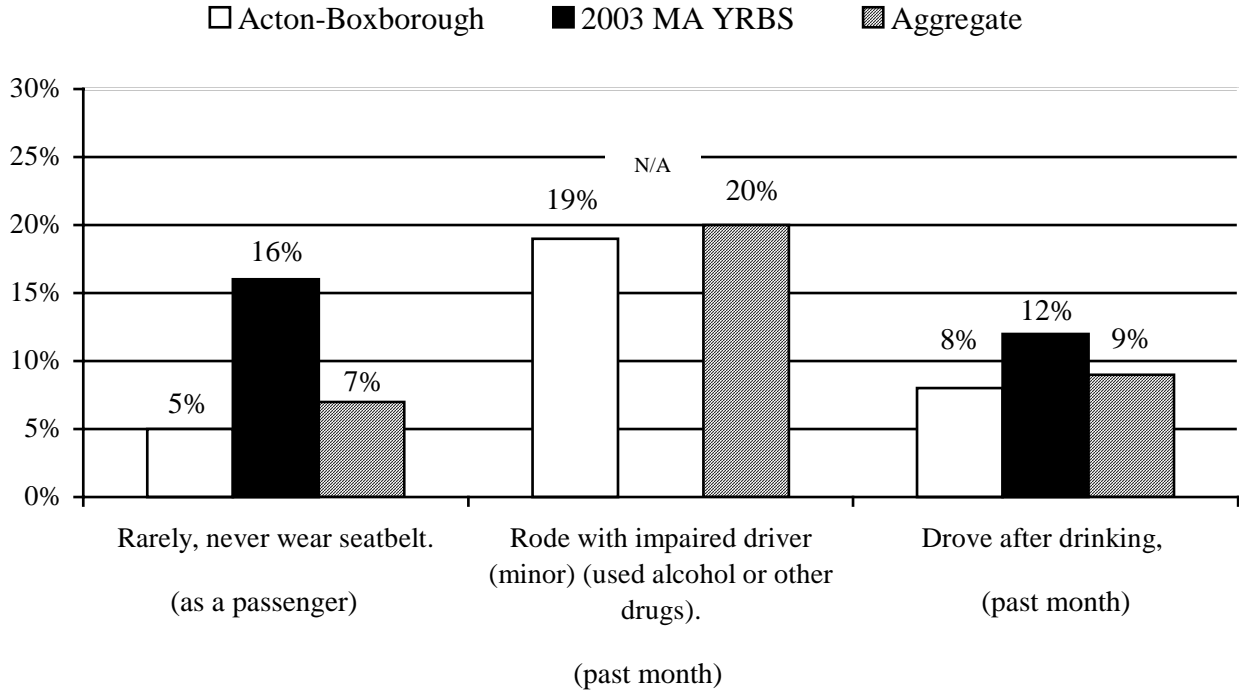


**PHYSICAL ACTIVITY**

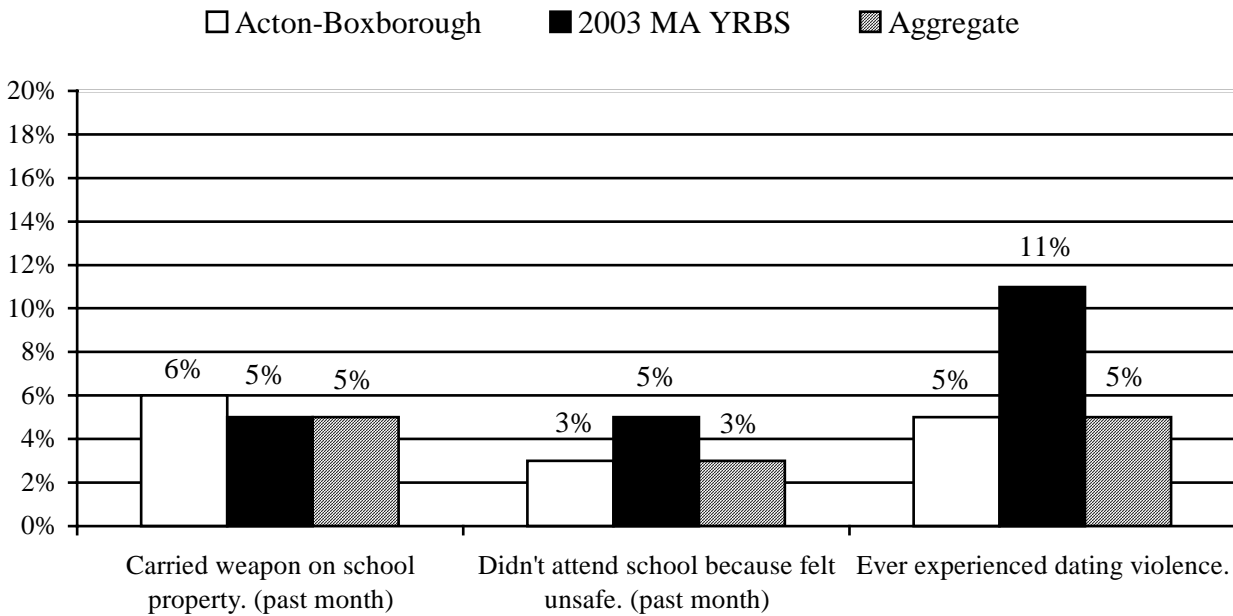


**ACTON-BOXBOROUGH 2004 YRBS  
GRADES 9 THRU 12 (COMBINED)**

**VEHICLE RELATED SAFETY**

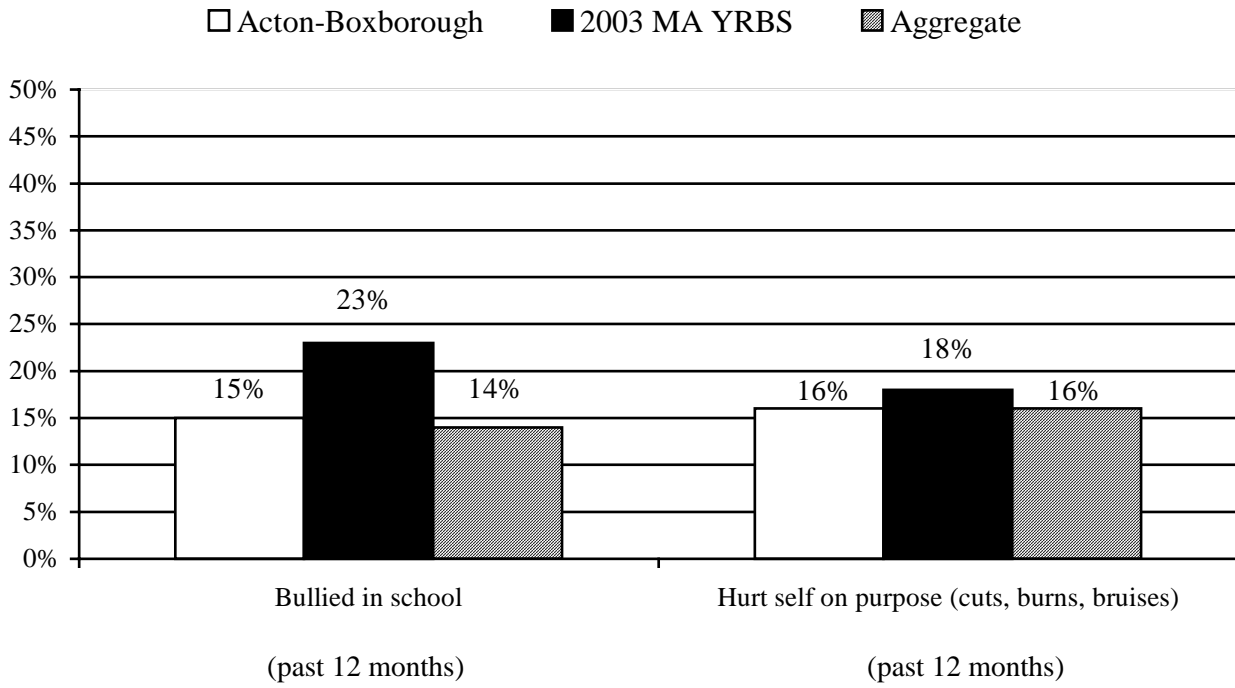


**VIOLENCE RELATED BEHAVIORS**



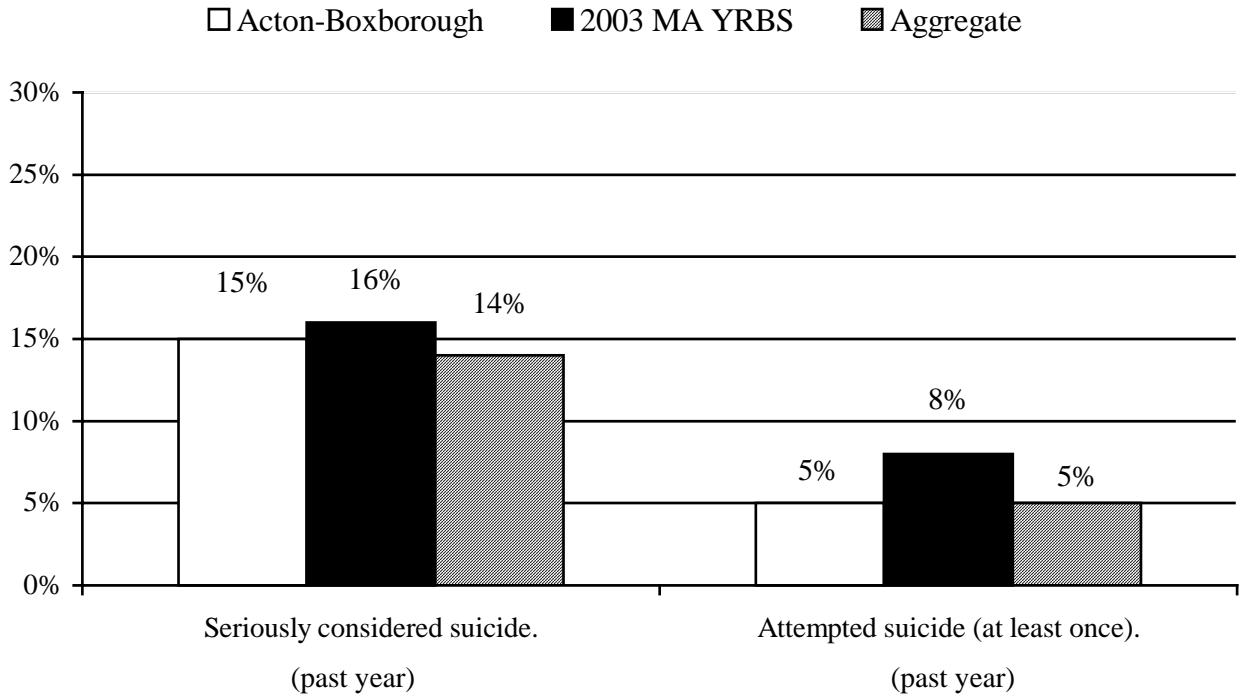
**ACTON-BOXBOROUGH 2004 YRBS  
GRADES 9 THRU 12 (COMBINED)**

**VIOLENCE RELATED BEHAVIORS**

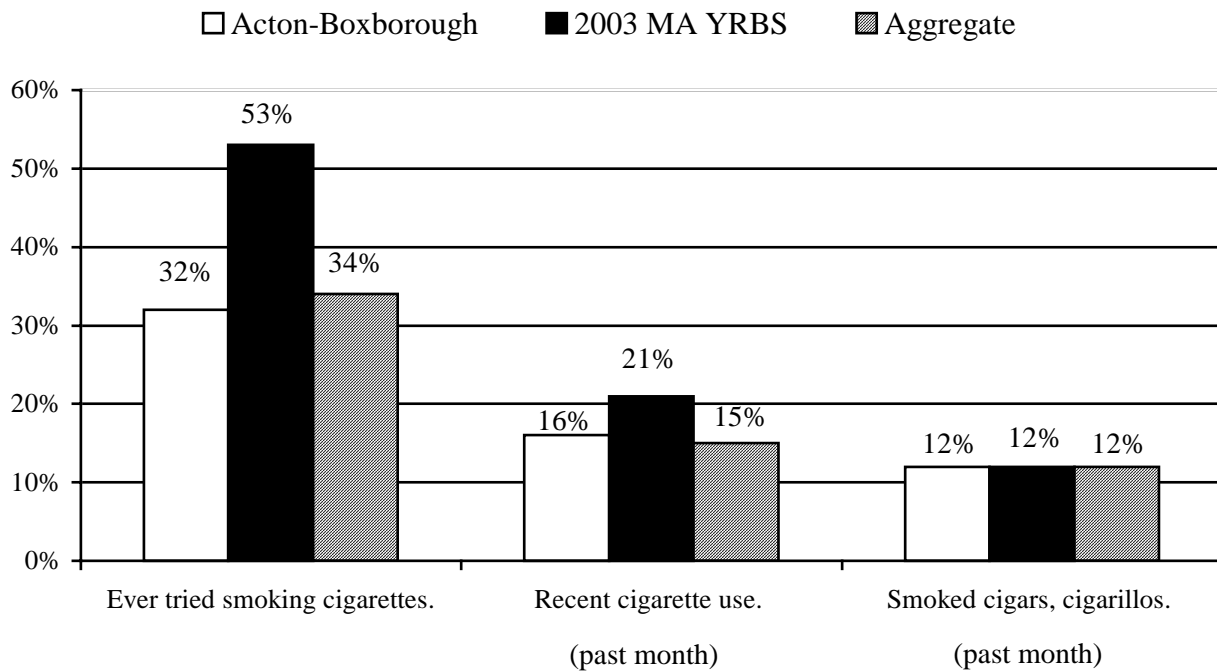


**ACTON-BOXBOROUGH 2004 YRBS  
GRADES 9 THRU 12 (COMBINED)**

**SUICIDE**

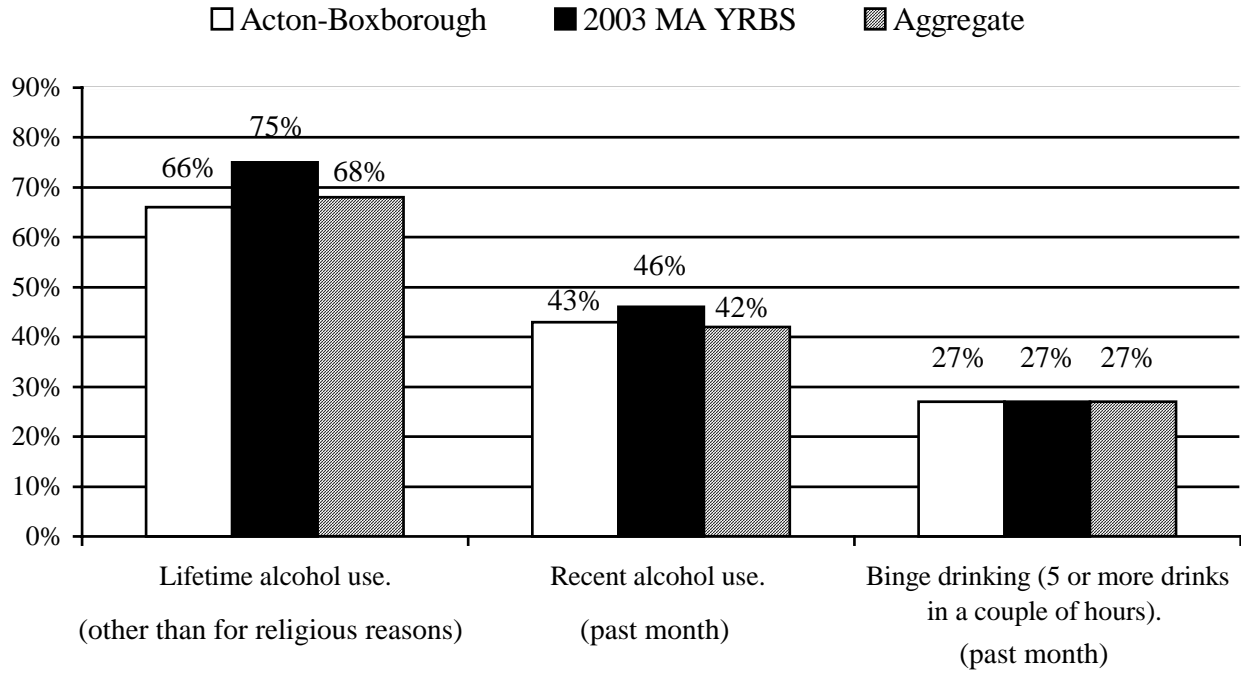


**TOBACCO USE**

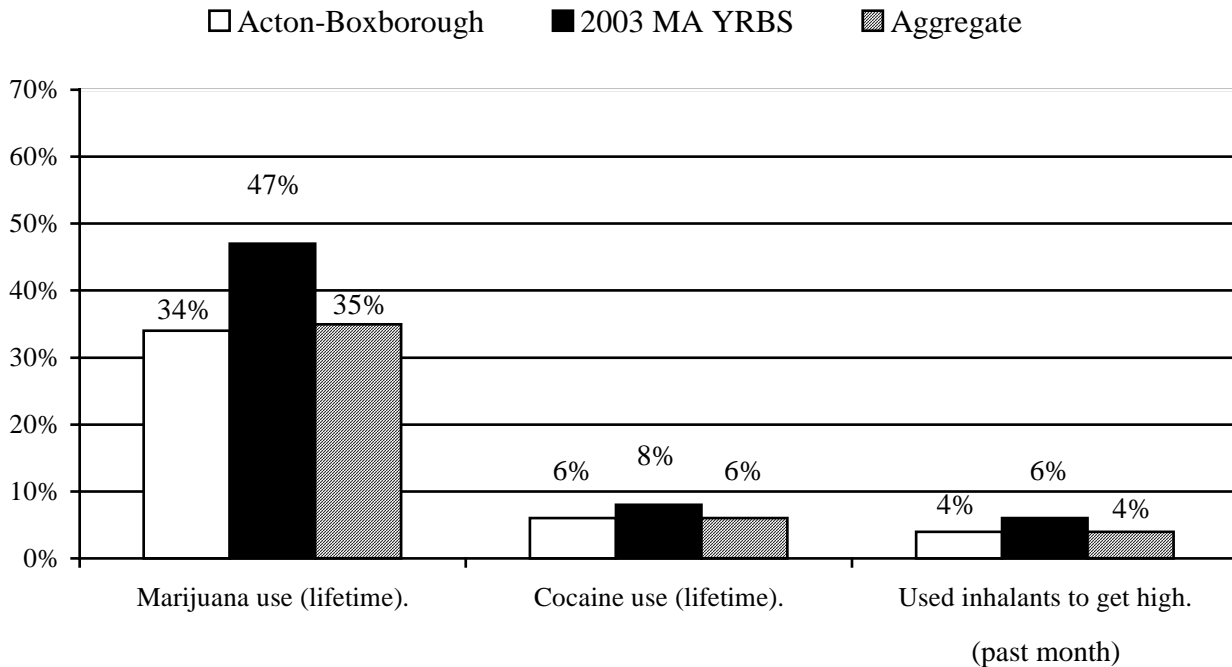


**ACTON-BOXBOROUGH 2004 YRBS  
GRADES 9 THRU 12 (COMBINED)**

**ALCOHOL USE**

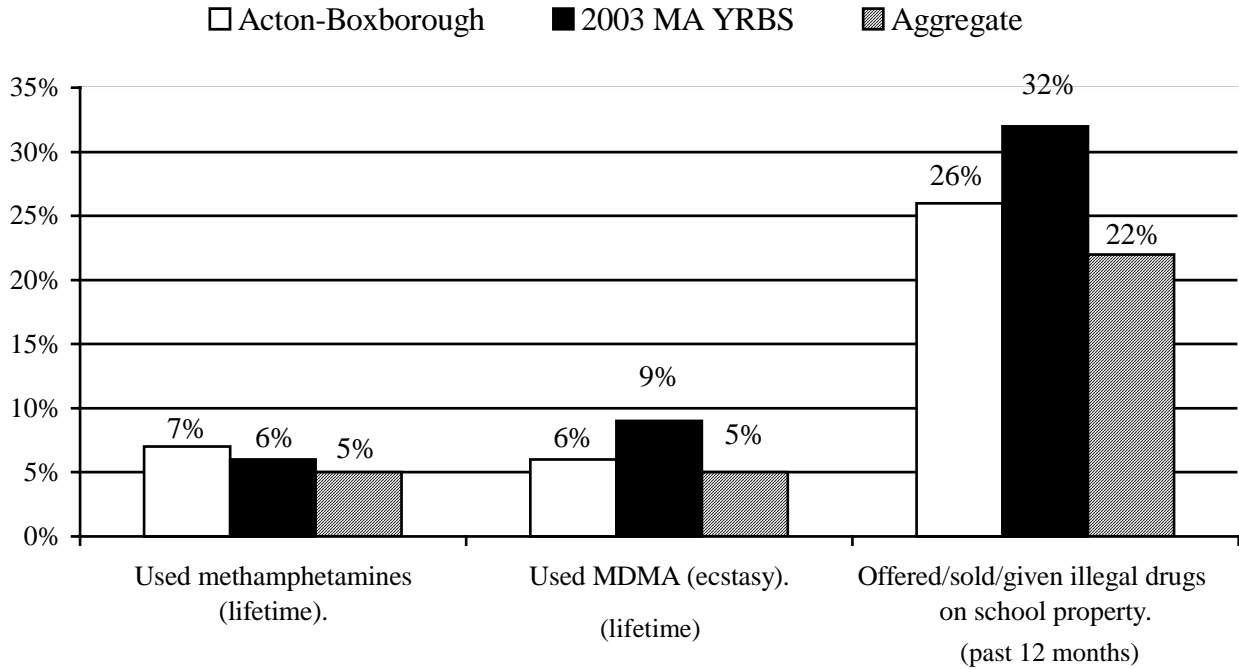


**ILLEGAL DRUG USE**

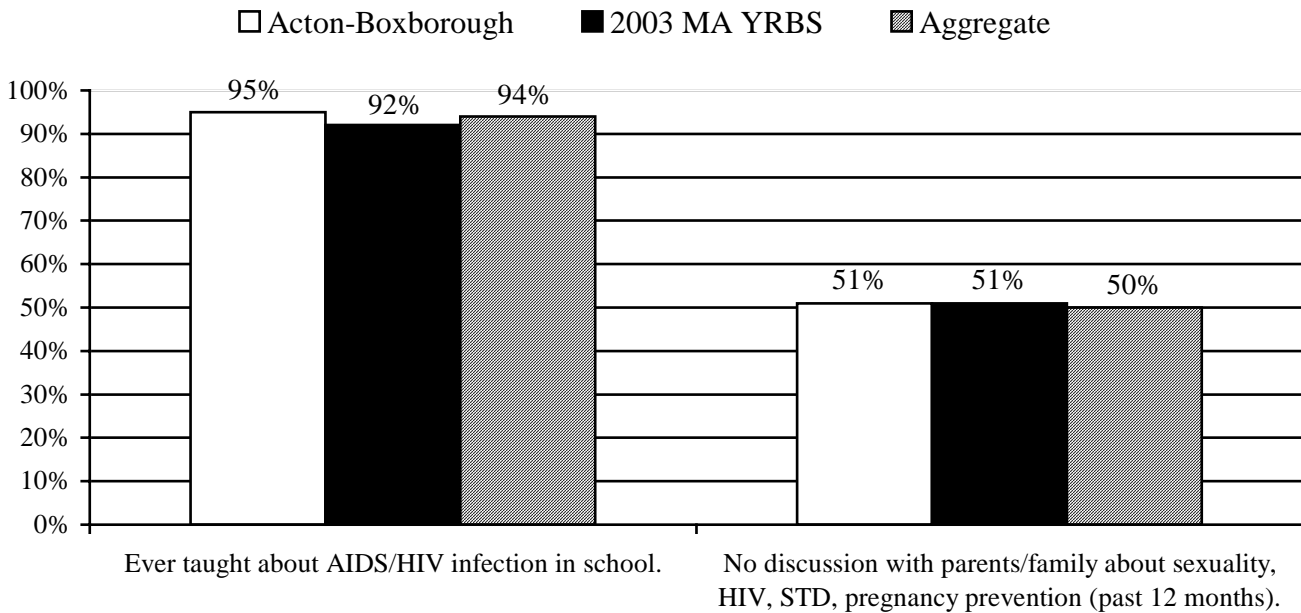


**ACTON-BOXBOROUGH 2004 YRBS  
GRADES 9 THRU 12 (COMBINED)**

**ILLEGAL DRUG USE**

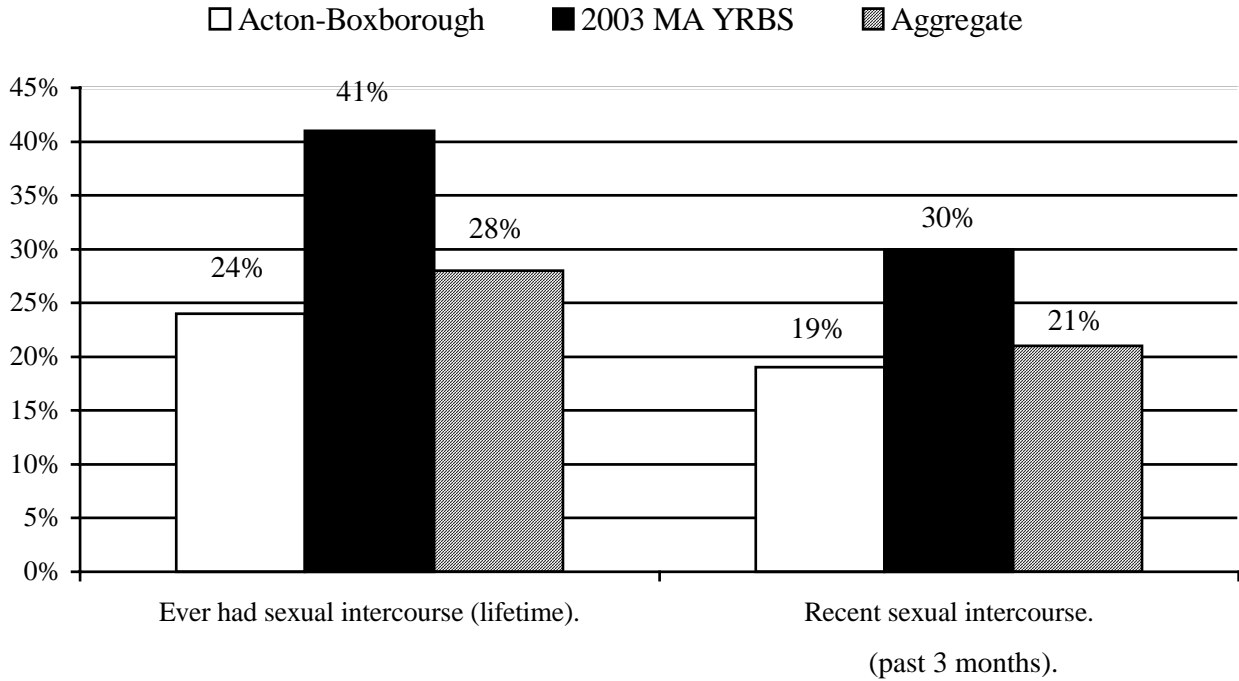


**HIV/AIDS EDUCATION**

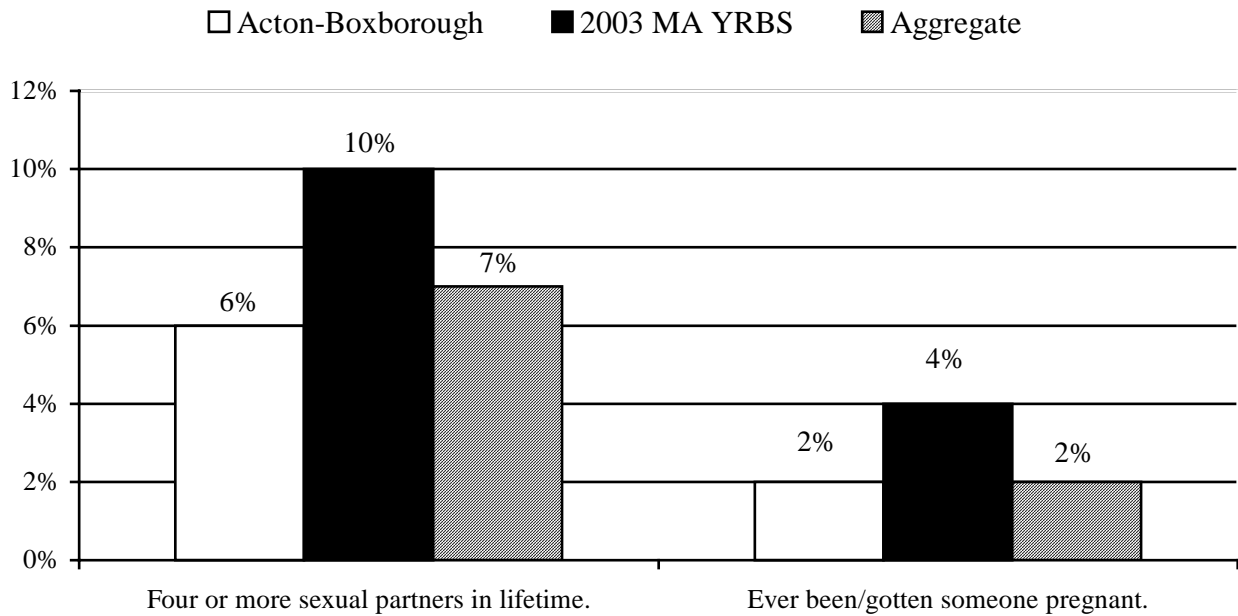


**ACTON-BOXBOROUGH 2004 YRBS  
GRADES 9 THRU 12 (COMBINED)**

**SEXUAL BEHAVIOR**

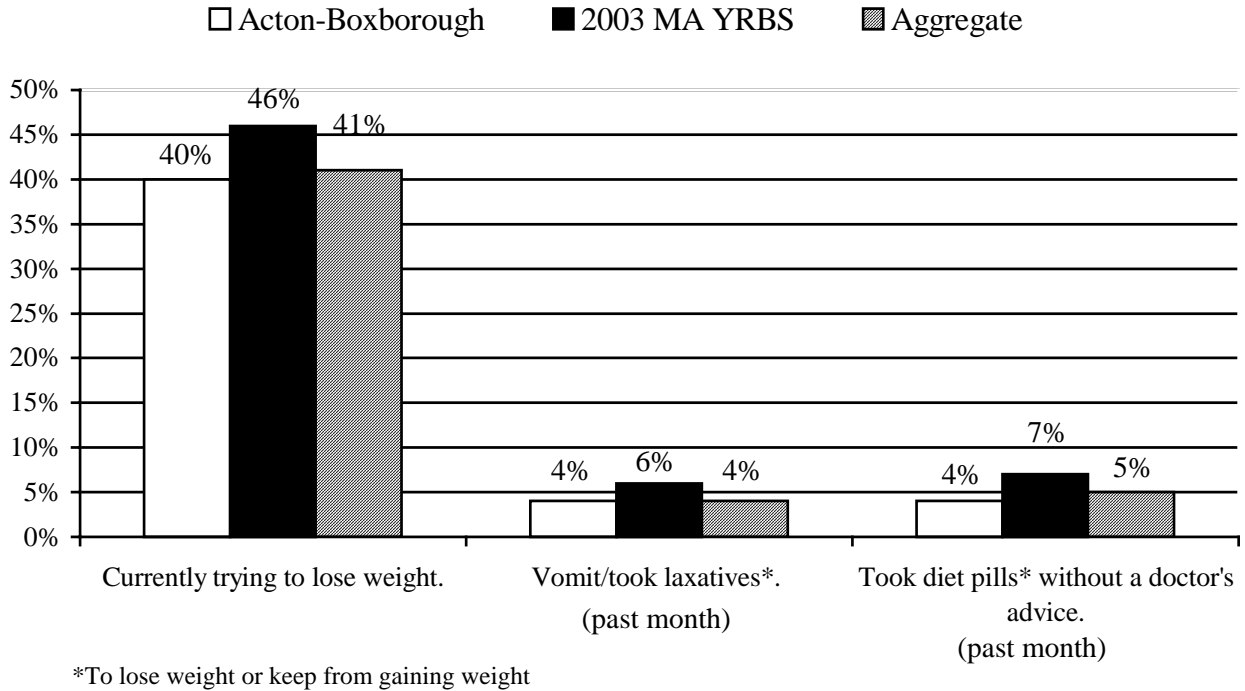


**SEXUAL BEHAVIOR**

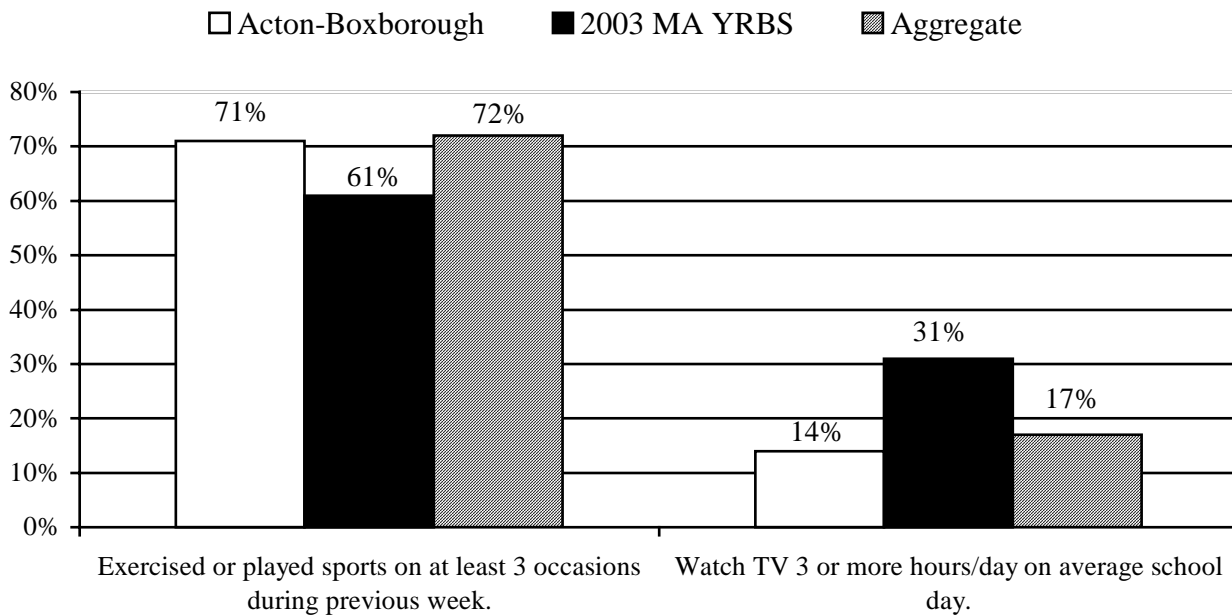


**ACTON-BOXBOROUGH 2004 YRBS  
GRADES 9 THRU 12 (COMBINED)**

**DIETARY BEHAVIOR**



**PHYSICAL ACTIVITY**



**APPENDIX B**

**THE 2004 EMERSON YRBS**

**SELECTED COMPARISONS**

**2000, 2002, AND 2004**

**FOR GRADES 6, 8, AND HIGH SCHOOL**

**FOR THE**

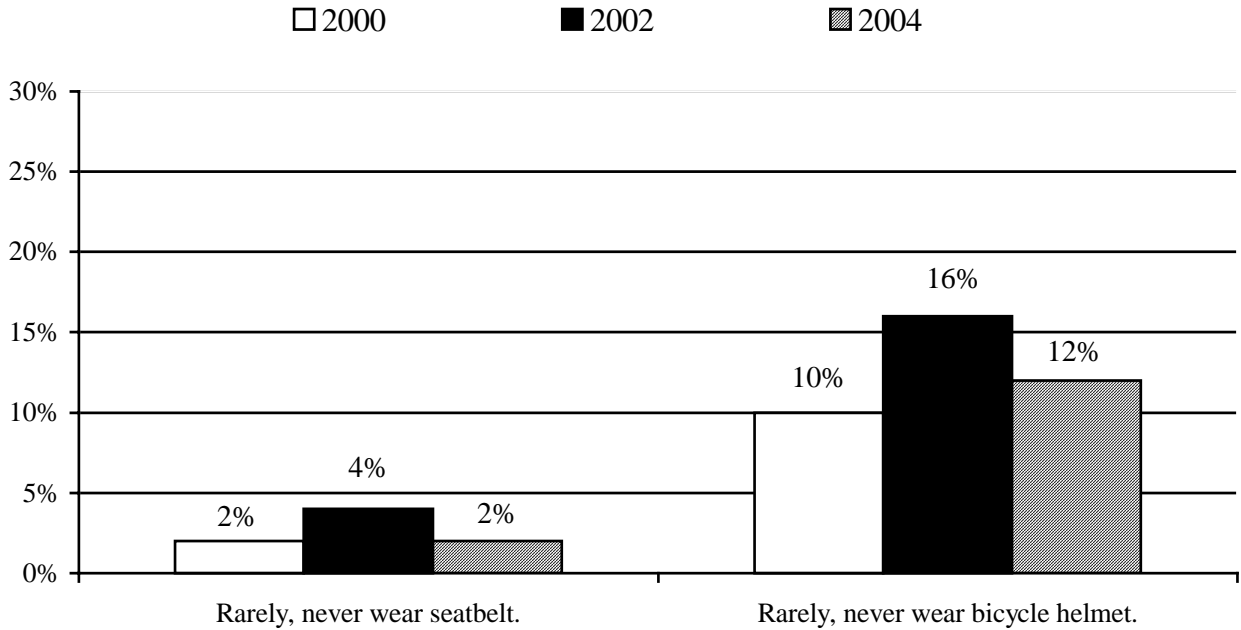
**ACTON PUBLIC SCHOOLS**

**AND THE**

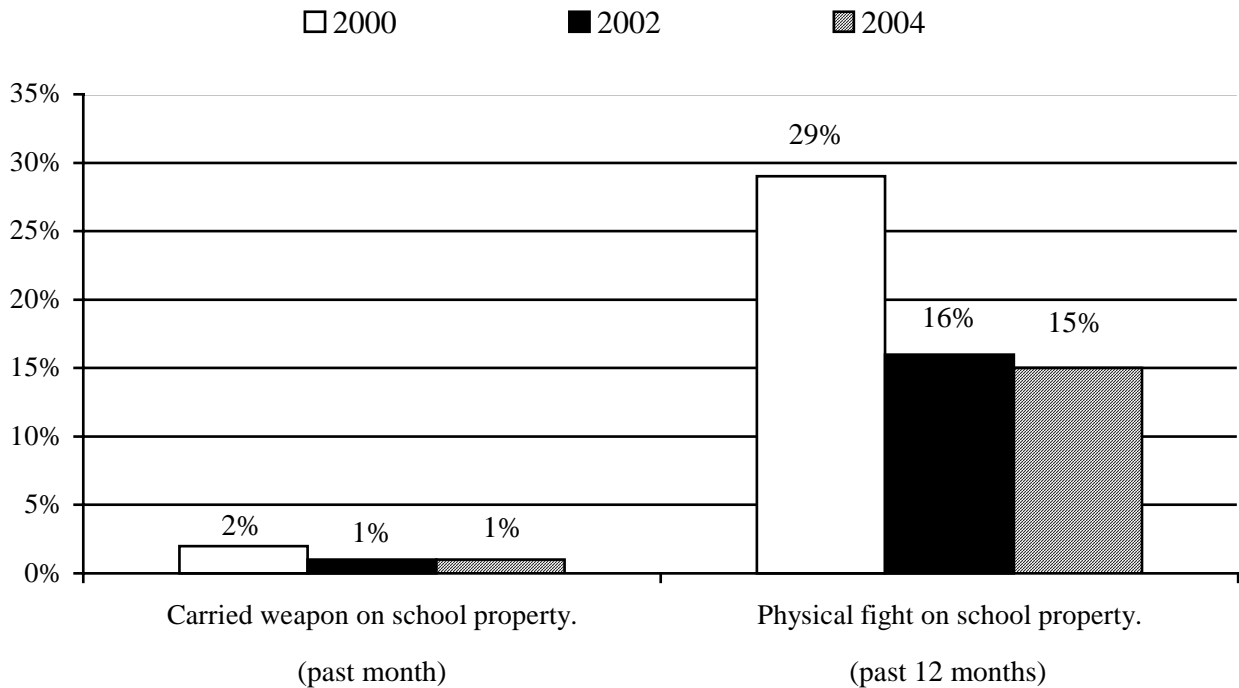
**ACTON-BOXBOROUGH REGIONAL SCHOOLS**

ACTON 2004 YRBS  
GRADE 6

**VEHICLE RELATED SAFETY**

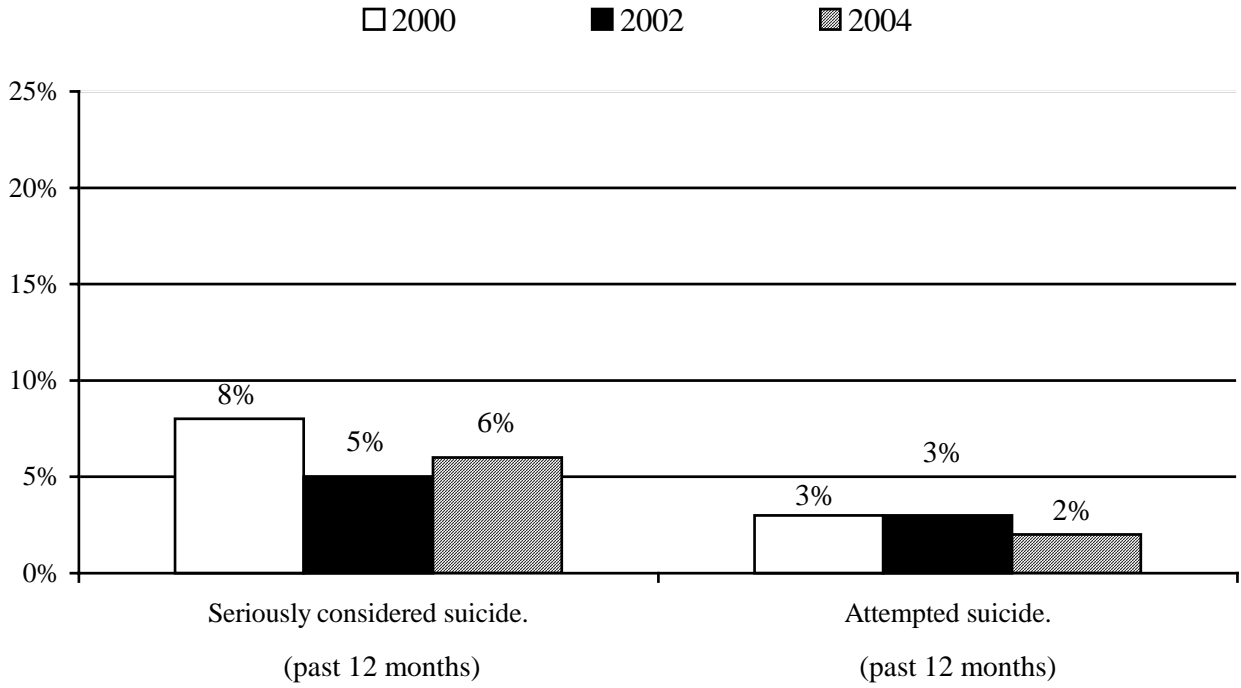


**VIOLENCE RELATED BEHAVIORS**

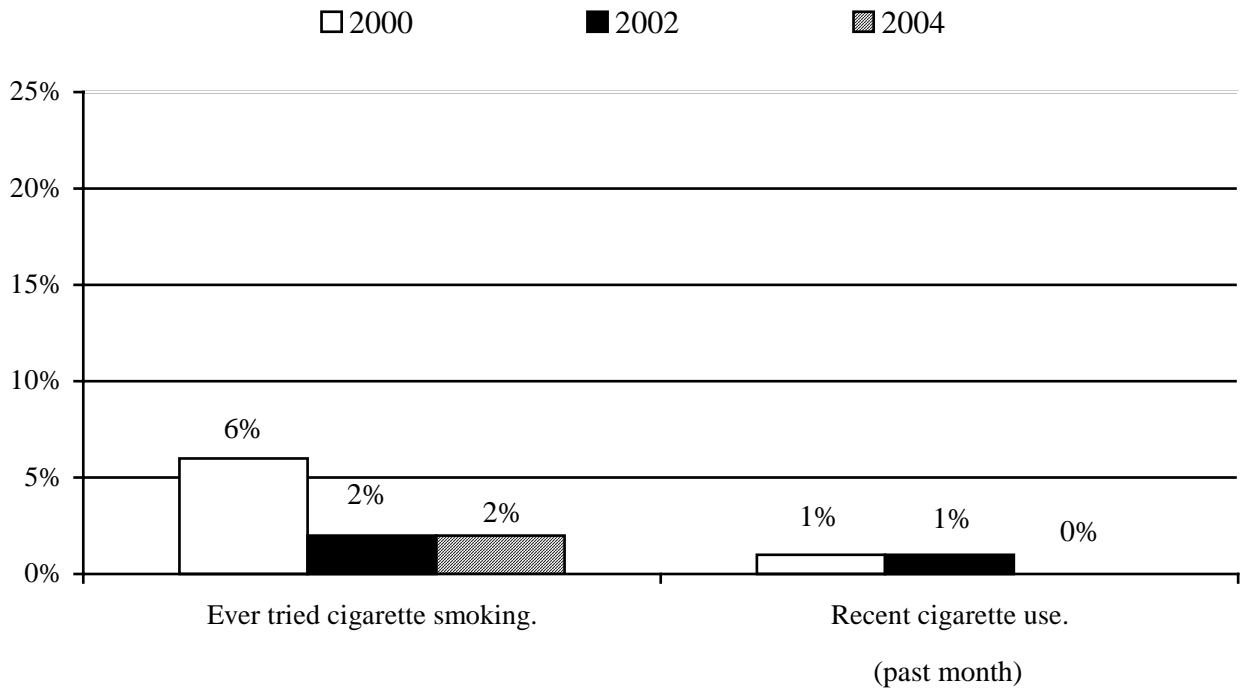


ACTON 2004 YRBS  
GRADE 6

**SUICIDE**

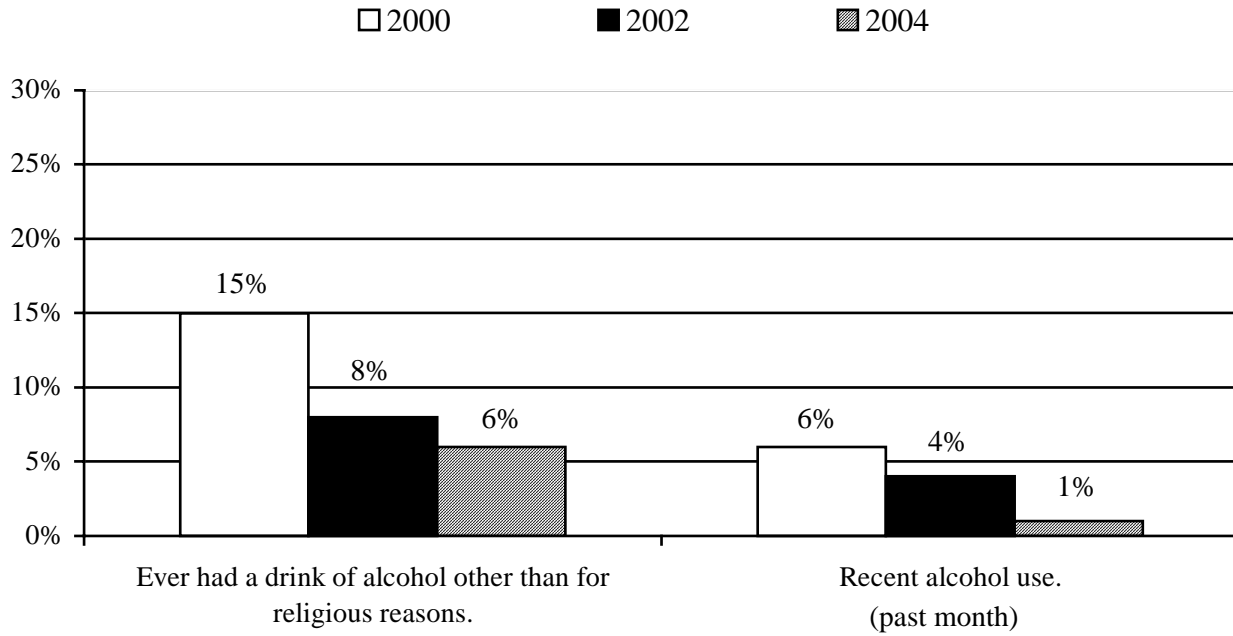


**TOBACCO USE**

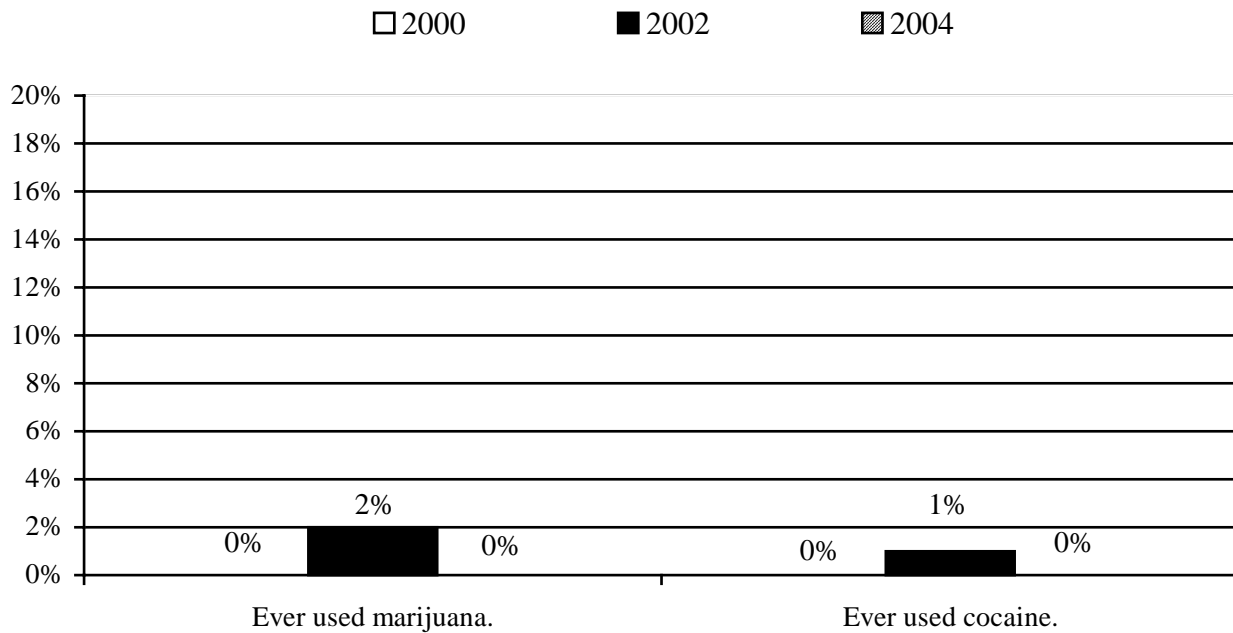


ACTON 2004 YRBS  
GRADE 6

ALCOHOL USE

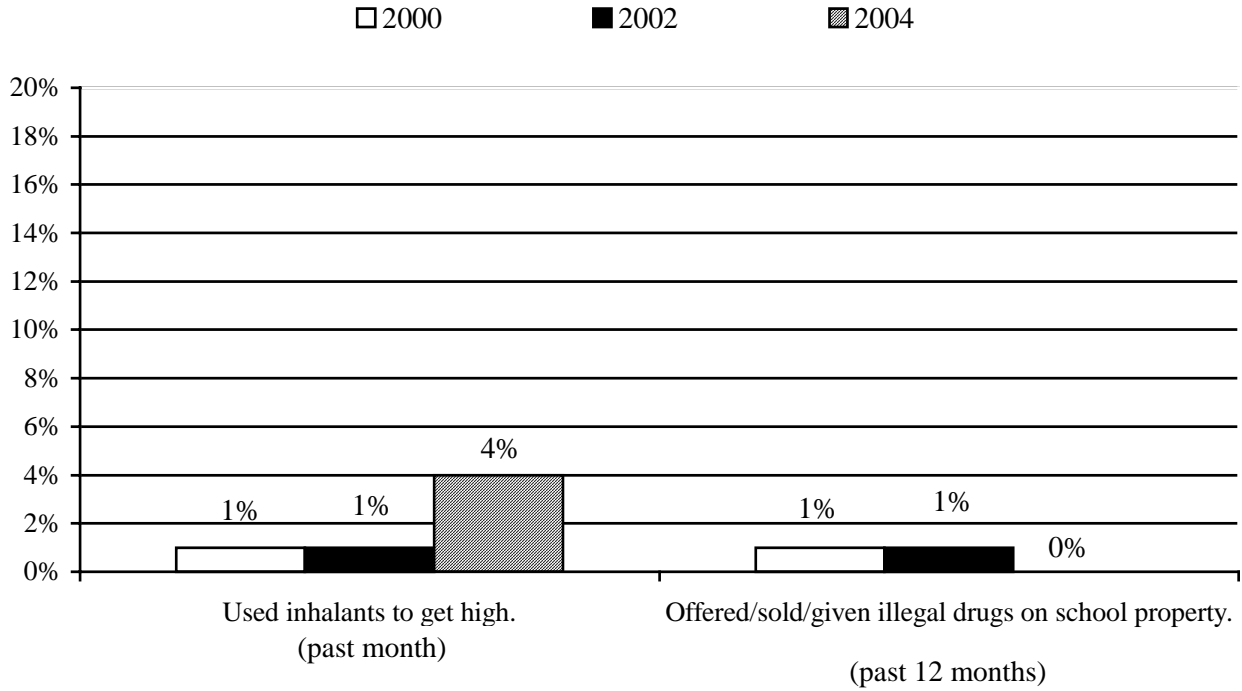


ILLEGAL DRUG USE

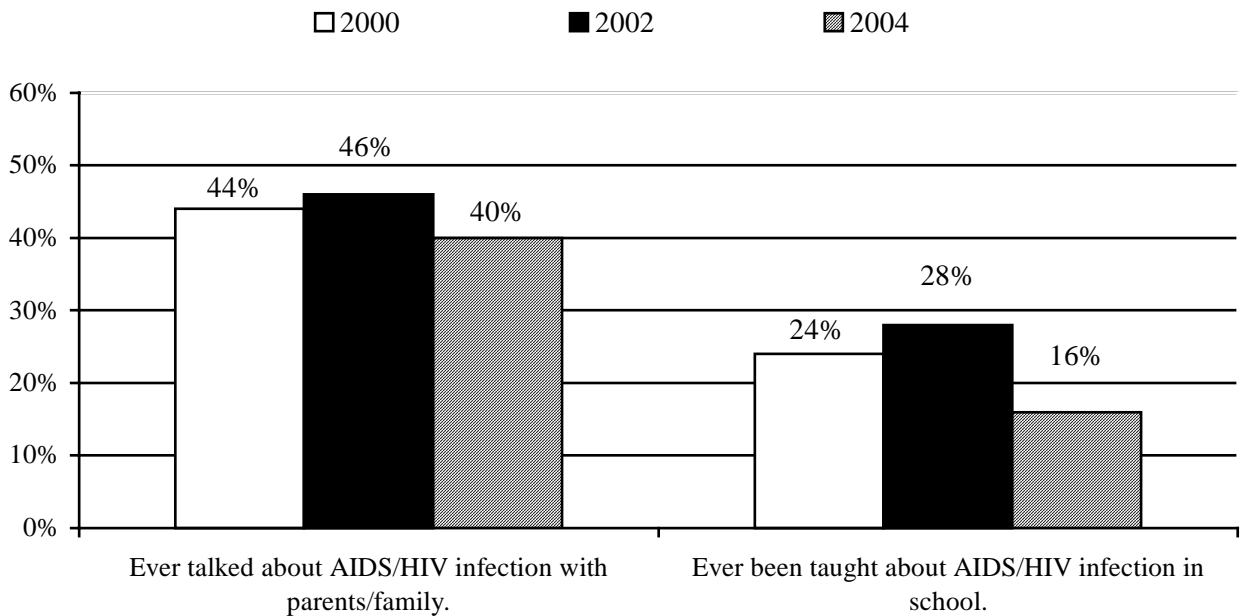


ACTON 2004 YRBS  
GRADE 6

**ILLEGAL DRUG USE**

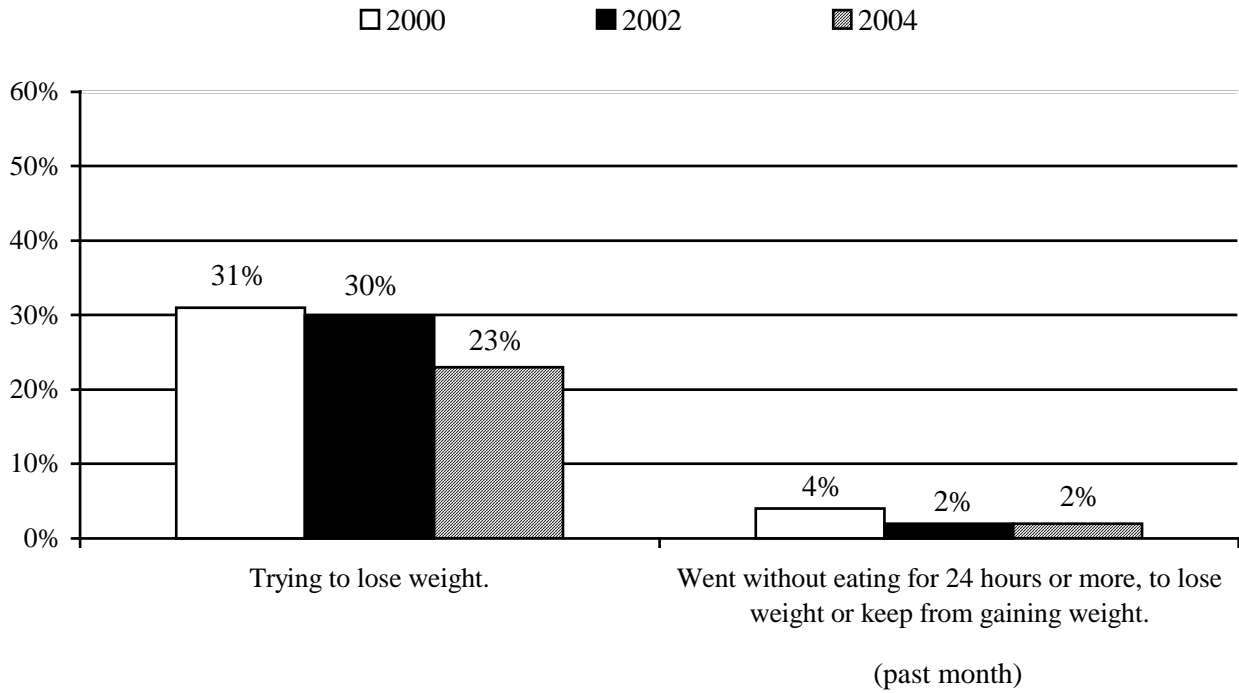


**HIV/AIDS EDUCATION**

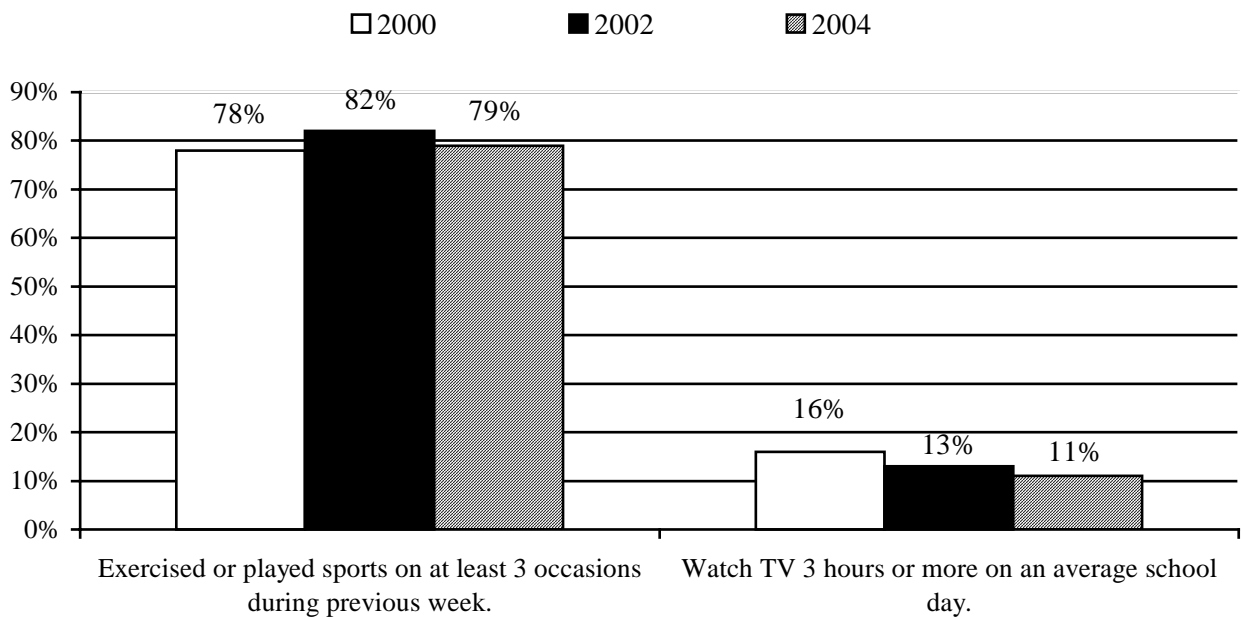


ACTON 2004 YRBS  
GRADE 6

**DIETARY BEHAVIOR**

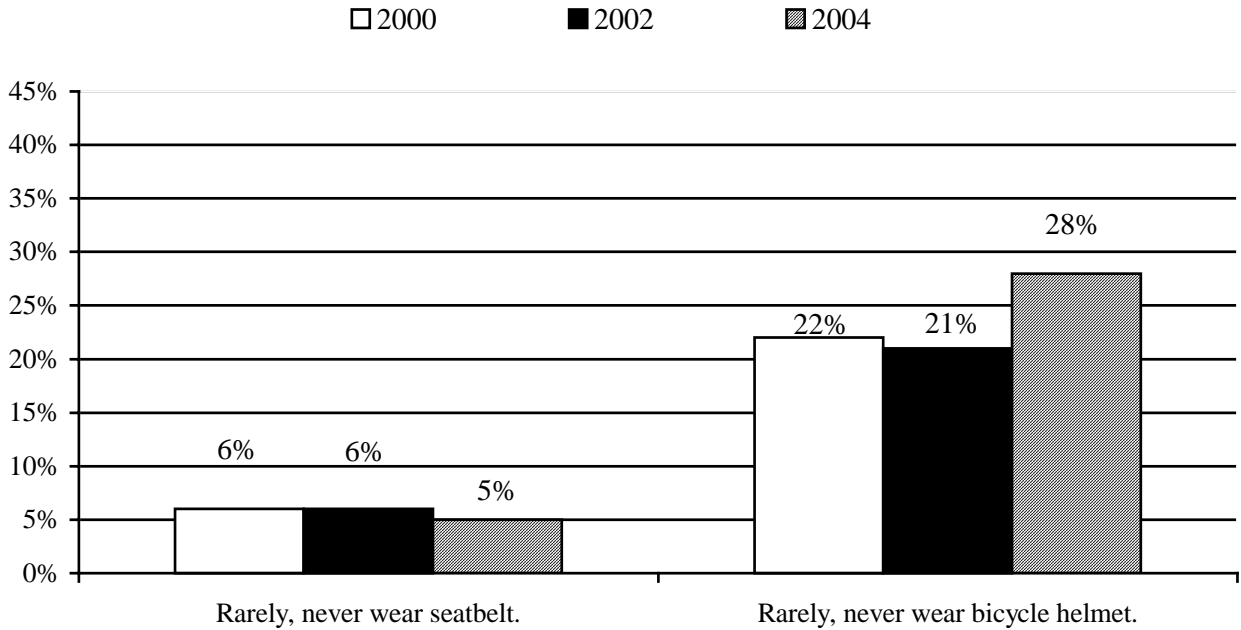


**PHYSICAL ACTIVITY**

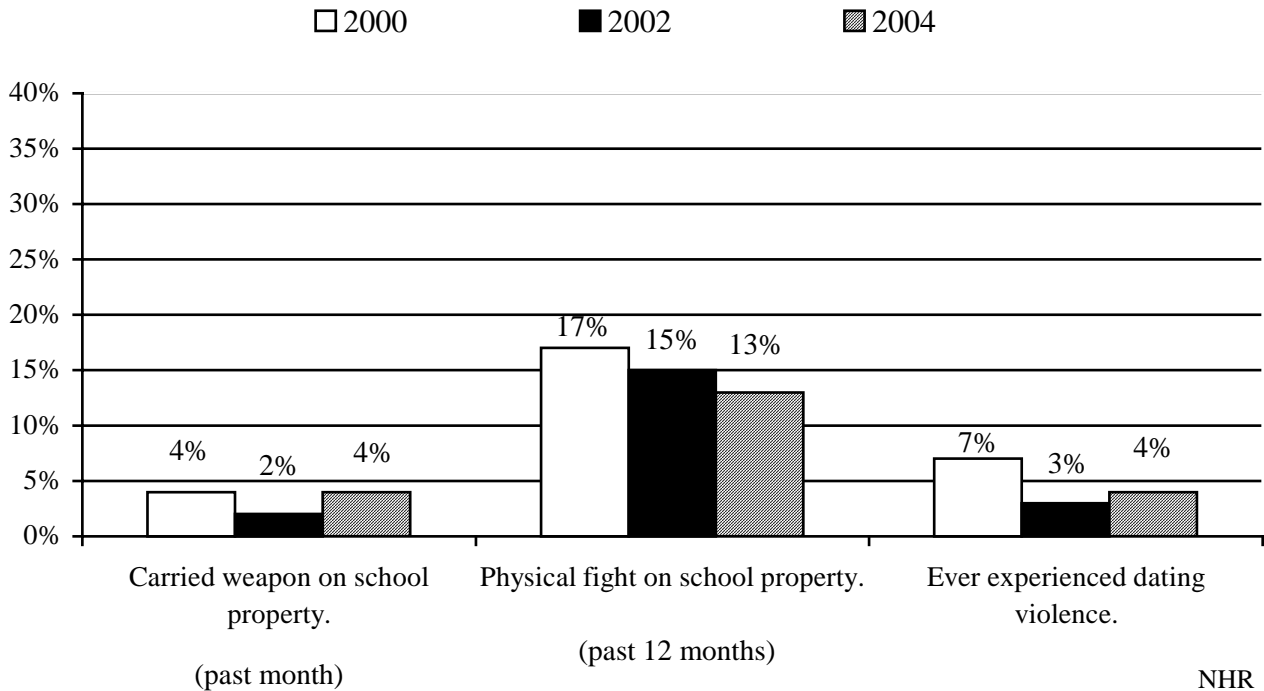


**ACTON-BOXBOROUGH 2004 YRBS  
GRADE 8**

**VEHICLE RELATED SAFETY**

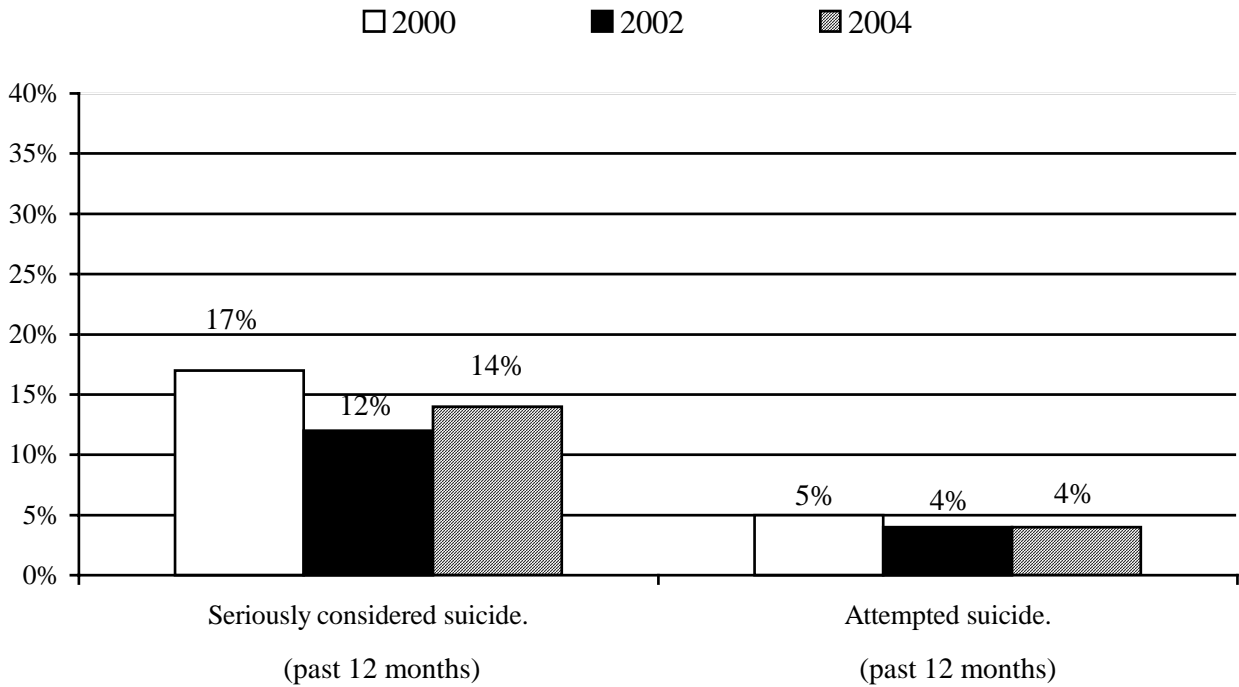


**VIOLENCE RELATED BEHAVIORS**

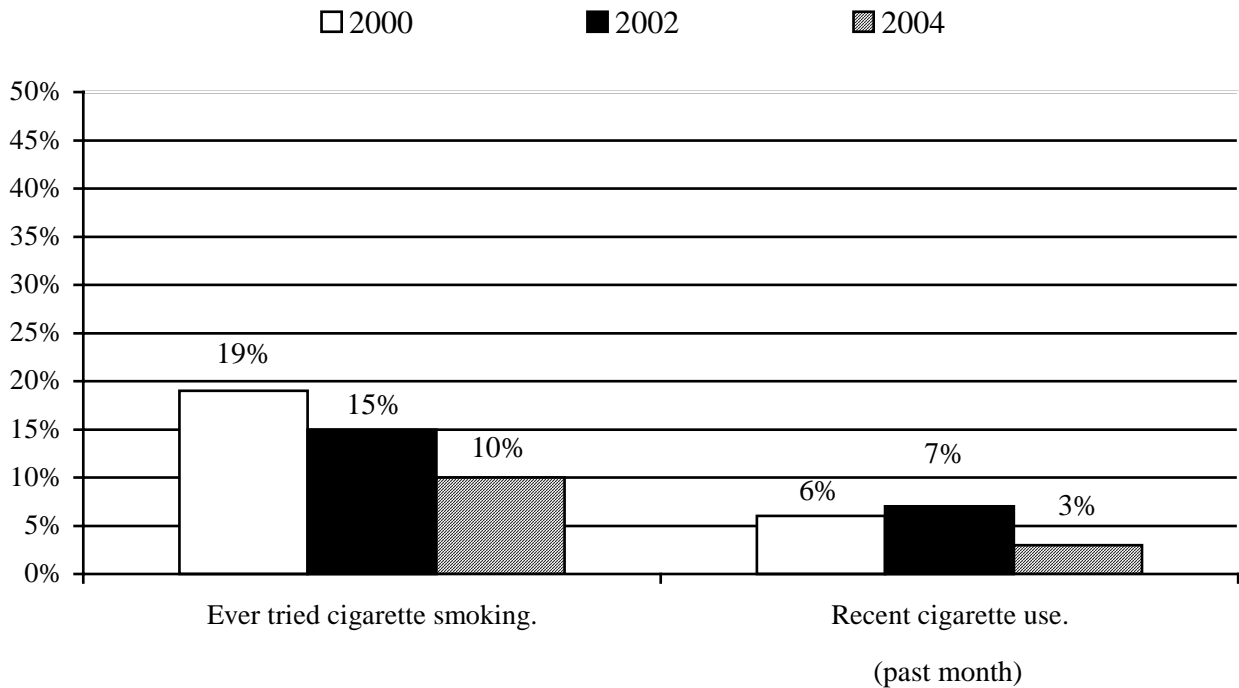


ACTON-BOXBOROUGH 2004 YRBS  
GRADE 8

**SUICIDE**

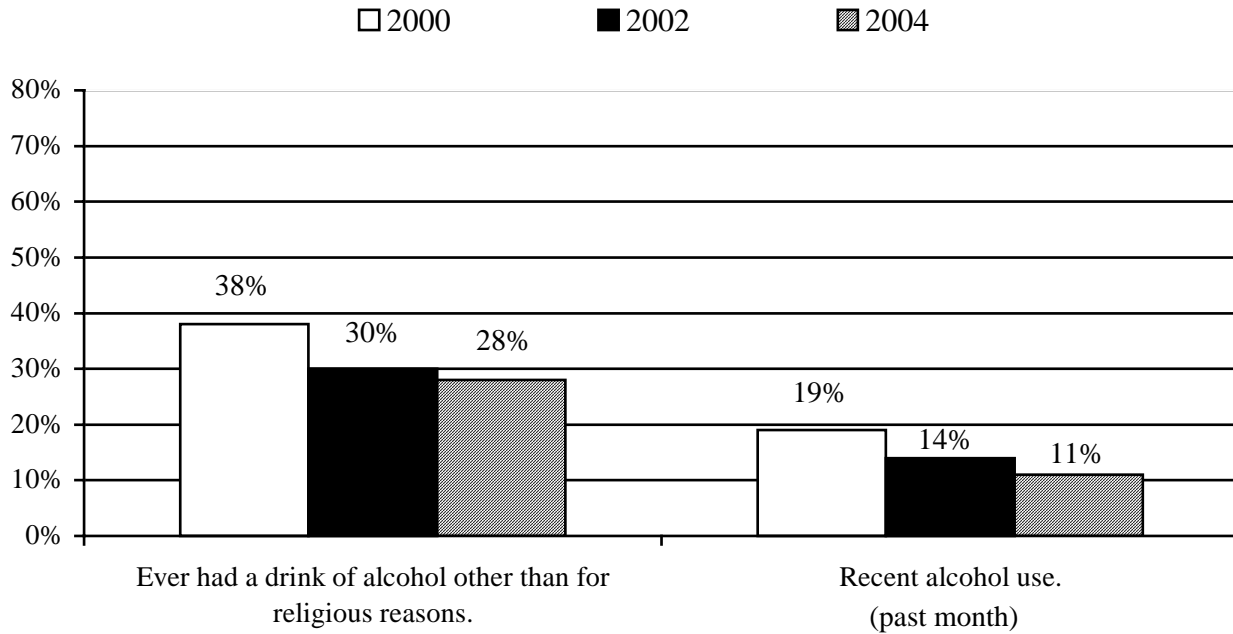


**TOBACCO USE**

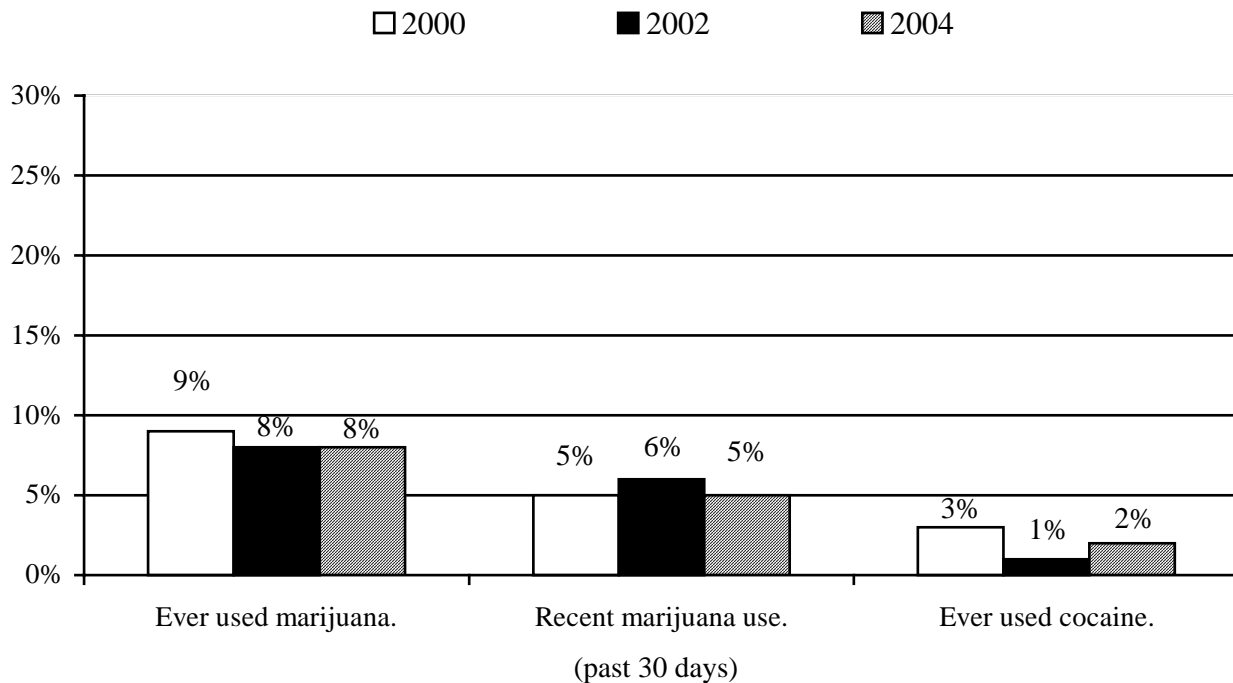


**ACTON-BOXBOROUGH 2004 YRBS  
GRADE 8**

**ALCOHOL USE**

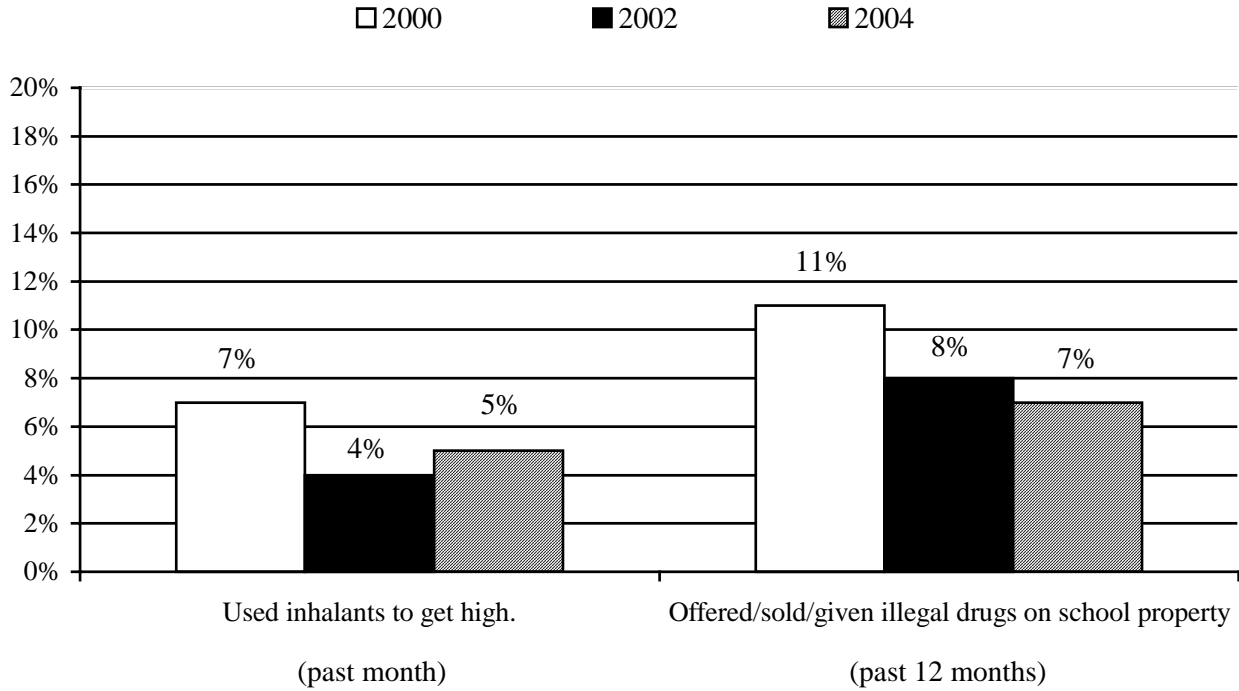


**ILLEGAL DRUG USE**

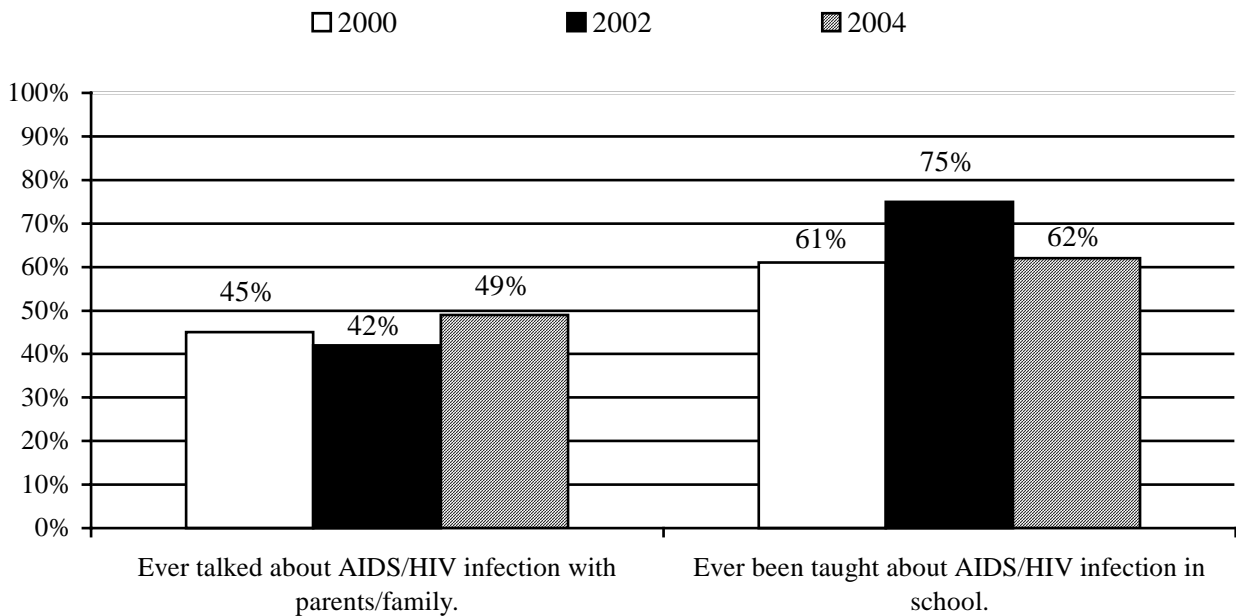


ACTON-BOXBOROUGH 2004 YRBS  
GRADE 8

ILLEGAL DRUG USE

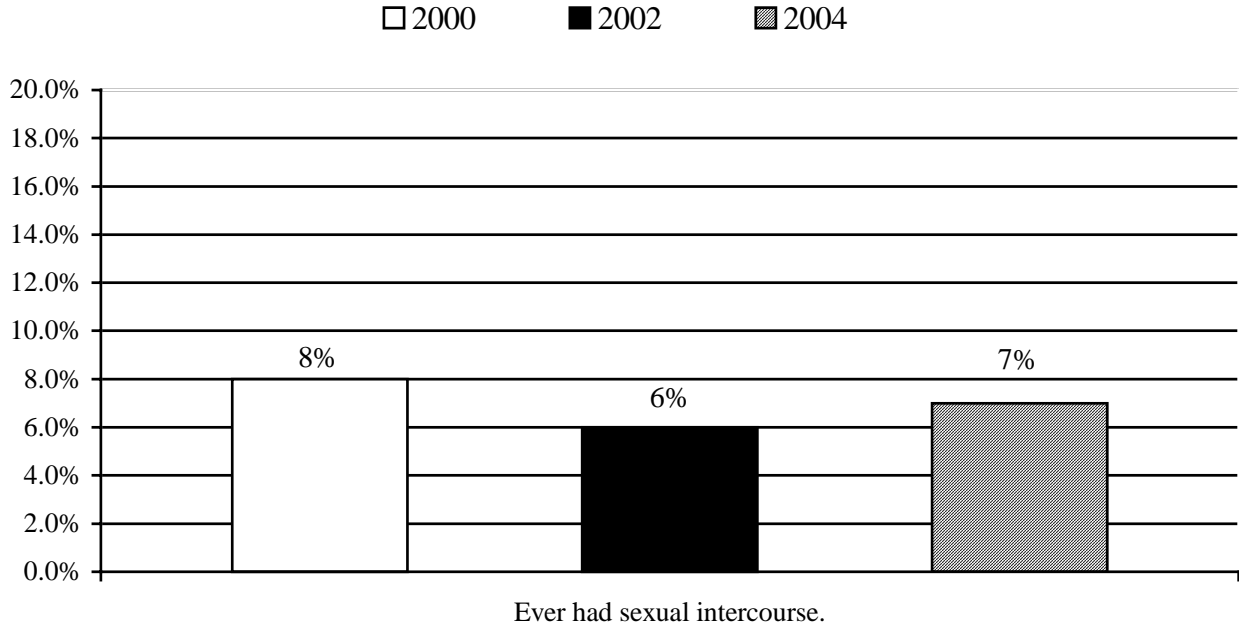


HIV/AIDS EDUCATION

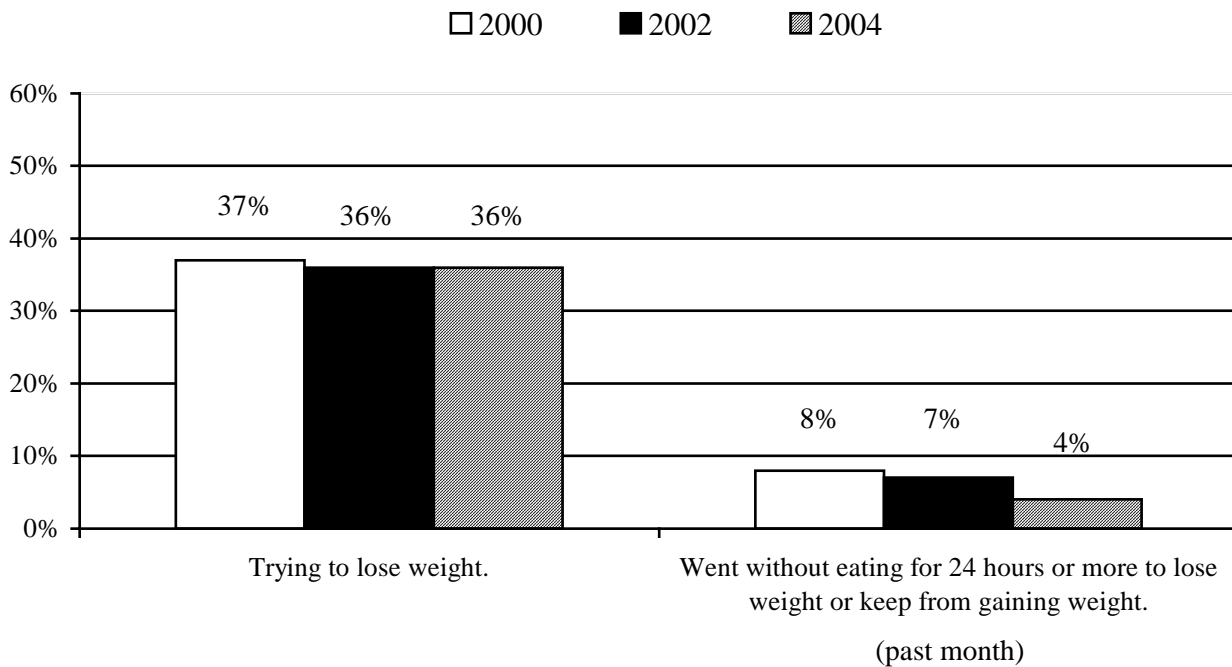


ACTON-BOXBOROUGH 2004 YRBS  
 GRADE 8

**SEXUAL BEHAVIOR**

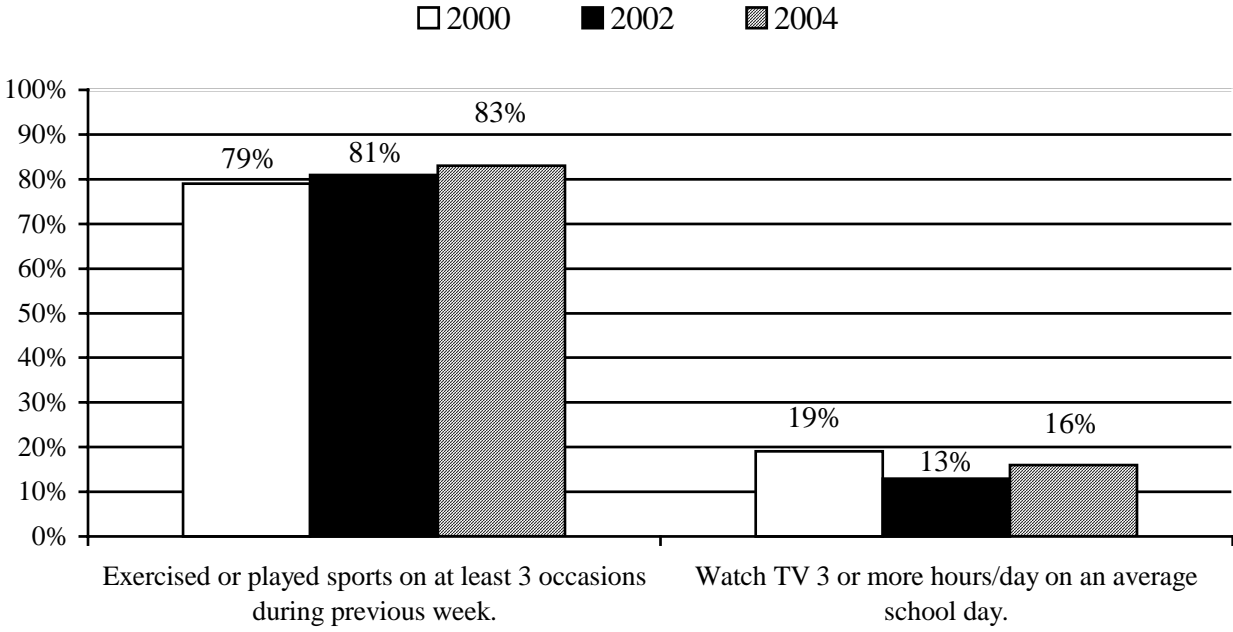


**DIETARY BEHAVIOR**



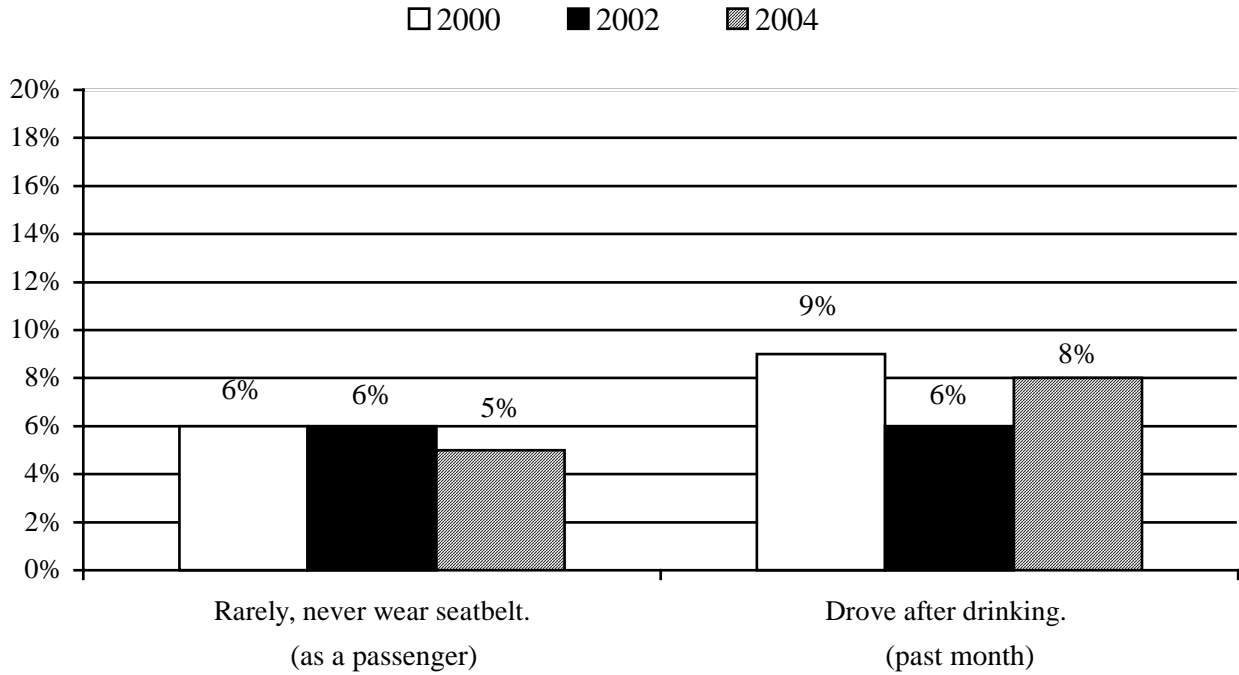
ACTON-BOXBOROUGH 2004 YRBS  
GRADE 8

PHYSICAL ACTIVITY

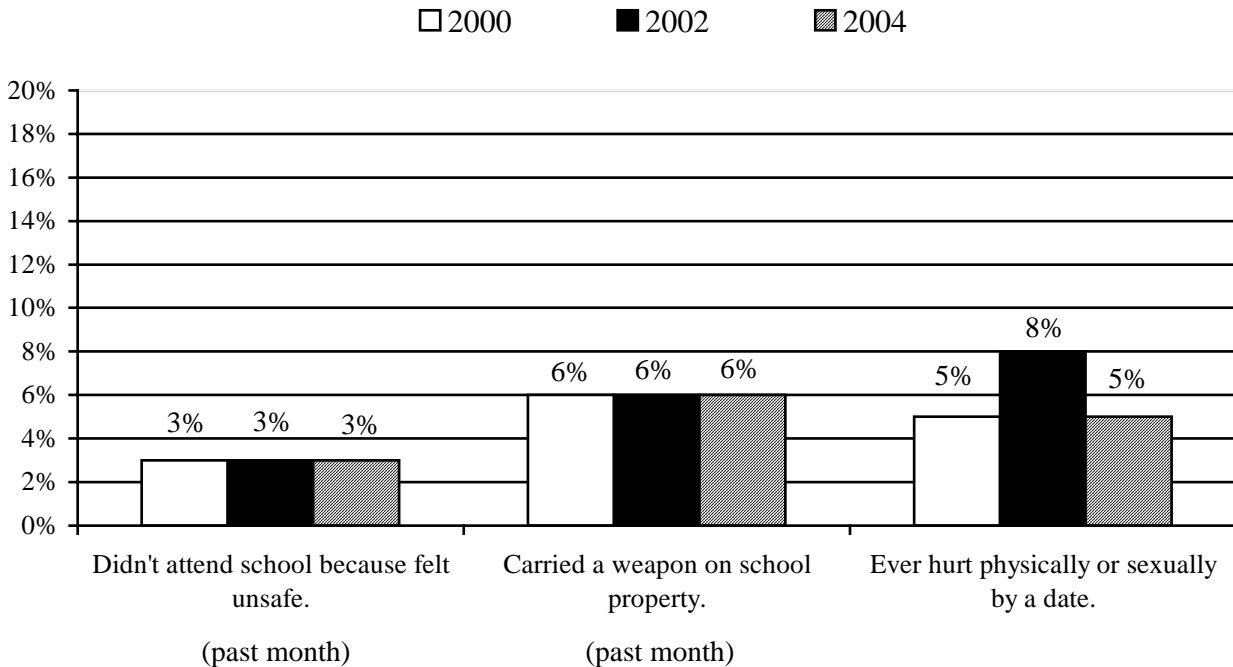


**ACTON-BOXBOROUGH 2004 YRBS  
GRADES 9 THRU 12 (COMBINED)**

**VEHICLE RELATED SAFETY**

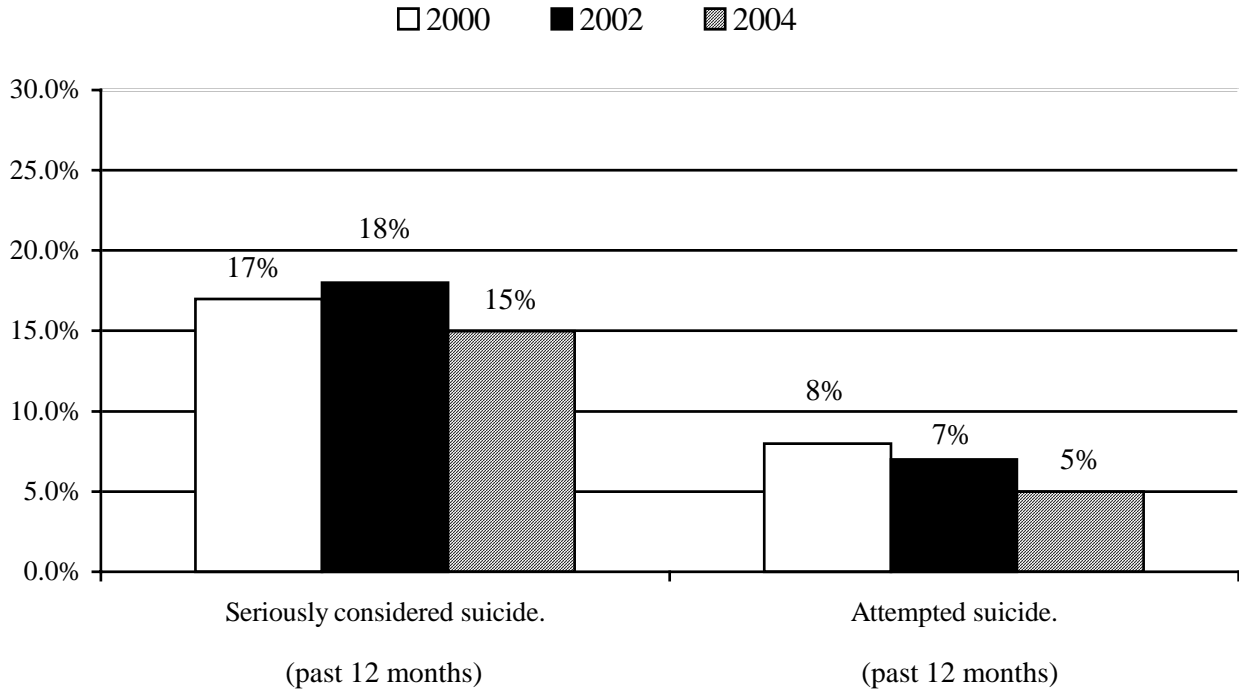


**VIOLENCE RELATED BEHAVIORS**

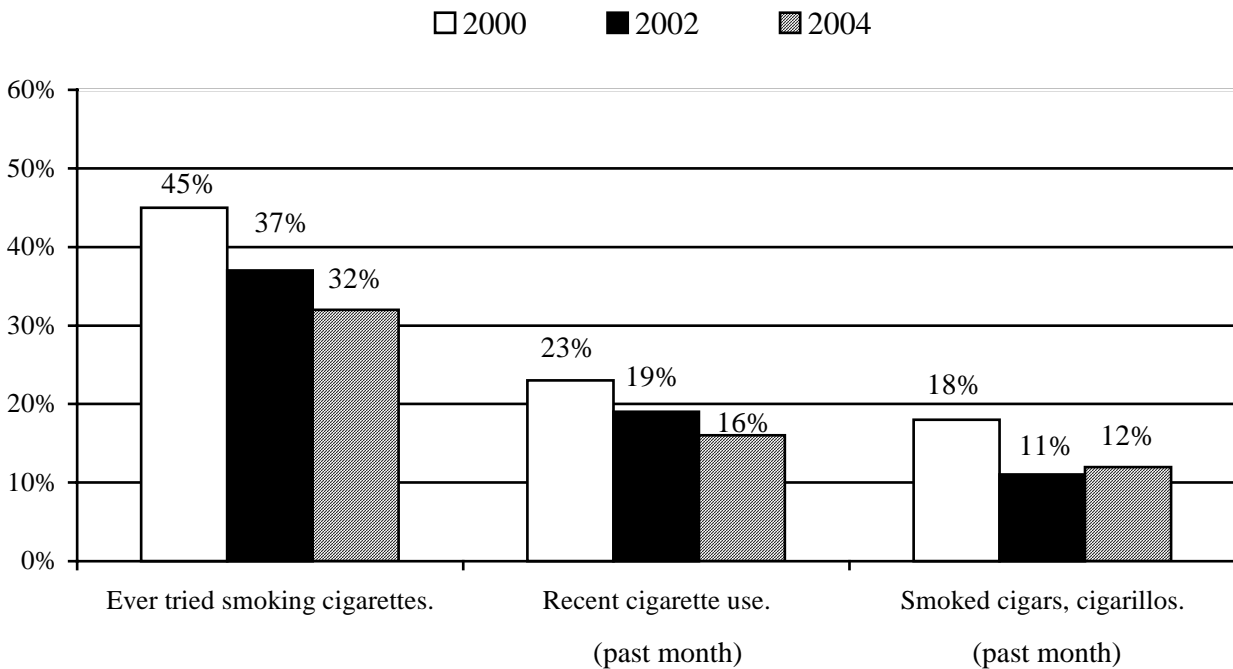


**ACTON-BOXBOROUGH 2004 YRBS  
GRADES 9 THRU 12 (COMBINED)**

**SUICIDE**

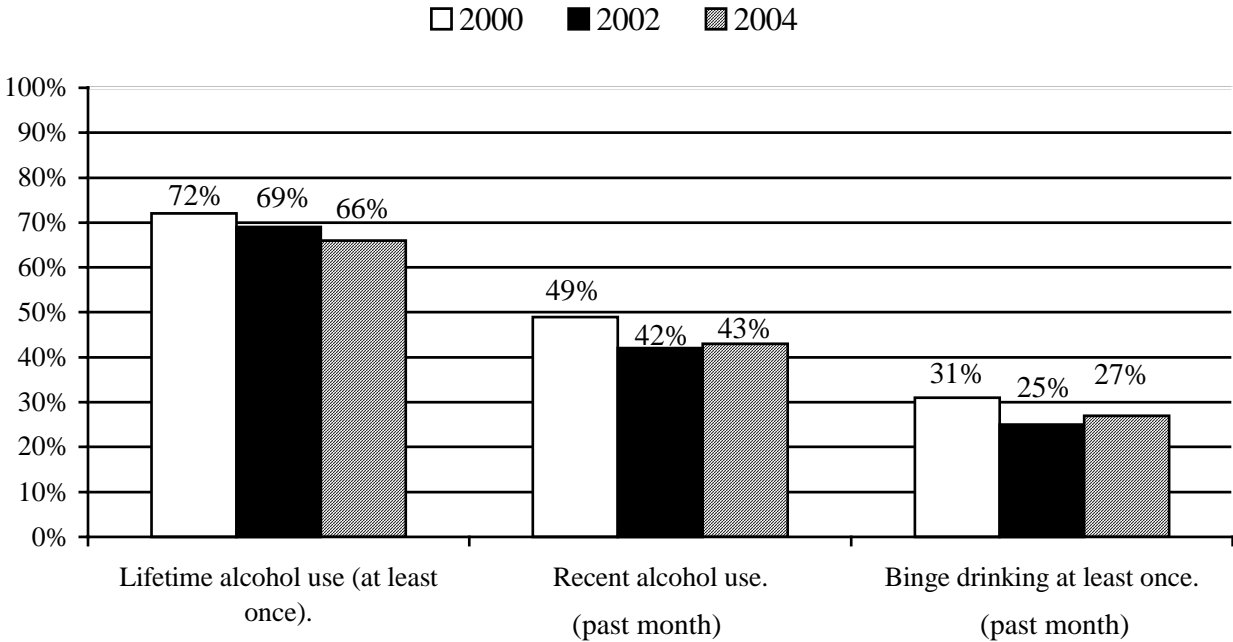


**TOBACCO USE**

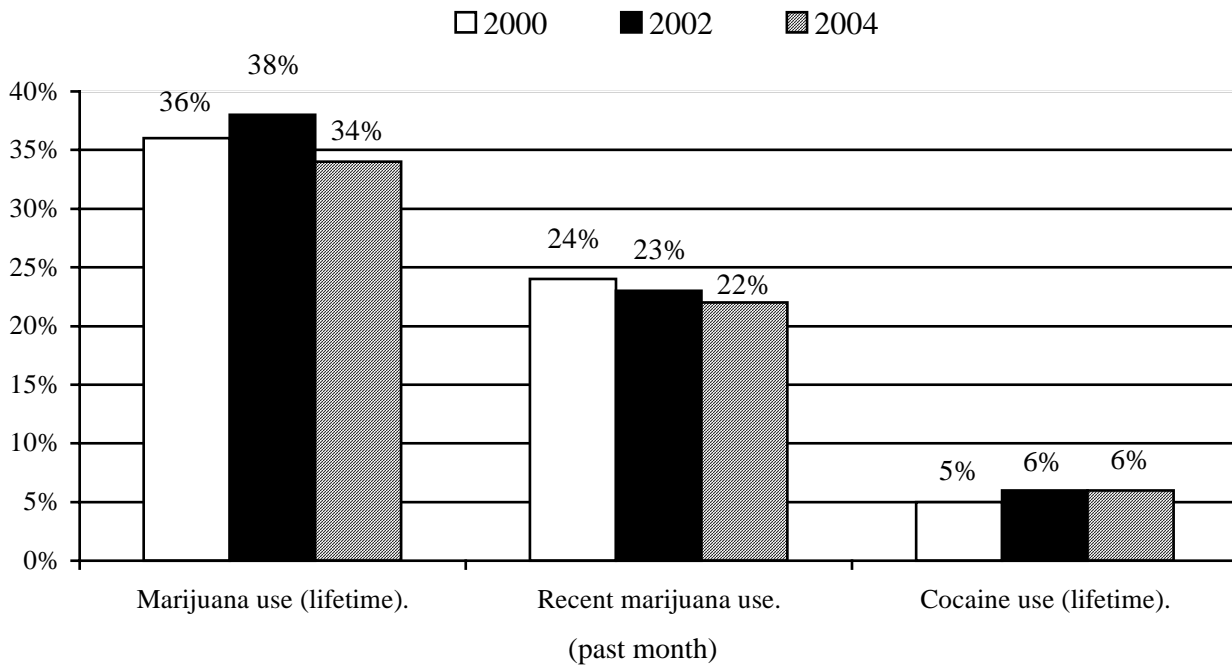


**ACTON-BOXBOROUGH 2004 YRBS  
GRADES 9 THRU 12 (COMBINED)**

**ALCOHOL USE**

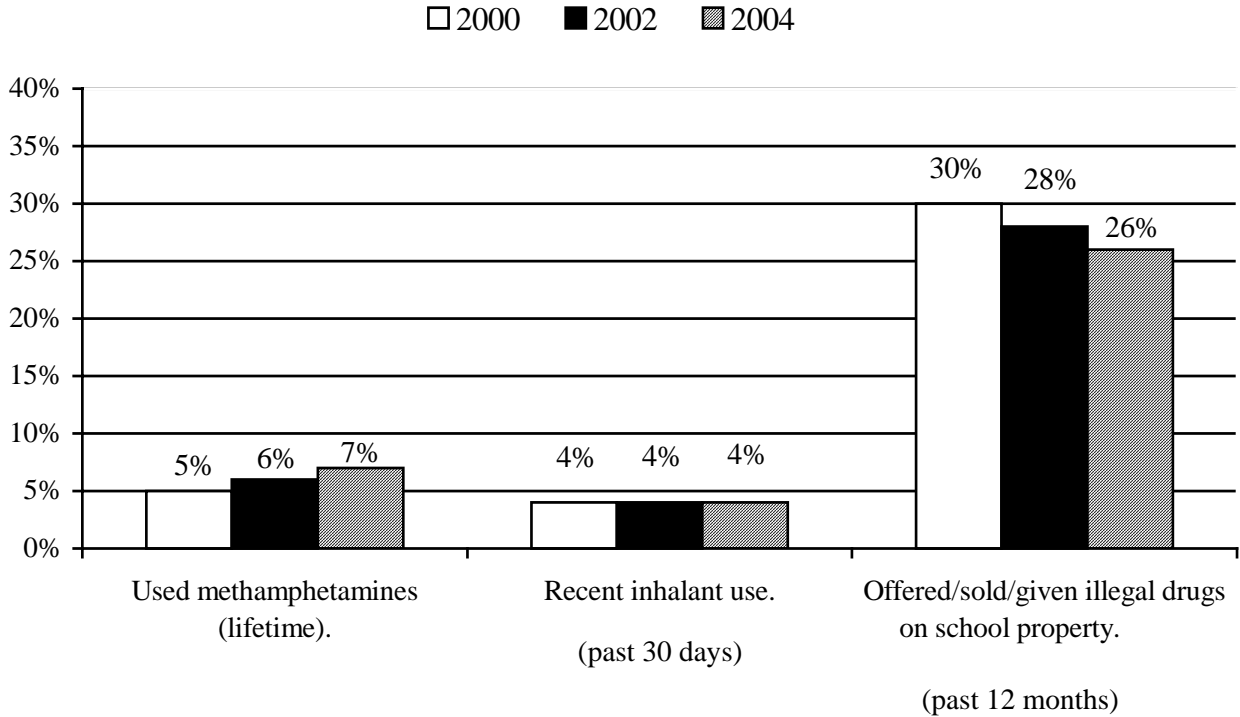


**ILLEGAL DRUG USE**

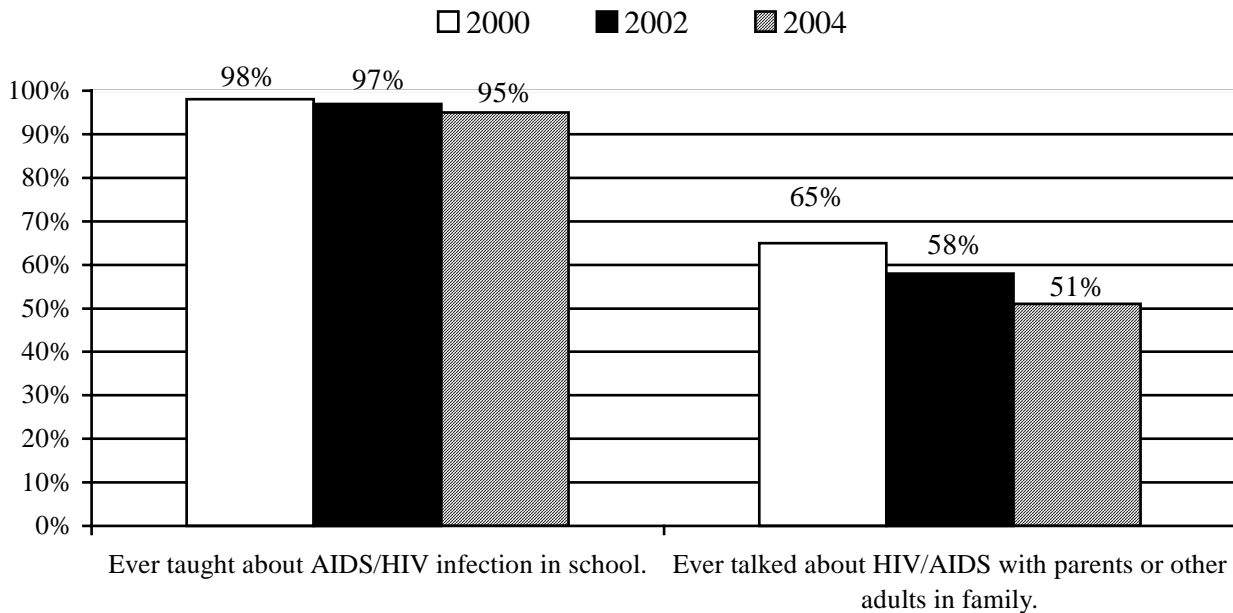


**ACTON-BOXBOROUGH 2004 YRBS  
GRADES 9 THRU 12 (COMBINED)**

**ILLEGAL DRUG USE**

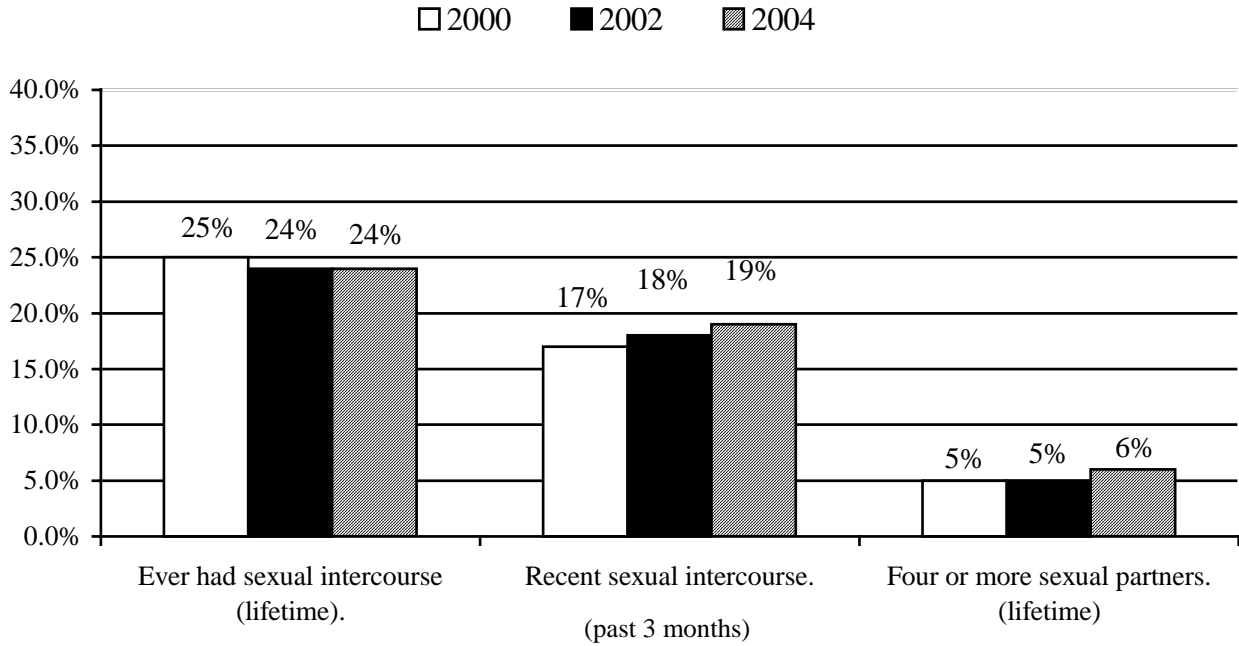


**HIV/AIDS EDUCATION**

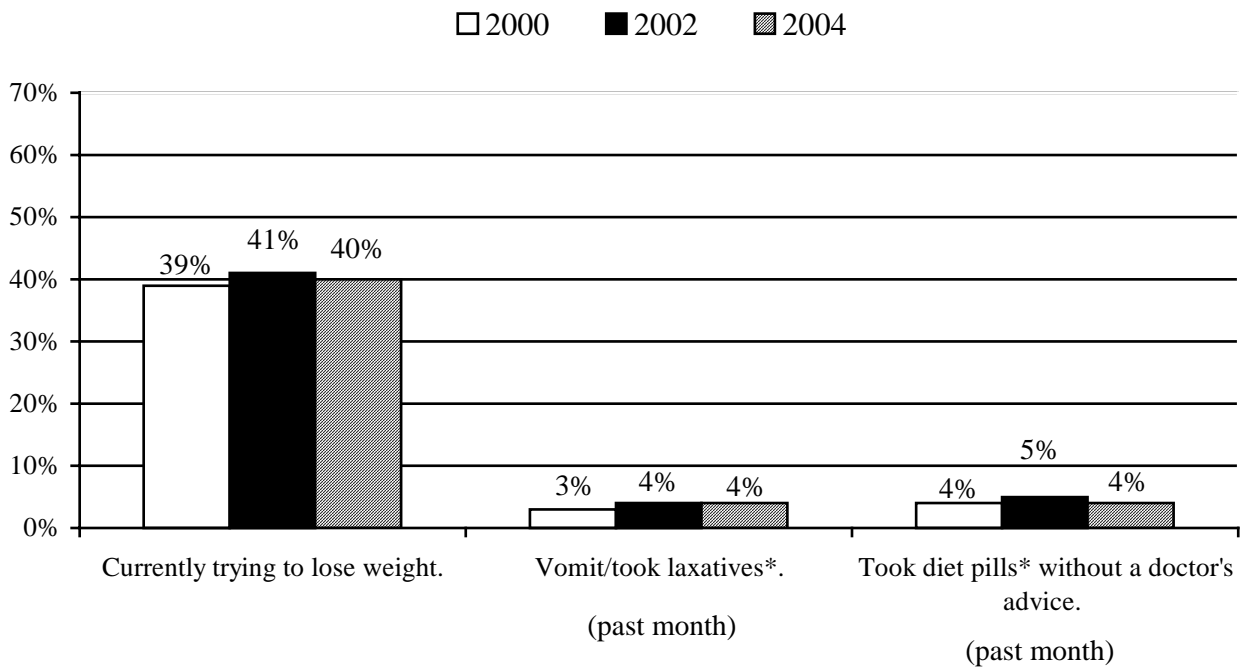


**ACTON-BOXBOROUGH 2004 YRBS  
GRADES 9 THRU 12 (COMBINED)**

**SEXUAL BEHAVIOR**



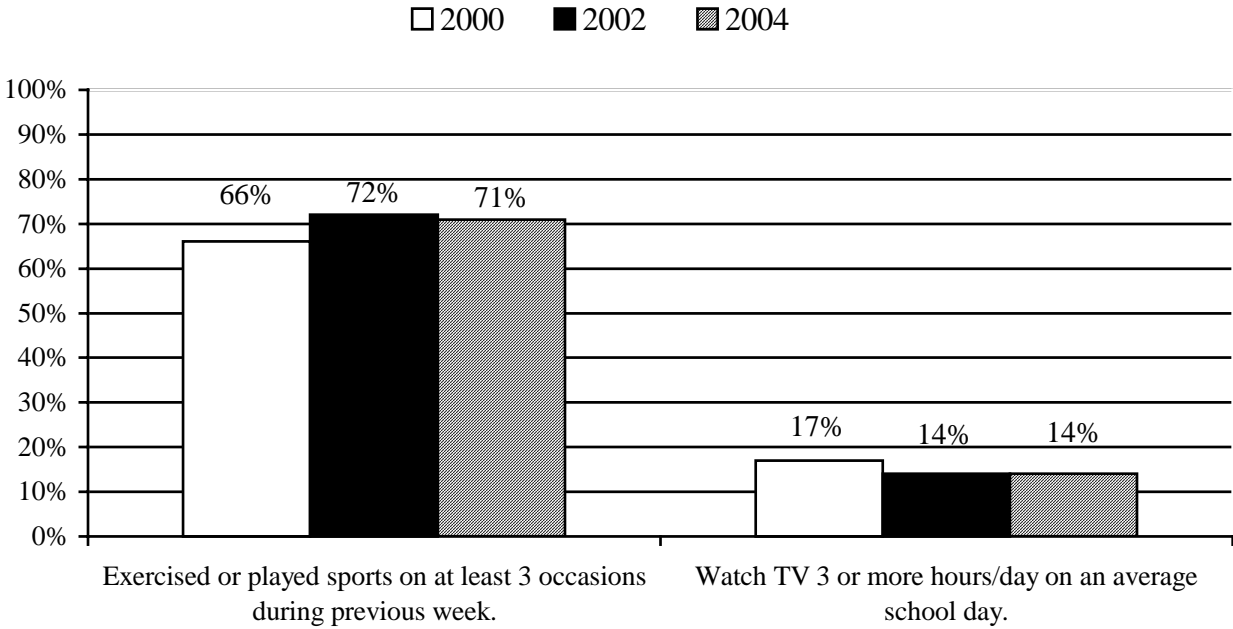
**DIETARY BEHAVIOR**



\*To lose weight or keep from gaining weight.

**ACTON-BOXBOROUGH 2004 YRBS  
GRADES 9 THRU 12 (COMBINED)**

**PHYSICAL ACTIVITY**



**APPENDIX C**

**THE 2004 EMERSON YRBS**

**SELECTED COMPARISONS**

**BETWEEN**

**GRADES 6 AND 8 OF 2000**

**AND**

**GRADES 8 AND 10 OF 2002**

**AND**

**GRADES 10 AND 12 OF 2004**

**FOR THE**

**ACTON PUBLIC SCHOOLS**

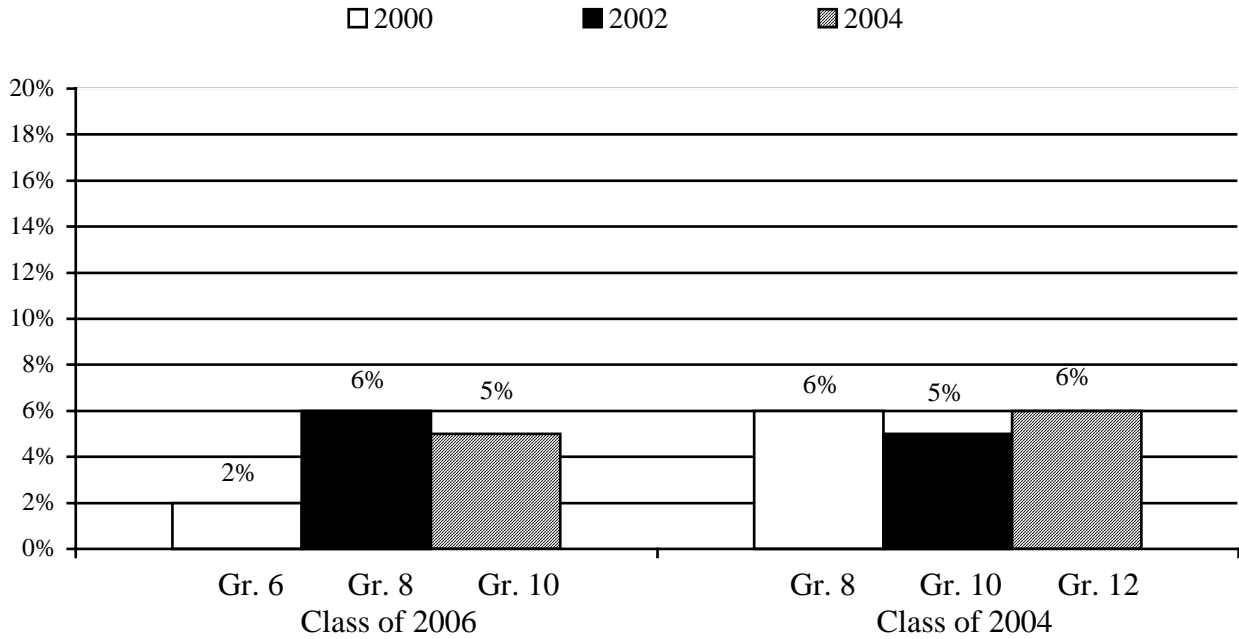
**AND THE**

**ACTON-BOXBOROUGH REGIONAL SCHOOLS**

**ACTON-BOXBOROUGH 2004 YRBS  
GRADES 10 AND 12**

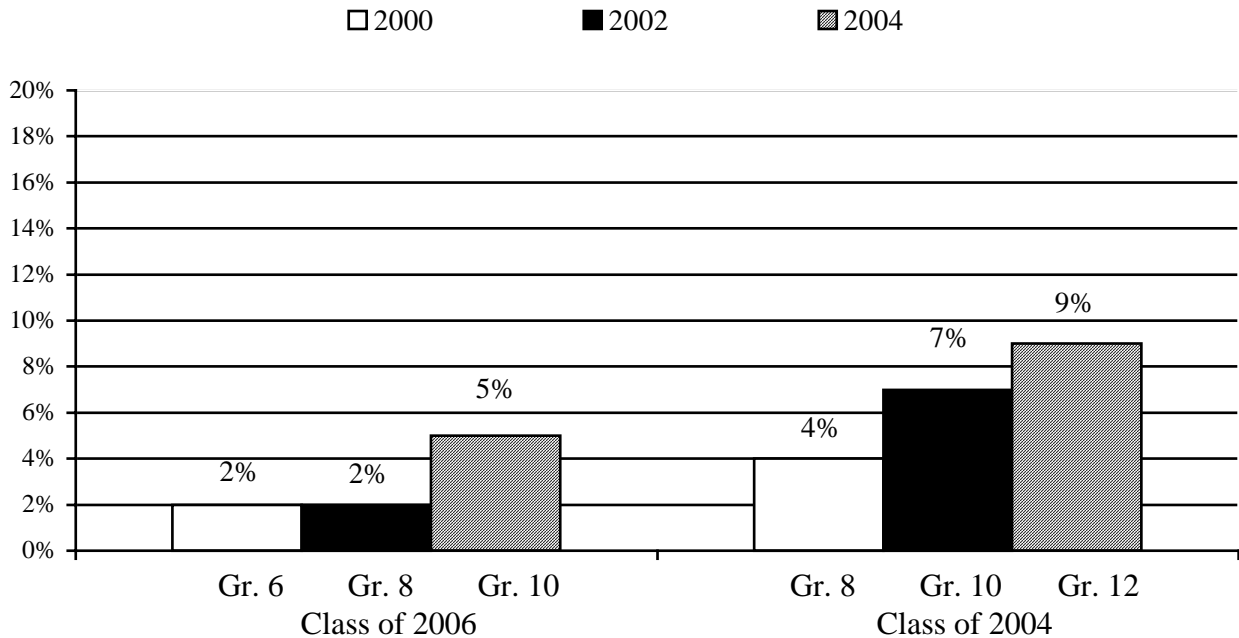
**VEHICLE RELATED SAFETY**

Rarely, never wear a seatbelt.



**VIOLENCE RELATED BEHAVIORS**

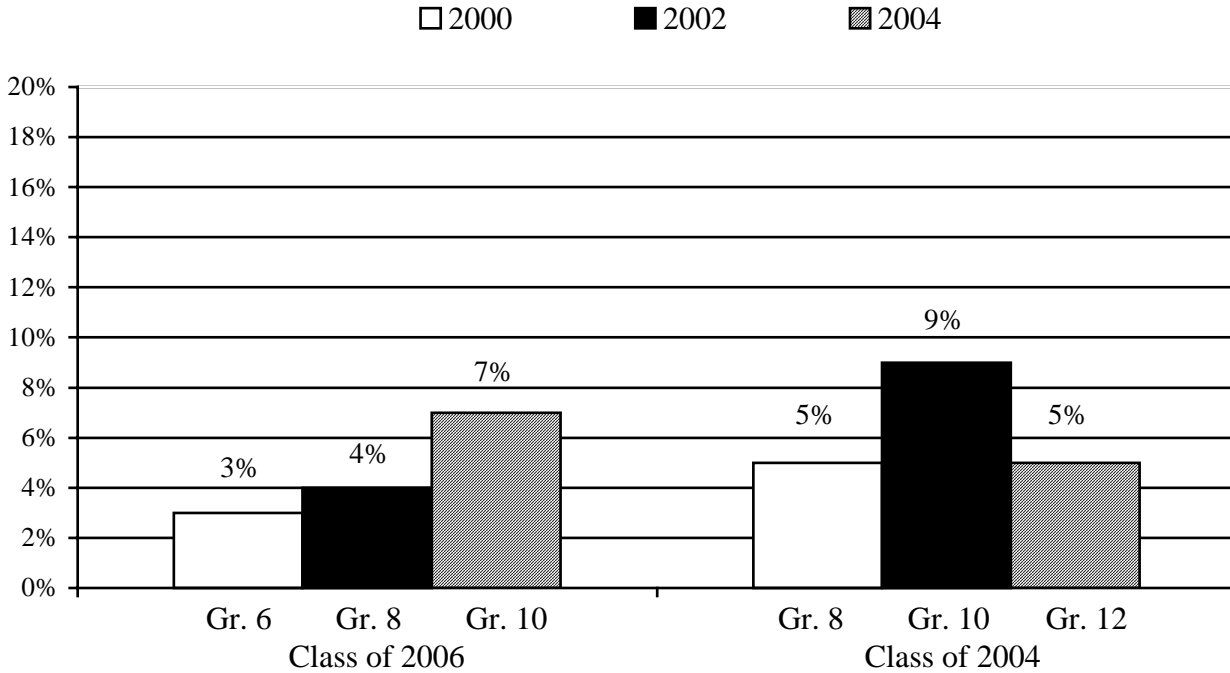
Carried weapon on school property. (past 30 days)



**ACTON-BOXBOROUGH 2004 YRBS  
GRADES 10 AND 12**

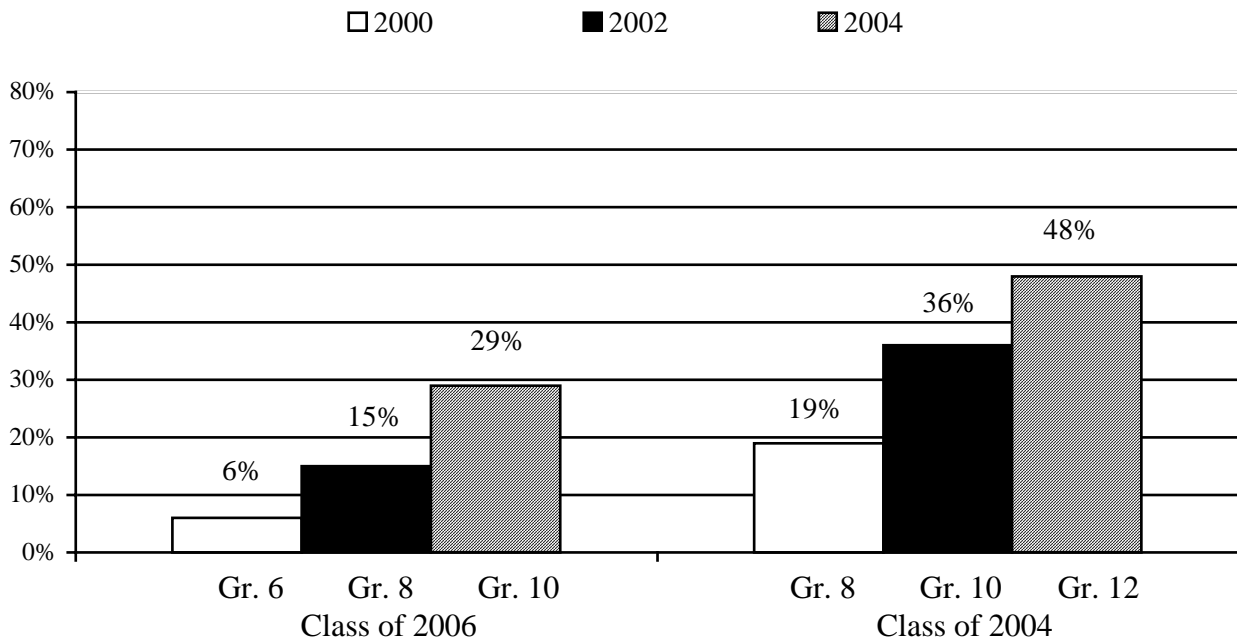
**SUICIDE**

Attempted suicide. (past 12 months)



**TOBACCO USE**

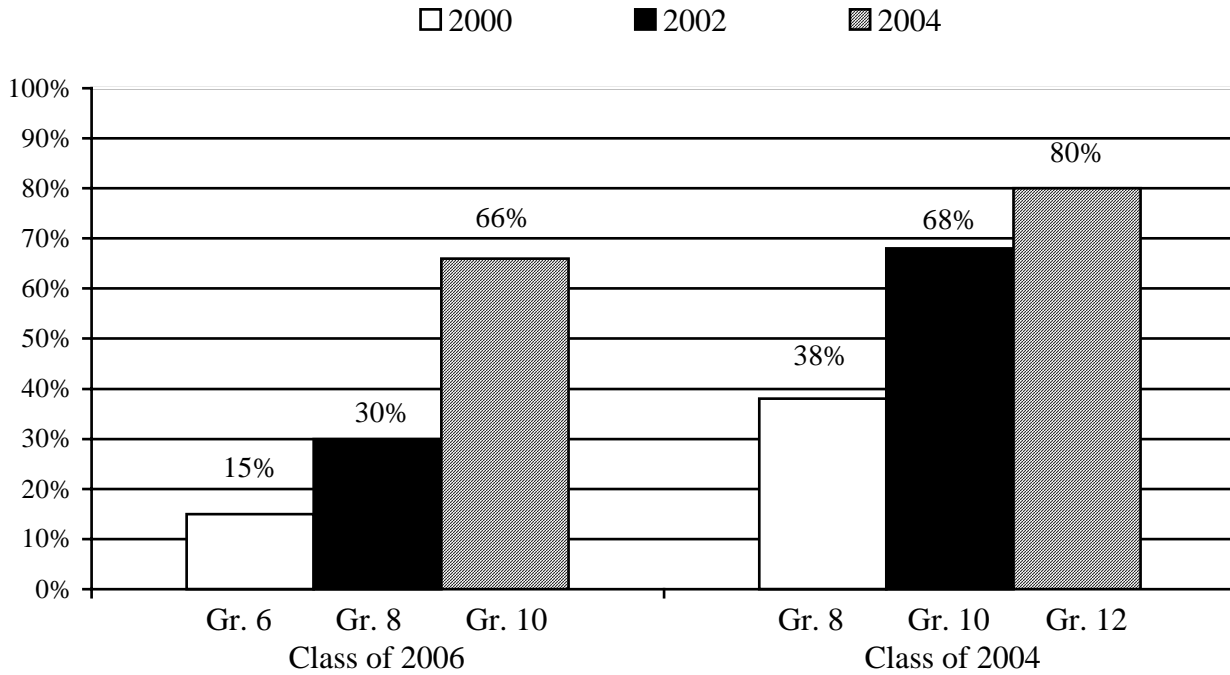
Ever tried cigarette smoking.



**ACTON-BOXBOROUGH 2004 YRBS  
GRADES 10 AND 12**

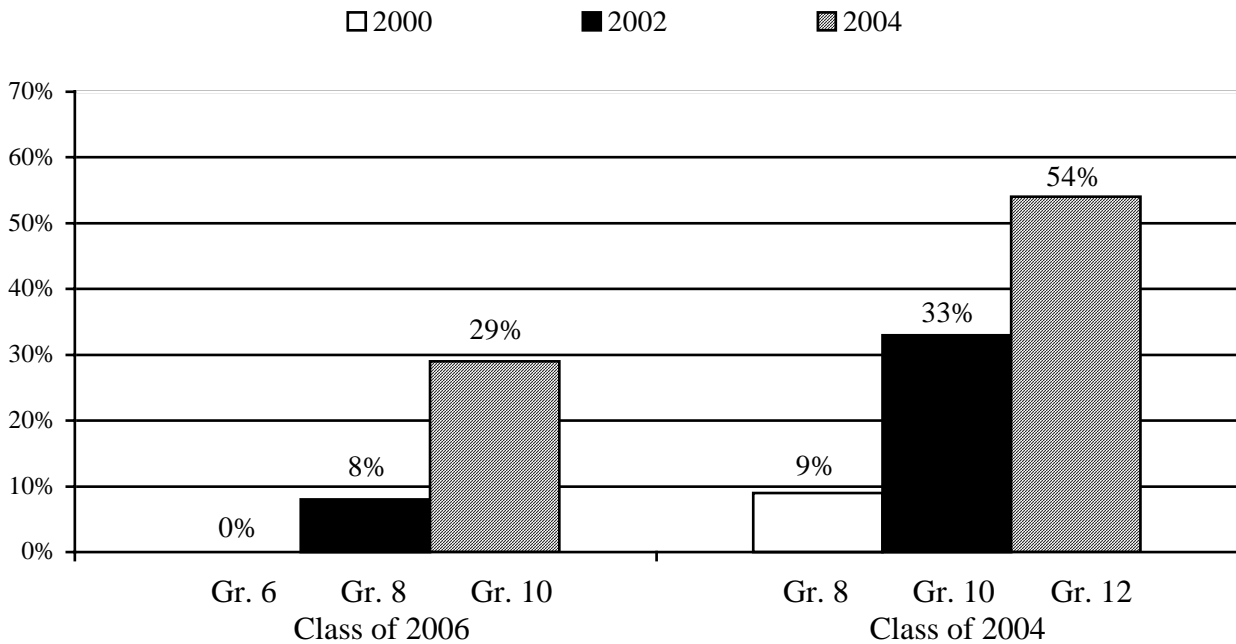
**ALCOHOL USE**

Ever had a drink of alcohol.



**ILLEGAL DRUG USE**

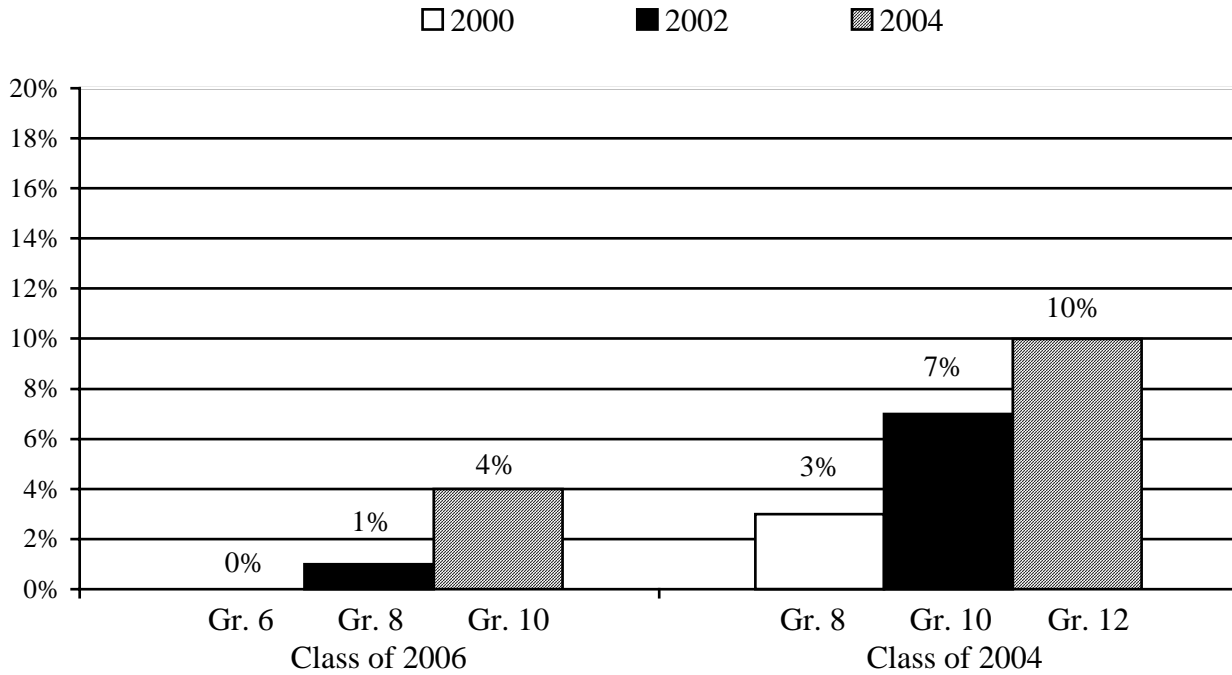
Ever used marijuana.



**ACTON-BOXBOROUGH 2004 YRBS  
GRADES 10 AND 12**

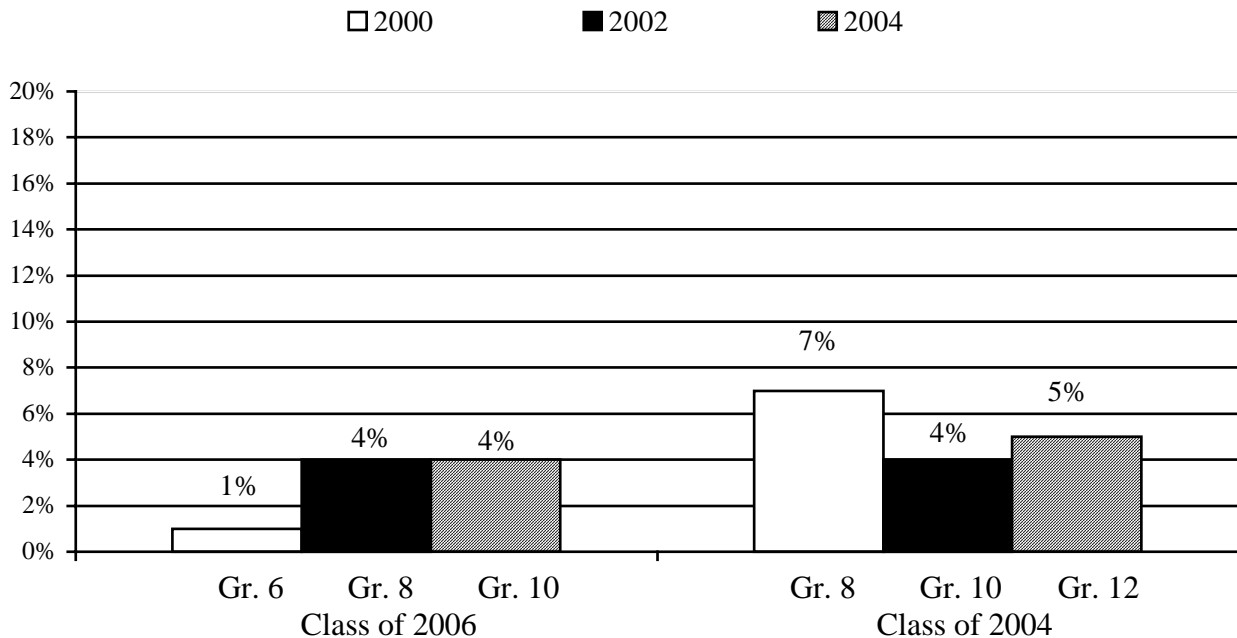
**ILLEGAL DRUG USE**

Ever used cocaine.



**ILLEGAL DRUG USE**

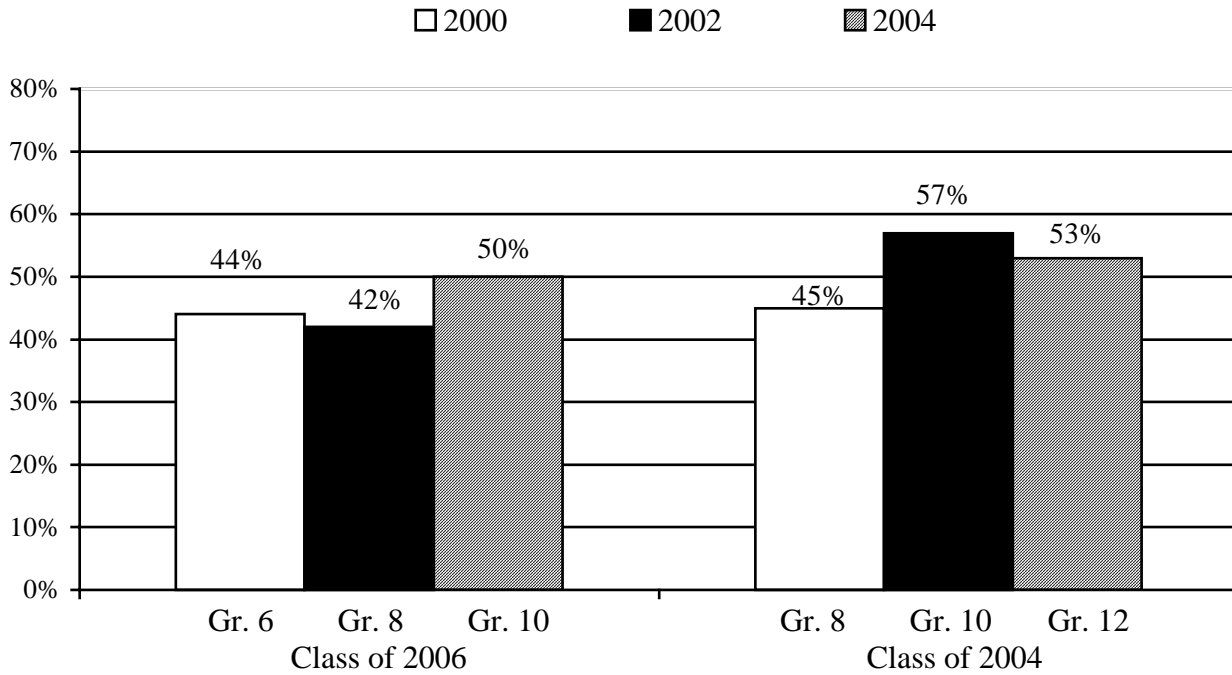
Used inhalants. (past 30 days)



**ACTON-BOXBOROUGH 2004 YRBS  
GRADES 10 AND 12**

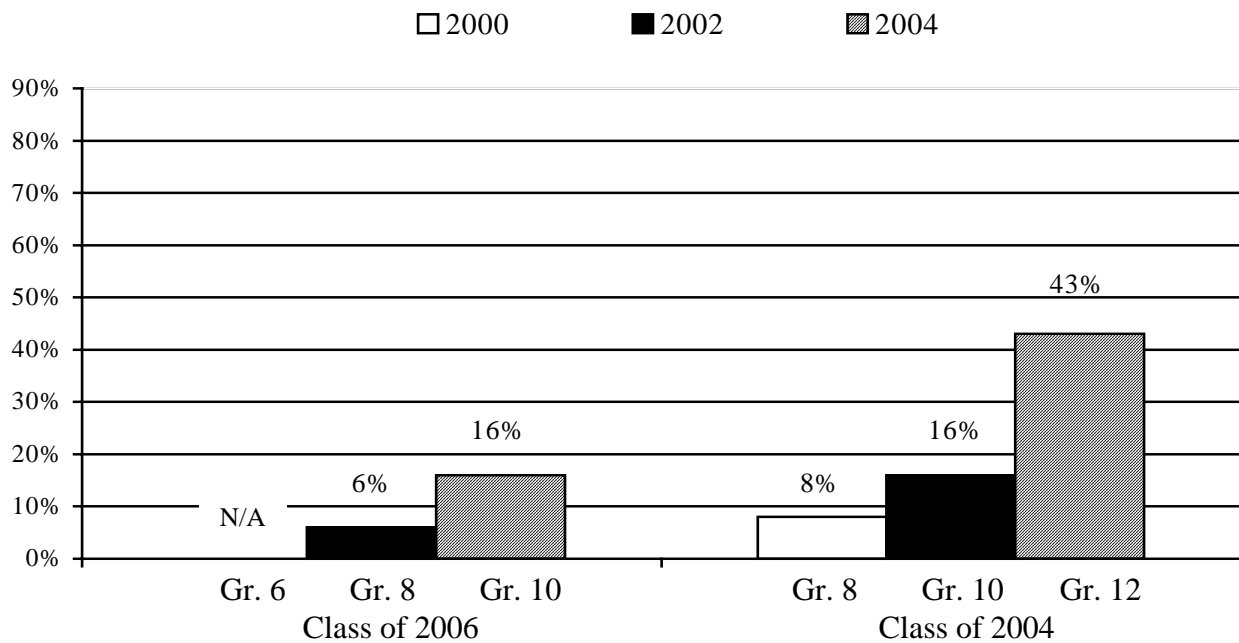
**AIDS/HIV EDUCATION**

Ever talked about AIDS/HIV infection with parents/family.



**SEXUAL BEHAVIOR**

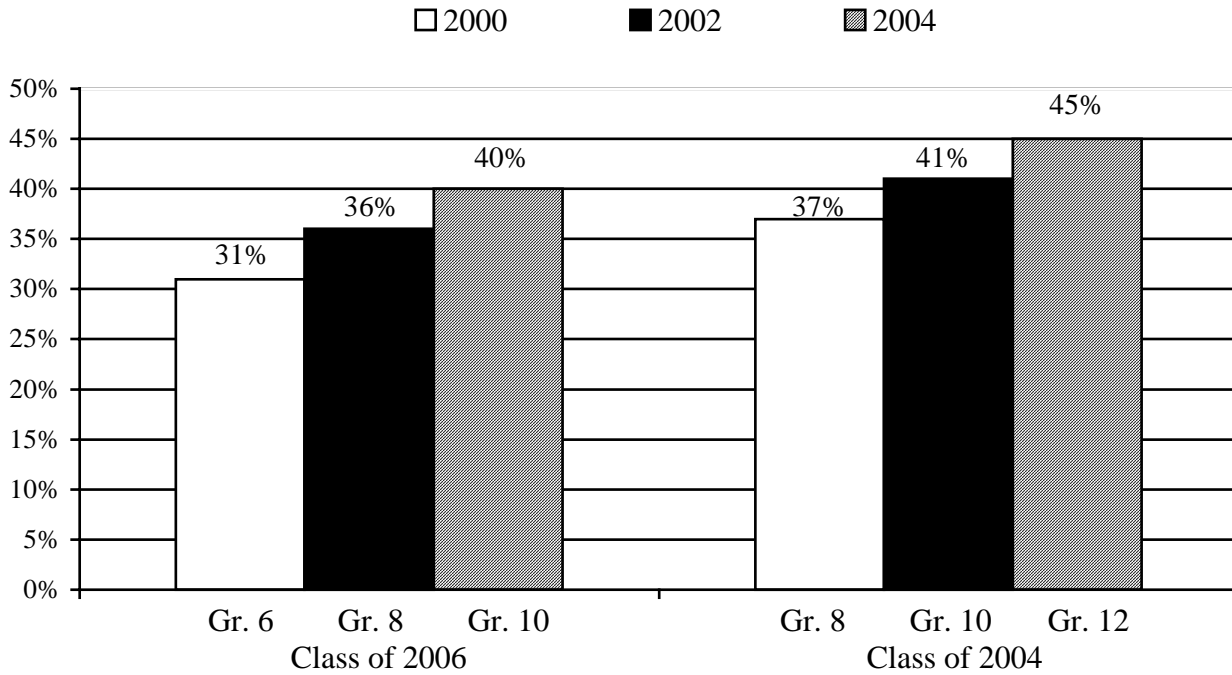
Ever had sexual intercourse.



**ACTON-BOXBOROUGH 2004 YRBS  
GRADES 10 AND 12**

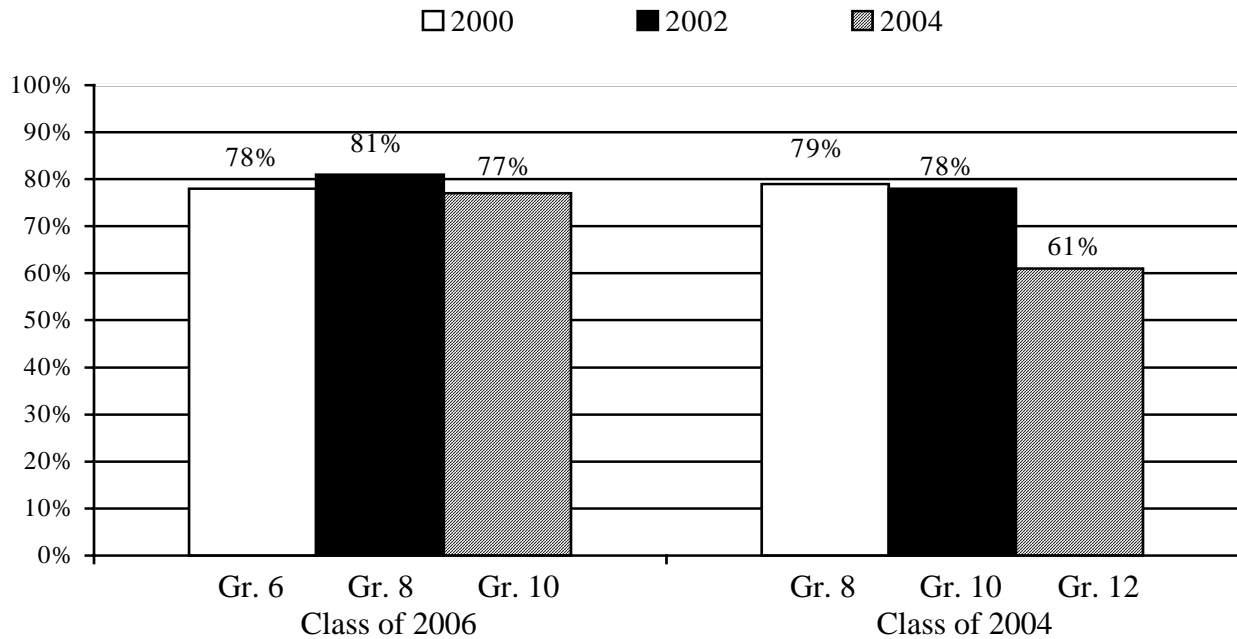
**DIETARY BEHAVIOR**

Trying to lose weight.



**PHYSICAL ACTIVITY**

Exercised or played sports at least 3 times in previous week.



**APPENDIX D**

**THE 2004 EMERSON YRBS**

**SELECTED COMPARISONS**

**BY GRADE**

**FOR THE**

**ACTON PUBLIC SCHOOLS**

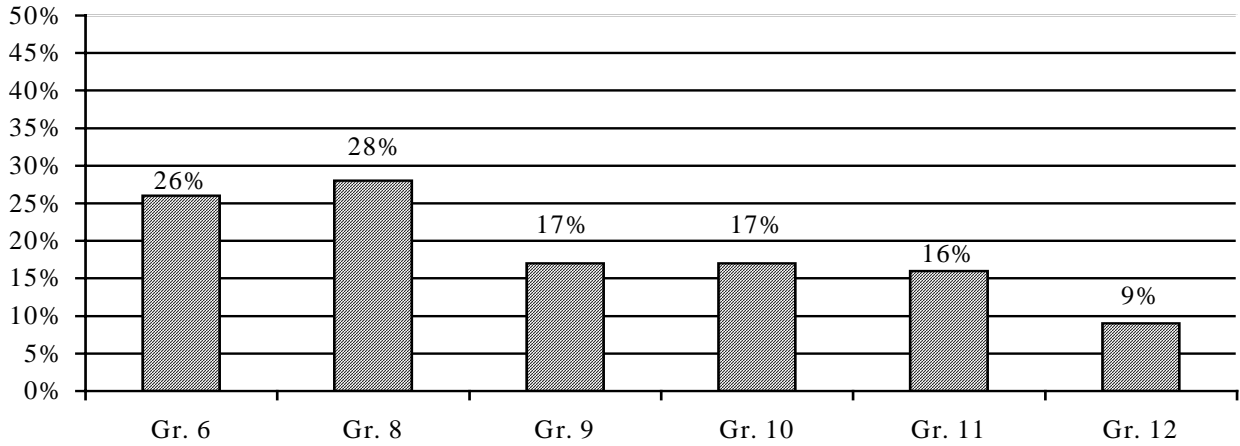
**AND THE**

**ACTON-BOXBOROUGH REGIONAL SCHOOLS**

ACTON-BOXBOROUGH 2004 YRBS  
GRADES 6, 8, AND 9 THRU 12

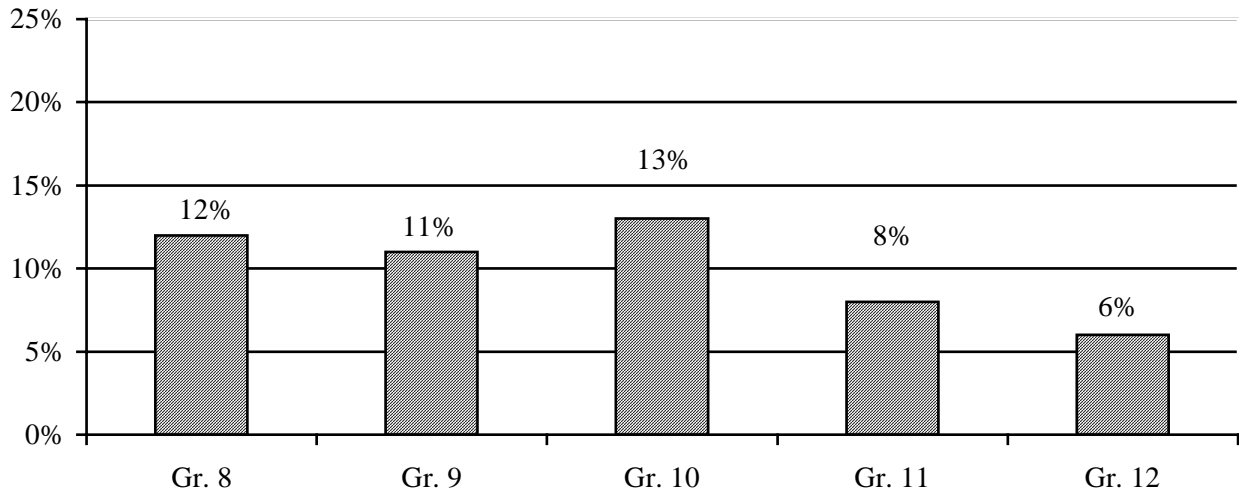
**VIOLENCE RELATED BEHAVIORS**

Been bullied in school.  
(past 12 months)



**VIOLENCE RELATED BEHAVIORS**

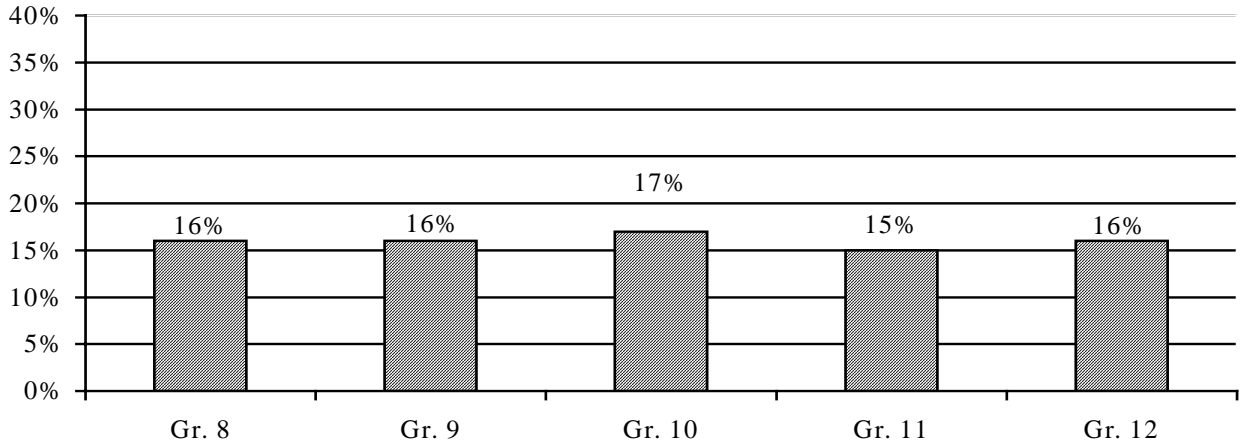
Sexually harassed in school.  
(past 12 months)



ACTON-BOXBOROUGH 2004 YRBS  
GRADES 6, 8, AND 9 THRU 12

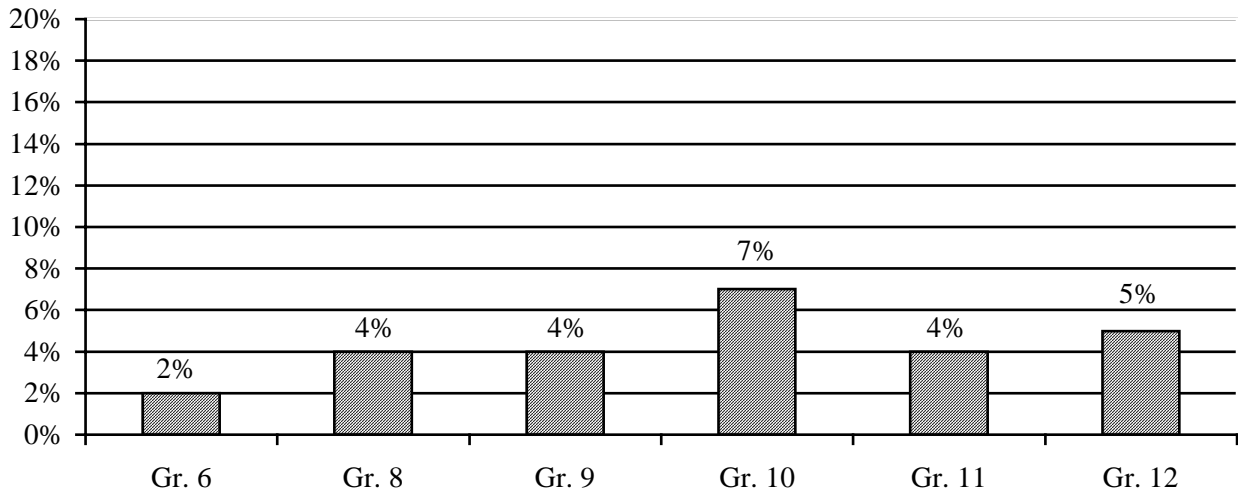
**VIOLENCE RELATED BEHAVIORS**

Hurt yourself on purpose.  
(cuts, burns, bruises) (past 12 months)



**SUICIDE**

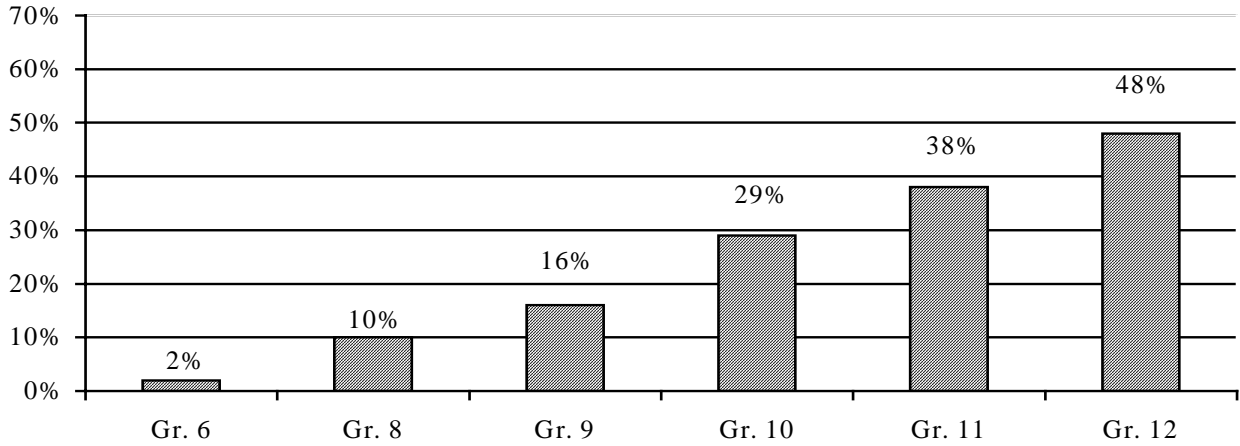
Attempted suicide.  
(past 12 months)



ACTON-BOXBOROUGH 2004 YRBS  
GRADES 6, 8, AND 9 THRU 12

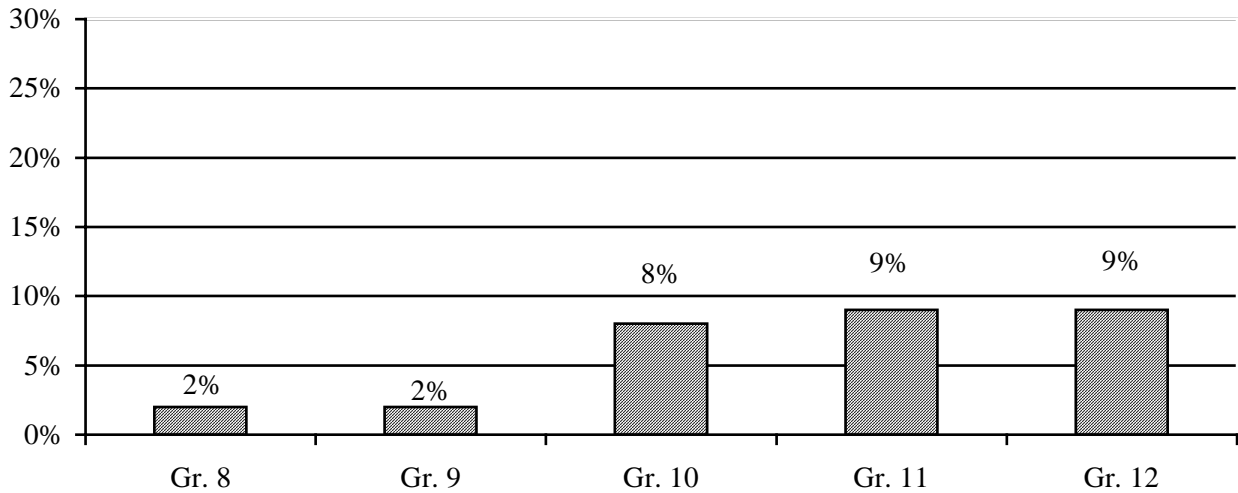
**TOBACCO USE**

Ever tried smoking cigarettes.



**TOBACCO USE**

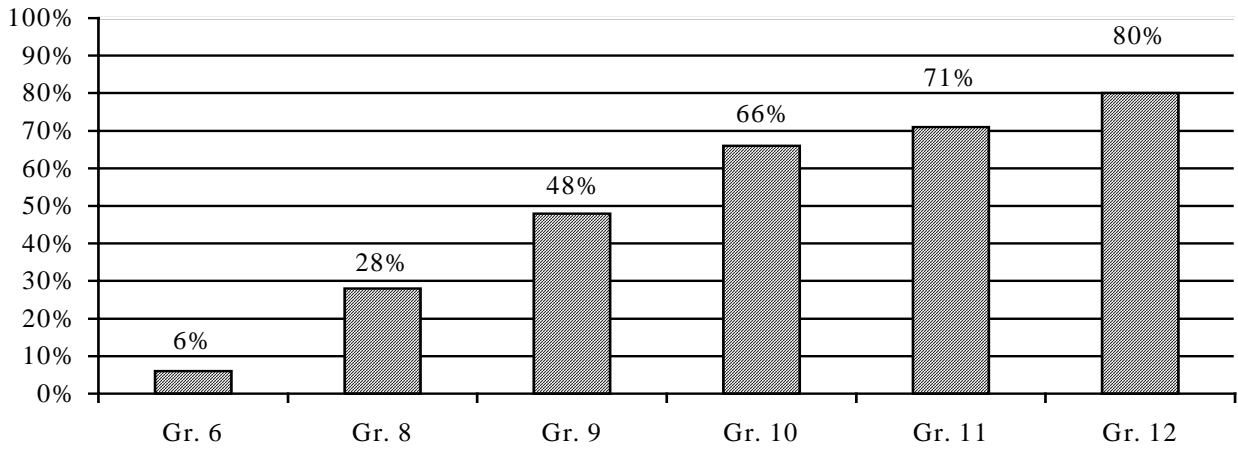
Smoked Bidis, herbal cigarettes, or cloves at least once.  
(past 30 days)



**ACTON-BOXBOROUGH 2004 YRBS  
GRADES 6, 8, AND 9 THRU 12**

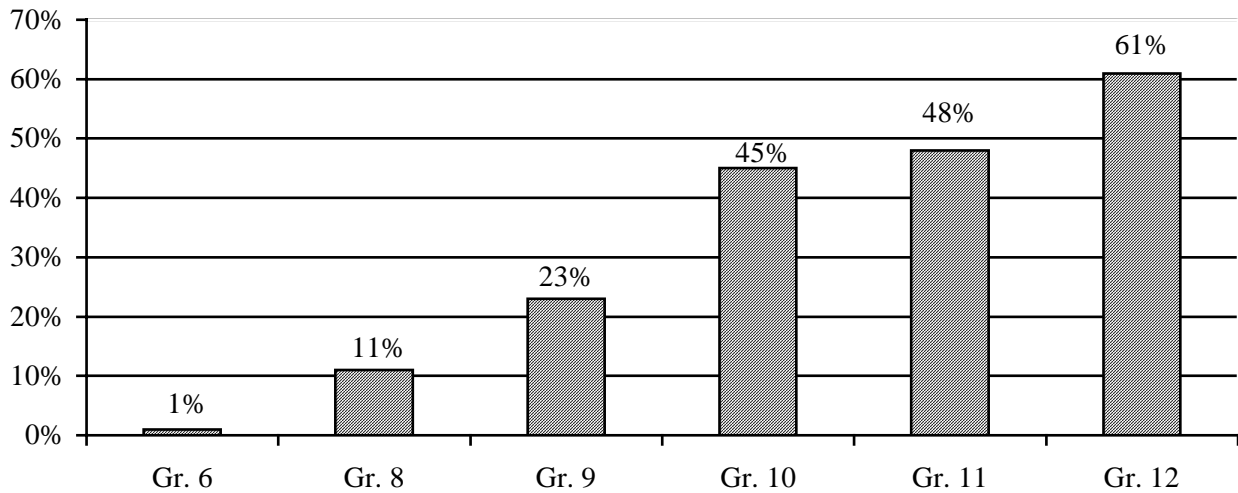
**ALCOHOL USE**

Ever had a drink of alcohol other than for religious reasons.



**ALCOHOL USE**

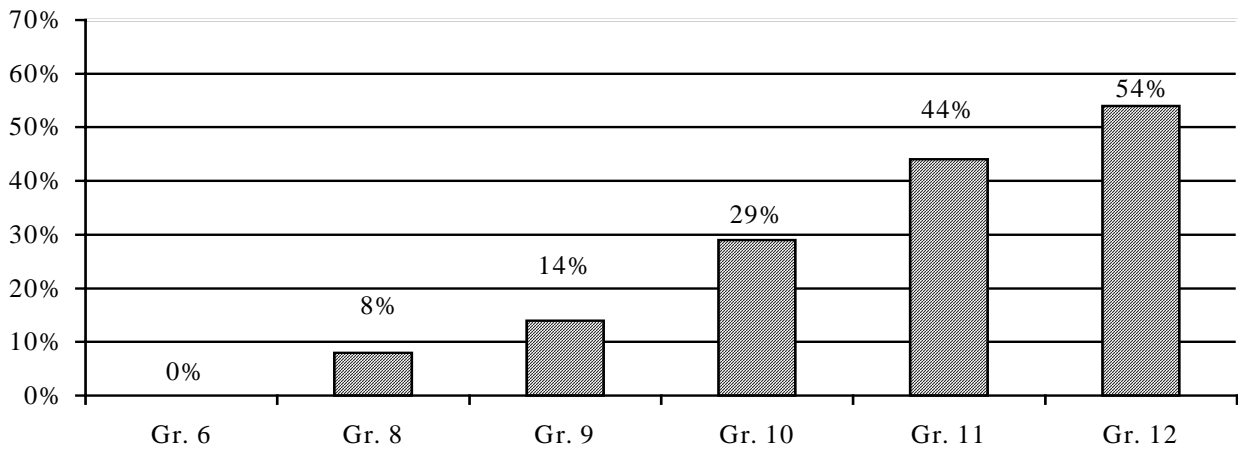
Recent alcohol use.  
(past 30 days)



ACTON-BOXBOROUGH 2004 YRBS  
GRADES 6, 8, AND 9 THRU 12

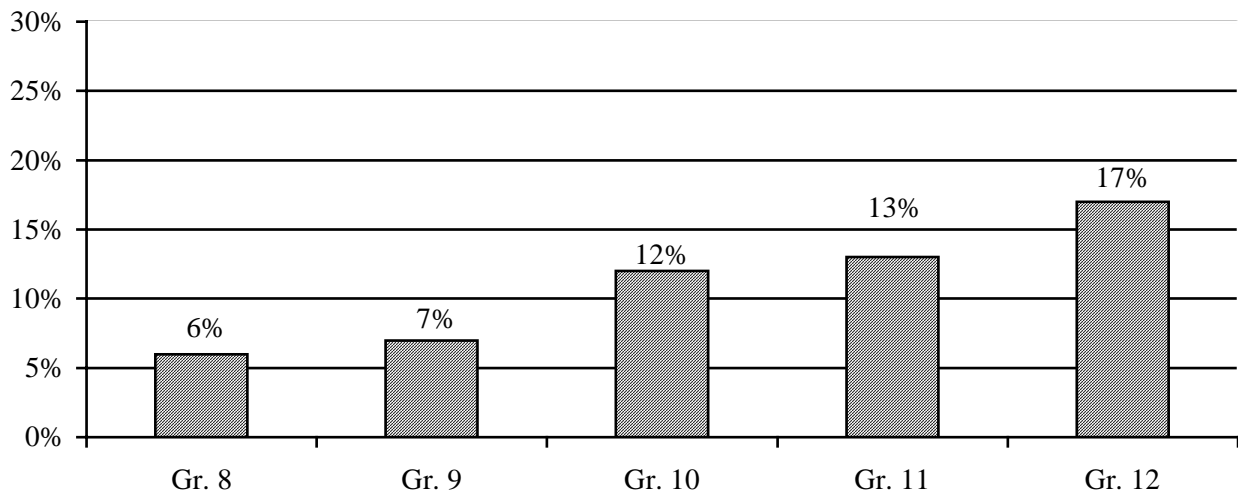
**ILLEGAL DRUG USE**

Ever used marijuana.



**ILLEGAL DRUG USE**

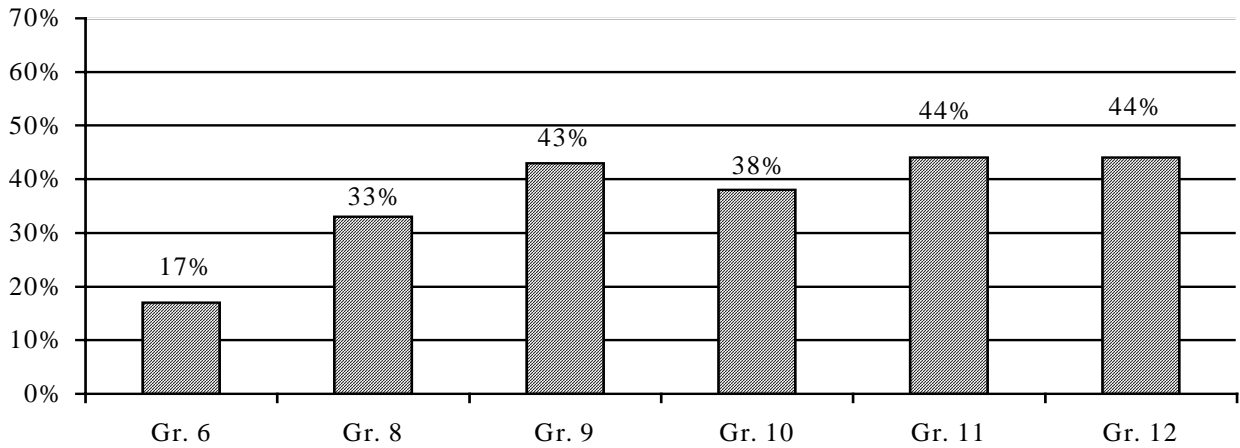
Used someone else's prescription medication.  
(past 12 months)



**ACTON-BOXBOROUGH 2004 YRBS  
GRADES 6, 8, AND 9 THRU 12**

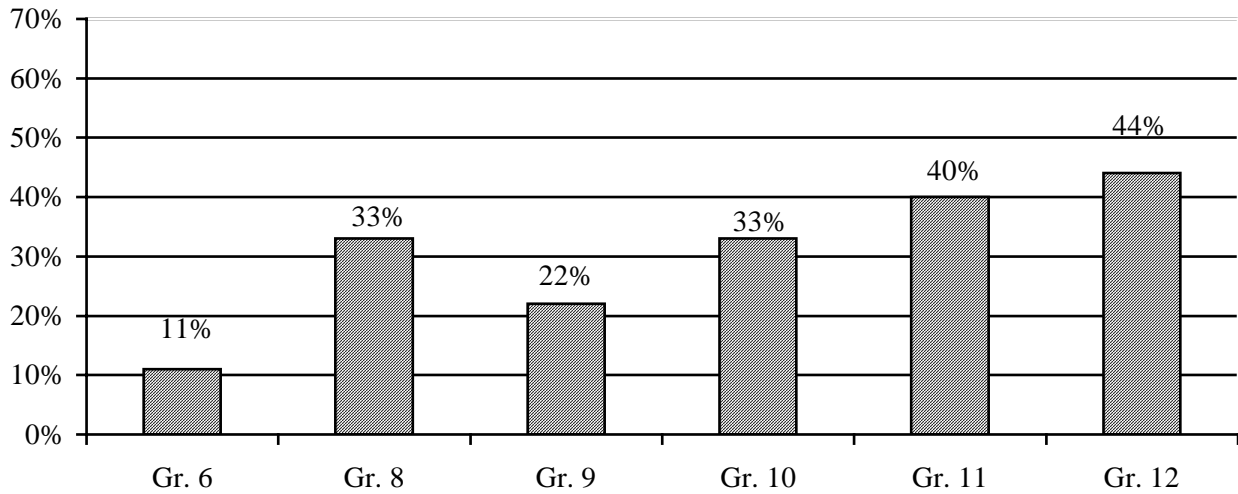
**GAMBLING**

Gambled by betting on lottery, Keno, sporting events, casino games, cards, or racing.  
(past 12 months)



**DIETARY BEHAVIOR**

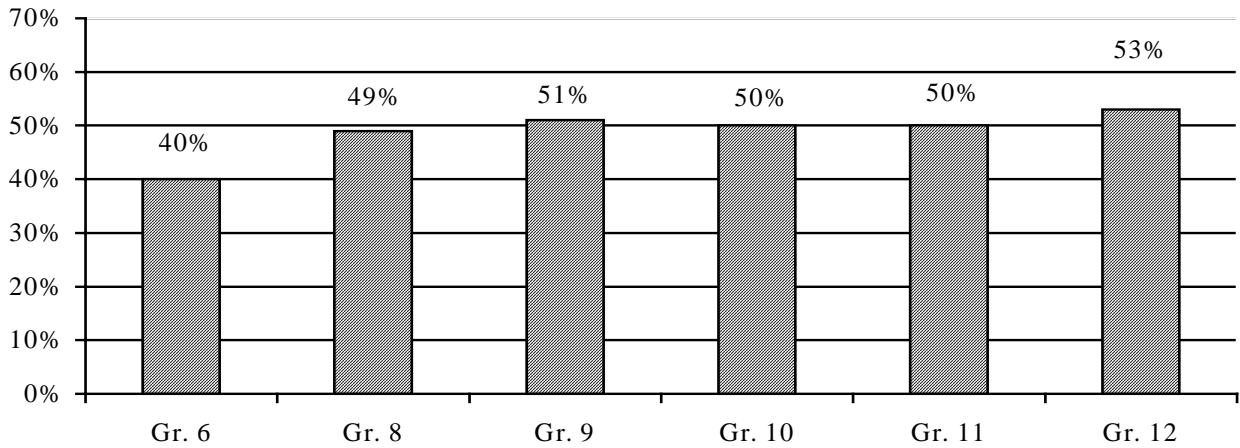
Ate breakfast on fewer than 5 days.  
(past 7 days)



**ACTON-BOXBOROUGH 2004 YRBS  
GRADES 6, 8, AND 9 THRU 12**

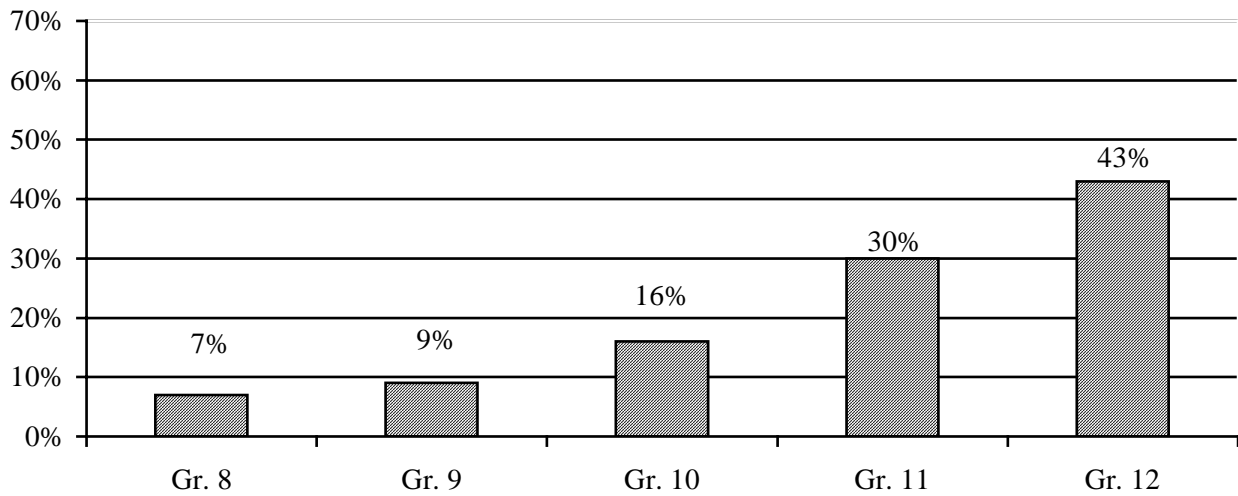
**AIDS/HIV EDUCATION**

Ever talked about AIDS/HIV infection with parents/family.



**SEXUAL BEHAVIOR**

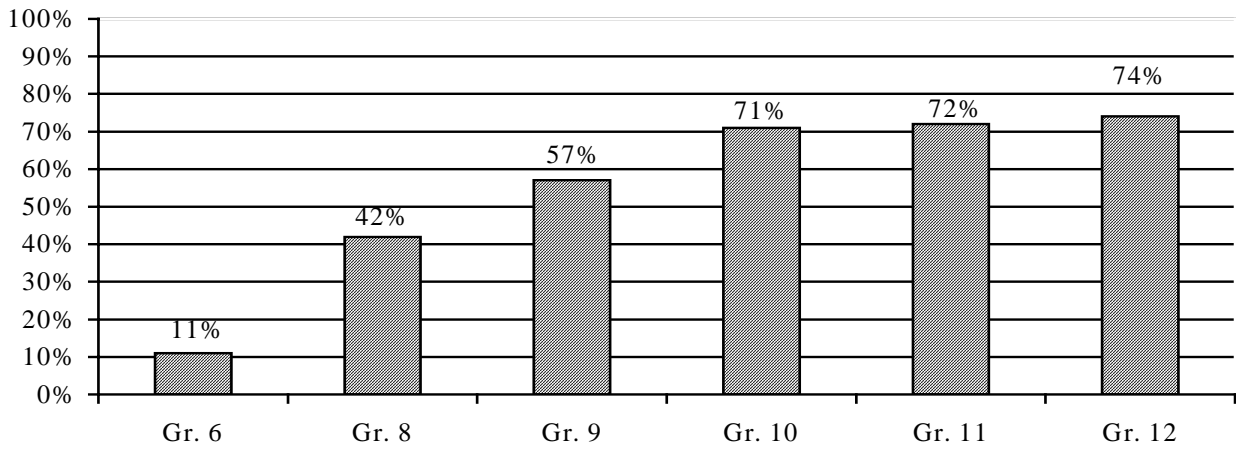
Ever had sexual intercourse.



**ACTON-BOXBOROUGH 2004 YRBS  
GRADES 6, 8, AND 9 THRU 12**

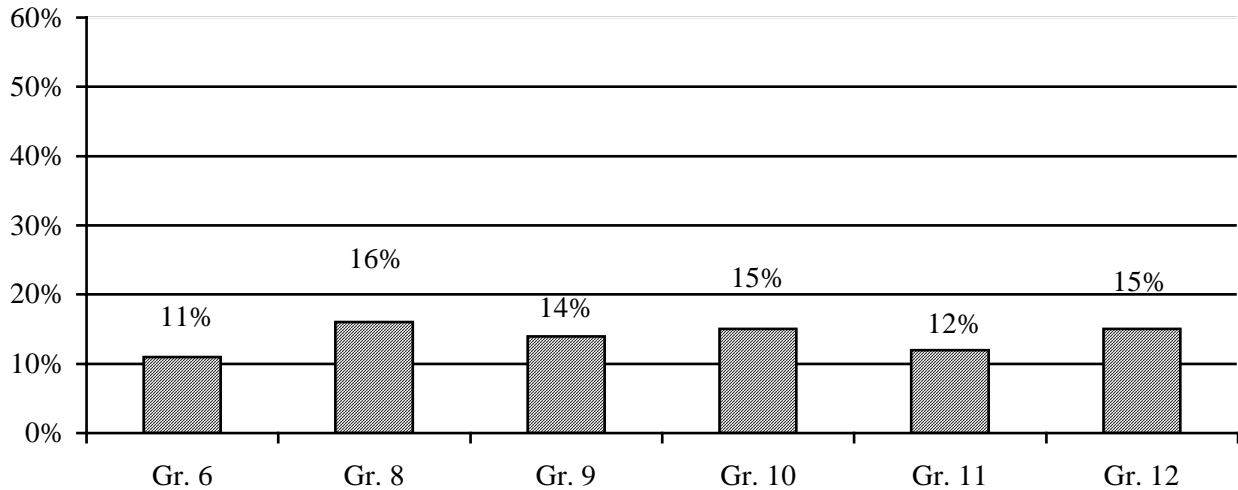
**PHYSICAL ACTIVITY**

Get seven or fewer hours of sleep each night, on average.



**PHYSICAL ACTIVITY**

Watch TV 3+ hours/day on average school day.



**APPENDIX E**

**THE 2004 EMERSON YRBS**

**SELECTED COMPARISONS**

**BEHAVIORAL/EXPERIENTIAL**

**CROSS-TABULATIONS**

**FOR THE**

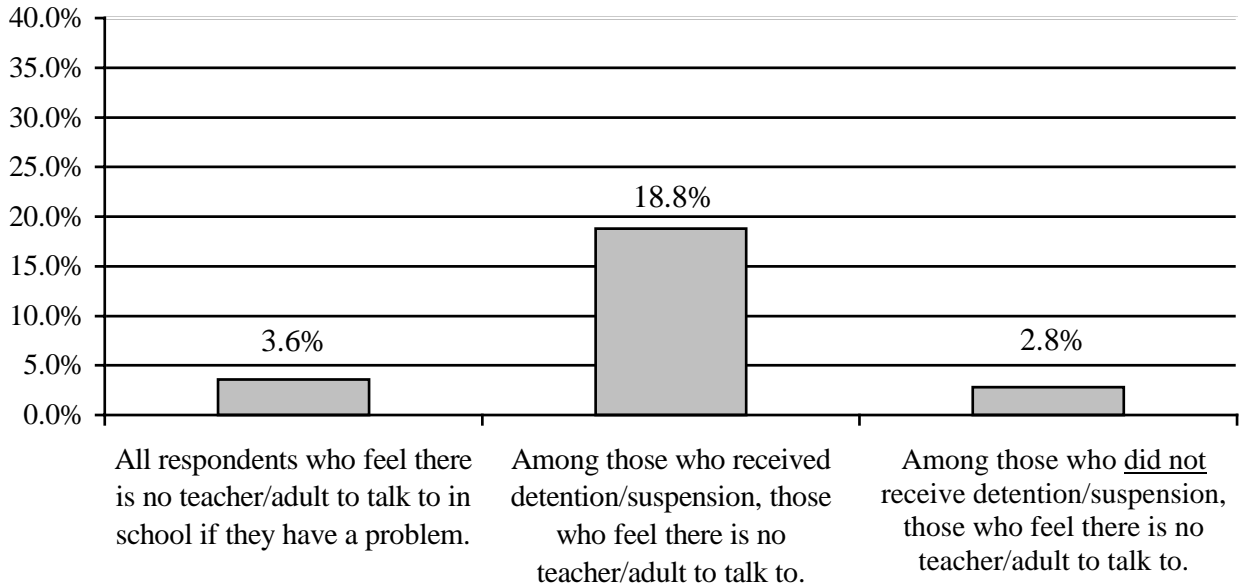
**ACTON PUBLIC SCHOOLS**

**AND THE**

**ACTON-BOXBOROUGH REGIONAL SCHOOLS**

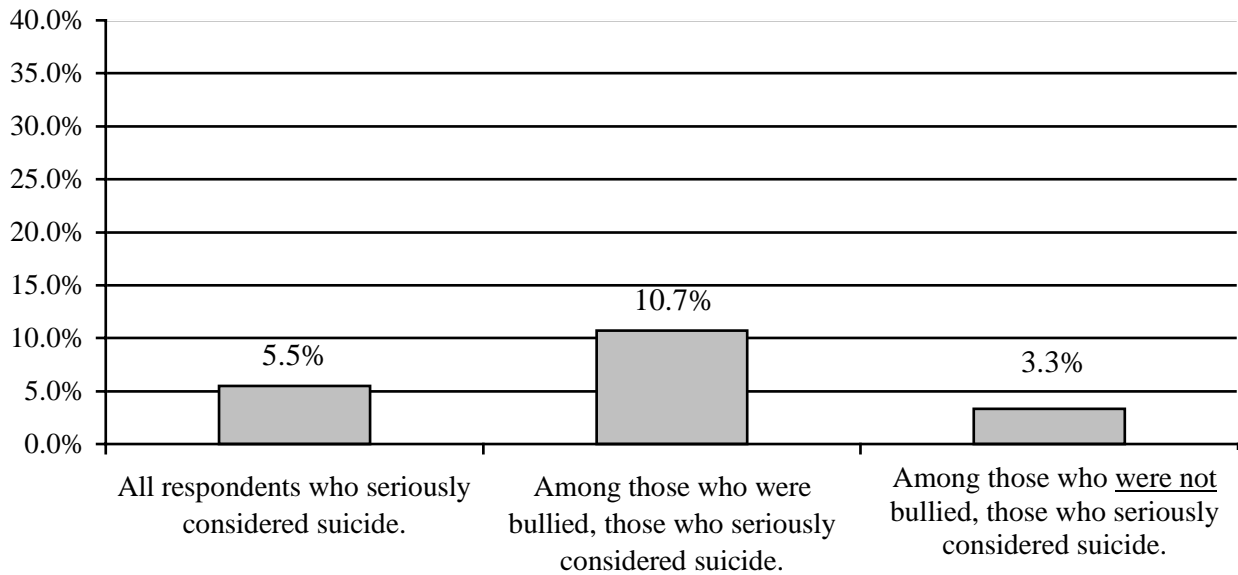
**ACTON 2004 YRBS  
GRADE 6**

Teacher/adult to talk to in school/  
received detention/suspension\*



\* during the past 12 months

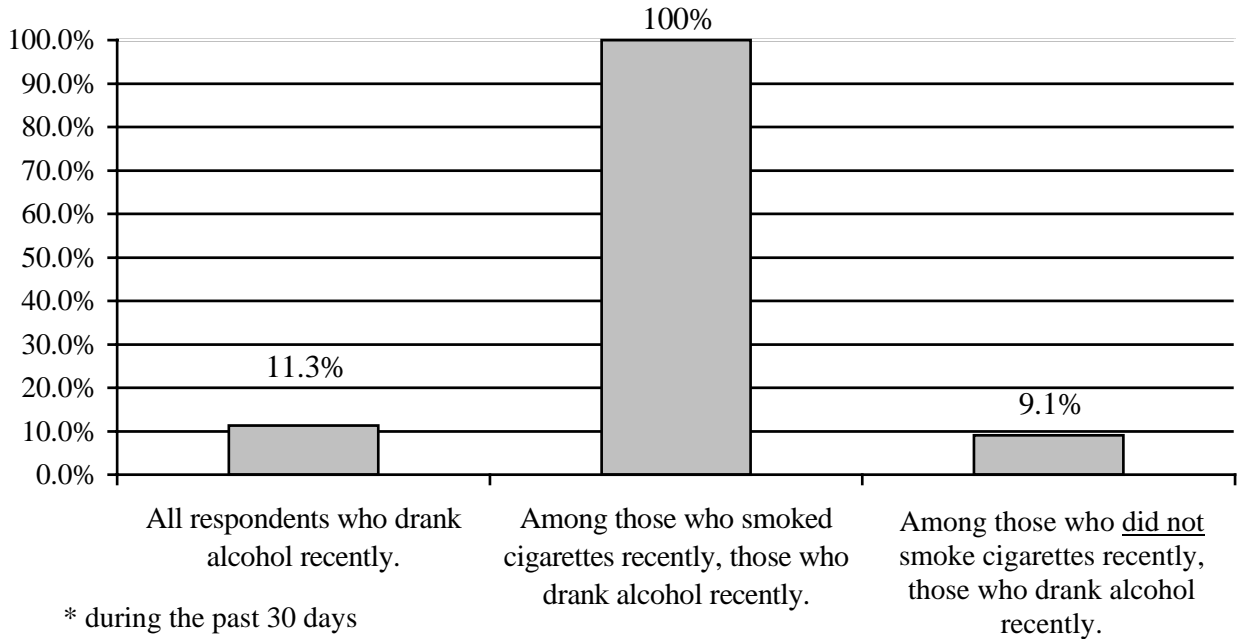
Seriously considered suicide\*/  
Been bullied in school\*



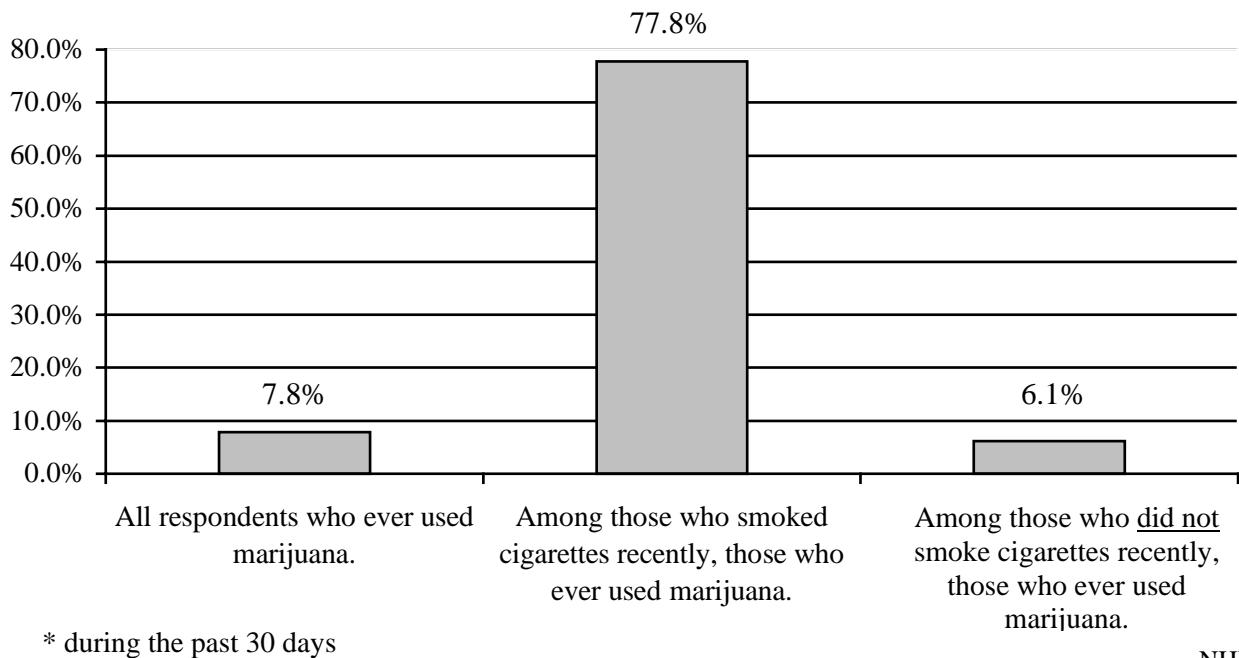
\* during the past 12 months

**ACTON-BOXBOROUGH 2004 YRBS  
GRADE 8**

Smoked cigarettes recently\*/  
Drank alcohol recently\*

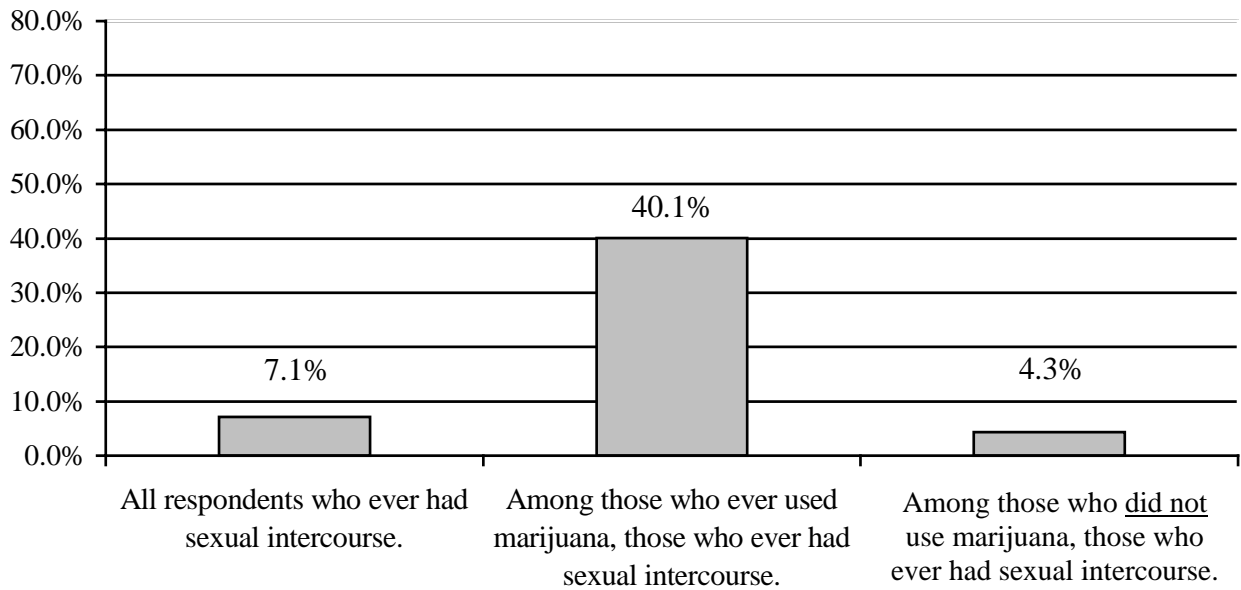


Smoked cigarettes recently\*/  
Ever used marijuana

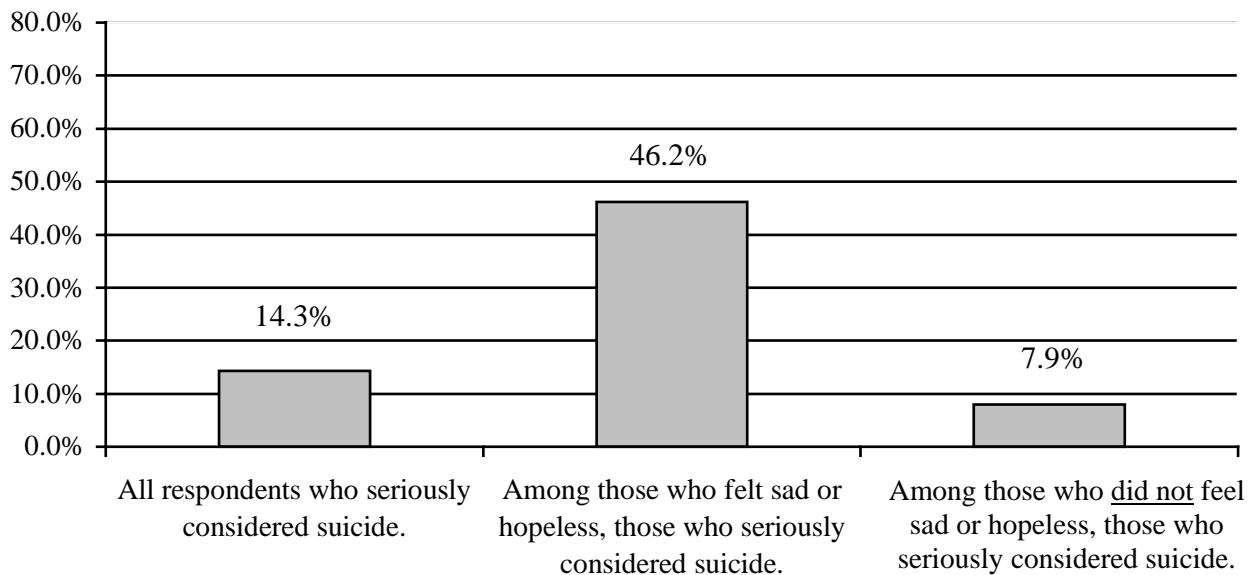


**ACTON-BOXBOROUGH 2004 YRBS  
GRADE 8**

Ever had sexual intercourse/  
Ever used marijuana



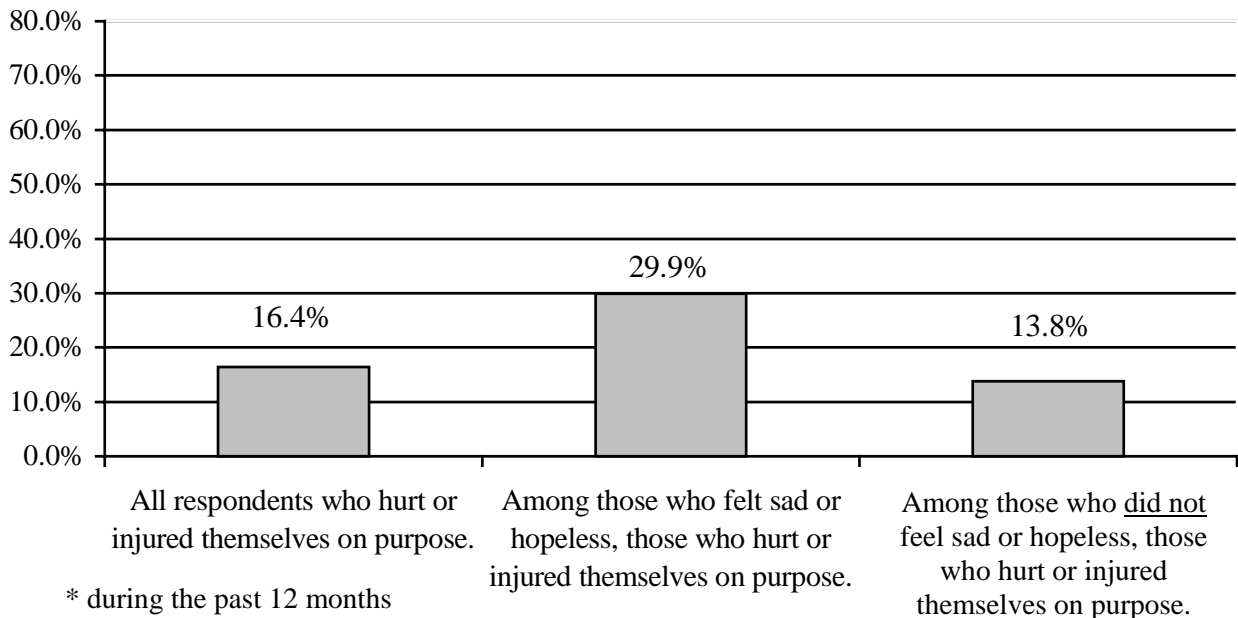
Felt sad or hopeless for two weeks\*/  
Seriously considered suicide\*



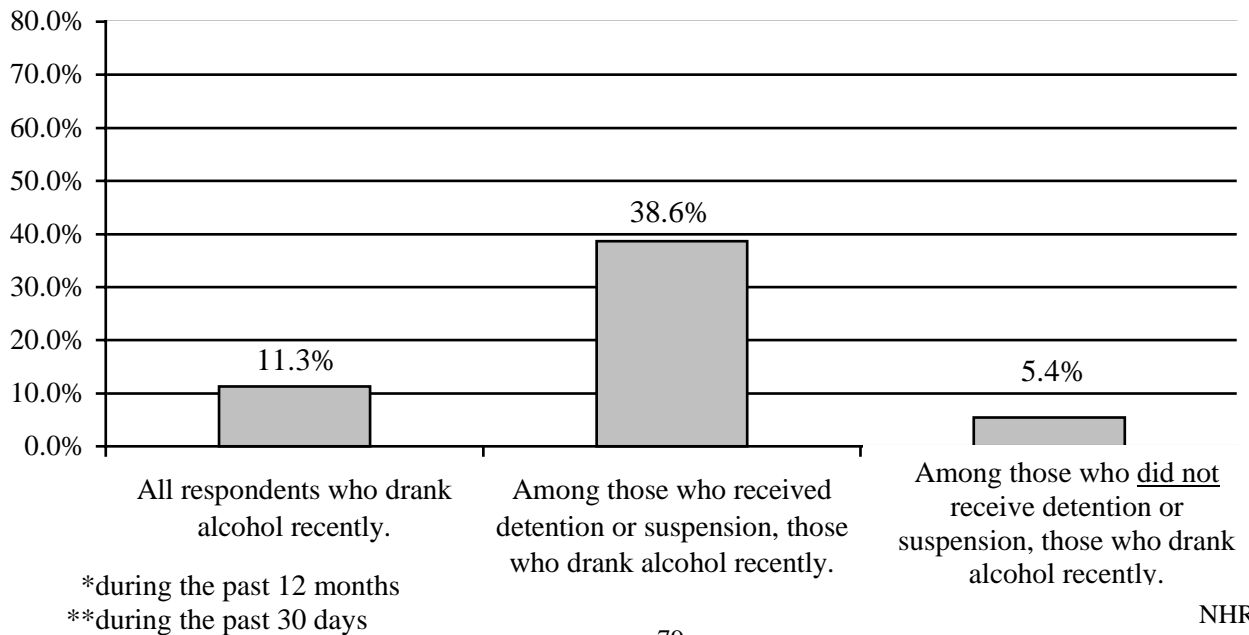
\* during the past 12 months

**ACTON-BOXBOROUGH 2004 YRBS  
GRADE 8**

Felt sad or hopeless for 2 weeks\*/  
Hurt or injured self on purpose\*

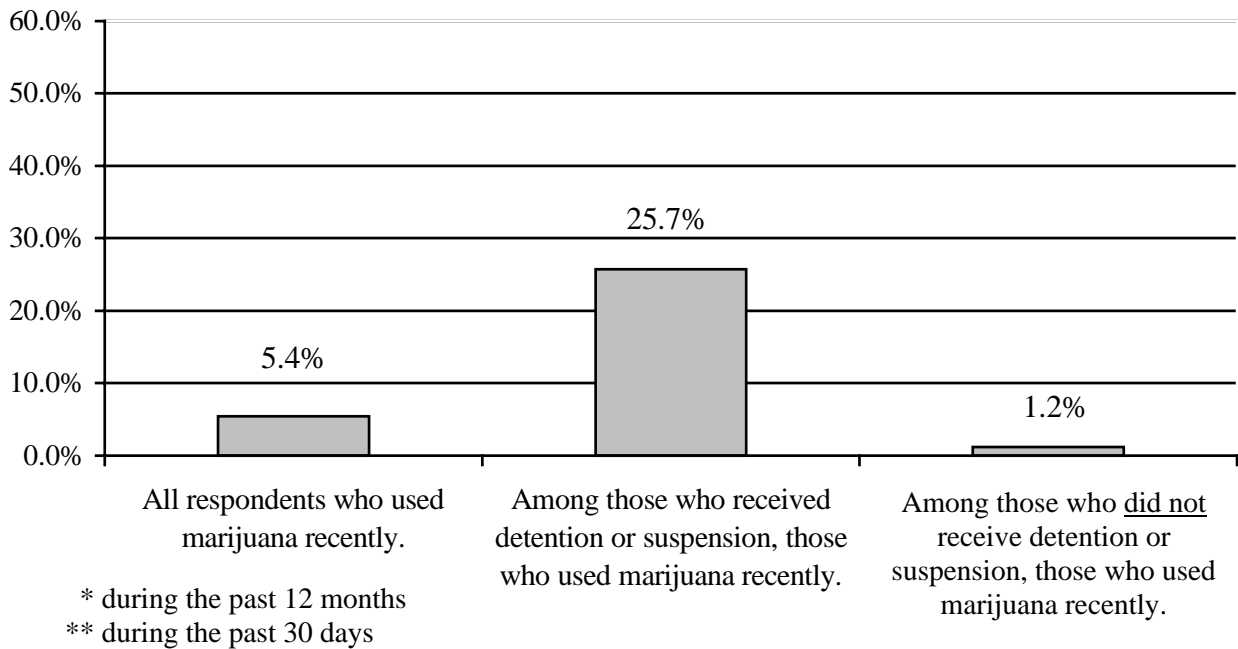


Received detention or suspension\*/  
Drank alcohol recently\*\*

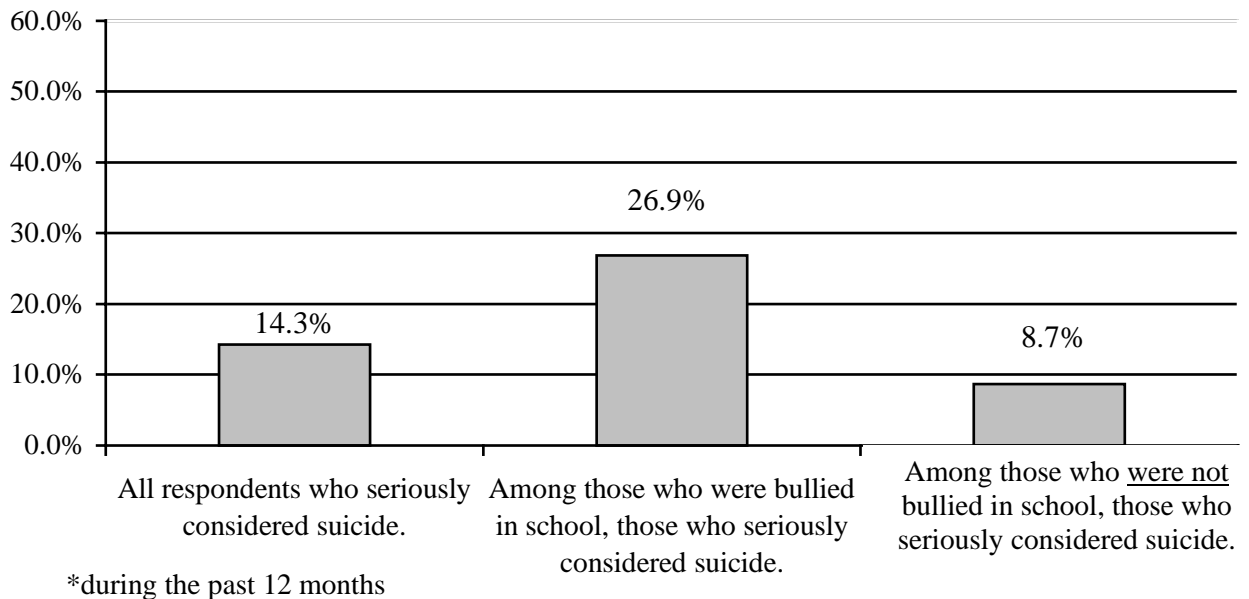


**ACTON-BOXBOROUGH 2004 YRBS  
GRADE 8**

Received detention or suspension\*/  
Used marijuana recently\*\*

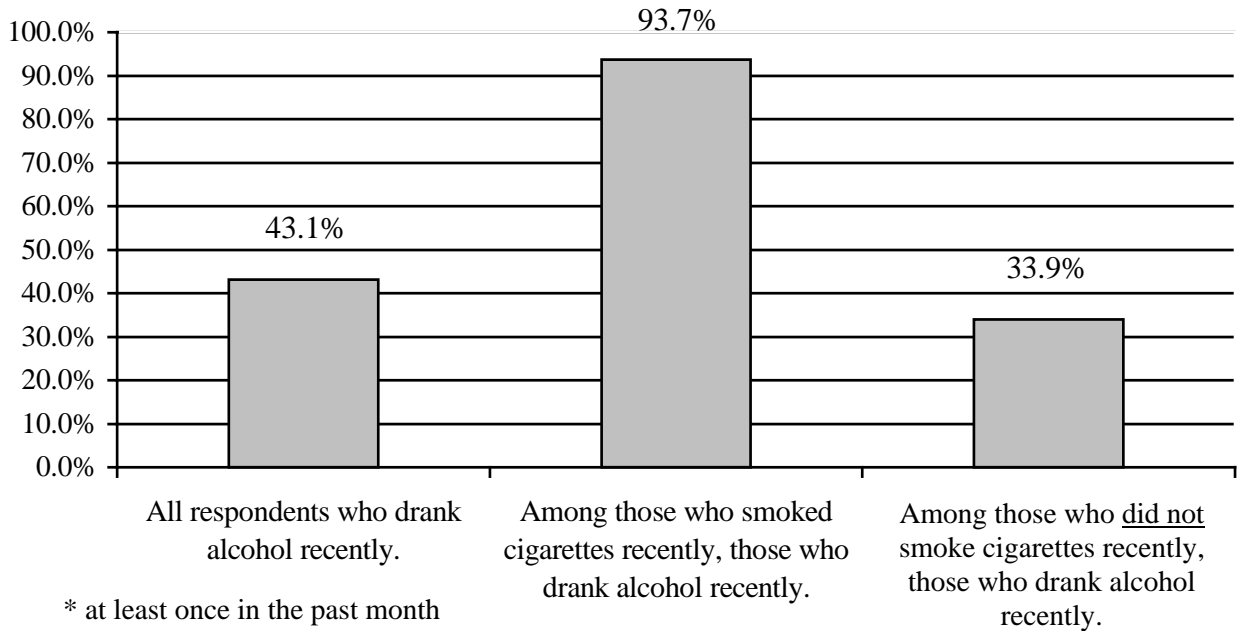


Bullied in school\*/  
Seriously considered suicide\*

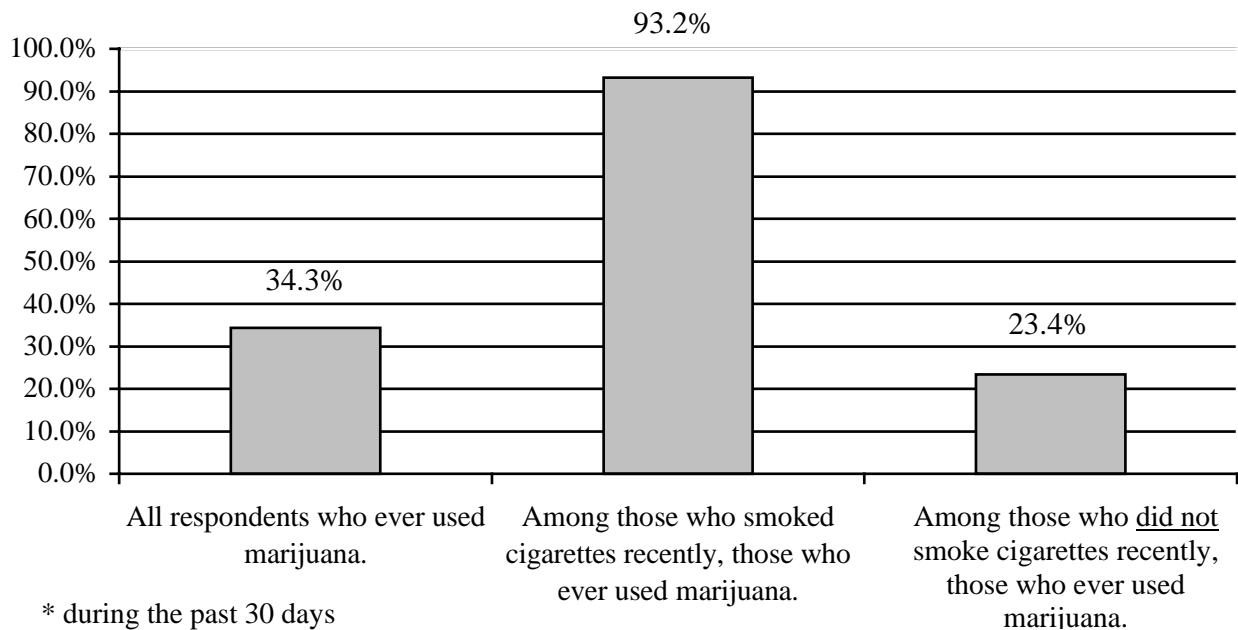


**ACTON-BOXBOROUGH 2004 YRBS  
GRADES 9 THROUGH 12 (COMBINED)**

Recent\* cigarette use/  
Recent\* alcohol use

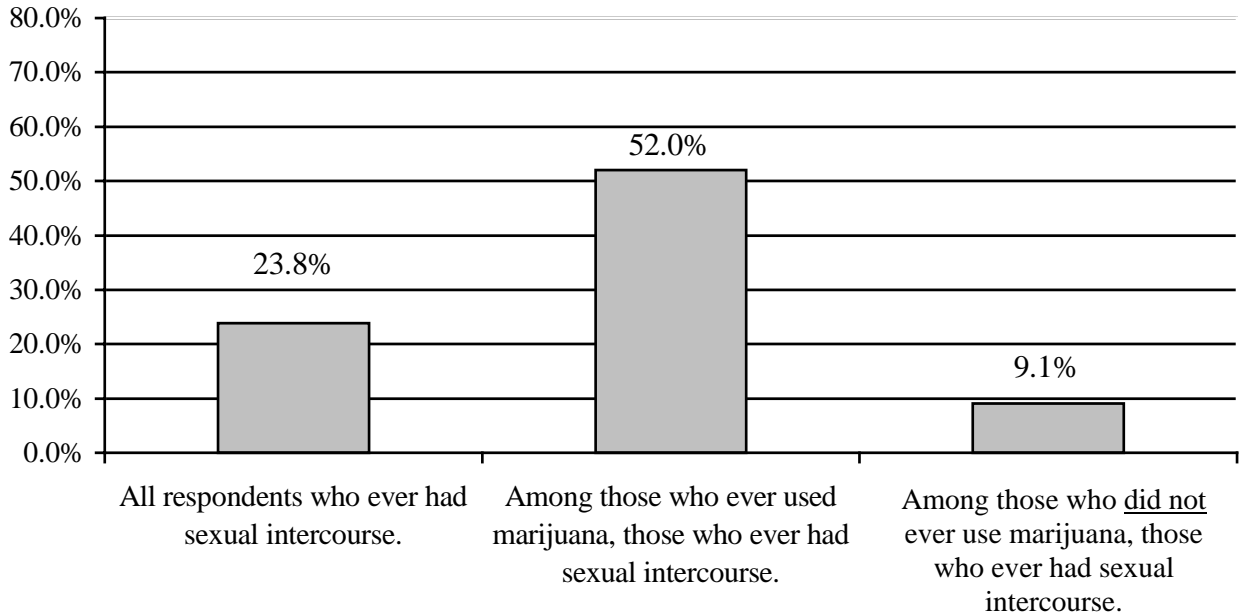


Recent cigarette use\*/  
Ever used marijuana

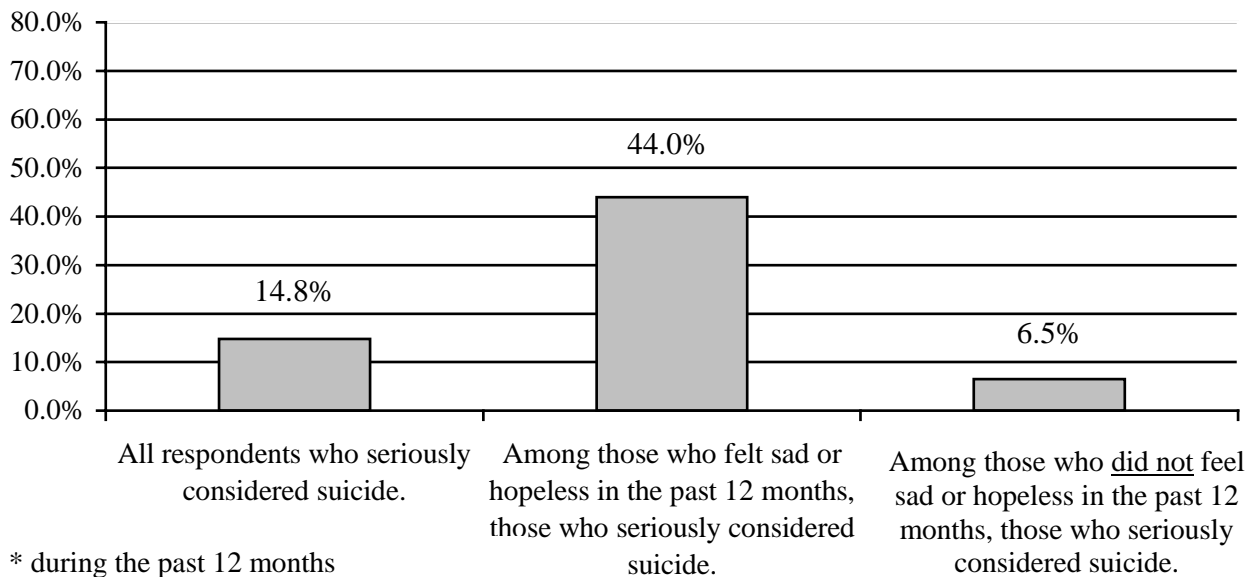


**ACTON-BOXBOROUGH 2004 YRBS  
GRADES 9 THROUGH 12 (COMBINED)**

Ever used marijuana/  
Ever had sexual intercourse



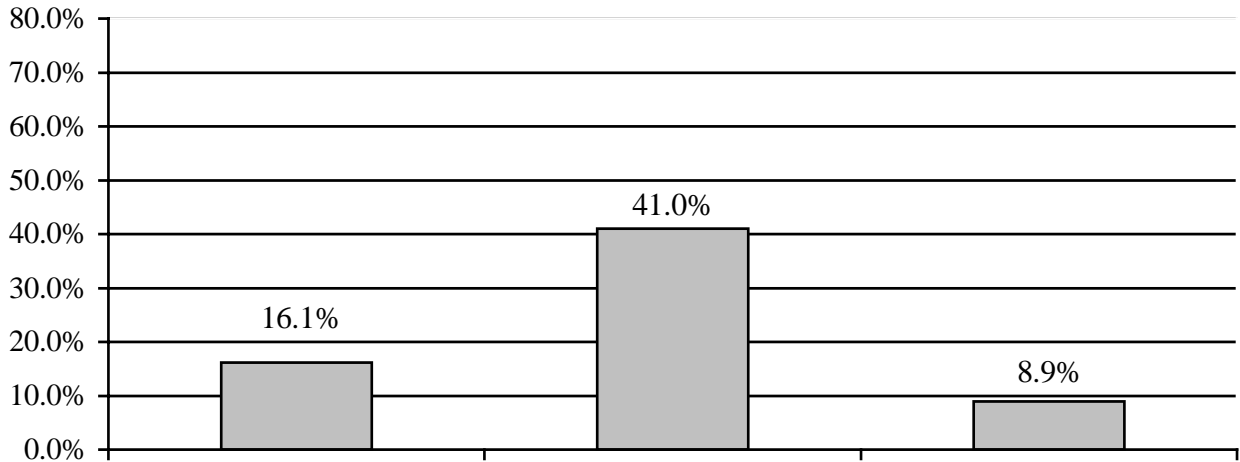
Felt sad or hopeless\*\*/  
Seriously considered suicide\*



\* during the past 12 months  
\*\* for two weeks or more in a row that you stopped doing some usual activities

**ACTON-BOXBOROUGH 2004 YRBS  
GRADES 9 THROUGH 12 (COMBINED)**

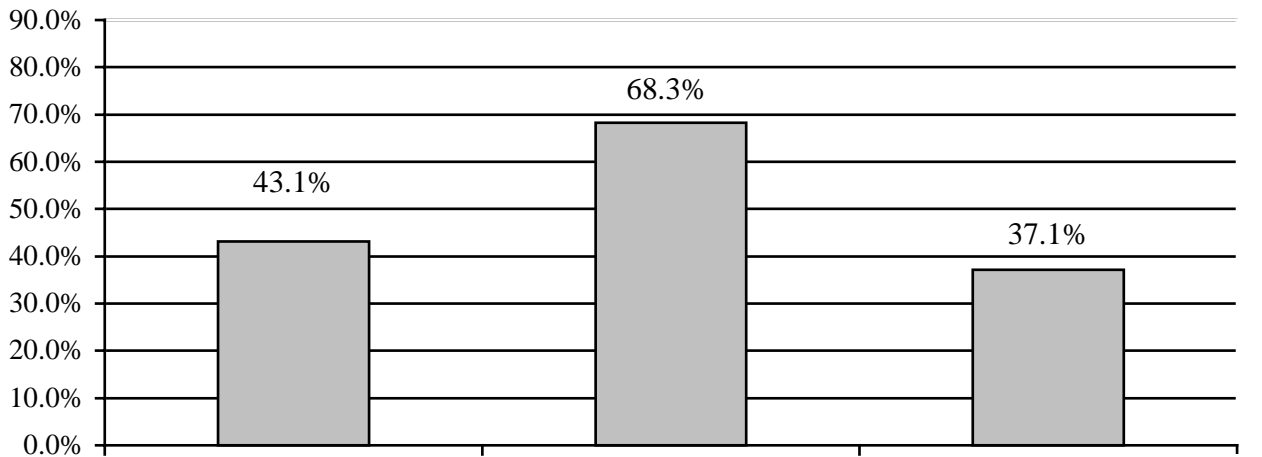
Felt sad or hopeless\*\*, past 12 months/  
Hurt self on purpose\*, past 12 months



\* cuts, burns, bruises

\*\* for two weeks or more in a row that you stopped doing some usual activities

Received detention/suspension\*/  
Recent alcohol use\*\*

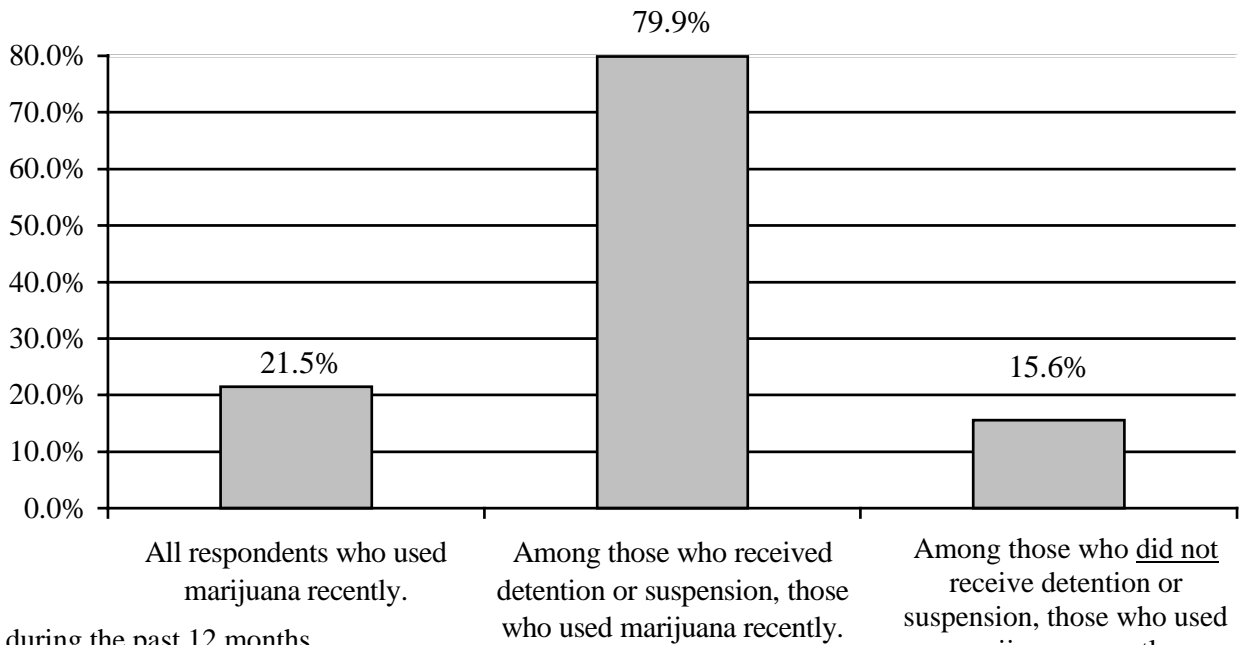


\* during the past 12 months

\*\* at least once in the past month

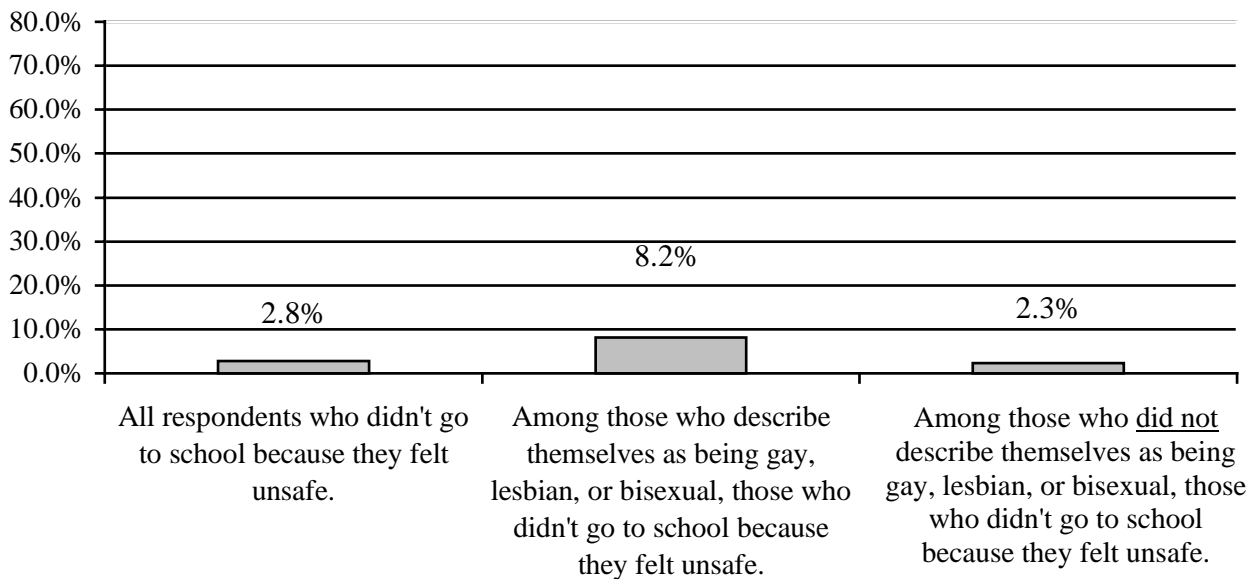
**ACTON-BOXBOROUGH 2004 YRBS  
GRADES 9 THROUGH 12 (COMBINED)**

Received detention or suspension\*/  
Used marijuana recently\*\*



\* during the past 12 months  
\*\* during the past 30 days

Sexual orientation/  
Didn't go to school because felt unsafe\*



\* during the past 30 days