



BELMONT WELLNESS
COALITION

Belmont High School 2021 Youth Risk Behavior Survey (YRBS) Data Highlights

Belmont High School PTSO Presentation

December 9th, 2021

EDC

Education
Development
Center

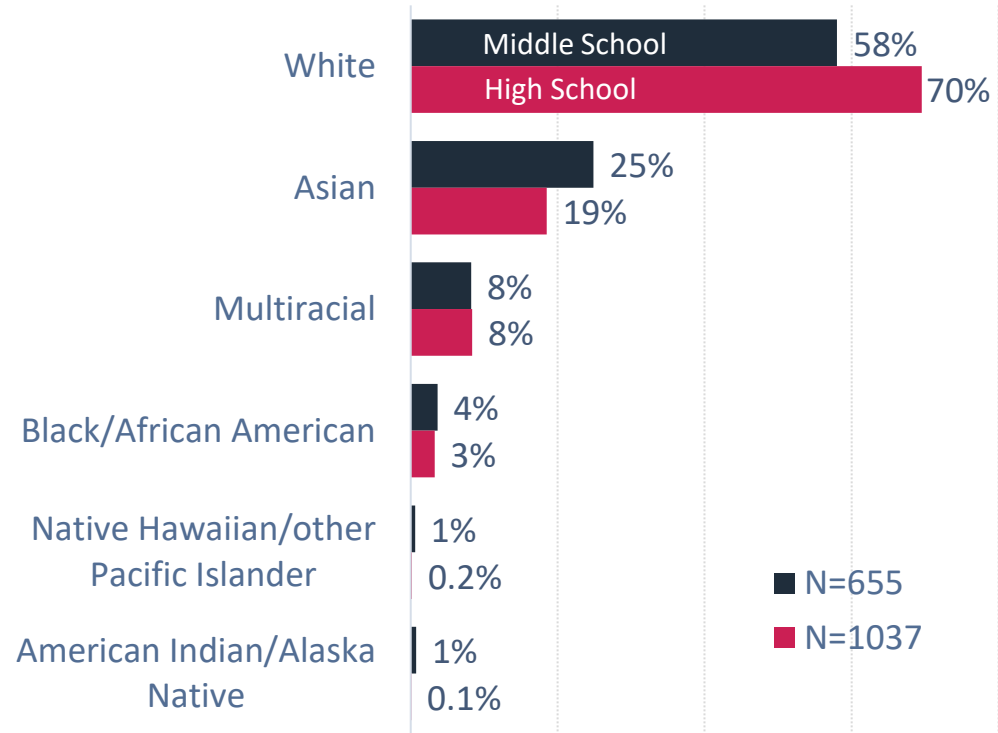
WAYSIDE
YOUTH & FAMILY
SUPPORT NETWORK
Building Strength, Hope & Resiliency

RESPONSE NUMBERS Belmont High School

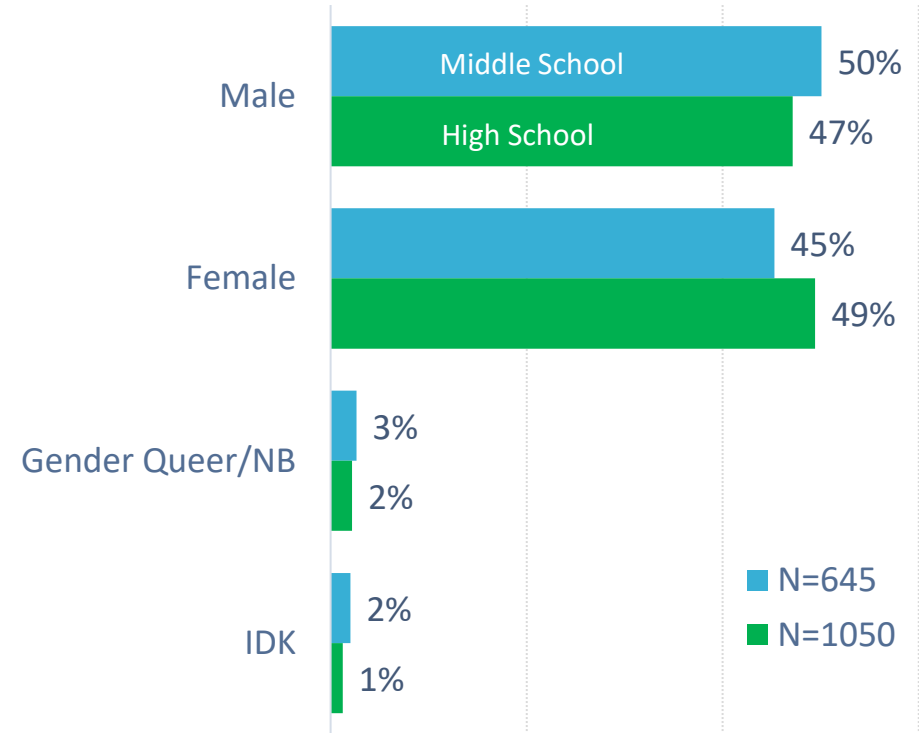
Grade	Responses
9 th	286
10 th	277
11 th	272
12 th	216
Ungraded/other grade	1
Blank	3
Total	1055

Demographics Belmont - YRBS 2021

Race



Gender Identity





Middlesex League Communities who took 2021 YRBS

- Arlington
 - **Belmont**
 - Burlington
 - Melrose
 - Reading
 - Stoneham
 - Wakefield
 - Wilmington
 - Winchester
 - Woburn
 - Watertown
- 

SUBSTANCE
USE

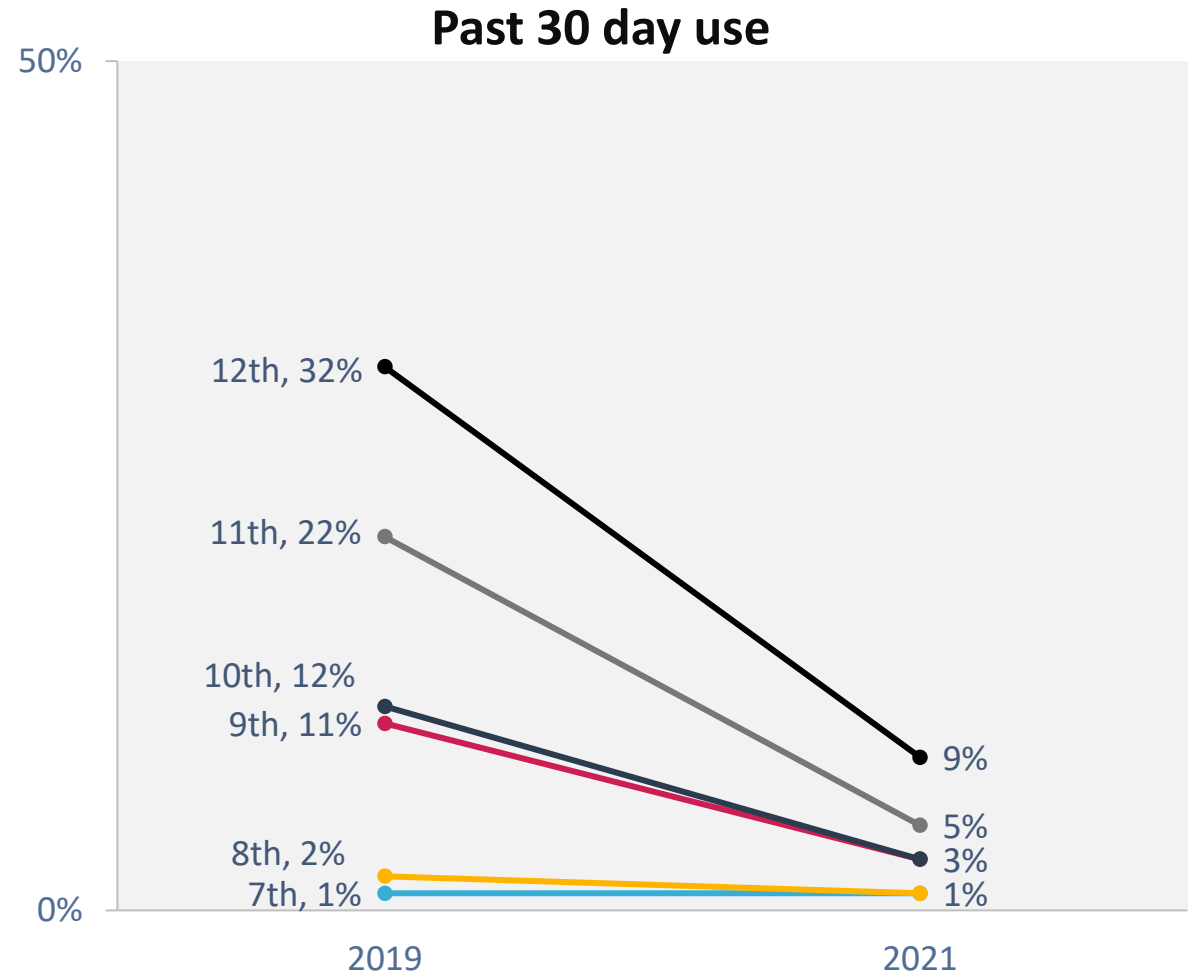
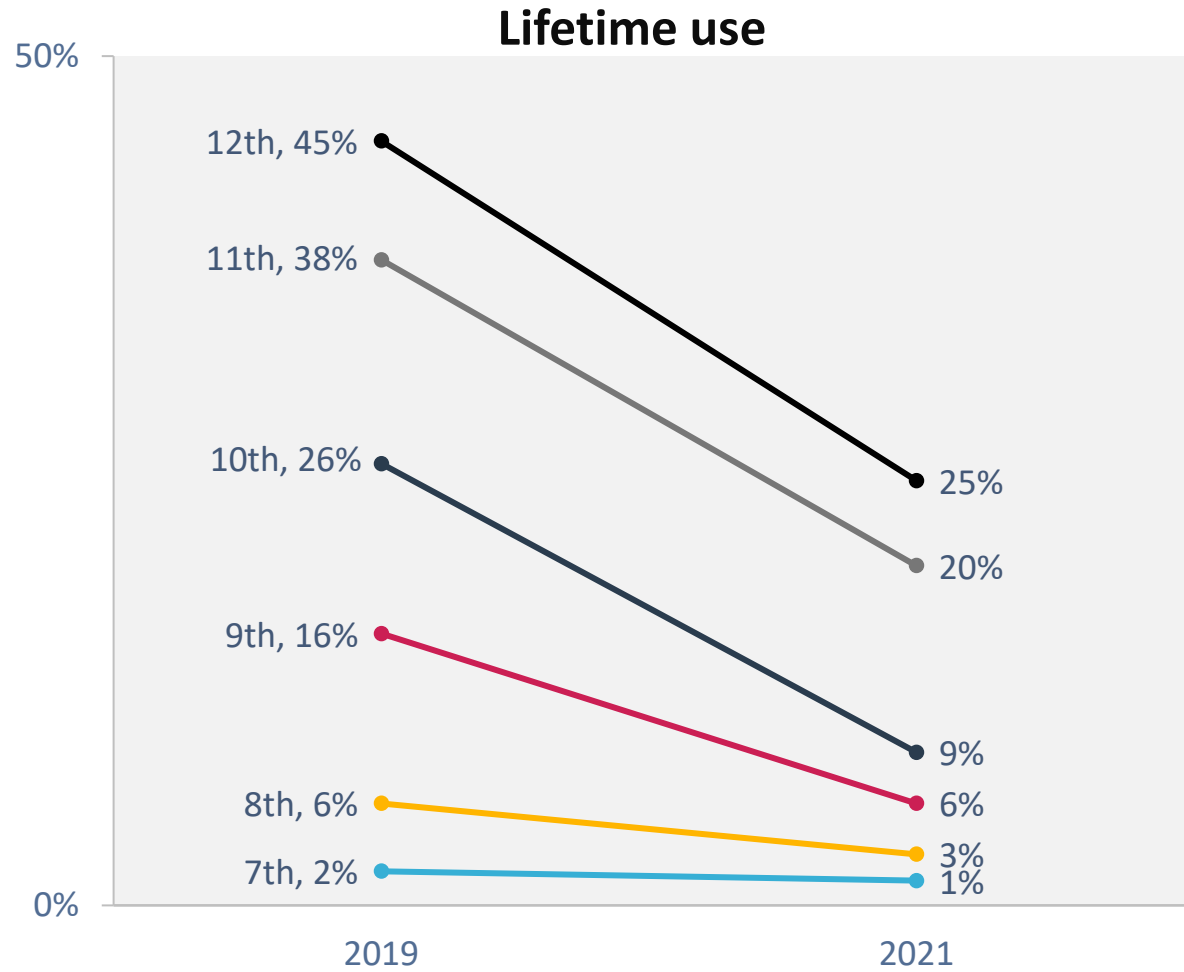
● Vaping

● Alcohol

● Marijuana

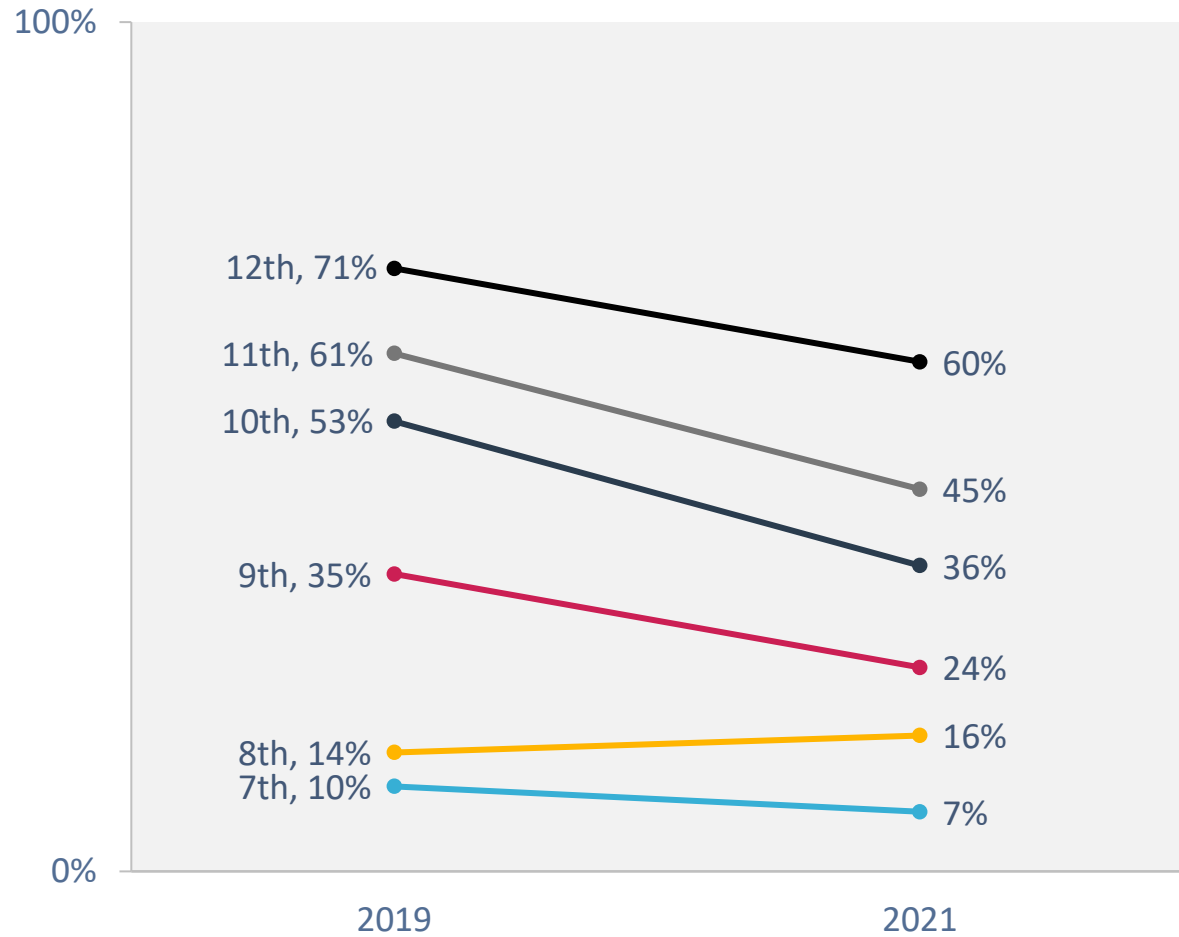
● Perception of Risk and Harm

ELECTRONIC VAPOR USE by grade

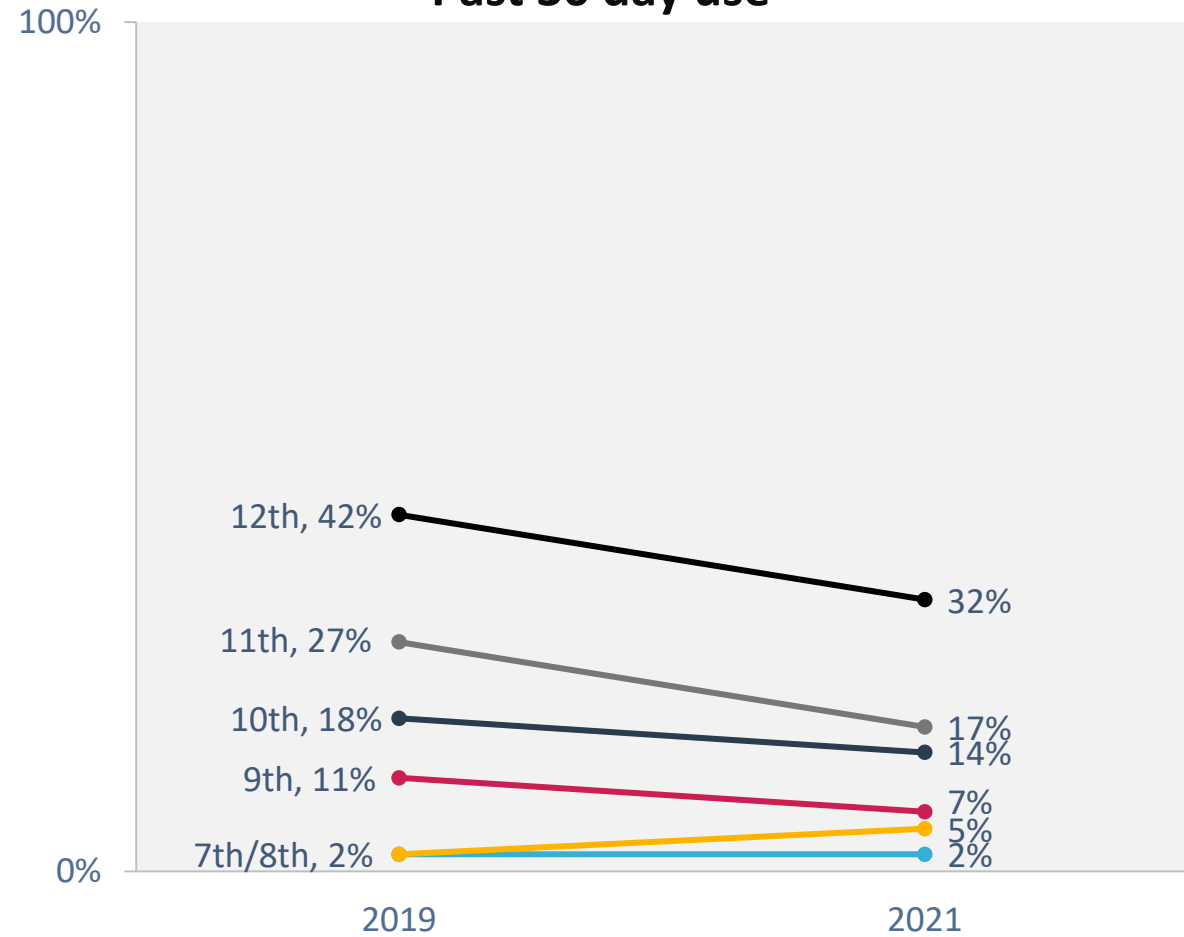


ALCOHOL USE by grade

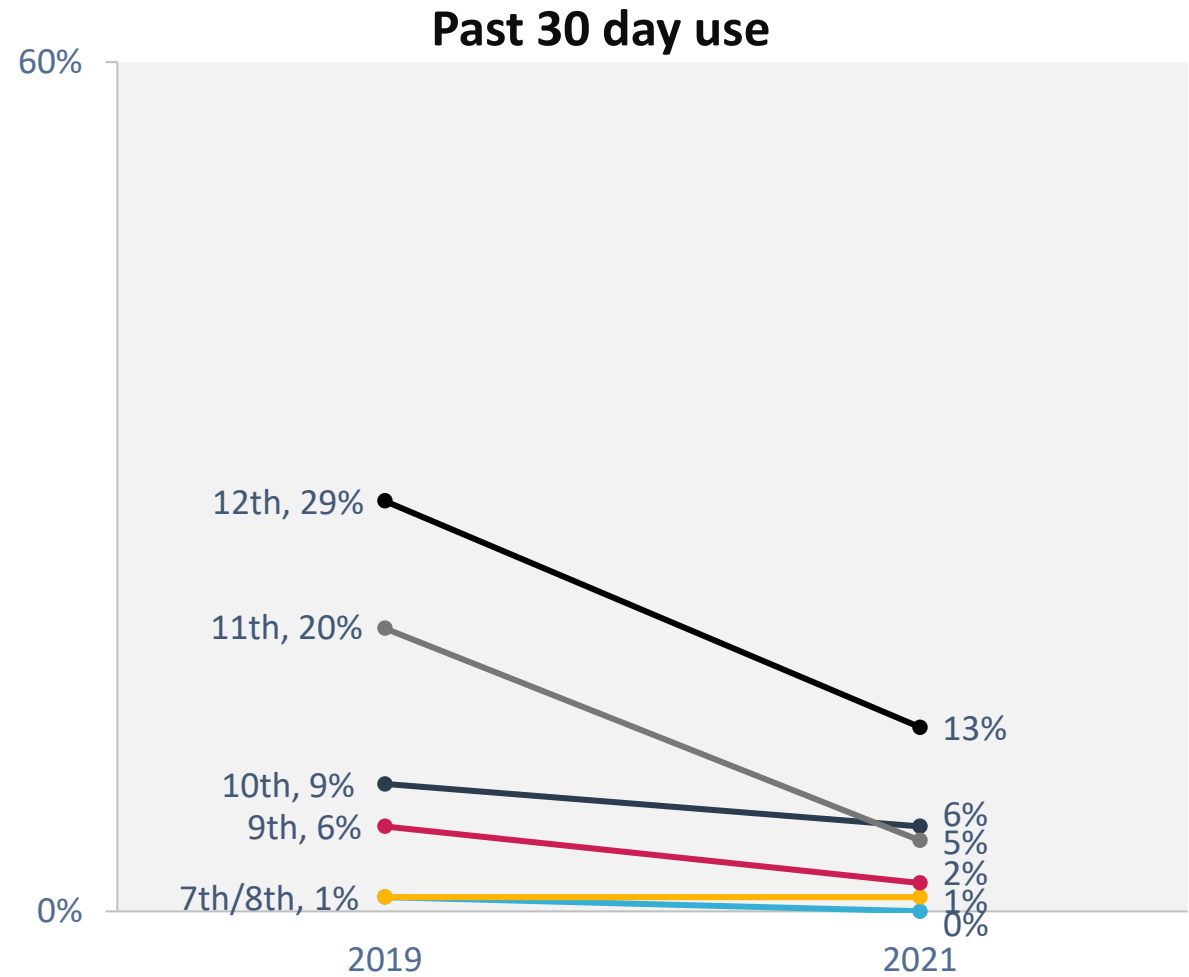
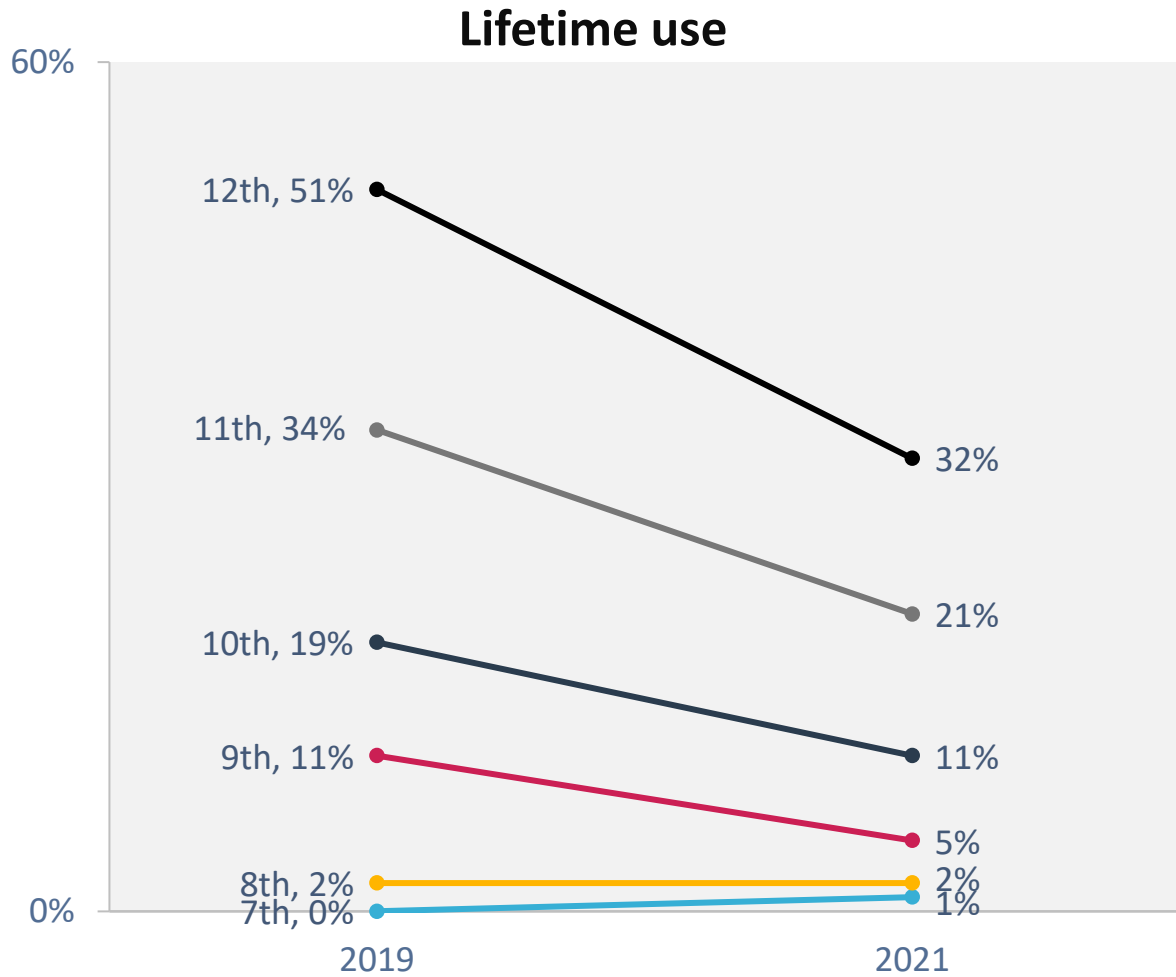
Lifetime use



Past 30 day use



MARIJUANA USE by grade



STUDENT PERCEPTION OF RISK AND HARM by grade

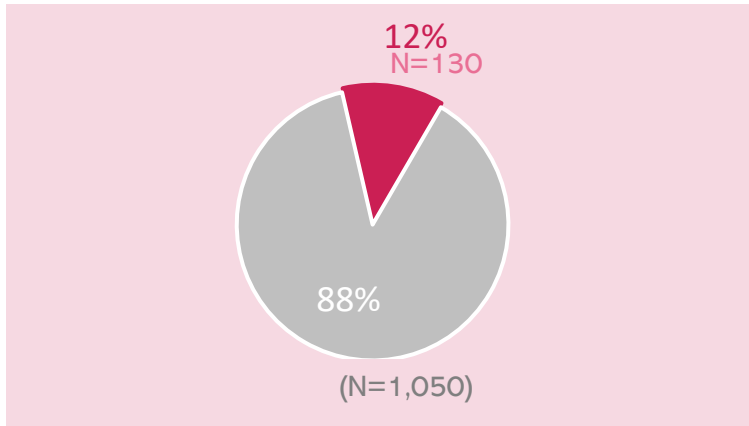
	Vaping Use			Alcohol Use			Marijuana Use		
	2019	2021	Dif.	2019	2021	Dif.	2019	2021	Dif.
7th Grade	--	95%	--	83%	81%	—	78%	88%	▲
8th Grade	--	89%	--	88%	84%	▼	72%	75%	▲
9th Grade	78%	85%	▲	81%	83%	—	65%	60%	▼
10th Grade	74%	88%	▲	79%	80%	—	53%	56%	▲
11th Grade	71%	83%	▲	80%	80%	—	38%	47%	▲
12th Grade	71%	82%	▲	81%	81%	—	32%	44%	▲

MENTAL HEALTH

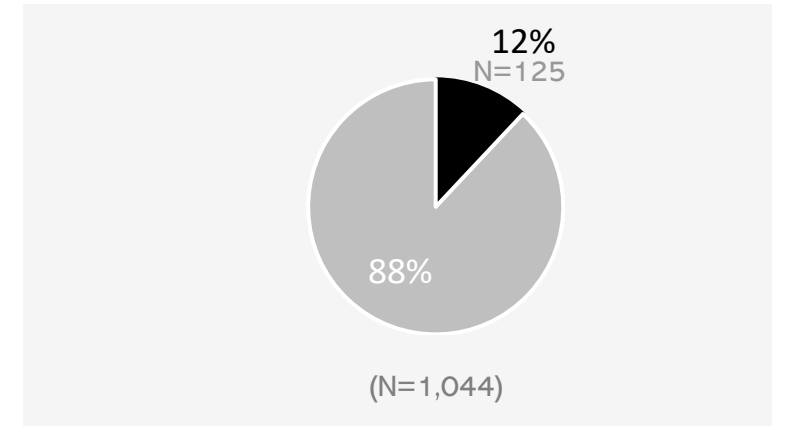
- Self-harm/Stress/Depression/Suicide
- Mental Health by gender identity
- Mental Health by race/ethnicity
- Rank of Stressors
- COVID-19 Pandemic Effects

MENTAL HEALTH ISSUES

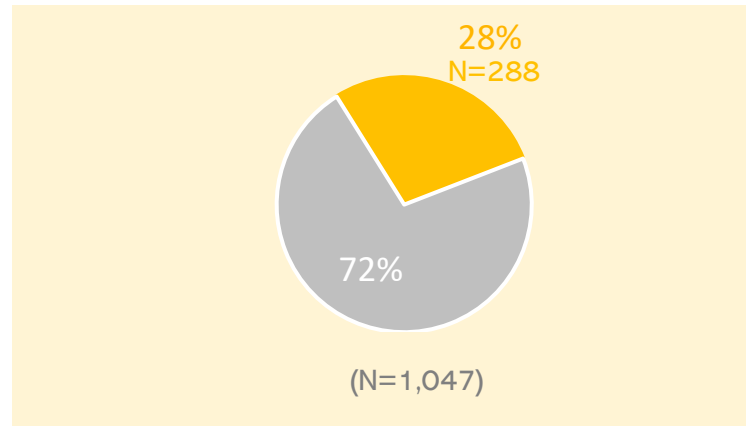
Self-harm



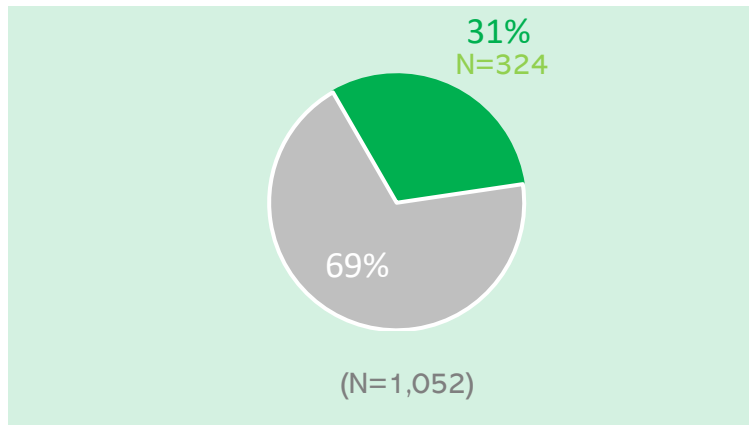
Consider Suicide



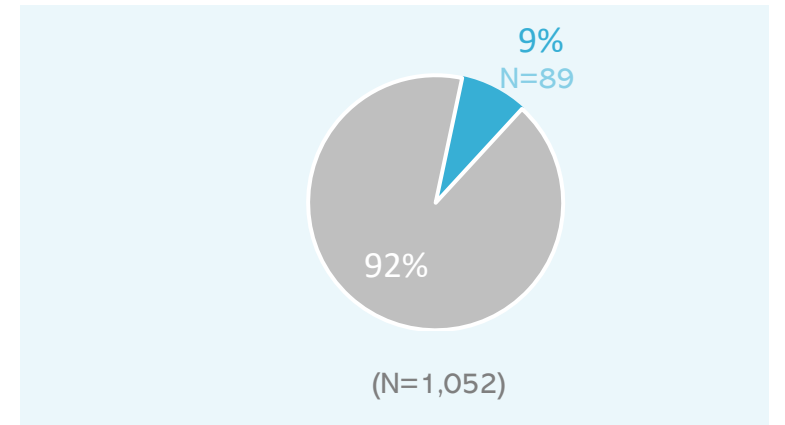
Depression



Overwhelming Stress



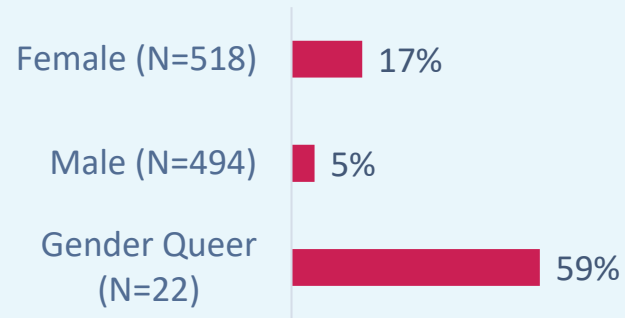
Made a Suicide Plan



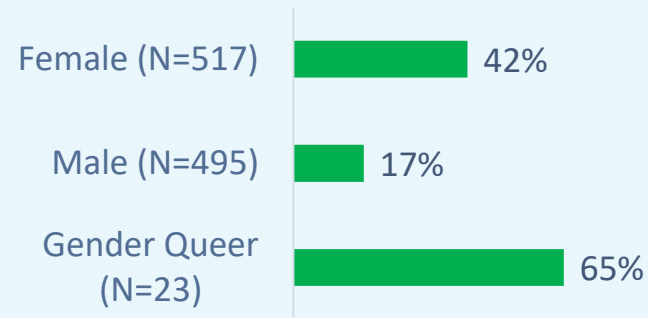
MENTAL HEALTH ISSUES by Gender Identity

High School

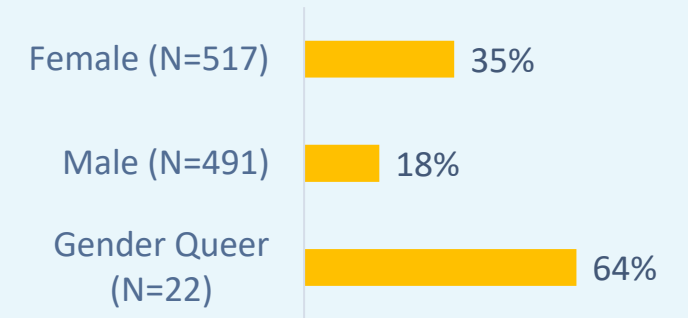
Self-harm



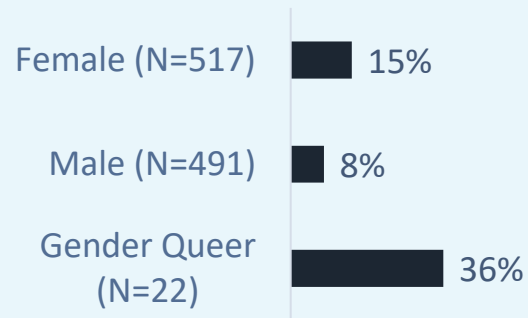
Overwhelming Stress



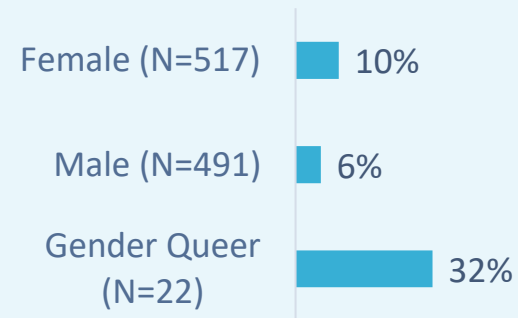
Depression



Consider Suicide



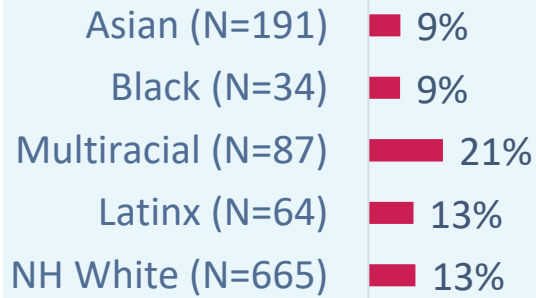
Made a Suicide Plan



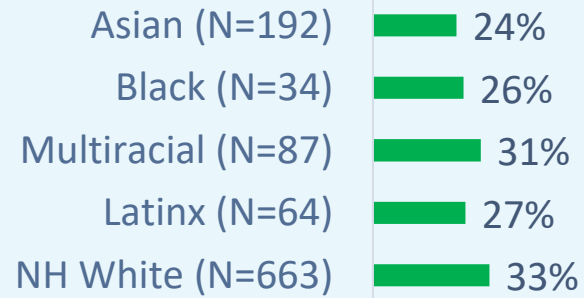
MENTAL HEALTH ISSUES by Race

High School

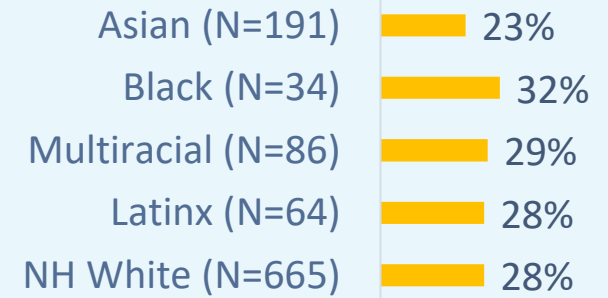
Self-harm



Overwhelming Stress



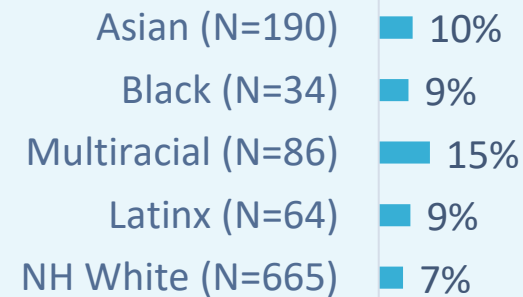
Depression



Consider Suicide



Made a Suicide Plan



Ranking of Stressors:

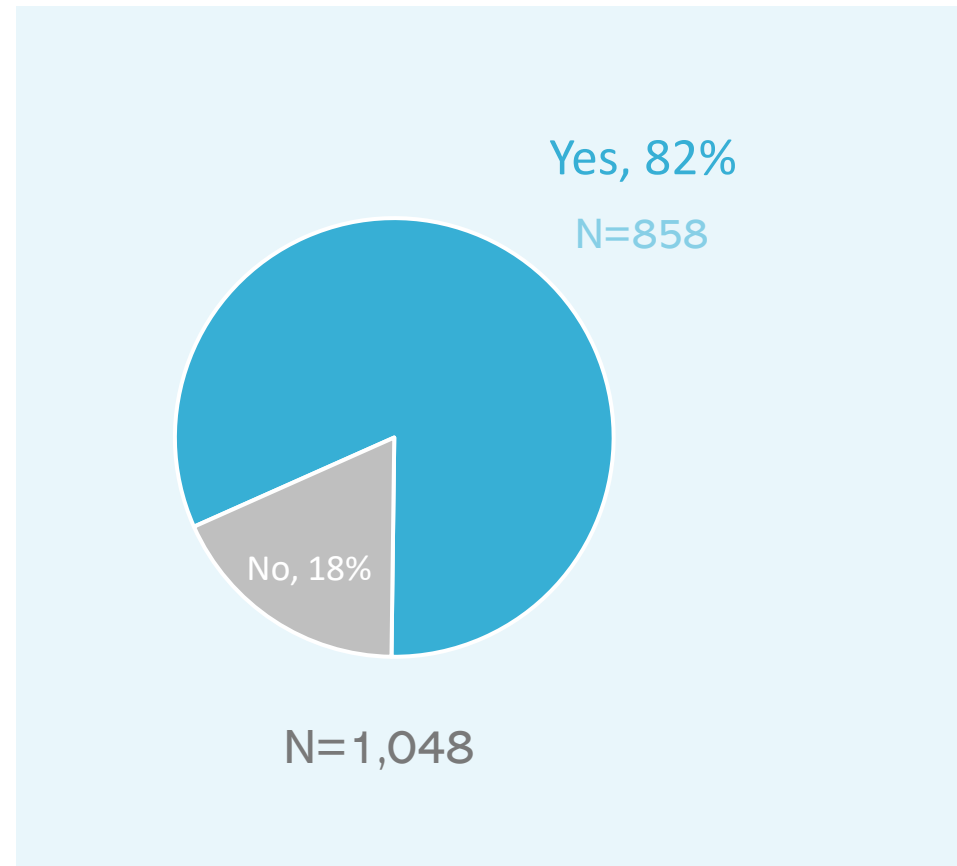
High School (N=1045)

- 1** School demands/expectation (assignments, homework, etc.)
36%
- 2** Busy schedule (school, activities, sports, etc.)
21%
- 3** Worrying about the future (college, career, etc.)
18%
- 4** Other family/personal issues
10%
- 5** Family demands/expectations (academics, grades, etc.)
8%

COPING STRATEGY

Do you have healthy activities/behaviors to help relieve stress?

High School



COVID-19 PANDEMIC EFFECTS

Q: During the pandemic, have you experienced any of the following?

High School (N=1,017)

- 1 Feelings of fear, anger, sadness, worry, numbness, or frustration
70%
- 2 Difficulty concentrating and making decisions
58%
- 3 Changes in appetite, energy, desires, and interests
55%
- 4 Difficulty sleeping or nightmares
39%
- 5 Worsening of mental health conditions
38%

BULLYING

- Bullied on school and/or electronically
- Bullying by grade
- Bullying by gender identity
- Bullying by race

EXPERIENCE BULLYING by Grade

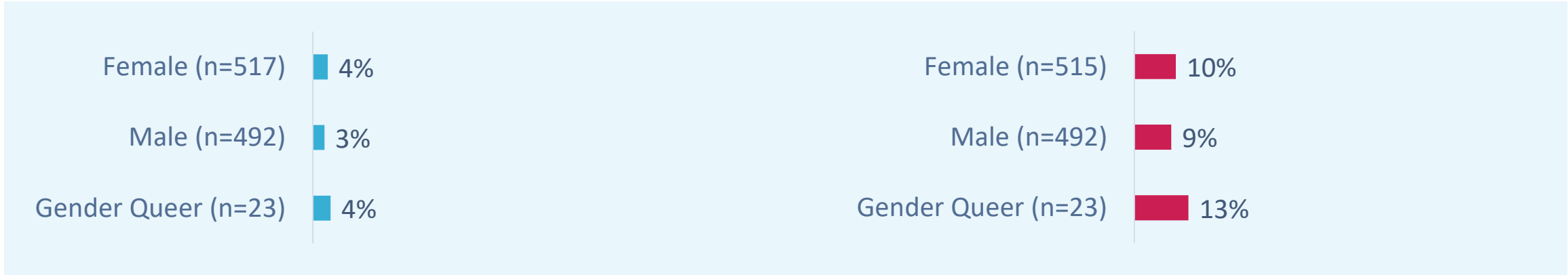
	Bullied on school property				Electronic bullied			
	2019	2021	Dif.	Mx 2021	2019	2021	Dif.	Mx 2021
7th Grade	14%	20%	▲	23%	29%	13%	▼	19%
8th Grade	16%	22%	▲	25%	25%	15%	▼	19%
9th Grade	14%	4%	▼	6%	9%	14%	▲	13%
10th Grade	9%	4%	▼	5%	9%	9%	—	10%
11th Grade	11%	3%	▼	6%	10%	9%	—	10%
12th Grade	10%	3%	▼	4%	6%	5%	—	8%

EXPERIENCE BULLYING by Gender Identity

Bullied on school property

Electronic bullied

High School

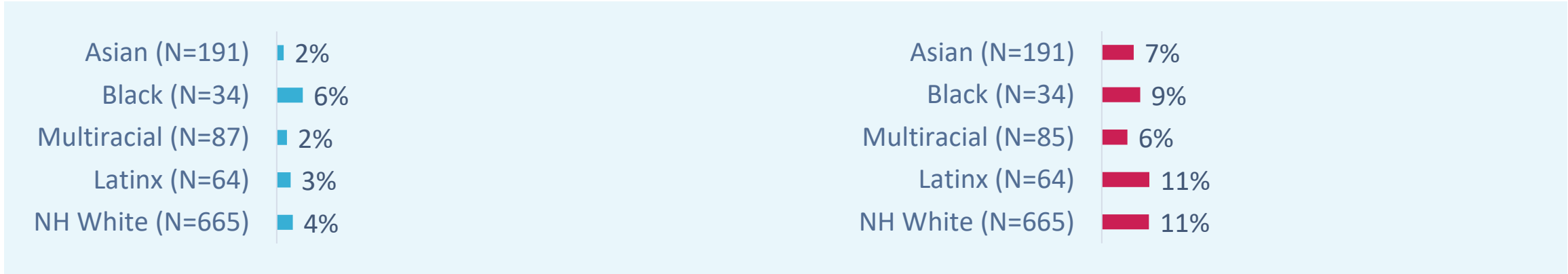


EXPERIENCE BULLYING by Race

Bullied on school property

Electronic bullied

High School

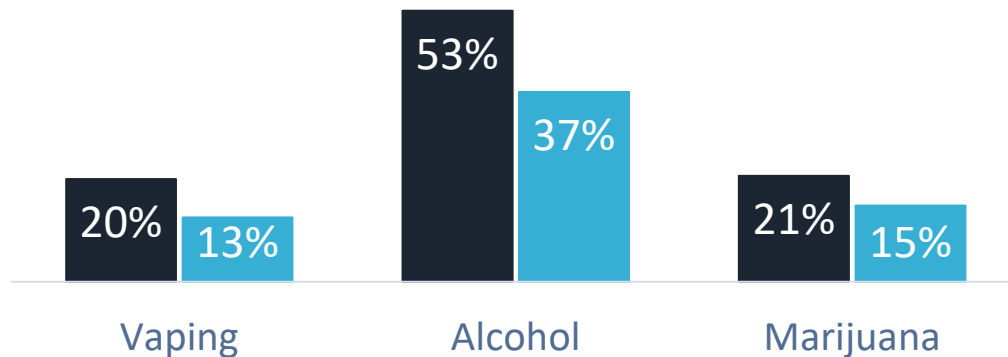


CROSS
ANALYSIS

- Substance Use – Mental Health
- Mental Health – Non-school Screen Time
- Mental Health – Hours of Sleep
- Mental Health – Electronic Bullying

Lifetime substance use among students who experience overwhelming stress:

Percentage of students using substances



■ Experience overwhelming stress (N=300-320)

■ Not experience overwhelming stress (N=700-720)

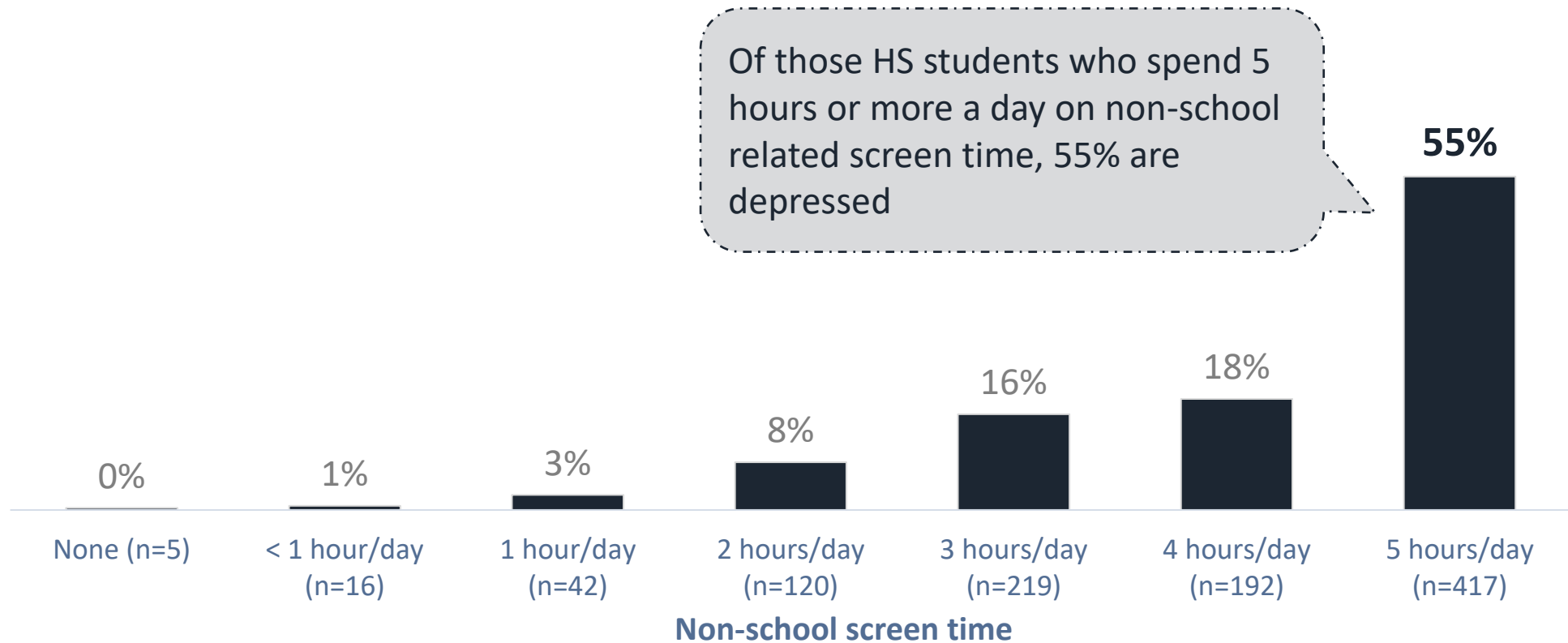
Of those HS students who experience overwhelming stress...

- 20% Vape
- 53% consume alcohol
- 21% use marijuana

Those who don't experience overwhelming stress are less likely to use substances.

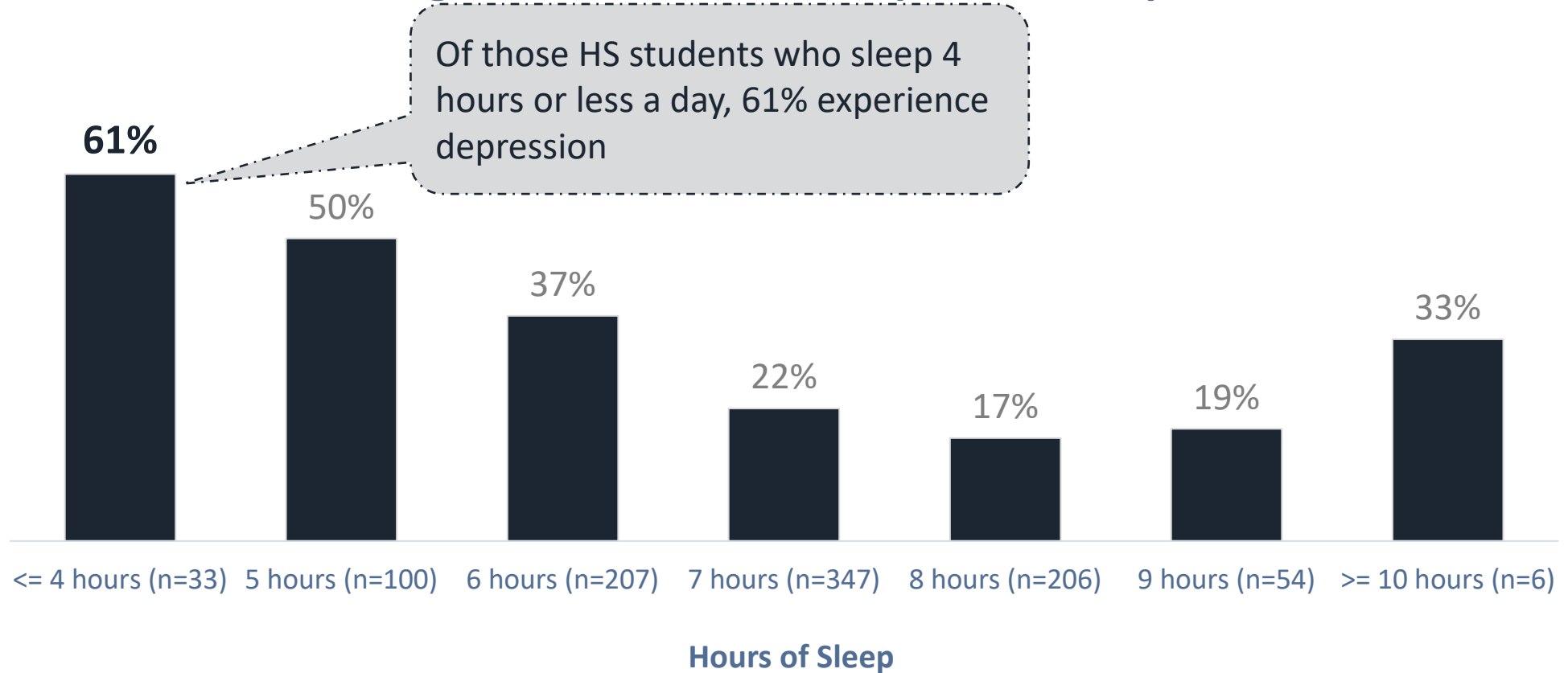
Students who *experience depression* compared to *non-school screen time hours spent*:

Percentage of students who experience depression



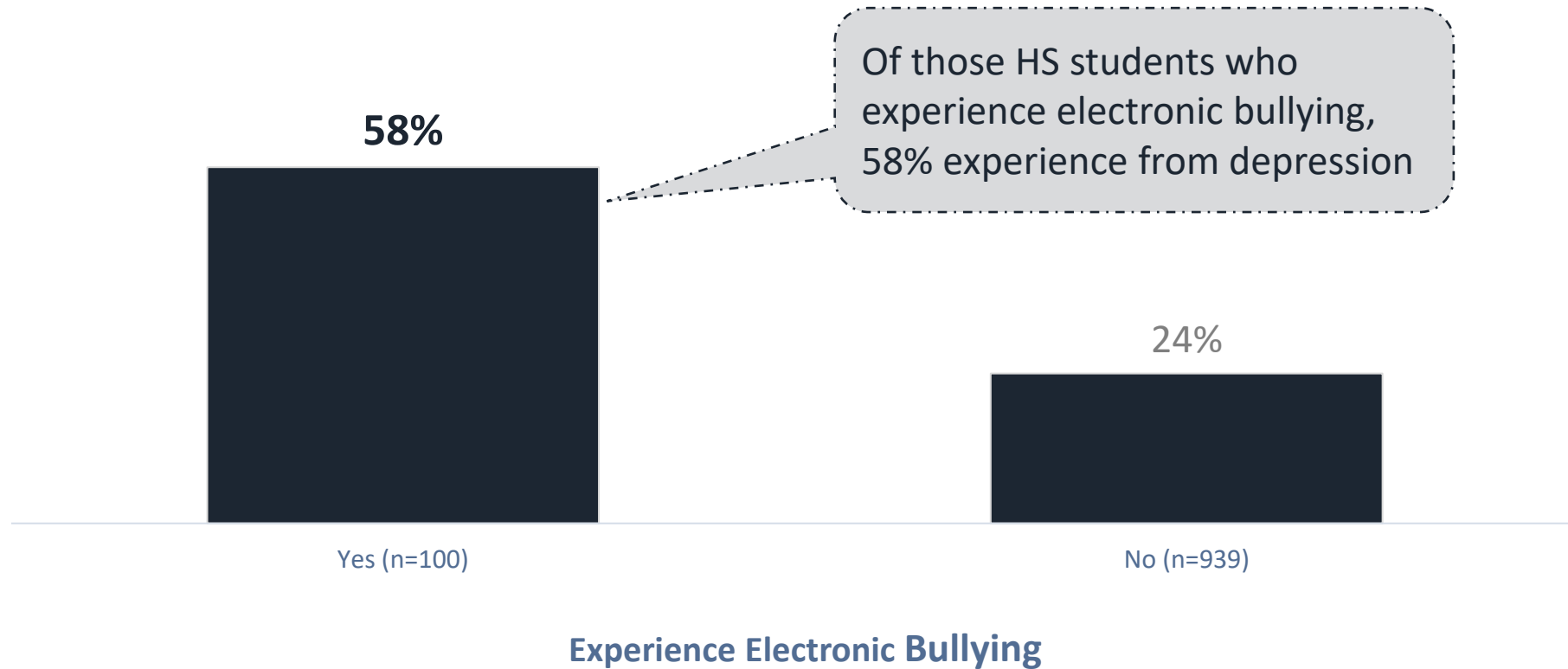
Students who *experience depression* compared to *hours of sleep*:

Percentage of students who experience depression



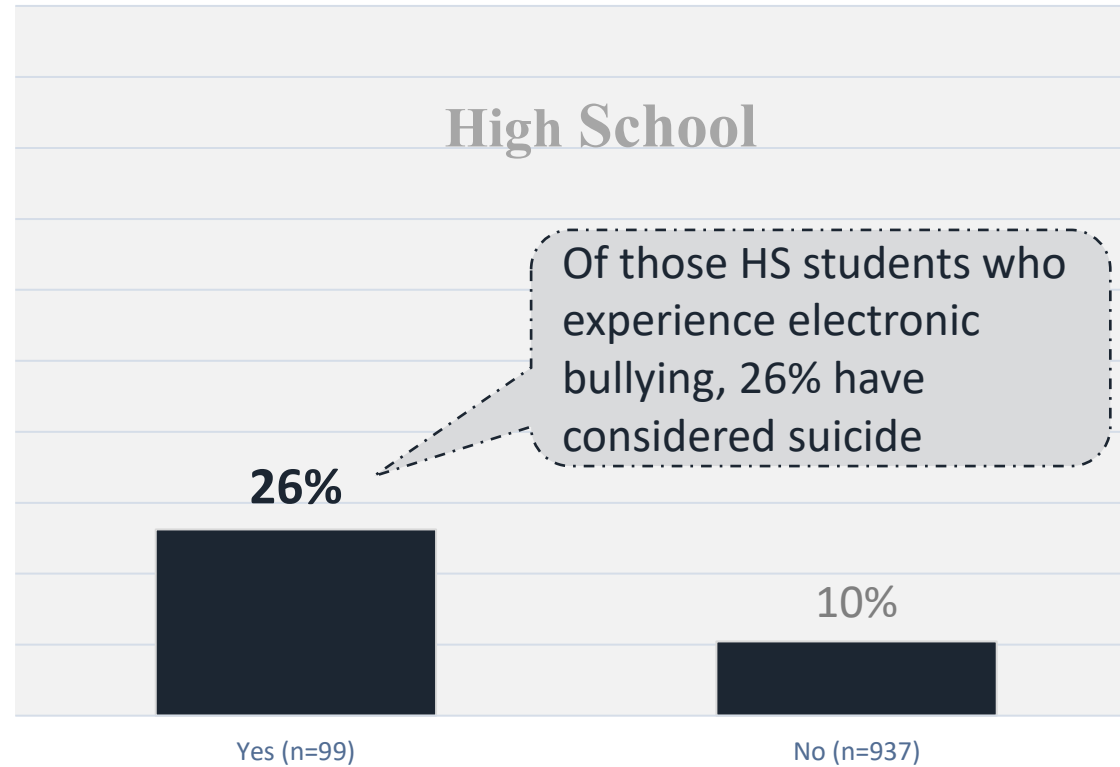
Students who *experience depression* among those who *experience electronic bullying*:

Percentage of students who experience depression



Students who *consider suicide* among those who *experience electronic bullying*:

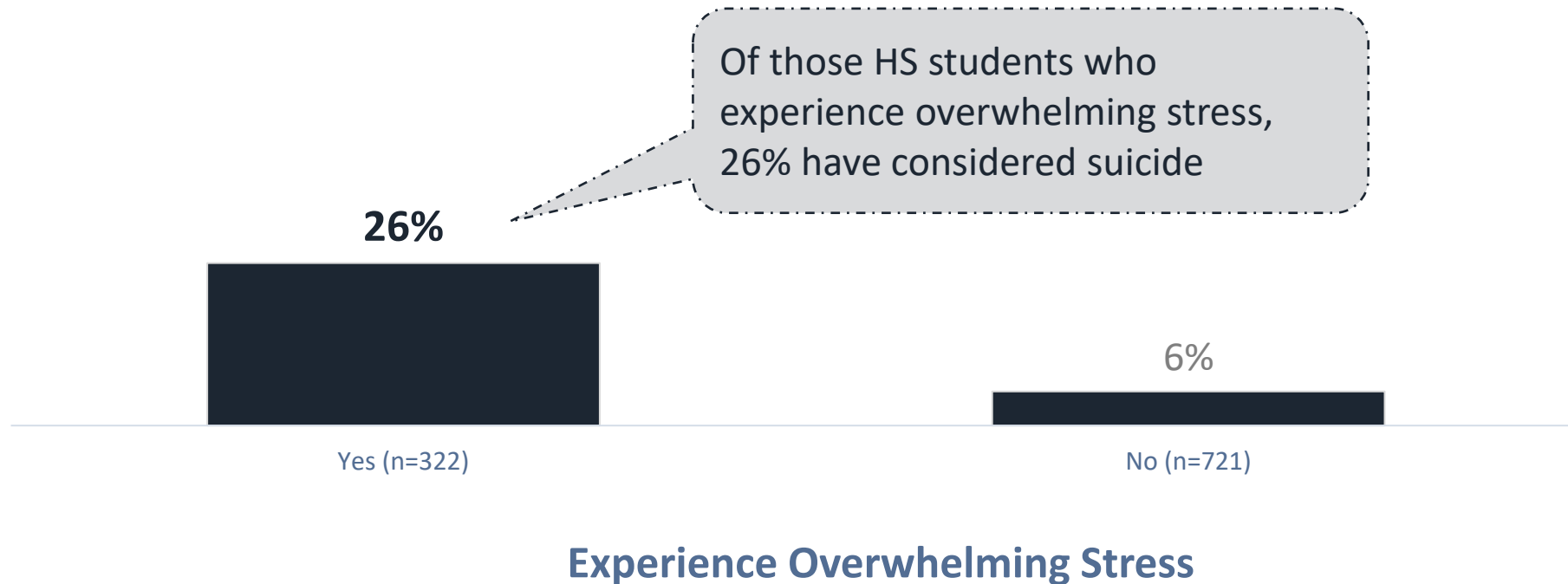
Percentage of students who consider suicide



Experience Electronic Bullying

Students who *consider suicide* among those who *experience overwhelming stress*:

Percentage of students who consider suicide





**DISCUSSION.
THANK YOU.**



**BELMONT WELLNESS
COALITION**



Building Strength, Hope & Resiliency

Please contact us!

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Visit our website to learn more about the Belmont Wellness Coalition

<http://belmontwellness.org/>