



BELMONT WELLNESS  
COALITION

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

Select Board Presentation

December 6th, 2021

**EDC**

Education  
Development  
Center

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

# RESPONSE NUMBERS Belmont - YRBS 2021

## Middle School

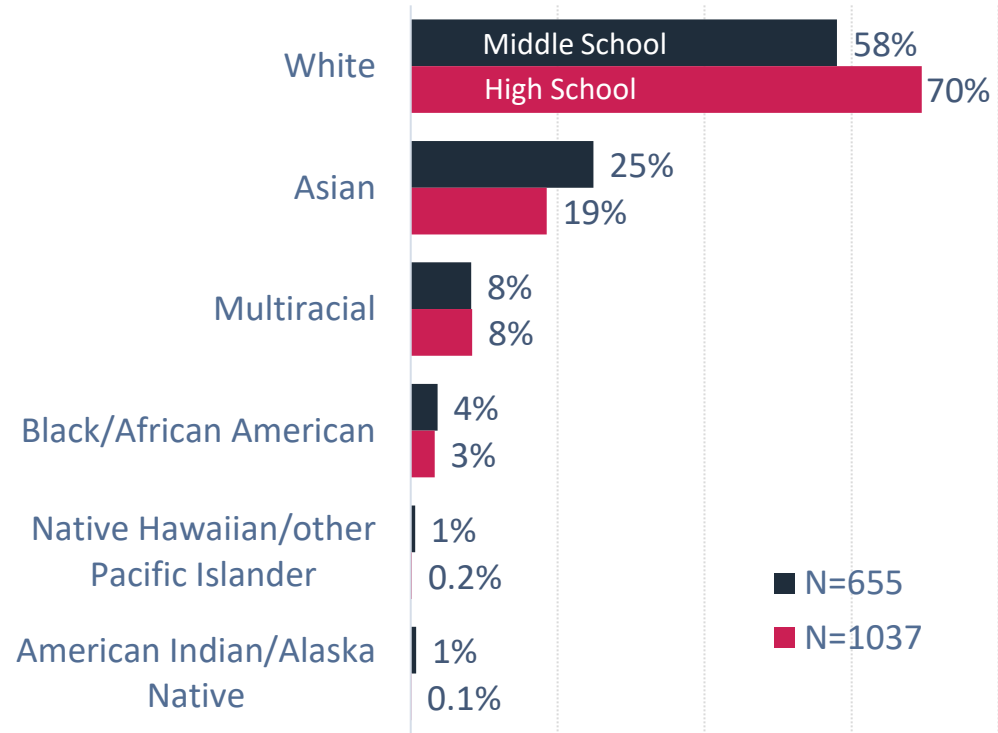
Grade	Responses
7 <sup>th</sup>	344
8 <sup>th</sup>	303
Ungraded/other grade	1
Blank	7
<b>Total</b>	<b>655</b>

## High School

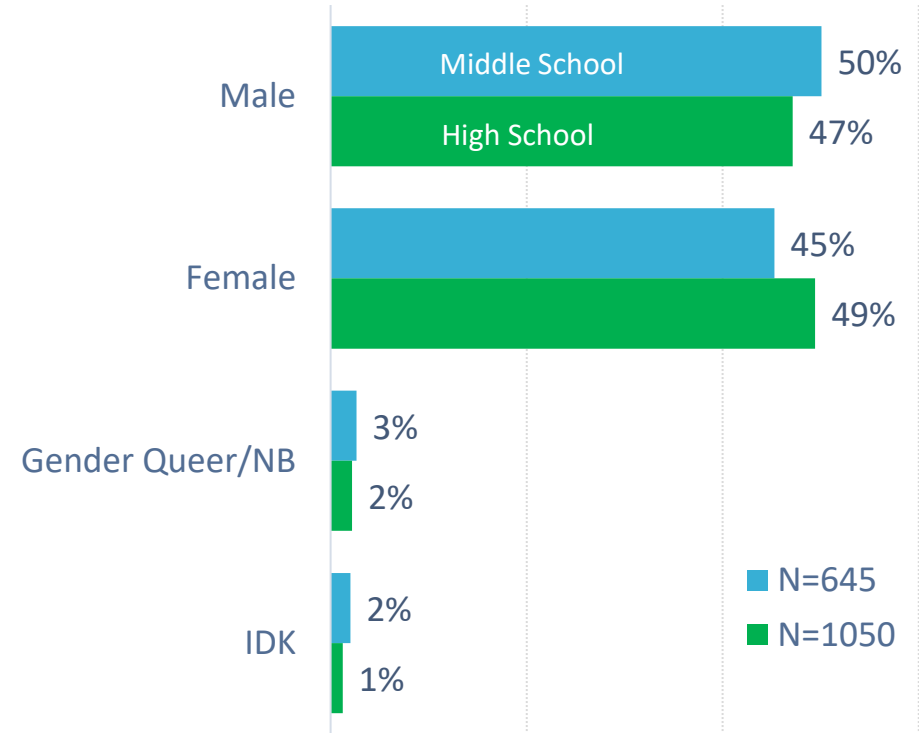
Grade	Responses
9 <sup>th</sup>	286
10 <sup>th</sup>	277
11 <sup>th</sup>	272
12 <sup>th</sup>	216
Ungraded/other grade	1
Blank	3
<b>Total</b>	<b>1055</b>

# Demographics Belmont - YRBS 2021

Race



Gender Identity



SUBSTANCE  
USE

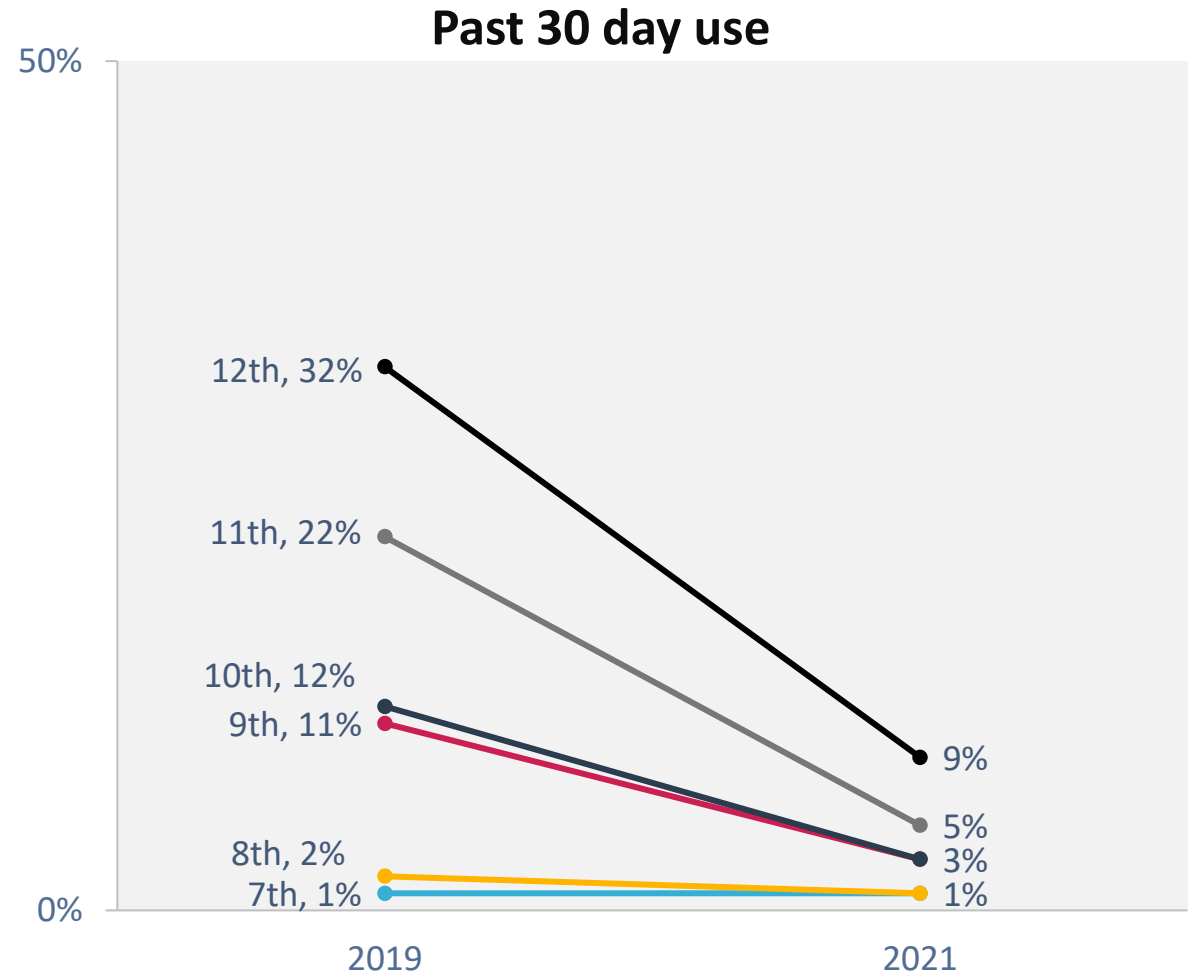
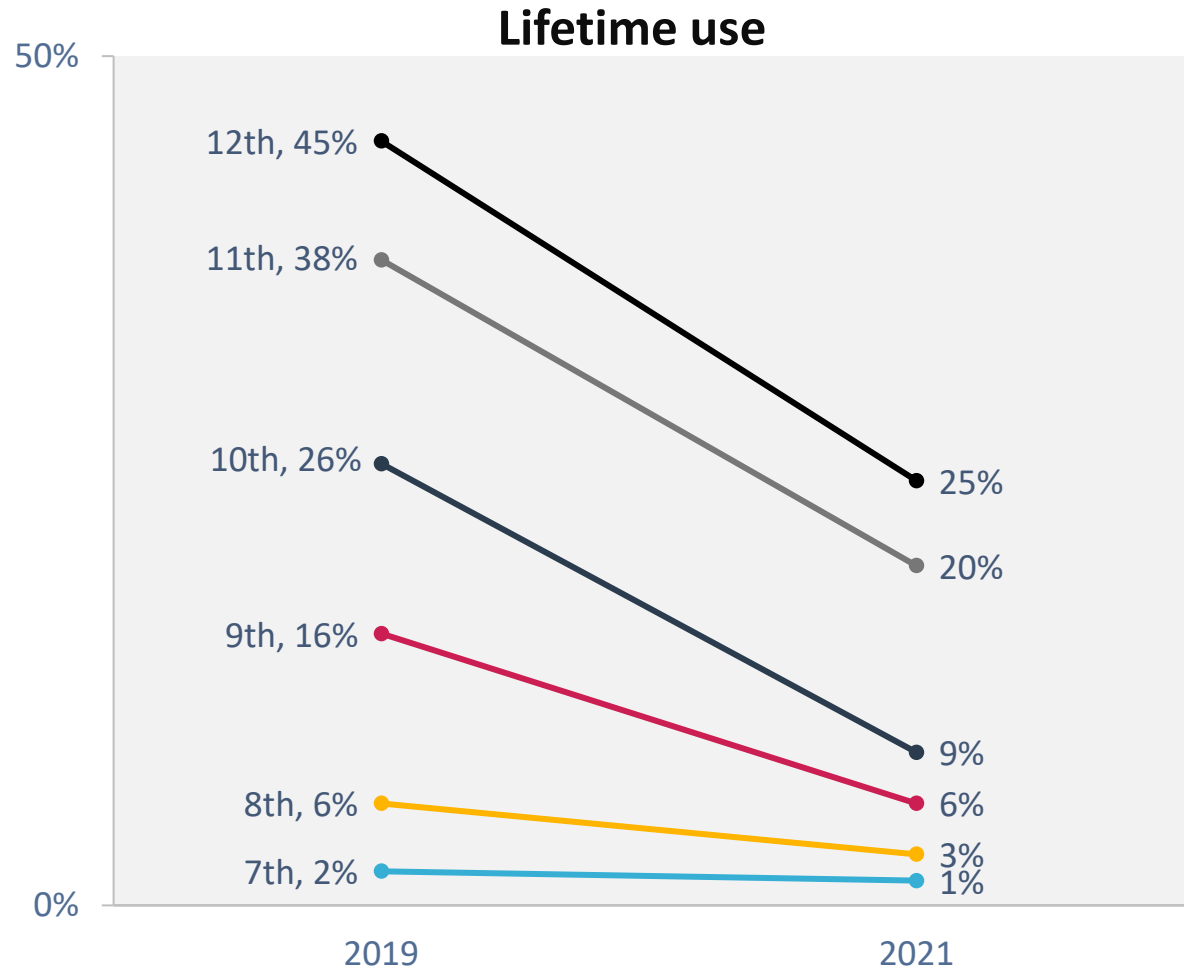
● Vaping

● Alcohol

● Marijuana

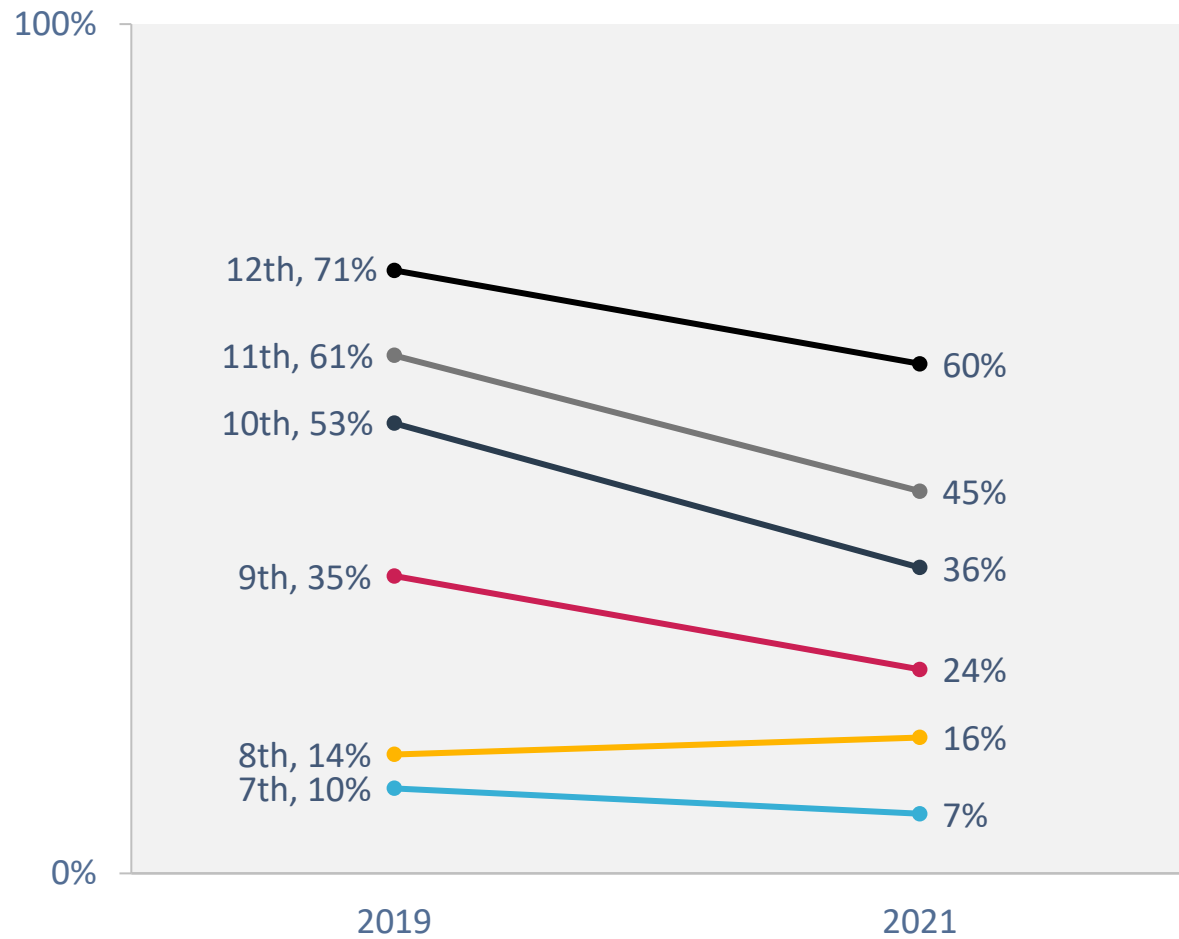
● Perception of Risk and Harm

# ELECTRONIC VAPOR USE by grade

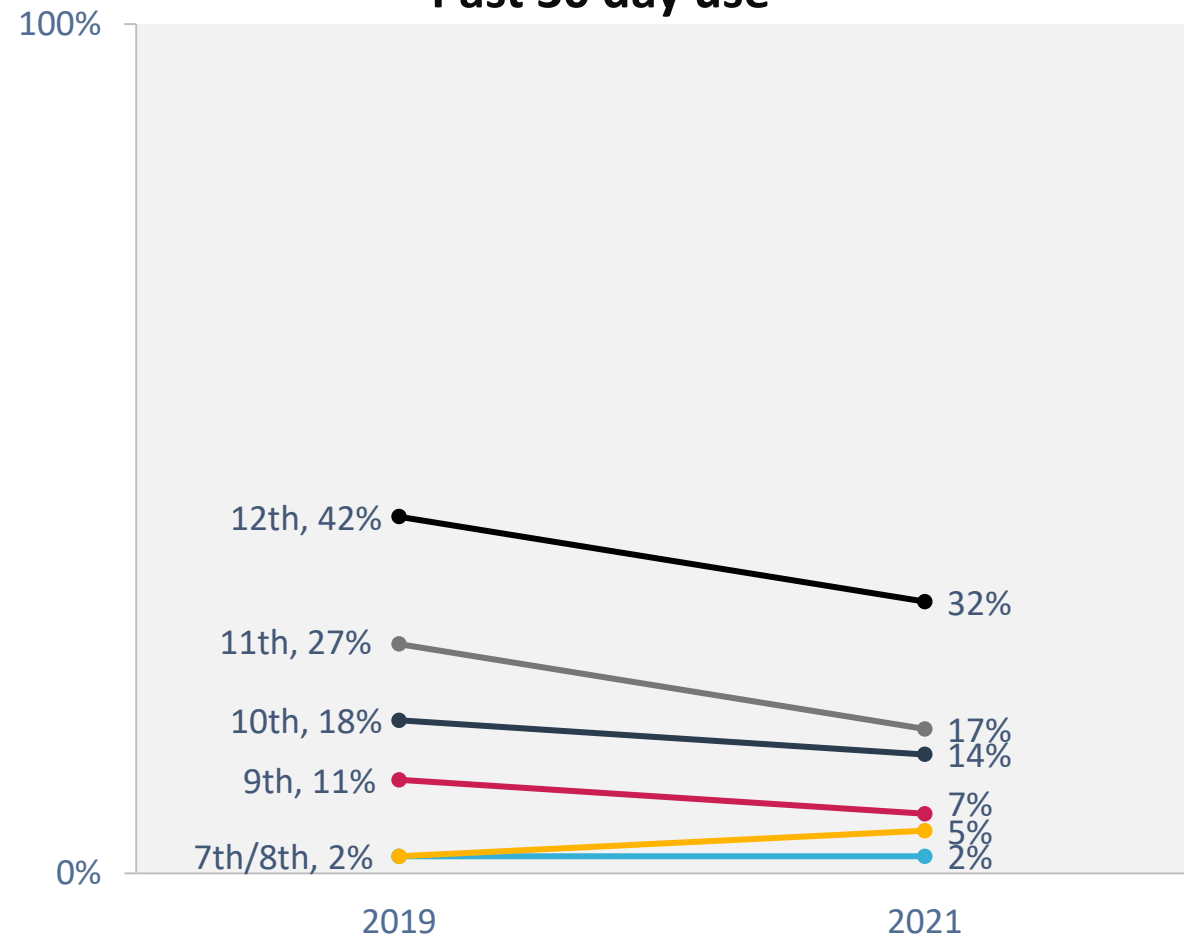


# ALCOHOL USE by grade

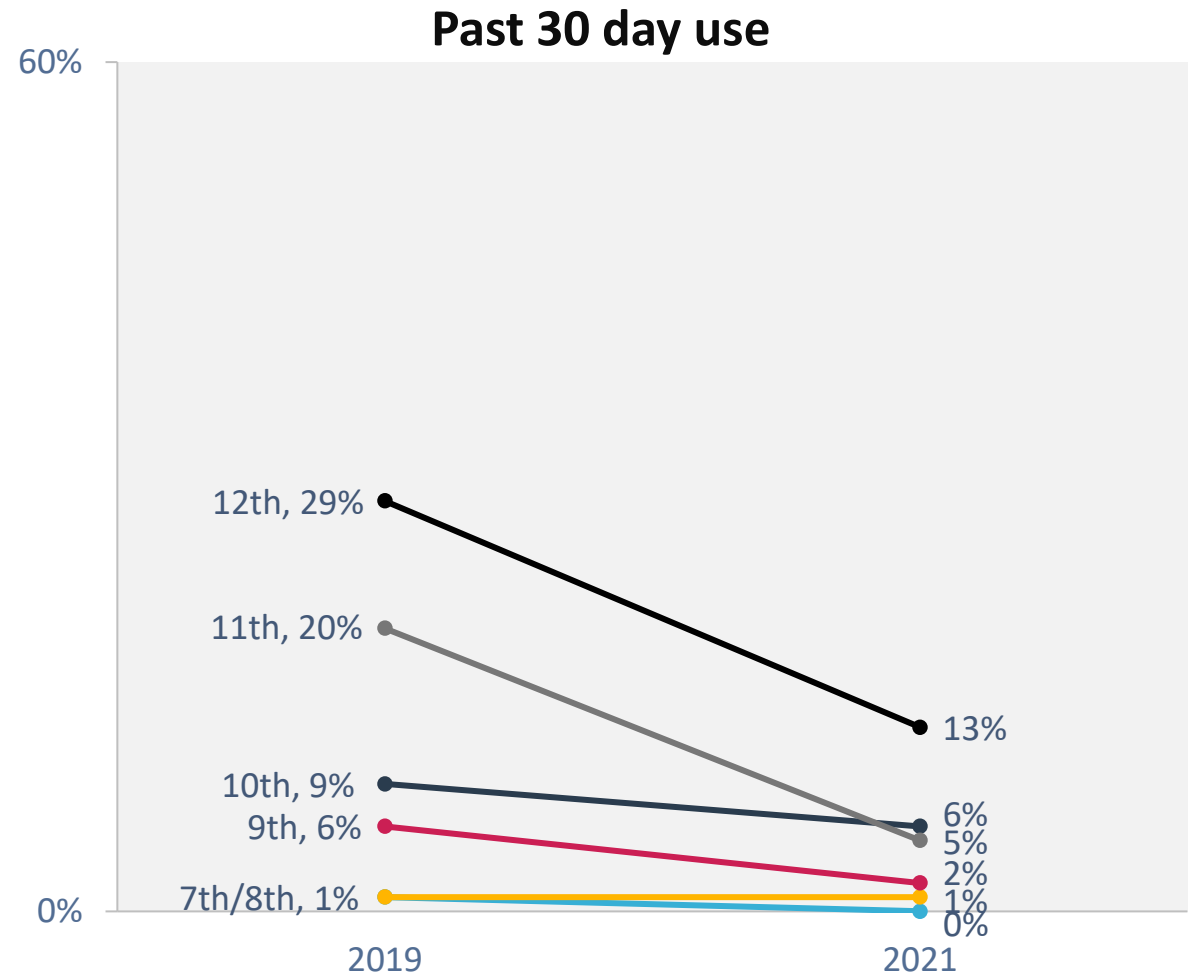
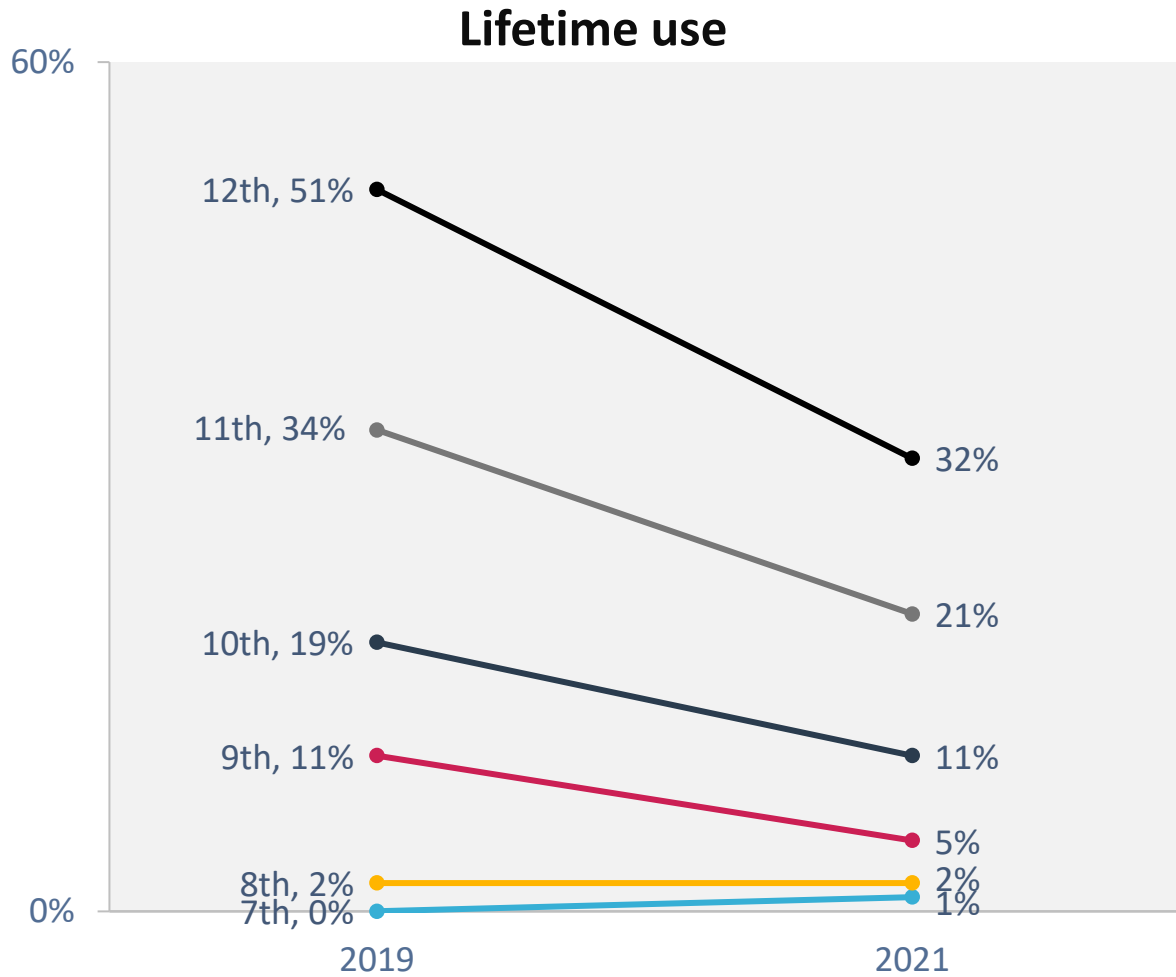
## Lifetime use



## 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%	▲

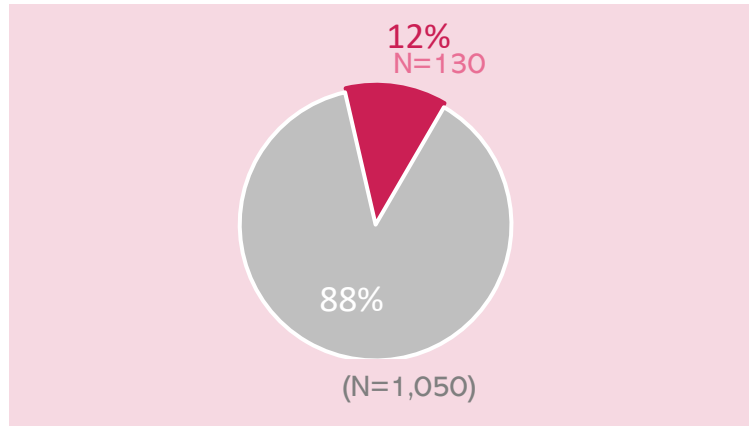


# MENTAL HEALTH

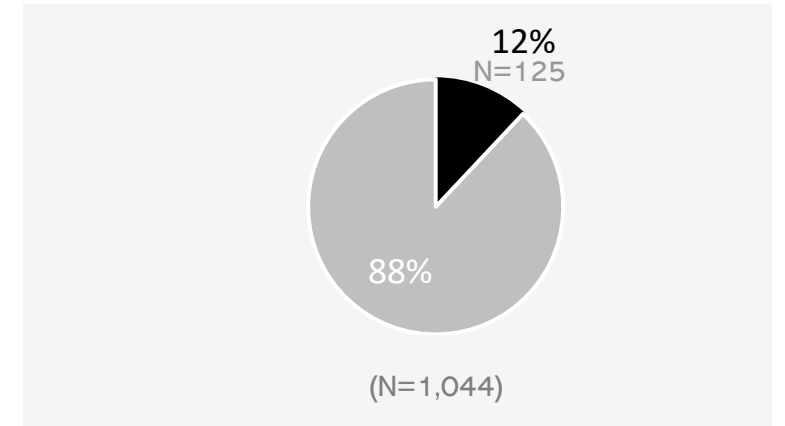
- Self-harm/Stress/Depression/Suicide
- Mental Health by gender identity
- Mental Health by race/ethnicity
- Rank of Stressors
- COVID-19 Pandemic Effects

# High School: MENTAL HEALTH ISSUES

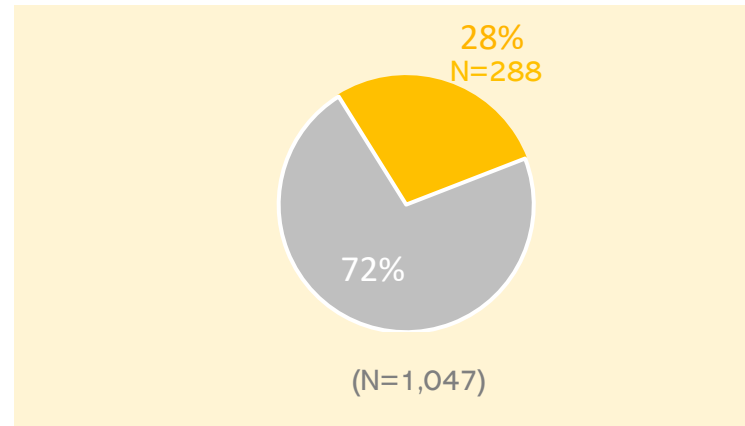
## Self-harm



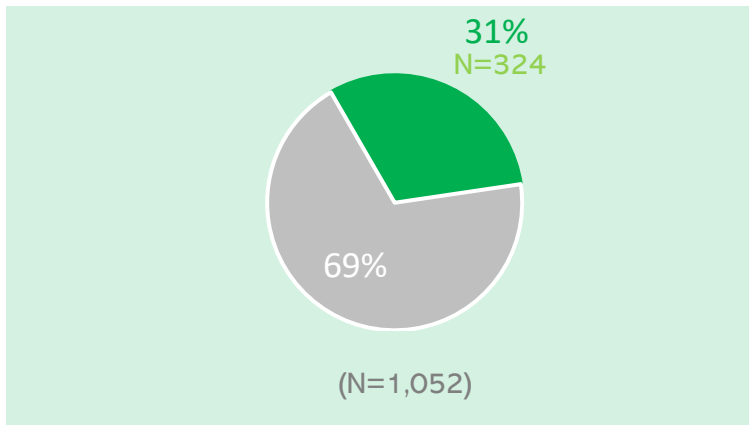
## Consider Suicide



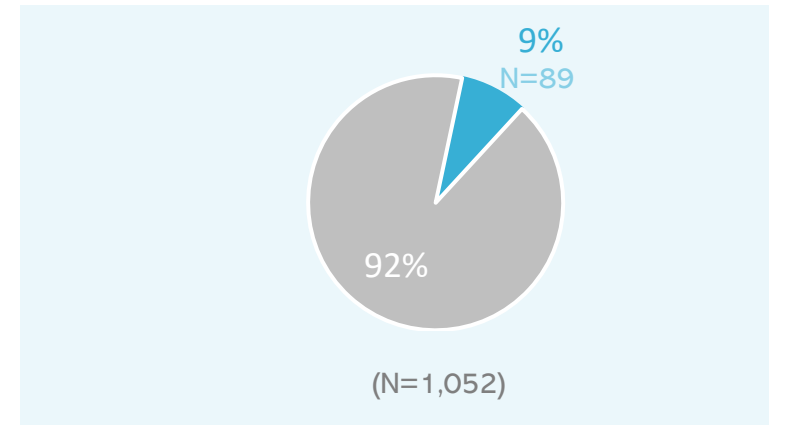
## Depression



## Overwhelming Stress



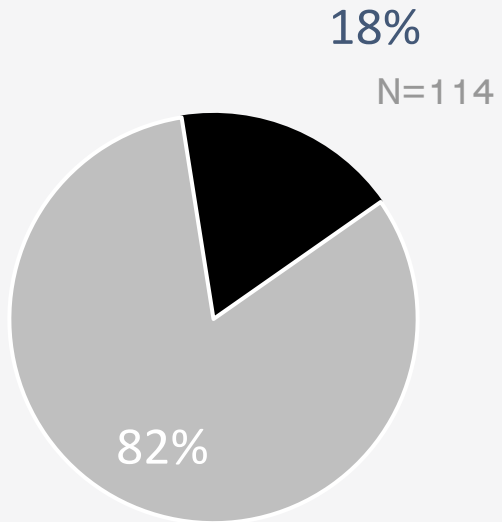
## Made a Suicide Plan



# Middle School: MENTAL HEALTH ISSUES

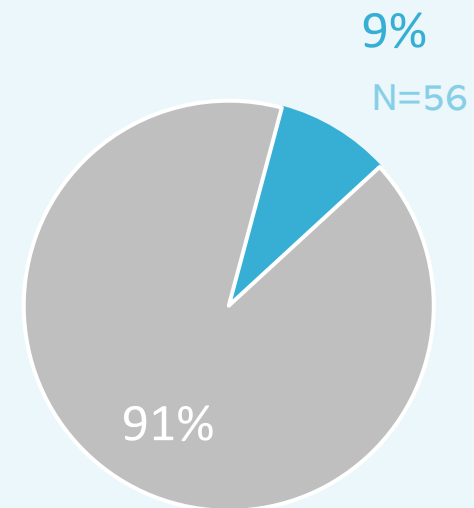
## Consider Suicide

N=641



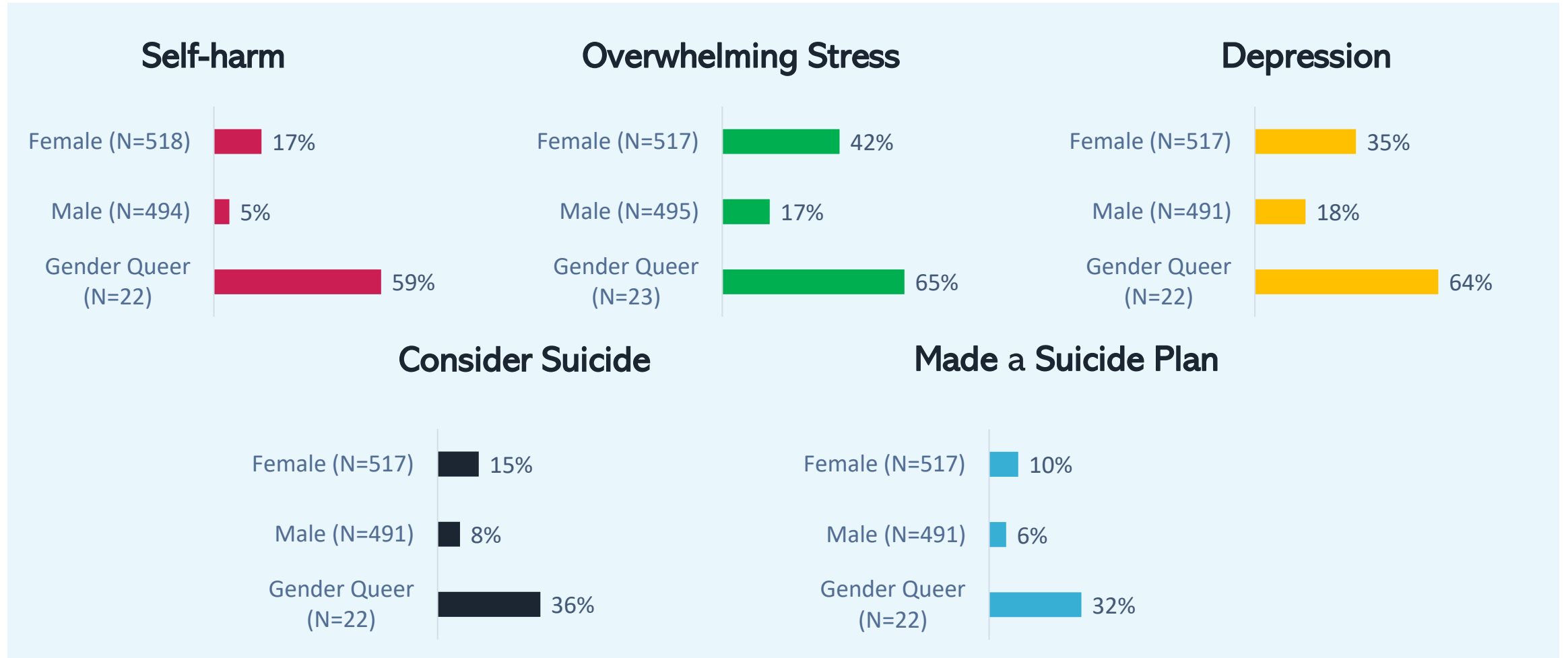
## Made a Suicide Plan

N=646



# MENTAL HEALTH ISSUES by Gender Identity (BHS)

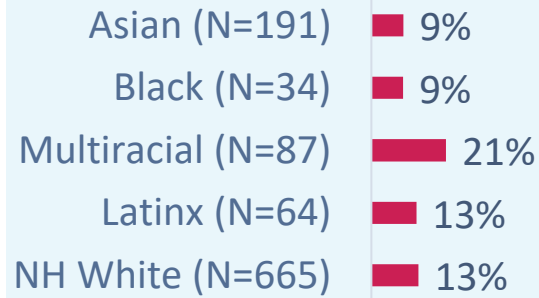
High School



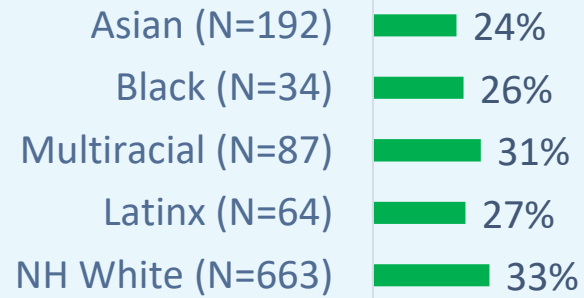
# MENTAL HEALTH ISSUES by Race (BHS)

High School

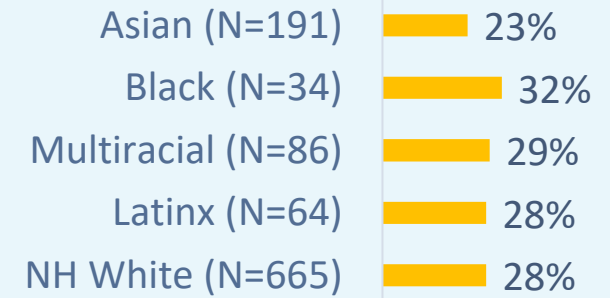
## Self-harm



## Overwhelming Stress



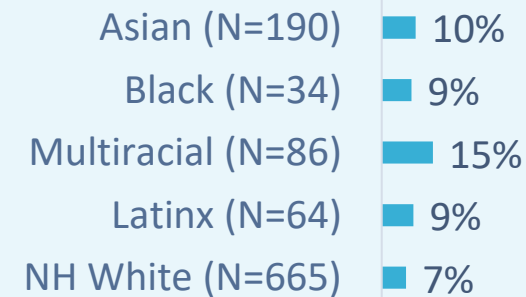
## Depression



## 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%**

## Middle School (N=643)

**1** School demands/expectation (assignments, homework, etc.)  
**33%**

**2** Busy schedule (school, activities, sports, etc.)  
**22%**

**3** Family demands/expectations (academics, grades, etc.)  
**15%**

**4** Worrying about the future (college, career, etc.)  
**12%**

**5** Other family/personal issues  
**8%**

# COVID-19 PANDEMIC EFFECTS

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

## High School (N=1,017)

## Middle School (N=643)

**1** Feelings of fear, anger, sadness, worry, numbness, or frustration  
**70%**

**1** Feelings of fear, anger, sadness, worry, numbness, or frustration  
**55%**

**2** Difficulty concentrating and making decisions  
**58%**

**2** Changes in appetite, energy, desires, and interests  
**40%**

**3** Changes in appetite, energy, desires, and interests  
**55%**

**3** Difficulty concentrating and making decisions  
**38%**

**4** Difficulty sleeping or nightmares  
**39%**

**4** Difficulty sleeping or nightmares  
**30%**

**5** Worsening of mental health conditions  
**38%**

**5** I have not experienced any of these things  
**29%**

**EDC**

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**DISCUSSION.  
THANK YOU.**



**BELMONT WELLNESS  
COALITION**



*Building Strength, Hope & Resiliency*



# Please contact us!

Lisa Gibalerio, Program Coordinator at [Lisa\\_Gibalerio@WaysideYouth.org](mailto:Lisa_Gibalerio@WaysideYouth.org)

Anne Wang, Grant Evaluator at [AWang@EDC.org](mailto:AWang@EDC.org)

Sophia Suarez-Friedman, Prevention Specialist at [Sophia\\_Suarez-Friedman@WaysideYouth.org](mailto:Sophia_Suarez-Friedman@WaysideYouth.org)

Visit our website to learn more about the Belmont Wellness Coalition

<http://belmontwellness.org/>