



BELMONT WELLNESS
COALITION

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

Chenery Middle School PTO Meeting

January 12, 2022

EDC Education
Development
Center

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

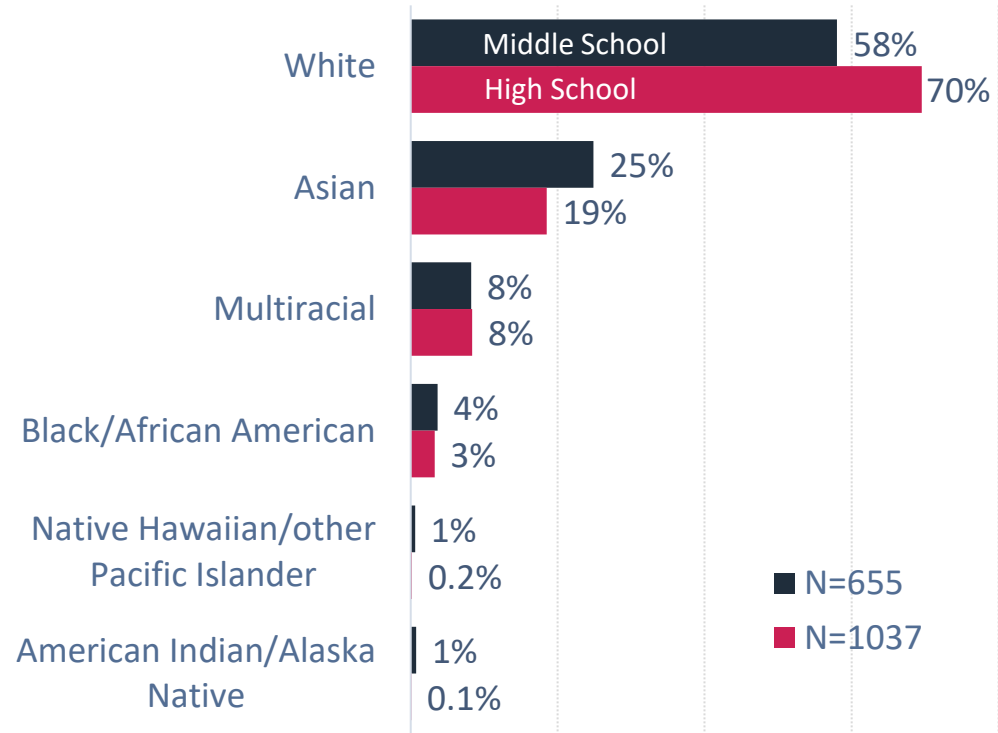
RESPONSE NUMBERS Belmont - YRBS 2021

Middle School

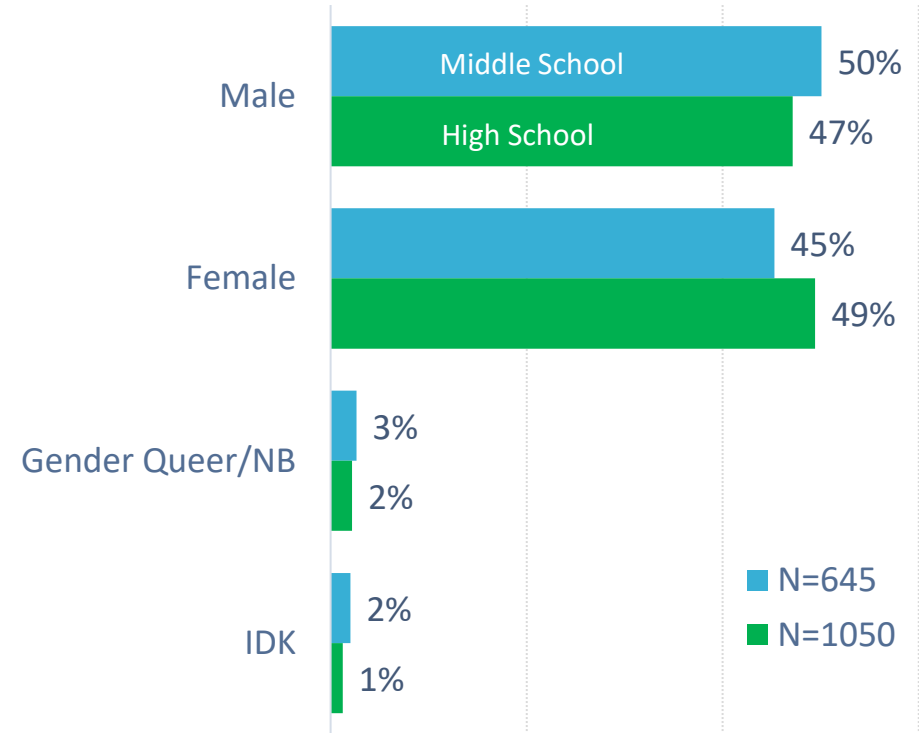
Grade	Responses
7 th	344
8 th	303
Ungraded/other grade	1
Blank	7
Total	655

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

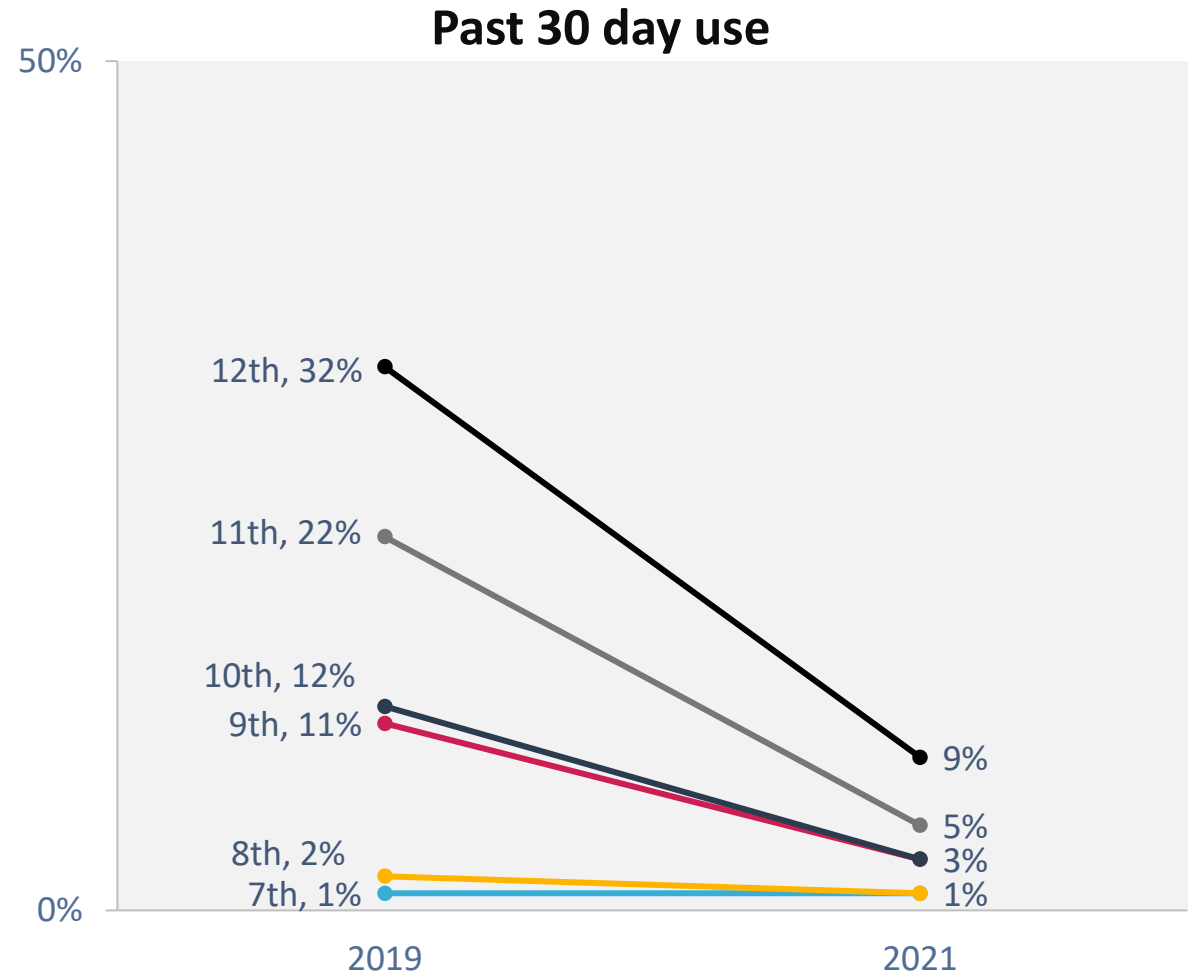
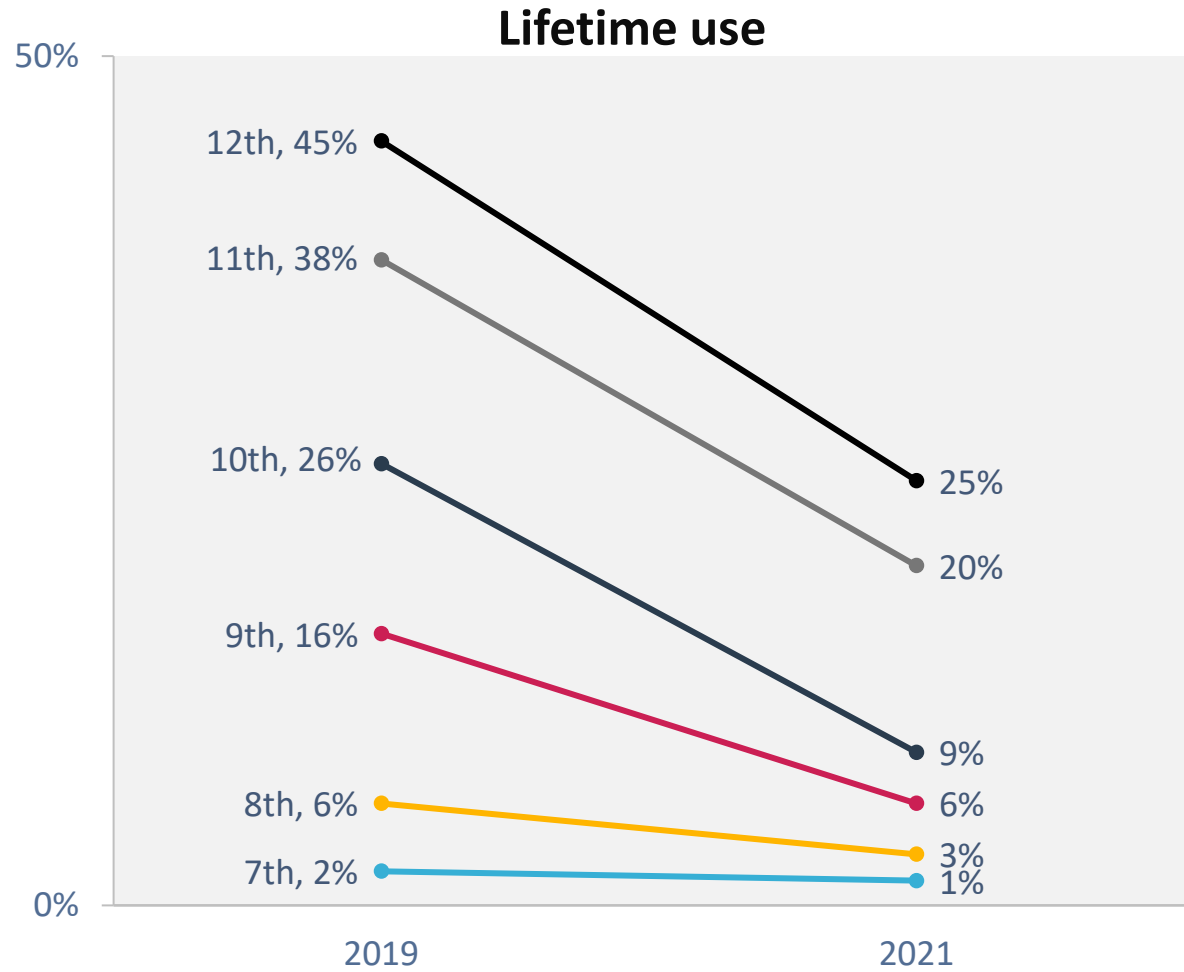
● Vaping

● Alcohol

● Marijuana

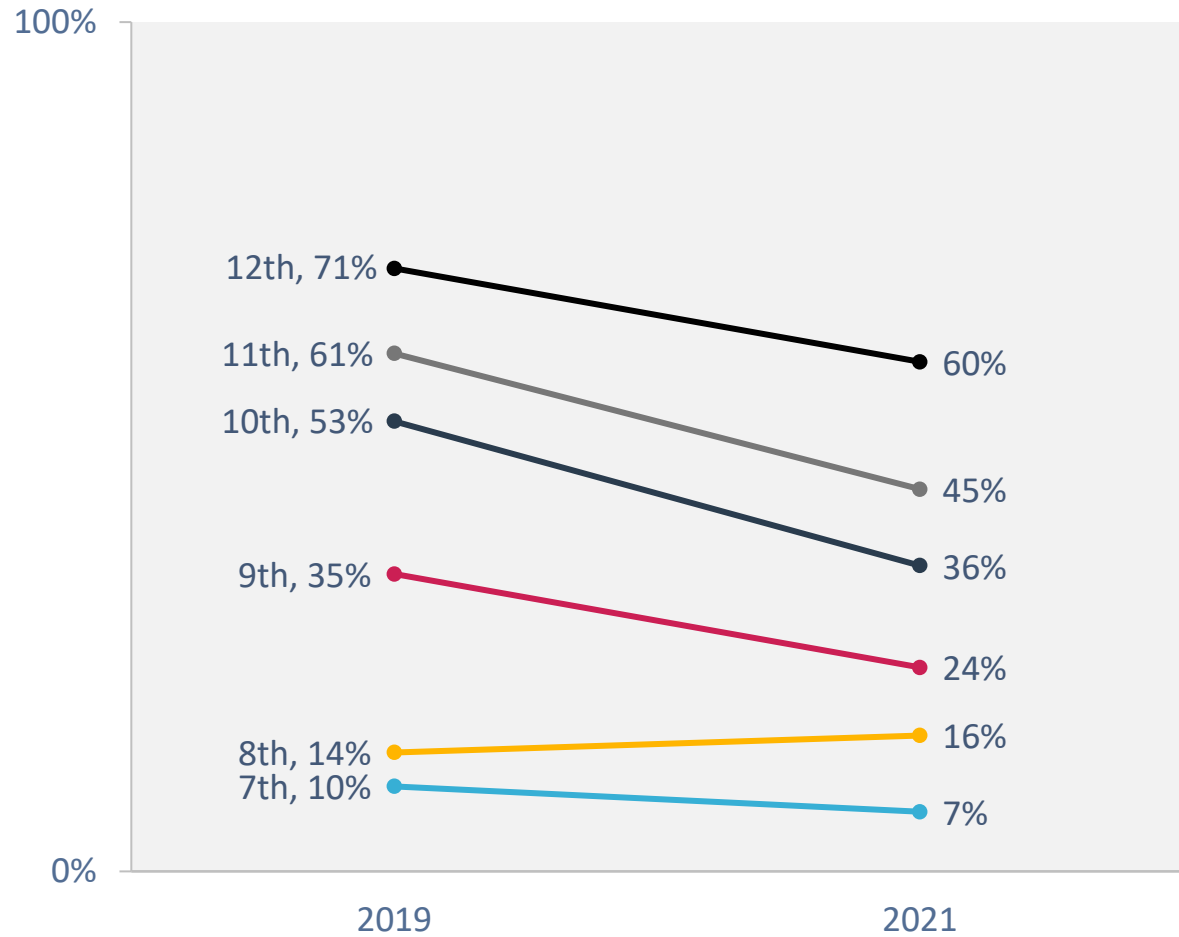
● Perception of Risk and Harm

ELECTRONIC VAPOR USE by grade

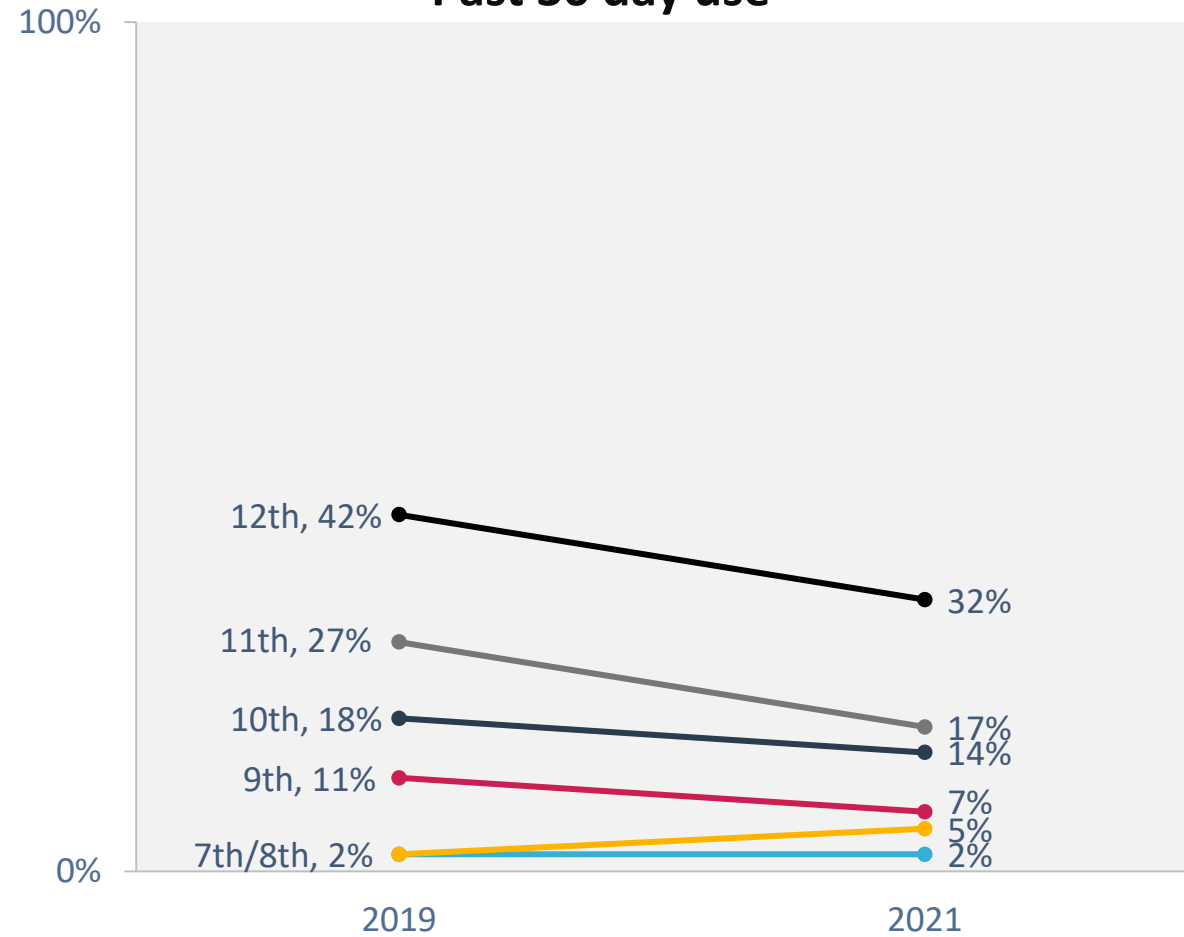


ALCOHOL USE by grade

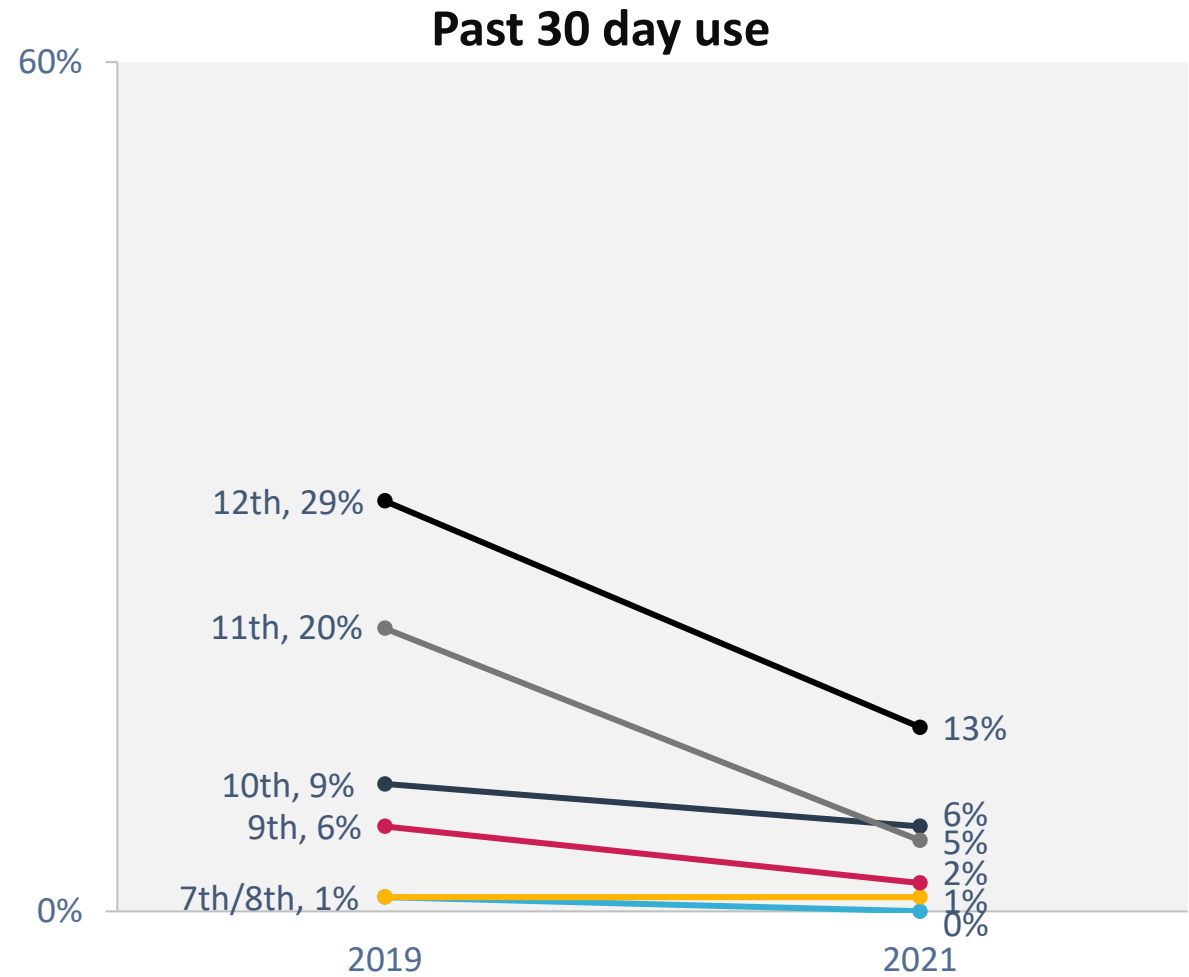
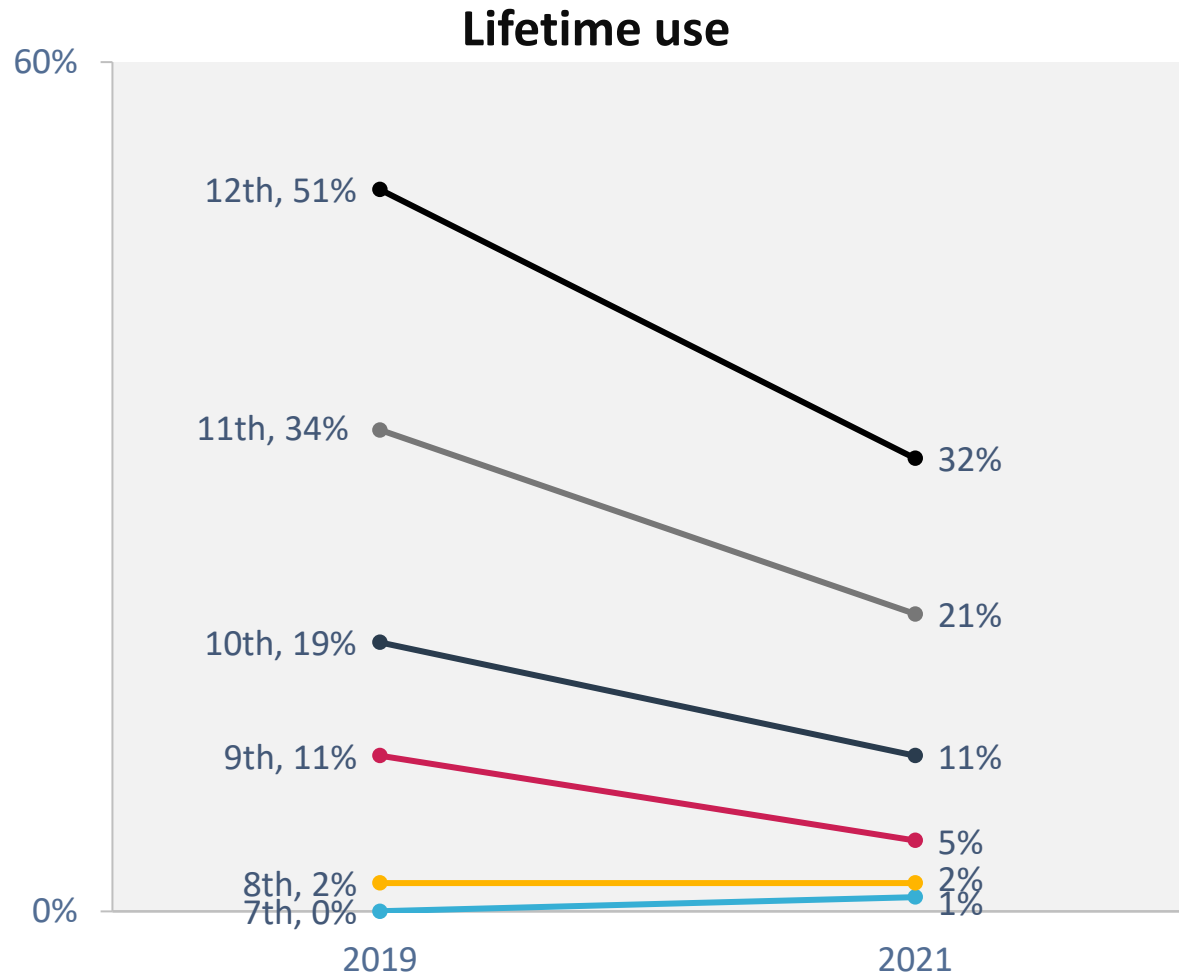
Lifetime use



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%	▲

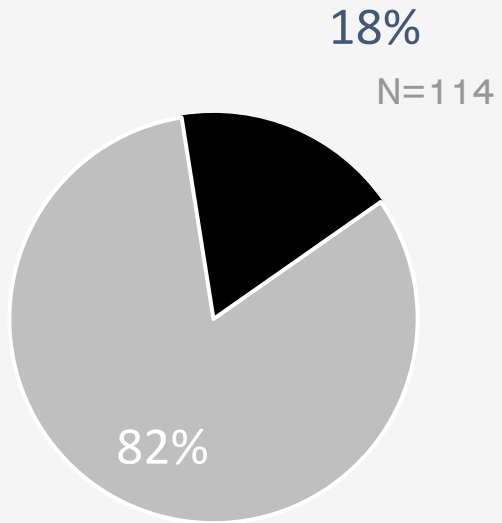
MENTAL HEALTH

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

Middle School: MENTAL HEALTH ISSUES

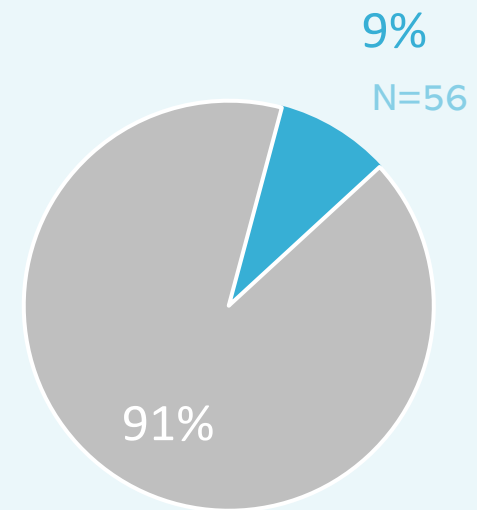
Consider Suicide

N=641



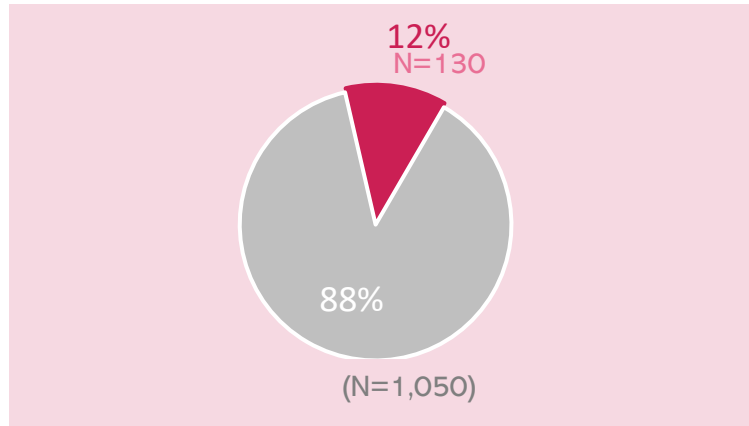
Made a Suicide Plan

N=646

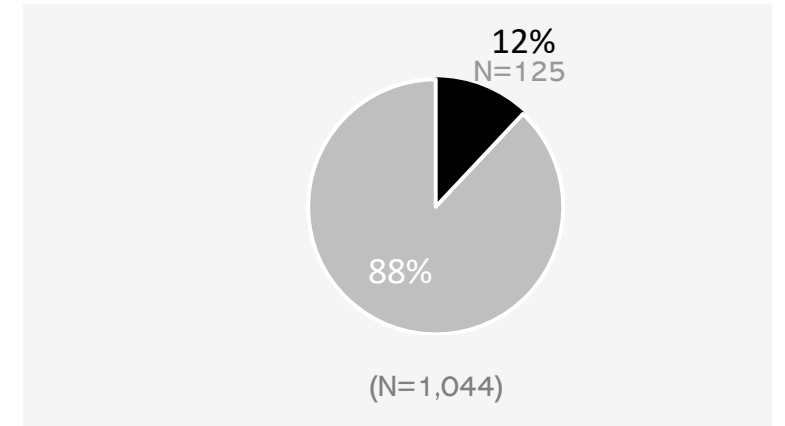


High School: MENTAL HEALTH ISSUES

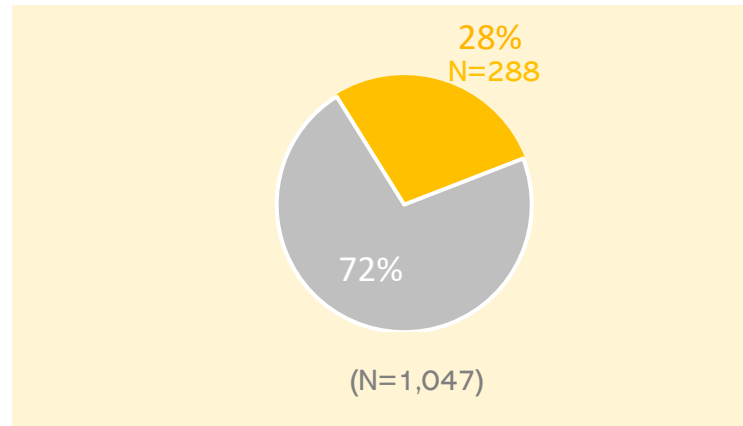
Self-harm



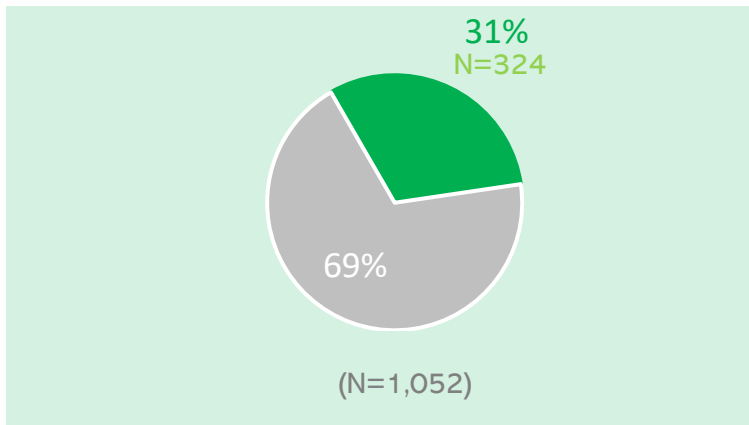
Consider Suicide



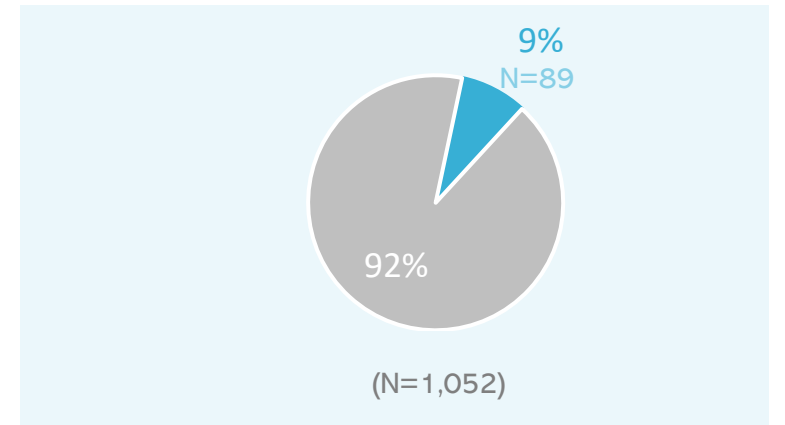
Depression



Overwhelming Stress



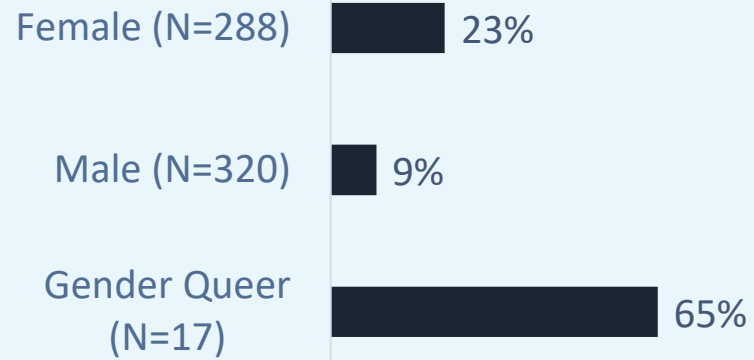
Made a Suicide Plan



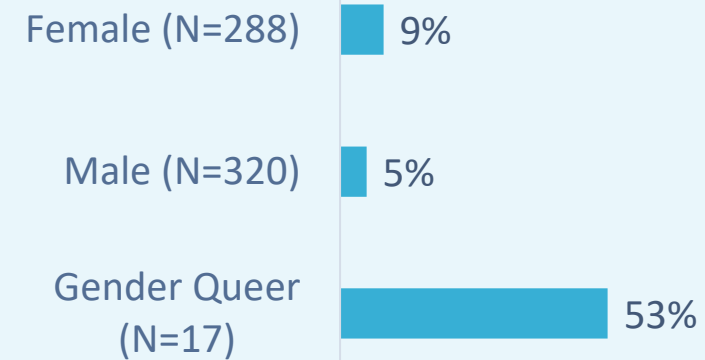
MENTAL HEALTH ISSUES by Gender Identity (CMS)

Middle School

Consider Suicide



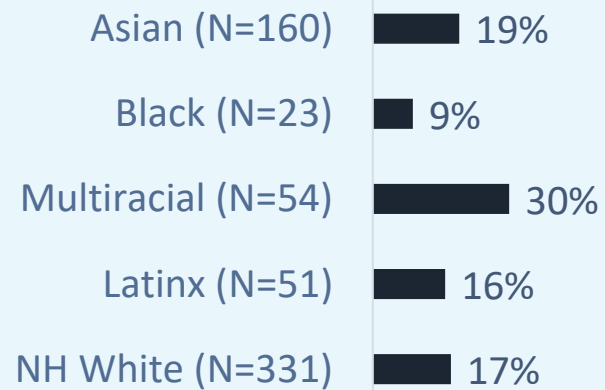
Made a Suicide Plan



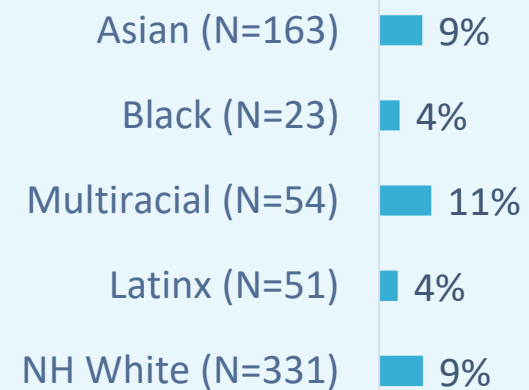
MENTAL HEALTH ISSUES by Race (CMS)

Middle School

Consider Suicide



Made a Suicide Plan



Ranking of Stressors:

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?

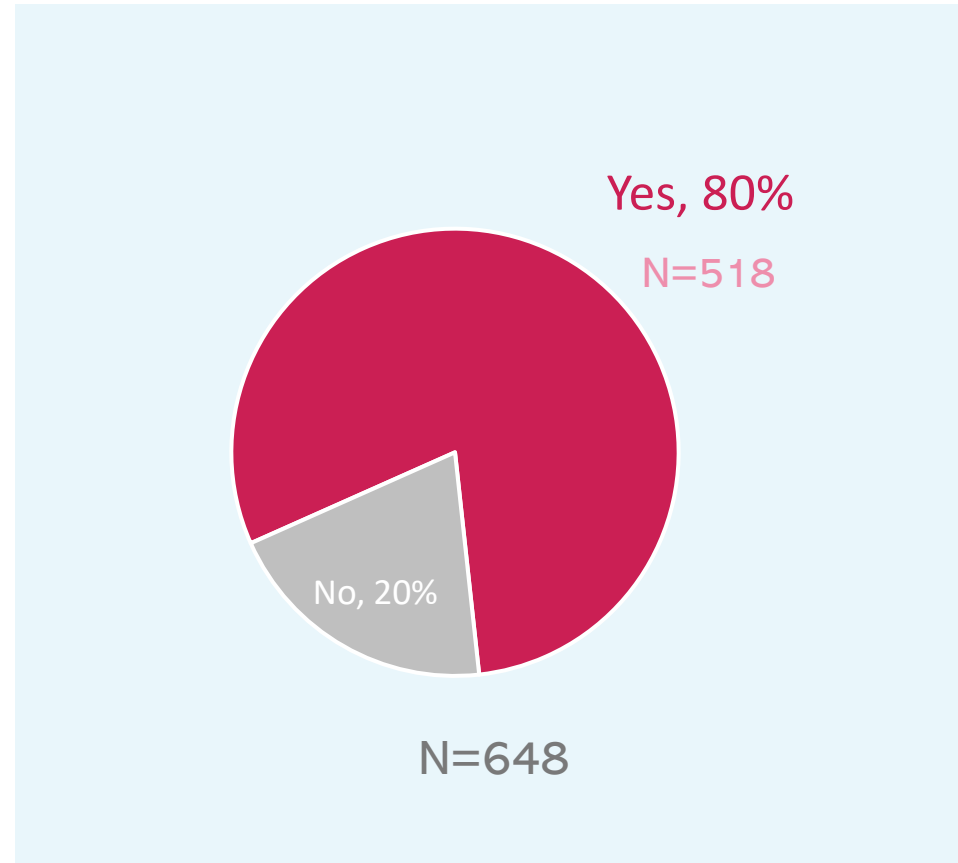
Middle School (N=643)

- 1** Feelings of fear, anger, sadness, worry, numbness, or frustration
55%
- 2** Changes in appetite, energy, desires, and interests
40%
- 3** Difficulty concentrating and making decisions
38%
- 4** Difficulty sleeping or nightmares
30%
- 5** I have not experienced any of these things
29%

COPING STRATEGY

Do you have a healthy activities/behavior to help relieve stress?

Middle School



BULLYING

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

EXPERIENCE BULLYING by Grade

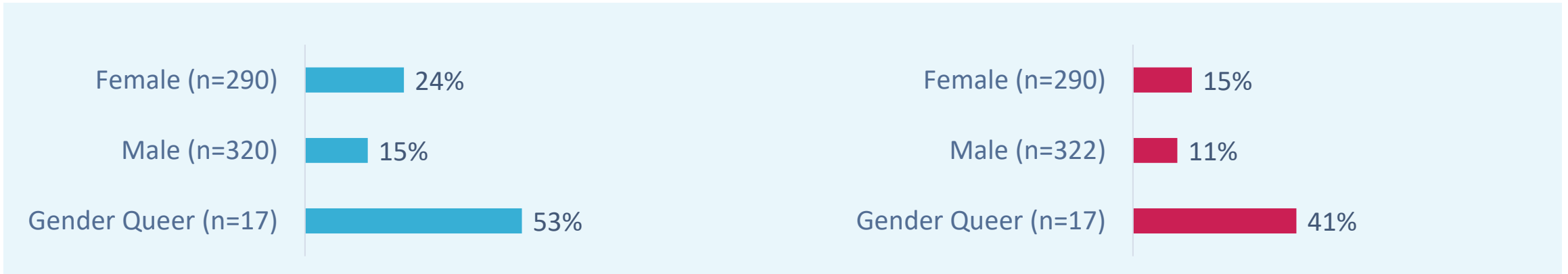
	Bullied on school property				Electronic bullied			
	2019	2021	Dif.	Mx 2021	2019	2021	Dif.	Mx 2021
7th Grade	14%	20%	▲	23%	29%	13%	▼	19%
8th Grade	16%	22%	▲	25%	25%	15%	▼	19%
9th Grade	14%	4%	▼	6%	9%	14%	▲	13%
10th Grade	9%	4%	▼	5%	9%	9%	—	10%
11th Grade	11%	3%	▼	6%	10%	9%	—	10%
12th Grade	10%	3%	▼	4%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

EXPERIENCE BULLYING by Gender Identity

Bullied on school property

Electronic bullied

Middle School

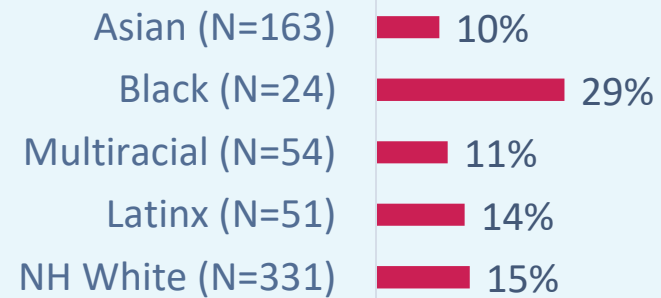
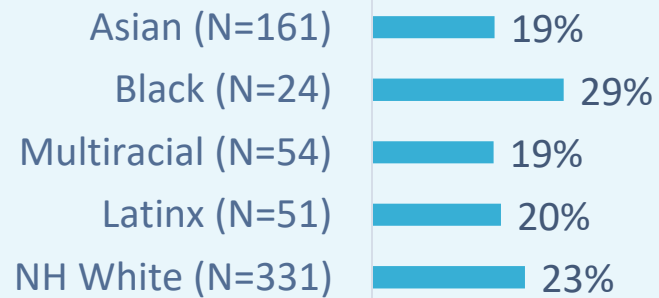


EXPERIENCE BULLYING by Race

Bullied on school property

Electronic bullied

Middle School

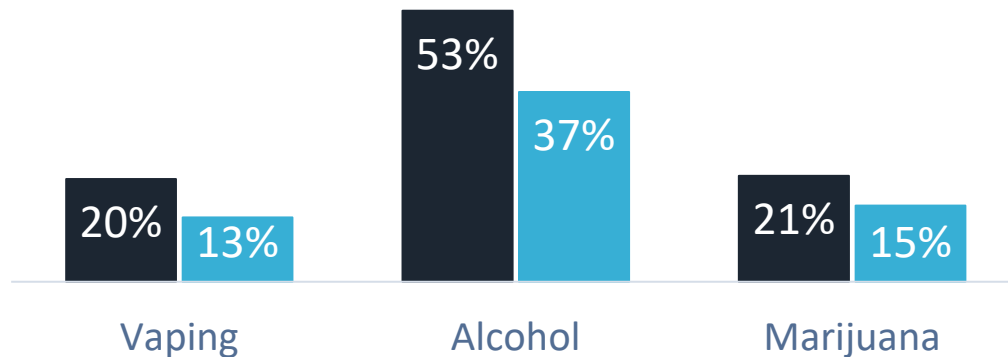


CROSS
ANALYSIS

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

High School: 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...

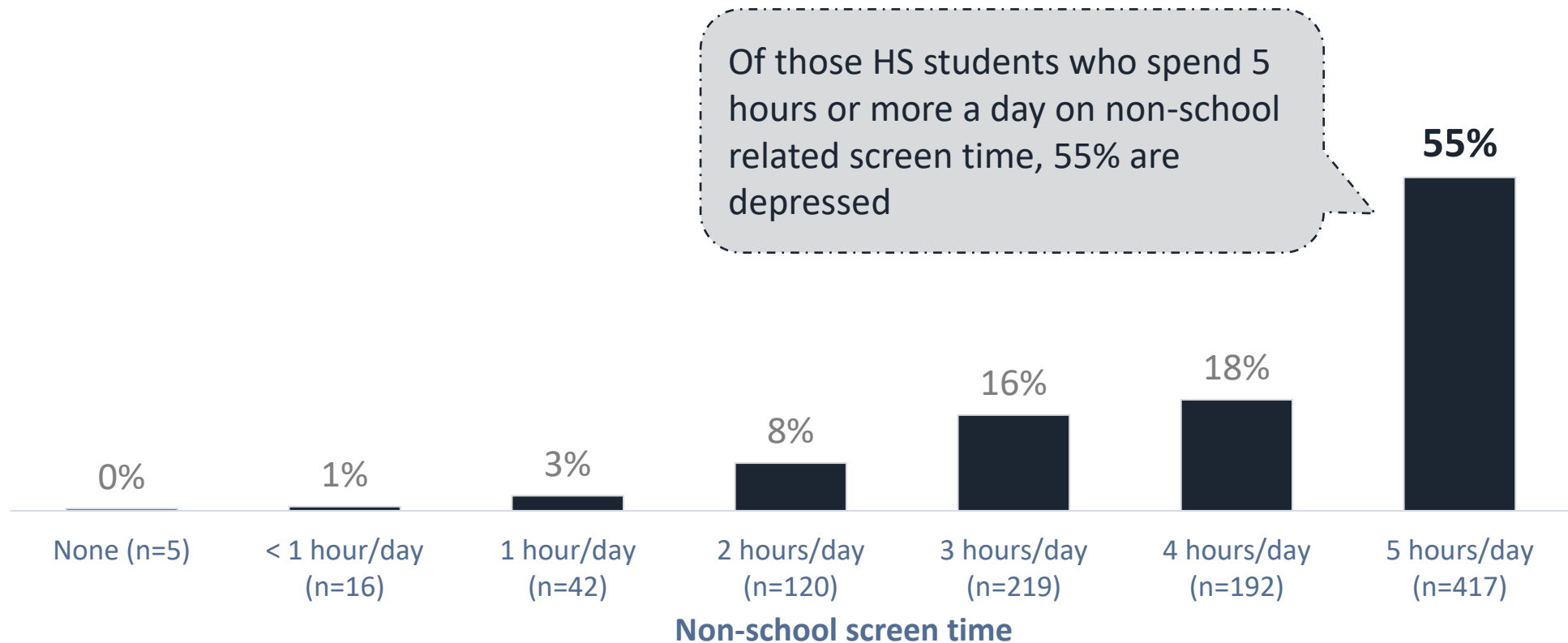
- 20% Vape
- 53% consume alcohol
- 21% use marijuana

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

[No data for Middle School]

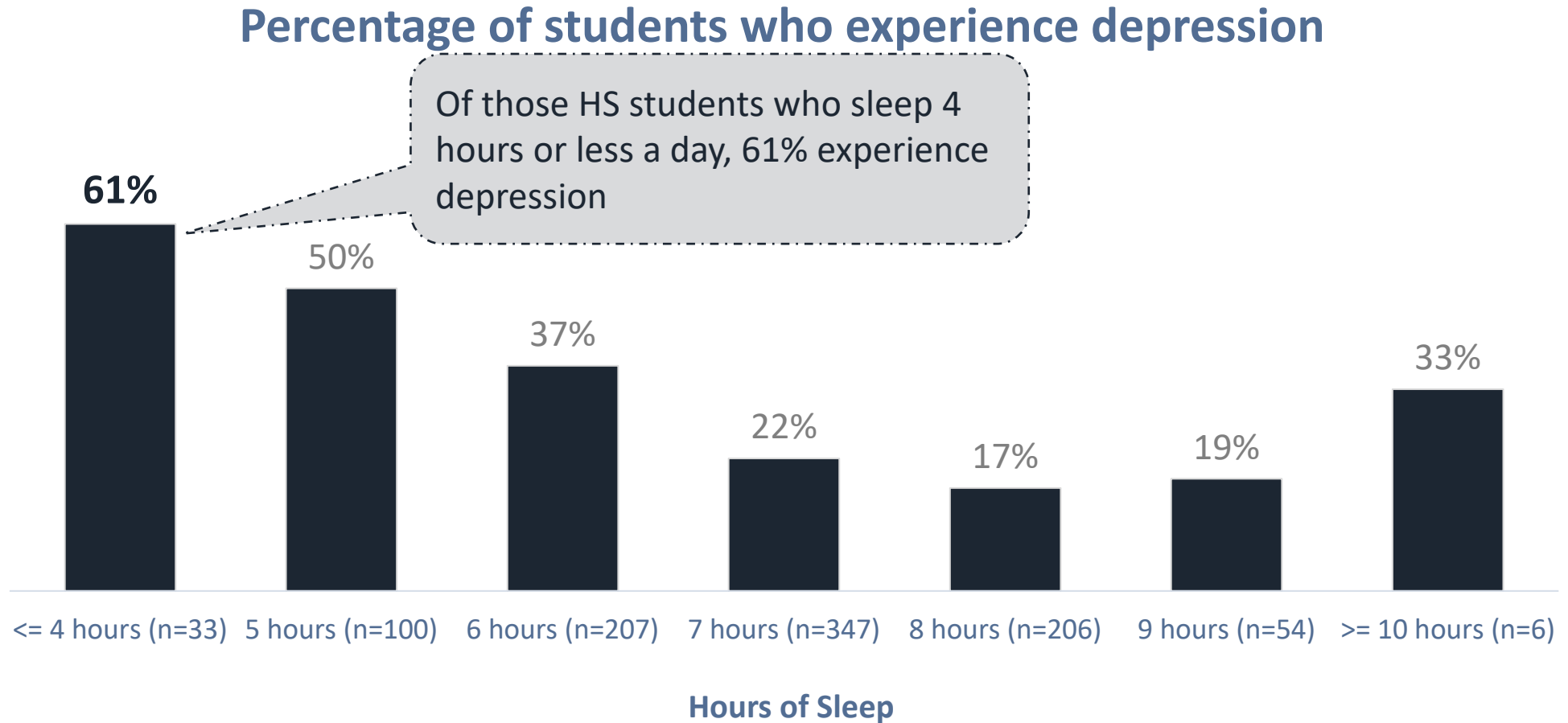
High School: Students who *experience depression* compared to *non-school screen time hours spent*:

Percentage of students who experience depression



[No data for Middle School]

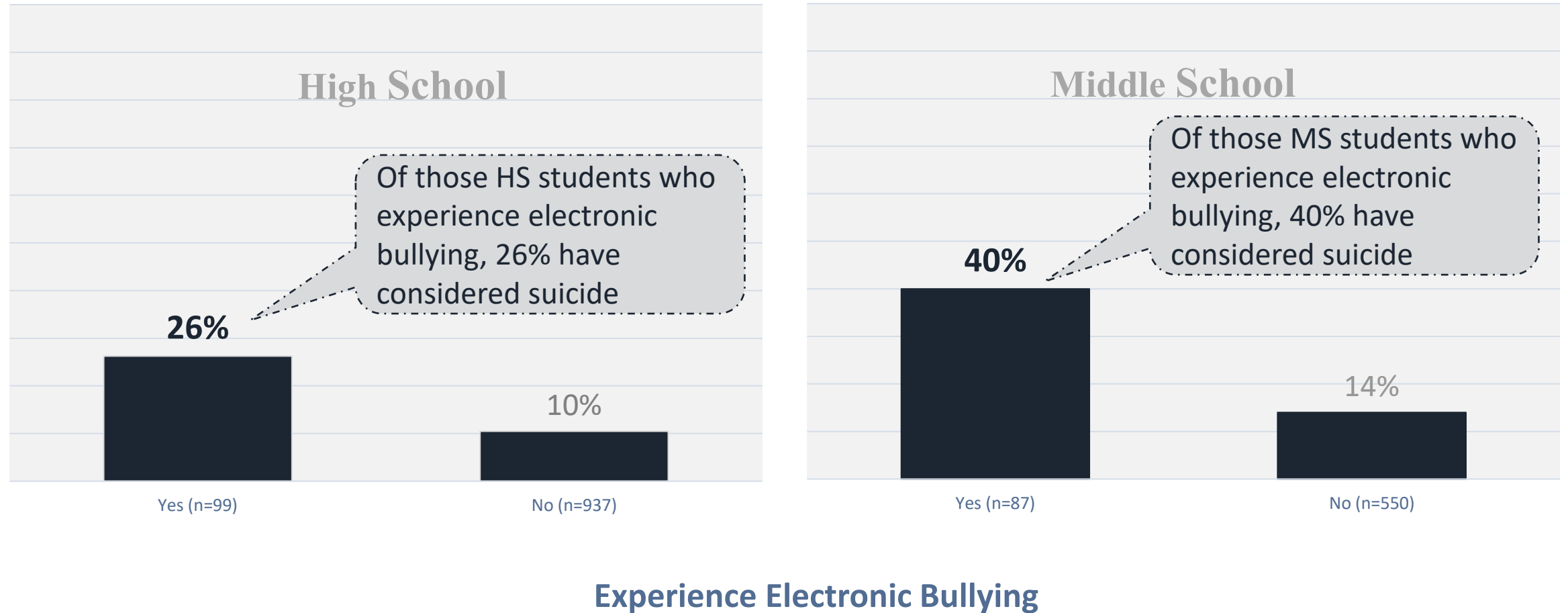
High School: Students who *experience depression* compared to *hours of sleep*:



[No data for Middle School]

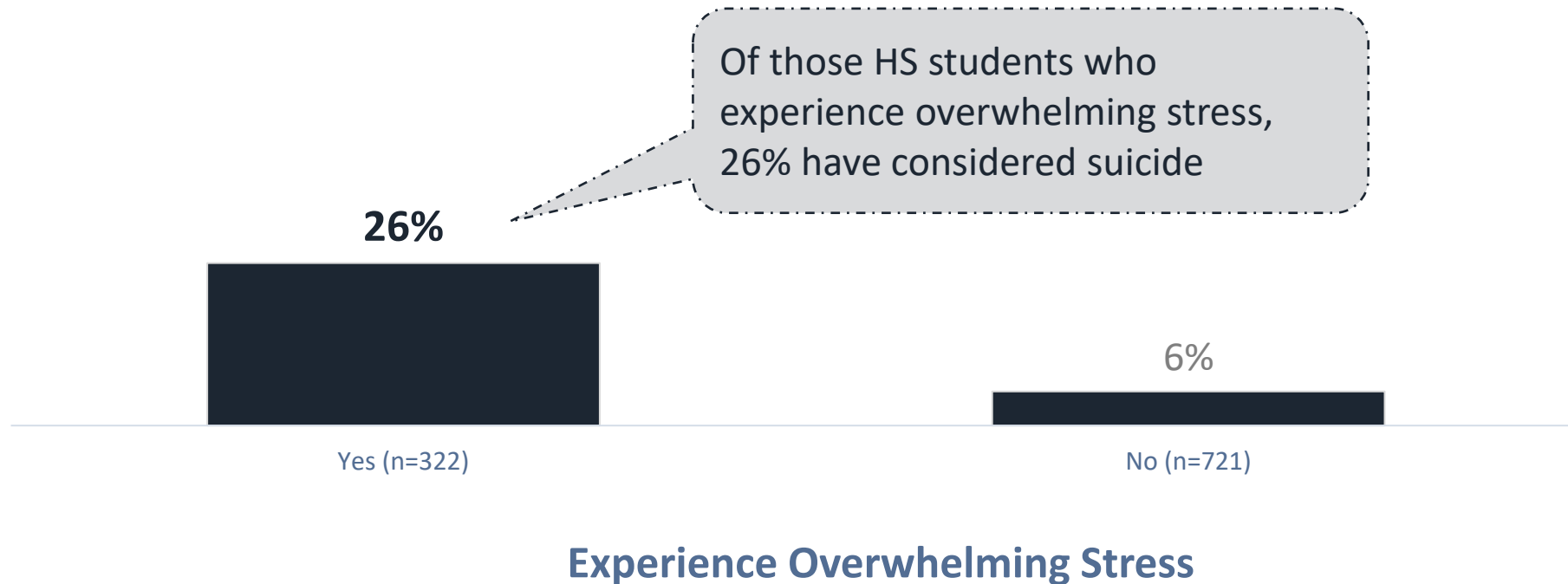
Students who *consider suicide* among those who *experience electronic bullying*:

Percentage of students who consider suicide



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

Percentage of students who consider suicide



[No data for Middle School]



**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 and our work:
<http://belmontwellness.org/>