



Belmont Middle and High School
2023 Youth Risk Behavior Survey (YRBS)

Data Highlights



Belmont Wellness Coalition Presenters

- **Lisa Gibalerio** MPH, Public Health Educator
- **Maeve Kennelly** Prevention Specialist
- **Wendy Conroy** MPH, Coalition Chair
- **Chantal Hoff** MPH, Evaluator
- **Eda Galvez** BHS Sophomore, SMHA

MIDDLESEX COUNTY COMMUNITIES PARTICIPATING IN YRBS (“MIDDLESEX LEAGUE”)

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

And now for Belmont's 2023 results...

COUNT OF SURVEY RESPONSES

Middle School

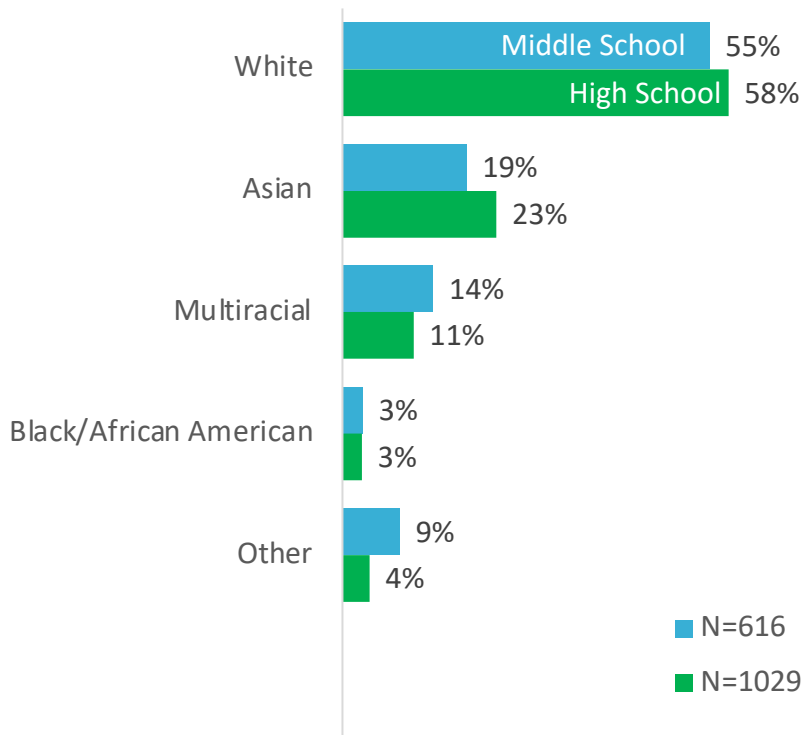
Grade	Responses
7 th	278
8 th	338
Total	616

High School

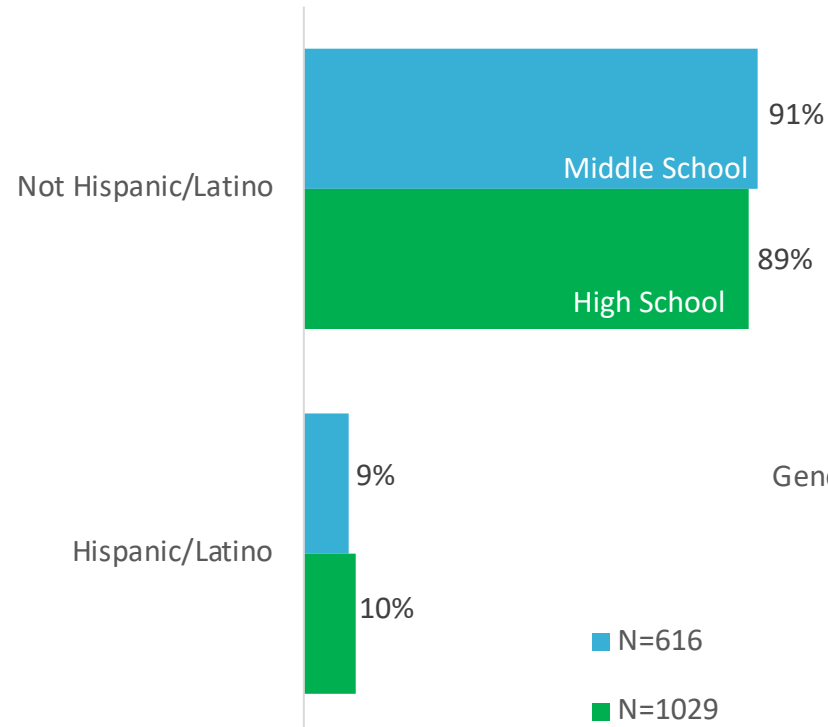
Grade	Responses
9 th	320
10 th	292
11 th	225
12 th	192
Total	1029

RESPONDENT DEMOGRAPHICS

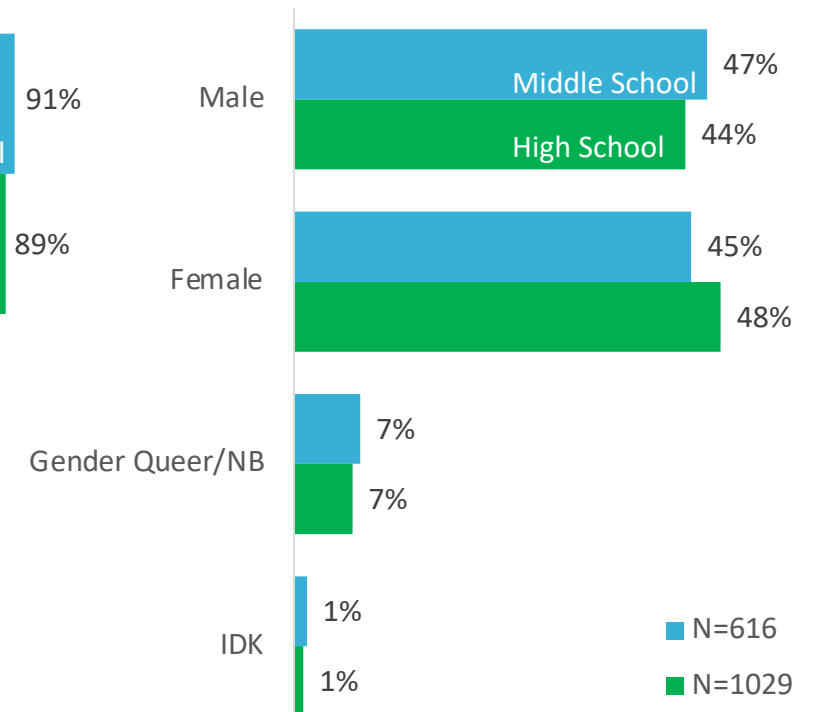
Race



Ethnicity



Gender Identity



SUBSTANCE
USE

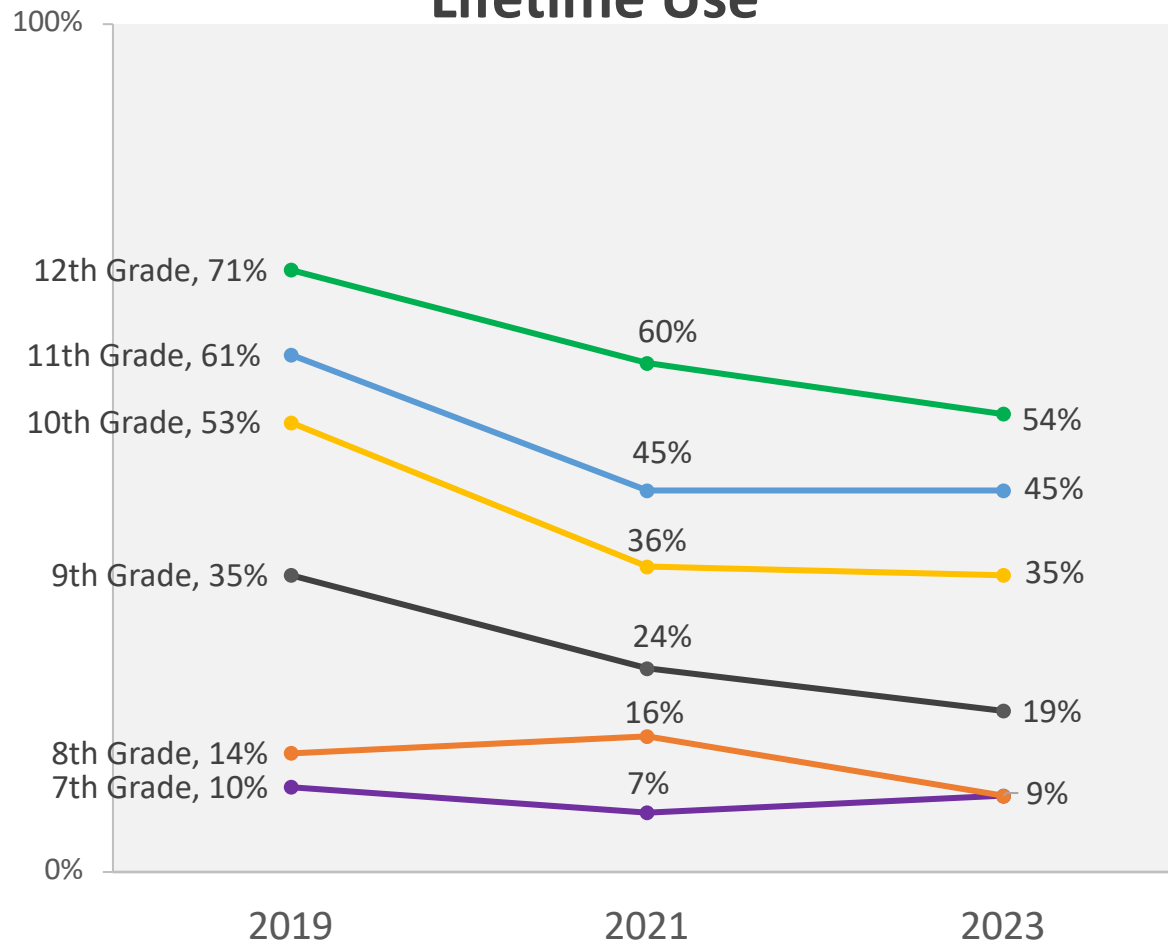
Alcohol

Marijuana

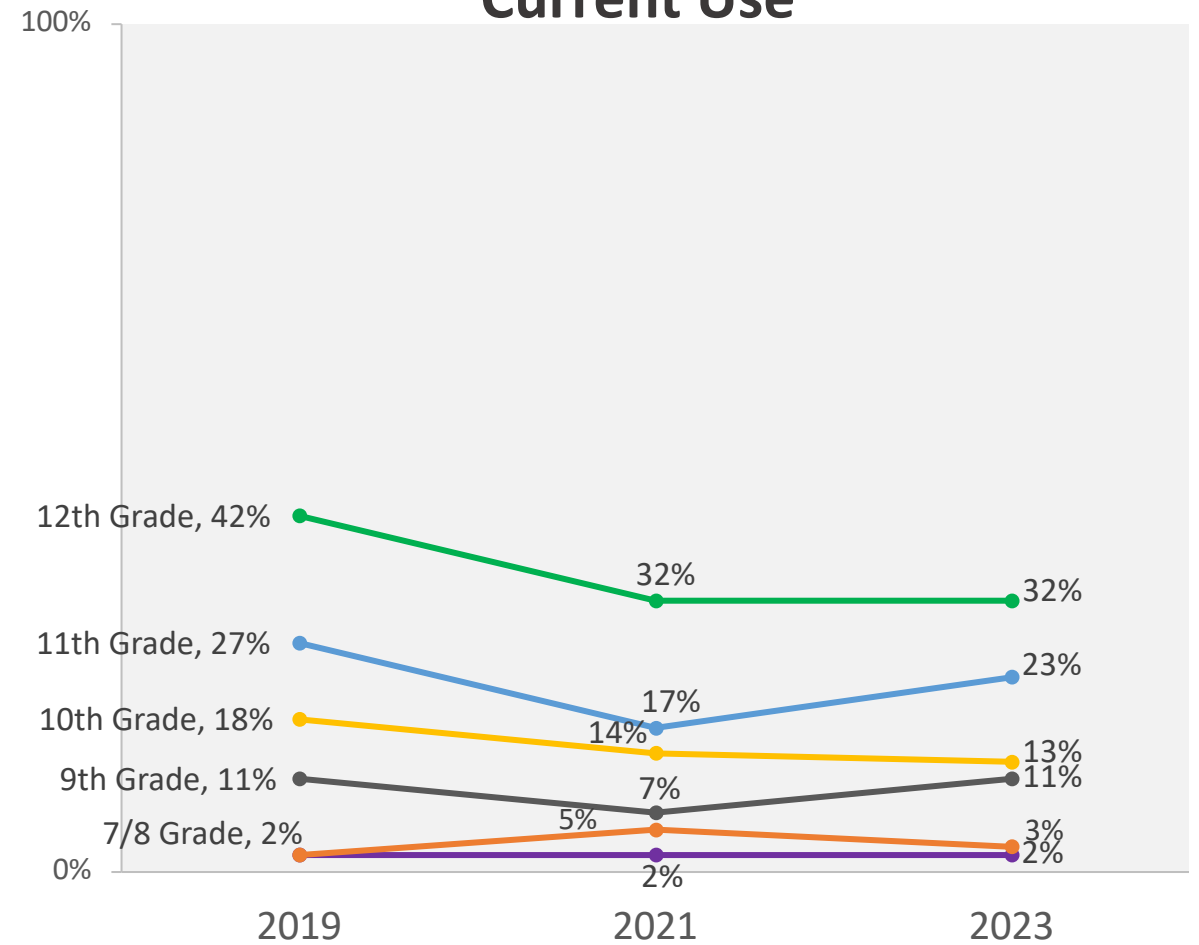
Vaping

ALCOHOL USE by grade

Lifetime Use

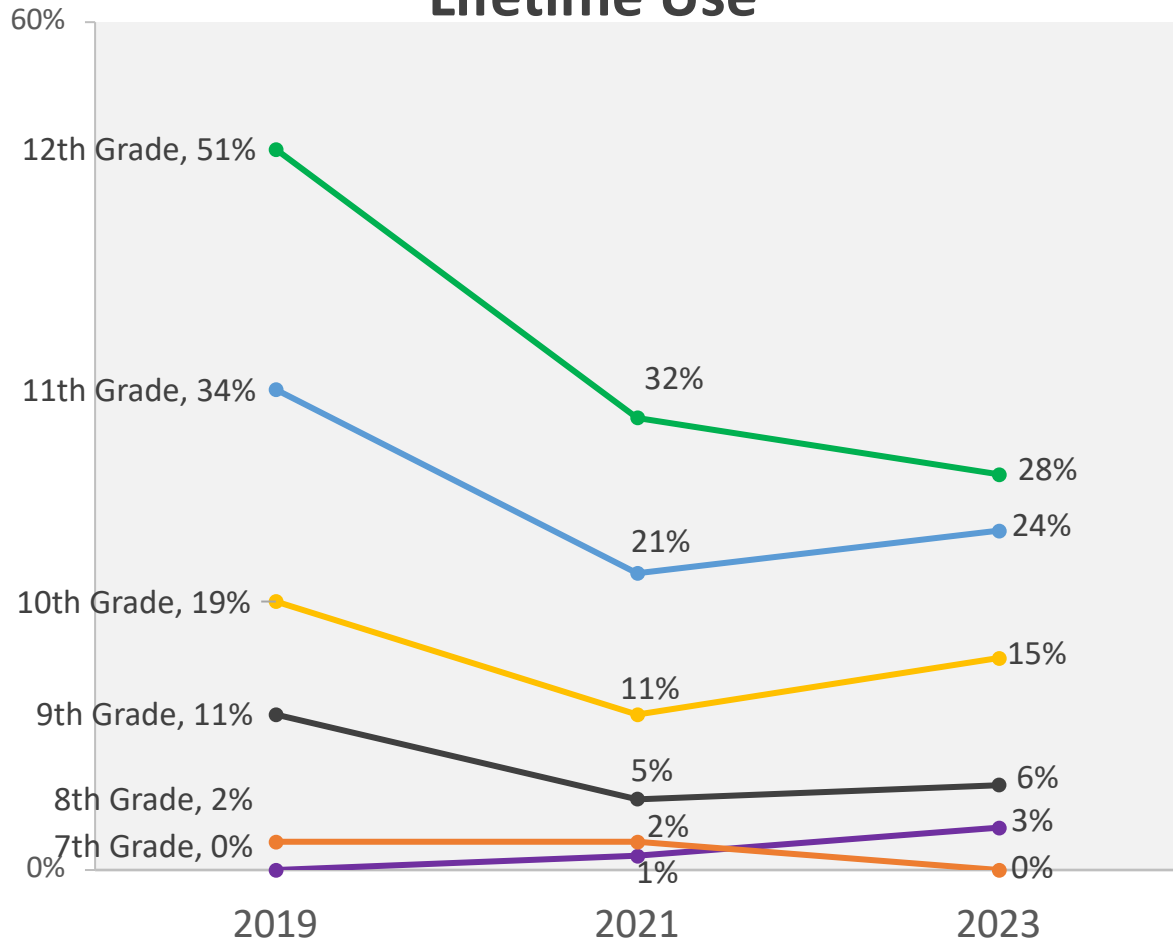


Current Use

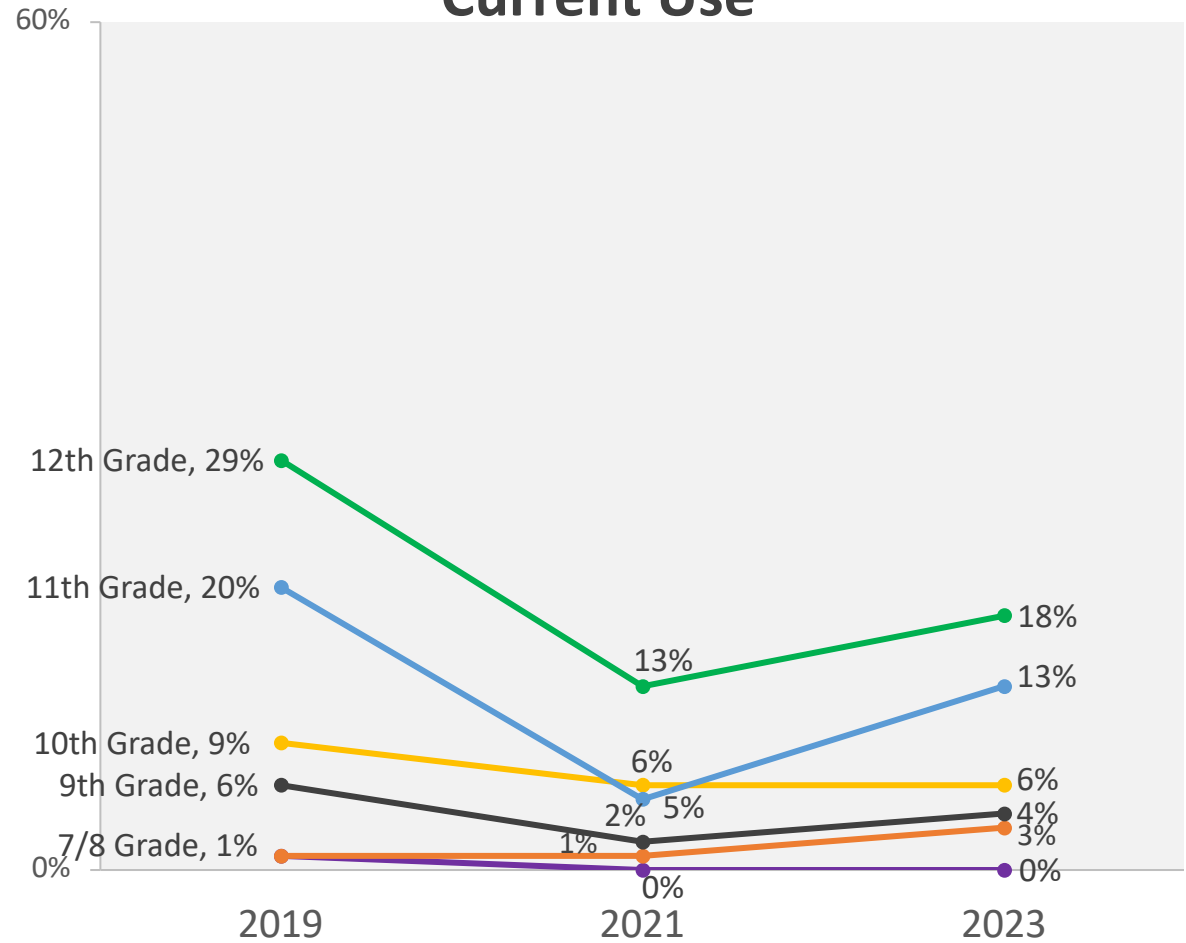


MARIJUANA USE by grade

Lifetime Use

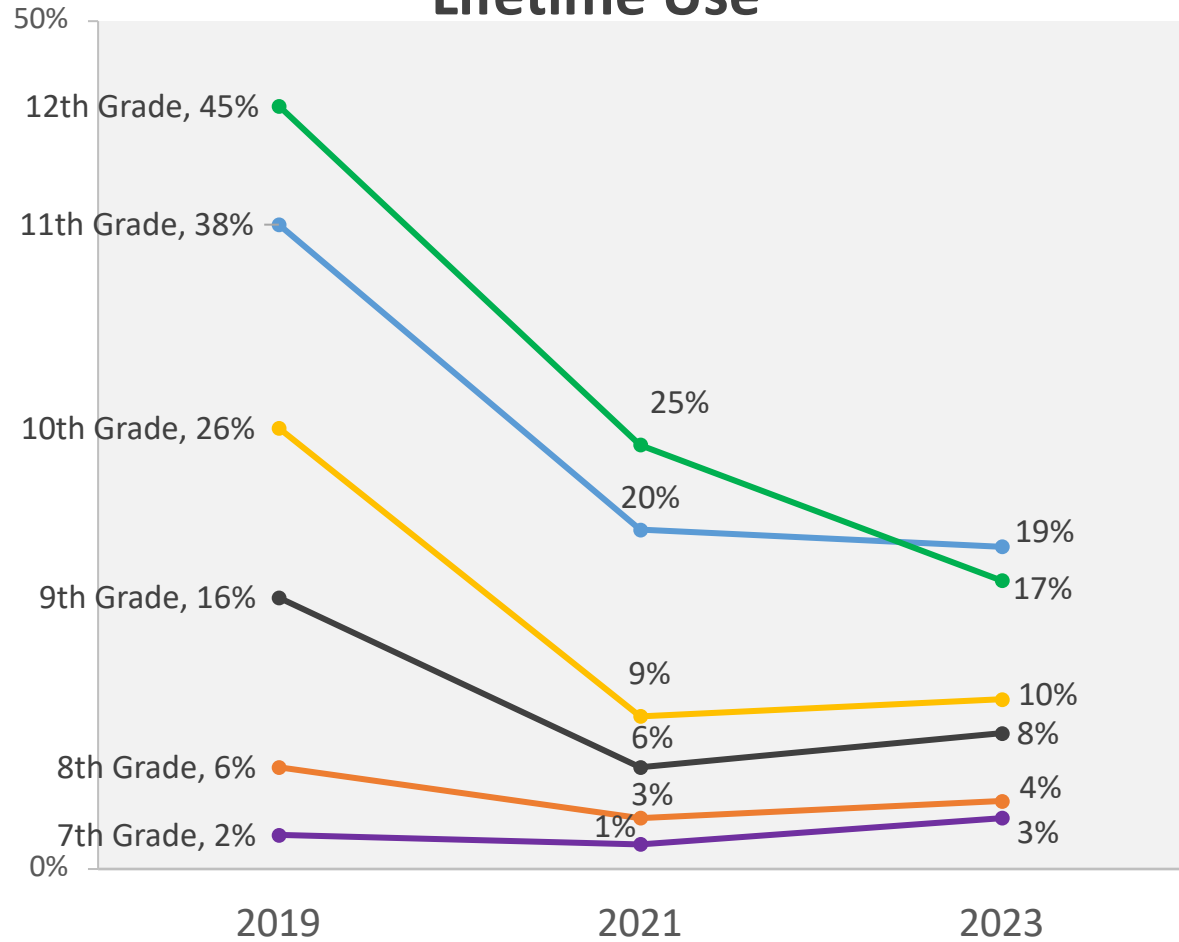


Current Use

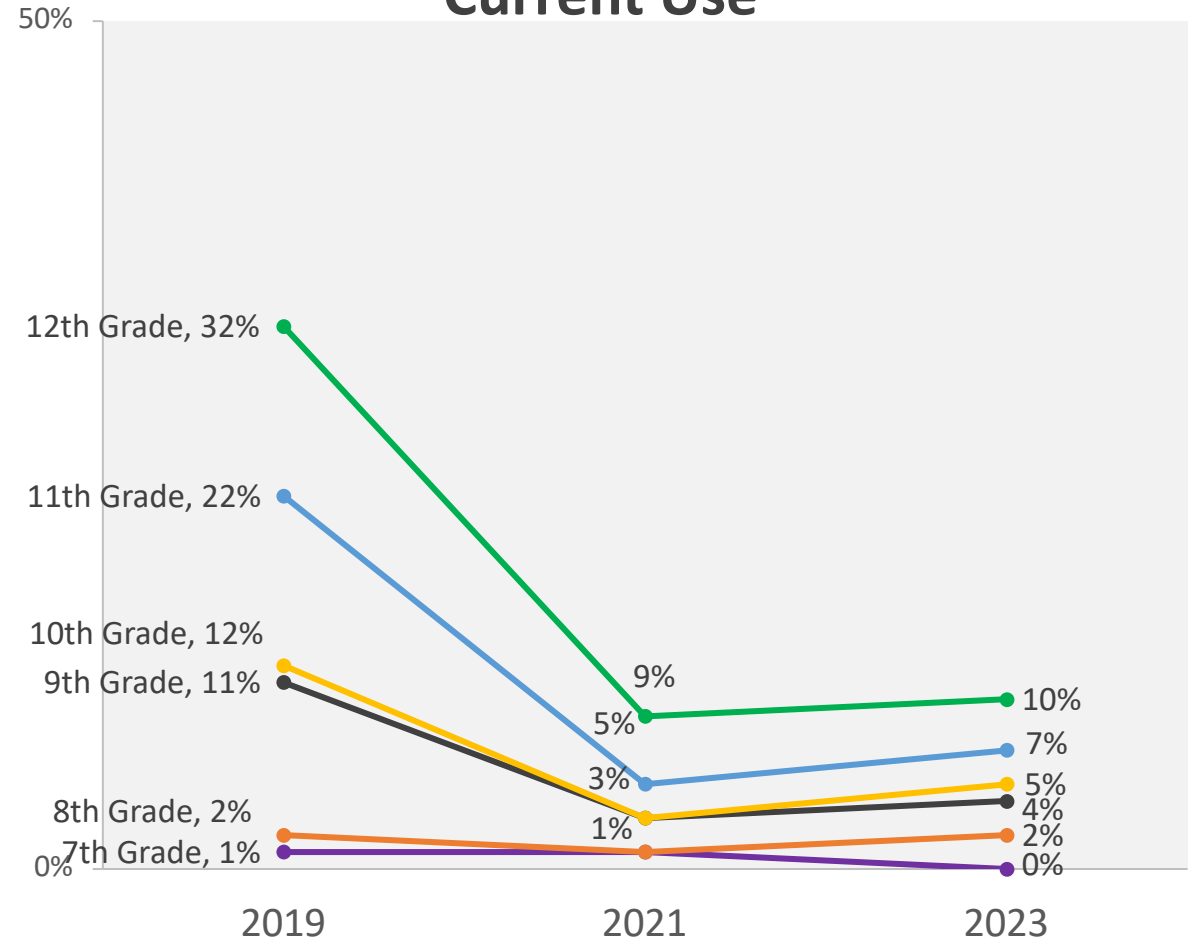


ELECTRONIC VAPOR USE by grade

Lifetime Use



Current Use



STUDENT *PERCEPTION* OF RISK/HARM by grade

	Vaping				Regular Alcohol Use				Marijuana Use			
	2019	2021	2023	Dif.	2019	2021	2023	Dif.	2019	2021	2023	Dif.
7 th Grade	--	95%	84%	▼	83%	81%	73%	▼	78%	88%	76%	▼
8 th Grade	--	89%	89%	---	88%	84%	80%	▼	72%	75%	77%	▲
9 th Grade	78%	85%	85%	---	81%	83%	74%	▼	65%	60%	68%	▲
10 th Grade	74%	88%	80%	▼	79%	80%	77%	▼	53%	56%	57%	▲
11 th Grade	71%	83%	85%	▲	80%	80%	74%	▼	38%	47%	46%	▼
12 th Grade	71%	82%	88%	▲	81%	81%	73%	▼	32%	44%	43%	▼

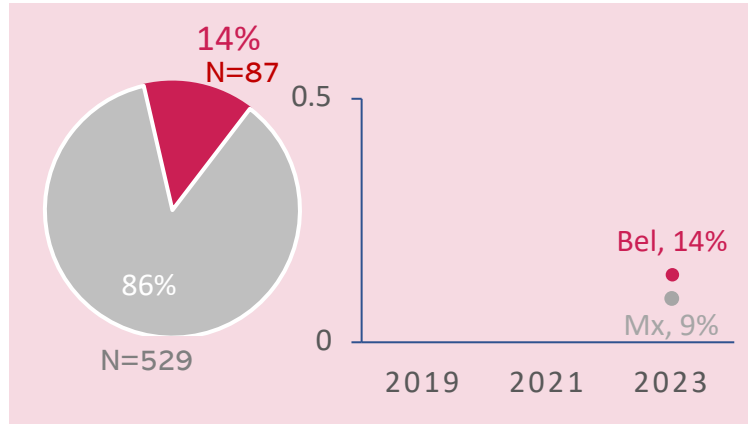


MENTAL HEALTH

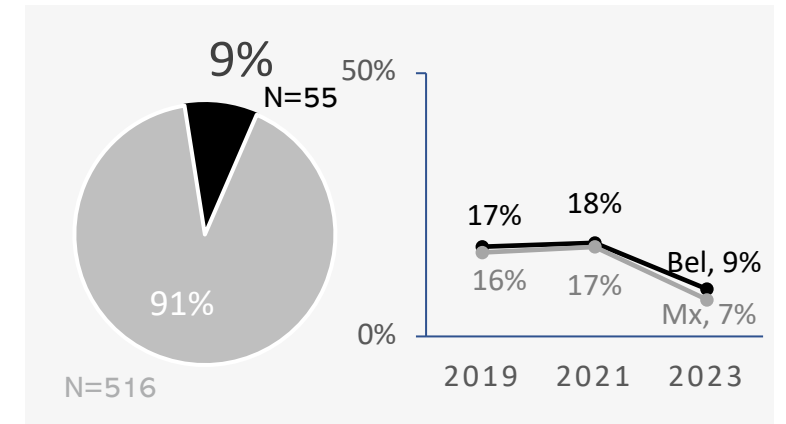
- Self-Harm/Stress/Depression/Suicide
- Mental Health by grade
- Mental Health by gender identity
- Ranking of Stressors
- Coping Strategy

MENTAL HEALTH ISSUES Middle School

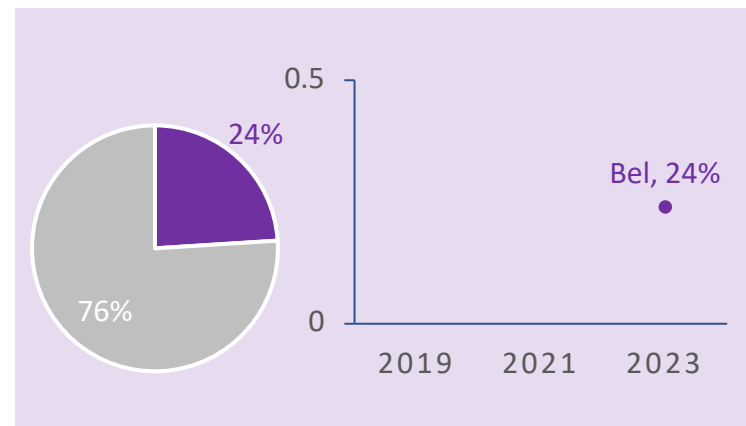
Self-harm*



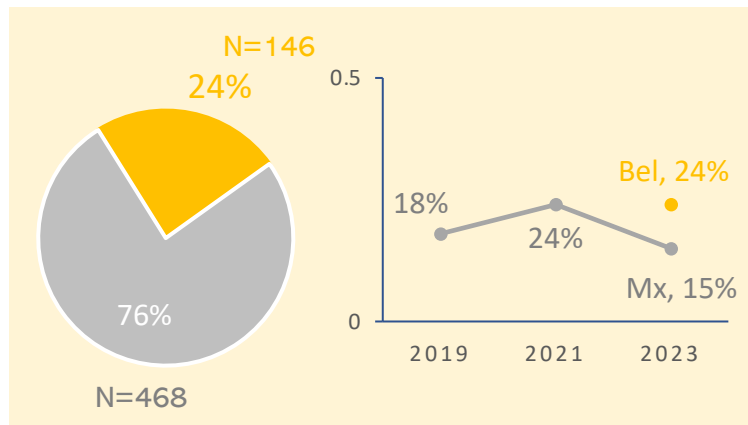
Consider Suicide



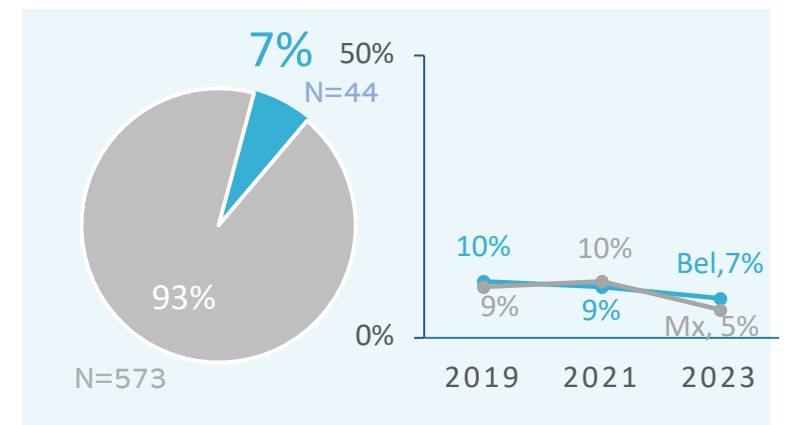
Experience Anxiety**



Depression*



Made a Suicide Plan

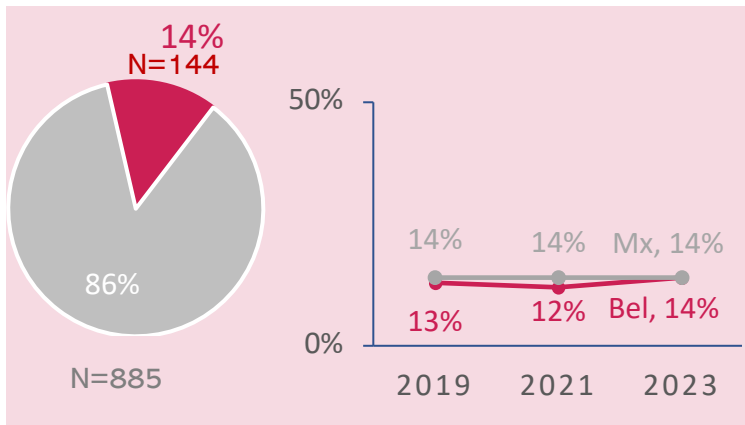


*Belmont asked for the first time in 2023; no trend data available

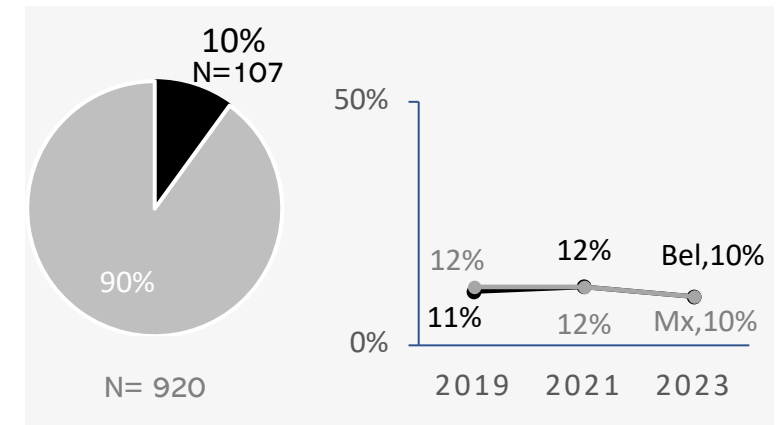
** No Middlesex data available

MENTAL HEALTH ISSUES High School

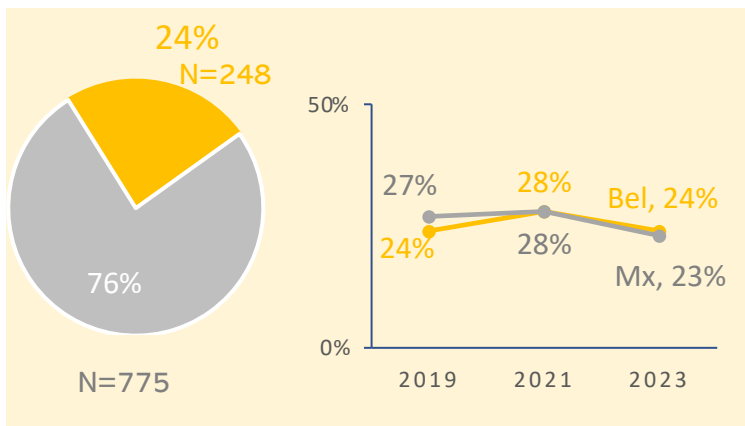
Self-harm



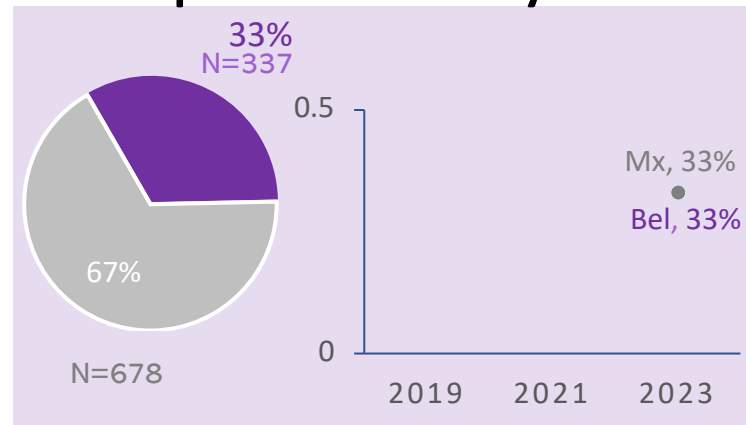
Consider Suicide



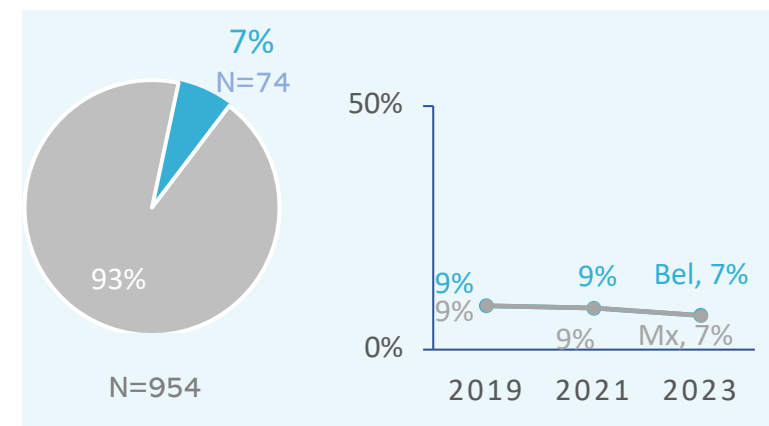
Depression



Experience Anxiety*



Made a Suicide Plan

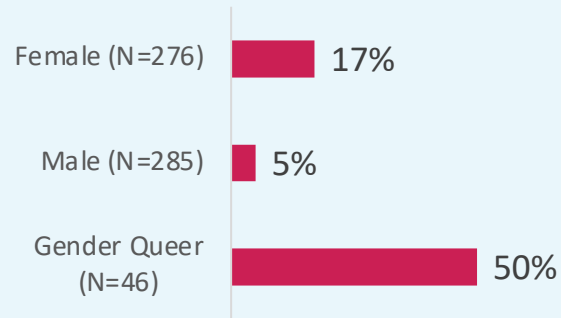


*Asked for the first time in 2023; no trend data available

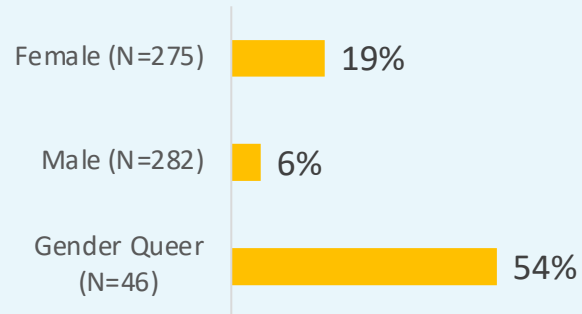
MENTAL HEALTH ISSUES by gender identity

Middle School

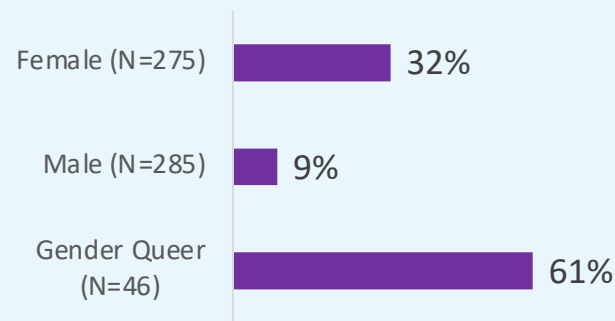
Self-harm



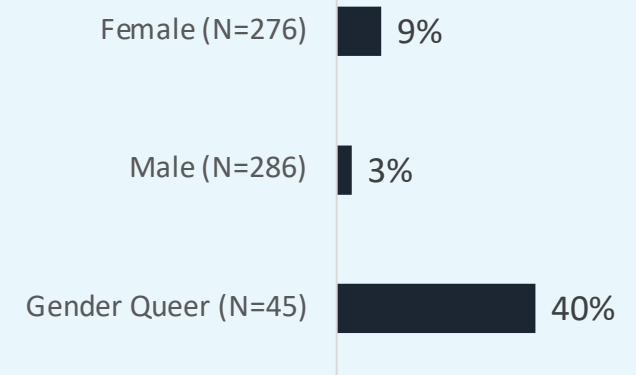
Depression



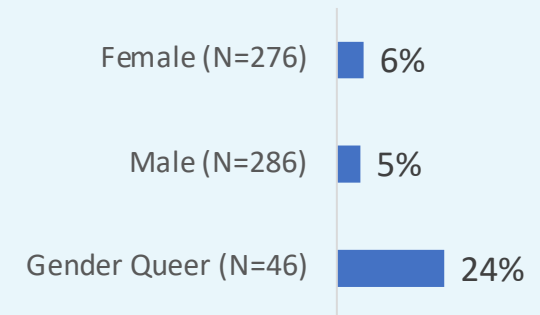
Experience Anxiety



Consider Suicide



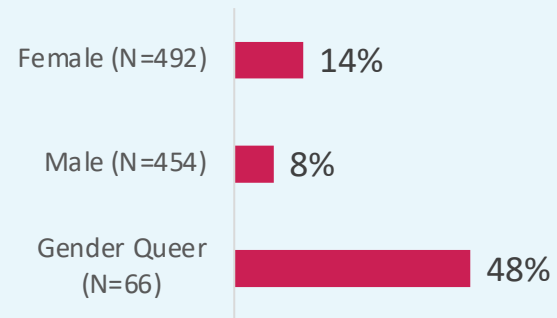
Made a Suicide Plan



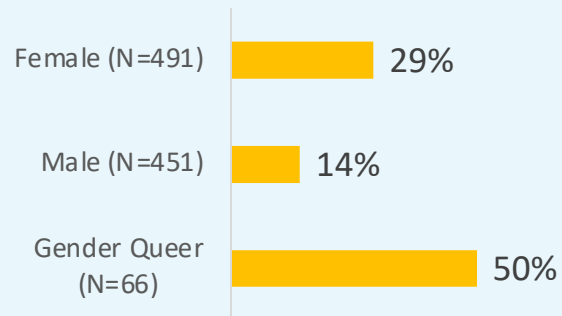
MENTAL HEALTH ISSUES by gender identity

High School

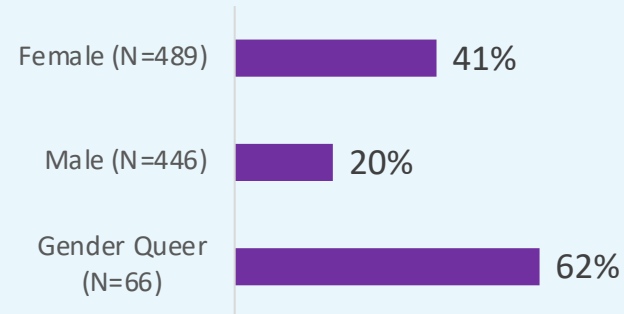
Self-harm



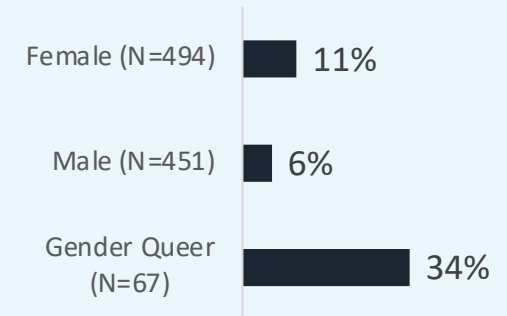
Depression



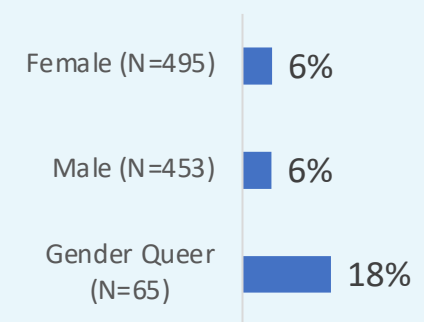
Experience Anxiety



Consider Suicide



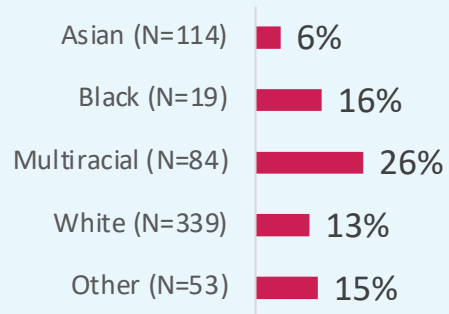
Made a Suicide Plan



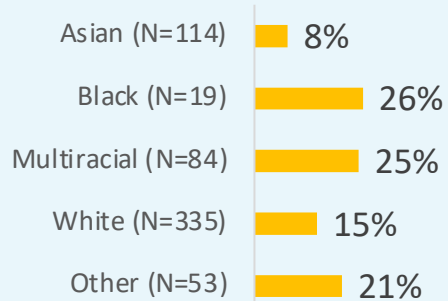
MENTAL HEALTH ISSUES by race

Middle School

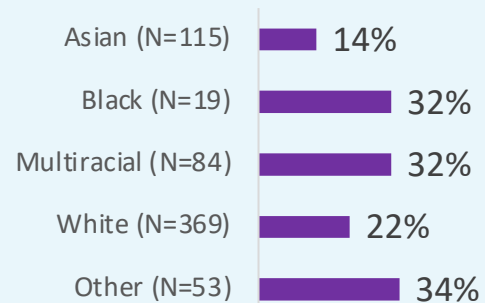
Self-harm



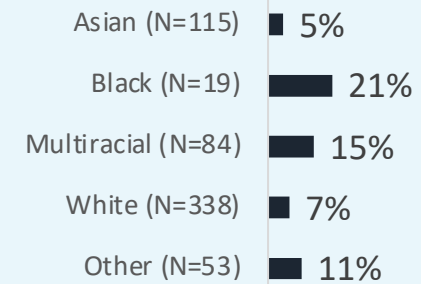
Depression



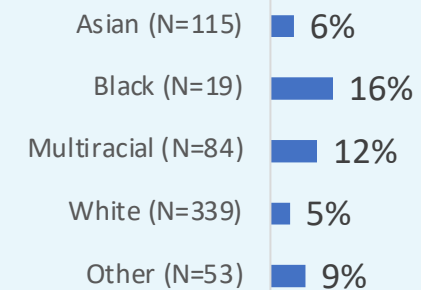
Experience Anxiety



Consider Suicide



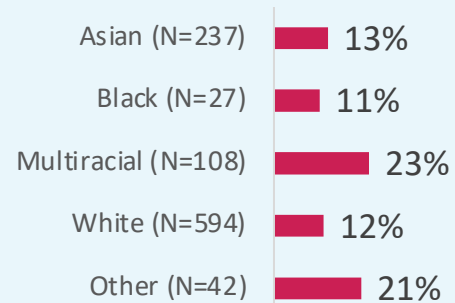
Made a Suicide Plan



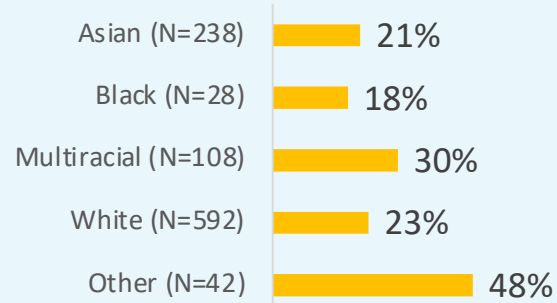
MENTAL HEALTH ISSUES by race

High School

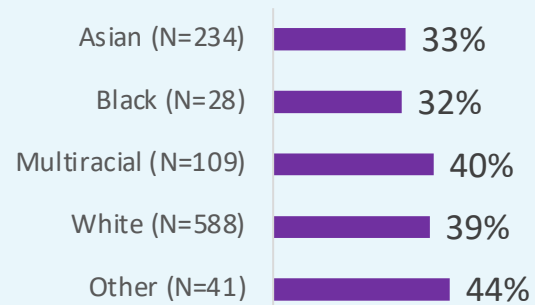
Self-harm



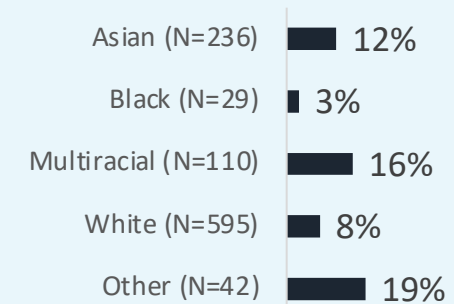
Depression



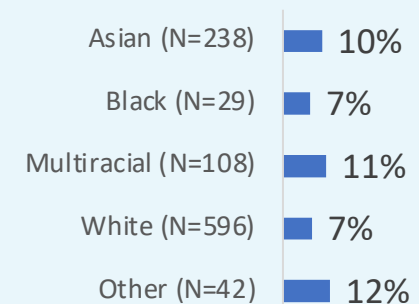
Experience Anxiety



Consider Suicide



Made a Suicide Plan



RANKING OF STRESSORS

Middle School (N=610-617)

Appearance Issues
31%

1

School Issues
29%

2

Future Issues
28%

3

Social Issues
25%

4

Family Issues
15%

5

High School (N=1023-1028)

School Issues
54%

Future Issues
46%

Appearance Issues
32%

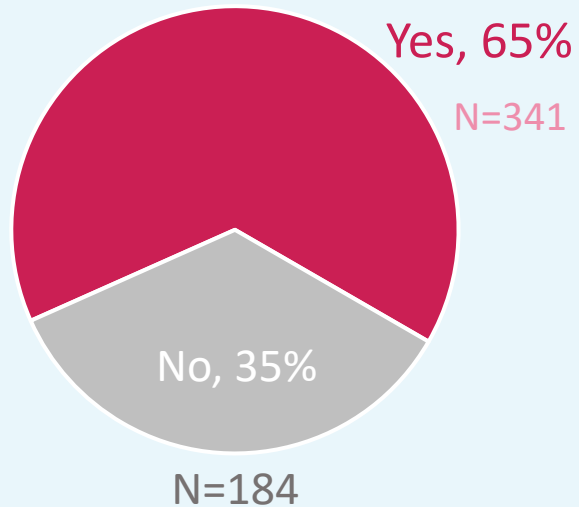
Social Issues
28%

Family Issues
15%

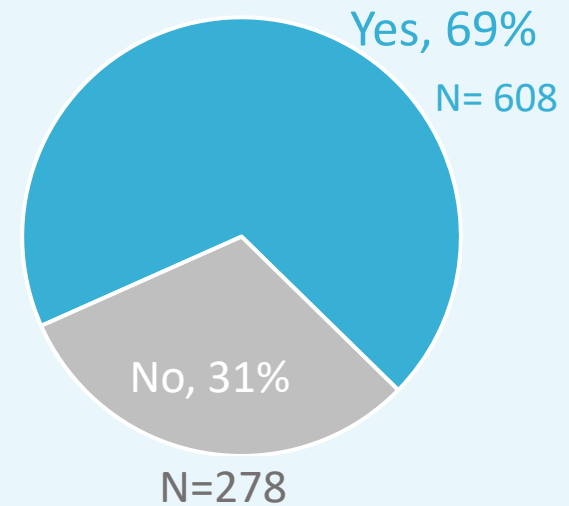
COPING STRATEGY

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

Middle School



High School



BULLYING

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

EXPERIENCES OF BULLYING by grade

Bullied on School Property

	2023*	Mx 2023
7 th Grade	14%	42%
8 th Grade	16%	57%

Electronically Bullied

	2023*	Mx 2023
7 th Grade	7%	45%
8 th Grade	11%	55%

	2019	2021	2023	Dif.	Mx 2023
9 th Grade	15%	4%	3%	▼	31%
10 th Grade	9%	4%	7%	▲	29%
11 th Grade	11%	3%	12%	▲	22%
12 th Grade	10%	3%	12%	▲	19%

	2019	2021	2023	Dif.	Mx 2023
9 th Grade	9%	14%	3%	▼	31%
10 th Grade	9%	9%	7%	▼	28%
11 th Grade	10%	9%	7%	▼	22%
12 th Grade	6%	5%	6%	▲	19%

*For 7th & 8th graders, the wording of the bullying questions changed, so direct comparisons to previous years are not available.

EXPERIENCES OF BULLYING by gender identity

Bullied on School Property

Electronically Bullied

Middle School



High School

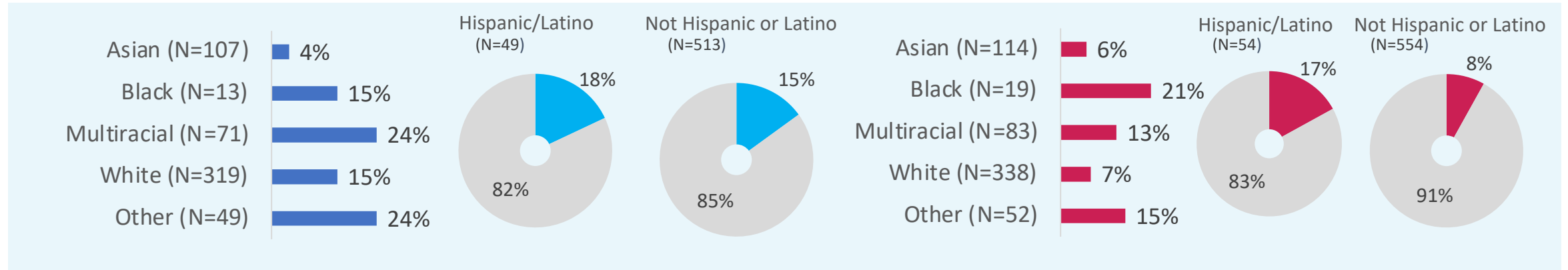


EXPERIENCES OF BULLYING by race and ethnicity

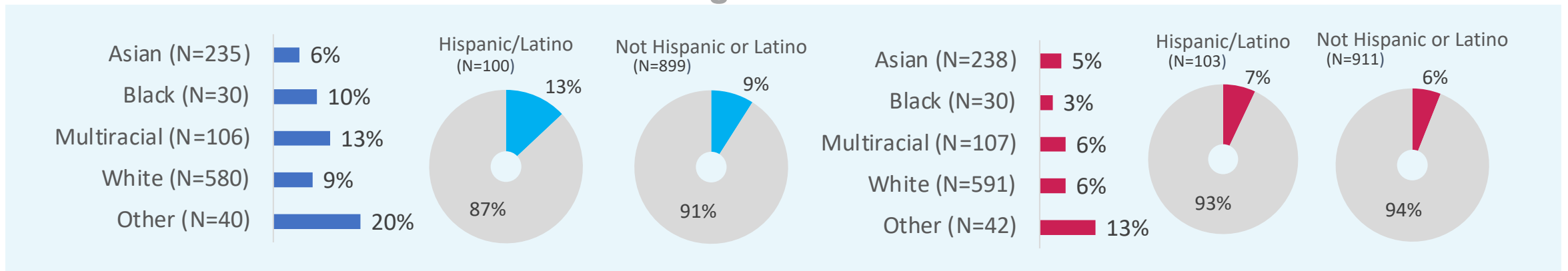
Bullied on school property

Electronically bullied

Middle School



High School



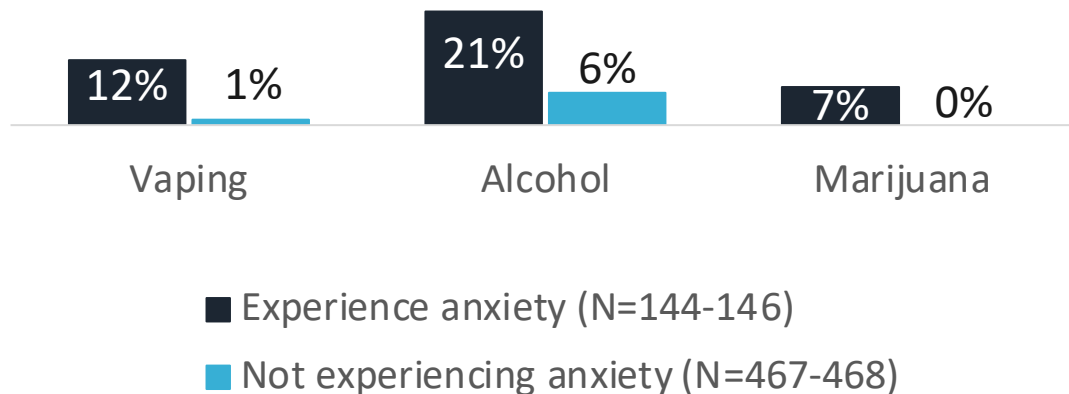
CROSS
ANALYSIS

Substance Use – Mental
Health

Lifetime substance use among students who *experience anxiety*

Middle School

Percentage of students using substances



Of those MS students who experience anxiety...

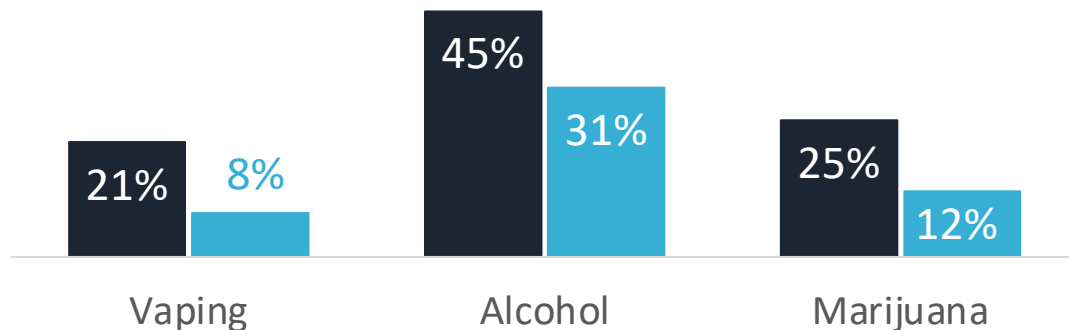
- 12% vape
- 21% consume alcohol
- 7% use marijuana

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

Lifetime substance use among students who *experience anxiety*

High School

Percentage of students using substances



■ Experience anxiety (N=336)

■ Not experiencing anxiety (N=674-676)

Of those HS students who experience anxiety...

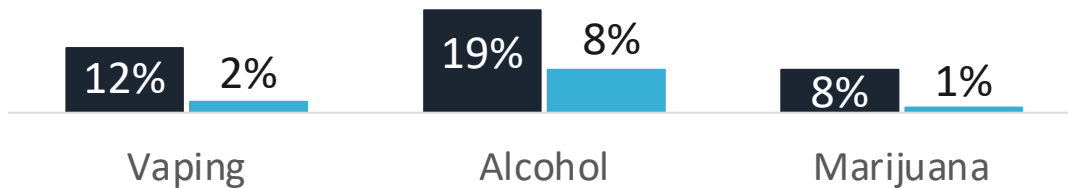
- 21% vape
- 45% consume alcohol
- 25% use marijuana

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

Lifetime substance use among students who *experience depression*

Middle School

Percentage of students using substances



Of those MS students who experience depression...

- 12% vape
- 19% consume alcohol
- 8% use marijuana

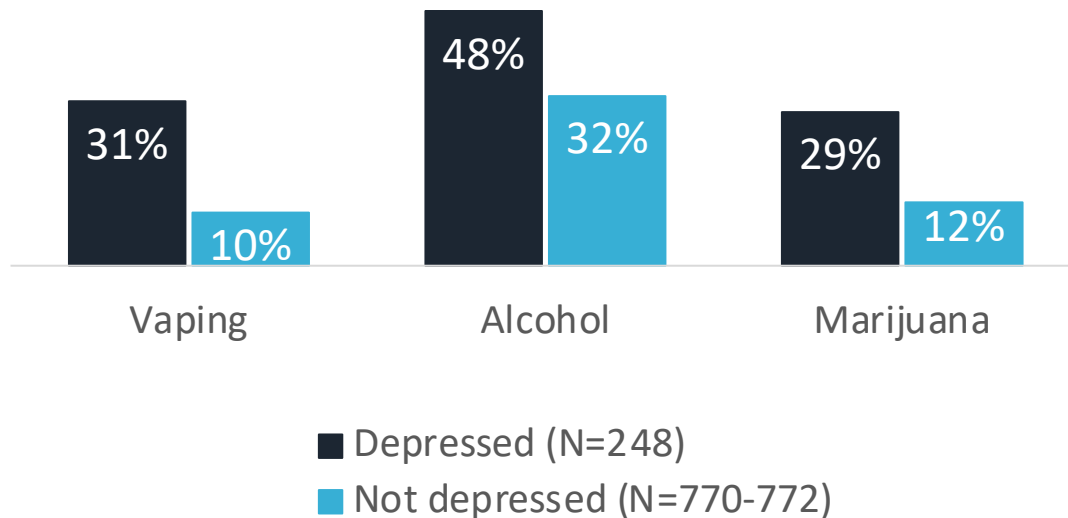
Those who don't experience from depression are less likely to use substances.

■ Depressed (N=98-99) ■ Not depressed (N=511-513)

Lifetime substance use among students who *experience depression*

High School

Percentage of students using substances



Of those HS students who experience depression...

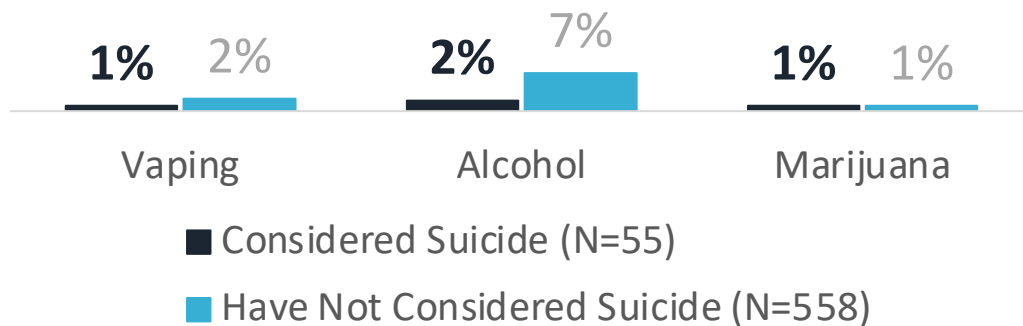
- 31% vape
- 48% consume alcohol
- 29% use marijuana

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

Lifetime substance use among students who *consider suicide*

Middle School

Percentage of students using substances



Of those MS students who consider suicide...

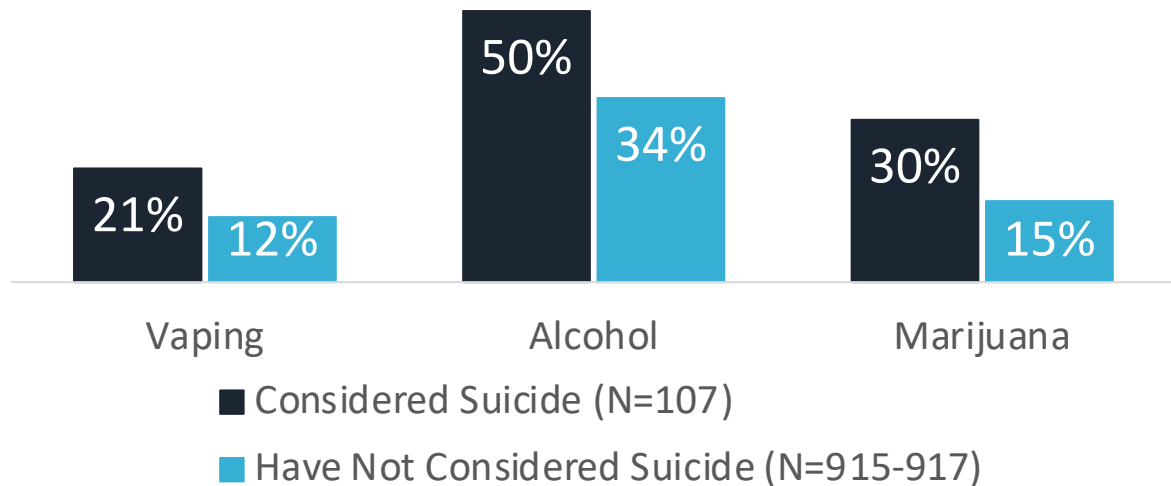
- 1% vape
- 2% consume alcohol
- 1% use marijuana

No differences in use between those who have/have not considered suicide.

Lifetime substance use among students who *consider suicide*

High School

Percentage of students using substances



Of those HS students who consider suicide...

- 21% vape
- 50% consume alcohol
- 30% use marijuana

Those who have not considered suicide are less likely to use substances.

KEY TAKEAWAYS: SUBSTANCE USE

Overall ...

- Lifetime Substance Use is *decreasing* across all grade levels
- Current Substance Use is beginning to *level off* across all grades
- Alcohol is consistently considered the *least risky* substance by all grades
- Current middle school students are perceiving vaping as *more risky* than previous cohorts of middle school students

KEY TAKEAWAYS: MENTAL HEALTH

Overall ...

- Experiences of anxiety, depression, and/or considering suicide are associated with *increased substance use* (alcohol, marijuana, and vaping) for middle and high school students.
- Genderqueer, black and multiracial students have *higher rates* of mental health issues, substance use, and experiences of bullying across both middle and high school.
- Mental health problems among high school students *remain fairly level with time*, and are generally comparable to the mental health rates across the Middlesex region.

NEXT STEPS

- Take some time to absorb the data.
- Let's meet again to explore how the data might be used to best support students.

Have more questions? Please contact:

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Questions/Discussion