

2012

Masconomet High School

Youth Risk Behavior Survey Results



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Methods

Masconomet High School students completed a youth survey to assess a host of risk and protective factors. This report provides the detailed survey findings.

SURVEY

The 2012 Masconomet Youth Survey was adapted from the 2011 Massachusetts Youth Risk Behavior Survey (YRBS) by the Centers for Disease Control¹. Questions in the survey measured student demographics, substance use, protective factors, depression, personal safety, and sexual health. Social norms questions were added to assess misperceptions among Masconomet High School students on areas of substance use. These questions were adapted from the *Most of Us Teen Norms Survey*².

SAMPLE

The survey was administered on November 19, 2012. The final number and demographic profile of students surveyed are discussed in the sample section of this report.

DATA CLEANING AND VALIDITY

Surveys were sent directly from students to *The Outcomes Project* for analysis. Several steps were taken to ensure that the gathered data accurately reflects the behaviors of Masconomet High School students, a process known as “data cleaning.”

First, the survey forms were analyzed visually for “doodling” which are designs made on the bubble answer sheet. Sixteen students were removed for this reason. The data was analyzed for inconsistency and exaggeration. Surveys are removed for inconsistencies in cases where students gave inconsistent answers throughout the entire survey. An example of exaggeration might be a student selecting the highest possible use rate for all substances on the survey. Seventeen students were removed for these reasons. One student was not included in the final sample as he/she completed less than ten questions on the survey.

Following the data cleaning procedure, the final sample size for the Masconomet High School Youth Risk Behavior Survey is 1128 students.

COMPARISON DATA

Since the survey administered at Masconomet High School was based on an existing instrument, comparison data for many question items is publicly available. Comparisons are useful for providing context to survey results and can aid in identifying both strengths and priority areas.

¹ Center for Disease Control, www.cdc.gov

² Most of Us, www.mostofus.org

Where available, comparison data is provided in this report. National comparison numbers are from the 2011 Youth Risk Behavior Survey data set issued by the Centers for Disease Control. State comparison numbers used are from the 2011 Massachusetts Youth Risk Behavior Survey data set reported by The Massachusetts Department of Elementary and Secondary Education and Public Health. This is the most current comparison data available.

Sample

Masconomet High School Survey Population

Total number of students enrolled at Masconomet High School	1387 students
Number of students absent on day of survey	68 students
Surveys removed from final sample by evaluators through the data cleaning and validity process*	34 students
Students unaccounted for (survey not completed for unknown reason)	153 students
Final sample included in analysis for this report	1128 students
Representation Rate (% of surveys included in analysis out of those available to take the survey)	88%

*Please see page 3 for explanation of validity check procedures.

DEMOGRAPHIC PROFILE

	Number of Respondents	Percentage of Respondents
Total Valid Surveys	1128	100%
Sex		
Male	532	47%
Female	593	53%
<i>Missing total</i>	3	0.3%
Grade		
9 th grade	329	29%
10 th grade	275	24%
11 th grade	276	24.5%
12 th grade	243	22%
Ungraded or other grade	2	0.2%
<i>Missing total</i>	3	0.3%

Age	Number	Percentage
13 years old	3	0.3%
14 years old	225	20%
15 years old	281	25%
16 years old	309	27.5%
17 years old	239	21%
18 years old or older	65	6%
<i>Missing total</i>	6	0.5%
Race/Ethnicity (students were allowed to select more than one response)		
White	1017	90%
Black or African American	26	2%
American Indian or Alaska Native	31	3%
Southeast Asian American	17	1.5%
Hispanic or Latino	28	2.5%
Asian American	36	3%
Native Hawaiian or Other Pacific Islander	3	0.3%
Other	53	5%
Sexual Orientation		
Heterosexual	1061	95%
Gay or lesbian	18	2%
Bisexual	23	2%
Not sure	20	2%

(The number of students in the first column may not always add up to the total amount in the sample of 1128. Students were allowed to skip individual questions.)

Survey Findings

SUBSTANCE USE

Students were asked a range of questions related to their use of substances. Where applicable comparisons are made to Massachusetts' and United States' (2011) averages.

Substance/Activity	Masconomet 2012	Masconomet 2010	MA	USA
Alcohol				
Used within past 30 days	34%	35%	40%	39%
Used within lifetime	55%	60%	68%	71%
Age of onset	14.08 years	14.6 years	NA	NA
First used before age 13	7%	10%	15%	20.5%
High-risk drinking during past 30 days	17%	20%	22%	22%
Drank on school property during past 30 days	3%	NA	4%	5%
Rode with a driver who had been drinking alcohol during past 30 days	17%	21%	23%	24%
Drove a car or other vehicle when had been drinking alcohol during past 30 days	5%	7%	7%	8%
Cigarettes/Tobacco				
Used within past 30 days	9%	14%	14%	18%
Used within lifetime	21%	28%	39%	45%
Age of onset	14.05 years	15.4 years	NA	NA
First used before age 13	2%	5%	7%	10%
Ever smoked daily (at least 1 cigarette/day for 30 days)	5%	NA	NA	10%
Smoked cigarettes on school property during past 30 day	3%	NA	6%	5%
Tried to quit smoking cigarettes (of those that smoke cigarettes)	22%	NA	NA	50%
Chewing tobacco, snuff or dip during past 30 days	6%	NA	7%	8%
Chewing tobacco, snuff or dip during past 30 days on school property	2%	NA	NA	5%
Smoked flavored cigarettes, cigars, cigarillos or little cigars during past 30 days	11%	NA	14%	13%
Marijuana				
Used within past 30 days	22%	23%	28%	23%
Used within lifetime	32%	34%	43%	40%
Age of onset	14.06 years	15.2 years	NA	NA
First used before age 13	4%	4%	7%	8%
Used on school property during past 30 days	3%	NA	6%	6%
Prescription drugs not prescribed				
Used within past 30 days	5%	NA	6%	NA
Used within lifetime	10%	NA	15%	21%

Substance/Activity	Masconomet 2012	MA	USA
Other Illicit Drug Use: Lifetime			
Non-prescription medicines (for something other than intended purpose)	4%	8%	NA
Salvia, K2 or other synthetic marijuana or "legal bud"	10%	NA	NA
Cocaine	2%	5%	7%
Ecstasy	3.5%	6%	8%
Heroin	1.5%	2%	3%
Methamphetamines	2%	3%	4%
Steroid pills or shots without a doctor's prescription	1%	3%	4%
Any other type of illegal drug such as inhalants, LSD, PCP, mushrooms, Ketamine, Rohypnol or GHB	5%	NA	NA
Other Illicit Drug Use: 30 days			
Any illegal drug other than marijuana or inhalants. Includes any drug such as cocaine, heroin, methamphetamines, ecstasy or other illegal drug	3%	NA	NA
Inhalants	1%	5%	NA

CIGARETTE USE PER DAY

Students were asked during the past 30 days, on the days they smoked, how many cigarettes they smoked per day.

Response	Percentage
I did not smoke cigarettes during the past 30 days	92%
Less than 1 cigarette per day	3%
1 cigarette per day	2%
2 to 5 cigarettes per day	2%
6 to 10 cigarettes per day	0.4%
11 to 20 cigarettes per day	0.3%
More than 20 cigarettes per day	0.2%

**Chart 1. Masconomet High School Past 30 Days Substance Use (2012)
Compared to Massachusetts & United States (2011)**

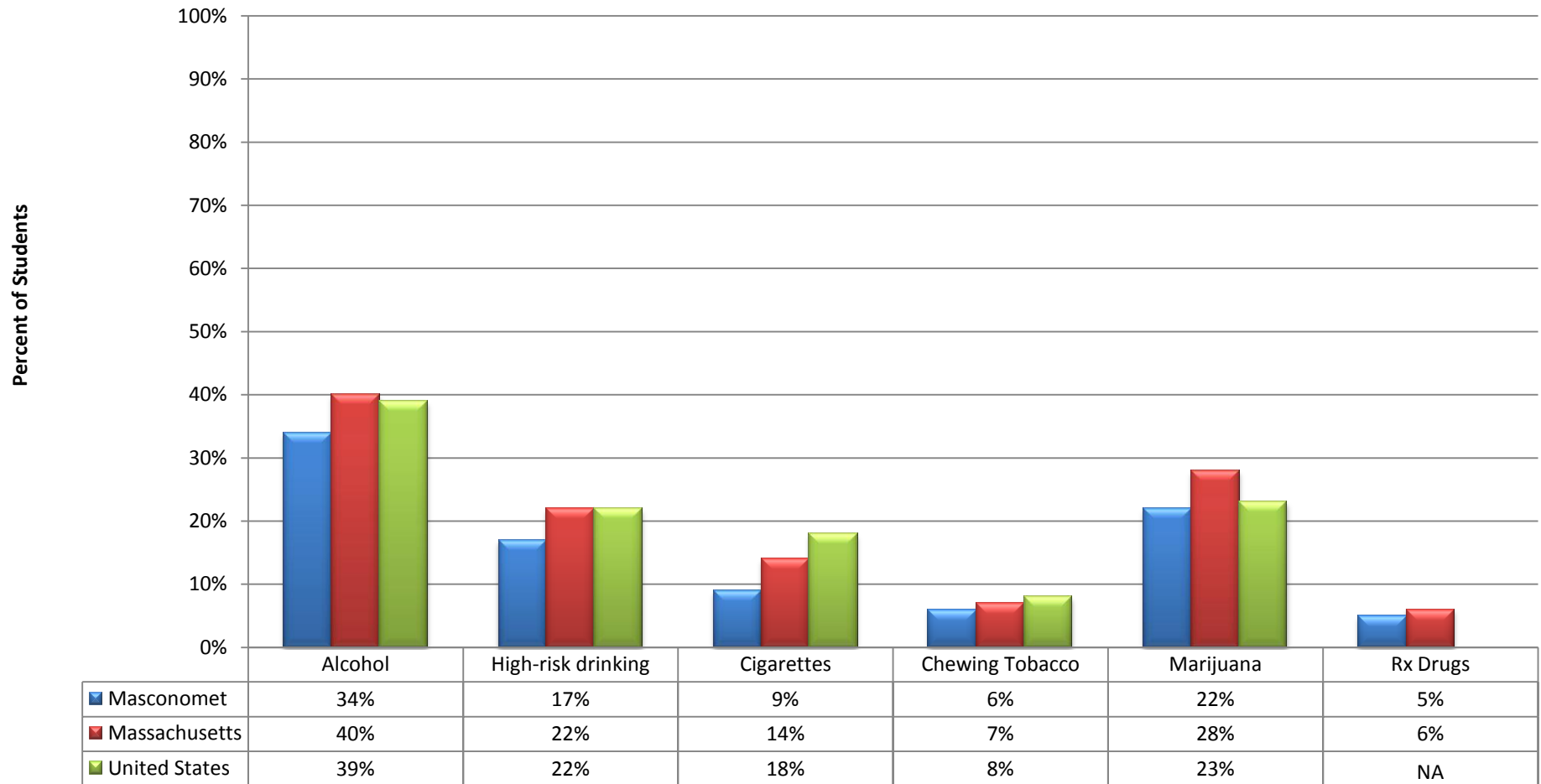
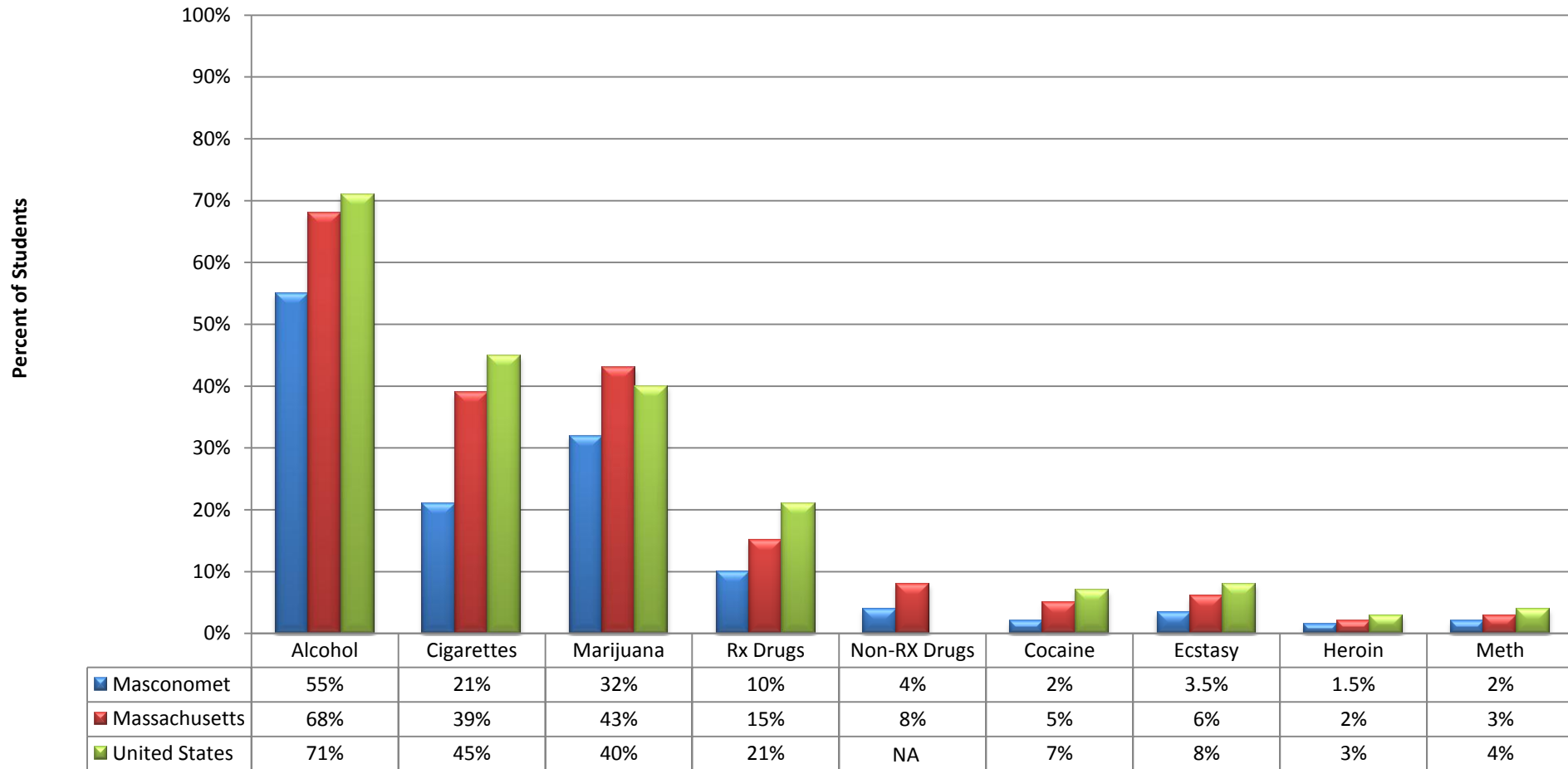


Chart 2. Masconomet High School Lifetime Substance Use (2012) Compared to Massachusetts & United States (2011)



ACCESS TO ALCOHOL

EASE OF ACCESS TO ALCOHOL

Students were asked if they wanted to, how difficult it would be to get beer, wine or liquor.

Access Point	Percentage of Students
Very easy	25%
Fairly easy	40%
Fairly difficult	11%
Very difficult	4.5%
Impossible	2%
Don't know	17%

WHERE STUDENTS OBTAIN ALCOHOL

Students were asked to report where they most frequently obtain alcohol. The following table identifies access points of alcohol for those students who indicated that they had drunk alcohol within the past 12 months. Students were asked to select all that apply.

Access Point	Percentage of Students
I don't drink or get alcohol	53.5%
I got it through my friends	27%
I got it at parties	20%
I got it at home	13.5%
I had an adult buy it for me	6%
I bought them from a supermarket or convenience store	2%
I bought it from a liquor store	2%
I bought it from bars, clubs or restaurants	1.5%

WHERE STUDENTS DRANK ALCOHOL

Students were asked to report where they have drunk alcohol in the past 12 months. The following table identifies access points of alcohol for those students who indicated that they had drunk alcohol within the past 12 months. Students were asked to select all that apply.

Access Point	Percentage of Students
I have not drunk alcohol in the past 12 months	51%
At a friend's house	26%
Weekend parties	26%
At home	12%
At family events	11%
At parks, in the woods, in a car or other outdoor places	8%
Other places	2%
At school or school events-before, during or after school hours	0.6%

ACCESS TO DRUGS ON SCHOOL PROPERTY

Students were asked if anyone has offered, sold, or given them an illegal drug on school property during the past 12 months.

- ❖ 19% of students reported 'yes'.

PROTECTIVE FACTORS

This section of the report will cover several areas related to protective factors associated with the prevention of substance use and other risky behaviors. These protective factors include feeling valued at school, having supportive adults, participation in extra-curricular activities, volunteer work and community service, physical activity, stress, perception of risk of harm of alcohol and drug use and perception of parental disapproval of alcohol and drug use.

FEELING VALUED AT MASCONOMET HIGH SCHOOL

Students were asked to indicate their level of agreement with two statements. Percentages are reported in the table below.

Statement	“Strongly Agree”	“Agree”	“Neutral”	“Disagree”	“Strongly Disagree”	“Don’t Know”
“I feel valued as a person at this school.”	18%	40.5%	26.5%	7%	3%	4%
“I feel that faculty and staff care about me as a student.”	19%	46%	23%	6%	3%	2%
“I feel valued as a person in the Tri-Town Community.”	16%	38%	32%	8%	2%	4.5%
“I feel that adults in the Tri-Town community care about me as a young person.”	14%	39%	29%	9%	4%	5%

SUPPORTIVE ADULTS

Students were asked how they agree with two statements.

Statement	Yes	No	Not sure
Is there at least one teacher or other adult in this school that you can talk to if you have a problem?	71.5%	12%	16%

- ❖ 71% of Massachusetts high school students reported there is at least one teacher or other adult in this school they can talk to if they have a problem.

Students were asked outside of school, if there is an adult (or adults) they can talk to about things that are important to them. The answer choices and corresponding results follow.

- Yes, parent or other adult family member: 44%
- Yes, non-family adult (such as religious leader, club advisor, neighbor, etc.): 3%
- Yes, both family and non-family adults: 43.5%
- No: 4%
- Not sure: 5%

PARTICIPATION IN ORGANIZED ACTIVITIES

Students were asked on how many days they took part in organized after school, evening or weekend activities during the past 7 days.

Response	Percentage
0 days	35%
1 day	16%
2 days	18%
3 days	12%
4 days	7%
5 days	6%
6 days	3%
7 days	3%

PARTICIPATION IN SPORTS TEAMS

Students were asked how many sports teams they played on during the past 12 months.

Response	Percentage
0 teams	25%
1 team	29%
2 teams	21%
3 or more teams	25%

- ❖ 58% of students nationwide reported playing on at least one sports team during the past 12 months.

GRADES AT SCHOOL

Students were asked to describe their grades in school during the past 12 months.

Grades	Percentage
Mostly A's	42%
Mostly B's	44%
Mostly C's	8.5%
Mostly D's	1.5%
Mostly F's	0.6%
None of these grades	0.4%
Not sure	2%

VOLUNTEER WORK AND COMMUNITY SERVICE

Students were asked how many hours they spent in an average month on volunteer work or community service or helping people outside of their home without getting paid. Students were told not to include community service required of them as a punishment.

Response	Percentage
0 hours	33%
1 to 4 hours	52%
5 to 9 hours	8.5%
10 or more hours	7%

PERCEPTION OF RISK OF HARM

This collection of questions asked students how much they believed people risked harming themselves by engaging in four risk behaviors.

Substance	'Moderate risk'	'Great risk'
Smoking one or two packs of cigarettes per day	22%	64%
Drinking five or more drinks of an alcoholic beverage once or twice a week	24%	24.5%
Taking one or two drinks of an alcoholic beverage nearly every day	36%	40.5%
Smoking marijuana once or twice a week	26%	61%
Using prescription drugs not prescribed to you	29%	16%

PERCEPTION OF PARENTAL DISAPPROVAL

A series of questions asked each student how wrong his/her parents feel (on a four point scale) it would be for him/her to drink alcohol, smoke tobacco, smoke marijuana and use prescription drugs not prescribed to them.

Substance	'Wrong' Percentage	'Very wrong' Percentage
Smoking tobacco	19%	74.5%
Having one or two drinks of an alcoholic beverage nearly every day	18.5%	69%
Smoking marijuana	9.5%	86%
Using prescription drugs not prescribed to them	51.5%	11.5%

PERCEPTION OF PEER DISAPPROVAL

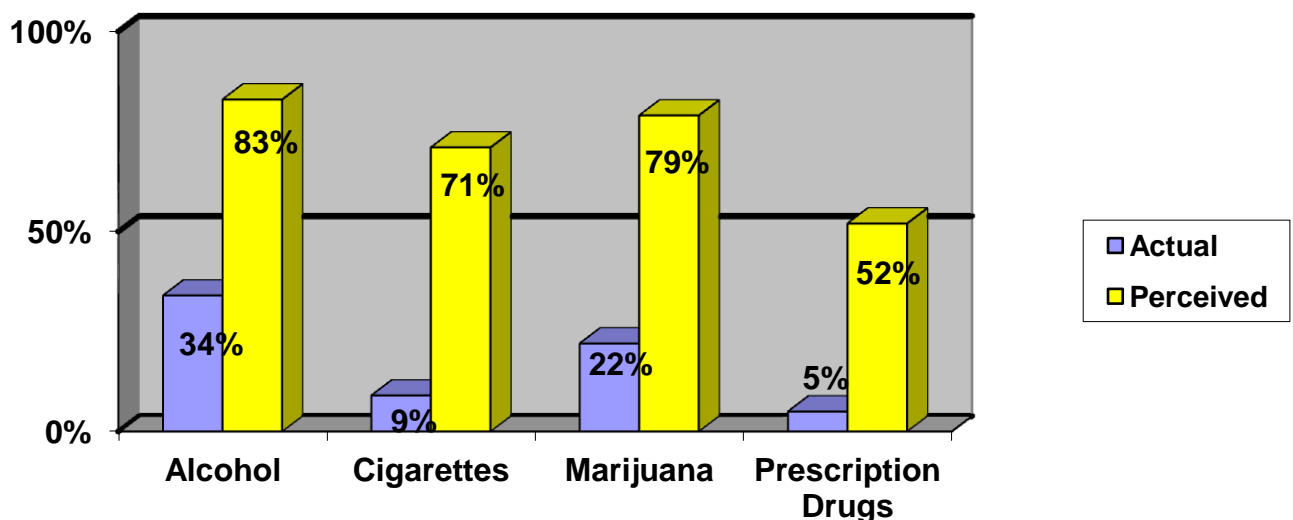
A series of questions asked each student how wrong his/her friends feel (on a four point scale) it would be for him/her to drink alcohol, smoke tobacco, smoke marijuana and use prescription drugs not prescribed to them.

Substance	'Wrong' Percentage	'Very wrong' Percentage
Smoking tobacco	32%	40%
Having one or two drinks of an alcoholic beverage nearly every day	32%	43%
Smoking marijuana	20%	31%
Using prescription drugs not prescribed to you	24%	61%

SOCIAL NORMS

Questions were asked about perceptions of typical Masconomet High School students' use of substances within the past 30 days. The Social Norms Theory states that generally students (and individuals) overestimate their peers' risky behaviors. Students underestimate non-use/minimal use (1 or 2 occasions) and overestimate heavy/frequent use, creating a misperception. A misperception rate of 50% or more indicates a misperception if the actual usage rate is less than 50%.

The table below illustrates the 30-day use rate (actual) compared with the perception of use by peers. Masconomet High School students misperceive that the majority of their peers have used alcohol, marijuana, cigarettes and prescription drugs more than they actually do. This misperception can be considered a risk factor, based on the Social Norms Theory, as students may feel pressure to engage in that risky behavior because they believe that most (>50%) of their peers participate in that behavior.



PERCEPTION OF PERCENTAGE OF STUDENTS ENGAGING IN BEHAVIORS

Students were asked what percentage of students their age they believe have used alcohol and marijuana in the past 30 days.

Substance	25% or less	26-49%	50-74%	75-100%
Use alcohol	26%	31%	26%	17%
Use marijuana	1.5%	3%	19%	76%

SUICIDAL BEHAVIORS AND STRESS

Students were asked a series of questions that addressed feeling sad and suicide. Questions measured sad feelings, thoughts of suicide, suicide attempt and self-injury. Measures are reported in the following table.

Measure	Masconomet 2012	Masconomet 2010	MA (2011)	USA (2011)
Felt sad or hopeless almost every day for two weeks or more in a row within the past year, that they stopped doing usual activities	17%	NA	25%	28.5%
Seriously considered attempting suicide in the past 12 months	10%	11%	13%	16%
Made a plan about how to attempt suicide in the past 12 months	8%	9%	12%	13%
Actually attempted suicide in the past 12 months	8.5%	10%	7%	8%
Attempted suicide that resulted in an injury, poisoning or overdose that had to be treated by a doctor or nurse during the past 12 months	2%	NA	2%	2%
Had purposely hurt or injured themselves without wanting to die (such as cutting, burning or bruising oneself on purpose) during the past 12 months	13.5%	NA	18%	NA

STRESS FROM ACADEMIC WORK

Students were asked how often during the last 30 days they have felt so overwhelmed or stressed with academic work that they actually had difficulty with their hands shaking, concentrating, breathing, attending classes during the school day or had to take a day off from school.

Response	Percentage
I have not felt overwhelmed or stressed with academic work in the last 30 days	42%
Once or twice	33%
2 or 3 times	9%
About once a week	7%
Several times a week	8%

REASONS FOR STRESS

Students were asked what made them feel that way the most on the days they felt unable to attend class or school because they were overwhelmed with academic work.

Response	Percentage
I did not feel stressed or overwhelmed	43%
I want to get into a good college	24%
My parent(s) want me to get into a good college	3%
My parent(s) would be mad or disappointed in me	6%
I am too busy with (after school activities, working part time, family responsibilities)	10%
I want to do better	14%

PERSONAL SAFETY & VIOLENCE

Results for violence-related questions for students who answered 'yes' or 'one time or more' for the given question.

Number of Students that Report Being Involved in Violence-Related Behaviors

Activity	Masconomet 2012	Masconomet 2010	MA	US
Carried a weapon such as a gun, knife or club during the past 30 days	7%	8%	18%	20%
Carried a gun during the past 30 days	2%	NA	3%	5%
Carried a weapon such as a gun, knife or club during the past 30 days on school property	2%	NA	4%	5%
Been threatened or injured with a weapon such as a gun, knife or club on school property during the past 12 months	3%	NA	7%	7%
Been in a physical fight during past 12 months	14%	17%	25%	33%
Been injured in a physical fight and had to be treated by a doctor or nurse during the past 12 months	1.5%	3%	4%	4%
Been in a physical fight on school property during the past 12 months	4%	NA	7%	12%
Did not go to school because they felt it would be unsafe at school or on their way to or from school during the past 30 days	2%	NA	5%	6%
Been a member of a gang in the past 12 months	6%	NA	6%	NA

PHYSICAL VIOLENCE IN A RELATIONSHIP

Students were asked if they have ever been physically or sexually hurt by a date or someone they were going out with.

- 33.5% of students reported 'I have never been on a date or gone out with anyone'.
- 62% of students reported 'No, I have **never** been hurt physically by a date or someone I was going out with'.
- 1% of students reported 'Yes, I have been hurt physically by a date or someone I was going out with'.
- 2% of students reported 'Yes, I have been hurt sexually by a date or someone I was going out with'.
- 1% of students reported 'Yes, I have been hurt both physically and sexually by a date or someone I was going out with'.

HELMET USE

Students were asked how often they wear a helmet when they rollerblade, skateboard or ride a bicycle.

Frequency	Percentage of Students
I do not rollerblade, skateboard or ride a bicycle	13%
Never	18%
Rarely	15%
Sometimes	14.5%
Most of the time	23%
Always	17%

- ❖ 15% of Masconomet High School students reported 'always' wearing a helmet in 2010.

SEATBELT USE

Students were asked how often they wear a seatbelt when riding in a car driven by someone else.

Frequency	Percentage of Students
Never	2%
Rarely	2%
Sometimes	4.5%
Most of the time	19%
Always	73%

- ❖ 70% of Masconomet High School students reported 'always' wearing a helmet in 2010.
- ❖ 10% of high school students nationwide reported 'Never' or 'Rarely' wearing a seat belt when riding in a car driven by someone else.
- ❖ 14% of Massachusetts' high school students reported 'Never' or 'Rarely' wearing a seat belt when riding in a car driven by someone else.

BULLYING

FREQUENCY OF BULLYING

Students were asked how often they have been bullied in the past couple of months at school, on their cell phone or internet with mean or hurtful messages, calls, or pictures.

Frequency	Bullied at school	Bullied on cell phone	Bullied over the internet
I have not been bullied in the past couple of months	81%	92%	93%
It happened once or twice	13%	7%	6%
2 or 3 times	2.5%	1%	0.7%
About once a week	2%	0.2%	0.7%
Several times a week	1%	0.5%	0

- ❖ 21% of Masconomet High School students reported being bullied at least once in school during the past couple of months in 2010.

WAYS STUDENTS HAVE BEEN BULLIED

Students were asked in what ways they have been bullied at school in the past couple of months. Students were allowed to select more than one response.

Response	Percentage of Students
I have not been bullied at school in the past couple of months	80%
I was called mean names, was made fun of, or was teased in a hurtful way	12%
I was excluded from a group of friends or completely ignored	9%
I was hit, kicked, shoved around or locked indoors	1%
Other students told lies or spread false rumors about me and tried to make others dislike me	6%
I had money or other things taken away from me or had my belongings damaged	0.4%
I was threatened or forced to do things I did not want to	0.5%
I was bullied in other ways	2%

WAYS STUDENTS BULLY OTHERS

Students were asked in what ways they have bullied another student(s) at school in the past couple of months. Students were allowed to select more than one response.

Response	Percentage of Students
I have not bullied another student(s) at school in the past couple of months	92%
I called another student(s) mean names, made fun, or teased in a hurtful way	5%
I kept him or her out of things on purpose, excluded him or her from a group of friends or completely ignored him or her	2%
I hit, kicked, shoved him or her around or locked him or her indoors	0.4%
I spread false rumors about him or her and tried to make others dislike him or her	0.4%
I took money or other things away from him or her, or damaged his or her belongings	0.2%
I threatened or forced him or her to do things he or she did not want to	0.4%
I bullied another student(s) in other ways	0.6%

FREQUENCY OF BULLYING OTHER STUDENTS

Students were asked how often they have bullied another student(s) over the internet or on a cell phone with mean or hurtful messages, calls or pictures, or in other ways in the past couple of months.

Frequency	Percentage of Students
I have not bullied another student(s) over the internet or on a cell phone in the past couple of months	97%
Once or twice	3%
2 or 3 times	0.2%
About once a week	0.2%
Several times a week	0

REACTION TO WITNESSING BULLYING

Students were asked how they usually react if they see or learn that a student their age is being bullied.

Response	Percentage of Students
I have never noticed that students my age have been bullied	34%
I take part in the bullying	0.6%
I do not do anything, but I think the bullying is okay	0.6%
I just watch what goes on	3%
I do not do anything, but I think I ought to help the bullied student	19%
I try to help the bullied student in one way or another	37%
I tell a teacher or another adult about the bullying	3%
I tell my parents or an adult family member about the bullying	3%

FREQUENCY OF TEACHER INTERVENTION TO BULLYING

Students were asked how often the teachers or other adults try to put a stop to it when a student is being bullied at school.

Frequency	Percentage
Almost never	14%
Once in a while	19%
Sometimes	19%
Often	21%
Almost always	27%

SEXUAL HEALTH

Masconomet High School students were asked questions about age of first sexual intercourse, number of sexual partners and condom usage.

DISCUSSIONS ABOUT SEXUALITY WITH PARENTS OR OTHER ADULTS

Students were asked to report how often they have spoken with parents or other adults in their families about sexuality or ways to prevent HIV, STDs or pregnancy.

Frequency	Percentage
Not at all during past 12 months	49%
About once during the past 12 months	32%
About once every few months	14%
About once a month	3%
More than once a month	2%

- ❖ 45% of Massachusetts’ high school students reported speaking with parents or other adults in their families about sexuality or ways to prevent HIV, STDs or pregnancy within the past year.

CONDOM EDUCATION IN SCHOOL

- 46% of Masconomet High School students reported being taught how to use condoms in school.
- ❖ 49% of Massachusetts’ high school students reported being taught how to use condoms in school.

SEXUAL INTERCOURSE

- 25% of Masconomet High School students reported having sexual intercourse in their lifetime.
- ❖ In 2010, 29% of Masconomet High School students reported having sexual intercourse in their lifetime.
- ❖ 42% of Massachusetts’ high school students reported having sexual intercourse in their lifetime.
- ❖ 47% of high school students nationwide reported having sexual intercourse in their lifetime.

AGE AT FIRST SEXUAL INTERCOURSE

Of the students that have reported having sexual intercourse, the average age when they first had sex was 14.99 years.

Age	Percentage
Have never had sexual intercourse	76%
11 years old or younger	2%
12 years old	0.4%
13 years old	1%
14 years old	3%
15 years old	7%
16 years old	6%
17 years old or older	4%

- ❖ 4% of Massachusetts' high school students reported having sexual intercourse before the age of 13.
- ❖ 6% of high school students nationwide reported having sexual intercourse before the age of 13.

NUMBER OF SEXUAL PARTNERS IN LIFETIME

Students were asked how many people they have had sexual intercourse within their lifetime.

Number of Partners	Percentage
I have never had sexual intercourse	76.5%
1 person	12%
2 people	5.5%
3 people	2%
4 people	1%
5 people	1%
6 or more people	2%

NUMBER OF SEXUAL PARTNERS IN PAST THREE MONTHS

Students were asked how many people they have had sexual intercourse during the past three months.

Number of Partners	Percentage
I have never had sexual intercourse	76%
I have had sexual intercourse, but not during the past 3 months	7%
1 person	14%
2 people	1%
3 people	0.5%
4 people	0.2%
5 people	0.4%
6 or more people	0.5%

CONDOM USAGE

Students were asked to report whether they had used a condom *the last time* they had sexual intercourse. Of the students that have had sexual intercourse, 72% of students reported they used a condom or their partner used a condom *the last time* they had sexual intercourse.

- ❖ In 2010, 65% of Masconomet High School students who reported ever having sexual intercourse used a condom the last time they had sexual intercourse.
- ❖ 58% of Massachusetts' high school students who reported ever having sexual intercourse used a condom the last time they had sexual intercourse.
- ❖ 60% of high school students nationwide who reported ever having sexual intercourse used a condom the last time they had sexual intercourse.

USE OF DRUGS OR ALCOHOL BEFORE SEXUAL INTERCOURSE

- ❖ 7% of students reported drinking alcohol or using drugs before they had sexual intercourse the last time.

PREGNANCY PREVENTION

Students were asked if they have had sexual intercourse and what method they or their partner used *the last time* to prevent pregnancy. Students were allowed to select more than one method. For this question, 77% of students reported they have never has sexual intercourse.

Method	Percentage
Condoms	13%
Birth control pills	6%
No method was used to prevent pregnancy	1%
Withdrawal	0.7%
Some other method	0.7%
Not sure	0.7%
Emergency contraception	0

PREGNANCY

Students were asked how many times they have been pregnant or gotten someone pregnant.

Number of times	Percentage
0 times	97%
1 time	0.7%
2 or more times	0.5%
Not sure	1%

HIV/STD TESTING

Students were asked if they have ever been tested for HIV infection or other sexually transmitted diseases.

Response	Percentage
No, I have never been tested for HIV or other STDs	93%
Yes, I have been tested for HIV	2.5%
Yes, I have been tested for other STDs	2%
Yes, I have been tested for both HIV and for other STDs	2%

❖ Students were asked if they have ever been told by a doctor or other health professional that they have HIV infection or any other sexually transmitted disease. 5% of students reported 'yes'. 2% of Massachusetts' high school students have been given an HIV or STD diagnosis.

SEXUAL CONTACT AGAINST WILL

Students were asked if anyone has ever had sexual contact with them against their will.

Response	Percentage
No one has ever had sexual contact with me against my will	94%
Yes, within the past 12 months	3%
Yes, more than 12 months ago	3%
Yes, both b and c	1%

EXERCISE AND NUTRITION

Masconomet High School students were asked questions about frequency of physical activity, use of technology and dietary habits.

PHYSICAL ACTIVITY

Students were asked a series of questions regarding physical activity;

1. Identify the number of days within the past week they were physically active for at least 20 minutes per day. They were told to add all the time they spent in any kind of physical activity that increased their heart rate and made them breathe hard some of the time.
2. Identify the number of days, within the past week, they exercised or participated in physical activity for at least 30 minutes that did not make them sweat or breathe hard, such as fast walking, slow bicycling, skating, pushing a lawn mower or mopping floors.
3. Identify the number of days of the past seven they did exercise to strengthen or tone muscles such as push-ups, sit-ups, or weight lifting.

Response	20 minutes sweating and breathing hard	30 minutes-no sweating or breathing hard	Strengthen or tone
0 days	12%	22%	28%
1 day	9%	12%	11%
2 days	9%	17%	14%
3 days	14%	11.5%	16%
4 days	13%	9%	10%
5 days	16%	8%	9%
6 days	11%	4%	4%
7 days	16%	16.5%	8%

- ❖ 63% of Massachusetts' high school students reported that they were physically active for a total of at least 20 minutes per day on three or more of the past seven days.
- ❖ In 2010, 85% of Masconomet High School students reported engaging in physical activity one or more days during the past seven days.

PHYSICAL EDUCATION CLASS

Students were asked how many days they go to physical education (PE) classes in an average week when they are in school.

Response	Masconomet	MA (2011)
0 days	79%	44%
1 day	1%	5%
2 days	2%	11%
3 days	4%	12%
4 days	9%	10%
5 days	5%	18%

WEIGHT DESCRIPTION

Students were asked how they would describe their weight.

Response	Percentage
Very underweight	2%
Slightly underweight	14%
About the right weight	61%
Slightly overweight	20%
Very overweight	3%

- ❖ 28% of Massachusetts' high school students viewed themselves as 'slightly overweight' or 'very overweight'.
- ❖ 29% of high school students nationwide viewed themselves as 'slightly overweight' or 'very overweight'.

WEIGHT MANAGEMENT

Students were asked what they are trying to do about their weight.

Response	Percentage
Lose weight	41%
Gain weight	16%
Stay the same weight	23%
Not trying to do anything about weight	21%

- ❖ 45% of Massachusetts' high school students reported they were trying to lose weight.
- ❖ 46% of high school students nationwide reported they were trying to lose weight.

WAYS TO LOSE WEIGHT

Students were asked if they have ever engaged in the following behaviors to lose weight or to keep from gaining weight.

Response	Percentage
Yes, I exercised	46%
Yes, I ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight	8%
Yes, I both exercised and ate less food, fewer calories or foods low in fat	27%
No, I did not exercise or eat less food, fewer calories or foods low in fat	20%

UNHEALTHY WAYS TO LOSE WEIGHT

Students were asked if they have ever engaged in the following unhealthy behaviors to lose weight or to keep from gaining weight.

Response	Masconomet	MA	US
Went without eating for 24 hours or more to lose weight or to keep from gaining weight	6%	10%	12%
Took diet pills, powders or liquids without a doctor's advice to lose weight or to keep from gaining weight	4%	4%	5%
Vomited or took laxatives to lose weight or to keep from gaining weight	3%	5%	4%

BREAKFAST HABITS

Students were asked how many days they ate breakfast during the past seven days.

Response	Percentage
0 days	6%
1 day	5%
2 days	8%
3 days	6%
4 days	6%
5 days	8%
6 days	10%
7 days	52%

- ❖ 37% of Massachusetts' high school students reported eating breakfast every day.
- ❖ 38% of high school students nationwide reported eating breakfast every day.

MILK CONSUMPTION

Students were asked how many glasses of milk they drank during the past seven days.

Response	Percentage
Did not drink milk during the past 7 days	15%
1 to 3 glasses during the past 7 days	22%
4 to 6 glasses during the past 7 days	14%
1 glass per day	16%
2 glasses per day	18.5%
3 glasses per day	8%
4 or more glasses per day	6%

- ❖ 14% of Massachusetts' high school students reported drinking three or more glasses of milk during the past seven days.
- ❖ 15% of high school students nationwide reported drinking three or more glasses of milk during the past seven days.

SODA CONSUMPTION

Students were asked how many times they drank a can, bottle or glass of soda or pop during the past seven days.

Response	Percentage
Did not drink soda or pop during the past 7 days	34%
1 to 3 times during the past 7 days	46%
4 to 6 times during the past 7 days	11%
1 time per day	4%
2 times per day	3%
3 times per day	0.5%
4 or more times per day	1%

FRUIT OR FRUIT JUICE CONSUMPTION

Students were asked how many times they ate fruit or drank 100% fruit juices during the past seven days.

Response	Percentage
Did not eat fruit or drink 100% fruit juice during the past 7 days	10%
1 to 3 times during the past 7 days	29%
4 to 6 times during the past 7 days	21%
1 time per day	11%
2 times per day	15%
3 times per day	8%
4 or more times per day	6%

GREEN SALAD CONSUMPTION

Students were asked how many times they ate green salad during the past seven days.

Response	Percentage
Did not eat green salad during the past 7 days	24%
1 to 3 times during the past 7 days	43%
4 to 6 times during the past 7 days	19.5%
1 time per day	9%
2 times per day	2.5%
3 times per day	0.5%
4 or more times per day	2%

VEGETABLE CONSUMPTION

Students were asked how many times they ate other vegetables during the past seven days.

Response	Percentage
Did not eat other vegetables during the past 7 days	8%
1 to 3 times during the past 7 days	32%
4 to 6 times during the past 7 days	26%
1 time per day	18%
2 times per day	12.5%
3 times per day	2%
4 or more times per day	2%

USE OF VIDEO/COMPUTER GAMES

Students were asked how many hours a day they spend playing video or computer games for something that is not school work on an average school day.

Response	Percentage
Do not play video or computer games or use a computer for something that is not school work	21%
Less than 1 hour per day	25%
1 hour per day	19%
2 hours per day	15%
3 hours per day	9%
4 hours per day	5%
5 hours or more per day	5%

- ❖ In 2010, 23% of Masconomet High School students reported playing video and computer games for 3 or more hours per day on an average school day.
- ❖ 31% of high school students nationwide reported playing video and computer games for 3 or more hours per day on an average school day.

USE OF TELEVISION

Students were asked how many hours a day they spend watching television on an average school day.

Response	Percentage
Do not watch TV on an average school day	16%
Less than 1 hour per day	28%
1 hour per day	23%
2 hours per day	20%
3 hours per day	9%
4 hours per day	3%
5 hours or more per day	1%

- ❖ In 2010, 15% of Masconomet High School students reported watching television for 3 or more hours per day on an average school day.
- ❖ 32% of high school students nationwide reported watching television for 3 or more hours per day on an average school day.

TEXTING

Students were asked how many hours a day they spend texting from their cell phone on an average school day.

Response	Percentage
Do not text from cell phone on an average school day	6%
Less than 1 hour per day	33%
1 hour per day	18%
2 hours per day	13%
3 hours per day	10%
4 hours per day	6.5%
5 hours or more per day	13%

GAMBLING

LOTTERY OR SCRATCH-OFF TICKETS

Students were asked how often they played the lottery or scratch-off tickets.

Response	Percentage
Never	55%
Before, but not in the past year	16%
A few times in the past year	23%
Once or twice a month	4%
Once or twice a week	1%
Almost every day	0.4%

CARDS FOR MONEY

Students were asked how often they played cards for money.

Response	Percentage
Never	77%
Before, but not in the past year	11%
A few times in the past year	10.5%
Once or twice a month	1%
Once or twice a week	0.5%
Almost every day	0.6%

ONLINE GAMBLING FOR MONEY

Students were asked how often they participated in online gambling for money.

Response	Percentage
Never	95%
Before, but not in the past year	2%
A few times in the past year	1.5%
Once or twice a month	0.5%
Once or twice a week	0.3%
Almost every day	0.5%

Releasing Data to the Public

The Outcomes Project advises communities to be thoughtful and intentional in releasing data to the public. Research has found that publicizing the risks practiced by the **minority** of youth can actually be harmful, possibly increasing risky behaviors among young people. There are effective means to release your data to the public. For information on using your survey data effectively for both planning and educational purposes, please contact *The Outcomes Project* at Health Imperatives, Inc.

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