

# MetroWest Adolescent Health Survey

## Medfield's Key Results

January 9, 2020

Spring 2019  
MetroWest Adolescent Health Survey  
**Regional Highlights Report**  
Informing data-driven school and community health policies and practices

2018 | MetroWest Region  
High School Youth  
GRADES 9-12

METRO  
HEALTH  
FOUNDATION

Funded by:  
MetroWest Health

EDC  
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Center

# Survey Goals

- ➔ To identify school and community needs
- ➔ To provide education for students, staff, parents, and all Medfield residents on topics related to student and community safety
- ➔ To implement programs for students to support their overall wellness and their success in school

# MWAHS - Our Survey Instrument

- Questions are based on the Youth Risk Behavior Surveillance System (YRBSS) of the Centers for Disease Control and Prevention (CDC) and Massachusetts Youth Risk Behavior Survey (MA YRBS) of the MA DESE and MA DPH
- 58 Middle and High Schools in MetroWest participating
- Medfield has participated since 2006
- 1,313 Medfield respondents, representing 94% of students in grades 6-12
- Next MWAHS administration will be Fall 2020

# Validity and Reliability

**Young people respond as truthfully as adults when these three things exist:**



1. Participation is voluntary
2. Students perceive the survey as important
3. Students feel that their privacy and anonymity is preserved

# MWAHS Content

(HS 153 questions, MS 114)

## Substance use

**Violence** (including bullying and cyberbullying)

Behaviors related to **unintentional injuries** (including impaired and distracted driving)

**Mental health** (stress, depressive symptoms, suicidality)



# MWAHS Content

(HS 153 questions, MS 114)



**Dietary behaviors/physical activity**

**Protective factors** (school attachment and adult support)

**Social media use**

**Student time utilization**

**Sexual behaviors** (only on the high school survey)





# Analyzing the Data

All 6-12 wellness teachers, guidance counselors and all PreK-12 district administrators weighed in on the data.



The conversations generated a list of key topics which are included in this presentation.



## Substance Use



# First Key Area of Recommended Community Focus

## Substance Use

**Vaping** has risen more dramatically between 2016 and 2018 than anything else we have tracked over 12 years.

**Marijuana** use has increased a great deal, and has now surpassed that of the region, state and nation for the first time.

**Alcohol** use continues to be much higher than the MetroWest region, the state of MA, and the nation.

**Binge Drinking** has also increased, and continues to be much higher than the MetroWest region, the state of MA, and the nation.

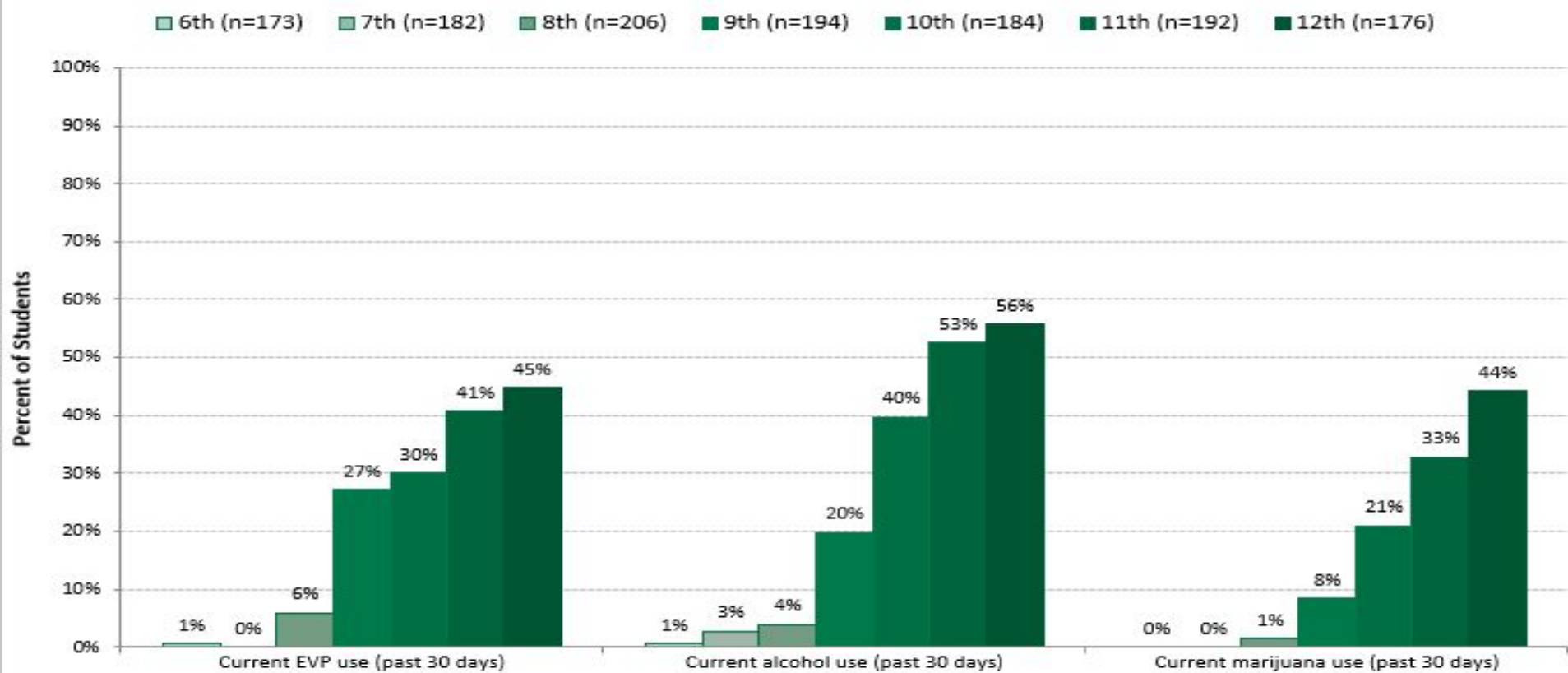
**Access to Alcohol** continues to be a safety concern. Nearly half of students who said they currently drink got alcohol from their home, some with and some without parent/guardian knowledge

**Compared to the rest of the region**, our students report more vaping, alcohol use, binge drinking, and marijuana use.

# Current Substance Use by Grade, 2018

## Medfield Students (Grades 6-12)

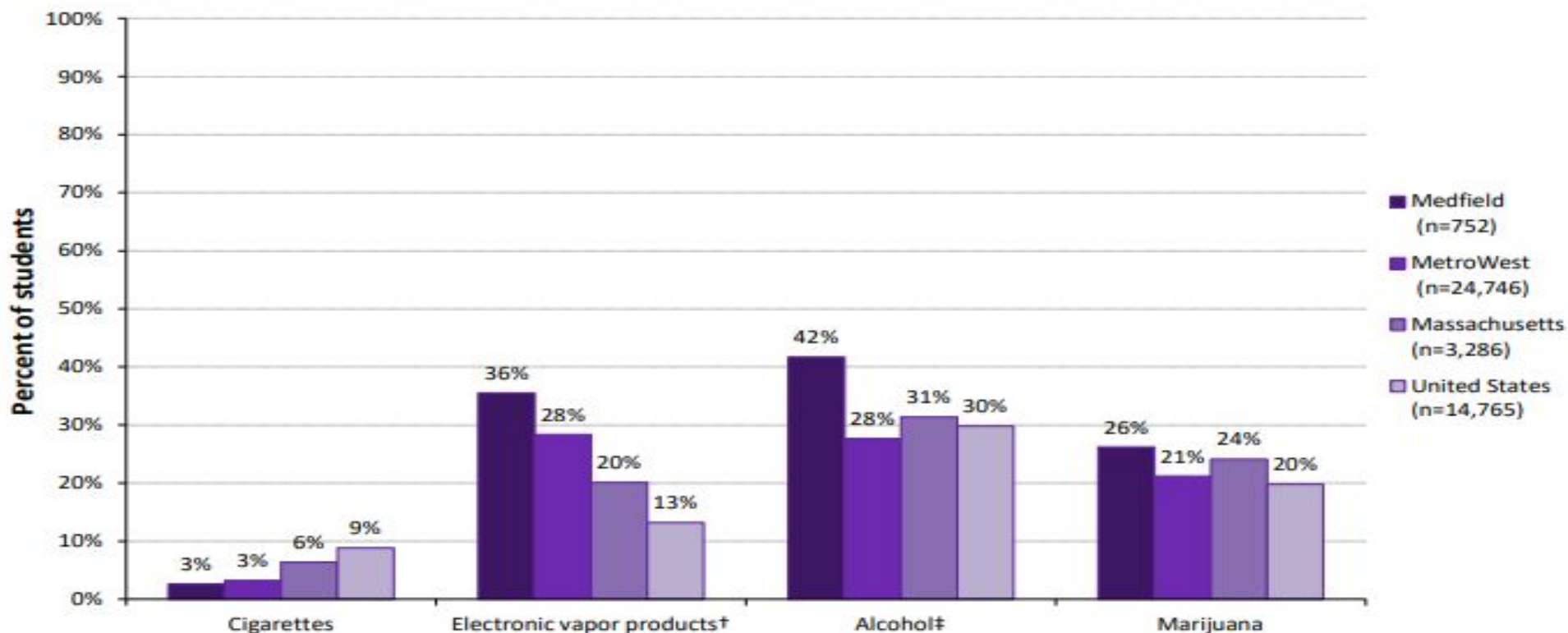
*MetroWest Adolescent Health Survey*



**Figure 2-3D. Current Substance Use\* at the District, Regional, State, and National Levels, 2018**

**Medfield High School (Grades 9-12)**

*MetroWest Adolescent Health Survey*



\* Used one or more times in the past 30 days

† Includes electronic cigarettes like JUUL, Phix, Vuse, MarkTen, and blu, and other electronic vapor products, like vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods

‡ Does not include drinking a few sips of wine for religious purposes

A photograph of two young women sitting on a bed, facing each other in conversation. The woman on the left has brown hair in a ponytail, wears glasses, a white cardigan, and light-colored pants. The woman on the right has long, curly brown hair, wears a green long-sleeved shirt and blue jeans, and has several colorful beaded bracelets on her right wrist. They are in a room with a window in the background and a wall covered in a collage of photos. A blue rectangular box with the text "Mental Health" is overlaid on the image.

## Mental Health

# Second Key Area of Recommended Community Focus

## Mental Health

**Life Very Stressful** continues to climb, describing more of our students each year.

**Symptoms of Depression** have slightly decreased at the HS.

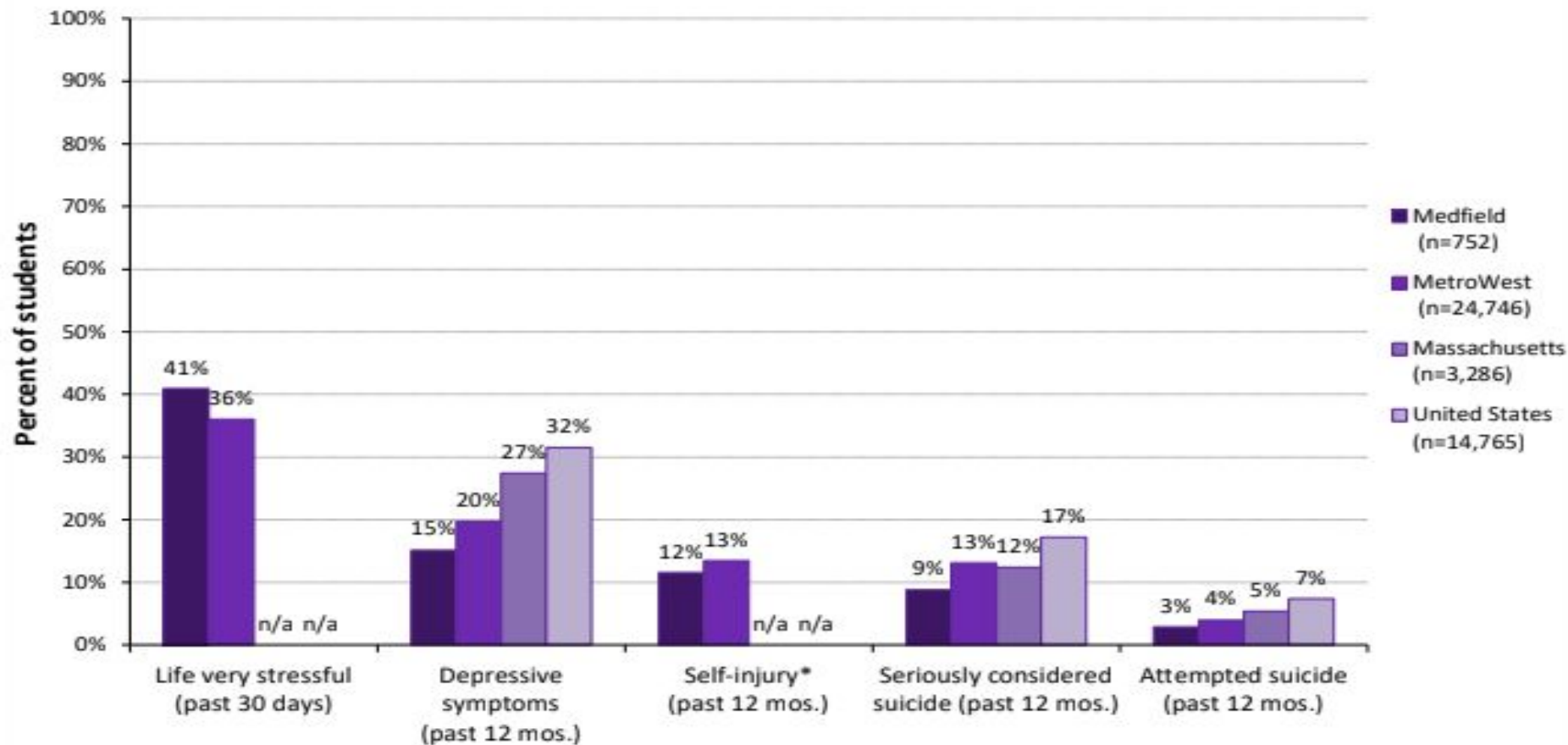
**Seriously Considering Suicide** has dropped below 10% of HS students for the first time since 2010.

**Feeling lonely** *“most or all of the time”* was selected by 16% or 135 of our kids 6-12. This is the highest report since tracking this in 2012.

**Depressive symptoms, Self-Injury, and Suicidality** are all lower than the MetroWest region, the state of MA, and the nation.



**Figure 5-1D. Mental Health and Suicidality at the District, Regional, State, and National Levels, 2018**  
**Medfield High School (Grades 9-12)**  
*MetroWest Adolescent Health Survey*



# Behaviors leading to lower stress

- **A supportive parent/adult outside of school**
- **Eating dinner with their parents 5+days/wk**
- **Spending < 3 hours daily online**
- **Spending < 3 hours on social media sites**
- **Getting 8+ hours of sleep each night**



# Additional Topics

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# Protective Factors

**Adult Support** continues to be strong in the community both in school and at home.

**School Attachment** remains fairly high, but 25% of our kids don't feel like they are a part of the school.





# Sleep



**78% of all MHS students and 85% of seniors are not getting enough sleep on a typical school night.**

Lack of sleep is a known contributor to a teen's inability to concentrate, poor grades, drowsy-driving incidents, anxiety, depression, thoughts of suicide and even suicide attempts. Teen's bodies need sleep to facilitate growth and healing.



# Violence and Bullying

**24% of Blake Middle School students** reported being a victim of **bullying** in the 12 months prior to the survey.

**26% of Blake students** reported being **verbally harassed** because of their height, weight, or how they looked.

**Reporting** of harassment and bullying at Blake are low, and we continue to seek connections in both formal and informal ways

**25% of MHS students** reported being a victim of **bullying** in the 12 months prior to the survey.

**22% of MHS students** reported being **verbally harassed** because of their height, weight, or how they looked.

**Reporting** of harassment and bullying is also low at MHS. Roughly 50% of students in both schools reported being a bystander to bullying, yet only a small % said they told an adult

# Sexual Behaviors

Since our first survey in 2006, MHS students have consistently reported a similar rate of **sexual behavior**, which remains **less than the MetroWest region, the state of MA, and the nation**.

However, **more Medfield students** report using **alcohol or other drugs before intercourse** than students elsewhere.

**Sexting** is sending and receiving sexual messages through texting or other online applications.

**Fewer** HS students (18%) **sent a sext of themselves** than in 2016, but **more** students reported **someone else sent a text of them** (11%) and **more** (13%) **felt pressured to send a sext of themselves**.

A photograph of a woman with dark hair tied back, wearing a patterned headband and a purple top, driving a car. She is looking down at a smartphone held in her right hand. The car's interior, including the steering wheel and dashboard, is visible. The background shows a road with other vehicles and a cloudy sky.

## **Distracted Driving**

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**Distracted Driving has increased**, and is higher than the MetroWest region, the state, and the nation.

In the 30 days prior to the survey:

- 61% of seniors drove while **texting**
- 26% of seniors drove with self or passenger **not in seatbelt**
- 30% of seniors drove after using **marijuana**
- 22% of all HS students rode with a driver who had been using **marijuana**

# Our Most Vulnerable Youth

Substance use was higher among students who reported concerning **mental health symptoms**.

Concerning mental health symptoms and bullying victimization were higher among students with **physical or learning disabilities**.

The 268 students in grades 6-12 who described themselves as **non-white** were more likely to be victims of bullying, engage in physical fighting, were less likely to feel connected to school, and at Blake, reported less adult support outside of school. Non-white middle school students were also more likely to report concerning mental health symptoms.

The 80 students at MHS who identified as **LGBTQ** were more likely to report depressive symptoms, self-injury, and suicidality.





# Action Steps

Taken by our schools  
in past two years

# Memorial School Action Steps Grades PreK-1

- Guidance counselor provides **whole class lessons on social thinking**
- **Lunch Bunches**
- **Guidance Groups**
- **Open Circle, Social Thinking & Choose To Be Nice** curriculum lessons
- Choose to be Nice **whole school Kick Off Assembly**
- Choose to be Nice **monthly assemblies** with specialists to introduce the trait of the month
- Choose to be Nice **recognition stickers**

# Wheelock School Action Steps Grades 2-3

- Reciting of the **Wheelock Peacebuilder Pledge** daily during morning announcements
- **Good News Phone Calls** to parents
- **Student Job Program** for 3rd graders
- **Lunch Bunches**

# Dale Street School Action Steps Grades 4-5

## Staff actions:

- **Sanford Harmony Social Emotional Learning Curriculum Implemented**
- Dale Street **Principal joins SEL Task Force** and **K-12 SEL Curriculum team**
- Digital Citizenship **Assemblies**
- **Mindfulness practice** - during daily announcements
- **Student Support Team** and **Lunch Bunches**
- **Positive Referrals**

# Dale Street School Action Steps Grades 4-5

## Student actions:

- Student-Led Family **Conferences**
- Student-Led Assemblies to highlight **Core Values**
- Student Advisory Council - students taking **leadership** roles
- Makerspace - allows **all students** opportunities to shine
- Chromebook Captains - students taking **leadership** roles/feeling valued



# Blake Middle School Action Steps Grades 6-8

- Ongoing **education for staff, students and families** to improve understanding of **LGBTQ** needs; increased participation in Blake's GSA
- Jamele Adams spoke on **dignity, respect, equality, inclusion**, and worked with staff on **culturally and linguistically sensitive practices**
- Blake's **Affinity group** provides a forum of support for groups of students who feel disconnected from the greater community
- Established Google **HW calendars** for each cluster
- Homework free weekends

# Blake Middle School Action Steps Grades 6-8

- Enhanced **advisory** program - building on the efforts of Project Happiness; Student connectedness survey
- Work toward **meaningful and directed teacher feedback** and a focus on **learning skills**
- Bob Clarke was in for a **parent training on vaping** last year, plans for student and community education in 2020, 8th grade **student assembly on vaping** with SRO
- Continuation of **SOS** and **SBIRT** screenings in 7th grade
- Blake teachers and principal on the **SEL Task Force**

# Medfield High School Action Steps Grades 9-12

- **Two HS administrators on SEL Task Force** - looking at student wellness, staff wellness, and school schedules
- **Wellness education now in grades 9-12** to better address critical health needs of older students
- **Elimination of mid year exams** for all students
- **Reduction of weight** for **final exams** in the overall average for all classes
- Expansion of **Challenge Success** Program

# Medfield High School Action Steps Grades 9-12

- **SOS screening** continued in grades 9 and 12, **SBIRT** screening in 9th
- Targeted **training for all faculty** members on Challenge Success themes
- **Advisory structure revised** to create a mentor model for all grades. Themes were developed based on Challenge Success topics and shared with families
- Challenge Success school-wide **survey**
- New report card comments reflect **social emotional skills**
- **RISE classroom** to support students returning to school for any health reason

# District-Wide Grades PreK-12

- **SEL Task Force** - looking at student wellness, staff wellness, school schedules, school start times, and parent and family engagement in SEL
- **SEL Curriculum Committee** formed including Director of Student Services and Director of Instruction and Innovation
- MCAP - secured a grant from DFC to hire a **substance use prevention specialist**. Thank you to Medfield Foundation for the grant to hire an experienced federal grant writer! [Article](#)
- Challenge Success Parent Group has sponsored **educational forums for families**

# District-Wide Grades PreK-12

- School Committee and Superintendent support of **Interface Mental Health helpline**
- **Multi-tiered Systems of Support (MTSS) Committee** working to develop a more comprehensive system of support to support all students across the district
- **Civil Rights Self-Evaluation Committee** working to evaluate Medfield Public Schools' Pre-K to Grade 12+ programs to ensure that **all students**, regardless of race, color, disability, national origin, housing status, religion, sex, gender identity, sexual orientation, English Language Learner status or any other protected category as defined by state or federal law, have **equal access** to all opportunities offered, including extra-curricular activities.

**HELLO**  
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CAN HELP!**

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Call Monday-Friday 9:00 am-5:00 pm  
to consult with a mental health  
professional about resources and/or  
receive personalized, matched referrals.



**@JeffreyJMarsden**

**@MedfieldWell**



**@guidance02052**

**@MedfieldHS**

# **Twitter Campaign**

**Watch for Tweets with data from Medfield's  
2018 MetroWest Adolescent Health Survey**

**When you see them, kindly retweet and share  
both the data and the links to how to help  
make our community healthier and stronger!**

# Questions?

You can reach out to us at [scowell@email.medfield.net](mailto:scowell@email.medfield.net)  
or [sworthley@email.medfield.net](mailto:sworthley@email.medfield.net)

Follow us  @MedfieldWell and @guidance02052

## Resources:

[2018 Medfield High School MetroWest Adolescent Health Survey Full Report](#)

[2018 Blake Middle School MetroWest Adolescent Health Survey Full Report](#)