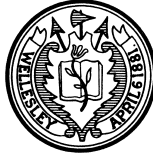


WELLESLEY PUBLIC SCHOOLS
40 Kingsbury Street • Wellesley • Massachusetts 02481
781-446-6210

Dr. DAVID F. LUSSIER
Superintendent of Schools

SALVATORE H. PETRALIA, Assistant Superintendent
Dr. DEAN W. BLASE, Director of Curriculum & Instruction



LINDA B. WATERS, Director of Student Services
JUDITH M. BELLIVEAU, Director of Finance and Business Operations

To: Dr. David Lussier, Superintendent
From: Dean Woodring Blase, Ed.L.D.
Date: October 18, 2013
Re: MetroWest Adolescent Health Survey

Dear Dr. Lussier,

On October 22, 2013, Joanne Grant, the K-12 Director of Fitness and Health, will be presenting the 2012 MetroWest Adolescent Health Survey to the School Committee. Topics included in this report include the following: Substance Use, Mental Wellness, School Attachment and Adult Support, and Safety-related Behaviors. Each area is broken down into specific behaviors, trends, and findings. The survey is administered to all Middle and High School students. Prior to presenting the report to School Committee, Ms. Grant presented a summary of findings to the School Wellness Advisory Committee on Thursday, October 17, 2013.

Please let me know if you have any questions.

Sincerely,

Dean Woodring Blase, Ed.L.D.

MetroWest Adolescent Health Survey Results

School Committee Presentation

10/22/2013

WELLESLEY
PUBLIC SCHOOLS



Project Overview

In 2006, the MetroWest Community Health Care Foundation embarked on a ten-year initiative to provide communities with timely, local data on the health and risk behaviors of the youth in their communities. To accomplish this goal, the MetroWest Adolescent Health Survey (MWAHS) is administered every other year to middle and high school students in the MetroWest region.



MetroWest Survey Participation Rates

Middle School

- MetroWest: 24 schools (14 of which included 6th graders)
- 2010 WMS: 1064 (94%)
- 2012 WMS: 1077 (92%)

High School

- MetroWest: 26 schools (9th-12th)
- 2010 WHS: 1,182 (91%)
- 2012 WHS: 1,268 (92%)

Topics Covered on Survey

- Substance Use
- Violence and Bullying
- Unintentional Injury
- Mental Health
- Sexual Behaviors (High School Only)
- Physical Activity and Nutrition
- School Attachment and Adult Support
- Risk Behaviors on School Property

Middle School Findings

Improvements

- Behavioral health
- Physical fighting and
- School bullying.

Areas of Concern

- Cyberbullying,
- Mental health
- Substance use initiation.

High School Findings

Improvements

- Behavioral health
- Cigarette smoking
- Physical fighting
- School bullying

Areas of Concern

- Alcohol use
- Cyberbullying
- Mental health.

GRADE LEVEL DATA
WITHIN WELLESLEY

METROWEST DATA
COMPARISONS

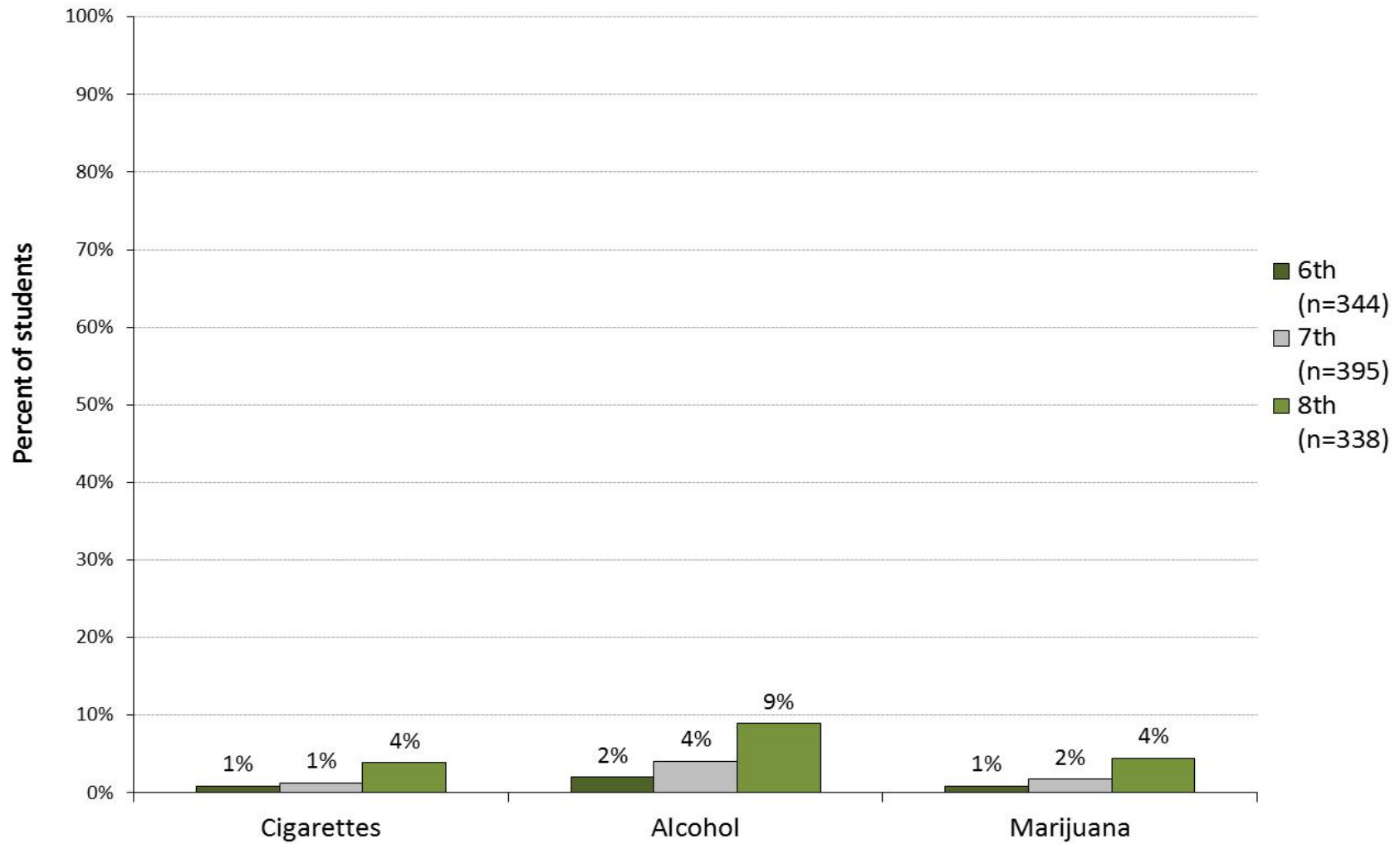
WELLESLEY TRENDS
2006-12

GENDER DATA (WHEN
SIGNIFICANT)

Topic 1: Substance Use

Figure 2-2B. Current Substance Use* by Grade, 2012 Wellesley Middle School (Grades 6-8)

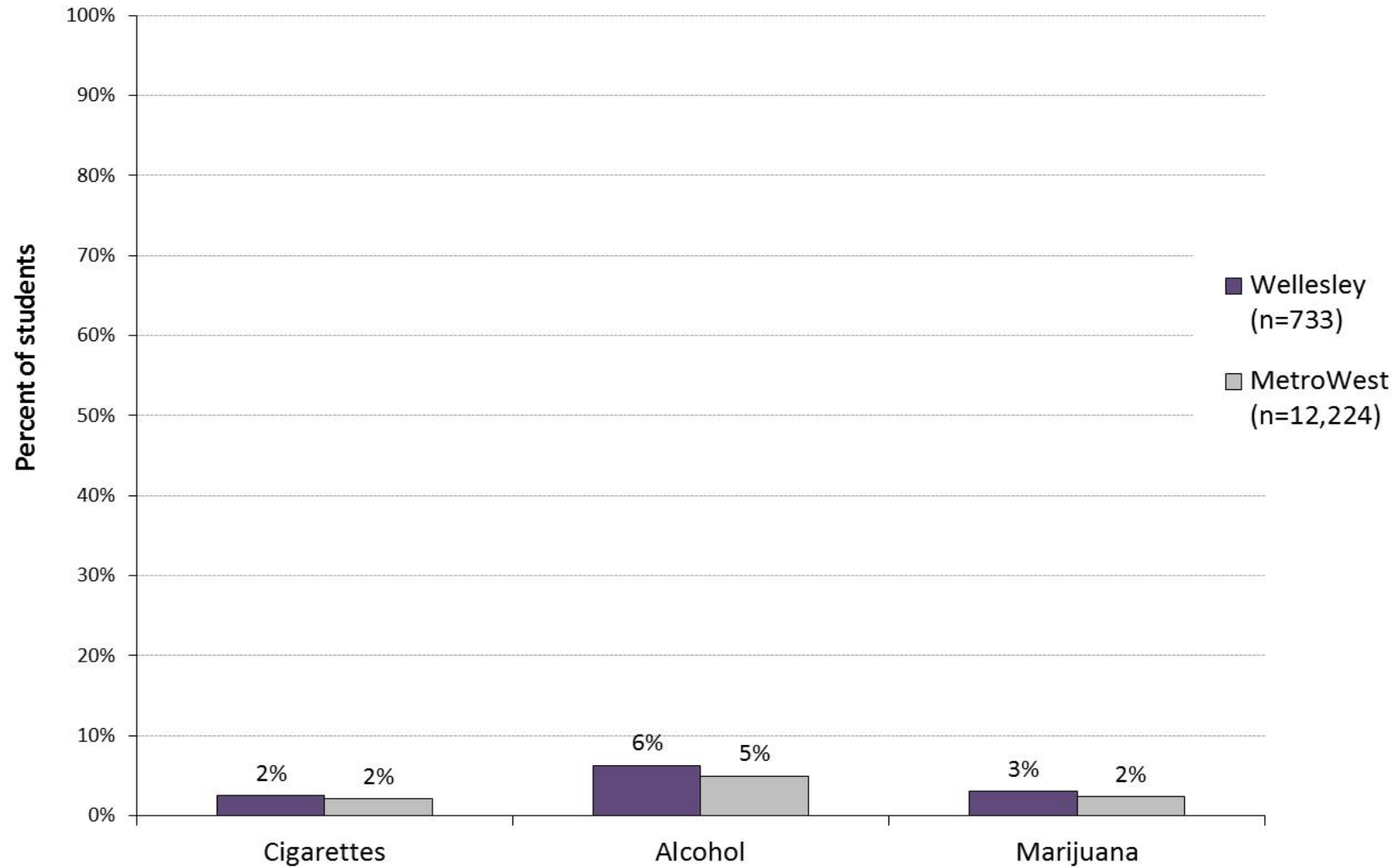
MetroWest Adolescent Health Survey



* Used one or more times in the past 30 days

Figure 2-2D. Current Substance Use* at the District and Regional Levels, 2012
Wellesley Middle School (Grades 7-8)

MetroWest Adolescent Health Survey

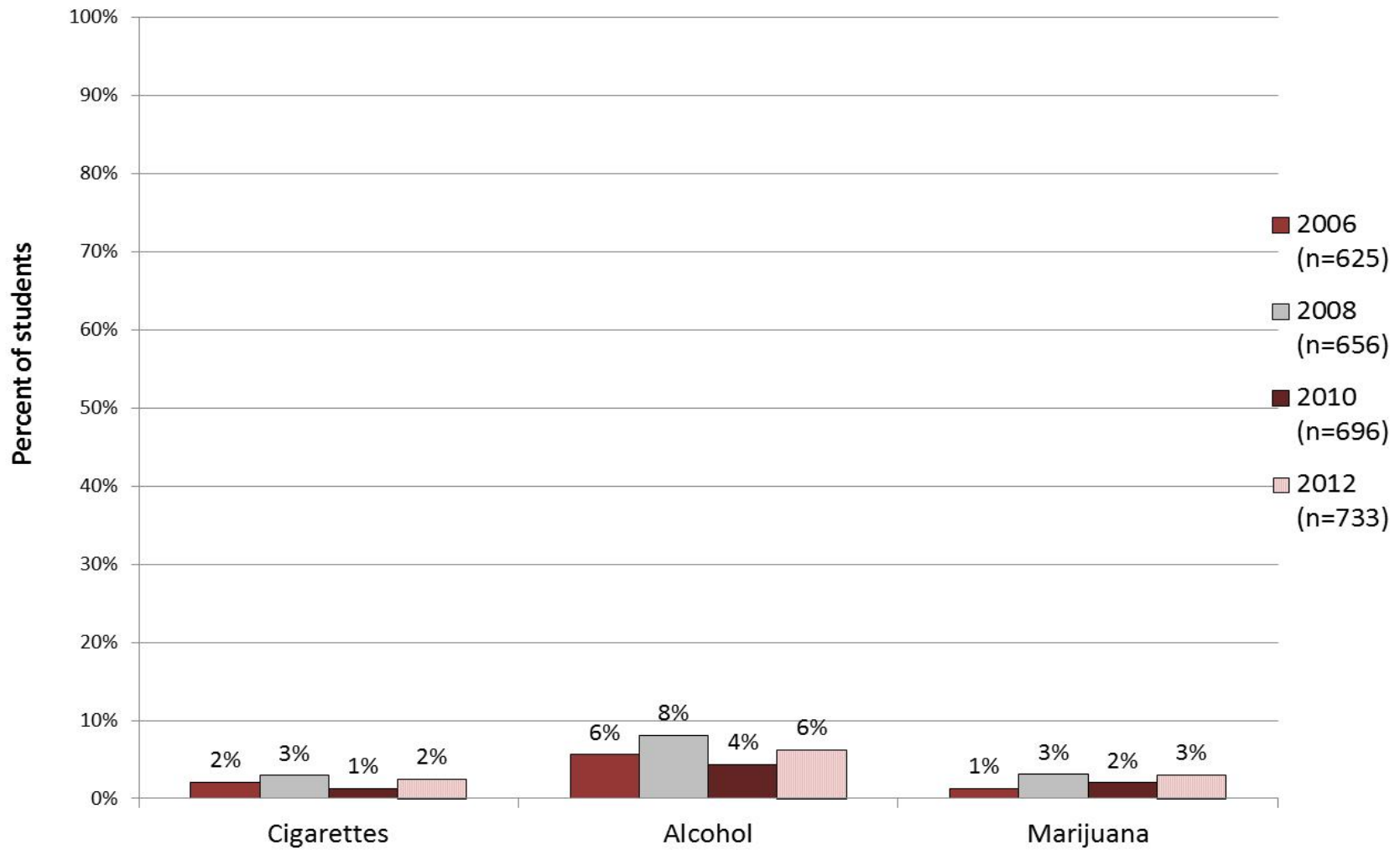


* Used one or more times in the past 30 days

Figure 2-2C. Trends in Current Substance Use*, 2006-2012

Wellesley Middle School (Grades 7-8)

MetroWest Adolescent Health Survey

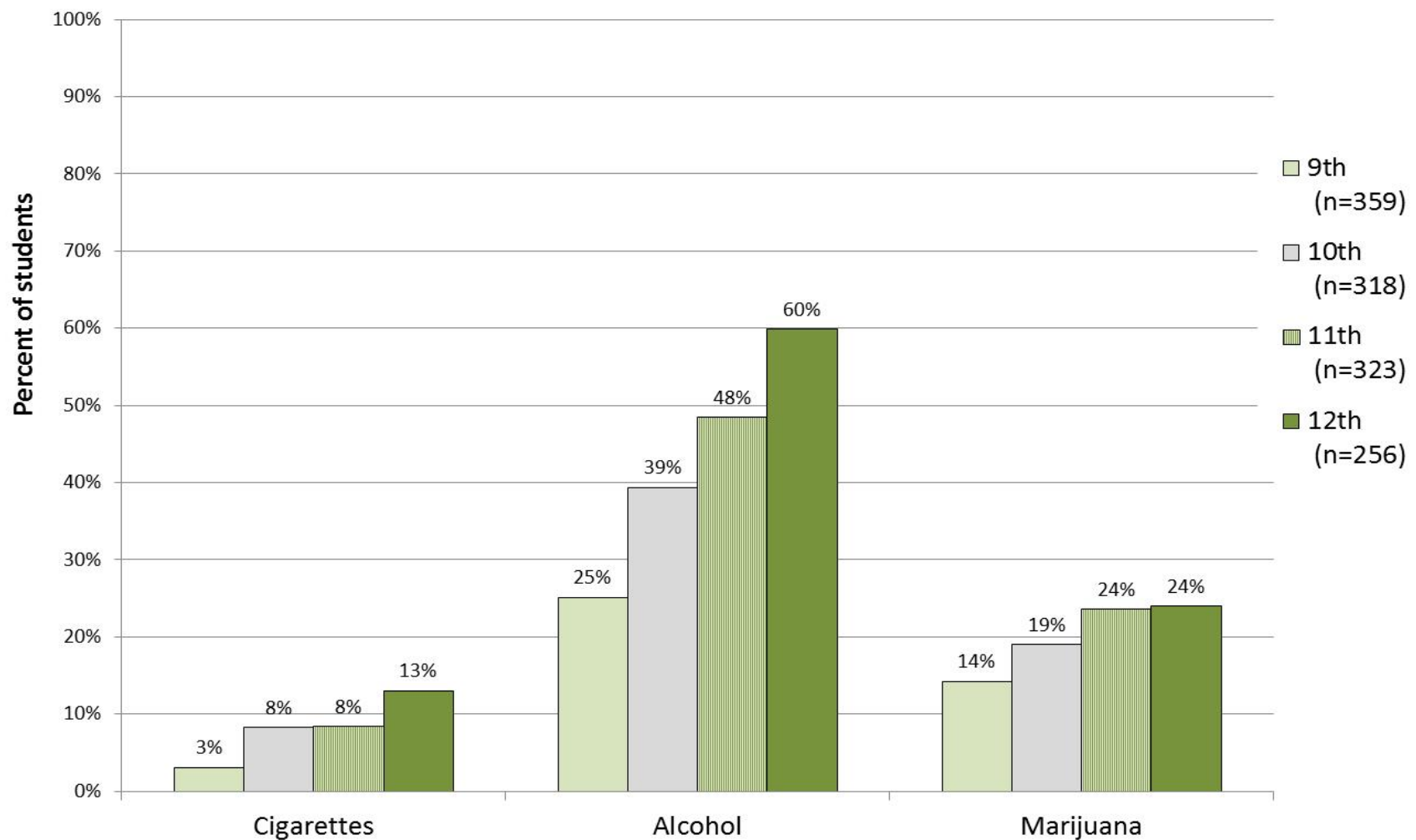


* Used one or more times in the past 30 days

Figure 2-3B. Current Substance Use* by Grade, 2012

Wellesley High School (Grades 9-12)

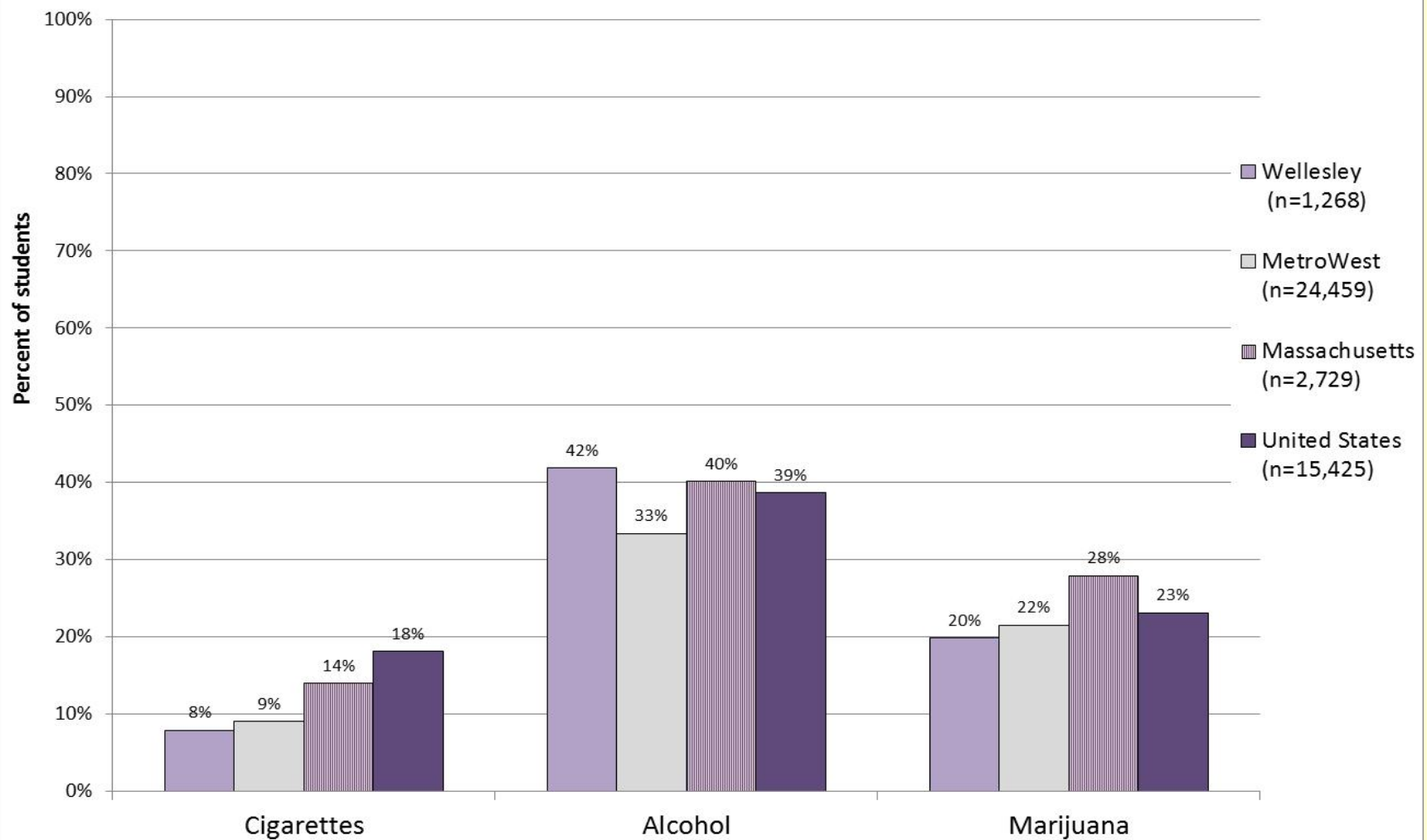
MetroWest Adolescent Health Survey



* Used one or more times in the past 30 days

Figure 2-3D. Current Substance Use* at the District, Regional, State, and National Levels, 2012
Wellesley High School (Grades 9-12)

MetroWest Adolescent Health Survey

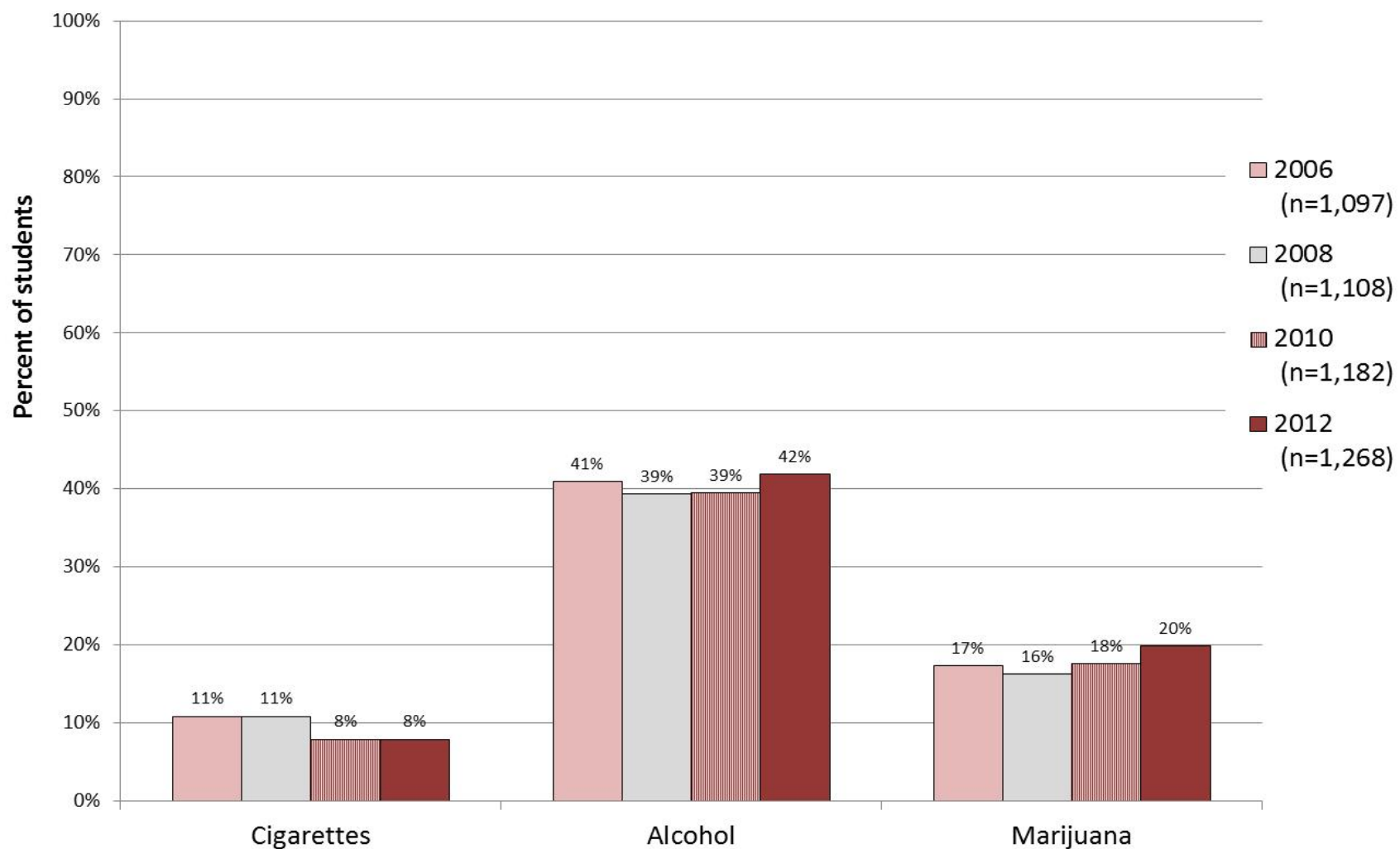


* Used one or more times in the past 30 days

Figure 2-3C. Trends in Current Substance Use*, 2006-2012

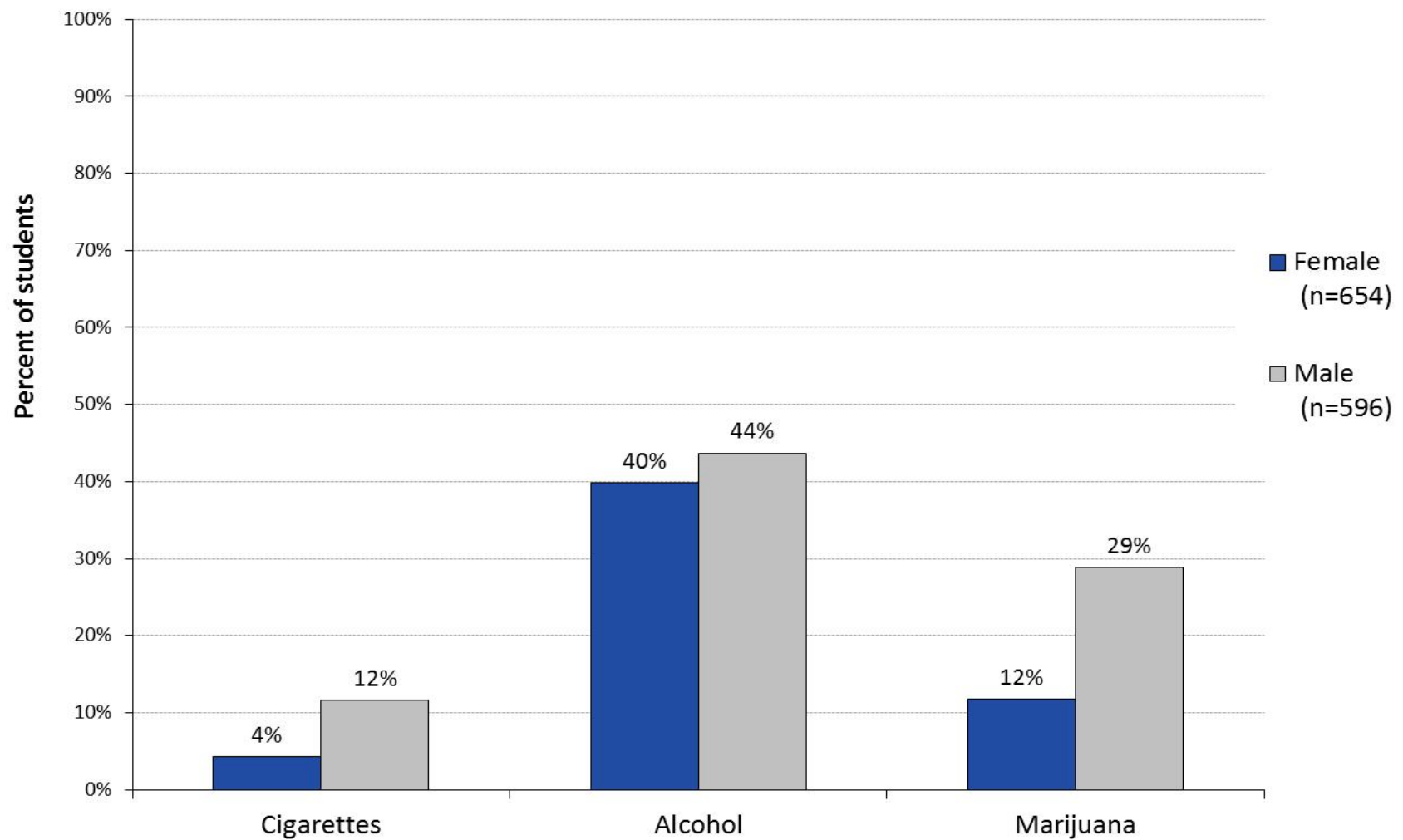
Wellesley High School (Grades 9-12)

MetroWest Adolescent Health Survey



* Used one or more times in the past 30 days

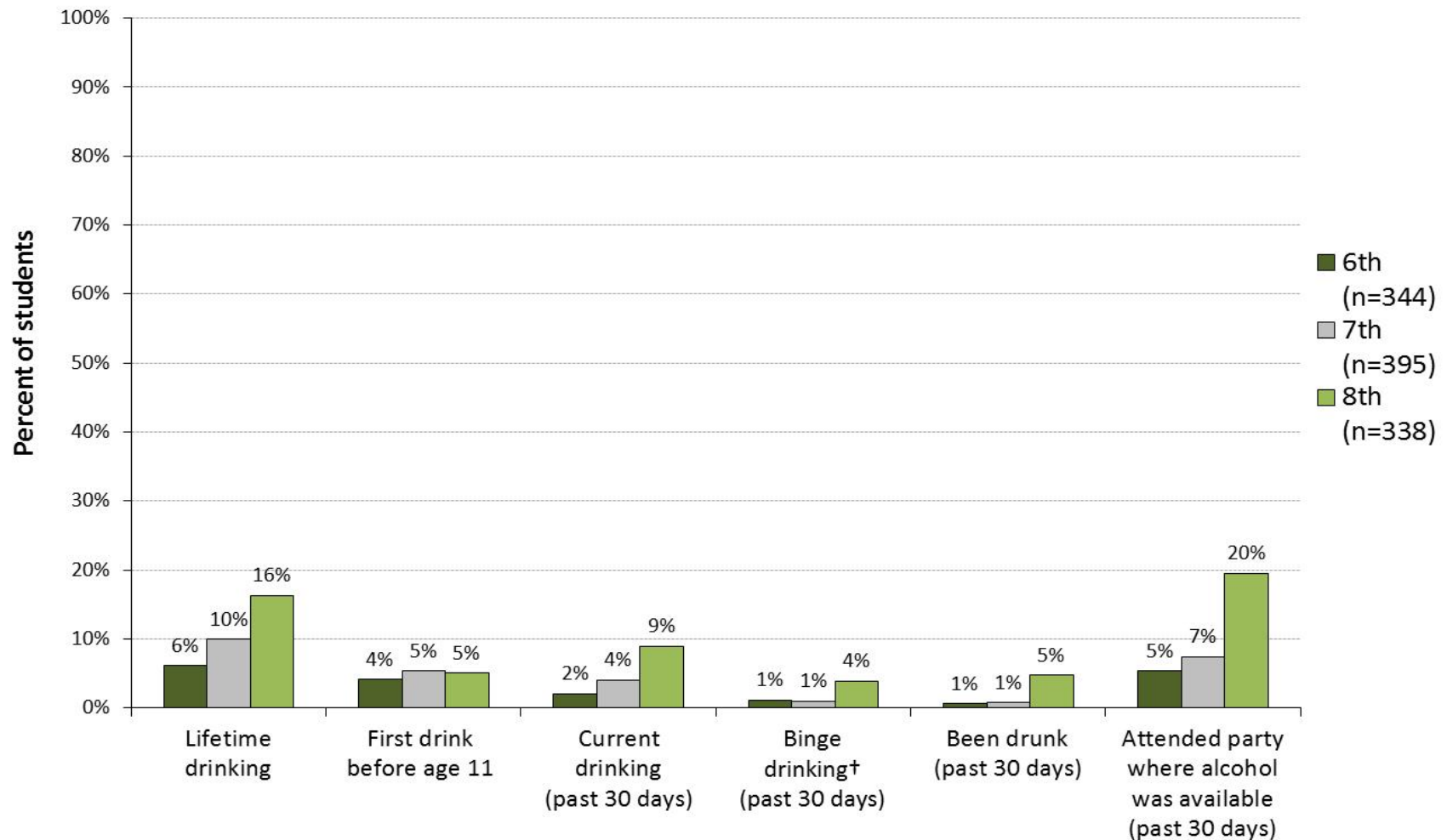
Figure 2-3A. Current Substance Use* by Gender, 2012
Wellesley High School (Grades 9-12)
MetroWest Adolescent Health Survey



* Used one or more times in the past 30 days

Figure 2-4B. Alcohol Use* by Grade, 2012 Wellesley Middle School (Grades 6-8)

MetroWest Adolescent Health Survey



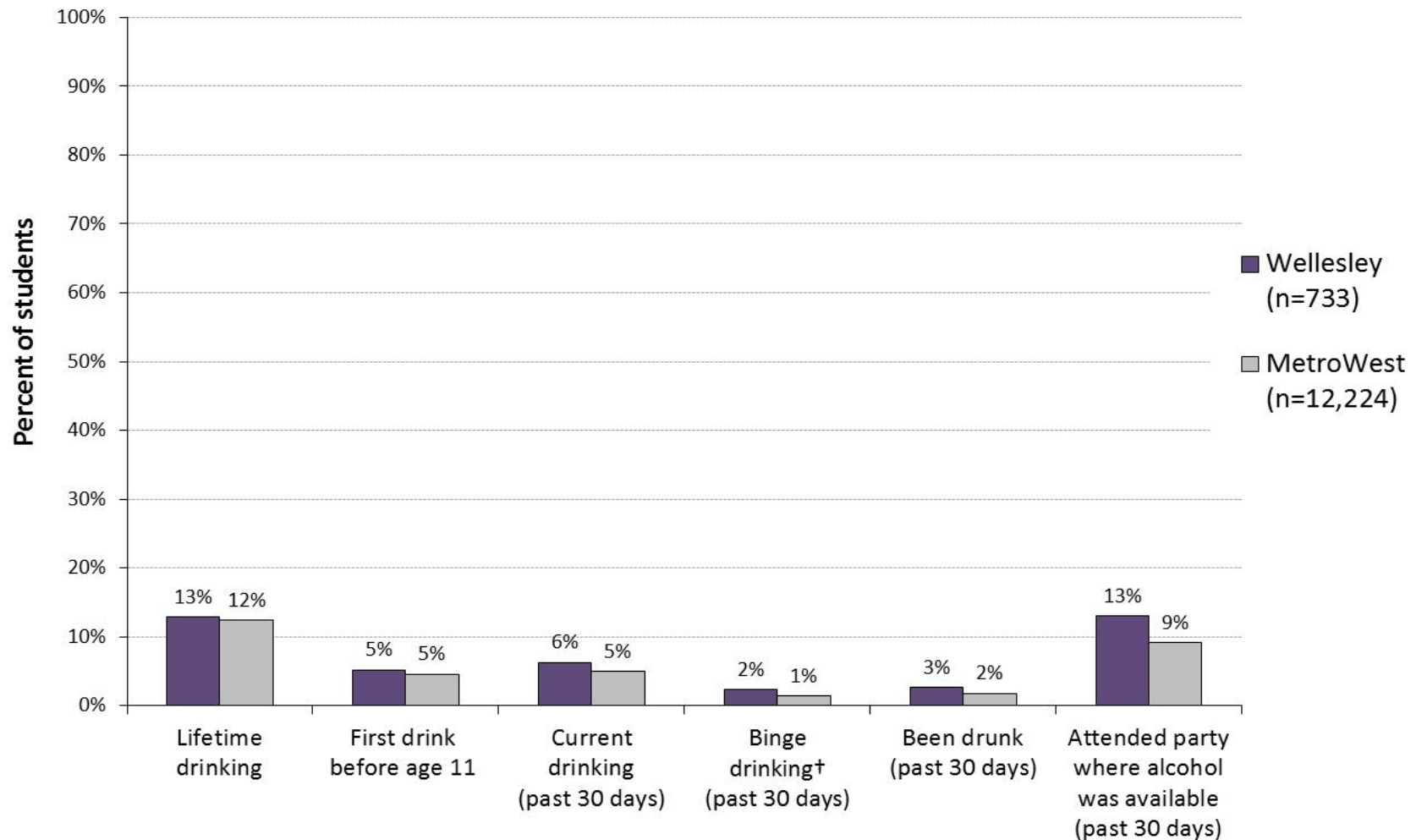
* Does not include drinking a few sips of wine for religious purposes

† Had 5 or more drinks in a row (within a couple of hours)

Figure 2-4D. Alcohol Use* at the District and Regional Levels, 2012

Wellesley Middle School (Grades 7-8)

MetroWest Adolescent Health Survey



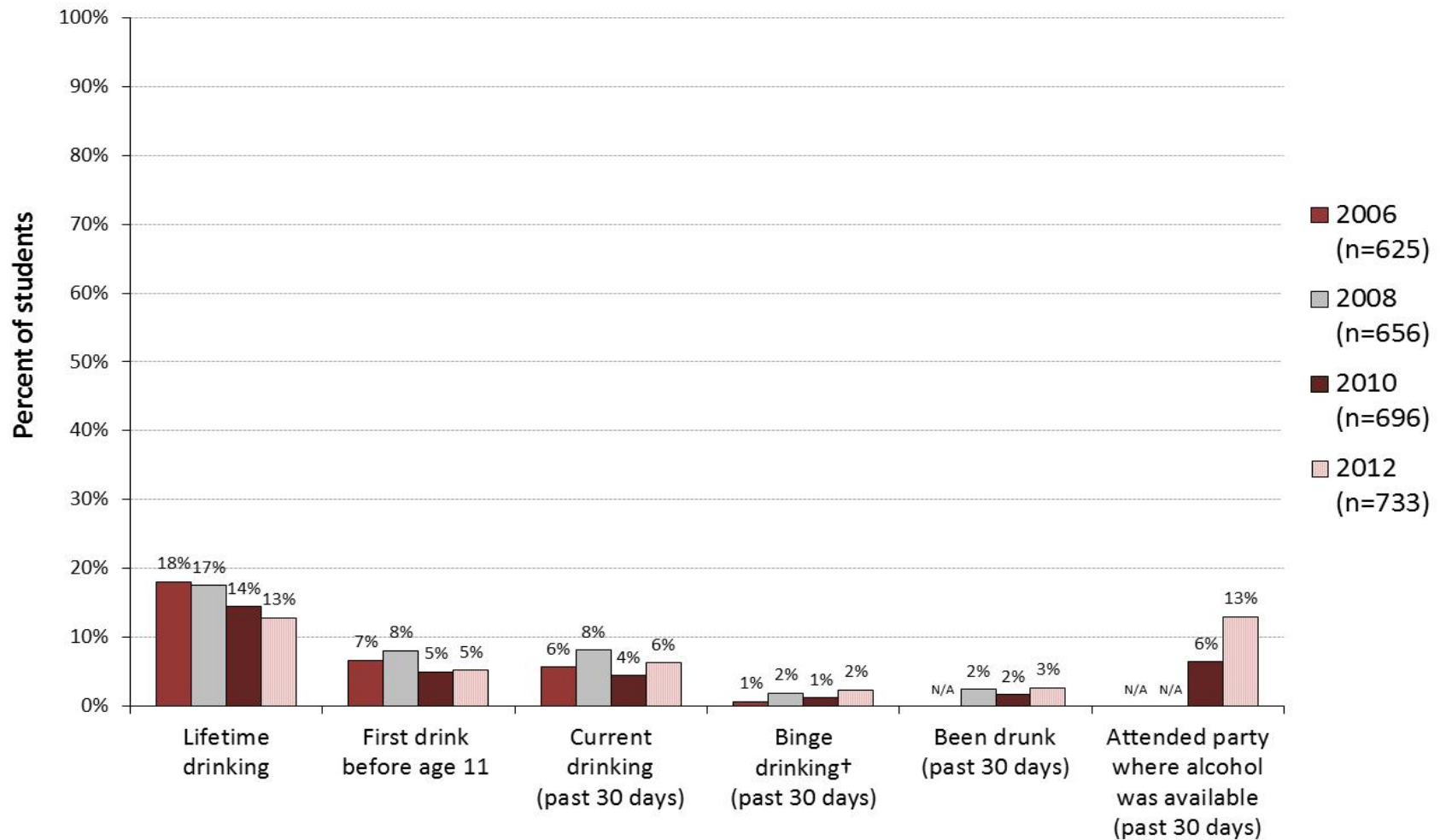
* Does not include drinking a few sips of wine for religious purposes

† Had 5 or more drinks in a row (within a couple of hours)

Figure 2-4C. Trends in Alcohol Use*, 2006-2012

Wellesley Middle School (Grades 7-8)

MetroWest Adolescent Health Survey

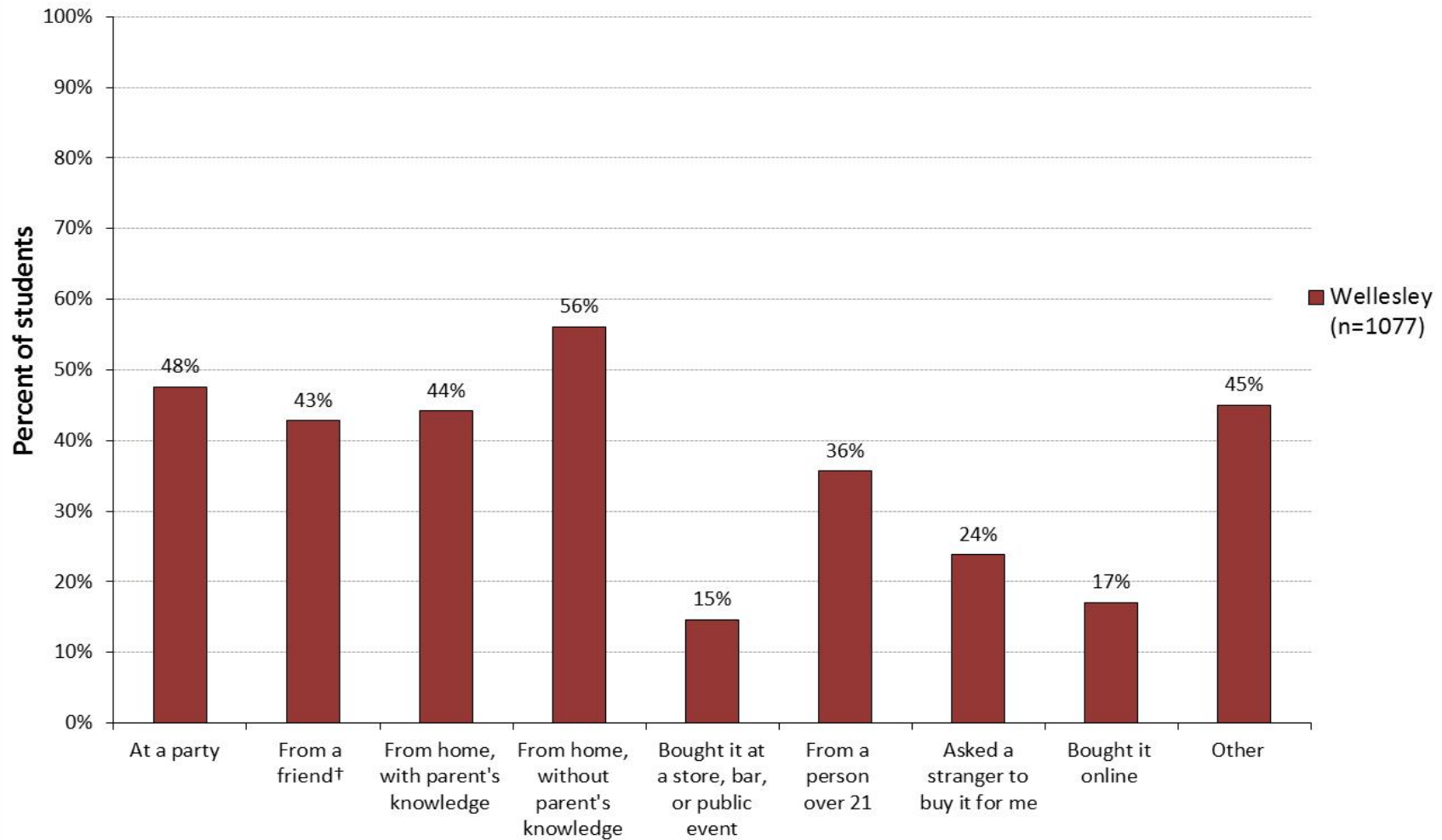


* Does not include drinking a few sips of wine for religious purposes

† Had 5 or more drinks in a row (within a couple of hours)

Figure 2-5 Access to Alcohol Among Current Drinkers*, 2012 Wellesley Middle School (Grades 6-8)

MetroWest Adolescent Health Survey



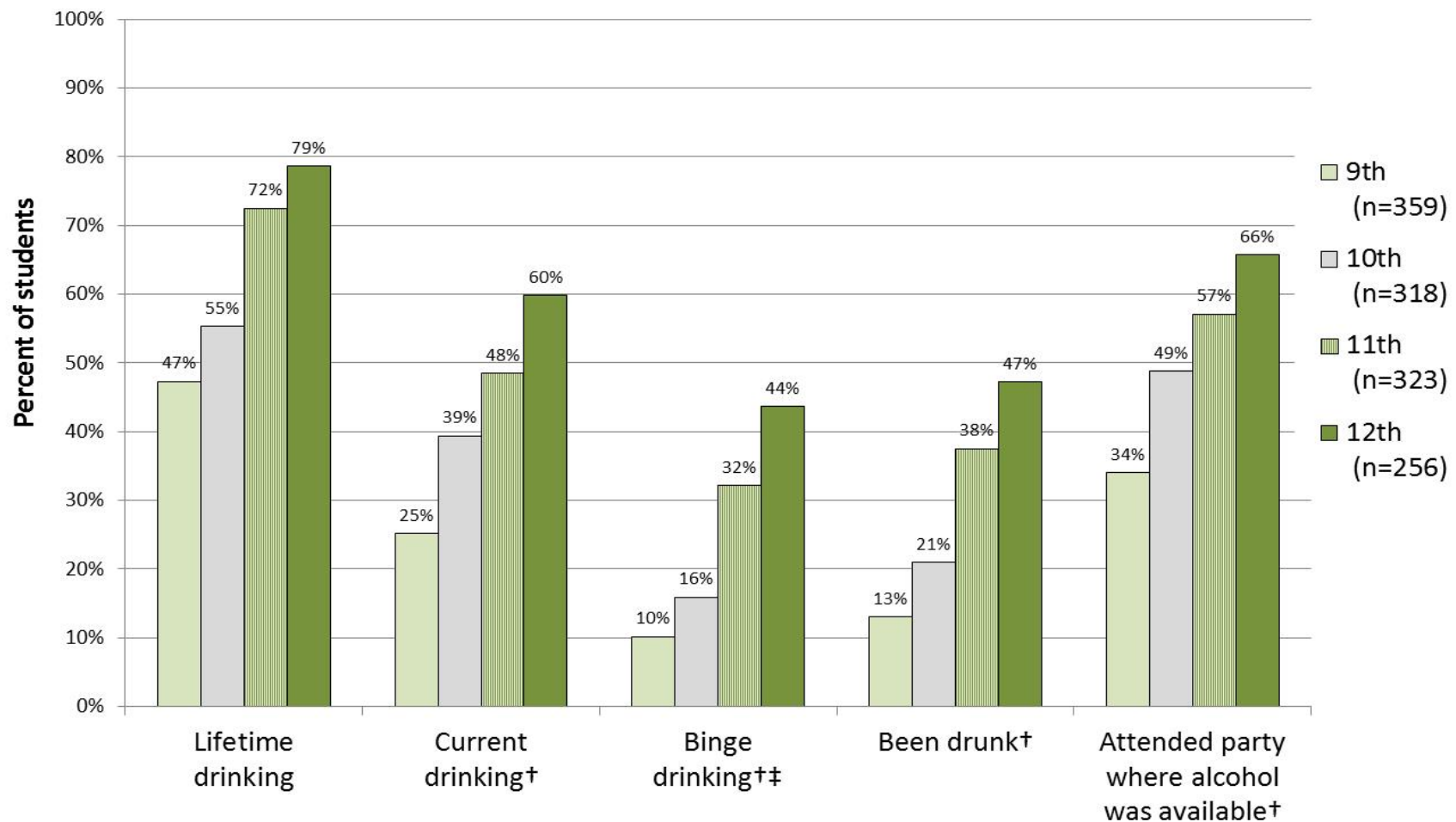
* Among students who drank in the past 30 days

† Does not include at a party

Figure 2-6B. Alcohol Use* by Grade, 2012

Wellesley High School (Grades 9-12)

MetroWest Adolescent Health Survey



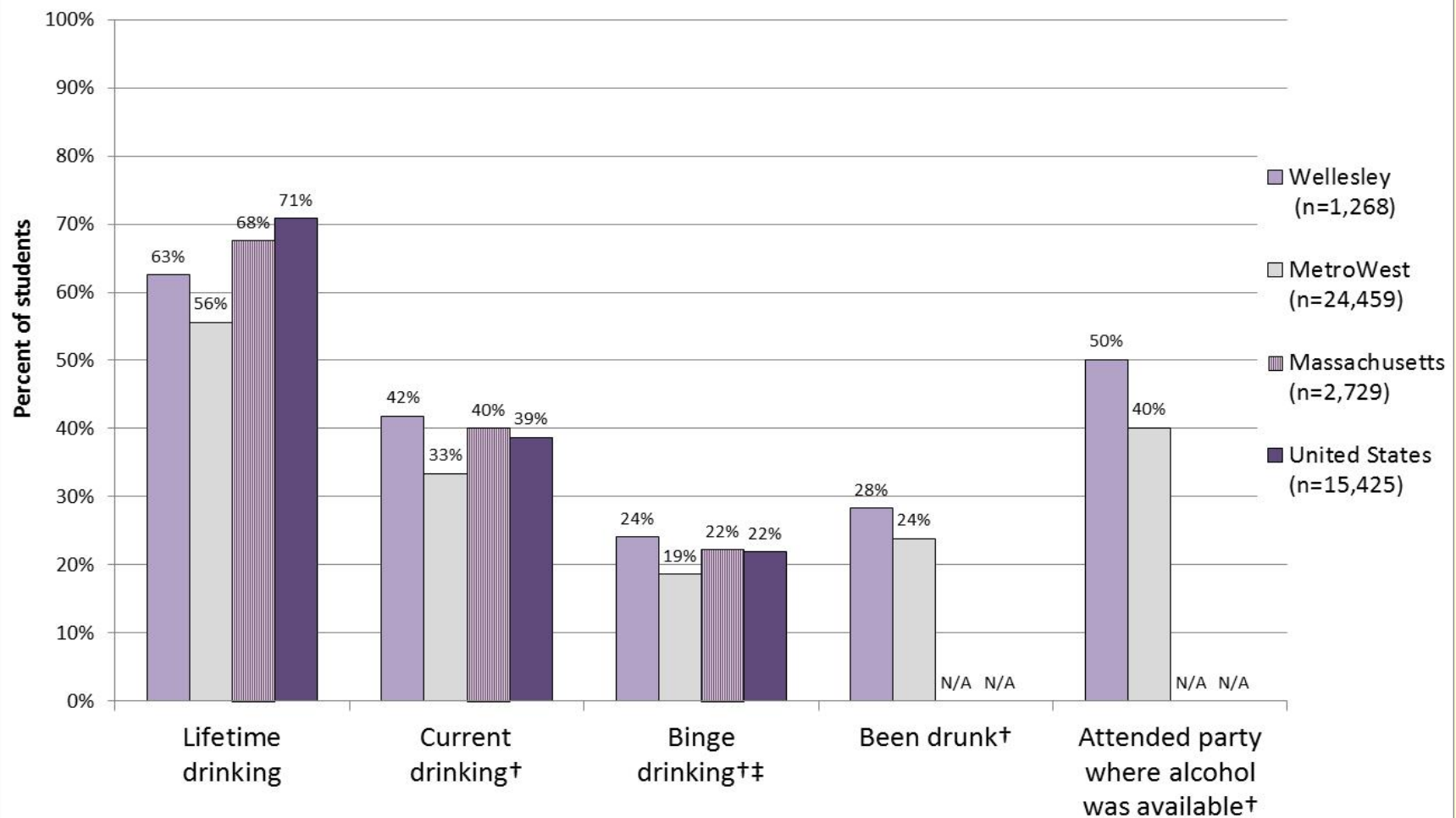
* Does not include drinking a few sips of wine for religious purposes

[†] In the past 30 days

[‡] Had 5 or more drinks in a row (within a couple of hours)

Figure 2-6D. Alcohol Use* at the District, Regional, State, and National Levels, 2012
Wellesley High School (Grades 9-12)

MetroWest Adolescent Health Survey



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

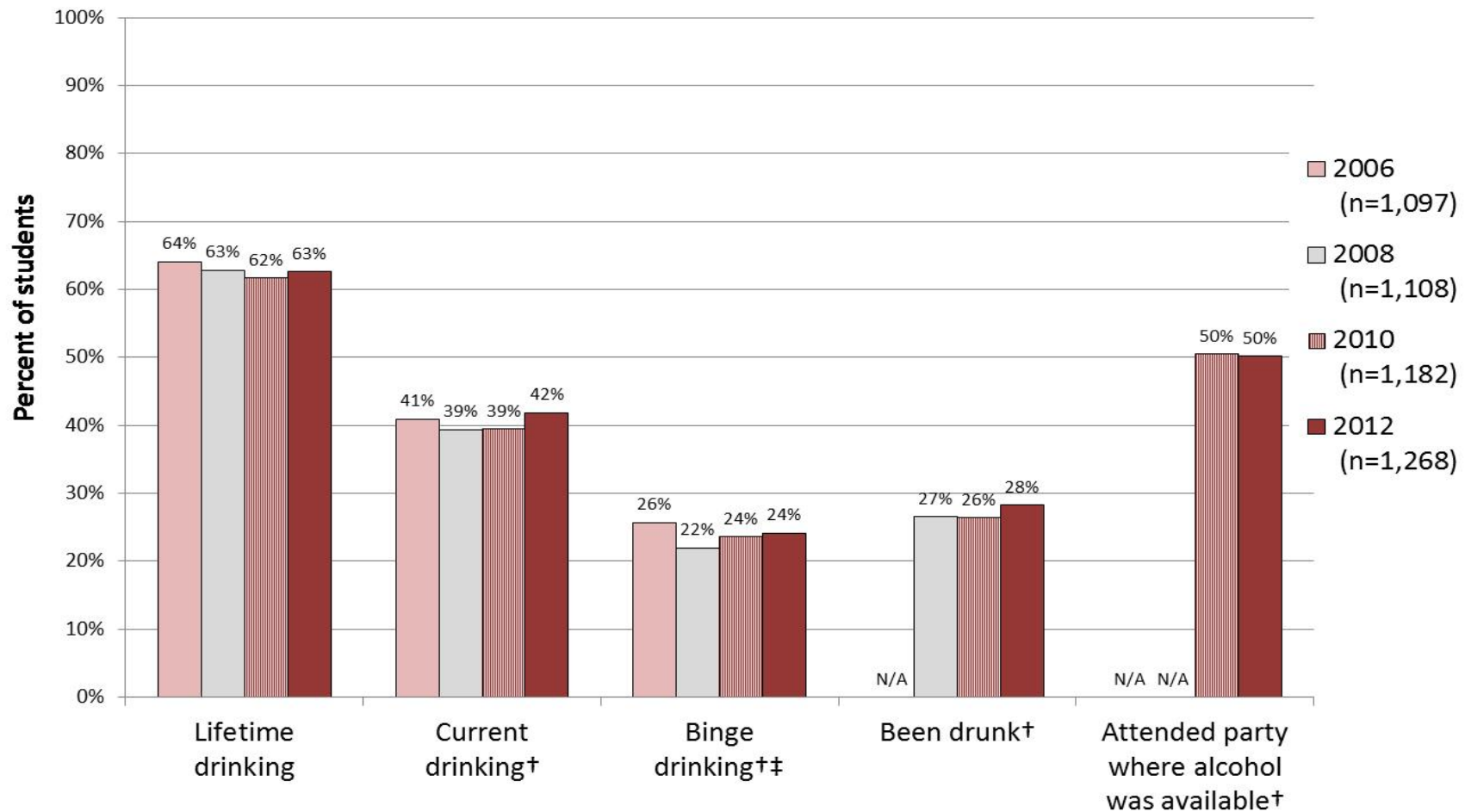
† In the past 30 days

‡ Had 5 or more drinks in a row (within a couple of hours)

Figure 2-6C. Trends in Alcohol Use*, 2006-2012

Wellesley High School (Grades 9-12)

MetroWest Adolescent Health Survey



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

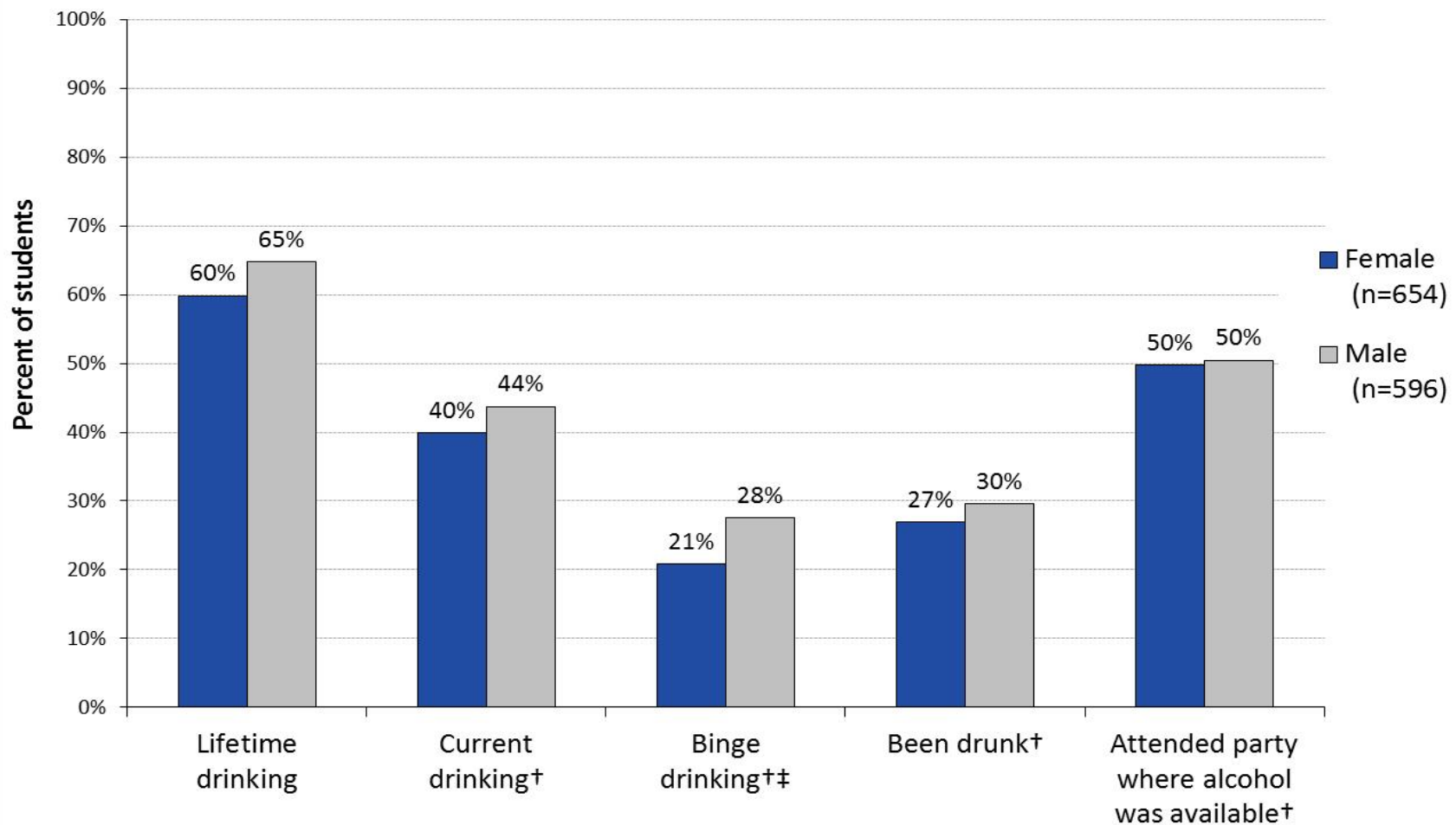
[†] In the past 30 days

[‡] Had 5 or more drinks in a row (within a couple of hours)

Figure 2-6A. Alcohol Use* by Gender, 2012

Wellesley High School (Grades 9-12)

MetroWest Adolescent Health Survey

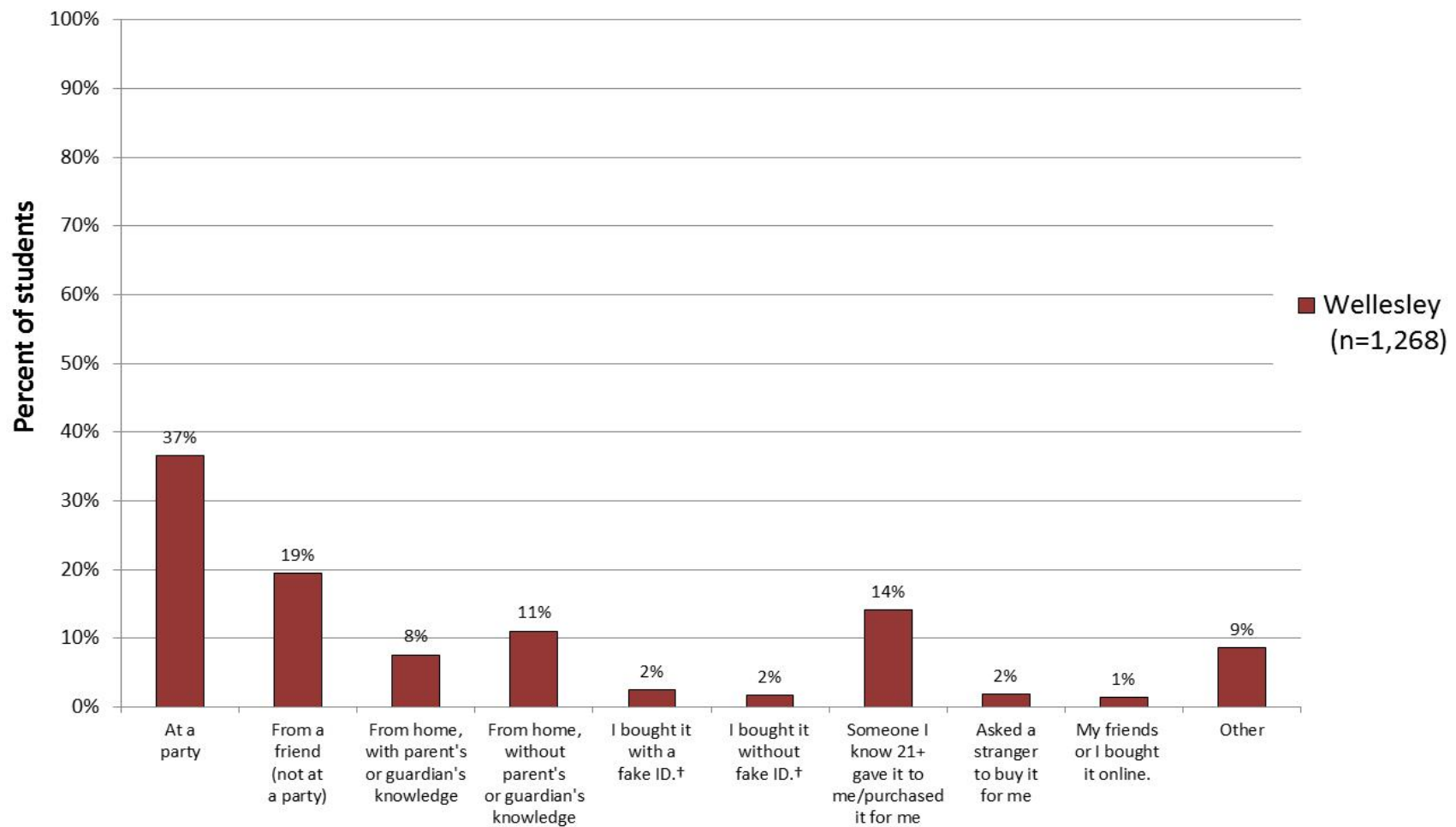


* Does not include drinking a few sips of wine for religious purposes

† In the past 30 days

‡ Had 5 or more drinks in a row (within a couple of hours)

Figure 2-7C. Access to Alcohol Among Current Drinkers*, 2012
Wellesley High School (Grades 9-12)
MetroWest Adolescent Health Survey



* Among students who drank in the past 30 days

† At a store, tavern, bar, or public event (like a concert or sporting event)

GRADE LEVEL DATA
WITHIN WELLESLEY

METROWEST DATA
COMPARISONS

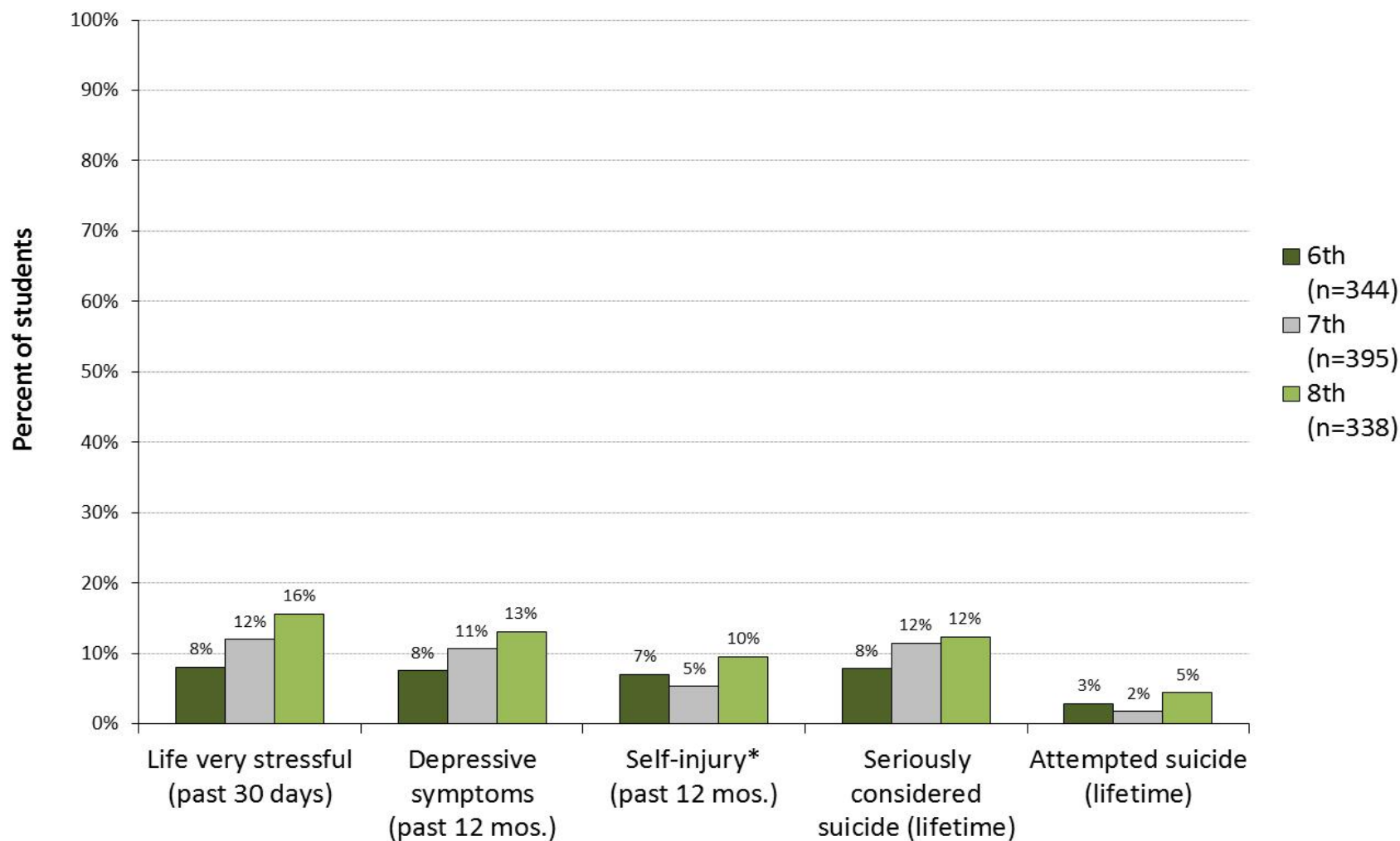
WELLESLEY TRENDS
2006-12

GENDER DATA (WHEN
SIGNIFICANT)

Topic 2: Mental Wellness

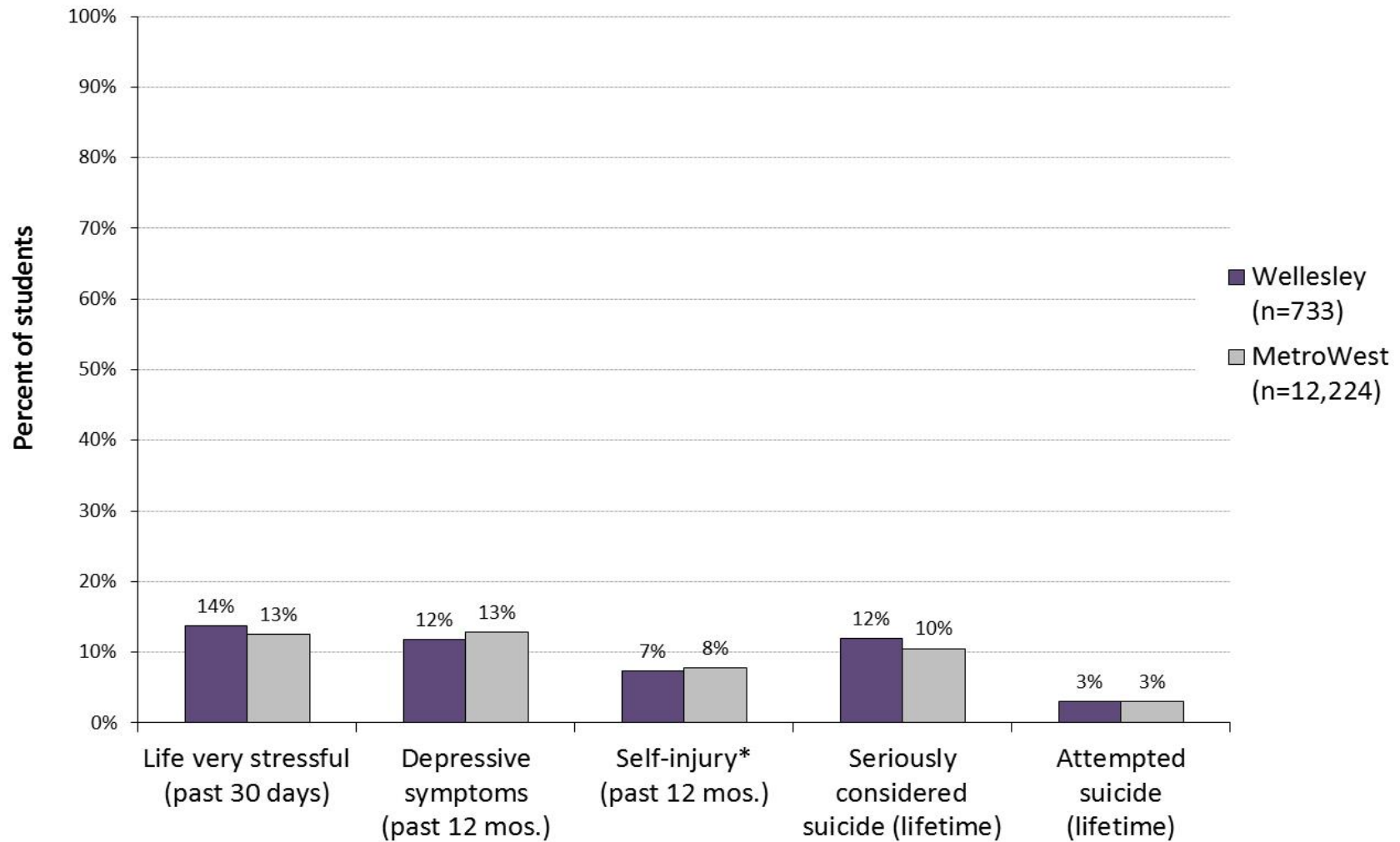
Figure 5-1B. Mental Health and Suicidality by Grade, 2012 Wellesley Middle School (Grades 6-8)

MetroWest Adolescent Health Survey



* For example, by cutting, burning, or bruising yourself on purpose

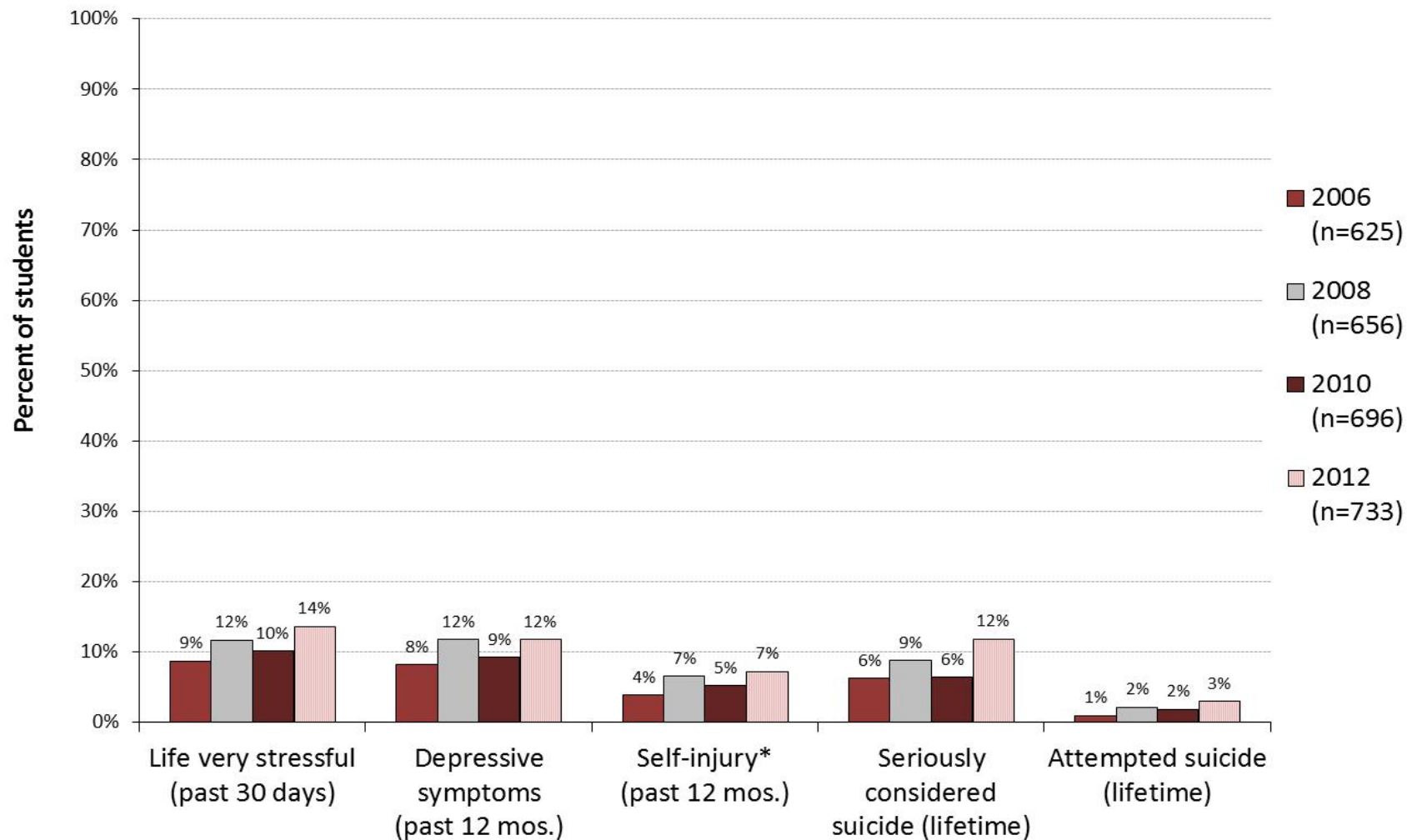
Figure 5-1D. Mental Health and Suicidality at the District and Regional Levels, 2012
Wellesley Middle School (Grades 7-8)
MetroWest Adolescent Health Survey



* For example, by cutting, burning, or bruising yourself on purpose

Figure 5-1C. Trends in Mental Health and Suicidality, 2006-2012 Wellesley Middle School (Grades 7-8)

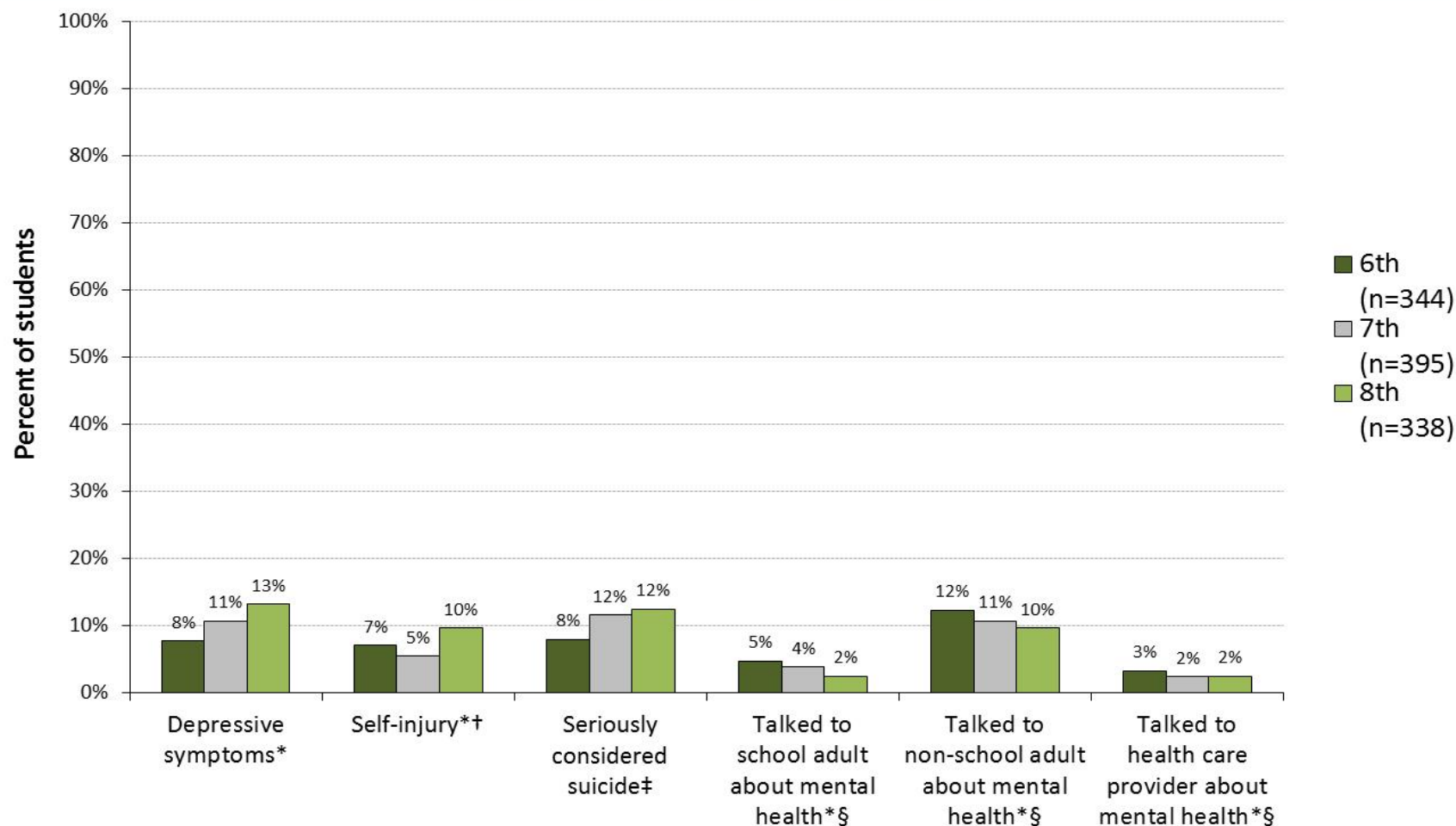
MetroWest Adolescent Health Survey



* For example, by cutting, burning, or bruising yourself on purpose

Figure 7-6B. Mental Health and Adult Support by Grade, 2012
Wellesley Middle School (Grades 6-8)

MetroWest Adolescent Health Survey



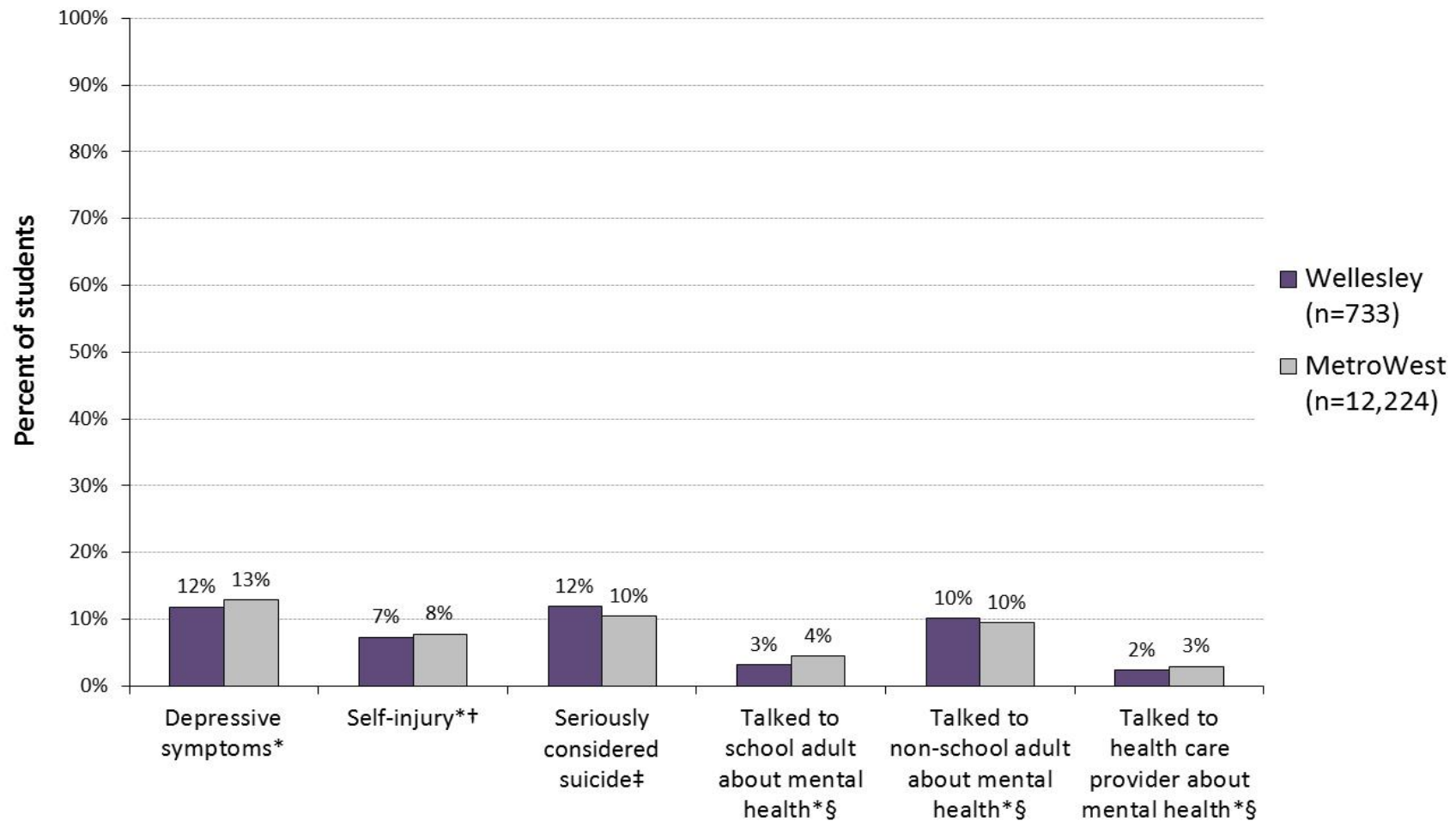
* In the past 12 months

† For example, by cutting, burning, or bruising yourself on purpose

‡ One or more times in lifetime

§ About feeling sad or hopeless, or having thoughts about hurting yourself

Figure 7-6D. Mental Health and Adult Support at the District and Regional Levels, 2012
Wellesley Middle School (Grades 7-8)
MetroWest Adolescent Health Survey



* In the past 12 months

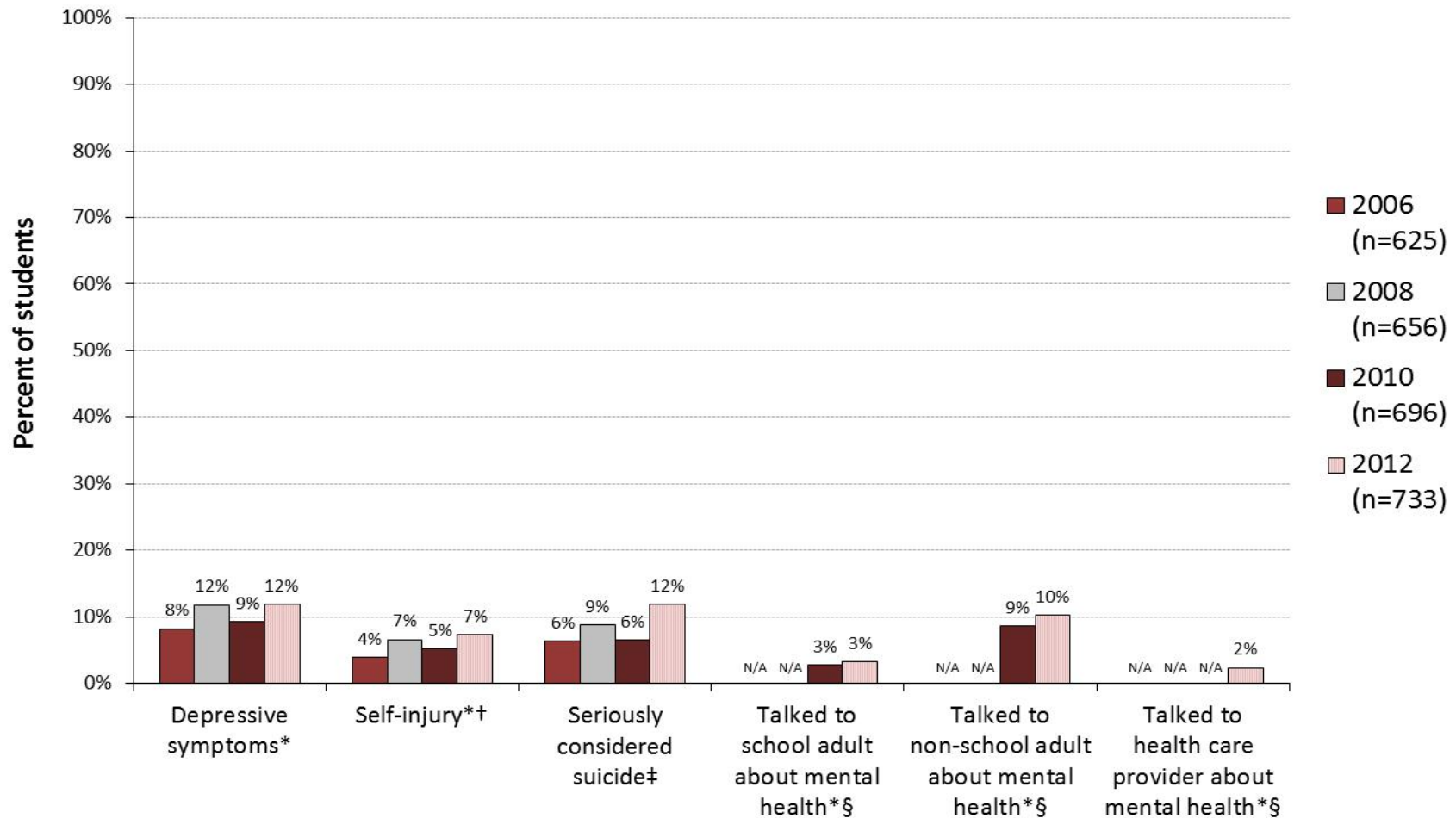
† For example, by cutting, burning, or bruising yourself on purpose

‡ One or more times in lifetime

§ About feeling sad or hopeless, or having thoughts about hurting yourself

Figure 7-6C. Mental Health and Adult Support, 2006-2012
Wellesley Middle School (Grades 7-8)

MetroWest Adolescent Health Survey



* In the past 12 months

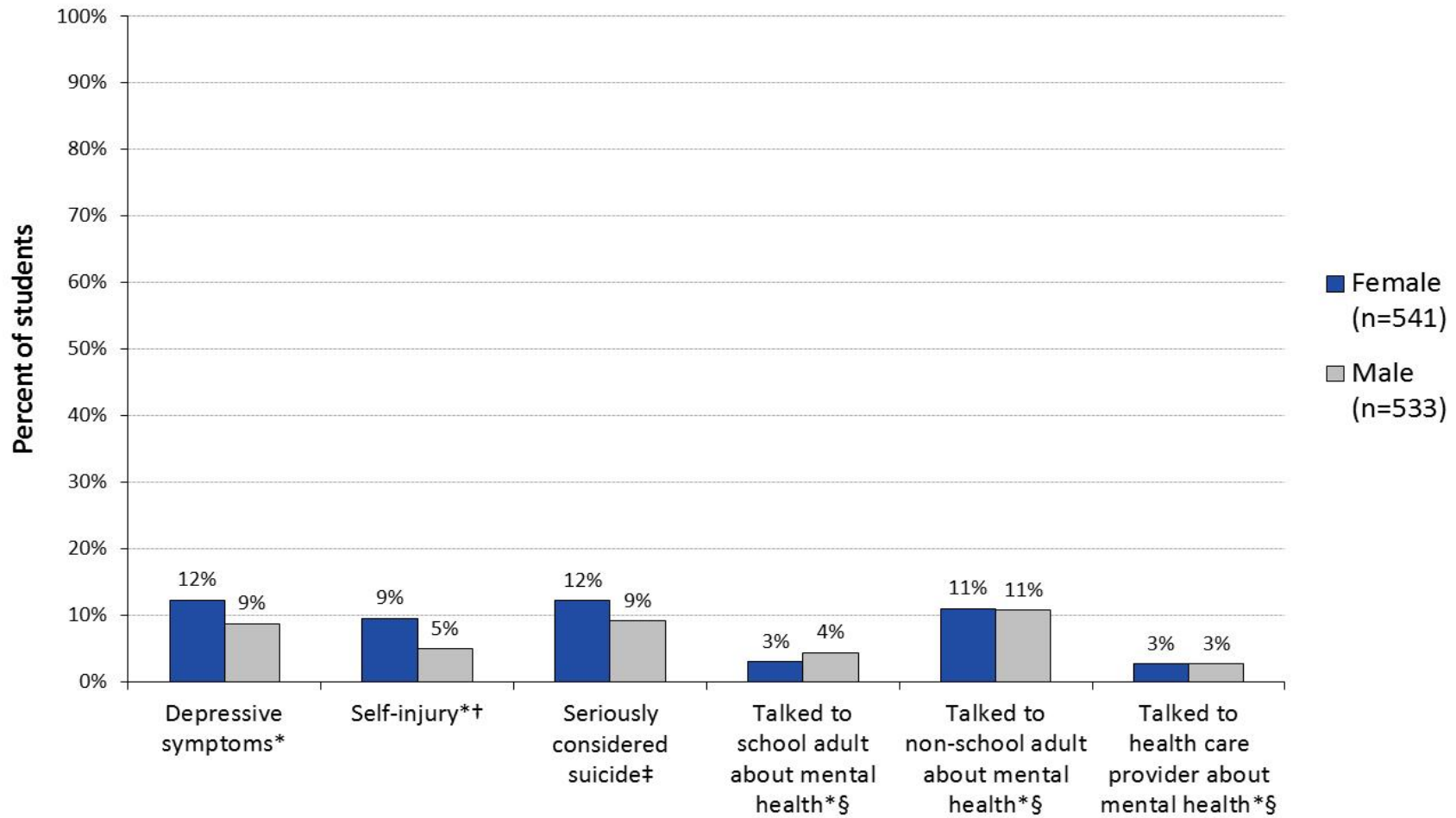
† For example, by cutting, burning, or bruising yourself on purpose

‡ One or more times in lifetime

§ About feeling sad or hopeless, or having thoughts about hurting yourself

Figure 7-6A. Mental Health and Adult Support by Gender, 2012 Wellesley Middle School (Grades 6-8)

MetroWest Adolescent Health Survey



* In the past 12 months

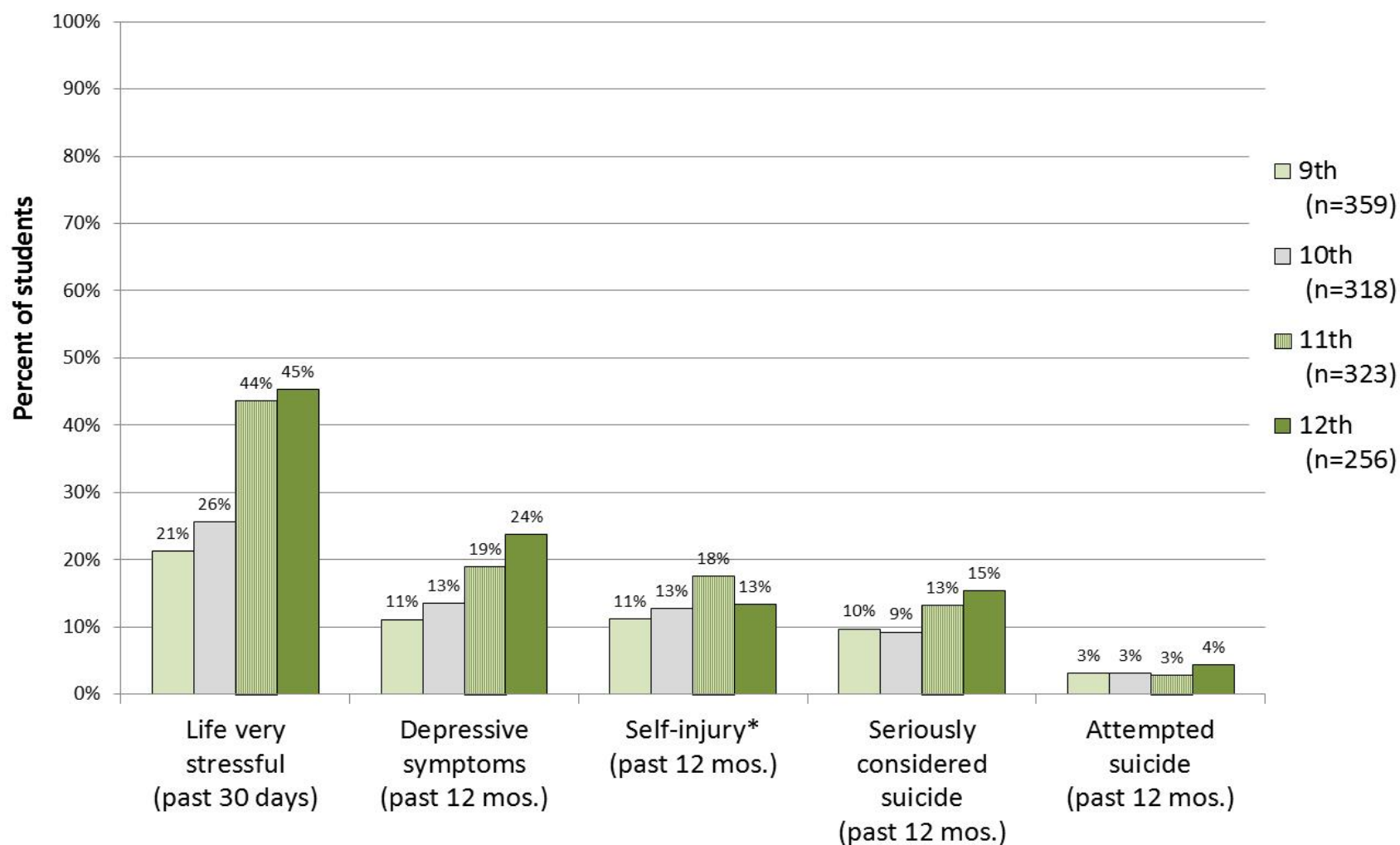
† For example, by cutting, burning, or bruising yourself on purpose

‡ One or more times in lifetime

§ About feeling sad or hopeless, or having thoughts about hurting yourself

Figure 5-1B. Mental Health and Suicidality by Grade, 2012 Wellesley High School (Grades 9-12)

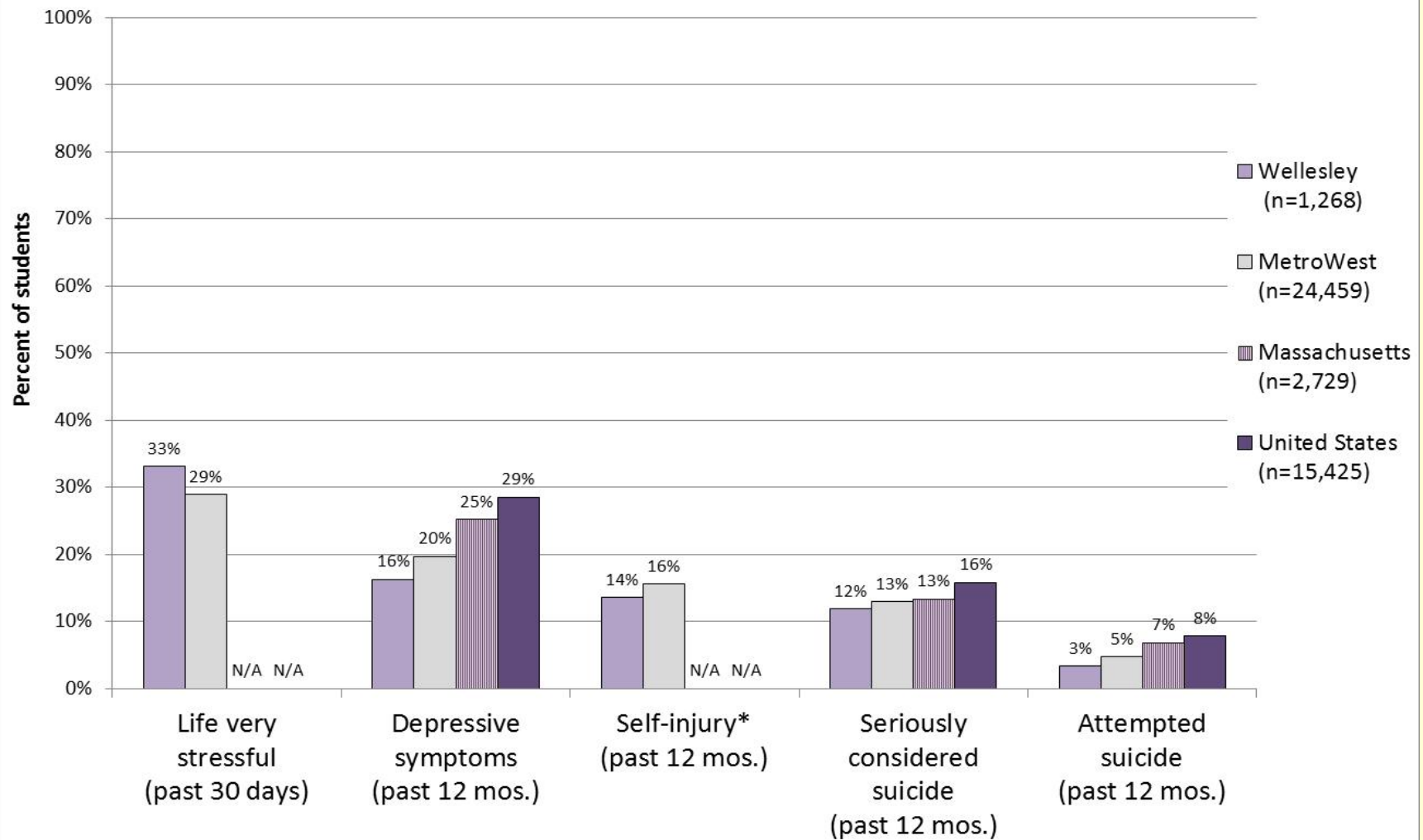
MetroWest Adolescent Health Survey



* For example, by cutting, burning, or bruising yourself on purpose

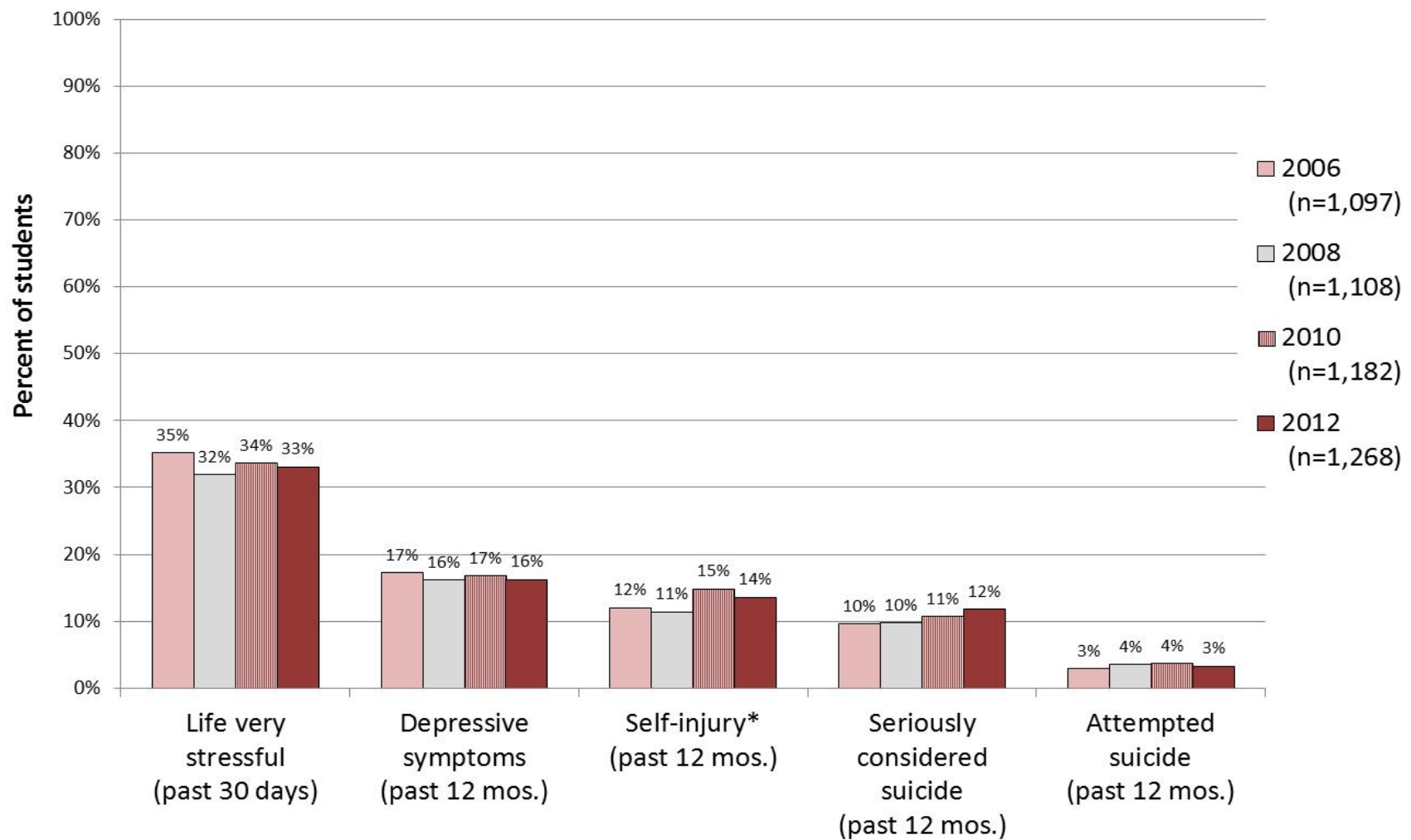
**Figure 5-1D. Mental Health and Suicidality at the District, Regional, State, and National Levels, 2012
Wellesley High School (Grades 9-12)**

MetroWest Adolescent Health Survey



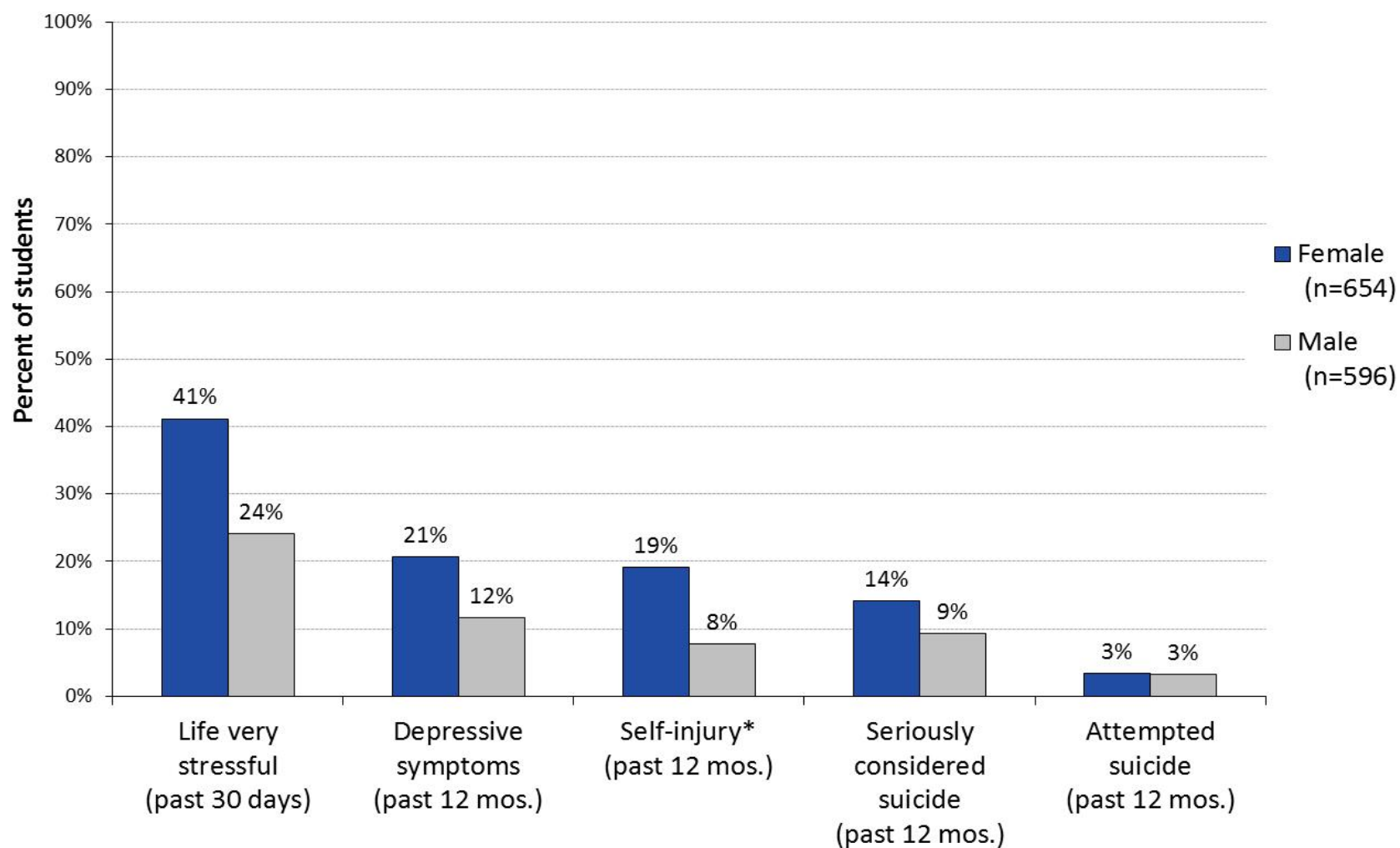
* For example, by cutting, burning, or bruising yourself on purpose

Figure 5-1C. Trends in Mental Health and Suicidality, 2006-2012
Wellesley High School (Grades 9-12)
MetroWest Adolescent Health Survey



* For example, by cutting, burning, or bruising yourself on purpose

Figure 5-1A. Mental Health and Suicidality by Gender, 2012
Wellesley High School (Grades 9-12)
MetroWest Adolescent Health Survey



* For example, by cutting, burning, or bruising yourself on purpose

GRADE LEVEL DATA
WITHIN WELLESLEY

METROWEST DATA
COMPARISONS

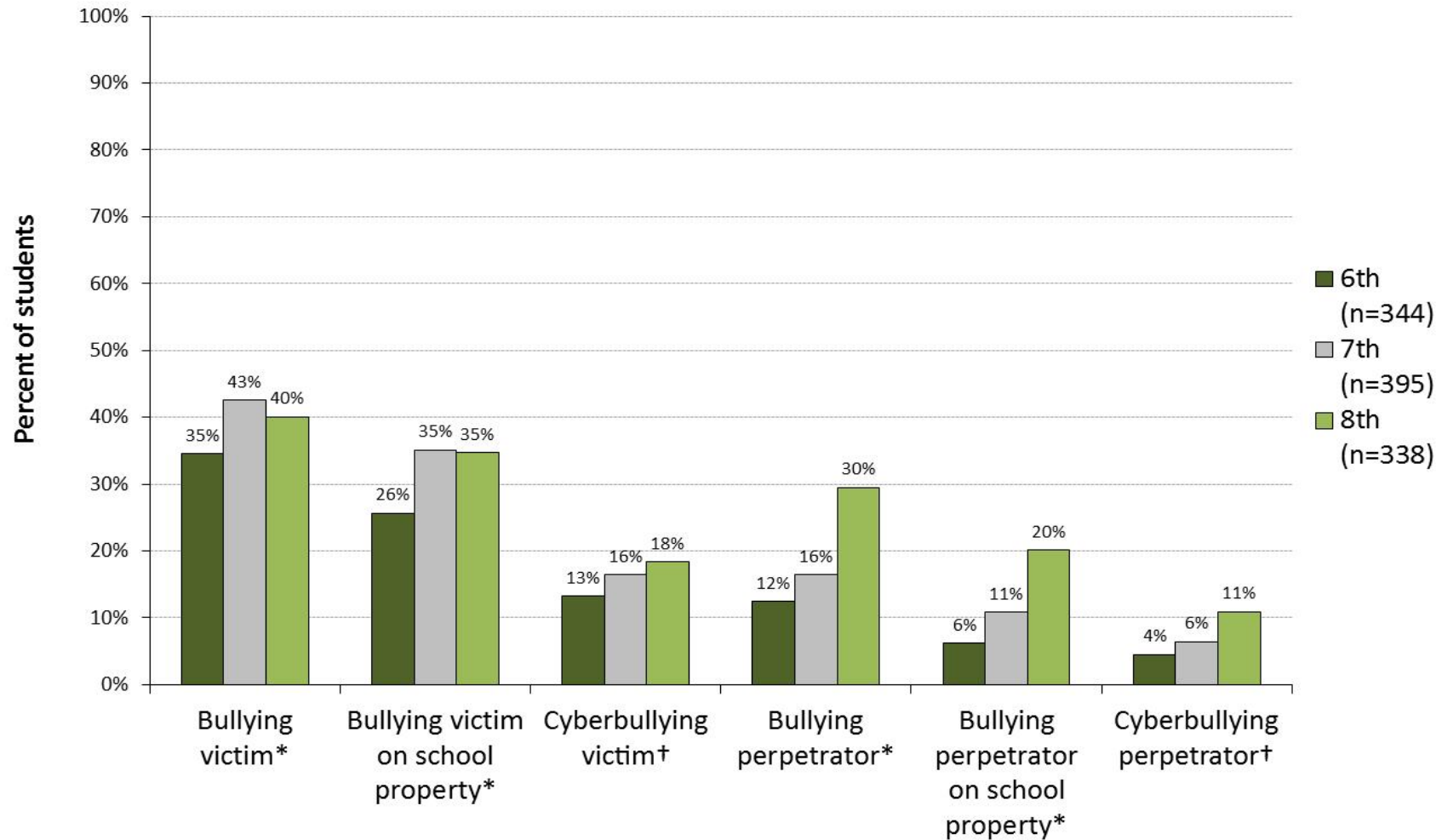
WELLESLEY TRENDS
2006-12

GENDER DATA (WHEN
SIGNIFICANT)

Topic 3: Safety-related Behaviors

Figure 3-2B. Bullying by Grade, 2012
Wellesley Middle School (Grades 6-8)

MetroWest Adolescent Health Survey



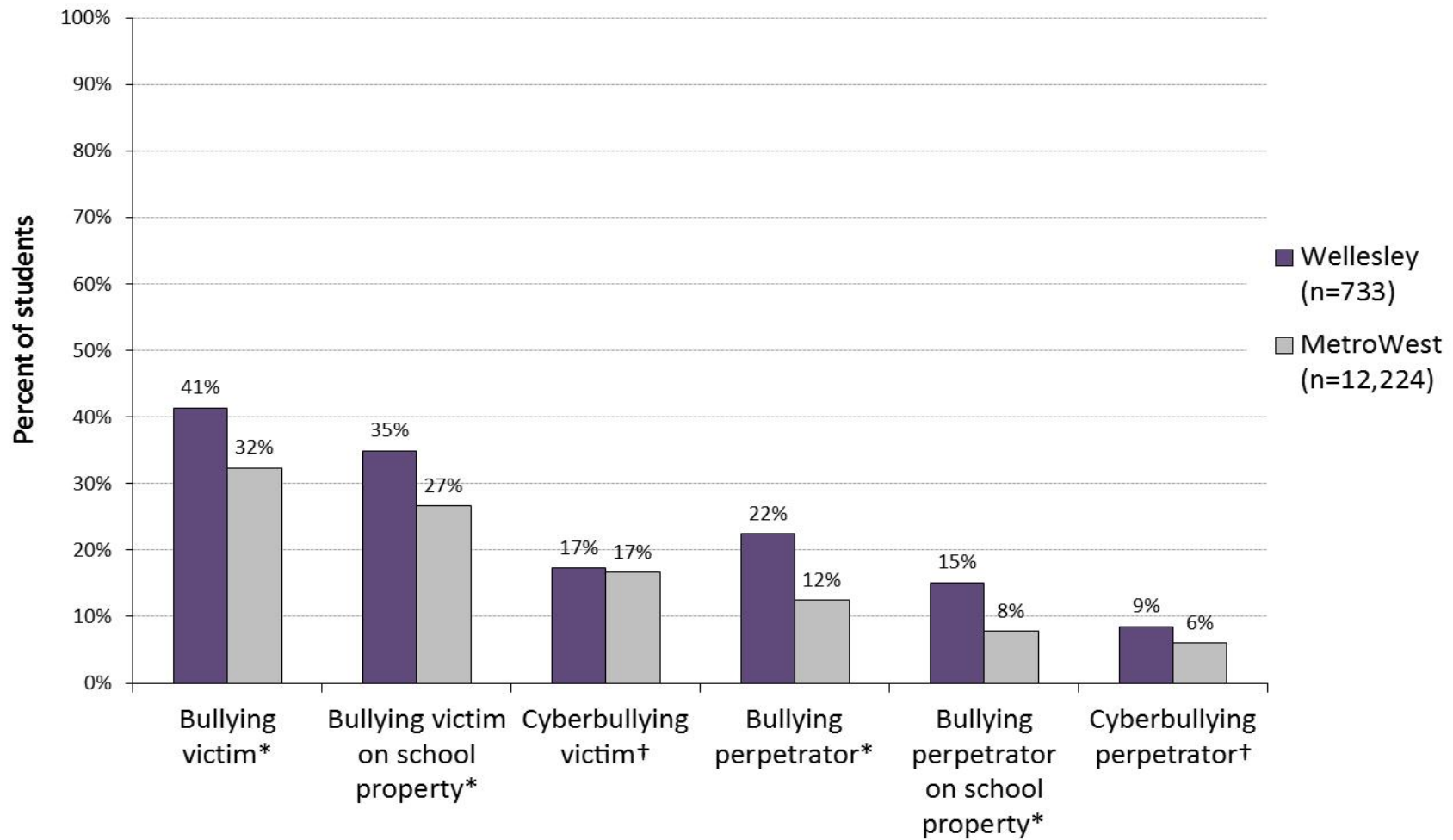
* Defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

† Defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about someone

Figure 3-2D. Bullying at the District and Regional Levels, 2012

Wellesley Middle School (Grades 7-8)

MetroWest Adolescent Health Survey



* Defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

† Defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about someone

Figure 3-2C. Trends in Bullying, 2006-2012

Wellesley Middle School (Grades 7-8)

MetroWest Adolescent Health Survey

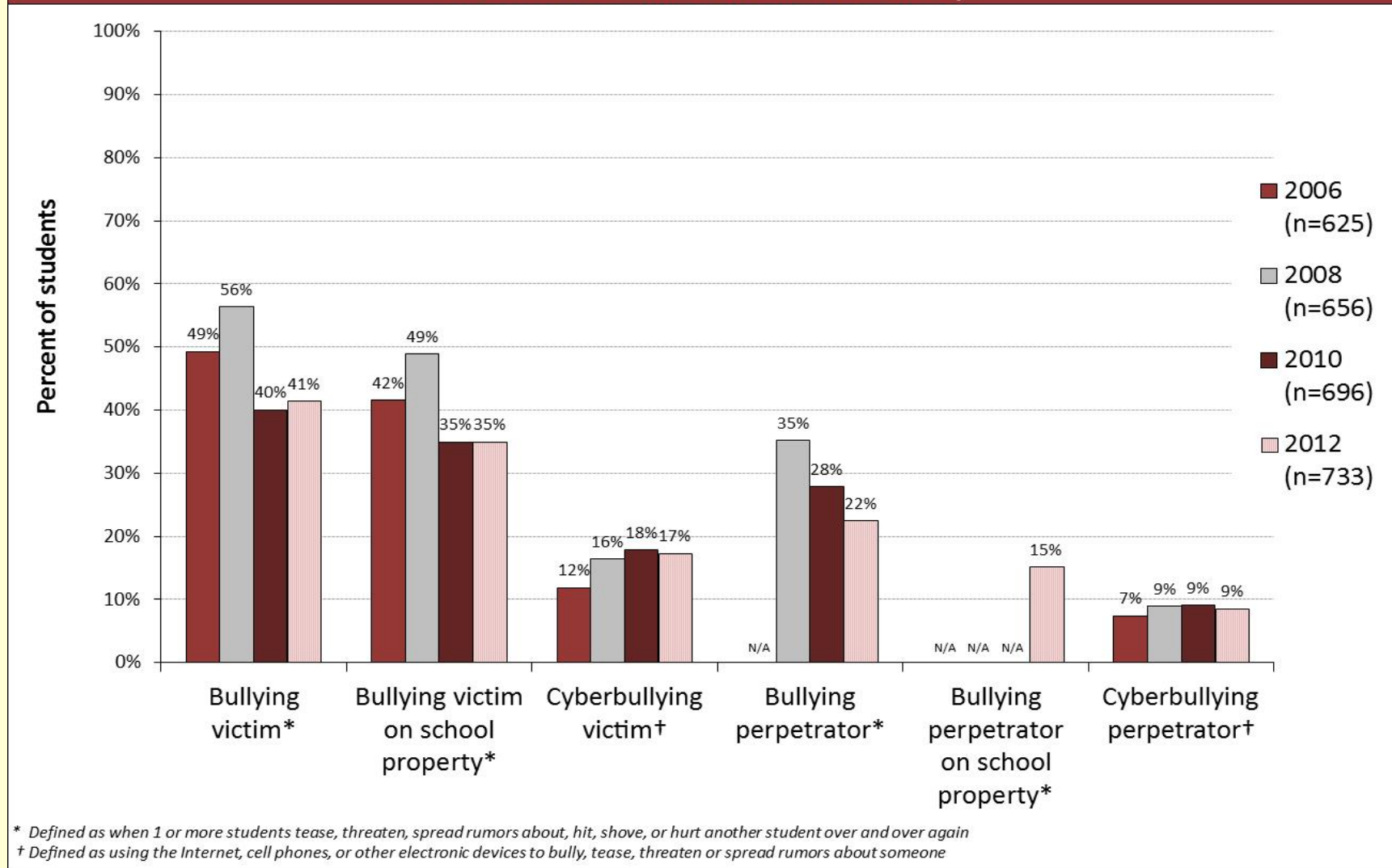
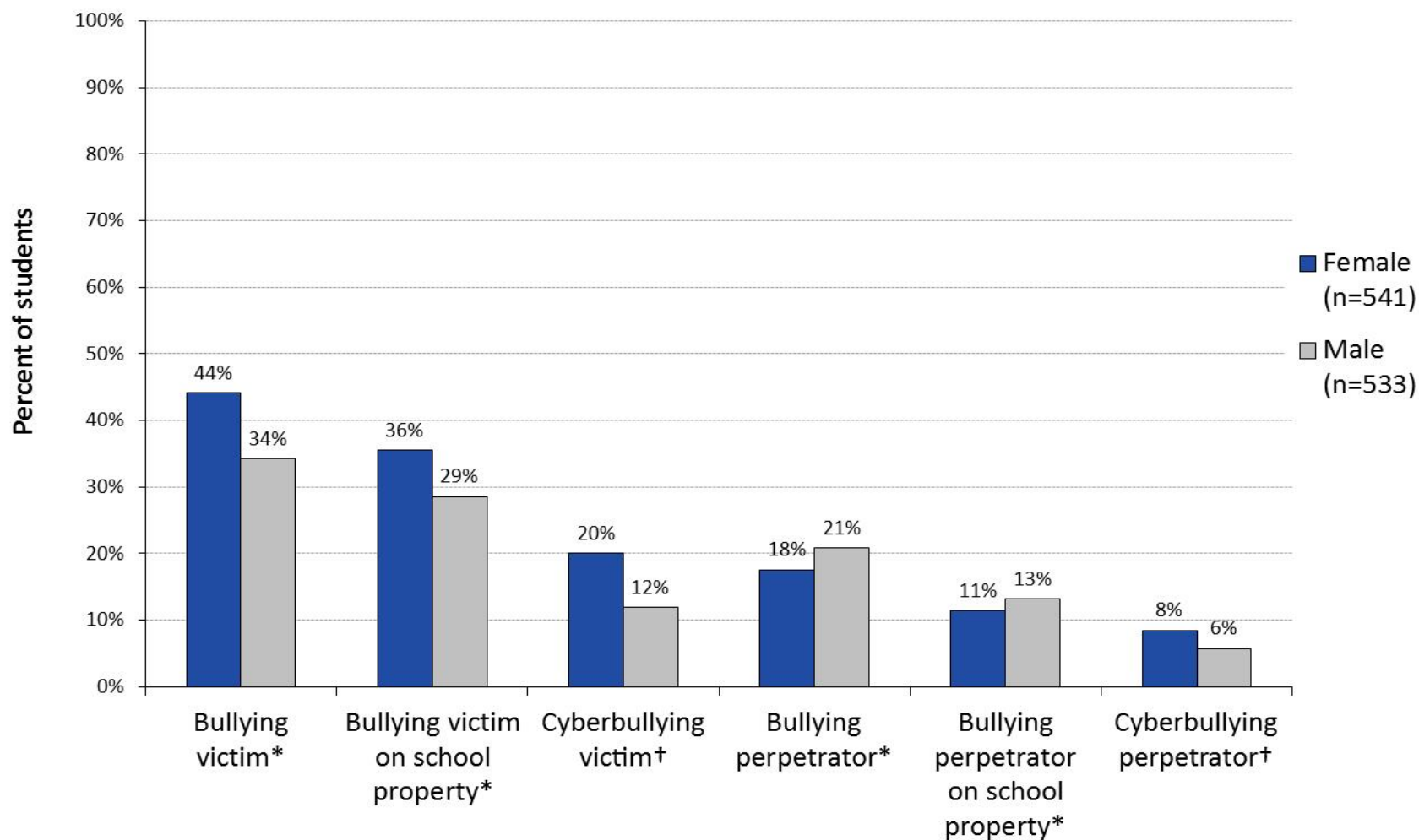


Figure 3-2A. Bullying by Gender, 2012 Wellesley Middle School (Grades 6-8)

MetroWest Adolescent Health Survey



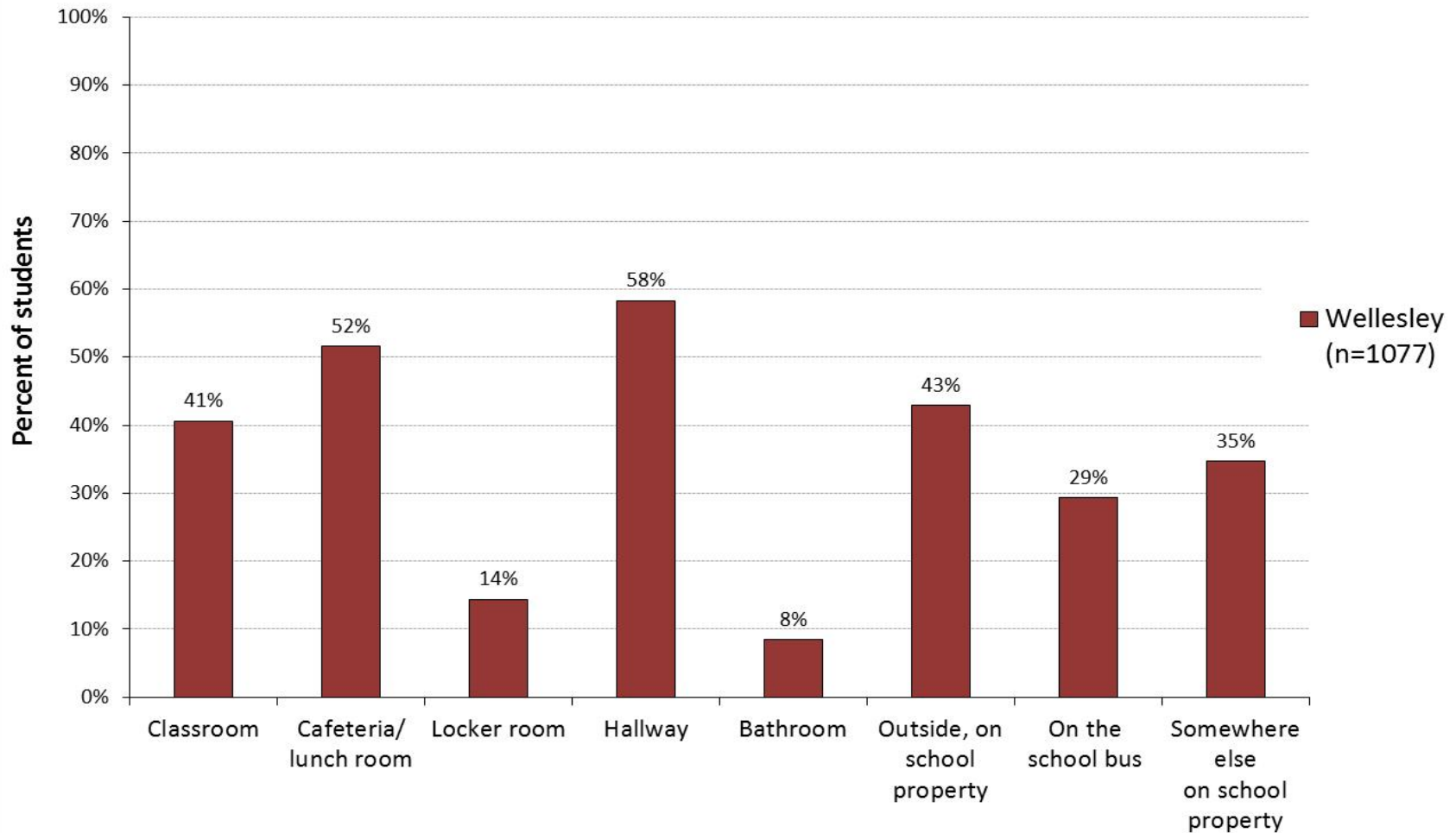
* Defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

† Defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about someone

Figure 8-3C. Locations of Bullying* on School Property, 2012

Wellesley Middle School (Grades 6-8)

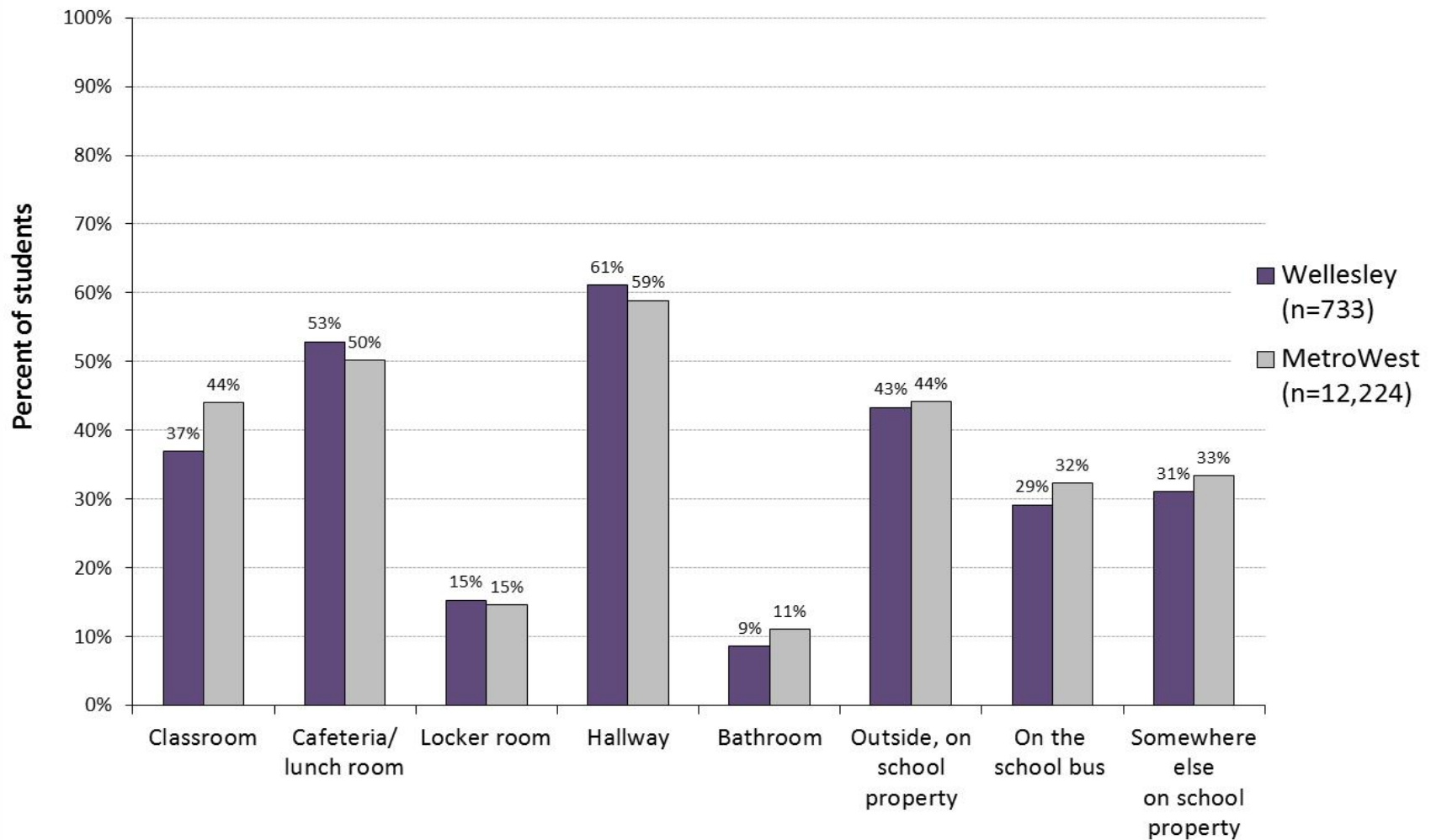
MetroWest Adolescent Health Survey



* Among students who were bullied on school property in the past 12 months; Bullying defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

Figure 8-3D. Locations of Bullying* on School Property at the District and Regional Levels, 2012
Wellesley Middle School (Grades 7-8)

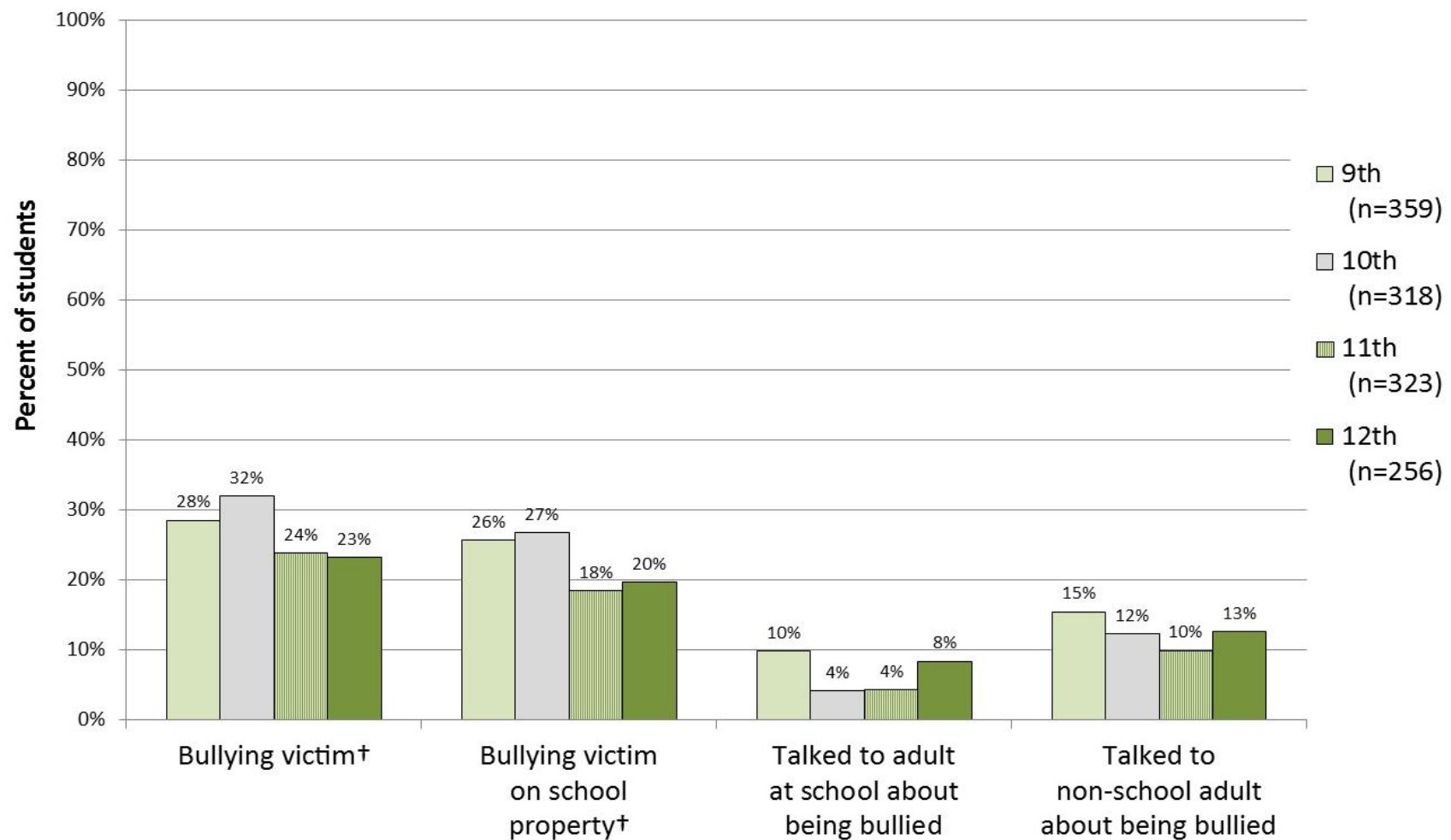
MetroWest Adolescent Health Survey



* Among students who were bullied on school property in the past 12 months; Bullying defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

Figure 8-4B. Bullying and Adult Support* by Grade, 2012
Wellesley High School (Grades 9-12)

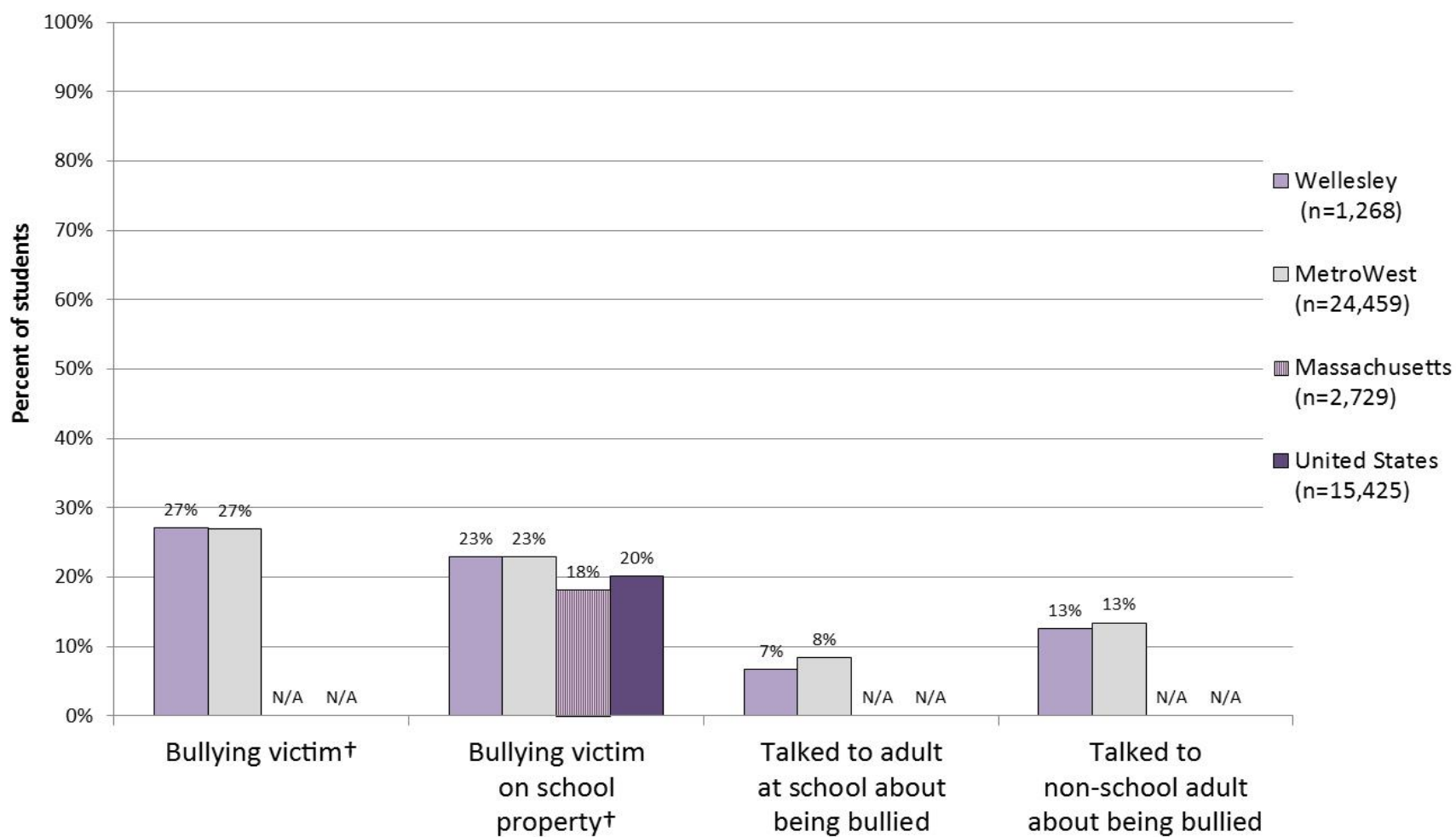
MetroWest Adolescent Health Survey



* In the past 12 months

† Bullying defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

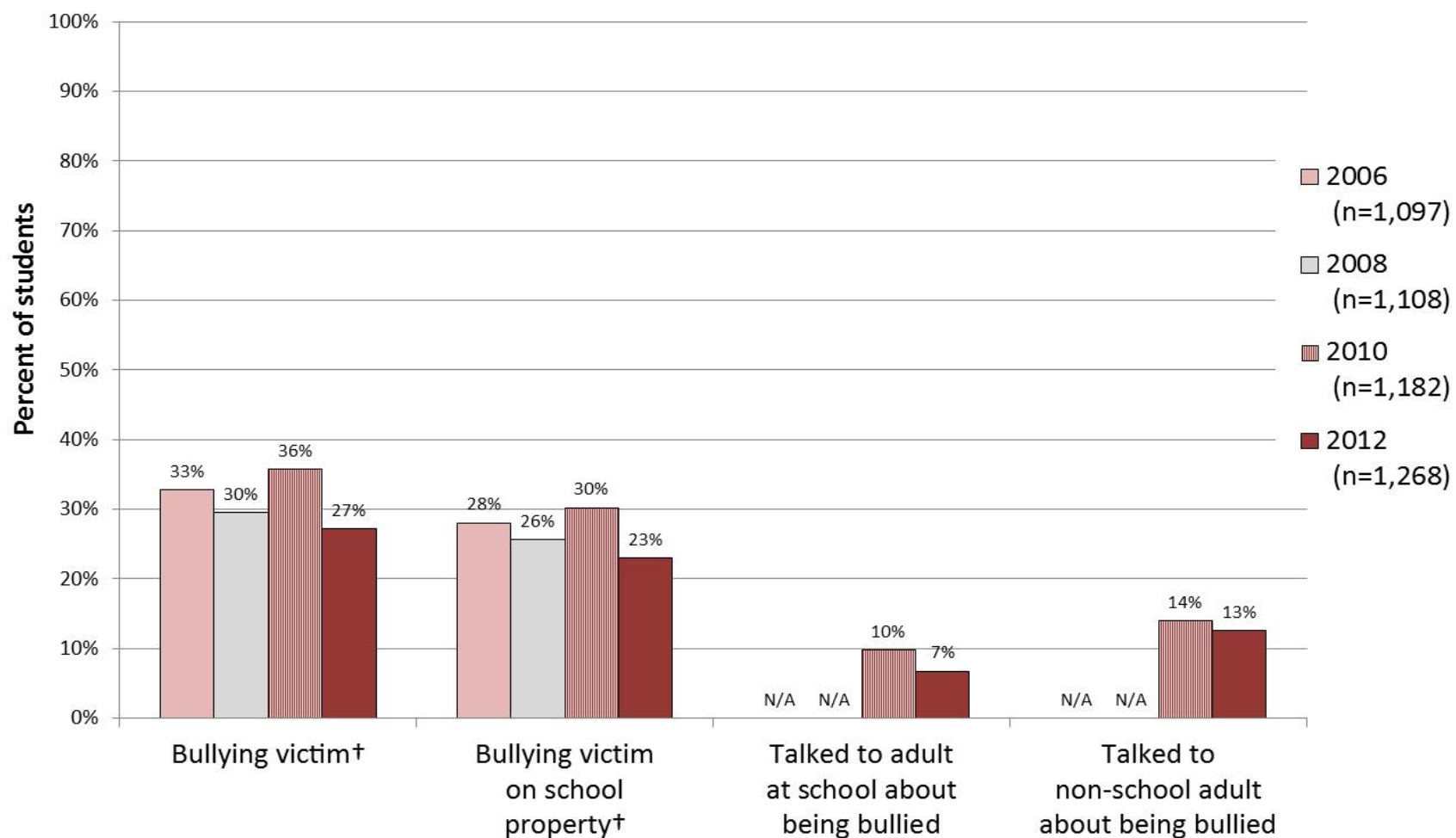
Figure 8-4D. Bullying and Adult Support* at the District, Regional, State, and National Levels, 2012
Wellesley High School (Grades 9-12)
MetroWest Adolescent Health Survey



* In the past 12 months

† Bullying defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

Figure 8-4C. Trends in Bullying and Adult Support*, 2006-2012
Wellesley High School (Grades 9-12)
MetroWest Adolescent Health Survey

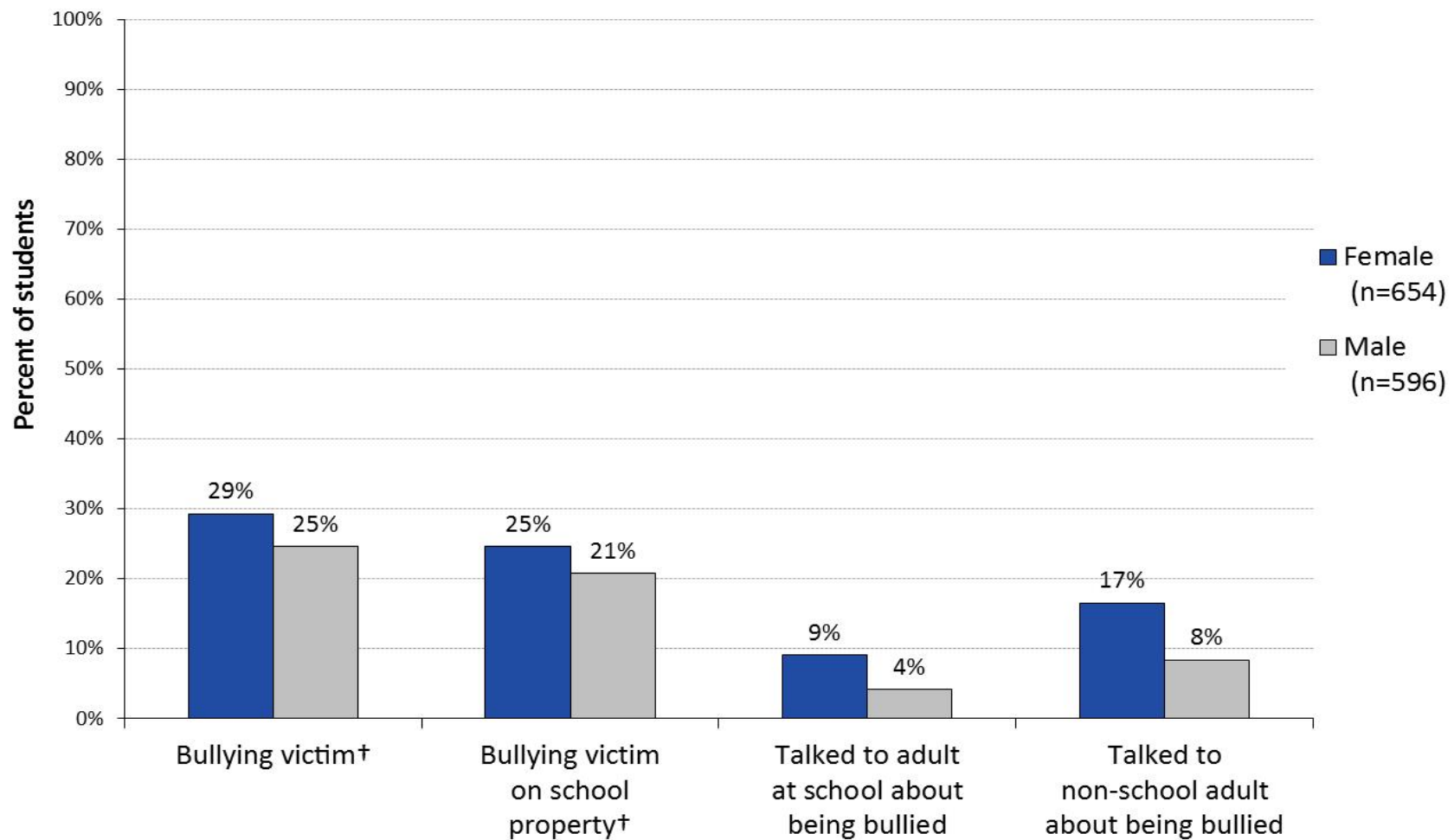


* In the past 12 months

† Bullying defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

Figure 8-4A. Bullying and Adult Support* by Gender, 2012 Wellesley High School (Grades 9-12)

MetroWest Adolescent Health Survey

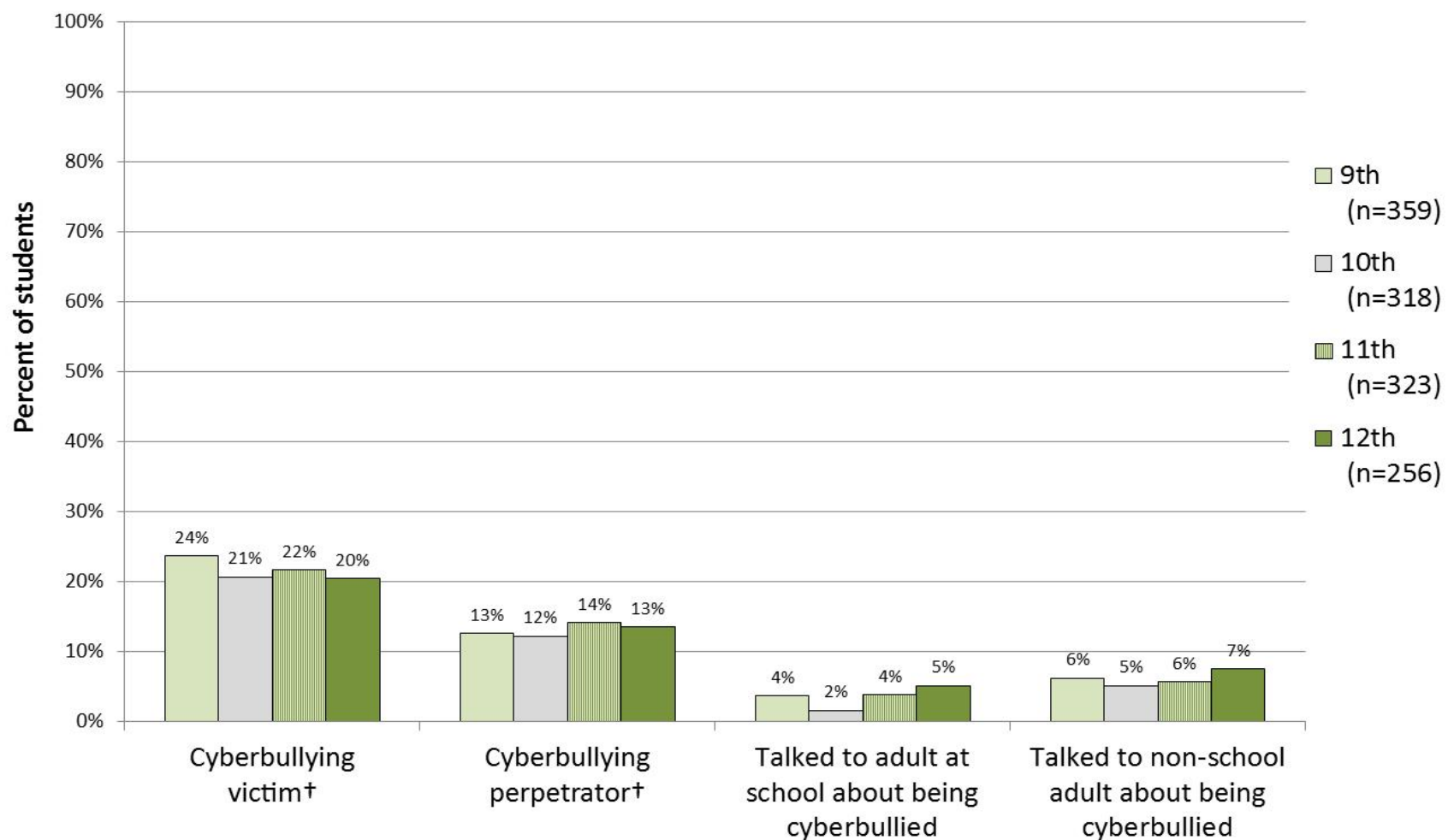


* In the past 12 months

† Bullying defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

Figure 8-5B. Cyberbullying and Adult Support* by Grade, 2012
Wellesley High School (Grades 9-12)

MetroWest Adolescent Health Survey

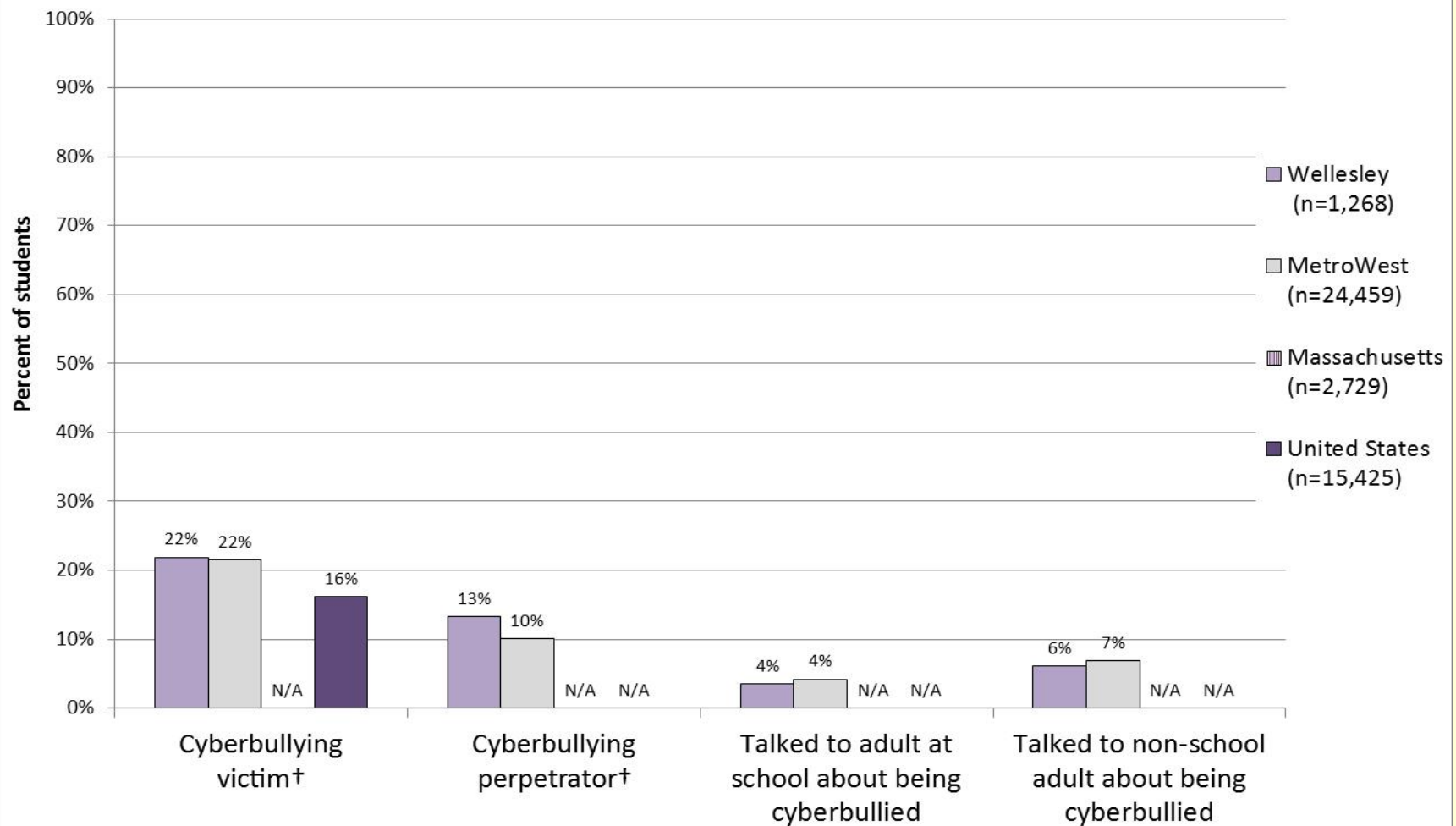


* During the past 12 months

† Bullying defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

Figure 8-5D. Cyberbullying and Adult Support* at the District, Regional, State, and National Levels, 2012
Wellesley High School (Grades 9-12)

MetroWest Adolescent Health Survey

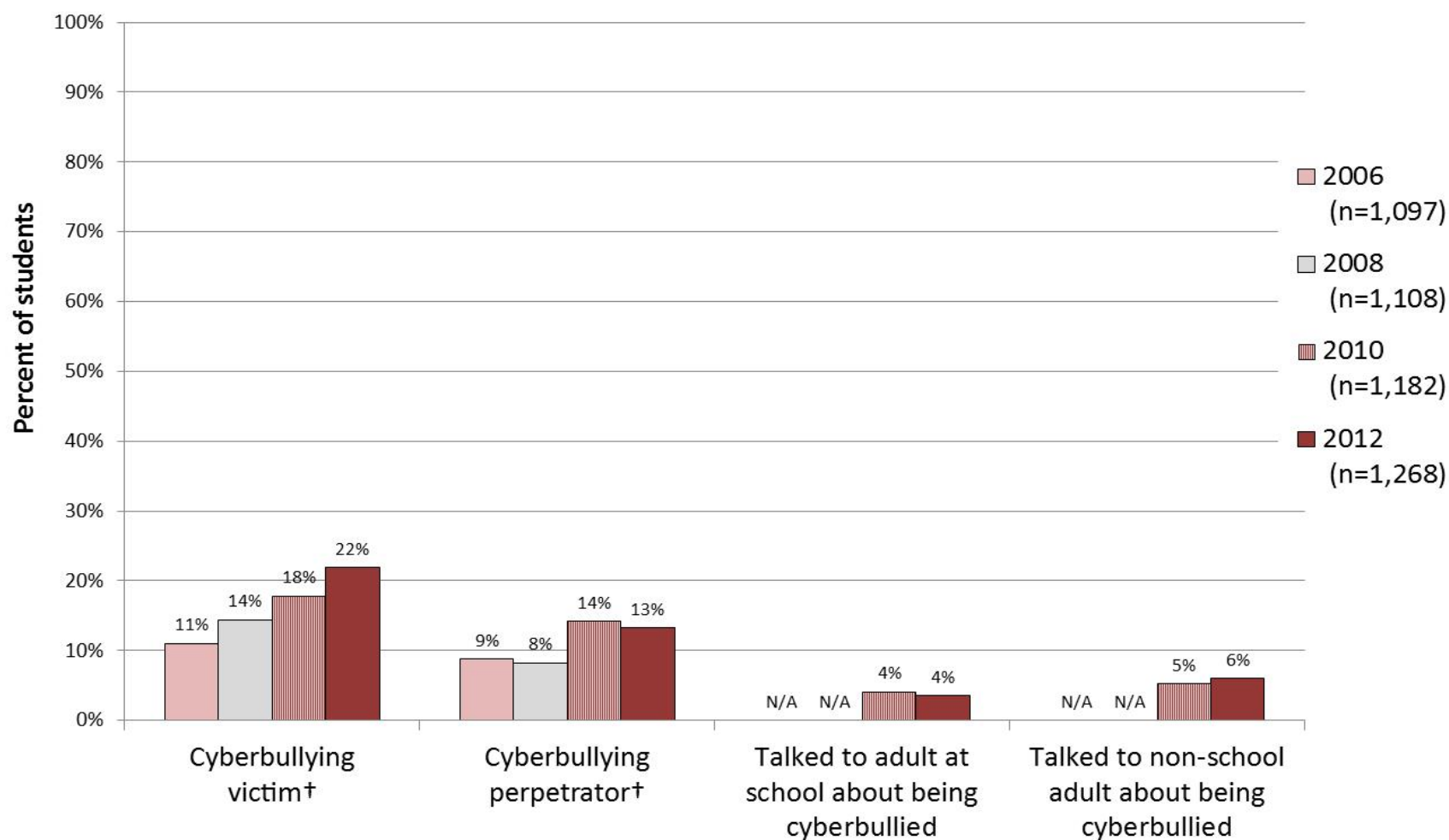


* During the past 12 months

† Bullying defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

Figure 8-5C. Trends in Cyberbullying and Adult Support*, 2006-2012 Wellesley High School (Grades 9-12)

MetroWest Adolescent Health Survey

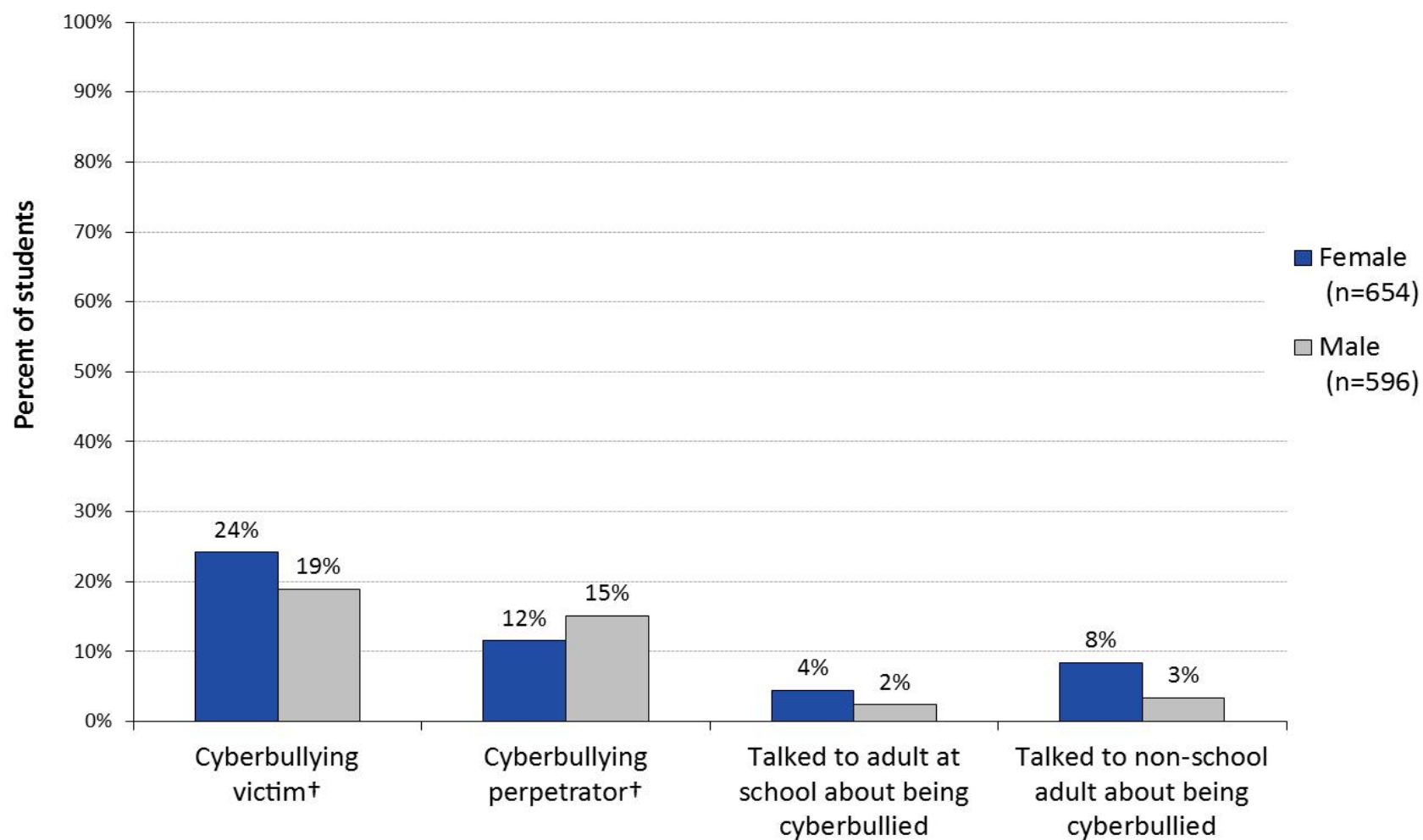


* During the past 12 months

† Bullying defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

Figure 8-5A. Cyberbullying and Adult Support* by Gender, 2012 Wellesley High School (Grades 9-12)

MetroWest Adolescent Health Survey

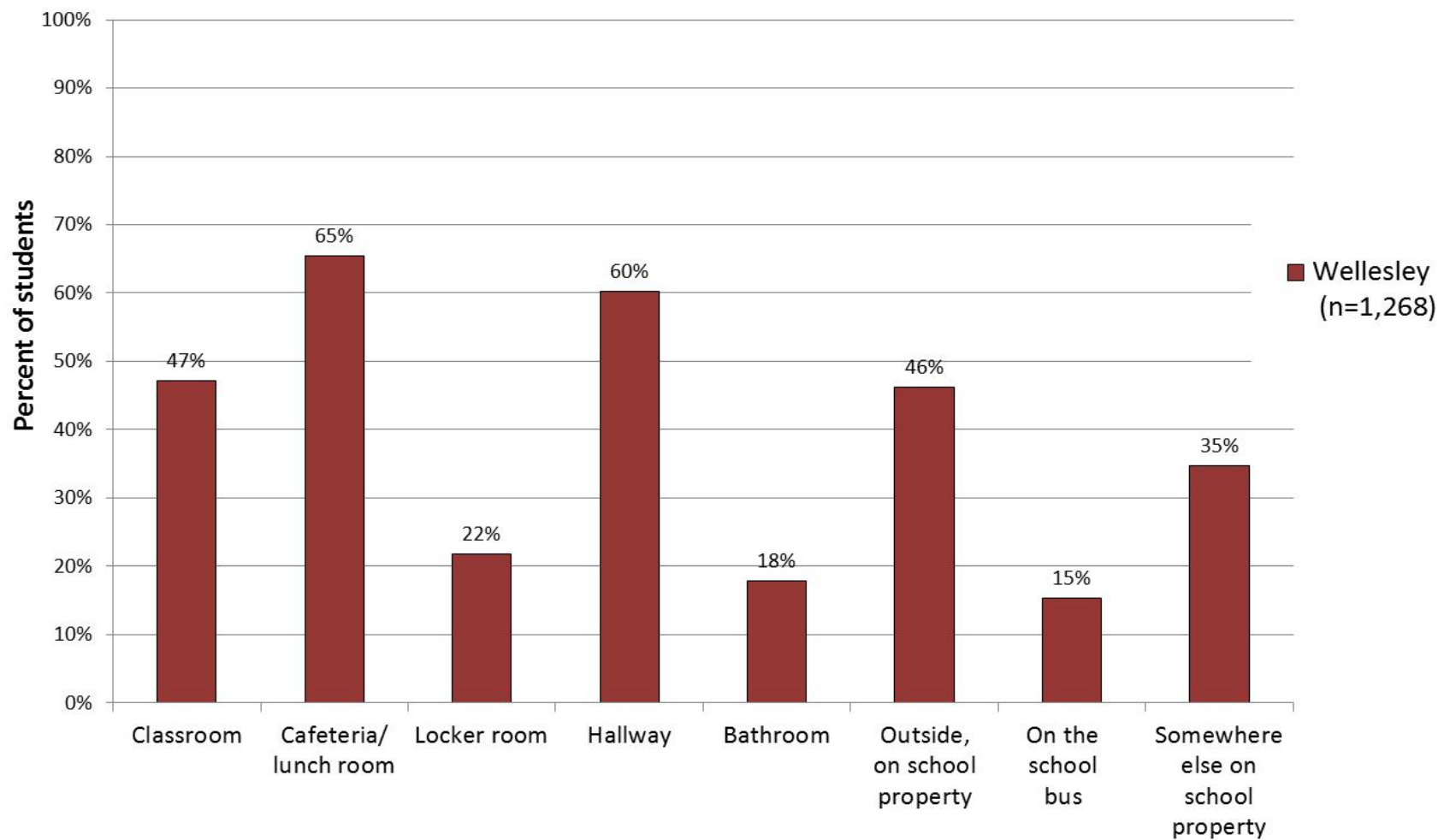


* During the past 12 months

† Bullying defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

Figure 9-3C. Locations of Bullying* on School Property, 2012 Wellesley High School (Grades 9-12)

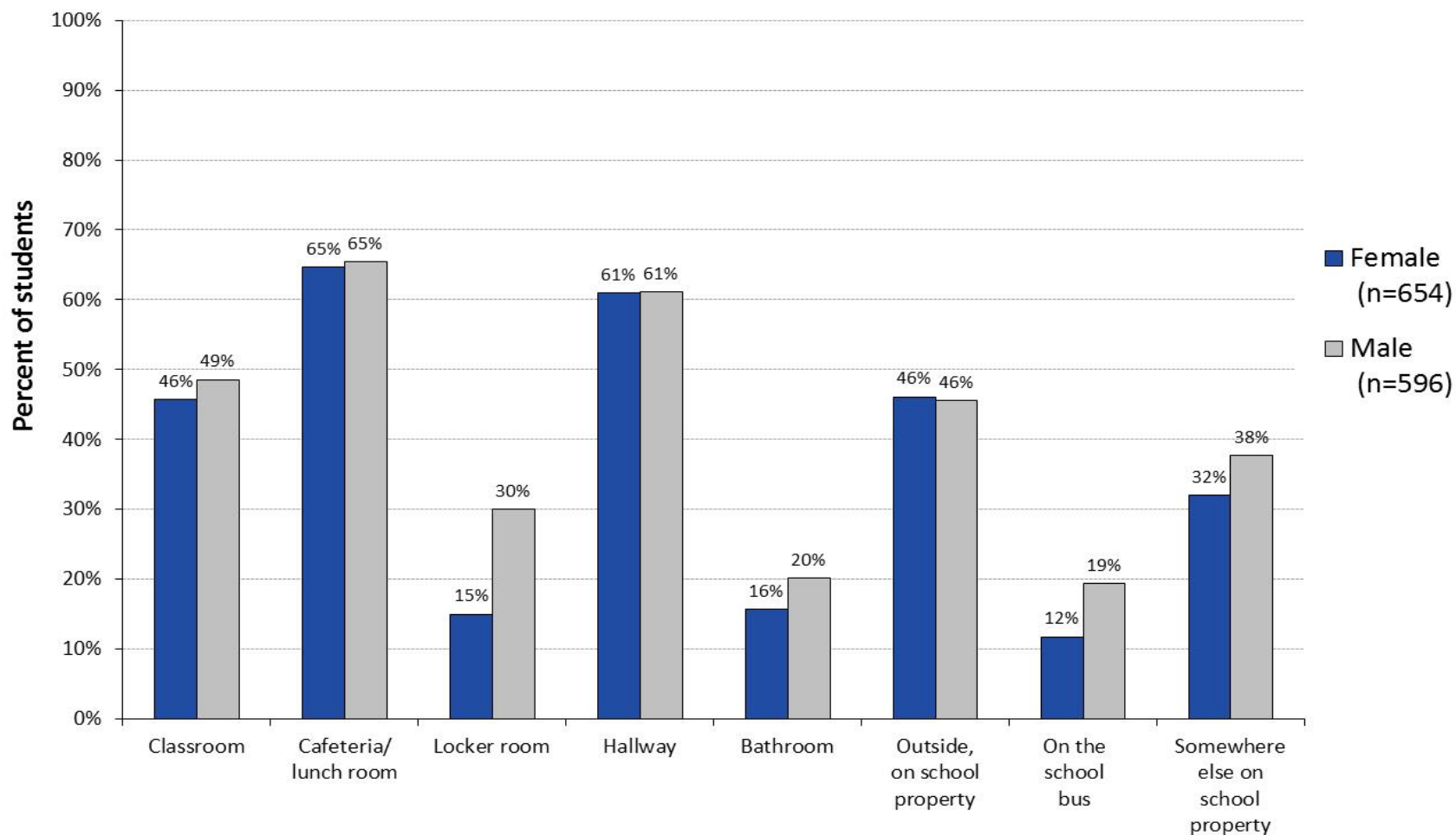
MetroWest Adolescent Health Survey



* Among students who were bullied on school property in the past 12 months; Bullying defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

Figure 9-3A. Locations of Bullying* on School Property by Gender, 2012 Wellesley High School (Grades 9-12)

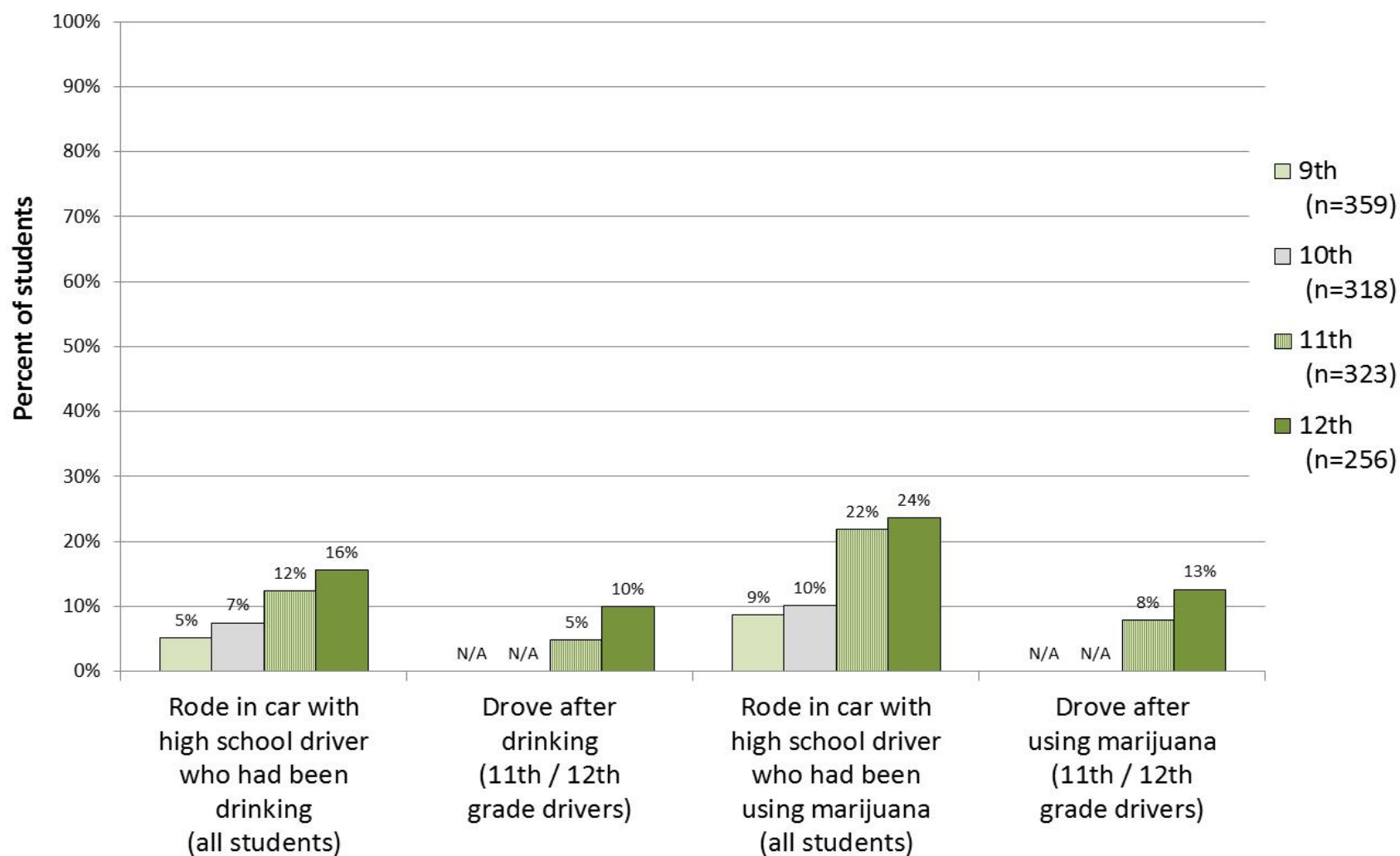
MetroWest Adolescent Health Survey



* Among students who were bullied on school property in the past 12 months; Bullying defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

Figure 4-3B. Driving Under the Influence* by Grade, 2012 Wellesley High School (Grades 9-12)

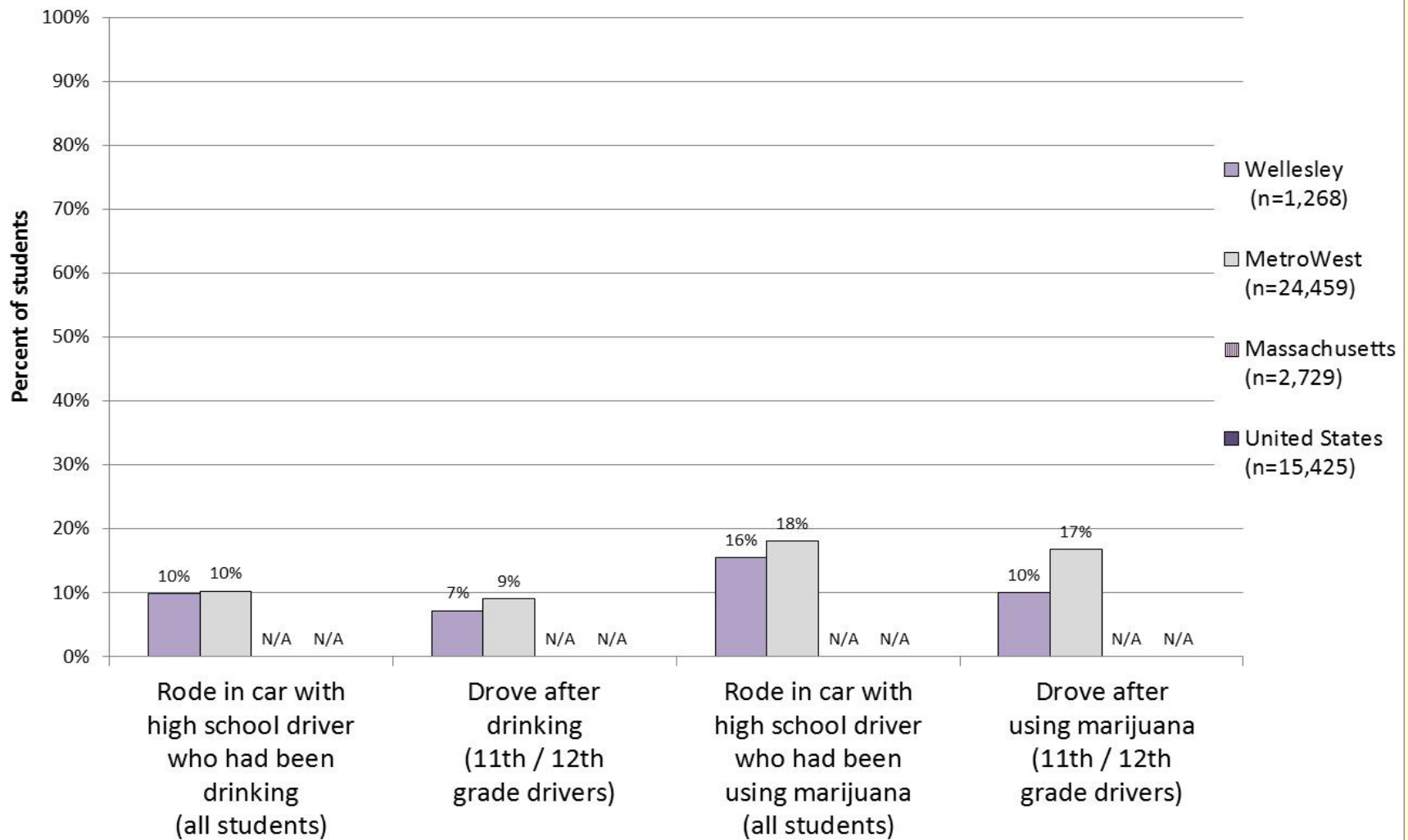
MetroWest Adolescent Health Survey



* In the past 30 days

Figure 4-3D. Driving Under the Influence* at the District, Regional, State, and National Levels, 2012
Wellesley High School (Grades 9-12)

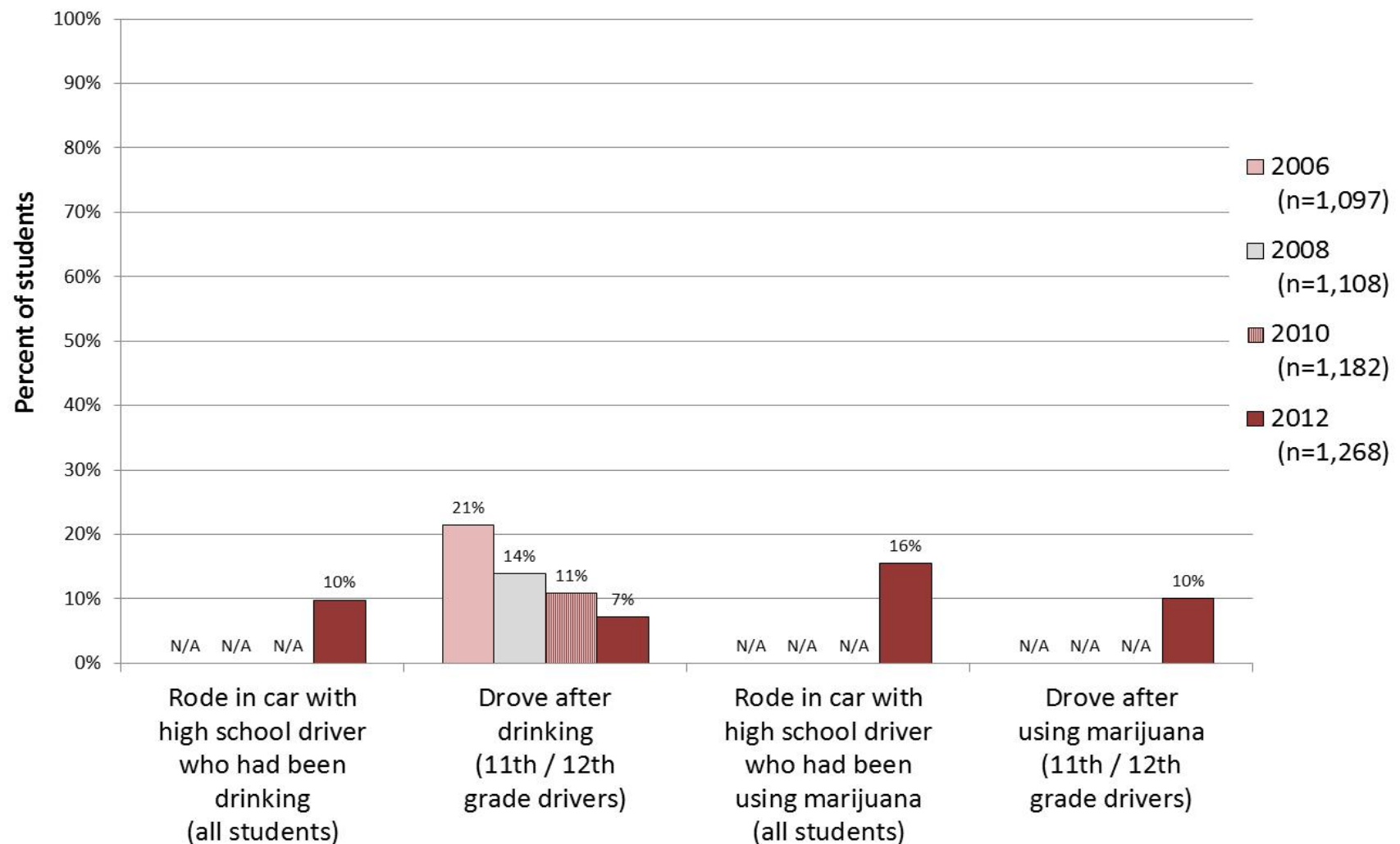
MetroWest Adolescent Health Survey



* In the past 30 days

Figure 4-3C. Trends in Driving Under the Influence*, 2006-2012 Wellesley High School (Grades 9-12)

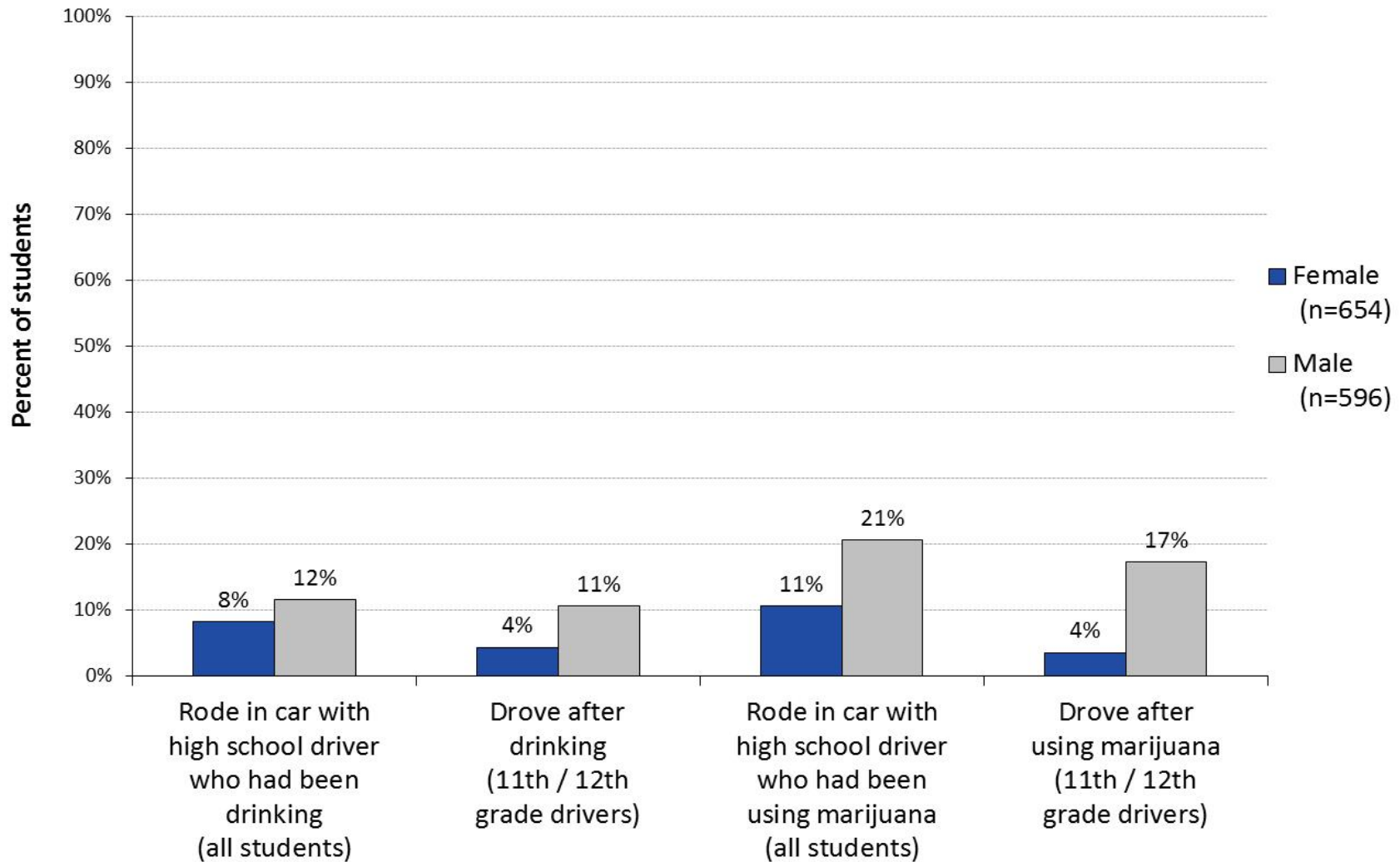
MetroWest Adolescent Health Survey



* In the past 30 days

Figure 4-3A. Driving Under the Influence* by Gender, 2012 Wellesley High School (Grades 9-12)

MetroWest Adolescent Health Survey

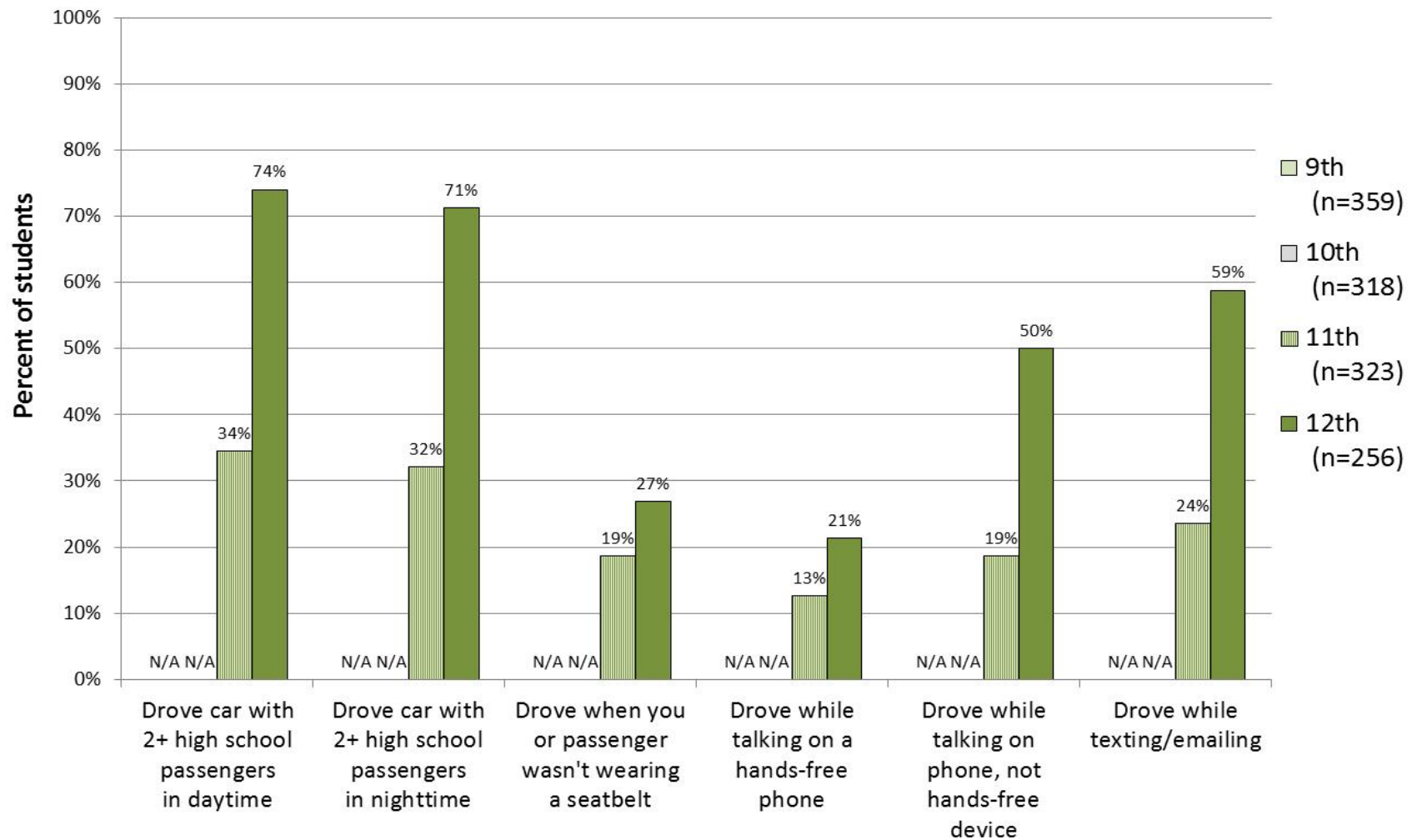


* In the past 30 days

Figure 4-1B. Distracted Driving* by Grade, 2012

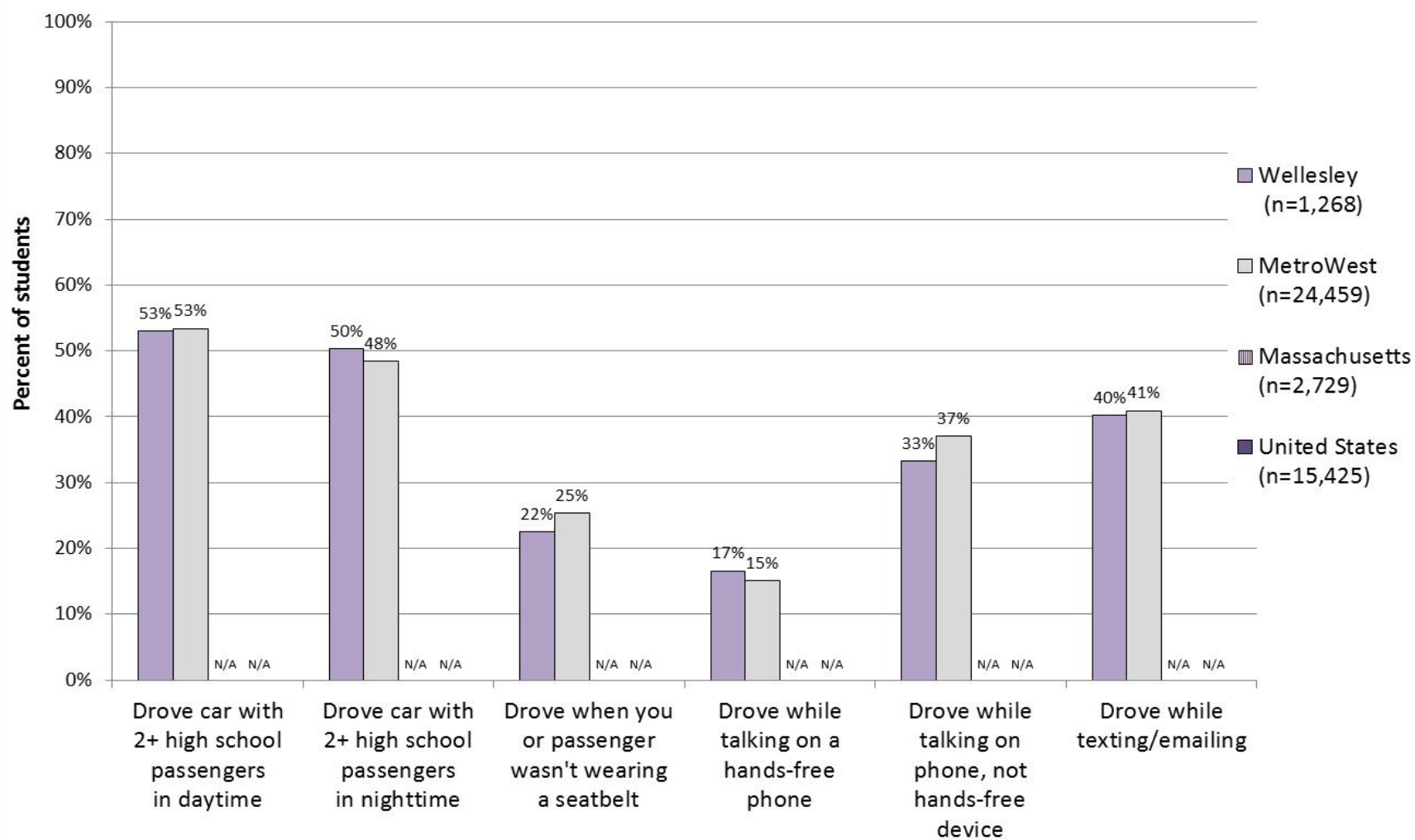
Wellesley High School (Grades 9-12)

MetroWest Adolescent Health Survey



* Among the 11th and 12th grade youth who drove in the past 30 days

Figure 4-1D. Distracted Driving* at the District, Regional, State, and National Levels, 2012
Wellesley High School (Grades 9-12)
MetroWest Adolescent Health Survey

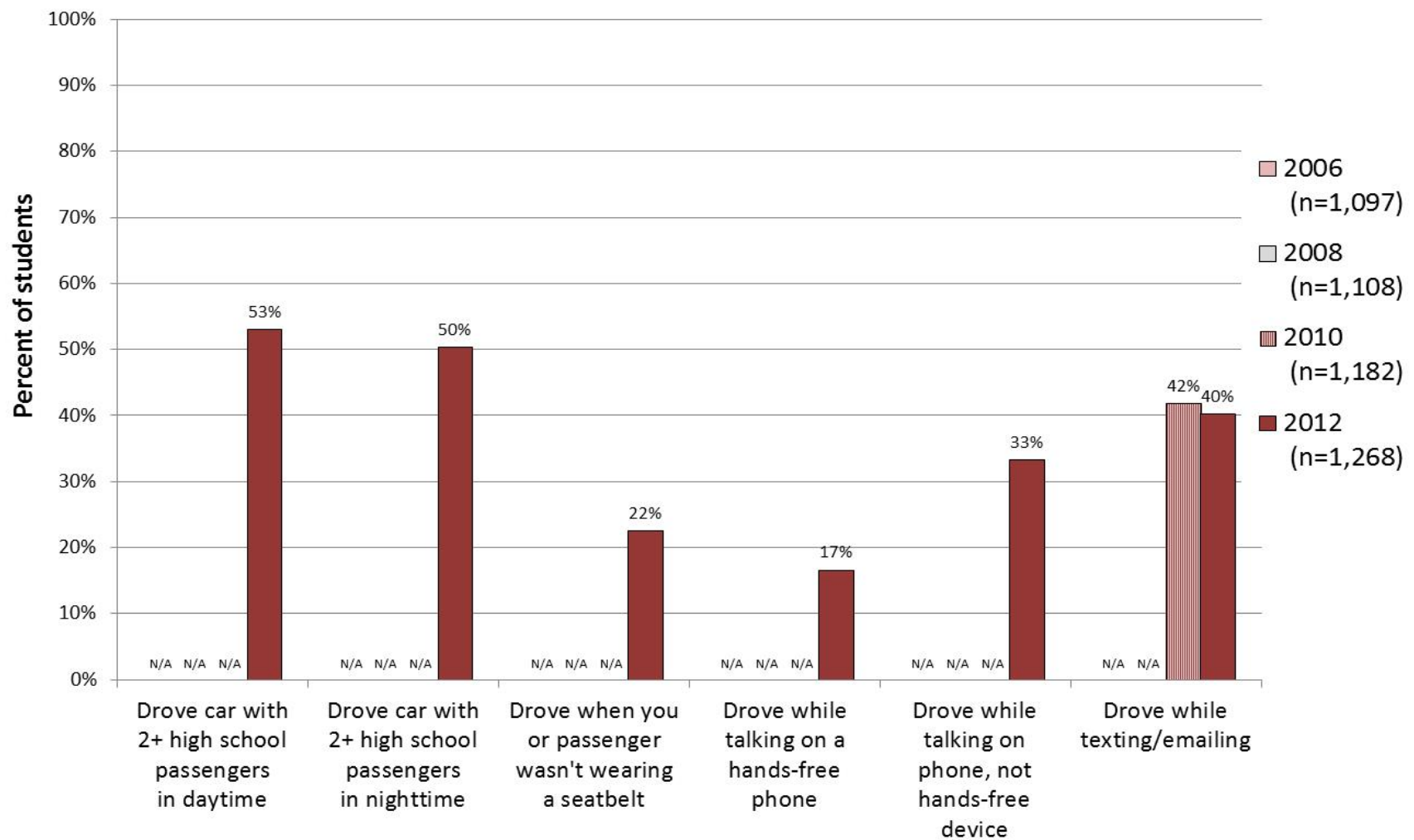


* Among the 11th and 12th grade youth who drove in the past 30 days

Figure 4-1C. Trends in Distracted Driving*, 2006-2012

Wellesley High School (Grades 9-12)

MetroWest Adolescent Health Survey

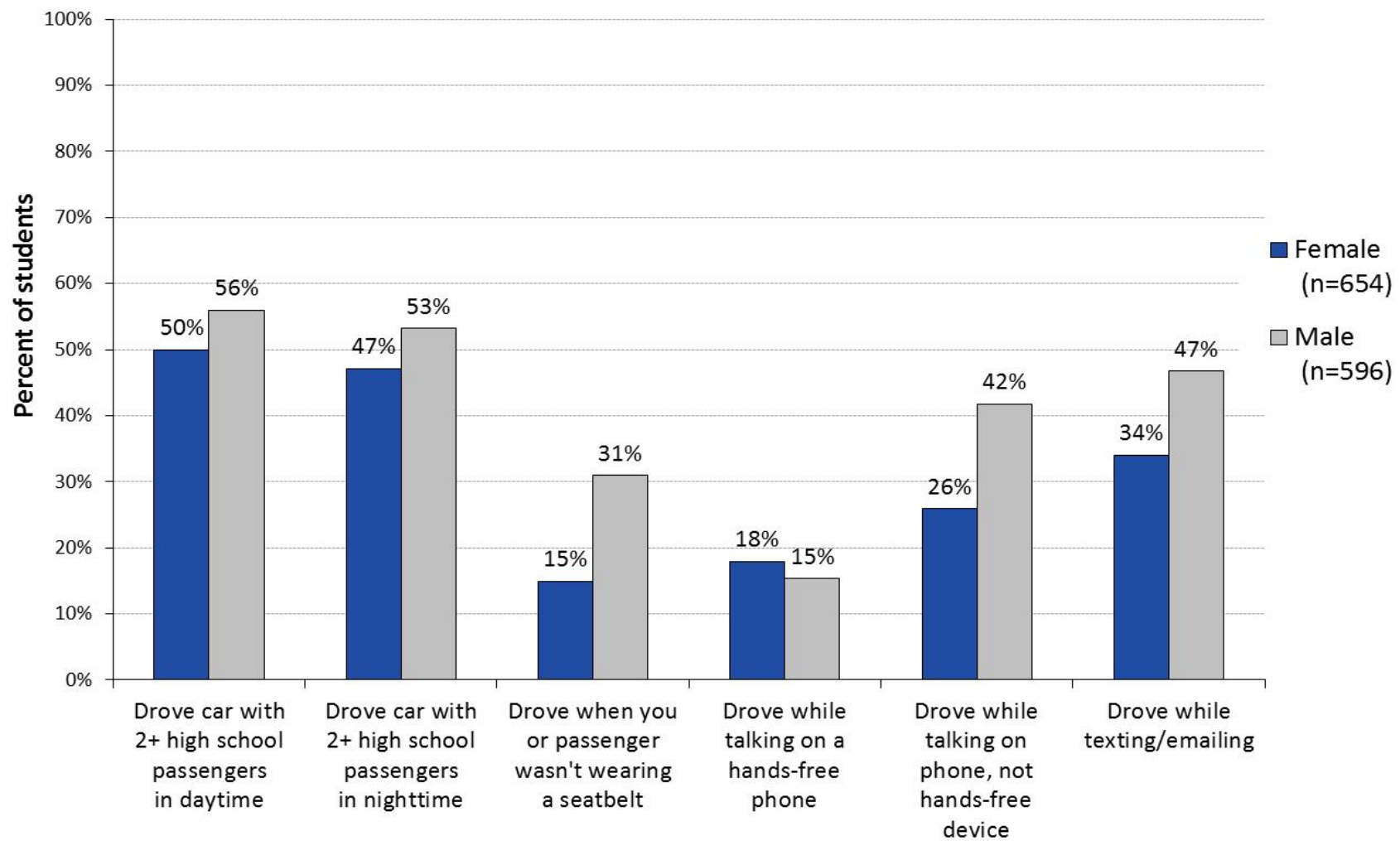


* Among the 11th and 12th grade youth who drove in the past 30 days

Figure 4-1A. Distracted Driving* by Gender, 2012

Wellesley High School (Grades 9-12)

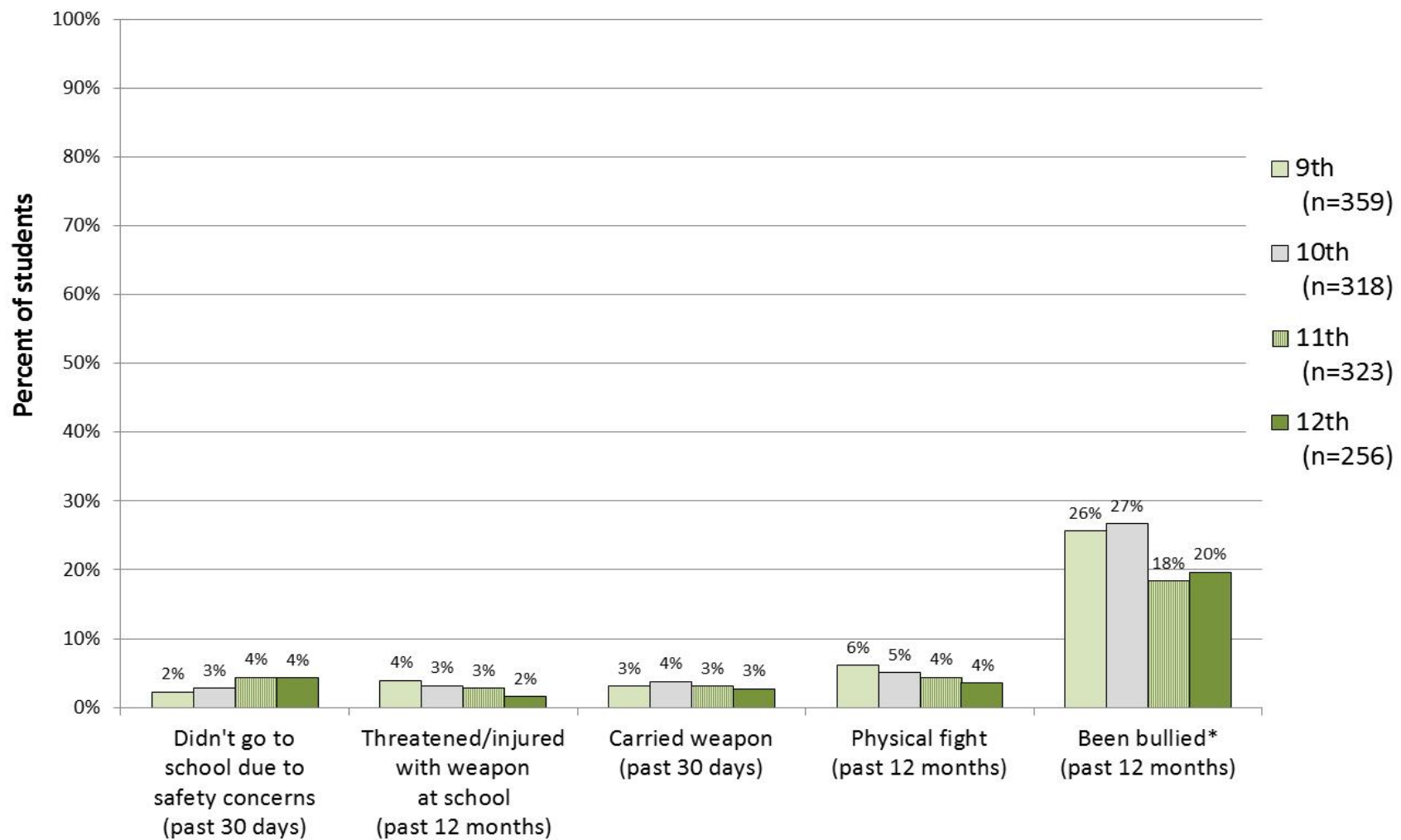
MetroWest Adolescent Health Survey



* Among the 11th and 12th grade youth who drove in the past 30 days

Figure 9-2B. Violence and Bullying* on School Property by Grade, 2012 Wellesley High School (Grades 9-12)

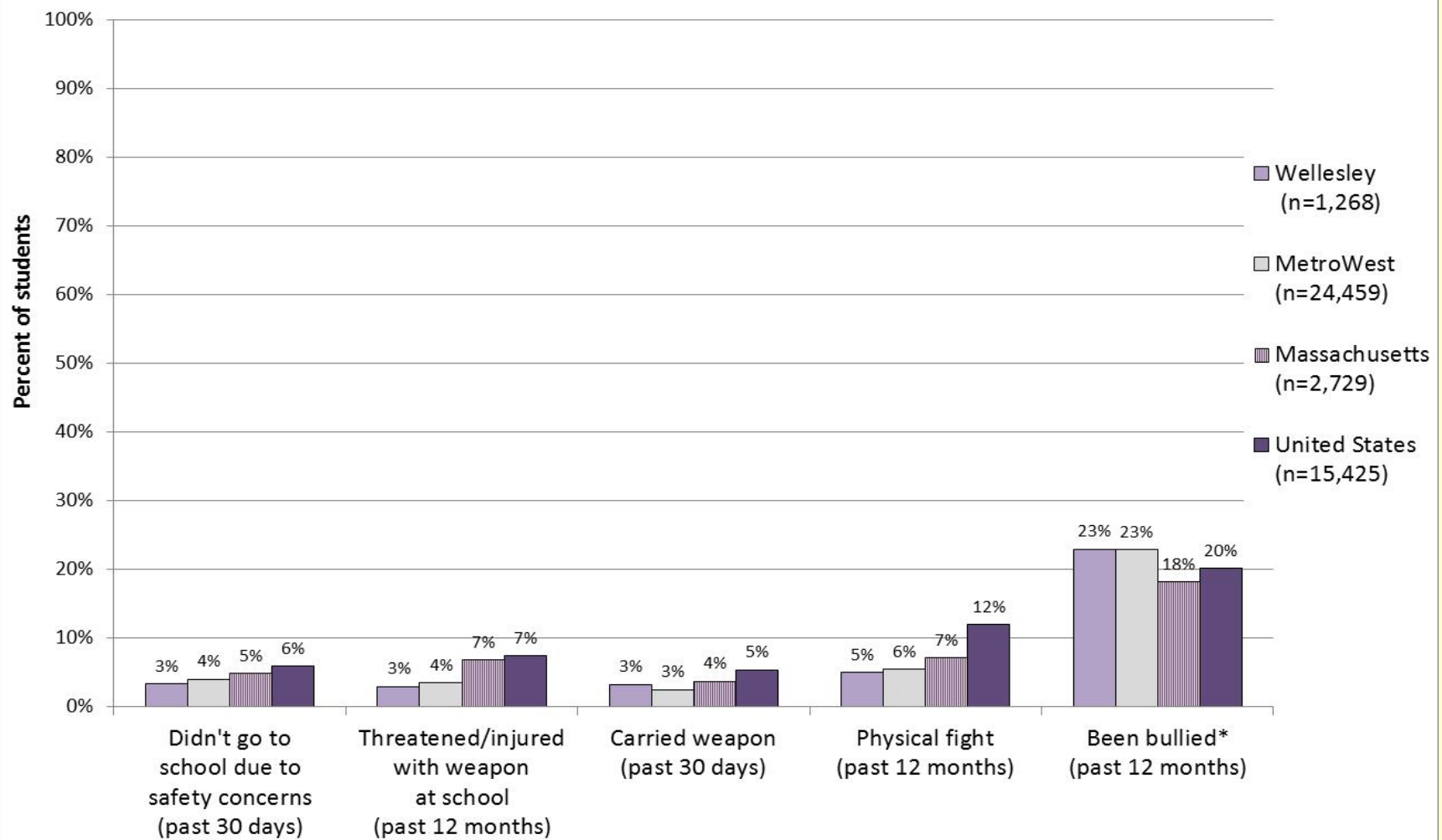
MetroWest Adolescent Health Survey



* Defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

Figure 9-2D. Violence and Bullying* on School Property at the District, Regional, State, and National Levels, 2012
Wellesley High School (Grades 9-12)

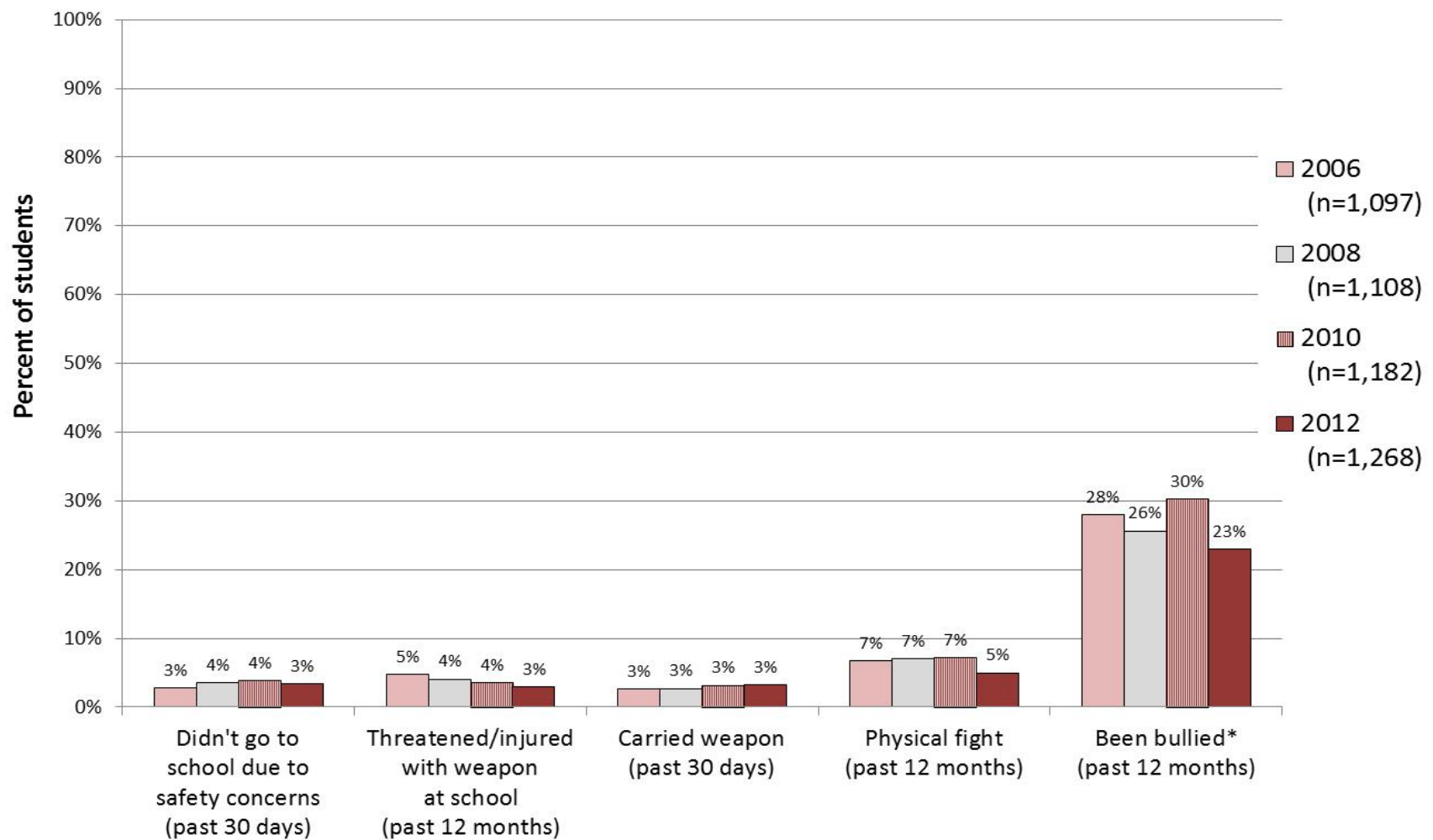
MetroWest Adolescent Health Survey



* Defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

Figure 9-2C. Trends in Violence and Bullying* on School Property, 2006-2012 Wellesley High School (Grades 9-12)

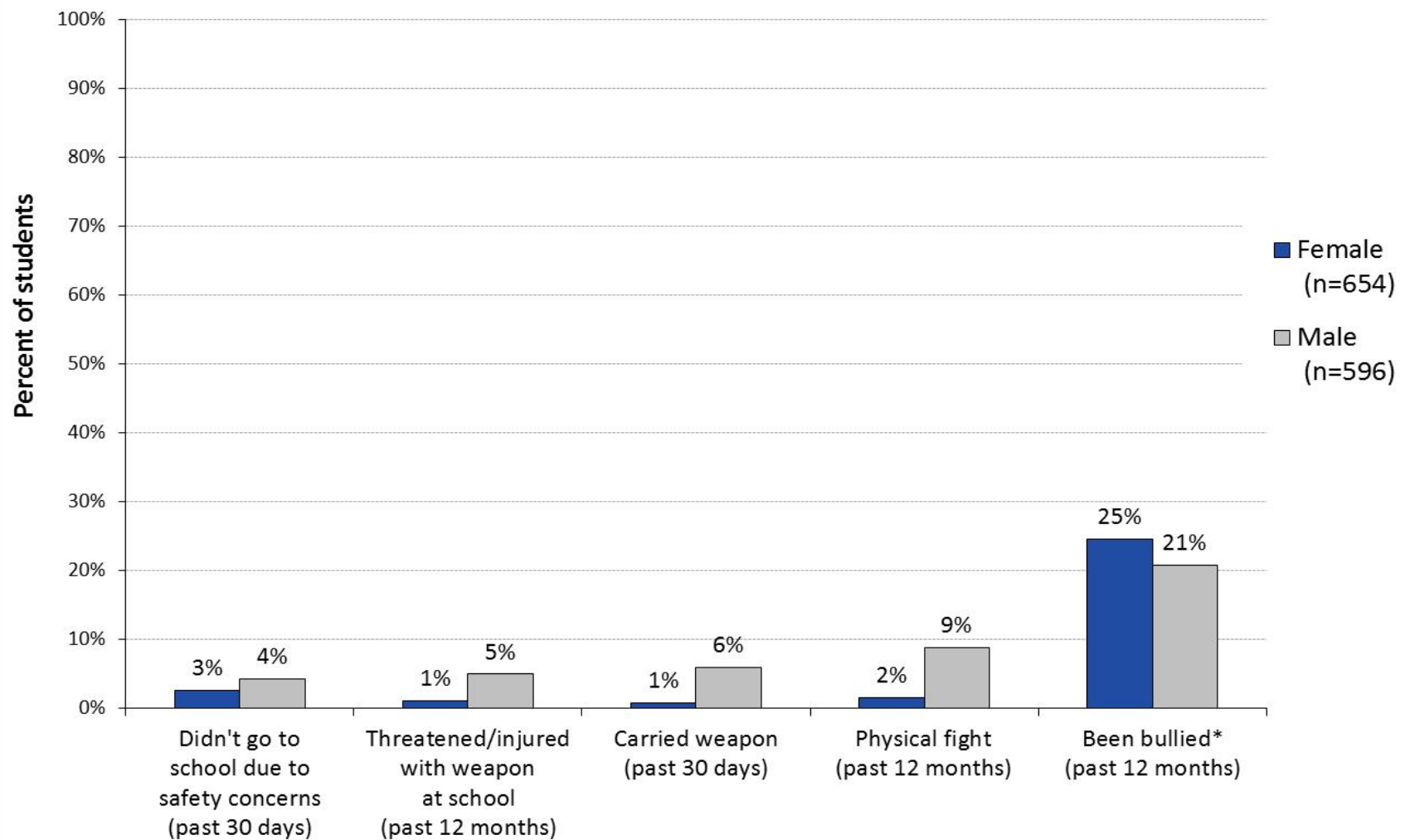
MetroWest Adolescent Health Survey



* Defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

Figure 9-2A. Violence and Bullying* on School Property by Gender, 2012 Wellesley High School (Grades 9-12)

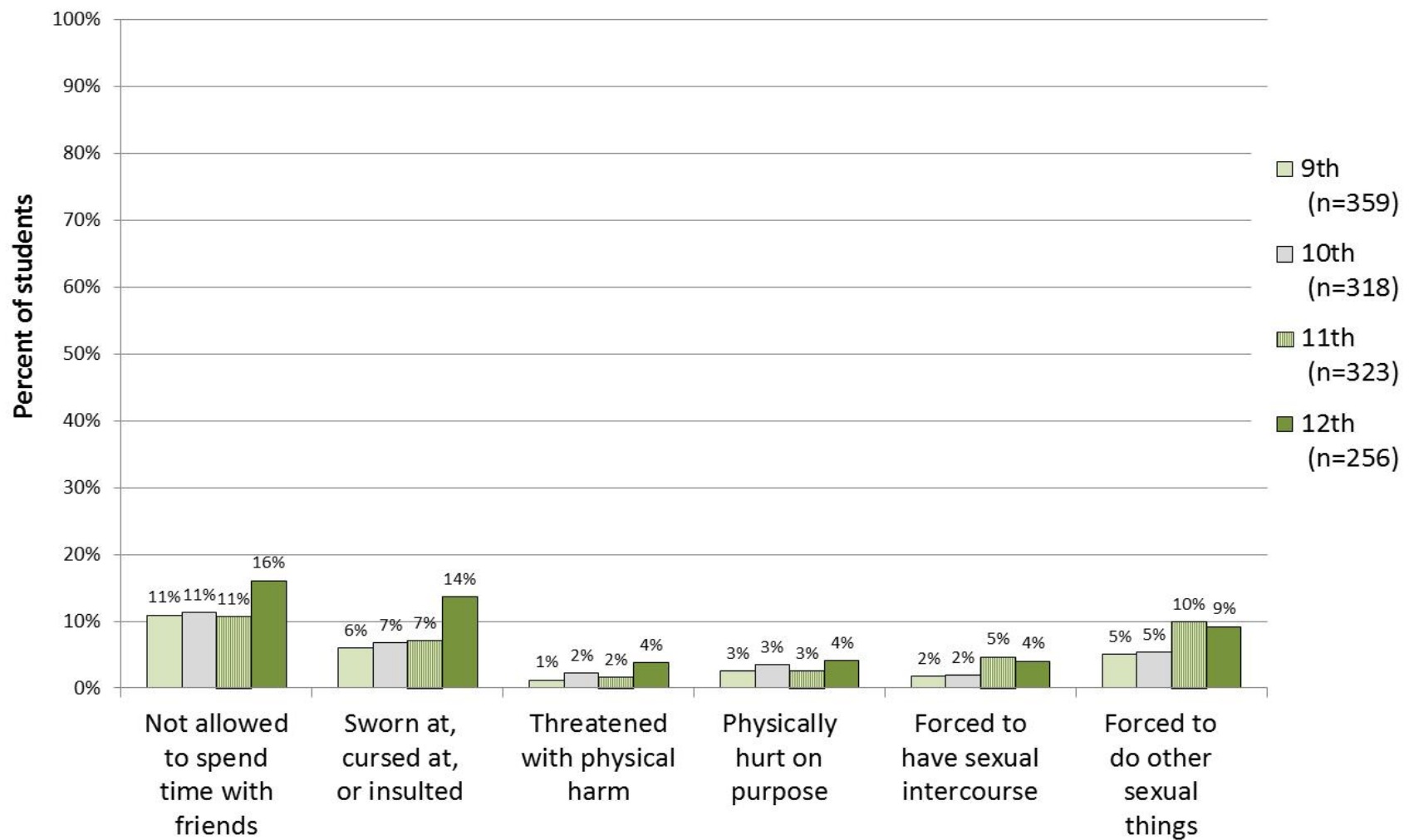
MetroWest Adolescent Health Survey



* Defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

Figure 3-2B. Lifetime Dating Violence* by Grade 2012 Wellesley High School (Grades 9-12)

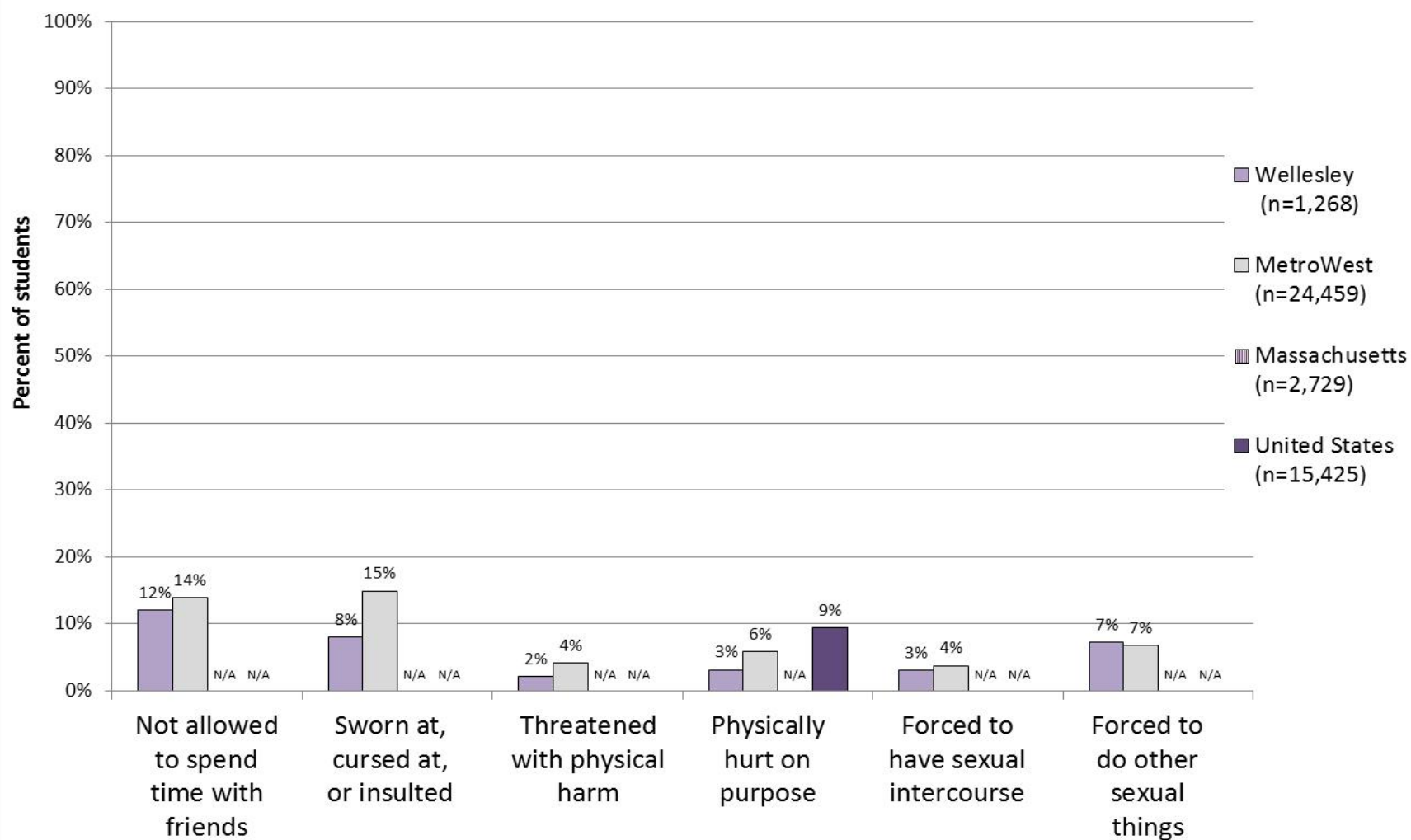
MetroWest Adolescent Health Survey



* By a boyfriend/girlfriend, date, or someone you were going out with during your lifetime

Figure 3-2D. Lifetime Dating Violence* at the District, Regional, State, and National Levels, 2012
Wellesley High School (Grades 9-12)

MetroWest Adolescent Health Survey

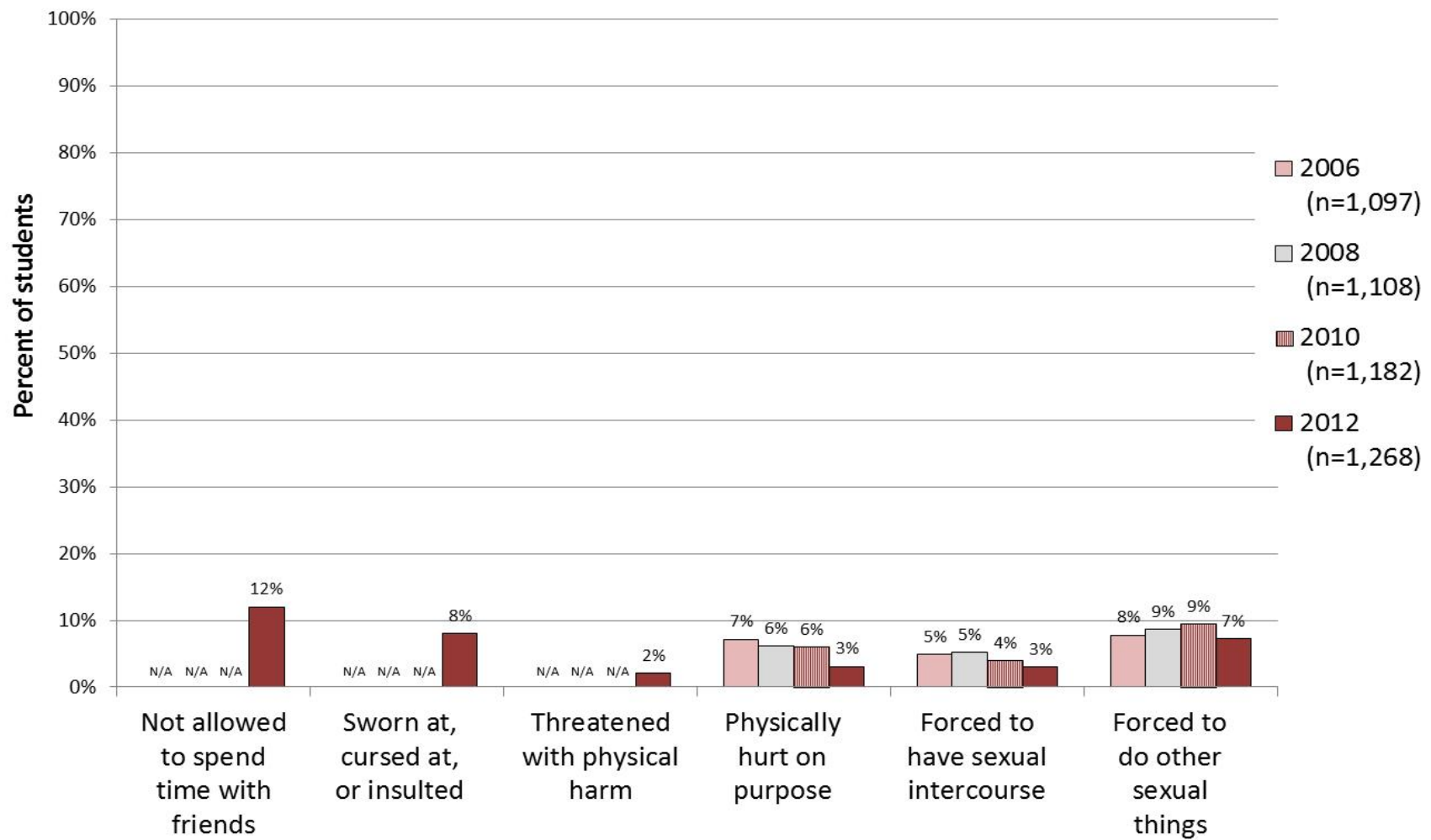


* By a boyfriend/girlfriend, date, or someone you were going out with during your lifetime

Figure 3-2C. Trends in Lifetime Dating Violence*, 2006-2012

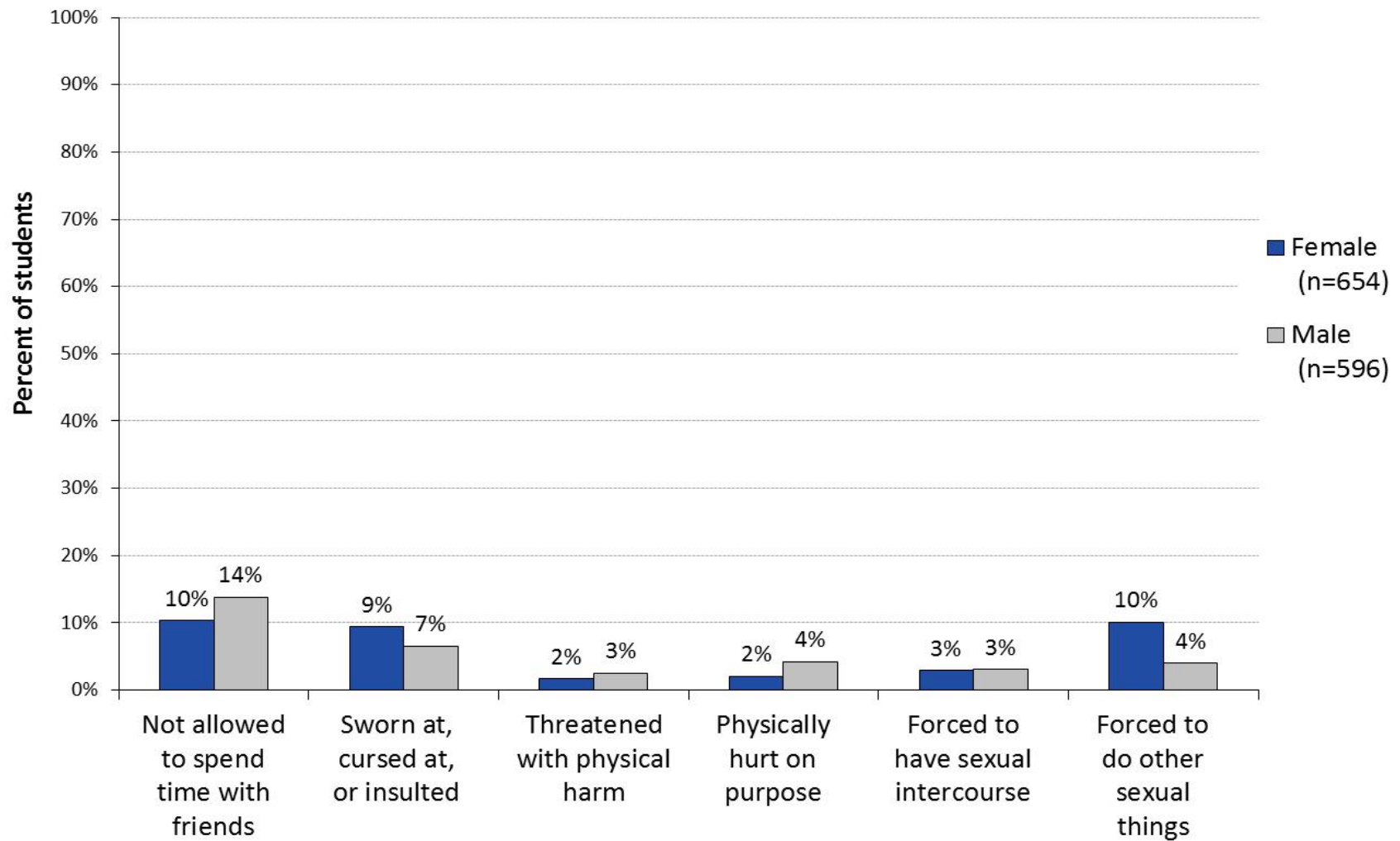
Wellesley High School (Grades 9-12)

MetroWest Adolescent Health Survey



* By a boyfriend/girlfriend, date, or someone you were going out with during your lifetime

Figure 3-2A. Lifetime Dating Violence* by Gender 2012
Wellesley High School (Grades 9-12)
MetroWest Adolescent Health Survey



* By a boyfriend/girlfriend, date, or someone you were going out with during your lifetime

GRADE LEVEL DATA
WITHIN WELLESLEY

METROWEST DATA
COMPARISONS

WELLESLEY TRENDS
2006-12

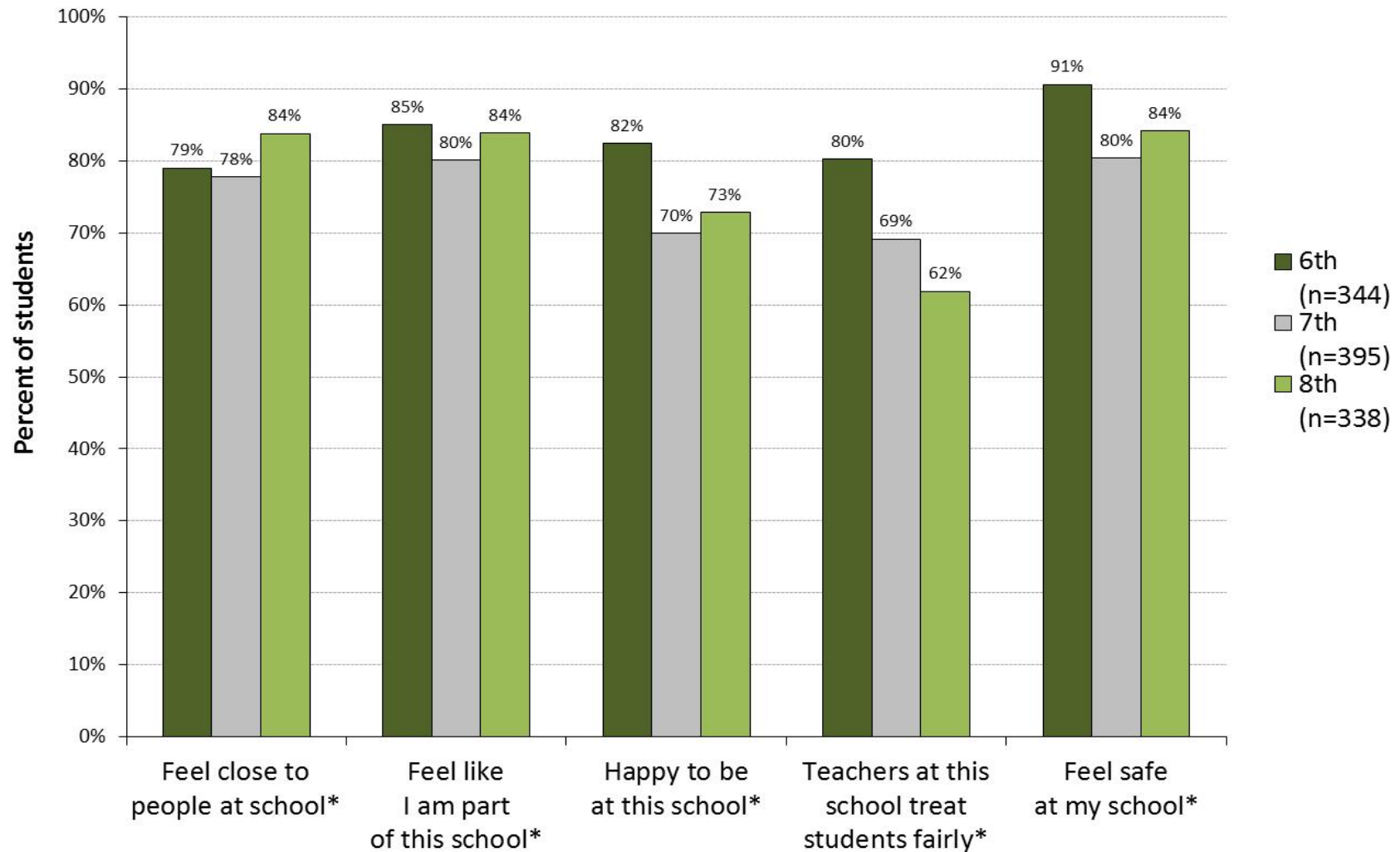
GENDER DATA (WHEN
SIGNIFICANT)

Topic 4: School Attachment & Adult Support

Figure 7-1B. School Attachment by Grade, 2012

Wellesley Middle School (Grades 6-8)

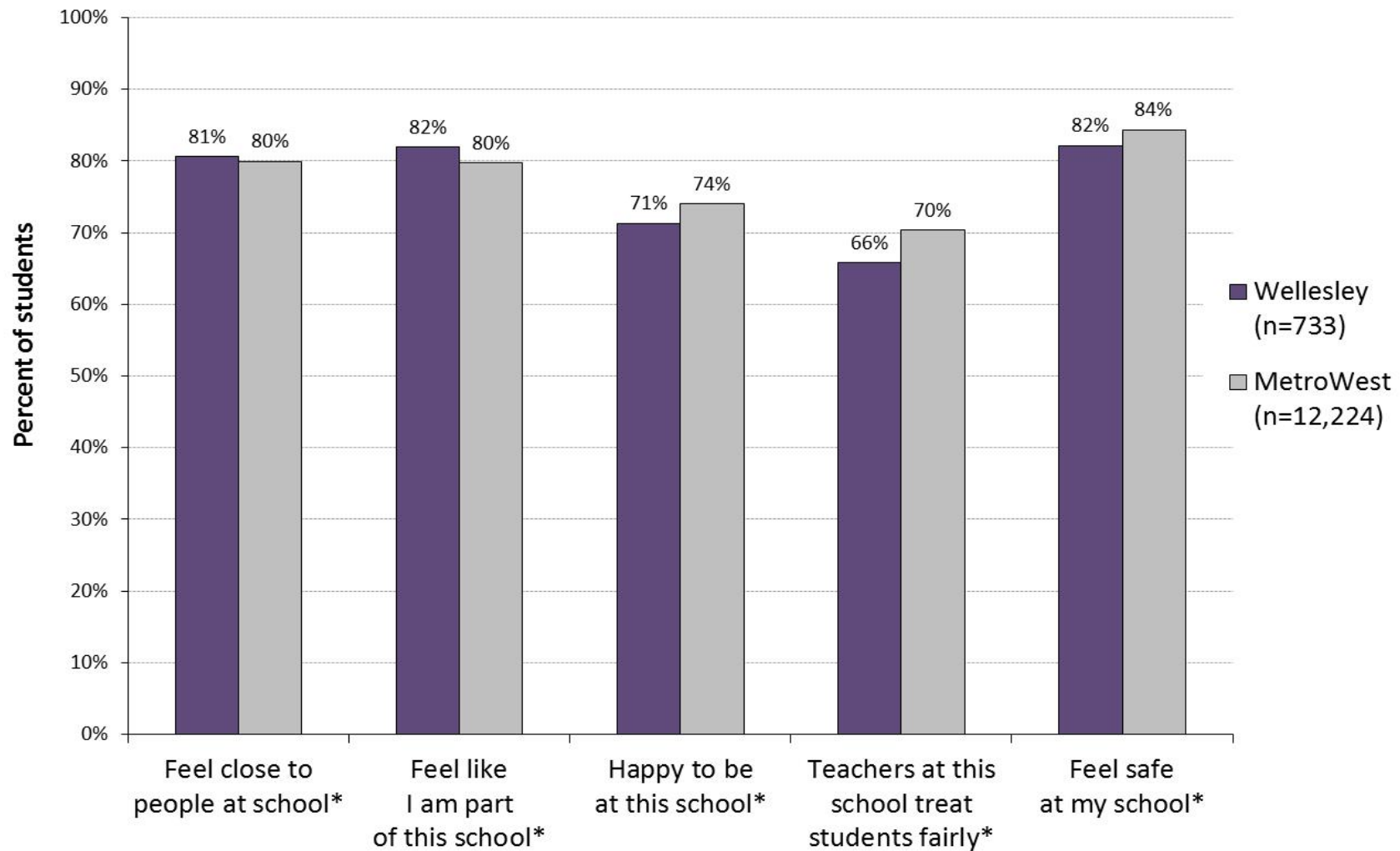
MetroWest Adolescent Health Survey



* Student responded "agree" or "strongly agree"

Figure 7-1D. School Attachment at the District and Regional Levels, 2012 Wellesley Middle School (Grades 7-8)

MetroWest Adolescent Health Survey

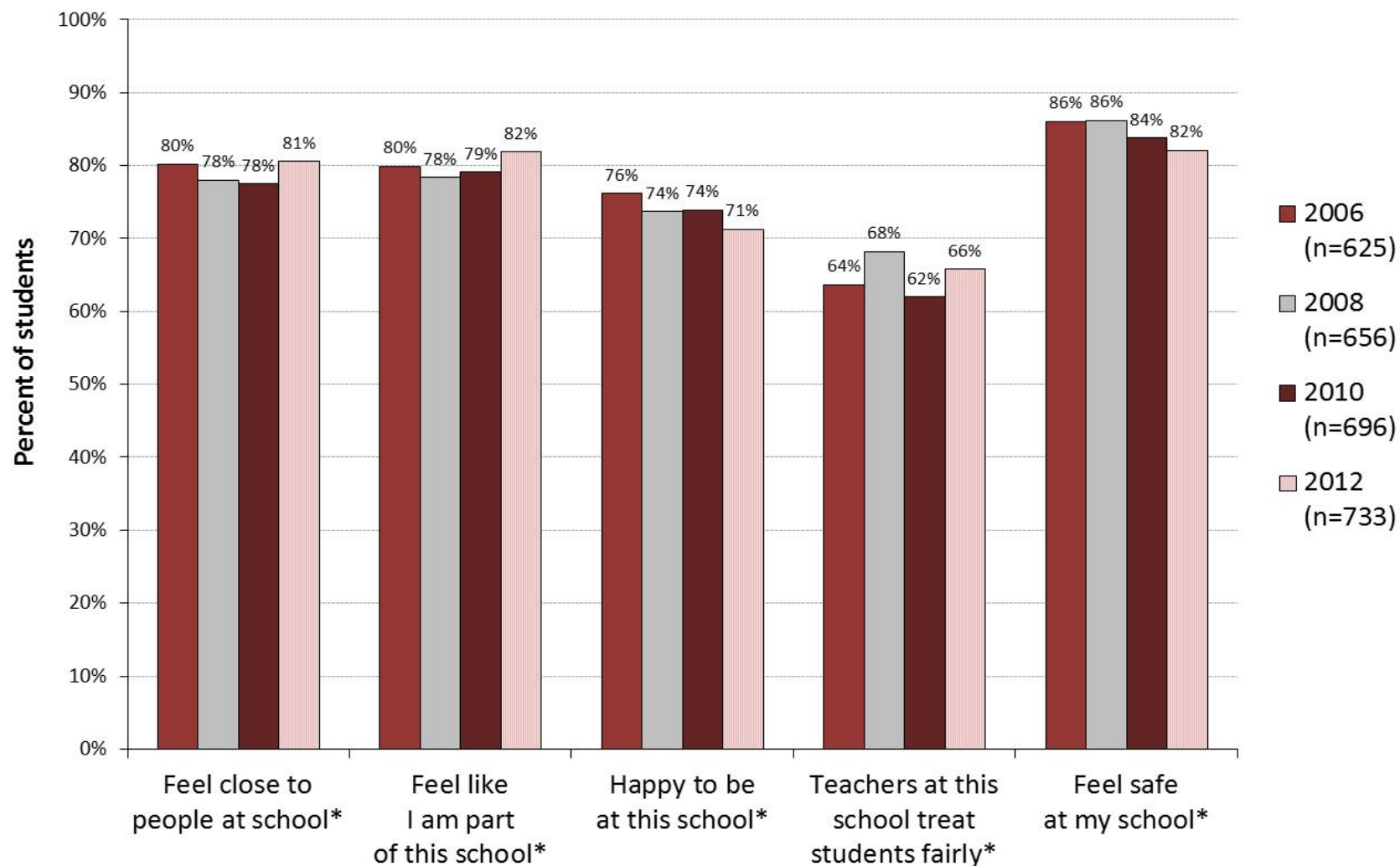


* Student responded "agree" or "strongly agree"

Figure 7-1C. Trends in School Attachment, 2006-2012

Wellesley Middle School (Grades 7-8)

MetroWest Adolescent Health Survey



* Student responded "agree" or "strongly agree"

Figure 7-2B. Adult Support by Grade, 2012
Wellesley Middle School (Grades 6-8)

MetroWest Adolescent Health Survey

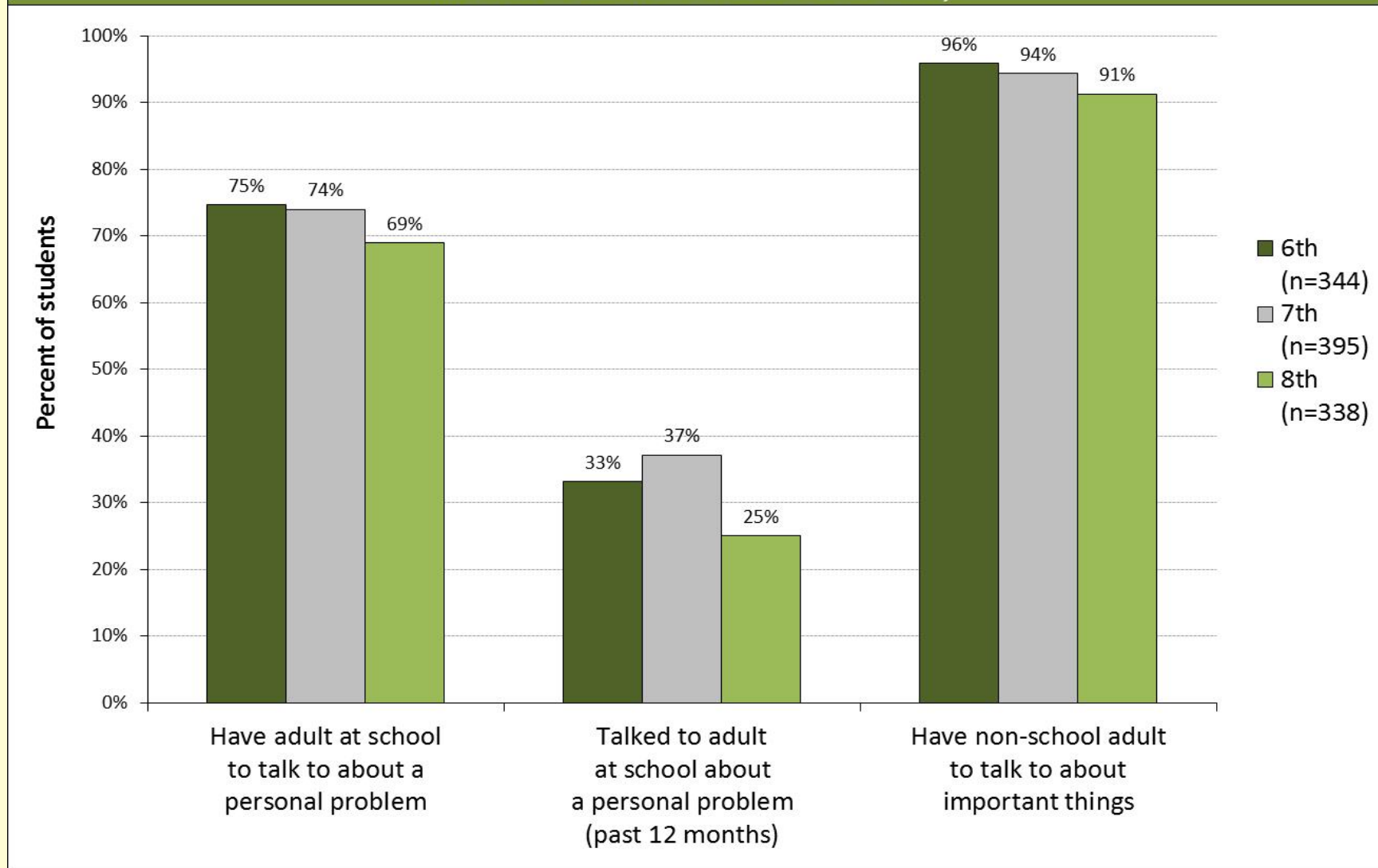


Figure 7-2D. Adult Support at the District and Regional Levels, 2012
Wellesley Middle School (Grades 7-8)

MetroWest Adolescent Health Survey

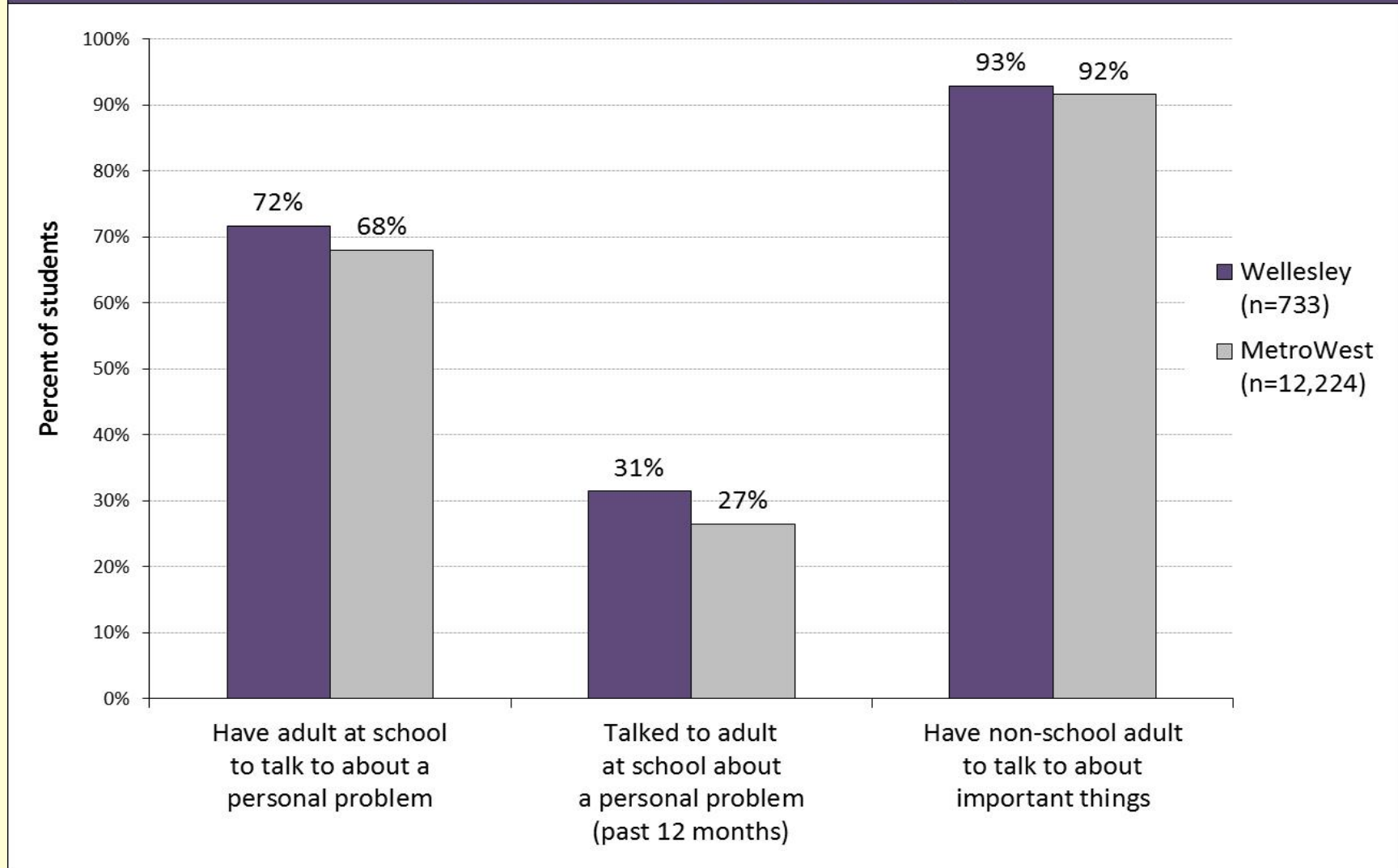


Figure 7-2C. Trends in Adult Support, 2006-2012

Wellesley Middle School (Grades 7-8)

MetroWest Adolescent Health Survey

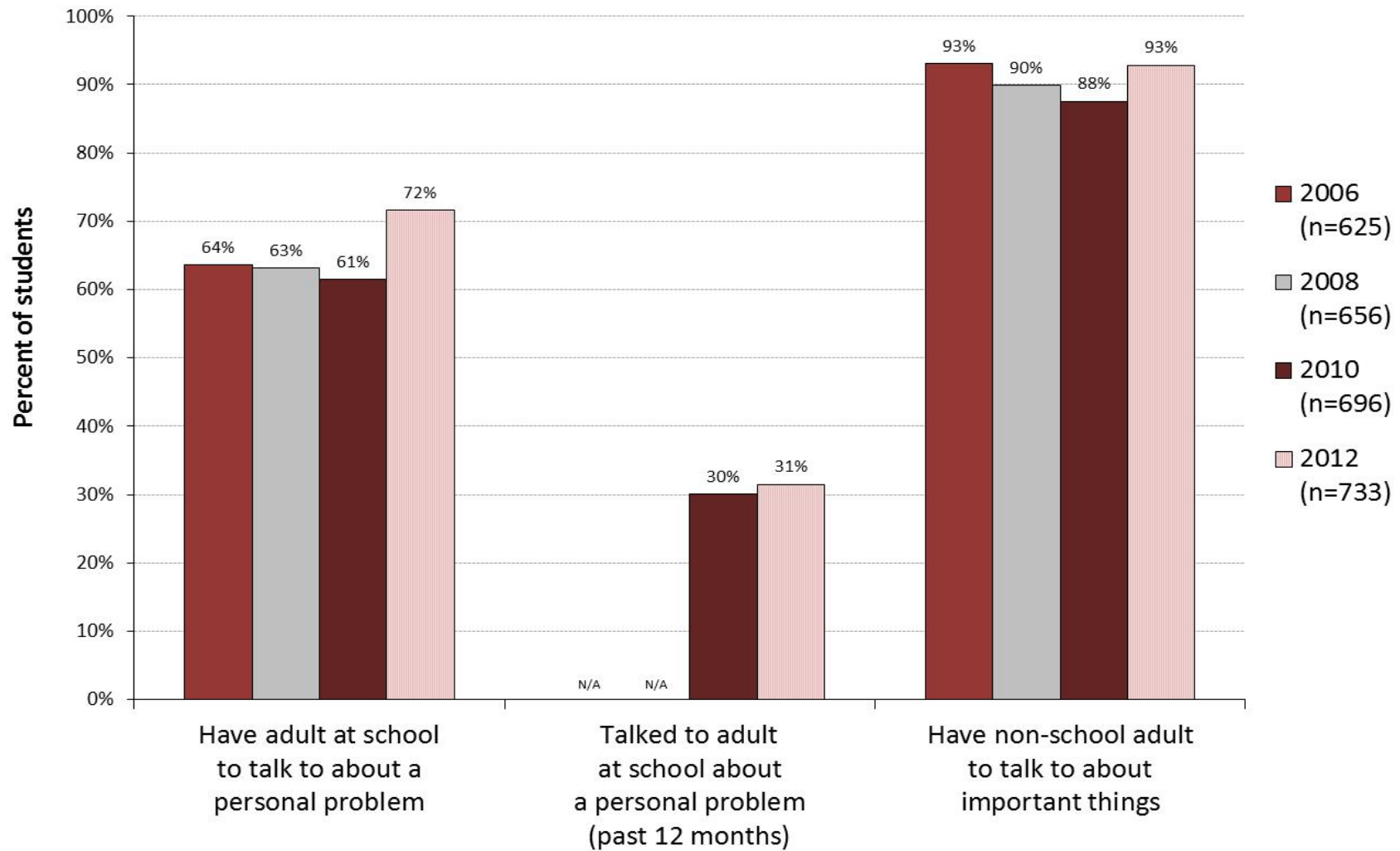
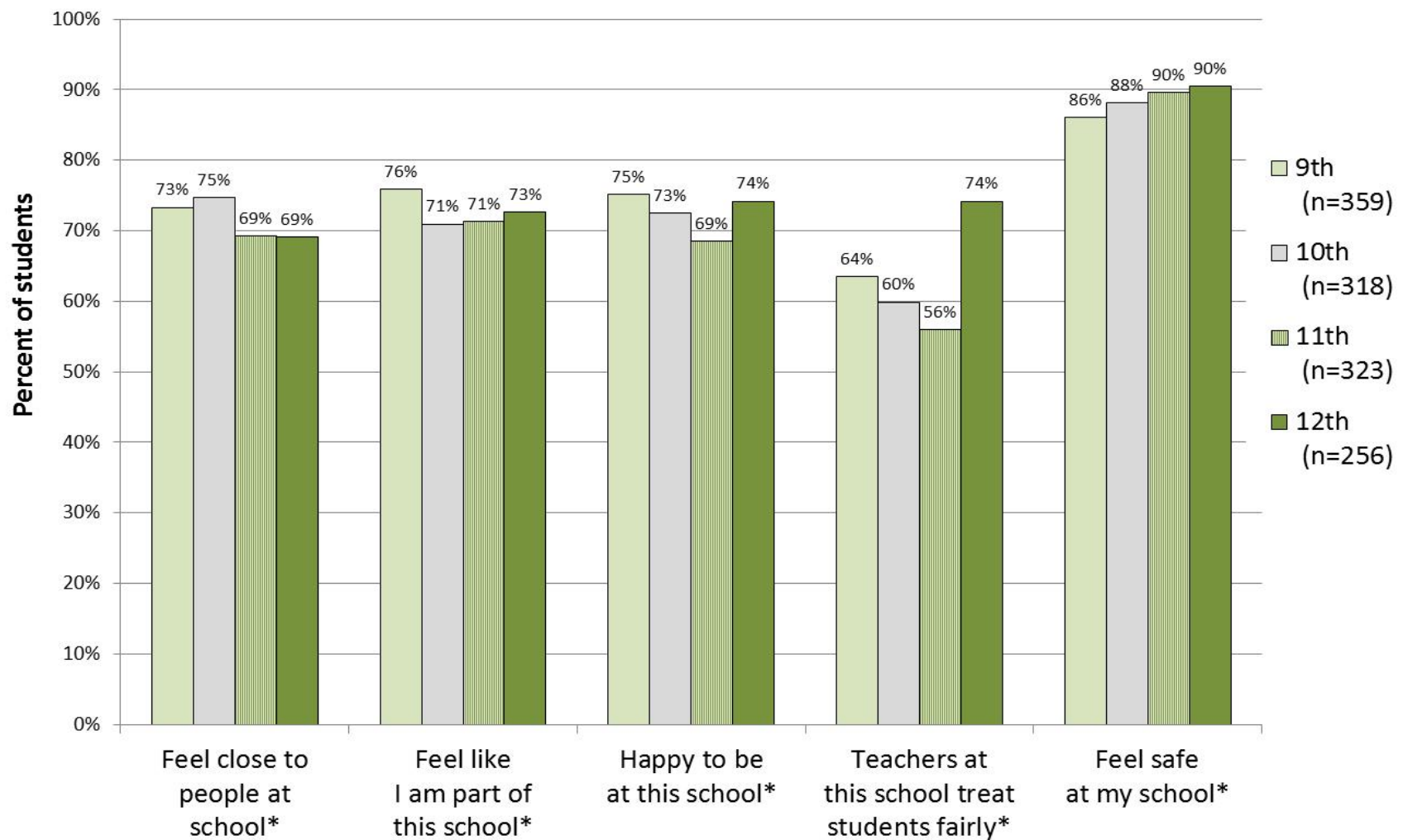


Figure 8-1B. School Attachment by Grade, 2012

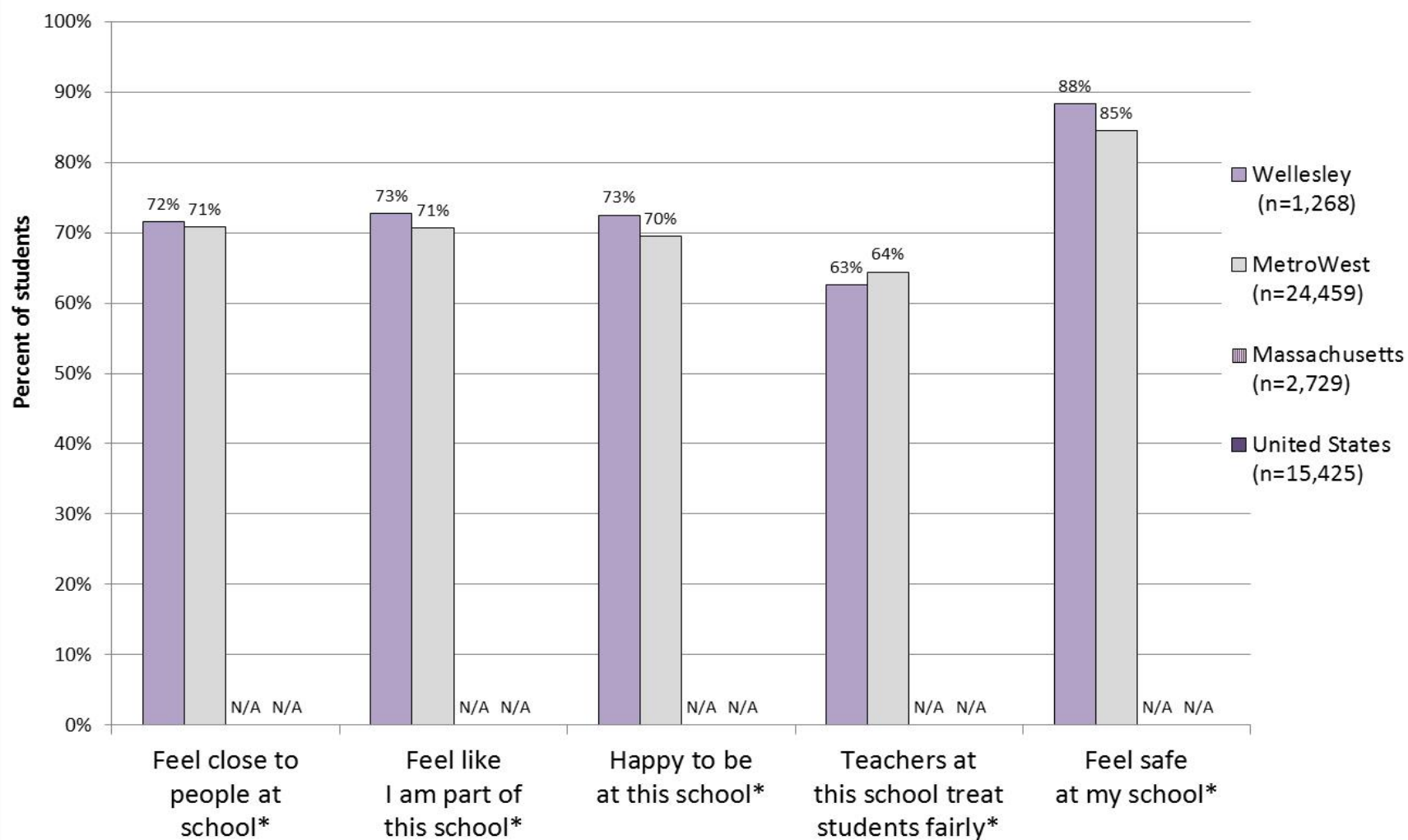
Wellesley High School (Grades 9-12)

MetroWest Adolescent Health Survey



* Student responded "agree" or "strongly agree"

Figure 8-1D. School Attachment at the District, Regional, State, and National Levels, 2012
Wellesley High School (Grades 9-12)
MetroWest Adolescent Health Survey

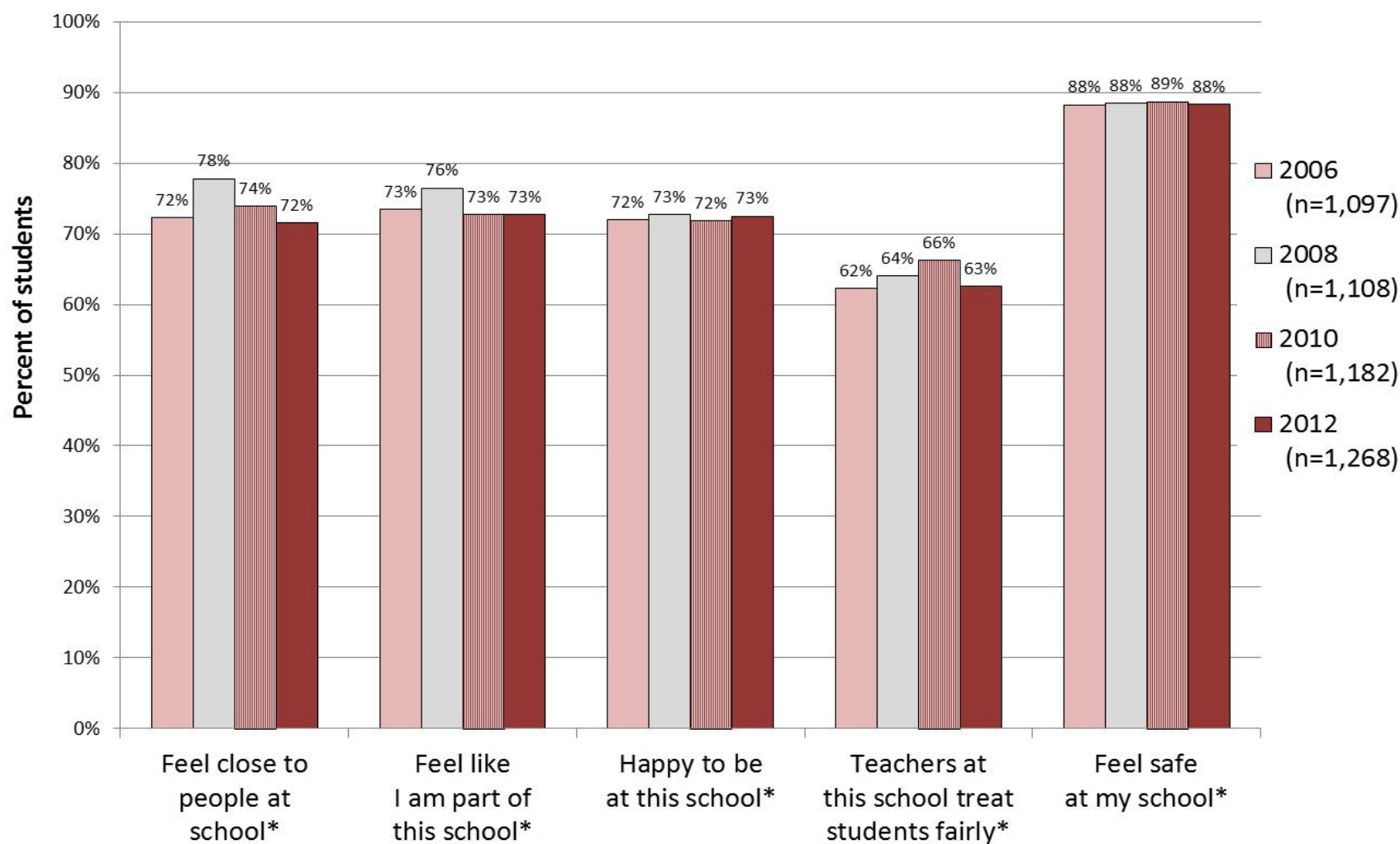


* Student responded "agree" or "strongly agree"

Figure 8-1C. Trends in School Attachment, 2006-2012

Wellesley High School (Grades 9-12)

MetroWest Adolescent Health Survey

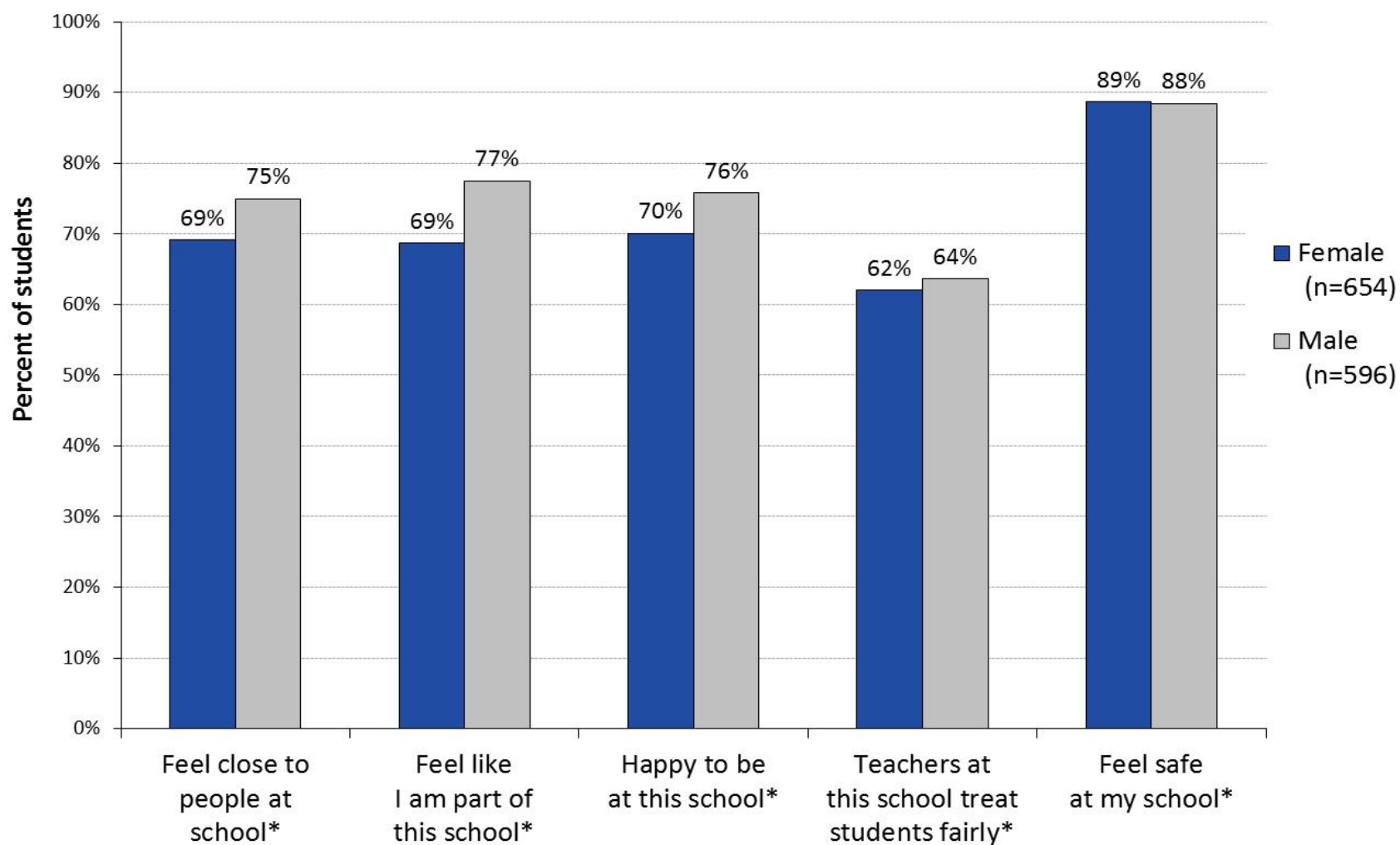


* Student responded "agree" or "strongly agree"

Figure 8-1A. School Attachment by Gender, 2012

Wellesley High School (Grades 9-12)

MetroWest Adolescent Health Survey



* Student responded "agree" or "strongly agree"

Figure 8-2B. Adult Support by Grade, 2012
Wellesley High School (Grades 9-12)

MetroWest Adolescent Health Survey

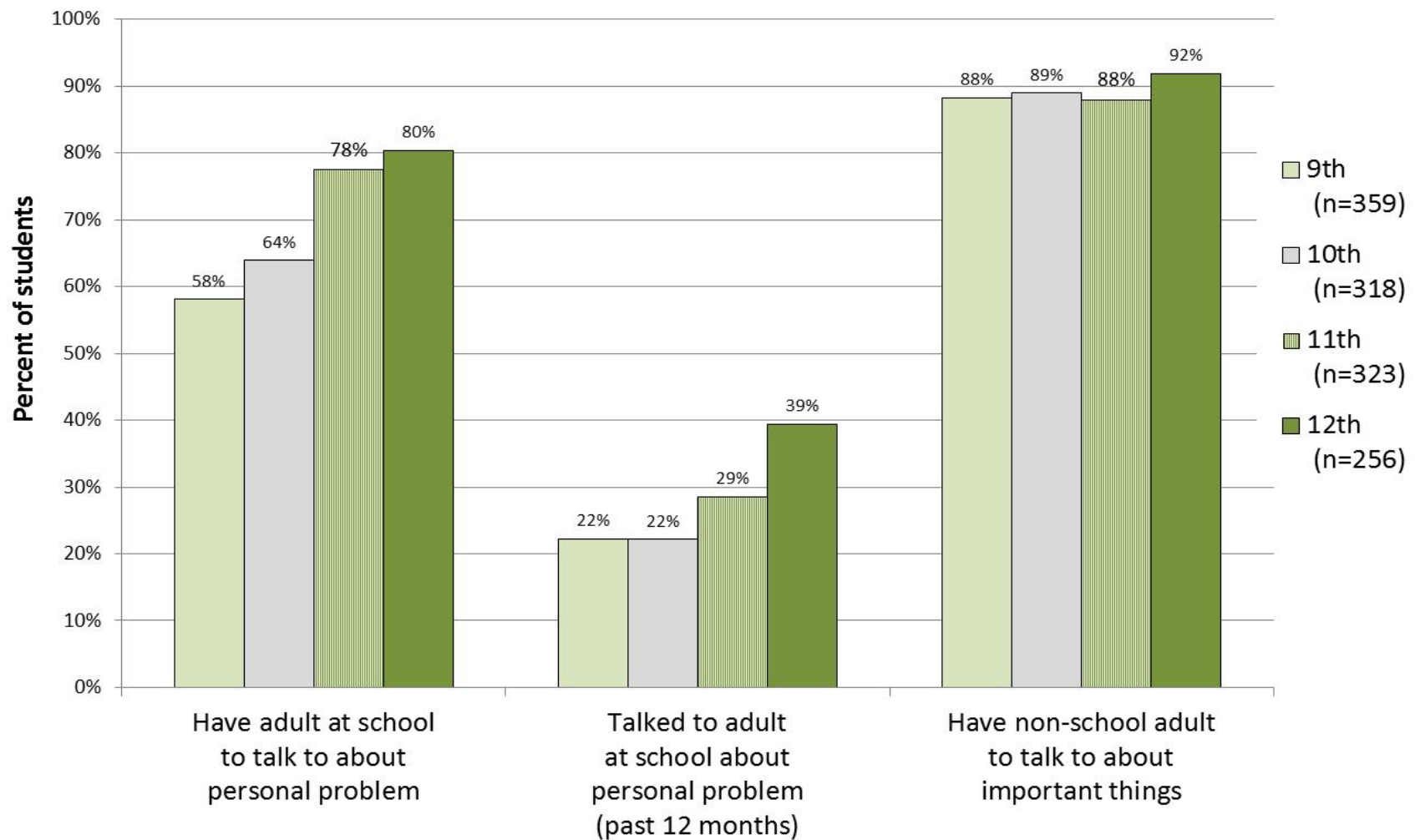


Figure 8-2D. Adult Support at the District, Regional, State, and National Levels, 2012
Wellesley High School (Grades 9-12)

MetroWest Adolescent Health Survey

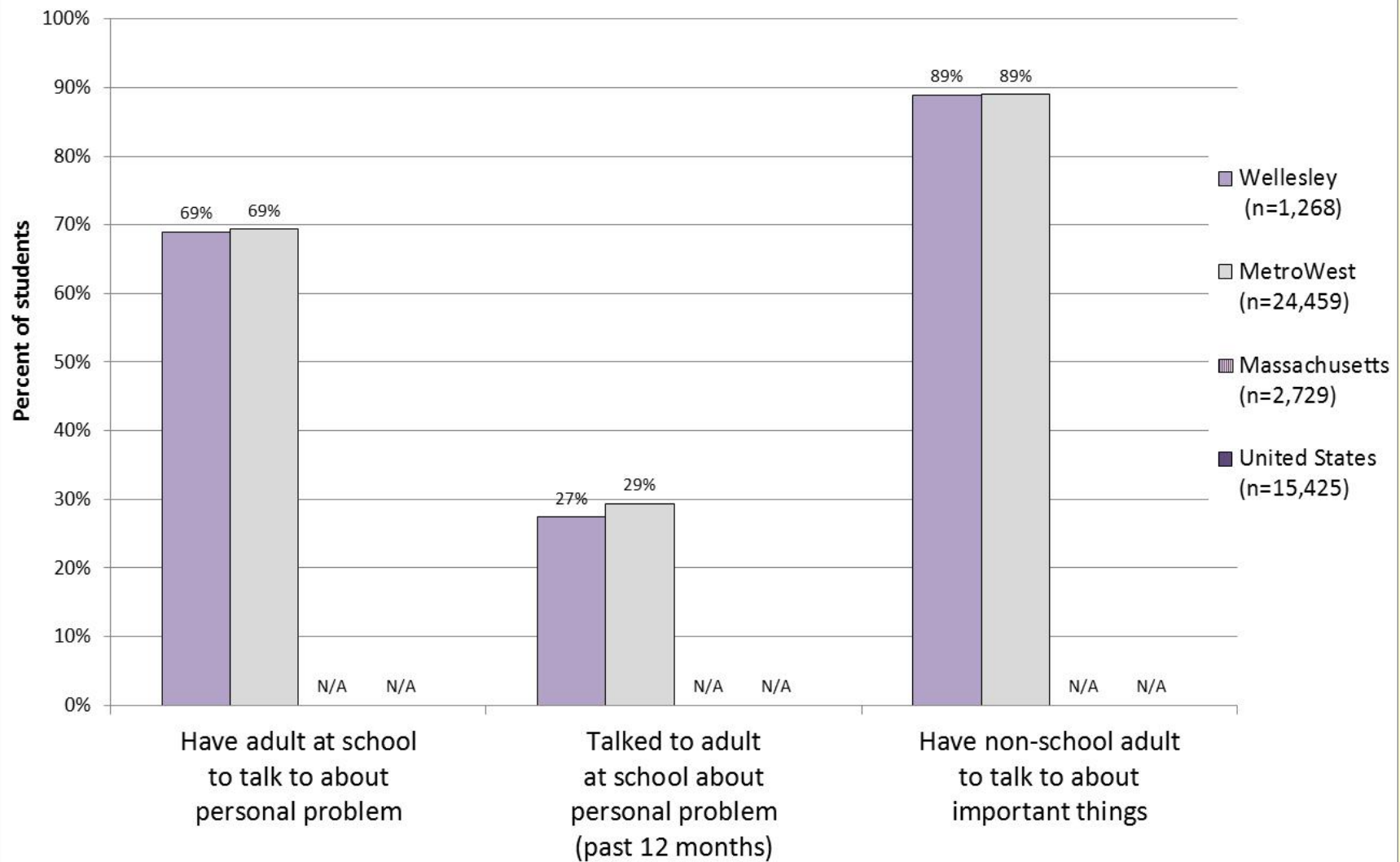


Figure 8-2C. Trends in Adult Support, 2006-2012

Wellesley High School (Grades 9-12)

MetroWest Adolescent Health Survey

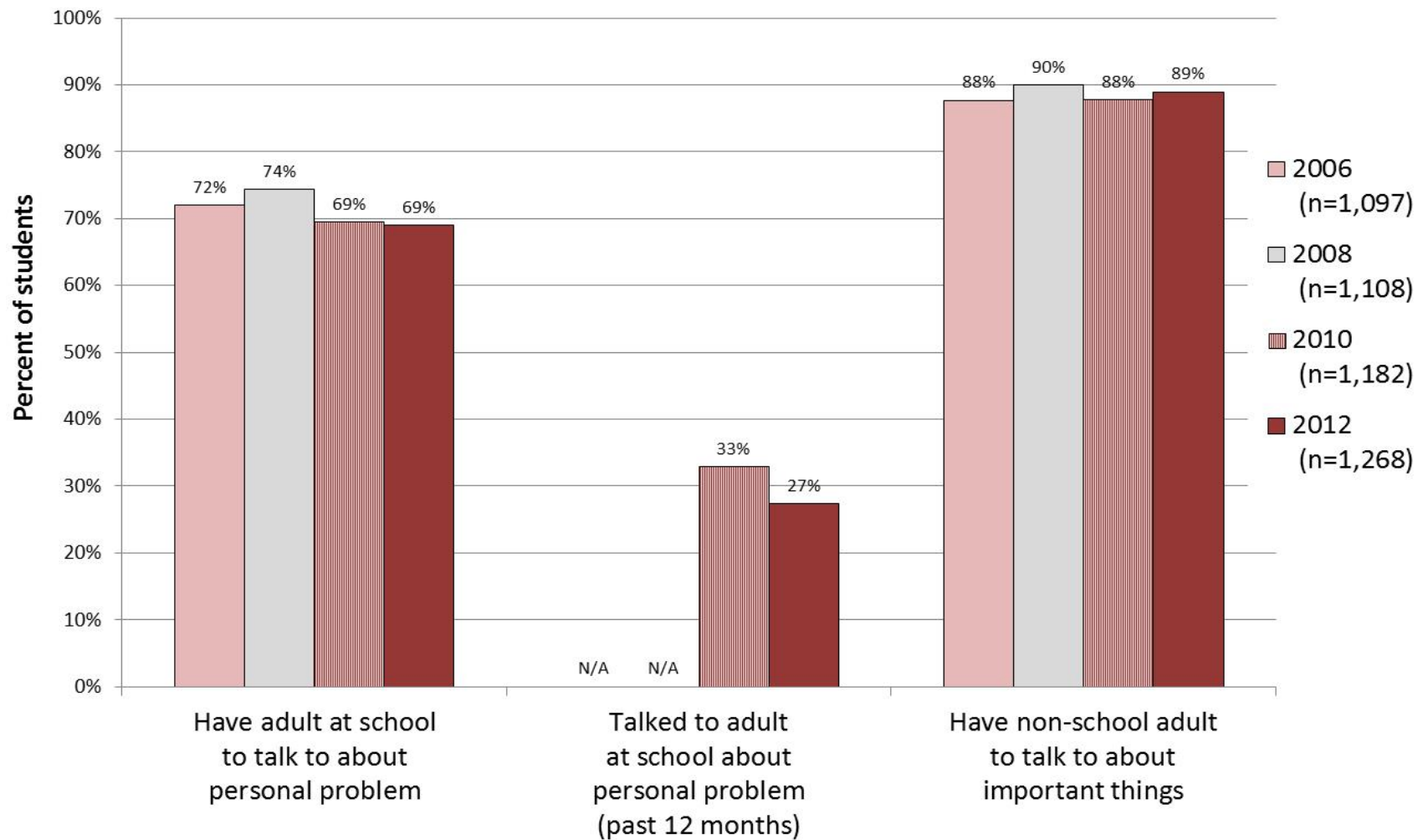
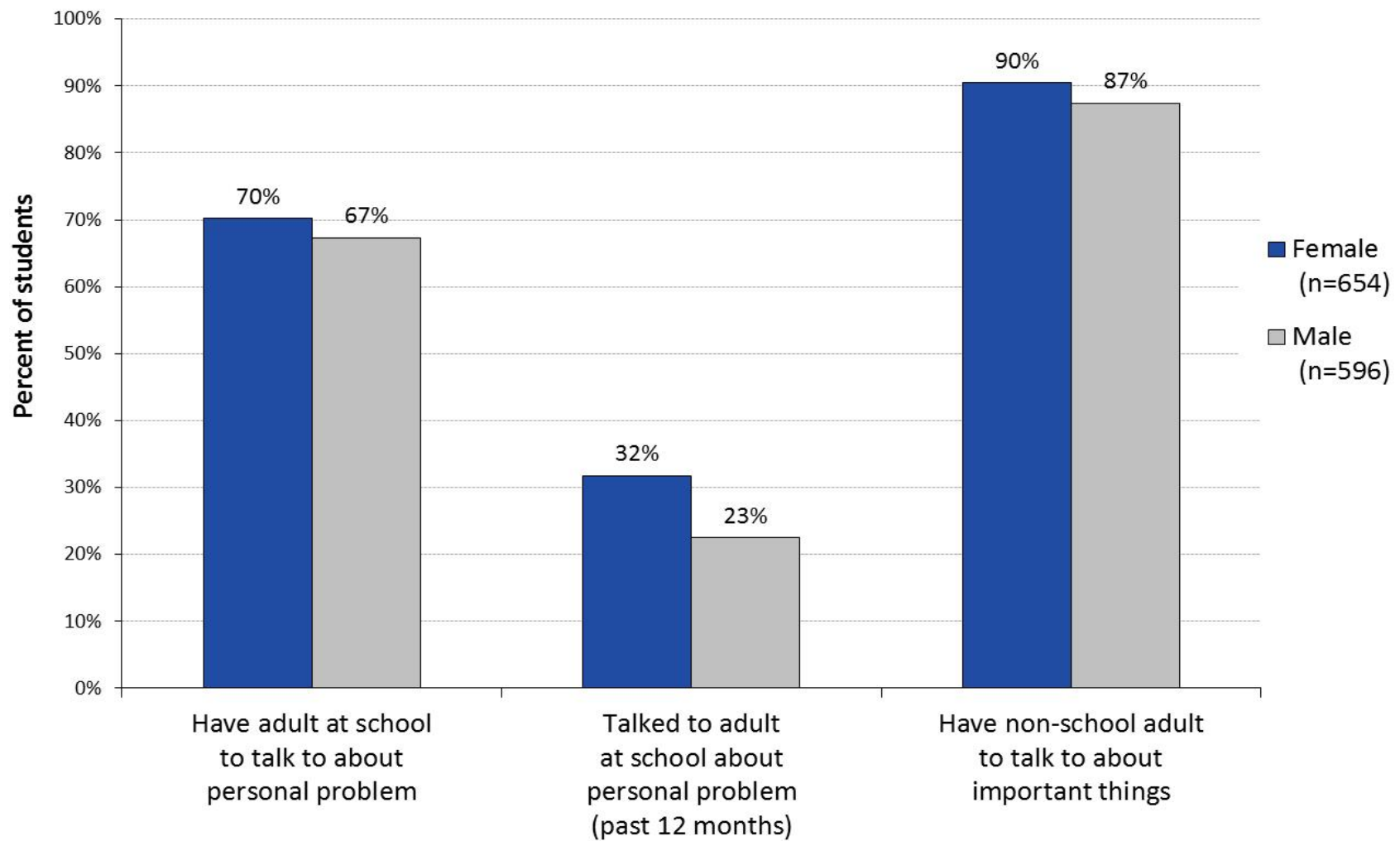


Figure 8-2A. Adult Support by Gender, 2012

Wellesley High School (Grades 9-12)

MetroWest Adolescent Health Survey



Middle School Conclusions

- The 2012 data show that Wellesley is making important advances in some behavioral health areas such as physical fighting and school bullying. While these demand continued attention, the data also highlight other areas of concern, including cyber bullying, mental health, and substance use initiation.

High School Conclusions

- The 2012 data show that Wellesley High School is making important advances in some behavioral health areas such as cigarette smoking, physical fighting, and school bullying. While these demand continued attention, the data also highlight other areas of concern including alcohol use, cyber bullying and mental health.

Looking ahead

- The 2014 MWAHS will mark a **decade** of data collection in the Wellesley and the region, and will provide additional information to inform school and community efforts to improve the health of our Middle and High School youth.
- Now in its second year, the School Wellness Advisory Committee (SWAC) serves to advise the district on a range of Health and Wellness issues. The SWAC Committee is engaged in using this data to offer recommendations to the district.

Questions?