

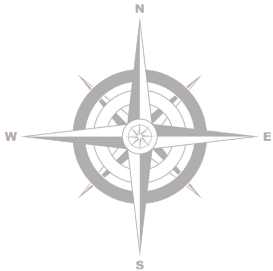
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# MetroWest Adolescent Health Survey 2021 Results

February 7, 2023  
Wellesley School Committee

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**WELLESLEY PUBLIC SCHOOLS**  
*Learning • Caring • Innovating*

# Presentation Overview

- Survey Purpose & Topics
- Selected Highlights
  - Substance Use
  - Cyberbullying
  - Mental Health
  - Online Behavior
  - Protective Factors
- Key Takeaways
- Ongoing Supports/Efforts
- Next Steps

Highlights from the MetroWest Adolescent Health Survey

*Informing data-driven school and community health policies and practices*

**2021** | Wellesley Middle School

GRADES 6-8

Spring 2022

Funded by: MetroWest Health Foundation  
Submitted by: Education Development Center, Inc.

The cover features a blue header with the title and subtitle, a small map of Massachusetts with a magnifying glass icon, and a central blue banner with the year and school name. Below the banner is a green-tinted illustration of students walking on a school campus. The bottom section contains logos for the MetroWest Health Foundation and Education Development Center, Inc., along with the date 'Spring 2022'.

Highlights from the MetroWest Adolescent Health Survey

*Informing data-driven school and community health policies and practices*

**2021** | Wellesley High School

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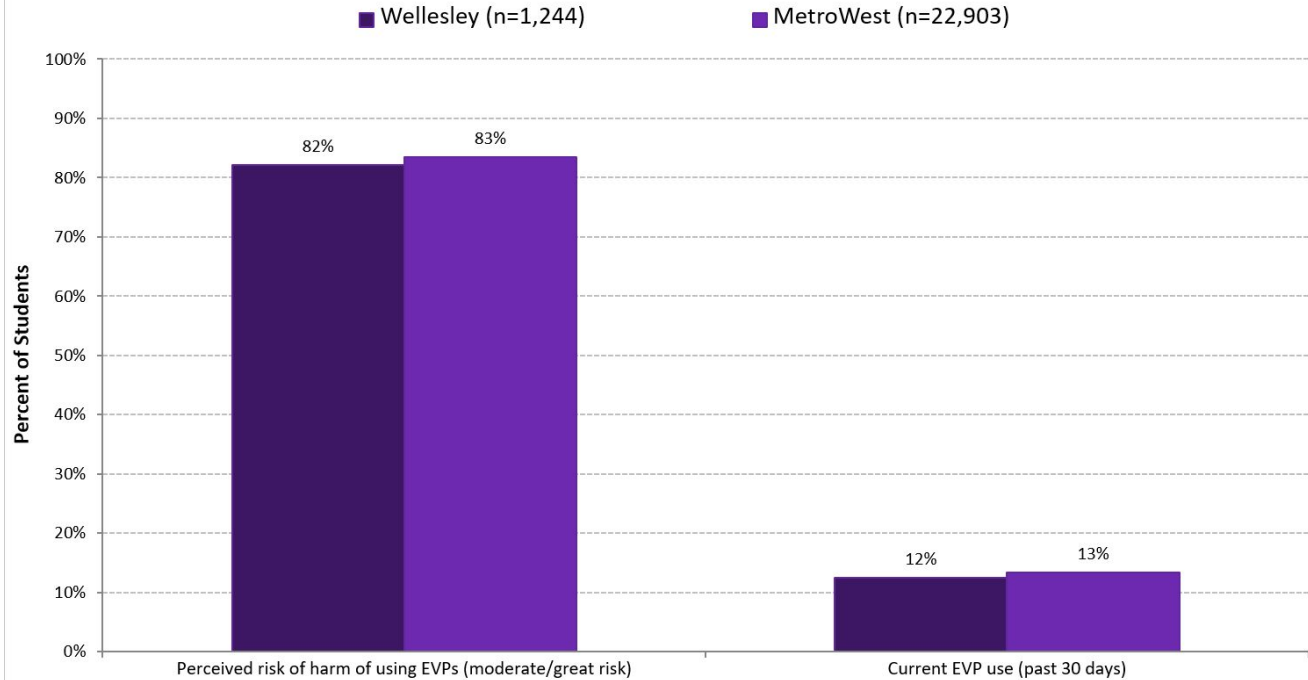
# Topics Covered on MWAHS Survey

- **Substance Use**
- Impaired and Distracted Driving
- Violence
- Bullying and **Cyberbullying**
- **Mental Health**
- Sexual Behavior
- Physical Activity, Overweight/Obesity, Sleep
- **Online Behavior**
- **Protective Factors**

# **Substance Use: Electronic Vaping Products & Vaping**

**WHS  
perceived risk  
and current  
use of EVPs  
was similar to  
the  
MetroWest.**

## Vaping (EVP) Use at the District and Regional Levels, 2021 Wellesley High School (Grades 9-12) *MetroWest Adolescent Health Survey*

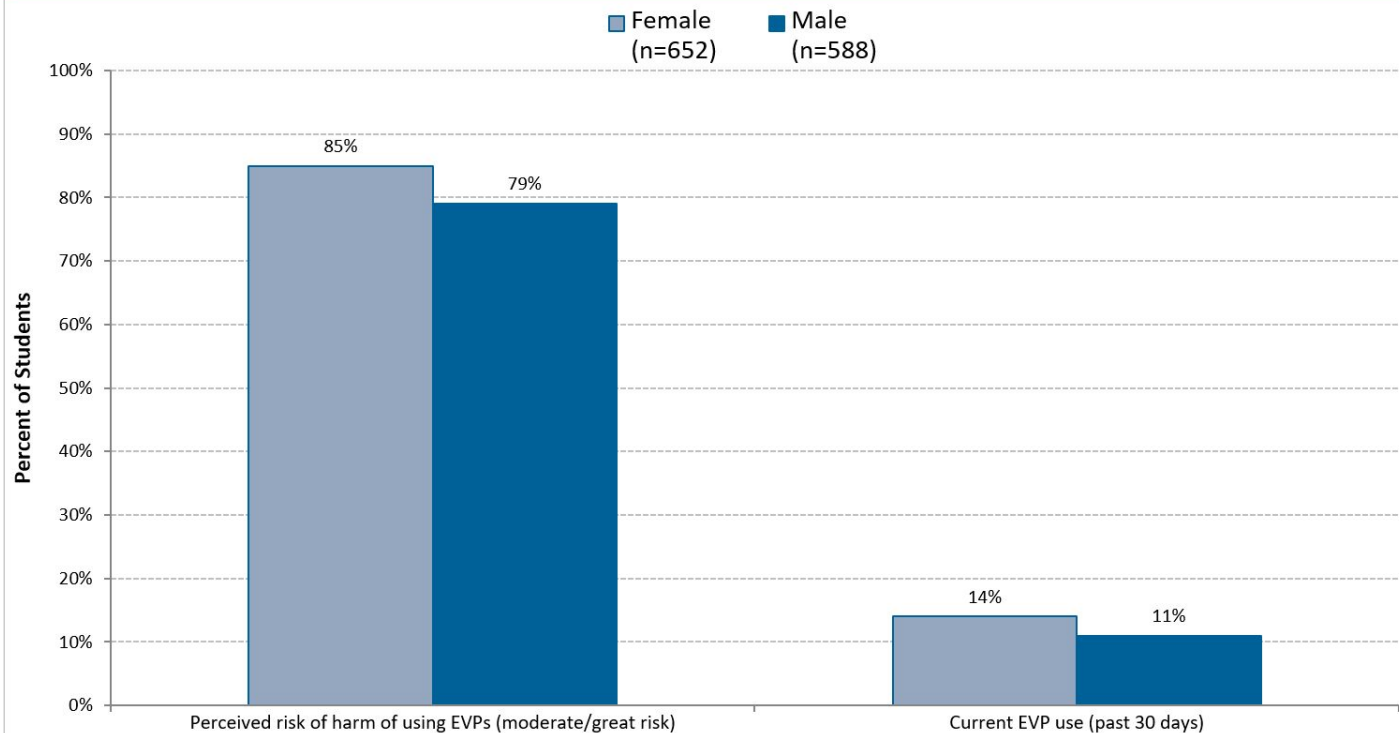


# Vaping by Sex, 2021

## Wellesley High School (Grades 9-12)

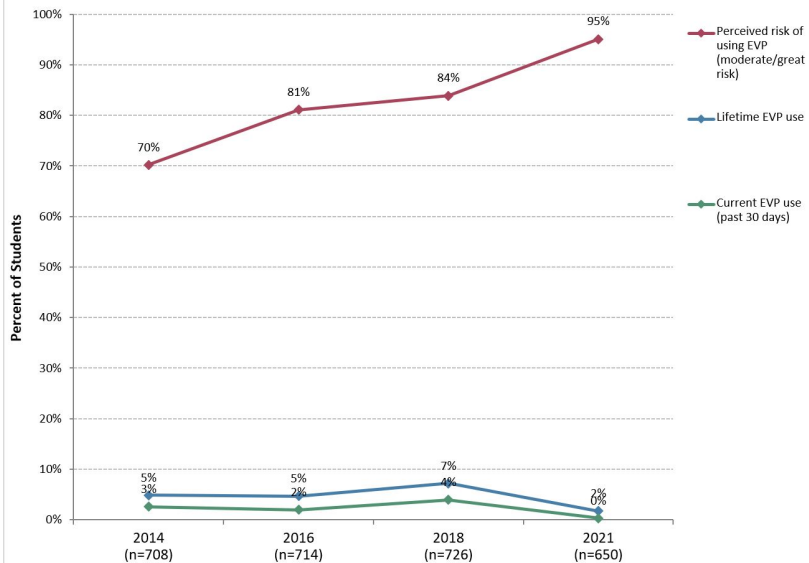
*MetroWest Adolescent Health Survey*

**WHS females had higher rates of perceived risk of vaping, and higher use rates, compared to males.**

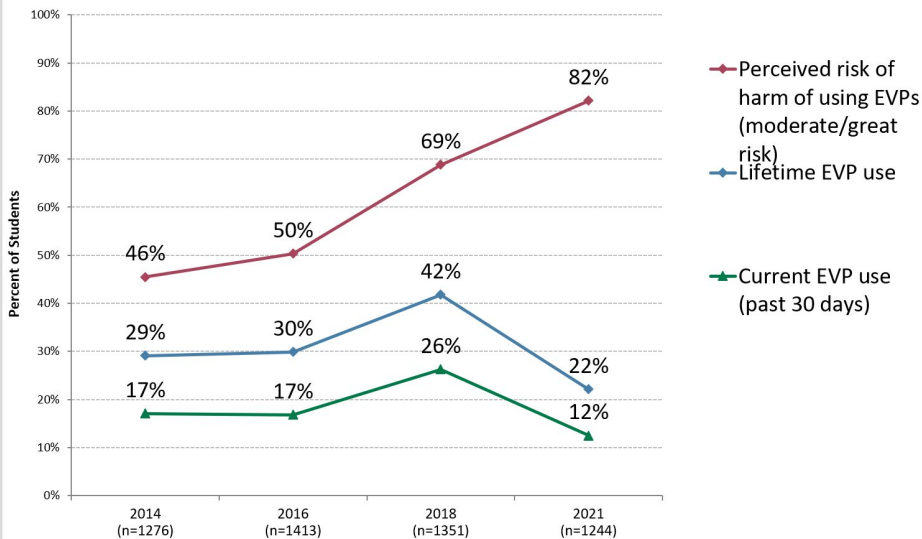


# WMS and WHS rates of perceived risk of vaping grew, and use rates have fallen

**Trends in Vaping, 2014-2021**  
**Wellesley Middle School (Grades 7-8)**  
*MetroWest Adolescent Health Survey*



**Trends in Vaping, 2014-2021**  
**Wellesley High School (Grades 9-12)**  
*MetroWest Adolescent Health Survey*



# **Substance Use: Alcohol**

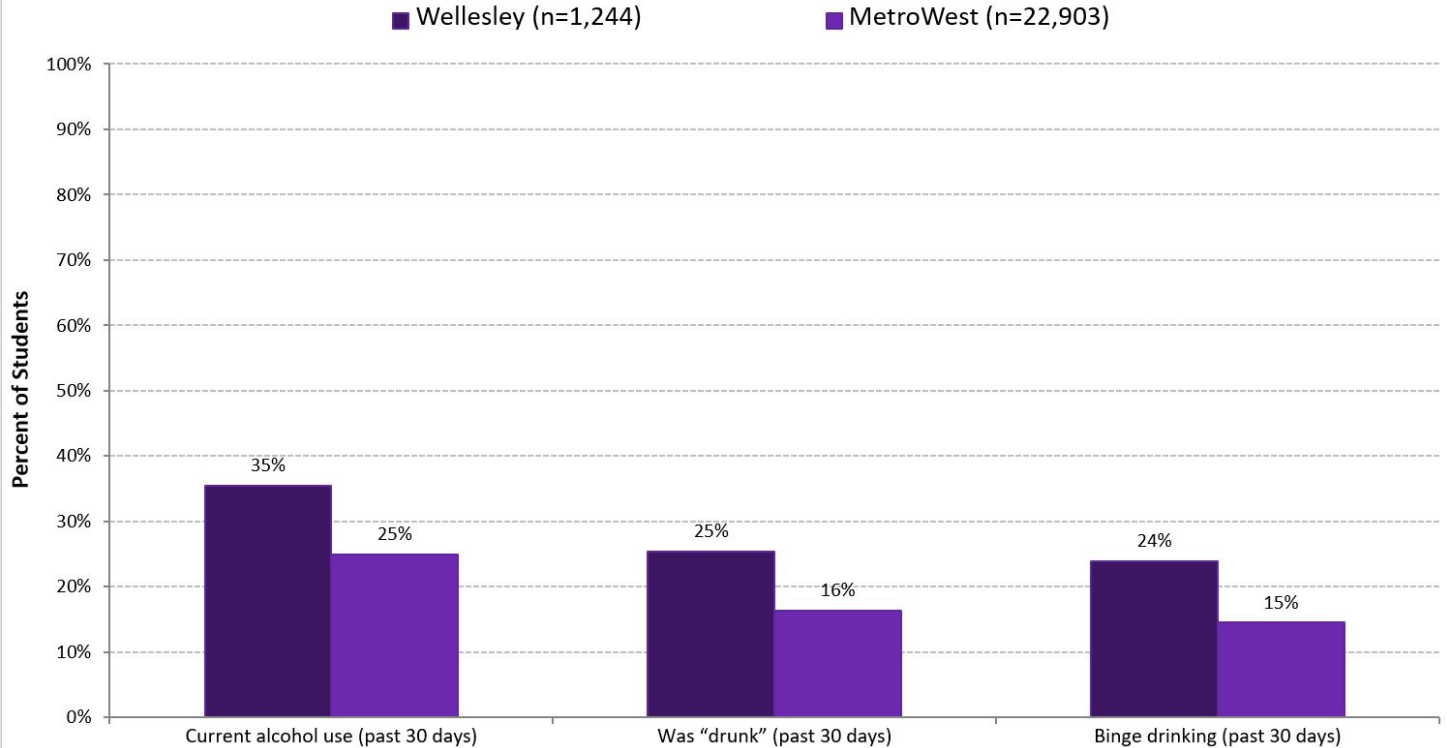


# Alcohol Use at the District and Regional Levels, 2021

## Wellesley High School (Grades 9-12)

*MetroWest Adolescent Health Survey*

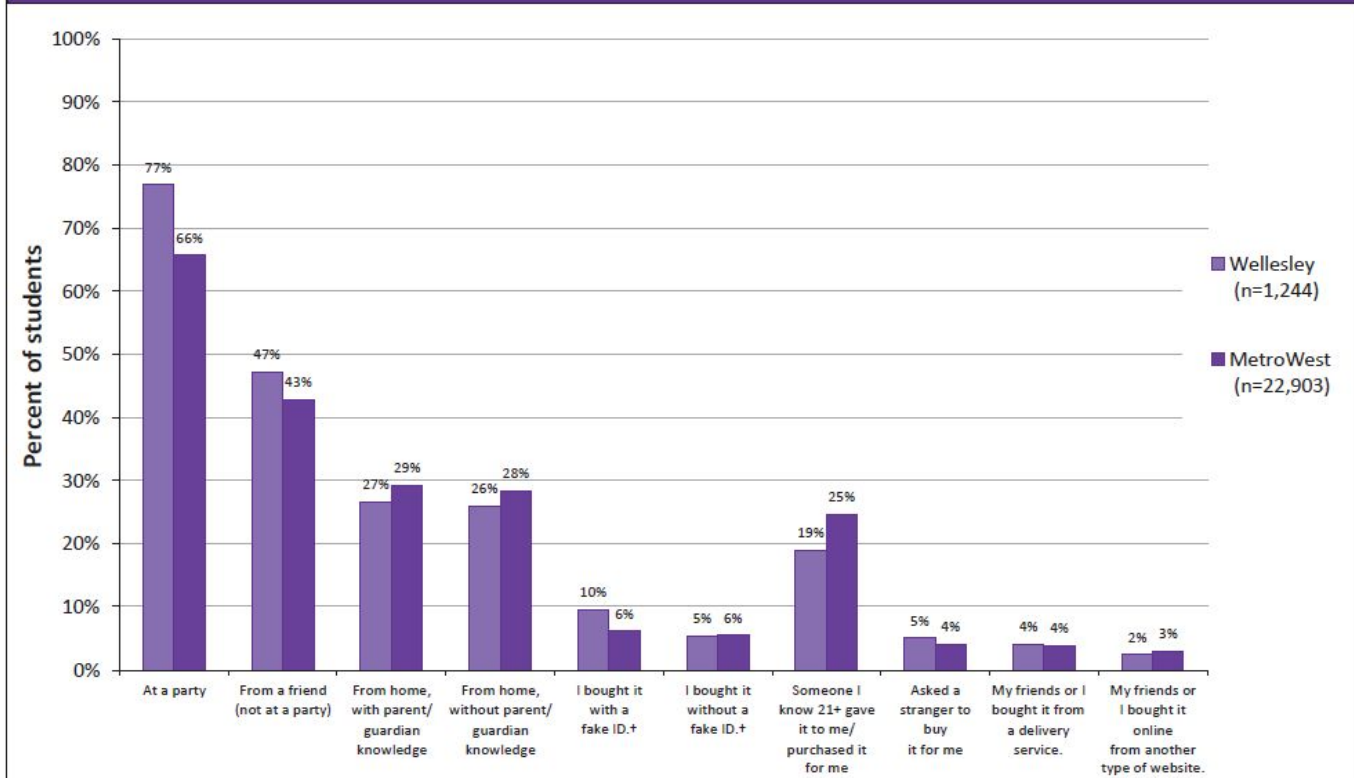
**WHS students used alcohol, were drunk, and binge drank at higher rates than the MetroWest.**



**WHS, who identified as current users, accessed alcohol at parties at higher rates than the MetroWest.**

**Alcohol access with parent/guardian knowledge has decreased from 2018.**

**Figure 2-8D. Access to Alcohol Among Current Drinkers\* at the District and Regional Levels, 2021**  
**Wellesley High School (Grades 9-12)**  
*MetroWest Adolescent Health Survey*

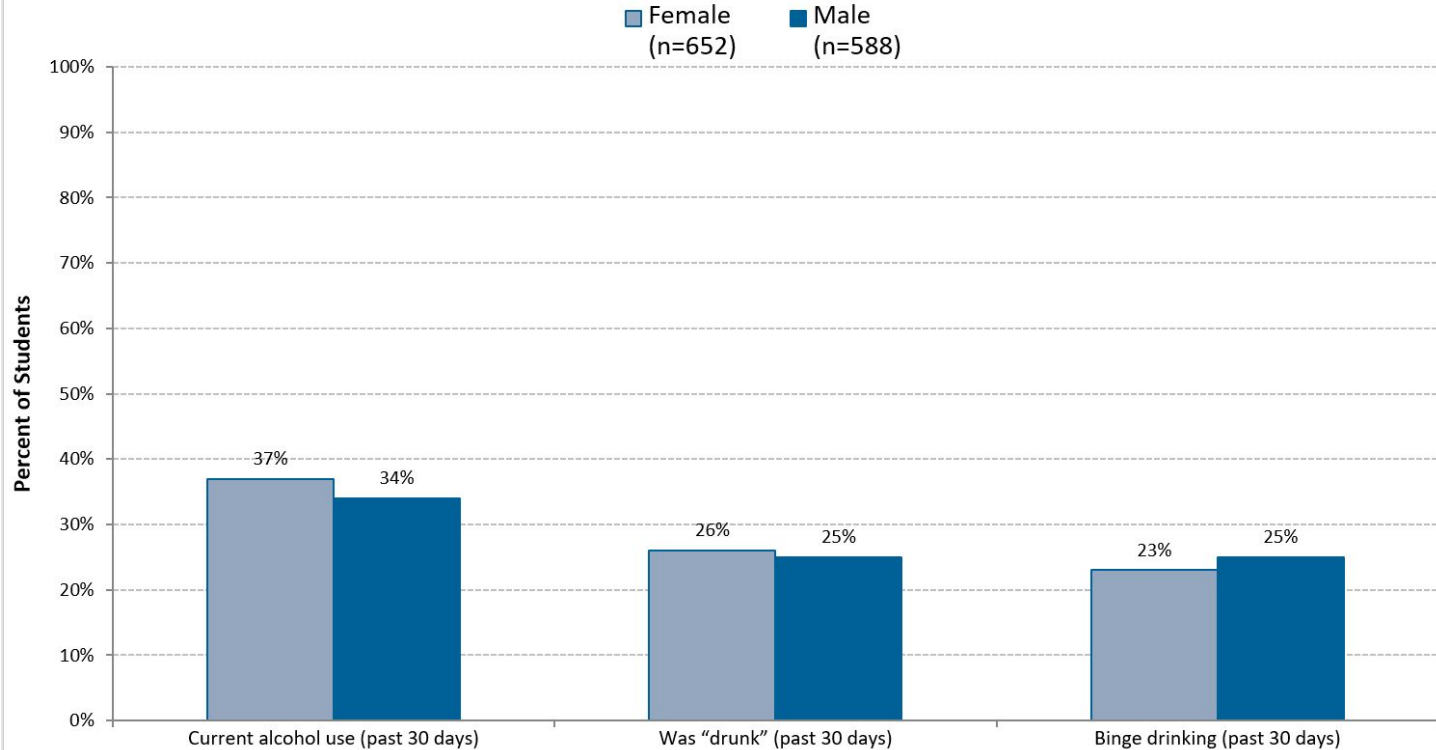


\* Among students who drank in the past 30 days

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

**WHS alcohol use has remained steady; it remains an area of focus in the health curriculum.**

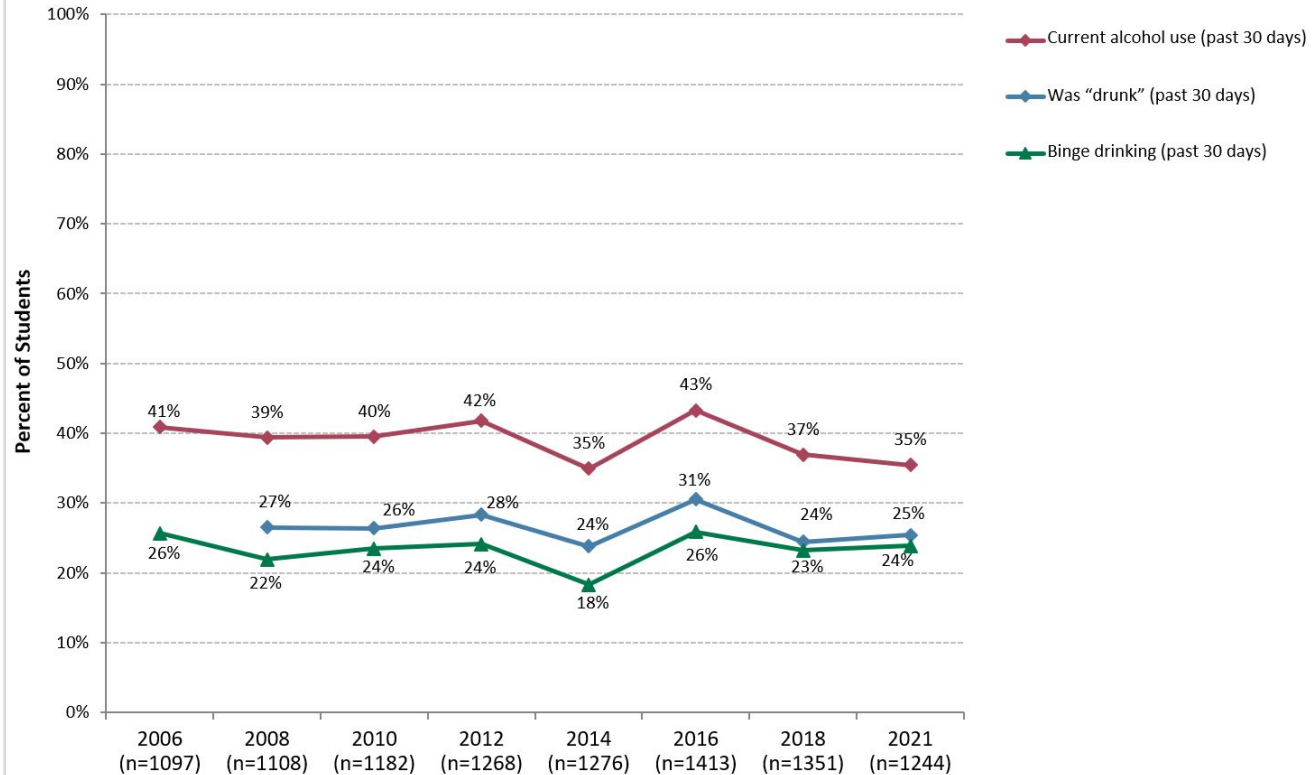
## Alcohol Use by Sex, 2021 Wellesley High School (Grades 9-12) *MetroWest Adolescent Health Survey*



# Trends in Alcohol Use, 2006-2021

## Wellesley High School (Grades 9-12)

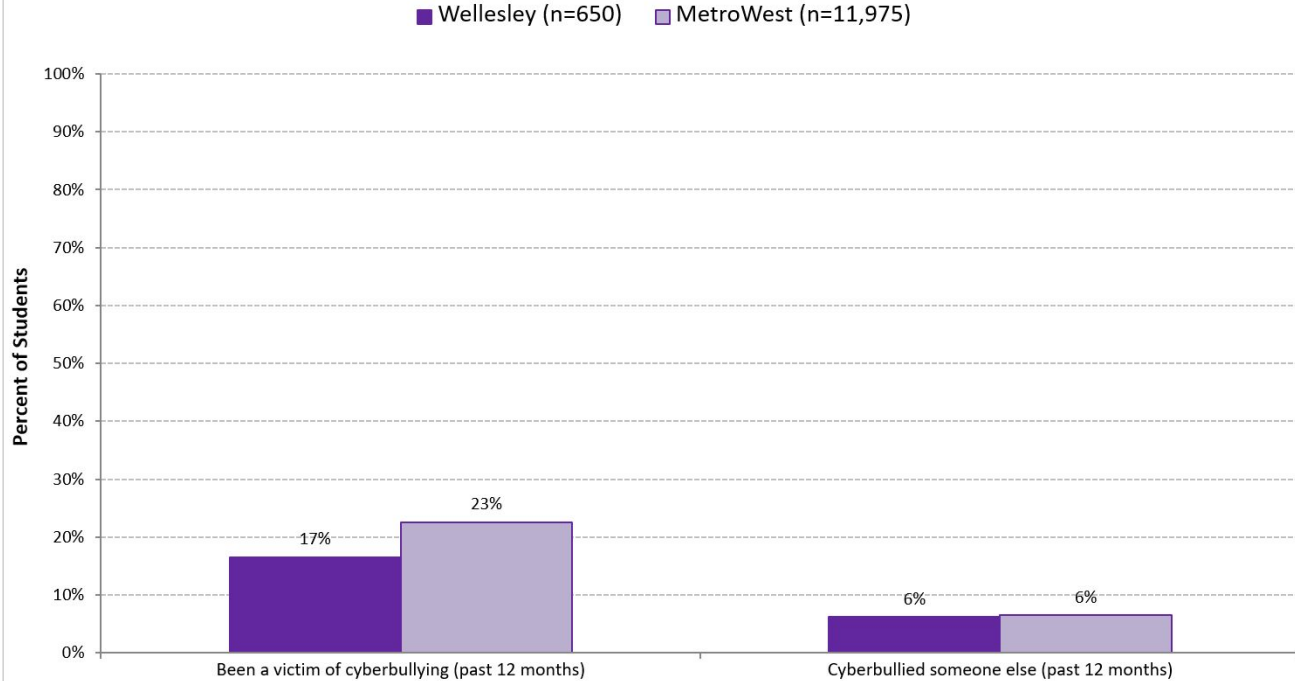
*MetroWest Adolescent Health Survey*



# Cyberbullying

**WMS students reported lower rates of being a victim of and similar rates of having cyberbullied someone else as the Metrowest.**

## Cyberbullying at the District and Regional Levels, 2021 Wellesley Middle School (Grades 7-8) *MetroWest Adolescent Health Survey*

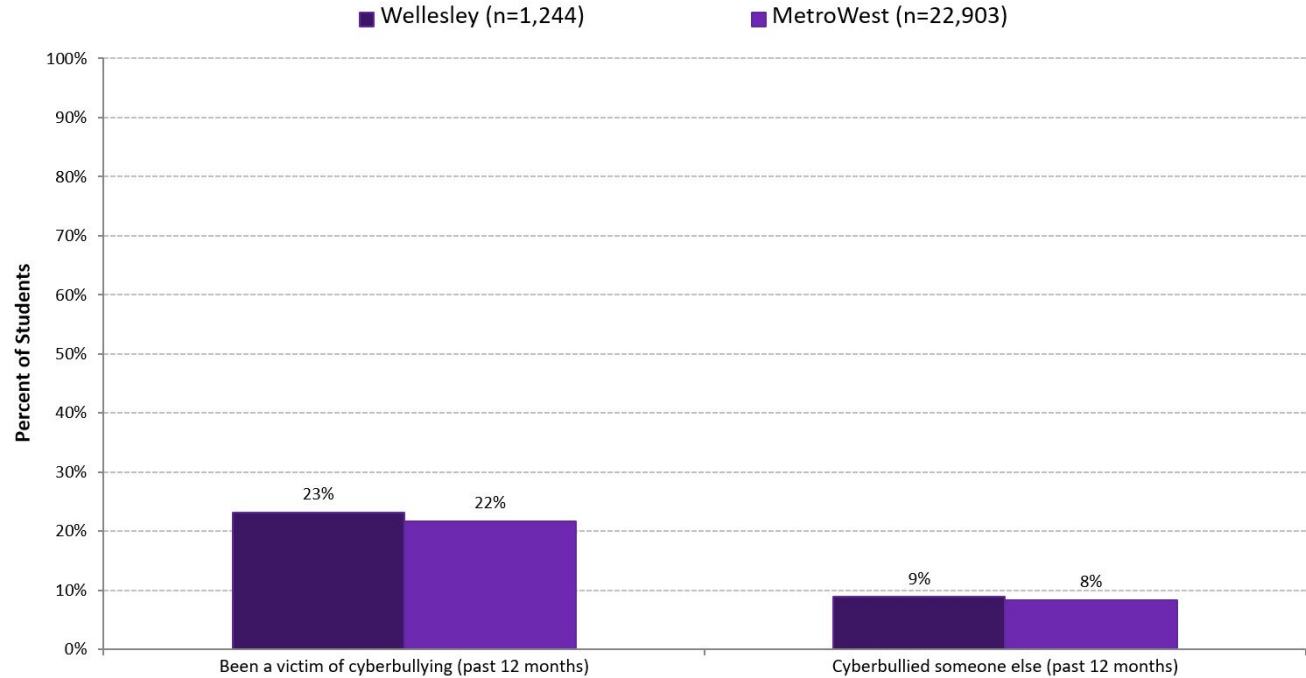


**WHS students reported similar rates of being a victim of or having cyberbullied someone else as the Metrowest.**

## Cyberbullying at the District and Regional Levels, 2021

### Wellesley High School (Grades 9-12)

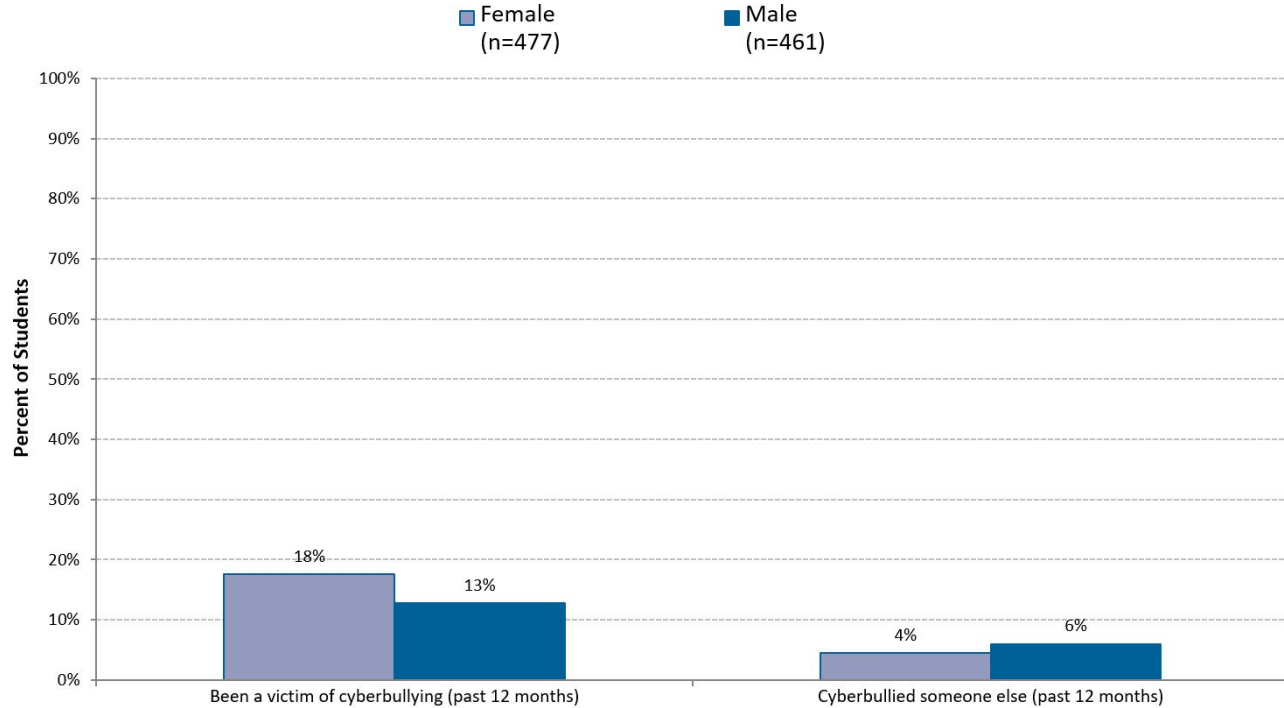
*MetroWest Adolescent Health Survey*



**WMS grade 6-8 females were more likely to report having been a victim of cyberbullying, while males were more likely to report having cyberbullied someone else.**

## Cyberbullying by Sex, 2021 Wellesley Middle School (Grades 6-8)

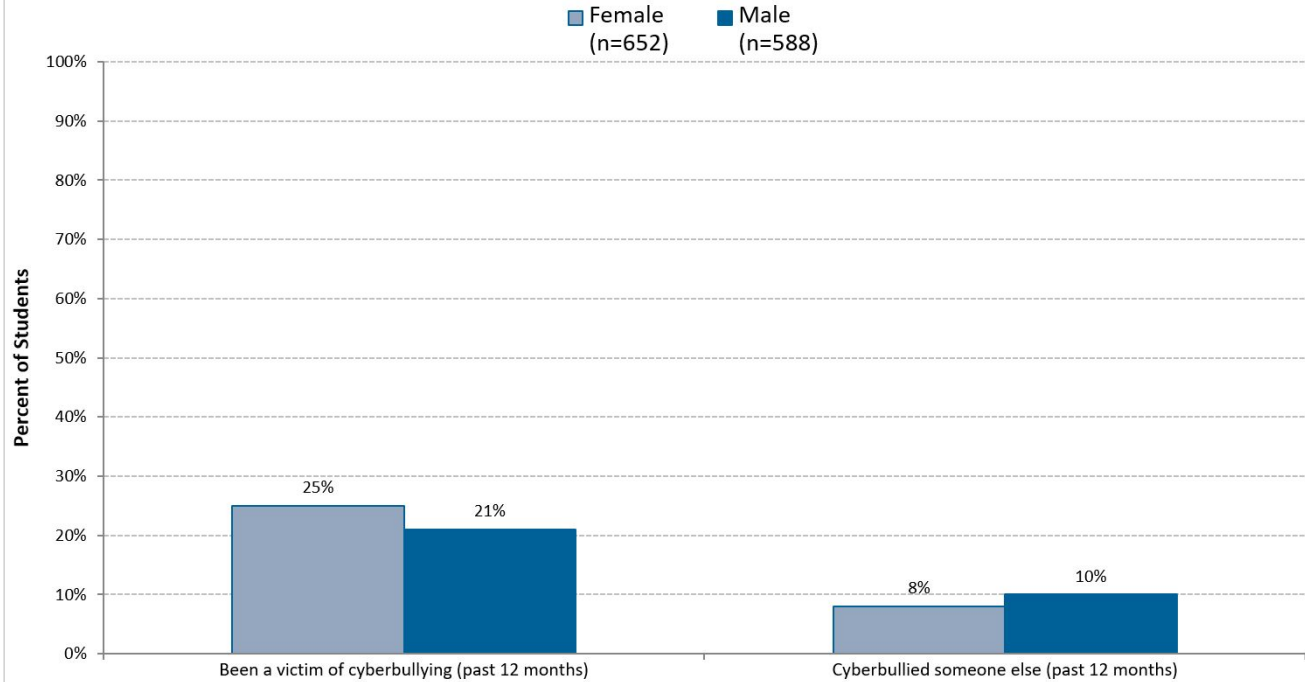
*MetroWest Adolescent Health Survey*





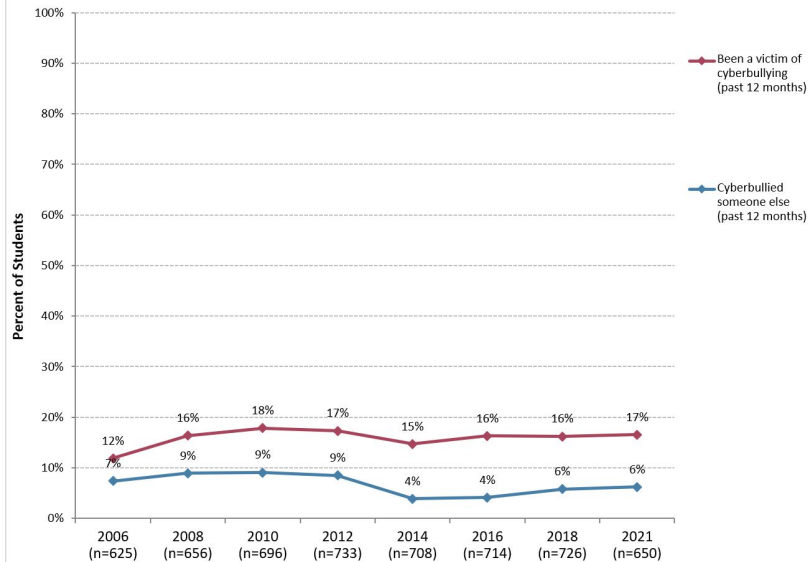
**WHS grade 9-12 females were more likely to report having been a victim of cyberbullying, while males were more likely to report having cyberbullied someone else.**

## Cyberbullying by Sex, 2021 Wellesley High School (Grades 9-12) *MetroWest Adolescent Health Survey*

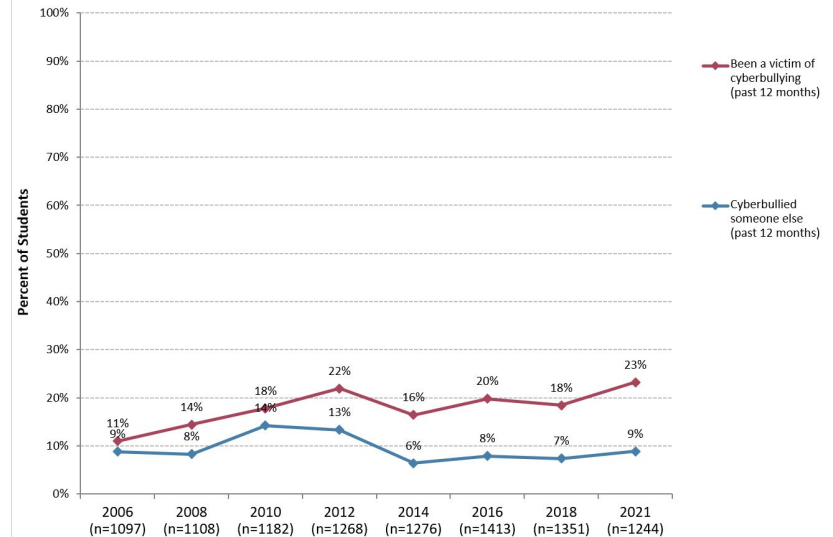


# Trends in Cyberbullying

**Trends in Cyberbullying, 2006-2021**  
**Wellesley Middle School (Grades 7-8)**  
*MetroWest Adolescent Health Survey*



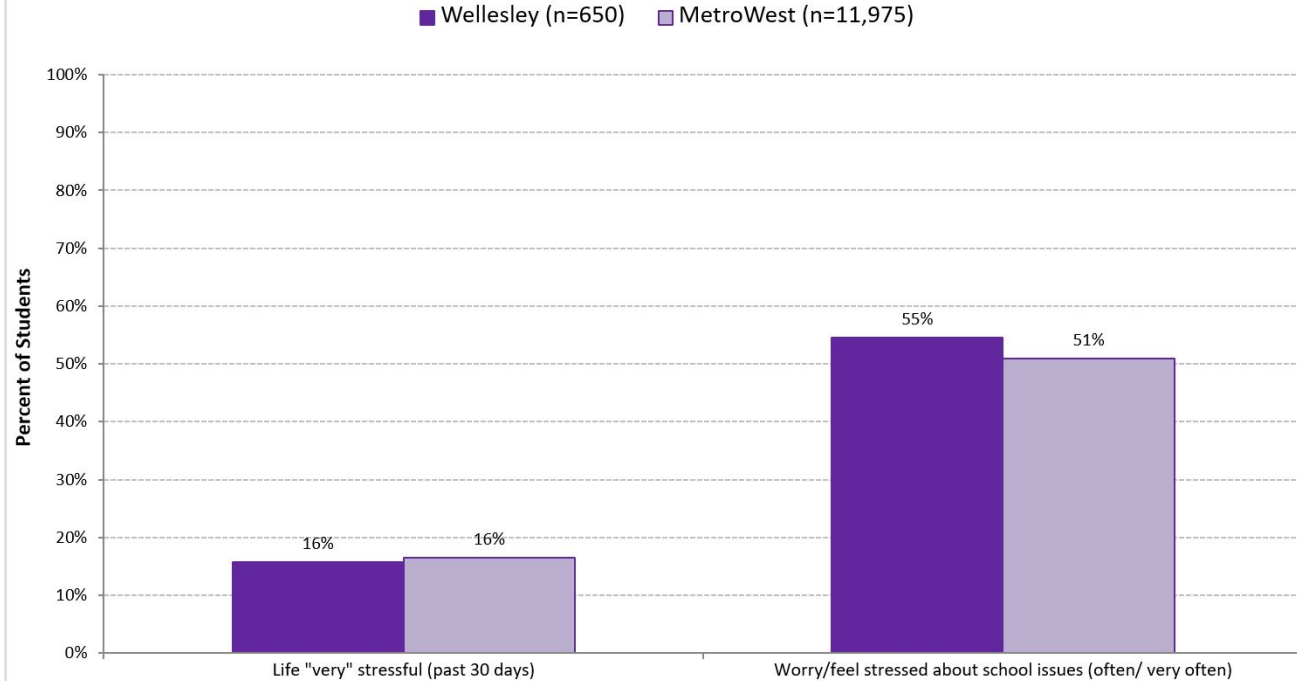
**Trends in Cyberbullying, 2006-2021**  
**Wellesley High School (Grades 9-12)**  
*MetroWest Adolescent Health Survey*



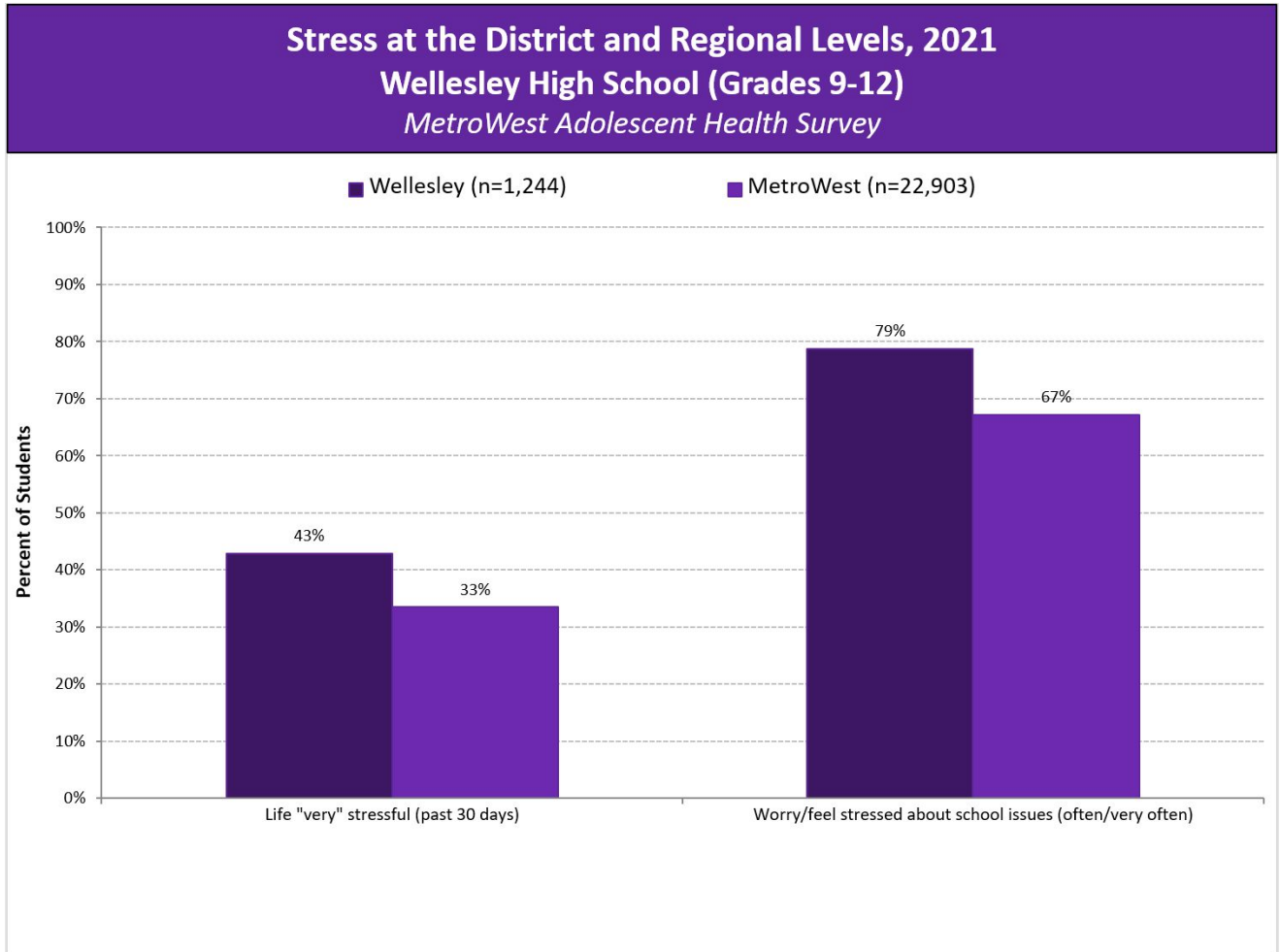
# **Mental Health: Stress**

**WMS students had higher rates than the Metrowest of feeling stressed about school issues “often” or “very often.”**

## Stress at the District and Regional Levels, 2021 Wellesley Middle School (Grades 7-8) *MetroWest Adolescent Health Survey*



**WHS students had higher rates than the Metrowest of feeling stressed and “very” stressed about life and school issues.**

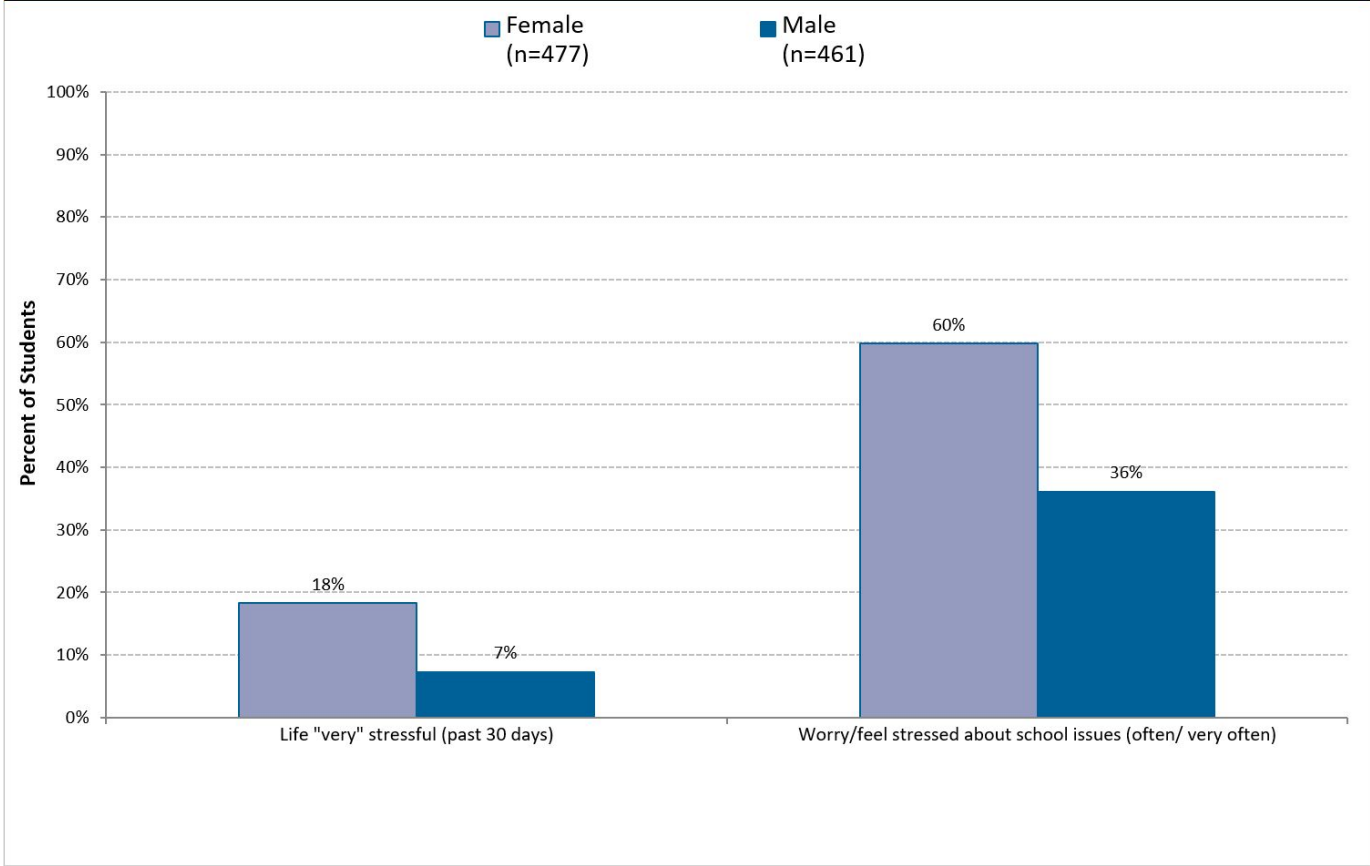


**WMS grade 6-8 females felt stressed and “very” stressed about school issues at higher rates than males.**

# Stress by Sex, 2021

## Wellesley Middle School (Grades 6-8)

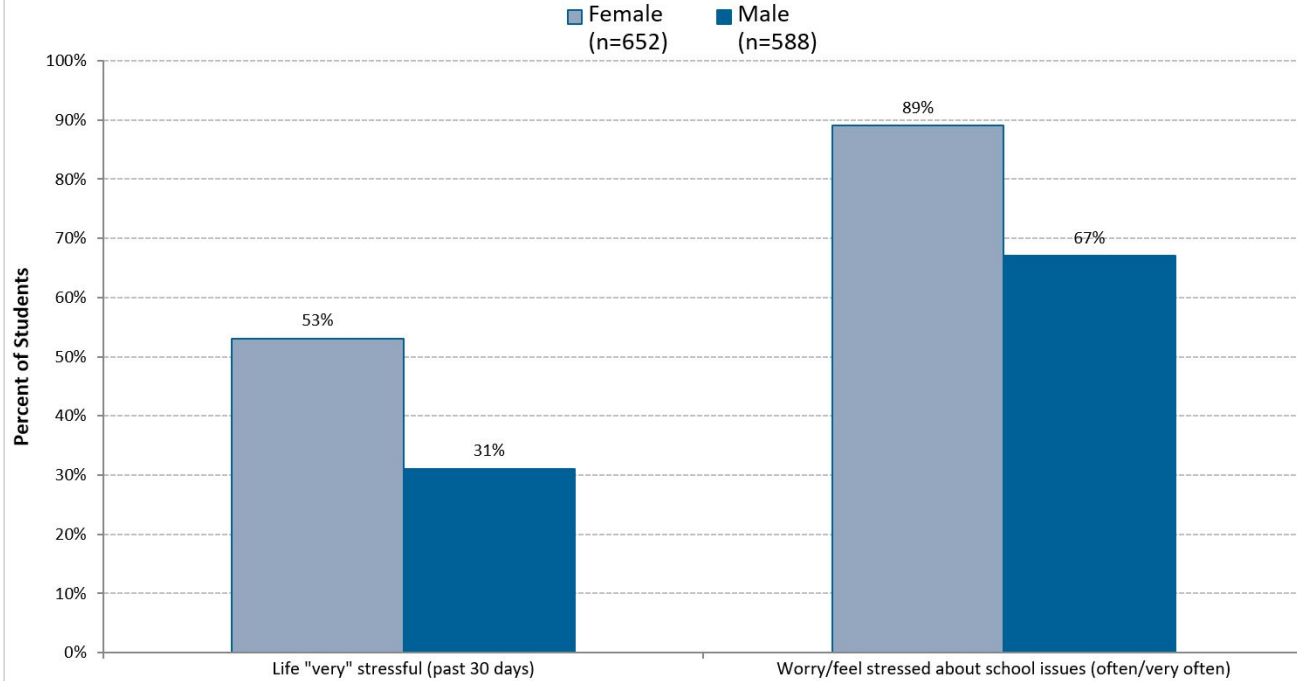
*MetroWest Adolescent Health Survey*



**WHS grade 9-12 females felt stressed and “very” stressed about school issues at higher rates than males.**

## Stress by Sex, 2021 Wellesley High School (Grades 9-12)

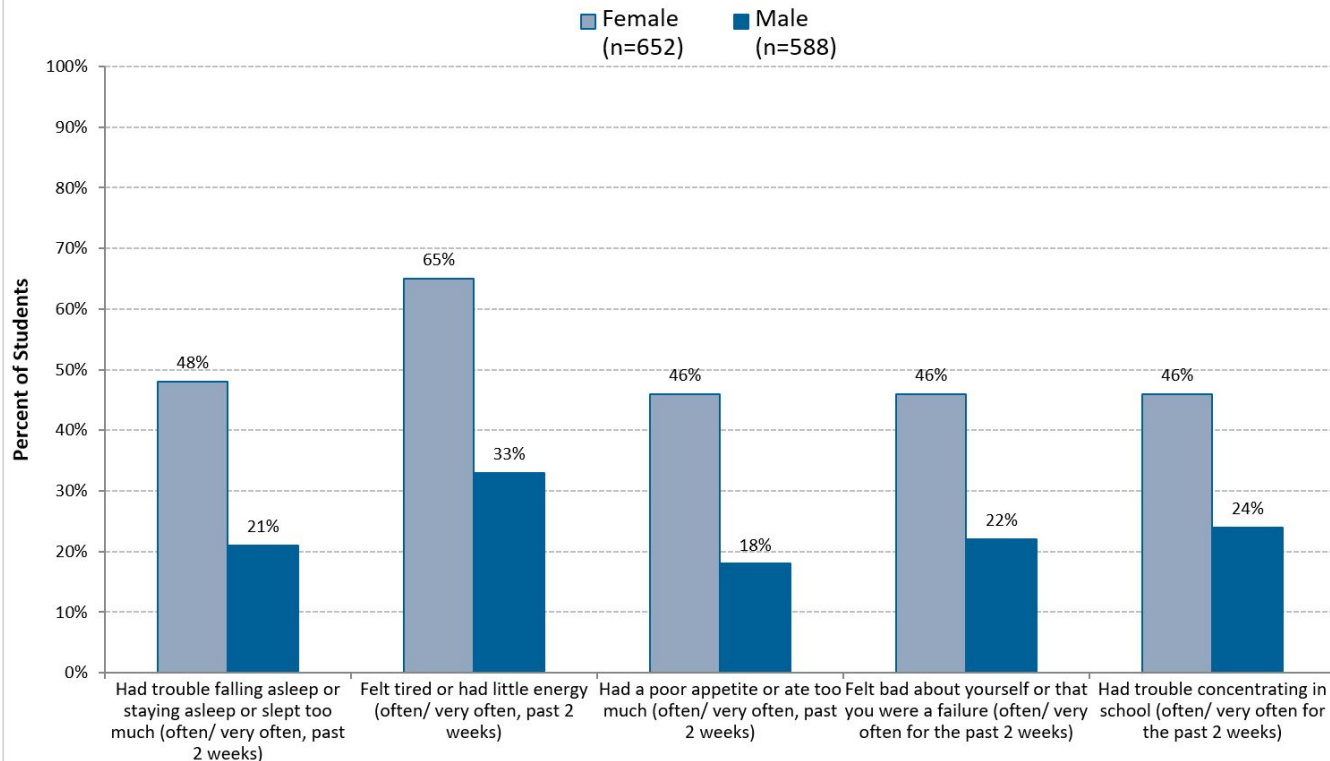
*MetroWest Adolescent Health Survey*



**Overall,  
WHS  
females had  
stress  
symptoms  
at higher  
rates than  
males.**

## Stress Symptoms by Sex, 2021 Wellesley High School (Grades 9-12)

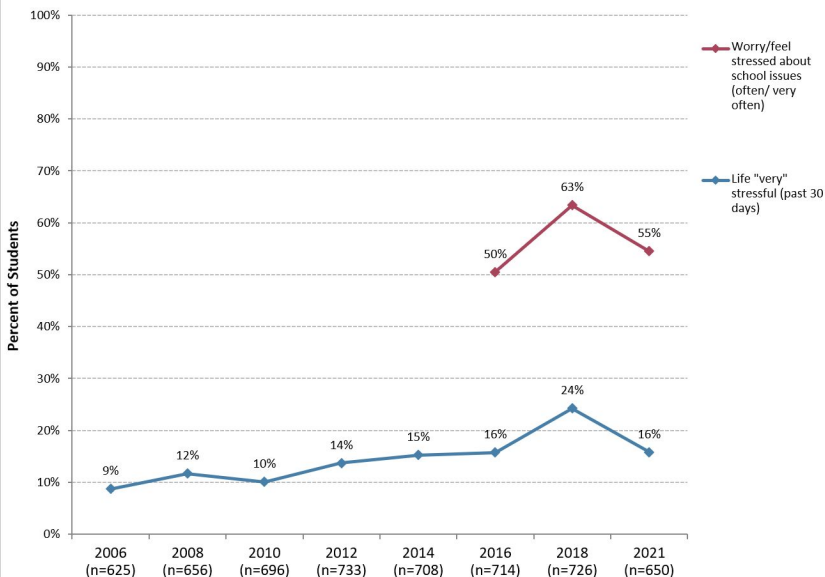
*MetroWest Adolescent Health Survey*



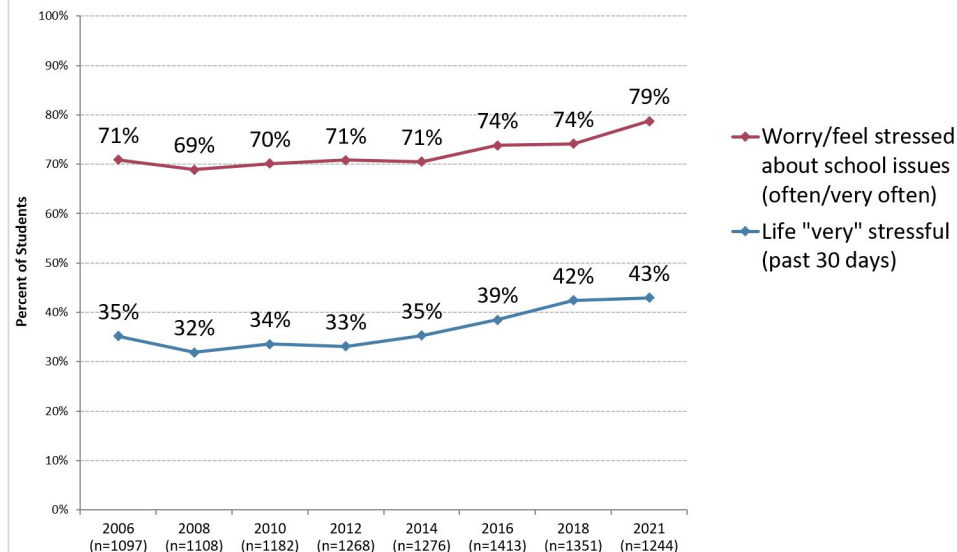


# WHS student rates of feeling stressed and “very” stressed about school have increased.

**Trends in Stress, 2006-2021**  
**Wellesley Middle School (Grades 7-8)**  
*MetroWest Adolescent Health Survey*



**Trends in Stress, 2006-2021**  
**Wellesley High School (Grades 9-12)**  
*MetroWest Adolescent Health Survey*



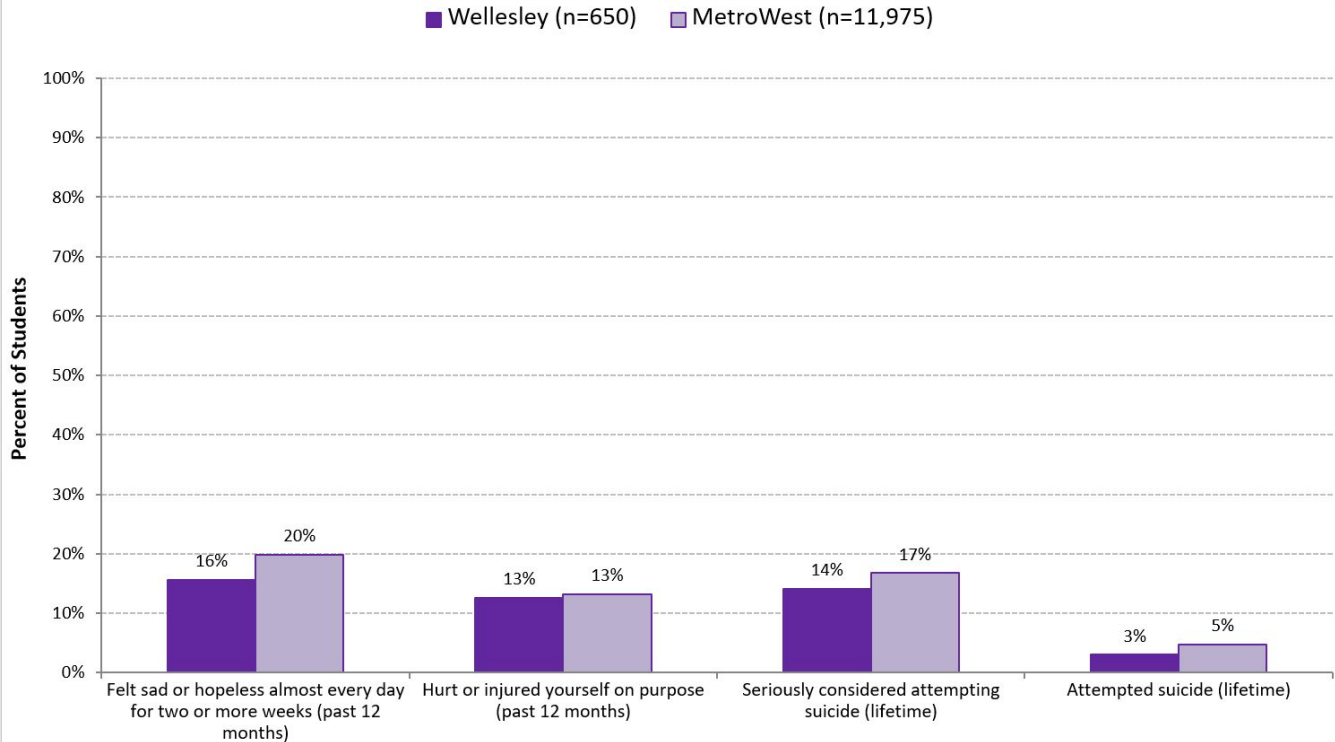
# **Mental Health: Depressive and Suicidal Symptoms**

# Depressive and Suicidal Symptoms at the District and Regional Levels, 2021

## Wellesley Middle School (Grades 7-8)

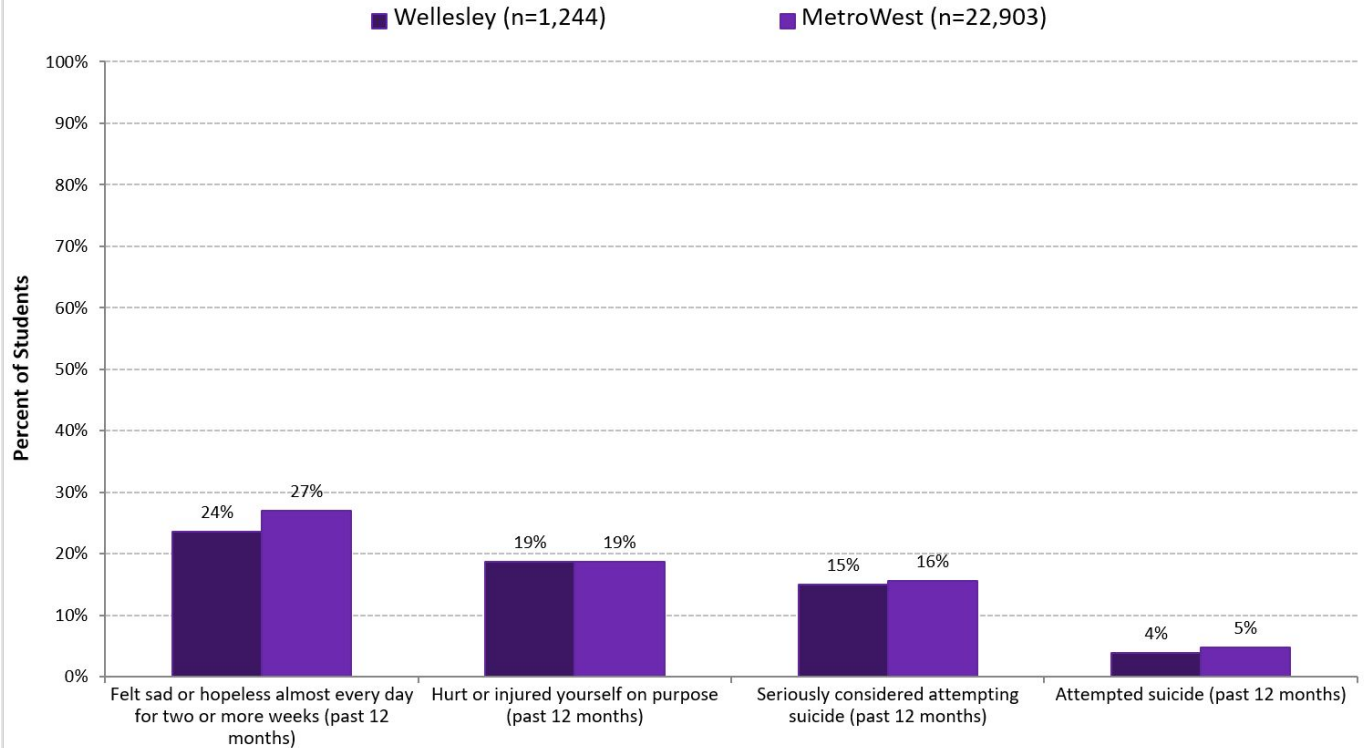
MetroWest Adolescent Health Survey

**WMS grade 7-8 students had depressive and suicidal symptoms at equal or lower rates than the Metrowest.**



**WHS grade 9-12 students had depressive and suicidal symptoms at equal or lower rates than the Metrowest.**

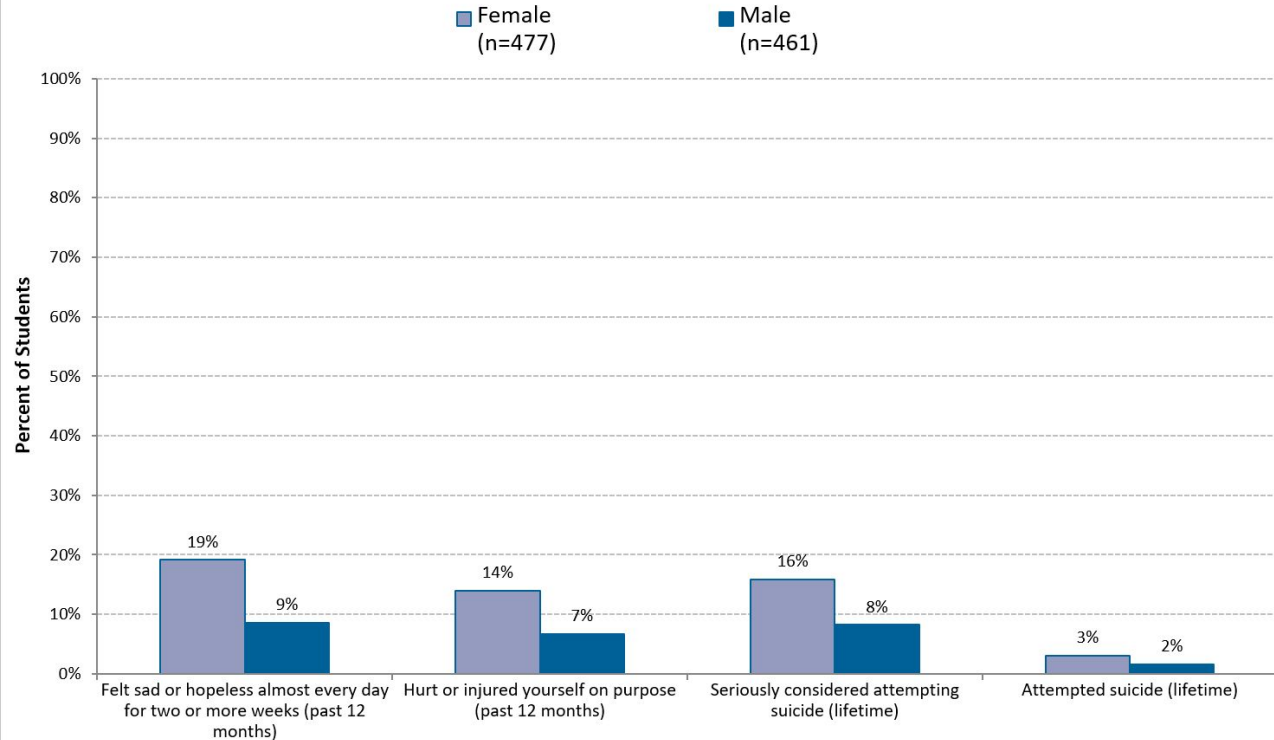
## Depressive and Suicidal Symptoms at the District and Regional Levels, 2021 Wellesley High School (Grades 9-12) *MetroWest Adolescent Health Survey*



# Depressive and Suicidal Symptoms by Sex, 2021 Wellesley Middle School (Grades 6-8)

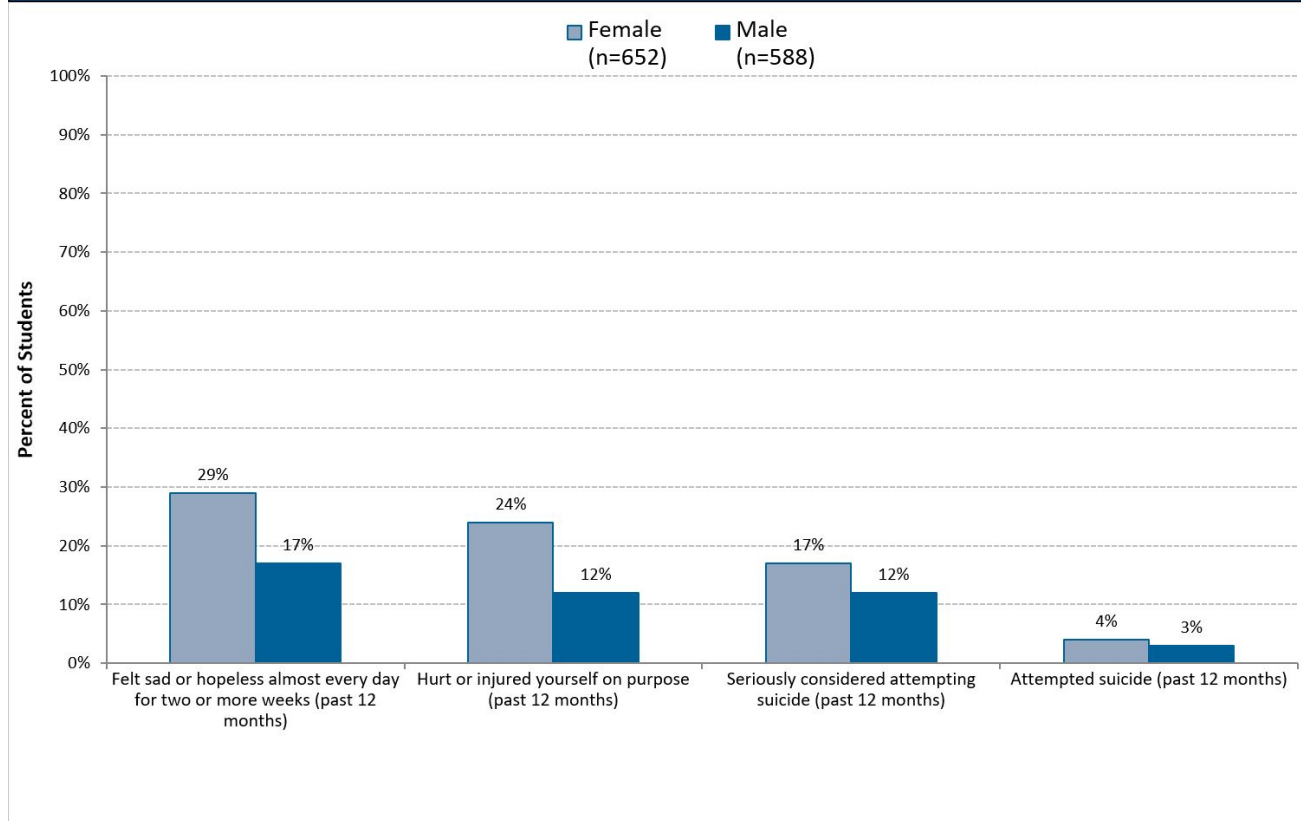
MetroWest Adolescent Health Survey

**WMS grade  
6-8 females  
had  
depressive  
and suicidal  
symptoms  
at higher  
rates than  
males.**



**WHS grade 9-12 females had depressive and suicidal symptoms at higher rates than males.**

## Depressive and Suicidal Symptoms by Sex, 2021 Wellesley High School (Grades 9-12) *MetroWest Adolescent Health Survey*

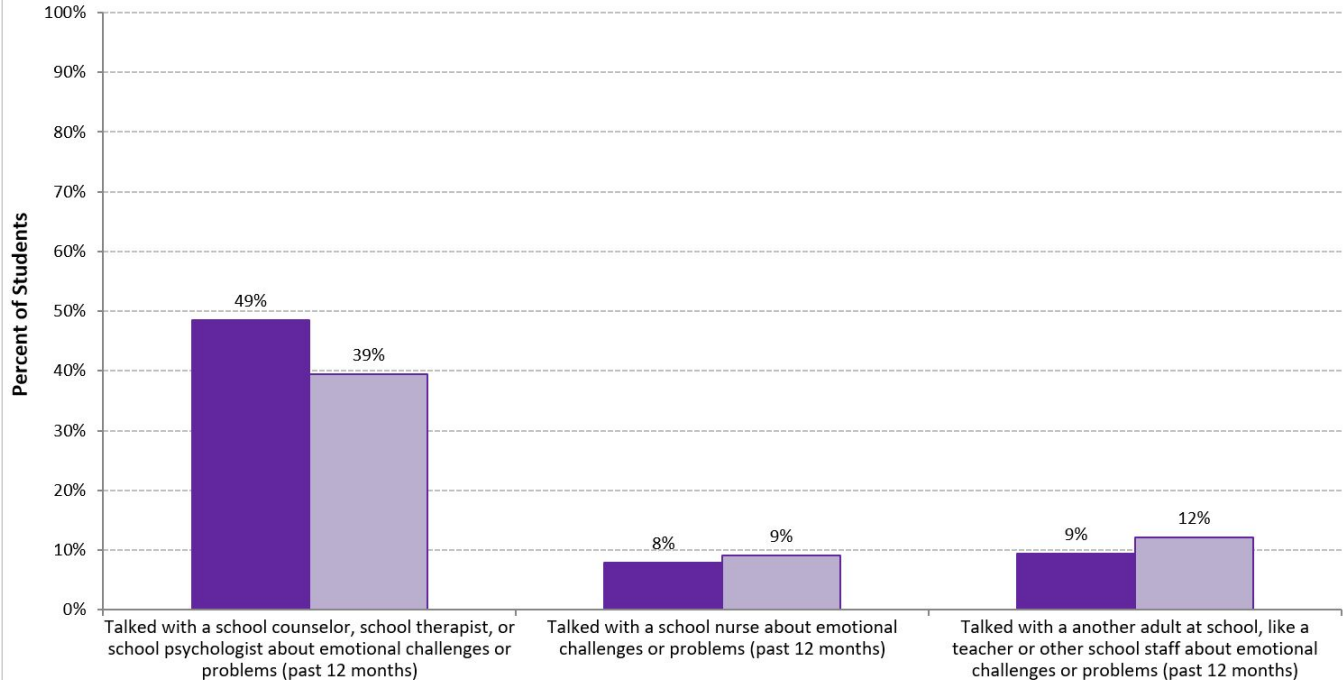


# **Mental Health: Emotions Help-Seeking**

# School-Based Emotions Help-Seeking at the District and Regional Levels, 2021 Wellesley Middle School (Grades 7-8)

*MetroWest Adolescent Health Survey*

■ Wellesley (n=650) ■ MetroWest (n=11,975)



**WMS grade 7-8 students sought emotional help at school at similar or higher rates to the Metrowest.**

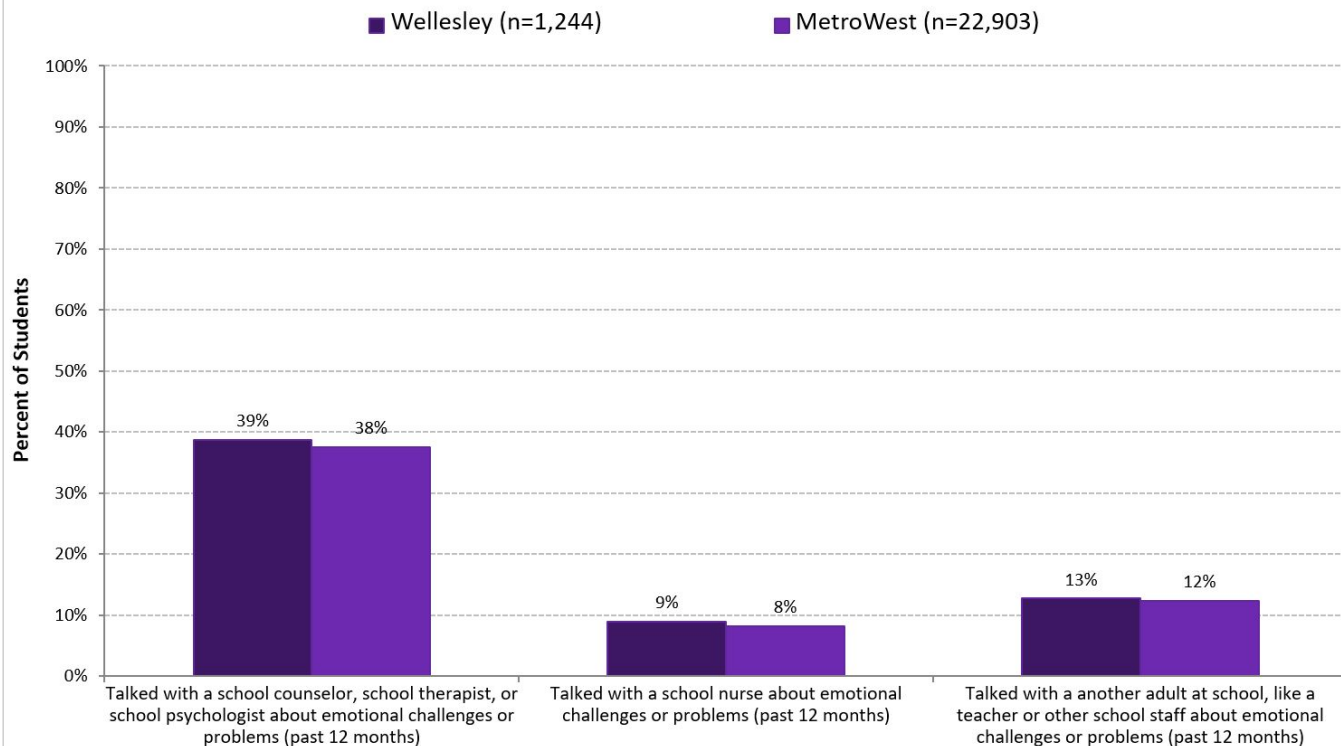


**WHS grade 9-12 students sought emotional help at school at similar or higher rates than the Metrowest.**

## School-Based Emotions Help-Seeking at the District and Regional Levels, 2021

### Wellesley High School (Grades 9-12)

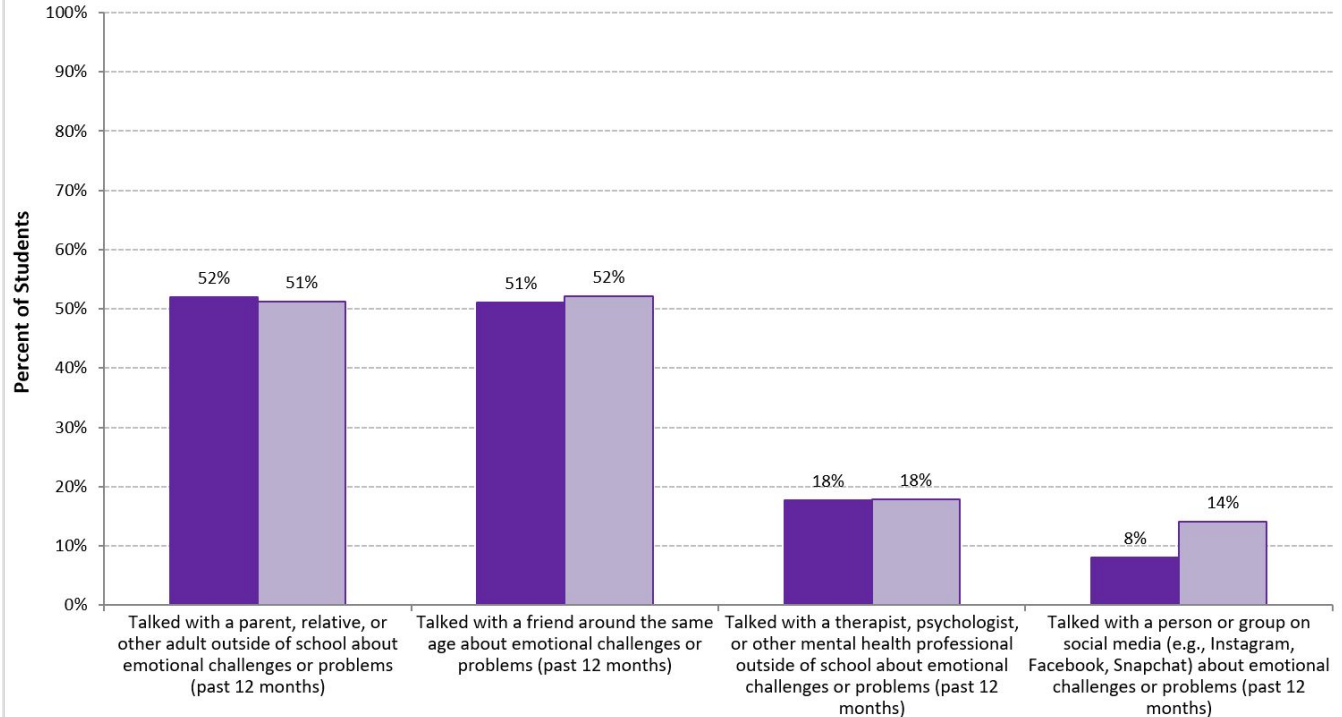
*MetroWest Adolescent Health Survey*



# Out of School Emotions Help-Seeking at the District and Regional Levels, 2021 Wellesley Middle School (Grades 7-8)

*MetroWest Adolescent Health Survey*

■ Wellesley (n=650) ■ MetroWest (n=11,975)



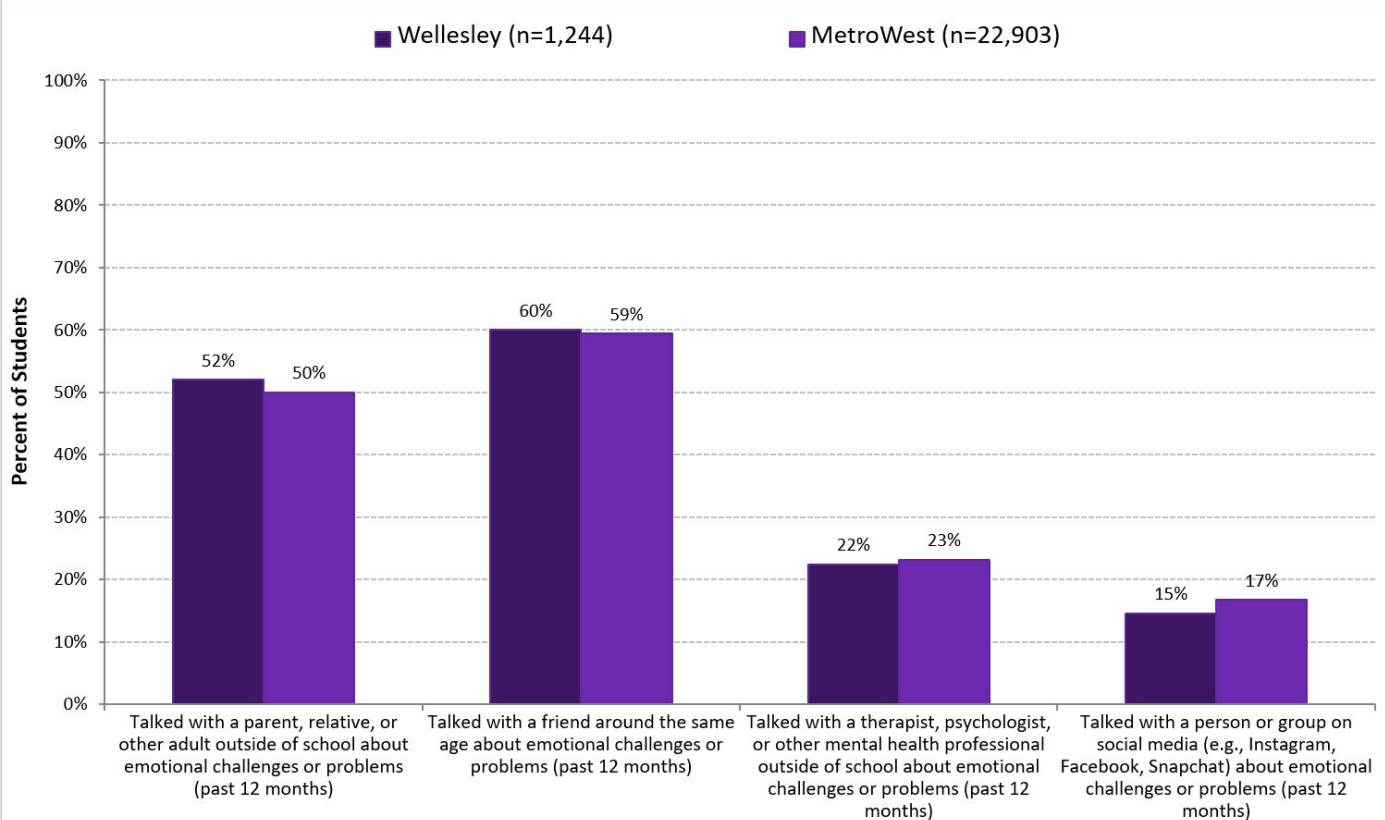
**WMS grade 7-8 students sought emotions help outside of school at similar rates to the Metrowest.**

# Out of School Emotions Help-Seeking at the District and Regional Levels, 2021

## Wellesley High School (Grades 9-12)

*MetroWest Adolescent Health Survey*

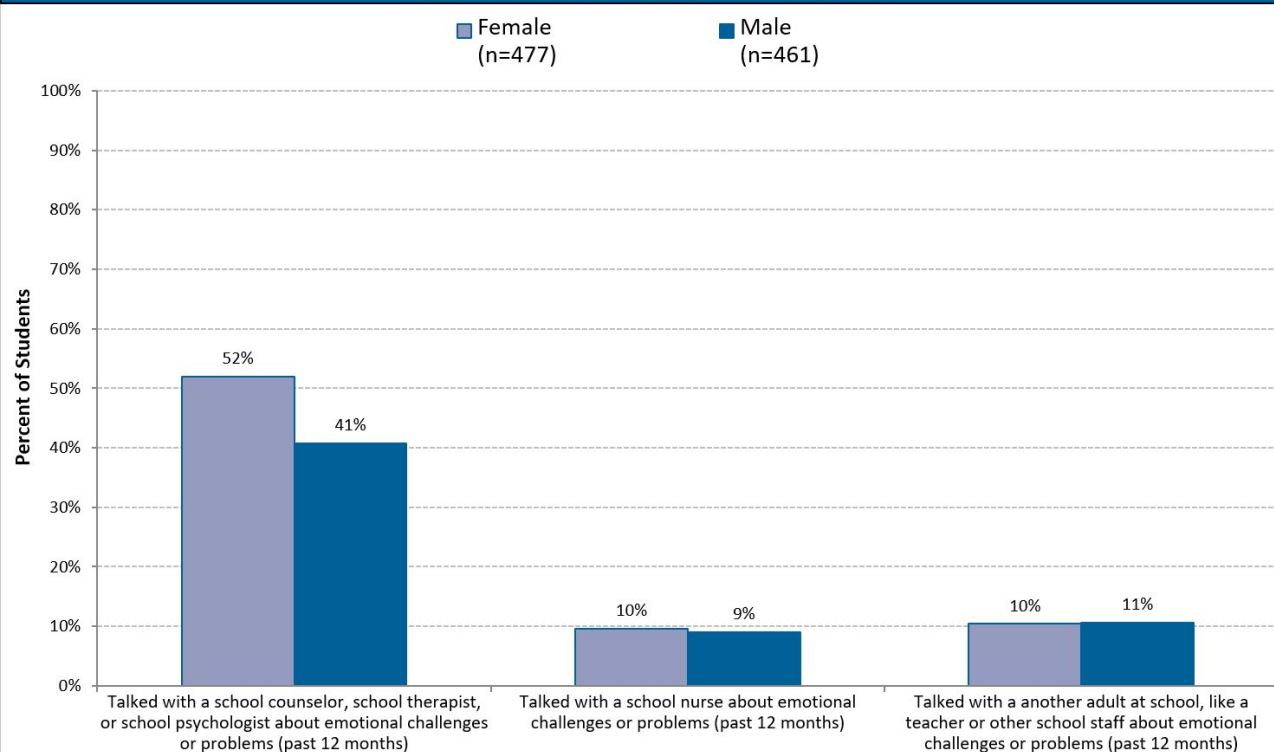
**WHS grade 9-12 students sought emotions help outside of school at similar rates to the Metrowest.**



**WMS grade 6-8 males reported similar emotions help-seeking as females through school services except for talking with a school counselor.**

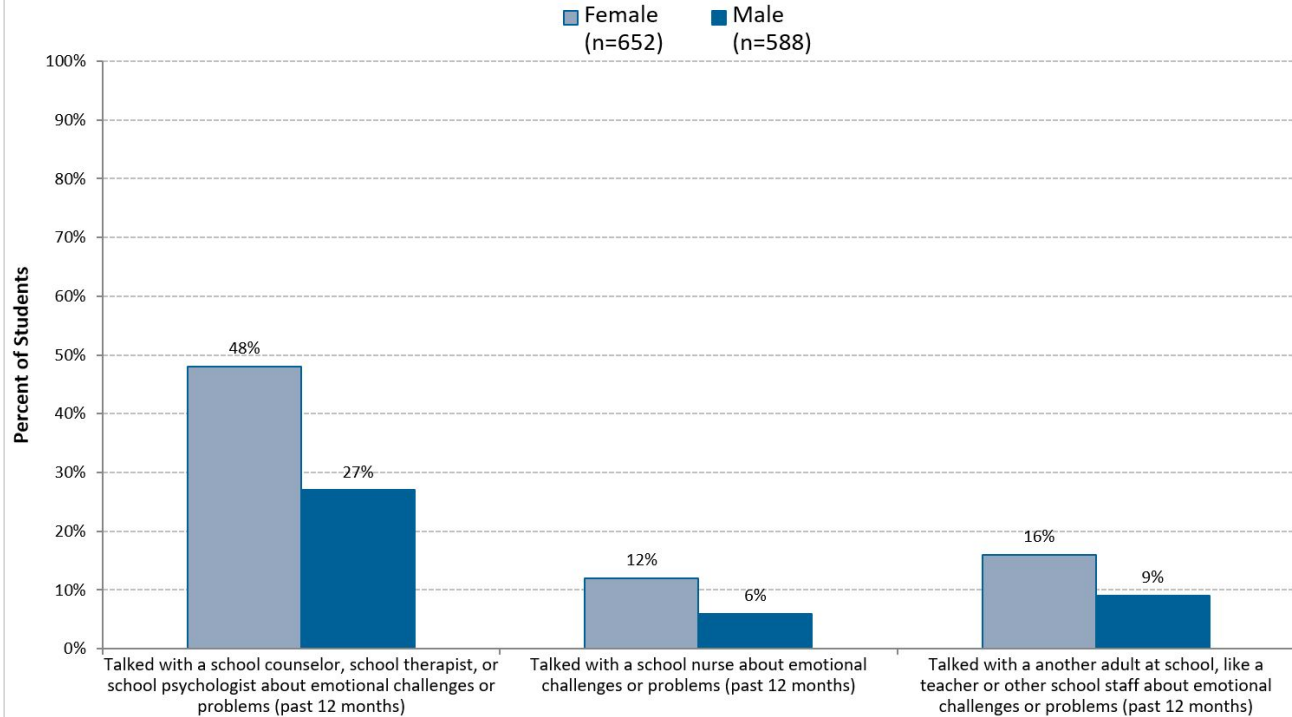
## School-Based Emotions Help-Seeking by Sex, 2021 Wellesley Middle School (Grades 6-8)

*MetroWest Adolescent Health Survey*



**WHS females were more likely to report seeking school-based emotional help than male students.**

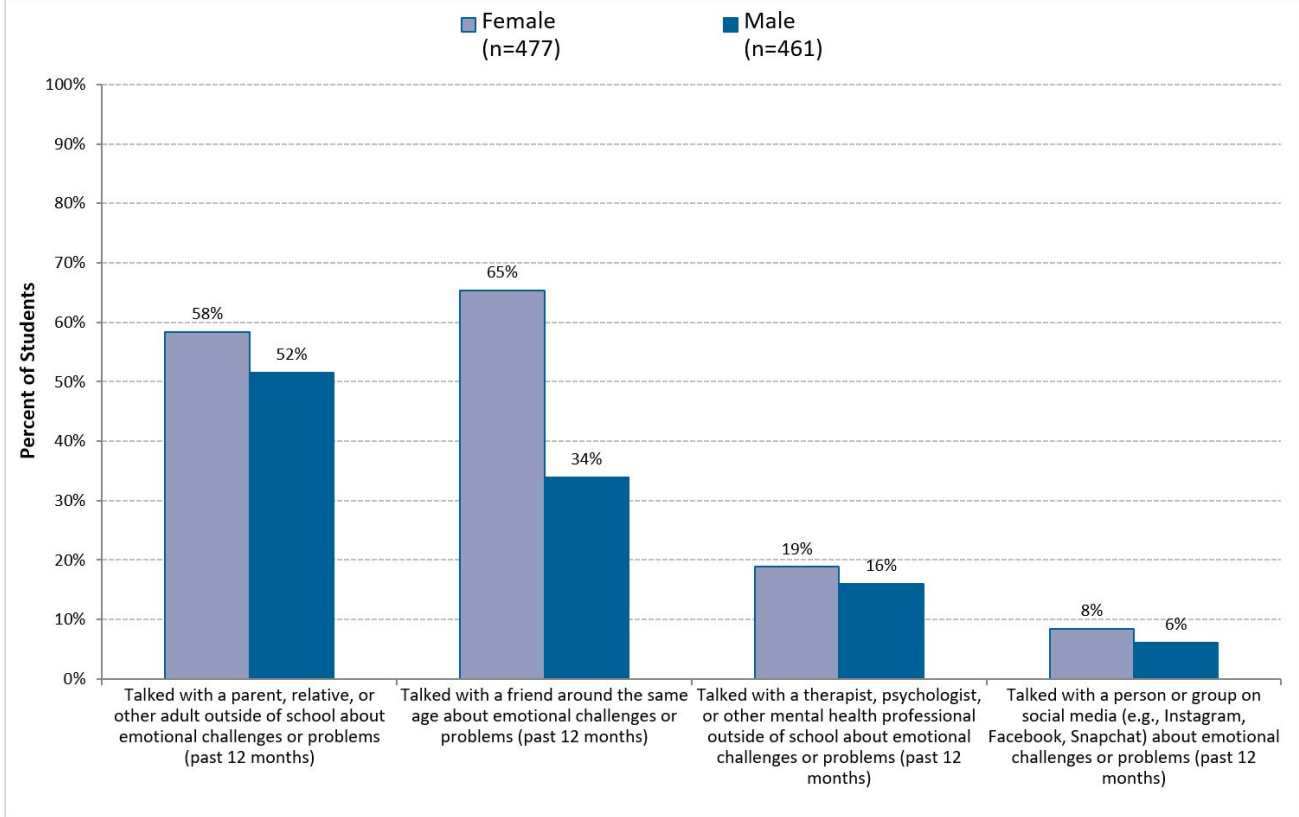
## School-Based Emotions Help-Seeking by Sex, 2021 Wellesley High School (Grades 9-12) *MetroWest Adolescent Health Survey*



**WMS females report out of school emotions help-seeking at higher rates than males.**

## Out of School Emotions Help-Seeking by Sex, 2021 Wellesley Middle School (Grades 6-8)

*MetroWest Adolescent Health Survey*

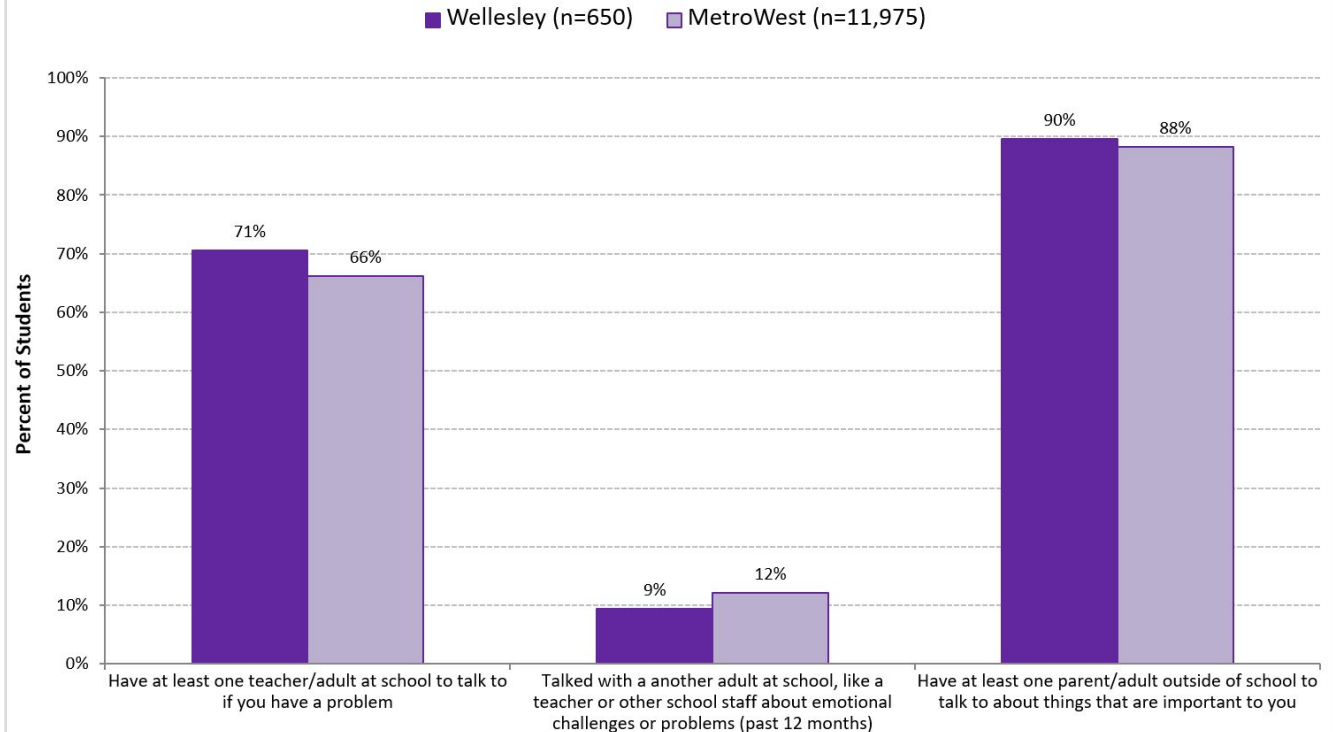


# **Protective Factors: Adult Support**

**WMS grade 7-8 students reported school and non-school adult support at similar rates than the Metrowest.**

## Adult Support at the District and Regional Levels, 2021 Wellesley Middle School (Grades 7-8)

*MetroWest Adolescent Health Survey*



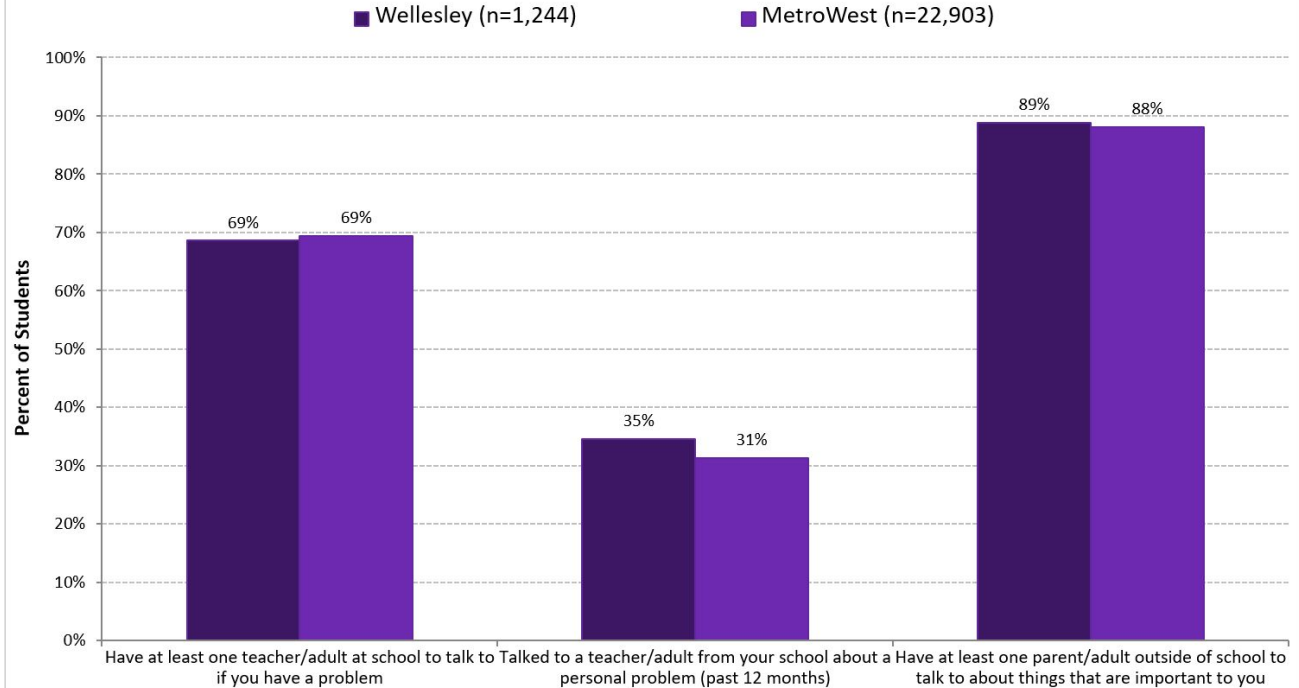


**WHS grade 9-12 students reported school and non-school adult support at similar or higher rates than the Metrowest.**

## Adult Support at the District and Regional Levels, 2021

### Wellesley High School (Grades 9-12)

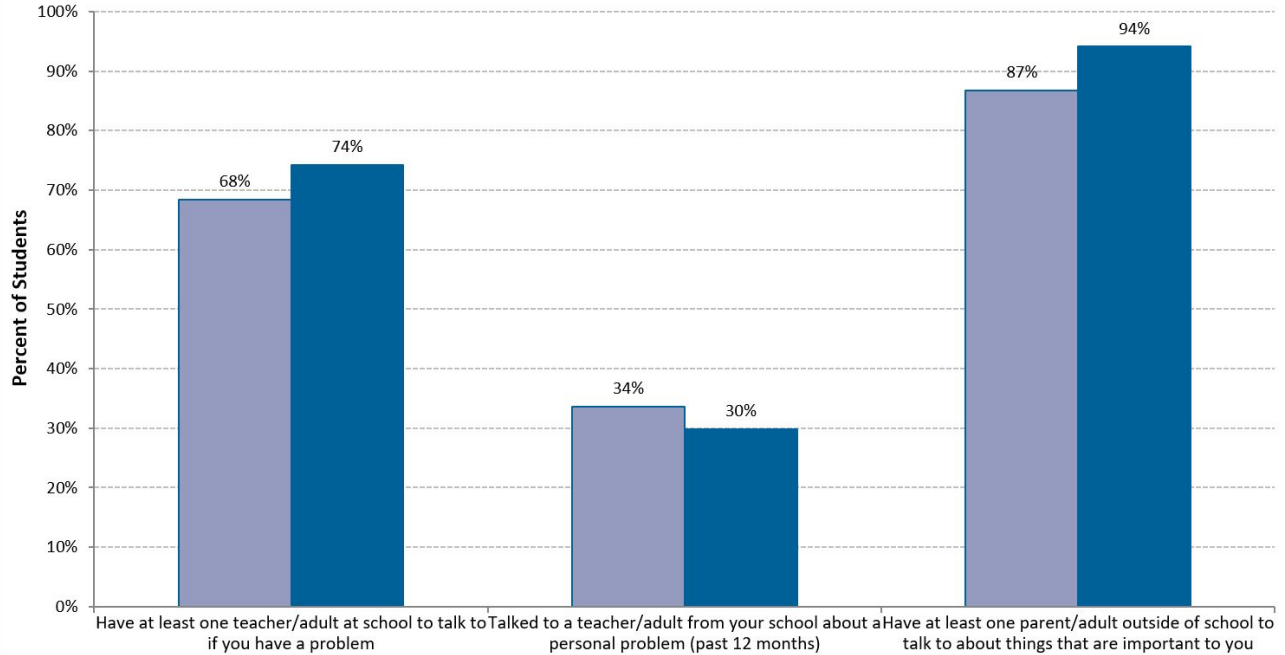
*MetroWest Adolescent Health Survey*



# Adult Support by Sex, 2021 Wellesley Middle School (Grades 6-8)

MetroWest Adolescent Health Survey

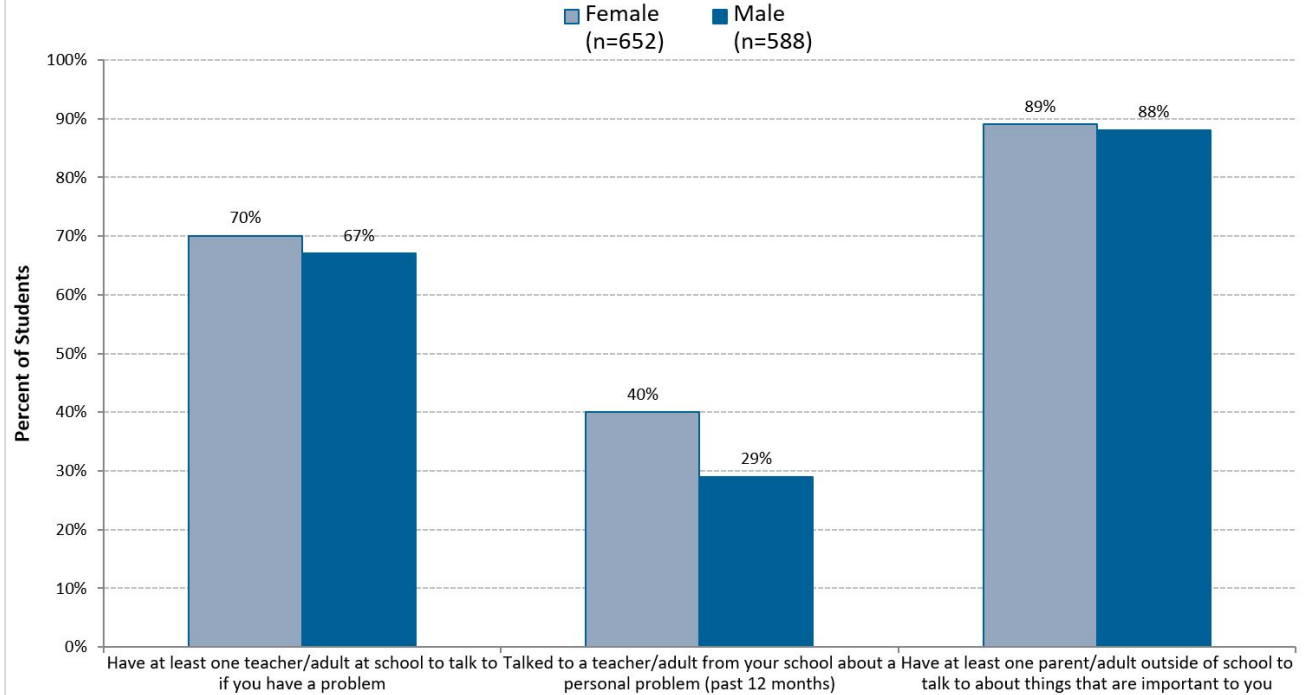
Female (n=477) Male (n=461)



**WMS grade 6-8 females report lower rates of having an adult at school or outside of school to talk to, but a higher rate of having talked to an adult at school than males.**

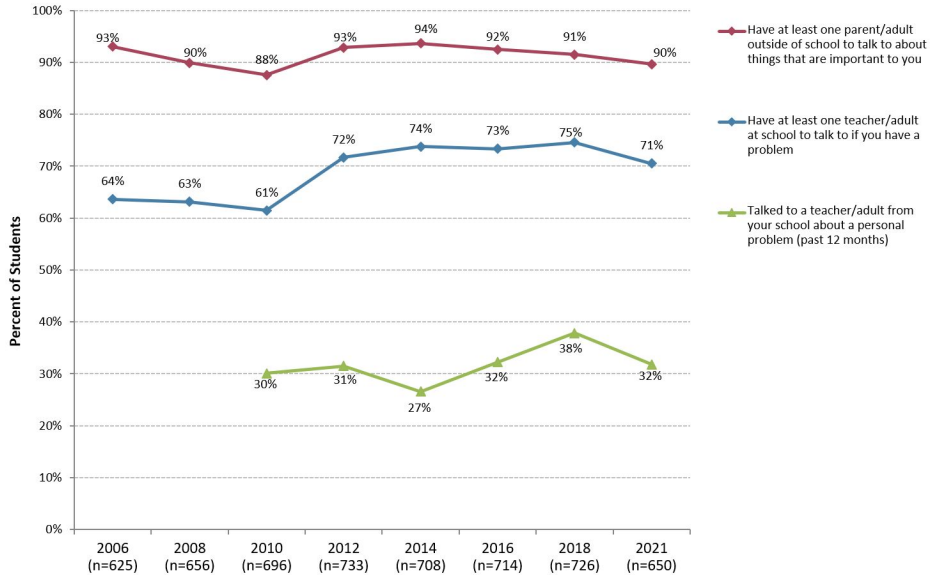
**WHS grade 9-12 females report similar rates of having an adult at school or outside of school to talk to, but a higher rate of having talked to an adult at school than males.**

## Adult Support by Sex, 2021 Wellesley High School (Grades 9-12) MetroWest Adolescent Health Survey

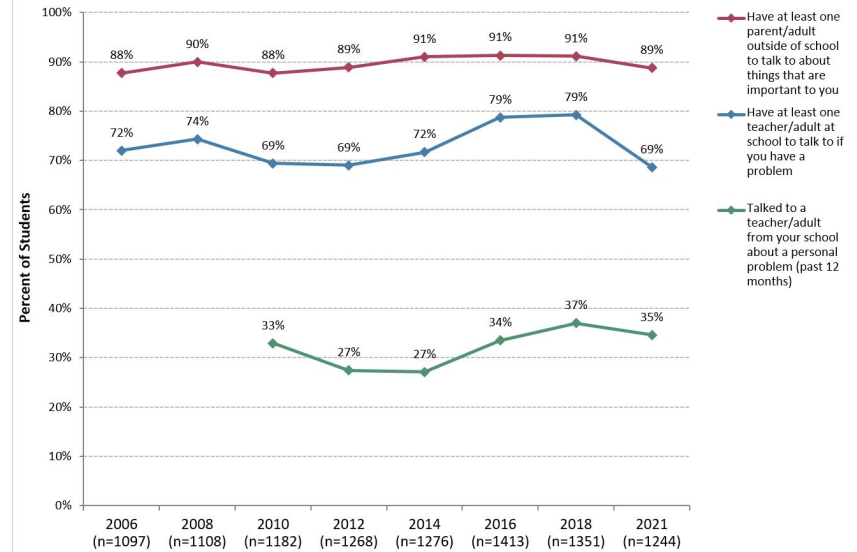


# WMS and WHS students' school and non-school adult support has been steady or decreasing over time.

**Trends in Adult Support, 2006-2021**  
**Wellesley Middle School (Grades 7-8)**  
*MetroWest Adolescent Health Survey*

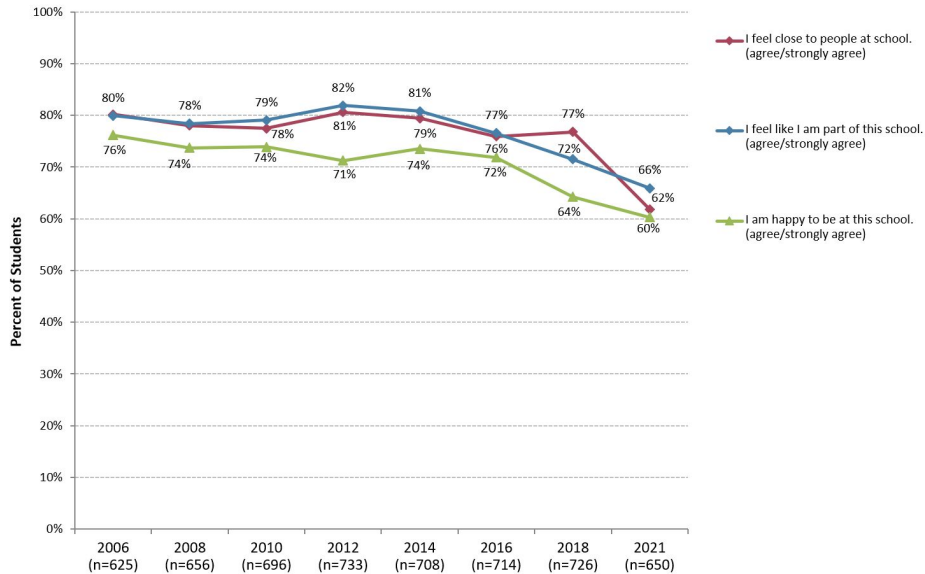


**Trends in Adult Support, 2006-2021**  
**Wellesley High School (Grades 9-12)**  
*MetroWest Adolescent Health Survey*

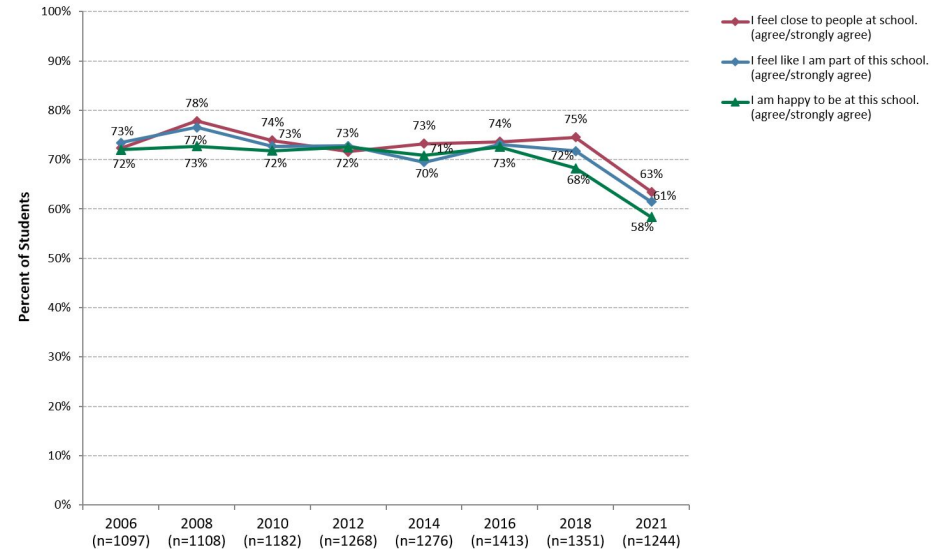


# WMS and WHS students' school connectedness declined, possibly due to pandemic factors

Trends in School Connectedness, 2006-2021  
Wellesley Middle School (Grades 7-8)  
MetroWest Adolescent Health Survey



Trends in School Connectedness, 2006-2021  
Wellesley High School (Grades 9-12)  
MetroWest Adolescent Health Survey



# Key Takeaways for MWAHS

- Substance Use
  - As perceived risk of electronic vaping has increased, reported usage has decreased
  - Alcohol use continues to be a concern at WHS
- Persistence & Increase in Mental Health Issues
  - Cyberbullying continues to be an issue
  - Stress, anxiety & worry are more prevalent for girls
  - Recent trends in online behaviors have become an issue
- Adult Support has consistently been our strength, but dipped in 2021
  - This could be due to the COVID-19 pandemic
  - Consider diversifying staff

# Conclusions: WMS

The MWAHS is an invaluable tool in providing data to drive school and community actions to improve adolescent physical and emotional health. The data is particularly important in light of the many challenges adolescents have faced during the COVID-19 pandemic. The 2021 data highlights important progress that has been made in recent years in areas like substance misuse and violence. These areas demand continued efforts, and it will be important to monitor whether these recent improvements will be sustained in the coming years. The 2021 data also identify areas of elevated concern, including increased and mental health issues and a decline in school protective factors. Continued use of the MWAHS data to identify priorities and drive local strategies will ensure that efforts are focused on the greatest challenges to adolescent wellness, leading to safer and healthier communities.

# Conclusions: WHS

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# **VOCAL & MWAHS: Ongoing Efforts & Next Steps**

# Ongoing Supports & Efforts

## Student Demographics/School Climate patterns

- VOCAL and Panorama Surveys
- Director of DE&I

## General Social Emotional and Mental & Physical Health Skills

- SWAC (School Wellness Advisory Council)
- Advisory at WHS and WMS
- Wheel of Support at WHS
- SEED at WMS
- Clubs & Activities
- Challenge Success
- Responsive Classroom & Second Step
- School-wide assemblies at WMS

# Ongoing Supports & Efforts

## Substance Use

- SBIRT screening at WMS and WHS
- Educational component added to vaping- and alcohol-related discipline procedures at WHS
- EVP/Vaping Awareness adjustments to WMS and WHS health curriculum

## Mental Health

- Stress
  - Continued emphasis in WMS and WHS on coping skills and stress reduction techniques
  - New Girls' Club self-esteem group at WMS
- Mental Health: Emotions Help-Seeking
  - New positions at WMS and WHS to address mental health