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Preliminary Report:
Findings from the Youth Risk Behavior Survey
Middle School age students (SY 2021-2022)
Beverly Public Schools

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Report of Findings: Beverly Youth Risk Behavior Survey, Middle School (2022)

1.0 Background

This is a preliminary report of findings from recent administration of the Youth Risk Behavior Survey to a large sample of middle school students in the Beverly Public Schools. This survey is one of two similar surveys administered to youth in Beverly this year, one administered to high school students and a second shorter version administered to middle school students.

1.1 Survey purposes

Findings from the survey are intended to address several key questions:

- What do the findings from the survey tell us about the challenges facing youth in our community?
- To what extent are there differences among sub-groups of respondents, such as by gender or grade?
- How do survey findings in Beverly compare to findings elsewhere?

1.2 Survey development

The two surveys administered to students in Beverly this year both are slightly revised standard versions of the widely used *Youth Risk Behavior Survey* (YRBS). The YRBS was developed by the U.S. Centers for Disease Control and Prevention in collaboration with federal, state and private sectors. It is conducted periodically at the national, state, and local levels. The YRBS is updated periodically and is available in two versions: (1) the original version intended for use with high school students; and (2) a more recently developed and somewhat shorter version intended for use with middle school students.

The 2022 versions of the YRBS include a high school version administered to students in grades 9-12 and a middle school version administered to students in grades 7-8. The middle school version essentially is a much shorter version of the high school survey. While many questions in the middle school version are unchanged from the high school version, other questions were omitted or modified in the middle school version to facilitate participation by younger students.

1.3 Survey content

The questions in both surveys address risky behaviors and activities as well as various health related activities. Survey questions in the middle school version of the YRBS address the following topics:

- Demographic characteristics of respondents;
- Personal safety, bullying, and support systems;
- Depression and suicide;

- Substance use: tobacco; alcohol, marijuana, and other drugs;
- Sexual behavior;
- Health: weight and weight control, dietary behavior, physical activity, and other health related topics;
- Additional questions concerning perceived risk of harm from substance use and perceived attitudes of parents and friends regarding teen substance use; and
- Additional findings by gender identity.

Questions in the high school version of the YRBS cover all of the above topics, but pose more and in some cases different questions in each topic area than does the middle school version.

1.4 Survey administration and reporting

The two surveys were administered to Beverly middle school and high school students respectively in the Spring, 2022. With both surveys, approximately one classroom period was set aside for completion of the surveys.

Several provisions were made to assure respondent confidentiality and voluntary participation by both middle school and high school students – and in turn hopefully truthfulness and completeness of responses. Prior to survey administration, parents were given the opportunity to decide whether or not their child(ren) would participate in the survey. In addition, each student could choose to answer or not answer any or all questions. Finally, survey instructions directed students not to put their names on the surveys and explained that their answers would not be seen by anyone who knows them.

Like the high school students, the middle school students completed their version of the YRBS online using the school-wide computer system. Prior to survey administration in the middle school, the IT Department loaded the middle school version of the YRBS into the school's online computer system; and the middle school students all completed the survey online during a single classroom period and submitted their answers electronically to a central data file. In turn, after submission of all survey responses by students, the IT Department sent the data file of responses to J. Richard Woy, Ph.D. of JRW Associates, an independent consulting contractor, for data analysis and preparation of reports of survey findings.

The middle school version of the survey was completed by 638 middle school students representing grades 7 and 8. It should be noted that the survey was not administered to 6th grade students. Based on a total enrollment of 740 students in the 7th and 8th grades, the sample represents approximately 86% of the students in the 7th and 8th grades of the Middle School.

1.5 Comparisons

Since both surveys used in Beverly in 2022 are standard versions of the YRBS, it is possible to make useful comparisons on many items between the current figures for Beverly and those for Massachusetts or the nation as a whole. However, statewide and national figures are only available for the high school version of the YRBS, and so these comparisons are not possible for middle school students.

For some items in the Beverly middle school YRBS, findings from the Massachusetts Youth Health Survey (MYHS) are useful for comparison. The result of a collaboration between the Massachusetts Department of Elementary and Secondary Education and the Massachusetts Department of Public Health, the MYHS is administered every two years to monitor health indicators, behaviors, and risk factors contributing to the leading causes of morbidity, mortality, and social and academic problems among adolescents in Massachusetts. Statewide figures for middle school students in 2019[1] on the Massachusetts Youth Health Survey are used where applicable for comparison with the figures from the Beverly middle school survey.

Regarding relevant comparisons with other data sources for middle school students, it should be noted that findings from the Monitoring the Future survey also are available for comparison with findings from the current Beverly middle school survey. Supported by funding from the National Institute of Drug Abuse (NIDA), the Monitoring the Future survey is a national survey carried out annually to track and document substance use by teenagers and young adults in the United States. This survey provides extensive national figures on substance use by 8th grade students. Findings from the Monitoring the Future Survey have not been included in this report because they are limited to 8th grade students and provide only national figures with no breakouts by individual states. Nevertheless, the Monitoring the Future survey system is a significant data resource regarding substance use by teenagers and young adults. Findings from this survey are readily available online, and the Beverly School District might wish to make use of it if there were an interest in exploring substance use issues by middle school students in more detail.

In addition, since similar surveys were administered to middle school and high school students in Beverly in 2019, 2017 and 2015, it is possible to make direct comparisons to many items from those previous surveys. To facilitate these comparisons, this current report has been prepared in a format similar to that employed in the reports of survey findings in Beverly from previous years.

Finally, since a number of the questions on the middle school version of the YRBS are the same as questions on the high school version, it is possible to compare rates of response of middle school students with those of high school students for some behaviors and to track rates of response by grade from the 7th to the 12th grade.

1.6 Organization of the report

[1] It should be noted that 2019 is the most recent year for which figures from the MYHS are available.

This report is designed to provide a detailed presentation of findings from the survey of middle school students. Findings are grouped according to the main survey topic areas listed above. In each topic area results are presented using tables. For each item in the survey, tables provide percentages for all respondents, breakouts of percentages by gender (male and female) and grade level (7^{th} and 8^{th}), and comparable percentages from the 2019, 2017 and 2015 Beverly Health Survey and the Massachusetts Youth Health Survey (MYHS) where available. For each section of the report, the charts of percentages are supplemented by additional commentary.

The sections to follow provide the findings from the YRBS with middle school students in Beverly in 2022.

2.0 Student demographics

Students by Age

Age in years	Number	Percent
10 or younger	1	0
11	0	0
12	115	18
13	320	50
14	190	30
15 or older	8	1
Missing/Other	2	0
TOTAL	**636**	**99%**

As might be expected, virtually all of the students in the sample were in the age range from 12 to 14 years, coinciding with the 7th and 8th grades in school.

Students by gender

Gender	Number	Percent
Female	283	45
Male	293	46
Non-binary	22	4
Other	9	1
Prefer not to say	21	3
Missing	8	1
TOTAL	**636**	**100%**

In 2022, there were slightly more middle school students who reported a gender identity of male (46%) than who reported a female gender identity (45%). There also was a significant additional group of students who reported either Non-binary (4%) or Other (1%) sexual identities. Finally, 4% of the students in the sample declined to provide their gender identities, either by clicking "Prefer not to say" or not responding to this item.

Students by Grade

Year	6th Grade	7th Grade	8th grade	Missing/ Ungraded	Total
2022	0	312	317	7	636

In 2022, both the 7th and 8th grades were well represented in the sample, with the number of respondents from each of the two grades virtually equal. As noted earlier, surveys were not administered to 6th grade students.

Students by Race and Ethnicity

What is your race?[2] (Select one or more responses)	Number	Percent
American Indian/Alaskan Native	5	1
Asian	16	3
Black/African American	56	9
Native Hawaiian or other Pacific Islander	6	1
White	477	78
Multiple races	49	8
Total	609	100%

Are you Hispanic or Latino?	Number	Percent
Yes	115	18
No	510	82
Total	625	100%

Students who reported being White accounted for more than three-quarters of the students in the sample, with 78% of the students reporting being White. The second and third largest groups in the sample respectively were students who reported being Black (9%) and those who reported being from multiple racial groups (8%). Students who reported being Asian accounted for 3% of the sample.

On the dimension of ethnicity, it should be noted that almost one out of five students in the sample (18%) reported being Hispanic or Latino.

[2] In this table, the number and percent respondents for each specific racial group includes only those respondents who reported being a member of only that single racial group. All the respondents who reported being a member of more than one racial group are included in the table under "Multiple races."

3.0 Personal safety, bullying, and support systems

3.1 Safety

2021-2022 YRBS – Middle School									
Safety									
Variables	% Total					% by Gender		% by Grade	
	Beverly				MYHS 2019	M	F	7th grade	8th grade
	2022	2019	2017	2015					
Q06. Never or rarely wore a helmet when riding a bicycle (Only those who ride bicycles)	32	35	37	40	--	37	28	29	36
Q07. Never or rarely wore a helmet when rollerblading or skateboarding (Only those who skateboard or rollerblade)	54	54	68	--	--	62	50	46	64
Q08. Never or rarely wore a seatbelt when riding in a car	3	3	3	--	6	3	2	4	2
Q09. Ever ridden in a car driven by someone who had been drinking alcohol	8	15	14	9	10[3]	6	8	7	10

Observations:

- Of those who reported riding a bicycle, about a third (32%) reported rarely or never wearing a helmet; and a little over half (54%) of those who reported rollerblading or skate boarding reported never or rarely wearing a helmet while doing so. Very few students (3%) reported never or rarely wearing a seat belt while riding in a car, and 8% of respondents reported ever riding in a car driven by someone who had been drinking
- Comparisons: For the most part, current rates are similar to those on the Beverly surveys in 2019, 2017 and 2015, although there was a slight decrease in percent students reporting riding in a car driven by someone who had been drinking (15% to 8%).
- By gender: As indicated in the table, boys were more likely than girls to report never or rarely wearing a helmet while bicycling (37% vs 28%) or when rollerblading or skateboarding (62% vs 50%).
- By grade: The 8th graders were somewhat more likely than 7th graders to report all of these behaviors, with the exception of never or rarely wearing a seatbelt when riding in a car.

[3] This question on the MYHS was based on "past 30 days" rather than "ever."

3.2 Violence and safety

2021-2022 YRBS – Middle School									
Violence and safety									
Variables	% Total					% by Gender		% by Grade	
	Beverly				MYHS 2019	M	F	7th grade	8th grade
	2022	2019	2017	2015					
Q10. Ever carried a weapon	15	17	23	--	--	23	5	9	22
Q11. Ever been in a physical fight	29	29	29	--	--	43	13	24	34

Observations:

- Fifteen percent of middle school respondents reported ever carrying a weapon, and about 3 out of 10 respondents (29%) reported ever being in a physical fight.
- Comparisons: From 2017 to 2022 there have been slight incremental declines in the rate of students who reported ever carrying a weapon (23% to 17% to 15%)..
- By gender: As in the past, boys were much more likely than girls to report both ever carrying a weapon and ever being in physical fights.
- By grade: There were modest increases from 7th to 8th grades for both of these variables.

3.3 Bullying

2021-2022 YRBS – Middle School									
Bullying									
Variables	% Total					% by Gender		% by Grade	
	Beverly				MYHS 2019[4]	M	F	7th grade	8th grade
	2022	2019	2017	2015[5]					
Q12. I feel safe at my school (Agree or strongly agree)	46	--	--	--	--	56	42	49	44
Q13. Ever been bullied at school	34	36	35	35	35	28	34	31	37
Q14. Been electronically bullied in past 12 months	17	21	24	22	15	13	17	16	18
Q15 Ever come to the assistance of anyone being bullied at school	36	--	--	--	--	31	39	34	39

Observations:

- A little less than half of the respondents (46%) agreed with the statement "I feel safe at my school." However, this finding is a bit misleading. Respondents were asked to respond using a five-point scale, including: strongly agree, agree, neutral, disagree, and strongly disagree. It is important to note that 38% responded neutral to this item, and 16% of respondents reported disagreeing with the statement.
- About a third of the respondents (34%) reported being bullied at school while a bit less than one in five respondents (17%) reported being electronically bullied.
- Comparisons: For bullying in school, the 2022 figures for Beverly were very similar to previous figures for Beverly and also similar to the most recent statewide figures. Regarding electronic bullying, the 2022 figures are slightly lower that previous figures for Beverly and similar to the most recent statewide figures.
- By gender: As noted in the table, girls were less likely than boys to report feeling safe at school, more likely than boys to report both being bullied at school and being electronically bullied, and more likely than boys to report coming to the assistance of someone else being bullied.
- By grade: The rate of reported bullying at school increased slightly from 7th to 8th grade (31% to 37%) while the rate or reported electronic bullying remained about the same (16% to 18%). The percentage of respondents who reported ever coming to the assistance of anyone being bullied increased slightly from 7th to 8th grade (34% to 39%).

[4] On the 2019 MYHS, these two questions were asked based on "the past 12 months" rather than "ever."

[5] Both of these questions were asked in the 2015 Middle School Beverly Health Survey, but with different time periods. The questions in 2015 were for the past 12 months.

3.4 Support systems

2021-2022 YRBS – Middle School									
Support systems									
Variables	% Total					% by Gender		% by Grade	
	Beverly				MYHS 2019	M	F	7th grade	8th grade
	2022	2019	2017	2015					
Q16 I feel I am connected to my school (agree and strongly agree)	27	--	--	--	--	33	23	30	25
Q17 There is at least one adult in my school that I can talk to if I have a problem (agree and strongly agree)	59	--	--	--	--	62	57	63	54
Q18 Outside school I have at least one trusted adult I can talk to about problems (agree and strongly agree)	83	--	--	--	--	86	85	83	83

Observations:

- It should be noted that for all three of these items, respondents were asked to respond using a five-point scale, including: strongly agree, agree, neutral, disagree, and strongly disagree. Since the percentage of respondents responding "neutral" was significant for all three items (45%, 22%, and 10% respectively), it can be assumed that the percentage of respondents agreeing with each statement would be somewhat higher if the questions had been posed as simple agree/disagree items with no neutral choice. The percentages of respondents who responded disagree or strongly disagree respectively for the three items were (27%, 19%, and 5%).
- As indicated in the table, 27% of respondents reported feeling connected to their school while 59% and 83% reported having at least one trusted adult at school and one trusted adult outside school respectively to talk with about problems.
- By gender: As indicated in the table, boys were more likely than girls to report feeling connected to their school (33% vs 23%).
- By grade: Respondents in 7th grade were a bit more likely than 8th grade respondents to report feeling connected to their school (30% vs 25%) and that they have a trusted adult at school to talk to about problems (63% vs 54%).

4.0 Suicide

2021-2022 YRBS – Middle School									
Suicide									
Variables	% Total					% by Gender		% by Grade	
	Beverly				MYHS 2019[6]	M	F	7th grade	8th grade
	2022	2019	2017	2015[7]					
Q19 Felt so sad or hopeless for at least two weeks that you stopped usual activities (past 12 months)	29	--	--	--	24	20	34	23	35
Q20 Ever seriously thought about killing yourself	17	18	13	10	11	9	18	15	18
Q21 Ever made a plan about how to kill yourself	10	10	9	5	--	6	10	8	11
Q22 Ever tried to kill yourself	6	6	4	2	5	4	4	5	7

Observations:

- As indicated in the table, 17% reported seriously considering suicide; 10% reported making a plan to commit suicide; and 6% reported attempting suicide. In addition, 29% reported serious depression during the previous 12 months.
- Comparisons: All three of the current figures for suicidality are essentially the same as in 2019 in Beverly and a bit higher than the comparable figures from previous years in Beverly. The current figure for serious depression (29%) is a bit higher than the most recent statewide figure (24%).
- By gender: As indicated in the table, the percentages reported by girls were substantially higher on all variables than the percentages reported by boys, with the exception of reported actual suicide attempts.
- By grade: There also were increases small increases from 7th to 8th grade for all four items.

[6] On the MYHS in 2019, these questions were asked based on the "past year" rather than "ever."

[7] All three of these questions were asked in the 2015 Middle School Beverly Health Survey, but with different time periods. The questions in 2015 were for the past 12 months.

5.0 Tobacco use

5.1 Cigarette smoking

2021-2022 YRBS – Middle School									
Cigarette smoking									
Variables	% Total					% by Gender		% by Grade	
	Beverly				MYHS 2019	M	F	7th grade	8th grade
	2022	2019	2017	2015					
Q23. Ever smoked cigarettes, even one or two puffs	2	4	3	6	5	2	1	2	2
Q24. Tried cigarette smoking before age 13 years, even one or two puffs	1	2	3	2	--	1	1	1	1
Q25. Currently smoke cigarettes (At least one day during past 30 days)	1	1	1	4	--	0	0	1	0
Q26. Smoked 1 or more cigarettes per day (on days you smoked, in past 30 days)	0	1	1	0	--	0	0	1	0

Observations:

- Few students reported either lifetime cigarette smoking (2%) or current cigarette smoking (1%). Similarly, few students reported trying cigarette smoking before age 13 years (1%) or smoking 1 or more cigarettes per day in the past month (0%).
- Comparisons: As indicated in the table, current figures are very similar to the figures from previous years for Beverly.
- By gender and grade: Reported rates were very low and similar for boys and girls and by grade level on all variables.

5.2 Electronic vapor products and other tobacco products

2021-2022 YRBS – Middle School									
Electronic vapor products and other tobacco products									
Variables	% Total					% by Gender		% by Grade	
	Beverly				MYHS 2019[8]	M	F	7th grade	8th grade
	2022	2019	2017	2015					
Q27. Ever used electronic vapor products	5	17	11	--	15	4	5	5	6
Q28. Currently use electronic vapor products (At least one day during past 30 days)	2	9	3	--	--	1	1	2	1
Q29. Usually obtained vapor products by borrowing them from someone else (Past 30 days, students who use vapor products)	46	65	56	--	--	67	60	17	83
Q30. Currently use smokeless tobacco products (At least one day in past 30 days)	0	1	0	--	1	0	0	1	0
Q31. Currently use cigars, cigarillos, or little cigars (At least one day in past 30 days)	0	1	1	--	3	0	0	1	0

Observations:

- Reported lifetime and current rates of use of electronic vapor products were 5% and 2% respectively. Of those who reported use, about half (46%) reported obtaining electronic vapor products by borrowing them from others. The number of students who reported current use of smokeless tobacco products or cigars or little cigars was negligible.
- Comparisons: The current figures for vaping are notably lower than comparable figures in Beverly in 2019 (5% vs 17%) and also lower than the statewide figure for 2019.
- By gender and grade:: The reported rates for boys and girls by grade level were very similar.

[8] All three of the MYHS figures in this table are based on “ever” rather than “currently.”

6.0 Alcohol and marijuana use

2021-2022 YRBS – Middle School									
Alcohol and marijuana use									
Variables	% Total					% by Gender		% by Grade	
	Beverly				MYHS 2019	M	F	7th grade	8th grade
	2022	2019	2017	2015					
Q32. Ever drank alcohol, other than a few sips	11	16	13	17	14	11	9	7	15
Q33. Drank alcohol before age 13 years (For first time other than a few sips)	4	7	8	5	--	4	4	3	6
Q34 Somewhat or very easy to obtain alcohol (Those who have drunk alcohol)	45	--	--	--	40	46	41	44	43
Q35. Ever used marijuana	2	9	5	8	7	2	2	2	2
Q36. Tried marijuana before age 13 years (For first time)	1	4	2	3	--	0	1	1	1
Q37 Somewhat or very easy to obtain marijuana (Those who have used marijuana)	47	--	--	--	16	60	43	33	63

Observations:

- Reported lifetime rates of alcohol drinking and marijuana use were 11% and 4% respectively. Only 4% and 1% of respondents respectively reported drinking and marijuana use before age 13 years. Of those who reported lifetime use of alcohol or marijuana, about half (46%) reported it was somewhat or very easy to obtain alcohol; and close to two-thirds (60%) reported it was somewhat or very easy to obtain marijuana.
- Comparisons: The current lifetime rates of reported alcohol drinking and marijuana use both were notably lower than the rates reported in the 2019 Beverly YRBS and also a bit lower than the comparable statewide figures on the MYHS in 2019.
- By gender: Boys were a bit more likely than girls to report that it was easy to obtain both alcohol and marijuana.
- By grade: There were small increases in reported alcohol use from 7th to 8th grade

7.0 Other drug use

2021-2022 YRBS – Middle School									
Other drug use									
Variables	% Total					% by Gender		% by Grade	
	Beverly				MYHS 2019	M	F	7th grade	8th grade
	2022	2019	2017	2015					
Q38. Ever taken prescription pain medicine without a doctor's prescription or differently than doctor's instructions	2	2	1	4[9]	4[10]	1	1	2	2
Q39. Ever used cocaine	1	1	0	1	--	0	0	1	0
Q40 Ever used over the counter medicines for purpose other than intended	2	--	--	--	--	1	2	1	3
Q41. Ever used inhalants	3	3	1	1[11]	--	2	4	1	5

Observations:

- Reported lifetime rates of use of all substances in this group were 3% or less.
- Comparisons: Reported rates of use were very low, and there were no apparent increases or decreases over time.
- By gender: Differences in rates by gender were negligible.
- By grade: There were very small increases from 7th to 8th grade in reported use of over the counter medicines for non-intended purposes and use of inhalants.

[9] It should be noted that this figure is for a "prescription drug," not for "prescription pain medicine."
[10] This figure is for "prescription drug," not "prescription pain medicine."
[11] This figure is for past-30 day use, not lifetime use.

8.0 Sexual behavior

2021-2022 YRBS – Middle School									
Sexual behavior									
Variables	% Total					% by Gender		% by Grade	
	Beverly				MYHS 2019	M	F	7th grade	8th grade
	2022	2019	2017	2015					
Q42. Ever had sexual intercourse	3	4	2	4	--	3	1	3	2
Q43. Had sexual intercourse before age 13 years (for first time)	3	2	0	2	--	3	1	3	3
Q44. Had sexual intercourse with 4 or more persons (lifetime)	2	2	0	--	--	3	1	2	3
Q45. Did not use a condom (During last sexual intercourse, among students who have had sexual intercourse)	67	58	70	--	--	56	86	75	65

Observations:

- In 2022, 3% of the middle school respondents reported having ever had sexual intercourse; 3% also reported having sexual intercourse before age 13 years' and 2% reported having had sexual intercourse with 4 or more partners. Of those who reported having had sexual intercourse, about two-thirds (67%) reported not using a condom the last time they did so.
- Comparisons: As indicated in the table, the rate of reported lifetime sexual intercourse is essentially unchanged the rate reported in 2019 in Beverly.
- By gender: Boys were slightly more likely than girls to report lifetime sexual intercourse, sexual intercourse before 13 years of age, and intercourse with multiple partners.
- By grade: Differences by grade level on these variables were negligible, with the exception of reported condom use which increased from 7th to 8th grade.

9.0 Body weight and nutrition

2021-2022 YRBS – Middle School									
Body weight and nutrition									
Variables	% Total					% by Gender		% by Grade	
	Beverly				MYHS 2019	M	F	7th grade	8th grade
	2022	2019	2017	2015					
Q46. Described themselves as slightly or very overweight	22	21	25	26	25	19	23	21	23
Q47. Were not trying to lose weight	62	67	63	65	--	69	54	61	62
Q48. Did not eat breakfast on any day (in past 7 days)	11	7	9	9	--	9	13	9	13
Q48. Did not eat breakfast all days (in past 7 days)	56	52	48	45	69	47	61	55	56

Observations:

- In 2022, 22% of middle school respondents reported being slightly or very overweight. While only one in five respondents reported being overweight, more than a third of respondents (38%) reported that they were trying to lose weight. A little less than half the students (44%) reported eating breakfast every day in the past 7 days, and 11% reported not eating breakfast on any day in the past 7 days.
- Comparisons: As indicated in the table, these rates regarding perception of weight, weight control, and eating breakfast were generally similar to the reported rates in 2019 on the Beverly YRBS, although the rates of reported breakfast eating declined slightly.
- By gender: Boys were slightly less likely than girls to report being overweight, and girls were more likely than boys to report trying to lose weight. Girls also were less likely than boys to report eating breakfast.
- By grade: Percentages of respondents who reported being overweight and reported efforts to lose weight appeared to vary little by grade level. Rates of reported breakfast eating declined slightly from the 7th to 8th grade.

10.0 Physical activity

2021-2022 YRBS – Middle School									
Physical activity									
Variables	% Total					% by Gender		% by Grade	
	Beverly				MYHS 2019	M	F	7th grade	8th grade
	2022	2019	2017	2015					
Q49. Participated in at least 60 minutes of physical activity on at least 1 day (past 7 days)	91	95	92	--	--	92	90	90	91
Q49. Were physically active at least 60 minutes per day on 5 or more days (past 7 days)	61	62	58	--	49	71	55	62	61
Q50. Used the computer or played video games when not in school 3 or more hours on an average school day	44	45	43	32	34	39	45	38	51
Q51. Participated in at least one hour of play or physical activity outdoors on an average school day	84	--	--	--	--	88	82	85	83
Q52. Attended physical education classes on 1 or more days (in average week at school)	53	62	36	--	--	56	50	53	51
Q53. Played on at least one sports team (school or community run, past 12 months)	64	71	71	69	--	63	67	63	64

Observations:

- More than nine out of ten respondents (91%) reported vigorous physical activity on at least one of the previous seven days, and over six out of ten (61%) reported vigorous physical activity on five or more of the previous seven days. In addition, more than eight out of ten (84%) reported significant play or physical activity outdoors on an average school day. Almost half the respondents (44%) reported significant amounts of computer/video game use outside school. About half the respondents (53%) reported attending one or more physical education classes in the previous week, and almost two-thirds (64%) reported playing on a sports team in the past year.
- Comparisons: These current rates are generally similar to rates on the Beverly YRBS in 2019, with the exception of reported attendance in physical education classes and participation on sports teams, both of which declined slightly.
- By gender: As indicated in the table, boys were more likely than girls to report frequent vigorous physical activity during the previous week (boys 71% vs girls 55%); but girls were more likely than boys to report three or more hours of computer/video game use per day (girls 45% vs boys 39%).
- By grade: There was little variation by grade level on these variables, although the rate of reported substantial computer/video game use did increase from 38% to 51% from 7th to 8th grade.

11.0 Other health related topics

2021-2022 YRBS – Middle School									
Other health related topics									
Variables	% Total					% by Gender		% by Grade	
	Beverly				MYHS 2019	M	F	7th grade	8th grade
	2022	2019	2017	2015					
Q54. Had a concussion from playing a sport or being active (past 12 months)	14	14	13	--	--	16	10	14	13
Q55. Had ever been told by a doctor or nurse that they had asthma	16	19	19	--	--	16	14	15	16
Q56. Had an average of 8 or more hours of sleep on an average school night	49	52	64	--	--	47	54	51	47
Q57. Described grades in school as mostly B's or better	80	76	78	--	--	80	83	82	80

Observations:

- As indicated in the table, 14% of respondents reported that they had suffered a concussion from sports in the past year, and 16% reported being told by a nurse or doctor that they had asthma. About half (49%) reported getting 8 hours sleep or more on school nights, and 80% of students reported getting grades of mostly B's or better at school.
- Comparisons: As indicated in the table, the percentages for all four of these variables remained essentially unchanged from 2019 to 2022..
- By gender and grade: For three of the four items, there were negligible differences by grade and gender. Regarding hours of sleep, however, girls were more likely than boys to report getting eight or more hours of sleep (54% vs 47%); and 7th graders were more likely than 8th graders to report getting eight or more hours of sleep (51% vs 47%).

12.0 Additional questions: Current substance use

2021-2022 YRBS – Middle School									
Additional questions: Current substance use									
Variables	% Total					% by Gender		% by Grade	
	Beverly				MYHS 2019	M	F	7th grade	8th grade
	2022	2019	2017	2015					
During the past 30 days:									
Q58. Drank one or more drinks of an alcoholic beverage	2	5	--	--	4	2	1	2	3
Q59. Smoked part or all of a cigarette	1	1	--	--	5	0	0	1	0
Q60. Used a vaping product	2	--	--	--	--	1	2	2	2
Q61. Used marijuana or hashish	1	3	--	--	3	1	1	1	1
Q62. Used prescription drugs not prescribed to you	1	1	--	--	--	0	0	1	0

Observations:

- As indicated in the table, no more than 2% of respondents reported current use of any of the five substances.
- By gender and grade: Reported rates of current use were so low that there were no appreciable differences by gender or grade on any of these variables.

13.0 Additional questions: Remote learning during the covid-19 pandemic

2021-2022 YRBS – Middle School									
Additional questions: Remote learning during covid-19 pandemic									
Variables	% Total					% by Gender		% by Grade	
	Beverly				MYHS 2019	M	F	7th grade	8th grade
	2022	2019	2017	2015					
Agree or strongly agree:									
Q63. I found remote learning challenging	45	--	--	--	--	41	48	42	47
Q64. I experienced increased anxiety as a result of remote learning during the covid-19 pandemic	38	--	--	--	--	24	50	34	43
Q65. I have healthy strategies to relieve stress and anxiety	35	--	--	--	--	40	32	35	35

Observations:

- As indicated in the table, almost half the respondents (45%) reported finding remote learning challenging; and 38% reported experiencing increased anxiety as a result of remote learning. About a third of respondents (35%) reported having healthy strategies to relieve stress and anxiety.
- By gender: Girls were a bit more likely than boys to report remote learning challenging (48% vs 41%) and a lot more likely to report increased anxiety resulting from remote learning (50% vs 24%). Boys were slightly more likely than girls to report having health strategies to deal with stress and anxiety (40% vs 32%).
- By grade: The 8th graders were a bit more likely than 7th graders to report that remote learning was challenging (47% vs 42%) and that they experienced increased anxiety as a result of remote learning (42% vs 34%).

14.0 Additional questions: Perceived risk of harm from substance use

2021-2022 YRBS – Middle School									
Additional questions: Perceived risk of harm from substance use									
Variables	% Total					% by Gender		% by Grade	
	Beverly				MYHS 2019	M	F	7th grade	8th grade
	2022	2019	2017	2015					
Think people take moderate or great risk of harming themselves physically or in other ways by:									
Q66. Having 5 or more drinks of alcohol once or twice a week	64	74	--	--	--	61	70	66	64
Q67. Smoking one or more packs of cigarettes per day	67	76	--	--	--	65	70	68	66
Q68 Vaping once or twice a week	57	--	--	--	--	55	61	58	56
Q69. Smoking marijuana once or twice a week	58	63	--	--	--	54	61	62	53
Q70. Use prescription drugs not prescribed to them	75	85	--	--	--	75	77	75	76

Observations:

- Of the five types of substance use in this series of questions, moderate marijuana smoking and moderate vaping were perceived as the least risky, with a little over half the respondents (58% and 57% respectively) reporting that these involved moderate or great risk. Respondents were most likely to report prescription drug use without a prescription as involving moderate or great risk, with 75% of respondents doing so. About two-thirds of respondents reported that heavy cigarette smoking (67%) and binge drinking (64%) involve moderate or great risk of harm.
- By gender: With the of prescription drug use not prescribed to them, girls were a bit more likely than boys to report that all of these substance use activities involve moderate or great risk of harm.
- By grade: There was little variation by grade level, although 8th graders were somewhat less likely than 7th graders to report that marijuana use involves moderate or great risk of harm (53% vs 62%).

15.0 Additional questions: Perceived parental attitudes regarding teen substance use

2021-2022 YRBS – Middle School									
Additional questions: Perceived parental attitudes regarding teen substance use									
Variables	% Total					% by Gender		% by Grade	
	Beverly				MYHS 2019	M	F	7th grade	8th grade
	2022	2019	2017	2015					
Believe your parents feel it would be wrong or very wrong for you to:									
Q71. Have one or two alcoholic drinks nearly every day	94	94	--	--	--	94	95	95	93
Q72. Smoke tobacco	97	97	--	--	--	97	99	97	97
Q73. Vape	95	--	--	--	--	96	96	96	95
Q74. Smoke marijuana	94	93	--	--	--	92	96	95	92
Q75. Use prescription drugs not prescribed to you	95	97	--	--	--	96	97	95	96

Observations:

- Nine out of 10 respondents or more reported that their parents think it would be wrong or very wrong for them to drink alcohol regularly (94%), smoke tobacco (97%), vape (95%), smoke marijuana (94%), or use prescription drugs without a prescription (95%).
- By gender: Rates reported by girls and boys were very similar on all five of these variables.
- By grade: There was little variation by grade level on these variables.

16.0 Additional questions: Perceived attitudes of friends regarding teen substance use

2021-2022 YRBS – Middle School									
Additional questions: Perceived attitudes of friends regarding teen substance use									
Variables	% Total					% by Gender		% by Grade	
	Beverly				MYHS 2019	M	F	7th grade	8th grade
	2022	2019	2017	2015					
Believe your friends feel it would be wrong or very wrong for you to:									
Q76. Have one or two alcoholic drinks nearly every day	81	78	--	--	--	79	86	87	77
Q77. Smoke tobacco	86	83	--	--	--	85	91	91	82
Q78 Vape	78	--	--	--	--	78	82	84	74
Q79 64. Smoke marijuana	83	72	--	--	--	83	87	89	78
Q80. Use prescription drugs not prescribed to you	88	89	--	--	--	89	88	92	85

Observations:

- Respondents were less likely to report that their friends would disapprove of their substance use than that their parents would do so, with rates of perceived disapproval by friends lower than perceived disapproval rates by parents on all five variables. Perceived disapproval rates by friends ranged from a low of 78% for vaping to a high of 88% for prescription drug use without a prescription with drinking alcohol (81%), smoking tobacco 86%), and smoking marijuana (86%) in between.
- By gender: Rates of perceived disapproval by friends reported by girls were slightly higher than those by boys for four of the five substances, with the reported rates of disapproval by friends for use of prescription drugs not prescribed to you virtually the same for boys and girls.
- By grade: Rates of reported perceived disapproval by friends declined notably from 7th to 8th grade for all five substances.

17.0 Additional findings by gender identity

As noted earlier in this report, the question about respondents' gender identity in the 2022 middle school survey for the first time included three response categories in addition to male and female, including: Non-binary; Other; and Prefer not to say. Of the 636 respondents in the sample, a substantial number (53 and 7% of the sample) responded to this question with one of the three answers other than male and female.

Breakouts of responses by these new gender identity response categories were not provided in the earlier sections of this report because the responses of the relatively few students who chose those categories were generally quite similar to the responses of the majority group of students who chose to identify as male or female.

However, as indicated in the table below, this group of respondents did differ significantly from students who identified as male or female on a few items in several areas, including: safety and bullying; depression and suicide; and physical activity.

2021-2022 YRBS – Middle School				
Breakouts by gender identity for selected items				
Variables	% by gender identity category[12]			
	Female	Male	Non-binary	Prefer not to say
Safety and bullying:				
Q12. I feel safe at my school (Agree or strongly agree)	42	56	18	24
Q13. Ever been bullied at school	34	28	73	52
Q14. Been electronically bullied in past 12 months	17	13	36	29
Depression and suicide				
Q19 Felt so sad or hopeless for at least two weeks that you stopped usual activities (past 12 months)	34	20	59	52
Q20 Ever seriously thought about killing yourself	18	9	50	42
Q21 Ever made a plan about how to kill yourself	10	6	27	24
Q22 Ever tried to kill yourself	4	4	32	5
Physical activity				
Q51. Participated in at least one hour of play or physical activity outdoors on an average school day	82	88	73	29
Q53. Played on at least one sports team (school or community run, past 12 months)	67	63	36	48

[12] A breakout is not provided for the "Other" gender identity category because the number of students who chose this category (9 respondents) was insufficient to assure respondent confidentiality.

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