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**Preliminary Report:
Findings from Ipswich Student Health Survey
High School age students (SY 2017-2018)
Ipswich Public Schools**

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Report of findings: Ipswich Student Health Survey, High School (2018)

1.0 Background

This is a preliminary report of findings from recent administration of the Ipswich Youth Health Survey – High School to a large sample of high school students in the Ipswich Public Schools. This survey is one of two similar surveys administered to youth in Ipswich 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 Ipswich compare to findings elsewhere?

1.2 Survey development

The two Ipswich Student Health Surveys both are based primarily on 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 level. The YRBS 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 versions of the survey used this year in Ipswich are identical to those used last year with students in the neighboring community of Gloucester. The Gloucester surveys had been developed previously by a collaboration of health and education organizations and groups in Gloucester with support from the research firm Social Science Research and Evaluation, Inc. (SSRE). The current Gloucester and Ipswich Student Health Surveys include many of the questions in the YRBS, but has been tailored to local interests and needs by eliminating some YRBS questions and adding other new questions not on the YRBS. The Gloucester and Ipswich Student Health Surveys also are somewhat longer than the YRBS. Gloucester has been administering the Gloucester Student Health surveys to students in Gloucester every two years for some time, with reports of findings dating back to 2003; and so there is substantial experience with these surveys.

The two current surveys include a high school version administered to students in grades 9-12 and a middle school version administered to students in grades 6-8. The middle school version

essentially is a much shorter version of the high school survey. While many questions 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, various health related activities, as well as attitudes toward some risky behaviors. Survey questions address the following topics:

- Demographic characteristics of respondents;
- Personal safety and bullying;
- Personal stressors and support systems;
- Self-harm, depression, and suicide;
- Substance use: Alcohol, tobacco, and other drugs;
- Additional issues regarding substance use;
- Sexual experiences;
- Health, nutrition, and physical activity.

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

1.4 Survey administration and reporting

The two paper and pencil surveys were administered to Ipswich middle school and high school students respectively in June, 2018. Approximately one classroom period was set aside for completion of the surveys. Attending classroom teachers were responsible for passing out surveys to students and then for collection and delivery of the completed surveys to the school administration.

Several provisions were made to assure respondent confidentiality and voluntary participation by students – and in turn hopefully truthfulness 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.

After collection of all completed surveys, administrators of the Ipswich Public Schools delivered the completed surveys to J. Richard Woy, Ph.D. of JRW Associates, an independent consulting contractor, for data processing and analysis and preparation of reports of survey findings.

The high school version of the survey was completed by 352 high school students representing grades 9 through 11. The 12th graders had completed their school year at the time of the survey and so were not included in the sample. Based on total enrollment of 526 students, the sample represents approximately 67% of the students in Ipswich High School. When the 12th graders

are excluded from the enrollment total, the total enrollment is reduced to 405 students; and so in turn the sample of 352 students represents approximately 87% of the students in grades 9 through 11.

1.5 Comparisons

Since many of the items in the Ipswich Student Health Surveys are identical or very similar to those on the YRBS, it is possible to make useful comparisons on many items between the figures for Ipswich and those for Massachusetts and/or the United States as a whole. However, given the absence of 12th grade students from the current Ipswich High School sample, care should be exercised when comparing some of the current Ipswich figures with statewide figures for comparable items from the YRBS, which are based on samples that include students from all four high school grade levels. For example, certain activities, such as alcohol use and sexual activity, can be expected to increase from grade 9 to grade 12; and figures based on a sample that includes only students in grades 9 through 11 may be a bit lower than figures based on a sample that includes students from all four grades.

1.6 Organization of the report

This report is designed to provide an overview of key findings from the survey of high school students. Following a first section devoted to demographic characteristics of the sample, the findings are grouped according to the main survey topic areas listed above. In each topic area primary results are presented using tables of statistics supplemented by additional narrative information and commentary.

Findings are presented using percentages. For each item in each table, the left-hand column provides the percentage for that item out of the total sample of respondents while the next column to the right provides the comparable statewide percentage from the YRBS if such a percentage figure is available. The next two columns to the right break out percentages by gender comparing boys with girls in the sample, and the final two columns break out percentages by grade comparing 9th graders, 10th graders, and 11th graders in the sample with each other.

For example, on question 7 of the survey (table on page 11 of this report), 23% of students in the sample reported being bullied at school during the previous year. This is more than the statewide figure of 15% from the YRBS. When broken out by gender, the 15% figure for boys was much lower than the 29% figure for girls in the sample. Finally, when broken out by grade, the percentage reporting being bullied went down by grade 29% of 9th graders to 22% of 10th graders to 17% of 11th graders in the sample. This pattern of reporting and comparisons is repeated through all items in the report.

In addition, it should be noted that the main body of this report does not provide a complete exhaustive report of findings from every item in the survey. Rather, as noted above, this report is intended to provide an overview of key findings from the survey. In efforts to highlight particularly important findings and make the report more easily understandable, a few items were

not included in the main body of the report; and in some sections the findings were presented in a different order than they occurred in the survey itself.

Therefore, to be sure the reader has full access to all findings from the survey, an appendix is provided after the main body of the report. The appendix provides the same format for data tables as those used in the main body of the report and provides findings for all items in the survey in very close to the original order in which they occurred in the survey itself. While redundant with much of the main body of the report, the appendix is intended to provide a complete picture of the findings of the survey in their original order.

In the brief introduction to the appendix, the specific items in the appendix that are not included in the main body of the reported are noted specifically so that the reader can readily find and review findings from those items. In compiling the findings in the appendix, it was assumed that the findings not included in the main body of the report would be sufficiently understandable without additional narrative material.

1.7 Interpretation of findings

As with most surveys, the findings in this report are presented as percentages. Based as they are on a sample of students, these percentages are attempts to predict the actual percentages and in turn numbers of students out of the total population of all enrolled 9th, 10th, and 11th grade students in the Ipswich High School. As with other surveys, this survey has a margin of error, in this case about plus or minus 2%. As a result, while the actual percentages and numbers of students represented by the sample percentages remain unknown, the sample percentages allow us to predict with some certainty that the actual percentages and numbers out of the total population of students are within certain ranges.

For example, using the previously referenced bullying item, 23% of the students in the sample reported being bullied in the past 12 months. While the actual number of students who were bullied remains unknown, that 23% sample figure predicts that approximately 23% of the 405 students enrolled in grades 9 through 11, or 93 students, were bullied. Then when the 2% margin of error is added, the prediction actually is that the real percentage in the total population of 9th through 11th graders who were bullied in the past year probably is between 21% and 25% and that the actual number of students bullied probably is between 85 and 101.

The same principles apply to estimation of the actual percentages and numbers of boys vs girls and 9th graders, 10th graders, and 11th graders bullied during the past year. In each case it is a matter of multiplying the sample percentage by the number of enrolled students in that group and then adjusting in both directions for the margin of error.

The sections to follow provide a summary of key findings from the Ipswich Student Health Survey with high school students.

2.0 Student demographics

Students by Age

Age in years	Number	Percent
14	26	7.4
15	119	33.8
16	116	33.0
17	89	25.3
18 or older	2	.6
TOTAL	352	100%

As might be expected, virtually all of the students in the sample were in the age range from 14 to 18 years, coinciding with their grade in school.

Students by gender

Year	Female	Male	Missing	Total
2018	187	163	2	352

In 2018, there were somewhat more girls (53%) than boys (46%) in the sample.

Students by Grade

Year	9 th Grade	10 th grade	11 th grade	12 th grade	Ungraded/ Other	Missing	Total
2018	127	118	107	0	0	0	352

In 2018, grades 9 through 11 were well represented in the sample, but there were no 12th grade respondents. As noted above, the 12th graders had completed their school year when the survey was administered and so were not included in the sample.

Students by Race/Ethnicity

Race/Ethnicity	Number	Percent
American Indian/Alaskan Native	2	.6
Asian or Pacific Islander	15	4.3
Black/African American	7	2.0
Hispanic/Latino	11	3.1
White	305	86.6
Other	5	1.4
Missing	7	2.0
TOTAL	352	100%

White students made up the vast majority of the students in the sample, accounting for 87% of the respondents. The remaining approximately 13% of the students in the sample were quite diverse, including representatives of a wide range of racial/cultural groups.

Primary language students speak at home

Language spoken at home	Number	Percent
English	335	95.2
Spanish	2	.6
Portuguese	4	1.1
Italian	1	.3
Another language	9	2.6
Missing	1	.3
TOTAL	352	100%

More than 9 out of 10 students in the sample (95%) reported speaking English at home. The remaining 5% of respondents spoke a variety of languages at home, including Spanish, Portuguese, Italian, and other languages.

3.0 Personal safety and bullying

3.1 Bullying

2017-2018 Ipswich Student Health Survey – High School								
Bullying								
Variables	% Total		% by Gender		% by Grade			
	Ipswich 2018	MA 2017	M	F	9 th	10 th	11 th	12 th
Q7. Bullied at school (12 months)	23	15	15	29	29	22	17	NA
Q8. Bullied when Not at school (12 months)	16	--	11	20	21	14	12	NA
Q9. Bullied electronically (12 months)	18	14	11	25	22	18	13	NA
Q10. Saw someone else bullied at school (12 months)	38	--	38	39	38	39	39	NA

Observations:

- Respondents were more likely to report being bullied in school (23%) than out of school (16%) during the previous 12 months.
- At 18%, the rate of reported electronic bullying was similar to the rate of bullying outside school (16%) and less than the rate of bullying in school (23%).
- About 4 out of 10 respondents (38%) reported seeing someone else bullied at school in the previous 12 months.
- Comparisons: The 2018 figures for Ipswich were a bit higher than figures for comparable items on the YRBS for Massachusetts as a whole in 2017, including being bullied at school (Ipswich 23% vs MA 15%) and being bullied electronically (Ipswich 18% vs MA 14%).
- By gender: As noted in the table, girls were more likely than boys to report being bullied both at school (girls 29% vs boys 15%) and outside of school (girls 20% vs boys 11%). More notably, girls were more than twice as likely as boys to report being bullied electronically (girls 25% vs boys 11%). Both girls and boys reported seeing someone else being bullied at school at about equal rates (38% and 39% respectively).
- By grade: Reported rates for being bullied at school, when not at school, and electronically all went down steadily from grade 9 to 11.

3.2 Bullying and bystander behavior

2017-2018 Ipswich Student Health Survey – High School								
Bullying and bystander behavior								
Variables	% Total		% by Gender		% by Grade			
	Ipswich 2018	MA 2017	M	F	9 th	10 th	11 th	12 th
If you saw someone else bullied at school during the past 12 months..... (Response = Yes)								
Q11_1. I didn't see anyone bullied at school	58	--	57	58	54	58	61	NA
Q11_2. I took part in the bullying	1	--	1	1	0	1	2	NA
Q11_3. I didn't do anything – just saw it happen	21	--	20	21	21	19	21	NA
Q11_4. I tried to get the person/people doing it to stop	16	--	18	14	18	15	15	NA
Q11_5. I told a teacher, counselor, or other adult at school	3	--	1	4	1	4	3	NA

Observations:

- As indicated in the table, a majority of respondents (58%) reported not seeing anyone bullied at school in the previous 12 months, but a large minority of respondents (42%) did report seeing such behavior at school.
- Of those respondents who did report seeing bullying, responses to the observed bullying varied from one respondent to another. The most frequently reported response was to do nothing and just watch the bullying (21% of total sample or 48% of those who reported seeing bullying). Similarly, 16% of respondents (38% of bullying bystanders) reported trying to get the people doing the bullying to stop. Many fewer respondents reported either taking part in the bullying (1% or 2%) or telling a teacher or other adult at the school (3% or 6%).
- Comparisons: Comparative data are not available.
- By gender: Girls and boys reported seeing someone bullied at about the same rates (girls 58% vs boys 57%) and also reported taking part in bullying (boys 1% vs girls 1%) at about the same rates. Similarly girls and boys reported watching bullying without doing anything at the same rates (girls 21% vs boys 20%). Girls were slightly more likely than boys to report telling a teacher or other adult about the bullying (girls 4% vs boys 1%), but boys reported trying to stop the bullying at a slightly higher rate than girls (18% and 14%).
- By grade: The percentage of respondents who reported not seeing anyone bullied in school in the past year increased slightly from the 9th through 11th grades. For the other variables, percentages remained fairly constant by grade level.

3.3 Violence and safety

2017-2018 Ipswich Student Health Survey – High School								
Violence and safety								
Variables	% Total		% by Gender		% by Grade			
	Ipswich 2018	MA 2017	M	F	9 th	10 th	11 th	12 th
Q12. In a physical fight at school (past 12 months)	4	6	6	3	5	3	5	NA
Q13. In a physical fight not at school (past 12 months)	13	18	17	10	14	8	17	NA
Q14. Did not go to school because you felt unsafe going to or from school (past 30 days)	7	4.5	4	10	7	8	7	NA
Q15. Ever physically or sexually hurt by a date or someone you were going out with.	7	--	4	10	7	5	10	NA

Observations:

- The high school respondents were much more likely to report physical fighting outside school (13%) than fighting at school (4%). In addition, 7% of respondents reported not going to school because they felt unsafe at school or on the way to or from school during the past 30 days.
- Comparisons: As indicated in the table above, the 2018 figures for physical fighting were slightly better than the comparable figures on the YRBS for Massachusetts as a whole in 2017. However, the current percentage reporting not going to school because of feeling unsafe at school or on the way to or from school was slightly higher than the comparable figure for Massachusetts in 2017 (7% vs 4.5%).
- By gender: As noted in the table above, boys were much more likely than girls to report physical fighting both in school (boys 6% vs girls 3%) and outside school (boys 17% vs girls 10%). In addition, girls were more likely than boys to report not going to school out of fear (girls 10% vs boys 4%).
- By grade: There were some differences on all variables by grade level. However, the differences did not fall into clear patterns with readily identified explanations.

3.4 Dating violence

2017-2018 Ipswich Student Health Survey – High School								
Dating violence								
Variables	% Total		% by Gender		% by Grade			
	Ipswich 2018	MA 2017	M	F	9 th	10 th	11 th	12 th
In your lifetime, have you ever been:.....(Response = Yes)								
Q15. Physically hurt only by a date	4	--	3	5	3	3	6	NA
Q15. Sexually hurt only by a date	3	--	1	4	4	1	4	NA
Q15. Physically and sexually hurt by a date	1	--	1	1	0	2	1.	NA

Observations:

- As indicated in the table, 8% of respondents reported that they had been physically and/or sexually hurt by a date during their lifetimes. Of these, 4% reported being physically hurt only; 3% reported being sexually hurt only; and 1% reported being both physically and sexually hurt.
- Comparisons: Items identical to these were not included in the YRBS in 2017. However, findings from similar items on the YRBS in 2017 for Massachusetts as a whole are of interest, as follows: (1) Reported being physically hurt on purpose by someone they were dating or going out with (past 12 months) – 5.6%; (2) Being forced to do sexual things they did not want to do by someone they were dating or going out with (past 12 months) – 5.8%. The current figures for Ipswich appear to be generally similar and perhaps a bit lower than these similar statewide figures.
- By gender: Girls were a bit more likely to report being both physically hurt (girls 5% vs boys 3%) and sexually hurt (girls 4% vs boys 1%) while boys were slightly more likely than girls to report being both physically and sexually hurt by a date (boys 1.4% vs girls .9%).
- By grade: There were only small differences in percentages by grade, and no clear patterns were apparent.

4.0 Personal stressors and support systems

4.1 Personal stressors

2017-2018 Ipswich Student Health Survey – High School								
Personal stressors								
Variables	% Total		% by Gender		% by Grade			
	Ipswich 2018	MA 2017	M	F	9 th	10 th	11 th	12 th
Q17a. Divorce or separation in your family (12 months)	8	--	8	8	7	12	4	NA
Q17b. Serious family financial problem (12 months)	12	--	13	11	12	11	12	NA
Q17c. Family moved (12 months)	8	--	8	8	9	6	9	NA
Q17d. Serious illness of family member (12 months)	28	--	28	29	40	22	22	NA
Q17e. Death of family member or close friend (12 months)	36	--	36	36	44	30	44	NA
Q17f. Ran away from home (past 12 months)	3	--	3	3	4	3	2	NA
Q18a. Witnessed violence in your family (12 months)	10	--	6	12	10	10	10	NA
Q18b. Received verbal or emotional abuse from family member (12 months)	21	--	13	27	20	21	23	NA
Q18c. Were beaten or physically hurt by family member (12 months)	5	--	3	7	5	5	4	NA

Observations:

- This set of questions was intended to determine the extent to which students have been exposed to various types of stressors at home during the previous 12 months.
- Over one-third of respondents (36%) reported death of a family member or close friend during the previous year, and more than a quarter (28%) reported a serious illness of a family member. More than one out of ten respondents reported serious family financial problems (12%), and 21% reported receiving verbal or emotional abuse from family members. Other stressors (divorce or separation, family moves, witnessing of violence at home, and being beaten or physically hurt by family members) all were reported by 10% or fewer respondents.
- Comparisons: Comparative data for Massachusetts are not available.
- By gender: With a couple of exceptions, differences between boys and girls were small. Notably girls were more than twice as likely as boys to report receiving verbal or emotional abuse from family members (girls 27% vs boys 13%); and girls were more likely to report witnessing violence in the home than were boys (girls 12% vs boys 6%).
- By grade: There were some differences in percentages by grade, but no clear patterns were apparent.

4.2 Support systems

2017-2018 Ipswich Student Health Survey – High School								
Support systems								
Variables	% Total		% by Gender		% by Grade			
	Ipswich 2018	MA 2017	M	F	9 th	10 th	11 th	12 th
Q19b. Am happy to be at this school	64	--	71	59	64	68	60	NA
Q19e. Feel safe in my school	72	--	80	66	71	70	75	NA
Q20. Have at least one teacher or other adult in this school to talk to about problems	73	--	71	75	62	79	81	NA
Q21. Have an adult outside school to talk to about things important to you	93	--	92	92	87	95	96	NA

Observations:

- This table is intended to document the quality and extent of support systems at home and at school to help students with problems.
- About two-thirds of the students report being happy at school (64%), and 72% report feeling safe at school.
- Similarly, over seven out of 10 students (73%) reported having a teacher or other adult to talk to at school about problems; and over nine out of 10 (93%) reported having a family member or other adult to talk to about problems.
- Comparisons: Comparative data from the YRBS for Massachusetts are not available.
- By gender: Notably, boys were more likely than girls to report feeling both happy at school (boys 71% vs girls 59%) and safe at school (boys 80% vs girls 66%). There were no differences by gender on the other two variables.
- By grade: Differences by grade were small for three of these items. Interestingly, the percentage of students who reporting having at least one adult to talk to at school about problems increased steadily from 62% in grade 9 to 81% in grade 11.

5.0 Depression, self-harm, and suicide

2017-2018 Ipswich Student Health Survey – High School								
Depression, self-harm, and suicide								
Variables	% Total		% by Gender		% by Grade			
	Ipswich 2018	MA 2017	M	F	9 th	10 th	11 th	12 th
During the past 12 months, did you.....(Response = Yes)								
Q22. Hurt self on purpose ?	16	--	8	23	21	15	11	NA
Q23a. Feel depressed enough for at least two weeks that you stopped usual activities?	30	27	21	37	30	25	34	NA
Q23b. Seriously consider suicide?	13	12	10	16	17	10	12	NA
Q23c. Make a plan to commit suicide?	6	11	5	7	11	3	5	NA
Q24. Attempt suicide?	3	5	3	2	5	1	1	NA
Q25. Injure yourself in a suicide attempt?	1	--	1	1	1	0	2	NA

Observations:

- As indicated in the table, more than a quarter of respondents (30%) reported feeling significant depression at some point during the previous 12 months. In addition, 13% reported having seriously considered suicide; 6% reported making a plan to commit suicide; 3% reported attempting suicide; and 1% reported injuring themselves in a suicide attempt. In addition, 16% reported intentionally hurting themselves during the previous year.
- Comparisons: These percentages are very similar to those on the YRBS for Massachusetts in 2017, although it should be noted that the current percentages reporting making a plan to commit suicide and attempting suicide in Ipswich were a bit lower than the figures for Massachusetts as a whole in 2017.
- By gender: As indicated in the table, the percentages reported by girls were substantially higher than those reported by boys on three of the variables, including: (1) Hurt self on purpose (girls – 23%, boys 8%); Feel depressed (girls – 37% vs boys – 21%); and Seriously consider suicide (girls – 16% vs boys – 10%).
- By grade: The percentage of students who reported hurting themselves on purpose went down steadily from 21% in 9th grade to 11% in 11th grade. On other variables there were only small differences in percentages by grade, and no clear patterns were apparent.

6.0 Substance use: Alcohol, tobacco, and other drugs

6.1 Lifetime substance use

2017-2018 Ipswich Student Health Survey – High School								
Lifetime substance use								
Variables	% Total		% by Gender		% by Grade			
	Ipswich 2018	MA 2017	M	F	9 th	10 th	11 th	12 th
In your lifetime, have you.....(Response = Yes)								
Q26a. Smoke cigarettes (lifetime)	9	20	14	4	5	7	14	NA
Q26c. Smoked cigars or little cigars (lifetime)	12	--	24	2	11	9	17	NA
Q26d. Flavored or dissolvable tobacco products (lifetime)	7	--	11	3	4	4	12	NA
Q26e. Electronic tobacco products (lifetime)	36	41	39	34	26	38	47	NA
Q29. Ever drank alcohol (lifetime)	45	56	44	46	32	48	57	NA
Q36. Used marijuana (lifetime)	29	38	38	20	13	35	40	NA
Q41. Used cocaine (lifetime)	1	4	2	1	1	2	2	NA
Q43. Used ecstasy (lifetime)	1	2.8	2	0	1	0	2	NA
Q45. Used heroin (lifetime)	1	1	1	0	0	0	2	NA
Q47. Used methamphetamines (lifetime)	1	2	2	0	0	1	2	NA
Q49. Used other illegal drugs (lifetime)	4	--	8	1	2	4	7	NA
Q51. Used a prescription drug without a doctor's prescription (lifetime)	6	--	6	5	5	8	5	NA

Observations:

- Close to half (45%) of the high school students in the sample reported drinking alcohol at some point in their lifetimes; more than a third of respondents (36%) reported lifetime use of electronic tobacco products; and 29% of respondents reported lifetime use of marijuana (29%). Significant numbers also reported smoking cigars or little cigars (12%), smoking cigarettes (9%), using flavored or dissolvable tobacco products (7%), and use of a prescription drug without a doctor's prescription (6%). No more than 4% of respondents reported lifetime use of any other substances.
- Comparisons: As indicated in the table, current reported lifetime rates in Ipswich for cigarette smoking, use of electronic tobacco products, drinking alcohol, and marijuana use all are lower than comparable statewide rates in Massachusetts on the 2017 YRBS.
- By gender: Boys were much more likely than girls to report lifetime use of cigarettes, cigars or little cigars, flavored or dissolvable tobacco products, alcohol, and marijuana. Boys were only slightly more likely than girls to report use of electronic tobacco products

(boys – 39% vs girls – 34%). Rates for boys and girls were lower and quite similar to each other for all other substances.

- By grade: Reported lifetime rates of use increased from the 9th through the 11th grade for cigarettes, cigars and small cigars, flavored or dissolvable tobacco products, electronic tobacco products, and marijuana. Rates of use for other substances were very low in all grades, and an upward trend by grade level was less apparent.

6.2 Past 30-day substance use

2017-2018 Ipswich Student Health Survey – High School								
Past 30-day substance use								
Variables	% Total		% by Gender		% by Grade			
	Ipswich 2018	MA 2017	M	F	9 th	10 th	11 th	12 th
In the past 30 days, have you.....(Response = Yes)								
Q28. Currently smoke cigarettes (30 days)	5	6	7	3	3	5	6	NA
Q26c. Smoked cigars or little cigars (30 days)	6	7	13	1	6	3	10	NA
Q26d. Flavored or dissolvable tobacco products (30 days)	4	--	7	1	3	0	9	NA
Q26e. Electronic tobacco products (30 days)	21	20	29	15	11	26	28	NA
Q30. Drank alcohol (30 days)	26	31	24	27	18	26	35	NA
Q37. Used marijuana (30 days)	16	24	26	7	8	16	26	NA
Q42. Used cocaine (30 days)	1	--	1	1	1	0	2	NA
Q44. Used ecstasy (30 days)	1	--	1	0	0	0	2	NA
Q46. Used heroin (30 days)	1	--	1	0	0	0	2	NA
Q48. Used methamphetamines (30 days)	1	--	1	0	0	0	2	NA
Q50. Used other illegal drugs (30 days)	3	--	6	1	2	2	5	NA
Q52. Used a prescription drug without a doctor's prescription (30 days)	3	--	4	3	4	3	4	NA
Q53. Sniffed glue, breathed contents of aerosol cans, or inhaled paints or sprays to get high? (30 days)	2	--	2	2	2	1	2	NA

Observations:

- As might be expected, reported past 30-day rates were somewhat lower than lifetime rates for all substances except those where both lifetime and current rates of use are very low.
- About one quarter (25%) of the high school students in the sample reported drinking alcohol in the past 30 days. Similarly, about one in five respondents reported use of electronic tobacco products (21%); and 16% of respondents reported past 30 day use of marijuana. Smaller numbers reported past month cigarette smoking (5%), smoking cigars or little cigars (6%), and use of flavored or dissolvable tobacco products (4%). No more than 3% of respondents reported past 30 day use of any other substances.
- Comparisons: As indicated in the table, current reported past 30 day rates for cigarette smoking, smoking cigars or little cigars, and use of electronic tobacco products all are similar to comparable statewide figures from the 2017 YRBS. The current figures for alcohol use and marijuana are a bit lower than the statewide figures in 2017.

- By gender: With one exception, boys were more likely than girls to report current use of all the substances, in many cases much more likely to report use. The one exception was alcohol use, where boys and girls reported similar rates of use (boys – 24% vs girls – 27%).
- By grade: Reported current use of alcohol, marijuana, and electronic tobacco products all increased from 9th through 11th grades. The other substances all had lower reported current rates of use and tended to vary less predictably by grade.

7.0 Substance use: Additional issues

7.1 Exposure to substance use at home

2017-2018 Ipswich Student Health Survey – High School								
Exposure to substance use at home								
Variables	% Total		% by Gender		% by Grade			
	Ipswich 2018	MA 2017	M	F	9 th	10 th	11 th	12 th
Exposure to substance use: Is there anyone (other than you) living in your household who.....(Response = Yes)								
Q59a. Smokes cigarettes?	17	--	20	15	15	18	20	NA
Q59b. Uses electronic tobacco products?	16	--	15	15	17	11	18	NA
Q59c. You think drinks too much?	17	--	15	18	14	15	23	NA
Q59d. Smokes marijuana?	17	--	18	16	12	18	21	NA
Q59e. Uses illegal drugs other than marijuana?	3	--	3	2	0	3	6	NA
Q59f. Uses prescription drugs in ways not prescribed or to get high?	3	--	3	2	0	3	6	NA

Observations:

- Regarding exposure to substance use at home, respondents reported four different substance use situations at essentially the same rate, including: cigarette smoking (17%); use of electronic tobacco products (16%); drinking too much (17%); and smoking marijuana (17%). Few respondents reported living with someone who uses illegal drugs other than marijuana (3%) or who abuses prescription medication (3%).

7.2 Ease of access to drugs

2017-2018 Ipswich Student Health Survey – High School								
Ease of access to drugs								
Variables	% Total		% by Gender		% by Grade			
	Ipswich 2018	MA 2017	M	F	9 th	10 th	11 th	12 th
Ease of access – If you wanted to get the following substances, how easy would it be for you to get some? (Responses = Sort of easy, Very easy)								
Q58a. Some cigarettes?	45	--	54	37	35	44	58	NA
Q58b. Electronic tobacco products?	72	--	73	70	64	71	82	NA
Q58c. Some beer, wine, or hard liquor?	66	--	60	70	59	65	76	NA
Q58d. Some marijuana?	51	--	56	48	36	51	70	NA
Q58e. Prescription drugs to use to get high?	18	--	21	16	17	20	17	NA

Observations:

- Two-thirds or more of the respondents reported that it would be easy to obtain electronic tobacco products (72%) and beer, wine or hard liquor (66%); and over half reported that it would be easy to obtain marijuana (51%). Almost half the respondents (45%) reported it would be easy to obtain cigarettes while only 18% of respondents reported that it would be easy to obtain prescription drugs to use to get high.
- By gender: Rates by boys and girls were variable, with boys more likely than girls to report it would be easy to obtain cigarettes and marijuana and girls more likely than boys to report it would be easy to obtain alcohol.
- By grade: For all substances except prescription drugs, respondents reported greater ease of access from 9th grade to 11th grade.

7.3 Most recent source of alcohol

2017-2018 Ipswich Student Health Survey – High School								
Most recent source of alcohol								
Variables	% Total		% by Gender		% by Grade			
	Ipswich 2018	MA 2017	M	F	9 th	10 th	11 th	12 th
The last time you drank alcohol in the last 30 days, how did you get it? (Response = Yes)								
Q33a. Bought alcohol in a liquor store (last time)	0	—	0	0	0	0	0	NA
Q33a. Bought alcohol in a bar or restaurant (last time)	1	—	0	2	1	0	0	NA
Q33a. Took it from parents or guardian without their knowing (last time)	20	—	16	22	30	21	14	NA
Q33a. Parent/guardians bought it for you (last time)	19	—	19	18	15	7	30	NA
Q33a. Other adult (not a parent or guardian) bought it for or gave it to you (last time)	29	—	35	25	25	24	35	NA
Q33a. Someone under 21 bought it for or gave it to you (last time)	26	—	19	31	25	38	16	NA
Q33a. Some other way (last time)	6	—	11	2	0	10	5	NA

2017-2018 Ipswich Student Health Survey – High School								
Most recent source of alcohol – Additional breakout								
Variables	% Total		% by Gender		% by Grade			
	Ipswich 2018	MA 2017	M	F	9 th	10 th	11 th	12 th
If you got alcohol from an adult other than your parent/guardian in the past 30 days, how did you know that person ? (Response = Yes)								
Q33b. It was my brother or sister	19	--	15	23	18	20	18	NA
Q33b. It was a relative other than my parent or brother/sister	8	--	4	12	9	10	5	NA
Q33b. It was a parent of one of my friends	8	--	7	8	18	5	5	NA
Q33b. It was a brother or sister of one of my friends	13	--	7	19	0	20	14	NA
Q33b. It was another relative of one of my friends, other than their parent or brother/sister	13	--	11	15	18	5	18	NA
Q33b. It was an adult friend of mine	23	--	30	15	27	25	18	NA
Q33b. It was a stranger (someone I didn't know)	6	--	7	4	9	5	5	NA
Q33b. It was some other adult	11	--	19	4	0	10	18	NA

Observations:

- Of those students who reported drinking alcohol in the past 30 days, the most frequently identified source of the alcohol the last time they drank was an adult who was not their parent or guardian (29%). Other frequently mentioned sources were: a person under 21 years who bought it for or gave it to them (26%); taking it from parents or guardian without their knowing (20%); and parent/guardian who bought it for them (19%). Very few respondents reported buying alcohol in a bar or restaurant (1%), and none reported buying alcohol in a liquor store.
- By gender: There were several differences by gender. Boys were more likely than girls to report obtaining it from an adult who was not a parent or guardian who bought it for or gave it to them (boys 35% vs girls 25%) while girls were more likely than boys to report taking it from parents/guardian without their knowing (girls 22% vs boys 16%) and obtaining it from someone under 21 years who bought it for or gave it to them (girls 31% vs boys 19%).
- By grade: With one exception, reported rates varied by grade without discernible patterns. The exception was the percentage of students who reported obtaining alcohol by taking it from parents or guardian without their knowing, which decreased from 30% in 9th grade to 14% in 11th grade.
- As indicated in the lower table above, students who reported obtaining alcohol from an adult other than their parent or guardian were asked to identify their relationship to that adult source. The most frequently reported non-parent adult source was an adult friend (23%). Other reported non-parent adult sources in order of frequency reported included: a brother or sister (19%); brother or sister of a friend (13%); another relative of a friend, other than their parent or brother/sister (13%); some other adult (11%); relative other than parent or brother/sister (8%); parent of a friend (8%); Six percent reported obtaining alcohol from an adult stranger.

7.4 Binge drinking and drinking and driving

2017-2018 Ipswich Student Health Survey – High School								
Binge drinking and drinking and driving								
Variables	% Total		% by Gender		% by Grade			
	Ipswich 2018	MA 2017	M	F	9 th	10 th	11 th	12 th
In the past 30 days, did you.....(Response = yes)								
Q31. Have 5 or more drinks of alcohol in a row, within a couple of hours?	24	16	32	19	18	23	31	NA
Q34. Ride in a car or other vehicle driven by someone who had been drinking alcohol?	17	--	16	18	19	21	9	NA
Q35. Drive a car or other vehicle when you had been drinking alcohol (of those who drive)?	8	--	17	1	0	6	8	NA

Observations:

- Almost one out of four students (24%) reported binge drinking in the past 30 days. Regarding drinking and driving, 17% of respondents reported riding in a car driven by someone who had been drinking; and 8% of those who reported driving also reported driving after drinking.
- Comparisons: As indicated in the table, the percentage of students in Ipswich reporting binge drinking in 2018 was substantially more than the statewide percentage reporting binge drinking on the 2017 YRBS (Ipswich – 24%; MA – 16%).
- By gender: Boys were much more likely than girls to report binge drinking (boys – 32% vs girls – 19%) and drinking and driving (boys 17% vs girls – 1%).
- By grade: With one exception, reported rates varied by grade without discernible patterns. The exception was the percentage of students who reported binge drinking, which increased from 18% in 9th grade to 31% in 11th grade.

8.0 Sexual experiences

2017-2018 Ipswich Student Health Survey – High School								
Sexual experiences								
Variables	% Total		% by Gender		% by Grade			
	Ipswich 2018	MA 2017	M	F	9 th	10 th	11 th	12 th
In your lifetime, have you.....(Response = Yes)								
Q65. Ever had sexual intercourse	22	35	21	22	11	24	32	NA
Q66. Had sexual intercourse before 13 years of age	<1	2	0	1	0	1	0	NA
Q67. Had sexual intercourse with 4 or more persons	3	7	5	2	2	4	4	NA
Q71. Been forced to have sexual intercourse against your will	4	--	2	5	2	3	8	NA
If you have ever had sexual intercourse, think back to the last time you did. On that occasion..... (Response = Yes)								
Q68a. Did you drink alcohol or use drugs before you had intercourse?	26	18	43	13	29	16	34	NA
Q68b. Did you or your partner use a condom?	56	58	69	47	63	45	64	NA

Observations:

- In 2018, 22% of high school respondents in Ipswich reported having ever had sexual intercourse. While less than 1% reported having sexual intercourse before age 13 years and 3% reported having had sexual intercourse with 4 or more partners, 4% of respondents reported having been forced to have sexual intercourse against their will. Of those who reported having had sexual intercourse, a little over half (56%) reported using a condom the last time they did so while 26% reported drinking alcohol prior to the last time they had sexual intercourse.
- Comparisons: As indicated in the table, the rates of reported lifetime sexual intercourse, sexual intercourse before age 13 years, and sexual intercourse with 4 or more partners all are a bit lower than comparable figures for Massachusetts as a whole from the 2017 YRBS. However, the reported rate of use of alcohol prior to most recent sexual intercourse is somewhat higher than the comparable figure for Massachusetts as a whole from the 2017 YRBS.
- By gender: Boys were more likely than girls to report sexual intercourse with four or more partners (boys – 5% vs girls – 2%), drinking alcohol before most recent sexual intercourse (boys – 43% vs girls – 13%), and using a condom (boys – 69% vs girls – 47%). Girls were more likely than boys to report being forced to have sexual intercourse against their will (girls – 5% vs boys – 2%).
- By grade: As might be anticipated, the percentage of respondents who reported lifetime sexual intercourse increased substantially from the 9th to 11th grades (11% to 32%). Variations by grade on the other variables did not fall into readily discernible patterns.

9.0 Health issues

9.1 Perceived body weight and weight control efforts

2017-2018 Ipswich Student Health Survey – High School								
Perceived body weight and weight control								
Variables	% Total		% by Gender		% by Grade			
	Ipswich 2018	MA 2017	M	F	9 th	10 th	11 th	12 th
Q75. Described self as slightly or very overweight	23	28	22	23	29	21	17	NA
Q76. Were not trying to lose weight	64	56	78	53	58	63	72	NA
Q77a. Did not eat for 24 hours or more to lose weight or keep from gaining weight (30 days)	10	--	5	14	10	12	8	NA
Q77b. Vomited or took laxatives to lose weight or to keep from gaining weight (30 days)	3	--	0	5	3	3	3	NA

Observations:

- In 2018, 23% of high school respondents reported being slightly or very overweight. While only a quarter of respondents reported being overweight, over one-third of respondents (36%) reported that they were trying to lose weight; and 10% and 3% respectively reported that they had not eaten for 24 hours or more and/or had vomited or taken laxatives within the past 30 days to lose weight or prevent gaining weight.
- Comparisons: Where statewide rates are available, these rates regarding weight control are a bit better than the rates for Massachusetts as a whole in 2017 for comparable items on the YRBS. The percent reporting being overweight in Ipswich is slightly lower than the statewide rate (Ipswich 23% vs MA 28%).
- By gender: Boys and girls reported being overweight at very similar rates (boys 22% vs girls 23%). However, girls were much more likely than boys to report trying to lose weight (girls 47% vs boys 22%); and girls also were more likely than boys to report fasting (girls 14% vs boys 5%) and/or vomiting or laxatives (girls 5% vs boys 0%) to lose weight or prevent weight gain.
- By grade: The percentage of respondents who reported being overweight decreased from the 9th to 11th grade from 29% to 17% while the percentage of students who reported not trying to lose weight increased from 58% to 72%. There was little change by grade level for the other two variables.

9.2 Physical activity

2017-2018 Ipswich Student Health Survey – High School								
Physical activity								
Variables	% Total		% by Gender		% by Grade			
	Ipswich 2018	MA 2017	M	F	9 th	10 th	11 th	12 th
Q79b. Participated in at least 60 minutes of physical activity on at least 1 day (past 7 days)	93	85	93	93	94	92	93	NA
Q79b. Were physically active at least 60 minutes per day on 5 or more days (past 7 days)	51	46	63	44	55	52	49	NA
Q80a. Watch TV 3 or more hours on an average school day	15	--	13	15	18	12	11	NA
Q80b. Used the computer or playing video games when not in school 3 or more hours on an average school day	34	48	34	32	34	35	31	NA

Observations:

- More than nine out of ten respondents (93%) reported vigorous physical activity on at least one of the previous seven days, but only a little over half (51%) reported vigorous physical activity on five or more of the previous seven days. Substantial amounts of TV watching and computer/video game use outside school was reported, with 15% of respondents reporting three or more hours of TV watching and more than twice that percentage (34%) reporting three plus hours of computer/video game use.
- Comparisons: As indicated in the table, these rates are better than rates for Massachusetts as a whole in 2017 for comparable items on the YRBS. Percentages in Ipswich for both measures of reported physical activity were higher than the comparable statewide percentages in 2017; and the reported rate for 3 or more hours of daily school day computer/video game use was lower than the comparable statewide percentage.
- By gender: As indicated in the table, boys and girls reported similar rates for physical activity on at least 1 day out of the previous seven, but boys were more likely than girls to report vigorous physical activity during 5 or more out of the previous 7 days (boys – 63% vs girls – 44%). The rates of extensive TV watching were similar for girls and boys (girls - 15% vs boys - 13%) as were the rates for extensive computer/video game use out of school (boys -34% vs girls 32%).
- By grade: The percentages of respondents reporting these activities remained fairly constant by grade level.

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Appendix A: High school data tables

As noted above, the main body of this report does not provide a complete exhaustive report of findings from every item in the survey. Rather, the report provides an overview of key findings from the survey. In efforts to highlight particularly important findings and make the report more easily understandable, a few items were not included in the main body of the report; and in some sections the findings were presented in a different order than they occurred in the survey itself.

Therefore, to be sure the reader has full access to all findings from the survey, this appendix is provided after the main body of the report. The appendix provides the same format for data tables as those used in the main body of the report and provides findings for all items in the survey in close to the original order in which they occurred in the survey itself. While redundant with much of the main body of the report, the appendix is intended to provide a complete picture of the findings of the survey in their original order.

The specific items in the appendix that are not included in the main body of the report are as follows: Q16; Q19a, c, and d; Q27; Q32; Q38; Q39; Q40; Q54; Q55; Q56; Q57; Q60; Q61; Q62; Q63; Q64; Q69; Q70; Q71b; Q72; Q73; Q74; Q78; Q79a; Q81; Q82; Q83; Q84. Most of these items provide additional more detailed information in one of several areas, including: substance use; sexual issues; diet and eating habits; and activities outside of school.

In compiling the findings in the appendix, it was assumed that the findings not included in the main body of the report would be sufficiently understandable without additional narrative material.

2017-2018 Ipswich Student Health Survey – High School								
Bullying								
Variables	% Total		% by Gender		% by Grade			
	Ipswich 2018	MA 2017	M	F	9 th	10 th	11 th	12 th
Q7. Bullied at school (12 months)	23	15	15	29	29	22	17	NA
Q8. Bullied when Not at school (12 months)	16	--	11	20	21	14	12	NA
Q9. Bullied electronically (12 months)	18	14	11	25	22	18	13	NA
Q10. Saw someone else bullied at school (12 months)	38	--	38	39	38	39	39	NA

2017-2018 Ipswich Student Health Survey – High School								
Bullying and bystander behavior								
Variables	% Total		% by Gender		% by Grade			
	Ipswich 2018	MA 2017	M	F	9 th	10 th	11 th	12 th
If you saw someone else bullied at school during the past 12 months..... (Response = Yes)								
Q11_1. I didn't see anyone bullied at school	58	--	57	58	54	58	61	NA
Q11_2. I took part in the bullying	1	--	1	1	0	1	2	NA
Q11_3. I didn't do anything – just saw it happen	21	--	20	21	21	19	21	NA
Q11_4. I tried to get the person/people doing it to stop	16	--	18	14	18	15	15	NA
Q11_5. I told a teacher, counselor, or other adult at school	3	--	1	4	1	4	3	NA

2017-2018 Ipswich Student Health Survey – High School								
Personal safety								
Variables	% Total		% by Gender		% by Grade			
	Ipswich 2018	MA 2017	M	F	9 th	10 th	11 th	12 th
Q12. In a physical fight at school (past 12 months)	4	6	6	3	5	3	5	NA
Q13. In a physical fight not at school (past 12 months)	13	18	17	10	14	8	17	NA
Q14. Did not go to school because you felt unsafe going to or from school (past 30 days)	7	4.5	4	10	7	8	7	NA
Q15. Ever physically or sexually hurt by a date or someone you were going out with.	7	--	4	10	7	5	10	NA

2017-2018 Ipswich Student Health Survey – High School								
Dating violence								
Variables	% Total		% by Gender		% by Grade			
	Ipswich 2018	MA 2017	M	F	9 th	10 th	11 th	12 th
In your lifetime, have you ever been:.....(Response = Yes)								
Q15. Physically hurt only by a date	4	--	3	5	3	3	6	NA
Q15. Sexually hurt only by a date	3	--	1	4	4	1	4	NA
Q15. Physically and sexually hurt by a date	1	--	1	1	0	2	1.	NA

2017-2018 Ipswich Student Health Survey – High School								
Personal matters								
Variables	% Total		% by Gender		% by Grade			
	Ipswich 2018	MA 2017	M	F	9 th	10 th	11 th	12 th
Q16a. Had one or more failing grades on a report card (12 months)	21	--	25	17	18	18	27	NA
Q16b. Had a problem with alcohol or drugs (12 months)	6	--	8	4	5	5	8	NA
Q16c. Member of your family had an alcohol or drug problem (12 months)	21	--	17	24	16	24	23	NA
Q17a. Divorce or separation in your family (12 months)	8	--	8	8	7	12	4	NA
Q17b. Serious family financial problem (12 months)	12	--	13	11	12	11	12	NA
Q17c. Family moved (12 months)	8	--	8	8	9	6	9	NA
Q17d. Serious illness of family member (12 months)	28	--	28	29	40	22	22	NA
Q17e. Death of family member or close friend (12 months)	36	--	36	36	44	30	44	NA
Q17f. Ran away from home (past 12 months)	3	--	3	3	4	3	2	NA
Q18a. Witnessed violence in your family (12 months)	10	--	6	12	10	10	10	NA
Q18b. Received verbal or emotional abuse from family member (12 months)	21	--	13	27	20	21	23	NA
Q18c. Were beaten or physically hurt by family member (12 months)	5	--	3	7	5	5	4	NA

2017-2018 Ipswich Student Health Survey – High School								
Support systems								
Variables	% Total		% by Gender		% by Grade			
	Ipswich 2018	MA 2017	M	F	9 th	10 th	11 th	12 th
Q19a. Feel close to people at this school	77	--	78	75	73	78	81	NA
Q19b. Am happy to be at this school	64	--	71	59	64	68	60	NA
Q19c. Feel like I am part of this school	69	--	69	69	71	70	65	NA
Q19d. Teachers at this school treat students fairly	63	--	70	63	61	66	64	NA
Q19e. Feel safe in my school	72	--	80	66	71	70	75	NA
Q20. Have at least one teacher or other adult in this school to talk to about problems	73	--	71	75	62	79	81	NA
Q21. Have an adult outside school to talk to about things important to you	93	--	92	92	87	95	96	NA

2017-2018 Ipswich Student Health Survey – High School								
Depression, self-harm, and suicide								
Variables	% Total		% by Gender		% by Grade			
	Ipswich 2018	MA 2017	M	F	9 th	10 th	11 th	12 th
During the past 12 months, did you.....(Response = Yes)								
Q22. Hurt self on purpose?	16	--	8	23	21	15	11	NA
Q23a. Feel depressed enough for at least two weeks that you stopped usual activities?	30	27	21	37	30	25	34	NA
Q23b. Seriously consider suicide?	13	12	10	16	17	10	12	NA
Q23c. Make a plan to commit suicide?	6	11	5	7	11	3	5	NA
Q24. Attempt suicide?	3	5	3	2	5	1	1	NA
Q25. Injure yourself in a suicide attempt?	1	--	1	1	1	0	2	NA

2017-2018 Ipswich Student Health Survey – High School								
Tobacco use								
Variables	% Total		% by Gender		% by Grade			
	Ipswich 2018	MA 2017	M	F	9 th	10 th	11 th	12 th
Q26a. Smoke cigarettes (lifetime)	9	20	14	4	5	7	14	NA
Q26b. Used chewing tobacco, snuff, or dip (lifetime)	4	--	7	1	6	2	3	NA
Q26b. Used chewing tobacco, snuff, or dip (30 days)	2	4.8	3	0	2	2	2	NA
Q26c. Smoked cigars, cigarillos, or little cigars (lifetime)	12	--	24	2	11	9	17	NA
Q26c. Smoked cigars, cigarillos, or little cigars (30 days)	6	7	13	1	6	3	10	NA
Q26d. Used other tobacco products (lifetime)	7	--	11	3	4	4	12	NA
Q26d. Used other tobacco products (30 days)	4	--	7	1	3	0	9	NA
Q26e. Used electronic tobacco products (lifetime)	36	41	39	34	26	38	47	NA
Q26e. Used electronic tobacco products (30 days)	21	20	29	15	11	26	28	NA
Q27. Smoked first whole cigarette before age 13 years	1	--	1	0	1	0	1	NA
Q28. Currently smoke cigarettes (30 days)	5	6	7	3	3	5	6	NA
Q28. Smoked cigarettes on all of past 30 days	1	1	3	0	0	1	3	NA

2017-2018 Ipswich Student Health Survey – High School								
Alcohol use								
Variables	% Total		% by Gender		% by Grade			
	Ipswich 2018	MA 2017	M	F	9 th	10 th	11 th	12 th
Q29. Had first drink of alcohol, other than a few sips, before age 13 years	4	--	6	3	3	7	3	NA
Q29. Ever drank alcohol (lifetime)	45	56	44	46	32	48	57	NA
Q30. Drank alcohol (30 days)	26	31	24	27	18	26	35	NA
Q31. Have 5 or more drinks in a row once or more (30 days)	24	16	32	19	18	23	31	NA
Q32a. Bought alcohol in a liquor store (30 days)	1	--	3	0	0	0	4	NA
Q32b. Bought alcohol in a bar or restaurant (30 days)	2	--	2	3	5	0	2	NA
Q32c. Took it from parents or guardian without their knowing (30 days)	20	--	14	25	25	17	19	NA
Q32d. Parent/guardians bought it for you (30 days)	10	--	6	13	5	4	20	NA
Q32e. Other adult (not a parent or guardian) bought it for or gave it to you (30 days)	27	--	27	27	21	26	33	NA
Q32f. Someone under 21 bought it for or gave it to you (30 days)	25	--	16	32	26	31	18	NA
Q33a. Bought alcohol in a liquor store (last time)	0	—	0	0	0	0	0	NA
Q33a. Bought alcohol in a bar or restaurant (last time)	1	—	0	2	1	0	0	NA
Q33a. Took it from parents or guardian without their knowing (last time)	20	—	16	22	30	21	14	NA
Q33a. Parent/guardians bought it for you (last time)	19	—	19	18	15	7	30	NA
Q33a. Other adult (not a parent or guardian) bought it for or gave it to you (last time)	29	—	35	25	25	24	35	NA
Q33a. Someone under 21 bought it for or gave it to you (last time)	26	—	19	31	25	38	16	NA
Q33a. Some other way (last time)	6	—	11	2	0	10	5	NA
Q33b. It was my brother or sister	19	--	15	23	18	20	18	NA
Q33b. It was a relative other than my parent or brother/sister	8	--	4	12	9	10	5	NA
Q33b. It was a parent of one of my friends	8	--	7	8	18	5	5	NA
Q33b. It was a brother or sister of one of my friends	13	--	7	19	0	20	14	NA
Q33b. It was another relative of one of my friends, other than their parent or brother/sister	13	--	11	15	18	5	18	NA
Q33b. It was an adult friend of mine	23	--	30	15	27	25	18	NA
Q33b. It was a stranger (someone I didn't	6	--	7	4	9	5	5	NA

know)								
Q33b. It was some other adult	11	--	19	4	0	10	18	NA
Q34. Rode in a vehicle driven by someone who had been drinking alcohol (30 days)	17	--	16	18	19	21	9	NA
Q35. Drove a car or other vehicle when you had been drinking alcohol (30 days)	8	--	17	1	0	6	8	NA

2017-2018 Ipswich Student Health Survey – High School								
Marijuana use								
Variables	% Total		% by Gender		% by Grade			
	Ipswich 2018	MA 2017	M	F	9 th	10 th	11 th	12 th
Q36. Used marijuana (lifetime)	29	38	38	20	13	35	40	NA
Q36. Tried marijuana for the first time before age 13 years	3	4	6	1	2	4	4	NA
Q37. Used marijuana (30 days)	16	24	26	7	8	16	26	NA
Q38. Used marijuana while drinking alcohol (30 days)	7	--	13	3	4	4	14	NA
Q39. Rode in a vehicle driven by someone who had been using marijuana (30 days)	15	--	21	10	6	19	22	NA
Q40. Drove a car or other vehicle when you had been using marijuana (30 days)	3	--	4	1	2	1	5	NA

2017-2018 Ipswich Student Health Survey – High School								
Other drug use								
Variables	% Total		% by Gender		% by Grade			
	Ipswich 2018	MA 2017	M	F	9 th	10 th	11 th	12 th
Q41. Used cocaine (lifetime)	1	4	2	1	1	2	2	NA
Q41. Used cocaine for the first time before age 13 years	1	--	2	1	0	2	2	NA
Q42. Used cocaine (30 days)	1	--	1	1	1	0	2	NA
Q43. Used ecstasy (lifetime)	1	2.8	2	0	1	0	2	NA
Q43. Used ecstasy for the first time before age 13 years	1	--	1	0	0	0	2	NA
Q44. Used ecstasy (30 days)	1	--	1	0	0	0	2	NA
Q45. Used heroin (lifetime)	1	1	1	0	0	0	2	NA
Q45. Used heroin for the first time before age 13 years	1	--	1	0	0	0	2	NA
Q46. Used heroin (30 days)	1	--	1	0	0	0	2	NA
Q47. Used methamphetamines (lifetime)	1	2	2	0	0	1	2	NA
Q47. Used methamphetamines for the first time before age 13 years	1	--	2	0	0	0	2	NA
Q48. Used methamphetamines (30 days)	1	--	1	0	0	0	2	NA
Q49. Used other illegal drugs (lifetime)	4	--	8	1	2	4	7	NA
Q49. Used other illegal drugs for the first time before age 13 years	0	--	1	0	0	0	1	NA
Q50. Used other illegal drugs (30 days)	3	--	6	1	2	2	5	NA
Q51. Used a prescription drug without a doctor's prescription (lifetime)	6	--	6	5	5	8	5	NA
Q51. Used a prescription drug without a doctor's prescription for the first time before age 13 years	0	--	1	0	0	0	1	NA
Q52. Used a prescription drug without a doctor's prescription (30 days)	3	--	4	3	4	3	4	NA
Q53. Sniffed glue, breathed contents of aerosol cans, or inhaled paints or sprays to get high? (30 days)	2	--	2	2	2	1	2	NA
Q54. Used any illegal drug other than marijuana while drinking alcohol? (30 days)	1	--	2	0	1	0	2	NA

2017-2018 Ipswich Student Health Survey – High School								
Substance use related Attitudes								
Variables	% Total		% by Gender		% by Grade			
	Ipswich 2018	MA 2017	M	F	9 th	10 th	11 th	12 th
Perceived harm – How much do you think people risk harming themselves (physically or in other ways) if they...(Responses = Moderate risk or Great risk)								
Q55a. Smoke one or more packs of cigarettes per day?	90	--	89	90	90	92	87	NA
Q55b. Use electronic tobacco products	52	--	40	63	56	53	46	NA
Q55c. Drink 1 or 2 drinks of alcohol nearly every day?	68	--	62	74	71	71	62	NA
Q55d. Drink 5 or more drinks of alcohol twice a week?	83	--	77	88	82	86	82	NA
Q55e. Smoke marijuana once or twice a week?	36	--	31	40	43	33	31	NA
Q55f. Use prescription drugs that are not prescribed to them?	96	--	94	96	95	96	95	NA
Perception of parental response – how wrong do your parents feel it would be for you to.....(Responses = Wrong, Very wrong)								
Q56a. Smoke cigarettes?	98	--	98	98	100	97	97	NA
Q56b. Use electronic tobacco products	92	--	88	95	92	94	90	NA
Q56c. Drink 1 or 2 drinks of alcohol nearly every day?	94	--	92	96	97	96	88	NA
Q56d. Drink 5 or more drinks of alcohol twice a week?	96	--	94	99	97	98	93	NA
Q56e. Smoke marijuana?	85	--	79	88	88	88	75	NA
Q56f. Use prescription drugs not prescribed to you?	99	--	97	99	98	99	99	NA
Perception of friends' response – how wrong do your friends feel it would be for you to.....(Responses = Wrong, Very wrong)								
Q57a. Smoke cigarettes?	82	--	74	88	84	83	77	NA
Q57b. Use electronic tobacco products	43	--	32	52	53	46	35	NA
Q57c. Drink 1 or 2 drinks of alcohol nearly every day?	68	--	62	73	70	73	59	NA
Q57d. Drink 5 or more drinks of alcohol twice a week?	78	--	73	82	84	78	70	NA
Q57e. Smoke marijuana?	48	--	43	51	62	45	31	NA
Q57f. Use prescription drugs not prescribed to you?	87	--	88	85	87	87	87	NA

2017-2018 Ipswich Student Health Survey – High School								
Ease of access to drugs, Exposure to substance use at home, and parent/guardian support regarding drugs								
Variables	% Total		% by Gender		% by Grade			
	Ipswich 2018	MA 2017	M	F	9 th	10 th	11 th	12 th
Ease of access – If you wanted to get the following substances, how easy would it be for you to get some? (Responses = Sort of easy, Very easy)								
Q58a. Some cigarettes?	45	--	54	37	35	44	58	NA
Q58b. Electronic tobacco products?	72	--	73	70	64	71	82	NA
Q58c. Some beer, wine, or hard liquor?	66	--	60	70	59	65	76	NA
Q58d. Some marijuana?	51	--	56	48	36	51	70	NA
Q58e. Prescription drugs to use to get high?	18	--	21	16	17	20	17	NA
Exposure to substance use: Is there anyone (other than you) living in your household who.....(Response = Yes)								
Q59a. Smokes cigarettes?	17	--	20	15	15	18	20	NA
Q59b. Uses electronic tobacco products?	16	--	15	15	17	11	18	NA
Q59c. You think drinks too much?	17	--	15	18	14	15	23	NA
Q59d. Smokes marijuana?	17	--	18	16	12	18	21	NA
Q59e. Uses illegal drugs other than marijuana?	3	--	3	2	0	3	6	NA
Q59f. Uses prescription drugs in ways not prescribed or to get high?	3	--	3	2	0	3	6	NA
Information and support: Frequency of talking with a parent or guardian about decisions concerning use of substances like cigarettes, alcohol, marijuana, or other drugs. (Responses = Sometimes, Often)								
Q60. How often do you talk with a parent or guardian about substance use decisions?	51	—	53	50	44	61	50	NA

2017-2018 Ipswich Student Health Survey – High School								
Attitudes and issues associated with teenage sexual activity								
Variables	% Total		% by Gender		% by Grade			
	Ipswich 2018	MA 2017	M	F	9 th	10 th	11 th	12 th
Parental support: How often do you talk with a parent or guardian about the following issues.....(Responses = Sometimes, Often)								
Q61a. How they feel about teenagers having sex?	29	--	21	35	21	35	31	NA
Q61b. Making decisions about having sex?	31	--	25	37	26	38	29	NA
Q61c. How to prevent sexually transmitted diseases?	25	--	21	29	16	32	28	NA
Q61d. how to prevent pregnancy?	32	--	24	38	27	35	34	NA
Perceived parental attitude about teen sex (Responses = Wrong, Very wrong)								
Q62. How wrong do your parents feel it would be for you to have sexual intercourse at your age?	48	--	40	56	69	42	31	NA
Perception of friends' sexual activity (Responses = Most of them, All of them)								
Q63. How many of your closest friends have had sexual intercourse?	19	--	16	22	10	23	27	NA
Attitudes about teenage pre-marital sexual intercourse: How much do you disagree or agree with the following statements.....(Responses = Agree, Strongly agree)								
Q64a. It is against my values for me to do it.	18	--	19	18	30	12	12	NA
Q64b. It is against my parents' values for me to do it.	31	--	31	31	42	24	26	NA
Q64c. It is against my friends' values for me to do it.	12	--	10	14	22	11	3	NA

2017-2018 Ipswich Student Health Survey – High School								
Teenage sexual activity/experiences								
Variables	% Total		% by Gender		% by Grade			
	Ipswich 2018	MA 2017	M	F	9 th	10 th	11 th	12 th
Q65. Ever had sexual intercourse	22	35	21	22	11	24	32	NA
Q66. Had sexual intercourse before 13 years of age	<1	2	0	1	0	1	0	NA
Q67. Had sexual intercourse with 4 or more persons	3	7	5	2	2	4	4	NA
Q69. Am bisexual, gay or lesbian, or unsure about sexual orientation	18	--	7	26	19	19	15	NA
Q70. Have ever been pregnant or gotten someone pregnant.	0		0	0	0	0	0	NA
Q71a. Have ever been forced to have sexual intercourse against your will	4	--	2	5	2	3	8	NA
Q71b. Have ever had a sexually graphic or explicit conversation with a stranger on the internet	8	--	6	9	9	7	8	NA
Q72. Have been touched, pinched, grabbed, or patted in a sexual way against your will when you were in school (12 months)	7	--	2	11	8	7	6	NA
If you have ever had sexual intercourse, think back to the last time you did. On that occasion..... (Response = Yes)								
Q68a. Did you drink alcohol or use drugs before you had intercourse?	26	18	43	13	29	16	34	NA
Q68b. Did you or your partner use a condom?	56	58	69	47	63	45	64	NA

2017-2018 Ipswich Student Health Survey – High School								
Health and weight control								
Variables	% Total		% by Gender		% by Grade			
	Ipswich 2018	MA 2017	M	F	9 th	10 th	11 th	12 th
Q73. Whole family eats dinner together once or more in an average week	87	--	89	86	85	90	87	NA
Q73. Whole family eats dinner together 5 or more in an average week	41	--	43	38	43	44	37	NA
Q74. Describes food eaten by self and family as mostly healthy or very healthy	68	--	61	73	69	76	60	NA
Q75. Described self as slightly or very overweight	23	28	22	23	29	21	17	NA
Q76. Were not trying to lose weight	64	56	78	53	58	63	72	NA
Q77a. Did not eat for 24 hours or more to lose weight or keep from gaining weight (30 days)	10	--	5	14	10	12	8	NA
Q77b. Vomited or took laxatives to lose weight or to keep from gaining weight (30 days)	3	--	0	5	3	3	3	NA

2017-2018 Ipswich Student Health Survey – High School								
Dietary behavior								
Variables	% Total		% by Gender		% by Grade			
	Ipswich 2018	MA 2017	M	F	9 th	10 th	11 th	12 th
Yesterday, did you.....(Response = Yes)								
Q78a. Not eat fruit	16	--	14	17	11	16	21	NA
Q78b. Not eat green salad, raw vegetables, or cooked vegetables (not counting potatoes, French fries, or chips)	21	--	24	17	18	19	28	NA
Q78c. Not eat dairy products (milk, cheese, yoghurt)	15	--	13	17	14	14	19	NA
Q78d. Did drink sweetened drinks like soda, punch, sports drinks	58	--	65	52	50	56	69	NA
Q78e. Did eat food like cookies, doughnuts, cakes, candy, french fries, potato/corn chips	82	--	81	84	84	85	75	NA
In the past 7 days, did you.....(Response = Yes)								
Q79a. Not eat breakfast on any day	6	13	6	6	6	6	7	NA
Q79a. Not eat breakfast on all 7 days	57	64	51	63	56	54	63	NA

2017-2018 Ipswich Student Health Survey – High School								
Physical activity and other out-of-school activities								
Variables	% Total		% by Gender		% by Grade			
	Ipswich 2018	MA 2017	M	F	9 th	10 th	11 th	12 th
Q79b. Participated in at least 60 minutes of physical activity on at least 1 day (past 7 days)	93	85	93	93	94	92	93	NA
Q79b. Were physically active at least 60 minutes per day on 5 or more days (past 7 days)	51	46	63	44	55	52	49	NA
Q80a. Watch TV 3 or more hours on an average school day	15	--	13	15	18	12	11	NA
Q80b. Used the computer or playing video games when not in school 3 or more hours on an average school day	34	48	34	32	34	35	31	NA
Q81. Visited a local park, playground, field, beach, or other recreation area to play or be physically active (30 days)	82	--	82	82	78	85	83	NA
Q82a. Excused absence: Missed a whole day or more of school with permission, eg. Illness (30 days)	60	--	56	63	57	60	63	NA
Q82b. Unexcused absence: Missed a whole day of school or more without permission, eg. skipping or cutting (30 days)	11	--	12	10	11	10	11	NA
Q84. Currently work on a paid job	59	--	57	60	42	62	75	NA
Q84. In an average week, work more than 20 hours on a paid job	6	--	5	7	4	9	6	NA
During this school year, have you participated (either in or out of school) in.....(Response = Yes)								
Q83a. Sports team	73	--	73	73	73	74	72	NA
Q83b. Volunteer work, community service, or helping people outside your home without getting paid (not including punishment)	74	--	66	81	69	71	83	NA
Q83c. Organized afterschool, evening, or weekend activities (such as school clubs, community center groups, music/art/dance lessons, drama, church, or other supervised activities)	56	--	44	67	48	53	70	NA