

2018-2019 NRMS YOUTH-AT-RISK SURVEY SUMMARY OF MAJOR FINDINGS

FRIENDSHIPS

- All 6th and 7th grade students indicated they have friends in or out of school. Five 8th graders (3.21%) indicated that they do not.

SAFETY

- Six 6th graders (3.85%); 4 7th graders (2.45%) and 7 8th graders (4.49%) indicated that in the past 30 days they did not go to school because they felt unsafe at school or on their way to school.

BULLYING

- 10 8th graders (6.36%) indicated they were threatened or injured with a weapon on school property. When asked what they did about it, responses included: "I wasn't hurt;" "I didn't know what would happen with the person's friendship. He can be cool most of the time but sometimes he can just be a jerk;" "It wasn't bad;" "I'm no snitch."
- Twenty-four sixth graders (15.29%); thirty-five seventh graders (21.47%); and fifty-two 8th graders (33.55%) indicated they have been bullied this school year on school property or going to or from school.
- Thirteen 6th graders (8.28%); twenty-one 7th graders (12.88%); and twenty two 8th graders (14.38%) said they have been cyber bullied this school year.
- Seven sixth graders (4.46%); seven 7th graders (4.29%); and nineteen 8th graders (12.26%) reported that they have bullied another student this school year.
- Eight 6th graders (5.13%); thirteen 7th graders (8.07%); and twenty 8th graders (12.74%) have avoided school or school activities because of a bullying situation.

SEXUAL HARRASSMENT

- Eight 6th graders (5.13 percent); Seventeen 7th graders (10.49%); and 26 8th graders (16.56%) indicated that they have been inappropriately touched and/or in a way that made them feel uncomfortable.
- Two 6th graders (1.27%); thirteen 7th graders (7.98%); and thirteen 8th graders (8.33%) said that they did not have at least one trusted adult they could talk to about things important to them. In addition, eighteen 6th graders (11.46%); twenty 7th graders (12.27%) and twelve 8th graders (7.69%) were not certain they had a trusted adult they could talk to.

ANXIETY, DEPRESSION, SUICIDAL IDEATION

- Eight 6th grade students (5.13%); nineteen 7th grade students (11.73%); and eighteen 8th grade students (11.46%) reported that during this year they did something to purposely hurt themselves without wanting to die (e.g., cutting, burning themselves)
- Sixteen 6th graders (10.19%); twenty-four 7th graders (14.81%); and forty-one (26.11%) 8th graders indicated that they felt so sad, hopeless, or depressed almost every day for two or more weeks in a row that they stopped doing some activities.
- Forty 6th graders (25.48%); sixty-four 7th graders (39.26%) and seventy-one 8th graders (45.51%) reported that during the past 12 months they have feel extremely anxious or worried to the point that these feelings have interfered with their daily activities.
- Six 6th graders (3.85%); eleven 7th graders (6.83%); and eleven (7.14%) 8th graders said that they seriously considered attempting suicide.
- The reasons given for depression and/or anxiety by grade level include:

Grade 6	# Students	Percent
Academic stress	25	21.93%
Body image/physical appearance	14	12.28%
Worried about the future	12	10.53%
Relationships with friends/classmates	12	10.53%
Feeling isolated/alone	11	9.65%
Family problems	10	8.77%
Bullying	6	5.26%

Grade 7	# Students	Percent
Academic stress	63	46.67%
Body image/physical appearance	27	20.00%
Relationships with friends/classmates	25	18.52%
Feeling isolated/alone	24	17.78%
Worried about the future	23	17.04%
Family problems	21	15.56%
Worried about getting into college	11	8.15%
Financial concerns	10	7.41%
Sexual orientation	5	3.70%

Grade 8	# Students	Percent
Academic stress	65	50.00%
Worried about the future	38	29.23%
Relationships with friends/classmates	34	26.15%
Body image/physical appearance	33	25.38%
Feeling isolated/alone	30	23.08%
Family problems	29	22.31 %
Worried about getting into college	18	13.85%
Bullying	8	6.15%
Financial concerns	8	6.15%

Sexual orientation

6

4.62%

- Students who indicated that academic stress was the reason for their anxiety or depression gave the following reasons for their stress, by grade level:

Grade 6	# Students	Percent
Grades	11	25.00%
Homework	10	22.73%
MCAS	6	13.64%
Too much pressure to do well	4	9.09%
Classroom testing	3	6.82%
Balancing school and extra curricular	1	2.27%

Grade 7	# Students	Percent
Homework	28	31.82%
Grades	12	13.64%
Too much pressure to do well	9	10.23%
MCAS	4	4.55%
Classroom testing	3	3.41%
Balancing school and extra curricular	3	3.41%
Oral reports	3	3.41%

Grade 8	# Students	Percent
Grades	26	27.66%
Homework	24	25.53%
MCAS	8	8.51%
Too much pressure to do well	5	5.32%
Classroom testing	2	2.13%
Balancing school and extra curricular	2	2.13%
Oral reports	1	1.06%

- Of those students who said that they seriously considered attempting suicide sometime this year four or the six 6th graders (11.76%) told someone; Eight of the eleven 7th graders (14.81%) told someone; and five of the eleven 8th graders (8.77%) told someone.

DIETING AND NUTRITION

- Seven 6th grade students (4.61%); fifteen 7th grade students (9.49%); and ten 8th grade students (6.49%) reported that they fasted for twenty-four hours or more to lose weight or keep from gaining weight.
- Twenty-five 6th graders (16.34%); fifty-two 7th graders (32.1%); and forty-one 8th graders (26.46%) said they rarely or never ate breakfast.
- Over 78% of all students (78.15% of 6th graders; 83.95% of 7th graders; and 79.74% of 8th graders said they have been taught in school about how to choose foods to keep them healthy and how to eat a balanced, nutritious diet.

EXERCISE

- Fourteen 6th graders (9.33%); thirty-three 7th graders (20.62%); and twenty three 8th graders (14.93%) are physically active for at least 30 minutes a day after school and on weekends 0-2 times a week. Seventy-six 6th graders (50.67%); eighty-three 7th graders (51.88%); and eighty-one 8th graders (52.60%) are active for at least 30 minutes a day after school and on weekends 5-7 days a week.

EXTRACURRICULAR ACTIVITIES

- One hundred twenty 6th graders (78.95%); one hundred thirty seven 7th graders (84.56%); and one hundred forty (90%) of 8th graders participate in at least one club, team, or organized activity in school or out of school.

SCREEN TIME

- Fifteen 6th graders (10%); fourteen 7th graders (8.86%); and nine eighth graders (5.88%) indicated that they had screen time for something other than educational purposes (on their phone, tablet, playing video games, social media, etc) less than one hour a day.
- Twenty-seven 6th graders (18%); twenty-nine 7th graders (18.35%) and twenty-two 8th graders (14.38%) had screen time for something other than educational purposes one hour/day; sixty-two 6th graders (41.33%), forty-three 7th graders (27.22%) and fifty-six 8th graders (36.6%) had screen time for other than educational purposes two hours a day.
- Forty-five 6th graders (30%); seventy-one 7th graders (44.94%); and twenty-two 8th graders (40.52%) reported having screen time for other than educational purposes three hours or more a day.

COMMUNITY SERVICE

- During a typical school week in grade 6, ninety-nine students (67.81%) spent no time doing volunteer work or community service; forty-seven students (32.19%) spent 1-4 hours. No 6th graders spent 5 hours or more.
- In grade 7, one hundred four student (64.20%) spent no time doing volunteer work or community service; fifty-six students (34.57%) spent 1-4 hours; and two students (1.23%) spent five or more hours a week.
- In grade 8, eighty-eight students (57.52%) spent no time volunteering or doing community service; fifty-six students (34.57%) spent 1-4 hours; and two students (1.23%) spent five or more hours volunteering or doing community service.

ALCOHOL AND NICOTINE USE

- Four 6th graders (2.63%); eight 8th graders (4.94%), and eight 8th graders (5.23%) reported that they had one or more drinks of an alcoholic beverage in the past 30 days.
- A total of three students in grades 6, 7, 8 indicated that they smoked a cigarette in the past thirty days; and three students in grades 6, 7, and 8 said they chewed tobacco during the past 30 days.

VAPING

- Two grade 6 students (1.3%) reported having vaped during the past 30 days. One reported vaping 1-3 times; the other reported vaping daily.
- Eleven 7th graders (6.76%) reported having vaped during the past 30 days. Seven (53.85%) said they vaped a total of 1-3 times; four (30.77) reported vaping once weekly; and two (15.38%) reported vaping daily.
- Sixteen 8th grader students (10.47%) reported having vaped during the past 30 days. Seven of these students (46.67%) vaped a total of 1-3 times; four (26.67%) vaped once weekly; and four more (26.67%) said they vaped daily.
- The two 6th graders who said they vaped during the past 30 days, both said they started at the beginning of this school year.
- Four 7th graders (30.77) who said they vaped said they began before the school year. Seven (53.85%) reported they began at the beginning of this school year. Two (15.38%) said they began within the last two months. Note: Only 11 7th graders reported that they vaped in the past 30 days. This is an inconsistency in the data.
- Ten 8th grader students (66.67%) reported having begun to vape before the school year began; three (20%) reported beginning at the start of this school year; and two (13.33%) said they began within the last two months. One 8th grade student who reported vaping did not answer this question.
- One student reported beginning to vape in third grade; two said they started at the age of 8; two students said they began at 10 years of age; one student at 11; seventeen said they began at 12 years old, ten began at age 13; and four began at age 14. A total of 38 students in grades 6-8 reported having vaped.
- Of the 42 students who reported having ever vaped, 33 (78.5%) reported that they did so out of curiosity.

SLEEP HABITS

- One 6th grade student, two 7th grade students, and five 8th grade students live in a supervised shelter, hotel, motel, park, campground, or other public place with their parents or guardians.
- Three 7th graders live at a friend's or relative's home without their parents or guardians; and two sixth graders and 1 eighth grader live at a friend or relative's home with their parents or guardians.
- Seven 6th graders (4.58%); twenty-one 7th graders (13.04%) and nineteen 8th graders (13.04%) get 5 or less hours of sleep on an average school night. One hundred twelve 6th graders (73.2%), seventy-six 7th graders (49.68%) get 8 or more hours of sleep on an average school night.

2018-2019 YOUTH AT RISK SURVEY

Q3 How would you describe your grades in school?

Grade	Mostly A	Mostly B's	Mostly C's	Mostly D's & F's	Not Sure
6	88 Students 56.41%	41 Students 26.28%	11 Students 7.05%	2 Students 1.28%	12 Students 7.69%
7	80 Students 49.08%	60 Students 36.81%	12 Students 7.36%	3 Students 1.84%	8 Students 4.91%
8	56 Students 37.58%	67 Students 42.68%	22 Students 14.01%	3 Students 1.91%	5 Students 3.18%

Q5 Are you transgender?

Grade	Yes	No	I Don't Know
6	4 Students 2.55%	147 Students 93.63%	
7	0 Students 0 %	160 Students 98.16%	3 Students 1.84%
8	4 Students 2.56%	146 Students 93.59%	6 Students 3.85%

Q6 Do you have friends in school or out of school?

Grade	Yes	No
6	156 Students 100%	0 Students 0 %
7	161 Students 100%	0 Students 0 %
8	151 Students 96.79%	5 Students 3.21%

Q7 During the past 30 days, did you feel unsafe in a car or other vehicle driven by someone when you thought the driver had been drinking alcohol or taking drugs?

Grade	Yes	No
6	3 Students 1.92%	144 Students 92.31 %
7	0 Students 0%	158 Students 99.37 %
8	2 Students 1.27%	147 Students 93.63%

Q8 During the past 30 days have you carried a weapon such as a gun or knife on school property?

Grade	Yes	No	If yes, why did you bring a weapon to school
6	0 Students 0%	151 Students 96.79%	N/A
7	0 Students 0%	159 Students 98.76%	2 No reason
8	2 Students 1.27%	152 Students 96.82%	1 Forgot it was in my bag (in one case, it was a fork)

Q9 During the past 30 days, on any day did you not go to school because you felt you would be unsafe at school or on your way to or from school?

Grade	Yes	No
6	6 Students 3.85%	150 Students 96.15%
7	4 Students 2.45%	159 Students 97.55%
8	7 Students 4.49%	149 Students 95.51%

Q10, Q13 During this school year, has someone threatened or injured you with a weapon such as a gun or knife on school property?

Grade	Q10, During this school year, has someone threatened or injured you with a weapon such as a gun or knife on school property?		Q13 If yes to Q10, did you tell an adult? If not, why not?	
	Yes	No	Yes	No
6	2 Students 2.27%	155 Students 98.73%	2 Students 5.26%	32 Students 84.21%
7	2 Students 1.23 %	161 Students 98.77%	4 Students 6.67%	51 Students 85%
8	10 Students 6.37%	147 Students 93.63%	Students %	Students %

Q13, Cont'd: If you were physically hurt, why did you not tell an adult?

Grade 6	Grade 7	Grade 8
<ul style="list-style-type: none"> Because I just tripped and fell over It was not a big deal 	<ul style="list-style-type: none"> I went to someone's house when I was dating them and was kinda forced into sexual activity. I have never been hurt by a weapon on school property I was not sure who did it Because the adults at Nauset don't do anything about people's problems they just make u feel worse and make you feel bad about yourself 	<ul style="list-style-type: none"> I wasn't hurt Didn't know what would happen if I did so with person's friendship, he can be cool most of the time but sometimes he can just be a jerk. It wasn't bad I ain't no snitch

Q11 During this school year, how many times were you physically hurt on school property or on the bus?

Grade	Never	1 Time	2 or More Times
6	123 Students 79.87%	7 Students 4.55%	7 Students 4.55%
7	134 Students 83.23%	15 Students 9.32%	5 Students 3.11%
8	123 Students 78.34%	11 Students 7.01%	8 Students 5.10%

Q11, Cont'd. Where were you hurt? In school, on the bus, or both?

Grade 6	Grade 7	Grade 8
<ul style="list-style-type: none"> • A pickle ball hit me in gym but didn't really hurt • One of my friends kicked me in the knee and I could barely walk and I had been punched in the stomach in gym • My arm on the bus, but it was an accident • Bus (2 responses) • Arm wrist • We were just goofing around • I got punched in the back in the 6th grade corridor • Accidentally when playing soccer • School (2 responses) • I sprained my wrist in gym • On the bus, but it was an accident • In gym • Arm cause I tripped on gym floor • Bus and in School 	<ul style="list-style-type: none"> • Nowhere • Someone threw something hard at me from the back of the bus more than once and one time I got pinned by my shoulder onto a wall because my pencil accidentally jabbed someone. • I fell off the bleachers and sprained my ankle • In school • I got hurt in gym and ended up breaking my arm but not by anyone. • In school the hallways are too small and I get hit against them as I am walking to class • I dropped my binder on my foot this morning and it hurt really bad. 	<ul style="list-style-type: none"> • Using a glue gun • Got hit with a hockey stick • In the lunch room • A kid hurt my feelings • Someone through a pencil at me • When I was in a fight • During field hockey and basketball practice • I got a concussion at school • On the bus • In the gym • At school

Q 12 Have you ever been hurt physically by someone you were dating or going out with?

Grade	I have never been on a date	Yes	No
6	110 Students 70.51%	0 Students 0%	46 Students 29.49%
7	69 Students 42.59%	1 Student .62%	92 Students 56.79%
8	61 Students 38.85%	1 Student .64 %	95 Students 60.51%

Q 14, 15, 16, 17 Bullying

Grade	Q14 This school year, have you ever been bullied on school property or going to or from school?		Q15 This school year, have you been cyber bullied (through email, chat rooms, IM, websites, texting)?		Q16 This school year, have you bullied another student?		Q17 Have you avoided school or school activities because of a bullying situation?	
	YES	NO	YES	NO	YES	NO	YES	NO
6	24 Students 15.29%	133 Students 84.71%	13 Students 8.28%	144 Students 91.72%	7 Students 4.46%	150 Students 95.54%	8 Students 5.13 %	148 Students 94.87%
7	35 Students 21.47%	128 Students 78.53%	21 Students 12.88%	142 Students 87.12%	7 Students 4.29%	156 Students 95.71%	13 Students 8.07%	148 Students 91.93%
8	52 Students 33.55%	103 Students 65.45%	22 Students 14.38%	131 Students 85.62 %	19 Students 12.26%	136 Students 87.74%	20 Students 12.74%	137 Students 87.26%

Q 18 Has anyone every touched you inappropriately and/or in a way that made you feel uncomfortable?

Grade	Yes	No
6	8 Students 5.13%	148 Students 94.87%
7	17 Students 10.49%	145 Students 89.51%
8	26 Students 16.56 %	131 Students 83.44%

Q 19 Can you talk with at least one trusted adult about things that are important to you or bother you?

Grade	Yes	No	Not Sure
6	137 Students 87.26%	2 Students 1.27%	18 Students 11.46%
7	130 Students 79.75%	13 Students 7.98%	20 Students 12.27%
8	131 Students 83.97%	13 Students 8.33%	12 Students 7.69%

Q 20, 21, 22, 25 Anxiety, Depression, Suicidal Ideation

Grade	Q20 During this year, have you done something to purposely hurt yourself without wanting to die, such as cutting or burning yourself on purpose?		Q21 During this year, did you ever feel so sad, hopeless or depressed almost every day for two weeks or more in a row that you stopped doing some activities?		Q22 During the past 12 months, have you felt extremely anxious or worried to the point that these feelings have interfered with your daily activities (e.g., sleeping, going to school, concentrating)?		Q25 During this year, did you ever seriously consider attempting suicide?	
	YES	NO	YES	NO	YES	NO	YES	NO
6	8 Students 5.13%	148 Students 94.87%	16 Students 10.19%	141 Students 157%	40 Students 25.48%	117 Students 74.52%	6 Students 3.85%	150 Students 96.15%
7	19 Students 11.73%	143 Students 88.27%	24 Students 14.81%	138 Students 85.19%	64 Students 39.26%	99 Students 60.74%	11 Students 6.83%	150 Students 93.17%
8	18 Students 11.46%	139 Students 88.54%	41 Students 26.11%	116 Students 73.89%	71 Students 45.51%	85 Students 54.49%	11 Students 7.14%	143 Students 92.86%

Q 23 If you answered 'yes' to Q21 or Q22, can you identify any of the following causes for these feelings (check all that apply)

Grade 6 Causes for Anxiety or Depression

Causes for Anxiety or Depression	# Students	Percent
I did not answer yes to Q21 or Q22	70	61.40%
Relationships with friends/classmates	12	10.53%
Family problems	10	8.77%
Bullying	6	5.26%
Financial concerns	1	.88%
Alcohol/drug use	1	.88%
Academic stress	25	21.93%
Gender identity	0	0%
Sexual orientation	0	0%
Worried about the Future	12	10.53%
Feeling isolated/alone	11	9.65%
Body image/physical appearance	14	12.28%
Worried about getting into college	4	3.51%
I don't know	7	6.14%
None of the above	7	6.14%
Other (Specify)	7	6.14%
<ul style="list-style-type: none"> • Tell me I'm overweight • Test, quizzes and homework • Finding out if I was bi or straight • My brother juling 		

Grade 7 Causes for Anxiety or Depression

Causes for Anxiety or Depression	# Students	Percent
I did not answer yes to Q21 or Q22	59	43.70%
Relationships with friends/classmates	25	18.52%
Family problems	21	15.56%
Bullying	5	3.70%
Financial concerns	10	7.41%
Alcohol/drug use	1	.074%
Academic stress	63	46.67%
Gender identity	0	0%
Sexual orientation	5	3.70%
Worried about the Future	23	17.04%
Feeling isolated/alone	24	17.78%
Body image/physical appearance	27	20.00%
Worried about getting into college	11	8.15%
I don't know	12	8.89%
None of the above	7	5.19%
Other (Specify)	11	8.15%
<ul style="list-style-type: none"> • My mom • Homework can be stressful during the week. I wish we could do it all in class time. (2 homework responses) • I thought my dog might die because he wasn't going outside a lot. • One-day panic attaches then I keep it together. They don't interfere with learning though. • Out sick. • Punishment for an action of mine • Not having enough time for things • Decisions 		

Grade 8 Causes for Anxiety or Depression

Causes for Anxiety or Depression	# Students	Percent
I did not answer yes to Q21 or Q22	46	35.38 %
Relationships with friends/classmates	34	26.15%
Family problems	29	22.31 %
Bullying	8	6.15%
Financial concerns	8	6.15%
Alcohol/drug use	1	.77%
Academic stress	65	50%
Gender identity	1	.77%
Sexual orientation	6	4.62%
Worried about the Future	38	29.23%
Feeling isolated/alone	30	23.08%
Body image/physical appearance	33	25.38%
Worried about getting into college	18	13.85%
I don't know	13	10.00%
None of the above	7	5.38%
Other (Specify)	14	10.77%
<ul style="list-style-type: none"> • Homework (4 responses) • Clinical depression • Parents • On medication I don't need • Death of close relative • Social anxiety/anxiety • Eating Disorder • Grades and school in general • Clubs 		

Q24 If you answered 'yes' to academic stress in Q23, please check the reason/reasons you feel academic stress

Grade 6 Reasons for Academic Stress

Reasons for Academic Stress	# Students	Percent
MCAS	6	13.64%
Homework	10	22.73%
Grades	11	25.00%
Classroom testing	3	6.82%
Balancing school and extra-curricular	1	2.27%
Too much pressure to do well	4	9.09%
Oral reports	0	0%
Other (Please comment)	9	20.45
<ul style="list-style-type: none"> • My parents get upset about my grades. It's not serious, but I get punished if I don't hand in work or get low grades • All of the above • MCAS, homework, grades, classroom testing, balancing school and extra-curricular, too much pressure to do well • Money 		

Grade 7 Reasons for Academic Stress

Reasons for Academic Stress	# Students	Percent
MCAS	4	4.55%
Homework	28	31.82%
Grades	12	13.64%
Classroom testing	3	3.41%
Balancing school and extra-curricular	3	3.41%
Too much pressure to do well	9	10.23%
Oral reports	3	3.41%
Other (Please comment)	26	29.55%
<ul style="list-style-type: none"> • Homework and grades • Homework • Homework • Homework balancing school and extra-curricular and too much pressure to do well • Homework, grades, tests/quizzes, balancing school and extra-curricular • Homework, grades, and Oral reports • Get rid of homework. There's no point in it • Homework, grades, test, too much pressure • Classroom tests and homework and too much pressure to do well • Homework and pressure and teachers • Homework, grades, too much pressure • All of the above (5 responses) • I was super sick • All except for balancing school and extra-curricular 		

Grade 8 Reasons for Academic Stress

Reasons for Academic Stress	# Students	Percent
MCAS	8	8.51%
Homework	24	25.53%
Grades	26	27.66%
Classroom testing	2	2.13%
Balancing school and extra-curricular	2	2.13%
Too much pressure to do well	5	5.32%
Oral reports	1	1.06%
Other (Please comment)	26	27.66%
<ul style="list-style-type: none"> • All of the above (12 responses) • Homework, pressure to do well, classroom testing, grades • Homework makes me wanna not go to school and it stresses me out a lot • Homework and grades/oral reports • Homework, grades, pressure to do well • MCAS, Homework, Grades, Too much pressure to do well • Balancing school and out of school life • Multiple • Homework, grades, teachers, oral reports, balancing school • Homework and grades 		

Q26 If you answered 'yes' to Q25, did you ever seriously consider attempting suicide? did you tell anyone?

Grade	Yes, I told someone	No, I did not tell anyone	# students who answered 'Yes' to Q25	# students who answered 'No' to Q25
6	4 Students 11.76%	30 Students 88.24%	6 Students 3.85%	150 Students 96.15%
7	8 Students 14.81%	46 Students 85.19%	11 Students 6.83%	150 Students 93.17%
8	5 Students 8.77%	52 Students 91.23%	11 Students 7.14%	143 Students 92.86%

Q27, Q28, Q29 Dieting

Grade	Q27 During the past 30 days, did you go without eating for 24 hours or more (also called fasting) to lose weight or to keep from gaining weight		Q28 During the past 30 days, did you take any diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight?		Q29 During the past 30 days, did you vomit to lost weight or to keep from gaining weight?	
	Yes	No	Yes	No	Yes	No
6	7 Students 4.61%	145 Students 95.39%	2 Students 1.32%	150 Students 98.68%	2 Students 1.33%	148 Students 98.67%
7	15 Students 9.26%	147 Students 90.74n%	5 Students 3.09%	157 Students 96.91%	3 Students 1.85%	159 Students 98.15%
8	10 Students 6.49%	144 Students 93.51%	3 Students 1.94%	152 Students 98.06%	4 Students 2.58%	151 Students 97.42%

Q30 During the past 7 days, on how many days did you eat breakfast?

Grade	Every Day	Most Days	Rarely	Never
6	90 Students 58.82%	38 Students 24.84%	20 Students 13.07%	5 Students 3.27%
7	63 Students 38.89 %	47 Students 29.01%	38 Students 23.46%	14 Students 8.64%
8	70 Students 45.16%	44 Students 28.39%	32 Students 20.65%	9 Students 5.81%

Q31 Have you been taught in school about how to choose foods that keep you healthy and how to eat a balanced, nutritious diet?

Grade	Yes	No
6	118 Students 78.15%	5 Students 3.31%
7	136 Students 83.95%	9 Students 5.56%
8	122 Students 79.74%	16 Students 10.46%

Q32 During the past week on how many days were you physically active for at least 30 minutes a day after school and on weekends?

Grade	0 Days	1-2 Days	3-4 Days	4-5 Days	5-6 Days	7 Days
6	2 Students 1.33%	12 Students 8.00%	31 Students 20.67%	29 Students 19.33%	21 Students 14.00%	55 Students 36.67%
7	10 Students 6.25%	23 Students 14.37%	28 Students 17.50%	16 Students 10.00%	31 Students 19.38%	52 Students 32.50%
8	9 Students 5.84%	14 Students 9.09%	26 Students 16.88%	24 Students 15.58%	29 Students 18.83%	52 Students 33.77%

Q33 During this school year how many clubs, teams, or organized activity groups, in school or out of school, have you participated in?

Grade	0 Clubs	1 Clubs	2 Clubs	3 or More Clubs
6	32 Students 21.05%	35 Students 23.03%	43 Students 28.29%	42 Students 27.63%
7	25 Students 15.43%	39 Students 24.07%	43 Students 26.54%	55 Students 33.95%
8	14 Students 9.09%	25 Students 16.23%	50 Students 32.47%	65 Students 42.21%

Q34 How many hours per day do you have screen time for something that is not educational (on your phone, tablet, playing video games, social media, etc.)?

Grade	I do not use my phone	Less than 1 Hour/day	1 Hour/day	2 Hours/day	3 Hours/day or more
6	1 Student .67%	15 Students 10.00%	27 Students 18.00%	62 Students 41.33%	45 Students 30.00%
7	1 Student .63%	14 Students 8.86%	29 Students 18.35%	43 Students 27.22%	71 Students 44.94%
8	4 Students 2.61%	9 Students 5.88%	22 Students 14.38%	56 Students 36.6%	22 Students 40.52%

Q35 During a typical school week, how many hours do you spend on volunteer work, community service or helping people outside of your home?

Grade	0 Hours	1 to 4 Hours	5 or more Hours
6	99 Students 67.81%	47 Students 32.19%	0 Students 0%
7	104 Students 64.20%	56 Students 34.57%	2 Students 1.23%
8	88 Students 57.52%	58 Students 37.91%	7 Students 4.58 %

Q36, Q37, Q38 Alcohol and Nicotine Use

Grade	Q36 During the past 30 days did you drink one or more drinks of an alcoholic beverage?		Q37 During the past 30 days have you smoked a cigarette?		Q38 During the past 30 days did you chew tobacco?	
	Yes	No	Yes	No	Yes	No
6	4 Students 2.63%	148 Students 97.37%	1 Student .66%	151 Students 99.34%	1 Student .65%	152 Students 99.35%
7	8 Students 4.94%	154 Students 95.06%	0 Students 0%	162 Students 100%	0 Students 0%	162 Students 100%
8	8 Students 5.23%	145 Students 94.77%	2 Students 1.30%	152 Students 98.70%	2 Students 1.30%	152 Students 98.70%

Q39 During the past 30 days, did the cigar, cigarillo, or little cigars you smoked contain any flavoring such as vanilla or cherry?

Grade	I Don't Use Any of these Products	Yes	No
6	135 Students 88.82%	1 Student .66%	16 Students 10.53%
7	134 Students 84.81%	0 Students 0%	24 Students 15.19%
8	113 Students 77.33%	0 Students 0%	37 Students 24.67%

Q40 Vaping

Grade	Q40 During the past 30 days, have you vaped?		Q41 If Yes, How Often?		
	Yes	No	1-3 Times Total	Once Weekly	Daily
6	2 Students 1.30%	152 Students 154%	1 Student 50.00%	0 Students 0%	1 Students 50.00%
7	11 Students 6.76%	151 Students 93.21%	7 Students 53.85%	4 Students 30.77%	2 Students 15.38%
8	16 Students 10.46%	137 Students 89.54%	7 Students 46.67%	4 Students 26.67%	4 Students 26.67%

Q42 If you have vaped during the past 30 days, when did you start?

Grade	Before the School Year	Beginning of this School Year	Within the Last 2 Months
6	0 Students 0%	2 Students 100%	0 Students 0%
7	4 Students 30.77%	7 Students 53.85%	2 Students 15.38%
8	10 Students 66.67%	3 Students 20%	2 Students 13.33%

Q43 How old were you when you first tried an electronic vapor product, even one or two puffs?

Grade 6		Grade 7		Grade 8	
Age of Student	# of Students	Age of Student	# of Students	Age of Student	# of Students
10	1	10	1	Third Grade	1
11	1	11 or 12	1	8	2
12	1	12	10	12	5
		13	3	13	7
				14	4

Q44 If you have used or do use vapor products, why?

Grade	The Flavor	To Get High	Curiosity	I Do Not Use Vapor Products
6	1 Student .72%	0 Students 0%	2 Students 1.45%	135 Students 97.83%
7	2 Students 1.32%	4 Students 2.65%	11 Students 7.28%	134 Students 88.74%
8	1 Student .71%	1 Student .71%	20 Students 14.29%	118 Students 84.29%

Q45 During the past 30 days how did you get your tobacco products (this includes cigarettes, electronic vapor products, cigars, smokeless)

Grade 6	Grade 7	Grade 8
<ul style="list-style-type: none"> • My house • Someone at school 	<ul style="list-style-type: none"> • Friend (6 responses) • Through different people • People • Sister (2 responses) 	<ul style="list-style-type: none"> • Friend (3 responses) • High Schoolers • People get them from older kids on swim teams and other activities with older people • From foster parents • My friend's brother left it out so I took a womper hit and now I am Vape God • Mommy • An older friend

Q46, Q 47 Drug Use

Grade	Q46 During the past 30 days have you used prescription drugs that were prescribed for someone else?		Q47 During the past 30 days have you used heroin?	
	Yes	No	Yes	No
6	1 Student .65%	152 Students 99.35%	1 Student .65%	152 Students 99.35%
7	0 Students 0%	160 Students 100%	0 Students 0%	161 Students 100%
8	2 Students 1.32%	149 Students 98.68%	0 Students 0%	149 Students 100%

Q48 Where do you typically sleep at night?

Grade	In a supervised shelter, hotel, motel, park, campground or other public place with my parents or guardians	At a friend's or relative's home without my parents or guardians	At a friend's or relative's home with my parents or guardians	At home with my parents or guardians
6	1 Student .65%	0 Students 0%	2 Students 1.31%	146 Students 95.42%
7	2 Students 1.23%	3 Students 1.83%	0 Students 0%	152 Students 93.83%
8	5 Students 3.29%	0 Students 0%	1 Student .66%	144 Students 94.74%

Q49 On an average school night, how many hours of sleep do you get?

Grade	4 or Less	5 Hours	6 Hours	7 Hours	8 Hours	9 Hours	10 or More Hours
6	5 Students 3.27%	2 Students 1.31%	14 Students 9.15%	20 Students 13.07%	50 Students 32.68%	50 Students 32.68%	12 Students 7.84%
7	12 Students 7.45%	9 Students 5.59%	18 Students 11.18%	42 Students 26.09%	48 Students 29.81%	28 Students 17.39%	4 Students 2.48%
8	10 Students 6.49%	9 Students 5.84%	16 Students 10.39%	38 Students 24.68%	47 Students 30.52%	25 Students 16.23%	9 Students 5.84%