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**Executive Summary:
Findings from the Youth Risk Behavior Survey
High School age students (SY 2018-2019)
Cohasset Public Schools**

This is a summary of key findings from recent administration of a revised version of the Youth Risk Behavior Survey to a sample of high school students in the Cohasset Public Schools (CPS). The survey was completed by 392 high school students representing grades 9 through 12 and including approximately 83% of the high school students in the Cohasset Public Schools. The survey questions address risky behaviors and activities as well as various health related issues concerning youth in Cohasset.

Overall, the findings are quite positive, with current figures for Cohasset at least similar to the most recent statewide figures and in most cases better than the statewide figures. Further, there are notable improvements and/or maintenance of previous positive findings in several areas when comparing survey findings from 2017 with the present ones in Cohasset, as follows:

- Alcohol use – The percentage of students who report current drinking is down from 33% to 29%, and reported binge drinking (5+ drinks in a row) is down from 21% to 17%.
- Marijuana use – Despite legalization of recreational marijuana, current reported use of marijuana actually declined slightly from 20% to 19% (and is 5 percentage points below the statewide 24% in 2017).
- Cigarette smoking, use of prescription drugs without a prescription, use of inhalants, and use of injection drugs – Reported use of all these substances remains at 5% of students or less.

Findings in several areas are mixed, with both positive as well as potentially problematic results, as follows:

- Bullying – Students who reported bullying at school increased slightly from 11% to 13% while those who reported cyber-bullying declined from 13% to 10%.
- Sexual experience and birth control – Students who reported having ever had sexual intercourse decreased from 26% to 22% (well below the statewide figure of 35% in 2017); but of those who did report sexual intercourse, the percentage of students who reported using alcohol or drugs before their last sexual encounter increased slightly from 26% to 27% (both figures well above the statewide figure of 18% in 2017).

Finally, there are a few findings that may require further exploration and possibly efforts at change, as follows:

- Vaping – The percentage of students who report current vaping increased from 18% to 26%, and students who report frequent vaping (20+ days in past 30) and vaping on school property both increased from virtually none to 7%. Of those who report current vaping, about one in five (19%) report having difficulty stopping vaping.
- Depression/suicide – There were increases in the percentage of students who reported: significant depression (20% to 25%); seriously considering suicide (10% to 13%); making a plan to commit suicide (4% to 6%); telling someone that they were considering suicide (6% to 9%); and being told by someone else that they were considering suicide (21% to 31%).
- Stress at school and outside school – Students who reported feeling fairly often or very often stressed at school increased from 54% to 60%, and the rate of students who reported feeling fairly often or very often stressed outside school increased from 29% to 39%.
- Texting when driving – Finally, among students who reported driving, there was an increase from 51% to 59% in students who reported ever texting when driving.

In addition to further examination of the issues raised by the above findings, we suggest detailed review of the full technical report of survey findings, which includes more information about the above findings as well as survey results in other areas not included in this summary report.

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**Preliminary Report:
Findings from the Youth Risk Behavior Survey
High School age students (SY 2018-2019)
Cohasset Public Schools**

May 23, 2019

Submitted by:
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Submitted to:
Safe Harbor Cohasset Coalition
and the
Cohasset Public Schools
Cohasset, MA

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Report of Findings: Cohasset Youth Risk Behavior Survey, High School (2019)

1.0 Background

This is a preliminary report of findings from recent administration of a revised version of the Youth Risk Behavior Survey to a large sample of high school students in the Cohasset Public Schools (CPS). This survey is one of two similar surveys administered to youth in the Cohasset Public Schools 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 students, such as by gender or grade?
- How do survey findings in the Cohasset schools compare to findings in the past and elsewhere?

1.2 Survey development

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

The high school version of the YRBS is administered to students in grades 9-12, and the middle school version is 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 in the middle school version are unchanged from the high school version, other questions are omitted or modified in the middle school version to facilitate participation by younger students.

While the two surveys used in the Cohasset Public Schools this year include many of the questions from the standard YRBS's, both are revised versions in the sense that some of the original standard questions have been omitted or altered slightly while others have been added to address issues of specific interest to residents of Cohasset.

1.3 Survey content

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

- Demographic characteristics of respondents;
- Automobile safety
- Violence related behavior
- Dating/sexual violence
- Bullying
- Depression and suicide
- Tobacco use: Smoking and chew
- Tobacco use: Vaping
- Alcohol use
- Marijuana use
- Prescription drugs
- Other drug use
- Sexual behavior
- Weight and weight control
- Protective factors: school grades and adult support at school
- Stress, sleep, and screen time

Questions in the middle school version of the YRBS 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 high school version of the YRBS was administered to high school students in the CPS on April 10, 2019. Approximately one classroom period was set aside for completion of the surveys.

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

Prior to survey administration in the high school, the IT Department loaded the high school version of the YRBS into the school's online computer system; and the high school students all completed the survey online during a single classroom period and submitted their answers electronically to a central data file. In turn, after submission of all survey responses by students,

the IT Department sent the data file of responses to J. Richard Woy, Ph.D. of JRW Associates, an independent consulting contractor, for data analysis and preparation of reports of survey findings.

The high school version of the survey was completed by 392 high school students representing grades 9 through 12. Based on an enrollment of 472 students, the sample represents approximately 83% of the high school students in the Cohasset Public Schools. Assuming random sampling, this sample size can be assumed to be representative of the population of CPS high school students and is sufficient to assure confidence intervals of plus or minus 2% with a 99% level of confidence.

1.5 Comparisons

Since both surveys used in the CPS in 2019 include many questions from the standard versions of the YRBS, it is possible to make useful comparisons on many items between the current figures for the Cohasset Public Schools and those for Massachusetts as a whole in 2017.

In addition, since similar versions of the YRBS were administered to middle school and high school students in the CPS in 2017, it is possible to make direct comparisons to many items from those previous surveys.

1.6 Organization of the report

This report is designed to provide a detailed presentation of findings from the survey of high school students. Findings are grouped according to the main survey topic areas listed above. In each topic area results are presented using tables. For each item in the survey, tables provide percentages for all respondents, breakouts of percentages by gender and grade level, and comparable percentages from the 2017 CPS YRBS and 2017 statewide YRBS where available. For each section of the report, the charts of percentages are supplemented by additional commentary.

The sections to follow provide the findings from the YRBS with high school students in the Cohasset Public School in 2019.

2.0 Student demographics

Students by Age

Age in years	Number	Percent
12 or younger	3	1
13	1	0
14	34	9
15	105	27
16	81	21
17	102	26
18 or older	66	17
TOTAL	392	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	Non-binary ¹	Total
2019	200	184	8	392

In 2019, there were somewhat more girls (51%) than boys (47%) in the sample.

Students by Grade

Year	9 th grade	10 th grade	11 th grade	12 th grade	Ungraded/ Other	Missing	Total
2019	105	87	104	95	0	1	392

In 2019, all grades were well represented in the sample, although the number of respondents from the 10th and 12th grades were somewhat fewer than those from the 9th and 11th grades.

¹ In this report, respondents who reported their gender identification as non-binary are included in all statistics involving the total sample and breakouts by grade level. However, given their small number, this group is not included in the breakouts by gender in order to assure their confidentiality.

Students by Race/Ethnicity

Race	Number	Percent
American Indian/Alaskan Native	2	1
Asian	15	4
Black/African American	8	2
Hispanic/Latino	11	3
Native Hawaiian or other Pacific Islander	4	1
White	336	86
I choose not to specify	15	4
Missing	1	0
Total	392	100%

White students accounted for most of the students in the sample, with 86% of the students in the sample reporting being White. As indicated in the table, no other single racial/ethnic group accounted for more than 4% of the sample.

3.0 Personal safety and bullying

3.1 Automobile safety

2018-2019 Cohasset YRBS – High School									
Automobile safety									
Variables	% Total			% by Gender		% by Grade			
	Cohasset		MA 2017	M	F	9 th	10 th	11 th	12 th
	2019	2017							
Q08. Ever texted when driving (among students who had driven)	59	51	36 ²	63	53	33	22	38	71
In past 30 days:									
Q09 Rode with a driver who had been drinking alcohol	12	12	14	11	10	12	9	11	15
Q11. Drove when they had been drinking alcohol (among students who had driven)	4	6	6	5	2	33	8	0	5
Q12. Rode with a driver who had used marijuana	23	21	--	27	17	10	16	32	31
Relationship to driver who had been drinking (those who had ridden with a driver who had been drinking) (N = 46)									
Q10a. Parent/guardian	54	--	--	35	76	62	88	36	43
Q10b. Sibling	15	--	--	10	14	15	13	9	21
Q10c. Other relative/family member	17	--	--	20	10	31	38	0	7
Q10d. Acquaintance/friend under 21	50	--	--	65	43	15	50	64	71
Q10e. Acquaintance/friend over 21	11	--	--	15	5	15	13	0	18
Q10f. Other	13	--	--	11	0	15	25	9	7

Observations:

- While few students reported driving when they had been drinking (4%) or riding with a driver who had been drinking (12%), more than 1 in 5 reported riding with a driver who had been using marijuana (23%); and more than half (59%) of those who reported driving reported texting while doing so. When those who reported riding with a drinking driver were asked their relationship to the driver who had been drinking, about half reported riding with a parent/guardian (54%) and/or an acquaintance under 21 (50%).
- Comparisons: The 2019 figures for CPS were very similar to figures for comparable items on the YRBS for Massachusetts as a whole for 2017 and for CPS in 2017, with the exception of texting while driving which has increased significantly.
- By gender: As indicated in the table, the figures for boys were at least slightly higher than the figures for girls on all variables, with boys notably more likely than girls to report texting while driving and riding with a driver who had used marijuana. Girls were more likely than boys to report riding with a drinking parent/guardian while boys were more likely than girls to report riding with a drinking other relative/family member, acquaintance under 21, and acquaintance over 21.

² The question in the statewide YRBS was slightly different from the one used by the CPS. It asked if the student had texted “or emailed” while driving “in the past 30 days.”

- By grade: There were few differences by grade for riding with a driver who had been drinking or driving when drinking. However, there were substantial increases from the 9th to 12th grade for texting when driving and riding with a driver who had used marijuana. There was also a notable increase from the 9th to 12th grade in the percentage of students who reported riding with an acquaintance under 21 who had been drinking (15% to 71%).

3.2 Violence and safety

2018-2019 Cohasset YRBS – High School									
Violence and safety									
Variables	% Total			% by Gender		% by Grade			
	Cohasset		MA 2017	M	F	9 th	10 th	11 th	12 th
	2019	2017							
In past 30 days:									
Q13. Did not go to school because you felt unsafe at school or going to or from school	6	3	5	4	7	6	2	9	8
In past 12 months:									
Q14. Threatened or injured at home	7	5	--	6	7	5	13	8	5
Q15. In a physical fight	10	14	18	13	6	9	6	13	11
Q16. Hit, slapped, or physically hurt in any other way on purpose	19	3 ³	--	24	14	21	21	20	14
Relationship to person who hit, slapped or physically hurt you in purpose:									
Q17a. Boyfriend	4	--	--	2	8	0	17	0	0
Q17b. Girlfriend	3	--	--	5	0	0	0	0	15
Q17c. Family member	28	--	--	9	60	38	22	25	23
Q17d. Friend	49	--	--	63	28	43	39	60	54
Q17e. Other	17	--	--	21	4	19	22	15	8
Total percent	101	--	--	100	100	100	100	100	100

Observations:

- Few respondents (6%) reported sometimes not going to school because they felt unsafe, and a similar low percentage (7%) reported being threatened or injured at home. About 1 in 10 respondents (10%) reported being in a physical fight in the past year while about 1 in 5 (19%) reported being hit, slapped or otherwise hurt on purpose in the past year. When asked their relationship to those who hurt them, about half (49%) reported being hurt by a friend; and another 28% reported being hurt by a family member. Very few reported being hurt by a boyfriend (4%) or girlfriend (3%).
- Comparisons: The 2019 figures for both not going to school because of safety concerns and being threatened or injured at home are very similar to comparable Cohasset and/or statewide figures from 2017. As indicated in the table, the percentage of students who reported being in a physical fight declined from 14% to 10% from 2017 to 2019; and the current figure in Cohasset for physical fighting is substantially less than the statewide figure of 18% in 2017. As indicated in the footnote, the 2017 and 2019 figures for being hit, slapped or otherwise hurt on purpose probably are not directly comparable because of changes in wording of the item from 2017 to 2019.
- By gender: As noted in the table above, boys were more likely than girls to report physical fighting (13% boys vs 6% girls) and being hit, slapped, or otherwise hurt on

³ In 2017, this item was slightly different, specifying that the hitting, slapping, or other physical hurt was “by a boyfriend or girlfriend.”.

purpose (24% boys vs 14% girls). Girls were more likely than boys to report being hurt by a family member (60% girls vs 9% boys) while boys were more likely than girls to report being hurt by a friend (63% boys vs 28% girls). Figures for boys and girls were quite similar for the other items.

- By grade: There were modest differences on all variables by grade level. However, the differences did not fall into clear patterns with readily identified explanations.

3.3 Dating/sexual violence

2018-2019 Cohasset Public Schools YRBS – High School									
Sexual violence									
Variables	% Total			% by Gender		% by Grade			
	Cohasset		MA 2017	M	F	9 th	10 th	11 th	12 th
	2019	2017							
Q18. Ever engaged in sexual acts because they felt pressured	21	--	10 ⁴	18	26	9	32	24	23
Q19. Ever forced to have sexual intercourse	3	4	7 ⁵	2	4	2	8	1	3

Observations:

- As indicated in the table, 3% of respondents reported that they had been forced to have sexual intercourse in their lifetimes. Substantially more respondents (21%) reported that they had engaged in sexual acts because they felt pressured.
- Comparisons: The current reported rate of forced sexual intercourse in Cohasset is low and essentially unchanged from the reported rate for Cohasset in 2017. Regarding comparisons with the statewide YRBS figures from 2017, caution should be exercised because the wording of the CPS questions differs somewhat from the wording of similar questions in the statewide YRBS. As indicated in the footnotes below, the wording of the statewide YRBS items is stronger and more explicit than in the CPS questions, using the words “forced” and “without consent” rather than “pressured” in Q18 and using the words “physically forced” and “without consent” rather than just “forced” in Q19. That being said, it is likely that the current reported CPS figure of 3% for forced sexual intercourse probably actually is a bit better than the 2017 statewide figure of 7% since the stronger and more explicit wording would likely result in a lower rather than higher reporting rate. On the other hand, using the same logic, it is unlikely that the current percentage of Cohasset high school students who report engaging in sexual acts because of pressure is double the statewide percentage who reported doing so in 2017.
- By gender: Girls were more likely than boys to report both types of sexual violence.
- By grade: There was some variation by grade on both variables, but the variations fell into no clear discernible pattern.

⁴ In 2017 the statewide YRBS posed a similar question, using the wording “...forced by anyone to do sexual things without consent.”

⁵ In 2017 the statewide YRBS posed a similar question, using the wording “...physically forced to have sexual intercourse without consent.”

3.4 Bullying

2018-2019 Cohasset YRBS – High School									
Bullying									
Variables	% Total			% by Gender		% by Grade			
	Cohasset		MA 2017	M	F	9 th	10 th	11 th	12 th
	2019	2017							
In past 12 months:									
Q20. Was bullied at school	13	11	15	12	14	11	12	18	10
Q25. Was bullied electronically	10	13	14	8	12	11	15	8	9
In past 12 months, bullying behavior:									
Q23a. Threatened to hurt someone	3	3	--	4	1	4	2	2	2
Q23b. Hurt someone	2	2	--	3	1	1	2	2	1
Q23c. Electronic bullying	5	9	--	4	5	3	8	2	5
Q23d. None of these things	94	89	--	93	94	95	90	96	93
In past 12 months, being bullied:									
Q24a. Someone threatened to hurt you	6	6	--	7	4	6	7	6	4
Q24b. Someone hurt you	3	2	--	3	2	2	6	4	0
Q24c. Was bullied electronically	12	15	--	10	13	11	17	13	9
Q24d. Did not experience any of these things	85	82	--	85	84	87	81	83	89
In past 30 days:									
Q21. Did not go to school because you felt uncomfortable because of another student	10	7	--	4	14	6	12	13	11
Q22. Did not go to school because you felt uncomfortable because of an adult at school	10	8	--	6	12	9	7	11	12

Observations:

- As indicated in the table, 15% of students reported being bullied in the past year; and a comparable percentage (13%) reported being bullied at school. About one in 10 respondents (10% or 12% depending on the question) reported being bullied electronically, with respondents reporting being threatened (6%) or physically bullied (3%) less frequently. Fewer students reported bullying behavior than reported being bullied (bullying 6% vs being bullied 15%). About one in 10 students reported not going to school at least once in the past month because they felt uncomfortable being around another student (10%) or an adult (10%) at the school.
- Comparisons: The 2019 figures for CPS high school respondents were quite similar to comparable CPS figures for 2017, with a few possible small differences in both directions. The percent of students who reported being bullied did go down from 18% in

2017 to 15% in 2019, attributable primarily to a decrease in reported electronic bullying. On the other hand, there was a small increase in reported bullying at school (10% to 13%); and the percentage of students who did not go to school at least once in the past because of discomfort caused by being around either another student or an adult at school both increased slightly from 2017 to 2019. Where comparisons with 2017 statewide YRBS figures are possible, such as being bullied at school and being bullied electronically, the figures for CPS are a few percentage points better than the statewide figures.

- By gender: As indicated in the table, reported rates for girls and boys were quite similar for most variables, with several exceptions. Girls were slightly more likely to report being bullied electronically (12% girls vs 8% boys), but boys were more likely to report threatening to hurt someone (4% boys vs 1% girls) and to report being threatened with physical harm (7% boys vs 4% girls). Notably, girls were much more likely than boys to report not going to school because of discomfort with being around both another student (14% girls vs 4% boys) or an adult (12% girls vs 6% boys) at school.
- 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.

4.0 Depression, self-harm, and suicide

2018-2019 Cohasset YRBS – High School									
Depression, self-harm, and suicide									
Variables	% Total			% by Gender		% by Grade			
	Cohasset		MA 2017	M	F	9 th	10 th	11 th	12 th
	2019	2017							
Q33. Ever physically injured yourself in order to feel better emotionally	12	15	--	5	18	8	15	14	12
Q36. Ever told anyone that you were considering suicide	9	6	--	8	10	7	12	7	12
Q39. Ever been told by someone that they were considering suicide	31	21	--	24	38	24	31	34	38
Responses to being told by someone that they were considering suicide:									
Q40a. Never been told this	66	77	--	72	61	75	64	63	61
Q40b. Kept the information to myself	10	6	--	8	11	5	14	12	10
Q40c. Told a friend	8	4	--	5	9	3	12	9	9
Q40c. Told a trusted adult	13	11	--	7	18	13	13	12	15
Q40d. Other	10	5	--	12	8	5	13	11	12
In past 12 months:									
Q32. Felt depressed enough for at least two weeks that you stopped usual activities	25	20	27	16	32	14	38	26	26
Q34. Seriously considered suicide	13	10	12	11	16	9	20	12	14
Q35. Made a plan to commit suicide	6	4	11	5	8	5	9	6	6
Q37. Attempted suicide	3	2	5	3	2	1	3	3	3
Q38. Injured yourself in a suicide attempt, requiring treatment by doctor or nurse	2	1	2	3	2	1	1	2	5

Observations:

- As indicated in the table, about 1 in 4 respondents (25%) reported feeling significant depression at some point during the previous 12 months. About 13% reported seriously considered suicide; 6% reported making a plan to commit suicide; 3% reported actually attempting suicide; and 2% reported injuring themselves in a suicide attempt. In addition, 12% of respondents reported self-inflicted injury to relieve tension.
- Only 9% of respondents reported ever telling someone that they were considering suicide, but almost one-third of respondents (31%) reported being told by someone else that they were considering suicide. Responses to being told by another about possible suicide differed, with some respondents keeping the information to themselves (10%),

some telling a friend (8%), others telling a trusted adult (13%), and some responding in other ways (10%).

- Comparisons: As indicated in the table, these current percentages for depression and suicide-related behavior are generally similar to the figures for both Cohasset and Massachusetts statewide in 2017. While generally similar, most figures for 2019 do appear to be slightly higher than the comparable figures for 2017 in Cohasset; and where comparisons are possible, most figures for 2019 do appear to be the same or slightly lower than the statewide figures in 2017.
- By gender: As indicated in the table, girls were more likely than boys to report almost all depression and suicide-related behaviors, with the exception of actual suicide attempts and injuries as a result of suicide attempts where percentages reported by boys and girls were the same.
- By grade: There were substantial differences in percentages by grade, with consistently lower reported percentages by 9th graders than for respondents from the higher grades, although the reasons for this pattern are not apparent to the author.

5.0 Tobacco use

5.1 Cigarette smoking

2018-2019 Cohasset YRBS – High School									
Tobacco use – smoking and chew									
Variables ⁶	% Total			% by Gender		% by Grade			
	Cohasset		MA 2017	M	F	9 th	10 th	11 th	12 th
	2019	2017							
Q42 Ever smoked cigarettes, even one or two puffs (lifetime)	9	11	20	12	6	3	2	10	22
Q43. Tried cigarette smoking before age 13 years, even one or two puffs.	<1	1	6	0	1	0	0	1	0
Q47. Tried to quit smoking in past 12 months	1	2	-	1	1	0	0	1	1
In past 30 days:									
Q44. Smoked cigarettes (At least one day in past month)	3	4	6	3	2	1	1	2	7
Q44. Smoked more than 10 cigarettes per day (on days they smoked in past month, among those who currently smoke cigarettes)	<1	0	-	0	0	1	0	0	0
Q46. Smoked cigarettes on school property (At least one day in past month)	1	1	-	1	0	1	1	0	1
Q48. Used chewing tobacco, snuff, or dip (At least one day in past month)	3	4	5	3	1	2	0	1	9
Q49. Used chewing tobacco, snuff, or dip on school property (At least one day/past month)	0	2	-	0	0	0	0	0	0
How students obtained cigarettes (during past 30 days, one response only)									
Q45a. Bought them in a store	1	2	-	1	0	1	0	2	1
Q45b. Bought them from a vending machine	1	<1	-	0	0	0	1	0	1
Q45c. Gave someone else money to buy them for me	<1	<1	-	1	0	0	0	0	1
Q45d. Borrowed them from someone else	2	1	-	2	2	1	0	1	4
Q45e. A person 18 years old or older gave them to me	<1	1	-	1	0	0	0	0	1
Q45f. Took them from a store or a family member	<1	0	-	0	1	0	0	1	0
Q45g. Obtained them some other way	1	<1	-	1	0	0	0	1	1

⁶ No data is provided on Question 41 in the survey, which asks about past 30 day use of cigarettes and other tobacco products, because the reported rates for use were very low and also redundant with responses from other questions.

Observations:

- About 1 in 10 respondents (9%) reported lifetime cigarette smoking, and 3% reported current cigarette smoking. Very few students (<1%) reported first smoking cigarettes before age 13 years (<1%), smoking more than 10 cigarettes per day (<1%), or smoking on school property (1%). Notably, at 3% the reported rate for current use of chewing tobacco, snuff, or dip was as high as the current reported rate for cigarette smoking. Those who reported current smoking reported obtaining cigarettes in a variety of ways.
- Comparisons: Where comparisons are possible, the current figures for reported use are lower than 2017 figures for the statewide YRBS. Similarly, reported current figures for cigarette smoking and use of related tobacco products are generally similar or slightly better than figures from Cohasset in 2017.
- By gender: Boys reported higher lifetime rates of cigarette smoking than did girls (boys - 12% vs girls - 6%). However, the reported rates by boys and girls on other variables were consistently low and very similar.
- By grade: As indicated in the table, the reported rate for lifetime cigarette use did increase from 3% in the 9th grade to 22% in the 12th grade. However, the reported rates for current use and other variables were so low that few differences by grade were apparent.

5.2 Other tobacco-related perceptions and beliefs

2018-2019 Cohasset YRBS – High School									
Other tobacco-related perceptions and beliefs									
Variables	% Total			% by Gender		% by Grade			
	Cohasset		MA 2017	M	F	9 th	10 th	11 th	12 th
	2019	2017							
Q50. Believe people take moderate or great risk of harm by smoking one or more packs of cigarettes per day	92	88	--	91	95	89	95	95	91
Q51. Believe their parents think it would be wrong or very wrong for them to smoke tobacco	96	96	--	96	98	99	94	99	93
Q52. Believe their friends think it would be wrong or very wrong for them to smoke tobacco	78	73	--	69	86	82	79	81	68

Observations:

- As indicated in the table, 92% of respondents report believing that smoking one or more packs of cigarettes per day involves moderate or great risk of harm. Similarly, 96% reported that their parents think it would be wrong or very wrong for them to smoke tobacco; but only about 78% of respondents reported that their friends think it would be wrong or very wrong for them to do so.
- Comparisons: Current rates are similar to comparable rates in Cohasset in 2017.
- By gender: As indicated in the table, girls were more likely than boys to report that their friends think it would be wrong for them to smoke tobacco (girls 86% vs boys 69%).
- By grade: Respondents' rates of expressed concern that cigarette smoking poses serious risk of harm varies little from the 9th to 12th grades, nor do the rates of those who report parents' or friends' disapproval of teen tobacco smoking.

5.3 Electronic vapor products: Vaping

2018-2019 Cohasset YRBS – High School									
Electronic vapor products: Vaping									
Variables	% Total			% by Gender		% by Grade			
	Cohasset		MA 2017	M	F	9 th	10 th	11 th	12 th
	2019	2017							
Q53 Ever tried vaping (vape pen, juul,,e-cigarette, etc.) (lifetime)	40	33	41	40	40	32	38	41	49
Q56. Tried a vaping device before age 13 years	3	-	-	4	0	6	1	1	2
Q58 Vaping led to tobacco use	1	-	-	1	1	0	0	0	2
Q55. Having trouble stopping vaping currently (of those who reported past 30 day vaping)	19	-	-	13	30	0	17	21	27
In past 30 days:									
Q54. Vaped (At least one day in past month)	26	18	20	29	24	17	27	24	36
Q54. Vaped frequently (20 or more days in past month)	7	1	3	10	3	3	5	5	15
Q59. Vaped on school property (At least once in past month)	7	-	-	9	5	5	8	7	9
Substances used most frequently in vaping device (of those who reported vaping, choose only one)		-							
Q57a. THC	22	12	-	28	17	12	21	26	28
Q57b. Nicotine	59	38	-	59	58	60	46	61	64
Q57c. Flavoring only	14	47	-	8	21	24	25	10	3
Q57d. Other	5	3	-	5	4	4	8	3	6
Total percent	100	100		100	100	100	100	100	101

Observations:

- Reported lifetime and past 30 day rates of use of electronic vapor products were 40% and 26% respectively, both substantially higher than reported rates for cigarette smoking; and 7% of respondents reported vaping more than 20 days per month. While only 3% reported vaping before age 13 years and only 1% reported vaping leading to tobacco use, 19% of those who reported current vaping also reported having trouble stopping vaping; and 7% of respondents reported vaping on school property in the previous month. Students who vaped reported using various substances in their vaping devices, most frequently reporting nicotine (59%) followed by THC (22%) and flavoring only (14%).
- Comparisons: Where comparable data are available, these 2019 reported rates of vaping for Cohasset high school students are consistently higher than the reported rates for Cohasset in 2017 and the same or higher than statewide rates in 2017.

- By gender: While boys and girls reported the same lifetime rates for vaping (40%), the reported rates for boys were substantially higher than the rates for girls for current vaping (29% vs 24%), frequent current vaping (10% vs 3%), vaping on school property (9% vs 5%), and vaping before age 13 years (4% vs 0%). Of those who reported vaping, boys also were more likely than girls to report use of THC in their vaping devices (28% vs 17%) while girls were more likely than boys to report use of flavoring only in vaping devices (21% vs 8%).
- By grade: The reported rates went up from the 9th grade to the 12th grade for lifetime vaping, current vaping, current frequent vaping, vaping on school property, and having trouble stopping vaping.

6.0 Alcohol use

6.1 Lifetime and current alcohol use

2018-2019 Cohasset YRBS – High School									
Lifetime and current alcohol use									
Variables	% Total			% by Gender		% by Grade			
	Cohasset		MA 2017	M	F	9 th	10 th	11 th	12 th
	2019	2017							
Q60 Ever drank alcohol (lifetime)	44	49	56	43	44	17	48	51	62
Q61. Drank alcohol before age 13 years (For first time other than a few sips)	5	4	--	7	3	7	10	1	5
In past 30 days:									
Q62. Currently drink alcohol (at least 1 day in past 30 days)	29	33	31	28	29	8	30	34	47
Q62. Currently drink alcohol frequently (20 or more days in past month)	1	<1	--	1	0	0	0	0	1
Q63. Binge drinking; Drank 5 or more drinks in a row at least once (past month)	17	21	16	21	13	2	18	21	28
Q66. Drank alcohol on school property (at least once in past month)	1	1	--	2	1	1	1	0	3

Observations:

- Reported lifetime and past 30 day rates of alcohol drinking were 44% and 29% respectively, and 17% of respondents reported binge drinking in the previous month. About 1 in 20 students (5%) reported drinking before age 13 years. The percentages of students reporting drinking frequently (20 or more days per month) or drinking on school property were negligible.
- Comparisons: The current lifetime and past 30-day rates of reported alcohol drinking and for binge drinking are all a bit lower than the comparable figures for Cohasset in 2017 and are similar or a bit lower than the comparable statewide figures in 2017.
- By gender: The reported rates for boys and girls were quite similar for these variables, with the exception of binge drinking which was reported by more boys than girls (boys - 21% vs girls – 13%).
- By grade: As might be expected, the rates of reported lifetime, past 30-day, and binge drinking all increased substantially from 9th to 12th grade.

6.2 How students obtain alcohol

2018-2019 Cohasset YRBS – High School									
How students obtain alcohol									
Variables	% Total			% by Gender		% by Grade			
	Cohasset		MA 2017	M	F	9 th	10 th	11 th	12 th
	2019	2017							
How students obtained alcohol (during past 30 days, of those who reported drinking, one response only)									
Q64a. Bought it in a store	5	3	--	9	2	0	4	5	6
Q64b. Bought it in a restaurant, bar, or club	3	4	--	5	0	11	0	3	4
Q64c Bought it at a public event	0	0	--	0	0	0	0	0	0
Q64d. Gave family member or friend over 21 money to buy it	15	16	--	16	15	0	12	16	19
Q64e. Gave a stranger over 21 money to buy it	2	1	--	2	2	0	0	0	4
Q64f. Took the alcohol from home	6	11	--	4	8	22	4	5	4
Q64g. A friend gave it to me	36	41	--	27	47	11	50	39	31
Q64h. My parent(s) provided it to me	8	9	--	7	6	11	15	0	10
Q64i. A friend's parents provided it to me	2	2	--	0	5	0	0	0	6
Q64j. I got it some other way	22	11	--	29	16	44	15	32	15
Total percent	99	98		99	101	99	100	100	99
Where a friend got the alcohol (during past 30 days, of those who reported obtaining alcohol from a friend, one response only)									
Q65a Family member over 21	21	--	--	38	11	0	8	21	33
Q65b. Bought it illegally (fake id)	28	--	--	6	41	0	23	36	27
Q65c. Bought it legally	14	--	--	19	11	0	8	14	20
Q65d. Stranger over 21 bought it	7	--	--	13	4	0	8	7	7
Q65e. Took it from own home	23	--	--	19	26	100	39	21	7
Q65f. Other	7	--	--	6	7	0	15	0	7
Total percent	100			101	100	100	101	99	101

Observations:

- As indicated in the table, students who reported past 30 day drinking reported obtaining the alcohol in a variety of ways. More than a third of respondents (36%) reported that a friend gave them the alcohol while another 15% reported that they gave money to a family member or friend over 21 to buy it for them. Another 8% reported their parents provided the alcohol to them while 6% reported taking the alcohol from home. The remainder obtained alcohol in various other ways. When those who obtained alcohol from a friend were asked how the friend obtained the alcohol, respondents reported that the friends obtained the alcohol in a variety of ways, as indicated in the table.
- Comparisons: Where comparisons are available, the current figures are quite similar to those from 2017 in Cohasset.
- By gender: Boys were a bit more likely than girls to report buying alcohol in a store (9% vs 2%) or bar/restaurant (5% vs 0%). On the other hand girls were more likely than boys to report a friend's giving the alcohol to them (47% vs 27%) or a friend's parents giving it to them (5% vs 0%) or taking the alcohol from home (8% vs 4%).
- By grade: There were some differences by grade, but the differences did not appear to fall into identifiable patterns with explanations.

6.3 Other alcohol-related behavior, perceptions, and attitudes

2018-2019 Cohasset YRBS – High School									
Other alcohol-related behavior, perceptions, and attitudes									
Variables	% Total			% by Gender		% by Grade			
	Cohasset		MA 2017	M	F	9 th	10 th	11 th	12 th
	2019	2017							
Q67 Believe people take moderate or great risk of harm by taking 5 or more drinks once or twice a week	73	69	--	70	76	87	78	65	63
Q68 Believe people take moderate or great risk of harm by taking 1 or 2 drinks daily	79	76	--	75	84	87	73	80	76
Q69. Believe their parents think it would be wrong or very wrong for them to have 1 or 2 drinks once or twice a month	66	--	--	63	69	87	69	59	47
Q70. Believe their friends think it would be wrong or very wrong for them to have 1 or 2 drinks once or twice a month	37	--	--	33	40	63	41	23	18
Q71. Somewhat or strongly disapprove of teens their age having 1 or 2 drinks once or twice a month	28	--	--	29	27	44	32	16	22
Q72. Believe any drinking by students their age is not good	47	50	--	48	47	66	54	33	33
Q73. Believe that 40% or more Cohasset High School students drank alcohol in previous month	75	79	--	67	82	63	79	85	77
Q74. Believe that 30% or more Cohasset High School students had 5 or more drinks in a row in previous month	53	61	--	45	59	41	55	65	55
Q76. Discussed underage drinking with their parent(s)/caregiver(s) in past month	40	42	--	36	44	27	48	41	47
Q77. Discussed rules about drinking with their parent(s)/caregiver(s) in past month	39	33	--	36	40	27	38	40	51
Q78. Report that their parents lock alcohol in their home	9	--	--	12	6	11	10	7	6
Q79. Report that their parents allow them to drink alcohol (1 drink only)	20	--	--	16	22	14	21	21	22
Q79. Report that parents allow them to drink alcohol (more than 1 drink)	11	--	--	12	9	3	5	12	25
Limits other students' parents place on student drinking in home (one choice only)									
Q75a. No drinking allowed	47	44	--	50	45	68	42	37	40
Q75b. Drinking with family when parents present	18	24	--	15	21	25	23	14	11
Q75c. Drinking with friends when parent present	19	15	--	19	18	6	18	24	28
Q75d. Drinking without parent present if no driving afterwards	13	15	--	13	14	1	11	23	18
Q75e. No limits on drinking	3	2	--	3	3	2	6	3	3

Observations:

- Student attitudes toward teen drinking: Respondents answers to this series of questions suggests that a majority of students believe that frequent and/or heavy drinking by teens is bad, but that moderate drinking is okay. As indicated in the table, 73% and 79% of respondents believe that binge drinking and daily drinking respectively involve moderate or great risk of harm. On the other hand, only 28% of respondents report believing drinking alcohol once or twice a month is bad, and only 47% report that any drinking by teens their age is not good.
- Student perceptions of other students and parents: About two-thirds of respondents (66%) reported that their parents think it would be wrong or very wrong for them to drink alcohol moderately once or twice a month, but only about one-third of respondents (37%) reported that their friends think it would be wrong or very wrong for them to do so. In addition, three-quarters of respondents (75%) reported believing that 40% or more of Cohasset high school students had drunk alcohol in the previous month; and over half the respondents (53%) reported believing that 30% or more of Cohasset high school students had been binge drinking in the previous month. The latter two findings suggest that a substantial majority of high school students believe more drinking by high school students is occurring than is actually taking place according to survey findings.
- Parental involvement and limits regarding teen drinking: Rates of reported parental involvement and limits tended to be modest and varied by type. About 4 of 10 respondents reported talking with a parent about underage drinking (40%) or rules for drinking (39%) in the previous month. About 3 of 10 respondents (31%) reported that their parents allowed them to drink alcohol, with 20% reporting parents limited them to one drink and the remaining 11% reporting parents allowed them to have multiple drinks. Only 9% reported that parents lock up alcohol in their homes. When asked about limits parents other than their own place on teen alcohol use at home, almost half (47%) reported that other parents allowed no teen alcohol use at home; and most of the remainder reported that parents allowed teen drinking only with parents present.
- Comparisons: Where comparisons are possible, current rates are quite similar to comparable rates in Cohasset in 2017.
- By gender: As indicated in the table, girls were a bit more likely than boys to report that binge drinking or daily drinking posed significant risk for harm (76% vs 70% for binge drinking, 84% vs 75% for daily drinking). Similarly, girls were slightly more likely than boys to report that their parents and friends thought it was wrong for them to drink alcohol moderately occasionally (69% vs 63% for parents, 40% vs 33% for friends). Finally, girls were more likely than boys to report that other high school students currently drink alcohol and binge drink at higher rates that survey results indicate (59% vs 45% for drinking alcohol, and 44% vs 36% for binge drinking).
- By grade: Respondents' rates of expressed concern that drinking is risky, harmful, or wrong all decline from the 9th to 12th grades, as do the rates of those who report parents or friends disapproval of underage drinking.

7.0 Marijuana use

7.1 Lifetime and current marijuana use

2018-2019 Cohasset YRBS – High School									
Lifetime and current marijuana use									
Variables	% Total			% by Gender		% by Grade			
	Cohasset		MA 2017	M	F	9 th	10 th	11 th	12 th
	2019	2017							
Q80 Ever used marijuana (lifetime)	28	29	38	33	24	18	19	33	40
Q81. Used marijuana before age 13 years (For first time)	2	6	4	3	0	3	2	0	2
In past 30 days:									
Q82. Currently use marijuana (at least 1 day in past 30 days)	19	20	24	23	14	10	14	24	25
Q82. Currently use marijuana frequently (at least 20 times in past 30 days)	6	4	--	10	3	3	4	6	13
Q83. Currently use synthetic marijuana (K2, spice, etc.) (at least 1 day in past 30 days)	4	1	5	5	3	4	4	4	6
Q84. Used marijuana on school property (at least once in past month)	5	1	--	8	2	0	10	3	10

Observations:

- Reported lifetime and past 30-day rates of marijuana use were 28% and 20% respectively. Only 2% of respondents reported marijuana use before age 13 years while 6% reported current frequent marijuana use. The rate of current use of synthetic marijuana was 4%, and 5% of respondents reported use of marijuana on school property in the previous 30 days..
- Comparisons: The current rates for all variables are similar to the reported rates in Cohasset in 2017 and, where comparisons are available, lower than the rates for Massachusetts as a whole in 2017.
- By gender: The reported rates of marijuana use for boys were higher than those for girls on all variables.
- By grade: As might be expected, the rates for lifetime use and all forms of past 30 day marijuana use went up from 9th to 12th grade, with particularly big jumps in lifetime use (18% to 40%) and current use (10% to 25%).

7.2 Other marijuana-related behavior, perceptions, and attitudes

2018-2019 Cohasset YRBS – High School									
Other marijuana-related behavior, perceptions, and attitudes									
Variables	% Total			% by Gender		% by Grade			
	Cohasset		MA 2017	M	F	9 th	10 th	11 th	12 th
	2019	2017							
Q85 Believe people take moderate or great risk of harm by using marijuana once or twice a week	51	46	--	42	59	63	62	45	34
Q86. Believe their parents think it would be wrong or very wrong for them to use marijuana	86	84	--	88	87	94	89	81	78
Q87. Believe their friends think it would be wrong or very wrong for them to use marijuana	47	49	--	41	55	60	59	36	38
Q88. Believe that 30% or more Cohasset High School students had used marijuana in previous month	70	71	--	69	71	73	73	72	65
Q89. Adults in family use marijuana	10	--	--	7	12	8	12	9	13

Observations:

- Student attitudes toward teen marijuana use: As indicated in the table, about half the respondents (51%) report believing that marijuana use once or twice a week involves moderate or great risk of harm.
- Student perceptions of other students and parents: Almost 9 out of 10 respondents (86%) reported that their parents think it would be wrong or very wrong for them to use marijuana, but only about half (47%) reported that their friends think it would be wrong or very wrong for them to do so. In addition, 70% of respondents reported believing that 30% or more of Cohasset high school students had used marijuana in the previous month. Since the current reported rate for past 30 day marijuana use by Cohasset high school students is 19%, the latter finding suggests that a substantial majority of Cohasset high school students believe more marijuana use by high school students is occurring than is actually taking place according to survey findings.
- Parental involvement/behavior: About 1 out of 10 respondents (10%) reported that an adult in his or her home uses marijuana.
- Comparisons: Current figures for these variables are quite similar to figures for comparable items for Cohasset in 2017.
- By gender: As indicated in the table, girls were more likely than boys to report that marijuana use poses significant risk for harm (59% vs 42%). Similarly, girls were more likely than boys to report that their friends thought it was wrong for them to use marijuana (55% vs 41%).
- By grade: Respondents' rates of expressed concern that marijuana use poses serious risk of harm declines from the 9th to 12th grades, as do the rates of those who report parents or friends' disapproval of underage drinking.

8.0 Other drug use

8.1 Prescription drug use without a prescription: Current and lifetime use

2018-2019 Cohasset YRBS – High School									
Use of prescription drugs without a prescription: Current and lifetime use									
Variables	% Total		% by Gender		% by Grade				
	Cohasset		MA 2017	M	F	9 th	10 th	11 th	12 th
	2019	2017							
In past 30 days:									
Q90. Used a prescription drug not prescribed to you	2	2	--	3	1	2	0	3	4
During your lifetime:									
Q91. Used a prescription painkiller (Hydrocodone, Oxycontin, Vicodin, Codeine, Percocet, etc) not prescribed to you	4	3	--	4	2	4	4	0	7
Q92. Used a prescription stimulant (Adderall, Ritalin, etc) not prescribed to you	6	7	--	7	4	5	2	6	13
Q93. Used a prescription steroid pill or shot (Diabiol, Winstrol, etc) not prescribed to you	1	1	--	1	0	2	0	0	2
Q94. Used another prescription drug (Zanax, Klonopin, Valium, Ambien, etc) not prescribed to you	2	1	--	2	1	1	0	0	6

Observations:

- The reported past 30-day rate for use of prescription drugs without a prescriptions was negligible (2%); and reported lifetime rates for use of various specific prescription drugs without a prescription were all 6% or below, including: stimulants (6%); painkillers (4%); steroids (1%); and other drugs (2%).
- Comparisons: The current rates for all variables are essentially unchanged from the reported rates in Cohasset in 2017.
- By gender: While the reported rates of use are very low for both boys and girls, the reported rates for boys were slightly higher than those for girls on all variables.
- By grade: Again, while rates of use for all grades are quite low, the reported rates for use of all types of drugs except steroids increase slightly from the 9th to 12th grades.

8.2 Prescription drug use without a prescription: Perceptions and attitudes

2018-2019 Cohasset YRBS – High School									
Prescription drug use without a prescription: Perceptions and attitudes									
Variables	% Total			% by Gender		% by Grade			
	Cohasset		MA 2017	M	F	9 th	10 th	11 th	12 th
	2019	2017							
Q95. Believe people take moderate or great risk of harm by using prescription drugs not prescribed to them	91	92	--	90	92	92	87	90	92
Q96. Believe their parents think it would be wrong or very wrong for them to use prescription drugs without a prescription	96	97	--	95	96	98	89	96	98
Q97. Believe their friends think it would be wrong or very wrong for them to use prescription drugs without a prescription	88	89	--	84	91	92	82	86	91
Q98. Believe that 10% or more Cohasset High School students had used a prescription drug without a prescription in previous month	74	78	--	68	79	74	78	76	67

Observations:

- Student attitudes toward teen prescription drug use without a prescription: As indicated in the table, more than 9 out of 10 respondents (91%) report believing that use of prescription drugs without a prescription involves moderate or great risk of harm.
- Student perceptions of other students and parents: Similarly, virtually all respondents (96%) reported that their parents think it would be wrong or very wrong for them to use prescription drugs without a prescription; and most respondents (88%) also reported that their friends think it would be wrong or very wrong for them to do so. In addition, 75% of respondents reported believing that 10% or more of Cohasset high school students had used a prescription drug without a prescription in the previous month. Since the current reported rate for past 30 day use of prescriptions drugs without a prescription by Cohasset high school students is only 2%, the latter finding suggests that a substantial majority of Cohasset high school students believe more use of prescription drugs without a prescription by high school students is occurring than is actually taking place according to survey findings.
- Comparisons: Current figures for these variables are very similar to figures for comparable items for Cohasset in 2017.
- By gender: As indicated in the table, girls were a bit more likely than boys to report that their friends thought it was wrong for them to use prescription drugs without a prescription (91% vs 84%). Similarly, girls were a bit more likely than boys to report higher rates of prescription drug use without a prescription by other high school students than the survey findings support (79% vs 68%).
- By grade: There was very little variation by grade level on these variables.

8.3 Other drug use

2018-2019 Cohasset YRBS – High School									
Other drug use									
Variables	% Total			% by Gender		% by Grade			
	Cohasset		MA 2017	M	F	9 th	10 th	11 th	12 th
	2019	2017							
During your lifetime:									
Q99. Ever used inhalants	5	3	--	6	3	5	6	1	9
Q100. Ever injected any illegal drug	1	1	--	1	0	1	1	0	0
Past 12 months:									
Q101. Were offered, sold, or given an illegal drug on school property	22	8	20	24	19	20	30	23	17
Illegal drugs offered, sold, or given to you on school property (past 12 months)									
Q102a. Juul pods	19	--	--	22	17	20	24	19	13
Q102b. Alcohol	3	--	--	3	3	0	5	5	1
Q102c. Marijuana	8	--	--	11	6	6	12	10	7
Q102d. Prescription medication	1	--	--	2	1	1	1	0	2
Q102e. Other	1	--	--	2	1	2	3	0	0

Observations:

- Reported lifetime rates of use of inhalants and of illegal drug injection were 5% and 1% respectively. However, more than 1 in 5 respondents (22%) reported being offered, sold, or given an illegal drug on school property in the previous year.
- Comparisons: While the percent of students who reported being offered, sold or given illegal drugs on school property in the past year was about the same as the statewide rate in 2017 (22%), the current rate is more than double the reported rate in Cohasset in 2017 (22% vs 8%). As indicated in the table, most of the reported exchange of illegal drugs on school property involved offering, selling, or giving of Juul pods (19%) and marijuana (8%).
- By gender: Boys were slightly more likely than girls to report ever using inhalants (6% vs 3%) and being offered, sold, or given illegal drugs on school property (24% vs 19%).
- By grade: There was some variation by grade on these variables, but the variations showed no clearly discernible pattern.

9.0 Sexual behavior

9.1 Sexual experience and birth control

2018-2019 Cohasset YRBS – High School									
Sexual experience and birth control									
Variables	% Total			% by Gender		% by Grade			
	Cohasset		MA 2017	M	F	9 th	10 th	11 th	12 th
	2019	2017							
Q103. Ever had sexual intercourse	22	26	35	28	17	8	17	24	41
Q104. Had sexual intercourse before age 13 years (for first time)	1	1	2	1	0	2	1	0	0
Q105. Had sexual intercourse with 4 or more persons (lifetime)	4	5	7	5	3	2	1	5	7
Q106. Currently sexually active (sexual intercourse with at least 1 person, past 3 months)	15	18	25	21	11	6	7	17	32
Q107. Drank alcohol or used drugs (before last sexual intercourse, for those sexually active)	27	26	18	38	8	25	33	15	33
Before last sexual intercourse, among students who have had sexual intercourse:									
Q108. Did not use a condom	29	27	42	33	23	44	38	17	30
Before last sexual intercourse, to avoid pregnancy, among students who have had sexual intercourse: (N = 85)									
Q109a. No method used to prevent pregnancy	2	2	10	4	0	0	7	0	3
Q109b. Used birth control pills	51	52	35	44	56	13	36	67	55
Q109c. Used condoms	72	70	--	68	76	88	64	88	61
Q109e. Used an IUD	4	2	4	2	6	13	0	4	3
Q109f. A shot, patch, or birth control ring	1	0	4	0	3	0	0	0	3
Q109g. Used withdrawal	21	16	--	28	6	50	36	17	13
Q109h. Other method	0	2	--	0	0	0	0	0	0
Q109i. Not sure	9	2	--	12	3	50	0	4	8

Observations:

- In 2019, 22% of high school respondents in Cohasset reported having ever had sexual intercourse, and 15% reported currently being sexually active. Only 1% reported having

sexual intercourse before age 13 years, and 4% reported having had sexual intercourse with 4 or more partners. Of those who reported having had sexual intercourse, a little over half (59%) reported using a condom the last time they did so; and 27% reported drinking or using drugs before doing so. To prevent pregnancy, the most frequently reported methods were condoms (72%) and birth control pills (51%). Of those who reported sexual intercourse with a person of the opposite sex, only 2% reported taking no precautions to prevent pregnancy.

- Comparisons: As indicated in the table, the reported rates for these variables are quite similar to the reported rates for Cohasset in 2017. The current percent of students reporting lifetime sexual intercourse is lower than the statewide percent in 2017 (22% vs 35%), as is the 2019 percent of students in Cohasset who report being currently sexually active (15% vs 25%). The current percent of Cohasset students who report not using a condom also is lower than the statewide figure for 2017 (29% vs 42%).
- By gender: A higher percentage of boys than girls reported ever having had sexual intercourse, current sexual activity, using alcohol or drugs before sexual intercourse, and not using condoms. Of those who reported lifetime sexual intercourse, girls were more likely to report using birth control pills and condoms to prevent pregnancy while boys were more likely than girls to report using withdrawal or not being sure what was being done to prevent pregnancy.
- By grade: As might be anticipated, percentages of respondents who reported lifetime sexual intercourse, current sexual activity, and sexual intercourse with 4 or more partners all increased substantially from the 9th to 12th grades. Variations by grade on the other variables did not fall into discernible patterns.

9.2 Sexual orientation

2018-2019 Cohasset YRBS – High School									
Sexual orientation									
Variables	% Total			% by Gender		% by Grade			
	Cohasset		MA 2017	M	F	9 th	10 th	11 th	12 th
	2019	2017							
Sexual orientation that best describes you:									
Q110a. Heterosexual (straight)	86	89	--	93	82	89	85	85	85
Q110b. Gay or lesbian	3	1	--	2	3	0	3	2	7
Q110c. Bisexual	8	5	--	3	12	9	9	9	7
Q110d. Not sure	3	4	--	2	3	3	4	4	2
Total percent	100	99		100	100	101	101	100	101

Observations:

- When asked to specify their sexual orientation, more than 8 out of 10 respondents reported being heterosexual (86%), with the remainder divided among those who specified bisexual (8%), gay or lesbian (3%), and not sure (3%).
- Comparisons: The current figures for these variables are quite similar to the comparable figures for 2017 in Cohasset.
- By gender: As indicated in the table, rates for boys and girls were quite similar, except that girls were more likely than boys to report bisexuality.
- By grade: Variations by grade on these variables were not substantial and did not appear to fall into discernible patterns.

10.0 Overweight and weight control

2018-2019 Cohasset YRBS – High School									
Overweight and weight control									
Variables	% Total			% by Gender		% by Grade			
	Cohasset		MA 2017	M	F	9 th	10 th	11 th	12 th
	2019	2017							
Q111. Described self as slightly or very overweight	22	18	28	19	25	15	22	27	24
Q112. Were not trying to lose weight	61	62	56	80	44	66	56	63	57
In past 30 days, to lose weight or keep from gaining weight:									
Q113. Went without eating for 24 hours or more	9	6	--	5	11	2	11	11	12
Q114. Took diet pills, powders, liquids without a doctor's advice	2	4	--	2	3	3	3	1	3
Q115. Vomited or took laxatives	3	5	--	1	5	2	5	2	5

Observations:

- In 2019, 22% of high school respondents reported being slightly or very overweight. While about 1 in 5 respondents reported being overweight (22%), almost 4 out of 10 respondents (39%) reported that they were trying to lose weight. Regarding recent efforts to lose weight or prevent weight gain, 9% of respondents reported fasting; and 3% or fewer reported taking diet pills, powders or liquids without a doctor's advice (2%) or vomiting or taking laxatives (3%).
- Comparisons: As indicated in the table, these rates regarding perception of weight and weight control are notably better than the statewide rates for Massachusetts in 2017 and are quite similar to the comparable rates for Cohasset in 2017.
- By gender: Girls reported being overweight somewhat more often than did boys (25% girls vs. 19% boys) and were much more likely than boys to report trying to lose weight (56% girls vs 20% boys). Girls also were more likely than boys to report fasting to lose weight (11% girls vs. 5% boys).
- By grade: Percentages of respondents who reported being overweight and reported efforts to lose weight appeared to vary little by grade level.

11.0 Protective factors

2018-2019 Cohasset YRBS – High School									
Protective factors									
Variables	% Total			% by Gender		% by Grade			
	Cohasset		MA 2017	M	F	9 th	10 th	11 th	12 th
	2019	2017							
Q05. Received mostly A's and B's in school (in past 12 months)	94	92	--	93	95	92	96	97	91
Q06. Reports there is at least one teacher or other adult at school to talk to about a problem	74	71	--	79	71	73	69	74	80
Q07. Agree or strongly agree that their teachers really care and give encouragement and support	71	73	--	73	70	75	66	65	79

Observations:

- In 2019, more than 9 out of 10 respondents reported receiving mostly A's and B's in school; and almost 3 out of 4 reported that there is at least one adult at school to talk with about a problem (74%) and that teachers at school really care and give encouragement and support (71%).
- Comparisons: As indicated in the table, the current reported rates for grades and teacher interest and support are very similar to the comparable rates in Cohasset in 2017.
- By gender: Boys were slightly more likely than girls to report that there is an adult at school to talk to about a problem (79% boys vs 71% girls).
- By grade: Reported rates of these variables did vary somewhat by grade level, but did not appear to fall into clearly discernible patterns.

12.0 Stress, sleep, and screen time

12.1 Stress

2018-2019 Cohasset YRBS – High School									
Stress									
Variables	% Total		% by Gender		% by Grade				
	Cohasset		MA 2017	M	F	9 th	10 th	11 th	12 th
	2019	2017							
Q26. Fairly often or very often stressed at school	60	54	--	42	76	50	69	64	58
Q27. Fairly often or very often stressed outside of school	39	29	--	24	52	31	52	40	37
Sources of stress that are rated sometimes or always significant									
Q31a. Amount of school	83	80	--	69	95	85	88	79	82
Q31b. Grades	90	88	--	84	96	92	90	90	86
Q31c. Balancing school and outside activities	77	81	--	64	87	70	89	72	79
Q31d. Family life	35	30	--	28	41	28	39	39	32
Q31e. Friends	40	31	--	31	47	35	51	40	35
Q31f. How others view you	38	33	--	25	48	38	44	31	40
Q31g. Treatment by peers online	16	11	--	13	17	16	17	10	20
Q31h. Life after high school	64	61	--	55	71	54	64	71	68
Q31i. Not meeting your own expectations	69	63	--	56	80	63	77	75	62
Q31j. Not meeting other's expectations	57	57	--	46	68	49	72	61	51

Observations:

- As indicated in the table, 60% of respondents reported being stressed at school fairly often or very often; and 39% reported being stressed outside school fairly often or very often. When asked to rate various sources of stress, very high percentages of students identified various school related variables as significant sources of stress, including: (1) grades (90%); amount of school (83%); and balancing schoolwork with outside activities (81%). More than half the respondents also identified several other sources of stress, including: (1) not meeting your own expectations (69%); (2) life after high school (69%); and (3) not meeting other's expectations (57%). Fewer than half the respondents reported the other sources of stress as sometimes or always significant.
- Comparisons: As indicated in the table, these current rates of reported stress are generally similar but a bit higher than the rates in Cohasset in 2017 for almost all variables.
- By gender: As indicated in the table, girls were more likely than boys to report experiencing stress on all variables and on some variables much more likely to do so.
- By grade: There was some variation by grade level, but the variations did not appear to fall into identifiable patterns.

12.2 Sleep and screen time

2018-2019 Cohasset YRBS – High School									
Sleep and screen time									
Variables	% Total			% by Gender		% by Grade			
	Cohasset		MA 2017	M	F	9 th	10 th	11 th	12 th
	2019	2017							
Q116. Played video or computer games or used a computer for 3 or more hours per day for other than schoolwork	34	27	48	32	35	37	39	30	33
Q28. On average, get less than 8 hours of sleep	82	82	80	77	88	80	88	83	82
Q29. Feel you typically get enough sleep	28	31	--	41	17	35	20	23	34
Reasons for not getting enough sleep (of those who report not getting enough sleep) (N = 310)									
Q30a. Schoolwork	92	92	--	76	100	93	92	94	86
Q30b. My job	8	8	--	7	9	7	8	7	13
Q30c. Family issues	16	15	--	10	21	14	21	16	13
Q30d. Friend issues	17	9	--	10	24	10	24	14	21
Q30e. Electronics/Social media	51	--	--	44	57	62	53	44	44
Q30f. Other	19	9	--	20	17	21	21	13	21

Observations:

- About 1 in 3 respondents reported (34%) reported playing video or computer games or using a computer for 3 or more hours per day for other than schoolwork. More than 8 of 10 respondents (82%) reported typically getting less than 8 hours sleep, and only 28% reported typically getting enough sleep. More than 9 out of 10 respondents (92%) reported schoolwork as a reason for not getting enough sleep with about half the respondents (51%) also identifying electronics/social media as a reason for loss of sleep. No more than 19% of respondents identified issues with job, family, friends, or any other factors as reasons for lack of sleep.
- Comparisons: As indicated in the table, these current rates of reported stress are quite similar to the rates in Cohasset in 2017, with the exception of electronics/social media which was added to the list of reasons in the 2019 survey.
- By gender: While boys and girls reported similar rates of video and computer use, girls were more likely than boys to report typically sleeping less than 8 hours (88% vs 77%) and also to report feeling they typically do not get enough sleep (girls 83% vs boys 59%). Similarly, as indicated in the table, when asked to identify reasons for loss of sleep, girls were more likely than boys to identify schoolwork, family issues, friend issues, and electronics/social media as reasons for loss of sleep.
- By grade: There was some variation by grade level, but the variations did not appear to fall into identifiable patterns.

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