

2023

Belmont Public Schools Youth Health Survey

Middle School Results

2023 Middle School Sample

In 2023, 677 middle school students participated in Belmont Youth Health Survey. Among the students that participated, 59 were marked as incomplete and excluded from the final data set used in the analysis. This resulted in a final sample size of 618 students. The table below shows a distribution of accepted survey respondents by grade, gender identity, and race.

Grade	7 th	278
	8 th	338
Gender Identity	Woman/Girl	276
	Man/Boy	287
	TGD	46
	Did not understand question/ Chose not to respond	9
Sexual Orientation	Heterosexual	449
	LGBQ+	142
	Did not understand question/ Chose not to respond	27
Race	Asian	115
	Black	19
	White	340
	Other	53
	Multi-Racial	84
Ethnicity	Hispanic/Latino/a	54
	Not Hispanic/Latino/a	559

This analysis includes surveys from 95% of the middle school student population. The table below shows the distribution of accepted survey respondents and 2022-2023 Belmont middle school enrollment numbers by grade.

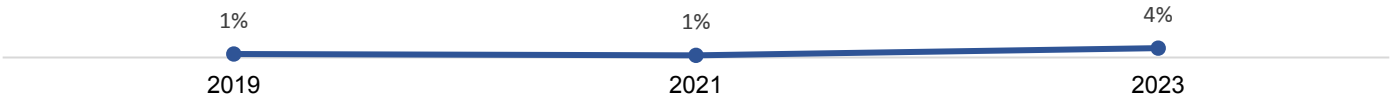
Grade	YHS Participation	Enrollment	Participation Rate
7 th	278	306	91%
8 th	338	363	93%

Safety

Motor Vehicle Safety

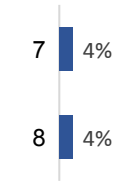
SEATBELT USE

Overall, 4% of middle school students rarely or never wore a seatbelt when riding in a car. *There is no statewide comparison data.*

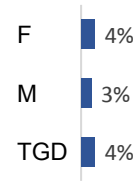


The graphs below show a breakdown of 2023 data by different demographic groups.

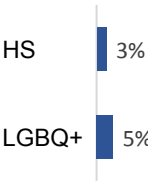
Grade



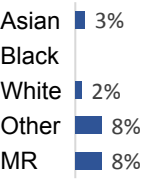
Gender



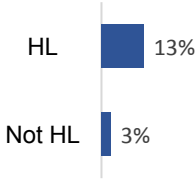
Sexual Orientation



Race



Ethnicity



Grade: There were no significant differences.

Gender: There were no significant differences.

Sexual Orientation: There were no significant differences.

Race: Black students were significantly less likely to rarely or never wear a seatbelt when riding in a car.

Ethnicity: There were no significant differences.

Q: How often do you wear a seatbelt when riding in a car driven by someone else?

Motor Vehicle Safety

RIDING WITH AN IMPAIRED DRIVER

Overall, 13% of middle school students rode in a car in the past 30 days with a driver who had been drinking alcohol and 4% students rode in a car with a driver who had been using marijuana. This was the first time this question was asked on the Belmont Youth Health Survey so there is no trend data.



ML '23
Riding/Alcohol – 9%
Riding/Marijuana – 3%
MA '21
Riding/Alcohol – 10%
Riding/Marijuana – 7%

The graphs below show a breakdown of 2023 data by different demographic groups.

Grade		Gender			Sexual Orientation		Race					Ethnicity	
7 th	8 th	F	M	TGD	HS	LGBQ+	Asian	Black	White	Other	MR	H/L	Not H/L
Ridden in a car with someone who had been drinking alcohol													
14%	12%	15%	10%	22%	12%	18%	11%	21%	13%	17%	11%	25%	12%
Ridden in a car with someone who had been using marijuana													
3%	4%	4%	2%	7%	4%	5%	0%	15%	5%	0%	5%	9%	3%

Rode with a driver/alcohol: There were no significant differences.

Rode with a driver/marijuana: Asian students and students of another race were significantly less likely to have ridden in a car or other vehicle driven by someone who had been using marijuana during the past 30 days.

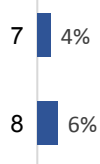
Q: During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been drinking alcohol?
 Q: During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been using marijuana?

Safety In School and Traveling To/From School

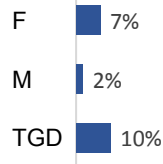
Overall, 5% of middle school students skipped school because they felt unsafe at school on their way to or from school in the past 30 days, compared to 7% of Middlesex League students. This was the first time this question was asked on the Belmont Youth Health Survey so there is no trend data. *There is no statewide comparison data.*

The graphs below show a breakdown of 2023 data by different demographic groups.

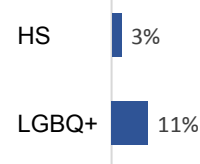
Grade



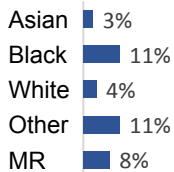
Gender



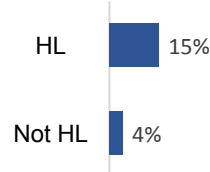
Sexual Orientation



Race



Ethnicity



Grade: There were no significant differences.

Gender: Male students were significantly less likely than the average middle school student to skip school because they felt they would be unsafe at school or on their way to or from school during the past 30 days.

Sexual Orientation: LGBTQ+ students were significantly more likely than heterosexual students to skip school because they felt they would be unsafe at school or on their way to or from school during the past 30 days.

Race: There were no significant differences.

Ethnicity: There were no significant differences.

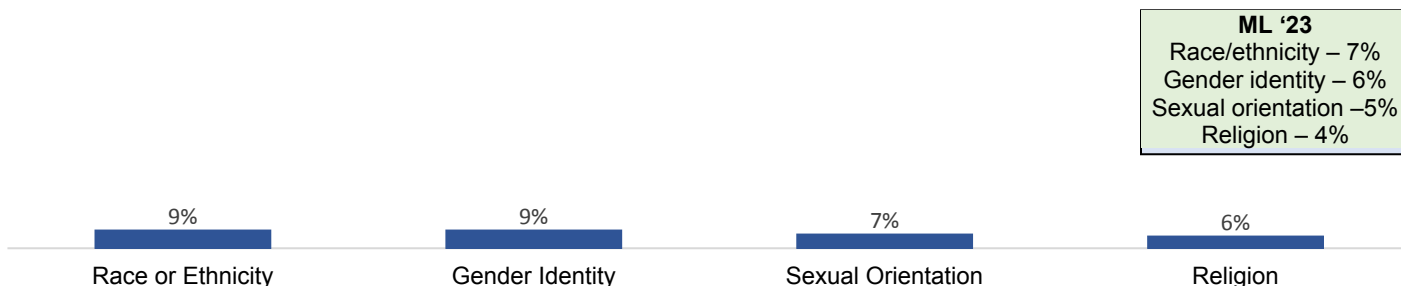
Q: During the past 30 days, on how many days did you not go to school because you felt you would be unsafe at school or on your way to or from school?

Discrimination

Discrimination

EXPERIENCED DISCRIMINATION

Middle school students were asked different ways in which they had experienced bad or unfair treatment in school in the past 12 months. Overall, 9% of middle school students reported that they were sometimes, most of the time, or always treated badly or unfairly in school because of their race or ethnicity, 9% because of their gender identity, 7% because of their sexual orientation, and 6% because of their religion. *There is no statewide comparison data.*



The graphs below show a breakdown of 2023 data by different demographic groups.

Grade		Gender			Sexual Orientation		Race					Ethnicity	
7 th	8 th	F	M	TGD	HS	LGBQ+	Asian	Black	White	Other	MR	H/L	Not H/L
Race or ethnicity													
9%	8%	10%	6%	20%	7%	15%	6%	58%	3%	21%	15%	21%	8%
Gender identity													
10%	8%	8%	4%	41%	4%	25%	6%	11%	9%	6%	14%	18%	8%
Sexual orientation													
8%	5%	5%	3%	36%	1%	24%	2%	11%	6%	6%	13%	11%	6%
Religion													
5%	7%	5%	6%	15%	5%	9%	4%	5%	6%	10%	8%	6%	6%

Race or ethnicity: Black students were significantly more likely than the average middle school student to experience discrimination because of their race or ethnicity, and White students were significantly less likely than the average middle school student. Hispanic/Latino(a) students were significantly more likely than non-Hispanic/Latino students to experience discrimination because of their race or ethnicity.

Gender identity: TGD students were significantly more likely than the average middle school student to experience discrimination because of their gender identity, and male and Asian students were significantly less likely to experience discrimination because of their gender identity. LGBQ+ students were significantly more likely than heterosexual students to experience discrimination because of their gender identity.

Sexual orientation: TGD students were significantly more likely than the average middle school student to experience discrimination because of their sexual orientation. LGBQ+ students were significantly more likely than heterosexual students to experience discrimination because of their sexual orientation.

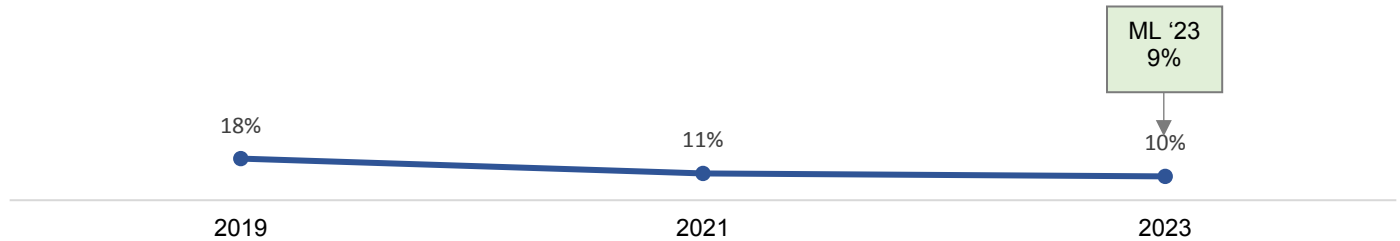
Q: During the past 12 months, how often have you felt that you were treated badly or unfairly in school because of your race or ethnicity?
 Q: During the past 12 months, how often have you felt that you were treated badly or unfairly in school because of your gender identity?
 Q: During the past 12 months, how often have you felt that you were treated badly or unfairly in school because of your sexual orientation?
 Q: During the past 12 months, how often have you felt that you were treated badly or unfairly in school because of your religion?

Violence-Related Behaviors and Experiences

Weapons

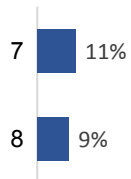
EVER CARRIED

Overall, 10% of middle school students have ever carried a weapon. *There is no statewide comparison data.*

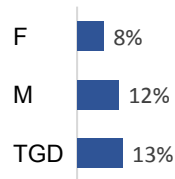


The graphs below show a breakdown of 2023 data by different demographic groups.

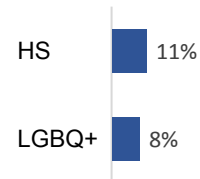
Grade



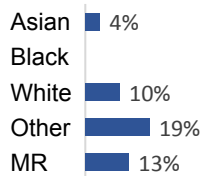
Gender



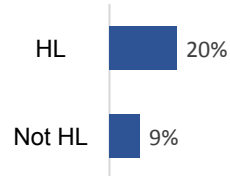
Sexual Orientation



Race



Ethnicity



Grade: There were no significant differences.

Gender: There were no significant differences.

Sexual Orientation: There were no significant differences.

Race: There were no significant differences.

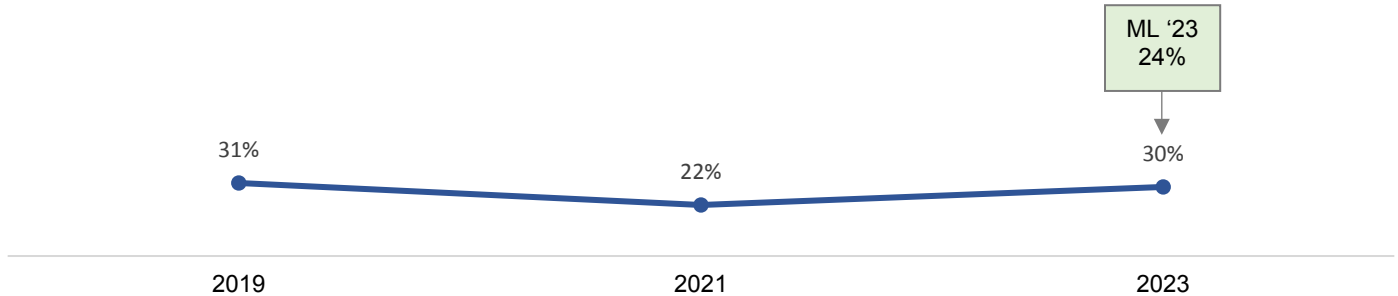
Ethnicity: There were no significant differences.

Q: Have you ever carried a weapon such as a knife, gun, or club?

Physical Fighting

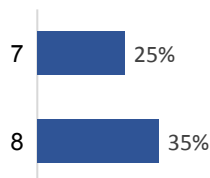
EVER FOUGHT PHYSICALLY

Overall, 30% of middle school students have ever been in a physical fight. *There was no statewide comparison data.*

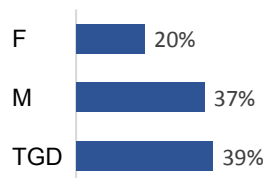


The graphs below show a breakdown of 2023 data by different demographic groups.

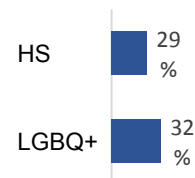
Grade



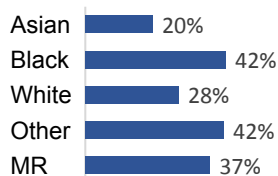
Gender



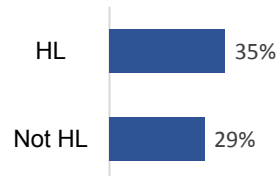
Sexual Orientation



Race



Ethnicity



Grade: There were no significant differences.

Gender: Female students were significantly less likely than the average middle school student to have ever been in a physical fight.

Sexual Orientation: There were no significant differences.

Race: There were no significant differences.

Ethnicity: There were no significant differences.

Q: Have you ever been in a physical fight?

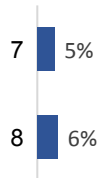
Sexual Violence

SEXUAL VIOLENCE

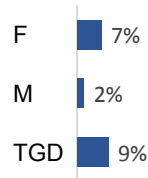
Overall, 5% of middle school students have experienced unwanted sexual contact or been forced to do sexual things that they did not want to, compared to 4% of Middlesex League students. This was the first time this question was asked on the Belmont Youth Health Survey so there is no trend data. *There is no statewide comparison data.*

The graphs below show a breakdown of 2023 data by different demographic groups.

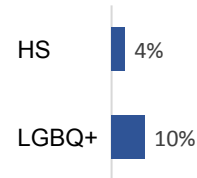
Grade



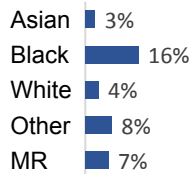
Gender



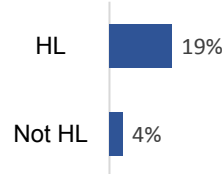
Sexual Orientation



Race



Ethnicity



Grade: There were no significant differences.

Gender: There were no significant differences.

Sexual Orientation: There were no significant differences.

Race: There were no significant differences.

Ethnicity: Hispanic/Latino(a) students were significantly more likely than non-Hispanic/Latino students to ever experience sexual violence.

Q: Has anyone ever done sexual things to you or forced you to do sexual things that you did not want?

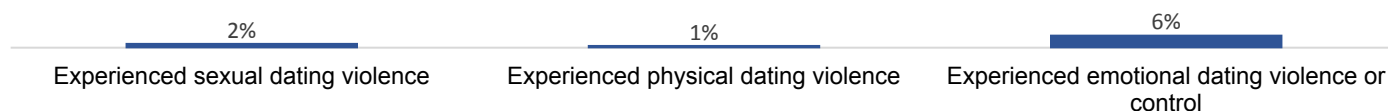
Dating Violence

DATING VIOLENCE

Overall, 2% of middle school students have ever been hurt sexually by someone they were dating or going out with, 1% have been hurt physically, and 6% have been emotionally hurt or controlled. *There is no statewide comparison data.*

ML '23

Sexual dating violence – 2%
Physical dating violence – 1%
Emotional dating violence – 6%



Below is a breakdown of 2023 data by different demographic groups.

Grade		Gender			Sexual Orientation		Race					Ethnicity	
7 th	8 th	F	M	TGD	HS	LGBQ+	Asian	Black	White	Other	MR	H/L	Not H/L
Experienced sexual dating violence													
2%	2%	2%	1%	2%	1%	6%	1%	0%	2%	4%	4%	7%	1%
Experienced physical dating violence													
1%	1%	0%	0%	2%	0%	3%	0%	0%	1%	2%	1%	4%	1%
Experienced emotional violence or were controlled													
6%	6%	7%	3%	11%	5%	11%	2%	11%	6%	9%	10%	15%	5%

Sexual dating violence: LGBQ+ students were significantly more likely than heterosexual students to experience sexual dating violence.

Physical dating violence: There were no significant differences.

Emotional dating violence or control: There were no significant differences.

Q: Has someone you were dating or going out with ever hurt you physically on purpose?

Q: Has someone you were dating or going out with done sexual things to you or forced you to do sexual things you did not want?

Q: Has someone you were dating or going out with try to control you or emotionally hurt you?

Bullying

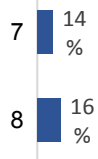
Bullying

BULLYING ON SCHOOL PROPERTY

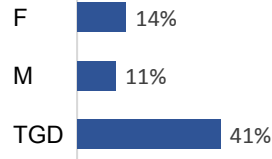
Overall, 15% of middle school students were bullied on school property in the past 12 months, compared to 17% of Middlesex League students. This was the first time this question was asked on the Belmont Youth Health Survey so there is no trend data. *There is no statewide comparison data.*

The graphs below show a breakdown of 2023 data by different demographic groups.

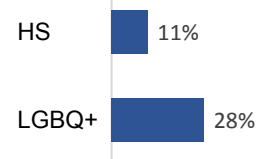
Grade



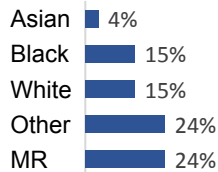
Gender



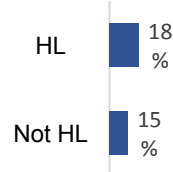
Sexual Orientation



Race



Ethnicity



Grade: There were no significant differences.

Gender: TGD students were significantly more likely than the average middle school student to be bullied on school property in the past 12 months.

Sexual Orientation: LGBTQ+ students were significantly more likely than heterosexual students to be bullied on school property in the past 12 months.

Race: Asian students were significantly less likely than the average middle school student to be bullied on school property in the past 12 months.

Ethnicity: There were no significant differences.

Q: During the past 12 months, were you bullied when you were in school?

The 2023 YHS defined bullying as when one or more student's tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again. It is not bullying when two students of about the same strength or power argue or fight or tease each other in a friendly way. Electronic bullying is things such as someone spreading a rumor or something untrue about you online; someone sending you a threatening or aggressive message; someone posting an embarrassing picture of you online without your permission; someone taking a private message you sent them and forwarding it to someone else or posting it where others could see it.

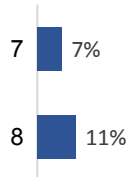
Bullying

ELECTRONIC BULLYING

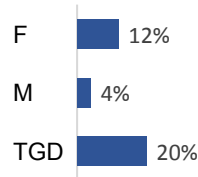
Overall, 9% of middle school students were electronically bullied in the past 12 months, compared to 8% of Middlesex League students. This was the first time this question was asked on the Belmont Youth Health Survey so there is no trend data. *There is no statewide comparison data.*

The graphs below show a breakdown of 2023 data by different demographic groups.

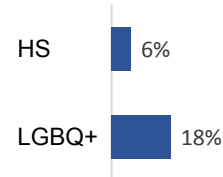
Grade



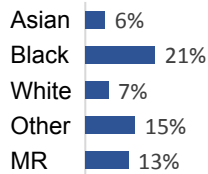
Gender



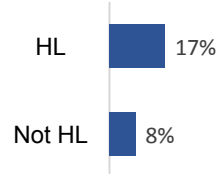
Sexual Orientation



Race



Ethnicity



Grade: There were no significant differences.

Gender: Male students were significantly less likely than the average middle school student to be bullied electronically in the past 12 months.

Sexual Orientation: LGBTQ+ students were significantly more likely than heterosexual students to be bullied electronically in the past 12 months.

Race: There were no significant differences.

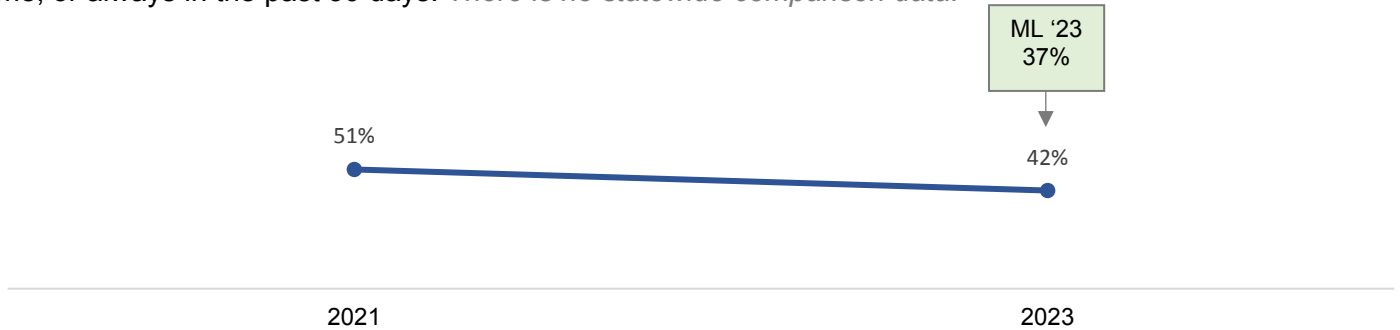
Ethnicity: There were no significant differences.

Q: During the past 12 months, were you bullied electronically?

Mental Health

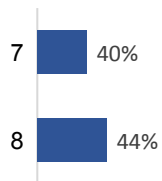
Overall

Overall, 42% of middle school students reported that their mental health was not good sometimes, most of the time, or always in the past 30 days. *There is no statewide comparison data.*

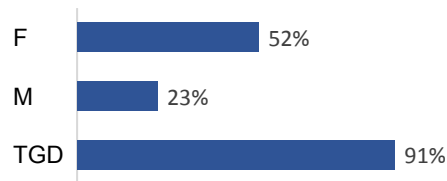


The graphs below show a breakdown of 2023 data by different demographic groups.

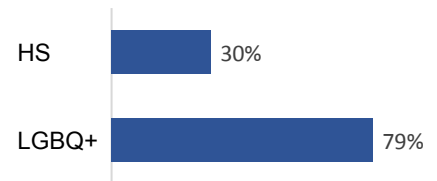
Grade



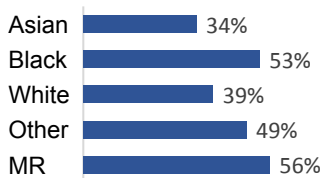
Gender



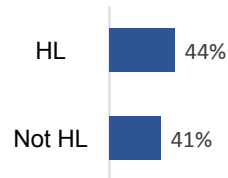
Sexual Orientation



Race



Ethnicity



Grade: There were no significant differences.

Gender: Male students were significantly less likely than the average middle school student to report that their mental health was sometimes, most of the time, or always not good during the past 30 days, and female and TGD students were significantly more likely than the average middle school student.

Sexual Orientation: LGBTQ+ students were significantly more than heterosexual students to report that their mental health was sometimes, most of the time, or always not good during the past 30 days.

Race: There were no significant differences.

Ethnicity: There were no significant differences.

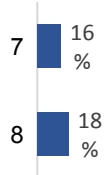
Q: During the past 30 days, how often was your mental health not good?

Feeling Sad or Hopeless

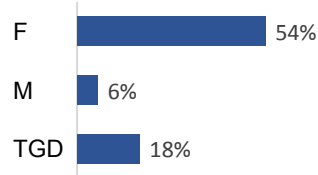
Overall, 16% of middle school students felt sad or hopeless almost every day for two or more weeks in a row that they stopped doing some of their usual activities (i.e., experienced depression) in the past 12 months, compared to 15% of Middlesex League students. This was the first time this question was asked on the Belmont Youth Health Survey so there is no trend data. *In 2021, 29% of Massachusetts middle school students reported experiencing depression in the past 12 months.*

The graphs below show a breakdown of 2023 data by different demographic groups.

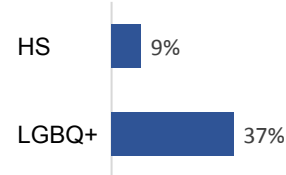
Grade



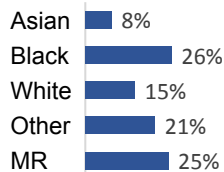
Gender



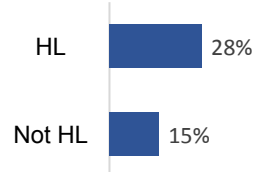
Sexual Orientation



Race



Ethnicity



Grade: There were no significant differences.

Gender: TGD students were significantly more likely than the average middle school student to experience depression in the past 12 months, and male students were significantly less likely than the average middle school student.

Sexual Orientation: LGBTQ+ students were significantly more than heterosexual students to experience depression in the past 12 months.

Race: Asian students were significantly less likely than the average middle school student to experience depression in the past 12 months.

Ethnicity: There were no significant differences.

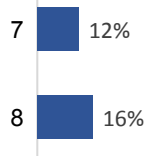
Q: During the past 12 months, did you ever feel so sad or hopeless almost every day for two or more weeks in a row that you stopped doing some usual activities?

Self-Harm

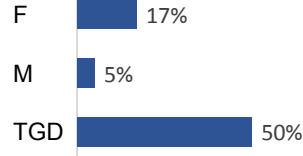
Overall, 14% of middle school students hurt or injured themselves on purpose without wanting to die (i.e., engaged in self-harm) in the past 12 months, compared to 9% of Middlesex League students. This was the first time this question was asked on the Belmont Youth Health Survey so there is no trend data. *In 2021, 27% of Massachusetts middle school students engaged in self-harm in the past 12 months.*

The graphs below show a breakdown of 2023 data by different demographic groups.

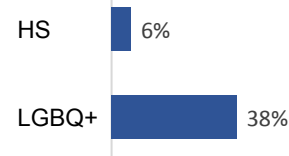
Grade



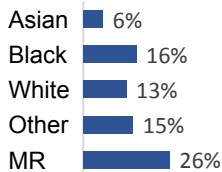
Gender



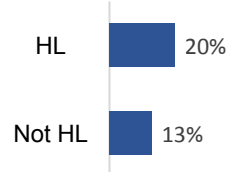
Sexual Orientation



Race



Ethnicity



Grade: There were no significant differences.

Gender: Male students were significantly less likely than the average middle school student to engage in self-harm in the past 12 months, and TGD students were significantly more likely than the average middle school student.

Sexual Orientation: LGBTQ+ students were significantly more likely than heterosexual students to engage in self-harm in the past 12 months.

Race: Asian students were significantly less likely than the average middle school student to engage in self-harm in the past 12 months, and Multi-Racial students were significantly more likely than the average middle school student.

Ethnicity: There were no significant differences.

Q: During the past 12 months, how many times did you hurt or injure yourself on purpose without wanting to die?

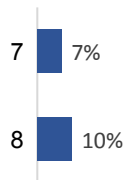
Suicidal Ideation & Suicide

CONSIDERED ATTEMPTING SUICIDE

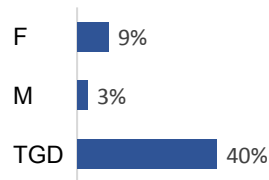
Overall, 9% of middle school students seriously considered attempting suicide during the past 12 months, compared to 7% of Middlesex League students. This was the first time this question was asked on the Belmont Youth Health Survey so there is no trend data. *In 2021, 13% of Massachusetts middle school students considered attempting suicide in the past 12 months.*

The graphs below show a breakdown of 2023 data by different demographic groups.

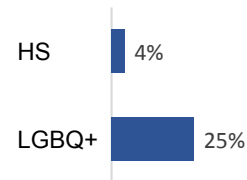
Grade



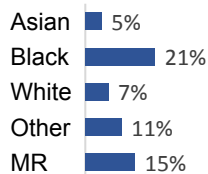
Gender



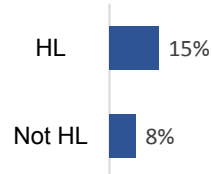
Sexual Orientation



Race



Ethnicity



Grade: There were no significant differences.

Gender: TGD students were significantly more likely than the average middle school student to seriously consider attempting suicide in the past 12 months, and male students were significantly less likely than the average middle school student.

Sexual Orientation: LGBTQ+ students were significantly more likely than heterosexual students to seriously consider attempting suicide during the past 12 months.

Race: There were no significant differences.

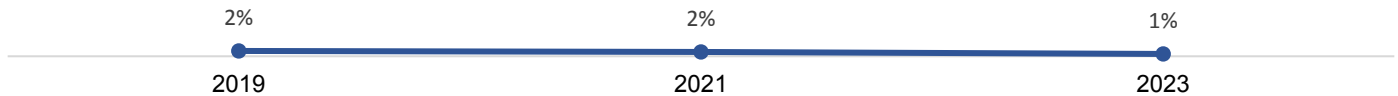
Ethnicity: There were no significant differences.

Q: During the past 12 months, did you ever seriously consider attempting suicide?

Suicidal Ideation & Suicide

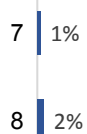
ATTEMPTED SUICIDE

Overall, 1% of middle school students attempted suicide in the past 12 months, compared to 2% of Middlesex League students. This was the first time this question was asked on the Belmont Youth Health Survey so there is no trend data. *There is no statewide comparison data.*

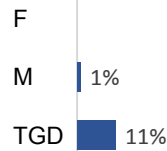


The graphs below show a breakdown of 2023 data by different demographic groups.

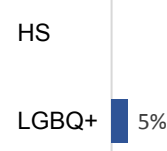
Grade



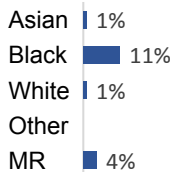
Gender



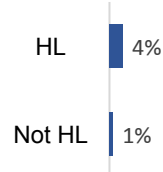
Sexual Orientation



Race



Ethnicity



Grade: There were no significant differences.

Gender: There were no significant differences.

Sexual Orientation: LGBQ+ were significantly more likely than heterosexual students to attempt suicide in the past 12 months.

Race: Students of another race were significantly less likely than the average middle school student to attempt suicide in the past 12 months.

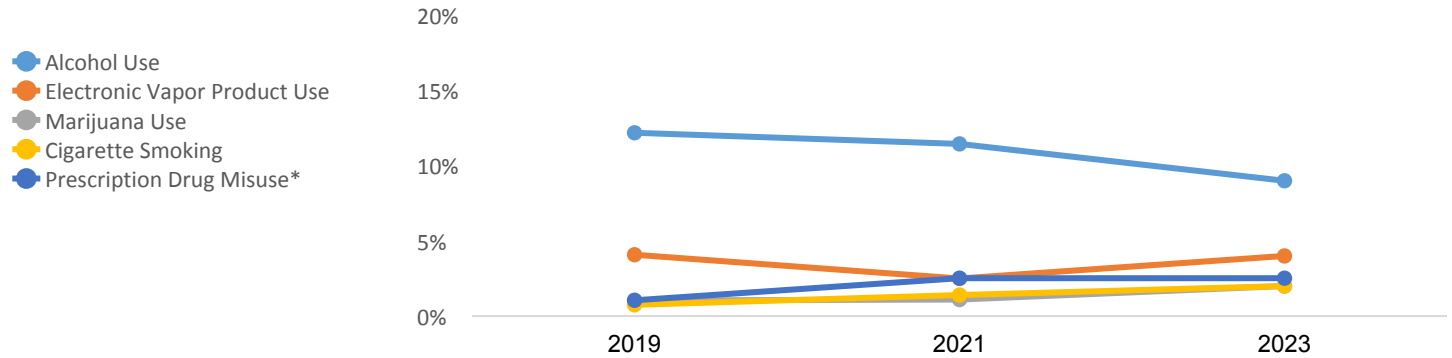
Ethnicity: There were no significant differences.

Q: During the past 12 months, did you attempt suicide?

Substance Use

Lifetime Substance Use

Belmont middle school students were asked if they had ever used a variety of substances. Overall, 9% reported ever drinking alcohol, 4% reported ever using electronic vapor products, 2% reported ever using marijuana, 2% reported ever smoking cigarettes, and 3% reported ever misusing prescription drugs. *There is no statewide comparison data.*



*In 2019 and 2021, students were only asked about lifetime prescription pain medicine misuse, not general prescription drug misuse.

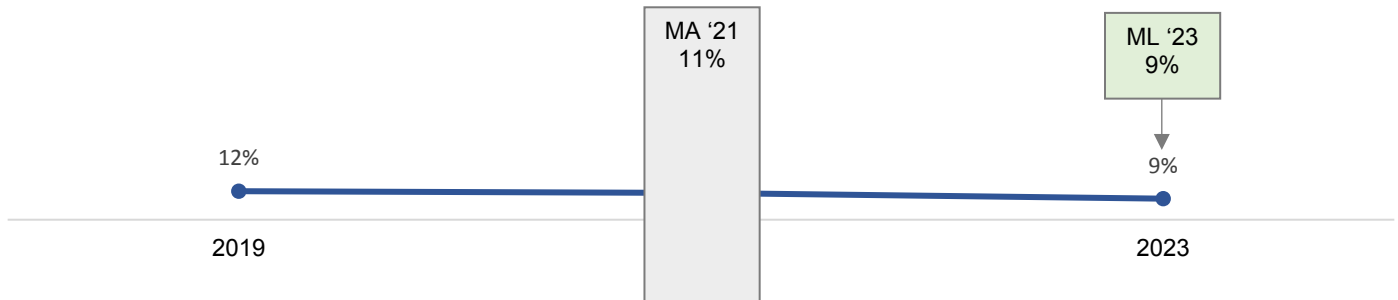
A breakdown of 2023 data by different demographic groups is provided on subsequent pages.

Q: How old were you when you had your first drink of alcohol (more than a few sips)?
 Q: How old were you when you first used an electronic vapor product?
 Q: How old were you when you first tried marijuana?
 Q: How old were you when you first tried cigarette smoking, even one or two puffs?
 Q: During your lifetime, have you ever taken prescription drugs that weren't your own?

Lifetime Substance Use

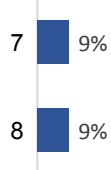
LIFETIME ALCOHOL USE

Overall, 9% of middle school students have ever drunk alcohol. *There is no statewide comparison data.*

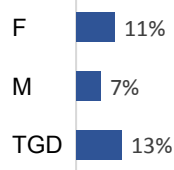


The graphs below show a breakdown of 2023 data by different demographic groups.

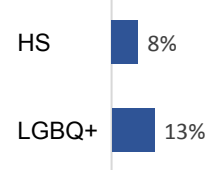
Grade



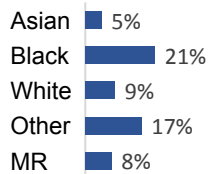
Gender



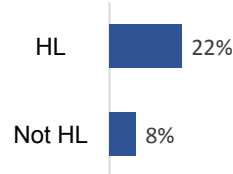
Sexual Orientation



Race



Ethnicity



Grade: There were no significant differences.

Gender: There were no significant differences.

Sexual Orientation: There were no significant differences.

Race: There were no significant differences.

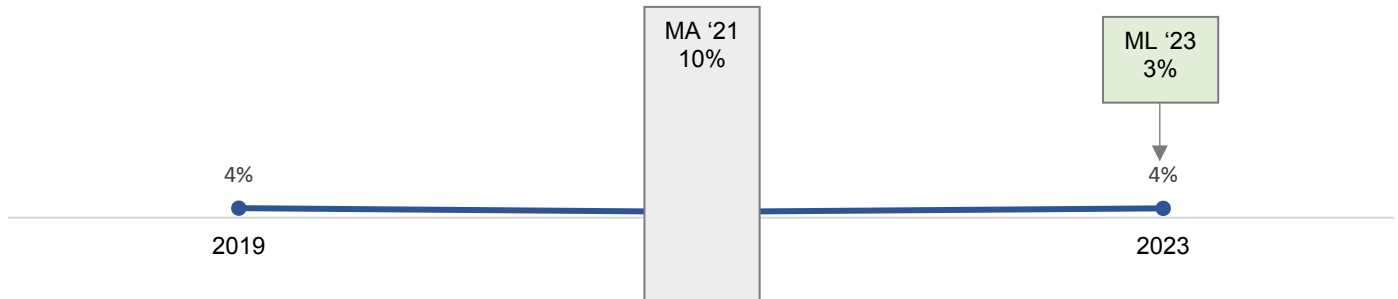
Ethnicity: Hispanic/Latino students were significantly more likely than non-Hispanic/Latino students to ever drink alcohol.

Q: How old were you when you had your first drink of alcohol (more than a few sips)?

Lifetime Substance Use

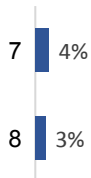
LIFETIME ELECTRONIC VAPOR PRODUCT USE

Overall, 4% of middle school students have ever used an electronic vapor product.

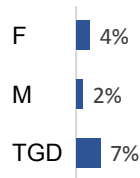


The graphs below show a breakdown of 2023 data by different demographic groups.

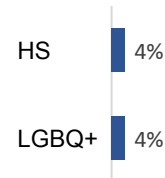
Grade



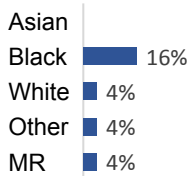
Gender



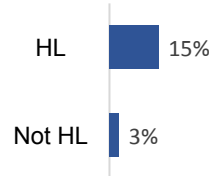
Sexual Orientation



Race



Ethnicity



Grade: There were no significant differences.

Gender: There were no significant differences.

Sexual Orientation: There were no significant differences.

Race: There were no significant differences.

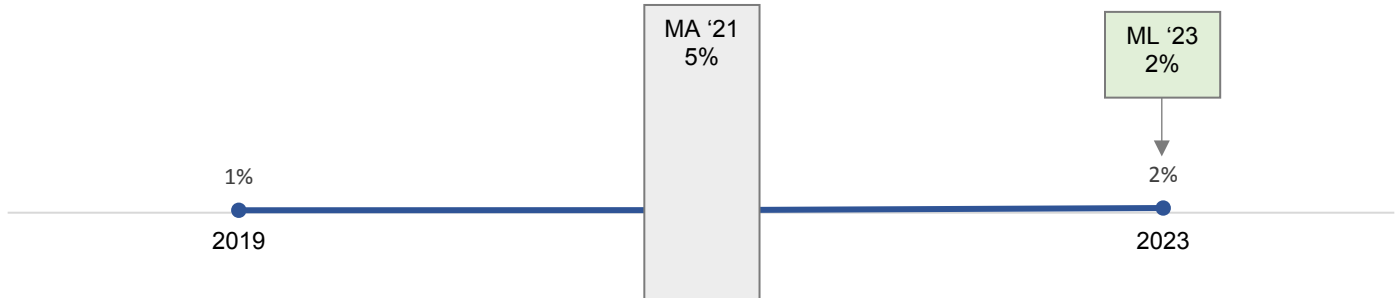
Ethnicity: Hispanic/Latino students were significantly more likely than non-Hispanic/Latino to ever use a vape product.

Q: How old were you when you first used an electronic vapor product?

Lifetime Substance Use

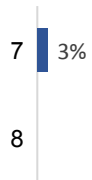
LIFETIME MARIJUANA USE

Overall, 2% of middle school students have ever used marijuana.

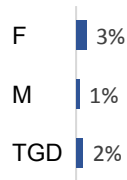


The graphs below show a breakdown of 2023 data by different demographic groups.

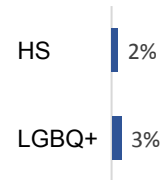
Grade



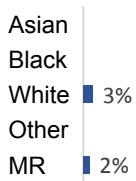
Gender



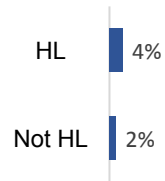
Sexual Orientation



Race



Ethnicity



Grade: There were no significant differences.

Gender: There were no significant differences.

Sexual Orientation: There were no significant differences.

Race: There were no significant differences.

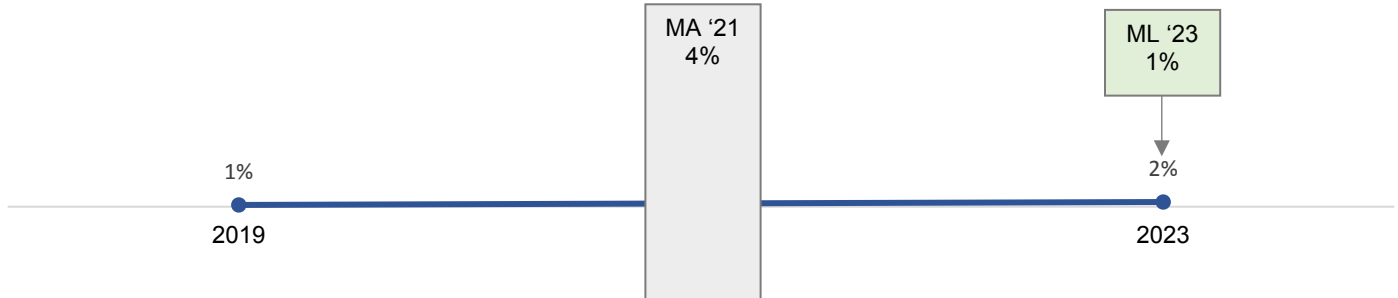
Ethnicity: There were no significant differences.

Q: How old were you when you first tried marijuana?

Lifetime Substance Use

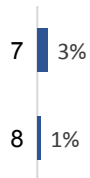
LIFETIME CIGARETTE SMOKING

Overall, 2% of middle school students have ever smoked a cigarette.

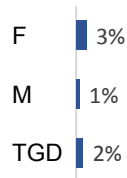


The graphs below show a breakdown of 2023 data by different demographic groups.

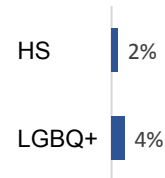
Grade



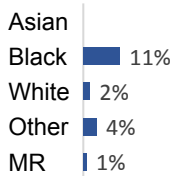
Gender



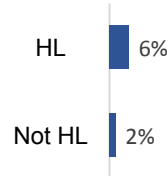
Sexual Orientation



Race



Ethnicity



Grade: There were no significant differences.

Gender: There were no significant differences.

Sexual Orientation: There were no significant differences,

Race: There were no significant differences.

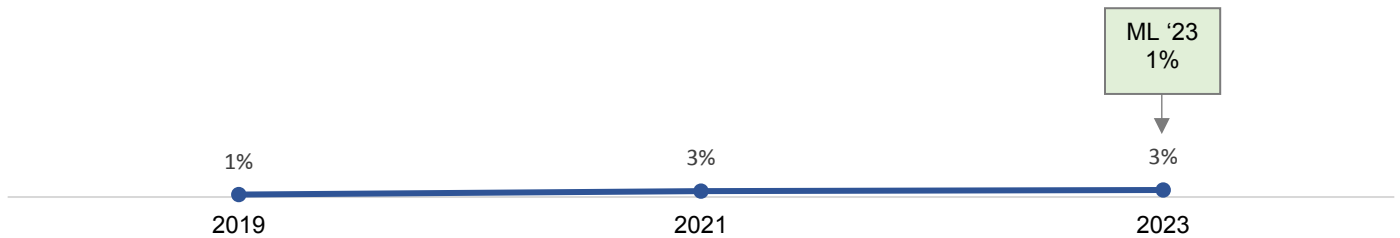
Ethnicity: There were no significant differences.

Q: How old were you when you first tried cigarette smoking, even one or two puffs?

Lifetime Substance Use

LIFETIME PRESCRIPTION DRUG MISUSE*

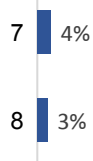
Overall, 3% of middle school students have ever used a prescription drug that was not their own. *There is no statewide comparison data.*



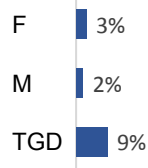
*In 2019 and 2021, students were only asked about lifetime prescription pain medicine misuse, not general prescription drug misuse.

The graphs below show a breakdown of 2023 data by different demographic groups.

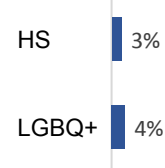
Grade



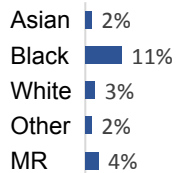
Gender



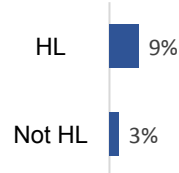
Sexual Orientation



Race



Ethnicity



Grade: There were no significant differences.

Gender: There were no significant differences.

Sexual Orientation: There were no significant differences.

Race: There were no significant differences.

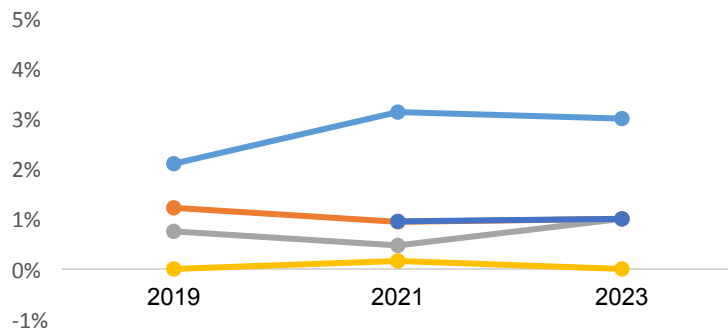
Ethnicity: There were no significant differences.

Q: Have you ever taken prescription drugs that weren't your own?

Current Substance Use

Belmont middle school students were asked if they had used a variety of substances in the past 30 days (currently). Three percent of middle school students reported currently using alcohol, 1% reported currently using electronic vapor products, 1% reported currently marijuana, less than 1% reported currently cigarette smoking, and 1% reported currently misusing prescription drugs.

● Alcohol Use
 ● Electronic Vapor Product Use
 ● Marijuana Use
 ● Cigarette Smoking
 ● Prescription Drug Misuse



Below is a breakdown of 2023 data by different demographic groups.

Grade		Gender			Sexual Orientation		Race						
7 th	8 th	F	M	TGD	HS	LGBQ+	Asian	Black	White	Other	M		H/L
Alcohol use													
2%	3%	3%	2%	4%	2%	3%	2%	6%	3%	2%	2%	11%	2%
EVP use													
0%	2%	2%	1%	2%	1%	1%	0%	6%	1%	2%	1%	9%	1%
Marijuana use													
0%	1%	1%	0%	2%	1%	2%	0%	0%	1%	0%	2%	4%	1%
Cigarette smoking													
0%	0%	0%	0%	0%	0%	1%	0%	0%	0%	0%	1%	2%	0%
Prescription drug misuse													
0%	1%	1%	0%	0%	1%	1%	0%	6%	1%	0%	1%	4%	0%

Alcohol use: There were no significant differences.

EVP use: There were no significant differences.

Marijuana use: There were no significant differences.

Cigarette smoking: There were no significant differences.

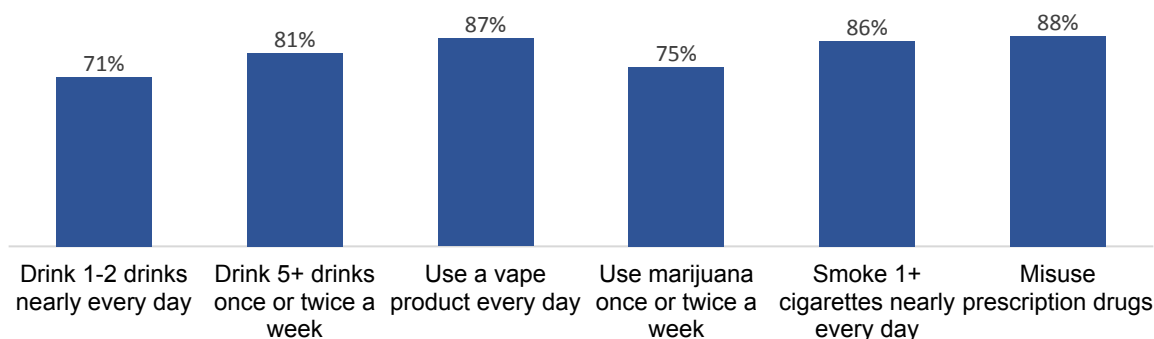
Prescription drug misuse: There were no significant differences.

Q: During the past 30 days, did you have at least one drink of alcohol?
 Q: During the past 30 days, did you use an electronic vapor product?
 Q: During the past 30 days, did you use marijuana?
 Q: During the past 30 days, did you smoke cigarettes?
 Q: During the past 30 days, did you take prescription drugs that weren't your own?

Perceptions About Substance Use

PERCEIVED RISK OF HARM

Overall, students were most likely to perceive misusing prescription drugs as having moderate or great risk of harm (88%), and least likely to think drinking 1-2 drinks of alcohol nearly every day as having moderate or great risk of harm (71%). *There is no statewide comparison data.*



ML '23
 1-2 drinks – 62%
 5+ drinks – 75%
 EVP – 82%
 Marijuana – 69%
 Cigarettes – 79%
 PDM – 83%

Below is a breakdown of 2023 data by different demographic groups.

Grade		Gender			Sexual Orientation		Race					Ethnicity	
7 th	8 th	F	M	TGD	HS	LGBQ+	Asian	Black	White	Other	MR	H/L	Not H/L
Drink 1-2 drinks nearly every day													
67%	75%	75%	67%	76%	70%	76%	82%	42%	69%	68%	71%	52%	73%
Drink 5+ drinks once or twice a week													
78%	84%	79%	83%	78%	81%	81%	85%	58%	81%	77%	82%	76%	82%
Use a vape product every day													
84%	89%	88%	86%	87%	86%	88%	93%	84%	86%	87%	82%	78%	88%
Use marijuana once or twice a week													
76%	75%	78%	75%	65%	76%	73%	84%	63%	74%	72%	73%	69%	76%
Smoke 1+ cigarettes nearly every day													
85%	88%	86%	87%	88%	86%	85%	90%	63%	86%	85%	87%	85%	86%
Misuse prescription drugs													
88%	89%	90%	88%	80%	89%	87%	89%	74%	89%	90%	87%	81%	89%

Drink 1-2 drinks nearly every day: Black students were significantly less likely than the average middle school student to think drinking 1-2 drinks of alcohol nearly every day as having moderate or great risk of harm. Hispanic/Latino students were significantly less likely than non-Hispanic/Latino students to think drinking 1-2 drinks of alcohol nearly every day as having moderate or great risk of harm.

Drink 5+ drinks 1-2 times per week: There were no significant differences.

Use vape products every day: There were no significant differences.

Use marijuana 1-2 times per week: There were no significant differences.

Smoke 1+ cigarettes nearly every day: There were no significant differences.

Misuse prescription drugs: There were no significant differences.

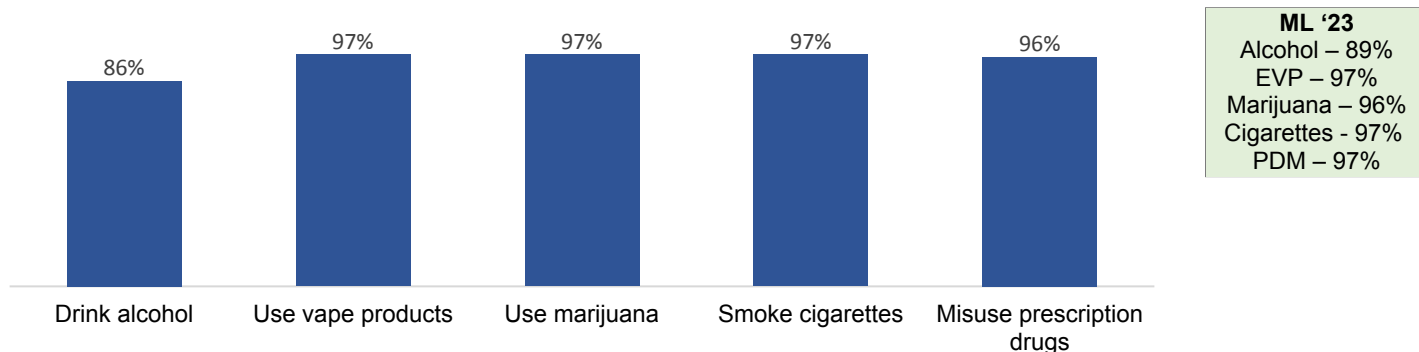
Q: How much do you think people risk harming themselves if they have one or two drinks of alcohol nearly every day?
 Q: How much do you think people risk harming themselves if they have five or more drinks of alcohol once or twice each week?
 Q: How much do you think people risk harming themselves if they use a vape product every day?
 Q: How much do you think people risk harming themselves if they use marijuana once or twice a week?
 Q: How much do you think people risk harming themselves if they smoke one or more cigarettes nearly every day?
 Q: How much do you think people risk harming themselves if they use prescription drugs that are not prescribed to them?

Perceptions About Substance Use

CAREGIVER PERCEPTIONS

Overall, middle school students were most likely to think their caregivers think using vape products is wrong or very wrong (97%), and least likely to think their parents think drinking alcohol is wrong or very wrong (86%).

There is no statewide comparison data.



Below is a breakdown of 2023 data by different demographic groups.

Grade		Gender			Sexual Orientation		Race					Ethnicity	
7 th	8 th	F	M	TGD	HS	LGBQ+	Asian	Black	White	Other	MR	H/L	Not H/L
Drink alcohol													
88%	86%	85%	88%	85%	87%	88%	89%	74%	86%	83%	88%	83%	87%
Use vape products													
99%	98%	97%	98%	98%	98%	98%	99%	89%	98%	92%	98%	93%	98%
Use marijuana													
98%	96%	98%	97%	93%	98%	96%	98%	84%	98%	96%	98%	96%	97%
Smoke cigarettes													
98%	97%	97%	97%	100%	97%	99%	97%	95%	98%	94%	98%	98%	97%
Use prescription medications not prescribed to them													
98%	96%	96%	96%	96%	97%	96%	96%	84%	97%	96%	98%	94%	96%

Drink alcohol: There were no significant differences.

Use vape products: There were no significant differences.

Use marijuana: There were no significant differences.

Smoke cigarettes: TGD students were significantly more likely than the average middle school student to think their caregivers think smoking cigarettes is wrong or very wrong.

Misuse prescription drugs: There were no significant differences.

Q: How wrong do your caregivers feel it would be for you to drink alcohol?

Q: How wrong do your caregivers feel it would be for you to use vape products?

Q: How wrong do your caregivers feel it would be for you to use marijuana?

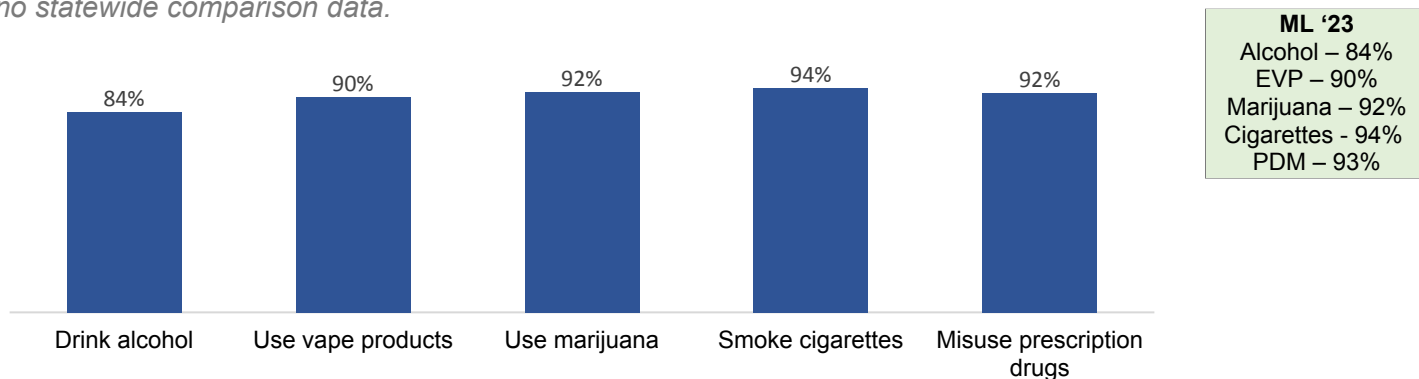
Q: How wrong do your caregivers feel it would be for you to smoke cigarettes?

Q: How wrong do your caregivers feel it would be for you to use prescription medications not prescribed to you?

Perceptions About Substance Use

PERCEPTIONS OF FRIENDS

Overall, middle school students were most likely to think their friends think smoking cigarettes is wrong or very wrong (94%), and least likely to think their friends think drinking alcohol is wrong or very wrong (84%). *There is no statewide comparison data.*



Below is a breakdown of 2023 data by different demographic groups.

Grade		Gender			Sexual Orientation		Race					Ethnicity	
7 th	8 th	F	M	TGD	HS	LGBQ+	Asian	Black	White	Other	MR	H/L	Not H/L
Drink alcohol													
86%	82%	80%	87%	89%	85%	82%	90%	63%	85%	77%	83%	70%	85%
Use vape products													
92%	89%	86%	94%	91%	91%	89%	98%	68%	90%	85%	88%	74%	92%
Use marijuana													
96%	89%	85%	95%	93%	93%	92%	98%	79%	92%	87%	92%	81%	94%
Smoke cigarettes													
96%	92%	93%	95%	96%	94%	95%	98%	84%	93%	92%	94%	81%	95%
Use prescription medications not prescribed to them													
95%	90%	92%	92%	93%	92%	91%	93%	78%	93%	91%	89%	81%	93%

Drink alcohol: There were no significant differences.

Use vape products: Asian students were significantly more likely than the average middle school student to think their friends think using vape products is wrong or very wrong. Hispanic/Latino students were significantly less likely than non-Hispanic/Latino students to think their friends think using vape products is wrong or very wrong.

Use marijuana: Asian students were significantly more likely than the average middle school student to think their friends think using marijuana is wrong or very wrong.

Smoke cigarettes: Asian students were significantly more likely than the average middle school student to think their friends think smoking cigarettes is wrong or very wrong. Hispanic/Latino students were significantly less likely than non-Hispanic/Latino students to think their friends think smoking cigarettes is wrong or very wrong.

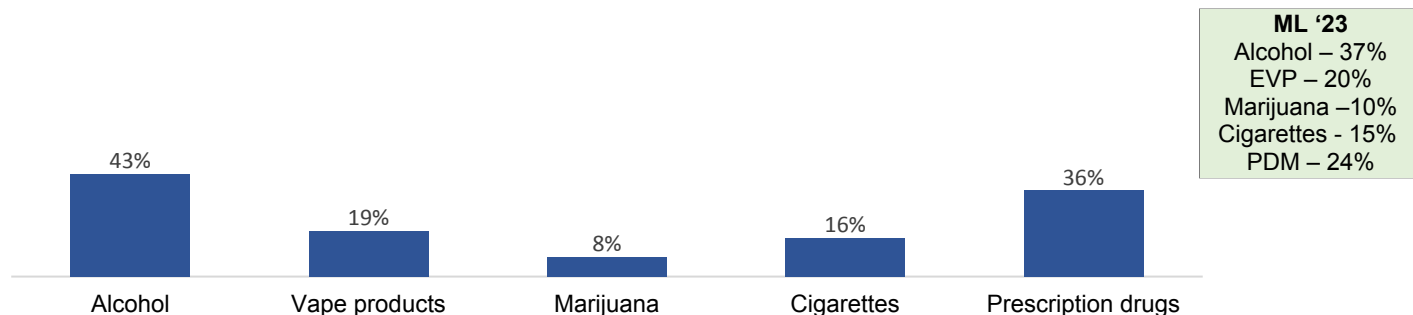
Misuse prescription drugs: There were no significant differences.

Q: How wrong do your friends feel it would be for you to drink alcohol?
 Q: How wrong do your friends feel it would be for you to use vape products?
 Q: How wrong do your friends feel it would be for you to use marijuana?
 Q: How wrong do your friends feel it would be for you to smoke cigarettes?
 Q: How wrong do your friends feel it would be for you to use prescription medications not prescribed to you?

Perceptions About Substance Use

PERCEIVED ACCESS

Overall, middle school students were most likely to think alcohol is easy or very easy to access, and least likely to think marijuana is easy or very easy to access. *There is no statewide comparison data.*



Below is a breakdown of 2023 data by different demographic groups.

Grade		Gender			Sexual Orientation		Race					Ethnicity	
7 th	8 th	F	M	TGD	HS	LGBQ+	Asian	Black	White	Other	MR	H/L	Not H/L
Alcohol													
41%	45%	46%	39%	37%	41%	49%	40%	26%	46%	37%	45%	49%	42%
Vape products													
16%	23%	22%	18%	16%	19%	23%	10%	42%	19%	33%	19%	35%	18%
Marijuana													
5%	10%	9%	7%	2%	8%	6%	5%	21%	7%	10%	7%	13%	7%
Cigarettes													
17%	14%	17%	15%	11%	14%	19%	15%	26%	14%	29%	11%	23%	15%
Prescription medications not prescribed to them													
30%	40%	38%	32%	38%	33%	48%	34%	50%	33%	40%	43%	38%	36%

Alcohol: There were no significant differences.

Vape products: Hispanic/Latino students were significantly more likely than non-Hispanic/Latino students to think vape products are easy or very easy to access.

Marijuana: There were no significant differences.

Cigarettes: There were no significant differences.

Prescription drugs: LGBQ+ were significantly more likely than heterosexual students to think prescription drugs are easy or very easy to access.

Q: If you wanted to get the following substances, how easy would it be for you to get alcohol?

Q: If you wanted to get the following substances, how easy would it be for you to get vape products?

Q: If you wanted to get the following substances, how easy would it be for you to get marijuana?

Q: If you wanted to get the following substances, how easy would it be for you to get cigarettes?

Q: If you wanted to get the following substances, how easy would it be for you to get prescription medications not prescribed to you?

Sexual Behaviors

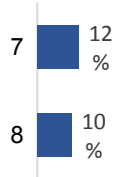
Sexual Behaviors

EVER HAD SEXUAL CONTACT

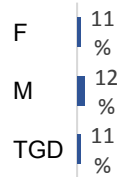
Overall, 11% of middle school students have ever had sexual contact with another person, compared to 10% of Middlesex League students. This was the first time this question was asked on the Belmont Youth Health Survey so there is no trend data. *There is no statewide comparison data.*

The graphs below show a breakdown of 2023 data by different demographic groups.

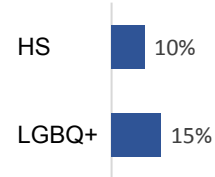
Grade



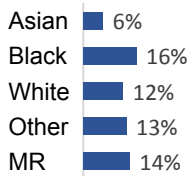
Gender



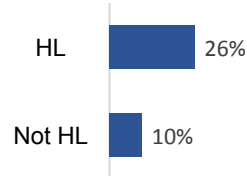
Sexual Orientation



Race



Ethnicity



Grade: There were no significant differences.

Gender: There were no significant differences.

Sexual Orientation: There were no significant differences.

Race: There were no significant differences.

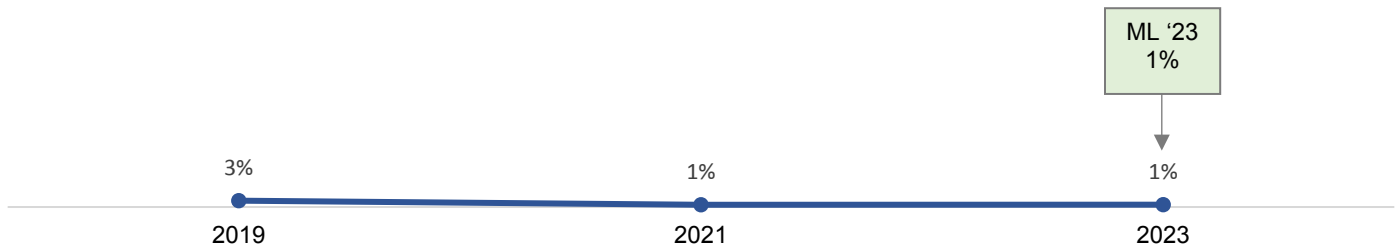
Ethnicity: Hispanic/Latino students were significantly more likely than non-Hispanic/Latino students to have ever had sexual contact with another person.

Q: Have you ever had sexual contact with another person?

Sexual Behaviors

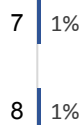
EVER HAD SEXUAL INTERCOURSE

Overall, 1% of middle school students have ever had sexual intercourse. *There is no statewide comparison data.*

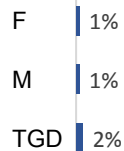


The graphs below show a breakdown of 2023 data by different demographic groups.

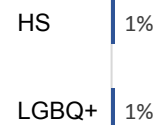
Grade



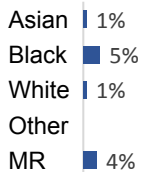
Gender



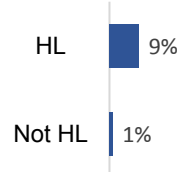
Sexual Orientation



Race



Ethnicity



Grade: There were no significant differences.

Gender: There were no significant differences.

Sexual Orientation: There were no significant differences.

Race: Students of another race were significantly less likely than the average middle school student to have ever had sexual intercourse.

Ethnicity: Hispanic/Latino students were significantly more likely than non-Hispanic/Latino students to have ever had sexual intercourse.

Q: Have you ever had sexual intercourse?

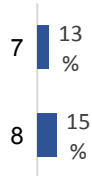
Sexual Behaviors

SEXTING

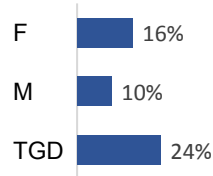
Overall, 14% of middle school students have ever sent or received sexual messages or nude or semi-nude pictures or videos electronically, compared to 10% of Middlesex League students. This was the first time this question was asked on the Belmont Youth Health Survey so there is no trend data. *There is no statewide comparison data.*

The graphs below show a breakdown of 2023 data by different demographic groups.

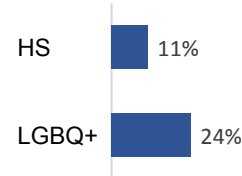
Grade



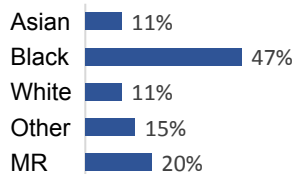
Gender



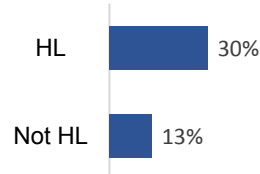
Sexual Orientation



Race



Ethnicity



Grade: There were no significant differences.

Gender: There were no significant differences.

Sexual Orientation: LGBTQ+ students were significantly more likely than heterosexual students to ever send or receive sexual messages, pictures, or videos.

Race: Black students were significantly more likely than the average middle school student to ever send or receive sexual messages, pictures, or videos.

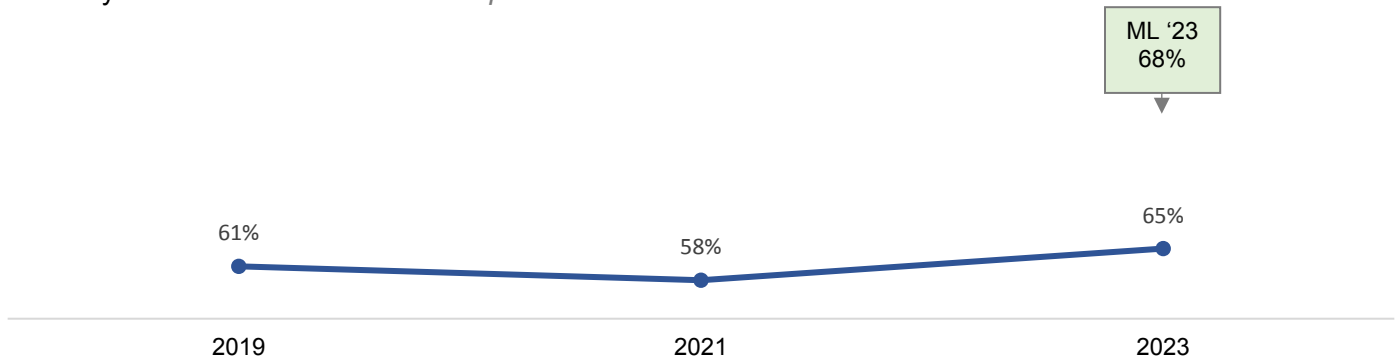
Ethnicity: Hispanic/Latino students were significantly more likely than non-Hispanic/Latino students to ever send or receive sexual messages, pictures, or videos.

Q: Have you ever sent or received sexual messages or nude or semi-nude pictures or videos electronically (by smartphone, computer, tablet, or other device)?

Physical Activity And Nutrition

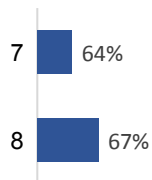
Physical Activity

Overall, 65% of middle school students engaged in 60 minutes or more of physical activity on at least 5 of the past 7 days. *There is no statewide comparison data.*

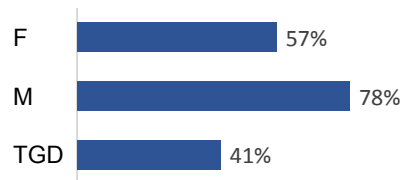


The graphs below show a breakdown of 2023 data by different demographic groups.

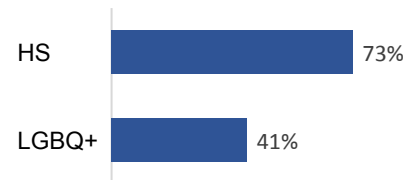
Grade



Gender



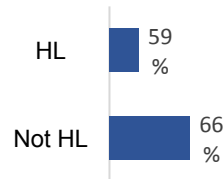
Sexual Orientation



Race



Ethnicity



Grade: There were no significant differences.

Gender: TGD students were significantly less likely than the average middle school student to engage in 60+ minutes of physical activity on at least 5 of the last 7 days, and male students were significantly more likely than the average middle school student.

Sexual Orientation: LGBTQ+ students were significantly less likely than heterosexual students to engage in 60+ minutes of physical activity on at least 5 of the last 7 days.

Race: There were no significant differences.

Ethnicity: There were no significant differences.

Q: During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day?

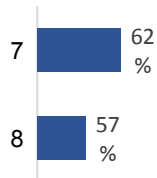
Screen Time

Overall, 60% of middle school students engaged in 3 or more hours of screen time on an average school day not including time spent doing schoolwork. *There is no statewide comparison data.*

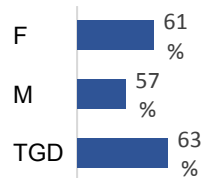


The graphs below show a breakdown of 2023 data by different demographic groups.

Grade



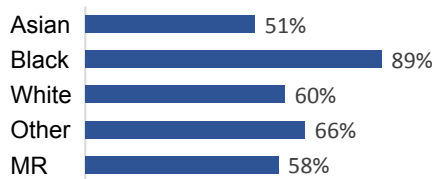
Gender



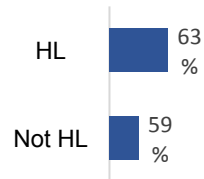
Sexual Orientation



Race



Ethnicity



Grade: There were no significant differences.

Gender: There were no significant differences.

Sexual Orientation: LGBTQ+ students were significantly more likely than heterosexual students to have 3 or more hours of screen time on an average school day.

Race: Black students were significantly more likely than the average middle school student to have 3 or more hours of screen time on an average school day.

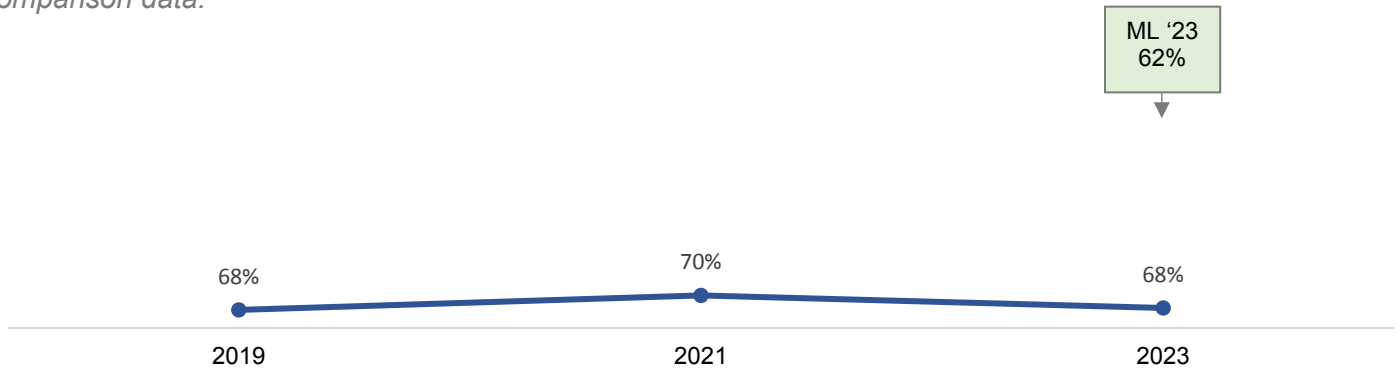
Ethnicity: There were no significant differences.

Q: On an average school day, how many hours do you spend in front of a TV, computer, phone, or other electronic device watching shows or videos, playing games, going online, or using social media (also called "screen time")?

Nutrition

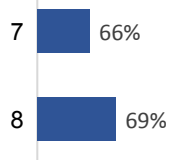
EATING BREAKFAST

Overall, 68% of middle school students ate breakfast on at least 6 of the past 7 days. *There is no statewide comparison data.*

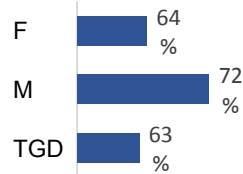


The graphs below show a breakdown of 2023 data by different demographic groups.

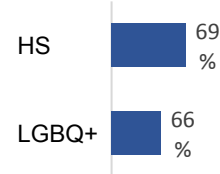
Grade



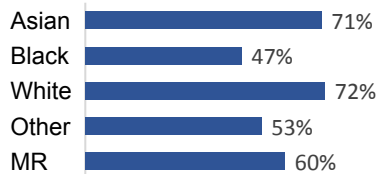
Gender



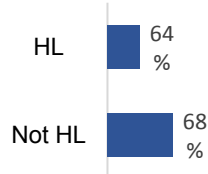
Sexual Orientation



Race



Ethnicity



Grade: There were no significant differences.

Gender: There were no significant differences.

Sexual Orientation: There were no significant differences.

Race: There were no significant differences.

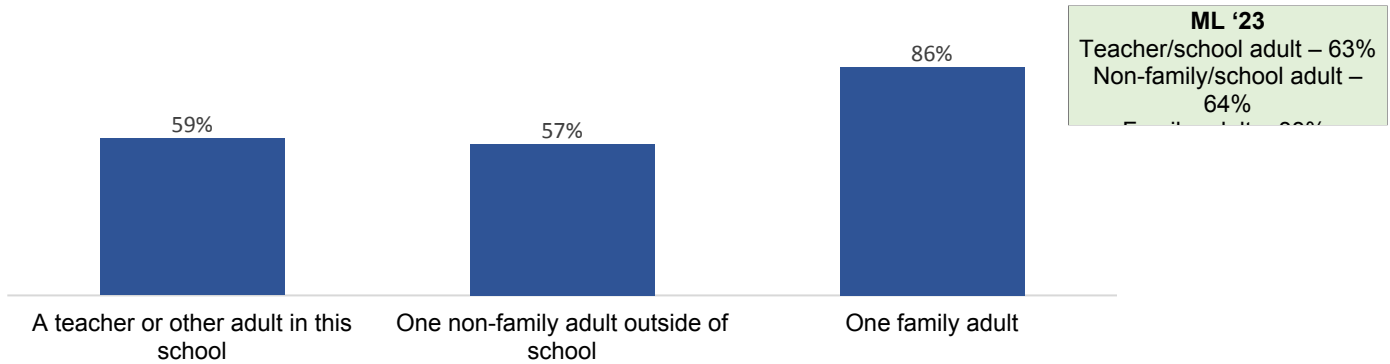
Ethnicity: There were no significant differences.

Q: On how many of the past 7 days did you eat breakfast?

Youth Assets & Other Protective Factors

Adult Connectedness

Overall, when asked about adults whom they could talk to about a problem, 59% of middle students reported having at least one teacher or other adult in this school, 57% reported having at least one adult outside of school who is not in their family, and 86% reported having at least one family adult. *There is no statewide comparison data.*



Below is a breakdown of 2023 data by different demographic groups.

Grade		Gender			Sexual Orientation		Race					Ethnicity	
7 th	8 th	F	M	TGD	HS	LGBQ+	Asian	Black	White	Other	MR	H/L	Not H/L
Teacher or other adult in school													
58%	59%	55%	62%	57%	60%	56%	50%	68%	65%	48%	51%	58%	59%
Non-family adult outside of school													
55%	59%	56%	61%	50%	61%	43%	50%	52%	64%	49%	50%	56%	58%
Family adult													
87%	84%	82%	93%	69%	91%	70%	85%	74%	90%	79%	80%	83%	86%

Teacher or other adult in school: There were no significant differences.

Non-family adult outside of school: LGBQ+ students were significantly less likely than the heterosexual students to have at least one non-family adult outside of school to talk to about a problem.

Family adult: TGD students were significantly less likely than the average middle school student to have at least one adult in their family to talk to about a problem, and male students were significantly more likely than the average middle school student. LGBQ+ students were significantly less likely than heterosexual students to have an adult in their family to talk to about a problem.

Q: Is there at least one teacher or other adult in this school that you can talk to if you have a problem?
 Q: Is there at least one adult outside of school who is not in your family that you can talk to if you have a problem?
 Q: Is there at least one adult in your family that you can talk to if you have a problem?

Adult Connectedness

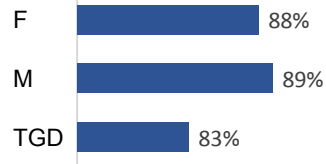
Overall, 88% of middle school students have at least one friend of similar age to talk to about a problem, compared to 88% of Middlesex League students. This was the first time this question was asked on the Belmont Youth Health Survey so there is no trend data. *There is no statewide comparison data.*

The graphs below show a breakdown of 2023 data by different demographic groups.

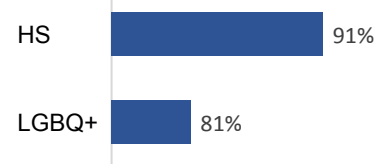
Grade



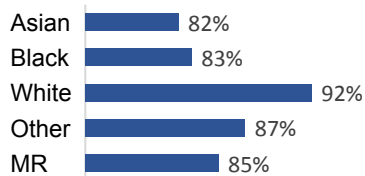
Gender



Sexual Orientation



Race



Ethnicity



Grade: There were no significant differences.

Gender: There were no significant differences.

Sexual Orientation: LGBTQ+ students were significantly less likely than heterosexual students to have at least one friend similar in age to talk to about a problem.

Race: There were no significant differences.

Ethnicity: There were no significant differences.

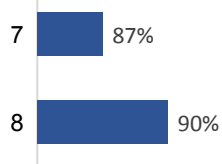
Q: Is there at least one friend similar in age to you that you can talk to if you have a problem?

Participation in Extracurricular Activities

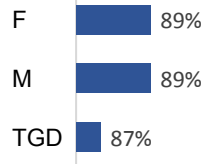
Overall, 88% of middle school students reported that they participated in an extracurricular activity this school year, compared to 82% of Middlesex League students. This was the first time this question was asked on the Belmont Youth Health Survey so there is no trend data. *There is no statewide comparison data.*

The graphs below show a breakdown of 2023 data by different demographic groups.

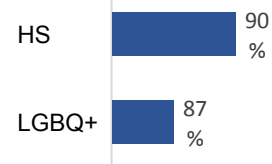
Grade



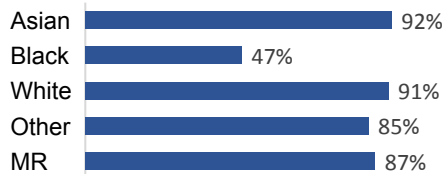
Gender



Sexual Orientation



Race



Ethnicity



Grade: There were no significant differences.

Gender: There were no significant differences.

Sexual Orientation: There were no significant differences.

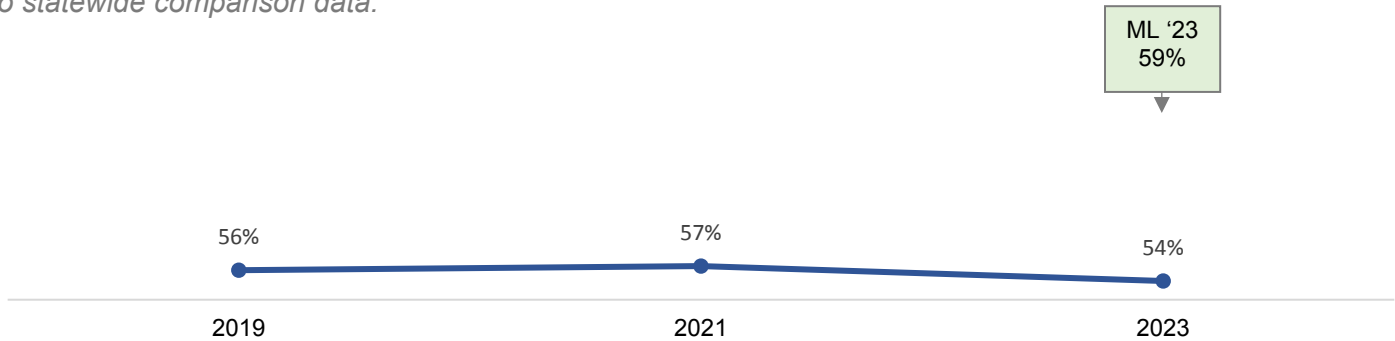
Race: Black students were significantly less likely than the average middle school student to participate in an extracurricular activity this school year.

Ethnicity: Hispanic/Latino students were significantly less likely than non-Hispanic/Latino students to participate in an extracurricular activity this school year.

Q: During this school year, did you take part in an organized activity?

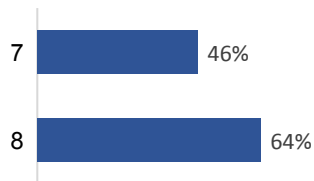
Sleep

Overall, 54% of middle school students reported sleeping 8 or more hours on an average school night. *There is no statewide comparison data.*

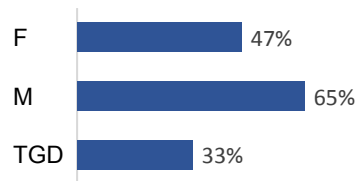


The graphs below show a breakdown of 2023 data by different demographic groups.

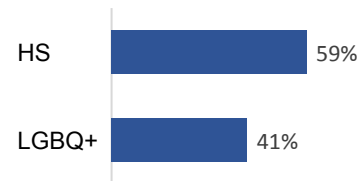
Grade



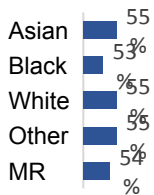
Gender



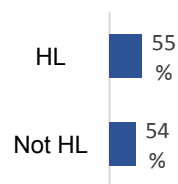
Sexual Orientation



Race



Ethnicity



Grade: Students in 8th grade were significantly less likely than students in 7th grade to sleep at least 8 hours on an average school night.

Gender: TGD students were significantly less likely than the average middle school student to sleep at least 8 hours on an average school night, and male students were significantly more likely than the average middle school student.

Sexual Orientation: LGBTQ+ students were significantly less likely than heterosexual students to sleep at least 8 hours on an average school night.

Race: There were no significant differences.

Ethnicity: There were no significant differences.

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