



Health and Wellness Survey Final Report

2016-2017 Cohasset Middle-High School
Cohasset, MA
September 20, 2017

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Health and Wellness Survey Overview

- Custom Developed
 - Covers more material than the CTC Survey administered in 2015
 - Free
 - Real time data
- Combines Questions from the Communities that Care Survey and the Youth Risk Behavior Survey
- Administered with notice to parents but without notice to students on April 24, 2017 (HS) and May 31, 2017 (MS)
- 370/432 students in the high school (86%) participated
- 384/406 students in the middle school (95%) participated

Health and Wellness Survey Overview

- Testing Environment Secure
- Administered to students electronically and simultaneously
- Reviewed by Mr. Scott and Mr. Sweeney
- Measurable survey data reflect our internal data
- Follow up listening sessions in health classes confirm major findings

Major Findings – Strengths

1. Lifetime alcohol and marijuana use is down from 2015.
2. With the exception of grade 10 marijuana use over the past 30 days is down from 2015.
3. Alcohol consumption among 10th and 11th graders was down from 2015.
4. Overall student perception of marijuana as risky has increased since 2015.

Major Findings – Concerns

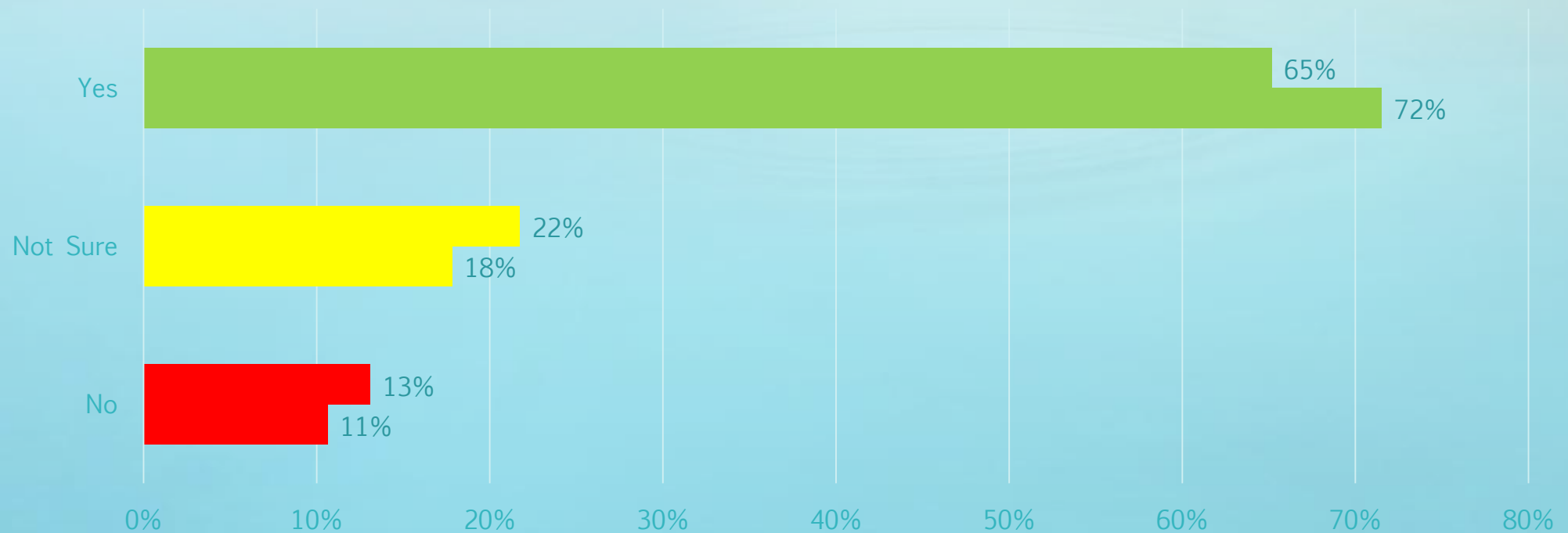
1. A large number of students, particularly those in the minority groups (Black/African American, Latino/Hispanic, LGBTQ/Non-Binary) do not feel as supported in the CMHS environment. This number is also higher among younger students (grades 6-9).
2. Tobacco use has increased significantly, particularly regarding vaping, cigarette use, and blunt wraps.
3. Overall, there is a general perception that tobacco, alcohol, and marijuana use is less risky than was perceived in 2015, most notably in what students think their parents believe.
4. An alarming number of students report that parents are supplying alcohol.

Major Findings – Concerns

5. A large number of high school students report riding in a car with someone who has been smoking marijuana.
6. Student stress and mental health concerns continue to rise.
 - Students overwhelmingly report that grades (not learning) are the primary source of stress, followed by the workload or balancing school and extracurricular activities.
 - Student treatment of one another, particularly via social media, is concerning.
 - Roughly 20% of students at the HS and 13% at the MS indicated atypical sadness or suicidal thoughts. Adults are only made aware of students considering suicide in about 20% of cases.
7. New data indicates that sexual violence increases as students get older, which perhaps correlates to an increase in substance use.

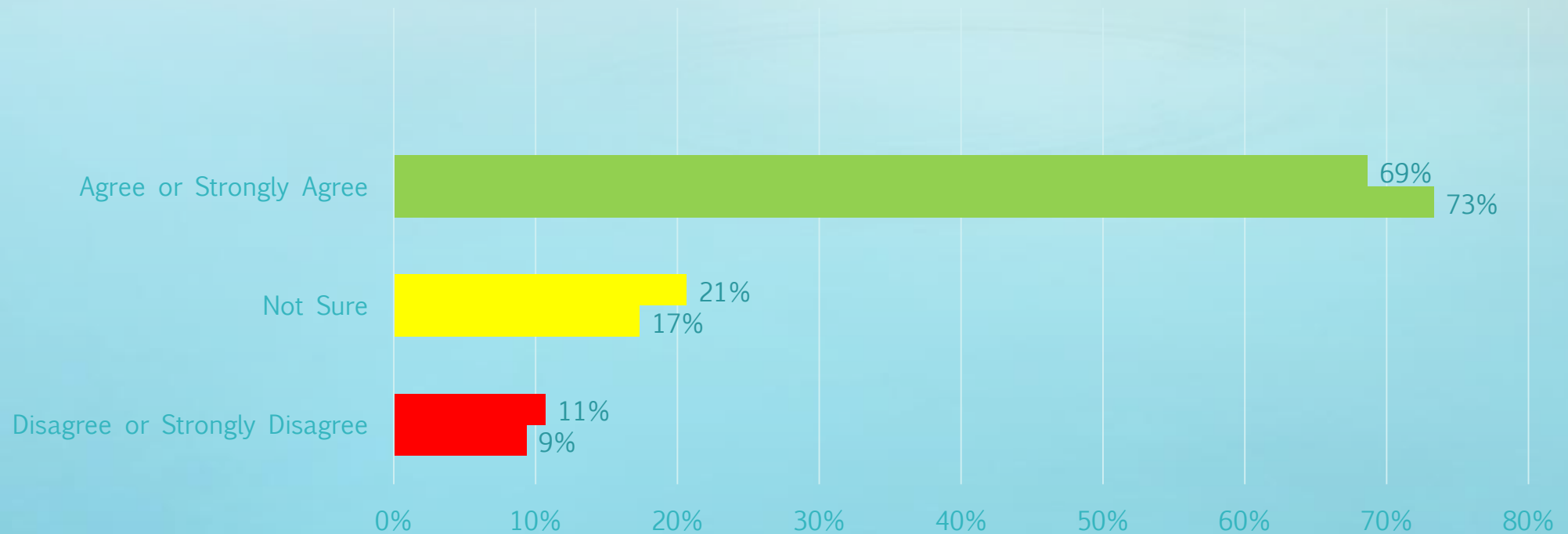
Protective Factors

Is there at least one teacher or other adult in this school that you can talk to if you have a problem?
(MS is top line; HS bottom)



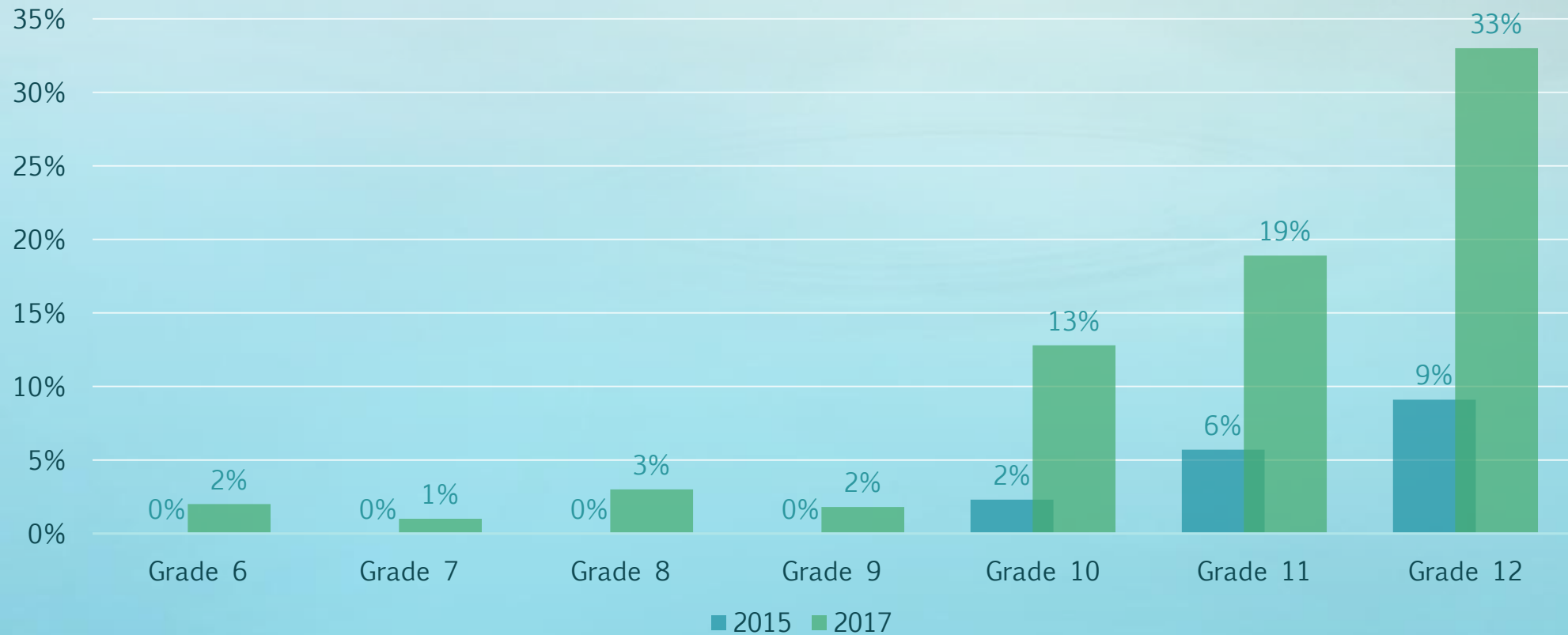
Protective Factors

Do you agree or disagree that your teachers really care about you and give you encouragement and support?
(MS is top line; HS bottom)



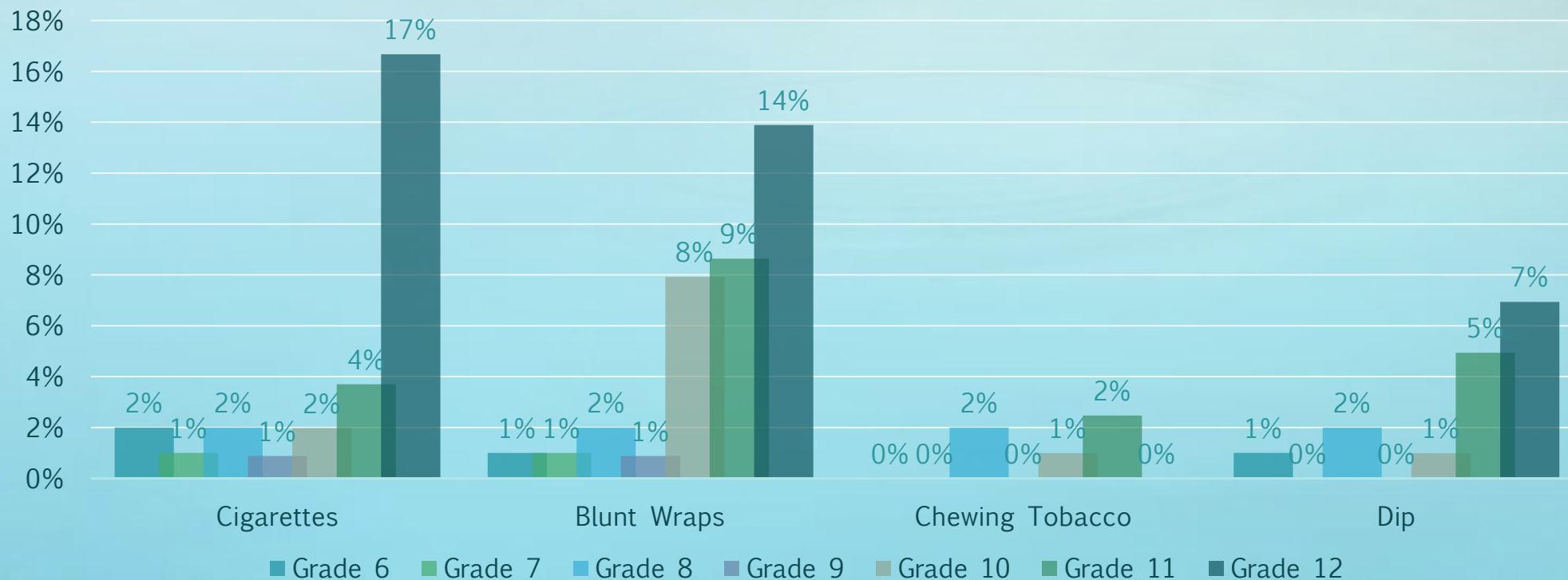
Historical Comparison – Tobacco

Tobacco used during the past 30 days



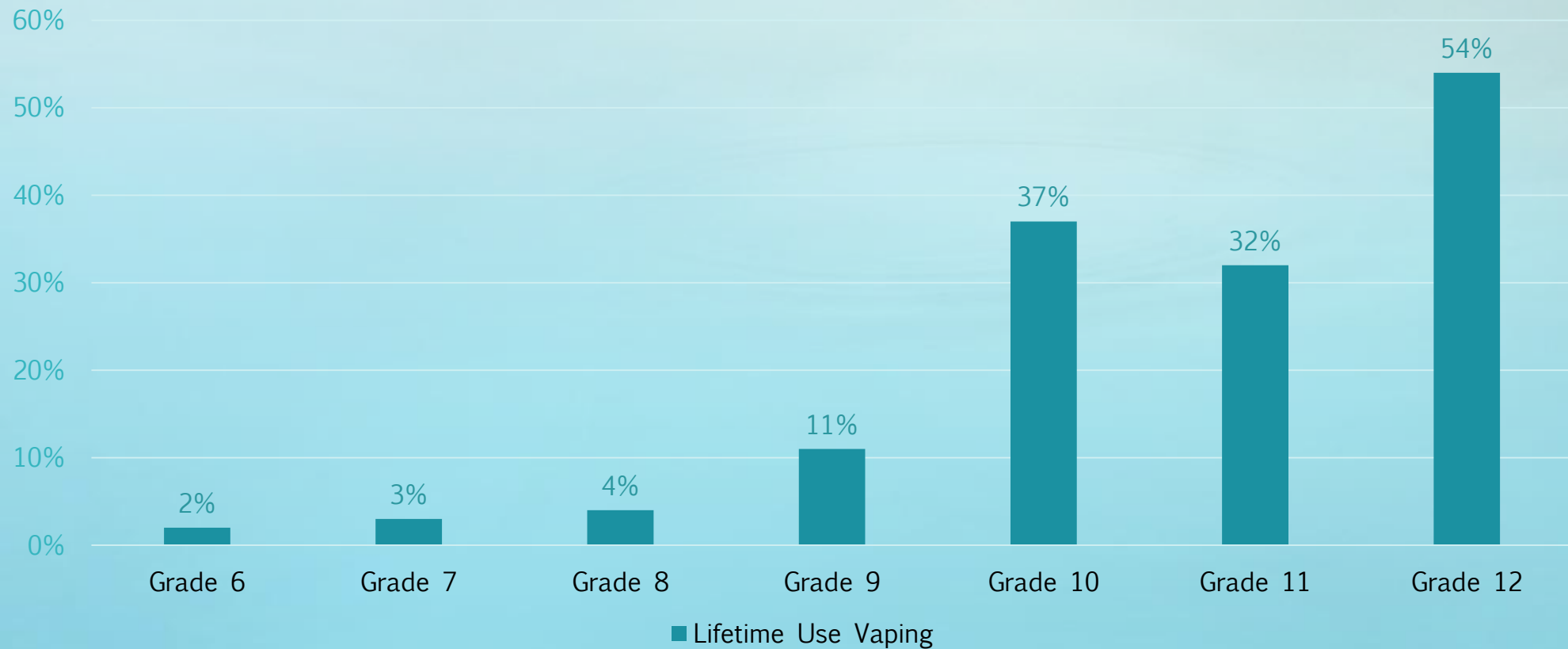
Historical Comparison – Tobacco 2017 Results

During the past 30 days, which of the following tobacco products have you used?



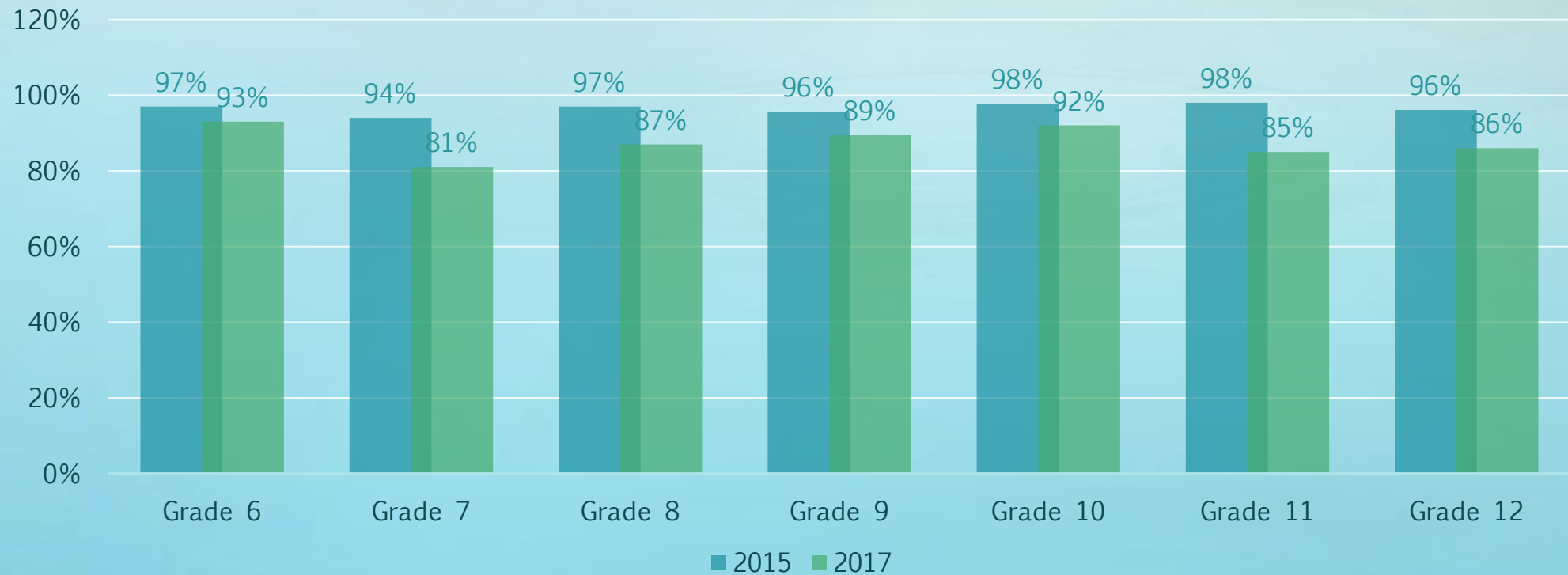
New Data – Vaping

Lifetime Use Vaping



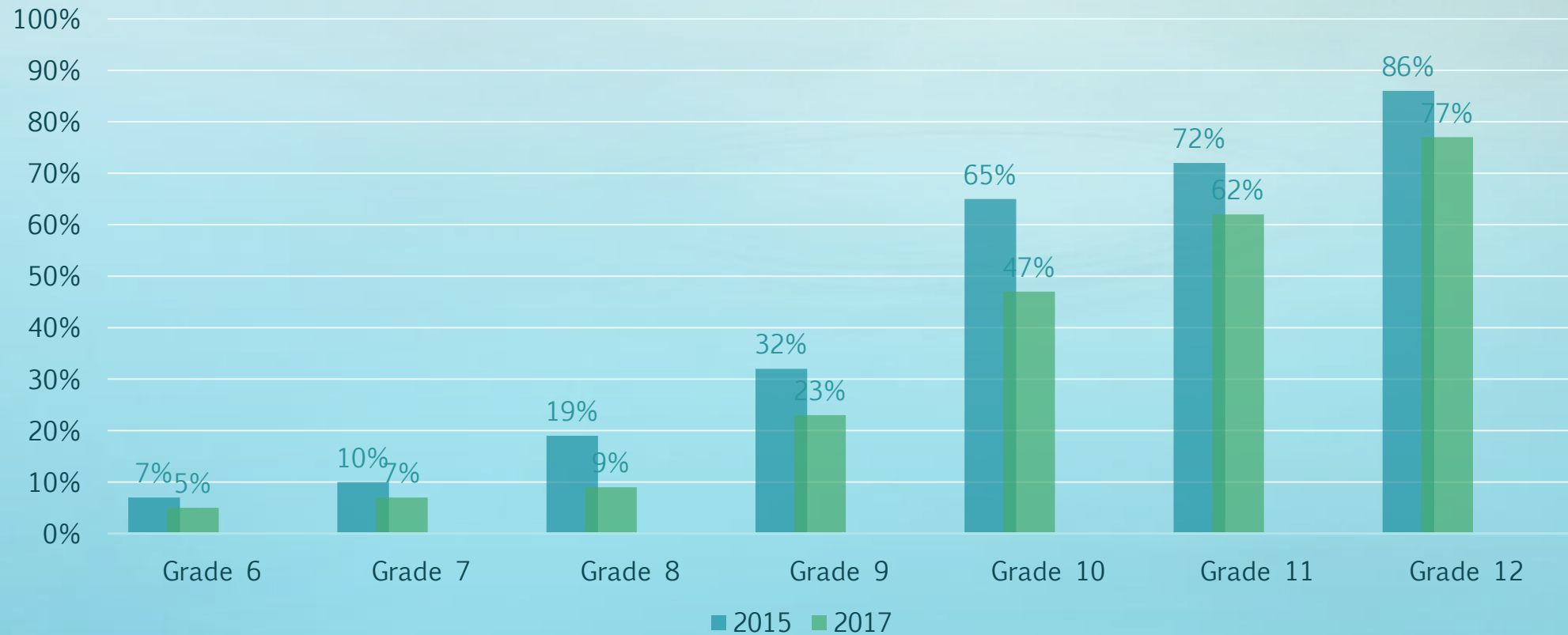
Historical Comparison – Tobacco Risk Perception

Student Perception of Risk of Using Tobacco Products as a Moderate or Great Risk



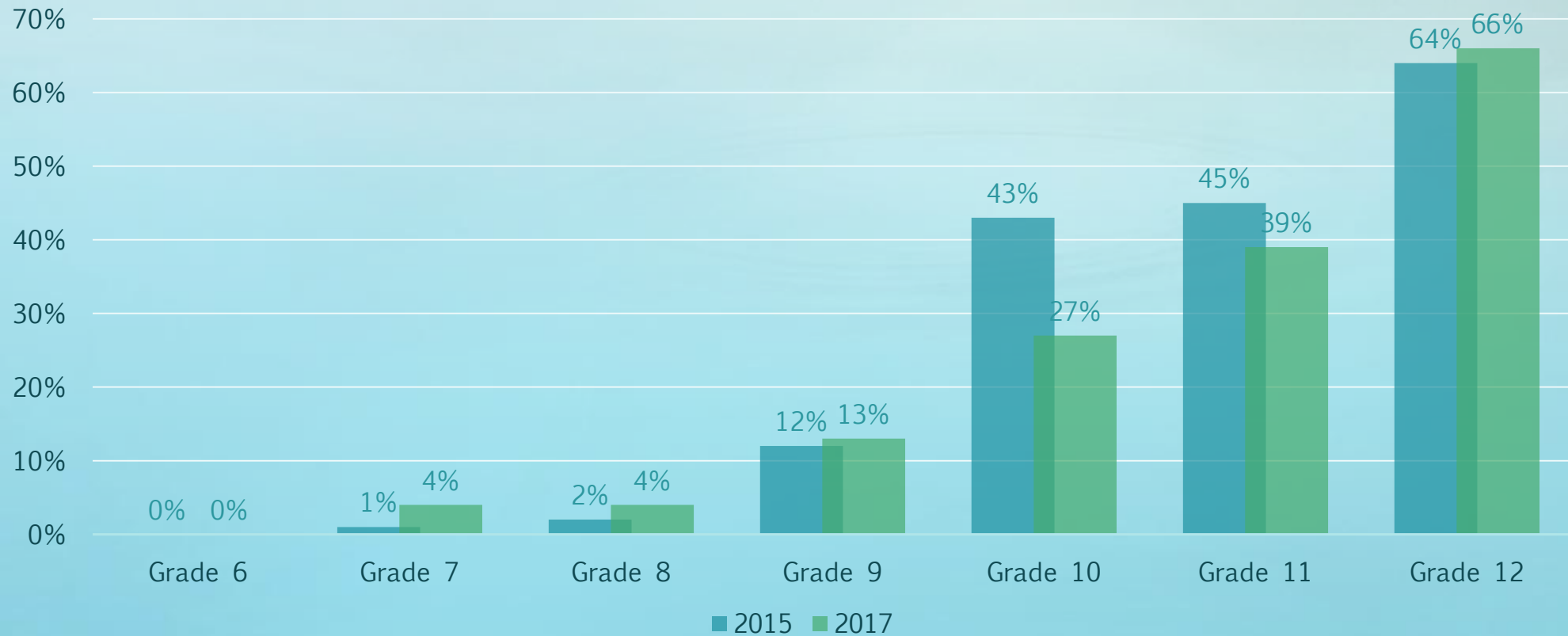
Historical Comparison – Alcohol

Lifetime Alcohol Use



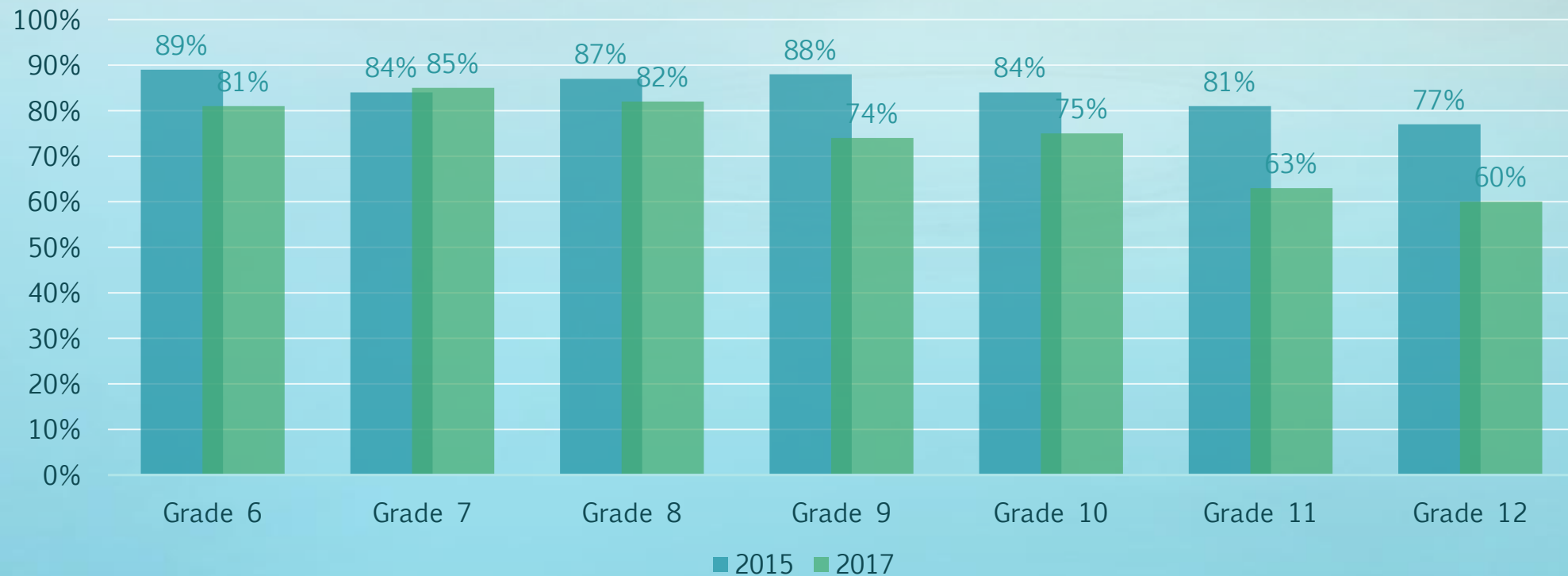
Historical Comparison – Alcohol

Alcohol consumption in the past 30 days



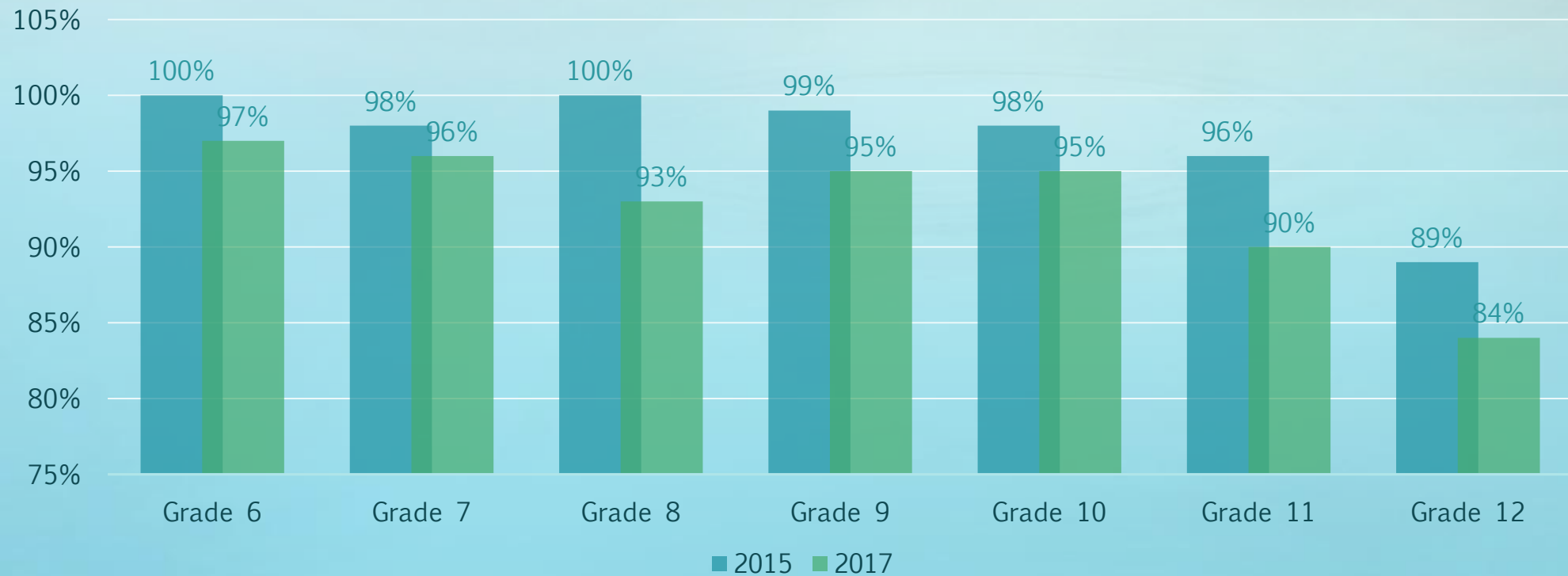
Historical Comparison – Alcohol Risk Perception

Student Perception of Risk of Using Alcohol as a Moderate or Great Risk



Historical Comparison – Alcohol Risk Perception

Perception that Parents Think it is Wrong or Very Wrong to Use Alcohol



New Data – Alcohol

What limits, if any, would you say are most typical of other students' parents concerning student drinking in the home?

Answer Choices	Responses
No drinking is allowed (other than a few sips at a family gathering)	44.29% 163
Some drinking is allowed with a parent when only family members are present	23.64% 87
Some drinking with friends is allowed if a parent is present	14.67% 54
Drinking is allowed without a parent present as long as the student does not drive afterwards	15.49% 57
No limits	1.90% 7
Total	368

New Data – Alcohol

My own or a friend's parent provided alcohol to me:

MS: 1%

HS: 11%

I took the alcohol from home:

MS: <1%

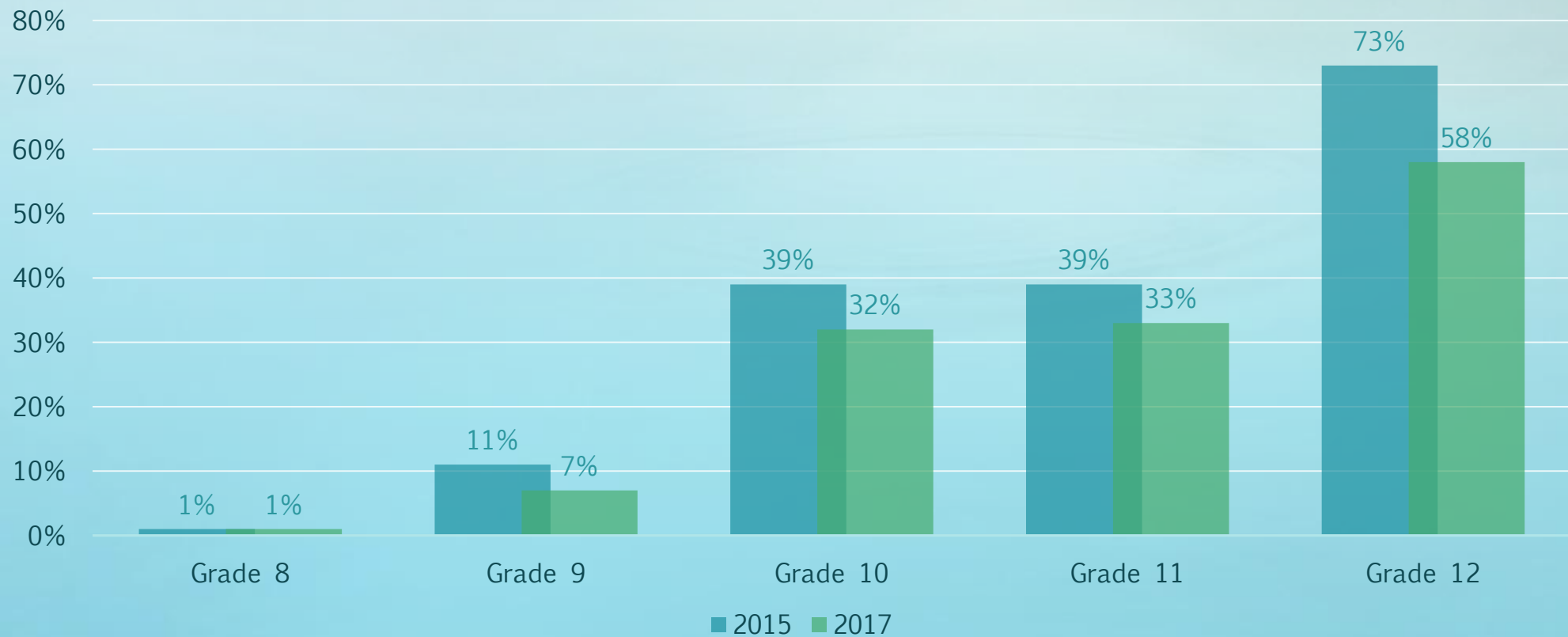
HS: 11%

New Data – Alcohol

- 41% of 12th graders report being provided alcohol by a friend.
- 16% of 11th graders report that their parents supply the alcohol.
- 40% of 10th graders report being provided alcohol by a friend, followed by taking it (17%) . 11% report that their parents provided it.
- 35% of 9th graders report taking alcohol from their homes, followed by 23% receiving it from friends and 18% reporting that their parents provided it.

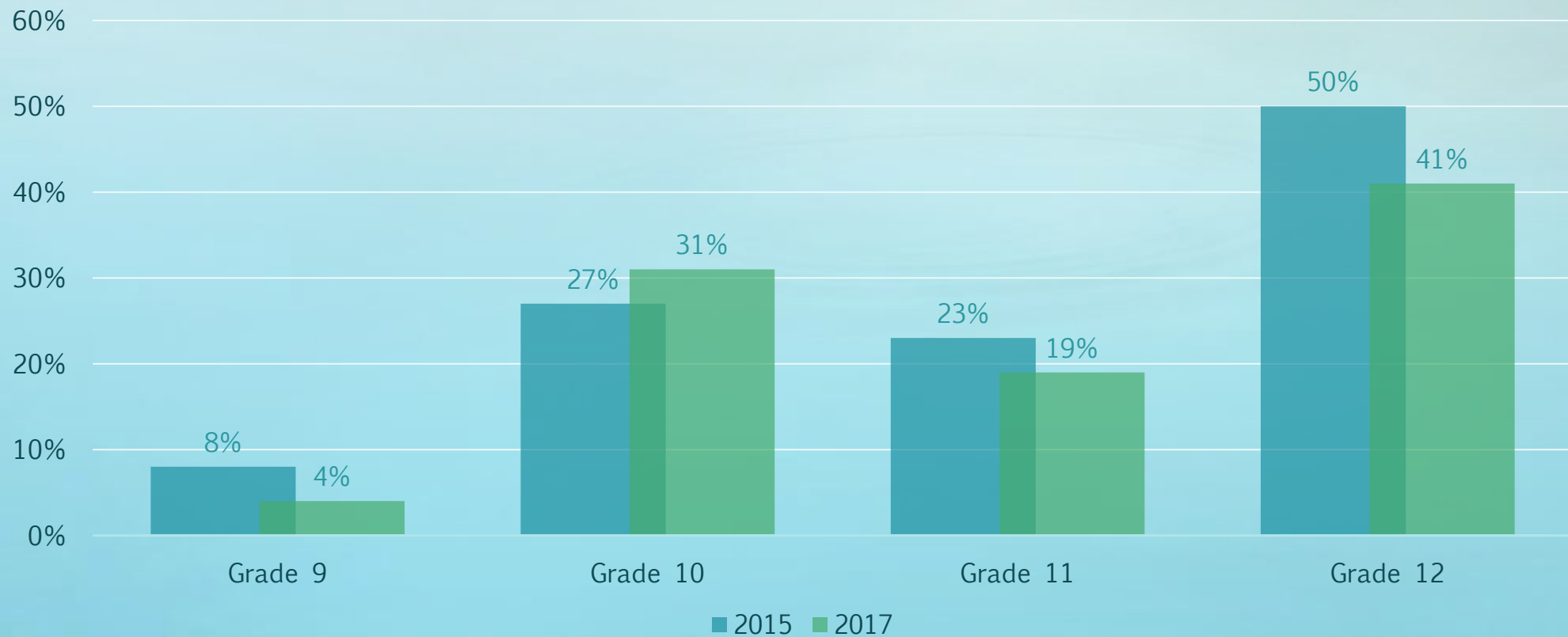
Historical Comparison – Marijuana

Lifetime Marijuana Use



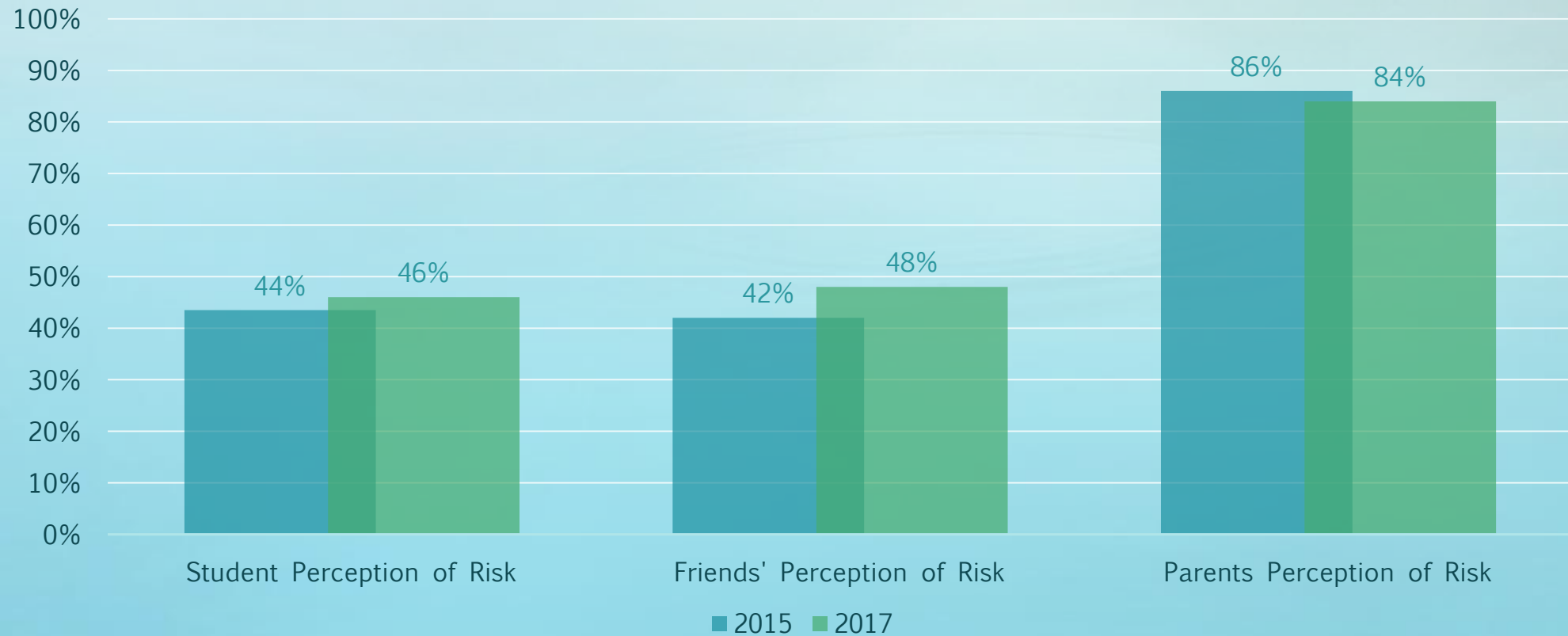
Historical Comparison – Marijuana

Marijuana use in the past 30 days



Historical Comparison – Marijuana Risk Perception

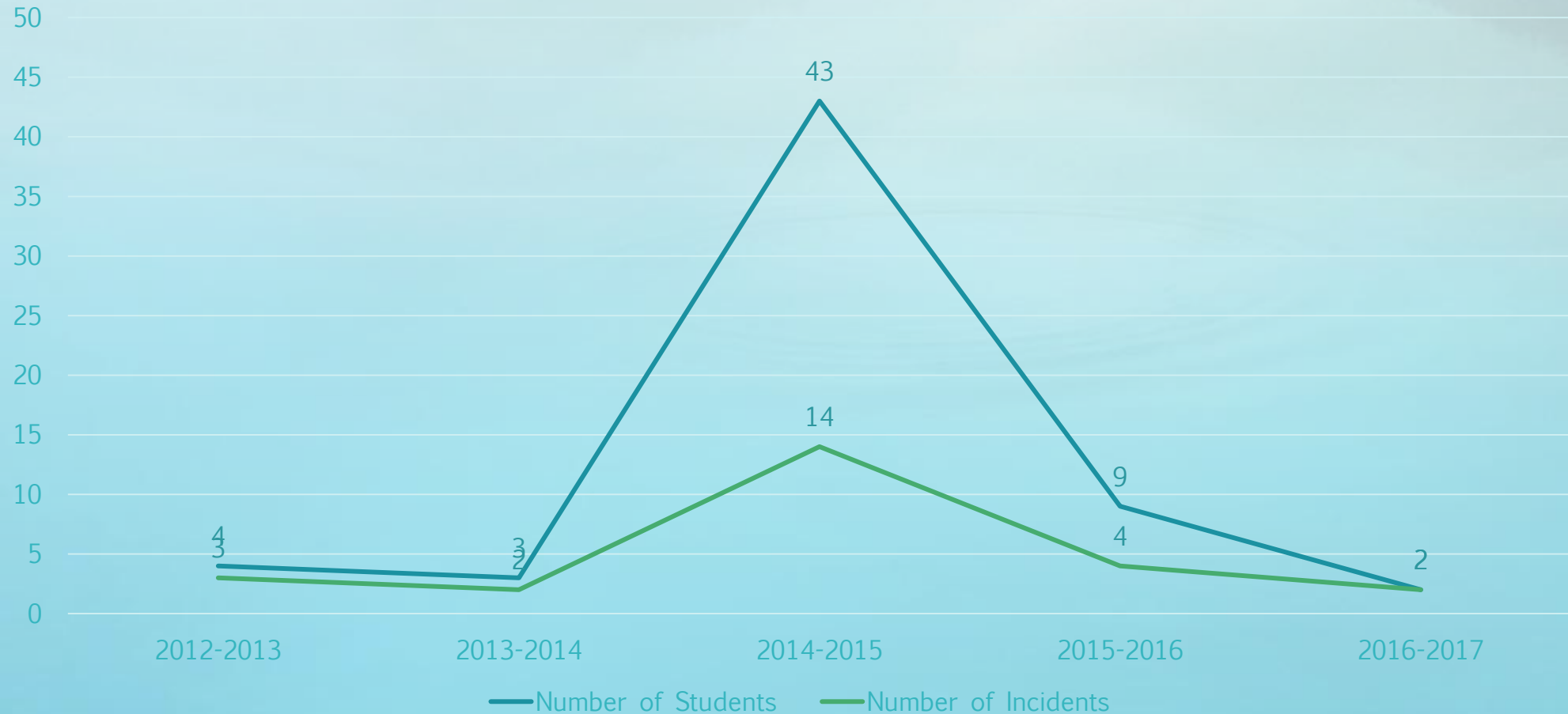
Overall Marijuana Risk Perception Analysis



New Data – Safety

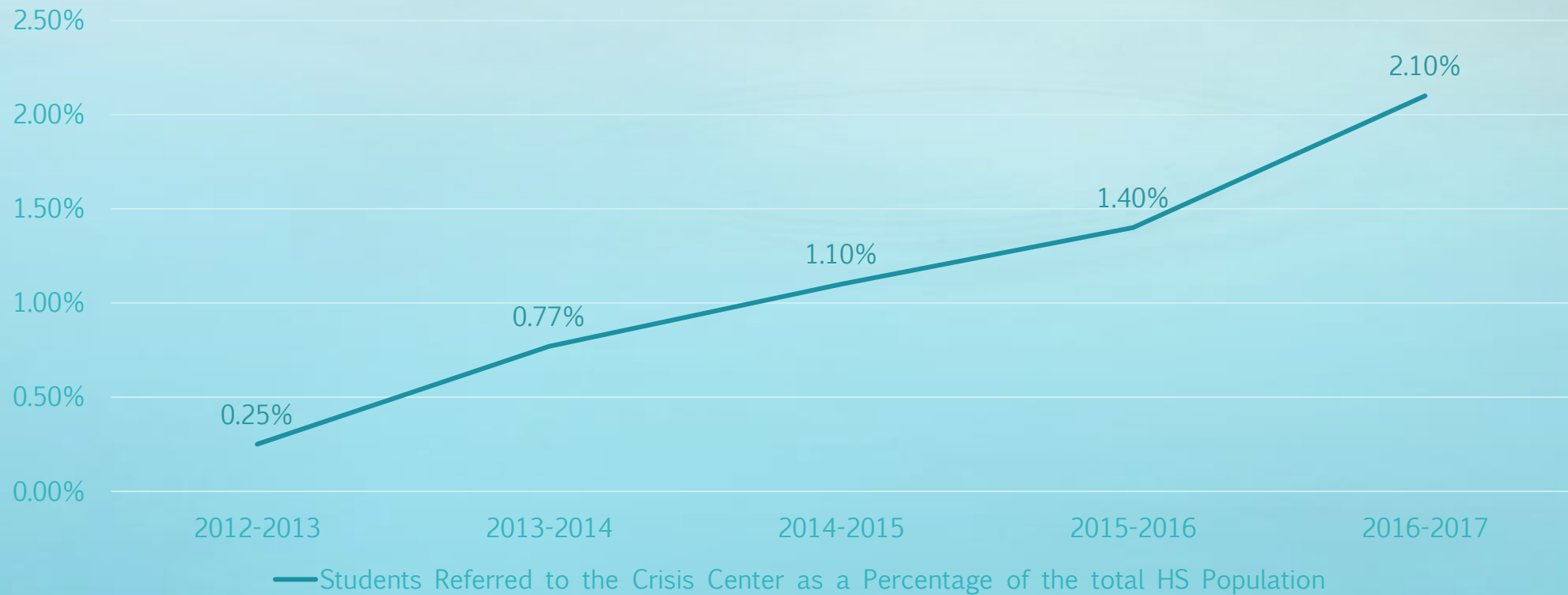
- During the past 30 days, 3% of HS students reported driving a car after having consumed alcohol.
 - These were evenly divided between male and female
 - Two students were in the 10th grade. 8 in the 12th grade. 90% were 17-18 years old.
- During the past 30 days, 3% of middle school students report riding in a car with someone who had used marijuana.
- During the past 30 days, 21% of high school students (79) report riding in a car with someone who had used marijuana.
 - 58% of students who answered affirmatively are female.
 - 35% are 10th graders, 20% 11th graders and 45% 12th graders
 - 33% of students who answered affirmatively report having been in the car on 6 or more occasions.

Historical Comparison – ATOD Related Discipline Incidents 2012-2017



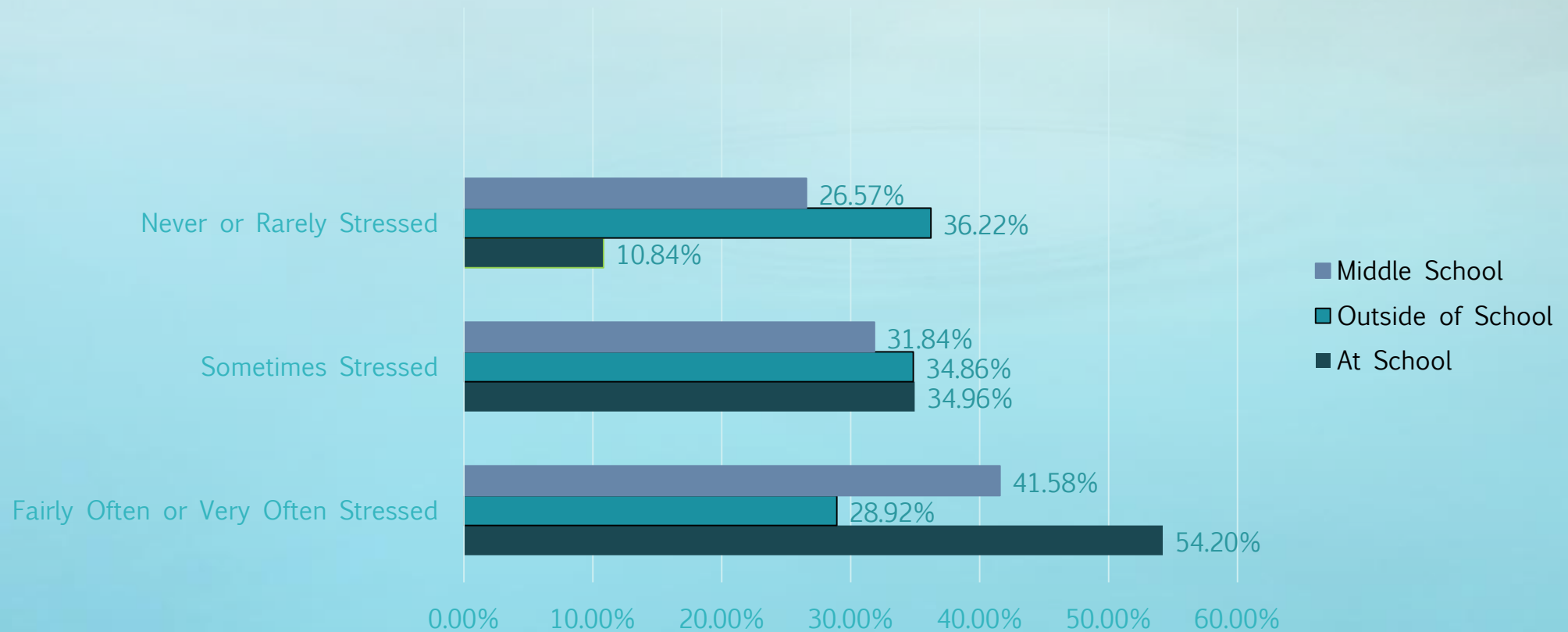
Historical Comparison – Crisis Center Referrals

Students Referred to the Crisis Center as a Percentage of the total HS Population



New Data – Stress

Which descriptor below describes your typical stress level?

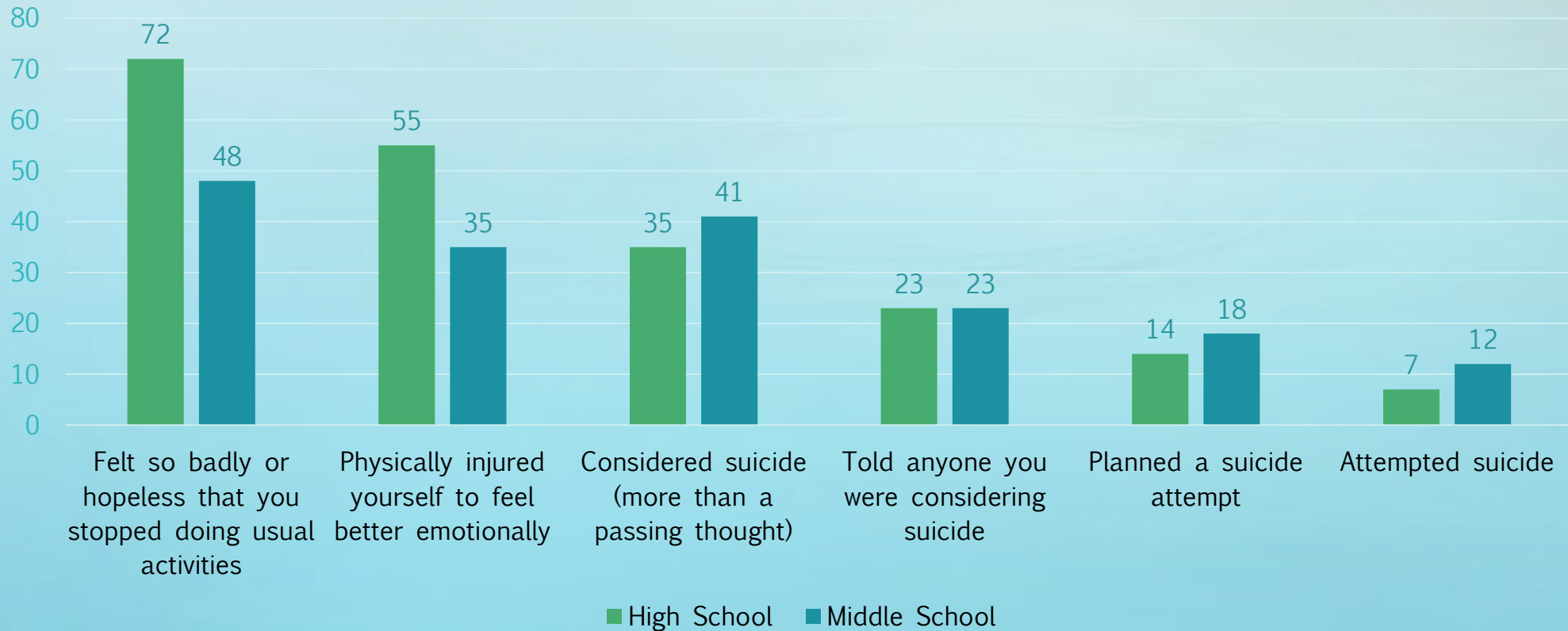


New Data – Stress

	Never Significant	Rarely significant	Sometimes significant	Always Significant	Total	Weighted Average
Grades	1.63% 6	10.03% 37	34.96% 129	53.39% 197	369	2.35
Balancing school work and activities outside of school	3.79% 14	15.18% 56	40.65% 150	40.38% 149	369	1.96
Amount of School	6.23% 23	13.01% 48	41.46% 153	39.30% 145	369	1.89
not meeting your own expectations	11.68% 43	25.54% 94	31.52% 116	31.25% 115	368	1.88
Life after high school (job, college, tech school, etc.)	15.45% 57	24.39% 90	30.62% 113	29.54% 109	369	1.82
Not meeting the expectations of other (family, teachers, etc)	17.07% 63	26.56% 98	29.54% 109	26.83% 99	369	1.78
How others view you	28.73% 106	38.48% 142	22.76% 84	10.03% 37	369	1.46
Family life	33.33% 123	37.13% 137	19.78% 73	9.76% 36	369	1.47
Friends	28.18% 104	40.38% 149	22.49% 83	8.94% 33	369	1.45
How you are treated by peers online	66.40% 245	22.49% 83	5.69% 21	5.42% 20	369	1.33

New Data – Sad and Suicidal Feelings

Sad or Suicidal Indicators by Number of Students



New Data – Sad and Suicidal Feelings

- Of the students that identified as attempting suicide, only 1% report that the attempt resulted in treatment by a doctor or nurse.
- 209 students report that they have been told by someone that they were considering suicide.
 - 93 kept the information to themselves
 - 34 told a friend
 - 41 told a trusted adult

Next Steps

- Assess and implement SEL strategies to reduce stress and build resiliency (in accordance with the district strategic plan and school improvement plan)
 - Implement Institutional Climate and Inclusion Assessment (Winter 2018)
 - Reassess the Freshman Advisory program
 - Revise targeted advisory lessons for utility period at the MS
 - Continue to develop CMS positive behavioral supports
 - Work with the Assistant Superintendent to explore social emotional learning strategies that can be embedded in our curricula
- Establish the Bridge transition program (BRYT) (ongoing)
- Implement SBIRT screening for students in grade 10 (Fall 2017)
- Pilot a “Mindfulness” student workshop to be offered after school
- Continue to sponsor student-led Mental Health Awareness Week every spring
- Partner with the PSO to explore opportunities for parent education and engagement