



# Presentation Overview

Survey Purpose & Topics

Selected Highlights

Substance Use

Cyberbullying

Mental Health

Online Behavior

Protective Factors

Key Takeaways

Ongoing Supports/ Efforts

Next Steps



# Topics Covered on MWAHS Survey

Substance Use

Impaired and Distracted Driving

Violence

Bullying and Cyberbullying

Mental Health

Sexual Behavior

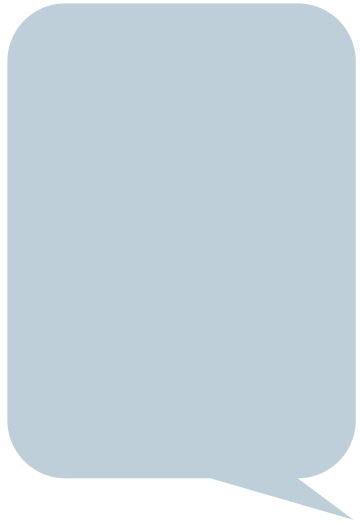
Physical Activity, Overweight/Obesity, Sleep

Online Behavior

# Substance Use: Electronic Vaping Products & Vaping

WHS perceived risk and current use of EVPs was similar to the MetroWest.



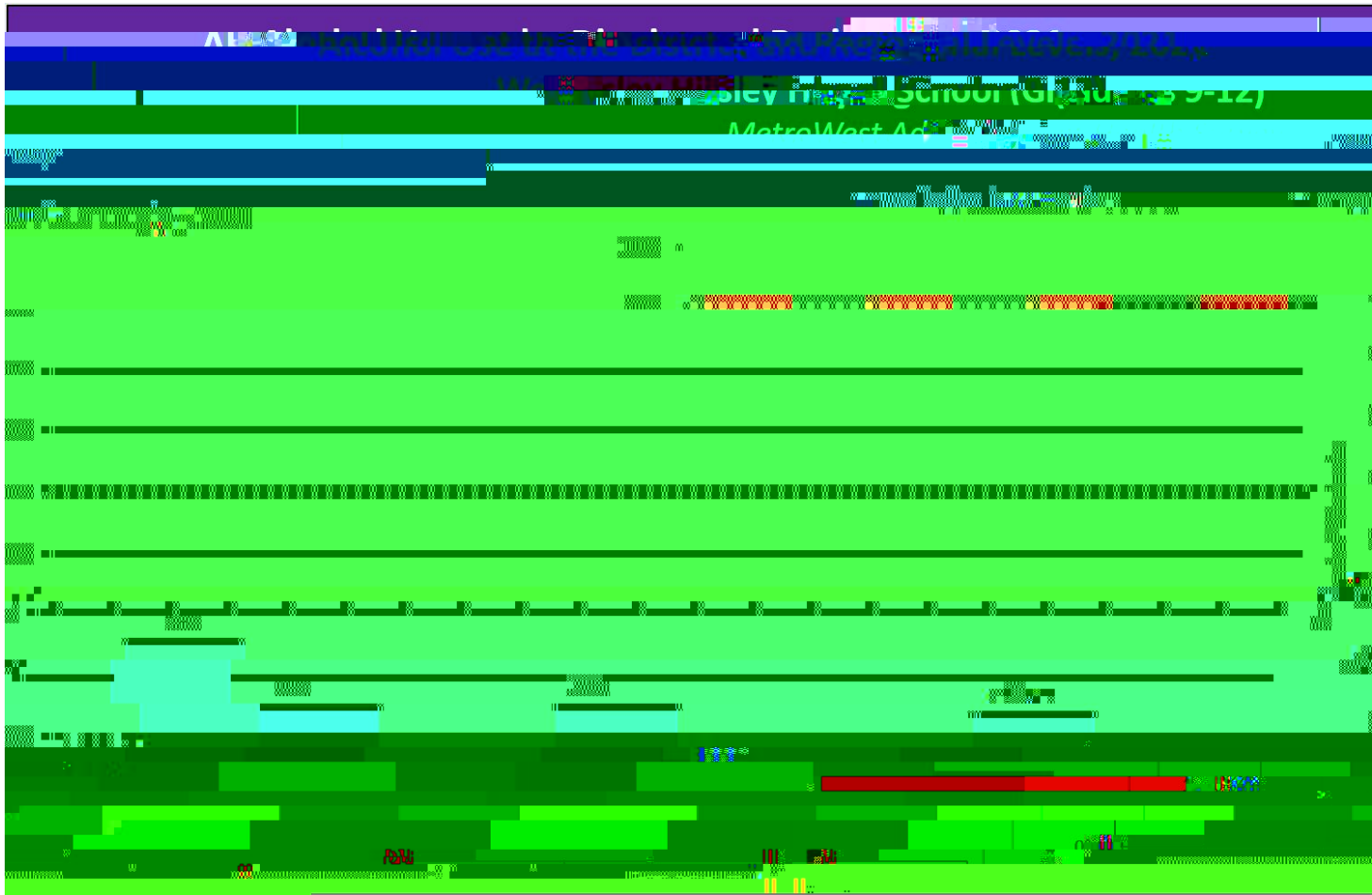


WMS and W H S rates of perceived risk of vaping grew,  
and use rates have fallen

# Substance Use: Alcohol



WHS students used alcohol, were drunk, and binge drank at higher rates than the MetroWest.

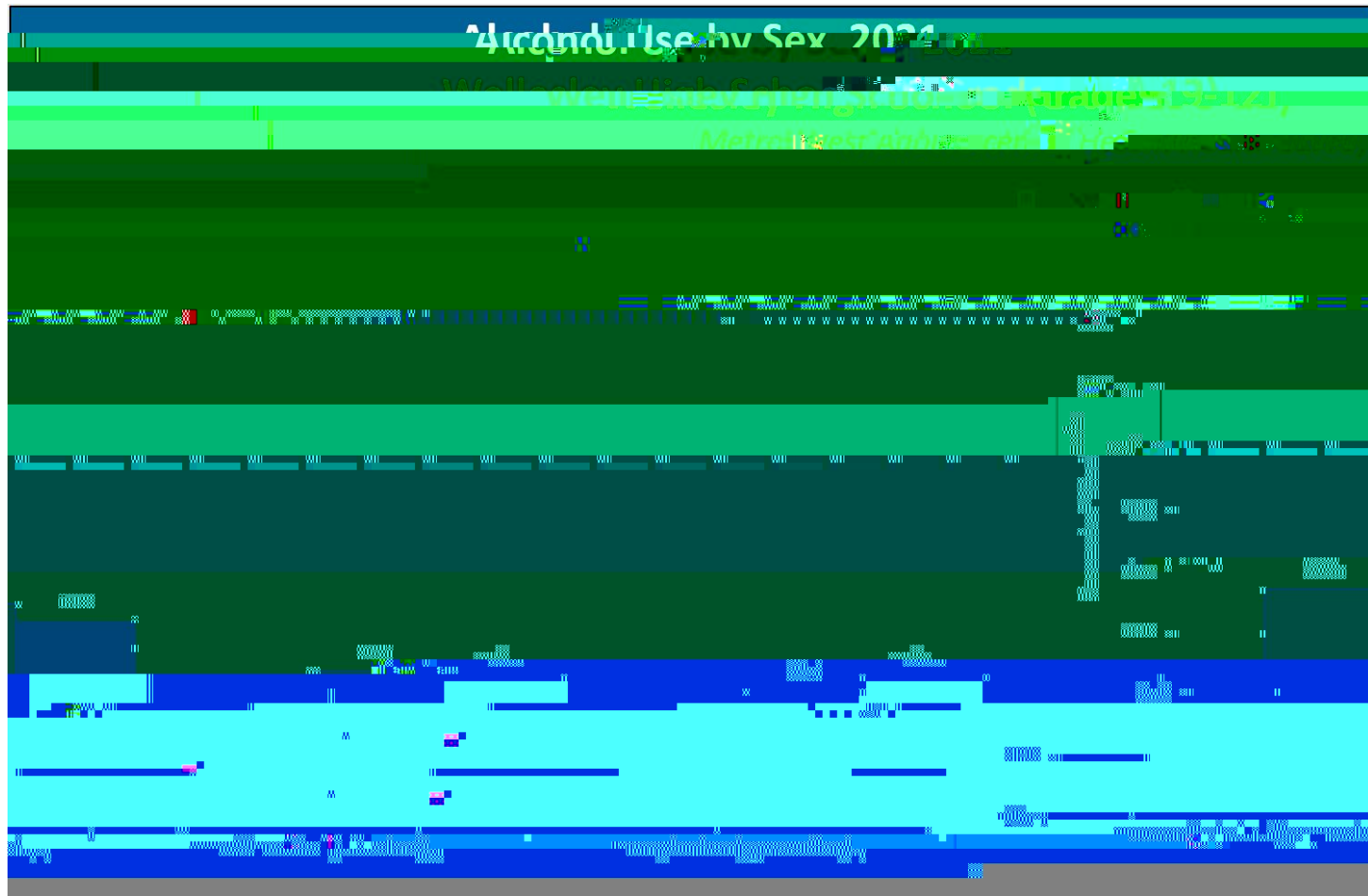


WHS, who identified as current users, accessed alcohol at parties at higher rates than the MetroWest.

Alcohol access with parent/guardian knowledge has decreased from 2018.



WHS alcohol use has remained steady; it remains an area of focus in the health curriculum.



# Trends in Alcohol Use 2006-2011

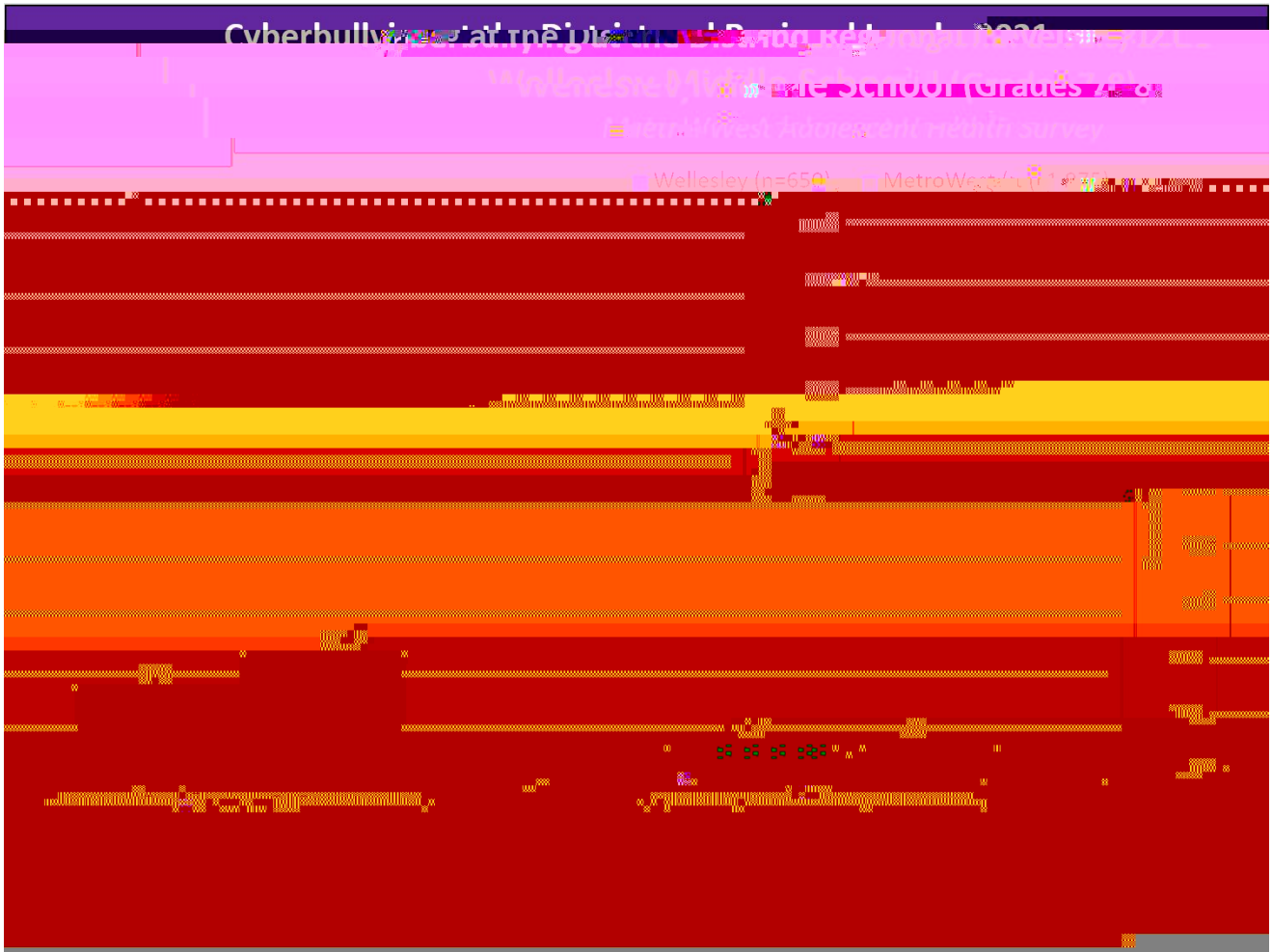
High School Seniors (2006-2011)

Wolcott



# Cyberbullying

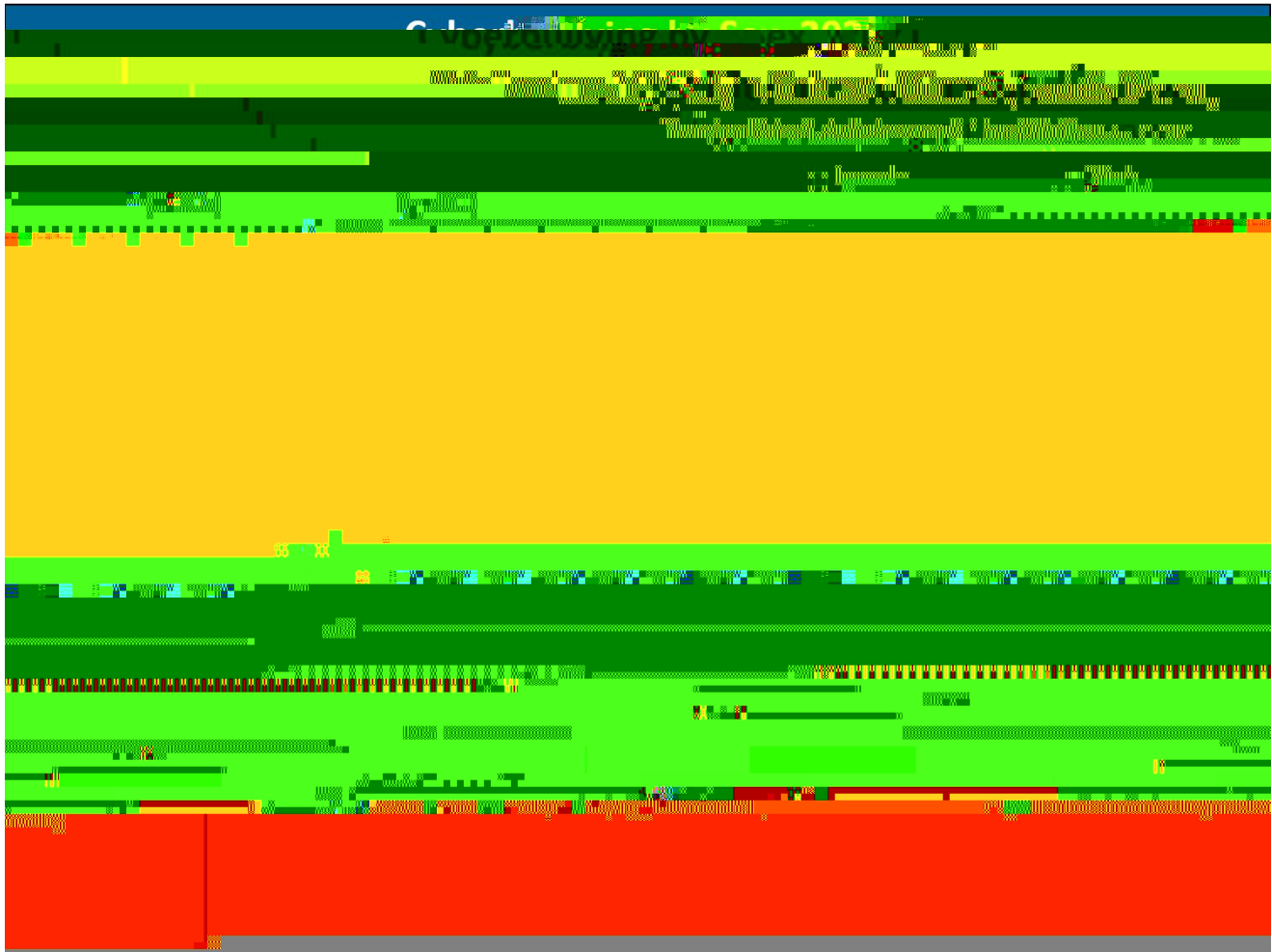
WMS students reported lower rates of being a victim of and similar rates of having cyberbullied someone else as the Metrowest.



WHS students reported similar rates of being a victim of or having cyberbullied someone else as the Metrowest.



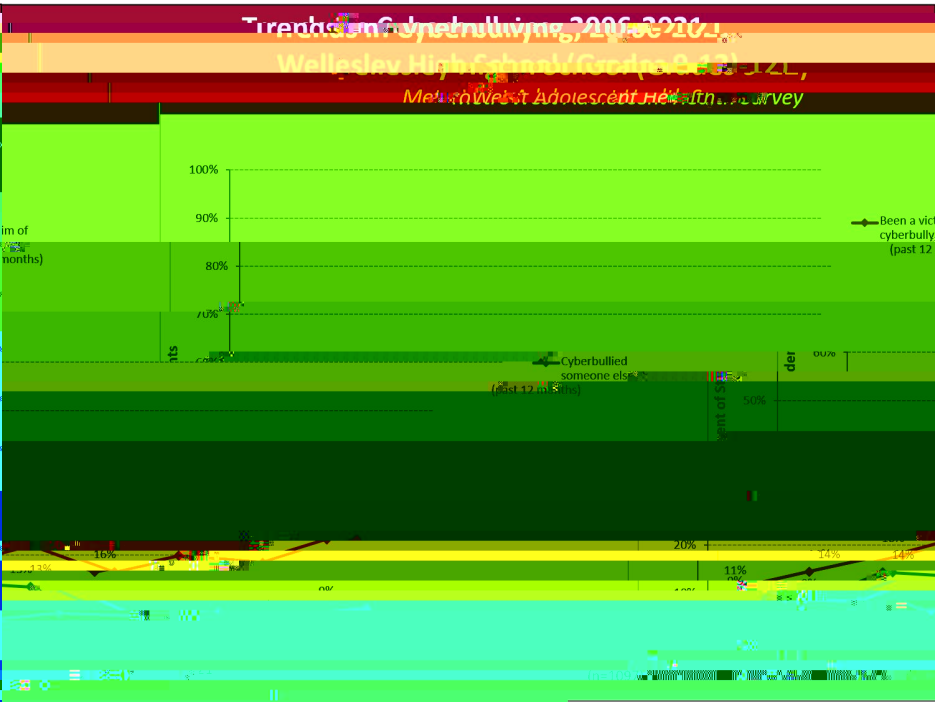
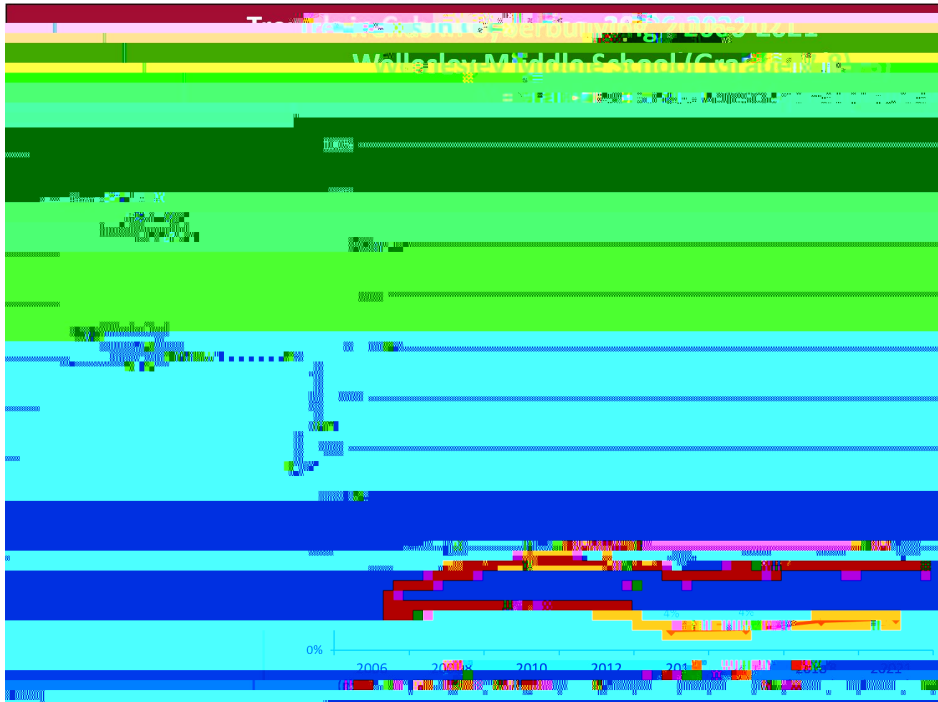
WMS grade 6-8 females were more likely to report having been a victim of cyberbullying, while males were more likely to report having cyberbullied someone else.







# Trends in Cyberbullying

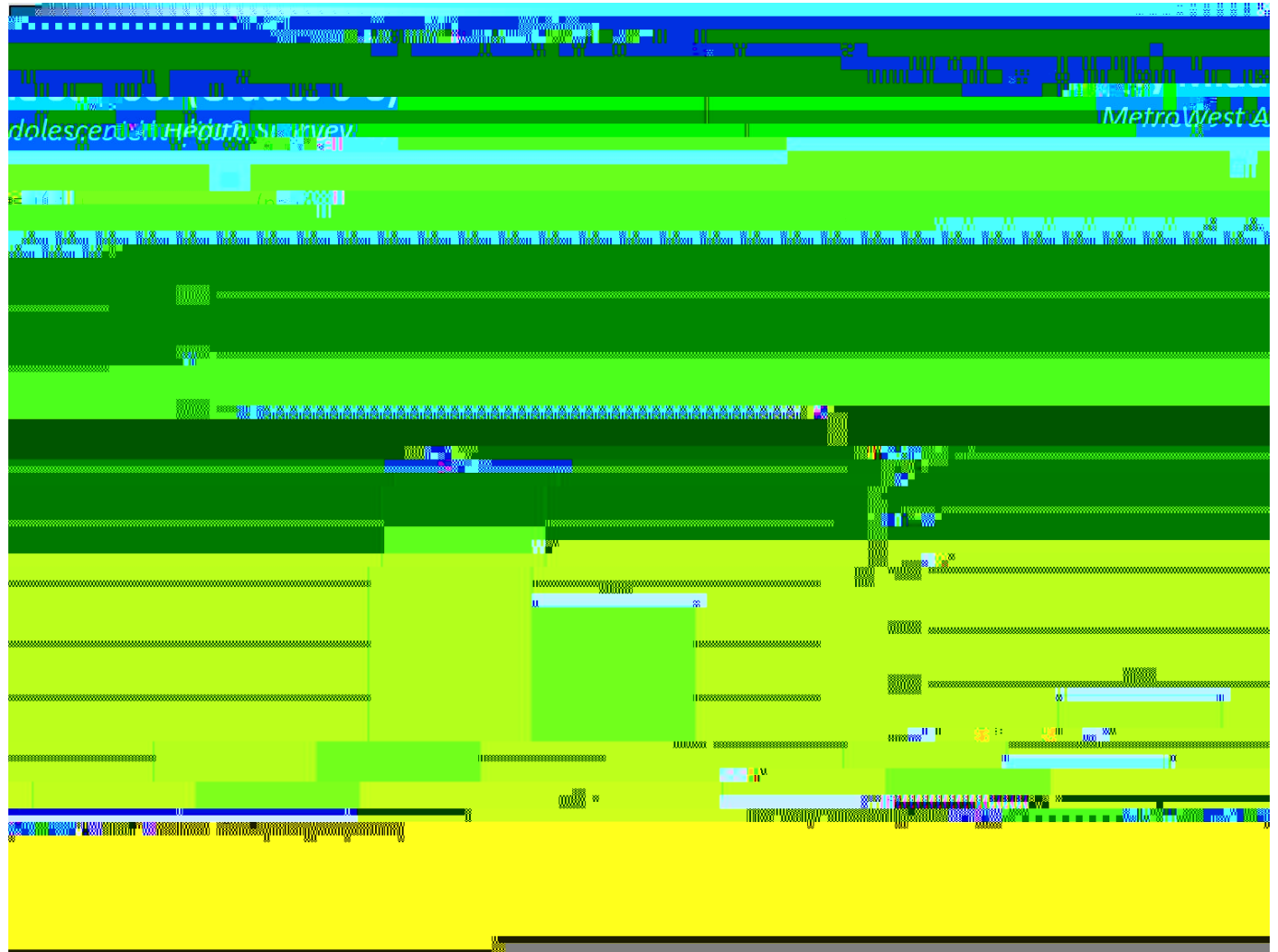


# Mental Health: Stress





WMS grade 6-8 females felt stressed and "very" stressed about school issues at higher rates than males.



WHS grade 9-12 females felt stressed and "very" stressed about school issues at higher rates than males.

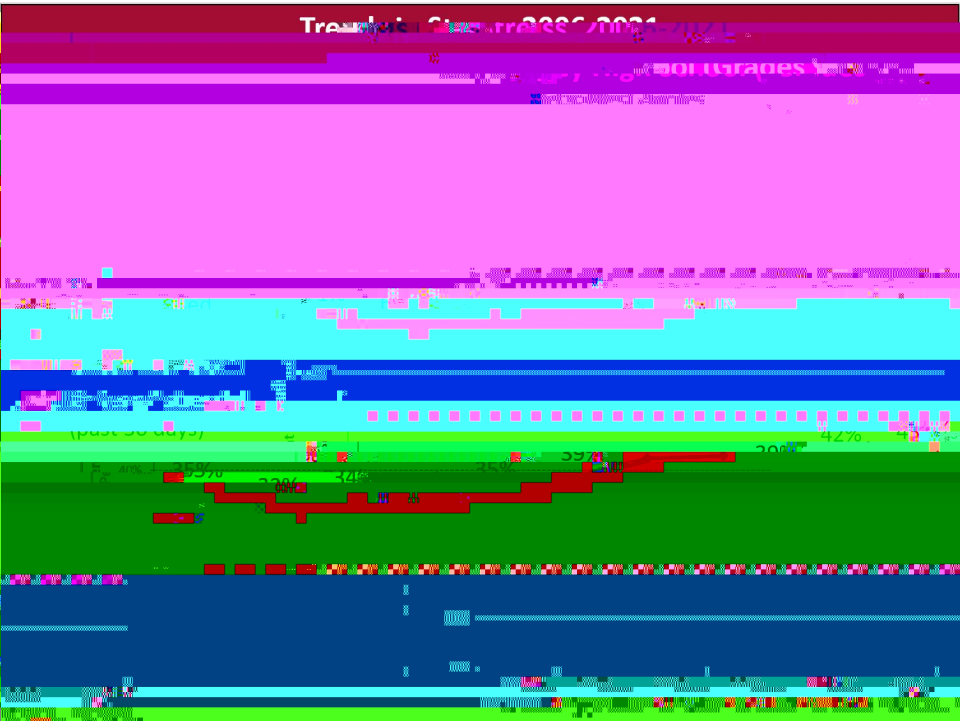
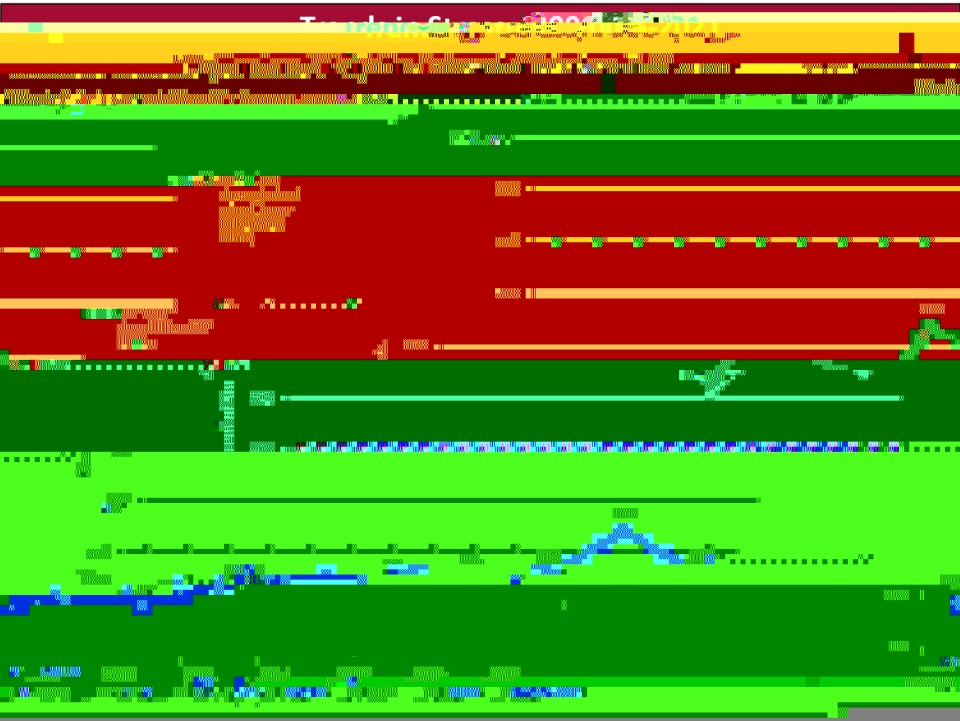


Overall, WHS females had stress symptoms at higher rates than males.



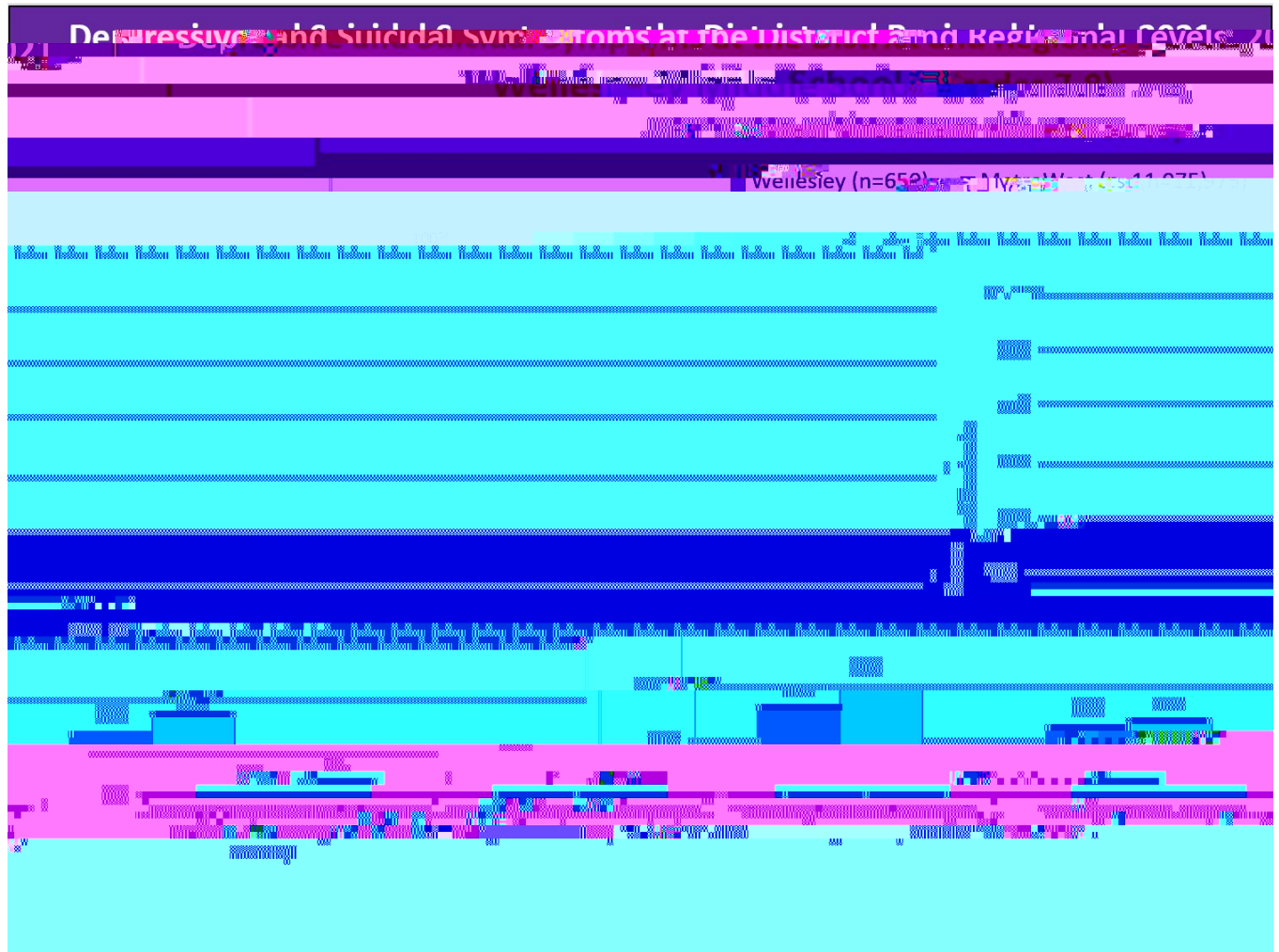


WHS student rates of feeling stressed and “very” stressed about school have increased.

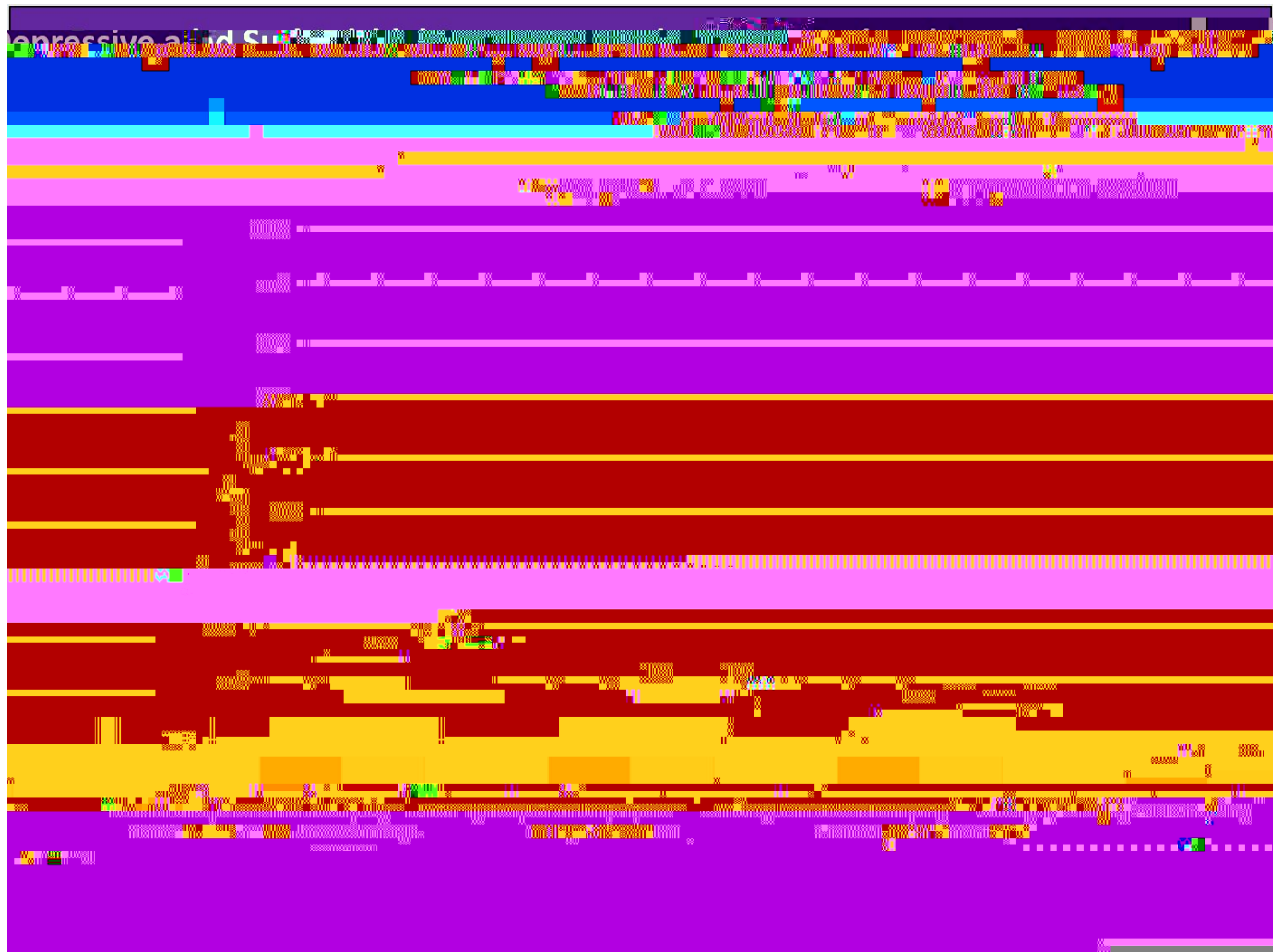


# Mental Health: Depressive and Suicidal Symptoms

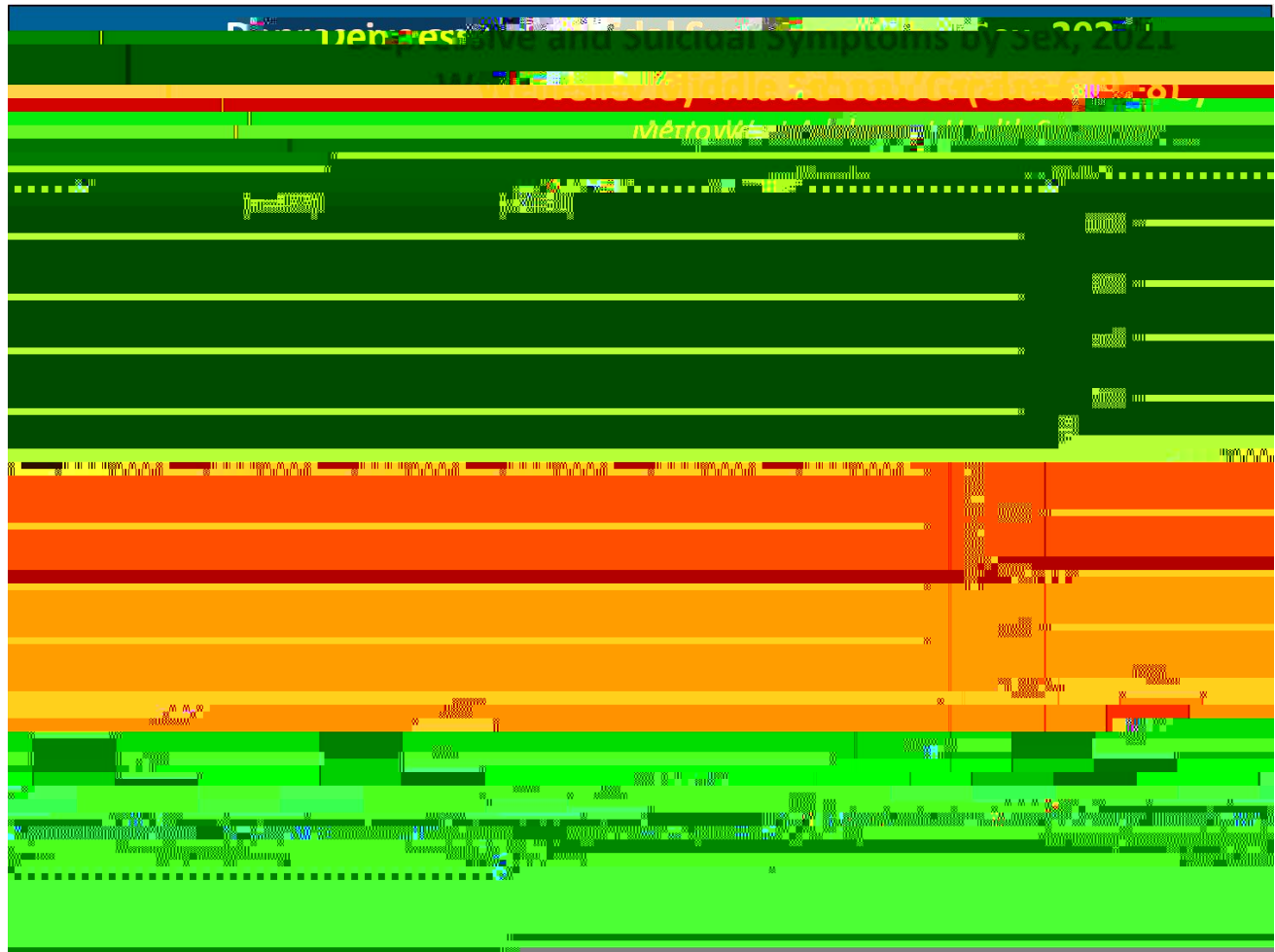
WMS grade 7-8 students had depressive and suicidal symptoms at equal or lower rates than the Metrowest.



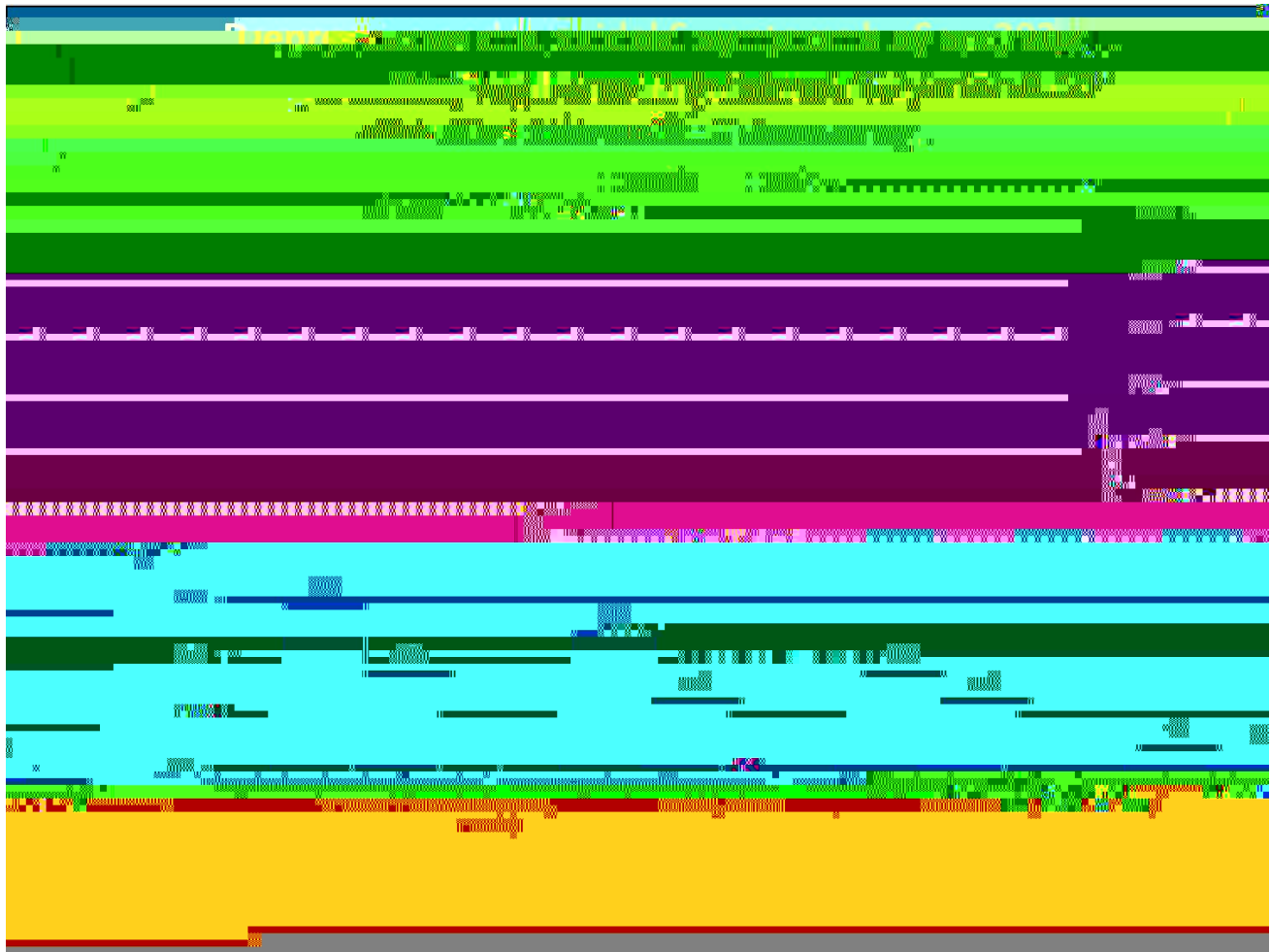
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WMS grade 6-8 females had depressive and suicidal symptoms at higher rates than males.

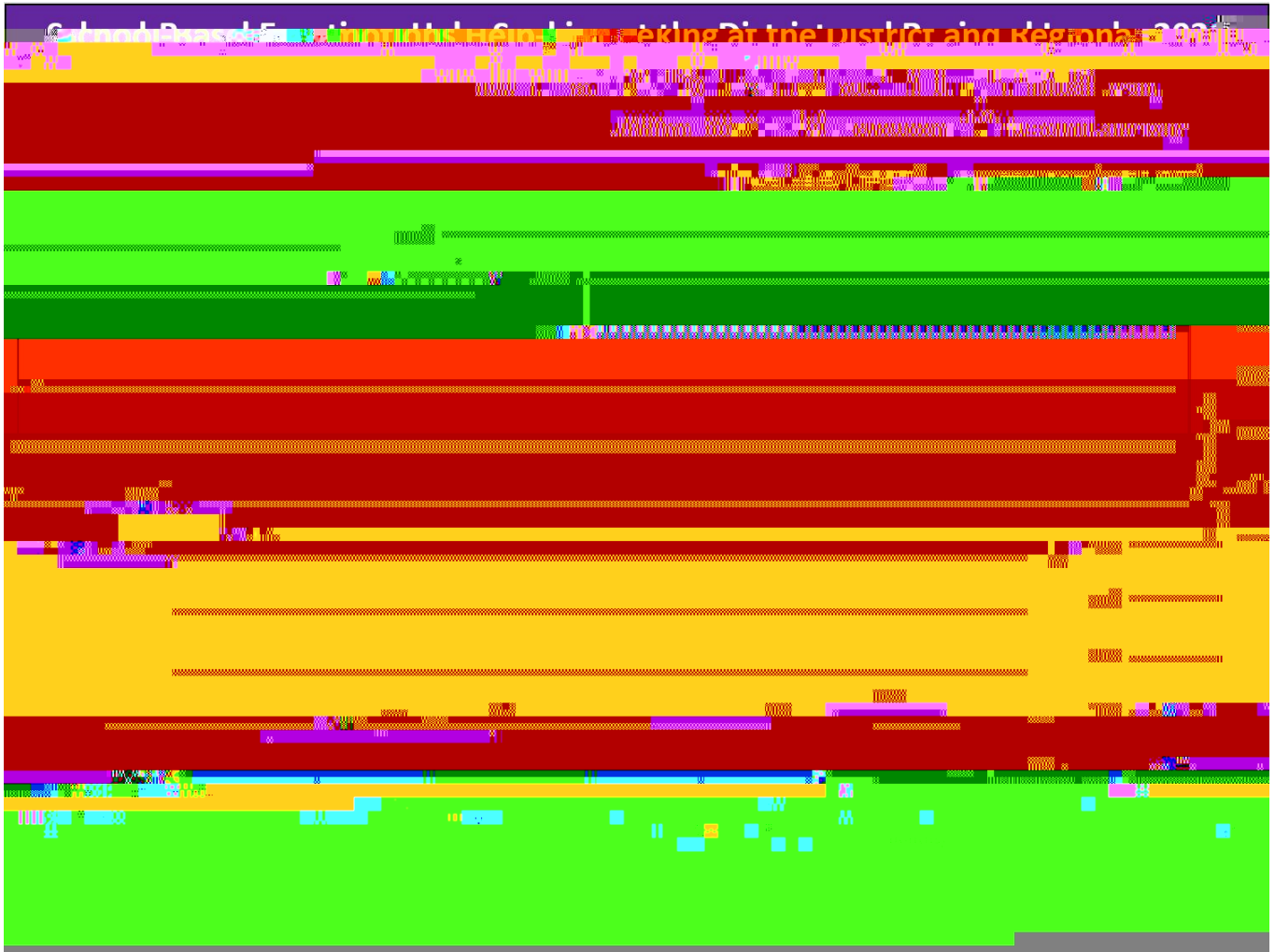


WHS grade 9-12 females had depressive and suicidal symptoms at higher rates than males.



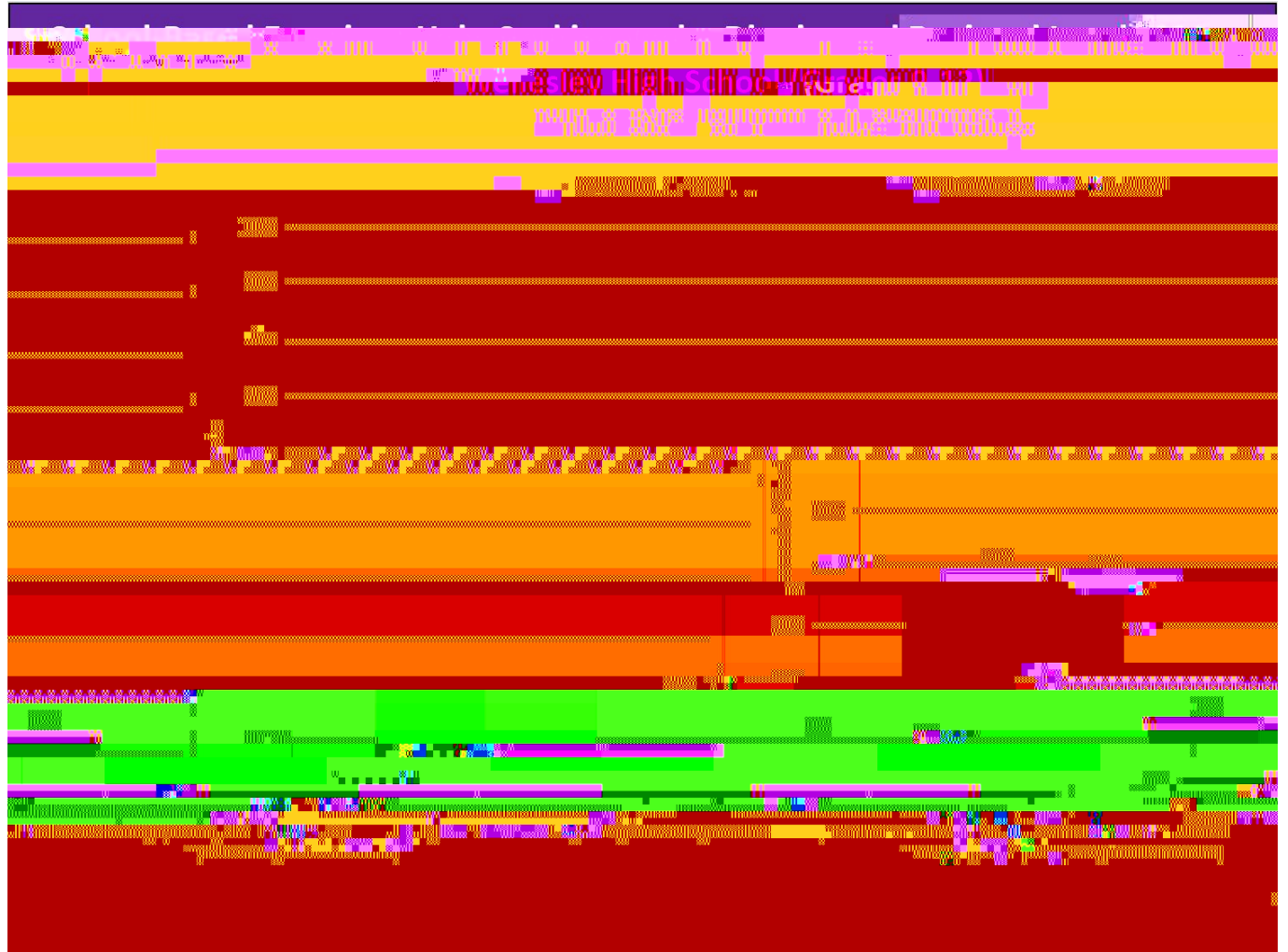


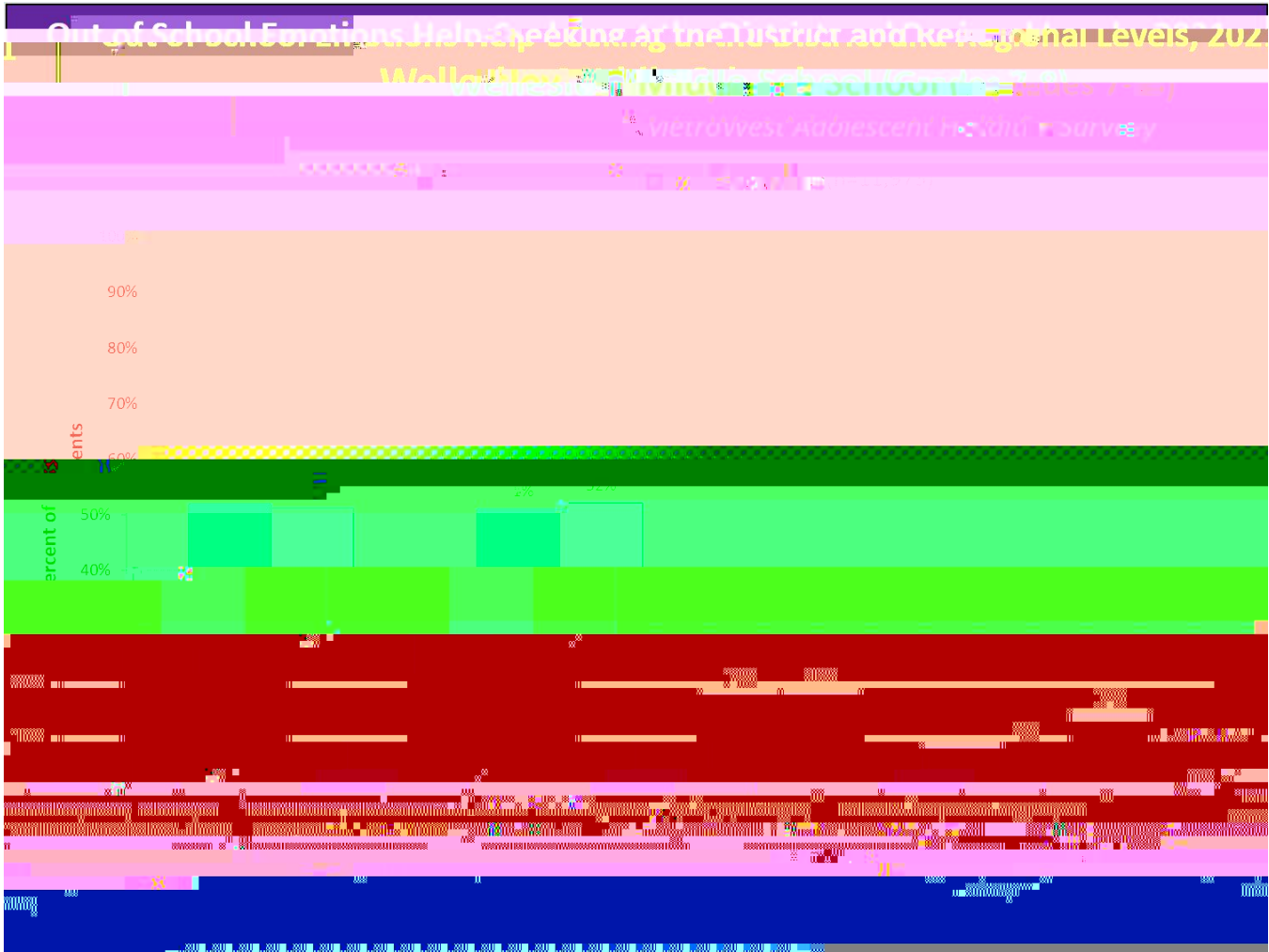
WMS grade 7-8 students sought emotional help at school at similar or higher rates to the Metrowest.





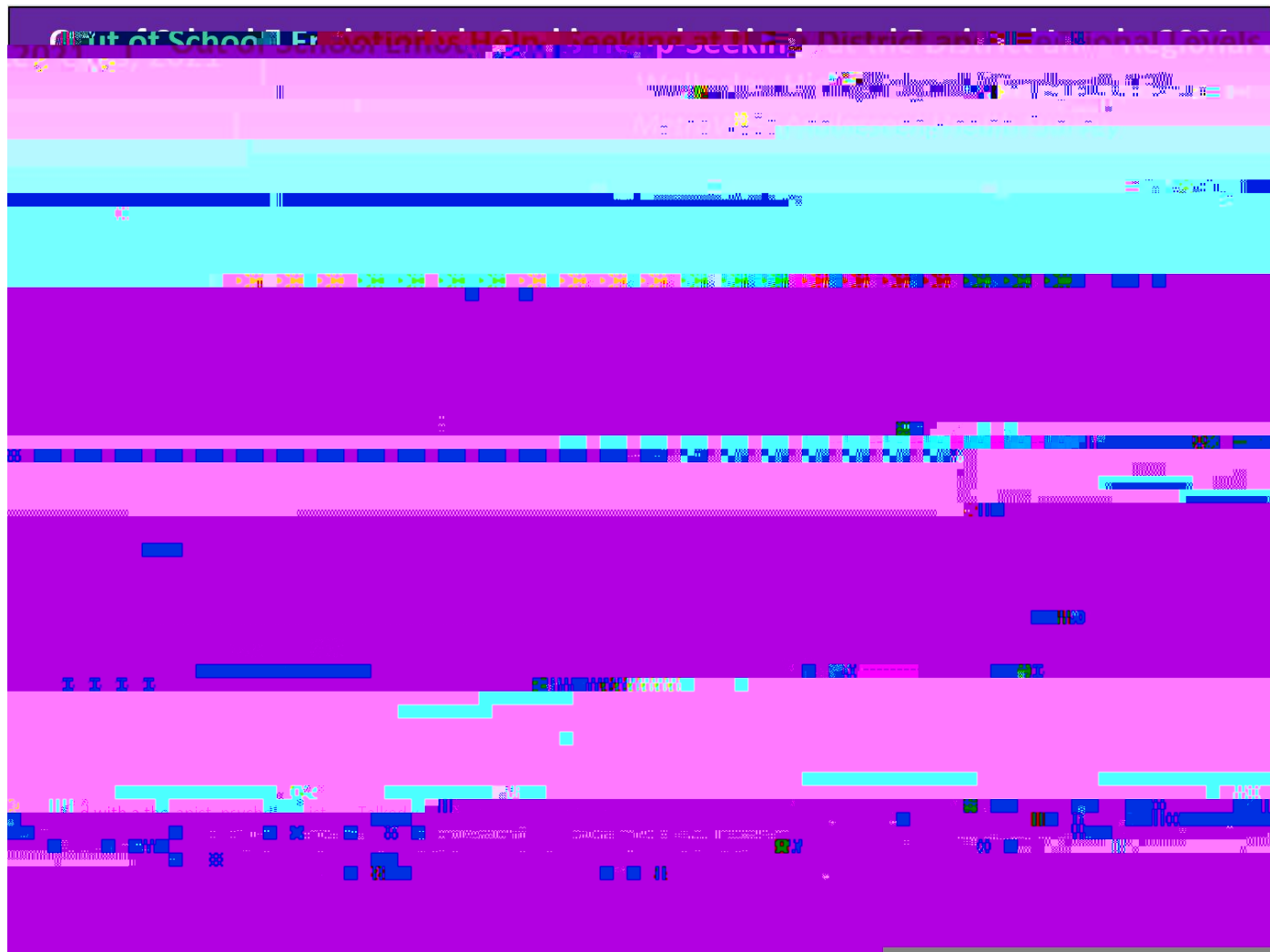
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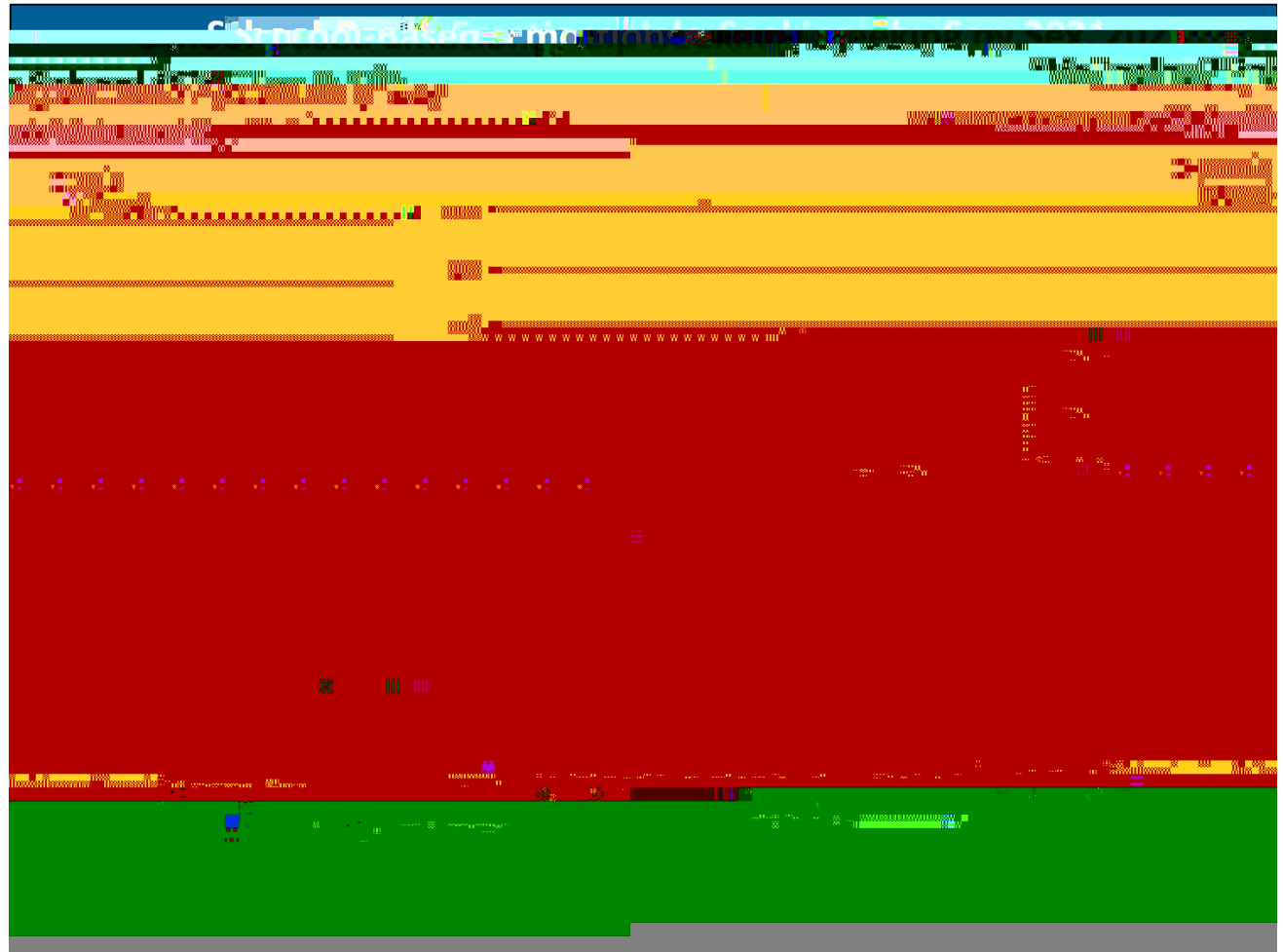
WMS grade 7-8 students sought emotions help outside of school at similar rates to the Metrowest.

WHS grade 9-12 students sought emotions help outside of school at similar rates to the Metrowest.





WHS females were more likely to report seeking school-based emotional help than male students.

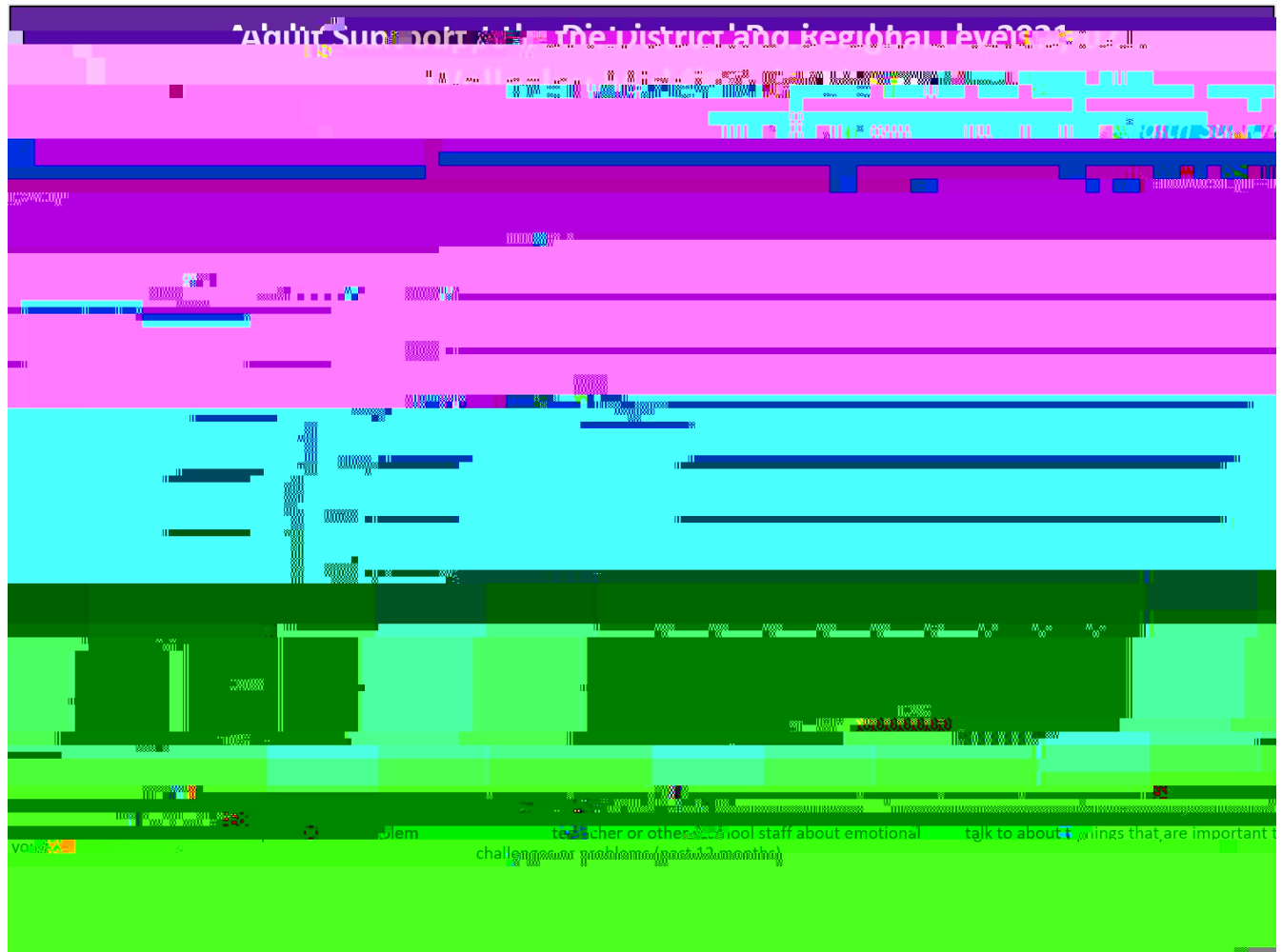


WMS females report out of school emotions help-seeking at higher rates than males.



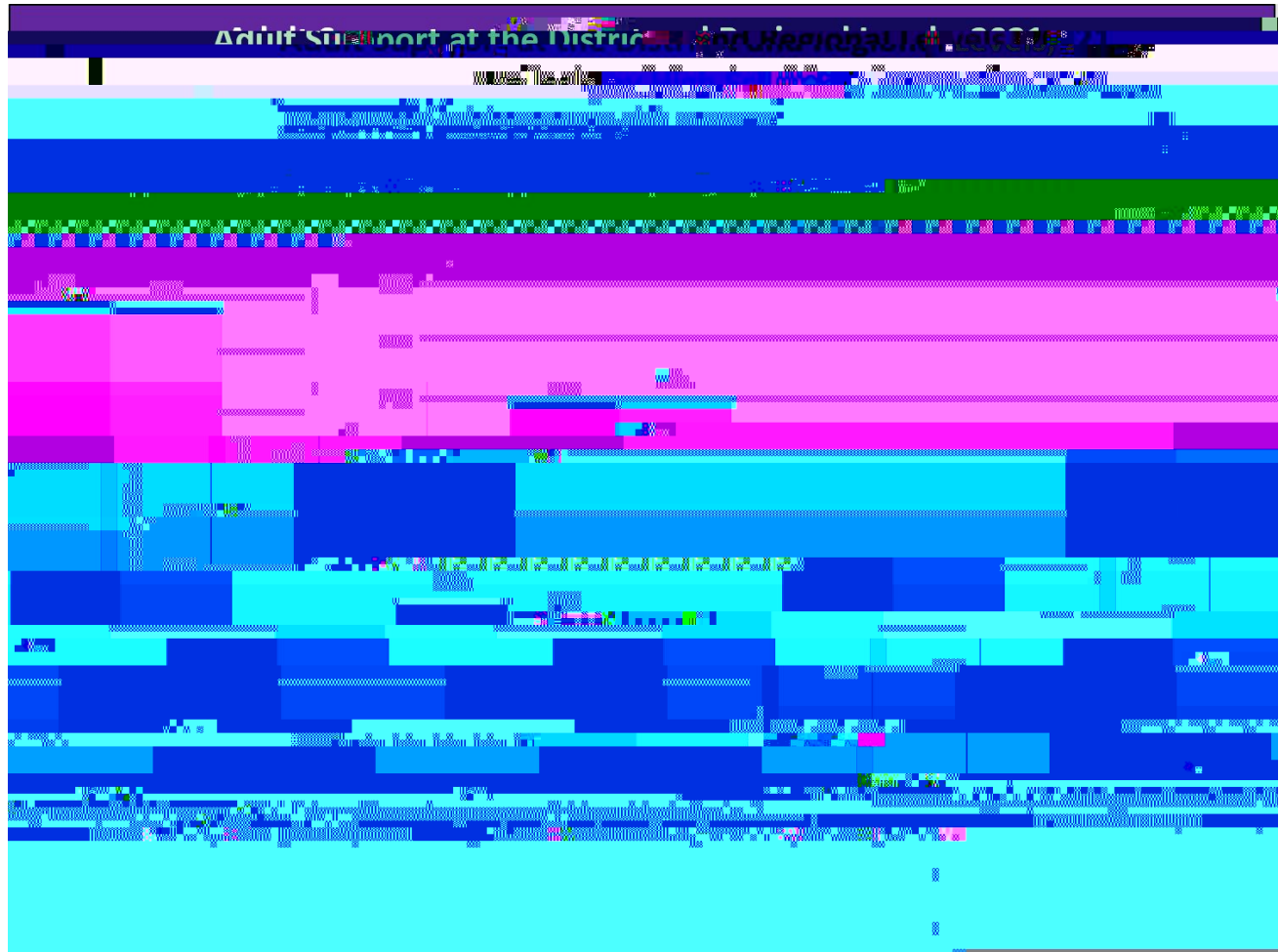
# Protective Factors: Adult Support

WMS grade 7-8 students reported school and non-school adult support at similar rates than the Metrowest.





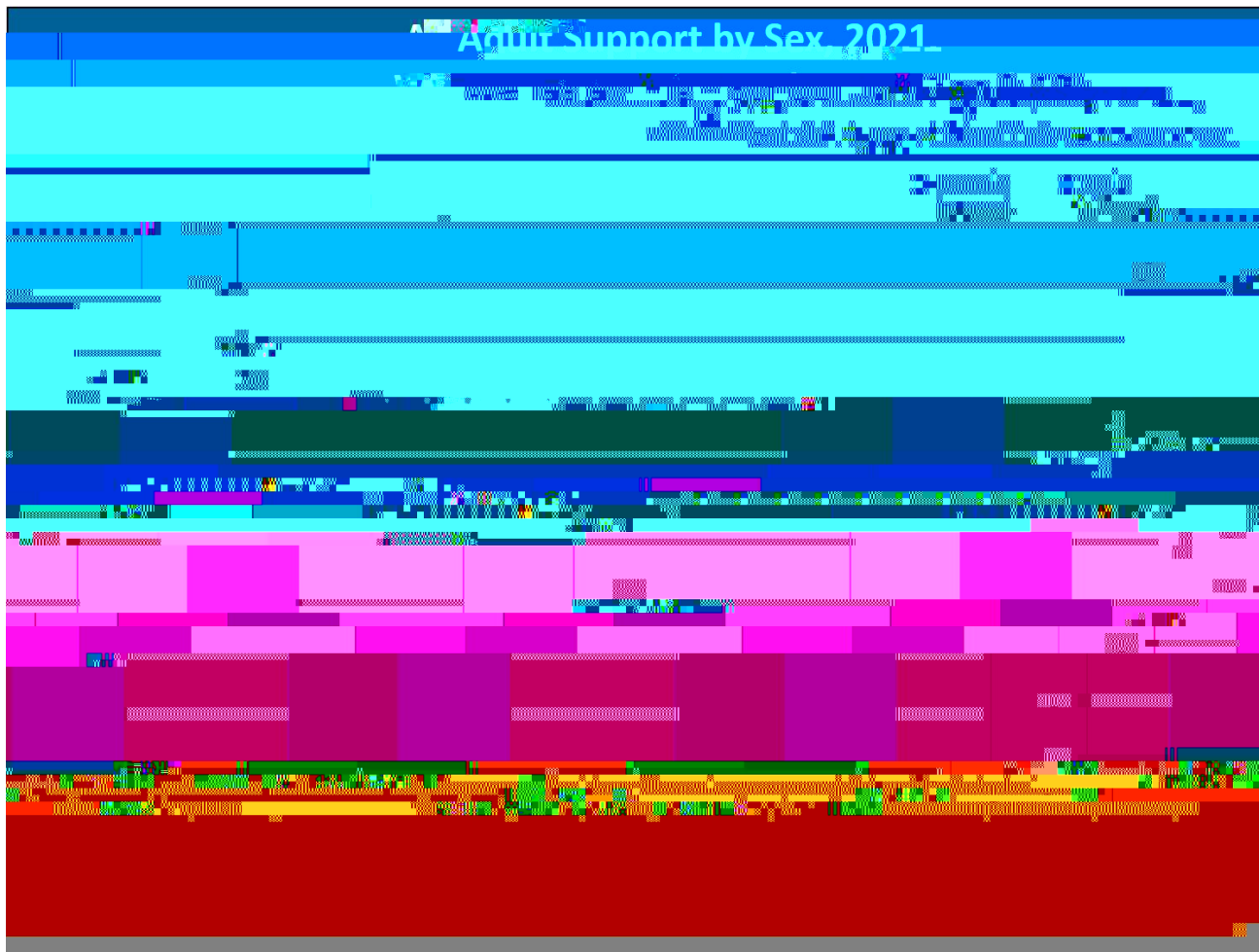
WHS grade 9-12 students reported school and non-school adult support at similar or higher rates than the Metrowest.



WMS grade 6-8 females report lower rates of having an adult at school or outside of school to talk to, but a higher rate of having talked to an adult at school than males.



## Adult Support by Sex, 2021



WHS grade 9-12 females report similar rates of having an adult at school or outside of school to talk to, but a higher rate of having talked to an adult at school than males.



# WMS and WHS students' school connectedness declined, possibly due to pandemic factors



# Key Takeaways for MWAHS

## Substance Use

As perceived risk of electronic vaping has increased, reported usage has decreased

Alcohol use continues to be a concern at WHS

## Persistence & Increase in Mental Health Issues

Cyberbullying continues to be an issue

Stress, anxiety & worry are more prevalent for girls

Recent trends in online behaviors have become an issue

Adult Support has consistently been our strength, but dipped in 2021

This could be due to the COVID-19 pandemic

Consider diversifying sta



# Conclusions: W H S

The MWAHS is an invaluable tool in providing data to drive school and community actions to improve adolescent physical and emotional health. The data is particularly important in light of the many challenges adolescents have faced during the COVID-19 pandemic. The 2021 data highlights important progress that has been made in recent years in areas like substance misuse (cigarette smoking, vaping, and marijuana) and violence. These areas demand continued efforts, and it will be important to monitor whether these recent improvements will be sustained in the coming years. The 2021 data also identify areas of elevated concern, including increased cyberbullying and mental health issues, and a decline in school protective factors. Continued use of the MWAHS data to identify priorities and drive local strategies will ensure that efforts are focused on the greatest challenges to adolescent wellness, leading to safer and healthier communities.



# VOCAL & MWAHS: Ongoing Efforts & Next Steps

# Ongoing Supports & Efforts

## Student Demographics/School Climate patterns

VOCAL and Panorama Surveys

Director of DE&I

## General Social Emotional and Mental & Physical Health Skills

SWAC (School Wellness Advisory Council)

Advisory at WHS and WMS

Wheel of Support at WHS

SEED at WMS

Clubs & Activities

Challenge Success

Responsive Classroom & Second Step

School-wide assemblies at WMS

# Ongoing Supports & Efforts

## Substance Use

- SBIRT screening at WMS and WHS

- Educational component added to vaping- and alcohol-related discipline procedures at WHS

- EVP/Vaping Awareness adjustments to WMS and WHS health curriculum

## Mental Health

### Stress

- Continued emphasis in WMS and WHS on coping skills and stress reduction techniques

- New Girls' Club self-esteem group at WMS

### Mental Health: Emotions Help-Seeking

- New positions at WMS and WHS to address mental health