

**Table 2-1A. Substance Use by Gender and Grade, 2012**  
**Kennedy Middle School, Natick (Grades 6-8)**  
*MetroWest Adolescent Health Survey, 2012*

|  | <u>Total (%)</u> | <u>Gender (%)</u> |       | <u>Grade (%)</u> |                 |                 |
|--|------------------|-------------------|-------|------------------|-----------------|-----------------|
|  |                  | Female            | Male  | 6 <sup>th</sup>  | 7 <sup>th</sup> | 8 <sup>th</sup> |
|  | (434)            | (214)             | (217) | (139)            | (161)           | (134)           |
| <b>LIFETIME USE*</b>   |                  |                   |       |                  |                 |                 |
| Cigarettes   | 3.0              | 3.3               | 2.8   | 1.4              | 2.5             | 5.3             |
| Alcohol <sup>†</sup>   | 6.7              | 5.6               | 7.8   | 3.6              | 3.7             | 13.4            |
| Marijuana  | 1.4              | 0.9               | 1.9   | 0.0              | 0.0             | 4.6             |
| Inhalants <sup>‡</sup>   | 2.1              | 1.4               | 2.3   | 2.2              | 0.6             | 3.7             |
| Steroids (without a doctor's prescription)                       | 0.0              | 0.0               | 0.0   | 0.0              | 0.0             | 0.0             |
| Prescription drugs (without a doctor's prescription)             | 0.2              | 0.5               | 0.0   | 0.7              | 0.0             | 0.0             |
| <b>CURRENT USE (past 30 days)<sup>§</sup></b>                    |                  |                   |       |                  |                 |                 |
| Cigarettes   | 0.7              | 0.0               | 1.4   | 0.0              | 0.0             | 2.3             |
| Alcohol <sup>†</sup>   | 1.9              | 1.9               | 1.8   | 0.7              | 1.3             | 3.7             |
| Marijuana  | 0.9              | 0.5               | 1.4   | 0.0              | 0.0             | 3.0             |
| <b>CURRENT USE ON SCHOOL PROPERTY (past 30 days)<sup>§</sup></b> |                  |                   |       |                  |                 |                 |
| Cigarettes   | 0.2              | 0.5               | 0.0   | 0.0              | 0.6             | 0.0             |
| Alcohol <sup>†</sup>   | 0.2              | 0.5               | 0.0   | 0.0              | 0.0             | 0.7             |

\* Used one or more times in lifetime

† Does not include drinking a few sips of wine for religious purposes

‡ Includes sniffing glue, breathing the contents of aerosol spray cans, or inhaling any paints or sprays to get high

§ Used one or more times in the past 30 days

**Table 2-1B. Substance Use, 2006 - 2012**  
**Kennedy Middle School, Natick (Grades 7-8)**  
*MetroWest Adolescent Health Survey, 2012*

|  | Kennedy (%) |       |       |       | MetroWest Region (%) |          |          |          |
|--|-------------|-------|-------|-------|----------------------|----------|----------|----------|
|  | 2006        | 2008  | 2010  | 2012  | 2006                 | 2008     | 2010     | 2012     |
|  | –           | (251) | (244) | (295) | (6,875)              | (10,650) | (11,597) | (12,224) |
| <b>LIFETIME USE*</b>   |             |       |       |       |                      |          |          |          |
| Cigarettes   | –           | 3.2   | 2.1   | 3.8   | 9.6                  | 8.4      | 5.7      | 6.2      |
| Alcohol <sup>†</sup>   | –           | 10.8  | 9.8   | 8.1   | 21.9                 | 20.2     | 13.2     | 12.4     |
| Marijuana  | –           | 1.6   | 1.2   | 2.1   | 4.8                  | 5.2      | 4.1      | 4.1      |
| Inhalants <sup>‡</sup>   | –           | 2.9   | 2.5   | 2.0   | 8.3                  | 7.1      | 5.2      | 4.2      |
| Steroids (without a doctor's prescription)                       | –           | 0.8   | 0.4   | 0.0   | 1.4                  | 1.2      | 0.9      | 0.9      |
| Prescription drugs (without a doctor's prescription)             | –           | 0.8   | 0.8   | 0.0   | 1.6                  | 1.7      | 1.3      | 1.2      |
| <b>CURRENT USE (past 30 days)<sup>§</sup></b>                    |             |       |       |       |                      |          |          |          |
| Cigarettes   | –           | 0.4   | 0.8   | 1.0   | 3.9                  | 3.7      | 2.4      | 2.1      |
| Alcohol <sup>†</sup>   | –           | 4.1   | 3.3   | 2.4   | 9.0                  | 8.6      | 4.9      | 5.0      |
| Marijuana  | –           | 2.0   | 0.4   | 1.4   | 3.0                  | 3.3      | 2.2      | 2.4      |
| <b>CURRENT USE ON SCHOOL PROPERTY (past 30 days)<sup>§</sup></b> |             |       |       |       |                      |          |          |          |
| Cigarettes   | –           | 0.4   | 0.0   | 0.3   | 1.1                  | 1.1      | 0.6      | 0.6      |
| Alcohol <sup>†</sup>   | –           | 0.4   | 0.0   | 0.3   | 1.2                  | 0.9      | 0.6      | 0.7      |

\* Used one or more times in lifetime

† Does not include drinking a few sips of wine for religious purposes

‡ Includes sniffing glue, breathing the contents of aerosol spray cans, or inhaling any paints or sprays to get high

§ Used one or more times in the past 30 days

**Table 2-2A. Tobacco Use by Gender and Grade, 2012**  
**Kennedy Middle School, Natick (Grades 6-8)**  
*MetroWest Adolescent Health Survey, 2012*

|   | <u>Total (%)</u> | <u>Gender (%)</u> |       | <u>Grade (%)</u> |                 |                 |
|---|------------------|-------------------|-------|------------------|-----------------|-----------------|
|   |                  | Female            | Male  | 6 <sup>th</sup>  | 7 <sup>th</sup> | 8 <sup>th</sup> |
|   | (434)            | (214)             | (217) | (139)            | (161)           | (134)           |
| <b>CIGARETTE SMOKING</b>  |                  |                   |       |                  |                 |                 |
| Lifetime cigarette smoking*   | 3.0              | 3.3               | 2.8   | 1.4              | 2.5             | 5.3             |
| Smoked a whole cigarette before age 11 years  | 0.7              | 0.0               | 1.4   | 0.0              | 0.0             | 2.3             |
| Current cigarette use (past 30 days)  | 0.7              | 0.0               | 1.4   | 0.0              | 0.0             | 2.3             |
| Current frequent cigarette use (on 20 or more of the past 30 days)                        | 0.2              | 0.0               | 0.5   | 0.0              | 0.0             | 0.8             |
| Current cigarette use on school property (past 30 days)                                   | 0.2              | 0.5               | 0.0   | 0.0              | 0.6             | 0.0             |
| Smoked more than 10 cigarettes/per day (past 30 days, among current smokers) <sup>†</sup> | 20.0             | 100.0             | 0.0   | 0.0              | 0.0             | 20.0            |
| Ever smoked cigarettes daily (every day for 30 days)                                      | 0.7              | 0.5               | 0.9   | 0.0              | 0.6             | 1.5             |

\* Ever tried cigarette smoking, even one or two puffs

† Among the 0.7% of youth who are current cigarette smokers

**Table 2-2B. Tobacco Use, 2006 - 2012**  
**Kennedy Middle School, Natick (Grades 7-8)**  
*MetroWest Adolescent Health Survey, 2012*

|   | Kennedy (%) |       |       |       | MetroWest Region (%) |          |          |          |
|---|-------------|-------|-------|-------|----------------------|----------|----------|----------|
|   | 2006        | 2008  | 2010  | 2012  | 2006                 | 2008     | 2010     | 2012     |
|   | –           | (251) | (244) | (295) | (6,875)              | (10,650) | (11,597) | (12,224) |
| <b>CIGARETTE SMOKING</b>  |             |       |       |       |                      |          |          |          |
| Lifetime cigarette smoking*   | –           | 3.2   | 2.1   | 3.8   | 9.6                  | 8.4      | 5.7      | 6.2      |
| Smoked a whole cigarette before age 11 years  | –           | 0.4   | 0.0   | 1.0   | 2.1                  | 1.8      | 1.2      | 1.0      |
| Current cigarette use (past 30 days)  | –           | 0.4   | 0.8   | 1.0   | 3.9                  | 3.7      | 2.4      | 2.1      |
| Current frequent cigarette use (on 20 or more of the past 30 days)                        | –           | 0.0   | 0.8   | 0.3   | 0.9                  | 1.0      | 0.6      | 0.6      |
| Current cigarette use on school property (past 30 days)                                   | –           | 0.4   | 0.0   | 0.3   | 1.1                  | 1.1      | 0.6      | 0.6      |
| Smoked more than 10 cigarettes/per day (past 30 days, among current smokers) <sup>†</sup> | –           | 0.0   | 50.0  | 20.0  | 14.3                 | 15.7     | 14.5     | 21.8     |
| Ever smoked cigarettes daily (every day for 30 days)                                      | –           | 0.4   | 0.4   | 1.0   | 1.8                  | 1.7      | 1.1      | 1.0      |

\* Ever tried cigarette smoking, even one or two puffs

† Among the 1% of youth who are current cigarette smokers

**Table 2-3A. Alcohol Use and Drinking and Driving by Gender and Grade, 2012**  
**Kennedy Middle School, Natick (Grades 6-8)**  
*MetroWest Adolescent Health Survey, 2012*

|  | <u>Total (%)</u> | <u>Gender (%)</u> |       | <u>Grade (%)</u> |                 |                 |
|--|------------------|-------------------|-------|------------------|-----------------|-----------------|
|  |                  | Female            | Male  | 6 <sup>th</sup>  | 7 <sup>th</sup> | 8 <sup>th</sup> |
|  | (434)            | (214)             | (217) | (139)            | (161)           | (134)           |
| <b>ALCOHOL USE*</b>  |                  |                   |       |                  |                 |                 |
| Lifetime alcohol use   | 6.7              | 5.6               | 7.8   | 3.6              | 3.7             | 13.4            |
| Had first drink of alcohol before age 11 years                                 | 2.6              | 1.9               | 3.2   | 3.7              | 2.5             | 1.5             |
| Current alcohol use (past 30 days)   | 1.9              | 1.9               | 1.8   | 0.7              | 1.3             | 3.7             |
| Current alcohol use on school property (past 30 days)                          | 0.2              | 0.5               | 0.0   | 0.0              | 0.0             | 0.7             |
| Binge drinking (past 30 days) <sup>†</sup>                                     | 0.0              | 0.0               | 0.0   | 0.0              | 0.0             | 0.0             |
| Was “drunk” from consuming alcohol (past 30 days)                              | 0.5              | 0.5               | 0.5   | 0.0              | 0.0             | 1.5             |
| Went to a party/hung out where alcohol was available (past 30 days)            | 6.2              | 3.3               | 8.8   | 5.8              | 3.7             | 9.7             |
| Offered/sold/given alcohol on school property (past 12 months)                 | 0.2              | 0.0               | 0.5   | 0.0              | 0.0             | 0.8             |
| <b>DRINKING AND DRIVING</b>  |                  |                   |       |                  |                 |                 |
| Rode in a car driven by someone who had been drinking (lifetime)               | 9.8              | 10.4              | 9.3   | 8.0              | 7.6             | 14.2            |
| Rode in a car driven by a high school student who had been drinking (lifetime) | 1.2              | 1.4               | 0.9   | 0.0              | 0.6             | 3.0             |

\* Does not include drinking a few sips of wine for religious purposes

† Had 5 or more drinks in a row (within a couple of hours)

**Table 2-3B. Alcohol Use and Drinking and Driving, 2006 - 2012**  
**Kennedy Middle School, Natick (Grades 7-8)**  
*MetroWest Adolescent Health Survey, 2012*

|  | Kennedy (%) |       |       |       | MetroWest Region (%) |          |          |          |
|--|-------------|-------|-------|-------|----------------------|----------|----------|----------|
|  | 2006        | 2008  | 2010  | 2012  | 2006                 | 2008     | 2010     | 2012     |
|  | –           | (251) | (244) | (295) | (6,875)              | (10,650) | (11,597) | (12,224) |
| <b>ALCOHOL USE*</b>  |             |       |       |       |                      |          |          |          |
| Lifetime alcohol use   | –           | 10.8  | 9.8   | 8.1   | 21.9                 | 20.2     | 13.2     | 12.4     |
| Had first drink of alcohol before age 11 years                                 | –           | 4.0   | 5.3   | 2.0   | 8.2                  | 6.8      | 4.6      | 4.6      |
| Current alcohol use (past 30 days)   | –           | 4.1   | 3.3   | 2.4   | 9.0                  | 8.6      | 4.9      | 5.0      |
| Current alcohol use on school property (past 30 days)                          | –           | 0.4   | 0.0   | 0.3   | 1.2                  | 0.9      | 0.6      | 0.7      |
| Binge drinking (past 30 days) <sup>†</sup>                                     | –           | 0.4   | 1.7   | 0.0   | 2.5                  | 2.5      | 1.5      | 1.4      |
| Was “drunk” from consuming alcohol (past 30 days)                              | –           | 0.0   | 0.8   | 0.7   | –                    | 3.3      | 1.8      | 1.8      |
| Went to a party/hung out where alcohol was available (past 30 days)            | –           | –     | 9.1   | 6.4   | –                    | –        | 8.1      | 9.2      |
| Offered/sold/given alcohol on school property (past 12 months)                 | –           | –     | –     | 0.4   | –                    | –        | –        | 1.8      |
| <b>DRINKING AND DRIVING</b>  |             |       |       |       |                      |          |          |          |
| Rode in a car driven by someone who had been drinking (lifetime)               | –           | 18.1  | 11.6  | 10.7  | 18.7                 | 20.5     | 15.2     | 14.3     |
| Rode in a car driven by a high school student who had been drinking (lifetime) | –           | –     | –     | 1.7   | –                    | –        | –        | 2.2      |

\* Does not include drinking a few sips of wine for religious purposes

† Had 5 or more drinks in a row (within a couple of hours)

**Table 2-4A. Marijuana and Other Substance Use by Gender and Grade, 2012**  
**Kennedy Middle School, Natick (Grades 6-8)**  
*MetroWest Adolescent Health Survey, 2012*

|   | <u>Total (%)</u> | <u>Gender (%)</u> |               | <u>Grade (%)</u>         |                          |                          |
|---|------------------|-------------------|---------------|--------------------------|--------------------------|--------------------------|
|   | (434)            | Female<br>(214)   | Male<br>(217) | 6 <sup>th</sup><br>(139) | 7 <sup>th</sup><br>(161) | 8 <sup>th</sup><br>(134) |
| <b>MARIJUANA USE</b>  |                  |                   |               |                          |                          |                          |
| Lifetime marijuana use  | 1.4              | 0.9               | 1.9           | 0.0                      | 0.0                      | 4.6                      |
| Tried marijuana before age 11 years                                   | 0.0              | 0.0               | 0.0           | 0.0                      | 0.0                      | 0.0                      |
| Current marijuana use (past 30 days)                                  | 0.9              | 0.5               | 1.4           | 0.0                      | 0.0                      | 3.0                      |
| Went to a party/hung out where marijuana was available (past 30 days) | 1.6              | 0.9               | 2.3           | 0.0                      | 1.3                      | 3.7                      |
| Offered/sold/given marijuana on school property (past 12 months)      | 1.4              | 0.5               | 2.3           | 0.7                      | 1.9                      | 1.5                      |
| <b>INHALANTS*</b>   |                  |                   |               |                          |                          |                          |
| Lifetime inhalant use   | 2.1              | 1.4               | 2.3           | 2.2                      | 0.6                      | 3.7                      |
| <b>MISUSE OF PRESCRIPTION DRUGS</b>                                   |                  |                   |               |                          |                          |                          |
| Lifetime steroid misuse (without a doctor's prescription)             | 0.0              | 0.0               | 0.0           | 0.0                      | 0.0                      | 0.0                      |
| Lifetime prescription drug misuse (without a doctor's prescription)   | 0.2              | 0.5               | 0.0           | 0.7                      | 0.0                      | 0.0                      |

\* Includes sniffing glue, breathing the contents of aerosol spray cans, or inhaling any paints or sprays to get high

**Table 2-4B. Marijuana and Other Substance Use, 2006 - 2012**  
**Kennedy Middle School, Natick (Grades 7-8)**  
*MetroWest Adolescent Health Survey, 2012*

|   | Kennedy (%) |       |       |       | MetroWest Region (%) |          |          |          |
|---|-------------|-------|-------|-------|----------------------|----------|----------|----------|
|   | 2006        | 2008  | 2010  | 2012  | 2006                 | 2008     | 2010     | 2012     |
|   | –           | (251) | (244) | (295) | (6,875)              | (10,650) | (11,597) | (12,224) |
| <b>MARIJUANA USE</b>  |             |       |       |       |                      |          |          |          |
| Lifetime marijuana use  | –           | 1.6   | 1.2   | 2.1   | 4.8                  | 5.2      | 4.1      | 4.1      |
| Tried marijuana before age 11 years                                   | –           | 0.0   | 0.4   | 0.0   | 1.1                  | 1.0      | 0.8      | 0.8      |
| Current marijuana use (past 30 days)                                  | –           | 2.0   | 0.4   | 1.4   | 3.0                  | 3.3      | 2.2      | 2.4      |
| Went to a party/hung out where marijuana was available (past 30 days) | –           | –     | –     | 2.4   | –                    | –        | –        | 4.9      |
| Offered/sold/given marijuana on school property (past 12 months)      | –           | –     | –     | 1.7   | –                    | –        | –        | 2.9      |
| <b>INHALANTS*</b>   |             |       |       |       |                      |          |          |          |
| Lifetime inhalant use   | –           | 2.9   | 2.5   | 2.0   | 8.3                  | 7.1      | 5.2      | 4.2      |
| <b>MISUSE OF PRESCRIPTION DRUGS</b>                                   |             |       |       |       |                      |          |          |          |
| Lifetime steroid misuse (without a doctor's prescription)             | –           | 0.8   | 0.4   | 0.0   | 1.4                  | 1.2      | 0.9      | 0.9      |
| Lifetime prescription drug misuse (without a doctor's prescription)   | –           | 0.8   | 0.8   | 0.0   | 1.6                  | 1.7      | 1.3      | 1.2      |

\* Includes sniffing glue, breathing the contents of aerosol spray cans, or inhaling any paints or sprays to get high



**Table 3-1A. Violence and Safety-Related Behaviors by Gender and Grade, 2012**  
**Kennedy Middle School, Natick (Grades 6-8)**  
*MetroWest Adolescent Health Survey, 2012*

|   | <u>Total (%)</u> | <u>Gender (%)</u> |       | <u>Grade (%)</u> |                 |                 |
|---|------------------|-------------------|-------|------------------|-----------------|-----------------|
|   |                  | Female            | Male  | 6 <sup>th</sup>  | 7 <sup>th</sup> | 8 <sup>th</sup> |
|   | (434)            | (214)             | (217) | (139)            | (161)           | (134)           |
| <b>SAFETY</b>   |                  |                   |       |                  |                 |                 |
| Didn't go to school because of safety concerns (past 30 days)*        | 0.5              | 0.9               | 0.0   | 0.0              | 0.6             | 0.8             |
| Had personal property stolen/damaged at school (past 12 months)       | 13.5             | 10.8              | 16.3  | 13.7             | 12.6            | 14.3            |
| <b>WEAPONS<sup>†</sup></b>  |                  |                   |       |                  |                 |                 |
| Carried a weapon (lifetime)   | 15.5             | 6.6               | 24.4  | 18.8             | 14.7            | 12.8            |
| Carried a weapon on school property (lifetime)                        | 0.5              | 0.0               | 0.9   | 0.0              | 0.6             | 0.8             |
| Carried a weapon (past 30 days)                                       | 6.5              | 2.3               | 10.8  | 7.2              | 6.9             | 5.3             |
| <b>PHYSICAL FIGHTING</b>  |                  |                   |       |                  |                 |                 |
| In a physical fight (lifetime)  | 28.2             | 16.0              | 39.8  | 30.9             | 21.3            | 33.8            |
| In a physical fight (past 12 months)                                  | 12.3             | 5.2               | 19.1  | 14.5             | 8.1             | 15.0            |
| In a physical fight on school property (lifetime)                     | 4.9              | 2.3               | 7.5   | 5.0              | 4.4             | 5.3             |
| In a physical fight on school property (past 12 months)               | 0.9              | 0.0               | 1.9   | 1.4              | 0.6             | 0.8             |
| Injured in a physical fight and received medical treatment (lifetime) | 1.6              | 0.5               | 2.8   | 1.4              | 1.2             | 2.3             |

\* Because you felt you would be unsafe at school or on the way to or from school

† For example, a gun, knife, or club

**Table 3-1B. Violence and Safety-Related Behaviors, 2006 - 2012**  
**Kennedy Middle School, Natick (Grades 7-8)**  
*MetroWest Adolescent Health Survey, 2012*

|   | Kennedy (%) |       |       |       | MetroWest Region (%) |          |          |          |
|---|-------------|-------|-------|-------|----------------------|----------|----------|----------|
|   | 2006        | 2008  | 2010  | 2012  | 2006                 | 2008     | 2010     | 2012     |
|   | –           | (251) | (244) | (295) | (6,875)              | (10,650) | (11,597) | (12,224) |
| <b>SAFETY</b>   |             |       |       |       |                      |          |          |          |
| Didn't go to school because of safety concerns (past 30 days)*        | –           | 3.6   | 0.4   | 0.7   | 3.0                  | 3.3      | 2.1      | 2.3      |
| Had personal property stolen/damaged at school (past 12 months)       | –           | 28.2  | 22.3  | 13.4  | 19.1                 | 23.2     | 16.2     | 15.0     |
| <b>WEAPONS<sup>†</sup></b>  |             |       |       |       |                      |          |          |          |
| Carried a weapon (lifetime)   | –           | 11.7  | 8.8   | 13.8  | 17.6                 | 16.3     | 13.7     | 15.1     |
| Carried a weapon on school property (lifetime)                        | –           | 1.6   | 0.4   | 0.7   | 3.3                  | 2.5      | 1.4      | 1.4      |
| Carried a weapon (past 30 days)                                       | –           | 5.6   | 3.3   | 6.2   | –                    | 7.8      | 5.5      | 6.8      |
| <b>PHYSICAL FIGHTING</b>  |             |       |       |       |                      |          |          |          |
| In a physical fight (lifetime)  | –           | 42.9  | 40.2  | 27.0  | 44.5                 | 45.3     | 39.3     | 35.0     |
| In a physical fight (past 12 months)                                  | –           | 25.6  | 22.8  | 11.3  | –                    | 25.9     | 20.8     | 17.3     |
| In a physical fight on school property (lifetime)                     | –           | 15.1  | 10.3  | 4.8   | 18.9                 | 16.8     | 12.4     | 9.8      |
| In a physical fight on school property (past 12 months)               | –           | 7.3   | 3.8   | 0.7   | –                    | 6.9      | 4.5      | 3.3      |
| Injured in a physical fight and received medical treatment (lifetime) | –           | 3.6   | 3.7   | 1.7   | 5.8                  | 5.6      | 4.0      | 3.2      |

\* Because you felt you would be unsafe at school or on the way to or from school

† For example, a gun, knife, or club

**Table 3-2A. Bullying by Gender and Grade, 2012**  
**Kennedy Middle School, Natick (Grades 6-8)**  
*MetroWest Adolescent Health Survey, 2012*

|   | <u>Total (%)</u> | <u>Gender (%)</u> |       | <u>Grade (%)</u> |                 |                 |
|---|------------------|-------------------|-------|------------------|-----------------|-----------------|
|   |                  | Female            | Male  | 6 <sup>th</sup>  | 7 <sup>th</sup> | 8 <sup>th</sup> |
|   | (434)            | (214)             | (217) | (139)            | (161)           | (134)           |
| <b><i>BULLYING (past 12 months)*</i></b>  |                  |                   |       |                  |                 |                 |
| Been a victim of bullying   | 27.5             | 30.5              | 24.0  | 27.3             | 24.8            | 30.8            |
| Been a victim of bullying on school property  | 21.5             | 22.4              | 20.0  | 23.9             | 19.4            | 21.6            |
| Bullied someone else  | 6.5              | 6.1               | 6.5   | 6.5              | 5.6             | 7.6             |
| Bullied someone else on school property   | 4.2              | 4.2               | 4.2   | 2.9              | 3.1             | 6.8             |
| Bullied someone else on school property to go along with friends                      | 4.4              | 3.8               | 5.1   | 3.6              | 2.5             | 7.6             |
| Talked to a teacher/adult <b>at school</b> about being bullied                        | 14.7             | 17.0              | 12.7  | 16.4             | 15.7            | 11.8            |
| Talked to a parent/adult <b>outside of school</b> about being bullied                 | 21.2             | 26.9              | 15.5  | 23.5             | 23.4            | 16.2            |
| Saw/heard of another student being bullied at school                                  | 45.6             | 53.1              | 38.4  | 47.4             | 43.4            | 46.5            |
| Tried to stop a student from bullying someone else at school                          | 31.8             | 34.9              | 28.6  | 32.6             | 30.6            | 32.3            |
| Told an adult <b>at school</b> that someone was being bullied at school               | 15.0             | 16.7              | 13.0  | 16.1             | 16.9            | 11.5            |
| Told a parent/adult <b>outside of school</b> that someone was being bullied at school | 23.8             | 30.5              | 17.1  | 27.2             | 24.1            | 20.0            |
| <b><i>CYBERBULLYING (past 12 months) †</i></b>  |                  |                   |       |                  |                 |                 |
| Been a victim of cyberbullying  | 12.3             | 16.4              | 7.9   | 12.2             | 10.6            | 14.6            |
| Cyberbullied someone else   | 2.8              | 3.3               | 2.3   | 1.4              | 2.5             | 4.6             |
| Cyberbullied someone else to go along with friends                                    | 1.4              | 1.9               | 0.9   | 0.7              | 1.3             | 2.3             |
| Talked to a teacher/adult <b>at school</b> about being cyberbullied                   | 4.0              | 6.6               | 1.4   | 5.8              | 1.9             | 4.6             |
| Talked to a parent/adult <b>outside of school</b> about being cyberbullied            | 6.1              | 10.8              | 0.9   | 7.3              | 6.3             | 4.6             |
| Saw/heard of another student being cyberbullied                                       | 22.0             | 27.2              | 17.1  | 28.5             | 16.3            | 22.3            |
| Tried to stop a student from cyberbullying someone else                               | 9.4              | 12.6              | 5.7   | 10.9             | 10.1            | 7.0             |
| Told an adult <b>at school</b> that someone was being cyberbullied                    | 5.4              | 6.6               | 3.8   | 8.7              | 5.0             | 2.3             |
| Told a parent/adult <b>outside of school</b> that someone was being cyberbullied      | 10.3             | 16.0              | 4.3   | 15.2             | 8.2             | 7.8             |

\* Defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

† Defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about someone. (Include being bullied through e-mail, chat rooms, instant messaging, websites, social networking websites or texting)

**Table 3-2B. Bullying, 2006 - 2012**  
**Kennedy Middle School, Natick (Grades 7-8)**  
*MetroWest Adolescent Health Survey, 2012*

|   | Kennedy (%) |       |       |       | MetroWest Region (%) |          |          |          |
|---|-------------|-------|-------|-------|----------------------|----------|----------|----------|
|   | 2006        | 2008  | 2010  | 2012  | 2006                 | 2008     | 2010     | 2012     |
|   | –           | (251) | (244) | (295) | (6,875)              | (10,650) | (11,597) | (12,224) |
| <b>BULLYING (past 12 months)*</b>   |             |       |       |       |                      |          |          |          |
| Been a victim of bullying   | –           | 49.2  | 41.3  | 27.6  | 43.9                 | 48.9     | 37.7     | 32.4     |
| Been a victim of bullying on school property  | –           | 43.7  | 33.5  | 20.4  | 38.8                 | 42.7     | 31.7     | 26.7     |
| Bullied someone else  | –           | 33.3  | 13.3  | 6.5   | –                    | 34.5     | 21.3     | 12.5     |
| Bullied someone else on school property   | –           | –     | –     | 4.8   | –                    | –        | –        | 7.8      |
| Bullied someone else on school property to go along with friends                      | –           | –     | –     | 4.8   | –                    | –        | –        | 8.6      |
| Talked to a teacher/adult <b>at school</b> about being bullied                        | –           | –     | 14.8  | 13.9  | –                    | –        | 12.2     | 12.8     |
| Talked to a parent/adult <b>outside of school</b> about being bullied                 | –           | –     | 23.5  | 20.1  | –                    | –        | 20.1     | 20.3     |
| Saw/heard of another student being bullied at school                                  | –           | –     | –     | 44.8  | –                    | –        | –        | 56.2     |
| Tried to stop a student from bullying someone else at school                          | –           | –     | –     | 31.4  | –                    | –        | –        | 38.7     |
| Told an adult <b>at school</b> that someone was being bullied at school               | –           | –     | –     | 14.4  | –                    | –        | –        | 15.9     |
| Told a parent/adult <b>outside of school</b> that someone was being bullied at school | –           | –     | –     | 22.2  | –                    | –        | –        | 22.3     |
| <b>CYBERBULLYING (past 12 months) †</b>   |             |       |       |       |                      |          |          |          |
| Been a victim of cyberbullying  | –           | 13.4  | 17.7  | 12.4  | 15.6                 | 15.9     | 17.2     | 16.6     |
| Cyberbullied someone else   | –           | 8.1   | 4.5   | 3.4   | 10.9                 | 9.4      | 8.1      | 6.0      |
| Cyberbullied someone else to go along with friends                                    | –           | –     | –     | 1.7   | –                    | –        | –        | 3.5      |
| Talked to a teacher/adult <b>at school</b> about being cyberbullied                   | –           | –     | 4.5   | 3.1   | –                    | –        | 3.5      | 3.7      |
| Talked to a parent/adult <b>outside of school</b> about being cyberbullied            | –           | –     | 6.2   | 5.5   | –                    | –        | 5.7      | 6.6      |
| Saw/heard of another student being cyberbullied                                       | –           | –     | –     | 19.0  | –                    | –        | –        | 27.3     |
| Tried to stop a student from cyberbullying someone else                               | –           | –     | –     | 8.7   | –                    | –        | –        | 12.9     |
| Told an adult <b>at school</b> that someone was being cyberbullied                    | –           | –     | –     | 3.8   | –                    | –        | –        | 3.7      |
| Told a parent/adult <b>outside of school</b> that someone was being cyberbullied      | –           | –     | –     | 8.0   | –                    | –        | –        | 7.7      |

\* Defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

† Defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about someone. (Include being bullied through e-mail, chat rooms, instant messaging, websites, social networking websites or texting)

**Table 4-1A. Behaviors Related to Unintentional Injury by Gender and Grade, 2012**  
**Kennedy Middle School, Natick (Grades 6-8)**  
*MetroWest Adolescent Health Survey, 2012*

|   | <u>Total (%)</u> | <u>Gender (%)</u> |       | <u>Grade (%)</u> |                 |                 |
|---|------------------|-------------------|-------|------------------|-----------------|-----------------|
|   |                  | Female            | Male  | 6 <sup>th</sup>  | 7 <sup>th</sup> | 8 <sup>th</sup> |
|   | (434)            | (214)             | (217) | (139)            | (161)           | (134)           |
| <b>SAFETY-RELATED BEHAVIORS</b>   |                  |                   |       |                  |                 |                 |
| Never/rarely wear a helmet when riding bicycle*                             | 13.7             | 12.2              | 14.4  | 9.8              | 8.0             | 25.2            |
| Never/rarely wear a helmet when rollerblading or skateboarding <sup>†</sup> | 28.5             | 25.0              | 30.7  | 18.8             | 28.0            | 44.2            |
| Never/rarely wear a seatbelt when riding in car                             | 1.4              | 0.5               | 2.3   | 0.7              | 0.0             | 3.7             |
| <b>DRINKING AND DRIVING</b>   |                  |                   |       |                  |                 |                 |
| Rode in car with a driver who had been drinking (lifetime)                  | 9.8              | 10.4              | 9.3   | 8.0              | 7.6             | 14.2            |
| Rode in car with a high school student who had been drinking (lifetime)     | 1.2              | 1.4               | 0.9   | 0.0              | 0.6             | 3.0             |

\* Among the 92.8% of youth who ride a bicycle

† Among the 47.7% of youth who rollerblade and/or skateboard

**Table 4-1B. Behaviors Related to Unintentional Injury, 2006 - 2012**  
**Kennedy Middle School, Natick (Grades 7-8)**  
*MetroWest Adolescent Health Survey, 2012*

|   | Kennedy (%) |               |               |               | MetroWest Region (%) |                  |                  |                  |
|---|-------------|---------------|---------------|---------------|----------------------|------------------|------------------|------------------|
|   | 2006<br>–   | 2008<br>(251) | 2010<br>(244) | 2012<br>(295) | 2006<br>(6,875)      | 2008<br>(10,650) | 2010<br>(11,597) | 2012<br>(12,224) |
| <b>SAFETY-RELATED BEHAVIORS</b>   |             |               |               |               |                      |                  |                  |                  |
| Never/rarely wear a helmet when riding bicycle*                             | –           | 34.9          | 27.3          | 15.6          | 38.0                 | 37.2             | 31.4             | 30.0             |
| Never/rarely wear a helmet when rollerblading or skateboarding <sup>†</sup> | –           | 51.6          | 40.7          | 34.6          | 48.1                 | 51.4             | 47.0             | 46.6             |
| Never/rarely wear a seatbelt when riding in car                             | –           | 2.4           | 2.0           | 1.7           | 5.5                  | 4.2              | 2.9              | 3.3              |
| <b>DRINKING AND DRIVING</b>   |             |               |               |               |                      |                  |                  |                  |
| Rode in car with a driver who had been drinking (lifetime)                  | –           | 18.1          | 11.6          | 10.7          | 18.7                 | 20.5             | 15.2             | 14.3             |
| Rode in car with a high school student who had been drinking (lifetime)     | –           | –             | –             | 1.7           | –                    | –                | –                | 2.2              |

\* Among the 91.8% of youth who ride a bicycle

† Among the 43.1% of youth who rollerblade and/or skateboard

**Table 5-1A. Stress, Mental Health, and Suicidality by Gender and Grade, 2012**  
**Kennedy Middle School, Natick (Grades 6-8)**  
*MetroWest Adolescent Health Survey, 2012*

|   | <u>Total (%)</u> | <u>Gender (%)</u> |               | <u>Grade (%)</u>         |                          |                          |
|---|------------------|-------------------|---------------|--------------------------|--------------------------|--------------------------|
|   | (434)            | Female<br>(214)   | Male<br>(217) | 6 <sup>th</sup><br>(139) | 7 <sup>th</sup><br>(161) | 8 <sup>th</sup><br>(134) |
| <b>STRESS</b>   |                  |                   |               |                          |                          |                          |
| Life "very" stressful (past 30 days)  | 8.4              | 10.0              | 6.6           | 2.2                      | 7.0                      | 16.7                     |
| <b>MENTAL HEALTH AND SUICIDALITY</b>  |                  |                   |               |                          |                          |                          |
| Felt sad or hopeless almost every day for two or more weeks (past 12 months)  | 7.6              | 8.9               | 6.0           | 1.4                      | 6.2                      | 15.8                     |
| Hurt or injured yourself on purpose (past 12 months)*   | 4.6              | 5.6               | 3.7           | 2.9                      | 2.5                      | 9.0                      |
| Seriously considered attempting suicide (lifetime)  | 4.7              | 4.2               | 4.7           | 0.7                      | 3.1                      | 10.6                     |
| Made a plan about attempting suicide (lifetime)   | 3.3              | 2.8               | 3.7           | 0.0                      | 1.3                      | 9.1                      |
| Attempted suicide (lifetime)  | 0.5              | 0.0               | 0.9           | 0.0                      | 0.0                      | 1.5                      |
| Talked to a teacher/adult <b>at school</b> about feeling sad or hopeless, or having thoughts about hurting yourself (past 12 months)                | 2.8              | 3.3               | 2.3           | 1.4                      | 2.5                      | 4.5                      |
| Talked to a parent/adult <b>outside of school</b> about feeling sad or hopeless, or having thoughts about hurting yourself (past 12 months)         | 11.5             | 12.6              | 10.2          | 10.1                     | 12.5                     | 11.9                     |
| Talked to a <b>doctor, nurse, or health care provider</b> about feeling sad or hopeless, or having thoughts about hurting yourself (past 12 months) | 2.3              | 1.4               | 3.2           | 0.7                      | 2.5                      | 3.7                      |

\* For example, by cutting, burning, or bruising yourself on purpose

**Table 5-1B. Stress, Mental Health, and Suicidality, 2006 - 2012**  
**Kennedy Middle School, Natick (Grades 7-8)**  
*MetroWest Adolescent Health Survey, 2012*

|   | Kennedy (%) |               |               |               | MetroWest Region (%) |                  |                  |                  |
|---|-------------|---------------|---------------|---------------|----------------------|------------------|------------------|------------------|
|   | 2006<br>–   | 2008<br>(251) | 2010<br>(244) | 2012<br>(295) | 2006<br>(6,875)      | 2008<br>(10,650) | 2010<br>(11,597) | 2012<br>(12,224) |
| <b>STRESS</b>   |             |               |               |               |                      |                  |                  |                  |
| Life "very" stressful (past 30 days)  | –           | 11.6          | 10.3          | 11.4          | 13.3                 | 13.6             | 12.1             | 12.5             |
| <b>MENTAL HEALTH AND SUICIDALITY</b>  |             |               |               |               |                      |                  |                  |                  |
| Felt sad or hopeless almost every day for two or more weeks (past 12 months)  | –           | 13.7          | 8.3           | 10.5          | 15.6                 | 15.2             | 12.8             | 12.8             |
| Hurt or injured yourself on purpose (past 12 months)*   | –           | 6.9           | 4.2           | 5.5           | 7.7                  | 8.5              | 6.7              | 7.8              |
| Seriously considered attempting suicide (lifetime)  | –           | 8.5           | 7.1           | 6.5           | 9.9                  | 10.9             | 9.4              | 10.5             |
| Made a plan about attempting suicide (lifetime)   | –           | 5.2           | 5.4           | 4.8           | 5.9                  | 6.5              | 5.7              | 7.2              |
| Attempted suicide (lifetime)  | –           | 2.4           | 1.2           | 0.7           | 3.0                  | 3.0              | 2.6              | 3.0              |
| Talked to a teacher/adult <b>at school</b> about feeling sad or hopeless, or having thoughts about hurting yourself (past 12 months)                | –           | –             | 4.1           | 3.4           | –                    | –                | 4.2              | 4.5              |
| Talked to a parent/adult <b>outside of school</b> about feeling sad or hopeless, or having thoughts about hurting yourself (past 12 months)         | –           | –             | 9.9           | 12.2          | –                    | –                | 9.5              | 9.5              |
| Talked to a <b>doctor, nurse, or health care provider</b> about feeling sad or hopeless, or having thoughts about hurting yourself (past 12 months) | –           | –             | –             | 3.1           | –                    | –                | –                | 2.9              |

\* For example, by cutting, burning, or bruising yourself on purpose



**Table 6-1A. Weight Perception, Weight Control, and Body Mass Index by Gender and Grade, 2012**  
**Kennedy Middle School, Natick (Grades 6-8)**  
*MetroWest Adolescent Health Survey, 2012*

|   | <b>Total (%)</b> | <b>Gender (%)</b> |       | <b>Grade (%)</b> |                 |                 |
|---|------------------|-------------------|-------|------------------|-----------------|-----------------|
|   |                  | Female            | Male  | 6 <sup>th</sup>  | 7 <sup>th</sup> | 8 <sup>th</sup> |
|   | (434)            | (214)             | (217) | (139)            | (161)           | (134)           |
| <b>WEIGHT PERCEPTION</b>                          |                  |                   |       |                  |                 |                 |
| Describe self as slightly or very overweight      | 19.3             | 20.3              | 18.5  | 15.4             | 18.7            | 24.0            |
| Trying to lose weight                             | 23.2             | 26.4              | 19.3  | 22.2             | 22.0            | 25.6            |
| <b>WEIGHT CONTROL (lifetime)*</b>                 |                  |                   |       |                  |                 |                 |
| Exercised   | 50.7             | 47.4              | 53.7  | 55.1             | 45.9            | 51.9            |
| Dieted <sup>†</sup>                               | 28.8             | 30.0              | 27.1  | 30.1             | 24.4            | 32.8            |
| Fasted for more than 24 hours                     | 4.4              | 4.7               | 4.2   | 4.4              | 1.9             | 7.5             |
| Took diet pills, powders, or liquids <sup>‡</sup> | 0.2              | 0.5               | 0.0   | 0.0              | 0.0             | 0.8             |
| Vomited/took laxatives                            | 0.5              | 0.5               | 0.5   | 0.0              | 0.0             | 1.5             |
| <b>BODY MASS INDEX</b>                            |                  |                   |       |                  |                 |                 |
| Overweight <sup>§</sup>                           | 10.7             | 10.8              | 10.6  | 8.9              | 11.5            | 11.4            |
| Obese**   | 3.7              | 3.2               | 4.3   | 5.4              | 2.9             | 3.3             |

\* To lose weight or keep from gaining weight

† Ate less food, fewer calories, or foods low in fat or carbohydrates

‡ Without a doctor's advice

§ Students who were ≥85th percentile but <95th percentile for body mass index by age and gender, based on reference data

\*\* Students who were ≥95th percentile for body mass index by age and gender, based on reference data

**Table 6-1B. Weight Perception, Weight Control, and Body Mass Index, 2006 - 2012**  
**Kennedy Middle School, Natick (Grades 7-8)**  
*MetroWest Adolescent Health Survey, 2012*

|   | Kennedy (%) |       |       |       | MetroWest Region (%) |          |          |          |
|---|-------------|-------|-------|-------|----------------------|----------|----------|----------|
|   | 2006        | 2008  | 2010  | 2012  | 2006                 | 2008     | 2010     | 2012     |
|   | –           | (251) | (244) | (295) | (6,875)              | (10,650) | (11,597) | (12,224) |
| <b>WEIGHT PERCEPTION</b>                          |             |       |       |       |                      |          |          |          |
| Describe self as slightly or very overweight      | –           | 20.6  | 24.3  | 21.1  | 22.8                 | 23.8     | 23.3     | 23.0     |
| Trying to lose weight                             | –           | 30.2  | 35.5  | 23.6  | 34.1                 | 34.1     | 33.1     | 32.4     |
| <b>WEIGHT CONTROL (lifetime)*</b>                 |             |       |       |       |                      |          |          |          |
| Exercised   | –           | 57.3  | 60.3  | 48.6  | 61.4                 | 61.0     | 59.1     | 58.0     |
| Dieted <sup>†</sup>                               | –           | 32.0  | 37.4  | 28.2  | 38.1                 | 36.2     | 34.1     | 34.0     |
| Fasted for more than 24 hours                     | –           | 5.2   | 6.6   | 4.4   | 9.4                  | 8.4      | 7.0      | 7.5      |
| Took diet pills, powders, or liquids <sup>‡</sup> | –           | 0.8   | 0.0   | 0.3   | 2.2                  | 2.0      | 1.5      | 1.6      |
| Vomited/took laxatives                            | –           | 2.0   | 0.8   | 0.7   | 2.7                  | 2.8      | 2.0      | 2.1      |
| <b>BODY MASS INDEX</b>                            |             |       |       |       |                      |          |          |          |
| Overweight <sup>§</sup>                           | –           | 8.7   | 15.4  | 11.5  | 13.4                 | 13.0     | 13.1     | 12.6     |
| Obese**   | –           | 9.5   | 7.9   | 3.1   | 7.0                  | 6.8      | 6.4      | 6.4      |

\* To lose weight or keep from gaining weight

† Ate less food, fewer calories, or foods low in fat or carbohydrates

‡ Without a doctor's advice

§ Students who were ≥85th percentile but <95th percentile for body mass index by age and gender, based on reference data

\*\* Students who were ≥95th percentile for body mass index by age and gender, based on reference data

**Table 6-2A. Nutrition and Physical Activity by Gender and Grade, 2012**  
**Kennedy Middle School, Natick (Grades 6-8)**  
*MetroWest Adolescent Health Survey, 2012*

|  | <u>Total (%)</u> | <u>Gender (%)</u> |       | <u>Grade (%)</u> |                 |                 |
|--|------------------|-------------------|-------|------------------|-----------------|-----------------|
|  |                  | Female            | Male  | 6 <sup>th</sup>  | 7 <sup>th</sup> | 8 <sup>th</sup> |
|  | (434)            | (214)             | (217) | (139)            | (161)           | (134)           |
| <b>FOOD CONSUMPTION</b>  |                  |                   |       |                  |                 |                 |
| Consumed 1 or more servings of fruit or 100% fruit juice *   | 81.5             | 82.1              | 81.0  | 89.0             | 81.3            | 73.8            |
| Consumed 1 or more servings of vegetables or green salad *   | 80.5             | 85.3              | 75.8  | 83.7             | 80.0            | 77.7            |
| Drank 3 or more glasses of milk *  | 29.6             | 26.4              | 33.3  | 31.1             | 31.7            | 25.6            |
| Consumed 1 or more servings of other milk/dairy products *   | 83.8             | 83.5              | 85.3  | 80.1             | 86.3            | 84.5            |
| Consumed 1 or more servings of fried food *  | 50.1             | 46.7              | 53.8  | 52.9             | 52.2            | 44.6            |
| Consumed 1 or more servings of fast food *   | 9.6              | 6.6               | 12.7  | 13.1             | 7.5             | 8.5             |
| Drank 1 or more servings of soda/soft drinks *   | 33.1             | 23.8              | 42.3  | 32.1             | 34.0            | 33.1            |
| Ate dinner at home with parents/guardians on 5 or more of the past 7 days  | 89.1             | 88.2              | 90.4  | 88.1             | 93.7            | 84.6            |
| <b>PHYSICAL ACTIVITY</b>   |                  |                   |       |                  |                 |                 |
| Participated in vigorous physical activity (on ≥ 3 days in the past 7 days) †  | 85.9             | 85.8              | 85.8  | 90.4             | 84.3            | 83.3            |
| Met currently recommended level of physical activity (physically active for at least 60 minutes per day on 5 or more of the past 7 days) ‡ | 68.7             | 66.8              | 70.2  | 76.1             | 67.5            | 62.6            |
| Played on one or more sports teams (past 12 months)  | 82.2             | 81.8              | 82.4  | 87.8             | 83.9            | 74.4            |
| Attend physical education class (1 or more days a week)  | 99.5             | 100.0             | 99.0  | 100.0            | 99.4            | 99.2            |
| Walk or ride bike to/from school (1 or more days a week)   | 36.0             | 29.0              | 43.6  | 33.6             | 37.5            | 36.6            |
| Spend 2 or more hours of "screen time" on average school day (not for school work or homework) §   | 48.4             | 46.9              | 49.8  | 37.0             | 51.0            | 57.5            |

\* On the day before the survey

† Exercised for at least 20 minutes that made you sweat and breathe hard, such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities

‡ Includes any physical activity that increases your heart rate and makes you breathe hard some of the time

§ Includes watching TV, going on the Internet, playing video games, or using a computer, tablet, or smartphone

**Table 6-2B. Nutrition and Physical Activity, 2006 - 2012**  
**Kennedy Middle School, Natick (Grades 7-8)**  
*MetroWest Adolescent Health Survey, 2012*

|  | Kennedy (%) |               |               |               | MetroWest Region (%) |                  |                  |                  |
|--|-------------|---------------|---------------|---------------|----------------------|------------------|------------------|------------------|
|  | 2006<br>–   | 2008<br>(251) | 2010<br>(244) | 2012<br>(295) | 2006<br>(6,875)      | 2008<br>(10,650) | 2010<br>(11,597) | 2012<br>(12,224) |
| <b>FOOD CONSUMPTION</b>  |             |               |               |               |                      |                  |                  |                  |
| Consumed 1 or more servings of fruit or 100% fruit juice *   | –           | 84.5          | 88.7          | 77.9          | 81.2                 | 81.8             | 84.0             | 80.6             |
| Consumed 1 or more servings of vegetables or green salad *   | –           | 83.1          | 86.7          | 79.0          | 80.9                 | 80.4             | 82.2             | 80.5             |
| Drank 3 or more glasses of milk *  | –           | 39.5          | 31.3          | 29.0          | 36.7                 | 36.0             | 35.4             | 31.3             |
| Consumed 1 or more servings of other milk/dairy products *   | –           | 86.8          | 90.4          | 85.5          | 83.2                 | 84.3             | 85.4             | 84.5             |
| Consumed 1 or more servings of fried food *  | –           | –             | –             | 48.8          | –                    | –                | –                | 53.3             |
| Consumed 1 or more servings of fast food *   | –           | –             | –             | 7.9           | –                    | –                | –                | 14.4             |
| Drank 1 or more servings of soda/soft drinks *   | –           | 48.6          | 37.1          | 33.6          | 50.6                 | 46.7             | 38.3             | 37.0             |
| Ate dinner at home with parents/guardians on 5 or more of the past 7 days  | –           | –             | –             | 89.6          | –                    | –                | –                | 83.4             |
| <b>PHYSICAL ACTIVITY</b>   |             |               |               |               |                      |                  |                  |                  |
| Participated in vigorous physical activity (on ≥ 3 days in the past 7 days) †  | –           | 82.7          | 82.9          | 83.8          | 78.7                 | 79.0             | 76.9             | 80.3             |
| Met currently recommended level of physical activity (physically active for at least 60 minutes per day on 5 or more of the past 7 days) ‡ | –           | –             | 63.3          | 65.3          | –                    | –                | 52.2             | 58.8             |
| Played on one or more sports teams (past 12 months)  | –           | 77.4          | 76.2          | 79.6          | 73.2                 | 73.0             | 75.8             | 79.1             |
| Attend physical education class (1 or more days a week)  | –           | 98.7          | 98.7          | 99.3          | 93.5                 | 94.4             | 92.7             | 90.1             |
| Walk or ride bike to/from school (1 or more days a week)   | –           | –             | –             | 37.1          | –                    | –                | –                | 31.6             |
| Spend 2 or more hours of "screen time" on average school day (not for school work or homework) §   | –           | –             | –             | 53.9          | –                    | –                | –                | 60.7             |

\* On the day before the survey

† Exercised for at least 20 minutes that made you sweat and breathe hard, such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities

‡ Includes any physical activity that increases your heart rate and makes you breathe hard some of the time

§ Includes watching TV, going on the Internet, playing video games, or using a computer, tablet, or smartphone

**Table 7-1A. School Attachment, Adult Support, and Peer Support by Gender and Grade, 2012**  
**Kennedy Middle School, Natick (Grades 6-8)**  
*MetroWest Adolescent Health Survey, 2012*

|   | <b>Total (%)</b> | <b>Gender (%)</b> |       | <b>Grade (%)</b> |                 |                 |
|---|------------------|-------------------|-------|------------------|-----------------|-----------------|
|   |                  | Female            | Male  | 6 <sup>th</sup>  | 7 <sup>th</sup> | 8 <sup>th</sup> |
|   | (434)            | (214)             | (217) | (139)            | (161)           | (134)           |
| <b>SCHOOL ATTACHMENT</b>  |                  |                   |       |                  |                 |                 |
| I feel close to people at school.*  | 82.5             | 84.4              | 80.8  | 81.8             | 85.4            | 79.7            |
| I feel like I am part of this school.*  | 85.1             | 86.0              | 84.5  | 88.4             | 86.8            | 79.7            |
| I am happy to be at this school.*   | 79.8             | 82.7              | 76.5  | 84.1             | 81.1            | 73.7            |
| The teachers at this school treat students fairly.*   | 72.2             | 75.6              | 69.3  | 81.9             | 73.1            | 60.8            |
| I feel safe in my school.*  | 89.3             | 92.0              | 87.4  | 92.0             | 90.7            | 84.8            |
| <b>ADULT SUPPORT AT SCHOOL</b>  |                  |                   |       |                  |                 |                 |
| Have at least one teacher/adult at school to talk to if you have a problem  | 72.9             | 77.5              | 69.3  | 70.8             | 78.3            | 68.4            |
| Talked to a teacher/adult at school about a personal problem <sup>†</sup>   | 29.2             | 35.7              | 23.3  | 30.1             | 31.1            | 26.1            |
| Talked to a teacher/adult at school about being bullied <sup>†</sup>  | 14.7             | 17.0              | 12.7  | 16.4             | 15.7            | 11.8            |
| Talked to a teacher/adult at school about being cyberbullied <sup>†</sup>   | 4.0              | 6.6               | 1.4   | 5.8              | 1.9             | 4.6             |
| Talked to a teacher/adult at school about feeling sad or hopeless or having thoughts about hurting yourself <sup>†</sup>        | 2.8              | 3.3               | 2.3   | 1.4              | 2.5             | 4.5             |
| <b>ADULT SUPPORT OUTSIDE OF SCHOOL</b>  |                  |                   |       |                  |                 |                 |
| Have at least one parent/adult outside of school to talk to about things that are important to you                              | 93.7             | 95.8              | 91.4  | 93.5             | 93.5            | 94.0            |
| Talked to a parent/adult outside of school about being bullied <sup>†</sup>   | 21.2             | 26.9              | 15.5  | 23.5             | 23.4            | 16.2            |
| Talked to a parent/adult outside of school about being cyberbullied <sup>†</sup>  | 6.1              | 10.8              | 0.9   | 7.3              | 6.3             | 4.6             |
| Talked to a parent/adult outside of school about feeling sad or hopeless or having thoughts about hurting yourself <sup>†</sup> | 11.5             | 12.6              | 10.2  | 10.1             | 12.5            | 11.9            |
| Ate dinner at home with parents/guardians on 5 or more of the past 7 days   | 89.1             | 88.2              | 90.4  | 88.1             | 93.7            | 84.6            |
| <b>PEER SUPPORT</b>   |                  |                   |       |                  |                 |                 |
| Feel you have a friend you can talk to about a personal problem <sup>‡</sup>  | 62.4             | 77.8              | 47.4  | 56.3             | 65.6            | 64.7            |
| Feel you are part of a group of friends <sup>‡</sup>  | 80.6             | 81.3              | 79.5  | 78.1             | 82.0            | 81.3            |
| Feel lonely <sup>‡</sup>  | 5.6              | 6.6               | 4.7   | 2.2              | 4.4             | 10.4            |

\* Student responded "agree" or "strongly agree"

† During the past 12 months

‡ Student responded "most of the time" or "all of the time"

**Table 7-1B. School Attachment, Adult Support, and Peer Support, 2006 - 2012**  
**Kennedy Middle School, Natick (Grades 7-8)**  
*MetroWest Adolescent Health Survey, 2012*

|   | Kennedy (%) |               |               |               | MetroWest Region (%) |                  |                  |                  |
|---|-------------|---------------|---------------|---------------|----------------------|------------------|------------------|------------------|
|   | 2006<br>–   | 2008<br>(251) | 2010<br>(244) | 2012<br>(295) | 2006<br>(6,875)      | 2008<br>(10,650) | 2010<br>(11,597) | 2012<br>(12,224) |
| <b>SCHOOL ATTACHMENT</b>  |             |               |               |               |                      |                  |                  |                  |
| I feel close to people at school.*  | –           | 75.6          | 77.8          | 82.8          | 74.7                 | 76.6             | 77.9             | 79.9             |
| I feel like I am part of this school.*  | –           | 75.9          | 81.4          | 83.6          | 75.3                 | 76.3             | 80.2             | 79.7             |
| I am happy to be at this school.*   | –           | 67.9          | 75.6          | 77.7          | 69.3                 | 71.1             | 75.0             | 74.0             |
| The teachers at this school treat students fairly.*   | –           | 61.4          | 66.0          | 67.6          | 64.9                 | 66.8             | 69.1             | 70.3             |
| I feel safe in my school.*  | –           | 83.6          | 88.4          | 88.1          | 79.6                 | 79.6             | 84.6             | 84.4             |
| <b>ADULT SUPPORT AT SCHOOL</b>  |             |               |               |               |                      |                  |                  |                  |
| Have at least one teacher/adult at school to talk to if you have a problem  | –           | 61.8          | 68.0          | 73.8          | 63.4                 | 61.2             | 66.0             | 68.0             |
| Talked to a teacher/adult at school about a personal problem <sup>†</sup>   | –           | –             | 25.6          | 28.8          | –                    | –                | 25.9             | 26.5             |
| Talked to a teacher/adult at school about being bullied <sup>†</sup>  | –           | –             | 14.8          | 13.9          | –                    | –                | 12.2             | 12.8             |
| Talked to a teacher/adult at school about being cyberbullied <sup>†</sup>   | –           | –             | 4.5           | 3.1           | –                    | –                | 3.5              | 3.7              |
| Talked to a teacher/adult at school about feeling sad or hopeless or having thoughts about hurting yourself <sup>†</sup>        | –           | –             | 4.1           | 3.4           | –                    | –                | 4.2              | 4.5              |
| <b>ADULT SUPPORT OUTSIDE OF SCHOOL</b>  |             |               |               |               |                      |                  |                  |                  |
| Have at least one parent/adult outside of school to talk to about things that are important to you                              | –           | 92.8          | 92.1          | 93.8          | 89.4                 | 88.5             | 90.3             | 91.6             |
| Talked to a parent/adult outside of school about being bullied <sup>†</sup>   | –           | –             | 23.5          | 20.1          | –                    | –                | 20.1             | 20.3             |
| Talked to a parent/adult outside of school about being cyberbullied <sup>†</sup>  | –           | –             | 6.2           | 5.5           | –                    | –                | 5.7              | 6.6              |
| Talked to a parent/adult outside of school about feeling sad or hopeless or having thoughts about hurting yourself <sup>†</sup> | –           | –             | 9.9           | 12.2          | –                    | –                | 9.5              | 9.5              |
| Ate dinner at home with parents/guardians on 5 or more of the past 7 days   | –           | –             | –             | 89.6          | –                    | –                | –                | 83.4             |
| <b>PEER SUPPORT</b>   |             |               |               |               |                      |                  |                  |                  |
| Feel you have a friend you can talk to about a personal problem <sup>‡</sup>  | –           | –             | –             | 65.2          | –                    | –                | –                | 64.6             |
| Feel you are part of a group of friends <sup>‡</sup>  | –           | –             | –             | 81.7          | –                    | –                | –                | 79.9             |
| Feel lonely <sup>‡</sup>  | –           | –             | –             | 7.1           | –                    | –                | –                | 7.6              |

\* Student responded "agree" or "strongly agree"

† During the past 12 months

‡ Student responded "most of the time" or "all of the time"

**Table 8-1A. Risk Behaviors on School Property by Gender and Grade, 2012**  
**Kennedy Middle School, Natick (Grades 6-8)**  
*MetroWest Adolescent Health Survey, 2012*

|  | <u>Total (%)</u> | <u>Gender (%)</u> |       | <u>Grade (%)</u> |                 |                 |
|--|------------------|-------------------|-------|------------------|-----------------|-----------------|
|  |                  | Female            | Male  | 6 <sup>th</sup>  | 7 <sup>th</sup> | 8 <sup>th</sup> |
|  | (434)            | (214)             | (217) | (139)            | (161)           | (134)           |
| <b>SAFETY, WEAPONS, AND VIOLENCE</b>   |                  |                   |       |                  |                 |                 |
| Didn't go to school because of safety concerns (past 30 days)*               | 0.5              | 0.9               | 0.0   | 0.0              | 0.6             | 0.8             |
| Had personal property stolen/deliberately damaged at school (past 12 months) | 13.5             | 10.8              | 16.3  | 13.7             | 12.6            | 14.3            |
| Carried a weapon on school property (lifetime) <sup>†</sup>                  | 0.5              | 0.0               | 0.9   | 0.0              | 0.6             | 0.8             |
| In a physical fight on school property (lifetime)                            | 4.9              | 2.3               | 7.5   | 5.0              | 4.4             | 5.3             |
| In a physical fight on school property (past 12 months)                      | 0.9              | 0.0               | 1.9   | 1.4              | 0.6             | 0.8             |
| Been bullied on school property (past 12 months) <sup>‡</sup>                | 21.5             | 22.4              | 20.0  | 23.9             | 19.4            | 21.6            |
| Bullied someone else on school property (past 12 months)                     | 4.2              | 4.2               | 4.2   | 2.9              | 3.1             | 6.8             |
| <b>CURRENT SUBSTANCE USE (past 30 days)</b>                                  |                  |                   |       |                  |                 |                 |
| Current <b>cigarette</b> use on school property                              | 0.2              | 0.5               | 0.0   | 0.0              | 0.6             | 0.0             |
| Current <b>alcohol</b> use on school property                                | 0.2              | 0.5               | 0.0   | 0.0              | 0.0             | 0.7             |
| <b>DRUG AVAILABILITY ON SCHOOL PROPERTY (past 12 months)</b>                 |                  |                   |       |                  |                 |                 |
| Offered, sold, or given <b>alcohol</b> on school property                    | 0.2              | 0.0               | 0.5   | 0.0              | 0.0             | 0.8             |
| Offered, sold, or given <b>marijuana</b> on school property                  | 1.4              | 0.5               | 2.3   | 0.7              | 1.9             | 1.5             |

\* Because you felt you would be unsafe at school or on the way to or from school

† For example, a gun, knife, or club

‡ Defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

**Table 8-1B. Risk Behaviors on School Property, 2006 - 2012**  
**Kennedy Middle School, Natick (Grades 7-8)**  
*MetroWest Adolescent Health Survey, 2012*

|  | Kennedy (%) |               |               |               | MetroWest Region (%) |                  |                  |                  |
|--|-------------|---------------|---------------|---------------|----------------------|------------------|------------------|------------------|
|  | 2006<br>–   | 2008<br>(251) | 2010<br>(244) | 2012<br>(295) | 2006<br>(6,875)      | 2008<br>(10,650) | 2010<br>(11,597) | 2012<br>(12,224) |
| <b>SAFETY, WEAPONS, AND VIOLENCE</b>   |             |               |               |               |                      |                  |                  |                  |
| Didn't go to school because of safety concerns (past 30 days)*               | –           | 3.6           | 0.4           | 0.7           | 3.0                  | 3.3              | 2.1              | 2.3              |
| Had personal property stolen/deliberately damaged at school (past 12 months) | –           | 28.2          | 22.3          | 13.4          | 19.1                 | 23.2             | 16.2             | 15.0             |
| Carried a weapon on school property (lifetime)†                              | –           | 1.6           | 0.4           | 0.7           | 3.3                  | 2.5              | 1.4              | 1.4              |
| In a physical fight on school property (lifetime)                            | –           | 15.1          | 10.3          | 4.8           | 18.9                 | 16.8             | 12.4             | 9.8              |
| In a physical fight on school property (past 12 months)                      | –           | 7.3           | 3.8           | 0.7           | –                    | 6.9              | 4.5              | 3.3              |
| Been bullied on school property (past 12 months)‡                            | –           | 43.7          | 33.5          | 20.4          | 38.8                 | 42.7             | 31.7             | 26.7             |
| Bullied someone else on school property (past 12 months)                     | –           | –             | –             | 4.8           | –                    | –                | –                | 7.8              |
| <b>CURRENT SUBSTANCE USE (past 30 days)</b>                                  |             |               |               |               |                      |                  |                  |                  |
| Current <b>cigarette</b> use on school property                              | –           | 0.4           | 0.0           | 0.3           | 1.1                  | 1.1              | 0.6              | 0.6              |
| Current <b>alcohol</b> use on school property                                | –           | 0.4           | 0.0           | 0.3           | 1.2                  | 0.9              | 0.6              | 0.7              |
| <b>DRUG AVAILABILITY ON SCHOOL PROPERTY (past 12 months)</b>                 |             |               |               |               |                      |                  |                  |                  |
| Offered, sold, or given <b>alcohol</b> on school property                    | –           | –             | –             | 0.4           | –                    | –                | –                | 1.8              |
| Offered, sold, or given <b>marijuana</b> on school property                  | –           | –             | –             | 1.7           | –                    | –                | –                | 2.9              |

\* Because you felt you would be unsafe at school or on the way to or from school

† For example, a gun, knife, or club

‡ Defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again