

2023 EASTON MIDDLE SCHOOL

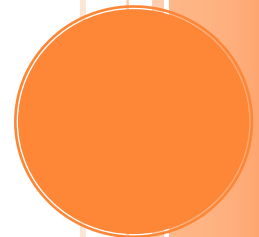
Youth Health Survey Results

The 2023 Easton Middle School Youth Health Survey was conducted on December 11, 2023. Procedures and results from 443 valid surveys are included in this report.

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2023 Easton Middle School

Youth Health Survey Results

Survey Design

The 2023 Easton Middle School Youth Health Survey was adapted from the 2023 National Middle School Youth Risk Behavior Survey and the 2021 Easton Middle School Youth Health Survey. It also includes questions recommended by the CDC Evaluation teams for the Drug Free Communities Grant and the STOP ACT Grant.

Questions and multiple choice answers are available verbatim within each of the frequency tables and cross tabulations in the appendix.

Survey Administration

The survey was administered on December 11, 2023 via Qualtrics, an electronic survey system.

Data Cleaning

The data underwent a two-step validity process to remove surveys that showed a pattern of illogical and inconsistent answers. Surveys that were removed at each step of the process are in parentheses.

1. Respondents who answered “no” to the question “Were you honest when taking this survey?”
2. Respondents who displayed a pattern of inconsistency and exaggeration.

The raw data included 467 surveys. The final sample included 443 valid surveys.

	Enrolled Students	Absent Students	Parents Opted Out	Removed in Data Cleaning	Final Sample	Percent Representation
7 th Grade	263	16	27	N/A	225	86%
8 th Grade	265	24	21	N/A	213	80%
Total	528	40	48	24	443	84%

**Five surveys were included that did not select either 7th or 8th grade.*

While only 3.1% of surveys were removed for suspected dishonesty, 39% of students had the perception that the average student was not honest on this survey

Data Analysis

Each question was analyzed by creating frequency tables. The majority of questions were multiple choice in which respondents could select only one answer. The percentages for these questions represent the number of respondents that selected each answer out of all respondents that answered that question.

For the questions that offered for respondents to select all answers that apply, the frequencies are calculated by dividing the number of respondents that selected each answer by the total number of valid respondents. These frequency table columns will not add up to 100% as respondents could select no answer or more than one answer.

For question in which logic was offered, the columns will add up to substantially less than 100% as the number is calculated by dividing the number of respondents that selected an answer by all valid respondents. This happens when a student selects that they have never participated in a particular behavior (e.g. they have never used marijuana) and therefore are not asked follow up questions about marijuana use (e.g. “How many times in the last 30 days have you used marijuana”).

Additionally, cross-tabulations were conducted for each question by gender and grade. The frequencies in these tables are the percentage that selected each response of the total number of respondents in each gender or grade category.

Year over year comparison

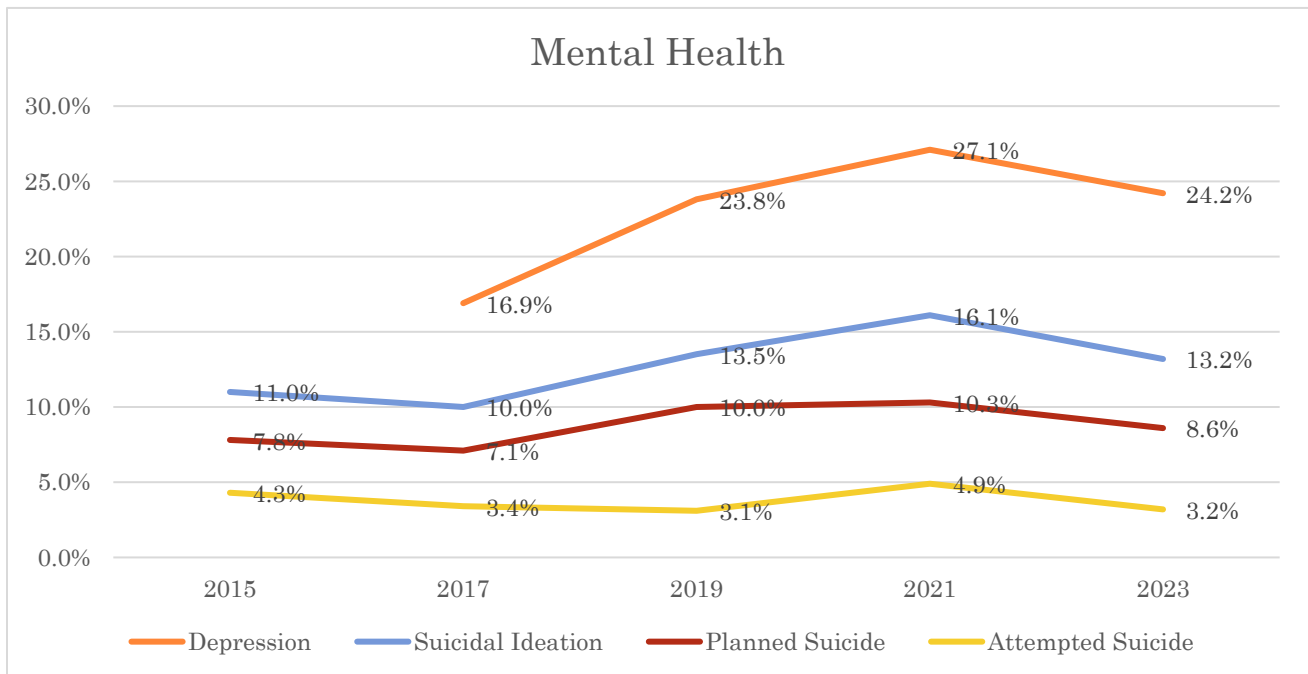
As national data is not available for the 2023 Middle School Youth Risk Behavior Survey, comparisons will be made with the 2021, 2019, 2017 and 2015 Easton Middle School Youth Health Survey, which surveyed EMS 7th and 8th graders on December 10, 2021, December 12, 2019, December 20, 2017 and December 22, 2015. It is important to note that there were additional data cleaning measures added between the 2015 survey and future surveys. Additionally, the COVID-19 pandemic has had significant both short and long term effects on youth behaviors.

DEMOGRAPHICS

	Frequency	Percent
Grade		
7 th Grade	228	51.7%
8 th Grade	213	48.3%
Gender		
Female	208	47.3%
Male	221	50.2%
Non-Binary	4	0.9%
Other/Prefer to Self-Describe	7	1.6%
Age		
12 years old or younger	143	32.4%
13 years old	230	52.0%
14 years old	67	15.2%
15 years old or older	2	0.5%
Ethnicity		
Hispanic or Latino	56	13.0%
Not Hispanic or Latino	374	87.0%
Race (select all that apply)		
American Indian or Alaska Native	4	0.9%
Asian	25	5.8%
Black or African American	57	13.2%
Native Hawaiian or Other Pacific Islander	1	0.2%
White	320	73.9%
Other	61	14.1%
Where Typically Sleep at Night		
In parent's/guardian's home	425	99.8%
Somewhere else	1	0.2%

MENTAL HEALTH

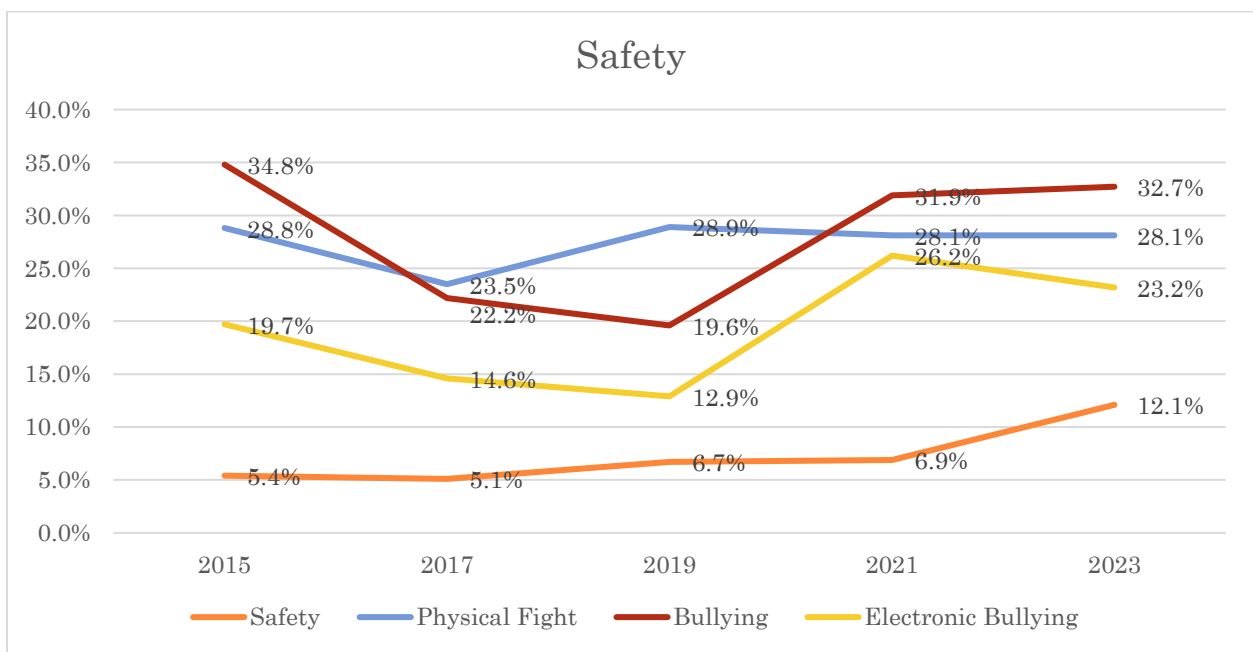
	EMS 2015	EMS 2017	EMS 2019	EMS 2021	EMS 2023
Depression <i>During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?</i>	N/A	16.9%	23.8%	27.1%	24.2%
Suicidal Thoughts <i>Have you ever seriously thought about killing yourself?</i>	11%	10%	13.5%	16.1%	13.2%
Planned Suicide <i>Have you ever made a plan about how you would kill yourself?</i>	7.8%	7.1%	10%	10.3%	8.6%
Attempted Suicide <i>Have you ever tried to kill yourself?</i>	4.3%	3.4%	3.1%	4.9%	3.2%



A new question was introduced on the 2021 National YRBS asks about general mental health (including stress, anxiety, and depression). At EMS, 15.3% of students said their mental health was not good most of the time or always. This is down from 18.5% in 2021. This number was more than twice as high in female-identifying students (21%) than in male-identifying students (8.2%).

VIOLENCE & SAFETY

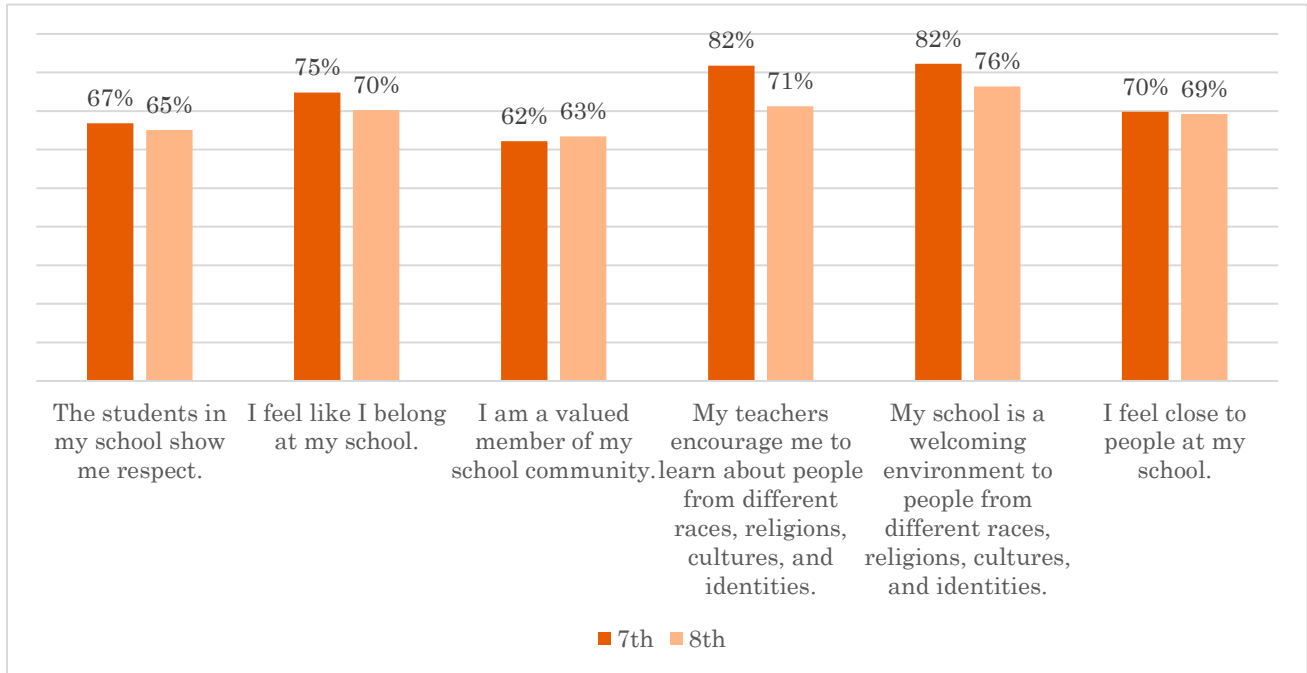
	EMS 2015	EMS 2017	EMS 2019	EMS 2021	EMS 2023
Safety <i>Have you ever not gone to school because you felt you would be unsafe at school or on your way to or from school?</i>	5.4%	5.1%	6.7%	6.9%	12.1%
Physical Fight <i>Have you ever been in a physical fight?</i>	28.8%	23.5%	28.9%	28.1%	28.1%
Bullied <i>During the past 12 months, have you been bullied on school property?</i>	34.8%	22.2%	19.6%	31.9%	32.7%
Electronically Bullied <i>During the past 12 months, have you been electronically bullied? (Count being bullied through texting, Instagram, Facebook, or other social media).</i>	19.7%	14.6%	12.9%	26.2%	23.2%



When asked if they have participated in bullying a peer, 3.4% of students indicated they had. It is worth noting that 126 students skipped this question, far higher than the average of 40 skips per question. This may indicate that some students were unsure if they had participated in bullying or were uncomfortable answering the question.

BELONGING

In 2023, there was an increased focus on questions around community and belonging.



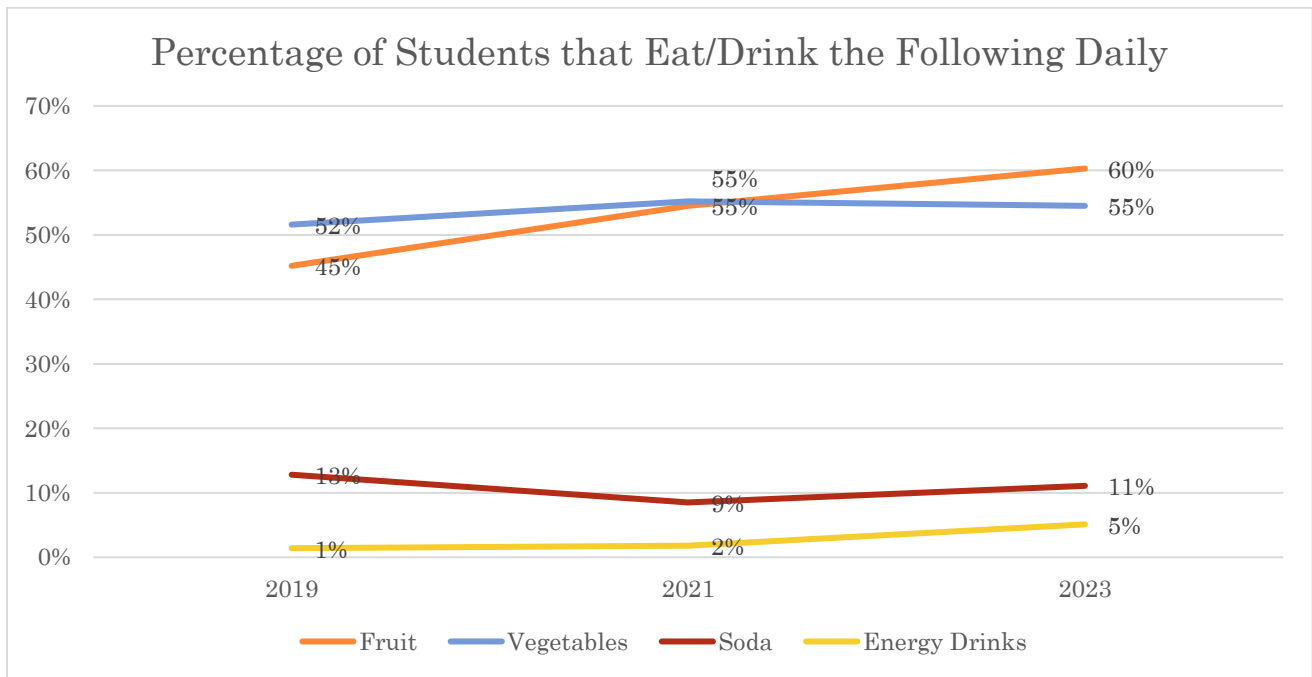
When asked how many peers they can talk with about something that’s important to them, 95.9% report having at least one peer and 70.3% saying they has 3 or more peers.

When asked if they have an adult at their school they can talk to, 73.6% reported that they did. This number was much higher in male students (77.7%) than female students (71%). Additionally, 90.4% of students reported having a parent/adult family member they can talk to about things important to them. Male students (93.1%) and 8th grade students (93.9%) were more likely to report that than female students (89.9%) and 7th grade students (87.1%).

SEXUAL HEALTH AND SAFETY

	EMS 2015	EMS 2017	EMS 2019	EMS 2021	EMS 2023
Sexual Intercourse - Lifetime <i>How old were you when you had sexual intercourse for the first time? (All those not answering "I have never")</i>	2.4%	3.4%	4.4%	1.3%	0.7%

NUTRITION



Energy drink usage has more than doubled. In 2023, 29.2% had consumed energy drinks in the past week, versus 11% in 2019 and 9.2% in 2021.

DAILY LEISURE TIME ACTIVITIES

	EMS 2015	EMS 2017	EMS 2019	EMS 2021	EMS 2023
Sleep (School Night)					
Average Hours of Sleep	7.6 hours	7.6 hours	7.3 hours	7.5 hours	7.2 hours
Percentage Getting 8 Hours or More	85.1%	61.4%	48.0%	55.4%	49.2%
Percentage Getting 5 Hours or Less	8.7%	8.1%	12.0%	8.6%	11.6%
Weekly Physical Activity (60+ minutes per day)					
Percentage with 0 days of 60+ minutes	N/A	N/A	4.9%	6.0%	4.5%
Percentage with 5 or more days of 60+ minutes	N/A	N/A	60.4%	60.1%	56.4%
Average days with 60+ minutes of activity per week	N/A	N/A	4.8	4.8	4.6

30.8% of respondents use social media at least hourly (36.3% female students, 24.7% male students).

SUBSTANCE USE

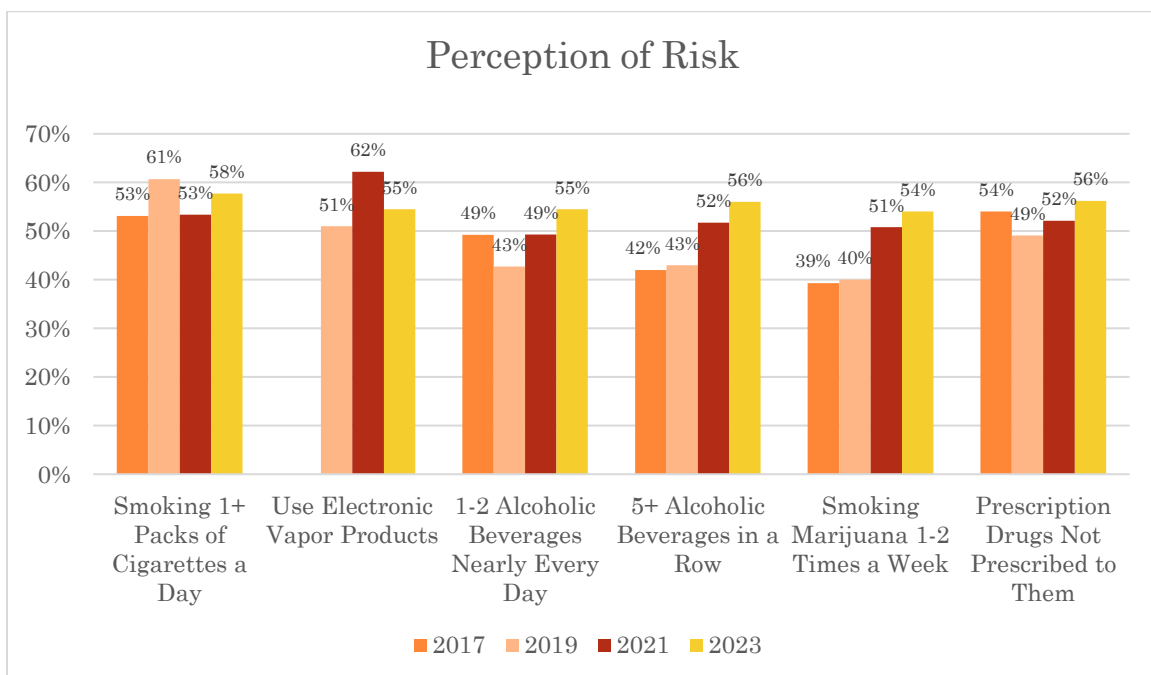
Substance	EMS 2015	EMS 2017	EMS 2019	EMS 2021	EMS 2023
Cigarettes					
Lifetime Use	2%	1%	2.9%	1.5%	0.7%
Past 30 day use	0.6%	0.4%	1.8%	0.0%	0.5%
Electronic Vapor Products					
Lifetime Use	11.9%	7.7%	7.8%	2.4%	1.2%
Past 30 day use	3.7%	4.1%	3.3%	0.6%	0.7%
Alcohol					
Lifetime Use	12%	9.7%	13%	6.2%	4.6%
Past 30 day use	N/A	3.0%	4.5%	2.3%	0.7%
Marijuana					
Lifetime Use	3%	2.4%	3.9%	1.1%	0.2%
Past 30 day use	N/A	1.5%	2.2%	0.9%	0.2%
Opioids					
Lifetime Use	N/A	2.6%	3.3%	2.1%	0.5%
Past 30 day use	N/A	2.1%	2.2%	1.1%	0.5%

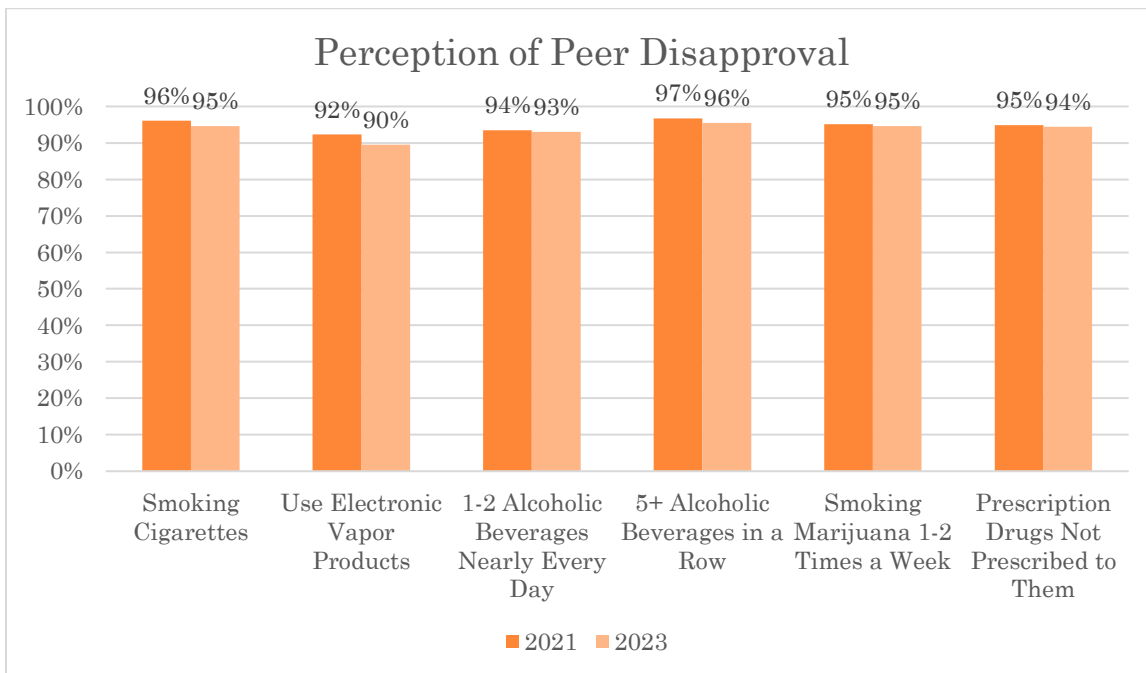
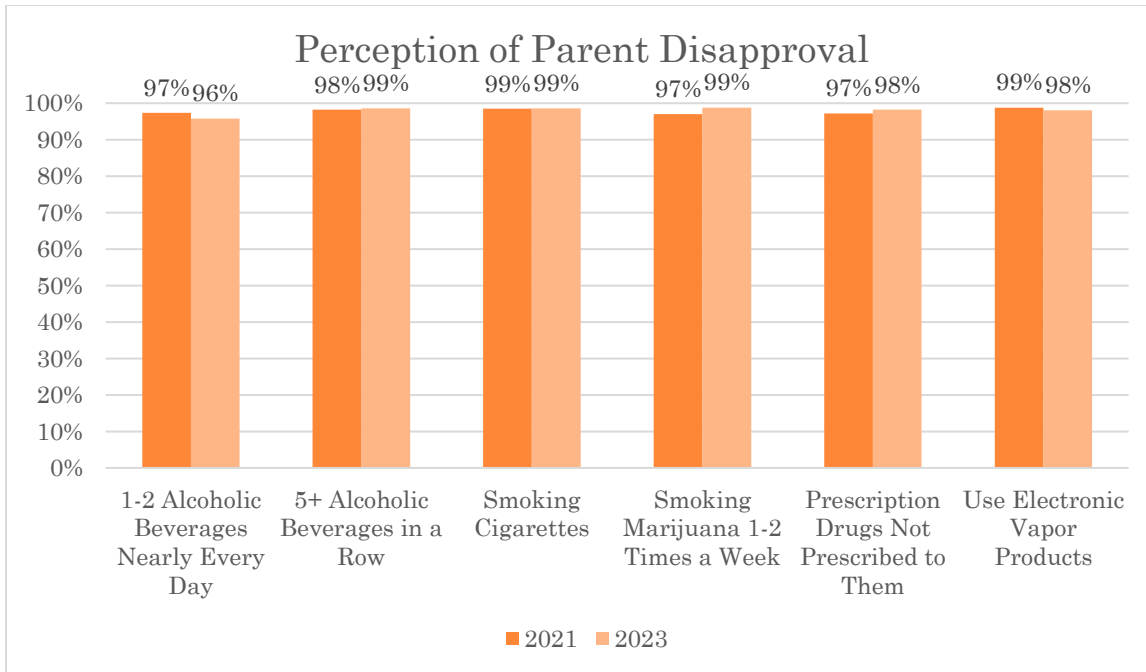
Other substances – Lifetime Use

Substance	EMS 2017	EMS 2019	EMS 2021	EMS 2023
Cocaine	0.4%	0.8%	0.0%	0.2%
Huffing/Sniffing Glues and Aerosols	5.2%	5.9%	2.6%	3.0%

In the past 12 months, 2.1% reported they have been offered, sold, or given an illegal drug on school property.

PERCEPTIONS





When asked if respondents preferred to hang out with people who do not drink alcohol or use marijuana, 80% (87.5% in 2021, 90.3% in 2019) and 81.1% (86.8% in 2021, 91.3% in 2019) answered yes, respectively.

When asked if respondents preferred parties where people do not drink alcohol or use marijuana, 85.1% (88.3% in 2021, 88.3% in 2019) and 89% (92.9% in 2021, 93.2% in 2019) answered yes, respectively.

These two measures have consistently indicated an increased tolerance for personal choices, including risky behaviors, among friends and peers.