

# Substance Use

84%

of students said that their **parents' opinion is important** to them when deciding whether to try alcohol or other drugs

36%

of students who said substances would be easy or sort of easy to get **(alcohol)**

24%

of students who said substances would be easy or sort of easy to get **(electronic vapor products)**

4%

of students reported **drinking alcohol** in the past 30 days

2%

of students reported using **electronic vapor products** in the past 30 days

2%

% of students reported using **marijuana** in the past 30 days

14%

of students who said substances would be easy or sort of easy to get **(marijuana)**

# Safety & Discrimination

12%

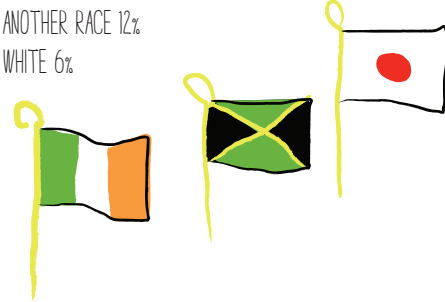
of students who **did not go to school** in the past 30 days because they felt they would be unsafe at school or on your way to or from school

12%

of students reported being treated unfairly because of **race or ethnicity**

BLACK 14%  
ASIAN 28%  
MULTIRACIAL 16%

ANOTHER RACE 12%  
WHITE 6%



26%

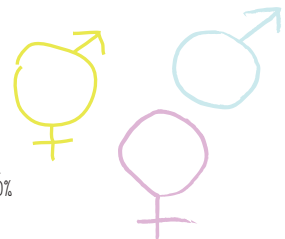
of students reported being **bullied electronically**

MALE 20%  
FEMALE 30%  
GENDER DIVERSE 45%

13%

of students reported being treated badly or unfairly because of their **sex or gender identity**

MALE 5%  
FEMALE 17%  
GENDER DIVERSE 36%



# CAMBRIDGE MIDDLE GRADES HEALTH SURVEY 2022

918 STUDENTS (76%) FROM THE FIVE CAMBRIDGE UPPER SCHOOLS TOOK THE SURVEY IN MAY 2022.

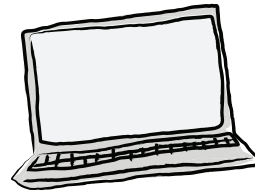
The Cambridge Teen/Middle grades Health Survey is an anonymous survey. Students in grades 6-8 have taken this survey every other year since 1992.

Many people in the city work together to improve the health and wellbeing of Cambridge youth. The survey helps people in the city learn about what matters most for youth health. Some examples are: food and exercise, drug and alcohol use, mental health, and safety.

These pictures show some risk and protective factors that youth live with.

- A risk factor is something that increases a person's chance of illness, injury, or harm. These can lead to harmful behaviors, substance use, and chronic disease.
- A protective factor decreases a person's chance of illness, injury, or harm. For example, growing up in a safe and stable neighborhood often leads to better health.
- These risk and protective factors burden some groups of students more than others (for example, race/ethnicity and gender identity). The differences in risks are because of historic and current inequities. We highlight a few differences across groups and areas that stood out.

We hope these pictures will help people talk about these issues.



Visit our website for full results and more information about this survey.



# Healthy Eating & Physical Activity

**59%** of students who participated in **physical activity** for a total of at least 60 minutes a day on at least 3 days per week



**5%** of students who got to school by **bike, skateboard or scooter**



**47%** of students **ate vegetables** (includes raw or cooked) two or more times per day



**56%** of students **ate breakfast** 6 or 7 times per week



**78%** of students drink **tap water** at least once every day



**70%** of students drinking **sugar sweetened beverages** once or fewer times per day

# Habits & Activities

**26%** of students got more than **8 hours of sleep** on a regular school night

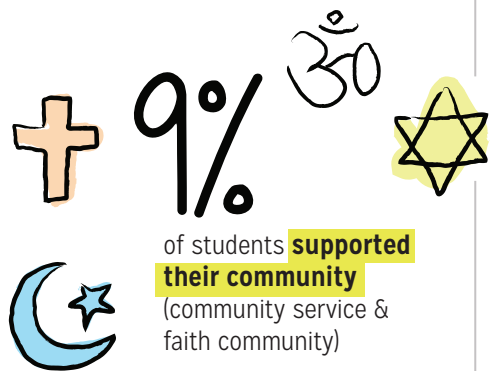


**40%** of students **checked their phone** after they get in bed to go to sleep

**74%** of students had **family responsibilities**, like chores or sibling care



**9%** of students **supported their community** (community service & faith community)



**46%** of students **participated in sports** (school and team)



**76%** of students **participated in extracurricular activities** like afterschool program, youth center, club, arts, sports, tutoring etc.



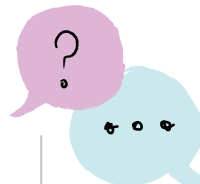
# Social Health & Relationships

**67%** of students reported feeling they have a parent or other adult they **can talk to outside of school**

**34%** of students reported having **talked to their parents** about sex in the past 12 months



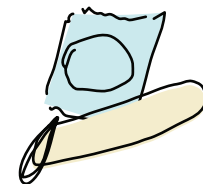
**45%** of students reported having a teacher or adult in school they **can talk to about a problem**



**78%** of students reported having **3 or more close friends**



**1%** of students have had **consensual intercourse**



**29%** of students who reported **using a condom** or other protective barrier the last time they had consensual sex

# Mental Health

Students reported the **top three things they worried about** fairly often or most of the time during the past year

**35%** (1) **Academic issues**  
MALE 24%  
FEMALE 45%  
GENDER DIVERSE 48%



**31%** (3) **Appearance Issues**  
MALE 12%  
FEMALE 48%  
GENDER DIVERSE 54%



**28%** (2) **Social issues**  
MALE 15%  
FEMALE 38%  
GENDER DIVERSE 54%

**34%** of students reported **feeling anxious** every day during the past 30 days, for two or more weeks in a row  
MALE 19%  
FEMALE 42%  
GENDER DIVERSE 70%

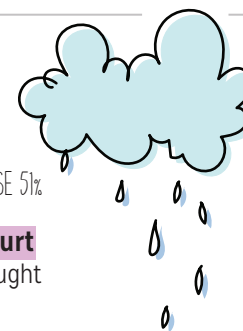


**22%** of students reported **feeling sad or hopeless** almost every day for at least two weeks in the past year



MALE 11%  
FEMALE 29%  
GENDER DIVERSE 51%

**19%** of students have **physically hurt themselves on purpose**, thought about attempting suicide, or attempted suicide in the past year



Note: Gender diverse includes students who self-identified as transgender, non-binary, another gender or questioning.