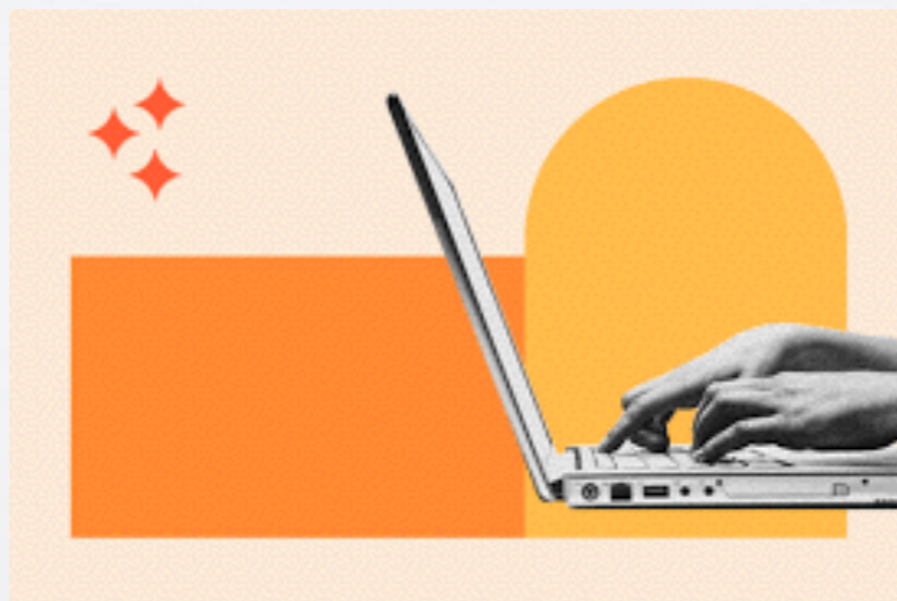


Stoughton Youth Health Survey

2024

Key Findings



Considerations

- Balance Hope *and* Concern
- Data provides some insight but not all the answers
- Complex issues require complex and collaborative solutions



2024 Stoughton Youth Health Survey

- Survey Date: February 8, 2024
administered electronically at OMS and SHS
- Based on CDC's Youth Risk Behavior Survey (YRBS)
- OMS sample: 690 valid surveys (82%)
- SHS sample: 742 valid surveys (67%)
- Anonymous & Confidential
- Offered in 4 languages (English, Spanish, Portuguese & Haitian Creole)



Connectedness



MOST students feel connected to school.

	OMS Agree / Strongly Agree	SHS Agree / Strongly Agree
There is at least 1 adult in the school I can talk to if I have a problem.	69%	78%
Teachers treat me with respect.	69%	82%
My teachers really care about me.*	55%	64%
I feel safe at school.	54%	58%
I feel I am a part of this school.*	63%	62%
School-wide behavioral expectations are meaningful or important to me.	65%	63%



MOST students are
engaged in some type of
extracurricular activity.

75%

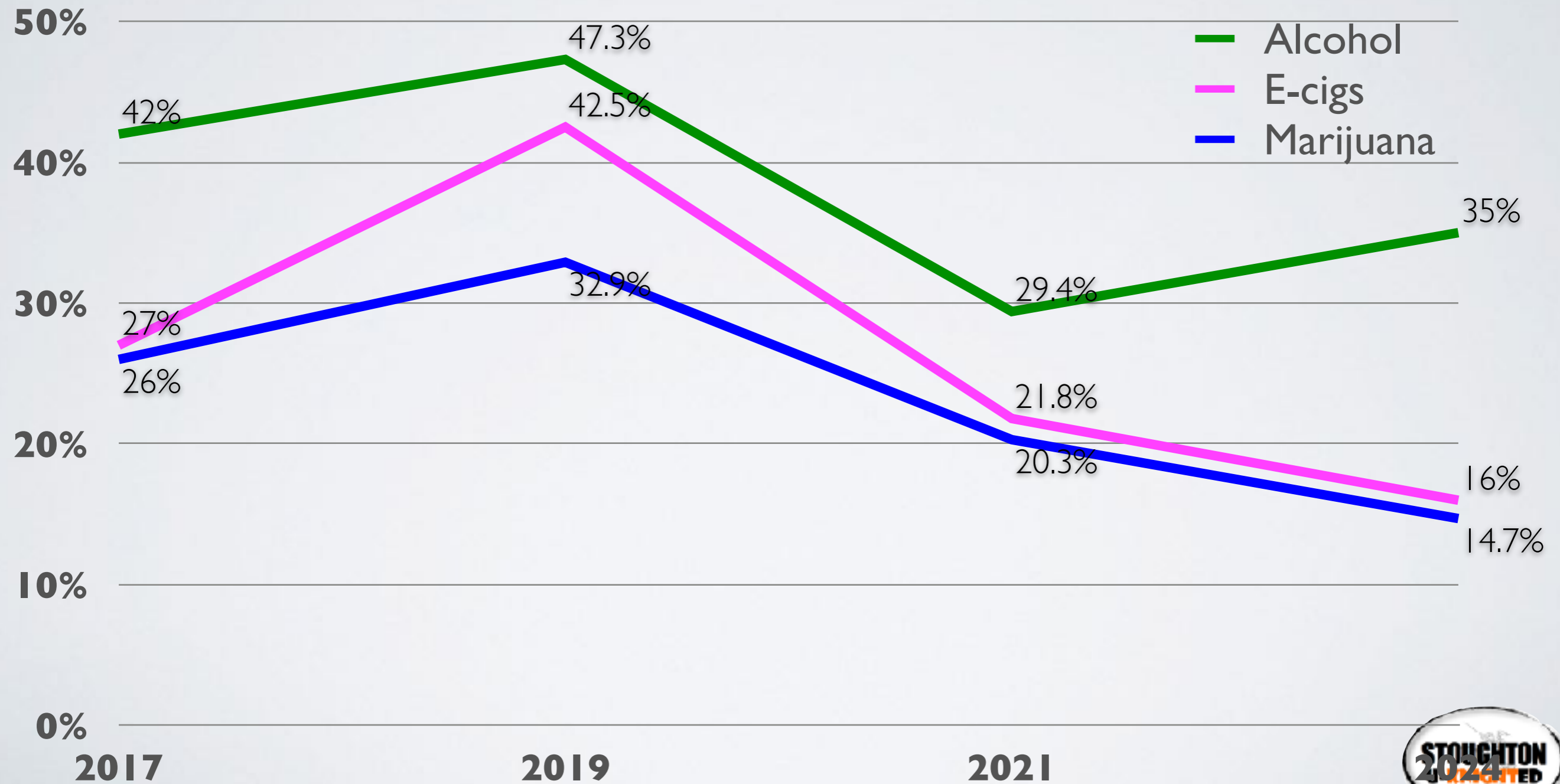


Alcohol and Other Drugs

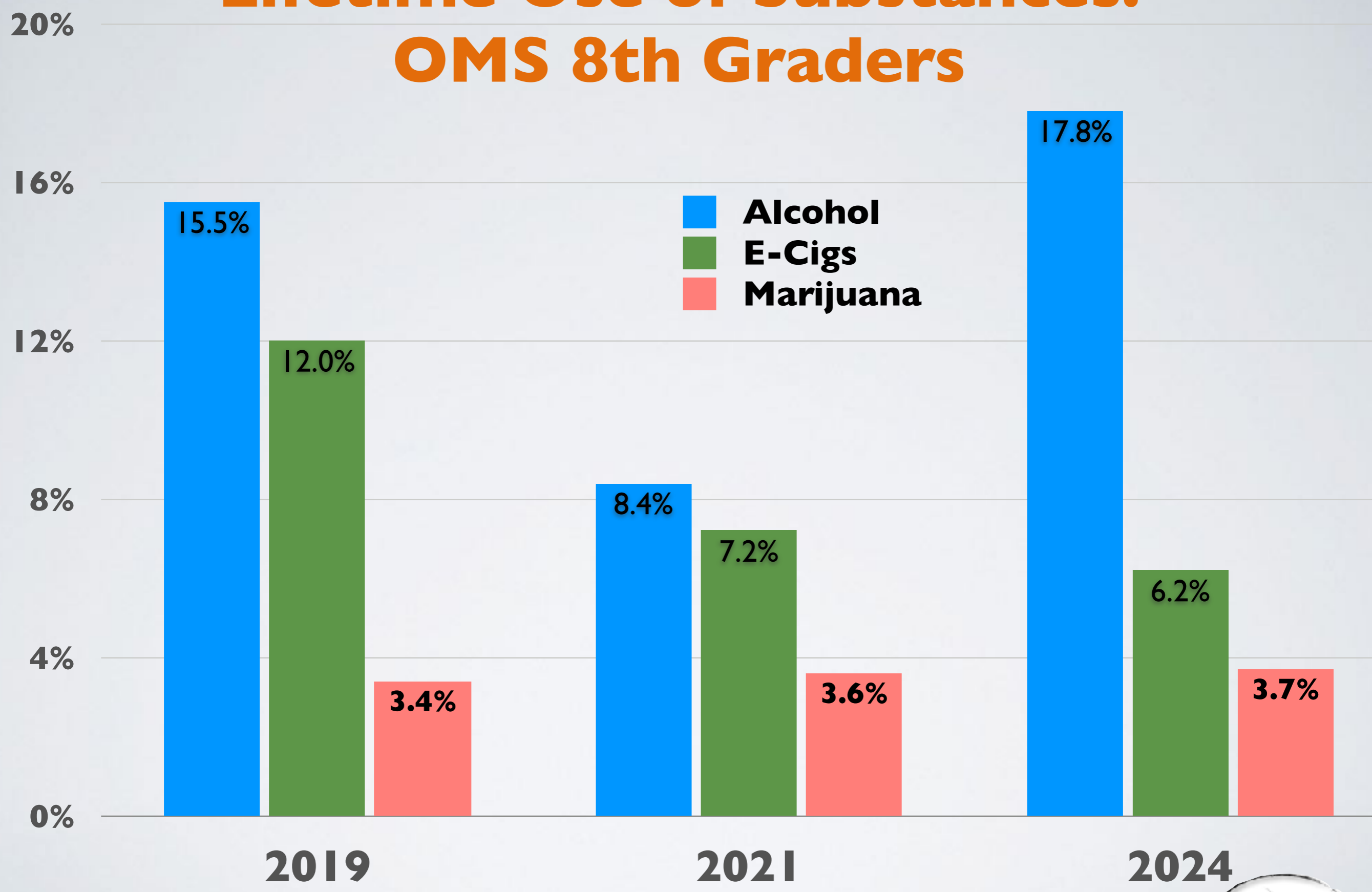


**Substance use is trending down,
with the exception of alcohol.**

Lifetime Use - SHS 2017-2024



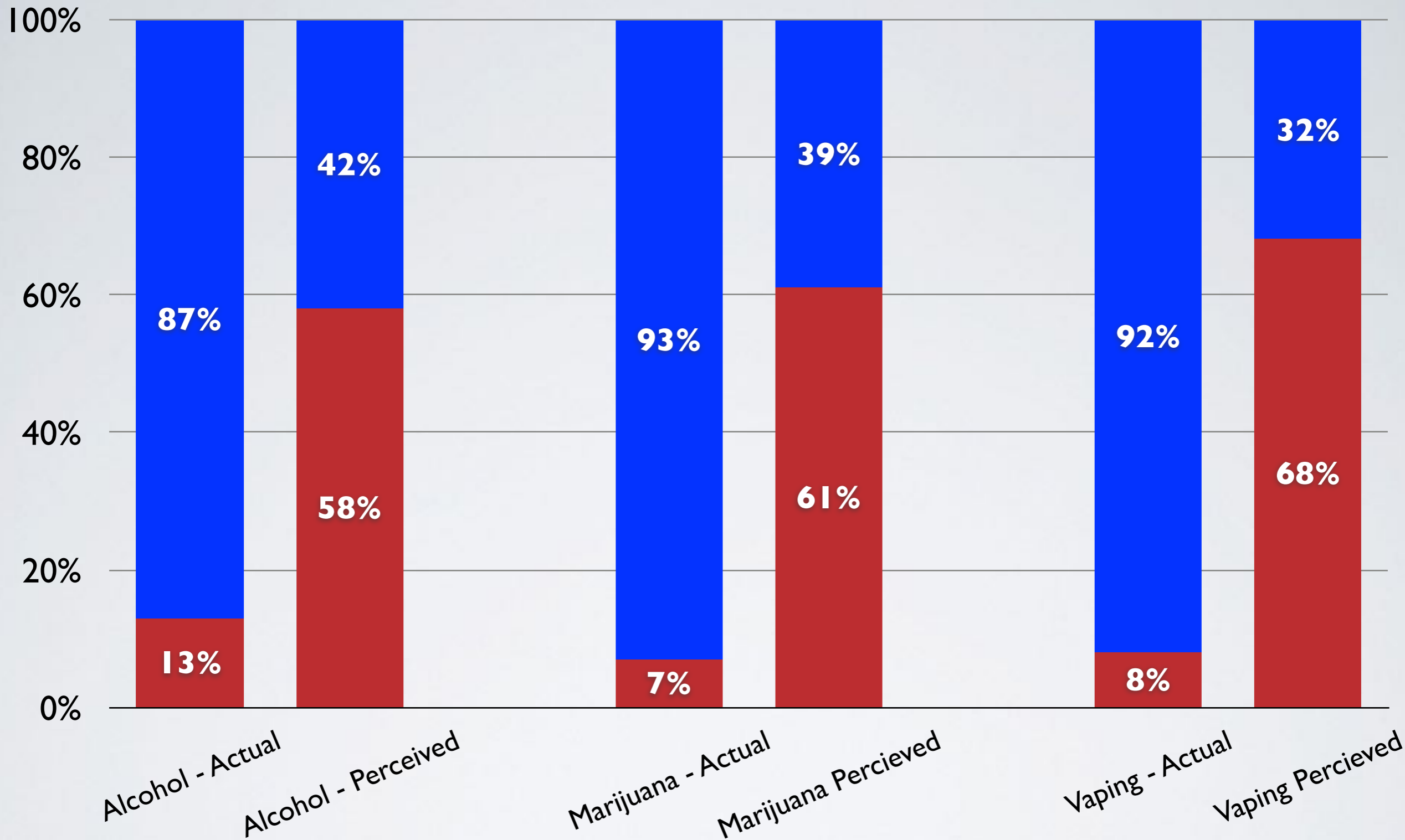
Lifetime Use of Substances: OMS 8th Graders



If rates are down, why do we feel like we are experiencing increased use?

	Lifetime	Past Year	Past 30 Days
Alcohol	35%	24.3%	13%
Marijuana	14.7%	13.9%	7.4%
Vaping	16%* <i>In this case it specified nicotine</i>	17.1%	8.1%





2024 - Truth & Perceptions, Current Substance Use at SHS

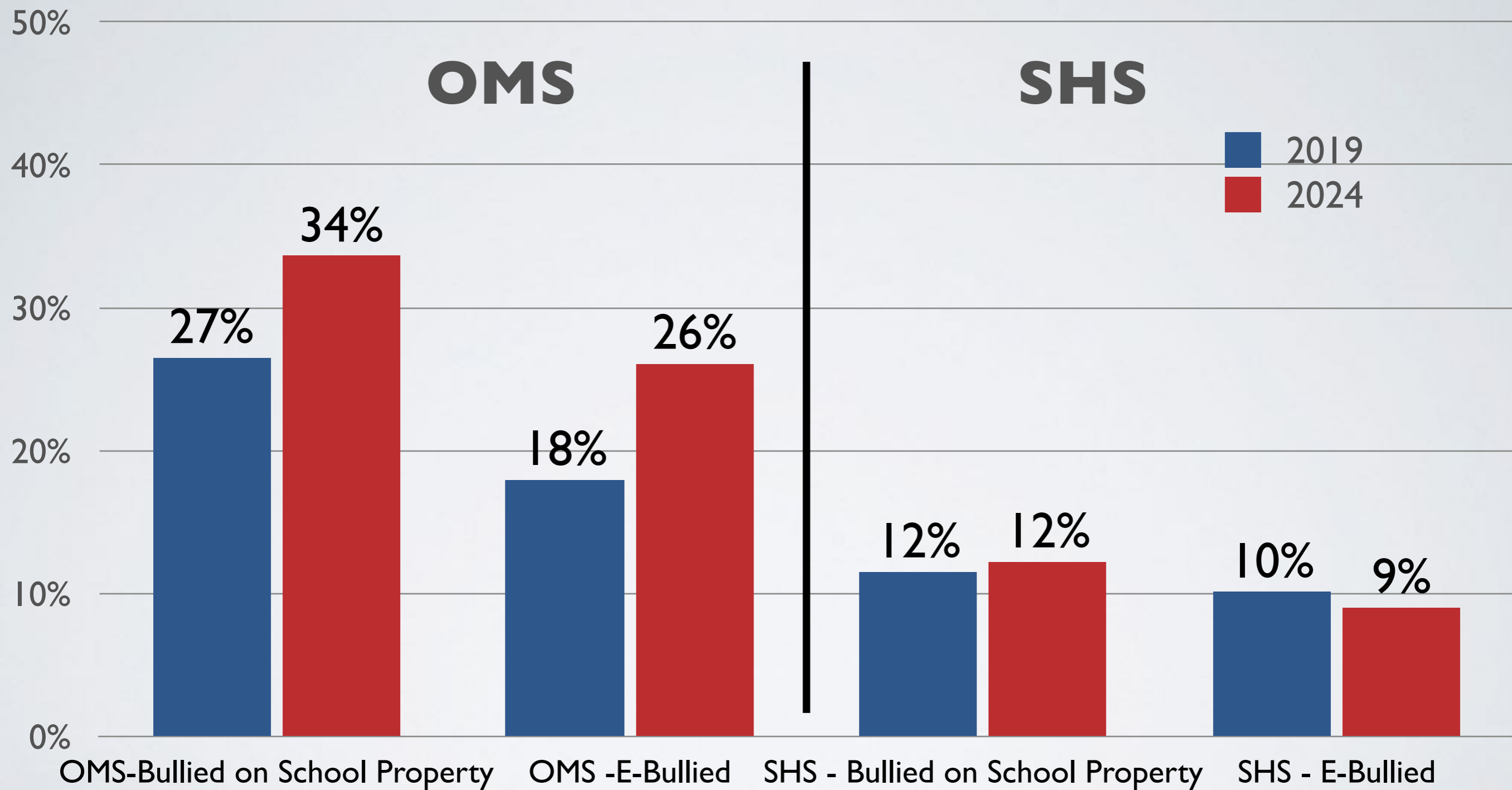
■ Non-Use
■ Use



Bullying & Fighting



Bullying & E-Bullying 2019 & 2024



Fighting - Past 12 months

OMS

	2019	2024
In a physical fight	14.6%	17.6%
In a physical fight on school property	5.1%	9.7%
Been threatened or injured with a weapon	7%	10.5%

SHS

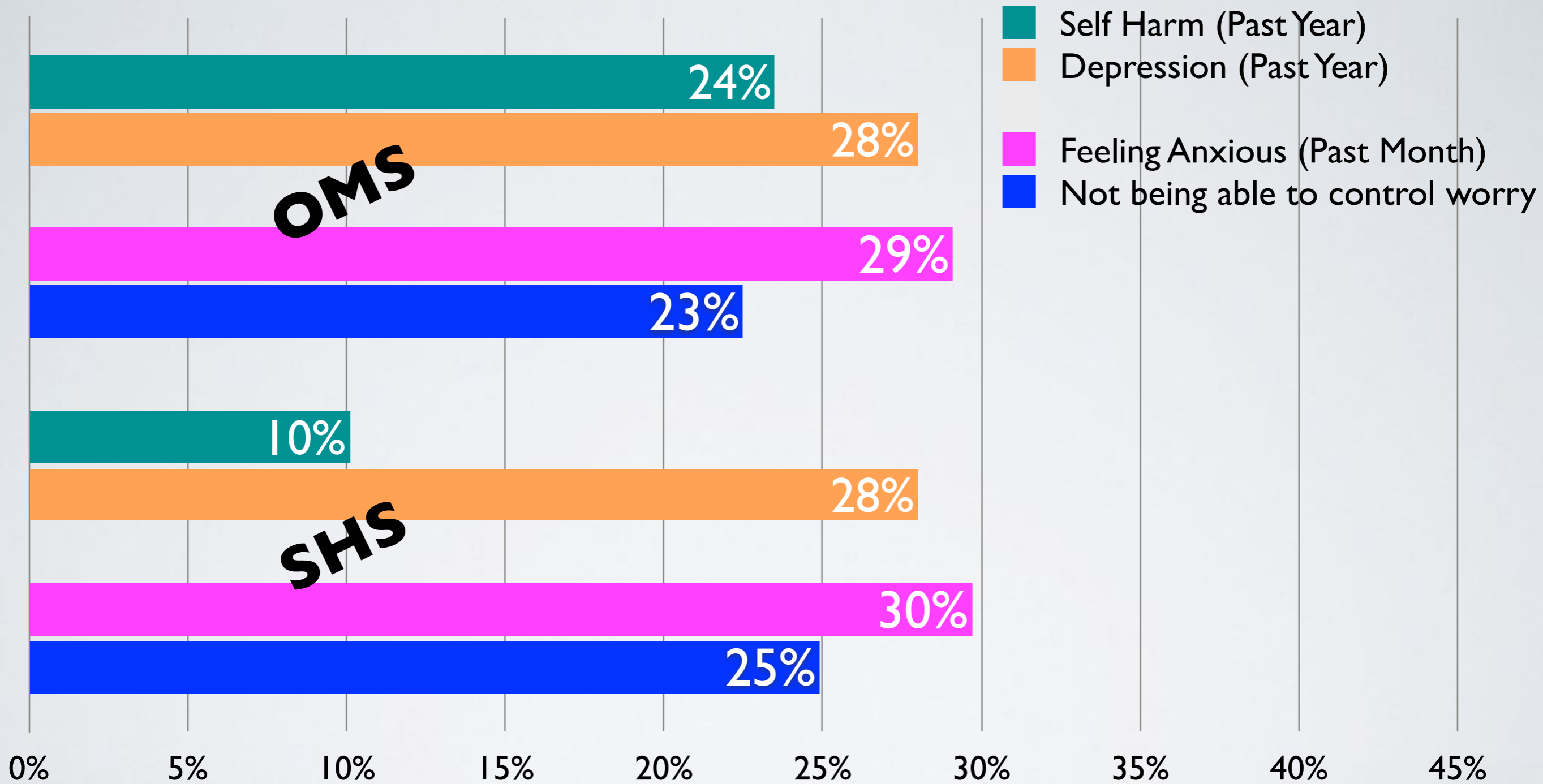
In a physical fight	14.6%	7.5%
In a physical fight on school property	5.1%	3.7%
Been threatened or injured with a weapon	4.1%	4.1%



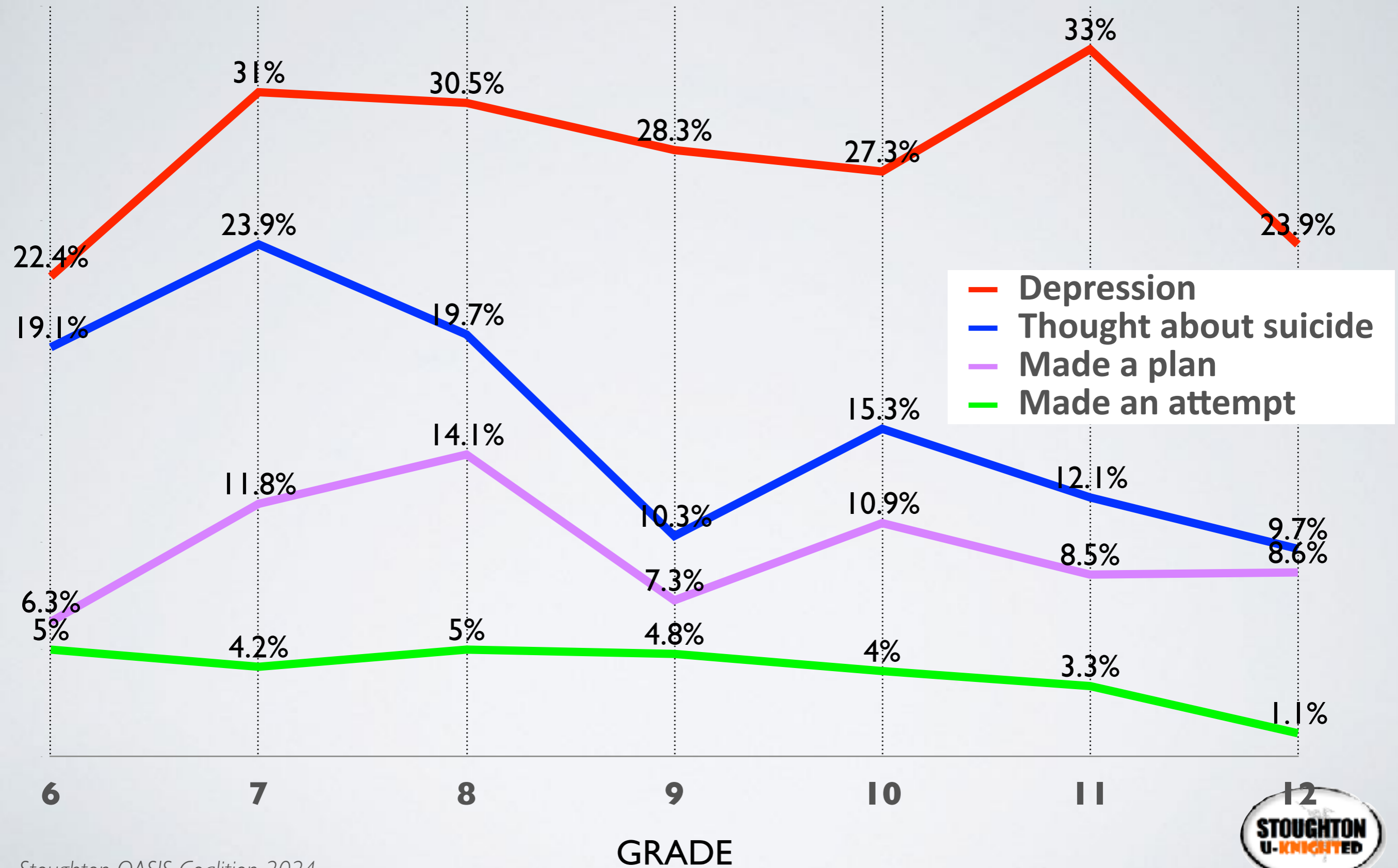
Mental Health



Depression & Anxiety



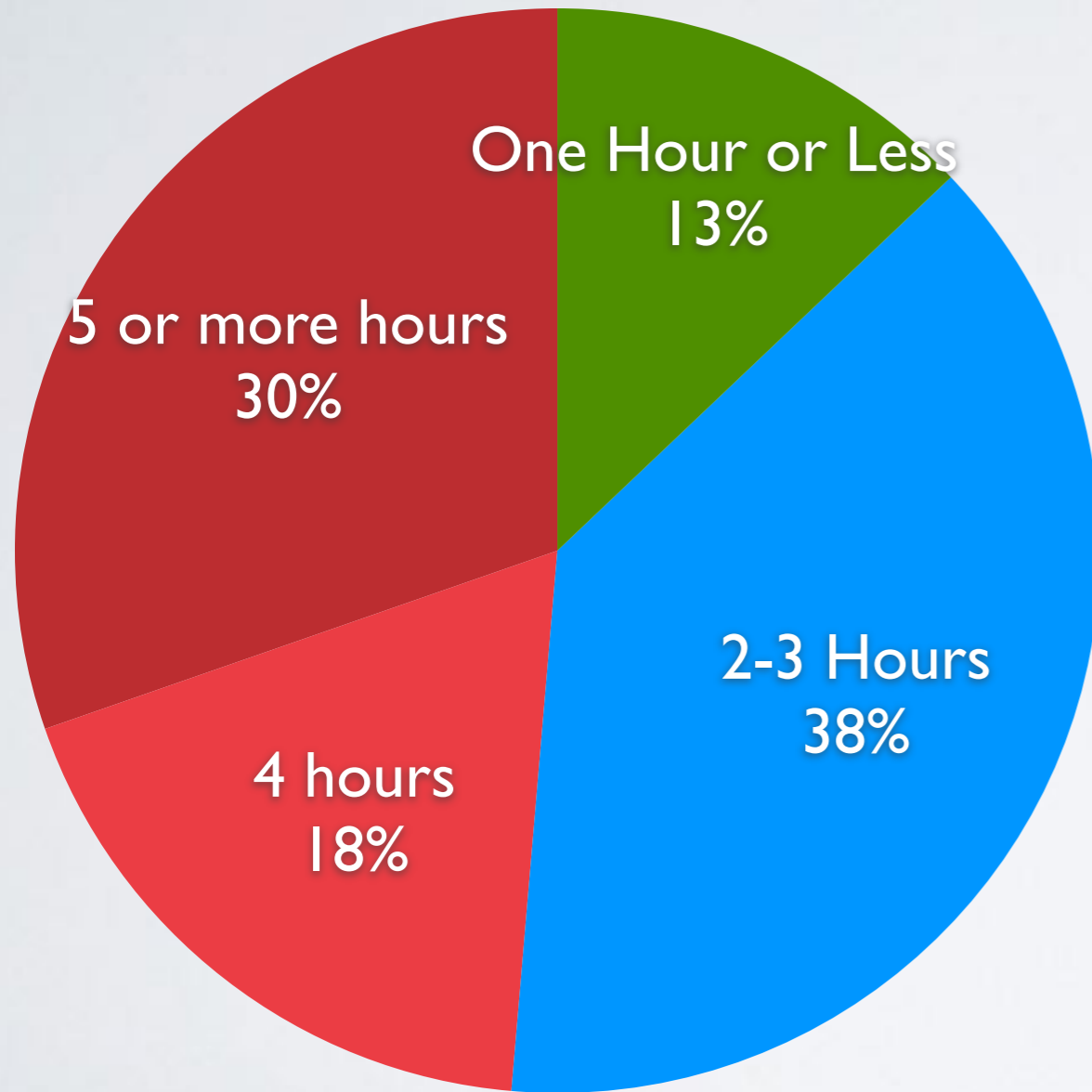
Depression & Suicide by Grade - 2024



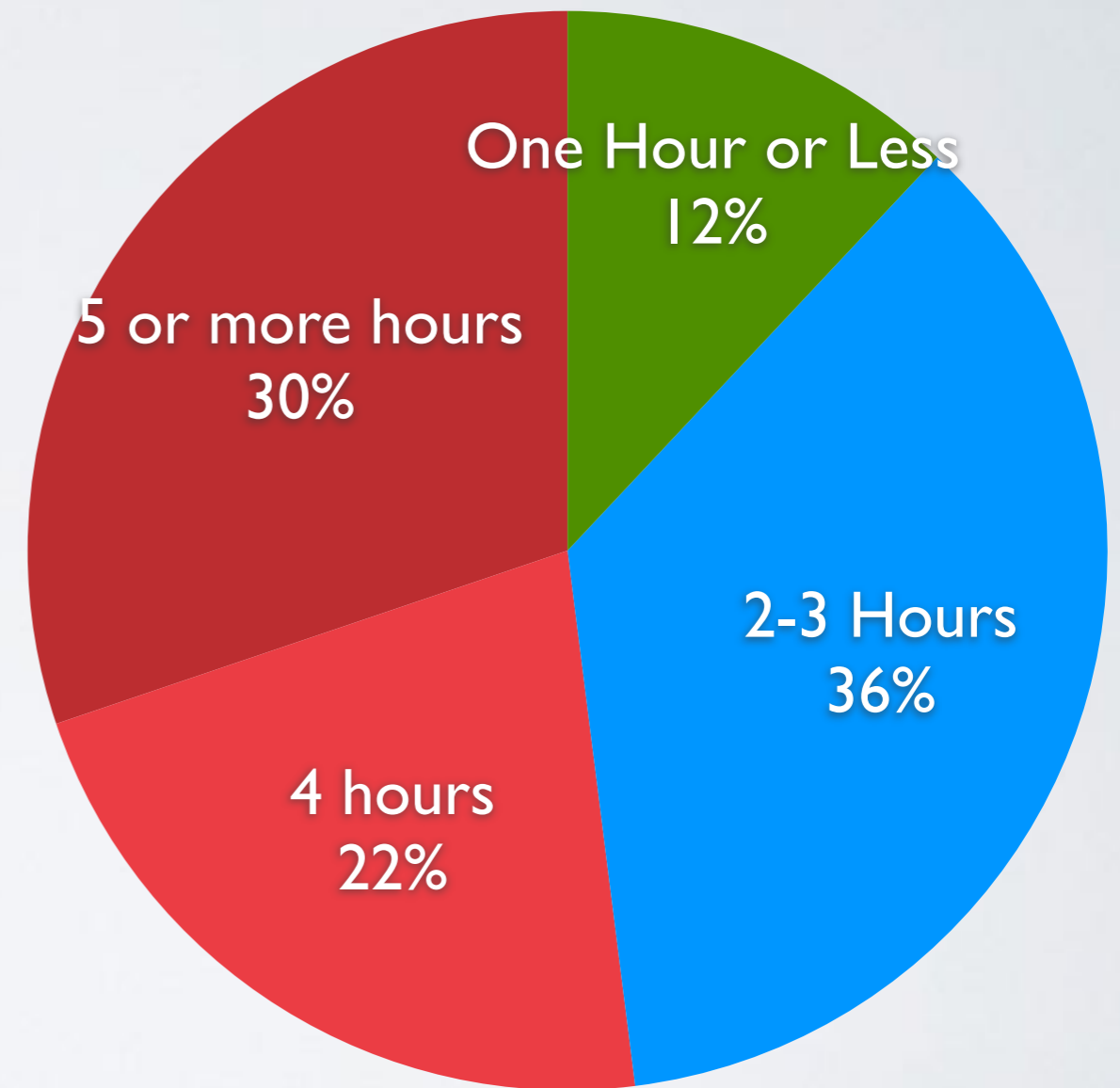
Other Behaviors:



Screen Time on School Days for 2024 *(not for school work)*



OMS



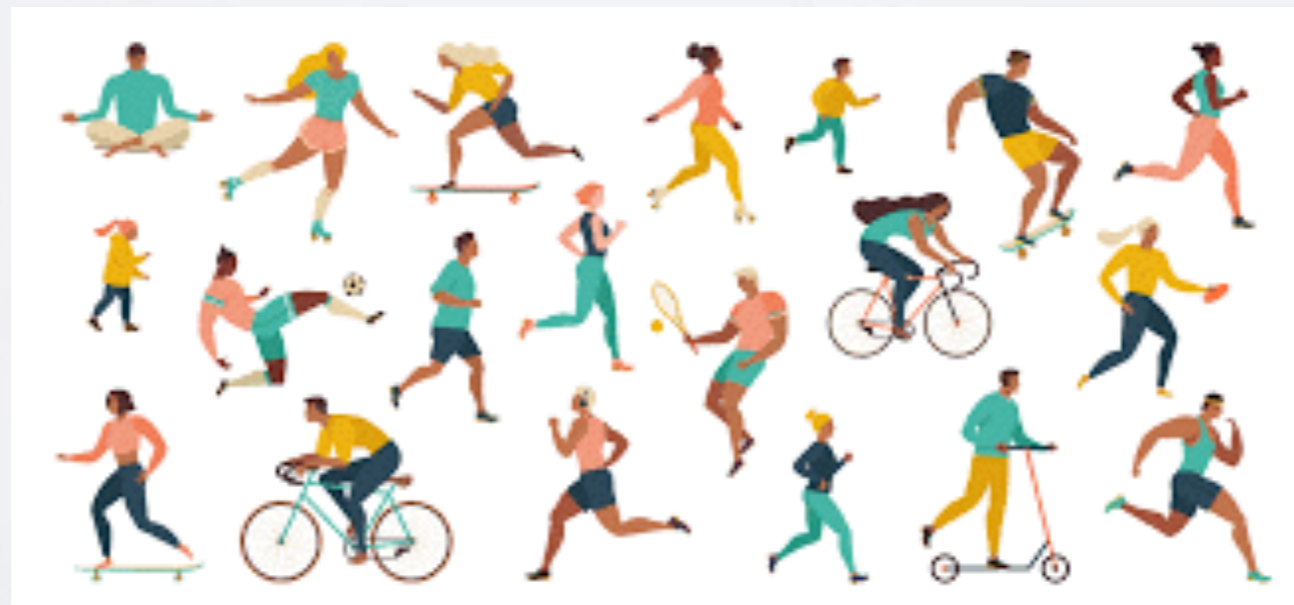
SHS



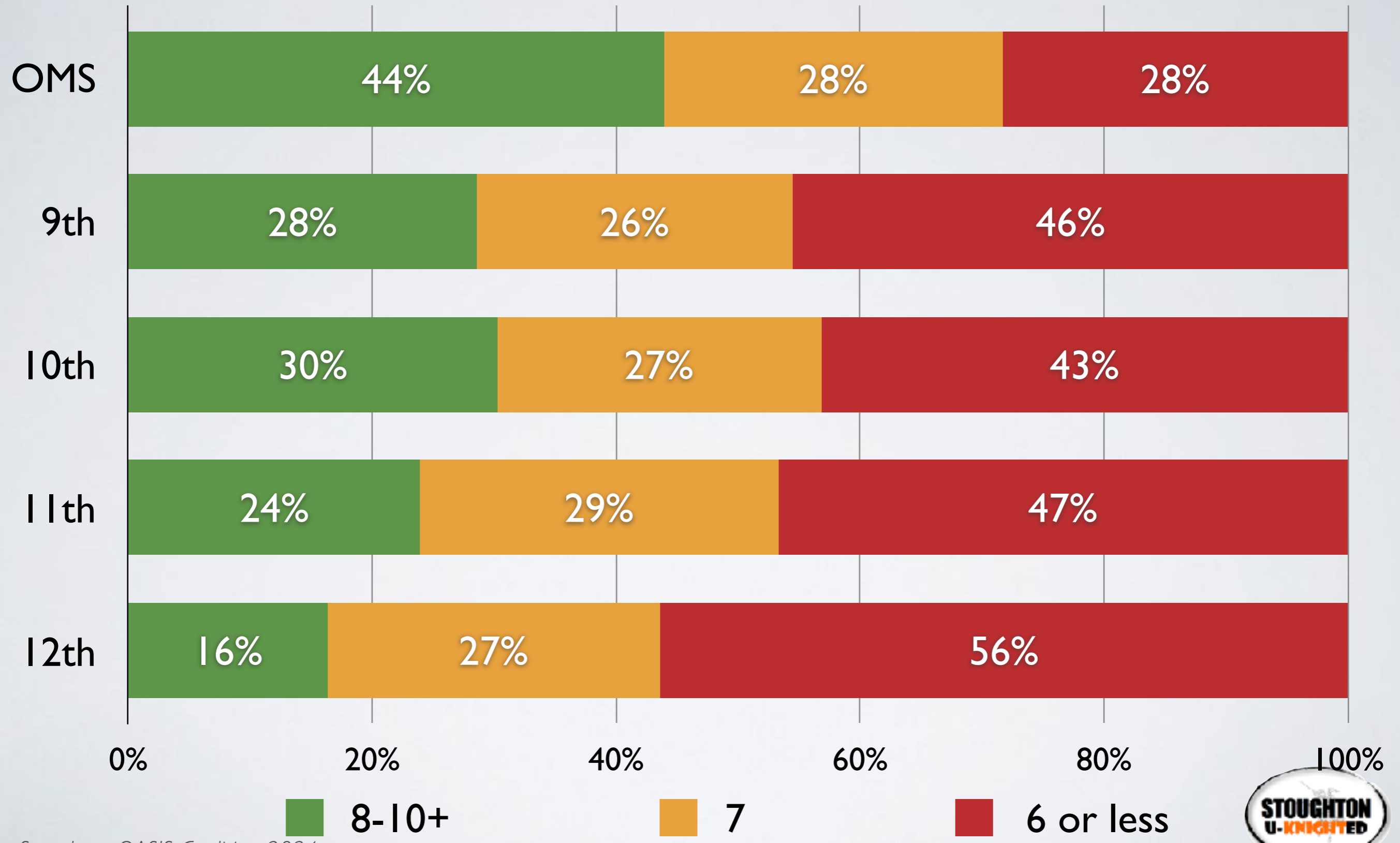
Physical Activity

61% of SHS students report being physically active for 3+ days in past week ("made you sweat or breathe hard")

62.1% of OMS students report being physically active for 3+ days in past week



Average Hours of Sleep (School Nights) 2024



Stoughton Public Schools & OASIS Present:

2nd Annual

HEALTH & WELLNESS FAIR

Wednesday
April 24, 2024
3-7

Stoughton High

**For SHS & OMS students
& SPS Parents / Guardians**

**Explore all things health and
wellness with our community
partners.**

**Come any time and stay as
long as you want.**

**Attendance buy backs
and other incentives for
participation!**

Comfort Dogs
Mental Health
Fatal Vision Goggles
Self-Defense
Obstacle Course
(with Stoughton Fire)
Fun & Games
Food Trucks
and so much more!

For more detailed info visit: www.stoughtonoasis.org



NEW PODCAST

WHERE'S MY HANDBOOK?



EPIISODES AVAILABLE STARTING 2/28



LISTEN ON
ALL MAJOR PLATFORMS



GRANDPARENTS RAISING GRANDCHILDREN SUPPORT GROUP

FREE In Person, Weekly Drop-In Group

Every Tuesday 10-11AM

Starting March 26, 2024

Location: Stoughton YMCA (open to all)
Child Care available

Questions?

Call Teresa Tapper, LMHC 781-232-9383



Sponsored by Town of Stoughton and
Stoughton Old Colony YMCA



Questions?

Stephanie M. Patton, MPH

Prevention Coordinator, Town of Stoughton

Substance Abuse Prevention Dept. ~ OASIS Coalition

spatton@stoughton-ma.gov

