

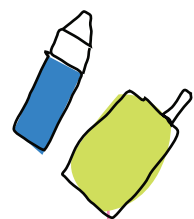
# SUBSTANCE USE

Students who said **substances would be easy or sort of easy to get**



**55%**

Marijuana



**60%**

Electronic Vapor Products



**64%**

Alcohol

**13%** of students reported **using electronic vapor products** in the past 30 days

**19%**



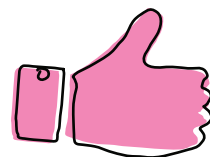
of students reported **using marijuana** in the past 30 day

**24%**

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

**65%**

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



# SAFETY & DISCRIMINATION

**12%**

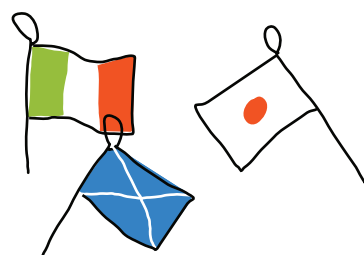


of students who **did not go to school** in the past 30 days because they felt they would be unsafe at school or on their way to or from school

**14%**

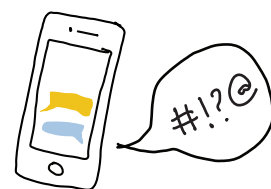
of students reported being **treated unfairly** because of race

BLACK 21%  
ASIAN 26%  
MULTIRACIAL 20%  
ANOTHER RACE 19%  
WHITE 4%



**13%**

of students **reported being bullied** while in school or bullied electronically



MALE 12%  
FEMALE 13%  
GENDER DIVERSE 23%

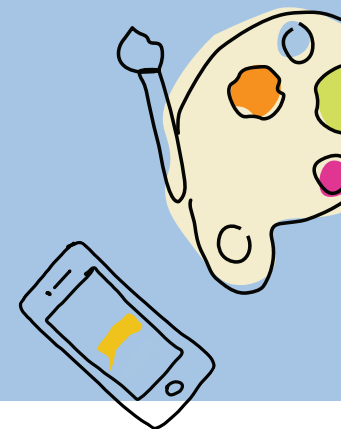
**17%**

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



MALE 3%  
FEMALE 26%  
GENDER DIVERSE 48%

# CAMBRIDGE TEEN HEALTH SURVEY 2022



1,282 HIGH SCHOOL STUDENTS (69%) FROM CAMBRIDGE RINGE AND LATIN SCHOOL TOOK THE SURVEY IN MAY 2022.

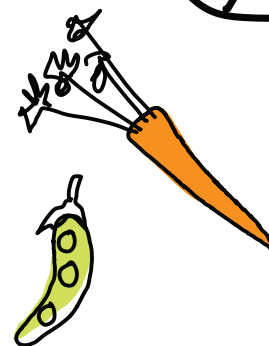
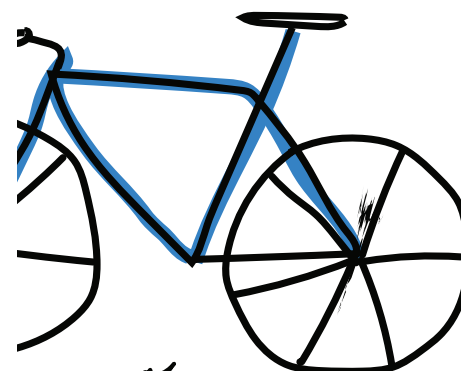
The Cambridge Teen/Middle grades Health Survey is an anonymous survey. Students in grades 9-12 have taken this survey every other year since 1992.

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.

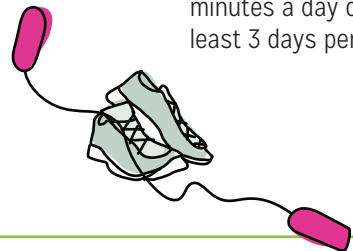


Visit our website for full results and more information about this survey.

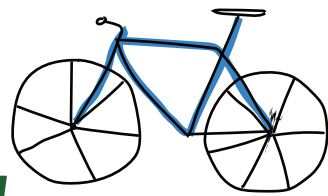


# HEALTHY EATING & PHYSICAL ACTIVITY

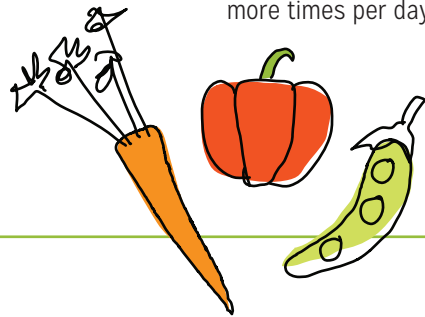
**66%** of students who participated in physical activity or a total of at least 60 minutes a day on at least 3 days per week



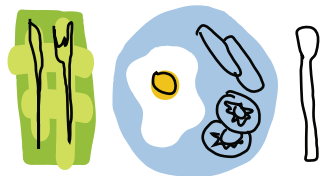
**16%** of students who got to school by bike, skateboard or scooter



**45%** of students ate vegetables (includes raw or cooked) two or more times per day



**43%** of students ate breakfast 6 or 7 times per week



**76%** of students drink tap water at least once every day



**69%** of students drink sugar sweetened beverages once or fewer times per day

**69%**

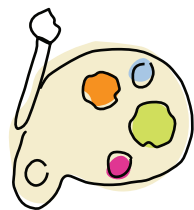
# HABITS & ACTIVITIES

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

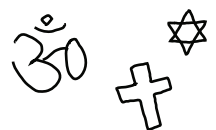


**81%** of students had family responsibilities, like chores or sibling care

**77%** of students participated in afterschool programs like youth center, clubs, arts, sports, tutoring etc.



**32%** of students supported their community (community service & faith community)



**49%** of students participated in sports (school and team)

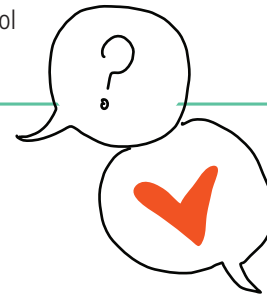


**62%** of students checked their phone after they get in bed to go to sleep

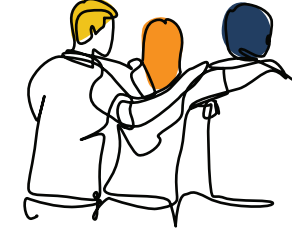


# SOCIAL HEALTH & RELATIONSHIPS

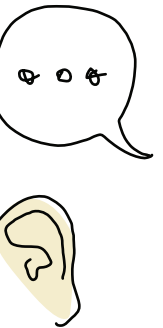
**71%** of students reported feeling they have a parent or other adult they can talk to outside of school



**63%** of students reported having 3 or more close friends

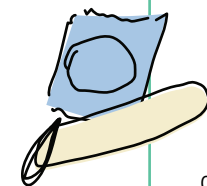


**37%** of students reported having talked to their parents about sex in the past 12 months



**51%** of students reported having a teacher or adult in school they can talk to about a problem

**22%** of students have had consensual intercourse



**55%** of students 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

**65%**  
(1) Academic Issues  
MALE 52%  
FEMALE 74%  
GENDER DIVERSE 83%



**39%**  
(2) Appearance Issues  
MALE 21%  
FEMALE 55%  
GENDER DIVERSE 48%



**38%**  
(3) Social Issues  
MALE 26%  
FEMALE 47%  
GENDER DIVERSE 51%

**37%** of students reported feeling sad or hopeless almost every day for at least two weeks in the past year



MALE 25%  
FEMALE 46%  
GENDER DIVERSE 56%

MALE 14%  
FEMALE 33%  
GENDER DIVERSE 48%

**48%** of students reported feeling anxious every day during the past 30 days, for two or more weeks in a row

MALE 33%  
FEMALE 59%  
GENDER DIVERSE 71%



**26%** of students have physically hurt themselves on purpose, thought about suicide or attempted suicide in the past year

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