

Figure 2-1A. Lifetime Substance Use by Gender, 2014
Ashland High School (Grades 9-12)
MetroWest Adolescent Health Survey

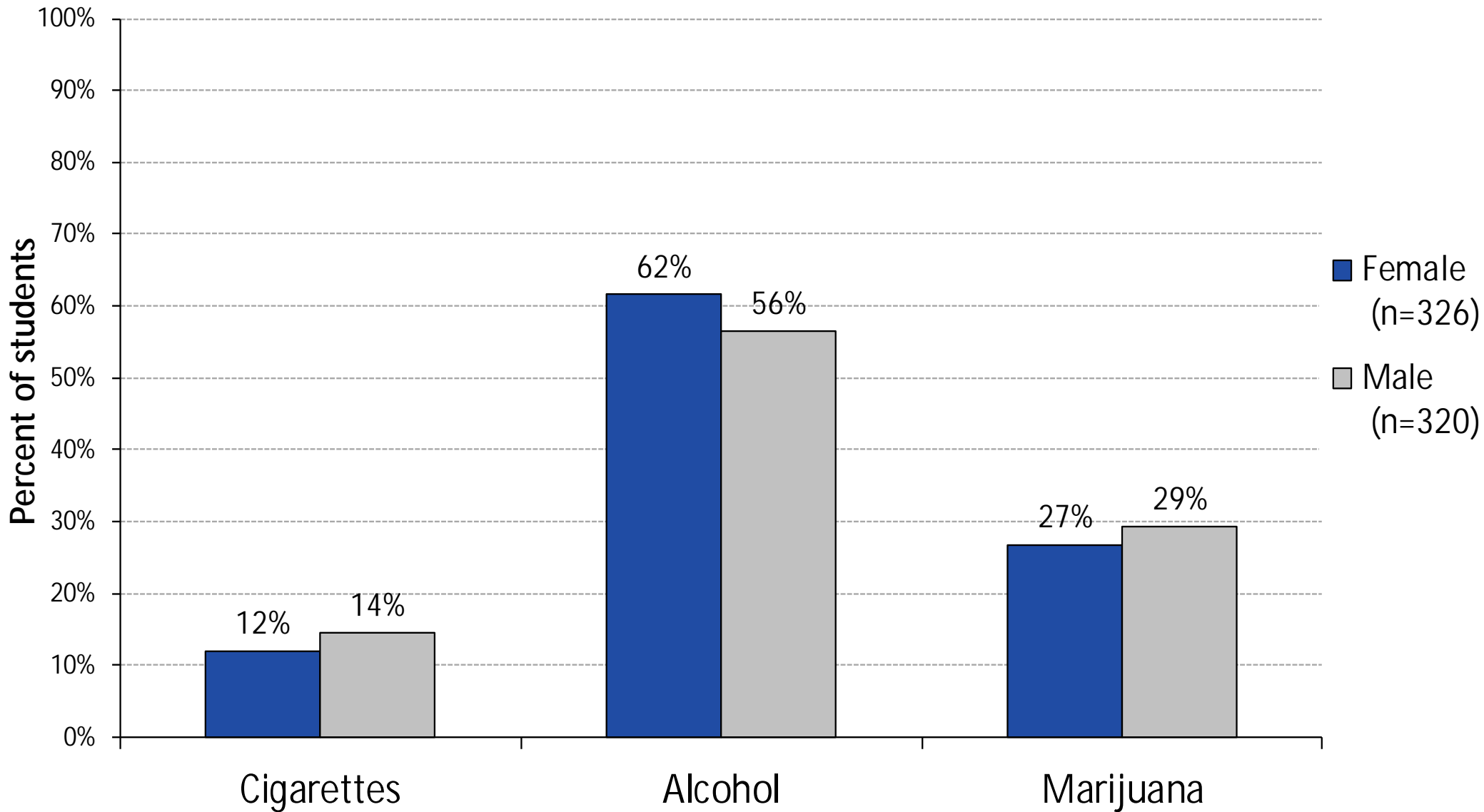


Figure 2-1B. Lifetime Substance Use by Grade, 2014
Ashland High School (Grades 9-12)
MetroWest Adolescent Health Survey

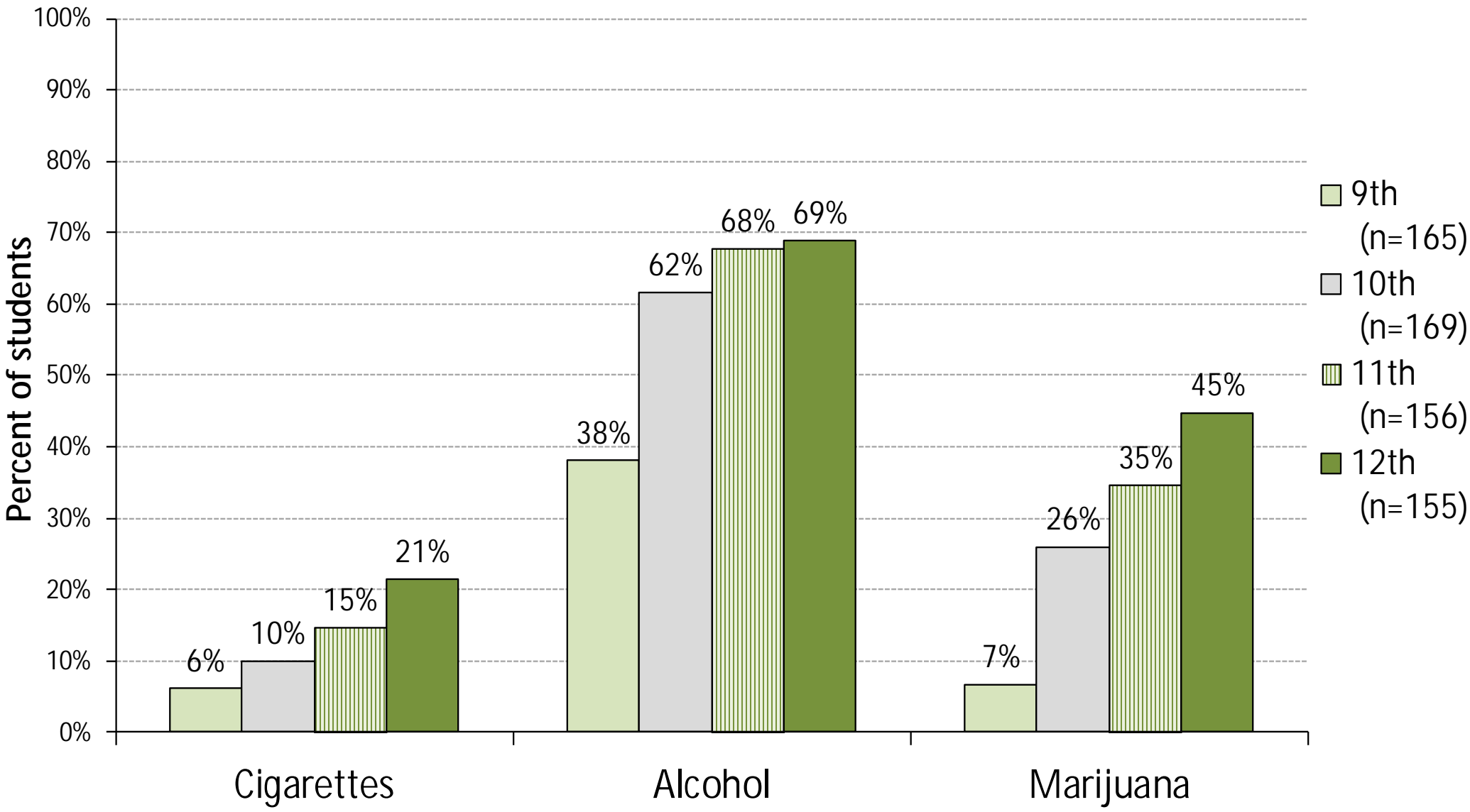


Figure 2-1C. Trends in Lifetime Substance Use, 2006-2014
Ashland High School (Grades 9-12)
MetroWest Adolescent Health Survey

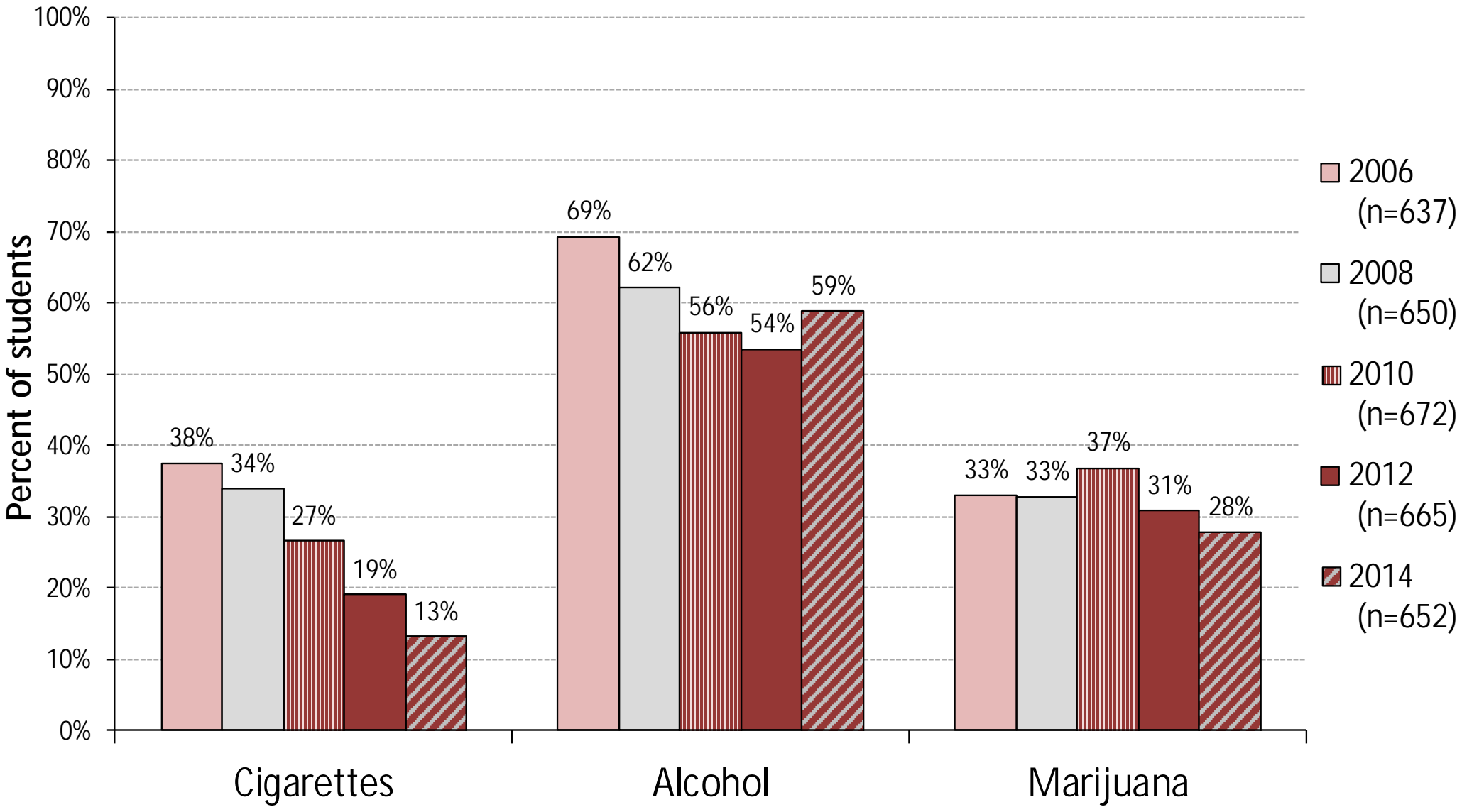


Figure 2-1D. Lifetime Substance Use at the District, Regional, State, and National Levels, 2014
Ashland High School (Grades 9-12)
MetroWest Adolescent Health Survey

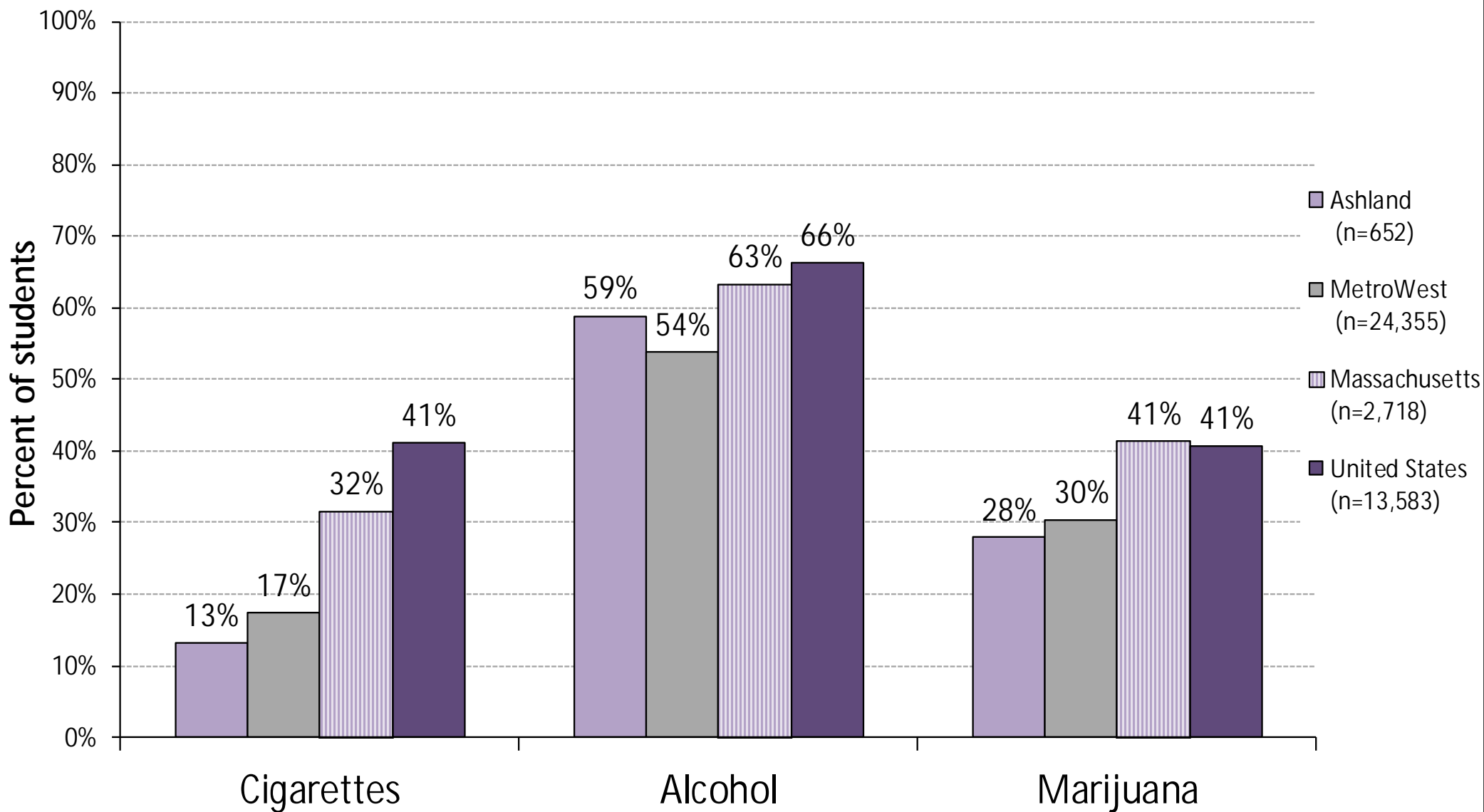
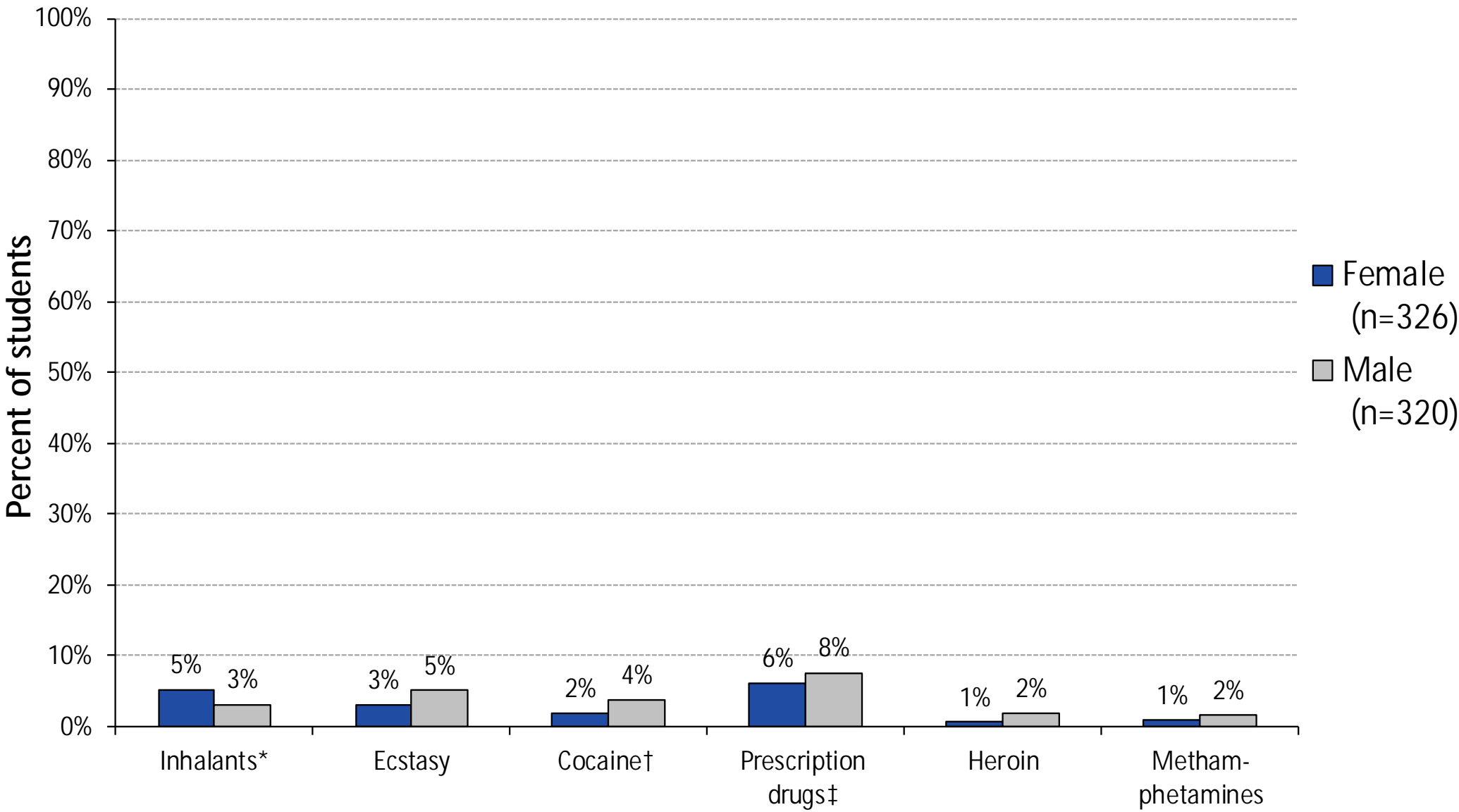


Figure 2-2A. Lifetime Other Substance Use by Gender, 2014

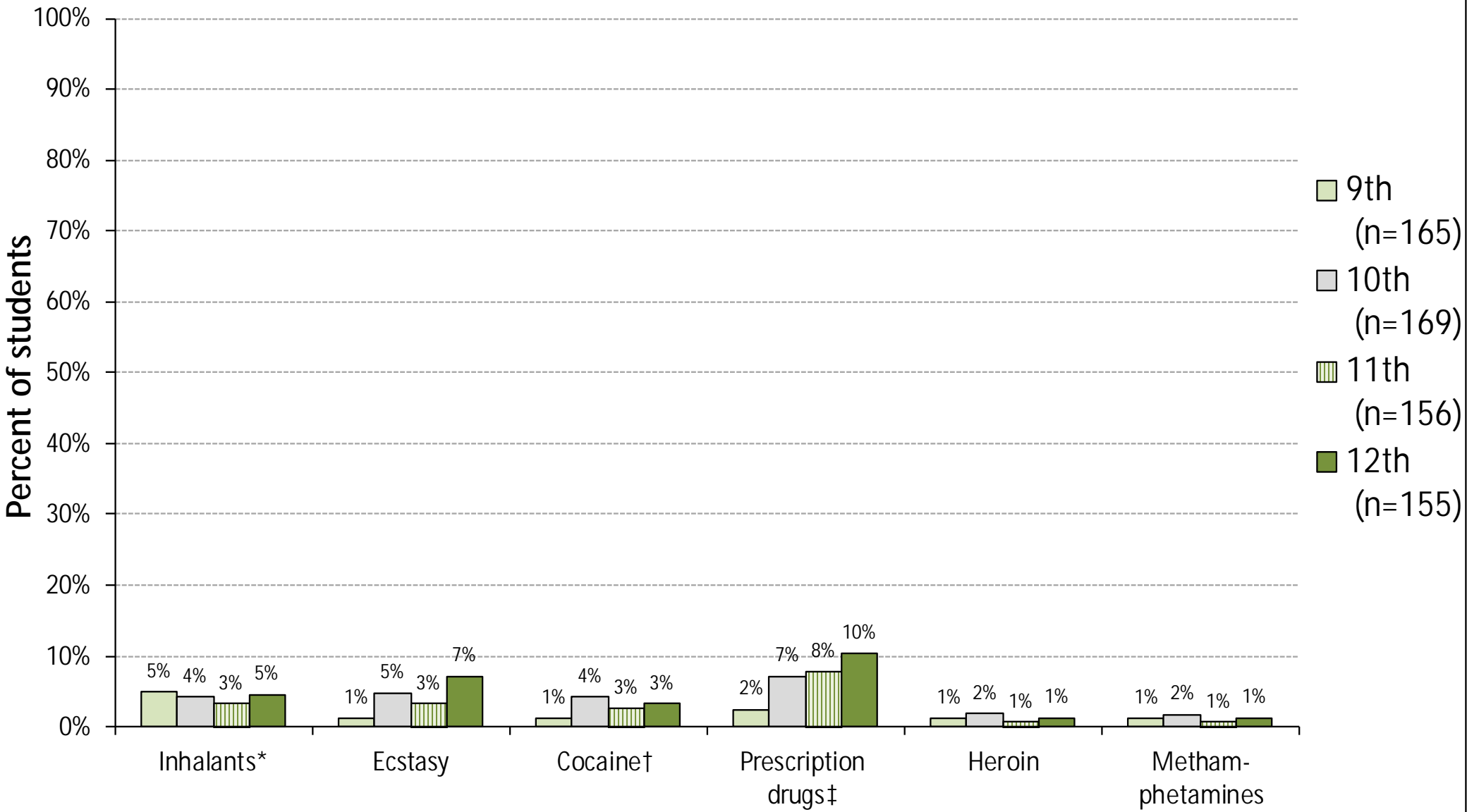
Ashland High School (Grades 9-12)

MetroWest Adolescent Health Survey



* Includes sniffing glue, breathing the contents of aerosol spray cans, or inhaling any paints or sprays to get high
 † Includes using powder, crack or freebase
 ‡ Without a doctor's prescription

Figure 2-2B. Lifetime Other Substance Use by Grade, 2014
 Ashland High School (Grades 9-12)
 MetroWest Adolescent Health Survey

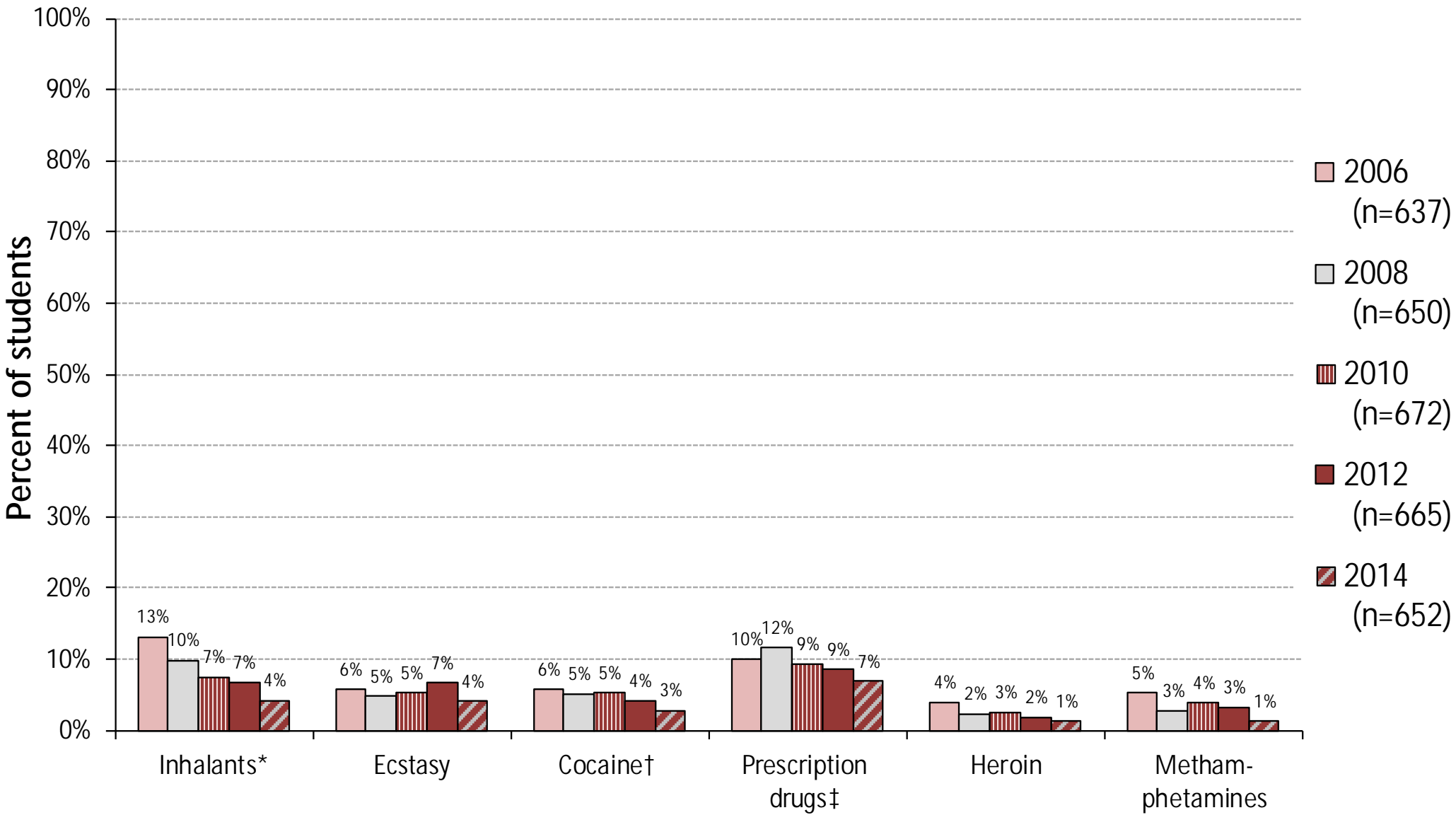


* Includes sniffing glue, breathing the contents of aerosol spray cans, or inhaling any paints or sprays to get high
 † Includes using powder, crack or freebase
 ‡ Without a doctor's prescription

Figure 2-2C. Trends in Lifetime Other Substance Use, 2006-2014

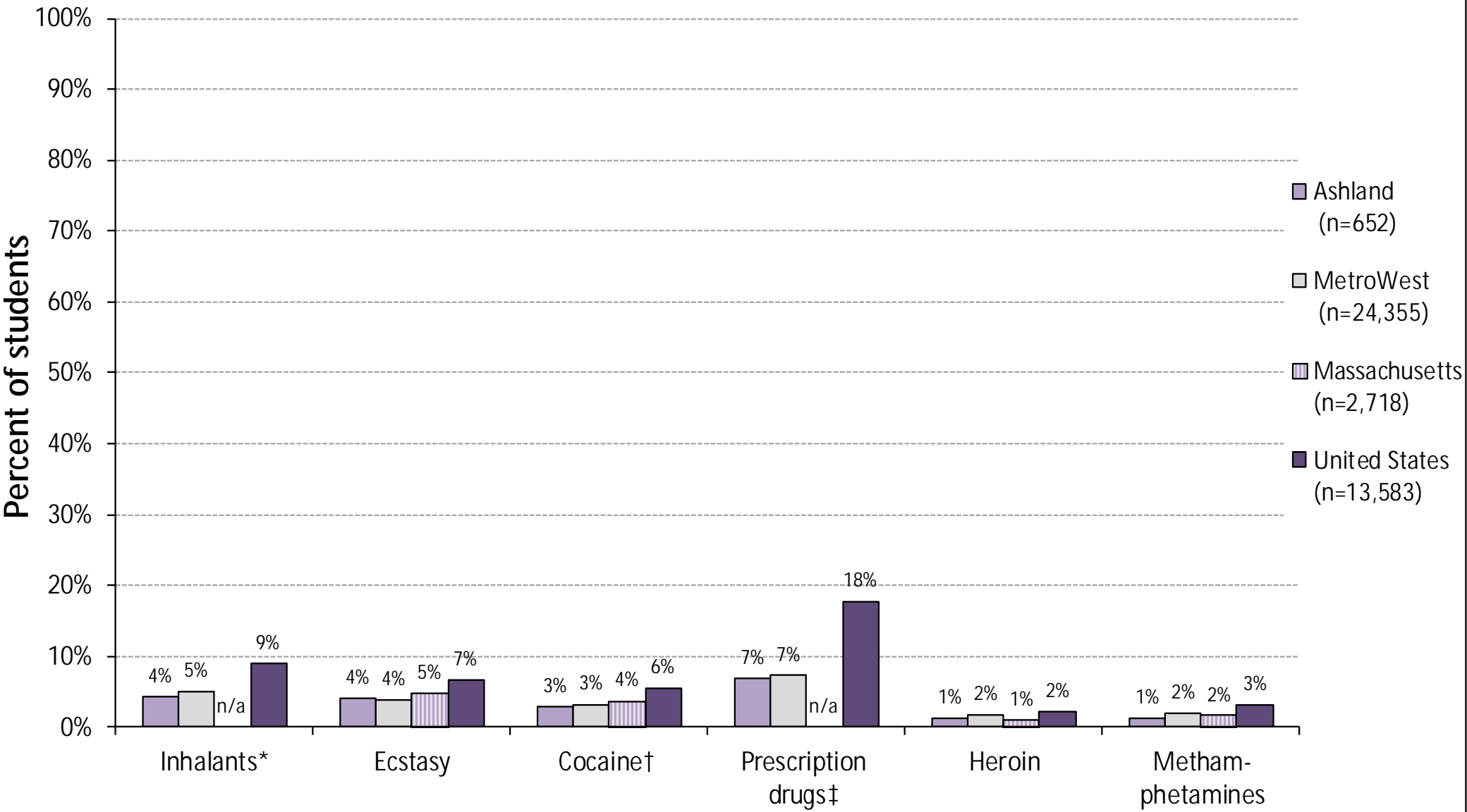
Ashland High School (Grades 9-12)

MetroWest Adolescent Health Survey



* Includes sniffing glue, breathing the contents of aerosol spray cans, or inhaling any paints or sprays to get high
 † Includes using powder, crack or freebase
 ‡ Without a doctor's prescription

Figure 2-2D. Lifetime Other Substance Use at the District, Regional, State, and National Levels, 2014
Ashland High School (Grades 9-12)
MetroWest Adolescent Health Survey

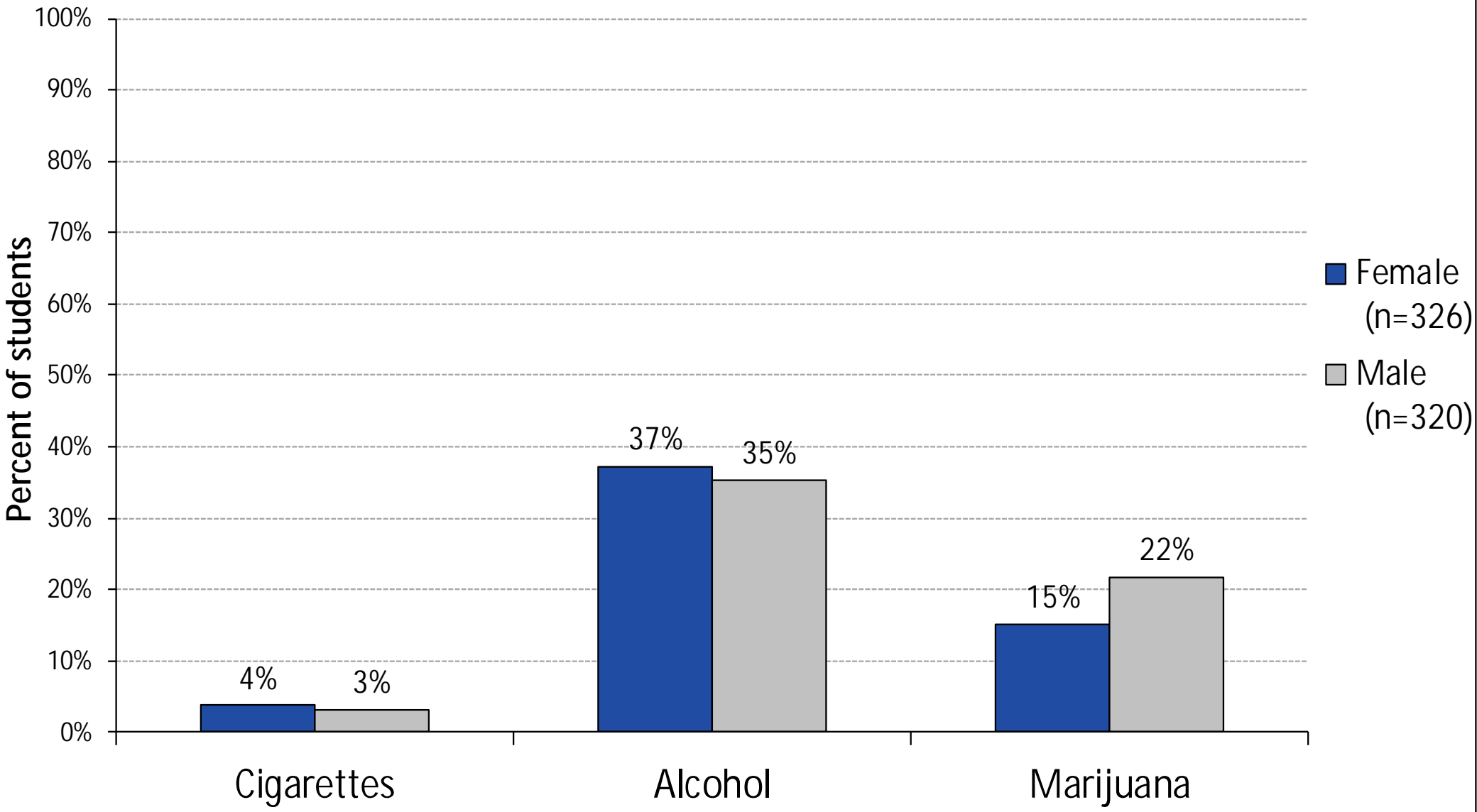


* Includes sniffing glue, breathing the contents of aerosol spray cans, or inhaling any paints or sprays to get high
 † Includes using powder, crack or freebase
 ‡ Without a doctor's prescription

Figure 2-3A. Current Substance Use* by Gender, 2014

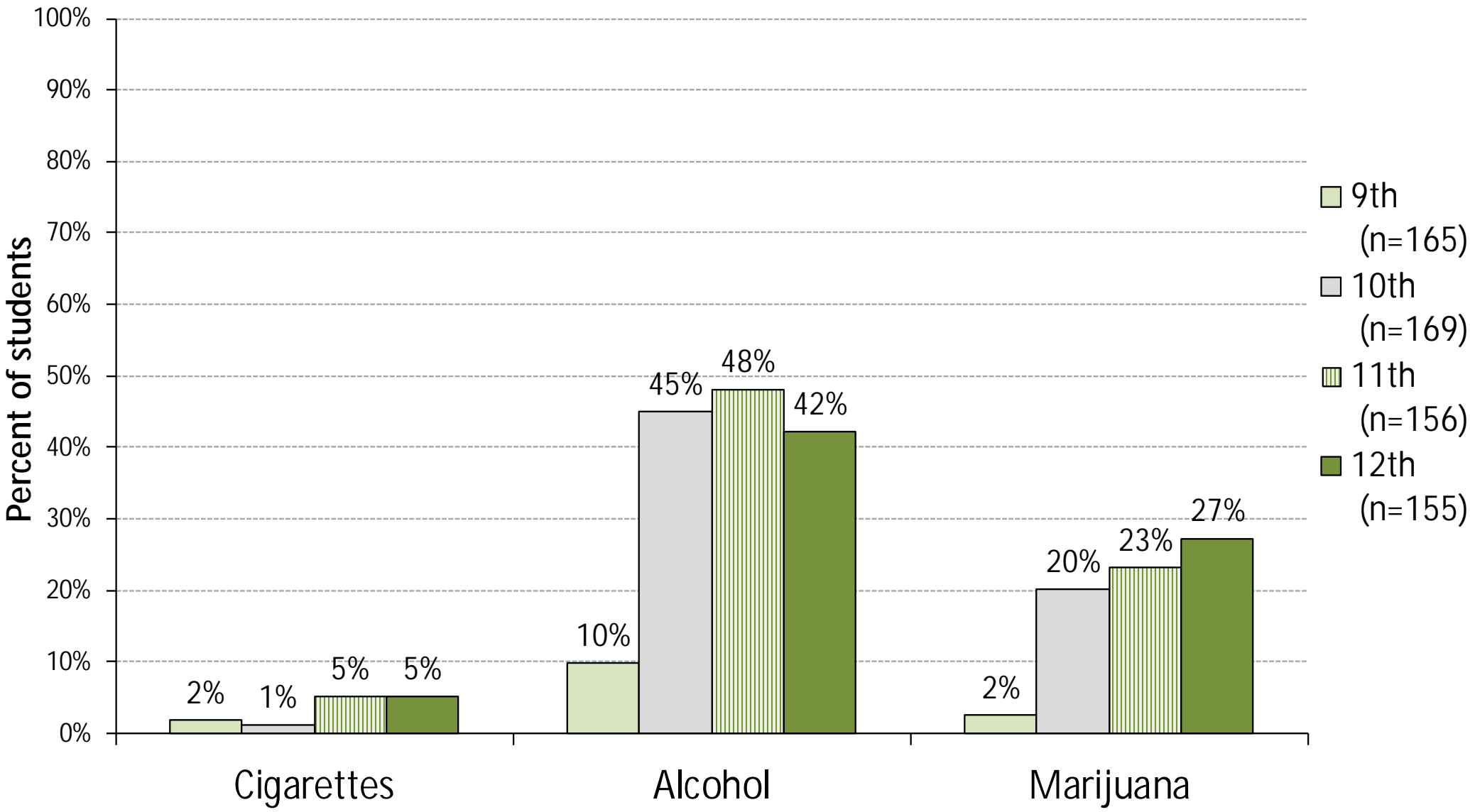
Ashland High School (Grades 9-12)

MetroWest Adolescent Health Survey



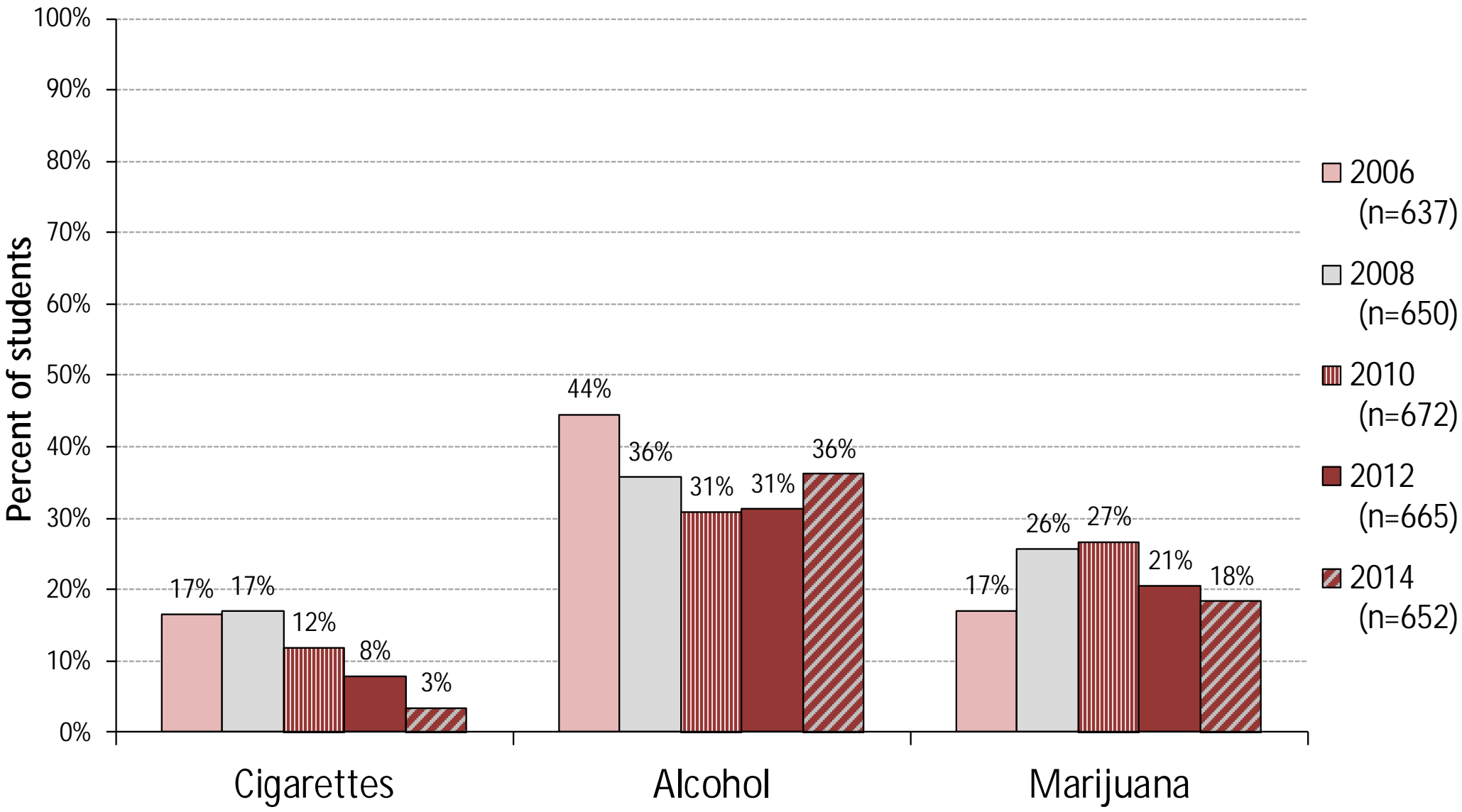
* Used one or more times in the past 30 days

Figure 2-3B. Current Substance Use* by Grade, 2014
Ashland High School (Grades 9-12)
MetroWest Adolescent Health Survey



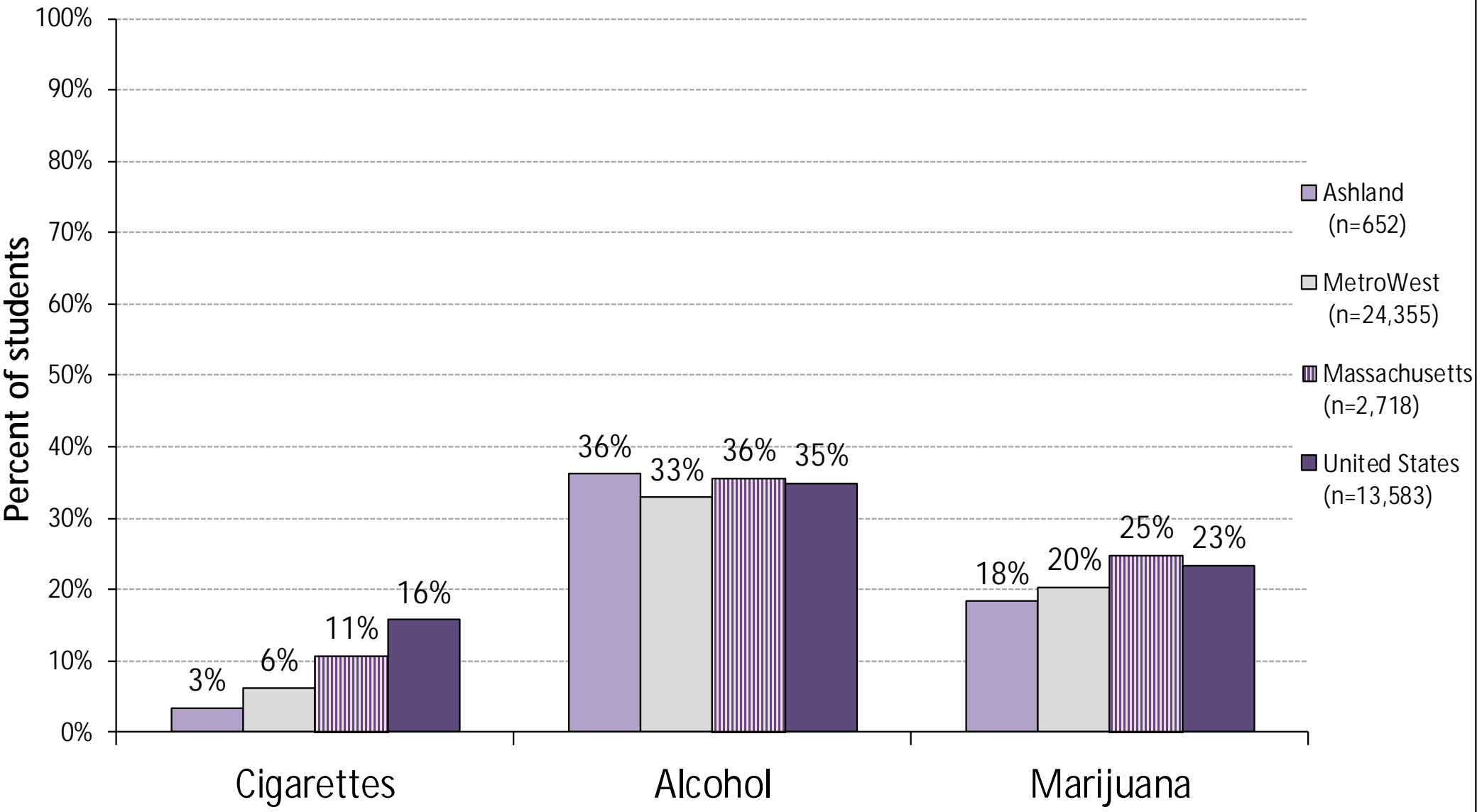
* Used one or more times in the past 30 days

Figure 2-3C. Trends in Current Substance Use,* 2006-2014
Ashland High School (Grades 9-12)
MetroWest Adolescent Health Survey



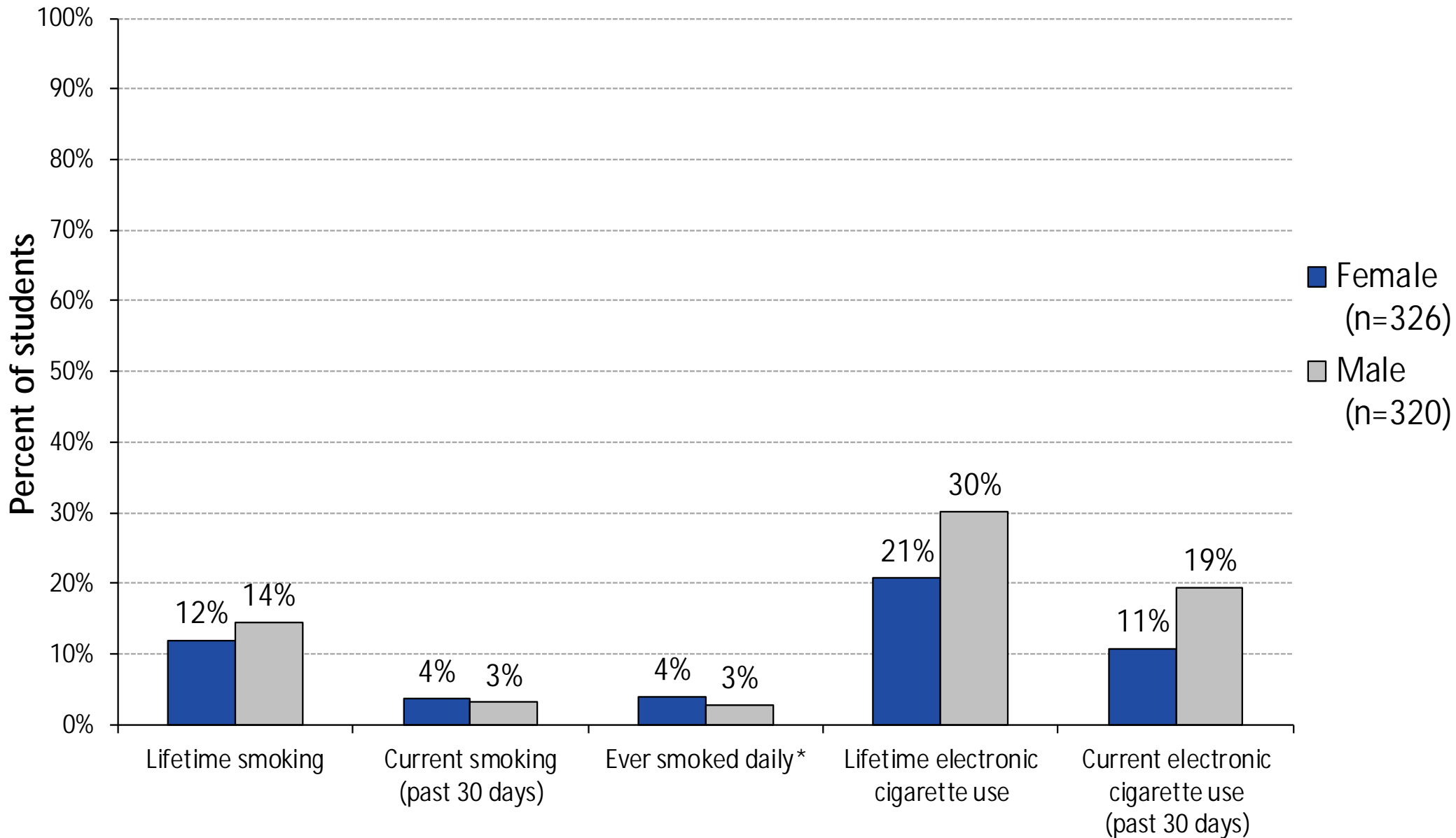
* Used one or more times in the past 30 days

Figure 2-3D. Current Substance Use* at the District, Regional, State, and National Levels, 2014
 Ashland High School (Grades 9-12)
 MetroWest Adolescent Health Survey



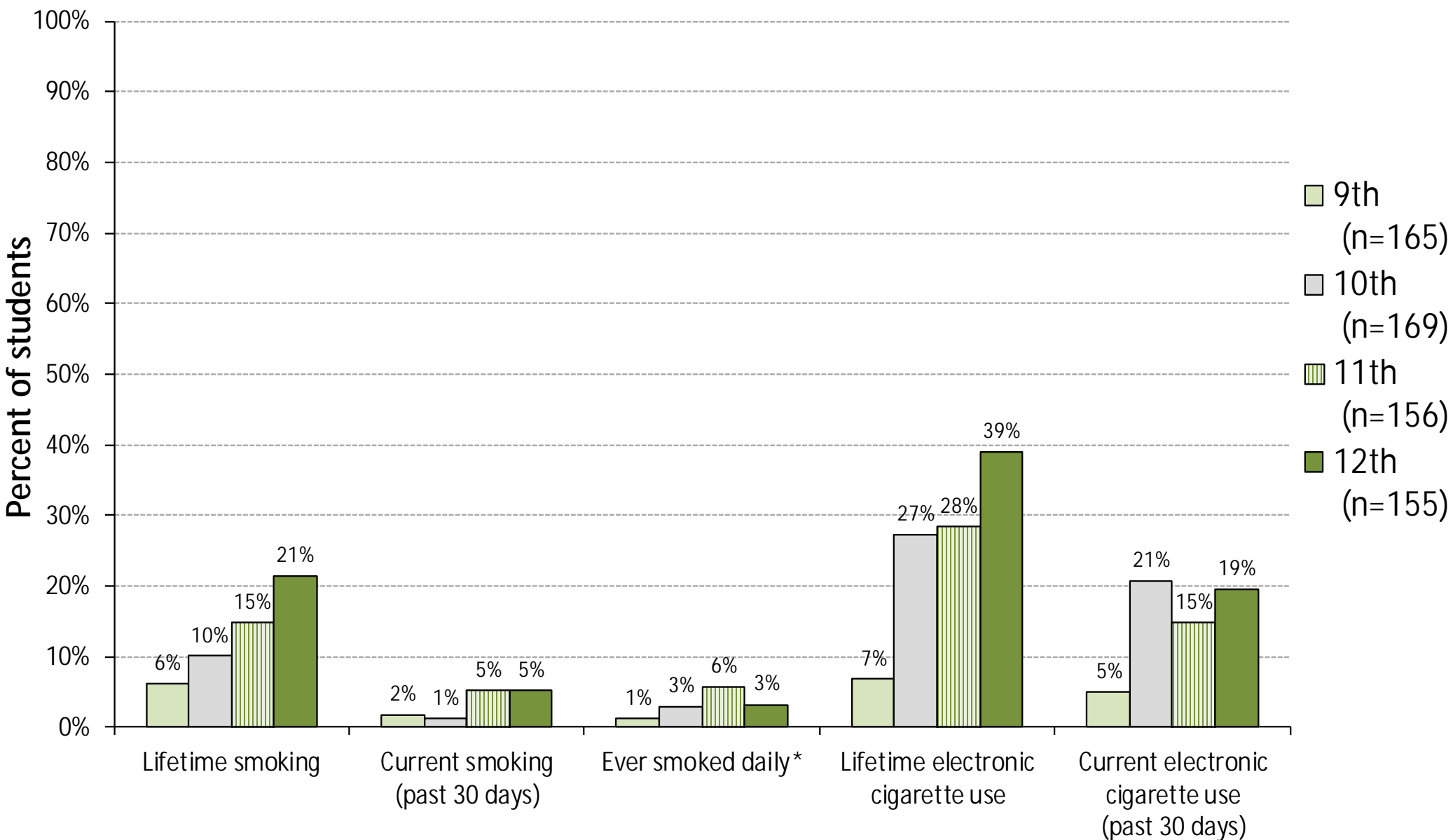
* Used one or more times in the past 30 days

Figure 2-4A. Cigarette and Electronic Cigarette Smoking by Gender, 2014 Ashland High School (Grades 9-12) *MetroWest Adolescent Health Survey*



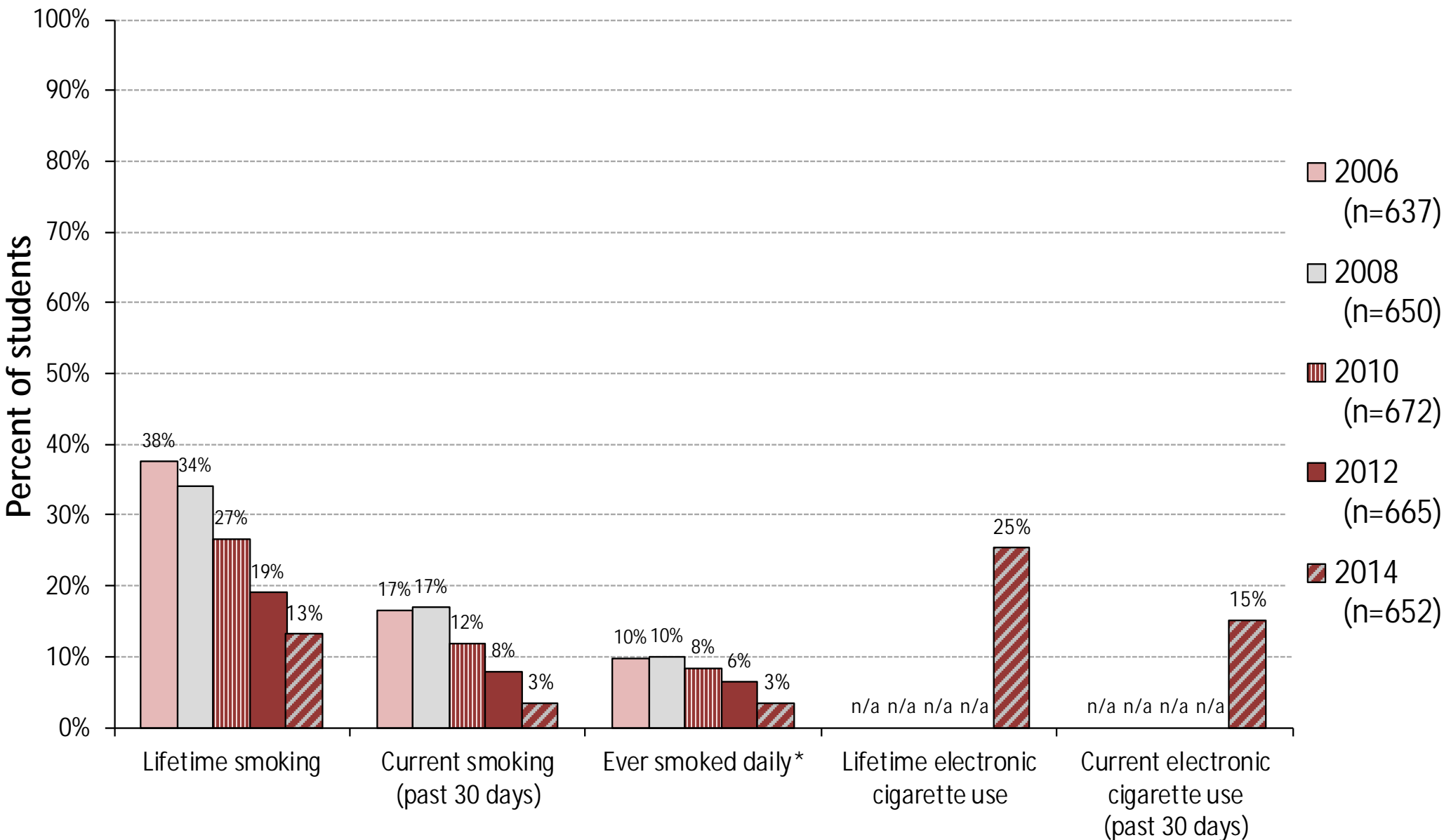
* Every day for 30 days

Figure 2-4B. Cigarette and Electronic Cigarette Smoking by Grade, 2014
Ashland High School (Grades 9-12)
MetroWest Adolescent Health Survey



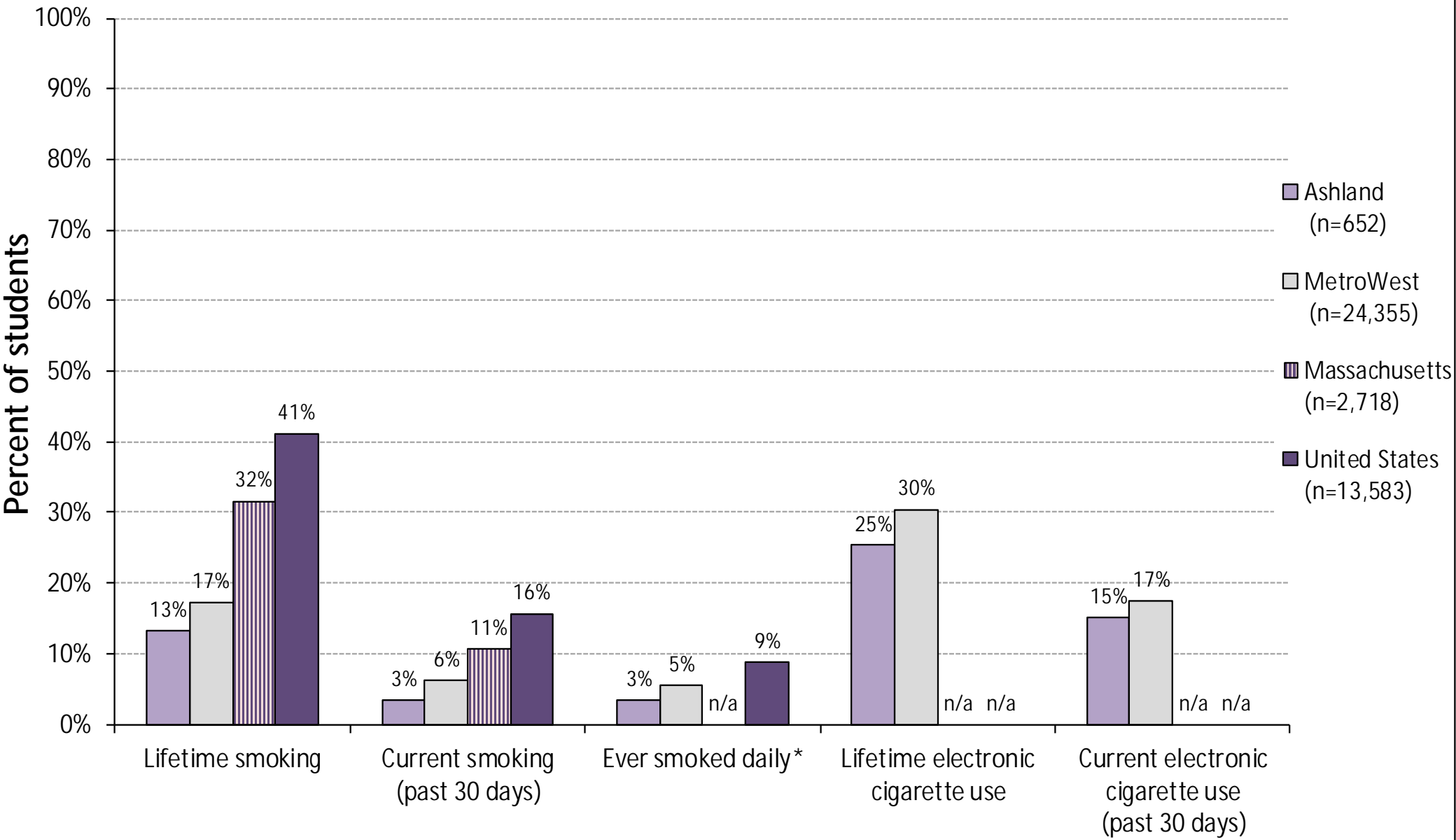
* Every day for 30 days

Figure 2-4C. Trends in Cigarette and Electronic Cigarette Smoking, 2006-2014
Ashland High School (Grades 9-12)
MetroWest Adolescent Health Survey



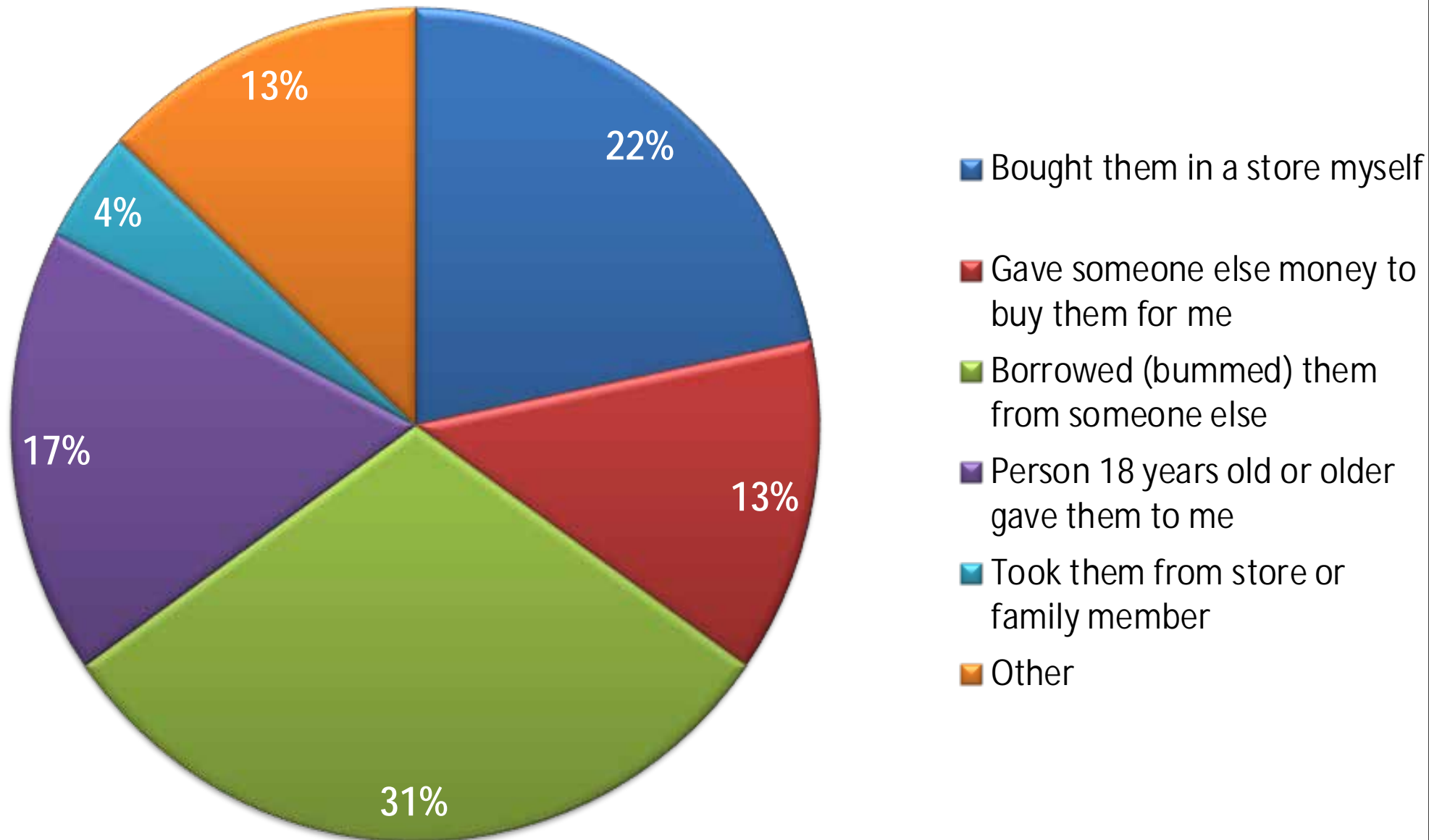
* Every day for 30 days

Figure 2-4D. Cigarette and Electronic Cigarette Smoking at the District, Regional, State, and National Levels, 2014
 Ashland High School (Grades 9-12)
 MetroWest Adolescent Health Survey



* Every day for 30 days

Figure 2-5. Access to Cigarettes,* 2014
Ashland High School (Grades 9-12)
MetroWest Adolescent Health Survey

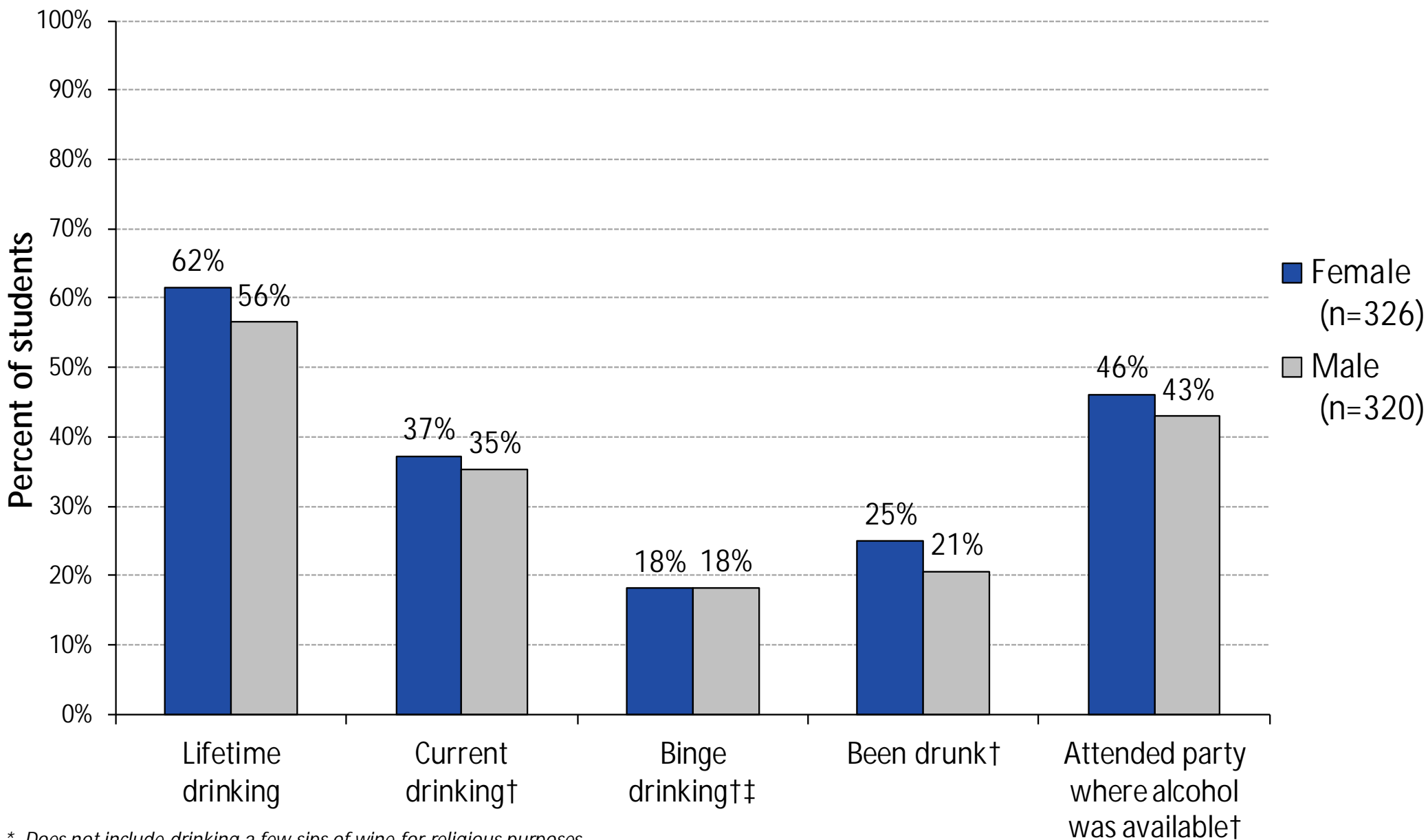


* Among students who smoked in the past 30 days

Figure 2-6A. Alcohol Use* by Gender, 2014

Ashland High School (Grades 9-12)

MetroWest Adolescent Health Survey

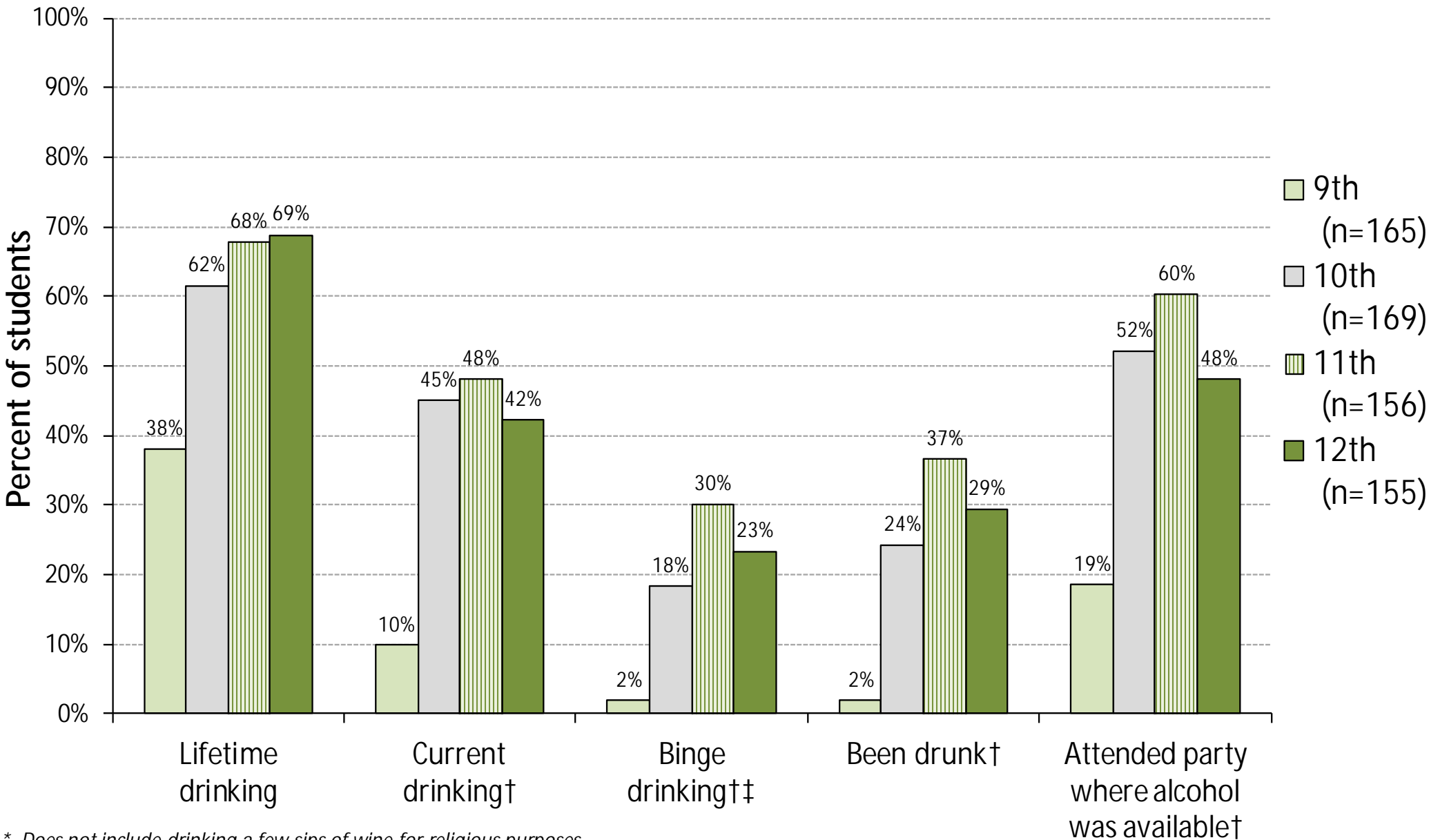


* Does not include drinking a few sips of wine for religious purposes

† In the past 30 days

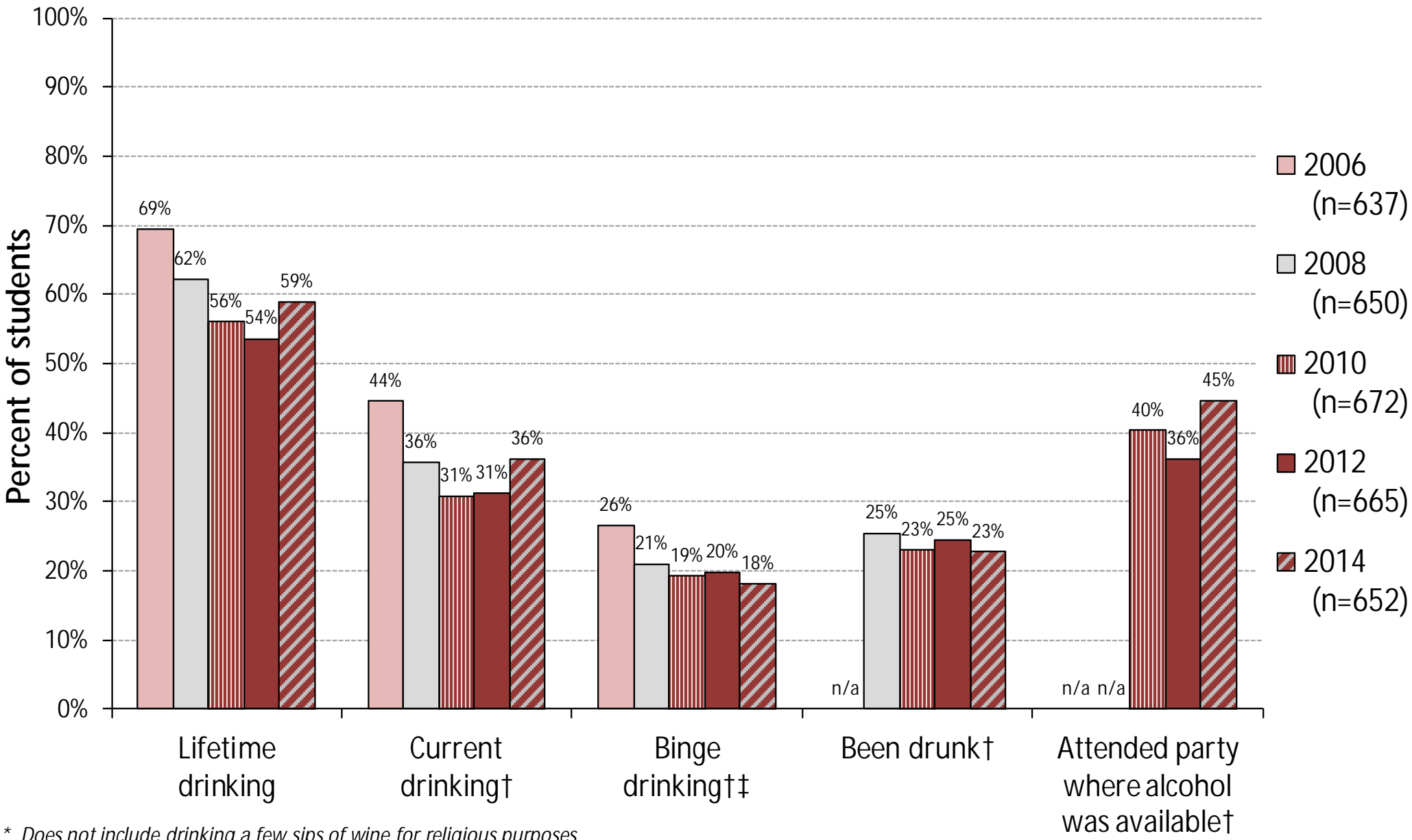
‡ Had 5 or more drinks in a row (within a couple of hours)

Figure 2-6B. Alcohol Use* by Grade, 2014
 Ashland High School (Grades 9-12)
 MetroWest Adolescent Health Survey



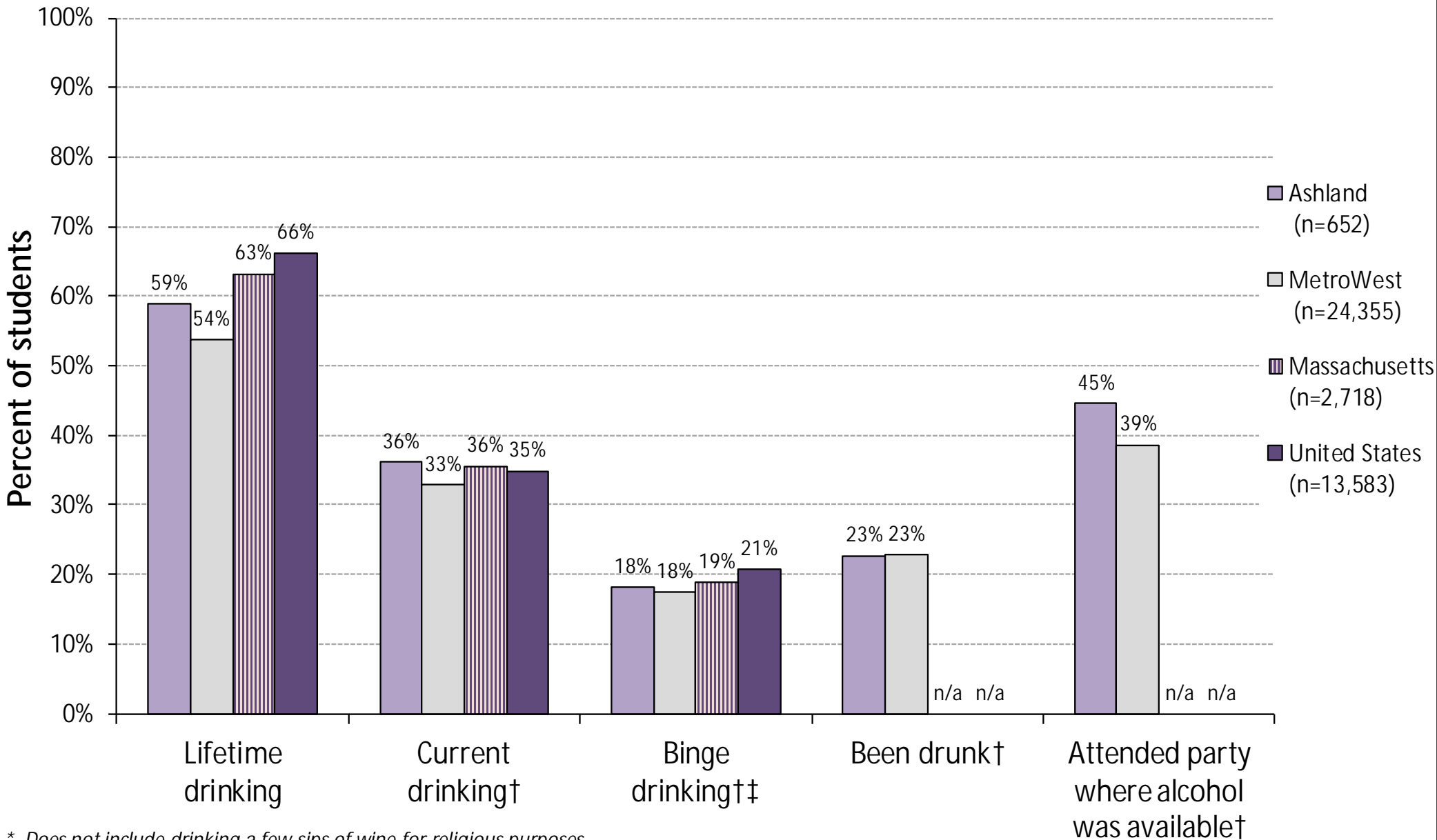
* Does not include drinking a few sips of wine for religious purposes
 † In the past 30 days
 ‡ Had 5 or more drinks in a row (within a couple of hours)

Figure 2-6C. Trends in Alcohol Use,* 2006-2014
Ashland High School (Grades 9-12)
MetroWest Adolescent Health Survey



* Does not include drinking a few sips of wine for religious purposes
† In the past 30 days
‡ Had 5 or more drinks in a row (within a couple of hours)

Figure 2-6D. Alcohol Use* at the District, Regional, State, and National Levels, 2014
Ashland High School (Grades 9-12)
MetroWest Adolescent Health Survey

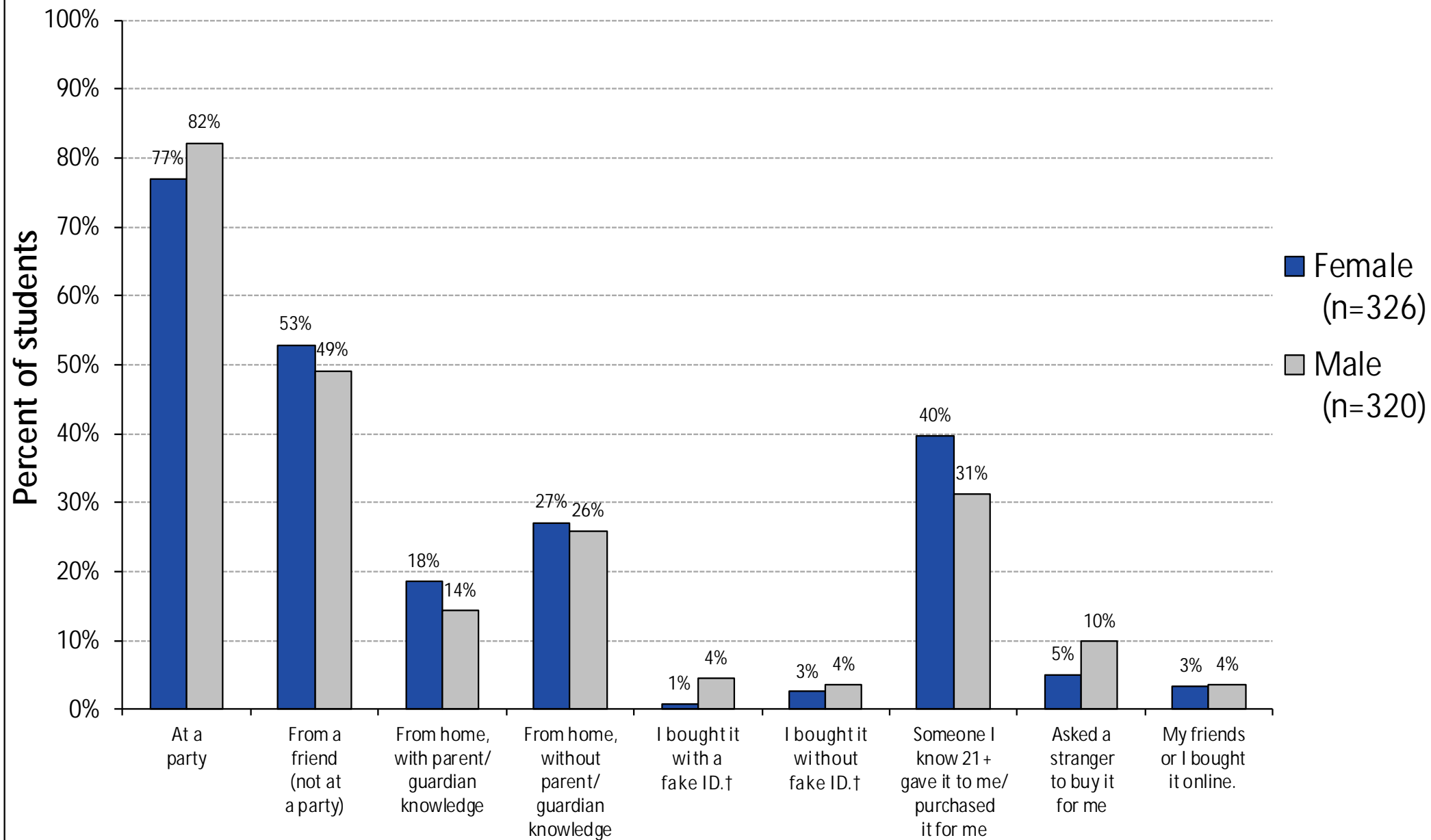


* Does not include drinking a few sips of wine for religious purposes

† In the past 30 days

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

Figure 2-7A. Access to Alcohol Among Current Drinkers* by Gender, 2014 Ashland High School (Grades 9-12) MetroWest Adolescent Health Survey



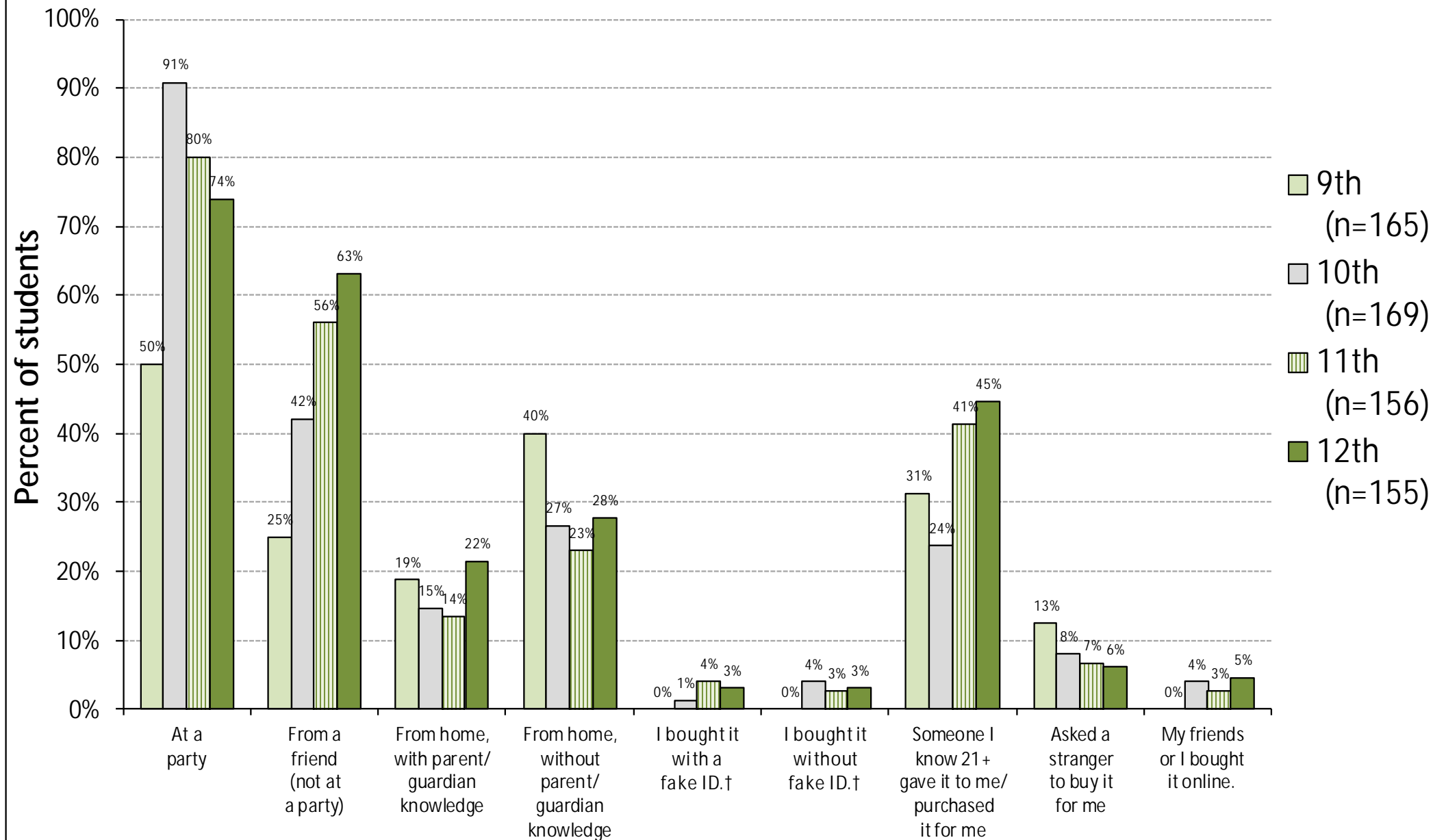
* Among students who drank in the past 30 days

† At a store, tavern, bar, or public event (like a concert or sporting event)

Figure 2-7B. Access to Alcohol Among Current Drinkers* by Grade, 2014

Ashland High School (Grades 9-12)

MetroWest Adolescent Health Survey



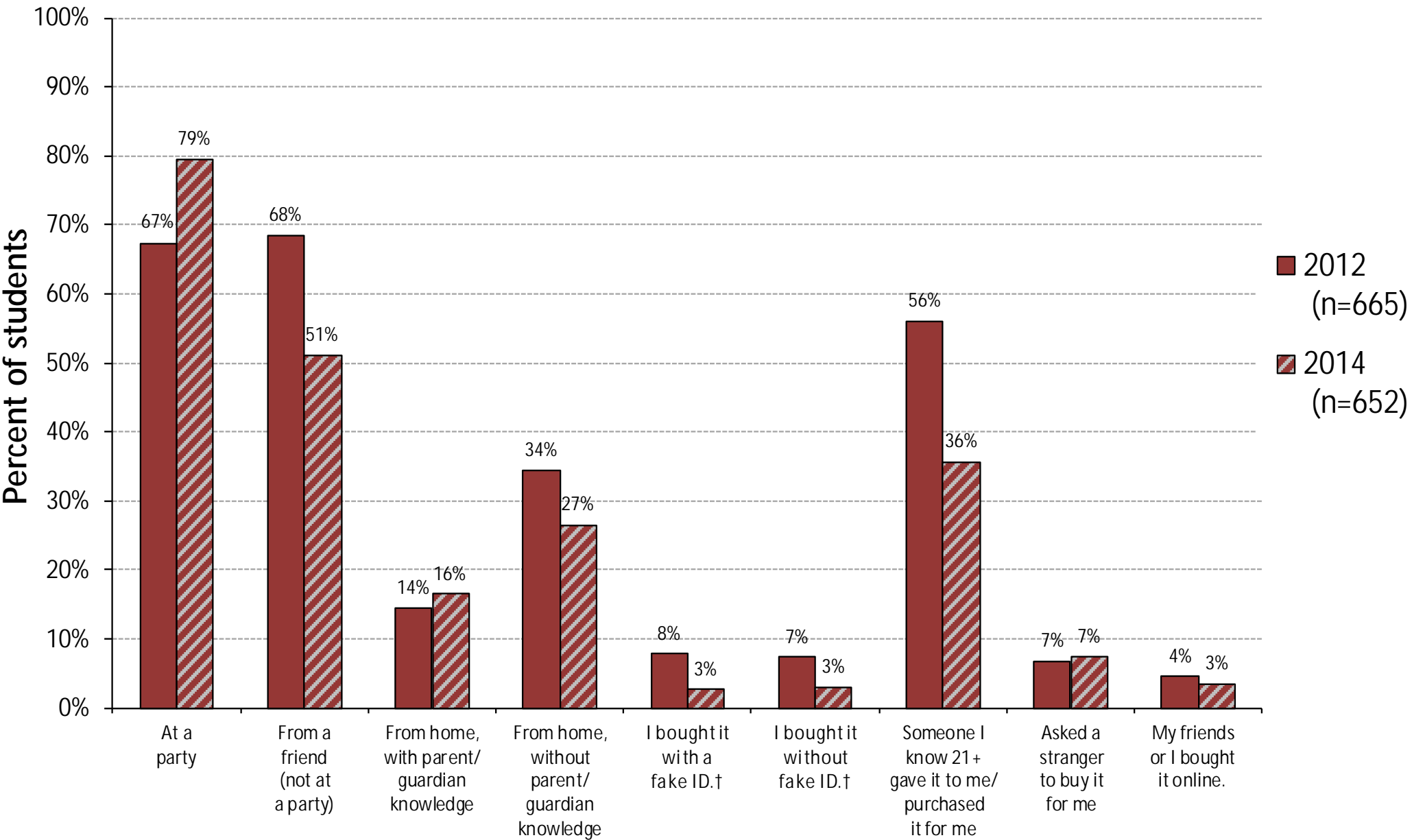
* Among students who drank in the past 30 days

† At a store, tavern, bar, or public event (like a concert or sporting event)

Figure 2-7C. Trends in Access to Alcohol Among Current Drinkers,* 2012-2014

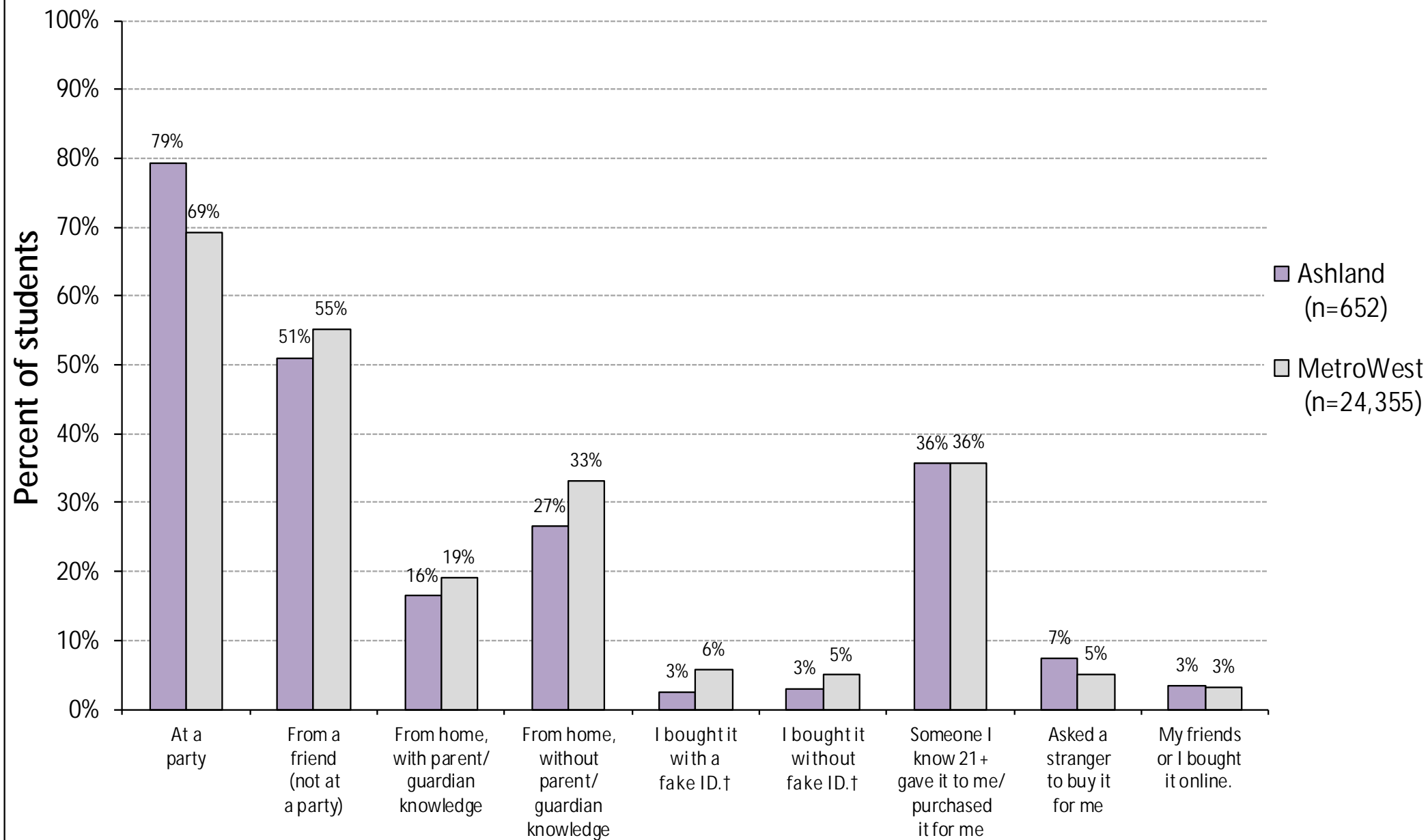
Ashland High School (Grades 9-12)

MetroWest Adolescent Health Survey



* Among students who drank in the past 30 days
 † At a store, tavern, bar, or public event (like a concert or sporting event)

Figure 2-7D. Access to Alcohol Among Current Drinkers* at the District and Regional Levels, 2014
Ashland High School (Grades 9-12)
MetroWest Adolescent Health Survey



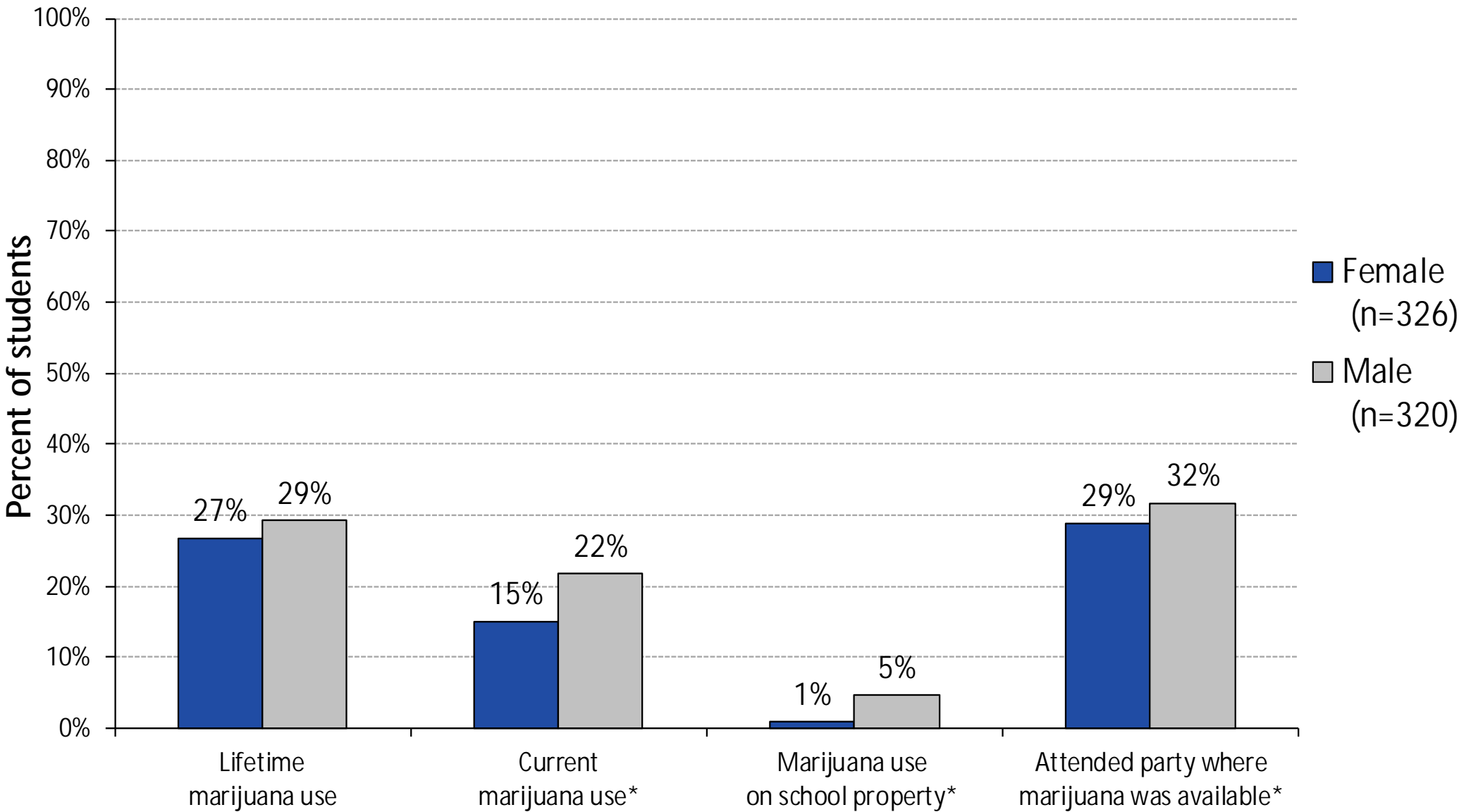
* Among students who drank in the past 30 days

† At a store, tavern, bar, or public event (like a concert or sporting event)

Figure 2-8A. Marijuana Use by Gender, 2014

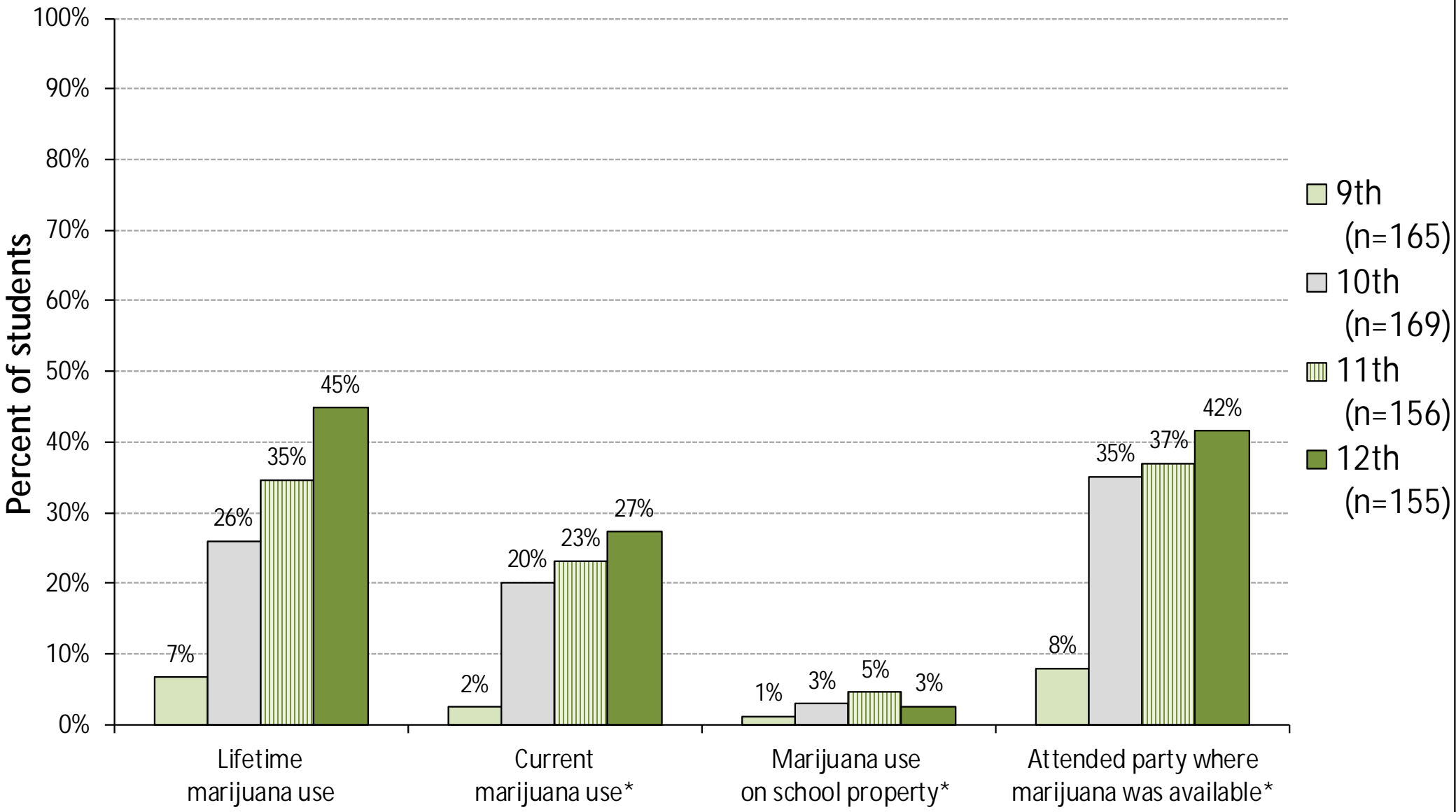
Ashland High School (Grades 9-12)

MetroWest Adolescent Health Survey



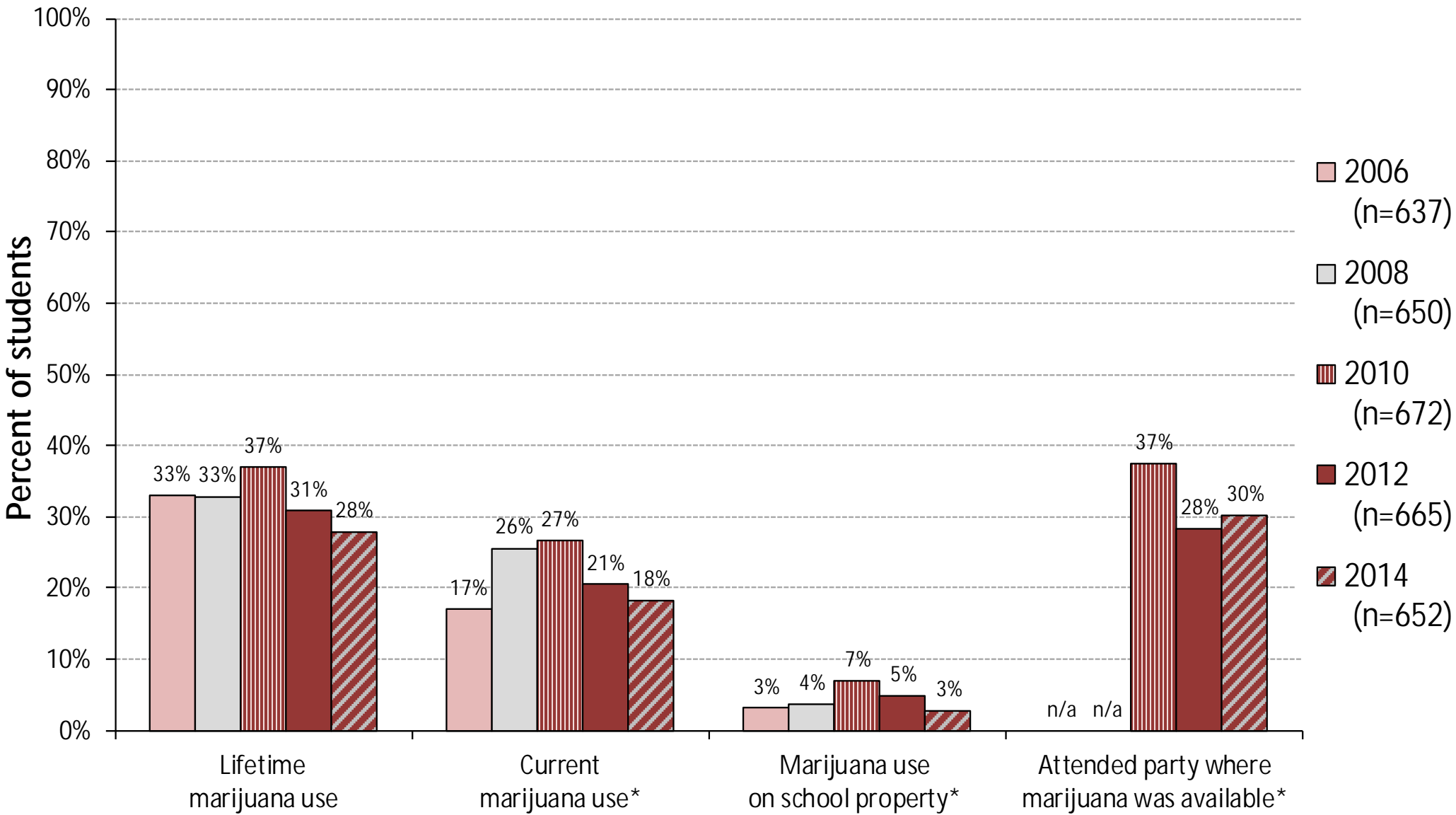
* In the past 30 days

Figure 2-8B. Marijuana Use by Grade, 2014
 Ashland High School (Grades 9-12)
 MetroWest Adolescent Health Survey



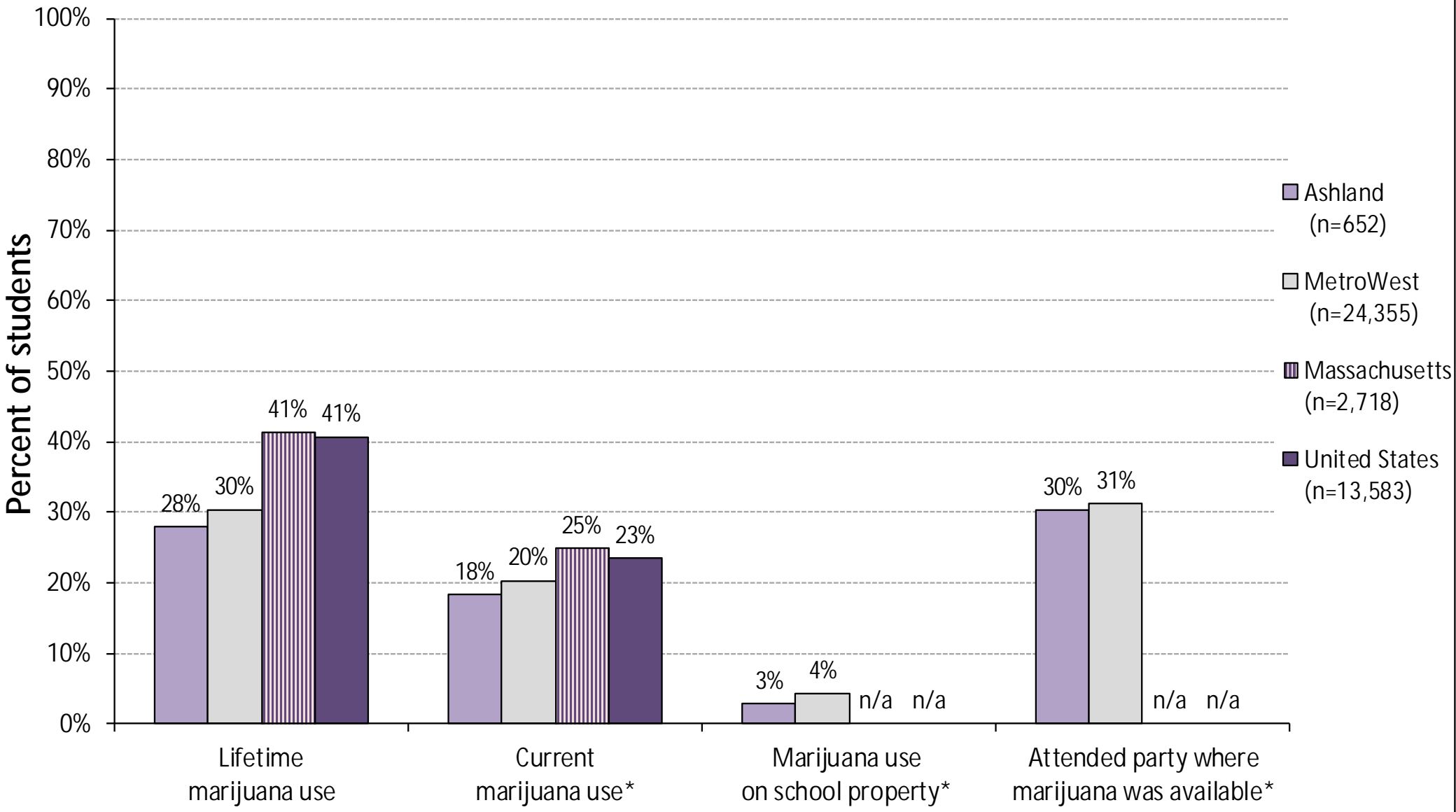
* In the past 30 days

Figure 2-8C. Trends in Marijuana Use, 2006-2014
Ashland High School (Grades 9-12)
MetroWest Adolescent Health Survey



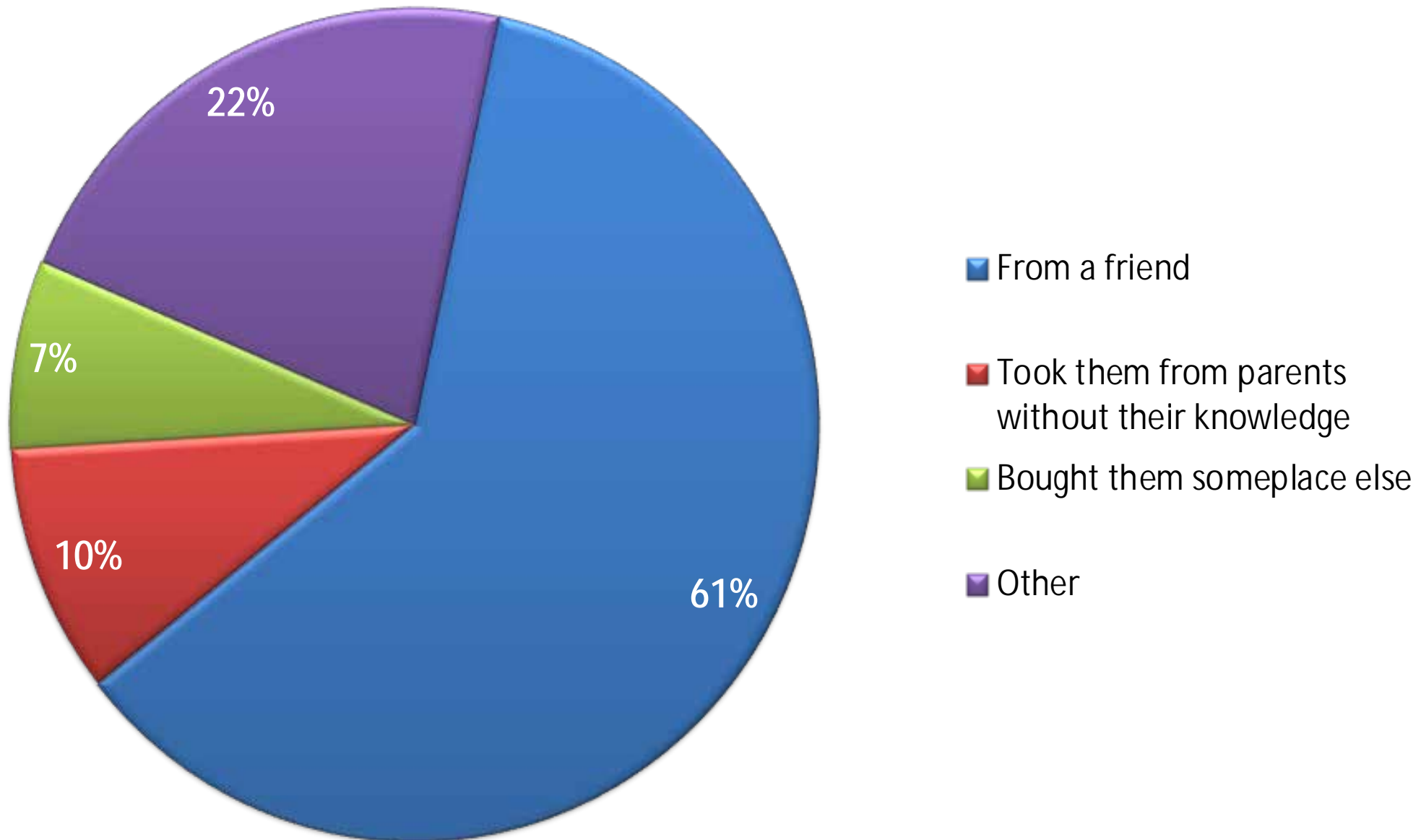
* In the past 30 days

Figure 2-8D. Marijuana Use at the District, Regional, State, and National Levels, 2014
Ashland High School (Grades 9-12)
MetroWest Adolescent Health Survey



* In the past 30 days

Figure 2-9. Access to Prescription Drugs,* 2014
Ashland High School (Grades 9-12)
MetroWest Adolescent Health Survey



* Among students who misused prescription drugs in their lifetime

Figure 3-1A. Fighting and Weapon Carrying by Gender, 2014
Ashland High School (Grades 9-12)
MetroWest Adolescent Health Survey

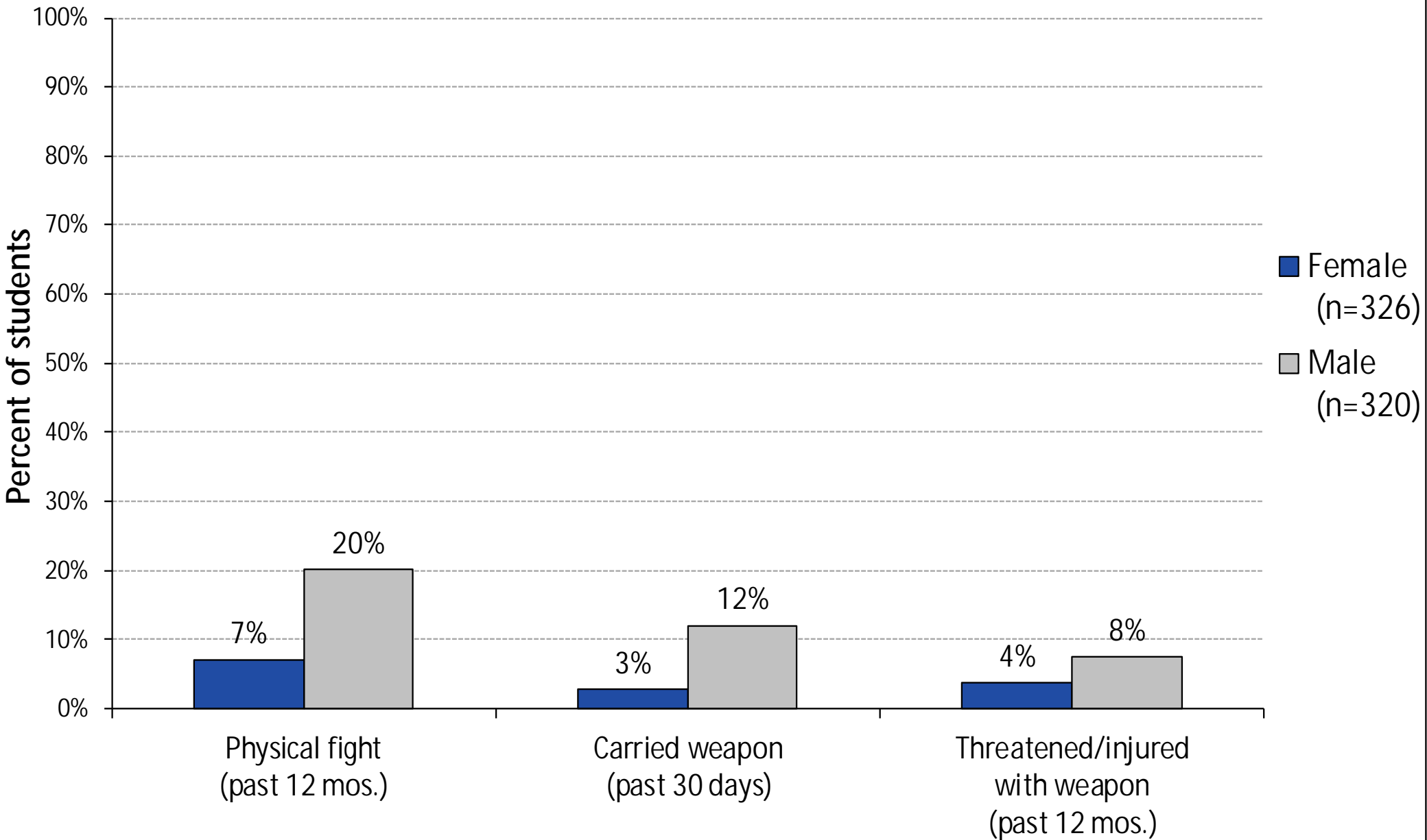


Figure 3-1B. Fighting and Weapon Carrying by Grade, 2014
Ashland High School (Grades 9-12)
MetroWest Adolescent Health Survey

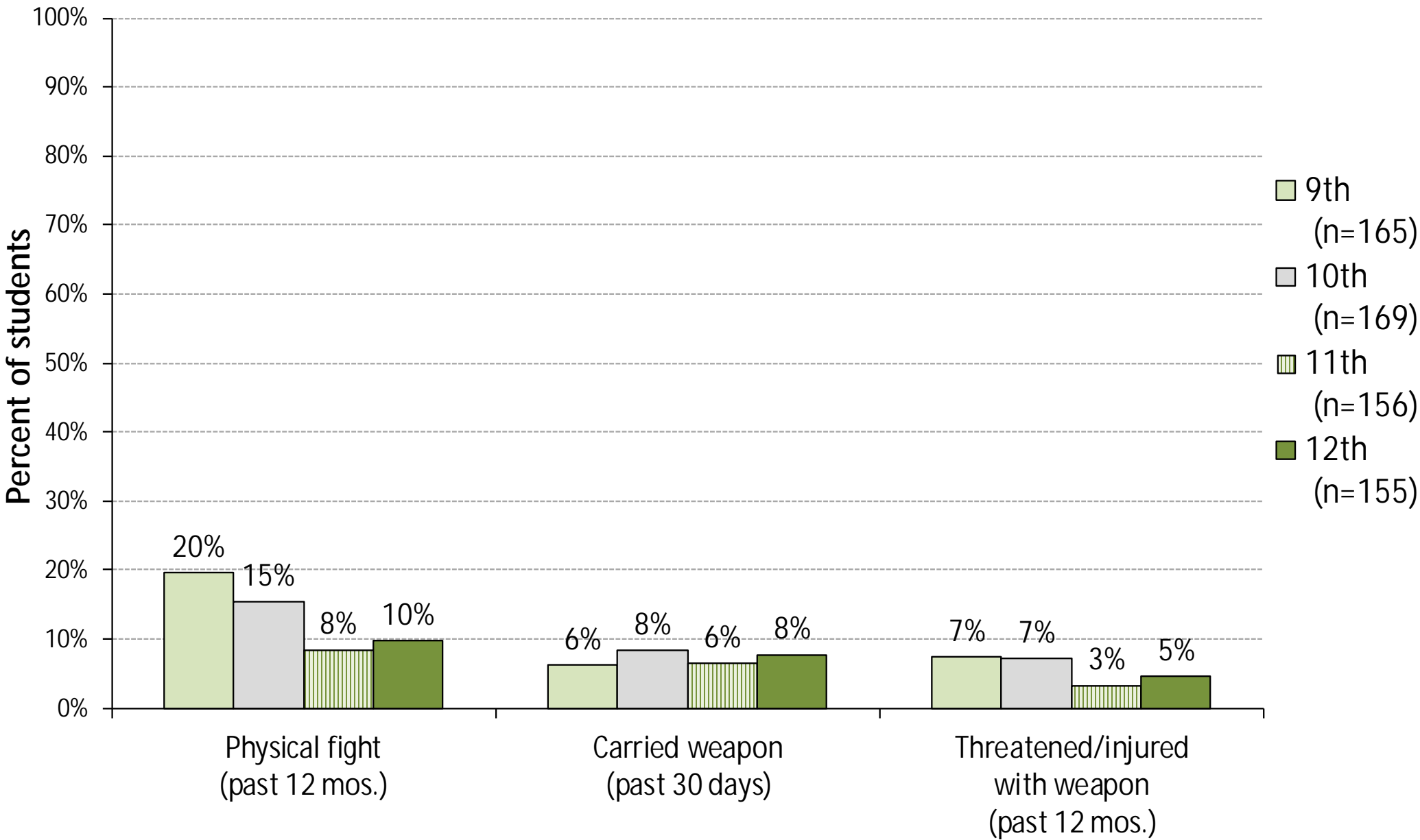


Figure 3-1C. Trends in Fighting and Weapon Carrying, 2006-2014
Ashland High School (Grades 9-12)
MetroWest Adolescent Health Survey

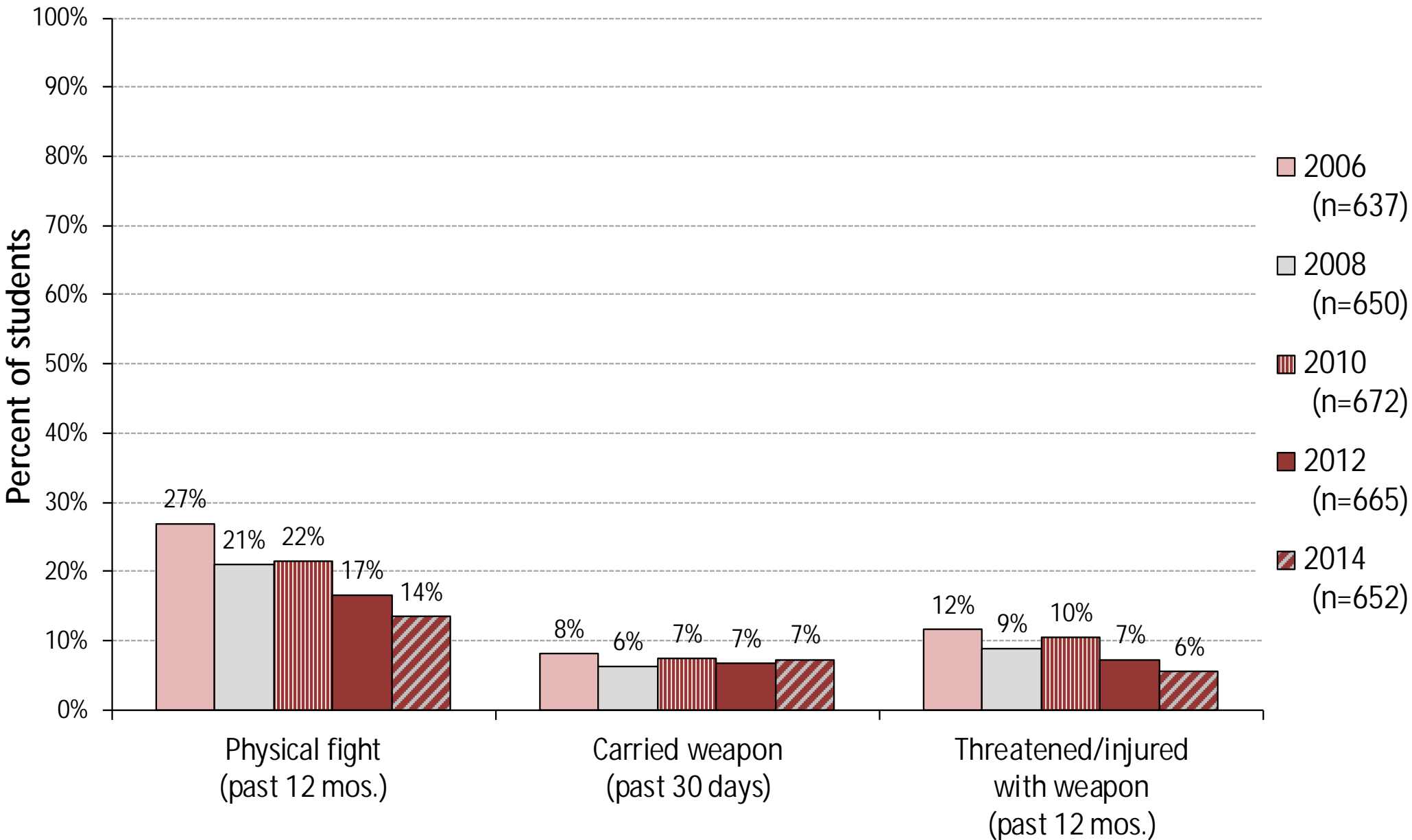


Figure 3-1D. Fighting and Weapon Carrying at the District, Regional, State, and National Levels, 2014
 Ashland High School (Grades 9-12)
 MetroWest Adolescent Health Survey

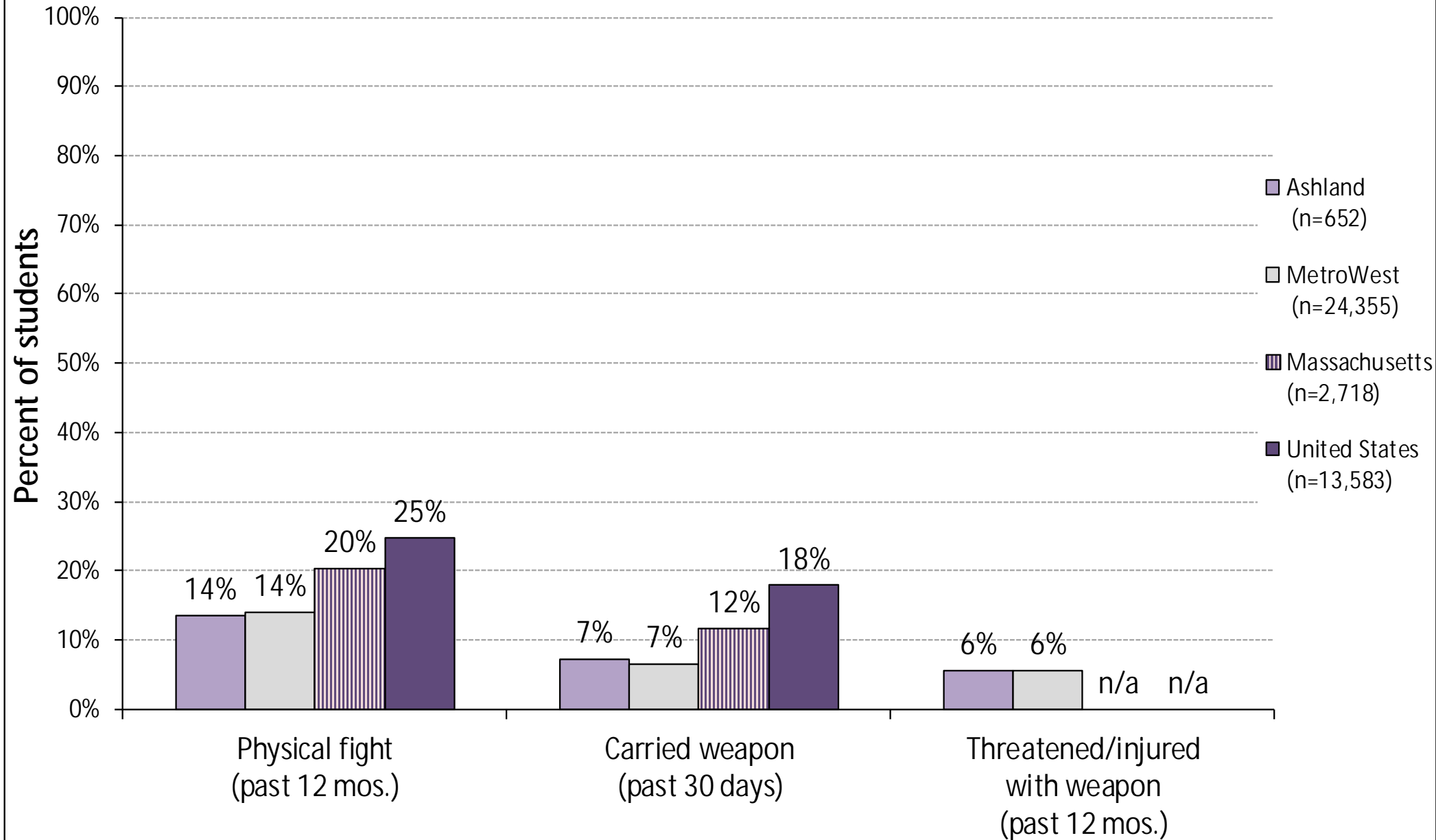
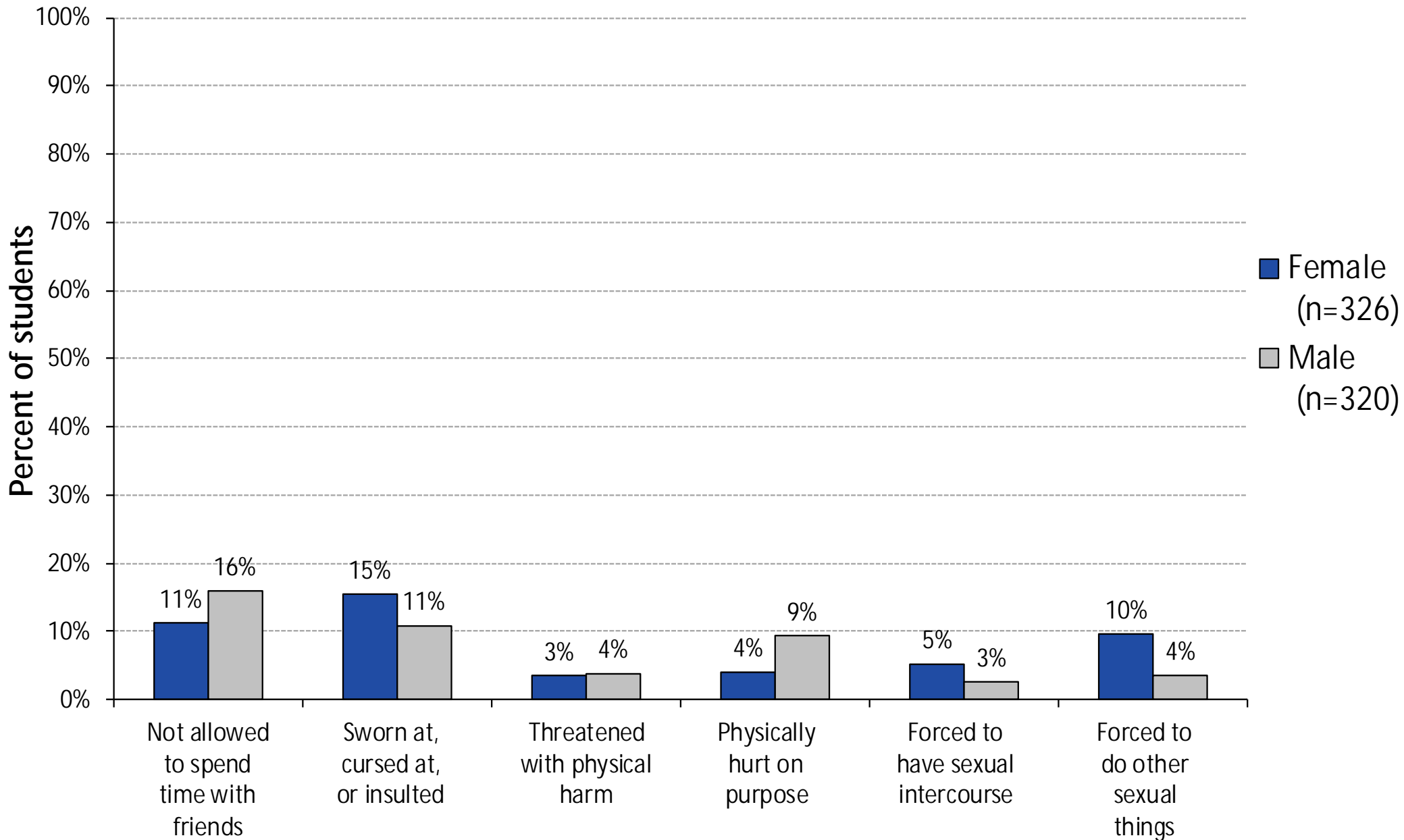


Figure 3-2A. Lifetime Dating Violence* by Gender, 2014 Ashland High School (Grades 9-12) *MetroWest Adolescent Health Survey*

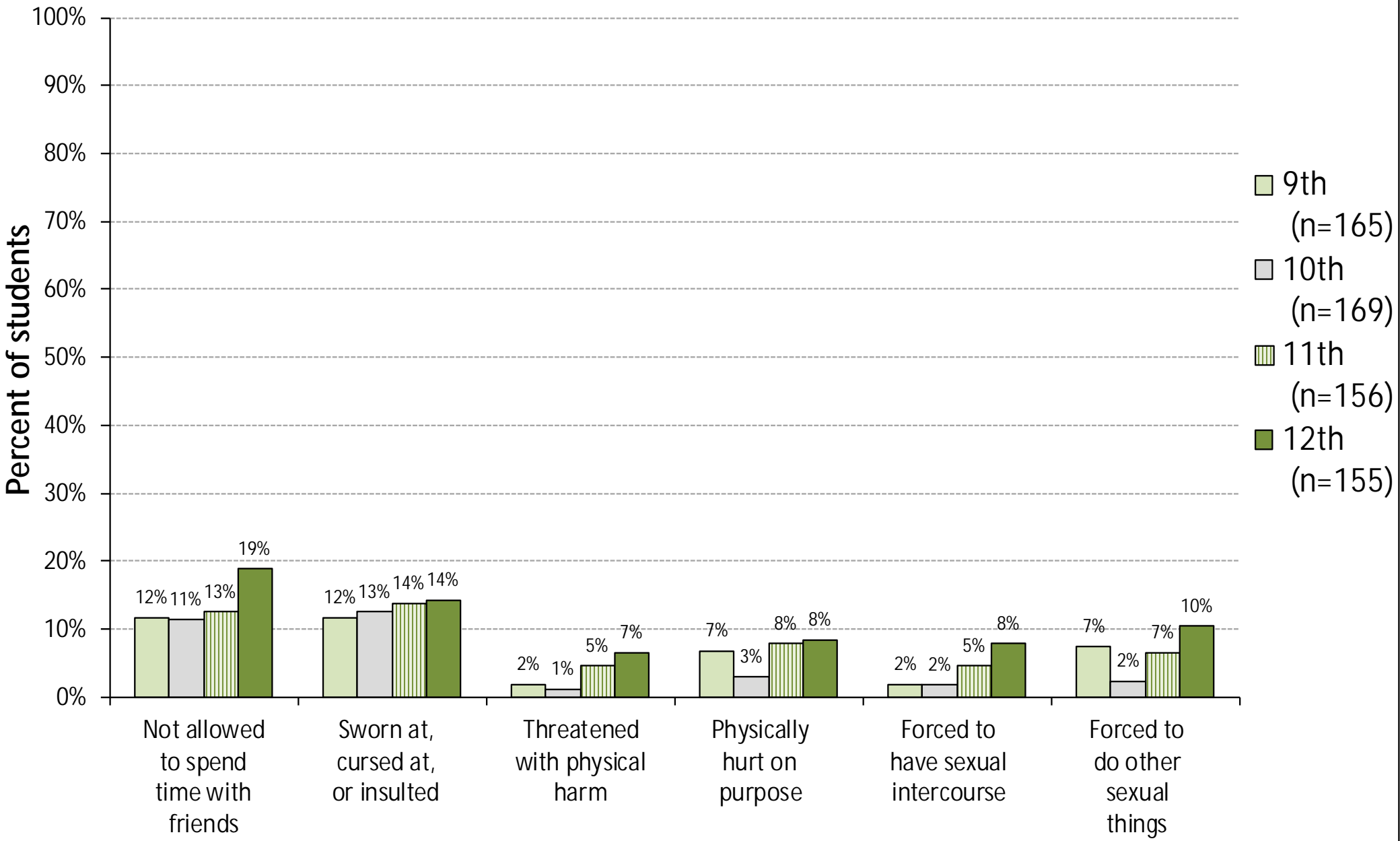


* By a boyfriend/girlfriend, date, or someone you were going out with

Figure 3-2B. Lifetime Dating Violence* by Grade, 2014

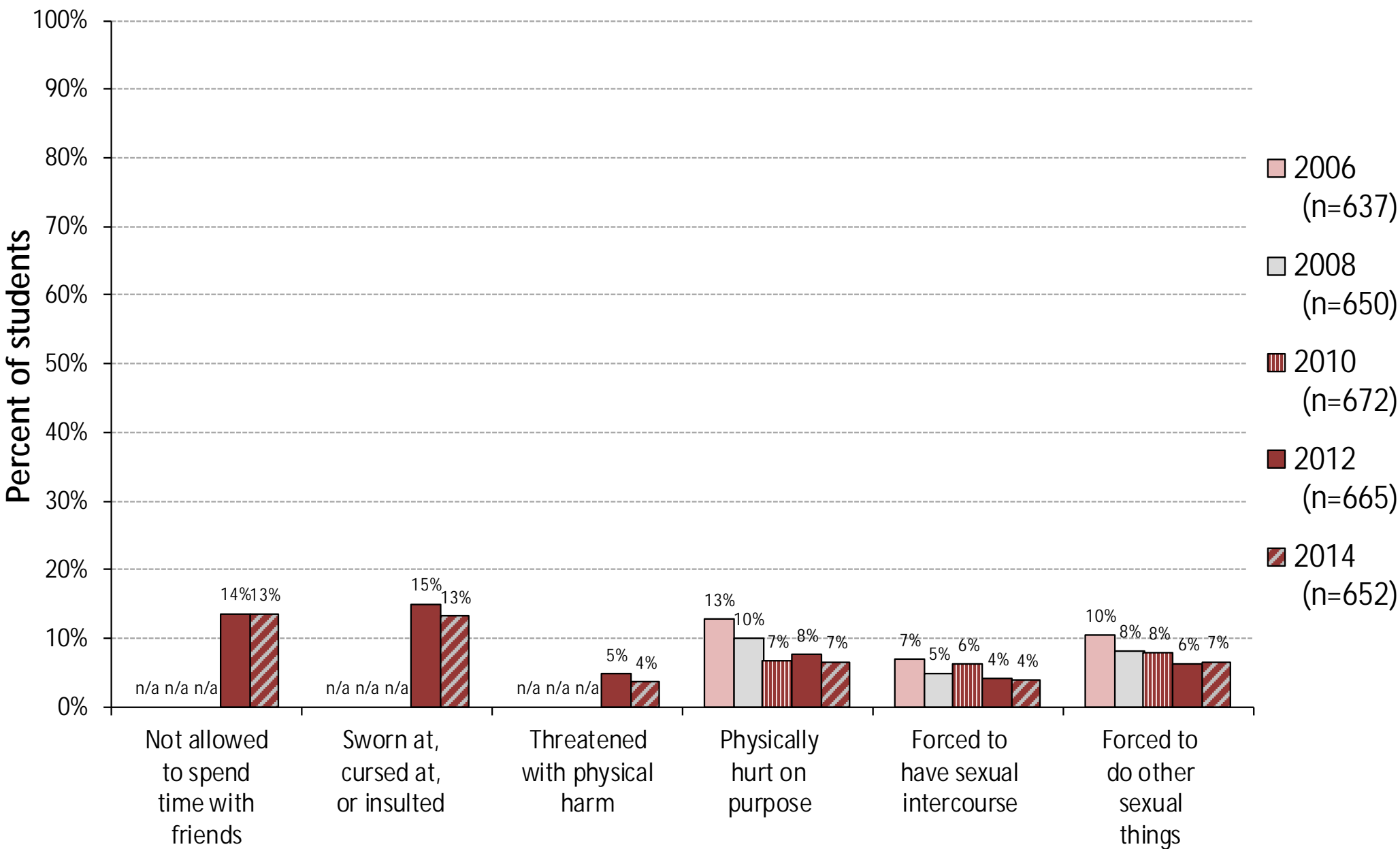
Ashland High School (Grades 9-12)

MetroWest Adolescent Health Survey



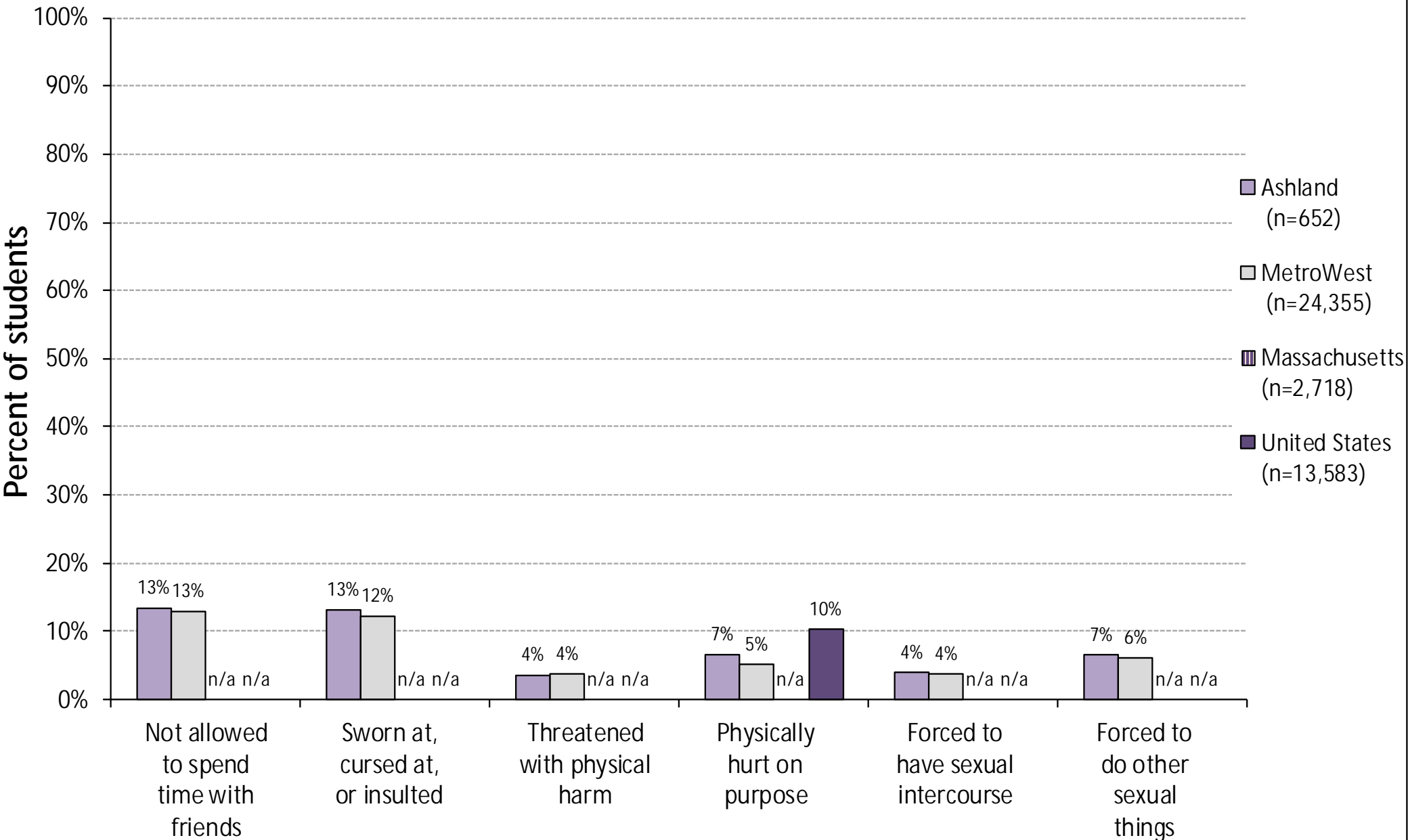
* By a boyfriend/girlfriend, date, or someone you were going out with

Figure 3-2C. Trends in Lifetime Dating Violence,* 2006-2014
Ashland High School (Grades 9-12)
MetroWest Adolescent Health Survey



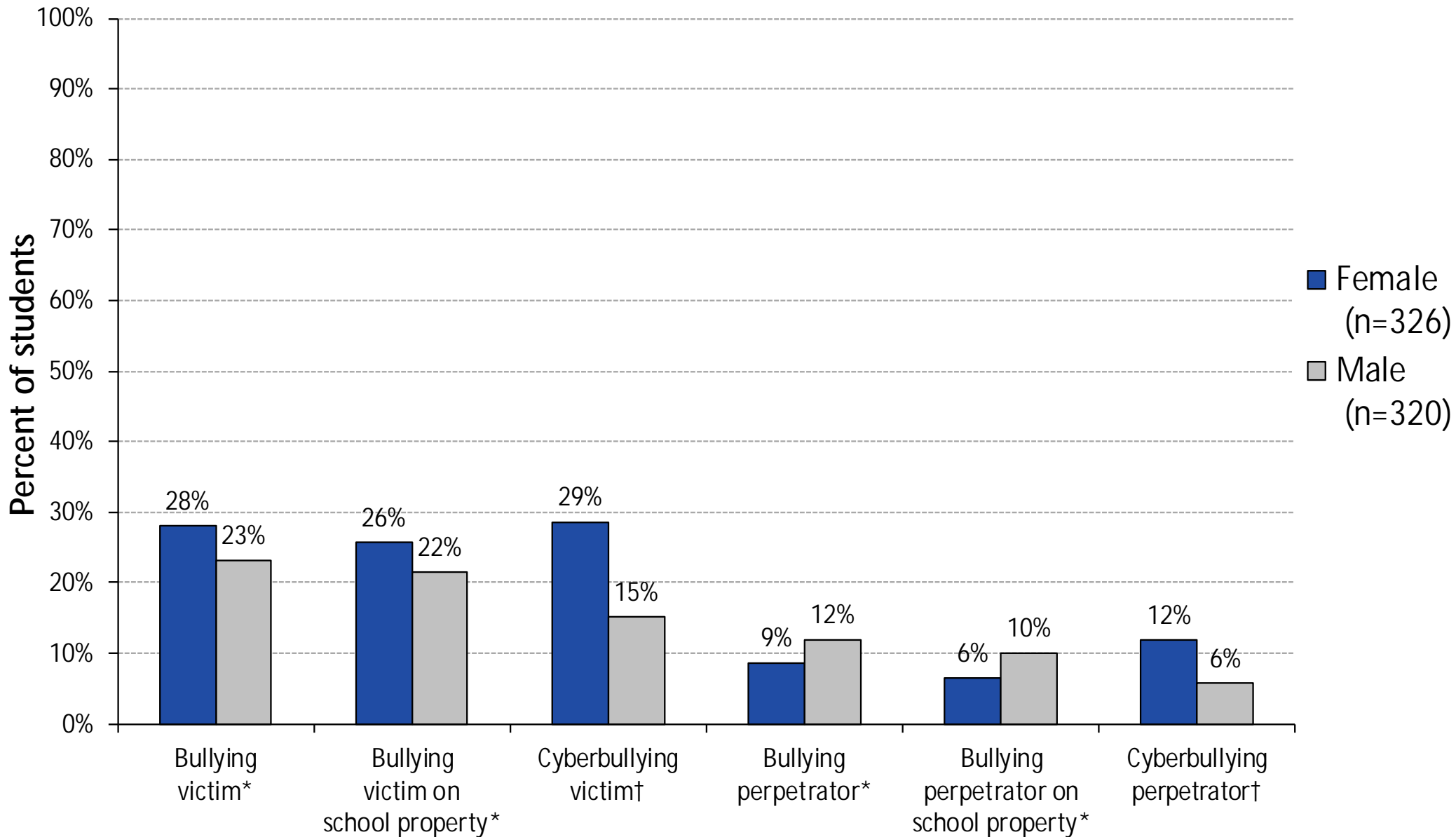
* By a boyfriend/girlfriend, date, or someone you were going out with

Figure 3-2D. Lifetime Dating Violence* at the District, Regional, State, and National Levels, 2014
 Ashland High School (Grades 9-12)
 MetroWest Adolescent Health Survey



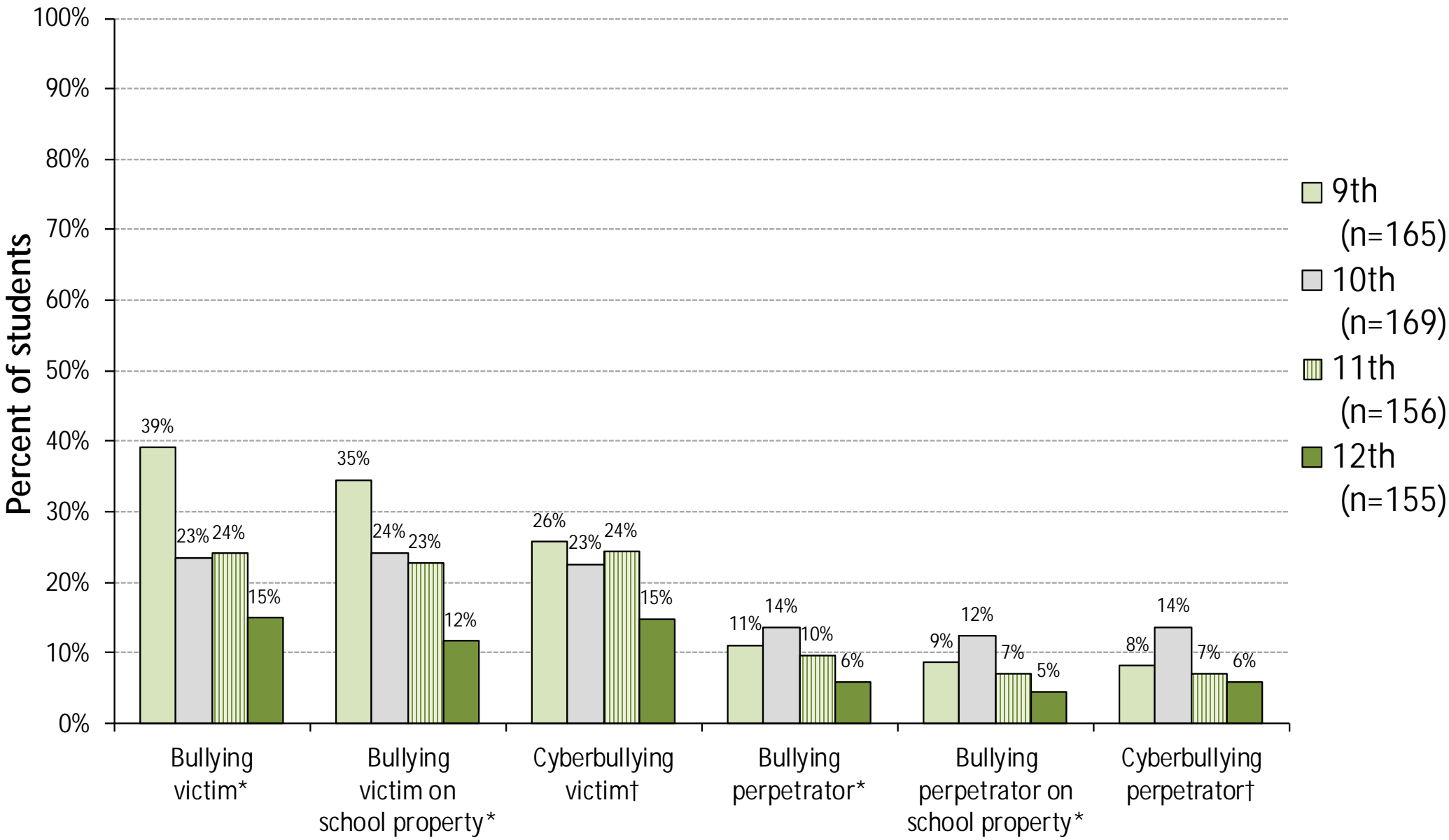
* By a boyfriend/girlfriend, date, or someone you were going out with

Figure 3-3A. Bullying and Cyberbullying by Gender, 2014
Ashland High School (Grades 9-12)
MetroWest Adolescent Health Survey



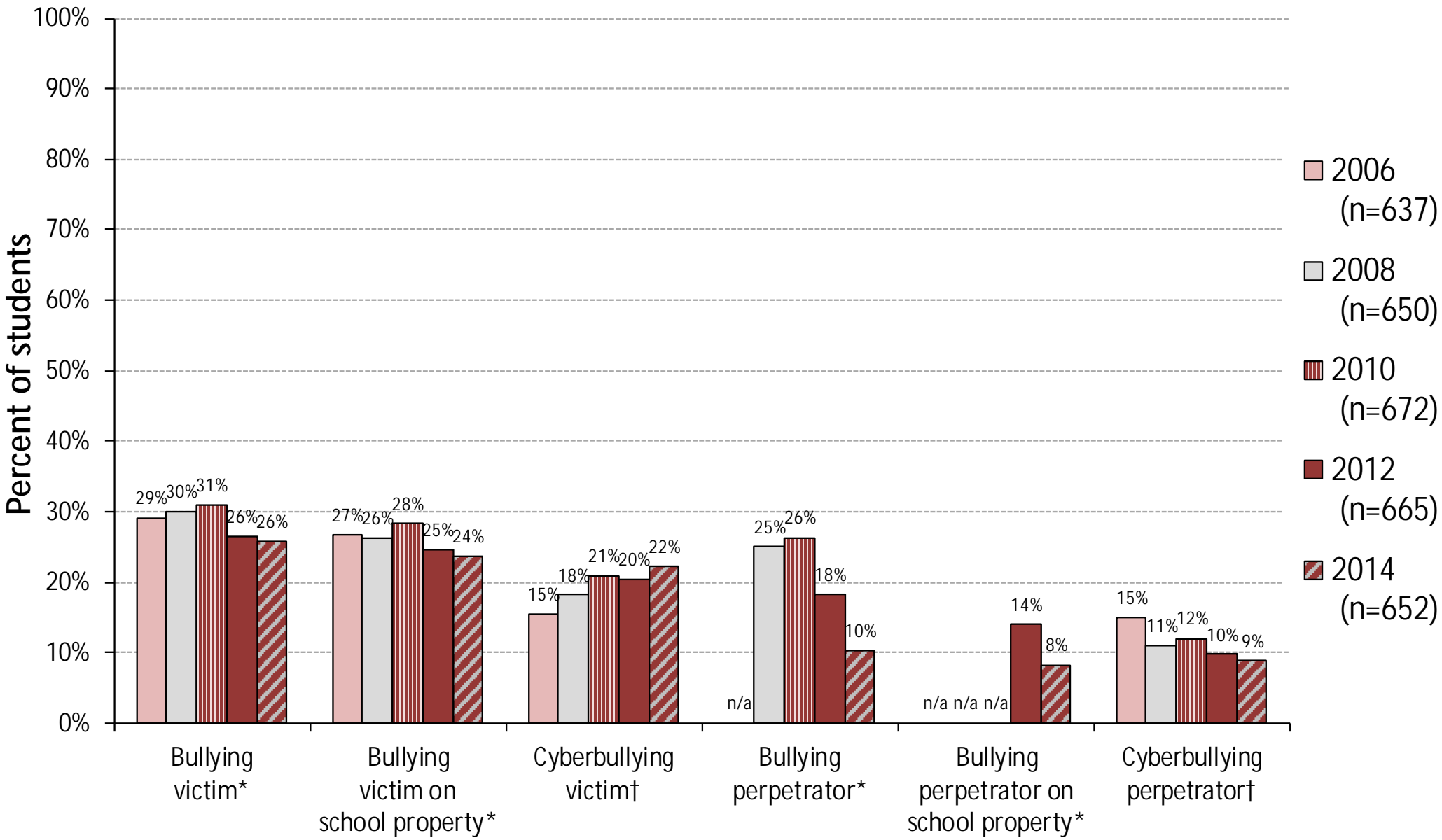
* In the past 12 months; bullying defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again
 † In the past 12 months; cyberbullying defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about someone

Figure 3-3B. Bullying and Cyberbullying by Grade, 2014
Ashland High School (Grades 9-12)
MetroWest Adolescent Health Survey



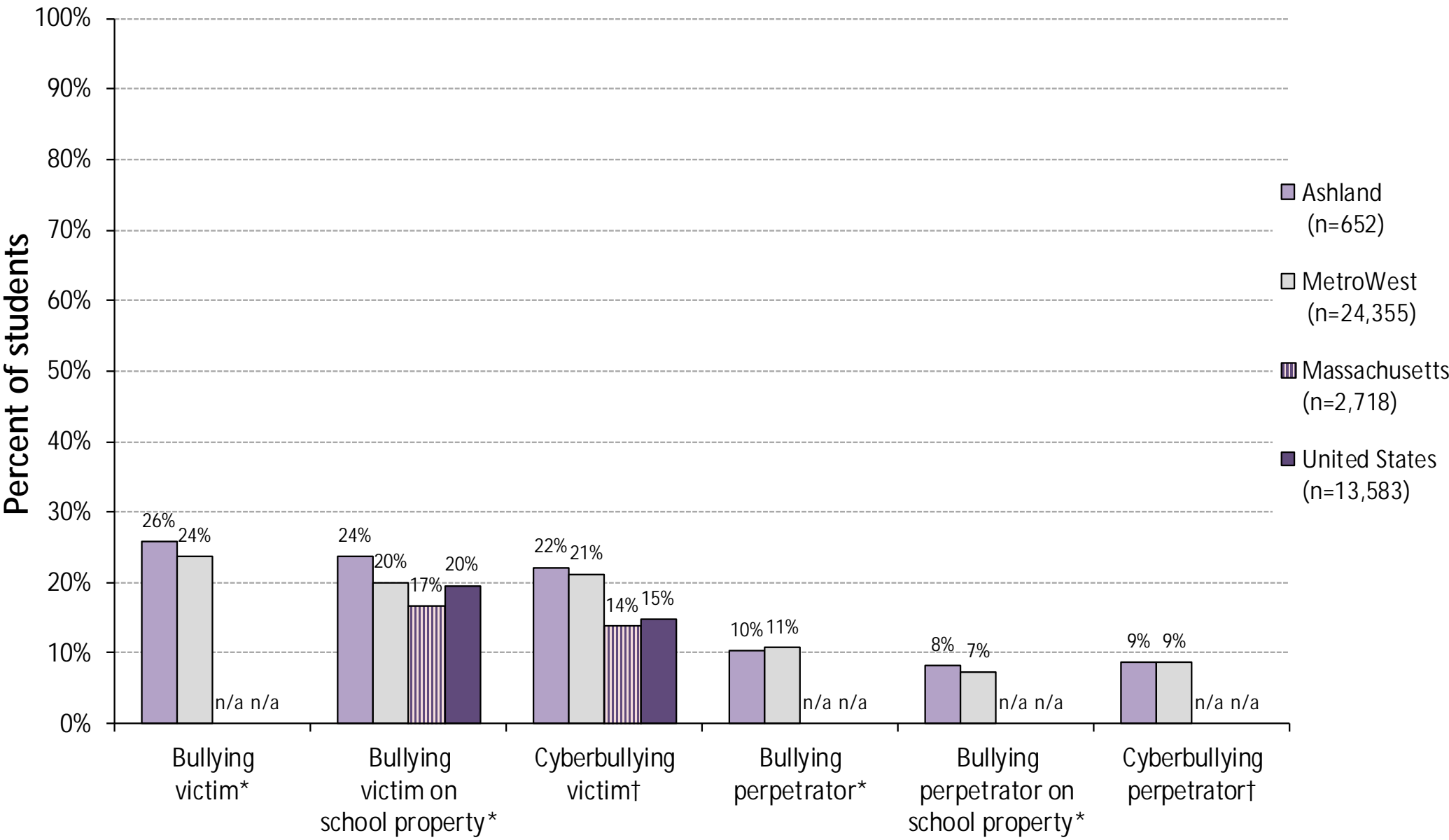
* In the past 12 months; bullying defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again
 † In the past 12 months; cyberbullying defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about someone

Figure 3-3C. Trends in Bullying and Cyberbullying, 2006-2014
Ashland High School (Grades 9-12)
MetroWest Adolescent Health Survey



* In the past 12 months; bullying defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again
 † In the past 12 months; cyberbullying defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about someone

Figure 3-3D. Bullying and Cyberbullying at the District, Regional, State, and National Levels, 2014
Ashland High School (Grades 9-12)
MetroWest Adolescent Health Survey

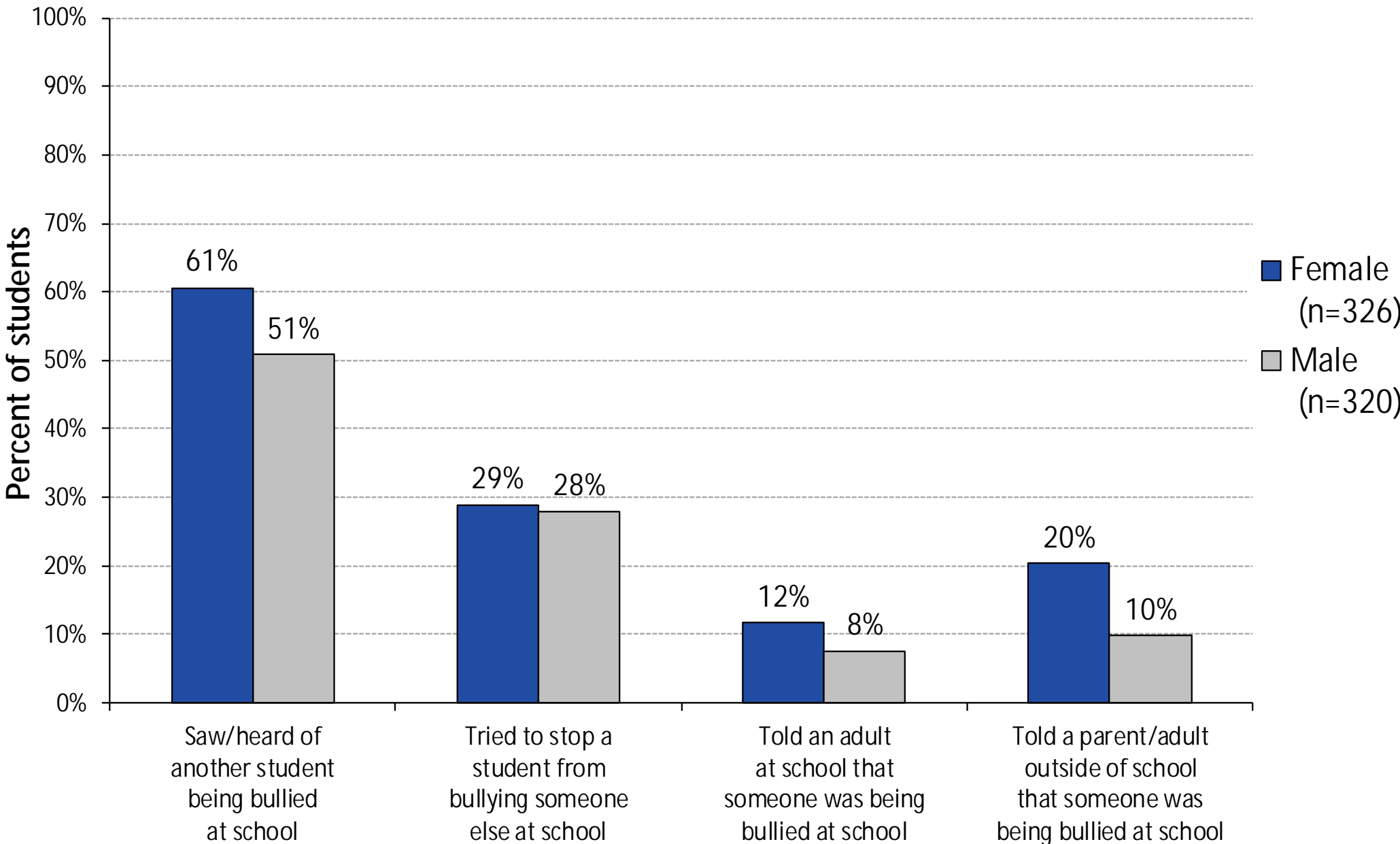


* In the past 12 months; bullying defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again
 † In the past 12 months; cyberbullying defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about someone

Figure 3-4A. School Bullying Bystander Behaviors* by Gender, 2014

Ashland High School (Grades 9-12)

MetroWest Adolescent Health Survey

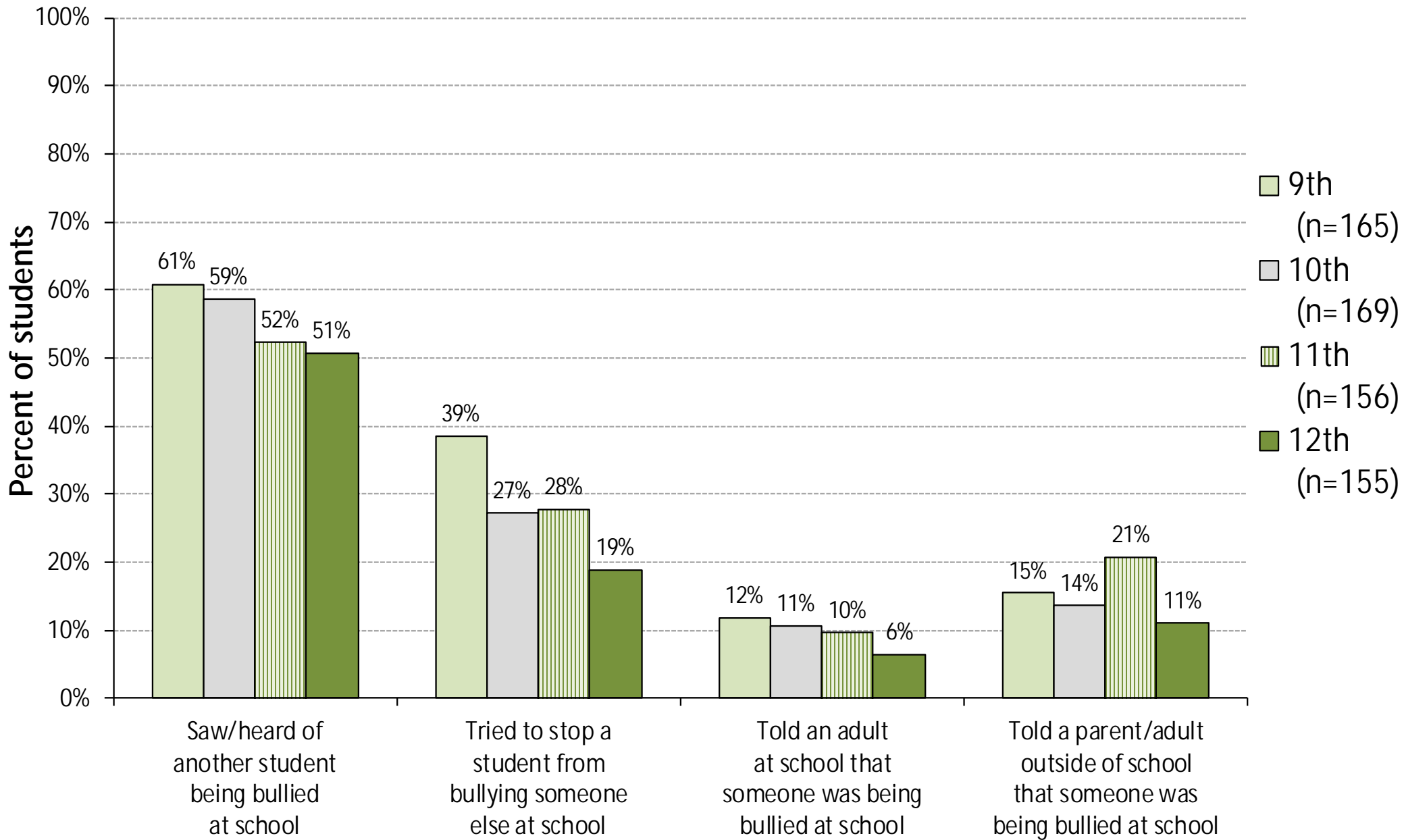


* In the past 12 months; bullying defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

Figure 3-4B. School Bullying Bystander Behaviors* by Grade, 2014

Ashland High School (Grades 9-12)

MetroWest Adolescent Health Survey

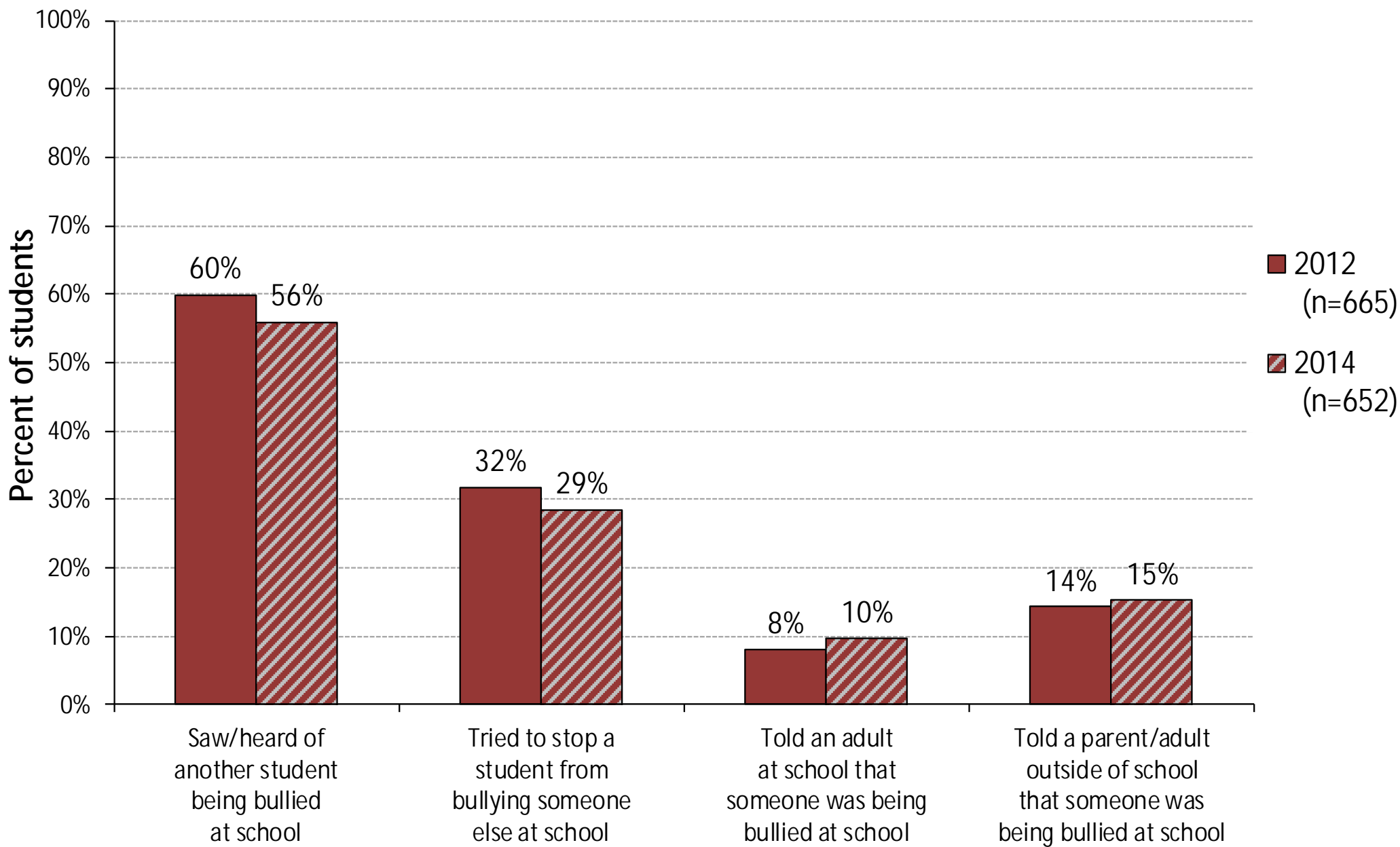


* In the past 12 months; bullying defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

Figure 3-4C. Trends in School Bullying Bystander Behaviors,* 2012-2014

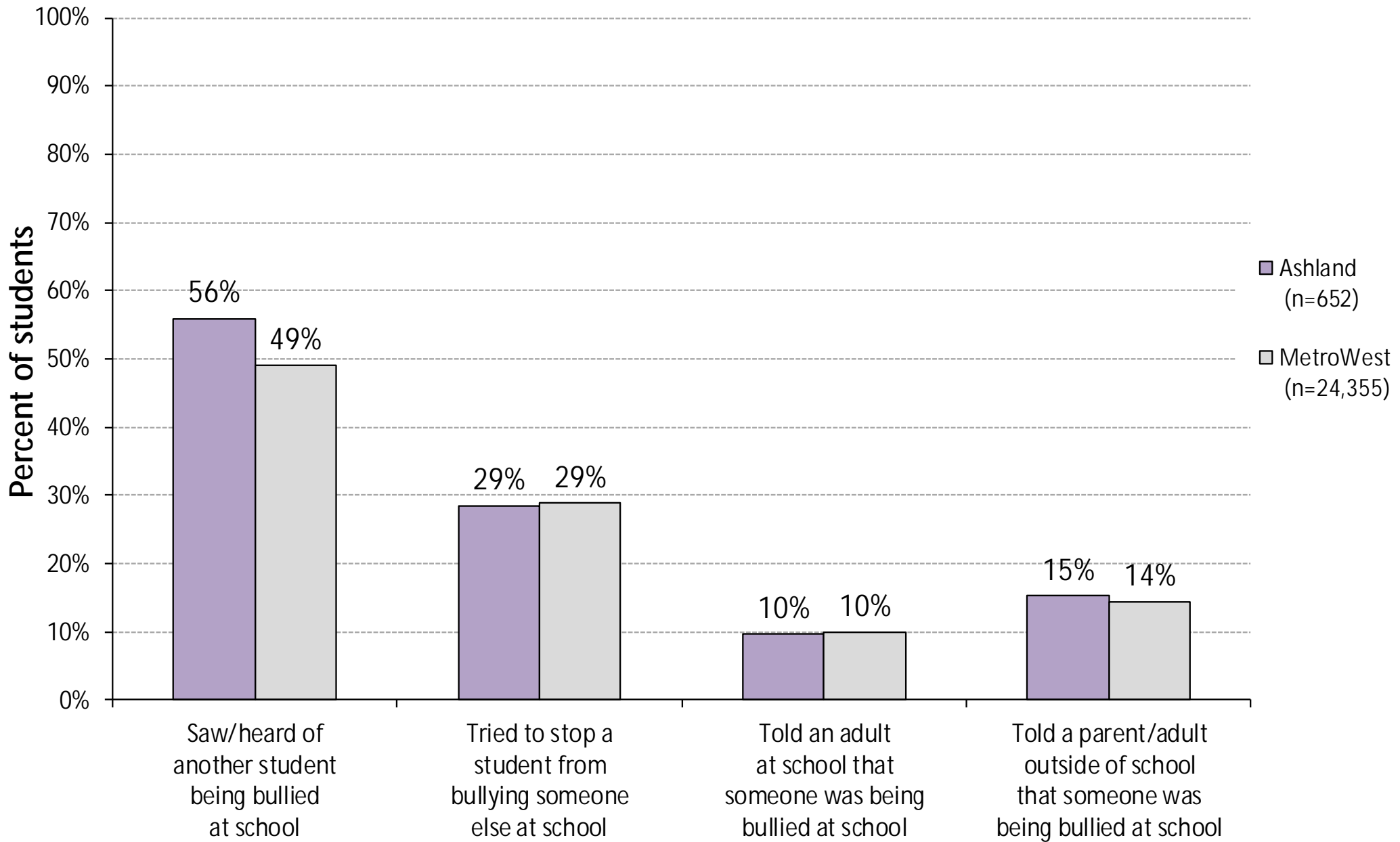
Ashland High School (Grades 9-12)

MetroWest Adolescent Health Survey



* In the past 12 months; bullying defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

Figure 3-4D. School Bullying Bystander Behaviors* at the District and Regional Levels, 2014
 Ashland High School (Grades 9-12)
 MetroWest Adolescent Health Survey

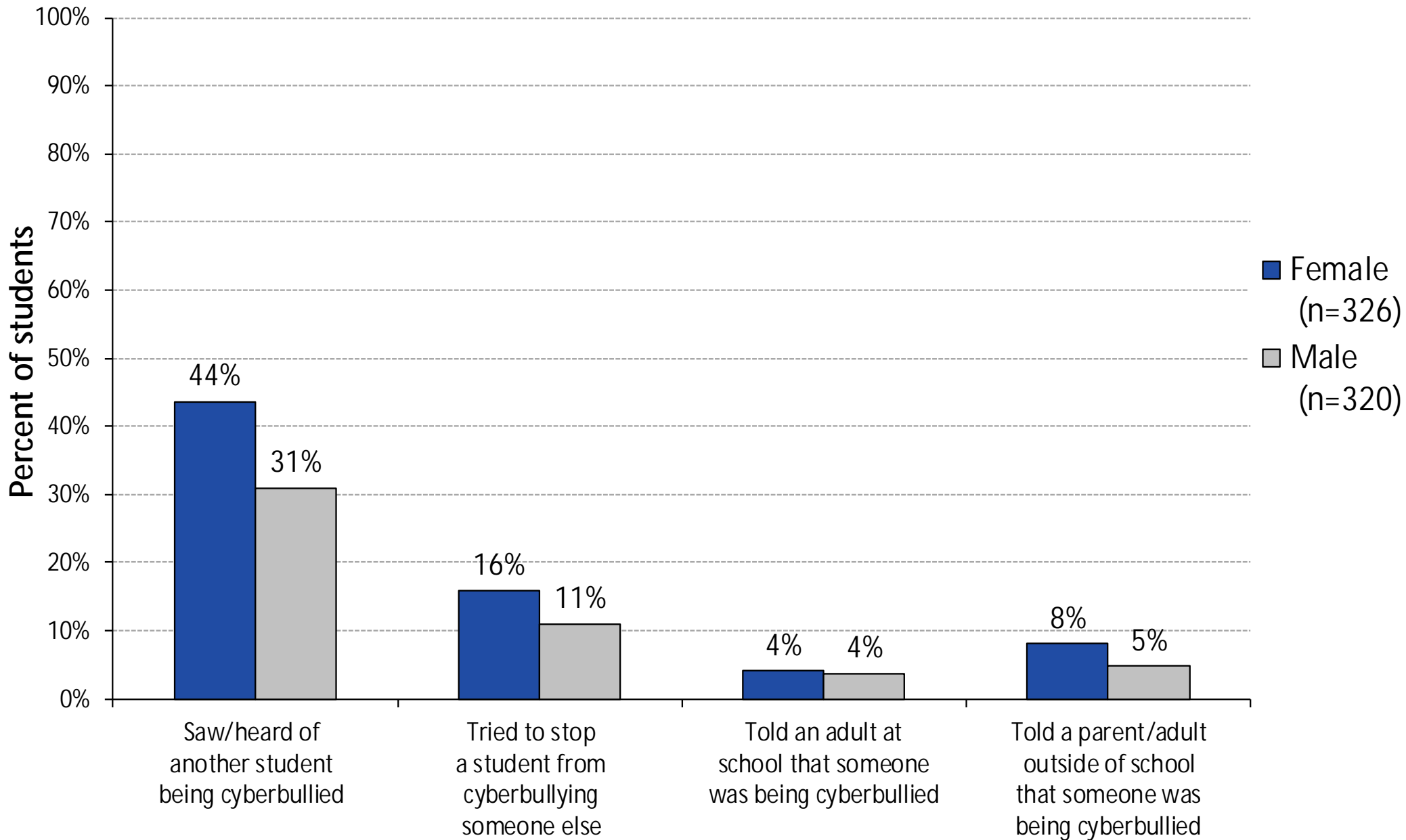


* In the past 12 months; bullying defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

Figure 3-5A. Cyberbullying Bystander Behaviors* by Gender, 2014

Ashland High School (Grades 9-12)

MetroWest Adolescent Health Survey

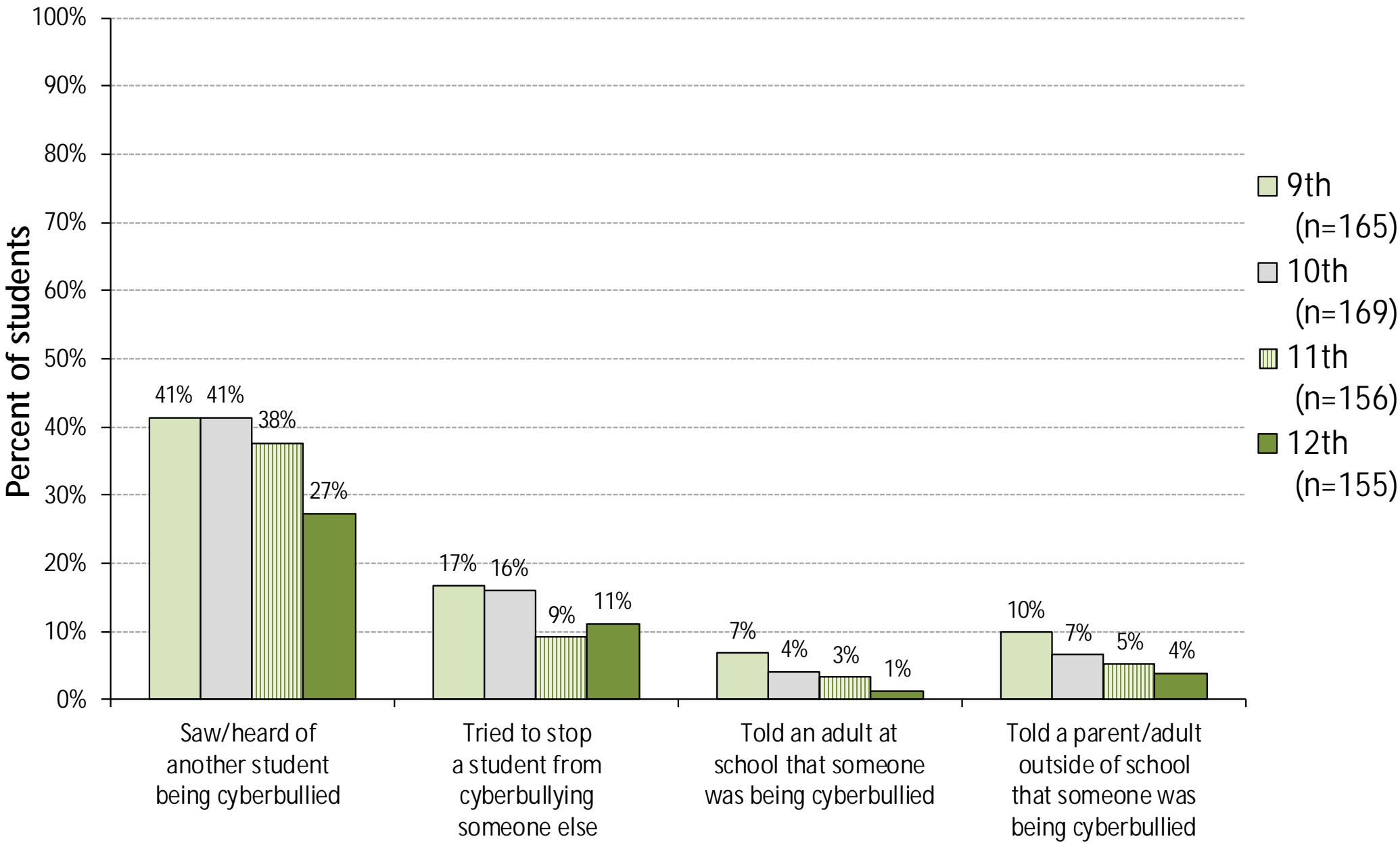


* In the past 12 months; cyberbullying defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about someone

Figure 3-5B. Cyberbullying Bystander Behaviors* by Grade, 2014

Ashland High School (Grades 9-12)

MetroWest Adolescent Health Survey

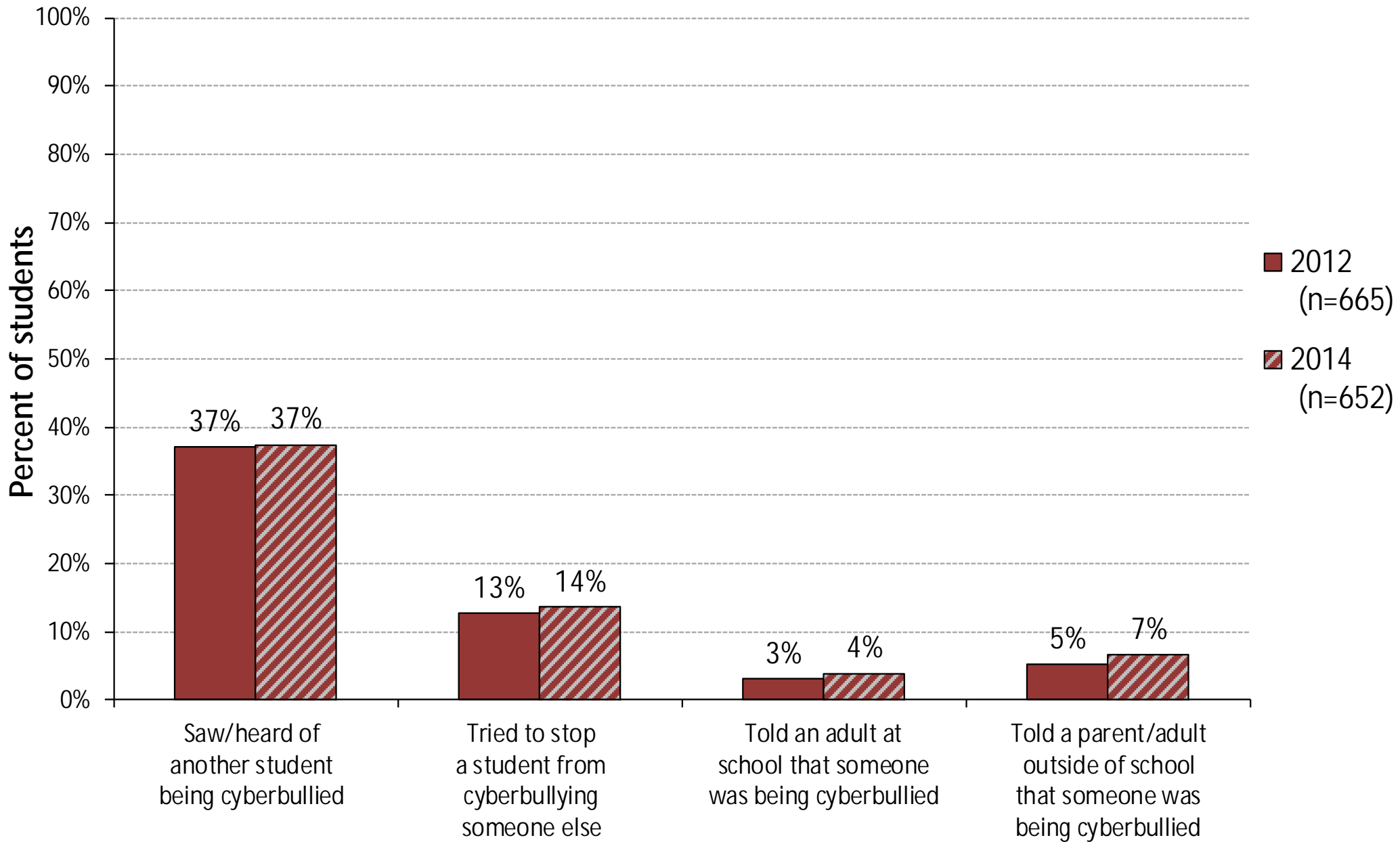


* In the past 12 months; cyberbullying defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about someone

Figure 3-5C. Cyberbullying Bystander Behaviors,* 2012-2014

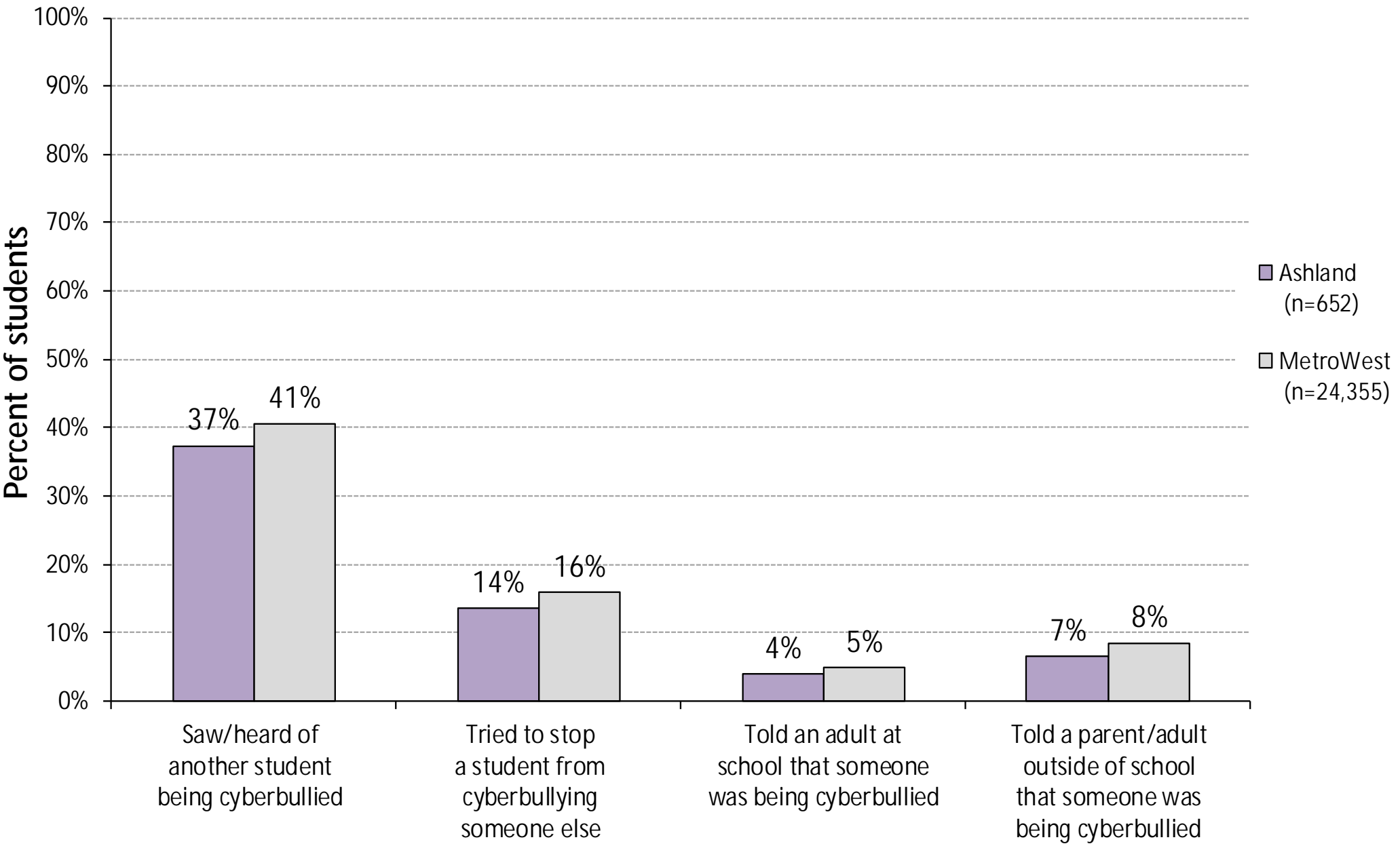
Ashland High School (Grades 9-12)

MetroWest Adolescent Health Survey



* In the past 12 months; cyberbullying defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about someone

Figure 3-5D. Cyberbullying Bystander Behaviors* at the District and Regional Levels, 2014
Ashland High School (Grades 9-12)
MetroWest Adolescent Health Survey

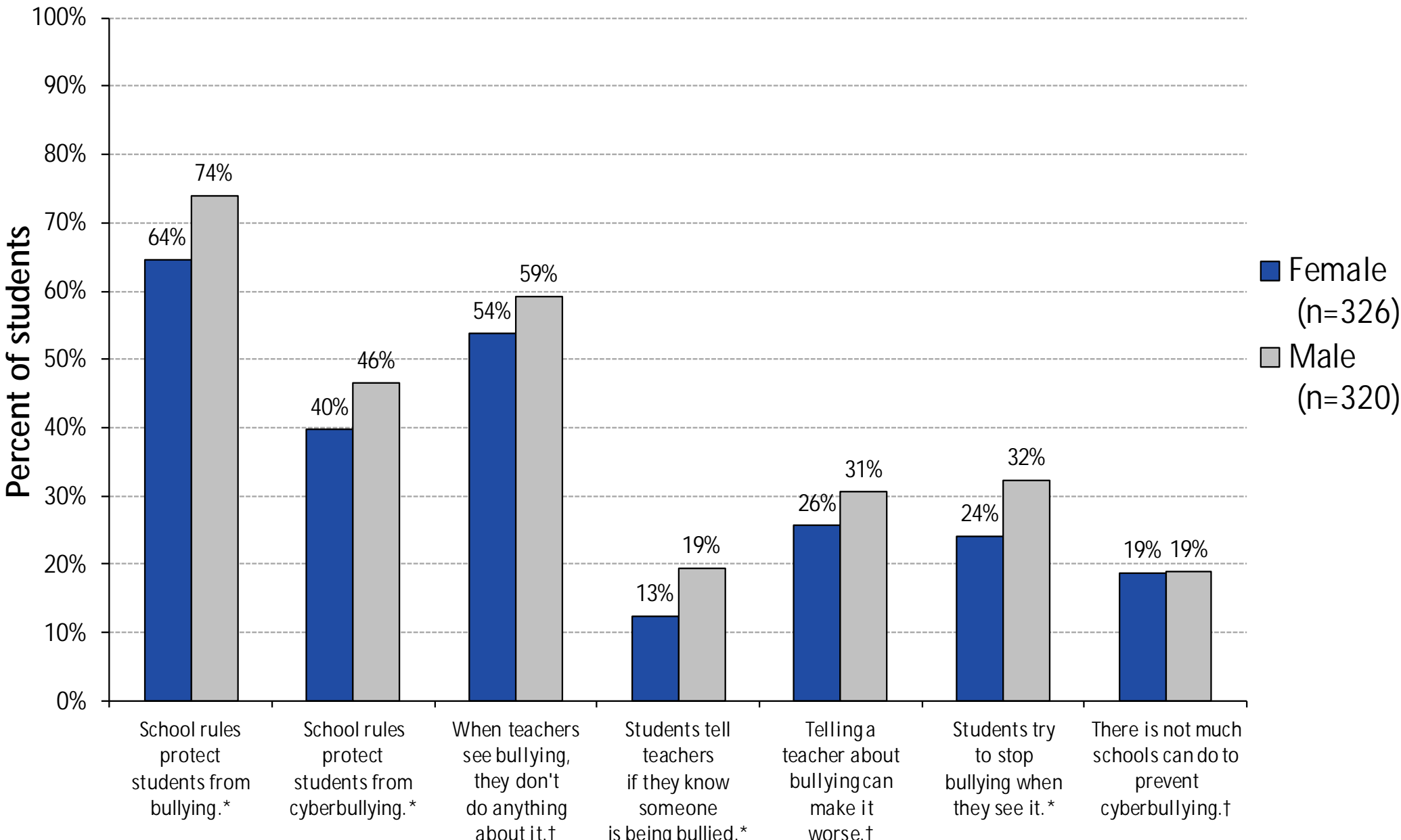


* In the past 12 months; cyberbullying defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about someone

Figure 3-6A. School Climate Related to Bullying by Gender, 2014

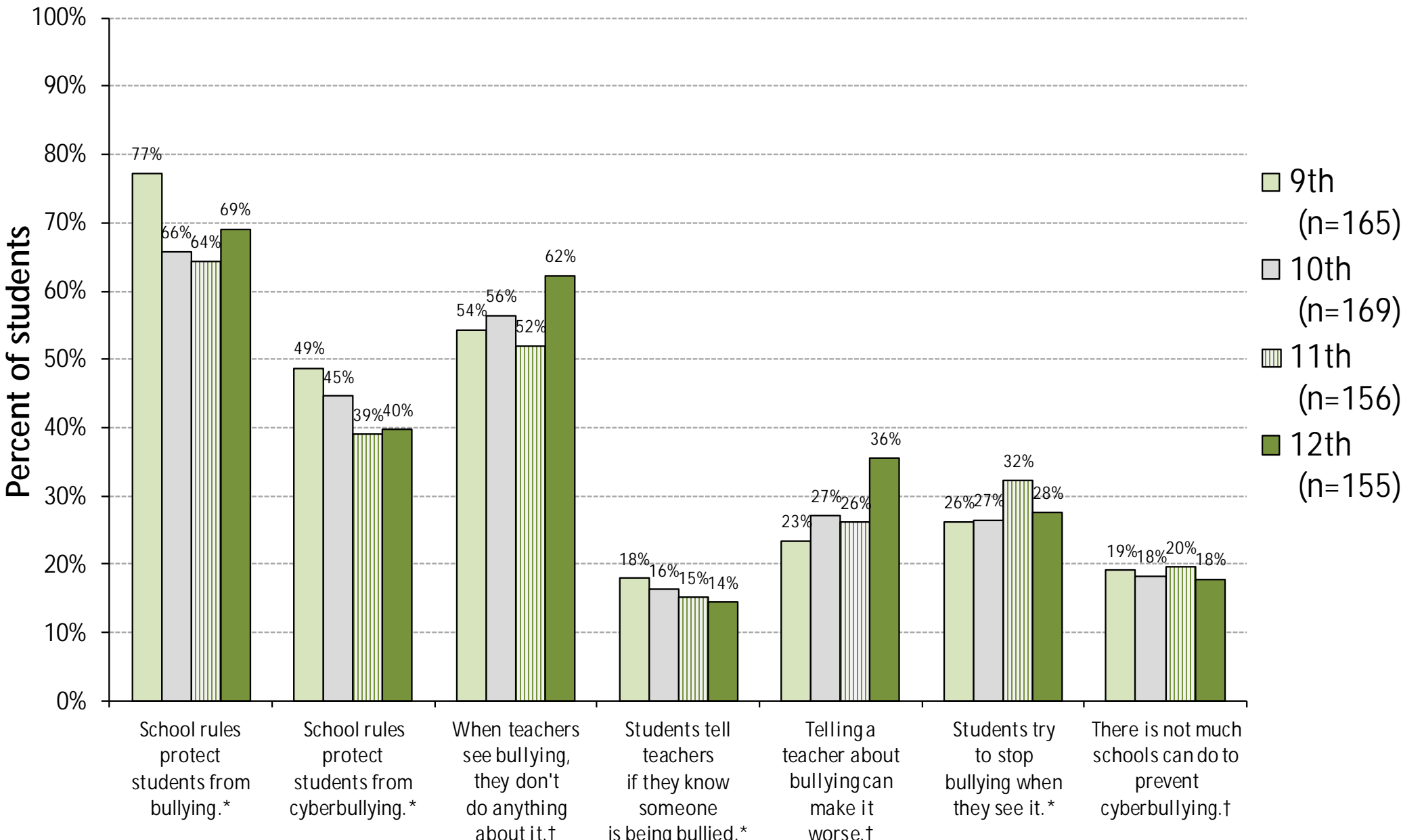
Ashland High School (Grades 9-12)

MetroWest Adolescent Health Survey



* Answered either "agree" or "strongly agree"
 † Answered either "disagree" or "strongly disagree"

Figure 3-6B. School Climate Related to Bullying by Grade, 2014
Ashland High School (Grades 9-12)
MetroWest Adolescent Health Survey

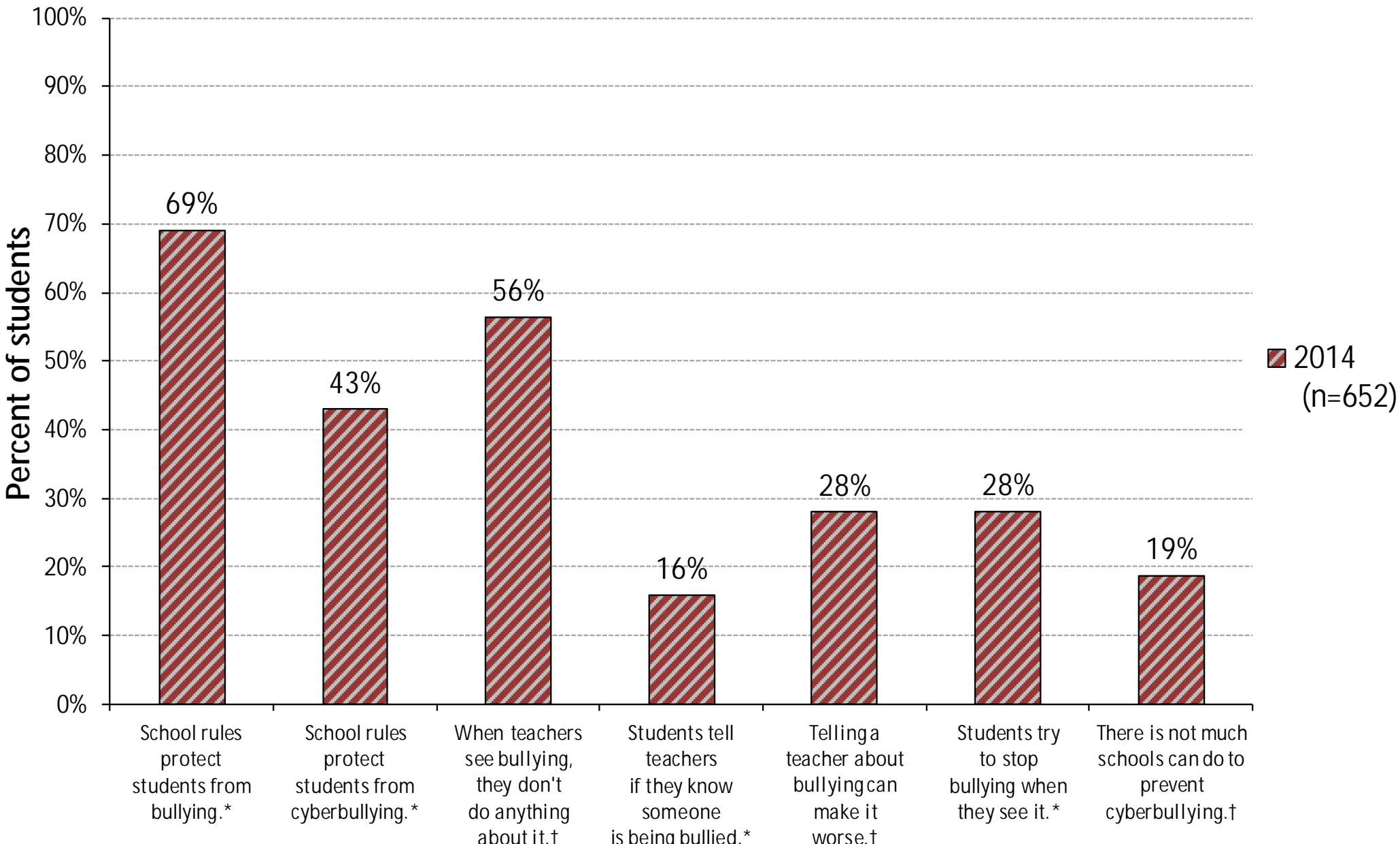


* Answered either "agree" or "strongly agree"
 † Answered either "disagree" or "strongly disagree"

Figure 3-6C. School Climate Related to Bullying, 2014

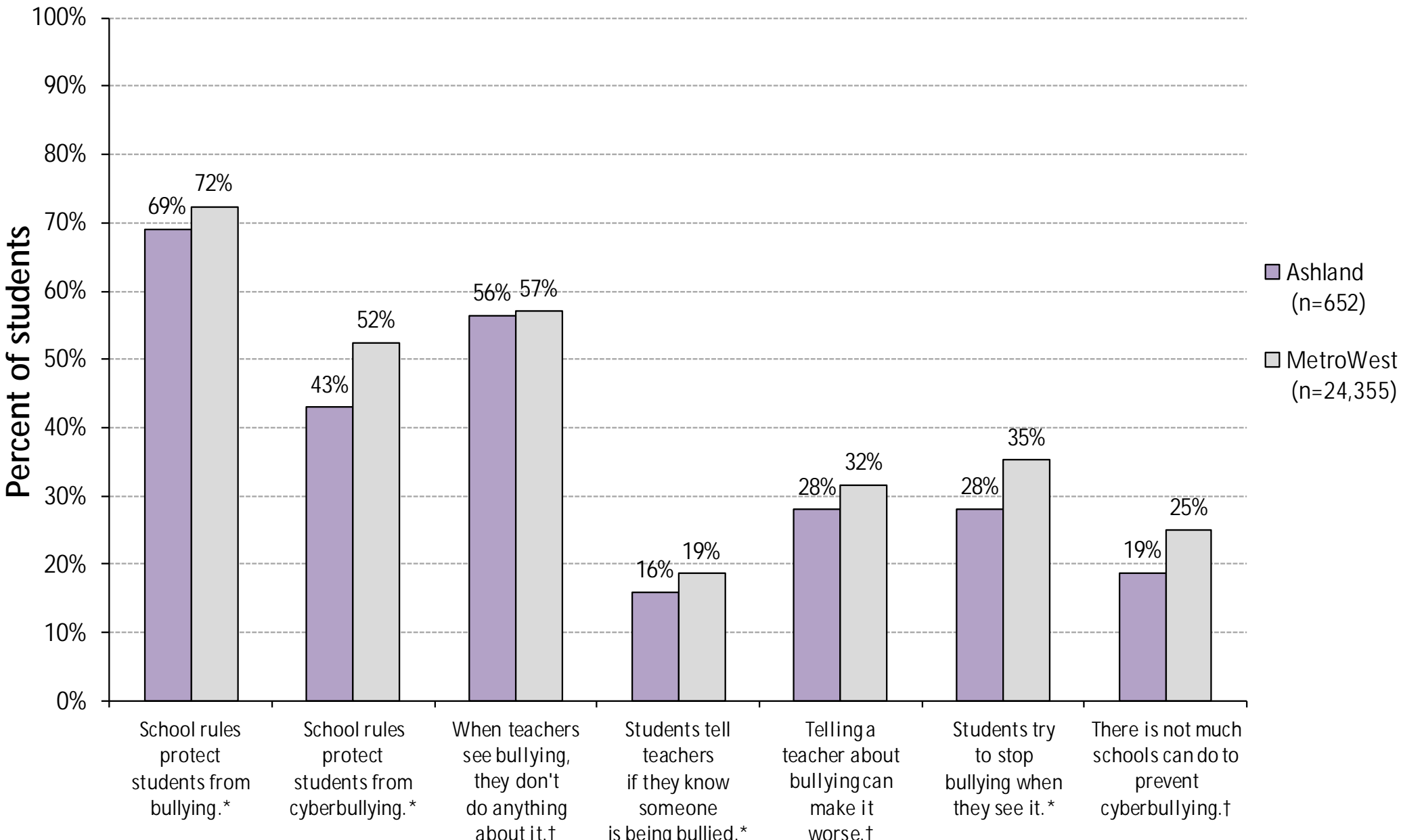
Ashland High School (Grades 9-12)

MetroWest Adolescent Health Survey



* Answered either "agree" or "strongly agree"
 † Answered either "disagree" or "strongly disagree"

Figure 3-6D. School Climate Related to Bullying at the District and Regional Levels, 2014
Ashland High School (Grades 9-12)
MetroWest Adolescent Health Survey



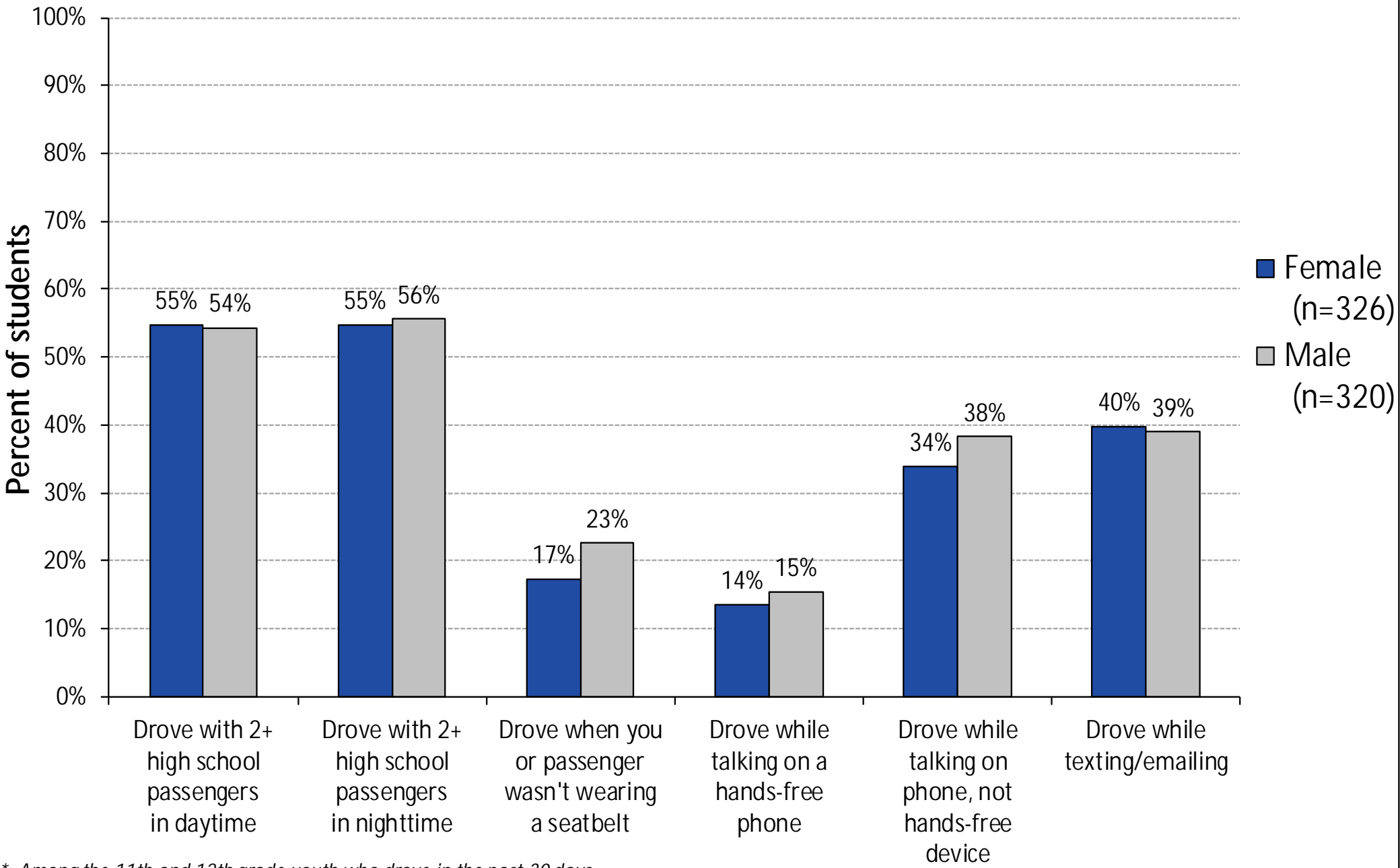
* Answered either "agree" or "strongly agree"

† Answered either "disagree" or "strongly disagree"

Figure 4-1A. Distracted Driving* by Gender, 2014

Ashland High School (Grades 9-12)

MetroWest Adolescent Health Survey

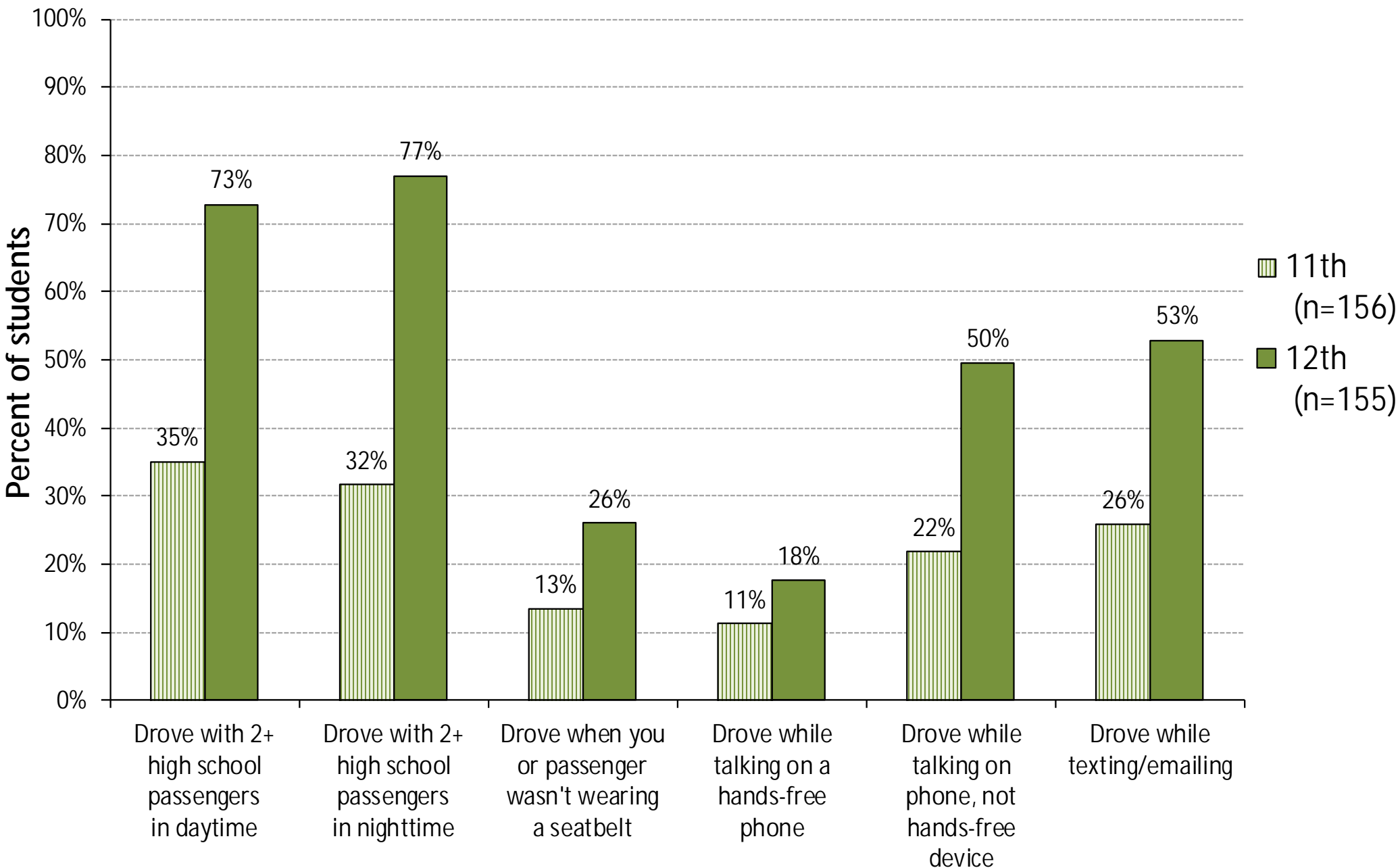


* Among the 11th and 12th grade youth who drove in the past 30 days

Figure 4-1B. Distracted Driving* by Grade, 2014

Ashland High School (Grades 9-12)

MetroWest Adolescent Health Survey

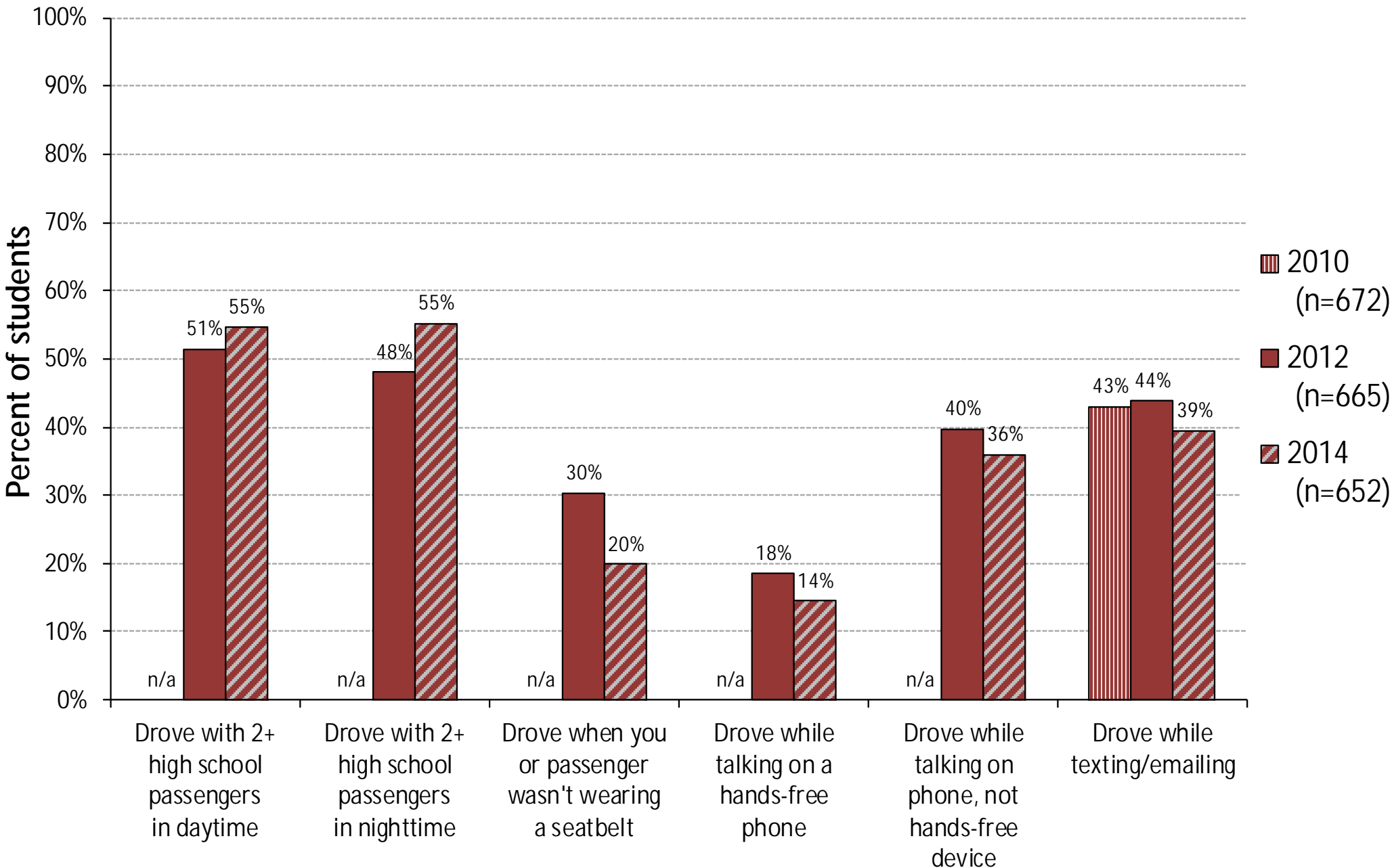


* Among the 11th and 12th grade youth who drove in the past 30 days

Figure 4-1C. Trends in Distracted Driving,* 2010-2014

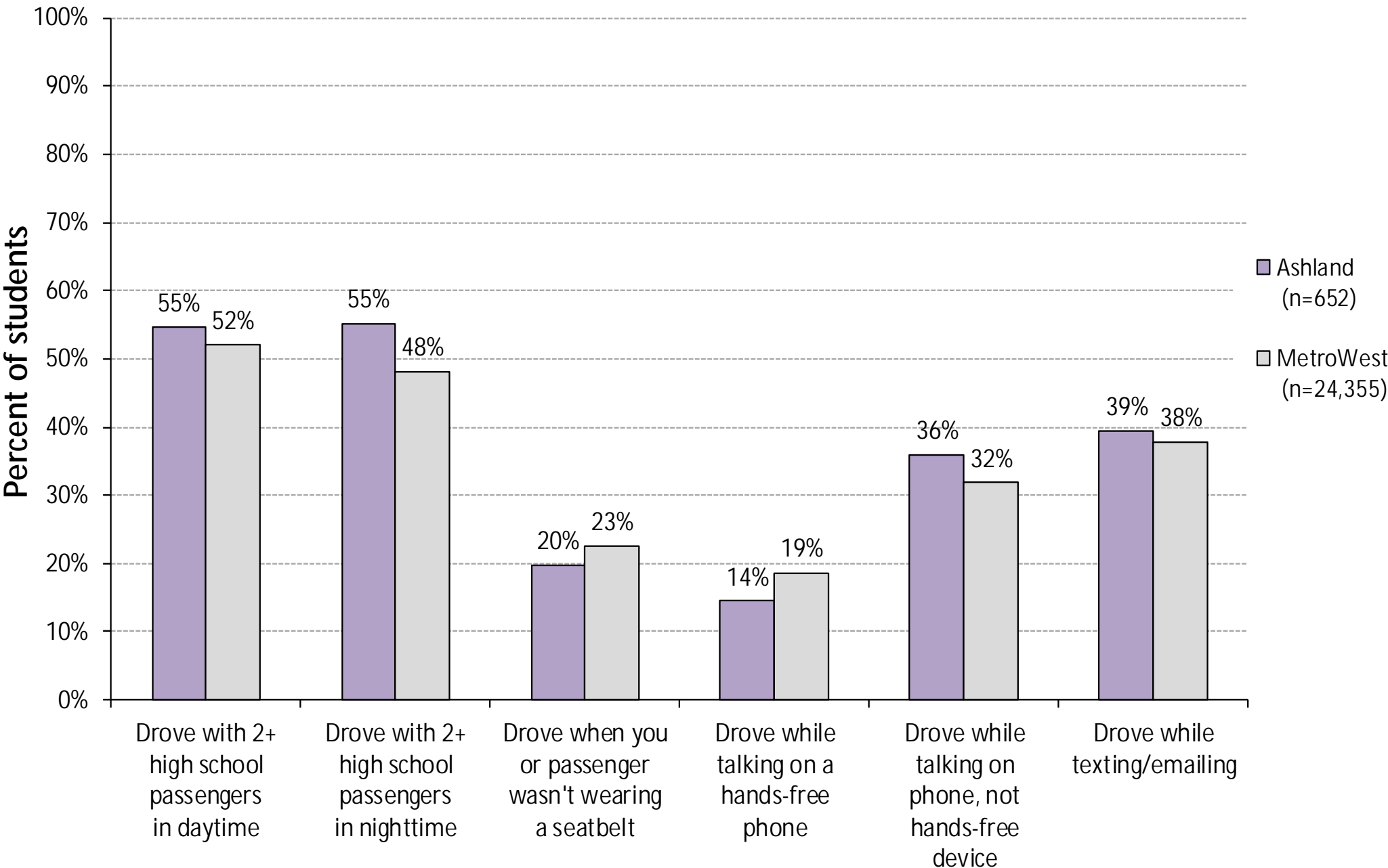
Ashland High School (Grades 9-12)

MetroWest Adolescent Health Survey



* Among the 11th and 12th grade youth who drove in the past 30 days

Figure 4-1D. Distracted Driving* at the District and Regional Levels, 2014
 Ashland High School (Grades 9-12)
 MetroWest Adolescent Health Survey



* Among the 11th and 12th grade youth who drove in the past 30 days

Figure 4-2A. Perceptions of Risk and Passenger Behaviors Related to Impaired Driving by Gender, 2014
Ashland High School (Grades 9-12)
MetroWest Adolescent Health Survey

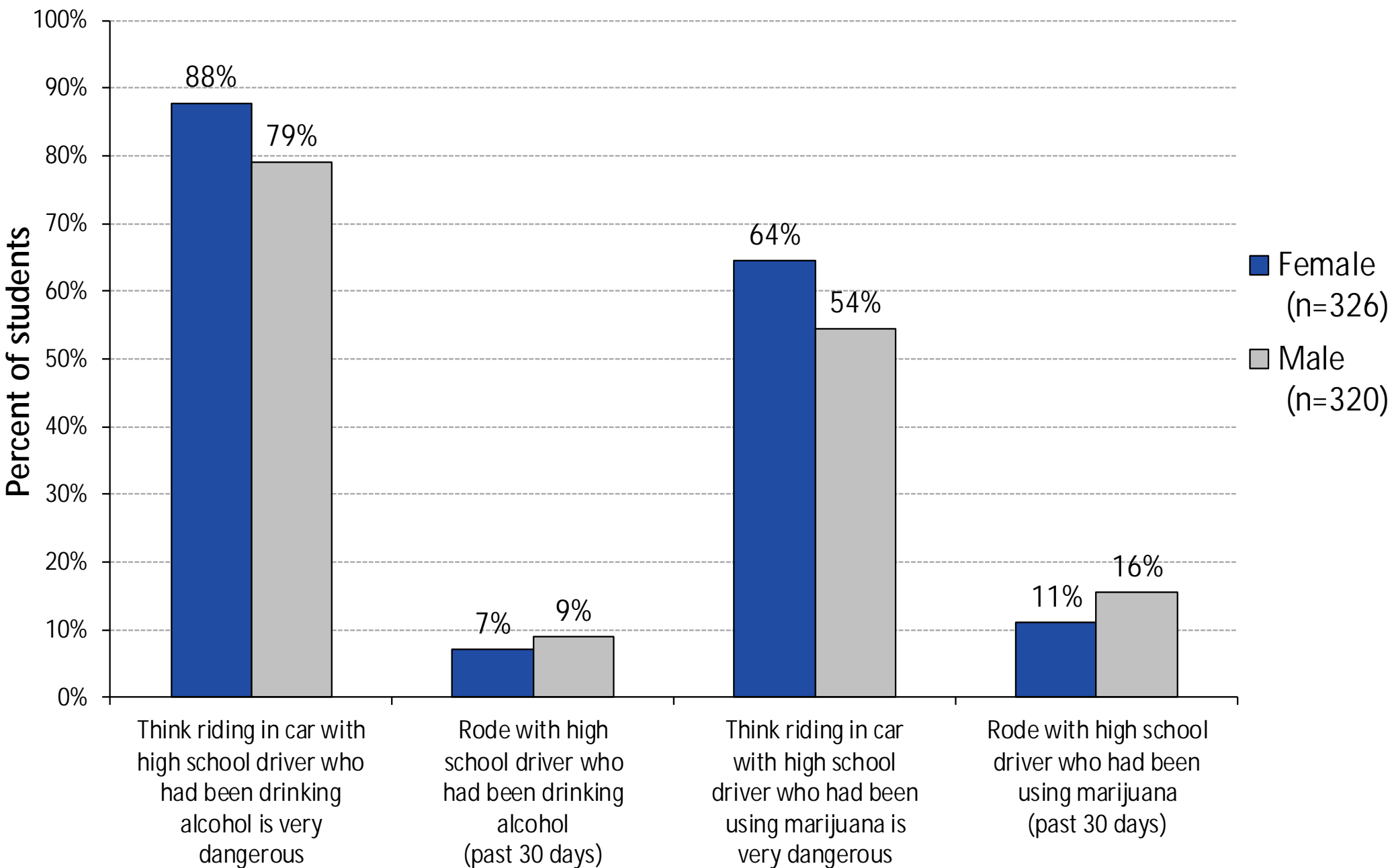


Figure 4-2B. Perceptions of Risk and Passenger Behaviors Related to Impaired Driving by Grade, 2014
 Ashland High School (Grades 9-12)
 MetroWest Adolescent Health Survey

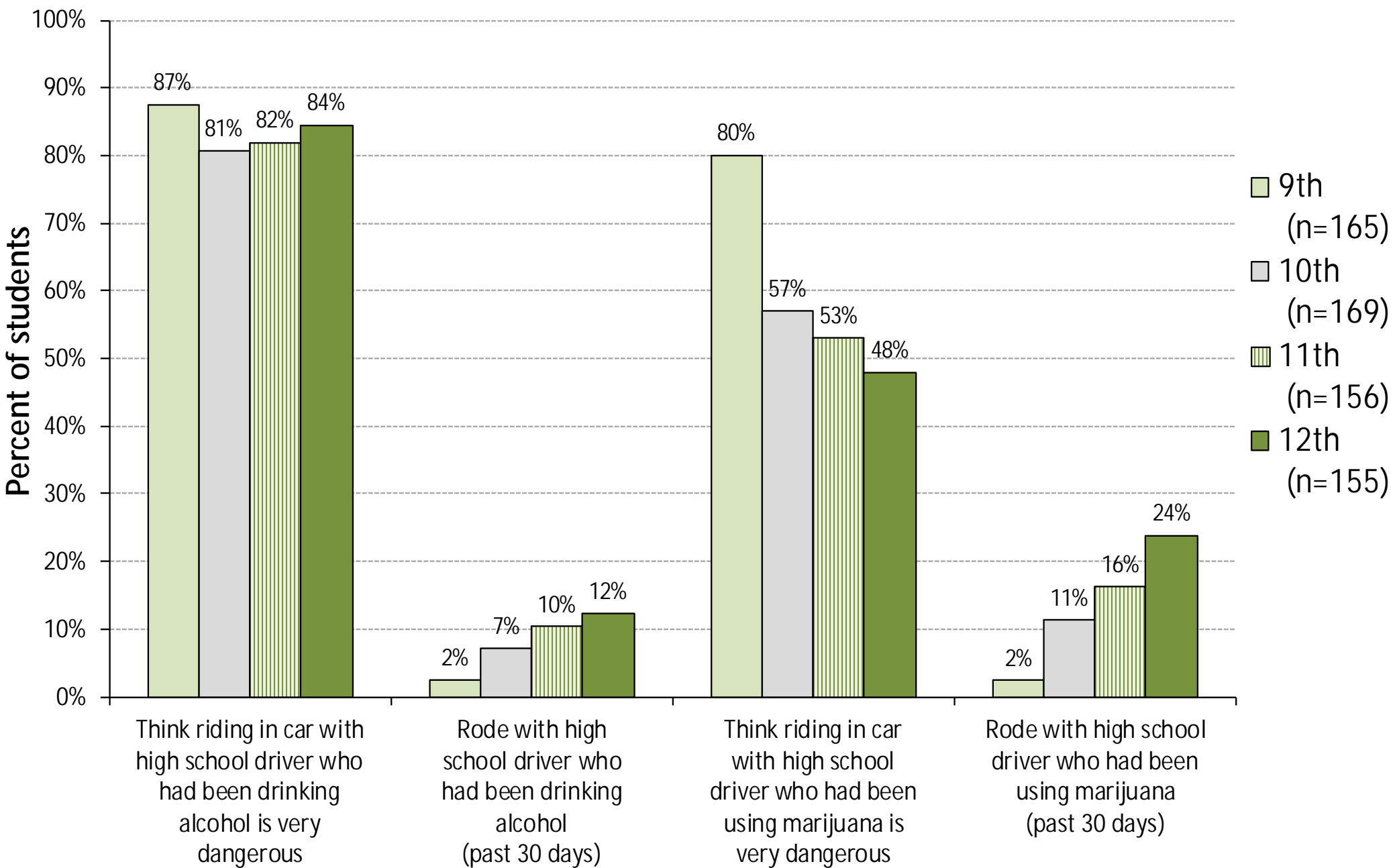


Figure 4-2C. Trends in Perceptions of Risk and Passenger Behaviors Related to Impaired Driving, 2012-2014
Ashland High School (Grades 9-12)
MetroWest Adolescent Health Survey

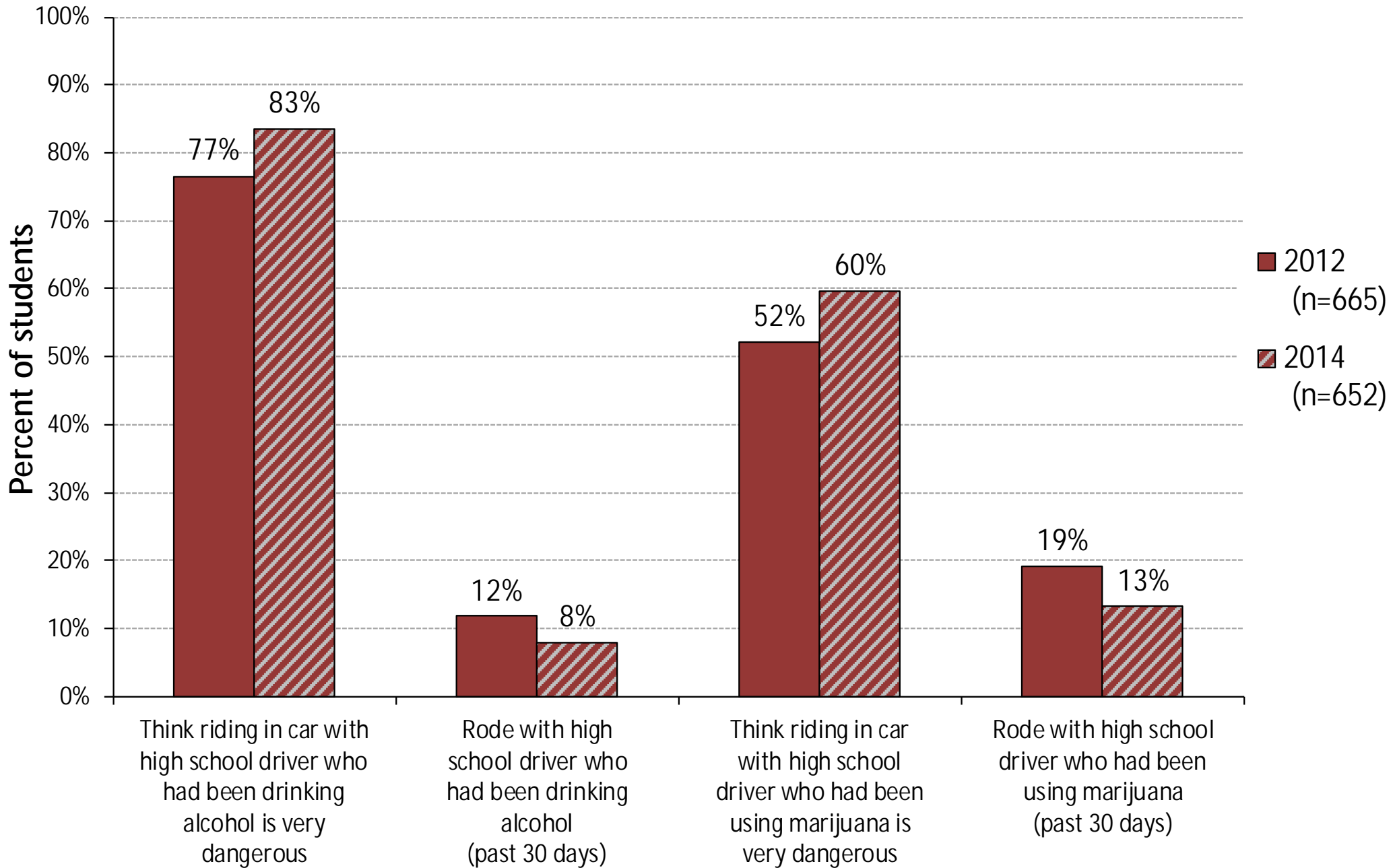


Figure 4-2D. Perceptions of Risk and Passenger Behaviors Related to Impaired Driving at the District and Regional Levels, 2014
Ashland High School (Grades 9-12)
MetroWest Adolescent Health Survey

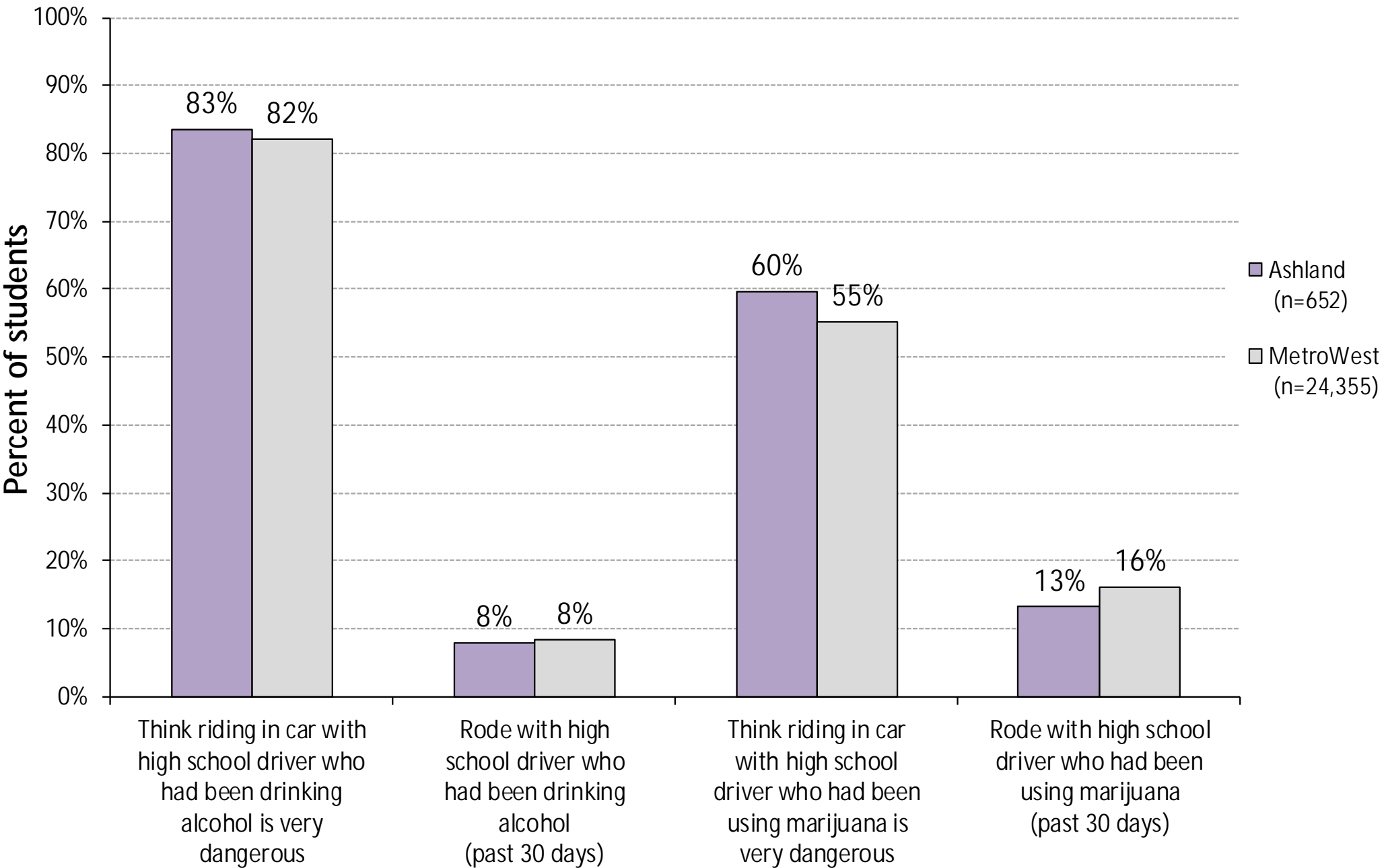
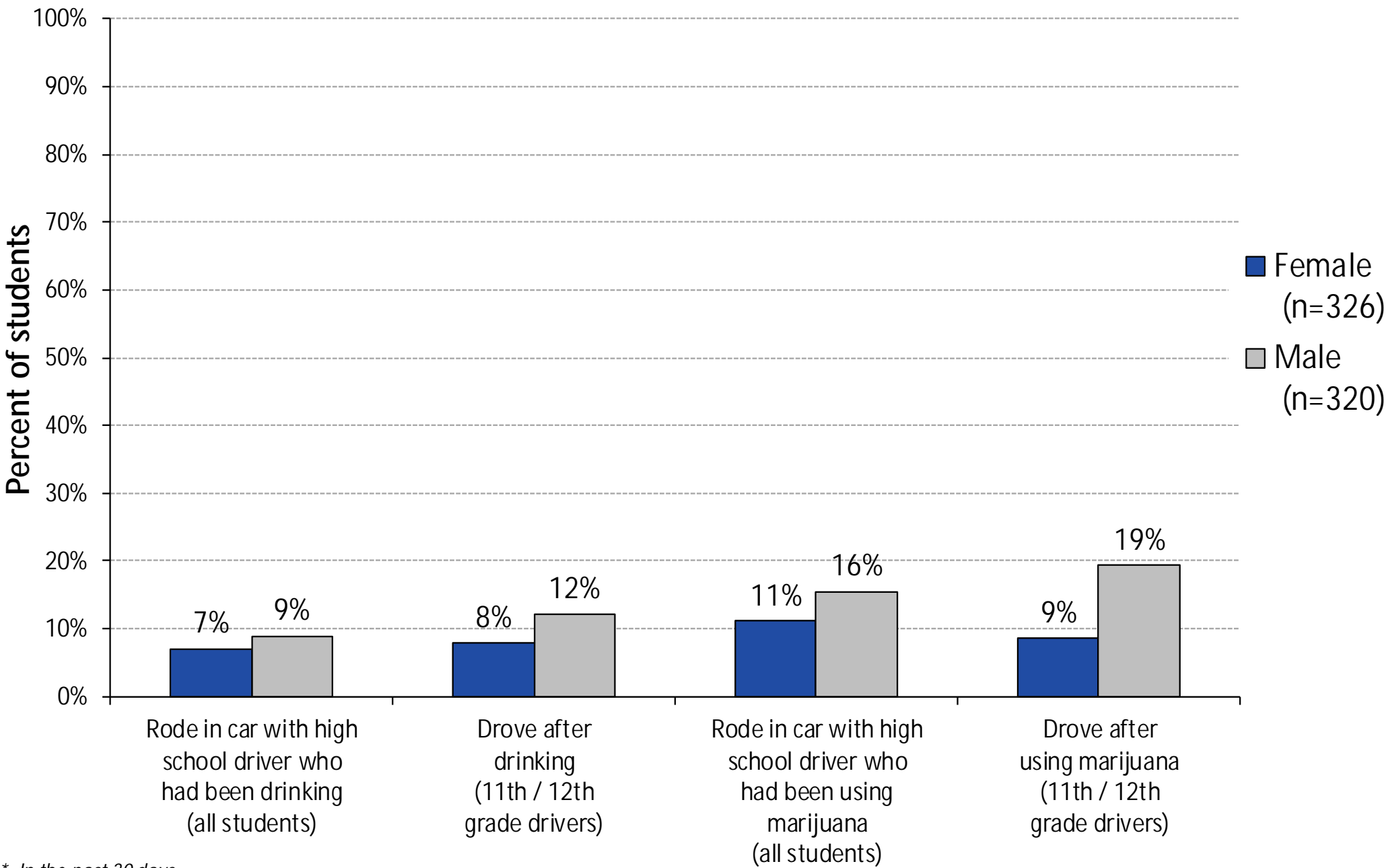


Figure 4-3A. Impaired Driving and Related Passenger Behaviors* by Gender, 2014 Ashland High School (Grades 9-12) *MetroWest Adolescent Health Survey*



* In the past 30 days

Figure 4-3B. Impaired Driving and Related Passenger Behaviors* by Grade, 2014 Ashland High School (Grades 9-12) *MetroWest Adolescent Health Survey*

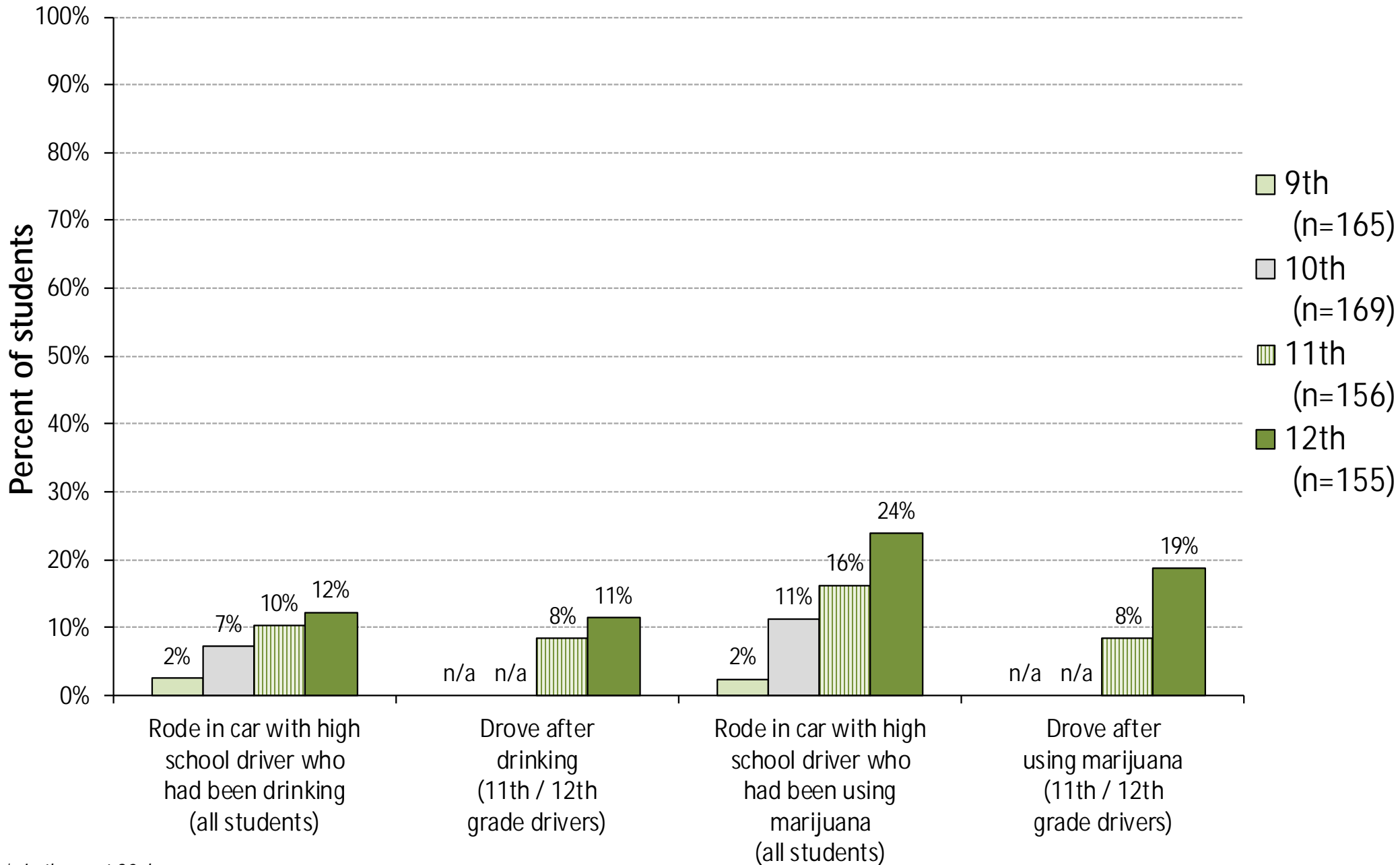


Figure 4-3C. Impaired Driving and Related Passenger Behaviors,* 2006-2014

Ashland High School (Grades 9-12)

MetroWest Adolescent Health Survey

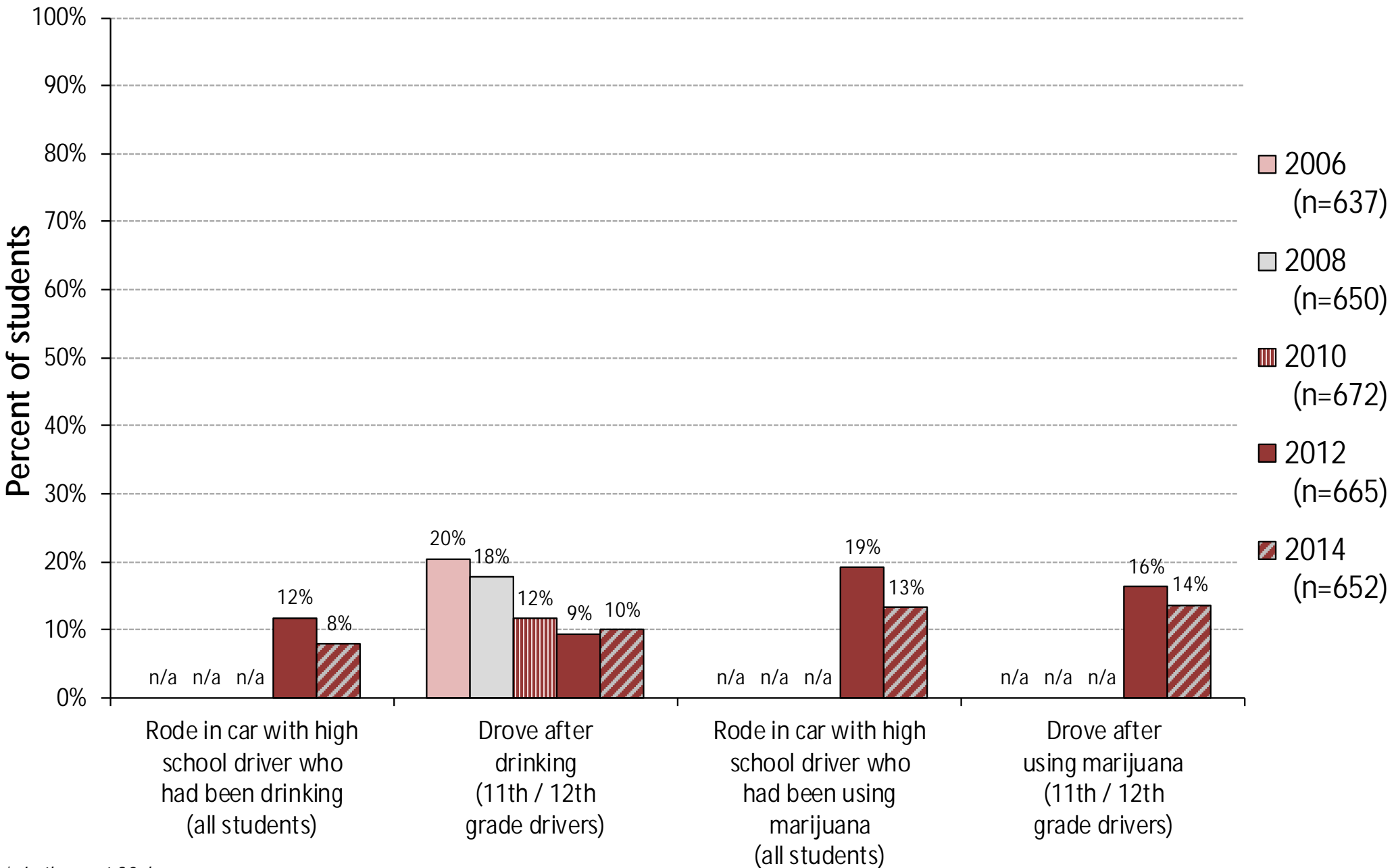
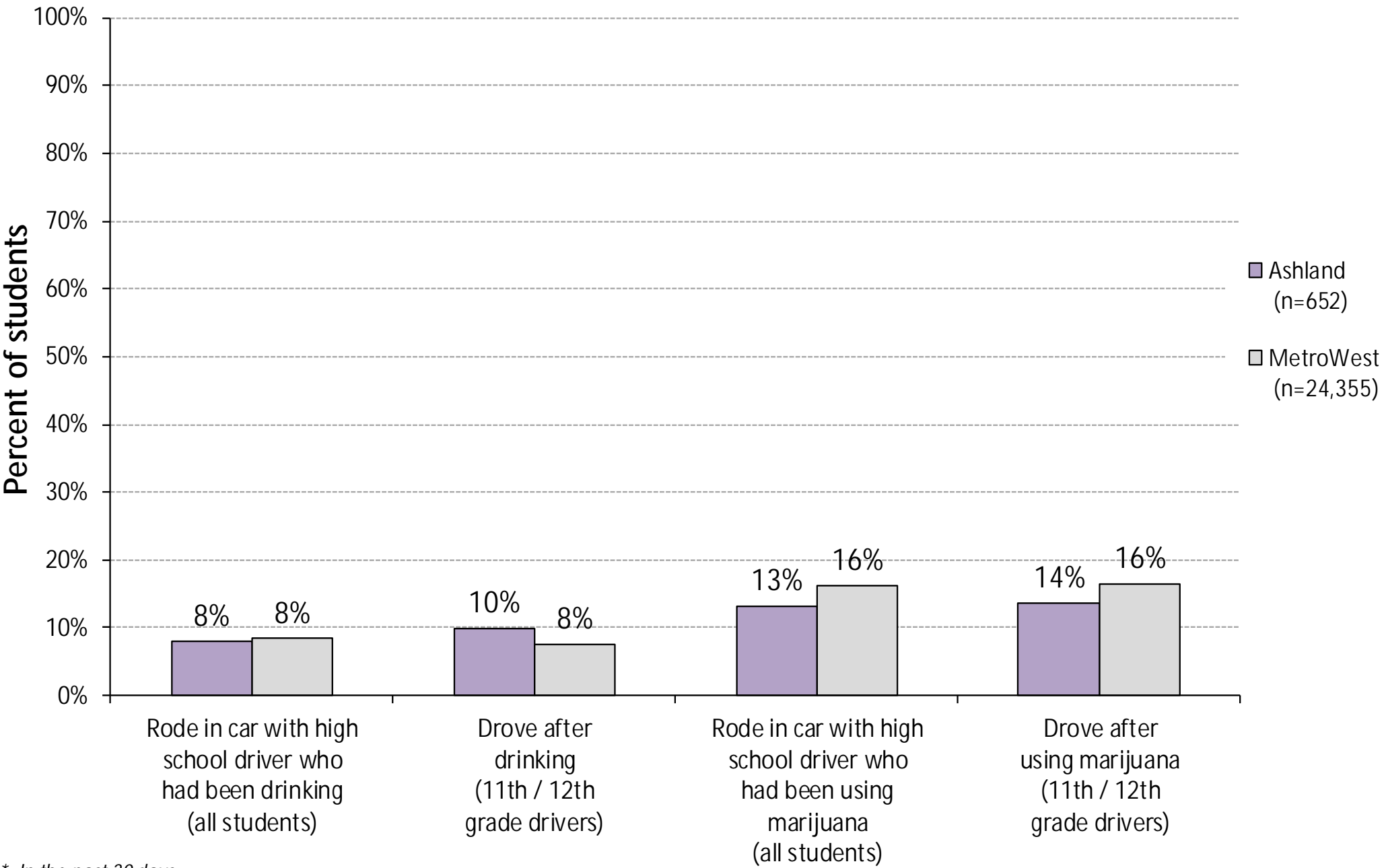


Figure 4-3D. Impaired Driving and Related Passenger Behaviors* at the District and Regional Levels, 2014
 Ashland High School (Grades 9-12)
 MetroWest Adolescent Health Survey

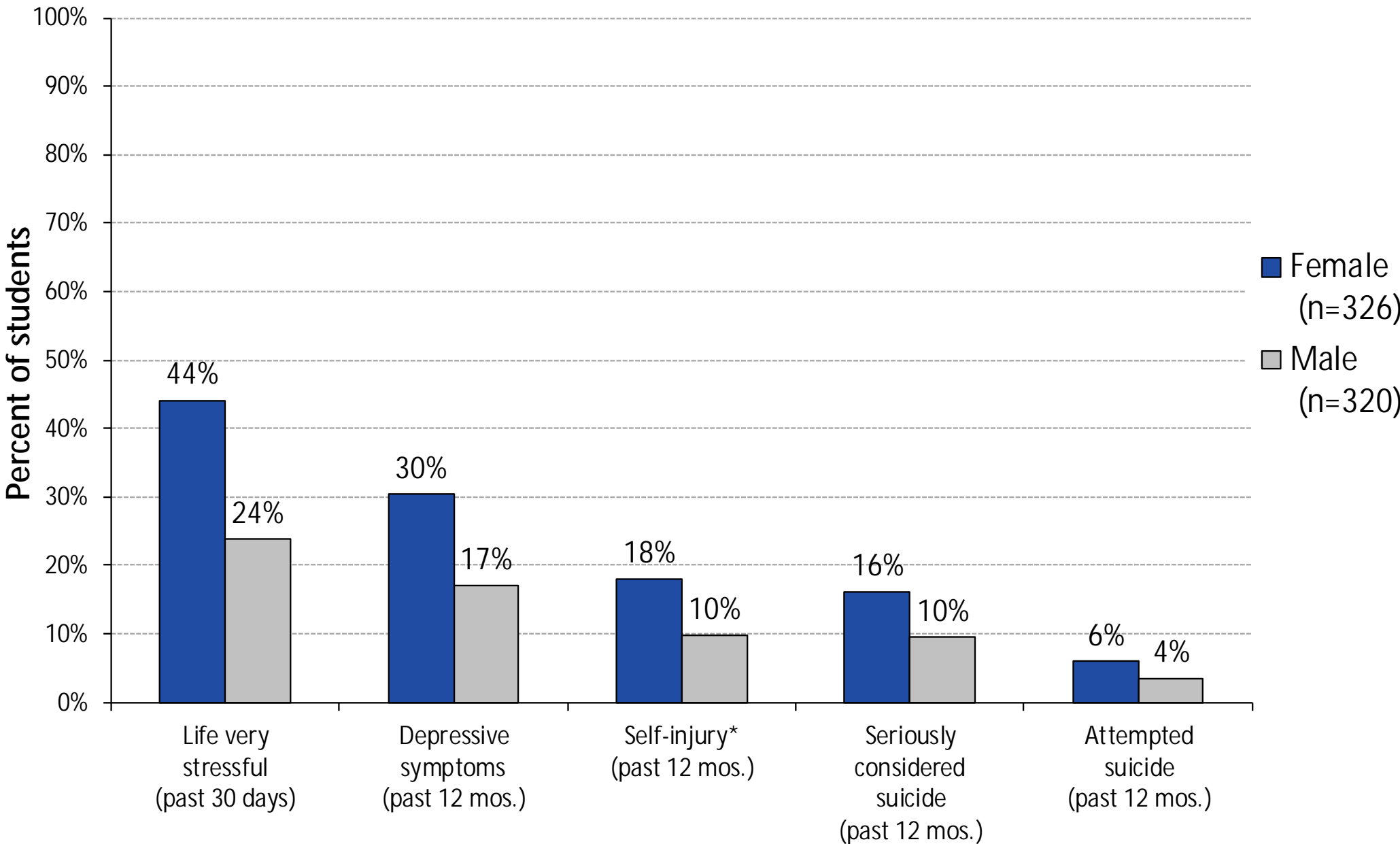


* In the past 30 days

Figure 5-1A. Mental Health and Suicidality by Gender, 2014

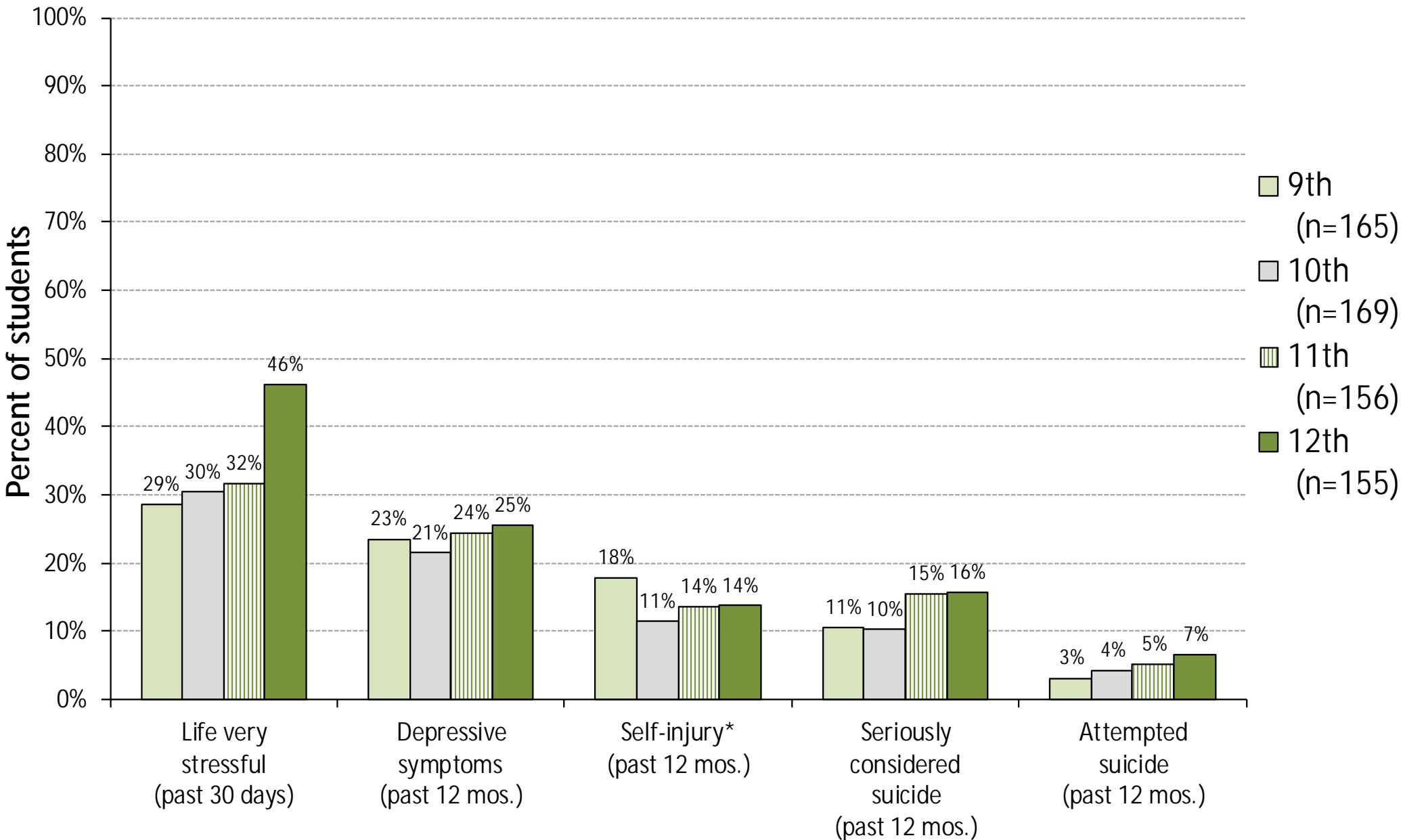
Ashland High School (Grades 9-12)

MetroWest Adolescent Health Survey



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

Figure 5-1B. Mental Health and Suicidality by Grade, 2014
Ashland High School (Grades 9-12)
MetroWest Adolescent Health Survey

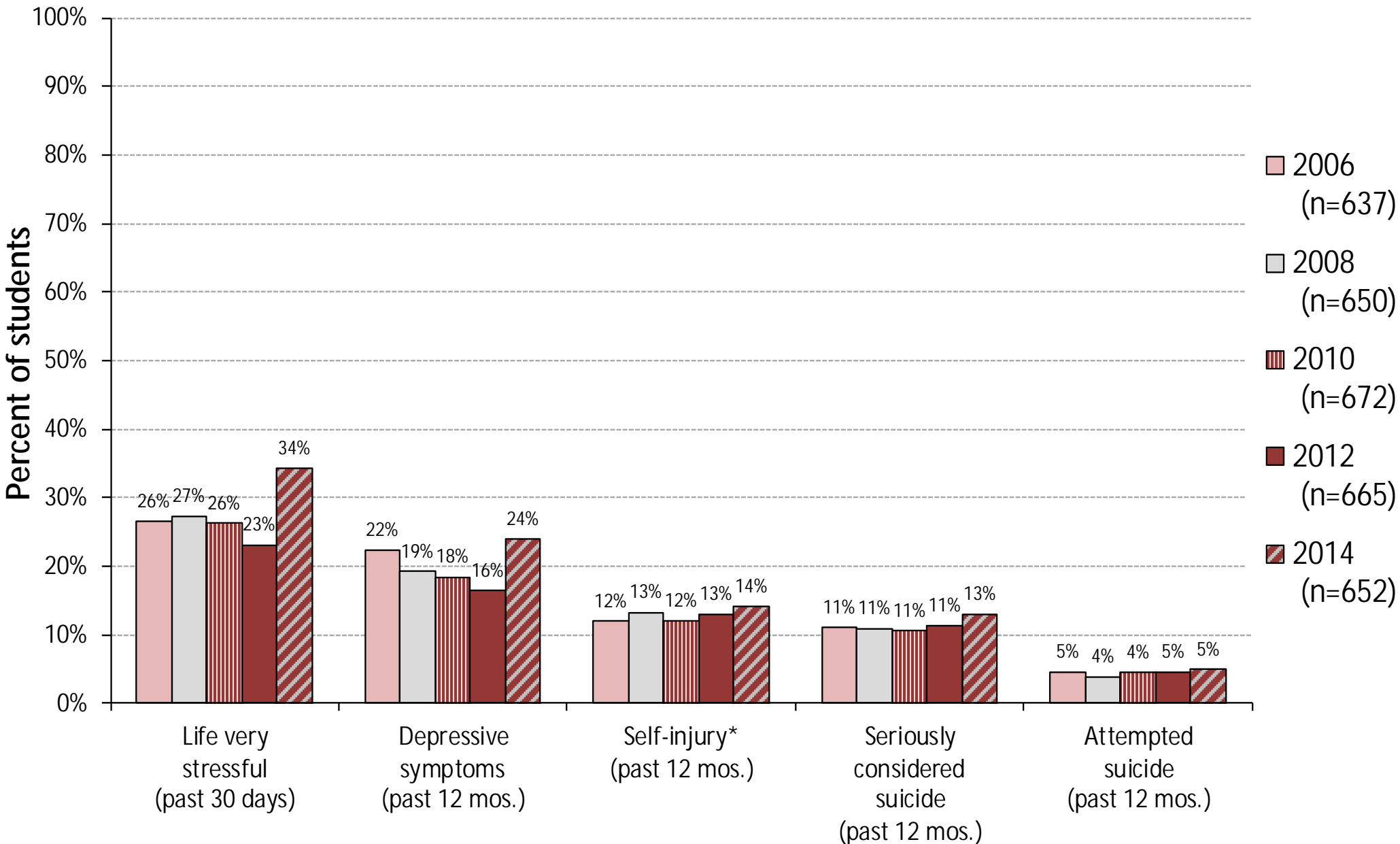


* For example, by cutting, burning, or bruising yourself on purpose

Figure 5-1C. Trends in Mental Health and Suicidality, 2006-2014

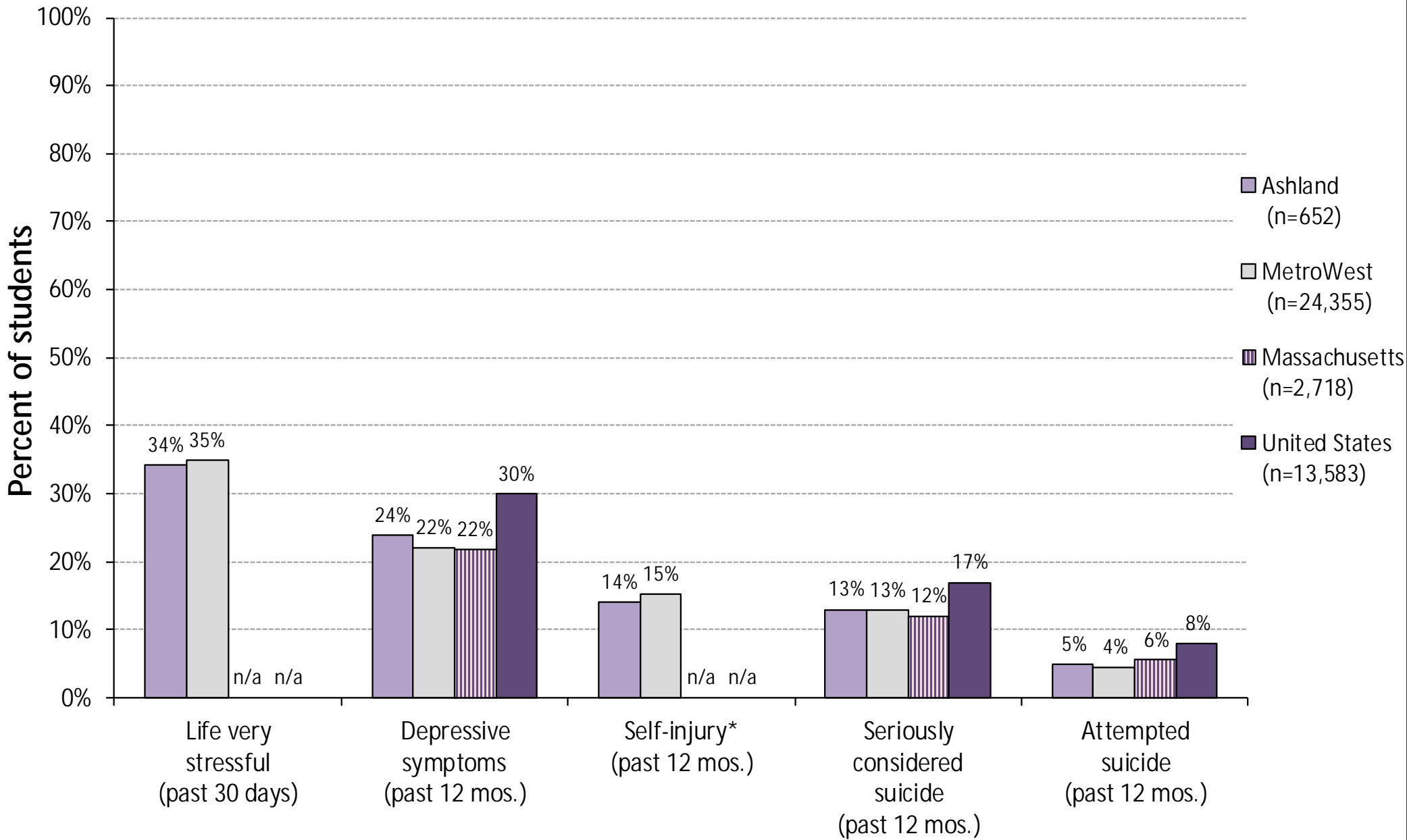
Ashland High School (Grades 9-12)

MetroWest Adolescent Health Survey



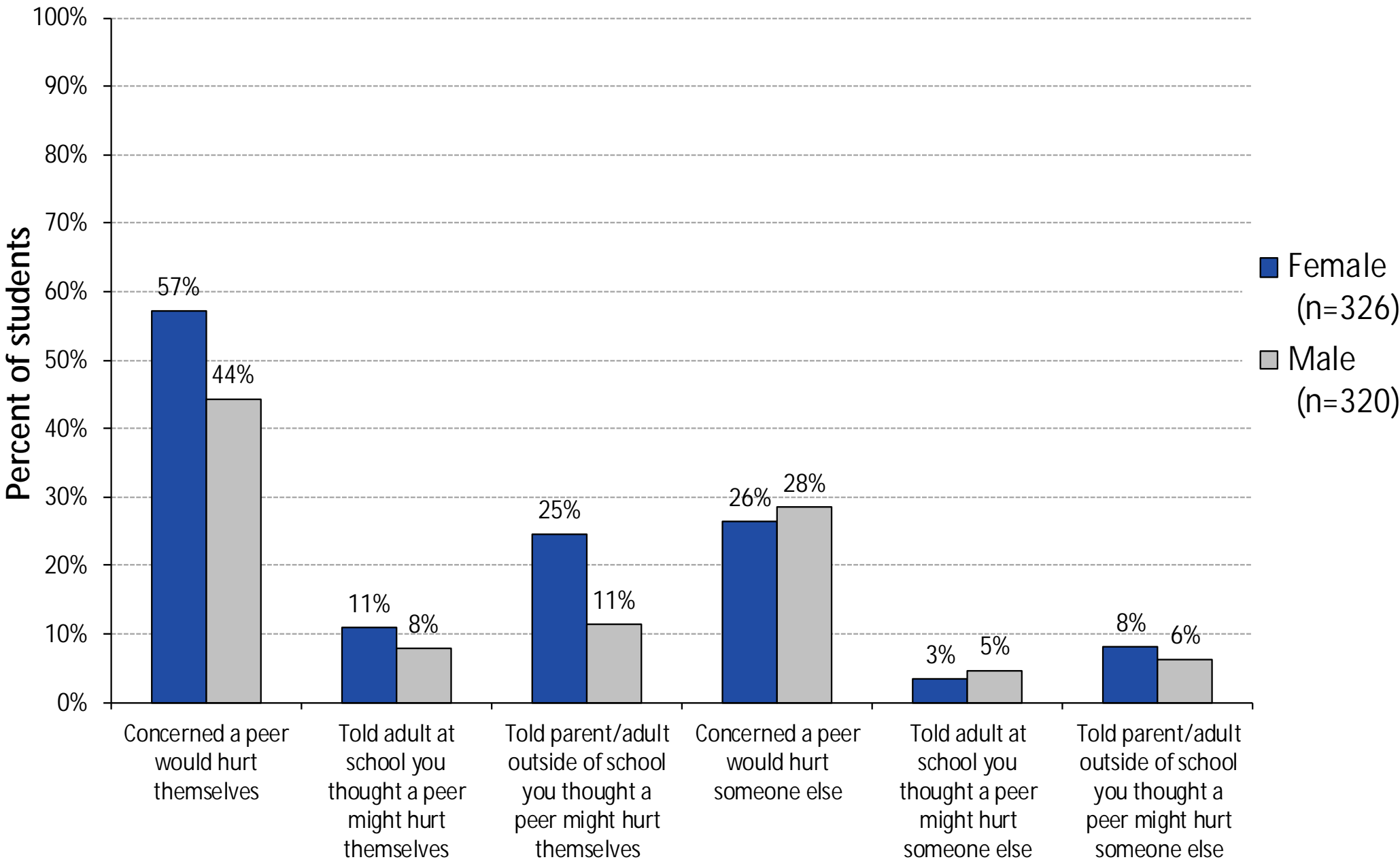
* For example, by cutting, burning, or bruising yourself on purpose

Figure 5-1D. Mental Health and Suicidality at the District, Regional, State, and National Levels, 2014
Ashland High School (Grades 9-12)
MetroWest Adolescent Health Survey



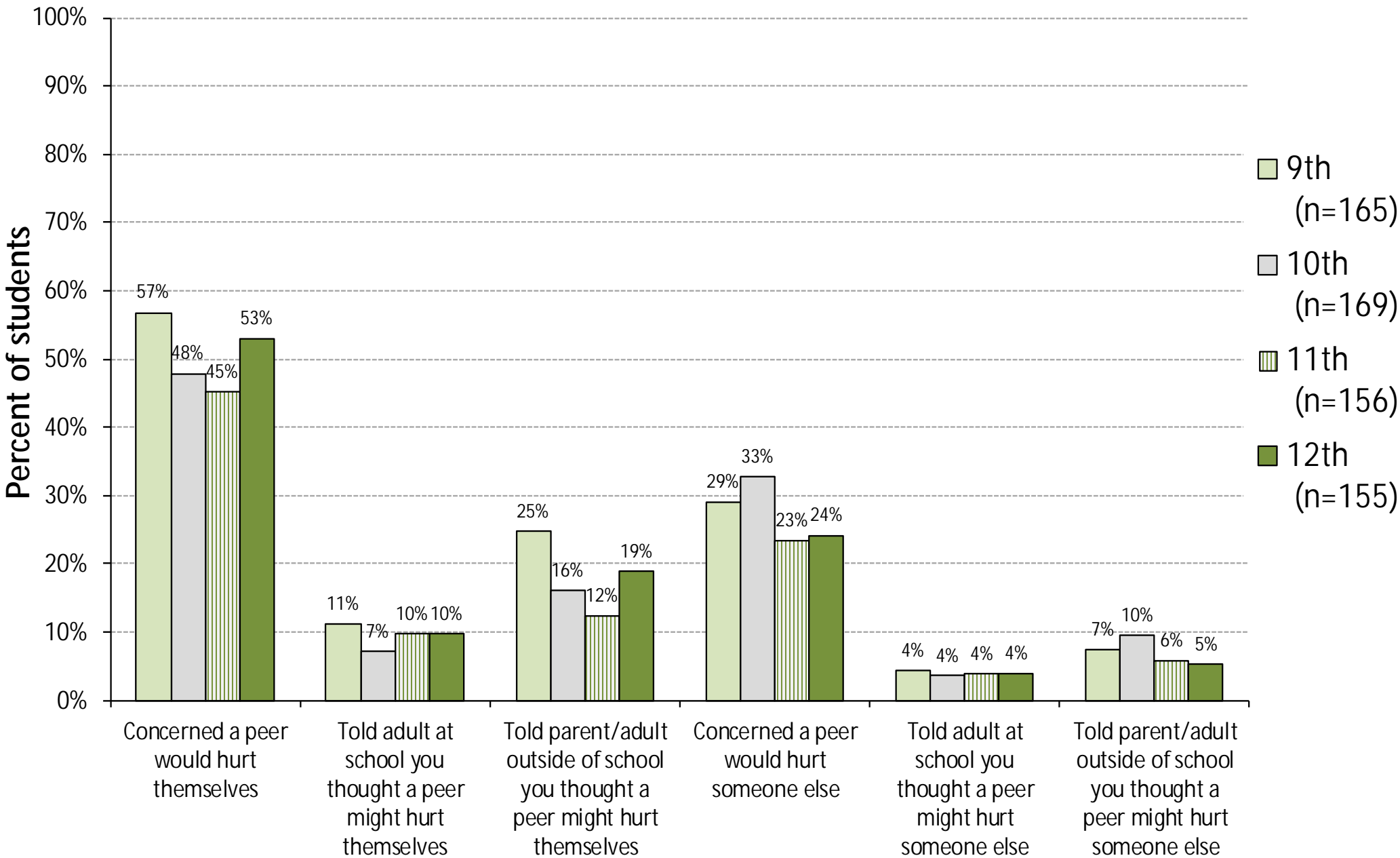
* For example, by cutting, burning, or bruising yourself on purpose

Figure 5-2A. Peer Mental Health* by Gender, 2014
Ashland High School (Grades 9-12)
MetroWest Adolescent Health Survey



* In the past 12 months

Figure 5-2B. Peer Mental Health* by Grade, 2014
 Ashland High School (Grades 9-12)
 MetroWest Adolescent Health Survey

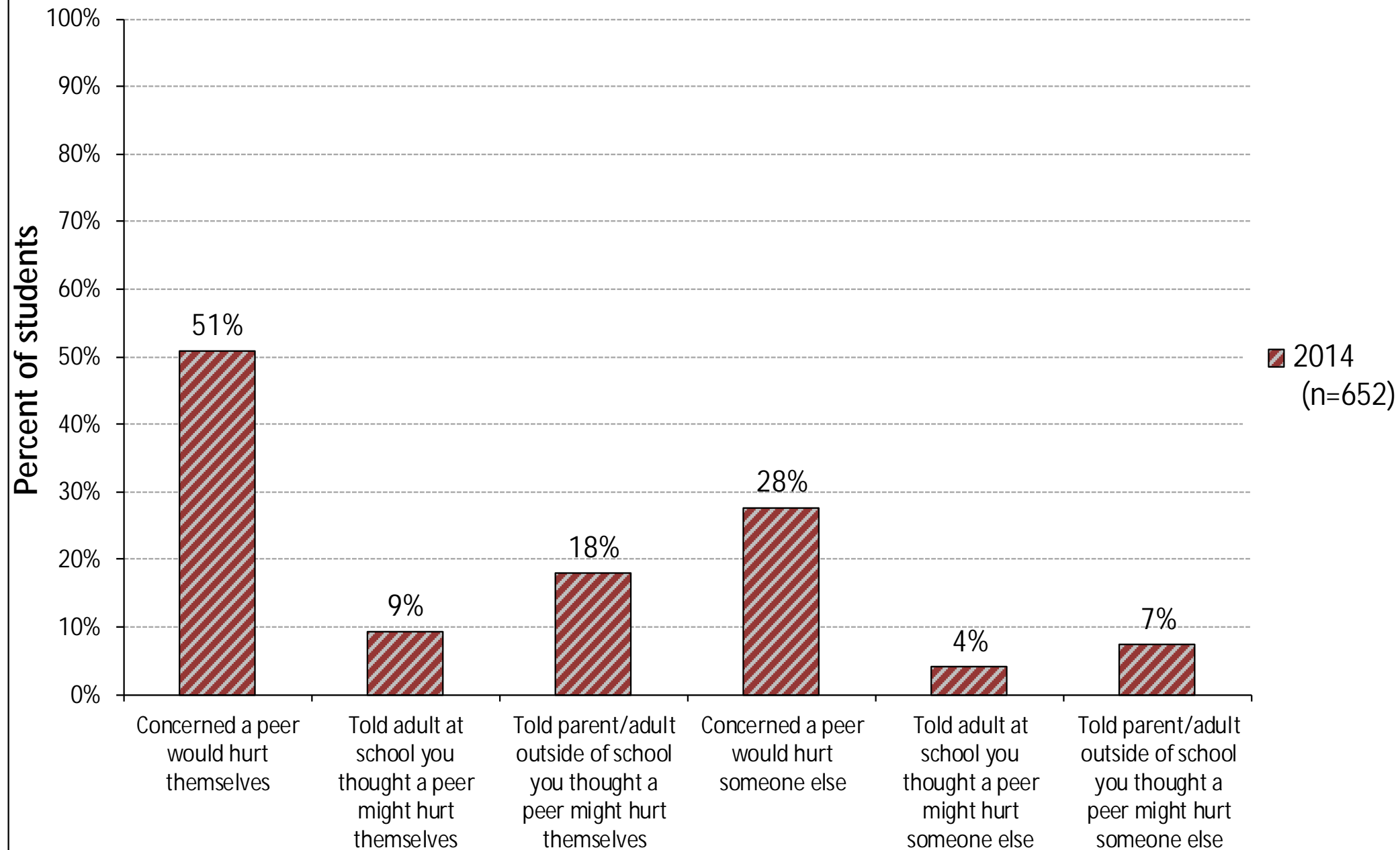


* In the past 12 months

Figure 5-2C. Peer Mental Health,* 2014

Ashland High School (Grades 9-12)

MetroWest Adolescent Health Survey

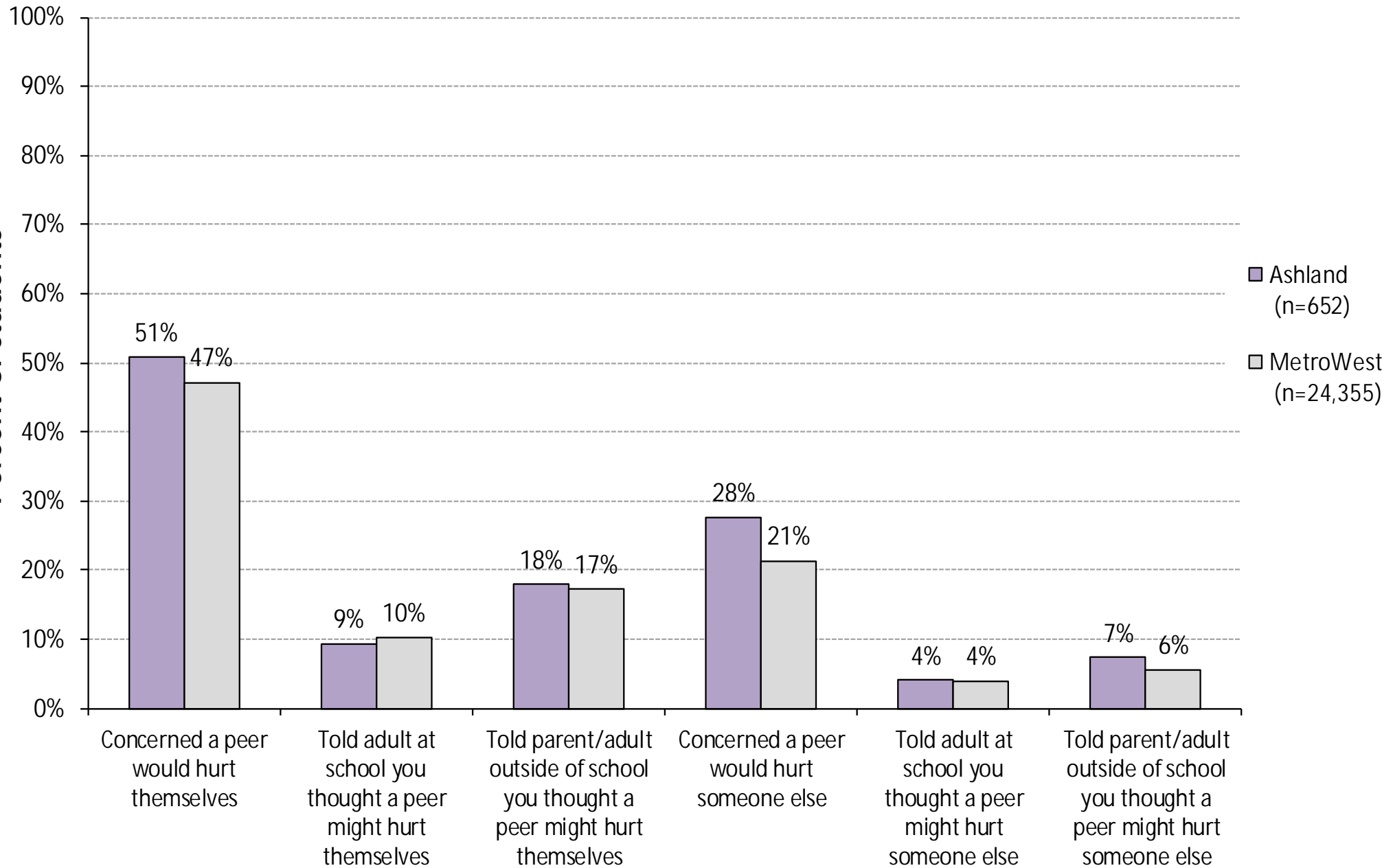


* In the past 12 months

Figure 5-2D. Peer Mental Health* at the District and Regional Levels, 2014

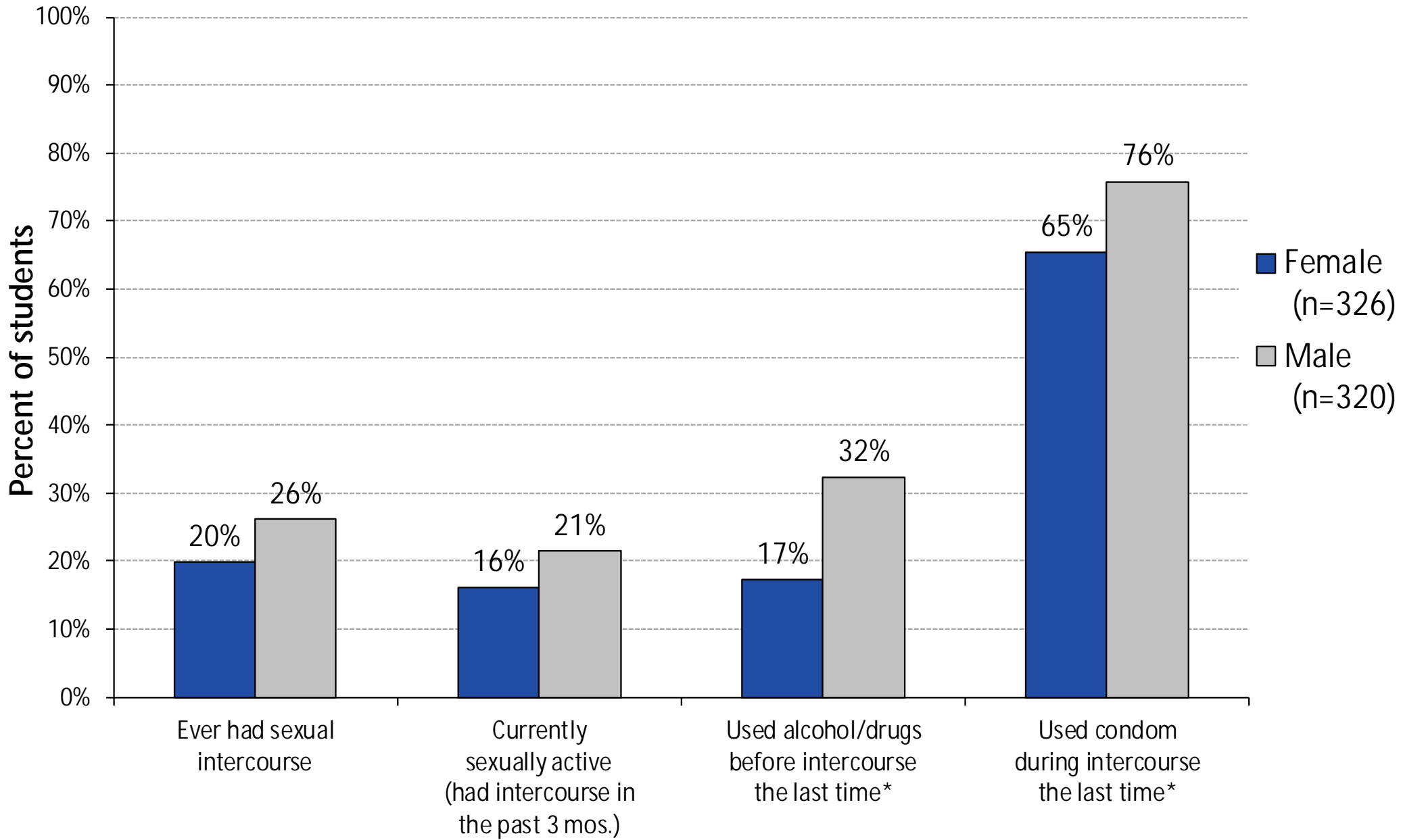
Ashland High School (Grades 9-12)

MetroWest Adolescent Health Survey



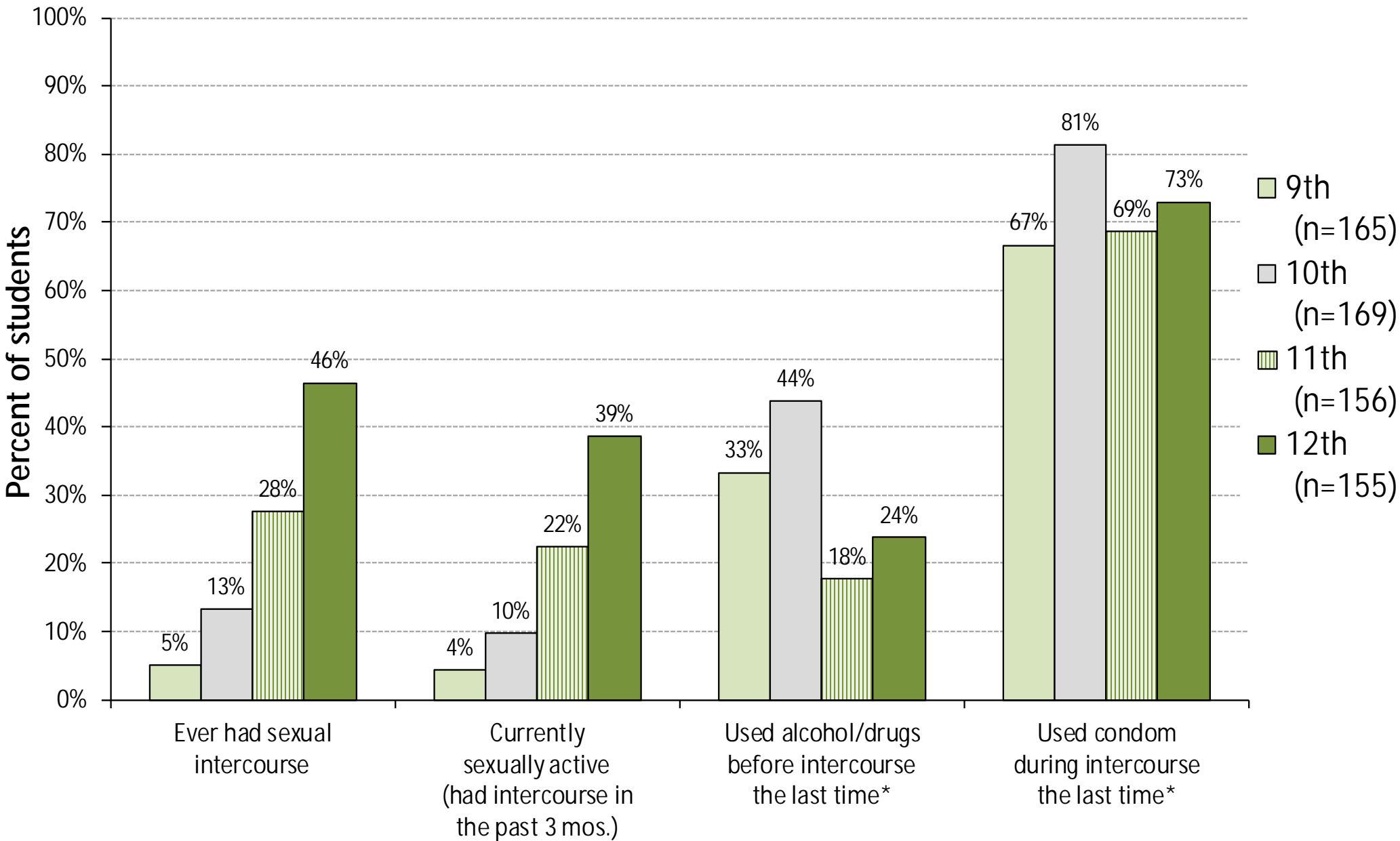
* In the past 12 months

Figure 6-1A. Sexual Behaviors by Gender, 2014
Ashland High School (Grades 9-12)
MetroWest Adolescent Health Survey



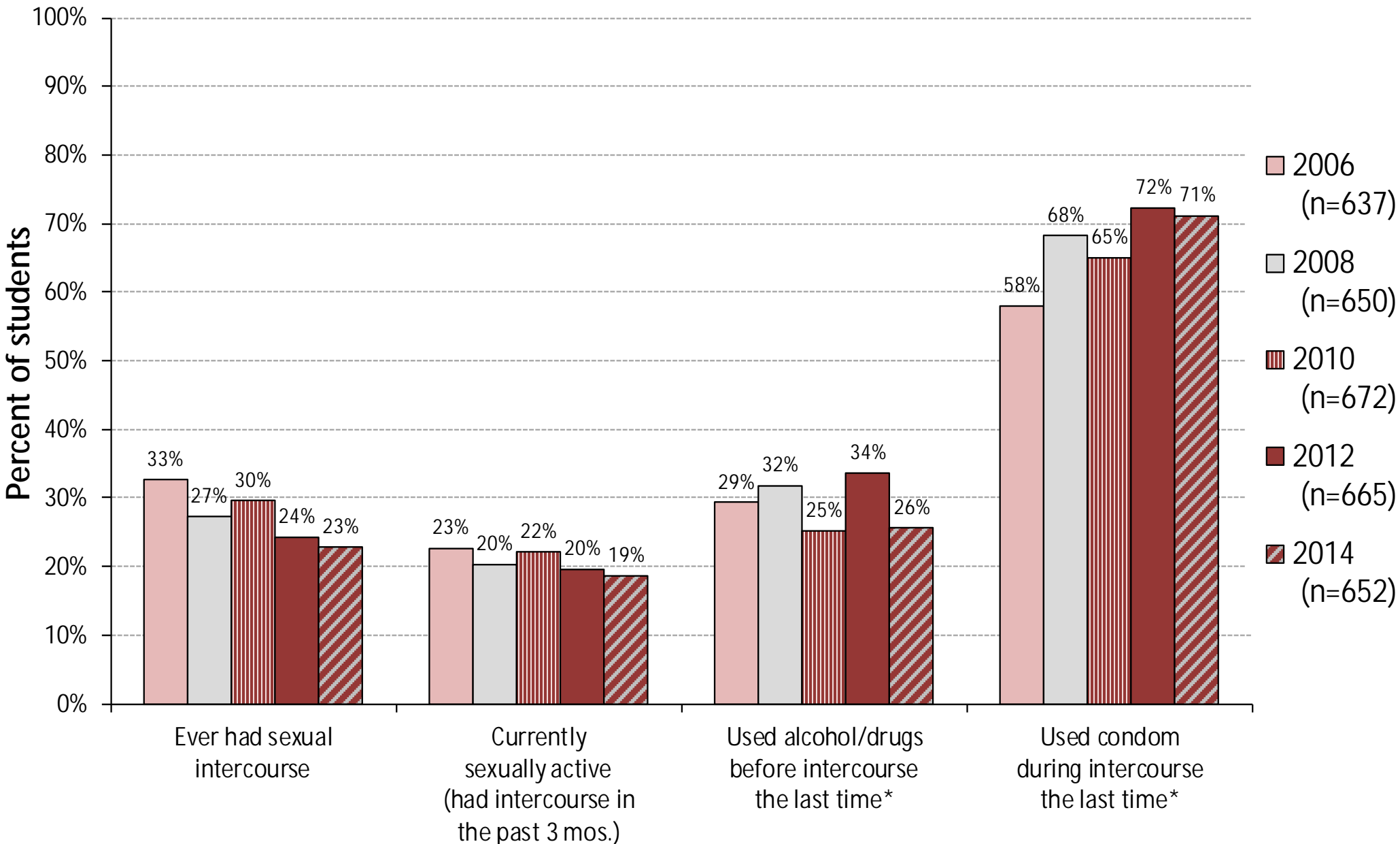
* Among currently sexually active youth

Figure 6-1B. Sexual Behaviors by Grade, 2014
Ashland High School (Grades 9-12)
MetroWest Adolescent Health Survey



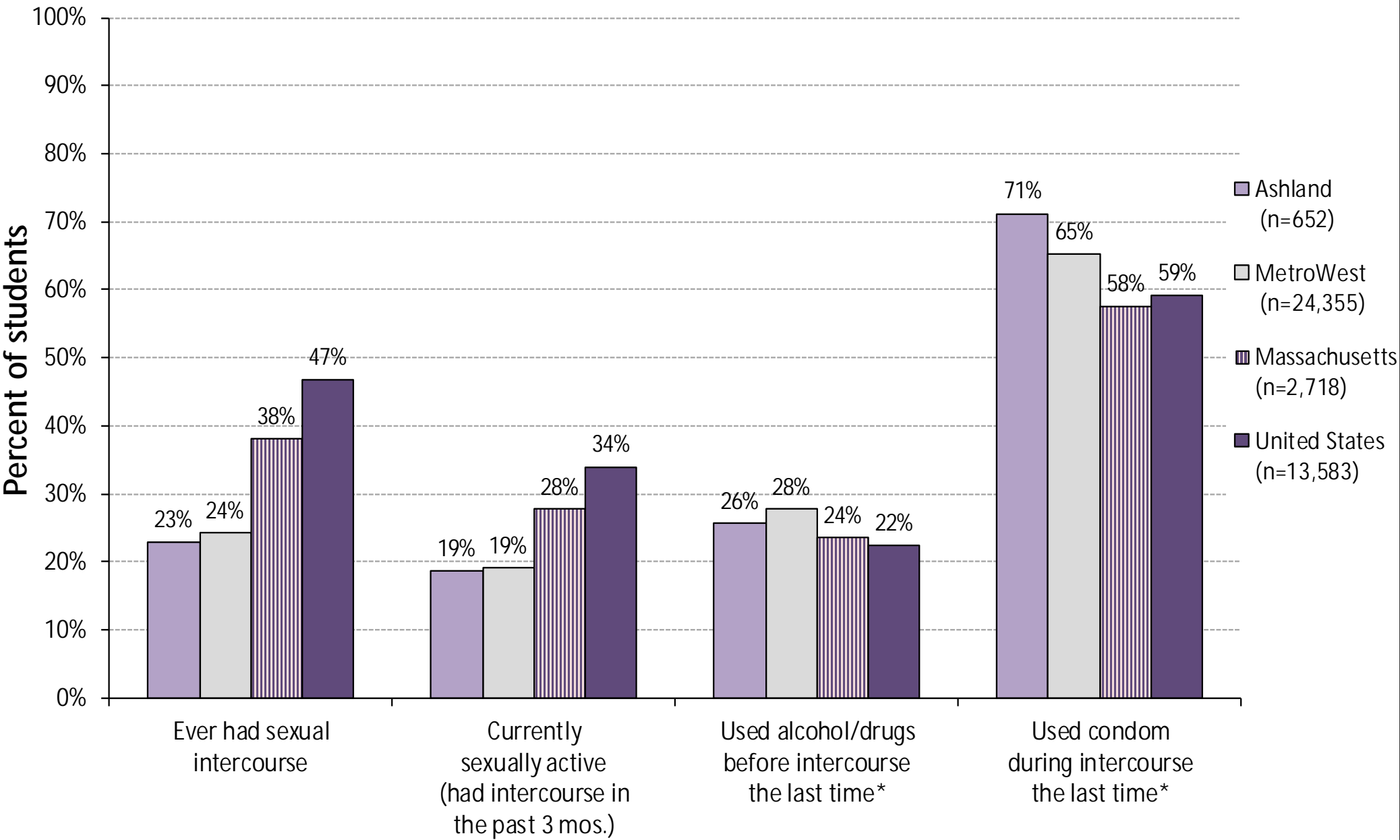
* Among currently sexually active youth

Figure 6-1C. Trends in Sexual Behaviors, 2006-2014
Ashland High School (Grades 9-12)
MetroWest Adolescent Health Survey



* Among currently sexually active youth

Figure 6-1D. Sexual Behaviors at the District, Regional, State, and National Levels, 2014
Ashland High School (Grades 9-12)
MetroWest Adolescent Health Survey

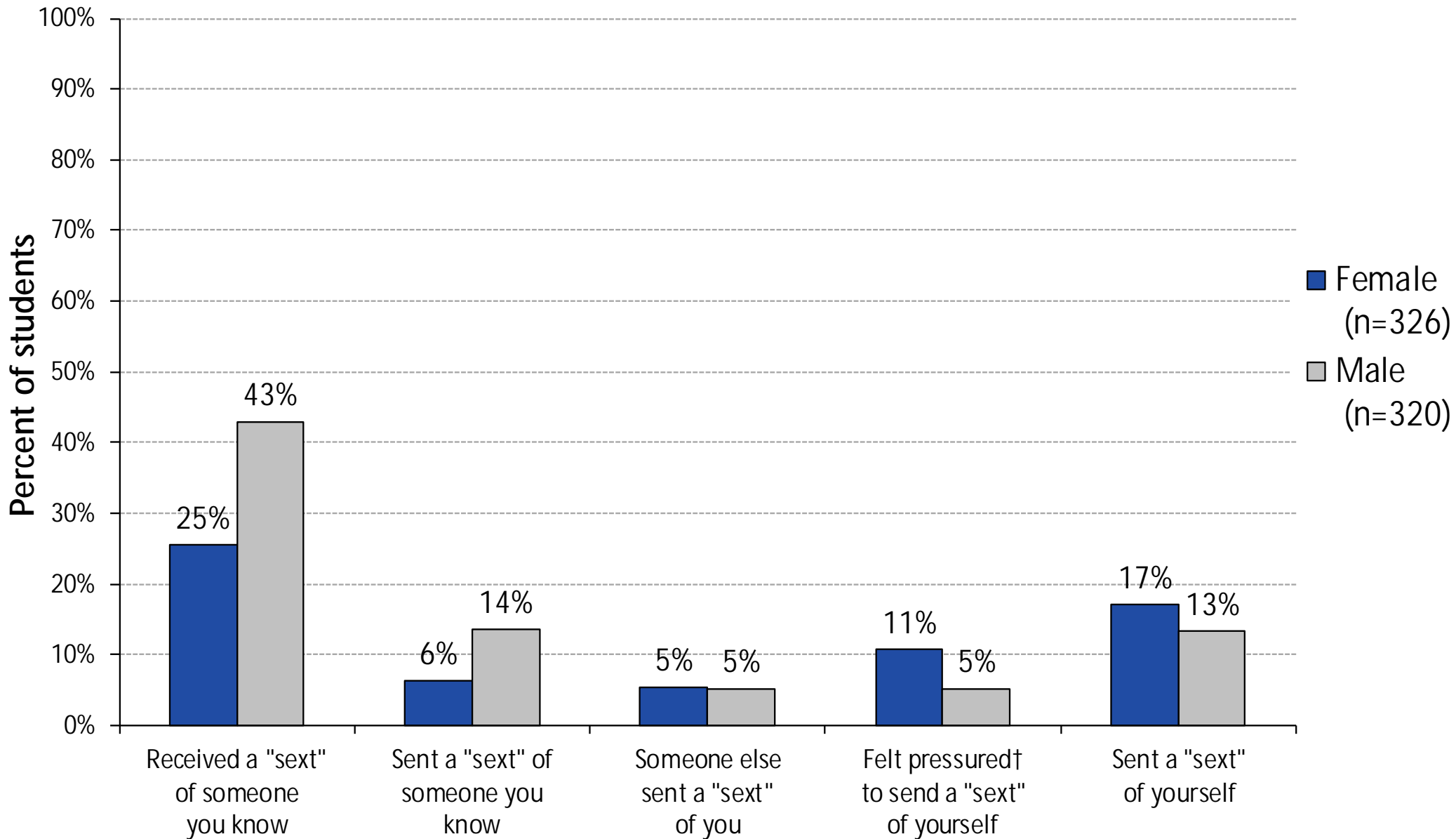


* Among currently sexually active youth

Figure 6-2A. Sexting* by Gender, 2014

Ashland High School (Grades 9-12)

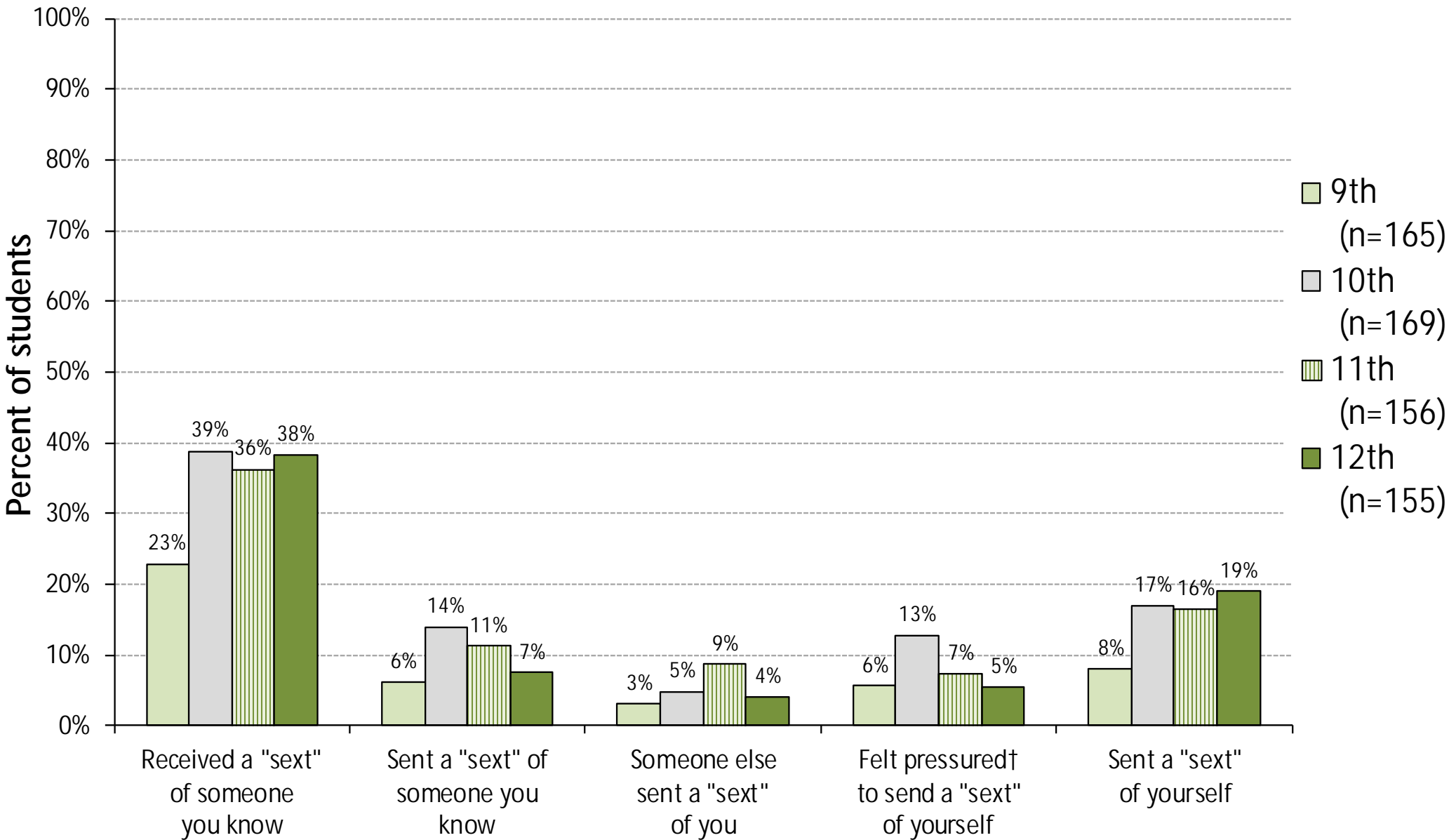
MetroWest Adolescent Health Survey



* Defined as sending/forwarding nude, sexually suggestive/explicit photos or videos using the Internet, cell phones, or other electronic devices in the past 12 months

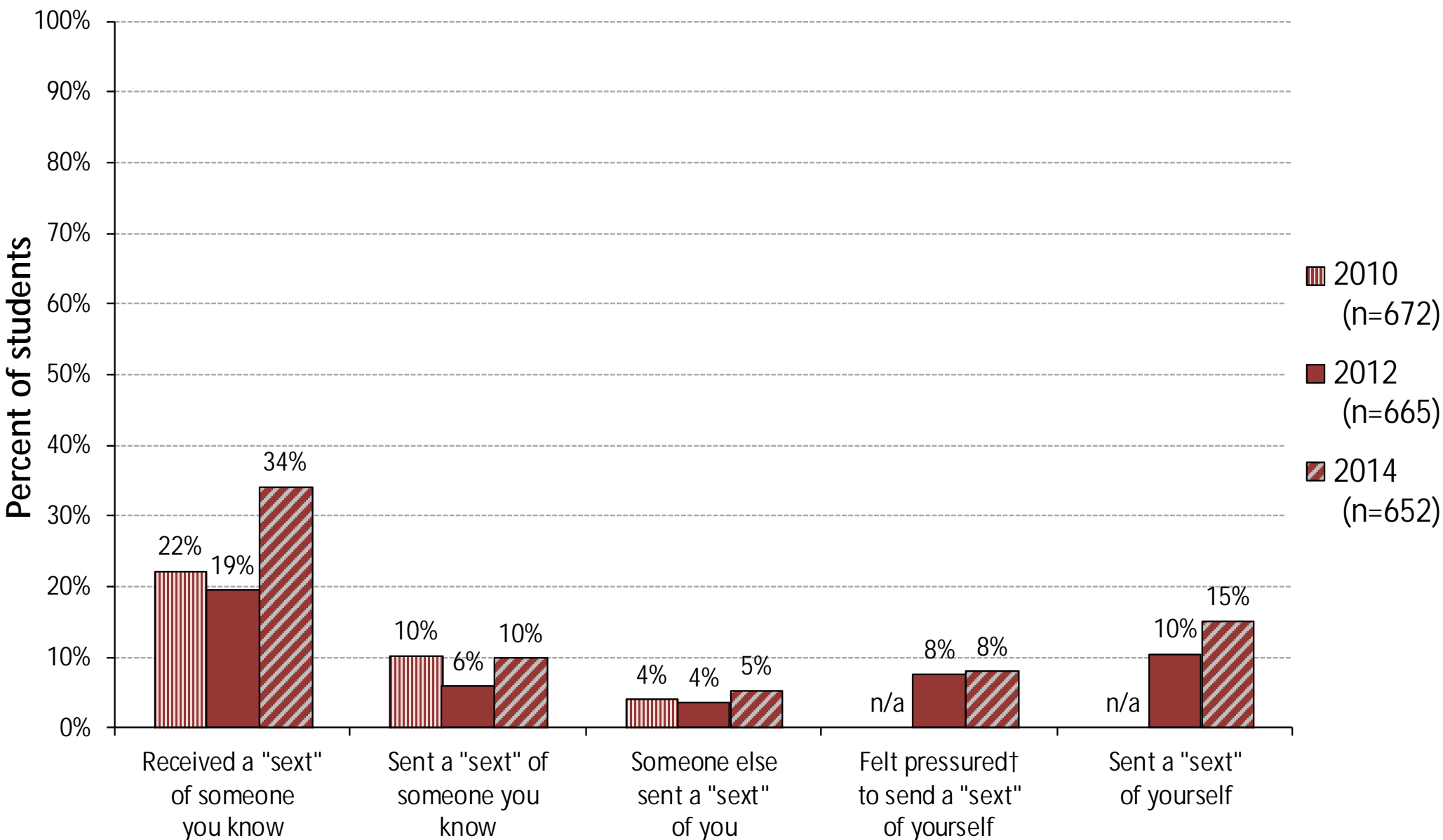
† By a boyfriend, girlfriend, date, or someone you were going out with

Figure 6-2B. Sexting* by Grade, 2014
 Ashland High School (Grades 9-12)
 MetroWest Adolescent Health Survey



* Defined as sending/forwarding nude, sexually suggestive/explicit photos or videos using the Internet, cell phones, or other electronic devices in the past 12 months
 † By a boyfriend, girlfriend, date, or someone you were going out with

Figure 6-2C. Trends in Sexting,* 2010-2014
Ashland High School (Grades 9-12)
MetroWest Adolescent Health Survey



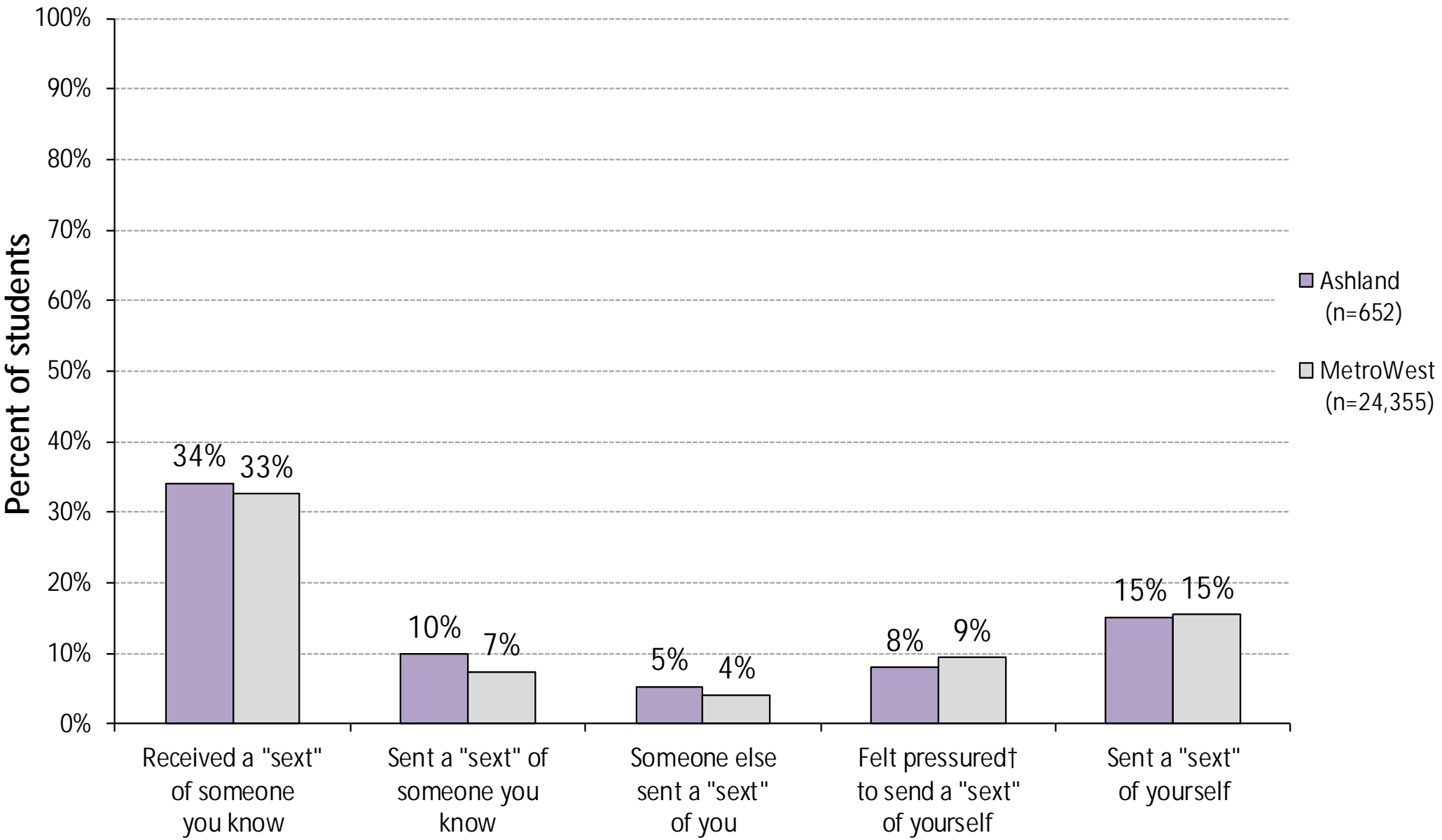
* Defined as sending/forwarding nude, sexually suggestive/explicit photos or videos using the Internet, cell phones, or other electronic devices in the past 12 months

† By a boyfriend, girlfriend, date, or someone you were going out with

Figure 6-2D. Sexting* at the District and Regional Levels, 2014

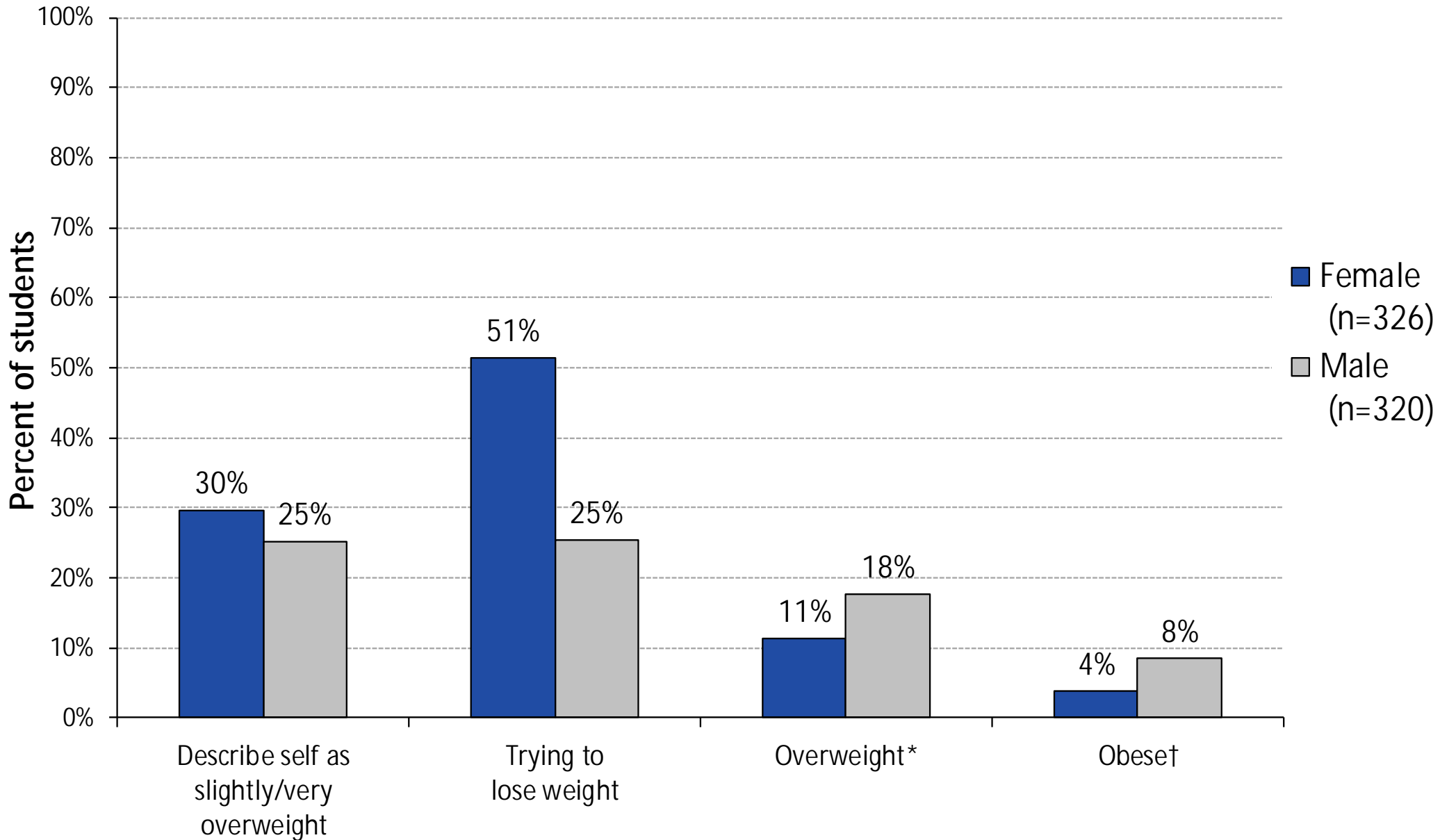
Ashland High School (Grades 9-12)

MetroWest Adolescent Health Survey



* Defined as sending/forwarding nude, sexually suggestive/explicit photos or videos using the Internet, cell phones, or other electronic devices in the past 12 months
 † By a boyfriend, girlfriend, date, or someone you were going out with

Figure 7-1A. Weight Perception and Body Weight by Gender, 2014 Ashland High School (Grades 9-12) *MetroWest Adolescent Health Survey*



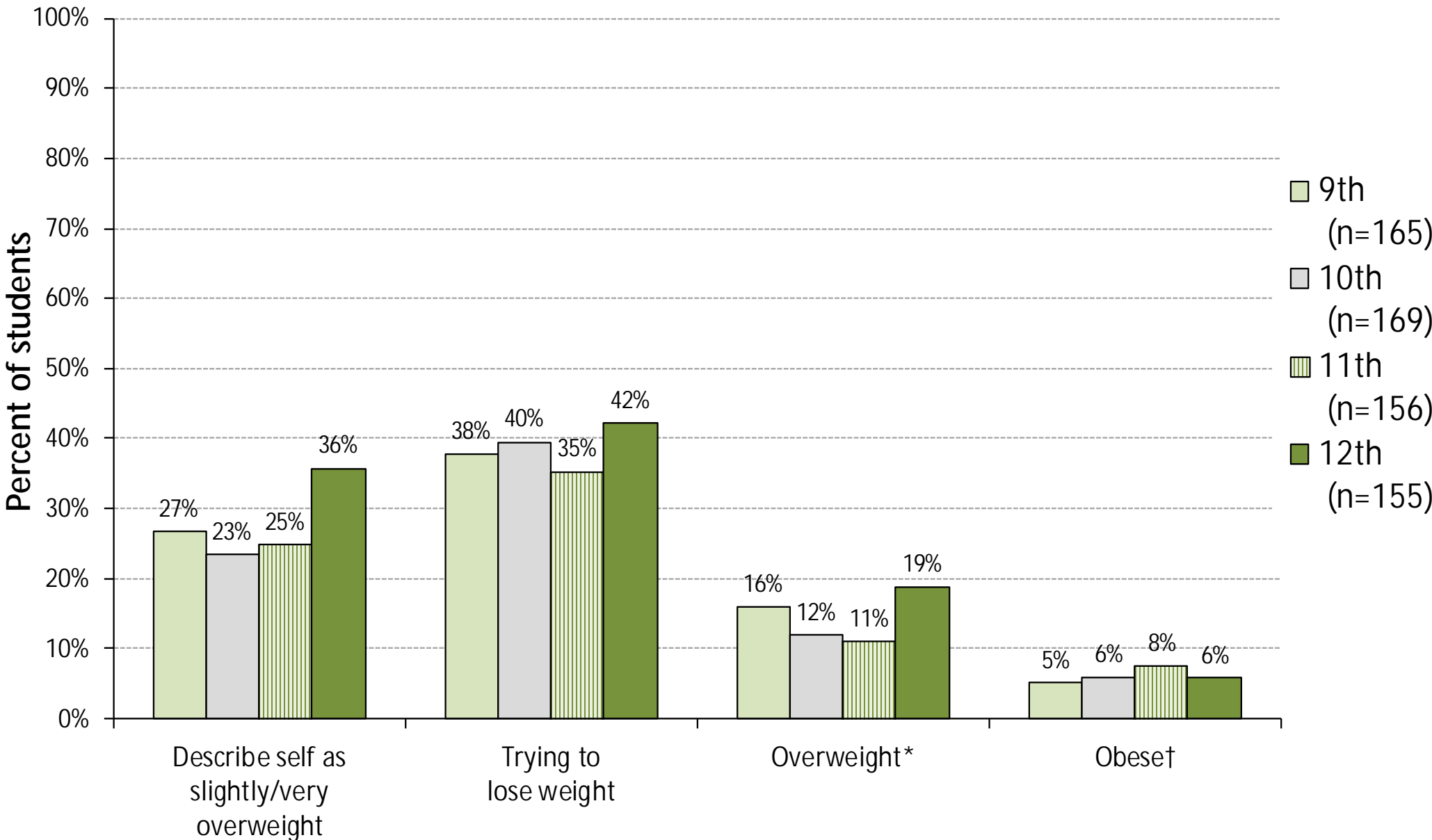
* Students who were ≥ 85 th percentile but < 95 th percentile for body mass index by age and gender, based on reference data

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

Figure 7-1B. Weight Perception and Body Weight by Grade, 2014

Ashland High School (Grades 9-12)

MetroWest Adolescent Health Survey



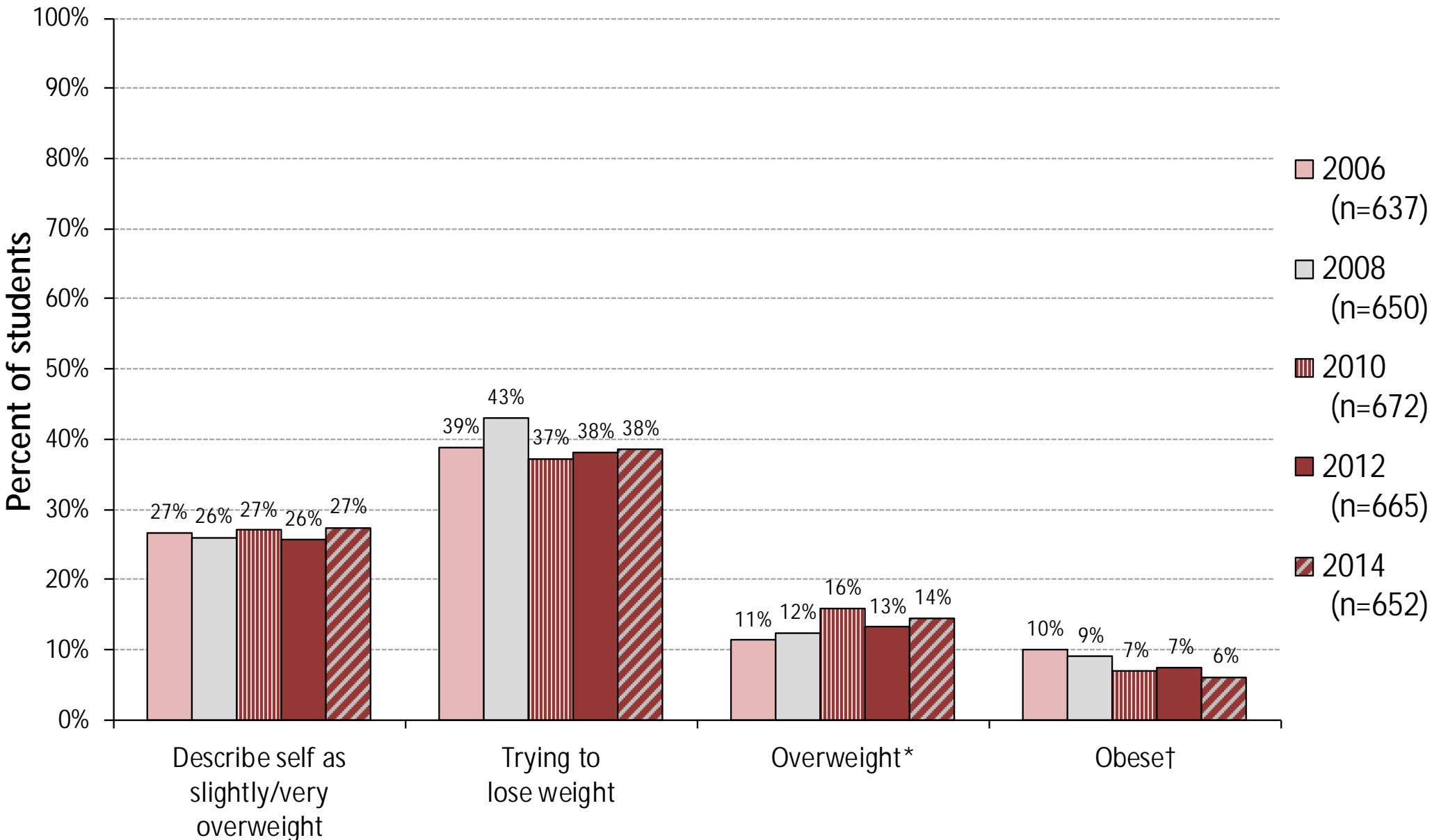
* Students who were ≥85th percentile but <95th percentile for body mass index by age and gender, based on reference data

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

Figure 7-1C. Trends in Weight Perception and Body Weight, 2006-2014

Ashland High School (Grades 9-12)

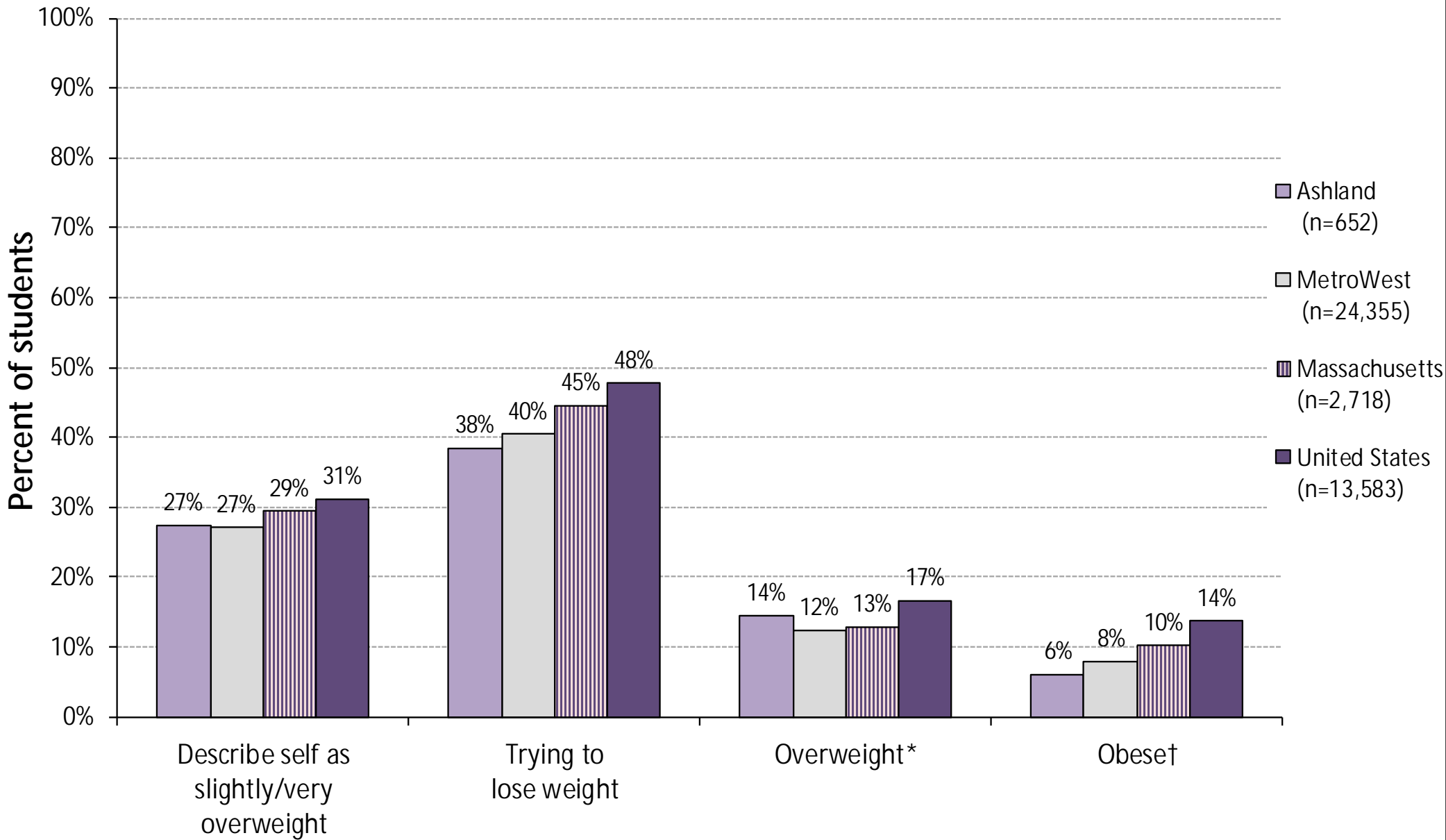
MetroWest Adolescent Health Survey



* 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

Figure 7-1D. Weight Perception and Body Weight at the District, Regional, State, and National Levels, 2014
Ashland High School (Grades 9-12)
MetroWest Adolescent Health Survey



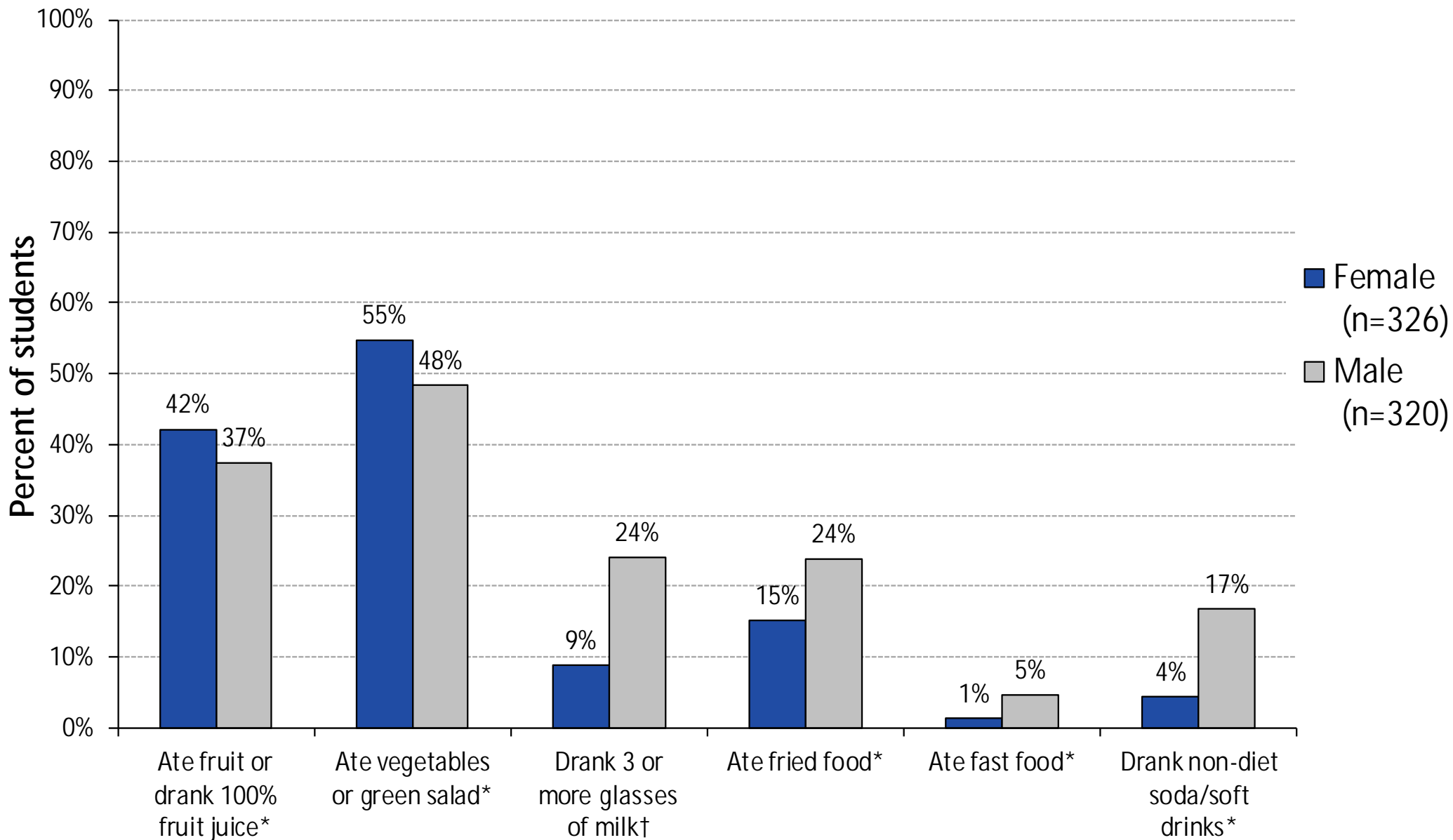
* Students who were ≥85th percentile but <95th percentile for body mass index by age and gender, based on reference data

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

Figure 7-2A. Nutrition by Gender, 2014

Ashland High School (Grades 9-12)

MetroWest Adolescent Health Survey



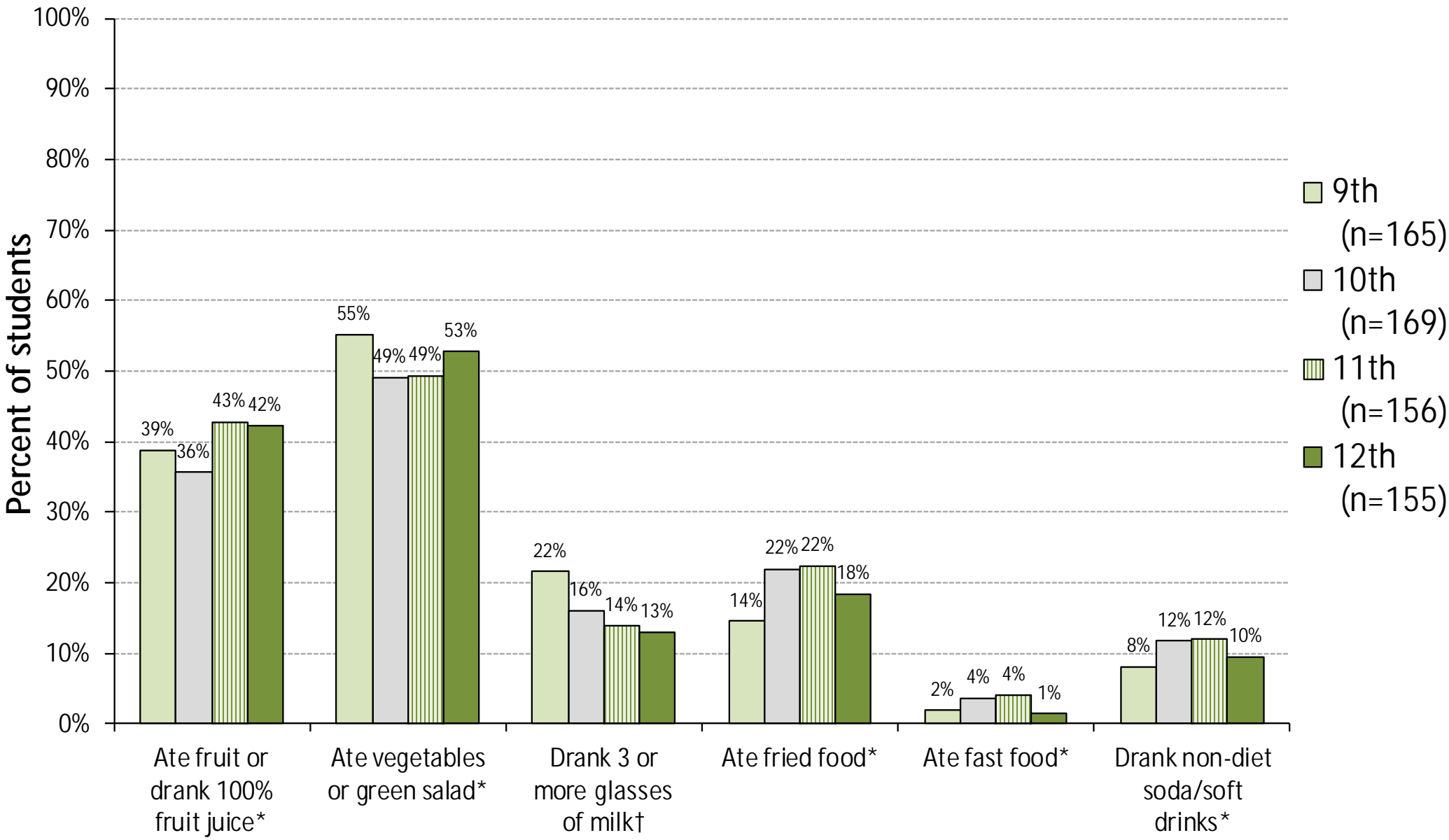
* Consumed one or more times per day in the past 7 days

† Everyday in the past 7 days

Figure 7-2B. Nutrition by Grade, 2014

Ashland High School (Grades 9-12)

MetroWest Adolescent Health Survey

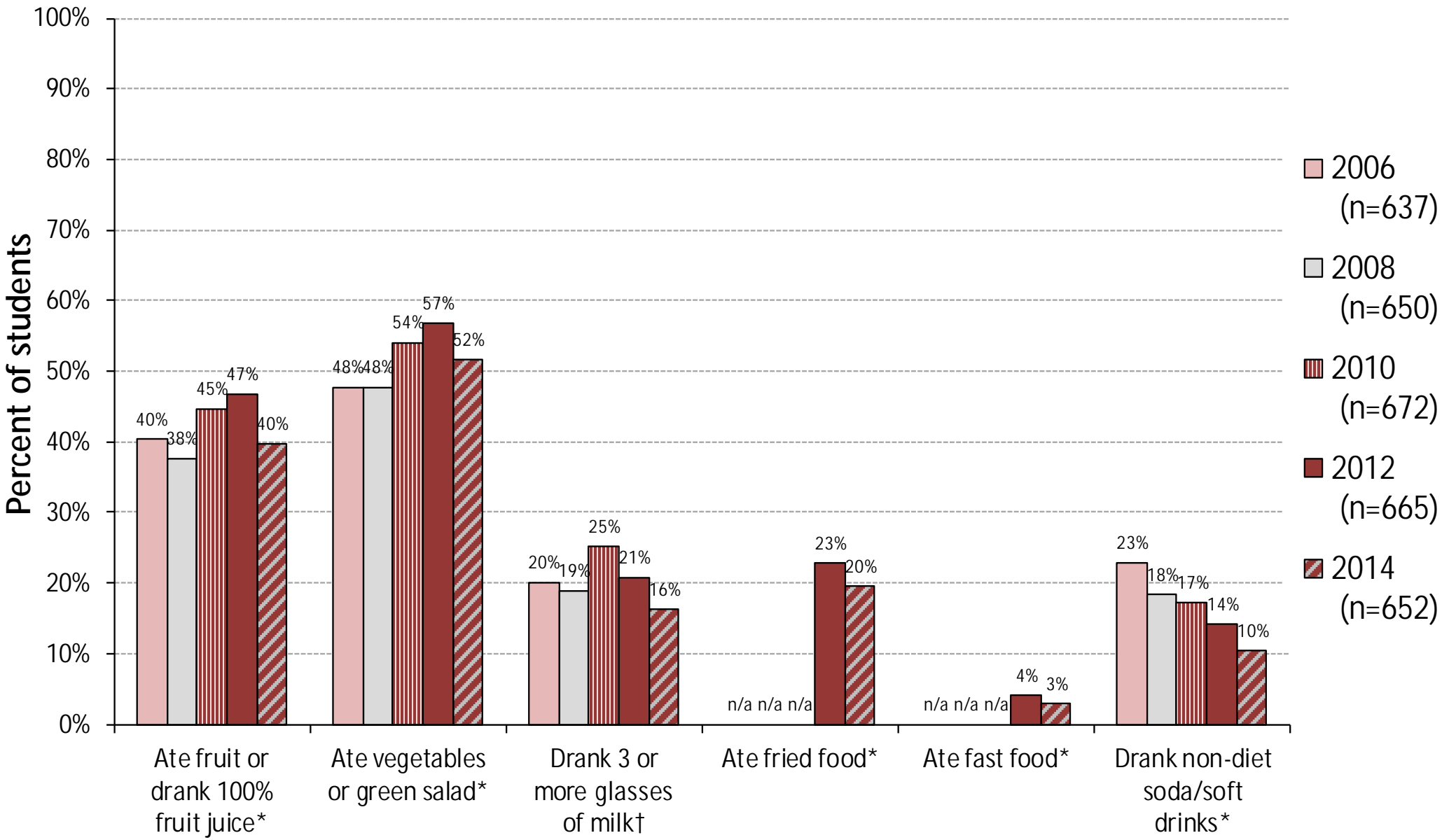


* Consumed one or more times per day in the past 7 days
 † Everyday in the past 7 days

Figure 7-2C. Trends in Nutrition, 2006-2014

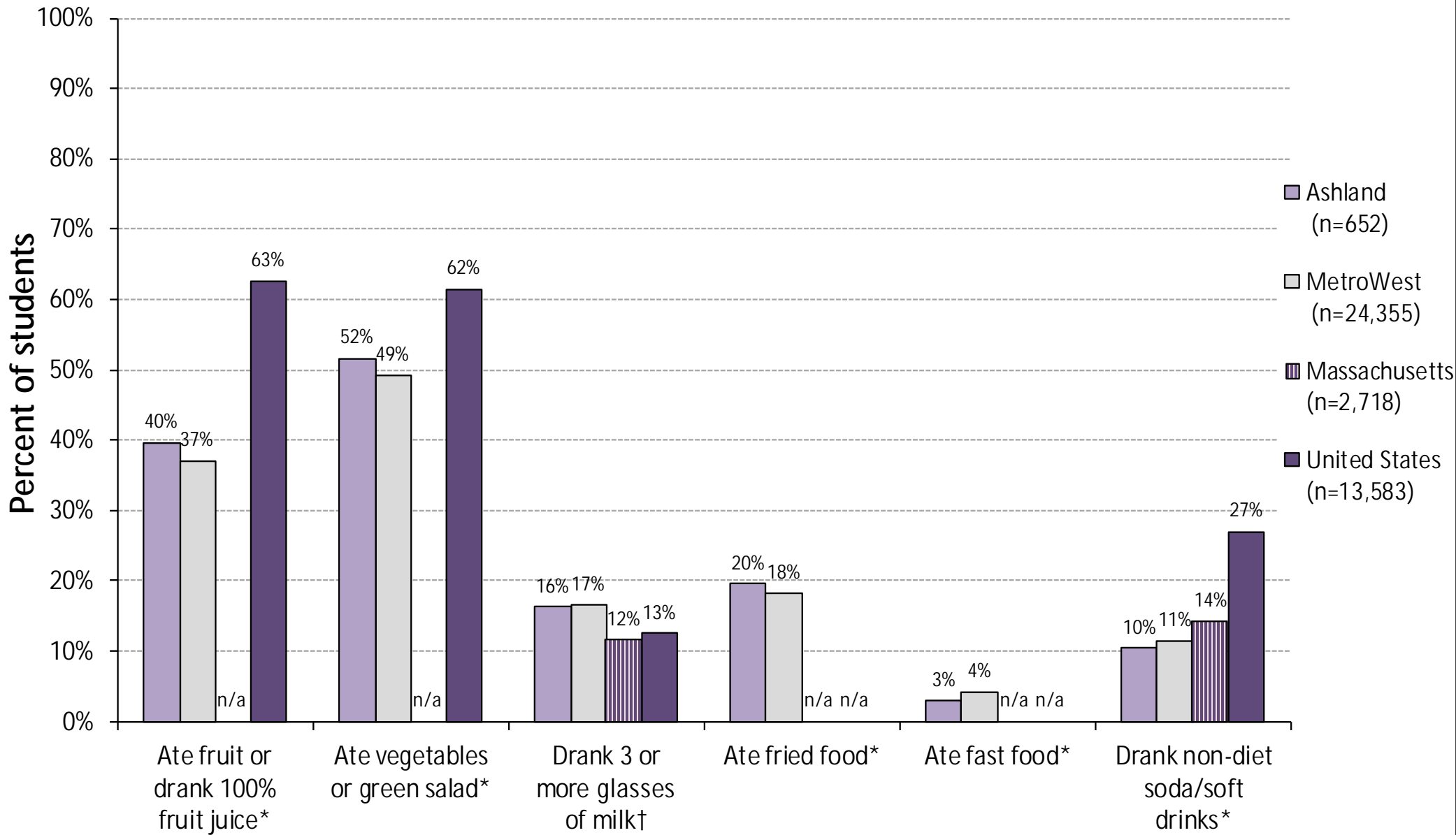
Ashland High School (Grades 9-12)

MetroWest Adolescent Health Survey



* Consumed one or more times per day in the past 7 days
 † Everyday in the past 7 days

Figure 7-2D. Nutrition at the District, Regional, State, and National Levels, 2014
Ashland High School (Grades 9-12)
MetroWest Adolescent Health Survey



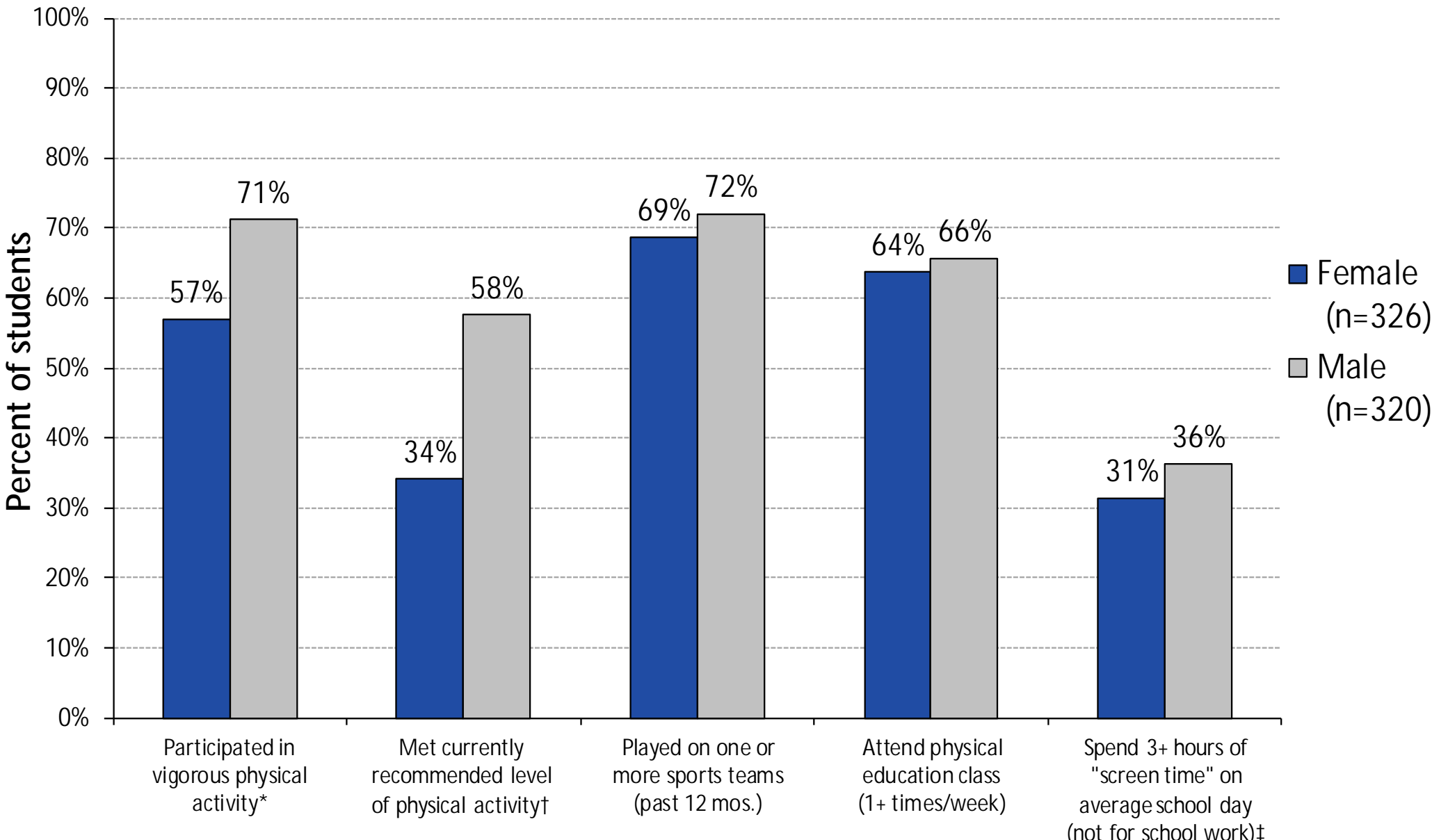
* Consumed one or more times per day in the past 7 days

† Everyday in the past 7 days

Figure 7-3A. Physical Activity by Gender, 2014

Ashland High School (Grades 9-12)

MetroWest Adolescent Health Survey

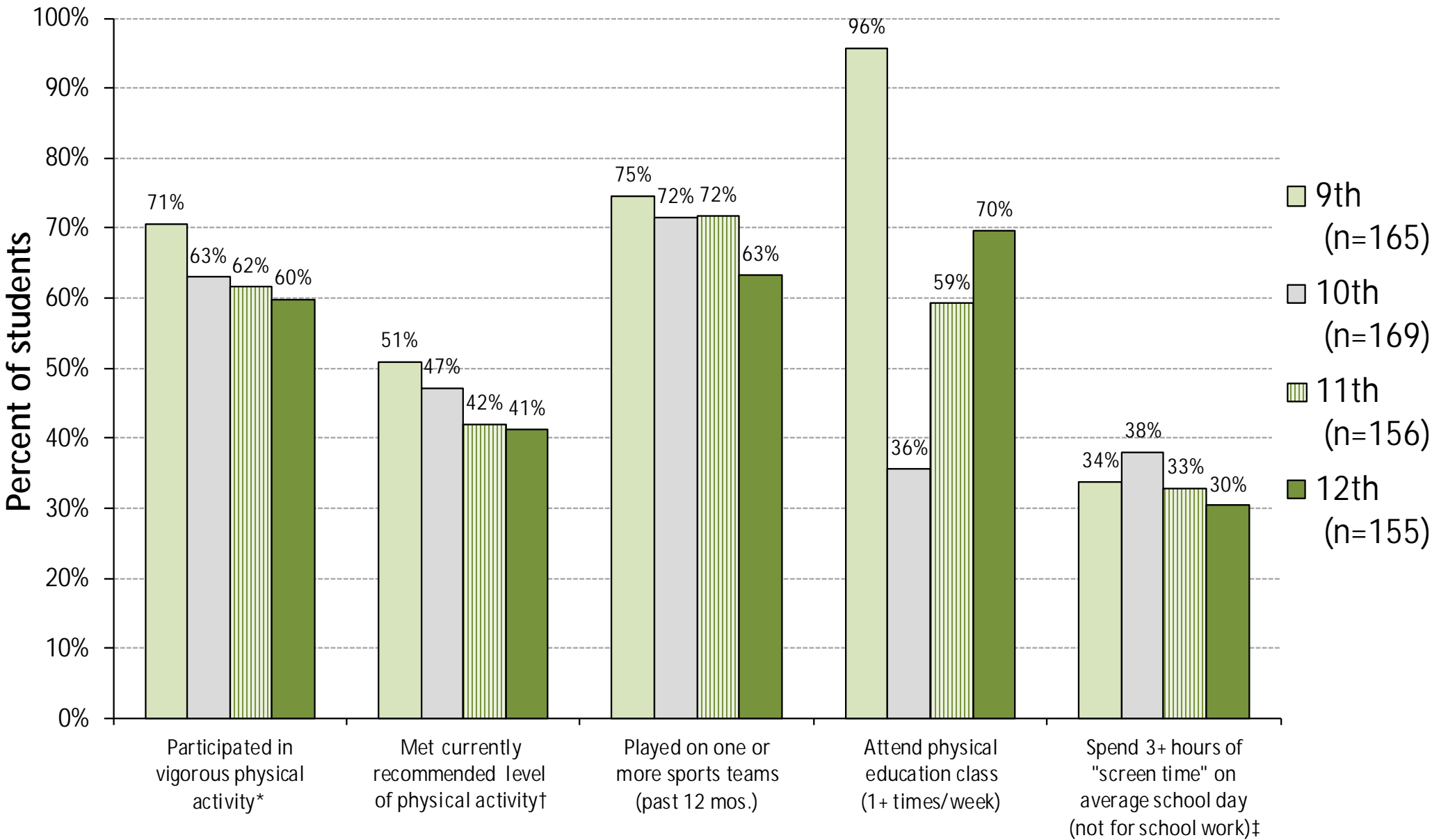


* Exercised for at least 20 minutes that made you sweat and breathe hard on three or more days per week
 † Physically active for ≥ 60 minutes/day on ≥ 5 of the past 7 days; includes physical activity that increases your heart rate and makes you breathe hard some of the time
 ‡ Includes watching TV, going on the Internet, playing video games, or using a computer, tablet, or smartphone

Figure 7-3B. Physical Activity by Grade, 2014

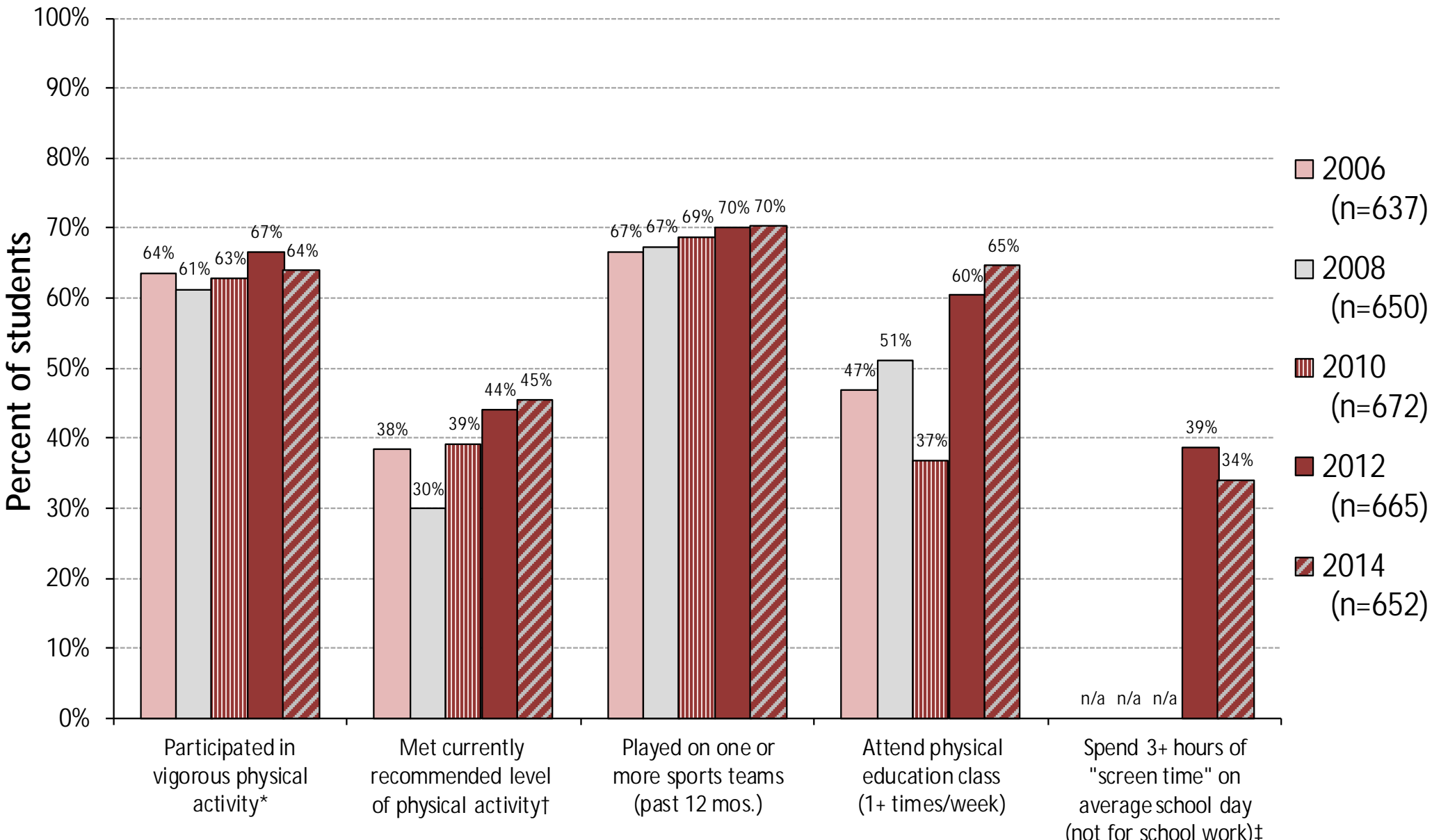
Ashland High School (Grades 9-12)

MetroWest Adolescent Health Survey



* Exercised for at least 20 minutes that made you sweat and breathe hard on three or more days per week
 † Physically active for ≥ 60 minutes/day on ≥ 5 of the past 7 days; includes 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

Figure 7-3C. Trends in Physical Activity, 2006-2014
Ashland High School (Grades 9-12)
MetroWest Adolescent Health Survey

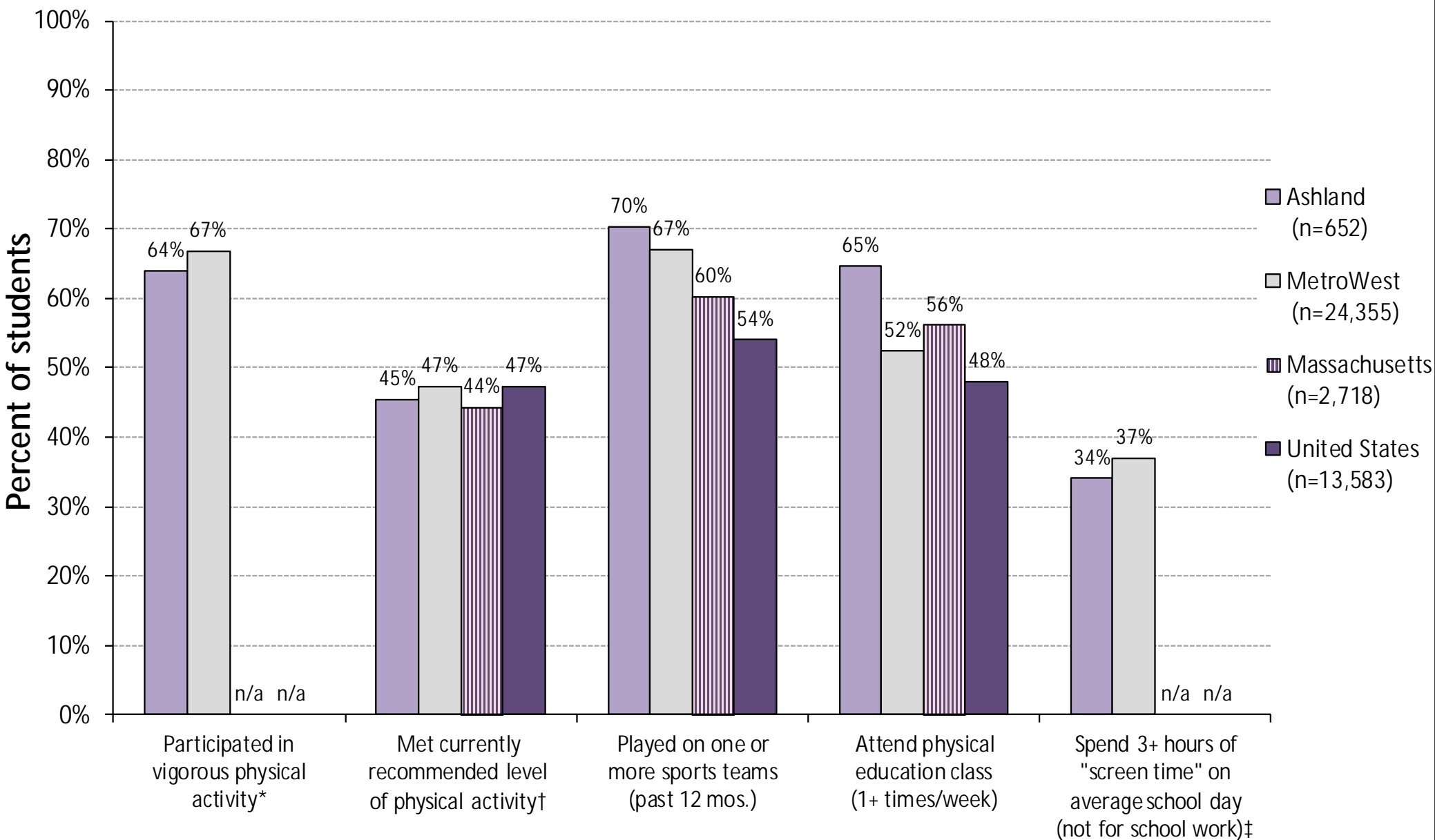


* Exercised for at least 20 minutes that made you sweat and breathe hard on three or more days per week

† Physically active for ≥ 60 minutes/day on ≥ 5 of the past 7 days; includes 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

Figure 7-3D. Physical Activity at the District, Regional, State, and National Levels, 2014
Ashland High School (Grades 9-12)
MetroWest Adolescent Health Survey



* Exercised for at least 20 minutes that made you sweat and breathe hard on three or more days per week

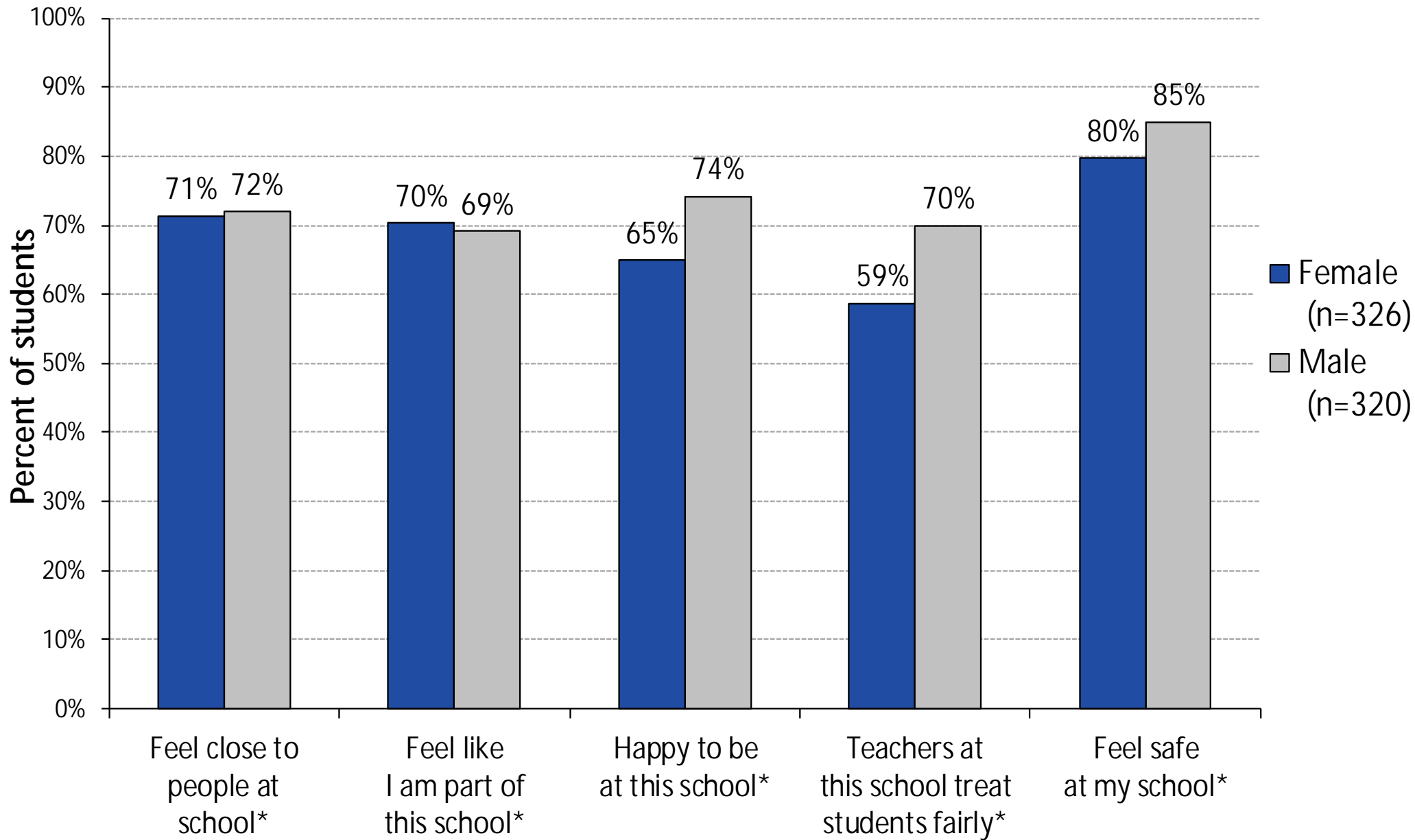
† Physically active for ≥ 60 minutes/day on ≥ 5 of the past 7 days; includes physical activity that increases your heart rate and makes you breathe hard some of the time

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

Figure 8-1A. School Attachment by Gender, 2014

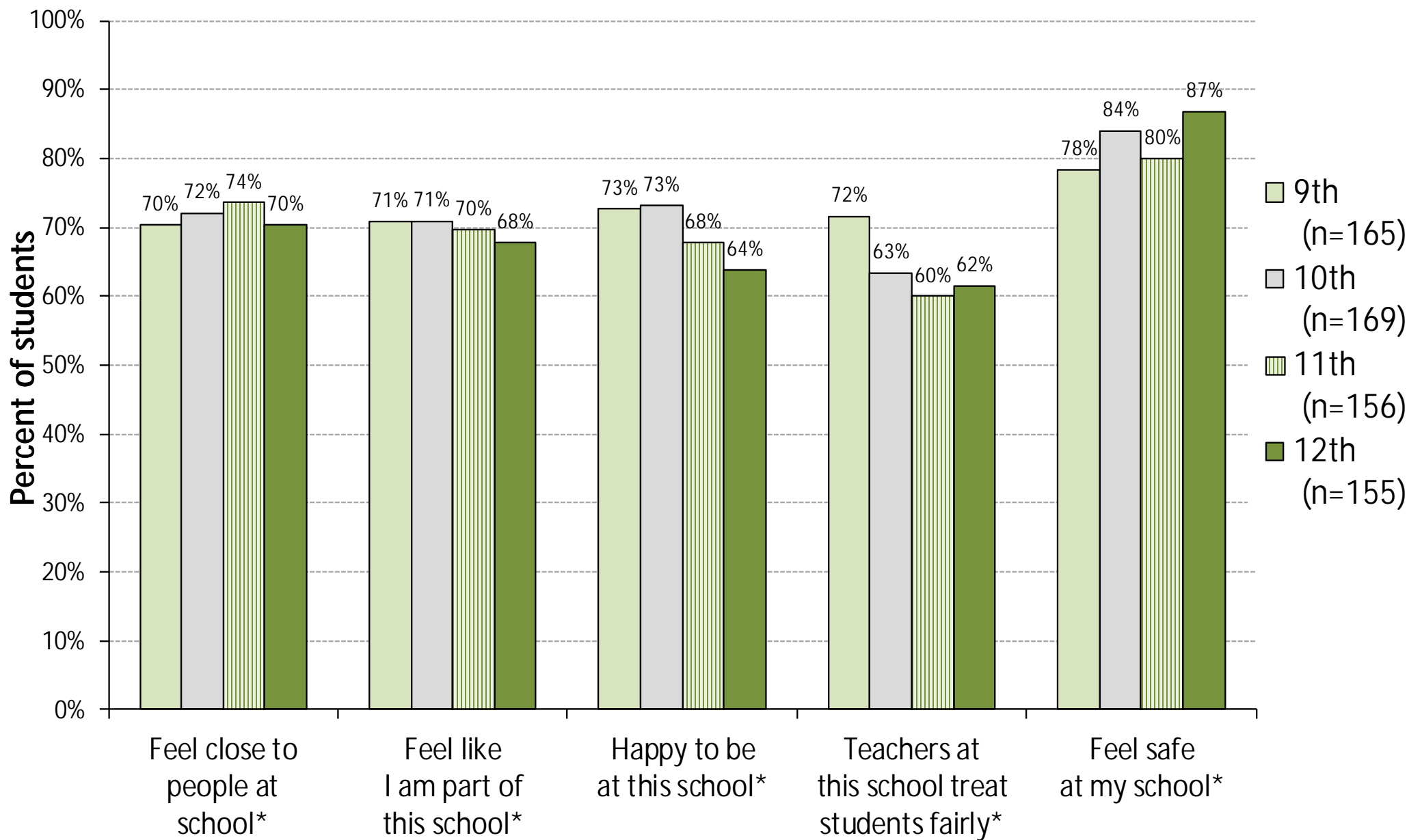
Ashland High School (Grades 9-12)

MetroWest Adolescent Health Survey



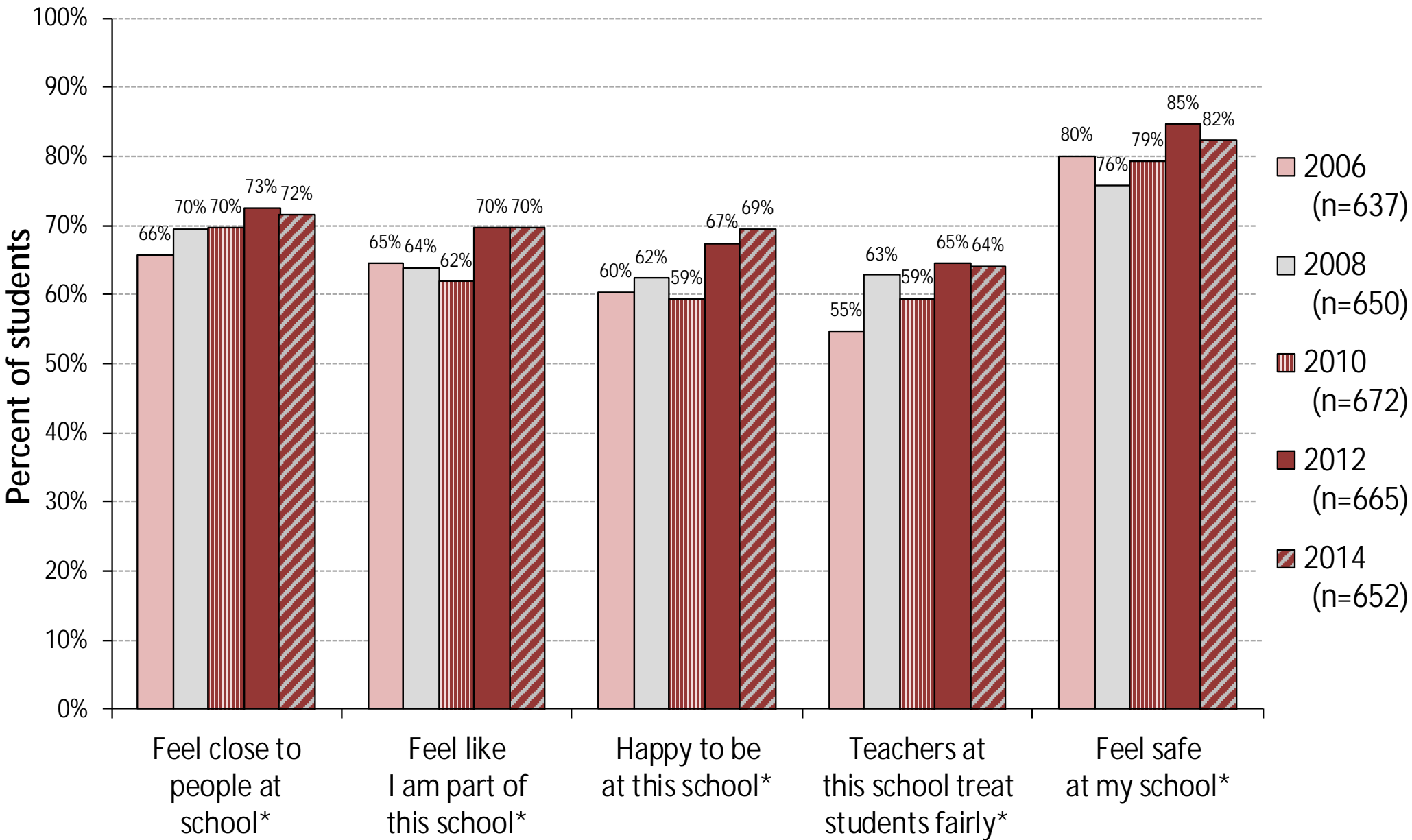
* Answered either "agree" or "strongly agree"

Figure 8-1B. School Attachment by Grade, 2014
 Ashland High School (Grades 9-12)
 MetroWest Adolescent Health Survey



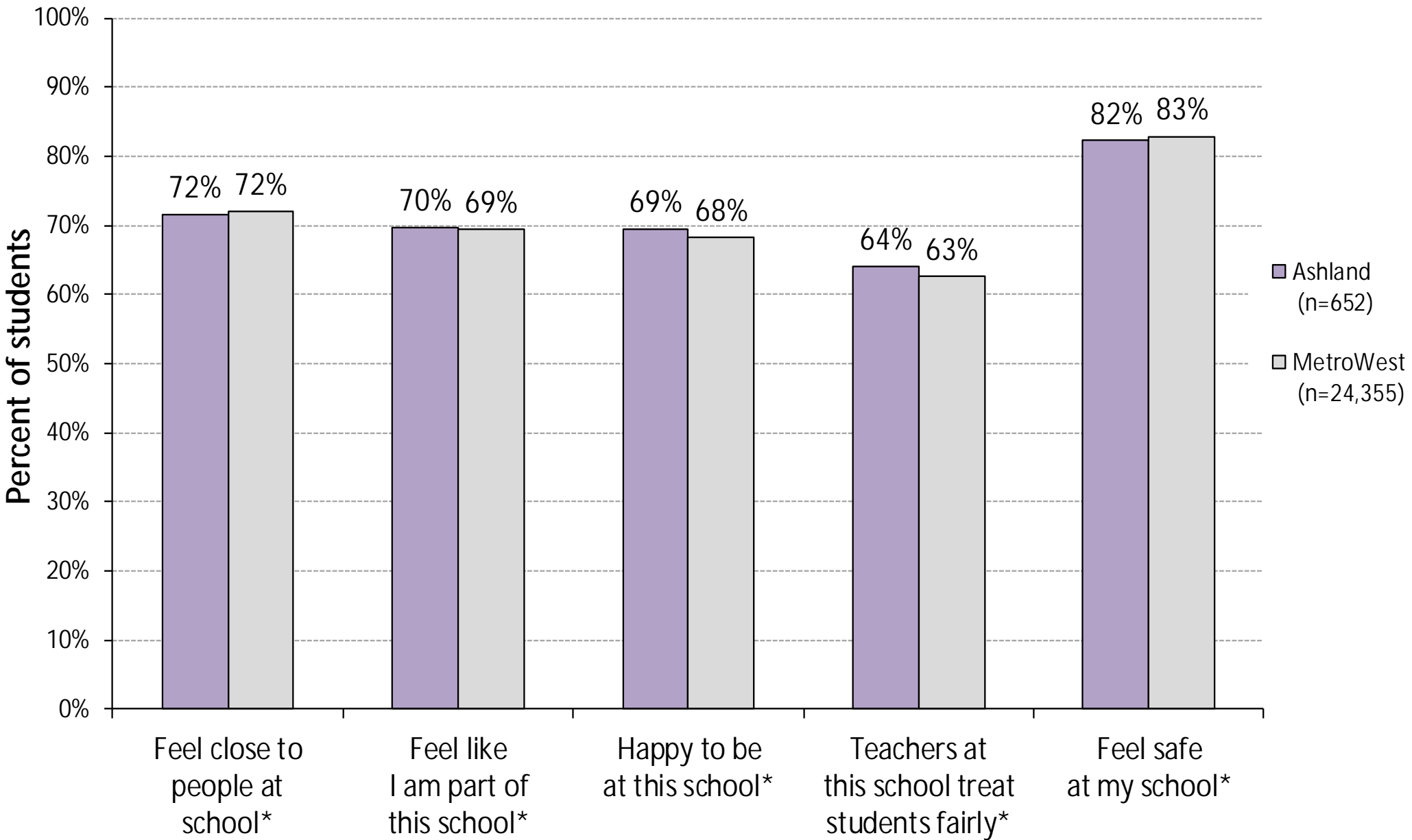
* Answered either "agree" or "strongly agree"

Figure 8-1C. Trends in School Attachment, 2006-2014
Ashland High School (Grades 9-12)
MetroWest Adolescent Health Survey



* Answered either "agree" or "strongly agree"

Figure 8-1D. School Attachment at the District and Regional Levels, 2014
 Ashland High School (Grades 9-12)
 MetroWest Adolescent Health Survey



* Answered either "agree" or "strongly agree"

Figure 8-2A. Adult Support by Gender, 2014
Ashland High School (Grades 9-12)
MetroWest Adolescent Health Survey

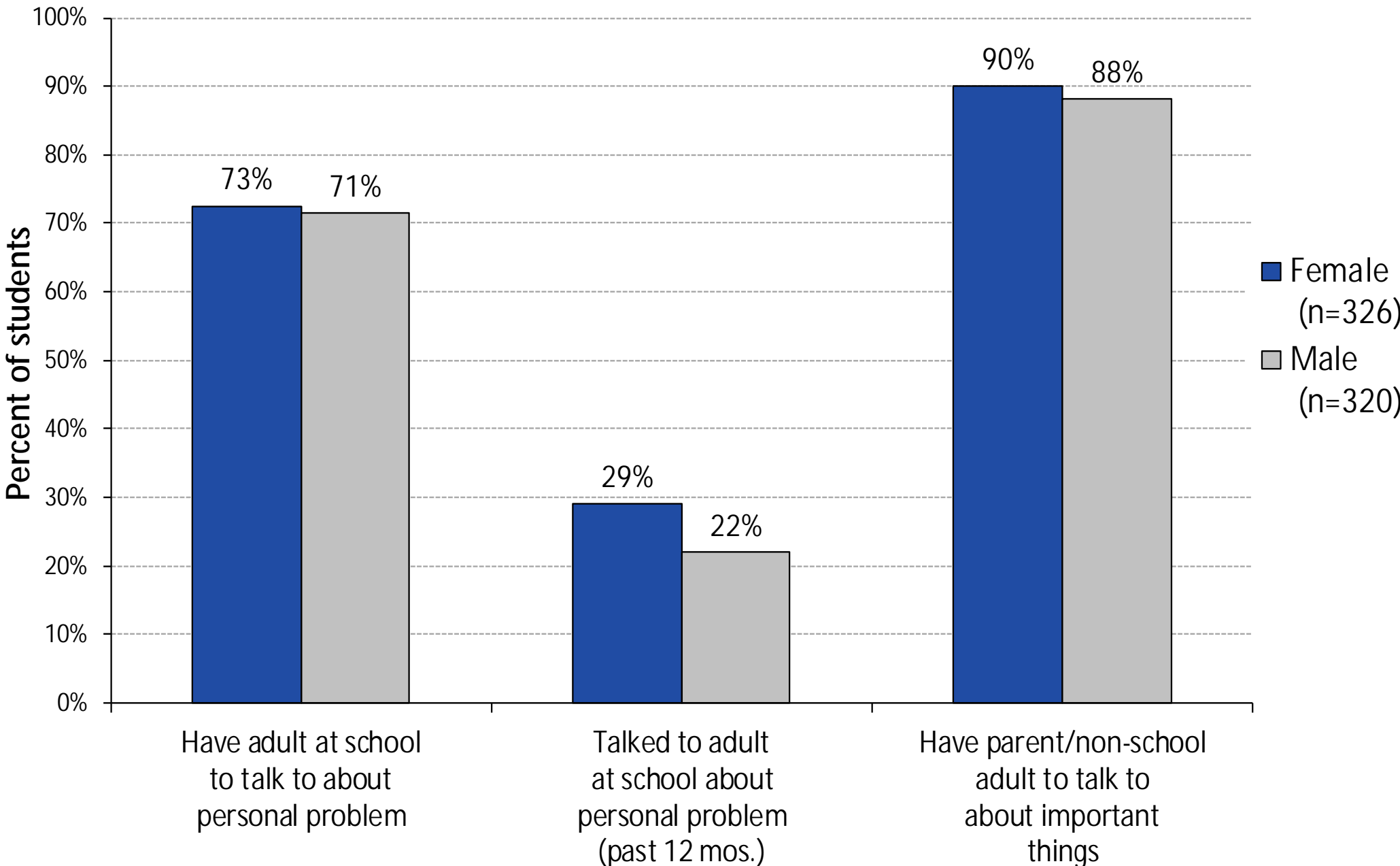


Figure 8-2B. Adult Support by Grade, 2014
Ashland High School (Grades 9-12)
MetroWest Adolescent Health Survey

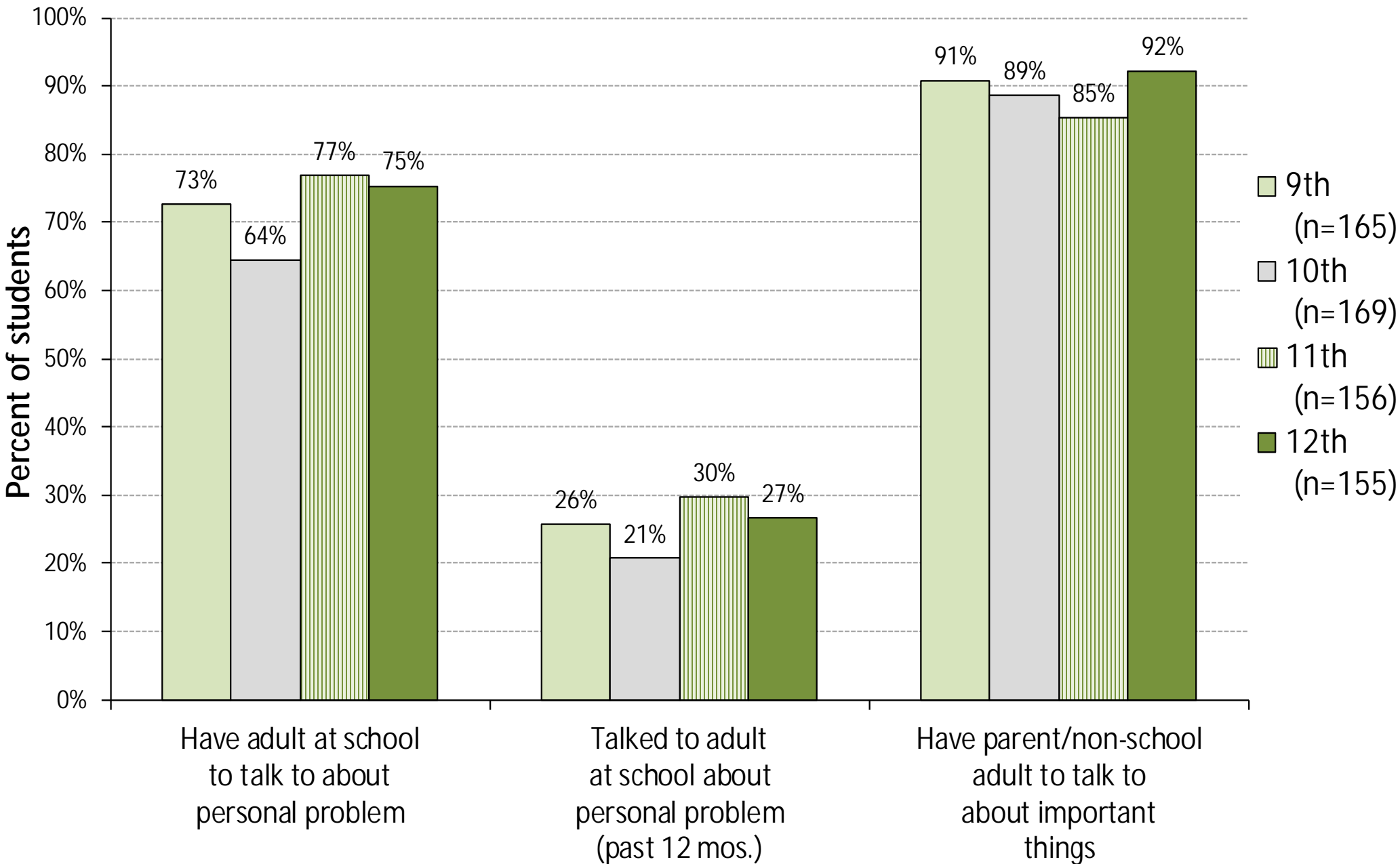


Figure 8-2C. Trends in Adult Support, 2006-2014
Ashland High School (Grades 9-12)
MetroWest Adolescent Health Survey

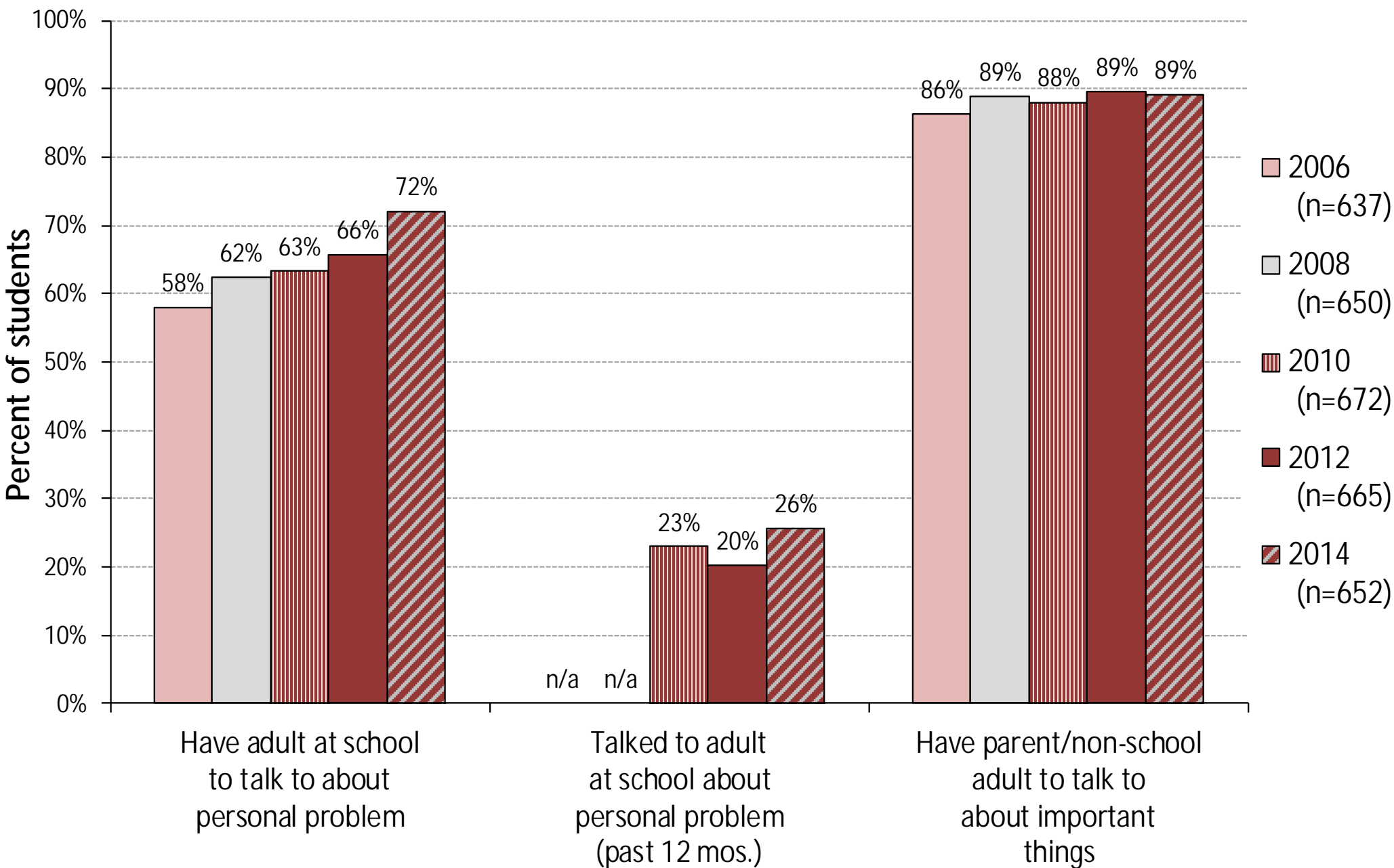


Figure 8-2D. Adult Support at the District and Regional Levels, 2014
Ashland High School (Grades 9-12)
MetroWest Adolescent Health Survey

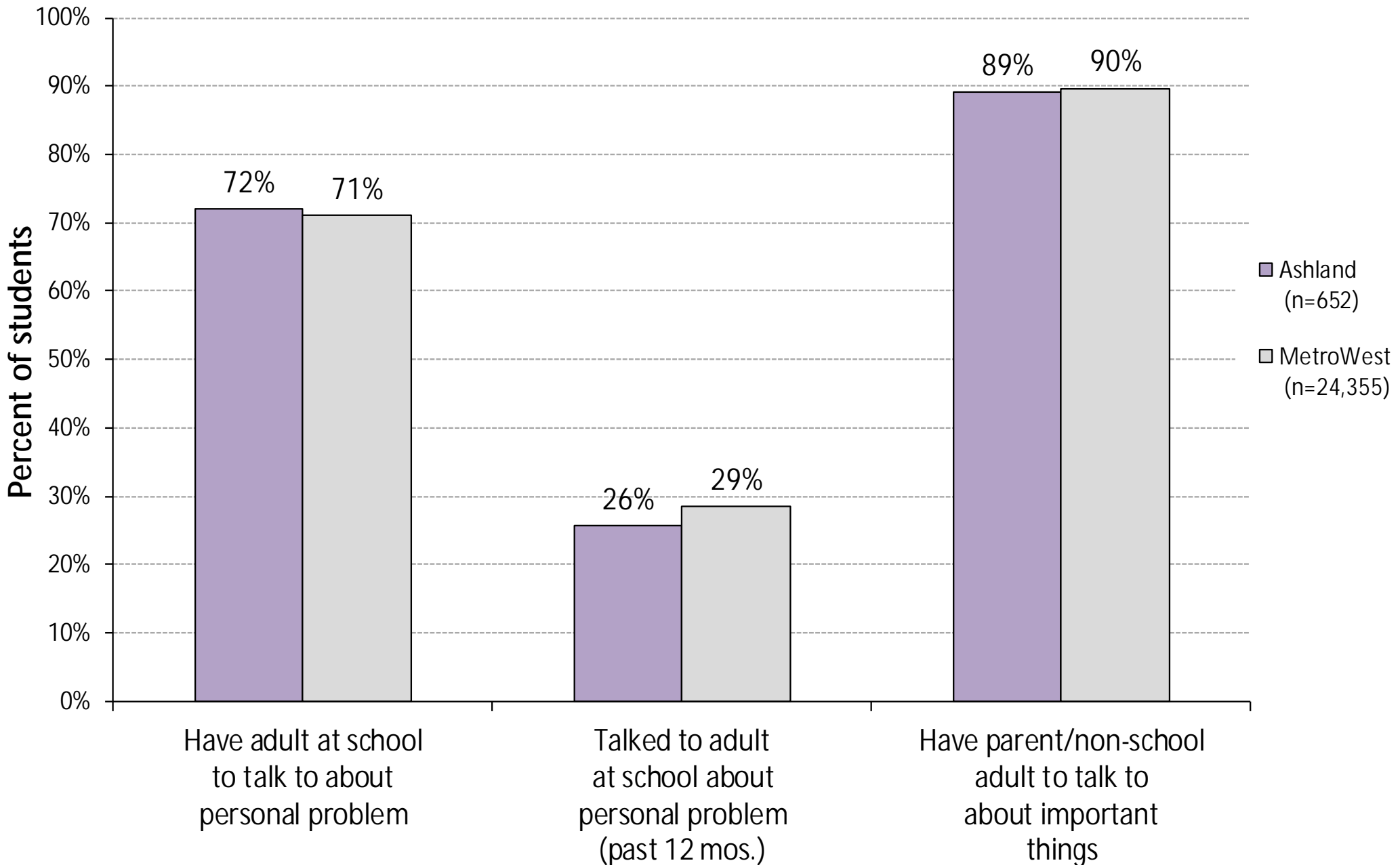
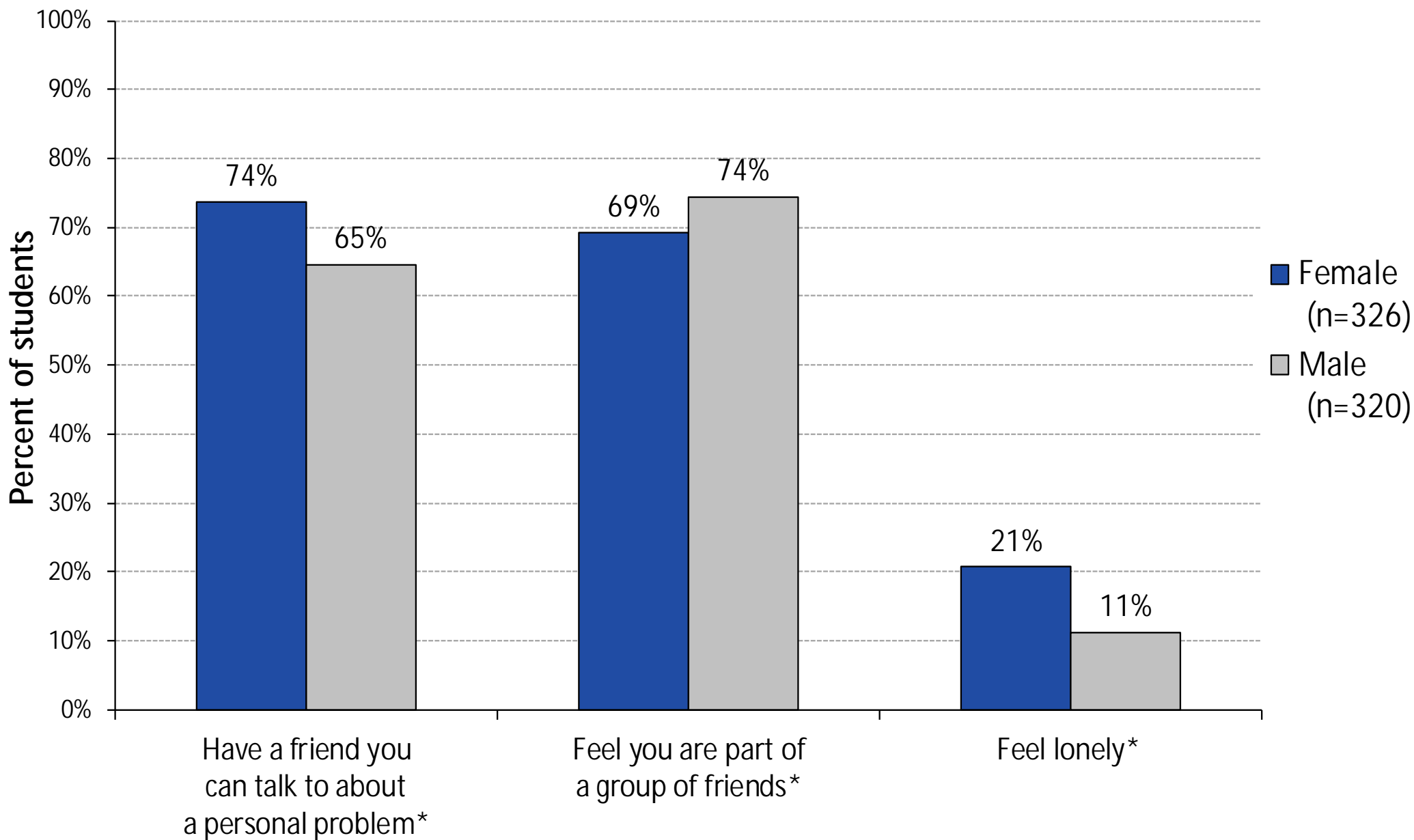
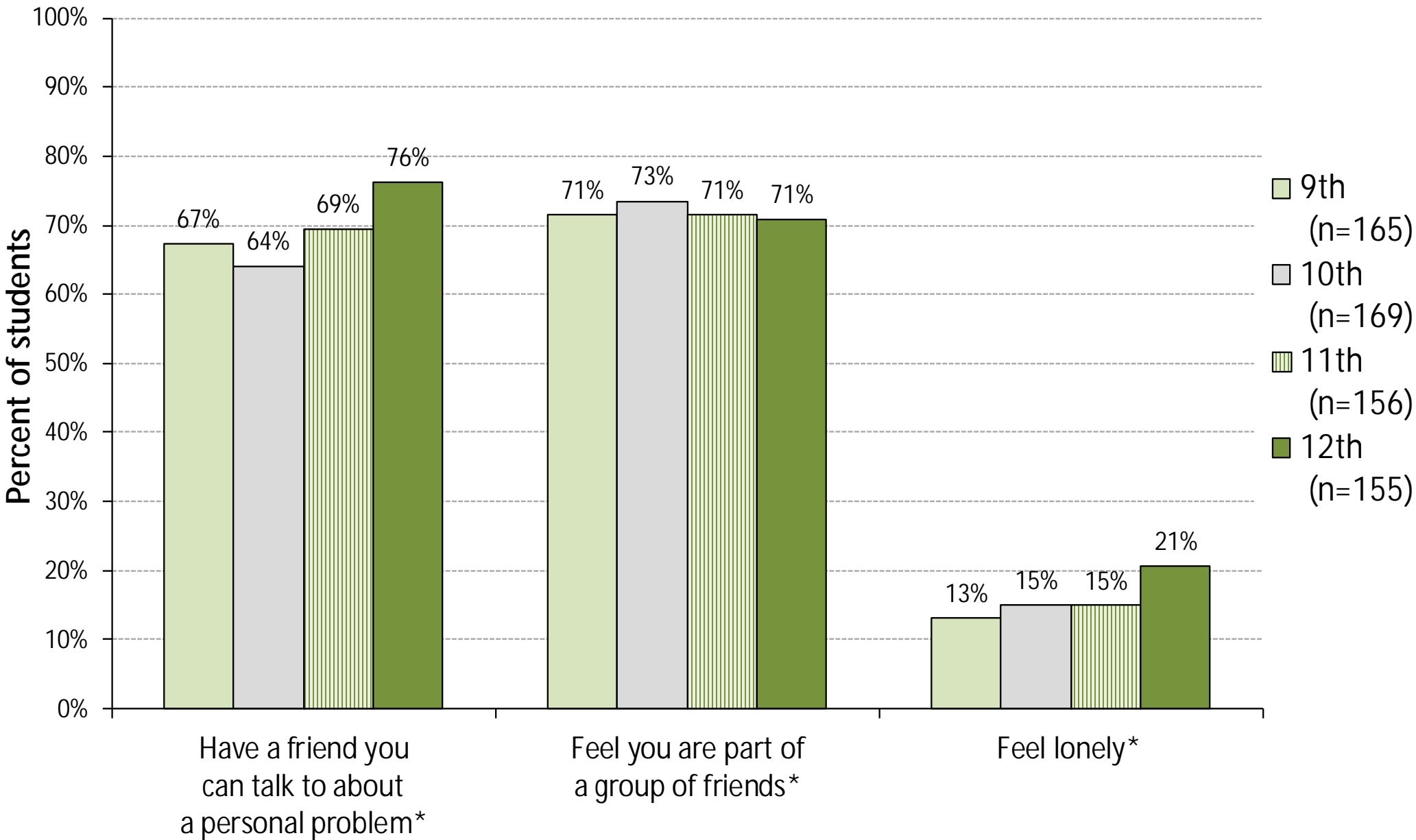


Figure 8-3A. Peer Support by Gender, 2014
Ashland High School (Grades 9-12)
MetroWest Adolescent Health Survey



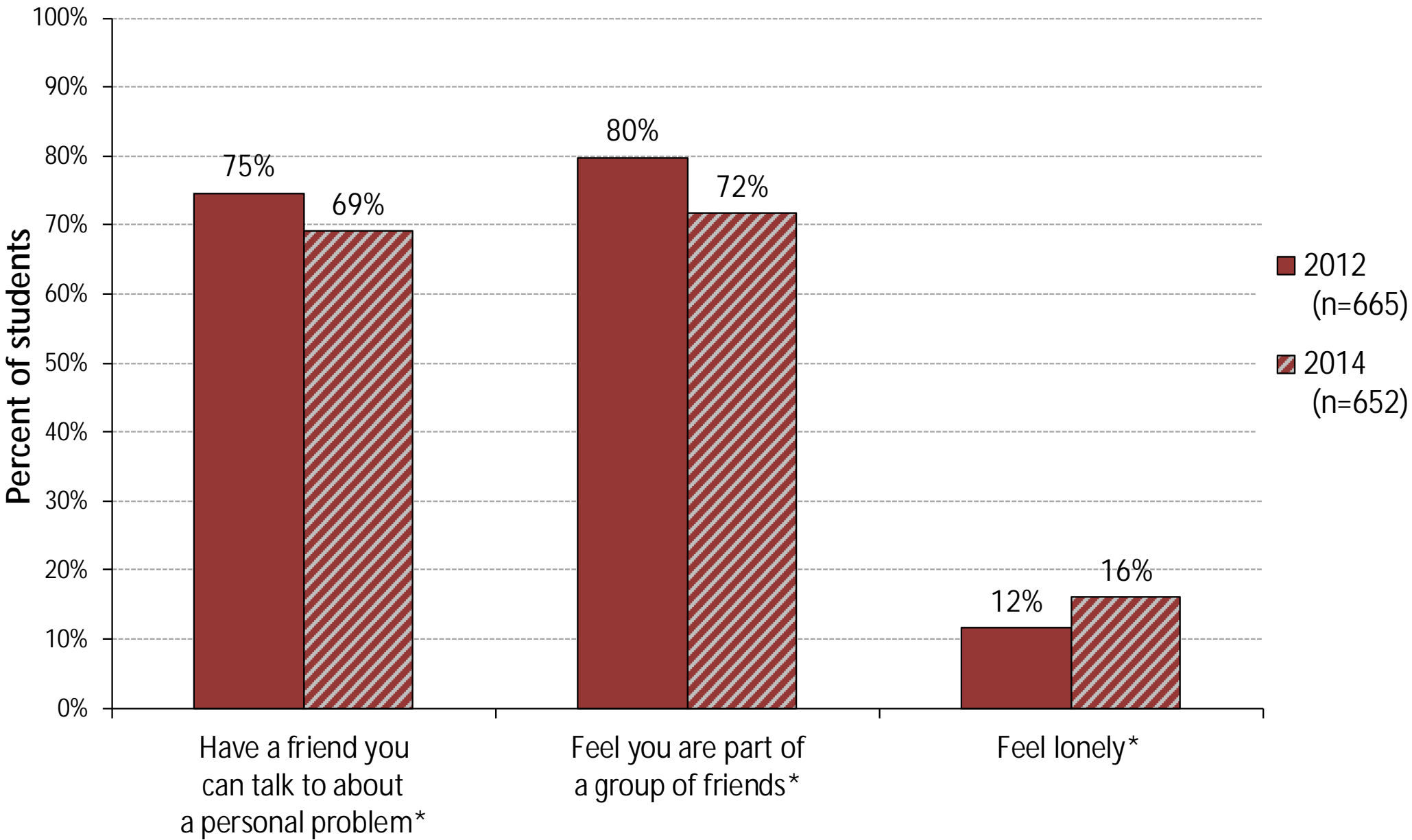
* Student responded "most of the time" or "all of the time"

Figure 8-3B. Peer Support by Grade, 2014
 Ashland High School (Grades 9-12)
 MetroWest Adolescent Health Survey



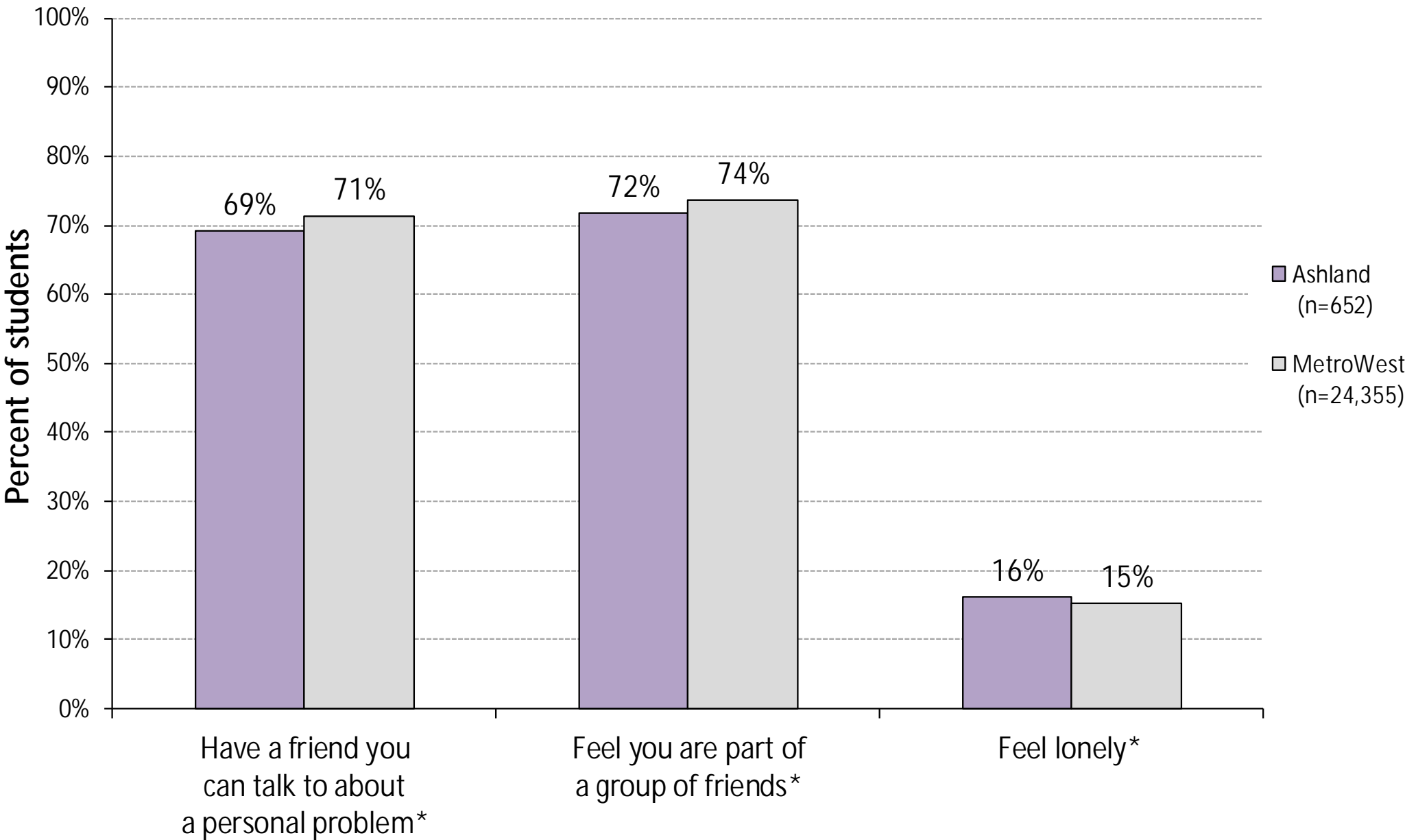
* Student responded "most of the time" or "all of the time"

Figure 8-3C. Trends in Peer Support, 2012-2014
Ashland High School (Grades 9-12)
MetroWest Adolescent Health Survey



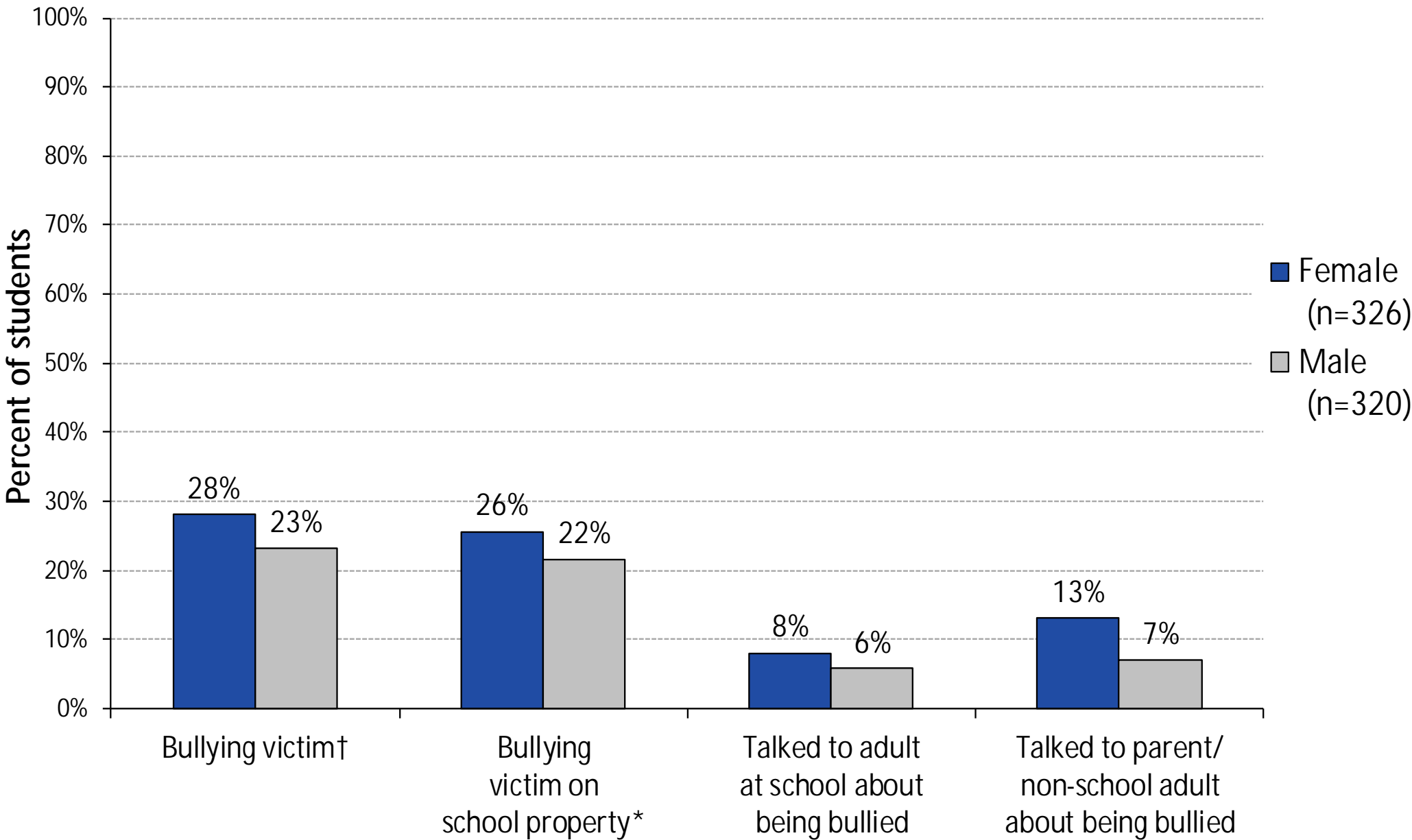
* Student responded "most of the time" or "all of the time"

Figure 8-3D. Peer Support at the District and Regional Levels, 2014
Ashland High School (Grades 9-12)
MetroWest Adolescent Health Survey



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

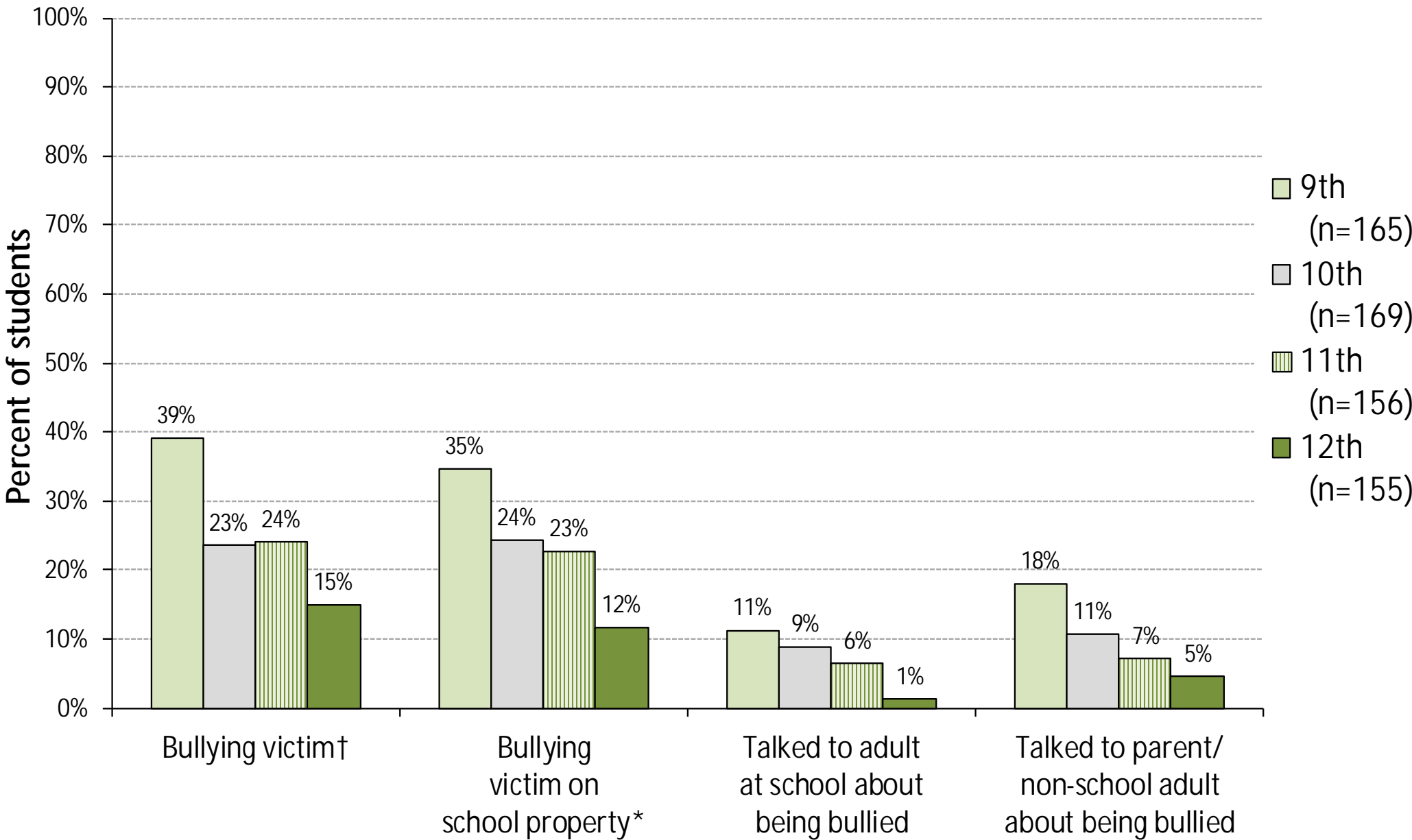
Figure 8-4A. Bullying and Adult Support* by Gender, 2014 Ashland High School (Grades 9-12) *MetroWest Adolescent Health Survey*



* In the past 12 months

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

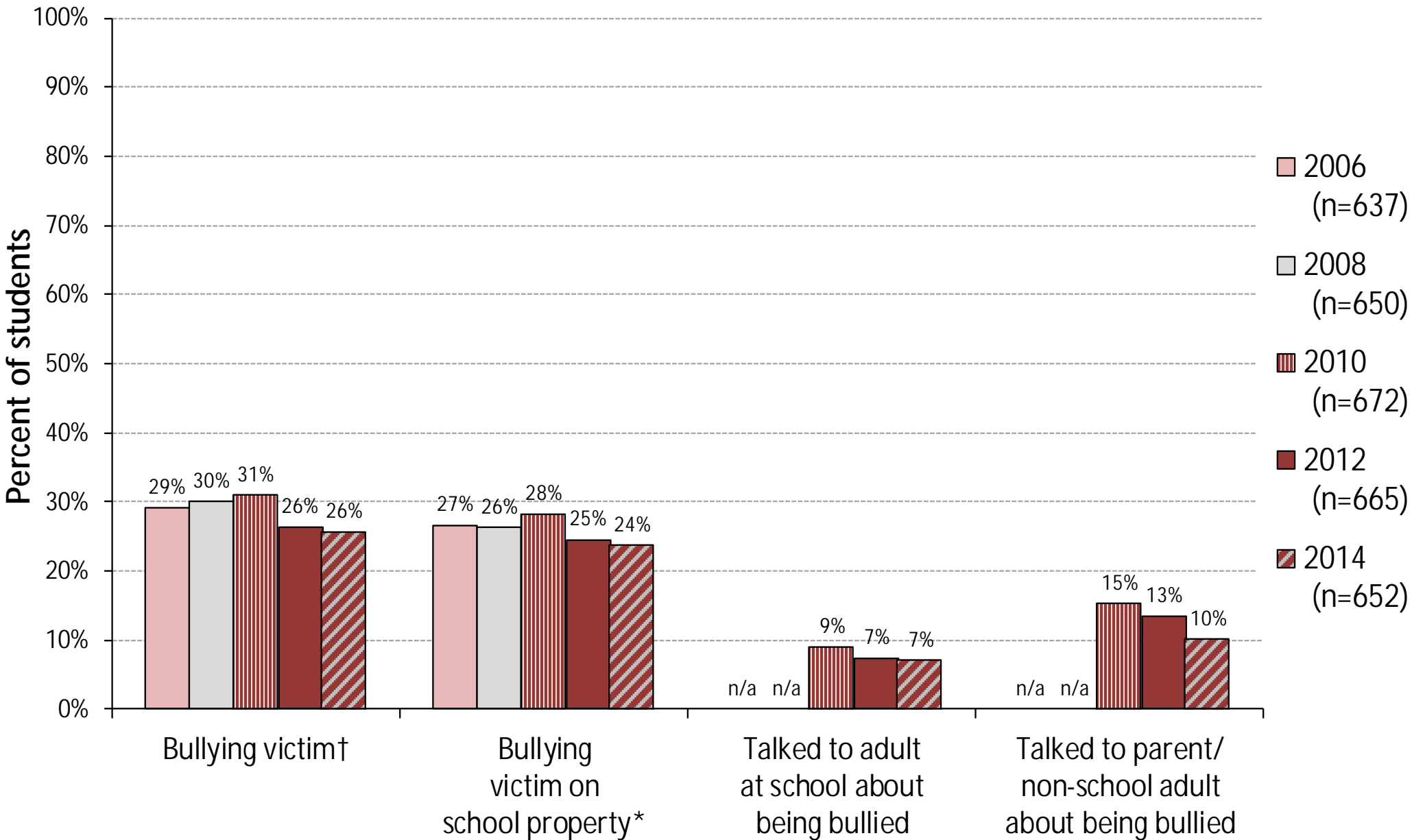
Figure 8-4B. Bullying and Adult Support* by Grade, 2014
 Ashland High School (Grades 9-12)
 MetroWest Adolescent Health Survey



* In the past 12 months

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

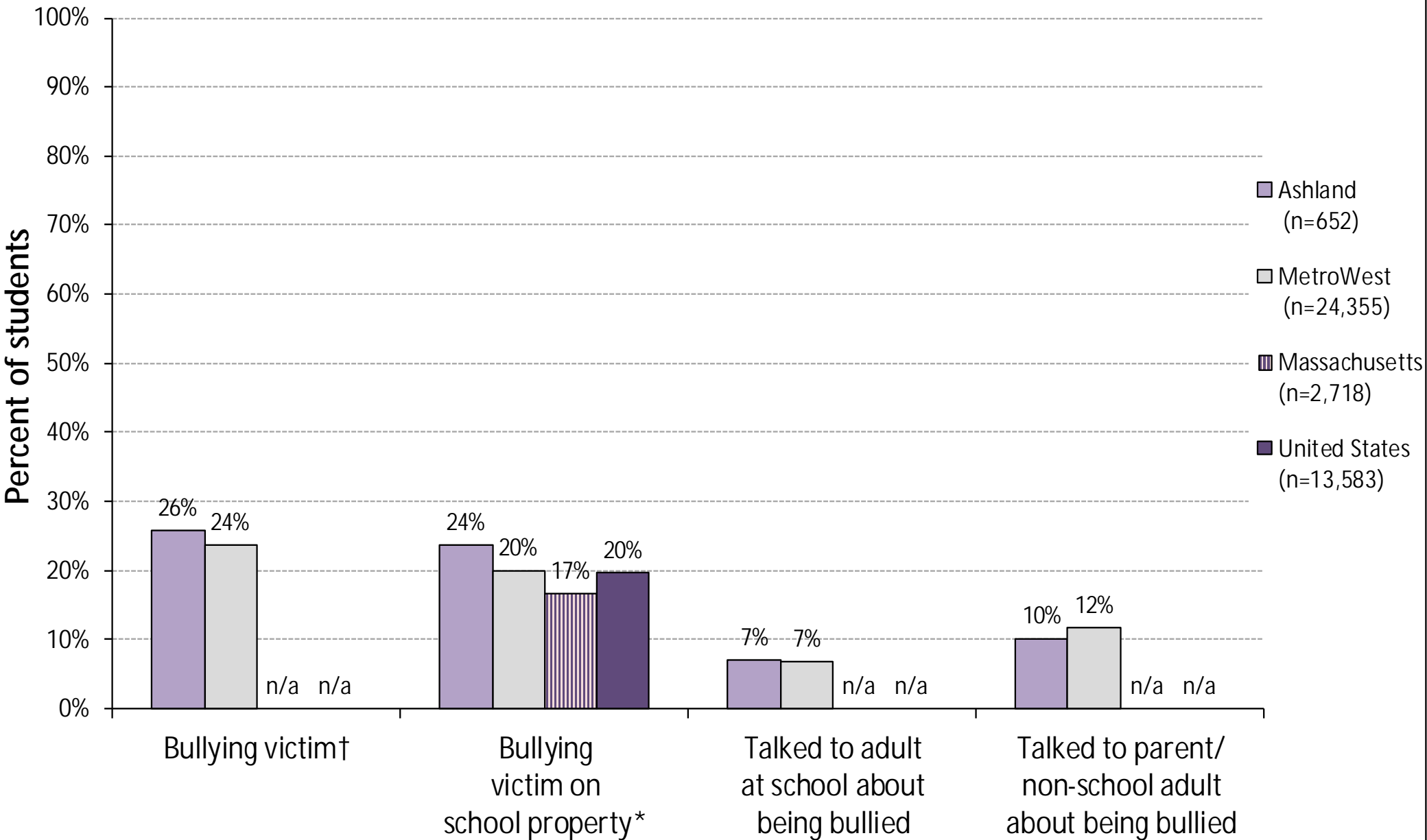
Figure 8-4C. Trends in Bullying and Adult Support,* 2006-2014
Ashland High School (Grades 9-12)
MetroWest Adolescent Health Survey



* In the past 12 months

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

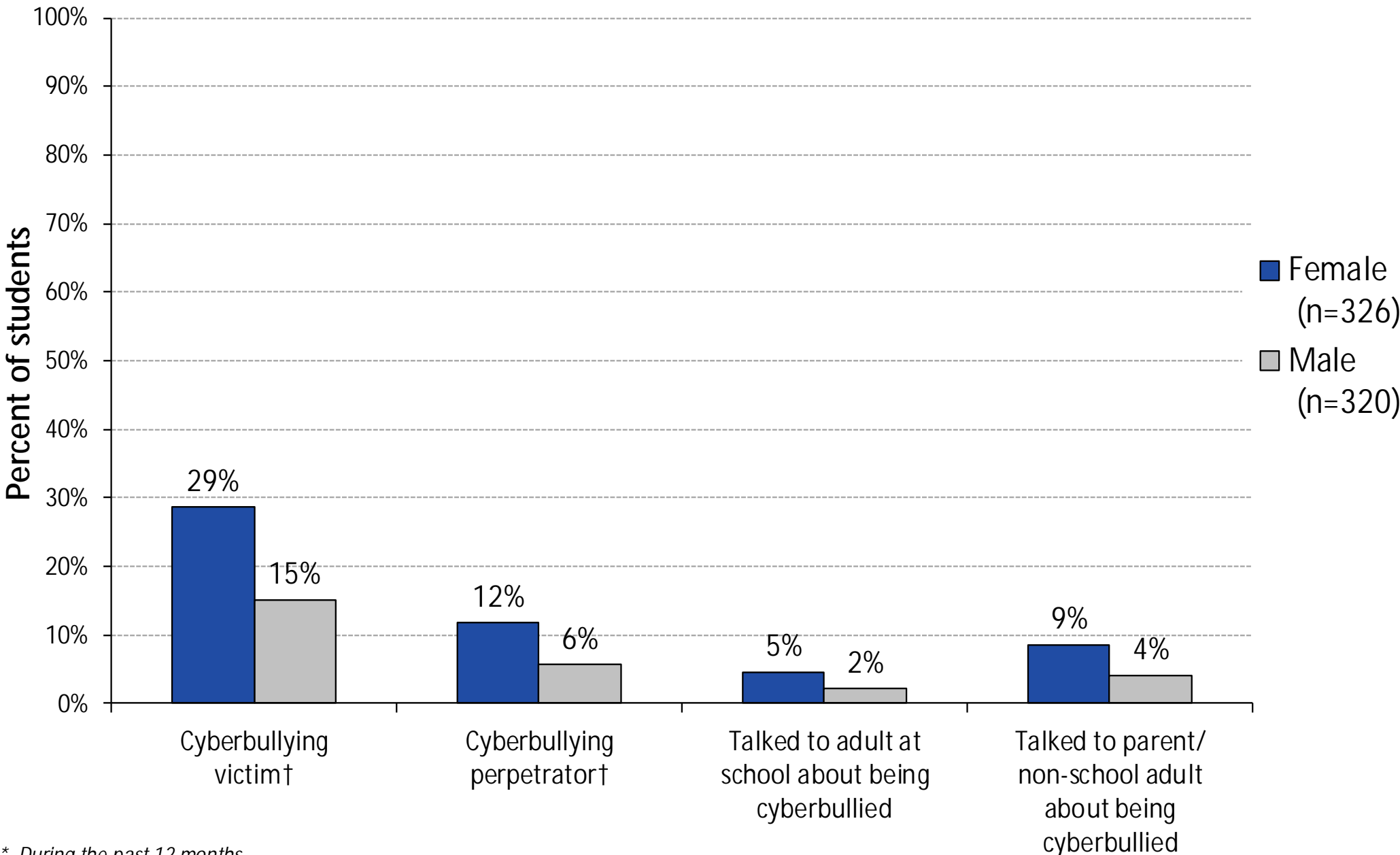
Figure 8-4D. Bullying and Adult Support* at the District, Regional, State, and National Levels, 2014
 Ashland High School (Grades 9-12)
 MetroWest Adolescent Health Survey



* In the past 12 months

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

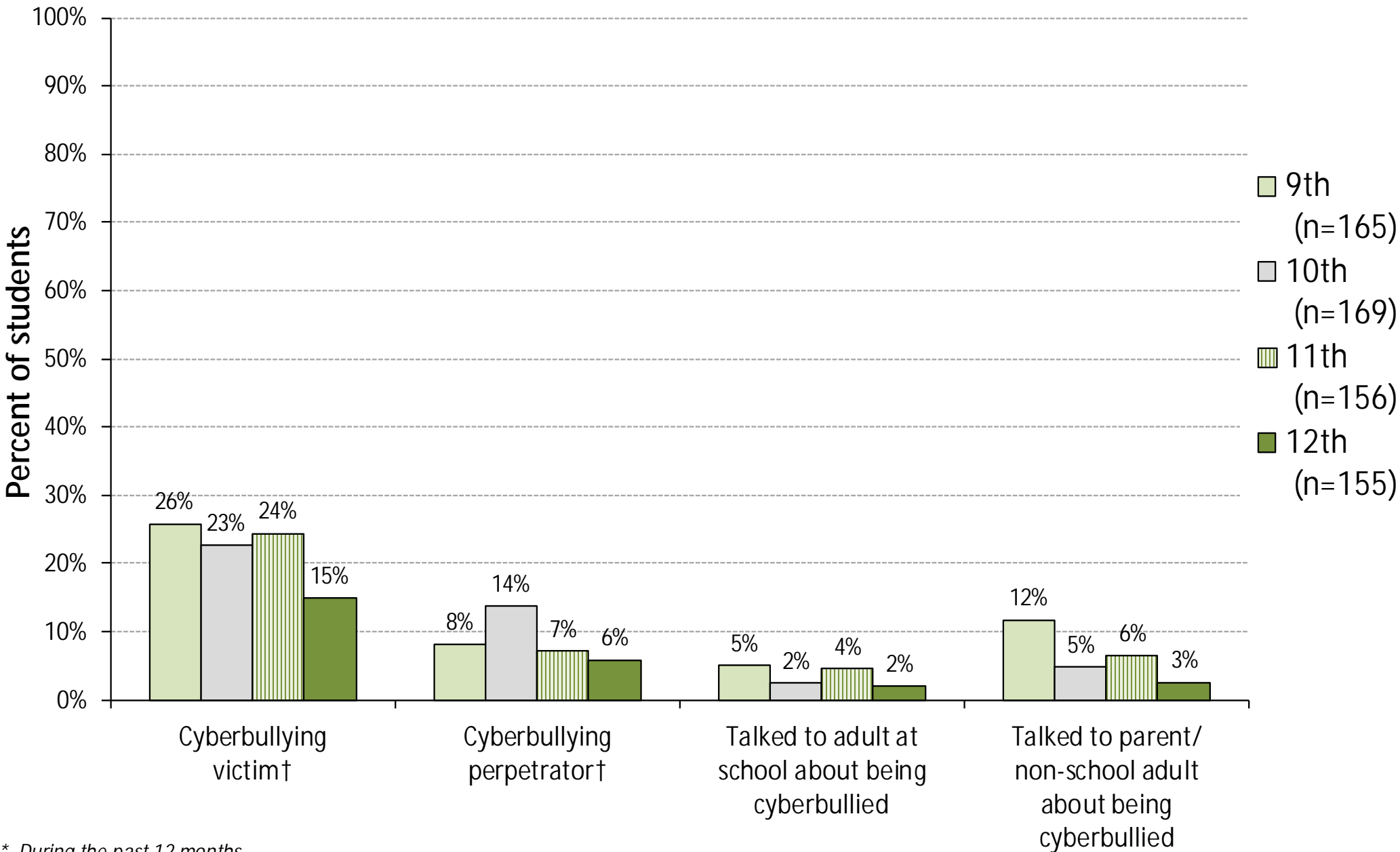
Figure 8-5A. Cyberbullying and Adult Support* by Gender, 2014
Ashland High School (Grades 9-12)
MetroWest Adolescent Health Survey



* During the past 12 months

† Cyberbullying defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about someone

Figure 8-5B. Cyberbullying and Adult Support* by Grade, 2014
Ashland High School (Grades 9-12)
MetroWest Adolescent Health Survey



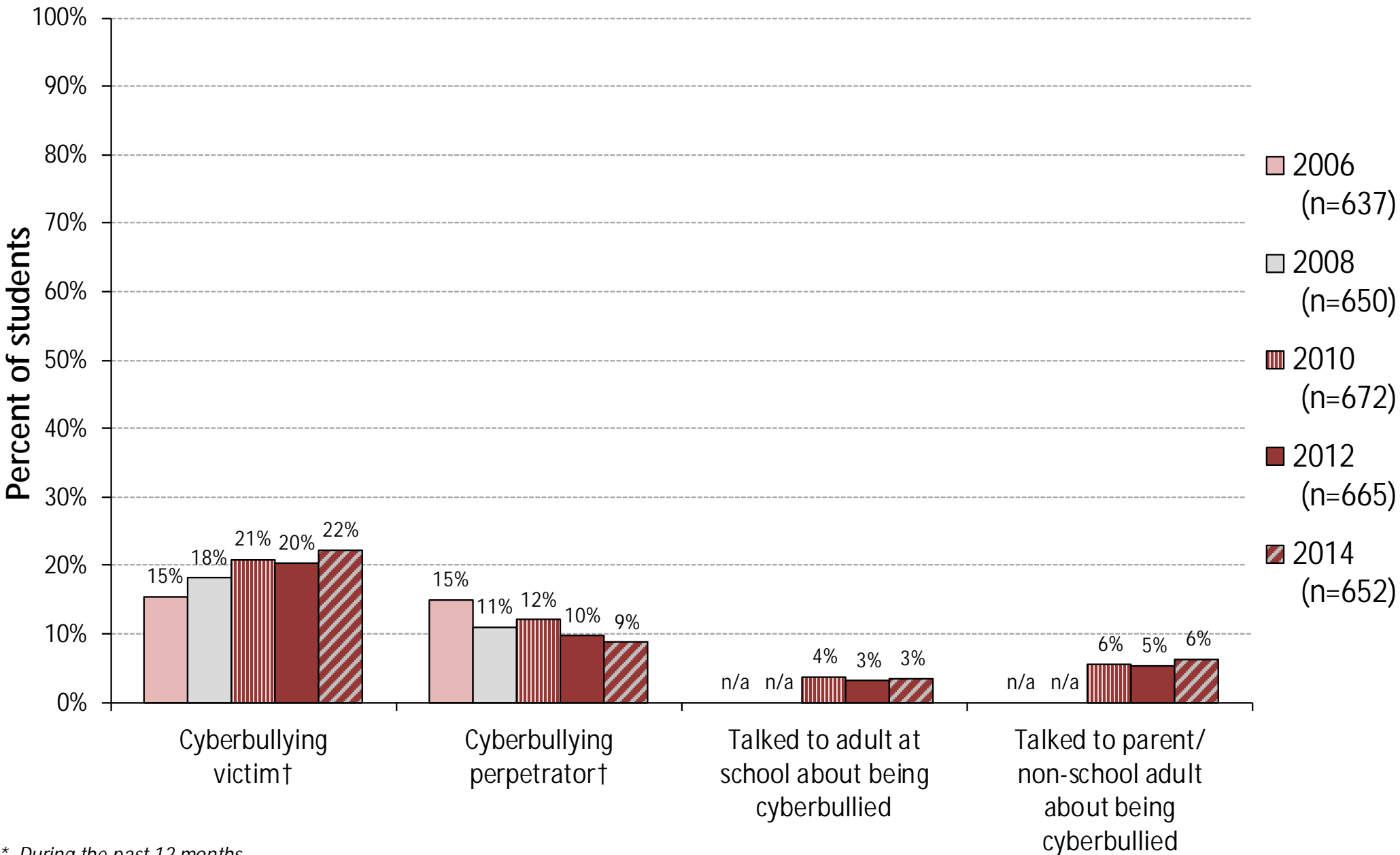
* During the past 12 months

† Cyberbullying defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about someone

Figure 8-5C. Trends in Cyberbullying and Adult Support,* 2006-2014

Ashland High School (Grades 9-12)

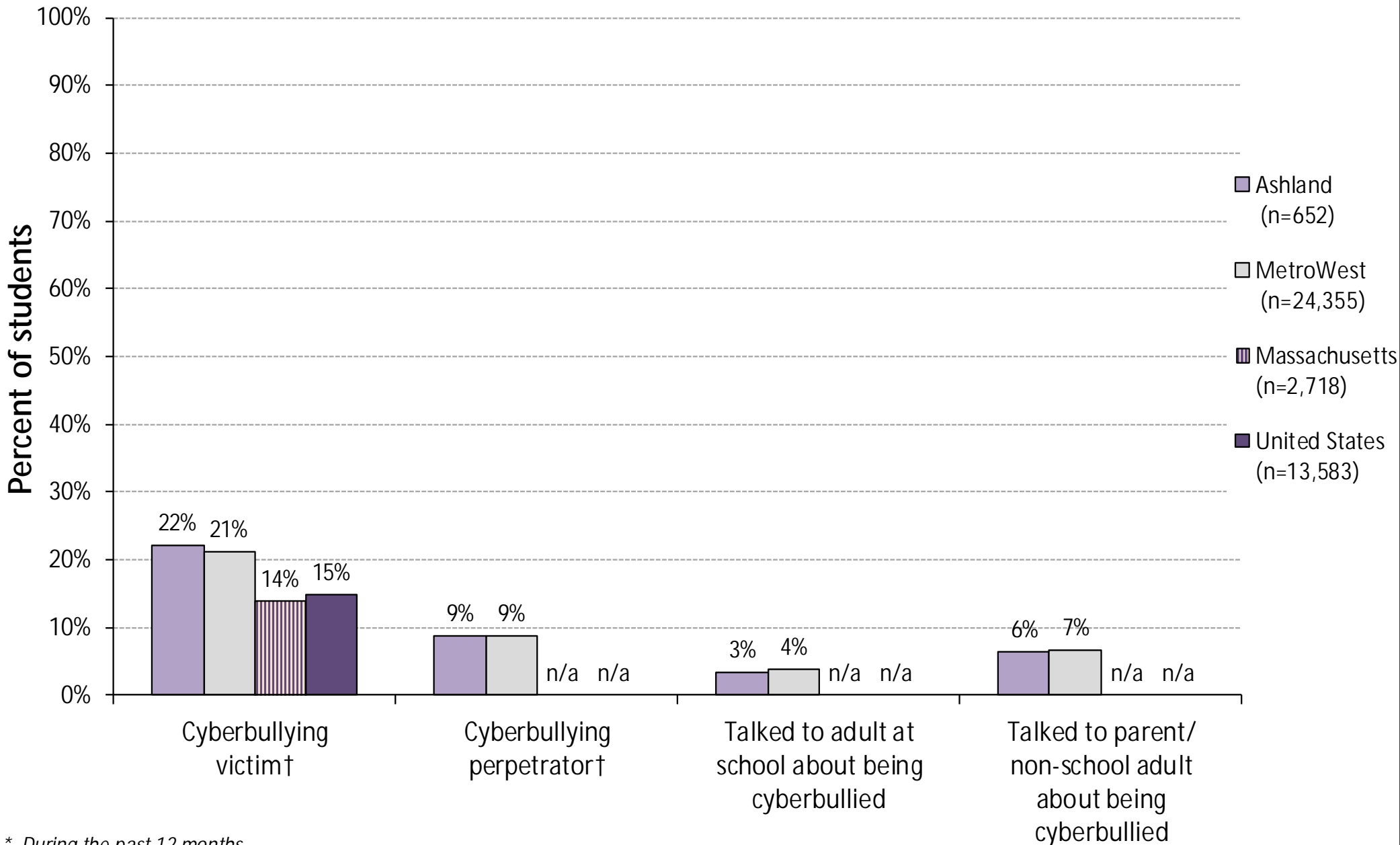
MetroWest Adolescent Health Survey



* During the past 12 months

† Cyberbullying defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about someone

Figure 8-5D. Cyberbullying and Adult Support* at the District, Regional, State, and National Levels, 2014
 Ashland High School (Grades 9-12)
 MetroWest Adolescent Health Survey



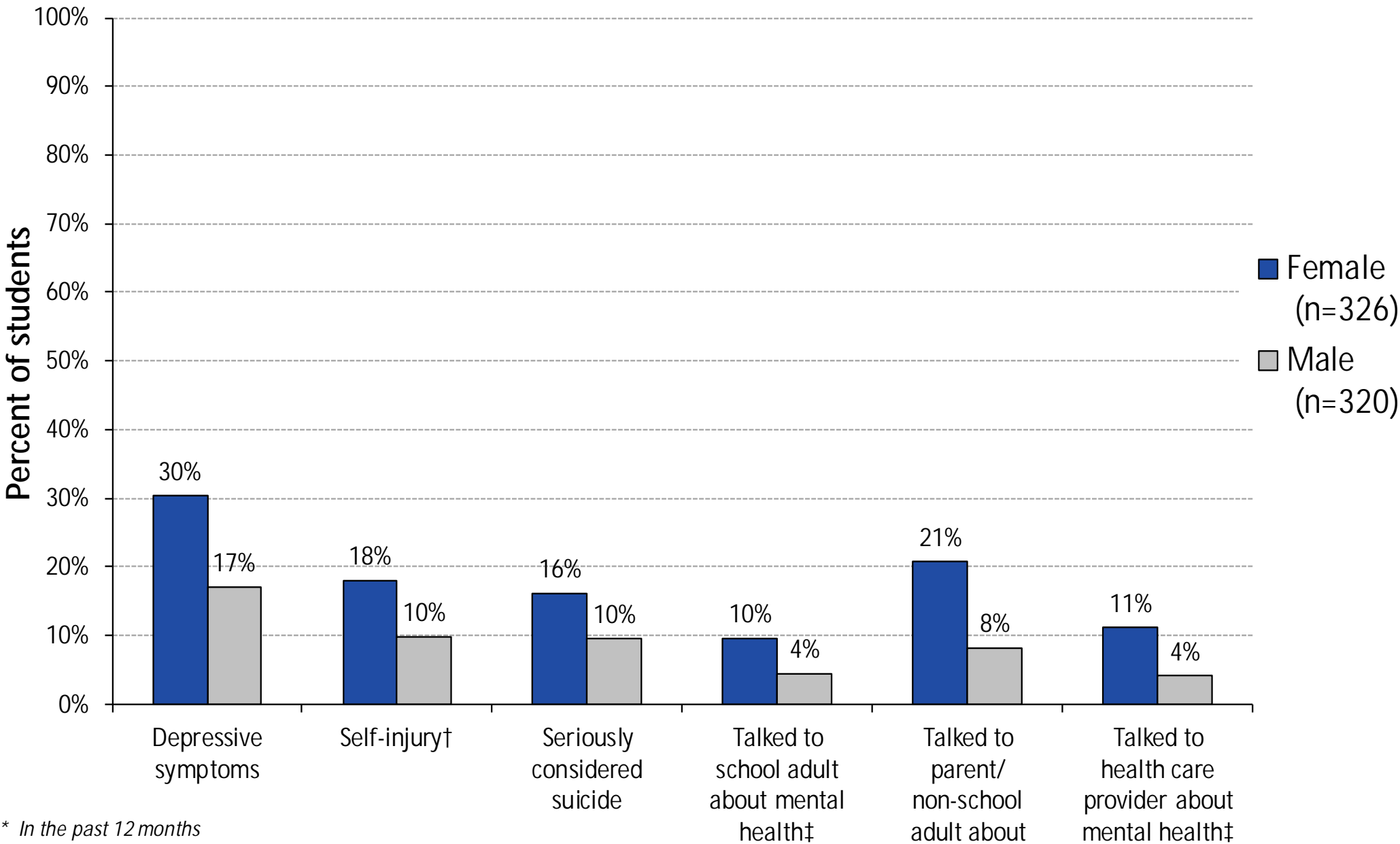
* During the past 12 months

† Cyberbullying defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about someone

Figure 8-6A. Mental Health and Adult Support* by Gender, 2014

Ashland High School (Grades 9-12)

MetroWest Adolescent Health Survey



* In the past 12 months

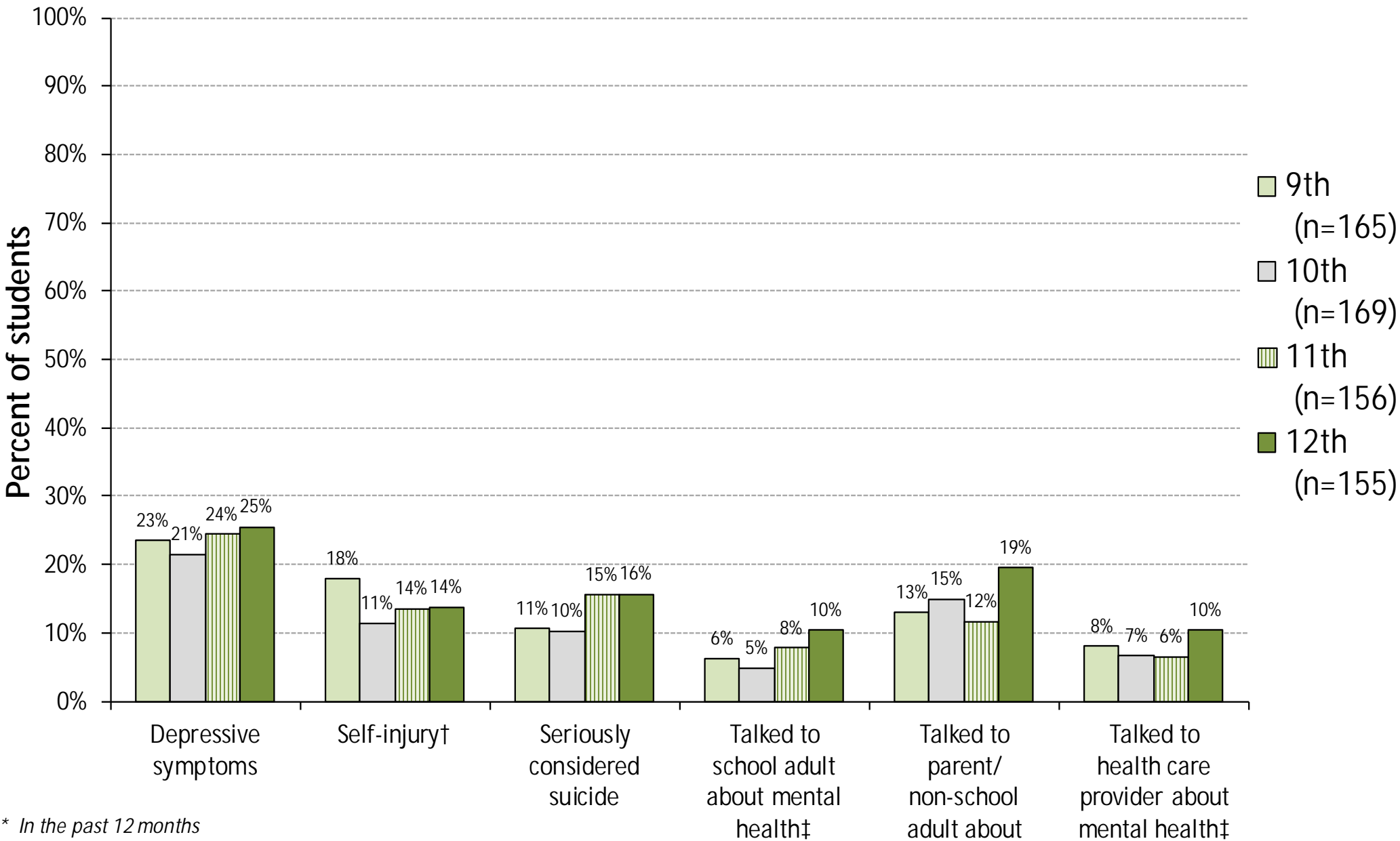
† For example, by cutting, burning, or bruising yourself on purpose

‡ About feeling sad or hopeless, or having thoughts about hurting yourself

Figure 8-6B. Mental Health and Adult Support* by Grade, 2014

Ashland High School (Grades 9-12)

MetroWest Adolescent Health Survey



* In the past 12 months

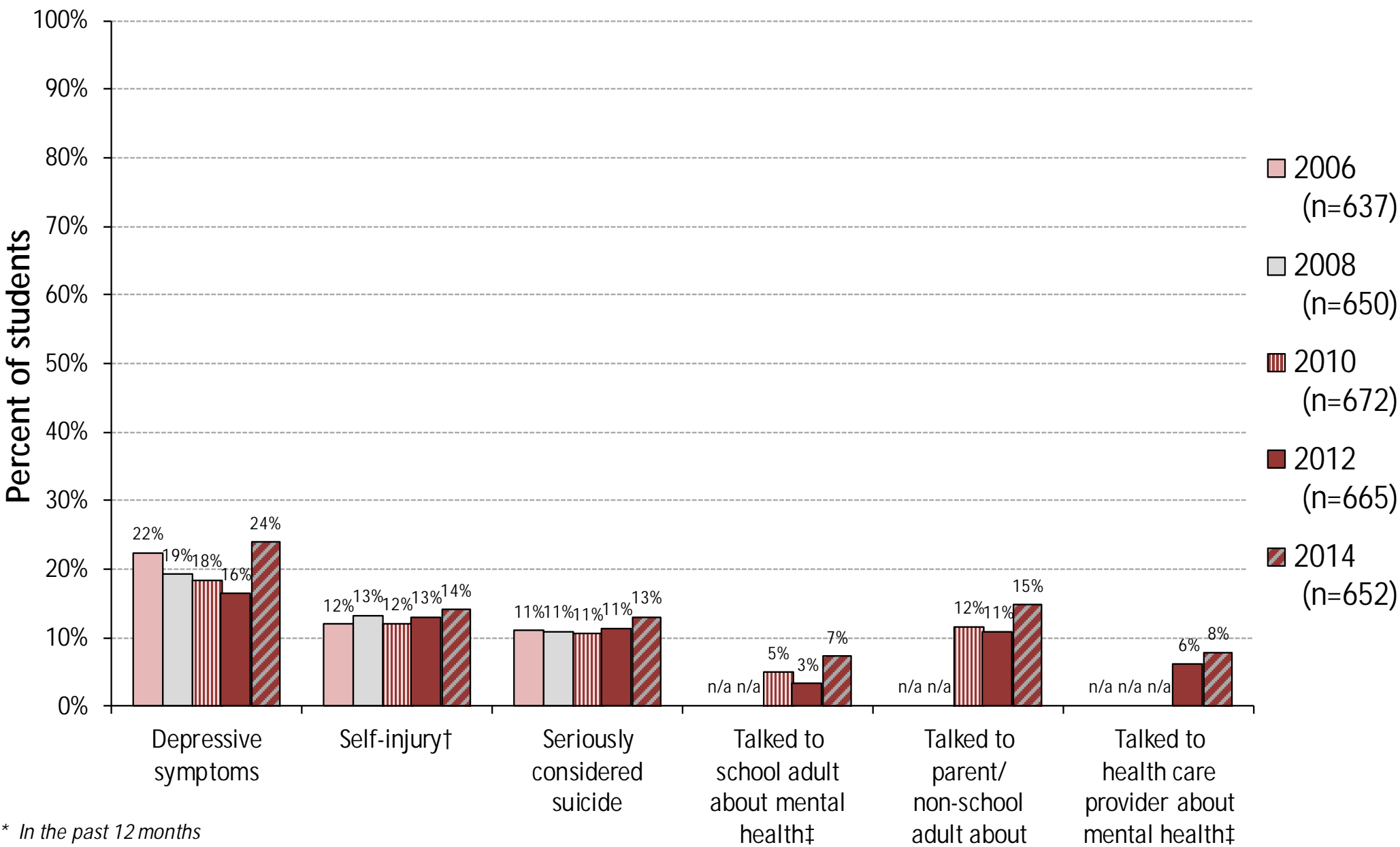
† For example, by cutting, burning, or bruising yourself on purpose

‡ About feeling sad or hopeless, or having thoughts about hurting yourself

Figure 8-6C. Trends in Mental Health and Adult Support,* 2006-2014

Ashland High School (Grades 9-12)

MetroWest Adolescent Health Survey



* In the past 12 months

† For example, by cutting, burning, or bruising yourself on purpose

‡ About feeling sad or hopeless, or having thoughts about hurting yourself

Figure 8-6D. Mental Health and Adult Support* at the District, Regional, State, and National Levels, 2014
 Ashland High School (Grades 9-12)
 MetroWest Adolescent Health Survey

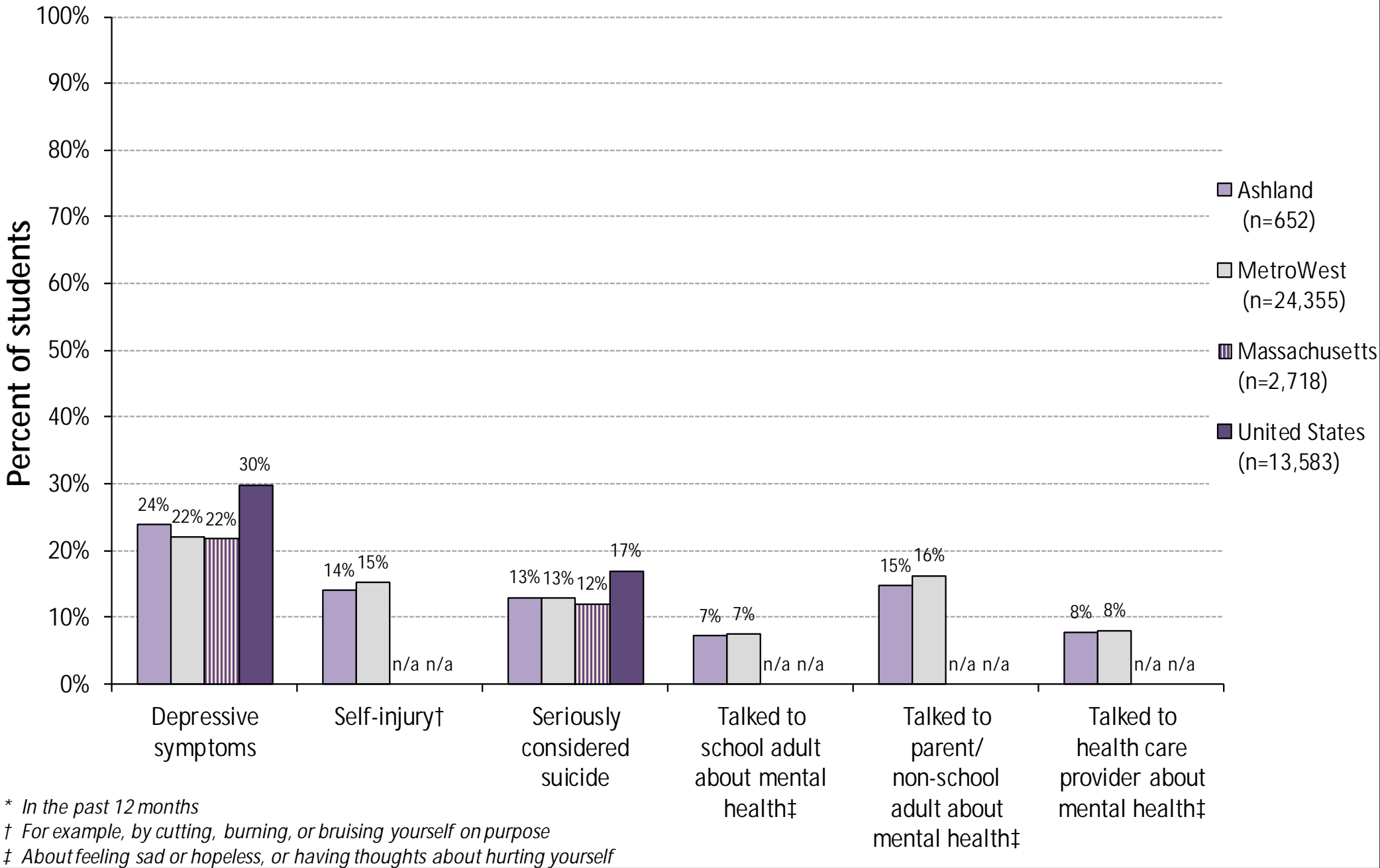


Figure 9-1A. Substance Use on School Property by Gender, 2014

Ashland High School (Grades 9-12)

MetroWest Adolescent Health Survey

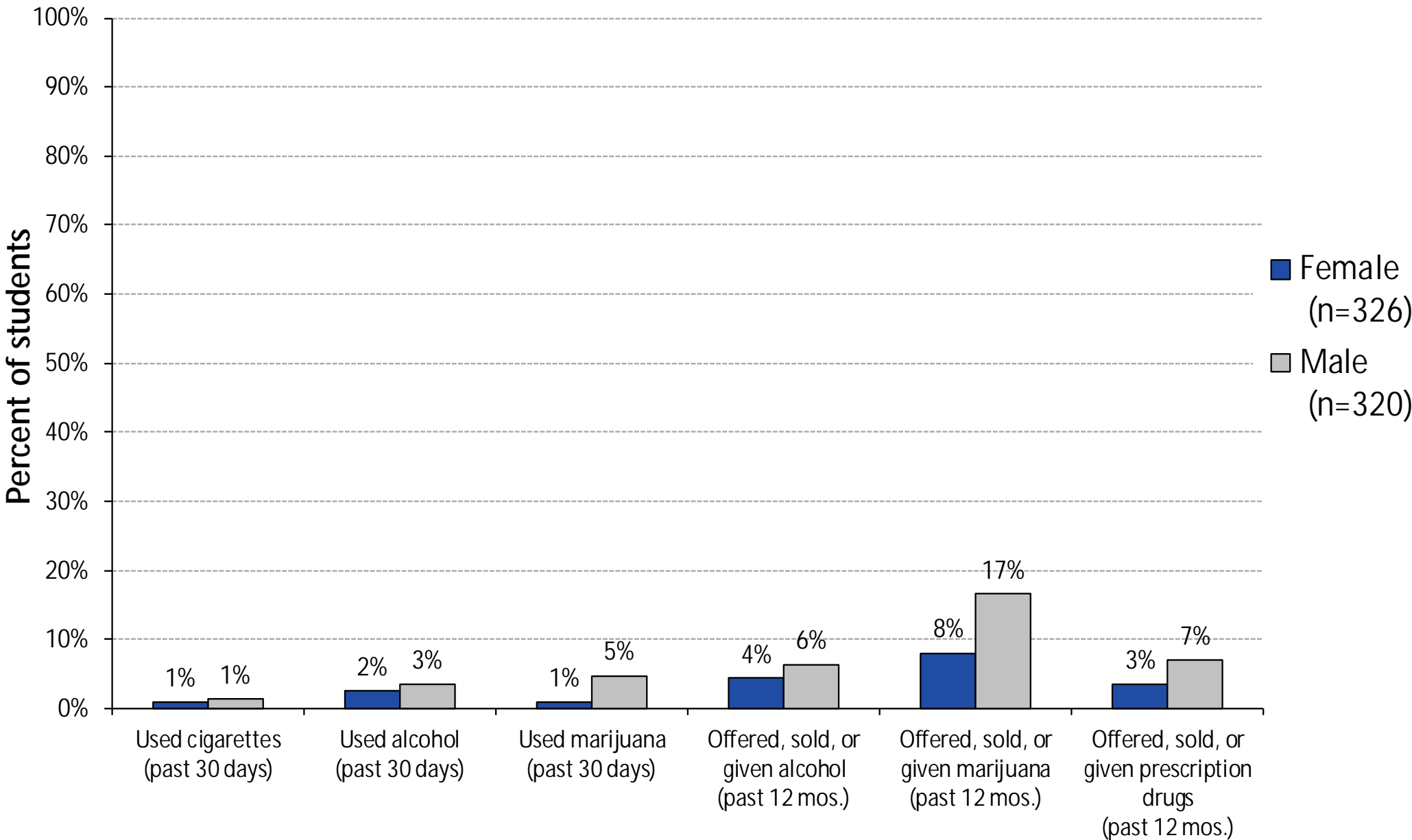


Figure 9-1B. Substance Use on School Property by Grade, 2014
Ashland High School (Grades 9-12)
MetroWest Adolescent Health Survey

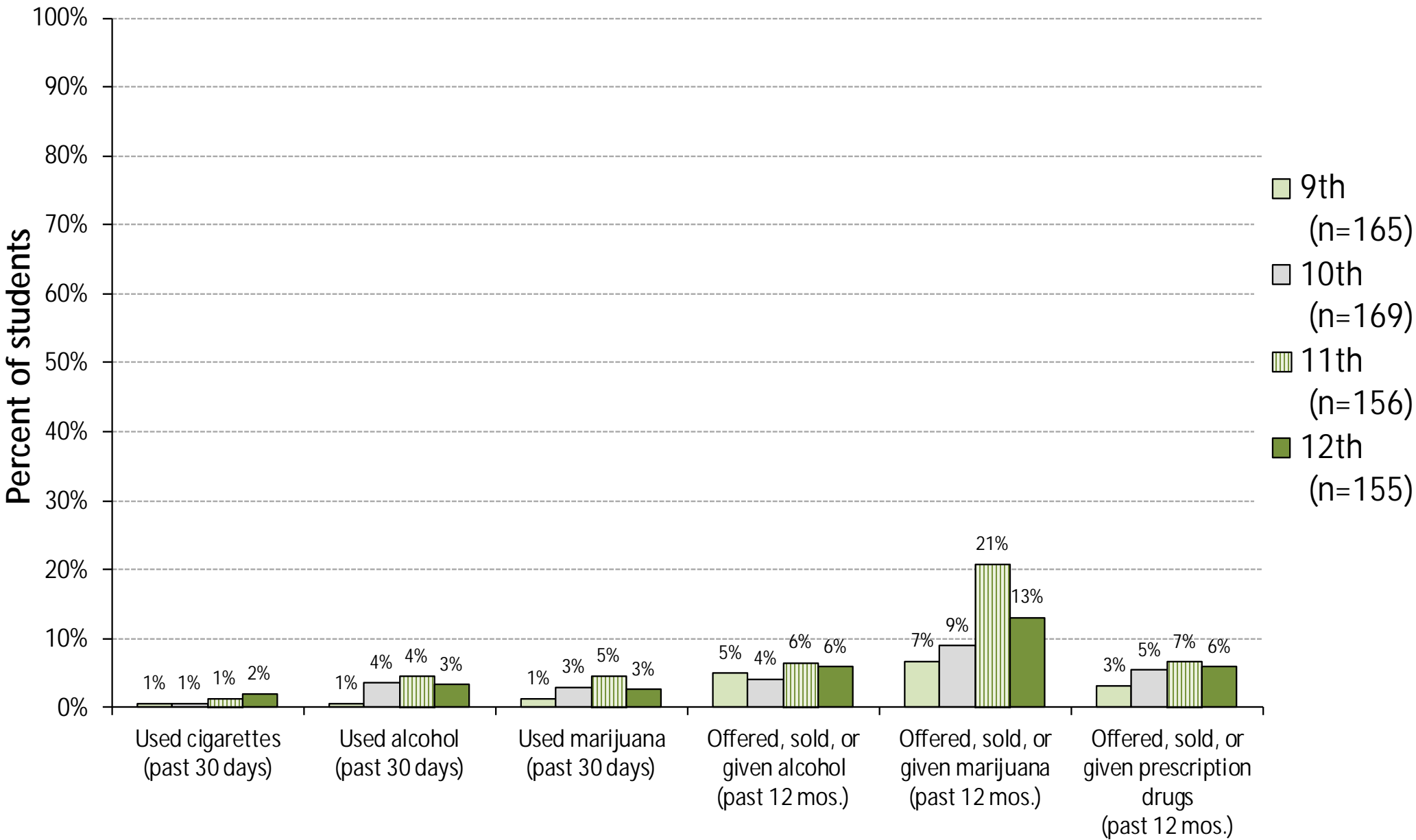


Figure 9-1C. Trends in Substance Use on School Property, 2006-2014
Ashland High School (Grades 9-12)
MetroWest Adolescent Health Survey

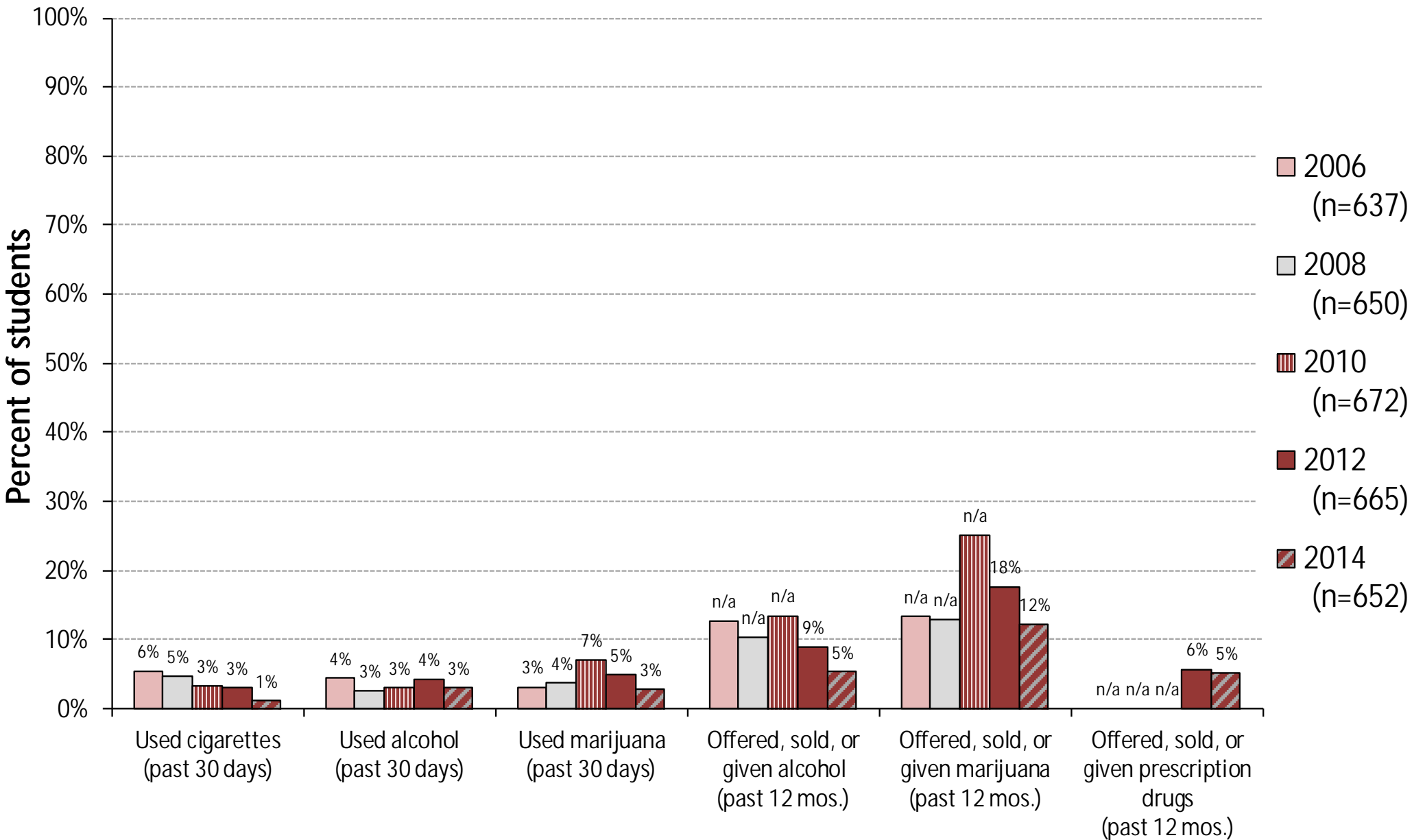


Figure 9-1D. Substance Use on School Property at the District, Regional, State, and National Levels, 2014
Ashland High School (Grades 9-12)
MetroWest Adolescent Health Survey

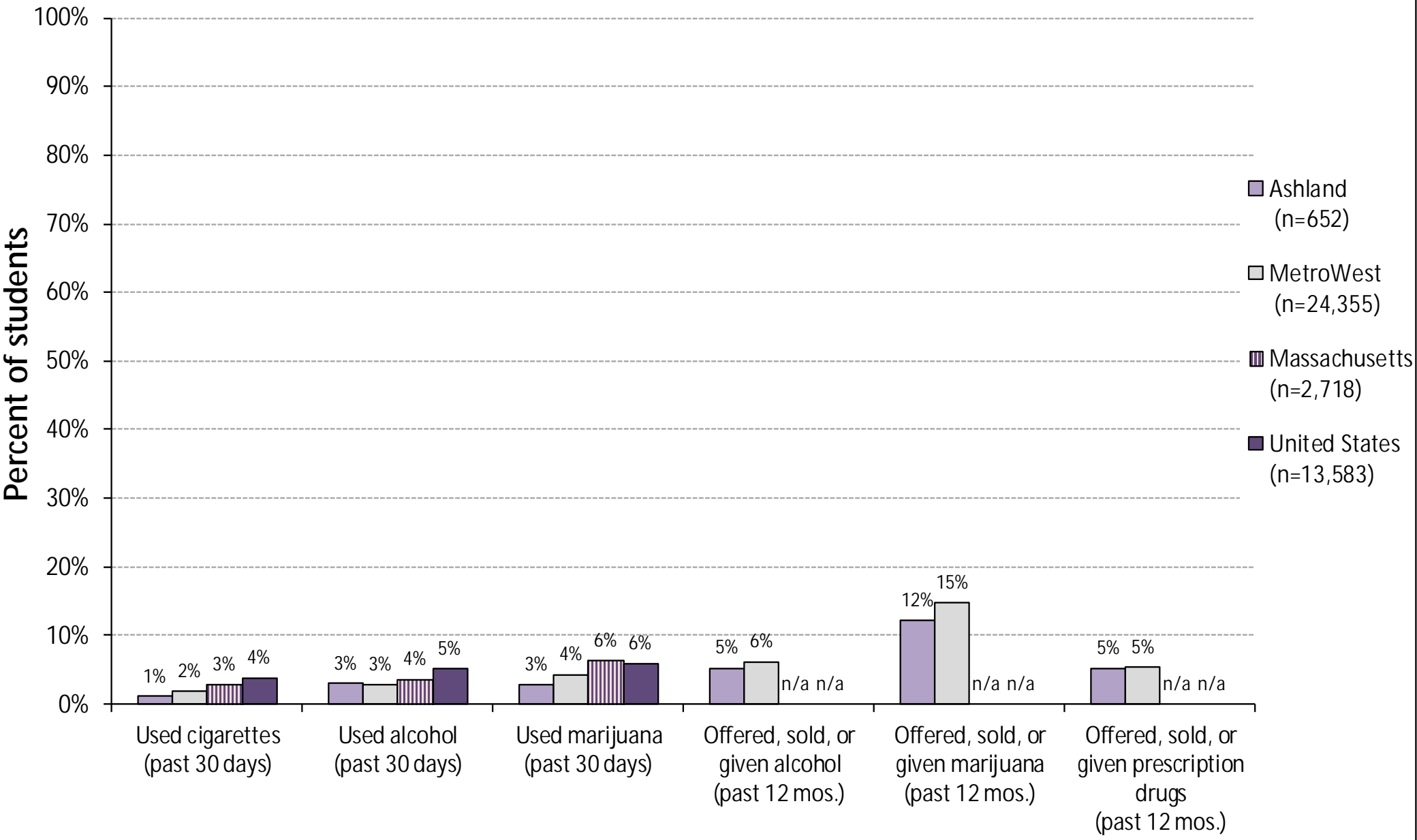
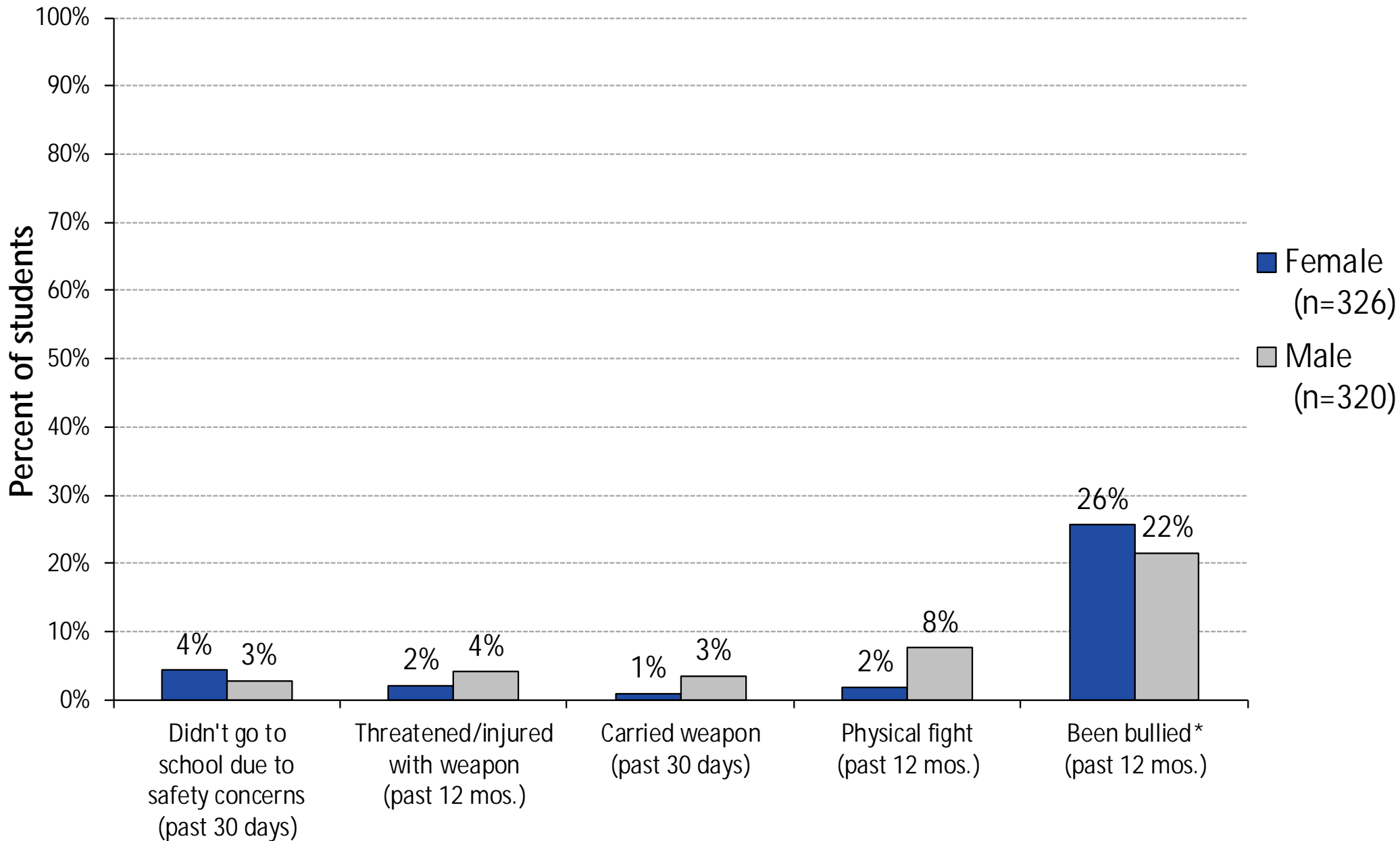


Figure 9-2A. Violence and Bullying on School Property by Gender, 2014

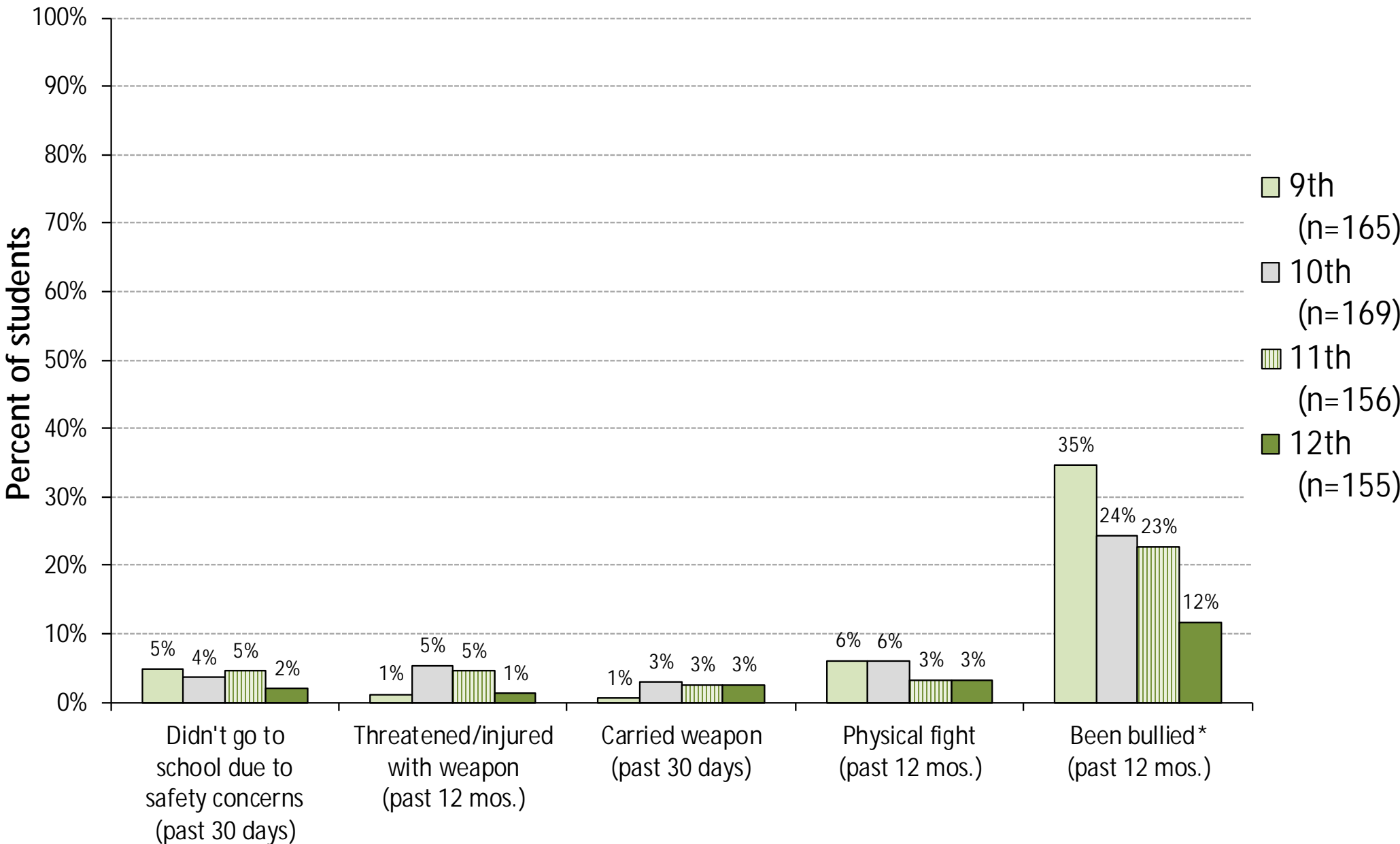
Ashland High School (Grades 9-12)

MetroWest Adolescent Health Survey



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

Figure 9-2B. Violence and Bullying on School Property by Grade, 2014
Ashland High School (Grades 9-12)
MetroWest Adolescent Health Survey

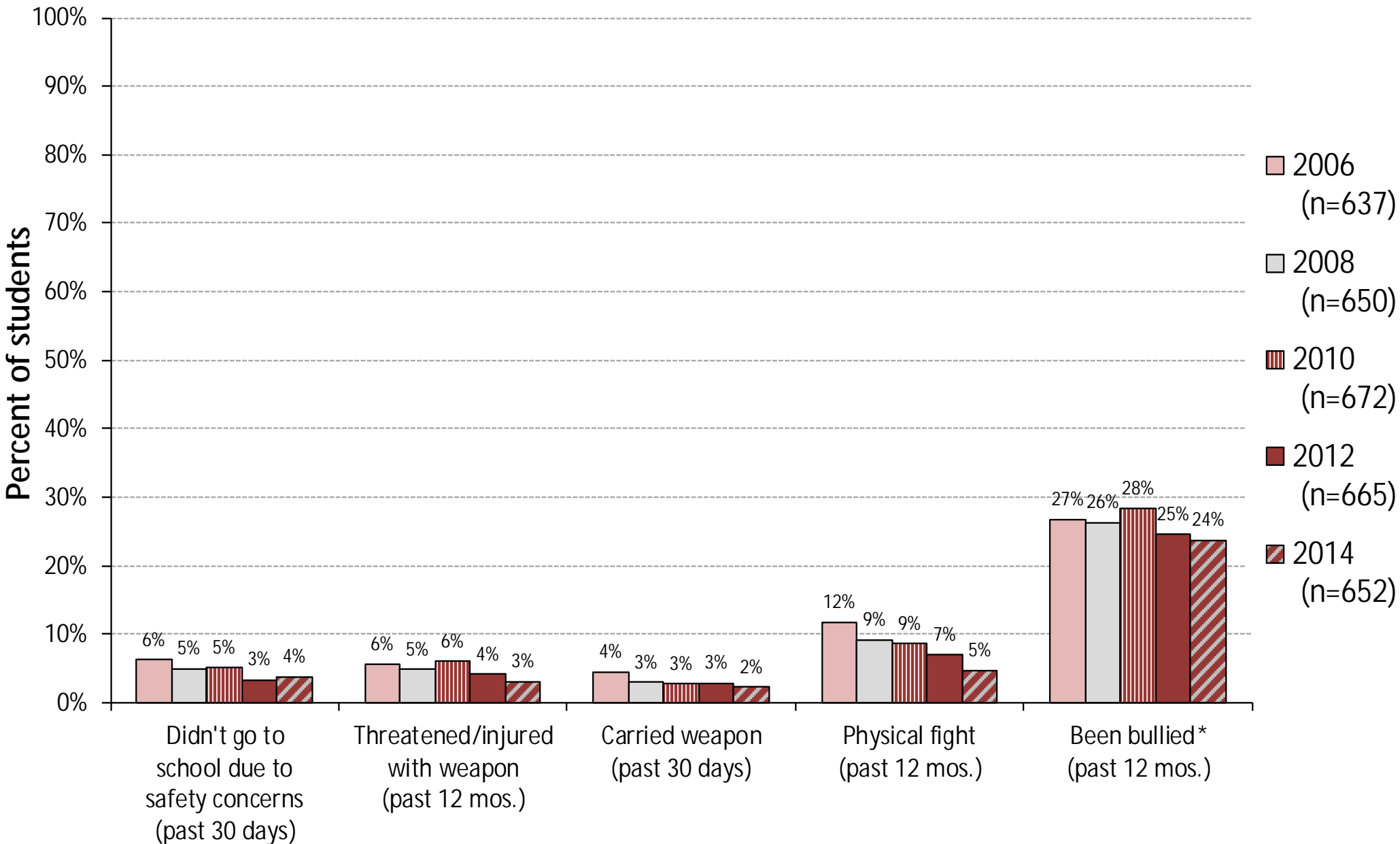


* Defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

Figure 9-2C. Trends in Violence and Bullying on School Property, 2006-2014

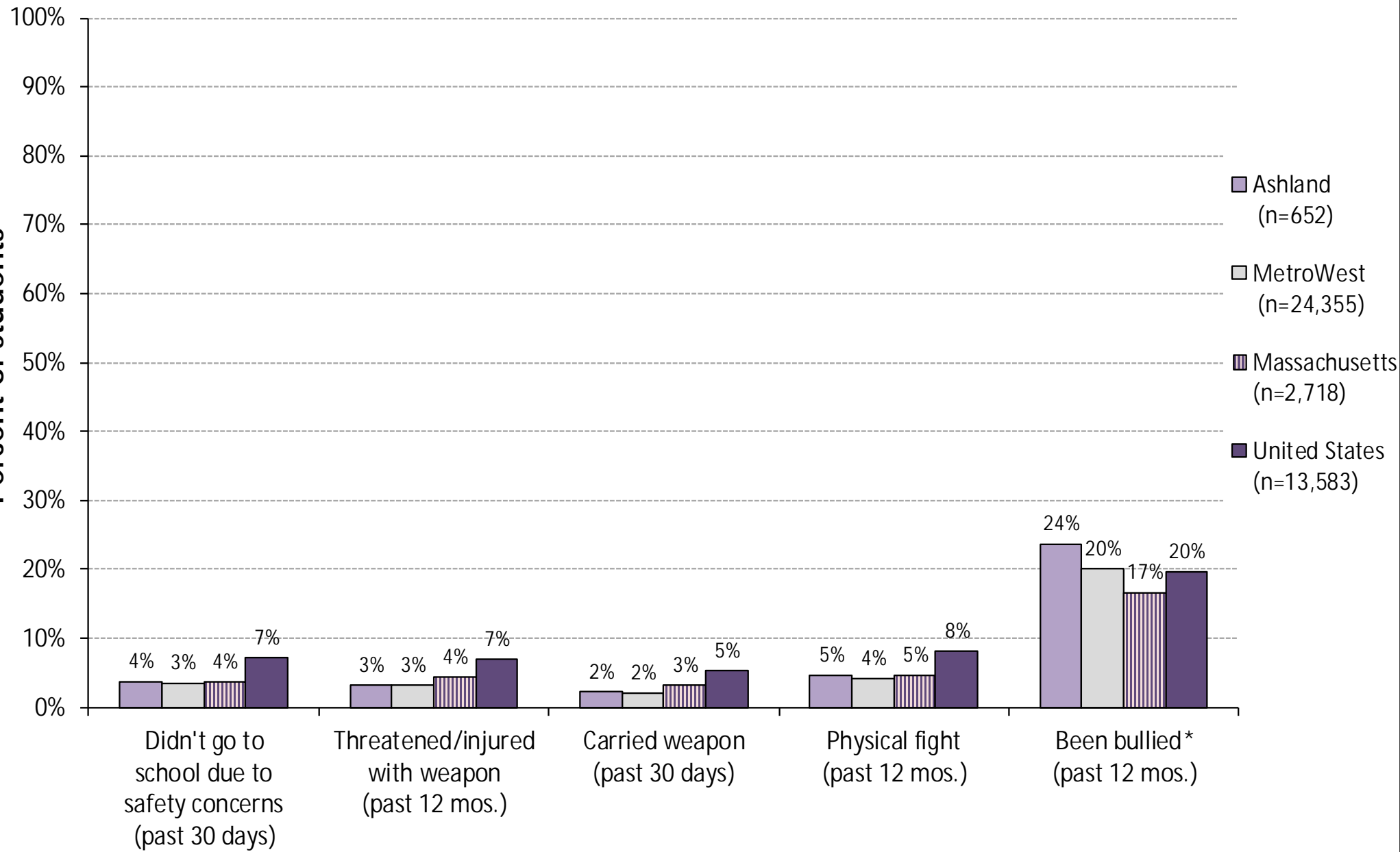
Ashland High School (Grades 9-12)

MetroWest Adolescent Health Survey



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

Figure 9-2D. Violence and Bullying on School Property at the District, Regional, State, and National Levels, 2014
Ashland High School (Grades 9-12)
MetroWest Adolescent Health Survey

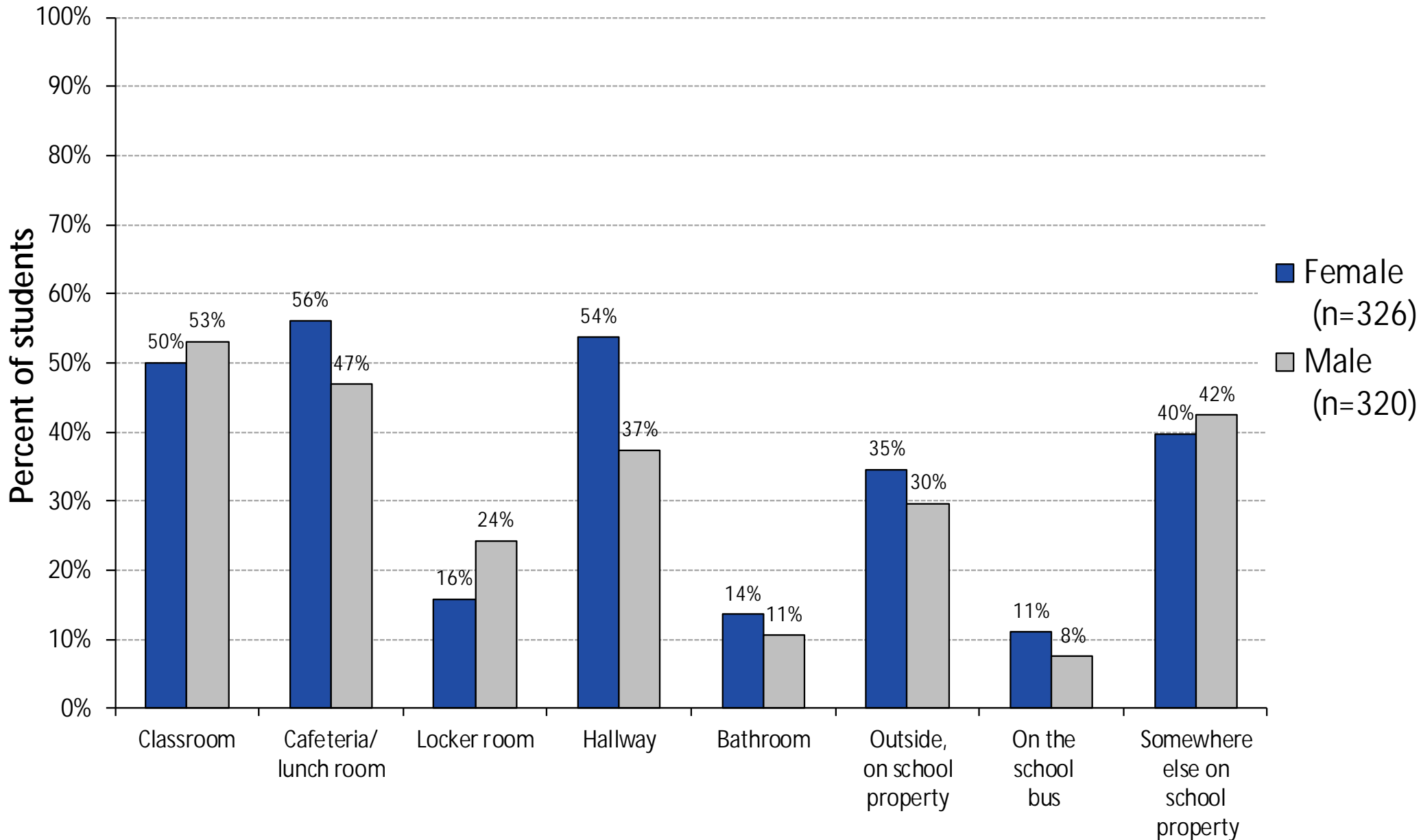


* Defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

Figure 9-3A. Locations of Bullying* on School Property by Gender, 2014

Ashland High School (Grades 9-12)

MetroWest Adolescent Health Survey

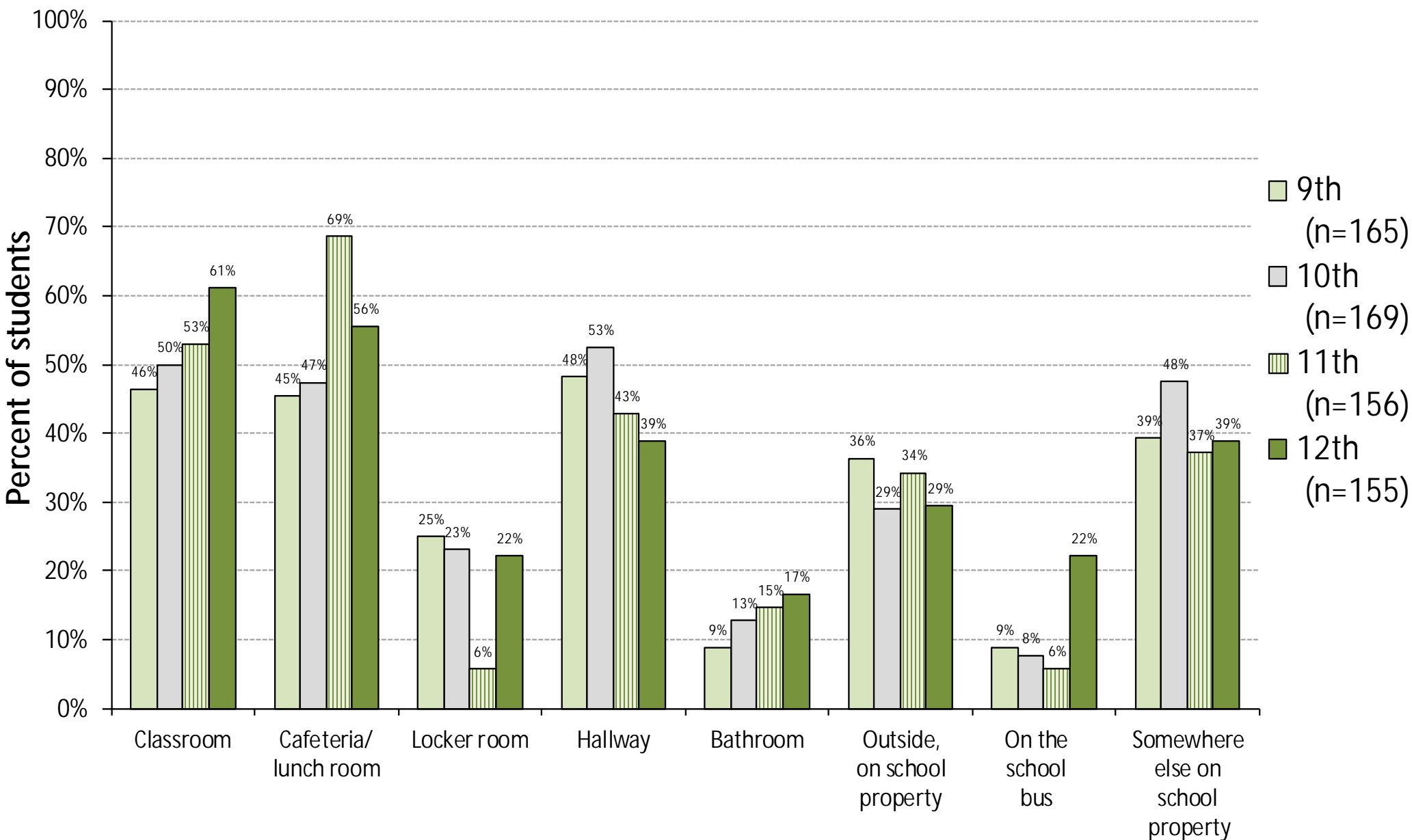


* Among students who were bullied on school property in the past 12 months; bullying defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

Figure 9-3B. Locations of Bullying* on School Property by Grade, 2014

Ashland High School (Grades 9-12)

MetroWest Adolescent Health Survey

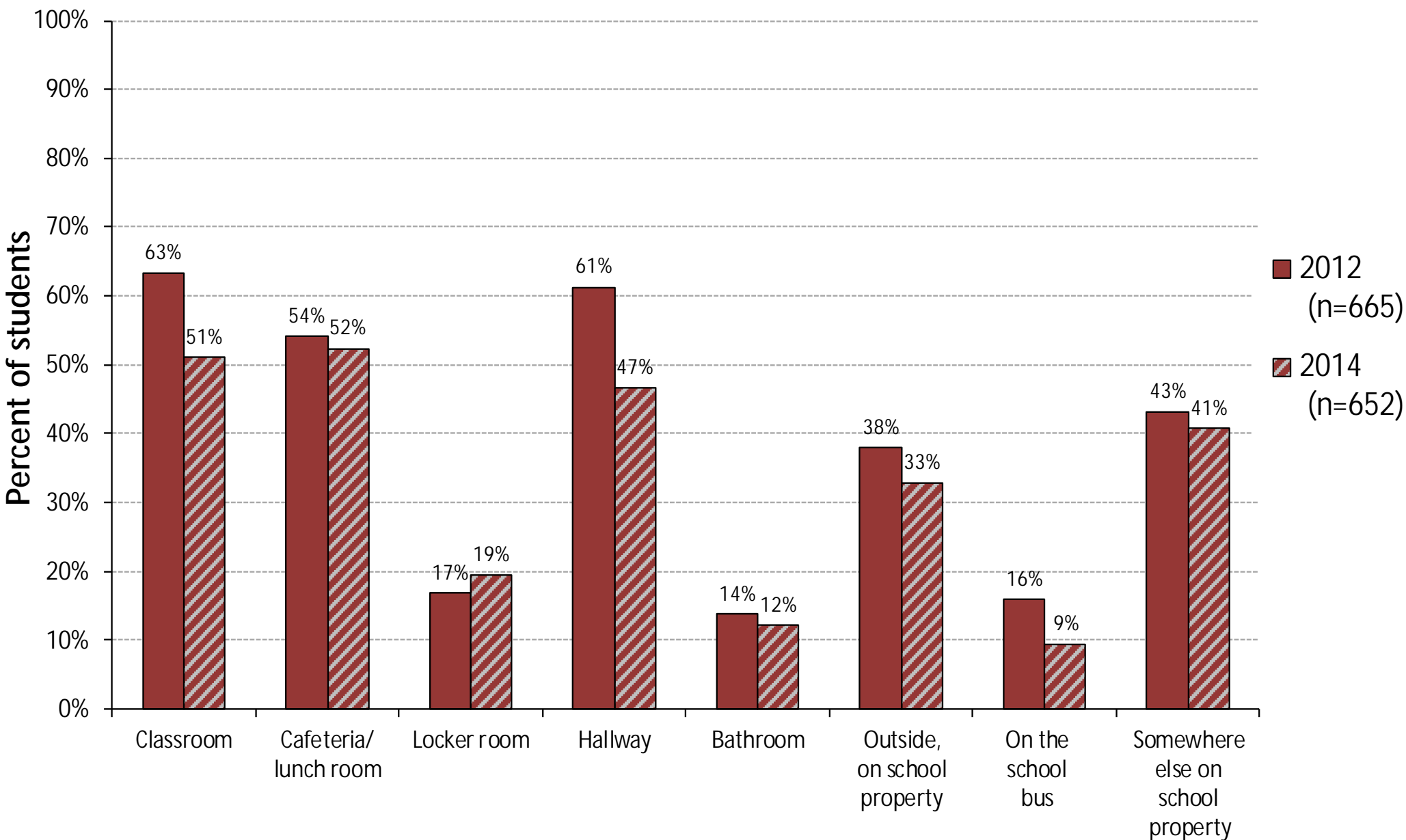


* Among students who were bullied on school property in the past 12 months; bullying defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

Figure 9-3C. Trends in Locations of Bullying* on School Property, 2012-2014

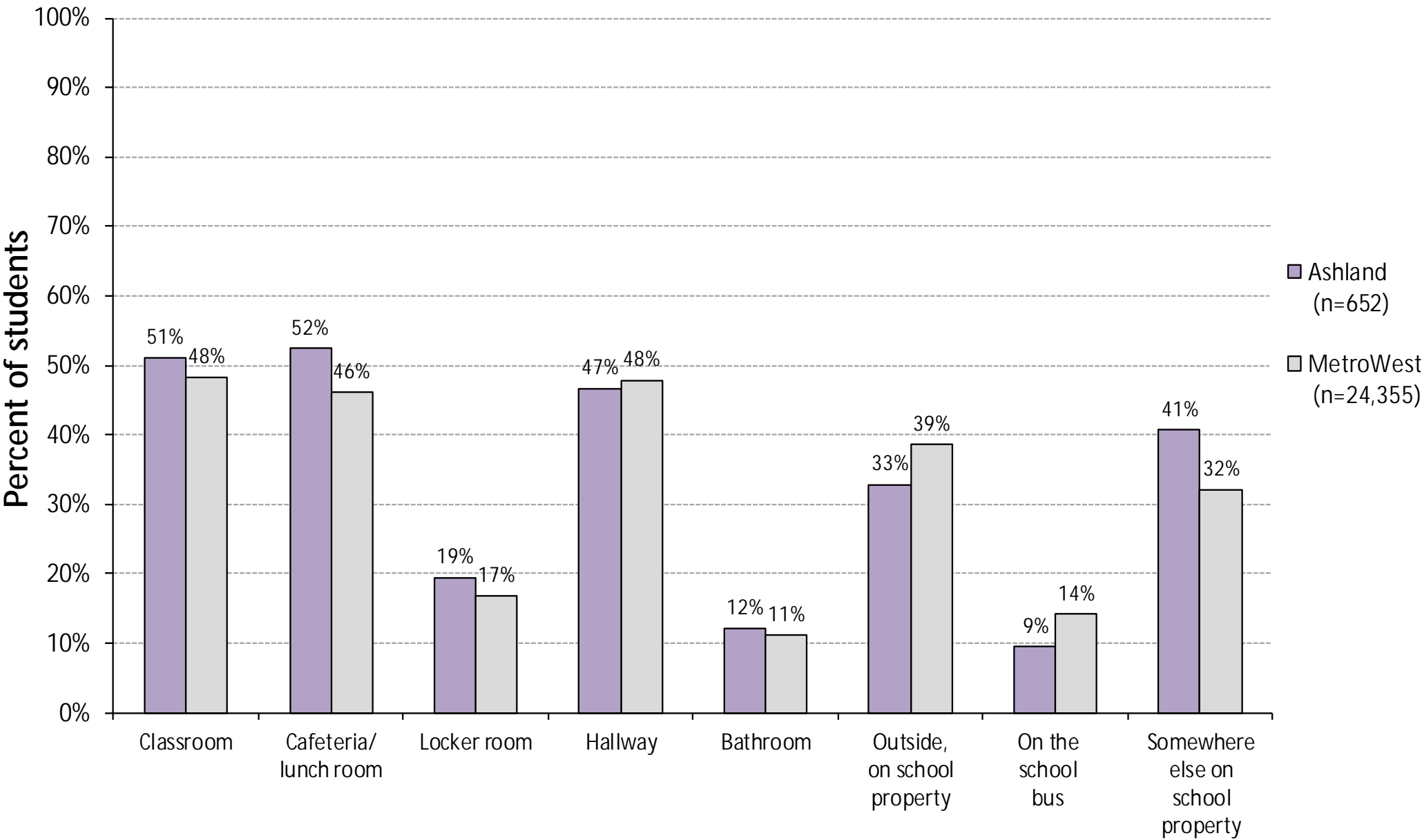
Ashland High School (Grades 9-12)

MetroWest Adolescent Health Survey



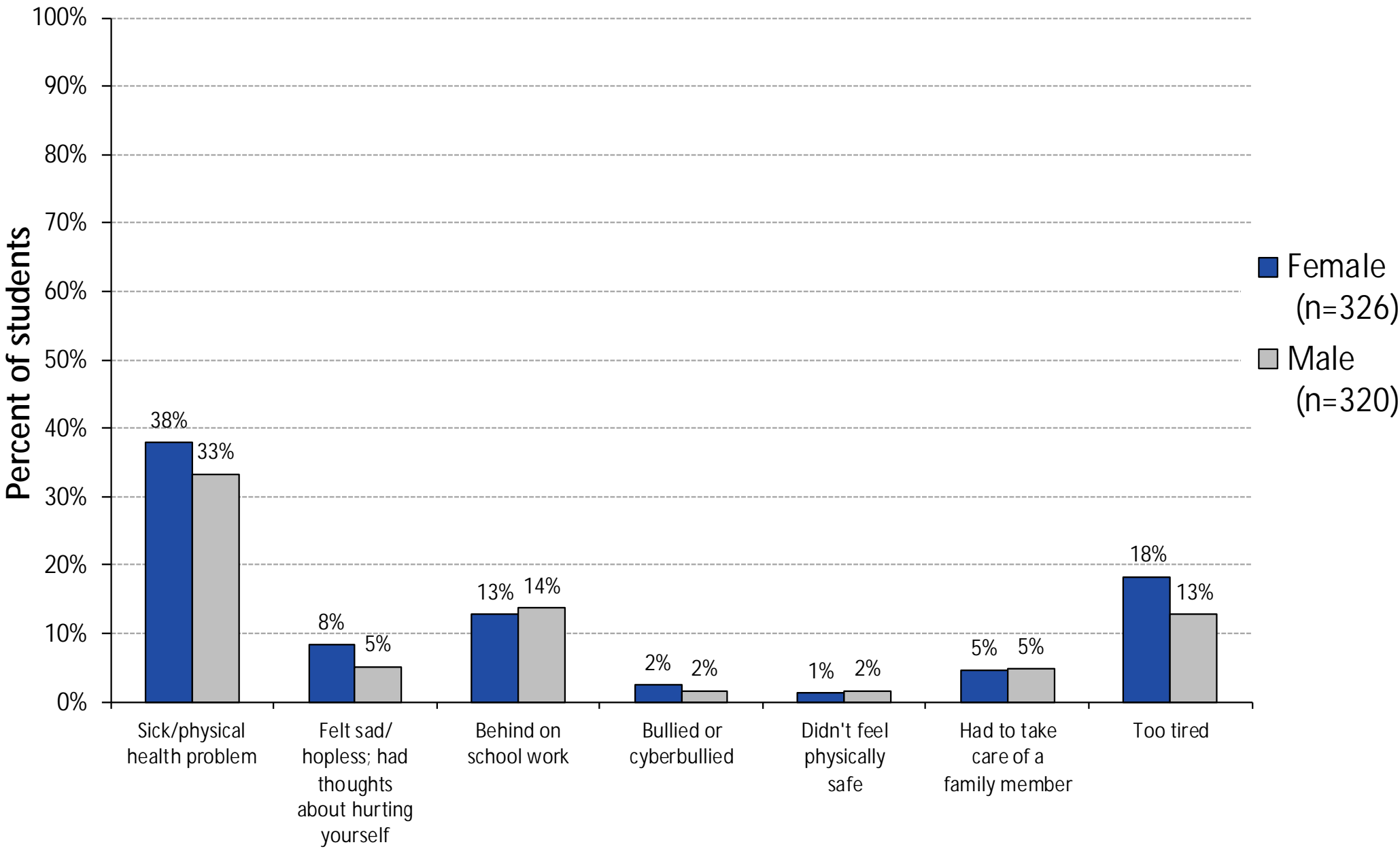
* Among students who were bullied on school property in the past 12 months; bullying defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

Figure 9-3D. Locations of Bullying* on School Property at the District and Regional Levels, 2014
 Ashland High School (Grades 9-12)
 MetroWest Adolescent Health Survey



* Among students who were bullied on school property in the past 12 months; bullying defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

Figure 9-4A. Reasons for School Absences* by Gender, 2014 Ashland High School (Grades 9-12) *MetroWest Adolescent Health Survey*

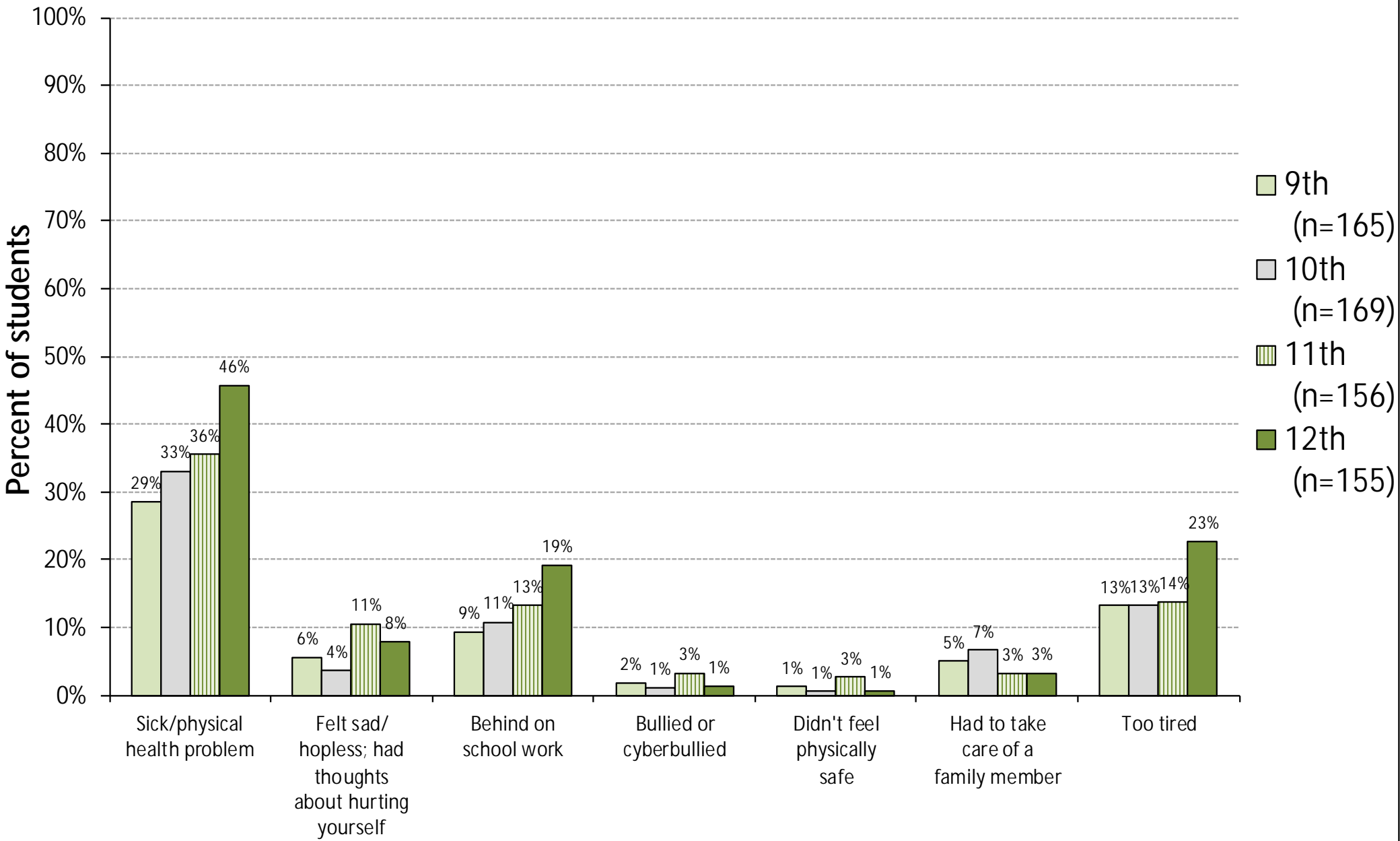


* On one or more of the past 30 days

Figure 9-4B. Reasons for School Absences* by Grade, 2014

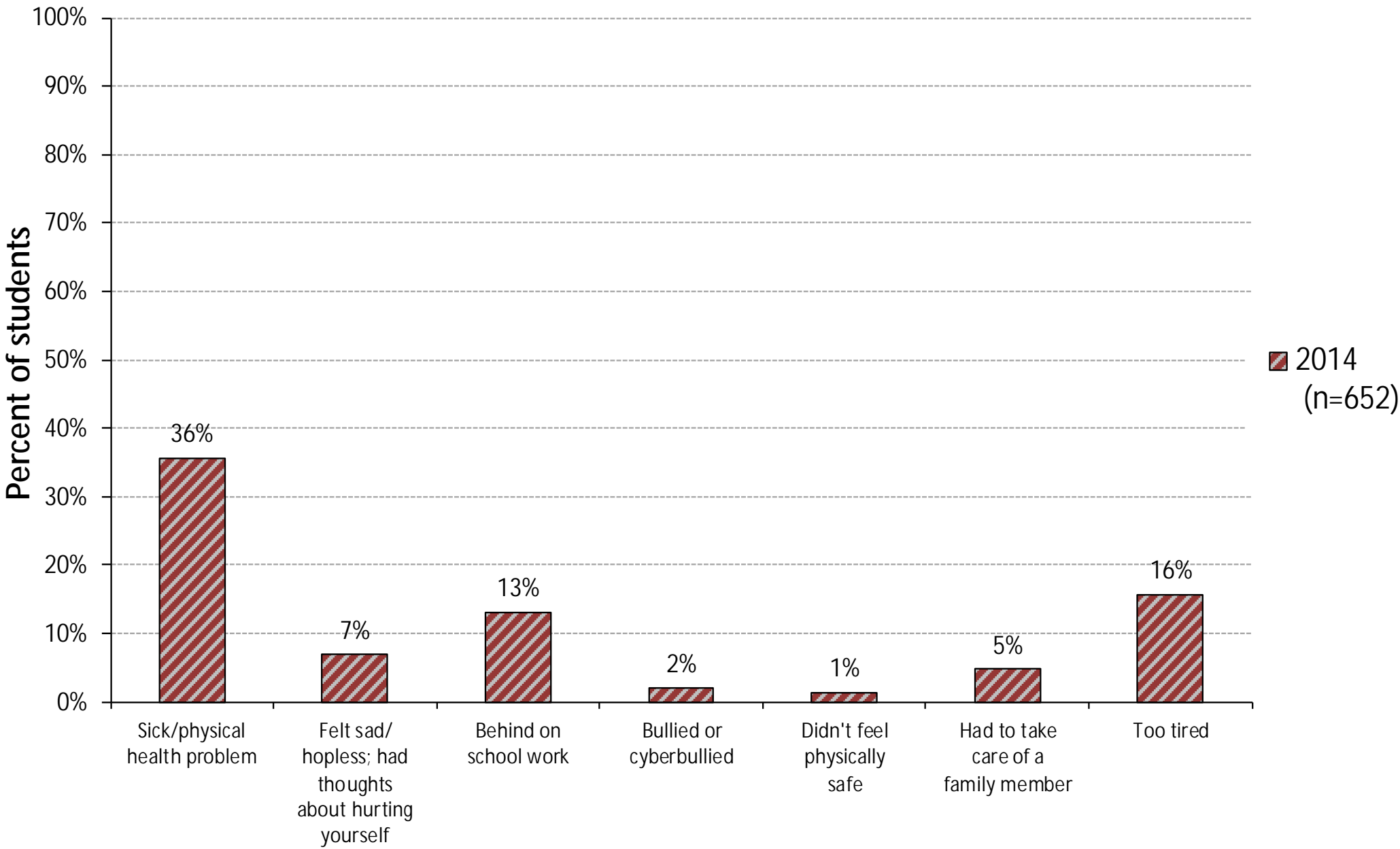
Ashland High School (Grades 9-12)

MetroWest Adolescent Health Survey



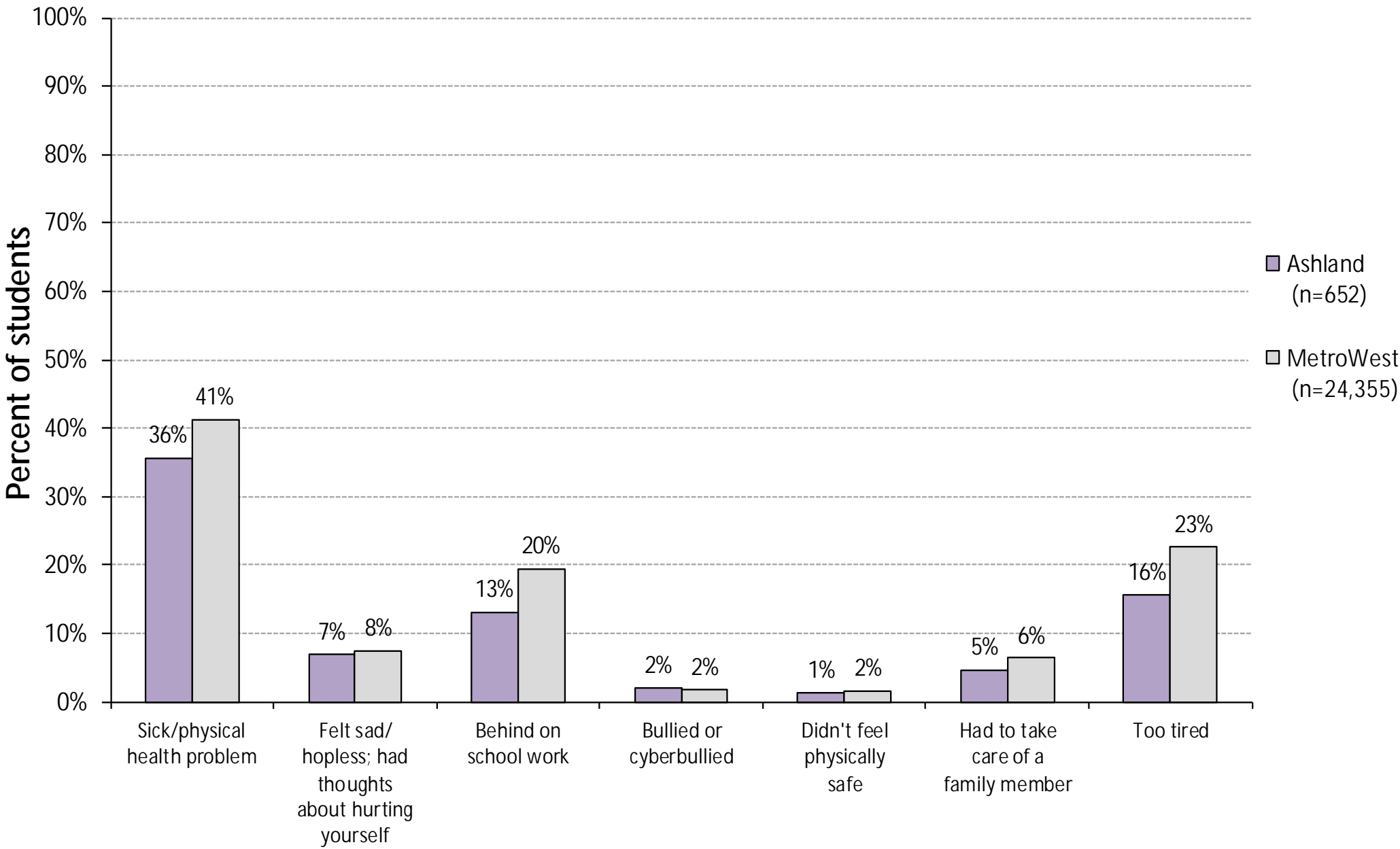
* On one or more of the past 30 days

Figure 9-4C. Reasons for School Absences,* 2014 Ashland High School (Grades 9-12) *MetroWest Adolescent Health Survey*



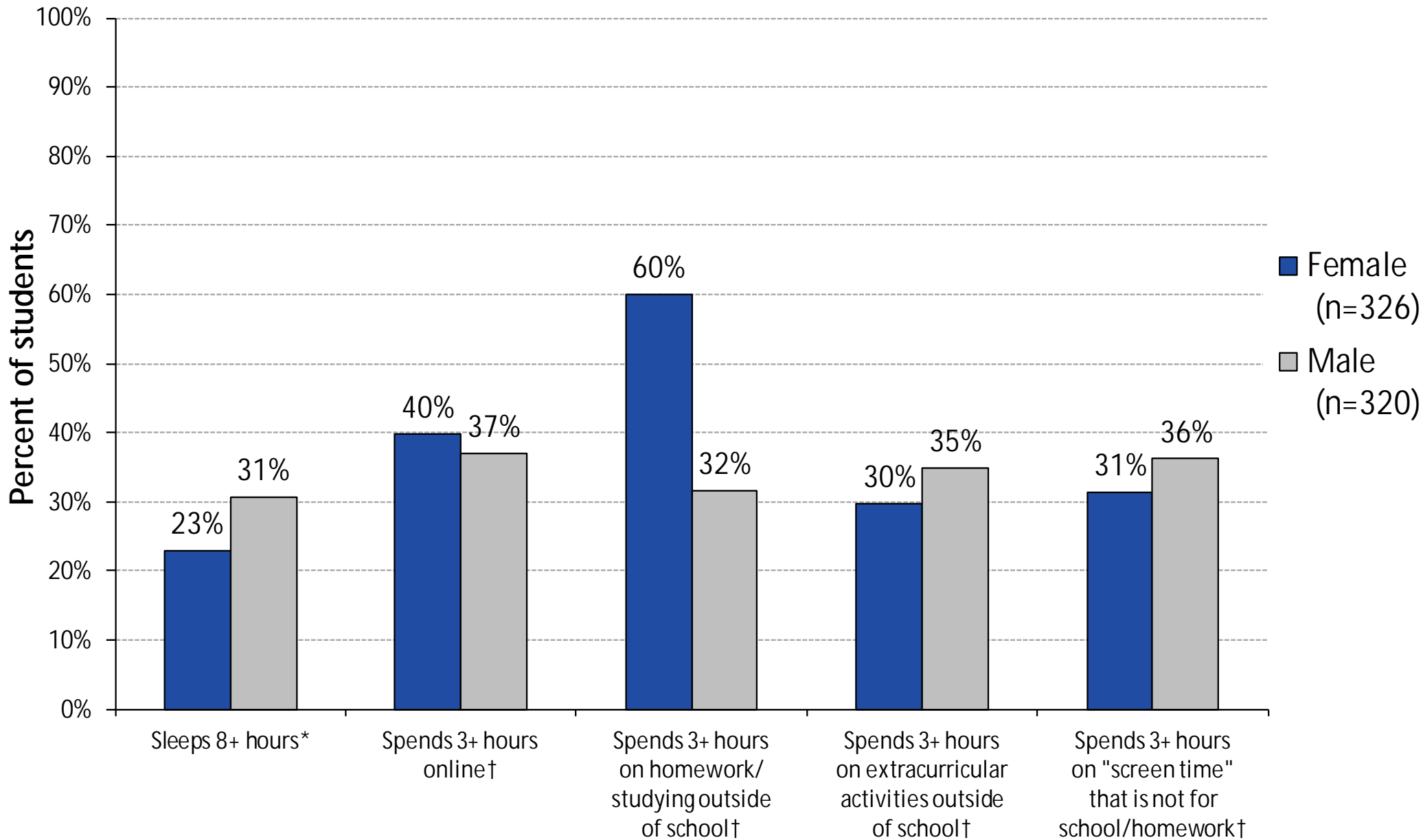
* On one or more of the past 30 days

Figure 9-4D. Reasons for School Absences* at the District and Regional Levels, 2014
 Ashland High School (Grades 9-12)
 MetroWest Adolescent Health Survey



* On one or more of the past 30 days

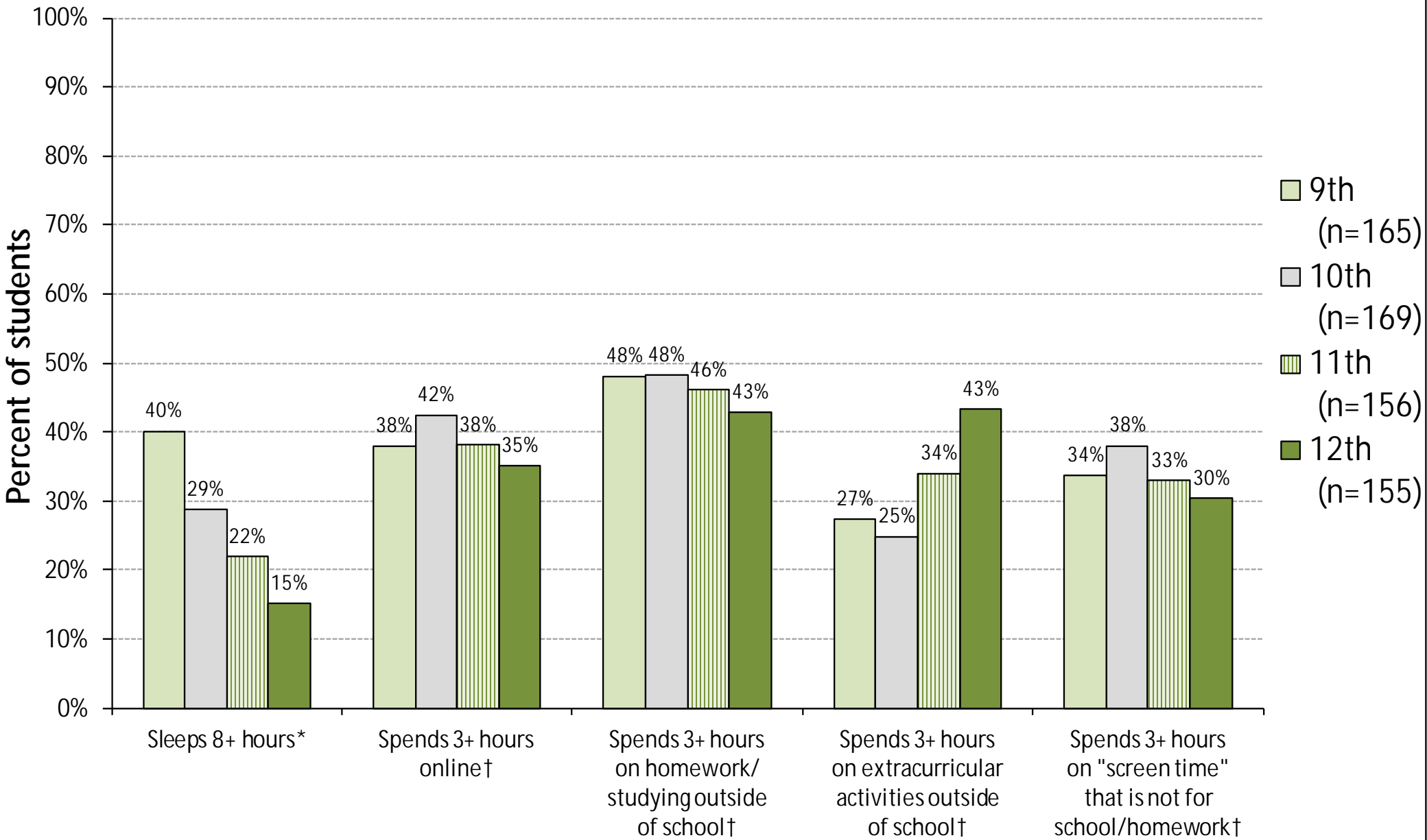
Figure 10-1A. Sleep and Other Activities by Gender, 2014
Ashland High School (Grades 9-12)
MetroWest Adolescent Health Survey



* On an average school night

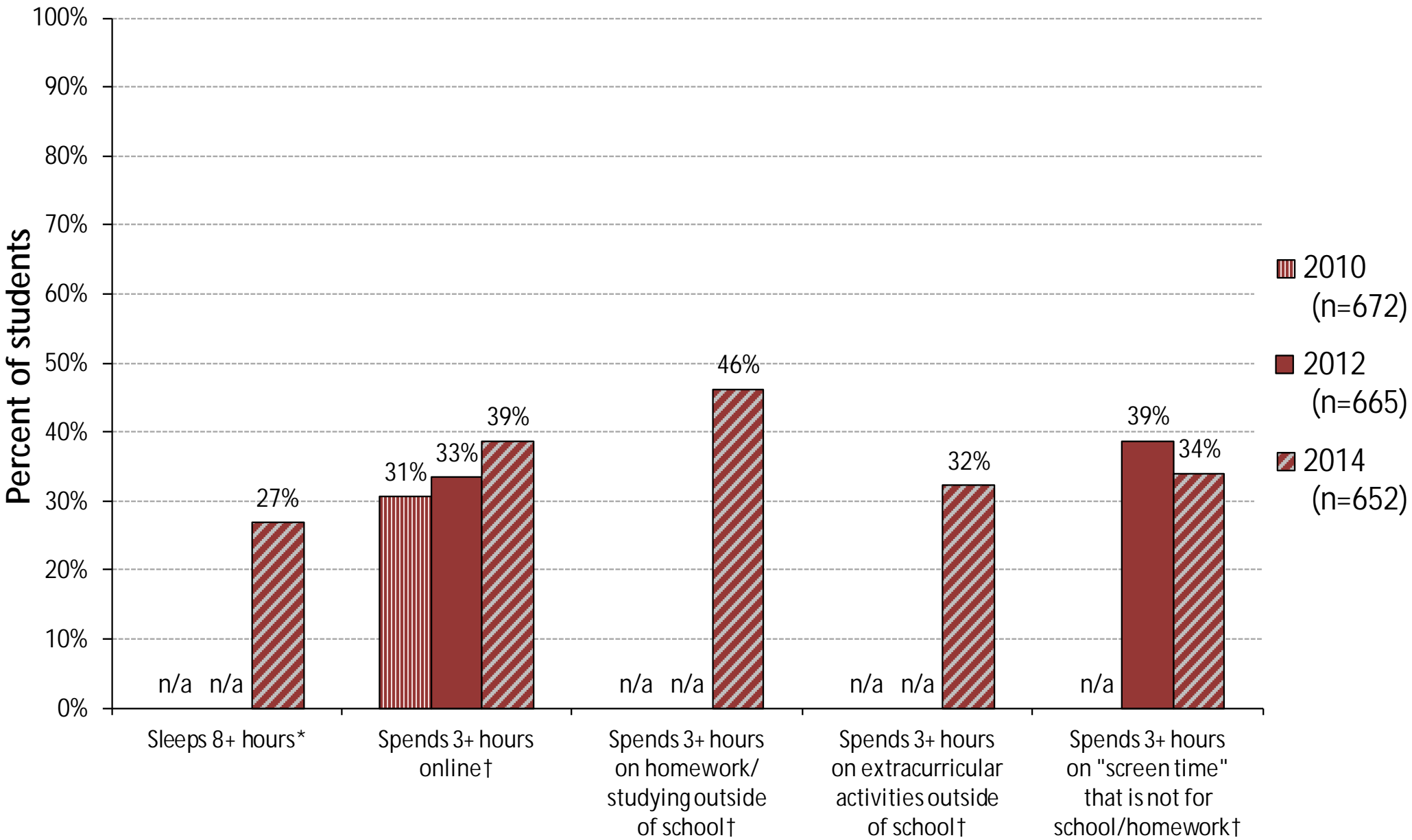
† On an average school day

Figure 10-1B. Sleep and Other Activities by Grade, 2014
Ashland High School (Grades 9-12)
MetroWest Adolescent Health Survey



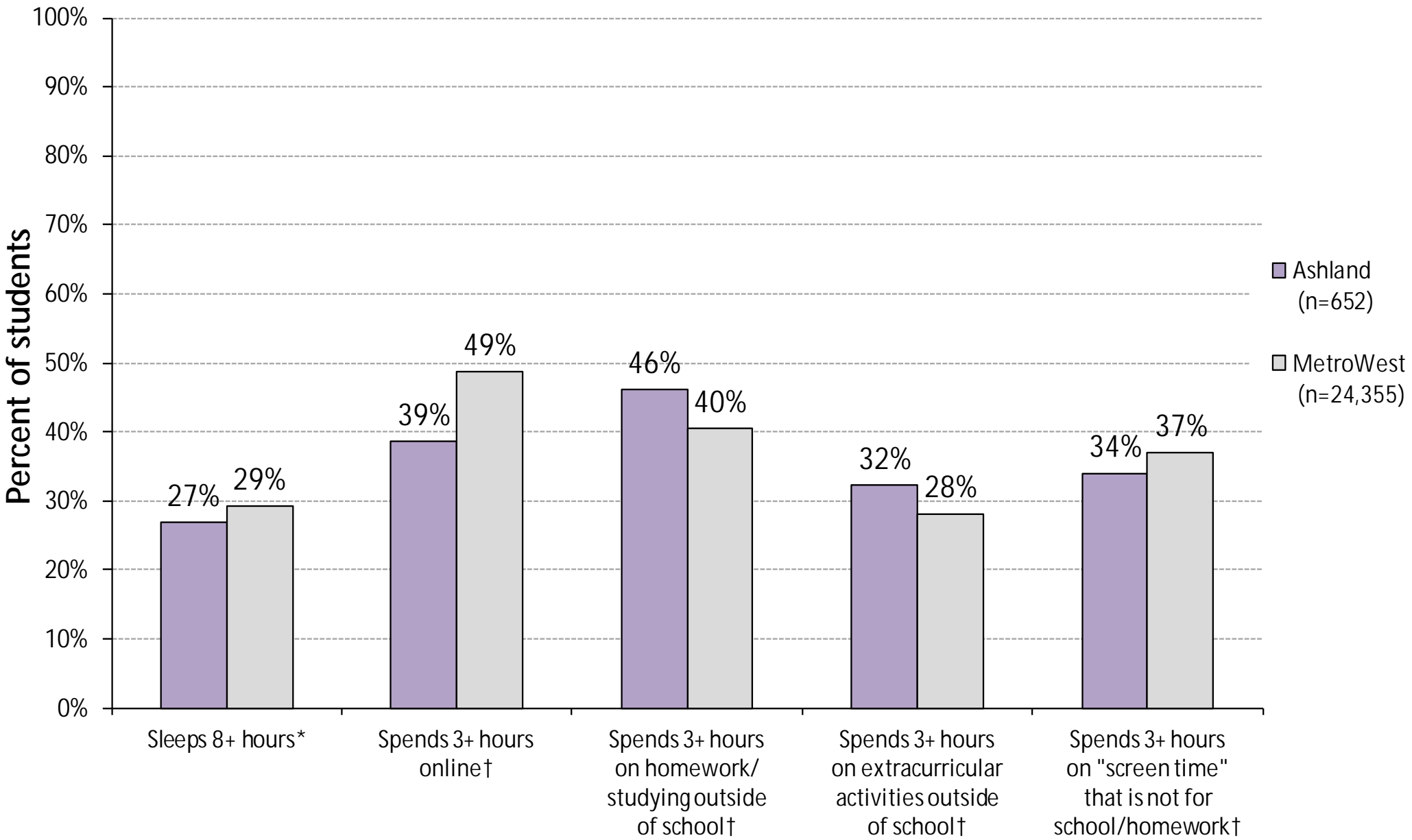
* On an average school night
 † On an average school day

Figure 10-1C. Sleep and Other Activities, 2010-2014
Ashland High School (Grades 9-12)
MetroWest Adolescent Health Survey



* On an average school night
 † On an average school day

Figure 10-1D. Sleep and Other Activities at the District and Regional Levels, 2014
 Ashland High School (Grades 9-12)
 MetroWest Adolescent Health Survey



* On an average school night
 † On an average school day