Adult Support Among Adolescents in the MetroWest Region
Highlights from the 2021 MetroWest Adolescent Health Survey (Grades 7-12)

In MetroWest, 92% of middle school youth and 92% of high school youth have a supportive adult in their lives.*

66% of middle school youth and 69% of high school youth have adult support at school.

88% of middle school youth and 88% of high school youth have adult support outside of school.

Adult support in the MetroWest Region is associated with lower reports of mental health problems and violence.*

Adult support* among LGBTQ youth:

- 85% of middle school LGBTQ youth report having a supportive adult in their lives (vs. 94% of non-LGBTQ youth).
- 88% of high school LGBTQ youth report having a supportive adult in their lives (vs. 94% of non-LGBTQ youth).

Adult support* among youth with learning and/or physical disabilities:

- 90% of middle school youth with disabilities report having a supportive adult in their lives (vs. 93% of youth without disabilities).
- 92% of high school youth with disabilities report having a supportive adult in their lives (vs. 93% of youth without disabilities).

* Includes youth who report having adult support at school and/or outside of school. Adult support at school is defined as having an adult at school you can talk to if you have a problem. Adult support outside of school is defined as having an adult you can talk to about things that are important.