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

In the MetroWest Region, 62% of middle school youth and 63% of high school youth have peer support.*

Reports of peer support decreased from 2018 to 2021.

Reports of feeling left out or excluded increased since 2018.

Reports of peer support* are higher for females than males, but so are feelings of being left out or excluded.

Feeling left out or excluded is reported by:
- 27% of middle school youth with disabilities (vs. 15% of youth without disabilities)
- 29% of high school youth with disabilities (vs. 18% of youth without disabilities)
- 31% of middle school LGBTQ youth (vs. 13% of non-LGBTQ youth)
- 32% of high school LGBTQ youth (vs. 17% of non-LGBTQ youth)

Feeling left out or excluded is associated with higher reports of mental health problems, bullying victimization, and social media use.

* Peer support is defined as having a friend to talk to about things that are important to you. Students responded often/very often.

The MetroWest Adolescent Health Survey (MWAHS) is conducted by Education Development Center, Inc. with funding from the MetroWest Health Foundation. The MWAHS is an anonymous survey of youth in 25 communities. One of the largest student surveys in the nation, its goal is to inform local policies and programs. In 2021, 39,293 students in grades 6-12 took the survey, representing 86% of students in the region.