

Community Conversation and Discussion

Youth Risk Behavior Survey



January 14, 2016

Youth Risk Behavior Survey (YRBS)

The Why...

- Over the past decade, we have seen an increase in the severity of student mental health needs, and we are beginning to see younger students present with social-emotional and behavioral issues
- This is impacting students both inside and outside of school
- Anecdotal evidence from counselors and teachers identify stress as a major concern
- Local data has also verified that stress and mental health issues are impacting students at school

Youth Risk Behavior Survey (YRBS)

The What...

- Developed by Centers for Disease Control and Prevention (CDC)
- Administered to randomly selected public high schools every other year to glean statewide data
- Used by public high schools to collect data on their own students
- Focuses on risky behaviors that impact student health and safety
- Questions are asked in each of these areas:
 - **Safety**
 - **Violence related behaviors**
 - **Bullying**
 - **Sad feelings**
 - **Tobacco Use**
 - **Alcohol Use**
 - **Drug Use**
 - **Sexual Behavior**
 - **Nutrition/Physical Activity**



Sample YBRS Questions

- During the past 30 days, on how many days did you text or e-mail while driving a car or other vehicle?
- During the past 30 days, on how many days did you not go to school because you felt you would be unsafe at school or on your way to or from school?
- During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?
- During the past 30 days, on how many days did you have at least one drink of alcohol?
- During your life, how many times have you taken a prescription drug (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription?

Grade Distribution of Responses

Grade 9	Grade 10	Grade 11	Grade 12	No response
92	81	83	70	19

Gender Distribution of Responses

Boys	Girls	No response
167	161	17

Motor Vehicle Safety

In the 30 days prior to survey:

- 36% of all student drivers texted or emailed while driving
- 23% of all students rode in a vehicle driven by someone who had been drinking
- 4% of all students drove a car after drinking alcohol

Risk Related Behavior

In last 30 days...

- Carried a weapon (gun, knife, or club) anywhere – 8%
- Carried a weapon on school property – 3%
- Absent 1-3 days due to feeling unsafe at or on the way to school – 2%

In last 12 months...

- Threatened or injured with a weapon on school property – 3%
- Fighting on school property - 4%
- Offered, sold, or given an illegal drug on school property – 21%
- Physically harmed in a dating relationship – 3%
- Forced to engage in sexual activity in a dating relationship – 4%

Bullying

Within the last 12 months...

- Bullied on school property – 13%
- Experienced cyberbullying – 8%

Mental Health

Within the last 12 months....

- Sad or hopeless almost daily for more than 2 weeks – 22%
- Seriously considered a suicide attempt - 11%
- Made a plan to commit suicide – 9%

Suicide Attempts Reported

Within the last 12 months...

- 19 students made one or more suicide attempts (5%)
 - 5 students reported 2 or more attempts
 - Half of students who attempted suicide required medical attention (2 females and 8 males)

Tobacco Use in Last 30 Days

- Smoked cigarettes on one or more days – 9%
- Used chewing tobacco, snuff, or dip – 5%
- Smoked cigars or cigarillos on one or more days – 10%
- Used an electronic vapor product – 41%

Alcohol Use in Last 30 Days

- Consumed at least one drink of alcohol – 33%
- Consumed at least one drink of alcohol on multiple days – 18%
- Binge drinking on one or more days – 21% (69 students)
 - Binge drinking on 3 or more days – 7% (24 students)

Marijuana Use

Lifetime use:

- Smoked marijuana one or more times – 40% (132 students)
 - Tried marijuana between age 13-16 – 86% (113 students)

In past 30 days:

- Smoked marijuana one or more times – 25% (82 students)
 - Smoked marijuana on 3 or more days – 16% (51 students)

Other Illegal Drug Use

- Cocaine – 4% (12 students)
- Inhalants – 3% (10 students)
- Heroin – 2% (7 students)
- Methamphetamine – 2% (6 students)
- Ecstasy – 4% (12 students)
- Steroids – 1% (4 students)
- Illegal prescription drugs – 8% (27 students)

Sexual Behavior

- 34% of respondents reported ever having sexual intercourse (111 students)
- 46% were 16 or older when they had sexual intercourse for first time

The last time respondent had sexual intercourse:

- 63% of these respondents used a condom
- 43% used birth control pills the last time they had sexual intercourse

Sleep Habits

On an average school night....

- 75% of students sleep 7 hours or less
 - 7 hours per night – 36%
 - 6 hours per night – 20%
 - 5 hours per night – 13%
 - 4 or less hours per night – 6%

Next Steps

Awareness

- Health Advisory Committee
- Teacher Survey
- Mental Health Crisis Team

Professional Development

- Reaching All Learners
- Social Thinking
- Life Space Crisis Intervention
- Dialectical Behavioral Therapy

Other

- Tip 411
- High School Schedule
- Signs of Suicide
- Staffing Needs
- K-12 Programming

Additional Data and Information




Validity & Reliability

▼ Do students tell the truth on the YRBS questionnaire?

Research indicates data of this nature may be gathered as credibly from adolescents as from adults. Internal reliability checks help identify the small percentage of students who falsify their answers. To obtain truthful answers, students must perceive the survey as important and know procedures have been developed to protect their privacy and allow for anonymous participation.

▼ What kinds of validation or reliability studies have been done on the YRBS questionnaire?

The [Methodology of the Youth Risk Behavior Surveillance System](#)  [PDF - 420 KB] contains a description of most of the methodological studies conducted to date on the YRBS questionnaire or YRBS data collection procedures. In addition, the list of [YRBS MMWR publications](#) and [journal articles](#) contains the actual journal articles describing the results of these studies.

These methodological studies include test-retest reliability studies on the 1991 and 1999 versions of the questionnaire; a study assessing the validity of self-reported height and weight; a study assessing the effect of changing the race/ethnicity question; a study examining how varying honesty appeals, question wording, and data-editing protocols affect prevalence estimates; and a study examining how varying the mode and setting of survey administration affects prevalence estimates.

Mental Health and At Risk Behaviors

- Number of K-12 health office visits for social-emotional reasons September 2013-November 2014:

287

Students with Intensive Counseling Needs

- In-school counseling (1x per week or more)
 - Elementary – 72 students
 - Middle school – 61 students
 - High school – 48 students
- Outside therapist
 - Elementary – 18 students
 - Middle school – 36 students
 - High school – 28 students

Student In-Patient Mental Health September 2013 – November 2014

- Elementary students
 - 6 Hospitalizations
- Middle school students
 - 4 Hospitalizations
- High school students
 - 7 Hospitalizations

Tiers of Social/Emotional Support

