

Youth Risk Behavior Survey

October 2016

Youth Risk Behavior Survey (YRBS)

- 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?**



Key YRBS Topics

- Tobacco, alcohol, and drug use
- Mental health
- Violence and risk related behavior
- Bullying
- Motor vehicle safety
- Sexual behavior
- Healthy lifestyle

Grade Distribution of Responses

Grade 9	Grade 10	Grade 11	Grade 12
104	78	76	89

Gender Distribution of Responses

Boys	Girls
186	159

Alcohol Use in Last 30 Days

- Consumed at least one drink of alcohol – 39%
- Consumed at least one drink of alcohol on 3 or more days – 19%
- Binge drinking on one or more days – 21%
 - Binge drinking on 3 or more days – 8%
- Consumed 8 or more drinks in a row – 8 %
 - Increase from 5% in 2015

Marijuana Use

Lifetime use:

- Smoked marijuana one or more times – 41%
- Tried marijuana between age 13-16 – 89%
- Smoked marijuana > 100 times – 12%

In past 30 days:

- Smoked marijuana one or more times – 27%
- Smoked marijuana on 3 or more days – 16%

Other Illegal Drug Use

- Cocaine – 3% (9 students)
- Inhalants – less than 1% (3 students)
- Heroin – 1% (5 students)
- Methamphetamine – 1% (4 students)
- Ecstasy – 2% (7 students)
- Steroids – 1% (4 students)
- Illegal prescription drugs – 8% (29 students)

Smoking and Tobacco Use Past 30 Days

- Smoked cigarettes on one or more days – 4%
- Used chewing tobacco, snuff, or dip – 4%
- Smoked cigars or cigarillos on one or more days – 10%
- Used an electronic vapor product – 43%

Mental Health

Within the last 12 months....

- Sad or hopeless almost daily for more than 2 weeks – 17%
- Seriously considered a suicide attempt - 10%
- Made a plan to commit suicide – 9%

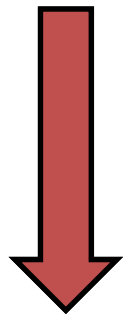
Suicide Attempts Reported

Within the last 12 months...

- 24 students made one or more suicide attempts (7%)
 - Increase from 5% in 2015
 - 18 students (5%) reported 2 or more attempts
 - Increase from 5 students in 2015
 - 25% of students who attempted suicide required medical attention

Risk Related Behavior

In last 30 days...



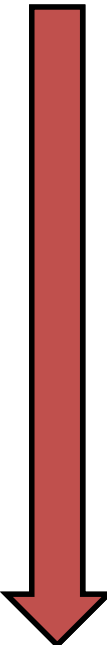
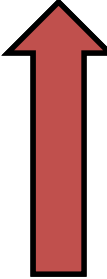
- Carried a weapon (gun, knife, or club) anywhere – 8%
- Carried a weapon on school property – 2%
 - Decrease from 3% last year

- Absent 1-3 days due to feeling unsafe at or on the way to school – 3%
 - Increase from 2% last year



Risk Related Behavior

In last 12 months...

- 
- Threatened or injured with a weapon on school property – 2%
 - Fighting on school property - 2%
 - Offered, sold, or given an illegal drug on school property – 18%
 - Physically harmed in a dating relationship – 1%
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- Forced to engage in sexual activity in a dating relationship - 6%
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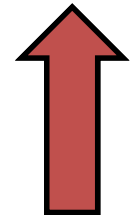
Bullying

Within the last 12 months...



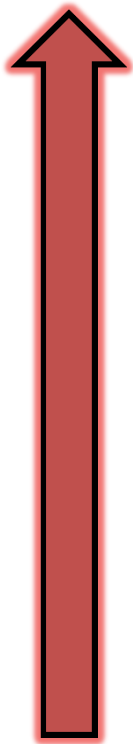
- Bullied on school property – 10%
– Reduction from 13% last year

- Experienced cyberbullying – 11%
– Increase from 8% last year



Motor Vehicle Safety Concerns

In the 30 days prior to survey:



- 44% of all student drivers texted or emailed while driving
- 24% of all students rode in a vehicle driven by someone who had been drinking
- 5% of all students drove a car after drinking alcohol

Sexual Behavior

- 31% of respondents reported ever having sexual intercourse
- 83% were 15 or older when they had sexual intercourse for first time

The last time respondents had sexual intercourse:

- 61% of these respondents used a condom
- 39% used birth control pills

Healthy Habits

Within past 7 days...

- Ate breakfast 5-7 days – 63%
- Exercised 3 or more days – 79%

On average...

- Watched less than an hour of television daily – 43%
- Watched 2 hours of television or more daily – 28%

Sleep Habits

On an average school night....

- 76% of students sleep 7 hours or less
 - 7 hours per night – 31%
 - 6 hours per night – 27%
 - 5 hours per night – 12%
 - 4 or less hours per night – 6%

Improved scores from 2015

Violent behavior

- Fighting
- Carrying a weapon
- Dating violence
- Bullying

Mental health

- Symptoms of depression

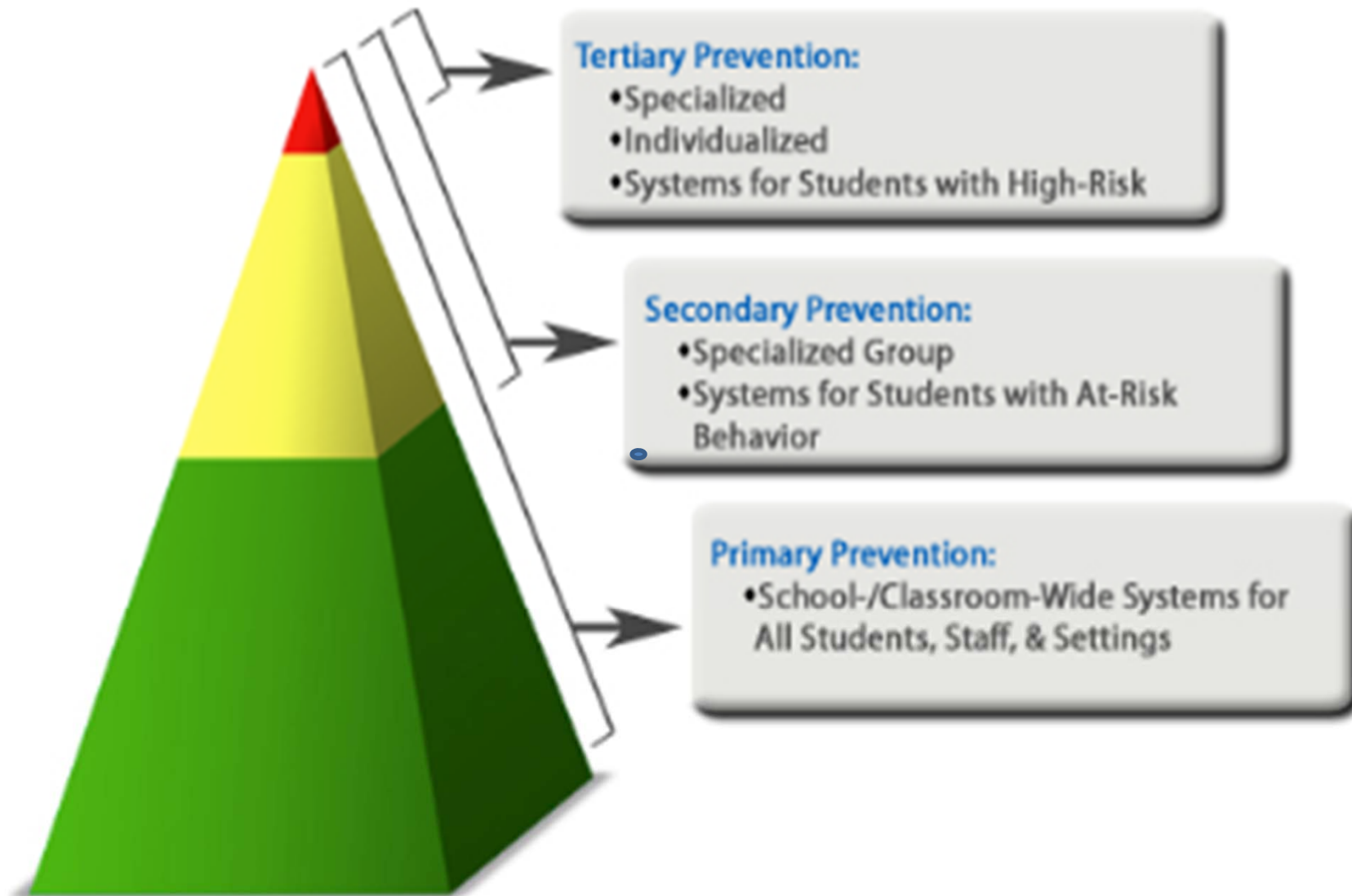
Other risky behaviors

- Illegal drug use
- Offered, sold drug on school property

Areas of Concern

- Marijuana use
- Alcohol consumption and binge drinking
- Poor sleep habits
- Cyberbullying
- STDs and contraceptive use
- Suicidality

Tiers of Social/Emotional Support



Supports and Interventions

- Share survey results with community
- Parent workshops and trainings
 - Drug and alcohol use
 - Cyberbullying
 - Adolescent health
- Health education curriculum

- Identify screenings for substance abuse
- Signs of suicide program
 - Screening protocol
- Streamline counseling referral procedures
- Continue individual and group counseling program