

**MERMS**  
**Youth Risk Behavior Survey**

January 2018

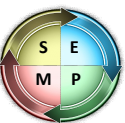
# Youth Risk Behavior Survey (YRBS)

- Developed by Centers for Disease Control and Prevention (CDC)
- Administered to randomly selected pub every other year to glean statewide data
- Administered in 2018 to MERMS Grade 7 & 8 students. No state data comparison is available as the state does not test middle school students.
- Used by public middle 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**
  - **Thoughts of suicide**
  - **Tobacco Use**
  - **Alcohol Use**
  - **Drug Use**
  - **Sexual Behavior**
  - **Nutrition/Physical Activity**



# Sample YRBS Questions

- How often do you wear a seatbelt when riding in a car?
- During the past 12 months, how many sports teams did you play?
- During the past 30 days, on how many days did you use an electronic vapor product?
- How old were you when you had sexual intercourse for the first time?
- Have you ever been bullied on school property?
- Have you ever seriously thought about killing yourself?



# Key YRBS Topics

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

# Participation Rate

## 7th & 8th Grade Students

Total Survey Participants	Total 7th & 8th Grade Enrollment	Percentage
239	262	91%

# Gender Distribution of Responses

<b>Boys</b>	<b>Girls</b>
129	110

# Analyzing Data

- Due to student enrollment and response numbers, a one percentage point equates to 2.39 students.
- State comparison data is not available as the state does not administer the YRBS to middle school students.

# YRBS Results Overview

- The majority of students are not engaging in risky behaviors involving illegal substances (*alcohol, tobacco/vaping, marijuana*).
- The majority of students are making healthy choices with regard to physical activity, nutrition, television, and sleep.



# YRBS Results Overview

- Violence and bullying related behaviors, as reported, were higher than we would like.
- Incidents of suicidal thinking among respondents was also a concern.
- Students reported a high rate of participation in multiple sports (*3 or more teams*).

# Illegal Substance Use

- Students reporting that they had ever used...
  - Marijuana: 3%
  - Cocaine: 2%
  - Inhalants: 6%
  - Steroid pills/shots: 2%
  - Non-prescribed prescription medication: 3%

# Alcohol and Tobacco Use

- Students reporting that they had ever used...
  - Alcohol: 15%
  - Tobacco: 5%
  - Electronic Vapor Products: 13%

# Sexual Behaviors

- Students reporting on sexual intercourse  
*(questions on other behaviors were not asked):*
  - Have engaged: 6%
  - At age 13 or older: 2%
  - 6 or more partners: 3%
  - Use of condoms: 3%

# Violence and Bullying

- Students reporting that they have...
  - Every carried a weapon: 19%
  - Been in a physical fight: 29%
  - Been bullied on school property: 28%
  - Been electronically bullied: 17%

# Suicidal Thinking

- Students reporting that they have...
  - Seriously thought about suicide: 13%
  - Made a plan: 7%
  - Attempted suicide: 3%

# Physical Activity

- Students reporting weekly physical activity:
  - Physically active 5 or more days: 70%
  - Participated in gym class 2-3 days: 80%
  - Watched television for one hour or less: 48%
  - Played video games for one hour or less: 18%
  - Participated on 3 or more sports teams: 42%

# Sleep Habits

On an average school night....

- 81% of students sleep 7 hours or more
  - 7 hours per night – 20%
  - 8 hours per night – 36%
  - 9 hours per night – 20%
  - 10 or more hours per night – 5%



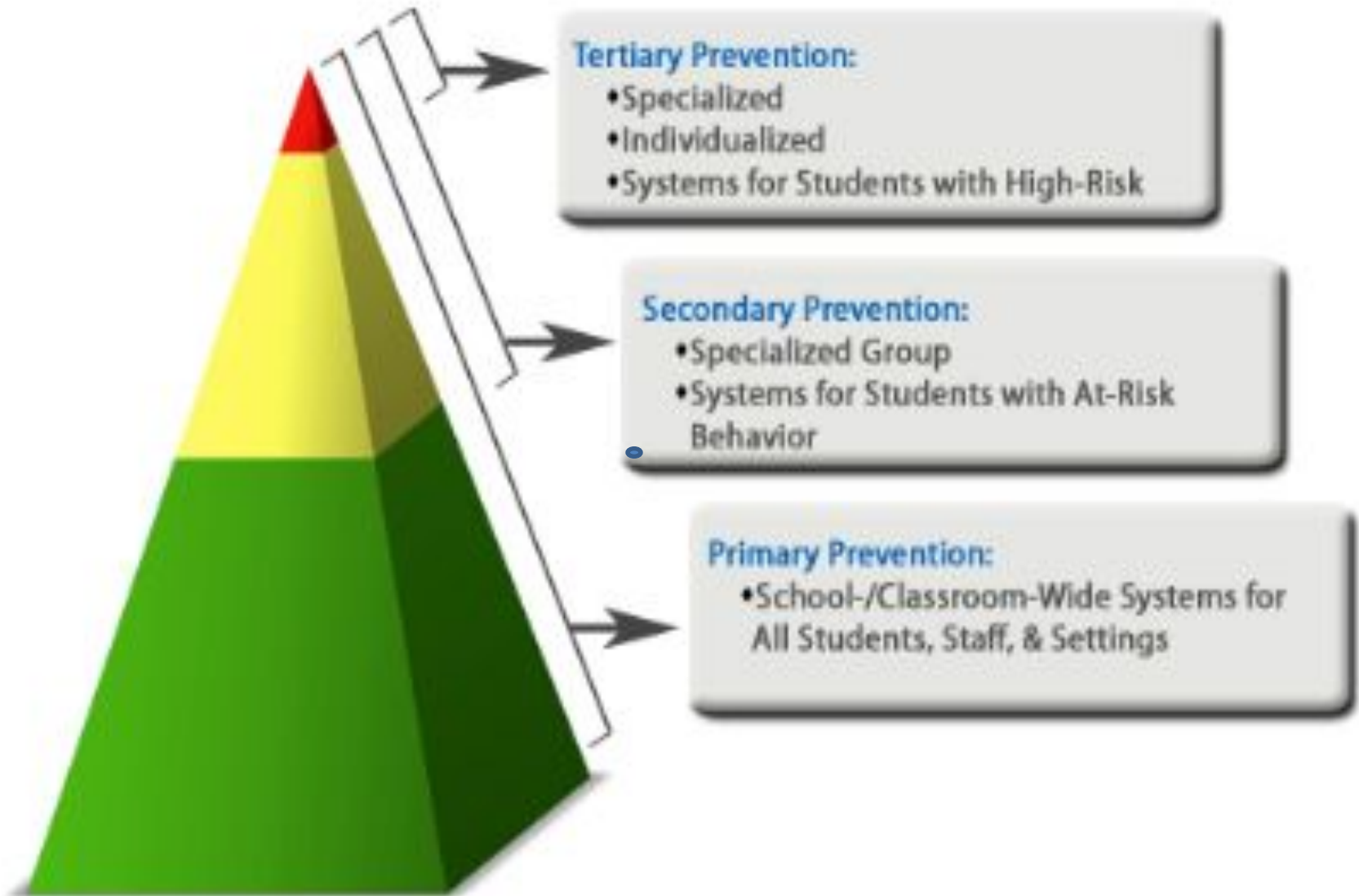
# Body Image

- Regarding their overall weight:
  - 55% of students report they are “about the right weight”
  - 39% of students report they are “not trying to do anything about their weight”

# Areas of Concern

- Violence
- Bullying/Cyberbullying
- Suicidality

# Tiers of Social/Emotional Support



# Supports and Interventions

- Education and prevention (Grades 6 through 8)
    - Bullying awareness (correct labeling)
    - Signs of Suicide program (screening protocol)
    - Small group, whole grade and whole school
  - Fold vocabulary into RULER
- Streamline counseling referral procedures
  - Continue individual and group counseling program
  - School Council initiatives

# QUESTIONS/DISCUSSION