



2019 Rochester City School District Youth Risk Behavior Survey Report

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Table of Contents

<u>EXECUTIVE SUMMARY.....</u>	<u>1</u>
<u>INTRODUCTION.....</u>	<u>4</u>
<u>ADVERSE CHILDHOOD EXPERIENCES (ACES/TRAUMA).....</u>	<u>6</u>
<u>VIOLENCE/BULLYING.....</u>	<u>9</u>
<u>SOCIAL MEDIA-BULLYING AND SAFETY ISSUES.....</u>	<u>12</u>
<u>MENTAL HEALTH</u>	<u>13</u>
<u>TOBACCO AND E-CIGARETTE USE</u>	<u>15</u>
<u>ALCOHOL USE.....</u>	<u>17</u>
<u>MARIJUANA USE.....</u>	<u>19</u>
<u>USE OF OTHER DRUGS.....</u>	<u>21</u>
<u>USE OF SUBSTANCES AT SCHOOL/BEFORE SCHOOL</u>	<u>23</u>
<u>DISTRACTED DRIVING AND DRIVING UNDER THE INFLUENCE</u>	<u>24</u>
<u>SEXUAL RISK BEHAVIORS.....</u>	<u>25</u>
<u>PREVENTION OF PREGNANCY AND STDs.....</u>	<u>27</u>
<u>PHYSICAL ACTIVITY/SEDENTARY BEHAVIOR</u>	<u>30</u>
<u>SLEEPING HABITS.....</u>	<u>31</u>
<u>PARENTAL INFLUENCES</u>	<u>31</u>
<u>ASSETS</u>	<u>33</u>

Executive Summary

The Youth Risk Behavior Survey (YRBS) was conducted in Monroe County public high schools, including the Rochester City School District (RCSD), during the 2018-2019 school year. The YRBS, designed and validated by the Centers for Disease Control and Prevention (CDC), has been conducted nationally and in several states and localities since 1990. The goals of the survey are: (1) to assess health risk behaviors among high school students, (2) to monitor changes in these behaviors over time, and (3) to broadly evaluate the impact of preventive programs.

In 2019, the survey was administered in the RCSD using a confidential computer based platform. In total 3,280 students participated in the survey out of an enrollment of 7,561.

Highlights of the 2018-2019 Rochester City School District YRBS

% of students who reported the following:

Adverse Childhood Experiences (ACES/Trauma)

- 85% experienced one or more adverse childhood experience, 33% experienced three or more
- 31% ever witnessed someone get shot, stabbed or beaten in their neighborhood

Violence/Bullying

- 12% carried a weapon in the past month
- 26% engaged in a physical fight in the past year
- 10% did not go to school on one or more days in the past month because they felt unsafe

Social Media-Bullying and Safety Issues

- 11% were electronically bullied in the past year
- 12% ever sent a nude or semi-nude picture/video of themselves or someone else

Mental Health

- 33% felt so sad or hopeless almost every day for two or more weeks in a row that they stopped doing their usual activities, in the past year
- 32% have serious difficulty concentrating, remembering or making decisions because of mental or emotional challenges
- 10% attempted suicide in the past year

Tobacco/E-Cigarettes

- 4% smoked cigarettes in the past month
- 8% smoked cigars or Black and Milds in the past month
- 10% used an e-cigarette/vape product in the past month

Alcohol Use

- 13% drank one or more drinks of alcohol in the past month
- 6% engaged in binge drinking in the past month (four or more drinks within a couple of hours)

Marijuana Use

- 32% ever used marijuana
- 21% used marijuana in the past month

Use of Other Drugs

- 3% ever used heroin
- 15% ever took prescription medicines not prescribed by their doctor or took them differently than their doctor's directions (including pain, sedative, and/or stimulants)
- 5% ever used over-the-counter drugs to get high
- 11 % reported that during the past year, they were offered, sold, or given any drugs or *prescription medicines*, on school property or on the way to/from school (not counting their medicine given to them by the school nurse)

Distracted Driving/Driving Under the Influence

- 23% of drivers texted, used social media, or emailed while driving in the past month
- 15% rode in a car with a driver who had been drinking alcohol, in the past month
- 15% rode in a car with a driver who had using marijuana, pills or other drugs, in the past month

Sexual Risks

- 36% ever engaged in sexual intercourse
- 25% engaged in sexual intercourse in the past three months (sexually active)
- 10% of sexually active females reported using long acting reversible contraception (an IUD or implant) and a condom the last time they had sex

Physical Activity

- 15% engaged in one hour or more of physical activity daily during the past week (current recommendations)
- 42% did not engage in one hour of physical activity on any days in the past week
- 51% spend on average five or more hours on a typical school day watching TV, playing video games or using the computer/smartphone for non-school work related activities

Sleeping Habits

- 49% get 6 hours or less of sleep on a typical school night

Assets

- 62% agree or strongly agree with the statement "I get a lot of encouragement at my school"
- 50% agree or strongly agree with the statement "In my community I feel like I matter to people"
- 75% know of one or more adults (other than their parents) they can go to and discuss important questions about their life

Improving Trends

Between 2007 and 2019 there were declines in the proportion of youth who reported:

- Carrying a weapon
- Engaging in physical fighting
- Bullying someone electronically
- Smoking cigarettes
- Drinking alcohol
- Using marijuana
- Engaging in sexual intercourse, and engaging with multiple partners
- Using synthetic drugs and over the counter drugs to get high

Between 2015 and 2019 there were slight declines in students reporting they experienced abuse in their home, lived with someone with addiction challenges, lived with someone who had gone to jail, and witnessed violence in their neighborhood. The number of students reporting three or more ACES declined from 39% in 2015 to 33% in 2019.

Worsening Trends

Between 2007 and 2019 there were increases in the proportion of students who reported:

- Feeling sad or hopeless for two or more weeks in a row in the past year
- That at their last check up their health care provider did not discuss with them pregnancy prevention methods or using condoms

Between 2007 and 2019, there was a decrease in

- Reported condom use among sexually active students
- The proportion of students who reported they know of one or more adults (other than their parents) they can go to and discuss important questions about their life

Between 2015 and 2019, there was a slight increase in the percentage of students who reported they lived with someone with mental health challenges.

Introduction

Background

The Monroe County Youth Risk Behavior Survey (YRBS) was conducted in public high schools during the 2018-2019 school year. This local survey has been completed twelve times since 1992. The Youth Risk Behavior Survey, designed and validated by the US Centers for Disease Control and Prevention (CDC), has been conducted nationally and in several states and localities since 1990. The goals of the survey are: (1) to assess health risk behaviors among high school students, (2) to monitor changes in these behaviors over time, and (3) to broadly evaluate the impact of preventive programs.

Local survey results assess the health risks of public high school students in Monroe County. Schools, service providers, and health planners use these data as a base on which to develop interventions to reduce behaviors contributing to disease, injury, and premature death in the young adult population.

Methodology

The survey was administered in the RCSD using a confidential computer based platform. Students voluntarily participated in the survey. In total 3,280 students participated in the survey out of an enrollment of 7,561.

The final sample closely reflects the gender and grade distribution of enrollment in public high schools in the City of Rochester.

This report is organized by topic area. For each topic area, a data table is provided that contains the question number from the survey, the proportion of students who reported the risk or asset rounded to the nearest whole number, along with the 95% confidence interval (LCL- lower confidence level and UCL- upper confidence level).

Changes in rates overtime were identified when there was a statistically significant trend between 2007 and 2019. It should be noted that surveys were completed in 2007, 2009, 2011, 2015, 2017 and 2019. The survey was not conducted in 2013. Questions were noted with an asterisk (*) when trend data were not analyzed because the question was not included in three consecutive surveys.

Data were also analyzed to identify differences by gender, and by race and Latino origin. Differences were noted to be statistically significant if the p value for the z test was less than .05.

Limitations of the Data

There are several limitations to these data. The results do not include students who have dropped out of school or students who were absent the day of administration. Research shows that students who dropout or are frequently absent are more likely to engage in health-risk behaviors than other students.¹ Additionally, data are based on self-report, thus students may under-report illegal behavior like alcohol or drug use.

Results published in this report are based on responses to each individual question and do not include internal reliability checks. Nationally, the CDC sets survey responses to missing when the responses are not consistently answered. For example, students who report having sexual intercourse in the past 30 days must also report ever having had sexual intercourse, or the responses to these questions are set to "missing." Locally, we checked

¹ 37. Pirie PL, Murray DM, Luepker RV. Smoking prevalence in a cohort of adolescents, including absentees, dropouts, and transfers. Am J Public Health 1988;78:176-8.

twenty-five key questions for internal reliability and there were small differences, (about 1 percentage point) which did not influence the results.

Trends should be interpreted with caution. The survey was not conducted in 2013, and it is not clear what the impact of that lapse had on the trends. Additionally, we cannot assess the impact of the changing modes of survey administration. The table below shows the mode of administration by year.

2007	2009	2011	2013	2015	2017	2019
Paper	Paper	Online Computer Platform	Not Applicable	Online Computer Platform	Online Computer Platform	Online Computer Platform

Demographic Characteristics of Respondents

The demographic characteristics of the sample are shown in the following tables.

Gender	#	%
Female	1,567	48
Male	1,638	50
Other	52	2
Total	3,257	
Did not answer	23	

Age	#	%
13 or younger	29	1
14 years old	456	14
15 years old	799	24
16 years old	834	26
17 years old	685	21
18 years old or older	466	14
Total	3,269	
Did not answer	11	

Students that selected “Latino” were counted only in this category, regardless of which race they selected. Students that selected a single race and “not-Latino” were counted in the race category they selected. Those that selected multiple races and “not Latino” were counted in the “Other races/more than one race” category.

Race/Ethnicity	#	%
Latino	1,142	35
White, not Latino	259	8
Black, not Latino	1,425	44
Other races, and multiple races, not Latino	440	13
Total	3,266	
Did not answer	14	

Adverse Childhood Experiences (ACEs/Trauma)

Students were asked a series of 11 questions about potentially traumatic experiences during their life. Research has demonstrated that experiencing adverse events before the age of 18, without intervention and support, increases the likelihood of engaging in risky behaviors, as well as increases the likelihood of poor mental and physical health outcomes in later years.² The accumulation of multiple adverse childhood experiences (ACE) compounds these risks.

Question #	Students Reported:	% (rounded)	LCL	UCL
Q29	Often or repeatedly a parent or adult in their home swore at them, insulted them or put them down (verbal abuse)	12	10.6	12.9
Q30	Often or repeatedly a parent or adult in their home hit, beat, kicked or physically hurt them in any way (physical abuse)	3	2.4	3.6
Q32	Often or repeatedly parents or adults in their home hit, beat, kicked or beat each other up	2	1.8	2.9
Q31	Often or repeatedly, their family has not had enough money to buy food or pay for housing	7	6.0	7.8
Q33	Ever lived with anyone who was an alcoholic, problem drinker, used illegal street drugs, took prescription drugs to get high, or was a problem gambler	19	17.5	20.2
Q34	Ever lived with anyone who was depressed, mentally ill or suicidal	22	20.3	23.2
Q35	Ever had anyone in their household go to jail or prison	30	28.1	31.3
Q36	Ever witnessed someone get shot, stabbed or beaten in their neighborhood	31	29.3	32.6
Q37	They were ever forced to do any of the following: have sexual intercourse, touch someone sexually, or be touched by someone sexually	9	8.3	10.4
Q38	They disagree or strongly disagree with the statement, "my family gives me the help and support I need"	8	7.3	9.3
Q39	They currently do not live with both parents	68	66.2	69.5

We added up the total number of reported events for each student, and then calculated percentages by the number of experiences. If a student left a question blank, and the sum of the remaining questions equaled zero, their responses were set to missing.

Eighty-five percent (85%) of students reported one or more adverse experiences and 33% reported three or more.

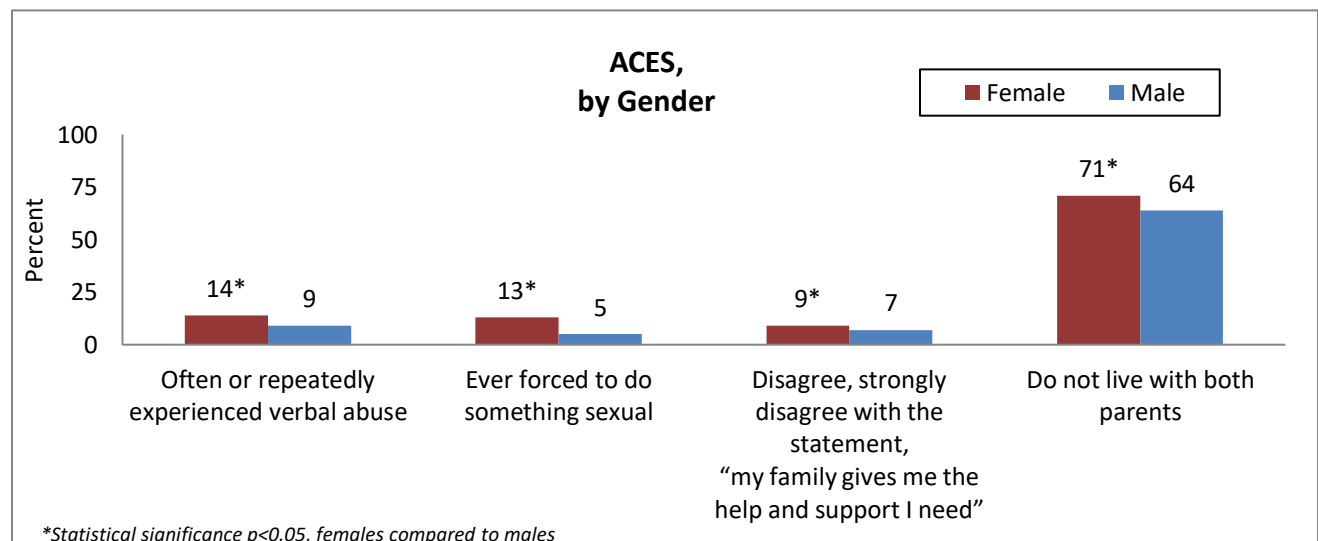
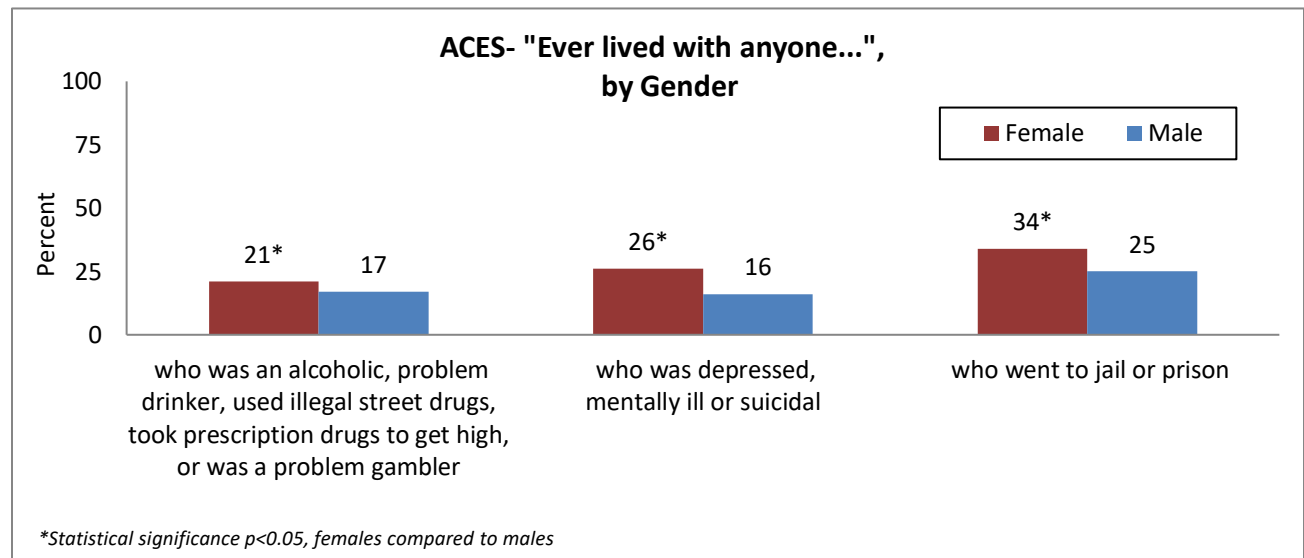
# of Traumatic Life Events Reported by Students	%
0	15
1	32
2	20
3	13
4-6	17
7-11	3
1 or more	85

² <http://www.acestudy.org/>

Differences by sub-populations

Among females, 88% reported one or more ACE, and 37% three or more. Among males, 82% reported one or more and 28% reported three or more.

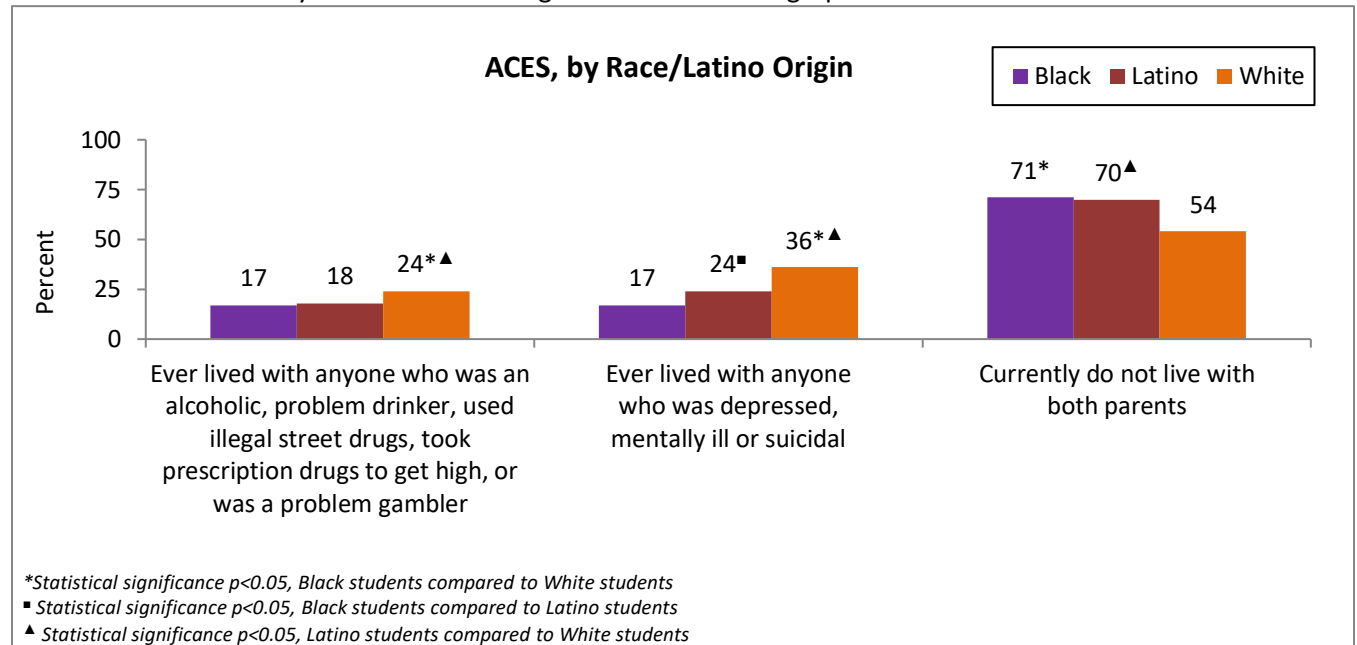
Differences in reported experiences by gender are shown below.



Black and Latino students were more likely to report one or more ACEs compared to White students (88%, 86% compared to 75%).

Black males (34%) were more likely to report they ever witnessed someone get shot, stabbed or beaten in their neighborhood, compared to White males (24%).

Additional differences by race and Latino origin are shown in the graphic below.



Trends

Between 2015 and 2019, there was a slight increase in the percentage of students who reported they lived with someone with mental health challenges.

During the same time period, there were slight declines in students reporting they often or repeatedly experienced abuse in their home, were ever forced to do something sexual, lived with someone with addiction challenges, lived with someone who had gone to jail and witnessed violence in their neighborhood.

The number of students reporting three or more ACEs declined from 39% in 2015 to 33% in 2019.

Violence/Bullying

Question #	Students Reported They:	% (rounded)	LCL	UCL
Q13 ¹	Carried a weapon in the past month	12	10.8	13.0
Q14 ¹	Carried a weapon on school property in the past month	4	3.7	5.2
Q16 ²	Carried a gun in the past year	5	4.2	5.7
Q17	Engaged in a physical fight in the past year	26	24.9	27.9
Q18	Engaged in a physical fight on school property in the past year	16	14.8	17.3
Q15	Did not go to school on one or more days in the past month because they felt unsafe	10	9.3	11.4
Q19	Were threatened/injured on school property 1 or more times during past year	8	6.9	8.8
Q20 ³	Were bullied on school property or on the way to and from school in the past 12 months. (Bullying is when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student. It is not bullying when 2 students of about the same strength or power, argue, fight or tease each other in a friendly way.)*	14	12.8	15.1
Q21*	In the past year, were physically hurt by someone they were dating, "talking to" or going out with	9	7.6	9.6
Q37	Were ever forced to do any of the following: have sexual intercourse, touch someone sexually, or be touched by someone sexually	9	8.3	10.4

* Trend data not available

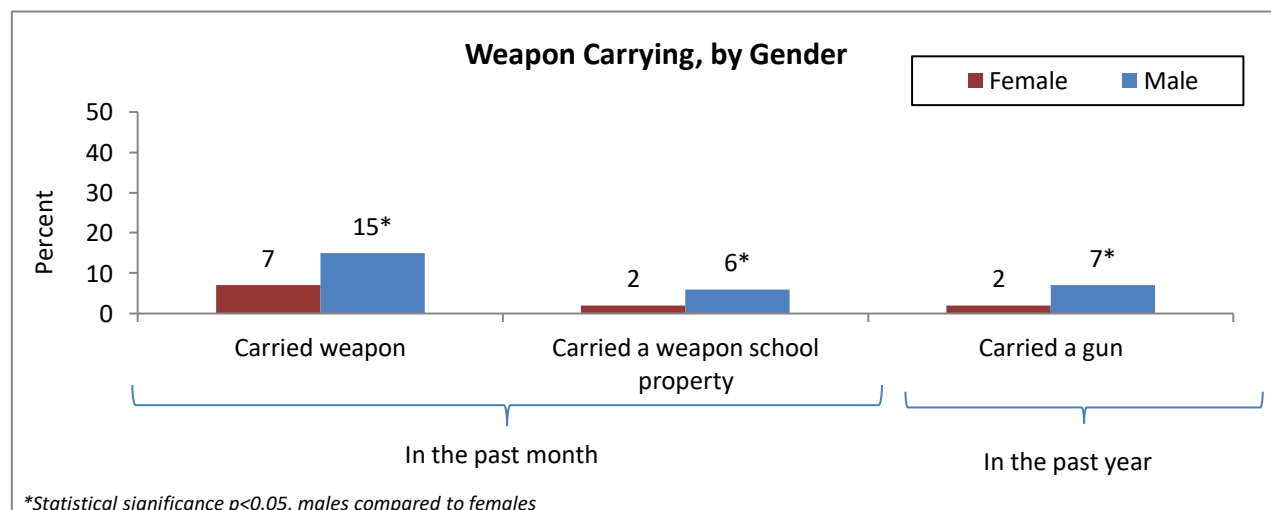
¹ Question slightly changed in 2017. "Razor" replaced "club" as an example of a weapon.

² Question changed in 2017. Asked about gun carrying in the past year, instead of past month.

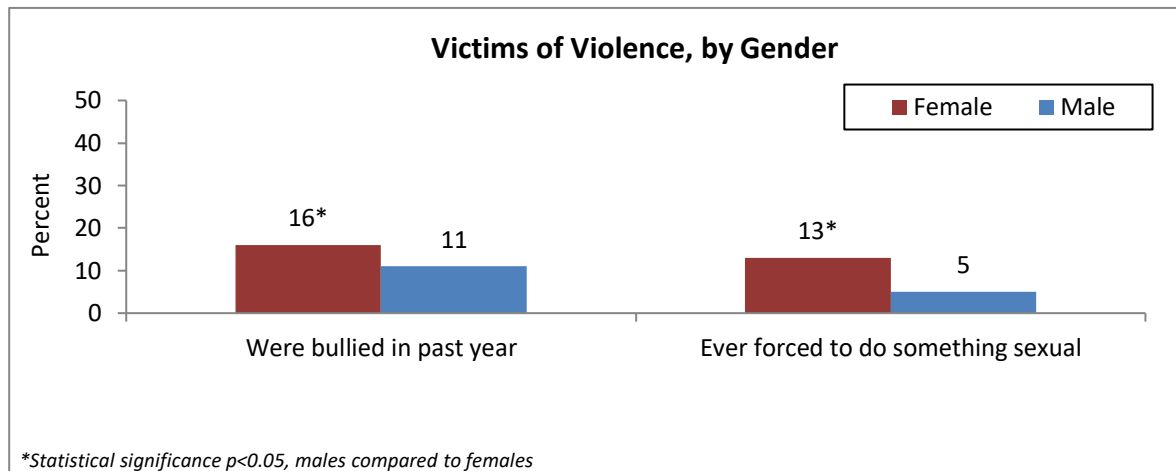
³ Question changed in 2019. In 2017 the question asked about past month and did not specifically call the behavior bullying.

Differences by sub-populations

Reported weapon carrying is more common among males compared to females.

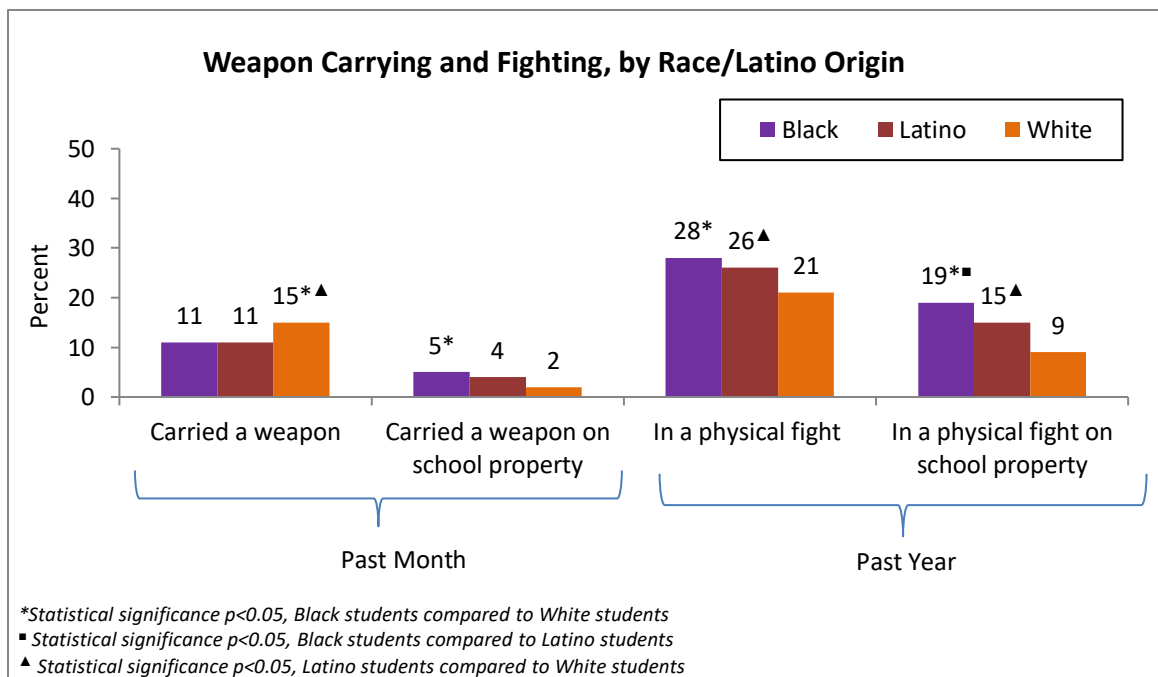


Females were more likely than males to report being a victim of violence.

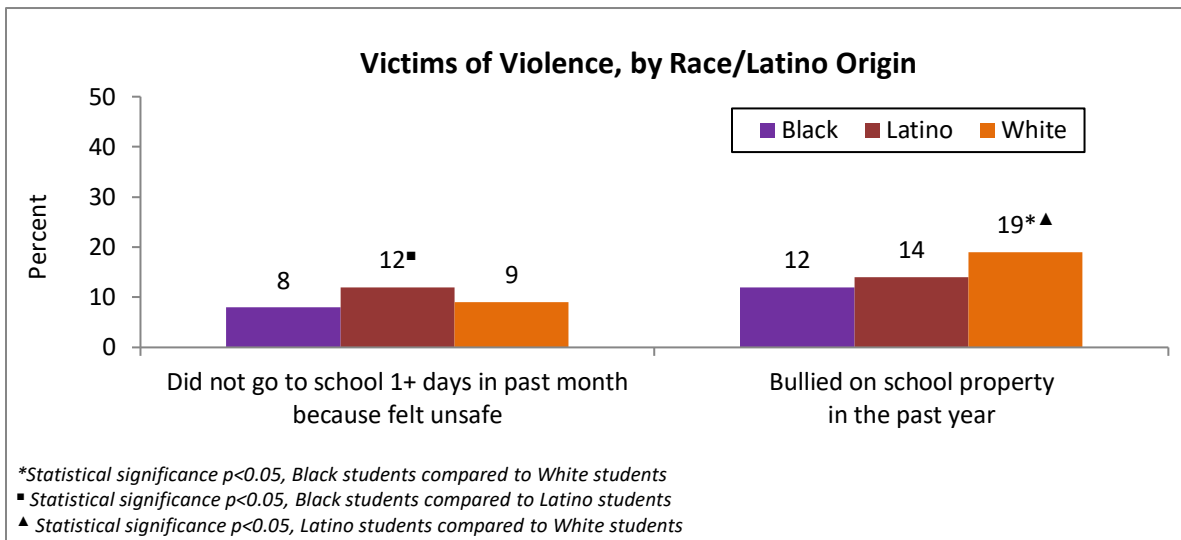


White students were more likely to report weapon carrying in the past month compared to Black and Latino students. Black students were more likely than White students to report they carried a weapon on school property.

Black and Latino students were more likely to report physical fighting compared to White students.

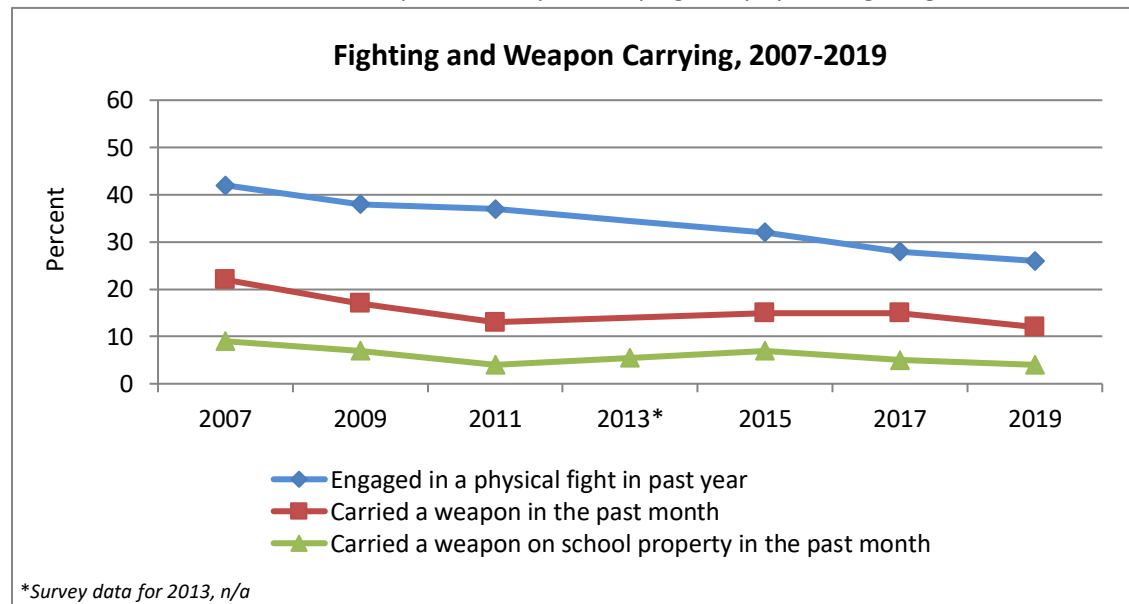


Latino students were more likely than Black students to report not going to school because they felt unsafe. White students were more likely than Black and Latino students to report they were bullied.



Trends

There were overall declines in reported weapon carrying and physical fighting.



Social Media-Bullying and Safety Issues

Question #	Students Reported They:	% (rounded)	LCL	UCL
Q76 ¹	Were electronically bullied in the past 12 months [Another student teased, threatened, or spread rumors about you through texting, emails, YouTube, gaming systems, or social media websites like Facebook, Twitter, vine, yik yak, ask.fm, tumblr, Instagram, blogs, SnapChat, etc.]	11	9.5	11.8
Q77 ¹	In the past year, used a cell phone, text messaging or social media to harass or embarrass someone that they were mad at	11	9.9	12.1
Q78*	Ever used a cell phone, computer or other electronic device to <u>SEND/POST</u> nude or semi- nude pictures or videos of themselves or someone else (sext)	12	11.1	13.5
Q79*	Ever used a cell phone, computer or other electronic device to <u>RECEIVE</u> nude or semi- nude pictures or videos of someone else (sext)	20	18.6	21.5
Q80*	Gambled one or more times the past 12 months (gambled on the Internet (example Draft Kings), gambled on a sports team, gambled when playing cards or a dice game, or bet on a game of personal skill such as pool or a video game)*	9	8.2	10.3

* Trend data not available

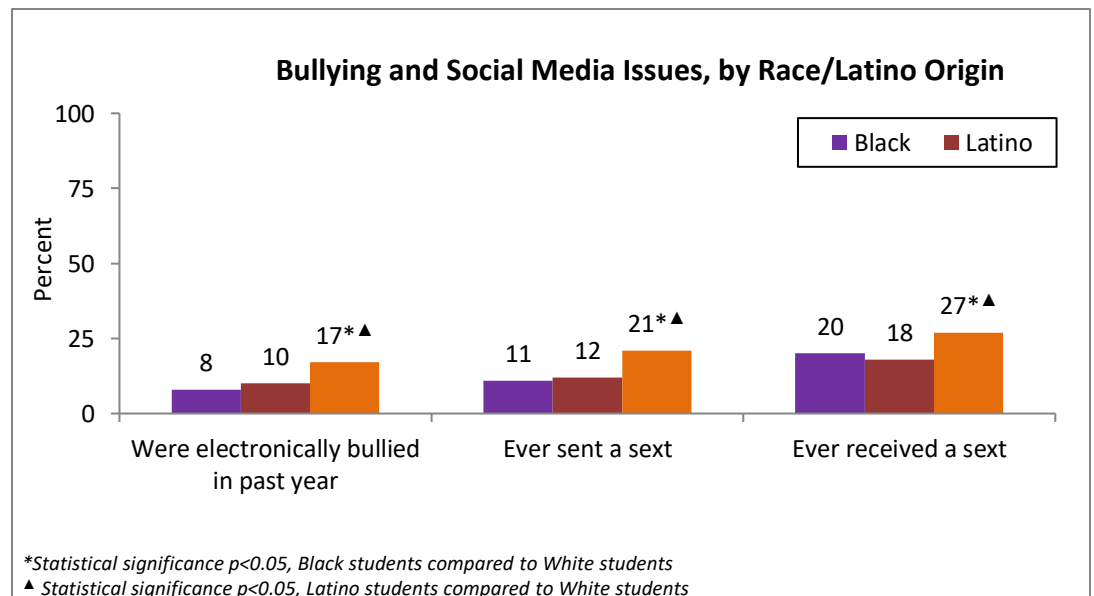
¹Questions changed in 2017. Replaced the word "internet" with "social media"

Differences by sub-populations

Females were more likely than males to report they were bullied electronically in the past year (13% vs. 8%). Males were more likely than females to report they gambled one or more times in the past year (12% vs. 6%).

Differences by sub-populations

White students were more likely that Black and Latino students to report they were electronically bullied and had or experienced social media issues.



Trends

The proportion of students who reported that in the past year they used a cell phone, text messaging or social media to harass or embarrass someone that they were mad at declined from 18% in 2007 to 11% in 2019.

Mental Health

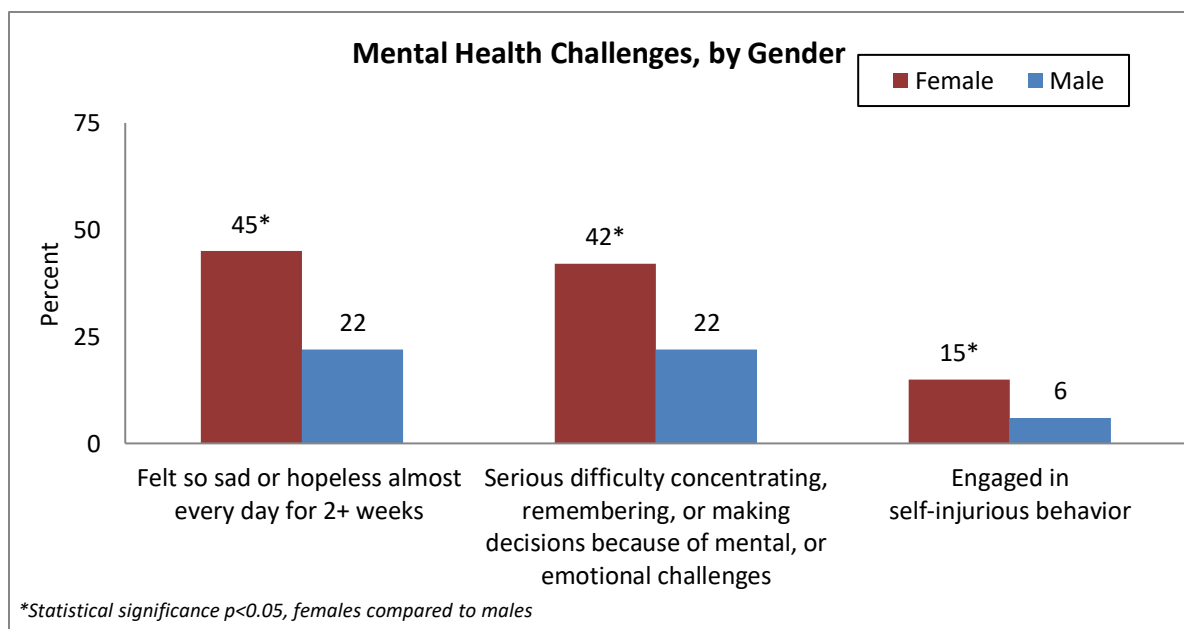
Question #	Students Reported They:	% (rounded)	LCL	UCL
Q22	Felt so sad or hopeless almost every day for two or more weeks in a row that they stopped doing their usual activities, in the past year	33	31.8	35.1
Q28 ¹	Have serious difficulty concentrating, remembering, or making decisions because of mental, or emotional challenges*	32	30.3	33.5
Q27 ¹	Did something to purposely hurt themselves without wanting to die, such as cutting or burning themselves, during the past 12 months (self-injurious behavior) *	11	9.8	11.9
Q23	Seriously considered attempting suicide in the past year	14	13.2	15.7
Q24	Made a specific plan about how they would attempt suicide in past year	11	10.3	12.5
Q25	Attempted suicide in the past year	10	9.1	11.1
Q26	Attempted suicide in the past year that resulted in an injury that needed treatment by a doctor or nurse (injurious suicide attempt)	3	2.8	4.1

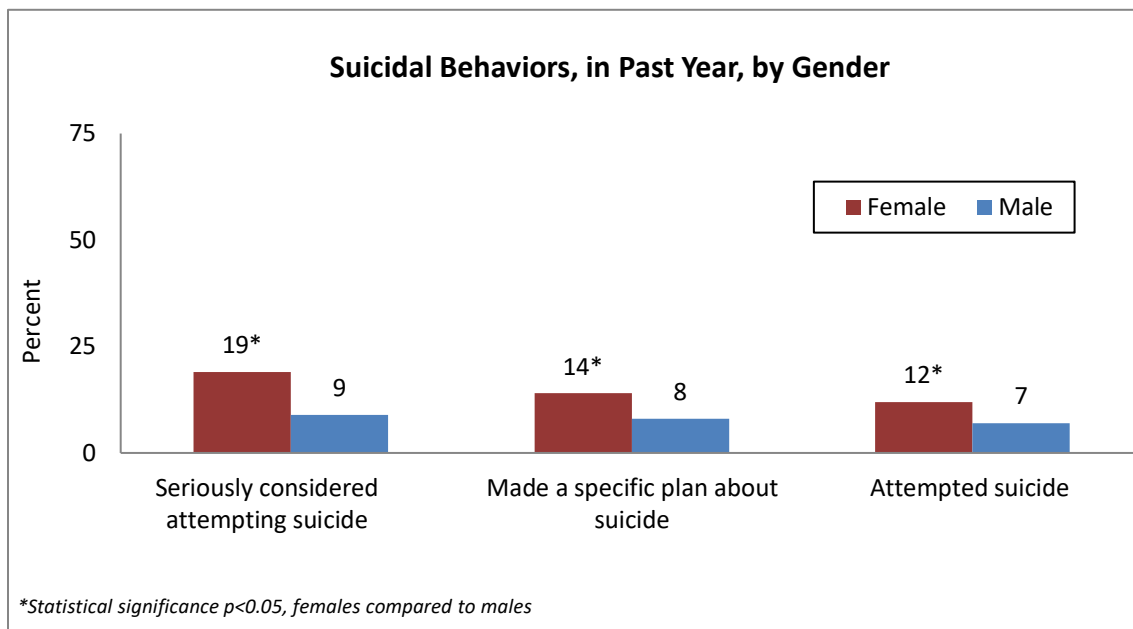
¹New question in 2019

* Trend data not available

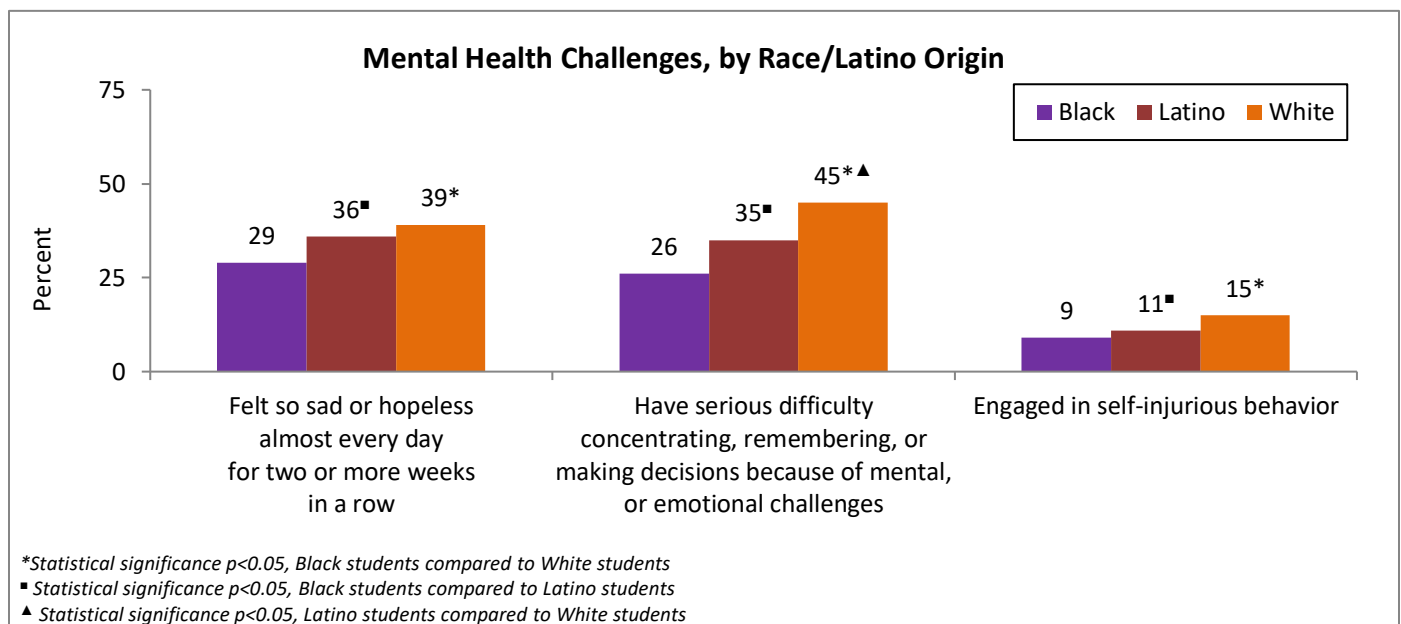
Differences by sub-populations

Females were more likely than males to report mental health challenges and suicidal behavior.





White and Latino students were more likely to report mental health challenges compared to Black students.



Trends

The proportion of students who reported feeling sad or hopeless for two or more weeks in a row in the past year increased overall from 27% in 2007 to 33% in 2019.

Tobacco and E-Cigarette Use

Question #	Students Reported They:	% (rounded)	LCL	UCL
Q40 ¹	Ever tried smoking cigarettes, even one or two puffs*	14	13	15.5
Q40	Tried cigarette smoking, even one or two puffs, before age 13	8	6.9	8.8
Q41	Smoked cigarettes on one or more days in the past 30 days [Current smoker]	4	3.2	4.6
Q42	Smoked cigars or Black and Milds in the past month	8	6.9	8.7
Q43 ²	Ever used an e-cig or vape product	19	17.2	20.0
Q44 ²	Used an e-cig or vape product before age 13	4	3.0	4.3
Q45 ²	Used an e-cig or vape product on one or more of the past 30 days	10	8.8	10.9

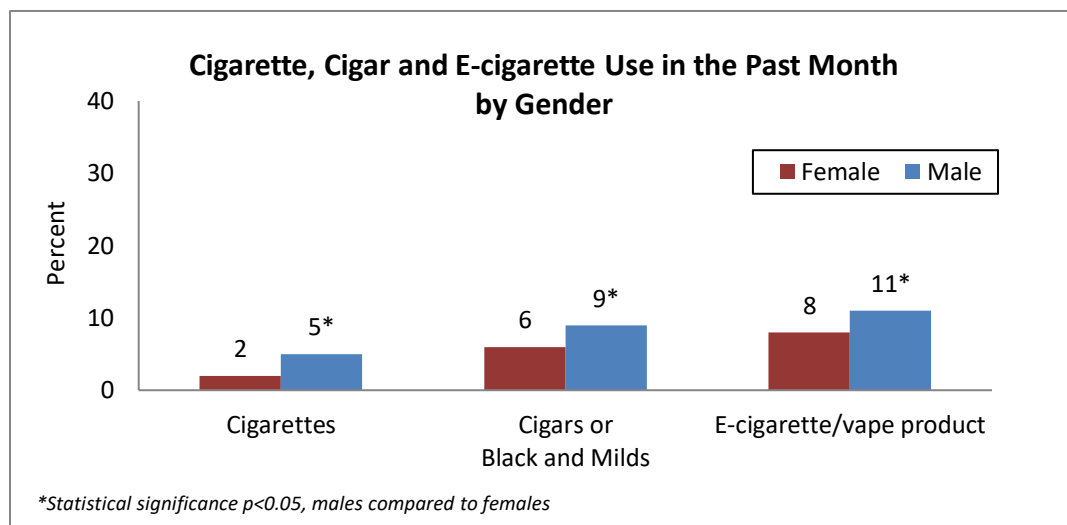
¹In 2019 these results were based on the question “how old were you when you first tried cigarette smoking, even one or two puffs?” is not comparable to other years.

²Slight change in definition in 2019- included vape and vape products, and JUUL

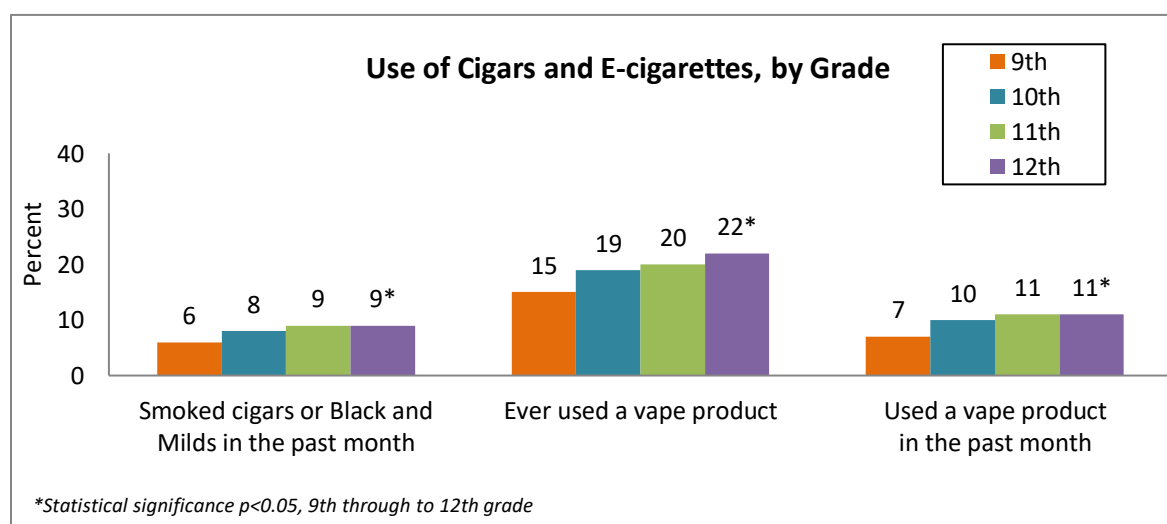
*Trend data not available

Differences by sub-populations

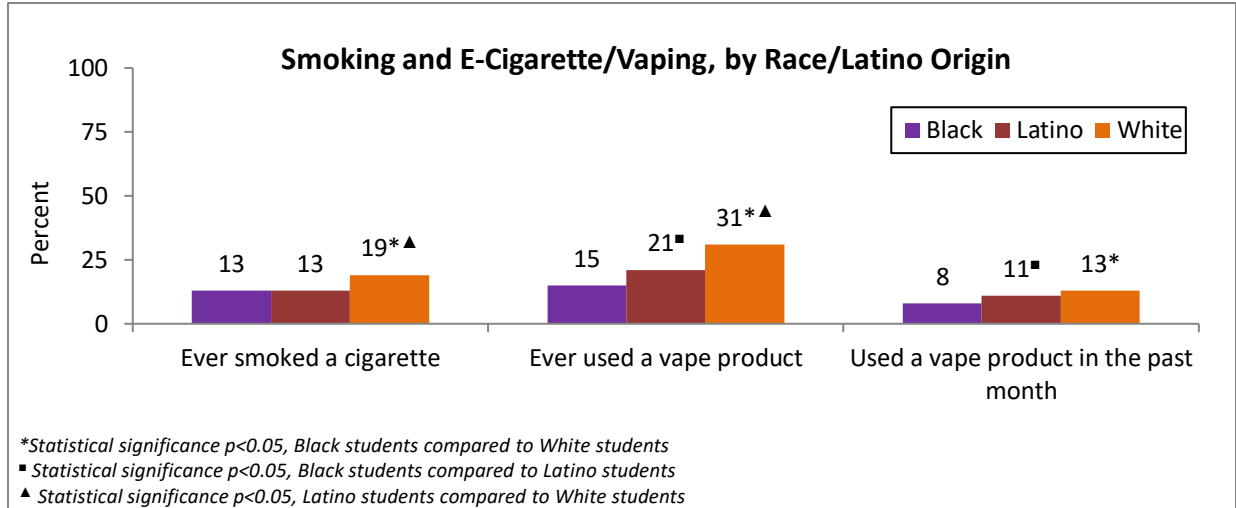
Males were more likely than females to report use of tobacco, cigars and e-cigarettes in the past month.



Reported use of cigars and vape products increases with grade level.



White and Latino students are more likely to report smoking or using vape products compared to Black students.



Trends

The proportion of students who reported they ever smoked cigarettes decreased from 27% in 2007 to 14% in 2019. During the same time period, the rate of current smoking decreased from 13% to 4%. The rate of vaping fluctuated since 2015.

Main reason use e-cigarettes or vape products

Students were asked to select the one main reason they now use e-cigarettes or vape products.

One Main Reason they Now Use E-cigarettes or Vape Products	%
To do tricks or make shapes with the vapor	20
I like the flavors	18
To relax or de-stress	16
My friends use them	6
To get a nicotine buzz	5
I can't quit/I crave them	5
They are less harmful than other tobacco products	5
To try to quit using other tobacco products	3
Other reason	22

Alcohol Use

Question #	Students Reported They:	% (rounded)	LCL	UCL
Q47 ¹	Ever drank one or more drinks of alcohol in their lifetime (not including for religious purposes)	35	32.8	36.1
Q47	Had their first drink of alcohol before age 13, other than a few sips	11	10.1	12.3
Q48	Had at least one drink of alcohol in the past month	13	11.7	14.0
Q49 ²	Engaged in binge drinking one or more times during the past month (four or more drinks of alcohol in a row, within a couple of hours)	6	4.9	6.6

¹In 2019 these results were based on the question "How old were you when you had your first drink of alcohol?"

²Question changed in 2019, trend data not available. In 2017 binge drinking was defined as 5 drinks for males, 4 drinks for females.

The table below shows how students reported that they usually got their alcohol, among those who drank in the past month.

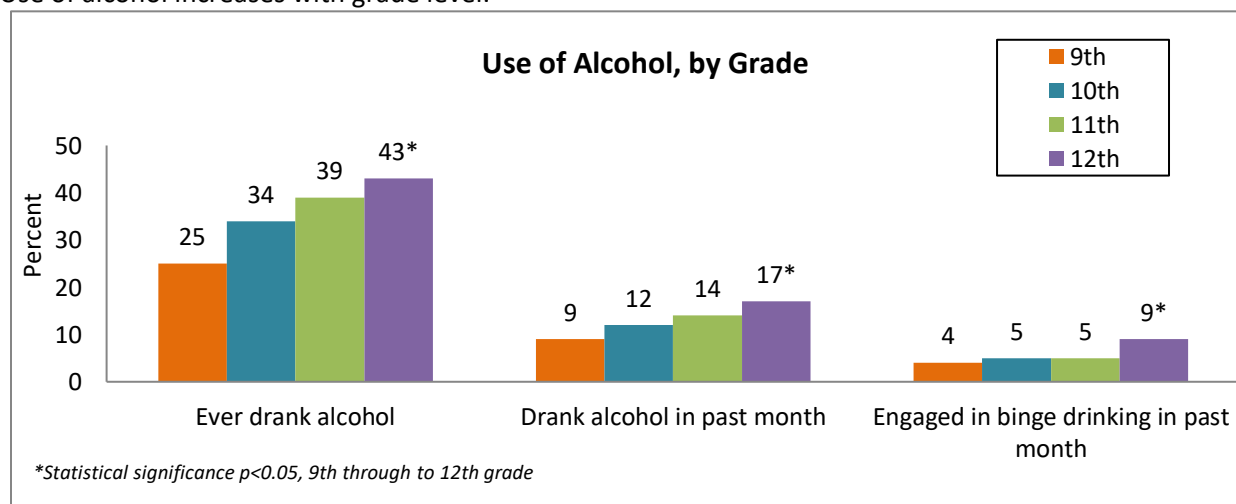
Q50*	How they usually got alcohol, reported by those who drank alcohol in past month	%
	A family member gave it to me	24
	A friend gave it to me	20
	I took it from my home, garage, porch or deck	20
	I gave someone else money to buy it for me	6
	I bought it in a store such as a liquor store, convenience store, supermarket, discount store, or gas station	5
	I took it from another person's home, garage, porch or deck	4
	I stole it	3
	I bought it at a restaurant, bar, club or a public event such as a concert or sporting event	3
	I got it some other way	15

*Trend data not available

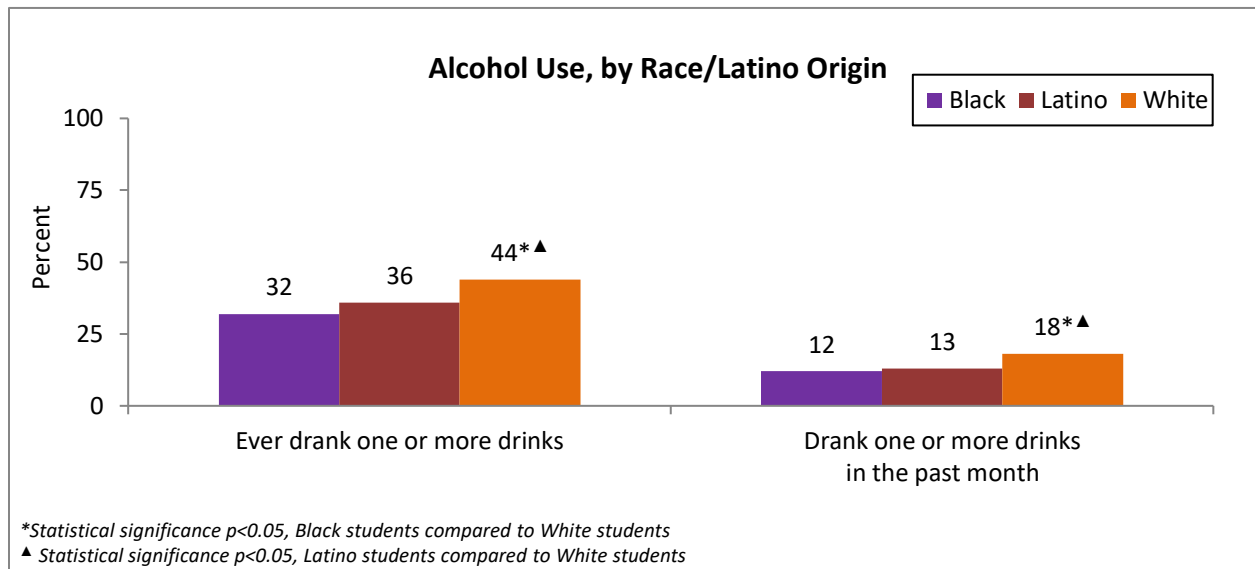
Differences by sub-populations

Females were more likely than males to report ever drinking alcohol (39% vs. 29%).

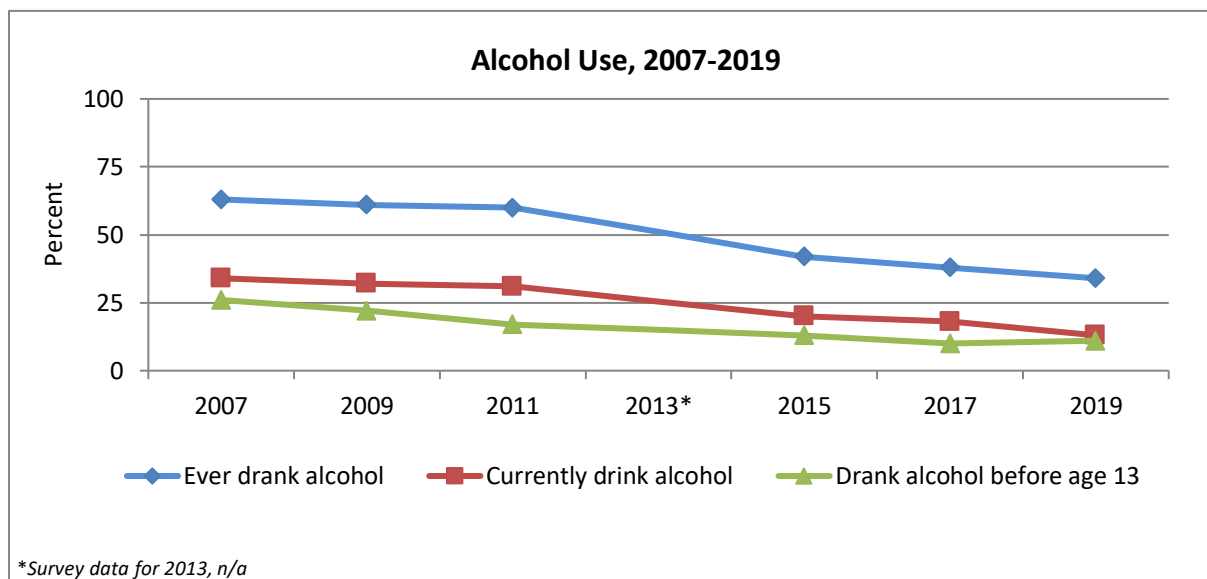
Use of alcohol increases with grade level.



White students were more likely than Black and Latino students to report alcohol use.



Reported alcohol use declined between 2007 and 2019 as shown in the graphic below.



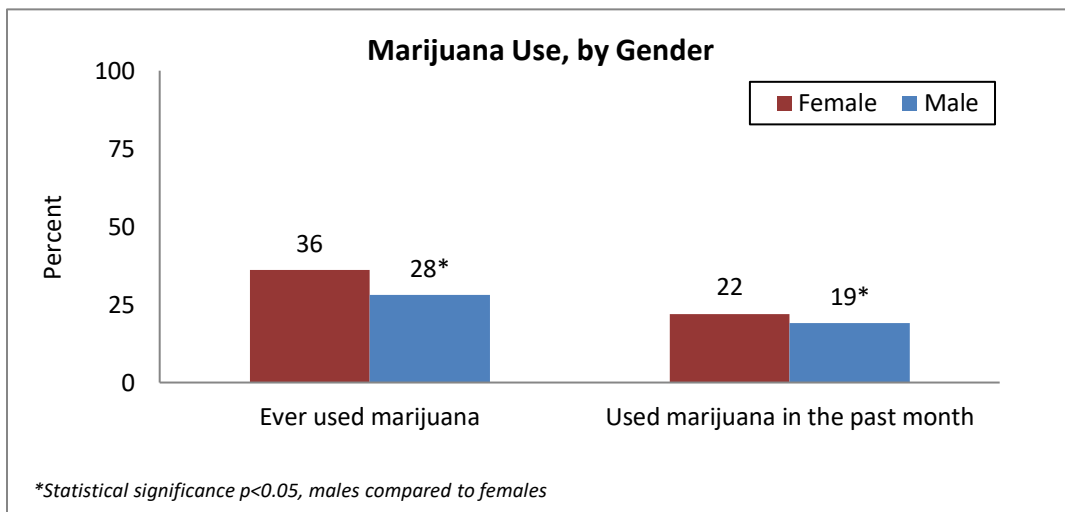
Marijuana Use

Question #	Students Reported They:	% (rounded)	LCL	UCL
Q51 ¹	Ever used marijuana	32	30.6	33.9
Q51	Used marijuana before age 13	8	6.9	8.9
Q52	Used marijuana in the past month [Current users]	21	19.2	22.1

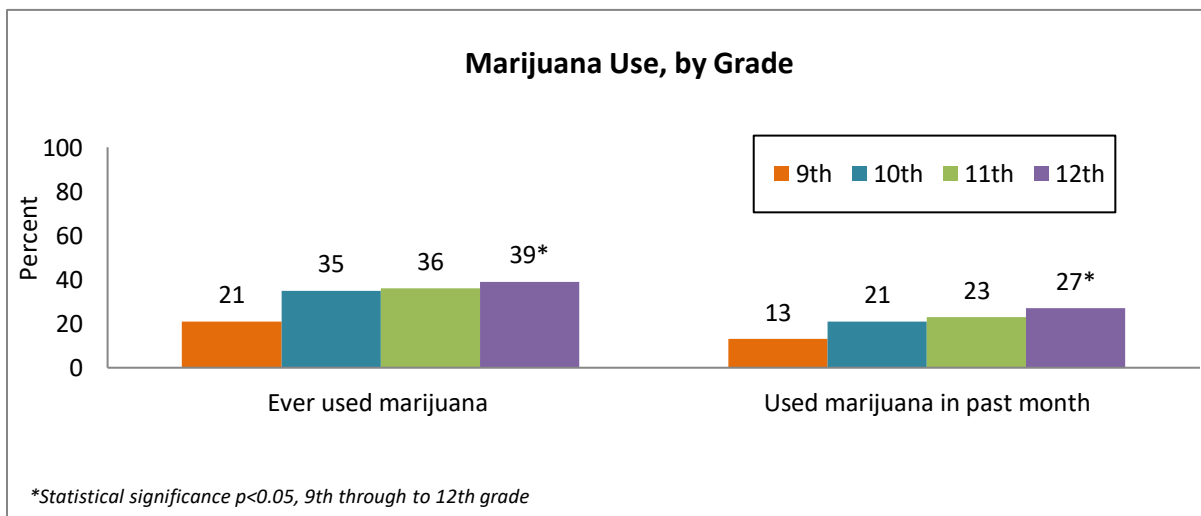
¹Results based on question, "How old were you when you tried marijuana for the first time?"

Differences by sub-populations

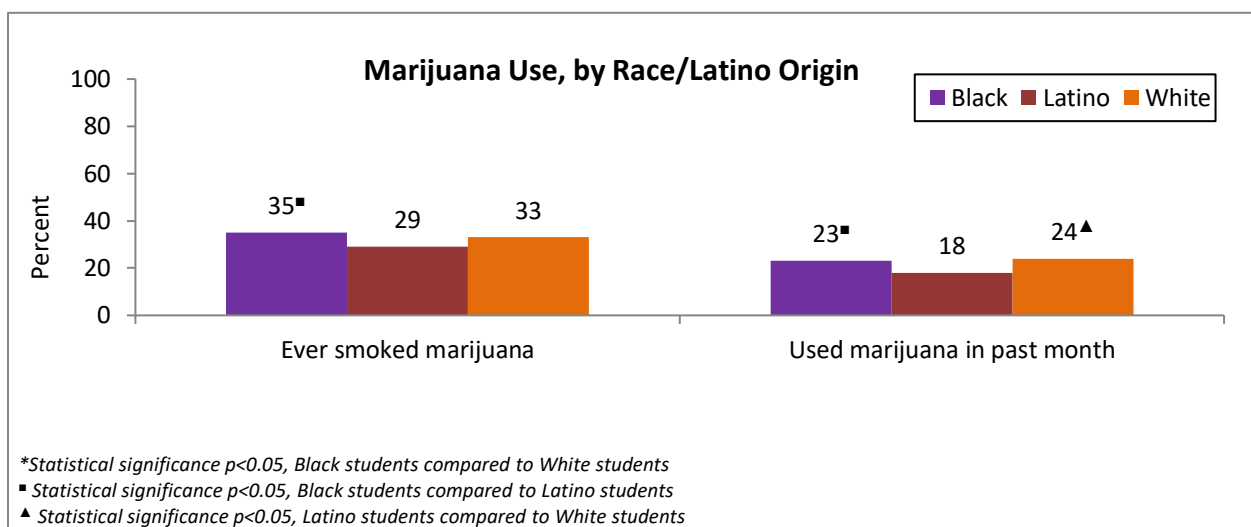
Females were more likely than males to report using marijuana.



Marijuana use increased with grade level.



Black and White students were more likely than Latino students to report marijuana use.

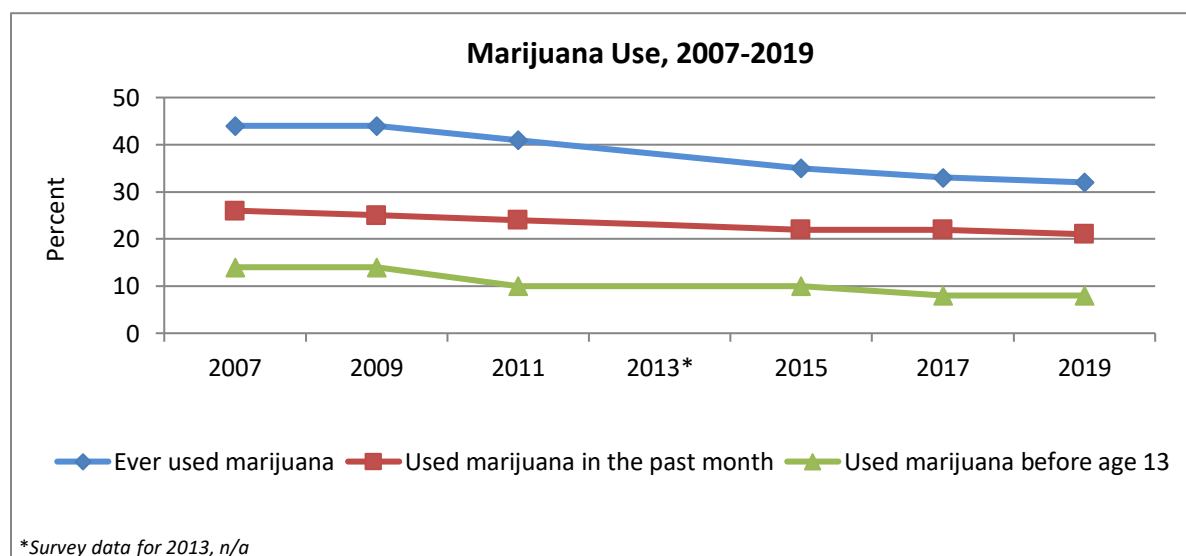


The table to the right shows how marijuana was used by those who reported using it in the past month. Most students reported smoking it.

Question 53* How Marijuana was Used, Reported by those Who Used it in the Past Month¹	%
Smoked it	85
Ate it in food	24
Vaporized it	15
Drank it in tea, cola, etc.	5
Used in in some other way	6

** Trend data not available as there were changing in the description of vaporizing it. – included “cartis, cartridges, wax, hash oils, Dabs, THC drops.”*
¹Students were allowed to select more than one response¹

Reported marijuana use declined between 2007 and 2019.



Use of Other Drugs

Question #	Students Reported They:	% (rounded)	LCL	UCL
Q54	Ever used any synthetic drugs (for example K2, Spice, or fake weed)	3	2.2	3.3
Q55* ¹	Ever used cocaine	3	2.4	3.6
Q56	Ever used heroin	3	2.3	3.5
Q57	Ever used ecstasy	4	2.9	4.2
Q58	Ever used hallucinogenic drugs such as LSD, acid, PCP, angel dust, mescaline or mushrooms	3	2.8	4.1
Q59	Ever injected any illegal drug into their body	3	2.1	3.2
Q60*	Ever took prescription medicines not prescribed by their doctor or took them differently than their doctor's directions – PAIN MEDICINE (examples, OxyContin, Hydrocodone, Percocet)	11	10.3	12.6
Q60*	Ever took prescription medicines not prescribed by their doctor or took them differently than their doctor's directions – SEDATIVE MEDICINE (examples, Xanax, Zannie bars, Klonopin, K-pins, Valium)	4	3.5	5.0
Q60*	Ever took prescription medicines not prescribed by their doctor or took them differently than their doctor's directions – STIMULANT MEDICINE (examples, Adderall, Ritalin, and other ADHD medicine)	6	5.1	6.8
Q60*	Ever took prescription medicines not prescribed by their doctor or took them differently than their doctor's directions – PAIN, SEDATIVE AND/OR STIMULANT MEDICINE	15	13.7	16.3
Q61	Ever took any form of over-the-counter (OTC) drug to get high	5	4.7	6.4
Q81*	Used an energy drink one or more times in the past week	18	16.4	19.2

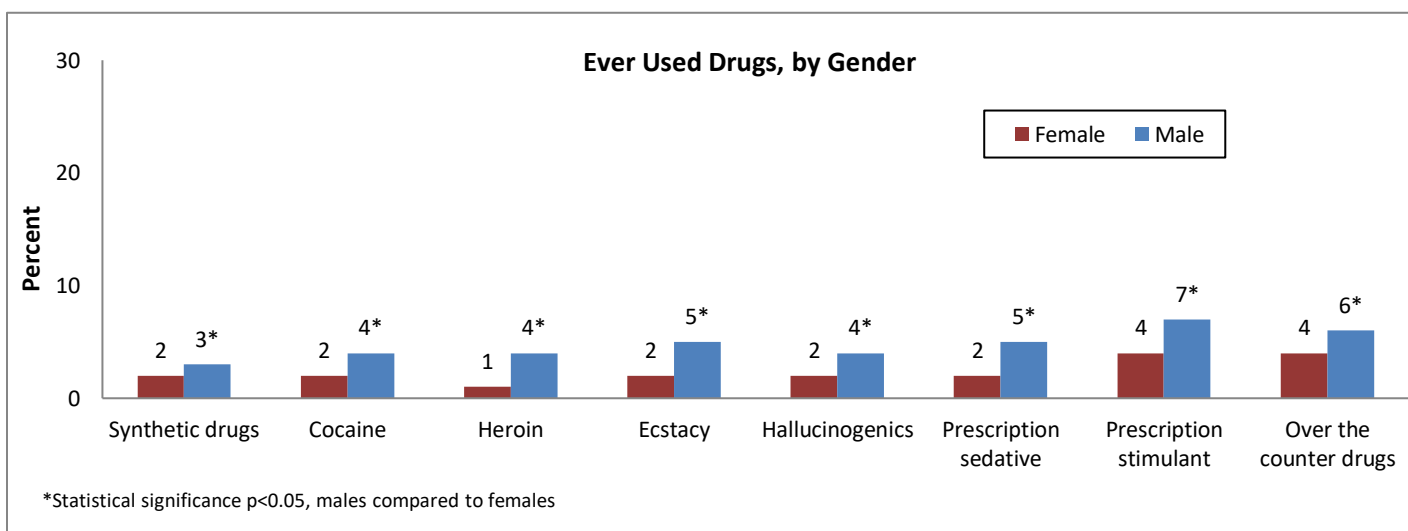
*Trend data not available

¹Question changed in 2017 to “ever” using from in the “past month”.

²New question in 2019. Separated out pain, sedative and stimulant medicine and added additional examples. In previous years, question about all types was asked in one question – “During your life, how many times have you taken any drug or pill to get high that was prescribed for someone else? (Examples include OxyContin, Percocet, Vicodin, Codeine, Adderall, Ritalin, Xanax, etc)

Differences by sub-populations

Males were more likely than females to use certain drugs.



Use of energy drinks in the past week was more common among males compared to females (22% vs. 13%).

White males (11%) were more likely than Black males (7%) to report they ever took stimulant medication not prescribed by their doctor, or took them differently than their doctor's directions.

White students were more likely than Black and Latino students to report using energy drinks in the past week. (23% compared to 16% and 17%)

Use of Substances at School/Before School

Question #	Students Reported They:	% (rounded)	LCL	UCL
Q62 ¹	During the past year, were offered, sold, or given any drugs or <i>prescription medicines</i> , on school property or on the way to/from school? (do not count medicine given by the school nurse)*	11	9.4	11.6
Q63 ¹	During this school year, used any of the following at school or at school events*			
	Alcohol	2	1.9	3.0
	Marijuana, pot, weed or cannabis	7	5.9	7.8
	Cocaine	1	0.05	1.2
	Heroin	1	0.05	1.2
	Pills not prescribed for them	1	0.07	1.5
	Other drugs	1	0.05	1.1
	Vape	1	1.1	2.0
	Did not use any of these at school or school events	90	88.8	91.0
Q64 ¹	During this school year, used any of the following right before going to school or right before school events*			
	Alcohol	2	1.8	2.9
	Marijuana, pot, weed or cannabis	11	10.0	12.3
	Cocaine	0.05	0.03	0.08
	Heroin	0.05	0.03	0.09
	Pills not prescribed for them	1	0.08	1.5
	Other drugs	1	0.05	1.2
	Did not use any of these right before going to school or right before going to school events	86	84.9	87.5

* Trend data not available

¹New question

Differences by sub-populations

Females were more likely to report using marijuana right before going to school or school events compared to males (13% vs. 10%).

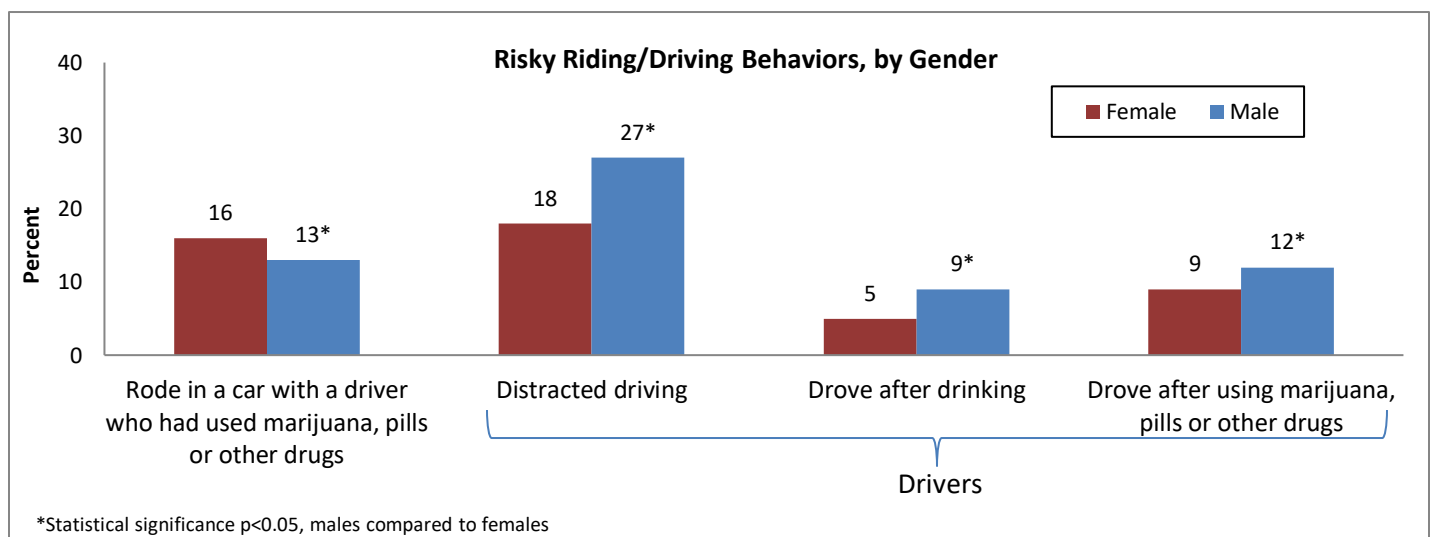
Distractions Driving and Driving Under the Influence

Question #	Students Reported They:	% (rounded)	LCL	UCL
Q12*	Texted, used social media, scrolled the internet, or emailed while driving a car or other vehicle, of those who drove in the past month (distracted driving)	23	21.2	25.1
Q8	In the past month, rode in a car with a driver who had been drinking alcohol	15	14.0	16.5
Q9	Drove a car after drinking alcohol – of all students	4	3.4	4.8
Q9*	Drove a car after drinking alcohol - only of those who drove in the past month	8	6.7	9.3
Q10*	In the past month, rode in a car with a driver who had been using marijuana, pills or other drugs	15	13.7	16.2
Q11*	Drove a car when they had been using marijuana, pills or other drugs –of all students	6	4.9	6.5
Q11*	Drove a car when they had been using marijuana, pills or other drugs – only those who drove a car in the past month	11	9.7	12.7

* Trend data not available

Differences by sub-populations

Differences by gender are displayed below.



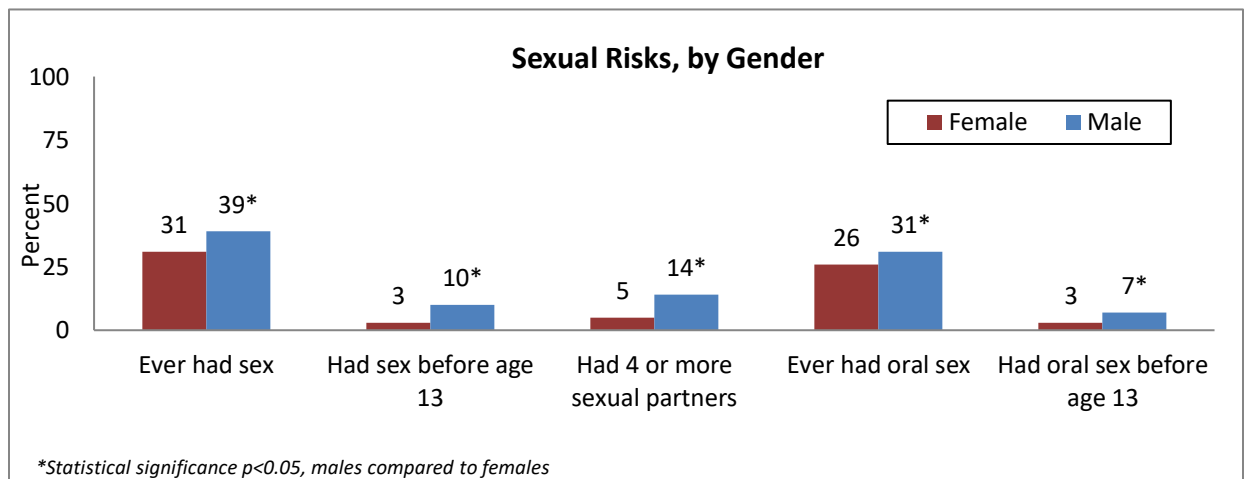
Between 2007 and 2019, there was a decline in students who reported riding with someone who had been drinking (22% to 15%) and driving after drinking alcohol (8% to 4%).

Sexual Risk Behaviors

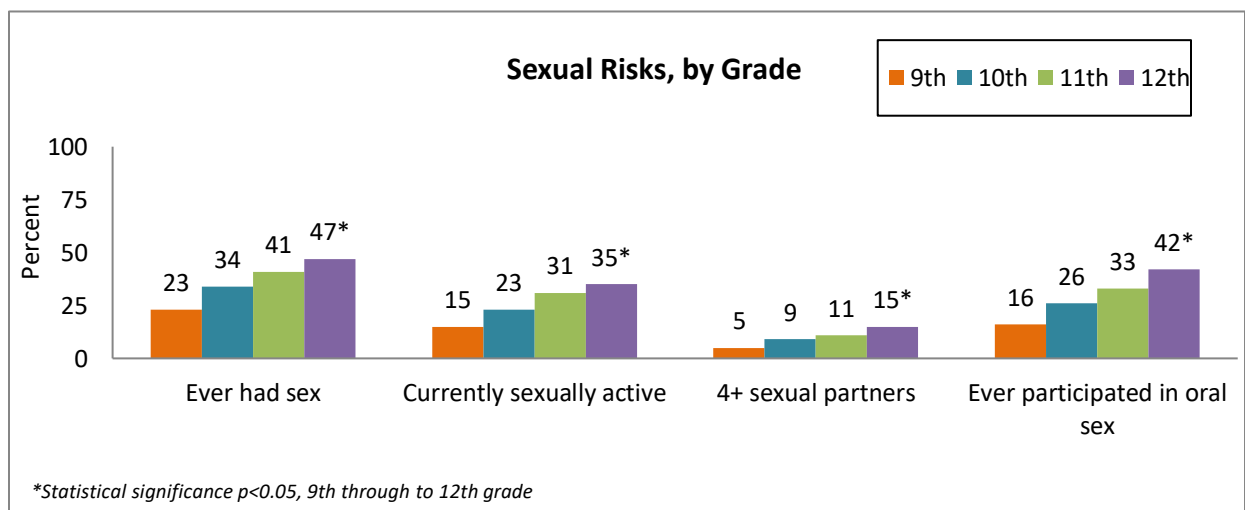
Question #	Students Reported They:	% (rounded)	LCL	UCL
Q65	Ever engaged in sexual intercourse	36	33.8	37.2
Q66	Had sexual intercourse before age 13	7	5.9	7.7
Q68	Engaged in sexual intercourse in the past three months [currently sexually active]	25	23.7	26.9
Q67	Had sexual intercourse with four or more partners in their lifetime	10	8.7	10.8
Q73	Ever participated in oral sex	29	26.9	30.2
Q74	Participated in oral sex before age 13	5	4.6	6.2
Q69	Used alcohol or drugs before they had sex the last time, of currently sexually active students	19	16.7	22.6

Differences by sub-populations

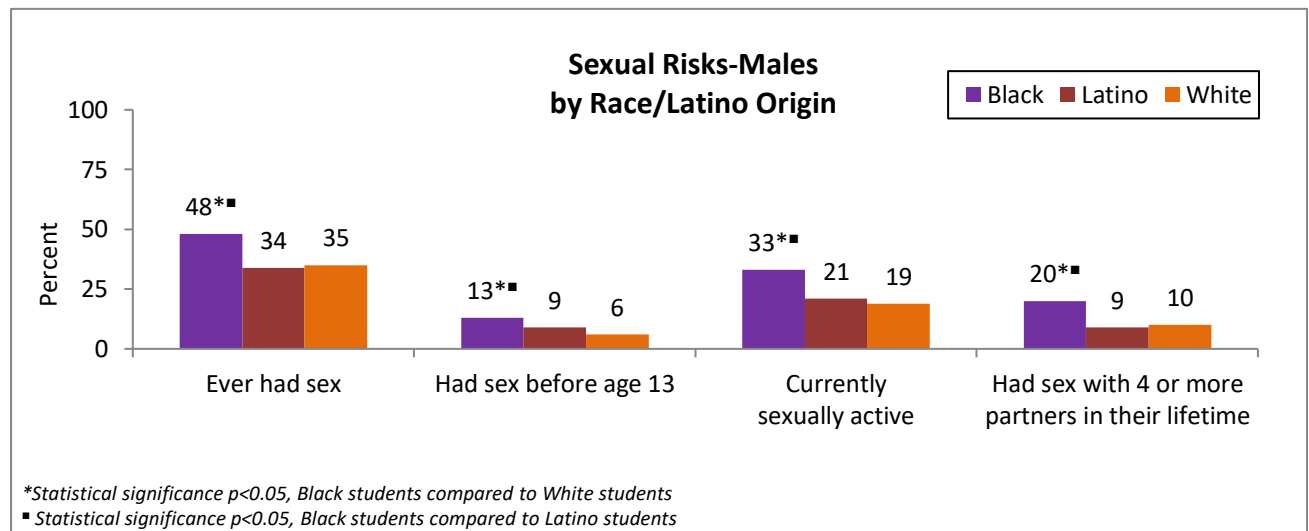
Males were more likely than females to report selected sexual risks.



Sexual risks increase with grade level.



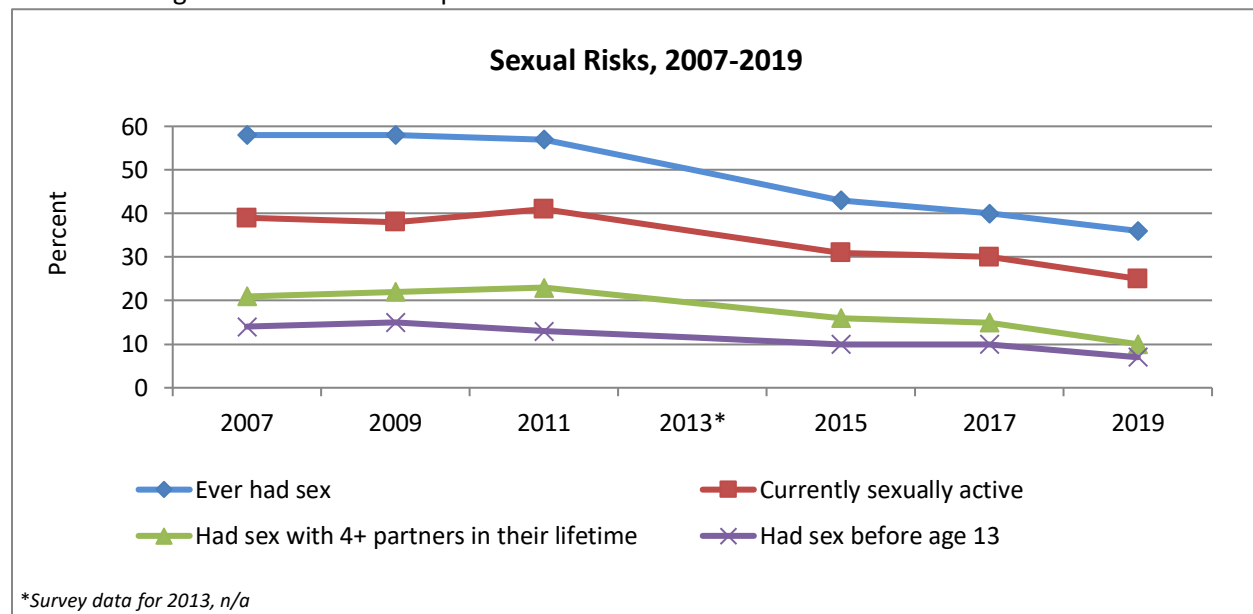
Black males were more likely to report sexual risks compared to Latino and White males.



White (8%) and Black (6%) females were more likely than Latina females (3%) to report they had four or more sexual partners in their lifetime.

Trends

There were significant declines in reported sexual risk behaviors.



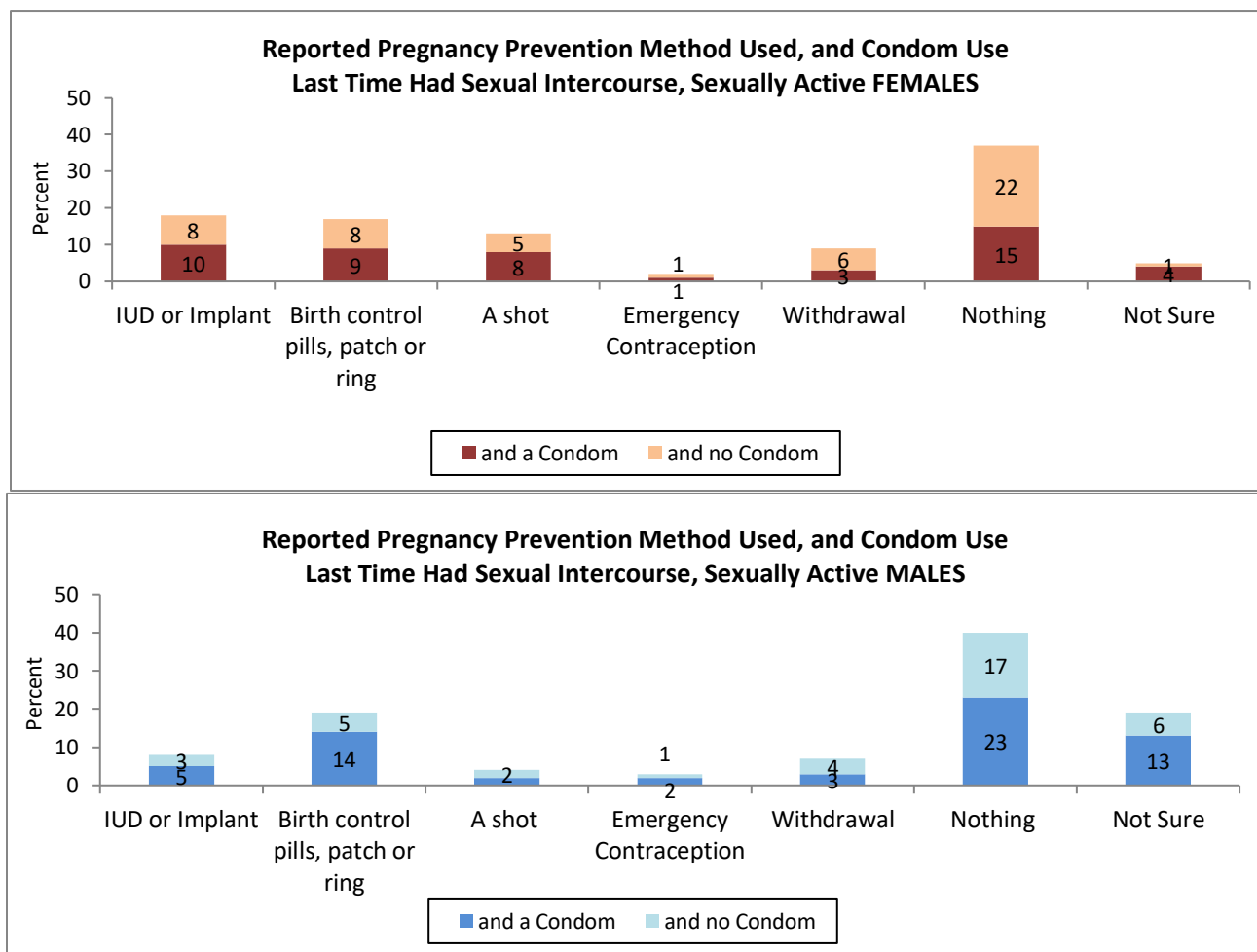
The proportion of sexually active students who reported they used alcohol or drugs before they had sex the last time, declined from 25% in 2015 to 19% in 2019.

Prevention of Pregnancy and STDs

Long Acting Reversible Contraception (LARC), including IUDs (intrauterine devices) and contraceptive implants (Nexplanon), have high success rates (>99%) in preventing pregnancy.³ The American Congress of Obstetricians and Gynecologists recommends LARC be offered as first-line contraceptive options for all adolescents.⁴ LARC however, does not offer protection against sexually transmitted diseases. The American Academy of Pediatrics recommends that health care providers encourage the consistent and correct use of both condoms and reliable contraception as part of anticipatory guidance with adolescents who are sexually active or contemplating sexual activity in order to prevent pregnancies and STDs.⁵

Of sexually active females, 49% reported their partner used a condom the last time they had sex. Of males, 62% reported they used a condom.

The graphics below show the pregnancy prevention methods reported by sexually active youth, by gender. Ten percent (10%) of sexually active females reported that both LARC and condoms were used the last time they had sexual intercourse. Males were more likely to report they were not sure what method of contraception was used compared to females.

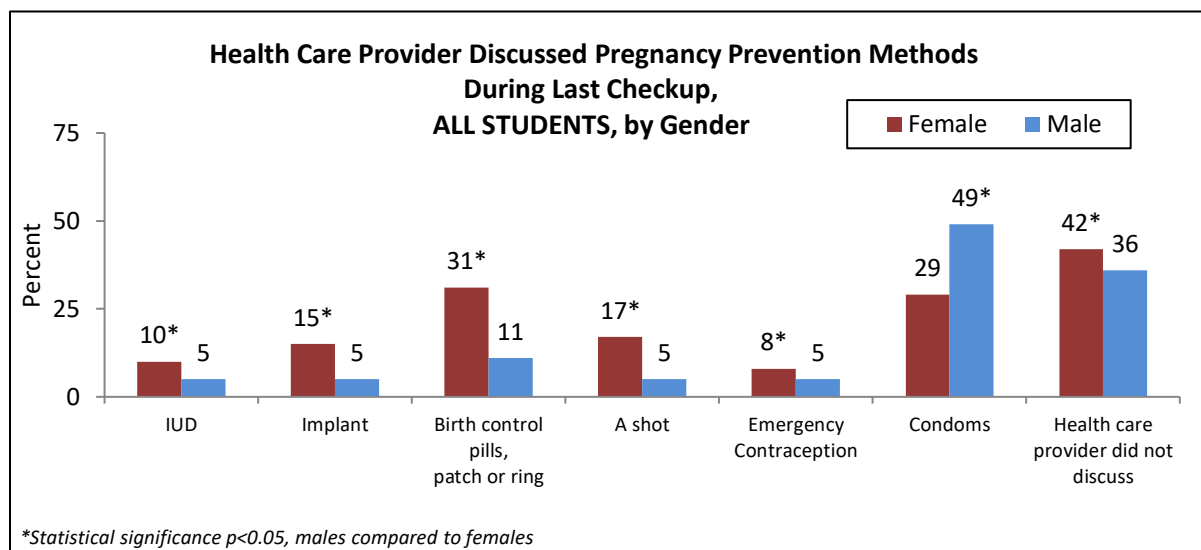
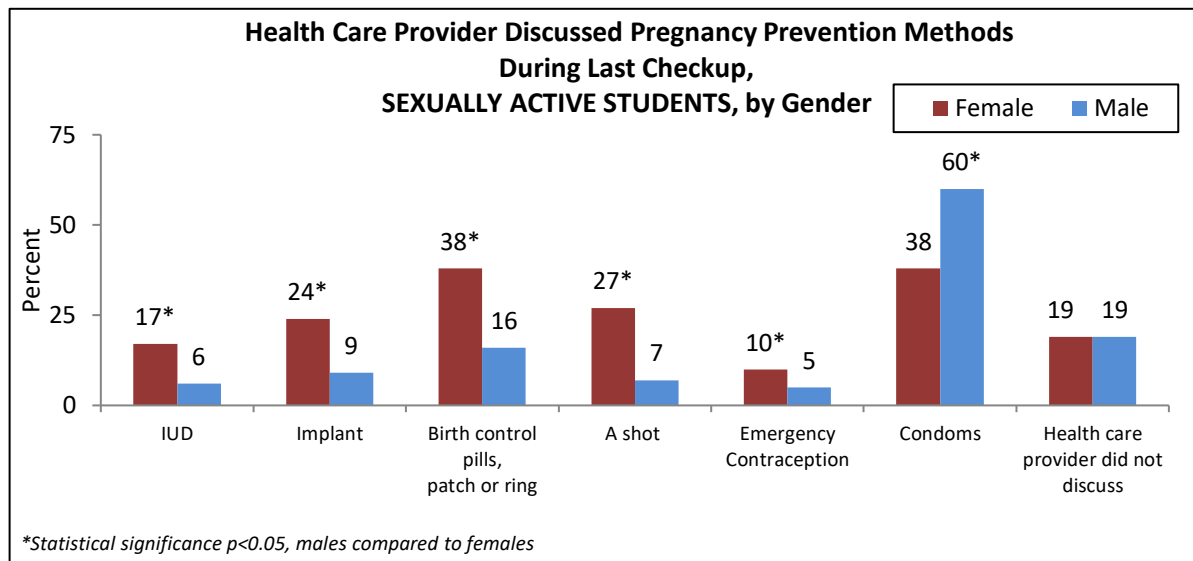


³ Winner, B., Peipert, J., Zhao, Q., Buckel, C., Madden, T., Allsworth, J. "Effectiveness of Long-Acting Reversible Contraception" NEJ Med May 24, 2012; 366:1998-07.

⁴ ACOG Committee on Adolescent Health Care Long-Acting Reversible Contraception Working Group (2012) The American Congress of Obstetricians and Gynecologists. Committee opinion no. 539: adolescents and long-acting reversible contraception: implants and intrauterine devices. Committee Opinion Number 539. Retrieved on 5-19-15, from <http://www.acog.org/Resources-And-Publications/Committee-Opinions/Committee-on-Adolescent-Health-Care/Adolescents-and-Long-Acting-Reversible-Contraception>

⁵ POLICY STATEMENT: Condom Use by Adolescents. PEDIATRICS Volume 132, Number 5, November 2013. <downloaded 10-20-2015>

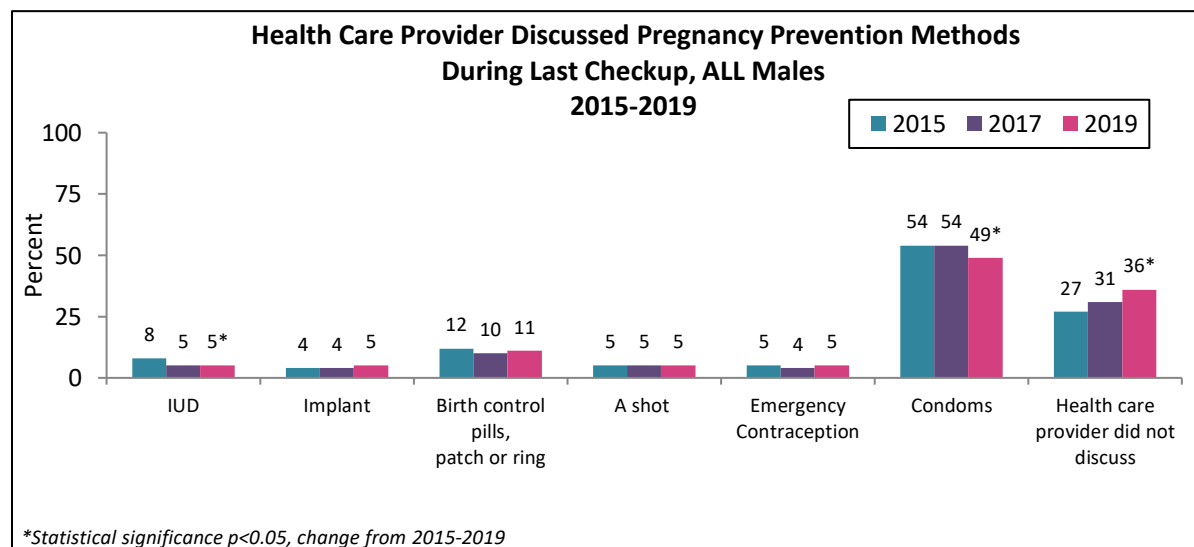
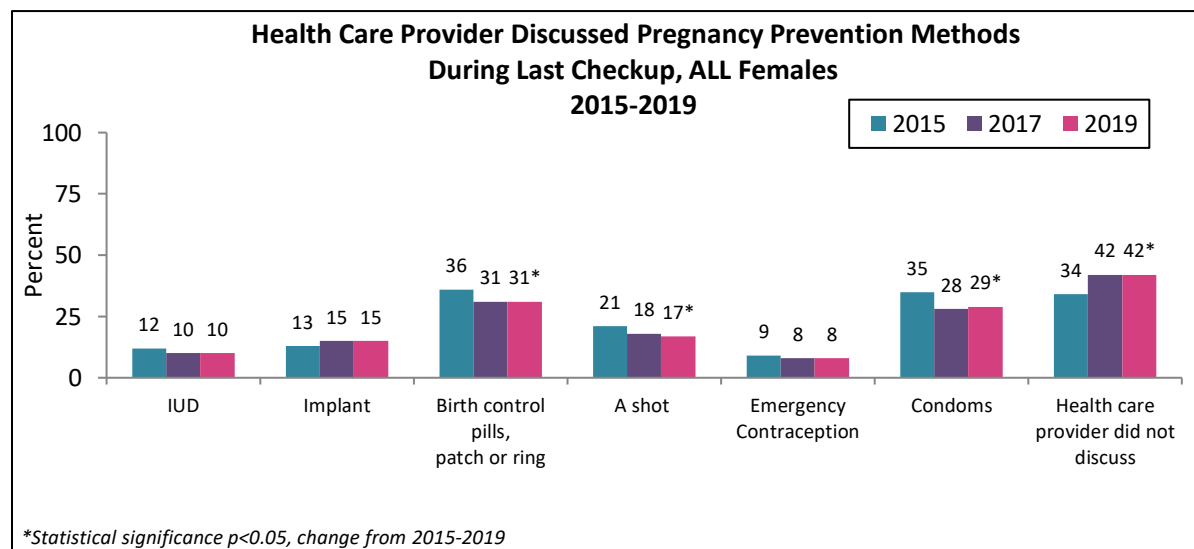
The graphics below show the proportions of sexually active students and all students, who reported their health care provider discussed various pregnancy prevention methods with them at their last checkup. Females were more likely than males to report their doctor discussed using an IUD, implant, pill, patch, ring, shot, and emergency contraception as pregnancy prevention methods. Males were more likely than females to report their health care provider discussed using a condom as a pregnancy prevention method.



Trends

Condom use among sexually active students declined overall between 2007 and 2019. In 2007 73% of males and 57% of females reported a condom was used the last time they had sex. In 2019 62% of males and 49% of females reported a condom was used.

Between 2015 and 2019, among all female and male students, there was an increase in those who reported their doctor or health care provider did not discuss ways to prevent pregnancy during their last checkup. There were declines in the proportion who reported their doctor discussed condoms and some other methods of birth control.



There were not statistically significant changes in the proportion of sexually active students reporting their doctor discussing pregnancy prevention methods during their last checkup.

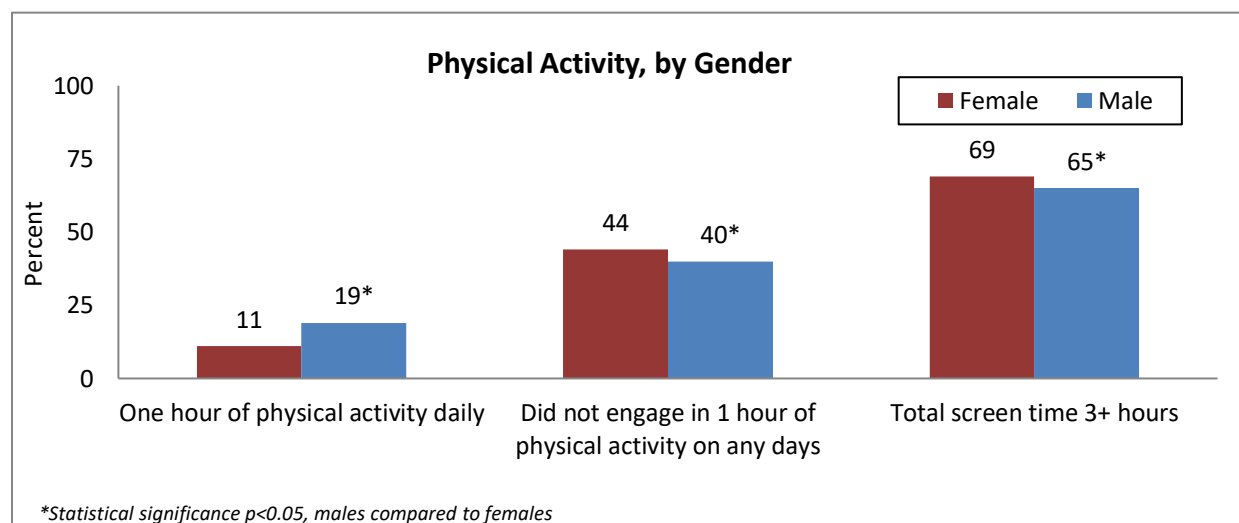
Physical Activity/Sedentary Behavior

Question #	Students Reported They:	% (rounded)	LCL	UCL
Q82	Engaged in one hour or more of physical activity daily during the past seven days (current recommendations)	15	13.5	16.1
Q82	Engaged in one hour or more of physical activity daily during the past five days	24	22.7	25.8
Q82	Did not engage in one hour of physical activity on any of the past seven days	42	39.8	43.4
Q83 ¹	On an average school day, spend 3+ hours watching TV, Netflix, Hulu, or other video streaming websites	47	44.9	48.6
Q84 ¹	On an average school day, spend 3+ hours playing video or computer games, or using a computer or smartphone <u>for something that is not school work</u>	44	42.4	46.1
Q83 Q84	Watch TV or video streaming sites, play video or computer games or use a computer/smartphone for three or more hours on a typical school day (3+ hours screen time)	67	65.5	69
Q83 Q84	Watch TV or video streaming sites, play video or computer games or use a computer/smartphone for five or more hours on a school day (5+ hours screen time)	51	48.7	52.4

¹questions changed slightly related to new technology and websites

Differences by sub-populations

Males were more likely to report they met the current recommendations for physical activity compared to females. Females were more likely than males to report they did not engage in one hour of physical activity and they engaged in three or more hours of screen time.



Black and Latino students were more likely to report they did not engage in one hour of physical activity on any days of the past week compared to White students (43% and 45% compared to 23%). White students were more likely than Black and Latino students to report in engaging in 3+ hours of screen time on a typical school day (73% compared to 65% and 68%)

Sleeping Habits

Question #	Students Reported They:	% (rounded)	LCL	UCL
Q85*	Get 8 or more hours of sleep on an average school night	31	29.2	32.6
Q85*	Get 6 or less hours of sleep on an average school night	49	47.1	50.8

* Trend data not available

Differences by sub-populations

Males were more likely than females to report getting eight or more hours of sleep (34% vs. 28%).
Females were more likely than males to report getting 6 hours or less of sleep on a typical school night (52% vs. 46%).

Latino students were more likely than White students to report they get eight or more hours of sleep per night (34% vs. 26%).

Parental Influences

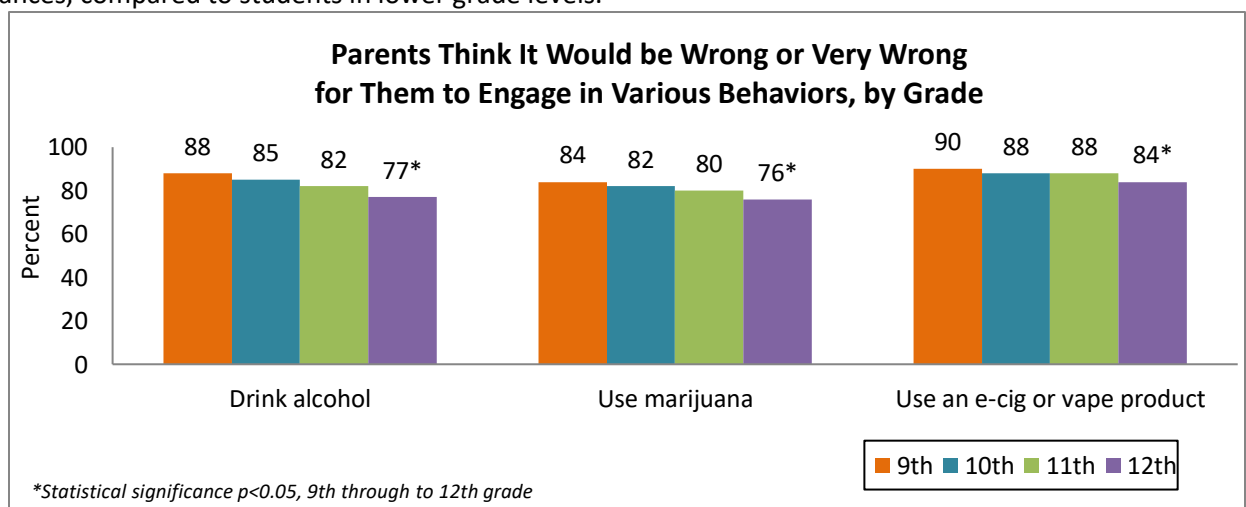
Question #	Students Reported Their Parents Feel	% (rounded)	LCL	UCL
Q86*	It would be <u>very wrong</u> or <u>wrong</u> for them to drink alcohol	83	82.1	84.8
Q86*	It would be <u>very wrong</u> or <u>wrong</u> for them to smoke	94	93.6	95.3
Q86*	It would be <u>very wrong</u> or <u>wrong</u> for them to smoke marijuana	81	79.2	82.2
Q86*	It would be <u>very wrong</u> or <u>wrong</u> for them to use an e-cig or vape product	88	86.4	88.9

* Trend data not available

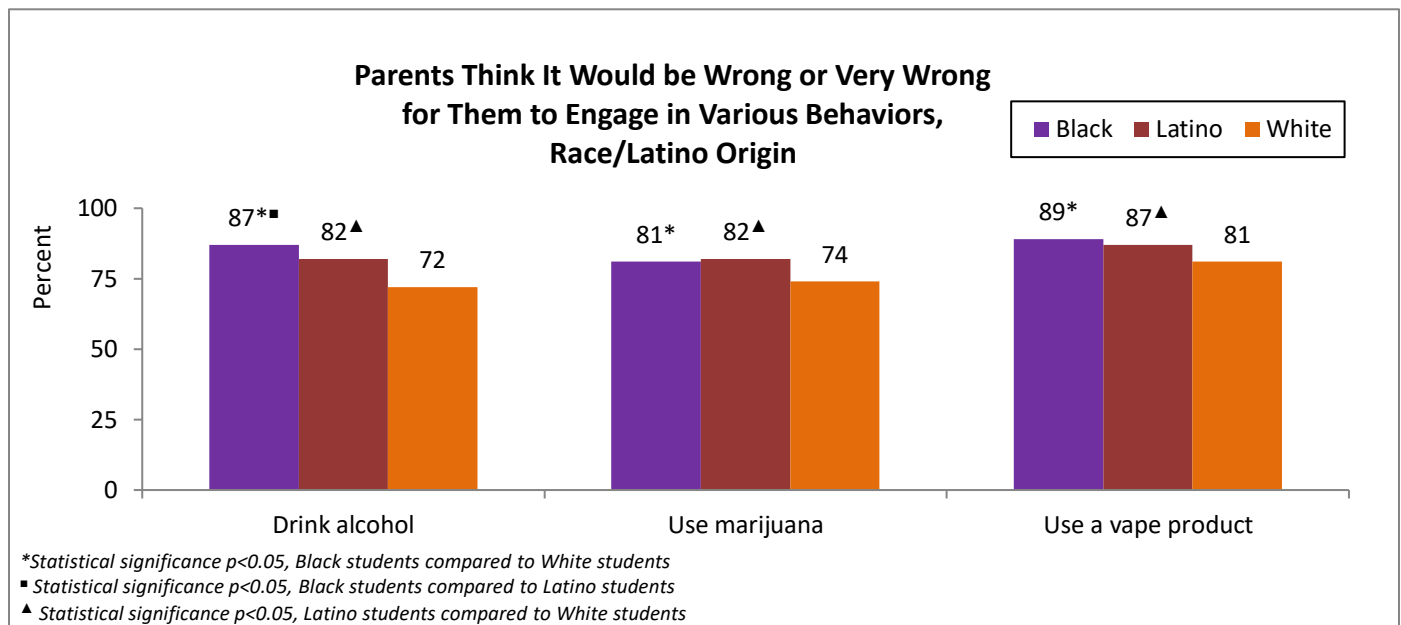
Differences by sub-populations

Females were more likely than males to report their parents feel it would be wrong or very wrong for them to smoke cigarettes (97% vs. 93%) and use e-cigarettes (89% vs. 86%).

Students in 12th grade were less likely to report their parents would disapprove of them using substances, compared to students in lower grade levels.



Black and Latino students were more likely than White students to report parent disapproval for various behaviors.

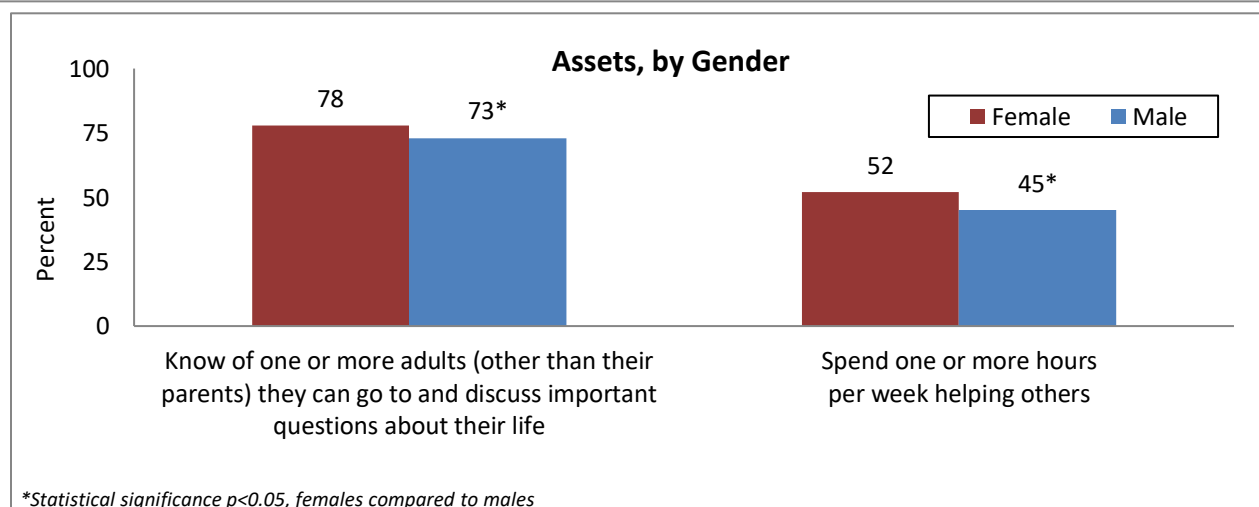
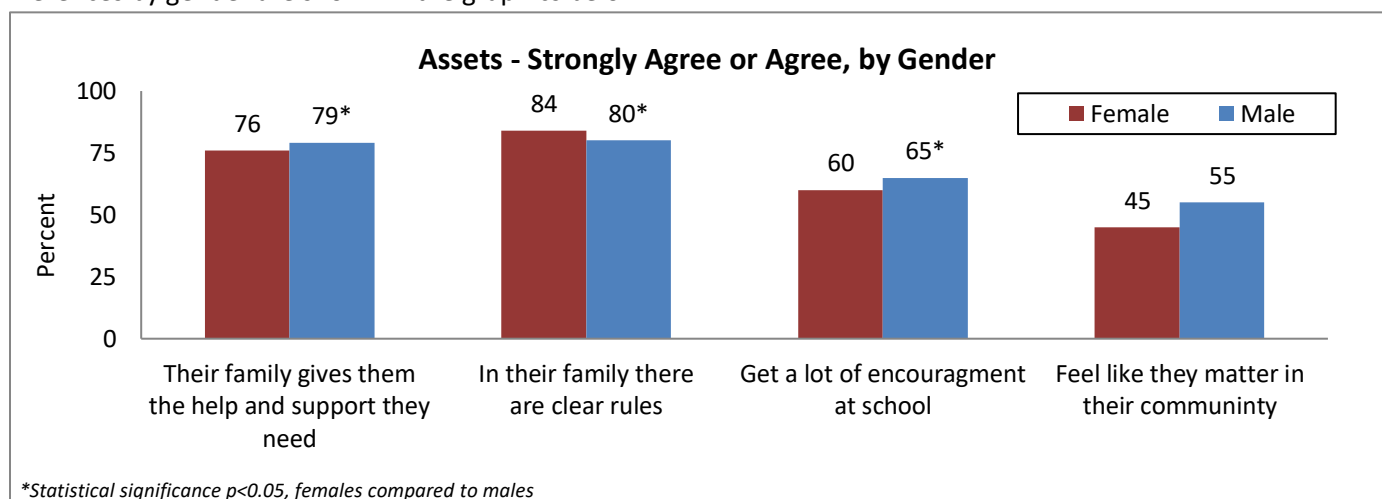


Assets

Question #	Students Reported They:	% (rounded)	LCL	UCL
Q38	Strongly agree or agree with the statement “My family gives me help and support when I need it”	78	76	78.9
Q87	Strongly agree or agree with the statement “In my family there are clear rules about what I can and cannot do”	82	80.1	83
Q88	Strongly agree or agree with the statement “I get a lot of encouragement at my school”	62	60.3	63.8
Q89	Strongly agree or agree with the statement “In my community I feel like I matter to people”	50	47.8	51.5
Q90	Know of one or more adults (other than their parents) they can go to and discuss important questions about their life	75	73.9	77.1
Q91	Spend one or more hours per week helping others	49	46.9	50.6

Differences by sub-populations

Differences by gender are shown in the graphics below.



Trends

Between 2007 and 2019, the proportion of students who reported they know of one or more adults (other than their parents) they can go to and discuss important questions about their life, declined from 80% to 75%.