

Adam Bello
County Executive



Michael D. Mendoza, MD, MPH, MS
Commissioner of Public Health

2021-22

Rochester City School District

Youth Risk Behavior Survey

Report

Prepared by the Monroe County Department of Public Health
111 Westfall Road
Rochester, NY 14620

For questions about this report, please contact Anne Kern via email at akern@monroecounty.gov or by phone at (585)-753-5332

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Executive Summary

The Monroe County Youth Risk Behavior Survey (MC YRBS) results provide a snapshot of health risks among public high school students in the county. This report summarizes responses from 2,458 high school students attending Rochester City Schools who participated in the MC YRBS in March of 2022. The data in this report is intended to help the school district, community partners and families assess the needs of our young people, and develop systems and programs to address those needs.

While the Monroe County Department of Public Health (MCDPH) has conducted the YRBS 14 times since 1992, students completed the most recent questionnaire during the COVID-19 pandemic. This experience undoubtedly influenced their responses. We suspect that some of the declines in reported risk behaviors were related to a decrease in social gatherings and limited school attendance during the Covid-19 pandemic.

One limitation of the data is students who were not in school on the days the survey was administered, or students who had dropped out of school were not surveyed. The reasons youth are not in school are often related to the risk factors measured by the survey including mental health challenges, the threat of violence, substance use and teen pregnancy.¹

In addition, this year, we had a lower response rate in the City of Rochester compared to previous years, which most likely affected the results.

Findings of Concern

Mental Health, particularly girls

- 45% of girls stopped doing their usual activities because they felt sad or hopeless almost every day for two or more weeks in the past year, a significant increase since 2015.
- 19% of girls reported that they did not go to school one or more days because they felt unsafe a significant increase since 2015.
- 19% of students reported that at this time they were feeling depressed, anxious, afraid, empty or confused because of the death of a close family member or friend.

Discrimination and Racism

- 35% of students who identify as lesbian, gay, bisexual, pansexual and/or transgender reported they were treated badly or unfairly because of their sexual orientation.

¹Centers for Disease Control and Prevention. Health risk behaviors among adolescents who do and do not attend school—United States, 1992. [September 8, 2020]; Morbidity and Mortality Weekly Report. 1994 43(8):129–132. <https://www.cdc.gov/mmwr/preview/mmwrhtml/00025174.htm>.

- 36% of Black students and 28% of Latino students felt they were treated badly or unfairly because of their race or ethnicity.

Vaping

- 27% ever used a vape product and 15% used in the past month. Reported vaping increased significantly overall since 2015.

Condom Use

- 41% of sexually active girls and 58% of sexually active males, used a condom the last time they engaged in sexual intercourse. Condom use declined significantly overall since 2015.

Findings Indicating Decreases in Reported Health Risks

The survey results showed declines in reported health risks including marijuana and alcohol use, and engaging in sexual intercourse. While these declines may be related to the pandemic, reported alcohol use and engaging in sexual intercourse started to decline prior to the pandemic.

Readers Guide

This report presents the results of the Youth Risk Behavior Survey that was completed by more than 2,400 City of Rochester high school students in March of 2022. The survey was administered using a confidential online questionnaire. The response rate was 35%, which is lower than in previous years. For more details on participation, methodology, data limitations and differences between the national and local YRBS, please refer to Appendix A.

This Readers Guide summarizes each area of the YRBS, offering context and outlining key findings and trends. The full list of questions with results follows this section.

For questions about the YRBS report, please email:

Anne Kern, Public Health Program Coordinator
Monroe County Department of Public Health
akern@monroecounty.gov

Mental Health

Even before the COVID-19 pandemic, there was an increase in youth reporting mental health struggles. This nationwide trend was undoubtedly exacerbated by the pandemic, which disrupted young lives in many ways, including lack of in-person connections with peers, teachers and mentors, and reduced access to health care and social services. *Protecting Youth Mental Health: The U.S. Surgeon General’s Advisory Report*, released in December 2021, highlighted the urgent need to address the nation’s youth mental health crisis.²

Mental Health Key Findings:

- 30% of students reported their mental health was not good during the COVID-19 pandemic “all” or “most of the time.” 39% of girls reported that their mental health was not good “always” or “most of the time” during the COVID-19 pandemic, compared to 17% of the boys.
- 38% of students reported they have serious difficulty concentrating, remembering or making decisions because of mental or emotional challenges.
- 45% of girls reported feeling so sad or hopeless for two or more weeks in a row in the past year that they stopped doing usual activities (a symptom of depression), compared to 23% of boys. 55% of students who identify as gay, lesbian, bisexual, pansexual and/or transgender reported this symptom.
- 15% of girls reported that, in the past year, they made a plan to attempt suicide, versus 7% of boys.
- 11% of girls reported that, in the past year, they attempted suicide compared to 4% of boys. 20% of students who identify as gay, lesbian, bisexual, pansexual and/or transgender reported this.

Mental Health Trends, 2015-2022:

Increasing among girls:

- 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.
- Made a specific plan about how they would attempt suicide in past year.

Adverse Childhood Experiences (ACEs)

Research indicates that experiencing adverse childhood events, also called trauma, before the age of 18, without intervention and support, increases the likelihood of experiencing mental health challenges, using substances, and engaging in sexual risk behaviors.³

Adverse Childhood Experiences Key Findings:

- 83% of students reported experiencing one or more ACEs.

² <https://www.hhs.gov/sites/default/files/surgeon-general-youth-mental-health-advisory.pdf>

³ <https://www.cdc.gov/violenceprevention/childabuseandneglect/acestudy/aboutace.html> , accessed August, 2019

Adverse Childhood Experiences Trends, 2015-2022:

- Increasing: Have ever lived with anyone who was depressed, mentally ill or suicidal.
- Stable: students reporting they were ever forced to do something sexual.
- All other reported ACES declined.

Grief

Questions about grief experiences were not included in previous YRBS surveys. These experiences often have an impact on student mental health and well-being. With input from local school districts, MCDPH added questions about this issue in the 2021-22 YRBS.

Grief Key Findings:

- 19% of students reported they were feeling depressed, anxious, afraid, empty or confused because of the death of a close family member or friend.
- 8% of students reported that a close family member or friend died in the past two years due to homicide.
- 10% of students reported that a close family member or friend died in the past two years due to COVID-19.

Experiences of Racism and Discrimination

Numerous studies have found negative impacts of discrimination on mental health and the likelihood of engaging risk behaviors.⁴ This is the first year that MCPDH asked students about their experience with racism and discrimination.

Racism and Discrimination Key Findings:

- 36% of Black students felt they were treated badly/unfairly because of their race and/or ethnicity at least some of the time.
- 28% of Latino students felt they were treated badly or unfairly because of their race and/or ethnicity at least some of the time.
- 35% of students who identify as lesbian, gay, bisexual, pansexual or transgender felt they were treated badly or unfairly because of their sexual orientation at least some of the time.

Violence/Bullying

Exposure to violence has a major impact on school attendance and performance, mental health and overall well-being.⁵

Violence/Bullying Key Findings:

- 8% of students reported they carried a weapon in the past month.

⁴ Lei Y, Shah V, Biely C, et al. Discrimination and Subsequent Mental Health, Substance Use, and Well-being

⁵ <https://www.cdc.gov/injury/features/teen-violence-impact/index.html>

- 19% of students reported they engaged in a physical fight in the past year.
- 25% of students reported having witnessed someone get shot, stabbed or beaten in their neighborhood.
- 16% of students reported they did not go to school on one or more days in the past month because they felt unsafe. 19% of girls reported this compared to 11 percent of boys.

Violence/Bullying Trends 2015-2022

- Increasing among females: Did not go to school on one or more days in the past month because they felt unsafe.
- Stable: Ever forced to do anything sexual.
- Declining: All other indicators.

Social Media Bullying and Safety

Social Media Bullying and Safety Key Findings:

- 10% of students reported they were electronically bullied in the past year.
- 11% of students reported they ever sent a nude or semi-nude picture/video of themselves or someone else.

Social Media Bullying and Safety Trends 2015-2022

- Declining: All indicators.

Vaping and Tobacco Use

County-wide, declines were seen in the percentage of students who reported vaping, however, this was not the case with students in RCSD, as reported vaping has increased overall since 2015. This is concerning as nicotine is highly addictive and it can harm brain development among adolescents.⁶

Vaping and Tobacco Use Key Findings:

- 27% of students reported they have used an e-cigarette or vape product.
- 15% of students reported they used an e-cigarette or vape product in the past month.
- 46% of students who used an e-cigarette or vape product in the past 12 months reported they tried to quit and no longer vape. 19% tried to quit and but still vape.
- 66% reported they think vape products are addictive.
- 2% reported they smoked cigarettes in the past month.

Vaping and Tobacco Use Trends 2015-2022

- Increasing: Use of vape products.
- Declining: Use cigarettes and Black n Milds.

⁶ <https://www.cdc.gov/tobacco/features/back-to-school/index.html>

Marijuana Use

The decrease in social gatherings and limited school attendance during the Covid-19 pandemic most likely contributed to declines in reported use of substances. Students' first use of these substances almost always occurs when they are with peers.

In addition, students might have been reluctant to share substances during the pandemic, or concerned that using substances would increase their chances of severe illness if they were to contract COVID. Mask mandates made it more difficult to discreetly use substances.

For some students who had used marijuana prior to the pandemic, they reported increase use during the pandemic.

Marijuana Use Key Findings:

- 27% of students reported they have used marijuana.
- 18% of students reported they used marijuana in the past month.
- 43% of students who ever used marijuana reported they used more during the COVID-19 pandemic than before it started.
- 38% of students who used marijuana in the past month reported they used edibles.

Marijuana Use Trends 2015-2022

- Declining: Use of marijuana.

Alcohol Use

The decrease in social gatherings and limited school attendance during the Covid-19 pandemic most likely contributed to declines in reported use of substances. Students' first use of these substances almost always occurs when they are with peers.

However, some students who had consumed alcohol prior to the pandemic reported increased use during the pandemic.

Alcohol Use Key Findings:

- 29% of students reported they have drunk one or more alcoholic drinks.
- 10% of students reported they drank one or more alcoholic drinks in the past month.
- 6% of students reported they engaged in binge drinking in the past month (four or more alcoholic drinks in a row within a couple of hours).
- 19% of students who ever drank alcohol reported they drank more alcohol during the COVID-19 pandemic than before it started.

Alcohol Use Trends 2015-2022

- Declining: Use of alcohol.

Use of Other Drugs

The decrease in social gatherings and limited school attendance during the Covid-19 pandemic most likely contributed to declines in reported use of substances. Students' first use of these substances almost always occurs when they are with peers.

Use of Other Drugs Key Findings:

- 12% of students reported they have taken prescription medicines not prescribed by their doctor or took them differently than their doctor's directions (including pain, sedative, and/or stimulants).
- 2% of students reported they have used over-the-counter drugs to get high.
- 8% of students 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.

Use of Other Drugs Trends 2015-2022

- Declining: Use of other drugs.

Parental Influences

Parental Influences Key Findings:

- 84% of students reported their parents feel it would be wrong/very wrong for them to use vape products.
- 93% of students reported their parents feel it would be wrong/very wrong for them to smoke cigarettes.
- 75% of students reported their parents feel it would be wrong/very wrong for them to use marijuana.
- 77% of students reported their parents feel it would be wrong/very wrong for them to drink alcohol.

Parental Influences Trends 2015-2022

- Fluctuating.

Distracted Driving/Driving Under the Influence

Distracted Driving Key Findings:

- 23% of student drivers reported that they texted, used social media, or emailed while driving in the past month.
- 12% of student drivers reported they rode in a car with a driver who had been drinking alcohol in the past month.
- 11% of student drivers reported they rode in a car with a driver who had been using marijuana, pills or other drugs in the past month.

Distracted Driving Trends 2015-2022

- Declining: Riding with someone under the influence and driving while under the influence.
- Stable: Distracted driving.

Sexual Risks

Social isolation during pandemic may have contributed to the decline in reported sexual activity. However, rates had been declining prior to the pandemic. The decline in reported condom use among sexually active students is particularly concerning given that sexually transmitted disease infection rates in Monroe County are among the highest in New York State outside of New York City.⁷

Sexual Risks Key Findings:

- 25% of students reported they have engaged in sexual intercourse.
- 15% of students reported they engaged in sexual intercourse in the past three months, and are therefore considered sexually active.
- Only 6% of sexually active girls reported they used Long Acting Reversible Contraception (LARC) AND their partner used a condom the last time they had sexual intercourse. (The American Congress of Obstetricians and Gynecologists recommends LARC (an IUD or implant) be offered as first-line contraception for adolescents.) Together these interventions protect against pregnancy and sexually transmitted disease.
- 41% of sexually active females reported their partner used a condom the last time they had sex.
- 58% of sexually active males reported they used a condom the last time they had sex.

Sexual Risk Trends 2015-2022

- Declining: Condom use among those who are sexually active.
- Declining: All other indicators.

⁷NYS STI Surveillance System, data as of September 2021.

<https://webbi1.health.ny.gov/SASStoredProcess/guest?_program=/EBI/PHIG/apps/dashboard/pa_dashboard&p=gm&ind_id=pa46_0>

Physical Activity/Screen time/Sleep

Physical Activity Key Findings:

- 29% of students reported they engaged in one hour or more of physical activity daily during 5 of the past 7 days.
- 69% of students reported they spend an average of three or more hours on a typical school day watching TV, playing video games or using the computer/smartphone for non-school work related activities.
- 40% of students reported they spend an average of 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.
- 48% of students reported they get six hours or less of sleep on a typical school night.

Physical Activity Trends 2015-2022

- Increasing: students reporting three or more hours of screen time.
- Fluctuating: all other indicators.

Assets

Strengths and supports that students have in their lives, also known as assets, help guide their choices, contribute to their success at school and improve overall mental and physical well-being.⁸

Assets Key Findings:

- 78% of students reported they agree or strongly agree with the statement “My family gives me help and support when I need it.”
- 60% of students reported they agree or strongly agree with the statement “I get a lot of encouragement at my school.”
- 47% of students reported they agree or strongly agree with the statement “In my community I feel like I matter to people.”
- 78% of students reported they know of one or more adults (other than their parents) they can go to and discuss important questions about their life.

Assets Trends 2015-2022

- Declining: Agree or strongly agree with the statement “I get a lot of encouragement at my school.
- Declining: Spend one or more hours per week helping others without getting paid.
- Fluctuating: All other indicators.

⁸ <https://www.search-institute.org/our-research/development-assets/developmental-assets-framework/>

Effects of COVID-19 Pandemic

RCSD asked students additional questions about how they were affected by the COVID-19 pandemic.

COVID-19 Pandemic Key Findings:

- 22% reported that during the pandemic, a parent or other adult in their home lost their paying job even for a short period.
- 8% reported that during the pandemic they SOMETIMES, MOST OF THE TIME OR ALWAYS were hungry because there was not enough food in their home.
- 38% reported that during the pandemic, they NEVER OR RARELY were able to spend time with family, friends or other groups, such as clubs, religious groups, by using a computer, phone or other device (not counting attending school online).
- 62% reported they AGREE or STRONGLY AGREE that school work was more difficult during the pandemic.

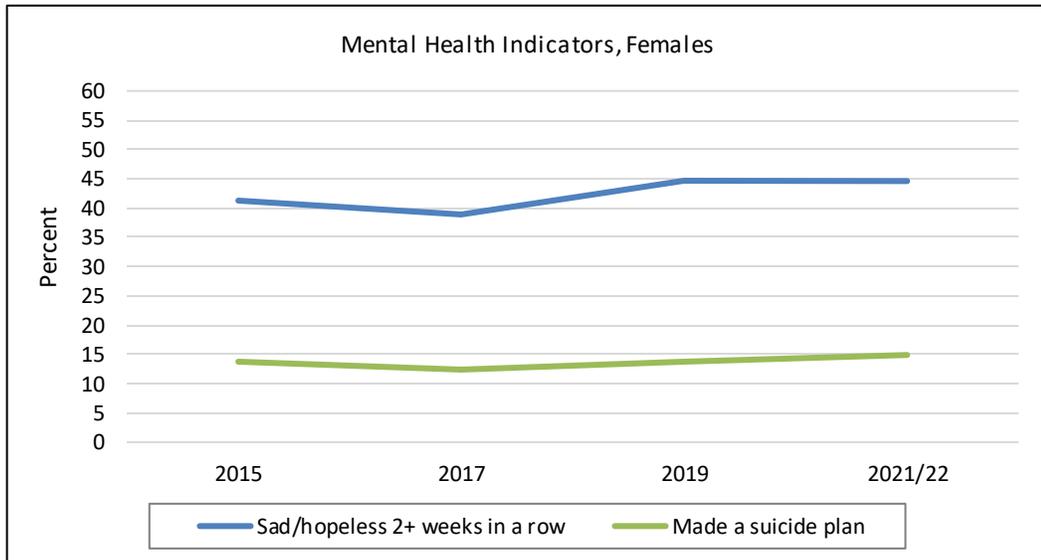
Mental Health

Question #	Students Reported They:	%
Q21	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	35.4
Q27	Have serious difficulty concentrating, remembering, or making decisions because of mental, or emotional challenges ¹	37.5
Q92	Mental health was not good during the COVID-19 pandemic- MOST OF THE TIME OR ALWAYS ²	29.6
Q26	Did something to purposely hurt themselves without wanting to die, such as cutting or burning themselves during the past 12 months (self-injurious behavior)	13
Q22	Seriously considered attempting suicide in the past year	14.3
Q23	Made a specific plan about how they would attempt suicide in past year	11.6
Q24	Attempted suicide in the past year	8.6
Q25	Attempted suicide in the past year that resulted in an injury that needed treatment by a doctor or nurse (injurious suicide attempt)	2.5

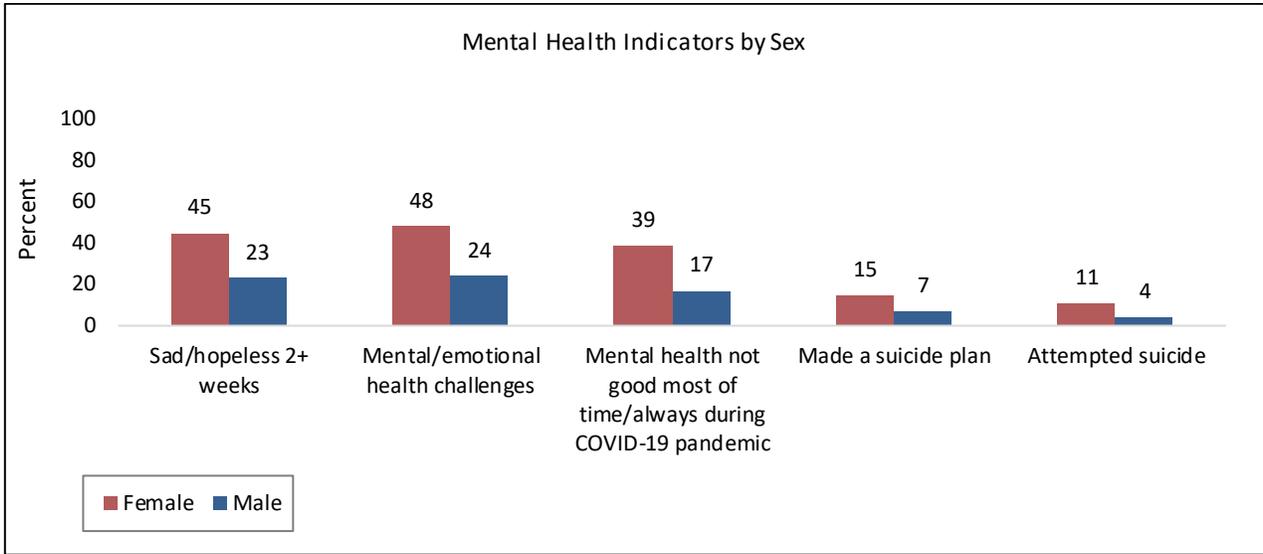
¹New question in 2019

²New question in 2021

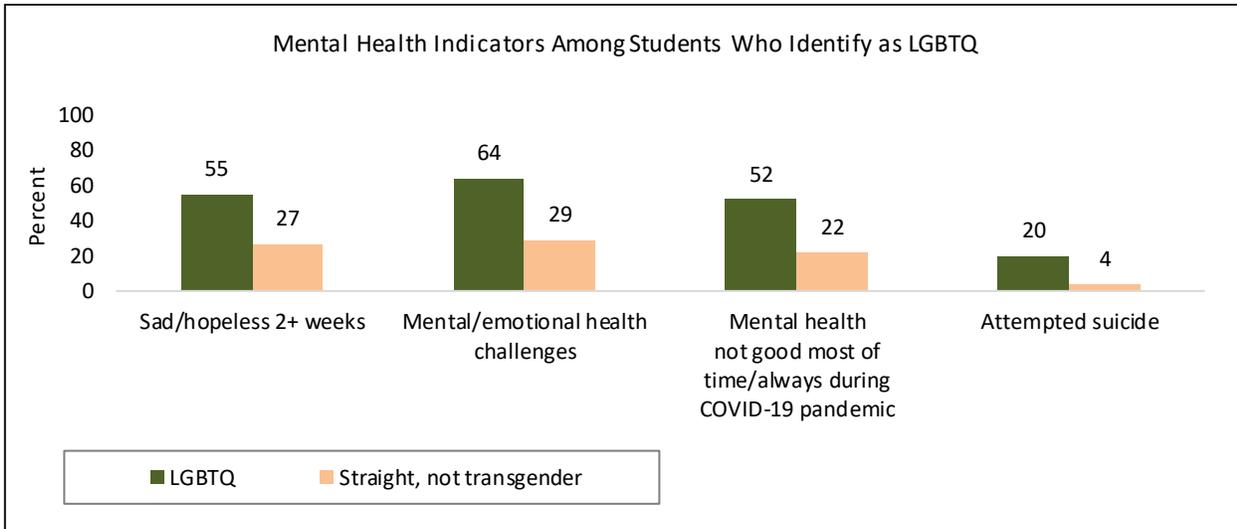
Overall since 2015, there was an increase in females reporting mental health challenges.



Females were more likely than males to report mental health problems and suicidal behavior as shown in the graphics below.



Students who identify as LGBTQ were more likely to report mental health challenges and suicide risks compared to students who identify as straight, not transgender.



Adverse Childhood Experiences (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.⁹ The accumulation of multiple adverse childhood experiences (ACE) compounds these risks.

Question #	Students Reported They:	%
Q28	Often or repeatedly a parent or adult in their home swore at them, insulted them or put them down (verbal abuse)	9.5
Q29	Often or repeatedly a parent or adult in their home hit, beat, kicked or physically hurt them in any way (physical abuse)	2.3
Q31	Often or repeatedly parents or adults in their home hit, beat, kicked or beat each other up	2.2
Q30	Often or repeatedly, their family has not had enough money to buy food or pay for housing	5.9
Q32	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	17.3
Q33	Have ever lived with anyone who was depressed, mentally ill or suicidal	25.4
Q34	Ever had anyone in their household go to jail or prison	26.5
Q35	Ever witnessed someone get shot, stabbed or beaten in their neighborhood	24.9
Q36	They were ever forced to do any of the following: have sexual intercourse, touch someone sexually, or be touched by someone sexually	10.5
Q37	They disagree or strongly disagree with the statement, "my family gives me the help and support I need"	8.4
Q38	They currently do not live with both parents	66.2

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.

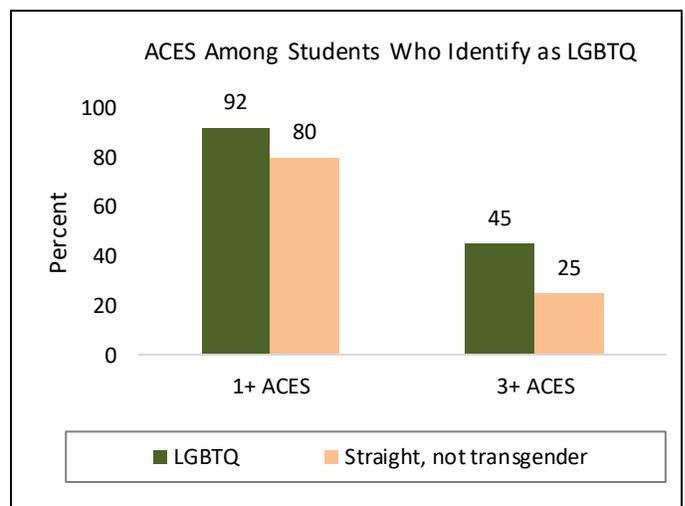
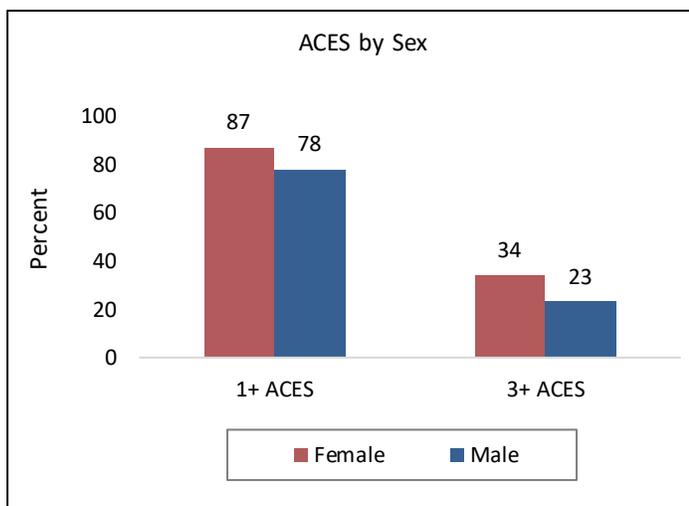
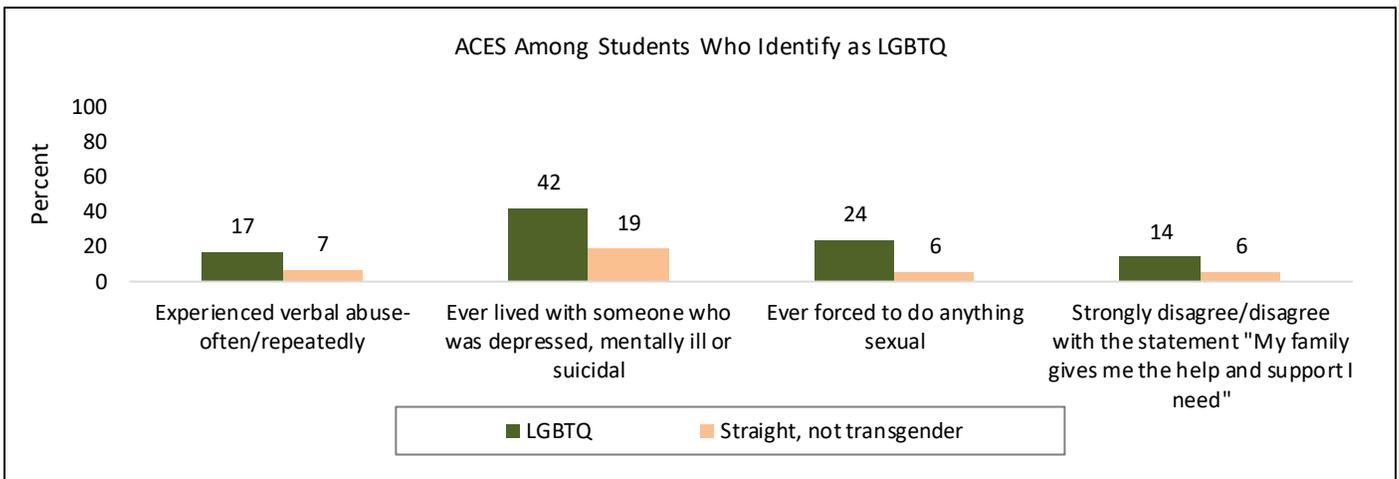
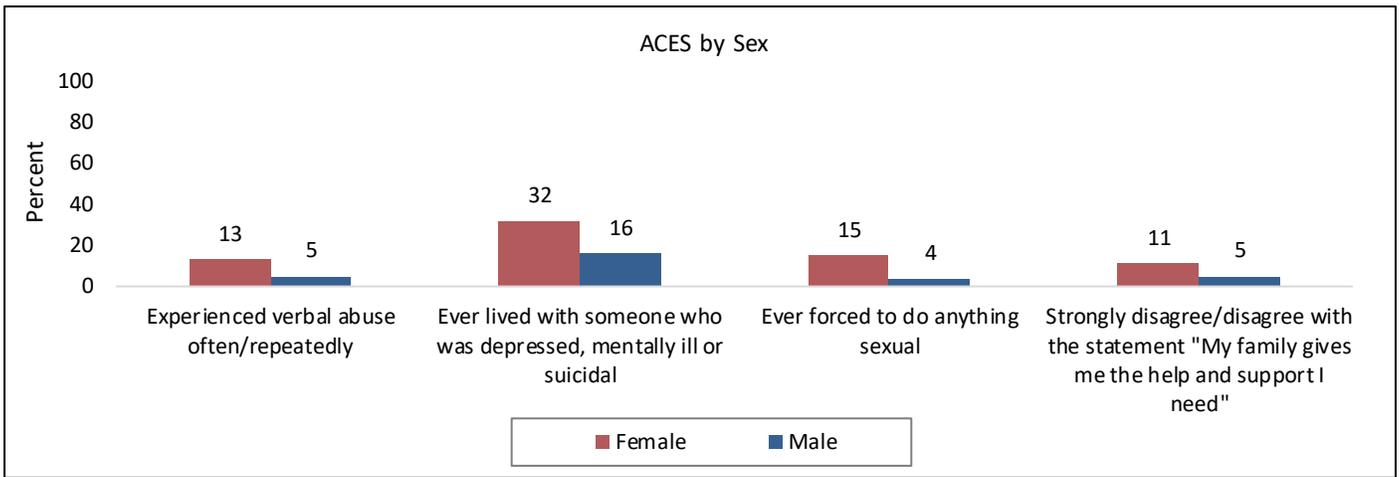
Eighty-three percent of students reported one or more adverse experiences and thirty percent (30%) reported three or more.

# of Traumatic Life Events Reported by Students	%
no reported ACES	17
1 or more	83
3 or more	29.8

There was an increase in students who reported they ever lived with someone who was depressed, mentally ill or suicidal from 20% in 2015 to 25% in 2022. The proportion of students who reported they were ever forced to anything sexual was stable since 2015. All other reported ACES declined.

⁹ <https://www.cdc.gov/violenceprevention/childabuseandneglect/acestudy/aboutace.html>

Females were more likely to report ACES compared to males and students who identify as LGBTQ were also more likely to report ACES as shown in the graphics below.



Grief

Questions about grief experiences were not included in the original ACES questions. After discussions with local school district representatives we decided to include questions about this issue in the 2021-22 YRBS as they often have an impact on student mental health and well-being.

18.9% of students reported that at this time they were feeling depressed, anxious, afraid, empty or confused because of the death of a close family member or friend.

Students were also asked if they had a family member or friend died in the past 2 years and if the death was due to any of the following. The table below shows responses.

	%
A sudden or unexpected death like from a car crash, suicide, drug overdose or heart attack	10.1
COVID-19	10.1
Violence/homicide	8.3
A death due to another reason	25.2
I have not had a close family member or friend die in the past 2 years	46.3

Experiences of Racism and Discrimination

Experiences of racism and discrimination have a negative impact on the health and well-being of youth.

The tables below show the % of youth who reported they experienced racism and discrimination.¹⁰

Question #	Students Reported:	%
Q90	They felt they were treated badly or unfairly because of their race and/or ethnicity at least some of the time (SOMETIMES, MOST OF THE TIME, OR ALWAYS)	
	students who identify as LATINO	27.5
	students who identify as WHITE	18
	students who identify as BLACK	36
	students who identify as ANOTHER RACE OR MULTIPLE RACES	40.7

Question #	Students Reported:	%
Q91	They felt they were treated badly or unfairly because of their sexual orientation at least some of the time (SOMETIMES, MOST OF THE TIME, OR ALWAYS)	
	students who identify as LBGQT	34.6

¹⁰ <https://publications.aap.org/pediatrics/article/144/2/e20191765/38466/The-Impact-of-Racism-on-Child-and-Adolescent>

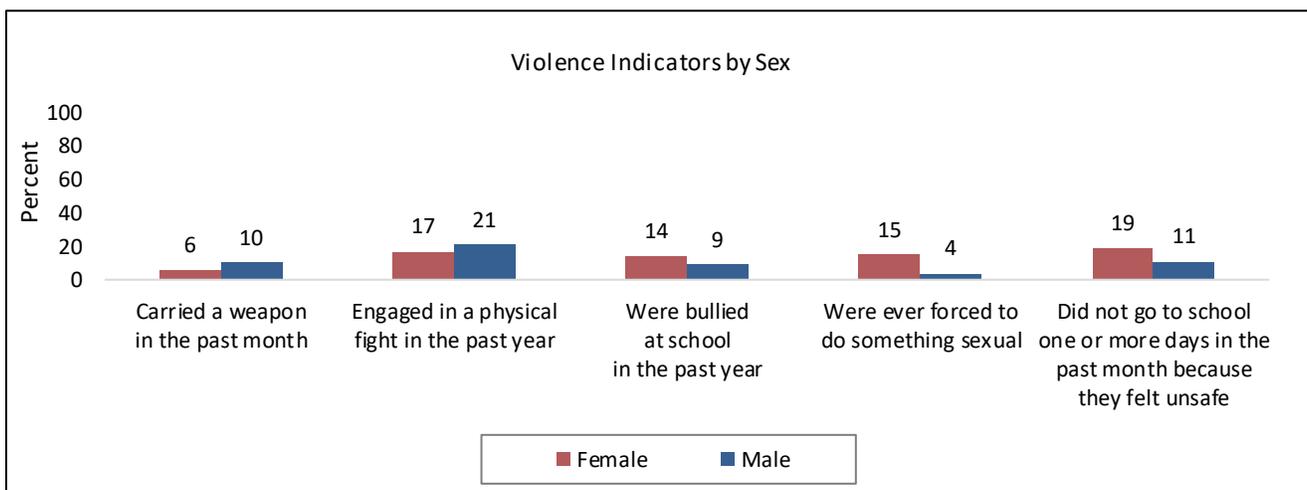
Violence/Bullying

Question #	Students Reported They:	%
Q13	Carried a weapon in the past month	8.1
Q14	Carried a weapon on school property in the past month	1.8
Q15	Carried a gun in the past year	2.4
Q16	Engaged in a physical fight in past year	18.7
Q18	Did not go to school on one or more days in the past month because they felt unsafe	15.8
Q17	Were threatened/injured on school property 1 or more times during past year	7
Q19	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.) ¹	12.2
Q20	In the past year, were physically hurt by someone they were dating, "talking to" or going out with	6.2
Q36	Were ever forced to do any of the following: have sexual intercourse, touch someone sexually, or be touched by someone sexually	10.5

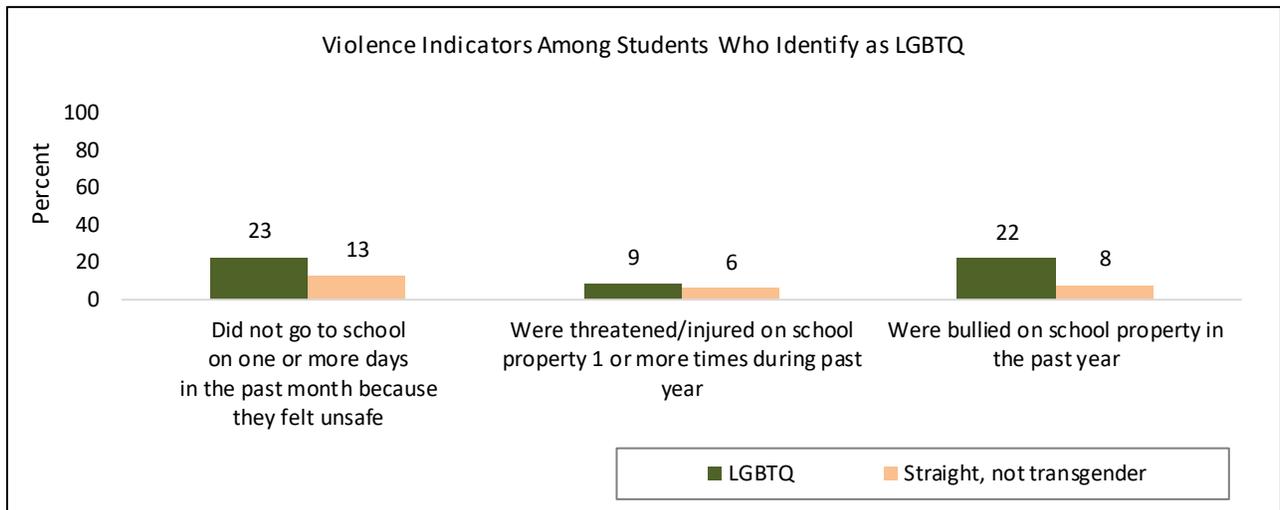
¹ New question in 2019

There was an increase in female students reporting they did not go to school because they felt unsafe from 10% in 2015 to 19% in 2021-22. Declines were seen in all of the other indicators except students reporting they were ever forced to do something sexual, which was stable.

Males were more likely than females to report weapon carrying and fighting. Females were more likely than males to report they were victims of violence.



Students who identify as LGBTQ were more likely than students who identify as straight, not transgender to report not going to school because they felt unsafe and to report they experienced bullying.

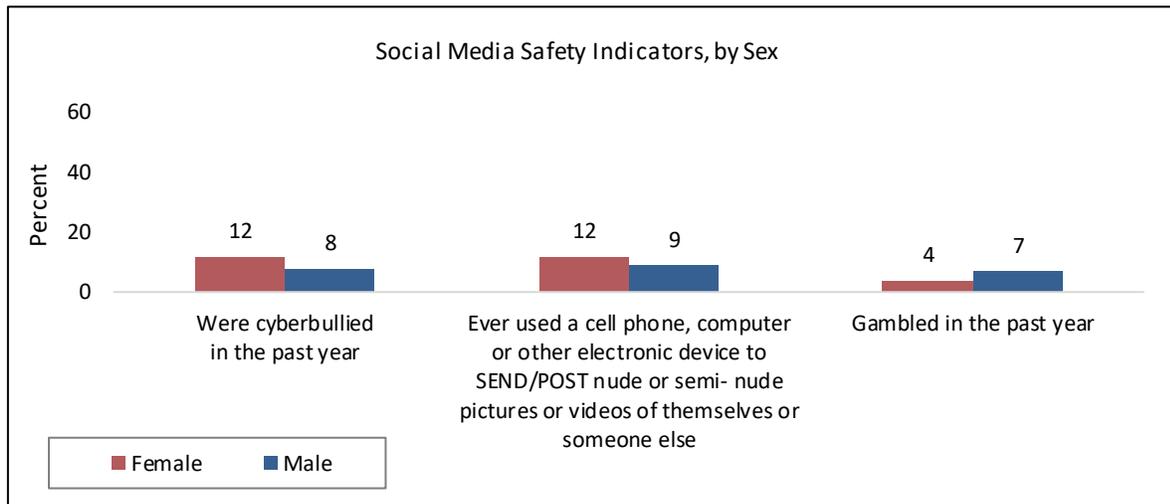


Social Media-Bullying and Safety Issues

Question #	Students Reported They:	%
Q77	Were cyber bullied in the past 12 months [Cyber bullying is when another student teases, threatens, spreads rumors about you, or sends pictures or videos of you, through texting, gaming sites, or social media websites like Facebook, Tik Tok, Twitter, Discord, Instagram, SnapChat, You Tube etc.]	10.2
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	10.7
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	15.4
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)*	5.6

The proportions of students who reported they were cyberbullied and who reported they engaged in sexting declined overall since 2015.

Females were more likely than males to report they were cyberbullied and to report they engaged in sexting. Males were more likely than females to report they gambled.



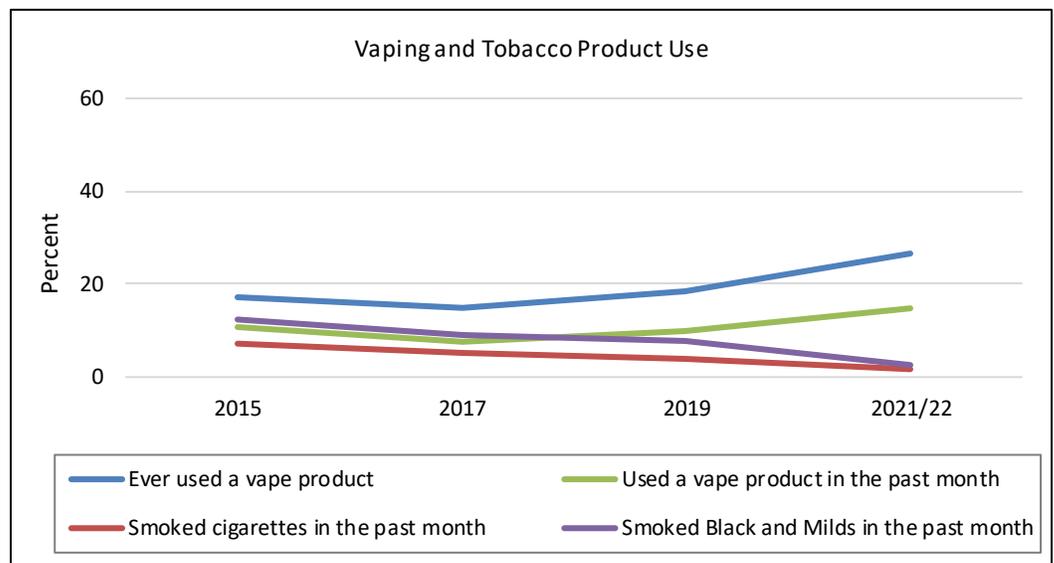
Students who identify as LGBTQ were more likely to report they were cyberbullied compared to students who identify as straight, not transgender (18% compared to 7%).

Vaping and Tobacco Use

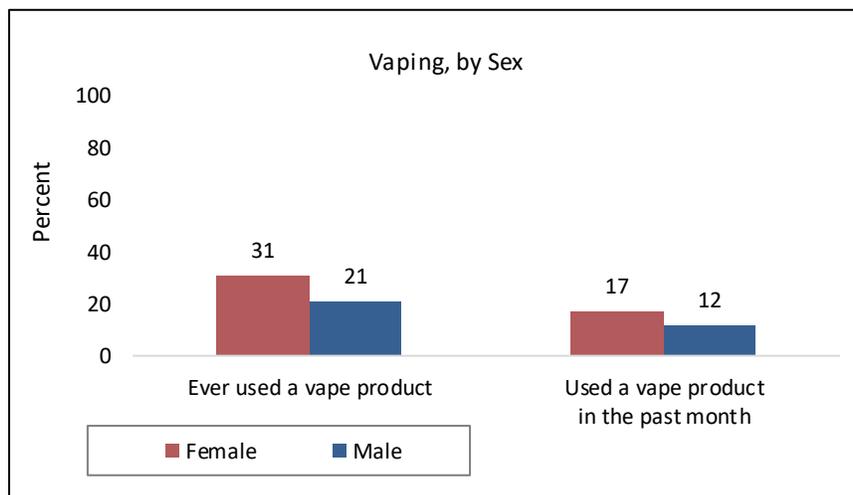
Question #	Students Reported They:	%
Q52	Ever used a vape product ¹	26.6
Q53	Used an vape product before age 13 ¹	2.4
Q54	Used vape product on one or more of the past 30 days ¹	14.8
Q74	Ever tried smoking cigarettes, even one or two puffs	8.7
Q74	Tried cigarette smoking, even one or two puffs, before age 13	5.4
Q75	Smoked cigarettes on one or more days in the past 30 days [Current smoker]	1.7
Q76	Smoked cigars or Black & Milds in the past month	2.6

¹Slight change in question in 2021- used the term "vape products" instead of e-cigarettes. Added newer products in description including Hyde, SMOK, Puff Bar and Suorin

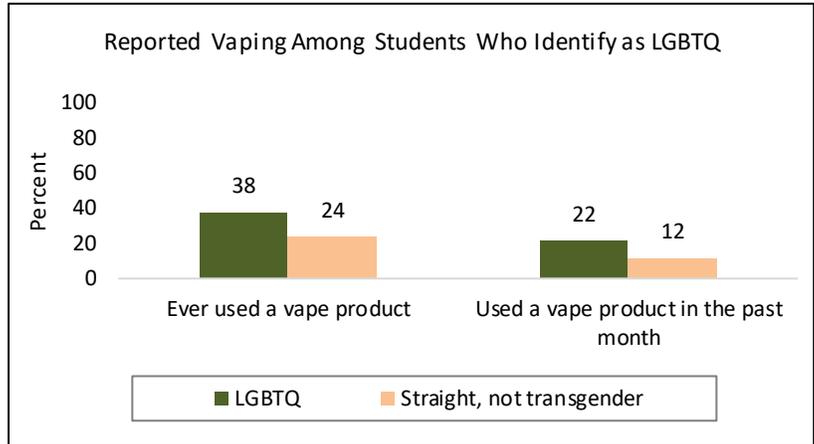
There was a significant increase in the proportion of students who reported vaping. Reported smoking of cigarettes and Black and Milds declined.



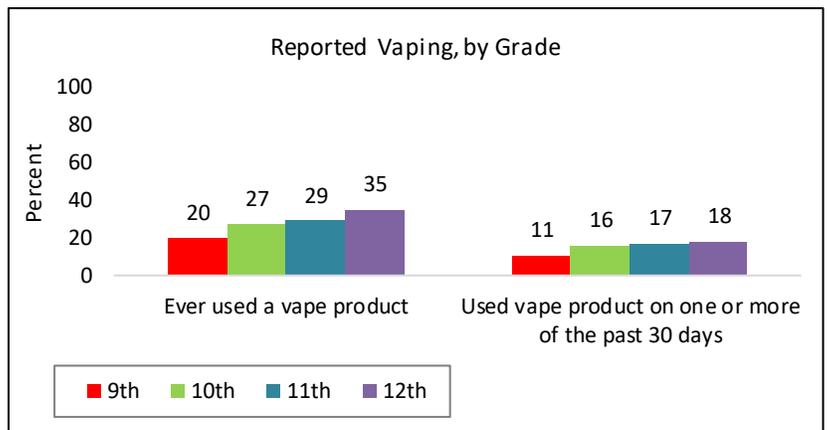
Females compared to males were more likely to report vaping.



Students who identify as LGBTQ were more likely to report vaping compared to students who identify as straight and not transgender.



Reported vaping increased by grade.



Main reason use e-cigarette or vape products

Students were asked to select the one main reason they now use e-cigarettes or vape products. Nearly one third responded they use them to relax or de-stress.

One Main Reason they Now Use E-cigarettes or Vape Products (Q55)	%
To relax or de-stress	31.3
I like the flavors	16.8
My friends use them	9.2
To get a nicotine buzz	7.9
To do tricks or make shapes with the vapor	7.6
I can't quit/I crave them/I'm addicted	3.4
They are less harmful than other tobacco products	2.9
To try to quit using other tobacco products	1.6

Experiences with Quitting Vaping in the Past 12 months (Q56)

Of those who vaped in the past 12 months:

- 46% said they tried to quit and no longer vape.
- 19.3% said they tried to quit, but are still using vape products.
- 34.6% said they did not try to quit.

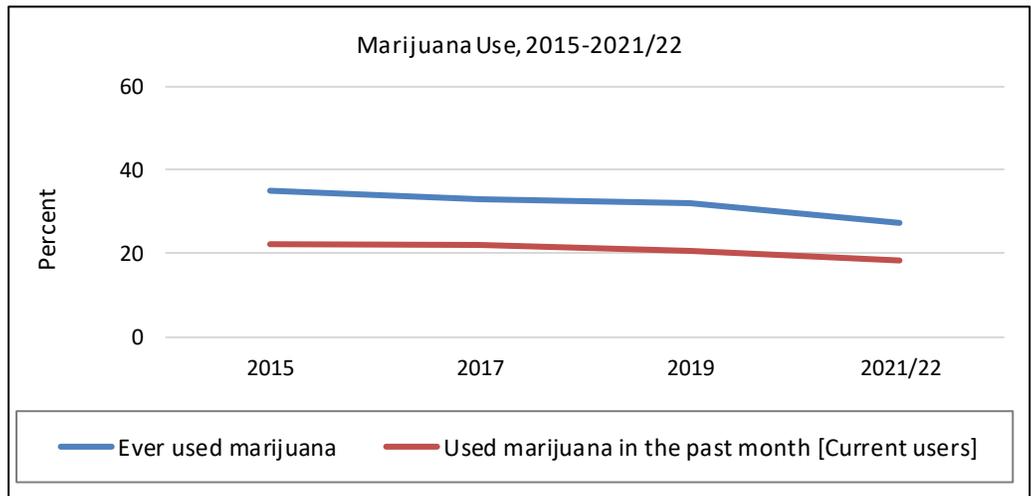
Perception about Vape Products Being Addictive(Q57)

66.3% of students reported that they think vape products are addictive.

Marijuana Use and CBD

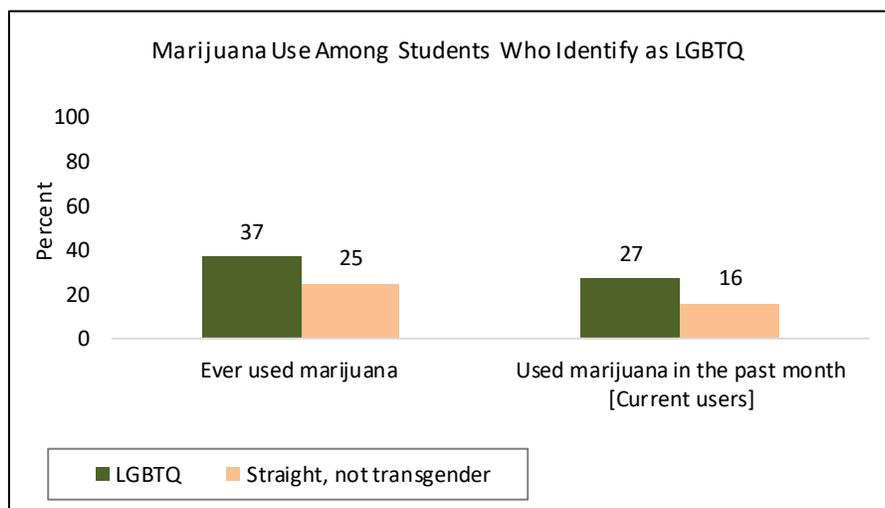
Question #	Students Reported They:	%
Q62	Ever used marijuana	27.4
Q62	Used marijuana before age 13	5.2
Q63	Used marijuana in the past month [Current users]	18.4
Q94	Used marijuana more during the COVID-19 pandemic than before it started, of those who ever used marijuana, - Agree or Strongly agree	42.9
Q65	Ever used CBD (cannabidiol) in any form (edibles, vapes, liquid, lotion, etc.)	22.0

Reported marijuana use declined since 2015.

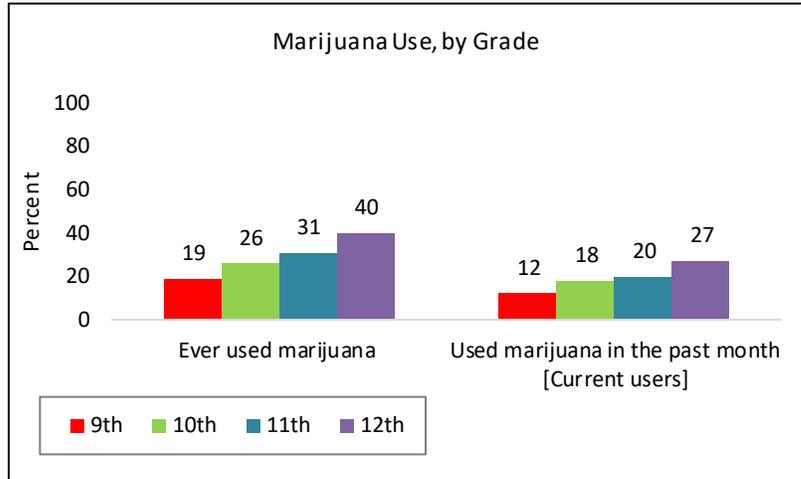


Females were more likely than males to report ever using marijuana (30% compared to 24%).

Students who identify as LGBTQ were more likely to report marijuana use compared to students who identify as straight and not transgender.



Reported marijuana use increases by grade.



The table to the right shows how marijuana was used, by those who reported using it in the past month. More than one third reported using edibles.

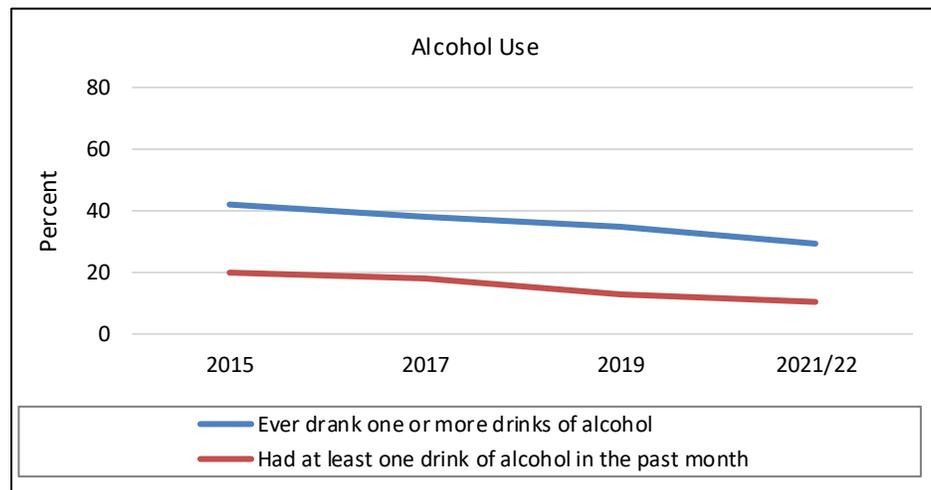
How Marijuana was Used, Reported by those Who Used it in the Past Month (Q64) ^{1,2}	%
I smoked it in a joint, bong, pipe, or blunt	83.9
I ate it in food/edibles such as brownies, cakes, cookies, or candy	37.8
I vaped it (examples include carts/cartridges, THC oil)	21.9
I dabbled it using shatter, crumble, wax, etc.	4.3
I drank it in tea, cola, alcohol, THC lean or other drinks	4.3
I used it some other way	2.8

¹ Trend data not available as there were changes in the description of vaporizing. – included "cart/ cartridges, THC oil. Separated out dabs.
² Students were allowed to select more than one response

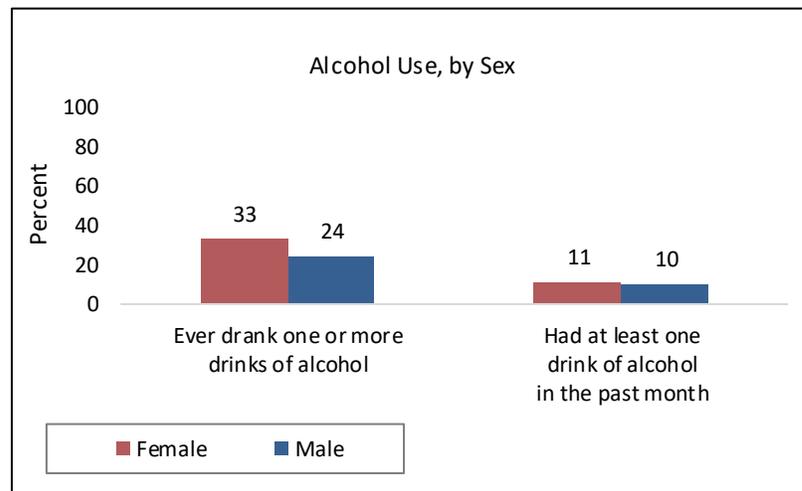
Alcohol Use

Question #	Students Reported They:	%
Q58	Ever drank one or more drinks of alcohol in their lifetime (not including for religious purposes)	29.3
Q58	Had their first drink of alcohol before age 13, other than a few sips	7.0
Q59	Had at least one drink of alcohol in the past month	10.4
Q60	Engaged in binge drinking one or more times during the past month (4 or more drinks of alcohol in a row, within a couple of hours)	5.5
Q93	Drank more alcohol during the COVID-19 pandemic than before it started, of those who ever drank alcohol- Agree or Strongly agree	19.4

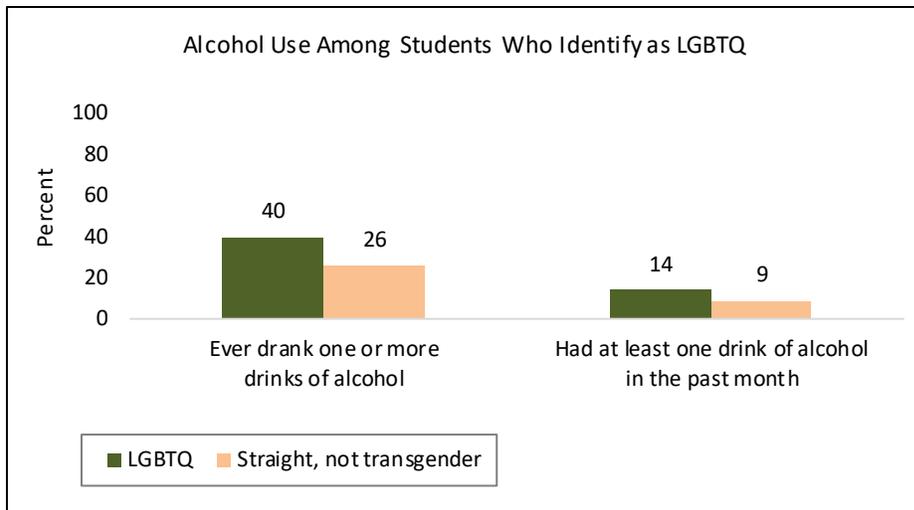
Reported alcohol use declined since 2015.



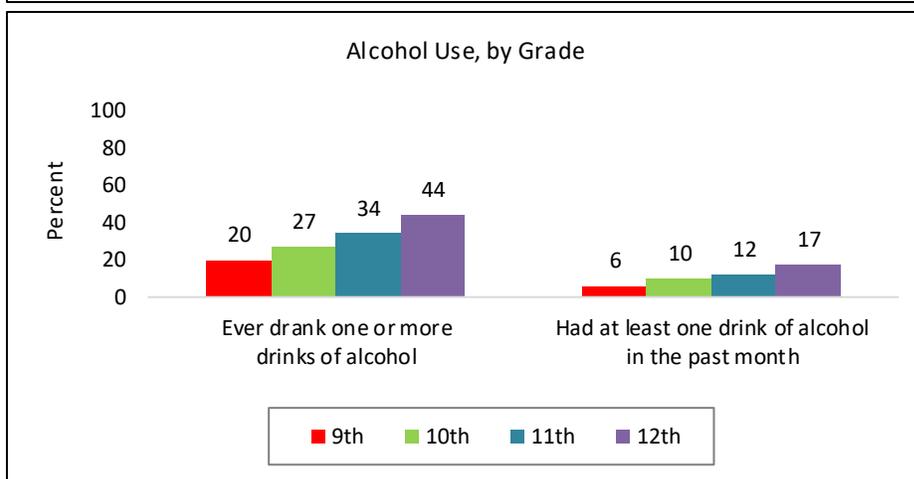
Females were more likely than males to report alcohol use.



Students who identify as LGBTQ were more likely to report alcohol use compared to students who identify as straight and not transgender.



Reported alcohol use increased by grade.



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

Q61	How they usually got alcohol, reported by those who drank alcohol in past month	%
	A family member gave it to me	28.4
	A friend gave it to me	16.8
	I took it from my home, garage, porch or deck	16.8
	I gave someone else money to buy it for me	6.0
	I bought it in a store such as a liquor store, convenience store, supermarket, discount store, or gas station	6.0
	I stole it	4.2
	I bought it at a restaurant, bar, club or a public event such as a concert or sporting event	1.8
	I took it from another person's home, garage, porch or deck	1.1
	I got it some other way	19.0

Use of Other Drugs

Question #	Students Reported They:	%
Q66	Ever used cocaine ^{1,2}	1.2
Q67	Ever used heroin ²	1.0
Q68	Ever used ecstasy ²	1.6
Q69	Ever used hallucinogenic drugs such as LSD, acid, PCP, angel dust, mescaline or mushrooms ²	2.0
Q70	Ever injected any illegal drug into their body	1.0
Q71	Ever took any form of over-the-counter (OTC) drug to get high ²	2.3
Q72	Ever misused prescription PAIN MEDICINE (e.g. -OxyContin, Hydrocodone, Percocet) ^{2,3}	8.1
Q72	Ever misused prescription SEDATIVE MEDICINE (e.g. - Xanax, Zannie bars, Klonopin, K-pins, Valium) ^{2,3}	2.1
Q72	Ever misused prescription STIMULANT MEDICINE (e.g.- Adderall, Ritalin, and other ADHD meds) ^{2,3}	5.0
Q72	Ever misused prescription PAIN, SEDATIVE AND/OR STIMULANT MEDICINE ^{2,3}	12.1
Q73	During the past year, were offered, sold, or given you any drugs on school property or on the way to/from school (count marijuana, cocaine, heroin, etc. and prescription medicines that were not yours) ³	7.6

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

²Changed to yes/no question

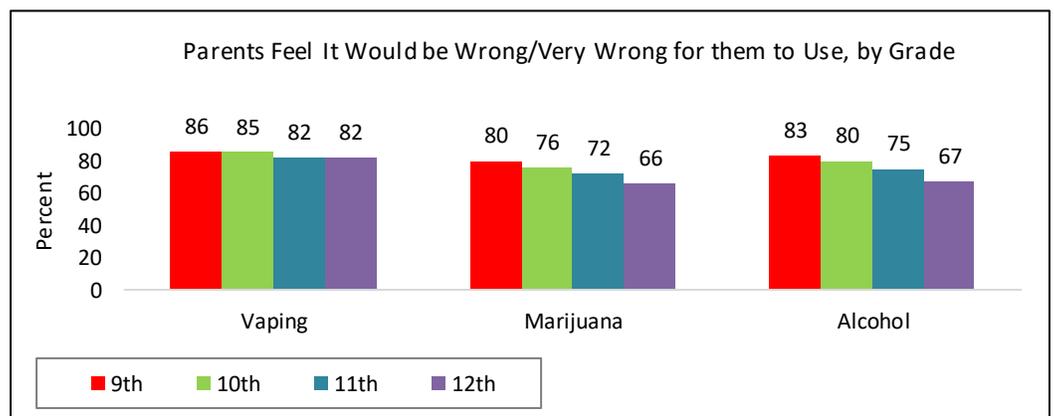
³Description changed, so trend data not available. Misuse defined as taking someone else’s medicine (medicine not prescribed to you) or taking your medicine differently than how a doctor told you how to use it (example- taking more)

³Changed question to specify types of drugs

Parental Influences

Question #	Students Reported Their Parents Feel:	%
Q84	It would be <u>very wrong</u> or <u>wrong</u> for them to use vape products	84.4
Q84	It would be <u>very wrong</u> or <u>wrong</u> for them to smoke	92.9
Q84	It would be <u>very wrong</u> or <u>wrong</u> for them to use marijuana	74.9
Q84	It would be <u>very wrong</u> or <u>wrong</u> for them to drink alcohol	77.3

With increasing grade, students were less likely to report their parents feel it would be wrong/very wrong for them to use substances.



Distracted Driving and Driving Under the Influence

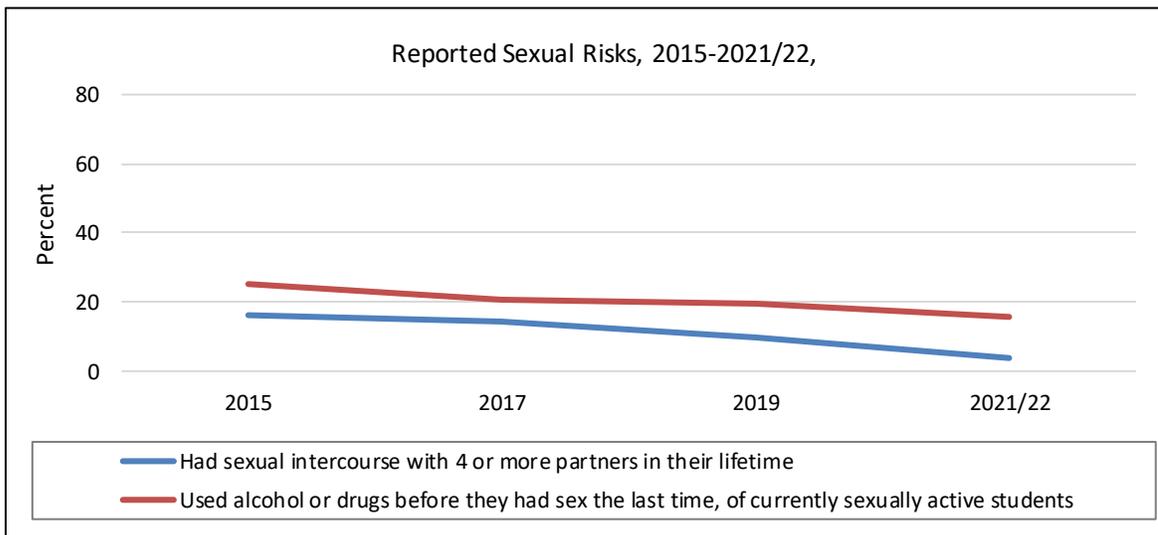
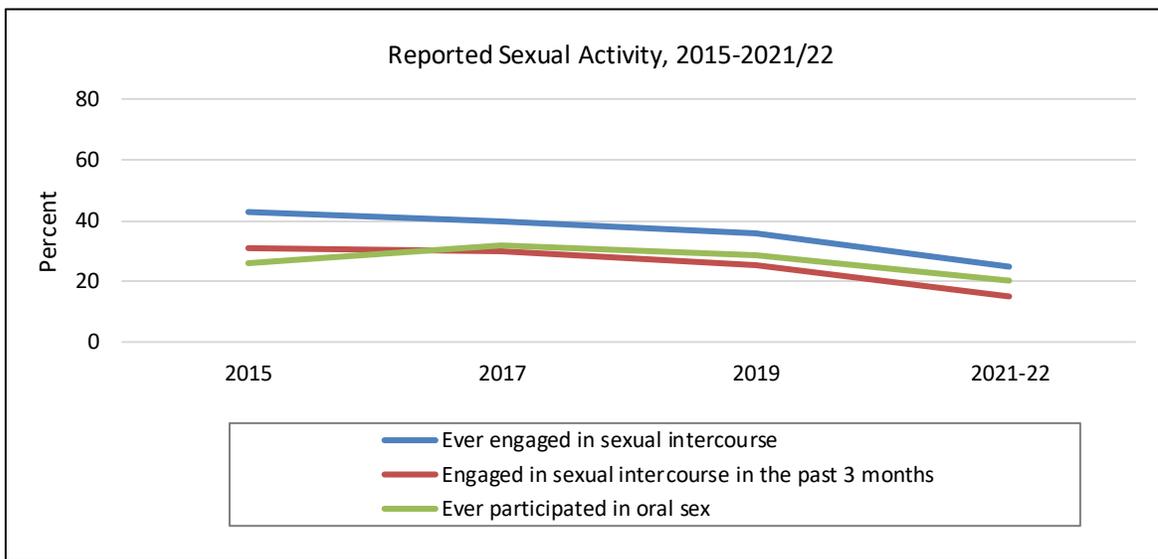
Question #	Students Reported They:	%
Q12	Looked at their phone to change the music, use social media or text, while driving a car or other vehicle - of those who drove in the past month [Distracted driving]	22.9
Q8	In the past month, rode in a car with a driver who had been drinking alcohol	12.2
Q9	Drove a car after drinking alcohol –of all students	2.0
Q9	Drove a car after drinking alcohol-only of those who drove in the past month	4.3
Q10	In the past month, rode in a car with a driver who had been using marijuana, pills or other drugs	10.9
Q11	Drove a car when they had been using marijuana, pills or other drugs– of all students	2.8
Q11	Drove a car when they had been using marijuana, pills or other drugs– only those who drove a car in the past month	5.7

Reported distracted driving was stable, while driving under the influence declined since 2015.

Sexual Risk Behaviors

Question #	Students Reported They:	%
Q41	Ever engaged in sexual intercourse	24.8
Q42	Had sexual intercourse before age 13	3.8
Q44	Engaged in sexual intercourse in the past 3 months [currently sexually active]	15.0
Q43	Had sexual intercourse with 4 or more partners in their lifetime	3.8
Q45	Used alcohol or drugs before they had sex the last time, of currently sexually active students	15.7
Q49	Ever participated in oral sex	20.2
Q50	Participated in oral sex before age 13	3.5

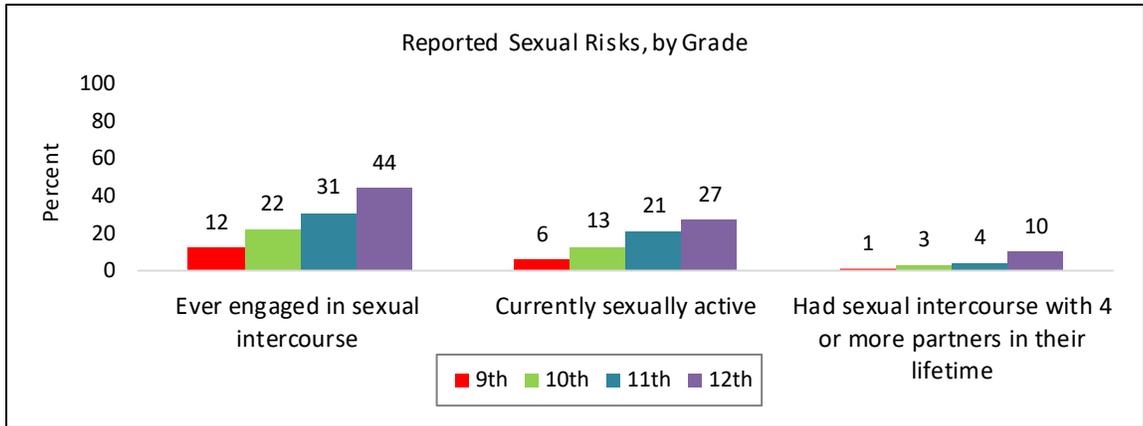
The proportion of students reporting they engaged in sexual activity and sexual risks declined.



Males were more likely than females to report they engaged in sexual intercourse with 4 or more partners in their lifetime (5% compared to 2%)

Students who identify as LGBTQ were more likely to report they used alcohol or drugs the last time they had sexual intercourse (23% compared to 15%).

Reported sexual risks increase with increasing grade.

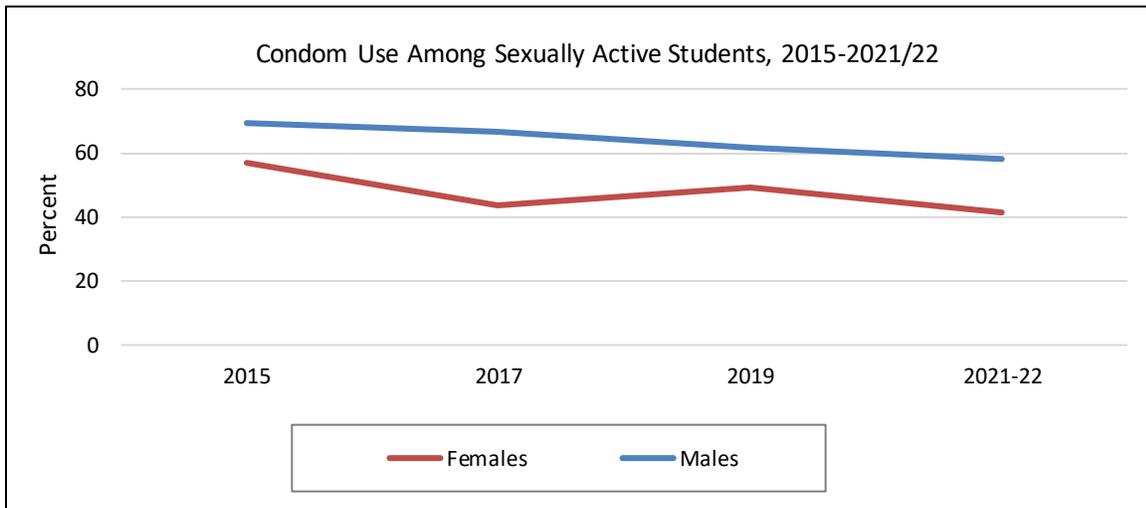


Prevention of Pregnancy and STDs

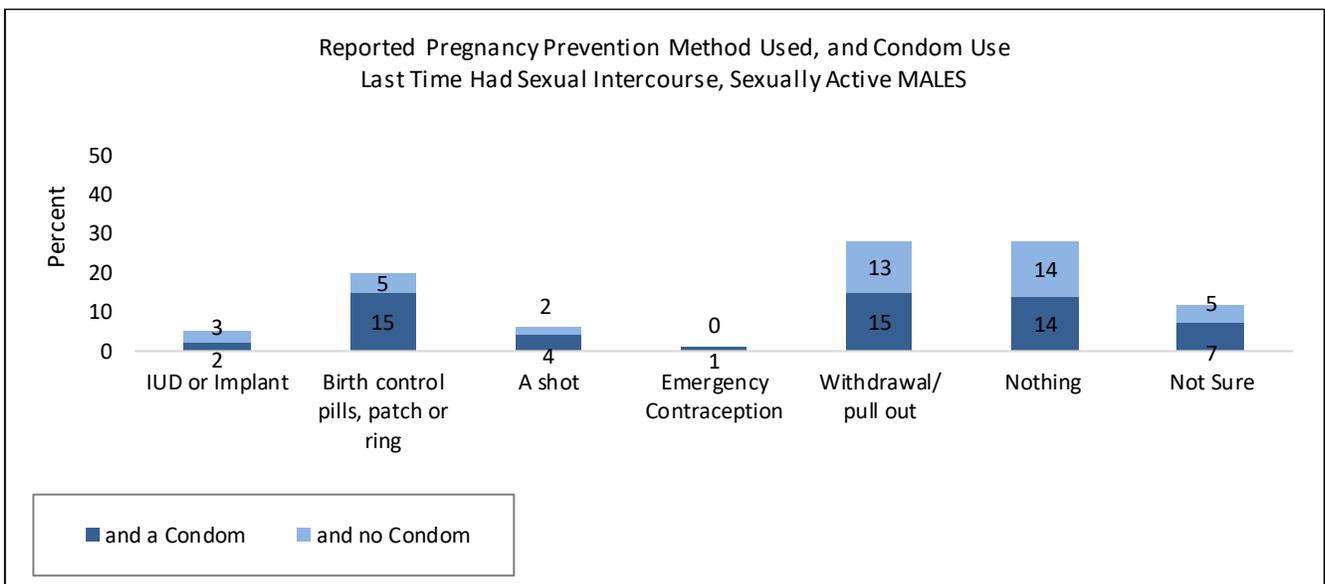
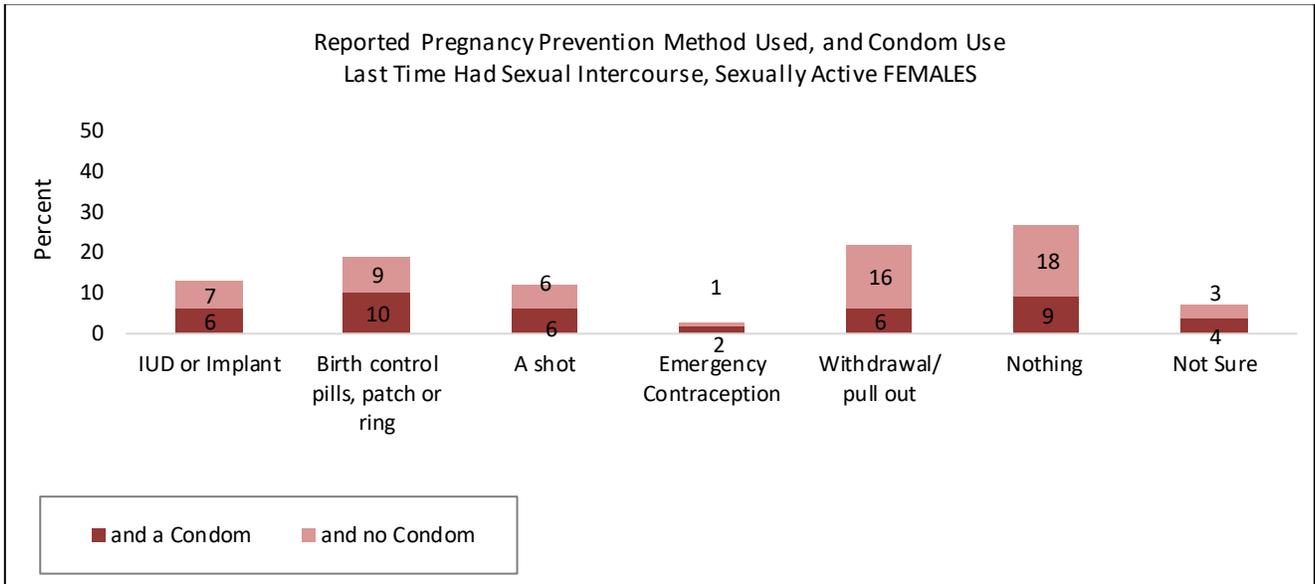
Of sexually active youth: (Q46)

- 41.4% of females reported their partner used a condom the last time they had sex.
- 58.1% of males reported they used a condom the last time they had sex.

Reported condom use among sexually active youth declined among both females and males

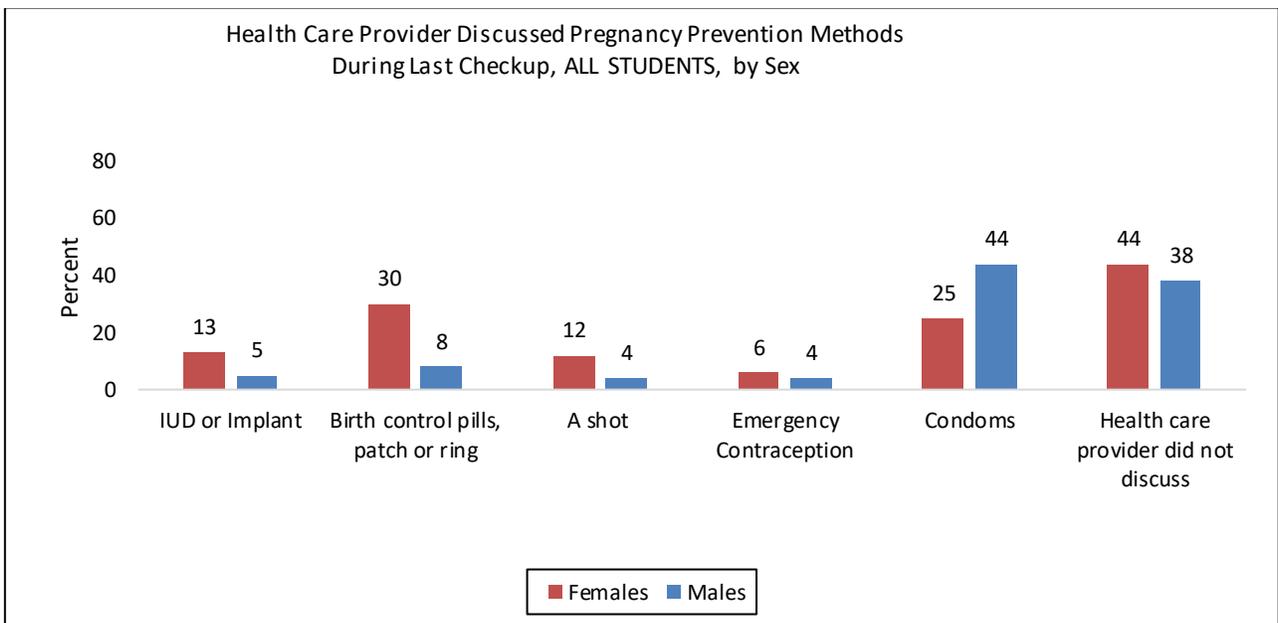
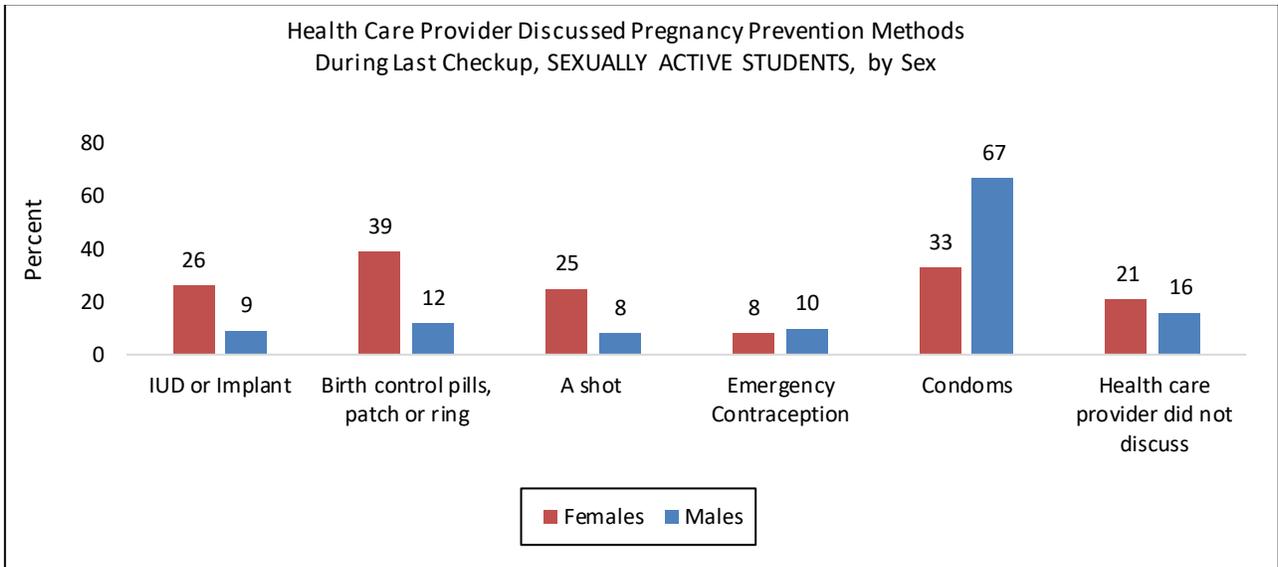


The graphics below show the pregnancy prevention methods reported by sexually active youth. Of note, only 6% of sexually active females reported that long acting reversible contraception (an IUD or implant) and a condom were used the last time they had sexual intercourse.



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. Males were more likely than females to report their doctor did not discuss any pregnancy prevention method with them.

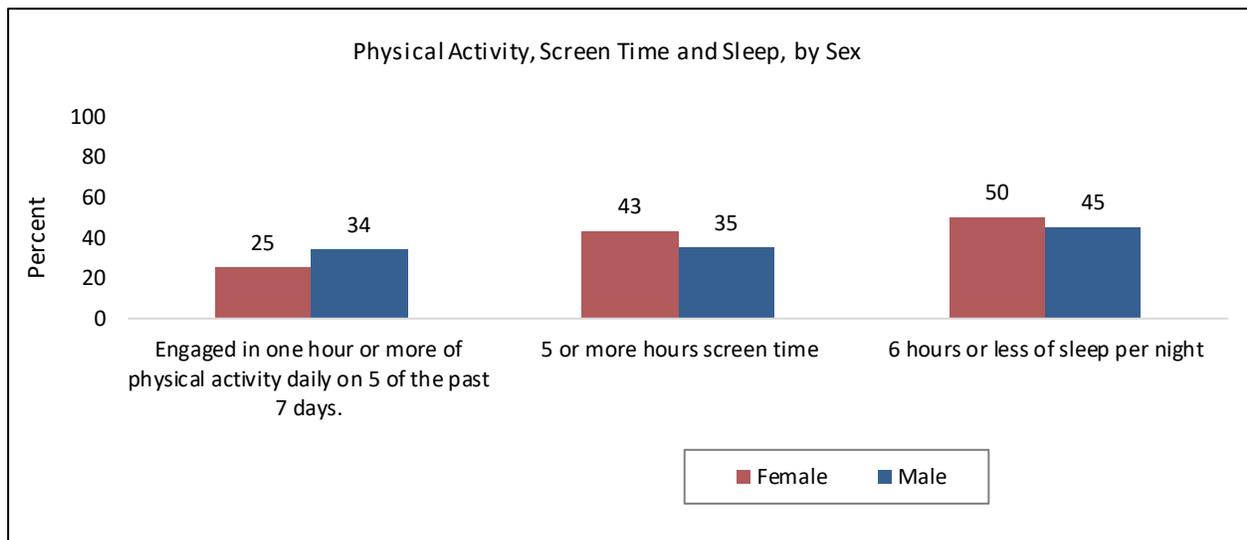


Physical Activity/Screen Time and Sleep

Question #	Students Reported They:	%
Q81	Engaged in one hour or more of physical activity daily during the past seven days (current recommendations)	16.3
Q81	Engaged in one hour or more of physical activity daily during five of the past seven days	29.3
Q81	Did not engage in one hour of physical activity on any of the past seven days	31.5
Q82	On an average school day, spend 3 or more hours in front of a TV, computer, smart phone or other electronic device watching shows or videos, playing games, accessing the Internet, or using social media (also called “screen time”) (not counting time spent doing schoolwork.) ¹	69.2
Q82	On an average school day, spend 5 or more hours in front of a TV, computer, smart phone or other electronic device watching shows or videos, playing games, accessing the Internet, or using social media (also called “screen time”) (not counting time spent doing schoolwork.) ¹	39.6
Q83	Get 8 or more hours of sleep on an average school night	30.2
Q83	Get 6 or less hours of sleep on an average school night	47.6

¹questions changed so trend data not available. Combined questions asking about TV time/watching streaming sites and time spent on video/computer.

Females were less likely than males to report engaging in physical activity, and more likely to report engaging in five or more hours of screen time and getting six hours or less of sleep.

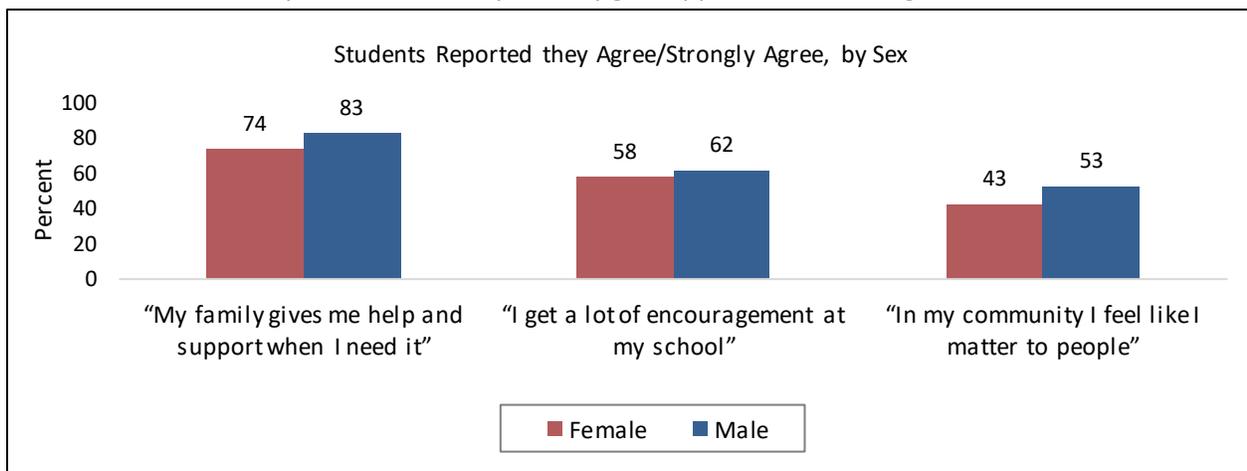


Assets

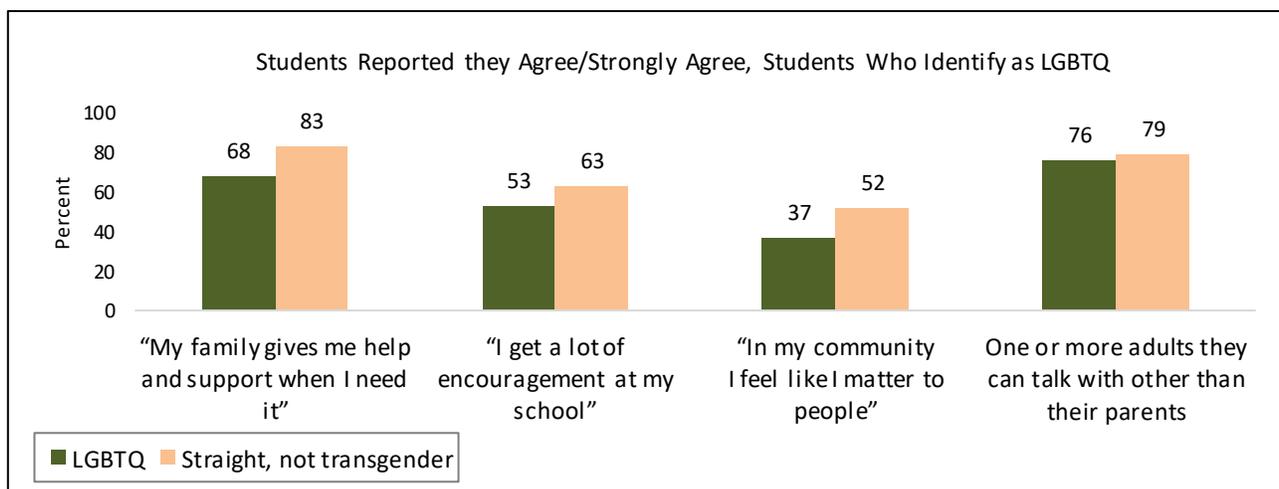
Question #	Students Reported They:	%
Q37	Agree or strongly agree with the statement “My family gives me help and support when I need it”	78.0
Q85	Agree or strongly agree with the statement “In my family there are clear rules about what I can and cannot do”	84.0
Q86	Agree or strongly agree with the statement “I get a lot of encouragement at my school”	59.6
Q87	Agree or strongly agree with the statement “In my community I feel like I matter to people”	47.3
Q88	Know of one or more adults (other than their parents) they can go to and discuss important questions about their life	77.5
Q89	Spend one or more hours per week helping others without getting paid (volunteering) ¹	34.3

¹(Count such things as helping out at a church/temple/mosque, a hospital, daycare center, food shelf, youth program, community service agency or doing other things to make your city/town a better place for people to live)

Females were less likely than males to report they get support and encouragement as shown below.



Students who identify as LGBTQ were less likely than those who identify as straight, not transgender to report they receive support and encouragement.



Effects of COVID-19 Pandemic

RCSD added questions about the effects of the COVID pandemic. Results are below.

Question #	Students Reported They:	%
Q95	During COVID-19 pandemic, lost their paying job even for a short period of time	4.2
Q96	During COVID-19 pandemic, a parent or other adult in their home lost their paying job even for a short period of time	21.9
Q97	During COVID-19 pandemic, SOMETIMES, MOST OF THE TIME OR ALWAYS were hungry because there was not enough food in their home	8.4
Q98	During COVID-19 pandemic, NEVER OR RARELY were able to spend time with family, friends or other groups, such as clubs, religious groups, by using a computer, phone or other device (not counting attending school online)	38.3
Q99	School work was more difficult during the COVID-19 pandemic than before the pandemic started-AGREE/STRONGLY AGREE	61.5

Appendix A

Participation

- 2458 students participated in the survey in March of 2022.
- The response rate was calculated by dividing the number of surveys by enrollment. This year the response rate was 35%, which is lower than in previous years, as shown in the table to the right.

Year	2015	2017	2019	2021-22
Response rate	49.3	40.3	43.4	35.1

Methodology

Students were asked to participate in the survey on a confidential online platform. All valid surveys were included in this analysis for the survey years 2015, 2017, 2019 and 2021/22. The point estimate for each question is included in Appendix B for each year the question was asked.

Demographic Characteristics of Respondents

A total of 2,458 students participated in the survey this year. The demographic characteristics of the sample are shown in the following tables.

Sex	#	%
Female	1,283	52.5
Male	1,110	45.4
Preferred not to answer	53	2.2
Total	2,446	100
Did not answer	12	

Age	#	%
13 or younger	30	1.3
14 years old	438	17.9
15 years old	672	27.4
16 years old	600	24.5
17 years old	471	19.2
18 years old or older	241	9.8
Total	2434	100
Did not answer	24	

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. Students that selected all races and Latino origin were put into the missing category.

Race/Ethnicity	#	%
Latino	810	33.1
White, not Latino	255	10.4
Black, not Latino	1,097	44.9
Other races, and multiple races, not Latino	283	11.6
Total	2445	100
Unknown	13	

Because there were small numbers of surveys among certain race/Latino origin groups, we decided not do comparisons by race and Latino origin. With small numbers, rates can be unstable making comparisons invalid.

Youth Who Identify as LGBTQ

This year we included a question about whether or not students identify as transgender and a question about sexual orientation. In this report, students were considered identifying as LGBTQ group if they answered yes to the question are you transgender or non-binary and/or they answered gay, lesbian, bisexual or pansexual to the question “Which of the following describes you?” Below are the number and proportion of students that responded to these questions

Gender Identity	#	%
No I am not transgender or non-binary	2,110	86.7
Yes, I am transgender or non-binary	105	4.3
I am not sure if I am transgender or non-binary	68	2.8
I don't know what this question is asking	153	6.3
Did not answer	22	

Sexual Orientation	#	%
Heterosexual	1,561	66.4
Gay or lesbian	127	5.4
Bisexual	331	14.1
Pansexual	132	5.7
Not sure	200	8.5
Did not answer	107	

Data Limitations

- The response rate of 35% in the Rochester City School District was much lower than the response rate in previous years, which ranged between 40-49%. In addition, the RCSD response rate for boys was significantly lower than for girls (31% and 38% respectively).
- The survey did not include students who were not in school on the days the survey was administered, or students who had dropped out of school. The reasons youth are out of school are often related to the risk factors measured by the survey. These include mental health challenges, the threat of violence, substance use and teen pregnancy. Students who

drop out or are frequently absent are more likely to experience health risks compared to other students.¹¹

- The interpretation of questions may differ based on knowledge, experience, culture, and beliefs. For example, symptoms of depression such as sleeping too much may be interpreted as “a phase” or laziness, and therefore not recognized as a mental health issue. In cultures where mental health problems are viewed as a sign of weakness, students might not acknowledge the challenges they face. The sexual intercourse questions do not provide a definition of the behavior. Research has shown that adolescents may have varying definitions of what sexual intercourse is which can impact how they interpret the questions.¹²

Comparison to National and State Youth Risk Behavior Surveys

Monroe County YRBS was different than the national YRBS survey administered by the CDC:

- While many of the CDC survey questions were included in the local survey, some were slightly modified. MCDPH also inserted some of its own questions to reflect local concerns.
- The local survey did not include internal reliability checks.¹³
- The local survey report includes all public school district students who completed the survey on the days that it was administered. The national YRBS uses a 3-stage cluster sampling design to create a nationally representative sample.
- The CDC report used weighted results based on sex, race/ethnicity and grade, and adjusts for school and student nonresponse.
- Students filling out the national survey generally used paper and pencil. In Monroe County, they used an online portal.

¹¹ Centers for Disease Control and Prevention. Health risk behaviors among adolescents who do and do not attend school—United States, 1992. [September 8, 2020]; *Morbidity and Mortality Weekly Report*. 1994 43(8):129–132. <https://www.cdc.gov/mmwr/preview/mmwrhtml/00025174.htm>.

¹² Diamond LM, Savin-Williams RC. In: Handbook of adolescent psychology: Individual bases of adolescent development. Lerner RM, Steinberg L, editors. Hoboken, NJ: John Wiley & Sons, Inc; 2009. Adolescent sexuality; pp. 479–524.

¹³ Internal reliability checks: Sets survey response to “Missing” when the responses are not consistently answered. For example, the responses of a student who reports vaping in the past month and reports never having vaped are set to “Missing.”

Appendix B

The following table provides trend data, when available, for the RCSD. When interpreting these results, it is important to consider the low response rate in 2021/22.

Students Reported They:	2015	2017	2019	2021/22
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	31.5	28.9	33.4	35.4
Have serious difficulty concentrating, remembering, or making decisions because of mental, or emotional challenges*			31.9	37.5
During the COVID-19 pandemic, mental health was not good, most of the time or always				29.6
Did something to purposely hurt themselves without wanting to die, such as cutting or burning themselves during the past 12 months			10.8	13
Seriously considered attempting suicide in the past year	14.3	12.7	14.4	14.3
Made a specific plan about how they would attempt suicide in past year	11.7	10.1	11.3	11.6
Attempted suicide in the past year	11.5	9.1	10.1	8.6
Attempted suicide in the past year that resulted in an injury that needed treatment by a doctor or nurse	5.3	3	3.4	2.5
Often or repeatedly a parent or adult in their home swore at them, insulted them or put them down (verbal abuse)	15.7	12.6	11.7	9.5
Often or repeatedly a parent or adult in their home hit, beat, kicked or physically hurt them in any way (physical abuse)	4.8	3.1	2.9	2.3
Often or repeatedly parents or adults in their home hit, beat, kicked or beat each other up	4.2	3.2	2.3	2.2
Often or repeatedly, their family has not had enough money to buy food or pay for housing	7.4	6.5	6.9	5.9
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	24.1	20.6	18.8	17.3
Have ever lived with anyone who was depressed, mentally ill or suicidal	19.6	19.1	21.7	25.4
Ever had anyone in their household go to jail or prison	35.3	30.8	29.6	26.5
Ever witnessed someone get shot, stabbed or beaten in their neighborhood	33.3	31.2	30.9	24.9
They were ever forced to do any of the following: have sexual intercourse, touch someone sexually, or be touched by someone sexually	11.2	9.8	9.3	10.5
They disagree or strongly disagree with the statement, "my family gives me the help and support I need"	9.8	7.8	8.2	8.4
They currently do not live with both parents	67.1	66.9	67.9	66.2

Students Reported They:	2015	2017	2019	2021
Reported ACES 1 or more	86.6	84.6	84.8	83
Reported ACES 3 or more	39.2	32.7	32.8	29.8
At this time, they are feeling depressed, anxious, afraid, empty or confused, because of the death of a close family member or friend				18.9
Carried a weapon in the past month	17	14.5	11.9	8.1
Carried a weapon on school property in the past month	6.6	4.6	4.4	1.8
Carried a gun in the past year		5.3	4.9	2.4
Engaged in a physical fight in past year	31.9	27.8	26.4	18.7
Did not go to school on one or more days in the past month because they felt unsafe	10.3	8.3	10.3	15.8
Were threatened/injured on school property 1 or more times during past year	8.8	7.2	7.8	7
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.)			13.9	12.2
In the past year, were physically hurt by someone they were dating, "talking to" or going out with	10.7	9.7	8.5	6.2
Were ever forced to do any of the following: have sexual intercourse, touch someone sexually, or be touched by someone sexually	11.2	9.8	9.3	10.5
Were cyber bullied in the past 12 months [Cyber bullying is when another student teases, threatens, spreads rumors about you, or sends pictures or videos of you, through texting, gaming sites, or social media websites like Facebook, Tik Tok, Twitter, Discord, Instagram, SnapChat, You Tube etc.]	11.8	12.6	10.6	10.2
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	14.7	16.3	12.2	10.7
Ever used a cell phone, computer or other electronic device to <u>RECEIVE</u> nude or semi- nude pictures or videos of someone else		26.5	20	15.4
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)*			9.2	5.6

Students Reported They:	2015	2017	2019	2021
Ever used a vape product	17.1	14.9	18.6	26.6
Used an vape product before age 13	3.5	3.6	3.6	2.4
Used vape product on one or more of the past 30 days	10.7	7.6	9.8	14.8
Used vape daily during the past 30 days	1	0.8	1	2.6
Ever tried smoking cigarettes, even one or two puffs			14.2	8.7
Tried cigarette smoking, even one or two puffs, before age 13			7.8	5.4
Smoked cigarettes on one or more days in the past 30 days [Current smoker]	7.2	5.2	3.8	1.7
Smoked cigars or Black & Milds in the past month	12.4	9	7.8	2.6
Ever used marijuana	35.1	33	32.2	27.4
Used marijuana before age 13	9.7	8.1	7.8	5.2
Used marijuana in the past month [Current users]	22.3	22.1	20.6	18.4
Used marijuana more during the COVID-19 pandemic than before it started, of those who ever used marijuana, - Agree or Strongly agree				42.9
Ever used CBD (cannabidiol) in any form (edibles, vapes, liquid, lotion, etc.)				22
Ever drank one or more drinks of alcohol in their lifetime (not including for religious purposes)	42	38	34.5	29.3
Had their first drink of alcohol before age 13, other than a few sips	12.7	10.2	11.1	7
Had at least one drink of alcohol in the past month	19.9	18.3	12.8	10.4
Engaged in binge drinking one or more times during the past month (4 or more drinks of alcohol in a row, within a couple of hours)			5.7	5.5
Drank more alcohol during the COVID-19 pandemic than before it started, of those who ever drank alcohol - Agree or Strongly agree				19.4
Ever used cocaine		4.1	3	1.2
Ever used heroin	5.3	3.7	2.9	1
Ever used ecstasy	6	4.1	3.5	1.6
Ever used hallucinogenic drugs such as LSD, acid, PCP, angel dust, mescaline or mushrooms	5.9	4.3	3.4	2
Ever injected any illegal drug into their body	4.1	3.3	2.6	1
Ever took any form of over-the-counter (OTC) drug to get high	6.4	5.6	5.5	2.3
Ever misused prescription PAIN MEDICINE (examples, OxyContin, Hydrocodone, Percocet)			11.4	8.1
Ever misused prescription SEDATIVE MEDICINE (examples, Xanax, Zannie bars, Klonopin, K-pins, Valium)			4.2	2.1

Students Reported They:	2015	2017	2019	2021
Ever misused prescription STIMULANT MEDICINE (examples, Adderall, Ritalin, and other ADHD medicine)			5.9	5
Ever misused prescription medicine -PAIN, SEDATIVE AND/OR STIMULANT MEDICINE			14.9	12.1
During the past year, were offered, sold, or given you any drugs on school property or on the way to/from school (count marijuana, cocaine, heroin, etc. and prescription medicines that were not yours)				7.6
Parents feel it would be wrong or very wrong to: drink alcohol		77.4	83.5	77.3
Parents feel it would be wrong or very wrong to: smoke cigarettes		90.6	94.5	92.9
Parents feel it would be wrong or very wrong to: use marijuana		78.6	80.8	74.9
Parents feel it would be wrong or very wrong to: use a vape product		83.7	87.6	84.4
Looked at their phone to change the music, use social media or text, while driving a car or other vehicle - of those who drove in the past month (distracted driving)		22.8	23.1	22.9
In the past month, rode in a car with a driver who had been drinking alcohol	18.2	16.8	15.2	12.2
Drove a car after drinking alcohol –of all students		5.3	4.1	2
Drove a car after drinking alcohol-only of those who drove in the past month		9.9	7.9	4.3
In the past month, rode in a car with a driver who had been using marijuana, pills or other drugs	17.7	17.1	14.9	10.9
Drove a car when they had been using marijuana, pills or other drugs– of all students		7.2	5.7	2.8
Drove a car when they had been using marijuana, pills or other drugs– only those who drove a car in the past month		12.9	11.1	5.7
Ever engaged in sexual intercourse	42.8	39.7	35.5	24.8
Had sexual intercourse before age 13	30.9	29.9	25.2	15
Engaged in sexual intercourse in the past 3 months [currently sexually active]	10	9.5	6.7	3.8
Had sexual intercourse with 4 or more partners in their lifetime	16.2	14.5	9.7	3.8
Used alcohol or drugs before they had sex the last time, of currently sexually active students	25.2	20.8	19.5	15.7
Ever participated in oral sex	26	31.8	28.5	20.2

Students Reported They:	2015	2017	2019	2021
Participated in oral sex before age 13		6.7	5.3	3.5
Used a condom the last time they had sex of those currently sexually active	63.4	57.4	55.5	48.3
Used a condom the last time they had sex of those currently sexually active- females	56.9	43.8	49.1	41.4
Used a condom the last time they had sex of those currently sexually active-male	69.3	66.6	61.6	58.1
Engaged in one hour or more of physical activity daily during the past seven days	17	16.4	14.8	16.3
Engaged in one hour or more of physical activity daily during five of the past seven days	29.9	26.3	24.2	29.3
Did not engage in one hour of physical activity on any of the past seven days	32.6	41	41.6	31.5
On an average school day, spend 3 or more hours in front of a TV, computer, smart phone or other electronic device watching shows or videos, playing games, accessing the Internet, or using social media (also called “screen time”) (not counting time spent doing schoolwork)	60.6	61	67.3	69.2
On an average school day, spend 5 or more hours in front of a TV, computer, smart phone or other electronic device watching shows or videos, playing games, accessing the Internet, or using social media	40.2	45.9	50.5	39.6
Get 8 or more hours of sleep on an average school night	30.2	29.9	30.8	30.2
Get 6 or less hours of sleep on an average school night	49.3	50.6	48.9	47.6
Agree or strongly agree with the statement “My family gives me help and support when I need it”	77.1	79	77.5	78
Agree or strongly agree with the statement “In my family there are clear rules about what I can and cannot do”	79	83	81.6	84
Agree or strongly agree with the statement “I get a lot of encouragement at my school”	67.8	63	62.1	59.6
Agree or strongly agree with the statement “In my community I feel like I matter to people”	46.6	51	49.7	47.3
Know of one or more adults (other than their parents) they can go to and discuss important questions about their life	77.3	76.7	75.5	77.5
Spend one or more hours per week helping others without getting paid (volunteering) (Count such things as helping out at church/temple/mosque, a hospital, daycare center, food shelf, youth program, community service agency or doing other things to make your city/town a better place for people to live)	48.6	47.8	48.8	34.3