Youth Risk Behavior Survey 2019

PUBLIC HEALTH INSTITUTE OF WESTERN MASSACHUSETTS

A special thanks to interns Isabella Caruso & Edward Ferrara
The Springfield Youth Survey was administered during a two-week period in February (2/4/19 to 2/15/19) to 10th grade and 12th grade students enrolled in Springfield Public Schools. This is part of the Springfield Youth Health Survey Initiative and is administered by the Public Health Institute of Western Massachusetts in collaboration with initiative partners.

A total of 1,885 10th and 12th grade students from 10 different Springfield schools completed the survey in 2019. The participation rate was estimated to be 64% for 10th grade students and 56% for 12th grade students using school enrollment to estimate total potential number of students who could complete the survey.
All students completed the core questions (Q: 1-34) and were then randomized to one of the three modules.

- **Module 1**
  - Q: 35-53
  - N = 667

- **Module 2**
  - Q: 54-74
  - N = 629

- **Module 3**
  - Q: 75-91
  - N = 588

Modules are based on groupings of similar questions; however, they may include other content.

Survey Design

CORE QUESTIONS

N = 1,885
There are many different types of biases, which are systematic errors, that can impact a study’s results. There are two categories of biases, information and selection bias. However, this survey is more prone to information bias, specifically recall/response bias and social desirability bias.

**Recall/Response Bias:** All the data is self-reported by the eighth-grade participants. Additionally, the questions ask about retrospective exposures and participants may not be able to accurately recall past exposures. As a result, participants may respond in either an underestimate or overestimate of the exposure, which can impact the results.

**Social Desirability Bias/Reporting Bias:** This bias refers to when participants respond to questions with the more favorable choice depicted by peers. For example, students may report low frequency of drinking alcohol because they know it is not a desirable behavior for their age.

Additionally, some questions have very small numbers of responses due to uncommon exposures. Generalizability and analysis are limited for these questions due to the small sample size.

Source: https://www.healthknowledge.org.uk/public-health-textbook/research-methods/1a-epidemiology/biases
Core Questions

Questions: #1-#34 in the YRBS (Slides 6-40)
N = 1,885
Q2. How old are you?

- 1% (5) 14 YEARS OLD OR YOUNGER
- 22% (410) 15 YEARS OLD
- 28% (533) 16 YEARS OLD
- 23% (441) 17 YEARS OLD
- 26% (489) 18 YEARS OLD OR OLDER
Q3. What grade are you in?

SCHOOL GRADE DISTRIBUTION

- 10TH GRADE: 57% (N = 1,059)
- 12TH GRADE: 43% (N = 813)
Q4. What is your race/ethnicity?

(10th grade n = 1,056)
(12th grade n = 807)

- **NOTE:** Participants were sorted in **mutually exclusive** categories based on criteria from MDPH.

<table>
<thead>
<tr>
<th>Ethnicity</th>
<th>12th Grade</th>
<th>10th Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>WHITE</td>
<td>8%</td>
<td>9%</td>
</tr>
<tr>
<td>NATIVE HAWAIIAN OR OTHER PACIFIC ISLANDER</td>
<td>1%</td>
<td>1%</td>
</tr>
<tr>
<td>HISPANIC/ LATINO</td>
<td>64%</td>
<td>63%</td>
</tr>
<tr>
<td>BLACK/ AFRICAN AMERICAN</td>
<td>23%</td>
<td>24%</td>
</tr>
<tr>
<td>ASIAN</td>
<td>4%</td>
<td>3%</td>
</tr>
<tr>
<td>NATIVE ALASKAN OR AMERICAN INDIAN</td>
<td>0%</td>
<td>0%</td>
</tr>
</tbody>
</table>

**ETHNICITY DISTRIBUTION**
Q5. What is your sex?

(10th grade n = 1,055)
(12th grade n = 811)

SEX IDENTIFICATION
- Female
- Male
- I identify some other way

10TH GRADE
- 50% Female
- 50% Male
- 1% Other

12TH GRADE
- 48% Female
- 50% Male
- 1% Other
Q6. Do you identify as transgender?

(10th grade n = 1,048)
(12th grade n = 808)

TRANSGENDER IDENTITY

<table>
<thead>
<tr>
<th></th>
<th>10th Grade</th>
<th>12th Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>YES</td>
<td>95%</td>
<td>95%</td>
</tr>
<tr>
<td>NO</td>
<td>2%</td>
<td>1%</td>
</tr>
<tr>
<td>I AM NOT SURE IF I AM TRANSGENDER</td>
<td>2%</td>
<td>2%</td>
</tr>
<tr>
<td>I DO NOT KNOW WHAT THIS QUESTION IS ASKING</td>
<td>2%</td>
<td>2%</td>
</tr>
</tbody>
</table>
Q7. Which of the following best describes you?

(10th grade n = 1,052)
(12th grade n = 808)

SEXUAL ORIENTATION IDENTITY

- **BISEXUAL**
  - 11% (10th Grade)
  - 9% (12th Grade)

- **GAY OR LESBIAN**
  - 3% (10th Grade)
  - 3% (12th Grade)

- **HETEROSEXUAL (STRAIGHT)**
  - 81% (10th Grade)
  - 84% (12th Grade)

- **NOT SURE**
  - 4% (10th Grade)
  - 4% (12th Grade)
Q8. What is the highest level of education your parents or guardians completed?

(10th grade n = 1,049)
(12th grade n = 810)

<table>
<thead>
<tr>
<th>Parent/Guardian Education Level</th>
<th>12th Grade</th>
<th>10th Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>Don’t Know</td>
<td>13%</td>
<td>13%</td>
</tr>
<tr>
<td>Graduated from College</td>
<td></td>
<td>20%</td>
</tr>
<tr>
<td>Attended College but did not complete four-year degree</td>
<td>15%</td>
<td>16%</td>
</tr>
<tr>
<td>Graduated from High School</td>
<td></td>
<td>23%</td>
</tr>
<tr>
<td>Did not finish High School</td>
<td></td>
<td>23%</td>
</tr>
</tbody>
</table>

(10th grade n = 1,049)
(12th grade n = 810)
Q9. What neighborhood do you live in? (n=1,860)

I DON'T KNOW THE NAME OF MY NEIGHBORHOOD: 10%
SOUTH END: 8%
SIX CORNERS (MAPLE HIGH/SIX CORNERS): 8%
METRO CENTER: 7%
MCKNIGHT: 7%
INDIAN ORCHARD: 7%
EAST SPRINGFIELD: 5%
BRIGHTWOOD: 4%
BAY: 3%

18% of students did not know their neighborhood or selected other.
Q10. During the past 12 months, how would you describe your grades in school?

(10th grade n = 1,055)
(12th grade n = 808)

SCHOOL GRADES

- Mostly A's: 22% (10th grade), 21% (12th grade)
- Mostly B's: 37% (10th grade), 35% (12th grade)
- Mostly C's: 22% (10th grade), 27% (12th grade)
- Mostly D's: 9% (10th grade), 9% (12th grade)
- Mostly F's: 4% (10th grade), 3% (12th grade)
- Not Sure: 5% (10th grade), 4% (12th grade)
Q11-12 BMI Categories

- Note: BMI categories were determined using CDC guidelines for children and teens
- Almost half (43%) of 10th and 12th graders are overweight or obese.

**CALCULATED BMI CATEGORIES**

- Underweight: 3%
- Normal Weight: 54%
- Overweight: 24%
- Obese: 19%
Q13. During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day?

(10th grade n = 1,042)
(12th grade n = 805)
14. Do you have any physical disabilities or long-term health problems?

(10th grade n = 1,047)
(12th grade n = 801)

- Long-term was defined as 6 months or longer

<table>
<thead>
<tr>
<th></th>
<th>10th grade</th>
<th>12th grade</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>YES</strong></td>
<td>11%</td>
<td>12%</td>
</tr>
<tr>
<td><strong>NOT SURE</strong></td>
<td>13%</td>
<td>11%</td>
</tr>
<tr>
<td><strong>NO</strong></td>
<td>76%</td>
<td>77%</td>
</tr>
</tbody>
</table>
Q15.A. How strongly do you agree or disagree with the following statements about this school?

(10th grade n = 1,045)
(12th grade n = 797)

TREATED THE SAME REGARDLESS OF RACE, ETHNICITY, CULTURE

12th grade students (44%) slightly disagreed more than 10th grade students (34%) with the statement regarding the treatment of race, ethnicity, and culture in school.
Q15.B. How strongly do you agree or disagree with the following statements about this school?

(10th grade n = 1,045)
(12th grade n = 799)

**BOYS AND GIRLS ARE TREATED THE SAME**

- **STRONGLY AGREE**: 22% (10th grade), 16% (12th grade)
- **AGREE**: 45% (10th grade), 37% (12th grade)
- **DISAGREE**: 26% (10th grade), 35% (12th grade)
- **STRONGLY DISAGREE**: 8% (10th grade), 12% (12th grade)

Like the last statement, 12th grade students (47%) disagree with the statement that boys and girls are treated the same compared to 10th grade students (34%).

One in every 2 12th grade students believe boys and girls are not treated the same at their school.
Q15.C. How strongly do you agree or disagree with the following statements about this school?

(10th grade n = 1,041)
(12th grade n = 803)

TREATED THE SAME REGARDLESS OF GENDER IDENTITY/EXPRESSION

<table>
<thead>
<tr>
<th></th>
<th>10th Grade</th>
<th>12th Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>STRONGLY AGREE</td>
<td>23%</td>
<td>20%</td>
</tr>
<tr>
<td>AGREE</td>
<td>46%</td>
<td>41%</td>
</tr>
<tr>
<td>DISAGREE</td>
<td>24%</td>
<td>29%</td>
</tr>
<tr>
<td>STRONGLY DISAGREE</td>
<td>7%</td>
<td>10%</td>
</tr>
</tbody>
</table>

39% of the 12th grade students disagree that the school treats people the same regardless of their gender identity and expression, compared to 31% of 10th grade students.
Q16. During the past 30 days, where did you usually sleep?

(10th grade n = 1,051)  
(12th grade n = 800)

**SLEEP LOCATION**

- **Somewhere else**: 1% (10th grade), 0% (12th grade)
- **In the home of a friend, family member, or other person**: 3% (10th grade), 1% (12th grade)
- **In my parent’s or guardian’s home**: 93% (12th grade), 96% (10th grade)
- **In a shelter or emergency housing**: 1% (10th grade), 1% (12th grade)
- **In a motel or hotel**: 0% (10th grade), 0% (12th grade)
- **In a foster home or residential placement**: 1% (10th grade), 1% (12th grade)
- **In a car, park, campground, or other public place**: 0% (10th grade), 0% (12th grade)
- **I did not have a usual place to sleep**: 1% (10th grade), 1% (12th grade)
17. During the past 30 days, on how many days did you smoke cigarettes? (n=1,852)

The prevalence of smoking among 10th and 12th grade students is very low. Almost all students (97%) reported no use of cigarettes in the past 30 days.

CIGARETTE USE IN THE PAST 30 DAYS

- 97% 0 DAYS
- 1% 1 OR 2 DAYS
- 0% 3 TO 9 DAYS
- 0% 10 TO 29 DAYS
- 1% ALL 30 DAYS
18. During the past 30 days, on how many days did you have at least one alcoholic drink of alcohol?

Most students (83% of 12th grade students and 88% of 10th grade students) did not drink alcohol in the past 30 days.

Days drank alcohol in the past 30 days

- All 30 Days: 1% (12th Grade), 1% (10th Grade)
- 20 to 29 Days: 0% (12th Grade), 0% (10th Grade)
- 10 to 19 Days: 1% (12th Grade), 1% (10th Grade)
- 6 to 9 Days: 1% (12th Grade), 1% (10th Grade)
- 3 to 5 Days: 3% (12th Grade), 2% (10th Grade)
- 1 or 2 Days: 10% (12th Grade), 8% (10th Grade)
- 0 Days: 83% (12th Grade), 88% (10th Grade)
19. During the past 30 days, how many times did you use marijuana?

<table>
<thead>
<tr>
<th>Marijuana Use in the Past 30 Days</th>
<th>10th Grade</th>
<th>12th Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 Times (N=1,447)</td>
<td>82%</td>
<td>73%</td>
</tr>
<tr>
<td>1 OR 2 Times (N=117)</td>
<td>6%</td>
<td>7%</td>
</tr>
<tr>
<td>3 to 9 Times (N=93)</td>
<td>4%</td>
<td>6%</td>
</tr>
<tr>
<td>10 OR 39 Times (N=60)</td>
<td>4%</td>
<td>6%</td>
</tr>
<tr>
<td>40 OR More Times (N=101)</td>
<td>4%</td>
<td>7%</td>
</tr>
</tbody>
</table>

12th grade students are using marijuana more than 10th graders throughout the month, 26% compared to 18%.
20. During the past 7 days, how many times did you eat vegetables?

<table>
<thead>
<tr>
<th>Frequency of Consumption</th>
<th>10th Grade</th>
<th>12th Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 or more times per day</td>
<td>5%</td>
<td>6%</td>
</tr>
<tr>
<td>2 or 3 times per day</td>
<td>11%</td>
<td>10%</td>
</tr>
<tr>
<td>1 time per day</td>
<td>10%</td>
<td>8%</td>
</tr>
<tr>
<td>4 to 6 times during the past 7 days</td>
<td>18%</td>
<td>18%</td>
</tr>
<tr>
<td>1 to 3 times during the past 7 days</td>
<td>38%</td>
<td>37%</td>
</tr>
<tr>
<td>I did not eat vegetables during the past 7 days</td>
<td>17%</td>
<td>21%</td>
</tr>
</tbody>
</table>
21. During the past 7 days, how many times did you eat fruit?

**FREQUENCY OF FRUIT CONSUMPTION IN THE PAST 7 DAYS**

- **4 OR MORE TIMES PER DAY**
  - 12th Grade: 8%
  - 10th Grade: 12%
- **2 OR 3 TIMES PER DAY**
  - 12th Grade: 15%
  - 10th Grade: 15%
- **1 TIME PER DAY**
  - 12th Grade: 10%
  - 10th Grade: 10%
- **4 TO 6 TIMES DURING THE PAST 7 DAYS**
  - 12th Grade: 19%
  - 10th Grade: 20%
- **1 TO 3 TIMES DURING THE PAST 7 DAYS**
  - 12th Grade: 36%
  - 10th Grade: 31%
- **I DID NOT EAT FRUIT DURING THE PAST 7 DAYS**
  - 12th Grade: 12%
  - 10th Grade: 11%

(10th grade n = 1,046)  
(12th grade n = 795)
Q22. Is there at least one teacher or other adult in your school that you can talk to if you have a problem?

Between the 10th and 12th grade students, about 21% felt they did not have an adult at school they could talk to if there were a problem.
Q23. Can you talk with at least one of your parents or other adult family members about things that are important to you?

- More than 75% of the 10th and 12th grade students have at least one parent or family member that they are able to talk to about important things.

- Compared to Question 21, more students can talk to a family member compared to school faculty.

**ABILITY TO TALK TO FAMILY MEMBERS**

<table>
<thead>
<tr>
<th>Yes</th>
<th>10th Grade</th>
<th>12th Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>76%</td>
<td>77%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>No</th>
<th>16%</th>
<th>16%</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Not Sure</th>
<th>9%</th>
<th>8%</th>
</tr>
</thead>
</table>
Q24. Over the last 2 weeks, how often have you been bothered by feeling nervous, anxious, or on edge? Would you say this happens....

**FEELING NERVOUS OR ANXIOUS IN THE PAST 2 WEEKS**

- **10th Grade students** reported being slightly more anxious than **12th grade students**.
- In both grades, about one in 7 students (15%) feel nervous, anxious, or on edge almost every day.
Q25. During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities? (10th grade n = 1,042) (12th grade n = 795)

The 10th and 12th grade students responded very similarly to feeling hopeless.

About 1 in 3 students (37%) have been depressed almost every day for two weeks in the past year.
Q26. During the past 12 months, did you ever seriously consider attempting suicide?

The 10th and 12th grade students responded very similar to ever seriously considering suicide.

Approximately, 1 in 8 (13%) of both 10th and 12th grade students have thought about committing suicide.
Q27. During the past 30 days, on how many days did you not go to school because you felt you would be unsafe at school or on your way to or from school?

The data is very similar for 10th and 12th grade students.

About 15% of 10th graders and 17% of 12th grade students have missed school in the past 30 days because they did not feel safe either at school or on their way to or from school.

<table>
<thead>
<tr>
<th>0 DAYS</th>
<th>1 DAY</th>
<th>2 OR 3 DAYS</th>
<th>4 OR 5 DAYS</th>
<th>6 OR MORE DAYS</th>
</tr>
</thead>
<tbody>
<tr>
<td>85%</td>
<td>5%</td>
<td>7%</td>
<td>2%</td>
<td>3%</td>
</tr>
<tr>
<td>84%</td>
<td>6%</td>
<td>5%</td>
<td>2%</td>
<td>2%</td>
</tr>
</tbody>
</table>
Q28. During the past 12 months, how many times have you been bullied at school or on your way to or from school?

- About 15% of 10th grade students have been bullied at school, compared to 11% of 12th grade students.

<table>
<thead>
<tr>
<th>Frequency</th>
<th>10th Grade</th>
<th>12th Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 TIMES</td>
<td>85%</td>
<td>89%</td>
</tr>
<tr>
<td>1 TIME</td>
<td>5%</td>
<td>3%</td>
</tr>
<tr>
<td>2 TO 5 TIMES</td>
<td>6%</td>
<td>6%</td>
</tr>
<tr>
<td>6 TO 11 TIMES</td>
<td>2%</td>
<td>0%</td>
</tr>
<tr>
<td>12 OR MORE TIMES</td>
<td>2%</td>
<td>2%</td>
</tr>
</tbody>
</table>
Q29. During the past 12 months, have you ever been electronically bullied? (n=1,840)

- Data was the same for both 10th and 12th grade students.
- 1 in every 10 students (10%) have experienced cyber bullying in the past 12 months.

**Cyberbully in the Past 12 Months**

- 91% No
- 9% Yes
Q30. How old were you when you had sex for the first time?

- 40% of 12th grade students have never had sex, compared to 64% of 10th graders. The difference between the grades is 24%.

- Many students, 31% are having sex for the first time at 16 and 17 years old.

### AGE WHEN HAD SEX FOR THE FIRST TIME

<table>
<thead>
<tr>
<th>I HAVE NEVER HAD SEX</th>
<th>12th Grade</th>
<th>10th Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>17 YEARS OLD</td>
<td>1%</td>
<td>15%</td>
</tr>
<tr>
<td>16 YEARS OLD</td>
<td>5%</td>
<td>16%</td>
</tr>
<tr>
<td>15 YEARS OLD</td>
<td>13%</td>
<td>14%</td>
</tr>
<tr>
<td>14 YEARS OLD</td>
<td>7%</td>
<td>8%</td>
</tr>
<tr>
<td>13 YEARS OLD</td>
<td>4%</td>
<td>3%</td>
</tr>
<tr>
<td>12 YEARS OLD</td>
<td>1%</td>
<td>2%</td>
</tr>
<tr>
<td>11 YEARS OLD OR YOUNGER</td>
<td>4%</td>
<td>3%</td>
</tr>
</tbody>
</table>
Q31. How would you describe the first time you had sex? Would you say that you...

- Participants who indicated they had sex on Question 30 were shown this question. N = 854

- About 15% of 10th grade and 13% of 12th grade students did not want to have sex their first time but were forced or persuaded.

<table>
<thead>
<tr>
<th>Consent for First Sexual Experience</th>
<th>10th Grade</th>
<th>12th Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>Agreed to Have Sex</td>
<td>85%</td>
<td>87%</td>
</tr>
<tr>
<td>Did Not Want to Have Sex, But It Happened Anyway</td>
<td>11%</td>
<td>10%</td>
</tr>
<tr>
<td>Were Forced to Have Sex</td>
<td>4%</td>
<td>3%</td>
</tr>
</tbody>
</table>

(10th grade n = 371
12th grade n = 481)
Q32. The first time you had sex, were you...?

- Participants who indicated they did not want to have sex their first time in Question 31 were shown this question. N = 119

- The most common experience among 10th (45%) and 12th grade (60%) students was being verbally persuaded to have sex.

- Approximately 1 in 3 students in 10th and 12th grade were physically forced to have sex their first time.

**First Sexual Experience**

- Physically Forced: 37% (10th grade), 31% (12th grade)
- Too Drunk: 19% (10th grade), 16% (12th grade)
- Pressured Through Harrasment: 27% (10th grade), 23% (12th grade)
- Verbally Persuaded: 60% (12th grade), 45% (10th grade)

(10th grade n = 57)  
(12th grade n = 62)
Q33. Gambling frequency. In the past 12 months, how often have you...?* (n=1,820)

Gambling Type and Frequency

<table>
<thead>
<tr>
<th>Gambling Type</th>
<th>Not at all</th>
<th>Less than 10 times in total</th>
<th>Once a month</th>
<th>2-3 times a month</th>
<th>4 or more times a week</th>
<th>Don’t know</th>
</tr>
</thead>
<tbody>
<tr>
<td>Purchased lottery tickets</td>
<td>89%</td>
<td>6%</td>
<td>3%</td>
<td>1%</td>
<td>1%</td>
<td>1%</td>
</tr>
<tr>
<td>Bet on sports</td>
<td>86%</td>
<td>7%</td>
<td>3%</td>
<td>1%</td>
<td>1%</td>
<td>1%</td>
</tr>
<tr>
<td>Played poker/card games</td>
<td>86%</td>
<td>7%</td>
<td>3%</td>
<td>1%</td>
<td>1%</td>
<td>1%</td>
</tr>
<tr>
<td>Played casino table games</td>
<td>91%</td>
<td>3%</td>
<td>1%</td>
<td>1%</td>
<td>1%</td>
<td>1%</td>
</tr>
<tr>
<td>Played slot machines</td>
<td>95%</td>
<td>4%</td>
<td>2%</td>
<td>1%</td>
<td>1%</td>
<td>1%</td>
</tr>
<tr>
<td>Played bingo for money</td>
<td>90%</td>
<td>4%</td>
<td>2%</td>
<td>1%</td>
<td>1%</td>
<td>1%</td>
</tr>
<tr>
<td>Gambled online with money</td>
<td>96%</td>
<td>2%</td>
<td>1%</td>
<td>1%</td>
<td>1%</td>
<td>1%</td>
</tr>
<tr>
<td>Gambled online without money</td>
<td>95%</td>
<td>2%</td>
<td>1%</td>
<td>1%</td>
<td>1%</td>
<td>1%</td>
</tr>
<tr>
<td>Bet money on horse/dog races</td>
<td>86%</td>
<td>6%</td>
<td>1%</td>
<td>1%</td>
<td>1%</td>
<td>2%</td>
</tr>
</tbody>
</table>

*See next slide for details.
Q33. Gambling Explained

- The data was an average between 10\textsuperscript{th} and 12\textsuperscript{th} grade students.
- The three most common types of gambling are betting on sports, betting on games of skill, gambling online without money.
- Most students do not gamble (86\% - 96\% depending on the type of gambling), but if they do the most common frequency is less than 10 times per month.
Q34. Gambling behavior. In the past 12 months, how often have you...? (n=1,815)

10TH GRADE GAMBLING BEHAVIORS IN THE PAST 12 MONTHS

- LIED ABOUT HOW MUCH YOU GAMBLE: 95% Not at all, 2% Sometimes Quite a lot, 1% Quite a lot, 2% Don't know
- TRIED TO CUT DOWN HOW MUCH YOU GAMBLE: 89% Not at all, 3% Sometimes Quite a lot, 1% Quite a lot, 7% Don't know
- FOUND YOURSELF THINKING ABOUT GAMBLING: 85% Not at all, 11% Sometimes Quite a lot, 2% Quite a lot, 3% Don't know

12TH GRADE GAMBLING BEHAVIORS IN THE PAST 12 MONTHS

- LIED ABOUT HOW MUCH YOU GAMBLE: 96% Not at all, 1% Sometimes Quite a lot, 1% Quite a lot, 1% Don't know
- TRIED TO CUT DOWN HOW MUCH YOU GAMBLE: 92% Not at all, 1% Sometimes Quite a lot, 3% Quite a lot, 4% Don't know
- FOUND YOURSELF THINKING ABOUT GAMBLING: 85% Not at all, 11% Sometimes Quite a lot, 2% Quite a lot, 1% Don't know
SAFETY MODULE

Questions: #54-#70 in the YRBS (Slides 42- 60)
N = 667
Q35. How likely is it that you will complete a post high school program such as vocational training program, military service, community college, or 4-year college?

(10th grade n = 350)  
(12th grade n = 270)
Q36: During the past 30 days, how many times did you ride in a car or other vehicle drive by someone who had been drinking alcohol?

- Drinking alcohol and driving is extremely dangerous and can have negative consequences for the drive and the passengers.

- Approximately 14% of both 10th and 12th grade students have ridden in a vehicle drive by someone who had been drinking alcohol.

**RODE IN A CAR WITH DRIVER DRINKING ALCOHOL IN THE PAST 30 DAYS**

(10th grade n = 351)  
(12th grade n = 267)
Q37. During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been using marijuana?

Marijuana can significantly impair one’s ability to drive by slowing reaction time, decrease coordination, distort perception, and impact ability to make decisions.

30% of 12th grade students have ridden in a car with a driver using marijuana in the past 30 days, compared to 24% of the 10th grade students.

Source: https://www.cdc.gov/marijuana/pdf/marijuana-driving-508.pdf
Q38. During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol?

The difference between the data between 10th and 12th grades is the older students can drive but there is still a low percentage of participants drinking and driving (1-3%).

**DRINKING ALCOHOL AND DRIVING A VEHICLE**

- **I did not drive a car or other vehicle during the past 30 days**
  - 12th Grade: 33%
  - 10th Grade: 49%
  - Total: 63%
- **6 or more times**
  - 12th Grade: 1%
  - 10th Grade: 1%
- **2 to 5 times**
  - 12th Grade: 0%
  - 10th Grade: 1%
- **1 time**
  - 12th Grade: 3%
  - 10th Grade: 1%
- **0 times**
  - 12th Grade: 47%
  - 10th Grade: 49%
Q39. During the past 30 days, how many times did you drive a car or other vehicle when you had been using marijuana?

(10<sup>th</sup> grade n = 351)

(12<sup>th</sup> grade n = 268)

**USING MARIJUANA AND DRIVING VEHICLE**

<table>
<thead>
<tr>
<th>Frequency</th>
<th>10&lt;sup&gt;th&lt;/sup&gt; Grade</th>
<th>12&lt;sup&gt;th&lt;/sup&gt; Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 TIMES</td>
<td>32%</td>
<td>49%</td>
</tr>
<tr>
<td>1 TIME</td>
<td>3%</td>
<td>1%</td>
</tr>
<tr>
<td>2 TO 5 TIMES</td>
<td>3%</td>
<td>1%</td>
</tr>
<tr>
<td>6 OR MORE TIMES</td>
<td>3%</td>
<td>2%</td>
</tr>
<tr>
<td>I DID NOT DRIVE A CAR OR OTHER VEHICLE DURING THE PAST 30 DAYS</td>
<td>62%</td>
<td>44%</td>
</tr>
</tbody>
</table>
Q40. During the past 30 days, how many days did you text or e-mail while driving a car or other vehicle?

<table>
<thead>
<tr>
<th>Days of Texting/Driving</th>
<th>12th Grade</th>
<th>10th Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 Days</td>
<td>32%</td>
<td>43%</td>
</tr>
<tr>
<td>1 or 2 Days</td>
<td>2%</td>
<td>1%</td>
</tr>
<tr>
<td>3 to 9 Days</td>
<td>5%</td>
<td>2%</td>
</tr>
<tr>
<td>10 to 29 Days</td>
<td>2%</td>
<td>0%</td>
</tr>
<tr>
<td>All 30 Days</td>
<td>2%</td>
<td>1%</td>
</tr>
<tr>
<td>I Did Not Drive</td>
<td>45%</td>
<td>64%</td>
</tr>
</tbody>
</table>

(10th grade n = 350) (12th grade n = 268)

- 9% of 12th grade students texted and drove more than 3 days out of the 30 days, compared to 4% of 10th grade students.
- Most 10th grade students at the time of the survey did not drive due to their age (64%).
Q41. During the past 30 days, how many days did you carry a weapon such as a gun, knife, or club?

(10th grade n = 352)
(12th grade n = 267)

CARRY WEAPONS IN THE PAST 30 DAYS

- **0 DAYS**: 91% (10th Grade), 84% (12th Grade)
- **1 DAYS**: 3% (10th Grade), 3% (12th Grade)
- **2 TO 5 DAYS**: 4% (10th Grade), 5% (12th Grade)
- **6 OR MORE DAYS**: 3% (10th Grade), 8% (12th Grade)
Q42. During the past 30 days, how many days did you carry a weapon such as a gun, knife, or club on school property?

Based on Q41 to only include people who carry weapons. N = 75

The 12th grade students were more likely to bring a weapon to school (45%), almost half of the grade, compared to 25% of the 10th grade.

<table>
<thead>
<tr>
<th>Days</th>
<th>10th Grade</th>
<th>12th Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 Days</td>
<td>74%</td>
<td>55%</td>
</tr>
<tr>
<td>1 Day</td>
<td>3%</td>
<td>9%</td>
</tr>
<tr>
<td>2 to 5 Days</td>
<td>16%</td>
<td>9%</td>
</tr>
<tr>
<td>6 or More Days</td>
<td>6%</td>
<td>27%</td>
</tr>
</tbody>
</table>
Q43. During the past 12 months, how many days did you carry a gun?

(10th grade n = 352)  
(12th grade n = 265)

**CARRY A GUN**

- **0 DAYS**
  - 10th Grade: 96%  
  - 12th Grade: 93%
- **1 DAYS**
  - 10th Grade: 1%  
  - 12th Grade: 2%
- **2 TO 5 DAYS**
  - 10th Grade: 1%  
  - 12th Grade: 1%
- **6 OR MORE DAYS**
  - 10th Grade: 2%  
  - 12th Grade: 3%
Q44. In the past 12 months has anyone ever....? (n=617)

SEXUAL ABUSE IN THE PAST 12 MONTHS

- Someone had sex with them when they were too drunk to say no: 3%
- Someone pressured them to have sex through harassment/threats and succeeded: 2%
- Someone forced them to have sex against their will: 3%
- Someone pressured them to have sex through harassment/threats and succeeded: 2%
- Someone forced them to have sex against their will: 5%
- Someone had sex with them when they were too drunk to say no: 3%

The other percentage not included were individuals who had not experience any of the following statements.
Q45. In the past 12 months, has someone you were dating or going out with ever...? (n=54)

DOMESTIC SEXUAL ABUSE

- Partner had sex with them when they were too drunk to say no: 23% (12th Grade) vs 26% (10th Grade)
- Partner pressured them to have sex through harassment/threats and succeeded: 26% (12th Grade) vs 30% (10th Grade)
- Partner forced them to have sex against their will: 26% (12th Grade) vs 27% (10th Grade)
- Partner tried to force them to have sex but did not succeed: 35% (12th Grade) vs 35% (10th Grade)
Q46. In the past 12 months, has a partner physically hurt them or threatened them with a weapon?

**PHYSICALLY HURT OR THREATENED WITH A WEAPON IN THE PAST 12 MONTHS**

- **YES**
  - 10th Grade: 4%
  - 12th Grade: 7%

- **NO**
  - 10th Grade: 95%
  - 12th Grade: 92%

- **DON’T KNOW**
  - 10th Grade: 1%
  - 12th Grade: 1%
Q47. In the past 12 months, has someone you were dating or going out with ever...

(10th grade n = 353)  (12th grade n = 266)

**10TH GRADE PARTNER BEHAVIOR IN THE PAST 12 MONTHS**

- Partner Made Threats to Physically Harm Them: 3% Yes, 96% No, 1% Don't Know
- Partner Kept Track of Everything They Do: 10% Yes, 89% No, 1% Don't Know
- Partner Kept Them From Talking to Their Family/Friends: 8% Yes, 90% No, 2% Don't Know
- Partner Kept Them From Having Own Money: 2% Yes, 97% No, 1% Don't Know
- Partner Insulted/Humiliated Them: 9% Yes, 89% No, 2% Don't Know

**12TH GRADE PARTNER BEHAVIOR IN THE PAST 12 MONTHS**

- Partner Made Threats to Physically Harm Them: 6% Yes, 92% No, 2% Don't Know
- Partner Kept Track of Everything They Do: 11% Yes, 87% No, 2% Don't Know
- Partner Kept Them From Talking to Their Family/Friends: 9% Yes, 89% No, 2% Don't Know
- Partner Kept Them From Having Own Money: 4% Yes, 94% No, 2% Don't Know
- Partner Insulted/Humiliated Them: 12% Yes, 86% No, 2% Don't Know
Q48. In the past 12 months, have you ever done any of the following to someone you were dating or going out with: participant physically hurt a partner or threatened to hurt them with a weapon?

**DOMESTIC PHYSICAL ABUSE**

- **YES**: 97% (10th Grade), 93% (12th Grade)
- **NO**: 2% (10th Grade), 5% (12th Grade)
- **DON’T KNOW**: 1% (10th Grade), 2% (12th Grade)

(10th grade n = 349)  
(12th grade n = 267)
Q49. During the past 12 months, how many times did you do something to purposely hurt yourself without wanting to die, such as cutting, burning or bruising yourself on purpose?

- One in 7 students in the 10th grade (14%) and in the 12th grade (14%) have engaged in self harm during the past 12 months.
- 9% of students in each grade harmed themselves more than once during the past 12 months.
Q50. During the past 12 months, did you plan about how you would attempt suicide?

<table>
<thead>
<tr>
<th>Grade</th>
<th>Attempted</th>
<th>Yes (%)</th>
<th>No (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>10th Grade</td>
<td>348</td>
<td>92%</td>
<td>8%</td>
</tr>
<tr>
<td>12th Grade</td>
<td>268</td>
<td>87%</td>
<td>13%</td>
</tr>
</tbody>
</table>
Q51. During the past 12 months, how many times did you actually attempt suicide?

- 7% of 10th grade students have attempted suicide in the past 12 months, compared to 11% of 12th grade students.

**Suicide Attempts in the Past 12 Months**

- **0 Times**: 94% (10th Grade), 89% (12th Grade)
- **1 Time**: 3% (10th Grade), 6% (12th Grade)
- **2 or 3 Times**: 2% (10th Grade), 2% (12th Grade)
- **4 or 5 Times**: 1% (10th Grade), 1% (12th Grade)
- **6 or More Times**: 1% (10th Grade), 2% (12th Grade)
Q52. If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse? (10th grade n = 22) (12th grade n = 29)

OUTCOME OF SUICIDE ATTEMPT

<table>
<thead>
<tr>
<th>Grade</th>
<th>No (%)</th>
<th>Yes (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>10th Grade</td>
<td>45%</td>
<td>55%</td>
</tr>
<tr>
<td>12th Grade</td>
<td>47%</td>
<td>53%</td>
</tr>
</tbody>
</table>

- Participants who indicated they had committed suicide before on Question 51 were shown this question. N = 51
- Across the 10th and 12th grade data, approximately 46% of students who attempt suicide have been treated by a health care provider for injury, poisoning, or overdose.
Q53. If you attempted suicide during the past 12 months, did you ask for help from someone such as a doctor, counselor, or hotline at any of these times? (n = 52)

<table>
<thead>
<tr>
<th></th>
<th>10TH GRADE</th>
<th>12TH GRADE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ASKED FOR HELP BEFORE SUICIDE ATTEMPT</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>No</td>
<td>62%</td>
<td>79%</td>
</tr>
<tr>
<td>Yes</td>
<td>38%</td>
<td>21%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>10TH GRADE</th>
<th>12TH GRADE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ASKED FOR HELP AFTER SUICIDE ATTEMPT</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>No</td>
<td>50%</td>
<td>69%</td>
</tr>
<tr>
<td>Yes</td>
<td>50%</td>
<td>31%</td>
</tr>
</tbody>
</table>

- Participants who indicated they had committed suicide before on Question 51 were shown this question.
- 12th grade students asked for help both before and after suicide more than 10th grade students.
SUBSTANCE USE

Questions: #54 - 70 in the YRBS (Slide 62-81)
N= 629
Q54. Have you ever tried cigarette smoking, even one or two puffs?

About 10% of students in both grades have tried cigarettes in their lifetime, 1 in 10 students.

**LIFETIME CIGARETTE USE**

- **10th Grade**: Yes - 90%, No - 11%
- **12th Grade**: Yes - 90%, No - 10%

(10th grade n = 336) (12th grade n = 272)
Q55. How old were you when you first tried cigarette smoking, even one or two puffs? (10th grade n = 36) (12th grade n = 28)

- Participants who indicated they had smoked a cigarette before on Question 54 were shown this question. N = 64
- About a third of 12th grade students (29%) tried cigarettes at 8 years old or younger.
- Most 10th grade students tried a cigarette at 9 or 10 years old (28%) or 13 or 14 years old (28%), accounting for 56% of the 10th grade.

### AGE AT FIRST CIGARETTE USE

<table>
<thead>
<tr>
<th>Age Group</th>
<th>12th Grade</th>
<th>10th Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>17 YEARS OLD OR OLDER</td>
<td>3%</td>
<td>14%</td>
</tr>
<tr>
<td>15 OR 16 YEARS OLD</td>
<td></td>
<td>18%</td>
</tr>
<tr>
<td>13 OR 14 YEARS OLD</td>
<td></td>
<td>17%</td>
</tr>
<tr>
<td>11 OR 12 YEARS OLD</td>
<td></td>
<td>11%</td>
</tr>
<tr>
<td>9 OR 10 YEARS OLD</td>
<td></td>
<td>11%</td>
</tr>
<tr>
<td>8 YEARS OLD OR YOUNGER</td>
<td></td>
<td>8%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>29%</td>
</tr>
</tbody>
</table>
Q56. Have you ever used an electronic vapor product?

- In both 10th and 12th grade, one in every 3 students have used an electronic vapor product in their lifetime.
- Electronic vapor products are fairly new to the market which introduce young adults to tobacco and other harmful chemicals. The long-term affects are not yet known.

<table>
<thead>
<tr>
<th></th>
<th>10th Grade</th>
<th>12th Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>No</td>
<td>71%</td>
<td>69%</td>
</tr>
<tr>
<td>Yes</td>
<td>29%</td>
<td>31%</td>
</tr>
</tbody>
</table>

(10th grade n = 334)  
(12th grade n = 270)
Q57. During the past 30 days, how many days did you use an electronic vapor product?

Participants who indicated they had used an electronic vapor product on Question 56 were shown this question.

12th grade students were more likely to use an electronic vapor product (63%), compared to 10th grade students (50%).

<table>
<thead>
<tr>
<th>DAYS USED AN ELECTRONIC VAPOR PRODUCT</th>
<th>10th Grade</th>
<th>12th Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 days</td>
<td>50%</td>
<td>37%</td>
</tr>
<tr>
<td>1 or 2 days</td>
<td>22%</td>
<td>29%</td>
</tr>
<tr>
<td>3 to 5 days</td>
<td>12%</td>
<td>10%</td>
</tr>
<tr>
<td>6 to 9 days</td>
<td>1%</td>
<td>5%</td>
</tr>
<tr>
<td>10 to 19 days</td>
<td>4%</td>
<td>10%</td>
</tr>
<tr>
<td>20 to 29 days</td>
<td>6%</td>
<td>1%</td>
</tr>
<tr>
<td>All 30 days</td>
<td>4%</td>
<td>8%</td>
</tr>
</tbody>
</table>
Q58. During the past 30 days, how many days did you use chewing tobacco, snuff, dip, snus, or dissolvable tobacco products, such as Copenhagen, Grizzly, Skoal, or Camel Snus?

Chewing tobacco is extremely uncommon (3%) among the 10th and 12th grade students.

**USE OF CHEWING TOBACCO**

- 0% | 0% | 1% | 0% | 1% | 1% | 1%
- 0 DAYS | 1 OR 2 DAYS | 3 TO 5 DAYS | 6 TO 9 DAYS | 10 TO 19 DAYS | ALL 30 DAYS

(10th grade n = 332)
(12th grade n = 268)
Almost all 10th and 12th grade students have not smoked cigars in the past 30 days (95%).
Q60. During the past 30 days, how many days did you use tobacco products including cigarettes, cigars, smokeless tobacco, shisha or hookah tobacco, and electronic vapor products on school property?

6% of both 10th and 12th grade students reported using tobacco products on school property in the last 30 days. 94% have not.
Q61. How old were you when you had your first alcoholic drink other than a few sips?

15 to 17 years old is the most common ages to have their first alcoholic beverage for 12th graders (31%), compared to 11th graders, which is 13 to 16 years old (26%).
Q62. During the past 30 days, how many days did you have at least one alcoholic drink on school property?

- Participants who indicated they had a sip of alcohol before on Question 61 were shown this question. N = 263

- About 11-12% of students have had alcoholic drinks on school property in the past 30 days.

<table>
<thead>
<tr>
<th>Days of Alcohol on School Property</th>
<th>10th Grade</th>
<th>12th Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 days</td>
<td>88%</td>
<td>91%</td>
</tr>
<tr>
<td>1 or 2 days</td>
<td>3%</td>
<td>2%</td>
</tr>
<tr>
<td>3 to 5 days</td>
<td>3%</td>
<td>3%</td>
</tr>
<tr>
<td>6 to 9 days</td>
<td>1%</td>
<td>1%</td>
</tr>
<tr>
<td>10 to 19 days</td>
<td>2%</td>
<td>2%</td>
</tr>
<tr>
<td>20 to 29 days</td>
<td>1%</td>
<td>1%</td>
</tr>
<tr>
<td>All 30 days</td>
<td>2%</td>
<td>2%</td>
</tr>
</tbody>
</table>

(10th grade n = 134)  
(12th grade n = 129)
Q63. During the past 30 days, how many days did you have 4 or more alcoholic drinks in a row, that is, within a couple of hours?

- Participants who indicated they had a sip of alcohol before on Question 61 were shown this question. N = 265
- Heavy drinking can lead to alcohol abuse in the future and can have a negatively impact the young adults.

### HEAVY DRINKING IN THE PAST 30 DAYS

<table>
<thead>
<tr>
<th>Days</th>
<th>10th Grade</th>
<th>12th Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 days</td>
<td>78%</td>
<td>79%</td>
</tr>
<tr>
<td>1 or 2 days</td>
<td>9%</td>
<td>5%</td>
</tr>
<tr>
<td>3 to 5 days</td>
<td>6%</td>
<td>3%</td>
</tr>
<tr>
<td>6 to 9 days</td>
<td>4%</td>
<td>5%</td>
</tr>
<tr>
<td>10 to 19 days</td>
<td>0%</td>
<td>2%</td>
</tr>
<tr>
<td>20 to 29 days</td>
<td>1%</td>
<td>2%</td>
</tr>
<tr>
<td>All 30 days</td>
<td>2%</td>
<td>3%</td>
</tr>
</tbody>
</table>

(10th grade n = 134)  
(12th grade n = 131)
Q64. During your life, how many times have you used marijuana?

<table>
<thead>
<tr>
<th>Marijuana Use in Lifetime</th>
<th>12th Grade</th>
<th>10th Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>100 OR MORE TIMES</td>
<td>13%</td>
<td>8%</td>
</tr>
<tr>
<td>40 TO 99 TIMES</td>
<td>4%</td>
<td>3%</td>
</tr>
<tr>
<td>20 TO 39 TIMES</td>
<td>6%</td>
<td>4%</td>
</tr>
<tr>
<td>10 TO 19 TIMES</td>
<td>3%</td>
<td>4%</td>
</tr>
<tr>
<td>3 TO 9 TIMES</td>
<td>8%</td>
<td>8%</td>
</tr>
<tr>
<td>1 OR 2 TIMES</td>
<td>10%</td>
<td>7%</td>
</tr>
<tr>
<td>0 TIMES</td>
<td>57%</td>
<td>67%</td>
</tr>
</tbody>
</table>

Recreational marijuana in Massachusetts became legal in 2017 for adults 21 years or older, which may have an impact on access and availability.

Q65. How old were you when you tried marijuana for the first time?

- Participants who indicated they had used marijuana on Question 64 were shown this question. N = 227
- 10th grade students tried marijuana mostly between 13-14 years old (78%).
- 12th grade students tried marijuana mostly between 12-17+ years old (73%).

### Age at the Time of First Marijuana Use

<table>
<thead>
<tr>
<th>Age Group</th>
<th>10th Grade</th>
<th>12th Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 YEARS OLD OR YOUNGER</td>
<td>1%</td>
<td>5%</td>
</tr>
<tr>
<td>9 TO 10 YEARS OLD</td>
<td>1%</td>
<td>5%</td>
</tr>
<tr>
<td>11 TO 12 YEARS OLD</td>
<td>9%</td>
<td>11%</td>
</tr>
<tr>
<td>13 TO 14 YEARS OLD</td>
<td>16%</td>
<td>37%</td>
</tr>
<tr>
<td>15 OR 16 YEARS OLD</td>
<td>41%</td>
<td>48%</td>
</tr>
<tr>
<td>17 YEARS OLD OR OLDER</td>
<td>25%</td>
<td>2%</td>
</tr>
</tbody>
</table>

(10th grade n = 111) (12th grade n = 116)
Q66. During the past 30 days, how many times did you use marijuana at school or on the way to or from school?

Participants who indicated they had used marijuana on Question 65 were shown this question.

41% of 12th grade students have used marijuana at school or on the way to or from school, compared to 40% of 10th grade students.

<table>
<thead>
<tr>
<th>MARIJUANA USE AT SCHOOL IN THE PAST 30 DAYS</th>
<th>12th Grade</th>
<th>10th Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>40 OR MORE TIMES</td>
<td>9%</td>
<td>4%</td>
</tr>
<tr>
<td>20 TO 39 TIMES</td>
<td>4%</td>
<td>1%</td>
</tr>
<tr>
<td>10 TO 19 TIMES</td>
<td>7%</td>
<td>9%</td>
</tr>
<tr>
<td>3 TO 9 TIMES</td>
<td>5%</td>
<td>7%</td>
</tr>
<tr>
<td>1 OR 2 TIMES</td>
<td>16%</td>
<td>19%</td>
</tr>
<tr>
<td>0 TIMES</td>
<td>59%</td>
<td>60%</td>
</tr>
</tbody>
</table>

(10th grade n = 111)  
(12th grade n = 116)
Q67. How would your parents or other adults in your family feel if you smoked marijuana?

(10th grade n = 331)
(12th grade n = 266)

10th grade students reported their parents or family members would disapprove (65%) of them smoking marijuana compared to 12th grade students (54%).

Very little students in either grade reported their family would approve.
Q68. During your lifetime, have you taken any of the following prescription drugs that were not your own? (n=596)

**NON-PRESCRIPTION DRUG USE IN LIFETIME**

- **LIFETIME OTHER NON-PRESCRIPTION DRUG USE**: 9%
- **LIFETIME NON-PRESCRIPTION STEROIDS USE**: 2%
- **LIFETIME NON-PRESCRIPTION RITALIN USE**: 3%
- **LIFETIME NON-PRESCRIPTION NARCOTICS USE**: 6%

**12th Grade**
- LIFETIME OTHER NON-PRESCRIPTION DRUG USE: 7%
- LIFETIME NON-PRESCRIPTION STEROIDS USE: 2%
- LIFETIME NON-PRESCRIPTION RITALIN USE: 3%
- LIFETIME NON-PRESCRIPTION NARCOTICS USE: 5%

**10th Grade**
- LIFETIME OTHER NON-PRESCRIPTION DRUG USE: 17%
- LIFETIME NON-PRESCRIPTION STEROIDS USE: 2%
- LIFETIME NON-PRESCRIPTION RITALIN USE: 2%
- LIFETIME NON-PRESCRIPTION NARCOTICS USE: 1%
Q69. During the past 30 days, have you taken any of the following prescription drugs that were not your own? (n=596)

- 10th grade students reported taking Ritalin 12% more than 12th grade students in the past 30 days.

- Between 10th and 12th grade students, about 30% have used non-prescription drugs that were not steroids, Ritalin, or narcotics.

### NON-PRESCRIPTION DRUG USE IN THE PAST 30 DAYS

- Other non-prescription drug use: 28% (12th Grade) vs. 32% (10th Grade)
- Non-prescription steroids use: 10% (12th Grade) vs. 13% (10th Grade)
- Non-prescription Ritalin use: 18% (12th Grade) vs. 6% (10th Grade)
- Non-prescription narcotics use: 21% (12th Grade) vs. 15% (10th Grade)
Q70. How easy or difficult would it be for you to get **alcohol**?

- 1 in every 3 students, in both the 10th and 12th grade, find it easy to get alcohol.

- However, a similar amount of people do not know how difficult it would be, maybe they have never tried to access alcohol.
Q70. How easy or difficult would it be for you to get **marijuana**?

12th grade students think it easier to obtain marijuana than 10th grade students, 42% and 37% respectively.
Q70. How easy or difficult would it be for you to get tobacco?

- 1 in every 4 students, in both grades, believe it is easy to obtain tobacco.
- However, 30% of both grades believe it is impossible to obtain tobacco.
Marijuana is believed to be the easiest of the three to obtain at an average of 40%, compared to alcohol (30%), and tobacco (24%).

Tobacco had the highest percentages of impossible to obtain at about 30%, compared to marijuana (24%), and alcohol (18%).

For all three drugs, 12th grade students report more ease of obtaining them compared to the 10th grade students, and similarly less difficult.
LIFESTYLE MODULE

Questions: #71-#92 in the YRBS (Slides 83- 104)
N = 588
Q71. During your life, with how many people have you had sex? (n=572)

- 12th grade students have had sex more and with more people than 10th grade students.
- 1 person is the most common number of sexual partners for both 10th and 12th grades students.
- Having multiple sexual partners increases risk of STD and HIV, as well as pregnancy if contraception is not used.
Q72. The last time you had sex, did you drink alcohol or use drugs beforehand?

Participators who indicated they had sex with one or more person on Question 71 were shown this question.

10th and 12th grade students drink alcohol or use drugs before sex a similar amount. About 1 in 7 students who have sex, drink alcohol or use drugs before sex.

This can cause impairment and inability to consent to sexual activity.

<table>
<thead>
<tr>
<th></th>
<th>10th Grade</th>
<th>12th Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>87%</td>
<td>85%</td>
</tr>
<tr>
<td>No</td>
<td>13%</td>
<td>15%</td>
</tr>
</tbody>
</table>
Q73. The last time you had vaginal and/or anal sex, did you or your partner use a condom?

- Participants who indicated they had sex with one or more person on Question 71 were shown this question.
- 10th grade students were 7% more likely to use a condom (60%) compared to 12th grade students (53%).

---

**CONDOM USE**

<table>
<thead>
<tr>
<th></th>
<th>10th Grade</th>
<th>12th Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>I HAVE NEVER HAD VAGINAL AND/OR ANAL SEX</td>
<td>8%</td>
<td>3%</td>
</tr>
<tr>
<td>NO</td>
<td>32%</td>
<td>44%</td>
</tr>
<tr>
<td>YES</td>
<td>60%</td>
<td>53%</td>
</tr>
</tbody>
</table>

(10th grade n = 112)  
(12th grade n = 142)
Q74. The last time you had vaginal sex, what methods did you or your partner use to prevent pregnancy? (n = 258)

Participants who indicated they had sex with one or more person on Question 71 were shown this question. Participants were able to choose more than one method.

- Condoms were the most selected method to prevent pregnancy (52%).
- Birth control was the second most selected option (25%).

<table>
<thead>
<tr>
<th>Pregnancy Prevention Methods</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Withdrawl or Some Other Method</td>
<td>11%</td>
</tr>
<tr>
<td>Not sure</td>
<td>7%</td>
</tr>
<tr>
<td>No method was used to prevent pregnancy</td>
<td>12%</td>
</tr>
<tr>
<td>I have never had vaginal sex</td>
<td>6%</td>
</tr>
<tr>
<td>Condoms</td>
<td>52%</td>
</tr>
<tr>
<td>Birth control pills</td>
<td>25%</td>
</tr>
<tr>
<td>An IUD or Implant</td>
<td>12%</td>
</tr>
<tr>
<td>A shot, patch, or birth control ring</td>
<td>7%</td>
</tr>
</tbody>
</table>
Q75. How many times have you been pregnant or gotten someone pregnant?

Participants who indicated they had sex with one or more person on Question 71 were shown this question.

- 12th grade students (9%) have been pregnant or gotten someone pregnant more than 10th grade students (6%).

<table>
<thead>
<tr>
<th></th>
<th>10th Grade</th>
<th>12th Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 TIMES</td>
<td>92%</td>
<td>87%</td>
</tr>
<tr>
<td>1 TIME</td>
<td>3%</td>
<td>6%</td>
</tr>
<tr>
<td>2 OR MORE TIMES</td>
<td>3%</td>
<td>3%</td>
</tr>
<tr>
<td>NOT SURE</td>
<td>3%</td>
<td>3%</td>
</tr>
</tbody>
</table>
Q76. Have you ever been tested for HIV, the virus that causes AIDS?

- CDC recommends everyone between the ages of 13 and 64 get tested for HIV at least once. Those who are at a higher risk should get tested more frequently.
- 12th grade students (19%) have been tested slightly more than 10th grade students (11%).
- However, about 3 out of every 4 students have never been tested for HIV.

Source: [https://www.cdc.gov/hiv/basics/hiv-testing/getting-tested.html](https://www.cdc.gov/hiv/basics/hiv-testing/getting-tested.html)
Q77. During the past 12 months, have you ever been tested for a sexually transmitted infection (STI) other than HIV, such as chlamydia or gonorrhea?

12th grade students (21%) reported getting tested for STIs 10% more than 10th grade students (11%).

Approximately, 3 out of 4 students in both grades have not been tested for STIs in the past 12 months.

The CDC recommends yearly, routine STI testing for chlamydia and gonorrhea for sexually active individuals.

Source: https://www.cdc.gov/std/tg2015/screening-recommendations.htm
Q78. Have you ever been taught in school about how to use a condom?

<table>
<thead>
<tr>
<th>Condom Education in School</th>
<th>10th Grade n = 330</th>
<th>12th Grade n = 243</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>63%</td>
<td>63%</td>
</tr>
<tr>
<td>No</td>
<td>33%</td>
<td>32%</td>
</tr>
<tr>
<td>Not Sure</td>
<td>4%</td>
<td>5%</td>
</tr>
</tbody>
</table>

- Percentages for responses are very similar for both 10th and 12th graders.
- More than half (63%) of students have been taught how to use a condom at their school.
Q79. Have you ever had sex education in school?

SEX EDUCATION IN SCHOOL

- 10th Grade
- 12th Grade

- YES: 71% (10th grade), 78% (12th grade)
- NO: 23% (10th grade), 16% (12th grade)
- NOT SURE: 7% (10th grade), 6% (12th grade)

- 12th grade students reported having sex education in school slightly higher than 10th grade students, 78% and 71% respectively.
- 3 in every 4 students have had sexual education in school.
Q80. Have your parents or other adults in your family ever talked to you about what they expect you to do or not to do when it comes to sex?

More students, both 10\textsuperscript{th} and 12\textsuperscript{th} grade students, have received sex education from school compared to parents.

- 32\% of 10\textsuperscript{th} grade and 36\% of 12\textsuperscript{th} grade students have not discussed sex expectations with their family, which increases the importance of sex education and discussion in school.
Q81. How do you describe your weight?

Approximately, 34% of students in both grades perceive their body weight as overweight.

In Question 10-11 regarding BMI calculations based on reported sex, age, weight and height, 43% were overweight.
Q82. Which of the following are you trying to do about your weight?

About half of the 10th and 12th grade students (45%) are currently trying to lose weight.

21% of 10th grade students and 26 of 12th grade students want to gain weight.

<table>
<thead>
<tr>
<th>Behavior on Weight</th>
<th>10th Grade</th>
<th>12th Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>I am not trying to do anything about my weight</td>
<td>13%</td>
<td>13%</td>
</tr>
<tr>
<td>Stay the same weight</td>
<td>21%</td>
<td>16%</td>
</tr>
<tr>
<td>Lose weight</td>
<td>45%</td>
<td>45%</td>
</tr>
<tr>
<td>Gain weight</td>
<td>21%</td>
<td>26%</td>
</tr>
</tbody>
</table>

(10th grade n = 329) (12th grade n = 242)
Q83. During the past 7 days, how many times did you drink 100% fruit juices such as orange juice, apple juice, or grape juice?

<table>
<thead>
<tr>
<th>Consumption</th>
<th>10th Grade n = 327</th>
<th>12th Grade n = 242</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 or more times per day</td>
<td>6% 9%</td>
<td>3% 9%</td>
</tr>
<tr>
<td>3 times per day</td>
<td>5% 3%</td>
<td></td>
</tr>
<tr>
<td>2 times per day</td>
<td>6% 9%</td>
<td></td>
</tr>
<tr>
<td>1 time per day</td>
<td>7% 9%</td>
<td></td>
</tr>
<tr>
<td>4 to 6 times during the past 7 days</td>
<td></td>
<td>13% 18%</td>
</tr>
<tr>
<td>1 to 3 times during the past 7 days</td>
<td></td>
<td>13% 37%</td>
</tr>
<tr>
<td>I did not drink 100% fruit juice</td>
<td></td>
<td>21% 20%</td>
</tr>
</tbody>
</table>
Q84. During the past 7 days, how many times did you drink a can, bottle, or glass of soda or pop or a sugar-sweetened beverage such as sports drinks, energy drinks, lemonade, tea or coffee drinks, flavored milk, Snapple, or Sunny Delight?

CONSUMPTION OF SUGAR-SWEETENED BEVERAGES IN THE PAST 7 DAYS

- **1 TO 3 TIMES DURING THE PAST 7 DAYS**: 44% (12th Grade), 39% (10th Grade)
- **3 TIMES PER DAY**: 16% (12th Grade), 12% (10th Grade)
- **4 TO 6 TIMES DURING THE PAST 7 DAYS**: 12% (12th Grade), 10% (10th Grade)
- **1 TIMES PER DAY**: 9% (12th Grade), 6% (10th Grade)
- **2 TIMES PER DAY**: 4% (12th Grade), 4% (10th Grade)
- **3 TIMES PER DAY**: 4% (12th Grade), 4% (10th Grade)
- **4 OR MORE TIMES PER DAY**: 5% (12th Grade), 6% (10th Grade)
- **I DID NOT DRINK SODA OR SUGAR-SWEETENED BEVERAGES DURING THE PAST 7 DAYS**: 22% (12th Grade), 22% (10th Grade)

(10th grade n = 327)  
(12th grade n = 242)
Q85. During the past 7 days, how many days did you eat breakfast?

- Consuming breakfast is very varied in days and between the grades.
- Only about 30% of the students eat breakfast every day of the week.

**BREAKFAST CONSUMPTION**

<table>
<thead>
<tr>
<th>Days</th>
<th>10th Grade</th>
<th>12th Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 DAYS</td>
<td>11%</td>
<td>14%</td>
</tr>
<tr>
<td>1 TO 2 DAYS</td>
<td>21%</td>
<td>23%</td>
</tr>
<tr>
<td>3 TO 4 DAYS</td>
<td>21%</td>
<td>24%</td>
</tr>
<tr>
<td>5 TO 6 DAYS</td>
<td>16%</td>
<td>11%</td>
</tr>
<tr>
<td>7 DAYS</td>
<td>32%</td>
<td>29%</td>
</tr>
</tbody>
</table>

(10th grade n = 330)  
(12th grade n = 242)
Q86. On an average school night, how many hours of sleep do you get?  

The CDC recommends young adults, 13 to 18 years should sleep 8 to 10 hours per 24 hours.

Lack of sleep can have a significant impact on student’s health, behavior, and performance in school.

Approximately 1 in 4 students get enough sleep on an average school night.

Source: https://www.cdc.gov/features/students-sleep/index.html
Q87. During the past 30 days, did you ever sleep away from your parents or guardian because you were kicked out, ran away, or were abandoned?

<table>
<thead>
<tr>
<th>Grade</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>10th Grade</td>
<td>7%</td>
<td>93%</td>
</tr>
<tr>
<td>12th Grade</td>
<td>5%</td>
<td>95%</td>
</tr>
</tbody>
</table>
Q88. On an average school day, how many hours do you play video or computer games or use a computer for something that is not schoolwork? (n = 572)

HOURS PLAYING GAMES NOT RELATED TO SCHOOL

- **I DO NOT PLAY VIDEO OR COMPUTER GAMES FOR SOMETHING THAT IS NOT SCHOOL WORK**: 22% (12th Grade) 16% (10th Grade)
- **5 OR MORE HOURS PER DAY**: 29% (12th Grade) 27% (10th Grade)
- **3 TO 4 HOURS PER DAY**: 22% (12th Grade) 26% (10th Grade)
- **1 TO 2 HOUR PER DAY**: 18% (12th Grade) 23% (10th Grade)
- **LESS THAN 1 HOUR PER DAY**: 9% (12th Grade) 8% (10th Grade)
Q89. In an average week when you are in school, on how many days do you go to physical education classes?

(10th grade n = 328)  
(12th grade n = 241)

About 1 in every 4 students in both grades receive zero days of physical education at school.

26% of the 12th grade students reported not going to any physical education classes in school on an average week, compared to 23% of 10th grade students.
Q90. When was the last time you saw a doctor, nurse, or other health professional for an annual check-up, physical, or wellness visit?

Approximately, 3 in every 4 students (75%) have visited a health professional for a physical/annual visit in the past 12 months!

The CDC recommends regular check-ups to find problems early to increase treatments and cures.

Source: https://www.cdc.gov/family/checkup/index.htm
Q91. During the past 7 days, how many days did you take part in organized art activities or programs?

<table>
<thead>
<tr>
<th>Participation</th>
<th>10th Grade n = 326</th>
<th>12th Grade n = 241</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 Day</td>
<td>49%</td>
<td>51%</td>
</tr>
<tr>
<td>1 or 2 Days</td>
<td>22%</td>
<td>27%</td>
</tr>
<tr>
<td>3 or 4 Days</td>
<td>12%</td>
<td>12%</td>
</tr>
<tr>
<td>5 or More Days</td>
<td>17%</td>
<td>12%</td>
</tr>
</tbody>
</table>

(10th grade n = 326)  
(12th grade n = 241)
Q92. During the past 7 days, how many days did you take part in organized music activities or programs (choir, band, music lessons, any other supervised music-related activities or programs)?

Approximately 70% of 10th and 12th grade students did not participate in music activities, which is lower than Question 91 which referred to participation in art programming.

- **5 or more days**: 10% (12th grade n = 241) vs. 10% (10th grade n = 326)
- **3 or 4 days**: 9% (12th grade n = 241) vs. 8% (10th grade n = 326)
- **1 or 2 days**: 15% (12th grade n = 241) vs. 12% (10th grade n = 326)
- **0 days**: 66% (12th grade n = 241) vs. 70% (10th grade n = 326)