



**2014-2015**  
**Youth Risk Behavior Survey**  
**Report**  
**Rochester City School District**

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





## **Table of Contents**

<b>Introduction.....</b>	<b>1</b>
<b>Violence.....</b>	<b>3</b>
<b>Bullying.....</b>	<b>5</b>
<b>Internet Bullying and Safety Issues.....</b>	<b>7</b>
<b>Adverse Experiences of Childhood.....</b>	<b>9</b>
<b>Mental Health.....</b>	<b>11</b>
<b>Tobacco Use.....</b>	<b>12</b>
<b>Electronic Cigarettes Use.....</b>	<b>12</b>
<b>Alcohol Use .....</b>	<b>13</b>
<b>Marijuana Use.....</b>	<b>14</b>
<b>Use of Other Drugs.....</b>	<b>14</b>
<b>Substance Abuse on School Property.....</b>	<b>16</b>
<b>Driving and Substance Abuse.....</b>	<b>17</b>
<b>Sexual Risk Behaviors .....</b>	<b>18</b>
<b>Prevention of Pregnancy and STDs.....</b>	<b>19</b>
<b>Dieting Practices.....</b>	<b>21</b>
<b>Energy Drinks.....</b>	<b>21</b>
<b>Physical Activity/Sedentary Behavior.....</b>	<b>22</b>
<b>Sleeping Habits.....</b>	<b>23</b>
<b>Preventive Health Care.....</b>	<b>23</b>
<b>Assets.....</b>	<b>24</b>

## **Introduction**

### **Background**

The Monroe County Youth Risk Behavior Survey (YRBS) was conducted in public high schools, including the Rochester City School District (RCSD) during the 2014-2015 school year. The Youth Risk Behavior Survey, designed and validated by the Centers for Disease Control and Prevention (CDC), has been conducted nationally and in several states and localities since 1990. The goals of the survey are: 1.) to assess health risk behaviors among high school students, 2.) to monitor changes in these behaviors over time, and 3.) to broadly evaluate the impact of preventive programs.

### **Methodology**

The survey was administered in the RCSD using a confidential computer based platform. Students voluntarily participated in the survey. In total 4,332 students participated in the survey out of an enrollment of 8,781.

All but one RCSD school with 9-12<sup>th</sup> graders participated in the survey. It is not clear how this impacted the results.

For each question, we calculated the proportion of students who reported the behavior or asset, along with the 95% confidence interval. (LCL – lower confidence level and UCL- upper confidence level).

### **Limitations of the Data**

Nationally, the CDC conducts internal reliability checks to identify the small percentage of students who may falsify their answers. For example, students who report smoking cigarettes in the past 30 days must also report ever having tried smoking cigarettes, or the responses to these questions are set to “missing”. Data published in this report are not checked for internal reliability and are only based on responses to each individual question.

These survey results do not include students who have dropped out of school or students who were absent the day of administration. Research has shown that students who dropout or are frequently absent are more likely to engage in health-risk behaviors than other students.<sup>1</sup>

Additionally, the data are based on self-report, thus students may under-report illegal behaviors like alcohol or drug use.

## **Demographic Characteristics of Respondents**

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

<b>Gender</b>	<b>#</b>	<b>%</b>
Female	2,261	52.19
Male	2,071	47.81
Total	4,332	
Did not answer		

<b>Age</b>	<b>#</b>	<b>%</b>
13 or younger	249	5.75
14 years old	490	11.31
15 years old	985	22.74
16 years old	1,073	24.77
17 years old	933	21.54
18 years old or older	602	13.9
Total	4,332	
Did not answer		

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

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 put in the race category they selected. Those that selected multiple races and not Latino were put in the “Other races/“more than one race” category.

<b>Race/Ethnicity</b>	<b>#</b>	<b>%</b>
Latino	1,307	30.4
White, Not Latino	373	8.7
African American, Not Latino	1,976	46.0
Other races, Not Latino/ More than one race, Not Latino	644	15.0
Total	4,300	
Did not answer	32	

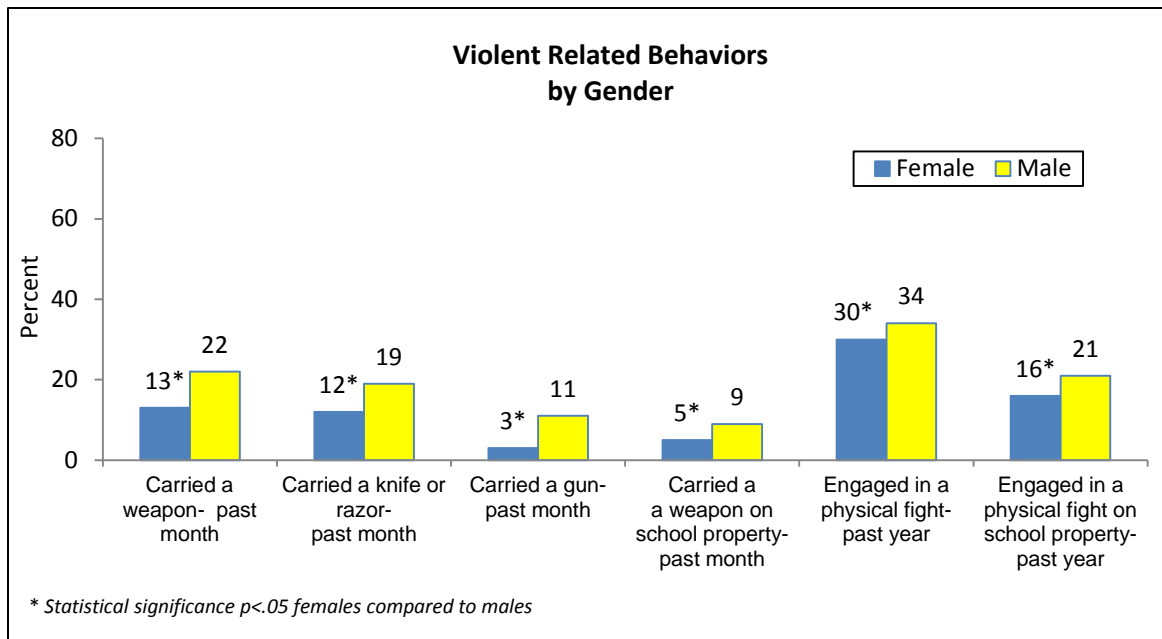
## Violence

Students Reported They:	%	LCL	UCL
Carried a weapon- past month**	17	15.9	18.2
Carried a knife or razor -past month	15	14.2	16.4
Carried a gun- past month	7	6.0	7.6
Carried a weapon on school property -past month	7	6.0	7.5
Engaged in a physical fight - past year	32	30.6	33.4
Engaged in a physical fight on school property - past year	18	17.2	19.5
Did not go to school on one or more days in the past month because they felt unsafe	10	9.4	11.3
Were teased, harassed, or attacked at school or on the way to school- past month	20	19	21.5
Were threatened/injured on school property 1 or more times - past year	9	8	9.7
In the past year, were physically hurt by someone they were dating, "talking to" or going out with	11	9.8	11.7
Were ever forced to do any of the following: have sexual intercourse, touch someone sexually, or be touched by someone sexually	11	10.3	12.2

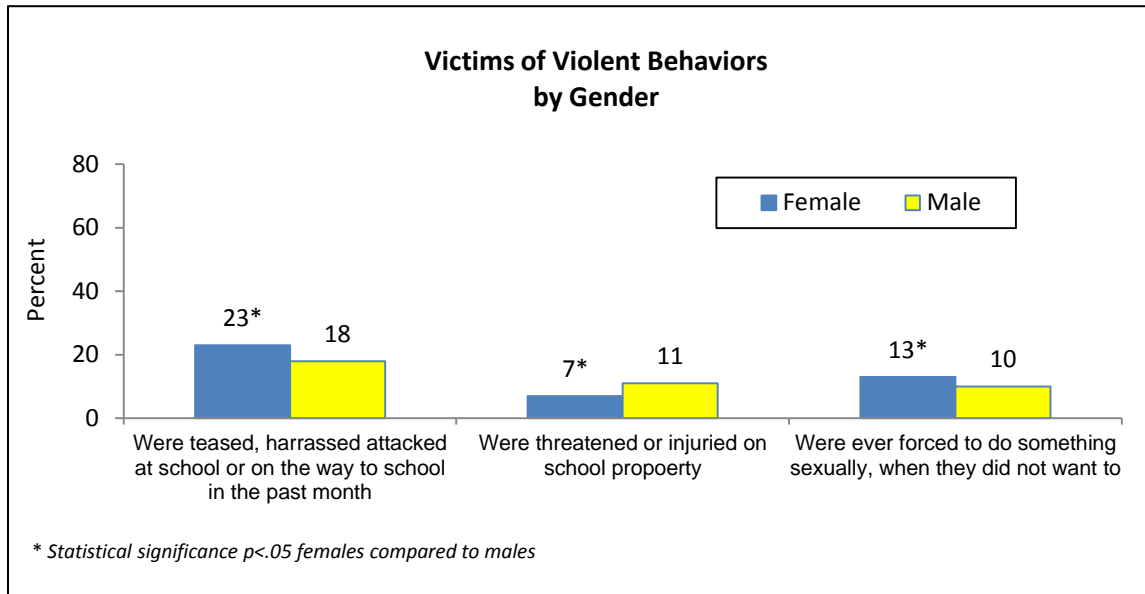
\*\*Note includes gun, knife, razor

### Differences by gender and race/Latino origin.

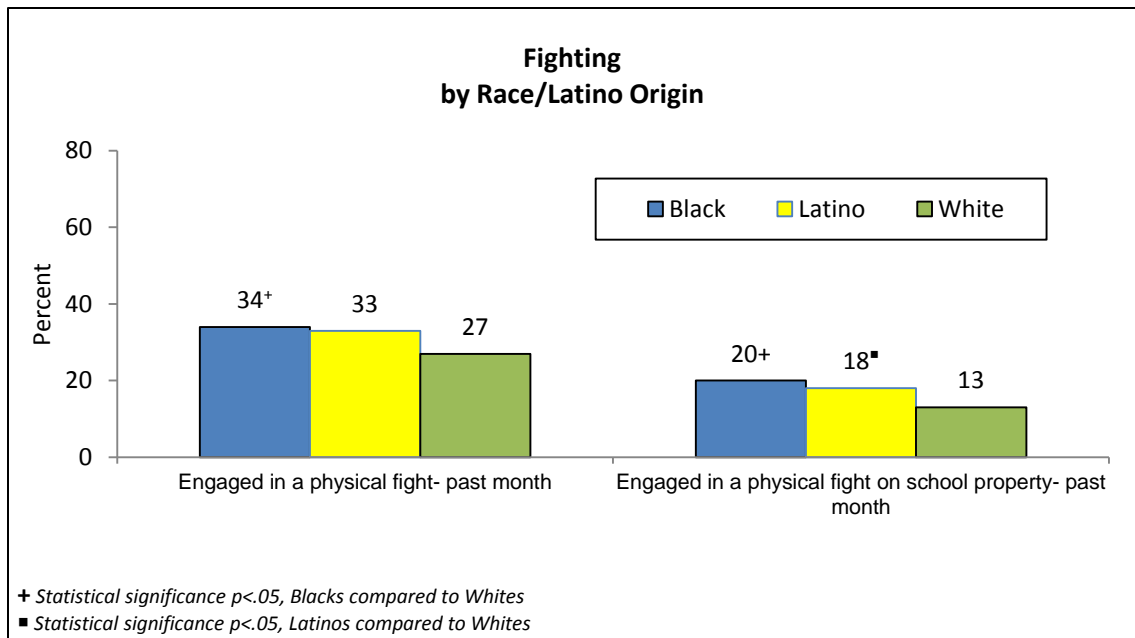
Males were more likely than females to engage in violent related behaviors.



There were differences by gender in reported victims of violence.



Black and Latino students were more likely than White students to engage in fighting.



Latino students were more likely than Black students to report they did not go to school in the past month because they felt unsafe (11%\* compared to 9%).

\* Statistical significance  $p < .05$ , Blacks compared to Latinos

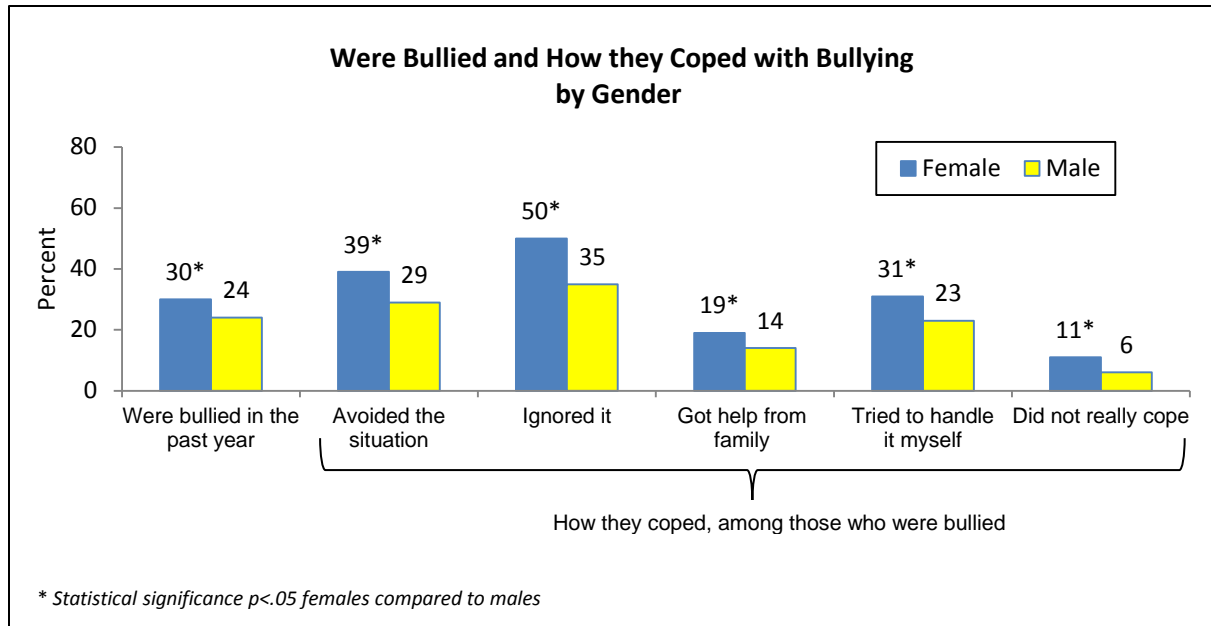


## **Bullying**

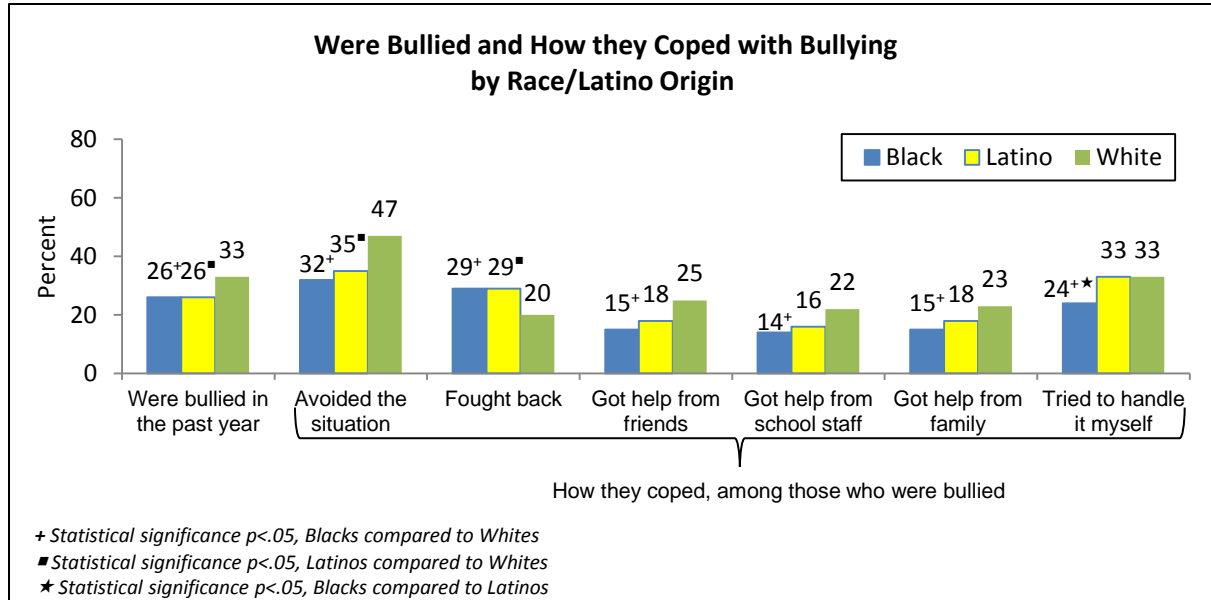
<b>Students Reported They:</b>	<b>%</b>	<b>LCL</b>	<b>UCL</b>
Experienced bullying in the past year**	27	25.6	28.4
Verbal	20	19	21.5
Physical	6	5.7	7.2
Electronic (cyberbullying)	7	5.8	7.4
Intimidation	6	4.8	6.3
Abuse	2	1.9	2.8
Considered bullying to be quite serious or extremely serious, <i>of those who were bullied</i>	31	28.7	33.5
Coped with bullying in the following ways,** <i>of those who were bullied</i>			
Tried to make fun of it	20	17.9	22.2
Tried to avoid the situation	35	32.2	37
Tried to ignore it	44	41.1	46.5
Fought back	27	24.6	29.5
Got help from friends	17	15.3	19.5
Got help from a teacher, staff member or Dignity Act Coordinator	15	13.4	17.4
Got help from family/parents	17	14.6	18.7
Tried to handle it by myself	28	25.3	30.2
Did not really cope	9	7.5	10.7
Other	14	11.9	15.7
Ever took part in bullying at school**	18	16.5	18.9
Hit or punched	4	3.7	4.9
Stole from	2	1.9	2.8
Called names	10	8.7	10.5
Threatened	4	3.6	4.9
Told lies	4	3.1	4.3
Excluded	5	4.5	5.8
Reacted to bullying in the following ways, <i>of those who witnessed bullying</i>			
I did not do anything about it	30	28.6	31.9
I did not know what to do when I witnessed bullying	10	8.6	10.8
I was afraid to do anything about it	4	2.9	4.3
I walked away	94	8	10.1
I stood up for the person being bullied	36	34.4	37.9
I told an adult about it	10	9.2	11.4
I talked with my Dignity Act Coordinator	18	0.5	1.1
Understand what the Dignity for All Student Act is	59	57.5	60.6

\*\*Students were allowed to select more than one response

Females were more likely than males to report they were bullied and to report certain ways they coped when they were bullied.



White students were more likely than Black and Latino students to report they were bullied. There were differences in reported ways students coped with bullying.

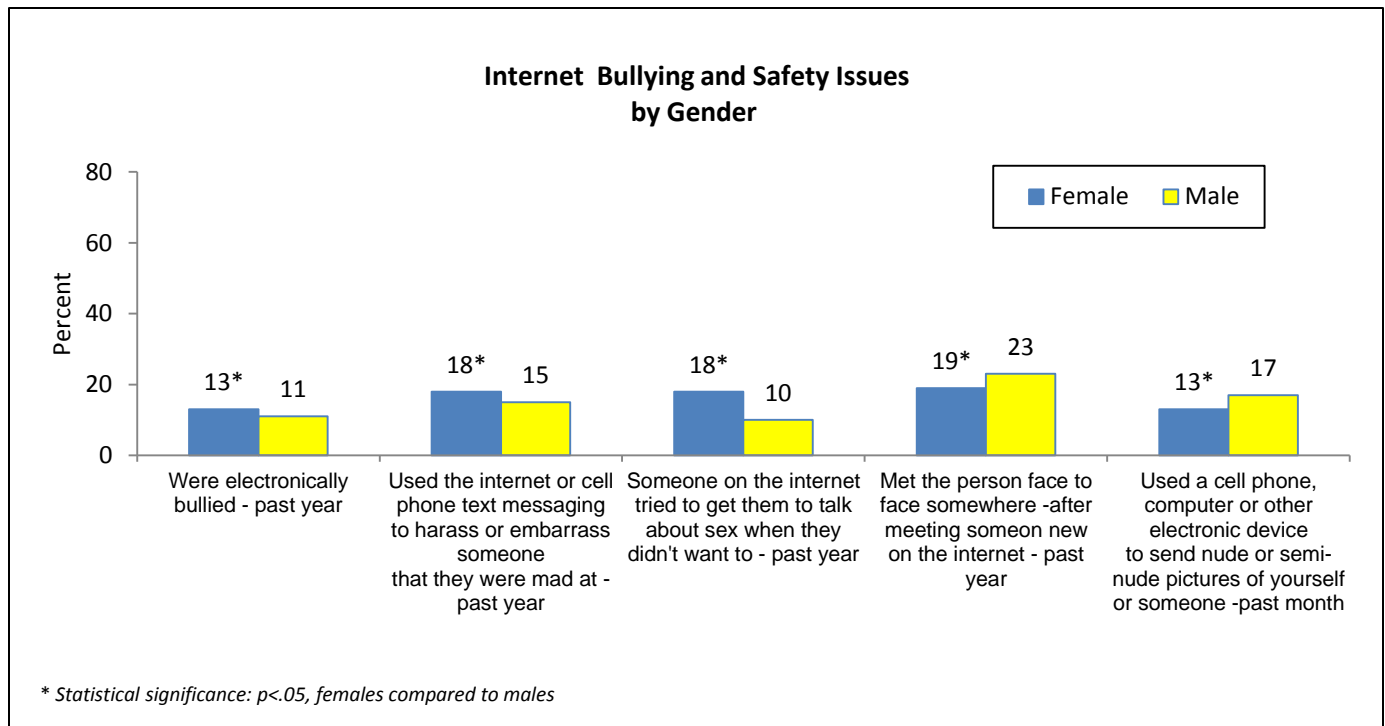


## Internet-Bullying and Safety Issues

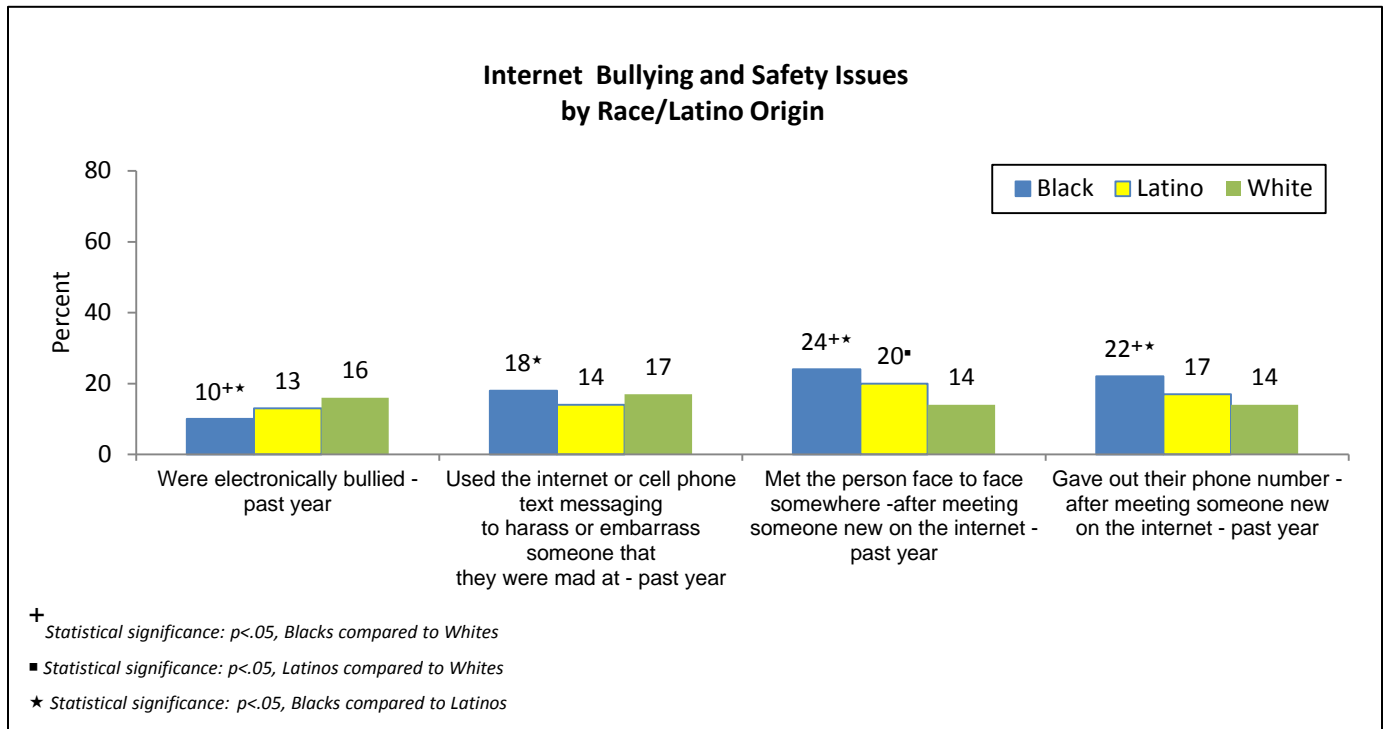
Students Reported They:	%	LCL	UCL
Were electronically bullied In the past 12 months [another student teased, threatened, or spread rumors about them through texting, social networking, instant messaging, emails or blogs]	12	10.8	12.9
Used the internet or cell phone text messaging to harass or embarrass someone that they were mad at one or more times in the past year, <i>of those who went on internet or used cell phone</i>	17	15.4	17.7
Someone on the internet tried to get them to talk about sex when they didn't want to in the past year, <i>of those who went on internet or used cell phone</i>	15	13.3	15.6
Did one or more of the following when they met someone new on the internet in the past year,**	42	40.2	43.4
Met the person face to face somewhere	21	19.6	22.2
Gave out phone number	19	17.6	20.1
Did text messaging	28	26.9	29.9
Did Face-Time	12	11.1	13.2
Used a cell phone, computer or other electronic device to send nude or semi-nude pictures of yourself or someone else in the past 30 days	15	13.7	15.9

\*\*Students were allowed to select more than one response

Differences by gender are shown below.



Differences by race/Latino origin are shown below.



## Adverse Experiences of Childhood

Students were asked a series of 11 questions about potentially traumatic things that they may have experienced at any time during their life. Research has demonstrated that experiencing adverse events before the age of 18, without intervention and support, increase the likelihood of engaging in risky behaviors as well as increase the likelihood of poor mental and physical health outcomes in later years.<sup>2</sup> The accumulation of multiple adverse childhood experiences compounds these risks.

<b>Students Reported:</b>	<b>%</b>	<b>LCL</b>	<b>UCL</b>
Often or repeatedly a parent or adult their home swore at you, insulted you or put you down	16	14.6	16.9
Often or repeatedly a parent or adult in their home hit, beat, kick or physically hurt you in any way	5	4.2	5.5
Often or repeatedly parents or adults in their home hit, beat, kick or beat each other up	4	3.6	4.9
Often or repeatedly, their family has not had enough money to buy food or pay for housing	7	6.6	8.2
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	22.8	25.4
Ever lived with anyone who was depressed, mentally ill or suicidal	20	18.4	20.9
Ever had anyone in their household go to jail or prison	35	33.9	36.8
Ever witnessed someone get shot, stabbed or beaten in your neighborhood	33	31.9	34.8
Were ever forced to do any of the following: have sexual intercourse, touch someone sexually, or be touched by someone sexually	11	10.3	12.2
Currently do not live with both parents	67	65.6	68.7
Disagree, strongly disagree with the statement, "my family gives me the help and support I need"	10	8.9	10.9

We added up the total number reported events for each student, and then calculated percentages by the number of experiences.

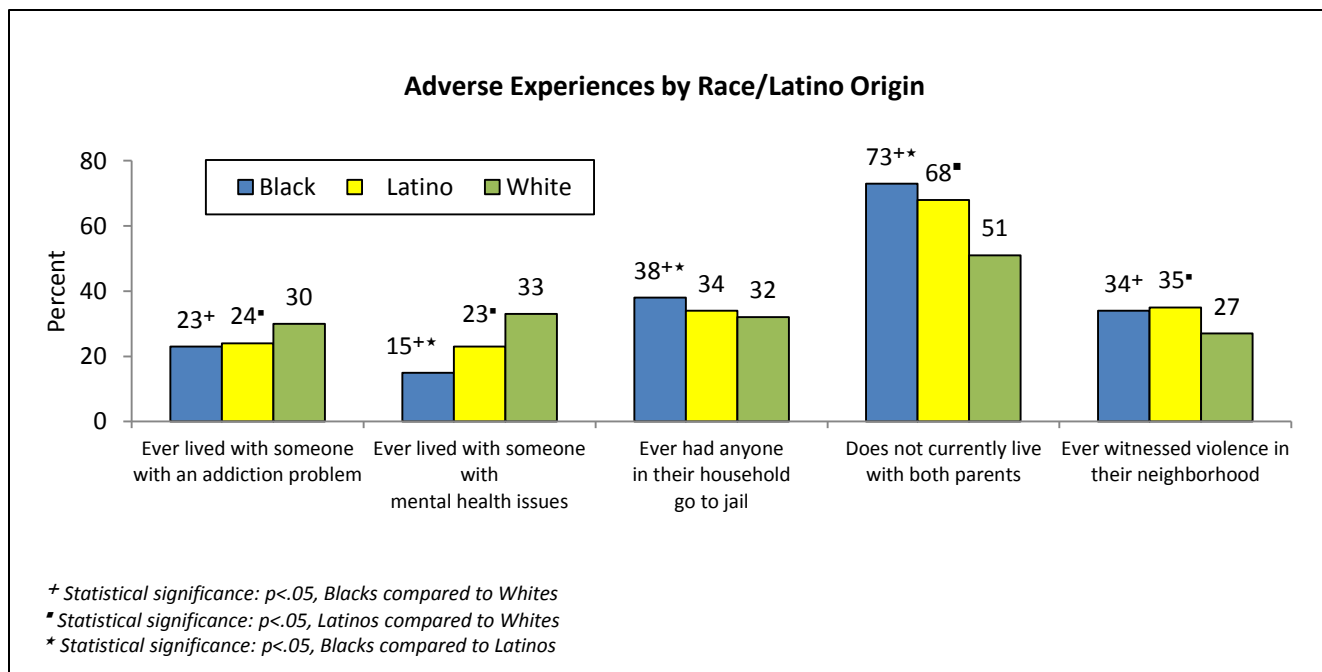
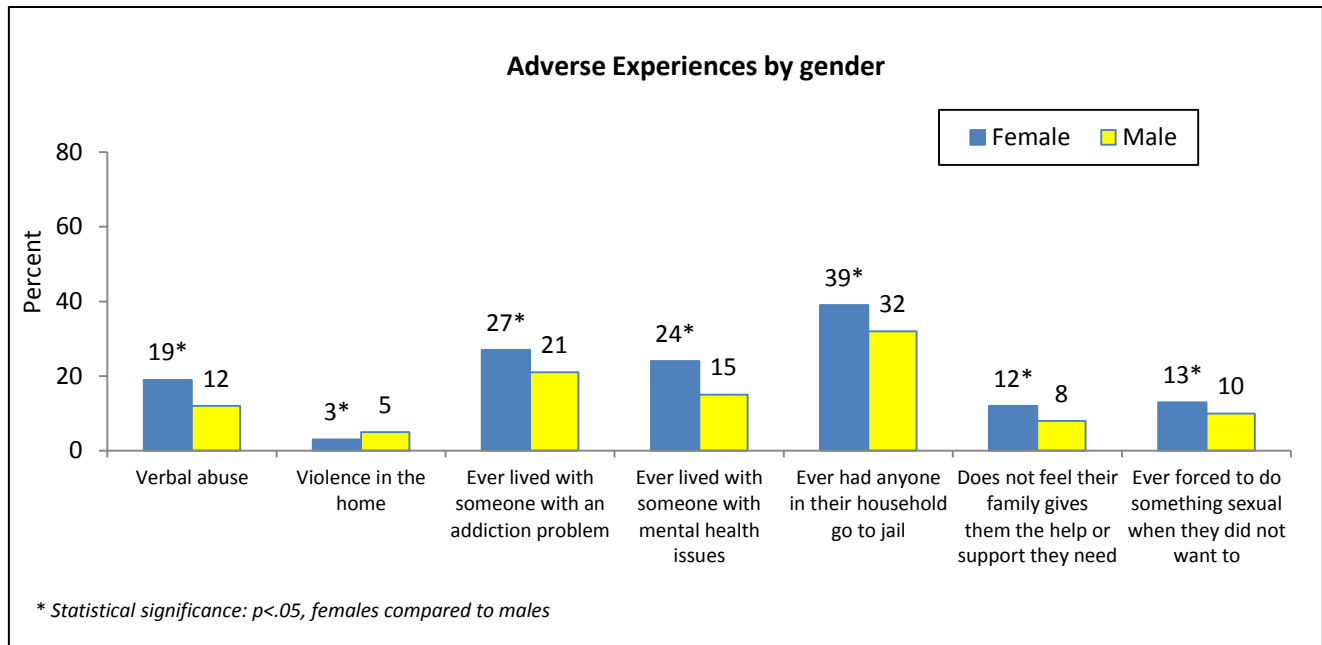
A limitation of the data is that the first 9 questions related to traumatic life events were asked towards the beginning of the survey and the remaining two, were asked at the end, and some students did not finish the survey. When calculating percentages, we took out of the denominator the 551 students that left one or more of the 11 questions blank, and answered no to the remaining questions. It is not clear how much of an impact this had on the results.

Eighty-seven percent of students reported one or more adverse experiences as shown in the table to the right.

<b># of Traumatic Life Events Reported by Students</b>	<b>%</b>
<b>0</b>	13
<b>1</b>	28
<b>2</b>	19
<b>3</b>	16
<b>4-6</b>	20
<b>7-11</b>	4
<b>1 or more</b>	87

<sup>2</sup> <http://www.acestudy.org/>

Differences by gender and race/Latino origin are shown in the graphics below.



Females are more likely than males to report one or more adverse experiences (89%\* compared to 84%).

African American and Latino students were more likely than White students to report one or more adverse experiences. (90%+ and 87%\* compared to 79%).

\*Statistical significance  $p < .05$ , females compared to males

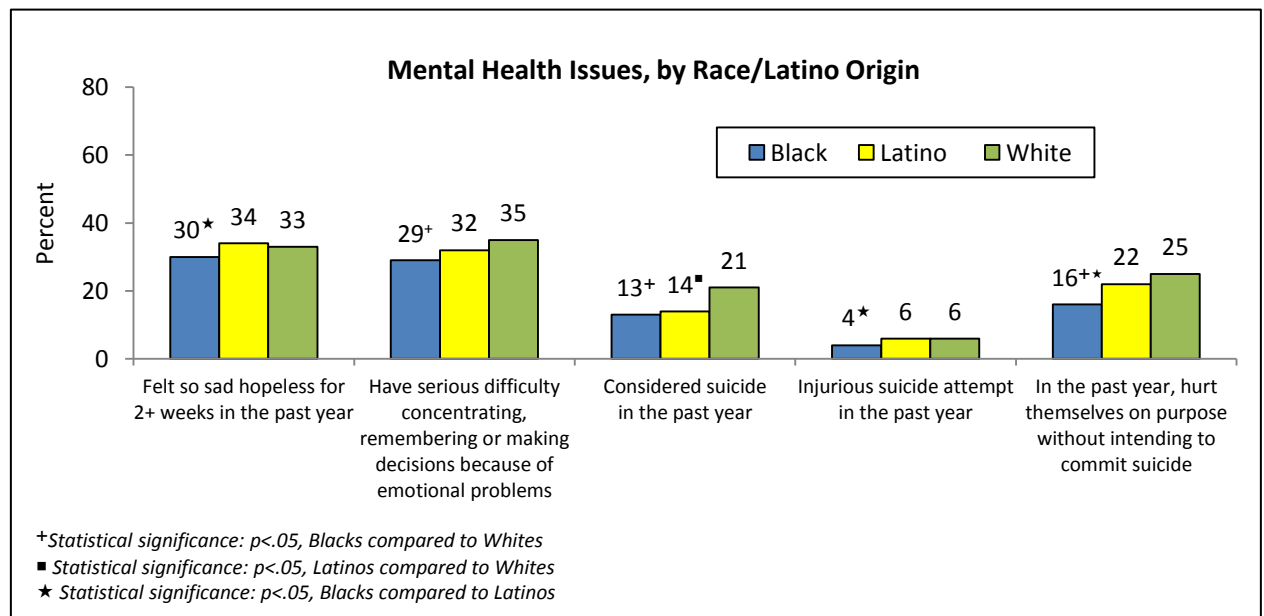
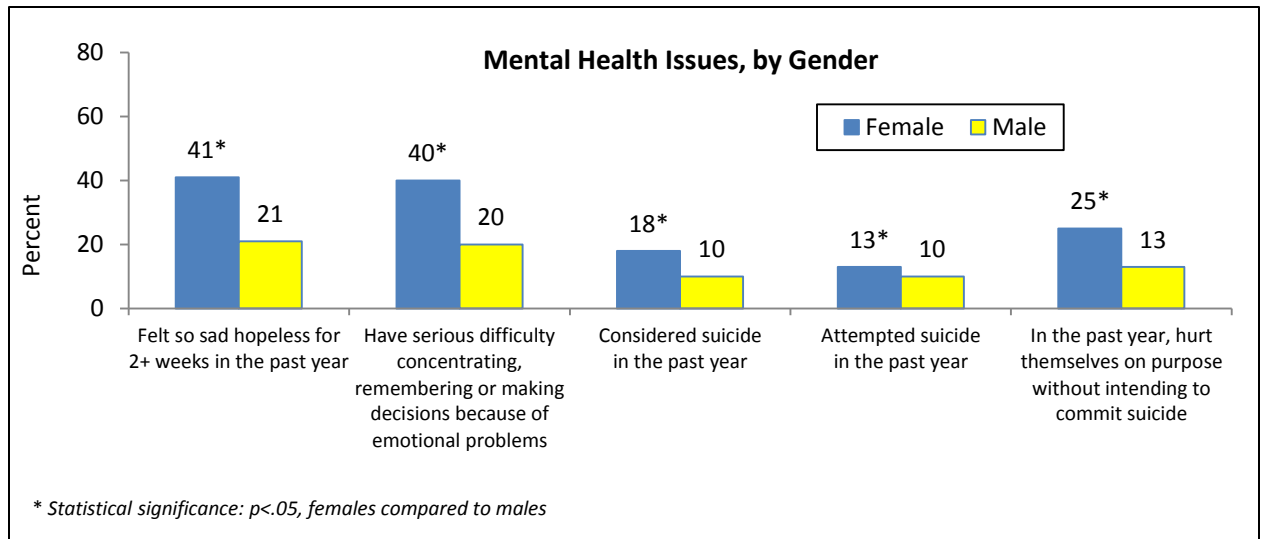
+Statistical significance:  $p < .05$ , Blacks compared to Whites

\*Statistical significance:  $p < .05$ , Latinos compared to Whites

## Mental Health

Students Reported They:	%	LCL	UCL
Felt so sad or hopeless almost every day for 2 or more weeks in a row that they stopped doing their usual activities, in the past year	32	30.1	33
Seriously considered attempting suicide in the past year	14	13.2	15.4
Made a specific plan about how they would attempt suicide in past year	12	10.7	12.7
Attempted suicide in the past year	12	10.6	12.5
Attempted suicide in the past year that resulted in an injury that needed treatment by a doctor or nurse	5	4.6	6
Ever hurt themselves on purpose by cutting, burning, or bruising for example, without the intention of committing suicide (self-injury)	19	17.8	20.2
Have serious difficulty concentrating, remembering, or making decisions because of emotional problems	30	29	31.8

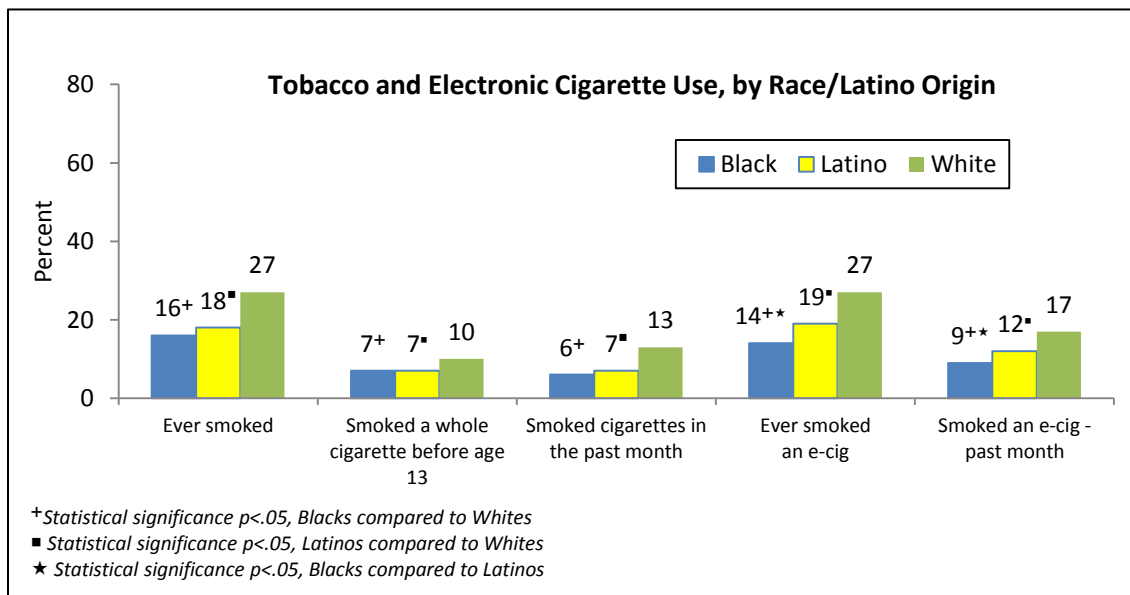
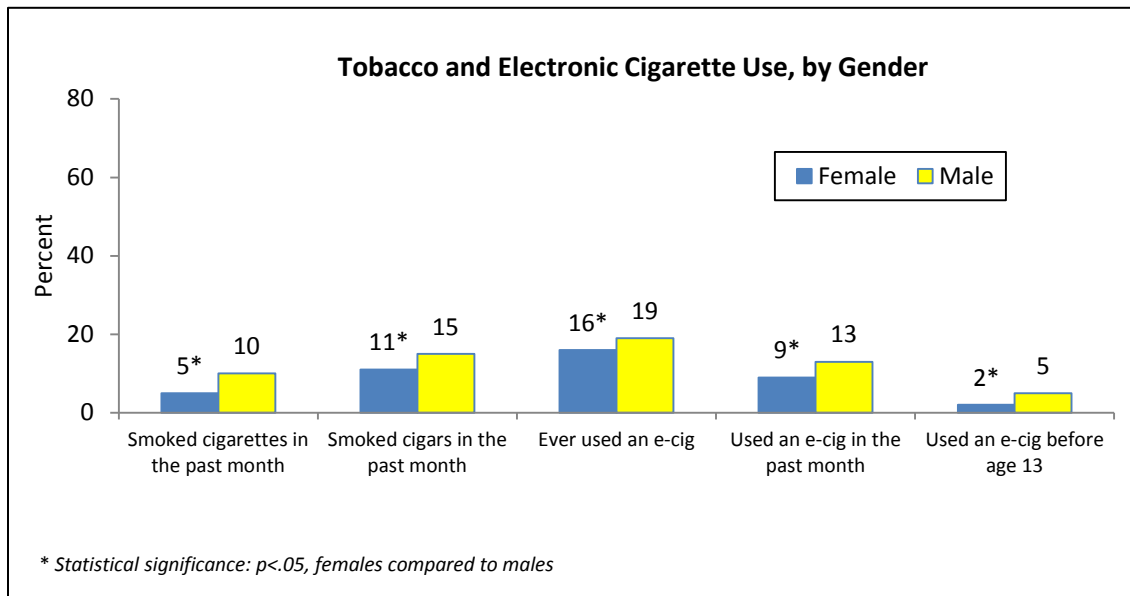
Differences by gender and race/Latino origin are shown in the graphics below.



## Tobacco and Electronic Cigarette Use

Students Reported They:	%	LCL	UCL
Ever tried smoking cigarettes, even one or two puffs	18	16.5	18.9
Smoked a whole cigarette before age 13	7	6.5	8.1
Smoked cigarettes on one or more days in the past 30 days <b>[Current smoker]</b>	7	6.5	8.1
Tried to quit smoking in the past month <b>[of Current smokers]</b>	62	55.8	69
Smoked cigars in the past month	13	11.4	13.5
Ever use an e-cig or electronic vapor product	17	16	18.3
Used on e-cig on one or more of the past 30 days	11	9.8	11.8
Used an e-cig before age 13	4	3	4.1

Differences by gender and race/Latino origin are shown in the graphics below.



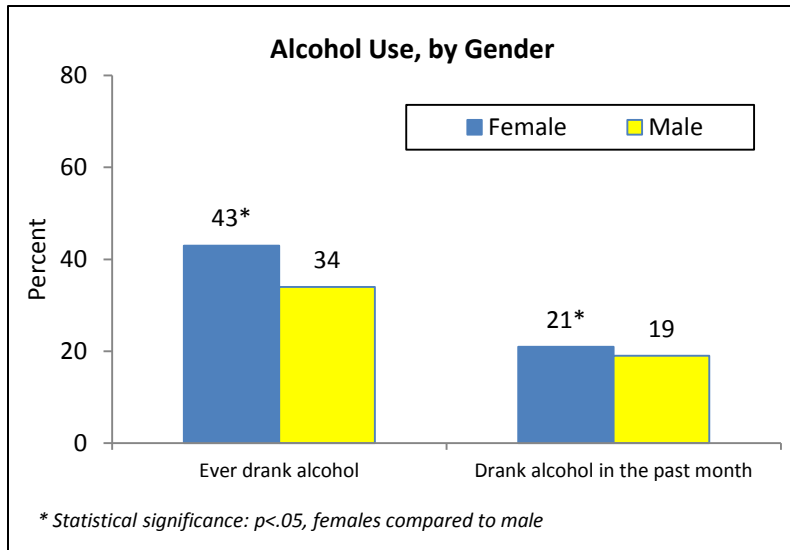


## Alcohol Use

Students Reported They:	%	LCL	UCL
Ever drank one or more drinks of alcohol in their lifetime (not including for religious purposes)	39	37.4	40.5
Had their first drink of alcohol before age 13, other than a few sips	13	11.8	13.9
Had at least one drink of alcohol in the past month	20	18.7	21.2
Consumed 5 or more drinks of alcohol in a row, within a couple of hours on one or more occasions in the past month <b>[binge drinking]</b>	10	9.4	11.3
Had 10 or more drinks of alcohol within a couple of hours in the past month	1	0.9	1.6

Those who consumed alcohol in the past month, were asked where they got the alcohol they drank. Forty-five (45%) reported that someone gave it to them, 28% reported someone bought it for them and 15% reported they took it from a store or family member.

Females were more likely than males to drink alcohol.



Latino and White students were more likely than Black students to report they ever drank alcohol (42%\* and 44%+ compared to 37%).

\*Statistical significance:  $p < .05$ , Blacks compared to Whites

★ Statistical significance:  $p < .05$ , Blacks compared to Latinos

## Marijuana Use

Students Reported They:	%	LCL	UCL
Ever used marijuana	35	33.3	36.3
Used marijuana before age 13	10	8.8	10.7
Used marijuana in the past month [Current users]	22	21	23.7

Those who used marijuana in the past month were asked how they used it. Responses are shown in the table to the right.

How Marijuana was Used, Reported by those who used it in the Past Month	
Smoked it	86%
Ate it in food	20%
Vaporized it	11%
Drank it	8%
Used in in some other way	8%

Females were more likely than males to report they ever used marijuana (38%\* compared to 33%).

Black students were more likely than Latino students to report they used marijuana in the past month (24%\* compared to 20%).

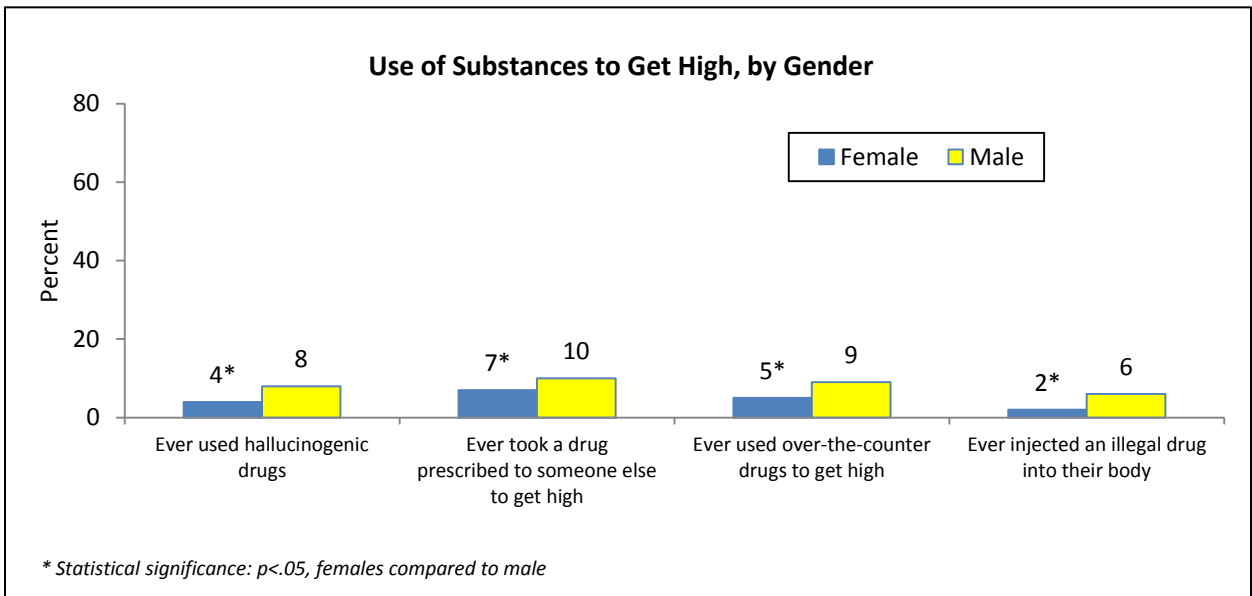
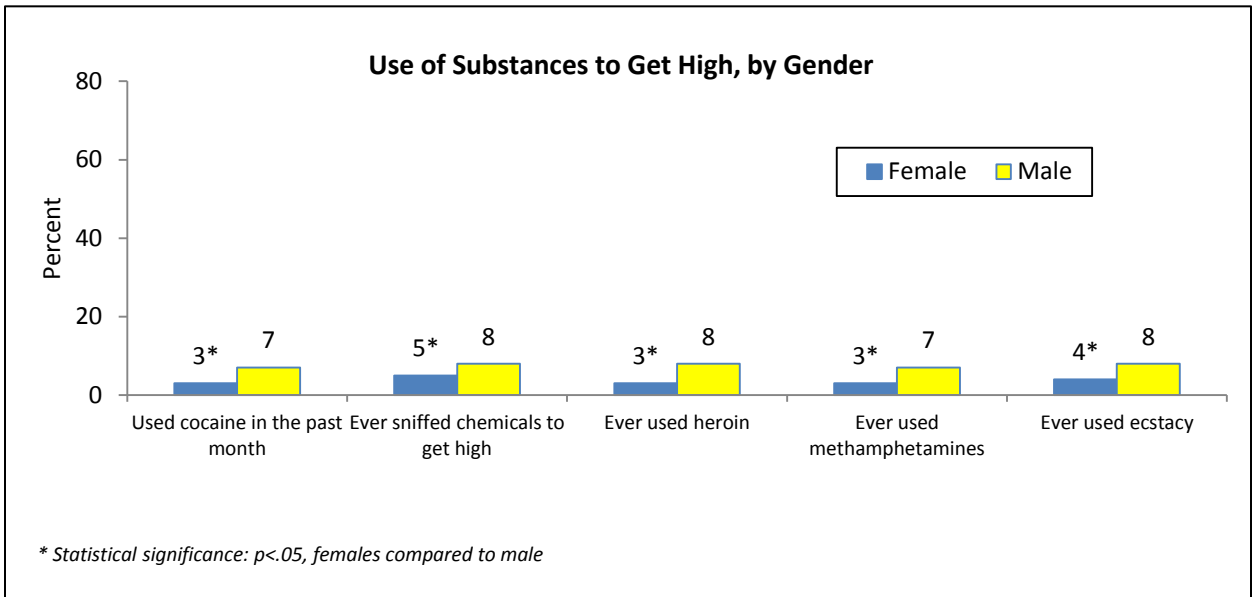
## Use of Other Drugs

Students Reported They:	%	LCL	UCL
Used cocaine in past month	5	4.3	5.7
Ever sniffed glue, spray cans or paint to get high	7	5.8	7.4
Ever used heroin	5	4.6	6
Ever used methamphetamines	5	4.5	5.9
Ever used ecstasy	6	5.3	6.8
Every used hallucinogenic drugs such as LSD, acid, PCP, angel dust, mescaline or mushrooms	6	5.2	6.7
Ever used steroids without a doctor's permission	6	4.8	6.2
Ever took a prescription drug, such as OxyContin, Percocet, Vicodin, Codeine, Adderall, Ritalin, Xanax etc., without a doctor's prescription	9	7.6	9.4
Ever took any form of over the counter drug to get high	7	5.7	7.2
Ever injected any illegal drug into their body	4	3.5	4.8

\* Statistical significance  $p < .05$ , females compared to male

\* Statistical significance  $p < .05$ , Blacks compared to Latinos

Males were more likely than females to report use of substances to get high.



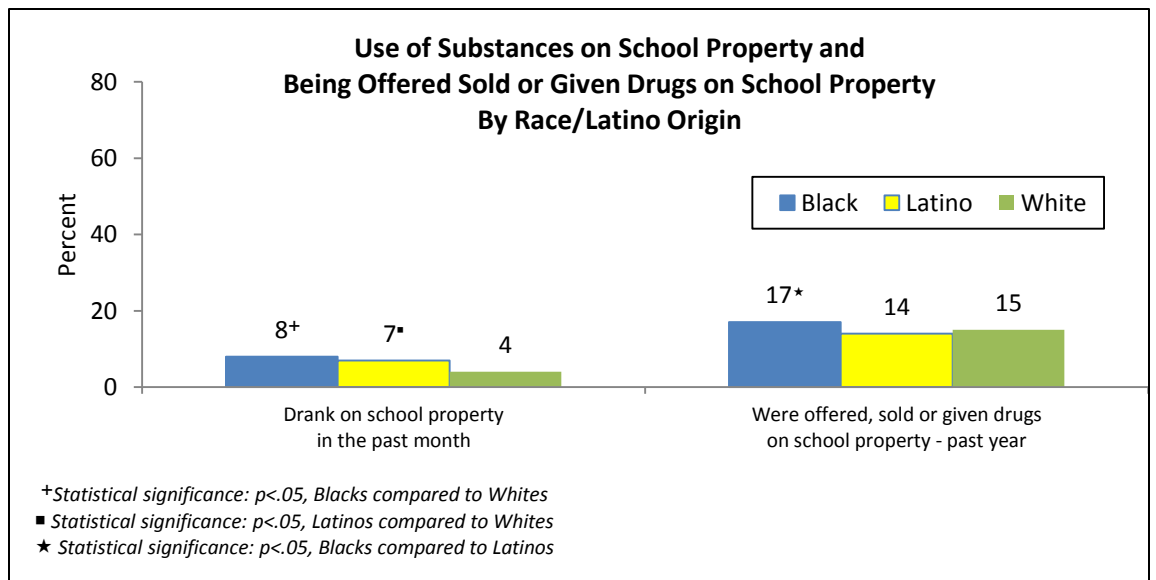
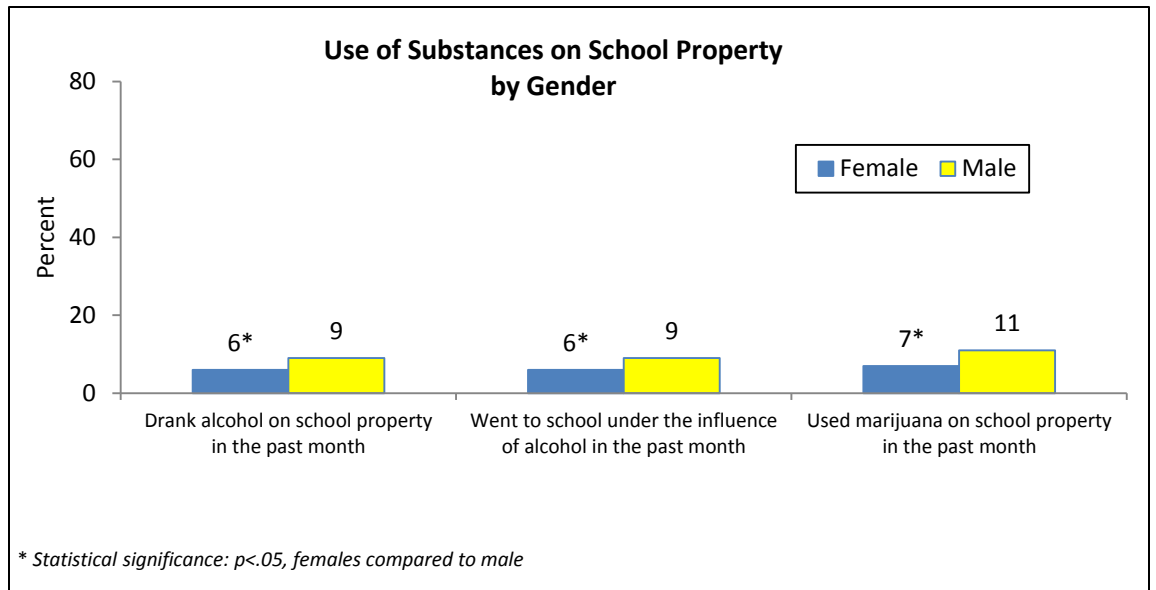
White students were more likely than Black students to report they ever used hallucinogenic drugs (8%+ compared to 5%) and ever used prescription drugs to get high (11%+ compared to 8%).

+ Statistical significance  $p < .05$ , Blacks compared to Whites

## Substance Abuse on School Property

Students Reported They:	%	LCL	UCL
Had at least one drink of alcohol on school property in the past month	7	6.5	8.1
Went to school while under the influence of alcohol in the past month	7	6.6	8.2
Used marijuana on school property in the past month	8	7.5	9.3
Went to school while under the influence of marijuana in the past month	13	11.9	14
Were offered, sold or given an illegal drug on school property in past year	16	14.9	17.3

Difference by gender and race/Latino origin are shown below.



## Driving and Substance Use

Students Reported that in the Past Month They:	%	LCL	UCL
Rode in a car with someone who had been drinking alcohol	18	17.1	19.4
Drove a car after drinking alcohol	7	5.7	7.2
Rode in a car with someone who was under the influence of marijuana pills or other drugs	18	16.6	18.9
Drove a car under the influence of marijuana pills or other drugs	8	6.8	8.4

Males were more likely than females to report driving under the influence of alcohol (9%\* compared to 4%) and drugs (10%\* compared to 5%).

Black students were more likely than White students to report they rode in a car in the past month with someone who had been drinking alcohol. (19%+ compared to 14%).

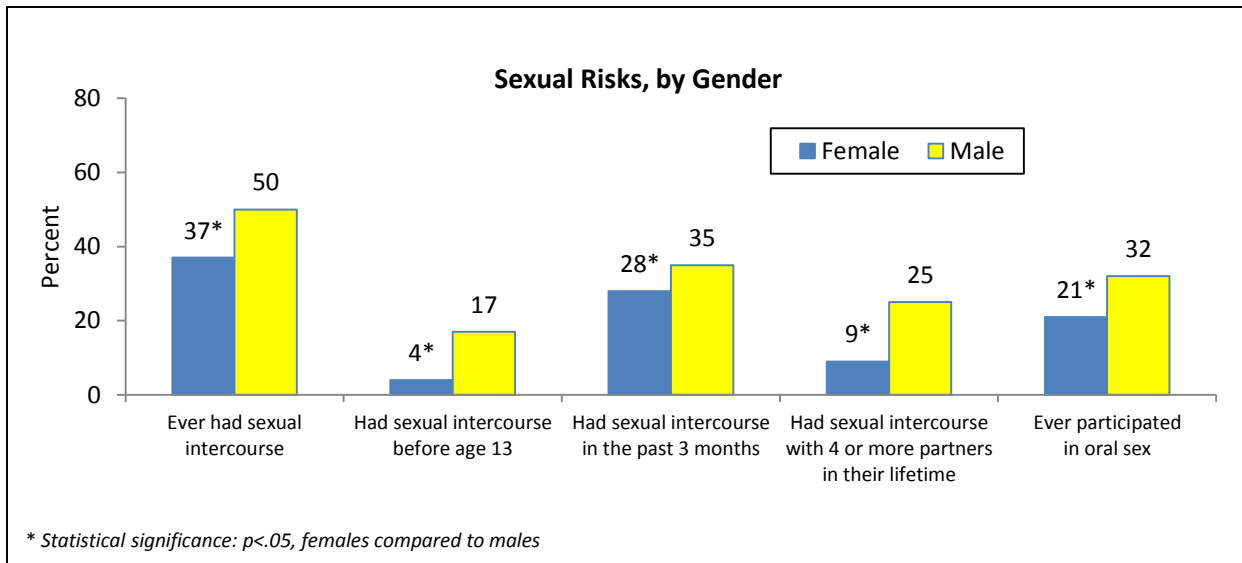
\* Statistical significance  $p < .05$ , females compared to males

+ Statistical significance  $p < .05$ , Blacks compared to Whites

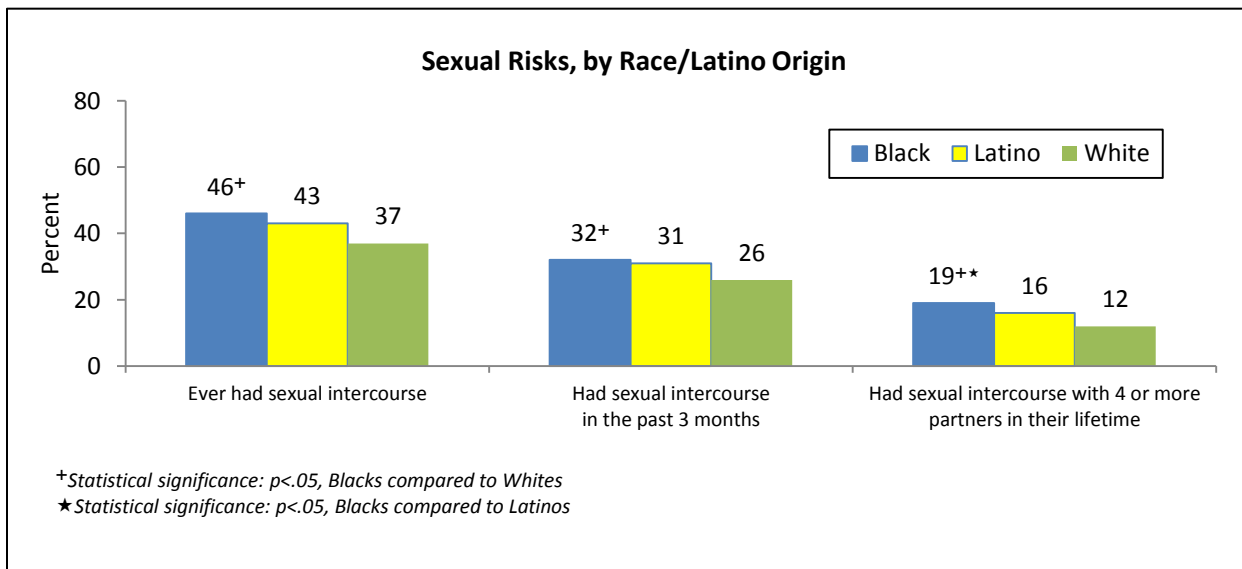
## Sexual Risk Behaviors

Students Reported They:	%	LCL	UCL
Ever engaged in sexual intercourse	43	41.2	44.4
Had sexual intercourse before age 13	10	9.1	0
Engaged in sexual intercourse in the past 3 months [currently sexually active]	31	29.5	32.5
Had sexual intercourse with 4 or more partners in their lifetime	16	15.1	17.5
Ever participated in oral sex	26	24.6	27.4
Used alcohol or drugs before they had sex the last time, <i>of currently sexually active students</i>	25	22.8	28

Males were more likely than females to report sexual risks.

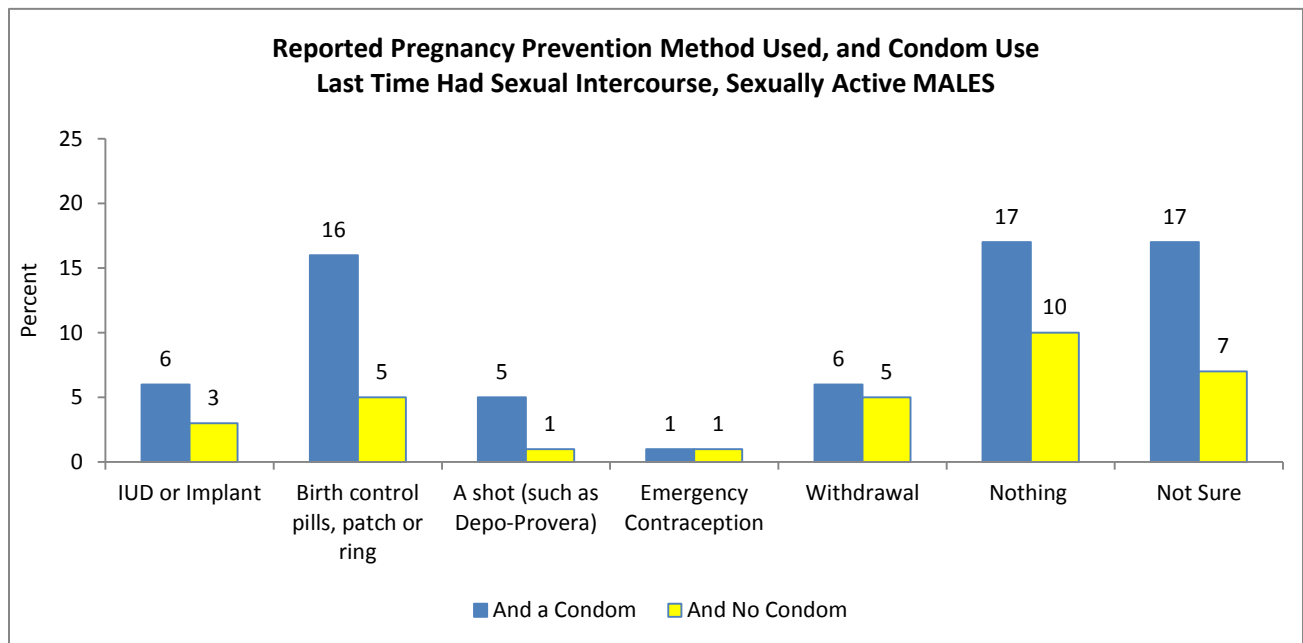
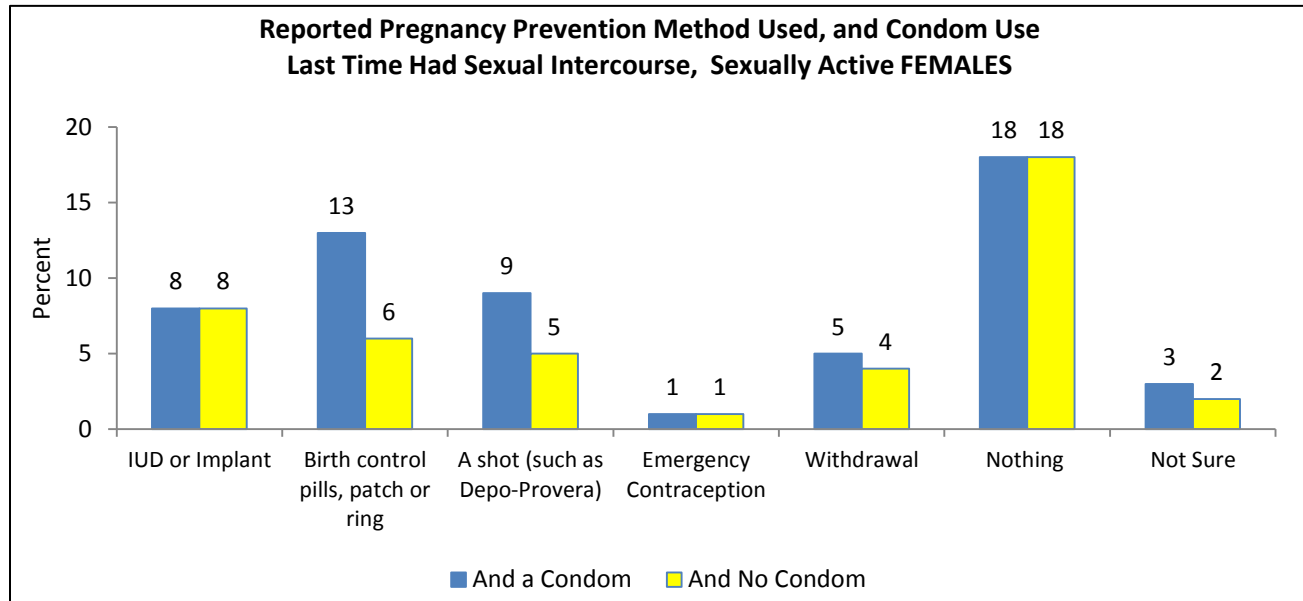


Differences by race and Latino origin are shown below.



## Prevention of Pregnancy and STDs

Sexually active students were asked whether or not they or their partner used a condom the last time they had sexual intercourse and which form of birth control if any was used. Fifty-seven percent (57%) of females and 69% of males reported they used a condom the last time they had sex. The proportions of youth who used condoms and pregnancy prevention methods by gender are shown in the graphics below.



Long Acting Reversible Contraception (LARC), including IUDs (intrauterine devices) and contraceptive implants (Nexplanon), have high success rates (>99%) in preventing pregnancy.<sup>3</sup> The American

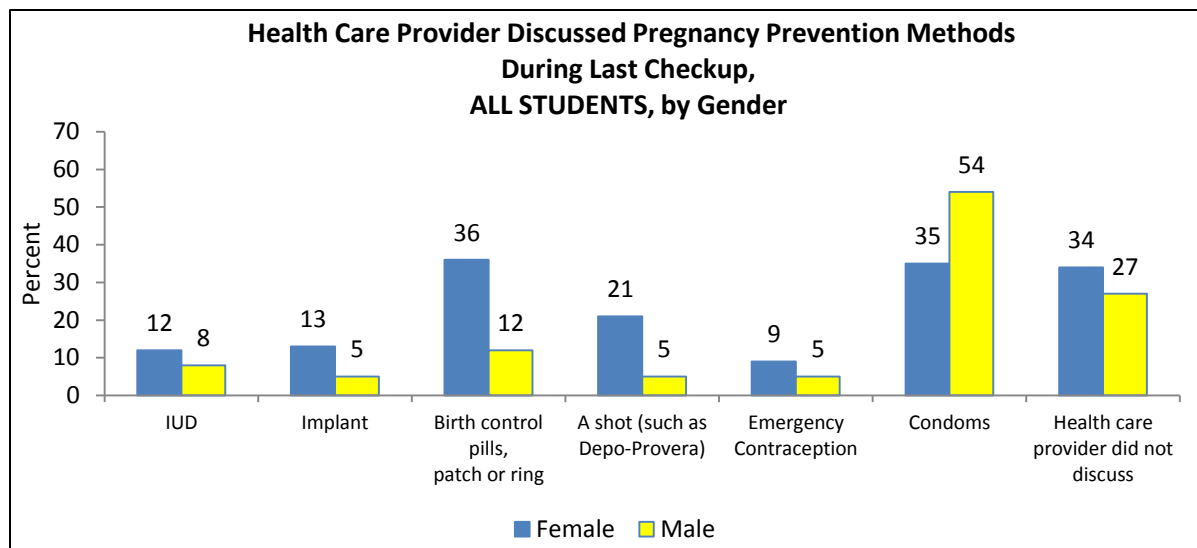
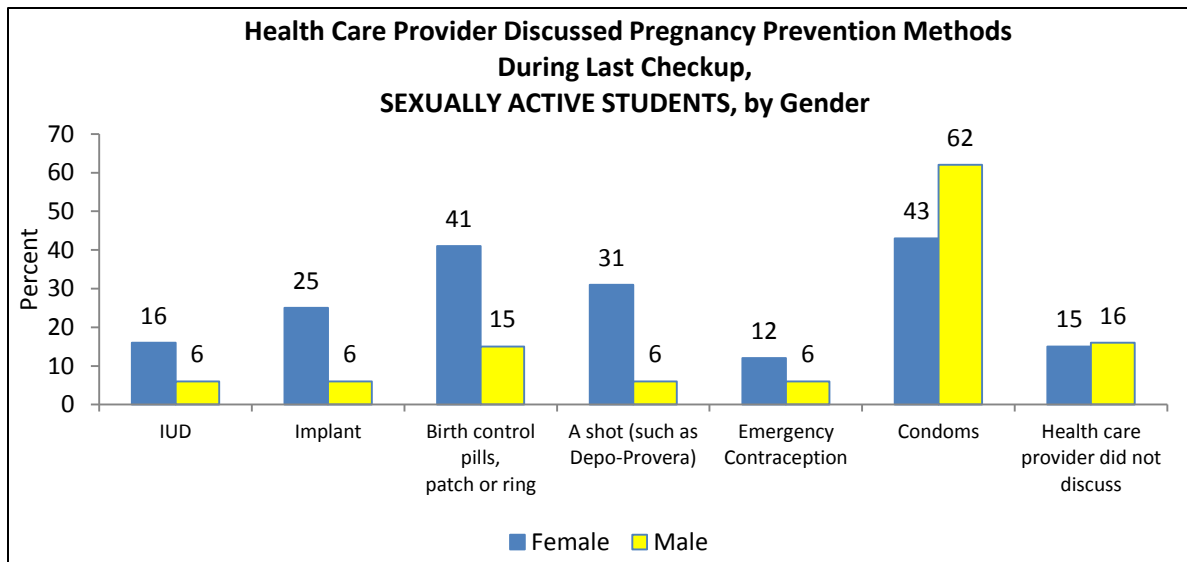
<sup>3</sup> Winner, B., Peipert, J., Zhao, Q., Buckel, C., Madden, T., Allsworth, J. "Effectiveness of Long-Acting Reversible Contraception" NEJ Med May 24,2012;366:1998-07.

Congress of Obstetricians and Gynecologists recommends LARC be offered as first-line contraceptive options for all adolescents.<sup>4</sup>

LARC however does not offer protection against sexually transmitted diseases. The American Academy of Pediatrics recommends that health care providers encourage the consistent and correct use of both condoms and reliable contraception as part of anticipatory guidance with adolescents who are sexually active or contemplating sexual activity in order to prevent pregnancies and STDs.<sup>5</sup>

According to the YRBS, only 7% of sexually active youth reported using both LARC and condoms the last time they had sexual intercourse.

The graphics below show the proportions of sexually active students and of all students who reported various pregnancy prevention methods their health care provider discussed with them during their last checkup.



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

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



## DiETING Practices

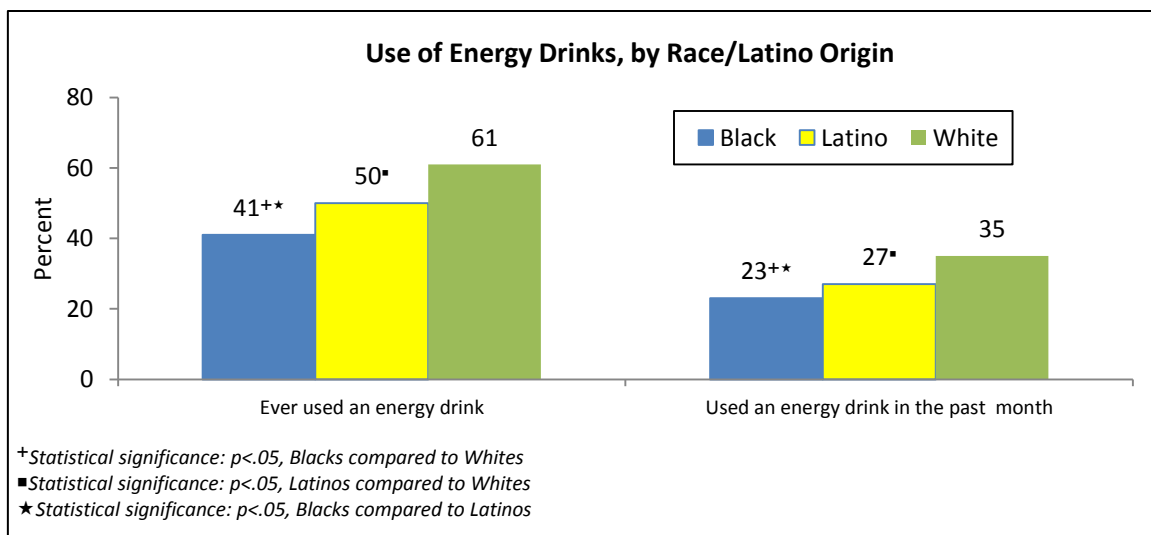
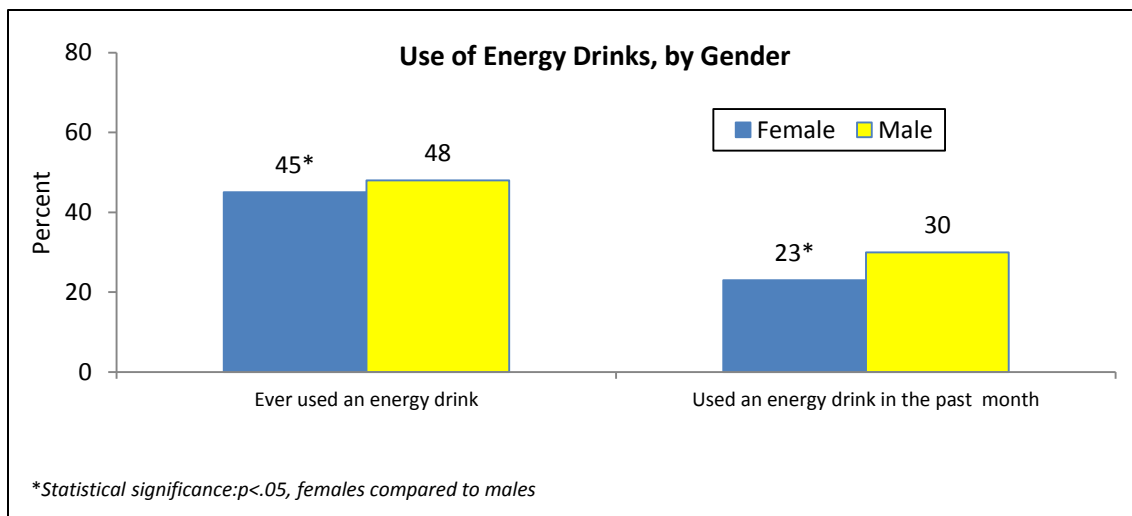
Students Reported They:	%	LCL	UCL
Went without eating for 24 hours or more to control weight in the past 30 days	23	21.5	24.2
Took any diet pills, powders or liquid without a doctor's advice to lose weight or keep from gaining weight in the past 30 days	4	3.2	4.4
Took laxatives or vomited to control weight in the past 30 days	3	2.2	3.3

There were no differences by gender or race/Latino origin.

## Energy Drinks

Students Reported They:	%	LCL	UCL
Ever used an energy drink	46	44.6	47.9
Used an energy drink one or more times in the past week	26	24.6	27.5

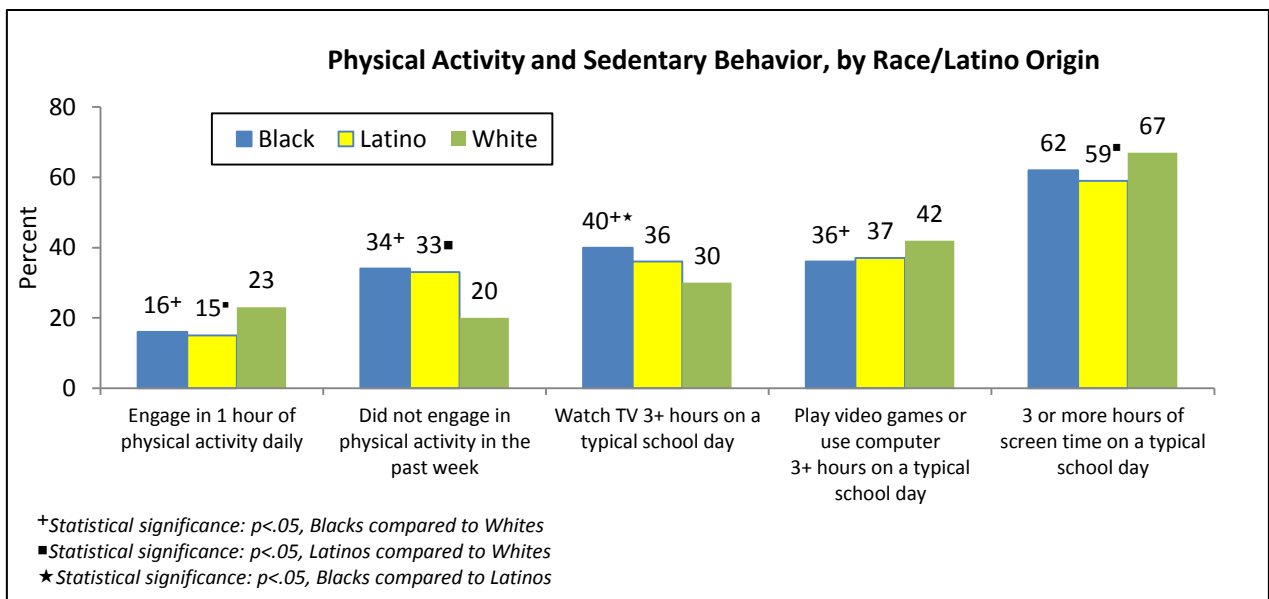
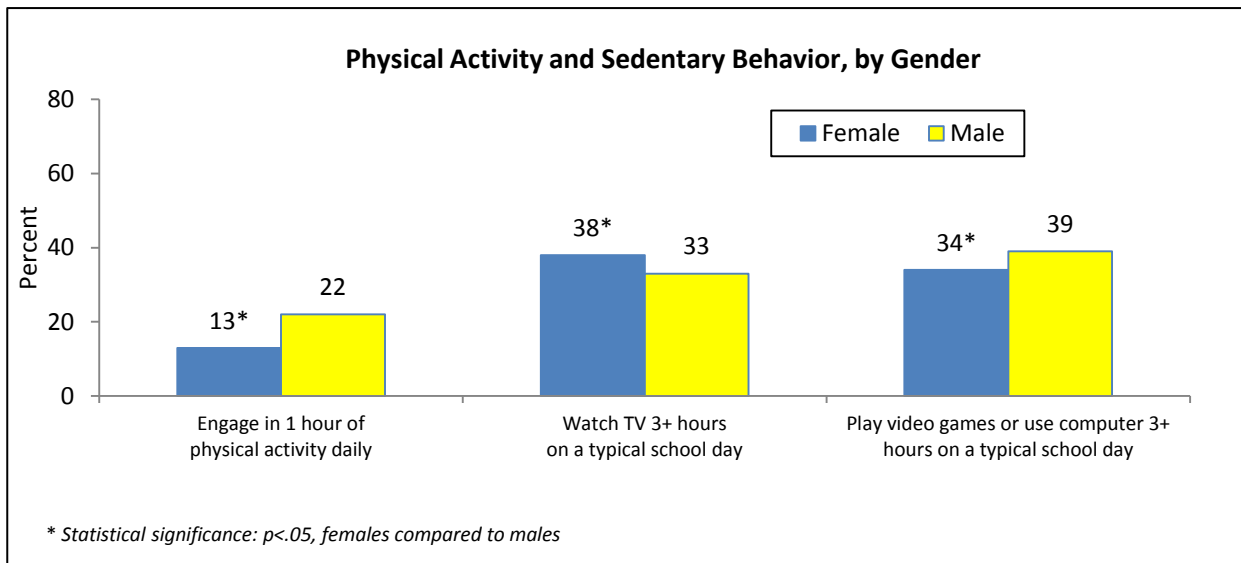
There were differences in use of energy drinks by gender and by race/Latino origin.



## Physical Activity/Sedentary Behavior

Students Reported They:	%	LCL	UCL
Engaged in 1 hour or more of physical activity daily during the past 7 days (current recommendations)	17	15.8	18.3
Did not engage in any physical activity in the past 7 days	33	31	34.1
Watch TV for 3 or more hours on a school day	36	34.1	37.2
Play video or computer games or use a computer (for something not considered school work) for 3 or more hours on a school day	36	34.8	37.9
Watch TV, play video or computer games or use a computer for 3 or more hours on a school day (screen time)	61	59	62.2
Watch TV, play video or computer games or use a computer for 5 or more hours on a school day (screen time)	40	38.7	41.9

There were some differences by gender and race/Latino origin.



## Sleeping Habits

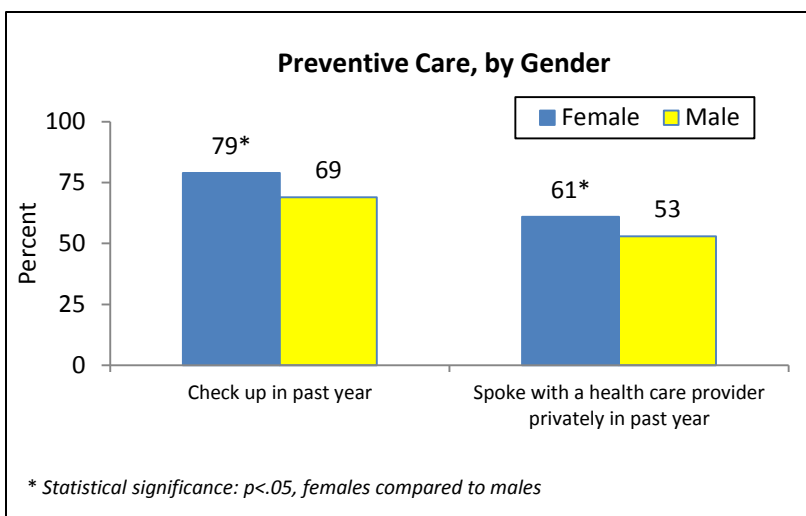
Students Reported They:	%	LCL	UCL
Get 8 or more hours of sleep on an average school night	30	28.7	31.7
Get 6 or less hours of sleep on an average school night	49	47.7	51

There were no differences by gender and race/Latino origin.

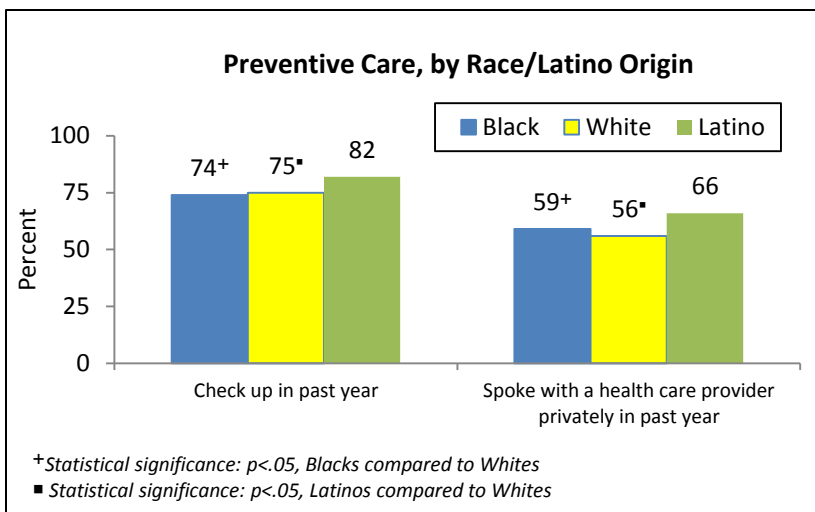
## Preventive Health

Students Reported	%	LCL	UCL
They saw a doctor or health care provider for a check-up or physical exam- past year	74	72.4	75.5
They got a chance to speak with a doctor or other health care provider privately (without their parents in the room) in the past 12 months	57	55.5	58.7
During their last check-up, their doctor or health care provider discussed ways to prevent pregnancy, AIDS or other sexually transmitted diseases	42	40.5	43.7
During their last check-up, their doctor or health care provider discussed ways to avoid use of tobacco, alcohol and other drugs	47	45.5	48.8
During their last check-up, their doctor or health care provider talked with them about their diet or eating habits	40	38.3	41.5
During their last check-up, their doctor or health care provider talked with them about ways to be physically active	52	50.6	53.8

Females were more likely than males to get preventive care.



White students were more likely than Black and Latino students to get preventive care.



# Assets

Students Reported They	%	LCL	UCL
Strongly agree or agree with the statement "My family gives me help and support when I need it"	77	75.6	78.4
Strongly agree or agree with the statement "In my family there are clear rules about what I can and cannot do"	79	77.6	80.4
Strongly agree or agree with the statement "I get a lot of encouragement at my school"	68	66.2	69.4
Strongly agree or agree with the statement "In my community I feel like I matter to people"	47	45	48.3
Know of one or more adults (other than their parents) they can go to and discuss important questions about their life	77	75.8	78.6
Spend one or more hours per week helping others	49	46.9	50.3

