



**2017**

**Youth Risk Behavior Survey**

**Report**

**Rochester City School District**

**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](mailto:akern@monroecounty.gov) or by phone at (585)-753-5332*



## Table of Contents

<b>EXECUTIVE SUMMARY.....</b>	<b>1</b>
<b>INTRODUCTION.....</b>	<b>3</b>
<b>VIOLENCE/BULLYING.....</b>	<b>5</b>
<b>SOCIAL MEDIA-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 AND E-CIGARETTES.....</b>	<b>13</b>
<b>ALCOHOL USE.....</b>	<b>15</b>
<b>MARIJUANA USE.....</b>	<b>17</b>
<b>USE OF OTHER DRUGS.....</b>	<b>19</b>
<b>SUBSTANCE ABUSE ON SCHOOL PROPERTY.....</b>	<b>20</b>
<b>DISTRACTED DRIVING AND DRIVING UNDER THE INFLUENCE.....</b>	<b>21</b>
<b>SEXUAL RISK BEHAVIORS.....</b>	<b>22</b>
<b>PREVENTION OF PREGNANCY AND STDS.....</b>	<b>24</b>
<b>PHYSICAL ACTIVITY/SEDENTARY BEHAVIOR.....</b>	<b>26</b>
<b>SLEEPING HABITS/FOOD INSECURITY.....</b>	<b>27</b>
<b>PREVENTIVE HEALTH.....</b>	<b>28</b>
<b>PARENTAL INFLUENCES.....</b>	<b>29</b>
<b>ASSETS.....</b>	<b>30</b>



## **Executive Summary**

The Youth Risk Behavior Survey (YRBS) was conducted in Monroe County public high schools, including the Rochester City School District (RCSD), during the 2016-2017 school year. The YRBS, designed and validated by the Centers for Disease Control and Prevention (CDC), has been conducted nationally and in several states and localities since 1990. The goals of the survey are: 1.) to assess health risk behaviors among high school students, 2.) to monitor changes in these behaviors over time, and 3.) to broadly evaluate the impact of preventive programs.

In 2017, the survey was administered in the RCSD using a confidential computer based platform. In total 3,127 students participated in the survey out of an enrollment of 7,743.

### **Highlights**

#### **Violence/Bullying**

- 15% carried a weapon in the past month
- 16% were teased, harassed, or attacked at school or on the way to school in past month (Bullied)
- 28% were in a physical fight in the past year
- 10% were ever forced to engage in sexual activity (sexual activity includes having sexual intercourse, touching someone sexually, or being touched by someone sexually)

#### **Social Media-Bullying and Safety Issues**

- 13% were electronically bullied in the past year
- 16% ever sent a nude or semi-nude picture/video of themselves or someone else

#### **Adverse Experiences of Childhood (Trauma)**

- 85% experienced one or more adverse childhood experience
- 33% experienced 3 or more

#### **Mental Health**

- 29% felt so sad and hopeless almost every day for 2 or more weeks in a row that they stopped doing their usual activities, in the past year
- 26% have serious difficulty concentrating, remembering, or making decisions because of a physical, mental, or emotional problem
- 17% ever hurt themselves on purpose (e.g. by cutting, burning, or bruising), without the intention of committing suicide (self- injury)
- 10% attempted suicide in the past year

#### **Tobacco/E-Cigarettes**

- 5% smoked cigarettes in the past month
- 8% used an e-cigarette in the past month

#### **Alcohol Use**

- 18% drank one or more drinks of alcohol in the past month
- 9% engaged in binge drinking in the past month

#### **Marijuana Use**

- 33% ever used marijuana
- 22% used marijuana in the past month

#### **Use of Other Drugs**

- 4% ever used heroin
- 6% ever took any drug or pill to get high that was prescribed for someone else
- 6% ever used over-the-counter drugs to get high

#### **Distracted Driving/Driving Under the Influence**

- 23% of drivers texted, used social media, or emailed while driving in the past month

- 17% rode in a car with a driver who had been drinking alcohol, in the past month
- 17% rode in a car with a driver who had using marijuana, pills or other drugs, in the past month

#### Sexual Risks

- 40% ever engaged in sexual intercourse
- 30% engaged in sexual intercourse in the past 3 months
- 15% had sexual intercourse with 4 or more partners in their lifetime
- 13% of sexually active females and 3% of sexually active males reported a long acting reversible contraception (an IUD or implant) and a condom were used the last time they had sex

#### Physical Activity

- 16% engaged in 1 hour or more of physical activity daily during the past week (current recommendations)
- 41% did not engage in 1 hour of physical activity on any days in the past week
- 61% spend on average 3 or more hours on a typical school day watching TV, playing video games or using the computer/smartphone for non-school work related activities
- 46% spend on average 5 or more hours on a typical school day watching TV, playing video games or using the computer/smartphone for non-school work related activities

#### Sleeping Habits

- 51% get 6 hours or less of sleep on a typical school night

#### Food Insecurity

- 8% reported they went hungry sometimes, most of the time or always during the past month because there was not enough food in their home (food insecure)

#### Preventive Health

- 74% saw a doctor or health care provider for a check-up or physical exam in the past year

#### Assets

- 63% strongly agree or agree with the statement “I get a lot of encouragement at my school”
- 51% strongly agree or agree with the statement “In my community I feel like I matter to people”
- 77% know of one or more adults (other than their parents) they can go to and discuss important questions about their life

#### Positive Trends

Between 2007 and 2017 there were declines in the proportion of youth who reported:

- Weapon carrying
- Engaging in physical fighting
- Smoking cigarettes
- Drinking alcohol
- Being offered, sold, or given illegal drugs at school
- Engaging in sexual intercourse
- Engaging in daily physical activity
- Riding with someone who had been drinking
- Drinking and driving

#### Negative Trends

Between 2007 and 2017 there was a decline in the proportion of youth who reported they know of one or more adults (other than their parents) they can go to and discuss important questions about their life.

## **Introduction**

The Monroe County Youth Risk Behavior Survey (YRBS) was conducted in public high schools, including the Rochester City School District (RCSD) during the 2016-2017 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 3,127 students participated in the survey out of an enrollment of 7,743.

This report is organized by topic area. For each topic area, a data table is provided that contains the question number from the survey, the proportion of students who reported the risk or asset rounded to the nearest whole number, along with the 95% confidence interval (LCL- lower confidence level and UCL- upper confidence level). Trends were identified when there was a statistically significant trend between 2007 and 2017. Questions were noted with an asterisk (\*) when trend data were not analyzed because the question was not included in more than 3 surveys. Data were also analyzed to identify differences by gender and race/ethnicity. Differences between sub-populations were said to be statistically different if the p value for the z test was less than .05.

## **Limitations of the Data**

There are several limitations to these data. The results do not include students who have dropped out of school or students who were absent the day of administration. Research 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> Data are based on self-report, thus students may under-report illegal type behavior like alcohol or drug use. Finally, it is not clear, what effect administering the survey via an online computer platform had on the results.

## **Demographic Characteristics of Respondents**

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

<b>Gender</b>	<b>#</b>	<b>%</b>
Female	1,493	48
Male	1,551	50
Other	45	2
Total	3,089	100
Did not answer	38	

<b>Age</b>	<b>#</b>	<b>%</b>
13 or younger	39	1
14 years old	330	11
15 years old	710	23
16 years old	813	26
17 years old	763	24
18 years old or older	460	15
Total	3,115	100
Did not answer	12	

<sup>1</sup> 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	1,001	33
White, Not Latino	225	7
African American, Not Latino	1,429	47
Other races, Not Latino/ More than one race, Not Latino	414	13
Total	3,069	100
Did not answer	58	



## Violence/Bullying

Question #	Students Reported They:	% (rounded)	LCL	UCL
Q12 <sup>1</sup>	Carried a weapon in the past month	15	13.3	15.8
Q13 <sup>1</sup>	Carried a weapon on school property in the past month	5	3.9	5.4
Q16 <sup>2</sup>	Carried a gun in the past year	5	4.6	6
Q18	Engaged in a physical fight in past year	28	26.3	29.4
Q19	Engaged in a physical fight on school property in the past year	17	15.5	18.2
Q14	Did not go to school on 1+ days in the past month because they felt unsafe	8	7.4	9.3
Q15	Were teased, harassed, or attacked at school or on the way to school in past month (Bullied)	16	15.0	17.7
Q17	Were threatened/injured on school property 1 or more times during past year	7	6.4	8.2
Q20*	In the past year, were physically hurt by someone they were dating, "talking to" or going out with	10	8.7	10.8
Q36*	Were ever forced to do any of the following: have sexual intercourse, touch someone sexually, or be touched by someone sexually	10	8.8	11

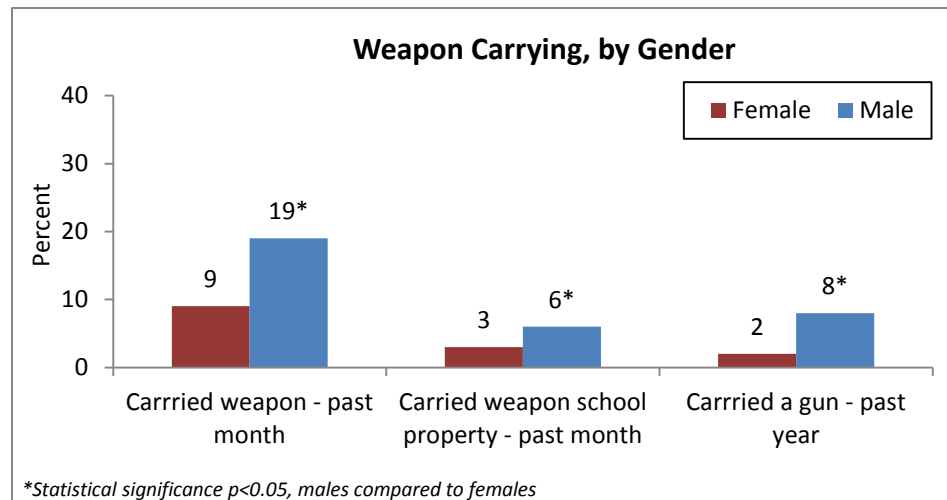
\* Trend data not available

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

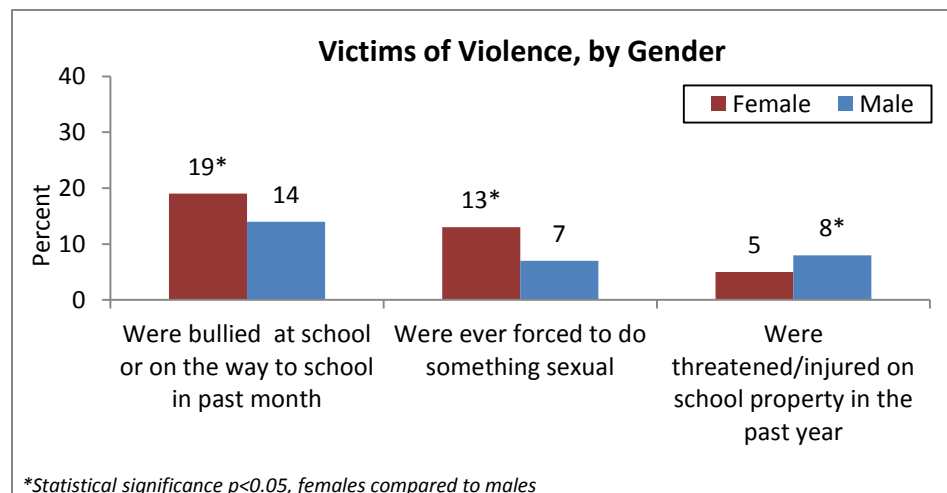
<sup>2</sup> Question changed in 2017. Asked about gun carrying in the past year, instead of past month.

### Gender differences

Males were more likely than females to report weapon carrying.



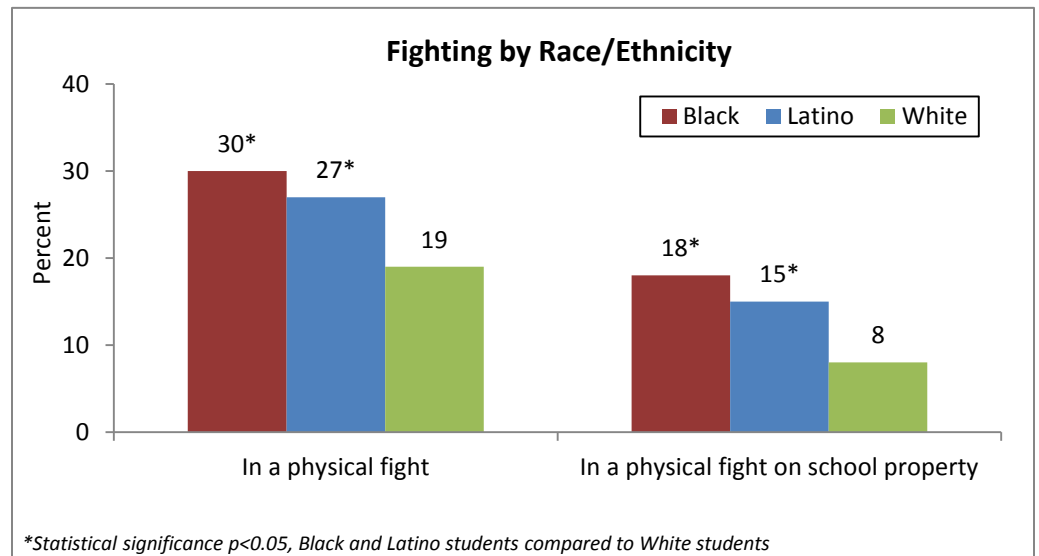
Females were more likely than males to report they were bullied and to report they were forced to do something sexual. Males were more likely to report they were threatened or injured on school property.



## Differences by Race/Ethnicity

White males (26%) were more likely than Black (17%) and Latino males (18%) to report carrying a weapon in the past month.

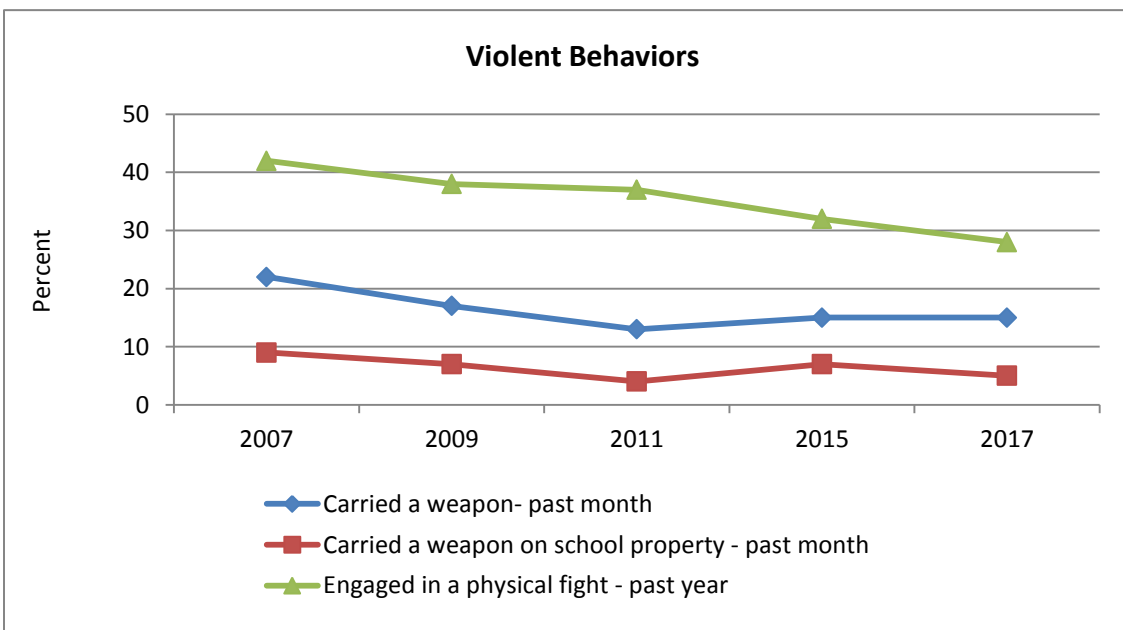
Black and Latino students were more likely than White students to report fighting.



White females were more likely than Black and Latina females to report they were bullied in the past month (35% compared to 17% and 19%)

## Trends

Reported weapon carrying and physical fighting declined since 2007.



The proportion of youth who reported they were bullied at school or on the way to school in past month declined from 23% in 2007 to 16% in 2017.

Other measures did not show clear trends.

## Social Media-Bullying and Safety Issues

Question #	Students Reported They:	% (rounded)	LCL	UCL
Q79 <sup>1</sup>	Were electronically bullied in the past 12 months [Another student has teased, threatened, or spread rumors about you through texting, emails, YouTube, gaming systems, or social media websites like Facebook, Twitter, vine, yik yak, ask.fm, tumblr, Instagram, blogs, SnapChat, etc]	13	11.4	13.8
Q80 <sup>1</sup>	Used a cell phone, text messaging or social media to harass or embarrass someone that they were mad at one or more times in the past year, <i>of those who went on social media or used cell phone</i>	16	14.5	17.2
Q81 <sup>1</sup>	Someone on social media tried to get them to talk about sex when they didn't want to in the past year	13	11.9	14.4
Q82* <sup>1,2</sup>	Did one or more of the following when they met someone new on social media in the past year:	40	38.1	41.8
	Met the person face to face somewhere	20	18.6	21.6
	Gave out phone number	18	16.5	19.3
	Communicated by text messaging	29	27.5	30.9
	Communicated by Face-Time	18	16.8	19.7
Q83*	Ever used cell phone, computer or other electronic device to <u>SEND/POST</u> nude or semi- nude pictures or videos of yourself or someone else	16	15.0	17.7
Q84*	Ever used a cell phone, computer or other electronic device to <u>RECEIVE</u> nude or semi- nude pictures or videos of someone else	27	24.9	28.2

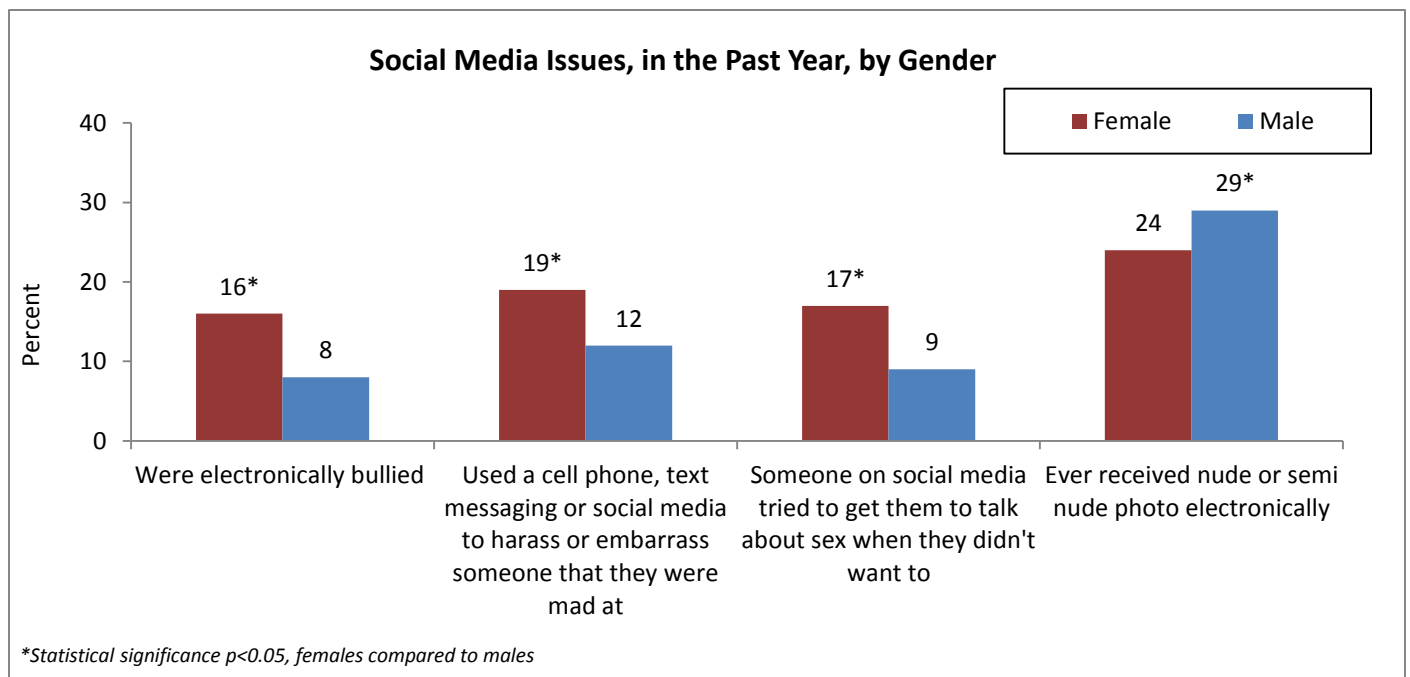
\* Trend data not available

<sup>1</sup>Questions changed in 2017. Replaced the word "internet" with "social media"

<sup>2</sup>Students were allowed to select more than one response

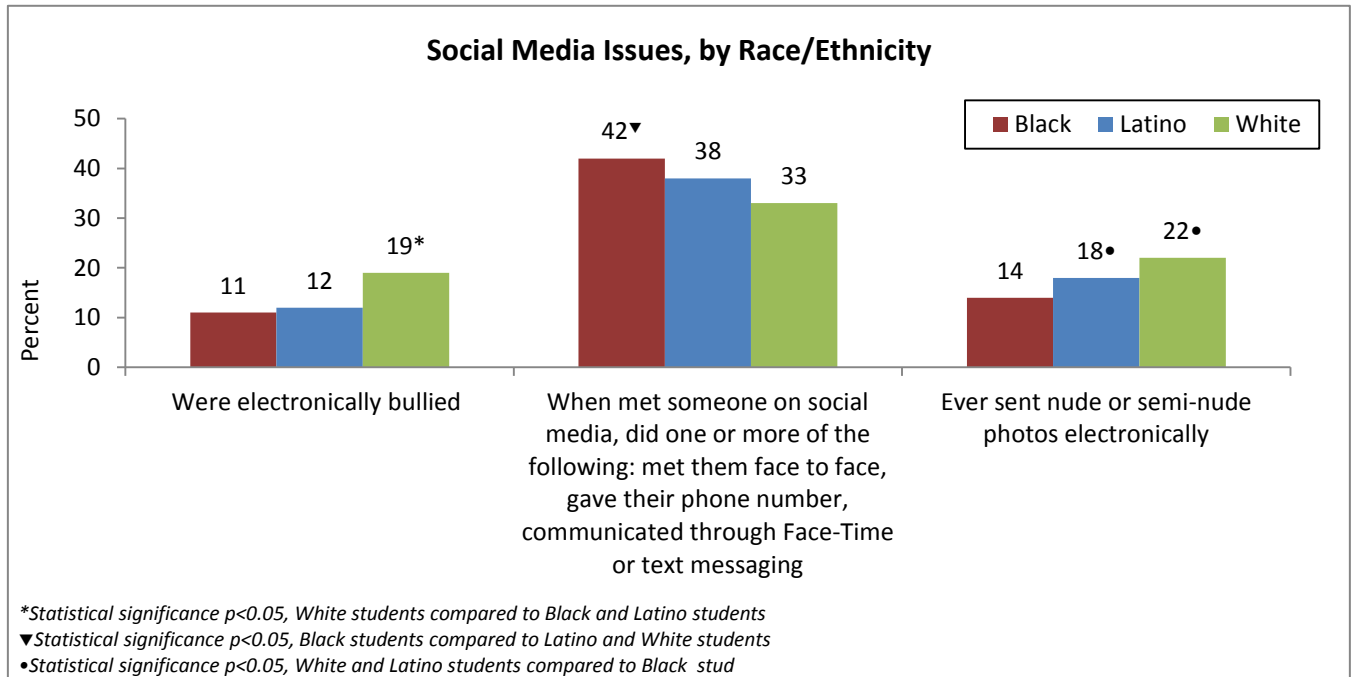
### Gender differences

Females were more likely than males to report issues related to bullying on social media. Males were more likely to report receiving nude or semi-nude photos electronically.



### Differences by Race/Ethnicity

White students were more likely than Black and Latino students to report they were electronically bullied in the past year and they ever sent nude or semi-nude photos electronically. Black students were more likely than Latino and White students to connect with people they met on social media.



### Trends

There was decline in the proportion of youth reporting that in the past year, they used a cell phone, text messaging or social media to harass or embarrass someone that they were mad at, from 18% in 2007 to 16% in 2017.

## Adverse Experiences of Childhood

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.<sup>2</sup> The accumulation of multiple adverse childhood experiences compounds these risks.

Question #	Students Reported:	% (rounded)	LCL	UCL
Q28*	Often or repeatedly a parent or adult in their home swore at you, insulted you or put you down	13	11.5	13.9
Q29*	Often or repeatedly a parent or adult in their home hit, beat, kicked or physically hurt you in any way	3	2.6	3.8
Q31*	Often or repeatedly parents or adults in their home hit, beat, kicked or beat each other up	3	2.7	4.0
Q30*	Often or repeatedly, their family has not had enough money to buy food or pay for housing	7	5.7	7.5
Q32*	They 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	21	19.3	22.2
Q33*	They ever lived with anyone who was depressed, mentally ill or suicidal	19	17.8	20.6
Q34*	They ever had anyone in their household go to jail or prison	31	29.2	32.5
Q35*	They ever witnessed someone get shot, stabbed or beaten in your neighborhood	31	29.6	32.9
Q36*	They were ever forced to do any of the following: have sexual intercourse, touch someone sexually, or be touched by someone sexually	10	8.8	11
Q38*	They currently do not live with both parents	67	65.3	68.6
Q37	They disagree, or strongly disagree with the statement, "my family gives me the help and support I need"	8	7	9

\* Trend data not available

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

Eighty-five percent (85%) of students reported one or more adverse experiences and 33% reported 3 or more.

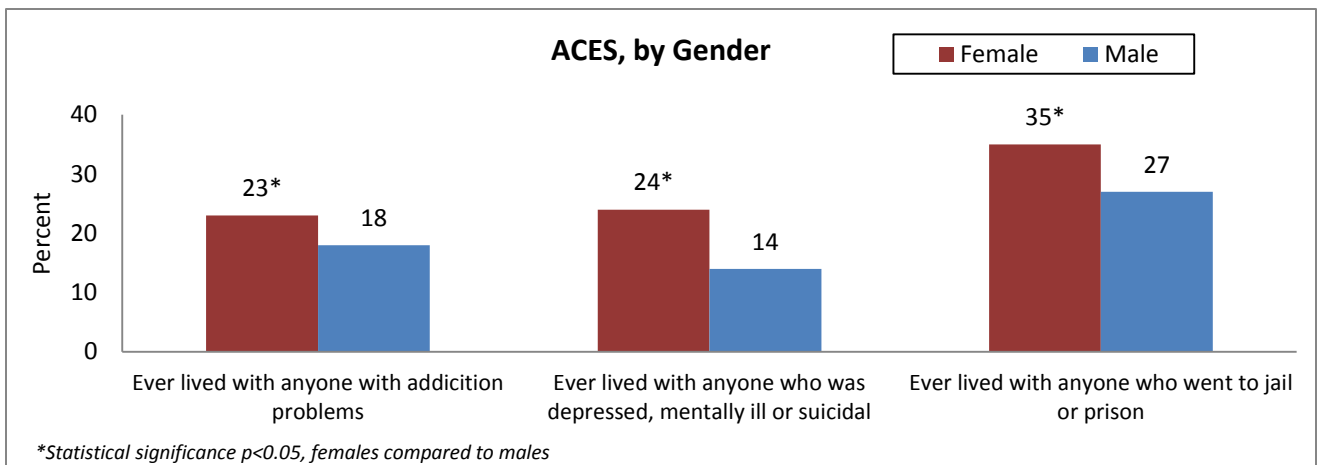
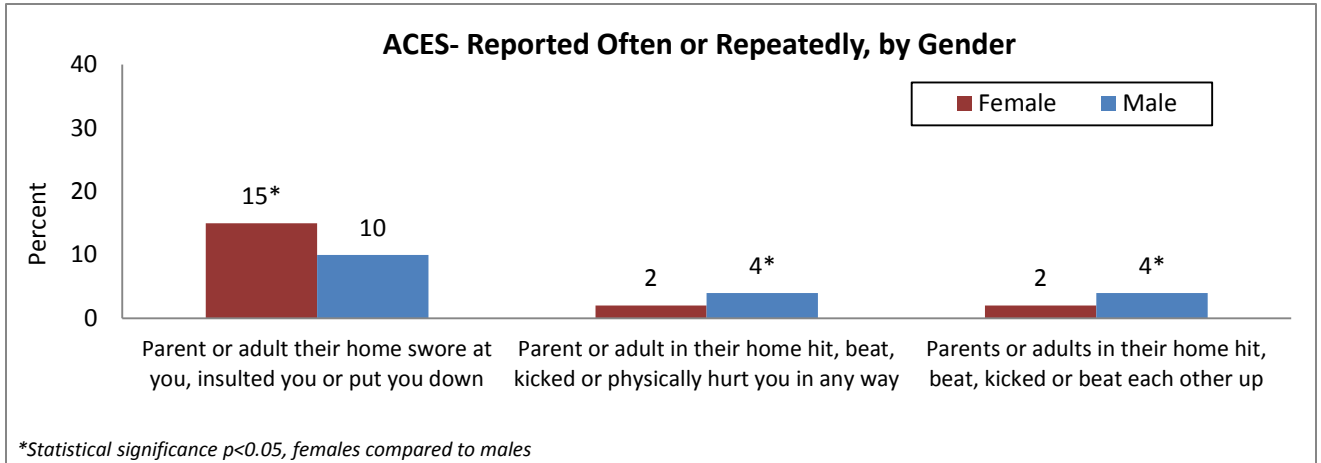
# of Traumatic Life Events Reported by Students	%
0	15
1	32
2	20
3	13
4-6	17
7-11	3
1 or more	85

### Gender differences

Among females, 88% reported one or more ACE, and 37% reported 3 or more. Among males, 81% reported one or more and 28% reported 3 or more.

There were additional disparities by gender as shown in the graphics on the next page.

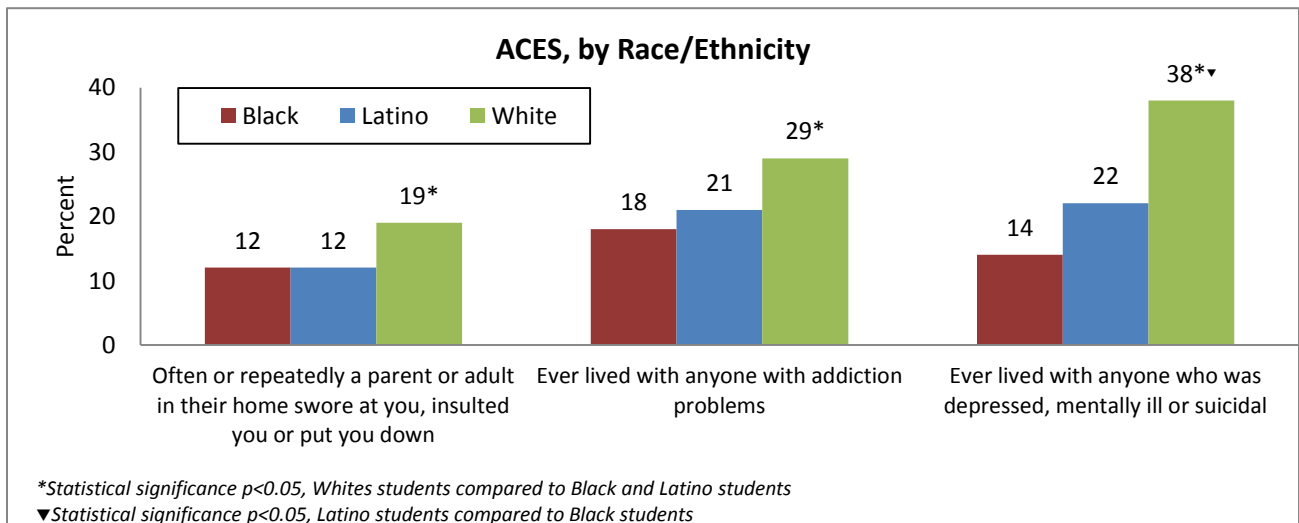
<sup>2</sup> <http://www.acestudy.org/>



Females were also more likely to report they disagree/strongly disagree with the statement, “my family gives me the help and support I need” (9% compared to 7%).

### Differences by Race/Ethnicity

White students were more likely than Black and Latino students to report verbal abuse and ever living with someone with addiction or mental health problems.



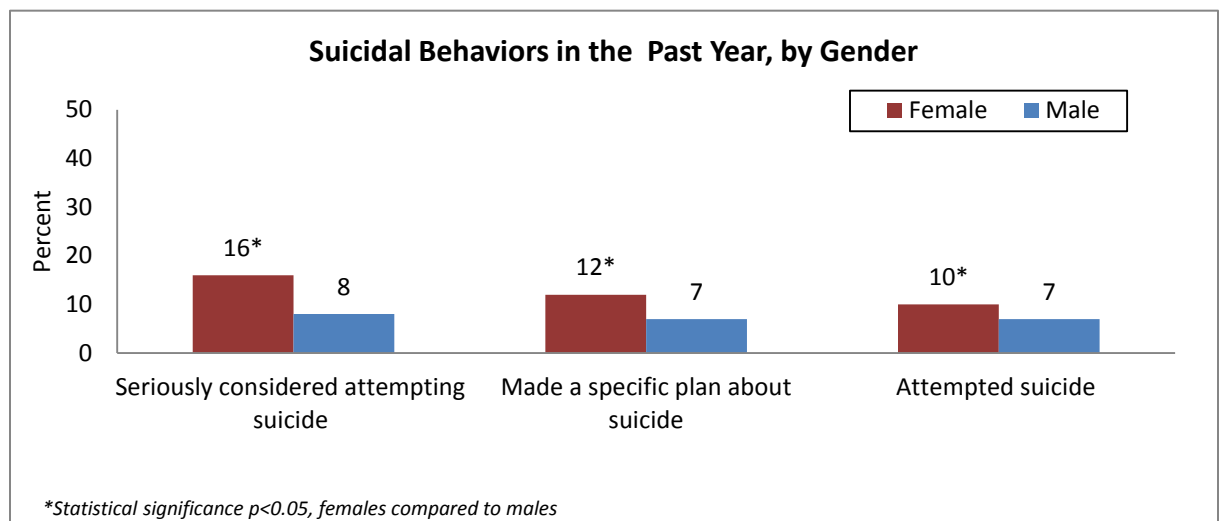
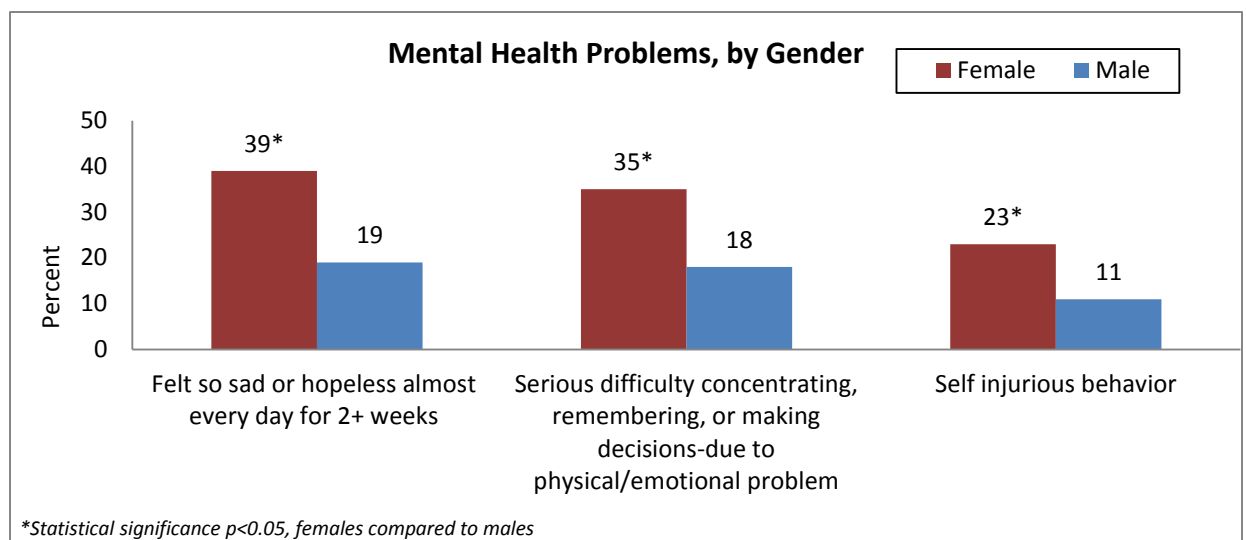
## Mental Health

Question #	Students Reported They:	% (rounded)	LCL	UCL
Q21	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	29	27.3	30.5
Q27*	Have serious difficulty concentrating, remembering, or making decisions because of a physical, mental, or emotional problem	26	24.8	27.9
Q26	Ever hurt themselves on purpose by cutting, burning, or bruising for example, without the intention of committing suicide (self- injury)	17	15.9	18.6
Q22	Seriously considered attempting suicide in the past year	13	11.6	13.9
Q23	Made a specific plan about how they would attempt suicide in past year	10	9.1	11.2
Q24	Attempted suicide in the past year	9	8.2	10.2
Q25	Attempted suicide in the past year that resulted in an injury that needed treatment by a doctor or nurse (injurious suicide attempt)	3	2.4	3.6

\* Trend data not available

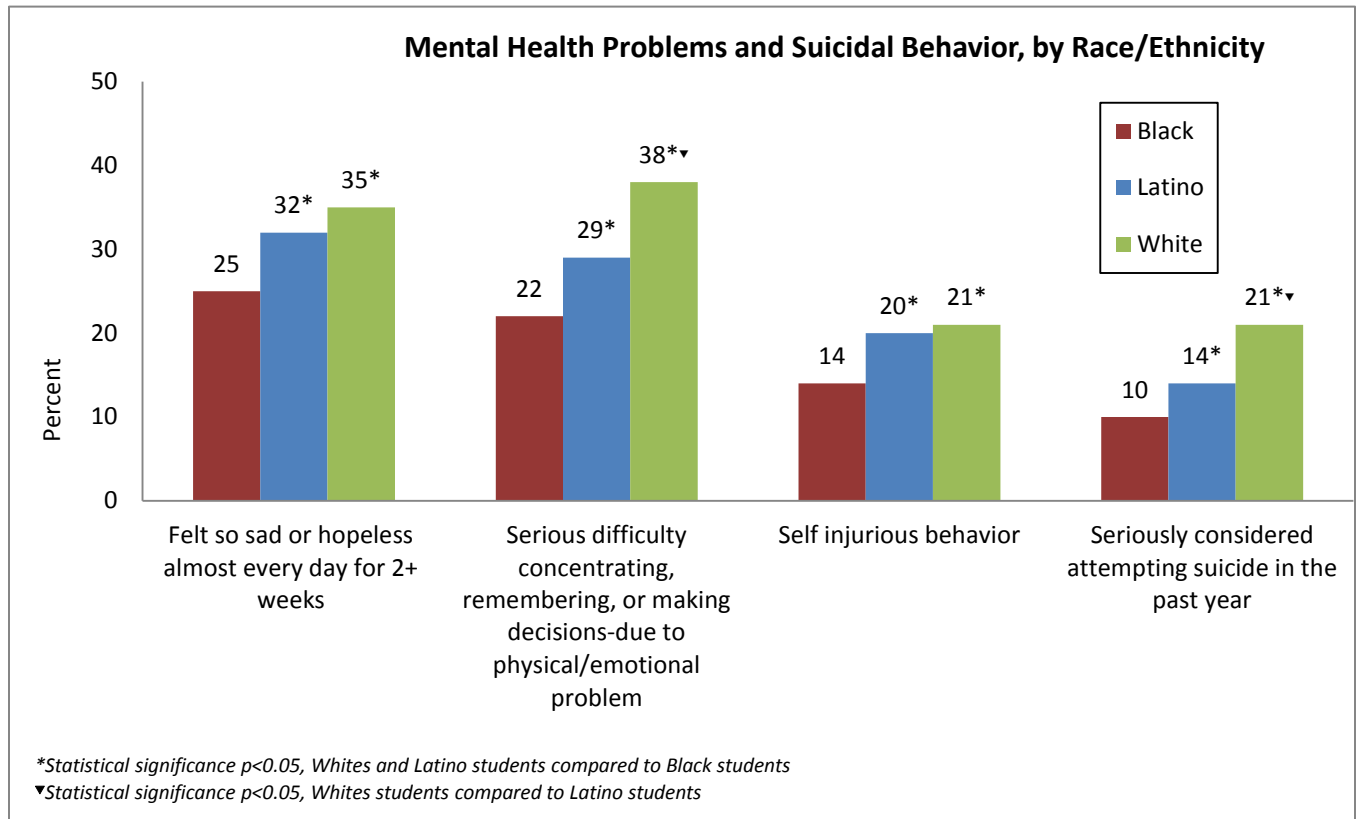
## Gender differences

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



## Differences by Race/Ethnicity

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



Latino students were more likely than Black students to report in the past year they made a suicide plan and they attempted suicide (12% compared to 8% and 11% compared to 7% respectively).

## Trends

There were no clear trends in these measures.



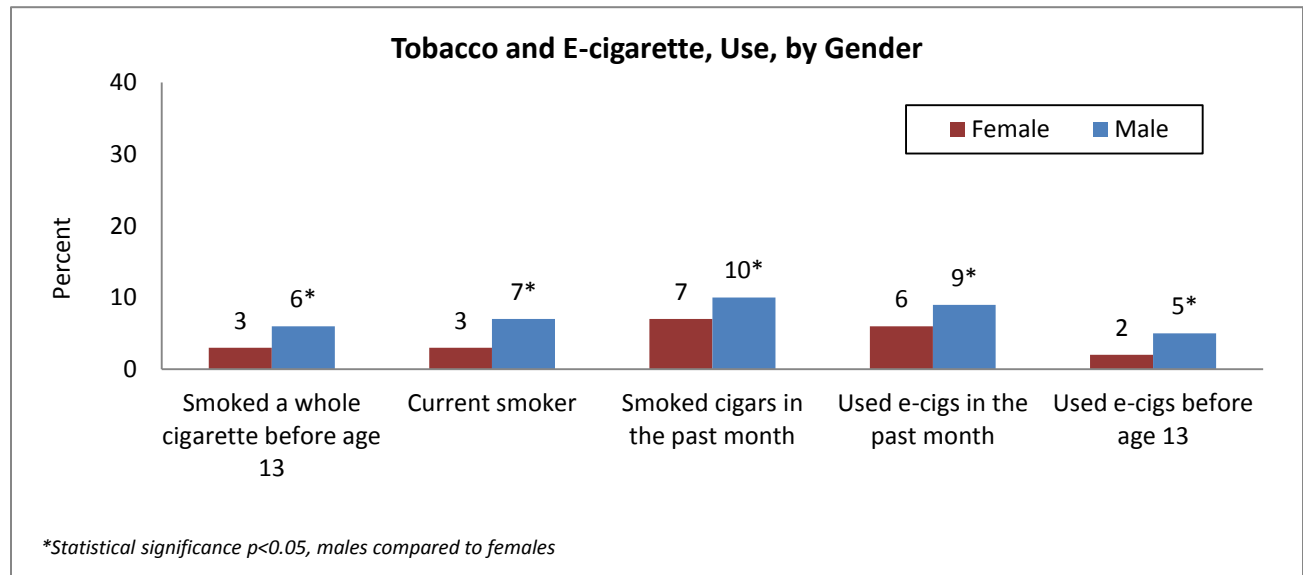
## Tobacco and E-Cigarettes

Question #	Students Reported They:	% (rounded)	LCL	UCL
Q40	Ever tried smoking cigarettes, even one or two puffs	12	10.6	12.9
Q41	Smoked a whole cigarette before age 13	5	4.5	6.1
Q42	Smoked cigarettes on one or more days in past month [ <b>Current smoker</b> ]	5	4.5	6.1
Q43	Smoked cigars in the past month	9	8.1	10.2
Q44*	Ever used an e-cig or electronic vapor product	15	13.6	16.2
Q45*	Used an e-cig on one or more of the past month	8	6.7	8.6
Q46*	Used an e-cig before age 13	4	3.0	4.3

\* Trend data not available

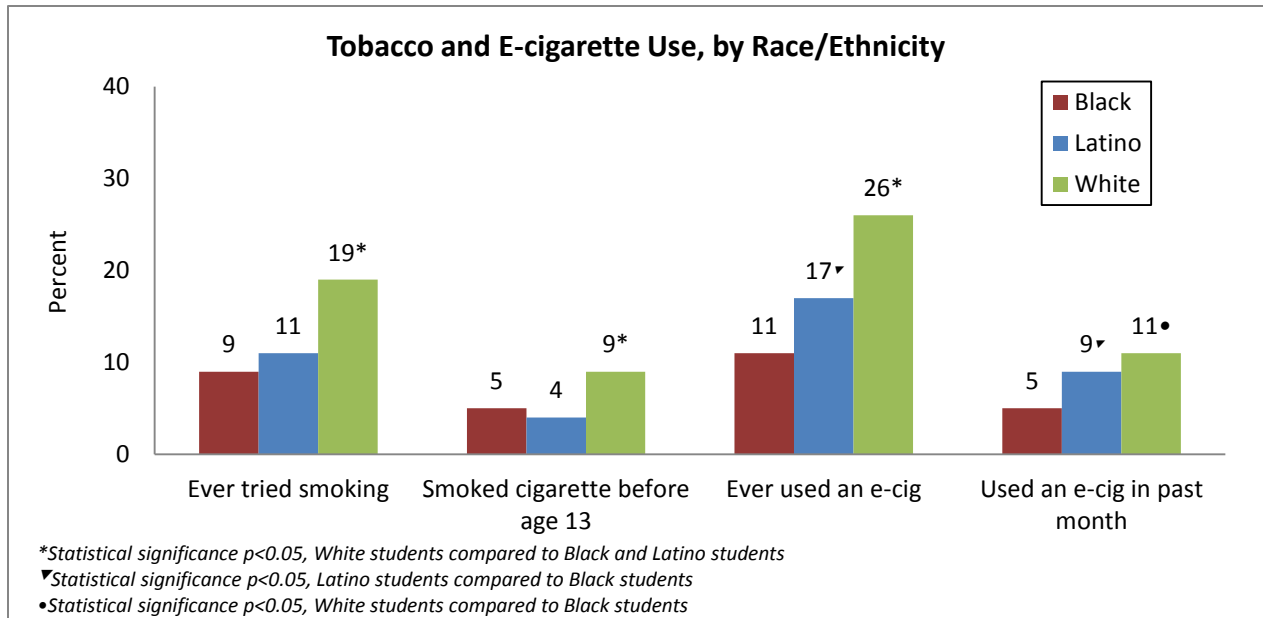
### Gender differences

Males are more likely than females to report tobacco and e-cigarette use.



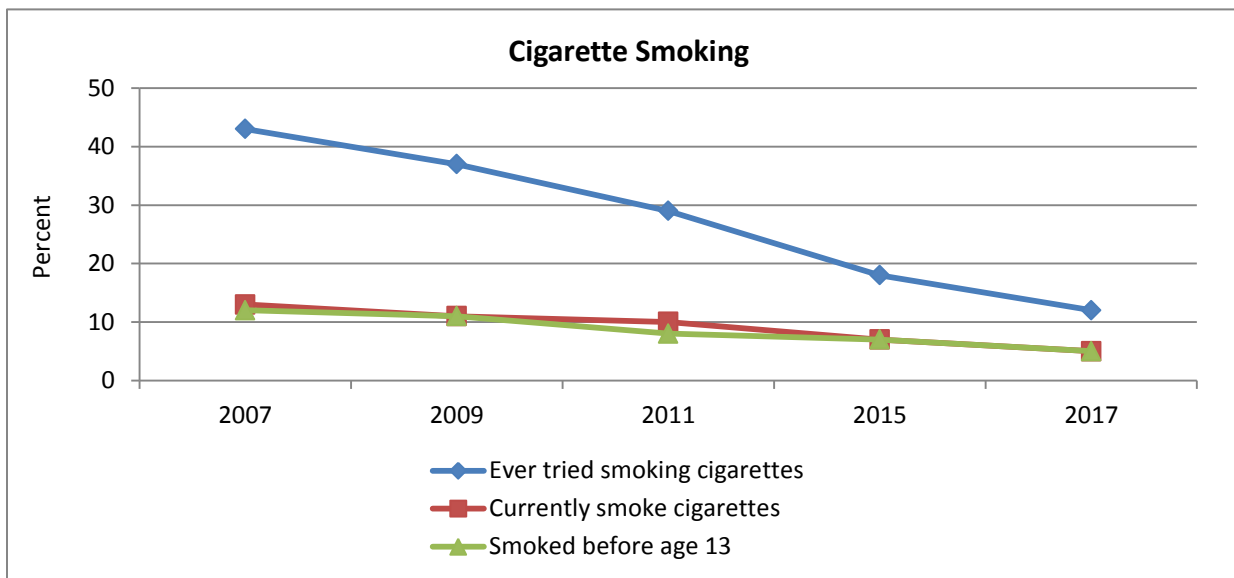
## Differences by Race/Ethnicity

White students were more likely than Black and Latino students to report smoking and e-cig use.



## Trends

Between 2007 and 2017 cigarette smoking declined significantly.



Trend data for e-cigarette use is not available.

## Alcohol Use

Question #	Students Reported They:	% (rounded)	LCL	UCL
Q48	Ever drank one or more drinks of alcohol in their lifetime (not including for religious purposes)	34	31.9	35.3
Q49	Had their first drink of alcohol before age 13, other than a few sips	10	9.2	11.4
Q50	Had at least one drink of alcohol in the past month	18	17	19.8
Q51*	Engaged in binge drinking one or more times during the past month (4 or more drinks of alcohol in a row, if <b>FEMALE</b> , 5 or more drinks of alcohol in a row if <b>MALE</b> )	9	8.4	10.5

\*Trend data not available

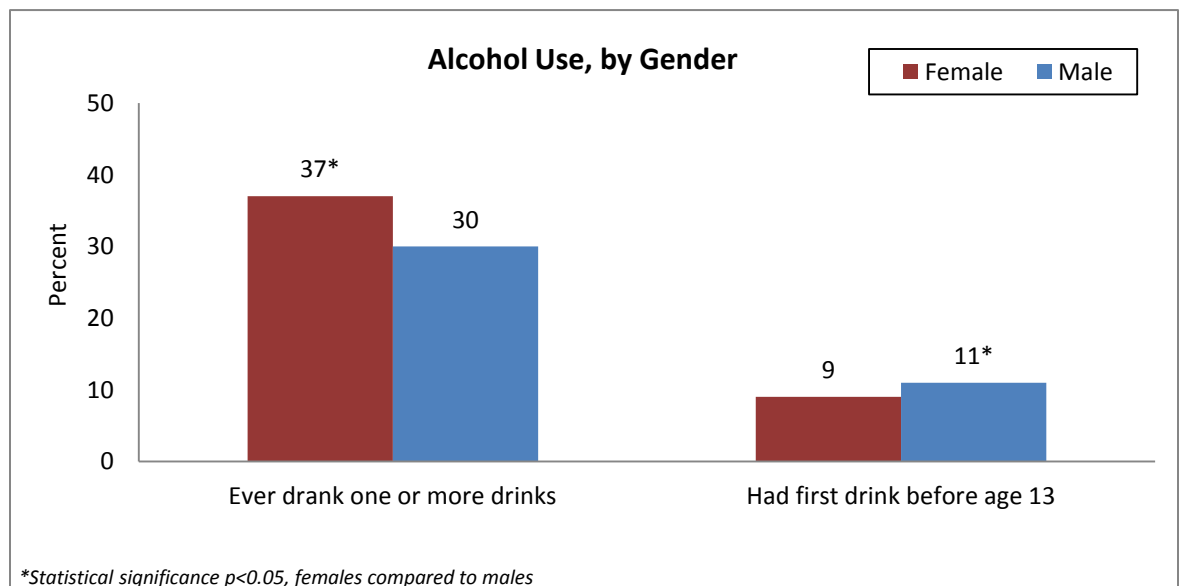
As shown in the table below, more than one third of students who drank in the past month, were given the alcohol by someone.

Q52*	How they usually got alcohol, among those who drank alcohol in past month	%
	Someone gave it to them	37
	Got it some other way	17
	Took it from their home or a family member's home	13
	Gave someone else money to buy it for them	12
	Bought it in a store such as a liquor store, convenience store, supermarket, discount store, or gas station	10
	Bought it at a restaurant, bar, or club	5
	Bought it at a public event such as a concert or sporting event	5

\*Trend data not available

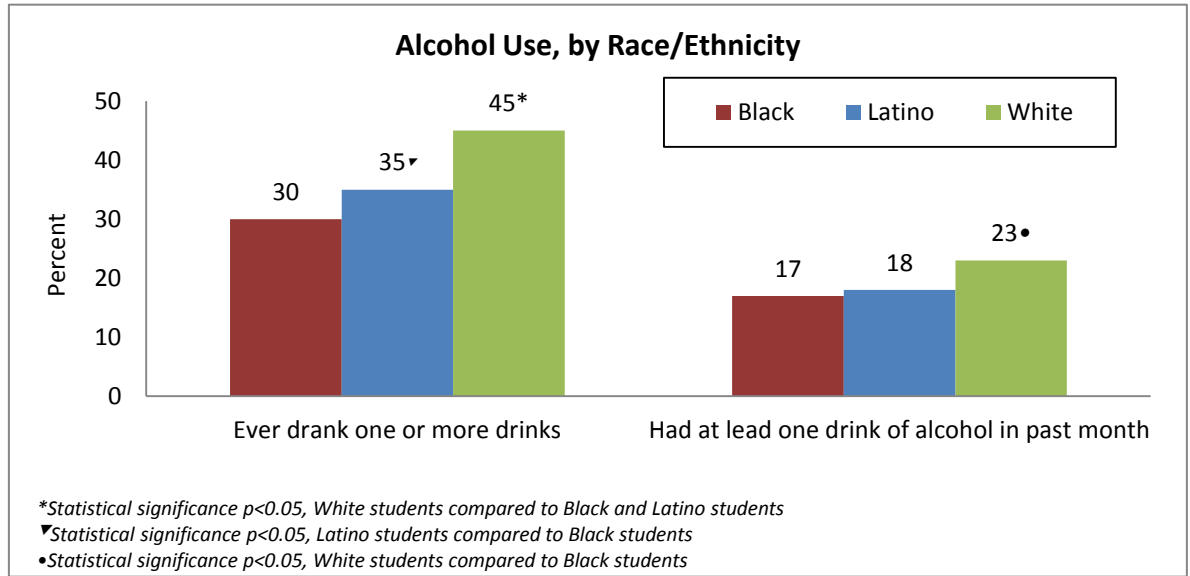
## Gender differences

Females were more likely than males to report ever drinking and males were more likely to report drinking alcohol before age 13.



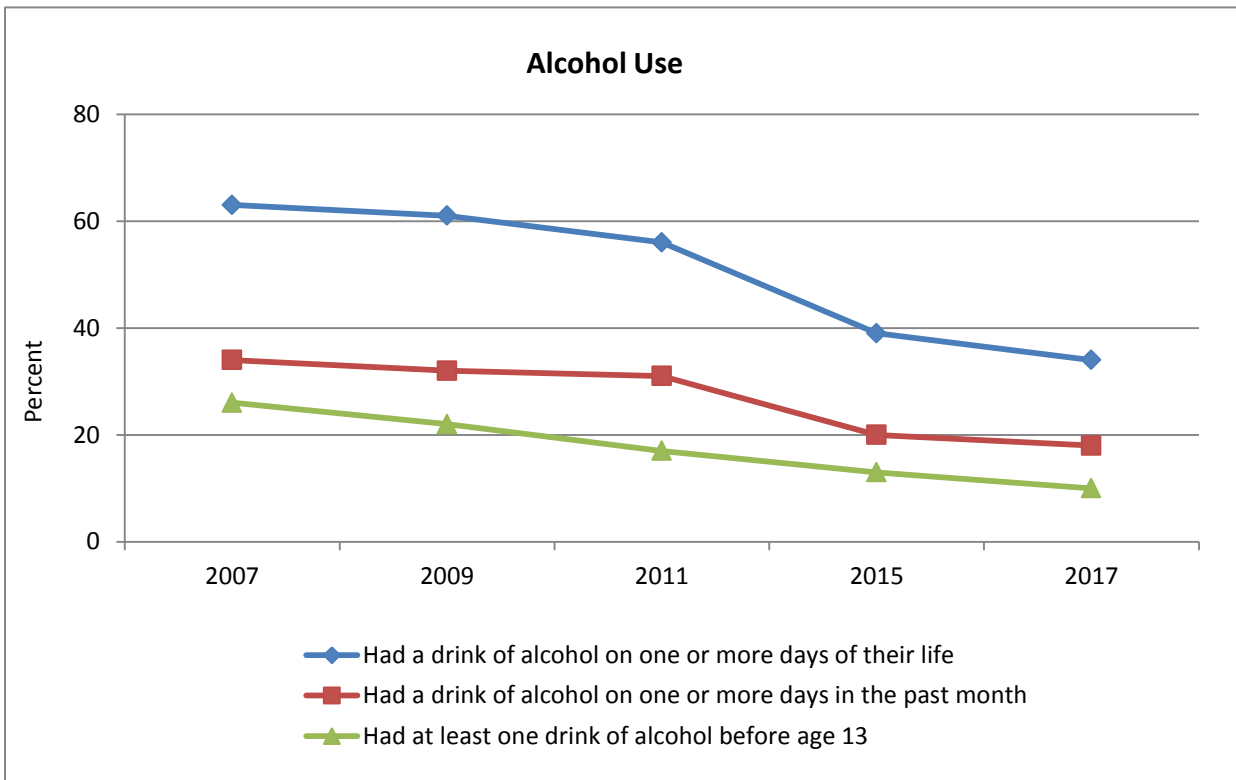
**Differences by Race/Ethnicity**

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



**Trends**

Reported alcohol use declined since 2007.



# Marijuana Use

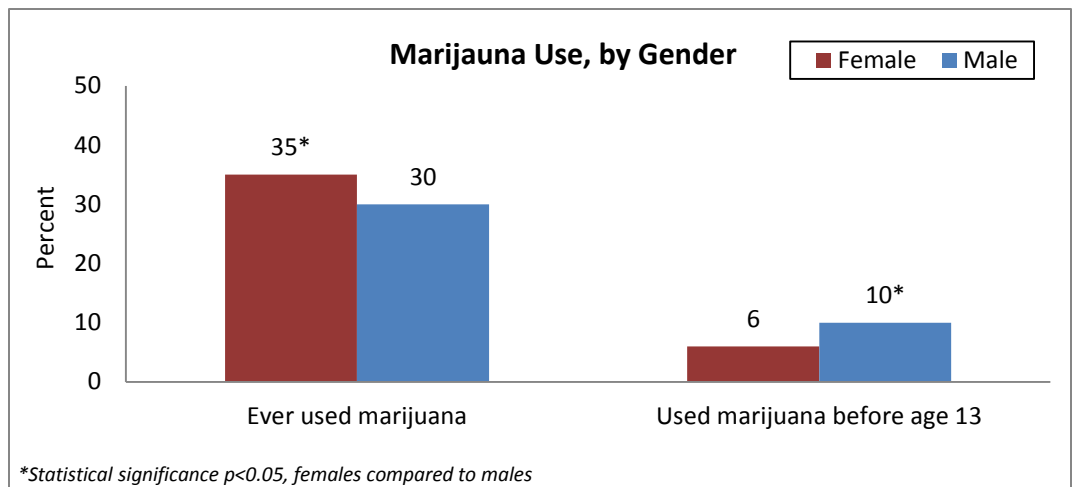
Question #	Students Reported They:	% (rounded)	LCL	UCL
Q53	Ever used marijuana	33	30.9	34.2
Q54	Used marijuana before age 13	8	7.2	9.1
Q55	Used marijuana in the past month [Current users]	22	20.7	23.7

The table to the right shows that of those who used marijuana in the past month, most smoked it.

Q55	How Marijuana was Used, those Who Used it - Past Month <sup>1</sup>	%
	Smoked it	88
	Ate it in food	23
	Vaporized it	8
	Drank it in tea, cola, etc.	6
	Used in in some other way	7
* Trend data not available		
<sup>1</sup> Students were allowed to select more than one response		

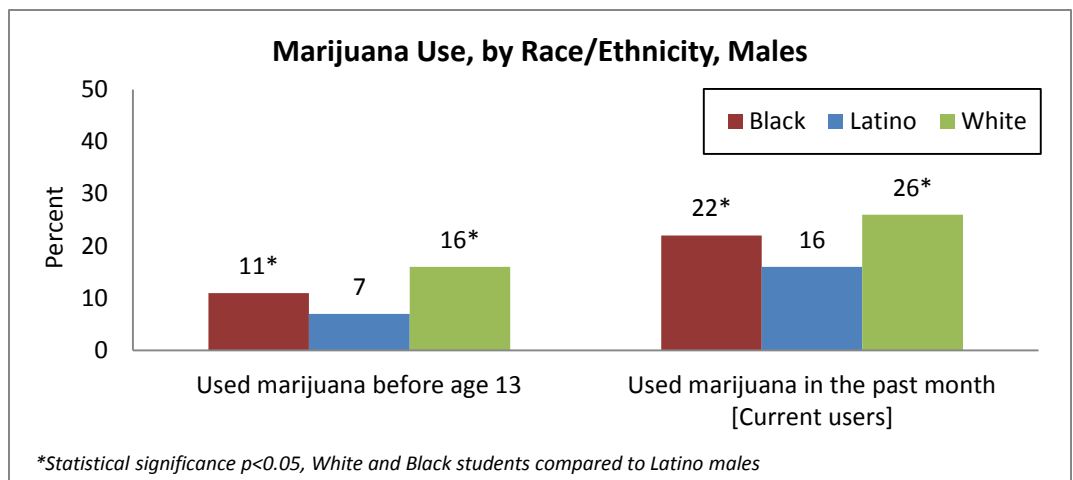
## Gender differences

Females were more likely than males to report ever using marijuana and males were more likely to report using before age 13.



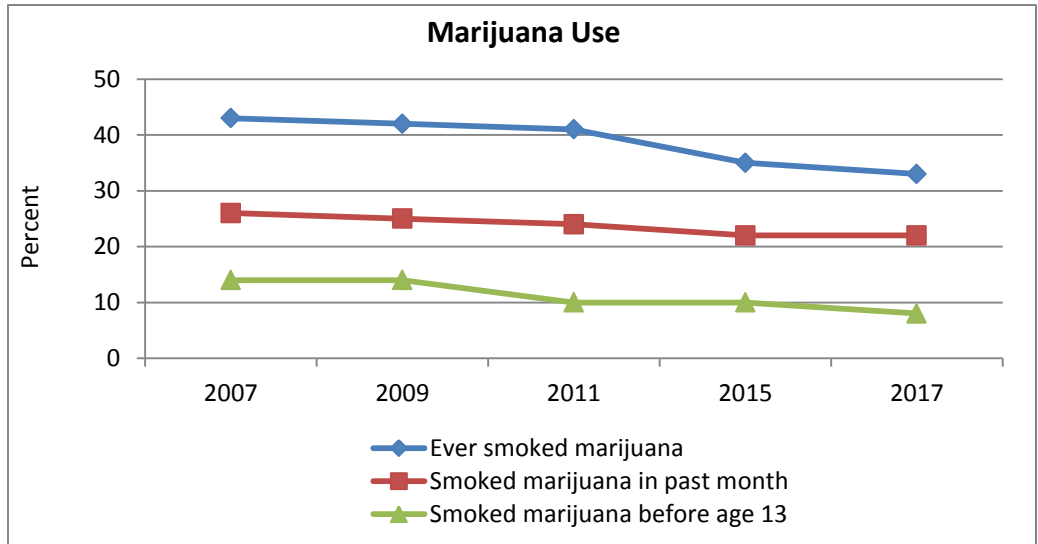
## Differences by Race/ Ethnicity

White and Black males were more likely than Latino males to report using marijuana.



**Trends**

Reported marijuana use declined between 2007 and 2017.



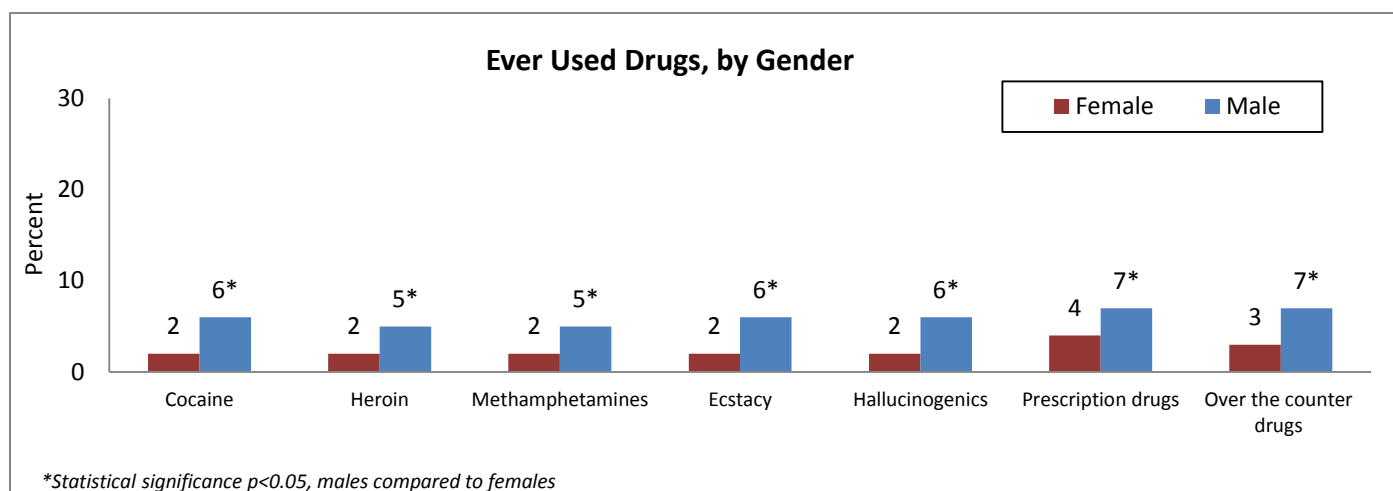
## Use of Other Drugs

Question	Students Reported They:	% (rounded)	LCL	UCL
Q57	Ever used any synthetic drugs (for example K2, Spice, fake weed, King Kong, Yucatan Fire, Skunk, or Moon Rocks)	5	4.2	5.7
Q58* <sup>1</sup>	Ever used cocaine	4	3.5	5.0
Q59	Ever used heroin	4	3.1	4.5
Q60	Ever used methamphetamines	4	2.9	4.3
Q61	Ever used ecstasy	4	3.4	4.9
Q62	Ever used hallucinogenic drugs such as LSD, acid, PCP, angel dust, mescaline or mushrooms	4	3.7	5.2
Q63	Ever took any drug or pill to get high that was prescribed for someone else (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, Xanax etc.)	6	5.3	7.0
Q64	Ever took any form of over-the-counter (OTC) drug to get high	6	4.9	6.6
Q65	Ever injected any illegal drug into their body	3	2.7	4.1
Q85*	Used an energy drink one or more times in the past week	20	18.6	21.5

\*Trend data not available <sup>1</sup>Question changed in 2017 to “ever” using from in the “past month”.

### Gender differences

Males were more likely than females to report using certain drugs.



Males (4%) were more likely to report they ever injected an illegal drug into their body compared to females (2%).

Males were also more likely than females to report using an energy drink in the past week (23% compared to 16%).

### Differences by Race/ Ethnicity

Nine percent (9%) of White students reported using prescription drugs to get high compared to 5% of Black students. White and Latino students were more likely than Black students to report using an energy drink in the past week. (30% and 28% compared to 18%).

**Trends** There were no clear trends in reported use of other drugs.

## Substance Abuse on School Property

Question #	Students Reported They:	% (rounded)	LCL	UCL
Q66	Were offered, sold or given an illegal drug on school property in past year	13	11.7	14.2
Q67* <sup>1</sup>	Used any of the following at school or school events in past month:			
	Alcohol	4	2.9	4.3
	Marijuana, pot or weed	5	4.2	5.8
	Cocaine	1	0.9	1.8
	Heroin	1	0.6	1.4
	Pills not prescribed for them	2	1.0	1.9
	Other drugs	1	0.7	1.5
	Did not use any of the following	91	89.6	91.8
Q68* <sup>1</sup>	Went to school/school events in past month, under the influence of:			
	Alcohol	3	2.5	3.8
	Marijuana, pot or weed	9	8.3	10.5
	Cocaine	1	0.8	1.7
	Heroin	1	0.6	1.3
	Pills not prescribed for them	1	0.8	1.7
	Other drugs	1	0.5	1.2
	Did not go to school under the influence	88	86.3	88.8

\* Trend data not available <sup>1</sup>Students were allowed to select more than one response

### Gender differences

Females were more likely than males to report they did not use substances on school property in the past month (93% compared to 89%)

### Race/Ethnicity differences

White students (23%) were more likely than Black (11%) and Latino (12%) students to report being offered, sold or given illegal drugs on school property in the past year.

### Trends

The proportion of youth who reported they were offered, sold or given an illegal drug on school property in the past year declined overall between 2007 and 2017





## Distracted Driving and Driving Under the Influence

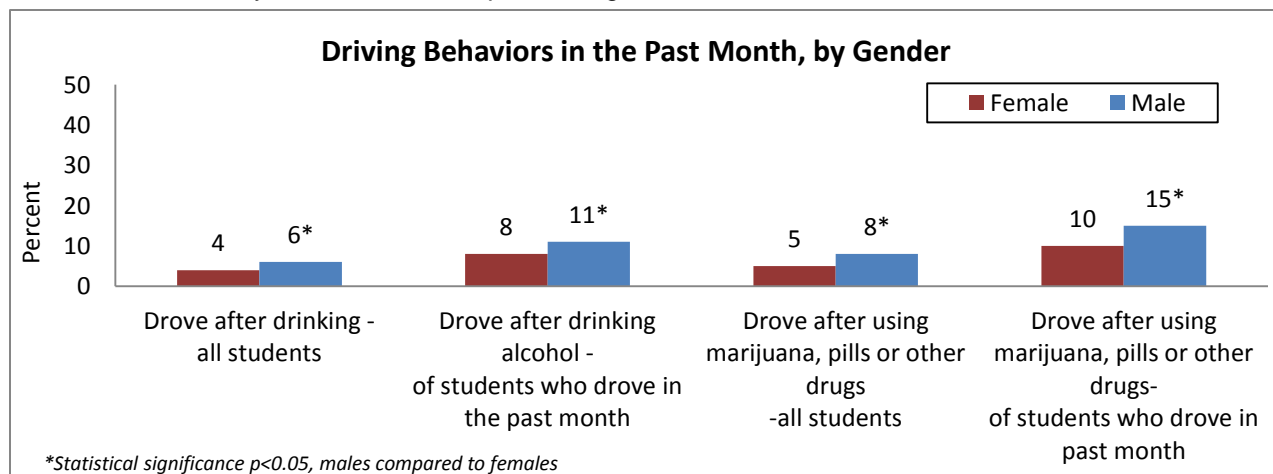
Question #	Students Reported They:	% (rounded)	LCL	UCL
Q11*	Texted, used social media, scrolled the internet, or emailed while driving a car or other vehicle of those who drove in the past month	23	20.9	24.9
Q7	Rode in a car with a driver who had been drinking alcohol	17	15.5	18.2
Q8	Drove a car after drinking alcohol – of all students	5	4.6	6.2
Q8*	Drove a car after drinking alcohol-only of those who drove in the past month	10	8.6	11.5
Q9*	Rode in a car with a driver who was under the influence of marijuana, pills or other drugs	17	15.8	18.5
Q10*	Drove a car under the influence of marijuana, pills or other drugs – all students	7	6.3	8.1
Q10*	Drove a car under the influence of marijuana, pills or other drugs – only those who drove a car in the past month	13	11.4	14.6

\* Trend data not available

### Gender differences

Male drivers were more likely than female drivers to report they used electronics while driving in the past month. (26% compared to 19%)

Males were more likely than females to report driving while under the influence of substances.

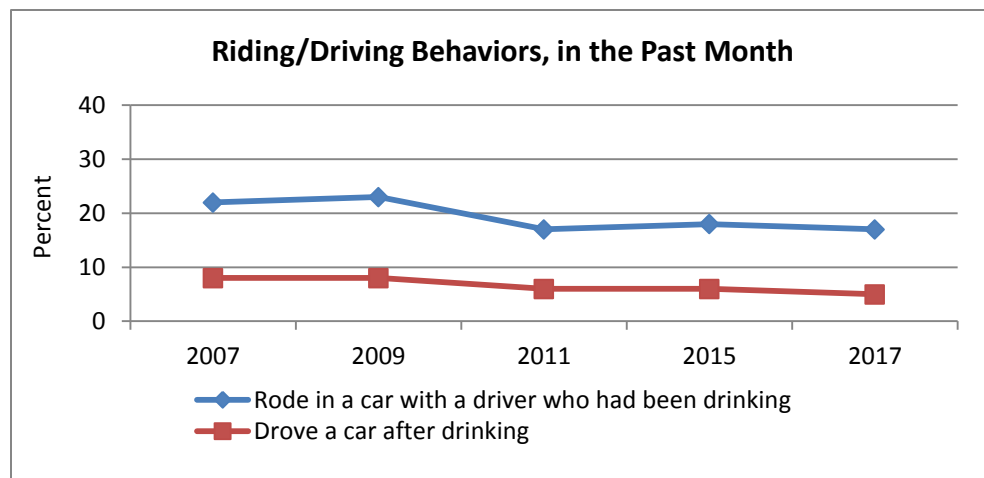


### Differences by Race/Ethnicity

There were no differences by race and ethnicity.

### Trends

The proportions of students who reported riding with a drinker, and drinking and driving declined overall since 2007.

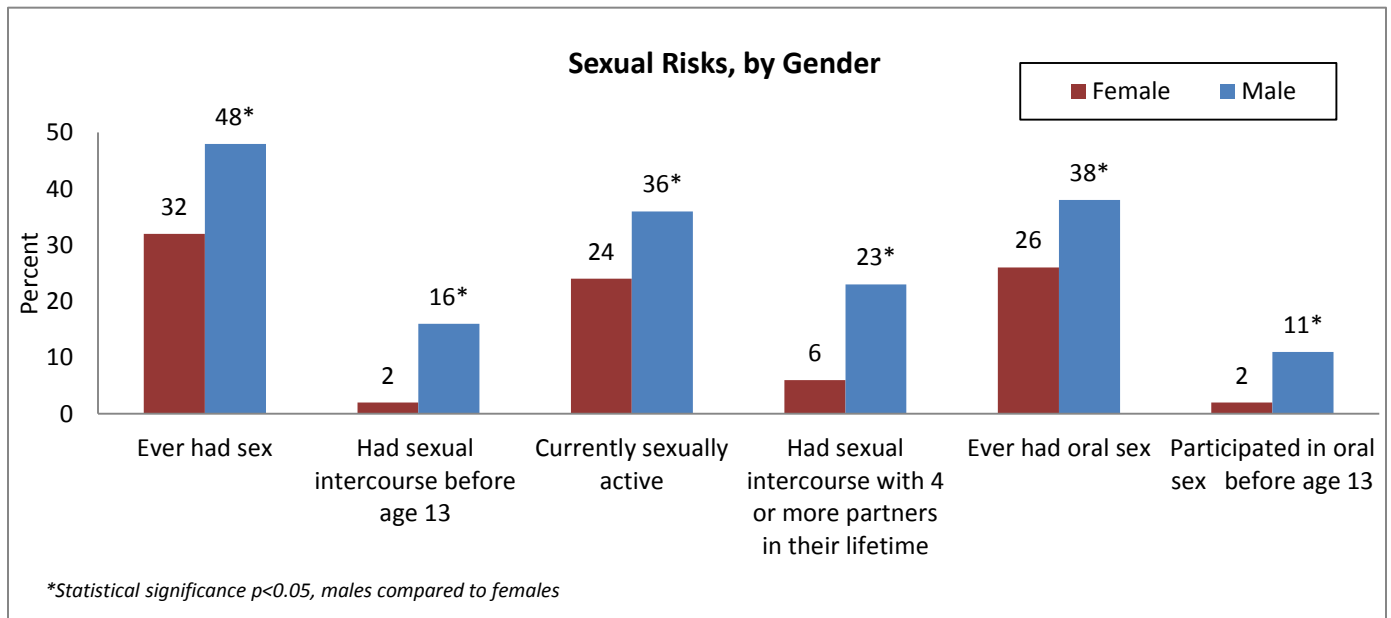


## Sexual Risk Behaviors

Question #	Students Reported They:	% (rounded)	LCL	UCL
Q69	Ever engaged in sexual intercourse, defined as (include what the question actually asked about)	40	37.9	41.5
Q70	Had sexual intercourse before age 13	10	8.5	10.7
Q72	Engaged in sexual intercourse in the past 3 months [currently sexually active]	30	28.3	31.7
Q71	Had sexual intercourse with 4 or more partners in their lifetime	15	13.3	15.9
Q77	Ever participated in oral sex	32	30.1	33.6
Q77	Participated in oral sex before age 13	7	5.9	7.7
Q78	Used alcohol or drugs before they had sex the last time, <i>of currently sexually active students</i>	21	18.3	24.0

## Gender differences

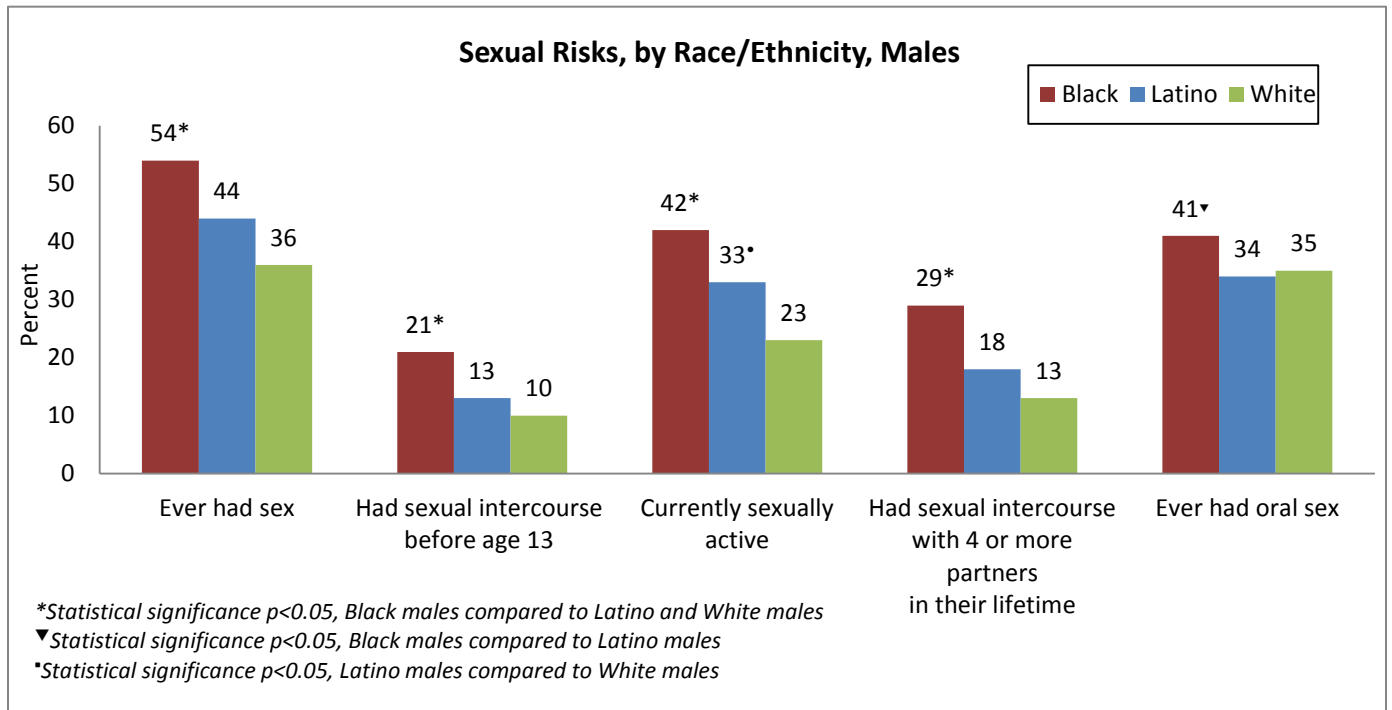
Males were more likely than females to report selected sexual risks.



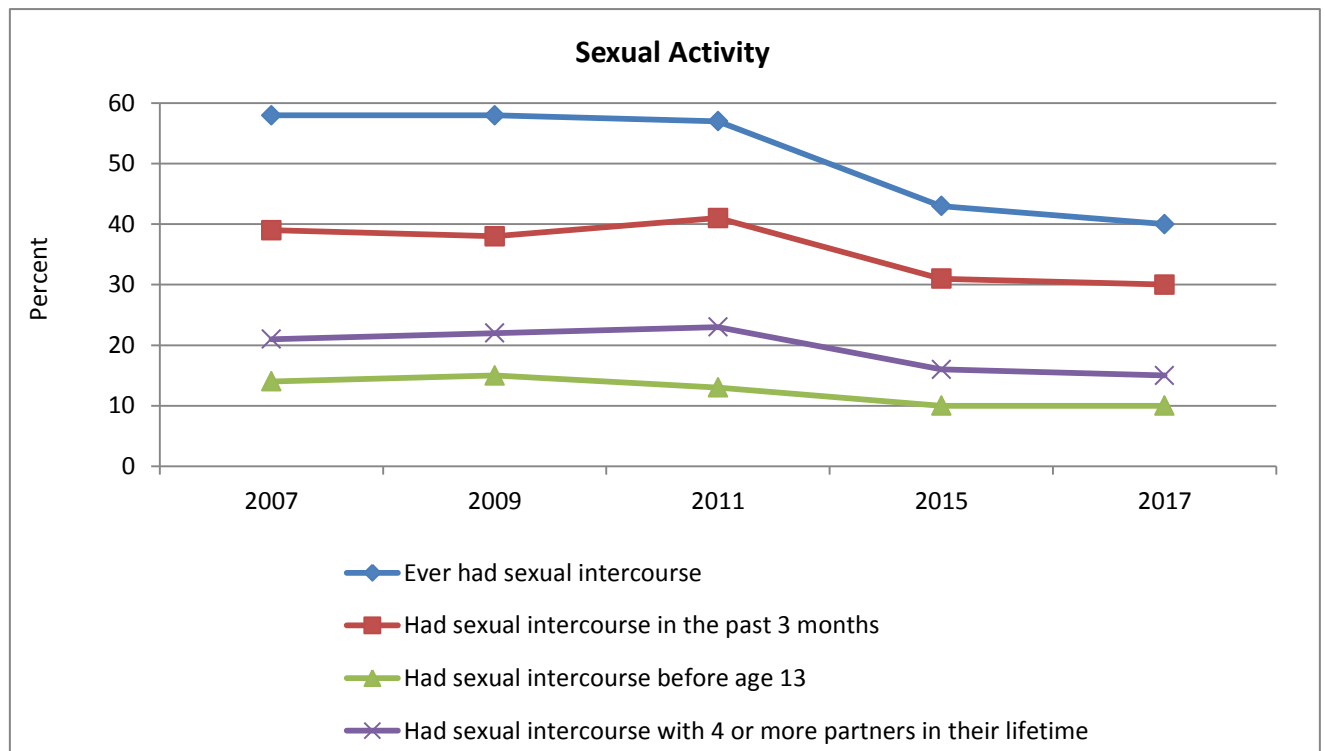
## Differences by Race/Ethnicity

Among females, there were not differences in reported sexual behaviors by race.

Black and Latino males were more likely than White males to report sexual risk behaviors.



## Trends



Reported sexual activity among students declined overall between 2007 and 2017.

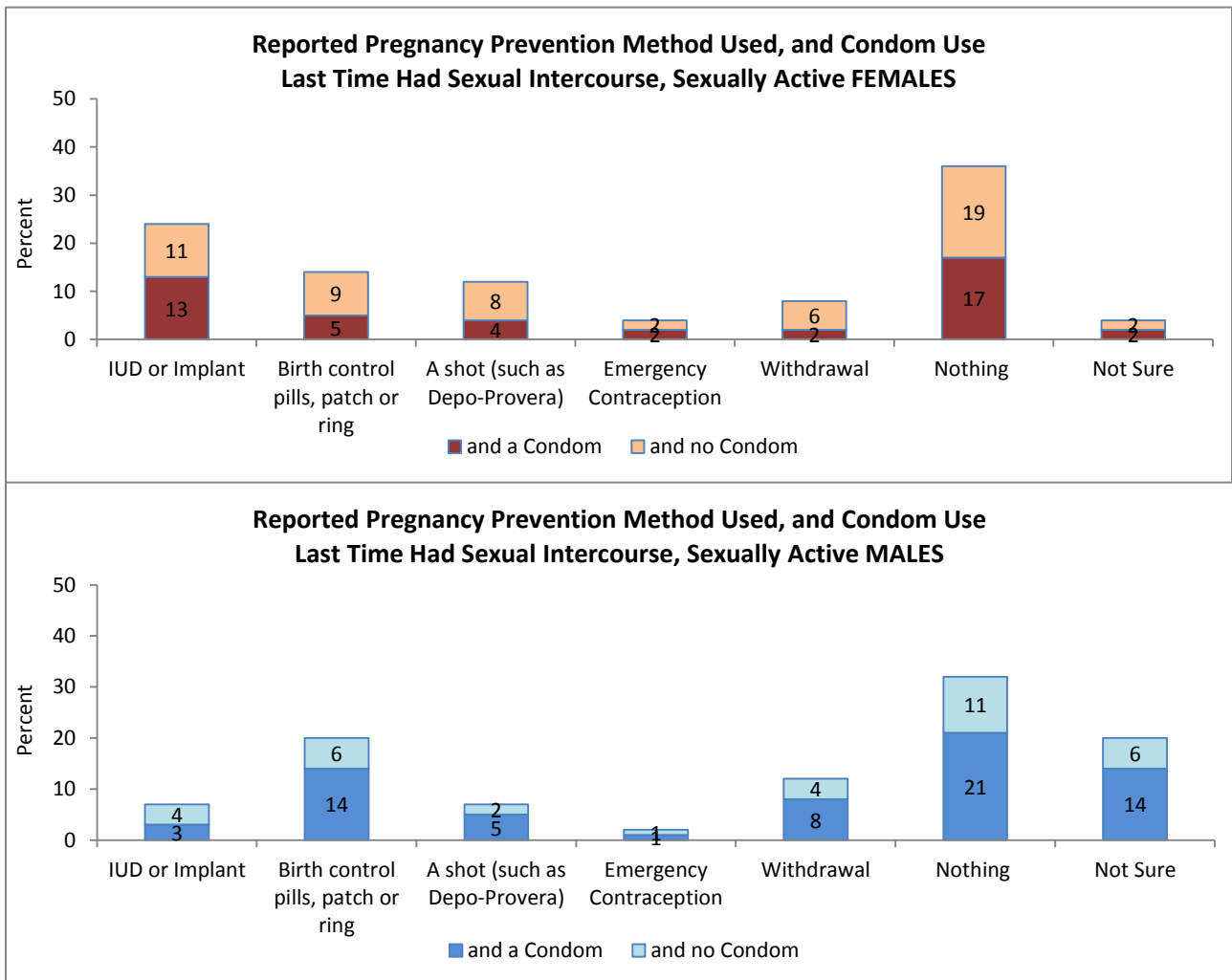
## Prevention of Pregnancy and STDs

Long Acting Reversible Contraception (LARC), including IUDs (intrauterine devices) and contraceptive implants, have high success rates (>99%) in preventing pregnancy.<sup>3</sup> The American 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 to prevent pregnancies and STDs.<sup>5</sup>

Of sexually active females, 44% reported their partner used a condom the last time they had sex, compared to 66% of males. The proportion of sexually active youth who reported they used a condom the last time they had sex declined overall from 65% in 2007 to 57% in 2017.

Thirteen percent (13%) of sexually active females reported using both LARC and condoms the last time they had sexual intercourse compared to 3% of males.

The graphics below show the pregnancy prevention methods reported by sexually active youth, by gender. Females were more likely to report an IUD or implant was used compared to males. Males were more likely to report they were not sure what was used to prevent pregnancy.



<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.

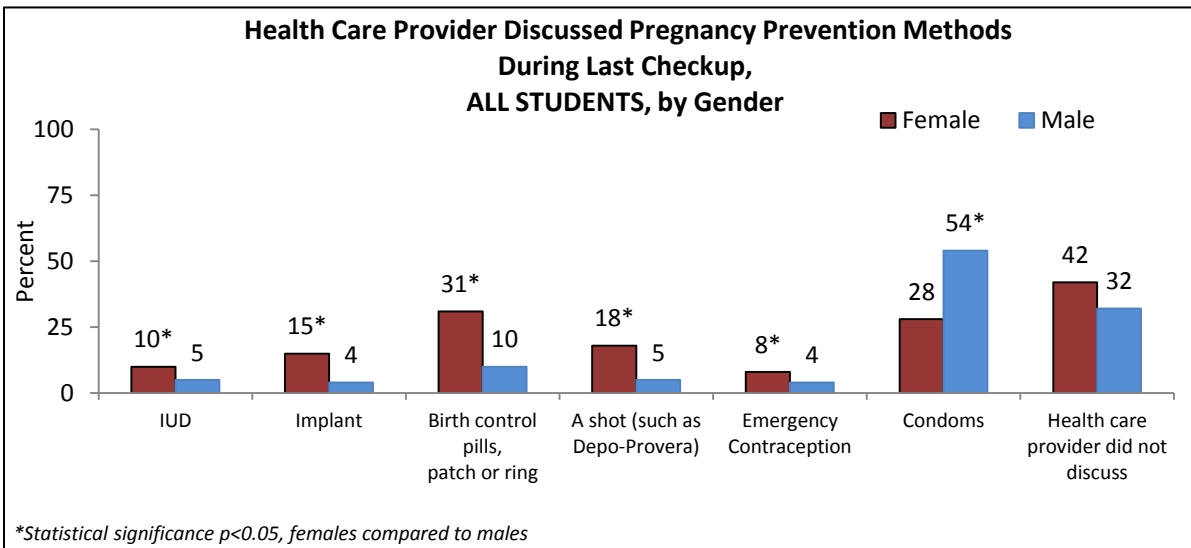
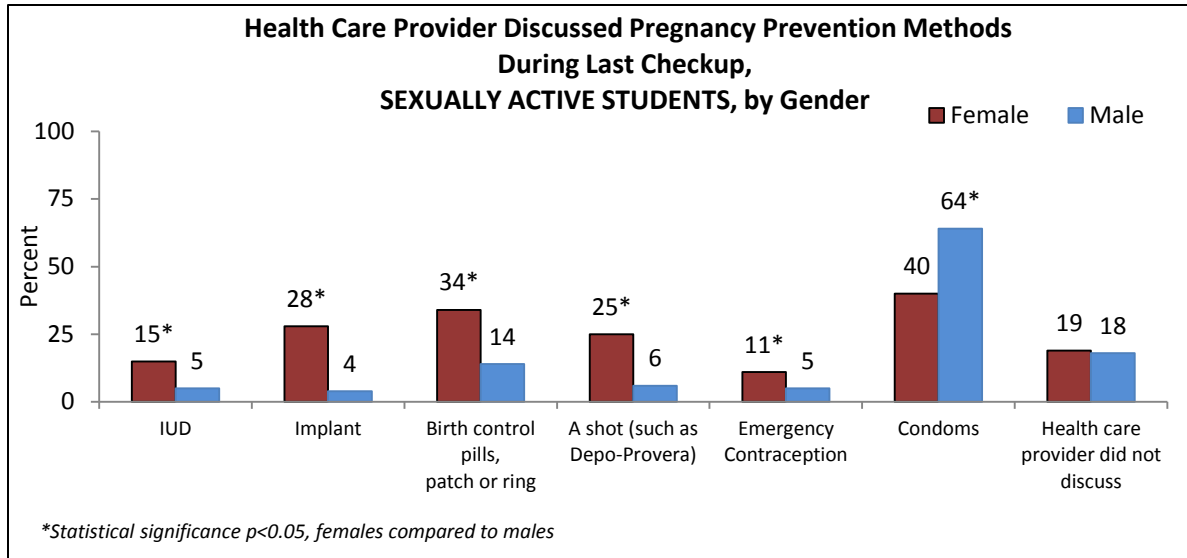
<sup>4</sup> ACOG Committee on Adolescent Health Care Long-Acting Reversible Contraception Working Group (2012) The American Congress of Obstetricians and Gynecologists. Committee opinion no. 539: adolescents and long-acting reversible contraception: implants and intrauterine devices. Committee Opinion 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>

The graphics below show the proportions of sexually active students and of 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 IUDs, implants, pills, patch, rings, a shot, and plan b as pregnancy prevention methods.

Males were more likely than female students to report their health care provider discussed condoms as pregnancy prevention methods.



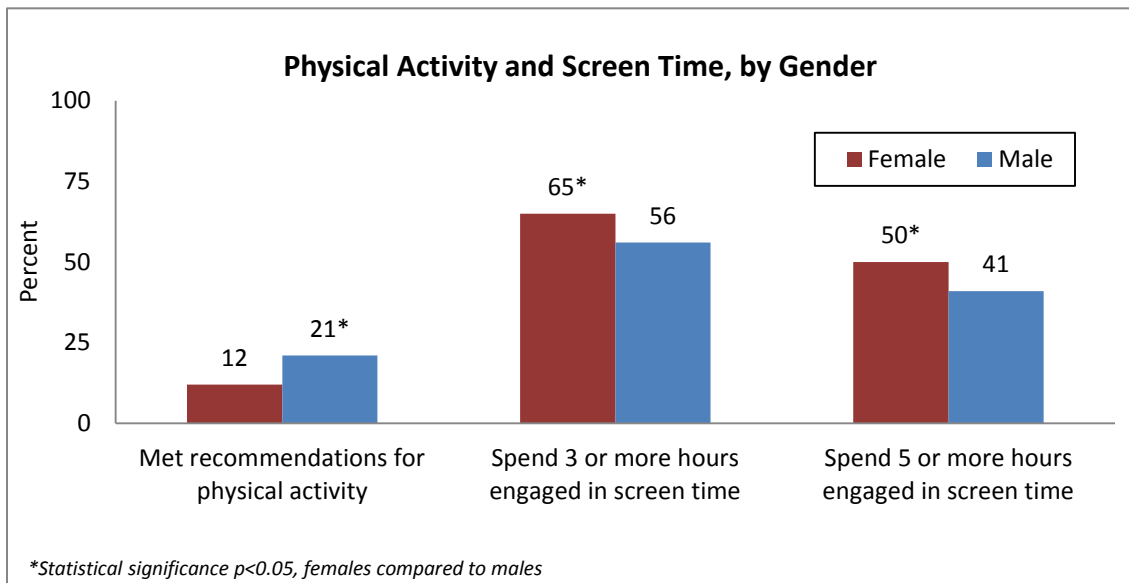
## Physical Activity/Sedentary Behavior

Question #	Students Reported They:	% (rounded)	LCL	UCL
Q86	Engaged in 1 hour or more of physical activity daily during the past 7 days (current recommendations)	16	15.0	17.8
Q86	Did not engage in 1 hour of physical activity on any of the past 7 days	41	39.2	42.8
Q87 <sup>1</sup>	On an average school day, spend 3+ hours watching TV, Netflix, Hulu, or other video streaming websites	39	37.1	40.7
Q88 <sup>1</sup>	On an average school day, spend 3+ hours playing video or computer games, or using a computer or smartphone <u>for something that is not school work</u>	42	40.0	43.7
Q87 Q88	Watch TV, play video or computer games or use a smartphone or a computer <u>for something that is not school work</u> for 3 or more hours on a school day	61	59.2	62.8
Q87 Q88	Watch TV, play video or computer games or use a smartphone or a computer <u>for something that is not school work</u> for 5 or more hours on a school day	46	44.1	47.8

<sup>1</sup>questions changed slightly related to new technology and websites

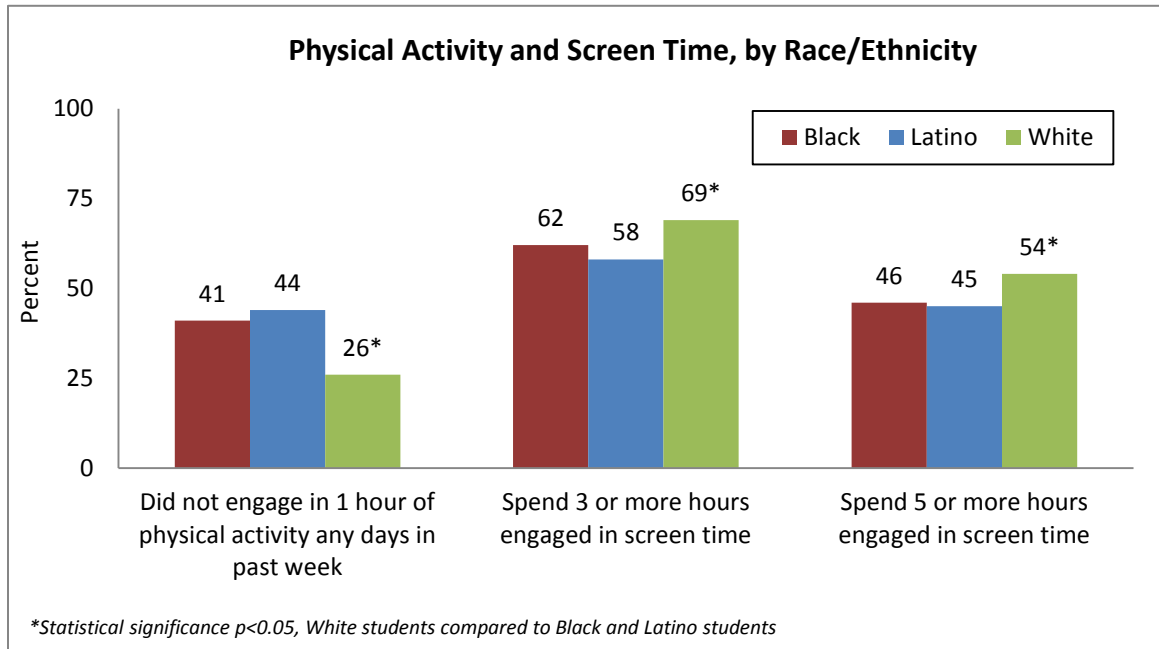
### Gender differences

Males were more likely than females to report they met the current recommendations for physical activity. Females were more likely than males to report 3 and 5 hours spent on screen time during a typical school day.



### **Differences by Race/Ethnicity**

White students were less likely to report no days of activity, but were more likely than Black and Latino students to report excessive screen time.



### **Trends**

Since 2007, there was an increase in the proportion of students reporting one hour of daily physical activity from 12% in 2007 to 16% in 2017.

The proportion of students who reported spending 3 or more hours per day on screen time declined from 71% in 2007 to 61% in 2017.

### **Sleeping Habits/Food Insecurity**

Question #	Students Reported They:	% (rounded)	LCL	UCL
Q89*	Get 8 or more hours of sleep on an average school night	30	28.2	31.7
Q89*	Get 6 or less hours of sleep on an average school night	51	48.8	52.5
Q39*	Went hungry sometimes, most of the time or always during the past month because there was not enough food in their home.(food insecure)	8	6.9	8.8

*\* Trend data not available*

### **Differences by Gender and Race/Ethnicity**

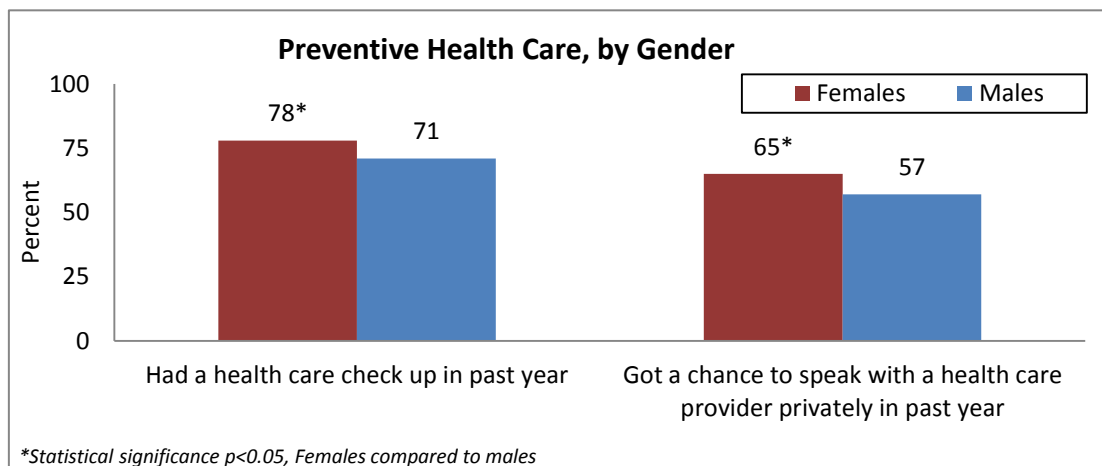
There were no differences by gender or race/ethnicity.

## Preventive Health

Question #	Students Reported They:	% (rounded)	LCL	UCL
Q90	Saw a doctor or health care provider for a check-up or physical exam in the past year	74	71.9	75.6
Q91	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	61	59.3	62.9

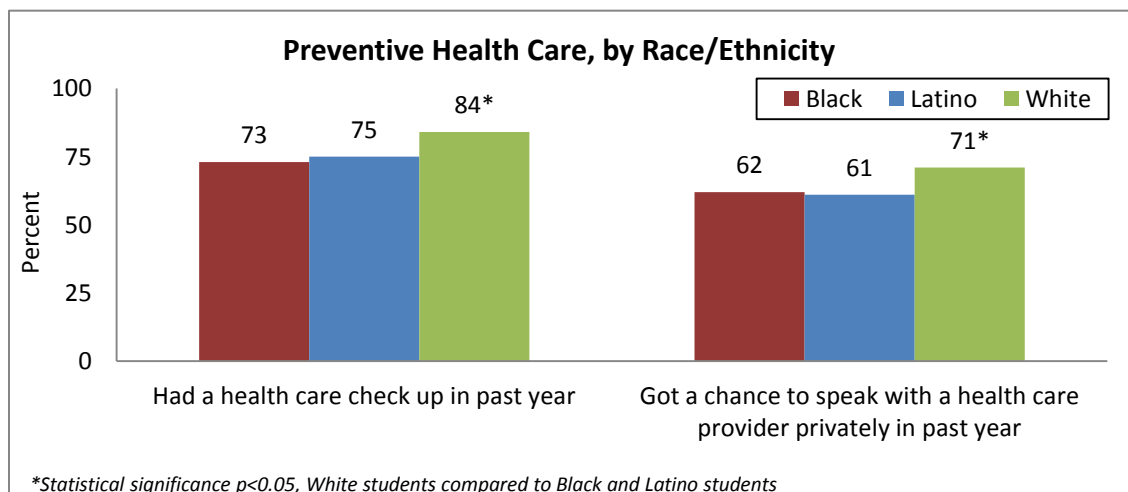
### Gender differences

Females were more likely than males to receive recommended preventive health care.



### Differences by Race/Ethnicity

White students were more likely than Black and Latino students to receive recommended preventive health care.



### Trends

The proportion of students who reported they received a preventive health visit declined from 79% in 2007 to 74% in 2017.



## Parental Influences

Question #	Students Reported Their Parents Feel	% (rounded)	LCL	UCL
Q92*	It would be <u>very wrong</u> or <u>wrong</u> for them to drink alcohol	77	75.8	78.9
Q93*	It would be <u>very wrong</u> or <u>wrong</u> for them to smoke	91	89.4	91.6
Q94*	It would be <u>very wrong</u> or <u>wrong</u> for them to smoke marijuana	79	77	80.1
Q95*	It would be <u>very wrong</u> or <u>wrong</u> for them to use an e-cig	84	82.3	85.1

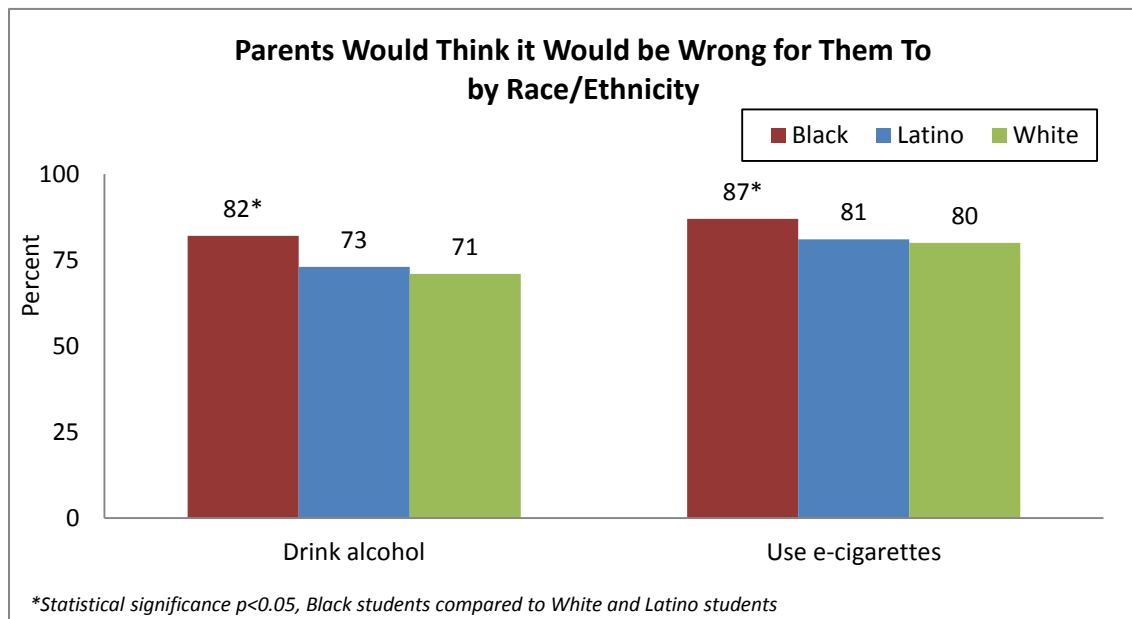
\* Trend data not available

### Gender differences

Females were more likely than males to report their parents would disapprove of them smoking and using e-cigarettes. (92% compared to 89%, and 86% compared to 81%)

### Differences by Race/Ethnicity

Black students were more likely than Latino and White students to report their parents would think it would be wrong or very wrong for them to drink alcohol or use e-cigarettes.

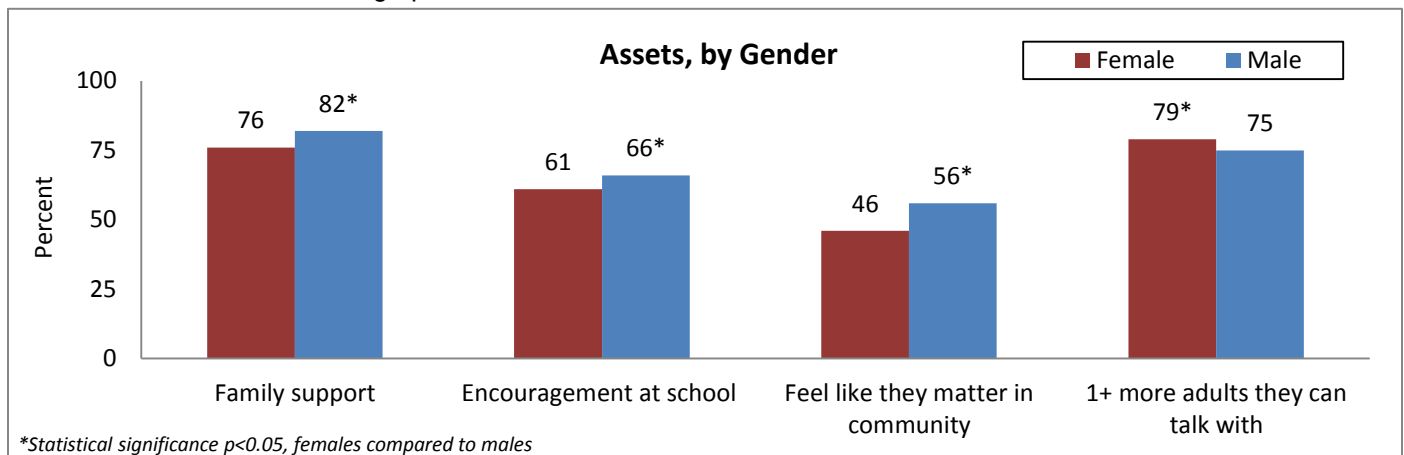


## Assets

Question #	Students Reported They:	% (rounded)	LCL	UCL
	Strongly agree or agree with the statements :			
Q37	“My family gives me help and support when I need it”	79	77.5	80.4
Q96	“In my family there are clear rules about what I can and cannot do”	83	81.5	84.3
Q97	“I get a lot of encouragement at my school”	63	61.2	64.8
Q98	“In my community I feel like I matter to people”	51	49.1	52.9
Q99	Know of one or more adults (other than their parents) they can go to and discuss important questions about their life	77	75.0	78.2
Q100	Spend one or more hours per week helping others	48	45.9	49.6

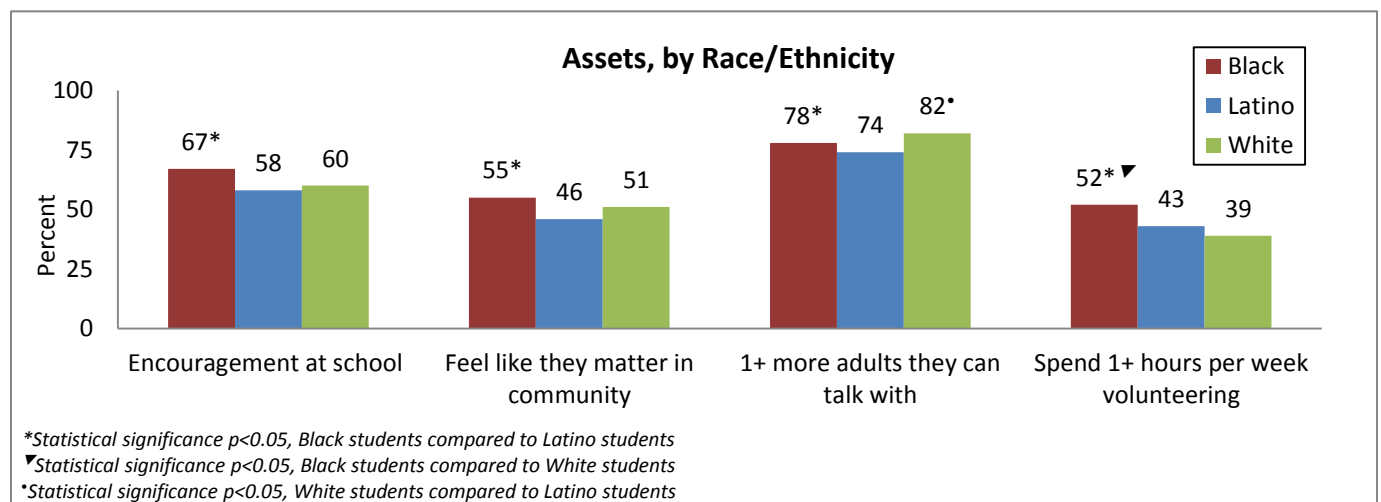
## Gender differences

Differences are shown in the graphic below.



## Differences by Race/Ethnicity

Black students were more likely than Latino students to report certain assets.



## Trends

The proportion of students who reported they had one or more adults they can talk with declined from 80% in 2007 to 77% in 2017.