

# Youth Risk Behavior Survey 2019

*PUBLIC HEALTH INSTITUTE OF WESTERN MASSACHUSETTS*



A special thanks to interns Isabella Caruso & Edward Ferrara

# About the Survey

- ▶ The Springfield Youth Survey was administered during a two-week period in February (2/4/19 to 2/15/19) to 10<sup>th</sup> grade and 12<sup>th</sup> 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 10<sup>th</sup> and 12<sup>th</sup> grade students from 10 different Springfield schools completed the survey in 2019. The participation rate was estimated to be 64% for 10<sup>th</sup> grade students and 56% for 12<sup>th</sup> grade students using school enrollment to estimate total potential number of students who could complete the survey.

# Survey Design

## CORE QUESTIONS

N = 1,885

ALL STUDENTS COMPLETED THE CORE QUESTIONS (Q: 1-34) AND WERE THEN RANDOMIZED TO ONE OF THE THREE MODULES

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



MODULE 1  
Q: 35-53

N = 667

MODULE 2  
Q: 54-74

N = 629



MODULE 3  
Q: 75-91

N = 588



# Common Biases in Epidemiology Studies

- ▶ 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.

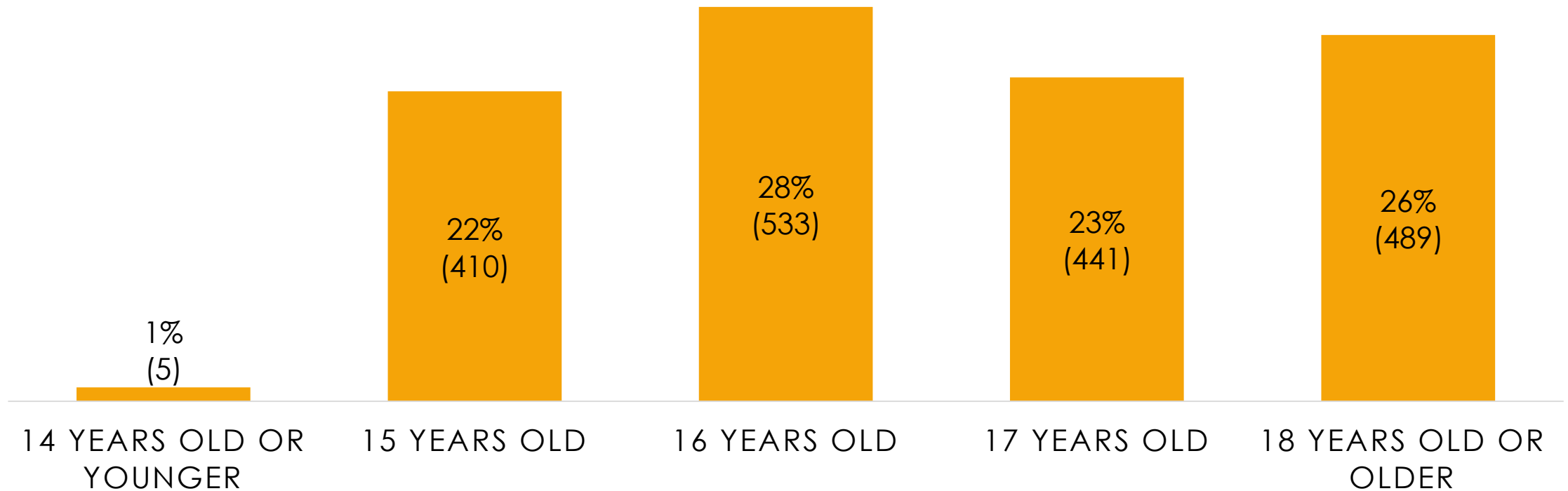
# Core Questions

**Questions: #1-#34 in the YRBS (Slides 6- 40)**

**N = 1,885**

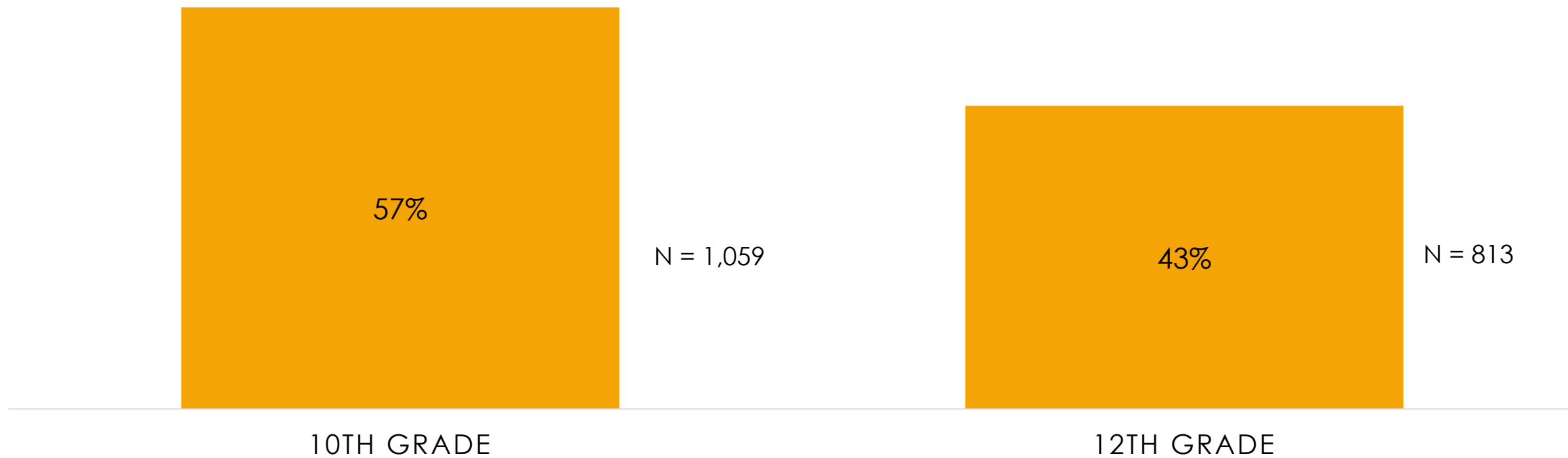
# Q2. How old are you?

## PARTICIPANT AGE



# Q3. What grade are you in?

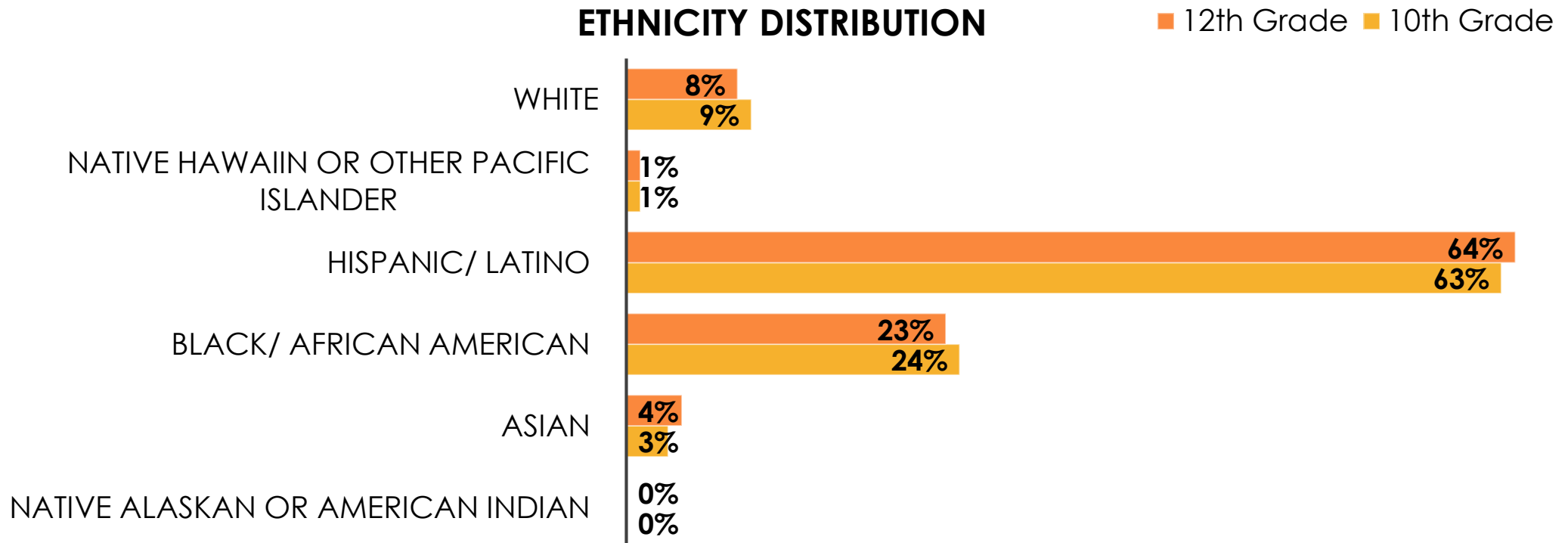
## SCHOOL GRADE DISTRIBUTION



# Q4. What is your race/ethnicity?

(10<sup>th</sup> grade n = 1,056)  
(12<sup>th</sup> grade n = 807)

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



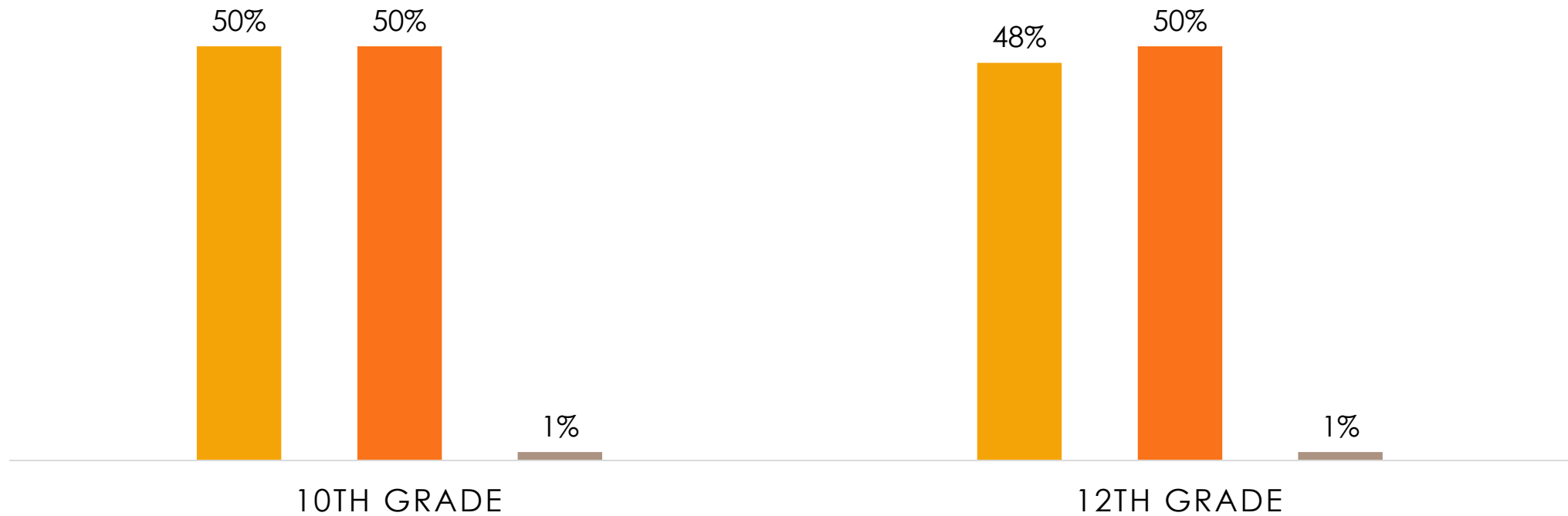


# Q5. What is your sex?

(10<sup>th</sup> grade n = 1,055)  
(12<sup>th</sup> grade n = 811)

## SEX IDENTIFICATION

■ Female ■ Male ■ I identify some other way



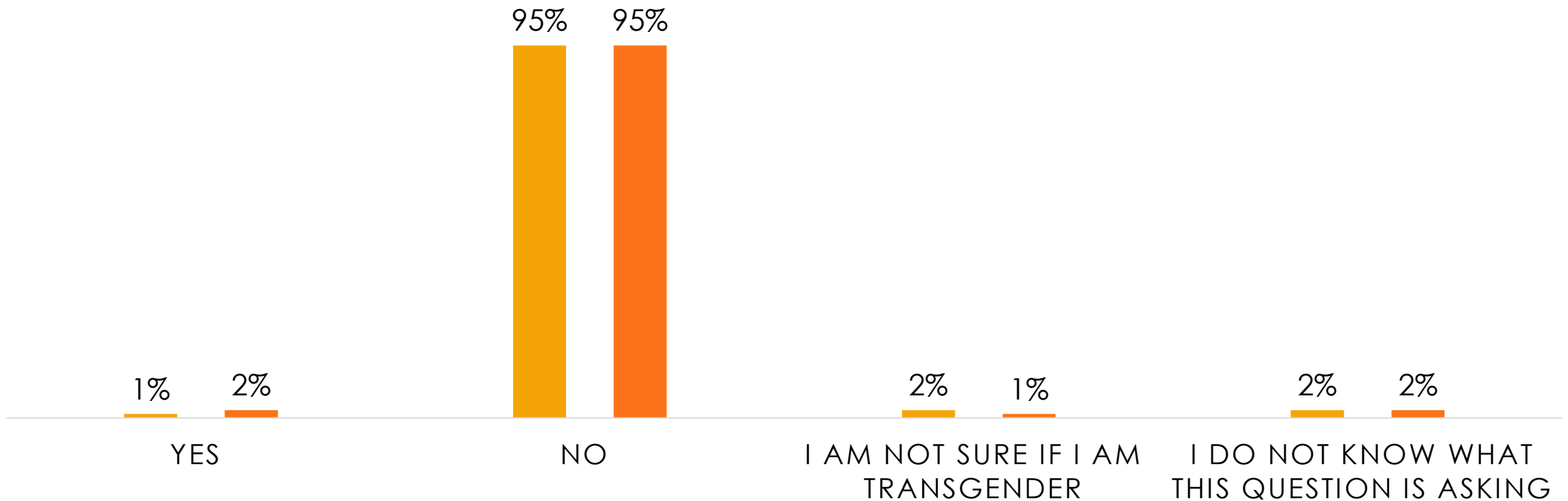
# Q6. Do you identify as transgender?

(10<sup>th</sup> grade n = 1,048)

(12<sup>th</sup> grade n = 808)

## TRANSGENDER IDENTITY

■ 10th Grade ■ 12th Grade



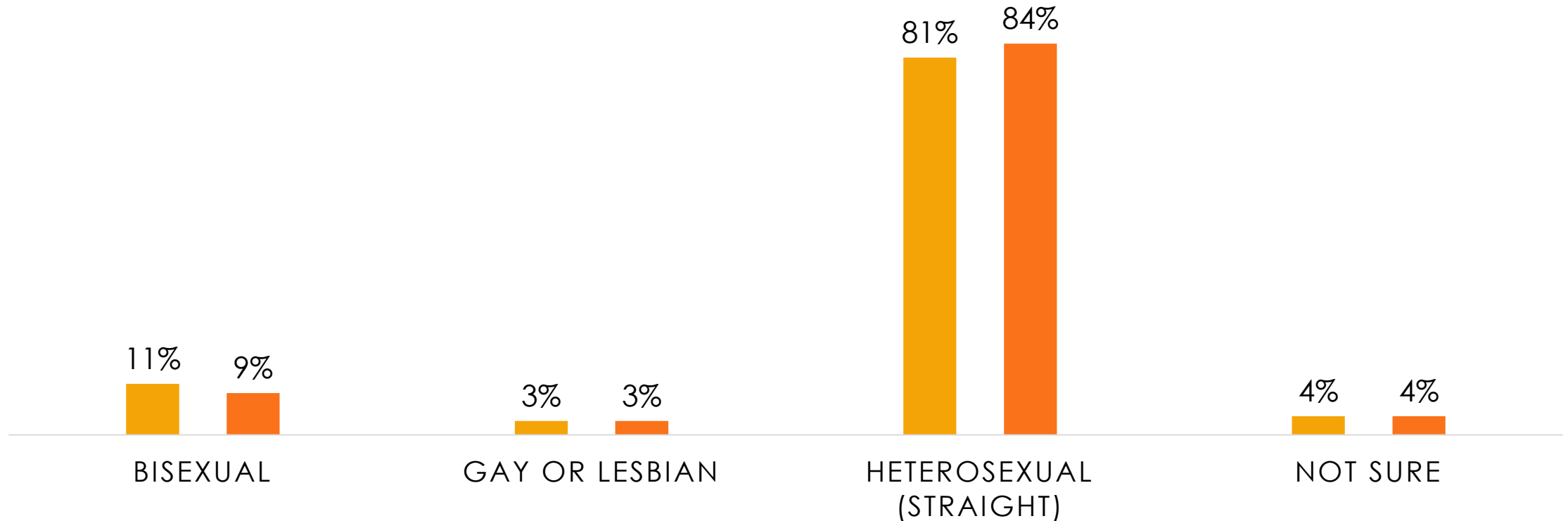
# Q7. Which of the following best describes you?

(10<sup>th</sup> grade n = 1,052)

(12<sup>th</sup> grade n = 808)

## SEXUAL ORIENTATION IDENTITY

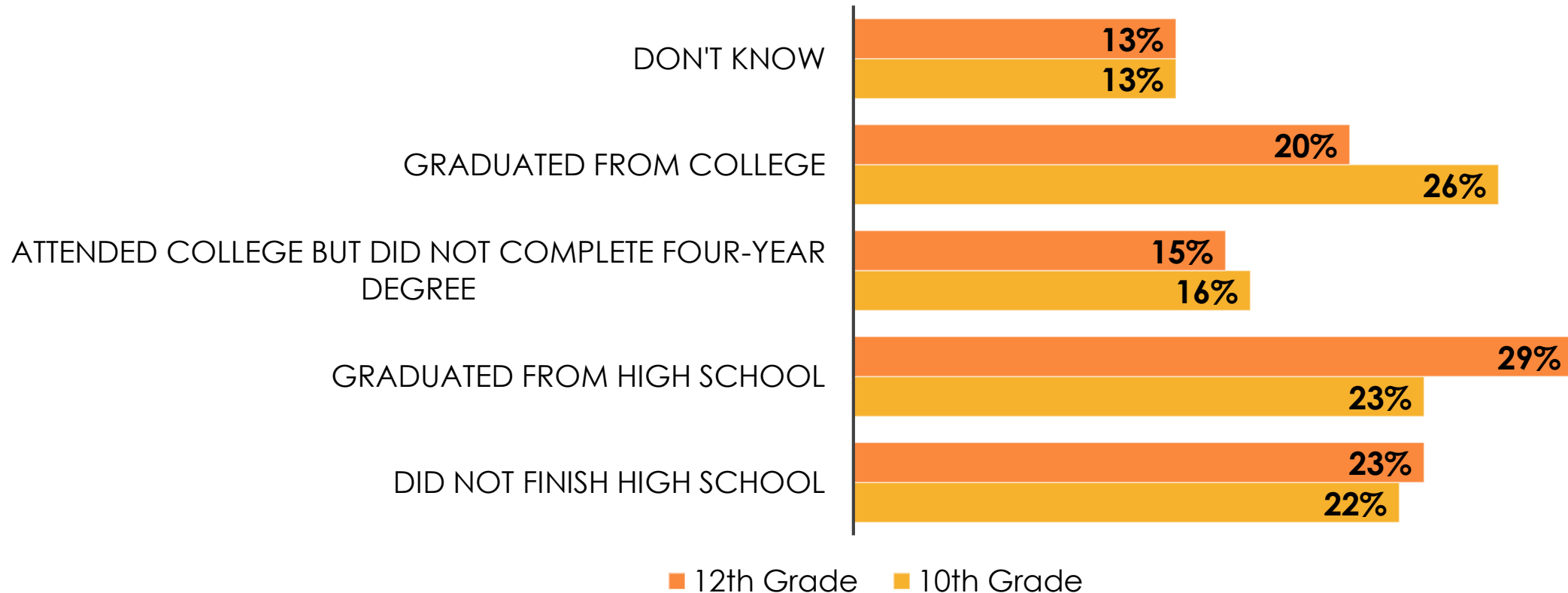
■ 10th Grade ■ 12th Grade



Q8. What is the highest level of education your parents or guardians completed?

(10<sup>th</sup> grade n = 1,049)  
(12<sup>th</sup> grade n = 810)

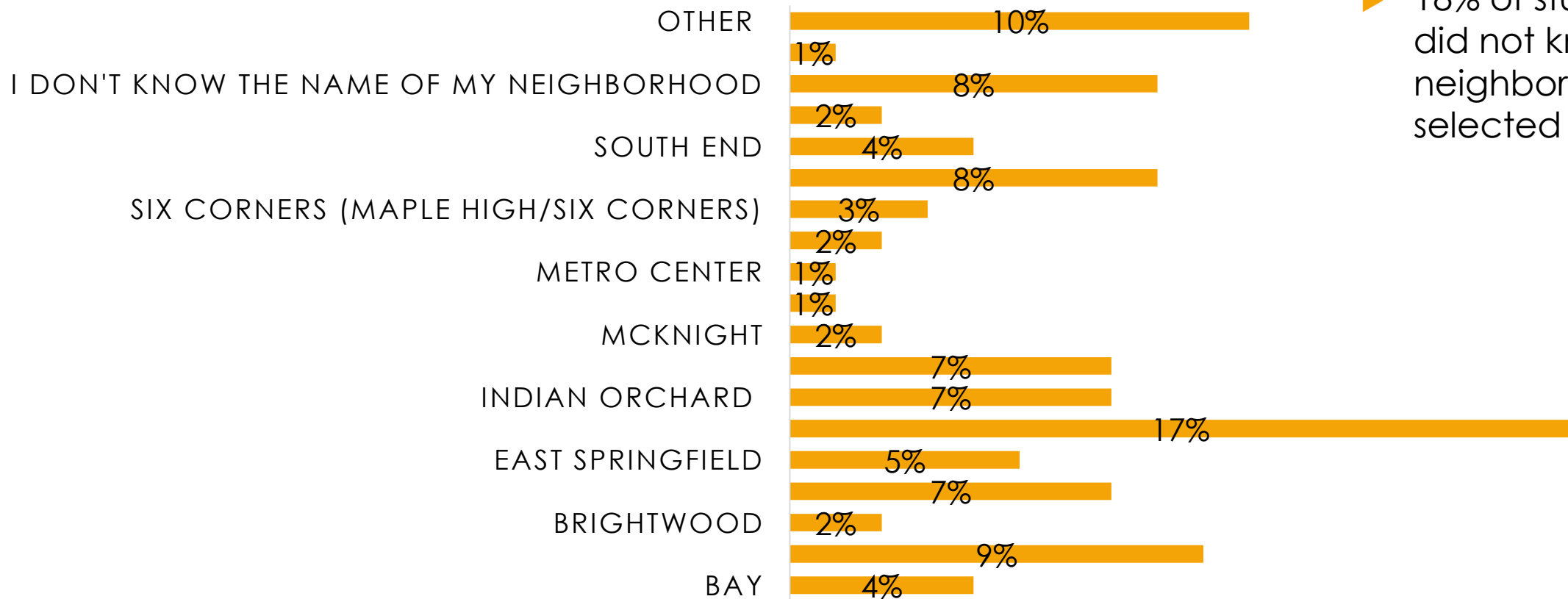
### PARENT/GUARDIAN EDUCATION LEVEL



# Q9. What neighborhood do you live in?

(n=1,860)

## NEIGHBORHOOD



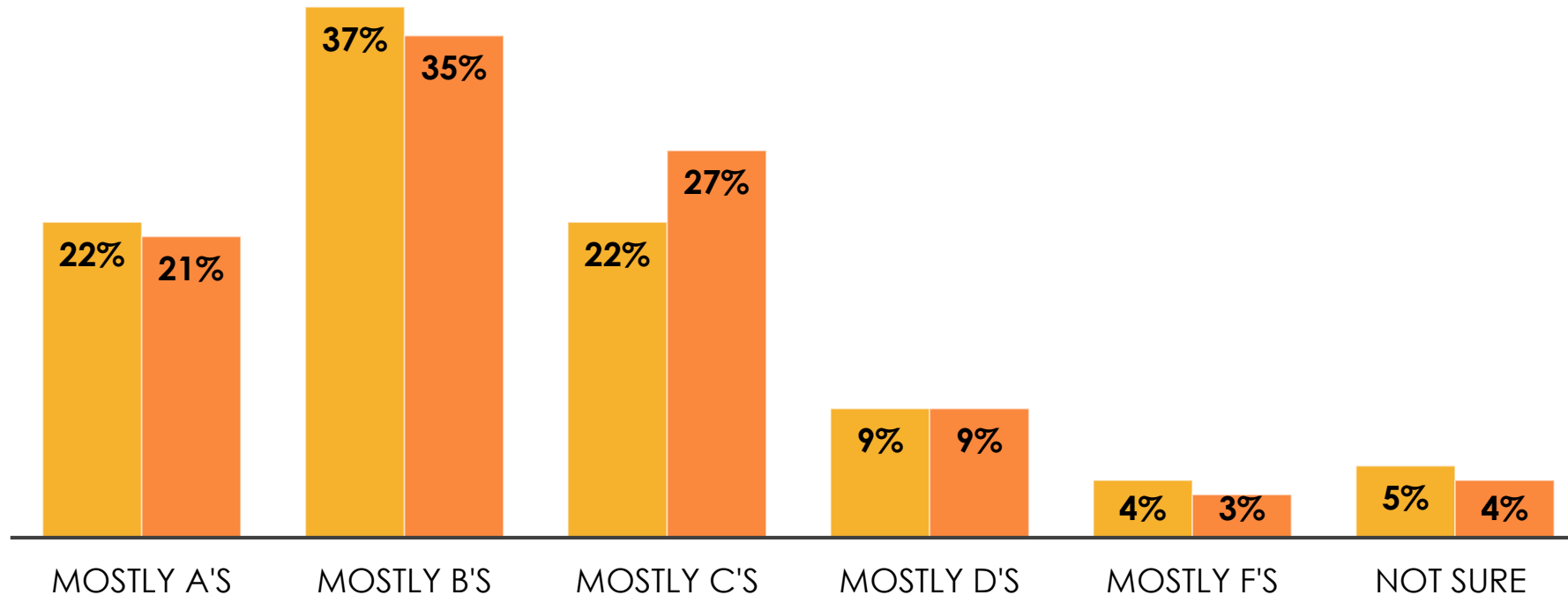
▶ 18% of students did not know their neighborhood or selected other.

Q10. During the past 12 months, how would you describe your grades in school?

(10<sup>th</sup> grade n = 1,055)  
(12<sup>th</sup> grade n = 808)

### SCHOOL GRADES

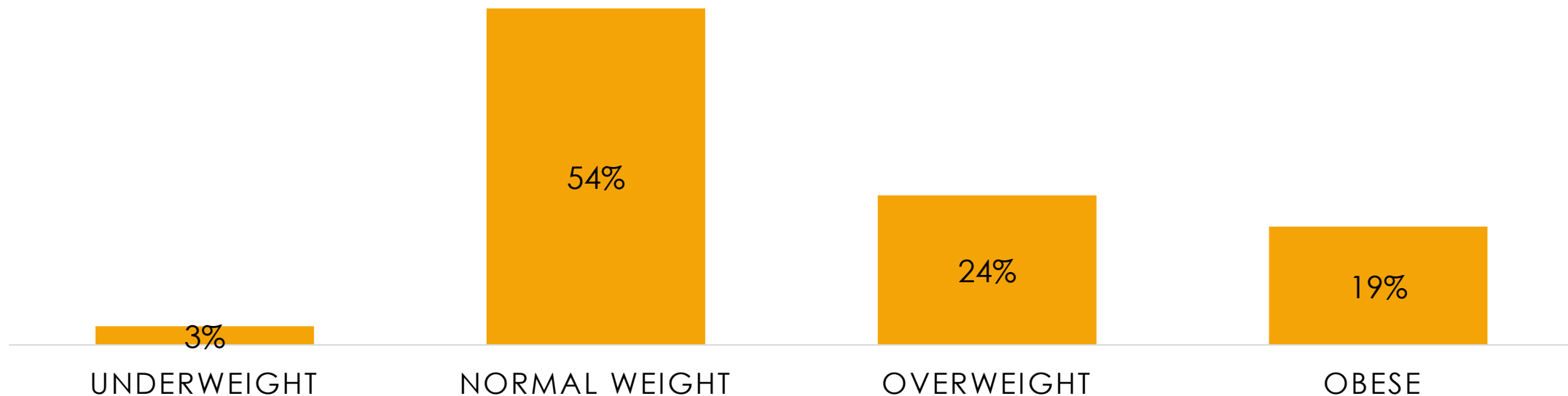
■ 10th Grade ■ 12th Grade



# Q11-12 BMI Categories

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

## CALCULATED BMI CATEGORIES

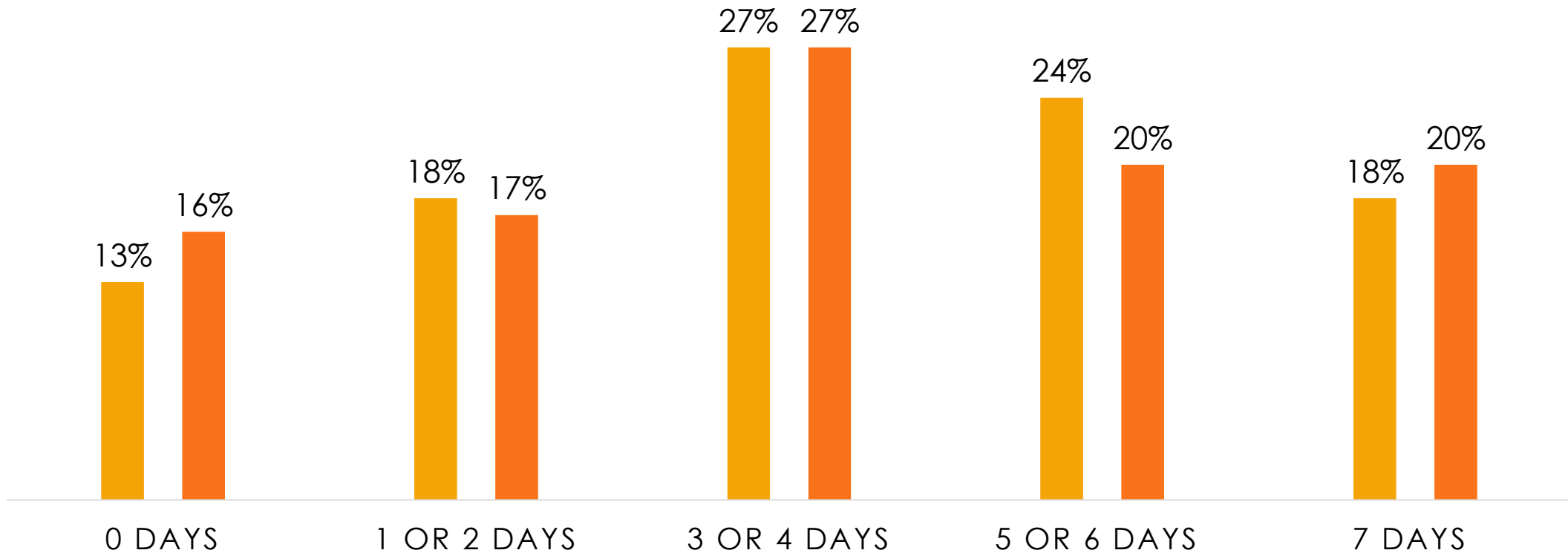


Q13. During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day?

(10<sup>th</sup> grade n = 1,042)  
(12<sup>th</sup> grade n = 805)

### PHYSICAL ACTIVITY FOR 60 MIN. IN THE PAST 7 DAYS

■ 10th Grade ■ 12th Grade





# 14. Do you have any physical disabilities or long-term health problems?

(10<sup>th</sup> grade n = 1,047)

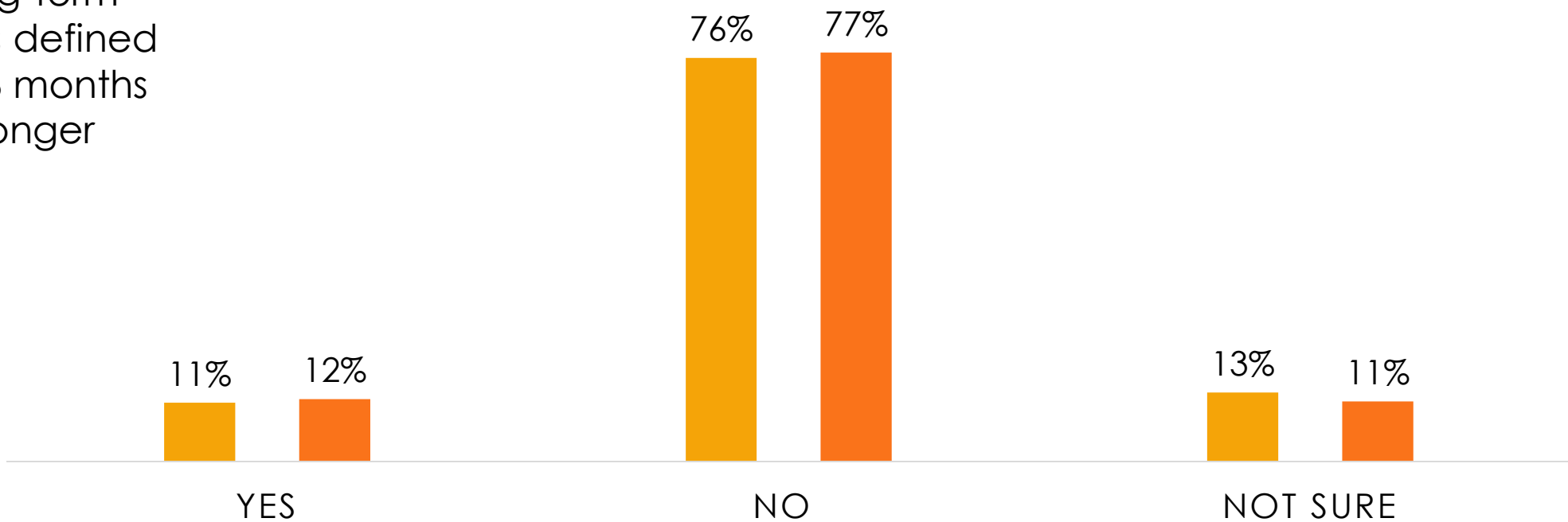
(12<sup>th</sup> grade n = 801)

## LONG-TERM DISABILITY OR HEALTH PROBLEM

■ 10th grade

■ 12th grade

- Long-term was defined as 6 months or longer

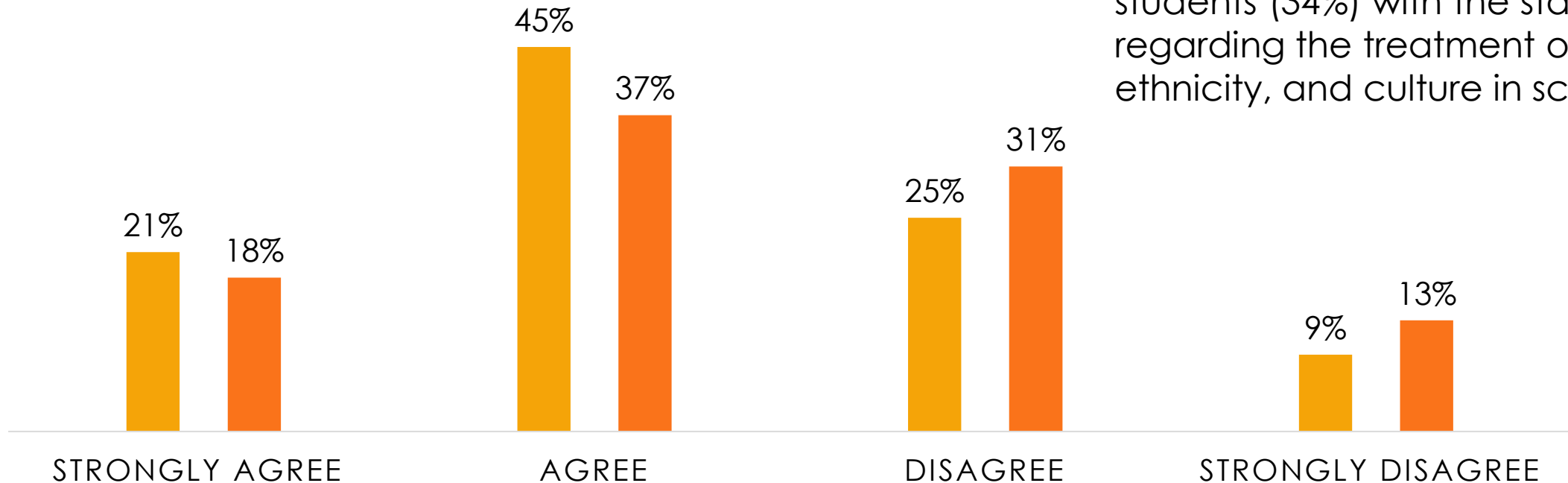


# Q15.A. How strongly do you agree or disagree with the following statements about this school?

(10<sup>th</sup> grade n = 1,045)  
(12<sup>th</sup> grade n = 797)

## TREATED THE SAME REGARDLESS OF RACE, ETHNICITY, CULTURE

■ 10th Grade ■ 12th Grade

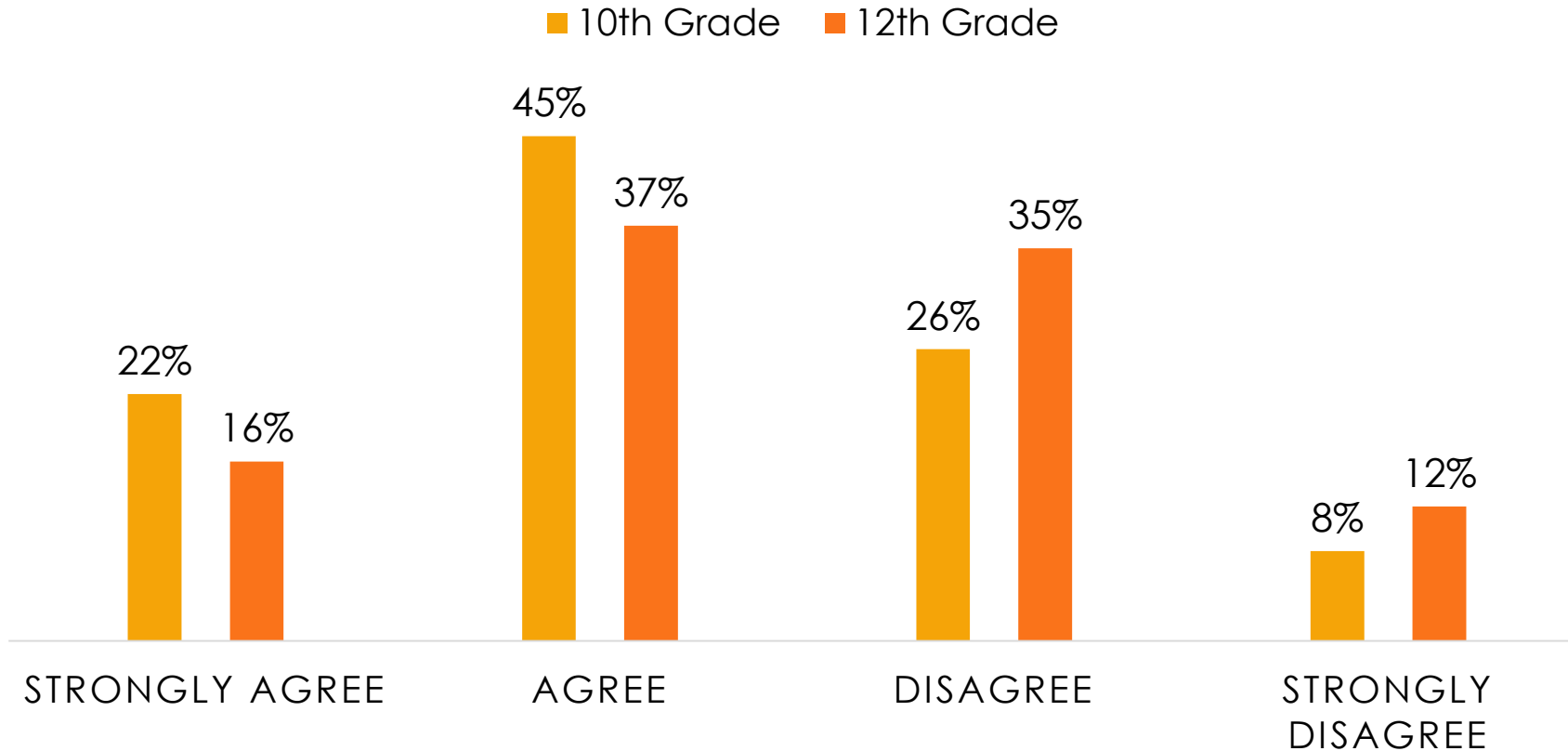


► 12<sup>th</sup> grade students (44%) slightly disagreed more than 10<sup>th</sup> grade students (34%) with the statement regarding the treatment of race, ethnicity, and culture in school.

# Q15.B. How strongly do you agree or disagree with the following statements about this school?

(10<sup>th</sup> grade n = 1,045)  
(12<sup>th</sup> grade n = 799)

## BOYS AND GIRLS ARE TREATED THE SAME



- ▶ Like the last statement, 12<sup>th</sup> grade students (47%) disagree with the statement that boys and girls are treated the same compared to 10<sup>th</sup> grade students (34%).
- ▶ One in every 2 12<sup>th</sup> grade students believe boys and girls are not treated the same at their school.

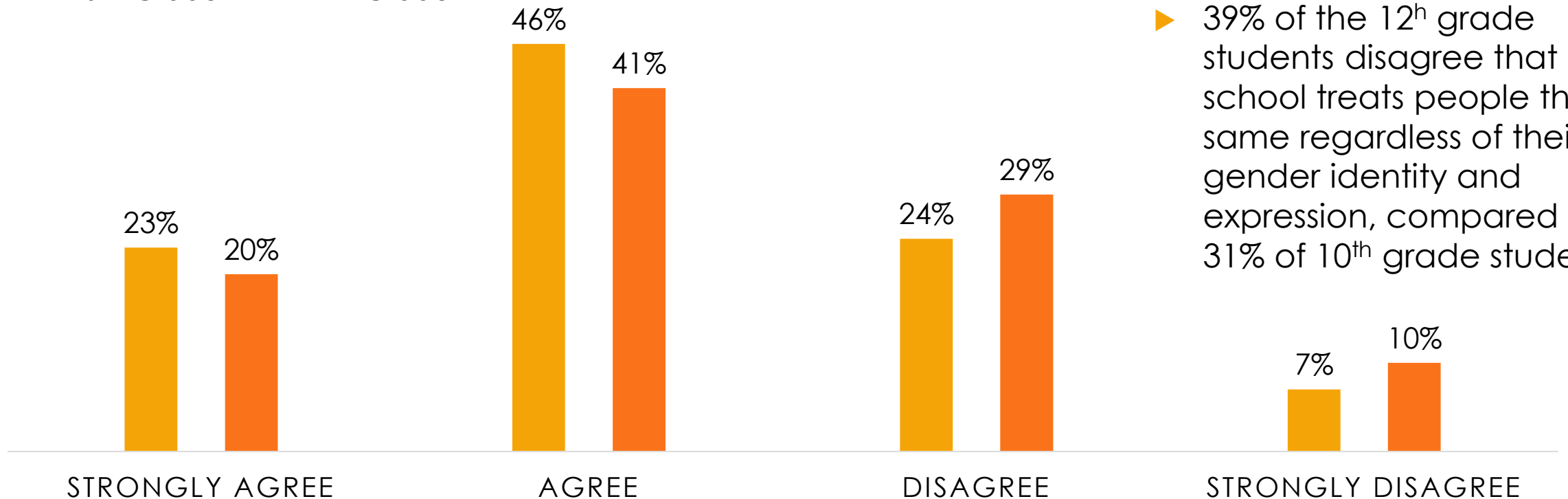
# Q15.C. How strongly do you agree or disagree with the following statements about this school?

(10<sup>th</sup> grade n = 1,041)  
(12<sup>th</sup> grade n = 803)

## TREATED THE SAME REGARDLESS OF GENDER IDENTITY/EXPRESSION

■ 10th Grade

■ 12th Grade

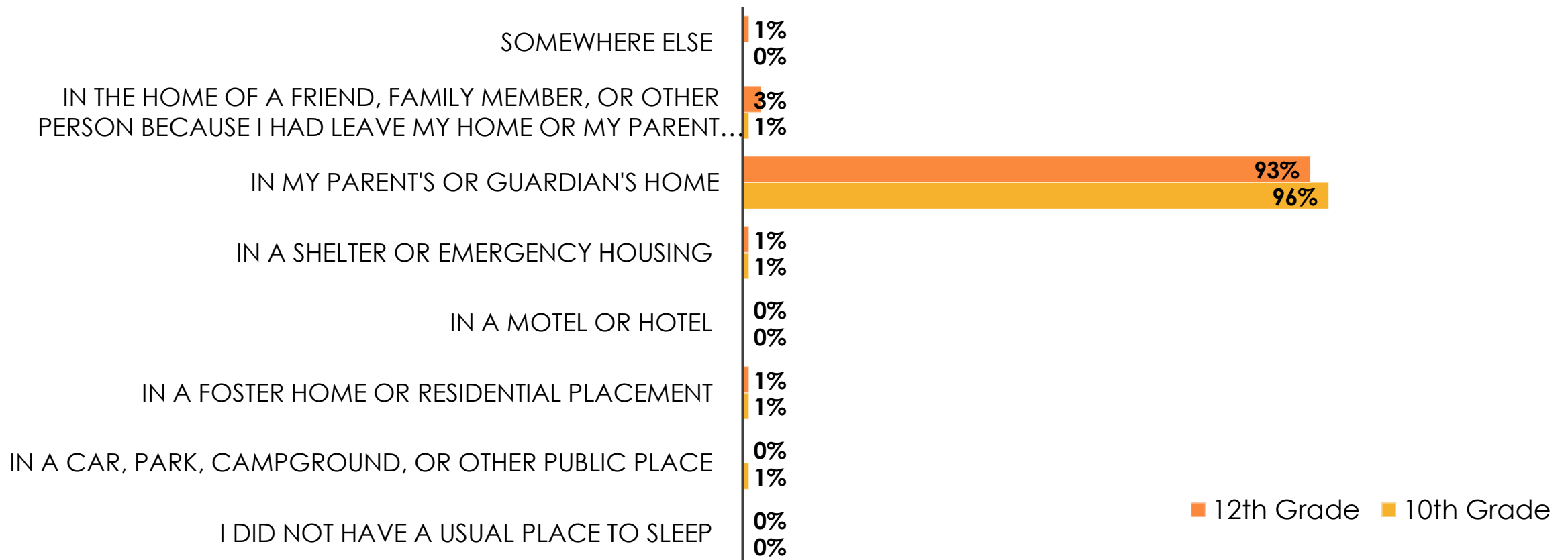


▶ 39% of the 12<sup>th</sup> grade students disagree that the school treats people the same regardless of their gender identity and expression, compared to 31% of 10<sup>th</sup> grade students.

# Q16. During the past 30 days, where did you usually sleep?

(10<sup>th</sup> grade n = 1,051)  
(12<sup>th</sup> grade n = 800)

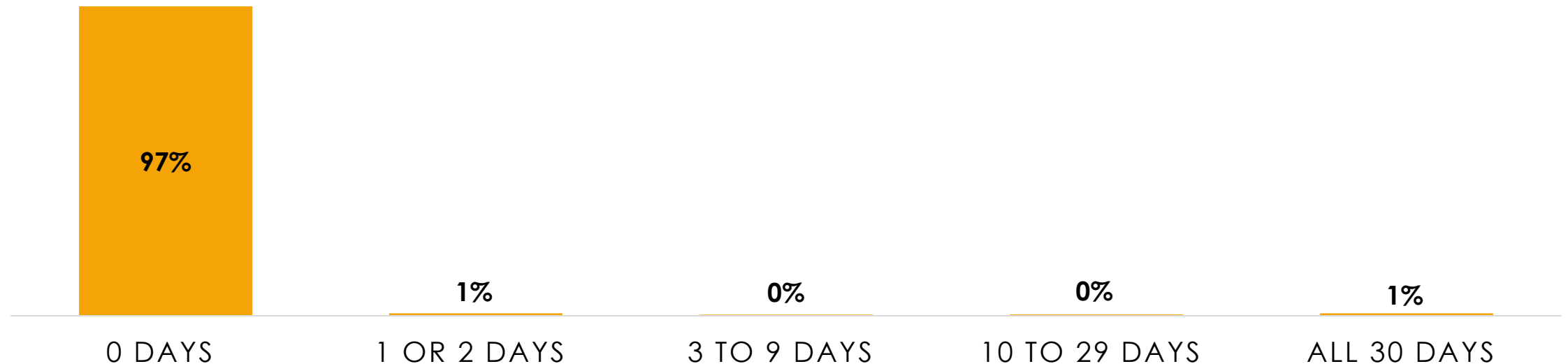
## SLEEP LOCATION



# 17. During the past 30 days, on how many days did you smoke cigarettes? (n=1,852)

- ▶ The prevalence of smoking among 10<sup>th</sup> and 12<sup>th</sup> 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**



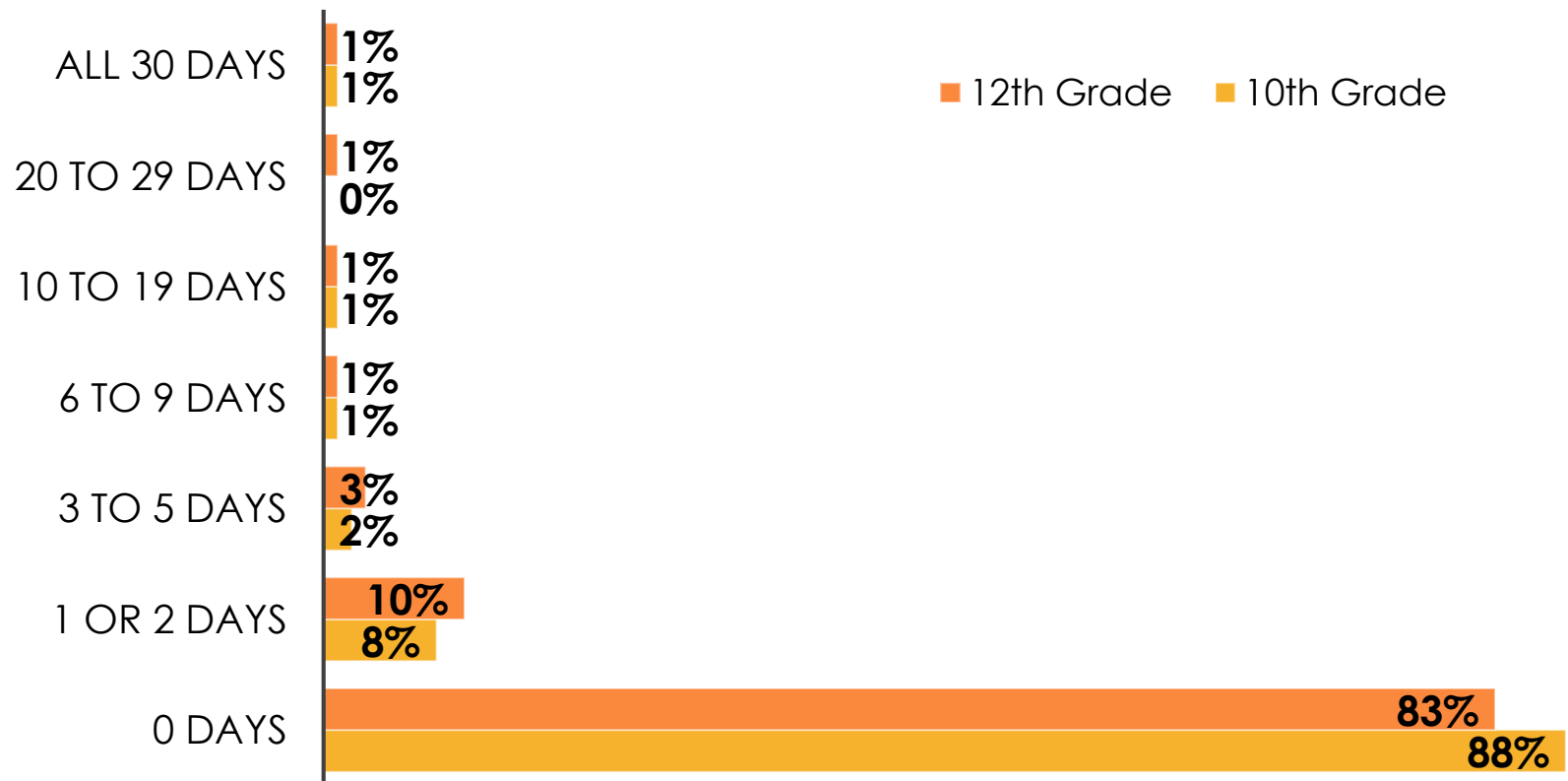
# 18. During the past 30 days, on how many days did you have at least one alcoholic drink of alcohol?

(10<sup>th</sup> grade n = 1,051)

(12<sup>th</sup> grade n = 800)

## DAYS DRANK ALCOHOL IN THE PAST 30 DAYS

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

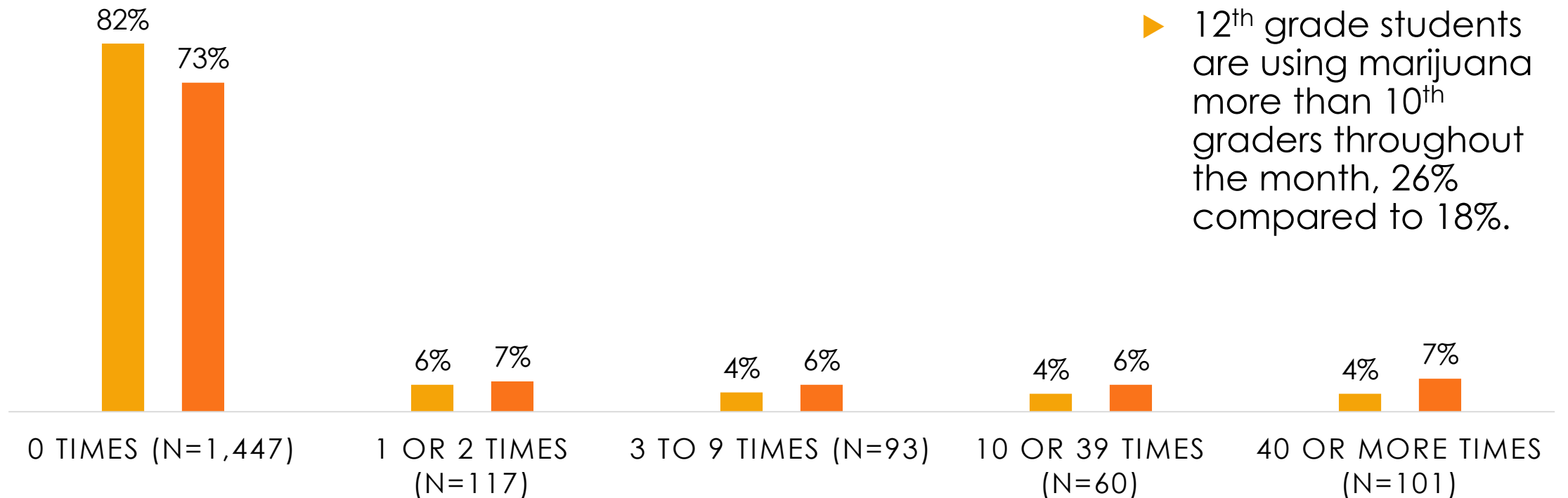


# 19. During the past 30 days, how many times did you use marijuana?

(10<sup>th</sup> grade n = 1,048)  
(12<sup>th</sup> grade n = 798)

## MARIJUANA USE IN THE PAST 30 DAYS

■ 10th Grade ■ 12th Grade



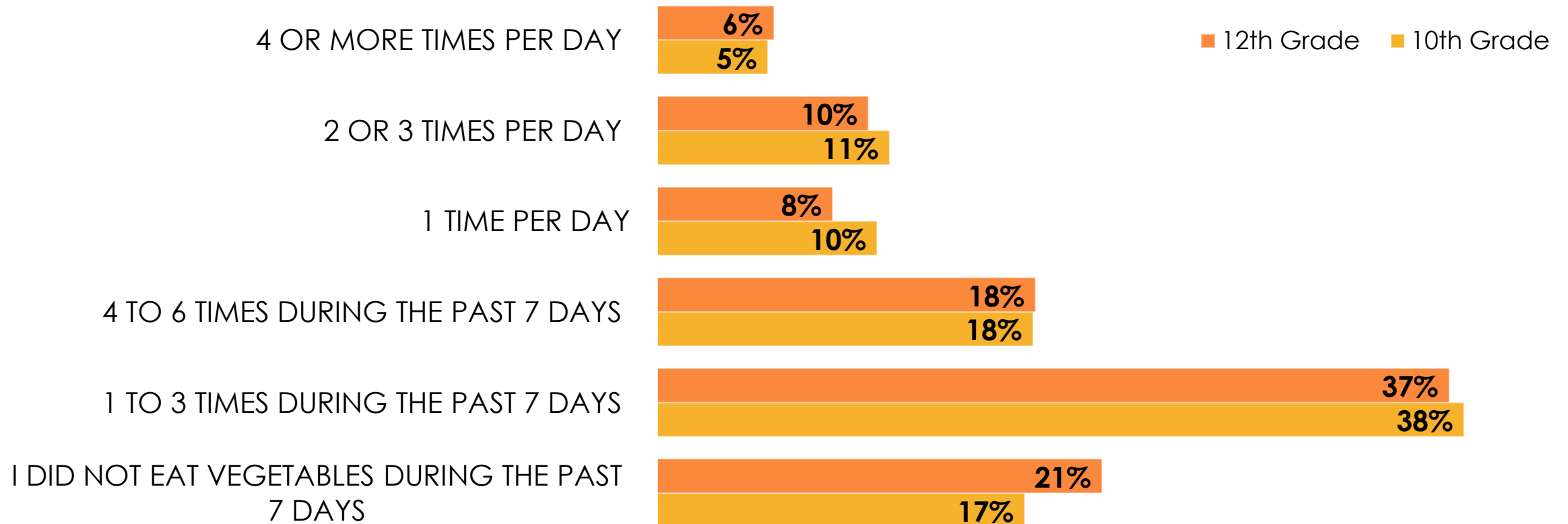
► 12<sup>th</sup> grade students are using marijuana more than 10<sup>th</sup> graders throughout the month, 26% compared to 18%.



# 20. During the past 7 days, how many times did you eat vegetables?

(10<sup>th</sup> grade n = 1,047)  
(12<sup>th</sup> grade n = 794)

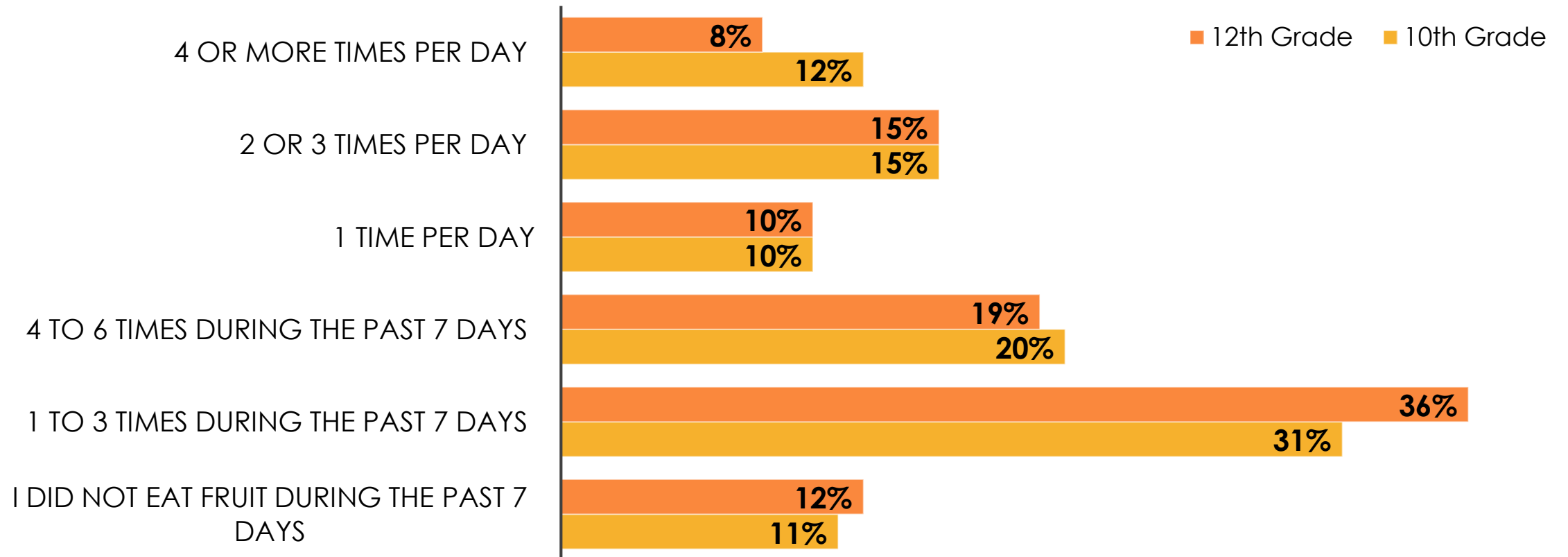
## FREQUENCY OF VEGETABLE CONSUMPTION IN THE PAST 7 DAYS



# 21. During the past 7 days, how many times did you eat fruit?

(10<sup>th</sup> grade n = 1,046)  
(12<sup>th</sup> grade n = 795)

## FREQUENCY OF FRUIT CONSUMPTION IN THE PAST 7 DAYS



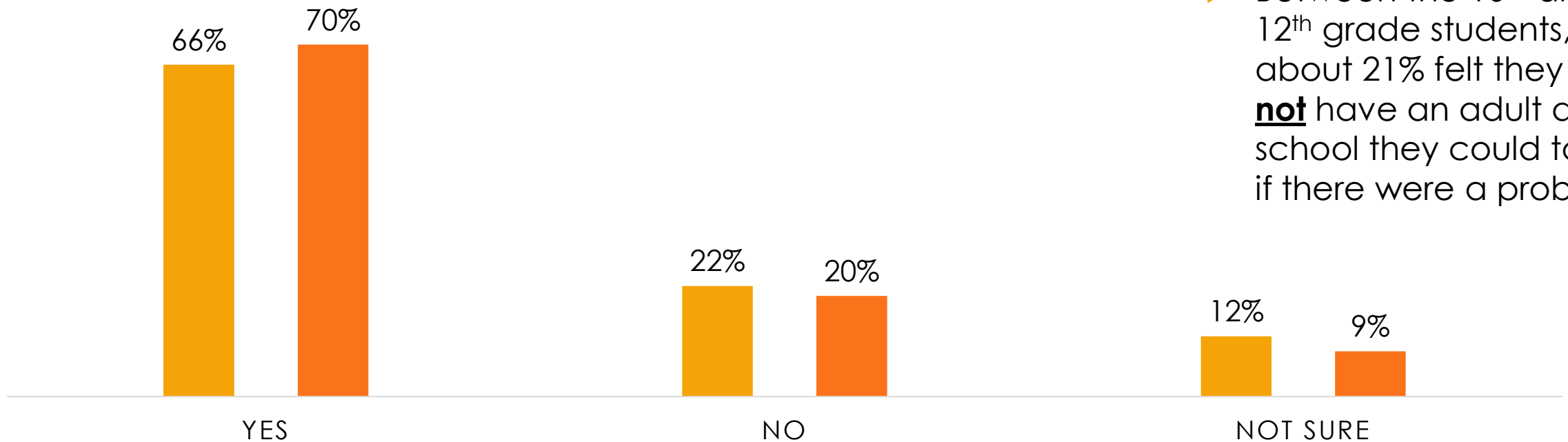
Q22. Is there at least one teacher or other adult in your school that you can talk to if you have a problem?

(10<sup>th</sup> grade n = 1,046)

(12<sup>th</sup> grade n = 797)

### ABILITY TO TALK TO AN ADULT IN SCHOOL

■ 10th Grade ■ 12th Grade



▶ Between the 10<sup>th</sup> and 12<sup>th</sup> 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?

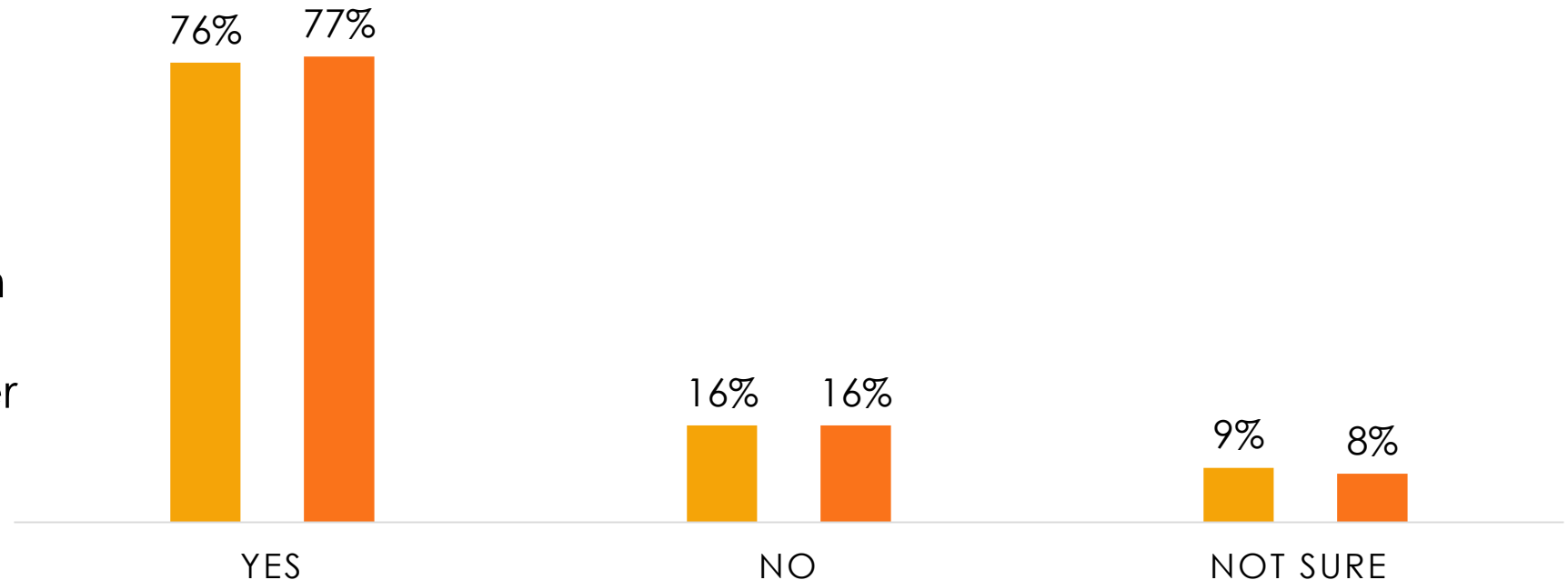
(10<sup>th</sup> grade n = 1,045)

(12<sup>th</sup> grade n = 799)

- ▶ More than 75% of the 10<sup>th</sup> and 12<sup>th</sup> 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

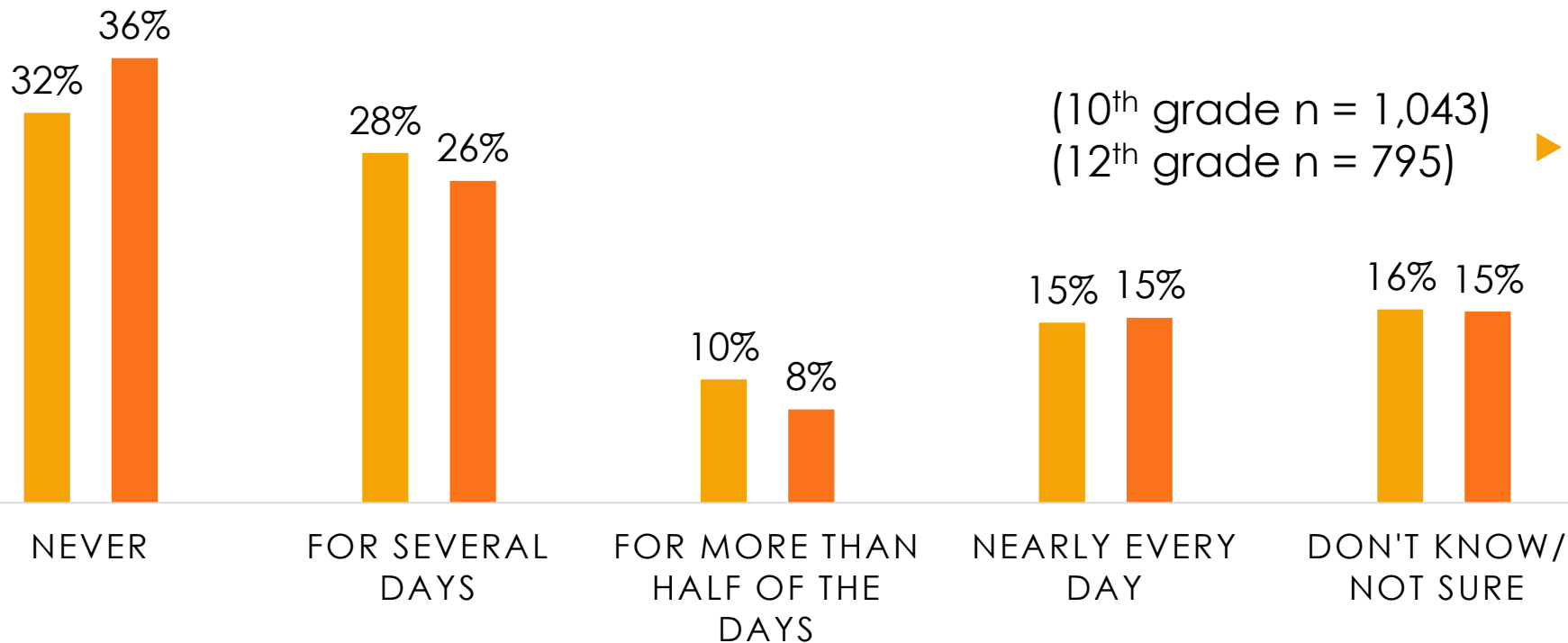
■ 10th Grade ■ 12th Grade



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 ■ 12th Grade



(10<sup>th</sup> grade n = 1,043)  
(12<sup>th</sup> grade n = 795)

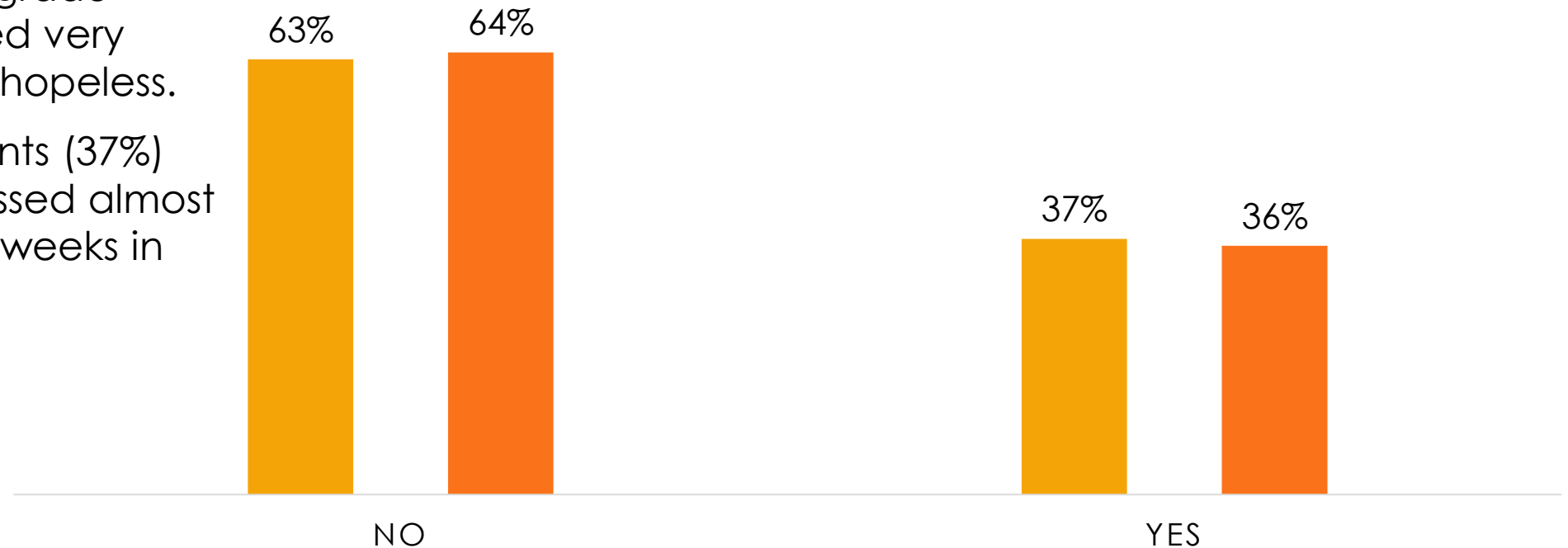
- ▶ 10<sup>th</sup> grade students reported being slightly more anxious than 12<sup>th</sup> grade students.
- ▶ In both grades, about one in 7 students (15%) of the students feel nervous, anxious, or on edge almost every day.

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? (10<sup>th</sup> grade n = 1,042) (12<sup>th</sup> grade n = 795)

### FEELING SAD OR HOPELESS IN THE PAST 12 MONTHS

■ 10th Grade ■ 12th Grade

- ▶ The 10<sup>th</sup> and 12<sup>th</sup> 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.

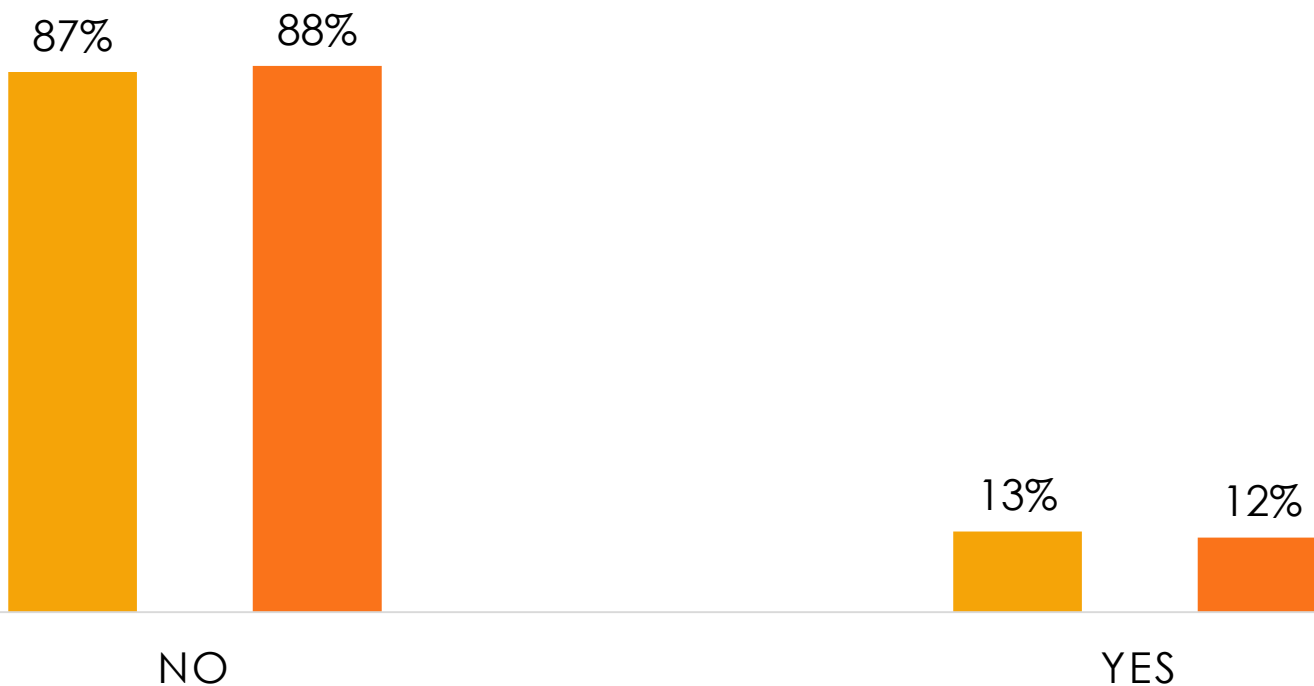


# Q26. During the past 12 months, did you ever seriously consider attempting suicide?

(10<sup>th</sup> grade n = 1,044)  
(12<sup>th</sup> grade n = 795)

## ATTEMPTED SUICIDE IN THE PAST 12 MONTHS

■ 10th Grade ■ 12th Grade



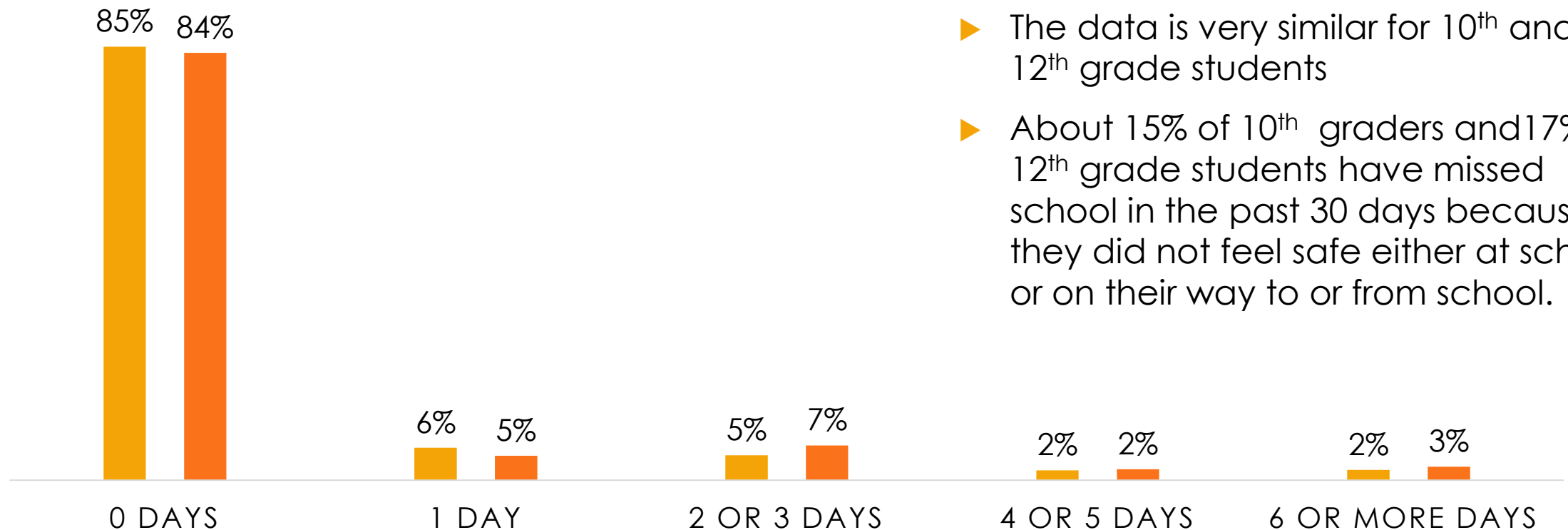
- ▶ The 10<sup>th</sup> and 12<sup>th</sup> grade students responded very similar to ever seriously considering suicide.
- ▶ Approximately, 1 in 8 (13%) of both 10<sup>th</sup> and 12<sup>th</sup> grade students have thought about committing suicide.

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?

(10<sup>th</sup> grade n = 1,045)  
(12<sup>th</sup> grade n = 795)

### MISSED SCHOOL DUE TO UNSAFETY

■ 10th Grade ■ 12th Grade



- ▶ The data is very similar for 10<sup>th</sup> and 12<sup>th</sup> grade students
- ▶ About 15% of 10<sup>th</sup> graders and 17% of 12<sup>th</sup> 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.



Q28. During the past 12 months, how many times have you been bullied at school or on your way to or from school?

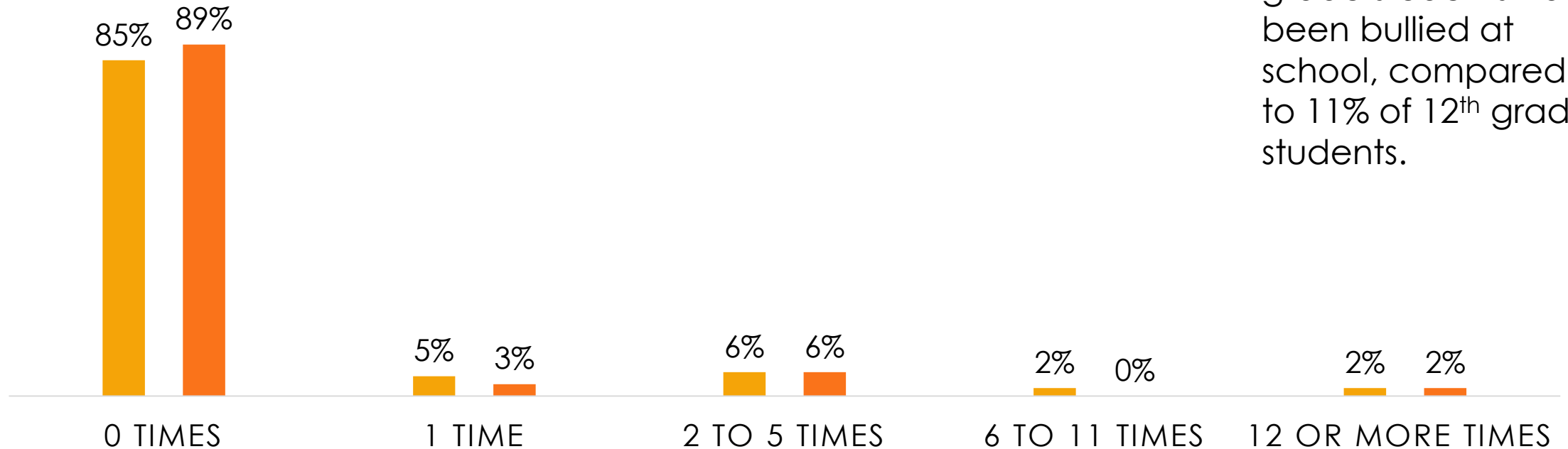
(10<sup>th</sup> grade n = 1,040)

(12<sup>th</sup> grade n = 798)

### BULLIED AT SCHOOL

■ 10th Grade ■ 12th Grade

▶ About 15% of 10<sup>th</sup> grade students have been bullied at school, compared to 11% of 12<sup>th</sup> grade students.



# Q29. During the past 12 months, have you ever been electronically bullied? (n=1,840)

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

## CYBERBULLY IN THE PAST 12 MONTHS

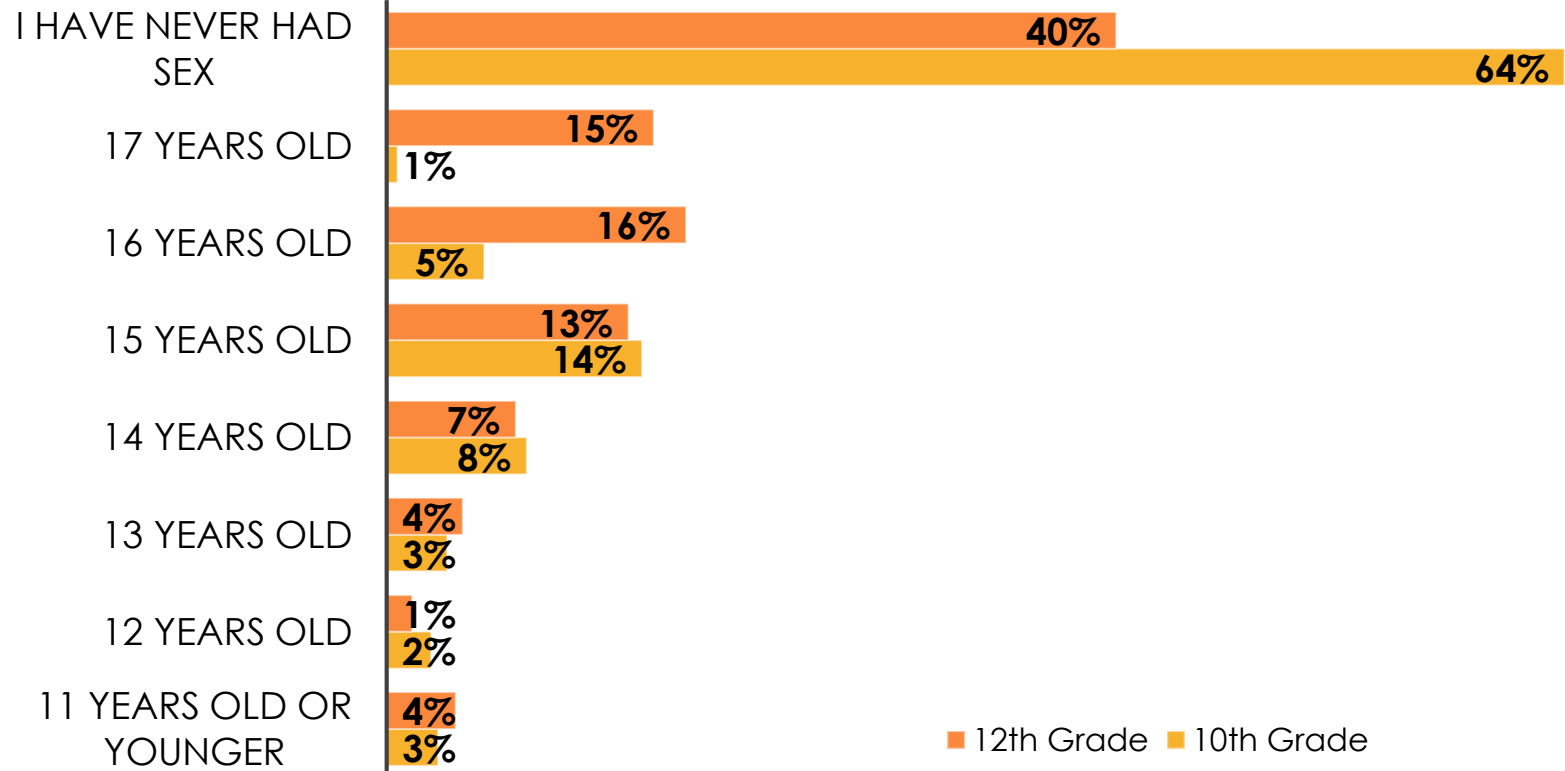


# Q30. How old were you when you had sex for the first time?

(10<sup>th</sup> grade n = 1,037)  
(12<sup>th</sup> grade n = 798)

## AGE WHEN HAD SEX FOR THE FIRST TIME

- ▶ 40% of 12<sup>th</sup> grade students have never had sex, compared to 64% of 10<sup>th</sup> graders. The difference between the grades is 24%.
- ▶ Many students, 31% are having sex for the first time at 16 and 17 years old.

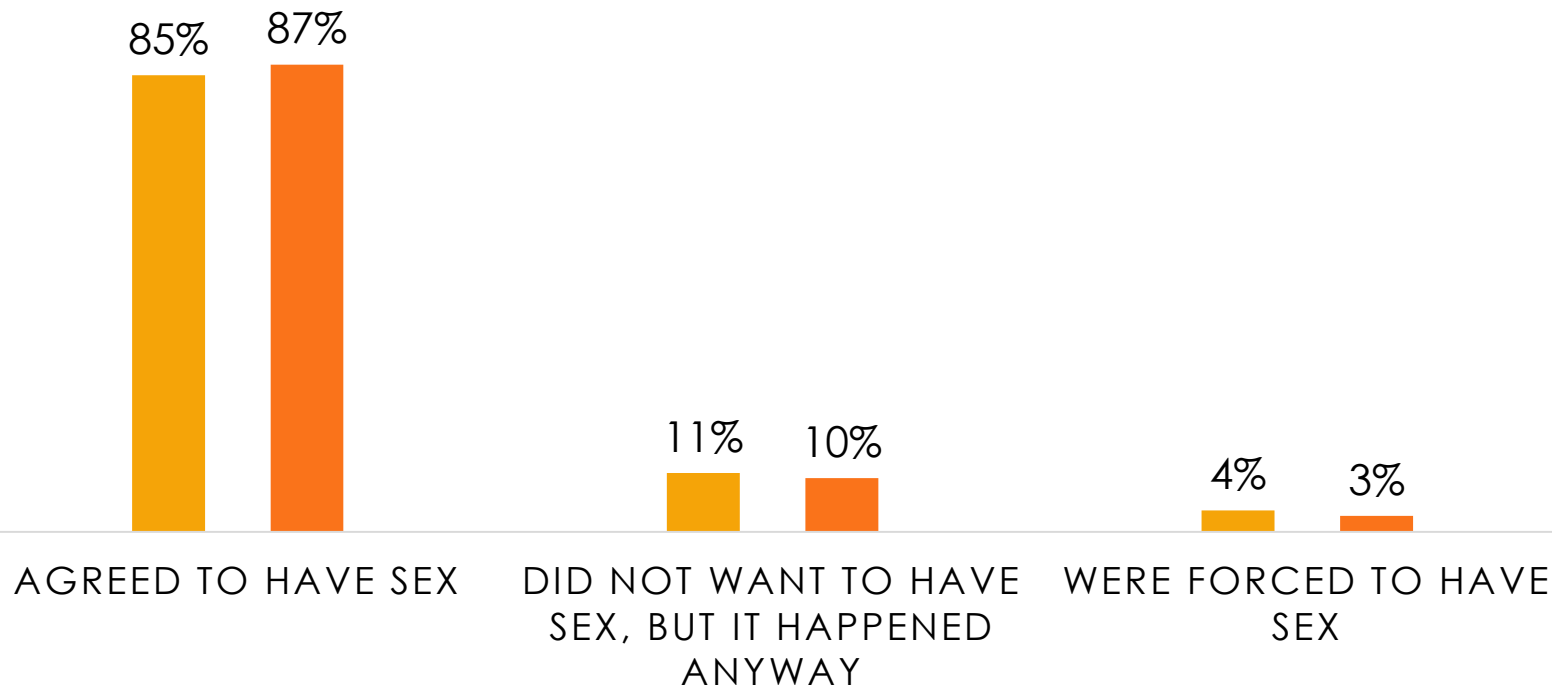


# Q31. How would you describe the first time you had sex? Would you say that you...?

(10<sup>th</sup> grade n = 371  
(12<sup>th</sup> grade n = 481)

## CONSENT FOR FIRST SEXUAL EXPERIENCE

■ 10th Grade ■ 12th Grade

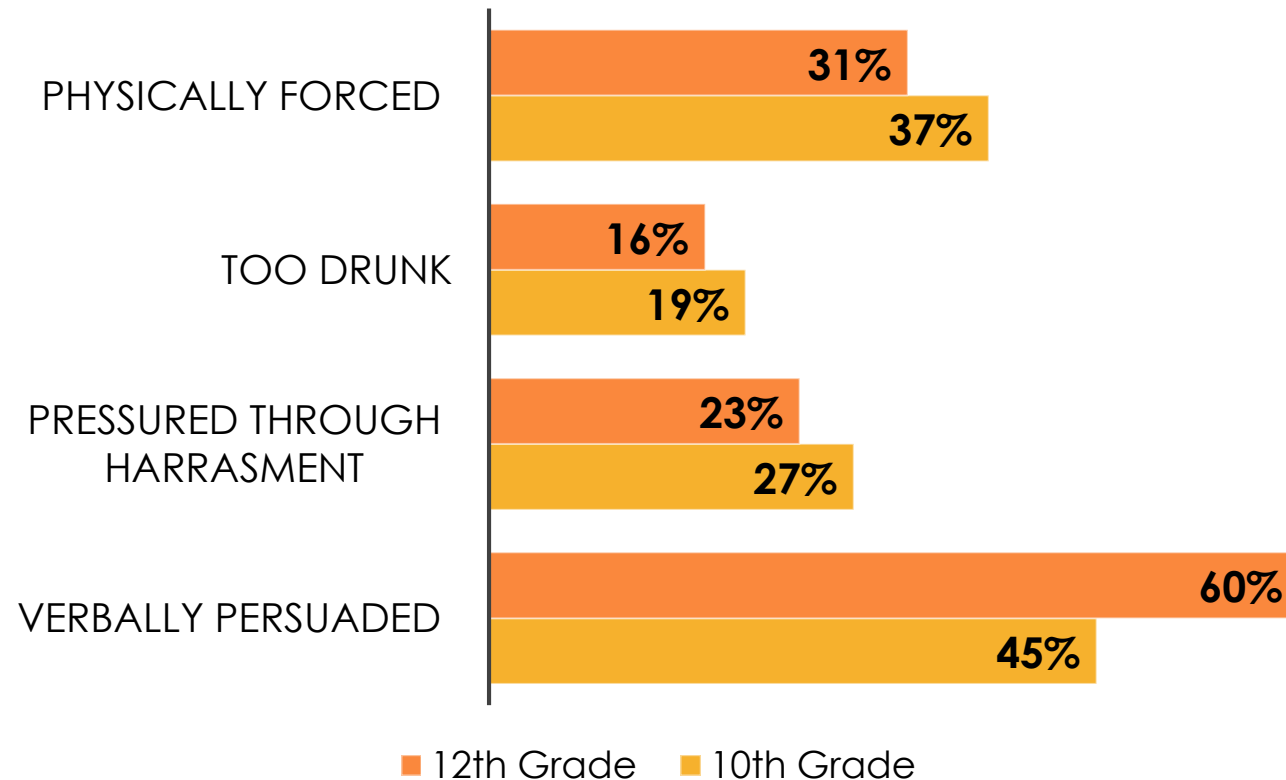


- ▶ Participants who indicated they had sex on Question 30 were shown this question. N = 854
- ▶ About 15% of 10<sup>th</sup> grade and 13% of 12<sup>th</sup> grade students did not want to have sex their first time but were forced or persuaded.

# Q32. The first time you had sex, were you...?

(10<sup>th</sup> grade n = 57)  
(12<sup>th</sup> grade n = 62)

## FIRST SEXUAL EXPERIENCE

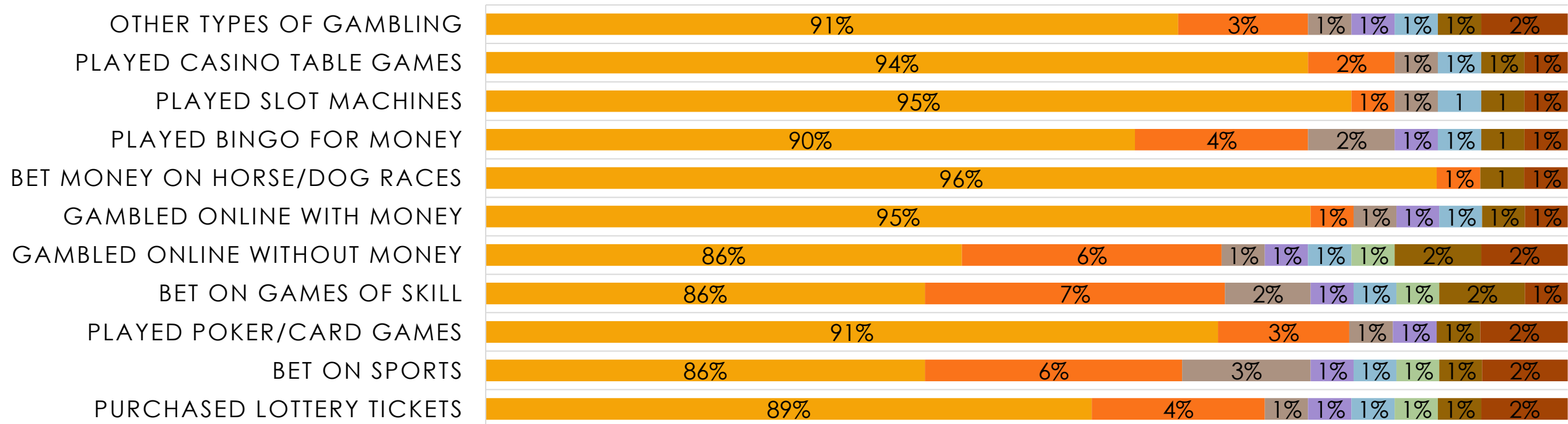


- ▶ Participants who indicated they did not want to have sex their first time in Question 31 were shown this question. N = 119
- ▶ The most common experience among 10<sup>th</sup> (45%) and 12<sup>th</sup> grade (60%) students was being verbally persuaded to have sex.
- ▶ Approximately 1 in 3 students in 10<sup>th</sup> and 12<sup>th</sup> grade were physically forced to have sex their first time.

# Q33. Gambling frequency. In the past 12 months, how often have you...?\* (n=1,820)

## GAMBLING TYPE AND FREQUENCY

- Not at all
- Less than 10 times in total
- Once a month
- 2-3 times a month
- Once a week
- 2-3 times a week
- 4 or more times a week
- Don't know



\*See next slide for details.

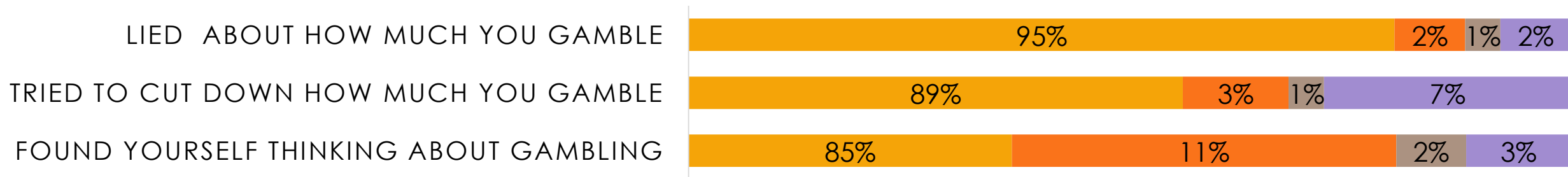
## Q33. Gambling Explained

- ▶ The data was an average between 10<sup>th</sup> and 12<sup>th</sup> 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)

## 10<sup>TH</sup> GRADE GAMBLING BEHAVIORS IN THE PAST 12 MONTHS

■ Not at all   
 ■ Sometimes   
 ■ Quite a lot   
 ■ Don't know



## 12<sup>TH</sup> GRADE GAMBLING BEHAVIORS IN THE PAST 12 MONTHS





# SAFETY MODULE

**Questions: #54-#70 in the YRBS (Slides 42- 60)**

**N = 667**

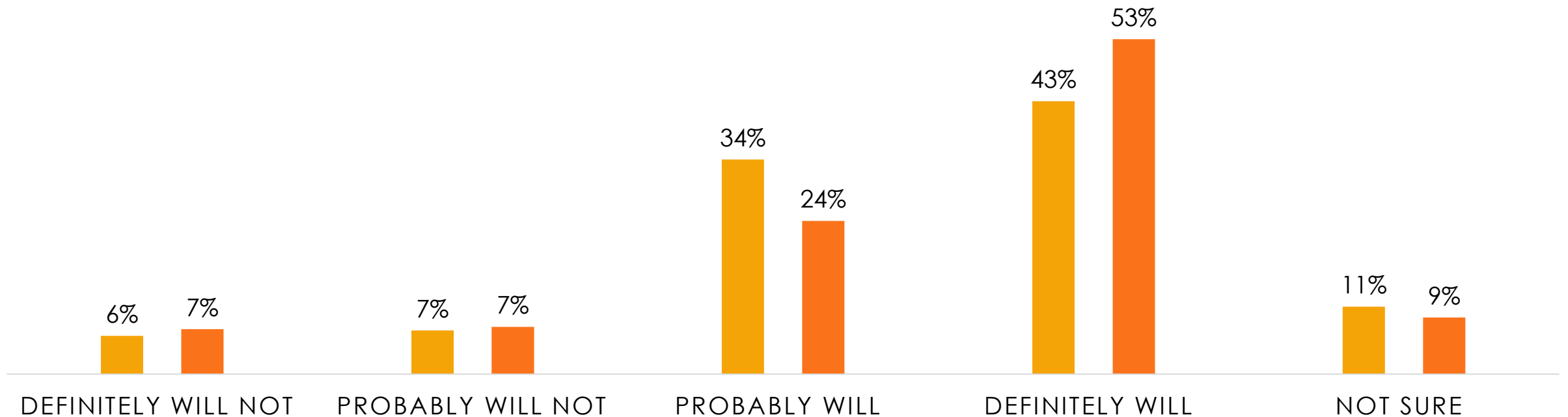
Q35. How likely is it that you will complete a post high school program such as vocational training program, military service, community college, or 4-year college?

(10<sup>th</sup> grade n = 350)

(12<sup>th</sup> grade n = 270)

### POST-HIGH SCHOOL PLANS

■ 10th Grade ■ 12th Grade



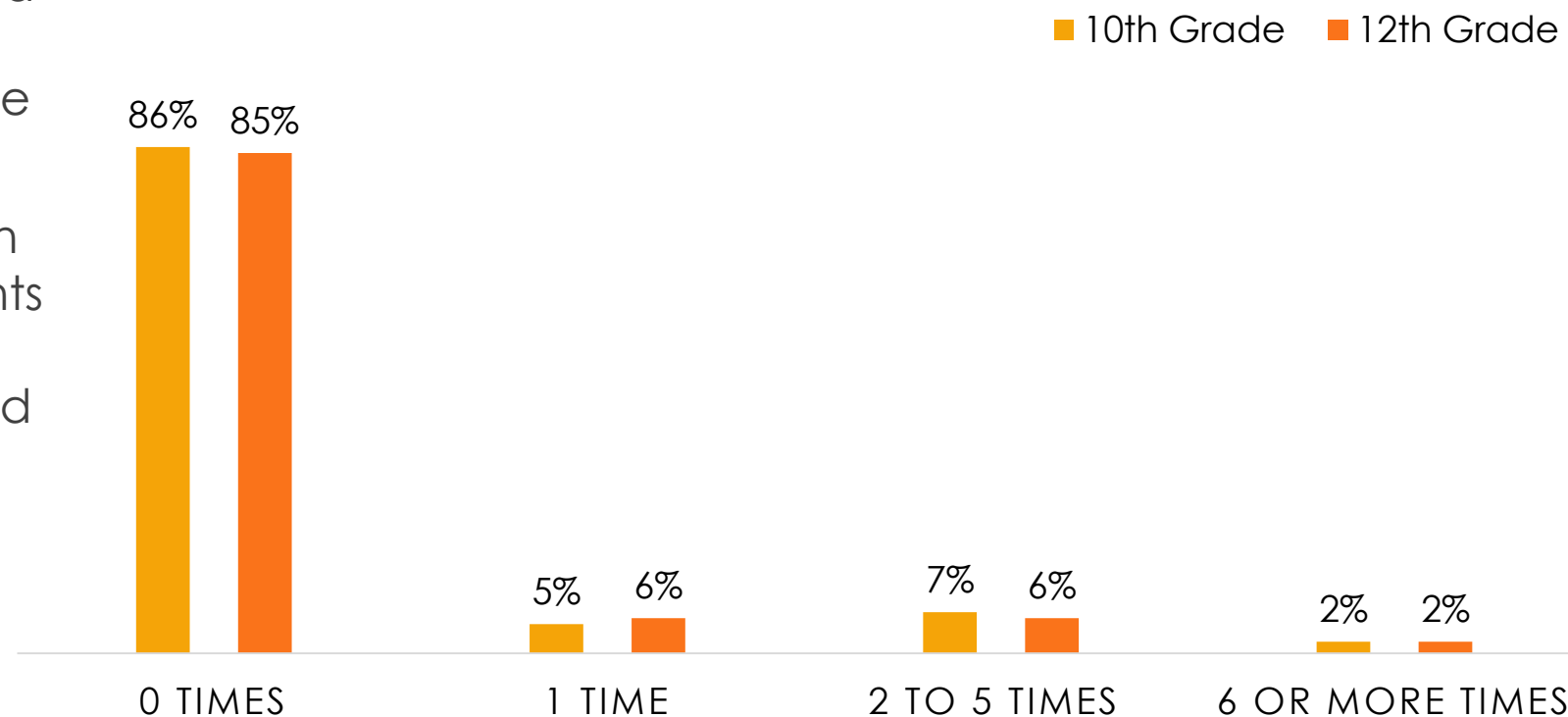
Q36: During the past 30 days, how many times did you ride in a car or other vehicle drive by someone who had been drinking alcohol?

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

(12<sup>th</sup> grade n = 267)

- ▶ Drinking alcohol and driving is extremely dangerous and can have negative consequences for the driver and the passengers.
- ▶ Approximately 14% of both 10<sup>th</sup> and 12<sup>th</sup> grade students have ridden in a vehicle drive by someone who had been drinking alcohol.

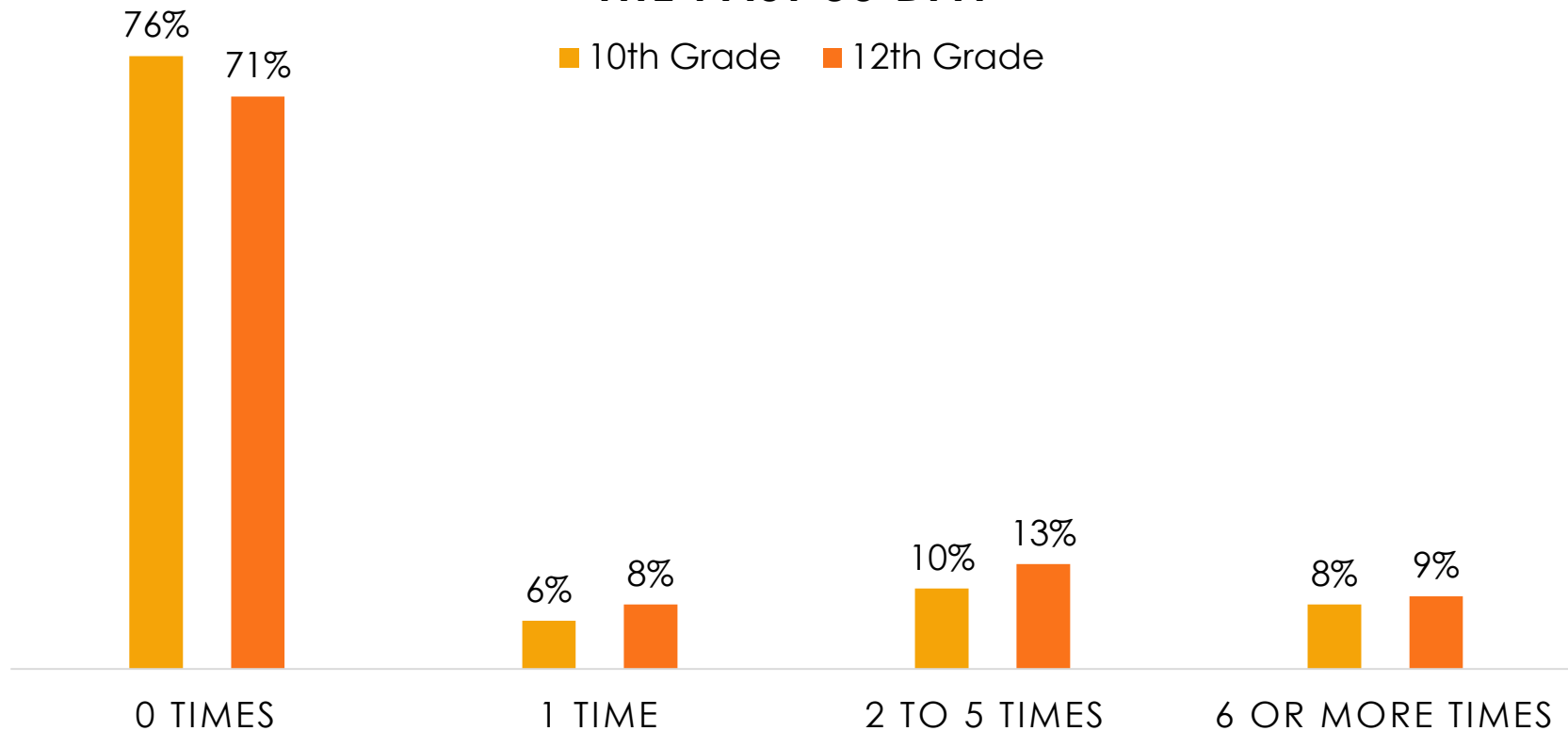
### RODE IN A CAR WITH DRIVER DRINKING ALCOHOL IN THE PAST 30 DAYS



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?

(10<sup>th</sup> grade n = 351)  
(12<sup>th</sup> grade n = 268)

### RODE IN A CAR WITH DRIVER USING MARIJUANA IN THE PAST 30 DAY



- ▶ 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 12<sup>th</sup> grade students have ridden in a car with a driver using marijuana in the past 30 days, compared to 24% of the 10<sup>th</sup> 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?

(10<sup>th</sup> grade n = 353)

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

### DRINKING ALCOHOL AND DRIVING A VEHICLE

I DID NOT DRIVE A CAR OR OTHER VEHICLE DURING THE PAST 30 DAYS

49%

63%

6 OR MORE TIMES

1%

1%

2 TO 5 TIMES

1%

0%

1 TIME

1%

3%

0 TIMES

47%

33%

■ 12th Grade ■ 10th Grade

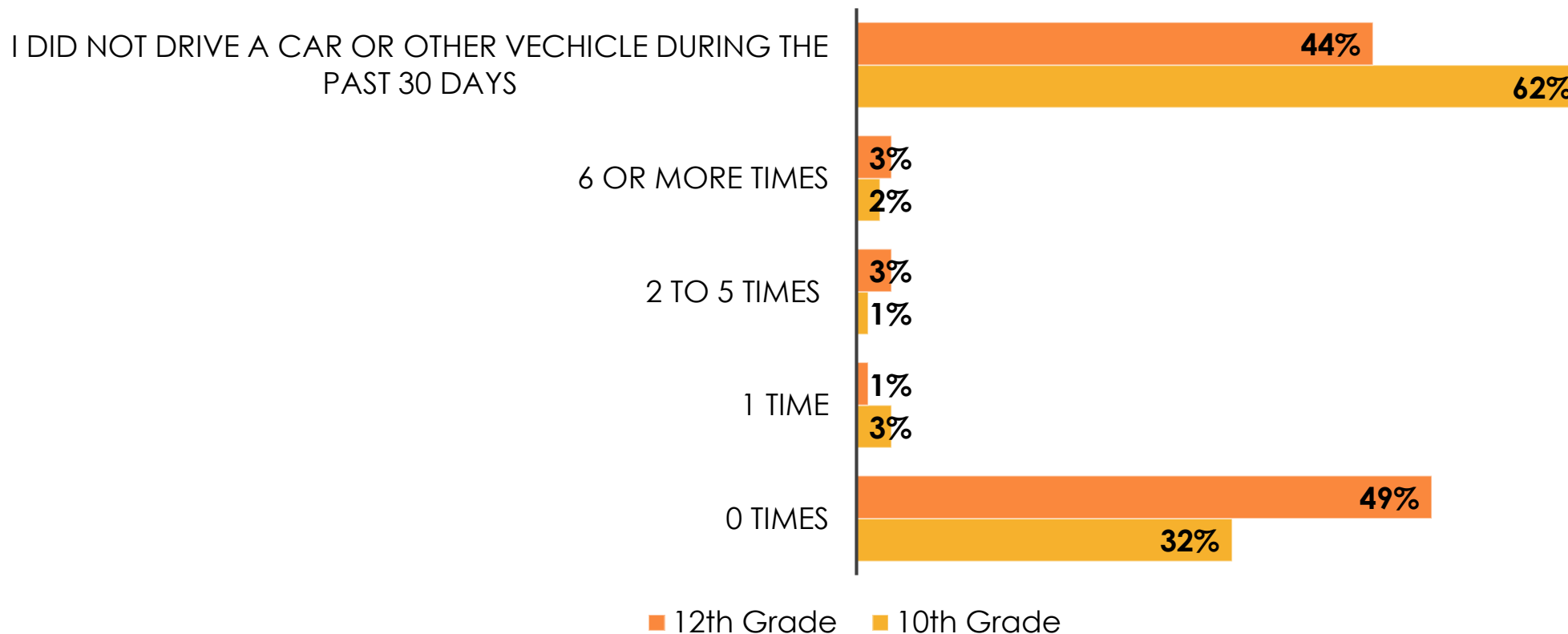
- ▶ The difference between the data between 10<sup>th</sup> and 12<sup>th</sup> grades is the older students can drive but there is still a low percentage of participants drinking and driving (1-3%).

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

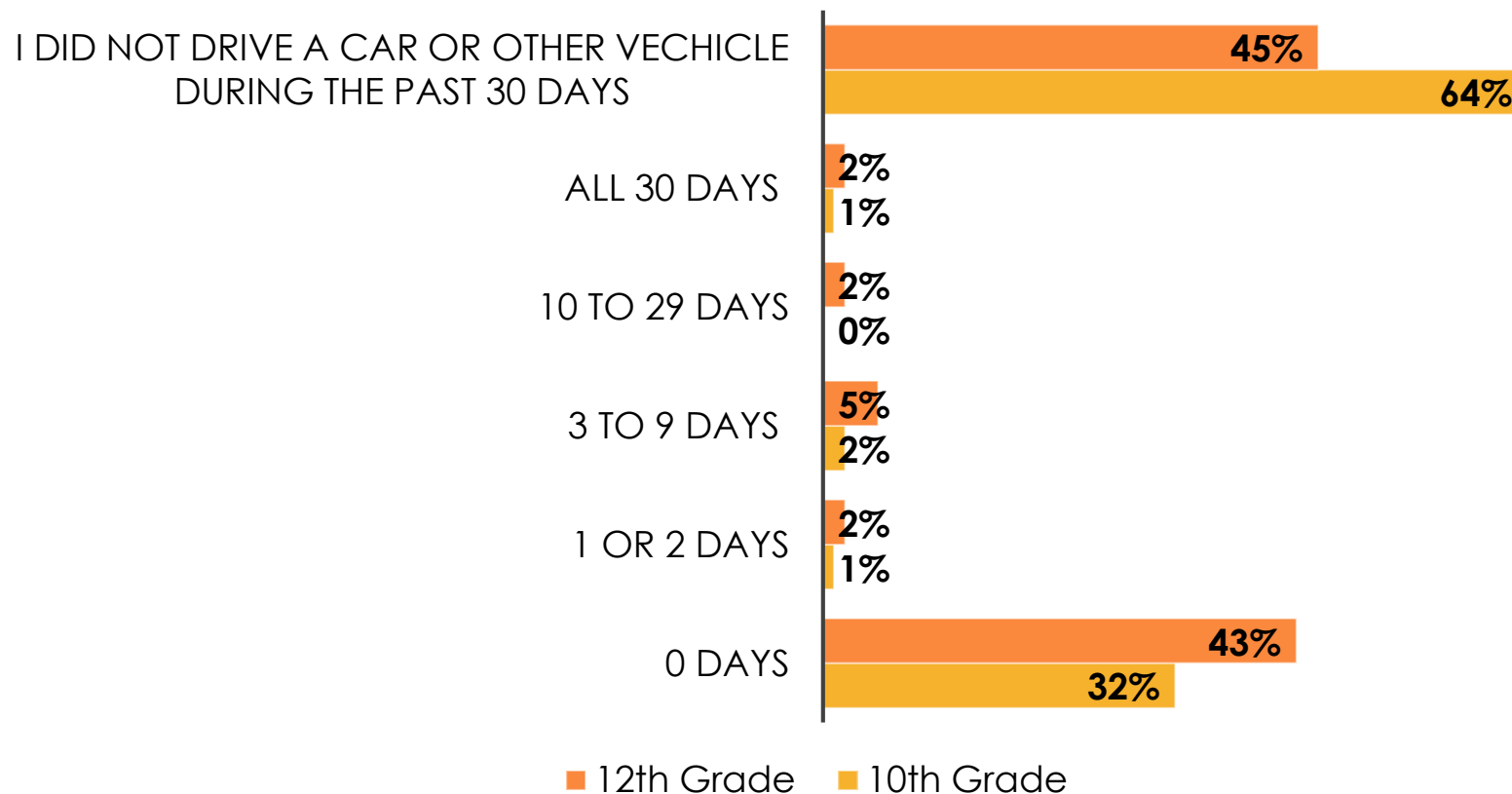


Q40. During the past 30 days, how many days did you text or e-mail while driving a car or other vehicle?

(10<sup>th</sup> grade n = 350)

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

### TEXTING AND DRIVING



- ▶ 9% of 12<sup>th</sup> grade students texted and drove more than 3 days out of the 30 days, compared to 4% of 10<sup>th</sup> grade students.
- ▶ Most 10<sup>th</sup> grade students at the time of the survey did not drive due to their age (64%).

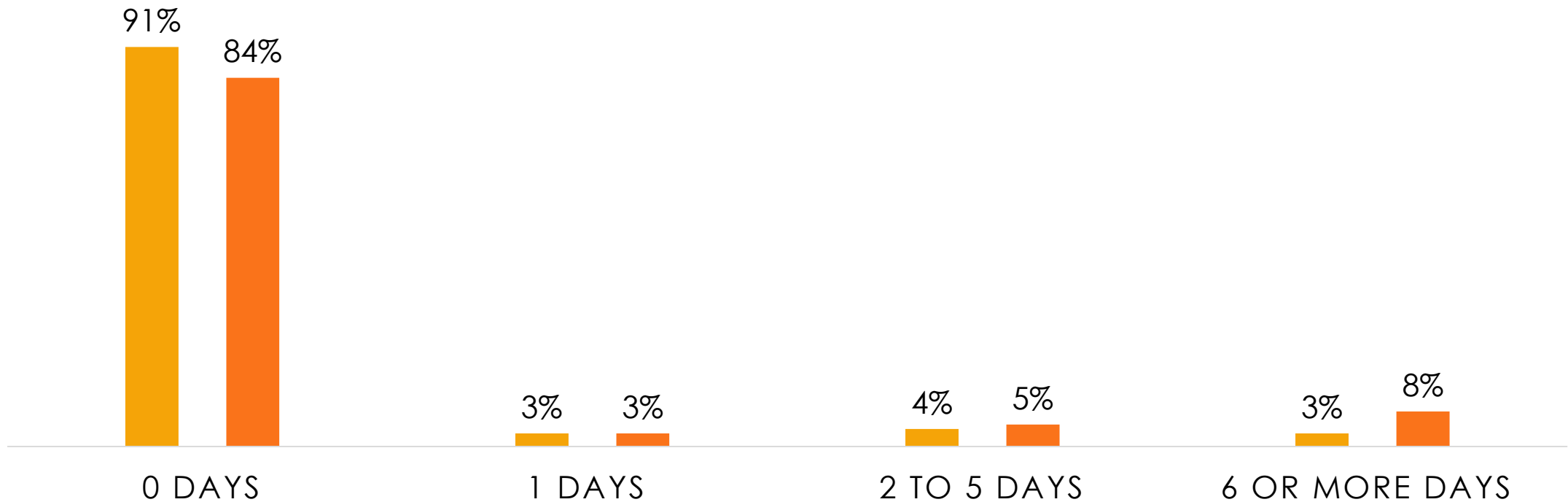
Q41. During the past 30 days, how many days did you carry a weapon such as a gun, knife, or club?

(10<sup>th</sup> grade n = 352)

(12<sup>th</sup> grade n = 267)

### CARRY WEAPONS IN THE PAST 30 DAYS

■ 10th Grade ■ 12th Grade



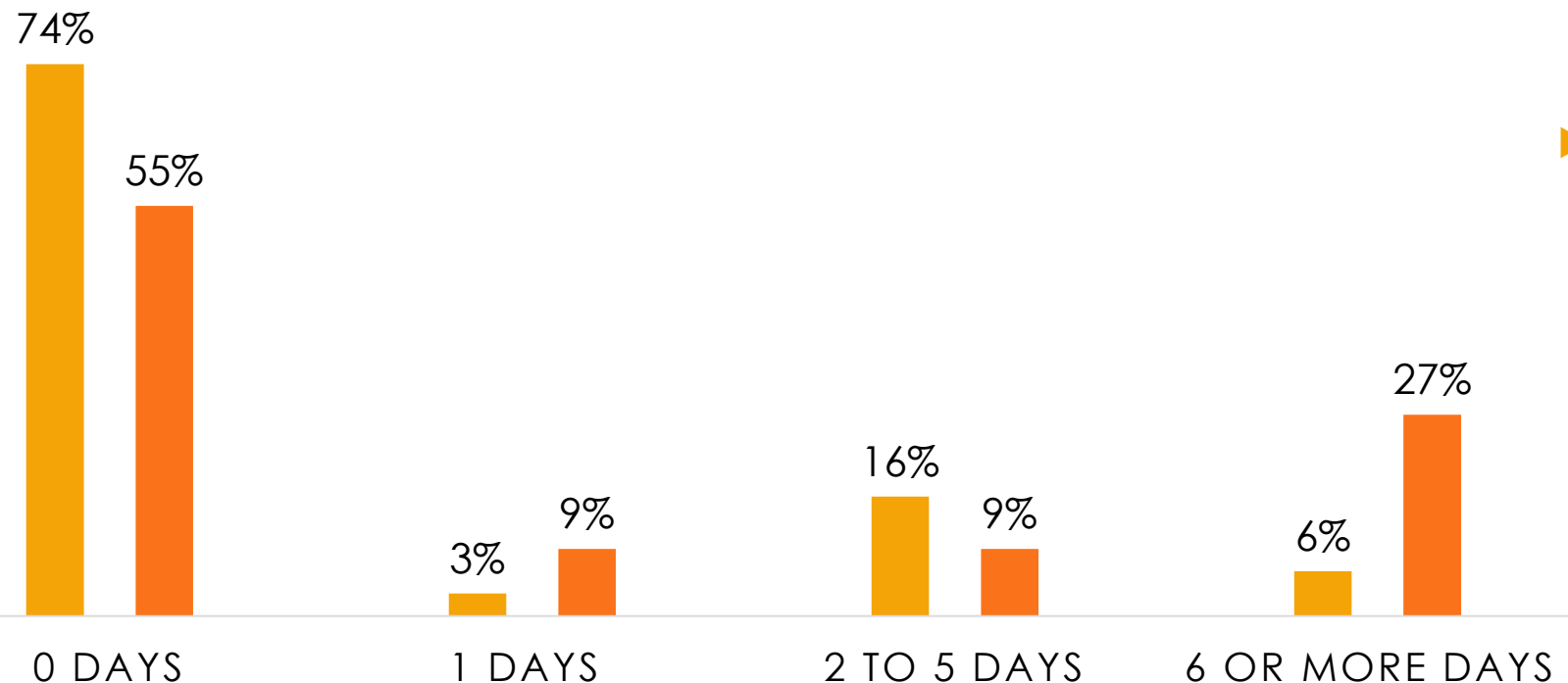


Q42. During the past 30 days, how many days did you carry a weapon such as a gun, knife, or club on school property?

(10<sup>th</sup> grade n = 31)  
(12<sup>th</sup> grade n = 44)

### WEAPONS ON SCHOOL PROPERTY IN THE PAST 30 DAYS

■ 10th Grade ■ 12th Grade



- ▶ Based on Q41 to only include people who carry weapons. N = 75
- ▶ The 12<sup>th</sup> grade students were more likely to bring a weapon to school (45%), almost half of the grade, compared to 25% of the 10<sup>th</sup> grade.

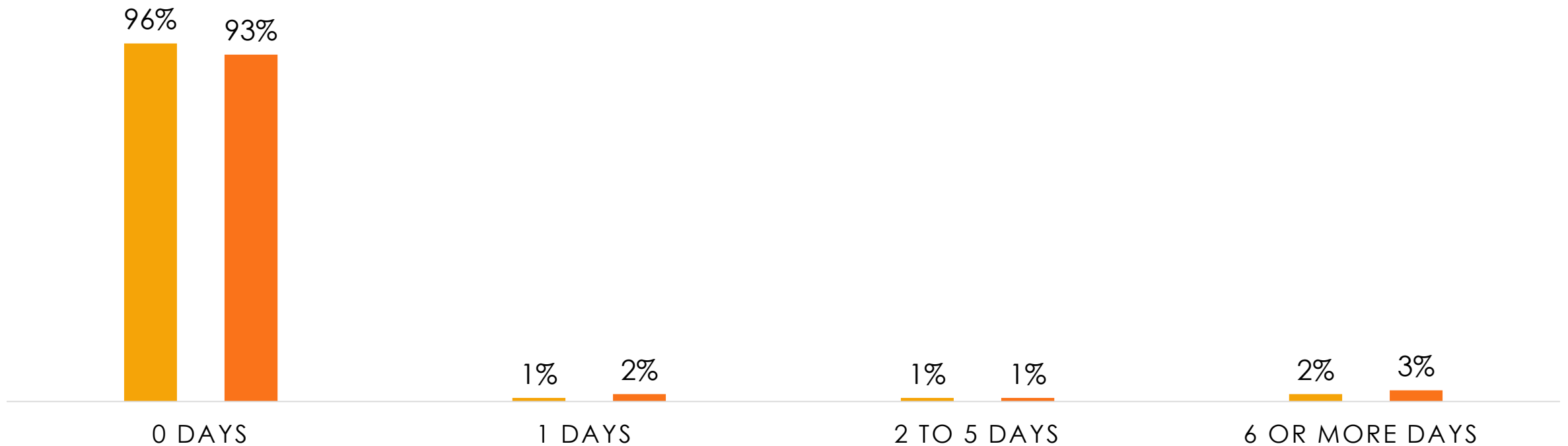
Q43. During the past 12 months, how many days did you carry a gun?

(10<sup>th</sup> grade n = 352)

(12<sup>th</sup> grade n = 265)

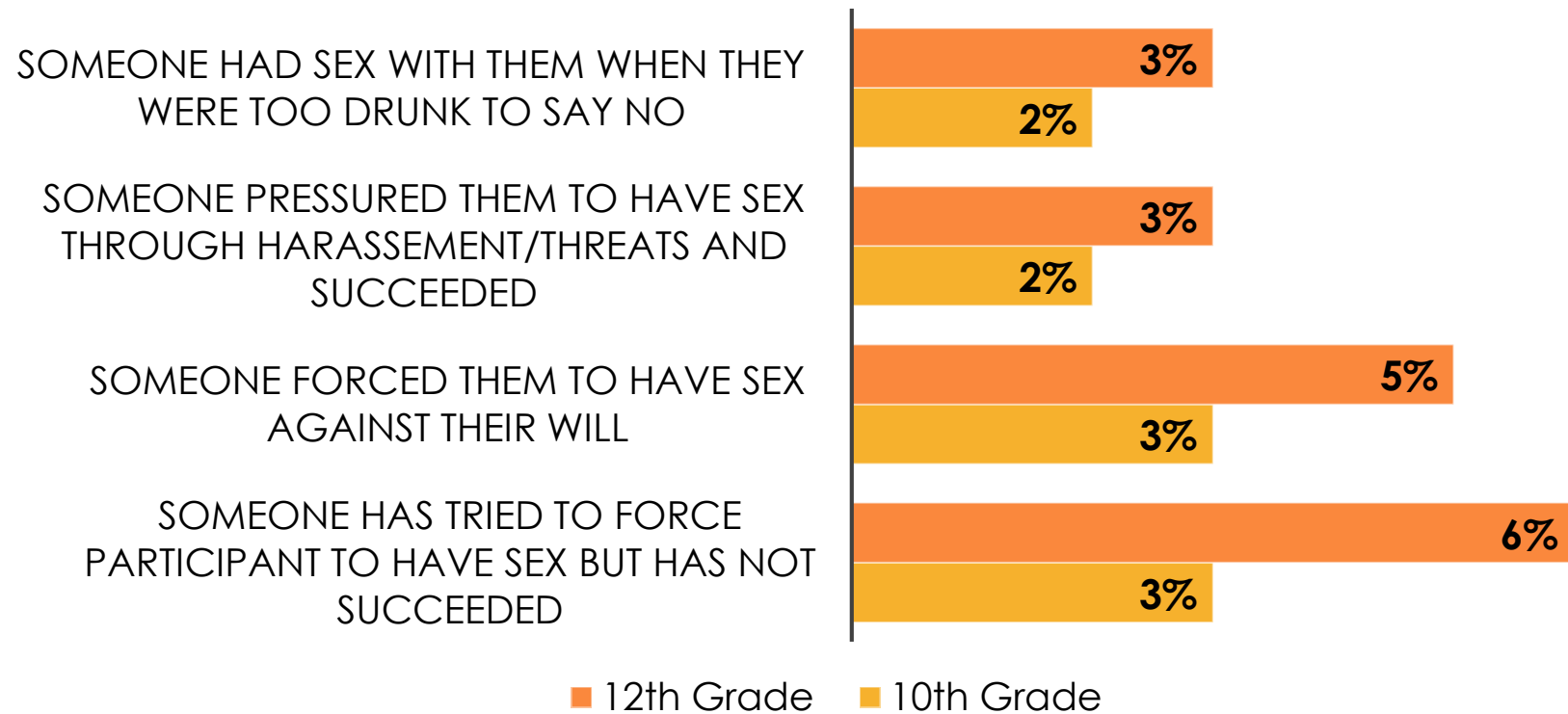
### CARRY A GUN

■ 10th Grade ■ 12th Grade



# Q44. In the past 12 months has anyone ever....? (n=617)

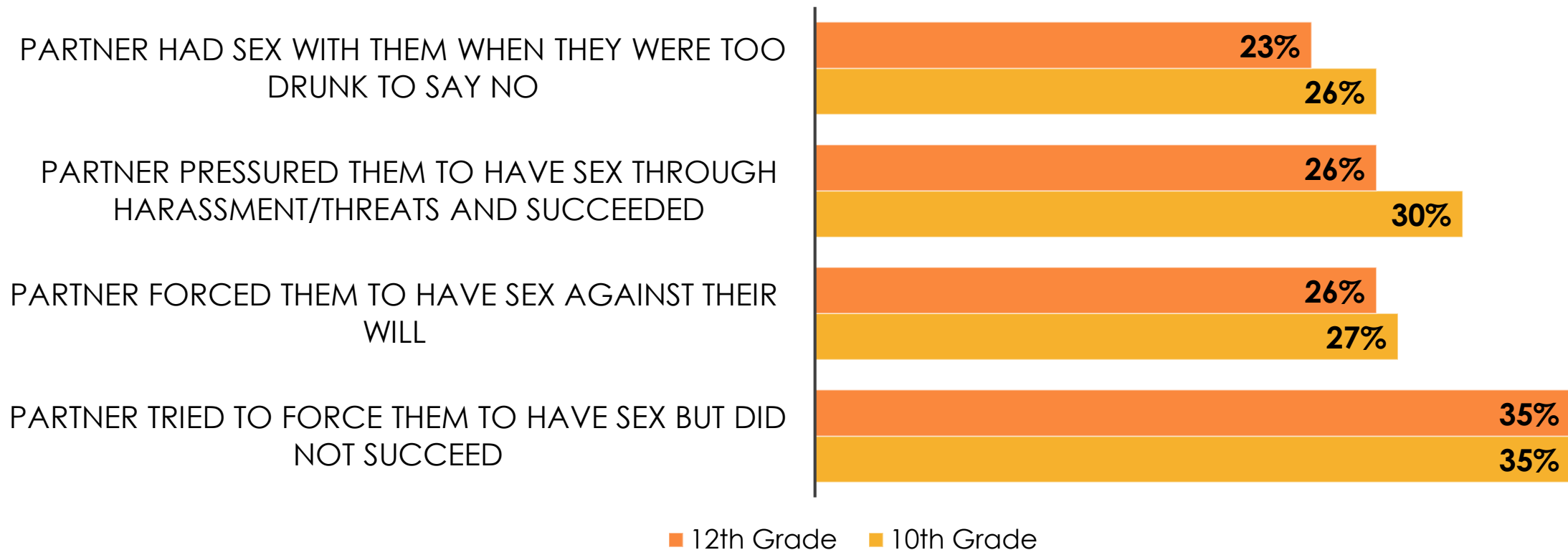
## SEXUAL ABUSE IN THE PAST 12 MONTHS



► 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

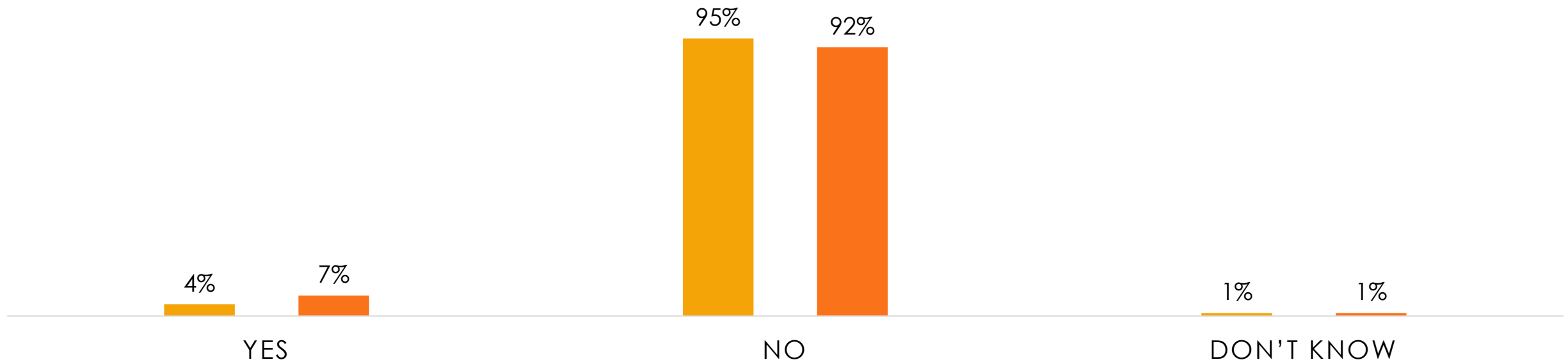


Q46. In the past 12 months, has a partner physically hurt them or threatened them with weapon?

(10<sup>th</sup> grade n = 352)  
(12<sup>th</sup> grade n = 266)

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

■ 10th Grade ■ 12th Grade

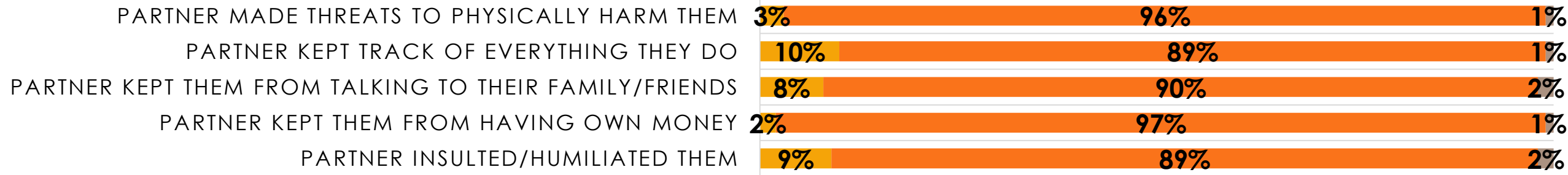


Q47. In the past 12 months, has someone you were dating or going out with ever...

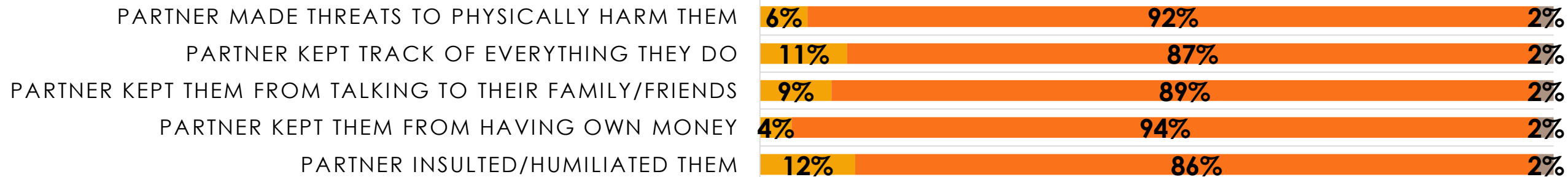
(10<sup>th</sup> grade n = 353)  
(12<sup>th</sup> grade n = 266)

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

■ Yes ■ No ■ Don't Know



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

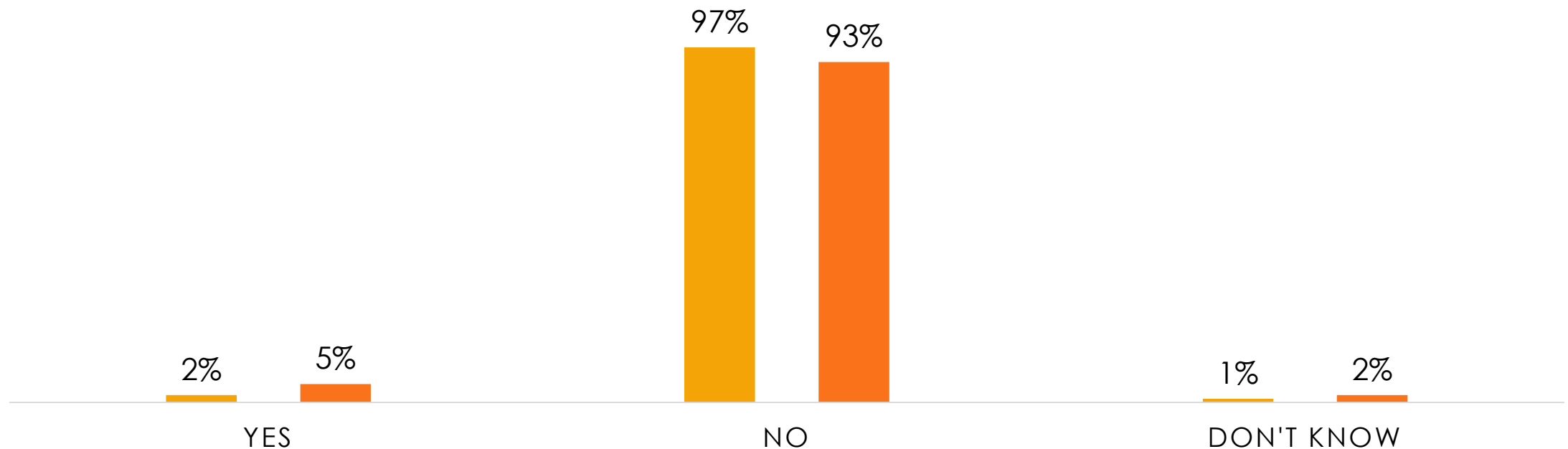


Q48. In the past 12 months, have you ever done any of the following to someone you were dating or going out with: participant physically hurt a partner or threatened to hurt them with a weapon?

### DOMESTIC PHYSICAL ABUSE

(10<sup>th</sup> grade n = 349)  
(12<sup>th</sup> grade n = 267)

■ 10th Grade ■ 12th Grade



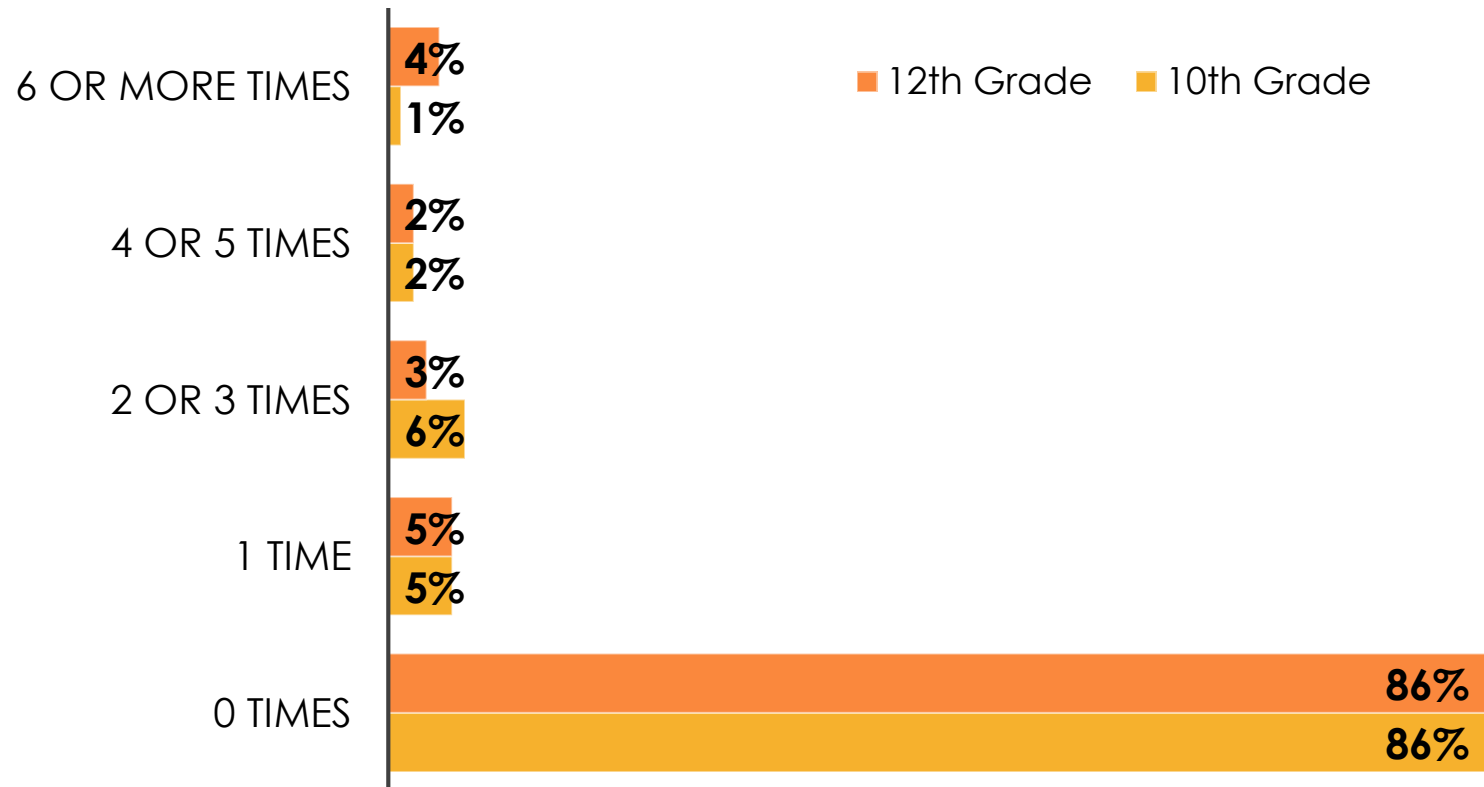
Q49. During the past 12 months, how many times did you do something to purposely hurt yourself without wanting to die, such as cutting, burning or bruising yourself on purpose?

(10<sup>th</sup> grade n = 348)

(12<sup>th</sup> grade n = 269)

- ▶ One in 7 students in the 10<sup>th</sup> grade (14%) and in the 12<sup>th</sup> 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.

### SELF INJURY IN THE PAST 12 MONTHS





Q50. During the past 12 months, did you plan about how you would attempt suicide? (10<sup>th</sup> grade n = 348)  
(12<sup>th</sup> grade n = 268)

### SUICIDE ATTEMPT IN THE PAST 12 MONTHS

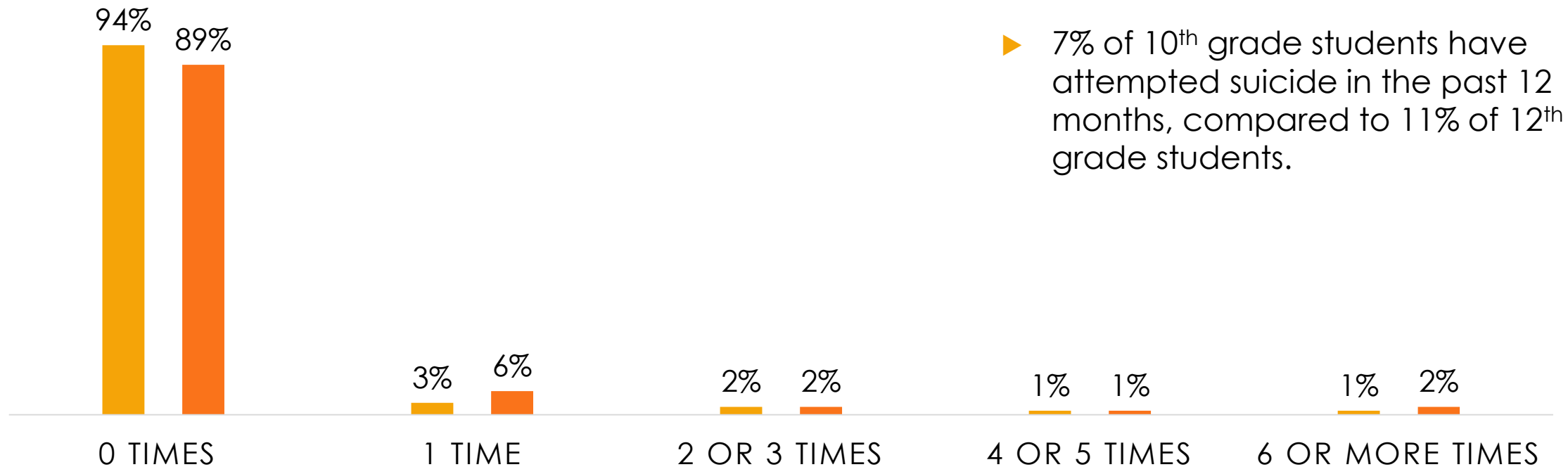
■ Yes ■ No



Q51. During the past 12 months, how many times did you actually attempt suicide? (10<sup>th</sup> grade n = 348)  
(12<sup>th</sup> grade n = 268)

### SUICIDE ATTEMPTS IN THE PAST 12 MONTHS

■ 10th Grade ■ 12th Grade



► 7% of 10<sup>th</sup> grade students have attempted suicide in the past 12 months, compared to 11% of 12<sup>th</sup> grade students.

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?

(10<sup>th</sup> grade n = 22)

(12<sup>th</sup> grade n = 29)

### OUTCOME OF SUICIDE ATTEMPT

■ No ■ Yes



10TH GRADE

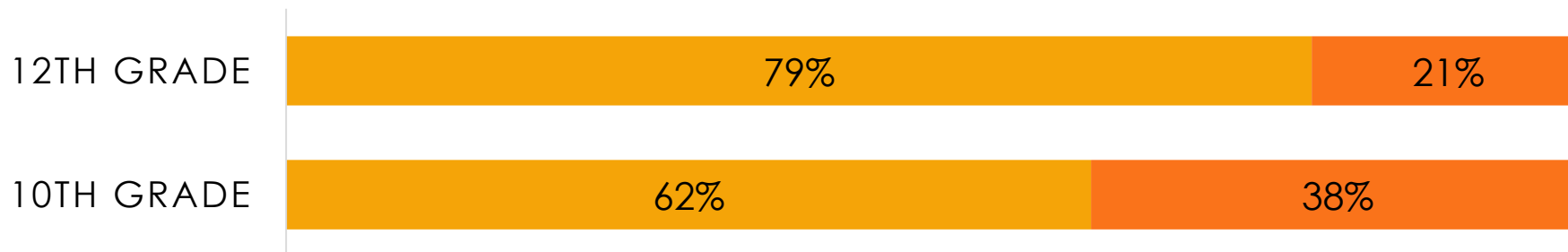
12TH GRADE

- ▶ Participants who indicated they had committed suicide before on Question 51 were shown this question. N = 51
- ▶ Across the 10<sup>th</sup> and 12<sup>th</sup> grade data, approximately 46% of students who attempt suicide have been treated by a health care provider for injury, poisoning, or overdose.

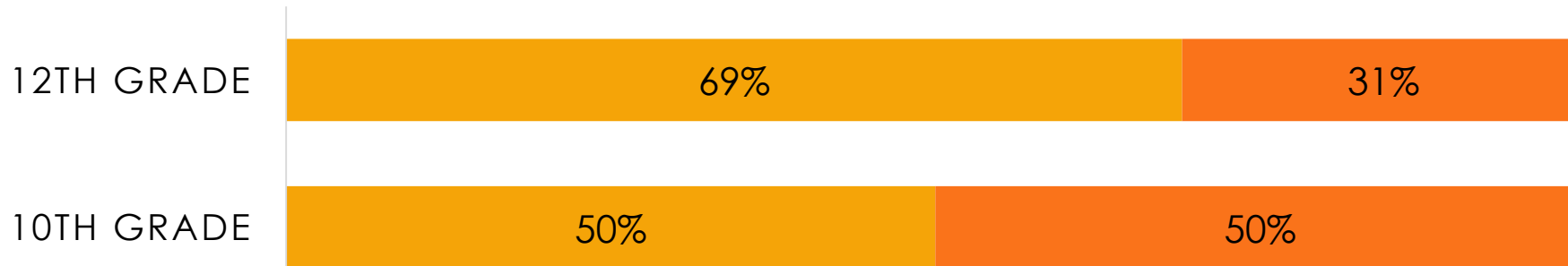
Q53. If you attempted suicide during the past 12 months, did you ask for help from someone such as a doctor, counselor, or hotline at any of these times? (n = 52)

■ No ■ Yes

**ASKED FOR HELP BEFORE SUICIDE ATTEMPT**



**ASKED FOR HELP AFTER SUICIDE ATTEMPT**



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

# SUBSTANCE USE

**Questions: #54 -70 in the YRBS (Slide 62-81)**

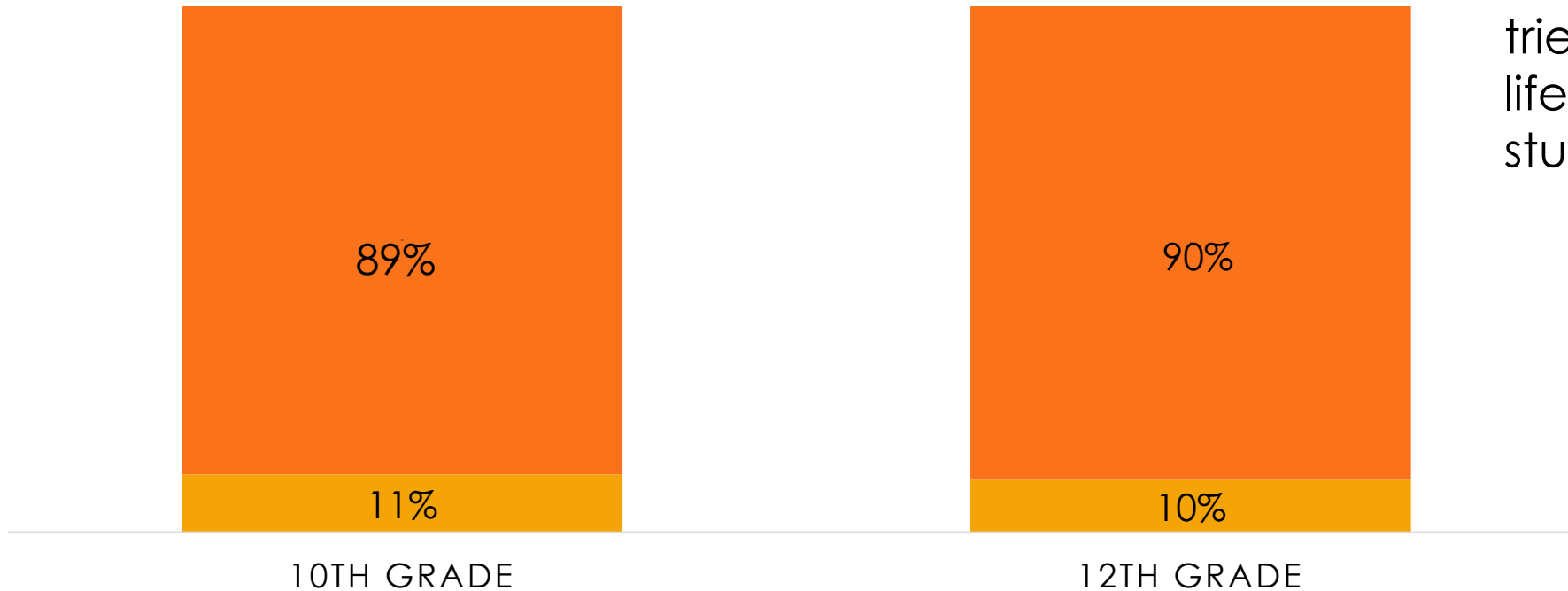
**N= 629**

# Q54. Have you ever tried cigarette smoking, even one or two puffs?

(10<sup>th</sup> grade n = 336)  
(12<sup>th</sup> grade n = 272)

## LIFETIME CIGARETTE USE

■ Yes ■ No



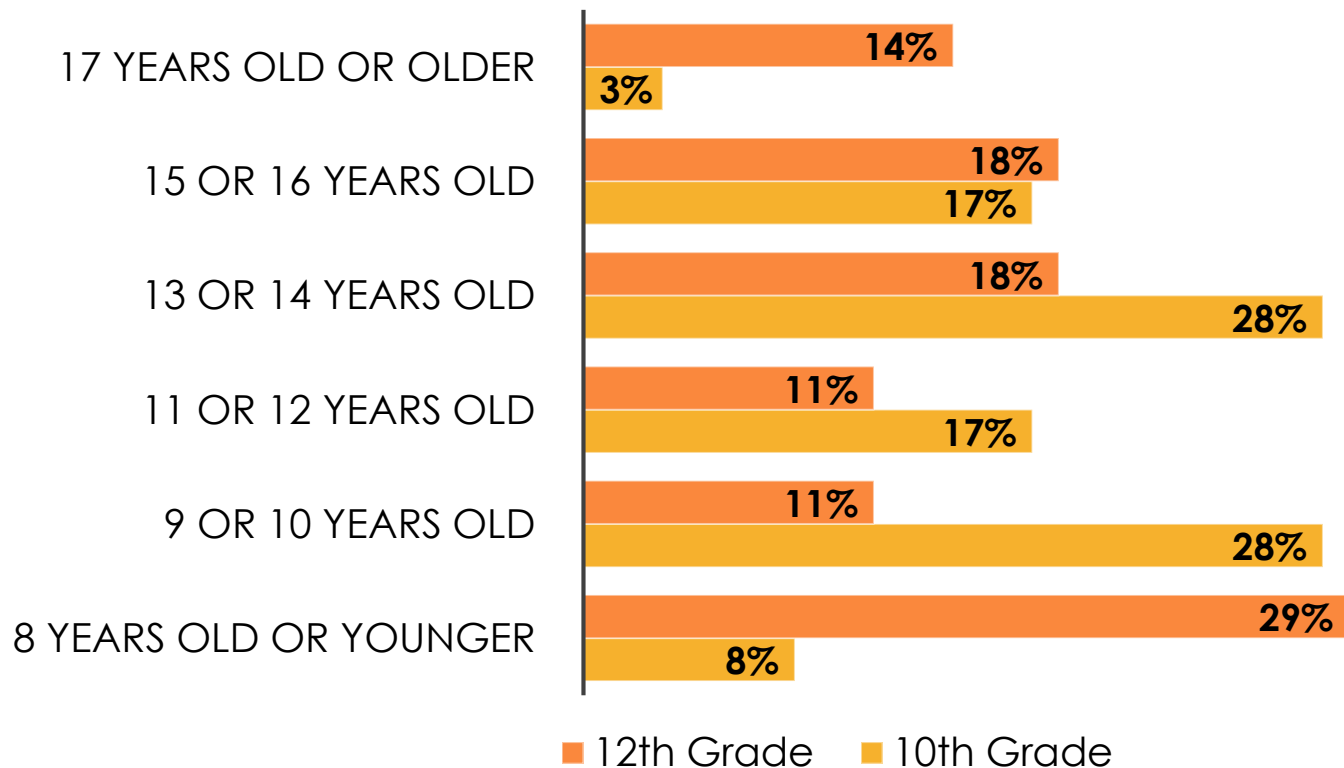
► About 10% of students in both grades have tried cigarettes in their lifetime, 1 in 10 students.

# Q55. How old were you when you first tried cigarette smoking, even one or two puffs?

(10<sup>th</sup> grade n = 36)

(12<sup>th</sup> grade n = 28)

## AGE AT FIRST CIGARETTE USE



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

# Q56. Have you ever used an electronic vapor product?

(10<sup>th</sup> grade n = 334)  
(12<sup>th</sup> grade n = 270)

- ▶ In both 10<sup>th</sup> and 12<sup>th</sup> 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.

## USE OF ELECTRONIC VAPOR PRODUCT IN LIFETIME

■ No ■ Yes



10TH GRADE

12TH GRADE



# Q57. During the past 30 days, how many days did you use an electronic vapor product?

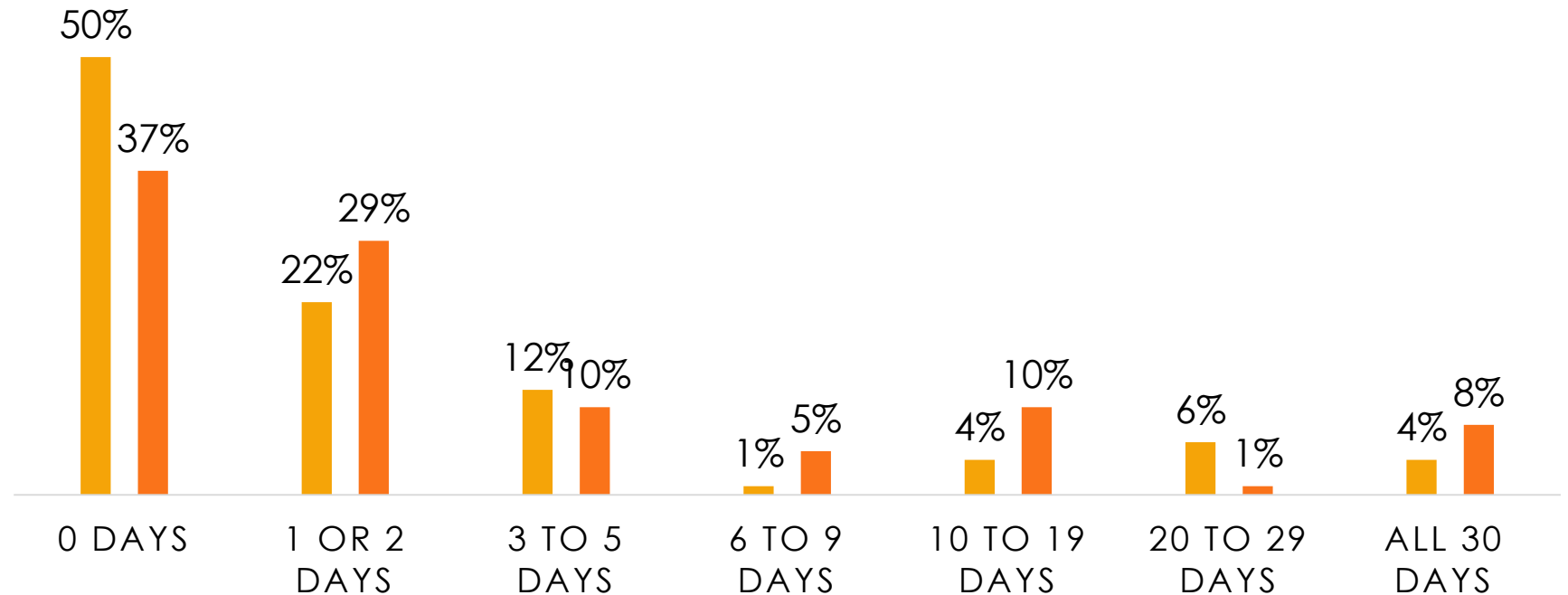
(10<sup>th</sup> grade n = 98)

(12<sup>th</sup> grade n = 83)

- ▶ Participants who indicated they had used an electronic vapor product on Question 56 were shown this question.
- ▶ 12<sup>th</sup> grade students were more likely to use an electronic vapor product (63%), compared to 10<sup>th</sup> grade students (50%).

## DAYS USED AN ELECTRONIC VAPOR PRODUCT

■ 10th Grade ■ 12th Grade



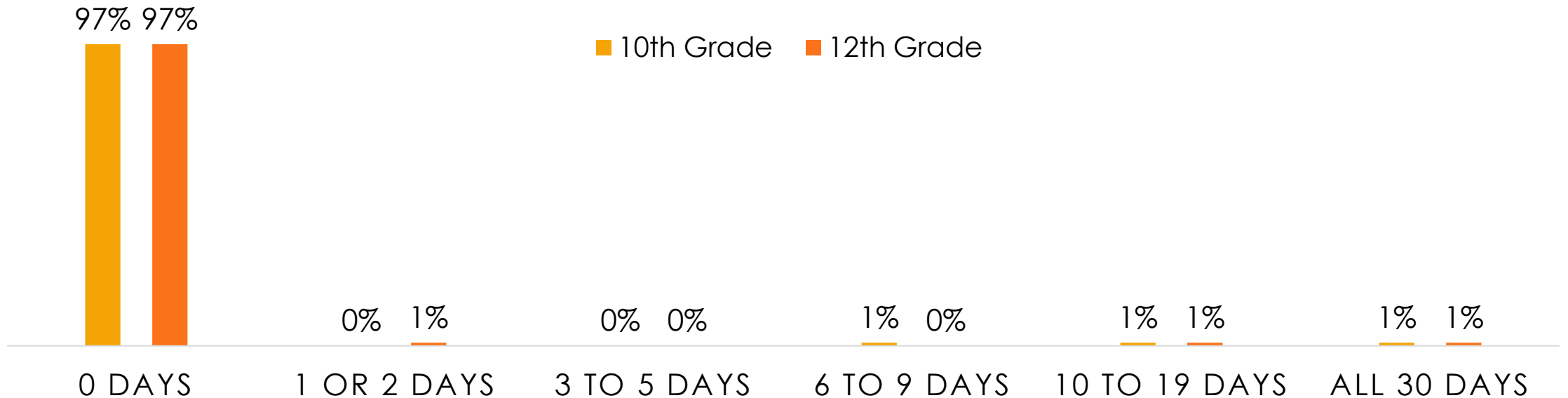
Q58. During the past 30 days, how many days did you use chewing tobacco, snuff, dip, snus, or dissolvable tobacco products, such as Copenhagen, Grizzly, Skoal, or Camel Snus?

(10<sup>th</sup> grade n = 332)

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

- ▶ Chewing tobacco is extremely uncommon (3%) among the 10<sup>th</sup> and 12<sup>th</sup> grade students.

### USE OF CHEWING TOBACCO

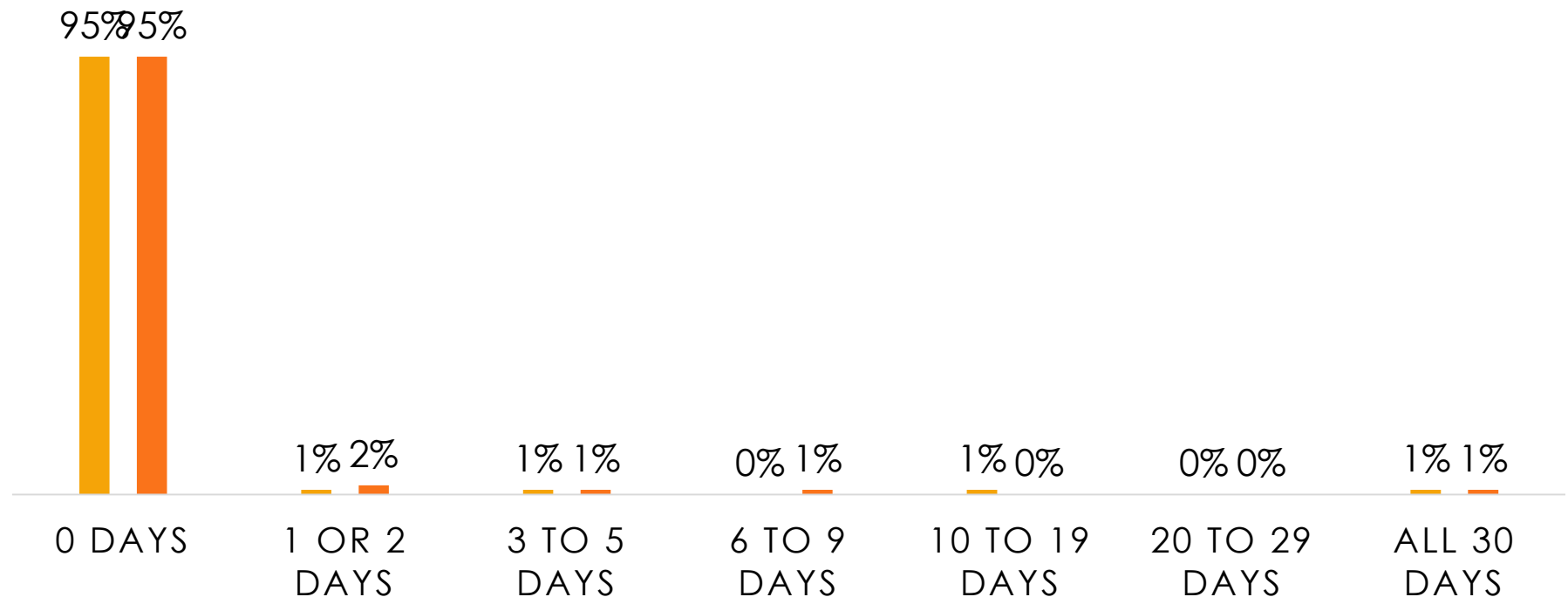


Q59. During the past 30 days, how many days did you smoke cigars, cigarillos, or little cigars? (10<sup>th</sup> grade n = 331)  
(12<sup>th</sup> grade n = 268)

### CIGARS SMOKED IN THE PAST 30 DAYS

■ 10th Grade ■ 12th Grade

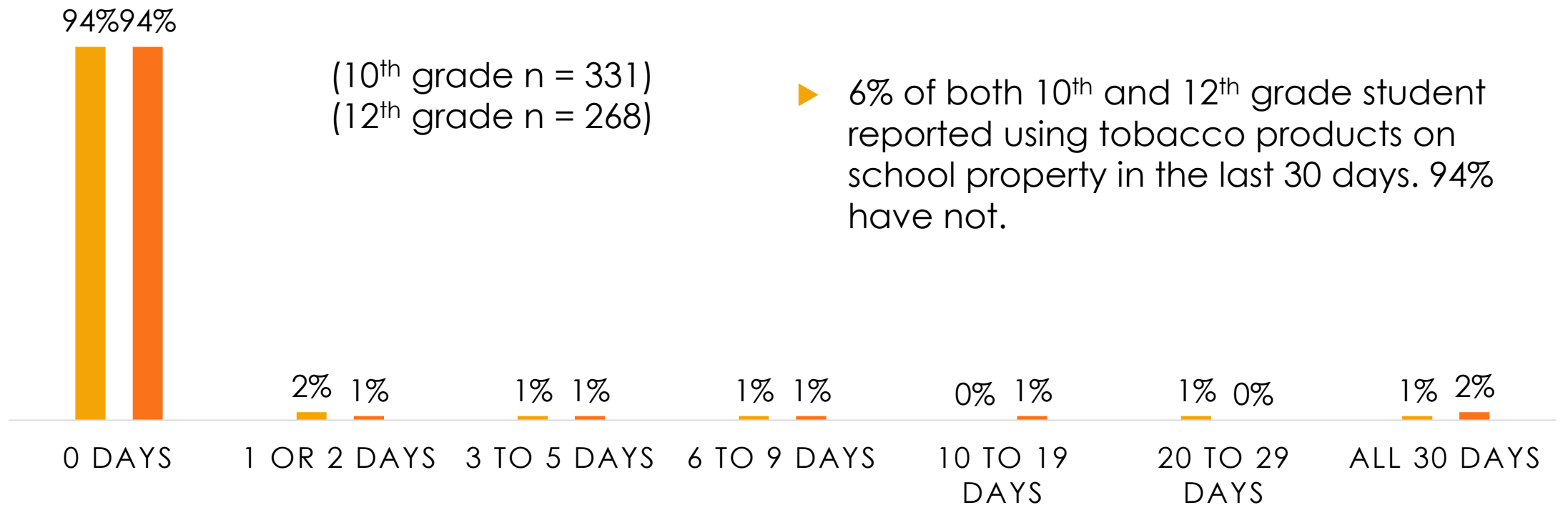
▶ Almost all 10<sup>th</sup> and 12<sup>th</sup> grade students have not smoked cigars in the past 30 days (95%).



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?

### TOBACCO ON SCHOOL PROPERTY IN THE PAST 30 DAYS

■ 10th Grade ■ 12th Grade



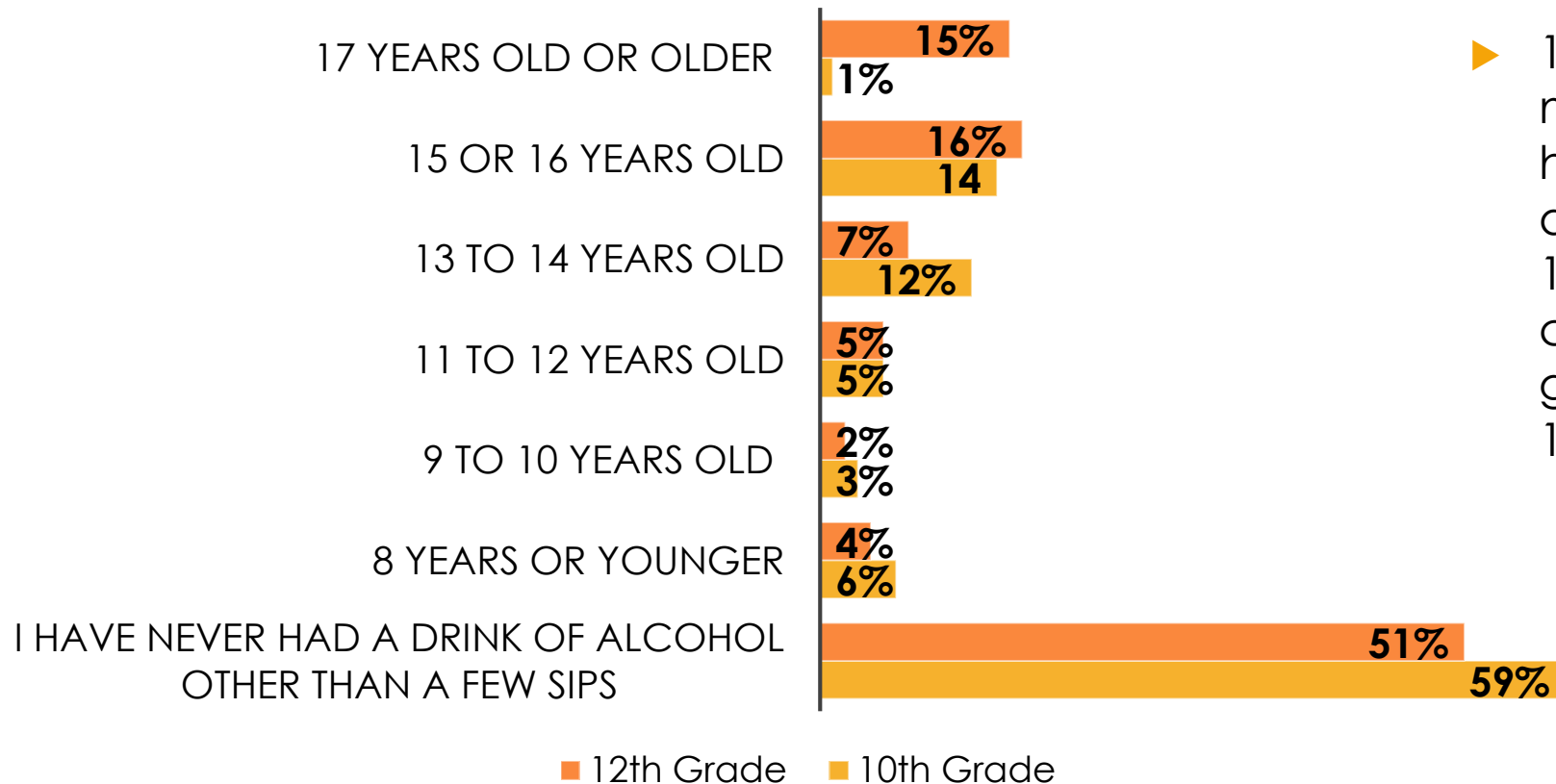
(10<sup>th</sup> grade n = 331)  
(12<sup>th</sup> grade n = 268)

▶ 6% of both 10<sup>th</sup> and 12<sup>th</sup> grade student 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?

(10<sup>th</sup> grade n = 330)  
(12<sup>th</sup> grade n = 269)

## AGE OF FIRST ALCOHOLIC DRINK

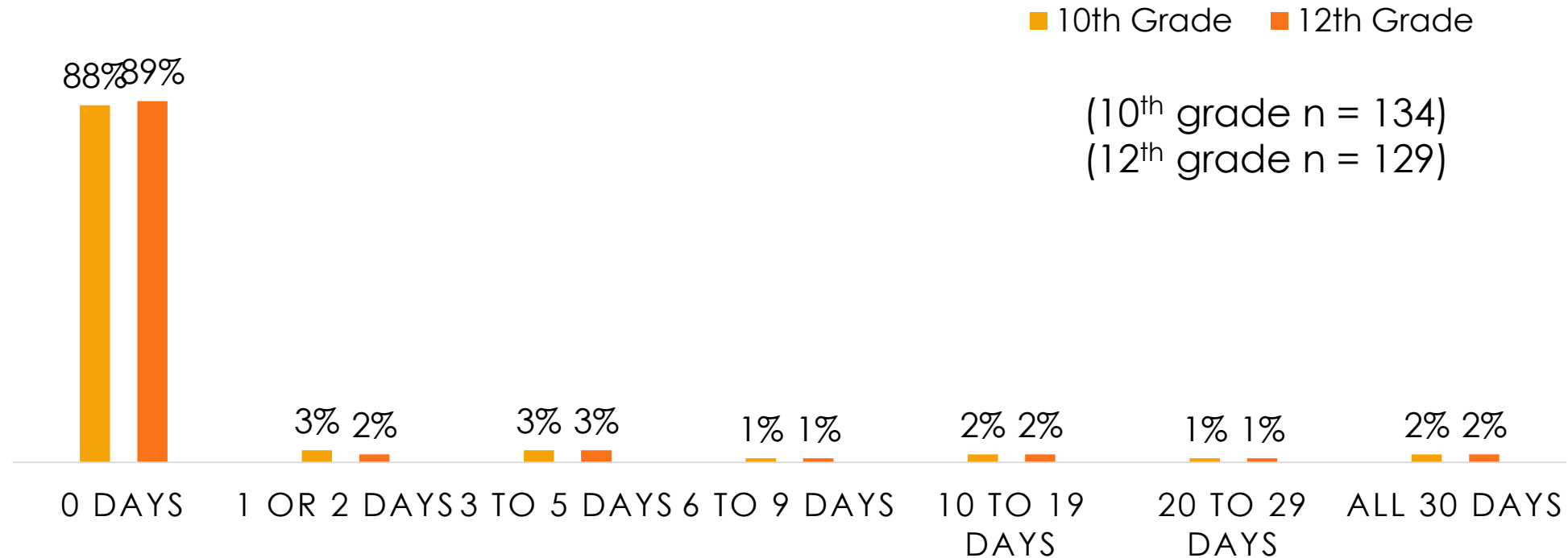


► 15 to 17 years old is the most common ages to have their first alcoholic beverage for 12<sup>th</sup> graders (31%), compared to 11<sup>th</sup> graders, which is 13 to 16 years old (26%).

# 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.

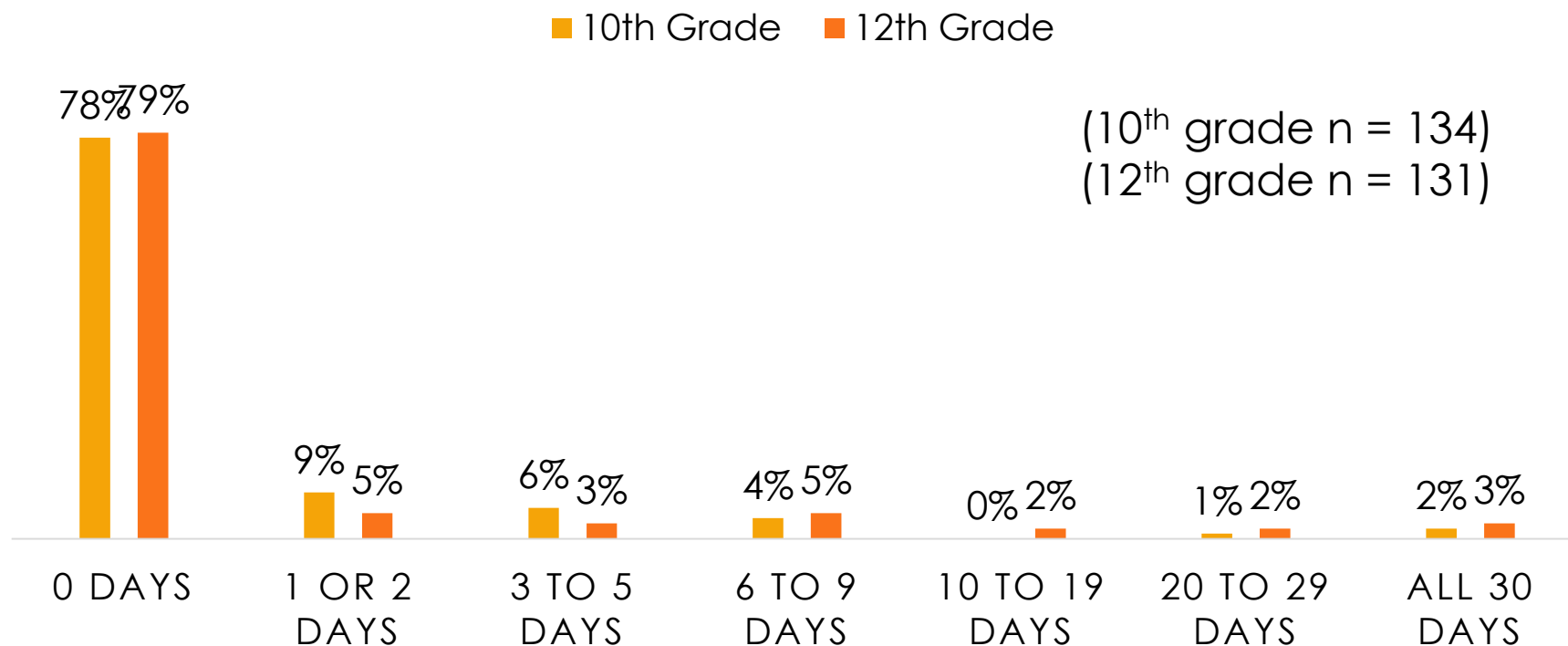
## ALCOHOLIC DRINKS ON SCHOOL PROPERTY IN THE PAST 30 DAYS



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?

### HEAVY DRINKING IN THE PAST 30 DAYS

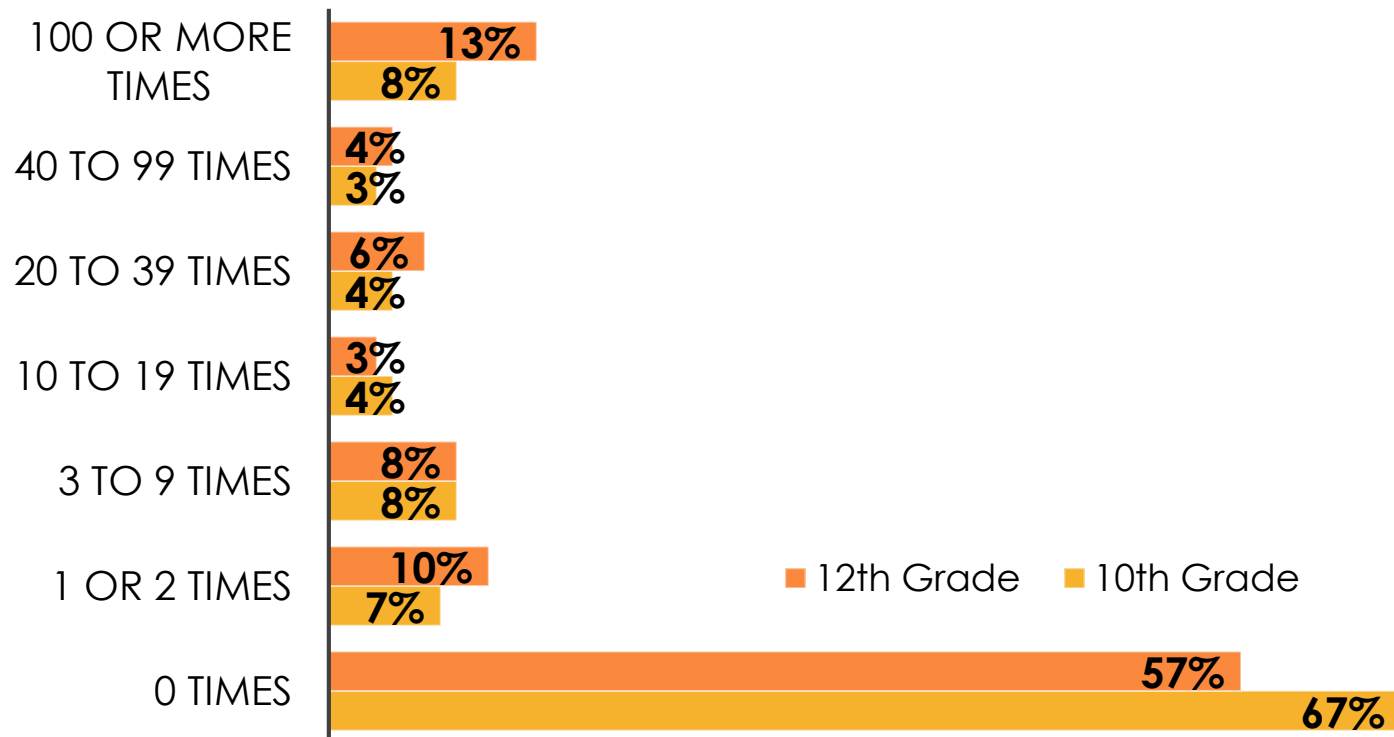
- ▶ Participants who indicated they had a sip of alcohol before on Question 61 were shown this question. N = 265
- ▶ Heavy drinking can lead to alcohol abuse in the future and can have a negatively impact the young adults.



# Q64. During your life, how many times have you used marijuana?

(10<sup>th</sup> grade n = 334)  
(12<sup>th</sup> grade n = 268)

## MARIJUANA USE IN LIFETIME



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

Source: <https://www.mass.gov/info-details/marijuana-in-massachusetts-whats-legal>

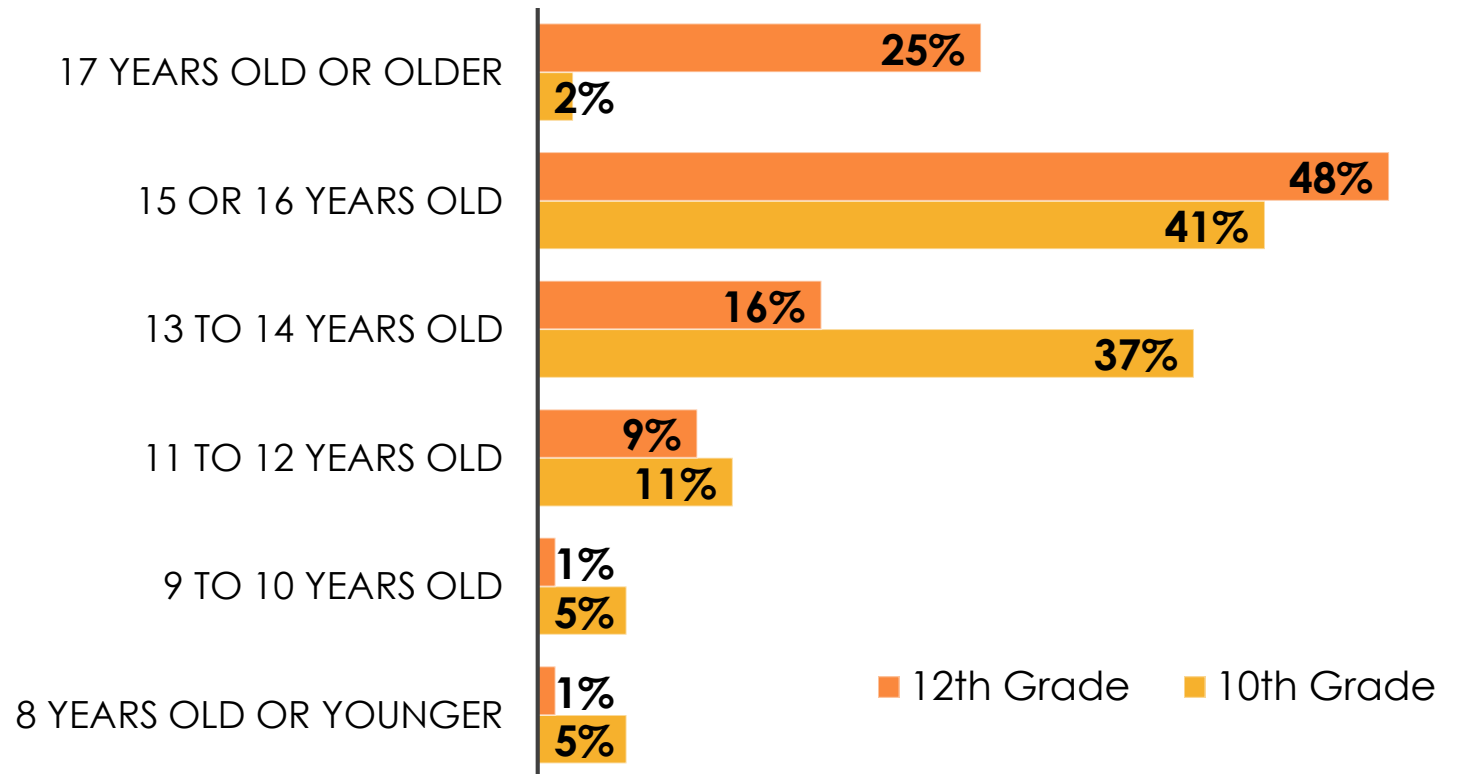


# Q65. How old were you when you tried marijuana for the first time?

(10<sup>th</sup> grade n = 111)  
(12<sup>th</sup> grade n = 116)

## AGE AT THE TIME OF FIRST MARIJUANA USE

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

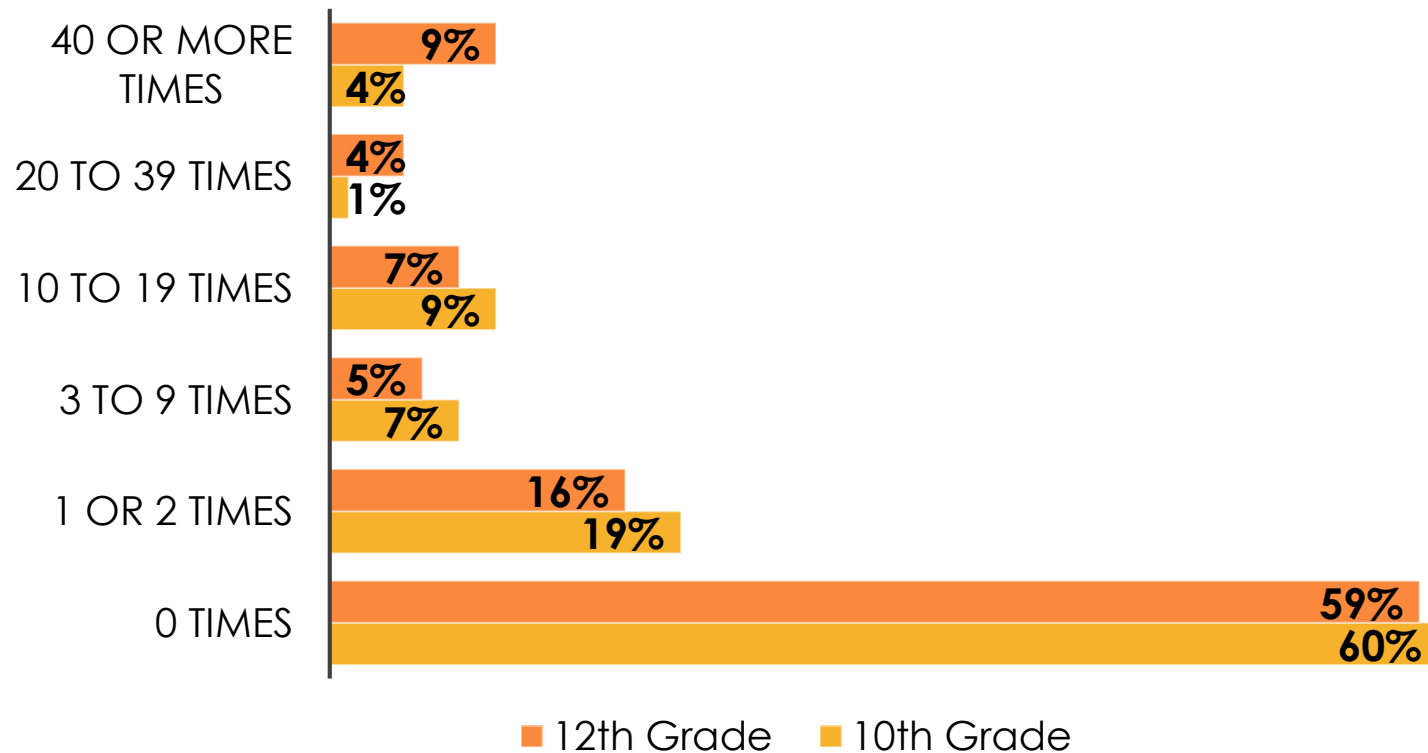


Q66. During the past 30 days, how many times did you use marijuana at school or on the way to or from school?

(10<sup>th</sup> grade n = 111)

(12<sup>th</sup> grade n = 116)

### MARIJUANA USE AT SCHOOL IN THE PAST 30 DAYS



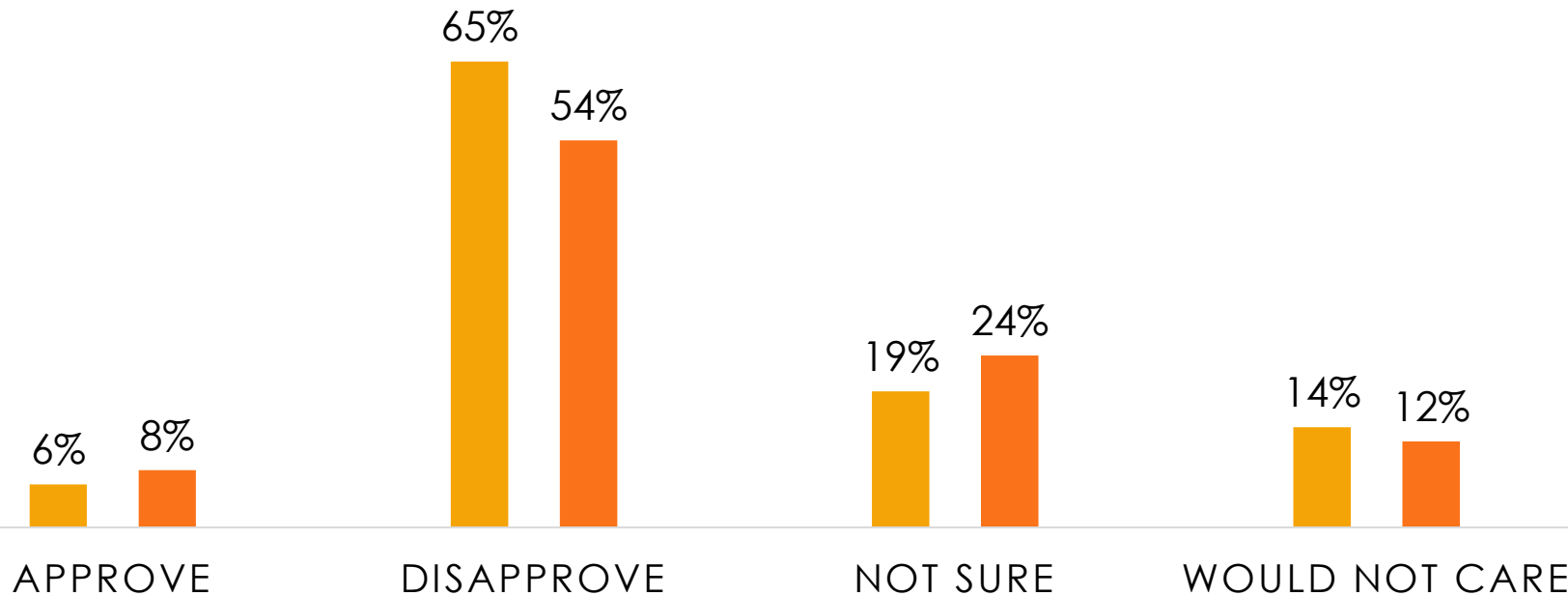
- ▶ Participants who indicated they had used use marijuana on Question 65 were shown this question.
- ▶ 41% of 12<sup>th</sup> grade students have used marijuana at school or on the way to or from school, compared to 40% of 10<sup>th</sup> grade students.

# Q67. How would your parents or other adults in your family feel if you smoked marijuana?

(10<sup>th</sup> grade n = 331)  
(12<sup>th</sup> grade n = 266)

## FAMILY FEELINGS OF MARIJUANA USE

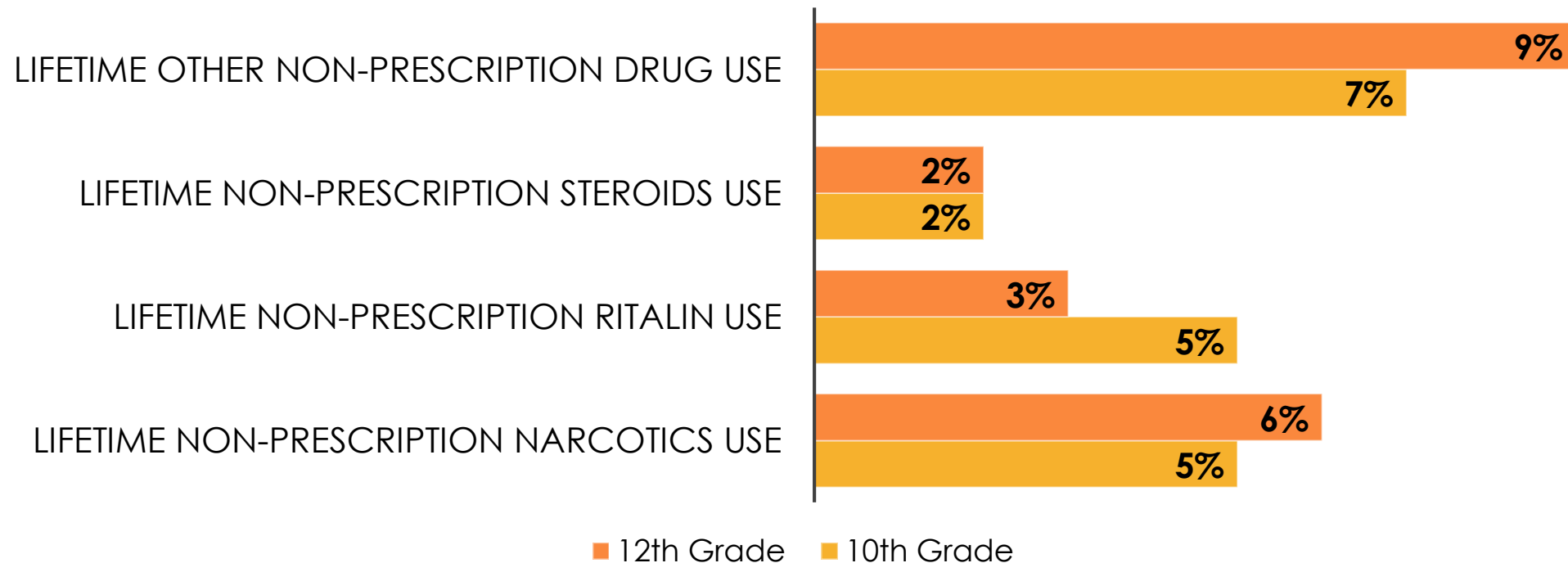
■ 10th Grade ■ 12th Grade



- ▶ 10th grade students reported their parents or family members would disapprove (65%) of them smoking marijuana compared to 12<sup>th</sup> 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)

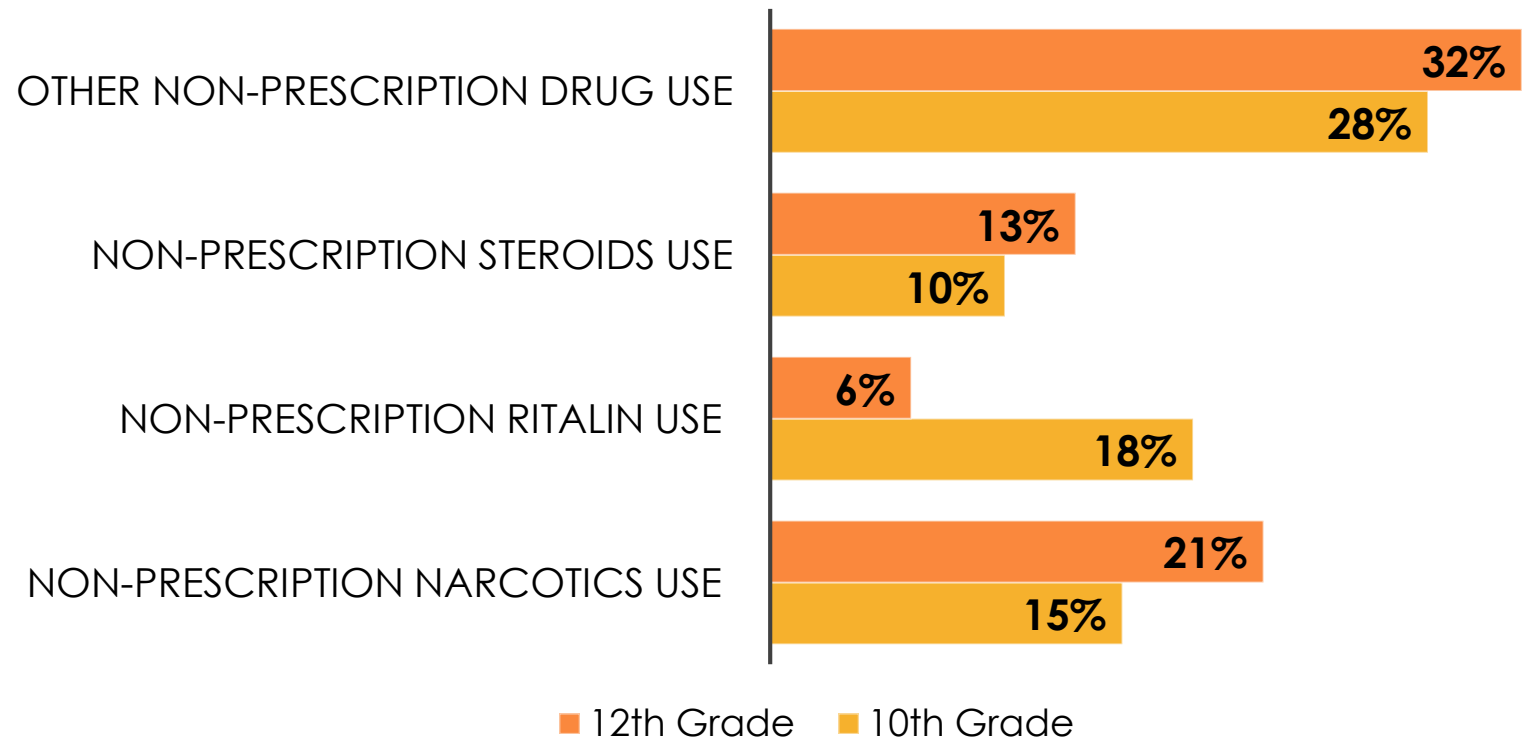
### NON-PRESCRIPTION DRUG USE IN LIFETIME



# Q69. During the past 30 days, have you taken any of the following prescription drugs that were not your own? (n=596)

- ▶ 10<sup>th</sup> grade students reported taking Ritalin 12% more than 12<sup>th</sup> grade students in the past 30 days.
- ▶ Between 10<sup>th</sup> and 12<sup>th</sup> 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



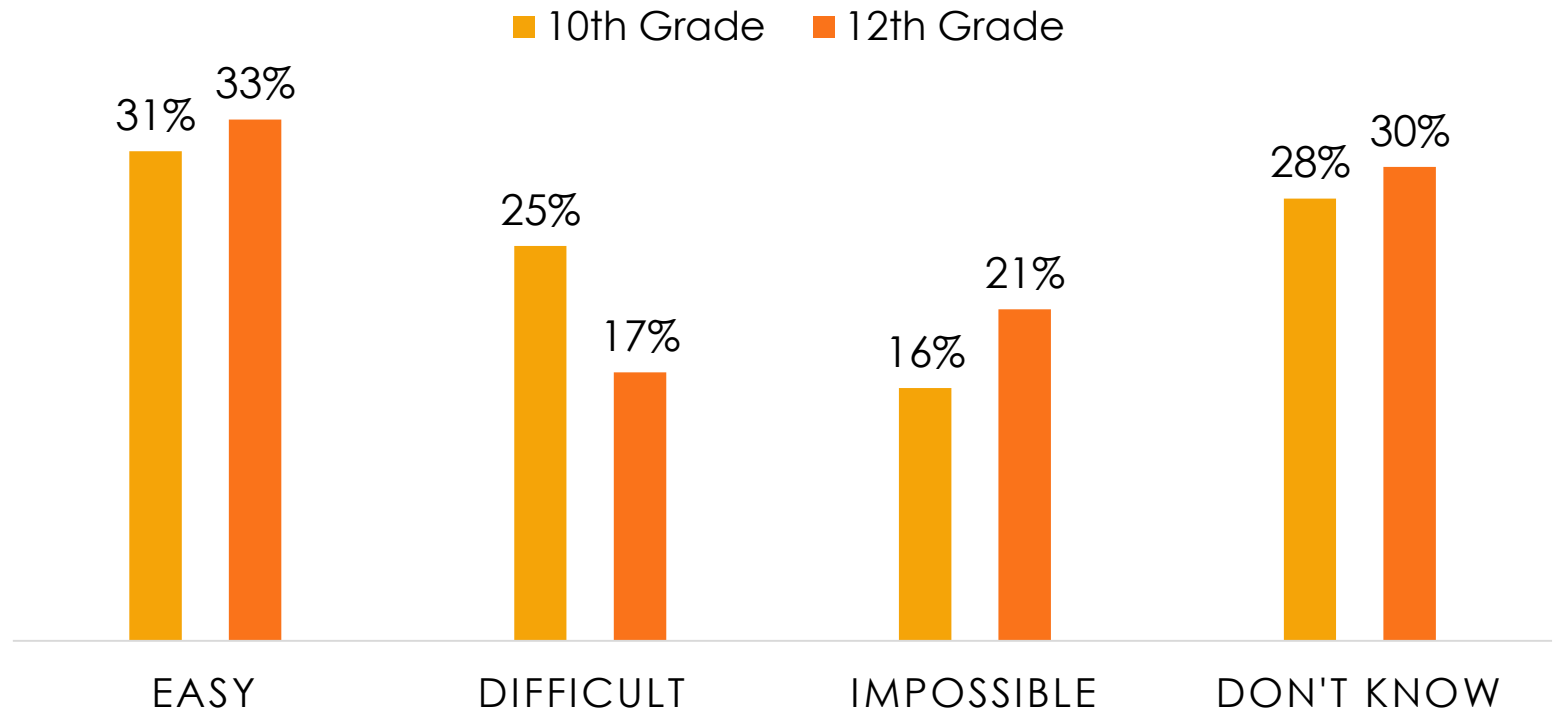
# Q70. How easy or difficult would it be for you to get alcohol?

(10<sup>th</sup> grade n = 327)

(12<sup>th</sup> grade n = 264)

- ▶ 1 in every 3 students, in both the 10<sup>th</sup> and 12<sup>th</sup> 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.

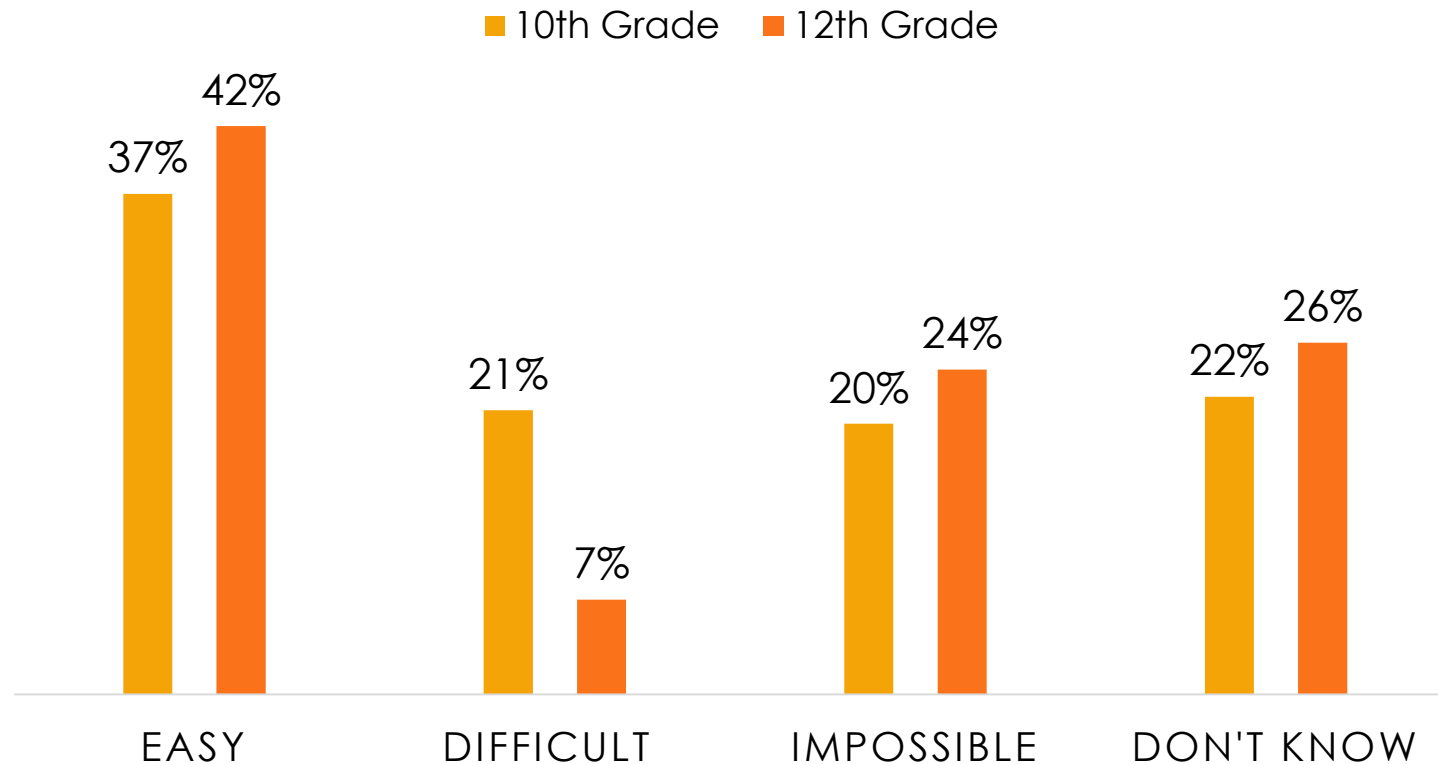
## DIFFICULTY OBTAINING ALCOHOL



# Q70. How easy or difficult would it be for you to get marijuana?

(10<sup>th</sup> grade n = 327)  
(12<sup>th</sup> grade n = 266)

## DIFFICULTY OBTAINING MARIJUANA



- ▶ 12<sup>th</sup> grade students think it easier to obtain marijuana than 10<sup>th</sup> grade students, 42% and 37% respectively.

# Q70. How easy or difficult would it be for you to get tobacco?

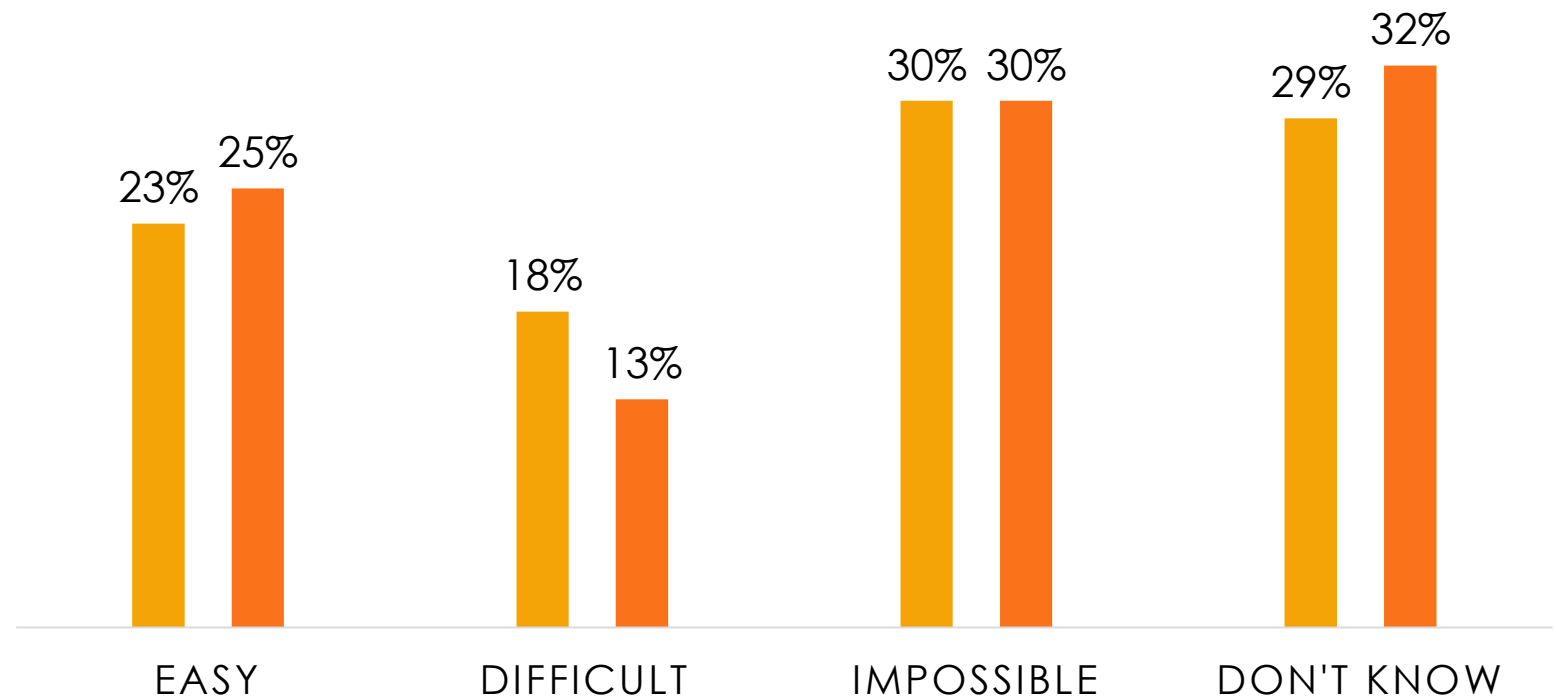
(10<sup>th</sup> grade n = 328)

(12<sup>th</sup> grade n = 263)

- ▶ 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.

## DIFFICULTY OBTAINING TOBACCO

■ 10th Grade ■ 12th Grade





Q70.

Comparison of  
the difficulty  
level of  
obtaining  
alcohol,  
marijuana, and  
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, 12<sup>th</sup> grade students report more ease of obtaining them compared to the 10<sup>th</sup> grade students, and similarly less difficult.

# LIFESTYLE MODULE

Questions: #71-#92 in the YRBS (Slides 83- 104)

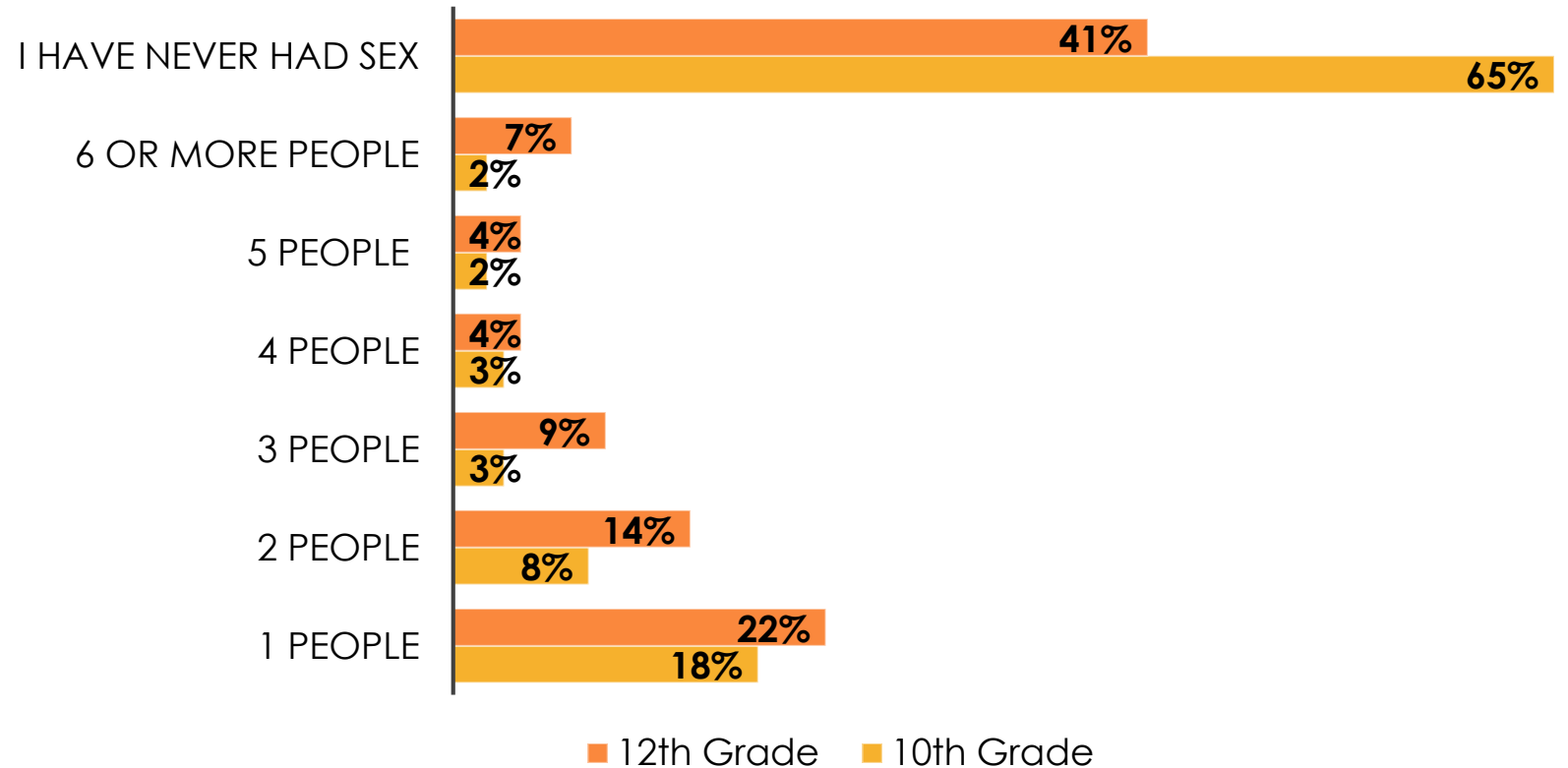
N = 588

# Q71. During your life, with how many people have you had sex? (n=572)

(10<sup>th</sup> grade n = 328)  
(12<sup>th</sup> grade n = 244)

- ▶ 12<sup>th</sup> grade students have had sex more and with more people than 10<sup>th</sup> grade students.
- ▶ 1 person is the most common number of sexual partners for both 10<sup>th</sup> and 12<sup>th</sup> grades students
- ▶ Having multiple sexual partners increases risk of STD and HIV, as well as pregnancy if contraception is not used.

## NUMBER OF SEXUAL PARTNERS



# Q72. The last time you had sex, did you drink alcohol or use drugs beforehand?

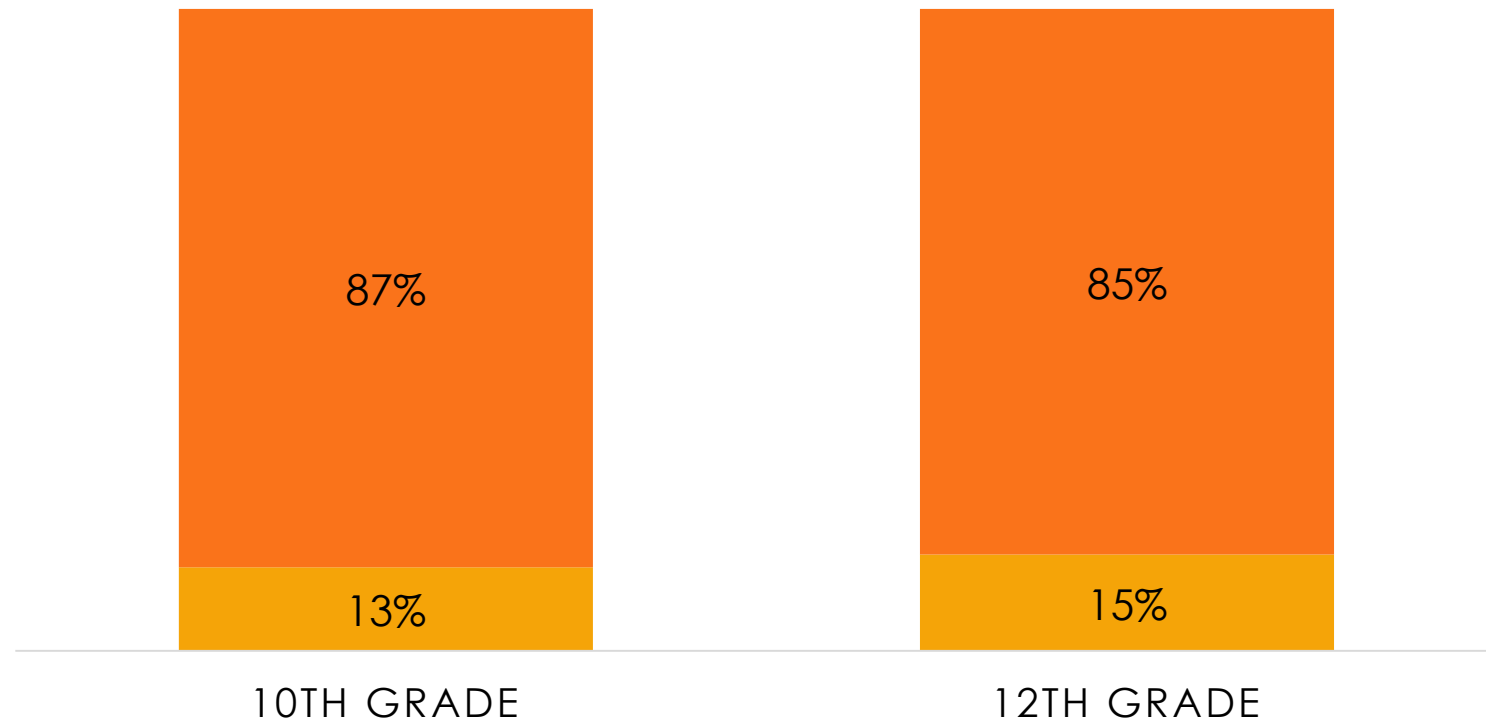
(10<sup>th</sup> grade n = 114)

(12<sup>th</sup> grade n = 145)

- ▶ Participants who indicated they had sex with one or more person on Question 71 were shown this question.
- ▶ 10<sup>th</sup> and 12<sup>th</sup> 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.

## USE OF DRUGS AND ALCOHOL BEFORE SEX

■ Yes ■ No

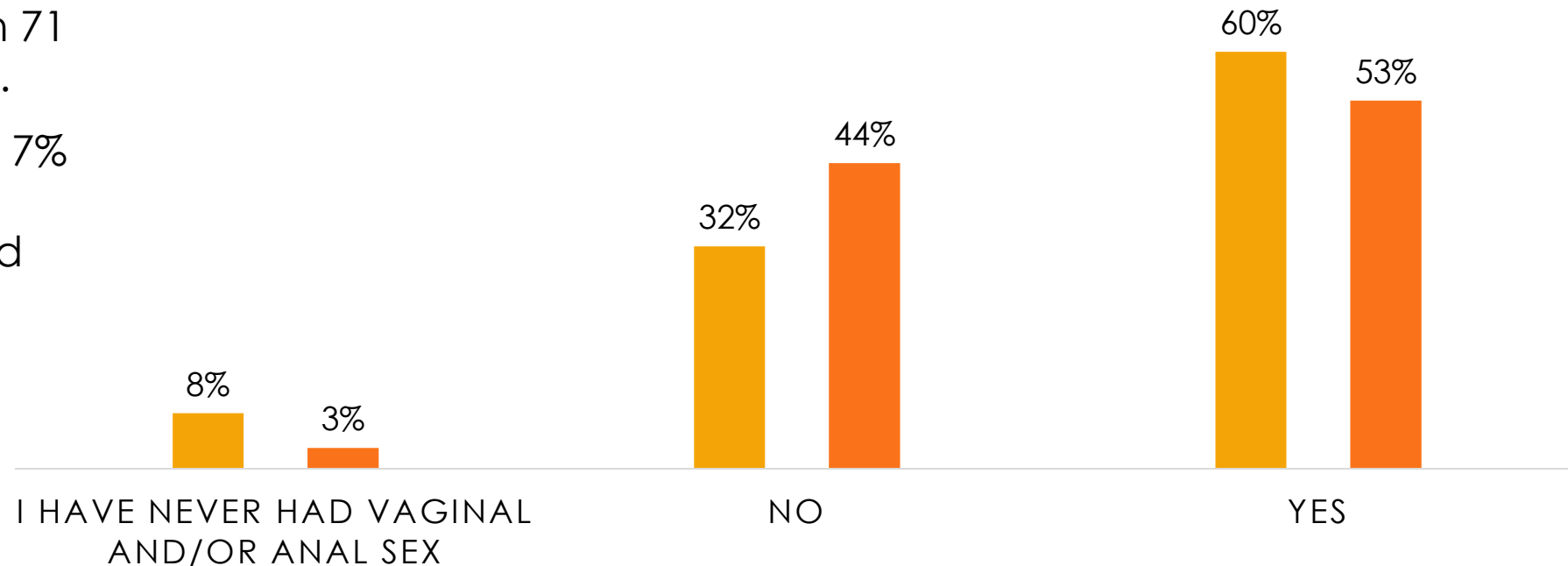


# Q73. The last time you had vaginal and/or anal sex, did you or your partner use a condom?

(10<sup>th</sup> grade n = 112)  
(12<sup>th</sup> grade n = 142)

## CONDOM USE

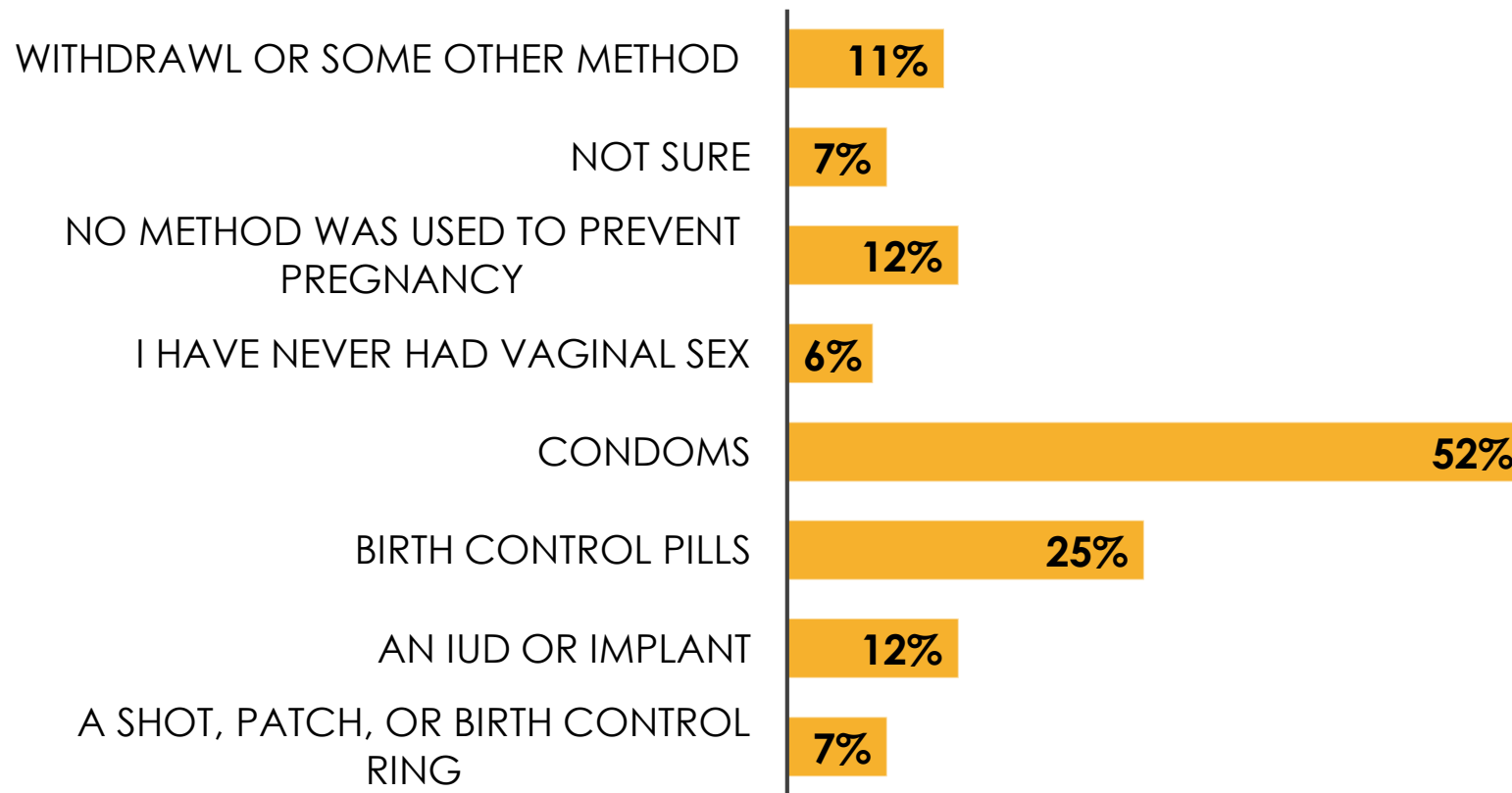
■ 10th Grade ■ 12th Grade



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

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

### PREGNANCY PREVENTION METHODS

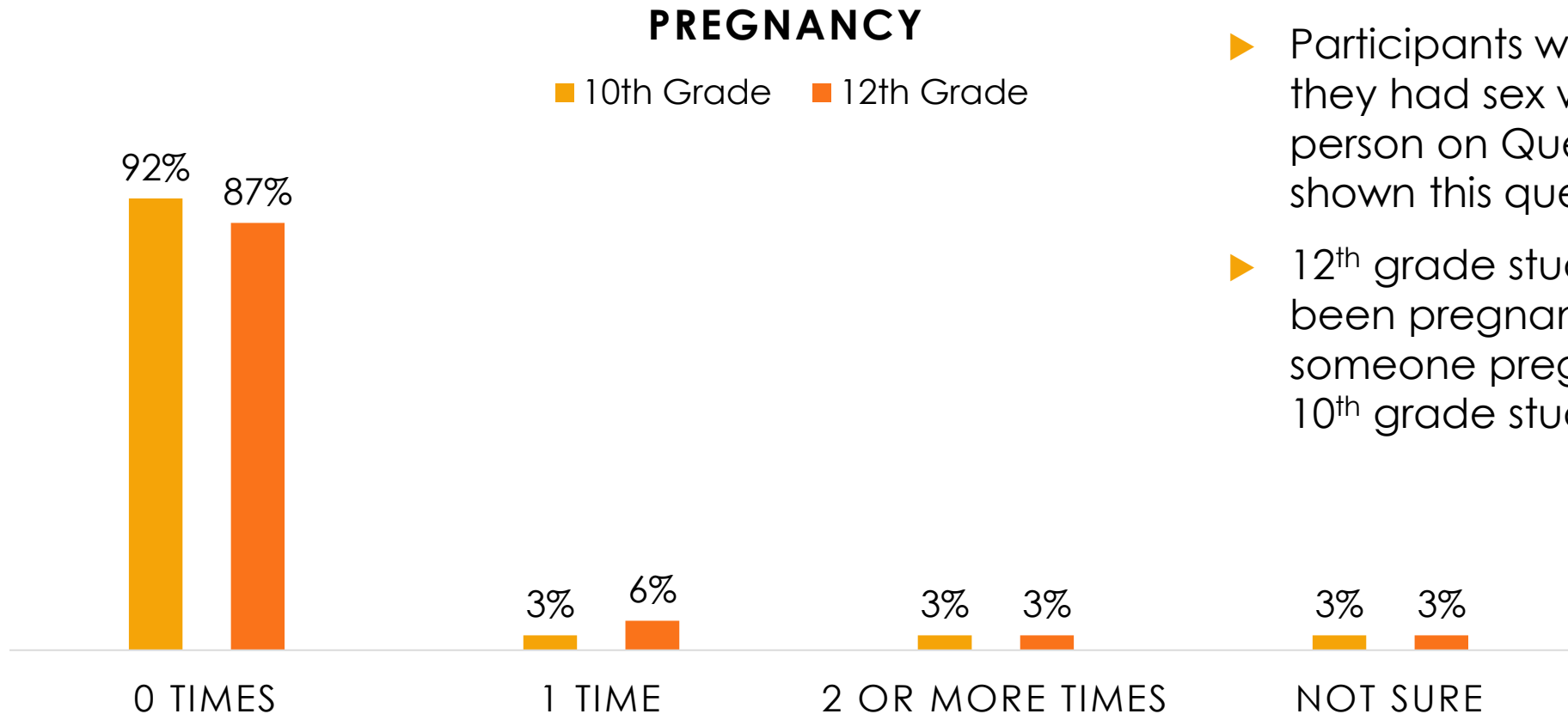


- ▶ Participants who indicated they had sex with one or more person on Question 71 were shown this question. Participants were able to choose more than one method
- ▶ Condoms were the most selected method to prevent pregnancy(52%).
- ▶ Birth control was the second most selected option (25%).

# Q75. How many times have you been pregnant or gotten someone pregnant?

(10<sup>th</sup> grade n = 113)

(12<sup>th</sup> grade n = 145)



- ▶ Participants who indicated they had sex with one or more person on Question 71 were shown this question.
- ▶ 12<sup>th</sup> grade students (9%) have been pregnant or gotten someone pregnant more than 10<sup>th</sup> grade students (6%).

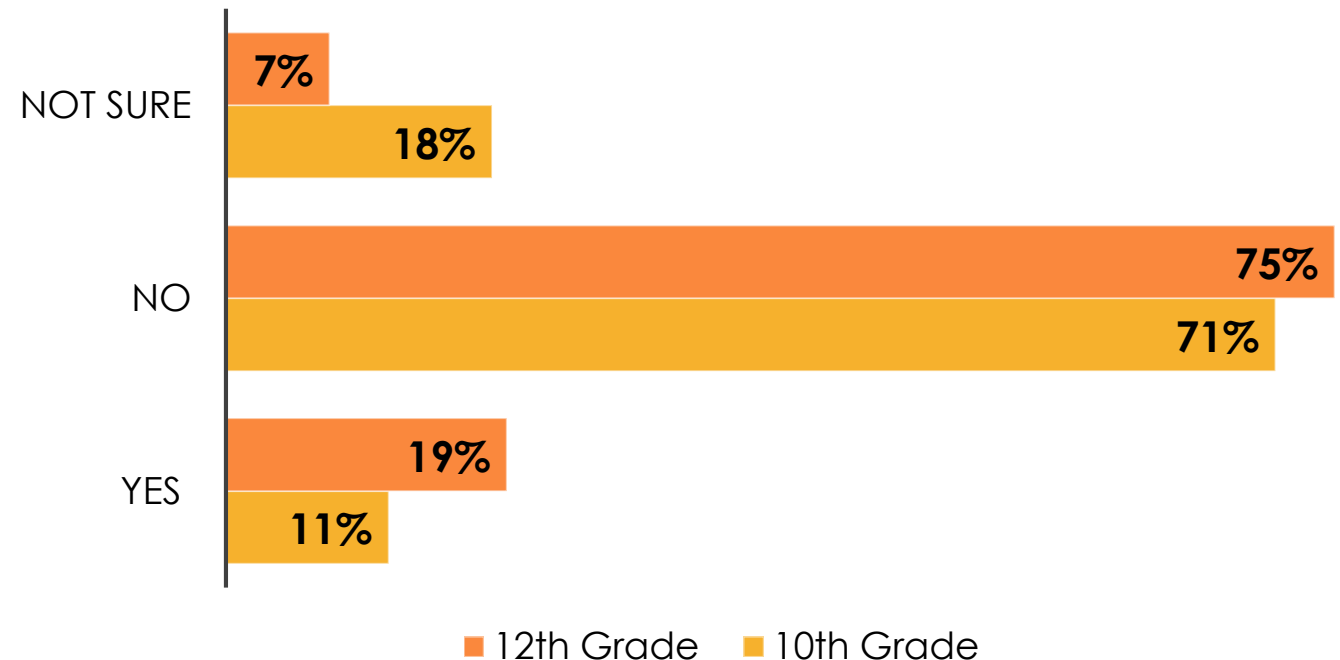
# Q76. Have you ever been tested for HIV, the virus that causes AIDS?

(10<sup>th</sup> grade n = 328)

(12<sup>th</sup> grade n = 244)

- ▶ 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.
- ▶ 12<sup>th</sup> grade students (19%) have been tested slightly more than 10<sup>th</sup> grade students (11%).
- ▶ However, about 3 out of every 4 students have never been tested for HIV.

## HIV TESTING

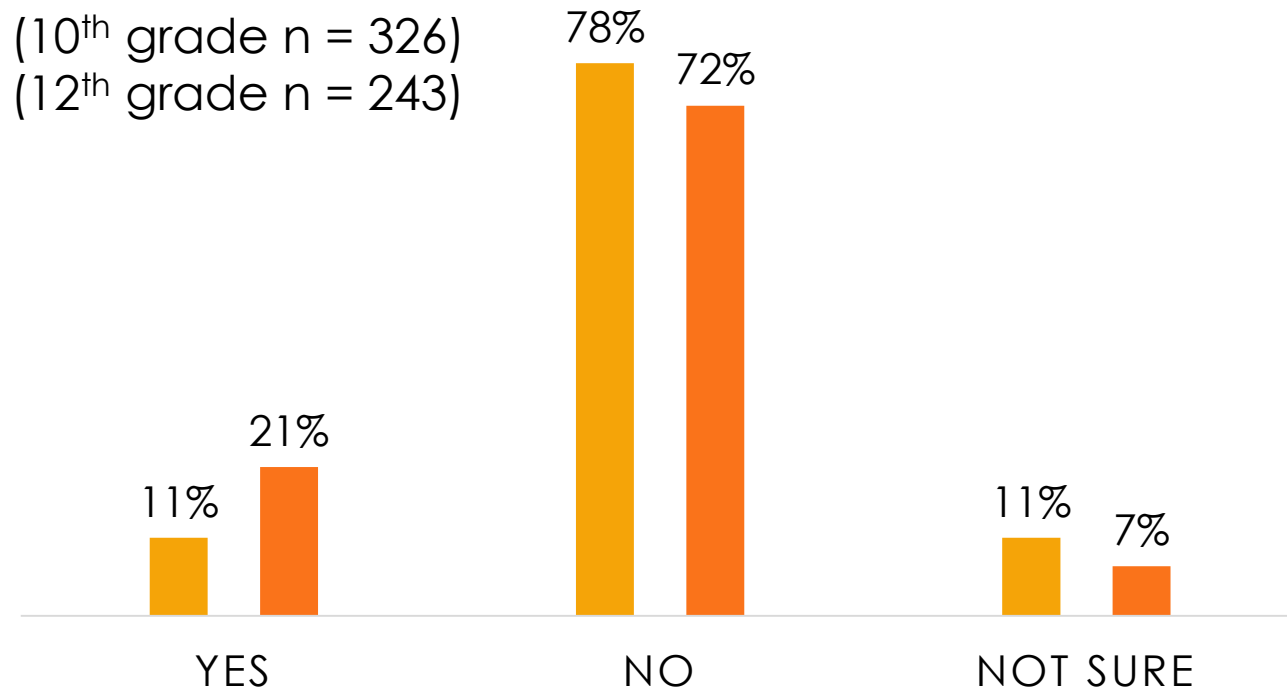




Q77. During the past 12 months, have you ever been tested for a sexually transmitted infection (STI) other than HIV, such as chlamydia or gonorrhea?

### TESTED FOR STI IN THE PAST YEAR

■ 10th Grade ■ 12th Grade



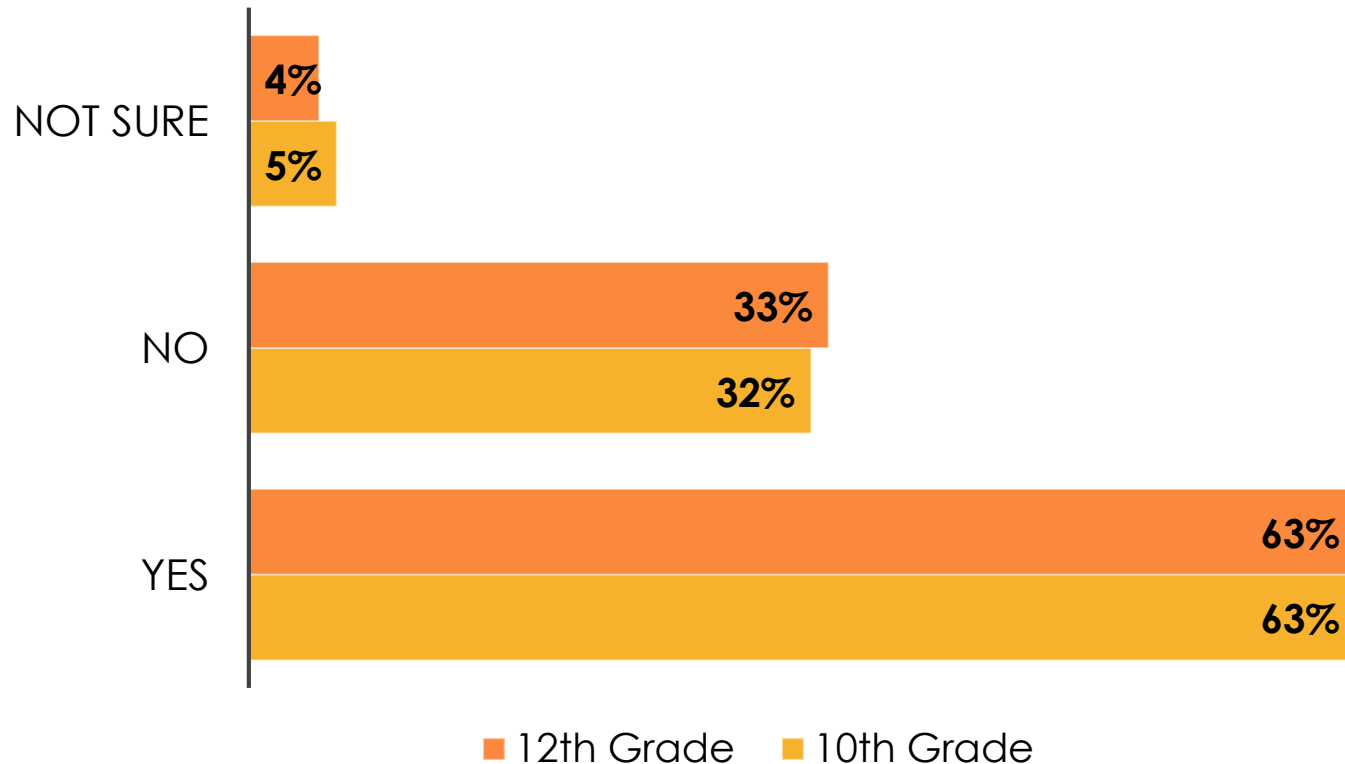
- ▶ 12<sup>th</sup> grade students (21%) reported getting tested for STIs 10% more than 10<sup>th</sup> grade students (11%).
- ▶ Approximately, 3 out of 4 students in both grades have not been tested for STIs in the past 12 months.
- ▶ The CDC recommends yearly, routine STI testing for chlamydia and gonorrhea for sexually active individuals.

# Q78. Have you ever been taught in school about how to use a condom?

(10<sup>th</sup> grade n = 330)

(12<sup>th</sup> grade n = 243)

## CONDOM EDUCATION IN SCHOOL



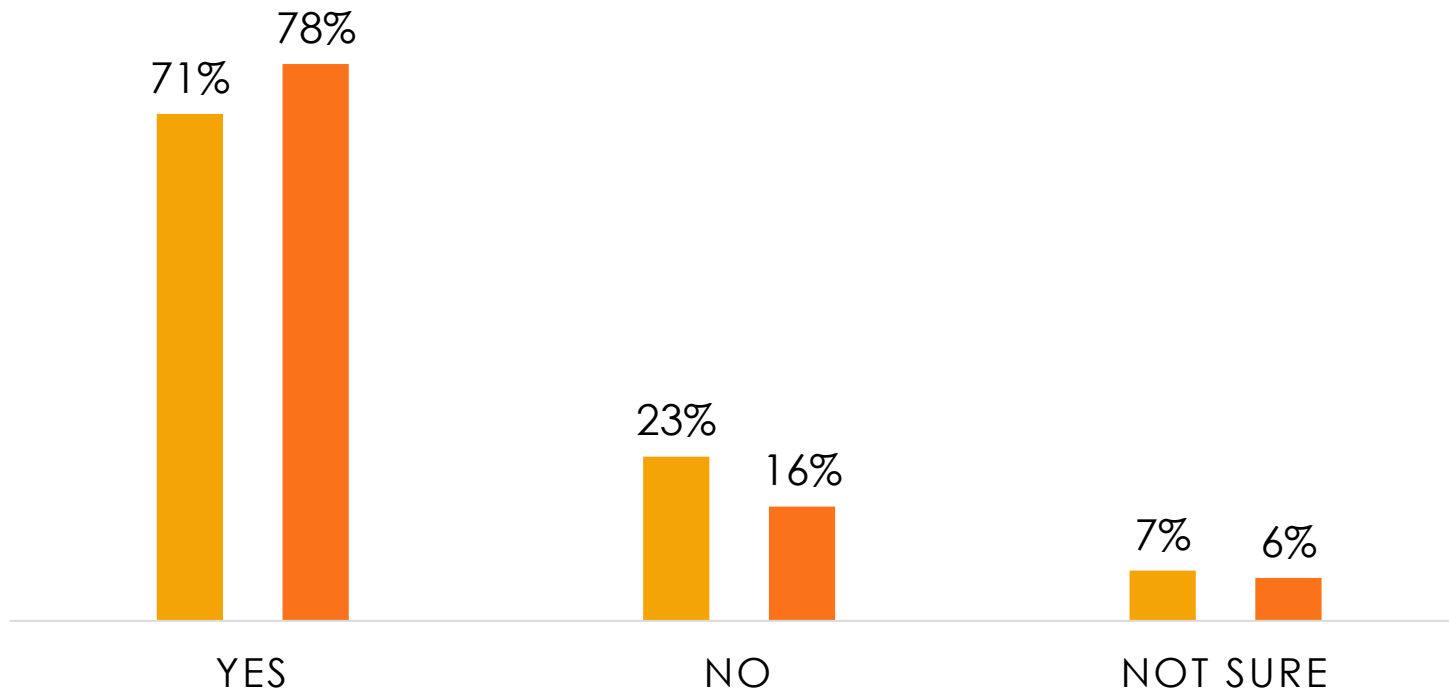
- ▶ Percentages for responses are very similar for both 10<sup>th</sup> and 12<sup>th</sup> graders.
- ▶ More than half (63%) of students have been taught how to use a condom at their school.

# Q79. Have you ever had sex education in school?

(10<sup>th</sup> grade n = 330)  
(12<sup>th</sup> grade n = 243)

## SEX EDUCATION IN SCHOOL

■ 10th Grade ■ 12th Grade

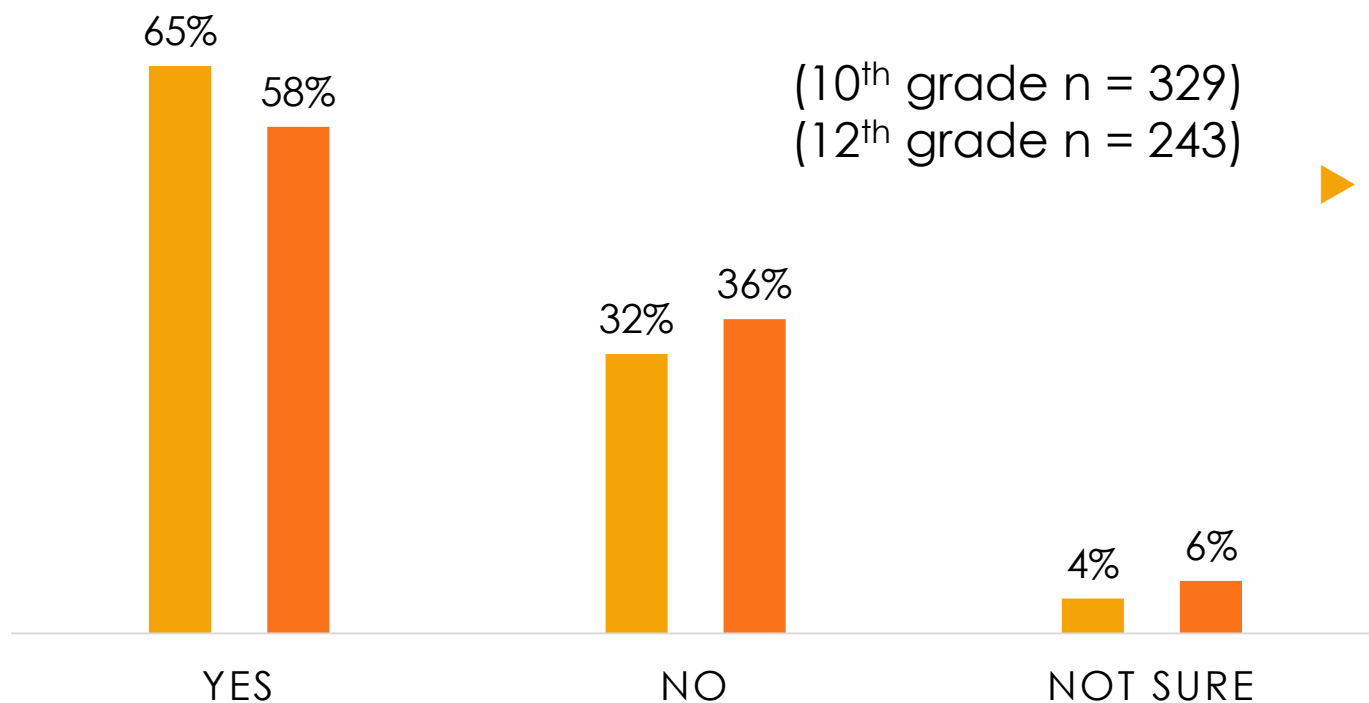


- ▶ 12<sup>th</sup> grade students reported having sex education in school slightly higher than 10<sup>th</sup> grade students, 78% and 71% respectively.
- ▶ 3 in every 4 students have had sexual education in school.

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?

### SEX EXPECTATIONS FROM FAMILY

■ 10th Grade ■ 12th Grade

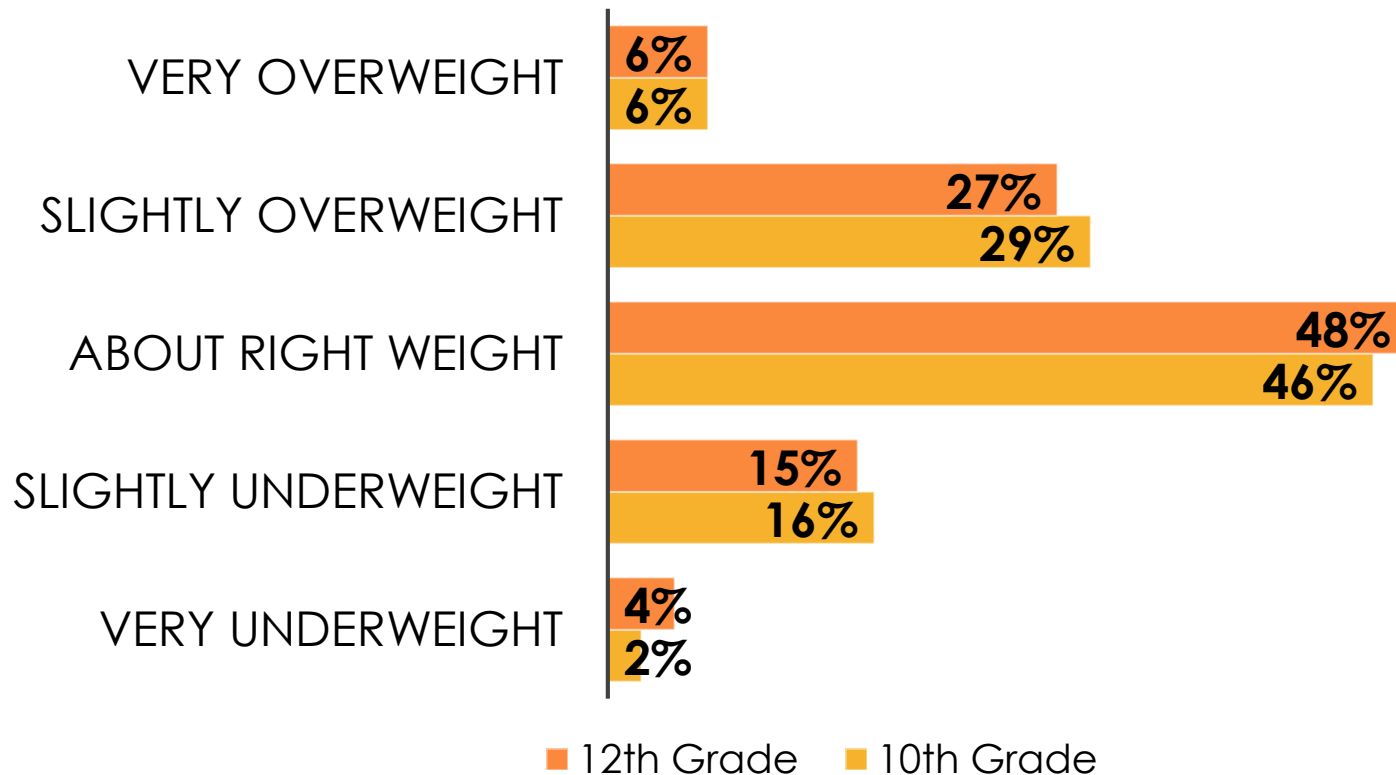


- ▶ More students, both 10<sup>th</sup> and 12<sup>th</sup> grade students, have received sex education from school compared to parents.
- ▶ 32% of 10<sup>th</sup> grade and 36% of 12<sup>th</sup> grade students have not discussed sex expectations with their family, which increases the importance of sex education and discussion in school.

# Q81. How do you describe your weight?

(10<sup>th</sup> grade n = 328)  
(12<sup>th</sup> grade n = 242)

## PERCIEVED 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.

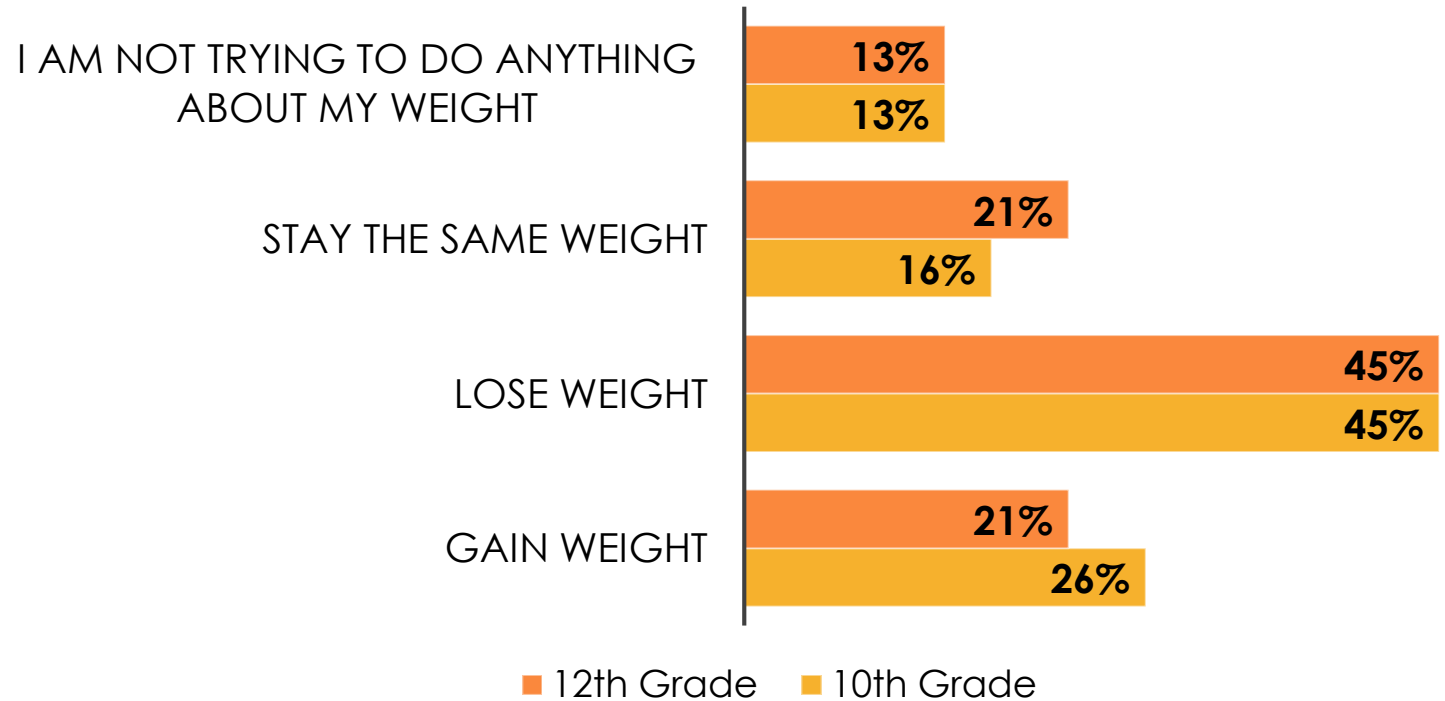
# Q82. Which of the following are you trying to do about your weight?

(10<sup>th</sup> grade n = 329)

(12<sup>th</sup> grade n = 242)

## BEHAVIOR ON WEIGHT

- ▶ About half of the 10<sup>th</sup> and 12<sup>th</sup> grade students (45%) are currently trying to lose weight.
- ▶ 21% of 10<sup>th</sup> grade students and 26 of 12<sup>th</sup> grade students want to gain weight.

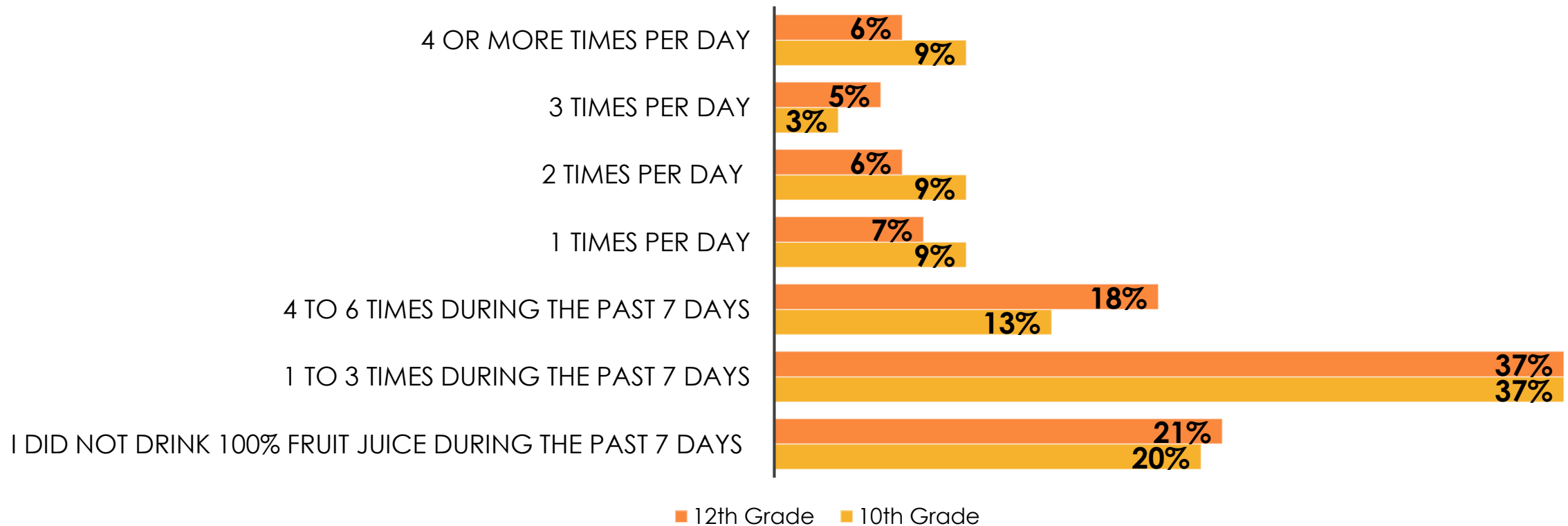


Q83. During the past 7 days, how many times did you drink 100% fruit juices such as orange juice, apple juice, or grape juice?

(10<sup>th</sup> grade n = 327)

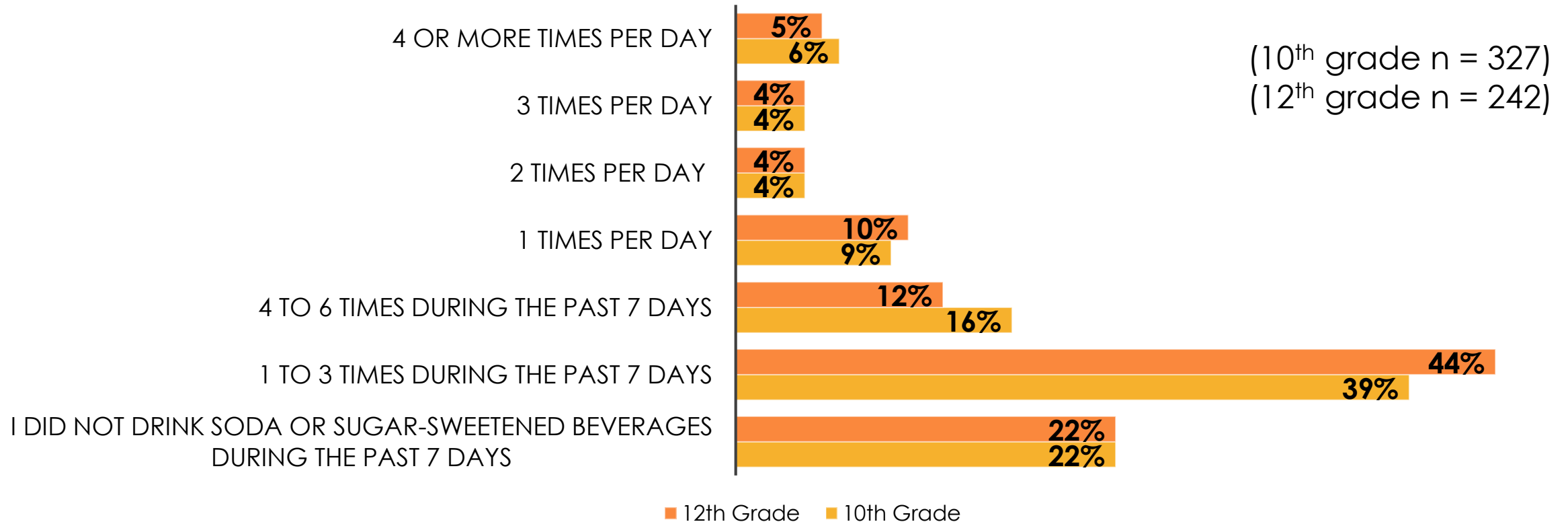
(12<sup>th</sup> grade n = 242)

### CONSUMPTION OF 100% FRUIT JUICES IN THE PAST 7 DAYS



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



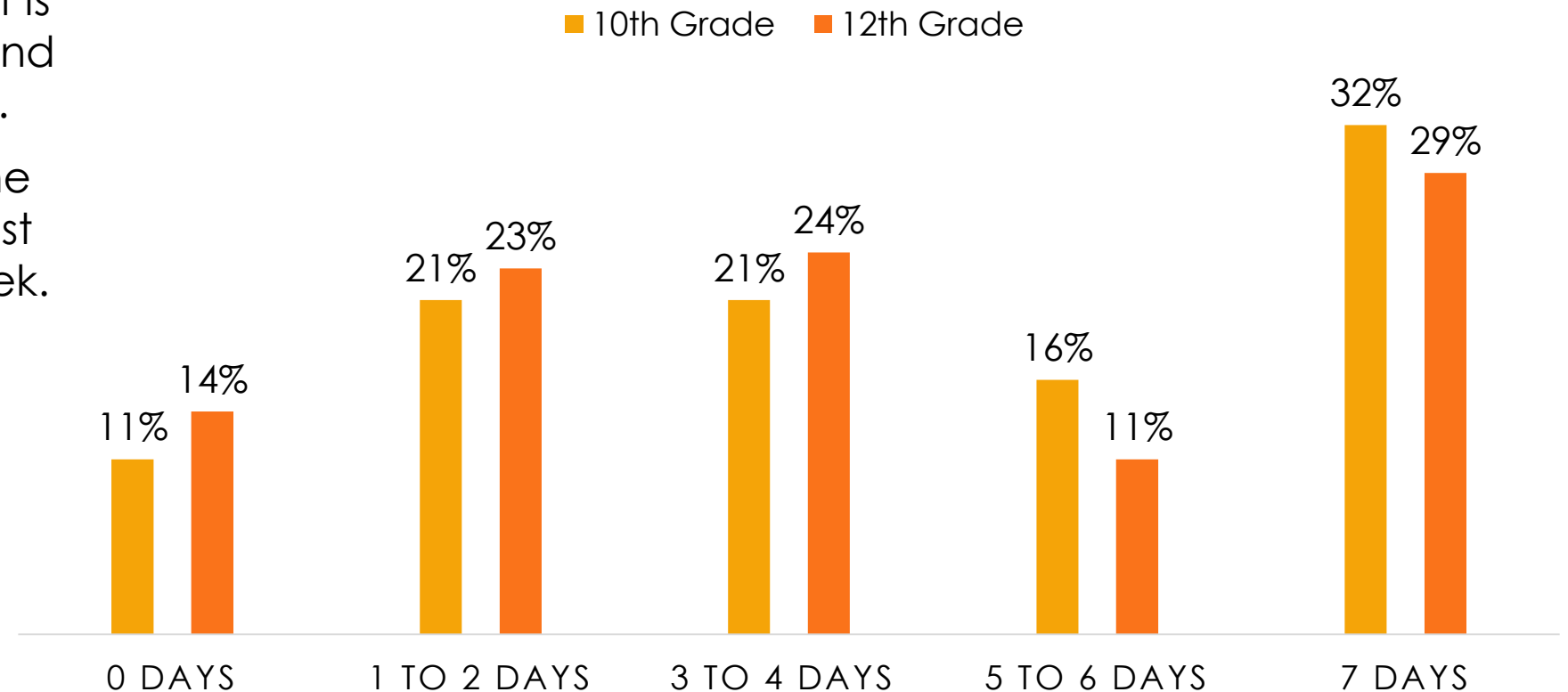


# Q85. During the past 7 days, how many days did you eat breakfast?

(10<sup>th</sup> grade n = 330)  
(12<sup>th</sup> grade n = 242)

## BREAKFAST CONSUMPTION

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

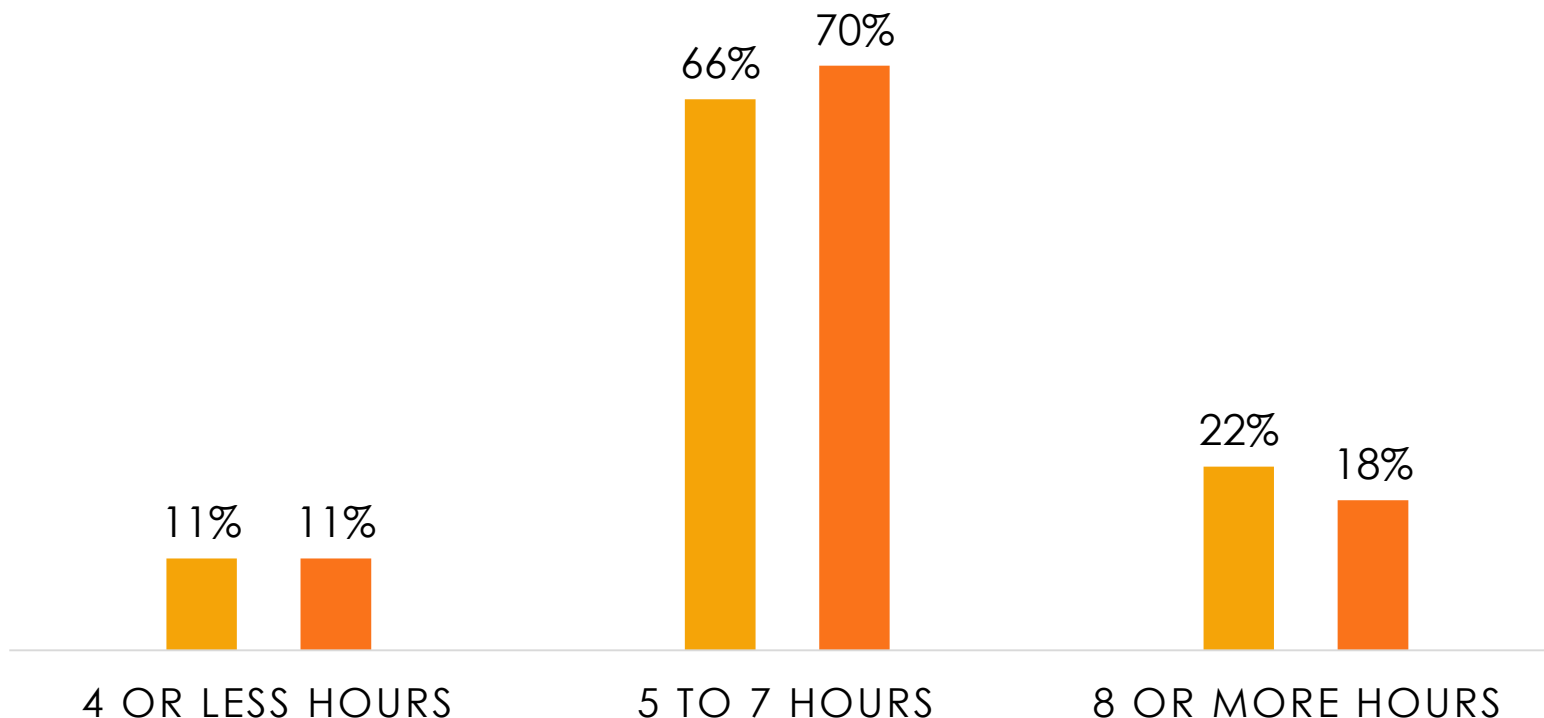


# Q86. On an average school night, how many hours of sleep do you get?

(10<sup>th</sup> grade n = 331)  
(12<sup>th</sup> grade n = 243)

## HOURS OF SLEEP ON A SCHOOL NIGHT

■ 10th Grade ■ 12th Grade



- ▶ 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 on student's health, behavior, and performance in school.
- ▶ Approximately 1 in 4 students get enough sleep on an average school night.

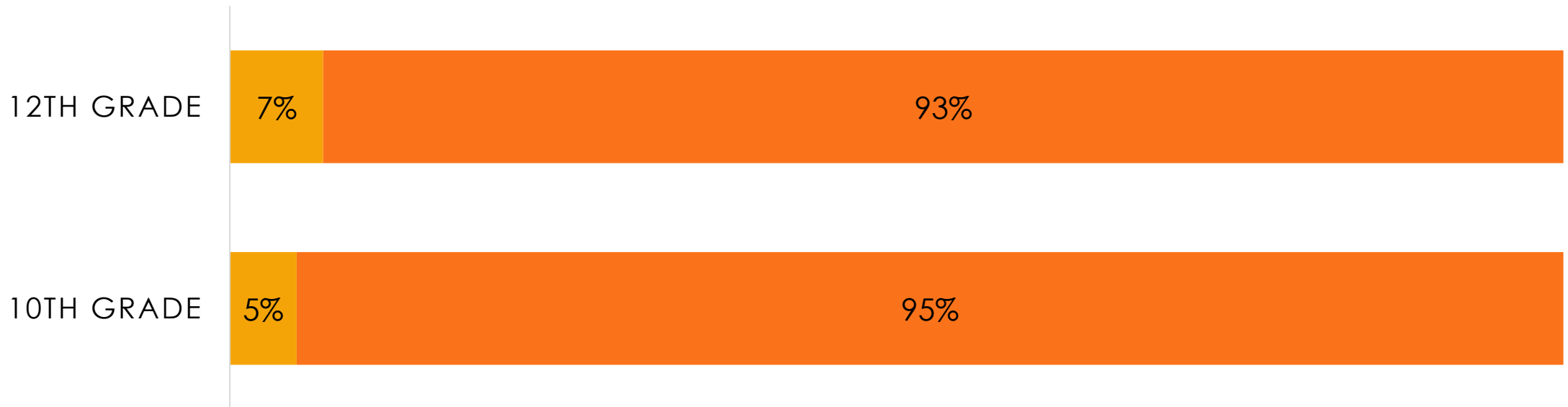
Source: <https://www.cdc.gov/features/students-sleep/index.html>

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?

(10<sup>th</sup> grade n = 327)  
(12<sup>th</sup> grade n = 243)

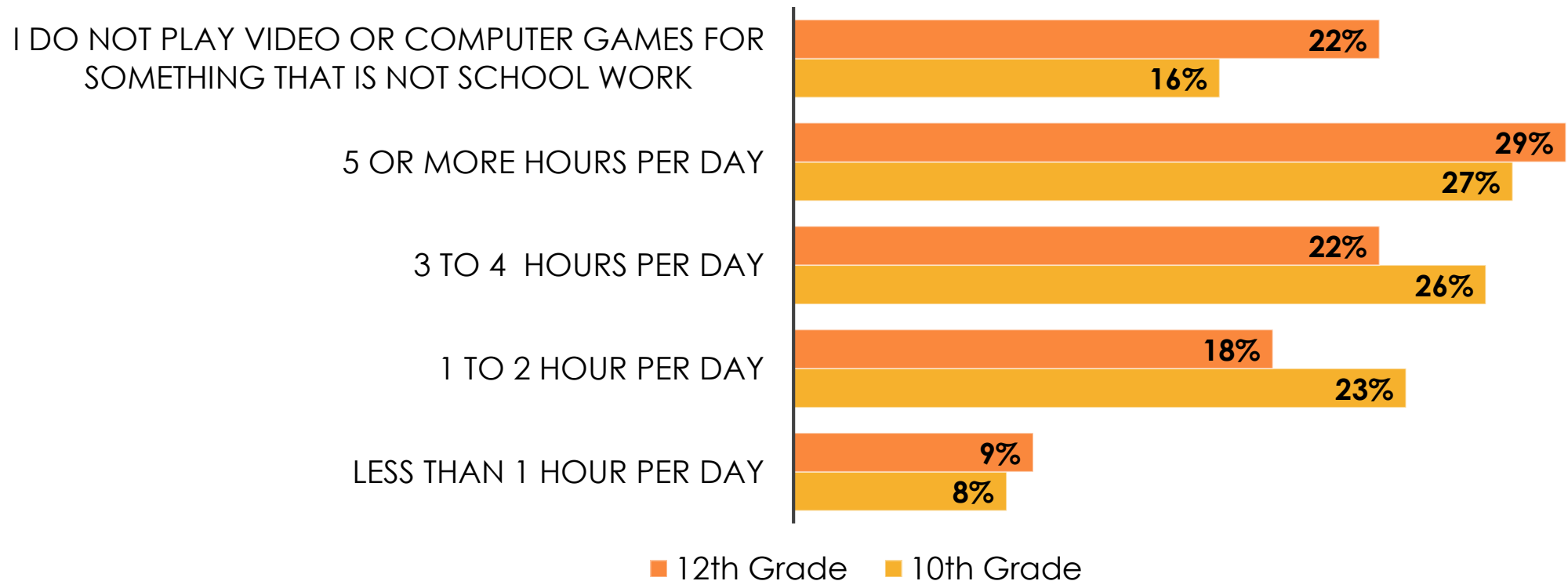
### FORCED TO SLEEP AWAY FROM HOME IN THE PAST 30 DAYS

■ Yes ■ No



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)

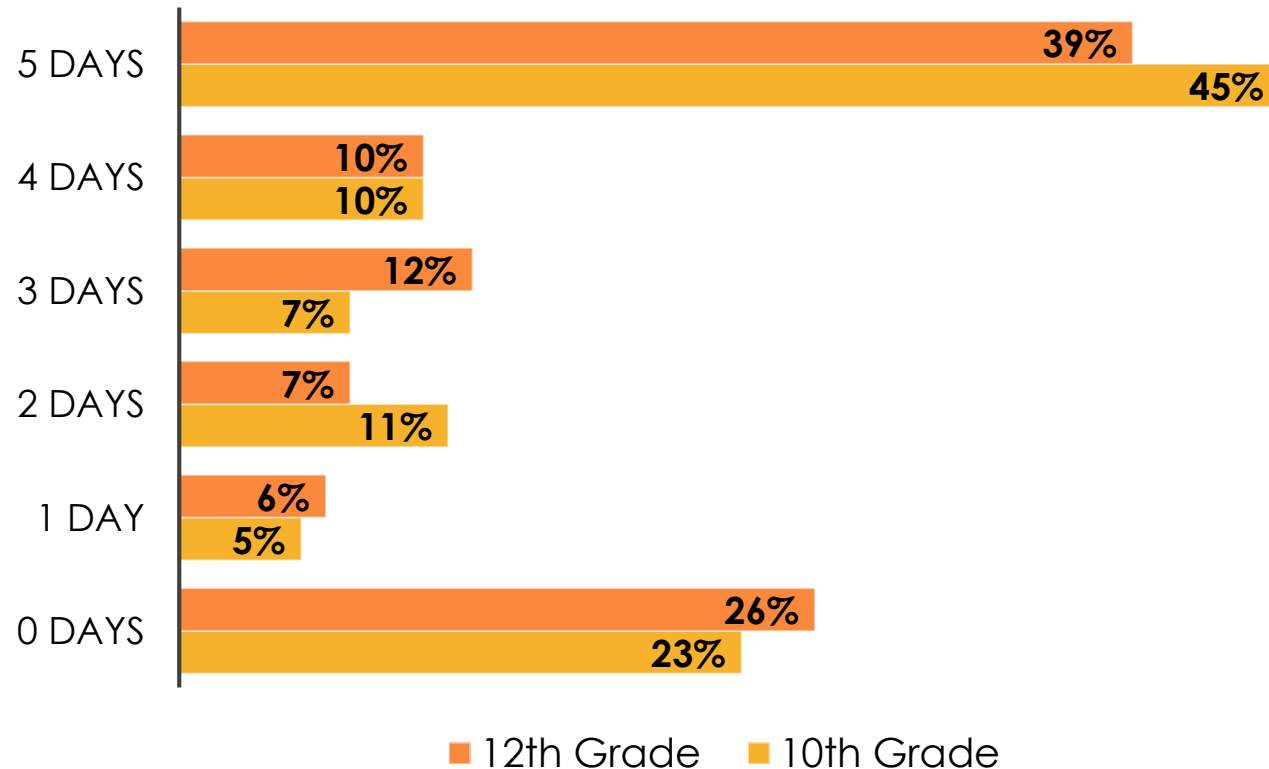
### HOURS PLAYING GAMES NOT RELATED TO SCHOOL



Q89. In an average week when you are in school, on how many days do you go to physical education classes?

(10<sup>th</sup> grade n = 328)  
(12<sup>th</sup> grade n = 241)

### DAYS OF PHYSICAL EDUCATION CLASSES

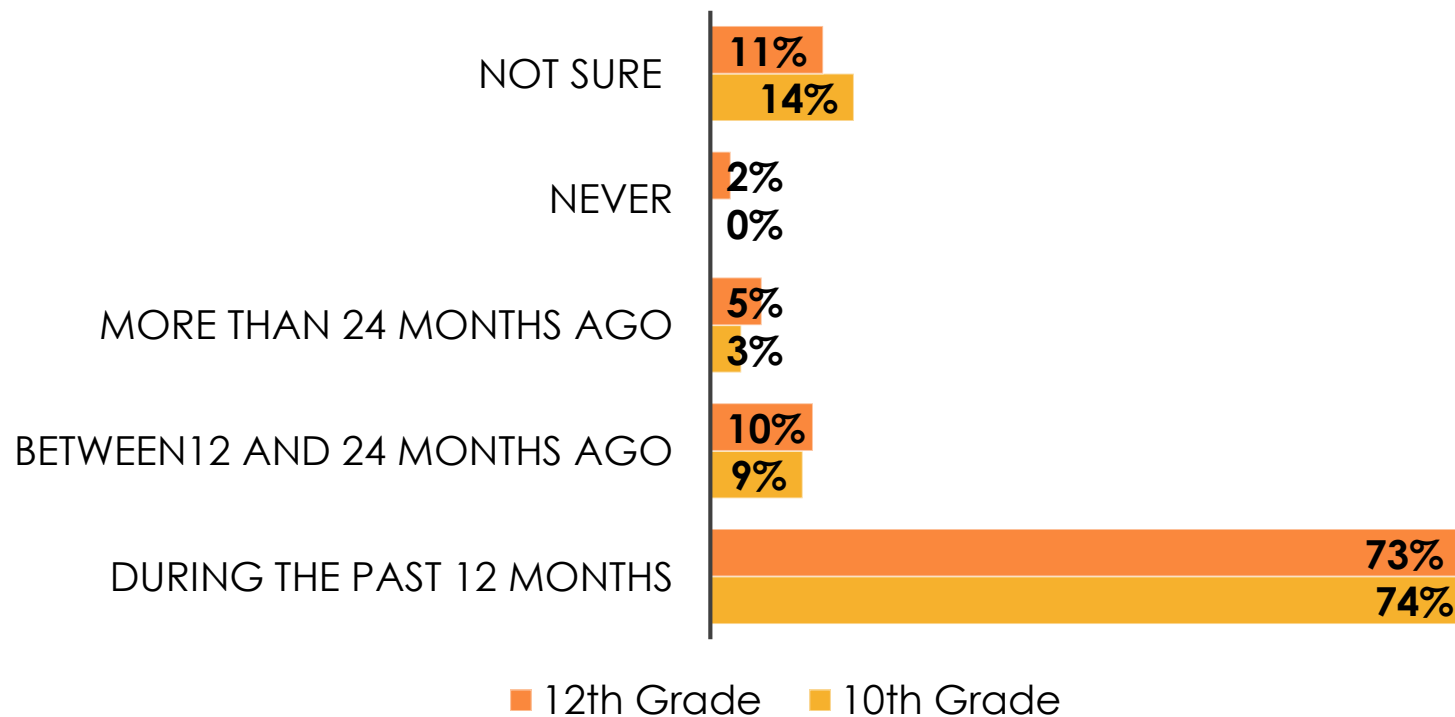


- ▶ About 1 in every 4 students in both grades receive zero days of physical education at school.
- ▶ 26% of the 12<sup>th</sup> grade students reported not going to any physical education classes in school on an average week, compared to 23% of 10<sup>th</sup> grade students.

# Q90. When was the last time you saw a doctor, nurse, or other health professional for an annual check-up, physical, or wellness visit?

(10<sup>th</sup> grade n = 328)  
(12<sup>th</sup> grade n = 242)

## LAST ANNUAL VISIT

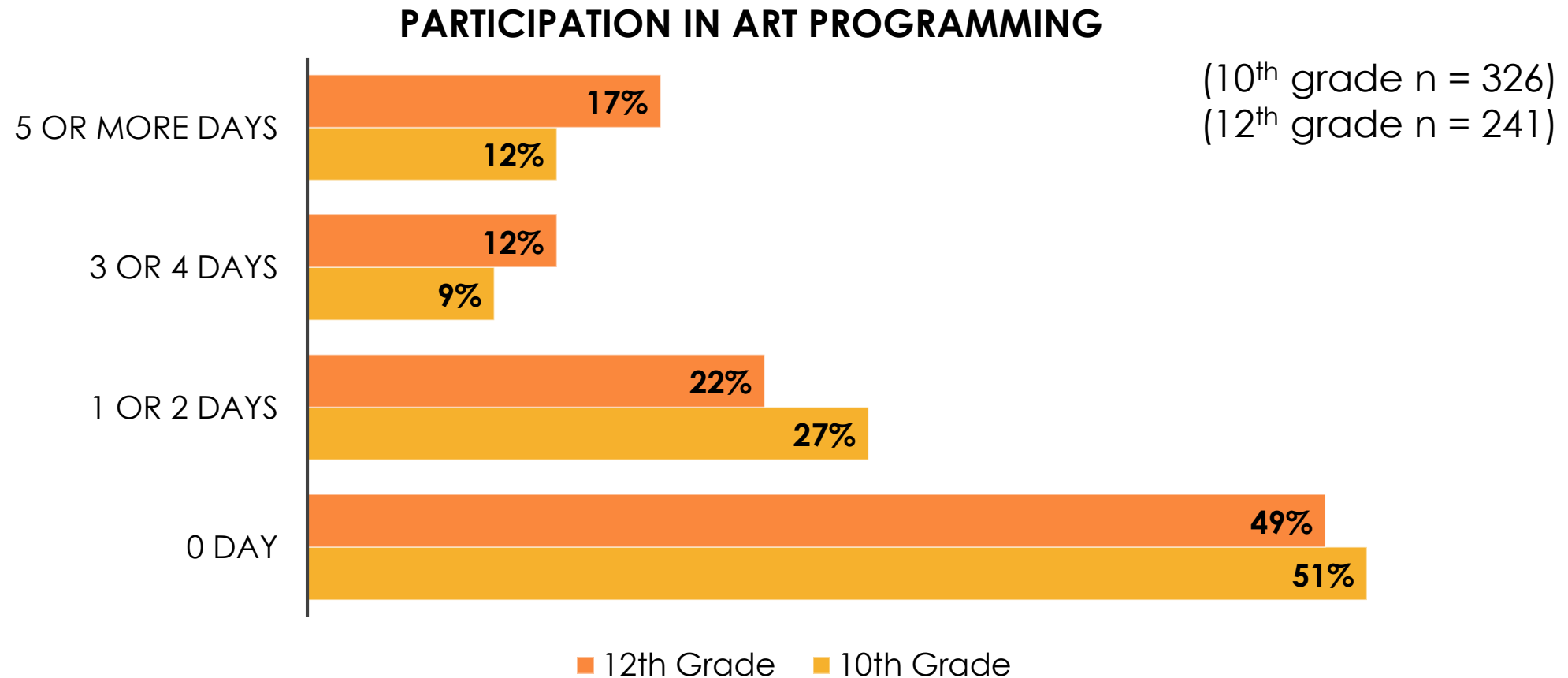


- ▶ Approximately, 3 in every 4 students (75%) have visited a health professional for a physical/annual visit in the past 12 months!
- ▶ The CDC recommends regular check-ups to find problems early to increase treatments and cures.

Source:

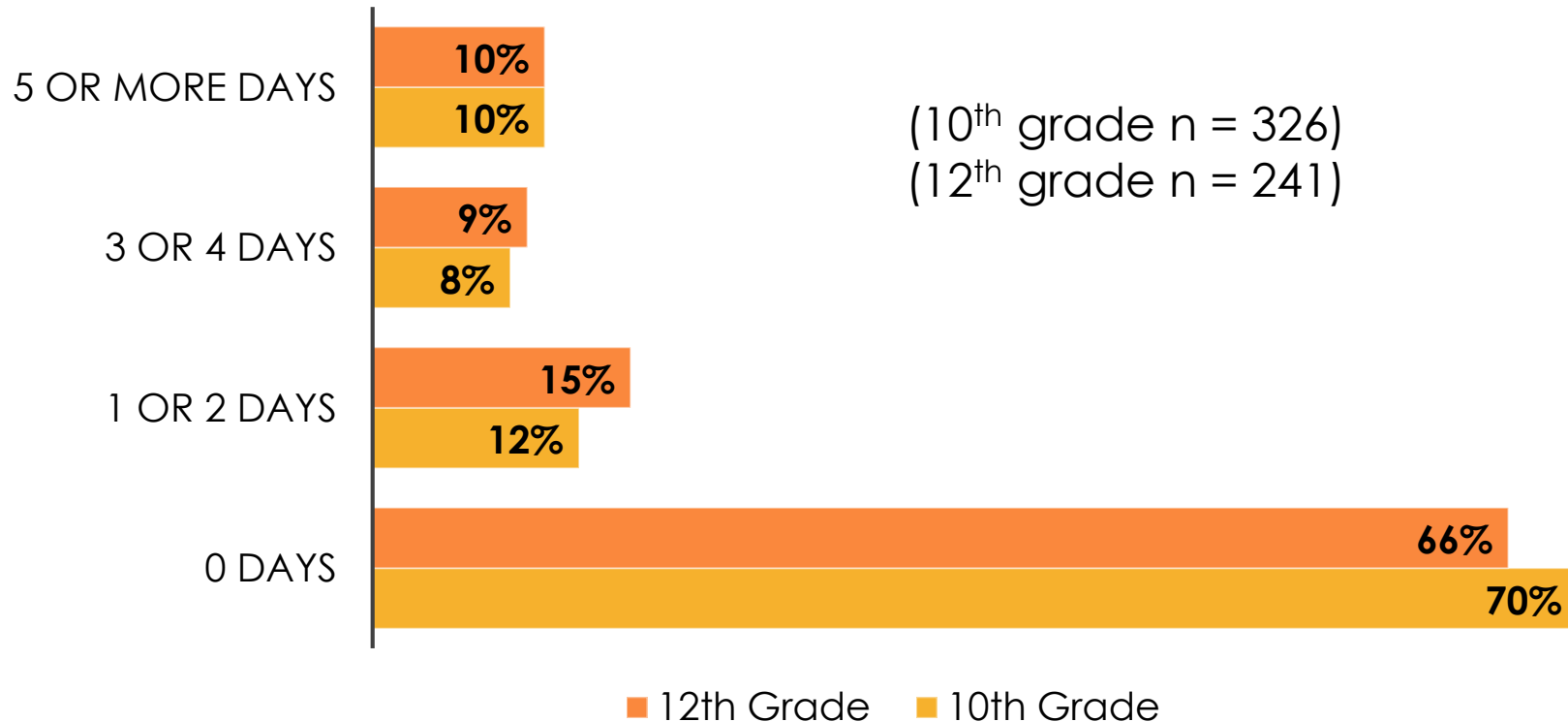
<https://www.cdc.gov/family/checkup/index.htm>

Q91. During the past 7 days, how many days did you take part in organized art activities or programs?



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)?

### PARTICIPATION IN MUSIC PROGRAMMING



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