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2023-24 School Year Rochester City School District Youth Risk Behavior Survey Report

Prepared by the Monroe County Department of Public Health

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Executive Summary

The Youth Risk Behavior Survey (YRBS) results provide a snapshot of the most critical health risks public high school students are facing. The data in this report is intended to help the Rochester City School District, community partners and families assess the needs of our young people, and develop systems and programs to address those needs. By working together, we can improve the health of young people in our community.

Limitations of the results include low response rates and 2 schools that did not participate in the survey. Of the schools that participated the response rates ranged from 4% to 66%. Overall the rate was 37%.

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

Findings in Reported Health Risks

Mental Health

There was a slight decline in students reporting mental health challenges between 2020 and 2021.

- Feeling sad/hopeless for 2+ weeks in a row that they stopped doing their usual activity
 - (36% to 30%)
- Have difficulty concentrating, remembering or making decisions because of mental or emotional challenges
 - (38% to 33%)

Despite these declines, a significant proportion of youth, are experiencing sadness/hopelessness and mental health challenges, especially girls (sad/hopeless -40% among girls, 18% among boys, mental health challenges- 44% among girls, 18% among boys.)

Adverse Childhood Experiences

Research indicates that experiencing adverse childhood events (ACEs), also called trauma, before the age of 18, without intervention and support, increases the likelihood of experiencing mental health challenges, using substances, and engaging in sexual risk behaviors.² Included in the YRBS are 11 questions related to ACES.

¹ Centers for Disease Control and Prevention. Health risk behaviors among adolescents who do and do not attend school—United States, 1992. [September 8, 2020]; *Morbidity and Mortality Weekly Report*. 1994 43(8):129–132.

<https://www.cdc.gov/mmwr/preview/mmwrhtml/00025174.htm> .

²<https://www.cdc.gov/violenceprevention/aces/fastfact.html>, accessed March 11, 2024

Eighty-four percent of youth reported experiencing one or more ACES in their lifetime, 28% reported three or more.

Vaping

The proportion of youth vaping nicotine declined between 2021 and 2023. The amount of young people reporting *ever* vaping nicotine fell from 27% to 22%; reports about their usage within the past month fell from 15% to 11%. These declines mirror national and New York State trends.³⁴

Use of alcohol, tobacco, marijuana and other drugs

Youth reporting use of alcohol, tobacco cigarettes, marijuana and other drugs also declined, but not as a steep of decline that occurred between 2021 and 2023. Some recent national data has shown declines in substance use among youth.⁵

Social Media Use

Social media use is prominent in the lives of public high school students. There is increasing concern that some youth experience addictive like symptoms or problematic social media use. In May 2023, the Surgeon General released an Advisory on Social Media and Youth Mental Health where he issued a call for policy makers, technology companies, researchers, families - and even youth themselves - to gain a better understanding of the full impact of social media has on young people. This year we added to the survey a question about the frequency of social media use and the 9 question Social Media Disorder (SMD) Scale⁶. The Social Media Disorder (SMD) Scale is a 9-question survey designed to identify problematic social media use. Eighty-two percent of youth reported using social media several times per day and 34% reported checking it more than once per hour. Eight percent of youth (10% among girls and 6% of boys) screened positively for problematic social media use based on the SMD Scale.

Gambling

Mobile sports betting went live in NYS in January of 2022.⁷ Between 2021 and 2023, there was an increase in the proportion of youth who reported gambling in the past year among both males and females (males- 7% to 16%; females- 4% to 6%).

³ Birdsey J, Cornelius M, Jamal A, et al. Tobacco Product Use Among U.S. Middle and High School Students — National Youth Tobacco Survey, 2023. MMWR Morb Mortal Wkly Rep 2023;72:1173–1182. DOI: <http://dx.doi.org/10.15585/mmwr.mm7244a1>

⁴ New York State Youth Tobacco Survey 2000-2022. Contact the Bureau of Chronic Disease Evaluation and Research, New York State Department of Health. health.ny.gov/prevention/tobacco_control/reports.htm

⁵ <https://monitoringthefuture.org/data/> , viewed on March 11, 2024.

⁶ van den Eijnden, R., Lemmens, J., Valkenburg, P. The Social Media Disorder Scale. Computers in Human Behavior, Volume 61, August 2016, 478-487. <https://www.sciencedirect.com/science/article/pii/S0747563216302059?via%3Dihub>

⁷ "Recent Impact of Gaming Expansions on Revenues and Problem Gambling in New York" New York State Comptroller, Thomas DiNapoli. October 2023, page 7. Accessed February 20, 2024.

Readers Guide

This report presents the results of the Youth Risk Behavior Survey that was completed by more than 17,000 public high school students in Monroe County during the 2023-24 school year, focused especially on answers given by students of the Rochester Central School District. The response rate was 37%. For more details on participation, methodology, data limitations and differences between the national and local YRBS, please refer to Appendix A.

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

For questions about the YRBS report, please email:

mchealth@monroecounty.gov

Mental Health

Poor mental can impact many areas of a teen's life and can extend beyond into their adult years. Youth with poor mental health may struggle with academics, decision making, and relationships. Mental health problems in youth are often associated with other health and behavioral risks like drug use, experiencing violence, and higher risk sexual behaviors that can lead to HIV, STDs, and unintended pregnancy.⁸

Mental Health Key Findings:

- 44% of girls reported they have serious difficulty concentrating, remembering or making decisions because of mental or emotional challenges compared to 18% among boys.
- 40% of girls reported feeling so sad or hopeless for two or more weeks in a row in the past year that they stopped doing usual activities (a symptom of depression), compared to 18% of boys.
- 12% of girls reported that, in the past year, they made a plan to attempt suicide, versus 5% of boys.
- 9% of girls reported that, in the past year, they attempted suicide compared to 7% of boys.

⁸ <https://www.cdc.gov/healthyyouth/mental-health/index.htm>

Mental Health Trends:

- The percentage of students reporting mental health challenges increase before and during the COVID-19 pandemic, and then declined slightly in 2023.

Adverse Childhood Experiences (ACEs)

Research indicates that experiencing adverse childhood events, also called trauma, before the age of 18, without intervention and support, increases the likelihood of experiencing mental health challenges, using substances, and engaging in sexual risk behaviors.⁹

Adverse Childhood Experiences Key Findings:

- 82% of students reported experiencing one or more ACEs and 28% report 3 or more.

Adverse Childhood Experiences Trends:

- The percentage of students who reported ACES declined overall 2015 and 2021 and did not notably change in 2023.

Grief

Experiencing grief has an impact on student mental health and well-being.

Grief Key Findings:

- 16% of students reported they were feeling depressed, anxious, afraid, empty or confused because of the death of a close family member or friend.
- 12% of students reported that a close family member or friend died due to homicide in the past 2 years.

Grief Trends:

- Questions about grief experiences were added beginning in 2021, so trend data are not available.

Experiences of Racism and Discrimination

Numerous studies have found negative impacts of discrimination on mental health and the likelihood of engaging risk behaviors.¹⁰

⁹ <https://www.cdc.gov/violenceprevention/childabuseandneglect/acestudy/aboutace.html>, accessed August 2019, 2019

¹⁰ Lei Y, Shah V, Biely C, et al. Discrimination and Subsequent Mental Health, Substance Use, and Well-being

Racism and Discrimination Key Findings:

- 26% of Black students felt they were treated badly/unfairly because of their race and/or ethnicity at least some of the time
- 24% of Latino students felt they were treated badly or unfairly because of their race and/or ethnicity at least some of the time
- 29% of students who identify as lesbian, gay, bisexual, or transgender felt they were treated badly or unfairly because of their sexual orientation at least some of the time

Racism and Discrimination Trends.....:

- Questions about racism/discrimination were added beginning in 2021, so trend data are not available.

Violence/Bullying

Exposure to violence has a major impact on school attendance and performance, mental health and overall well-being.¹¹

Violence/Bullying Key Findings:

- 10% of students reported they carried a weapon in the past month
- 20% of students reported they engaged in a physical fight in the past year.
- 25% of students reported having witnessed someone get physically attacked, beaten, stabbed or shot in their neighborhood.
- 12% of students reported they did not go to school on one or more days in the past month because they felt unsafe.
- 15% girls reported they were bullied at school in the past year, compared to 9% of boys.

Violence/Bullying Trends

- Reported weapon carrying and fighting declined between 2015 and 2021, then slightly increased in 2023.
- Reported victimization did not notably change.

¹¹ <https://www.cdc.gov/injury/features/teen-violence-impact/index.html>

Social Media Bullying, Safety and Concerns

Some research shows that engaging in social media may have benefits for youth by providing opportunities to engage with more diverse peer groups¹² and can improve connection and support with other youth who have shared identities, abilities and interests.¹³

There is a growing body of research, however, about the potential harms of social media. In May 2023, the Surgeon General released an Advisory on Social Media and Youth Mental Health where he issued a call to gain a better understanding of the full impact of social media has on young people. Adolescents who use social media can potentially experience bullying, and develop gambling disorders. There is increasing concern that some youth experience addictive like symptoms or problematic social media use.

The Social Media Disorder (SMD) Scale is a 9-question survey designed to distinguish healthy and unhealthy social media use. Questions about frequency of social media use and problematic social media (Social Media Disorder Scale)¹⁴ use were included in the survey for the first time in 2023.

Social Media Bullying, Safety and Concerns Key Findings:

- 11% of students reported they were electronically bullied in the past year.
- 11% of students reported gambling one or more times in the past year.
- 82% of students reported using social media several times per day or more. 34% reported using it more than once an hour.
- 8% of students reported problematic social media use. (Social Media Disorder Scale)

Social Media Bullying Safety and Concerns Trends

- The proportions of students who reported they engaged in sexting declined over all since 2017.
- Rates of reported gambling among both males and females increased between 2021 and 2023. (Males- 7% to 16%; Females- 4% to 6%).

¹² Anderson, M. & Jiang, J. (2018). Teens' Social Media Habits and Experiences. Pew Research Center: Internet, Science & Tech. United States of America. Retrieved from <https://www.pewresearch.org/internet/2018/11/28/teens-social-media-habits-and-experiences/>

¹³ Charmaraman, L., Hernandez, J., & Hodes, R. (2022). Marginalized and Understudied Populations Using Digital Media. In J. Nesi, E. Telzer, & M. Prinstein (Eds.), *Handbook of Adolescent Digital Media Use and Mental Health* (pp. 188-214). Cambridge: Cambridge University Press. <https://doi.org/10.1017/9781108976237.011>

¹⁴ van den Eijnden, R., Lemmens, J., Valkenburg, P. The Social Media Disorder Scale. *Computers in Human Behavior*, Volume 61, August 2016, 478-487. <https://www.sciencedirect.com/science/article/pii/S0747563216302059?via%3Dihub>

Vaping and Tobacco Use

Nicotine is highly addictive. Exposure to nicotine during adolescents harms brain development, impacts learning and attention. Nicotine also increases the risk of future addiction to other drugs.¹⁵

Vaping and Tobacco Use Key Findings:

- 22% of students reported they have ever used a nicotine vape product
- 11% of students reported they used a nicotine vape product in the past month
- 49% of students who used a vape product in the past 12 months reported they tried to quit and no longer vape. 26% tried to quit and but still vape
- 63% reported they think vape products are addictive
- 1% reported they smoked cigarettes in the past month

Vaping and Tobacco Use Trends

- Reported vaping increased between 2015 and 2021 and declined slightly in 2023.
- Reported cigarette smoking declined since 2015.
- Smoking cigars declined between 2015 and 2021, and increased in 2023.

Marijuana Use

Marijuana use has an immediate impact on thinking, attention, memory, coordination, movement, and time perception. Because of these impacts, driving under the influence is dangerous. Marijuana use has been linked to a variety of mental health challenges like depression and social anxiety.¹⁶ It is also worth noting that marijuana use can increase the likelihood of onset and severity of psychosis (an example schizophrenia) among youth who have family history.¹⁷

Marijuana Use Key Findings:

- 27% of students reported they have used marijuana.
- 16% of students reported they used marijuana in the past month.
- 80% of students who used marijuana in the past month reported they smoked it, and 34% vaporized it.

¹⁵ https://www.cdc.gov/tobacco/basic_information/e-cigarettes/pdfs/osh-e-cigarettes-and-youth-what-parents-need-to-know-508.pdf

¹⁶ <https://www.cdc.gov/marijuana/health-effects/brain-health.html#:~:text=Marijuana's%20effects%20on%20attention%2C%20memory,may%20have%20trouble%20remembering%20things.>

¹⁷ [https://www.cdc.gov/marijuana/health-effects/mental-health.html#:~:text=People%20who%20use%20marijuana%20are,that%20are%20not%20really%20there\).](https://www.cdc.gov/marijuana/health-effects/mental-health.html#:~:text=People%20who%20use%20marijuana%20are,that%20are%20not%20really%20there).)

Marijuana Use Trends

- Reported marijuana use declined overall between 2015 and 2023.

Alcohol Use

Alcohol use has an impact on decision making and risk assessment which puts youth at a higher risk of engaging in harmful behaviors and being in dangerous situations. This can include violence (fighting, sexual violence), sexual risks (including unprotected sex), driving under the influence, and intentional self harming behaviors. As previously mentioned the teen brain is developing, so any substance use will likely have a negative impact. Early initiation of drinking is associated with development of an alcohol use disorder later in life.¹⁸

Alcohol Use Key Findings:

- 28% of students reported they have drank one or more alcoholic drinks
- 9% of students reported they drank one or more alcoholic drinks in the past month
- 4% of students reported they engaged in binge drinking in the past month (four or more alcoholic drinks in a row within a couple of hours)

Alcohol Use Trends

- Reported alcohol use declined overall since 2015.

Use of Other Drugs (illicit drugs like cocaine, heroin, fake pills etc., and misuse of medicines)

Illegally acquired drugs, including fake pills, often contain fentanyl and other dangerous substances. Fentanyl is a man- made opioid that is up to 50 times stronger than heroin and 100 times stronger than morphine, making it a major contributor to fatal and nonfatal overdoses.¹⁹

Use of Other Drugs Key Findings:

- 11% of students reported they have taken prescription medicines not prescribed by their doctor or took them differently than their doctor's directions (including pain, sedative, and/or stimulants)
- 3% of students reported they have used over-the-counter drugs to get high
- 8% of students reported that during the past year, they were offered, sold, or given any drugs or *prescription medicines*, on school property or on the way to/from school

¹⁸ <https://www.cdc.gov/healthyschools/bam/alcohol.htm>

¹⁹ <https://www.cdc.gov/stopoverdose/fentanyl/index.html>

Use of Other Drugs Trends:

- Overall the percentage of students reporting using other drugs declined since 2015.

Parental Influences

Parental Influences Key Findings:

- 79% of students reported their parents feel it would be wrong/very wrong for them to drink alcohol
- 91% of students reported their parents feel it would be wrong/very wrong for them to smoke cigarettes
- 76% of students reported their parents feel it would be wrong/very wrong for them to use marijuana
- 84% of students reported their parents feel it would be wrong/very wrong for them to use vape products

Parental Influences Trends:

- Student's reported perception of what their parents would feel about them using substances fluctuated since 2017.

Distracted Driving/Driving Under the Influence

Distracted Driving Key Findings:

- 24% of student drivers reported they looked at their phone to change the music, use social media or text, while driving a car or other vehicle [Distracted driving]
- 13% of students reported they rode in a car with a driver who had been drinking alcohol in the past month
- 10% of students reported they rode in a car with a driver who had been using marijuana, pills or other drugs in the past month

Distracted Driving Trends:

- Reported distracted driving was stable.
- Driving while under the influence declined in 2021, but increased in 2023.

Sexual Risks

Health risks from unprotected sex include unplanned pregnancies and STIs/STDs. Sexually transmitted disease infection rates in Monroe County are the highest in New York State outside of New York City.²⁰

Sexual Risks Key Findings:

- 27% of students reported they have ever engaged in sexual intercourse
- 17% of students reported they engaged in sexual intercourse in the past three months, and are therefore considered sexually active
- 43% of sexually active females reported their partner used a condom the last time they had sex
- 54% of sexually active males reported they used a condom the last time they had sex

Sexual Risk Trends:

- Reported sexual activity and risk behaviors declined between 2015 and 2021 and increased slightly in 2023.
- Overall, reported condom use declined between 2015 and 2023.

Physical Activity and Sleep

Physical activity health benefits for youth include improved cognition (e.g., academic performance, memory) and reduced symptoms of depression.²¹ Adequate sleep contributes to overall health and well-being; getting the proper amount of sleep can help with school achievement and improve mental health. The American Academy of Sleep Medicine recommends youth 13-18 years old get 8 hours of sleep or more per day.²²

- 33% of students reported they engaged in one hour or more of physical activity daily during 5 of the past 7 days
- 27% of students reported they get eight hours or more of sleep on a typical school night
- 52% of students reported they get six hours or less of sleep on a typical school night

Physical Activity and Sleep Trends:

- The percentages of students reporting amounts of physical activity and sleep fluctuated between 2015 and 2023.

²⁰ https://www.health.ny.gov/statistics/diseases/communicable/std/docs/sti_surveillance_report_2022.pdf

²¹ <https://www.cdc.gov/healthyschools/physicalactivity/guidelines.htm>

²² <https://www.cdc.gov/healthyschools/sleep.htm#:~:text=Adequate%20sleep%20contributes%20to%20a,concentration%2C%20and%20improve%20academic%20performance.>

Assets

Strengths and supports that students have in their lives, also known as assets, help guide their choices, contribute to their success at school and improve overall mental and physical well-being.²³

Assets Key Findings:

- 80% of students reported they agree or strongly agree with the statement “My family gives me help and support when I need it”
- 60% of students reported they agree or strongly agree with the statement “I get a lot of encouragement at my school”
- 52% of students reported they agree or strongly agree with the statement “In my community I feel like I matter to people”
- 79% of students reported they know of one or more adults (other than their parents) they can go to and discuss important questions about their life
- 38% volunteer one or more hours per week.

Assets Trends:

- The percentage of students reporting various assets fluctuated since 2015 with the exception of volunteering which dropped off during the COVID-19 lockdown and has not returned to pre-pandemic levels.

²³ <https://www.search-institute.org/our-research/development-assets/developmental-assets-framework/>

Mental Health

Students Reported They:	%
Felt so sad or hopeless almost every day for two or more weeks in a row that they stopped doing their usual activities, in the past year	30
Have serious difficulty concentrating, remembering, or making decisions because of mental, or emotional challenges ¹	33
Did something to purposely hurt themselves without wanting to die, such as cutting or burning themselves during the past 12 months (self-injurious behavior)	10
Seriously considered attempting suicide in the past year	12
Made a specific plan about how they would attempt suicide in past year	9
Attempted suicide in the past year	8
Attempted suicide in the past year that resulted in an injury that needed treatment by a doctor or nurse (injurious suicide attempt)	2
Before suicide attempt, asked for help from someone such as a doctor, counselor or hotline- of those that reported a suicide attempt ²	33

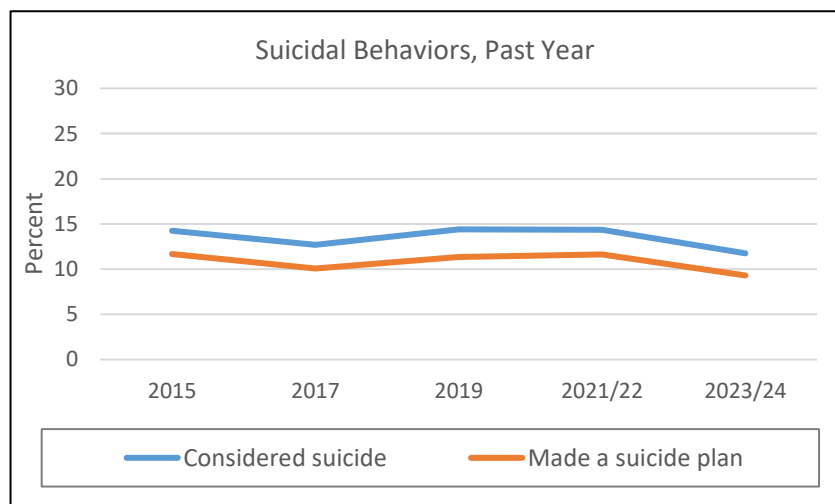
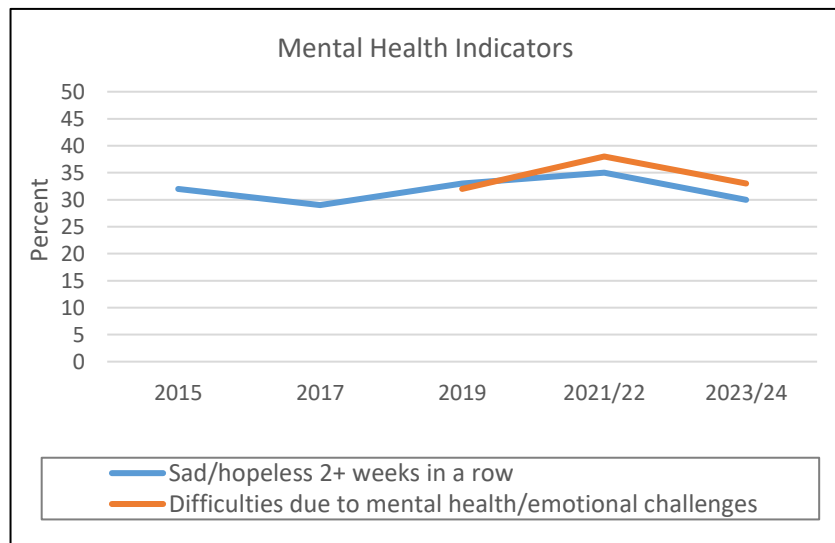
¹New question in 2019

²New question in 2023

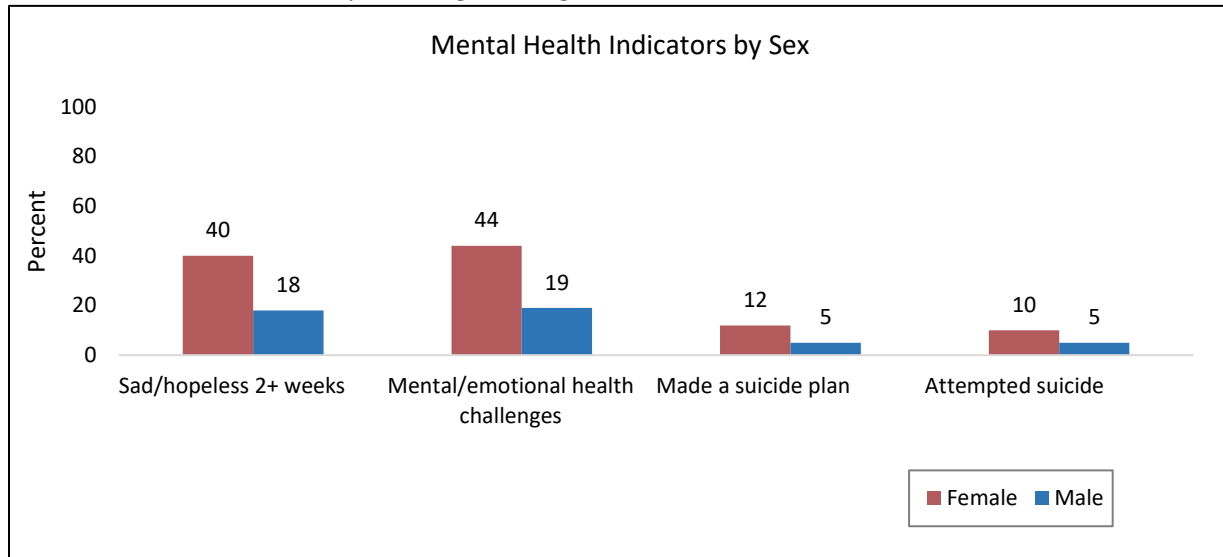
The proportion of youth reporting sadness/hopelessness and mental health challenges declined between 2021 and 2023.

These declines occurred among both females and males.

Youth reporting suicidal behaviors also declined.



Females were more likely than males to report mental health problems and suicidal behavior. The percentage of female youths reporting feeling sad/hopeless, or experience emotional challenges, is a more than double than that percentage among males.



Females who attempted suicide in the past year were more likely to report they sought help from a counselor or hotline prior to their attempt (35% compared to 29%).

Adverse Childhood Experiences (Trauma)

Students were asked a series of 11 questions about traumatic experiences and events during their life.

Students Reported They:	%
Often or repeatedly a parent or adult in their home swore at them, insulted them or put them down (verbal abuse)	10
Often or repeatedly a parent or adult in their home hit, beat, kicked or physically hurt them in any way (physical abuse)	3
Often or repeatedly parents or adults in their home, slapped, hit, kicked or beat each other up	2
Often or repeatedly, their family has not had enough money to buy food or pay for housing	6
Ever lived with anyone who was having a problem with alcohol use, drug use or problem gambling ¹	17
Ever lived with anyone who had severe depression, anxiety, or another mental illness ²	23
Ever had anyone in their household go to jail or prison	25
Ever witnessed someone get physically attacked, beaten, stabbed, or shot in your neighborhood	25
They were ever forced to do any of the following: have sexual intercourse, touch someone sexually, or be touched by someone sexually	9
They disagree or strongly disagree with the statement, “my family gives me the help and support I need”	7
They currently do not live with both parents	65

1 Question changed from “Have you 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?”

2 Question changed from “Have you ever lived with anyone who was depressed, mentally ill, or suicidal?”

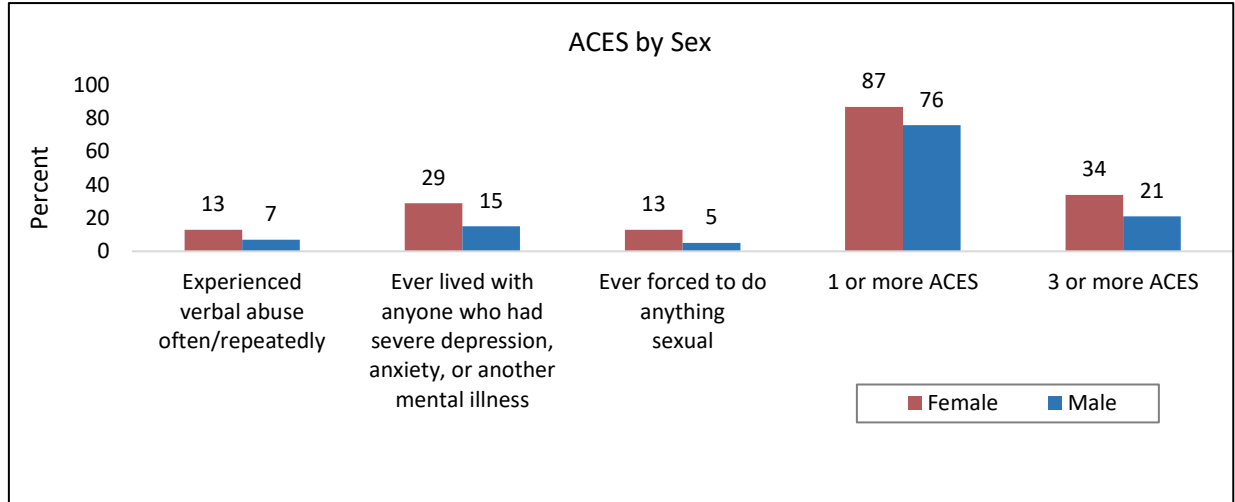
We added up the total number of reported experiences for each student. If a student left a question blank, and the sum of the remaining questions equaled zero, their responses were set to missing

Eighty-two percent of students reported one or more adverse experiences and 28% reported three or more.

# of Traumatic Life Events Reported by Students	%
no reported ACES	18
1 or more	82
3 or more	28

The percentage of students who reported ACES declined overall 2015 and 2021 and did not notably change in 2023.

Females were more likely to report ACES compared to males.



Grief

Sixteen percent of students reported that at this time they were feeling depressed, anxious, afraid, empty or confused because of the death of a close family member or friend. Females (20%) compared to males (12%) were more likely to report they were currently experiencing mental health challenges due to grief.

Sixteen percent of Black and 15% of Latino students reported they were currently having mental health challenges due to the death of a close family member or friend compared to 12% of White students.

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

	%
A sudden or unexpected death like from a car crash, suicide, drug overdose or heart attack	16
COVID-19	8
Violence/homicide	12
A death due to another reason	29

Fifteen (15%) percent of Black students reported that a close family member or friend died due to homicide in the past 2 years.

Experiences of Racism and Discrimination

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

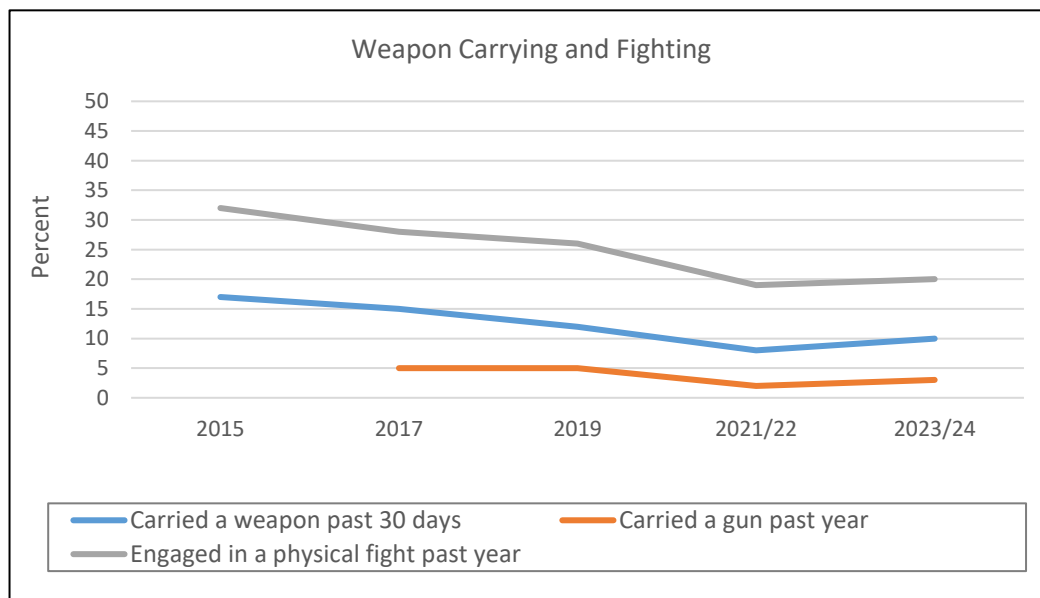
Students Reported:	%
They felt they were treated badly or unfairly because of their race or ethnicity at least some of the time (SOMETIMES, MOST OF THE TIME, OR ALWAYS)	
students who identify as LATINO	21
students who identify as BLACK	26
students who identify as WHITE	12
students who identify as ANOTHER RACE OR MULTIPLE RACES	28

Students Reported:	%
They felt they were treated badly or unfairly because of their sexual orientation at least some of the time (SOMETIMES, MOST OF THE TIME, OR ALWAYS)	
students who identify as LBGTQ	29

Violence/Bullying

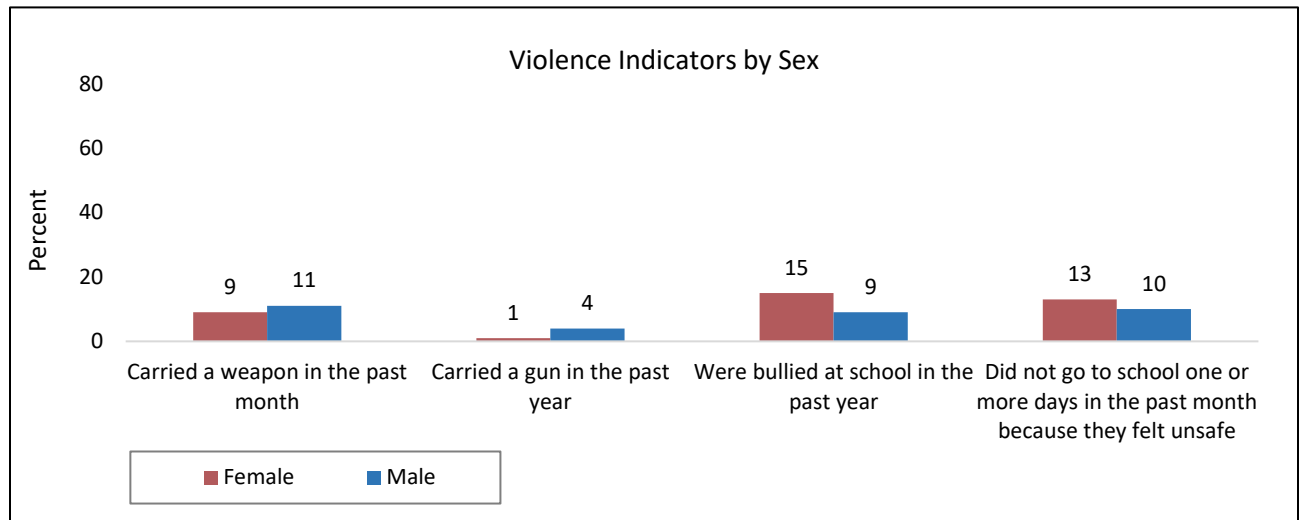
Students Reported They:	%
Carried a weapon in the past month	10
Carried a weapon on school property in the past month	2
Carried a gun in the past year	3
Engaged in a physical fight in past year	20
Were threatened/injured on school property 1 or more times during past year	7
Did not go to school on one or more days in the past month because they felt unsafe	12
Were bullied on school property or on the way to and from school in the past 12 months. (Bullying is when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student. It is not bullying when 2 students of about the same strength or power, argue, fight or tease each other in a friendly way.) ¹	13
In the past year, were physically hurt by someone they were dating, “talking to” or going out with	7

Reported weapon carrying and fighting declined between 2015 and 2021, then slightly increased in 2023.



Reported victimization did not notably change.

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



Social Media-Bullying and Safety Issues

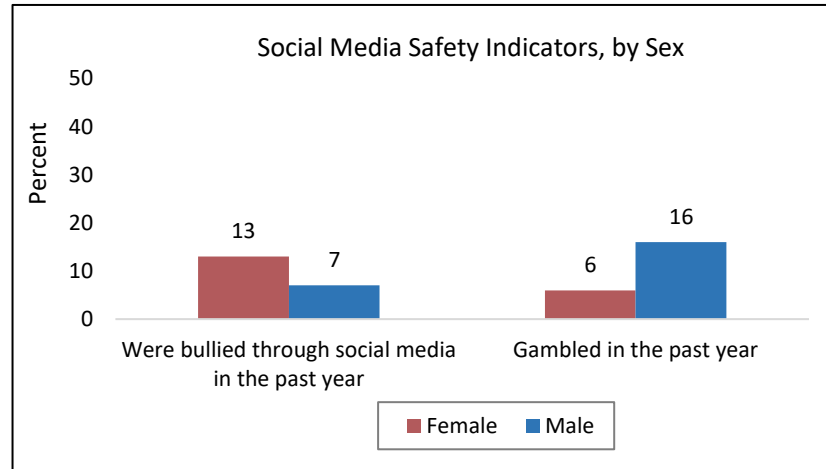
Students Reported They:	%
Were bullied through social media in the past 12 months ¹	11
Ever used a cell phone, computer or other electronic device to <u>SEND/POST</u> nude or semi-nude pictures or videos of themselves or someone else	9
Ever used a cell phone, computer or other electronic device to <u>RECEIVE</u> nude or semi-nude pictures or videos of someone else	12
Gambled one or more times in the past 12 months ²	11
Frequency of Social Media Use- Several times per day or more	82
Frequency of Social Media Use- More than once an hour	34
In the past year: (Indicators of problematic social media use)	
Regularly felt like you can't think about anything else except social media	13
Regularly felt dissatisfied because you wanted more social media time	11
Often felt bad when could not use social media	12
Tried to spend less time on social media but failed	27
Regularly neglected activities because of social media (hobbies, sports)	13
Regularly had arguments because of social media use	11
Regularly lied to friends/parents about time spent on social media	7
Often used social media to escape negative feelings	31
Had serious conflict because with parent(s), guardian(s), brother(s), sister(s) because of social media use	8
Answered yes to 5 or more indicators of problematic social media use	8

¹ Examples: when another student teases, threatens, spreads rumors about you, or sends pictures or videos of you, through texting, gaming sites, or social media websites like TikTok, Discord, Instagram, Snapchat, YouTube etc.

² This could include gambling online (example Draft Kings), on sports teams, on a card or dice game, or on a game of personal skill such as pool or a video game

The proportion of youth who reported they engaged in sexting declined overall since 2017. Rates of reported gambling doubled 2021 and 2023 from 6 to 11%. (Males 7% to 16%, Females 4% to 6%).

Females were more likely than males to report social media safety issues, while males were more likely to report gambling.



Females were more likely than males to report indicators of problematic social media use.

Students Reported They:	Females %	Males %
Frequency of Social Media Use- Several Times per day or more	85	78
In the past year: (Indicators of problematic social media use) ³		
Regularly felt like you can't think about anything else except social media	14	10
Regularly felt dissatisfied because you wanted more social media time	13	8
Often felt bad when could not use social media	14	9
Tried to spend less time on social media but failed	35	18
Regularly neglected activities because of social media (hobbies, sports)	16	9
Regularly had arguments because of of social media use	13	9
Regularly lied to friends/parents about time spent on social media	7	6
Often used social media to escape negative feelings	39	22
Had serious conflict because with parent(s), guardian(s), brother(s), sister(s) because of social media use	9	6
Problematic social media (answered yes to 5 or more questions above)	10	6

Vaping and Tobacco Use

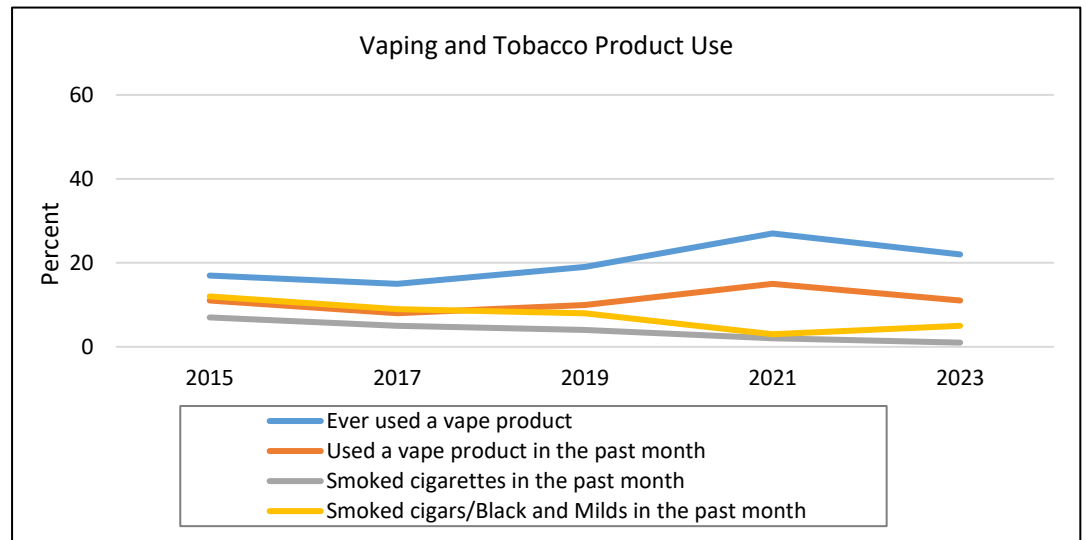
Students Reported They:	%
Ever used a vape product ¹	22
Used an vape product before age 13 ¹	3
Used vape product on one or more of the past 30 days ¹	11
Used a vape product on all of the past 30 days	3
Ever tried smoking cigarettes, even one or two puffs	8
Tried cigarette smoking, even one or two puffs, before age 13	3
Smoked cigarettes on one or more days in the past 30 days [Current smoker]	1
Smoked cigars or Black & Milds in the past month	5

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

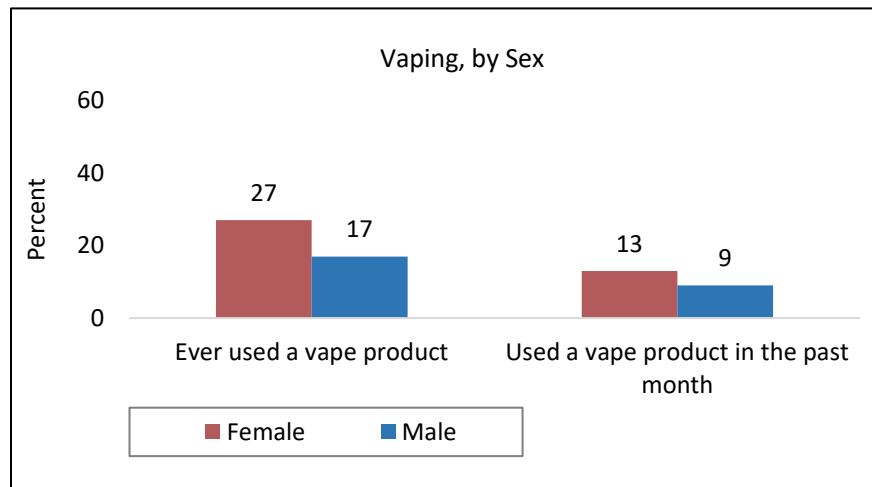
Reported vaping increased between 2015 and 2021 and declined slightly in 2023.

Reported cigarette smoking declined since 2015.

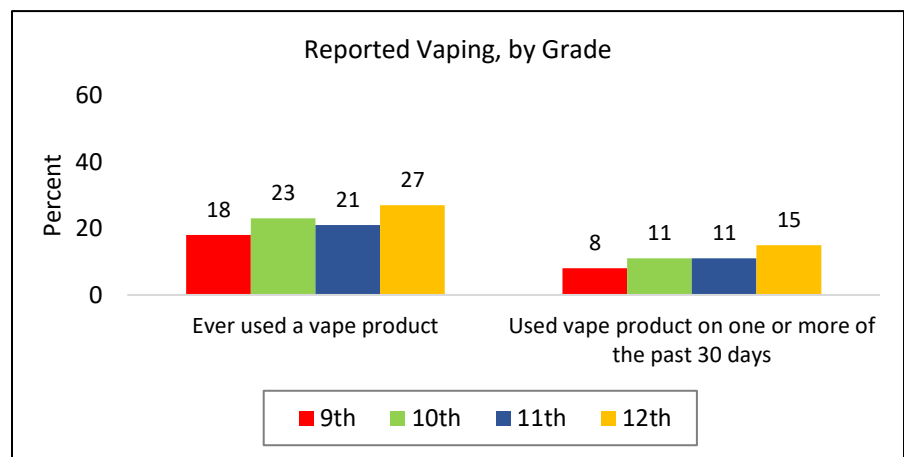
Smoking cigars declined between 2015 and 2021, and increased in 2023.



Females were more likely to report vaping compared to males.



Reported vaping is lower among 9th grade students compared to 12th grade students.



Main reason use e-cigarette or vape products

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

One Main Reason they Now Use E-cigarettes or Vape Products	%
To relax or de-stress	32
I like the flavors	13
To get a nicotine buzz	11
To do tricks or make shapes with the vapor	10
My friends use them	6
I can not quit/I crave them/I'm addicted	6
To try to quit using other tobacco products	2
They are less harmful than other tobacco products	2
Other reason	18

Where Usually Get Vape Products

Students who used vaped products in the past month were asked where they usually got the products. The responses are in the table below.

Where Usually Got Vape Products of those who Used them in the Past Month	%
A corner store or gas station	28
Another way	24
A friend or family member (not at school)	21
Someone at school	15
A vape shop or tobacco shop	9
An online site	2
A delivery app	2

Experiences with Quitting Vaping in the Past 12 months

Of those who vaped in the past 12 months:

- 49% said they tried to quit and no longer vape
- 26% said they tried to quit, but are still using vape products
- 25% said they did not try to quit

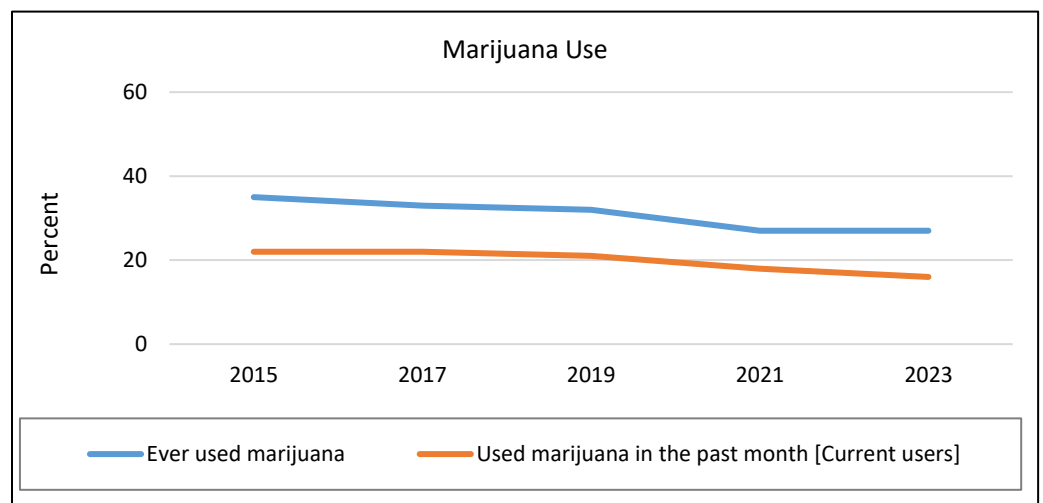
Perception about Vape Products Being Addictive

63% of students reported that they think vape products are addictive.

Marijuana Use and CBD

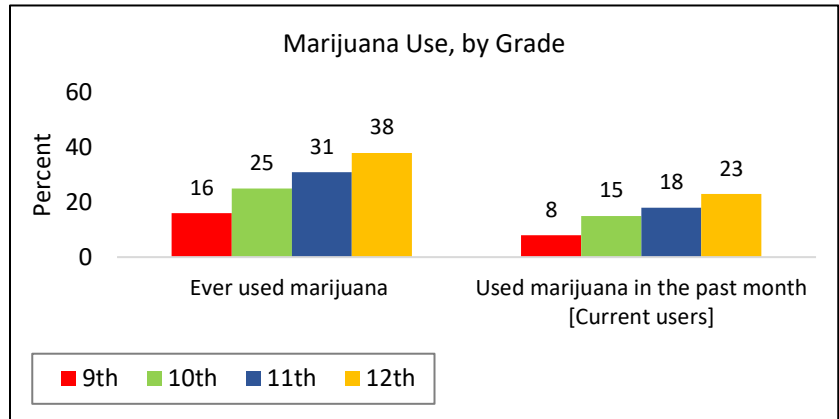
Students Reported They:	%
Ever used marijuana	27
Used marijuana before age 13	5
Used marijuana in the past month [Current users]	16
Ever used CBD (cannabidiol) in any form (edibles, vapes, liquid, lotion, etc.)	21

Reported marijuana use declined overall between 2015 and 2023.



Females were more likely than males to report ever using marijuana (33% compared to 20%) and using in the past 30 days (19% compared to 12%).

Reported marijuana use increases with increasing grade.



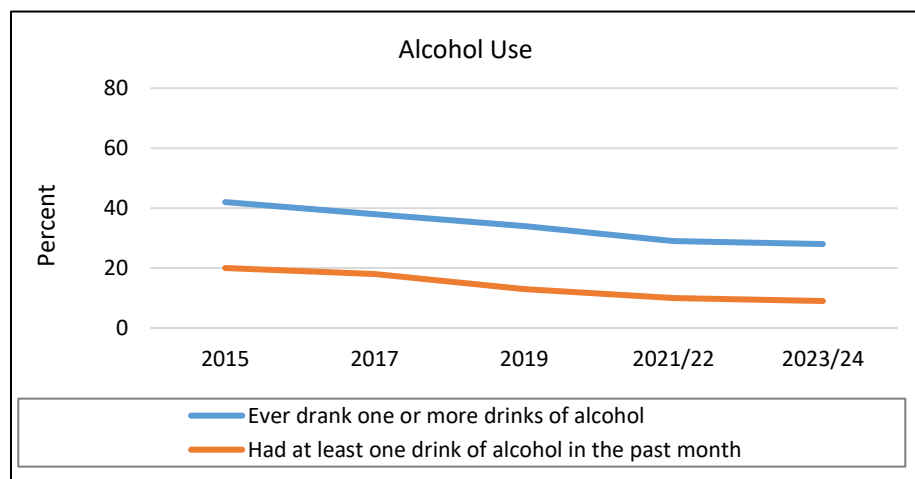
The table to the right shows how marijuana was used, by those who reported using it in the past month. The most common avenue of marijuana use is in smoking it, followed closely by vaping.

How Marijuana was Used, Reported by those Who Used it in the Past Month ¹	%
I smoked it in a joint, bong, pipe, or blunt	80
I vaped it (examples include carts/cartridges, THC oil)	34
I ate it in food/edibles such as brownies, cakes, cookies, or candy	31
I dabbed it using shatter, crumble, wax, etc.	9
I drank it in tea, cola, alcohol, THC lean or other drinks	7
I used it some other way	7
¹ Students were allowed to select more than one response	

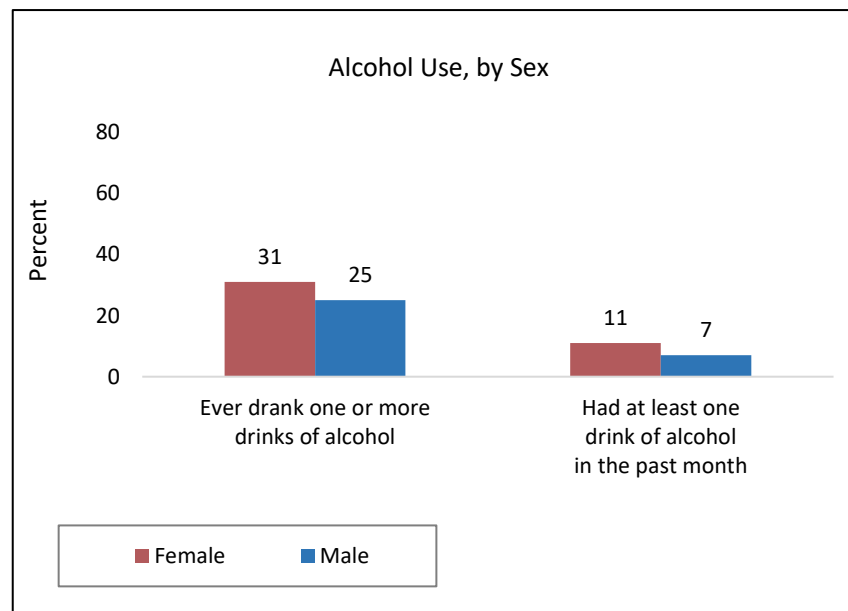
Alcohol Use

Students Reported They:	%
Ever drank one or more drinks of alcohol in their lifetime (not including for religious purposes)	28
Had their first drink of alcohol before age 13, other than a few sips	7
Had at least one drink of alcohol in the past month	9
Engaged in binge drinking one or more times during the past month (4 or more drinks of alcohol in a row, within a couple of hours)	4

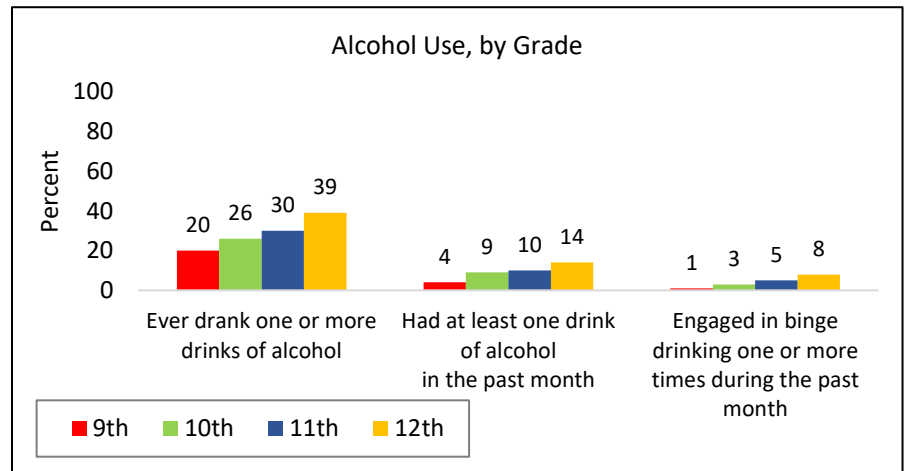
Reported alcohol use declined overall since 2015.



Females were more likely than males to report alcohol use.



Reported alcohol use increases with each subsequent grade.



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

How they usually got alcohol, reported by those who drank alcohol in past month	%
A family member gave it to me	24
A friend gave it to me	16
I took it from my home porch or deck	14
I bought it in a store such as a liquor store, convenience store, supermarket, discount store or gas station	10
I gave someone else money to buy it for me	6
I stole it	4
I took it from another person's home porch or deck	3
I bought it at a restaurant, bar, club or public event such as a concert or sporting event	1
I got it some other way	21

Use of Other Drugs

Students Reported They:	%
Ever used cocaine ^{1,2}	1
Ever used heroin ²	1
Ever used ecstasy ²	1
Ever used hallucinogenic drugs such as LSD, acid, PCP, angel dust, mescaline or mushrooms ²	3
Ever injected any illegal drug into their body	1
Ever took any form of over-the-counter (OTC) drug to get high ²	3
Ever misused prescription PAIN MEDICINE (examples, OxyContin, Hydrocodone, Percocet) ^{2,3}	8
Ever misused prescription SEDATIVE MEDICINE (examples, Xanax, Zannie bars, Klonopin, K-pins, Valium) ^{2,3}	2
Ever misused prescription STIMULANT MEDICINE (examples, Adderall, Ritalin, and other ADHD medicine) ^{2,3}	4
Ever misused prescription PAIN, SEDATIVE AND/OR STIMULANT MEDICINE ^{2,3}	11
During the past year, were offered, sold, or given you any drugs on school property or on the way to/from school (count marijuana, cocaine, heroin, etc. and prescription medicines that were not yours) ³	8

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

²Changed to yes/no question in 2021

³Description changed, in 2021. Misuse defined as taking someone else’s medicine (medicine not prescribed to you) or taking your medicine differently than how a doctor told you how to use it (example- taking more)

³Changed question to specify types of drugs in 2021

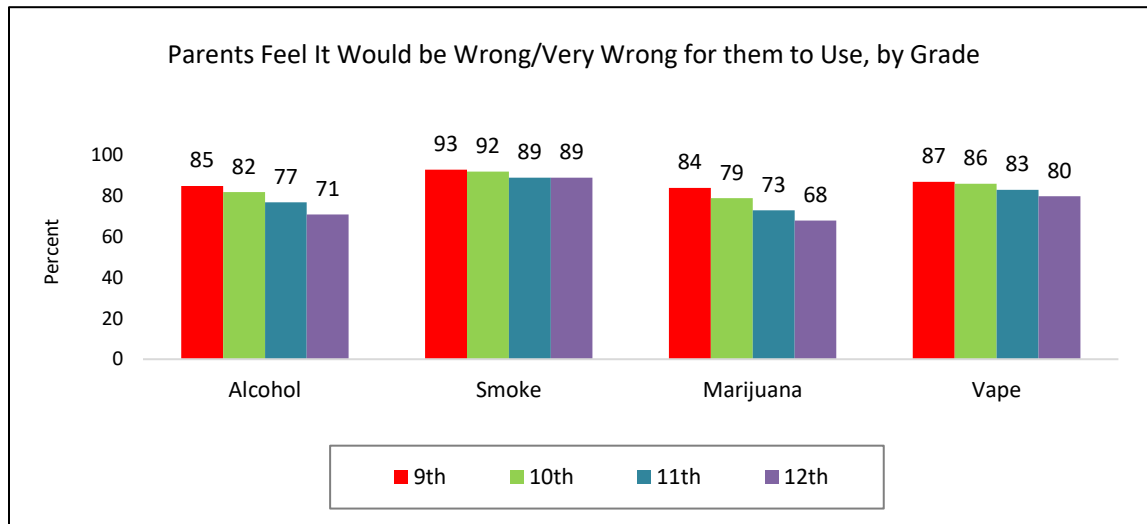
Reported use of other drugs declined overall since 2015.

Parental Influences

Students Reported Their Parents Feel:	%
It would be <u>very wrong</u> or <u>wrong</u> for them to drink alcohol	79
It would be <u>very wrong</u> or <u>wrong</u> for them to smoke	91
It would be <u>very wrong</u> or <u>wrong</u> for them to use marijuana	76
It would be <u>very wrong</u> or <u>wrong</u> for them to use vape products	84

Student’s reported perception of what their parents would feel about them using substances fluctuated since 2017.

Students in 11th and 12th grades were less likely than younger students to report their parents feel it would be wrong/very wrong for them to use substances.



Distracted Driving and Driving Under the Influence

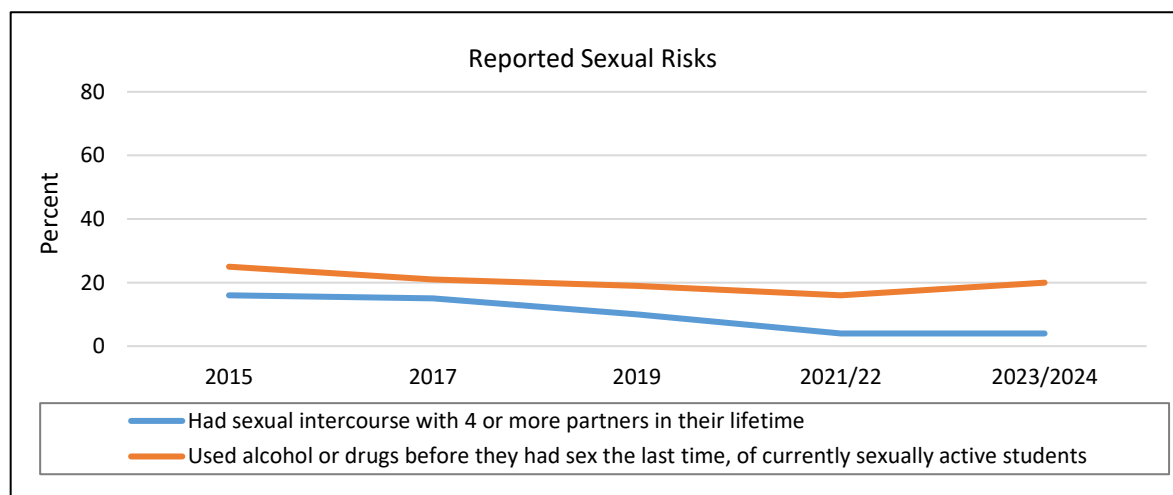
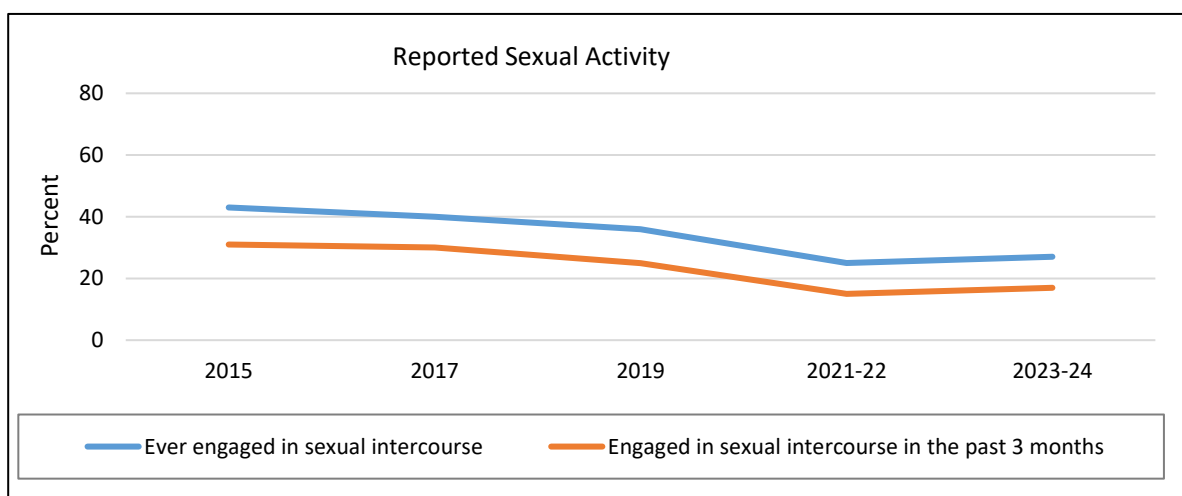
Students Reported They:	%
Looked at their phone to change the music, use social media or text, while driving a car or other vehicle - of those who drove in the past month [Distracted driving]	24
In the past month, rode in a car with a driver who had been drinking alcohol	12
Drove a car after drinking alcohol – of all students	5
Drove a car after drinking alcohol-only of those who drove in the past month	8
In the past month, rode in a car with a driver who had been using marijuana, pills or other drugs	10
Drove a car when they had been using marijuana, pills or other drugs– of all students	5
Drove a car when they had been using marijuana, pills or other drugs– only those who drove a car in the past month	10

Reported distracted driving was stable between 2017 and 2023. Driving under the influence declined in 2021, but increased in 2023.

Sexual Risk Behaviors

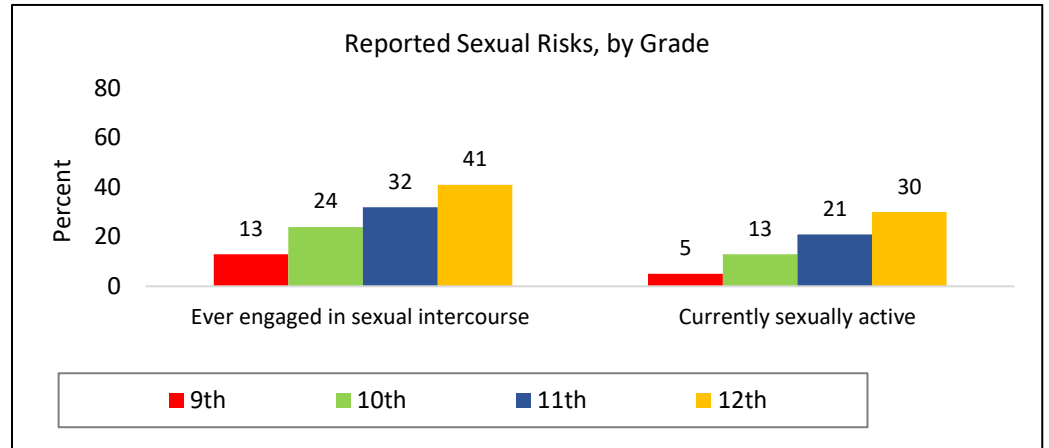
Students Reported They:	%
Ever engaged in sexual intercourse	27
Had sexual intercourse before age 13	3
Had sexual intercourse with 4 or more partners in their lifetime	4
Engaged in sexual intercourse in the past 3 months [sexually active]	17
Used alcohol or drugs before they had sex the last time, of currently sexually active students	20

Reported sexual activity and risk behaviors declined between 2015 and 2021 and increased slightly in 2023.



Males were more likely than females to report they engaged in sexual intercourse with 4 or more partners in their lifetime (7% compared to 2%)

Reported sexual risks increase with each subsequent grade.

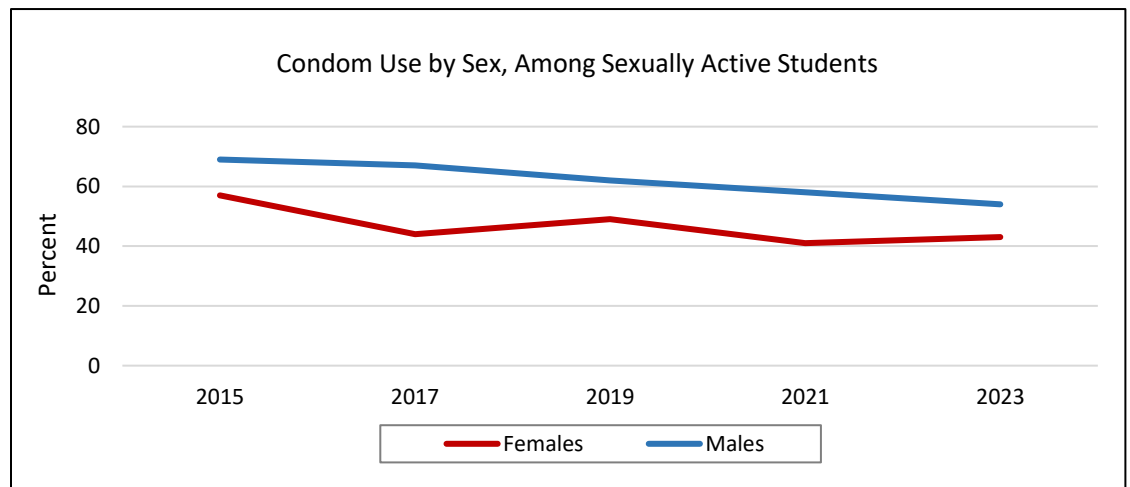


Prevention of Pregnancy and STDs

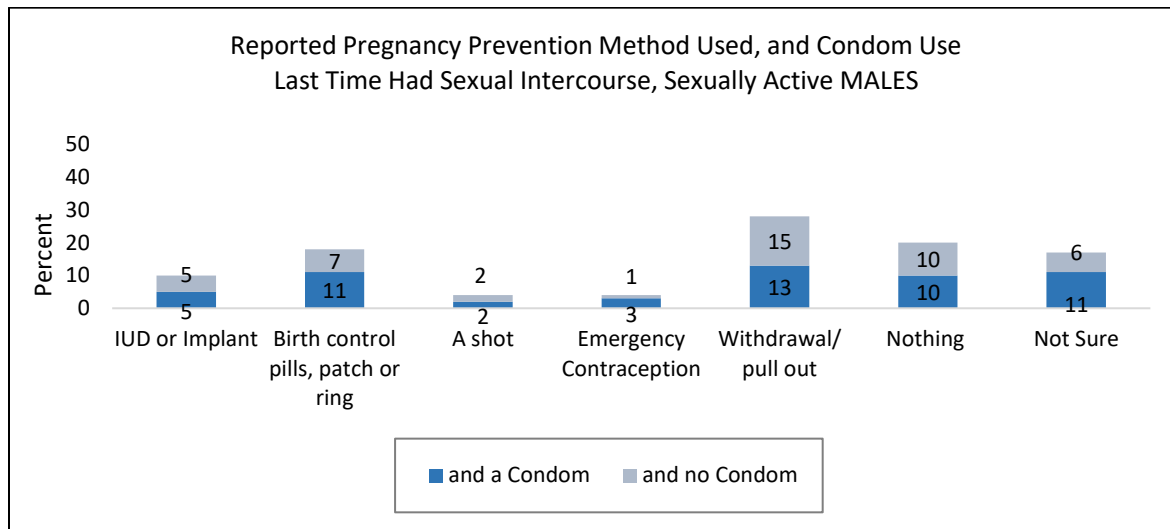
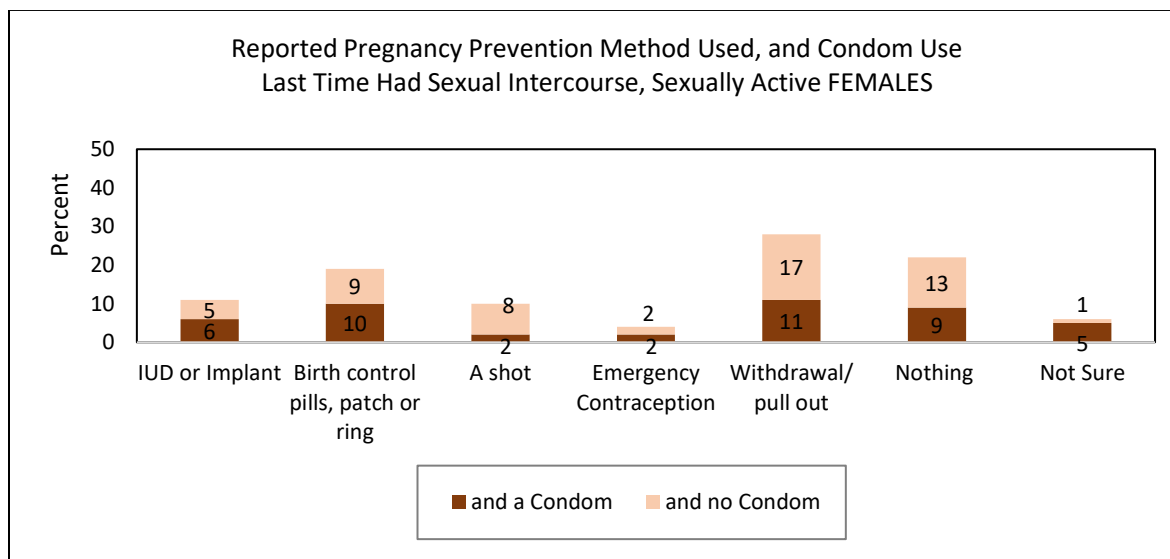
Of sexually active youth:

- 43% of females reported their partner used a condom the last time they had sex.
- 54% of males reported they used a condom the last time they had sex.

Reported condom use declined overall among sexually active females and males

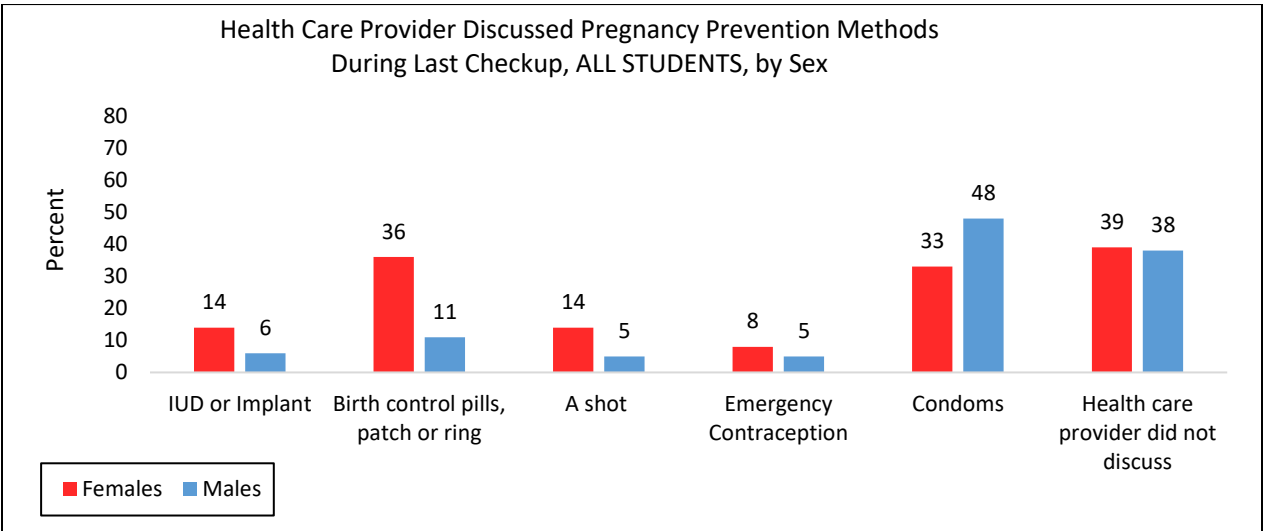
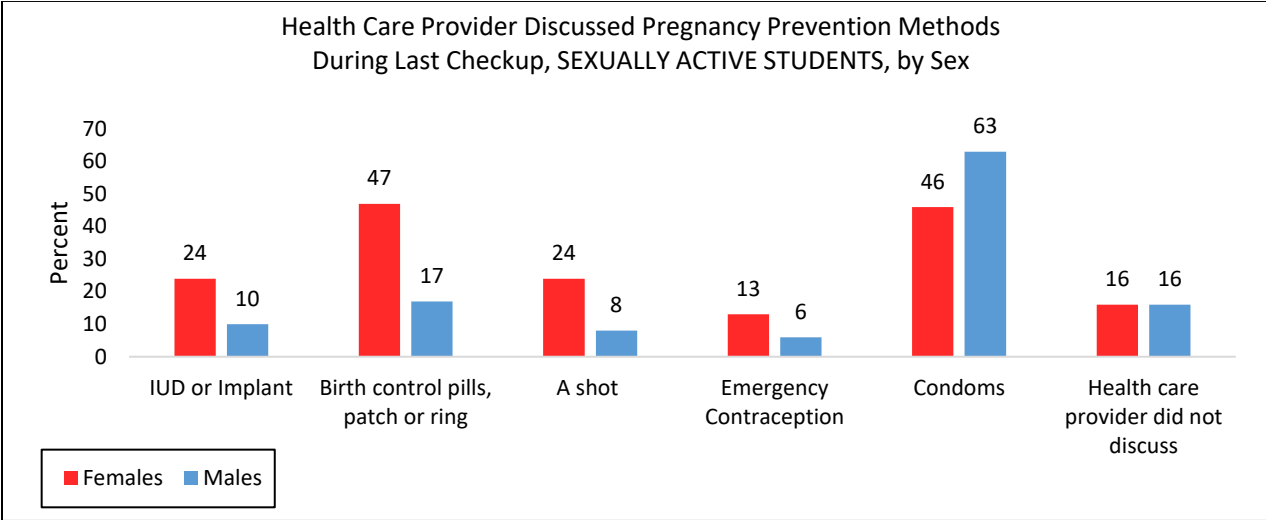


The graphics on the next page show the pregnancy prevention methods reported by sexually active youth. Of note, only 6% of sexually active females reported that long acting reversible contraception (an IUD or implant) and a condom were used the last time they had sexual intercourse.



The graphics on the next page, show the proportions of sexually active students and all students, who reported their health care provider discussed various pregnancy prevention methods with them at their last checkup.

Females were more likely than males to report their doctor discussed various pregnancy prevention methods other than condoms. Males were more likely than females to report their health care provider discussed using a condom to prevent pregnancy.

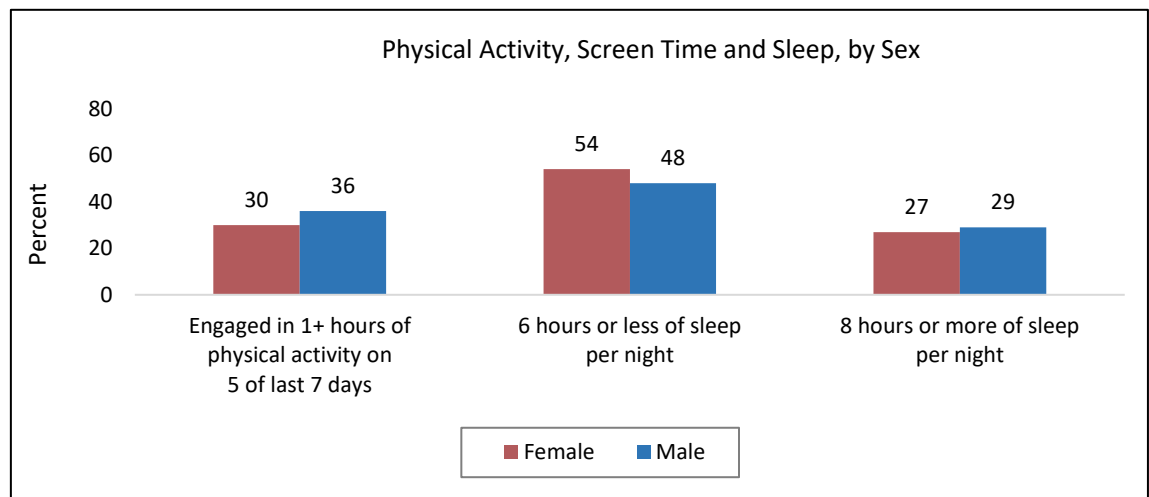


Physical Activity and Sleep

Students Reported They:	%
Engaged in one hour or more of physical activity daily during the past seven days	19
Engaged in one hour or more of physical activity daily during five of the past seven days	33
Did not engage in one hour of physical activity on any of the past seven days	28
Get 8 or more hours of sleep on an average school night	27
Get 6 or less hours of sleep on an average school night	52

The percentages of students reporting amounts of physical activity and sleep fluctuated between 2015 and 2023.

Females were less likely than males to report engaging in physical activity and were more likely to report lack of sleep.



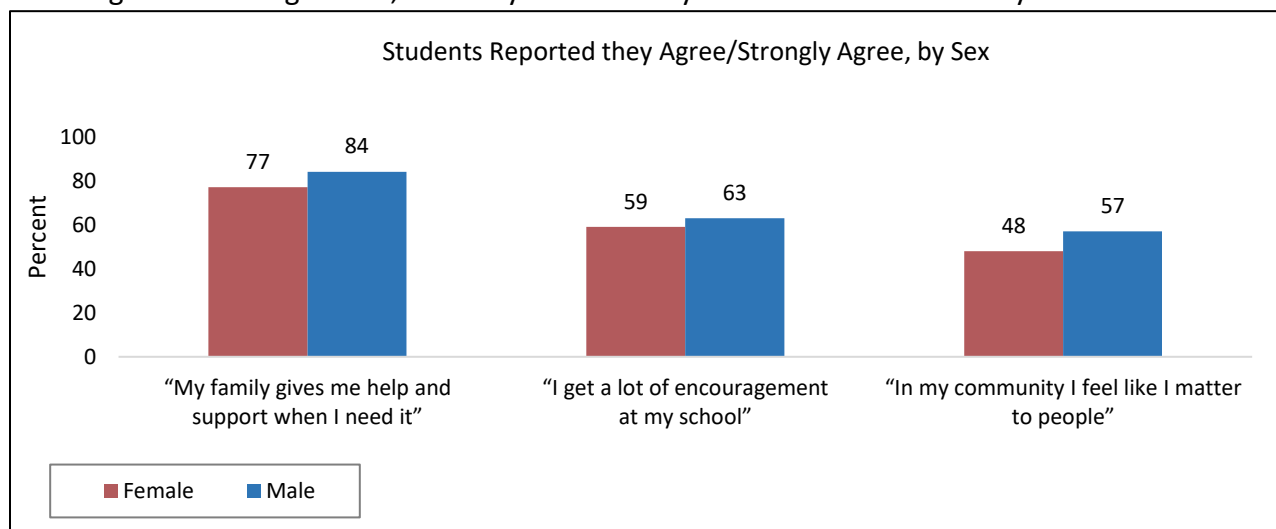
Assets

Students Reported They:	%
Agree or strongly agree with the statement "My family gives me help and support when I need it"	80
Agree or strongly agree with the statement "In my family there are clear rules about what I can and cannot do"	82
Agree or strongly agree with the statement "I get a lot of encouragement at my school"	60
Agree or strongly agree with the statement "In my community I feel like I matter to people"	52
Know of one or more adults (other than their parents) they can go to and discuss important questions about their life	79
Spend one or more hours per week helping others without getting paid (volunteering) ¹	38

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

The percentage of students reporting various assets fluctuated since 2015 with the exception of volunteering which dropped off during the COVID-19 lockdown and has not returned to pre-pandemic levels.

Females were less likely than males to report they get support from their families, they get encouragement during school, and they feel like they matter in the community.



Appendix A

Participation

- 2,427 students participated in the 2023-24 school year.

Participation as a Percent of Enrollment²⁴ (response rate)

The response rate for this survey is defined as the number of students that responded divided by the enrollment. This year, the response rate was 37%. Since 2015, the response rate has declined as shown below.

	2015	2017	2019	2021	2023
Number of Respondents/Enrollment	49%	40%	43%	35%	37%

Two schools did not participate. Of these schools that did participate, the response rate ranged from 4% to 66%.

Methodology

All surveys were administered using a confidential computer based survey platform. All student surveys were utilized as long as they answered 20 questions or more.

In this report, we did not show differences between subgroups (Races/Latino origin. LGBTQ status). When we do these comparisons, we typically also look at these sub groups by sex, because there are frequent differences by females and males. This dissection often resulted in small numbers and unstable rates.

²⁴ New York State Education Department enrollment – 2023-2024 data were preliminary. <https://www.p12.nysed.gov/irs/statistics/enroll-n-staff/home.html>

Demographic Characteristics of Respondents

The demographic characteristics of the sample are shown in the tables below and on the next page.

Sex	#	%
Female	1223	51
Male	1153	48
Preferred not to answer	43	2
Total	2419	100
Unknown	8	

Age	#	%
13 or younger	13	1
14 years old	450	19
15 years old	607	25
16 years old	620	26
17 years old	551	23
18 years old or older	179	7
Total	2420	100
Did not answer	7	

Students that selected “Latino” were counted only in this category, regardless of which race they selected. Students that selected a single race and “not-Latino” were counted in the race category they selected. Those that selected multiple races and “not Latino” were counted in the “other races/more than one race” category. Students that selected all races and Latino origin were put into the missing category.

Race/Ethnicity	#	%
Latino	836	35
Black, not Latino	1076	45
White, not Latino	203	8
Other races, and multiple races, not Latino	299	12
Total	2414	100
Unknown	13	

Students Who Identify as LGBTQ

We included a question about whether or not students identify as transgender and a question about sexual orientation. In this report, students were considered identifying as LGBTQ group if they answered yes to the question “Are you transgender or non-binary?” and/or they answered gay, lesbian, bisexual or ‘I describe my sexual identity some other way’ to the question “Which of the following describes you?” Below are the number and proportion of students that responded to these questions. 25% of students identified as LGBTQ.

On the next page are the responses to each question.

Gender Identity	#	%
No I am not transgender or non-binary	2133	88
Yes, I am transgender or non-binary	87	4
I am not sure if I am transgender or non-binary	59	2
I don't know what this question is asking	135	6
Did not answer	13	

Sexual Orientation	#	%
Heterosexual (straight)	1612	67
Gay or lesbian	119	5
Bisexual	336	14
I describe my sexual identity some other way	129	5
I am not sure about my sexual identity (questioning)	80	3
I do not know what this question is asking	131	5
Did not answer	20	

Data Limitations

- The response rate of 37% declined overall since 2015.
- Two schools did not participate. Of these schools that did participate, the response rate ranged from 4% to 66%.
- The survey did not include students who were not in school on the days the survey was administered, or students who had dropped out of school. The reasons youth are out of school are often related to the risk factors measured by the survey. These include mental health challenges, the threat of violence, substance use and teen pregnancy. Students who drop out or are frequently absent are more likely to experience health risks compared to other students.²⁵
- The interpretation of questions may differ based on knowledge, experience, culture, and beliefs. For example, symptoms of depression such as sleeping too much may be interpreted as “a phase” or laziness, and therefore not recognized as a mental health issue. In cultures where mental health problems are viewed as a sign of weakness, students might not acknowledge the challenges they face. The sexual intercourse questions do not provide a definition of the behavior. Research has shown that

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

adolescents may have varying definitions of what sexual intercourse is which can impact how they interpret the questions.²⁶

Comparison to National and State Youth Risk Behavior Surveys

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

- While many of the CDC survey questions were included in the local survey, some were slightly modified. MCDPH also inserted some of its own questions to reflect local concerns.
- The local survey did not include internal reliability checks.²⁷
- The local survey included skip questions. For example if a student answered they never drank alcohol, there were not asked the remaining questions about alcohol use.
- The local survey report includes all public school district students who completed the survey on the days that it was administered. The national YRBS uses a 3-stage cluster sampling design to create a nationally representative sample.
- The CDC report uses weighted results based on sex, race/ethnicity and grade, and adjusts for school and student nonresponse.
- Students filling out the national survey generally used paper and pencil. In Monroe County, they used a confidential online portal.

²⁶ Diamond LM, Savin-Williams RC. In: Handbook of adolescent psychology: Individual bases of adolescent development. Lerner RM, Steinberg L, editors. Hoboken, NJ: John Wiley & Sons, Inc; 2009. Adolescent sexuality; pp. 479–524.

²⁷ Internal reliability checks: Sets survey response to “Missing” when the responses are not consistently answered. For example, the responses of a student who reports vaping in the past month and reports never having vaped are set to “Missing.”

Appendix B

The following table show trend data, when available. If left blank, it means the question was not asked in the particular year, or the question changed significantly, making it not comparable.

Students Reported They:	2015	2017	2019	2021	2023
Felt so sad or hopeless almost every day for two or more weeks in a row that they stopped doing their usual activities, in the past year	31.53	28.90	33.44	35.38	30.02
Have difficulty concentrating, remembering, or making decisions because of mental, or emotional challenges			31.86	37.53	32.50
Did something to purposely hurt themselves without wanting to die, such as cutting or burning themselves during the past 12 months (self-injurious behavior)			10.82	13.02	10.34
Seriously considered attempting suicide in the past year	14.26	12.70	14.40	14.35	11.75
Made a specific plan about how they would attempt suicide in past year	11.67	10.08	11.34	11.64	9.30
Attempted suicide in the past year	11.47	9.06	10.05	8.56	7.75
Attempted suicide in the past year that resulted in an injury that needed treatment by a doctor or nurse (injurious suicide attempt)	5.29	2.98	3.38	2.55	1.74
Before suicide attempt, asked for help from someone such as a doctor, counselor or hotline- of those that reported a suicide attempt					33.33
Often or repeatedly a parent or adult in their home swore at them, insulted them or put them down (verbal abuse)	15.69	12.63	11.72	9.52	10.27
Often or repeatedly a parent or adult in their home hit, beat, kicked or physically hurt them in any way (physical abuse)	4.79	3.09	2.92	2.26	2.57
Often or repeatedly parents or adults in their home, slapped, hit, kicked or beat each other up	4.17	3.22	2.30	2.22	1.85
Often or repeatedly, their family has not had enough money to buy food or pay for housing	7.35	6.54	6.87	5.89	6.16
Ever lived with anyone who was having a problem with alcohol use, drug use or problem gambling	24.05	20.65	18.83	17.33	16.80
Ever lived with anyone who had severe depression, anxiety, or another mental illness	19.57	19.09	21.70	25.36	22.94
Ever had anyone in their household go to jail or prison	35.31	30.84	29.63	26.50	24.77
Ever witnessed someone get physically attacked, beaten, stabbed, or shot in your neighborhood	33.32	31.22	30.94	24.87	25.32
They were ever forced to do any of the following: have sexual intercourse, touch someone sexually, or be touched by someone sexually	11.16	9.81	9.30	10.54	9.39
They disagree or strongly disagree with the statement, “my family gives me the help and support I need”	9.84	7.85	8.25	8.40	7.13

Students Reported They:	2015	2017	2019	2021	2023
They currently do not live with both parents	67.12	66.94	67.86	66.22	64.46
1 or more reported ACES	86.61	84.55	84.82	82.97	82.14
3 or more reported ACES	39.23	32.71	32.77	29.83	28.29
At this time they were feeling depressed, anxious, afraid, empty or confused because of the death of a close family member or friend				18.94	15.95
Carried a weapon in the past month	17.01	14.53	11.86	8.12	10.00
Carried a weapon on school property in the past month	6.64	4.58	4.40	1.80	2.40
Carried a gun in the past year		5.30	4.89	2.42	2.87
Engaged in a physical fight in past year	31.93	27.81	26.38	18.71	19.53
Were threatened/injured on school property 1 or more times during past year	8.78	7.24	7.82	6.99	7.44
Did not go to school on one or more days in the past month because they felt unsafe	10.34	8.34	10.31	15.77	11.96
Were bullied on school property or on the way to and from school in the past 12 months. (Bullying is when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student. It is not bullying when 2 students of about the same strength or power, argue, fight or tease each other in a friendly way.)			13.91	12.16	12.85
In the past year, were physically hurt by someone they were dating, "talking to" or going out with	10.67	9.67	8.55	6.20	7.27
Were bullied through social media in the past 12 months	11.83	12.59	10.58	10.17	10.52
Ever used a cell phone, computer or other electronic device to SEND/POST nude or semi- nude pictures or videos of themselves or someone else		16.30	12.21	10.70	9.12
Ever used a cell phone, computer or other electronic device to RECEIVE nude or semi- nude pictures or videos of someone else		26.47	20.01	15.39	12.17
Gambled one or more times the past 12 months			9.21	5.55	11.22
Frequency of social media use- several times per day or more					81.51
Frequency of social media use- more than once per hour					33.93

Students Reported They:	2015	2017	2019	2021	2023
In the past year: (Indicators of problematic social media use)					
Regularly felt like you can't think about anything else except social media					12.52
Regularly felt dissatisfied because you wanted more social media time					11.18
Often felt bad when could not use social media					12.20
Tried to spend less time on social media but failed					26.84
Regularly neglected activities because of social media (hobbies, sports)					12.98
Regularly had arguments because of of social media use					11.18
Regularly lied to friends/parents about time spent on social media					6.63
Often used social media to escape negative feelings					30.95
Had serious conflict because with parent(s), guardian(s), brother(s), sister(s) because of social media use					7.81
Problematic social media use (answered yes to 5+ indicators)					7.93
Ever used a vape product	17.13	14.89	18.55	26.60	22.11
Used an vape product before age 13	3.50	3.62	3.60	2.41	2.61
Used vape product on one or more of the past 30 days	10.75	7.59	9.76	14.85	11.41
Ever tried smoking cigarettes, even one or two puffs			14.18	8.74	7.82
Tried cigarette smoking, even one or two puffs, before age 13			7.78	5.42	3.38
Smoked cigarettes on one or more days in the past 30 days [Current smoker]	7.20	5.17	3.83	1.66	1.14
Smoked cigars or Black & Milds in the past month	12.41	9.04	7.75	2.58	5.05
Think vape products are addictive				66.31	63.44
Ever used marijuana	35.06	33.00	32.22	27.38	26.92
Used marijuana before age 13	9.72	8.05	7.84	5.21	4.88
Used marijuana in the past month [Current users]	22.28	22.09	20.59	18.41	15.63
Ever used CBD (cannabidiol) in any form (edibles, vapes, liquid, lotion, etc.)				21.96	20.75

Students Reported They:	2015	2017	2019	2021	2023
Ever drank one or more drinks of alcohol in their lifetime (not including for religious purposes)	42.01	38.02	34.48	29.32	28.24
Had their first drink of alcohol before age 13, other than a few sips	12.75	10.17	11.12	7.02	6.59
Had at least one drink of alcohol in the past month	19.89	18.27	12.80	10.40	9.09
Engaged in binge drinking one or more times during the past month (4 or more drinks of alcohol in a row, within a couple of hours)			5.68	5.45	4.12
Ever used cocaine		4.14	2.96	1.22	0.97
Ever used heroin	5.26	3.73	2.87	1.04	0.97
Ever used ecstasy	5.97	4.06	3.52	1.61	1.48
Ever used hallucinogenic drugs such as LSD, acid, PCP, angel dust, mescaline or mushrooms	5.86	4.32	3.43	2.04	2.95
Ever injected any illegal drug into their body	4.10	3.30	2.61	0.96	1.10
Ever took any form of over-the-counter (OTC) drug to get high	6.41	5.63	5.48	2.35	3.06
Ever misused prescription PAIN MEDICINE (examples, OxyContin, Hydrocodone, Percocet) 25			11.36	8.09	7.85
Ever misused prescription SEDATIVE MEDICINE (examples, Xanax, Zannie bars, Klonopin, K-pins, Valium) 25			4.19	2.06	2.49
Ever misused prescription STIMULANT MEDICINE (examples, Adderall, Ritalin, and other ADHD medicine) 25			5.88	5.05	4.42
Ever misused prescription PAIN, SEDATIVE AND/OR STIMULANT MEDICINE25			14.92	12.11	11.33
During the past year, were offered, sold, or given you any drugs on school property or on the way to/from school (count marijuana, cocaine, heroin, etc. and prescription medicines that were not yours)				7.63	7.59
Their parents feel it would be very wrong or wrong for them to:					
Drink alcohol		77.43	83.49	77.29	79.09
Smoke		90.61	94.47	92.94	90.96
Use marijuana		78.60	80.76	74.90	76.36
Use vape products		83.75	87.64	84.38	84.19

Students Reported They:	2015	2017	2019	2021	2023
Looked at their phone to change the music, use social media or text, while driving a car or other vehicle - of those who drove in the past month [Distracted driving]		22.76	23.09	22.89	23.55
In the past month, rode in a car with a driver who had been drinking alcohol	18.19	16.80	15.22	12.24	12.40
Drove a car after drinking alcohol – of all students		5.30	4.06	2.04	4.48
Drove a car after drinking alcohol-only of those who drove in the past month		9.90	7.87	4.32	8.44
In the past month, rode in a car with a driver who had been using marijuana, pills or other drugs	17.67	17.08	14.90	10.86	10.39
Drove a car when they had been using marijuana, pills or other drugs– of all students		7.16	5.68	2.77	5.34
Drove a car when they had been using marijuana, pills or other drugs-only of those who drove in the past month		12.89	11.09	5.70	10.05
Ever engaged in sexual intercourse	42.77	39.68	35.50	24.77	26.53
Had sexual intercourse before age 13	10.02	9.48	6.73	3.83	2.98
Had sexual intercourse with 4 or more partners in their lifetime	16.22	14.55	9.68	3.77	4.14
Engaged in sexual intercourse in the past 3 months [sexually active]	30.94	29.93	25.23	15.01	16.69
Used alcohol or drugs before they had sex the last time, of currently sexually active students	25.18	20.83	19.48	15.65	19.90
Their partner used a condom, last time they had sex – sexually active females	56.90	43.85	49.07	41.40	42.64
They used a condom, last time they had sex – sexually active males	69.28	66.60	61.56	58.06	53.85
Engaged in one hour or more of physical activity daily during the past seven days	17.05	16.37	14.79	16.29	18.61
Engaged in one hour or more of physical activity daily during five of the past seven days	29.92	26.26	24.20	29.35	32.73
Did not engage in one hour of physical activity on any of the past seven days	32.56	41.01	41.62	31.52	28.29
Get 8 or more hours of sleep on an average school night	30.18	29.91	30.83	30.21	27.40
Get 6 or less hours of sleep on an average school night	49.32	50.65	48.92	47.61	51.63

Students Reported They:	2015	2017	2019	2021	2023
Agree or strongly agree with the statement "My family gives me help and support when I need it"	77.07	79.01	77.52	77.98	80.03
Agree or strongly agree with the statement "In my family there are clear rules about what I can and cannot do"	79.01	82.98	81.61	83.96	82.05
Agree or strongly agree with the statement "I get a lot of encouragement at my school"	67.84	63.05	62.07	59.57	60.30
Agree or strongly agree with the statement "In my community I feel like I matter to people"	46.61	51.04	49.66	47.35	51.79
Know of one or more adults (other than their parents) they can go to and discuss important questions about their life	77.27	76.68	75.49	77.47	78.87
Spend one or more hours per week helping others without getting paid (volunteering)	48.58	47.79	48.78	34.31	37.97