Results of the 2018 Emerson Hospital YRBS Survey

Prepared for: Emerson Hospital
Youth Risk Behavior Survey (YRBS)

Every two years, Emerson Hospital and public school districts within Emerson Hospital’s service area collaborate to conduct the Emerson Youth Risk Behavior Survey (YRBS), a comprehensive survey of youth in 6th grade, 8th grade, and high school, regarding risk behaviors in the following general areas:

- Vehicular safety
- Social and emotional wellbeing
- Physical safety
- Sexual behavior
- Tobacco, alcohol, and drug use
- Diet, body image, and physical activity
- Sleep, school work, and screen time
- Social media

This report presents aggregate findings for all school districts participating in the 2018 Emerson YRBS, with breakdowns by grade and student demographics. For more information, please contact:

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Emerson YRBS Background

- Emerson YRBS began in 1997 with 4 school districts and students in 6th grade, 8th grade, and 11th grade
- The survey has since expanded to include 9 school districts and students in 6th grade, 8th grade, and 9th through 12th grade
- More than 11,000 youth participated in the 2018 Emerson YRBS
- Questionnaires are age-appropriate and based on YRBS from Centers for Disease Control and Prevention and Massachusetts YRBS
- This is the first year Market Street Research has worked directly with Emerson Hospital and the participating school districts on the Emerson YRBS; previous surveys were overseen by James Byrne of Northeast Health Resources

2018 Emerson YRBS – Participating School Districts

- Acton-Boxborough Regional School District
- Ayer-Shirley Regional School District
- Concord-Carlisle High School/Concord Public Schools
- Groton-Dunstable Regional School District
- The Bromfield School (Harvard Public Schools)
- Littleton High School/Littleton Public Schools
- Maynard Public Schools
- Nashoba Regional School District
- Westford Academy/Westford Public Schools
Methodology Overview

- The Emerson YRBS is a survey of all students in 6th grade, 8th grade, and high school (9th through 12th)
  - 6th and 8th graders are surveyed using an online platform
  - High school youth are surveyed using paper questionnaires
- To the extent possible, districts survey students in each grade all on the same day, although in 2018 there were adverse weather events and problems with connectivity and survey access that made it challenging to do so. In some districts this did not happen as planned
- The surveys are proctored at local schools by teachers and district staff, who are given instructions to read to youth
- The online platform, printing of paper questionnaires, and data entry processes were conducted by MJT Inc., the same vendor used in previous Emerson YRBS surveys
- In this report, the term “aggregate” refers to the results for all youth surveyed in all districts for 2018.

Census vs. Sample: What is the YRBS?

- A census is a survey that includes everyone in the population being surveyed (e.g., all 6th to 12th grade youth).
- A sample surveys some members of the population, but not everyone.
- Emerson YRBS is designed to be as close to a census of 6th grade, 8th grade, and high school youth as possible.
- There are, however, some youth who did not participate in the survey, so technically, the YRBS is a sample.
- Because the sample is so large, however, nearly all differences (including small differences) will test as statistically “significant”, and thus are important to consider.
- In addition to this report, Emerson Hospital and each of the participating districts has received a set of crosstabulations (by grade and other key variables) that show the results for all questions along with statistics such as medians, averages, etc. The crosstabulations are color-coordinated to show which differences between groups are statistically significant, and which are not. Those that are not statistically significant should be interpreted cautiously.
• A total of **11,018 youth** were surveyed by the participating school districts for the 2018 Emerson YRBS
• 6th and 8th graders were surveyed using an online platform
• High school students were surveyed with paper questionnaires
• The surveys were proctored by teachers and district staff during normal school hours
• The surveys were conducted from March 4 to March 19, 2018
• To the extent possible, each district surveyed youth in each grade **on the same day**
• 96% of youth present at school on the day surveys were conducted chose to participate in the survey
• 3% of youth refused to participate, by submitting a blank questionnaire
• 1% were opted out of the survey by a parent or guardian

### Youth Participating in 2018 Emerson YRBS

<table>
<thead>
<tr>
<th></th>
<th>Total Surveyed</th>
<th>6th Grade</th>
<th>8th Grade</th>
<th>High School</th>
</tr>
</thead>
<tbody>
<tr>
<td>TOTAL (ALL DISTRICTS)</td>
<td>11,044</td>
<td>1,809</td>
<td>1,865</td>
<td>7,344</td>
</tr>
<tr>
<td>Acton-Boxborough</td>
<td>2,513</td>
<td>388</td>
<td>443</td>
<td>1,673</td>
</tr>
<tr>
<td>Ayer-Shirley</td>
<td>562</td>
<td>120</td>
<td>96</td>
<td>342</td>
</tr>
<tr>
<td>Concord</td>
<td>1,556</td>
<td>205</td>
<td>220</td>
<td>1,130</td>
</tr>
<tr>
<td>Groton-Dunstable</td>
<td>1,042</td>
<td>190</td>
<td>193</td>
<td>654</td>
</tr>
<tr>
<td>Bromfield School-Harvard</td>
<td>549</td>
<td>78</td>
<td>89</td>
<td>382</td>
</tr>
<tr>
<td>Littleton</td>
<td>653</td>
<td>130</td>
<td>105</td>
<td>408</td>
</tr>
<tr>
<td>Maynard</td>
<td>514</td>
<td>87</td>
<td>93</td>
<td>334</td>
</tr>
<tr>
<td>Nashoba</td>
<td>1,345</td>
<td>245</td>
<td>268</td>
<td>829</td>
</tr>
<tr>
<td>Westford</td>
<td>2,310</td>
<td>360</td>
<td>352</td>
<td>1,592</td>
</tr>
</tbody>
</table>

**2018 Emerson YRBS Response Rate = 96%**

- Total attendance on day of survey: **11,180**
- Parent opt-out: **84 (1%)**
- Responded to survey: **11,044 (96%)**
- Did not respond to survey: **352 (3%)**
Youth Confidentiality

- The Emerson YRBS is conducted in a way that **guarantees confidentiality** to youth who participate.
- Confidentiality is critical for the YRBS, because many of the behaviors discussed in the survey are illegal for minors (or at best, dangerous), and not guaranteeing confidentiality could discourage youth from responding honestly or completely to the survey questions.
- The surveys are proctored by teachers and district staff, but youth are not required to participate. Youth who prefer not to respond are instructed to either: (1) leave the questions they don’t want to answer blank; or (2) submit a blank questionnaire.
- For the 2018 Emerson YRBS, 352 youth in total (about 3% of the aggregate) chose not to participate in the survey.
- **Youth names are never collected**, thus there is no way to connect individuals to their specific responses.
- We do collect some demographic information from youth (schools attended, age, grades in school, gender, sexual orientation, and race/ethnicity). As a consequence, there is a remote possibility that districts might be able to identify individuals on this basis. For this reason, **any time we report on risk behaviors affecting small numbers, if the group examined includes fewer than 30 youth, we report findings only for the aggregate** (all districts combined).
- Market Street Research retains the original data in electronic format in an archive for due diligence, but neither Emerson Hospital nor the school districts participating in the 2018 Emerson YRBS will have access to the original data.

Question Numbers

<table>
<thead>
<tr>
<th>Question #</th>
<th>Which grades were asked this question:</th>
<th>Wording of question (abbreviated if needed; check questionnaire for full version)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Q14</td>
<td>GR6, GR8, HS</td>
<td><em>Is there at least one teacher or other adult in this school that you could talk to if you had a problem?</em></td>
</tr>
</tbody>
</table>
Comparing 2018 YRBS with Previous Years

When Possible, This Report Presents Comparisons with Previous Emerson YRBS

- Prior to 2018, the Emerson YRBS was overseen by Jim Byrne of Northeast Health Resources.
- Market Street Research is only responsible for the quality and completeness of data from the 2018 YRBS.
- **When possible**, this report and accompanying materials provided to Emerson Hospital and the participating school districts include comparisons with previous years’ results.
- Readers should note that Market Street Research **cannot provide comparisons** in cases in which information from prior years’ surveys:
  - is not available from the previous vendor, or is missing
  - is inconsistent with 2018 results due to changes in the questionnaire
RECOMMENDATIONS FOR FUTURE YRBS
There are some questions asked of 6th and 8th graders that cover:
(1) behaviors that are rare for these age groups; or (2) behaviors that have declined dramatically in recent years:
• Recent cigarette smoking (past 30 days)
• Use of chewing tobacco, snuff, pack, or dip
• 6th grade use of marijuana (regular and synthetic), although this might change as it is legalized
• Selling of illegal drugs on school property by 6th graders
• Huffing (lifetime by 6th graders, 30 days by 8th and high school).

Recommendations for Future Emerson YRBS

There are some questions not asked of 6th graders that Emerson Hospital and the participating school districts may want to include for this age group in the future, because at least 8% or more of 8th graders engage in or experience these behaviors:
• Self-injury
• Feelings of depression
• Using own prescriptions in ways not prescribed (first asked in 2018)
• Sexting and viewing pornography
• Ask 6th and 8th graders about binge drinking

Expand Some Questions to 6th Grade

Is 6th grade early enough? Monitor onset of behaviors

Is this the right issue?
• Violence can occur at school, at home, or in the community. Alcohol/drugs may or may not influence violence in any of these settings. Which is most important in terms of youth experiences at school?

Eliminate Some Questions from Earlier Grades

If nothing can be done, drop issue from YRBS

Focus on behaviors districts can address

Duplicates (Same Issue, Same Groups?)
• Huffing (lifetime by 6th graders, 30 days by 8th and high school). Consider asking this question the same way for all grades, using one of the versions (not both)
• Ever pressured into sex vs. ever had sex didn’t want; consider combining this question or asking one of the versions (not both)
Characteristics of Students Participating in 2018 Youth Risk Behavior Survey

Aggregate Results

Demographic Profiles: 6th Grade, 8th Grade, and High School
Sleep, Homework, and Screen Time
Participation in Out-Of-School-Time Activities
Breakfast and Caffeine
Regular Physical Exercise
Demographic Profile – 6th and 8th Grade (Aggregate)

**N=1,809**

*6th Grade Youth (Ages range from 11 to 13)*

- **Male**: 49%
- **Female**: 50%
- **Grades mostly A**: 57%
- **Grades mostly B or below**: 43%

**Race/Ethnicity**

- **White**: 75%
- **Asian**: 17%
- **Hispanic/Latino**: 6%
- **American Indian/Alaska Native**: 5%
- **African American**: 4%
- **Middle Eastern**: 4%
- **Southeast Asian**: 2%
- **Native Hawaiian or Pacific Islander**: 1%

*1% of 6th graders identify as “other” in terms of gender*

**N=1,865**

*8th Grade Youth (Ages range from 12 to 15+)*

- **Male**: 46%
- **Female**: 52%
- **Grades mostly A**: 58%
- **Grades mostly B or below**: 39%

**Race/Ethnicity**

- **White**: 76%
- **Asian**: 20%
- **Hispanic/Latino**: 7%
- **African American**: 4%
- **American Indian/Alaska Native**: 3%
- **Middle Eastern**: 2%
- **Southeast Asian**: 2%
- **Native Hawaiian or Pacific Islander**: 1%

*2% of 8th graders identify as transgender or “other” in terms of gender*

**Questions**

- **Q1**: GR6 | GR8 | HS | How old are you?
- **Q2**: GR6 | GR8 | HS | How do you identify yourself [gender]?
- **Q4**: GR6 | GR8 | HS | How do you describe yourself [racial/ethnic identity]?
- **Q12**: n/a | n/a | HS | How do you think of yourself [sexual orientation]?

**NOTE**: Percentages for race/ethnicity may not add to 100% because youth may identify with more than one category.
Demographic Profile – High School (Aggregate)

- **N=7,339**
- **High School Youth**
  (Ages range from 13 to 18+)

**Q1**
- **GR6**
- **GR8**
- **HS**
  How old are you?

**Q2**
- **GR6**
- **GR8**
- **HS**
  How do you identify yourself [gender]?

**Q4**
- **GR6**
- **GR8**
- **HS**
  How do you describe yourself [racial/ethnic identity]?

**Q12**
- **n/a**
- **n/a**
- **HS**
  How do you think of yourself [sexual orientation]?

**Q13**
- **GR6**
- **GR8**
- **HS**
  How would you describe your grades in school?

**NOTE:** Percentages for race/ethnicity may not add to 100% because youth may identify with more than one category.

- **Male**: 48%
- **Female**: 49%
- **LGBTQ or unsure**: 14%
- **Grades mostly A**: 50%
- **Grades mostly B or below**: 47%
- **White**: 76%
- **Asian**: 17%
- **Hispanic/Latino**: 5%
- **African American**: 4%
- **Middle Eastern**: 2%
- **Southeast Asian**: 2%
- **American Indian/Alaska Native**: 2%
- **Native Hawaiian or Pacific Islander**: 1%

- **3%** of high school youth identify as transgender or “other” in terms of gender
- **10%** of high school youth identify as LGBTQ, and **4%** are questioning their sexual orientation.
The 2018 YRBS results clearly indicate that youth’s likelihood of engaging in many risky or unhealthy behaviors goes up as their grades in school go down. This relationship is especially evident for youth whose grades fall in the “C” or below range. Youth whose grades are “D” or below are much more likely than their peers with higher grades to have experienced physical or sexual violence, to have been bullied or bullied others, to have been sexually active, and to have used alcohol, marijuana, or illegal drugs. They also get much less sleep. The link between grades and risk behaviors is discussed in detail throughout this report.
Sleep, Homework and Screen Time

**Median Hours of Sleep on School Nights (2018)**

<table>
<thead>
<tr>
<th>Grade</th>
<th>Median Hours of Sleep</th>
</tr>
</thead>
<tbody>
<tr>
<td>TOTAL</td>
<td>7</td>
</tr>
<tr>
<td>6th</td>
<td>7</td>
</tr>
<tr>
<td>8th</td>
<td>7</td>
</tr>
<tr>
<td>9th</td>
<td>7</td>
</tr>
<tr>
<td>10th</td>
<td>6</td>
</tr>
<tr>
<td>11th</td>
<td>6</td>
</tr>
<tr>
<td>12th</td>
<td>7</td>
</tr>
<tr>
<td>Total High School</td>
<td>7</td>
</tr>
</tbody>
</table>

**Median Hours of Homework Each Day (2018)**

<table>
<thead>
<tr>
<th>Grade</th>
<th>Median Hours of Homework</th>
</tr>
</thead>
<tbody>
<tr>
<td>TOTAL</td>
<td>2</td>
</tr>
<tr>
<td>6th</td>
<td>1</td>
</tr>
<tr>
<td>8th</td>
<td>2</td>
</tr>
<tr>
<td>9th</td>
<td>2</td>
</tr>
<tr>
<td>10th</td>
<td>3</td>
</tr>
<tr>
<td>11th</td>
<td>2</td>
</tr>
<tr>
<td>12th</td>
<td>2</td>
</tr>
<tr>
<td>Total High School</td>
<td>2</td>
</tr>
</tbody>
</table>

**Median Hours of Screen Time on Average School Days (2018)**

<table>
<thead>
<tr>
<th>Grade</th>
<th>Median Hours of Screen Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>TOTAL</td>
<td>3</td>
</tr>
<tr>
<td>6th</td>
<td>2</td>
</tr>
<tr>
<td>8th</td>
<td>3</td>
</tr>
<tr>
<td>9th</td>
<td>3</td>
</tr>
<tr>
<td>10th</td>
<td>4</td>
</tr>
<tr>
<td>11th</td>
<td>4</td>
</tr>
<tr>
<td>12th</td>
<td>4</td>
</tr>
<tr>
<td>Total High School</td>
<td>4</td>
</tr>
</tbody>
</table>

**Medians are mid-points; for example, half of the youth surveyed in 2018 sleep more than 7 hours on school nights, and half sleep less than 7 hours.**

**NOTE:** The sleep question was changed in 2016, adding “each school night”

<table>
<thead>
<tr>
<th>Year</th>
<th>6th Grade</th>
<th>8th Grade</th>
<th>High School</th>
</tr>
</thead>
<tbody>
<tr>
<td>2004</td>
<td>15%</td>
<td>40%</td>
<td>66%</td>
</tr>
<tr>
<td>2006</td>
<td>14%</td>
<td>38%</td>
<td>66%</td>
</tr>
<tr>
<td>2008</td>
<td>16%</td>
<td>41%</td>
<td>69%</td>
</tr>
<tr>
<td>2010</td>
<td>14%</td>
<td>41%</td>
<td>65%</td>
</tr>
<tr>
<td>2012</td>
<td>17%</td>
<td>42%</td>
<td>69%</td>
</tr>
<tr>
<td>2014</td>
<td>17%</td>
<td>42%</td>
<td>71%</td>
</tr>
<tr>
<td>2016</td>
<td>32%</td>
<td>62%</td>
<td>84%</td>
</tr>
<tr>
<td>2018</td>
<td>37%</td>
<td>64%</td>
<td>85%</td>
</tr>
</tbody>
</table>

Q187  GR6  GR8  HS  On average, how much time do you spend doing homework each day?
Q188  GR6  GR8  HS  On average, how many hours of sleep do you get each school night?
Q189  GR6  GR8  HS  On an average school day, how much time do you spend using computers, television, phones, other visual technology?
## Who Gets Most and Least Sleep on School Nights

<table>
<thead>
<tr>
<th>Most likely to get 8 hours or more sleep on school nights</th>
<th>Most likely to get 4 hours or less sleep on school nights</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>(Aggregate = 27%)</strong></td>
<td><strong>(Aggregate = 5%)</strong></td>
</tr>
<tr>
<td>• 6&lt;sup&gt;th&lt;/sup&gt; graders (63%) and 8&lt;sup&gt;th&lt;/sup&gt; graders (36%)</td>
<td>• Has been hurt physically (28%) or sexually (37%)</td>
</tr>
<tr>
<td>• LGTBQ youth (41%)</td>
<td>• Grades “D” or “F” (36%)</td>
</tr>
<tr>
<td>• Males (30%)</td>
<td>• Bullied others (24%) or cyber-bullied others (27%)</td>
</tr>
<tr>
<td>• Does not have social media accounts parents don’t know about (30%)</td>
<td>• Smokes (22%), chews (21%), uses drugs (15%-37%)</td>
</tr>
<tr>
<td></td>
<td>• Non-gender-conforming youth (23%)</td>
</tr>
<tr>
<td></td>
<td>• Depressed (13%), suicidal ideation (15%), or attempt (16%)</td>
</tr>
<tr>
<td></td>
<td>• Has been bullied (12%) or cyber-bullied (15%)</td>
</tr>
<tr>
<td></td>
<td>• Has missed school because doesn’t feel safe (16%)</td>
</tr>
</tbody>
</table>
The majority of youth surveyed in 2018 (88%) are involved in one or more out-of-school-time activities. The median amount of time they spend on these activities is about 2 hours regardless of grade, although the kinds of activities they engage in change as they age:

- **6th graders** are most likely to participate in sports (65%), band, orchestra, or choir (28%), and/or clubs, such as drama, art, debate, etc. (26%)
- **8th graders** are most likely to participate in sports (66%), clubs (28%), and/or band, orchestra, or choir (23%), and some also engage in volunteer work (20%)
- **High school youth** are most likely to participate in sports (57%), work at a job (38%), do volunteer work (35%), and/or participate in clubs (34%)

**Lack of engagement** in out-of-school-time activities is associated with higher risks across a spectrum of behaviors. Compared with an overall participation rate of 88% for all youth, those who are significantly more likely than their peers to engage in out-of-school-time activities include:

- Youth whose grades are in the “C” range (73%) or “D-F” range (61%)
- Non-gender-conforming youth (74%)
- Youth who admit they have bullied others (73%) or cyber-bullied others (73%)
- Youth who have been hurt sexually (73%) or physically (80%) while they or the other persons involved were under the influence of alcohol or drugs
- Youth who haven’t come to school on one or more occasions because they don’t feel safe (78%)
- African-American youth (79%)
# Breakfast and Caffeine

**Ate Breakfast All 7 Days in Past Week (2018)**

<table>
<thead>
<tr>
<th>Grade</th>
<th>Total All Grades (N=10,022)</th>
<th>6th (N=1,733)</th>
<th>8th (N=1,713)</th>
<th>9th (N=1,705)</th>
<th>10th (N=1,619)</th>
<th>11th (N=1,733)</th>
<th>12th (N=1,490)</th>
<th>Total High School (N=6,563)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>51%</td>
<td>65%</td>
<td>53%</td>
<td>51%</td>
<td>49%</td>
<td>46%</td>
<td>44%</td>
<td>47%</td>
</tr>
</tbody>
</table>

**Ate Breakfast Fewer than Five Days in Past Week (2004-2018)**

<table>
<thead>
<tr>
<th>Year</th>
<th>6th Grade</th>
<th>8th Grade</th>
<th>High School</th>
</tr>
</thead>
<tbody>
<tr>
<td>2004</td>
<td>2004</td>
<td>2004</td>
<td>2004</td>
</tr>
<tr>
<td>2010</td>
<td>2010</td>
<td>2010</td>
<td>2010</td>
</tr>
<tr>
<td>2012</td>
<td>2012</td>
<td>2012</td>
<td>2012</td>
</tr>
<tr>
<td>2018</td>
<td>2018</td>
<td>2018</td>
<td>2018</td>
</tr>
</tbody>
</table>

**Drank a Caffeinated Beverage At Least Once in Past Week (2018)**

<table>
<thead>
<tr>
<th>Grade</th>
<th>Total All Grades (N=10,821)</th>
<th>6th (N=1,788)</th>
<th>8th (N=1,833)</th>
<th>9th (N=1,833)</th>
<th>10th (N=1,784)</th>
<th>11th (N=1,916)</th>
<th>12th (N=1,634)</th>
<th>Total High School (N=7,186)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>66%</td>
<td>52%</td>
<td>62%</td>
<td>65%</td>
<td>68%</td>
<td>71%</td>
<td>75%</td>
<td>70%</td>
</tr>
</tbody>
</table>

**Drank a Caffeinated Beverage Once a Day or More Often In Past Week (2010-2018)**

<table>
<thead>
<tr>
<th>Year</th>
<th>6th Grade</th>
<th>8th Grade</th>
<th>High School</th>
</tr>
</thead>
<tbody>
<tr>
<td>2010</td>
<td>2010, 7%</td>
<td>2010, 7%</td>
<td>2010, 7%</td>
</tr>
<tr>
<td>2012</td>
<td>2012, 7%</td>
<td>2012, 7%</td>
<td>2012, 7%</td>
</tr>
<tr>
<td>2014</td>
<td>2014, 7%</td>
<td>2014, 7%</td>
<td>2014, 7%</td>
</tr>
<tr>
<td>2016</td>
<td>2016, 7%</td>
<td>2016, 7%</td>
<td>2016, 7%</td>
</tr>
<tr>
<td>2018</td>
<td>2018, 7%</td>
<td>2018, 7%</td>
<td>2018, 7%</td>
</tr>
</tbody>
</table>

**Questions**

Q184  GR6  GR8  HS  During the past 7 days, how many times did you drink a caffeinated beverage ... ?

Q185  GR6  GR8  HS  During the past 7 days, on how many days did you eat breakfast?
Regular, Vigorous Exercise

About three-fourths (71%) of the youth surveyed in 2018 reported that they participated in vigorous physical activity 3 or more days during the previous week. The rate of physical exercise declines slightly from 9th to 12th grade, and has also declined for high school students since 2010, from 76% to 70%.

Vigorous Exercise:

“Physical activity for at least 20 minutes that made you sweat and breathe hard, such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities.”
Section 1: Helmets and Vehicular Safety

Wearing Helmets
Wearing Seat Belts
Impaired Driving
Wearing Helmets

- The majority—but not all—youth surveyed in 2018 said that they “always” wear helmets when riding a bicycle or when skiing or snowboarding. Fewer than half wear helmets when rollerblading or skateboarding.
- Depending on grade level, between 6% and 14% of youth admitted that they never wear helmets when participating in these kinds of sports – the proportions are highest for 6th graders, and decline steadily through high school.
- At the same time, the proportion of youth who bicycle, rollerblade/skateboard, or ski/snowboard is highest in 6th grade, but declines as youth age.

Groups most likely to say they “never wear helmets” (aggregate results):
- Has been hurt sexually (46%) or physically (43%)
- Grades at “C” or below (35%)
- Has bullied others (34%) or cyber-bullied (34%)
- Non-gender-conforming (33%)
- African-American youth (33%)
- Hispanic/Latino youth (24%)
- Misses school because doesn’t feel safe (23%)
- Smokes, chews, vapes (24%-44%)
- Uses illegal drugs (25%-64%)
Wearing Seat Belts

Most youth wear seat belts while they are passengers in cars. The proportion who rarely or never do so has declined steadily since 2004 when questions about seat belts were first asked in the Emerson YRBS. High school youth are slightly less likely than their younger peers to wear seat belts as passengers, but the difference is not large (99% for 6th graders, 98% for 8th graders, and 97% for high school youth).

High school youth are not always as careful about wearing seatbelts when they are driving. In fact, about 9% of juniors, and 10% of seniors, admitted that they do not “always” wear seat belts when they are driving. The higher proportions for lower grades is probably a reflection of the fact that many are not yet old enough to drive, and skipped this question. This question is new for 2018 so comparisons across time are not available.

How Often 6th and 8th Graders Wear Seat Belts as Passengers (2018)

<table>
<thead>
<tr>
<th>YRBS</th>
<th>6th Grade</th>
<th>8th Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>2004</td>
<td>2%</td>
<td>8%</td>
</tr>
<tr>
<td>2006</td>
<td>2%</td>
<td>5%</td>
</tr>
<tr>
<td>2008</td>
<td>1%</td>
<td>7%</td>
</tr>
<tr>
<td>2010</td>
<td>1%</td>
<td>6%</td>
</tr>
<tr>
<td>2012</td>
<td>1%</td>
<td>3%</td>
</tr>
<tr>
<td>2014</td>
<td>1%</td>
<td>2%</td>
</tr>
<tr>
<td>2016</td>
<td>1%</td>
<td>3%</td>
</tr>
<tr>
<td>2018</td>
<td>1%</td>
<td>2%</td>
</tr>
</tbody>
</table>

High School Youth and Seat Belts (2018)

- Always wears seat belt when riding in a car driven by someone else
  - 9th Grade: 94%
  - 10th Grade: 92%
  - 11th Grade: 91%
  - 12th Grade: 90%
  - Total High School: 92%

- Always wears seat belt when driving a car
  - 9th Grade: 42%
  - 10th Grade: 72%
  - 11th Grade: 91%
  - 12th Grade: 90%
  - Total High School: 73%

- I never wear a seatbelt
  - 9th Grade: 3%
  - 10th Grade: 2%
  - 11th Grade: 2%
  - 12th Grade: 3%
  - Total High School: 3%
Impaired Driving

There are a variety of ways in which youth might be exposed to impaired driving. They might be a passenger in a vehicle whose driver has been drinking, using drugs, or is using a cell phone to talk, text, or access the internet or social media, or, they might have been driving themselves under these circumstances. The most common experience of impaired driving is among high school students riding in vehicles while drivers are using cell phones (41%), followed by older teens driving and using cell phones (e.g., 34% of 12th graders have done this in the past 30 days). Many older teens also use marijuana when they drive (e.g., 17% of 12th graders).

Proportion of Youth Experiencing Impaired Driving (2018)

**Q21** GR6 GR8 HS  How many times did you ride in a car driven by a minor who had been drinking alcohol/using drugs?

**Q22** n/a n/a HS  How many times did you drive a car or other vehicle when you had been drinking alcohol?

**Q23** n/a n/a HS  How many times did you drive a car or other vehicle when you had been using marijuana?

**Q24** n/a n/a HS  Have you driven a car while using a cell phone to talk, text, or access the internet or social media ... ?

**Q25** n/a n/a HS  Have you been a passenger in a car while the driver was using a cell phone to talk, text, ...?
Impaired Driving (cont.)

The most frequent response when youth are passengers in vehicles whose drivers are using cell phones unsafely is to do nothing (39%). Some youth say they insist on being let out when drivers refuse to stop using cell phones (36%). Many times, youth say they ask drivers to stop using cell phones and the drivers don’t stop (21%). Only 8% said that asking drivers to stop using cell phones results in cessation of the behavior.

**How Assertive Youth Have Been As Passengers In Vehicles Whose Drivers are Using Cell Phones (2018)**

- **HASN'T EXPERIENCED**: 20%
- **Hasn't said anything in protest**: 39%
- **Asked driver to stop using cell phone and he/she DID stop**: 31%
- **Asked driver to stop using cell phone and he/she DID NOT stop**: 9%
- **Insisted on being let out when driver refused to stop using cell phone**: 1%

The proportion of youth who have been exposed to drivers under age 18 who are impaired with alcohol or drugs has fluctuated over time. For 6th graders, the rate has remained steady since the 2004 YRBS. The rate has declined to some extent for 8th graders during that time, and had been declining for high school youth, but has since levelled off at about 12%.

**Proportion of Youth in Vehicles With Drivers Under Age 18 Who Have Been Drinking Alcohol or Using Drugs (2004-2018 YRBS)**

<table>
<thead>
<tr>
<th>Year</th>
<th>6th Grade</th>
<th>8th Grade</th>
<th>High School</th>
</tr>
</thead>
<tbody>
<tr>
<td>2004</td>
<td>2%</td>
<td>2%</td>
<td>2%</td>
</tr>
<tr>
<td>2006</td>
<td>3%</td>
<td>5%</td>
<td>5%</td>
</tr>
<tr>
<td>2008</td>
<td>4%</td>
<td>6%</td>
<td>6%</td>
</tr>
<tr>
<td>2010</td>
<td>5%</td>
<td>7%</td>
<td>7%</td>
</tr>
<tr>
<td>2012</td>
<td>5%</td>
<td>7%</td>
<td>7%</td>
</tr>
<tr>
<td>2014</td>
<td>5%</td>
<td>7%</td>
<td>7%</td>
</tr>
<tr>
<td>2016</td>
<td>4%</td>
<td>6%</td>
<td>6%</td>
</tr>
<tr>
<td>2018</td>
<td>3%</td>
<td>5%</td>
<td>5%</td>
</tr>
<tr>
<td>2004</td>
<td>20%</td>
<td>21%</td>
<td>21%</td>
</tr>
<tr>
<td>2006</td>
<td>20%</td>
<td>20%</td>
<td>20%</td>
</tr>
<tr>
<td>2008</td>
<td>21%</td>
<td>21%</td>
<td>21%</td>
</tr>
<tr>
<td>2010</td>
<td>17%</td>
<td>17%</td>
<td>17%</td>
</tr>
</tbody>
</table>

**Q21**  | **GR6** | **GR8** | **HS** | How many times did you ride in a car driven by a minor who had been drinking alcohol/using drugs?
**Q26**  | **n/a** | **n/a** | **HS** | How assertive have you been as a passenger in a car whose driver was using a cell phone ... ?
Section 2: Emotional Wellbeing

Trusted Adults in School
Major Sources of Stress
Depression and Suicidal Ideation
Body Image and Weight
Almost three-fourths (73%) of the youth surveyed in 2018 indicated there is at least one teacher or other adult in their school who they could talk to if they had a problem. This proportion is relatively consistent across grades until high school, when the proportion of youth who have adults they can talk to at school increases steadily, reaching 85% by 12th grade. Not having a trusted adult at school is significantly associated with a number of other risks. Across all of the school districts, the following youth are much less likely than their peers to have trusted adults at school:

- Youth who have been hurt physically or sexually while they or the perpetrator(s) were under the influence of alcohol or drugs (45% and 44%, respectively)
- Youth who have been bullied (62%), cyber-bullied (61%), or who have bullied others (50%)
- Youth who have social media accounts their parents aren’t aware of (64%)
- Youth who have used any of the following drugs: marijuana (71%), cocaine (55%), heroin (43%); meth (44%), MMDA (52%)
Major Sources of Stress

By far the greatest source of stress reported by youth in 2018 is school; this is true for all grades, although the proportion experiencing high stress as a consequence of school increases with age.

Percent of Youth Experiencing “Somewhat High” to “Very High” Stress Due to Academics Events at School, or Events at Home (2018)

Percent of Youth Experiencing “Somewhat High” to “Very High” Stress Due to Academics, by Grade (2012-2018)

Q77 GR6 GR8 HS During the past 6 months, what level of stress have you experienced as a result of your academic workload?
Q78 GR6 GR8 HS During the past 6 months, what level of stress have you experienced as a result of events in school?
Q79 GR6 GR8 HS During the past 6 months, what level of stress have you experienced as a result of events or pressure at home?
Q80 GR6 GR8 HS What is the greatest source of stress in your life?
The top three strategies youth use most often to deal with stress are:

- Exercise (49%)
- Watching television (45%)
- Eating (36%)

Many youth also rely on meditation or relaxation activities (21%). Some result to negative behaviors, such as drinking, drugs, or smoking (8%), vaping (7%), or self-injury (4%). Drinking, drugs, smoking, and vaping become more common as youth age, and are most likely to be used as strategies by 12th graders (18% and 12%, respectively).

Self-injury, on the other hand, is used to relieve stress about as often in 6th grade as in high school (3% in 6th grade and 4% in high school).
Many youth surveyed in 2018 have struggled with sad feelings and/or have contemplated suicide. In 2018, 17% of 8th graders and 23% of high school youth reported that they had felt so sad or hopeless almost every day for 2 weeks or more in a row, that they stopped doing some of their usual activities. About 8% to 13% of youth seriously considered suicide this past year; 5% to 9% made a plan for suicide; and 3% to 4% attempted suicide at least once during the year. About 1% of 8th graders and high school youth attempted suicide and the result was an injury, poisoning, or overdoses that had to be medically treated—this represents 77 youth across all districts.

### Depression, Suicidal Ideation, and Attempted Suicide (2018)

<table>
<thead>
<tr>
<th>Question</th>
<th>Grade(s)</th>
<th>Result</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Q90</td>
<td>n/a</td>
<td>GR8</td>
<td>HS</td>
</tr>
<tr>
<td>Q91</td>
<td>GR6</td>
<td>GR8</td>
<td>HS</td>
</tr>
<tr>
<td>Q92</td>
<td>GR6</td>
<td>GR8</td>
<td>HS</td>
</tr>
<tr>
<td>Q93</td>
<td>GR6</td>
<td>GR8</td>
<td>HS</td>
</tr>
<tr>
<td>Q94</td>
<td>n/a</td>
<td>GR8</td>
<td>HS</td>
</tr>
</tbody>
</table>
Depression and Suicide (cont.)

The proportions of high school youth who have seriously considered suicide and/or actually attempted suicide have remained fairly constant over time since these questions were first asked in 2004. For 6th and 8th graders, however, levels of suicidal ideation and attempted suicide have fluctuated, and are now at the highest point in a decade. In all grades, youth at greatest risk of suicidal ideation and attempted suicide have the same characteristics as youth at risk of other risks; namely, those who have been bullied, those who have bullied others; those who have experienced physical or sexual violence or have been sexually harassed, those who lack trusted adults they can talk to or who feel unsafe coming to school, and those who use tobacco, alcohol, and drugs.

Suicidal Ideation and Attempted Suicide (2004-2018 YRBS)

<table>
<thead>
<tr>
<th>Year</th>
<th>6th Grade</th>
<th>8th Grade</th>
<th>High School</th>
</tr>
</thead>
<tbody>
<tr>
<td>2004</td>
<td>5%</td>
<td>15%</td>
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<tr>
<td>2006</td>
<td>6%</td>
<td>10%</td>
<td>1%</td>
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<tr>
<td>2008</td>
<td>5%</td>
<td>12%</td>
<td>3%</td>
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<tr>
<td>2010</td>
<td>4%</td>
<td>12%</td>
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<td>2012</td>
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<tr>
<td>2014</td>
<td>6%</td>
<td>12%</td>
<td>2%</td>
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<tr>
<td>2016</td>
<td>8%</td>
<td>12%</td>
<td>3%</td>
</tr>
<tr>
<td>2018</td>
<td>8%</td>
<td>12%</td>
<td>3%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Year</th>
<th>6th Grade</th>
<th>8th Grade</th>
<th>High School</th>
</tr>
</thead>
<tbody>
<tr>
<td>2004</td>
<td>2%</td>
<td>5%</td>
<td>3%</td>
</tr>
<tr>
<td>2006</td>
<td>1%</td>
<td>6%</td>
<td>4%</td>
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<td>2008</td>
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<tr>
<td>2016</td>
<td>2%</td>
<td>6%</td>
<td>4%</td>
</tr>
<tr>
<td>2018</td>
<td>2%</td>
<td>6%</td>
<td>4%</td>
</tr>
</tbody>
</table>

**Q90** n/a GR8 HS During the past 12 months, did you ever feel so sad or hopeless every day for two weeks or more in a row? ...

**Q91** GR6 GR8 HS During the past 12 months, did you ever seriously consider attempting suicide?

**Q92** GR6 GR8 HS During the past 12 months, did you make a plan for how you would attempt suicide?

**Q93** GR6 GR8 HS During the past 12 months, how many times did you actually attempt suicide?

**Q94** n/a GR8 HS If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning ...?
In 2018, youth were asked whether anyone at school told them in the past 12 months that they were thinking about hurting themselves or attempting suicide, and what they did with this information. A third (31%) of youth surveyed are worried about their peers in this respect. Concern about peers is highest among:

- 8th graders and high school youth (33% and 35% respectively)
- Females (40%) and non-gender-conforming youth (51%)
- LGBTQ youth (36%)
- Youth who use tobacco (22%-46%)
- Youth who use drugs (38%-52%)
- Youth who have missed school because they don’t feel safe (57%)
- Youth who are themselves depressed (54%) or have considered or attempted suicide (54%-61%)

Only 7% of 6th graders and 9% of 8th graders and high school youth are both worried about a peer harming themselves or attempting suicide and have told an adult about their concerns. In other words, more often than not, youth worry about their peers, but are not communicating about it with adults who could help.
Self-Injury

About 1 in 7 of the youth surveyed in 2018 (14%) have hurt or injured themselves on purpose, such as by cutting, burning, or bruising themselves. This proportion increases slightly as youth age, reaching a high of 16% in 11th grade.

Youth most likely to engage in self-injury have the same profile as youth who are depressed and/or suicidal; namely, the rate of self-injury is highest among females, non-gender-conforming youth, LGBTQ youth, youth who have missed school because they don’t feel safe, youth who have been hurt physically or sexually, and youth who use tobacco, alcohol, or drugs.

Self-injury in 8th grade had been declining to some extent since 2004, but has increased slightly this year (self-injury among high school youth is relatively stable).
Youth surveyed in 2018 have a variety of different opinions about how much they weigh, and vary in terms of what they are doing about their weight. About one-fourth (24%) think they are overweight, and more than a third (37%) are trying to lose weight. About one-fifth (19%) think they are underweight, and a similar proportion are trying to gain (17%). The following groups are more likely than their peers to think they are overweight:

- Non-gender-conforming youth (41%)
- Youth whose grades are in the “D-F” range (35%)
- Hispanic youth (31%)
- Youth who have missed school because they don’t feel safe (34%)
- Depressed (33%), suicidal (39%), or has attempted suicide (40%)
- Has been hurt sexually (39%)
- Has been bullied (32%) or has bullied others (32%)
- Has been cyber-bullied (31%) or has cyber-bullied others (31%)
- Has been sexually harassed (35%)

### Is Trying to Lose Weight (2004-2018 YRBS)

<table>
<thead>
<tr>
<th>Year</th>
<th>6th Grade</th>
<th>8th Grade</th>
<th>High School</th>
</tr>
</thead>
<tbody>
<tr>
<td>2004</td>
<td>29%</td>
<td>35%</td>
<td>41%</td>
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<tr>
<td>2006</td>
<td>31%</td>
<td>36%</td>
<td>40%</td>
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<tr>
<td>2008</td>
<td>29%</td>
<td>34%</td>
<td>39%</td>
</tr>
<tr>
<td>2010</td>
<td>27%</td>
<td>28%</td>
<td>32%</td>
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<tr>
<td>2012</td>
<td>28%</td>
<td>29%</td>
<td>33%</td>
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<tr>
<td>2014</td>
<td>28%</td>
<td>33%</td>
<td>34%</td>
</tr>
<tr>
<td>2016</td>
<td>27%</td>
<td>32%</td>
<td>35%</td>
</tr>
<tr>
<td>2018</td>
<td>29%</td>
<td>33%</td>
<td>39%</td>
</tr>
</tbody>
</table>

### How Do You Describe Your Weight?

- About the right weight 57%
- Underweight 19%
- Slightly overweight 21%
- Very overweight 3%
- Underweight 17%
- Gain weight 19%
- Stay the same 19%
- Not doing anything 28%

10,815 Youth (2018)
The two most frequently-used strategies for either losing weight or not gaining weight are, for the youth surveyed in 2018, exercising (37%), and combining exercise with less food, fewer calories, low-fat foods, etc. (19%). About 6% have tried fasting, about 6% have gone on “cleansing diets” without a doctor’s advice, and small proportions make themselves vomit or take laxatives (3%). Exercise as a weight-loss strategy tends to peak in 6th grade and decline through high school, whereas combining exercise and eating less is used most often by 11th and 12th graders.

<table>
<thead>
<tr>
<th>Question</th>
<th>Grade</th>
<th>Survey Year</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Q179</td>
<td>GR6</td>
<td>HS</td>
<td>During the past 30 days, did you exercise or eat less food, fewer calories ... [to lose weight]?</td>
</tr>
<tr>
<td>Q180</td>
<td>n/a</td>
<td>GR8</td>
<td>During the past 30 days, did you go without eating for 24 hours or more ... [to lose weight]?</td>
</tr>
<tr>
<td>Q181</td>
<td>n/a</td>
<td>n/a</td>
<td>During the past 30 days, did you take any diet pills, powders, or liquids without a doctor’s advice ... [to lose weight]?</td>
</tr>
<tr>
<td>Q182</td>
<td>GR6</td>
<td>GR8</td>
<td>During the past 30 days, did you go on a cleansing diet without a doctor’s advice ... [to lose weight]?</td>
</tr>
<tr>
<td>Q183</td>
<td>GR6</td>
<td>GR8</td>
<td>During the past 30 days, did you make yourself vomit or take laxatives ... [to lose weight]?</td>
</tr>
</tbody>
</table>
Section 3: Risk Behaviors and the Internet

Unmonitored Use of Social Media
Risky Sharing of Information Electronically
Sharing Sexually Explicit Material Electronically
Viewing Pornography
Online Fantasy Sports Gambling
Unmonitored Use of Social Media

One-fifth (20%) of youth surveyed in 2018 have social media accounts their parents or guardians don’t know about. More than one-half (53%) said their parents/guardians do not monitor their social media use at all. Unmonitored use of social media increases steadily by age—by the time youth reach 12th grade, three-fourths (77%) are using social media without any parental supervision. Parents/guardians who do monitor youth use of social media typically do so by:

- Following accounts weekly or more often (14%)
- Requiring that youth use phones, tablets, or computers only at certain times (9%)
- Using parental controls on phones, tablets, or computers (8%)
- Using monitoring, blocking, or filtering software (6%)
- Requiring that youth use phones, tablets, or computers only in certain places in the home (3%)

---

Has Social Media Account(s) Parents/Guardians Don’t Know About (2018)

Percent of Youth Whose Parents/Guardians Don’t Monitor their Social Media Use (2018)

---

Q37  GR6  GR8  HS  Do you have any social media accounts that your parents or guardians don’t know about?
Q38  GR6  GR8  HS  How do your parents or guardians monitor your social media accounts or how you use social media?
About one-fourth (24%) of the youth surveyed in 2018 have, at some point, found themselves in unwanted or risky situations because of information they shared electronically. This includes 17% of 6th graders, and 19% of 8th graders; by high school, this behavior levels out at about 27%. Groups most likely to have found themselves in unwanted or risky situations because they shared information electronically include:

- Youth who have been hurt physically (61%) or sexually (62%) while they or the perpetrators were under the influence of alcohol or drugs
- Youth who have been bullied (43%), have bullied others (43%), have experienced cyber-bullying (60%), or have cyber-bullied others (64%)
- Youth who have missed school because they don’t feel safe (48%)
- Youth who have social media accounts their parents don’t know about (40%)
- Non-gender conforming youth (40%)
- Youth whose grades average “C” or below (34%)
“Sexting” involves electronic sending or receiving of sexually explicit messages or photos via social media (such as Snapchat, Instagram, etc.) About one-fifth (21%) of youth surveyed in 2018 admitted to sexting, with the likelihood of having done so increasing with age (10% of 8th graders have sexted, vs. 31% of 12th graders).

These levels have increased slightly from 2016 to 2018, for all grades.

For 2018, groups most likely to have sexted in the past 12 months include:

- Youth who have been hurt physically (69%) or sexually (72%) while they or the perpetrators were under the influence of alcohol or drugs
- Youth who have experienced cyber-bullying (45%), have bullied others (51%), or cyber-bullied others (59%)
- Youth whose grades are in the “D-F” range (47%)
- Youth who have been sexually harassed at school (48%)
- Youth who have missed school in the past year because they don’t feel safe (40%)
- Youth who have felt depressed (35%), have planned suicide (40%), or have attempted suicide (43%)

### Has Sent or Received Sexually Explicit Messages Or Photos Electronically in Past Year (2018)

<table>
<thead>
<tr>
<th>Grade</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total All Grades (N=9,142)</td>
<td>21%</td>
</tr>
<tr>
<td>8th Grade (N=1,850)</td>
<td>10%</td>
</tr>
<tr>
<td>9th Grade (N=1,863)</td>
<td>14%</td>
</tr>
<tr>
<td>10th Grade (N=1,813)</td>
<td>22%</td>
</tr>
<tr>
<td>11th Grade (N=1,930)</td>
<td>28%</td>
</tr>
<tr>
<td>12th Grade (N=1,651)</td>
<td>31%</td>
</tr>
<tr>
<td>Total High School (N=7,284)</td>
<td>24%</td>
</tr>
</tbody>
</table>

### Has Sent or Received Sexually Explicit Messages Or Photos Electronically in Past Year (2010-2018 YRBS)

<table>
<thead>
<tr>
<th>Year</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>2010</td>
<td>11%</td>
</tr>
<tr>
<td>2012</td>
<td>8%</td>
</tr>
<tr>
<td>2014</td>
<td>7%</td>
</tr>
<tr>
<td>2016</td>
<td>7%</td>
</tr>
<tr>
<td>2018</td>
<td>10%</td>
</tr>
<tr>
<td>2010</td>
<td>22%</td>
</tr>
<tr>
<td>2012</td>
<td>19%</td>
</tr>
<tr>
<td>2014</td>
<td>22%</td>
</tr>
<tr>
<td>2016</td>
<td>22%</td>
</tr>
<tr>
<td>2018</td>
<td>24%</td>
</tr>
</tbody>
</table>
Slightly more than a third (35%) of youth surveyed in 2018 said they have looked at pornographic material, either in electronic or any other format, in the past 30 days. This is comparable to levels reported by youth in the 2016 YRBS. Viewing pornography increases with age, with 12th graders admitting the highest rate (48%).

The following groups are most likely to have viewed pornographic material in the past 30 days:

- Youth who have been hurt physically (77%) or sexually (72%) while they or the perpetrators were under the influence of alcohol or drugs
- Youth who have bullied others (72%) or cyber-bullied others (70%)
- Males (56%)
- Youth who have social media accounts their parents don’t know about (52%)
- Youth who have planned suicide (46%) or attempted suicide (51%)
- Youth whose grades average “C” or below (48%)

Youth who do view pornographic material have done so a median of 11 out of the past 30 days. This is fairly consistent regardless of grade—the median for 8th graders is 9 out of the past 30 days, vs. a high of 12 days for 11th graders.
A fantasy sport (also known as rotisserie or roto) is a type of online game where participants assemble imaginary or virtual teams of real players of a professional sport, such as football or basketball. These teams compete based on the statistical performance of the players in the actual games. Many of these games allow wagering. Nationally, about 14% of the U.S. population participates regularly in some sort of fantasy league.*

- In the past year, 12% of youth surveyed in 2018 have participated in an online fantasy sports game (or visited a website) where money is wagered
- Participating in online fantasy sports increases with age: about 6% of 6th graders have done so, and the proportion increases to a high of 15% in 11th grade

The following groups are most likely to have participated in online fantasy sports in the past year:
- Uses tobacco (25%-57%)
- Uses illegal drugs (36%-64%)
- Has been hurt physically (43%) or sexually (46%)
- Has bullied (30%) or cyber-bullied others (40%)
- Males (21%) and non-gender-conforming (27%)
- Grades average “D-F” (28%)
- Has social media account(s) that parents don’t know about (17%)

Has Participated in Online Fantasy Sports Games or Websites Where Money is Wagered, Past Year (2018)

<table>
<thead>
<tr>
<th>Grade</th>
<th>Has Participated in Online Fantasy Sports Games or Websites Where Money is Wagered (2018)</th>
</tr>
</thead>
<tbody>
<tr>
<td>TOTAL ALL GRADES</td>
<td>12%</td>
</tr>
<tr>
<td>6th (N=1794)</td>
<td>6%</td>
</tr>
<tr>
<td>8th (N=1,834)</td>
<td>11%</td>
</tr>
<tr>
<td>9th (N=1,852)</td>
<td>12%</td>
</tr>
<tr>
<td>10th (N=1,809)</td>
<td>14%</td>
</tr>
<tr>
<td>11th (N=1,924)</td>
<td>15%</td>
</tr>
<tr>
<td>12th (N=1,640)</td>
<td>14%</td>
</tr>
<tr>
<td>Total High School (N=7,245)</td>
<td>14%</td>
</tr>
</tbody>
</table>

Q161 | n/a | GR8 | HS | During the past 12 months, have you participated in any online fantasy sports games or websites where money is wagered?

Section 4: Bullying

Bullying
Cyber-Bullying
Sexual Harassment
“Bullying” is defined as repeatedly threatening, humiliating, or acting in a hostile manner towards another person. About 8% of youth surveyed in 2018 said they had been bullied during the year, and 2% said they had bullied others. Being bullied occurs at the highest levels in 6th grade and diminishes through high school. Bullying others occurs at the highest in 6th grade.

The reported rate of bullying has been relatively constant since first measured in the 2012 YRBS.

The most common responses to bullying reported by youth include telling the person to stop (5%), walking away (4%), and doing nothing (4%). Some tell adults at school (3%), and some resist physically (6%).

**Usual Response to Bullying (2018)**

**Has Been Bullied (2018)**

- **TOTAL ALL GRADES**
  - 8% (N=10,952)
- **6th Grade**
  - 12% (N=1,802)
- **8th Grade**
  - 10% (N=1,860)
- **9th Grade**
  - 7% (N=1,857)
- **10th Grade**
  - 6% (N=1,810)
- **11th Grade**
  - 5% (N=1,937)
- **12th Grade**
  - 5% (N=1,647)
- **Total High School**
  - 6% (N=7,276)

**Has Bullying Others (2018)**

- **TOTAL ALL GRADES**
  - 2% (N=10,944)
- **6th Grade**
  - 3% (N=1,794)
- **8th Grade**
  - 2% (N=1,857)
- **9th Grade**
  - 2% (N=1,860)
- **10th Grade**
  - 1% (N=1,811)
- **11th Grade**
  - 1% (N=1,933)
- **12th Grade**
  - 2% (N=1,650)
- **Total High School**
  - 2% (N=7,308)

**Has Been Bullied (2012-2018 YRBS)**

- **2012, 13%**
- **2014, 11%**
- **2016, 10%**
- **2018, 12%**
- **2012, 10%**
- **2014, 7%**
- **2016, 10%**
- **2018, 6%**

**Q57** GR6 GR8 HS During the past 12 months, have you been repeatedly threatened, humiliated, or experienced ... [bullying]?

**Q58** GR6 GR8 HS During the past 12 months, have you repeatedly threatened, humiliated, or harassed (bullied) someone in school?

**Q59** GR6 GR8 HS During the past 12 months, when you were repeatedly [bullied], what did you do or say about it?
### Groups Most Likely to Have Been Bullied (8% = 831 Youth)

**Demographics**
- Non-gender-conforming (29%) or LGBTQ (11%)
- African-American (14%)

**School Experiences**
- Grades in the “D-F” range (26%)
- 6th graders (12%)

**Associated Risk Behaviors**
- Has been hurt physically (33%) or sexually (51%)
- Has missed school because doesn’t feel safe (31%)
- Smokes cigarettes or chews (17%-20%)
- Depressed (16%), suicidal ideation (21%), or has attempted suicide (22%)
- Illegal drug use (20%-39%)
- Misuse of prescription medications (17%-19%)
- Has been sexually harassed (21%)

### Groups Most Likely to have Bullied Others (2% = 218 Youth)

**Demographics**
- Non-gender-conforming (16%)
- African-American (10%)

**School Experiences**
- Grades in the “D-F” range (25%)

**Associated Risk Behaviors**
- Has been hurt physically (25%) or sexually (46%)
- Has missed school because doesn’t feel safe (12%)
- Smokes cigarettes or chews (16%-21%)
- Suicidal ideation (6%), or has attempted suicide (8%)
- Illegal drug use (15%-39%
- Misuse of prescription medications (7%-13%)
- Has been sexually harassed (7%)
Cyber-Bullying

“Cyber-bullying” involves repeatedly threatening, humiliating, or expressing hostility to another person using the internet (electronically). About 7% of youth surveyed in 2018 said they, personally, had been cyber-bullied, and about 2% said they had cyber-bullied others. Being bullied tends to be most prevalent in 6th grade, and lessens slightly during high school. Bullying others occurs most often in 8th grade.

Cyber-bullying is up slightly this year compared with the 2016 YRBS, but is consistent with long-term trends.

Many youth who are cyber-bullied do nothing about it, but some do react. The most frequent responses to cyber-bullying are:

- Telling a friend or peer at school (33%)
- Telling a parent or guardian (27%)
- Telling an adult at school (13%)
- Reporting to website administrator (8%)
- Reporting to the police (4%)

During the past 12 months, have you been repeatedly ... [cyber-bullied]?

If you have been [cyber-bullied], what have you done about it?

During the past 12 months, have you repeatedly ... [cyber-bullied others]?
Who is Most Likely to Be Cyber-Bullied/Cyber-Bully Others

Groups Most Likely to Have Been Cyber-Bullied
(7% = 801 Youth)

Demographics
• Non-gender-conforming (30%) or LGBTQ (9%)
• Middle-Eastern (18%), African-American (16%), Southeast Asian (16%), or Hispanic (12%)

School Experiences
• High school student in ungraded setting (52%)
• Grades average “D-F” (30%)
• Missed school because feels unsafe (33%)
• Depressed (16%)
• Planned (22%) or attempted (23%) suicide

Associated Risk Behaviors
• Sexually active (38%)
• Hurt physically (39%) or sexually (57%)
• Has been bullied in other ways (41%)
• Has been sexually harassed at school (23%)
• Tobacco use (13%-30%)
• Illegal drug use (23%-51%), especially heroin (50%)
• Misuse of prescription medications (20%-23%)

Groups Most Likely to Have Cyber-Bullied Others
(2% = 272 Youth)

Demographics
• Non-gender-conforming (20%)
• Middle-Eastern (11%), African-American (11%), or Southeast Asian (11%)

School Experiences
• High school student in ungraded setting (35%)
• Grades average “D-F” (29%)
• Missed school because feels unsafe (13%)
• Depressed (5%)
• Planned (7%) or attempted (9%) suicide

Associated Risk Behaviors
• Sexually active (51%)
• Hurt physically (30%) or sexually (47%)
• Has been bullied in other ways (14%)
• Has been sexually harassed at school (8%)
• Tobacco use (6%-23%)
• Illegal drug use (16%-44%), especially heroin (43%)
Youth who bully others are highly likely to have, themselves, been bullied either physically or electronically:

- 64% of youth who have bullied others have been bullied
- 61% of youth who have cyber-bullied others have been cyber-bullied
- Physical bullying and cyber-bullying are often linked (e.g. 41% of those bullied have also been cyber-bullied)

Youth who experience bullying or cyber-bullying often go on to perpetuate these experiences on others:

- 17% of youth who have been bullied, have also bullied others
- 21% of youth who have been cyber-bullied, have also cyber-bullied others

<table>
<thead>
<tr>
<th></th>
<th>Has Been Bullied</th>
<th>Has Bullied Others</th>
<th>Has Been Cyber-Bullied</th>
<th>Has Cyber-Bullied Others</th>
<th>No Experience of Bullying</th>
<th>No Experience of Cyber-Bullying</th>
</tr>
</thead>
<tbody>
<tr>
<td>Has Been Bullied</td>
<td>100%</td>
<td>64%</td>
<td>43%</td>
<td>44%</td>
<td>0%</td>
<td>5%</td>
</tr>
<tr>
<td>Has Bullied Others</td>
<td>17%</td>
<td>100%</td>
<td>13%</td>
<td>40%</td>
<td>0%</td>
<td>1%</td>
</tr>
<tr>
<td>Has Been Cyber-Bullied</td>
<td>41%</td>
<td>47%</td>
<td>100%</td>
<td>61%</td>
<td>4%</td>
<td>0%</td>
</tr>
<tr>
<td>Has Cyber-Bullied Others</td>
<td>14%</td>
<td>49%</td>
<td>21%</td>
<td>100%</td>
<td>1%</td>
<td>0%</td>
</tr>
</tbody>
</table>
Sexual Harassment

For the 2018 YRBS, “sexual harassment” was defined as unwelcome comments or actions of a sexual nature which made youth uncomfortable. Slightly more than one-tenth (11%) of the youth surveyed in 2018 said they had experienced sexual harassment in school during the past year; this percentage is up slightly from the 2016 YRBS for both 8th grade and high school youth. Most often, sexual harassment reported by youth consists of:

- Sexually explicit messages or photos sent electronically (6%)
- Verbal harassment (7%)
- Unwanted physical contact (4%)
- Gestures (4%)

The most frequent response to sexual harassment reported by youth is to do nothing about it (6%). Some told the person perpetrating the harassment to stop (5%), some walked away (4%), and small proportions reacted with physical force (1%), told an adult at school (1%) or at home (1%).

Sexual harassment affects some groups much more than others—these differences are discussed next.

| Q64 | n/a | GR8 | HS | During the past 12 months, have you received unwelcome comments or actions ... [sexual harassment]?
| Q65 | n/a | GR8 | HS | During the past 12 months, in which of the following ways have you been sexually harassed?
| Q71 | n/a | GR8 | HS | During the past 12 months, when you received unwelcome comments or actions ... [what did you do about it]?
Gender is not the only factor associated with the experience of sexual harassment—in fact, the following groups are most likely to report having been sexually harassed in the past year (aggregate findings):

- Youth who have been hurt physically (42%) or sexually (64%)
- Youth who have been bullied (34%) or have bullied others (41%)
- Youth who have been cyber-bullied (37%) or have cyber-bullied others (37%)
- Youth whose grades are in the “D-F” range (24%)
- Youth who use tobacco (18%-28%)
- Youth who use illegal drugs (35%-48%)
- Youth who have missed school because they don’t feel safe (36%)
- Depressed (24%), suicidal ideation (28%), or attempted suicide (29%)
- Youth who are worried about a suicidal peer (20%)
- Has social media accounts parents/guardians don’t know about (17%)

### Percent of Group in 2018 Experiencing Sexual Harassment in Past Year

<table>
<thead>
<tr>
<th>Group</th>
<th>Most Likely Forms of Sexual Harassment Experienced by Group:</th>
<th>Most Likely Response of Group to Sexual Harassment:</th>
</tr>
</thead>
</table>
| Females (16%)                        | • Verbal (11%)  
• Sexually explicit messages/photos (10%)  
• Gestures (7%)                          | • Asking person to stop (8%)  
• Doing nothing (7%)  
• Walk away (6%)                        |
| Males (4%)                           | • Verbal (2%)  
• Sexually explicit messages/photos (2%)  
• Physical contact (2%)                | • Doing nothing (4%)  
• Asking person to stop (2%)            |
| Non-gender-conforming youth (29%)    | • Verbal (16%)  
• Sexually explicit messages/photos (15%)  
• Gestures (14%)                         | • Doing nothing (15%)  
• Asking person to stop (9%)  
• Resisting physically (8%)             |
Section 5: Violence

- Feeling Safe at School
- Bringing Weapons to School
- Influence of Alcohol and/or Drugs on Violence
- Dating Violence
- Unwanted Sexual Contact (Pressure to Have Sex)
Feeling Safe at School

Most youth surveyed in 2018 haven’t missed any school in the past month because they felt they would be unsafe at school or on their way to or from school. About 6% have missed school for these reasons, however. This proportion is highest for 8th graders (8%) and lowest for 6th graders (6%) and 9th graders (5%).

Not feeling safe at school is associated with a number of risk behaviors, including having been bullied, bullying others, having been hurt physically or sexually, and use of alcohol or drugs. These associations are discussed throughout this report.

A small proportion of high school youth surveyed in 2018 (3%) said they had been threatened or injured on school property by someone with a weapon, such as a gun, knife, or club.

<table>
<thead>
<tr>
<th>Q50</th>
<th>GR6</th>
<th>GR8</th>
<th>HS</th>
<th>During the past 30 days, on how many days did you not go to school because you ... [felt unsafe]</th>
</tr>
</thead>
<tbody>
<tr>
<td>Q51</td>
<td>n/a</td>
<td>n/a</td>
<td>HS</td>
<td>During the past 12 months, how many times has someone threatened or injured you with a weapon ... [at school]?</td>
</tr>
</tbody>
</table>
Most youth surveyed in 2018 (89%) have never brought a weapon to school. Although the proportions are comparatively small (2% or less of the youth surveyed depending on the weapon), some youth have brought the following to school in the past 30 days:

- 39 youth reported bringing a gun to school in the past 30 days
- 193 reported bringing small knives
- 45 reported bringing large knives, such as hunting knives or switchblades
- 56 reported bringing some other weapon to school, such as a club

About 9% of youth haven’t brought a weapon to school in the past 30 days, but have done so at some prior point. Small numbers in all grades reported bringing weapons (including guns) to school although the behavior is most prevalent among 11th and 12th graders.

In 2016, 2% of youth said they “carried a weapon on school property in the past 30 days.” In 2018, 2% of youth reported bringing a specific weapon to school with them in the prior month (e.g., a gun, knife, etc.)
Being Hurt Physically or Sexually in Context of Alcohol or Other Drugs

A small proportion (3%) of youth surveyed in 2018 said they had been hurt physically by someone when they or the perpetrator were under the influence of alcohol or drugs. An even smaller proportion (1%) have been hurt sexually under similar circumstances. In previous YRBS surveys, these questions were combined; given the small percentages, it may be worth considering re-combining them in future surveys.

Within all of the school districts combined in 2018:
- 100 youth have experienced sexual violence in situations involving alcohol or drugs
- 239 youth have experienced physical violence in situations involving alcohol or drugs

Being hurt physically or sexually while under the influence of alcohol or drugs is associated with a number of other risk behaviors, such as not feeling safe at school, having been bullied, bullying others, having been hurt physically or sexually, and use of alcohol or drugs. These associations are discussed throughout this report.

<table>
<thead>
<tr>
<th>Q46</th>
<th>GR6</th>
<th>GR8</th>
<th>HS</th>
<th>During the past 30 days, have you been hurt physically by someone ... [you/they were under drug/alcohol influence]?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Q46</td>
<td>GR6</td>
<td>GR8</td>
<td>HS</td>
<td>During the past 30 days, have you been hurt sexually by someone ... [you/they were under drug/alcohol influence]?</td>
</tr>
</tbody>
</table>

### Has Been Hurt Physically by Someone When One or Both Were Under Influence of Alcohol or Drugs (2018)

![Graph showing the percentage of youth who have been hurt physically by someone when under the influence of alcohol or drugs.](image)

### Has Been Hurt Sexually by Someone When One or Both Were Under Influence of Alcohol or Drugs (2018)

![Graph showing the percentage of youth who have been hurt sexually by someone when under the influence of alcohol or drugs.](image)
Dating Violence

Dating violence (being shoved, slapped, hit, or forced into sexual activity, or perpetuating such acts on a dating partner) is fairly rare among youth surveyed in 2018. About 4% have experienced dating violence, and 1% admit perpetrating dating violence.

Within all of the school districts combined in 2018:

• 328 youth (4%) have been hurt while on a date

• 98 youth (1%) have hurt someone while on a date

Has Ever Been Hurt By a Date (2004-2018 YRBS)

Has Ever Hurt a Date Physically or Sexually (2018)

Q55  n/a   GR8   HS   Have you ever been hurt physically or sexually by a date or someone you were going out with?

Q56  n/a   GR8   HS   Have you ever hurt a date or someone you were going out with either physically or sexually?
Unwanted Sexual Contact (Pressure to Have Sex)

About 8% of the youth surveyed in 2018 have, at some point in their lives, had unwanted sexual contact with someone (i.e., against their will). This percentage is higher for females than males (11% vs. 3%), but is most commonly reported by:

- Non-gender-conforming youth (28%)
- LGBTQ youth (17%)
- Youth with grades in the “D-F” range (32%)
- Middle Eastern youth (16%)
- African-American youth (15%)
- Youth who smoke cigarettes (32%) or chew tobacco (27%)
- Youth who misuse others’ or their own prescription medications (27%-28%)
- Youth who use illegal drugs (38%-51%)

Has Anyone Ever Had Sexual Contact With Youth Against Their Will (2018)

Within all of the school districts combined in 2018, 576 youth (8%) have had unwanted sexual contact with someone.
Section 6: Sexual Behavior

Sexual Intercourse (Onset and Prevalence)
Sexual Intercourse (Use of Contraception)
Oral Sex
Sexually Transmitted Diseases
Sexual Intercourse (Onset and Prevalence)

About 4% of 8th graders, and about 23% of high school youth surveyed in 2018 said they had ever had sexual intercourse. The proportion increases each year, reaching 39% in 12th grade. The proportion has also declined gradually since the 2004 YRBS, for both 8th graders and high school youth.

Has Ever Had Sexual Intercourse (2004-2018 YRBS)

The average age of onset of sexual intercourse is 15 years

Q164 n/a GR8 HS Have you ever had sexual intercourse?
Q166 n/a GR8 HS How old were you when you had sexual intercourse for the first time?
Q167 n/a n/a HS During your life, with how many people have you had sexual intercourse?
Q167 n/a n/a HS During the past 3 months, with how many people have you had sexual intercourse?
Recent Experiences with Sexual Intercourse and Has Had Sexual Intercourse with 4 or More Partners (2004-2018 YRBS)

<table>
<thead>
<tr>
<th>Year</th>
<th>Had sexual intercourse within past 3 months</th>
<th>Has had sexual intercourse with 4 or more partners (lifetime)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2004</td>
<td>21%</td>
<td>7%</td>
</tr>
<tr>
<td>2006</td>
<td>21%</td>
<td>6%</td>
</tr>
<tr>
<td>2008</td>
<td>21%</td>
<td>8%</td>
</tr>
<tr>
<td>2010</td>
<td>20%</td>
<td>7%</td>
</tr>
<tr>
<td>2012</td>
<td>19%</td>
<td>7%</td>
</tr>
<tr>
<td>2014</td>
<td>17%</td>
<td>5%</td>
</tr>
<tr>
<td>2016</td>
<td>14%</td>
<td>4%</td>
</tr>
<tr>
<td>2018</td>
<td>14%</td>
<td>4%</td>
</tr>
</tbody>
</table>

Q164 n/a GR8 HS Have you ever had sexual intercourse?
Q166 n/a GR8 HS How old were you when you had sexual intercourse for the first time?
Q167 n/a n/a HS During your life, with how many people have you had sexual intercourse?
Q167 n/a n/a HS During the past 3 months, with how many people have you had sexual intercourse?
Among youth who have had sexual intercourse, less than half “always” use a condom. The proportion is highest for high school youth (44%), and is lower for 8th graders who have had sexual intercourse (38%). Almost a third (38%) of 8th graders who have had sexual intercourse said they “never” used condoms, and many (15%) are not sure.

Among high school youth who have had sexual intercourse, the methods they or their partners are most likely to have used the most recent time to prevent pregnancy:

- Birth control pills (47%)
- Condoms (33%)

Small proportions used withdrawal (4%), Depro-Provera (1%), or some other method (3%). Nearly one-tenth (7%) said “no method was used to prevent pregnancy.”

Less than 1% of females surveyed in 2018 (12 girls) have ever been pregnant

About 1% of males surveyed in 2018 (60 boys) have ever gotten someone pregnant

---

**Among Youths Who Have Ever Had Sexual Intercourse, How Often Condom Was Used (2018)**

<table>
<thead>
<tr>
<th></th>
<th>8th Grade</th>
<th>High School</th>
</tr>
</thead>
<tbody>
<tr>
<td>Never</td>
<td>32%</td>
<td>19%</td>
</tr>
<tr>
<td>Rarely</td>
<td>9%</td>
<td>4%</td>
</tr>
<tr>
<td>Sometimes</td>
<td>6%</td>
<td>9%</td>
</tr>
<tr>
<td>Most of the time</td>
<td>5%</td>
<td>19%</td>
</tr>
<tr>
<td>Always</td>
<td>38%</td>
<td>44%</td>
</tr>
<tr>
<td>I don't know</td>
<td>15%</td>
<td>4%</td>
</tr>
</tbody>
</table>

Q171 | n/a | GR8 | HS | If you have ever had sexual intercourse, how often was a condom used? |
Q172 | n/a | n/a | HS | The last time you had sexual intercourse, what one method did you or your partner use to prevent pregnancy? |
Q173 | n/a | n/a | HS | How many times have you been pregnant or gotten someone pregnant? |
About one-fourth (24%) of youth surveyed in 2018 have had oral sex at some point, either as a recipient (5%), as the giver (2%), or both (17%).

Among High School Youth Who Have Had Oral Sex, Number of Times in Past 12 Months (2018)

Has Ever Had Oral Sex (2018)

<table>
<thead>
<tr>
<th>Grade</th>
<th>TOTAL ALL (N=9,006)</th>
<th>8th (N=1,837)</th>
<th>9th (N=1,840)</th>
<th>10th (N=1,784)</th>
<th>11th (N=1,893)</th>
<th>12th (N=1,616)</th>
<th>Total High School (N=7,155)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>10 or more times</td>
<td>6 to 9 times</td>
<td>3 to 5 times</td>
<td>1 or 2 times</td>
<td>None</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>7%</td>
<td>6%</td>
<td>8%</td>
<td>3%</td>
<td>10%</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>96%</td>
<td>89%</td>
<td>78%</td>
<td>63%</td>
<td>54%</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>2%</td>
<td>2%</td>
<td>8%</td>
<td>10%</td>
<td>27%</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>2%</td>
<td>5%</td>
<td>8%</td>
<td>10%</td>
<td>36%</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>17%</td>
<td>15%</td>
<td>71%</td>
<td>21%</td>
<td>8%</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Not asked of 8th graders in 2006

Q174 | n/a | GR8 | HS  | Have you ever had oral sex, either given or received?
Q175 | n/a | n/a | HS  | During the past 12 months, how many times have you had oral sex?
A third (33%) of the youth surveyed in 2018 said they had, at some point, talked with their parents or other adults in their families about sexuality and how to protect themselves against HIV infection and other STDs. This percentage is much lower for 6th graders (13%). Talking with adults about AIDS/HIV has declined steadily since the 2004 YRBS and is at an all-time low for 8th graders and high school youth. Among high school youth, more than half (56%) haven’t had conversations with their parents or other adults in the family in the last year about sexuality, ways to prevent infection with HIV or other STDs, or ways to prevent pregnancy.

How Often Talked About Sexuality In Past Year - High School Youth (2018)

Less than 1% of youth surveyed in 2018 (85 youth total, all districts combined) said they were diagnosed by a physician with HIV or other sexually transmitted disease(s).

Q176 | GR6 | GR8 | HS | Have you ever been told by a physician that you tested positive for HIV infection or other ... [STDs]?

Q162 | n/a | GR8 | HS | Have you ever talked about AIDS or HIV infection with your parents or other adults in your family?

Q163 | n/a | n/a | HS | During the past 12 months, how often have you had a conversation with your parents or other adults ... [about sexuality]?
Unintended Sex – Alcohol and Drugs

**Drank Alcohol or Used Drugs Most Recent Time Had Sex - High School Youth (2018)**

<table>
<thead>
<tr>
<th>Grade</th>
<th>9th (N=1,830)</th>
<th>10th (N=1,785)</th>
<th>11th (N=1,892)</th>
<th>12th (N=1,624)</th>
<th>Total High School (N=7,151)</th>
</tr>
</thead>
<tbody>
<tr>
<td>%</td>
<td>1%</td>
<td>3%</td>
<td>6%</td>
<td>9%</td>
<td>5%</td>
</tr>
</tbody>
</table>

**Unintended Sexual Activity After Using Alcohol or Drugs, Past 12 Months (2018)**

<table>
<thead>
<tr>
<th>Grade</th>
<th>9th (N=1,825)</th>
<th>10th (N=1,785)</th>
<th>11th (N=1,898)</th>
<th>12th (N=1,626)</th>
<th>Total High School (N=7,156)</th>
</tr>
</thead>
<tbody>
<tr>
<td>%</td>
<td>2%</td>
<td>4%</td>
<td>6%</td>
<td>8%</td>
<td>5%</td>
</tr>
</tbody>
</table>

### About 1 in 20 high school youth surveyed in 2018 drank alcohol or used drugs the most recent time they had sex. This behavior peaks in 12th grade (9%). A similar proportion of high school youth (5%) said they had unintended sexual activity after using alcohol or drugs at least once during the past year—again, this behavior peaks in 12th grade (8%).

### Many youth have, at some point, felt pressured into sexual encounters that they later regretted. For 2018 the rate among all grades surveyed is 7%, although it is much lower for 8th and 9th graders (4% and 4% respectively), and is highest for 12th graders (11%).

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<table>
<thead>
<tr>
<th>Q168</th>
<th>n/a</th>
<th>n/a</th>
<th>HS</th>
<th><strong>Did you drink alcohol or use drugs before you had sexual intercourse the last time?</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Q169</td>
<td>n/a</td>
<td>n/a</td>
<td>HS</td>
<td><strong>During the past 12 months, have you had any unintended sexual activity after using alcohol or other drugs?</strong></td>
</tr>
<tr>
<td>Q170</td>
<td>n/a</td>
<td>GR8</td>
<td>HS</td>
<td><strong>Have you ever been pressured into consenting to a sexual encounter that you later regretted?</strong></td>
</tr>
</tbody>
</table>
Section 7: Tobacco, Alcohol and Drug Use

Huffing (Sniffing Glue, Whippets, Aerosol Spray Cans)
Cigarette Smoking
Chewing Tobacco
Vaping (Use of Electronic Cigarettes)
Alcohol Consumption (Onset and Prevalence)
    Alcohol Consumption (Sources)
    Alcohol Consumption (Beliefs About Peers)
Marijuana Consumption (Onset and Prevalence)
    Marijuana Consumption (Beliefs About Peers)
Misuse of Prescription Medications
Use of Other Illegal Drugs
“Huffing” refers to the deliberate inhalation of fumes (such as glue, gasoline, solvents, or the contents of aerosol cans) to produce a euphoric effect. “Whippets” are CO₂ or nitrous oxide canisters used in refillable whipped cream devices, and are also used as an inhalant drug to get high. Huffing is a fairly common activity among youth surveyed in 2018:

- About 6% of 6th graders have ever done it in their lifetimes
- About 3% of 8th graders and high school youth have done it in the past 30 days

<table>
<thead>
<tr>
<th>Grade</th>
<th>Huffing - Lifetime 6th Grade and Past 30 Days High School Youth (2018)*</th>
</tr>
</thead>
<tbody>
<tr>
<td>6th</td>
<td>LIFETIME HUFFING</td>
</tr>
<tr>
<td>8th</td>
<td>HUFFED IN PAST 30 DAYS</td>
</tr>
<tr>
<td>9th</td>
<td></td>
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<tr>
<td>10th</td>
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<td>11th</td>
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<td>12th</td>
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<td>Total</td>
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<td>6%</td>
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<td>4%</td>
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<td>3%</td>
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<td>2%</td>
</tr>
<tr>
<td></td>
<td>3%</td>
</tr>
</tbody>
</table>

* A total for all grades is not possible, because these questions were asked two different ways depending on grade level

<table>
<thead>
<tr>
<th>Question</th>
<th>Grade</th>
<th>Survey</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Q152</td>
<td>GR6</td>
<td>n/a</td>
<td>n/a</td>
</tr>
<tr>
<td>Q153</td>
<td>n/a</td>
<td>GR8</td>
<td>HS</td>
</tr>
</tbody>
</table>
Cigarette smoking has declined rapidly since questions about it were first asked in the 2004 YRBS. The impact of smoking cessation education and intervention is still evident—while 9% of youth surveyed in 2018 have smoked at least once in their lives, only about 3% have done so in the past 30 days.

Youth who smoke cigarettes typically start around age 12, although some start as early as 8 years of age or younger.

Has Ever Smoked Cigarettes (2004-2018 YRBS)

Has Ever Smoked Cigarettes vs. Smoked Cigarettes in Past 30 Days (2018)

Smoked Cigarettes in Past 30 Days (2004-2018 YRBS)

Q96  GR6  GR8  HS  How old were you when you tried cigarette smoking (even one or two puffs) for the first time?
Q97  GR6  GR8  HS  During the past 30 days, on how many days did you smoke cigarettes?
Only about 3% of youth surveyed in 2018 have used chewing tobacco, snuff, pack, or dip in the past 30 days. This proportion increases slightly through high school, reaching a high of 4% in 12th grade. Groups with the highest rates of chewing tobacco use also tend to be the same groups likely to smoke cigarettes; namely:

- Youth whose grades in school are in the “D-F” range (29% have chewed tobacco in the past 30 days)
- Non-gender-conforming youth (26%)
- Youth identifying as Middle Eastern (12%)
- Youth who use illegal drugs, especially methamphetamine (69%), heroin (67%), cocaine (50%), or MMDA (50%), or who use needles (67%)
- Youth who have been hurt physically (33%) or sexually (53%)
- Youth who have bullied others (31%) or cyber-bullied others (24%)

More than half (58%) of youth who used chewing tobacco in the past 30 days also smoked cigarettes during that time. Conversely, 42% of youth who smoked cigarettes in the past 30 days also chewed tobacco.
“Vaping” involves using an electronic cigarette (or similar device) to inhale tobacco, flavored nicotine, marijuana, or any of a number of other mixtures.* Other terms are “juuling” or “vusing.”

One-fifth (20%) of youth surveyed in 2018 admit having vaped in the past 30 days. The following groups are most likely to report having vaped in the past 30 days:

- Youth whose grades in school average “C” or below (43% vape)
- Non-gender-conforming youth (35%)
- Heterosexual youth (29%)
- Youth identifying as Middle Eastern (30%)

There is also a strong association between vaping and use of other substances. Youth who use the following substances are highly likely to vape:

- Cigarettes (88% also vape)
- Chewing tobacco (92%)
- Marijuana (81%)
- Cocaine (84%)
- Heroin (83%)
- MMDA (83%)
- Alcohol (65%)

Other than tobacco, the top three substances youth surveyed in 2018 are “vaping” include:

- Flavored nicotine (16%)
- Marijuana products (8%)
- Alcohol (2%)

About a third (37%) of youth surveyed in 2018 reported that they had, at some point in their lives, consumed more than a few sips of alcohol. About one-fourth (22%) have drunk alcohol in the past 30 days, and among high school youth, 16% have engaged in “binge drinking”, defined as five or more drinks of alcohol in a row, within a couple of hours.

For the most part, youth consumption of alcohol (lifetime, recent, and binge drinking) has declined steadily since the 2004 YRBS. This year, lifetime and recent alcohol consumption is up significantly for 6th and 8th graders, but has levelled off for high schoolers.

### Alcohol Consumption - Lifetime, Past 30 Days, and Binge Drinking (2018)

#### Lifetime Alcohol Consumption (2004-2018 YRBS)

#### Recent Alcohol Consumption - Past 30 Days (2004-2018 YRBS)

#### Binge Drinking (2004-2018 YRBS)

**Q104**  
GR6  
GR8  
HS  
*How old were you when you had your first drink of alcohol, other than a few sips?*

**Q105**  
GR6  
GR8  
HS  
*During the past 30 days, on how many days did you have at least one drink of alcohol?*

**Q106**  
n/a  
n/a  
HS  
*During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row ... ?*
About one-fifth (21%) of youth surveyed in 2018 said they had attended at least one party in their school district in the previous 12 months at which alcohol use by teens was allowed. This is most common among 11th and 12th graders although about 4% of 8th graders said they, too, had attended a party of this nature in the previous year. The practice has declined in recent years for 8th graders, and has levelled off for high school youth.

Youth’s top three sources of alcohol include:
• Parties (13%)
• Friends under age 21 (10%)
• At home, without parents’ permission (9%)

This year, youth were asked how often they come to school or school-related events under the influence of alcohol. Very few (about 3%) admitted to having done so.
During the past 30 days, what percentage of students at your grade level in your school do you think have had at least one drink ...

Actual percentage = 8%

Actual percentage = 30%
Marijuana Consumption (Onset and Prevalence)

About one-fifth (21%) of youth surveyed in 2018 have used marijuana at some point in their lives, and 14% have done so in the past 30 days. Only 5% have used marijuana on school property (8th to 12th grade only), and 5% have used some form of synthetic marijuana in the past 30 days. Use of marijuana increases significantly with age; use peaks in 11th and 12th grade for both regular and synthetic marijuana.


6th graders not asked about synthetic marijuana and 6th-8th graders not asked about using marijuana on school property.

Lifetime Marijuana Consumption (2004-2018 YRBS)

Recent Marijuana Consumption - Past 30 Days (2004-2018 YRBS)

Q117 GR6 GR8 HS How old were you when you tried marijuana for the first time?
Q118 GR6 GR8 HS During the past 30 days, how many times did you use marijuana?
Q119 n/a n/a HS During the past 30 days, how many times did you use marijuana on school property?
Q120 n/a GR6 GR8 During the past 30 days, how many times have you used some form of synthetic marijuana, such as Spice, K2, or some edible form?
During the past 30 days, what percentage of students at your grade level in your school do you think have used marijuana?

8th Graders Regarding 8th Graders At Their Schools (2018)

- 0% to 25%: 83%
- 26% to 50%: 12%
- 51% to 75%: 3%
- 76% to 100%: 1%

Actual percentage = 3%

High School Youth Regarding High School Youth At Their Schools (2018)

- 0% to 25%: 33%
- 26% to 50%: 37%
- 51% to 75%: 23%
- 76% to 100%: 7%

Actual percentage = 20%
Use of cocaine among youth surveyed for the YRBS has declined steadily over the past 15 years. Cocaine use has never been prevalent among 6th graders (only about 1% of those surveyed in 2018 said they have ever used cocaine), but more than 1 in 20 high school students surveyed in 2004 (about 6%) had used cocaine, and 3% of 8th graders had done so. As of 2018, 2% of 8th graders and 2% of high schoolers had ever used cocaine.

Compared with 1% to 2% overall cocaine use, the following groups are much more likely than their peers to have used cocaine at some point in their lives:

- High school students who also use heroin (83%), meth (80%), or MMDA (67%)
- Students who smoke cigarettes (32%) or use chewing tobacco (40%)
- Students with a lifetime history of huffing (44%)
- Youth who have used needles to inject illegal drugs (87%)
- Youth who have stayed home from school because they don’t feel safe (17%)
- Youth who admit having bullied other students (33%), or cyber-bullied (28%)

### Has Used Cocaine (6th-8th Grade Lifetime, High School Past 30 Days)

<table>
<thead>
<tr>
<th>Year</th>
<th>6th Grade</th>
<th>8th Grade</th>
<th>High School</th>
</tr>
</thead>
<tbody>
<tr>
<td>2004</td>
<td>1%</td>
<td>1%</td>
<td>1%</td>
</tr>
<tr>
<td>2006</td>
<td>3%</td>
<td>3%</td>
<td>3%</td>
</tr>
<tr>
<td>2008</td>
<td>5%</td>
<td>4%</td>
<td>5%</td>
</tr>
<tr>
<td>2010</td>
<td>5%</td>
<td>4%</td>
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</tr>
<tr>
<td>2012</td>
<td>4%</td>
<td>3%</td>
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<tr>
<td>2014</td>
<td>3%</td>
<td>2%</td>
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</tr>
<tr>
<td>2016</td>
<td>3%</td>
<td>1%</td>
<td>1%</td>
</tr>
<tr>
<td>2018</td>
<td>2%</td>
<td>2%</td>
<td>2%</td>
</tr>
</tbody>
</table>
Use of Other Illegal Drugs

Use of other illegal drugs, such as heroin, methamphetamines, or MDMA, is not widespread in school districts participating in the 2018 Emerson YRBS, but it does happen:

- About 1% (107 youth) have used heroin
- About 2% (110 youth) have used methamphetamines
- About 2% (180 youth) have used MDMA
- About 5% (328 youth) have used other illegal drugs
- Use of needles is rare – only 1% (98 youth) have used a needle to inject illegal drugs

Has Ever Used Other Illegal Drugs, 2018 (Aggregate)

Q154 | n/a | n/a | HS | During your life, how many times have you used heroin?
Q155 | n/a | n/a | HS | During your life, how many times have you used methamphetamines?
Q156 | n/a | GR8 | HS | During your life, how many times have you used MMDA?
Q157 | n/a | GR8 | HS | During your life, how many times have you used any other type of illegal drug such as LSD, PCP ... [etc.]?
Q158 | n/a | GR8 | HS | During your life, how many times have you used a needle to inject any illegal drug into your body?
About 1 in 20 (5%) of youth surveyed in 2018 have at some point in their lifetimes used someone else’s prescription medication that was not prescribed by a doctor specifically for them. This percentage is lowest for 6th graders (3%) and highest for 12th graders (6%), and has fluctuated to a small extent since the 2012 YRBS.

It is actually more common for youth to misuse their own prescription medications, such as by taking more than they were told to take. Almost 1 in 10 (8%) of youth have done this at some point, again with the highest percentage in 12th grade (10%).

Youth who misuse others’ prescription medications have done so a median of about 2 times in their lifetimes. The median is the same (2) for youth misusing their own drugs.

### Misuse of Prescription Medications

**Misuse of Prescription Medications (2018)**

```
<table>
<thead>
<tr>
<th>Year</th>
<th>Grade</th>
<th>Misused someone else's prescriptions (lifetime)</th>
<th>Misused someone else's prescriptions (past 12 months)</th>
<th>Misued own prescriptions, such as used more than prescribed (lifetime)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2012</td>
<td>6th</td>
<td>5%</td>
<td>5%</td>
<td>5%</td>
</tr>
<tr>
<td>2012</td>
<td>8th</td>
<td>5%</td>
<td>5%</td>
<td>5%</td>
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<tr>
<td>2012</td>
<td>9th</td>
<td>8%</td>
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<td>2012</td>
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<td>2014</td>
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<td>2016</td>
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<td>2016</td>
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</tr>
<tr>
<td>2016</td>
<td>12th</td>
<td>9%</td>
<td>9%</td>
<td>9%</td>
</tr>
</tbody>
</table>
```

### Has Ever Used Prescription Medications Prescribed for Others (Lifetime, 2012-2018 YRBS)

```
<table>
<thead>
<tr>
<th>Year</th>
<th>Grade</th>
<th>Misused someone else's prescriptions (lifetime)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2012</td>
<td>6th</td>
<td>5%</td>
</tr>
<tr>
<td>2012</td>
<td>8th</td>
<td>5%</td>
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<tr>
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<td>9th</td>
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</tr>
<tr>
<td>2016</td>
<td>12th</td>
<td>9%</td>
</tr>
</tbody>
</table>
```

**Q122** GR6  GR8  HS  **During the past 12 months, have you used someone else's prescription that was not prescribed ... [for you]?**

**Q123** n/a  GR8  HS  **During your life, how many times have you used prescription medication that was not prescribed ... [for you]?**

**Q139** n/a  GR8  HS  **During your life, how many times have you used your own prescription drugs in a way your doctor did not prescribe?**
Between 1% and 2% of youth surveyed in 2018 have misused specific anxiety and/or opiate medications, with the most popular choices including Xanax (2%) and Oxycontin (2%). Their reasons for doing so vary from wanting to complete school work (27%) or help reduce stress (25%) to aiding sleep (23%), getting high (23%), numbing emotions (18%), or to stay awake (15%). Some do so for social reasons, e.g. to have fun (15%), or to augment sexual activity (9%). Few admit to doing so because of peer pressure (5%). Reasons for misusing prescription medications are essentially the same for all grades.


<table>
<thead>
<tr>
<th>Reason</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>To complete my school work</td>
<td>27%</td>
</tr>
<tr>
<td>To help reduce stress</td>
<td>25%</td>
</tr>
<tr>
<td>To help with sleeping</td>
<td>23%</td>
</tr>
<tr>
<td>To get high</td>
<td>23%</td>
</tr>
<tr>
<td>To numb my emotions</td>
<td>18%</td>
</tr>
<tr>
<td>To stay awake</td>
<td>15%</td>
</tr>
<tr>
<td>Social reasons—to have fun</td>
<td>15%</td>
</tr>
<tr>
<td>To have sex</td>
<td>9%</td>
</tr>
<tr>
<td>Peer pressure</td>
<td>5%</td>
</tr>
<tr>
<td>Other reasons</td>
<td>40%</td>
</tr>
</tbody>
</table>

**Use of Specific Opiate and Anxiety Medications Lifetime - Total All Grades (2018)**

- Xanax (Alprazolam): 2%
- Ativan (Lorazepam): 1%
- Valium (Diazepam): 1%
- Klonopin (Clonazepam): 1%
- Other prescription anxiety meds: 1%
- Oxycontin: 2%
- Codeine/codeine mix: 2%
- Demerol: 1%
- Methadone: 1%
- Morphine: 1%
- Percoset (Percodan): 1%
- Fentanyl: 1%
- Dilaudid: 1%
- Vicodin: 1%
- Other prescription opiate meds: 2%

**Q124**  n/a  GR8  HS  During your life, which of the following prescription opiate medications have you used that were not prescribed ... [for you]?

**Q134**  n/a  GR8  HS  During your life, which of the following prescription anxiety medications have you used that were not prescribed ... [for you]?

**Q140**  n/a  GR8  HS  During your life, for which of the following reasons have you used a prescription medication that was not prescribed ... [for you]?
Selling Illegal Drugs on School Property

About 1 in 10 youth surveyed in 2018 said that at some point during the previous 12 months, someone had offered, sold, or given them illegal drugs on school property. About 3% said they had tried offering, giving, or selling someone illegal drugs on school property, so at least some of the issue is perpetuated by students themselves.

Youth who use illegal drugs are much more likely than their peers to have been offered illegal drugs on school property, or to have tried to sell illegal drugs themselves in the past year. Youth with low grade averages, non-gender-conforming youth, and youth who have experienced physical or sexual violence are also more prone to having been offered (or tried to sell) drugs.

Offered Illegal Drugs

Has Anyone Offered, Sold, or Given Youth Illegal Drugs on School Property (Past Year, 2018)

Has Youth Completing YRBS Survey Offered, Sold, or Given Anyone Illegal Drugs on School Property (Past Year, 2018)

Q159 GR6 GR8 HS During the past 12 months, has anyone offered, sold, or given you an illegal drug on school property?

Q160 GR6 GR8 HS During the past 12 months, have you offered, sold, or given anyone an illegal drug on school property?