

Findings From the 2021 Middle and High School Youth Risk Behavior Survey

2017 ~ 2021 Comparison

Pittsford District Board of Education Presentation

January 2022

Presented by:

Shana Cutaia

Director of Student Services

Ann Kane

Prevention Coordinator

Compiled by:

Pittsford Data Team

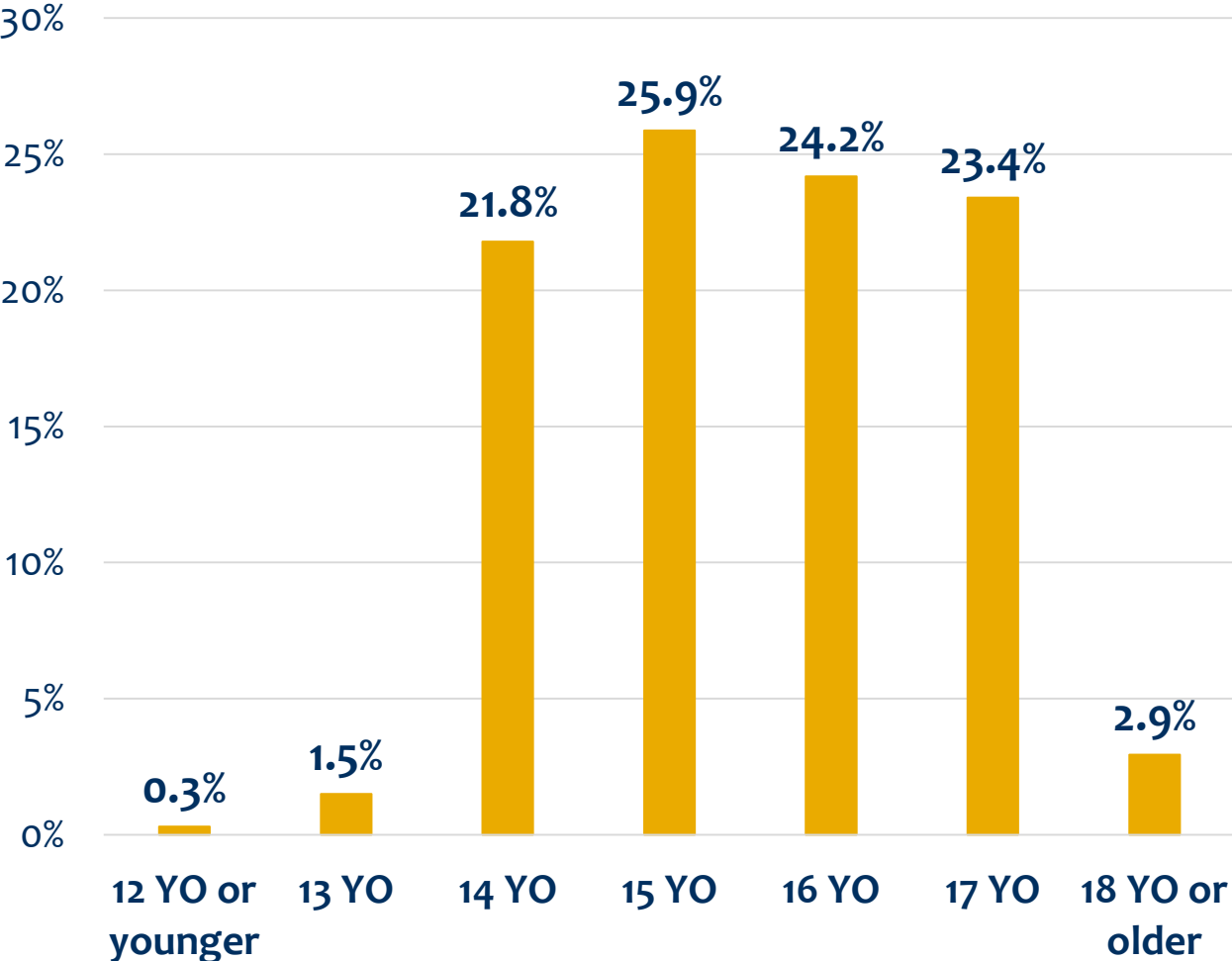
Purpose/Process

- October 2021
- County-wide survey
- Pittsford-specific questions
- Health risks to students
- Inform areas of focus



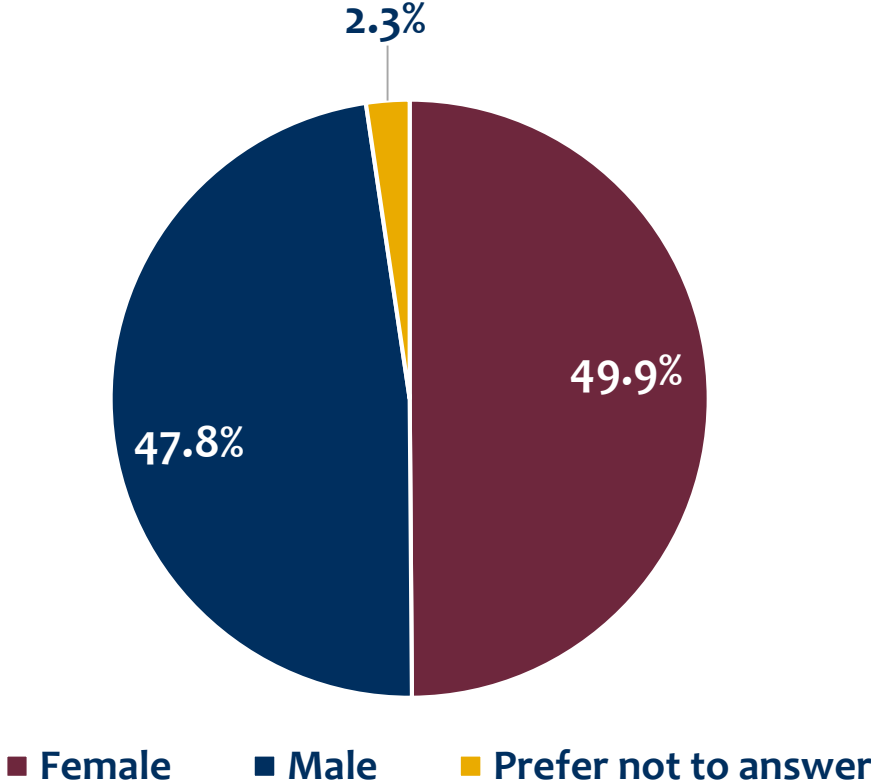
High School Total Participants = 1,669

2021 Age of HS Participants



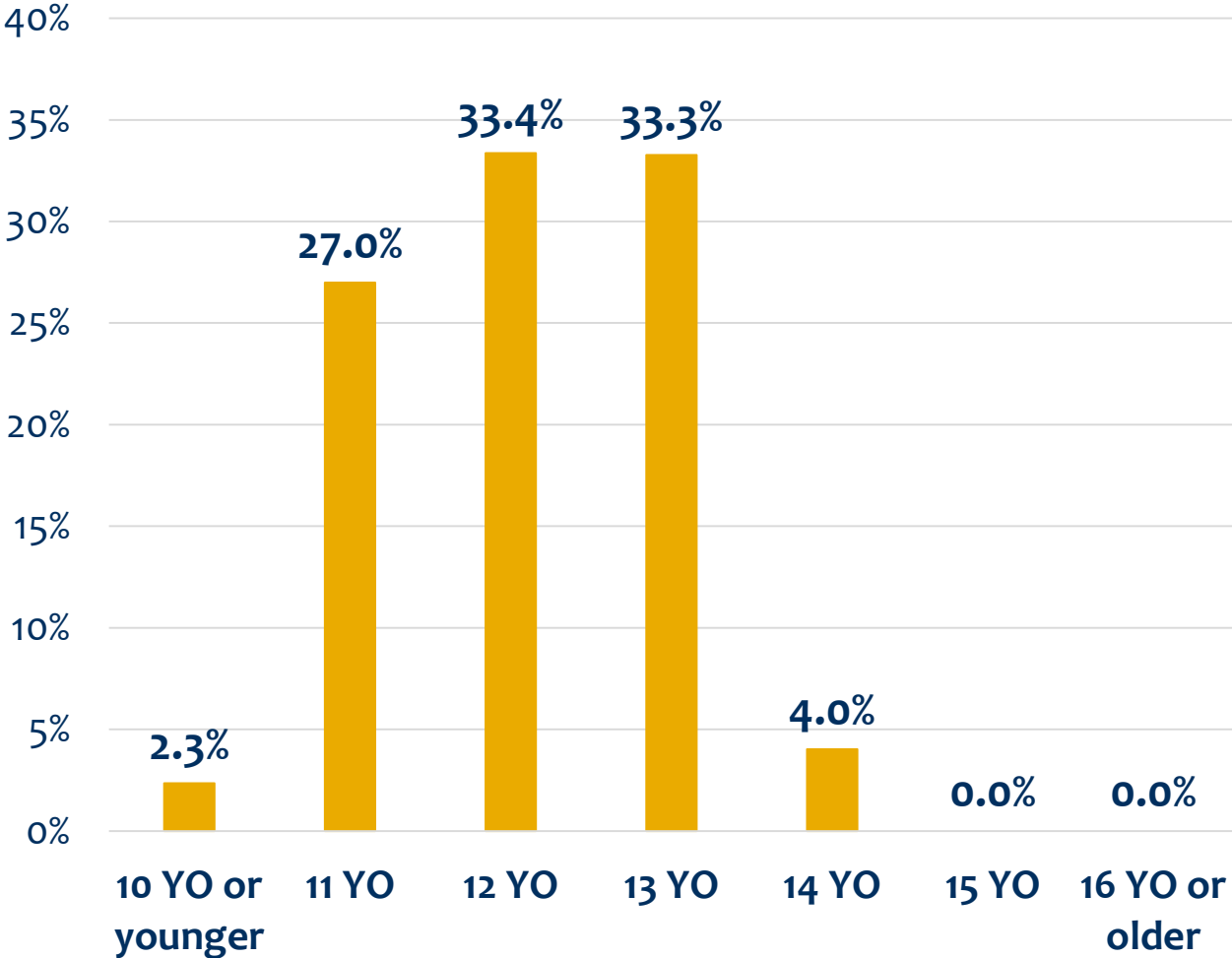
YO = Years Old

2021 Sex Assigned at Birth HS Participants



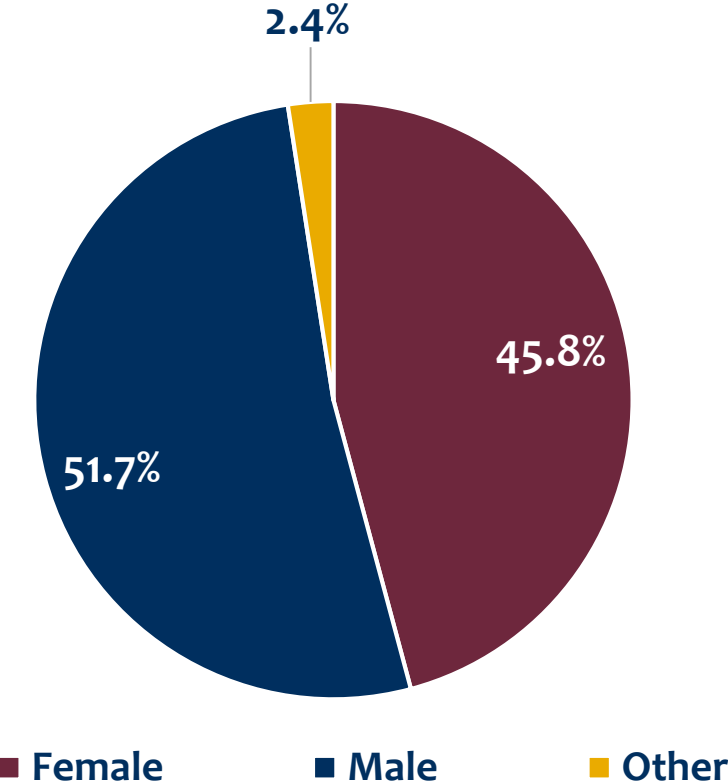
Middle School Total Participants = 1,198

2021 Age of MS Participants



YO = Years Old

2021 Sex Assigned at Birth MS Participants

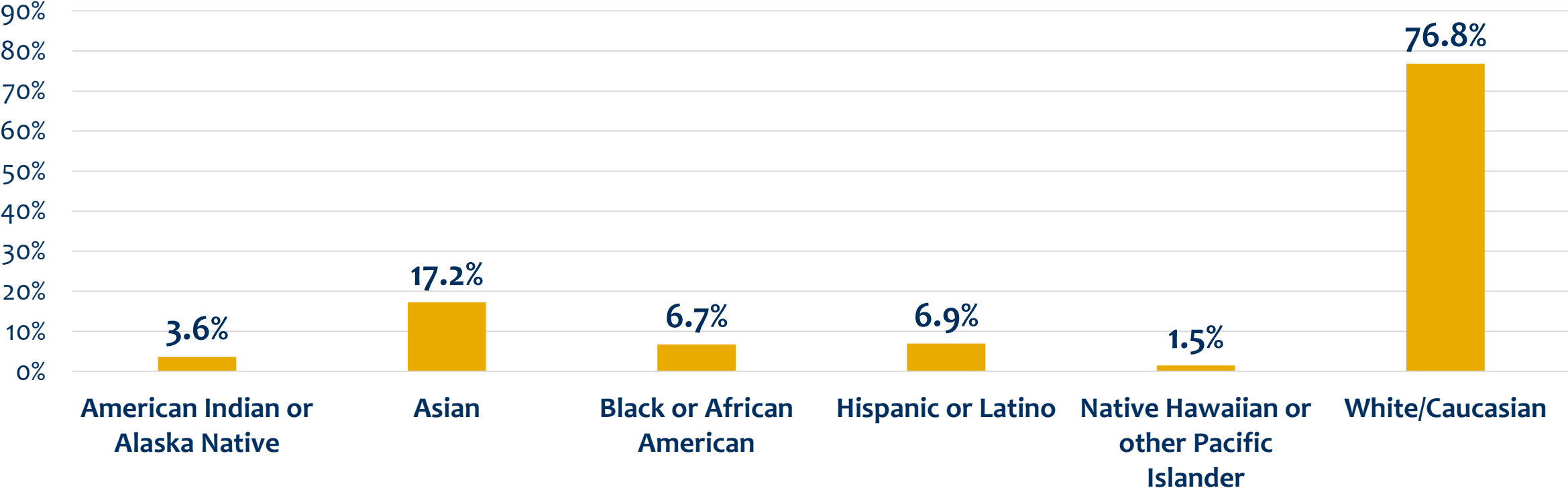


High School Participants

“How do you describe yourself?”

Participants could select more than one response

2021 HS Participants' Self Identified Race

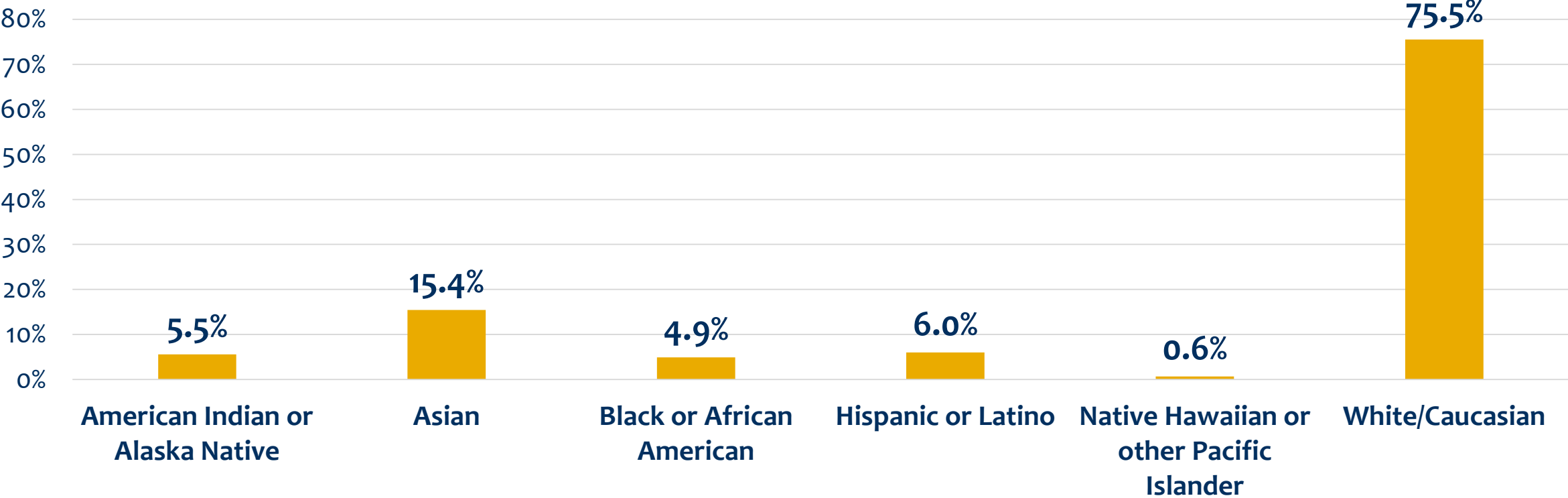


Middle School Participants

“How do you describe yourself?”

Participants could select more than one response

2021 MS Participants' Self Identified Race



Topical Areas

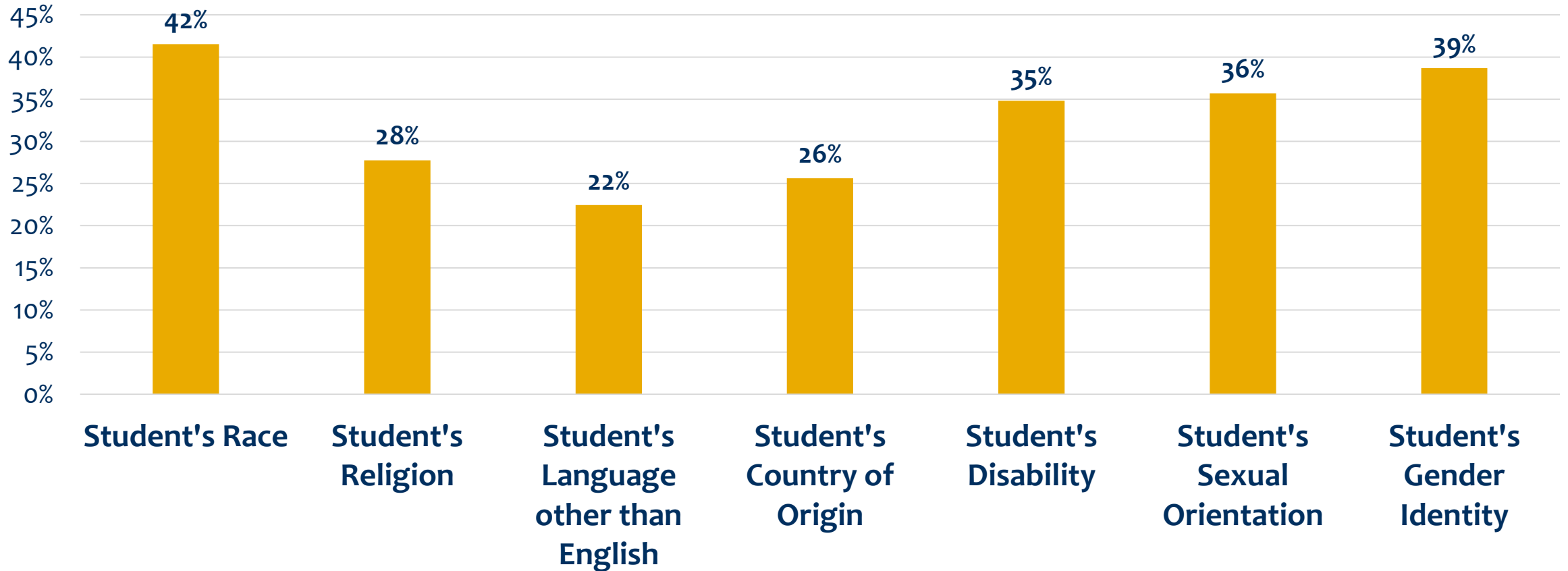
- Violence and Bullying
- Social Media and Safety
- Substance Use
- Mental Health
- Sexual Risk (High School only)
- General Health
- Adverse Childhood Experiences
- Assets
- COVID

Violence and Bullying

Middle School Participants

“At your school, how serious of a problem is bullying related to:”

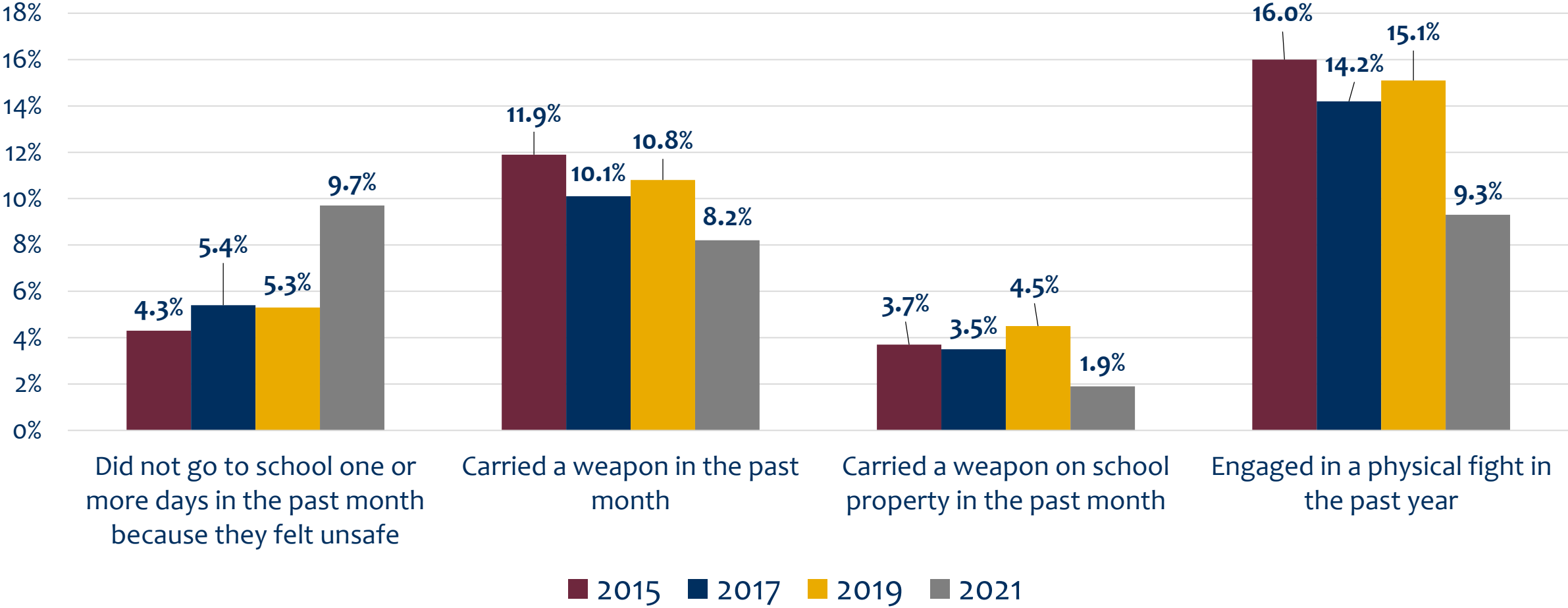
2021 MS Participants' 'Serious' or 'Somewhat Serious' Bullying Responses



Students reported bullying related to race as highest concern area (42%)

High School Participants

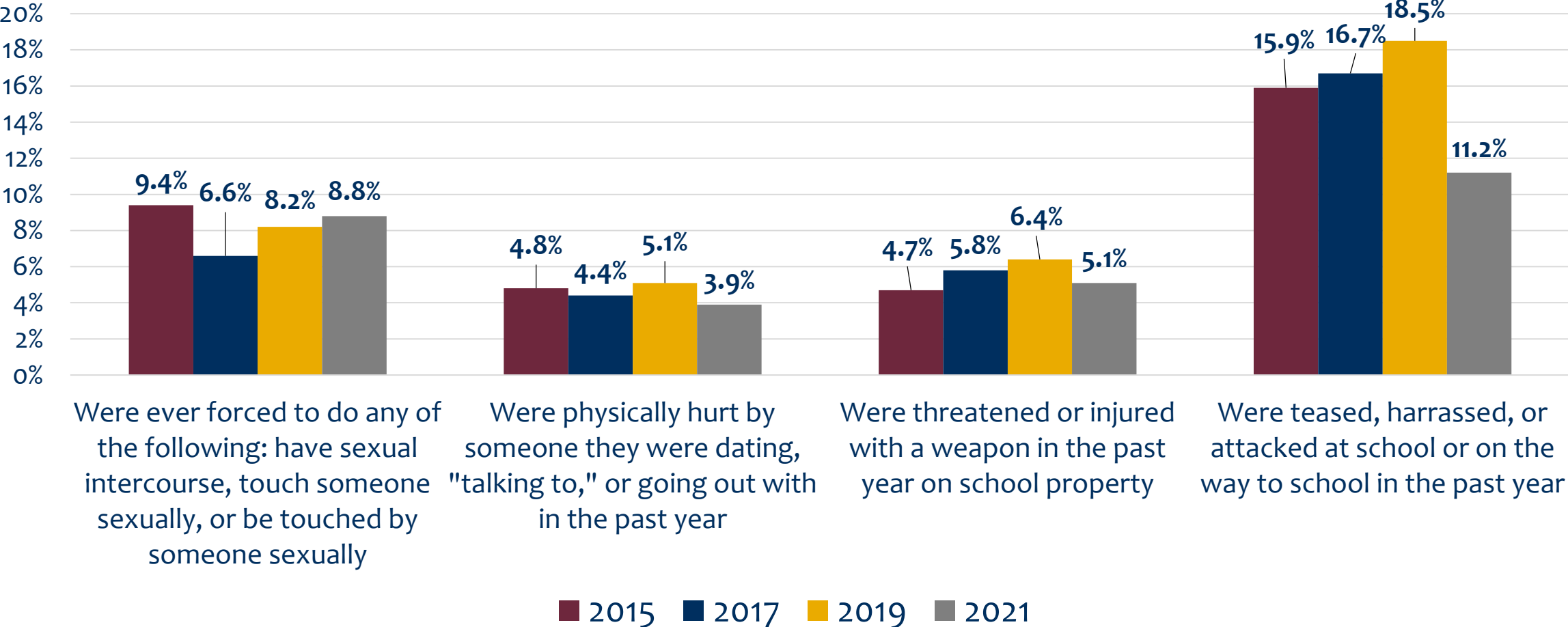
Violence and Safety



Weapon defined as gun, knife, razor or box cutter

High School Participants

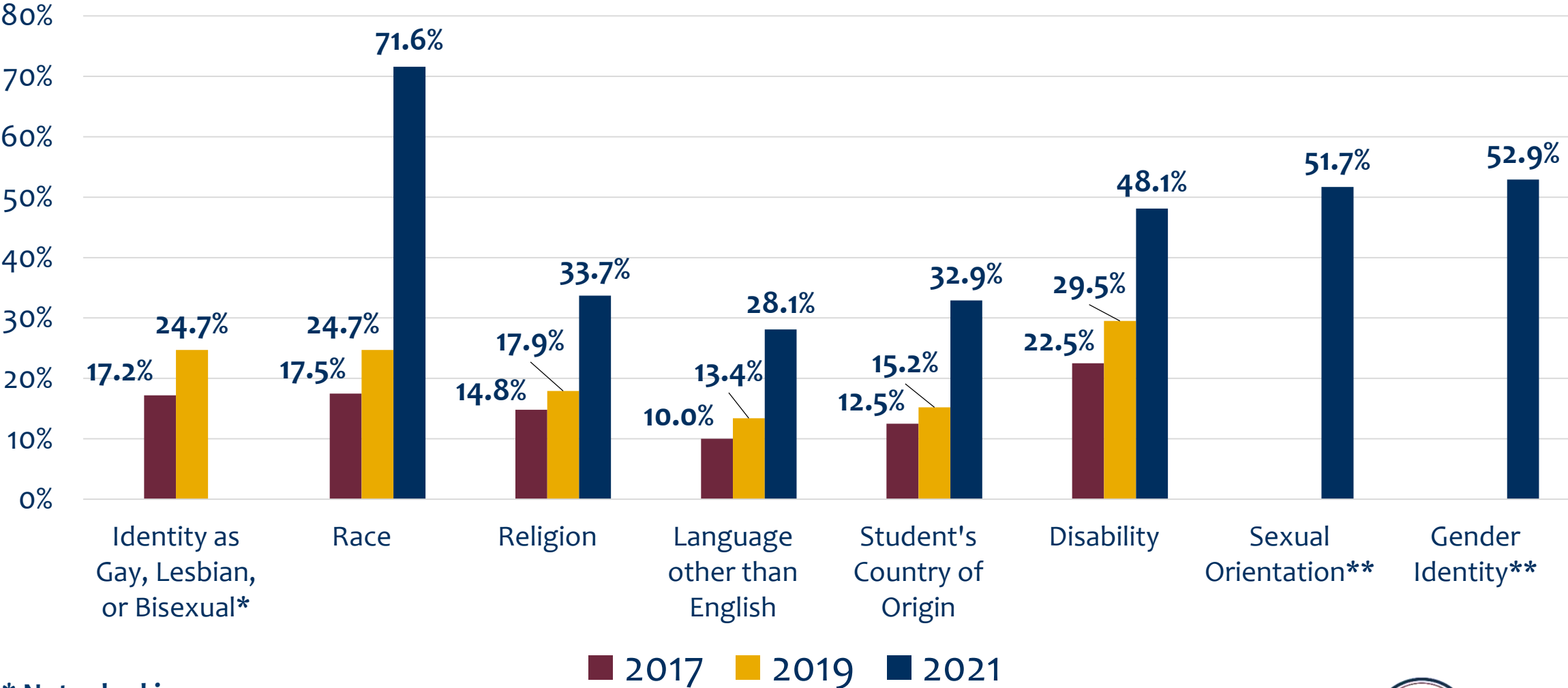
Bullying and Safety



Bullying and safety issues vary slightly each year

High School Participants

“Bullying based on the following is a serious or somewhat serious problem:”

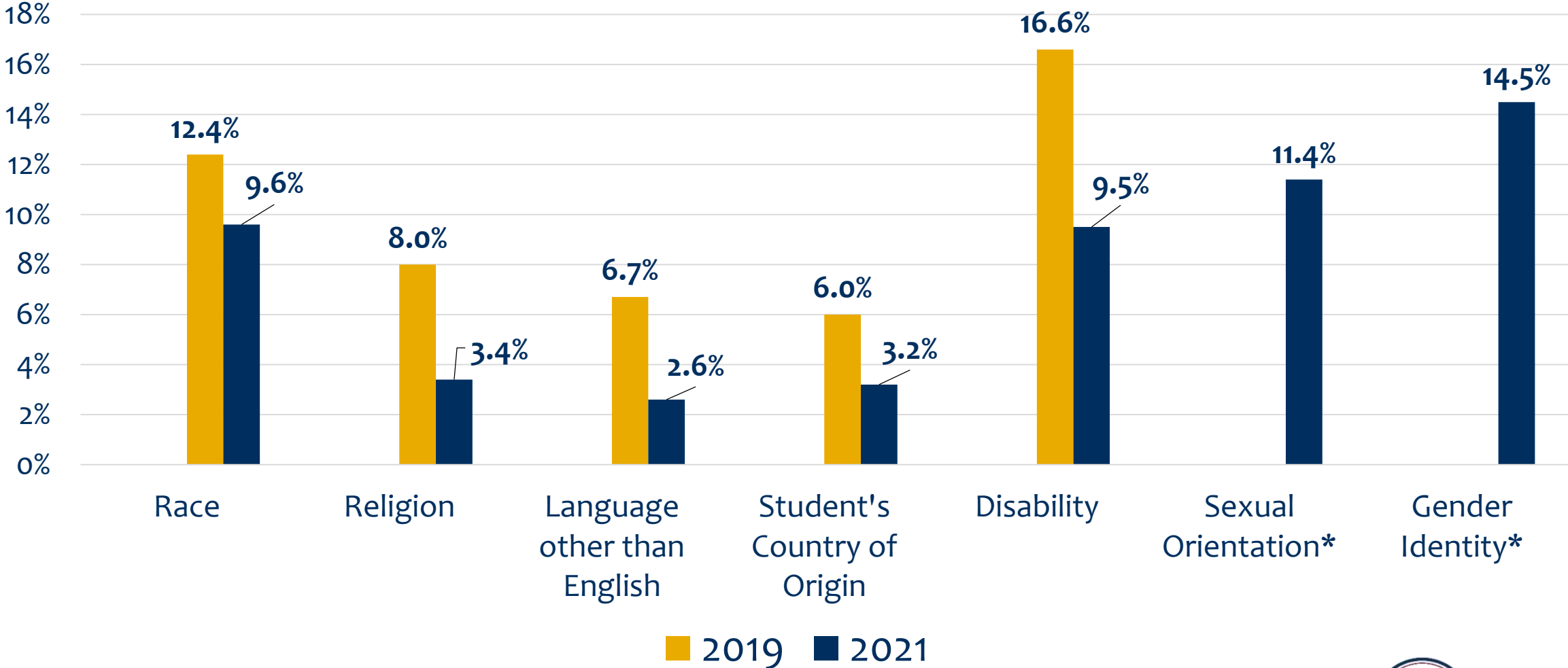


* Not asked in 2021

** New answer choices in 2021

Middle School Participants

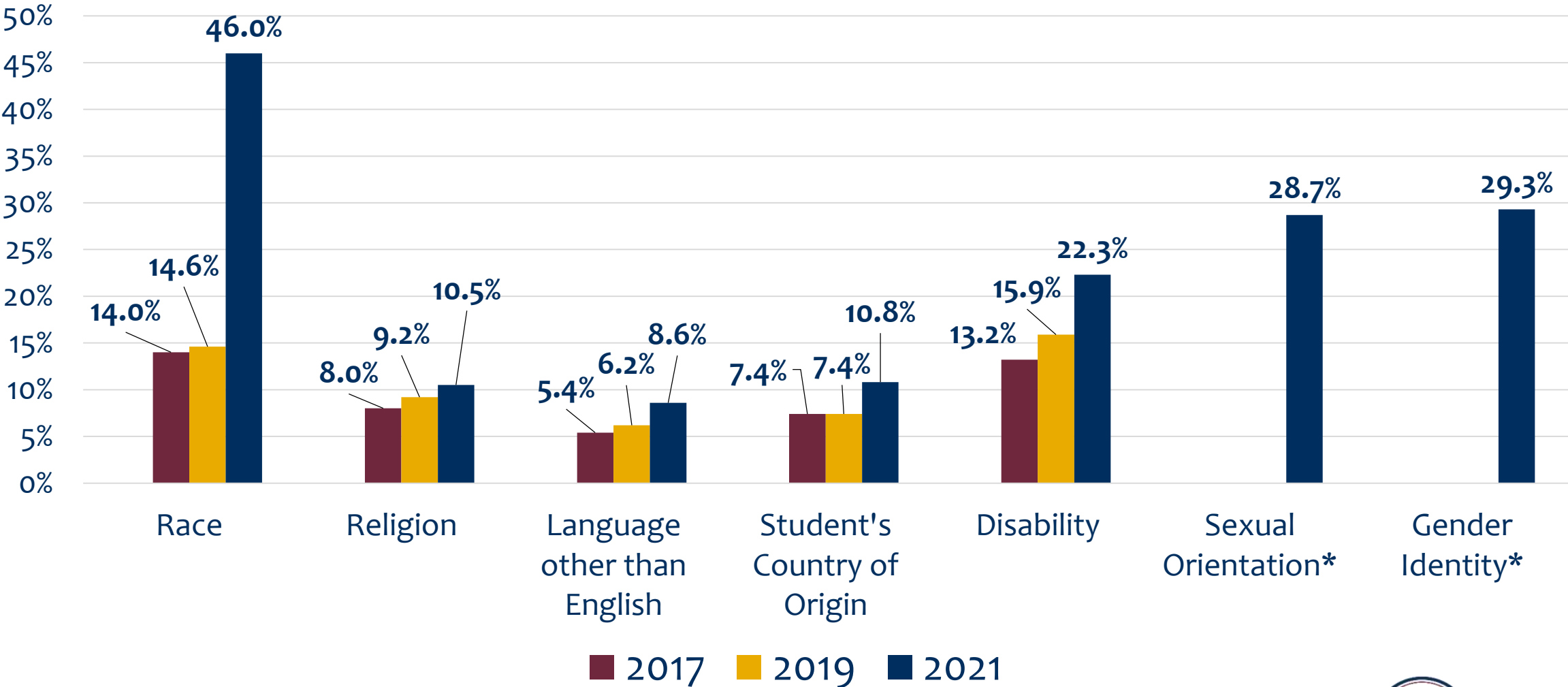
Frequently or very frequently witnessed/heard of issues regarding:



* New answer choices in 2021

High School Participants

Frequently or very frequently witnessed/heard of issues regarding:

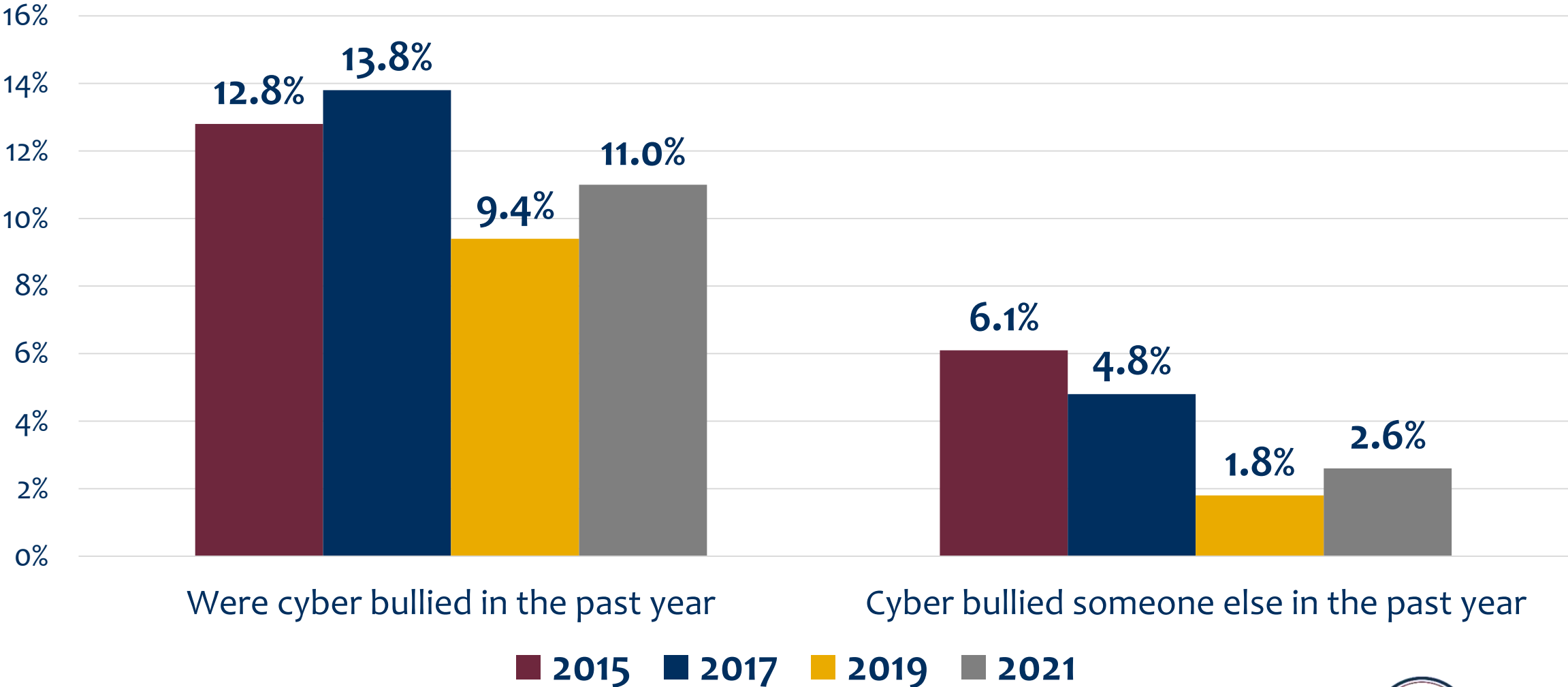


* New answer choices in 2021

Social Media and Safety Issues

Middle School Participants

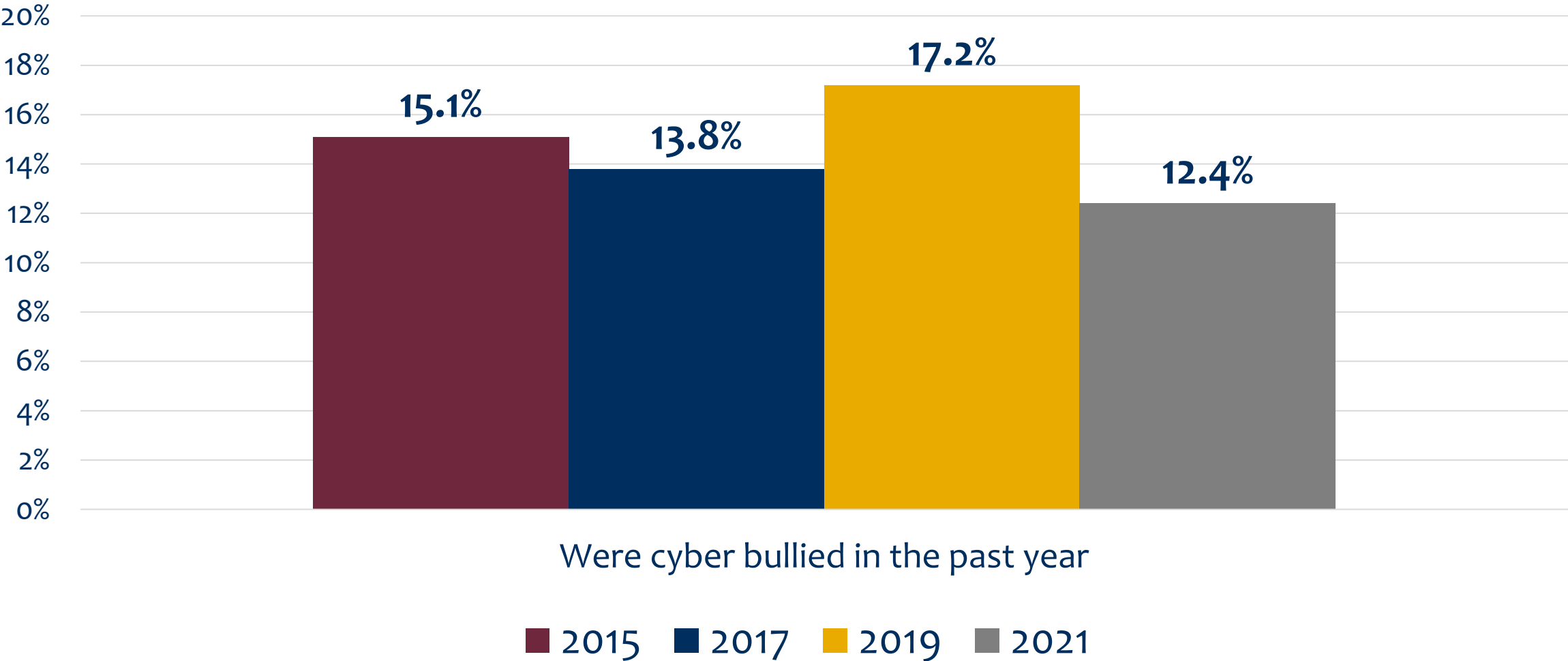
Social Media and Bullying



Social media usage to receive and/or give negative messages is a relatively stable trend.

High School Participants

Social Media and Bullying

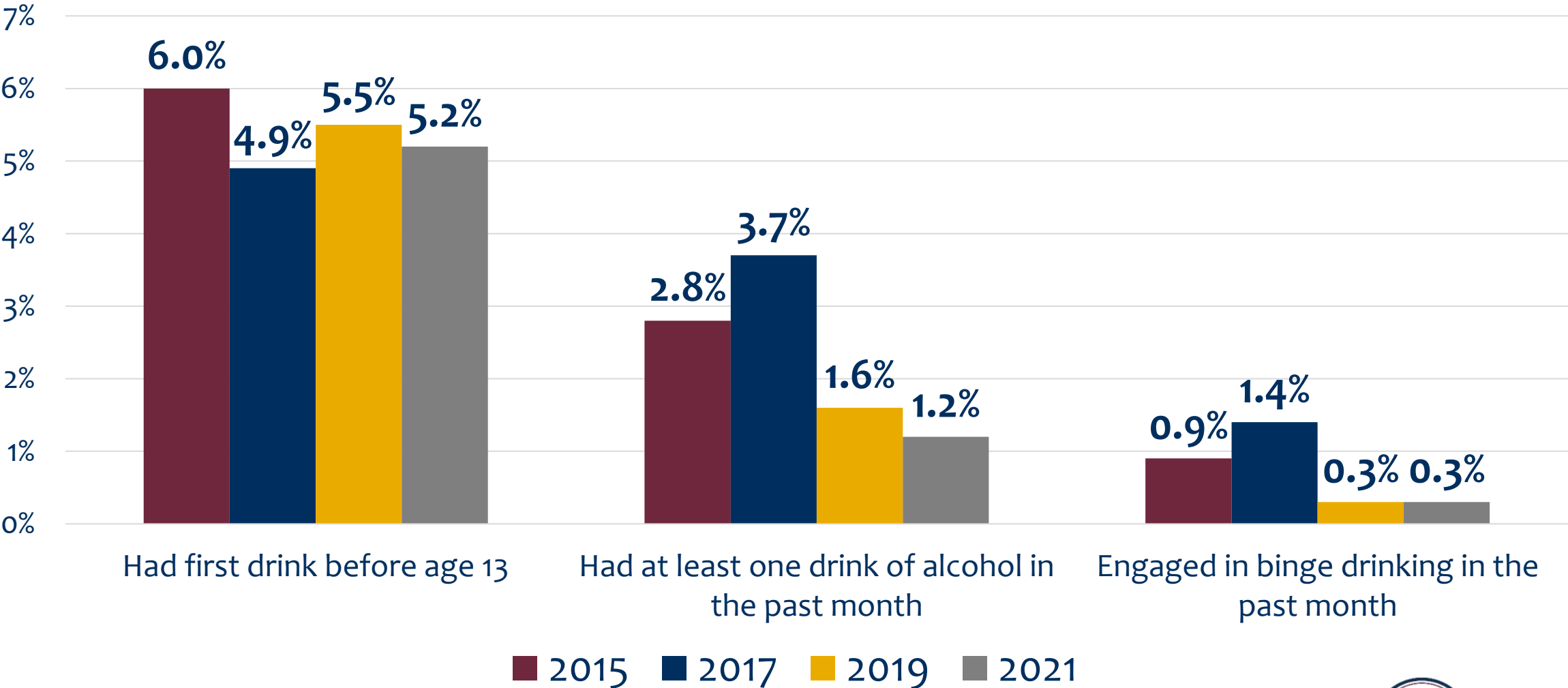


Social media usage to receive and/or give negative messages is a relatively stable trend.

Substance Use

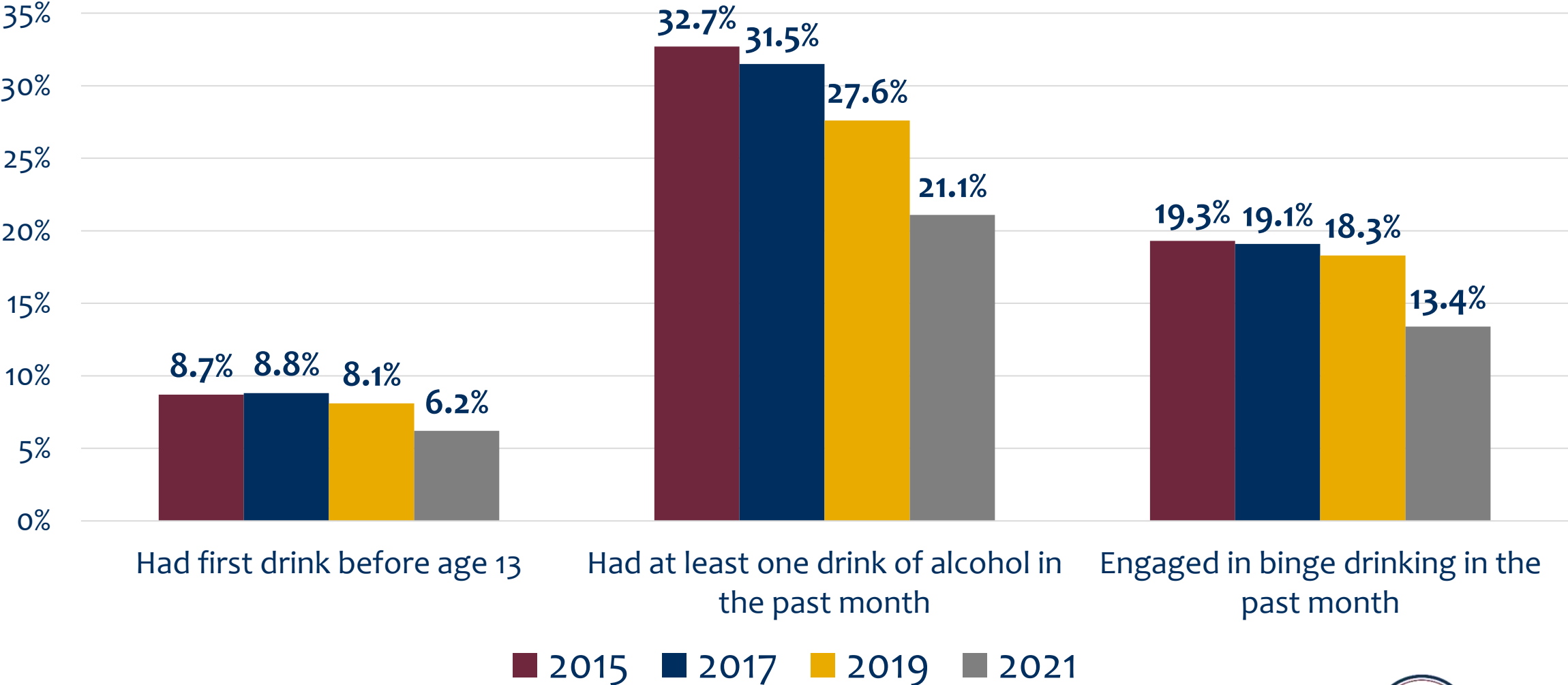
Middle School Participants

Alcohol Use



High School Participants

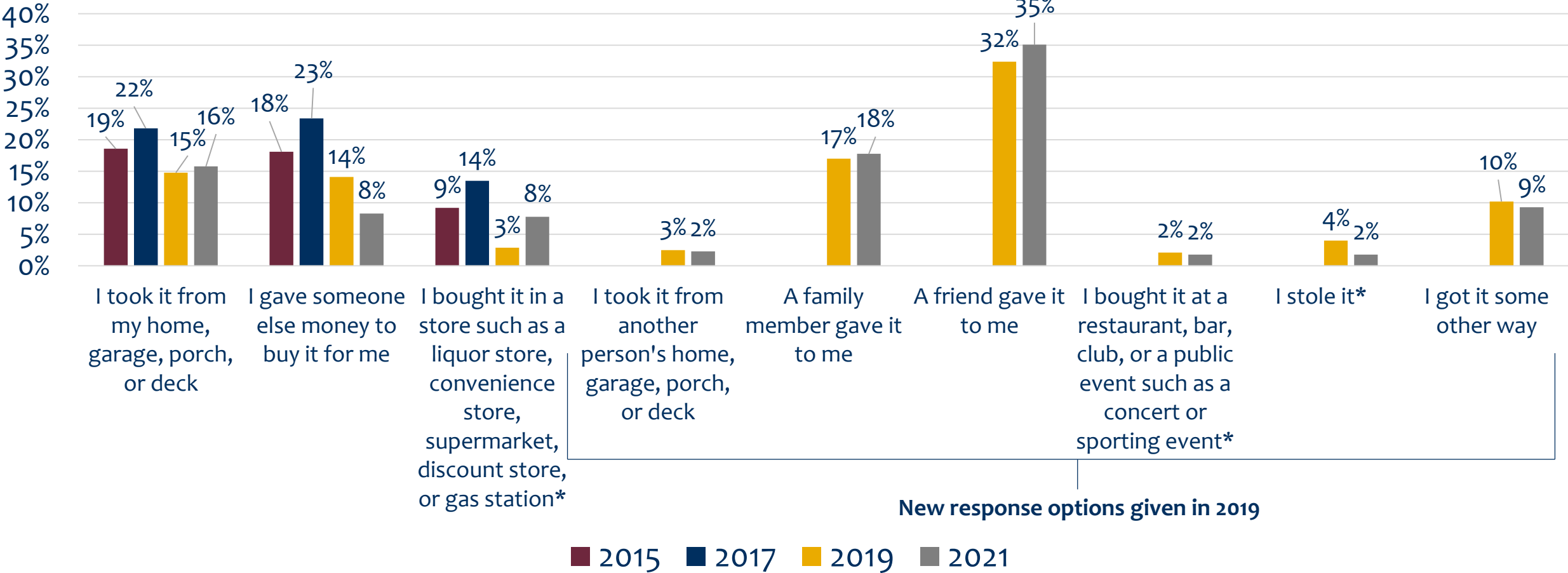
Alcohol Use



Middle and High School Participants

Alcohol Use

How Students Obtained Alcohol



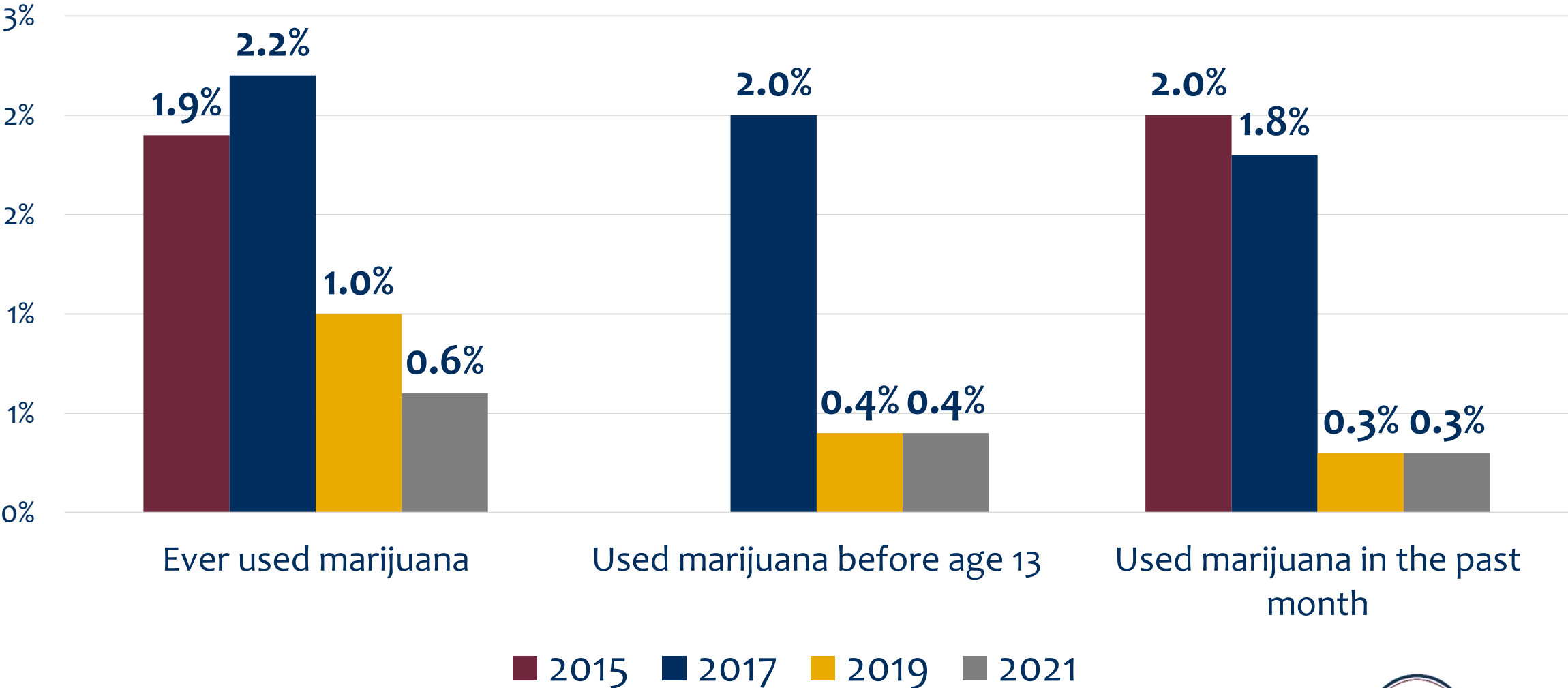
*Response option not given to middle school participants.

Students could select multiple responses.
In 2021, 387 students indicated they drank within last month; 205 students (53%) were given alcohol from a friend or family member.

Marijuana Use

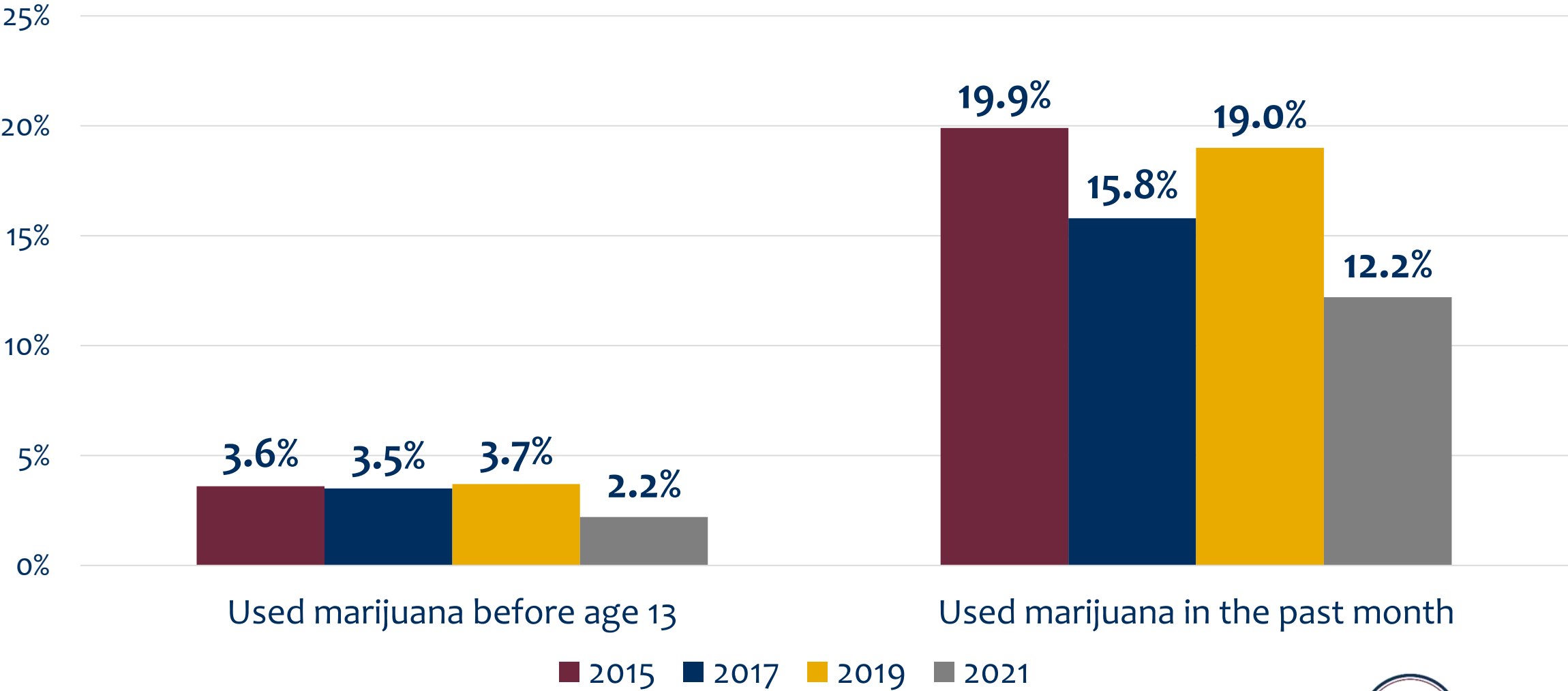
Middle School Participants

Marijuana Use



High School Participants

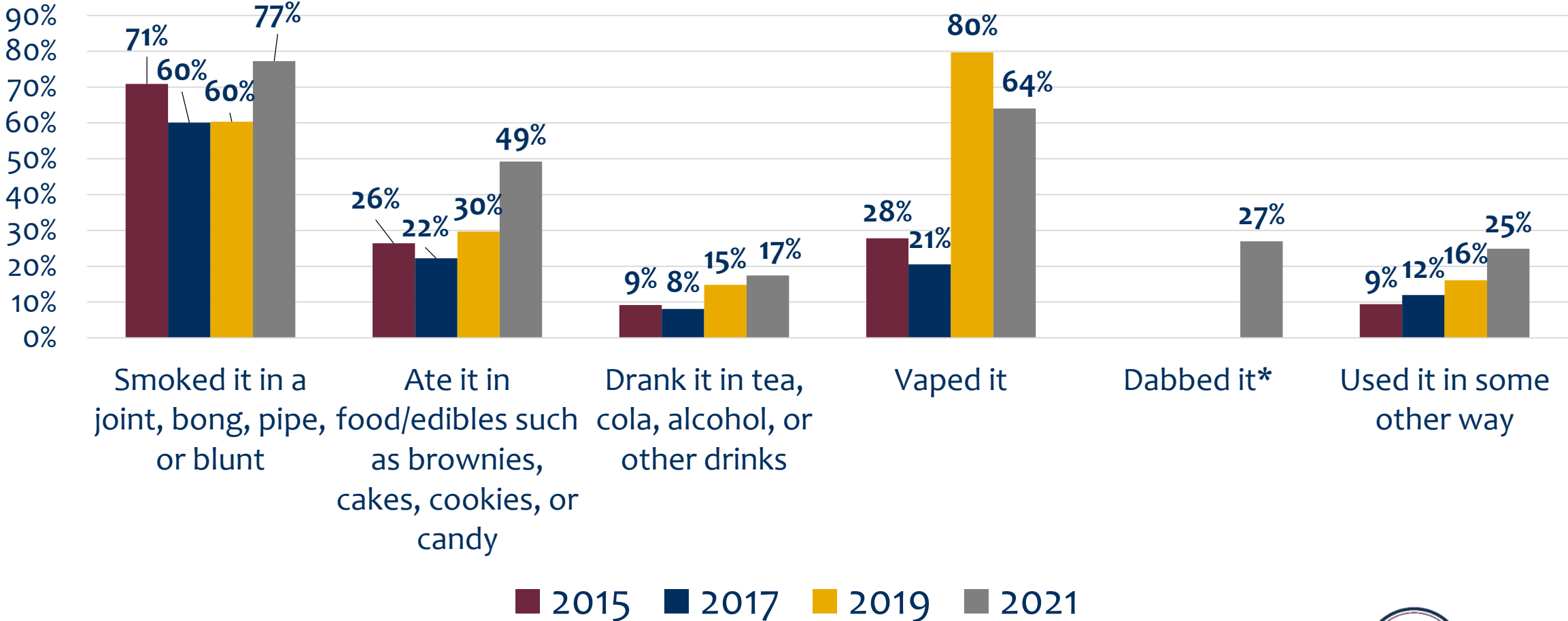
Marijuana Use



High School Participants

Marijuana Use

High School 'Marijuana Use Method in Past 30 Days' Responses

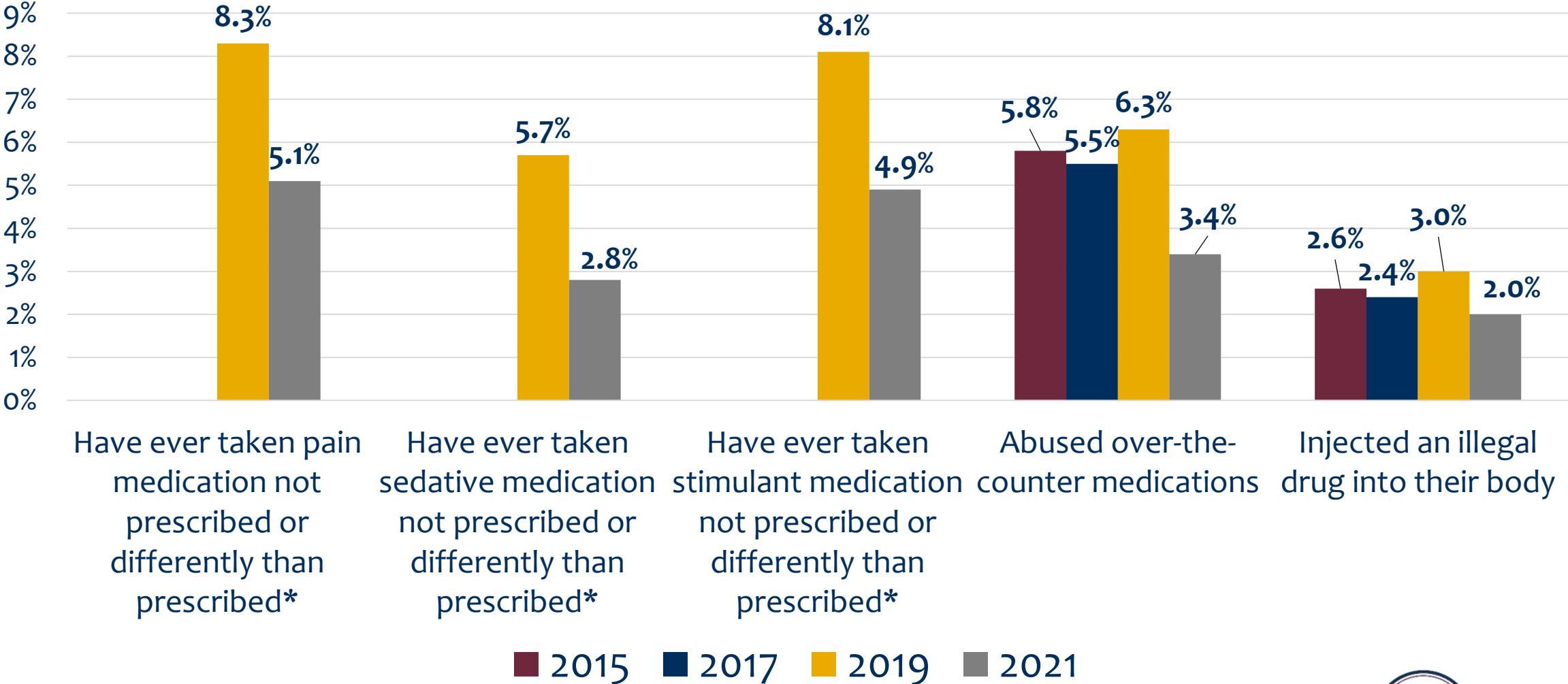


*New response option in 2021

Use of Other Drugs

High School Participants

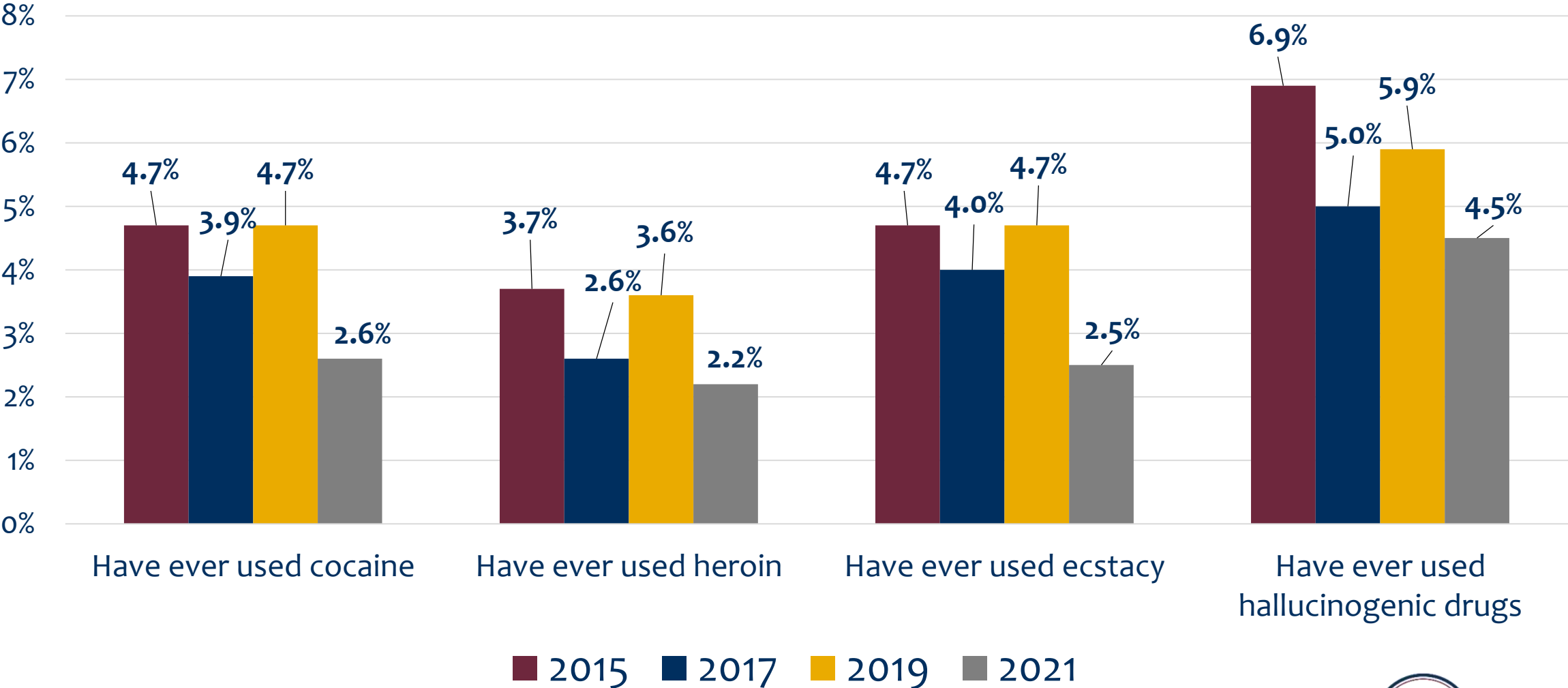
Use of Other Drugs



*New response option in 2019

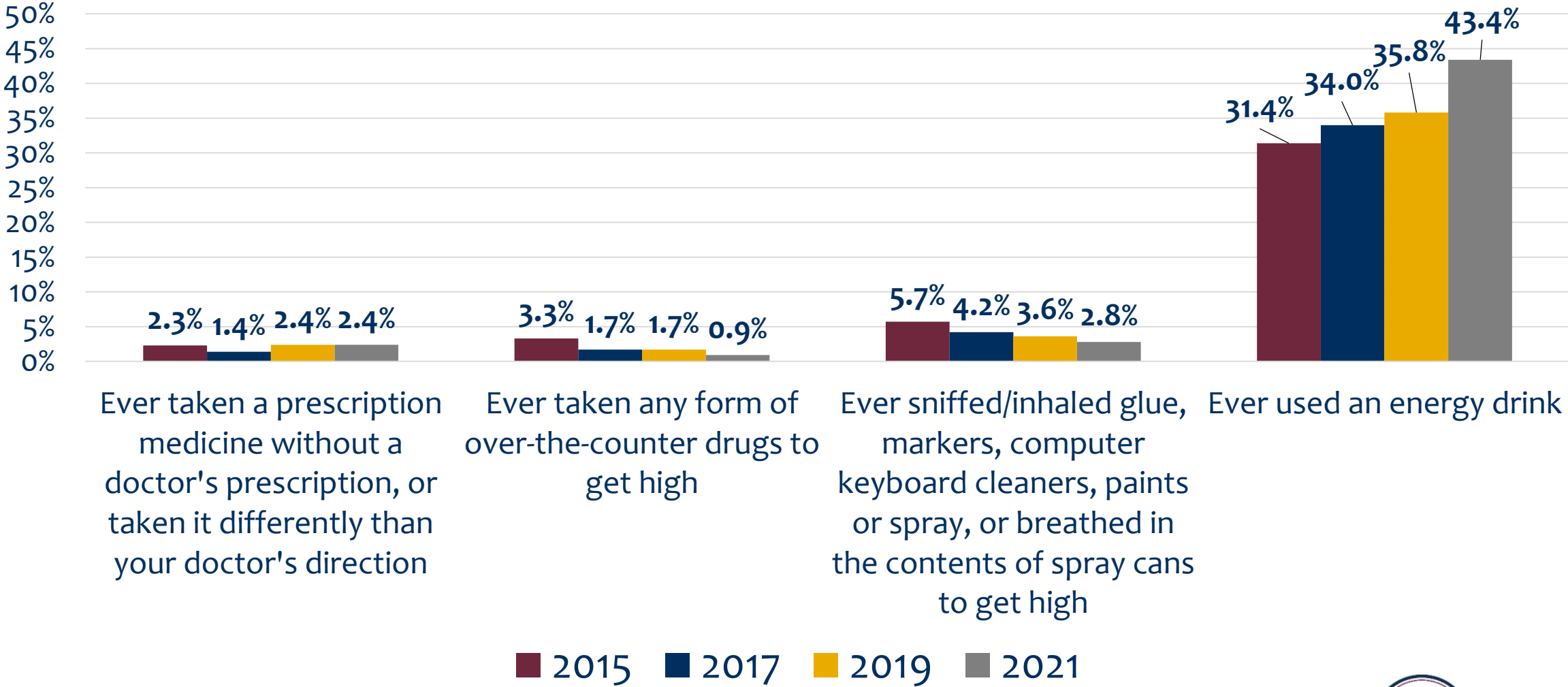
High School Participants

Use of Other Drugs



Middle School Participants

Use of Other Drugs

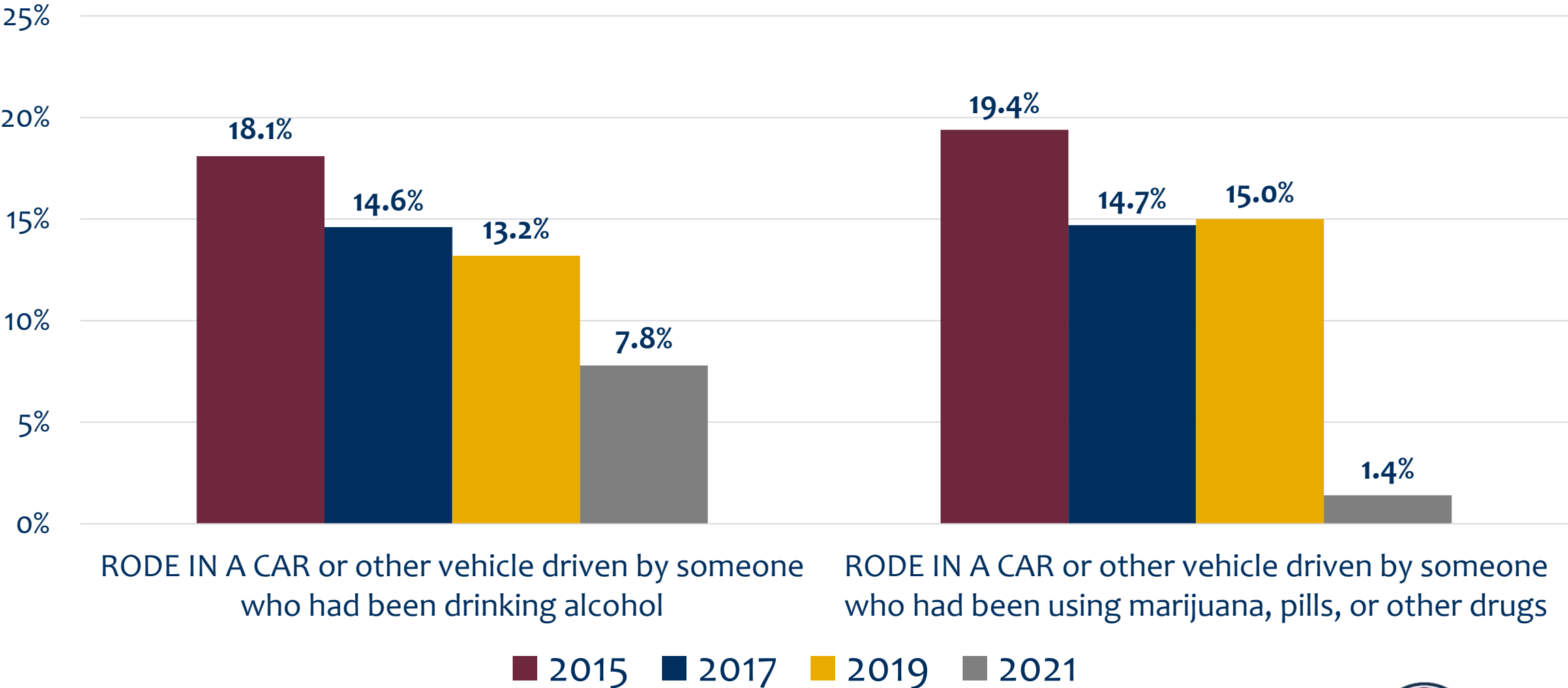


Distracted Driving and Driving Under the Influence



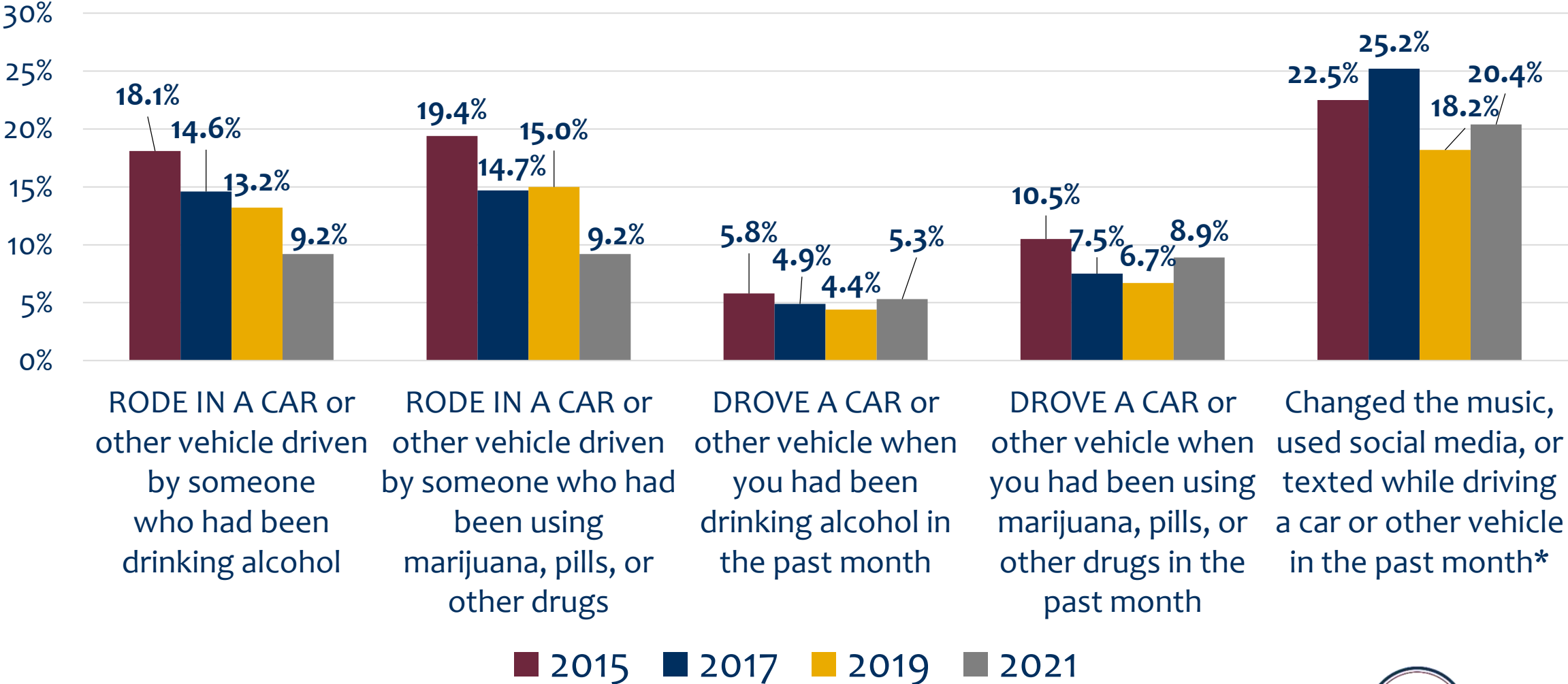
Middle School Participants

Distracted Driving and Driving Under the Influence



High School Participants

Distracted Driving and Driving Under the Influence



*Response wording changed in 2021. Added ‘change the music’, removed ‘used internet or email’.

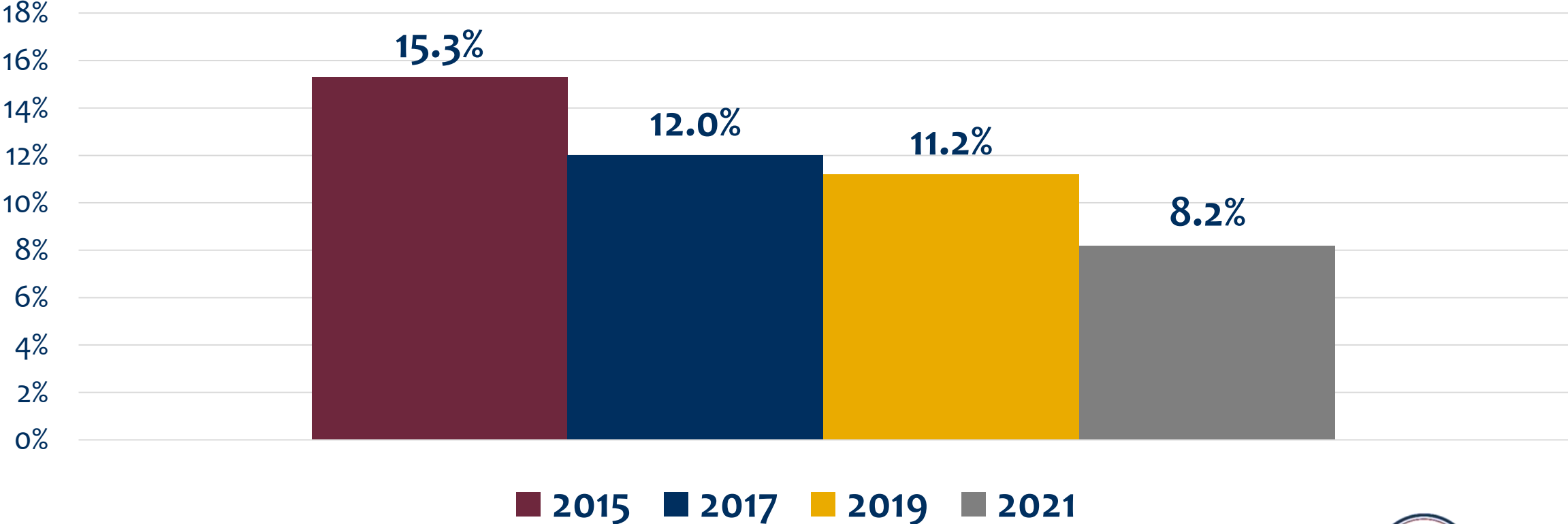


Substance Use on School Property

High School Participants

Substance Use on School Property

"During the past year, has anyone offered, sold, or given you any drugs or prescription medicines on school property or on the way to/from school?"



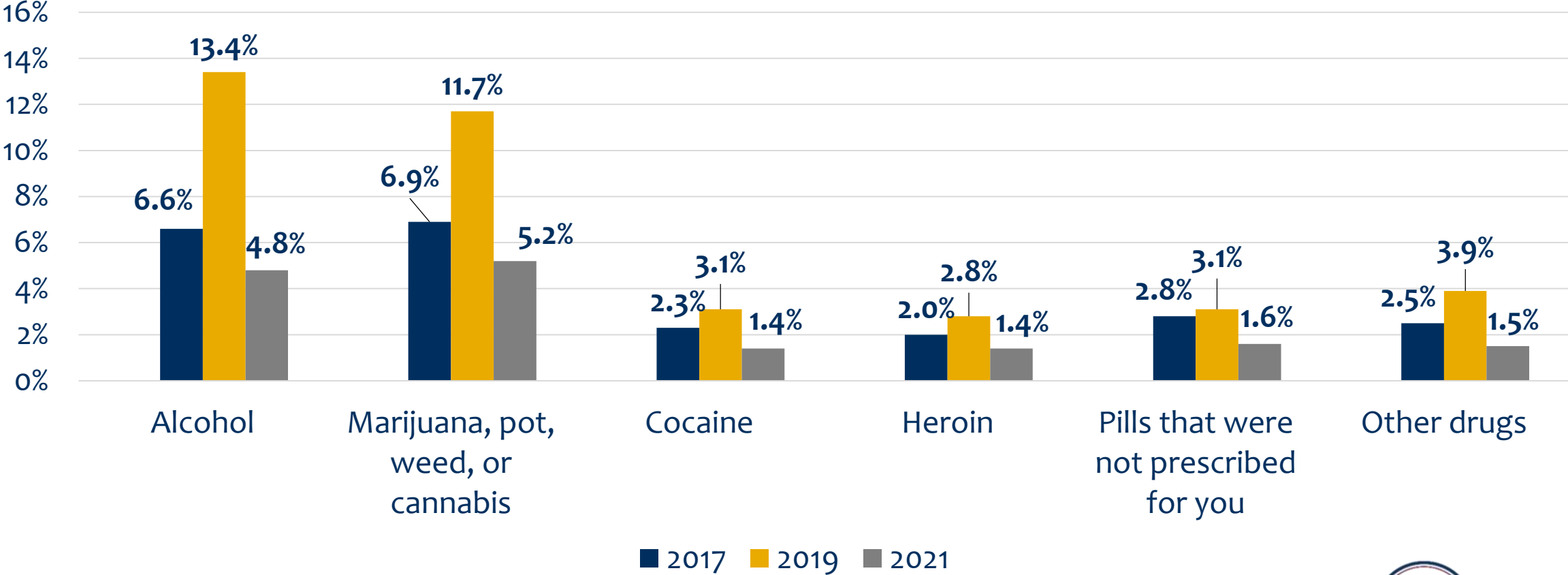
Drug use on campuses at lowest point since 2015; in 2021, 8.2% = 135 students



High School Participants

Substance Use on School Property

"During the past 12 months, did you use any of the following right before going to school or right before school events?"

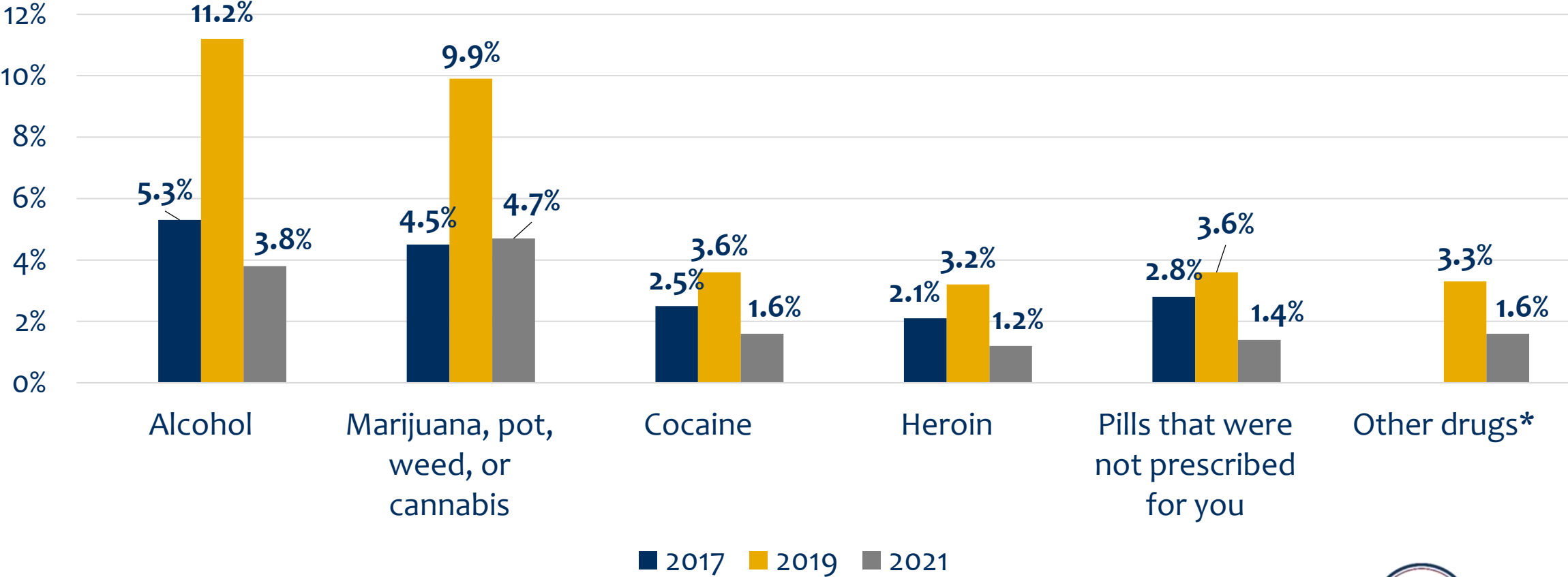


Question changed in 2021 from 'the past month' to 'the past 12 months.'

High School Participants

Substance Use on School Property

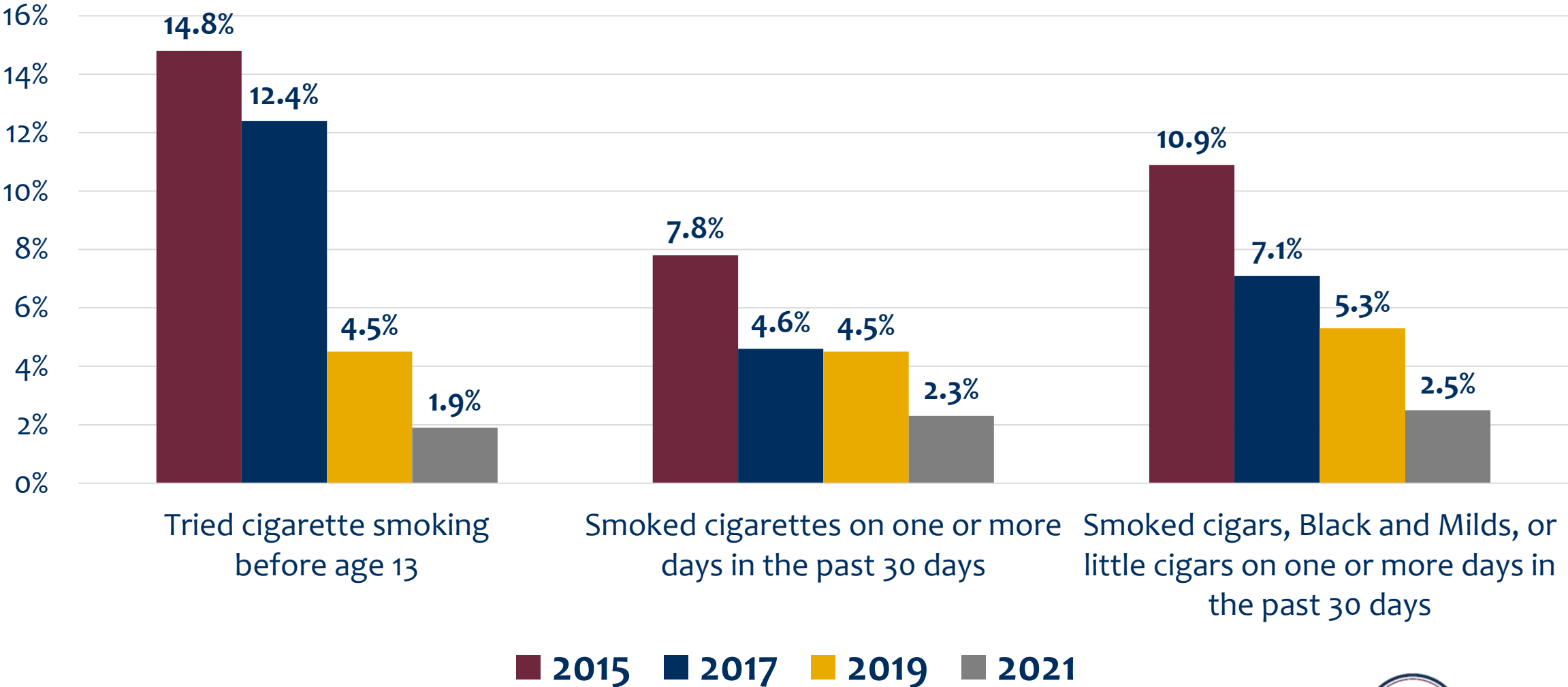
"During this school year, did you use any of the following at school or at school events?"



*New response option in 2019

High School Participants

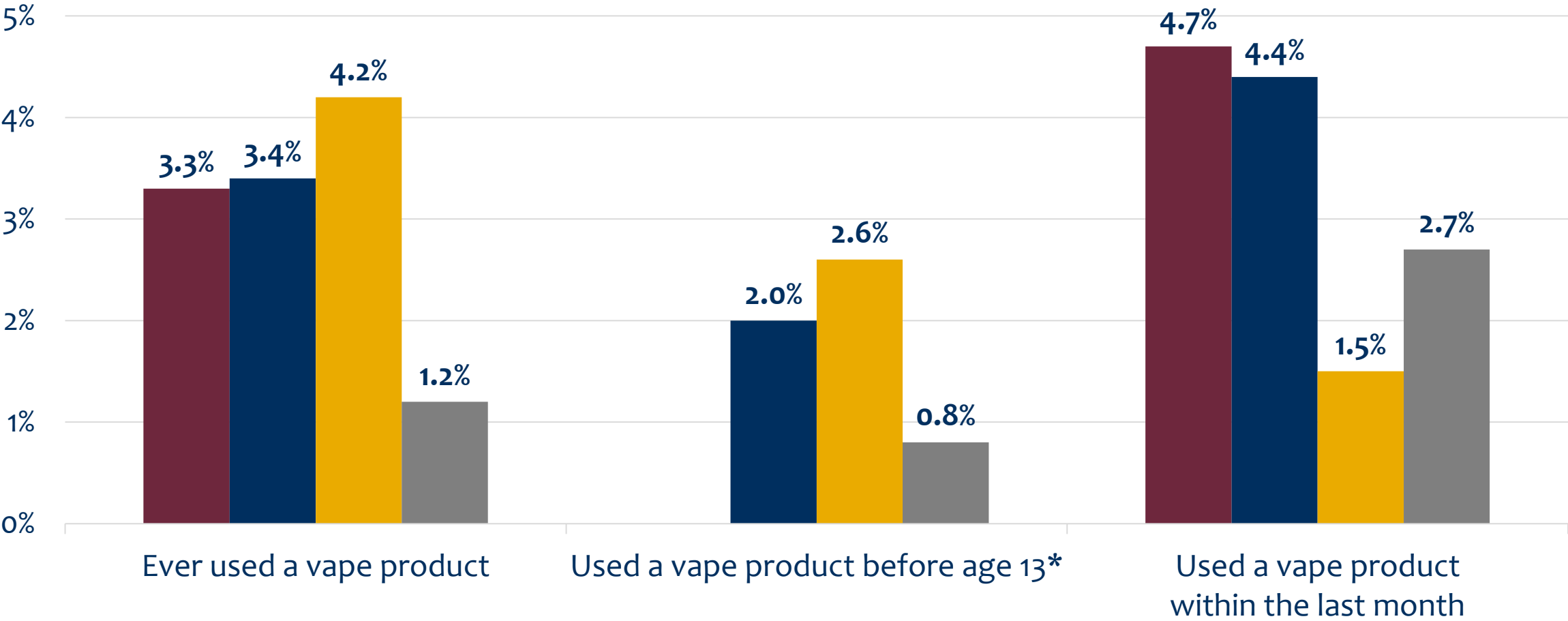
Tobacco Use



Overall use of tobacco products has decreased.

Middle School Participants

Vape Use



■ 2015 ■ 2017 ■ 2019 ■ 2021

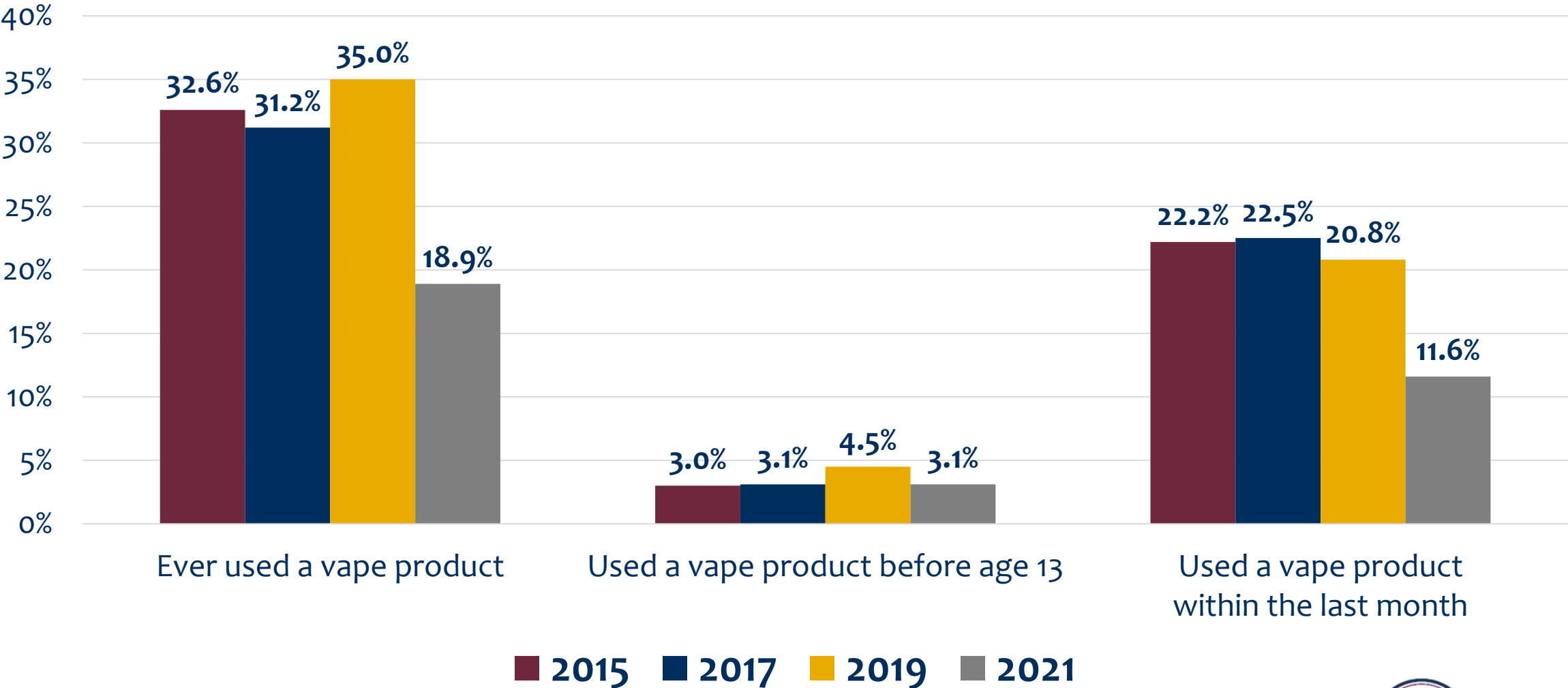
*New response option in 2017

In 2021, all responses were changed from 'e-cigarette or vape product' to only 'vape product.'



High School Participants

Vape Use



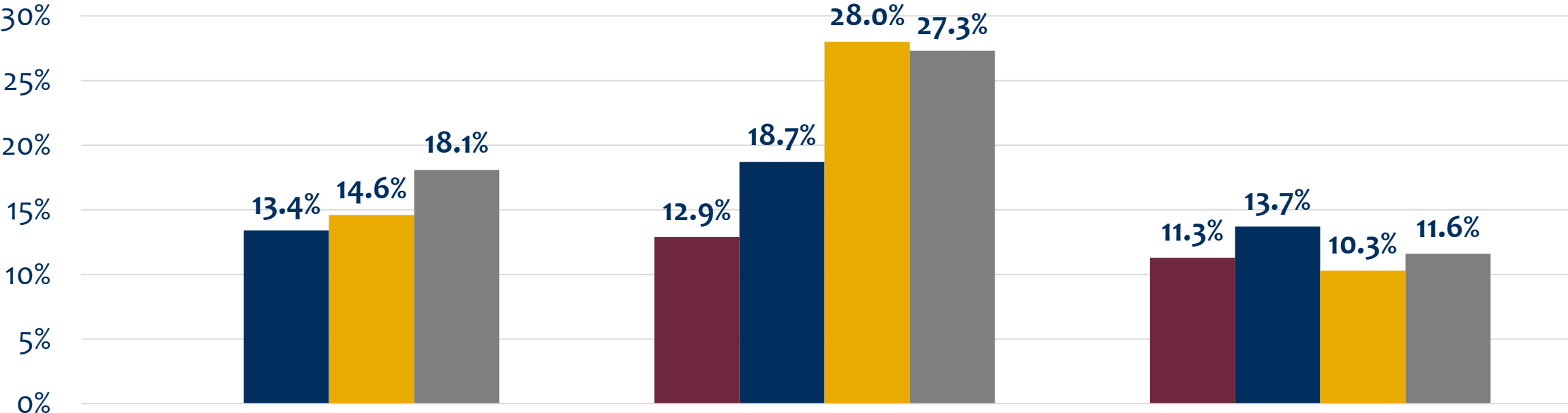
In 2021, all responses were changed from 'e-cigarette or vape product' to only 'vape product.'



Mental Health and Personal Problems

Middle School Participants

Mental Health



During the past 12 months felt sad or hopeless almost every day for two weeks or more in a row and stopped doing some usual activities*

Have difficulty concentrating, remembering, or making decisions because of mental or emotional challenges

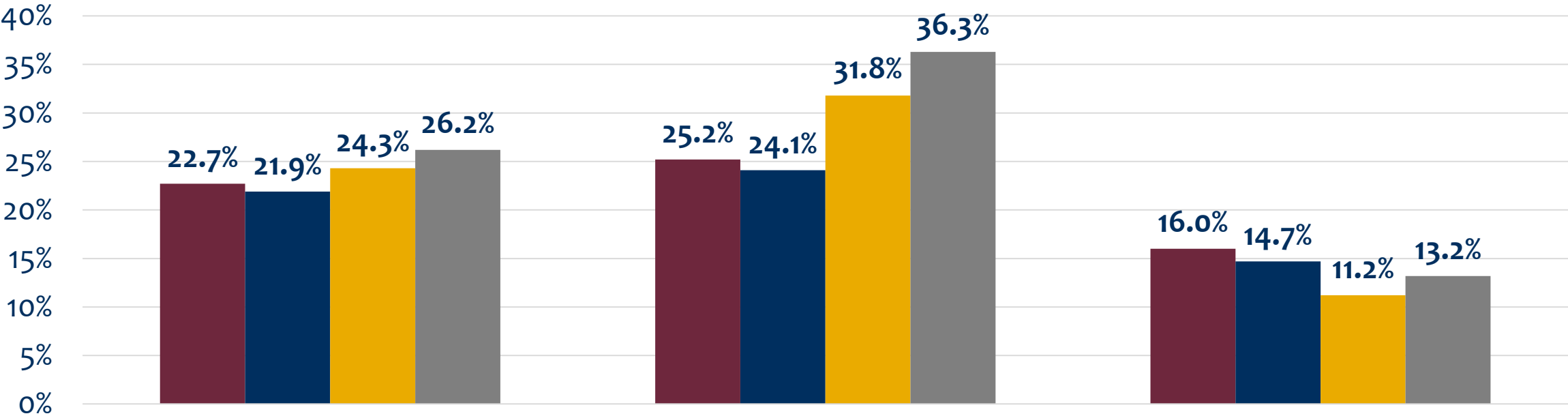
Ever done something to purposely hurt yourself without wanting to die, such as cutting or burning

■ 2015 ■ 2017 ■ 2019 ■ 2021

*New response option in 2017

High School Participants

Mental Health



During the past 12 months felt sad or hopeless almost every day for two weeks or more in a row and stopped doing some usual activities

Have difficulty concentrating, remembering, or making decisions because of mental or emotional challenges

During the past 12 months done something to purposely hurt yourself without wanting to die, such as cutting or burning

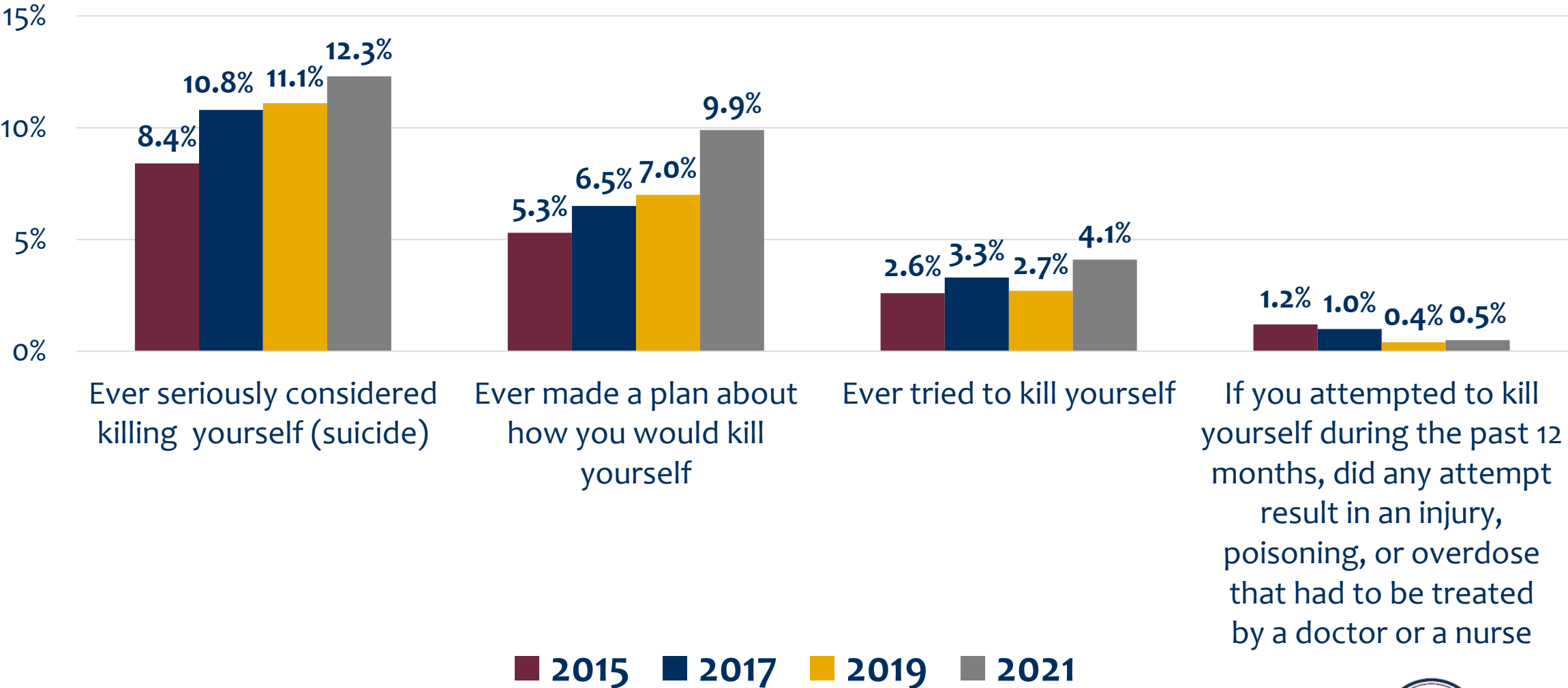
■ 2015 ■ 2017 ■ 2019 ■ 2021

Student mental health needs affect approximate 20-25% of the high school student population



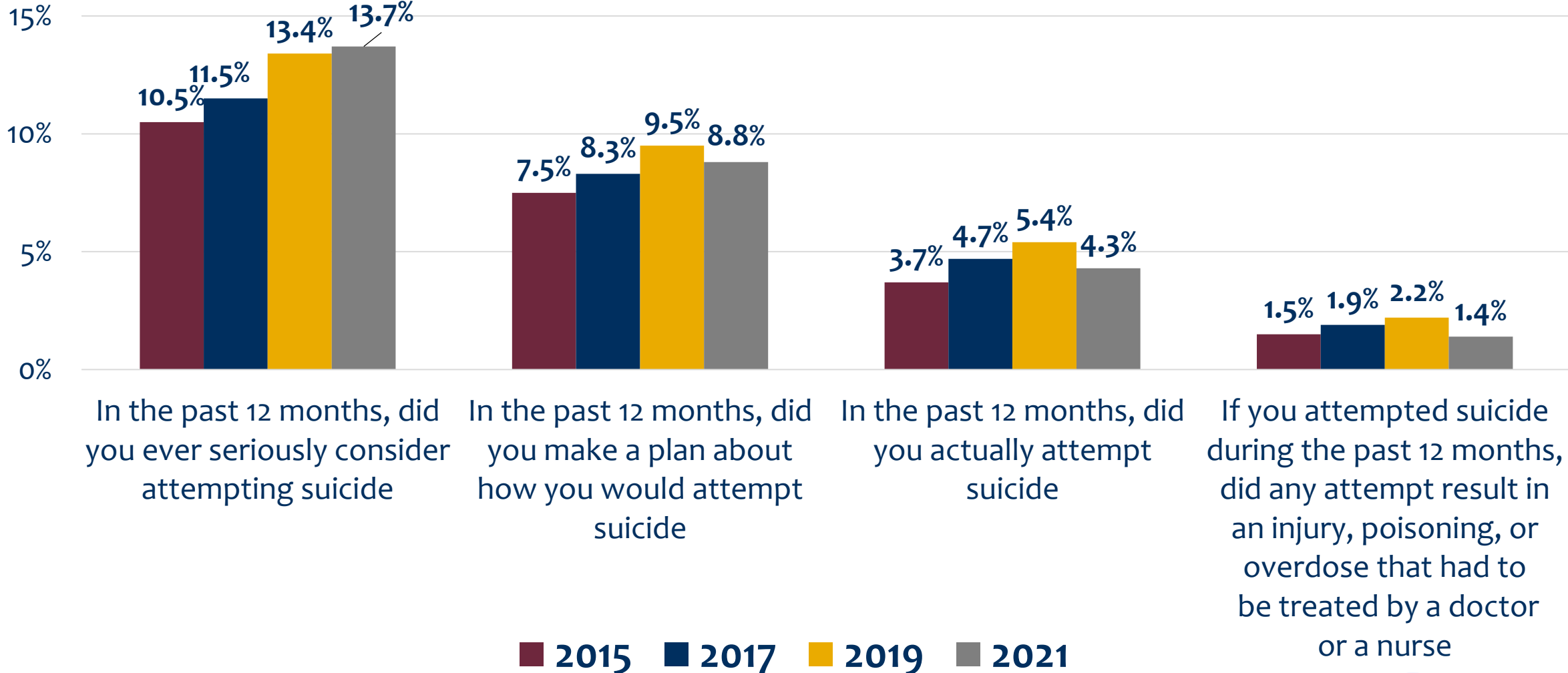
Middle School Participants

Mental Health



High School Participants

Mental Health

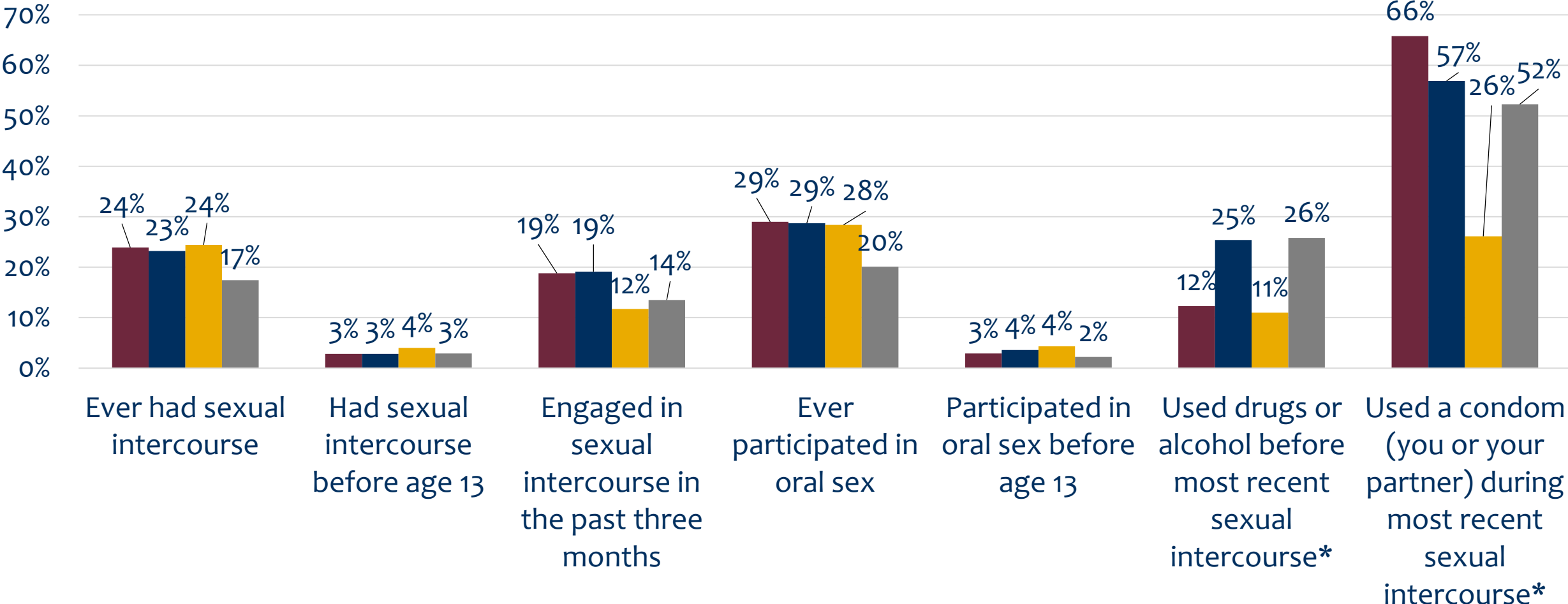


Self harm has decreased; suicidal concerns have increased

Sexual Risk Behaviors

High School Participants

Sexual Risk Behaviors



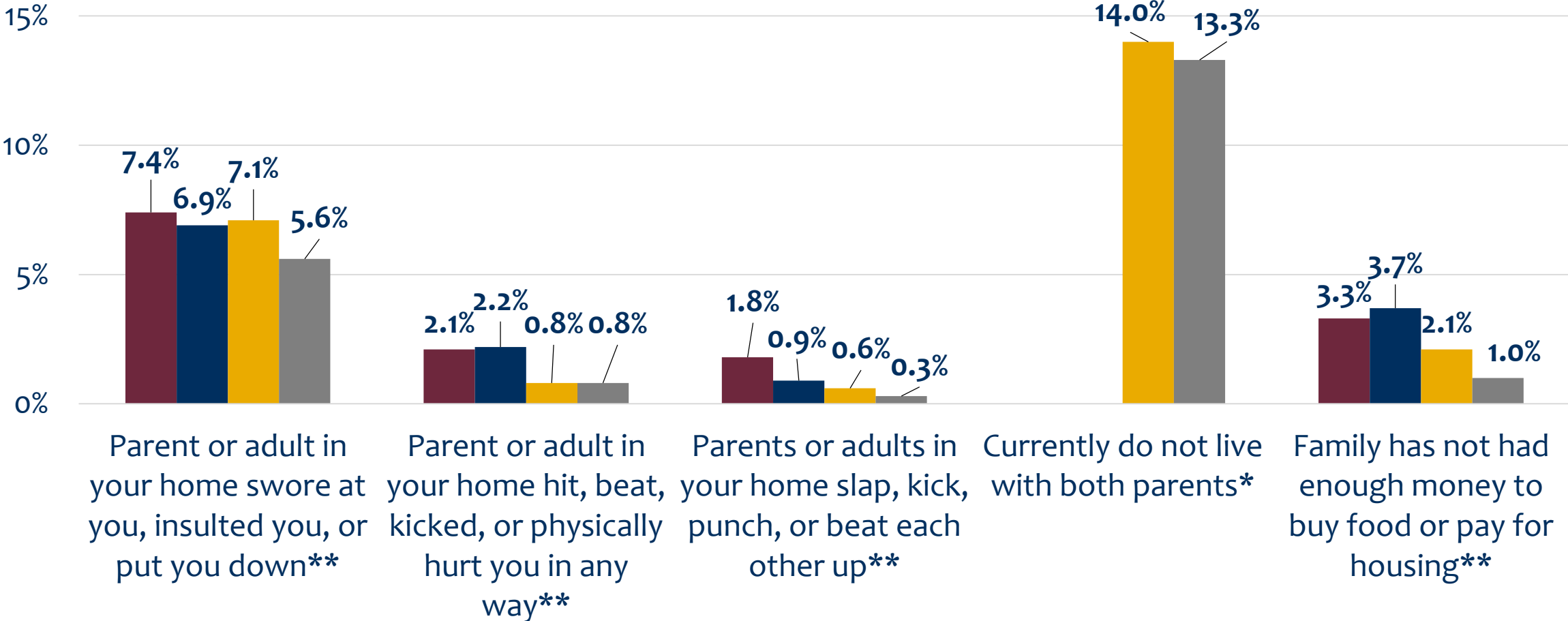
■ 2015 ■ 2017 ■ 2019 ■ 2021

*Out of currently sexually active students

Adverse Childhood Experiences (ACES)

Middle School Participants

ACES – Home Life



■ 2015 ■ 2017 ■ 2019 ■ 2021

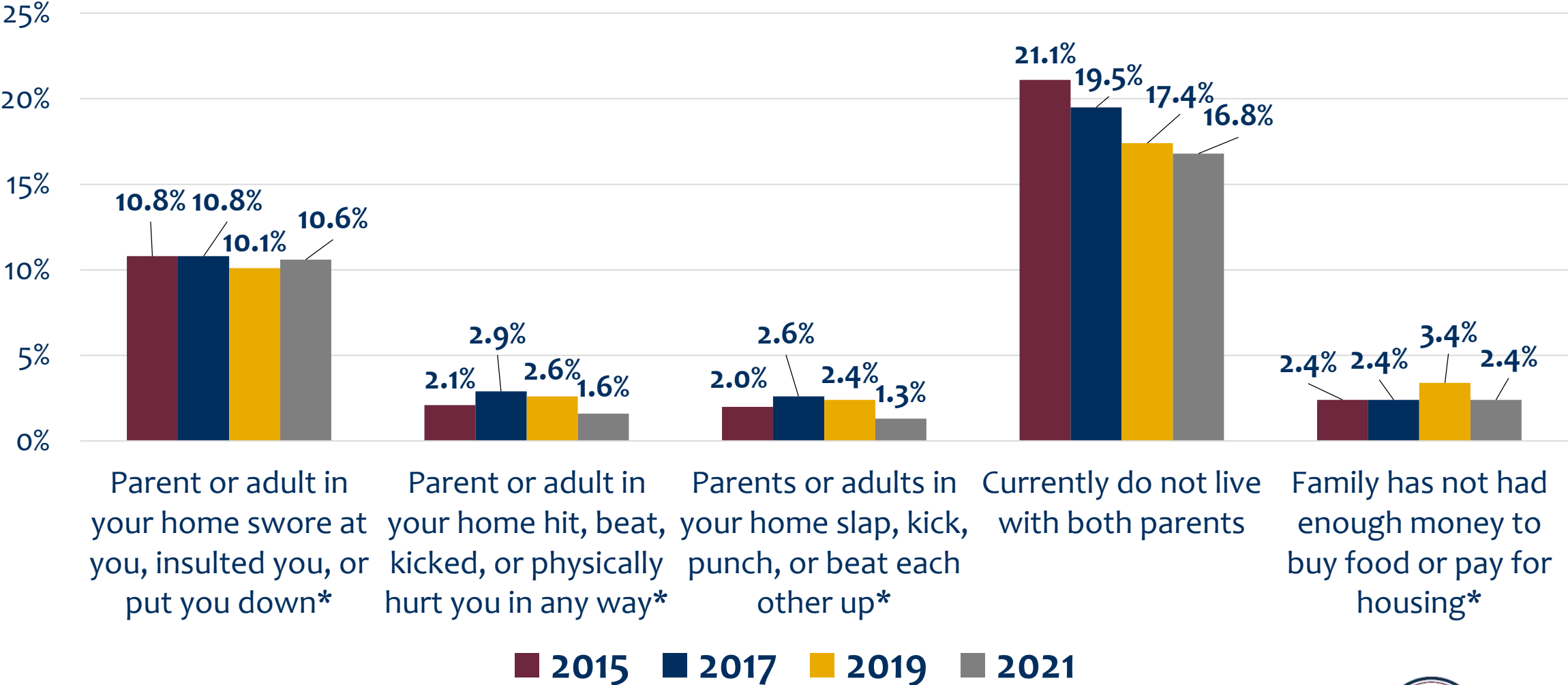
*New in 2019

**Percentages are out of students who responded 'often' or 'repeatedly'



High School Participants

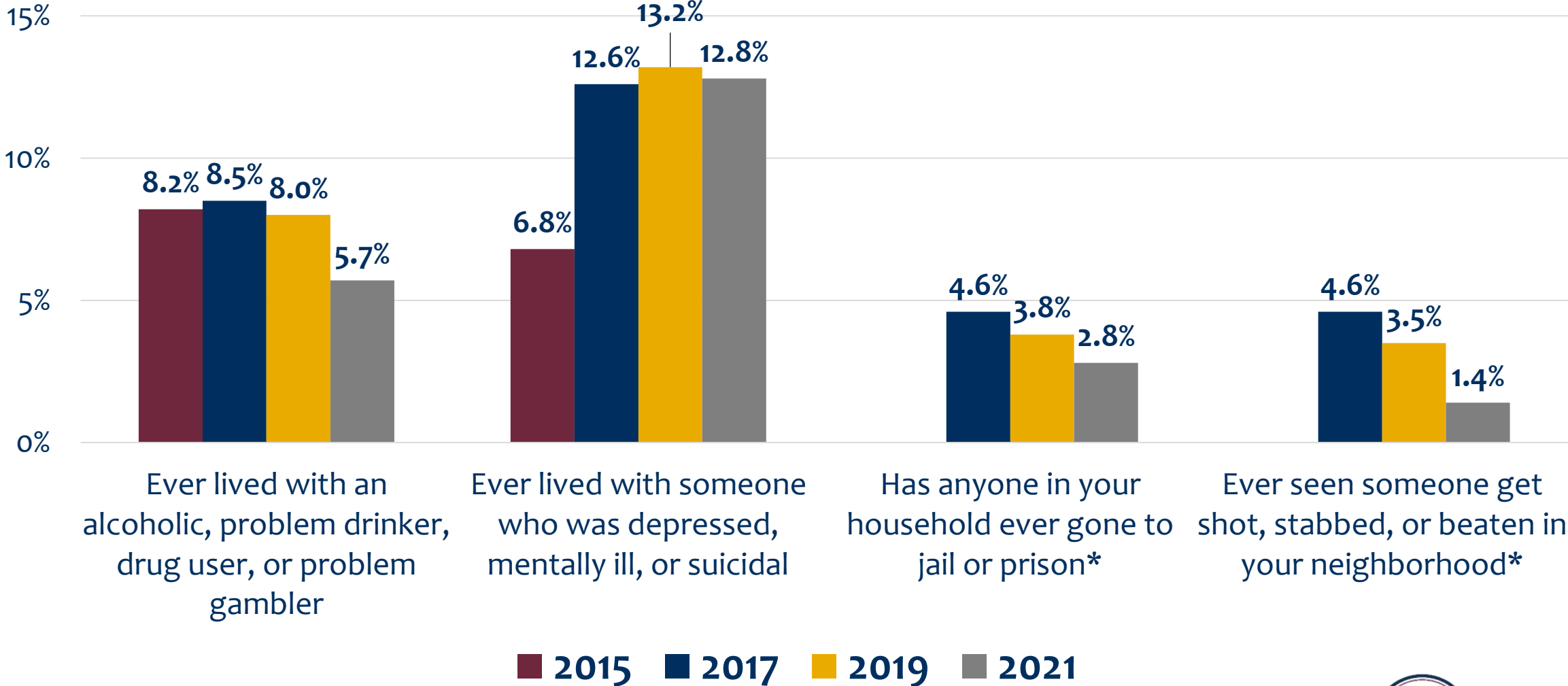
ACES – Home Life



*Percentages are out of students who responded ‘often’ or ‘repeatedly’

Middle School Participants

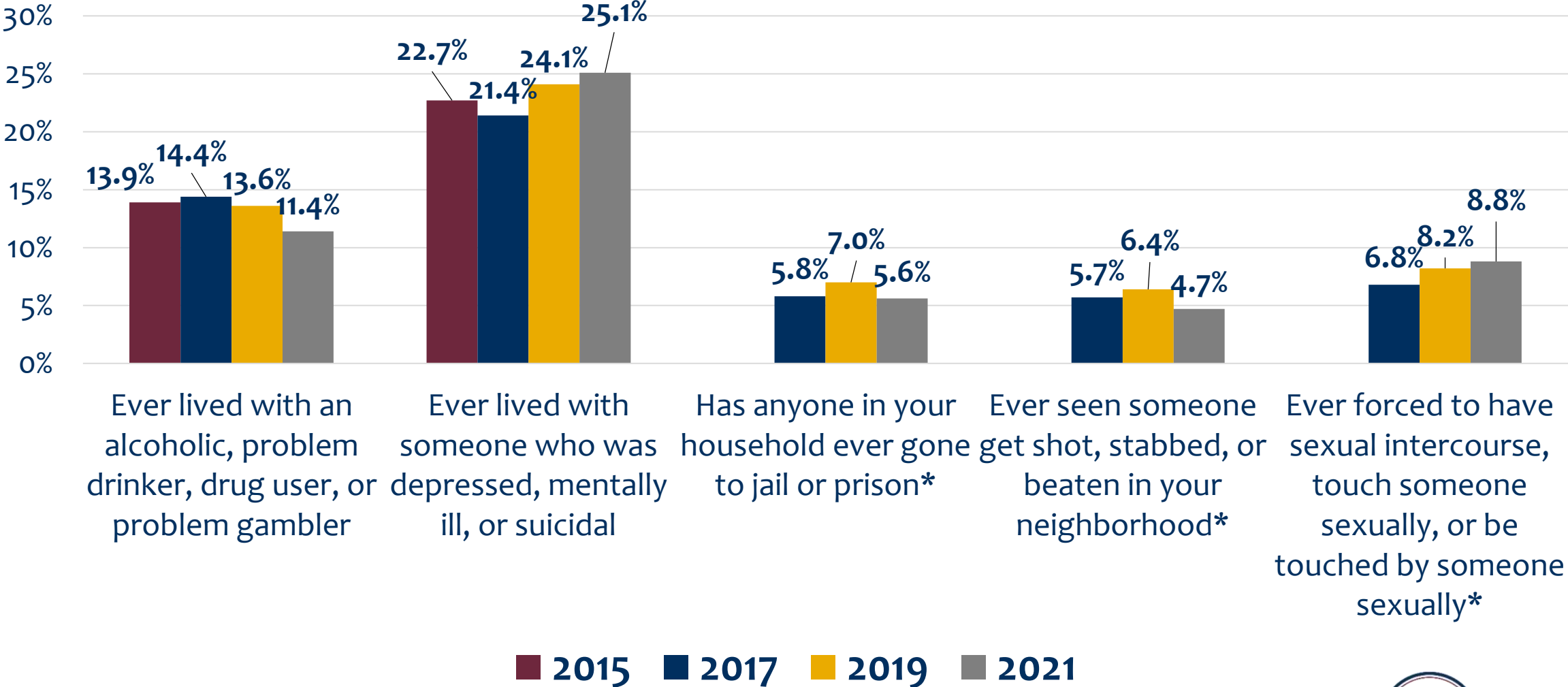
ACES – Home Life



*New question in 2017

High School Participants

ACES – Home Life

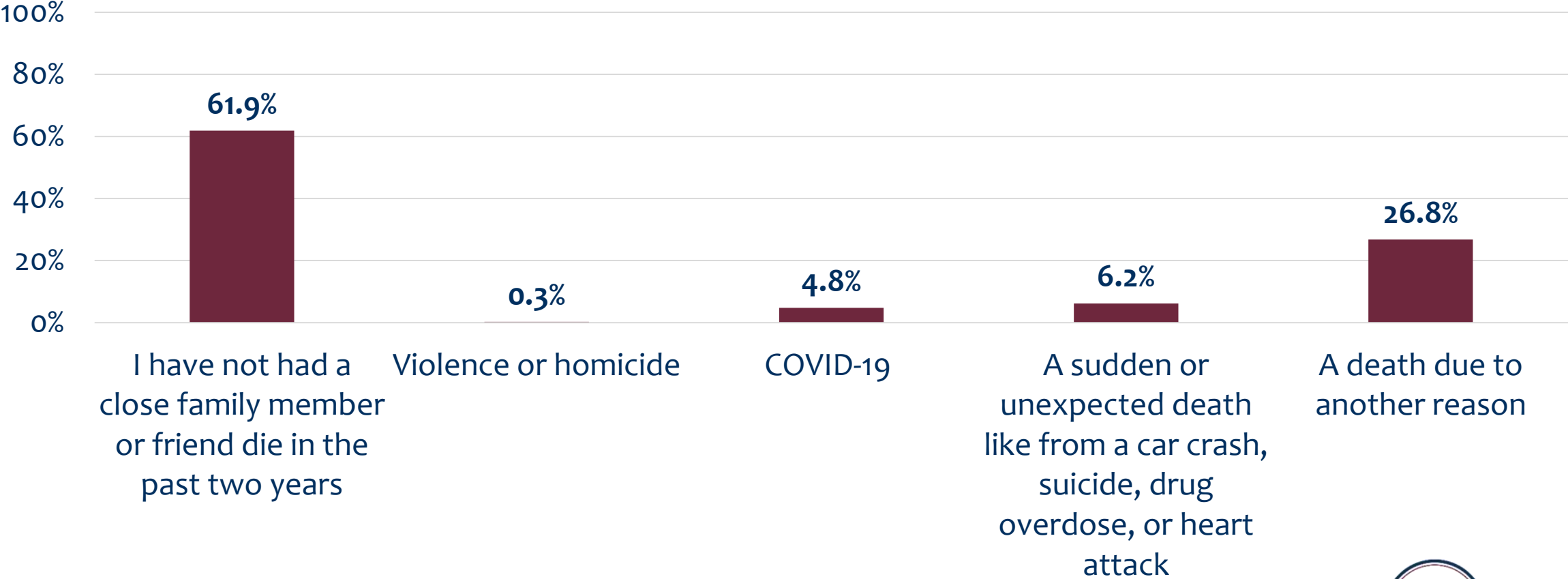


*New question in 2017

Middle School Participants

ACES ~ Grief

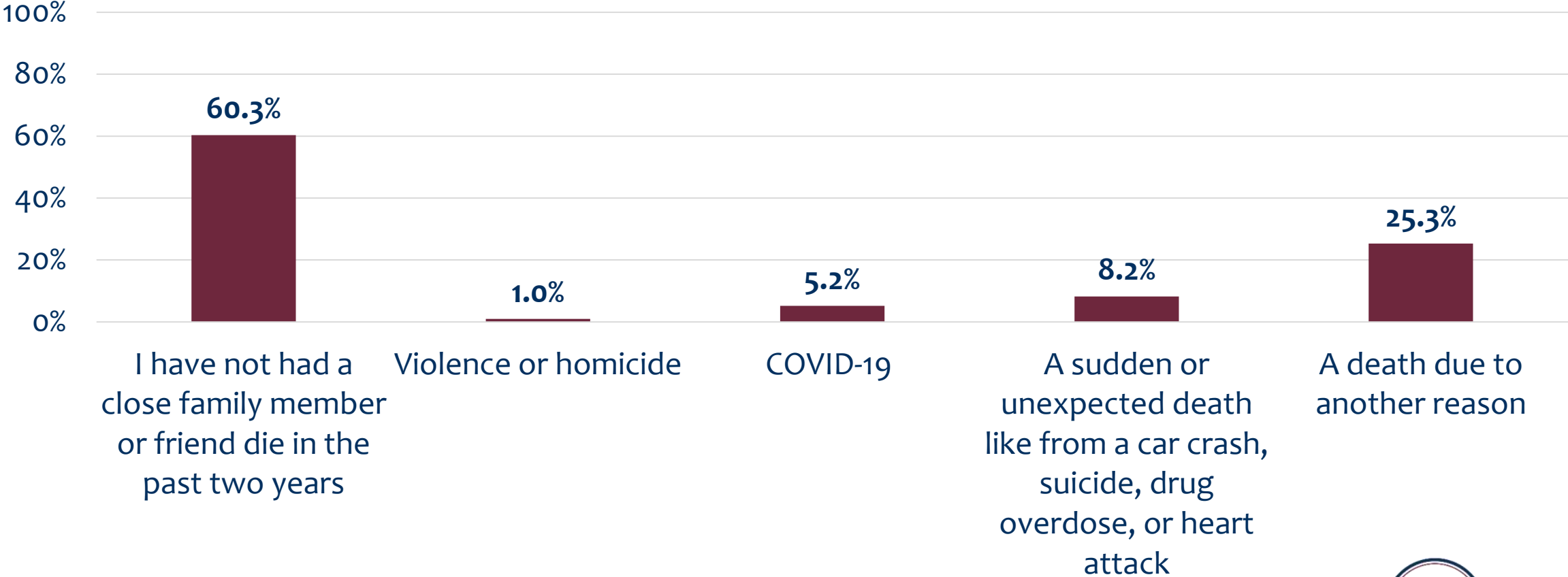
"If you had a close family member or friend die in the past two years, was it due to any of the following:"



High School Participants

ACES ~ Grief

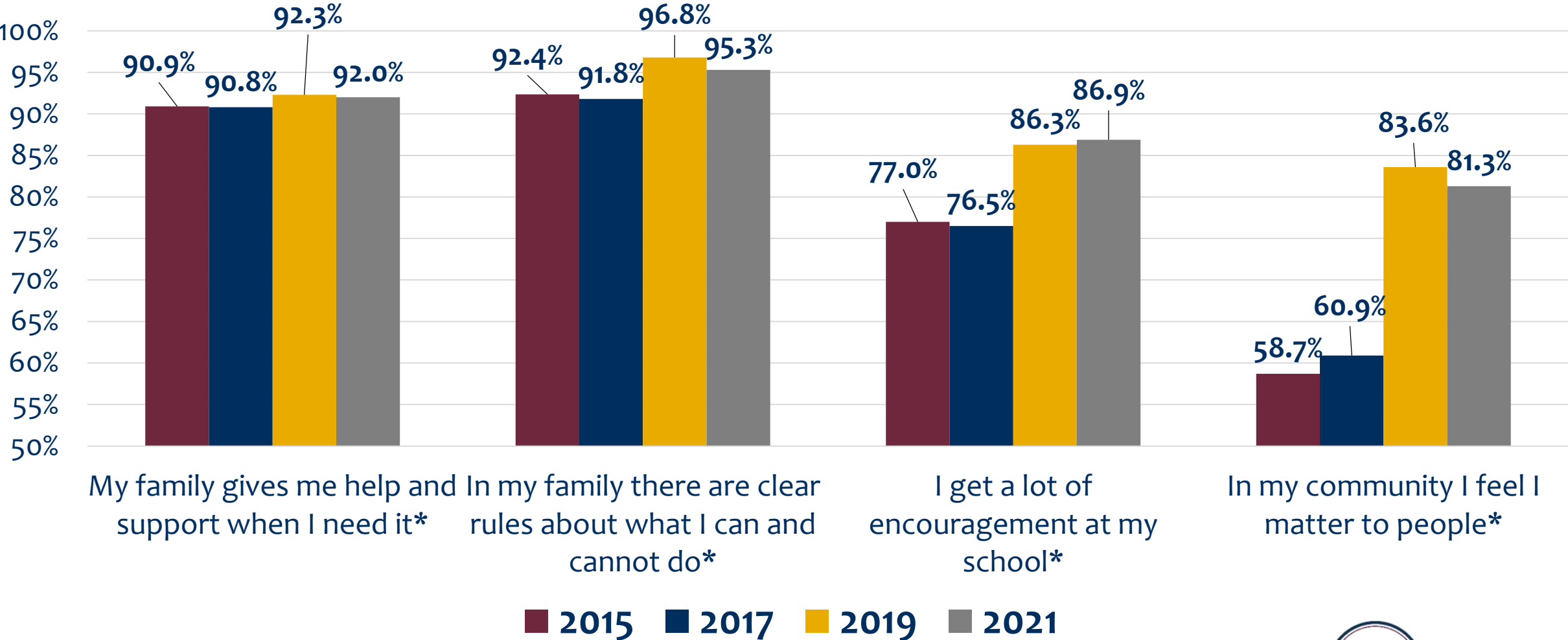
"If you had a close family member or friend die in the past two years, was it due to any of the following:"



Assets and Protective Factors

Middle School Participants

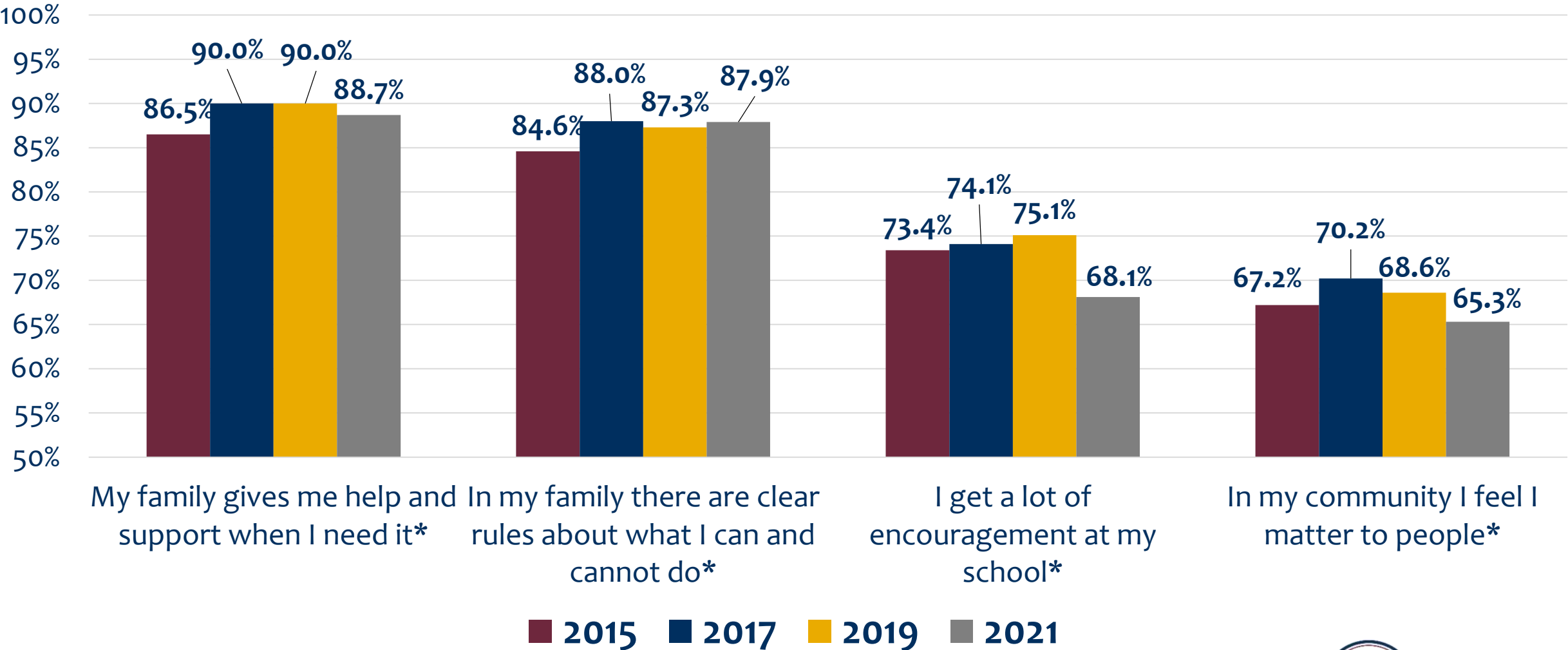
Assets and Protective Factors



*Percentages are out of students who responded 'agree' or 'strongly agree'

High School Participants

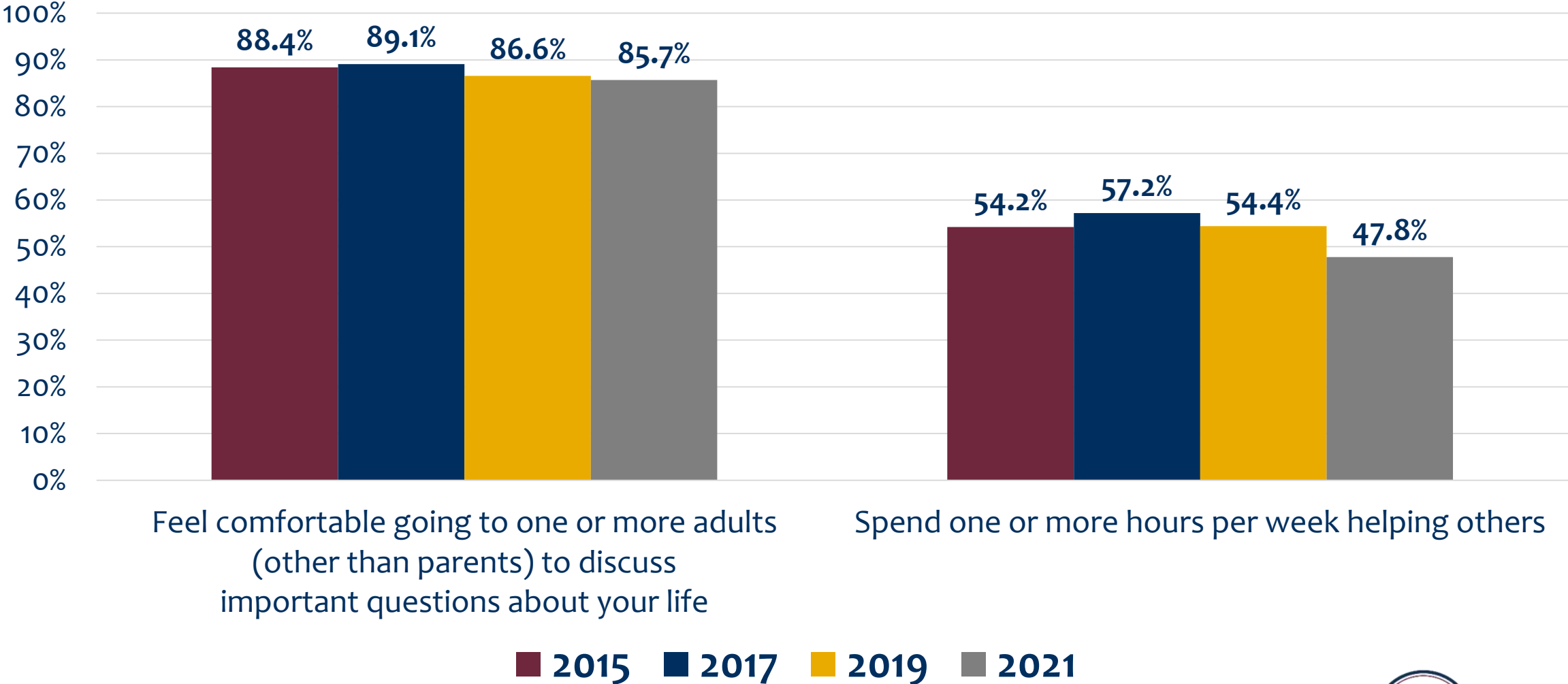
Assets and Protective Factors



*Percentages are out of students who responded 'agree' or 'strongly agree'

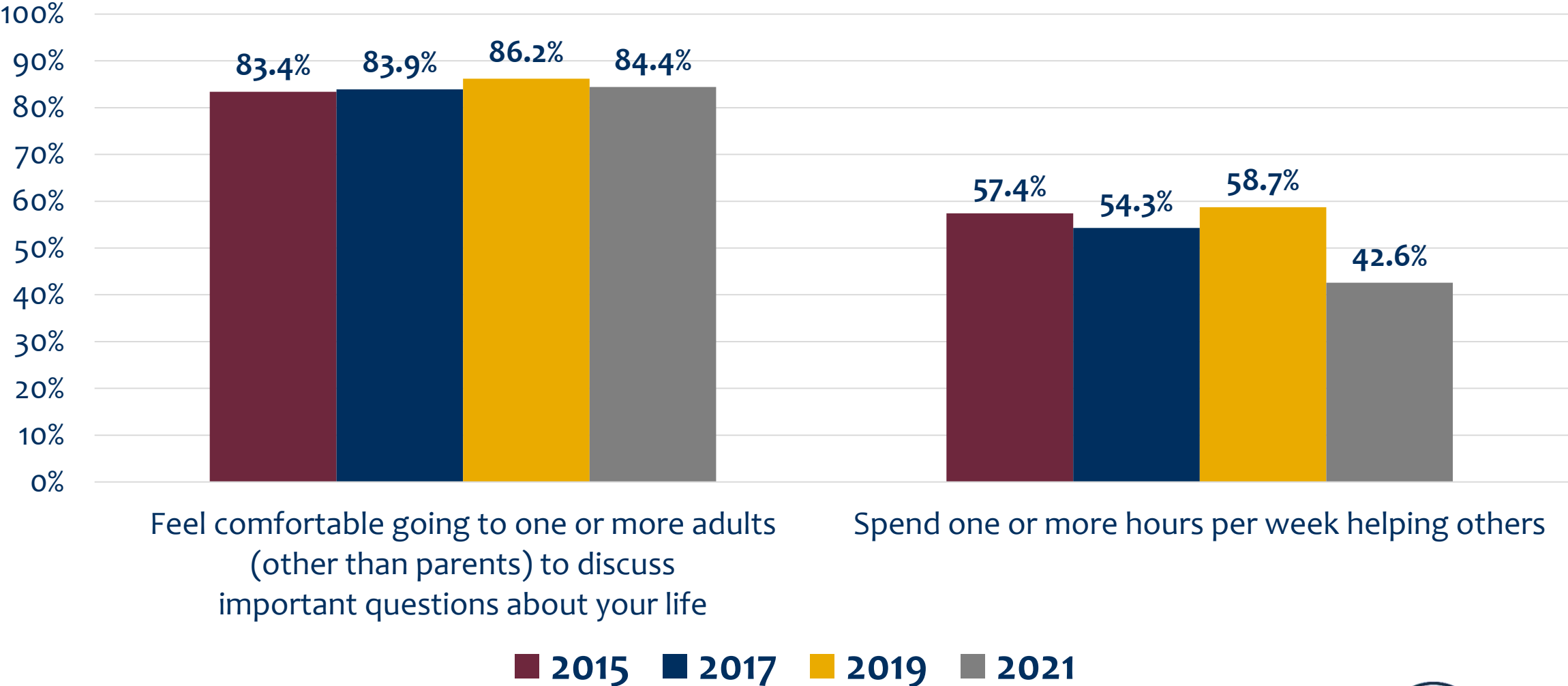
Middle School Participants

Assets and Protective Factors



High School Participants

Assets and Protective Factors



General Health:

Physical Activity/Sleep

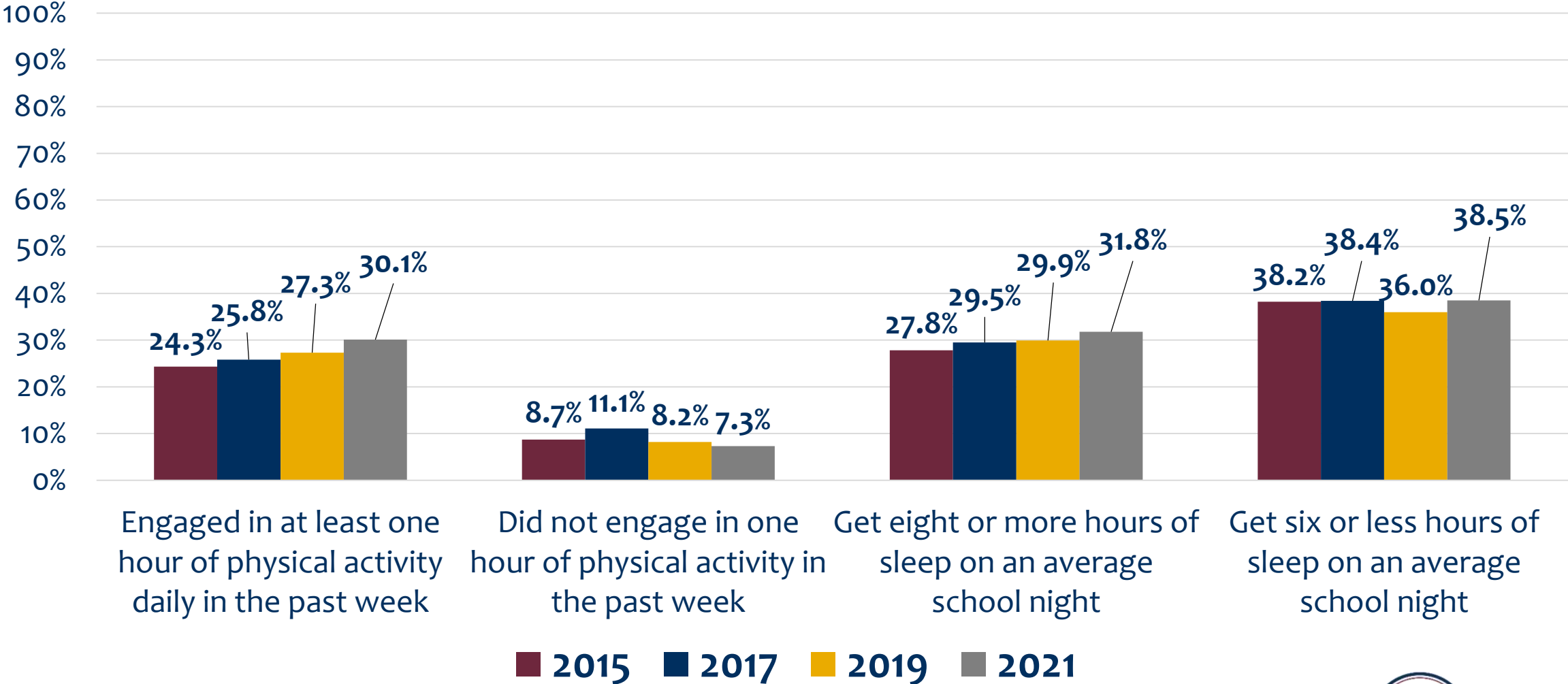
Weight/Food Insecurity

Preventative Health

Technology Use

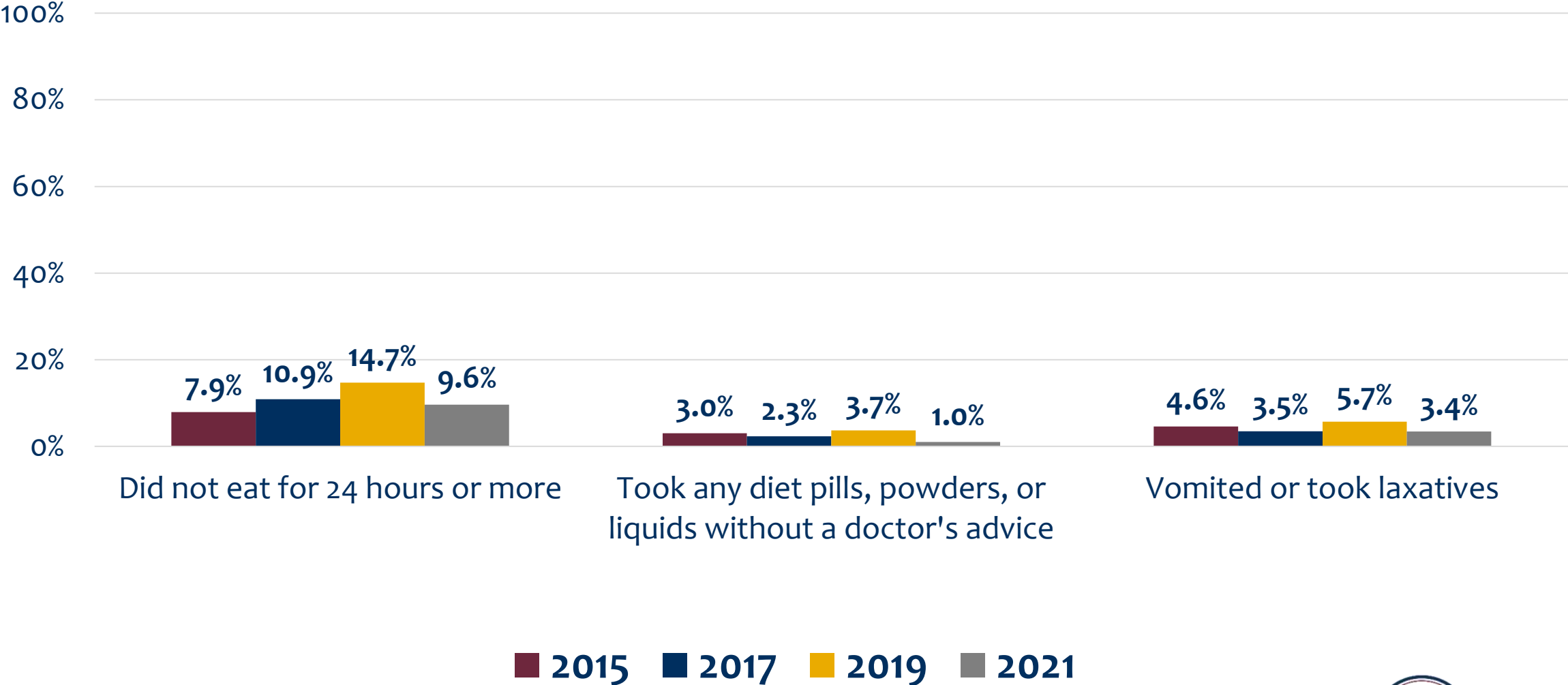
High School Participants

Physical Activity and Sleep



High School Participants

Weight Loss Attempts

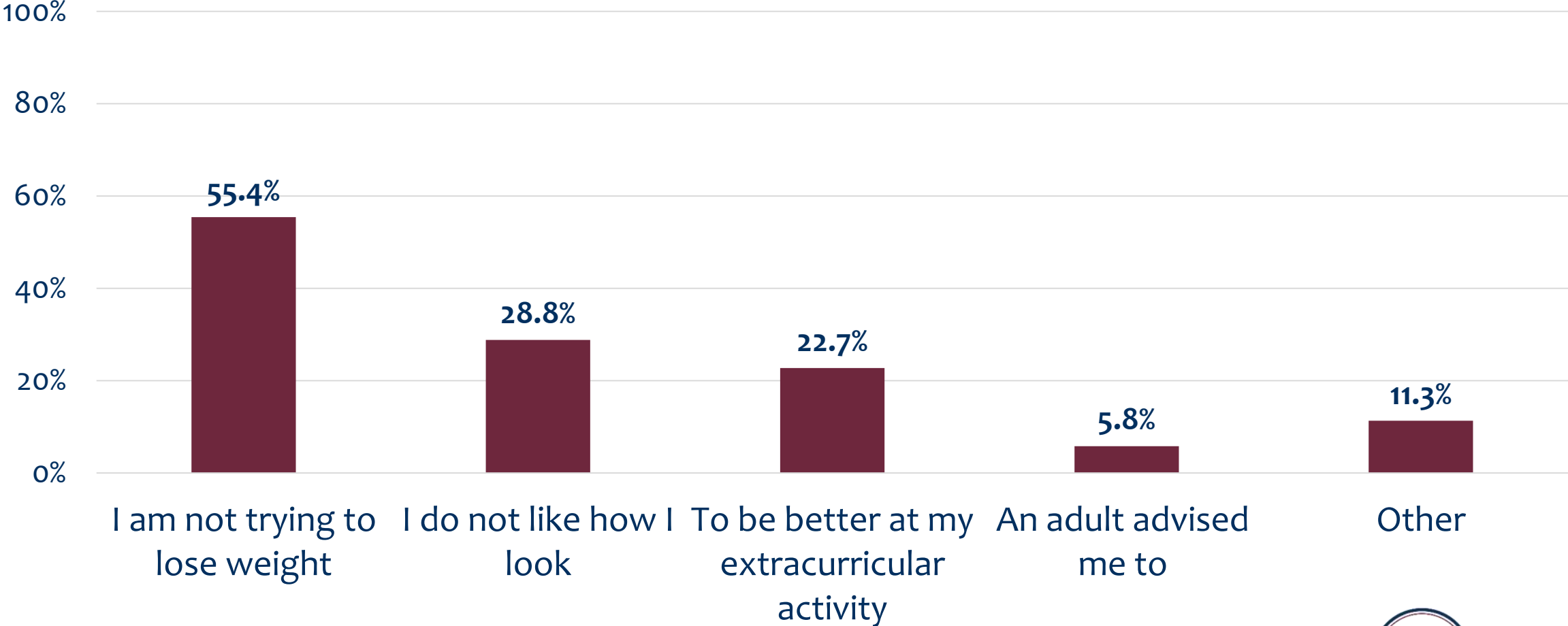


Weight loss attempts have decreased

High School Participants

Weight Loss Attempts

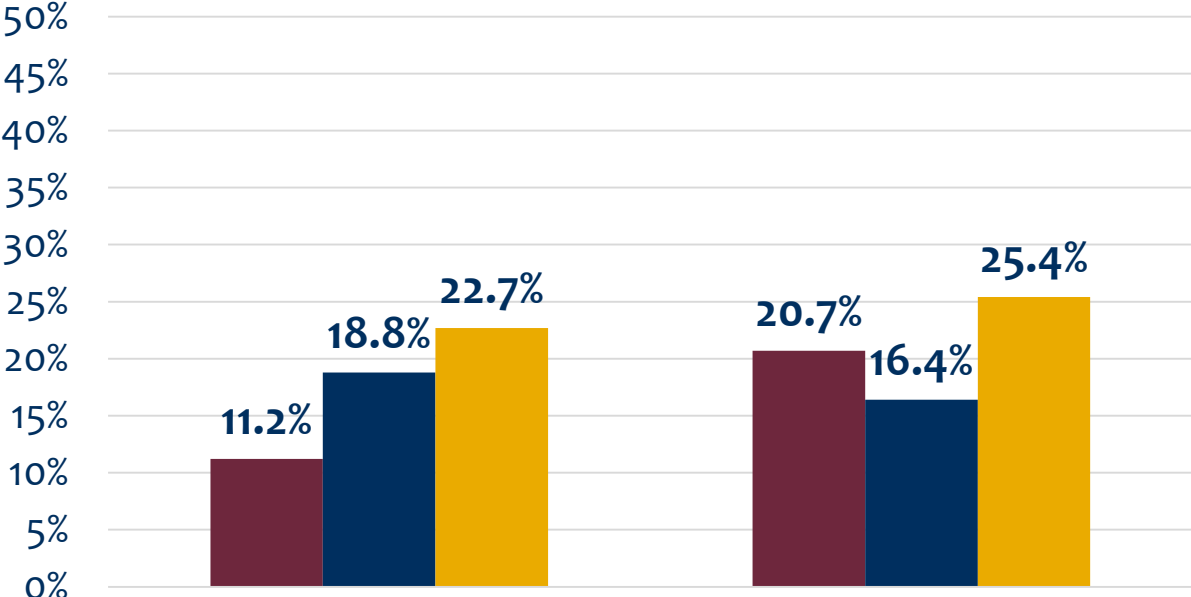
"If you are trying to lose weight or keep from gaining weight, how come?"



*New question in 2021

Middle School Participants

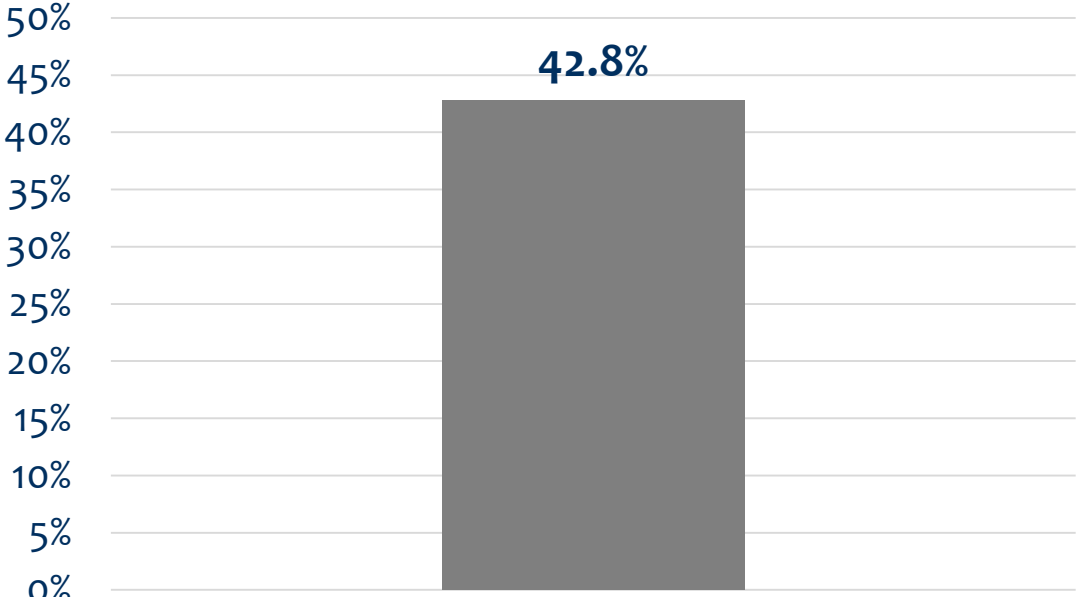
Technology Use



Watch TV, Netflix, Hulu, YouTube, streamed videos, etc. on a typical school day (Three or more hours)

Play video or computer games, or use a computer or smartphone for something that is not school work on a typical school day (Three or more hours)

■ 2015 ■ 2017 ■ 2019



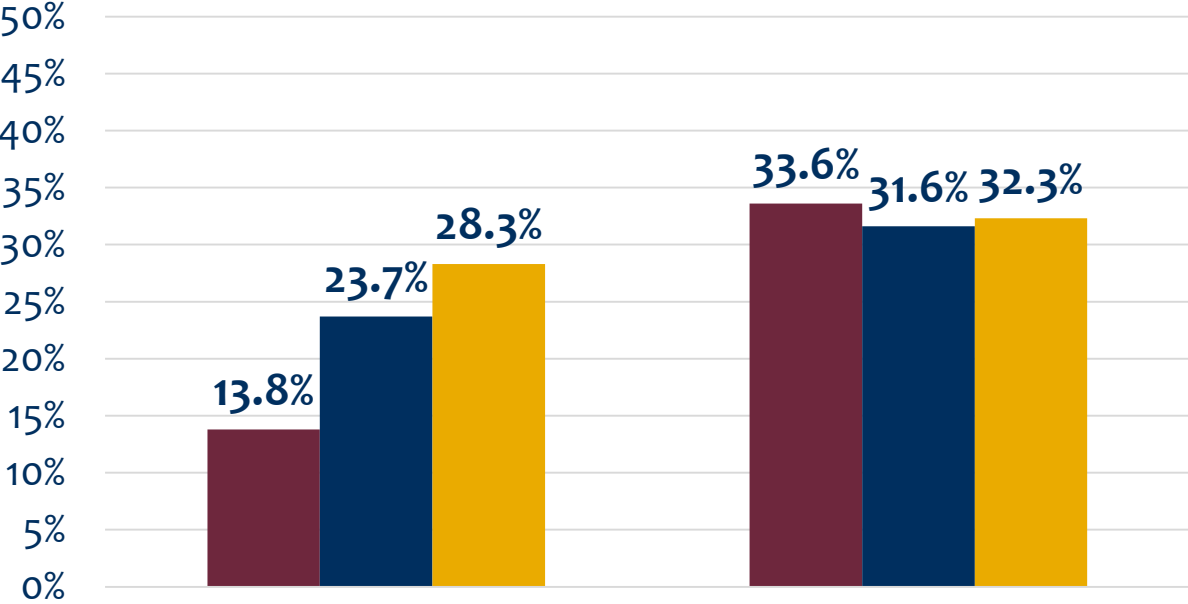
On an average school day, how many hours do you spend in front of a TV, computer, smart phone, or other electronic device watching shows or videos, playing games, accessing the Internet, or using social media? Do not count time spent doing schoolwork. (Three or more hours)

■ 2021

Separate questions were combined in 2021.

High School Participants

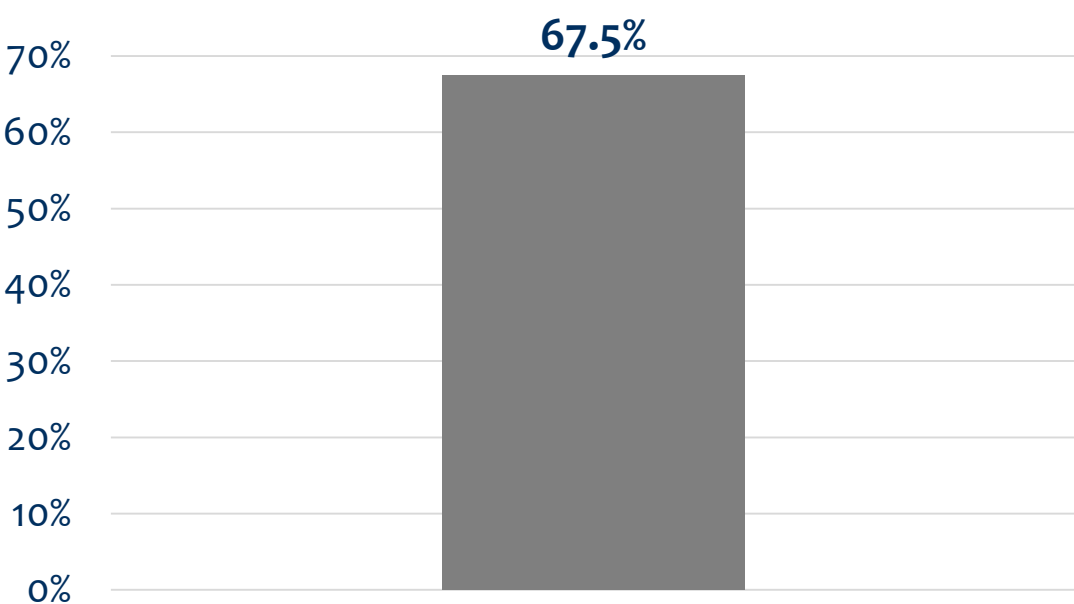
Technology Use



Watch TV, Netflix, Hulu, YouTube, streamed videos, etc. on a typical school day (Three or more hours)

Play video or computer games, or use a computer or smartphone for something that is not school work on a typical school day (Three or more hours)

■ 2015 ■ 2017 ■ 2019



On an average school day, how many hours do you spend in front of a TV, computer, smart phone, or other electronic device watching shows or videos, playing games, accessing the Internet, or using social media? Do not count time spent doing schoolwork. (Three or more hours)

■ 2021

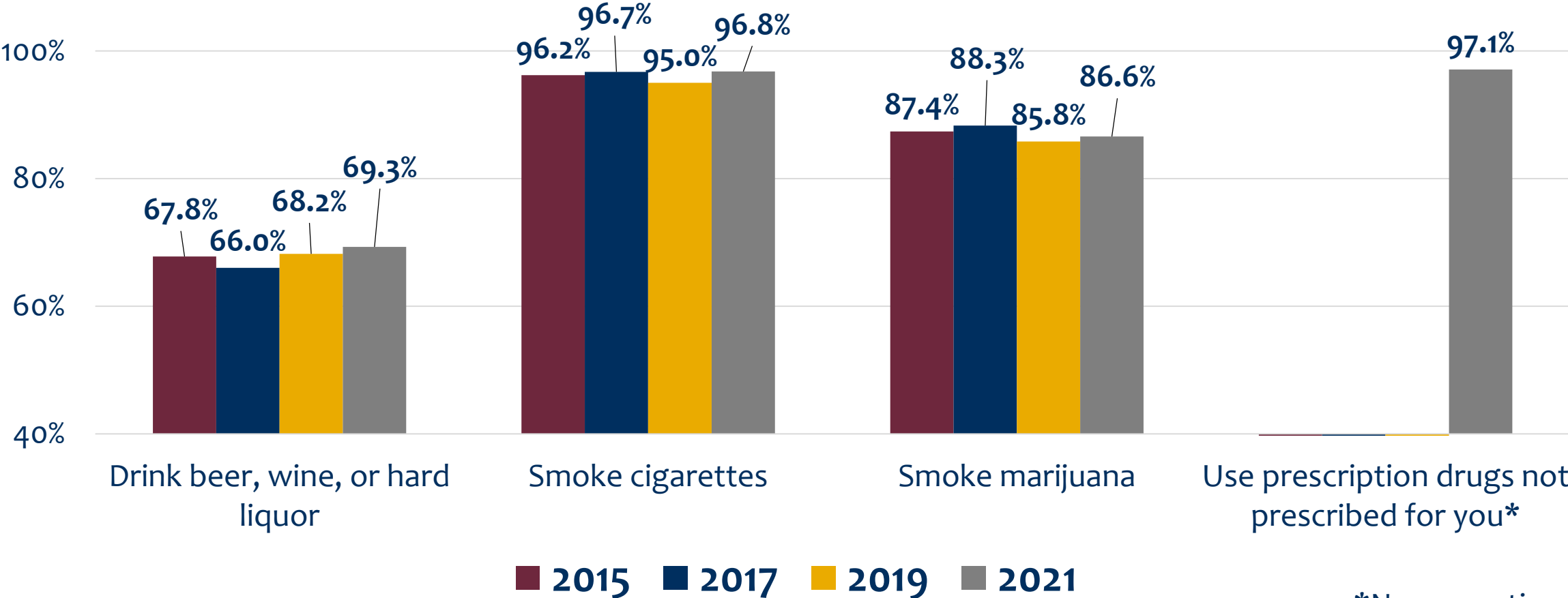
Separate questions were combined in 2021.

Parental Influence

High School Participants

Parental Influence

"How wrong do your parents feel it would be for you to:"



*New question in 2021

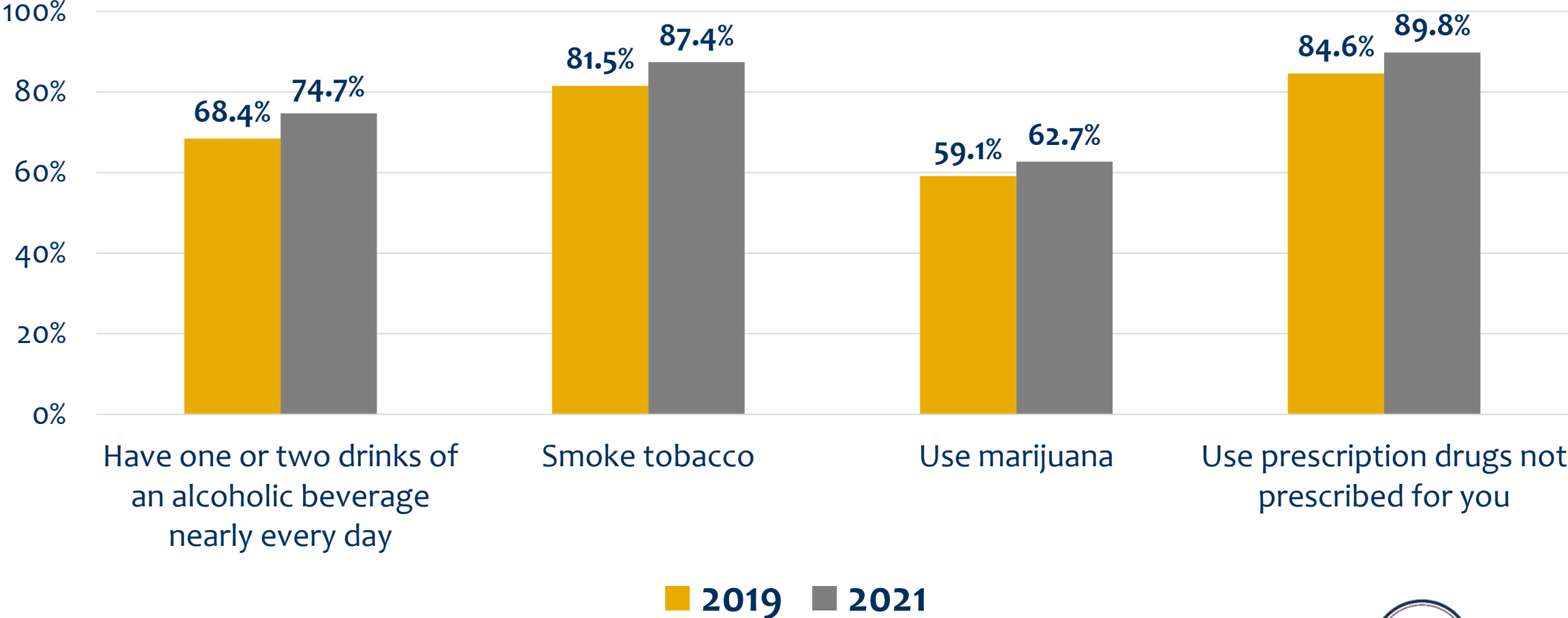
Percentages are out of students who responded 'wrong' or 'very wrong.' Students perceive parental disapproval of smoking cigarettes, marijuana, and prescription drugs higher than drinking alcohol



High School Participants

Peer Influence

"How wrong do your friends feel it would be for you to:"

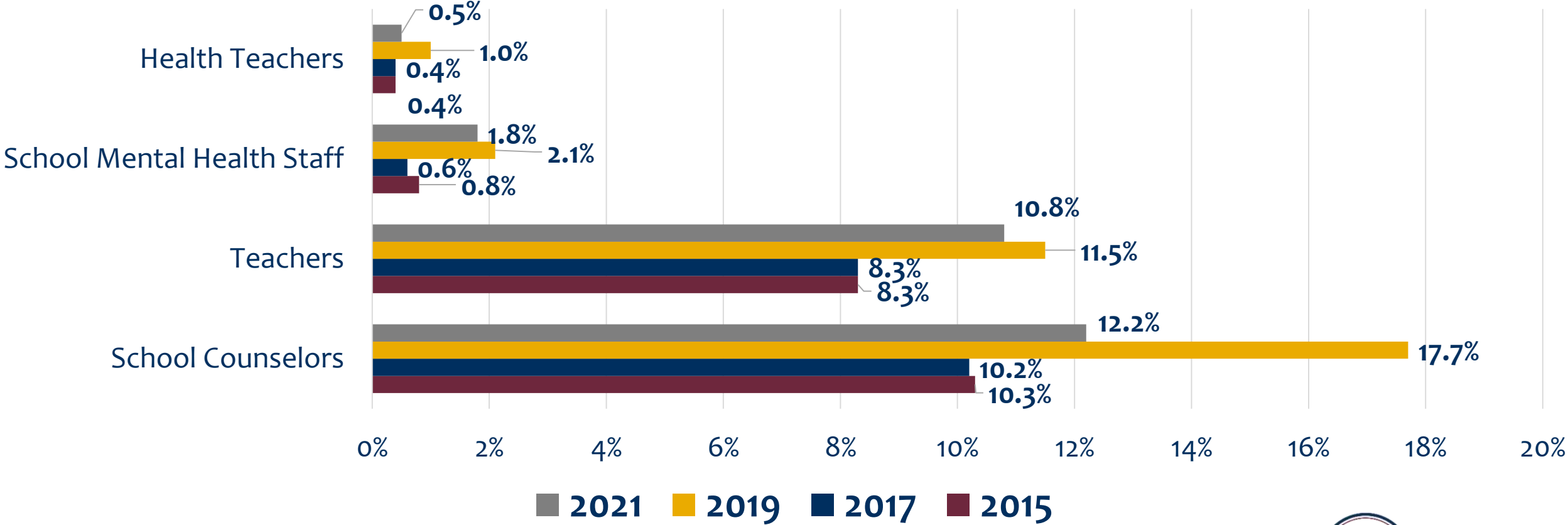


Percentages are out of students who responded 'wrong' or 'very wrong.'

Middle School Participants

Accessing Resources

"During the past 12 months, did you talk to an adult in your school about a personal problem you had?"

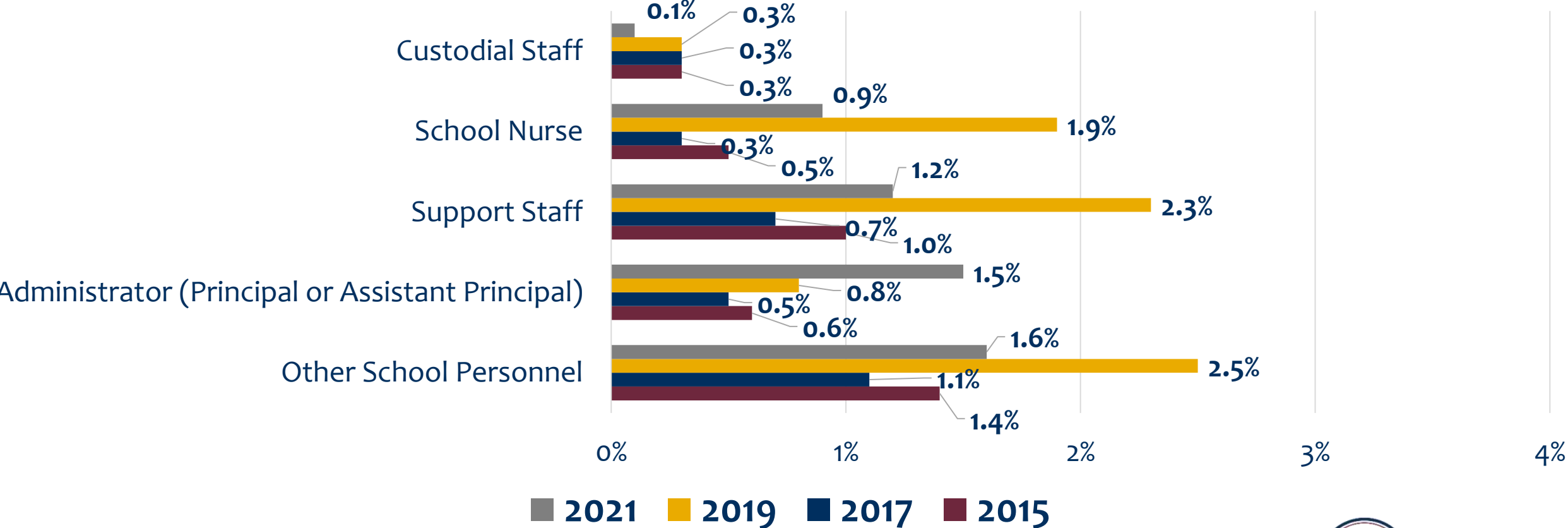


Decrease in students accessing adults at school

Middle School Participants

Accessing Resources

"During the past 12 months, did you talk to an adult in your school about a personal problem you had?"



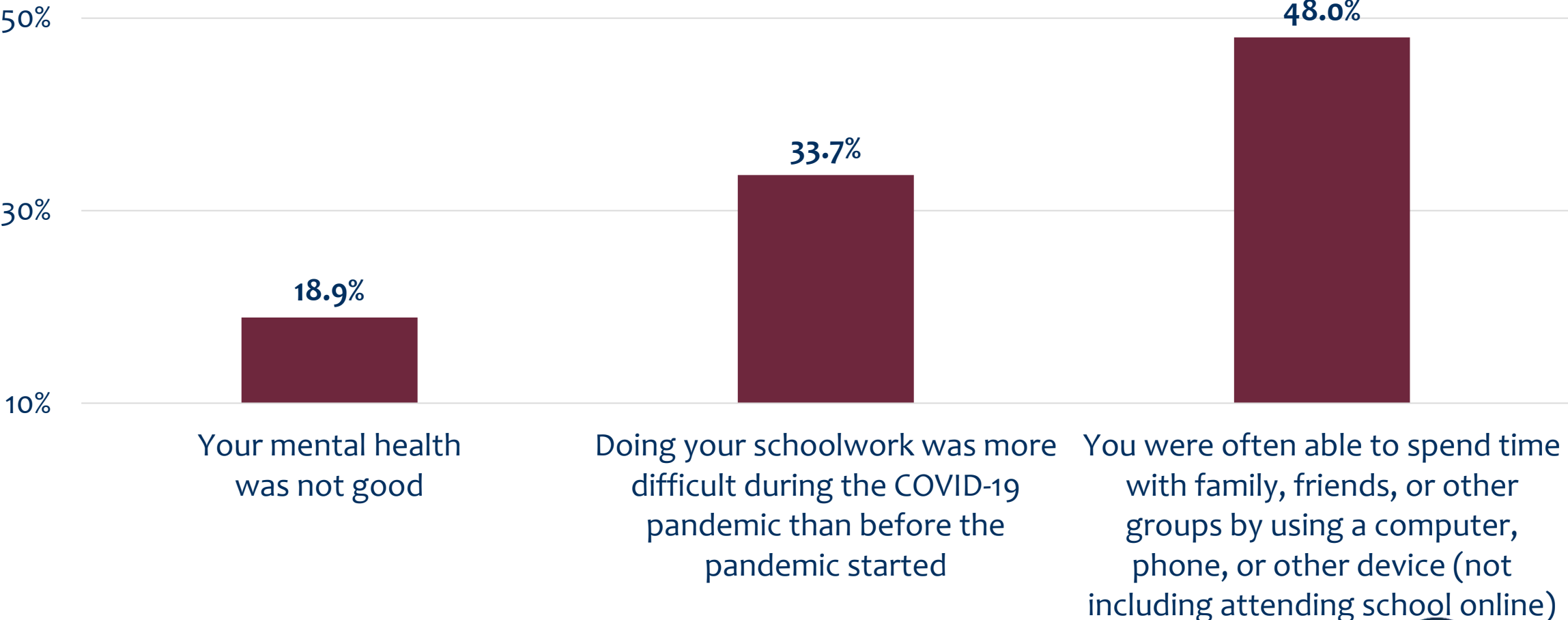
Decrease in students accessing adults at school

COVID~19 Pandemic

Middle School Participants

COVID-19 Pandemic

"During the COVID-19 pandemic:"

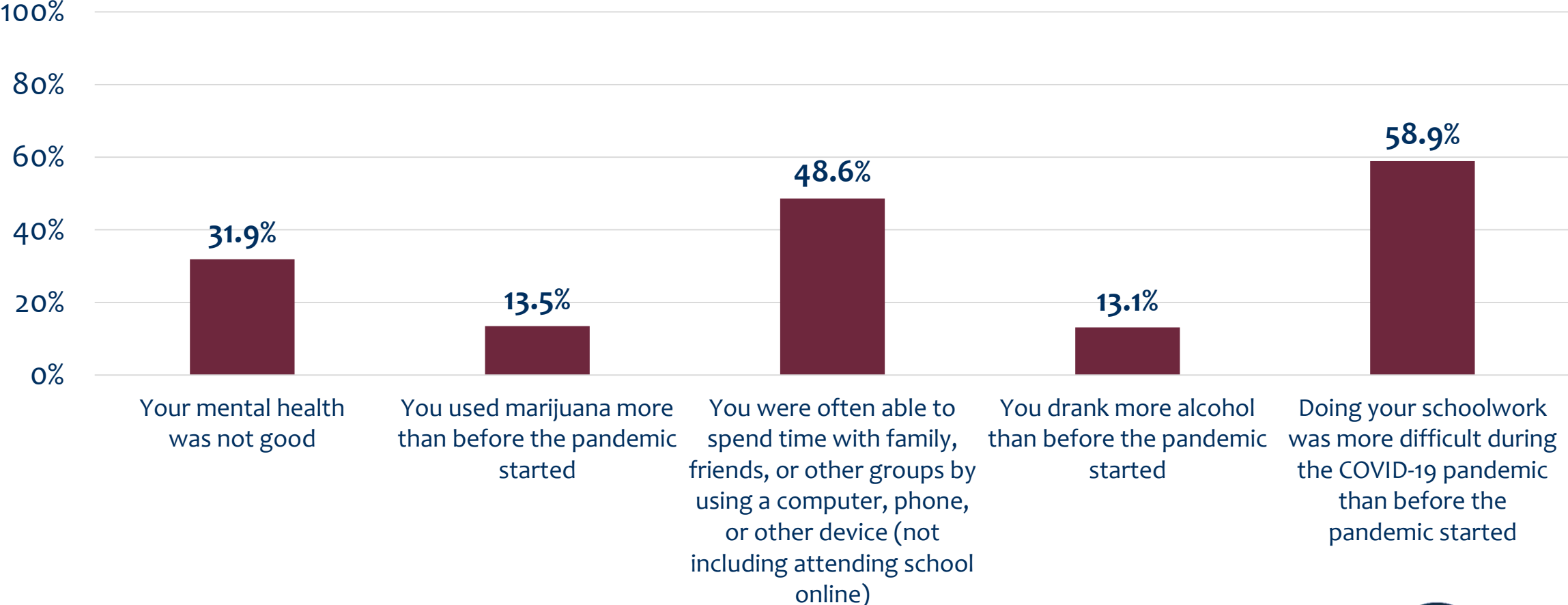


Percentages are out of students who responded 'most of the time' or 'always.'

High School Participants

COVID-19 Pandemic

"During the COVID-19 pandemic:"



Percentages are out of students who responded 'most of the time' or 'always'

Next steps...

- Equity Goals
- Principals and mental health teams
- Focus on student voice
- Equity Power Hour for community
- Additional mental health supports
- Code of Conduct updates
- Restorative practices- training for administration and staff
- DASA training for students and staff- common language

Next steps...

- Mental health staffing increases
- County-wide comparison data
- Student relationship mapping/trusted adult survey
- Community circles- all levels
- Social Emotional learning strategies
- Additional supports for Mental Health staff (program and survey tools)
- Drug-alcohol counseling offered in-house
- Family events for social media learning

Discussion