

Youth Risk Behavior Survey

Grades 6-12



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Pittsford Schools

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Information sharing-Goals

1

- Share data at MS and HS levels

2

- Introduce Adverse Childhood Experiences Study (ACES)

3

- Explore trends
- Outline next steps

Purpose of YRBS

Based upon
CDC

- Assess health risk behaviors

Used since 1990

- Use data to promote positive behavior choices

Given every two
years

- Monitor changes over time
- Implement preventive programs and evaluate



Highlights

Key Findings for Middle School

Many areas are essentially unchanged

Stats generally remained the same as 2013

< 2% change

Not smoking (97%)

Not using drugs (94%)

Not considering self-harm or suicide (91%)

Not using text to threaten/harass (87%)

Not been asked to talk about sex online (93%)

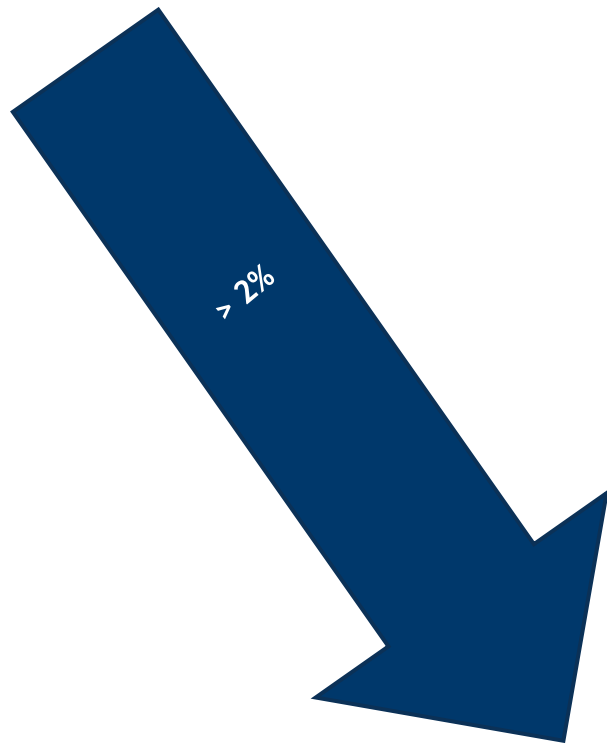
Getting 8 hours of sleep each night

N=1295
96 questions

Pittsford Schools

Highlights

Key Findings for Middle School



Decreases from 2013

Trying alcohol (11%→8%)

Use of energy drinks (35%→32%)

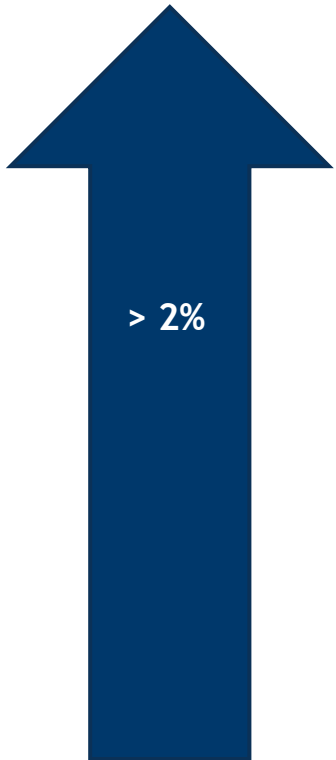
Being electronically harassed (16%→13%)

Being called names or teased (30%→25%)

Fear of being hurt at school (24%→20%)

Highlights

Key Findings from Middle School



Increases

Have at least one adult who they can talk to (84%→88%)

Feel they receive a lot of encouragement at school (63%→77%)

On the whole, they like themselves (91%→94%)

Highlights

Key Findings for High School

Many areas are essentially unchanged

Stats generally remained the same as 2013

< 2% change

Not smoking (92%)

Not trying alcohol (55%)

Not participating in binge drinking (89%)

Not driving after drinking in past 30 days (94%)

Have never used marijuana (72%)

Have never used heroin (96%)

Have never tried ecstasy (95%)

Never having sexual intercourse (76%)

Have a least one adult who they can talk to (86%)

Receive a lot of encouragement at school (73%)

N=1729

121 questions

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Highlights

Key Findings for High School

Decreases from 2013

Texting while driving (29%→22%)

Use of energy drinks (56%→47%)

Riding in a car with someone who had been drinking (21%→18%)



> 2%

Highlights

Key Findings for High School



Increases

Feel hopeless or sad almost every day for two weeks (18%→22%)

Hurt self on purpose (13%→16%)

Used an e-cigarette or like product (24%→33%)

Used internet to threaten others (11→15%)

Used phone to send nude photos (12%→15%)

Received nude photos (16%→20%)

New County Generated Question for 2015

Have serious difficulty concentrating and making decisions because of emotional problems:

Middle School: 13%

High School: 25%

NEW CDC Questions for 2015

Adverse Childhood Experiences (ACEs)

Potentially traumatic events that can have negative, lasting effects on health and well being



New ACES 2015

Potentially traumatic events that can have negative, lasting effects on health and well being

Emotional abuse

Physical abuse

Emotional neglect

Physical neglect

Witnessing domestic violence

Sexual abuse

Mentally ill or suicidal household members

Parental marital discord (divorce)

Incarcerated household member

Alcohol or substance abuse in the home

New ACES Questions for 2015

Question	MS	HS
Hit, beat, kicked in home by parent/adult	2%	2%
Adults hit, beat, kicked each other	2%	2%
Family often did not have \$ for food or housing	3%	2%
Disagree or strongly disagree with "my family gives me the help and support I need"	4%	5%
Sworn at or insulted by parent/adult	8%	11%
Ever lived with alcoholic, problem drinker, drug user or gambler	8%	14%
Ever lived with anyone who was depressed, mentally ill or suicidal	11%	23%
Ever forced to have sexual intercourse, touch someone sexually or be touched by someone sexually	NA	10%
Currently do not live with two parents	NA	22%

Trending...more favorable

Mental Health

Overall positive feelings about self

Personal Safety

Vehicle safety has increased

Personal Safety

Increased sense of safety

Energy Drinks

Reduction in use of energy drinks

Energy Drinks

Reduction in use of energy drinks

Drug or Alcohol Use

Use of alcohol and drugs have not significantly increased

Drug or Alcohol Use

Drug and alcohol use is relatively low

Middle School

High School

Pittsford Schools

Trending...less favorable

Mental Health

Difficulty concentrating due to emotional problems

Most risk areas are relatively low, yet some high school students report first experiences with drugs, alcohol and sexual activity occurred during middle school

Middle School

Mental Health

Sad and hopeless feelings increased

Difficulty concentrating due to emotional problems

Self-harm actions increased

Cell Phones/Internet Use

Increase in internet and phone usage for risk behaviors

E-Cigs/Tobacco Products

Usage of e-cigarettes or like products have increased

Ages 15 & 16 are most frequently identified ages for first experiences with drugs, alcohol and sexual relations

High School

Protective Factors

Research based for risk reduction



Individual

School Achievement
Social skills
Planning skills

Protective Factors

Connectedness to family or adults outside family

Ability to discuss problems

Perceived high parental expectations about school

Shared activities with parents

Consistent presence of parent during transitions

Social activities

Parental/family coping models



Protective Factors-Community

Relationships at school that are positive

Commitment to school

Peer group membership

Involvement in prosocial activities

Exposure to school climates that have

Supervision

Clear behavior rules

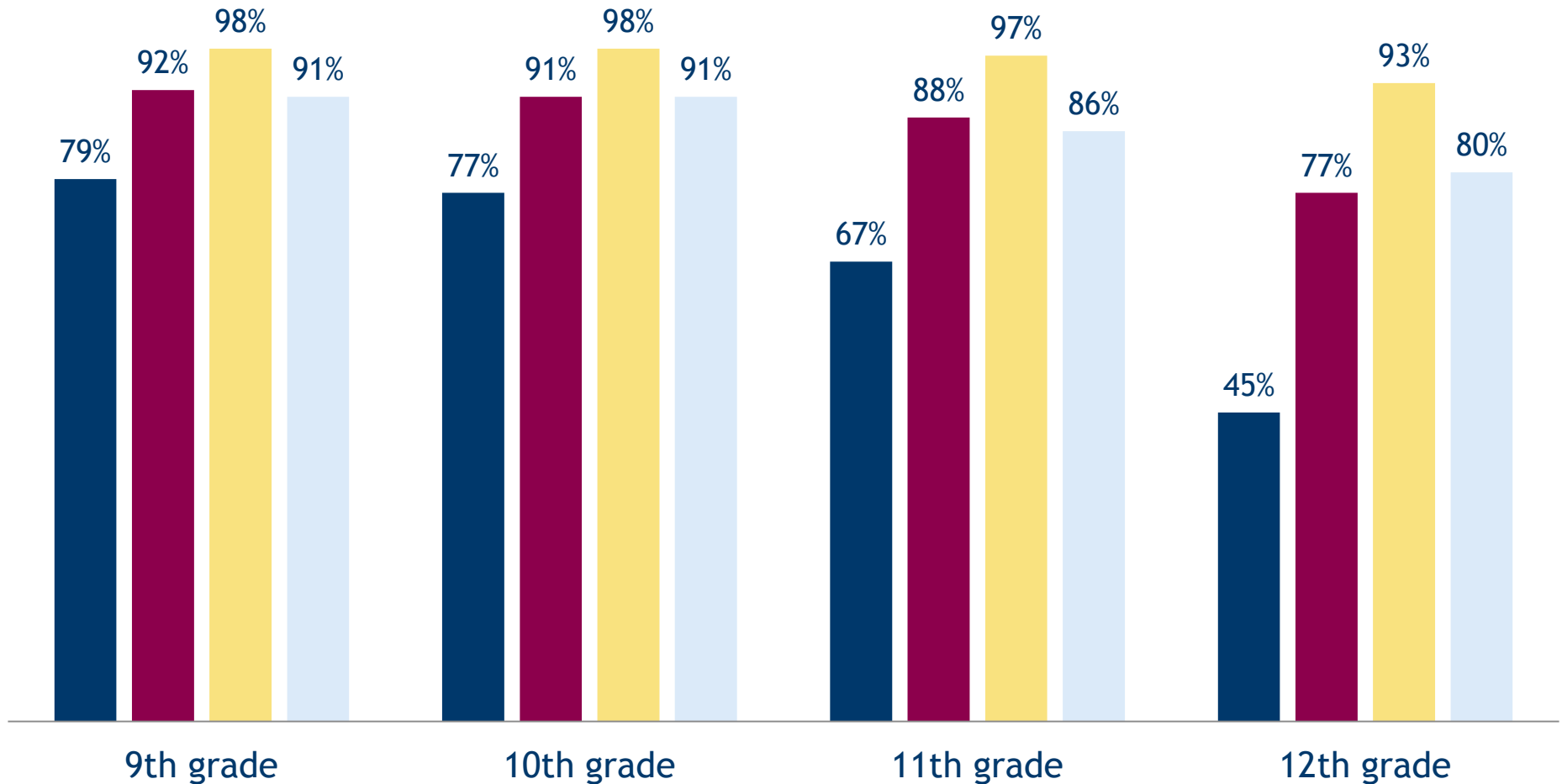
Negative reinforcement of aggression

Engagement of parents and teachers



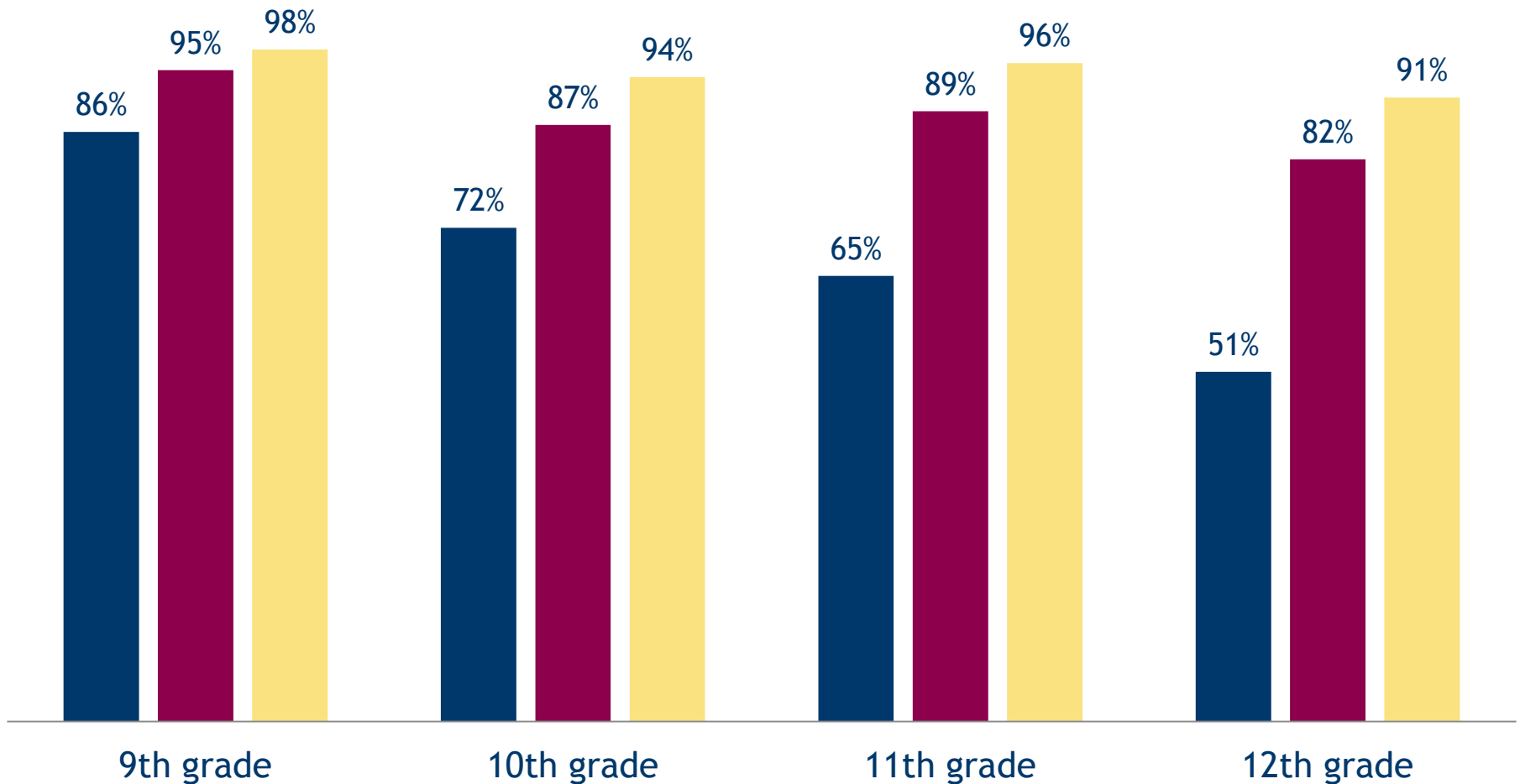
Perception of Parental Disapproval - 2015

■ Alcohol ■ Marijuana ■ Tobacco ■ E-Cigs



Perception of Parental Disapproval- 2013

■ Alcohol ■ Marijuana ■ Tobacco



What have we done to promote healthy behaviors?

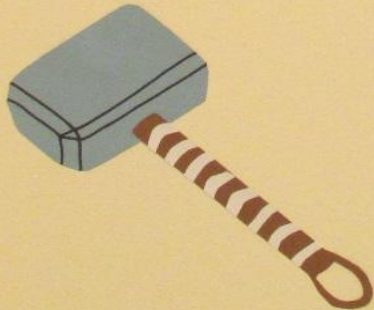
- Ongoing & numerous SEL activities at each school, such as
Link Crew, Web Leaders
Extracurricular activities
- Use of YRBS data:
Incorporated into instruction
Advocacy projects
Goal setting
Guest speakers
Social norm projects

What have we done to promote healthy behaviors?



**SOBRIETY IS
MARVEL-
65% OF MENDON
STUDENTS STAY
SOBER**

2015 Youth Risk Behavior Survey



What have we done to promote healthy behaviors?

<https://www.youtube.com/watch?v=RtmRoBJ8Zpo>

<https://www.youtube.com/watch?v=7GBTP2cKLhs>

What else will we do?

Share data with a variety of constituents: schools, curriculum areas, PTSA, PYS

Deeper dive into data; analyze cohort data from 7th grade, 9th grade and 11th grade to analyze key change points

Continue to provide professional development opportunities for staff focused on SEL and MH topics

Information sharing & involvement with students and parents

Continue analysis, incorporating other data from within and outside of District

What else will we do?

In 2016, establish a K-12 collaborative group to review data, map needs and resources and make recommendations for a systemic response to student needs.

Questions, Comments or Topics for Further Discussion