

# Youth Risk Behavior Survey 2017

Winnacunnet High School

*Community Results*

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# YRBS Basics

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“The YRBSS was developed in 1990 to monitor priority health risk behaviors that contribute markedly to the leading causes of death, disability, and social problems among youth and adults in the United States. These behaviors, often established during childhood and early adolescence, include

- Behaviors that contribute to unintentional injuries and violence.
- Sexual behaviors related to unintended pregnancy and sexually transmitted infections, including HIV infection.
- Alcohol and other drug use.
- Tobacco use.
- Unhealthy dietary behaviors.
- Inadequate physical activity.

From 1991 through 2015, the YRBSS has collected data from more than 3.8 million high school students in more than 1,700 separate surveys.”



# YRBS Basics

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- HIGHLY statistically reliable for the state level and national results.  
<https://www.cdc.gov/healthyyouth/data/yrbs/methods.htm>
- Thank you to the New Hampshire Charitable Foundation and the Allies in Substance Use Prevention for assisting in the funding process for the YRBS
- Administration of the YRBS occurred in April of 2017 with 803 of 1024 (78%) of students participating
- WHS has participated in administration of the YRBS since 2001.



# 2017 YRBS Categories--Updated

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- Drug Use--Behaviors
- Drug Use--Perceptions
- Alcohol Use--Behaviors
- Alcohol Use--Perceptions
- Tobacco Use--Behaviors
- Tobacco Use--Perceptions
- Sexual and Dating Violence
- Sexual Risk--Behaviors
- Suicide, Sadness, and Helplessness
- Vehicle and Bicycle Safety
- Physical Inactivity and Unhealthy Dietary Behaviors
- Bullying, Electronic Bullying, and Fighting
- Other Health Risks



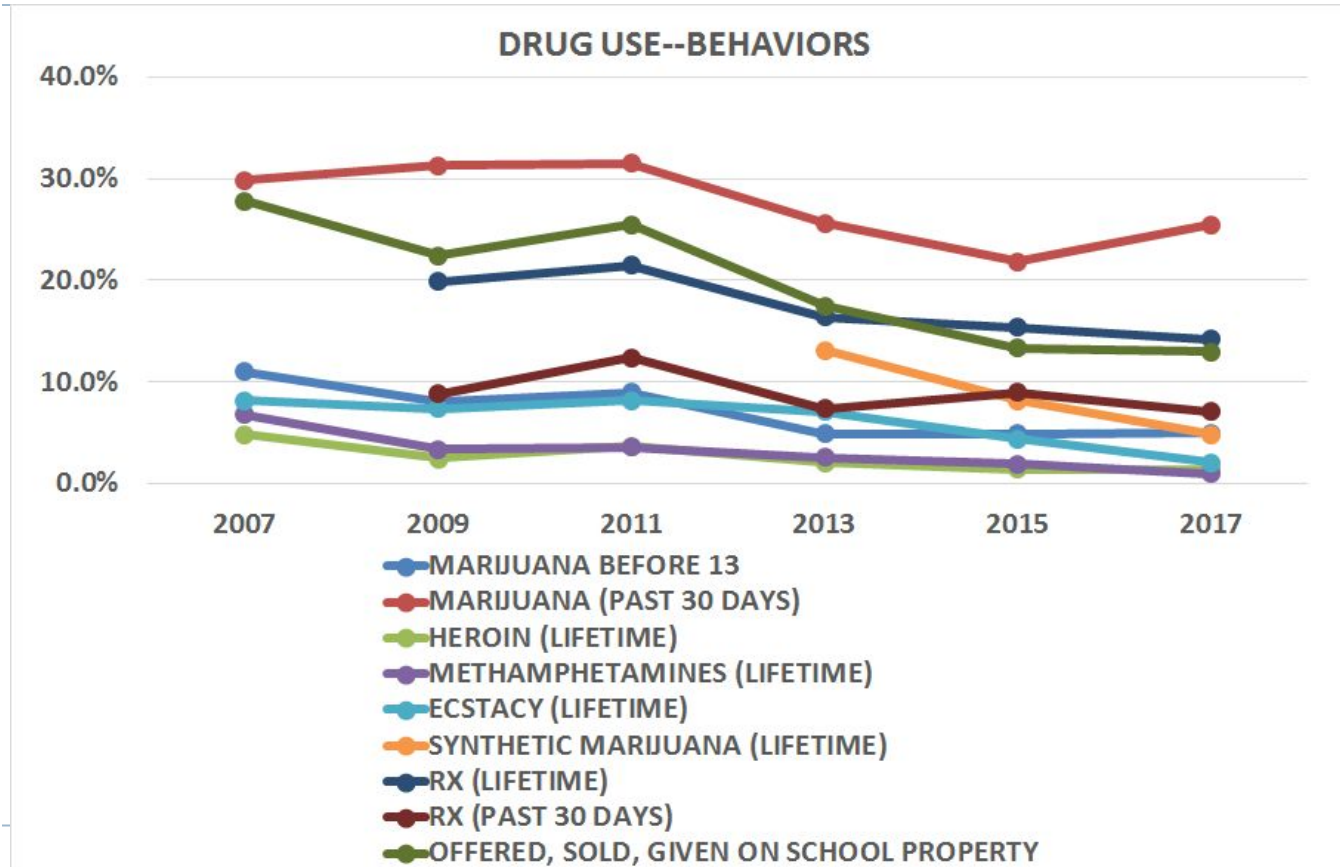
# Results Summary

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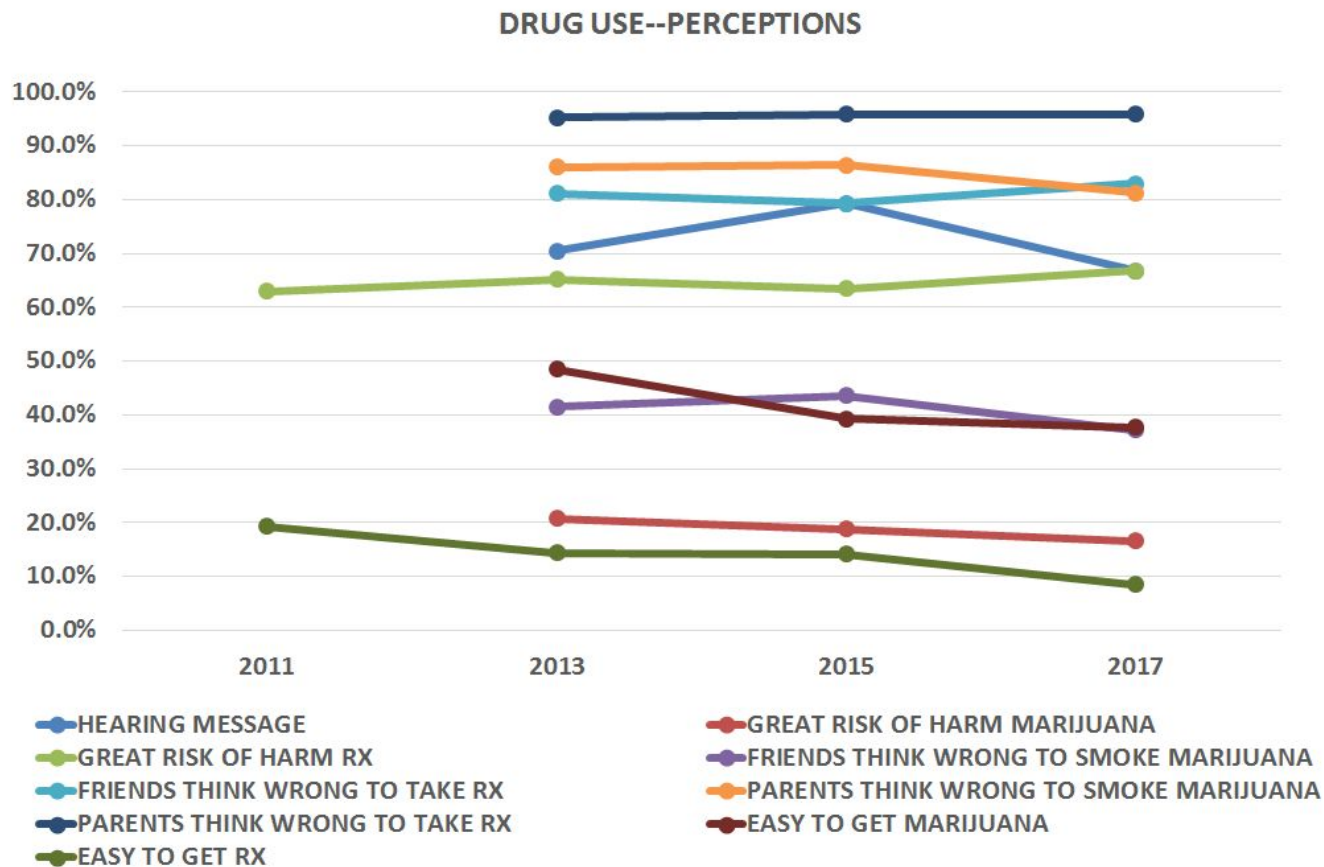
- Overall continued positive trend in most areas assessed
- **DECREASES** in most *Drug Use Behaviors* (heroin, methamphetamines, ecstasy, synthetic marijuana, RX lifetime, and RX past 30 days)
- **DECREASES** in most results for *Drug Use and Marijuana Perceptions*
- **MIXED** results for *Alcohol Use Behaviors* and *Alcohol Use Perceptions*
- **DECREASES** in most *Tobacco Use Behaviors*
- **MIXED** results for *Tobacco Use Perceptions*
- **DECREASES** in reported incidents of *Sexual and Dating Violence*
- **DECREASES** in all indicators in *Suicide, Sadness, and Helplessness* category
- **DECREASES** in most *Vehicle and Bicycle Safety* remained--relatively stable
- **MIXED** results in *Physical Activity and Unhealthy Dietary Behaviors*
- **DECREASES** in most indicators of *Bullying, Electronic Bullying, and Fighting*
- **STABLE** indicators for *Other Health Risks*



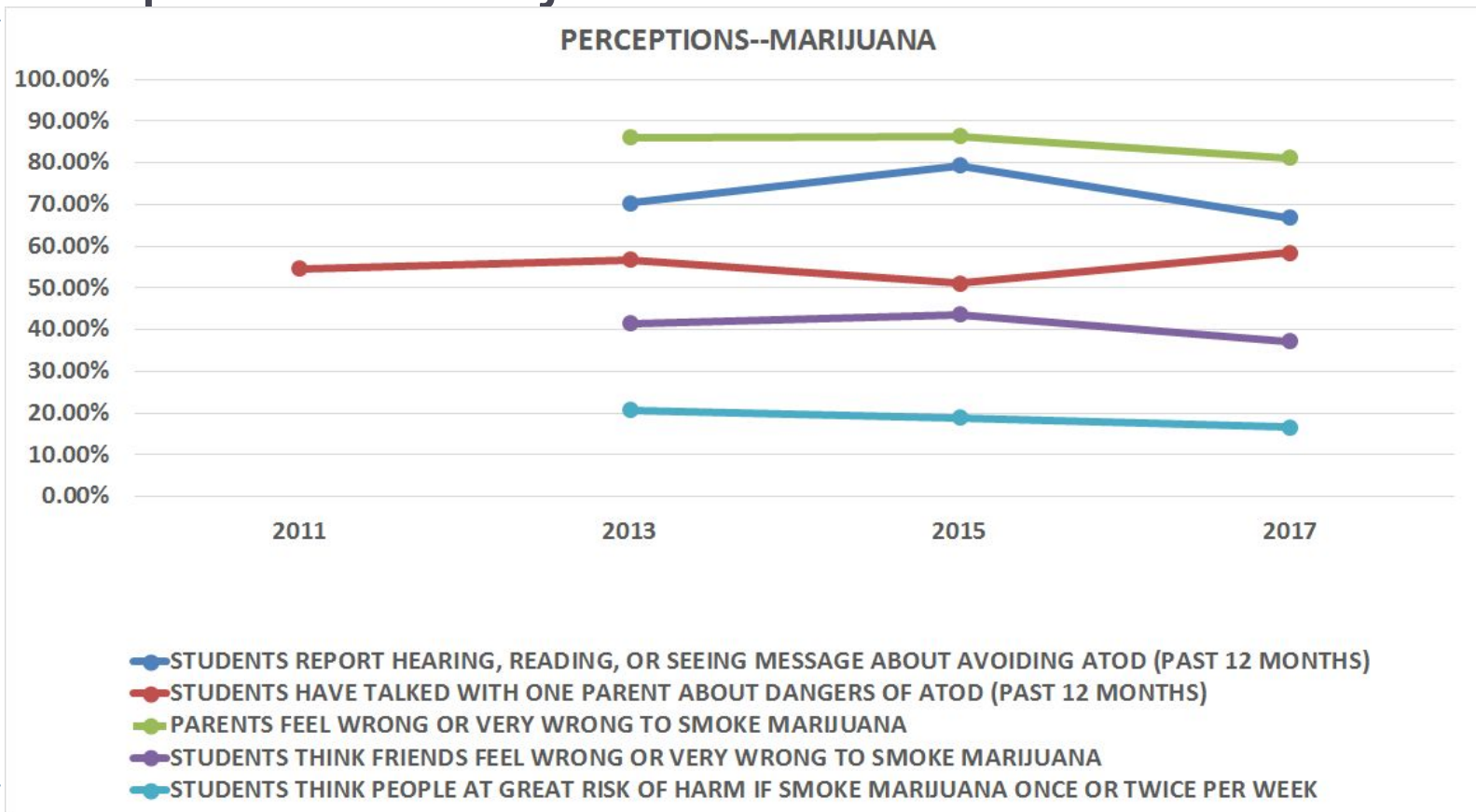
# Drug Use--Behaviors



# Drug Use--Perceptions

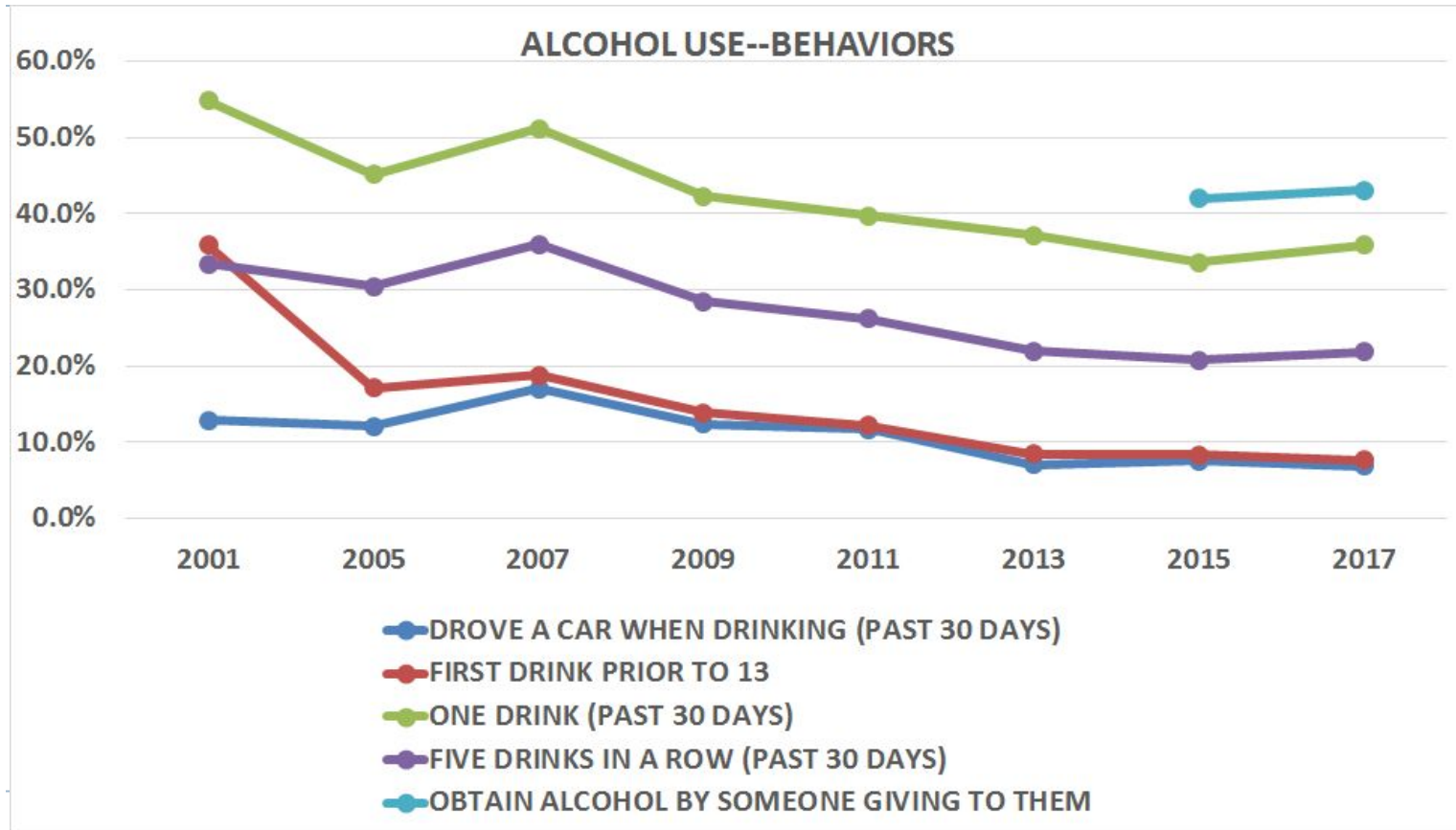


# Perceptions--Marijuana

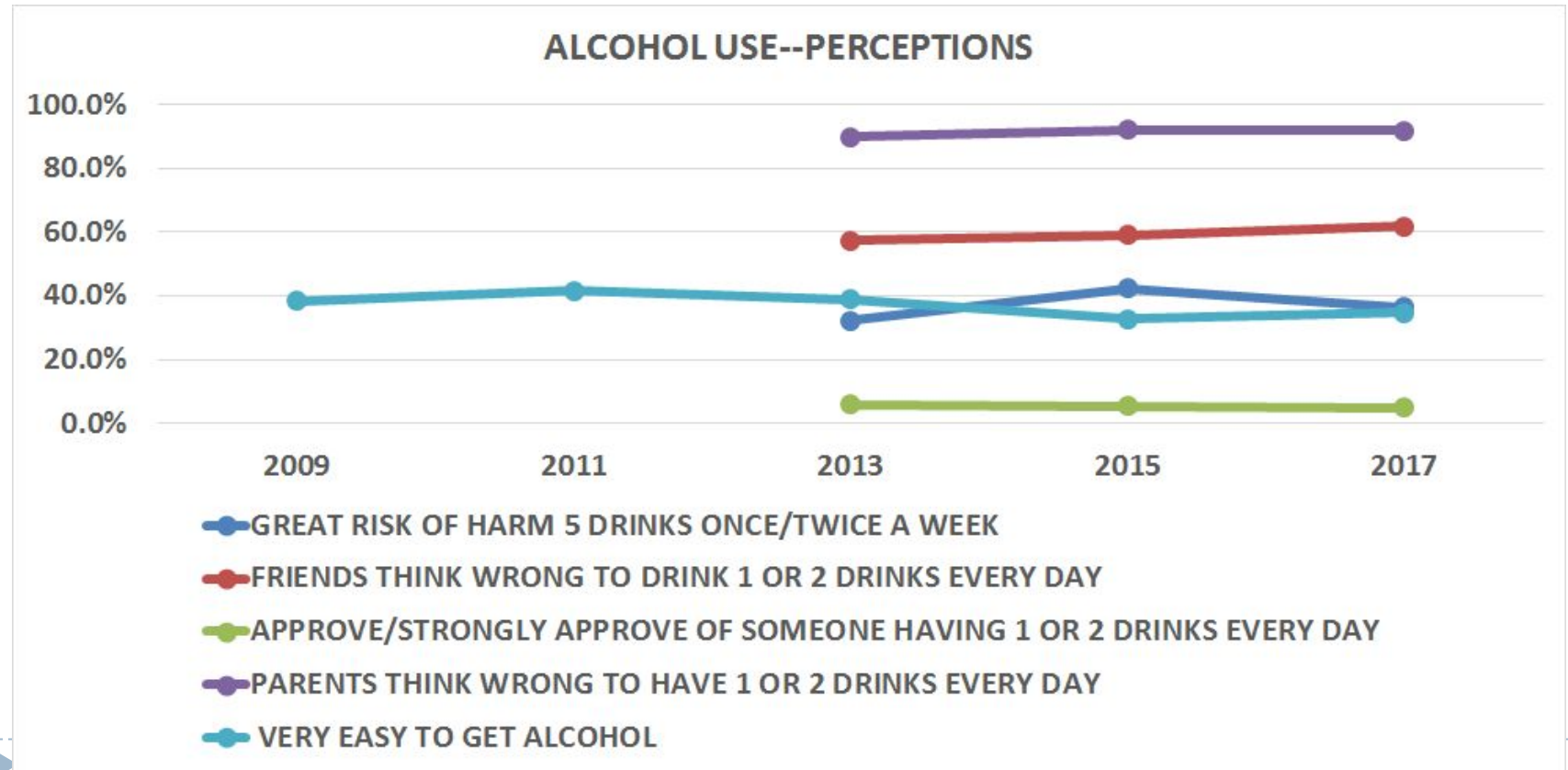




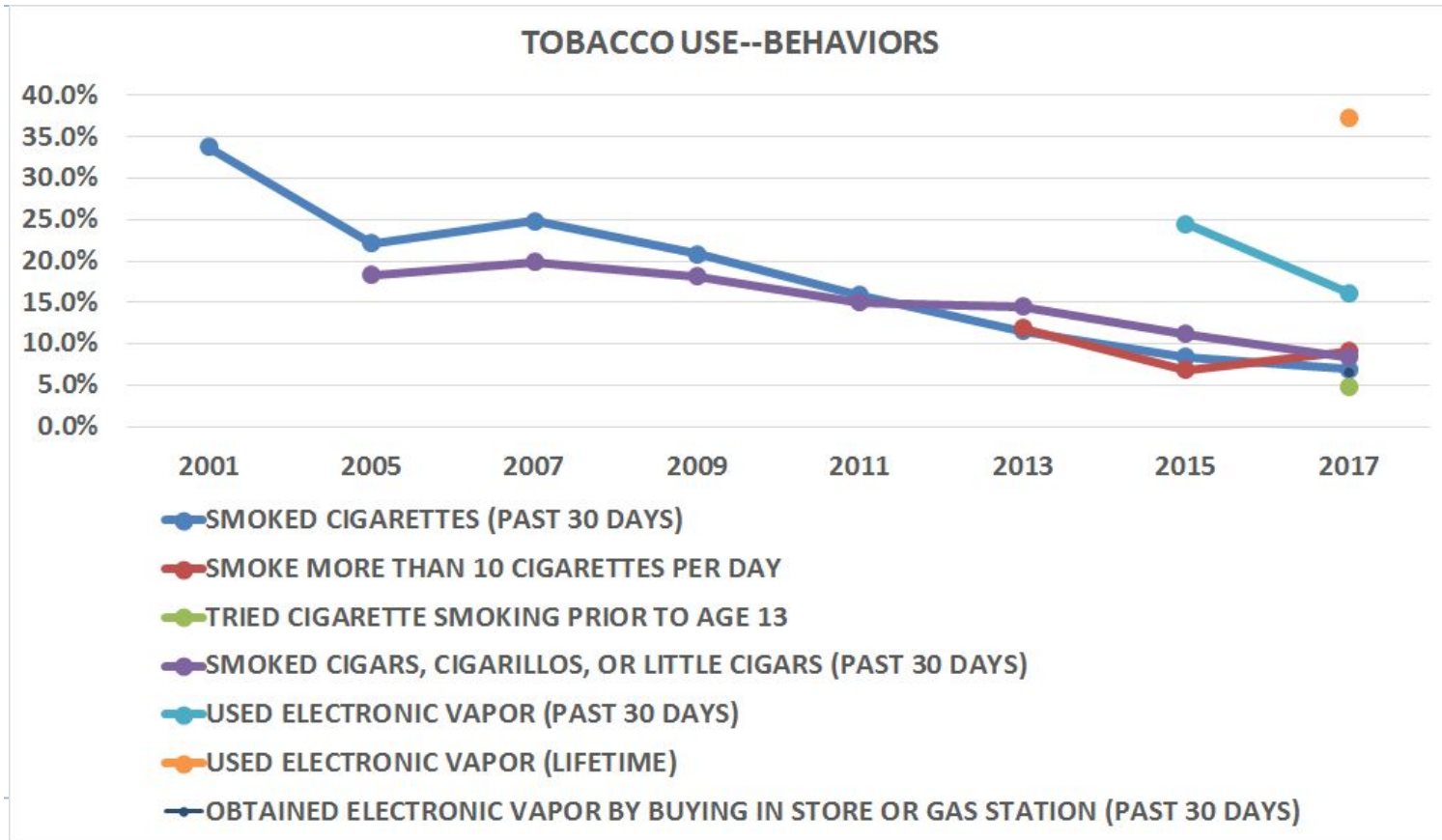
# Alcohol Use--Behaviors



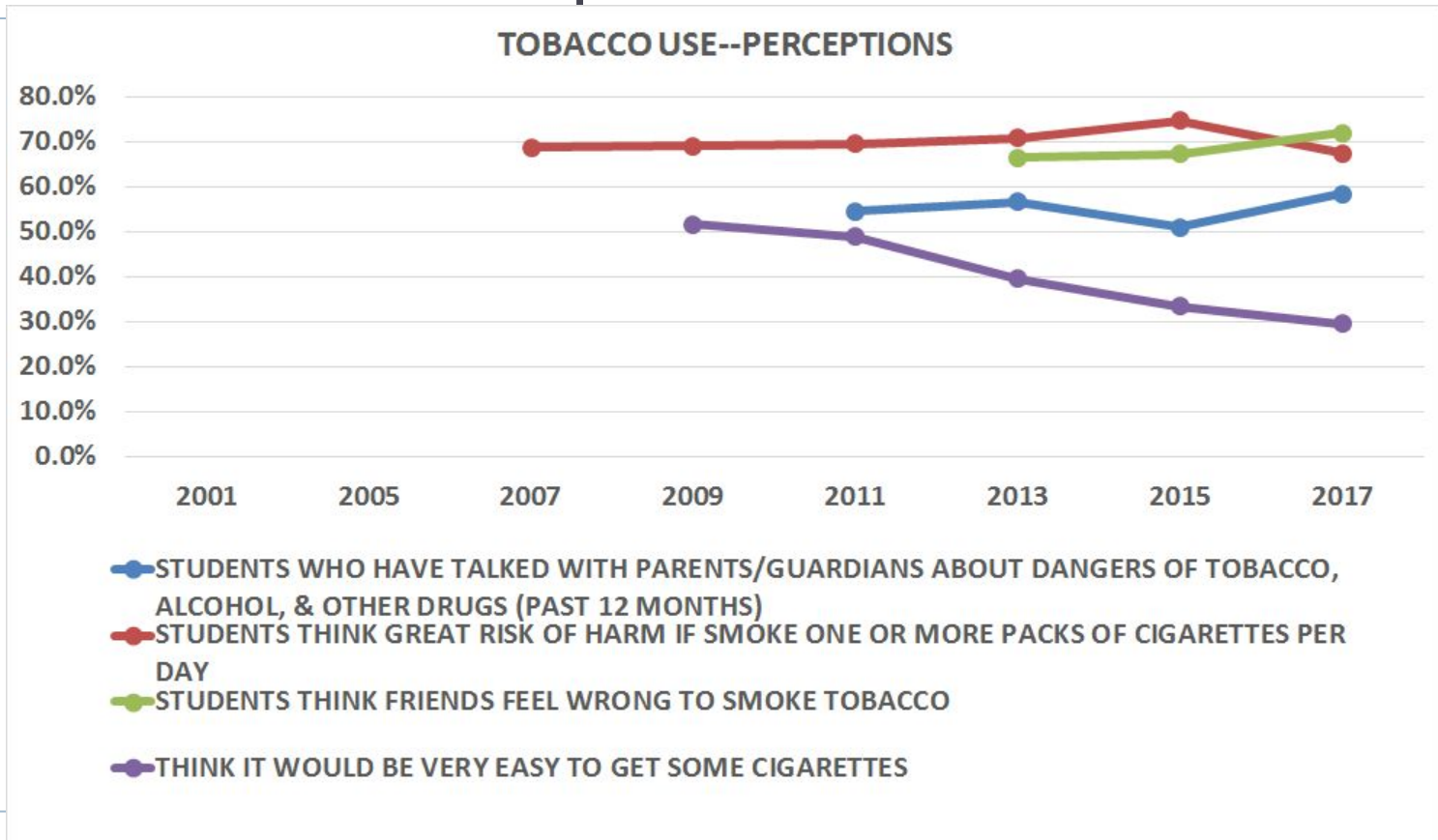
# Alcohol Use--Perceptions



# Tobacco Use--Behaviors



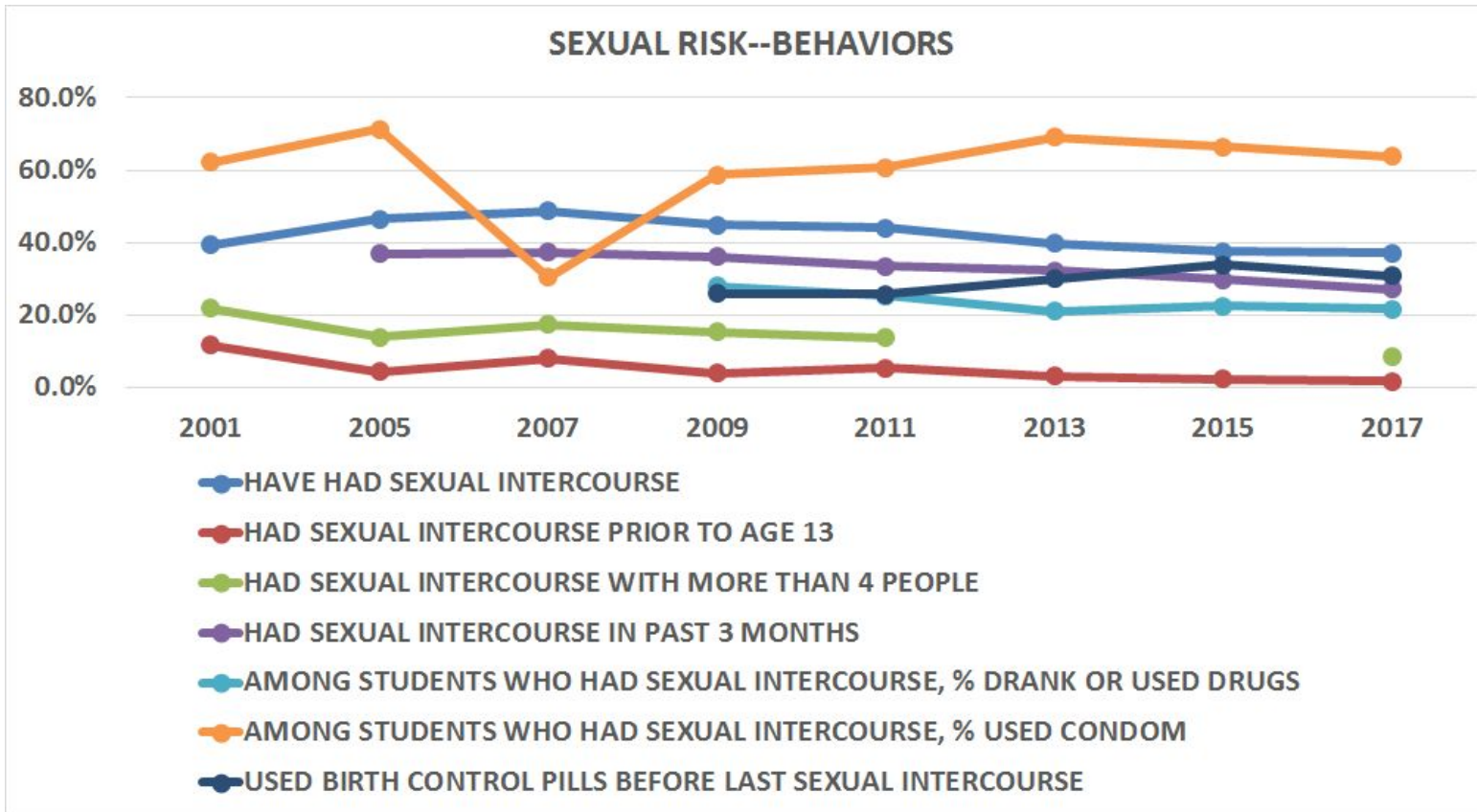
# Tobacco Use--Perceptions



# Sexual and Dating Violence

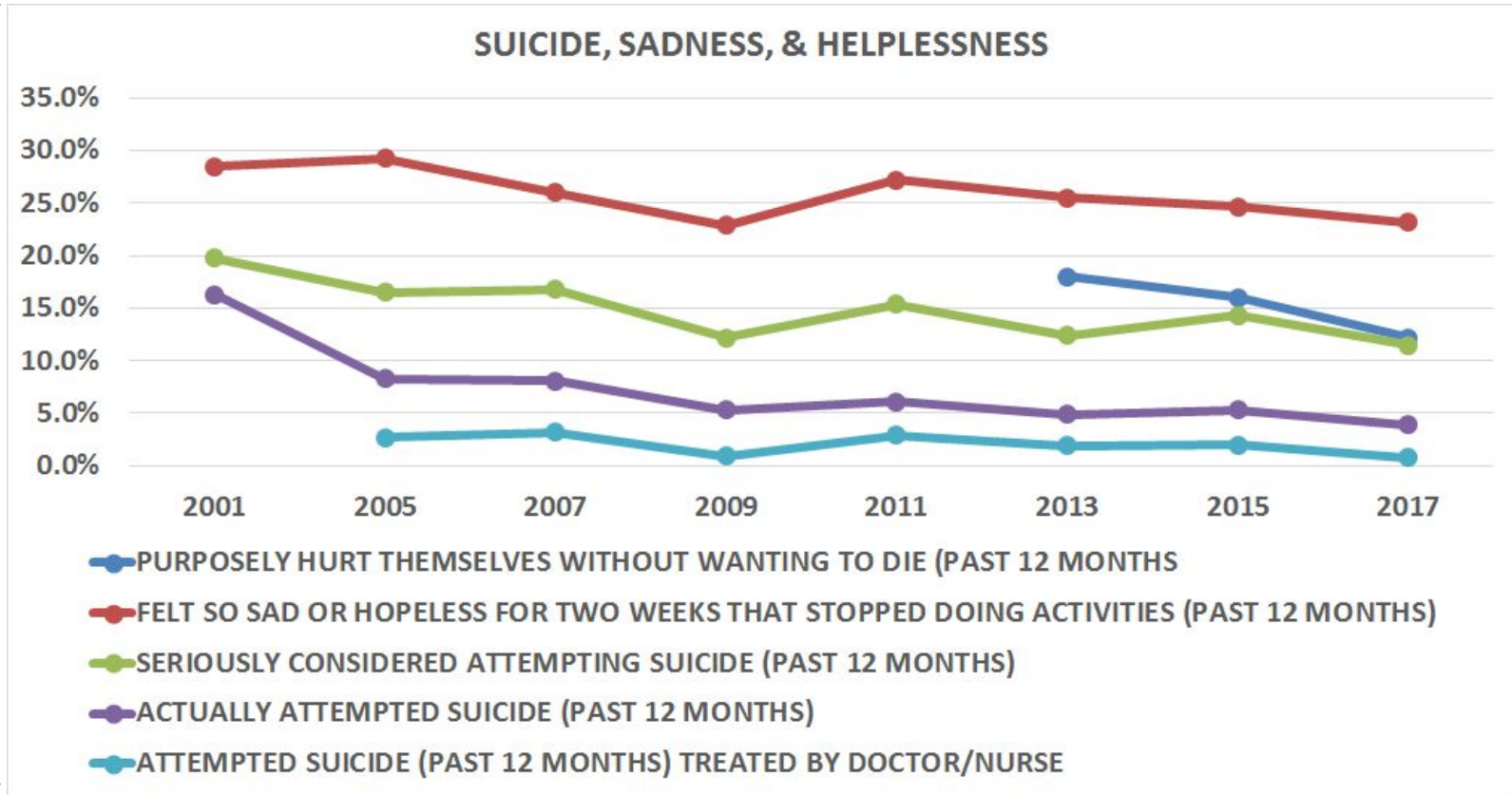


# Sexual Risk--Behaviors

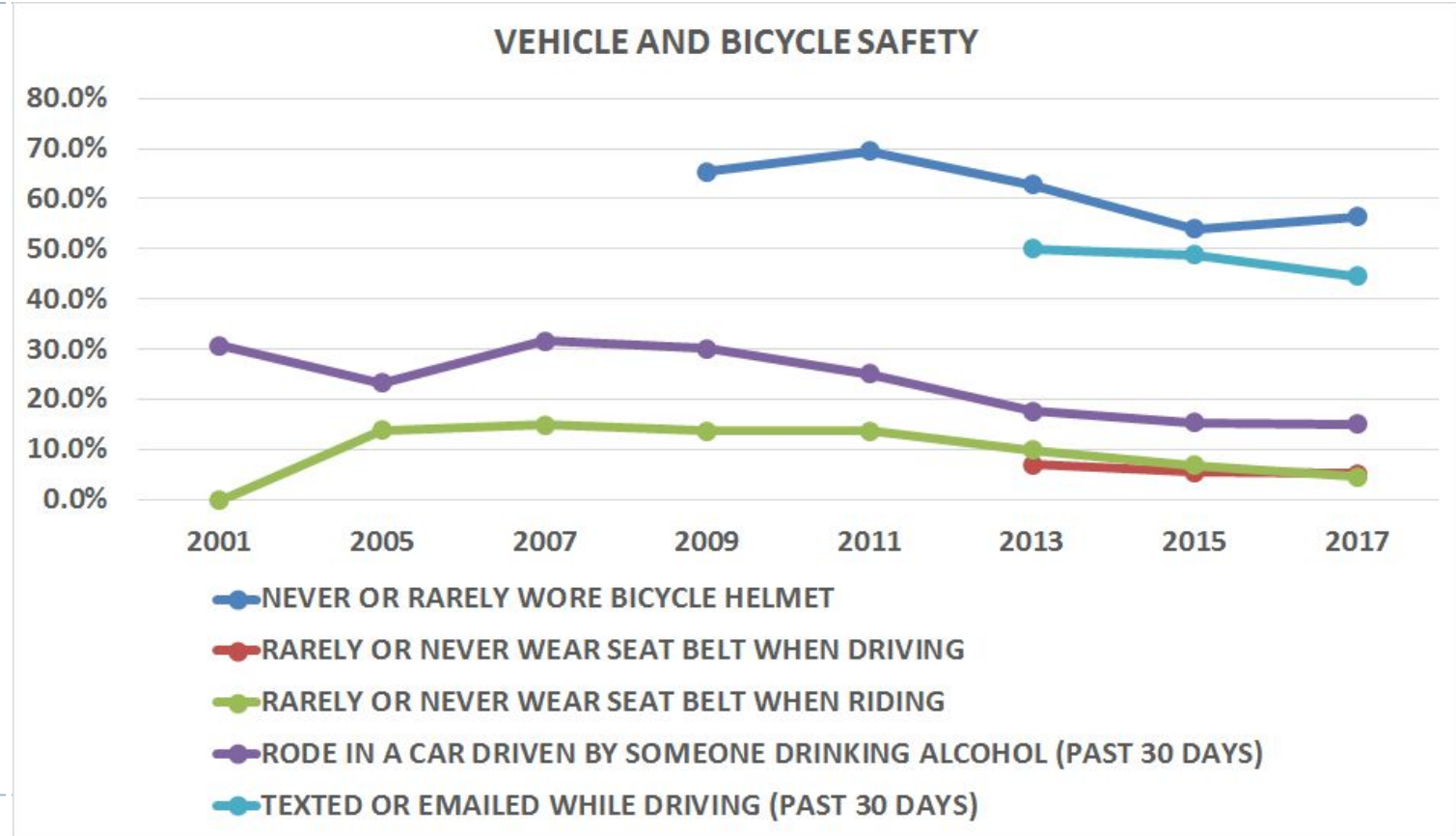




# Suicide, Sadness, and Helplessness

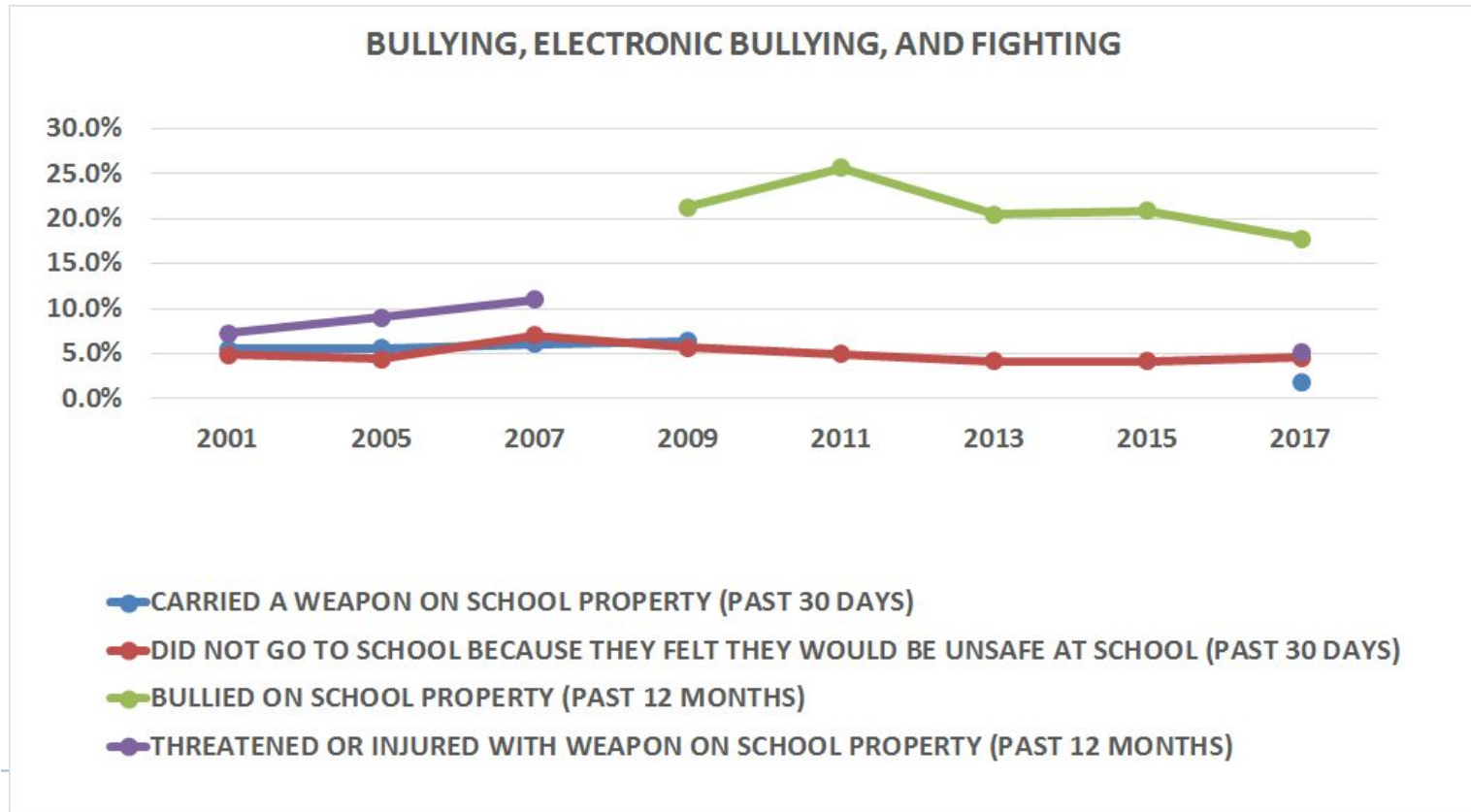


# Vehicle Use and Bicycle Safety





# Bullying, Electronic Bullying, and Fighting



# Bullying, Electronic Bullying, and Fighting

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CATEGORY: BULLYING, ELECTRONIC BULLYING AND FIGHTING	2001	2005	2007	2009	2011	2017
% of the students were in a physical fight one or more times during the past 12 months.	28.2%	31.10%	30.90%	28.70%	24.90%	18.10%
% of the students have carried a weapon such as a gun, knife, or club on one or more of the past 30 days.	13.7%	15.00%	18.50%	n/a	12.40%	11.60%
% of students who were electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media, ever during the past 12 months) (new wording 2017)						17.40%



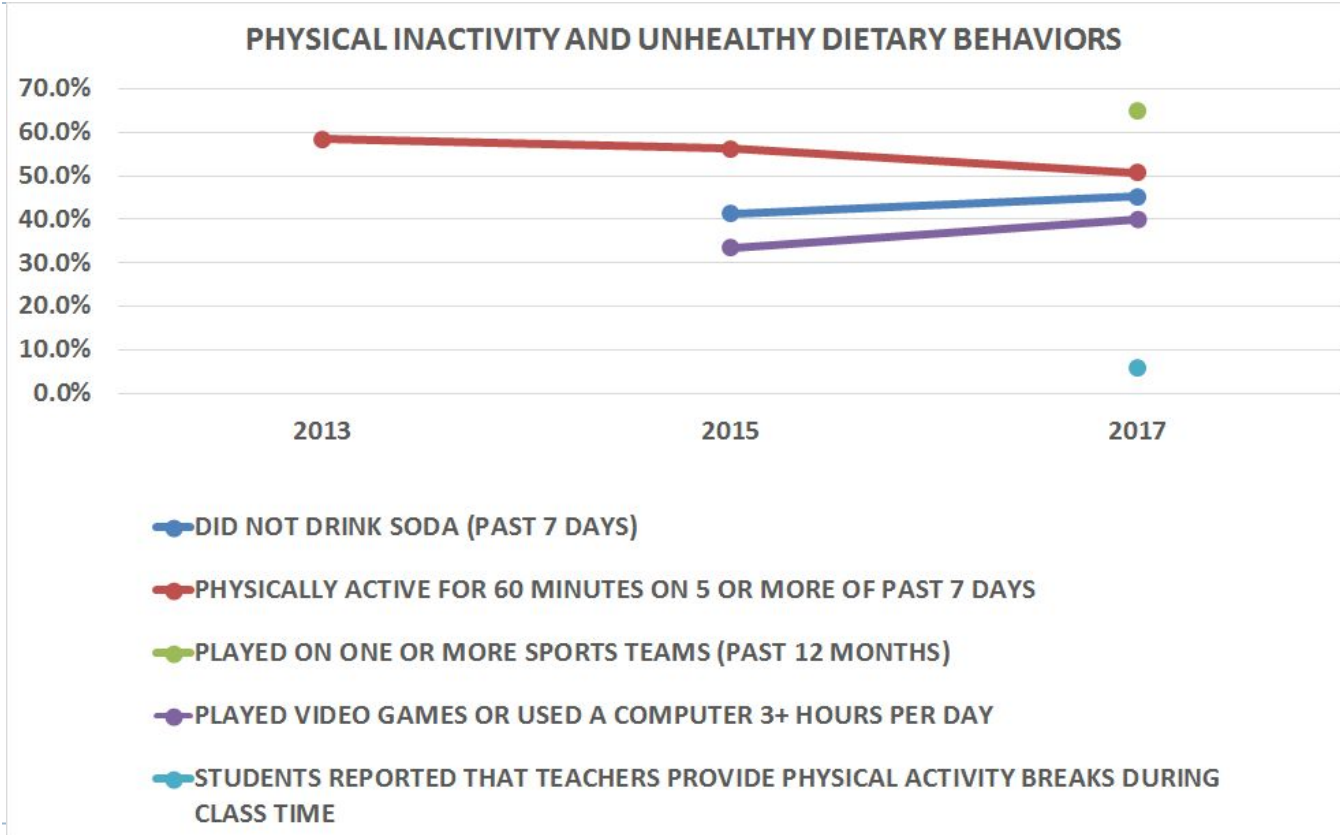
# Bullying, Electronic Bullying, and Fighting

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CATEGORY: BULLYING, ELECTRONIC BULLYING AND FIGHTING	2017
Percentage of students who had a concussion from playing a sport or being physically active one or more times during the past 12 months. (new question 2017)	13.20%



# Physical Inactivity/Unhealthy Dietary Behaviors



# Other Health Risks



# Other Health Risks

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<b>CATEGORY: OTHER HEALTH RISKS</b>	<b>2015</b>	<b>2017</b>
Percentage of students who got 8 or more hours of sleep on an average school night	31.80%	31.60%
Percentage of students who had a family member in jail or in prison	9.30%	7.10%
Percentage of students who have a family member currently in the military (new wording 2015)	9.10%	10.80%
Percentage of students who worked for pay (not counting chores, babysitting or yard work such as raking leaves, shoveling snow, or mowing grass) during the past 12 months (new question 2017)		71.30%



# Other Health Risks

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CATEGORY: OTHER HEALTH RISKS	2005	2007	2009	2011	2013	2015	2017
Percentage of the students agree or strongly agree that they feel like they matter to people in their community.	41.50%	41.10%	44.90%	50.70%	54.40%		61.00%



# Other Health Risks

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HOMELESS & RUNAWAY	2017
Percent of students who usually slept in the home of a friend, family member, or other person because they had to leave their home or their parent or guardian cannot afford housing during the past 30 days. (new question 2017)	1.5%
Percentage of students who have ever slept away from their parents or guardians because they were kicked out, ran away, or were abandoned during the past 30 days. (new question 2017)	2.7%





# Comparisons to NH State Data

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- Comparisons between WHS community results and NH state results reveal some differences, but the majority of differences are not significant.
  - Perceptions of ease of access to ATOD lower than State
  - Alcohol use (past 30 days) and binge drinking higher than State

QUESTION	WHS	NH
Percentage of students who worked for pay (not counting chores, babysitting or yard work such as raking leaves, shoveling snow, or mowing grass) during the past 12 months (new question 2017)	71.3%	60.3%
Percentage of the students agree or strongly agree that they feel like they matter to people in their community.	61.0%	51.5%



# Current Interventions

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## **ALCOHOL TOBACCO & OTHER DRUG USE BEHAVIORS**

- WHS Board and Community continue to support a full-time Licensed Student Assistance Counselor, LCMHC and MLADC within the school. The Student Assistance Program is an education, counseling, and referral service that offers both individual and school-wide services to provide students with the knowledge, support, and skills they need to remove barriers related to substance use and abuse and co-occurring mental health issues.
- The SAC maintains a partnership with Seacoast Youth Services to deliver substance use and abuse services and coordination of care.



# Current Interventions

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## **ALCOHOL, TOBACCO, & OTHER DRUG USE PERCEPTIONS**

- Freshman Seminar; collaboration with MLADC on substance abuse unit
- MLADC Substance abuse presentation in Health Classes
- Mr. and Mrs. Moser presentation for students and staff about Opioid abuse and overdose
- Seasonal mandatory parent and athlete information night includes HPD, SRO and MLADC drug and alcohol education
- Monthly peer clinical supervision for Seacoast Licensed Student Assistance Counselors
- WHS University Courses - “Adolescents and Substance Abuse” for Staff

# Current Interventions

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## **SUICIDE, SADNESS, & HOPELESSNESS**

- Full-time LICSW, in collaboration with Guidance staff, assists WHS students in the management of mental health, substance use, homelessness and economic difficulties that impede academic functioning.
- Two full-time Licensed Clinical Social Workers and a School Psychologist work with students who receive Special Education services.
- Lower Seacoast Consultation Team - monthly community multi-agency wrap around (DCYF, Primary Care, Seacoast Mental Health, SYS, JPPO's, Endurance Behavioral Health, sending school Social Workers)
- Embedded PD Needs Assessment Committee work



# Current Interventions

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## **SEXUAL AND DATING VIOLENCE; SEXUAL RISK BEHAVIORS**

- Health/Wellness Curriculum and Women's Studies curriculum both cover healthy relationships
- Freshman Seminar Sexual Harassment curriculum taught by Guidance Counselors
- School Social Worker collaborating with Girl Up to utilize YRBS data to increase awareness of sexual harassment and violence



# Current Interventions

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## **VEHICLE AND BICYCLE SAFETY**

- Full time School Resource Officer on campus via Hampton PD
- Full time parking lot monitor (former PD)
- Partnership with Hobbs House to provide Driver's Ed Scholarships of \$500 to approximately 20 students per academic year.



# Current Interventions

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## **BULLYING, ELECTRONIC BULLYING, AND FIGHTING**

- 3 APs & Dean of Students
- Project Unity
- Unifying Culture Committee
- ALICE training initiative



# Current Interventions

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## **PHYSICAL INACTIVITY & UNHEALTHY DIETARY BEHAVIORS/ OTHER HEALTH RISKS**

- 2 Full Time RNs in Health Office
- WHS 6 credits in Physical Education
- WHS 4 credits in Health Education
- Concussion Protocol
- First Aid/CPR training available for all staff

