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2021-22 School Year Monroe County Youth Risk Behavior Survey Report

Prepared by the Monroe County Department of Public Health

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Executive Summary

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

While the Monroe County Department of Public Health (MCDPH) has conducted the YRBS 14 times since 1992, students completed the most recent questionnaire during the COVID-19 pandemic. This experience undoubtedly influenced their responses. We suspect that many of the declines in reported risk behaviors were related to a decrease in social gatherings and limited school attendance during the Covid-19 pandemic.

One limitation of the data is students who were not in school on the days the survey was administered, or students who had dropped out of school were not surveyed. The reasons youth are not in school are often related to the risk factors measured by the survey including mental health challenges, the threat of violence, substance use and teen pregnancy¹

Another limitation of these data is a lower response rate in the Rochester City School District (RCSD) compared to previous years, which resulted in RCSD being under-represented. It should be noted however, that we did weight the data by grade level, reported race, and location (city or suburb) and it did not make a significant difference in the trends. This report however contains unweighted results. A more detailed explanation of the limitations can be found in Appendix A.

Findings Indicating Increases in Reported Health Risks

Findings of greatest concern involved **Mental Health**, particularly among girls, and **Discrimination and Racism**. The survey indicated significant increases in:

- The percentage of girls who stopped doing their usual activities because they felt sad or hopeless almost every day for two or more weeks.
- The percentage of girls who seriously considered attempting suicide.
- The percentage of girls who made a specific plan about how they would attempt suicide.
- The percentage of girls who did not go to school one or more days because they felt unsafe there.
- The percentage of students who reported living with someone who was depressed, mentally ill or suicidal.

¹ Centers for Disease Control and Prevention. Health risk behaviors among adolescents who do and do not attend school—United States, 1992. [September 8, 2020]; Morbidity and Mortality Weekly Report. 1994 43(8):129–132. <https://www.cdc.gov/mmwr/preview/mmwrhtml/00025174.htm>

In addition, the survey indicated:

- 47% of students who identify as lesbian, gay, pansexual and/or transgender reported they were treated badly or unfairly because of their sexual orientation. 45% of Black students and 32% of Latino students felt they were treated badly or unfairly because of their race or ethnicity.

Findings Indicating Decreases in Reported Health Risks

The survey results showed significant declines in some reported health risks among our young people. These include using vape products, marijuana and alcohol, and engaging in sexual intercourse. While some of these declines may be pandemic related, previous surveys did show declines in reported use of alcohol and sexual activity prior to the pandemic.

Readers Guide

This report presents the results of the Youth Risk Behavior Survey that was completed by more than 19,000 public high school students in Monroe County during the 2021-22 school year. Each school district attempted to survey all of its students using a confidential online questionnaire. County-wide, the response rate was 64%. The rate in the city was 35%, which is lower than in previous years. For more details on participation, methodology, data limitations and differences between the national and local YRBS, please refer to Appendix A.

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

For questions about the YRBS report, please email:

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Mental Health

Even before the COVID-19 pandemic, Monroe County saw an increase in youth reporting mental health struggles. This nationwide trend was undoubtedly exacerbated by the pandemic, which disrupted young lives in many ways, including lack of in-person connections with peers, teachers and mentors, and reduced access to health care and social services. *Protecting Youth Mental Health: The U.S. Surgeon General’s Advisory Report*, released in December 2021, highlighted the urgent need to address the nation’s youth mental health crisis.²

Mental Health Key Findings:

- 34% of students reported their mental health was not good during the COVID-19 pandemic “all” or “most of the time.”
- 40% of students reported they have serious difficulty concentrating, remembering or making decisions because of mental or emotional challenges
- 46% of girls reported that their mental health was not good “always” or “most of the time” during the COVID-19 pandemic, compared to 19% of the boys.
- 42% of girls reported feeling so sad or hopeless for two or more weeks in a row in the past year that they stopped doing usual activities (a symptom of depression), compared to 20% of boys. 60% of students who identify as gay, lesbian, bisexual, pansexual and/or transgender reported this symptom.
- 13% of girls reported that, in the past year, they made a plan to attempt suicide, versus 6% of boys.
- 7% of girls reported that, in the past year, they attempted suicide. 9% of Black, 7% of Latino and 4% of White students reported that they attempted suicide in the past year. 16% of students who identify as gay, lesbian, bisexual, pansexual and/or transgender reported this.

Mental Health Trends, 2015-2022:

Increasing among girls:

- Felt so sad or hopeless almost every day for two or more weeks in a row that they stopped doing their usual activities, in the past year.
- Seriously considered attempting suicide in the past year.
- Made a specific plan about how they would attempt suicide in past year.

² <https://www.hhs.gov/sites/default/files/surgeon-general-youth-mental-health-advisory.pdf>

Adverse Childhood Experiences (ACEs)

Research indicates that experiencing adverse childhood events, also called trauma, before the age of 18, without intervention and support, increases the likelihood of experiencing mental health challenges, using substances, and engaging in sexual risk behaviors.³

Adverse Childhood Experiences Key Findings:

- 60% of students reported experiencing one or more ACEs.
- 31% of Black, 26% of Latino and 16% of White students reported experiencing three or more ACEs

Adverse Childhood Experiences Trends, 2015-2022:

- Increasing: Have ever lived with anyone who was depressed, mentally ill or suicidal
- Stable: students reporting they were ever forced to do something sexual
- All other reported ACEs declined

Grief

Questions about grief experiences were not included in previous YRBS surveys. These experiences often have an impact on student mental health and well-being. With input from local school districts, MCDPH added questions about this issue in the 2021-22 YRBS.

Grief Key Findings:

- 12% of students reported they were feeling depressed, anxious, afraid, empty or confused because of the death of a close family member or friend.
- 16% of Black and Latino students, and 10% of White students reported they were having mental health challenges due to the death of a close family member or friend.
- 9% of Black students reported that a close family member or friend died due to homicide in the past 2 years

Experiences of Racism and Discrimination

Numerous studies have found negative impacts of discrimination on mental health and the likelihood of engaging risk behaviors.⁴ This is the first year that MCDPH asked students about their experience with racism and discrimination.

³ <https://www.cdc.gov/violenceprevention/childabuseandneglect/acestudy/aboutace.html>, accessed August 2019, 2019

⁴ Lei Y, Shah V, Biely C, et al. Discrimination and Subsequent Mental Health, Substance Use, and Well-being

Racism and Discrimination Key Findings:

- 45% of Black students felt they were treated badly/unfairly because of their race and/or ethnicity at least some of the time
- 32% of Latino students felt they were treated badly or unfairly because of their race and/or ethnicity at least some of the time
- 47% of students who identify as lesbian, gay, bisexual, pansexual or transgender felt they were treated badly or unfairly because of their sexual orientation at least some of the time

Violence/Bullying

Exposure to violence has a major impact on school attendance and performance, mental health and overall well-being.⁵

Violence/Bullying Key Findings:

- 9% of students reported they carried a weapon in the past month
- 12% of students reported they engaged in a physical fight in the past year
- 21% of Black students and 20% of Latino students reported having witnessed someone get shot, stabbed or beaten in their neighborhood, compared to 5% of White students.
- 8% of students reported they did not go to school on one or more days in the past month because they felt unsafe
- 13% of Latino students and 10% of Blacks students reported they did not go to school on one or more days in the past month because they felt unsafe, compared to 6% of White students

Violence/Bullying Trends 2015-2022

- Increasing among females: Did not go to school on one or more days in the past month because they felt unsafe
- Stable: Ever forced to do anything sexual
- Declining: All other indicators

Social Media Bullying and Safety

Social Media Bullying and Safety Key Findings:

- 14% of students reported they were electronically bullied in the past year
- 13% of students reported they ever sent a nude or semi-nude picture/video of themselves or someone else

⁵ <https://www.cdc.gov/injury/features/teen-violence-impact/index.html>

Social Media Bullying and Safety Trends 2015-2022

- Declining: All indicators

Vaping and Tobacco Use

The decrease in social gatherings and limited school attendance during the Covid-19 pandemic most likely contributed to declines in reported use of substances. Students' first use of these substances almost always occurs when they are with peers.

In addition, students might have been reluctant to share devices during the pandemic, or concerned that using substances would increase their chances of severe illness if they were to contract COVID. Mask mandates made it more difficult to discreetly use substances.

A number of other factors might have contributed to the decline in vaping since the 2019 survey was administered. A health condition attributed to vaping called EVALI (E-Cigarette or Vaping Use Associated Lung Injury) was identified in late 2019 and likely discouraged some use.

Vaping and Tobacco Use Key Findings:

- 23% of students reported they have used an e-cigarette or vape product
- 12% of students reported they used an e-cigarette or vape product in the past month
- 43% of students who used an e-cigarette or vape product in the past 12 months reported they tried to quit and no longer vape. 22% tried to quit and but still vape
- 81.5% reported they think vape products are addictive
- 2% reported they smoked cigarettes in the past month

Vaping and Tobacco Use Trends 2015-2022

- Declining: Use of vape products and tobacco

Marijuana Use

The decrease in social gatherings and limited school attendance during the Covid-19 pandemic most likely contributed to declines in reported use of substances. Students' first use of these substances almost always occurs when they are with peers.

In addition, students might have been reluctant to share substances during the pandemic, or concerned that using substances would increase their chances of severe illness if they were to contract COVID. Mask mandates made it more difficult to discreetly use substances.

For some students who had used marijuana prior to the pandemic, they reported increase use during the pandemic.

Marijuana Use Key Findings:

- 20% of students reported they have used marijuana
- 13% of students reported they used marijuana in the past month
- 47% of students who ever used marijuana reported they used more during the COVID-19 pandemic than before it started
- 50% of students who used marijuana in the past month reported they vaporized it

Marijuana Use Trends 2015-2022

- Declining: Use of marijuana

Alcohol Use

Prior to the pandemic, MCDPH noted declines in reported alcohol use. The decrease in social gatherings and limited school attendance during the Covid-19 pandemic most likely contributed to the decline in reported alcohol use in this year's results. Students' first use of these substances almost always occurs when they are with peers.

However, some students who had consumed alcohol prior to the pandemic reported increased use during the pandemic.

Alcohol Use Key Findings:

- 33% of students reported they have drunk one or more alcoholic drinks
- 15% of students reported they drank one or more alcoholic drinks in the past month
- 8% of students reported they engaged in binge drinking in the past month (four or more alcoholic drinks in a row within a couple of hours)
- 26% of students who ever drank alcohol reported they drank more alcohol during the COVID-19 pandemic than before it started

Alcohol Use Trends 2015-2022

- Declining: Use of alcohol

Use of Other Drugs

The decrease in social gatherings and limited school attendance during the Covid-19 pandemic most likely contributed to declines in reported use of substances. Students' first use of these substances almost always occurs when they are with peers.

Use of Other Drugs Key Findings:

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

Use of Other Drugs Trends 2015-2022

- Declining: Use of other drugs

Parental Influences

Parental Influences Key Findings:

- 92% of students reported their parents feel it would be wrong/very wrong for them to use vape products
- 96% of students reported their parents feel it would be wrong/very wrong for them to smoke cigarettes
- 85% of students reported their parents feel it would be wrong/very wrong for them to use marijuana
- 75% of students reported their parents feel it would be wrong/very wrong for them to drink alcohol

Parental Influences Trends 2015-2022

- Increasing: Perception that parents would feel it would be wrong/very wrong for them to vape

Distracted Driving/Driving Under the Influence

Distracted Driving Key Findings:

- 30% of student drivers reported they texted, used social media, or emailed while driving in the past month
- 9% of student drivers reported they rode in a car with a driver who had been drinking alcohol in the past month
- 8% of student drivers reported they rode in a car with a driver who had been using marijuana, pills or other drugs in the past month

Distracted Driving Trends 2015-2022

- Declining: Riding with someone under the influence and driving while under the influence
- Stable: Distracted driving

Sexual Risks

Social isolation during pandemic may have contributed to the decline in reported sexual activity. However, rates had been declining prior to the pandemic. The decline in reported condom use among sexually active students is particularly concerning given that sexually transmitted disease infection rates in Monroe County are among the highest in New York State outside of New York City.⁶

Sexual Risks Key Findings:

- 19% of students reported they have engaged in sexual intercourse
- 13% of students reported they engaged in sexual intercourse in the past three months, and are therefore considered sexually active
- Only 6% of sexually active girls reported they used Long Acting Reversible Contraception AND their partner used a condom the last time they had sexual intercourse. (The American Congress of Obstetricians and Gynecologists recommends LARC (an IUD or implant) be offered as first-line contraception for adolescents.) Together these interventions protect against pregnancy and sexually transmitted disease.
- 51% of sexually active females reported their partner used a condom the last time they had sex
- 59% of sexually active males reported they used a condom the last time they had sex

⁶NYS STI Surveillance System, data as of September 2021.

<https://webbi1.health.ny.gov/SASStoredProcess/guest?_program=/EBI/PHIG/apps/dashboard/pa_dashboard&p=gm&ind_id=pa46_0>

Sexual Risk Trends 2015-2022

- Declining: Condom use among those who are sexually active
- Declining: All other indicators

Physical Activity/Screen time/Sleep

Physical Activity Key Findings:

- 49% of students reported they engaged in one hour or more of physical activity daily during 5 of the past 7 days
- 32% of students reported they spend an average of five or more hours on a typical school day watching TV, playing video games or using the computer/smartphone for non-school work related activities
- 43% of students reported they get six hours or less of sleep on a typical school night

Physical Activity Trends 2015-2022

- Increasing: Students reporting they engaged in regular physical activity

Assets

Strengths and supports that students have in their lives, also known as assets, help guide their choices, contribute to their success at school and improve overall mental and physical well-being.⁷

Assets Key Findings:

- 83% of students reported they agree or strongly agree with the statement “My family gives me help and support when I need it”
- 60% of students reported they agree or strongly agree with the statement “I get a lot of encouragement at my school”
- 58% of students reported they agree or strongly agree with the statement “In my community I feel like I matter to people”
- 82% of students reported they know of one or more adults (other than their parents) they can go to and discuss important questions about their life

Assets Trends 2015-2022

- Declining: Agree or strongly agree with the statement “I get a lot of encouragement at my school
- Declining: Spend one or more hours per week helping others without getting paid
- Stable: All other indicators

⁷ <https://www.search-institute.org/our-research/development-assets/developmental-assets-framework/>

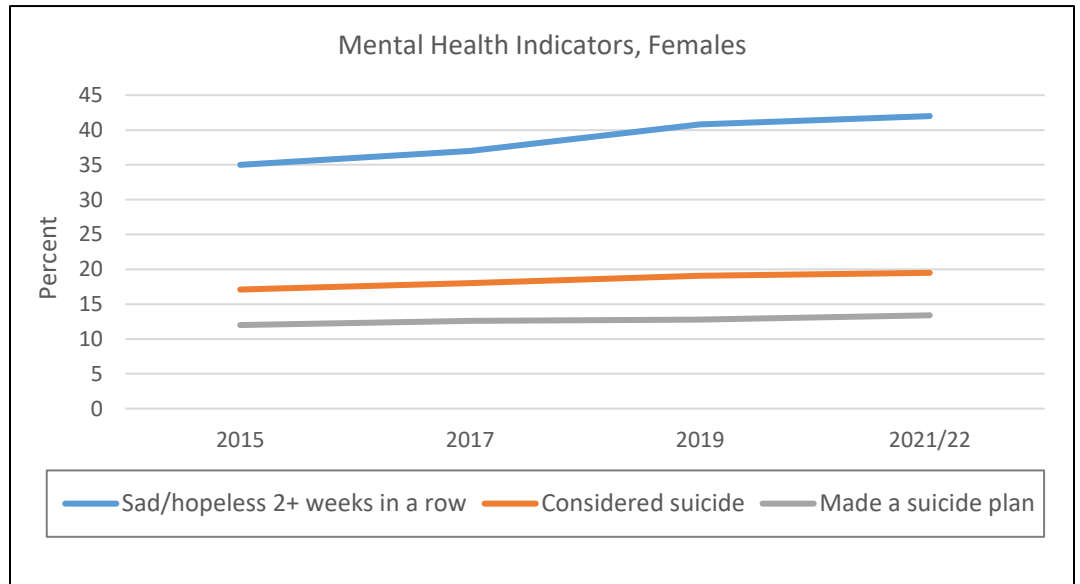
Mental Health

Question #	Students Reported They:	%
Q21	Felt so sad or hopeless almost every day for two or more weeks in a row that they stopped doing their usual activities, in the past year	31.6
Q27	Have serious difficulty concentrating, remembering, or making decisions because of mental, or emotional challenges ¹	40.1
Q92	Mental health was not good during the COVID-19 pandemic- MOST OF THE TIME OR ALWAYS ²	33.8
Q26	Did something to purposely hurt themselves without wanting to die, such as cutting or burning themselves during the past 12 months (self-injurious behavior)	14.5
Q22	Seriously considered attempting suicide in the past year	14.5
Q23	Made a specific plan about how they would attempt suicide in past year	10.2
Q24	Attempted suicide in the past year	5.7
Q25	Attempted suicide in the past year that resulted in an injury that needed treatment by a doctor or nurse (injurious suicide attempt)	1.9

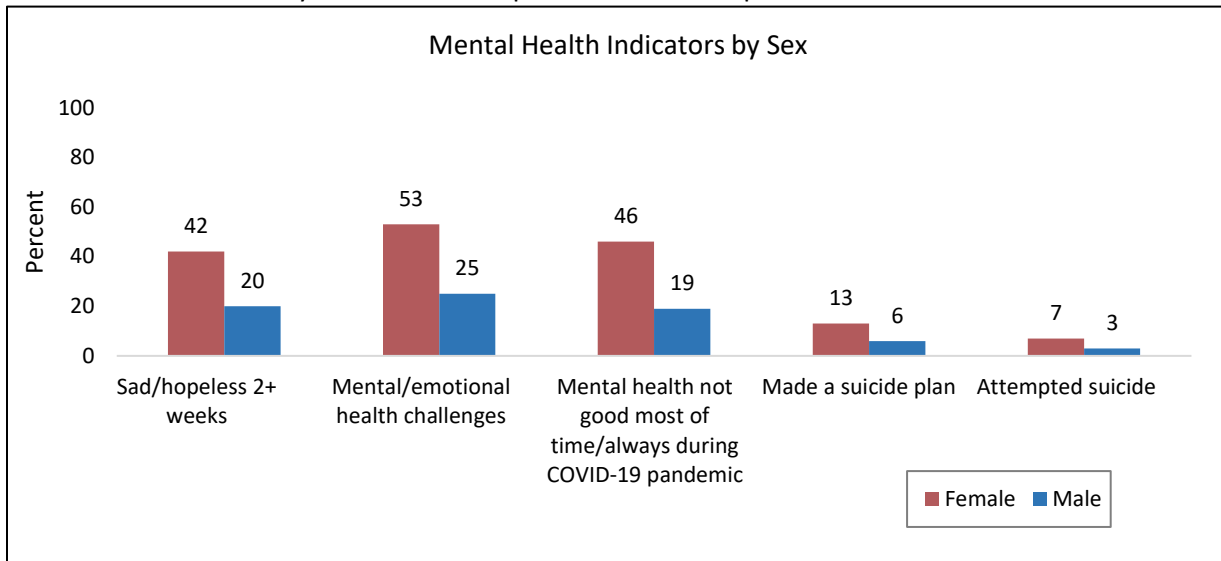
¹New question in 2019

²New question in 2021

There were increases in the proportions of females that reported feeling sad/hopeless and those who considered or planned a suicide attempt.

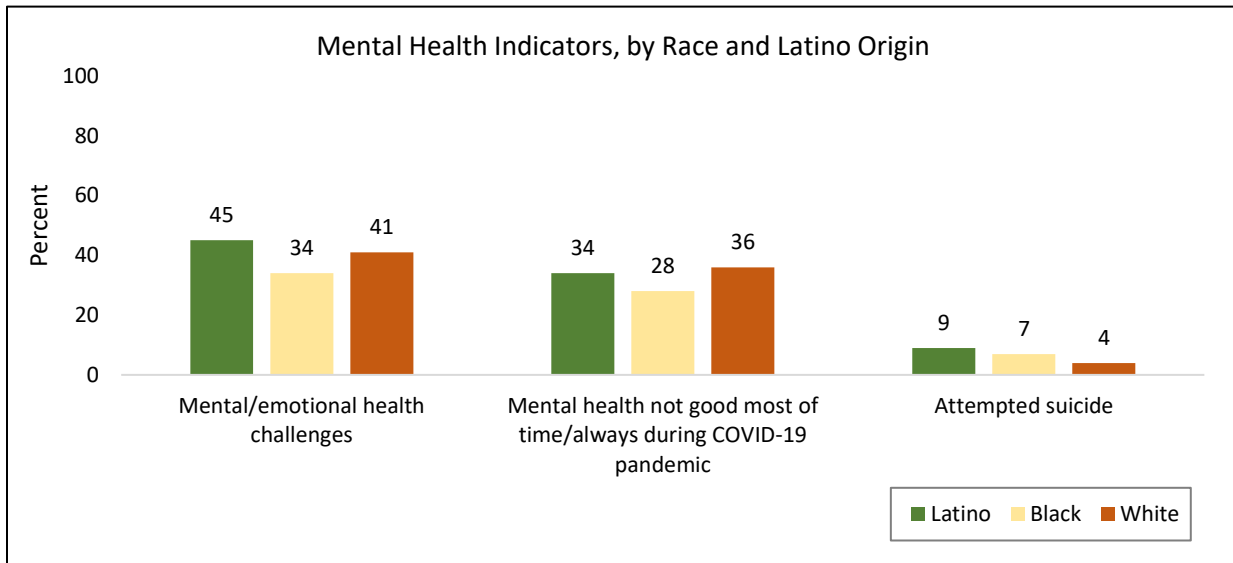


Females were more likely than males to report mental health problems and suicidal behavior.

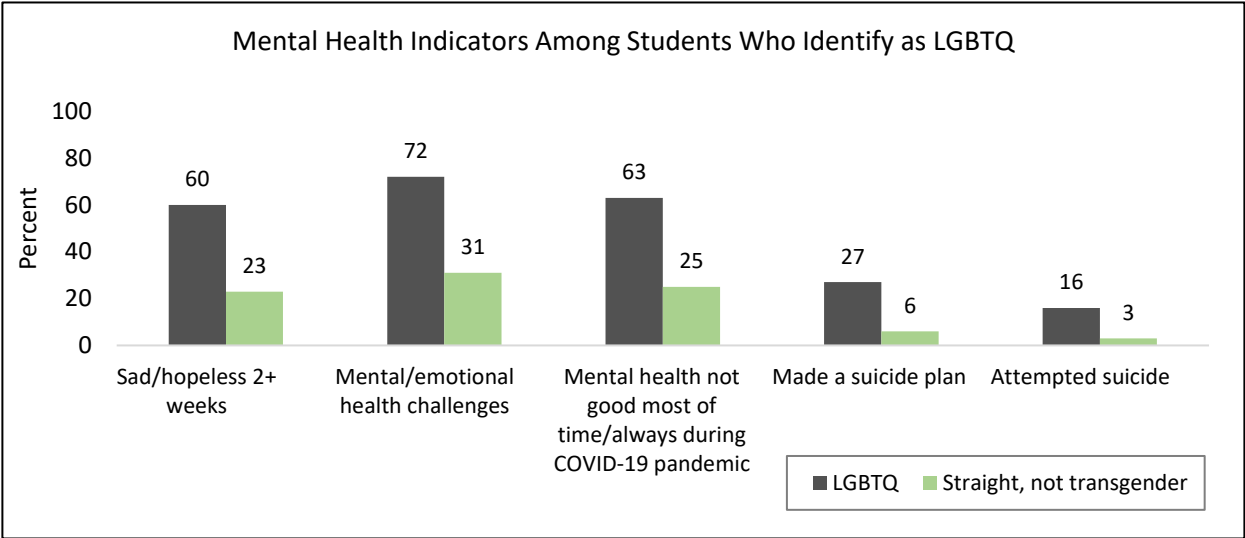


Latina and Black females were more likely than White females to report they felt sad/hopeless for two or more weeks in a row in the past year (49%, 42% and 40%).

Latino and White students were more likely than Black students to report mental health challenges. Black and Latino students were more likely than White students to report a suicide attempt.



Students who identify as LGBTQ were more likely to report mental health challenges and suicide risks compared to those who identify as straight, not transgender.



Adverse Childhood Experiences (Trauma)

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

Question #	Students Reported They:	%
Q28	Often or repeatedly a parent or adult in their home swore at them, insulted them or put them down (verbal abuse)	11.6
Q29	Often or repeatedly a parent or adult in their home hit, beat, kicked or physically hurt them in any way (physical abuse)	1.7
Q31	Often or repeatedly parents or adults in their home hit, beat, kicked or beat each other up	1.5
Q30	Often or repeatedly, their family has not had enough money to buy food or pay for housing	3.3
Q32	Ever lived with anyone who was an alcoholic, problem drinker, used illegal street drugs, took prescription drugs to get high, or was a problem gambler	16.8
Q33	Have ever lived with anyone who was depressed, mentally ill or suicidal	28.2
Q34	Ever had anyone in their household go to jail or prison	12.1
Q35	Ever witnessed someone get shot, stabbed or beaten in their neighborhood	9.7
Q36	They were ever forced to do any of the following: have sexual intercourse, touch someone sexually, or be touched by someone sexually	9.8
Q37	They disagree or strongly disagree with the statement, "my family gives me the help and support I need"	6.3
Q38	They currently do not live with both parents	35.4

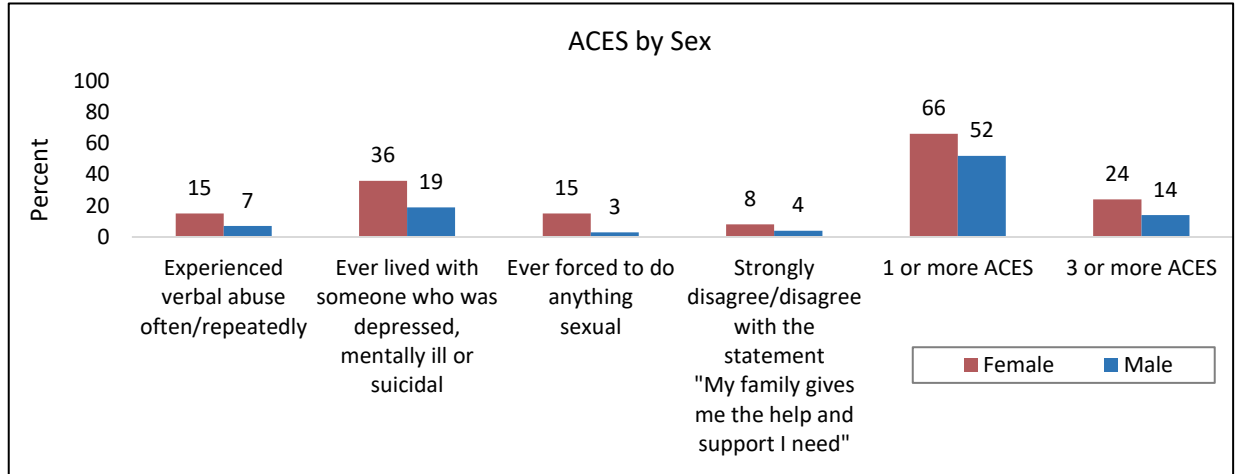
We added up the total number of reported events for each student, and then calculated percentages by the number of experiences. If a student left a question blank, and the sum of the remaining questions equaled zero, their responses were set to missing.

Sixty percent of students reported one or more adverse experiences and twenty (20%) reported three or more.

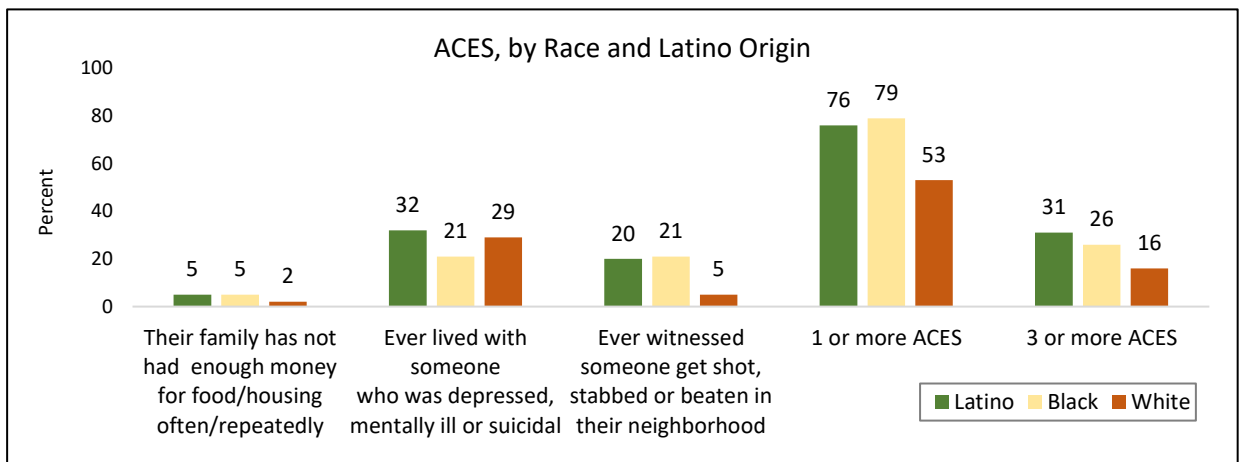
# of Traumatic Life Events Reported by Students	%
no reported ACES	40.5
1 or more	59.5
3 or more	19.6

There was an increase in students who reported they ever lived with someone who was depressed, mentally ill or suicidal from 22% in 2015 to 28% in 2022. Declines were seen in all of the other indicators except students reporting they were ever forced to do something sexual, which remained stable.

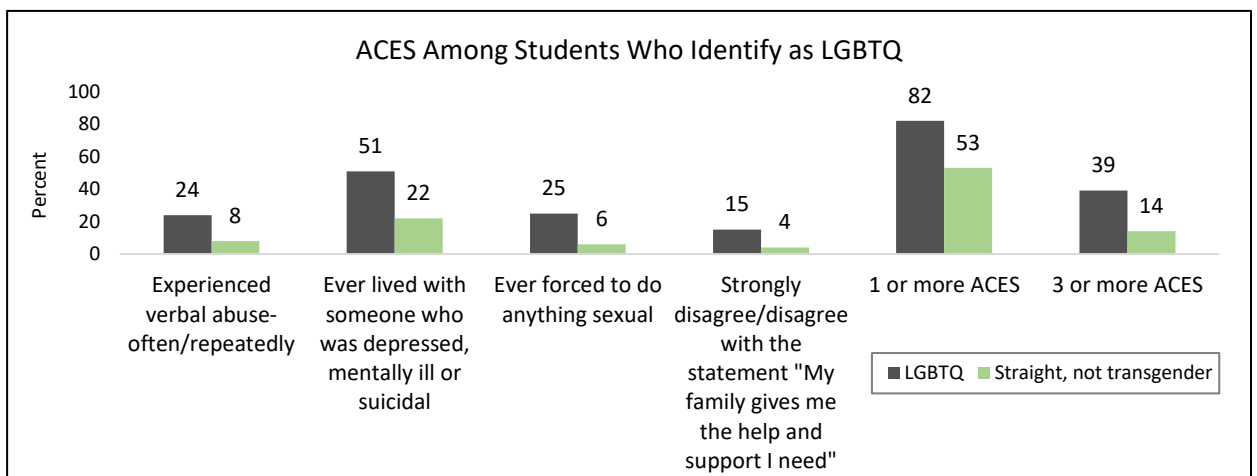
Females were more likely to report ACES compared to males.



Black and Latino students were more likely to they report ACES.



Students who identify as LGBTQ were more likely to report ACES.



Grief

Twelve percent of students reported that at this time they were feeling depressed, anxious, afraid, empty or confused because of the death of a close family member or friend. Sixteen percent of Black and Latino students reported they were currently having mental health challenges due to the death of a close family member or friend compared to 10% of White students.

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

	%
A sudden or unexpected death like from a car crash, suicide, drug overdose or heart attack	9.9
COVID-19	5.8
Violence/homicide	2.5
A death due to another reason	27.1

Nine percent of Black students reported that a close family member or friend died due to homicide in the past 2 years.

Experiences of Racism and Discrimination

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

Question #	Students Reported:	%
Q90	They felt they were treated badly or unfairly because of their race or ethnicity at least some of the time (SOMETIMES, MOST OF THE TIME, OR ALWAYS)	
	students who identify as LATINO	32.0
	students who identify as WHITE	6.7
	students who identify as BLACK	45.4
	students who identify as ANOTHER RACE OR MULTIPLE RACES	38.3

Question #	Students Reported:	%
Q91	They felt they were treated badly or unfairly because of their sexual orientation at least some of the time (SOMETIMES, MOST OF THE TIME, OR ALWAYS)	
	students who identify as LBGTQ	46.8

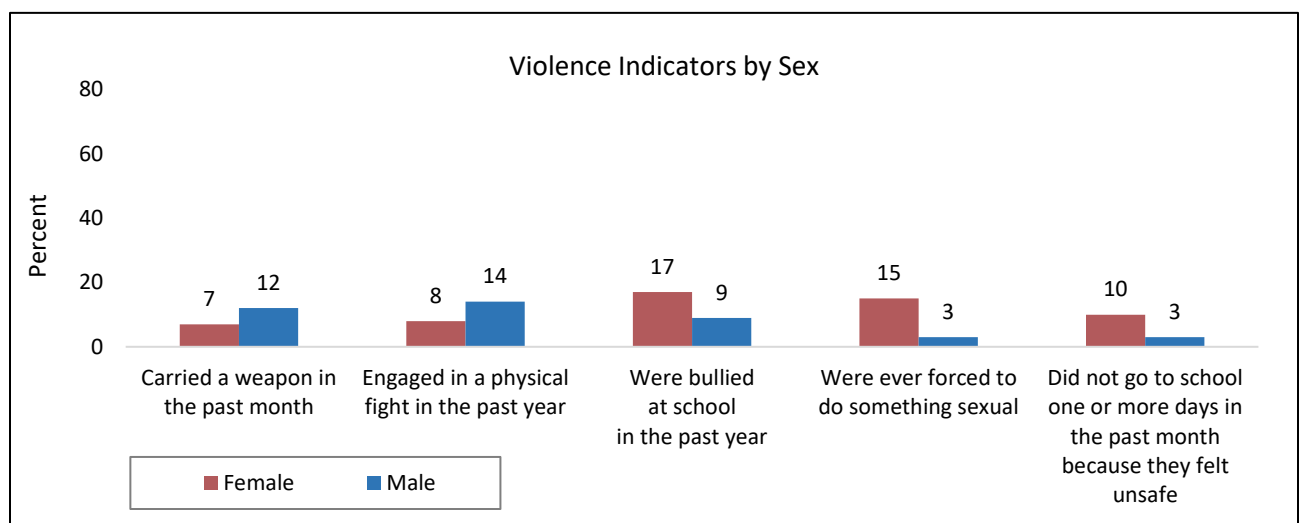
Violence/Bullying

Question #	Students Reported They:	%
Q13	Carried a weapon in the past month	9.4
Q14	Carried a weapon on school property in the past month	1.4
Q15	Carried a gun in the past year	2.1
Q16	Engaged in a physical fight in past year	11.5
Q18	Did not go to school on one or more days in the past month because they felt unsafe	8.2
Q17	Were threatened/injured on school property 1 or more times during past year	5.5
Q19	Were bullied on school property or on the way to and from school in the past 12 months. (Bullying is when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student. It is not bullying when 2 students of about the same strength or power, argue, fight or tease each other in a friendly way.) ¹	13.4
Q20	In the past year, were physically hurt by someone they were dating, “talking to” or going out with	3.9
Q36	Were ever forced to do any of the following: have sexual intercourse, touch someone sexually, or be touched by someone sexually	9.8

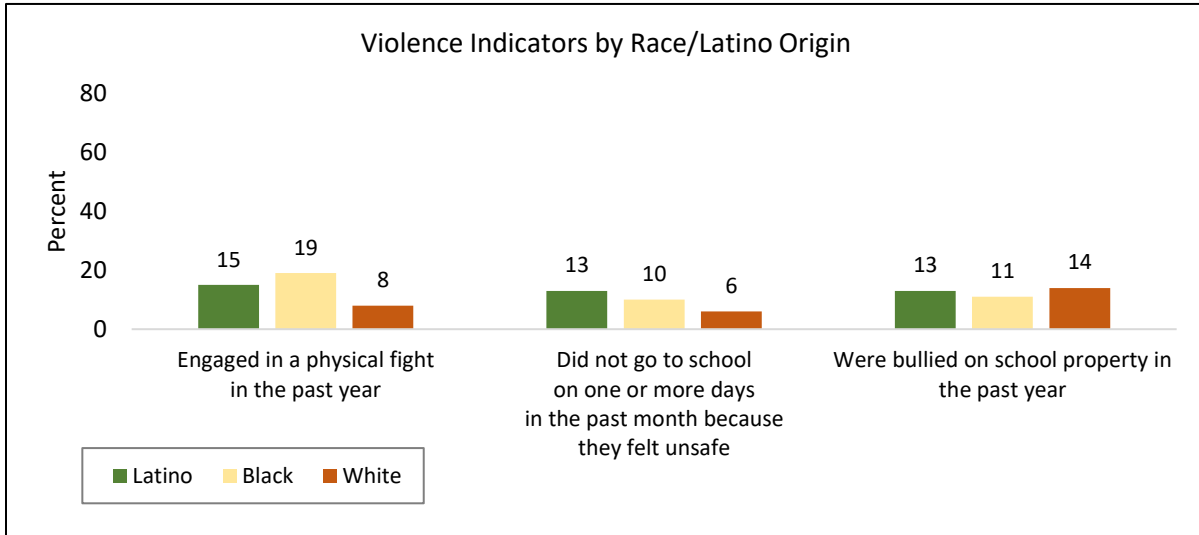
¹ New question in 2019

There was an increase in female students reporting they did not go to school because they felt unsafe from 6% in 2015 to 10% in 2022. Declines were seen in all of the other indicators except students reporting they were ever forced to do something sexual, which was stable.

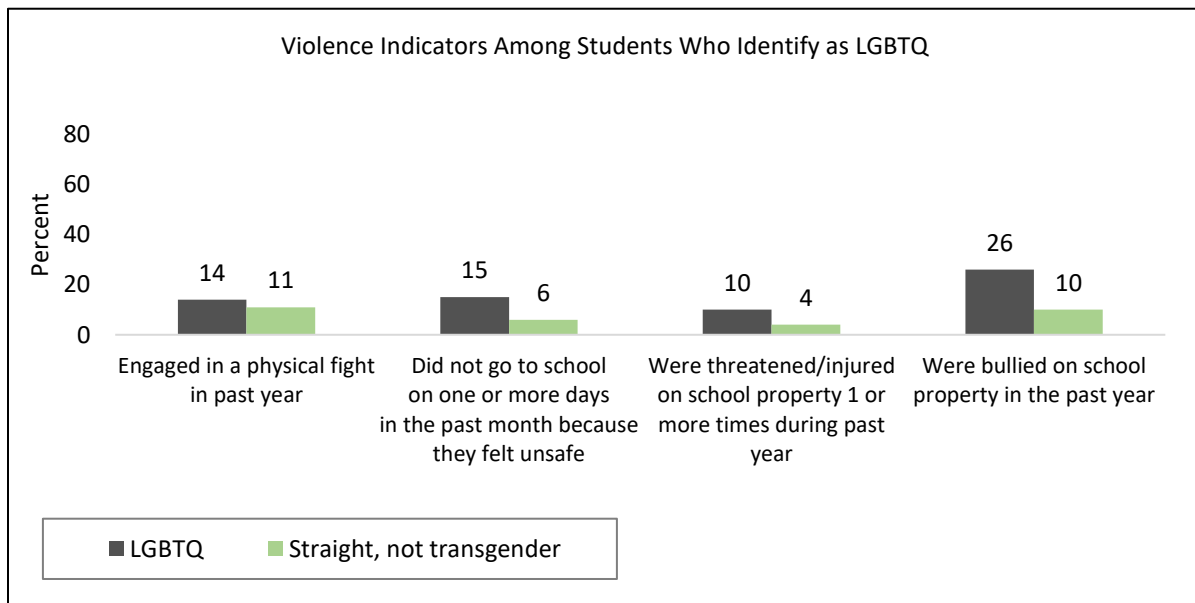
Males were more likely than females to report weapon carrying and fighting. Females were more likely than males to report they were victims of violence.



Black and Latino students were more likely than White students to report they engaged in a fight in the past year and they did not go to school in the past month because they felt unsafe. White students were more likely than Black and Latino students to report they were bullied at school.



Students who identify as LGBTQ were more likely than students who identify as straight, not transgender to report they engaged in fighting. They were also more likely to report not going to school because they felt unsafe and to report they experienced bullying.



Social Media-Bullying and Safety Issues

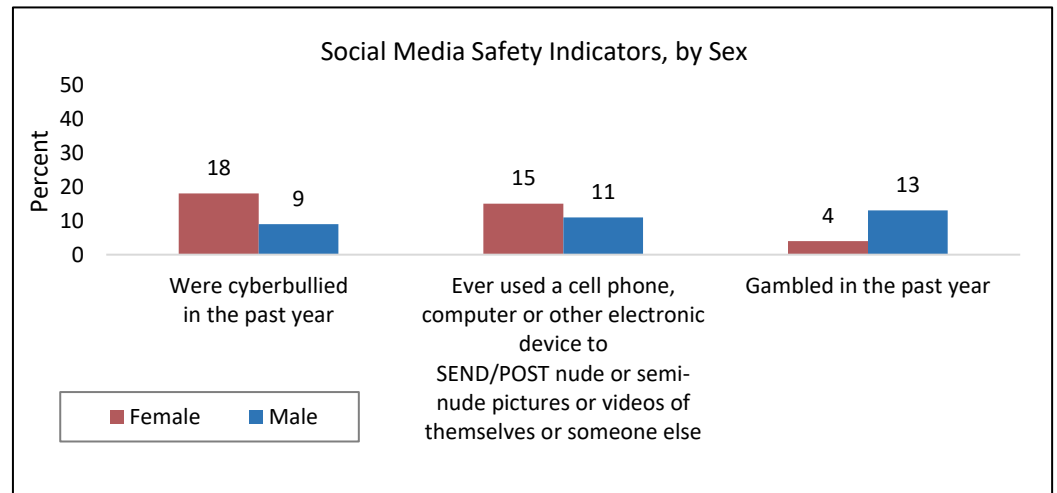
Question	Students Reported They:	%
Q77	Were cyber bullied in the past 12 months ¹	14.1
Q78	Ever used a cell phone, computer or other electronic device to <u>SEND/POST</u> nude or semi-nude pictures or videos of themselves or someone else	13.3
Q79	Ever used a cell phone, computer or other electronic device to <u>RECEIVE</u> nude or semi- nude pictures or videos of someone else	18.2
Q80	Gambled one or more times the past 12 months ²	8.8

¹Cyber bullying is when another student teases, threatens, spreads rumors about you, or sends pictures or videos of you, through texting, gaming sites, or social media websites like Facebook, Tik Tok, Twitter, Discord, Instagram, SnapChat, You Tube etc.]

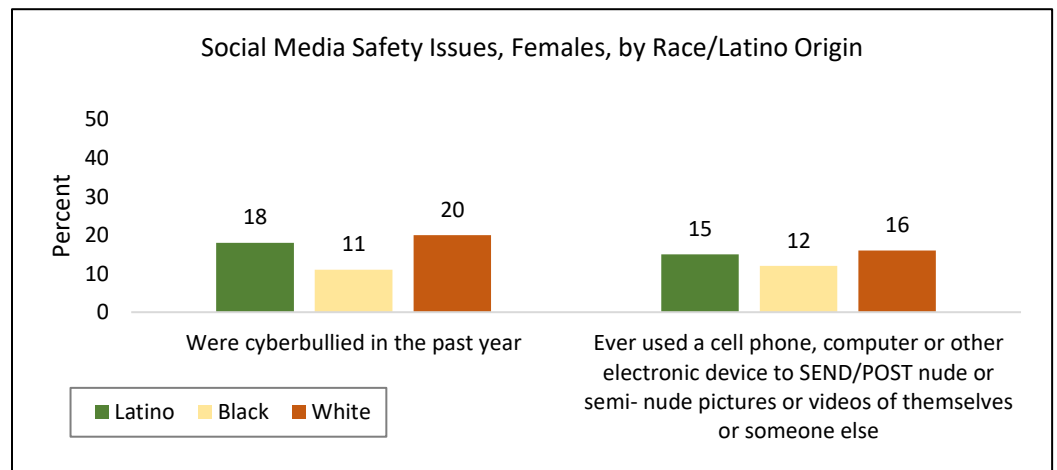
²Gambled on the Internet (example Draft Kings), gambled on a sports team, gambled when playing cards or a dice game, or bet on a game of personal skill such as pool or a video game)

The proportions of students who reported they were cyberbullied and who reported they engaged in sexting declined.

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



Latina and White females were more likely to report social media safety issues.



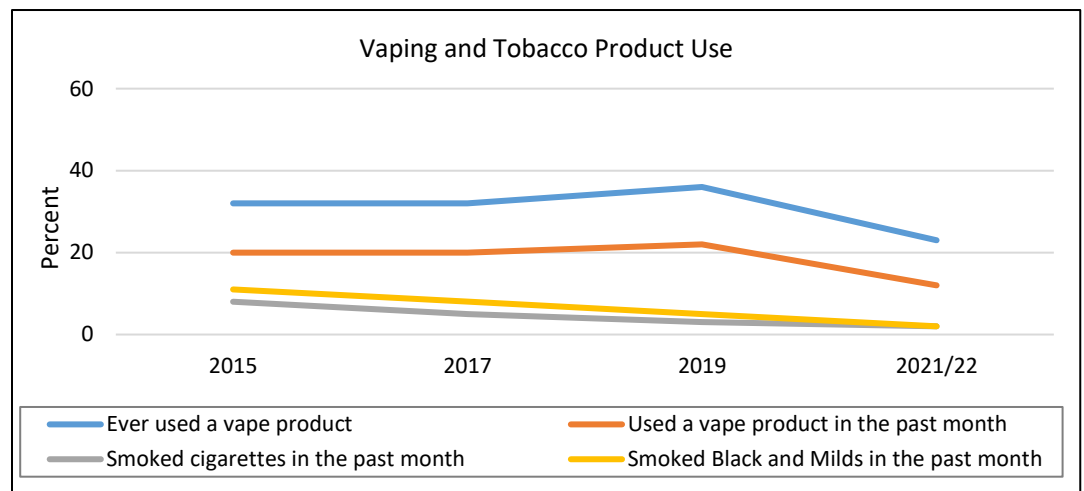
Students who identify as LGBTQ were more likely to report they were cyberbullied compared to students who identify as straight and not transgender (27% compared to 11%).

Vaping and Tobacco Use

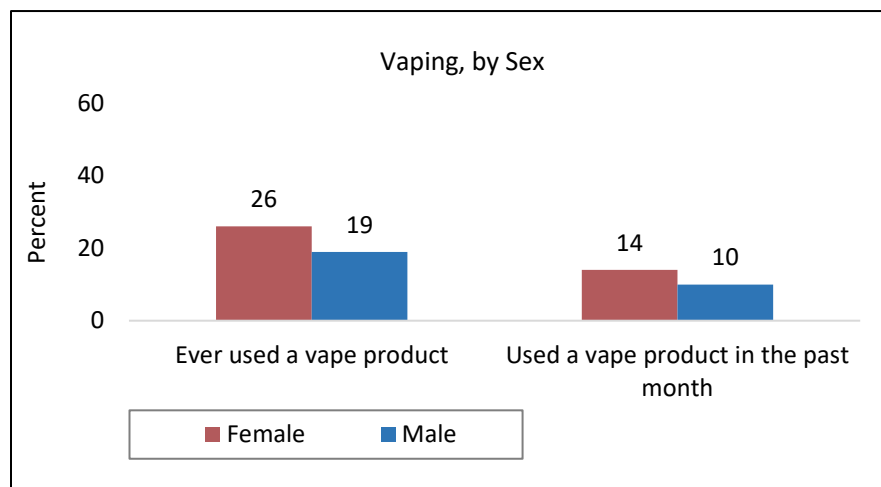
Question #	Students Reported They:	%
Q52	Ever used a vape product ¹	22.6
Q53	Used an vape product before age 13 ¹	3.6
Q54	Used vape product on one or more of the past 30 days ¹	12.1
Q74	Ever tried smoking cigarettes, even one or two puffs	7.2
Q74	Tried cigarette smoking, even one or two puffs, before age 13	2.8
Q75	Smoked cigarettes on one or more days in the past 30 days [Current smoker]	1.7
Q76	Smoked cigars or Black & Milds in the past month	1.8

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

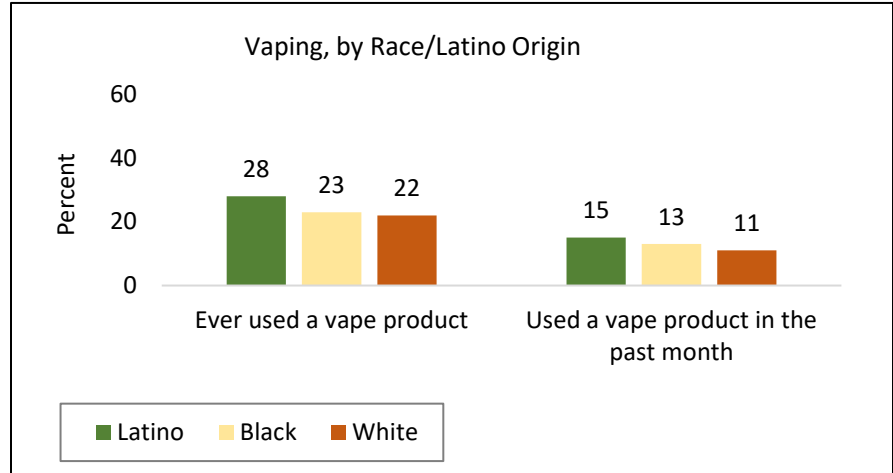
Declines were seen in vaping and in use of tobacco products.



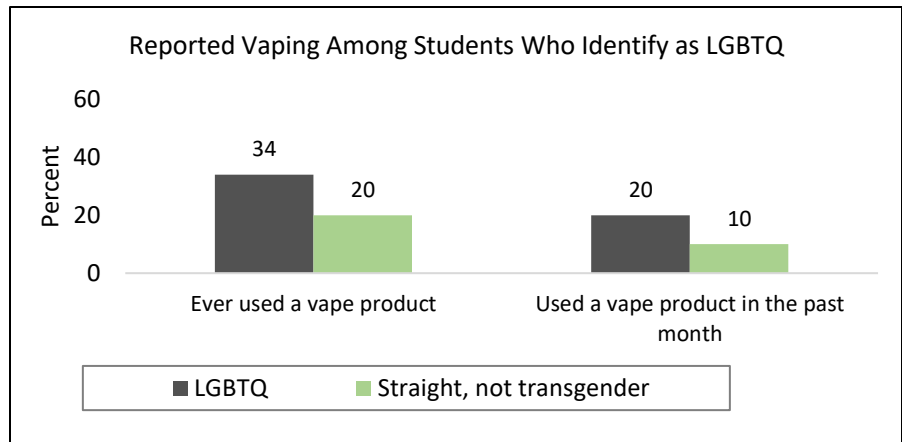
Females were more likely to report vaping compared to males.



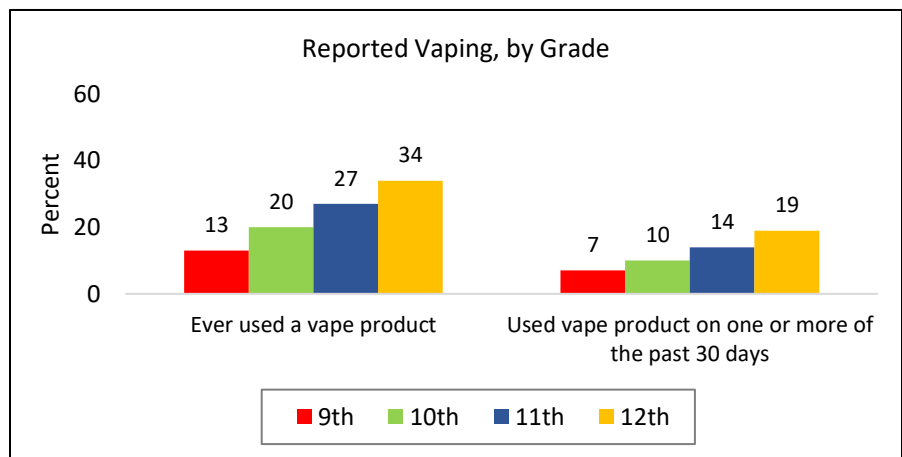
Black and Latino students compared to White students were more likely to report vaping.



Students who identify as LGBTQ were more likely to report vaping compared to students who identify as straight and not transgender.



Reported vaping increased by grade.



Main reason use e-cigarette or vape products

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

One Main Reason they Now Use E-cigarettes or Vape Products (Q55)	%
To relax or de-stress	28.4
To get a nicotine buzz	14
My friends use them	13.8
I can't quit/I crave them/I'm addicted	8.5
I like the flavors	8.3
To do tricks or make shapes with the vapor	7.6
To try to quit using other tobacco products	0.9
They are less harmful than other tobacco products	0.9
Other reasons	17.8

Experiences with Quitting Vaping in the Past 12 months (Q56)

Of those who vaped in the past 12 months:

- 43.1% said they tried to quit and no longer vape
- 22.2% said they tried to quit, but are still using vape products
- 34.7% said they did not try to quit

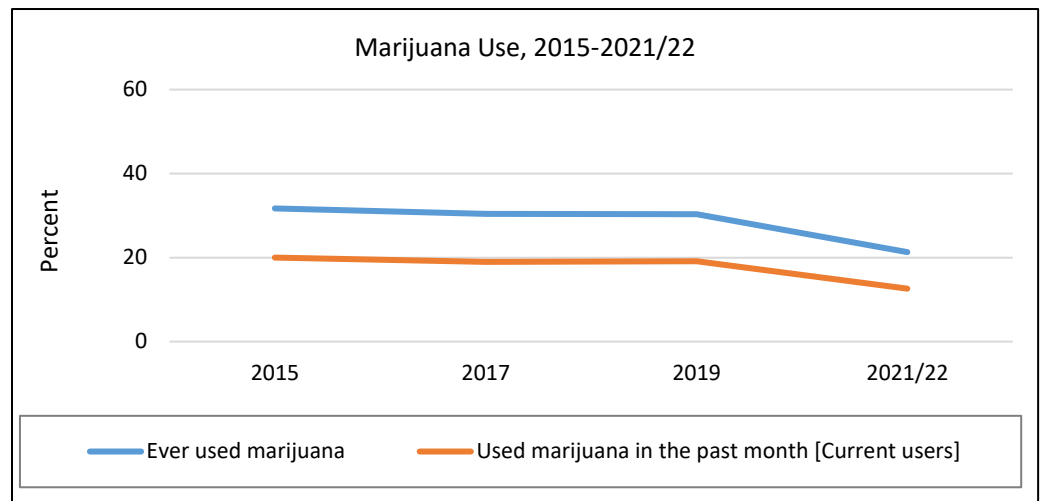
Perception about Vape Products Being Addictive (Q57)

81.6% of students reported that they think vape products are addictive. Black and Latino students (75% and 69%) were less likely than White students (86%) to report they think vape products are addictive.

Marijuana Use and CBD

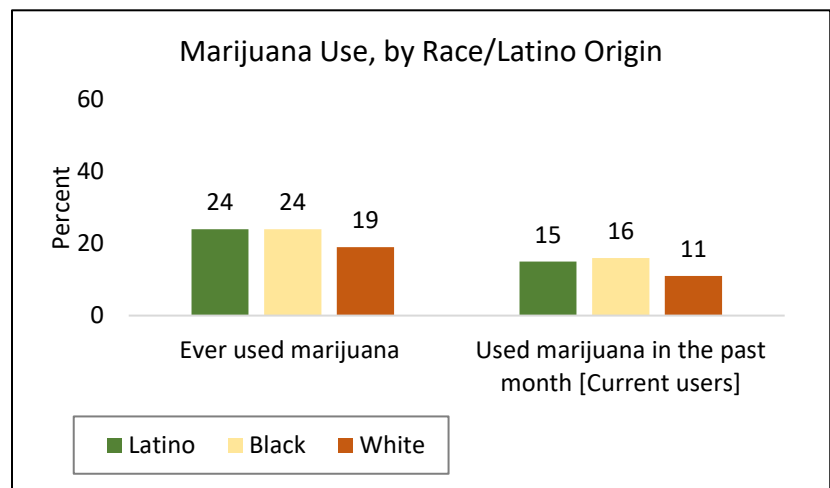
Question #	Students Reported They:	%
Q62	Ever used marijuana	19.9
Q62	Used marijuana before age 13	2.7
Q63	Used marijuana in the past month [Current users]	12.6
Q94	Used marijuana more during the COVID-19 pandemic than before it started, of those who ever used marijuana, of those who ever used marijuana - Agree or Strongly agree	47.0
Q65	Ever used CBD (cannabidiol) in any form (edibles, vapes, liquid, lotion, etc.)	19.9

Reported marijuana use declined between 2015 and 2021.

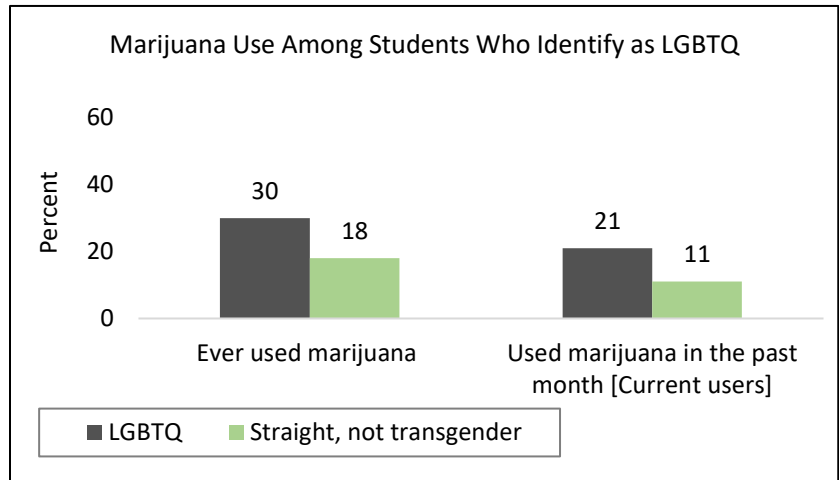


Females were more likely than males to report ever using marijuana (22% compared to 17%).

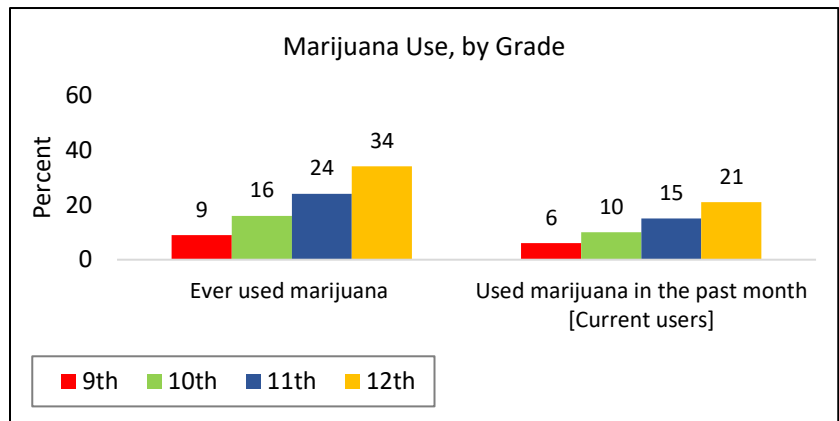
Black and Latino students were more likely than White students to report marijuana use.



Students who identify as LGBTQ were more likely to report marijuana use compared to students who identify as straight, not transgender.



Reported marijuana use increases with increasing grade.



The table to the right shows how marijuana was used, by those who reported using it in the past month. Of note, half reported vaping it.

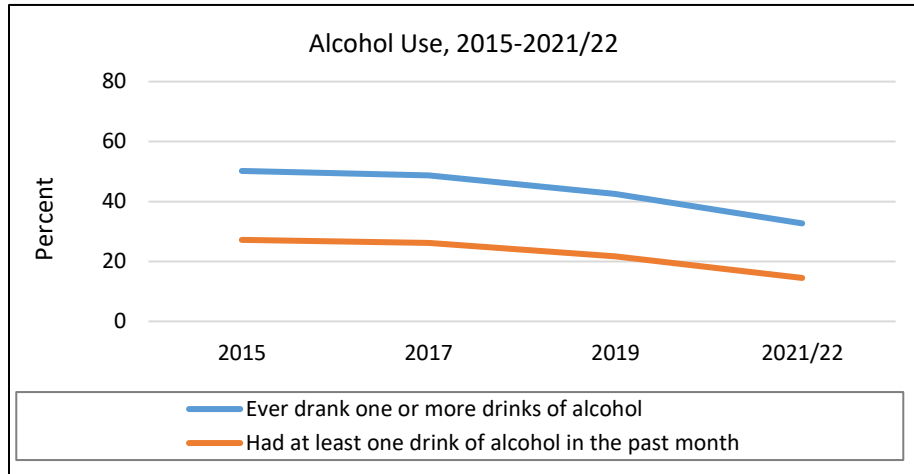
How Marijuana was Used, Reported by those Who Used it in the Past Month (Q64) ^{1,2}	%
I smoked it in a joint, bong, pipe, or blunt	75
I vaped it (examples include carts/cartridges, THC oil)	50
I ate it in food/edibles such as brownies, cakes, cookies, or candy	34
I dabbed it using shatter, crumble, wax, etc.	13
I drank it in tea, cola, alcohol, THC lean or other drinks	5
I used it some other way	6

¹Trend data not available as there were changes in the description of vaporizing. – included “cart/ cartridges, THC oil. Separated out dabs.
²Students were allowed to select more than one response

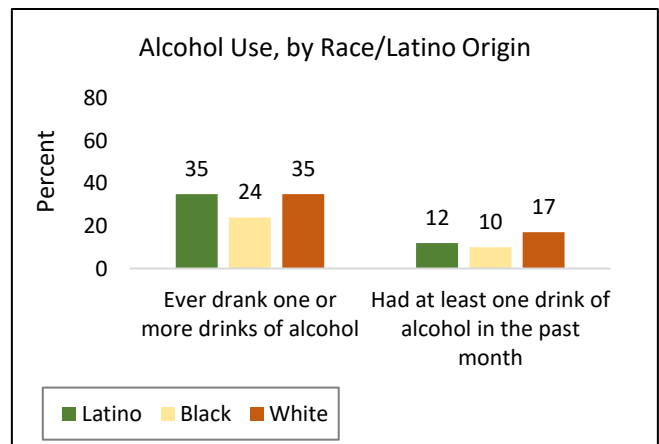
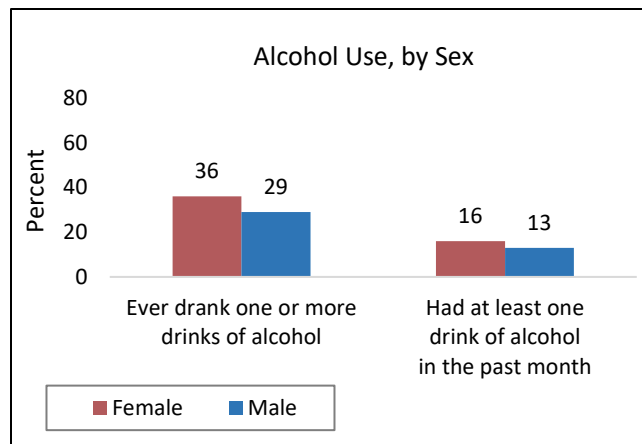
Alcohol Use

Question #	Students Reported They:	%
Q58	Ever drank one or more drinks of alcohol in their lifetime (not including for religious purposes)	32.7
Q58	Had their first drink of alcohol before age 13, other than a few sips	6
Q59	Had at least one drink of alcohol in the past month	14.5
Q60	Engaged in binge drinking one or more times during the past month (4 or more drinks of alcohol in a row, within a couple of hours)	8.3
Q93	Drank more alcohol during the COVID-19 pandemic than before it started, of those who ever drank alcohol- Agree or Strongly agree	26

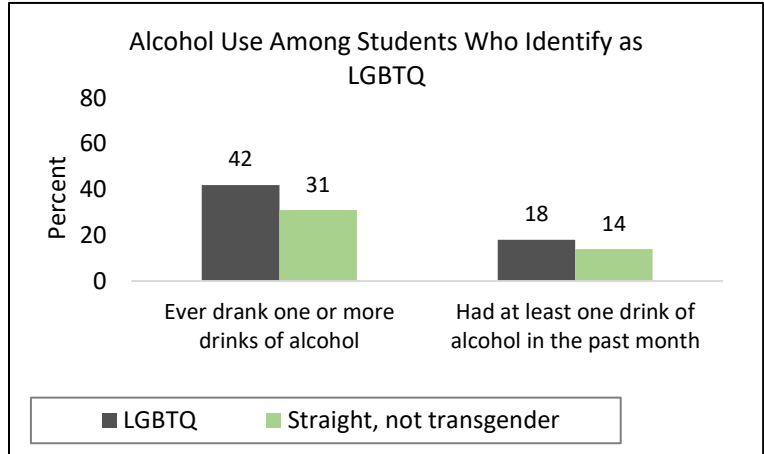
Reported alcohol use declined overall since 2015.



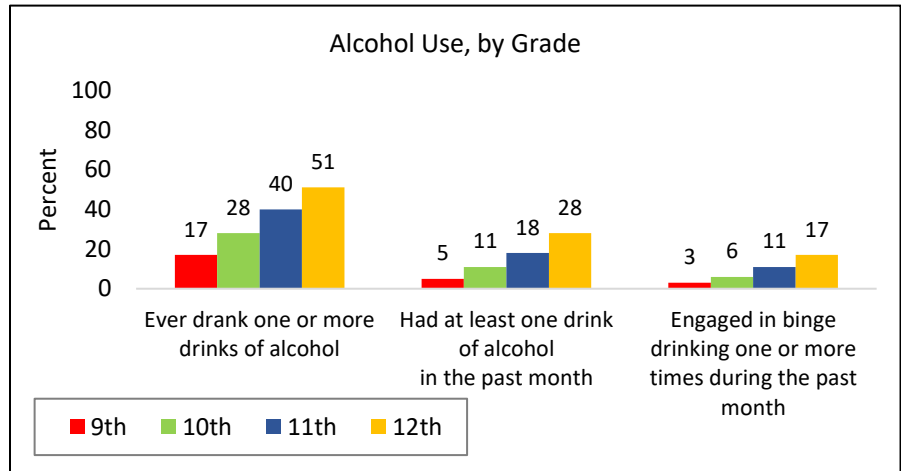
Females were more likely than males to report alcohol use. Latino and White students were more likely than Black students to report alcohol use.



Students who identify as LGBTQ were more likely to report alcohol use compared to students who identify as straight, not transgender.



Reported alcohol use increases with increasing grade.



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

Q61	How they usually got alcohol, reported by those who drank alcohol in past month	%
	A friend gave it to me	27.7
	A family member gave it to me	20.7
	I took it from my home, garage, porch or deck	18.5
	I got it some other way	13.1
	I gave someone else money to buy it for me	6.9
	I bought it in a store such as a liquor store, convenience store, supermarket, discount store, or gas station	6.5
	I took it from another person's home, garage, porch or deck	3.1
	I stole it	2.7
	I bought it at a restaurant, bar, club or a public event such as a concert or sporting event	0.9

*Trend data not available

Use of Other Drugs

Question #	Students Reported They:	%
Q66	Ever used cocaine ^{1,2}	1.4
Q67	Ever used heroin ²	1
Q68	Ever used ecstasy ²	1.4
Q69	Ever used hallucinogenic drugs such as LSD, acid, PCP, angel dust, mescaline or mushrooms ²	2.9
Q70	Ever injected any illegal drug into their body	0.9
Q71	Ever took any form of over-the-counter (OTC) drug to get high ²	2.7
Q72	Ever misused prescription PAIN MEDICINE (examples, OxyContin, Hydrocodone, Percocet) ^{2,3}	5
Q72	Ever misused prescription SEDATIVE MEDICINE (examples, Xanax, Zannie bars, Klonopin, K-pins, Valium) ^{2,3}	2.1
Q72	Ever misused prescription STIMULANT MEDICINE (examples, Adderall, Ritalin, and other ADHD medicine) ^{2,3}	4.6
Q72	Ever misused prescription PAIN, SEDATIVE AND/OR STIMULANT MEDICINE ^{2,3}	8.4
Q73	During the past year, were offered, sold, or given you any drugs on school property or on the way to/from school (count marijuana, cocaine, heroin, etc. and prescription medicines that were not yours) ³	7.8

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

²Changed to yes/no question

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

³Changed question to specify types of drugs

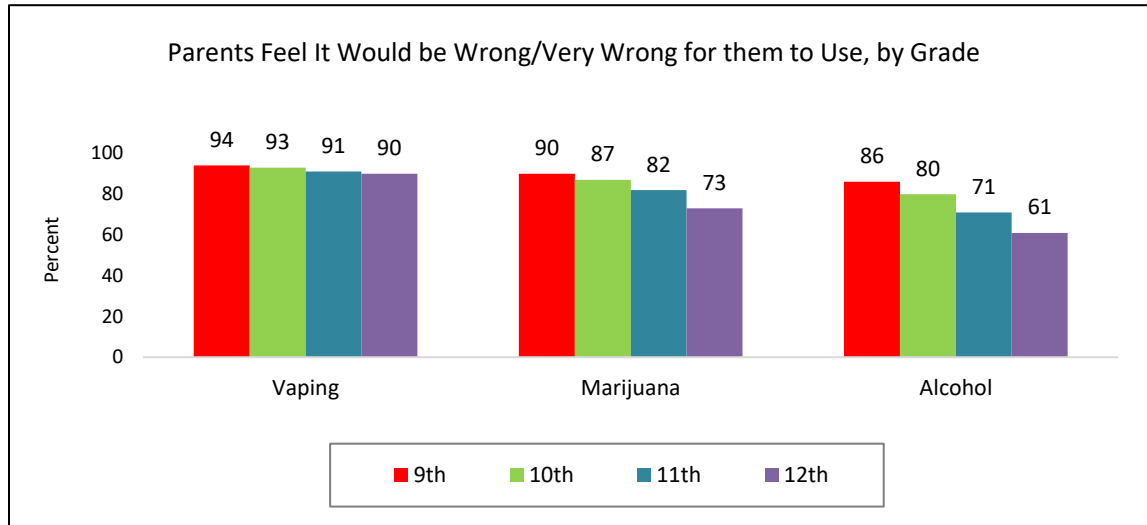
Reported use of other drugs declined overall since 2015.

Parental Influences

Question #	Students Reported Their Parents Feel:	%
Q84	It would be <u>very wrong</u> or <u>wrong</u> for them to use vape products	92
Q84	It would be <u>very wrong</u> or <u>wrong</u> for them to smoke	96.2
Q84	It would be <u>very wrong</u> or <u>wrong</u> for them to use marijuana	84.5
Q84	It would be <u>very wrong</u> or <u>wrong</u> for them to drink alcohol	75.4

Between 2017 and 2022, there was increase in students who reported that their parents feel it would be wrong/very wrong for them to use vape products from 83% to 92%.

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



Distracted Driving and Driving Under the Influence

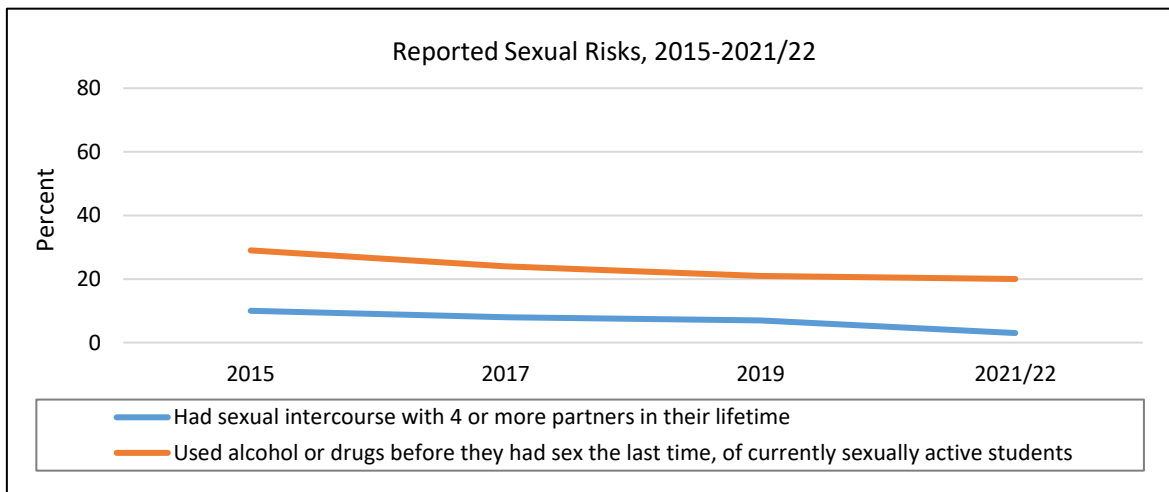
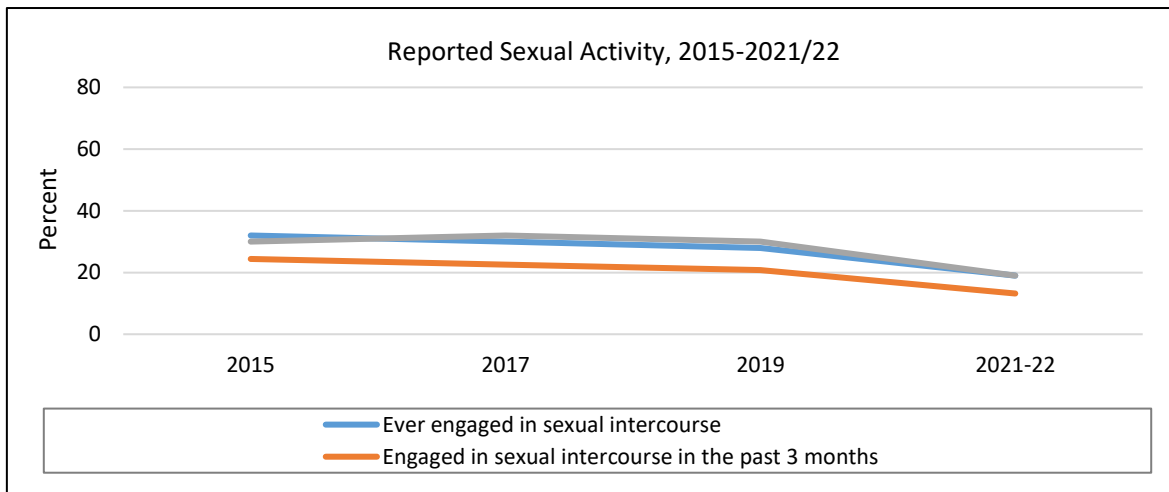
Question #	Students Reported They:	%
Q12	Looked at their phone to change the music, use social media or text, while driving a car or other vehicle - of those who drove in the past month [Distracted driving]	30
Q8	In the past month, rode in a car with a driver who had been drinking alcohol	8.5
Q9	Drove a car after drinking alcohol – of all students	1.6
Q9	Drove a car after drinking alcohol-only of those who drove in the past month	3.5
Q10	In the past month, rode in a car with a driver who had been using marijuana, pills or other drugs	8
Q11	Drove a car when they had been using marijuana, pills or other drugs– of all students	2.5
Q11	Drove a car when they had been using marijuana, pills or other drugs– only those who drove a car in the past month	5.4

Reported distracted driving was stable, while driving under the influence declined since 2015.

Sexual Risk Behaviors

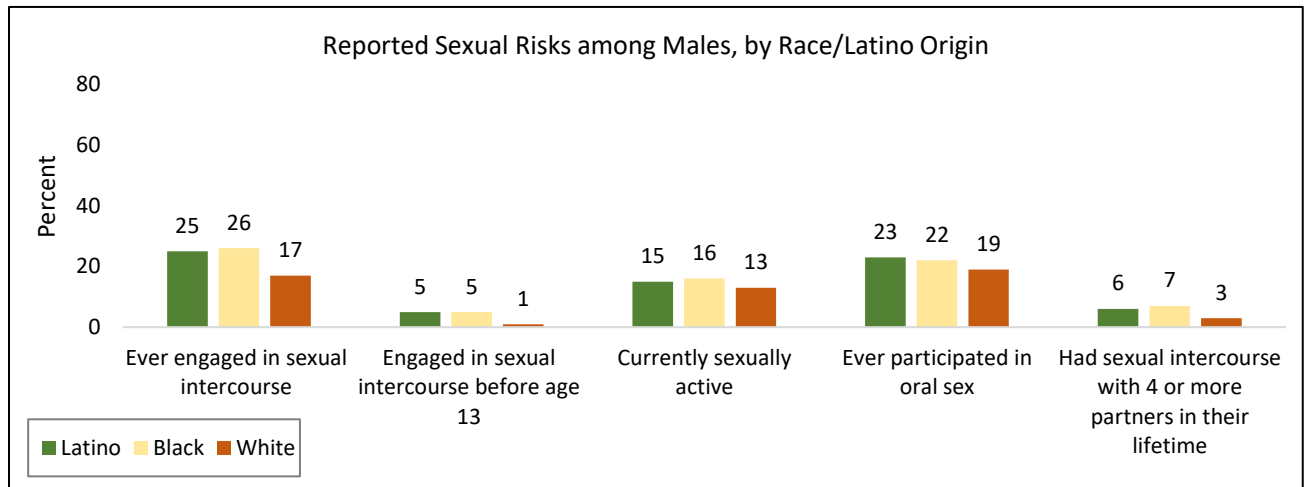
Question #	Students Reported They:	%
Q41	Ever engaged in sexual intercourse	18.7
Q42	Had sexual intercourse before age 13	2.3
Q44	Engaged in sexual intercourse in the past 3 months [currently sexually active]	13.2
Q43	Had sexual intercourse with 4 or more partners in their lifetime	3.4
Q45	Used alcohol or drugs before they had sex the last time, of currently sexually active students	20.3
Q49	Ever participated in oral sex	19.3
Q50	Participated in oral sex before age 13	2.3

Declines were seen in reported sexual activity and sexual risk behaviors.

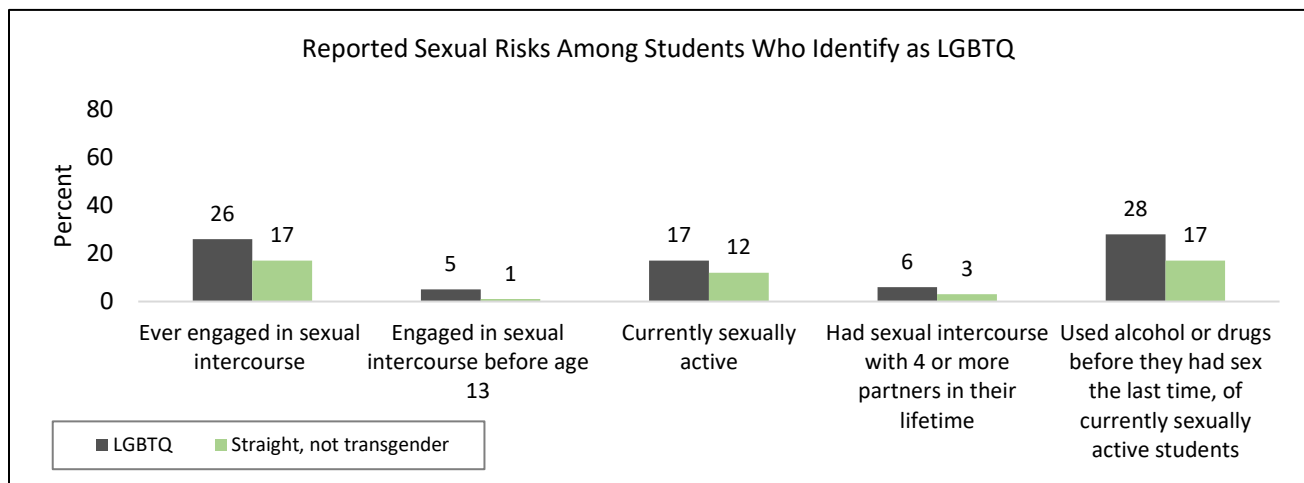


Males were more likely than females to report they engaged in sexual intercourse with 4 or more partners in their lifetime (4% compared to 2%)

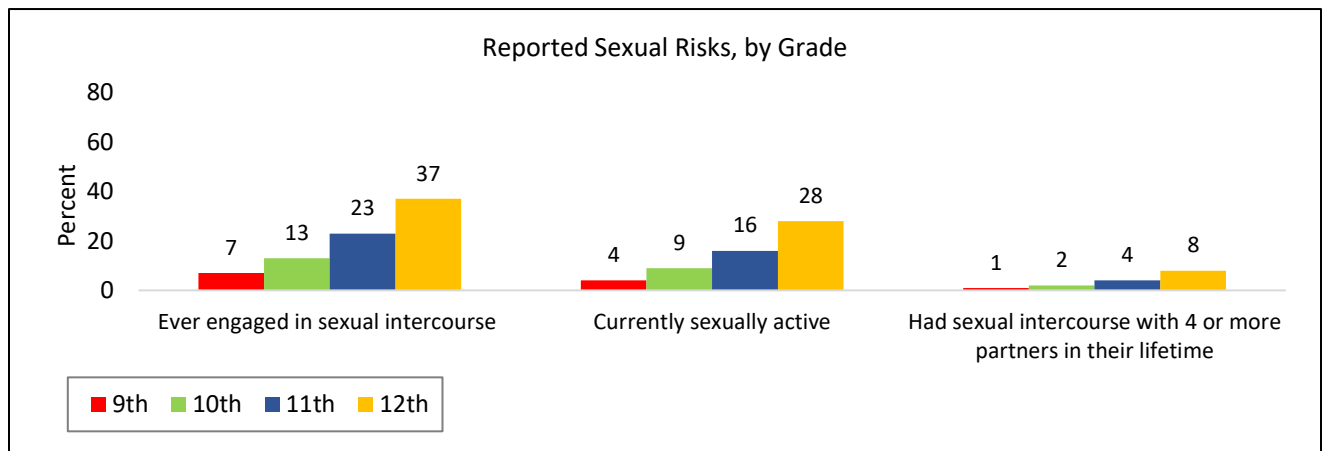
Black and Latino males were more likely than White males to report sexual risks.



Students who identify as LGBTQ were more likely to report sexual risks.



Reported sexual risks increase with increasing grade.

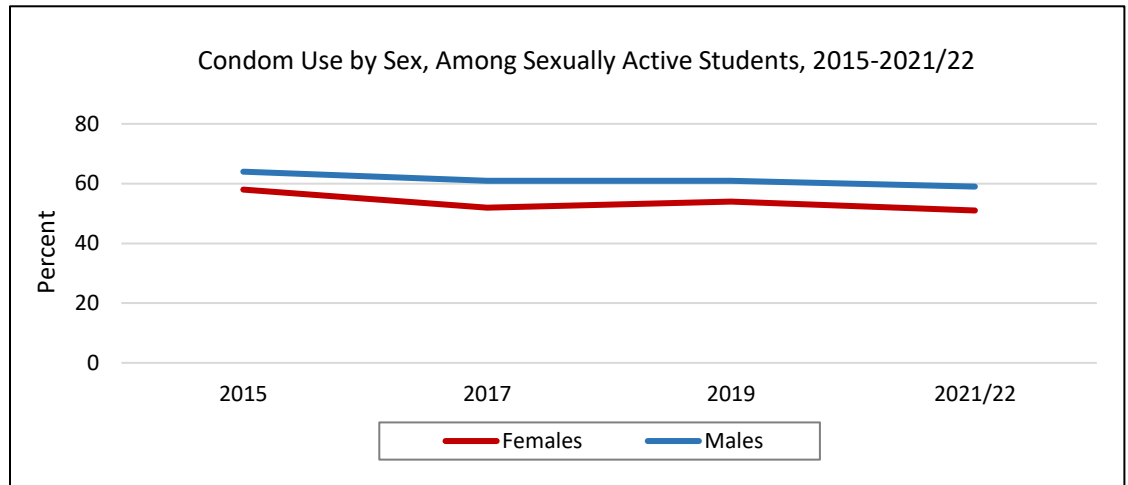


Prevention of Pregnancy and STDs

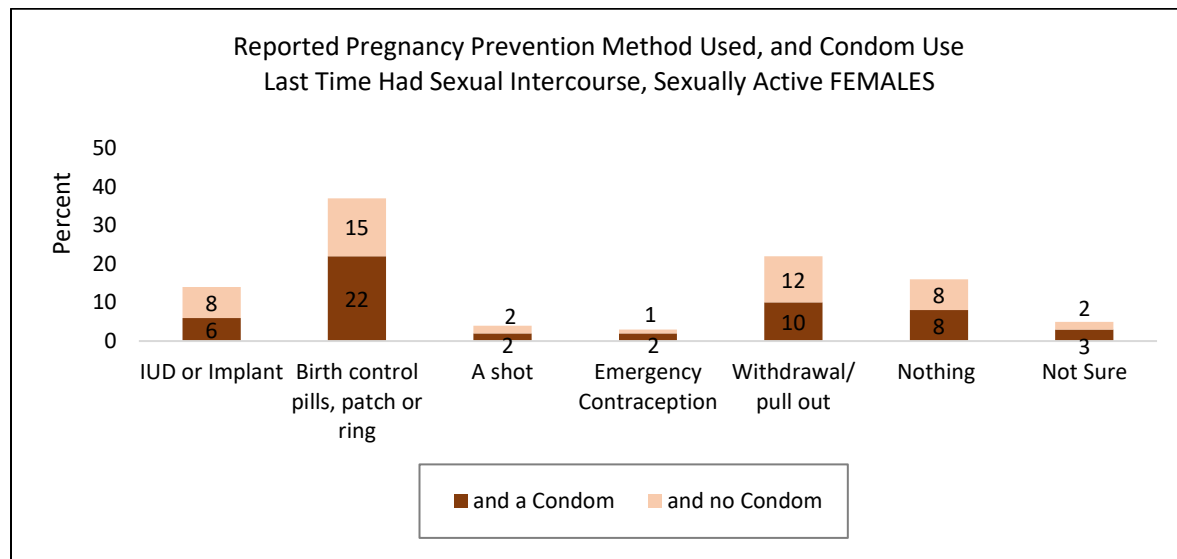
Of sexually active youth: (Q46)

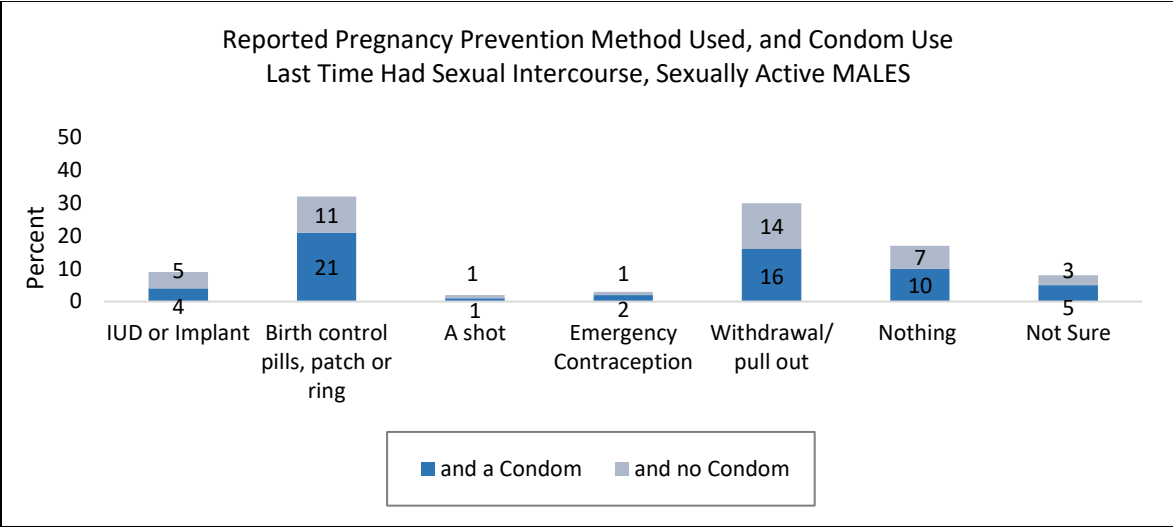
- 51% of females reported their partner used a condom the last time they had sex.
- 59% of males reported they used a condom the last time they had sex.

Reported condom use declined overall among both females and males



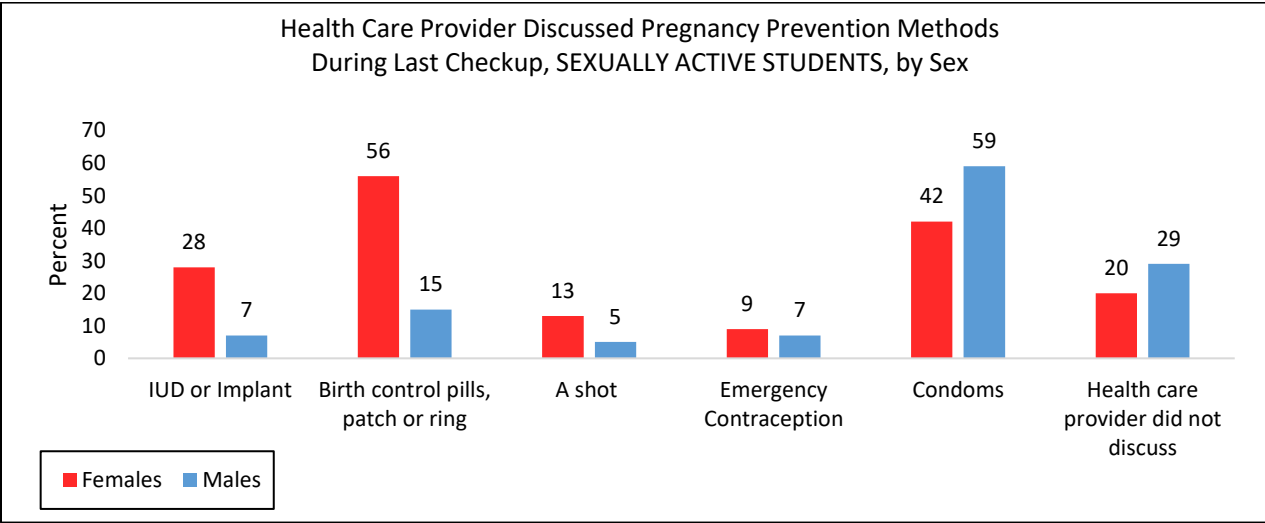
The graphics below and on the next page show the pregnancy prevention methods reported by sexually active youth. Of note, only 6% of sexually active females reported that long acting reversible contraception (an IUD or implant) and a condom were used the last time they had sexual intercourse.

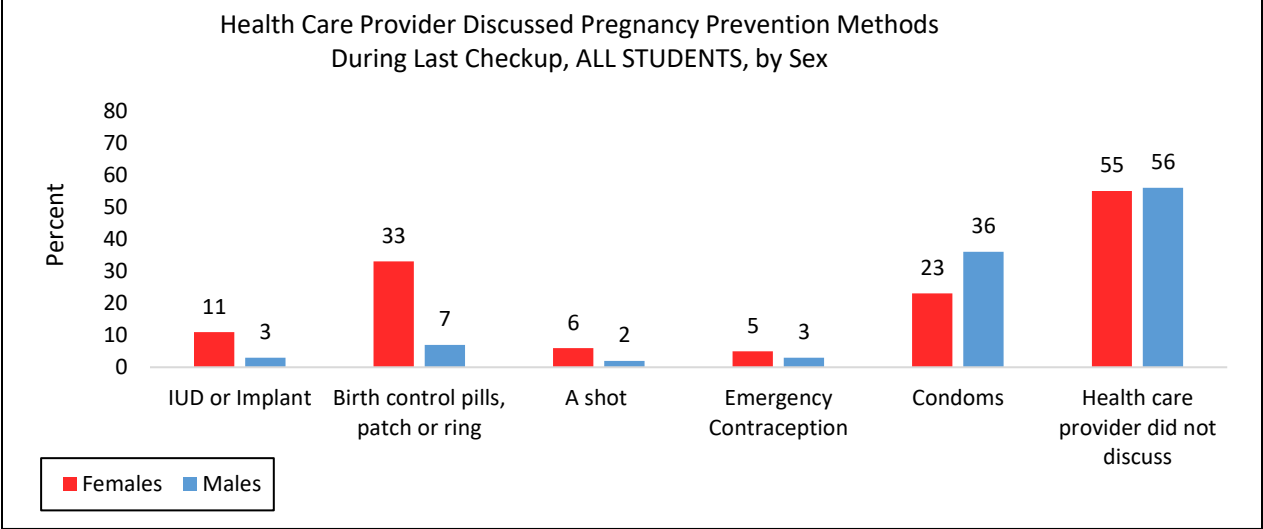




The graphics below and on the next page, show the proportions of sexually active students and all students, who reported their health care provider discussed various pregnancy prevention methods with them at their last checkup.

Females were more likely than males to report their doctor discussed various pregnancy prevention methods other than condoms. Males were more likely than females to report their health care provider discussed using a condom to prevent pregnancy. Sexually active males were more likely than sexually active females to report their doctor did not discuss any pregnancy prevention method with them.



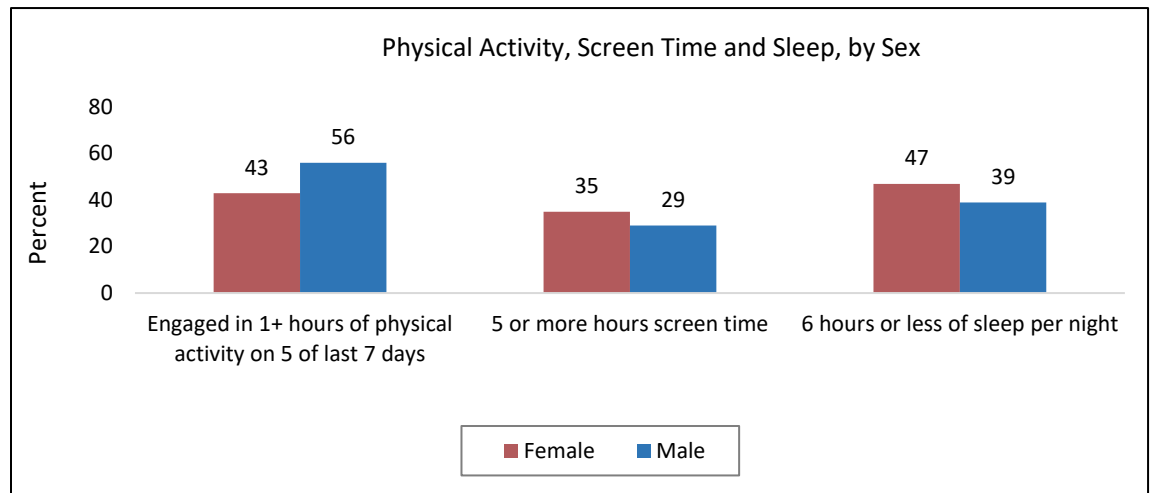


Physical Activity/Screen Time and Sleep

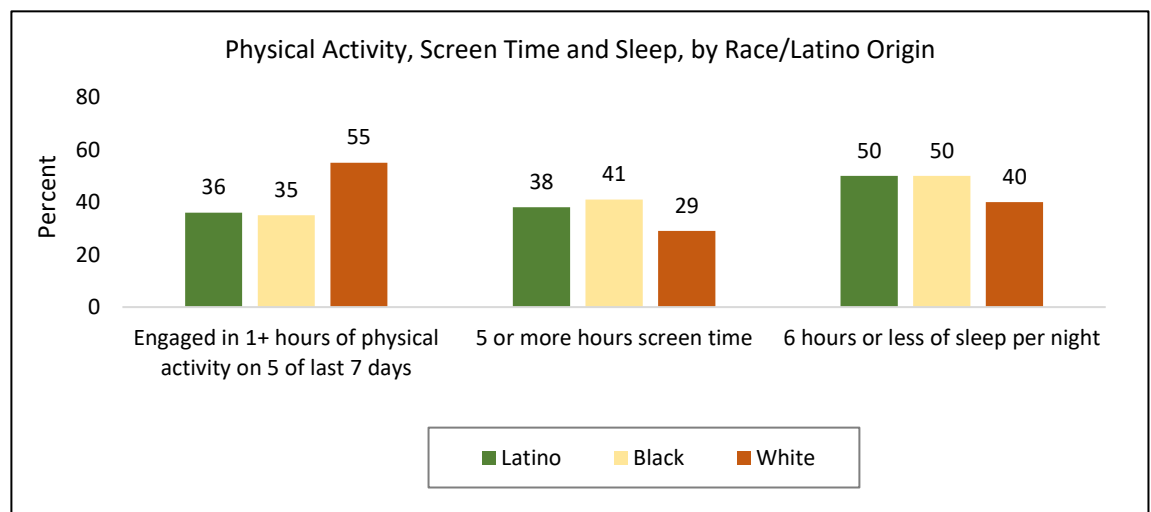
Question #	Students Reported They:	%
Q81	Engaged in one hour or more of physical activity daily during the past seven days	25.1
Q81	Engaged in one hour or more of physical activity daily during five of the past seven days	48.9
Q81	Did not engage in one hour of physical activity on any of the past seven days	14.4
Q82	On an average school day, spend 3 or more hours 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 ¹	73.8
Q82	On an average school day, spend 5 or more hours 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 ¹	32.5
Q83	Get 8 or more hours of sleep on an average school night	28.5
Q83	Get 6 or less hours of sleep on an average school night	43.1

¹Also called screen time. Does not count time spent on school work. This question changed so trend data are not available. In previous surveys, this was asked in 2 questions.

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



Black and Latino students were less likely than White students to report engaging in physical activity on 5+ days, and were more likely to report engaging in excessive screen time and getting less than 6 hours of sleep per night.

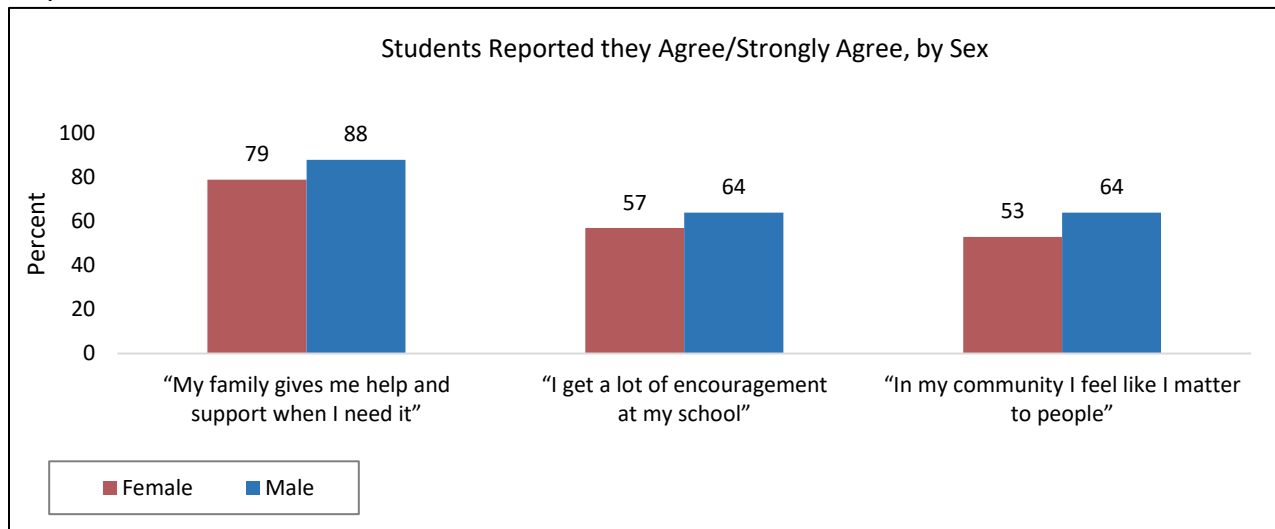


Assets

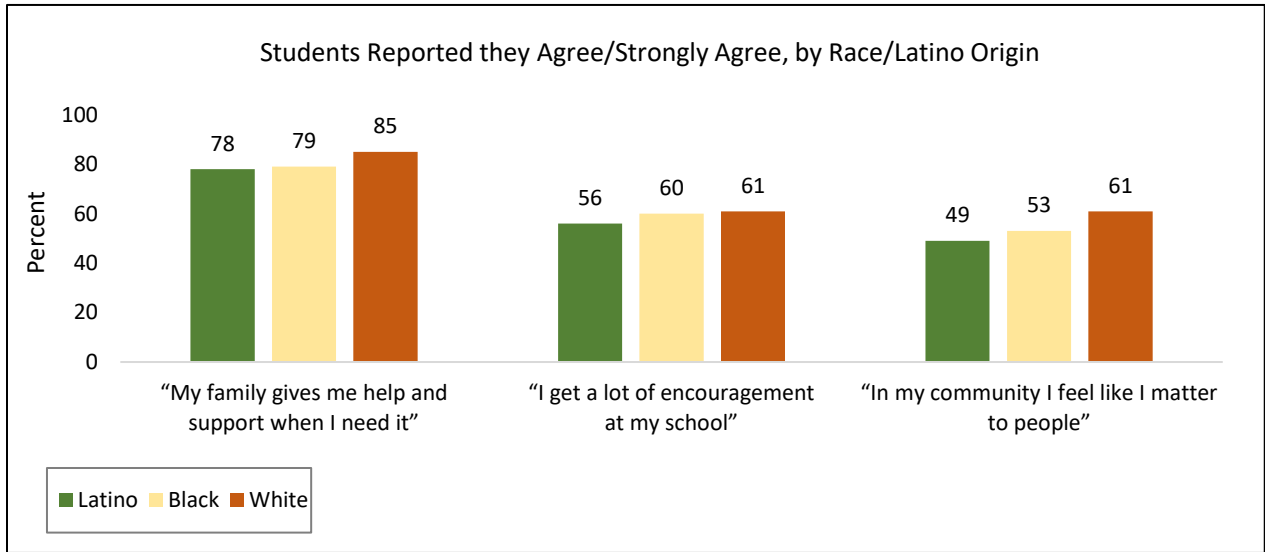
Question #	Students Reported They:	%
Q37	Agree or strongly agree with the statement “My family gives me help and support when I need it”	82.8
Q85	Agree or strongly agree with the statement “In my family there are clear rules about what I can and cannot do”	86.5
Q86	Agree or strongly agree with the statement “I get a lot of encouragement at my school”	59.8
Q87	Agree or strongly agree with the statement “In my community I feel like I matter to people”	57.5
Q88	Know of one or more adults (other than their parents) they can go to and discuss important questions about their life	81.8
Q89	Spend one or more hours per week helping others without getting paid (volunteering) ¹	36.3

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

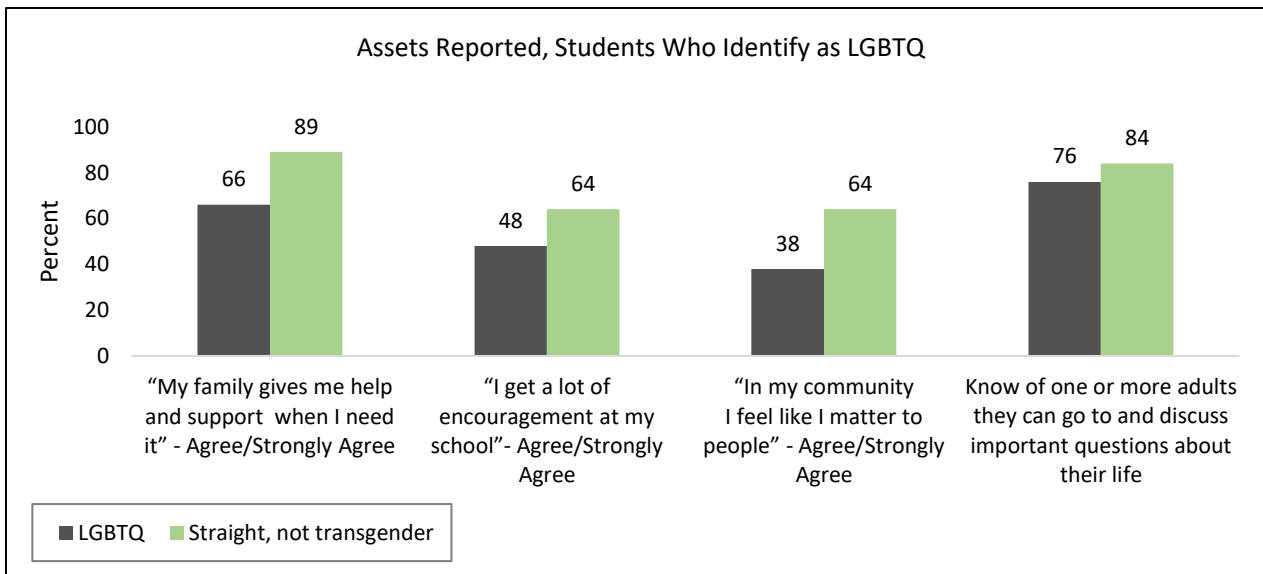
Females were less likely than males to report they get support and encouragement and feel like they matter.



Black and Latino youth were less likely than White youth to report they get support and encouragement and feel like they matter.



Students who identify as LGBTQ were less likely than those who identify as straight, not transgender to report they get support and encouragement and feel like they matter. They are also less likely to report having a supportive adult they can talk with.



Appendix A

Participation

- Of the 18 school districts in Monroe County, 17 school districts participated.
 - 15 suburban school districts administered the survey between October-December.
 - 1 suburban school district administered the survey in January.
 - Rochester City School District administered the survey in March.
- The response rate was calculated by dividing the number of surveys by enrollment. County-wide the response rate was 64%.
- 19,282 students participated in the 2021-22 school year.

Methodology

All surveys were administered using a confidential computer based survey platform. This year, we included all valid surveys in the analysis. In previous years, MCDPH used a random sample of surveys based on school enrollment, with a projected 5% margin of error and an 80% response rate. The change allowed for a larger sample size and a greater ability to examine sub-groups.

To track trends, MCDPH included all valid surveys from 2015, 2017, 2019 and 2021 and weighted them, adjusting the sample to match student enrollment.⁸ The raking method was used to weight by grade level, reported race, and location (city or suburb) to account for demographic differences between respondents and those who did not complete the survey. The weighted results did not significantly differ from the unweighted results, so MCDPH used the unweighted results in this report. Both results however, are included in Appendix B.

Demographic Characteristics of Respondents

A total of 19,282 students participated in the survey this year. The demographic characteristics of the sample are shown in the tables on the next page. Students that selected “Latino” were counted only in this category, regardless of which race they selected. Students that selected a single race and “not-Latino” were counted in the race category they selected. Those that selected multiple races and “not Latino” were counted in the “other races/more than one race” category. Students that selected all races and Latino origin were put into the missing category.

⁸ New York State Education Department enrollment was used to develop the weights. The 2021-22 school year enrollment was considered preliminary.

Sex	#	%
Female	9,509	49.4
Male	9,243	48
Preferred not to answer	491	2.6
Total	19,243	
Did not answer	39	

Race/Ethnicity	#	%
Latino	2,419	12.7
White, not Latino	11,790	61.8
Black, not Latino	2,554	13.4
Other races, and multiple races, not Latino	2,314	12.1
Total	19,077	
Unknown	205	

Age	#	%
13 or younger	207	1.1
14 years old	4,539	23.6
15 years old	5,252	27.3
16 years old	4,691	24.4
17 years old	3,906	20.3
18 years old or older	652	3.4
Total	19,247	
Did not answer	35	

Students Who Identify as LGBTQ

This year we included a question about whether or not students identify as transgender and a question about sexual orientation. In this report, students were considered identifying as LGBTQ group if they answered yes to the question are you transgender or non-binary and/or they answered gay, lesbian, bisexual or pansexual to the question “Which of the following describes you?” Below are the number and proportion of students that responded to these questions

Gender Identity	#	%
No I am not transgender or non-binary	16,826	89.3
Yes, I am transgender or non-binary	939	5
I am not sure if I am transgender or non-binary	540	2.9
I don't know what this question is asking	545	2.9
Did not answer	432	

Sexual Orientation	#	%
Heterosexual	13,618	73.7
Gay or lesbian	759	4.1
Bisexual	2,086	11.3
Pansexual	823	4.5
Not sure	1,203	6.5
Did not answer	793	

Data Limitations

- The overall response rate for participating districts was 64%, compared to 66% in 2019.
- The response rate for the suburban school districts was 74%, with a range of 38-90%. This is slightly lower than in 2019, when the response rate was 76%.
- The response rate of 35% in the Rochester City School District was much lower than the response rate in previous years, which ranged between 40-49%. In addition, the RCSD response rate for boys was significantly lower than for girls (31% and 38% respectively).
- Some school districts indicated they administered multiple surveys in the fall of 2021. As a result, districts believe some students may have had survey fatigue and chose not to participate or did not finish the YRBS. The low response rates, especially in the city, most likely impacted results.
- The survey did not include students who were not in school on the days the survey was administered, or students who had dropped out of school. The reasons youth are out of school are often related to the risk factors measured by the survey. These include mental health challenges, the threat of violence, substance use and teen pregnancy. Students who drop out or are frequently absent are more likely to experience health risks compared to other students.⁹
- The interpretation of questions may differ based on knowledge, experience, culture, and beliefs. For example, symptoms of depression such as sleeping too much may be interpreted as “a phase” or laziness, and therefore not recognized as a mental health issue. In cultures where mental health problems are viewed as a sign of weakness, students might not acknowledge the challenges they face. The sexual intercourse questions do not provide a definition of the behavior. Research has shown that adolescents may have varying definitions of what sexual intercourse is which can impact how they interpret the questions.¹⁰

⁹ Centers for Disease Control and Prevention. Health risk behaviors among adolescents who do and do not attend school—United States, 1992. [September 8, 2020]; *Morbidity and Mortality Weekly Report*. 1994 **43**(8):129–132. <https://www.cdc.gov/mmwr/preview/mmwrhtml/00025174.htm>

¹⁰ Diamond LM, Savin-Williams RC. In: Handbook of adolescent psychology: Individual bases of adolescent development. Lerner RM, Steinberg L, editors. Hoboken, NJ: John Wiley & Sons, Inc; 2009. Adolescent sexuality; pp. 479–524.

Comparison to National and State Youth Risk Behavior Surveys

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

- While many of the CDC survey questions were included in the local survey, some were slightly modified. MCDPH also inserted some of its own questions to reflect local concerns.
- The local survey did not include internal reliability checks.¹¹
- The local survey report includes all public school district students who completed the survey on the days that it was administered. The national YRBS uses a 3-stage cluster sampling design to create a nationally representative sample.
- The CDC report used weighted results based on sex, race/ethnicity and grade, and adjusts for school and student nonresponse.
- Students filling out the national survey generally used paper and pencil. In Monroe County, they used a confidential online portal.

¹¹ Internal reliability checks: Sets survey response to “Missing” when the responses are not consistently answered. For example, the responses of a student who reports vaping in the past month and reports never having vaped are set to “Missing.”

Appendix B

The following table show trend data, when available, for the MC YRBS and includes unweighted and weighted results by year of survey administration. The weighting methodology is described on page 40 of the report.

Students Reported They:	U=Unweighted W=Weighted	2015	2017	2019	2021
Felt so sad or hopeless almost every day for two or more weeks in a row that they stopped doing their usual activities, in the past year	U	27.4	28	31.9	31.6
	W	27.3	27.7	31.6	32
Have serious difficulty concentrating, remembering, or making decisions because of mental, or emotional challenges*	U			37.7	40.1
	W			36.6	39.7
During the COVID-19 pandemic, mental health was not good, most of the time or always	U				33.8
	W				33.4
Did something to purposely hurt themselves without wanting to die, such as cutting or burning themselves during the past 12 months	U			12.9	14.5
	W			12.4	14.0
Seriously considered attempting suicide in the past year	U	13.9	14.3	15.1	14.5
	W	13.6	13.8	14.7	14.3
Made a specific plan about how they would attempt suicide in past year	U	10.3	10.3	10.8	10.2
	W	10.1	9.9	10.5	10.1
Attempted suicide in the past year	U	7.6	6.5	6.7	5.7
	W	7.3	6.3	6.7	5.9
Attempted suicide in the past year that resulted in an injury that needed treatment by a doctor or nurse	U	3.4	2.5	2.3	1.9
	W	3.2	2.4	2.2	1.8
Often or repeatedly a parent or adult in their home swore at them, insulted them or put them down (verbal abuse)	U	14.7	13.5	12.7	11.6
	W	14.4	13.2	12.4	11.2
Often or repeatedly a parent or adult in their home hit, beat, kicked or physically hurt them in any way (physical abuse)	U	3.3	2.6	2	1.7
	W	3	2.4	2	1.7
Often or repeatedly parents or adults in their home hit, beat, kicked or beat each other up	U	2.8	2.1	1.6	1.5
	W	2.5	2.1	1.6	1.5
Often or repeatedly, their family has not had enough money to buy food or pay for housing	U	5	4.8	4.3	3.3
	W	4.8	4.7	4.4	3.4
Ever lived with anyone who was an alcoholic, problem drinker, used illegal street drugs, took prescription drugs to get high, or was a problem gambler	U	20.9	20.7	20.6	16.8
	W	20.8	20.5	20.2	16.7

Students Reported They:	U=Unweighted W=Weighted	2015	2017	2019	2021
Have ever lived with anyone who was depressed, mentally ill or suicidal	U	22.1	24.1	27.2	28.2
	W	21.8	23.5	26.6	27.7
Ever had anyone in their household go to jail or prison	U	19.2	15.5	15.3	12.1
	W	19.6	16.7	16.7	13.8
Ever witnessed someone get shot, stabbed or beaten in their neighborhood	U	17.3	13	13	9.7
	W	17.6	14.2	14.6	11.3
They were ever forced to do any of the following: have sexual intercourse, touch someone sexually, or be touched by someone sexually	U	10.7	8.6	9.1	9.8
	W	10.6	8.6	8.9	9.6
They disagree or strongly disagree with the statement, “my family gives me the help and support I need”	U	7.7	5.9	5.8	6.3
	W	7.4	5.9	5.9	6.5
They currently do not live with both parents	U	38.8	37.6	37.4	35.4
	W	39.8	40	40.5	39.8
Reported ACES 1 or more	U	68.8	62.4	63.1	59.5
	W	69.3	64.2	65.3	62.8
Reported ACES 3 or more	U	25.9	21.9	22.3	19.6
	W	25.9	22.4	23	20.6
Carried a weapon in the past month	U	13.5	13.8	11.4	9.4
	W	13	13.4	11.1	9.2
Carried a weapon on school property in the past month	U	4.6	3.6	2.6	1.4
	W	4.2	3.4	2.6	1.3
Carried a gun in the past year	U		3.6	2.8	2.1
	W		3.4	2.8	2
Engaged in a physical fight in past year	U	20	17.8	17.9	11.5
	W	20	18.3	18.4	12.2
Did not go to school on one or more days in the past month because they felt unsafe	U	7.1	6.1	7.3	8.2
	W	6.6	5.9	7.3	8.8
Were threatened/injured on school property 1 or more times during past year	U	7	5.1	6.1	5.5
	W	6.6	4.9	5.9	5.5
Were bullied on school property or on the way to and from school in the past 12 months. (Bullying is when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student. It is not bullying when 2 students of about the same strength or power, argue, fight or tease each other in a friendly way.)	U			18.5	13.4
	W			17.7	13
In the past year, were physically hurt by someone they were dating, “talking to” or going out with	U	7.8	6.7	5.6	3.9
	W	7.5	6.6	5.8	4.1
Were ever forced to do any of the following: have sexual intercourse, touch someone sexually, or be touched by someone sexually	U	10.7	8.6	9.1	9.8
	W	10.6	8.6	8.9	9.6
Were cyber bullied in the past 12 months [Cyber bullying is when another student teases, threatens, spreads rumors about you, or sends pictures or videos of you, through texting, gaming sites, or social media websites like Facebook, Tik Tok, Twitter, Discord, Instagram, SnapChat, You Tube etc.]	U	17.9	17.5	16.9	14.1
	W	17.5	16.9	16.1	13.5

Students Reported They:	U=Unweighted W=Weighted	2015	2017	2019	2021
Ever used a cell phone, computer or other electronic device to <u>SEND/POST</u> nude or semi- nude pictures or videos of themselves or someone else	U	17	21.9	18	13.3
	W	16.9	21.5	17.7	13.2
Ever used a cell phone, computer or other electronic device to <u>RECEIVE</u> nude or semi- nude pictures or videos of someone else	U		30.4	25.2	18.2
	W		30.1	25.1	18.2
Gambled one or more times the past 12 months (gambled on the Internet (example Draft Kings), gambled on a sports team, gambled when playing cards or a dice game, or bet on a game of personal skill such as pool or a video game)	U			10.9	8.8
	W			10.5	8.3
Ever used a vape product	U	31.6	31.5	36.2	22.6
	W	31.4	30.3	34.8	23.4
Used an vape product before age 13	U	3.7	4	4.4	3.6
	W	3.3	3.7	4.1	3.3
Used an vape product before age 13	U	3.7	4	4.4	3.6
	W	3.3	3.7	4.1	3.3
Used vape product on one or more of the past 30 days	U	20.1	19.8	22.2	12.1
	W	19.8	18.8	21.3	12.6
Used vape daily during the past 30 days	U	4	3.5	5.4	3.6
	W	3.7	3.3	5.1	3.5
Ever tried smoking cigarettes, even one or two puffs	U			13	7.2
	W			13	7.3
Tried cigarette smoking, even one or two puffs, before age 13	U			5.2	2.8
	W			5.2	2.9
Smoked cigarettes on one or more days in the past 30 days [Current smoker]	U	7.8	5.1	3.3	1.7
	W	7.5	4.8	3.3	1.5
Smoked cigars or Black & Milds in the past month	U	10.8	8.2	5.1	1.8
	W	10.7	8.1	5.3	1.8
Ever used marijuana	U	31	29.8	29.5	19.9
	W	31.7	30.4	30.3	21.3
Used marijuana before age 13	U	6.4	5.2	4.7	2.7
	W	6.2	5.3	4.8	2.8
Used marijuana in the past month [Current users]	U	20	19	19.1	12.6
	W	20.2	19.4	19.6	13.5
Used marijuana more during the COVID-19 pandemic than before it started, of those who ever used marijuana, of those who ever used marijuana - Agree or Strongly agree	U				47
	W				46.2
Ever used CBD (cannabidiol) in any form (edibles, vapes, liquid, lotion, etc.)	U				47
	W				46.2
Ever drank one or more drinks of alcohol in their lifetime (not including for religious purposes)	U	50.2	48.7	42.5	32.7
	W	50.8	48	42.4	32.6
Had their first drink of alcohol before age 13, other than a few sips	U	11.7	10.6	10.0	6.0
	W	11.2	10.2	9.7	6.0

Students Reported They:	U=Unweighted W=Weighted	2015	2017	2019	2021
Had at least one drink of alcohol in the past month	U	27.2	26.2	21.7	14.5
	W	27.4	25.7	21.4	14.5
Engaged in binge drinking one or more times during the past month (4 or more drinks of alcohol in a row, within a couple of hours)	U			11.2	8.3
	W			11.1	8.2
Drank more alcohol during the COVID-19 pandemic than before it started, of those who ever drank alcohol- Agree or Strongly agree	U				26
	W				25.4
Ever used cocaine	U		3.7	2.7	1.4
	W		3.5	2.6	1.3
Ever used heroin	U	3.9	2.6	2	1
	W	3.5	2.4	1.9	0.9
Ever used ecstasy	U	5.6	3.6	2.8	1.4
	W	5.1	3.4	2.8	1.4
Ever used hallucinogenic drugs such as LSD, acid, PCP, angel dust, mescaline or mushrooms	U	6.5	5.1	4.3	2.9
	W	6.1	4.8	4.1	2.7
Ever injected any illegal drug into their body	U	3.1	2.3	1.6	0.9
	W	2.7	2.1	1.6	0.8
Ever took any form of over-the-counter (OTC) drug to get high	U	6.6	5.7	5.3	2.7
	W	6.2	5.4	5.1	2.6
Ever misused prescription PAIN MEDICINE (examples, OxyContin, Hydrocodone, Percocet)	U			9.2	5
	W			9.2	5.3
Ever misused prescription SEDATIVE MEDICINE (examples, Xanax, Zannie bars, Klonopin, K-pins, Valium)	U			4.6	2.1
	W			4.5	1.9
Ever misused prescription STIMULANT MEDICINE (examples, Adderall, Ritalin, and other ADHD medicine)	U			7.1	4.6
	W			6.9	4.5
Ever misused prescription medicine -PAIN, SEDATIVE AND/OR STIMULANT MEDICINE	U			14.1	8.4
	W			14	8.6
During the past year, were offered, sold, or given you any drugs on school property or on the way to/from school (count marijuana, cocaine, heroin, etc. and prescription medicines that were not yours)	U				7.8
	W				7.7
Parents feel it would be wrong or very wrong to: drink alcohol	U		70.4	75.2	75.4
	W		70.9	75.5	75.2
Parents feel it would be wrong or very wrong to: smoke cigarettes	U		94.6	96.4	96.2
	W		94.6	96.4	96
Parents feel it would be wrong or very wrong to: use marijuana	U		84.1	84.8	84.5
	W		83.7	84.2	83
Parents feel it would be wrong or very wrong to: use a vape product	U		83.1	87.5	92
	W		83.4	87.6	91.1
Looked at their phone to change the music, use social media or text, while driving a car or other vehicle - of those who drove in the past month (distracted driving)	U		30.7	28.5	30
	W		30	28.3	29.9

Students Reported They:	U=Unweighted W=Weighted	2015	2017	2019	2021
In the past month, rode in a car with a driver who had been drinking alcohol	U	16.9	15	13	8.5
	W	16.6	14.7	13	8.9
Drove a car after drinking alcohol – of all students	U		3.8	2.9	1.6
	W		3.6	2.9	1.6
Drove a car after drinking alcohol-only of those who drove in the past month	U		7.1	5.8	3.5
	W		6.6	5.5	3.3
In the past month, rode in a car with a driver who had been using marijuana, pills or other drugs	U	17.3	15.4	14.9	8
	W	17.3	15.5	15	8.4
Drove a car when they had been using marijuana, pills or other drugs– of all students	U		6.6	5.9	2.5
	W		6.4	5.9	2.4
Drove a car when they had been using marijuana, pills or other drugs– only those who drove a car in the past month	U		12.2	11.5	5.4
	W		11.7	11.3	5.1
Ever engaged in sexual intercourse	U	32.2	29.7	28.4	18.7
	W	33.3	31	29.9	19.9
Had sexual intercourse before age 13	U	5.4	4.0	3.5	2.3
	W	5.3	4.3	3.6	2.3
Engaged in sexual intercourse in the past 3 months [currently sexually active]	U	24.4	22.6	20.8	13.2
	W	25	23.5	21.8	13.8
Had sexual intercourse with 4 or more partners in their lifetime	U	9.8	7.9	6.5	3.4
	W	9.9	8.3	6.9	3.4
Used alcohol or drugs before they had sex the last time, of currently sexually active students	U	28.7	23.7	21	20.3
	W	27.3	22.6	19.9	19.1
Ever participated in oral sex	U	30.3	32	29.7	19.3
	W	30.7	32.2	30.4	19.9
Participated in oral sex before age 13	U		3.7	3.3	2.3
	W		3.7	3.4	2.2
Used a condom the last time they had sex of those currently sexually active	U	59.9	55.8	57.4	53.8
	W	60.5	56.1	57.3	53.6
Engaged in one hour or more of physical activity daily during the past seven days	U	22.2	21.4	22.4	25.1
	W	22	21.1	21.7	23.9
Engaged in one hour or more of physical activity daily during five of the past seven days	U	44.6	42.5	44.2	48.9
	W	44.2	41.5	42.4	46.5
Did not engage in one hour of physical activity on any of the past seven days	U	18.1	19.4	16.8	14.4
	W	18.3	20.8	18.9	16.4
On an average school day, spend 3 or more hours 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 (also called “screen time”) (not counting time spent doing schoolwork)	U				73.8
	W				73.2
On an average school day, spend 5 or more hours in front of a TV, computer, smart phone or other electronic device	U				32.5
	W				33.3

Students Reported They:	U=Unweighted W=Weighted	2015	2017	2019	2021
Get 8 or more hours of sleep on an average school night	U	27.5	26.9	26.8	28.5
	W	27.3	27.1	27.1	28.4
Get 6 or less hours of sleep on an average school night	U	45.1	46.1	45.1	43.1
	W	45.3	46.3	45.5	43.9
Agree or strongly agree with the statement "My family gives me help and support when I need it"	U	82.3	84.6	84.4	82.8
	W	82.8	84.5	84.1	82.5
Agree or strongly agree with the statement "In my family there are clear rules about what I can and cannot do"	U	82.8	84.7	86.5	86.5
	W	83.1	84.9	86.3	86.2
Agree or strongly agree with the statement "I get a lot of encouragement at my school"	U	65.6	65	62.6	59.8
	W	66.1	65.2	63	60
Agree or strongly agree with the statement "In my community I feel like I matter to people"	U	57.7	59.2	58.1	57.5
	W	57.8	59.1	58	56.5
Know of one or more adults (other than their parents) they can go to and discuss important questions about their life	U	82.7	82.9	83	81.8
	W	83.1	83	82.6	81.6
Spend one or more hours per week helping others without getting paid (volunteering) (Count such things as helping out at church/temple/mosque, a hospital, daycare center, food shelf, youth program, community service agency or doing other things to make your city/town a better place for people to live)	U	53.6	52.3	54.2	36.3
	W	53.6	52	53.9	36.1