



Partnering with Schools to Promote Adolescent Health and Well-being

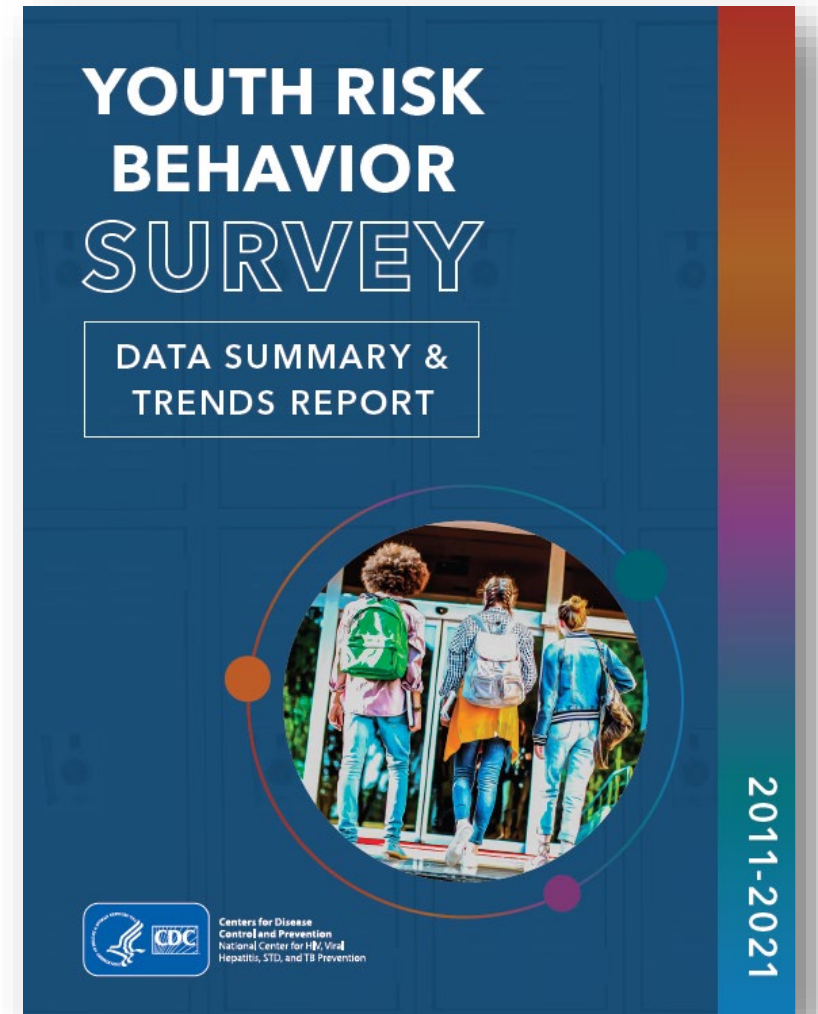
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National Center for HIV, Viral Hepatitis, STD, and TB Prevention

YRBS Data Summary & Trends Report

- Highlights key data on health risk behaviors and experiences among high school students
 - **Sexual behavior**
 - **Substance use**
 - **Experiences of violence**
 - **Mental health and suicidality**
 - **New and emerging national data**



Sexual Behavior

The Percentage of High School Students Who:*	2011 Total	2013 Total	2015 Total	2017 Total	2019 Total	2021 Total	Trend
Ever had sex	47	47	41	40	38	30	
Had four or more lifetime sexual partners	15	15	11	10	9	6	
Were currently sexually active	34	34	30	29	27	21	
Used a condom during last sexual intercourse	60	59	57	54	54	52	
Used effective hormonal birth control	–	–	–	–	–	33	–
Used a condom and effective hormonal birth control (dual use)	–	–	–	–	–	10	–
Were ever tested for HIV	13	13	10	9	9	6	
Were tested for STDs during the past year	–	–	–	–	9	5	

LEGEND



In wrong direction









No change






In right direction

Source: National Youth Risk Behavior Surveys, 2011-2021

Substance Use







The Percentage of High School Students Who:*	2011 Total	2013 Total	2015 Total	2017 Total	2019 Total	2021 Total	Trend
Currently drank alcohol	39	35	33	30	29	23	
Currently used marijuana	23	23	22	20	22	16	
Currently used an electronic vapor product	–	–	24	13	33	18	
Ever used select illicit drugs	19	16	13	13	13	13	
Ever misused prescription opioids	–	–	–	14	14	12	
Currently misused prescription opioids	–	–	–	–	7	6	

LEGEND




	In wrong direction
	No change
	In right direction

Source: National Youth Risk Behavior Surveys, 2011-2021

Experiences of Violence

The Percentage of High School Students Who:*	2011 Total	2013 Total	2015 Total	2017 Total	2019 Total	2021 Total	Trend
Were threatened or injured with a weapon at school	7	7	6	6	7	7	
Did not go to school because of safety concerns	6	7	6	7	9	9	
Were electronically bullied	16	15	16	15	16	16	
Were bullied at school	20	20	20	19	20	15	
Were ever forced to have sex	8	7	7	7	7	8	
Experienced sexual violence by anyone	–	–	–	10	11	11	

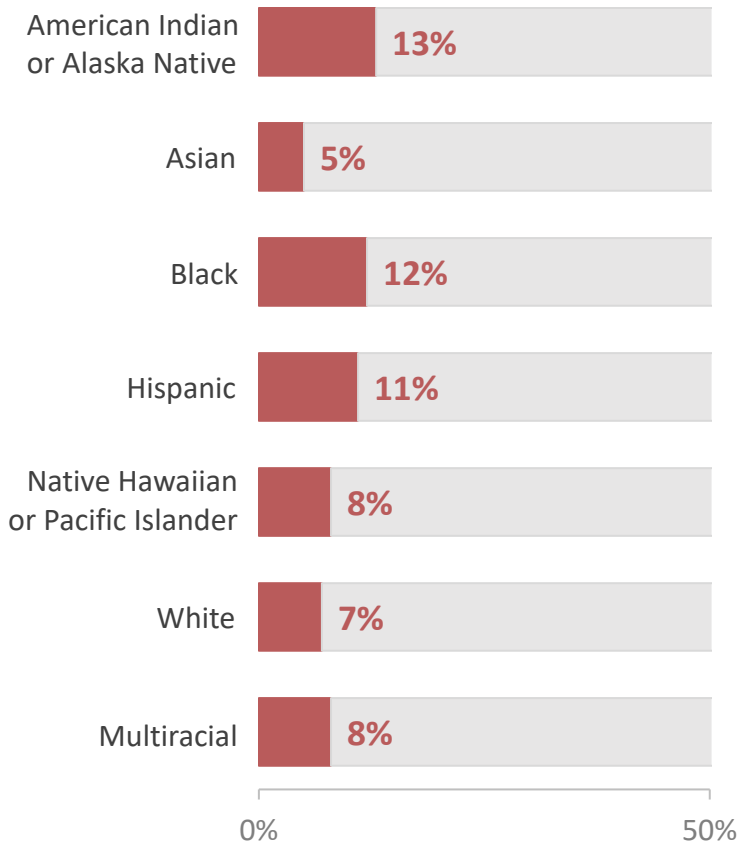
LEGEND

	In wrong direction
	No change
	In right direction

Source: National Youth Risk Behavior Surveys, 2011-2021

Experiences of Violence – Data Snapshot

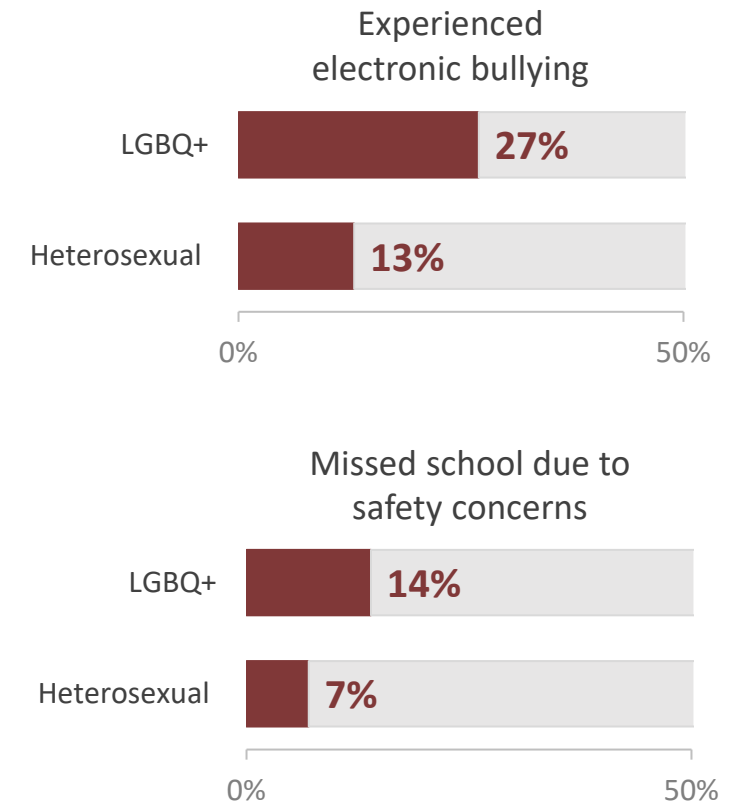
Black and Hispanic students were significantly more likely to miss school due to safety concerns








Female students experienced substantial sexual violence






LGBQ+ students experienced more violence than their heterosexual peers



Mental Health and Suicidality

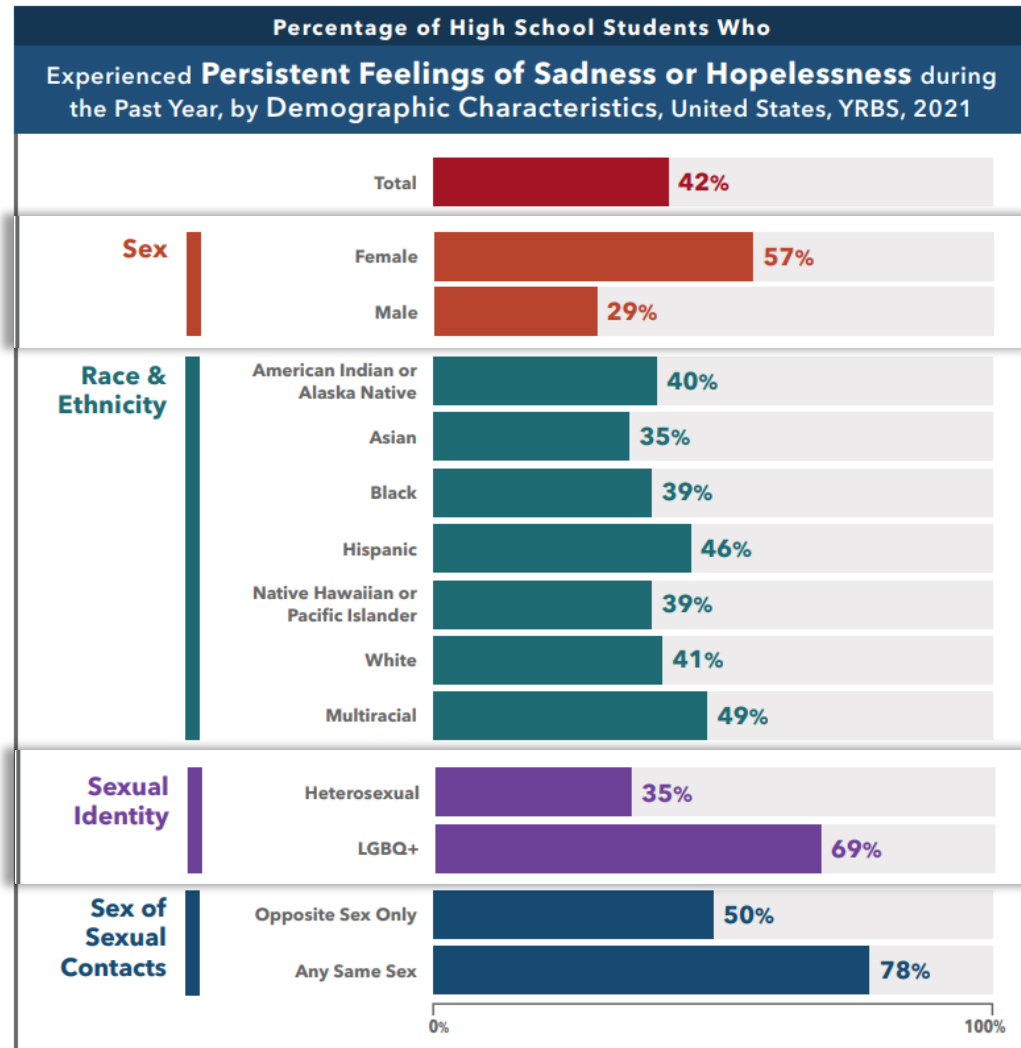
The Percentage of High School Students Who:*	2011 Total	2013 Total	2015 Total	2017 Total	2019 Total	2021 Total	Trend
Experienced persistent feelings of sadness or hopelessness	28	30	30	31	37	42	
Experienced poor mental health	–	–	–	–	–	29	–
Seriously considered attempting suicide	16	17	18	17	19	22	
Made a suicide plan	13	14	15	14	16	18	
Attempted suicide	8	8	9	7	9	10	
Were injured in a suicide attempt that had to be treated by a doctor or nurse	2	3	3	2	3	3	

LEGEND

	In wrong direction
	No change
	In right direction

Source: National Youth Risk Behavior Surveys, 2011-2021

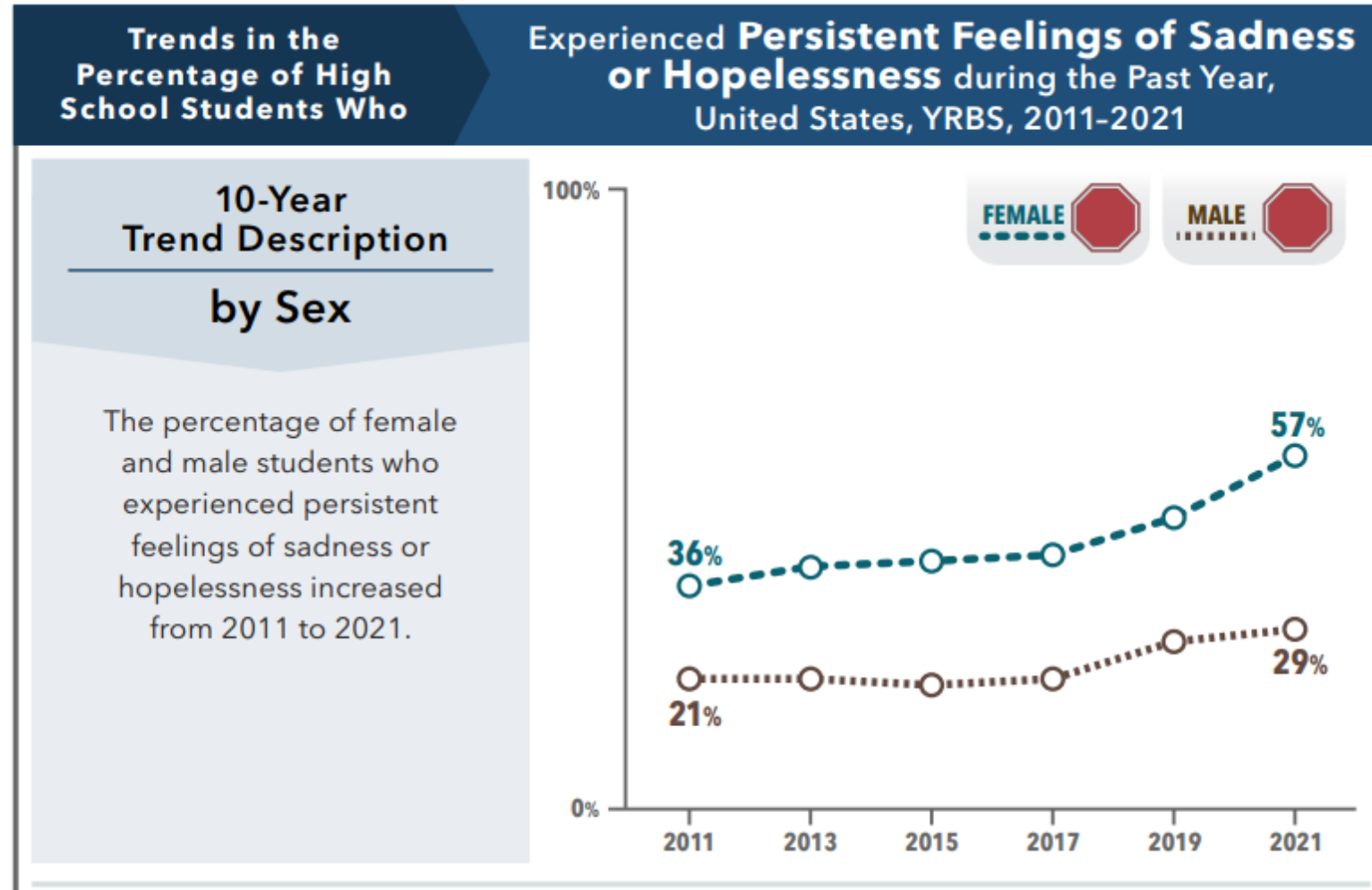
Female and LGBTQ+ students experienced higher levels of depressive symptoms



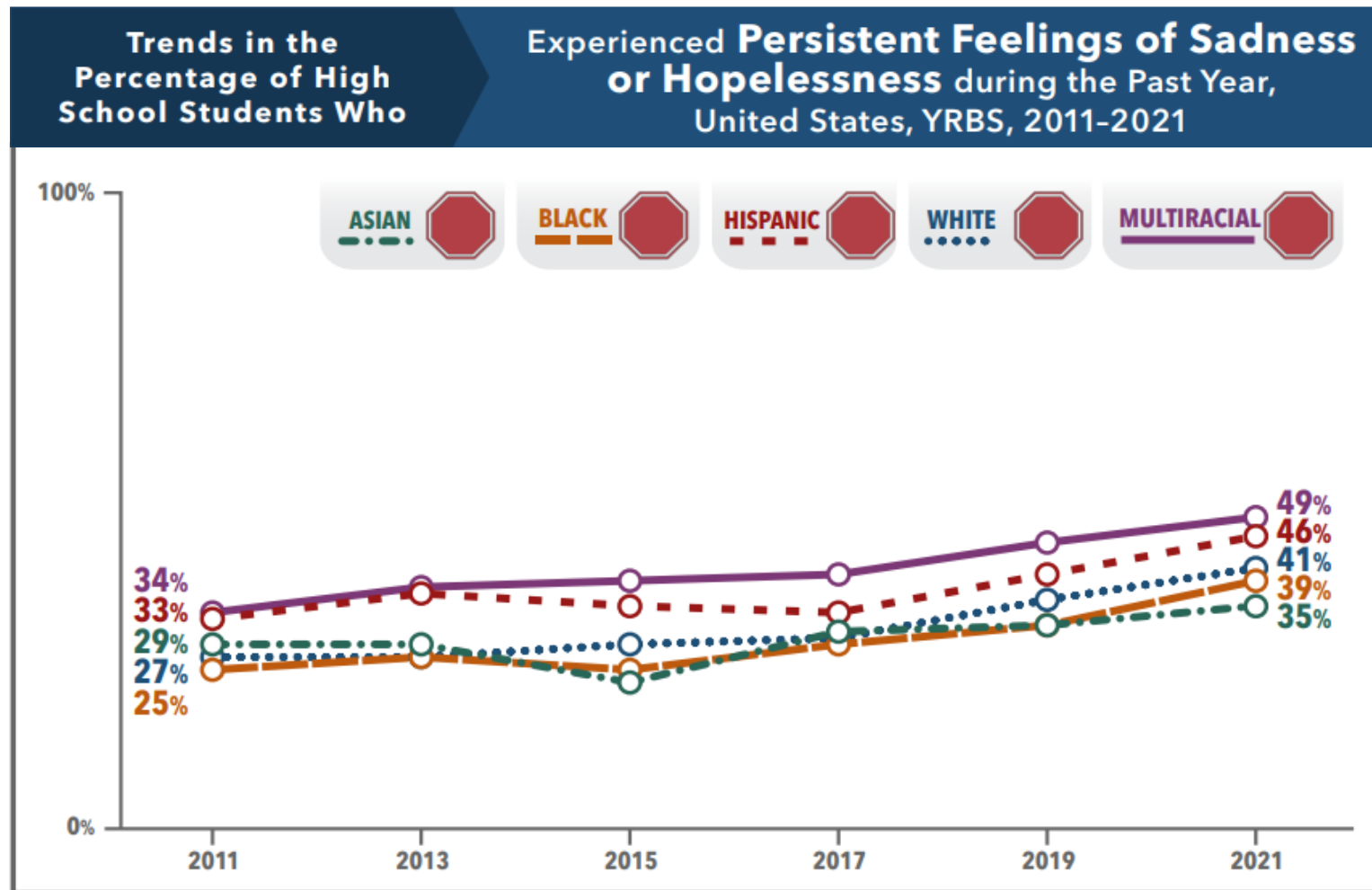
57% of female students felt persistently sad or hopeless compared to 29% of male students.

69% of LGBTQ+ students felt persistently sad or hopeless compared to 35% of heterosexual students.

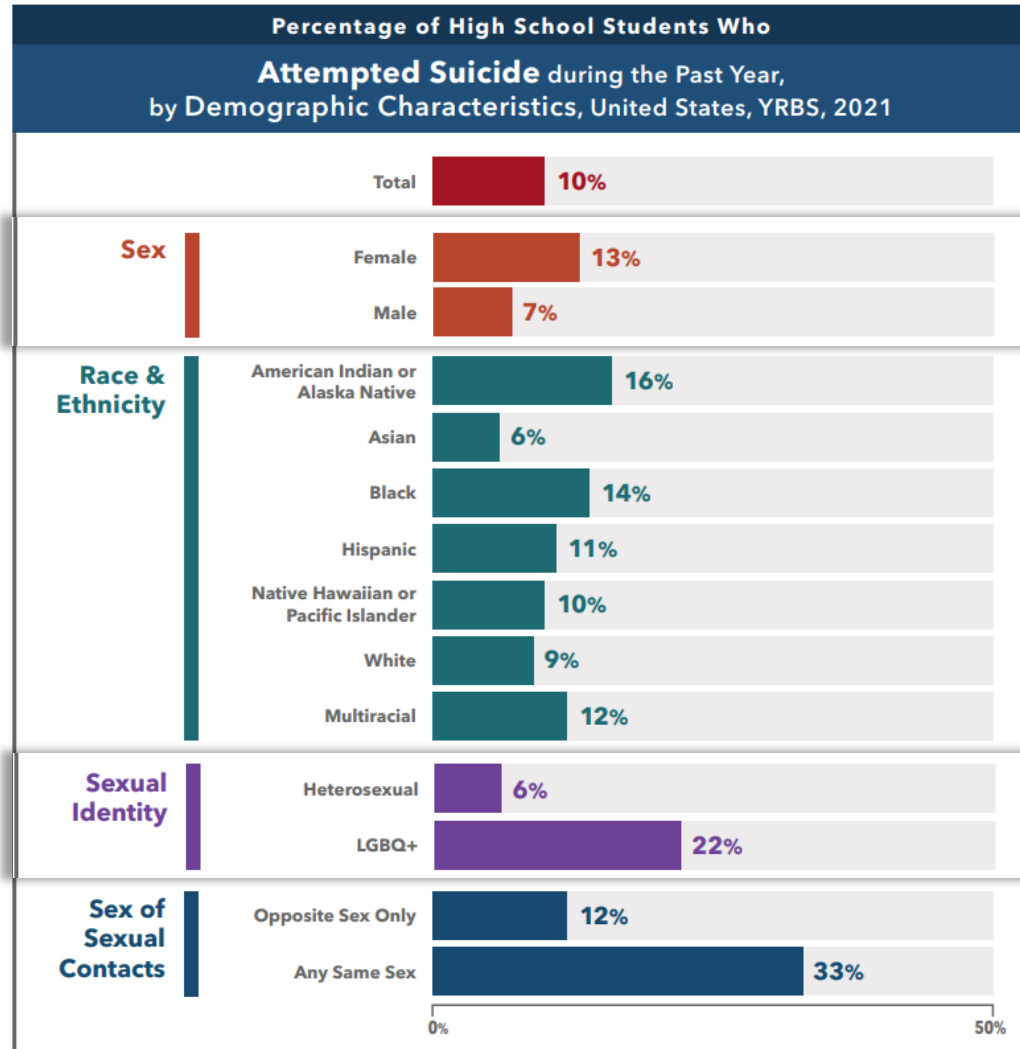
The disparity in depressive symptoms between male and female students is significant



Depressive symptoms increased among all racial and ethnic groups of students



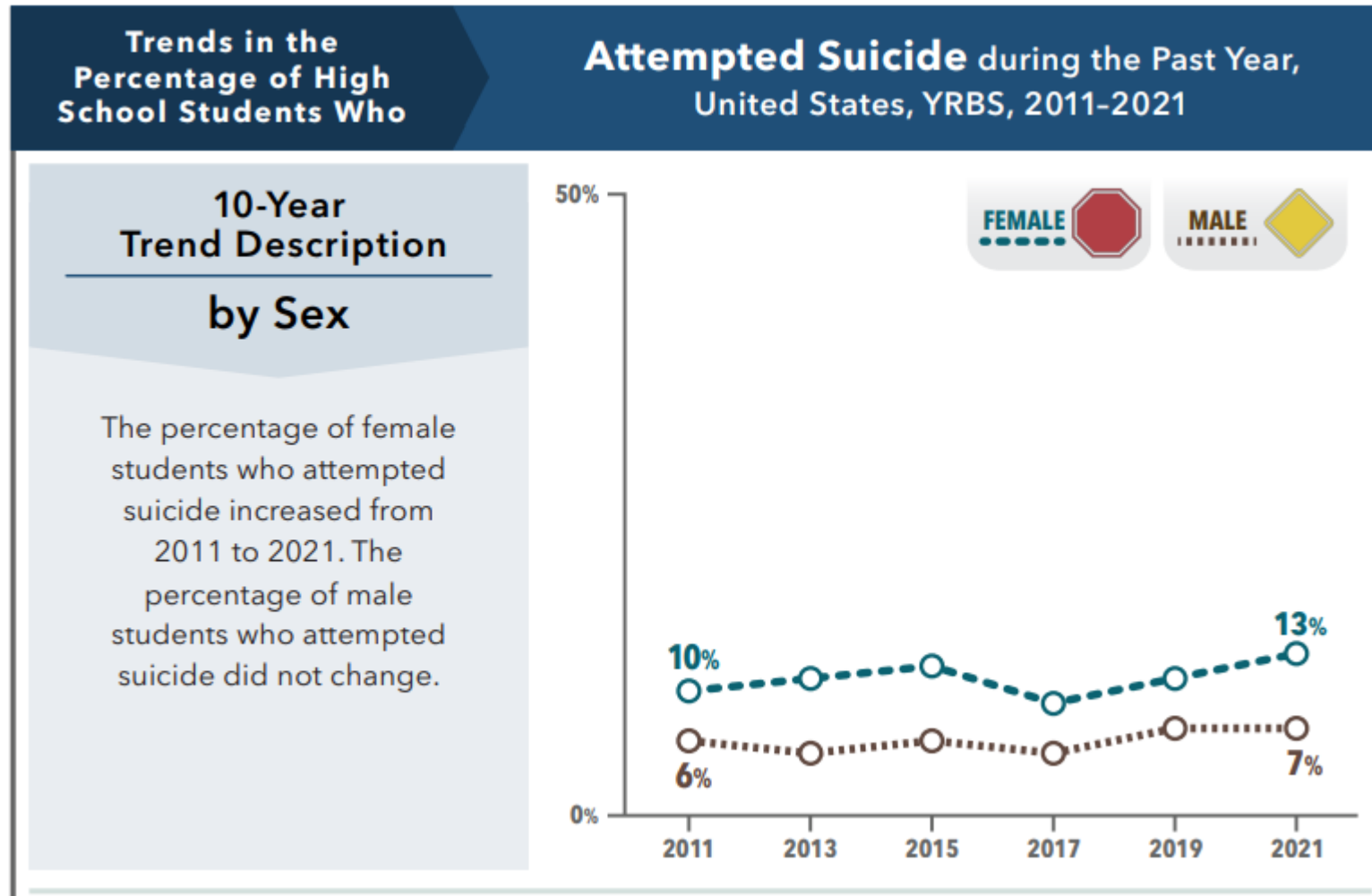
Female and LGBTQ+ students were more likely to attempt suicide



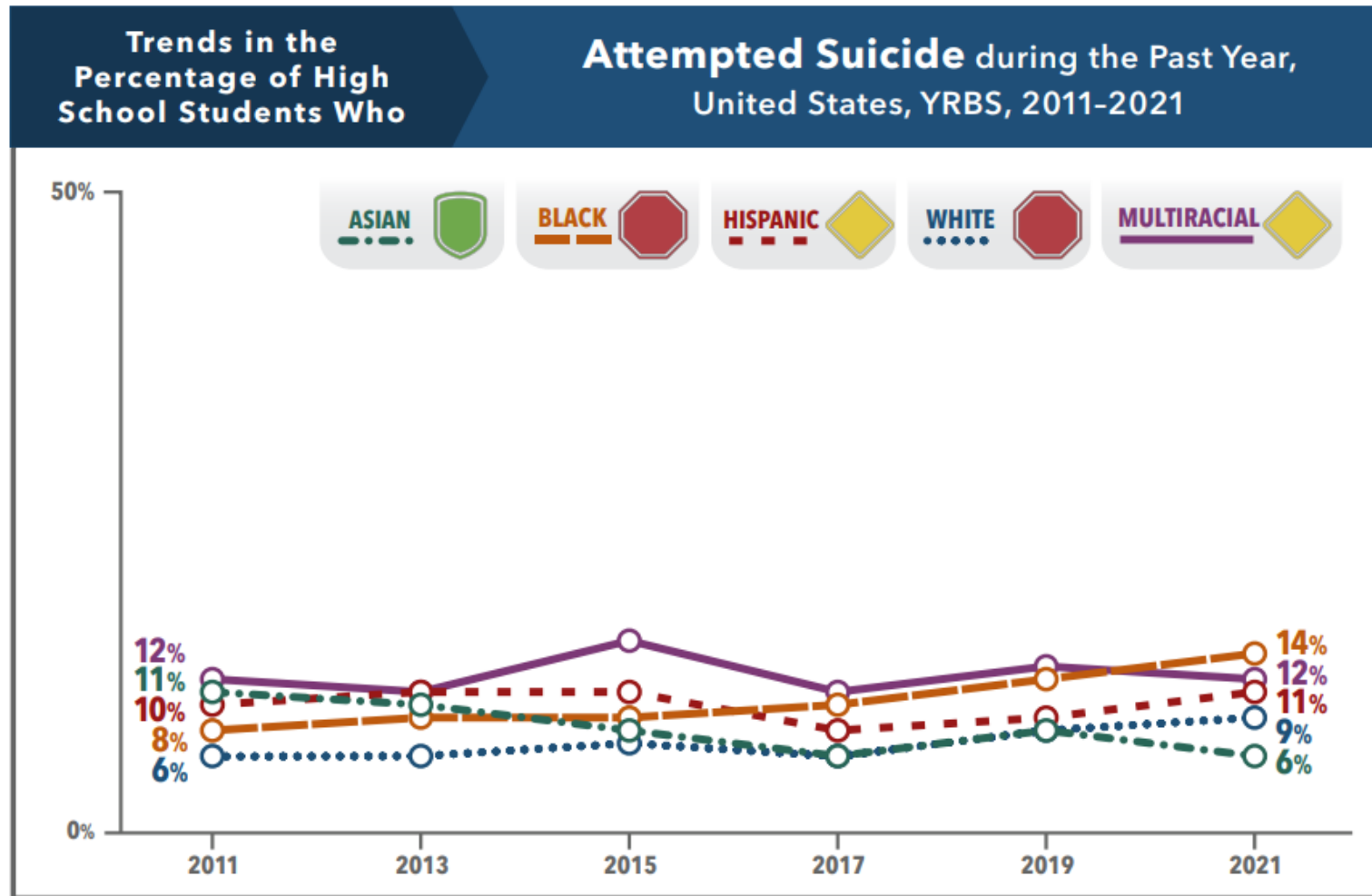
13% of female students attempted suicide compared to 7% of male students.

22% of LGBTQ+ students attempted suicide compared to 6% of heterosexual students.


Suicide attempts among female students continue to increase



Black and White students experienced increases in suicide attempts



Summary

- Adolescent mental health continues to worsen.
 - Female students are experiencing substantially more violence, poor mental health, and suicidal thoughts and behaviors than their male peers. They are also using more substances.
 - Disparities between LGBTQ+ students and their heterosexual peers remain significant and concerning.
 - Patterns of disparities are less consistent for race and ethnicity, but equally important to understand.
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Adolescents are experiencing a level of distress that calls on us to act.

School-based prevention strategies are effective



CDC's *What Works in Schools* program improves adolescent health and well-being

In schools implementing this approach within CDC-funded districts, students were **less likely** to:



HAVE EVER
HAD SEX



HAVE 4+
SEXUAL
PARTNERS



BE CURRENTLY
SEXUALLY
ACTIVE



MISS SCHOOL
BECAUSE
OF SAFETY
CONCERNS

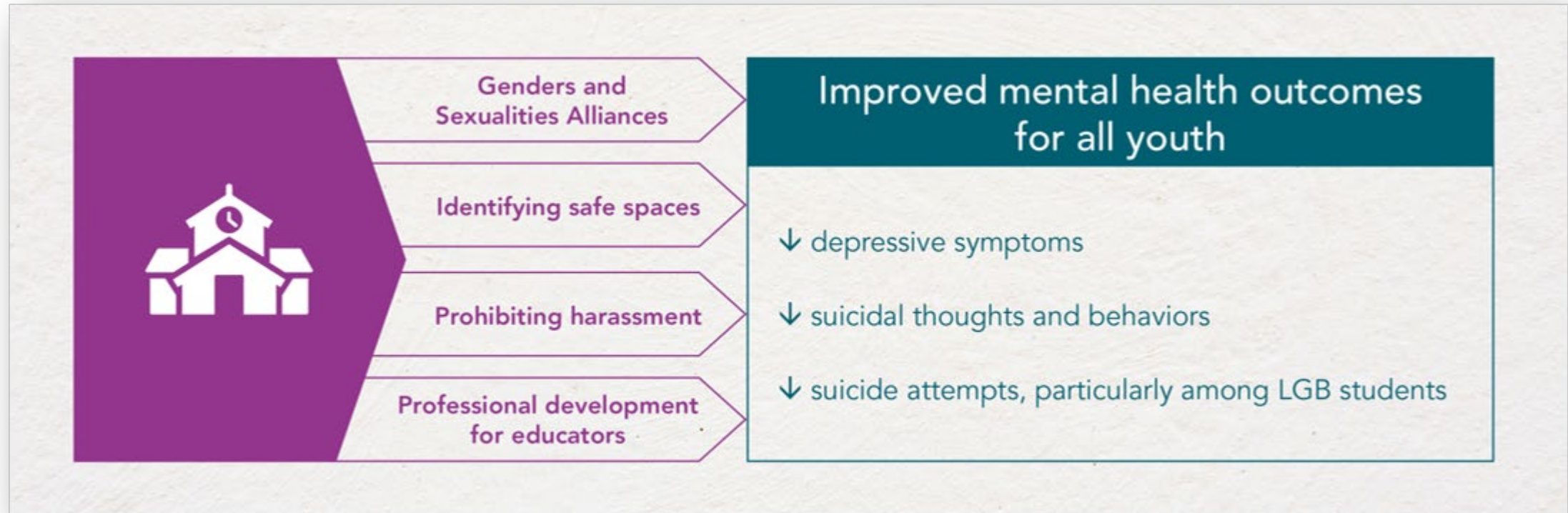


BE FORCED TO
HAVE SEX



USE
MARIJUANA

LGBTQ-supportive school policies and practices support all students



Kaczowski, W., Li, J., Cooper, A. C., & Robin, L. (2022). Examining the Relationship Between LGBTQ-Supportive School Health Policies and Practices and Psychosocial Health Outcomes of Lesbian, Gay, Bisexual, and Heterosexual Students. *LGBT health*, 9(1), 43–53. <https://doi.org/10.1089/lgbt.2021.0133>

Success in School Districts

- San Diego Unified School District **leveraged community partnerships** to provide a series of online trainings and discussions to support staff mental health.
- Portland Public Schools partnered with a nonprofit organization to provide **mindfulness education classes for students** and mindfulness training for school staff.
- Chicago Public Schools released guidelines outlining **gender-affirming policies and practices in schools** and provided a toolkit and training for staff to support gender diversity in schools.

Questions?