YOUTH RISK BEHAVIOR SURVEY

Boulder Valley Highlights
Quick YRBS Overview

• Data collected in BVSD every two years since 2001.

• The survey is administered to a random sample of classrooms to students in grades 7 – 12.

• The survey includes all BVSD middle and high schools, except for Justice High, Boulder Prep, and Halcyon.

• Response rates – 86% for middle school, 81.8% for high school.

• The results are generalizable to the entire population from which the sample was drawn.
## New Questions in 2011

### Middle School
- Electronically bullied
- Threatened or injured because of gang activity
- Took prescription drugs without prescription

### High School
- Texting or emailing while driving
- Harassed on school property
- Harassed on way to/from school
- Threatened or injured because of gang activity
- Current heavy cigarette use
- # of days ate breakfast
- Went hungry because not enough food in the house
- Last physical exam when not hurt
- Last dental exam
Areas to Celebrate – Middle School

- Watched 3+ hrs of TV/day
- In physical fight
- Ever had sex
- Ever drank alcohol
- Smoked cigarettes before 13
- Drank alcohol before 13

2009 vs 2011
Health Promoting Behaviors

- Sleep 8+ hours on average school night
- Participates in vigorous physical activity
- Exercised to lose weight
- Ate breakfast every day
- Used a condom
- Felt safe in neighborhood
- Has someone to talk to when sad
- Did community service
- 4+ meals with family
- Parents have clear rules for behavior
Perception of Risk/Harm Over Time

- Cigarettes
- Alcohol
- Marijuana
Parent Disapproval Over Time

- Cigarettes
- Alcohol
- Marijuana
Peer Disapproval Over Time

- Cigarettes
- Alcohol
- Marijuana

The graph shows the percentage of peer disapproval over time for different substances. The percentage decreases from 2005 to 2011 for all substances.
Cigarette Use Over Time

- **Ever**
- **Before 13**
- **Current**
- **Current Frequent**

Year: 2001 to 2011
Marijuana Use Over Time

- **Ever**
- **Before 13**
- **Current**

Graph showing the percentage of marijuana use over time from 2001 to 2011.
Other Drug Use Over Time

- Cocaine
- Inhalants
- Heroin
- Meth
- Ecstasy
- Other

On School Property

Cigarettes
Alcohol
Offered Illegal Drugs

[Graph showing trends from 2001 to 2011 for Cigarettes, Alcohol, and Offered Illegal Drugs]
Harassment Over Time

Race/ethnic origin
Someone thought LGB
Religious beliefs
Physical appearance
Unwanted sexual comments/attention
Sadness and Suicide Over Time

- Felt sad/hopeless
- Seriously considered suicide
- Attempted
Sexual Behaviors Over Time

- Ever had sex
- 1st sex before 13
- 4+ partners
- Condom Use
- Alcohol/drugs used

% of youth reporting these behaviors over time from 2001 to 2011.
Physical Health Over Time

![Graph showing trends in Overweight, Thought Overweight, and Attempting Weight Loss from 2001 to 2011.](Image)

- Overweight
- Thought Overweight
- Attempting Weight Loss
Areas to Watch

- Parents feel it's wrong to have sex
- Sleeps 8+ hrs on school night
- Obese
- Electronically Bullied
- Prescription Drug Use

Comparison between 2009 and 2011.