

# ALEXANDRIA YOUTH RISK BEHAVIOR SURVEY (YRBS) 2019 & 2023 Survey Results

**Publication Date: December 15, 2023**

This report includes data from the 2019 and 2023 YRBS. The Alexandria Health Department (AHD) prepared this report in collaboration with Alexandria City Public Schools (ACPS), the Department of Community and Human Services (DCHS), and the Substance Abuse Prevention Coalition of Alexandria (SAPCA).



# Table of Contents

- Introduction & Methodology.....3
  - Introduction .....3
  - Methodology.....3
- Trends Over Time .....7
  - Figure 1. Current Substance Use - Grade 8 (2013-2023).....7
  - Figure 2. Current Substance Use – Grades 10 & 12 (2011-2023) .....8
  - Figure 3. Substance Use by Grade (2023) .....9
  - Figure 4. Smoking Cessation - Grades 10 & 12 (2023).....9
  - Figure 5. Anxiety, Depression, & Suicide - Grade 8 (2013-2023) ..... 10
  - Figure 6. Anxiety, Depression, & Suicide - Grades 10 & 12 (2011-2023) ..... 11
  - Figure 7. Needed Medical Attention for an Injury from a Suicide Attempt - Grades 10 & 12 ... 12
  - Figure 8. Aggressive & Violent Behavior - Grade 8 (2011-2023)..... 13
  - Figure 9. Aggressive & Violent Behavior - Grades 10 & 12 (2011-2023) ..... 14
  - Figure 10. Bullying & Fighting by Grade (2023)..... 15
  - Figure 11. Sexual Behavior (2011-2023)..... 16
  - Figure 12. Sexual Behavior by Grade (2023) ..... 17
  - Figure 13. Safety & Sexual Behavior - Grades 10 & 12 (2011-2023)..... 18
  - Figure 14. Method Last Used to Prevent Pregnancy - Grades 10 & 12 (2011-2023)..... 19
  - Figure 15. HIV & STI Testing - Grades 10 & 12 (2014-2023)..... 20
  - Figure 16. Risk Perception of Regular Substance Use – Grade 8 (2011-2023) ..... 21
  - Figure 17. Risk Perception of Regular Substance Use - Grades 10 & 12 (2014-2023) ..... 22
- Focus Area: Mental Health (Grade 8) ..... 23
  - Figure 18. Anxiety, Depression, & Suicide by Sexuality (2023)..... 23
  - Figure 19. Anxiety, Depression, & Suicide by Sex at Birth (2023) ..... 23
- Focus Area: Mental Health (Grades 10 & 12) ..... 24
  - Figure 20. Anxiety, Depression, & Suicide by Sexuality (2023)..... 24
  - Figure 21. Anxiety, Depression, & Suicide by Sex at Birth..... 24
- Focus Area: Substance Use (Grade 8)..... 25
  - Figure 22. Substance Use by Sex (2023)..... 25
  - Figure 23. Current Substance Use by Race/Ethnicity (2023) ..... 25
- Focus Area: Substance Use (Grades 10 & 12) ..... 26
  - Figure 24. Substance Use by Sex (2023)..... 26
  - Figure 25. Substance Use by Race/Ethnicity (2023) ..... 26
  - Figure 26. Current Substance Use by Race/Ethnicity (2023) ..... 27
- Focus Area: Unintentional Injuries & Violence (Grade 8)..... 28
  - Figure 27. Sexual Violence by Sex at Birth (2023)..... 28
  - Figure 28. Helmet Use by Sex at Birth (2023)..... 28
  - Figure 29. Bullying & Fighting by Sex at Birth (2023) ..... 28
  - Figure 30. Transportation Safety by Race/Ethnicity (2023) ..... 29

Focus Area: Unintentional Injuries & Violence (Grades 10 & 12) ..... 30

    Figure 31. Sexual & Intimate Partner Violence by Sex at Birth (2023)..... 30

    Figure 32. Bullying & Fighting by Sex at Birth (2023) ..... 30

    Figure 33. Violence at Home by Sex at Birth (2023) ..... 30

    Figure 34. Perceived Gang Activity by Race & Ethnicity (2023) ..... 31

Focus Area: Sexual Health (Grade 8) ..... 32

    Figure 35.1 Sexual Activity by Race/Ethnicity (2019) ..... 32

    Figure 35.2 Sexual Activity by Race/Ethnicity (2023) ..... 32

    Figure 36.1 Sexual Activity by Gender (2019)..... 33

    Figure 36.2 Sexual Activity by Sex at Birth (2023) ..... 33

Focus Area: Sexual Health (Grades 10 & 12) ..... 34

    Figure 37. Sexual Activity & Perceptions of Sexual Activity by Race/Ethnicity (2023) ..... 34

    Figure 38. Sexual Activity & Perceptions of Sexual Activity by Sex at Birth (2023)..... 34

Appendix A. 2019 Respondent Demographics (Grade 8) ..... 35

    Table 1. Grade 8 Respondents by Hispanic Ethnicity (2019) ..... 35

    Table 2. Grade 8 Respondents by Race & Ethnicity (2019) ..... 35

    Table 3. Grade 8 Respondents by Gender (2019)..... 35

    Table 4. Grade 8 Respondents by Transgender Identity (2019)..... 35

    Table 5. Grade 8 Respondents by Sexuality (2019)..... 35

Appendix B. 2019 Respondent Demographics (Grades 10 & 12) ..... 36

    Table 6. Grades 10 & 12 Respondents by Hispanic Ethnicity (2019) ..... 36

    Table 7. Grades 10 & 12 Respondents by Race & Ethnicity (2019) ..... 36

    Table 8. Grades 10 & 12 Respondents by Gender (2019)..... 36

    Table 9. Grades 10 & 12 Respondents by Transgender Identity (2019) ..... 36

    Table 10. Grades 10 & 12 Respondents by Sexuality (2019) ..... 36

    Table 11. Grades 10 & 12 Respondents by Grade Level (2019)..... 37

Appendix C. 2023 Respondent Demographics (Grade 8) ..... 38

    Table 12. Grade 8 Respondents by Hispanic Ethnicity (2023) ..... 38

    Table 13. Grade 8 Respondents by Race & Ethnicity (2023) ..... 38

    Table 14. Grade 8 Respondents by Sex at Birth (2023) ..... 38

    Table 15. Grade 8 Respondents by Gender Identity (2023) ..... 38

    Table 16. Grade 8 Respondents by Sexuality (2023) ..... 39

Appendix D. 2023 Respondent Demographics (Grades 10 & 12) ..... 40

    Table 17. Grades 10 & 12 Respondents by Hispanic Ethnicity (2023)..... 40

    Table 18. Grades 10 & 12 Respondents by Race & Ethnicity (2023)..... 40

    Table 19. Grades 10 & 12 Respondents by Sex at Birth (2023)..... 40

    Table 20. Grades 10 & 12 Respondents by Gender Identity (2023) ..... 41

    Table 21. Grades 10 & 12 Respondents by Sexuality (2023) ..... 41

    Table 22. Grades 10 & 12 Respondents by Grade Level (2023)..... 41

# Introduction & Methodology

## Introduction

The Alexandria Youth Risk Behavior Survey (YRBS) is based on the National Youth Risk Behavior Surveillance System (YRBSS) developed by the Centers for Disease Control and Prevention (CDC). The YRBS is a voluntary, anonymous, self-reported survey administered to adolescents in grades 8, 10, and 12. This survey of Alexandria's public-school youth was a result of the collaboration among a wide range of academic, government, volunteer, and non-governmental organizations to improve the health and wellness of adolescents in Alexandria. The goal of the survey is to monitor health behaviors that contribute greatly to the leading causes of death, disability, and social problems among youth and adults in the United States. These health behaviors, often established during childhood and adolescence, include:

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

Alexandria City Public Schools (ACPS) administered the YRBS in December of 2019. Drafting of the 2019 YRBS report was delayed by the COVID-19 pandemic and global mpox outbreak. ACPS last administered the YRBS in February of 2023. AHD analyzed data from both survey administrations and drafted this report. The first section of this report describes trends over time and across grade levels. The remaining sections of this report focus on the 2023 survey data and highlight statistically significant differences in risk behaviors reported by students based on their sex at birth, sexuality, and racial/ethnic identity. Comparable data from previous survey years, including the 2019 YRBS, is included in the appendices; however, slight variations in methodology (e.g., changing question wording, adding or removing questions, enabling skip logic<sup>1</sup> in 2023, and using paper-based surveys in 2011) limit AHD's ability to provide a historical comparison for all variables included in the 2019 and 2023 YRBS.

The appendices to this report provide a comprehensive summary of results from the Alexandria YRBS in all three grades surveyed. National estimates from the 2021 YRBSS were included in the appendices as a reference point where possible. Variations in survey methodologies between states may account for some differences in outcomes.

## Methodology

### Survey Administration

The sampling frame for the 2019 and 2023 YRBS included all students in grades 8, 10, and 12 attending school at Patrick Henry K-8 School, Jefferson Houston PK-8 School, George Washington Middle School, Francis C. Hammond Middle School, and Alexandria City High School. Eighth grade participants completed a 75-question survey and tenth and twelfth grade participants completed a 110-question survey. All students in these grades enrolled during the YRBS administration had an opportunity to participate.

ACPS notified parents about the 2019 and 2023 surveys and provided an opportunity for parents to opt their children out of participation 30 days prior to administration according to School Board Policy [KFB](#). Students were also able to choose whether to complete the survey, and those who

<sup>1</sup> See limitations section of this report for an explanation of survey skip logic.

participated could choose not to answer particular questions. ACPS administered the 2019 and 2023 surveys electronically using student devices and accessing the survey through Clever, ACPS' single-sign-on platform.

### **2019 Survey Data and Response Rates**

Of the 1,888 students who attempted the 2019 YRBS, responses from 85 students were removed prior to analysis in a step called "data cleaning." Data cleaning is a process that removes incorrect or incomplete data from a raw data set. Reasons for removal include blank or highly incomplete questionnaires or incomplete information on grade level. Removing these responses from the analysis avoided inclusion of responses that would likely bias the survey results.

#### **2019 Grade 8**

- 42 questionnaires were removed from the analysis
- 84% of eighth graders registered for the 2019-2020 school year completed the survey (n=814)

#### **2019 Grades 10 and 12**

- 43 questionnaires were removed from analysis
- 50% of tenth graders registered for the 2019-2020 school year completed the survey (n=486)
- 50% of twelfth graders registered for the 2019-2020 school year completed the survey (n=487)

### **2023 Survey Data and Response Rates**

Of the 1,524 students who attempted the 2023 YRBS, responses from 40 students were removed prior to analysis during the data cleaning process. Reasons for removal include blank or highly incomplete questionnaires or incomplete information on grade level. Removing these responses from the analysis avoided inclusion of responses that would likely bias the survey results.

#### **2023 Grade 8**

- 24 questionnaires were removed from the analysis
- 46% of eighth graders registered for the 2022-2023 school year completed the survey (n=497)

#### **2023 Grades 10 and 12**

- 16 questionnaires were removed from analysis
- 53% of tenth graders registered for the 2022-2023 school year completed the survey (n=637)
- 33% of twelfth graders registered for the 2022-2023 school year completed the survey (n=344)

### **Data Analysis**

Several figures included in this report present survey results stratified by grade level, race/ethnicity, gender, sex at birth, and sexuality. AHD epidemiologists used SAS 9.4 to clean and analyze the raw survey data. AHD epidemiologists weighted the raw survey data to reflect the true population proportions according to grade level, race, and gender using the Virginia Department of Education (VDOE) 2019-2020 enrollment numbers by school and grade level for the 2019 survey and VDOE 2022-2023 enrollment numbers by school and grade level for the 2023 survey.

## Statistical Significance

The use of asterisks next to an indicator throughout this report and in the appendices highlights if there was a statistically significant difference in the responses based on the respondents' grade level, race/ethnicity, sexuality, gender, or sex at birth. Differences were statistically significant if the "p-value" in statistical analysis using a chi-squared test resulted at or below 0.05, 0.001, or 0.0001. A p-value at or below 0.05 means that there is a 5% or less probability that the observed difference is based on chance alone and would not be replicated if the survey were conducted again with the same population. A p-value at or below 0.001 means that there is a 0.1% or less probability that the observed difference is based on chance alone and would not be replicated if the survey were conducted again with the same population. A p-value at or below 0.0001 means that there is a 0.01% or less probability that the observed difference is based on chance alone and would not be replicated if the survey were conducted again with the same population. The number of asterisks beside an indicator or in the appendaged tables corresponds with the level of statistical significance (see **Statistical Significance Legend** below).

### Statistical Significance Legend

P-value/Significance Level	Symbol	Interpretation
Less than or equal to 0.05	*	<b>5% or less</b> probability that the observed difference is due to chance alone
Less than or equal to 0.001	**	<b>0.1% or less</b> probability that the observed difference is due to chance alone
Less than or equal to 0.0001	***	<b>0.01% or less</b> probability that the observed difference is due to chance alone
<b>Not</b> statistically significant	-	The observed difference is <b>not statistically significant</b>

Statistical significance in and of itself does **not** necessarily indicate public health significance. Furthermore, some findings that are **not** statistically significant may have public health significance.

### Limitations

All survey data has limitations. One limitation is that the data do not capture underlying differences between survey participants and those who are eligible to participate in the survey but choose to opt out. The response rates from the 2019 YRBS (84% for 8<sup>th</sup> graders, 50% for 10<sup>th</sup> graders, and 50% for 12<sup>th</sup> graders) were comparable to the response rates from the 2016 YRBS (78% for 8<sup>th</sup> graders, 59% for 10<sup>th</sup> graders, and 57% for 12<sup>th</sup> graders). Additionally, the 2023 response rate for 10<sup>th</sup> graders (53%) was comparable to prior survey years. However, the 2023 response rates for 8<sup>th</sup> graders (46%) and 12<sup>th</sup> graders (33%) were notably lower than 2019 and 2016 rates. Given that about half of students in grades 10 and 12 opted out of the survey in 2019 and about half of students in grades 8 and 10 and nearly two-thirds of students in grade 12 opted out in 2023, there may be some bias in the responses.

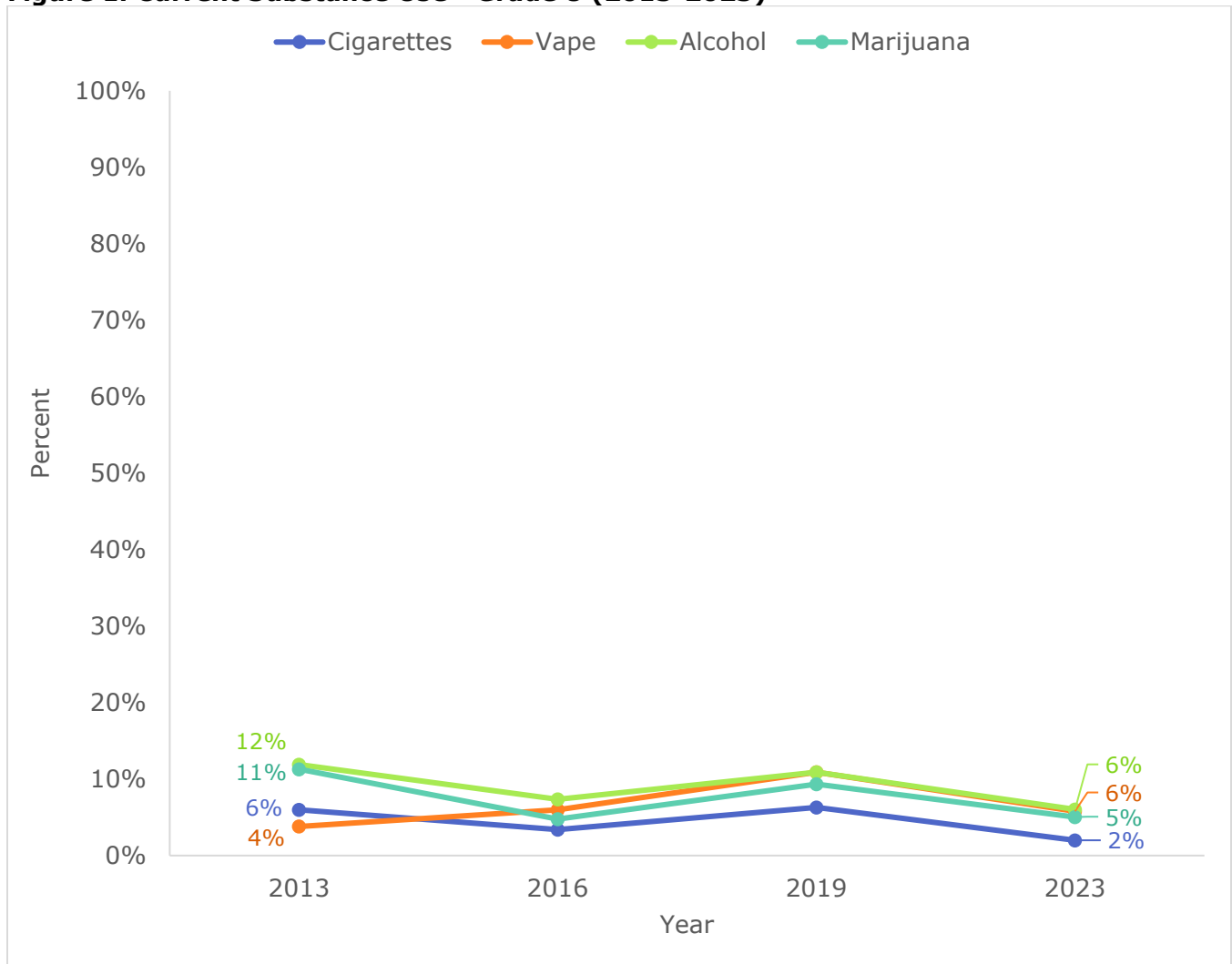
Another limitation of survey data is that participants sometimes answer questions incorrectly (either intentionally or accidentally). In previous survey years, epidemiologists removed surveys with contradictory responses (e.g., if a student answered one question with "I have never had sexual intercourse" but subsequently answered a different question with "I used a condom the last time I had sexual intercourse" that survey would be removed from the data set during the data cleaning process). Enabling skip logic in 2023 reduced the number of times a student could answer a similar question with a contradictory answer. For example, with skip logic enabled, if a student indicated that they had never had sex the survey platform would automatically skip subsequent questions about the student's sexual history (e.g., condom usage, number of partners). In order to maintain the integrity of the student's responses and to include as many student responses as possible, contradictory responses were not removed from the 2019 or the 2023 survey data.

**Acknowledgements**

This report was a collaborative effort by ACPS, the Substance Abuse Prevention Coalition of Alexandria (SAPCA), AHD, the Department of Community and Human Services (DCHS), and other community organizations. AHD epidemiologists, Lina Zimmerman, MPH; Brittney Boakye, MPH; Alyssa Granillo, MPH; and Christina Chommanard, MPH analyzed the data and prepared this report. AHD's Deputy Director, Anne Gaddy, MD, MPH and AHD's Director, David C. Rose, MD, MBA, FAAP approved this analysis and report. AHD is responsible for any errors in this analysis.

## Trends Over Time

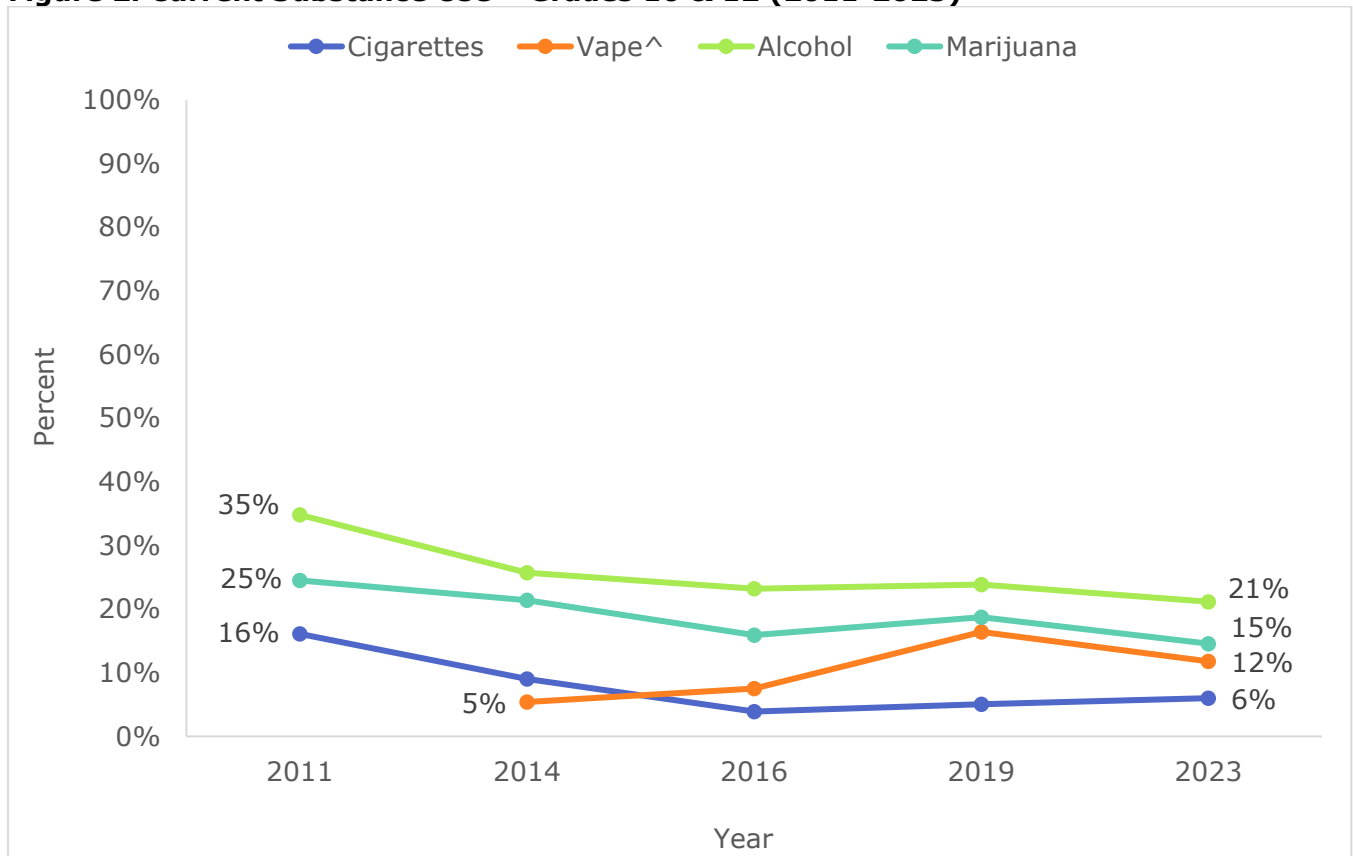
Figure 1. Current Substance Use - Grade 8 (2013-2023)



- The percentage of eighth graders who reported currently using **alcohol, cigarettes, e-cigarettes, and/or marijuana** increased from 2016 to 2019 then **decreased** from 2019 to 2023.
- Current substance use is defined as within the past 30 days.



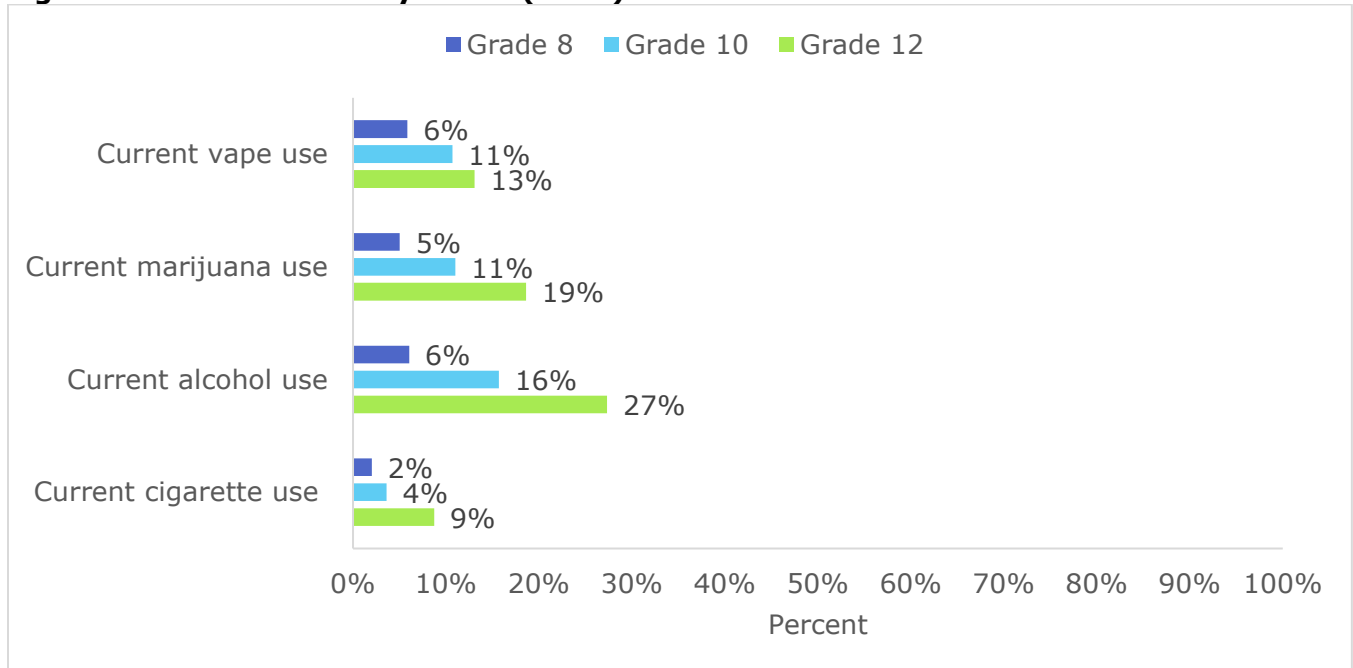
**Figure 2. Current Substance Use – Grades 10 & 12 (2011-2023)**



^Question about vaping was not asked in 2011.

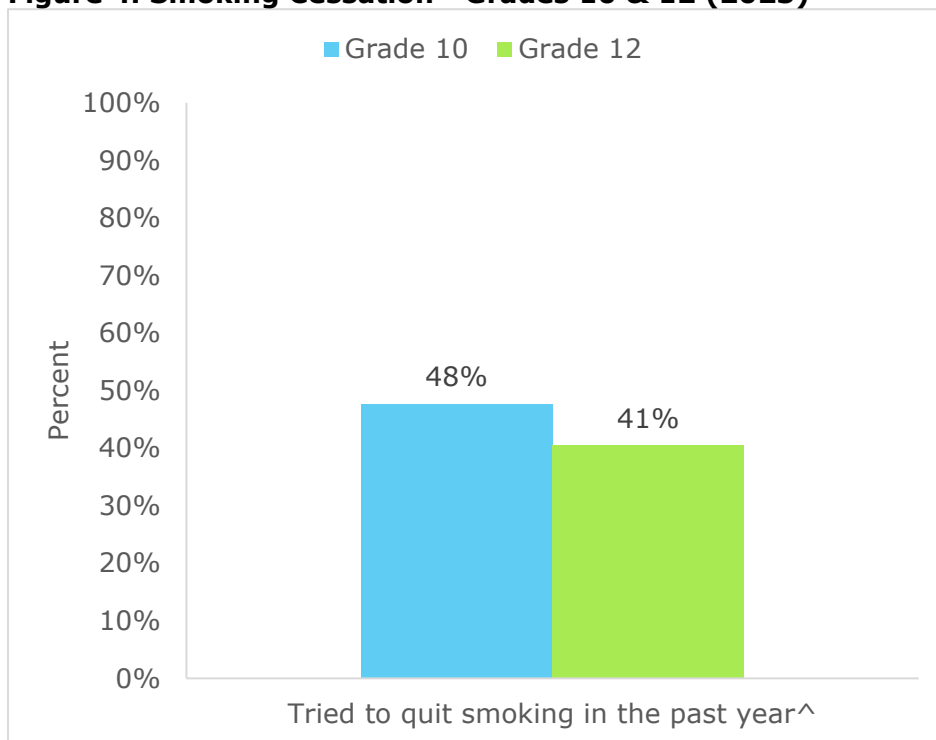
- Compared to 2016, a **lower** percentage of high school students reported currently using **alcohol and marijuana** in 2023.
- Compared to 2016, a **higher** percentage of high school students reported currently using **cigarettes and e-cigarettes** in 2023.
- Current substance use is defined as within the past 30 days.

**Figure 3. Substance Use by Grade (2023)**



- A **higher** percentage of **12<sup>th</sup> graders** reported currently using **alcohol, cigarettes, e-cigarettes, and marijuana** compared to 10<sup>th</sup> graders and 8<sup>th</sup> graders.
- Reported current **substance use was lowest** amongst **8<sup>th</sup> graders**.
- Current substance use is defined as within the past 30 days.

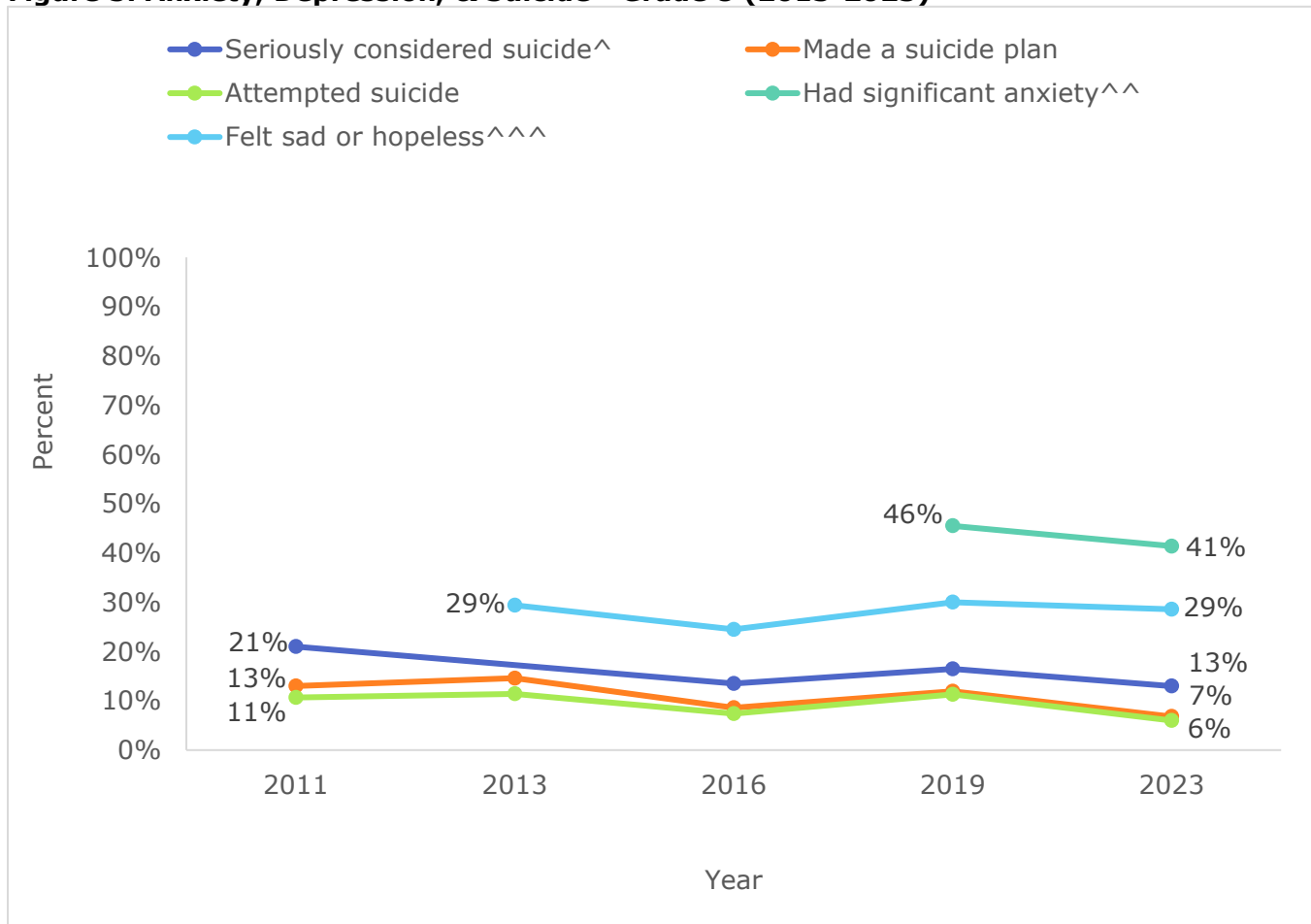
**Figure 4. Smoking Cessation - Grades 10 & 12 (2023)**



- Of those who currently smoke, a higher percentage of 10<sup>th</sup> graders reported that they tried to quit smoking in the past year compared to their peers in the 12<sup>th</sup> grade.
- Current substance use is defined as within the past 30 days.
- The eighth-grade survey does not include a question about trying to quit smoking.

^Percentage based on those who reported currently smoking cigarettes (n= 83).

**Figure 5. Anxiety, Depression, & Suicide - Grade 8 (2013-2023)**



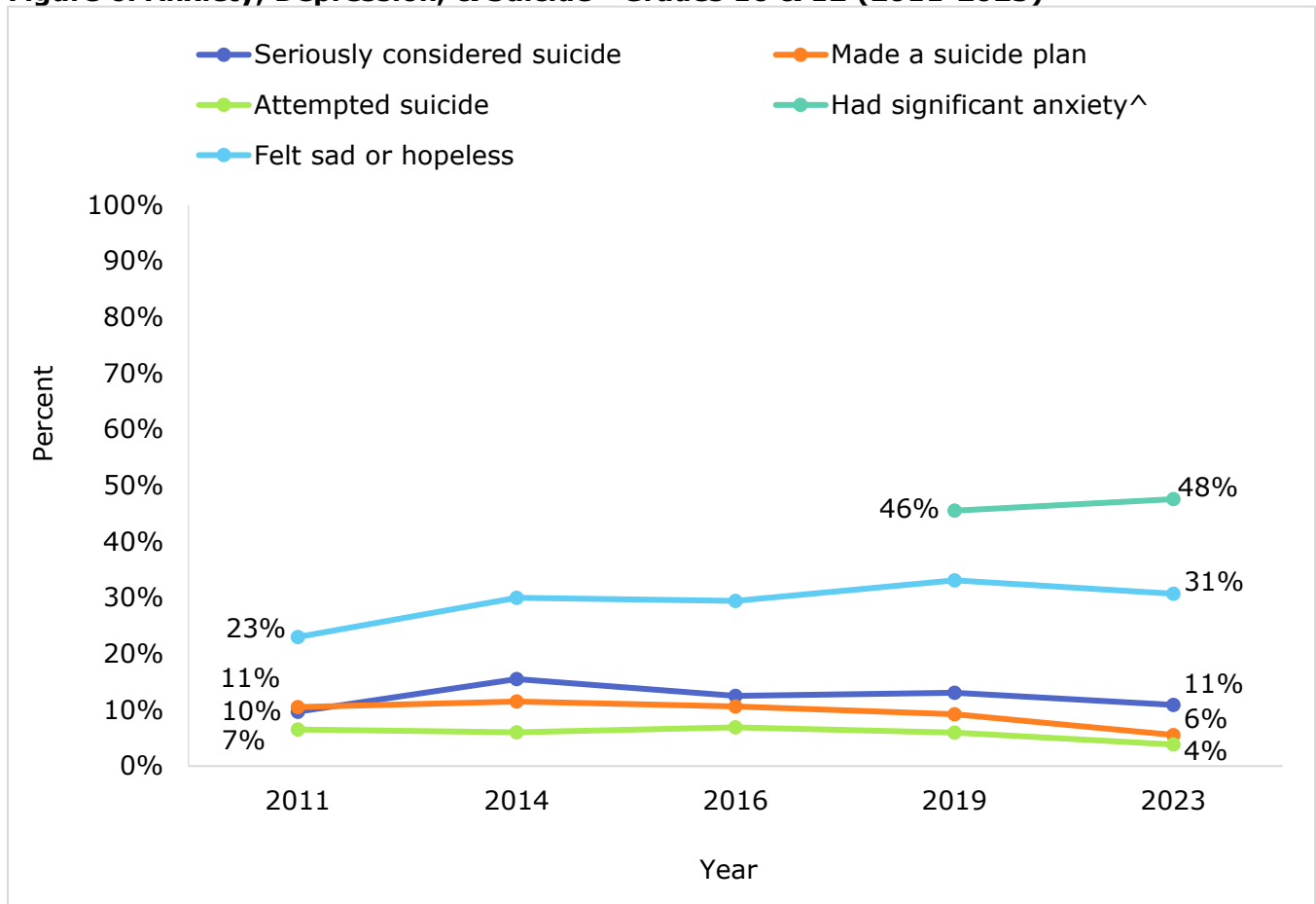
<sup>^</sup>Not asked in 2013

<sup>^^</sup>Added in 2019

<sup>^^^</sup>Added in 2013

- The percentage of eighth graders who reported having significant **anxiety decreased** from 2019 to 2023.
- The percentage of eighth graders who reported seriously **considering suicide**, making a **suicide plan**, and **attempting suicide** increased slightly from 2016 to 2019 then **decreased slightly** from 2019 to 2023.
- A lower percentage of eighth graders reported seriously considering suicide, making a suicide plan, and attempting suicide in 2023 compared to 2016.
- Although there have been slight differences across survey years, the percentage of eighth graders who reported **feeling sad or hopeless** for two or more weeks has remained **relatively constant** since this question was added to the YRBS in 2013.

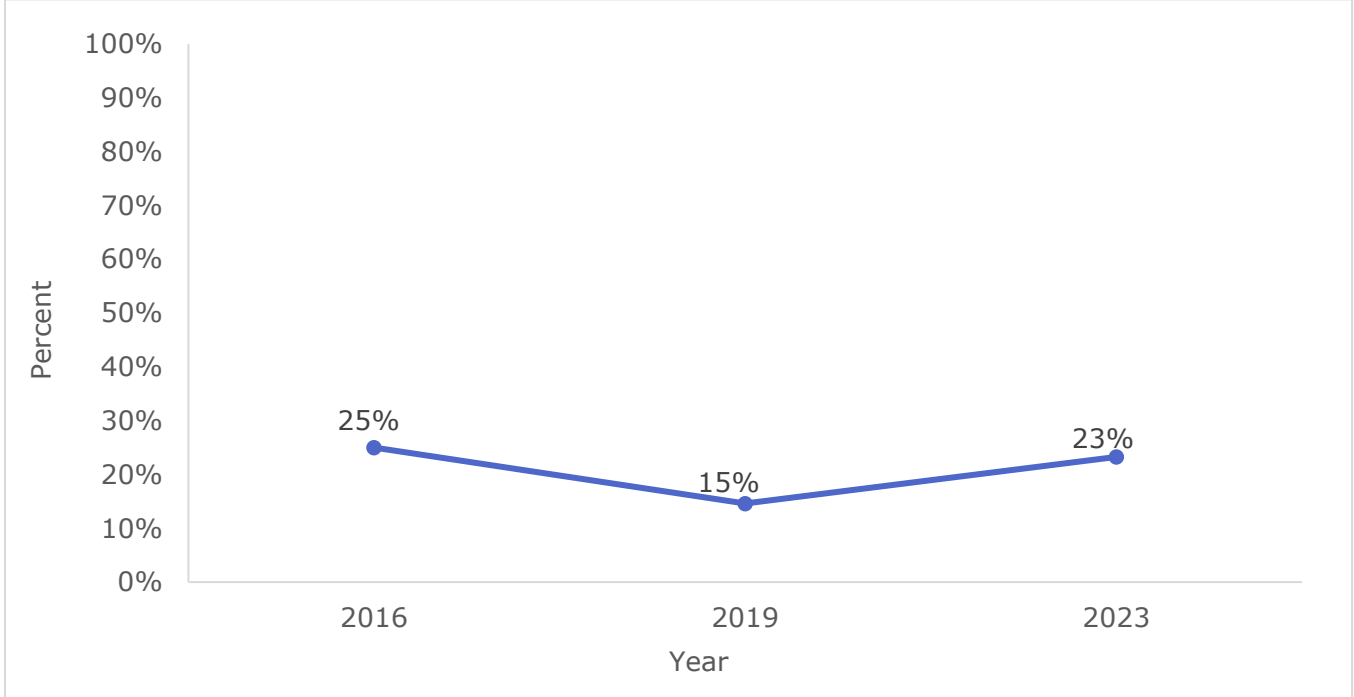
**Figure 6. Anxiety, Depression, & Suicide - Grades 10 & 12 (2011-2023)**



<sup>^</sup>Added in 2019

- The percentage of high school students who reported having significant **anxiety increased** from 2019 to 2023.
- The percentage of high school students who reported seriously **considering suicide** has remained **relatively constant** from 2011 to 2023.
- The percentage of high school students who reported making a **suicide plan decreased** from 2014 to 2023.
- The percentage of high school students who reported **attempting suicide decreased** from 2016 to 2023.

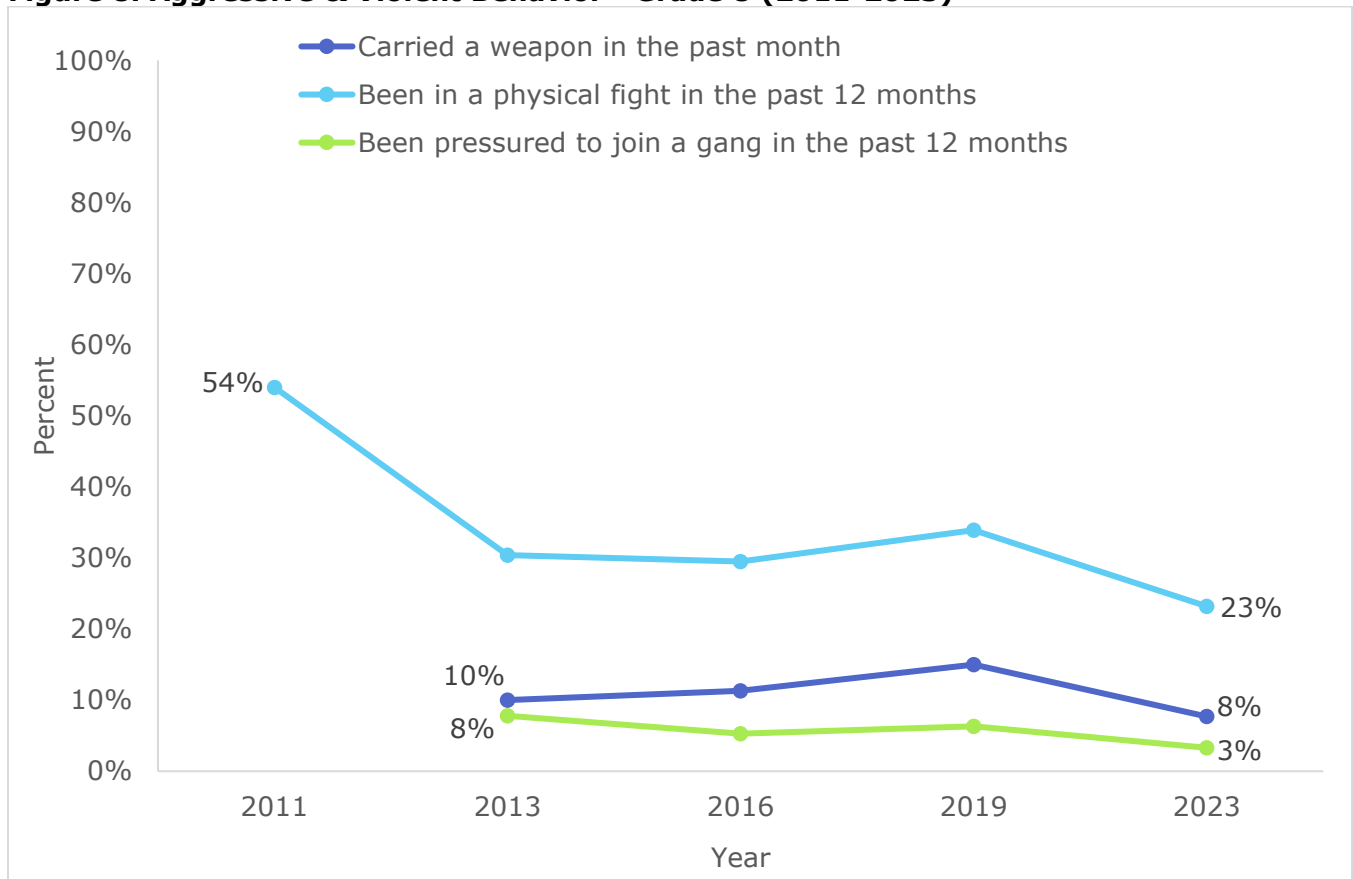
**Figure 7. Needed Medical Attention for an Injury from a Suicide Attempt - Grades 10 & 12**



Note: Percentage based on the number of students who reported attempting suicide in the past 12 months (n=43 in 2023).

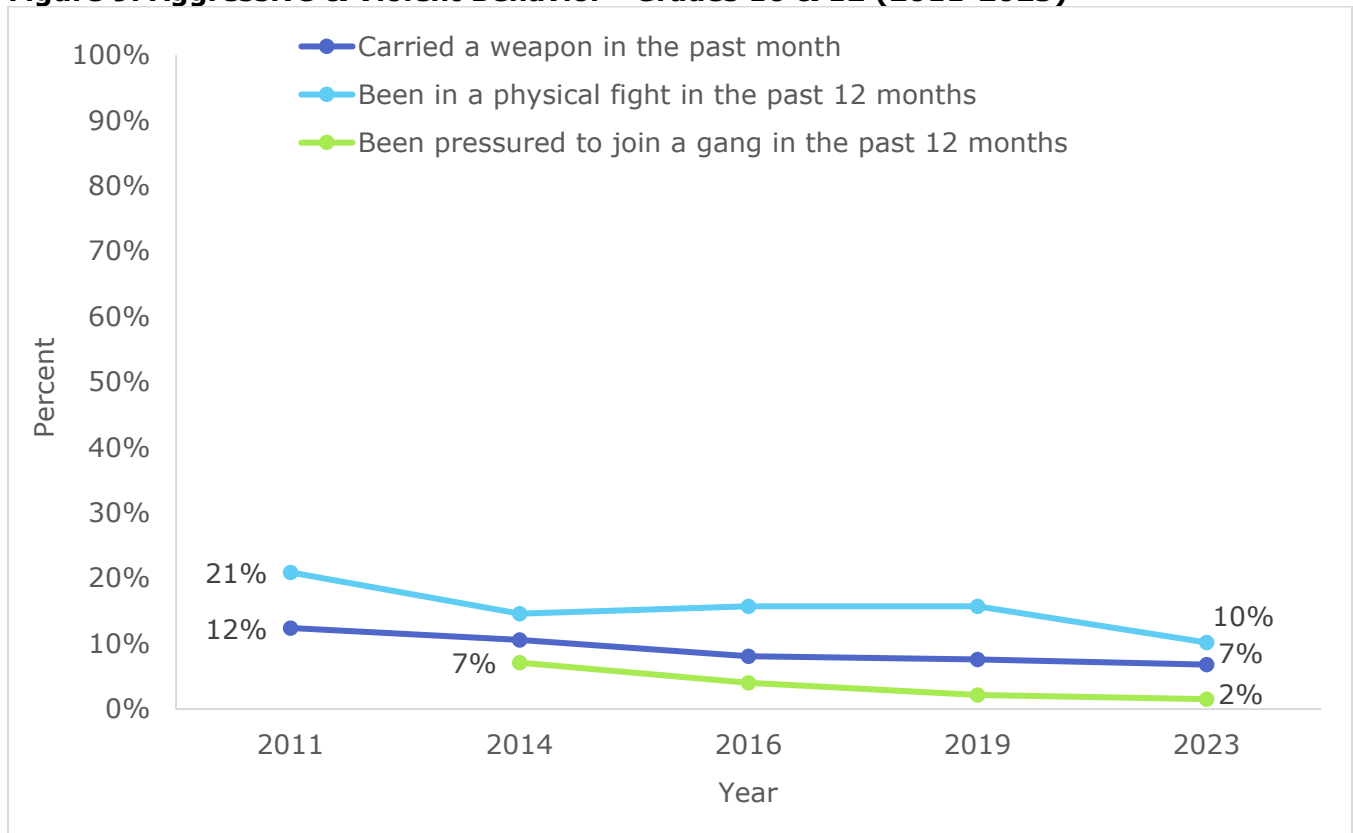
- In 2023, **10 high school students** reported **needing medical attention** for an injury from a **suicide attempt**.

**Figure 8. Aggressive & Violent Behavior - Grade 8 (2011-2023)**



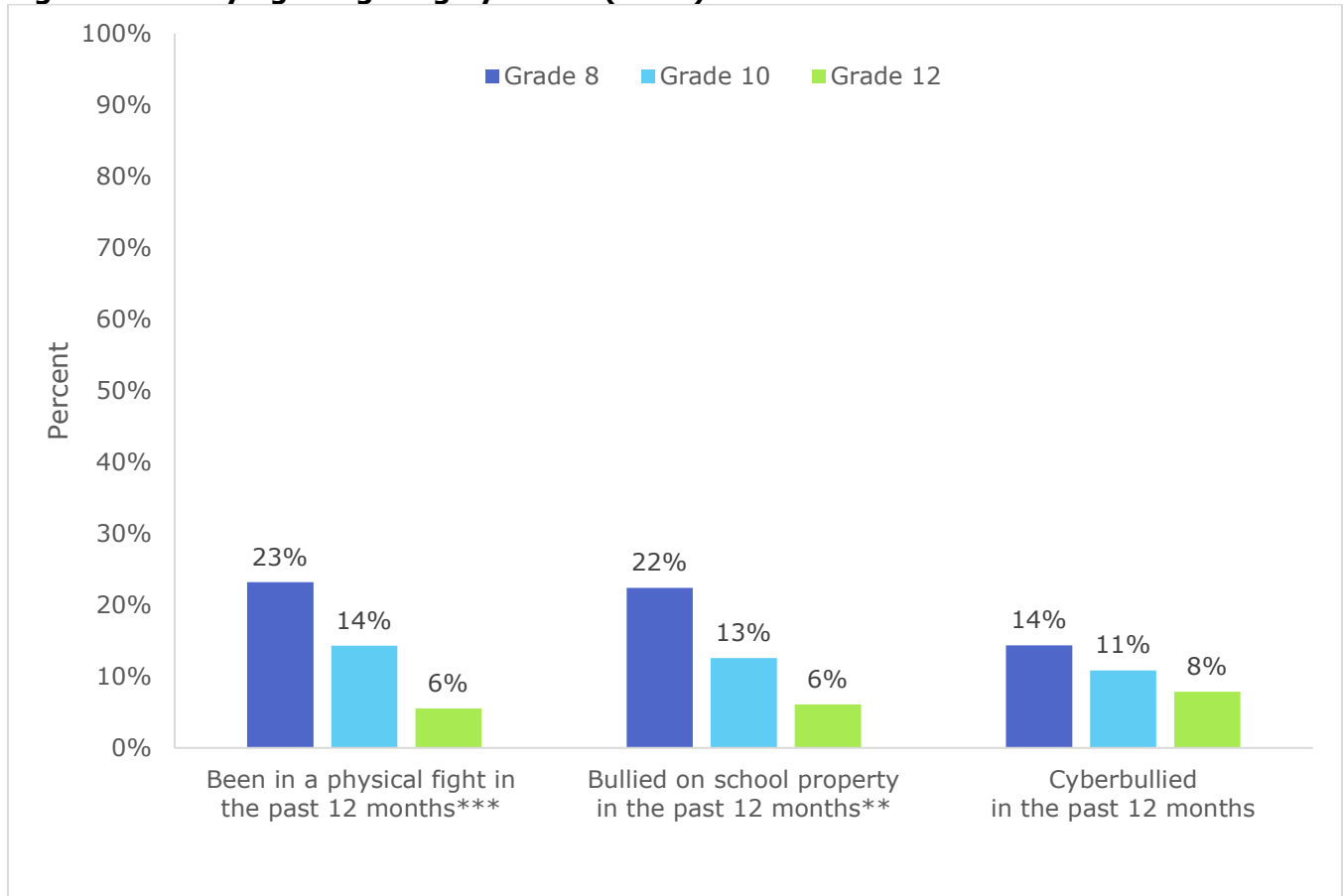
- The percentage of eighth grade students who reported carrying a **weapon** in the past month, being in a **physical fight** in the past year, and being pressured to join a **gang** in the past year increased from 2016 to 2019 and **decreased** from 2019 to 2023.
- Compared to 2016, in 2023, a lower percentage of eighth graders reported carrying a weapon in the past month, being in a physical fight in the past year, and being pressured to join a gang in the past year.

**Figure 9. Aggressive & Violent Behavior - Grades 10 & 12 (2011-2023)**



- The percentage of 10<sup>th</sup> and 12<sup>th</sup> graders who reported **carrying a weapon** in the past month **remained constant** from 2016 to 2023.
- The percentage of 10<sup>th</sup> and 12<sup>th</sup> graders who reported being in a **physical fight** in the past year remained constant from 2016 to 2019 and **decreased** from 2019 to 2023.
- The percentage of 10<sup>th</sup> and 12<sup>th</sup> graders who reported being **pressured to join a gang** in the past year **decreased** from 2014 to 2023.

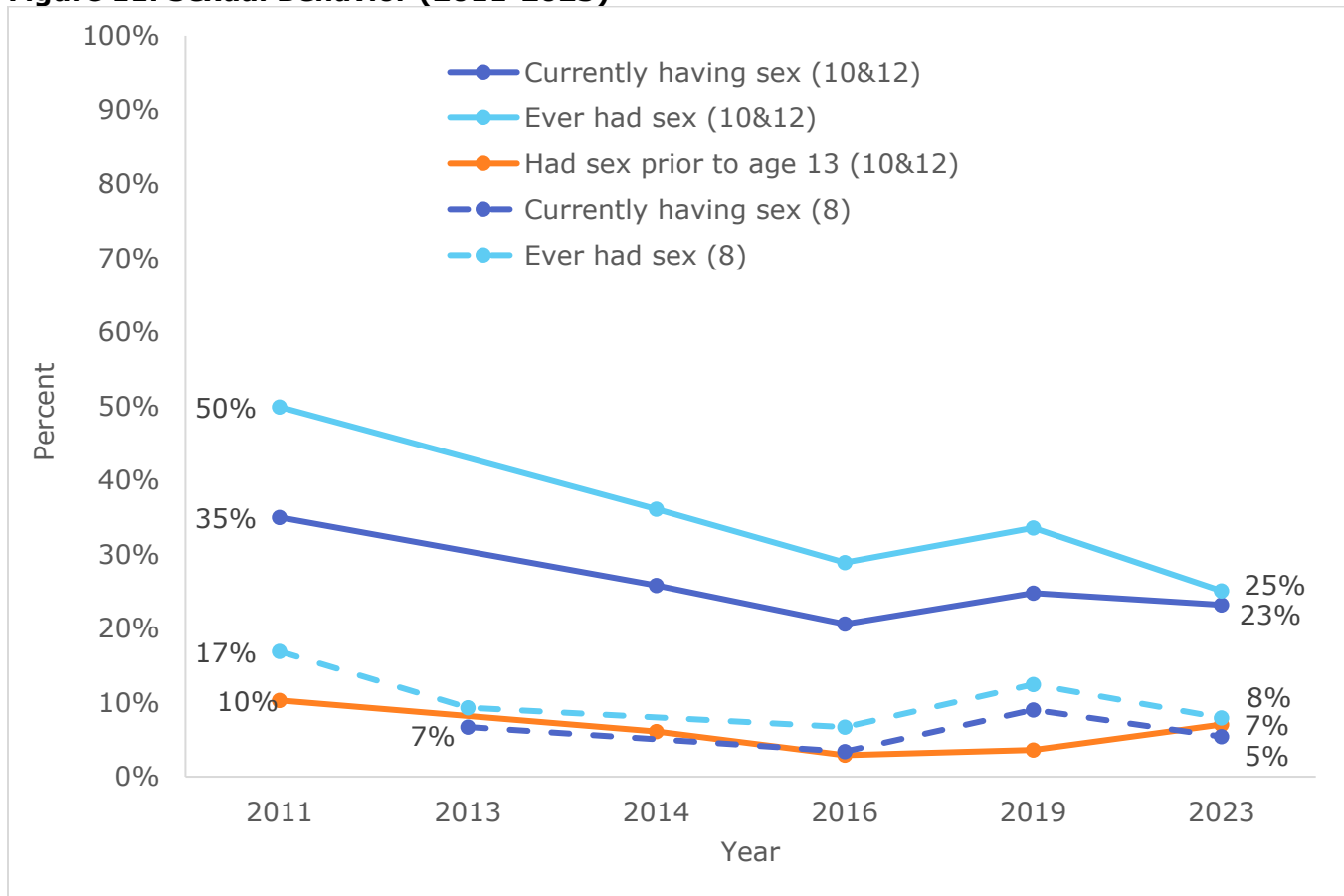
**Figure 10. Bullying & Fighting by Grade (2023)**



- A **higher percentage** of **eighth graders** reported being in a **physical fight** in the past year, being **bullied** on school property, and being **cyberbullied** in the past year compared to 10<sup>th</sup> and 12<sup>th</sup> graders.
- Relative to 12<sup>th</sup> graders, a statistically significantly higher percentage of 10<sup>th</sup> graders reported being in a physical fight and being bullied on school property in the past year.



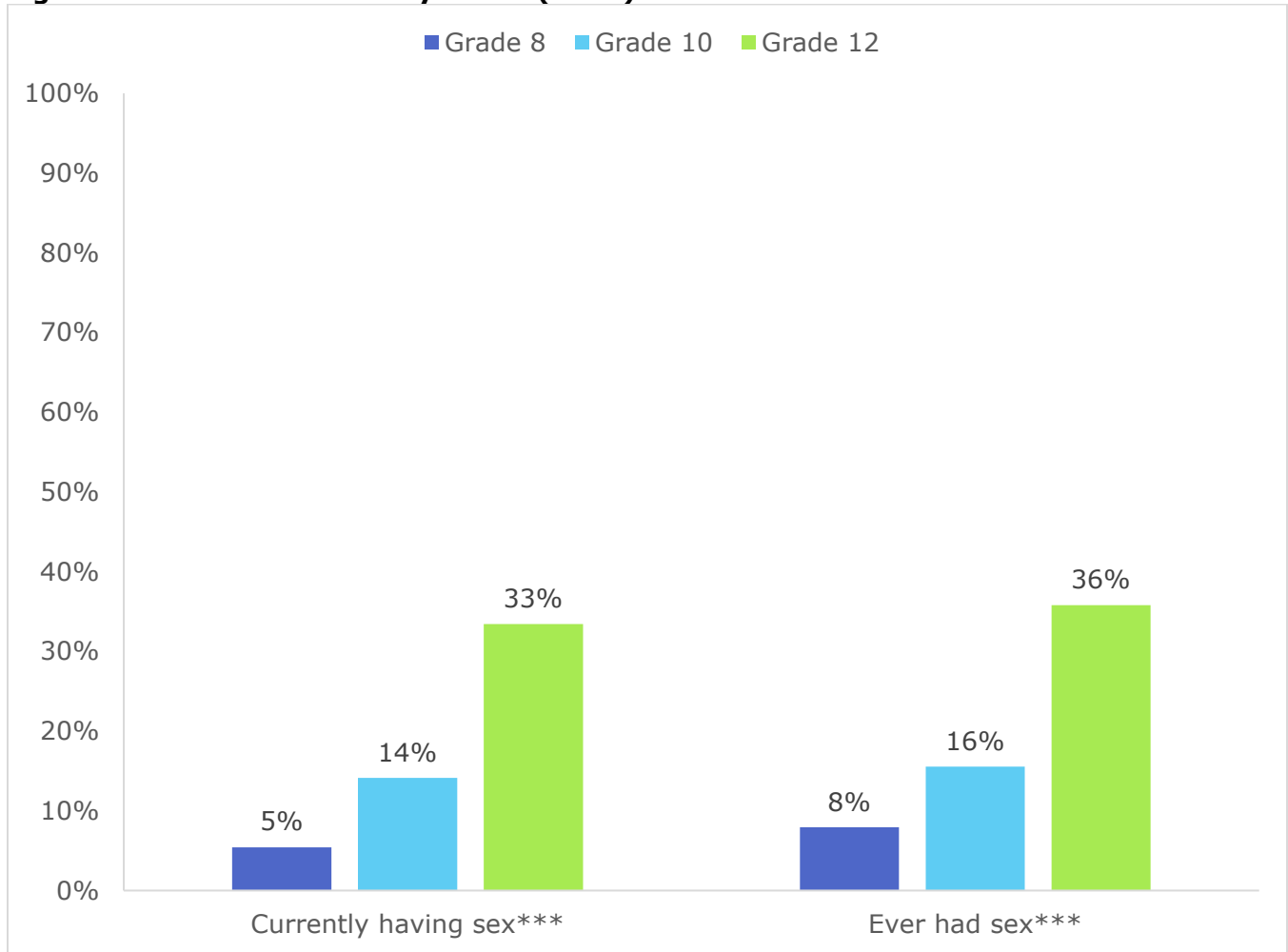
**Figure 11. Sexual Behavior (2011-2023)**



Note: The YRBS was only administered to the 8th grade in 2013 and the 10th and 12th grades in 2014.

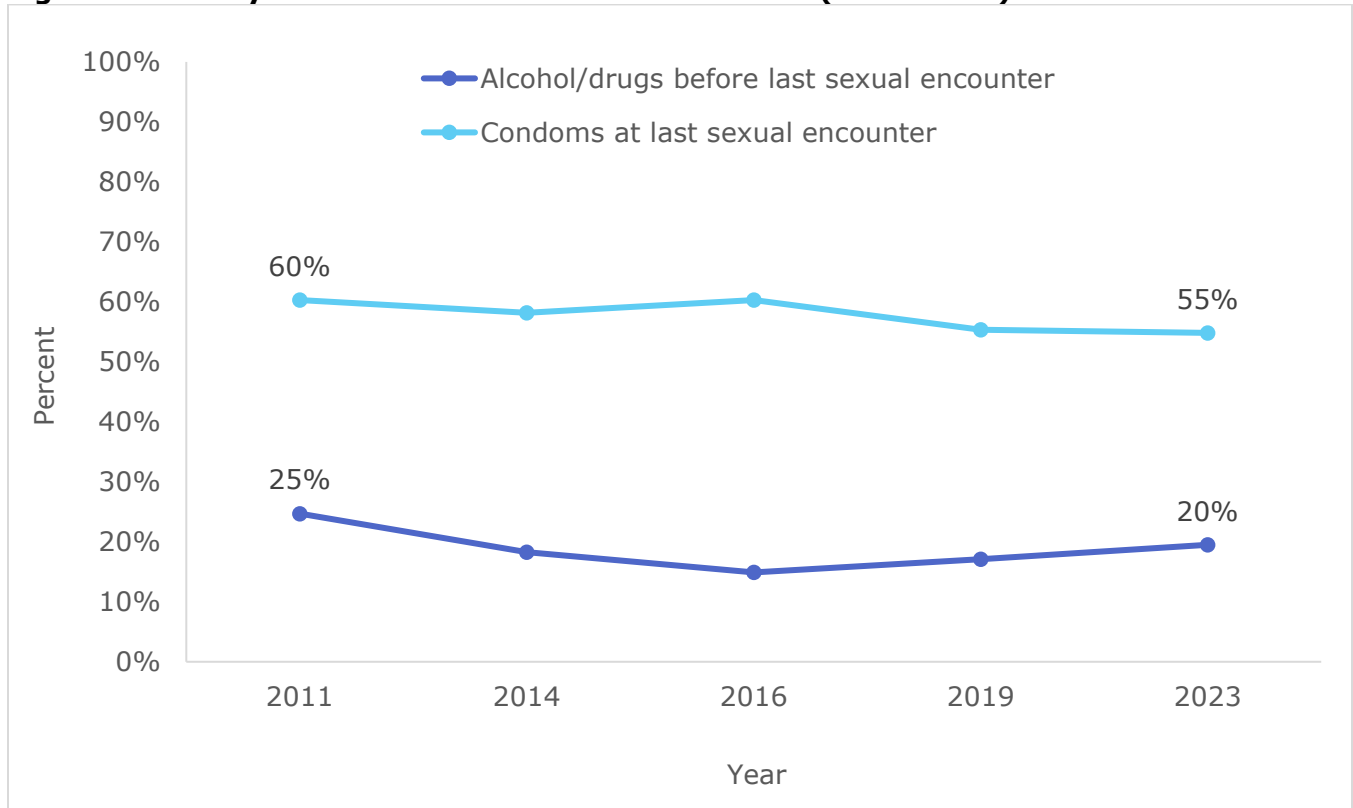
- The percentage of **high school** students who reported **having sex prior to age 13 increased** from 2016 to 2023.
- The percentage of eighth, tenth, and twelfth graders who reported **ever having sex and currently having sex** increased from 2016 to 2019 then **decreased** from 2019 to 2023.
- Relative to 2016, a higher percentage students reported currently having sex in 2023.
- Relative to 2016, a lower percentage of high school students reported ever having sex in 2023.
- Currently is defined as within the past three months.

**Figure 12. Sexual Behavior by Grade (2023)**



- A statistically significantly **higher** percentage of **12<sup>th</sup> graders** reported ever having sex and currently having sex relative to their 10<sup>th</sup> grade peers.
- The percentage of **eighth graders** who reported ever having sex and currently having sex is **lower** than the percentage of 10<sup>th</sup> and 12<sup>th</sup> graders.
- Currently is defined as within the past three months.

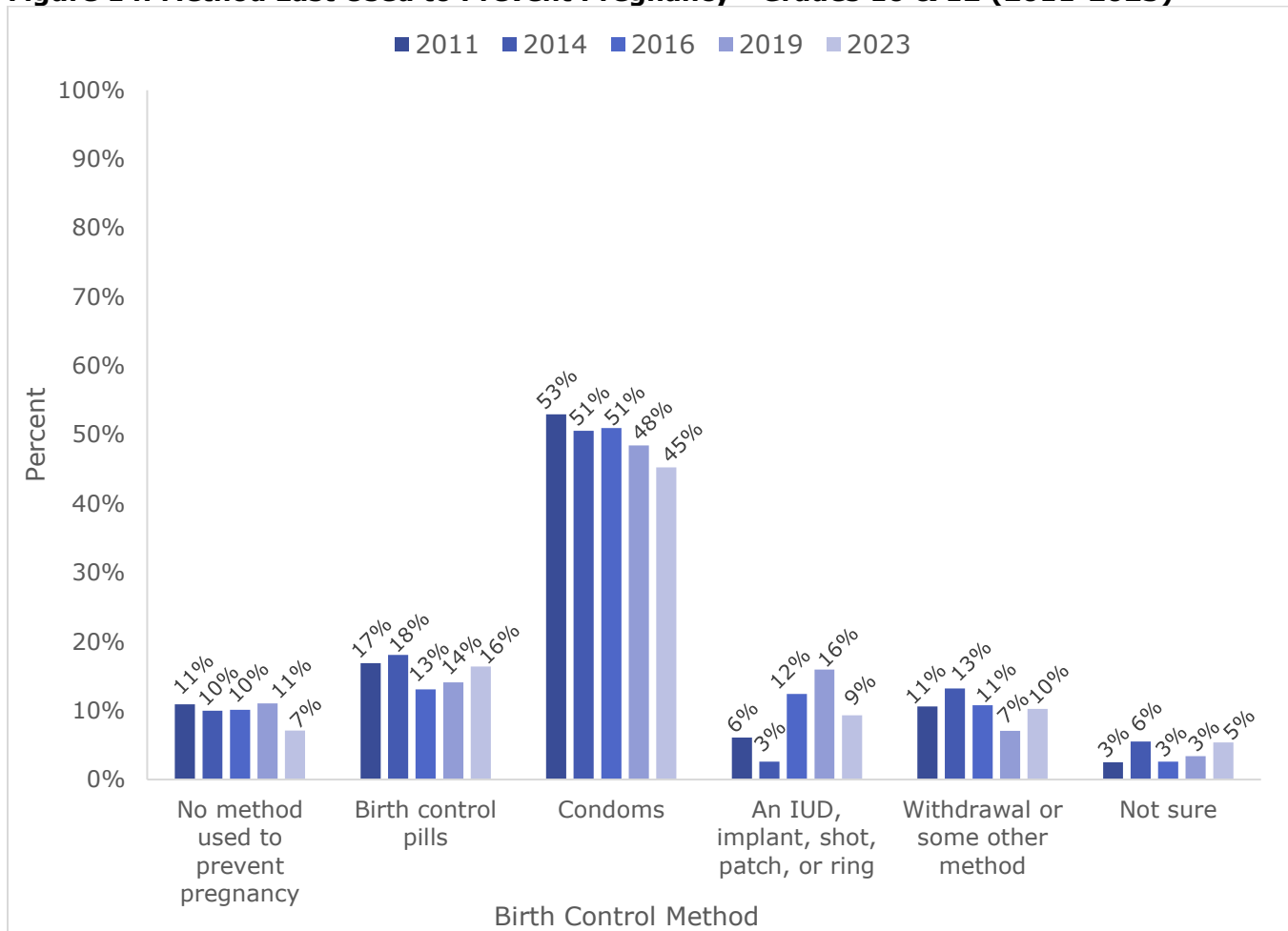
**Figure 13. Safety & Sexual Behavior - Grades 10 & 12 (2011-2023)**



Note: Excludes students who indicated that they have never had sexual intercourse.

- The percentage of **sexually active** students who reported **using alcohol or drugs before their last sexual encounter** has **increased** from 2016 (15%) to 2023 (20%).
- The percentage of **sexually active** students who reported **using a condom** at their last sexual encounter has **decreased** from 2016 (60%) to 2023 (55%).

**Figure 14. Method Last Used to Prevent Pregnancy - Grades 10 & 12 (2011-2023)**

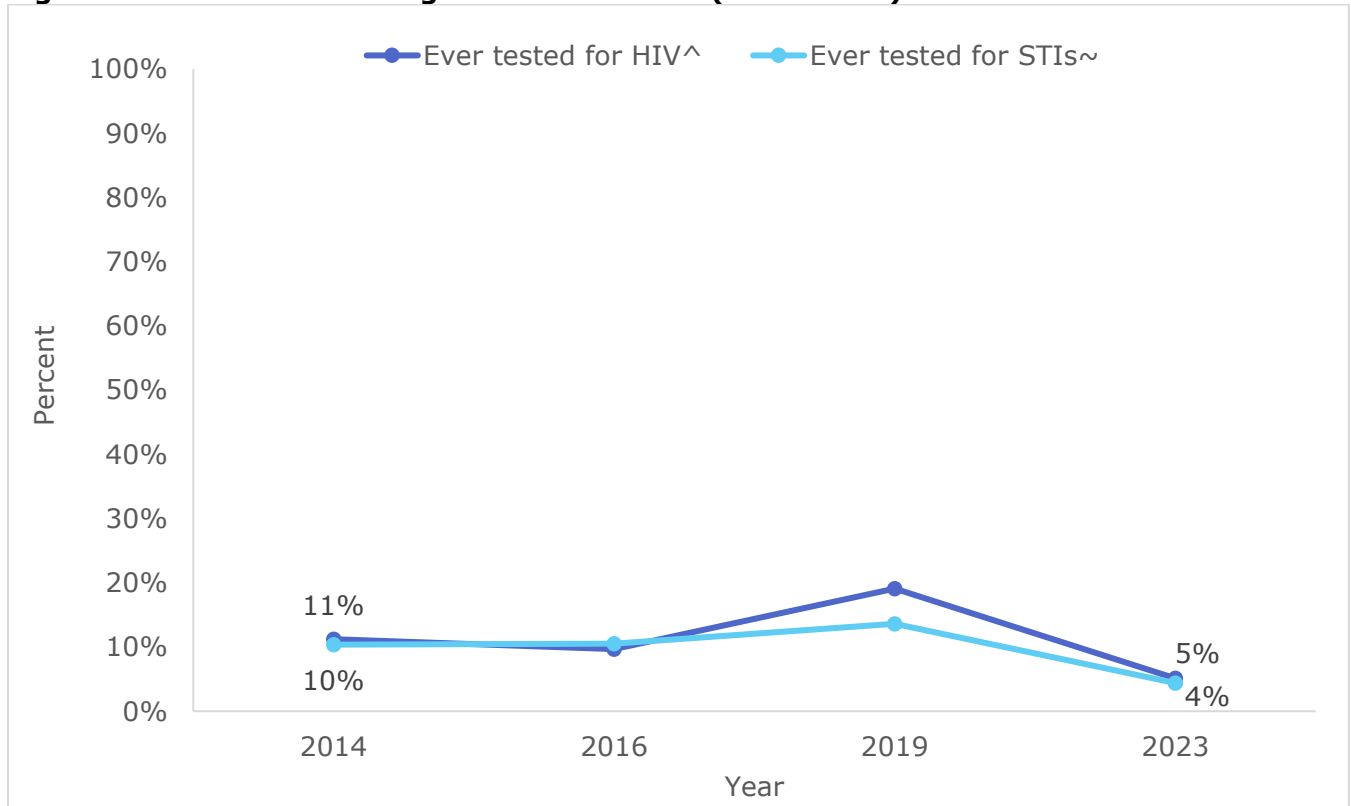


Note: Excludes students who indicated that they have never had sexual intercourse.

- The percentage of students who reported **not using a method of birth control** the last time they had sex **decreased** from 2016 (10%) to 2023 (7%).
- The percentage of students who reported **using birth control pills** the last time they had sex **increased** from 2016 (13%) to 2023 (16%).
- The percentage of students who reported **using condoms for birth control** the last time they had sex **decreased** from 2016 (51%) to 2023 (45%).
- The percentage of students who reported **using an IUD, implant, shot, patch or ring for birth control** the last time they had sex **increased** from 2016 (12%) to 2019 (16%) **then decreased** from 2019 (16%) to 2023 (9%).
- The percentage of students who reported **using withdrawal or some other method** the last time they had sex **decreased** from 2016 (11%) to 2019 (7%) **then increased** from 2019 (7%) to 2023 (10%).
- **Overall**, students seem to be **relying more on condoms** for birth control than other methods including birth control pills and long-acting reversible contraceptives<sup>2</sup>.

<sup>2</sup>This question only allows students to pick **one** method of pregnancy prevention that they or their partner used during their **last** sexual encounter. Students may use additional methods.

**Figure 15. HIV & STI Testing - Grades 10 & 12 (2014-2023)**

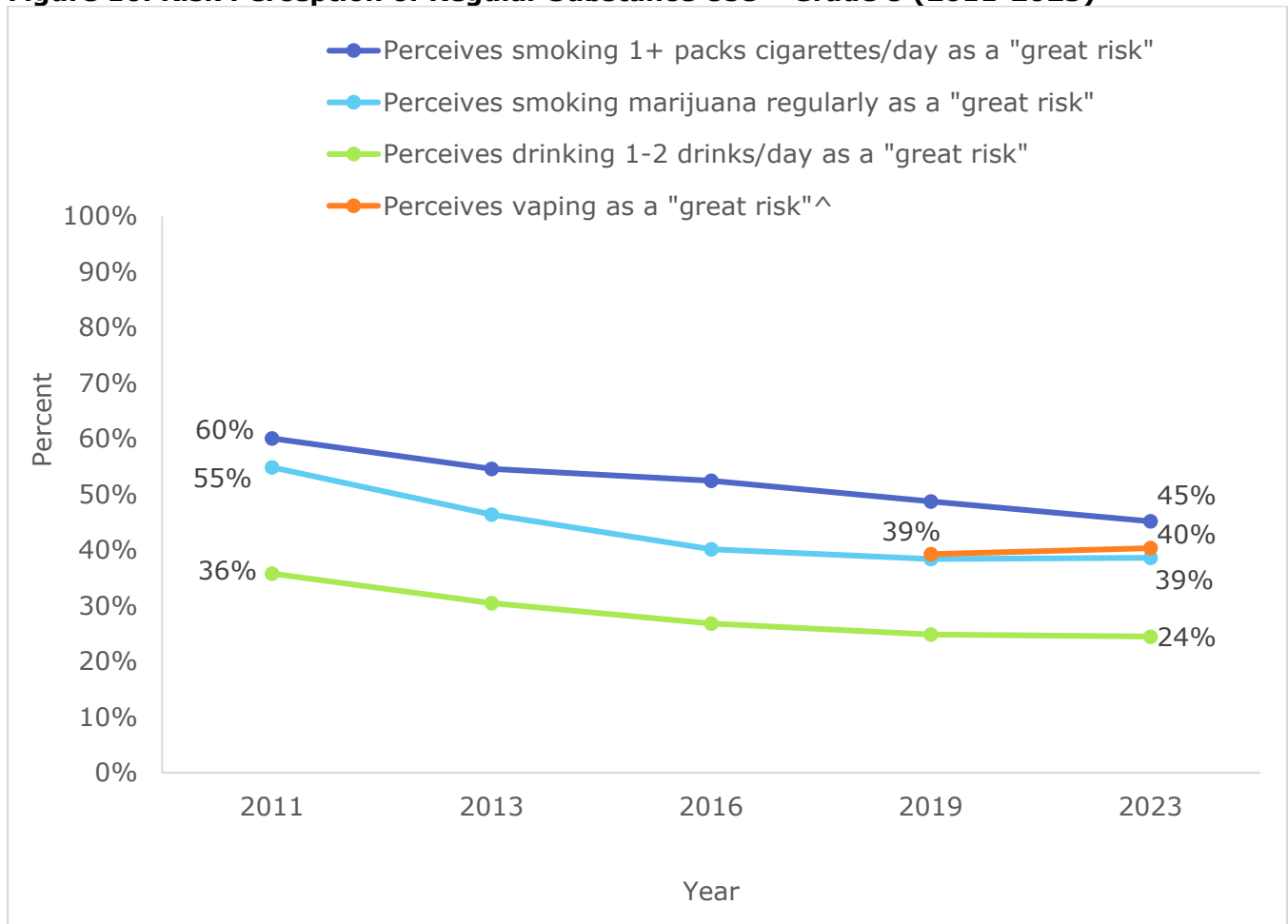


^Excludes 98 students who answered, "Not Sure," and 9 students who skipped this question.

~Excludes 58 students who answered, "Not Sure," and 6 students who skipped this question.

- The percentage of high school students who reported ever **getting tested for HIV or STIs** increased from 2016 to 2019 then **declined** from **2019 to 2023**.
- In 2023, a **lower percentage** of high school students who reported **ever getting tested for HIV or STIs compared to all prior survey years**.

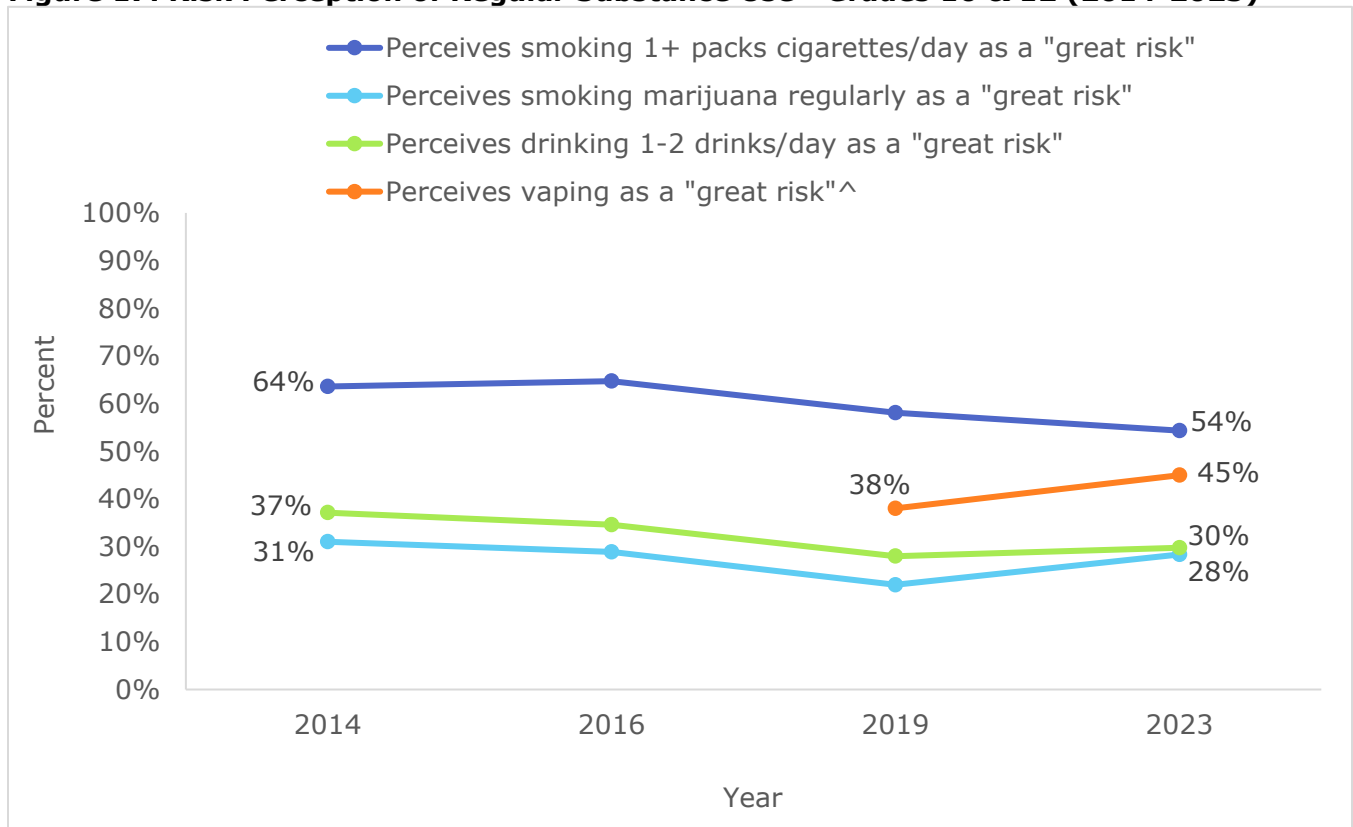
**Figure 16. Risk Perception of Regular Substance Use – Grade 8 (2011-2023)**



^Added in 2019.

- The percentage of eighth graders who **perceived smoking** one or more packs of **cigarettes/day, smoking marijuana** regularly, and drinking 1-2 **alcoholic beverages** daily as a **"great risk" declined** from 2011 to 2023.
- The percentage of eighth graders who **perceived vaping** as a **"great risk" increased slightly** from 2019 (39%) to 2023 (40%).
- Overall, eighth graders' **perceived risk of regularly smoking cigarettes, smoking marijuana, and drinking alcohol decreased or remained the same** from previous survey years.

**Figure 17. Risk Perception of Regular Substance Use - Grades 10 & 12 (2014-2023)**

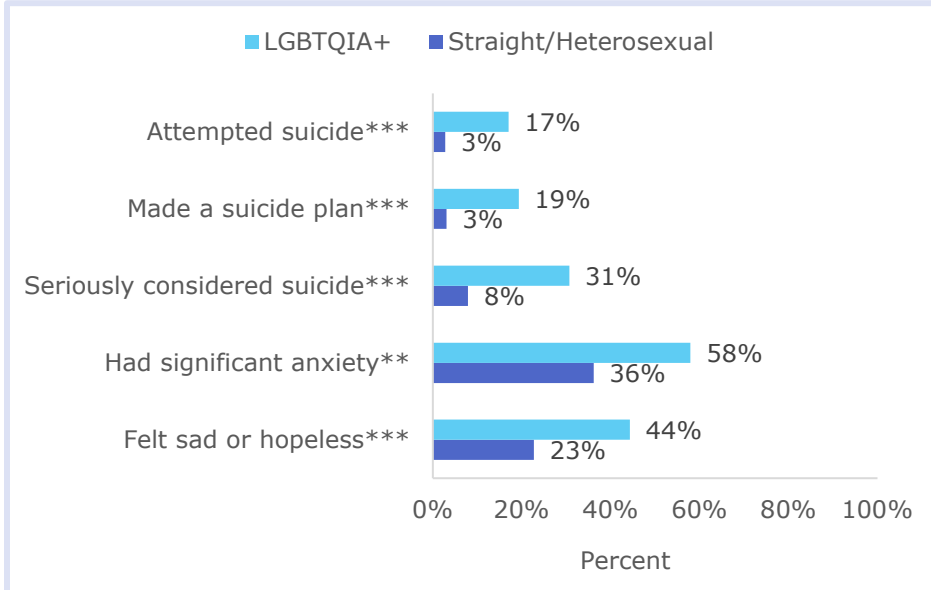


^Added in 2019.

- The percentage of high school students who **perceive smoking** one or more packs of **cigarettes** daily as a **"great risk"** has **decreased** from 2016 (65%) to 2023 (54%).
- The percentage of high school students who **perceive smoking marijuana** regularly as a **"great risk"** **decreased** from 2016 (29%) to 2019 (22%) and increased from 2019 (22%) to 2023 (28%).
- The percentage of high school students who **perceive drinking** 1-2 alcoholic beverages daily as a **"great risk"** **decreased** from 2016 (35%) to 2019 (28%) and increased from 2019 (28%) to 2023 (30%).
- The percentage of high school students who **perceive vaping** as a **"great risk"** **increased** from 2019 (38%) to 2023 (45%).
- Overall, 10<sup>th</sup> and 12<sup>th</sup> graders' **perceived risk** from **smoking decreased** from 2019 to 2023, while the **perceived risk from vaping, using marijuana, and drinking increased** from 2019 and 2023.

## Focus Area: Mental Health (Grade 8)

**Figure 18. Anxiety, Depression, & Suicide by Sexuality (2023)**



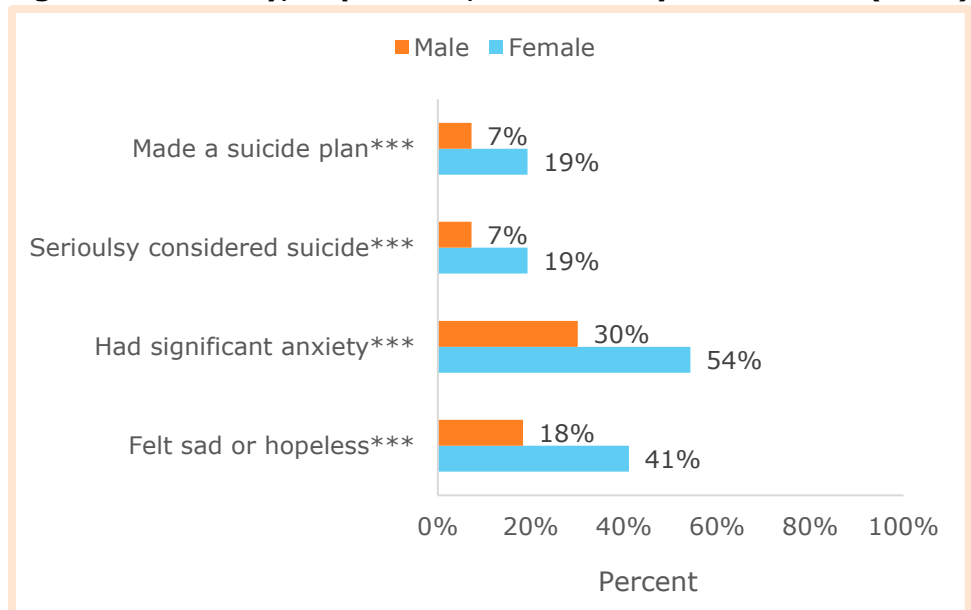
Eighth graders who identified as **LGBTQIA+** were **significantly more likely** to report attempting suicide, making a suicide plan, seriously considering suicide, having significant problems with feeling very anxious, and/or feeling sad or hopeless for two or more weeks in the past year compared to their peers who identified as straight/heterosexual.

Note: In 2023, 88 eighth graders identified as LGBTQIA+. This number includes students who indicated that were questioning their sexuality as well as students who identified as LGBTQIA+. See **Appendix C Table 16** for details.

**31%** of 8<sup>th</sup> graders who identified as **LGBTQIA+** (n=27) reported that they **seriously considering suicide** in the past year

**Figure 19. Anxiety, Depression, & Suicide by Sex at Birth (2023)**

Eighth graders who reported being **assigned female** at birth were **significantly more likely** to report making a suicide plan, seriously considering suicide, having significant problems with feeling very anxious, and/or feeling sad or hopeless for two or more weeks in the past year compared to their peers who reported being assigned male at birth.

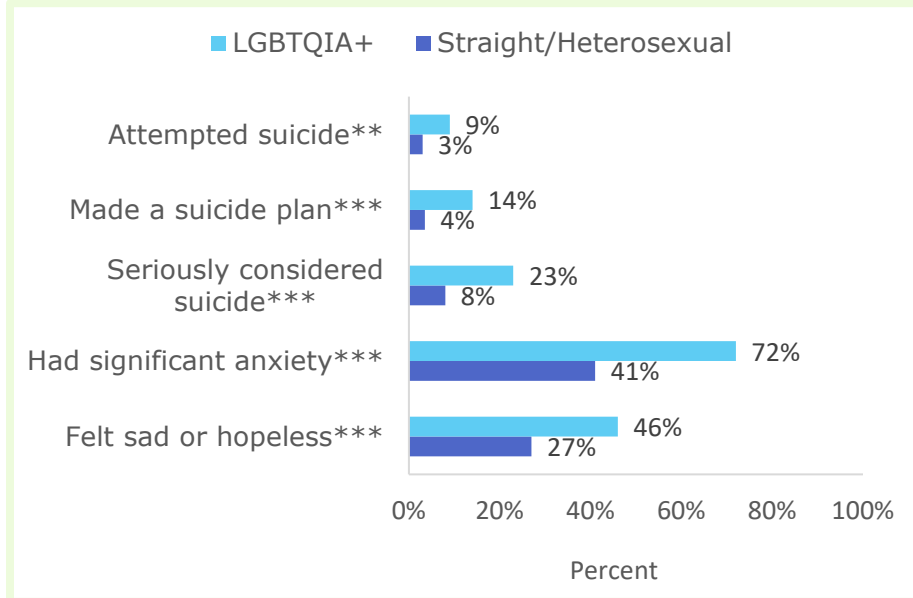


**54%** of females in the 8<sup>th</sup> grade reported having **significant anxiety** in the past year



## Focus Area: Mental Health (Grades 10 & 12)

**Figure 20. Anxiety, Depression, & Suicide by Sexuality (2023)**



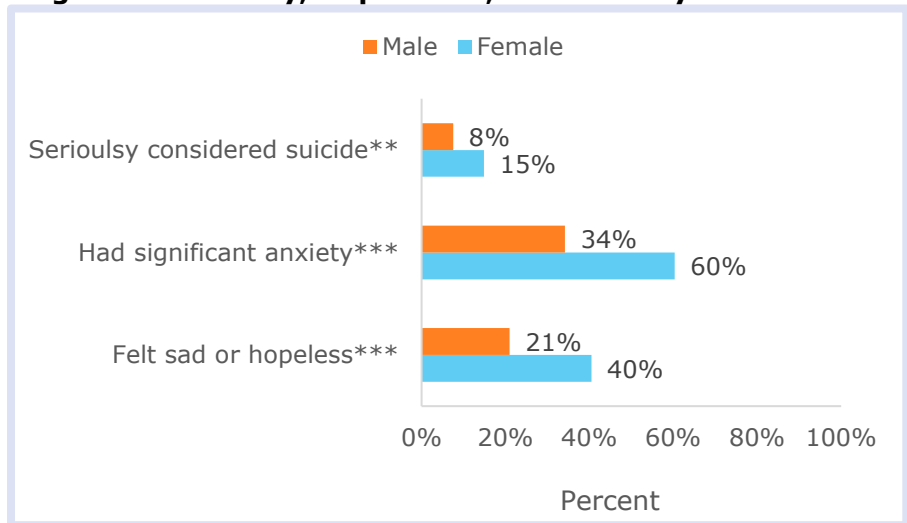
10<sup>th</sup> and 12<sup>th</sup> graders who identified as **LGBTQIA+** were **significantly more likely** to report attempting suicide, making a suicide plan, seriously considering suicide, having significant problems with feeling very anxious, and/or feeling sad or hopeless for two or more weeks in the past year compared to their peers who identified as straight/heterosexual.

Note: In 2023, 213 tenth and twelfth graders identified as LGBTQIA+. This number includes students who indicated that were questioning their sexuality as well as students who identified as LGBTQIA+. See **Appendix D Table 21** for details.

**72%** of 10<sup>th</sup> and 12<sup>th</sup> graders who identified as **LGBTQIA+** (n=153) reported having **significant problems** with feeling very **anxious, nervous, or scared** in the past year

**Figure 21. Anxiety, Depression, & Suicide by Sex at Birth**

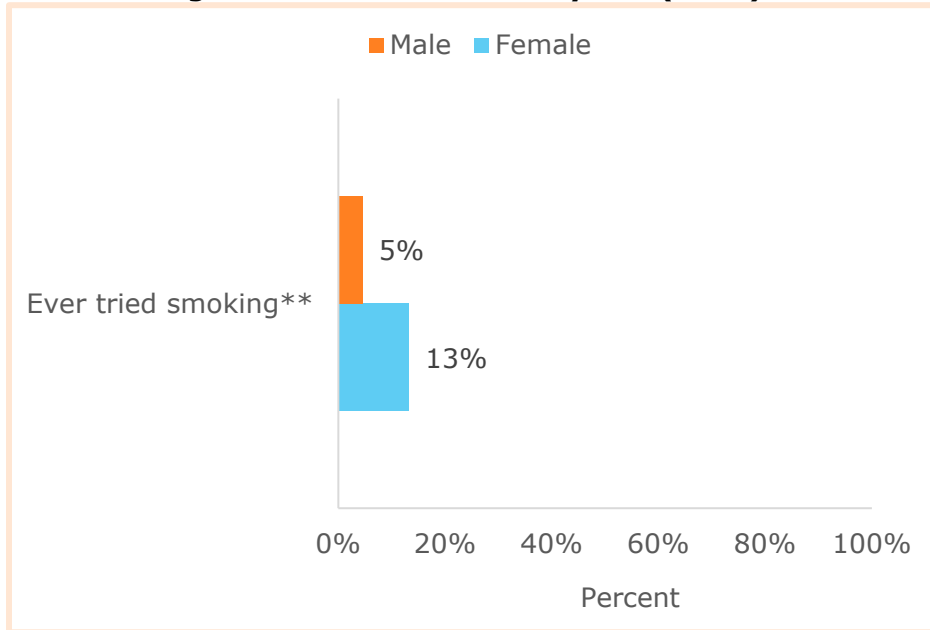
10<sup>th</sup> and 12<sup>th</sup> graders who reported being **assigned female** at birth were **significantly more likely** to report seriously considering suicide, having significant problems with feeling very anxious, and/or feeling sad or hopeless for two or more weeks in the past year compared to their peers who reported being assigned male at birth.



**60%** of 10<sup>th</sup> and 12<sup>th</sup> grade **females** reported having **significant anxiety** in the past year

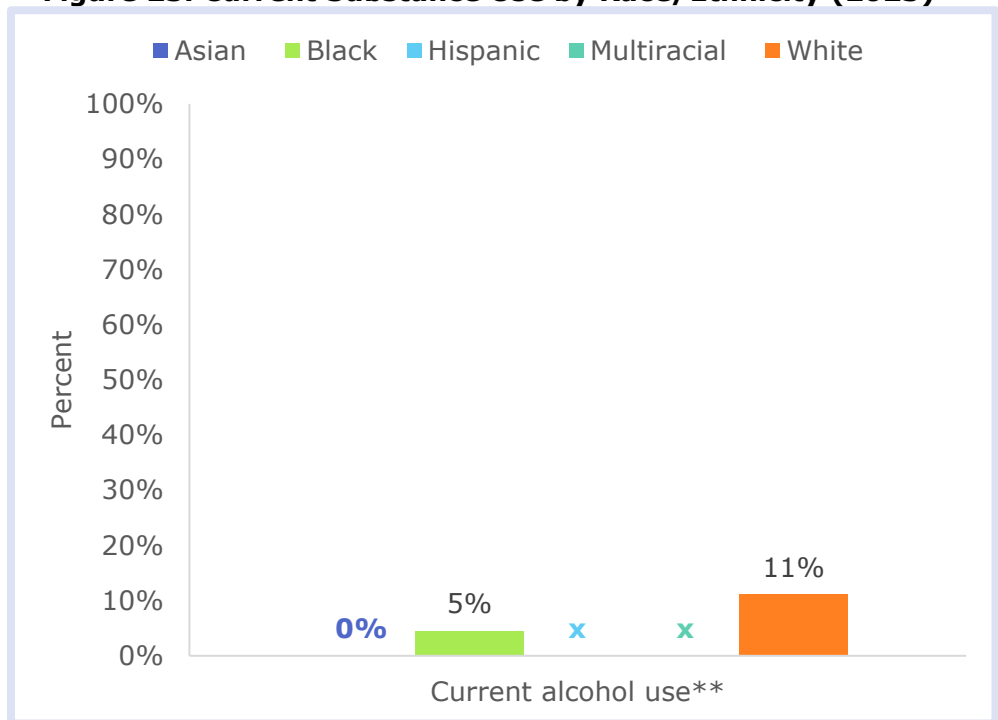
## Focus Area: Substance Use (Grade 8)

**Figure 22. Substance Use by Sex (2023)**



A **statistically significantly higher** percentage of eighth graders who were **assigned female** at birth reported ever trying smoking relative to their peers who were assigned male at birth.

**Figure 23. Current Substance Use by Race/Ethnicity (2023)**

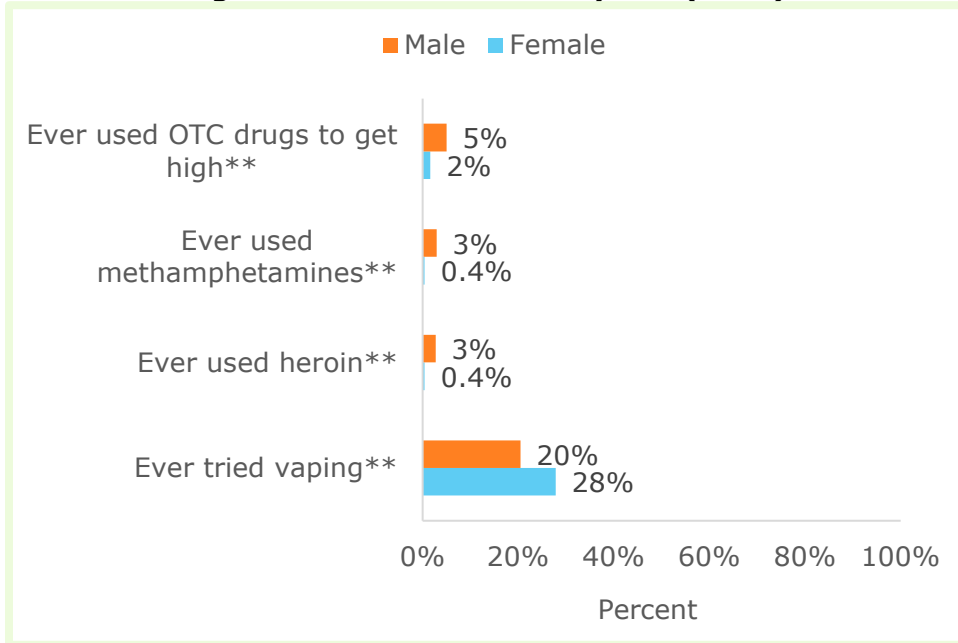


Eighth graders who identified as **Asian** or **Black** were **statistically significantly less likely** to report current alcohol use relative to their White peers.

Note: The "x" in the figure above indicates data suppression. Responses with greater than zero and fewer than five respondents were suppressed.

## Focus Area: Substance Use (Grades 10 & 12)

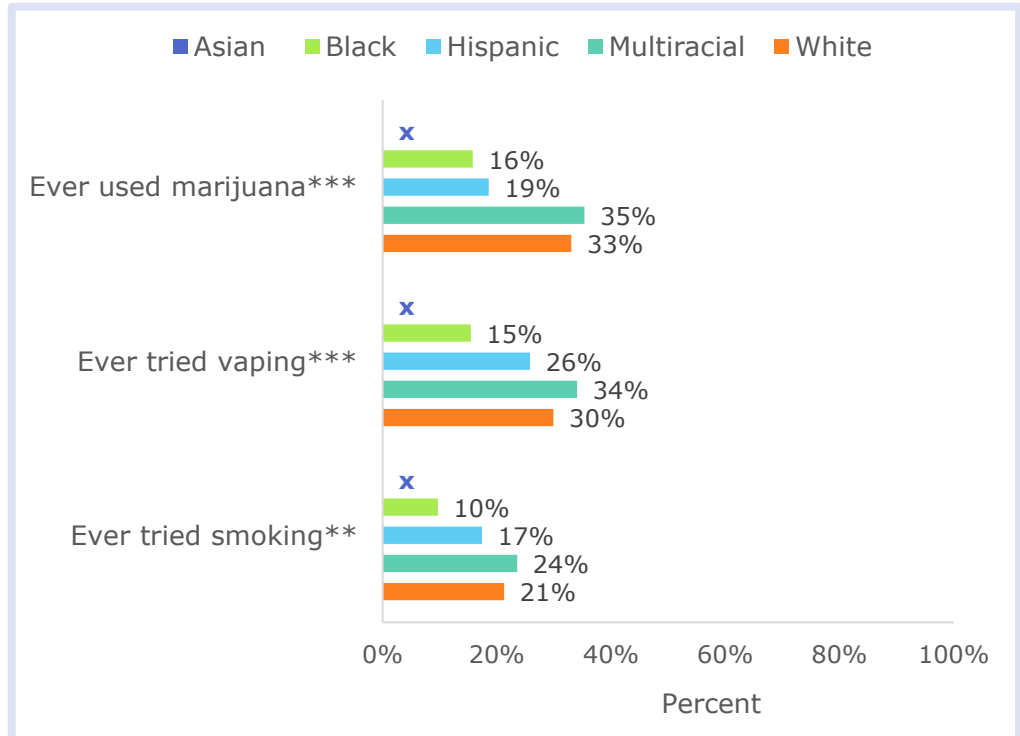
**Figure 24. Substance Use by Sex (2023)**



10<sup>th</sup> & 12<sup>th</sup> graders **assigned male** at birth were *statistically significantly more likely* to report ever using over the counter (OTC) medications to get high, ever using methamphetamines, and ever using heroin. In contrast, 10<sup>th</sup> and 12<sup>th</sup> graders **assigned female** at birth were statistically *significantly more likely* to report ever vaping.

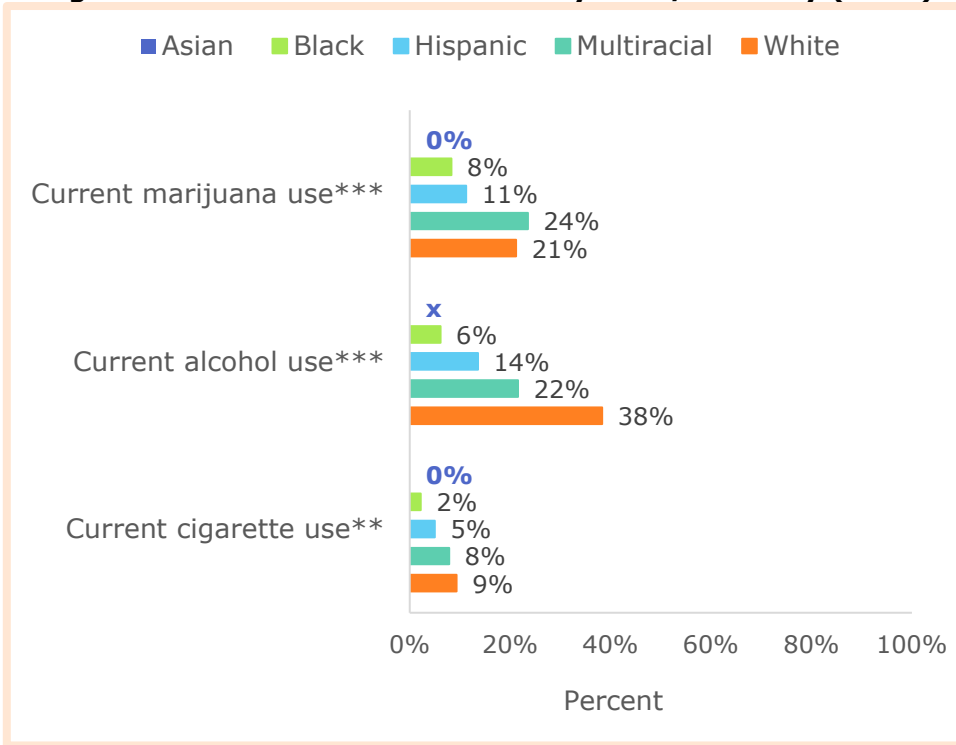
**Figure 25. Substance Use by Race/Ethnicity (2023)**

Relative to their peers who identified as Black or Hispanic, statistically **significantly higher percentages** of students who identified as **White** and students who identified as **Multiracial** reported ever using marijuana, ever trying e-cigarettes/vaping, and ever smoking cigarettes.



Note: The "x" in the figure above indicates data suppression. Responses with greater than zero and fewer than five respondents were suppressed.

**Figure 26. Current Substance Use by Race/Ethnicity (2023)**



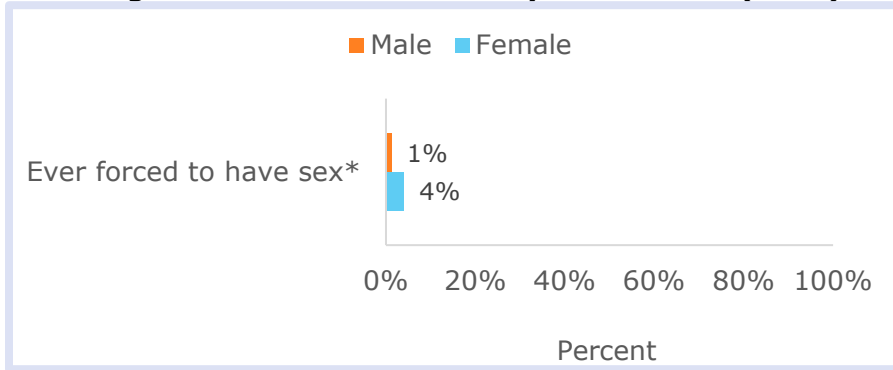
Relative to their peers who identified as Black, Hispanic, or Multiracial, a statistically significantly **higher** percentage of students who identified as **White** reported currently using alcohol.

Relative to their peers who identified as Black, Hispanic, Multiracial, or White, a statistically significantly **lower** percentage of students who identified as **Asian** reported currently using marijuana or currently using cigarettes.

Note: The "x" in the figure above indicates data suppression. Responses with greater than zero and fewer than five respondents were suppressed.

## Focus Area: Unintentional Injuries & Violence (Grade 8)

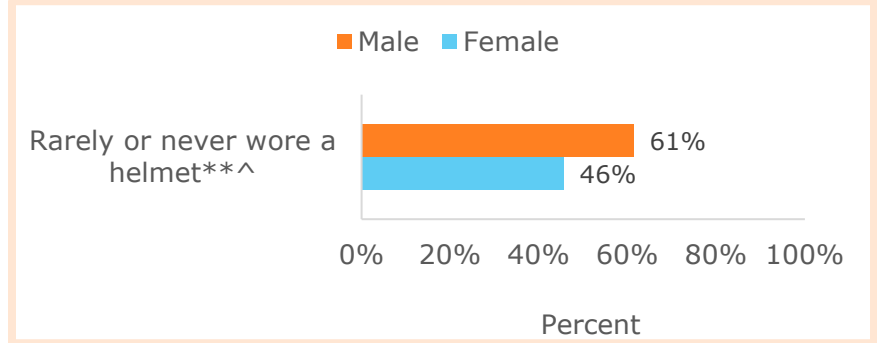
**Figure 27. Sexual Violence by Sex at Birth (2023)**



A statistically significantly **higher** percentage of students who were **assigned female** at birth reported ever being forced to have sex, relative to their peers who were assigned male at birth.

**Figure 28. Helmet Use by Sex at Birth (2023)**

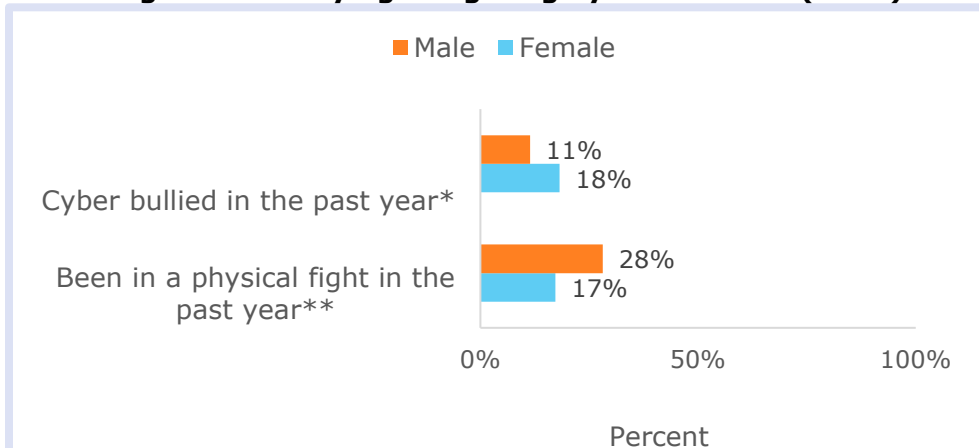
Relative to their peers who were assigned female at birth, a statistically significantly **higher** percentage of students who were **assigned male** at birth reported rarely or never wearing a helmet while biking during the past year.



^Based on those who rode a bike in the past year

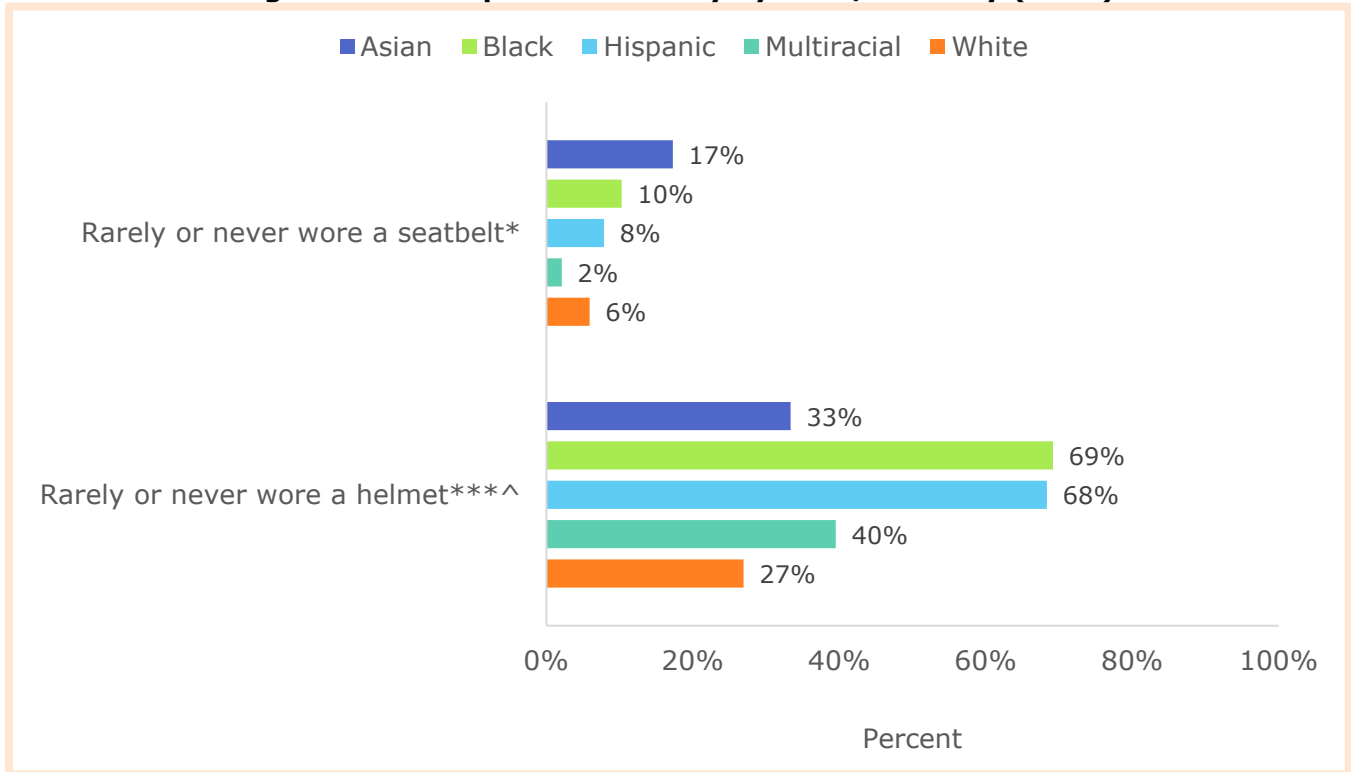
**61%** of 8<sup>th</sup> grade males who rode a bike in the past year reported **rarely or never** wearing a helmet.

**Figure 29. Bullying & Fighting by Sex at Birth (2023)**



A statistically significantly **higher** percentage of students who were **assigned male** at birth reported being cyberbullied or being in a physical fight in the past year, relative to their peers who were assigned female at birth.

**Figure 30. Transportation Safety by Race/Ethnicity (2023)**



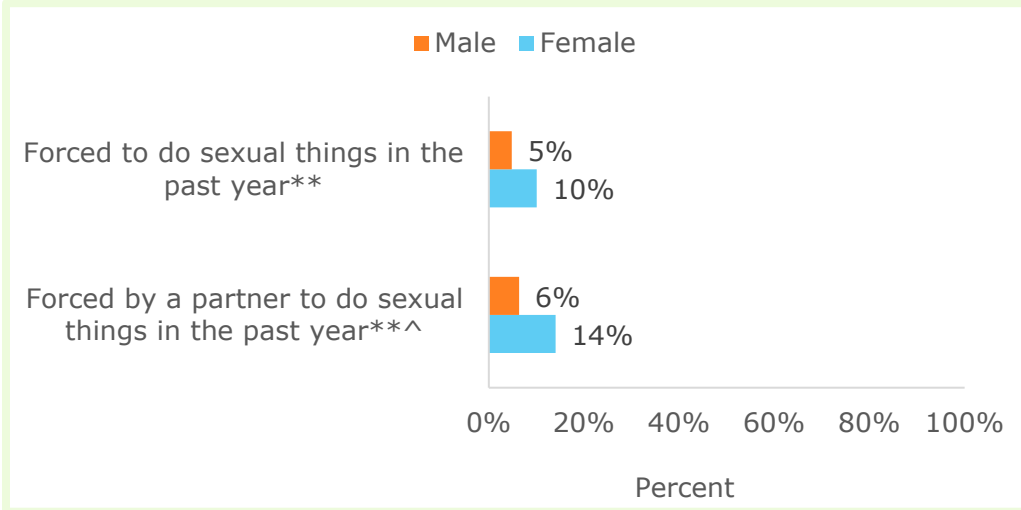
^Based on those who rode a bike in the past year

- Relative to their peers of other racial/ethnic identities, a statistically significantly **higher** percentage of students who identified as **Asian** reported **rarely or never** wearing a seatbelt in the past year.
- Of students who reported riding a bike in the past year, a statistically significantly **higher** percentage of students who identified as **Black** and students who identified as **Hispanic** reported **rarely or never** wearing a helmet while biking in the past year.

Almost **70%** of 8<sup>th</sup> graders who identified as Black or Hispanic reported **rarely or never** wearing a helmet while

## Focus Area: Unintentional Injuries & Violence (Grades 10 & 12)

**Figure 31. Sexual & Intimate Partner Violence by Sex at Birth (2023)**

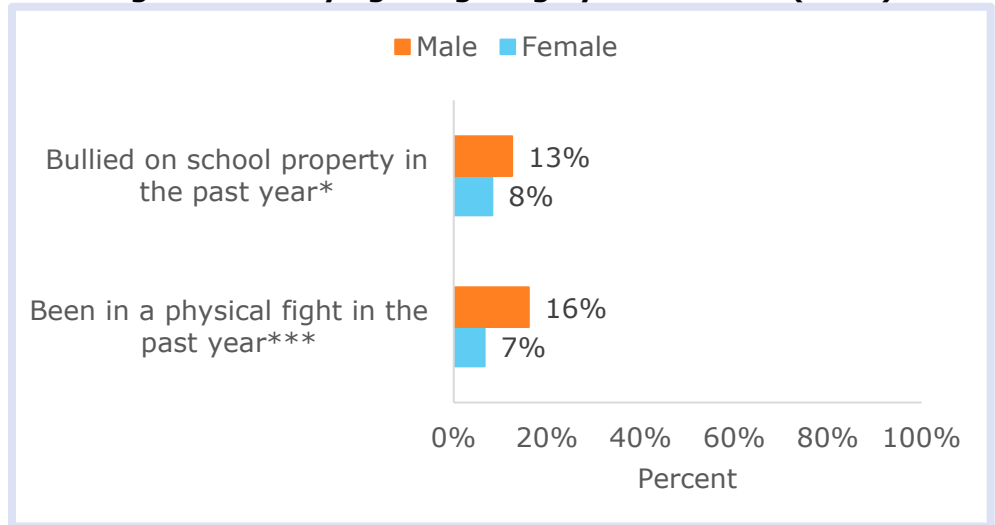


Relative to their peers who were assigned male at birth, a statistically significantly **higher** percentage of students who were **assigned female** at birth reported being forced to do sexual things in the past year.

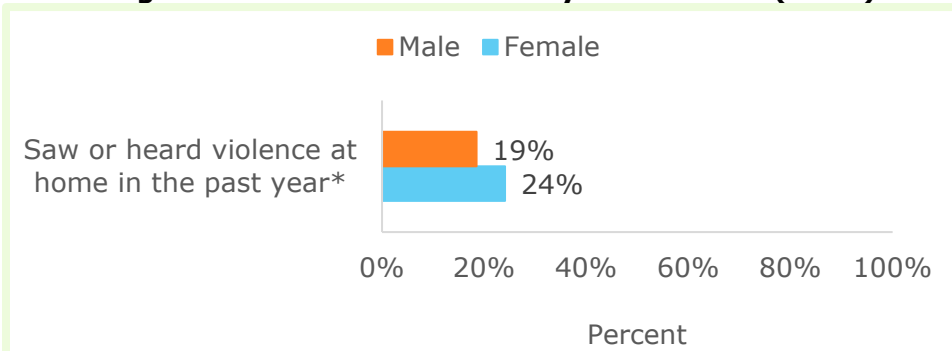
^Based on those who reported having a partner or dating in the past year.

**Figure 32. Bullying & Fighting by Sex at Birth (2023)**

Relative to their peers who were assigned female at birth, a statistically significantly **higher** percentage of students who were **assigned male** at birth reported being bullied at school or being in a physical fight in the past year.

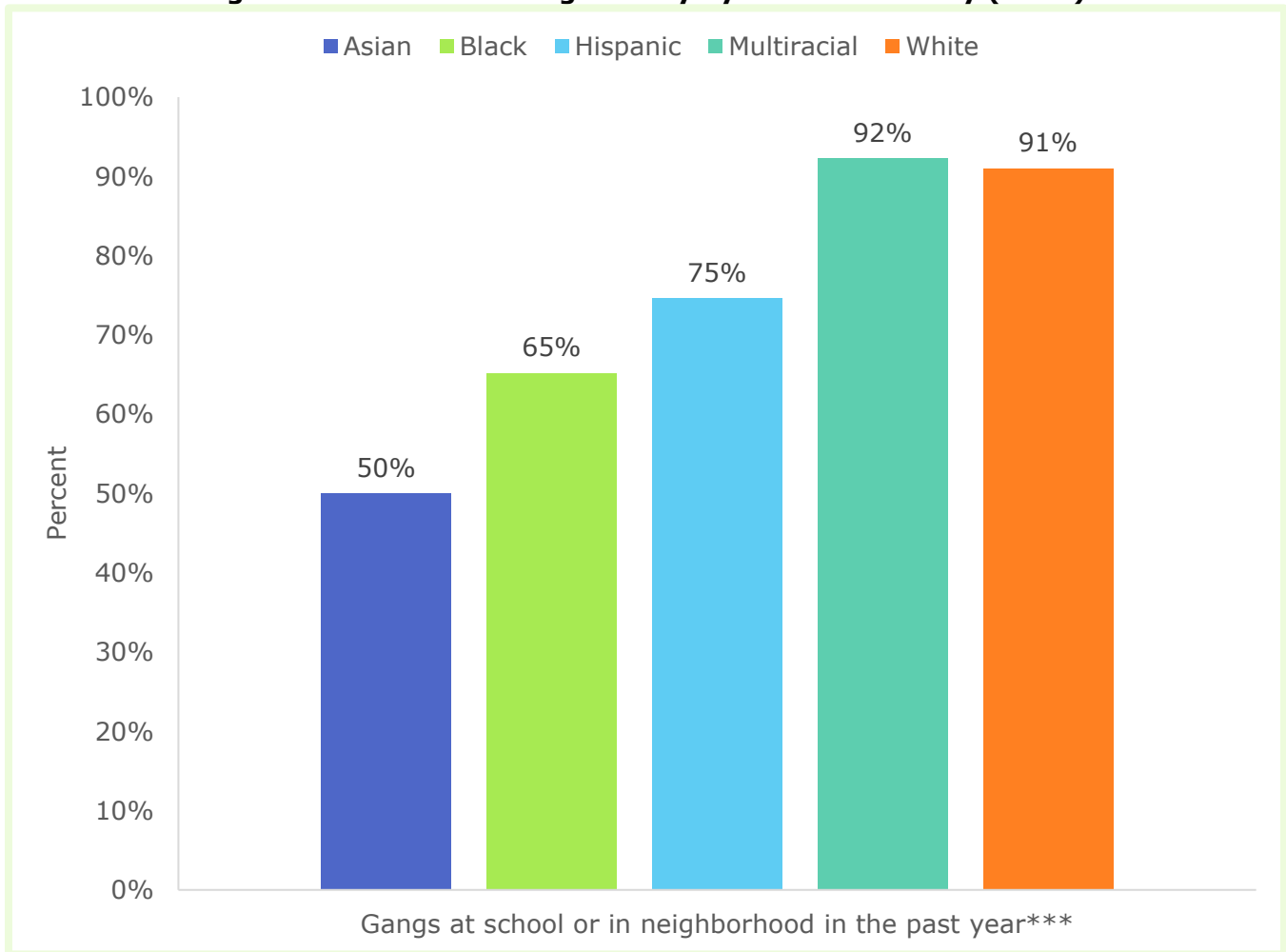


**Figure 33. Violence at Home by Sex at Birth (2023)**



Relative to their peers who were assigned male at birth, students who were **assigned female** at birth were **more likely** to report seeing or hearing violence at home in the past year.

**Figure 34. Perceived Gang Activity by Race & Ethnicity (2023)**

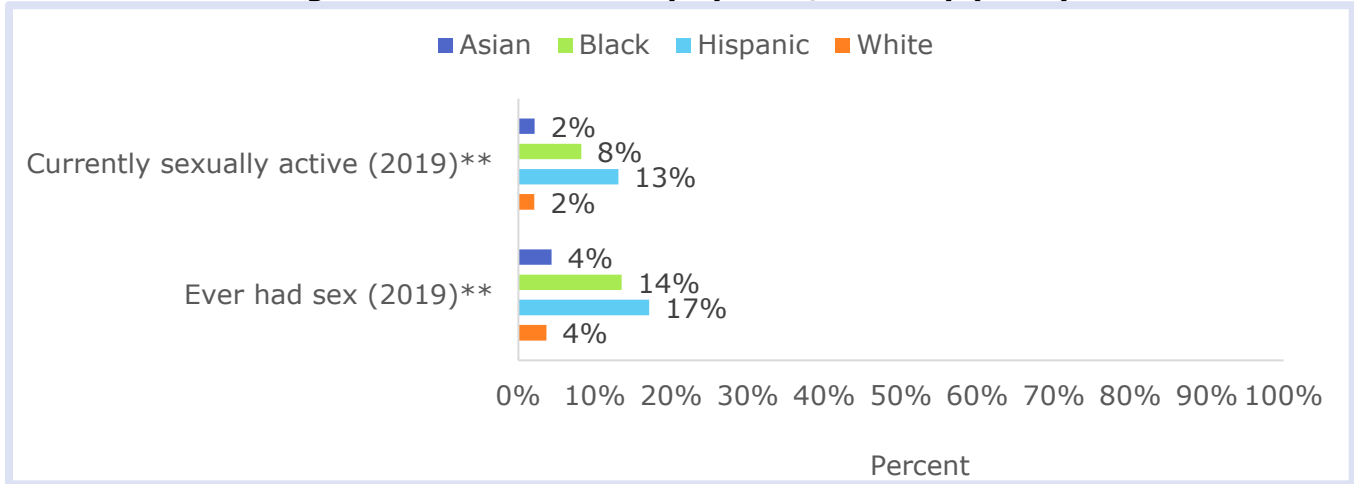


- Although **80%** of high school students reported that there were gang members at their school or in their neighborhood, **less than 2%** of high school students reported ever being approached to join a gang (data not shown in Figure, see **Appendix F**).
- A statistically significantly **higher** percentage of students who identified as **Multiracial** or **White** reported that there was gang activity at their school or in their neighborhood in the past year.



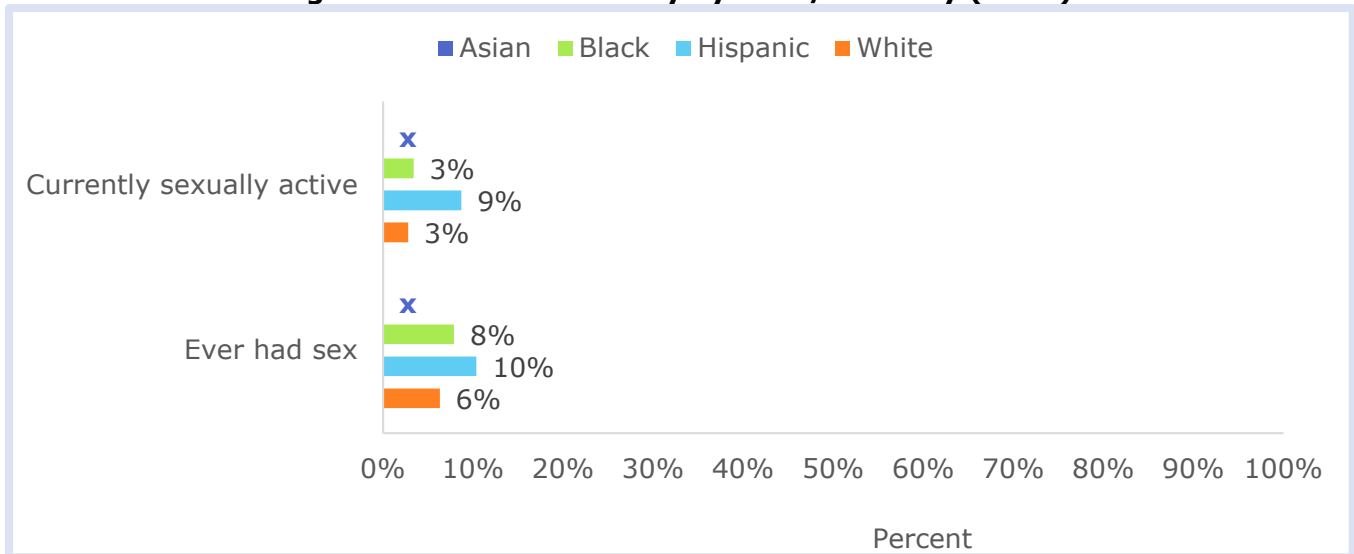
## Focus Area: Sexual Health (Grade 8)

**Figure 35.1 Sexual Activity by Race/Ethnicity (2019)**



- In **2019**, a statistically significantly **higher** percentage of students who identified as **Black** or **Hispanic** reported ever having sex and being sexually active currently, relative to their peers who identified as White or Asian.
- Currently is defined as within the past three months.

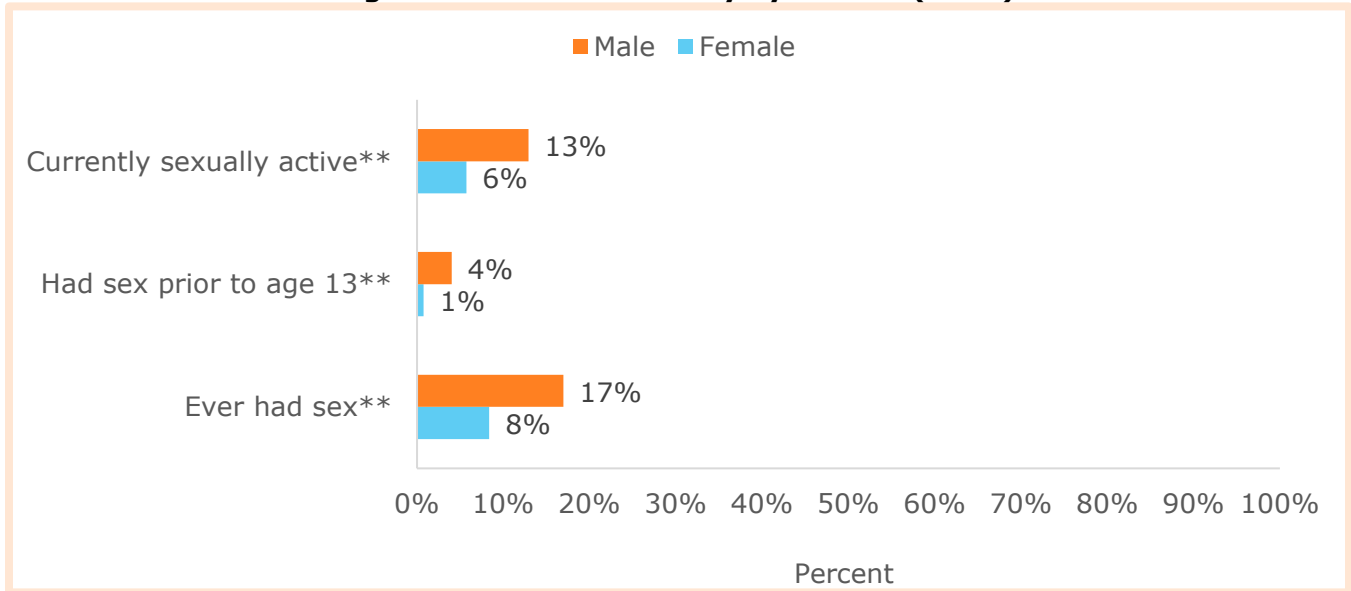
**Figure 35.2 Sexual Activity by Race/Ethnicity (2023)**



Note: The "x" in the figure above indicates data suppression. Responses with greater than zero and fewer than five respondents were suppressed.

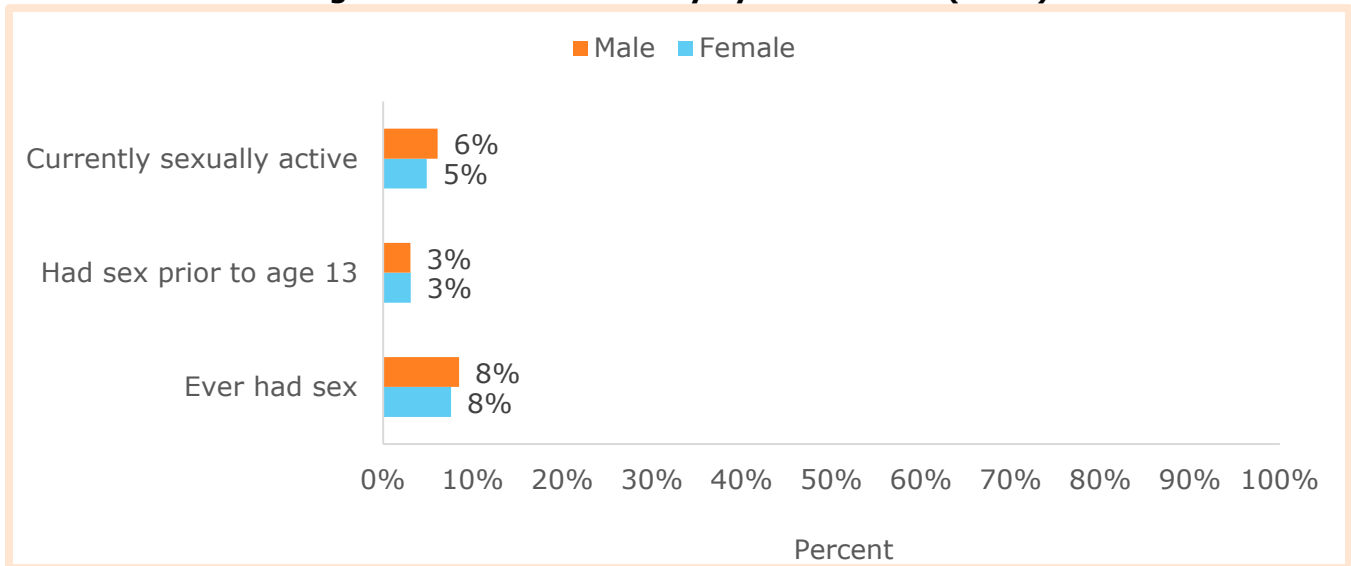
- A higher percentage of students who identified as Hispanic reported ever having sex and being sexually active currently, relative to their peers who identified as White or Black, this difference was **not statistically significant in 2023**.
- Currently is defined as within the past three months.

**Figure 36.1 Sexual Activity by Gender (2019)**



- In **2019**, a statistically significantly higher percentage of students who were assigned male at birth reported ever having sex, having sex prior to age 13, and being currently sexually active, relative to their peers who were assigned female at birth.
- Currently is defined as within the past three months.

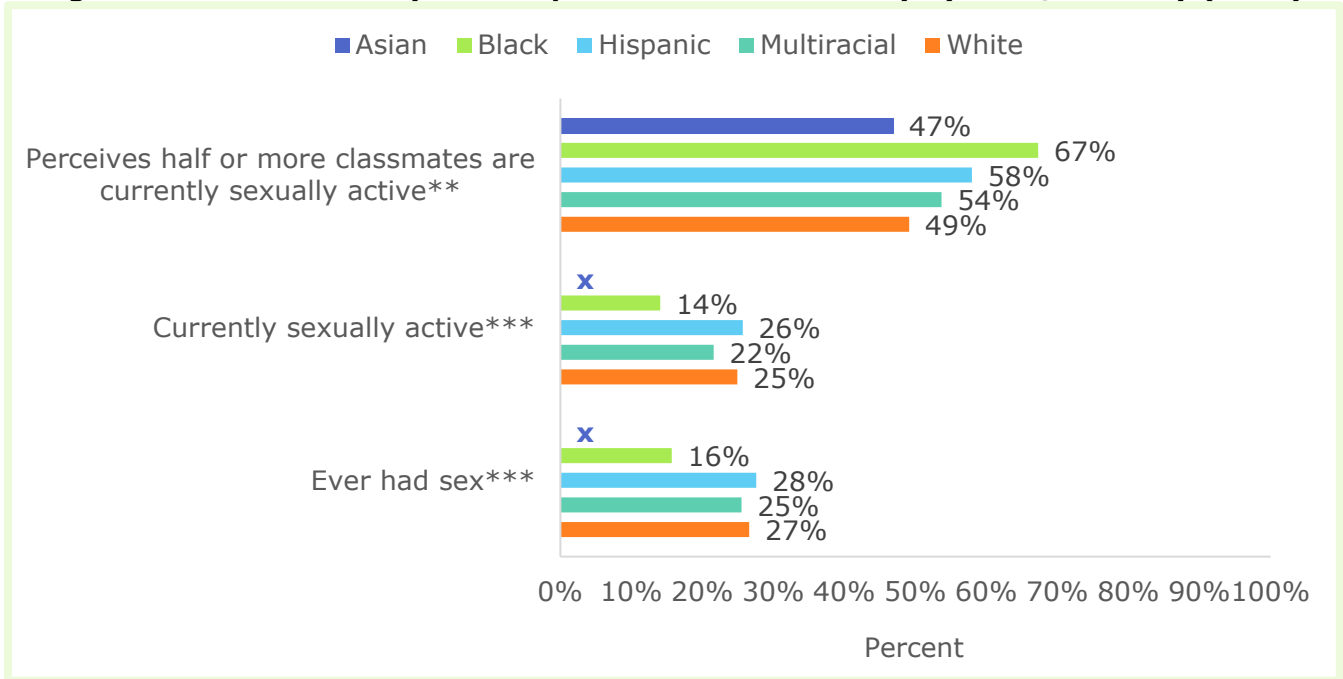
**Figure 36.2 Sexual Activity by Sex at Birth (2023)**



- In **2023**, the percentage of students who were assigned male at birth and reported current or prior sexual activity decreased by seven and nine percentage points, respectively.
- The differences in reported sexual activity between students who were assigned male at birth and female at birth were **not** statistically significant in 2023.
- Currently is defined as within the past three months.

## Focus Area: Sexual Health (Grades 10 & 12)

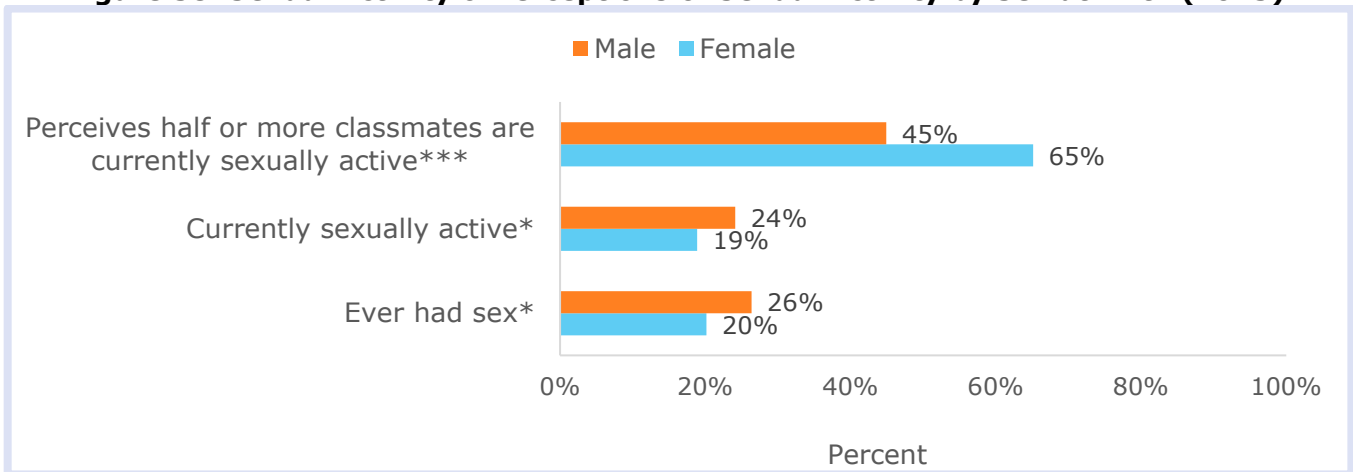
**Figure 37. Sexual Activity & Perceptions of Sexual Activity by Race/Ethnicity (2023)**



Note: The "x" in the figure above indicates data suppression. Responses with greater than zero and fewer than five respondents were suppressed.

- Relative to their peers of other races/ethnicities, a statistically significantly **higher** percentage of students who identified as Black reported that half or more of their classmates are currently sexually active.
- Currently is defined as within the past three months.

**Figure 38. Sexual Activity & Perceptions of Sexual Activity by Sex at Birth (2023)**



- Relative to their peers who were assigned male at birth, a statistically significantly **higher** percentage of students who were assigned female at birth perceived that half or more of their classmates are currently sexually active.
- Currently is defined as within the past three months.

## Appendix A. 2019 Respondent Demographics (Grade 8)

**Table 1. Grade 8 Respondents by Hispanic Ethnicity (2019)**

Hispanic Ethnicity	Number	Percent
Hispanic	317	38.9%
Non-Hispanic	487	59.8%
No Response	10	1.2%
<b>Total</b>	<b>814</b>	<b>100.0%</b>

**Table 2. Grade 8 Respondents by Race & Ethnicity (2019)**

Race/Ethnicity	Number	Percent
American Indian/Alaska Native, Non-Hispanic	x <sup>3</sup>	0.4%
Asian, Non-Hispanic	47	5.8%
Black, Non-Hispanic	185	22.7%
Hispanic	317	38.9%
Multiracial*, Non-Hispanic	52	6.4%
Native Hawaiian/Pacific Islander, Non-Hispanic	6	0.7%
White, Non-Hispanic	193	23.7%
No Response	11	1.4%
<b>Total</b>	<b>814</b>	<b>100.0%</b>

**Table 3. Grade 8 Respondents by Gender (2019)**

Gender	Number	Percent
Female	422	51.8%
Male	383	47.1%
No Response	9	1.1%
<b>Total</b>	<b>814</b>	<b>100.0%</b>

**Table 4. Grade 8 Respondents by Transgender Identity (2019)**

Transgender	Number	Percent
No, I am not transgender	720	88.5%
Yes, I am transgender	28	3.4%
I am not sure if I am transgender	23	2.8%
I do not know what this question is asking	35	4.3%
No Response	8	1.0%
<b>Total</b>	<b>814</b>	<b>100.0%</b>

**Table 5. Grade 8 Respondents by Sexuality (2019)**

Sexuality	Number	Percent
Bisexual	81	10.0%
Heterosexual	594	73.0%
Gay or Lesbian	35	4.3%
Not sure	91	11.2%
No Response	13	1.6%
<b>Total</b>	<b>814</b>	<b>100.0%</b>

<sup>3</sup>"x" in the tables above indicates data suppression. Cells with greater than zero but fewer than five respondents were suppressed.

## Appendix B. 2019 Respondent Demographics (Grades 10 & 12)

**Table 6. Grades 10 & 12 Respondents by Hispanic Ethnicity (2019)**

<b>Ethnicity</b>	<b>Number</b>	<b>Percent</b>
Hispanic	352	35.59%
Non-Hispanic	628	63.5%
No Response	9	0.91%
<b>Total</b>	<b>989</b>	<b>100%</b>

**Table 7. Grades 10 & 12 Respondents by Race & Ethnicity (2019)**

<b>Race</b>	<b>Number</b>	<b>Percent</b>
American Indian/Alaska Native, Non-Hispanic	x <sup>3</sup>	0.4%
Asian, Non-Hispanic	49	5.0%
Black, Non-Hispanic	249	25.2%
Hispanic	352	35.6%
Multiracial*, Non-Hispanic	61	6.2%
Native Hawaiian/Pacific Islander, Non-Hispanic	x <sup>3</sup>	0.2%
White, Non-Hispanic	262	26.5%
No Response	10	1.0%
<b>Total</b>	<b>989</b>	<b>100%</b>

**Table 8. Grades 10 & 12 Respondents by Gender (2019)**

<b>Gender</b>	<b>Number</b>	<b>Percent</b>
Female	472	47.72%
Male	511	51.67%
No Response	6	0.61%
<b>Total</b>	<b>989</b>	<b>100%</b>

**Table 9. Grades 10 & 12 Respondents by Transgender Identity (2019)**

<b>Transgender</b>	<b>Number</b>	<b>Percent</b>
No, I am not transgender	936	94.64%
Yes, I am transgender	13	1.31%
I am not sure if I am transgender	14	1.42%
I do not know what this question is asking	19	1.92%
No Response	7	0.71%
<b>Total</b>	<b>989</b>	<b>100%</b>

**Table 10. Grades 10 & 12 Respondents by Sexuality (2019)**

<b>Sexuality</b>	<b>Number</b>	<b>Percent</b>
Bisexual	95	9.6%
Heterosexual	809	81.8%
Gay or Lesbian	23	2.3%
Not sure	48	4.9%
No Response	14	1.4%
<b>Total</b>	<b>989</b>	<b>100%</b>

<sup>3</sup>"x" in the tables above indicates data suppression. Cells with greater than zero but fewer than five respondents were suppressed.

**Table 11. Grades 10 & 12 Respondents by Grade Level (2019)**

<b>Grade Level</b>	<b>Number</b>	<b>Percent</b>
10th Grade	486	49.1%
12th Grade	487	49.2%
Ungraded or Other Grade	16	1.6%
<b>Total</b>	<b>989</b>	<b>100%</b>

## Appendix C. 2023 Respondent Demographics (Grade 8)

**Table 12. Grade 8 Respondents by Hispanic Ethnicity (2023)**

Hispanic Ethnicity	Number	Percent
Hispanic/Latino	196	39.4%
Non-Hispanic/Latino	295	59.4%
Missing	6	1.2%
<b>Total</b>	<b>497</b>	<b>100%</b>

**Table 13. Grade 8 Respondents by Race & Ethnicity (2023)**

Race/Ethnicity	Number	Percent
American Indian/Alaskan Native, Non-Hispanic	x <sup>3</sup>	0.2%
Asian, Non-Hispanic	29	5.8%
Black, Non-Hispanic	89	17.9%
Hispanic	196	39.4%
Multiracial, Non-Hispanic	34	6.8%
Native Hawaiian/ Other Pacific Islander, Non-Hispanic	x <sup>3</sup>	0.4%
White, Non-Hispanic	144	29.0%
Missing	x <sup>3</sup>	0.4%
<b>Total</b>	<b>497</b>	<b>100.0%</b>

**Table 14. Grade 8 Respondents by Sex at Birth (2023)**

Sex at Birth	Number	Percent
Male	263	52.9%
Female	227	45.7%
Decline to answer	5	1.0%
Missing	x <sup>3</sup>	0.4%
<b>Total</b>	<b>497</b>	<b>100%</b>

**Table 15. Grade 8 Respondents by Gender Identity (2023)**

Gender Identity	Number	Percent
Boy or man	255	51.3%
Girl or woman	210	42.3%
Nonbinary, genderfluid, or genderqueer	18	3.6%
Not sure/ questioning	6	1.2%
I do not know what this question means	x <sup>3</sup>	0.2%
Decline to answer	6	1.2%
Missing	x <sup>3</sup>	0%
<b>Total</b>	<b>497</b>	<b>100%</b>

<sup>3</sup>"x" in the tables above indicates data suppression. Cells with greater than zero but fewer than five respondents were suppressed.

**Table 16. Grade 8 Respondents by Sexuality (2023)**

<b>Sexuality</b>	<b>Number</b>	<b>Percent</b>
LGBTQIA+ ^	88	17.7%
Straight or heterosexual	356	71.6%
Other	7	1.4%
I do not know what this question means	16	3.2%
Decline to answer	23	4.6%
Missing	7	1.4%
<b>Total</b>	<b>497</b>	<b>100%</b>

^Students who indicated that they were not sure or questioning their sexuality (n=22) were combined with students who indicated that they identified as LGBTQIA+ (n=66) for statistical analyses by sexuality.



## Appendix D. 2023 Respondent Demographics (Grades 10 & 12)

**Table 17. Grades 10 & 12 Respondents by Hispanic Ethnicity (2023)**

Hispanic Ethnicity	Number	Percent
Hispanic/Latino	339	34.0%
Non-Hispanic/Latino	652	65.5%
Missing	5	0.5%
<b>Total</b>	<b>996</b>	<b>100%</b>

**Table 18. Grades 10 & 12 Respondents by Race & Ethnicity (2023)**

Race/Ethnicity	Number	Percent
American Indian/Alaskan Native, Non-Hispanic	x <sup>3</sup>	0.1%
Asian, Non-Hispanic	51	5.1%
Black, Non-Hispanic	228	22.9%
Hispanic	339	34.0%
Multiracial, Non-Hispanic	51	5.1%
Native Hawaiian/ Other Pacific Islander, Non-Hispanic	x <sup>3</sup>	0.1%
White, Non-Hispanic	321	32.2%
Missing	x <sup>3</sup>	0.4%
<b>Total</b>	<b>996</b>	<b>100%</b>

**Table 19. Grades 10 & 12 Respondents by Sex at Birth (2023)**

Sex at Birth	Number	Percent
Male	481	48.3%
Female	498	50.0%
Decline to answer	13	1.3%
Missing	x <sup>3</sup>	0.4%
<b>Total</b>	<b>996</b>	<b>100%</b>

<sup>3</sup>"x" in the tables above indicates data suppression. Cells with greater than zero but fewer than five respondents were suppressed.

**Table 20. Grades 10 & 12 Respondents by Gender Identity (2023)**

<b>Gender Identity</b>	<b>Number</b>	<b>Percent</b>
Boy or man	470	47.2%
Girl or woman	464	46.6%
Nonbinary, genderfluid, or genderqueer	36	3.6%
Not sure/ questioning	10	1.0%
I do not know what this question means	x <sup>3</sup>	0.3%
Decline to answer	11	1.1%
Missing	x <sup>3</sup>	0.2%
<b>Total</b>	<b>996</b>	<b>100%</b>

**Table 21. Grades 10 & 12 Respondents by Sexuality (2023)**

<b>Sexuality</b>	<b>Number</b>	<b>Percent</b>
LGBTQIA+ <sup>^</sup>	213	21.4%
Straight or heterosexual	707	71.0%
Other	7	0.7%
I do not know what this question means	17	1.7%
Decline to answer	49	4.9%
Missing	x <sup>3</sup>	0.3%
<b>Total</b>	<b>996</b>	<b>100%</b>

<sup>^</sup>Students who indicated that they were not sure or questioning their sexuality (n=46) were combined with students who indicated that they identified as LGBTQIA+ (167) for statistical analyses by sexuality.

**Table 22. Grades 10 & 12 Respondents by Grade Level (2023)**

<b>Grade Level</b>	<b>Number</b>	<b>Percent</b>
10th Grade	637	64.0%
12th Grade	344	34.5%
Ungraded or Other	15	1.5%
<b>Total</b>	<b>996</b>	<b>100%</b>

<sup>3</sup>"x" in the tables above indicates data suppression. Cells with greater than zero but fewer than five respondents were suppressed.