

REPORT ON
THE 2007 YOUTH RISK BEHAVIOR SURVEY
FOR STUDENTS IN GRADES 9, 10, 11 AND 12
FOR THE
ARLINGTON PUBLIC SCHOOLS

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INTRODUCTION

The Arlington Public Schools contracted with Northeast Health Resources (NHR) to carry out the tabulation and overview analysis of the Youth Risk Behavior Survey (YRBS) which was implemented with students in grades 9 through 12. The survey was primarily based on one developed specifically for high school students at the Centers for Disease Control and Prevention in Atlanta, Georgia. The survey contains 124 questions. Students responded to questions which fall under general categories of risk behaviors including: safety, violence, gambling, stress, internet use, suicide, tobacco use, alcohol use, illegal drug use, HIV/AIDS education, sexual behavior, dietary behavior, physical activity, self-care, and helping resources.

Every other year, the Massachusetts Department of Education carries out a Youth Risk Behavior Survey for high school students from a cross-section of school systems in the state. The most recent state-wide survey was carried out by the Department of Education in the Spring of 2005. The survey was administered to students from 51 randomly selected public high schools in the state.

An overview of the results of the Youth Risk Behavior Survey as well as a comparison with certain of the data from the 2005 Massachusetts YRBS are included herein.

SURVEY PROCESS

It was agreed that the Youth Risk Behavior Survey would be distributed to all students in attendance on the survey date from grades 9, 10, 11 and 12. The survey was administered on December 17, 2007 simultaneously to all students by classroom teachers during homeroom period. Teachers were provided with written instructions, which were read to all students before taking the survey.

Once all of the surveys were completed, they were gathered and tabulated. There were a total of 953 students who responded to the survey, 260 from grade 9, 220 from grade 10, 252 from grade 11 and 220 from grade 12. There were 485 females and 468 males who responded to the survey. One student did not indicate her/his grade.

ANALYSIS OF DATA

Frequencies of responses are reported for all items in the survey and cross-tabulations are provided for three demographic characteristics: grade, gender, and grade/gender. The results of the survey, including all cross-tabulations, are presented in percentages under separate cover. Please note that the data results were tabulated in percentages, rounded to the nearest tenth of one percent and not all percentages will total exactly 100 due to rounding and no responses in some cases.

OVERVIEW OF MAJOR FINDINGS

There is much important and relevant information to be found in an analysis of the tabulations of the Youth Risk Behavior Survey as taken by students from the Arlington Public Schools. This is true when one looks at the tabulations of all students taken as a group, and is especially so when one looks at the cross-tabulations by grade and gender.

With students having responded to 124 questions, much can be said about the responses to each of those questions. However, it is not the intention here to discuss the results of each question. Rather, it is the intention of this report to highlight certain of the results and to offer comparisons with the Arlington High School YRBS of 2004 and with data gathered from the implementation of the 2005 Massachusetts Youth Risk Behavior Survey. It is hoped that the following as well as a more detailed analysis of the results of this survey, will assist the Arlington Public Schools and their Health Advisory Committee in their on-going development of health education curriculum.

HIGH SCHOOL - GRADES 9, 10, 11 AND 12

The following also includes comparisons with certain of the data from the 2005 MA YRBS. It should be noted that the report on the 2005 MA YRBS often only provides aggregate data on all students from grades 9 through 12 and not on the results from specific grades. Further, several questions in this survey are not included in the MA YRBS.

SAFETY

- **18.2%** of all respondents (23.2% - 2004) (27.2% - MA YRBS) **report having ridden in a car or other vehicle driven by someone who had been drinking alcohol** on at least one occasion during the thirty days prior to the survey. The incidence of this experience was highest in grade 12 (grade 9 – 13.8%, grade 10 – 16.9%, grade 11 – 15.9%, grade 12 – 27.3%). There was little variation by gender (females – 19.2%, males – 17.1%).
- **7.2%** of all respondents (10.2% - 2004) (10.5% - MA YRBS) **report having driven a car or other vehicle after they had been drinking alcohol** on at least one occasion during the thirty days prior to the survey. Respondents from grade 12 (14.5%) were much more likely to have done so (grade 9 – 3.5%, grade 10 – 4.1%, grade 11 – 7.5%) (females – 5.8%, males – 8.8%).
- **62.9%** of all respondents (67.6% - 2004) **report that they have sped or have been driven in a speeding car.** The incidence of this behavior/experience increased each year by grade (grade 9 – 48.1%, grade 10 – 63.2%, grade 11 – 66.9%, grade 12 – 75.5%). There was no variation by gender.
- **7.0%** of all respondents (6.6% - 2004) **report having been harassed, teased, or physically abused because of their gender at school or on the way to or from school** at least once during the six months prior to the survey (grade 9 – 7.3%, grade 10 – 5.5%, grade 11 – 6.4%, grade 12 – 8.6%). Female respondents (7.7%) report having had this experience slightly more often than males (6.3%).

VIOLENCE RELATED BEHAVIORS

- **5.7%** of all respondents (5.7% - 2004) **report having carried a weapon such as a gun, knife, or club on school property during the school day** on at least one occasion during the thirty days prior to the survey (grade 9 – 5.4%, grade 10 – 3.7%, grade 11 – 7.6%, grade 12 – 5.9%). Males (8.2%) were much more likely to have carried a weapon on school property than were females (3.3%).
- **3.3%** of all respondents (2.3% - 2004) (4.0% - MA YRBS) **report having not gone to school because they felt they would be unsafe at school or on their way to or from school** on at least one occasion during the thirty days prior to the survey (grade 9 – 2.3%, grade 10 – 5.0%, grade 11 – 3.2%, grade 12 – 2.7%). Male respondents (4.3%) report this experience slightly more frequently than females (2.3%).
- **3.5%** of all respondents (5.6% - 2004) **report having been threatened or injured by someone with a weapon such as a gun, knife, or club on school property during the school day** on at least one occasion during the twelve months prior to the survey. 11th grade respondents (7.2%) were most likely to have had this experience and 10th graders (0.9%) least. Male respondents (5.4%) were more likely to have had this experience than were females (1.7%).
- **12.5%** of all respondents (13.0% - 2004) **report having ever been physically abused such as being kicked, punched, burned, or beaten by a parent or other adult who lives with them** (grade 9 – 10.1%, grade 10 – 12.3%, grade 11 – 14.5%, grade 12 – 13.3%). There was no variation by gender.
- **6.8%** of all respondents (6.9% - 2004) **report having ever been physically assaulted by someone they date or have dated**. Females were more likely to have had this experience than males.

“During your life, how many times have you been physically assaulted by someone you date or have dated?”

“At least once”

	<u>Grade 9</u>	<u>Grade 10</u>	<u>Grade 11</u>	<u>Grade 12</u>	<u>Total</u>	2004 <u>Total</u>
Female	4.4%	5.8%	14.3%	11.2%	8.7%	9.8%
Male	4.1%	3.1%	3.8%	8.0%	4.7%	4.1%
Total	4.2%	4.6%	8.8%	9.6%	6.7%	6.9%

GAMBLING

- **36.2%** of all respondents **report having gambled at least once during the 12 months prior to the survey.** (Gambling includes betting on the lottery, bingo, sporting events, casino games, cards, or racing.) (grade 9 – 29.7%, grade 10 – 34.6%, grade 11 – 39.6%, grade 12 – 41.7%). Male respondents (51.9%) were much more likely to have done so than were females (21.0%). Further, **5.9%** of all respondents **report having spent at least one hour gambling online during the previous month.**

INTERNET USE

- **12.8%** of all respondents **report having been threatened, humiliated, or experienced hostile behavior from others through email, in chat rooms, on personal websites, or on instant messages during the 12 months prior to the survey.** There was very little variation by grade or gender.
- **8.2%** of all respondents (9.5% - 2004) **report having ever gone to meet someone they have met over the internet that they never knew before** (grade 9 – 5.4%, grade 10 – 8.3%, grade 11 – 7.2%, grade 12 – 12.4%). There was very little variation by gender.
- **5.1%** of all respondents (6.2% - 2004) **report having ever sought information in order to build an explosive.** Respondents from grade 12 (6.9%) report having done so most frequently and those from grade 11 (3.2%) least frequently. Male respondents (9.3%) report having sought information in order to build an explosive much more frequently than females (1.0%).

STRESS/DEPRESSION

- **25.8%** of all respondents (26.8% - 2004) **report that they feel like they are under too much pressure most of the time or always** (grade 9 – 20.2%, grade 10 – 25.0%, grade 11 – 31.2%, grade 12 – 27.1%). Female respondents (32.9%) report that they feel they are under too much pressure most of the time or always much more frequently than males (18.6%).
- **8.8%** of all respondents (9.7% - 2004) **report that they feel hopeless or discouraged about the future most of the time or always** (grade 9 – 7.4%, grade 10 – 8.3%, grade 11 – 10.0%, grade 12 – 9.7%). There was very little variation by gender.
- **15.7%** of all respondents (19% - MA YRBS) **report having hurt him or herself on purpose** (cuts, burns, bruises) at least once during the previous 12 months. The incidence of this behavior was lowest in grade 11 (grade 9 – 16.6%, grade 10 – 18.1%, grade 11 – 13.2%, grade 12 – 15.1%). Female respondents (21.0%) were twice as likely to have hurt themselves on purpose as were males (10.2%).

SUICIDE

- **8.7%** of all respondents (12.4% - 2004) (12.7% - MA YRBS) **report having seriously considered attempting suicide** during the twelve months prior to the survey (grade 9 – 8.1%, grade 10 – 6.5%, grade 11 – 10.8%, grade 12 – 9.2%). There was no variation by gender.
- **3.3%** of all respondents (6.3% - 2004) (6.4% - MA YRBS) **report having actually attempted suicide** on at least one occasion during the twelve months prior to the survey. There was no variation by gender.

“During the past 12 months, how many times did you actually attempt suicide?”
“At least once”

	<u>Grade 9</u>	<u>Grade 10</u>	<u>Grade 11</u>	<u>Grade 12</u>	<u>Total</u>	2005 MA <u>YRBS</u>
Female	5.8%	3.3%	3.4%	1.0%	3.5%	7.2%
Male	2.5%	2.1%	4.5%	2.7%	3.0%	5.6%
Total	4.2%	2.8%	4.0%	1.9%	3.3%	6.4%
2005 MA YRBS	6.9%	6.5%	5.3%	6.3%		

TOBACCO USE

- **Nearly one-third (30.7%)** of all respondents (30.9% - 2004) **report having ever smoked a whole cigarette.** The incidence of lifetime cigarette use was highest in grade 12 (grade 9 – 20.2%, grade 10 – 30.1%, grade 11 – 36.3%, grade 12 – 37.3%) (females – 28.9%, males – 32.5%). Further, **7.8%** of all respondents (9.6% - 2004) (13.2% - MA YRBS) **report having smoked a whole cigarette for the first time before the age of 13.**
- **17.1%** of all respondents (17.6% - 2004) (20.5% - MA YRBS) **report having smoked cigarettes on at least one day during the thirty days prior to the survey.**

“During the past 30 days, on how many days did you smoke cigarettes?”

“At least once”

	<u>Grade 9</u>	<u>Grade 10</u>	<u>Grade 11</u>	<u>Grade 12</u>	<u>Total</u>	<u>2005 MA YRBS</u>
Female	9.5%	14.0%	16.0%	22.4%	15.1%	20.1%
Male	13.9%	15.3%	26.0%	20.4%	19.2%	20.7%
Total	11.6%	14.6%	21.2%	21.4%	17.1%	20.5%
2005 MA YRBS	18.8%	20.0%	19.8%	23.5%		

- **6.2%** of all respondents (8.4% - 2004) (9.0% - MA YRBS) **report having smoked cigarettes on school property** on at least one occasion during the thirty days prior to the survey (grade 9 – 4.6%, grade 10 – 7.3%, grade 11 – 7.2%, grade 12 – 5.9%) (females – 3.9%, males – 8.7%).
- **10.7%** of all respondents (11.8% - 2004) (13.5% - MA YRBS) **report having smoked cigars, cigarillos, or little cigars** on at least one occasion during the thirty days prior to the survey. Respondents from grade 10 (5.9%) were less likely to have done so than were those from the other grades (grade 9 – 9.3%, grade 11 – 14.1%, grade 12 – 13.2%). Males (18.1%) were much more likely to have done so than were females (3.5%).

ALCOHOL USE

- **47.1%** of all respondents (46.3% - 2004) (47.8% - MA YRBS) **report having had at least one drink of alcohol on at least one occasion during the thirty days prior to the survey.** The incidence of this behavior increased each year by grade.

“During the past 30 days, on how many days did you have at least one drink of alcohol?”

“At least once”

	<u>Grade 9</u>	<u>Grade 10</u>	<u>Grade 11</u>	<u>Grade 12</u>	<u>Total</u>	<u>2005 MA YRBS</u>
Female	37.2%	45.0%	51.7%	60.7%	48.0%	47.6%
Male	30.8%	36.4%	49.2%	67.9%	46.2%	48.0%
Total	34.2%	41.1%	50.4%	64.4%	47.1%	47.8%
2005 MA YRBS	39.8%	46.1%	54.0%	54.0%		

- **30.0%** of all respondents (28.0% - 2004) (26.5% - MA YRBS) **report having had five or more drinks of alcohol in a row** (within a couple of hours) on at least one occasion during the thirty days prior to the survey. The incidence of binge drinking increased each year by grade (grade 9 – 18.5%, grade 10 – 25.5%, grade 11 – 34.4%, grade 12 – 43.2%). Males (34.3%) (30.9% - 2004) were more likely to have done so than were females (25.8%) (24.8% - 2004).
- **4.5%** of all respondents (9.0% - 2004) **report having had at least one drink of alcohol during the school day** on at least one occasion during the thirty days prior to the survey (grade 9 – 3.1%, grade 10 – 4.5%, grade 11 – 6.8%, grade 12 – 3.6%). There was little variation by gender (females – 3.7%, males – 5.4%).
- **Four respondents in ten (39.9%)** **report having attended parties held in homes in Arlington where alcohol use by teens is allowed**, either occasionally or frequently during the 12 months prior to the survey (grade 9 – 22.3%, grade 10 – 41.8%, grade 11 – 43.7%, grade 12 – 54.3%). There was little variation by gender (females – 38.5%, males – 41.4%).

ILLEGAL DRUG USE

- **28.6%** of all respondents (27.7% - 2004) (26.2% - MA YRBS) **report having used marijuana** at least once during the thirty days prior to the survey. Further, **7.1%** of all respondents (8.7% - 2004) **report having used marijuana on at least one occasion during the thirty days prior to the survey on school property** during the school day.

“During the past 30 days, how many times did you use marijuana?”

“At least once”

	<u>Grade 9</u>	<u>Grade 10</u>	<u>Grade 11</u>	<u>Grade 12</u>	<u>Total</u>	<u>2005 MA YRBS</u>
Female	13.9%	21.5%	28.0%	35.5%	24.0%	23.4%
Male	26.0%	28.3%	37.1%	41.6%	33.4%	29.0%
Total	19.6%	24.5%	32.8%	38.6%	28.6%	26.2%
2005 MA YRBS	19.5%	28.3%	30.1%	28.0%		

- **7.6%** all respondents (9.6% - 2004) **report having ever sniffed glue, or breathed the contents of spray cans, or inhaled any paints or sprays to get high** (grade 9 – 9.3%, grade 10 – 5.5%, grade 11 – 9.6%, grade 12 – 5.5%). There was no variation by gender.
- **5.4%** all respondents (7.7% - 2004) (7.9% - MA YRBS) **report having ever used any form of cocaine, including powder, crack, or freebase**. The incidence of lifetime cocaine use was highest in grade 11 (grade 9 – 4.2%, grade 10 – 2.7%, grade 11 – 8.8%, grade 12 – 5.5%). There was little variation by gender (females – 4.1%, males – 6.7%).
- **5.2%** all respondents (5.1% - 2004) **report having ever used oxycontin** (grade 9 – 4.2%, grade 10 – 2.7%, grade 11 – 8.8%, grade 12 – 4.5%). Males (6.5%) report ever using oxycontin more frequently than females (3.9%).
- **7.3%** all respondents (10.3% - 2004) **report having ever used any illegal drug other than marijuana or cocaine such as PCP, ecstasy, mushrooms, speed, ice, heroin, acid, LSD, or any other hallucinogen**. The incidence of this behavior was highest in grade 12 (grade 9 – 5.1%, grade 10 – 5.0%, grade 11 – 7.6%, grade 12 – 11.9%). Male respondents (11.4%) report having done so much more frequently than females (3.3%).
- **22.0%** of all respondents (27.7% - 2004) **report having been offered, sold, or given an illegal drug on school property during the school day** on at least one occasion during the twelve months prior to the survey (grade 9 – 18.5%, grade 10 – 18.2%, grade 11 – 27.0%, grade 12 – 24.2%). Male respondents (29.3%) were much more likely to have been offered, sold, or given an illegal drug on school property than were females (14.9%).

HIV/AIDS EDUCATION

- **More than one-half (56.4%)** of all respondents (50.7% - 2004) **report having not had any conversation at all with their parents or other adults in their family about sexuality or ways to prevent HIV infection, other sexually transmitted diseases, or pregnancy during the 12 months prior to the survey** (grade 9 – 59.6%, grade 10 – 49.3%, grade 11 – 58.9%, grade 12 – 56.7%). Male respondents (62.0%) report not having had such conversations more frequently than females (50.9%).

SEXUAL BEHAVIOR

- **28.4%** of all respondents (29.9% - 2004) (45.4% - MA YRBS) **report having ever had sexual intercourse**. Further, **3.6%** of all respondents (4.4% - 2004) (5.2% - MA YRBS) **report having had sexual intercourse for the first time before the age of 13**.

“Have you ever had sexual intercourse?”

“Yes”

	<u>Grade 9</u>	<u>Grade 10</u>	<u>Grade 11</u>	<u>Grade 12</u>	<u>Total</u>	<u>2005 MA YRBS</u>
Female	7.4%	15.0%	41.0%	45.7%	25.9%	42.9%
Male	18.0%	17.2%	41.1%	45.5%	31.0%	47.9%
Total	12.5%	16.0%	41.1%	45.6%	28.4%	45.4%
2005 MA YRBS	32.6%	40.1%	51.0%	61.3%		

- **6.9%** of all respondents (8.2% - 2004) (12.6% - MA YRBS) **report having had sexual intercourse with four or more partners** during their lives. 12th grade respondents (12.4%) were most likely to have done so and 10th graders (2.7%) were least likely. There was little variation by gender (females – 5.9%, males – 8.0%).
- **21.4%** of all respondents (20.3% - 2004) (34.1% - MA YRBS) **report having had sexual intercourse on at least one occasion during the three months prior to the survey** (grade 9 – 8.2%, grade 10 – 14.5%, grade 11 – 27.4%, grade 12 – 37.1%) (females – 19.8%, males – 23.0%).
- **38.5%** of all respondents (40.2% - 2004) **report having ever participated in oral sex, either given or received**. The incidence of this behavior increased each year by grade (grade 9 – 21.6%, grade 10 – 28.6%, grade 11 – 49.0%, grade 12 – 56.4%). Males (41.7%) report having done so more frequently than females (35.3%).
- **7.0%** of all respondents (9.5% - 2004) **report that they drank alcohol or used other drugs before having had sexual intercourse the last time**. Respondents from grades 11 (10.2%) and grade 12 (10.6%) were more likely to have done so than were their younger peers (grade 9 – 4.7%, grade 10 – 2.7%). Male respondents (9.5%) report having done so more frequently than female respondents (4.6%).

DIETARY BEHAVIOR

- **12.8%** of all respondents (12.4% - 2004) **report that they feel they have an eating disorder either because of overeating or undereating.** The incidence of this perception increased slightly each year by grade (grade 9 – 11.2%, grade 10 – 12.9%, grade 11 – 13.3%, grade 12 – 14.2%). There was very little variation by gender.
- During the thirty days prior to the survey, in order to lose weight or to keep from gaining weight:
 - **2.7%** of all respondents (3.4% - 2004) (4.0% - MA YRBS) **report having taken diet pills, powders, or liquids without a doctor's advice.** (females – 2.5%, males – 2.8%)
 - **3.1%** of all respondents (5.9% - 2004) (6.0% - MA YRBS) **report having vomited or taken laxatives.** (females – 4.4%, males – 1.7%)

SELF-CARE

- **9.2%** of all female respondents (17.8% - 2004) **report that they are sexually active but have not had a pelvic exam.** The incidence of female respondents who report being sexually active but not having had a pelvic exam was highest among those from grades 11 (13.3%) and 12 (13.9%).
- **20.3%** of all female respondents (50.2% - 2004) **report that they do not know how to do regular breast self-exams.** Further, **23.4%** of female respondents (37.9% - 2004) **report that they know how to do breast self-exams but still do not perform them regularly.**
- **15.0%** of all male respondents (37.1% - 2004) **report that they do not know how to perform regular testicular self-exams.** Further, **20.8%** of males (34.4% - 2004) **report that they know how to do self-exams but do not perform them regularly.**

PHYSICAL ACTIVITY

- **61.2%** of all respondents (64.4% - 2004) (62.9% - MA YRBS) **report having exercised or participated in physical activities for at least 20 minutes on at least three days during the week prior to the survey.** The incidence of this behavior decreased each year by grade (grade 9 – 67.3%, grade 10 – 66.1%, grade 11 – 58.2%, grade 12 – 52.5%). Male respondents (66.2%) were more likely to have exercised regularly than were females (56.3%).
- **43.8%** of all respondents (42.6% - 2004) **report that they spend 3 hours or more per day in front of a screen (i.e., computer, video games, television) not including homework on an average school day** (grade 9 – 41.7%, grade 10 – 37.0%, grade 11 – 48.8%, grade 12 – 47.4%). Male respondents (49.6%) were more likely to do so than were females (38.1%).

HELPING RESOURCES

- When asked which resource they would prefer for access to medical care including general medicine, contraception, AIDS/HIV, or counseling, **38.0% responded “a family physician”, 24.9% responded “a local health clinic”, and 20.0% responded “a school based clinic”.**
- **88.5%** of all respondents (90.2% - 2004) **report that they have someone in their life who really listens to them** (grade 9 – 90.1%, grade 10 – 92.0%, grade 11 – 84.2%, grade 12 – 88.0%).

APPENDIX

THE 2007 YOUTH RISK BEHAVIOR SURVEY

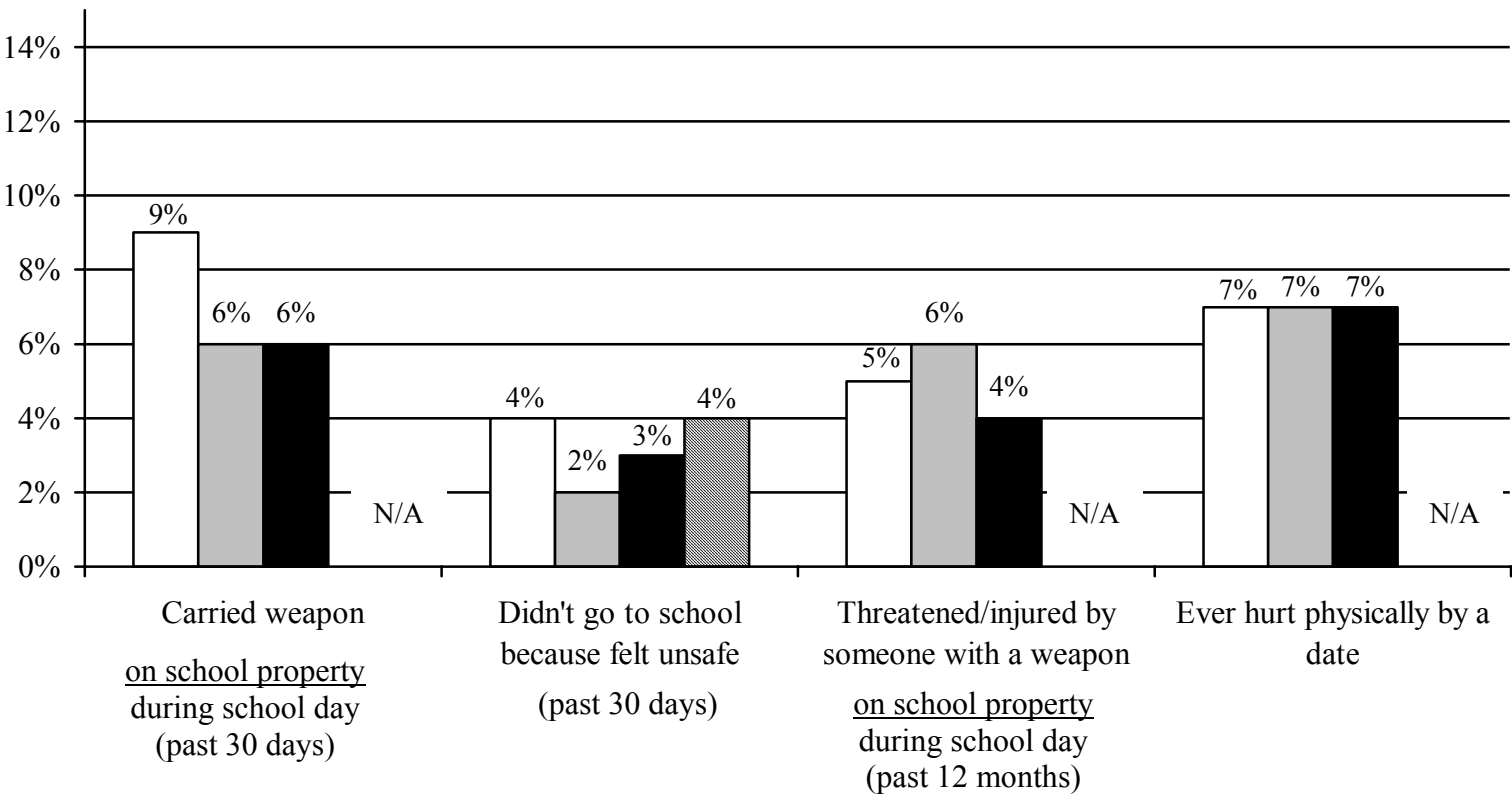
FOR THE

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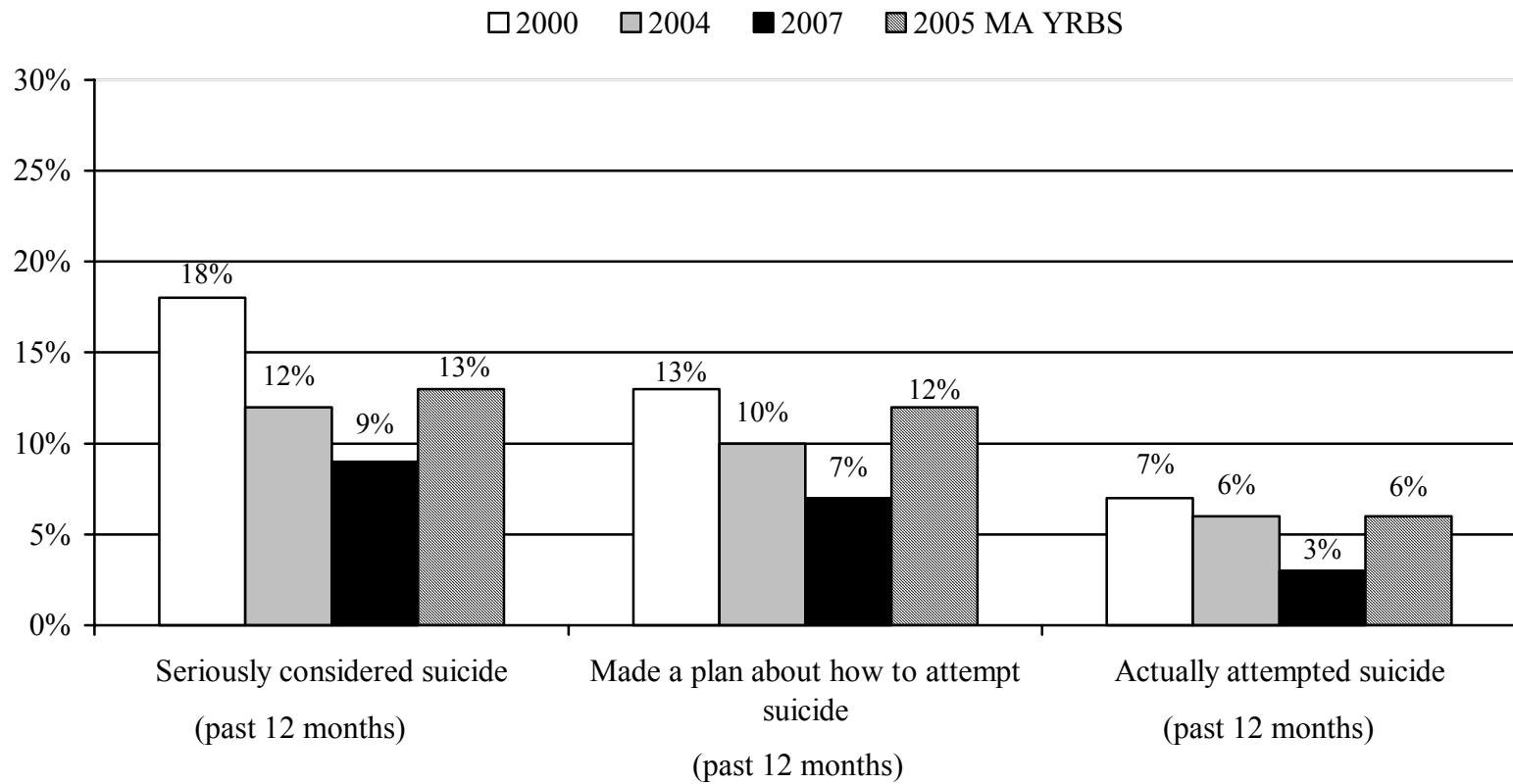
GRADES 9, 10, 11, AND 12

**2007 YRBS
ARLINGTON HIGH SCHOOL
VIOLENCE RELATED BEHAVIORS
(GRADES 9 THROUGH 12 - COMBINED)**

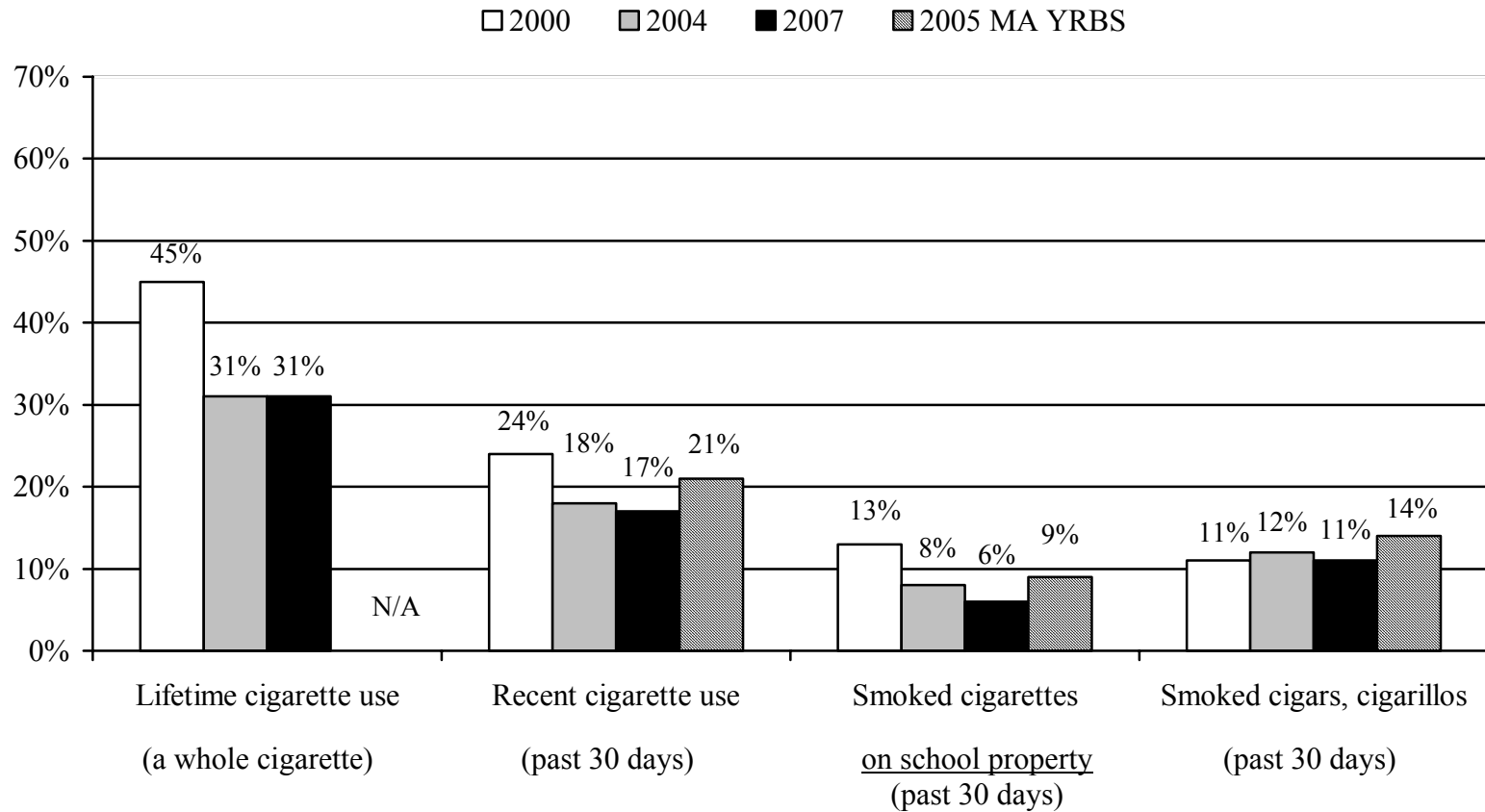
□ 2000 ▒ 2004 ■ 2007 ▨ 2005 MA YRBS



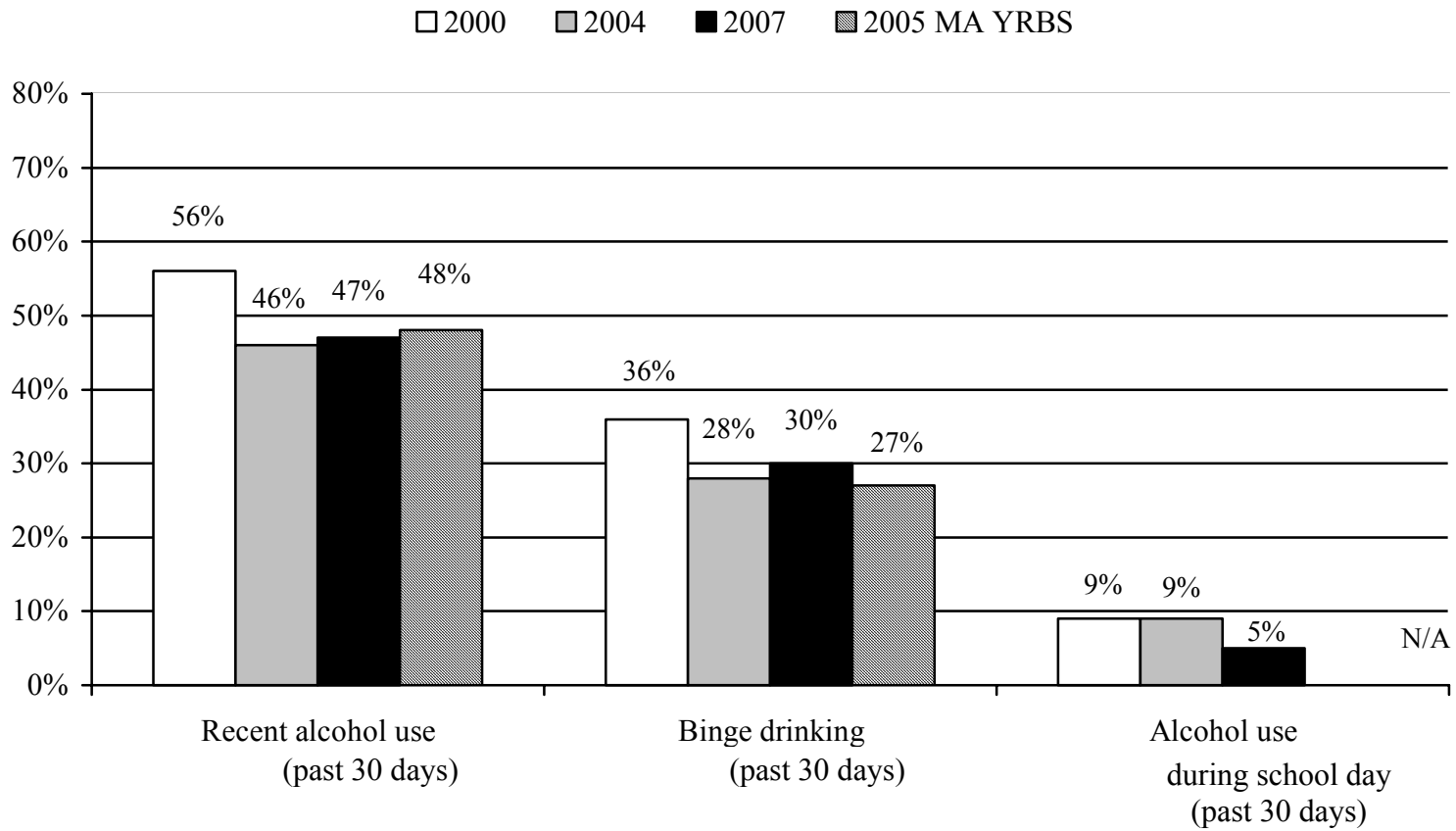
**2007 YRBS
ARLINGTON HIGH SCHOOL
SUICIDE
(GRADES 9 THROUGH 12 - COMBINED)**



**2007 YRBS
ARLINGTON HIGH SCHOOL
TOBACCO USE
(GRADES 9 THROUGH 12 - COMBINED)**



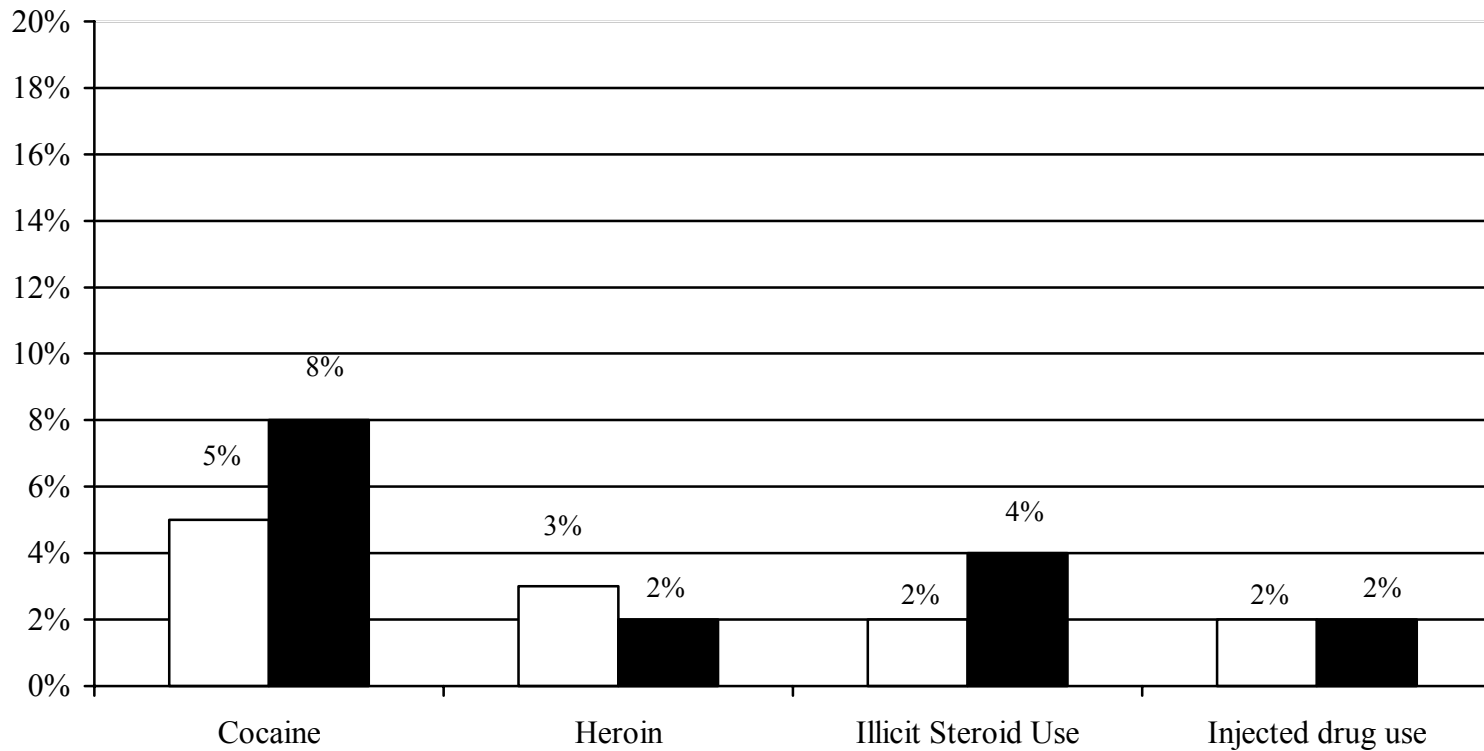
2007 YRBS
ARLINGTON HIGH SCHOOL
ALCOHOL USE
(GRADES 9 THROUGH 12 - COMBINED)



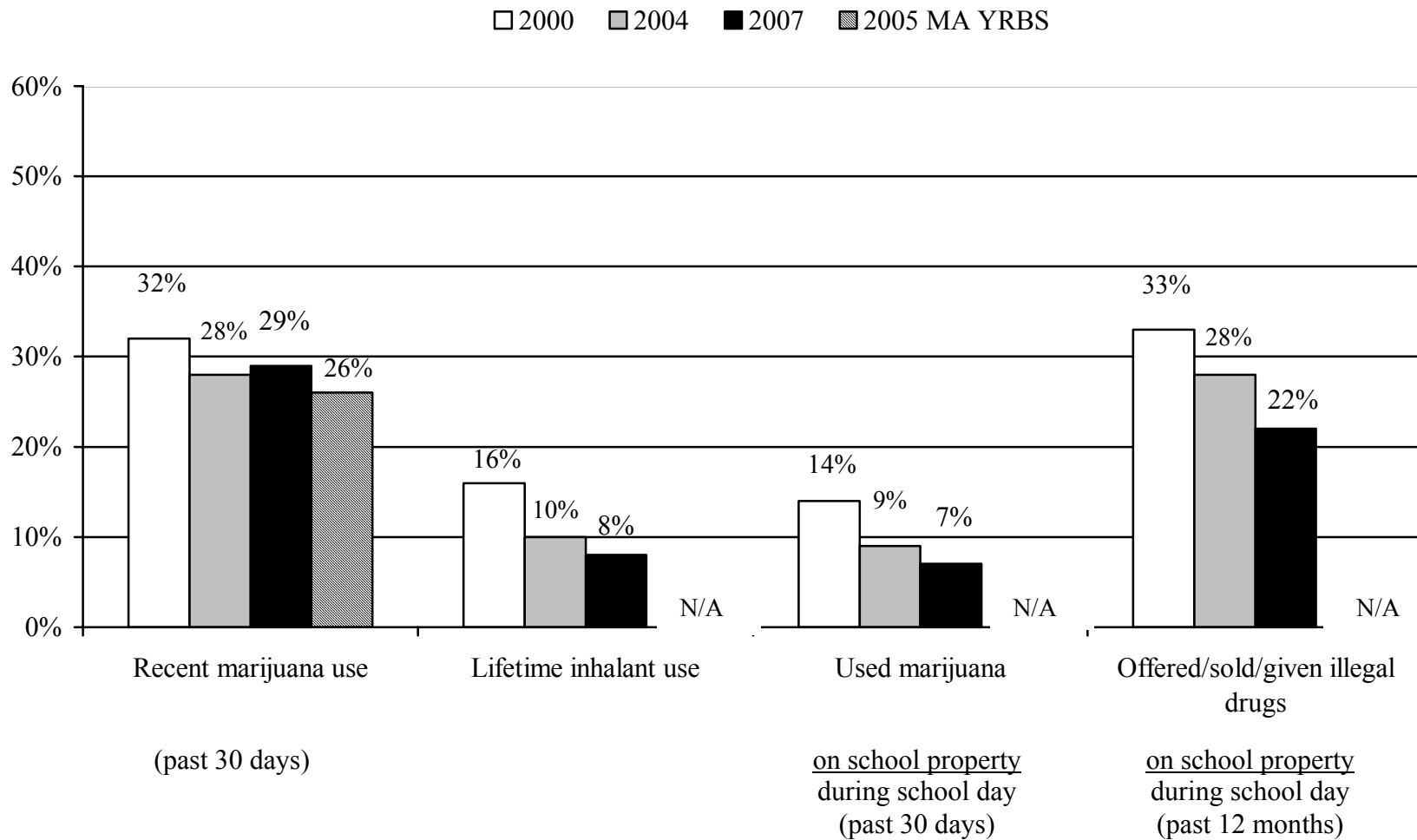
**2007 YRBS
ARLINGTON HIGH SCHOOL
ILLEGAL DRUG USE
(GRADES 9 THROUGH 12 - COMBINED)**

Lifetime use (ever used)
(at least once)

□ Arlington High School ■ 2005 MA YRBS



**2007 YRBS
ARLINGTON HIGH SCHOOL
ILLEGAL DRUG USE
(GRADES 9 THROUGH 12 - COMBINED)**



2007 YRBS
ARLINGTON HIGH SCHOOL
SEXUAL BEHAVIOR
(GRADES 9 THROUGH 12 - COMBINED)

