



2019 SDUSD High School Youth Risk Behavior Survey

How are we doing?

Changes in Risky Behavior Since 2017

2019 Youth Risk Behavior Survey data indicates that among SDUSD high school students, many risk behaviors are improving:

- Percentage of students whose first sexual partner was three or more years older than them decreased.
- Percentage of students who have tried to quit using all tobacco products increased.
- Occurrence of concussions from playing sports or being physically active decreased.

Unfortunately, some risk behaviors and school safety factors have worsened since 2017:

- Use of electronic vapor products including e-cigarettes, e-pipes, vape pipes, vape pens, and e-hookahs has increased.
- Students who felt that their school does not have clear consequences for bullying and harassment increased.
- Student consumption of fresh fruit and 100% fruit juice has decreased.

In addition, some health risk behaviors and academic achievement are correlated:

- Students with D's and F's are more likely to: carry a weapon or engage in a physical fight while on school property, feel sad or hopeless or seriously consider attempting suicide, use alcohol and drugs, become pregnant or cause a pregnancy, have 4 or more sexual partners during their life, have had a concussion, and be teased or called names for appearing LGBT.
- However, there is no correlation between academic achievement and having had sexual intercourse, use of electronic vapor products, use of cocaine or heroin, and being in a relationship with someone who tried to control or hurt them.

To address these concerns, our district is providing students with sexual health information and access to services:

- 84.9% have been taught in school about AIDS and HIV infection and prevention.
- 86.2% were taught in school about how to use a condom to prevent pregnancy and HIV/STIs.
- 79.3% were taught in school about where they could get sexual health services.

What risks are our high school students taking?

Sexual Risk Behaviors

- 29.6% have had sexual intercourse.
- 32.7% have participated in oral sex.
- 45.7% of sexually active students did not use a condom during last sexual intercourse.
- 67.3% of sexually active students did not use birth control such as the pill, patch, shot, or IUD to prevent pregnancy.
- 13.0% have electronically posted a sexually revealing photo of themselves in the 30 days before the survey.

Alcohol, Tobacco and Other Drug Use

- 41.4% have used an electronic vapor product (e.g., e-cigarettes, vape pipes, hookah pens).
- 22.3% drank alcohol during the 30 days before taking the survey.
- 36.9% have ever used marijuana.
- 20.2% of sexually active students drank alcohol or used drugs before their last sexual intercourse.

Unintentional Injury and Violence

- 19.6% purposely hurt themselves without wanting to die within the past year.
- 17.4% seriously considered attempting suicide within the year before the survey.
- 20.0% were dating or going out with someone who tried to control them or emotionally hurt them within the past year.
- 5.9% were forced to have sexual intercourse.
- 9.4% were in a physical fight on school property within the past year.
- 7.6% felt too unsafe to go to school within the year before the survey.

What are the solutions?

**COMPREHENSIVE SEXUAL HEALTH EDUCATION • CONTINUED ACCESS TO HEALTH SERVICES
INCLUSIVE INSTRUCTION AND PRACTICES • CONTINUED COLLABORATION
IMPLEMENT POLICIES • FAMILY ENGAGEMENT**

www.sandiegounified.org/2019YRBS

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