



YOUTH RISK

TABLE OF CONTENTS

SUMMARY OF KEY FINDINGS	3
WHAT IS THE YRBS?	4
Background	4.....
Methods	4.....
Reading the Report	4.....
SURVEY RESULTS	5
Student Characteristics	5.....
Safety & Violence.....	6.....
À 2 Šžĩ ŠŮĪŠµ H.o.	6
² § Ø ² ŠŃĪ µ H.o.	7.
P ö ö o.P. .Đ.	8
² µ n Ē ŠŠ H βß Ĩ ö µ. .§.µ.	9
Mental Health	10.....
Protective Factors & Stability at Home	12
§ 2 H µ ĪŠŠHŠHŠPĪ § Ø . ö	12
Ī Š § Ĥ Ī Ø!µ ŷ ŷ P Ĥ ĒŠĪR ŷ µ.	13
Tobacco	14.....
Alcohol, Marijuana, & Prescription Drug Use	16
ö § Ø .ö.	16
w Š 2 P ĩ.P. Š . Š	17.
§ 2 µ : § 2 P 2 P Ī Ĩ : µ	17.....
§ µ 2 § µ / H P Ī a:P : ě § Š 2 µ Š Ī ®§ µ µ 2 P : Š // 2 h Š.ö.	18.....
Personal Health & Nutrition	19.....
² ö µ µ /	19
§ Ø o : PŠŠĪPāh.P.H o	19
y P H 2 P H.P.	19.....
„ h µ 2RŠµŠöĒĪRĪ Š ä H Ø P H P. . :	20
Technology Use & Screen Time	21
Sexual Health	22.....

BACKGROUND

In 2019, all four public school districts and one private school in Eau Claire County completed the Youth Risk Behavior Survey (YRBS) in coordination with the Eau Claire City-County Health Department. Administered every other year, the YRBS provides the county with a snapshot of youth health behaviors that contribute to the



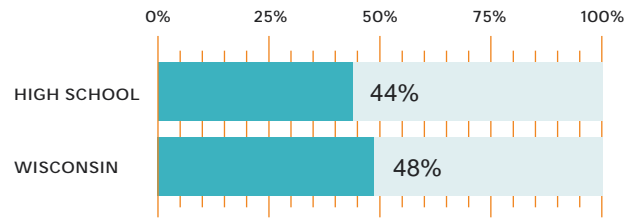
SAFETY & VIOLENCE

TRAFFIC SAFETY

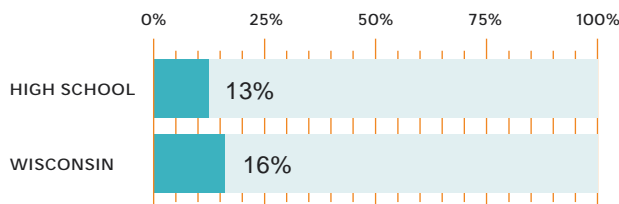
Most middle and high school youth in Eau Claire County reported wearing a seatbelt when riding in a car in 2019. Of those who drive, under half have texted while driving, and 4% reported driving after

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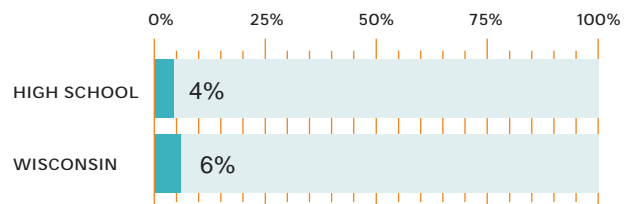
during the past 30 days...
% texted or emailed 1 or more times while driving a car (of those who drove)



during the past 30 days...
% rode with someone 1 or more times who had been drinking alcohol



during the past 30 days...
% drove 1 or more times when they had been drinking alcohol



SCHOOL SAFETY

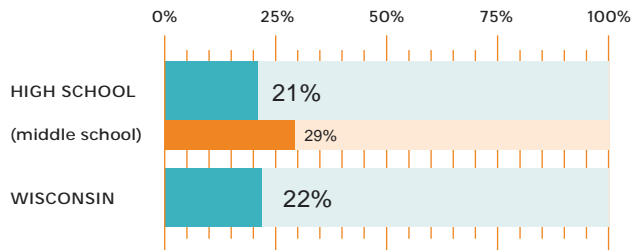
bullying, harassment, and substance use. Emotional and physical safety in school are related to better

BULLYING

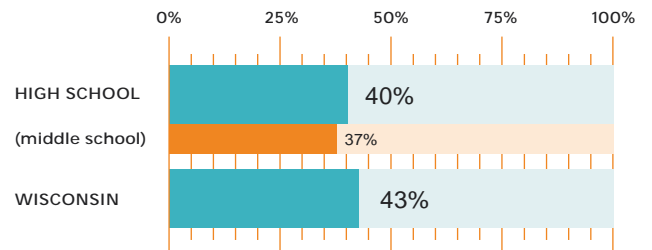
In Eau Claire County, 27% of high school students and 36% of middle school students reported that they have been bullied in person, online, or both.

in the past 12 months...

% bullied on school property

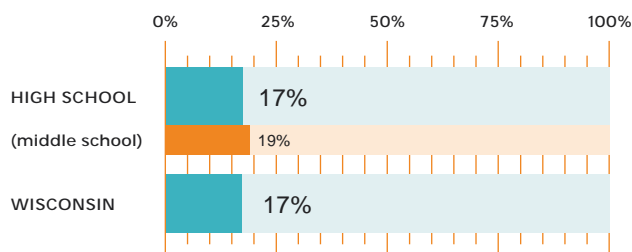


% agree or strongly agree that bullying is a problem at school



in the past 12 months...

% electronically bullied



Focus on... Bullying

What is bullying?

- Bullying is unwanted, aggressive behavior among school-aged children that involves a real or perceived power imbalance.
- The behavior is repeated, or has the potential to be repeated, over time.
- Some groups are at higher risk for being bullied or harassed, such as LGBTQ youth and students with disabilities.

What are the consequences of bullying?

- Both kids who are bullied and who bully others may have serious, lasting problems.
- In addition to the risk of physical injury, victims of bullying are at risk for depression, anxiety, suicidal behavior, physical health problems, substance abuse into adulthood, low academic achievement, and poor social and school adjustment.

How can we prevent bullying?

- Parents, school staff, and other adults can help prevent bullying by helping youth understand bullying, communicating with youth and listening to them, encouraging them to do what they love, and modeling how to treat others.

For more information, visit stopbullying.gov and cyberbullying.org.

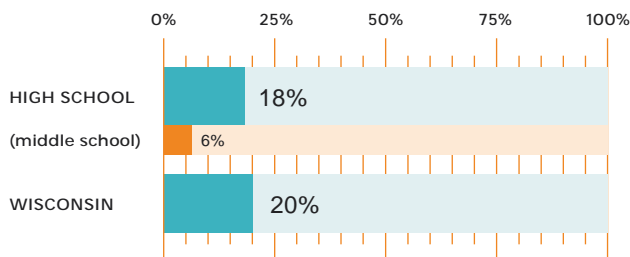


SEXUAL & DATING VIOLENCE

6% of middle school students and 18% of high school students in Eau Claire County reported that they have been forced to do something sexual (e.g., kissing, touching, or being physically forced to have sexual intercourse) they didn't want to do during their lifetime, and some high school students reported experiencing physical or sexual dating violence.

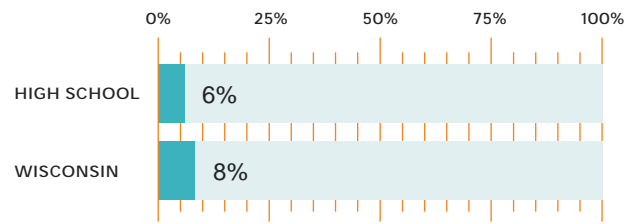
The Eau Claire City-County Health Department supports prevention programs that aim to stop sexual violence, provide youth with comprehensive relationships education for youth, and policy development.

% ever been forced to do anything sexual

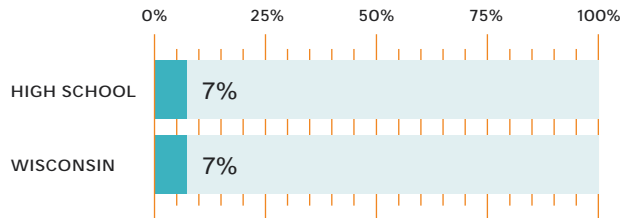


in the past 12 months...

% physical violence by a dating partner

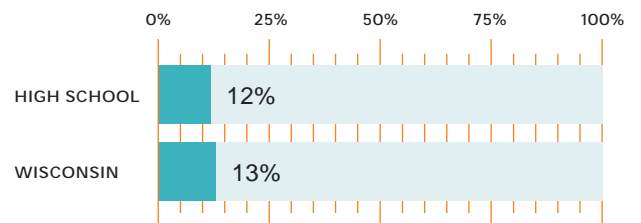


% ever been raped



in the past 12 months...

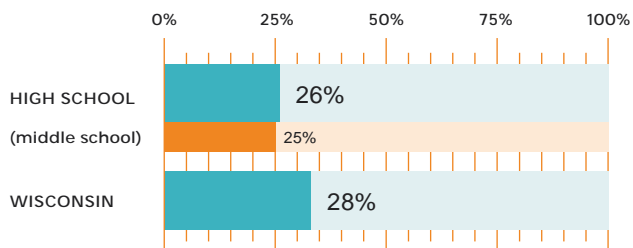
% forced to do something sexual by a dating partner



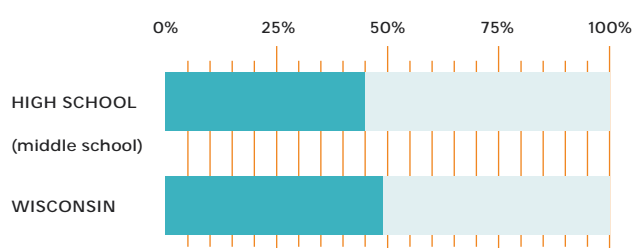


in the past 12 months...

% felt so sad or hopeless almost every day for two or more weeks in a row that you stopped doing some usual activities

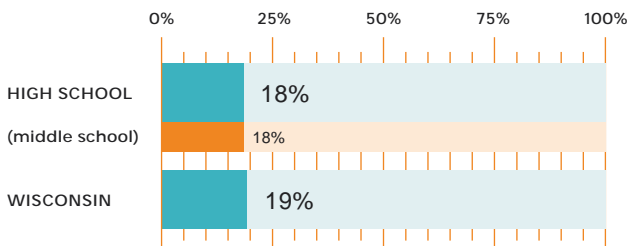


in the past 12 months...



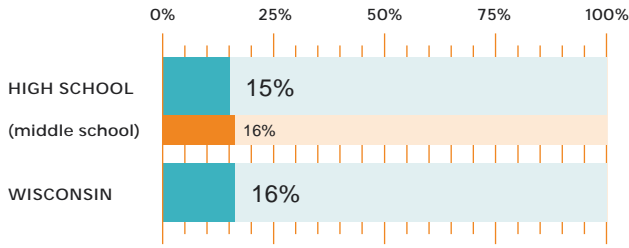
in the past 12 months...

% hurt themselves on purpose (self-harm)



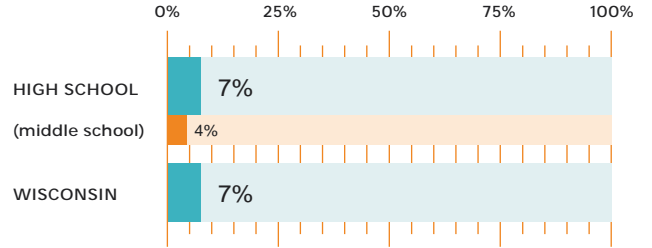
in the past 12 months...

% seriously considered suicide



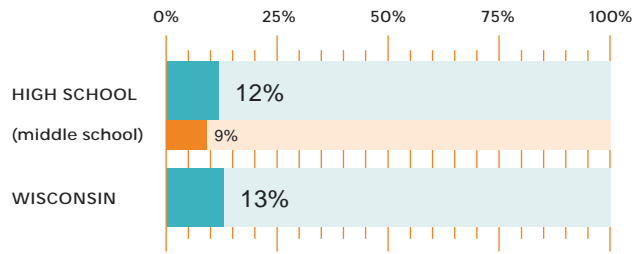
in the past 12 months...

% attempted suicide



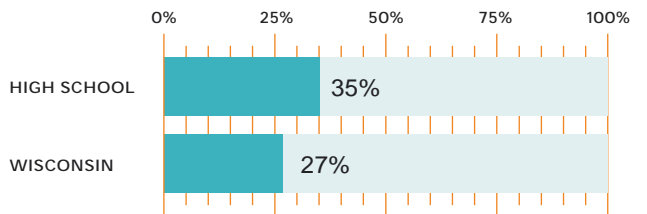
in the past 12 months...

% made a suicide plan



in the past 12 months...

of students who attempted suicide, % who received medical attention



Focus on... Suicide Prevention

Suicide is the second leading cause of death for young people between 10 and 24. In Eau Claire County, about 1 in 14 high school students reported they attempted suicide in the past year. For some groups of youth—including those who are involved in the child welfare and juvenile justice systems; lesbian, gay, bisexual and transgender; and American Indian/Alaska Native—the incidence of suicidal behavior is even higher. Everyone—parents, guardians, family members, friends, teachers, school administrators, coaches and extracurricular activity leaders, mentors, service providers, and many others—can play a role in preventing suicide and supporting youth.

Evidence shows that providing support services, talking about suicide, reducing access to means of self-harm, and following up with loved ones are just some of the actions we can all take to help others.

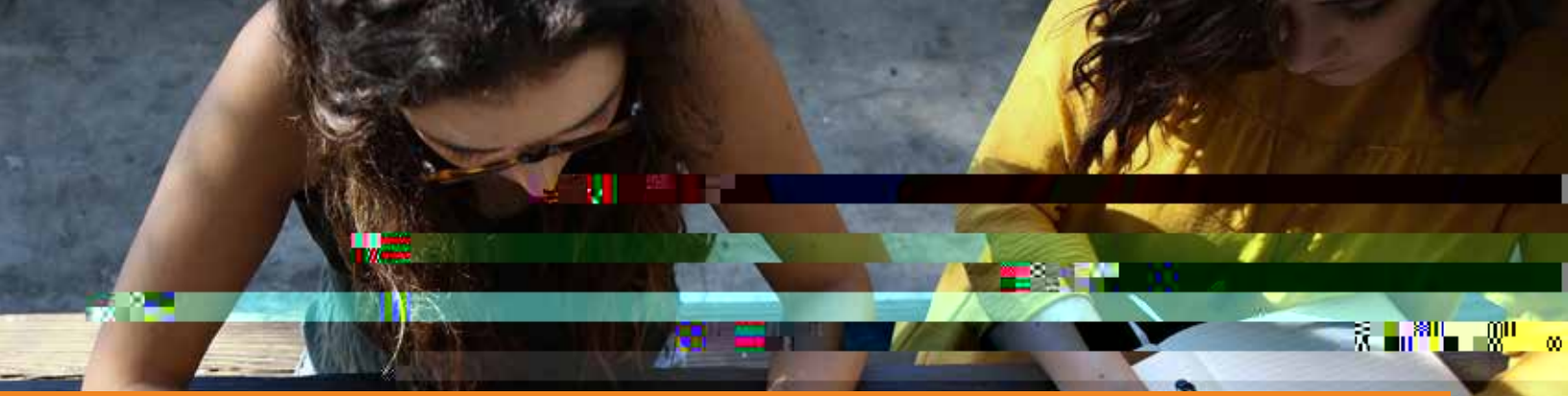
Know the warning signs

- Talking about wanting to die or to kill themselves

- Looking for a way to kill themselves, like searching online or buying a gun
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or isolating themselves
- Showing rage or talking about seeking revenge
- Extreme mood swings

If you are thinking about suicide, are worried about a friend or loved one, or would like emotional support, call the [National Suicide Prevention Lifeline 1-800-273-TALK \(1-800-273-8255\)](tel:1-800-273-TALK) or the [local Northwest Connections Crisis Line 888-552-6642](tel:888-552-6642) to connect to a skilled, trained counselor in your area. These lines are available

24 hours a day, 7 days a week.



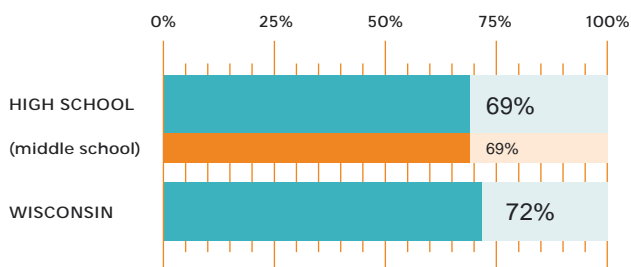
PROTECTIVE FACTORS & STABILITY AT HOME

When youth have protective factors in place, they are more resilient, less likely to engage in risky behaviors, and more likely to succeed academically. Protective factors can be thought of as “buffers,” or characteristics or conditions that reduce the negative effects of adversity on healthy outcomes. Important protective factors include having support at home, in school, and in the community.

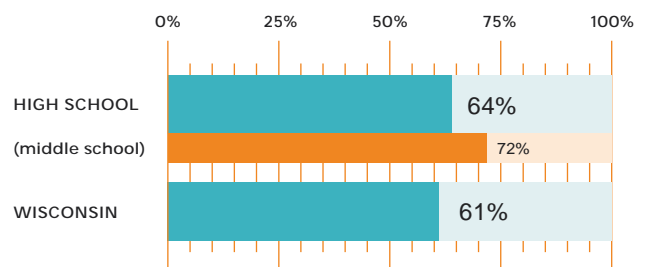
Many Eau Claire County youth reported having protective factors in place at school, including feeling they belong at school, having an adult to talk to, and participating in school activities. Likewise, a majority of middle and high school students reported having a supportive adult in their lives other than their parents and feeling safe in their neighborhoods. An area of concern is that 1 in 5 high school students and almost 1 in 3 middle school students reported experiencing hunger due to a lack of food at home.

PROTECTIVE FACTORS AT SCHOOL

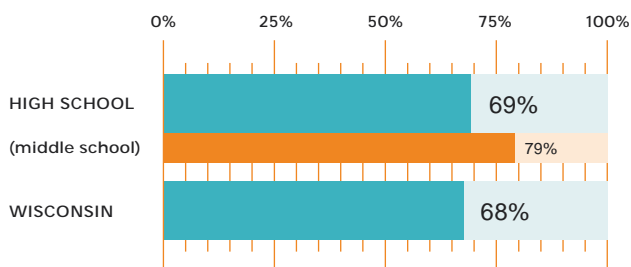
% with at least one teacher or other adult at school to talk to



% agree or strongly agree that they belong at school

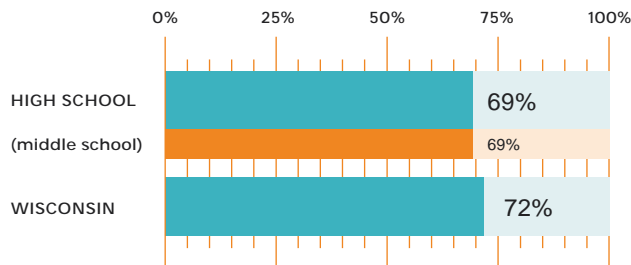


% participate in school activities, teams, or clubs

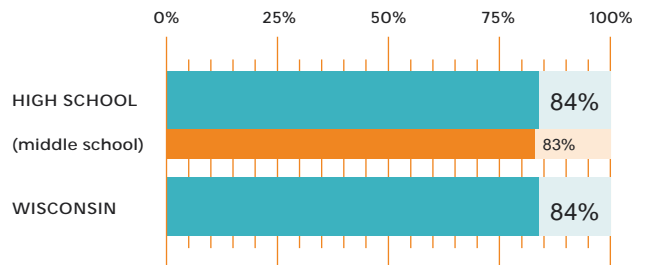


FACTORS IN THE COMMUNITY & AT HOME

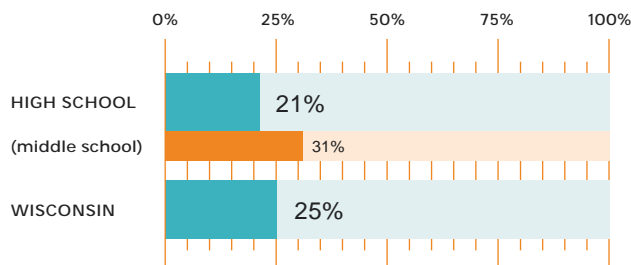
% have at least one supportive adult besides parent(s)



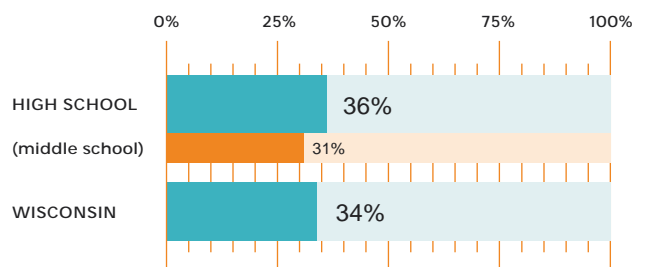
% feel safe in their neighborhood most of the time or always



during the past 30 days...
% experienced hunger due to lack of food at home



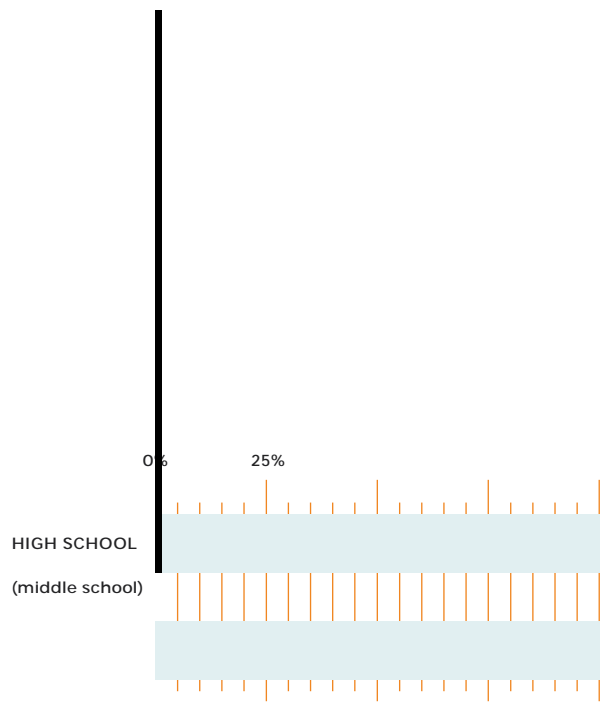
% lived in 4 or more residences in their life

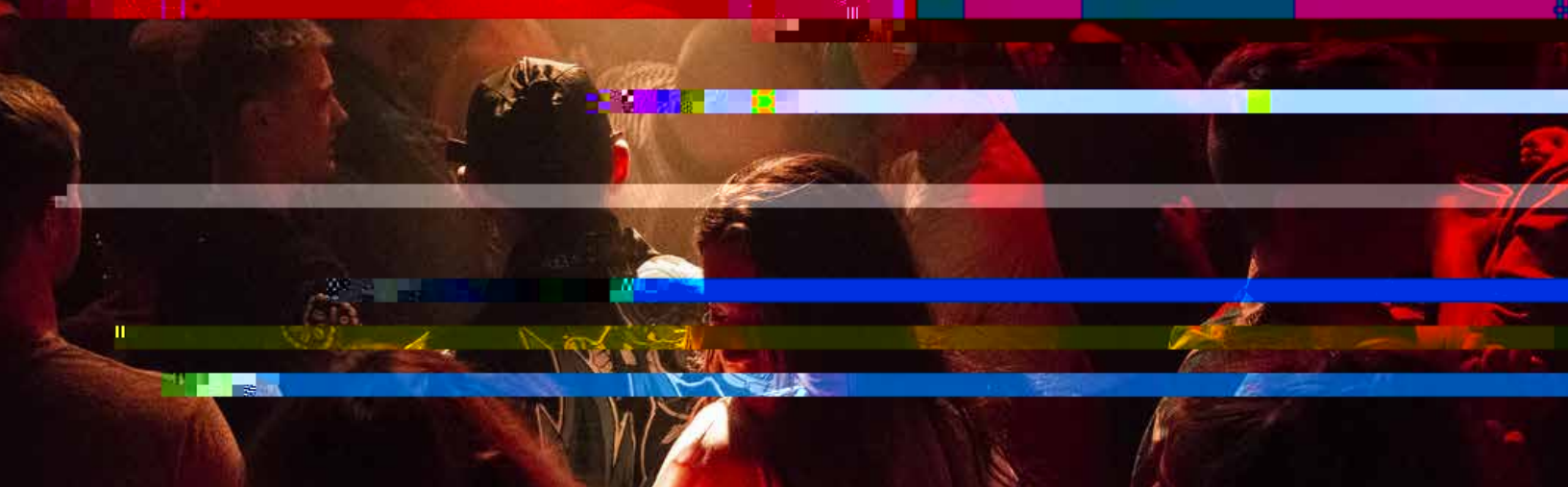




TOBACCO

Trends in tobacco use indicate that while cigarette smoking has decreased among youth, e-cigarette use has



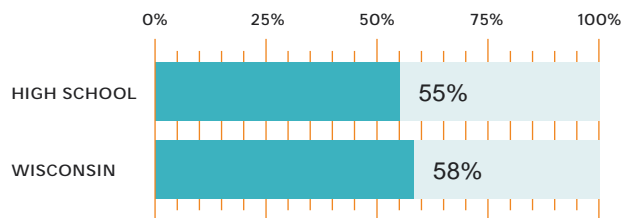


ALCOHOL, MARIJUANA, & PRESCRIPTION DRUG USE

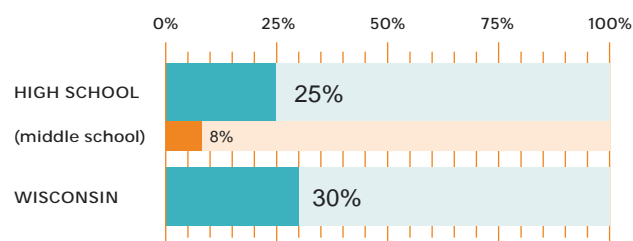
Alcohol use among Eau Claire County youth has decreased over time; however, alcohol remains the most used substance among youth with 1 in 4 high school students reporting that they drank in the past month, and 55% reporting they have ever had alcohol. Marijuana use in the previous month has stayed consistent from year to year, with 14% reporting use in both 2017 and 2019. Prescription drug misuse rose slightly from 6% in 2017 to 9% in 2019 for Eau Claire County high school students, and reported use of heroin and methamphetamine remained very low.

ALCOHOL

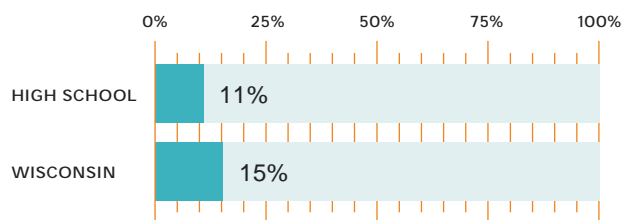
% ever have had at least one drink of alcohol



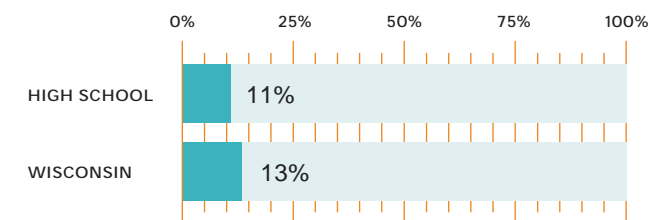
% drank alcohol on at least one of the past 30 days



% drank alcohol before 13 years

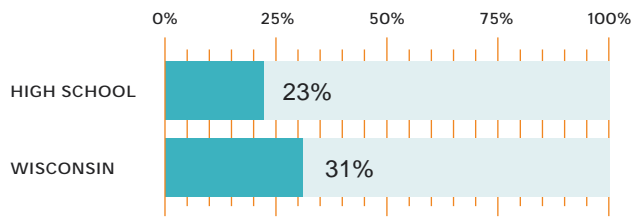


% drank alcohol on at least one of the past 30 days



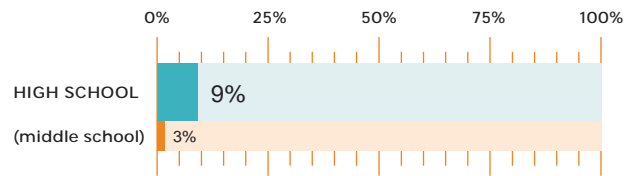
MARIJUANA

% ever used marijuana

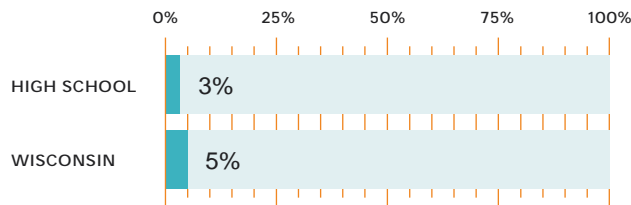


during the past 30 days...

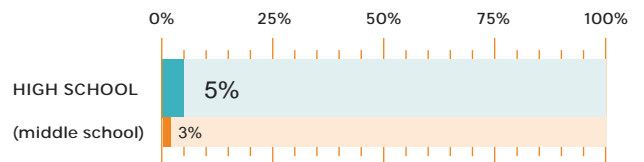
% misused any prescription drug



time before age 13

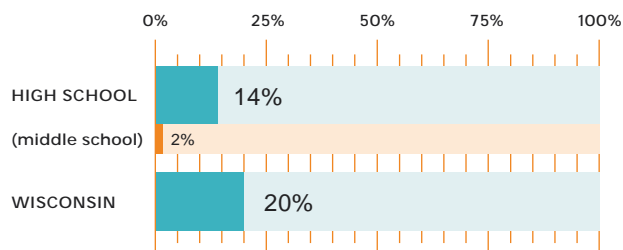


% ever misused an over-the-counter drug

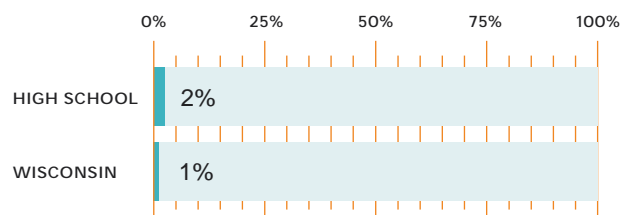


during the past 30 days...

% who used marijuana at least one time

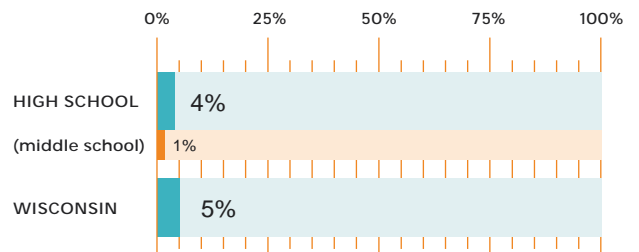
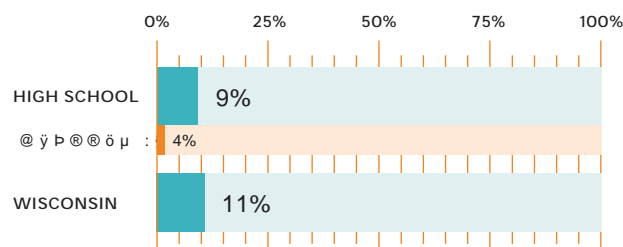


% ever used heroin



PRESCRIPTION & OTHER ILLEGAL DRUGS

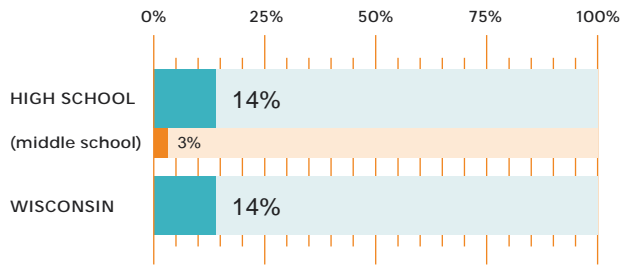
% ever misused a prescription pain medication



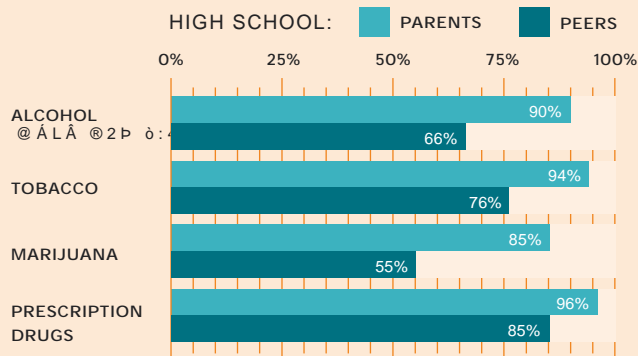
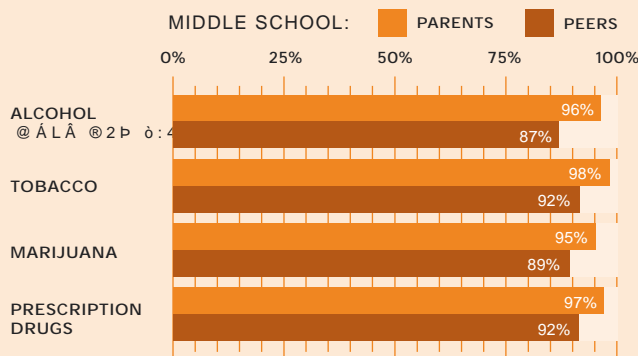
ALCOHOL & DRUGS AT SCHOOL

during the past 12 months...

% offered, sold, or given drugs on school property



% who believe that parents or peers disapprove of substance use:



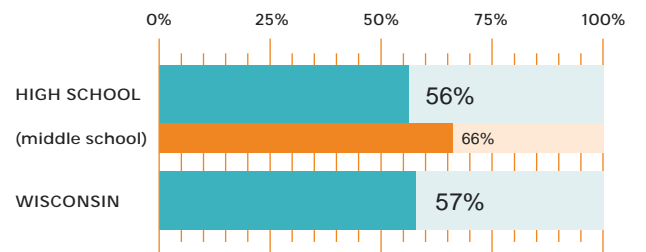
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Most Eau Claire County middle and high school 45621Tc (100%)



SLEEP

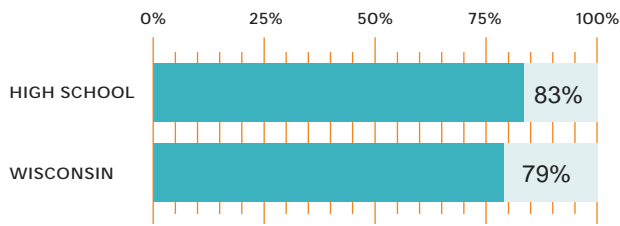
PHYSICAL ACTIVITY



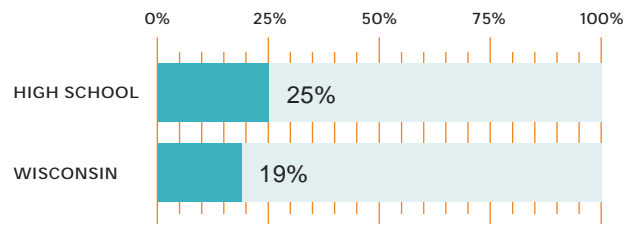
NUTRITION

OTHER HEALTH HABITS

during the past 12 months...
% saw a dentist

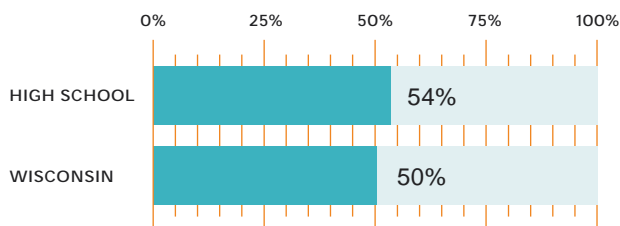


% use sunscreen most of the time or always



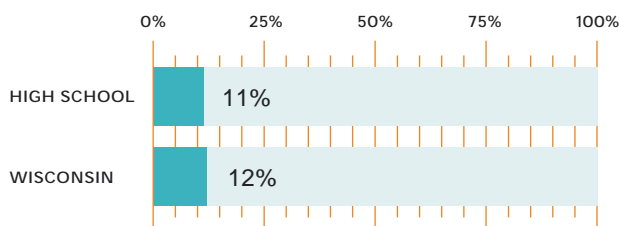
OVERALL HEALTH

% describe general health as very good or excellent

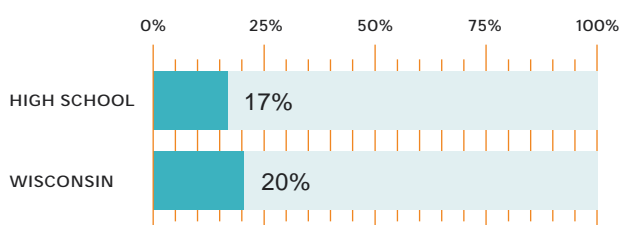


HEALTH CONDITIONS

% have physical disability or chronic health problem

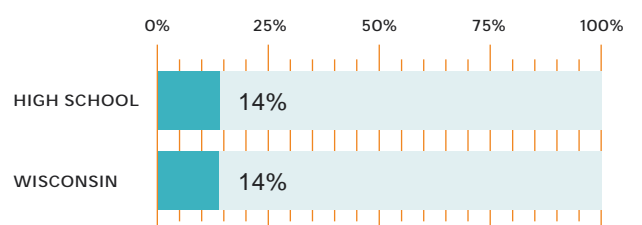


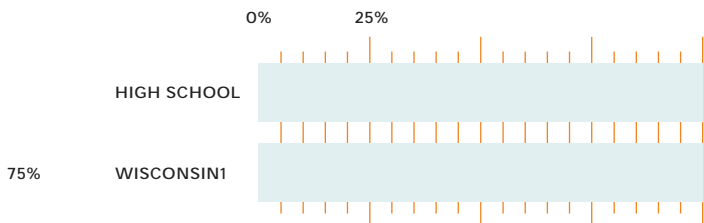
% ever diagnosed with asthma



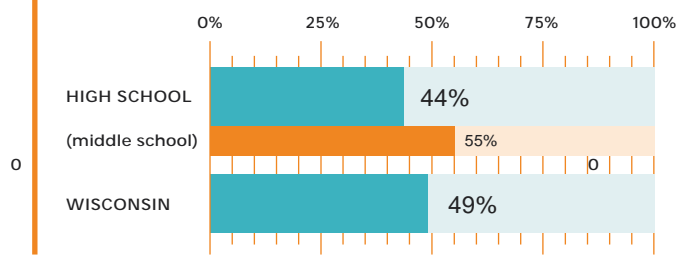
during the past 12 months...

% had a sports-induced concussion

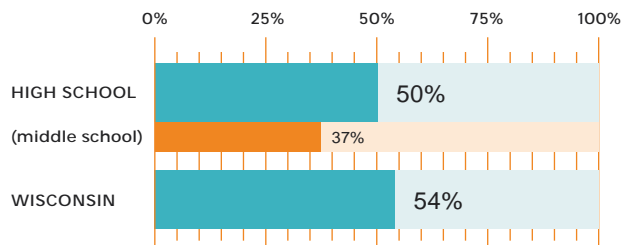




% spent 3 or more hours per day on phone, Xbox, or other device on an average school day

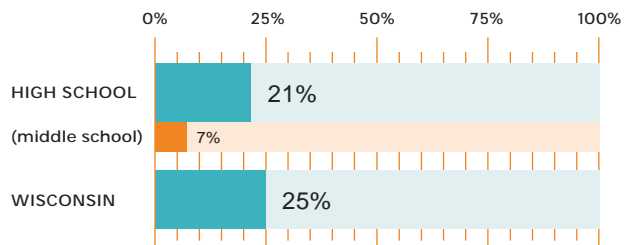


% used phone, Xbox, or other device after midnight on a school night (not for homework)



during the past 30 days...

% sent, received, or shared sexual photos or images

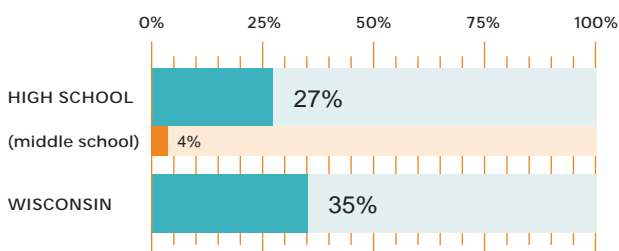




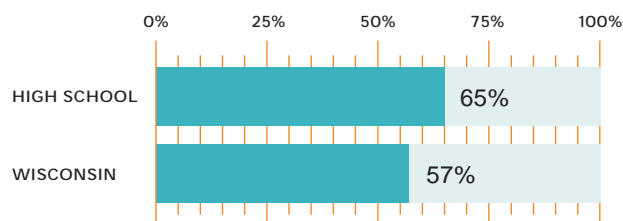
SEXUAL HEALTH & RELATIONSHIPS

The percent of high school students who reported they have ever had sex decreased slightly from 29% in 2017 to 27% in 2019. Among high school students who have had sex, 2 out of 3 reported using a condom the last time they had sex. 1 out of 5 students who reported having sex in the past 3 months reported having 4 or more partners.

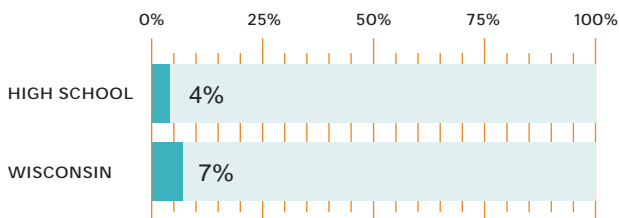
% ever had sexual intercourse



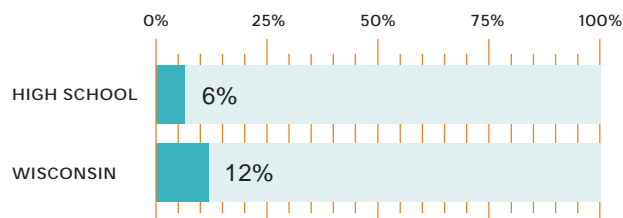
% used a condom during last sexual intercourse (of those who have had sex)



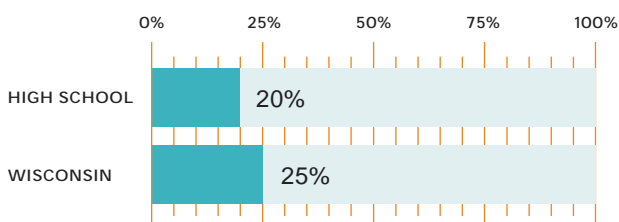
% had sexual intercourse for the first time (of those who have had sex)



% had sex without any pregnancy prevention method (of those who have had sex)

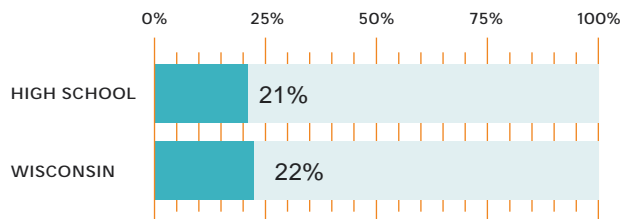


% currently sexually active (past 3 months)

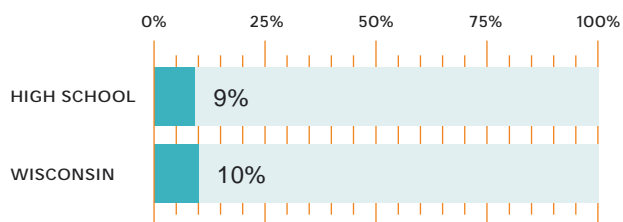


SEXUAL HEALTH CONT...

% who have had 4 or more partners (of those who have had sex in the past 3 months)



% identify as lesbian, gay, bisexual and/or transgender



Focus on... Healthy Relationships

To encourage healthy dating behavior for teens, here are 5 signs of a healthy teen relationship to share with young people:

- They give each other space to hang out with friends and family. It's a good sign when teens are balancing all the relationships in their lives, as well as continuing to pursue hobbies and activities outside of their romantic partnership.
- It's OK to disagree. If one partner isn't feeling comfortable speaking their mind or seems afraid to disagree with their girlfriend/
- Physical boundaries are respected.

including not pressuring someone to drink

alcohol or do drugs to engage in sexual activity.

- They are in control. Teens should feel able to wear clothing they choose, go where they want to go, and do what they like to do – without fear of a partner being upset or trying to control them.
- They exhibit healthy texting behavior. As long as the texts aren't excessive or interrupting daily life, it's not necessarily what we call "textual harassment." If texts become abusive or if someone is pressuring them to send private photos, it might be time to talk digital boundaries.

from futureswithoutviolence.org

