

# 2021 Youth Risk Behavior Survey

## HIGH SCHOOL

Durham County, NC

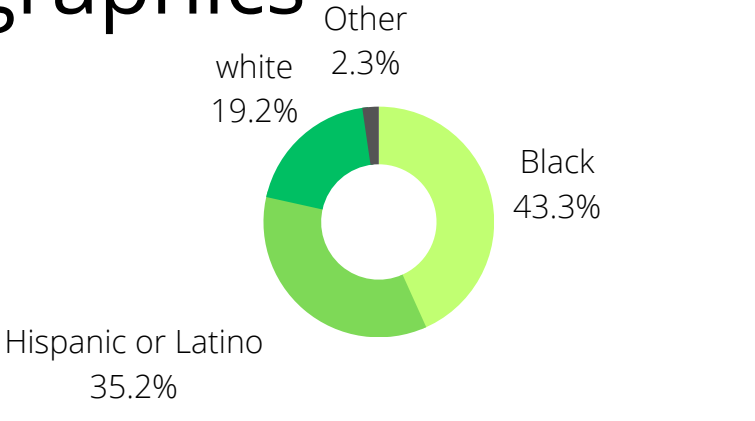
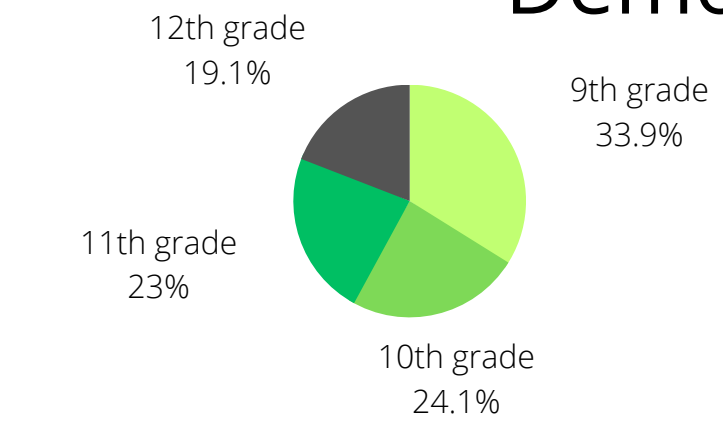
This survey (YRBS) is part of a national school-based survey produced by the CDC and administered every other year by the Durham Public Schools.

**PURPOSE:** To assess the physical and mental well-being of high school students in Durham County, NC

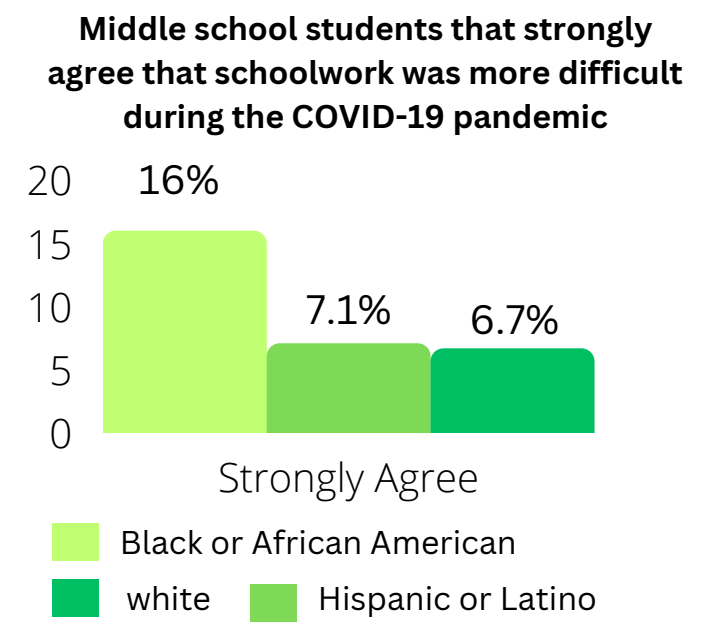
- Physical Activity
  - Nutrition
  - Safety
  - Sexual Behavior
  - Bullying
  - Mental Health
  - Substance Use
- \*\*NEW\*\***
- COVID-19
  - Disability
  - LGBTQ+ Mental Health
  - Personal Health
  - School support

1,360 students participated

### Demographics

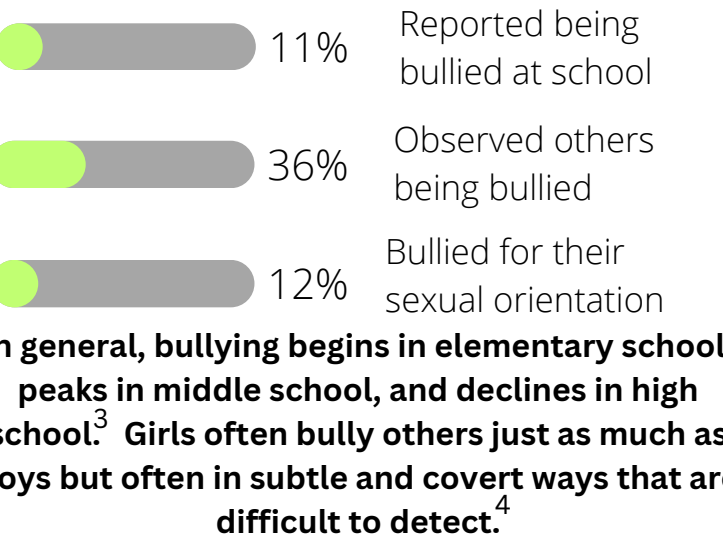


### COVID-19

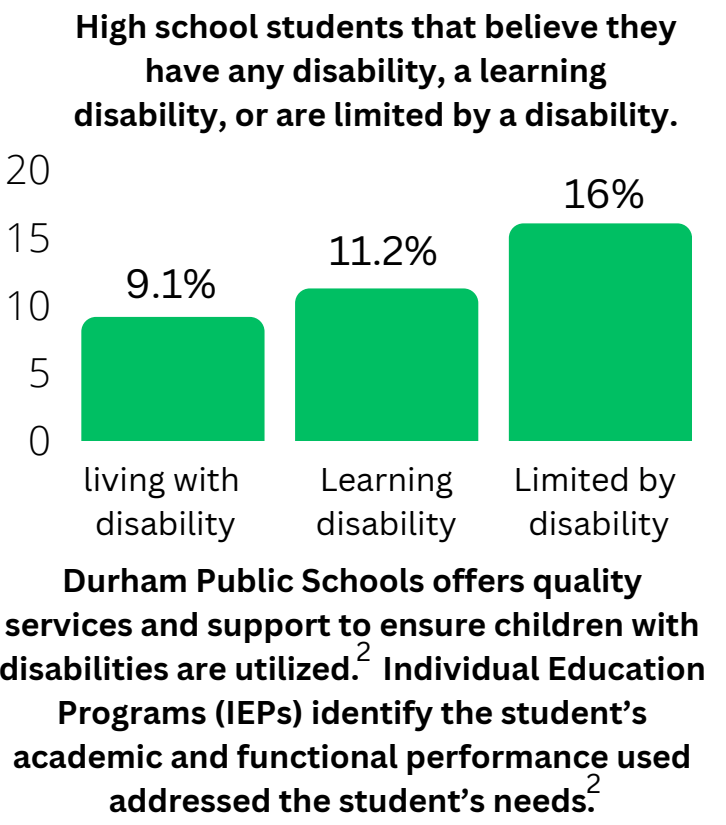


Black or African American students are already disadvantage among culturally affirming education.<sup>1</sup> Students of color are also exposed to increased financial hardship, day-long sibling care, limited access to technology, emotional hardship, and limited access to food.<sup>1</sup>

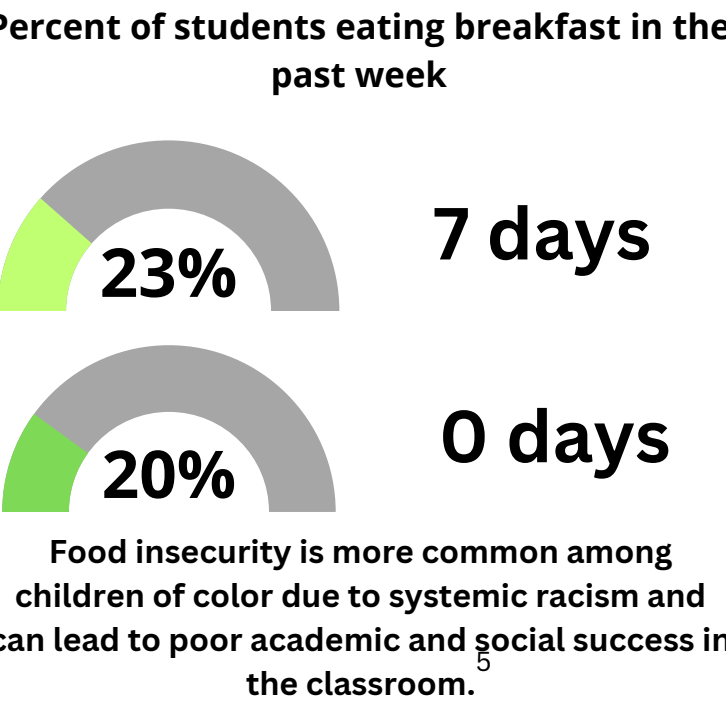
### Bullying



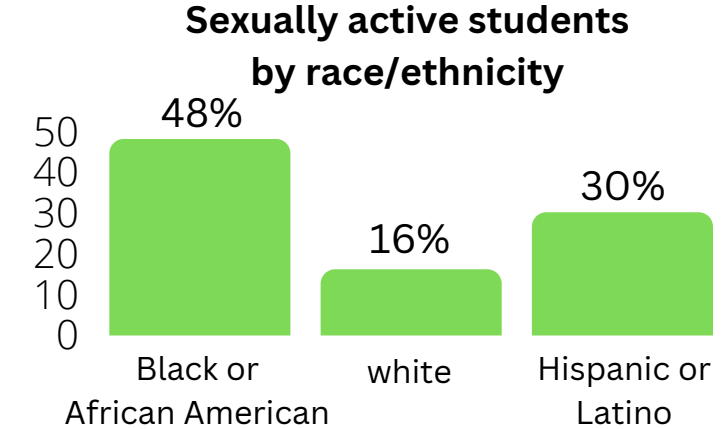
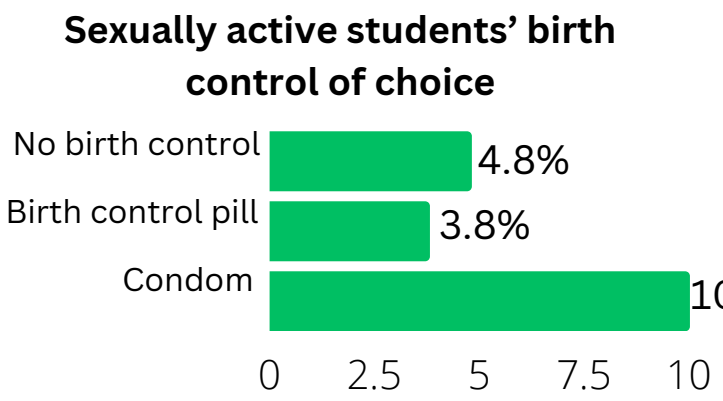
### Disability



### Nutrition



### Sexual Health



Sexually active 12th graders were more likely to not wear a condom during their last sexual experience. Black or African American students were 2x as likely to report being raped than white students. LGBTQ+ youth and those living in poverty experience more barriers to getting birth control.<sup>6</sup>

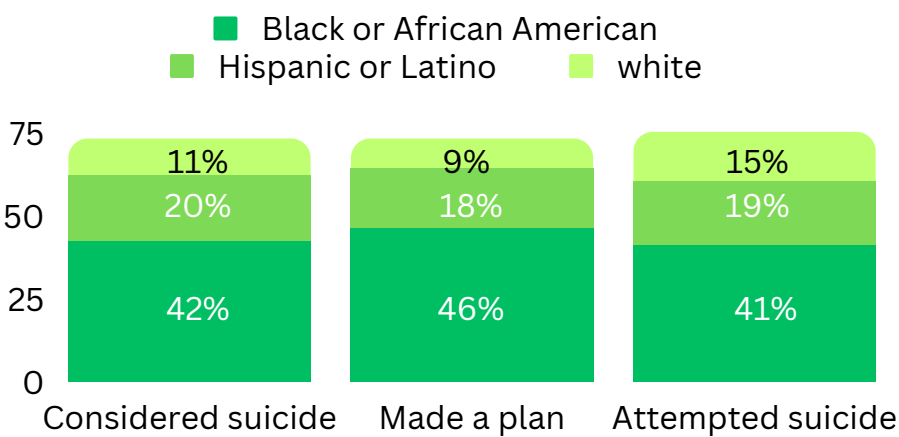
# 2021 Youth Risk Behavior Survey

## HIGH SCHOOL

### Mental Health

Durham County, NC

#### Students that are experiencing suicidal ideation by race/ethnicity

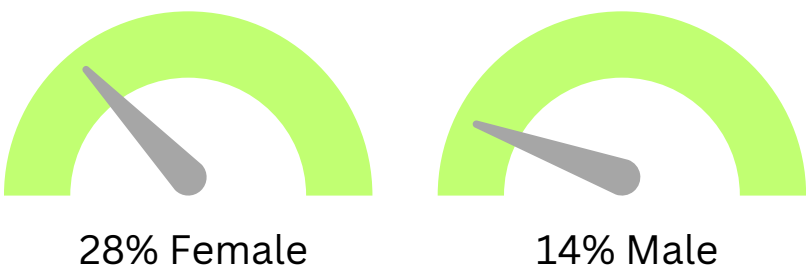


#### LGBTQ+ Mental Health

28% of students identified as part of the LGBTQ+ community. Bisexual students experience suicidal ideation more than their gay or lesbian peers. LGBTQ+ youth often face providers that lack cultural competence and are less likely to share their sexuality.<sup>7</sup> Mental health among bisexual students stands out because bisexual people can experience biphobia, monosexism, and the erasure of bisexual culture.<sup>8</sup>

The second leading cause of death among Black or African Americans ages 10-24 is suicide. This is greatly influenced by social media and wanting to project a “picture perfect” life.<sup>10</sup> Additionally, adverse childhood events (ACEs) contribute to suicidal ideation among youth of color who are already overrepresented in this population.<sup>11</sup> Durham County has one the best resident to provider ratio in the state with one mental health provider per 160 residents.<sup>12</sup>

#### Students experiencing symptoms of depression



## Personal Safety

11.7% students that can get, and be ready to fire a gun in under 10 minutes.

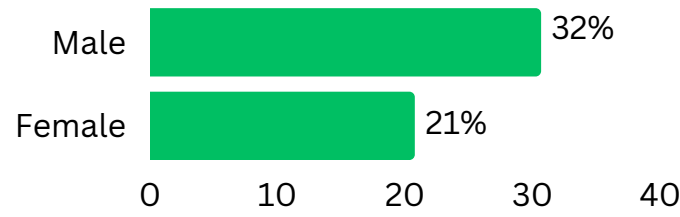
23% of students reported gang activity in their school.

14.2% of students reported skipping school because they felt unsafe.

Firearms are the leading cause of death among children and teens (ages 1-19).<sup>13</sup> Black or African American teens are 17x more likely to die by gun homicide than white children.<sup>14</sup>

## Personal Health

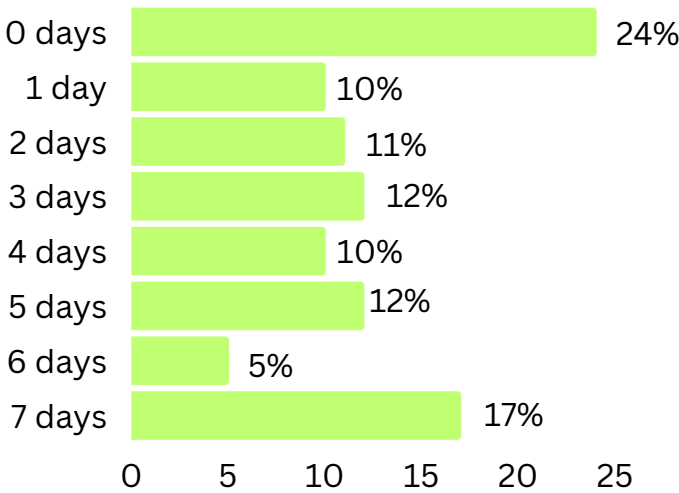
#### Students that agree that they feel good about themselves



73% of students get less than 8 hours of sleep/night

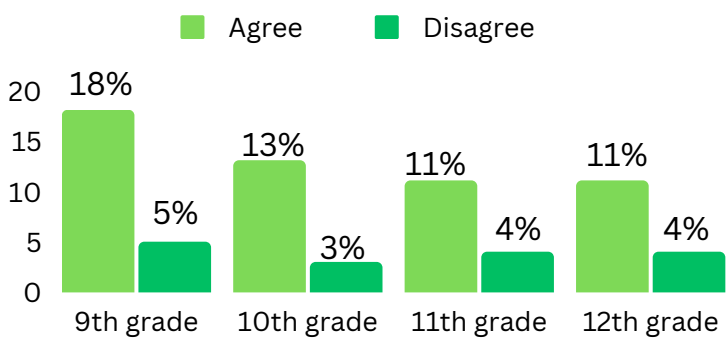
## Physical Activity

#### Days completing at least 60 minutes of physical activity in the past week



## School Support

#### Students that agree or disagree that they feel they belong at their school



49.4% of students believe their teachers really care and give a lot of encouragement.

## Substance Use

15% of students drank alcohol in the past 30 days.

14% of students used marijuana in the past 30 days.

14% of students misused prescription drugs in the past 30 days.

16% of students used an electronic vapor product in the past 30 days.

<3% of students smoke cigarettes.

**Resources:** **1** Jones, T. M. April 2021. Children and Schools. School mental health providers' perspectives on the impact of COVID-19 on racial inequities and school disengagement. Available here: <https://tinyurl.com/bdz6w4u9> **2** Durham Public Schools. Exceptional Children (EC) Services at DPS. Available here: <https://www.dpsnc.net/ec-services> **3** Monique Burr Foundation for Children. Bullying Series – Younger vs. Older grades: Identifying, intervening, surviving, and preventing bullying series: Part 3 <https://tinyurl.com/2p93w9a2> **4** Chen, G. Public School Review. January 2023. Female bullies in public schools: the rising trend and school reactions. <https://tinyurl.com/4pkmz2xd> **5** Food Research & Action Center. August 2022. Health school meals for all advances racial equity. <https://tinyurl.com/cuyz3w63> **6** Advocates for Youth. September 2022. New data: most young people face barriers to birth control access. <https://tinyurl.com/2sjswbzz> **7** National Alliance on Mental Illness (NAMI). LGBTQ+. <https://tinyurl.com/mrym9n88> **8** American Psychiatric Association. January 2020, Mental Health Facts on bisexual populations. <https://tinyurl.com/537d3ksx> **9** Everyday Health. May 2022. 5 reasons suicide is on the rise in the black community, according to a psychiatrist. <https://tinyurl.com/ycktr6ue> **10** African American Behavioral Health: Center for Excellence. Suicide in US black and African American communities. <https://tinyurl.com/mvyxeec8> **11** Association of American Medical Colleges. April 2023. The tragedy of black youth suicide. <https://tinyurl.com/4cmah6h> **12** County health rankings. 2022. Mental Health Providers. [www.countyhealthrankings.org](http://www.countyhealthrankings.org) **13** Everytown Research & Policy. Child and Teen Gun Safety. <https://tinyurl.com/bdf42ymv> **14** Durham County Department of Public Health. Gun Safety Program. <https://www.dcopublichealth.org/services/health-education/health-promotion-and-wellness/gun-safety-program>