

2021 Youth Risk Behavior Survey

MIDDLE 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.

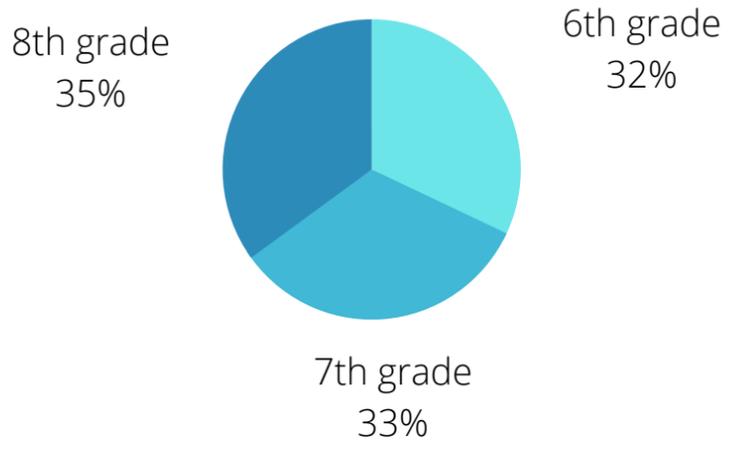
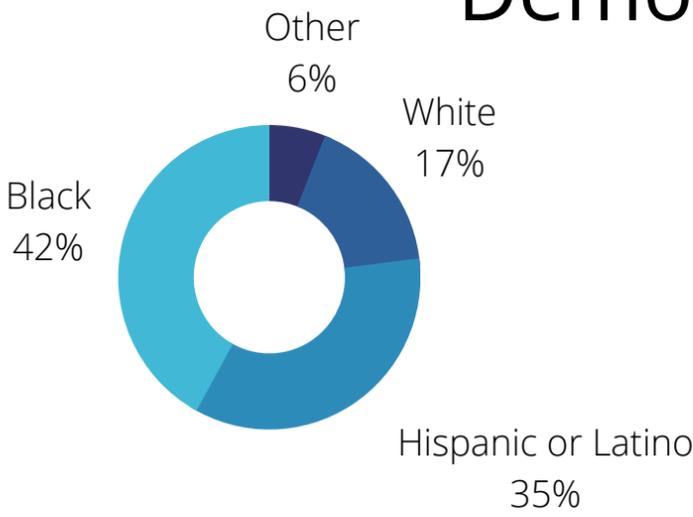
PURPOSE: To assess the health and well-being of middle school students in Durham County.

- Bullying
- Mental Health
- Nutrition
- Personal Safety
- Physical Activity
- Sexual Behavior
- Substance Use
- Tobacco

NEW
Disability
Personal Health
School Support

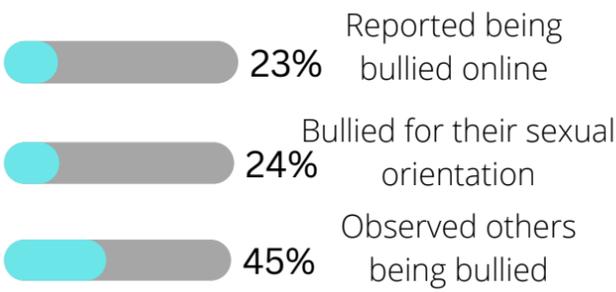
1325 students participated.

Demographics



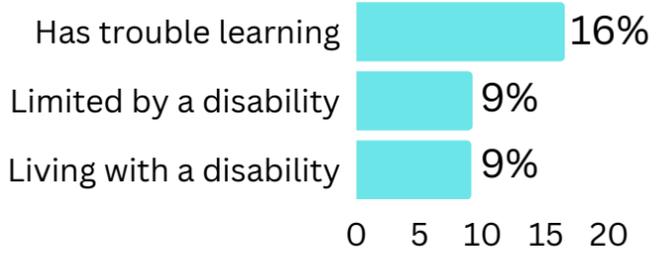
Data in this report are weighted and therefore representative of Durham County's middle school populations.

Bullying



Since 2017, cyberbullying in Durham County has increased while bullying at school remained the same.¹

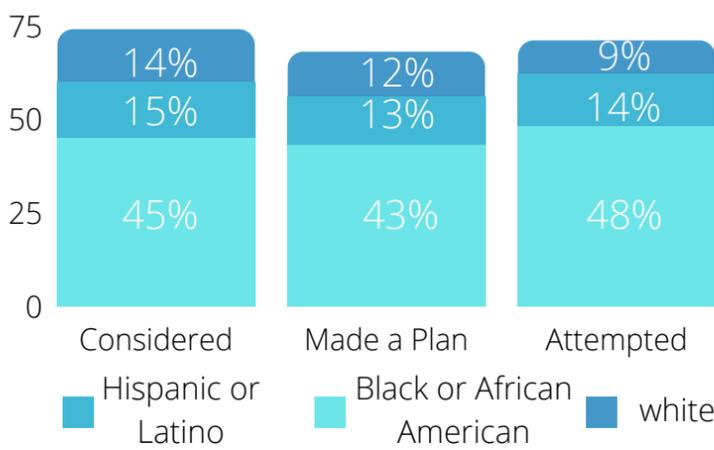
Disability



Durham County Black or African American students were more likely to report having a disability than their white peers. Teacher's decision to refer a student for disability testing is influenced by personal beliefs.² Durham Public Schools use Individual Education Programs to identify student's needs.³

Mental Health

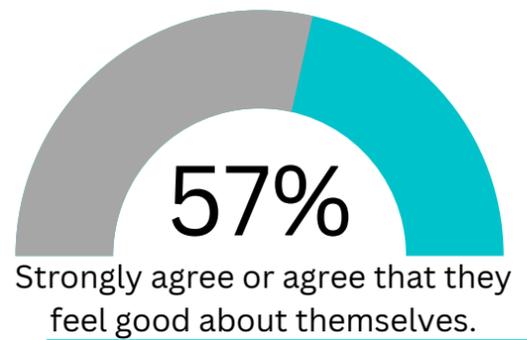
Suicidal Ideation



The decline in mental health in children and adolescents has been declared a national emergency as of 2021.⁷ Durham County females were four times as likely to report having bad days most of the time than males. Females are more likely to internalize distress and become depressed.⁸

The COVID-19 pandemic removed key social opportunities for students resulting in lower self-esteem.⁹ Fortunately, Durham County has one of the best patient to provider ratio in the state of 160 residents to 1 provider.¹⁰

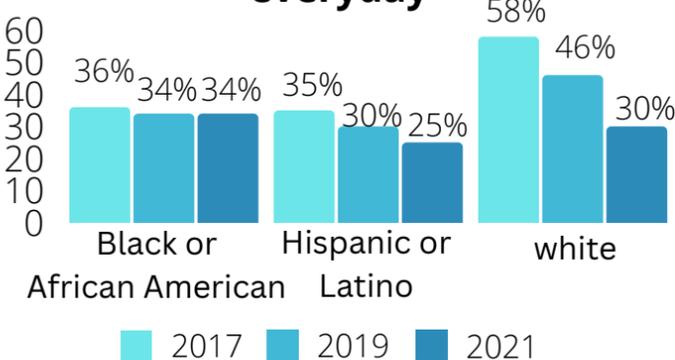
Self esteem



Reasons for disparities:
Toxic stress due to racism is linked to poorer mental health and educational outcomes among persons of color that don't have peer and teacher support.⁴ Nationally, the second leading cause of death among Black or African Americans ages 10-24 is suicide.⁵ Adverse childhood events contribute to suicidal ideation among youth of color which are overrepresented in that population.⁶

Nutrition

Race of students eating breakfast everyday⁷



Tobacco

Ever used an electronic vapor product



<2% of students use cigarettes.

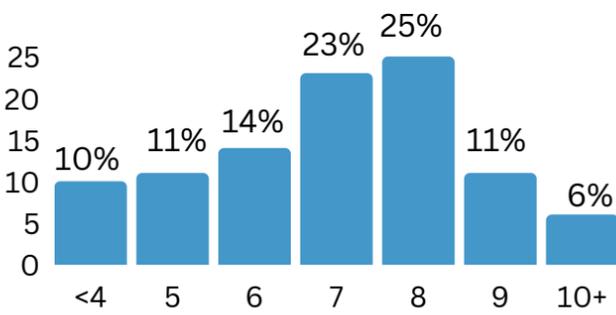
2019 Youth Risk Behavior Survey

MIDDLE SCHOOL

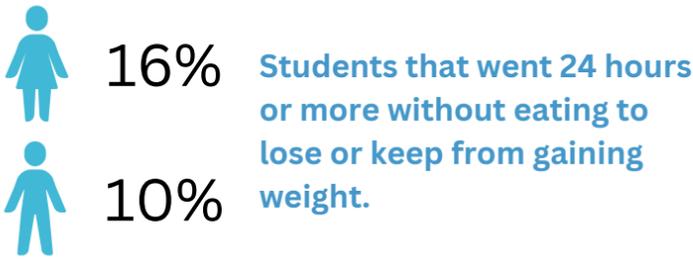
Durham County, NC

Personal Health

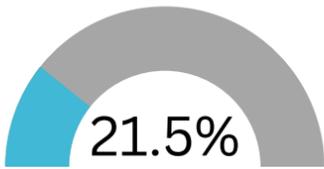
Hours of sleep students get on an average weeknight



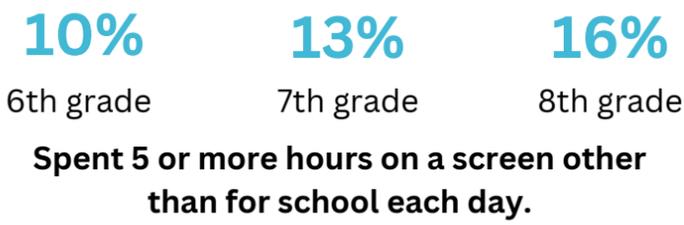
13-18-year-olds are recommended to get 8-10 hours of sleep each night.¹¹ 42.6% of Durham County students met that recommendation.



Physical Activity

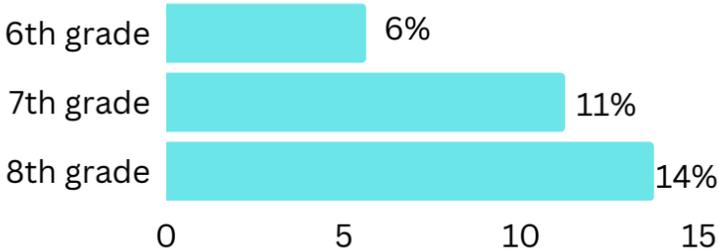


Children of low-income families reported not participating in sports because they didn't want to get hurt, they didn't feel welcome, and it was too expensive.¹⁴



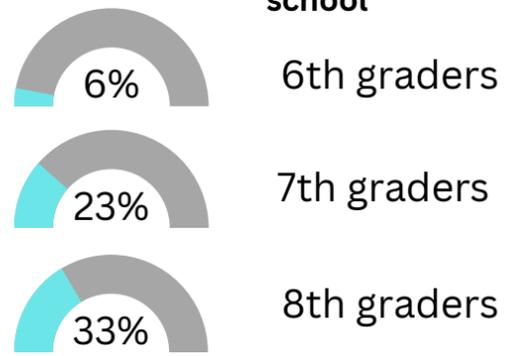
Sexual Health

Have adults in your family told you what they expect you to do when it comes to sex?



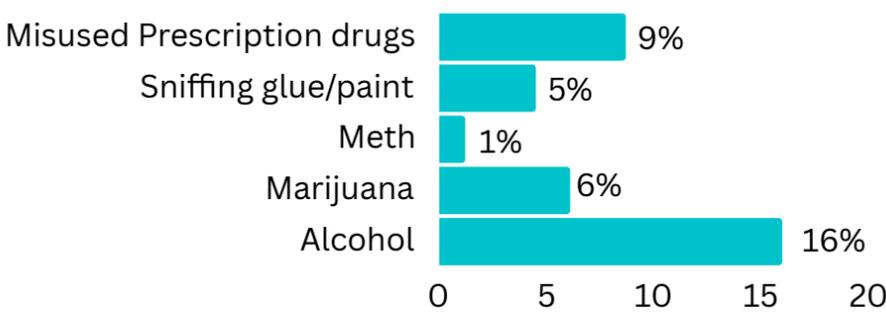
6% of Durham County middle schoolers have had sexual intercourse

Students that have been taught about Sexually Transmitted Diseases (STDs) in school



Substance Use

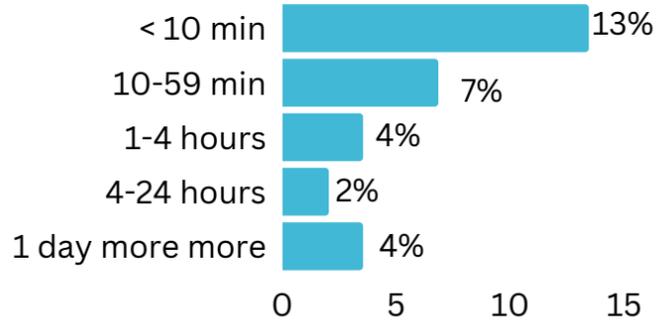
Students ever using illicit substances



Black or African American youth living in low socioeconomic circumstances are less likely to drink than their white, advantaged peers.¹⁶ Marijuana use has decreased significantly since 2019 indicating substance use went down over the course of the pandemic.

Personal Safety

Time it would take to get and be ready to fire a loaded gun



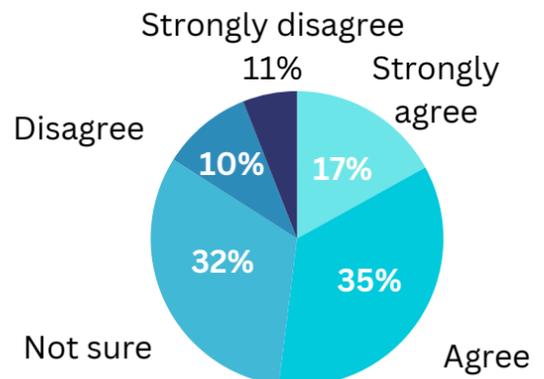
Firearms are the leading cause of death among children and teens (ages 1-19).¹² Gun violence has a significant impact mental wellbeing and can lead to poor performances in school.¹²

4.8% middle schoolers skipped school because they felt they'd be unsafe at school or to and from school.

The main reasons students avoid school are school shootings, bullying, and anxiety.¹³

School Support

Do you feel your teachers care about you and give you lots of encouragement?



Having positive relationships with teachers strongly correlates to student belonging.¹⁵

60% of Durham County students report strongly agreeing or agreeing that they felt they belonged at school.

Resources: **1** Partnership for a Healthy Durham. 2019 Youth Risk Behavior Survey. Available here: www.healthydurham.org **2** NYU July 2022. New study shows racial, gender discrepancies in special education services. Available here: <https://tinyurl.com/3u539rds> **3** Durham Public Schools. Exceptional Children (EC) Services at DPS. Available here: <https://www.dpsnc.net/ec-services> **4** Shonkoff, J. P., Slopen, N., Williams, D. R. January 2021. Annual review of public health. Early childhood adversity, toxic stress, and the impacts of racism on the foundations of health. Available here: <https://tinyurl.com/4whkb2w4> **5** Everyday Health. May 2022. 5 reasons suicide is on the rise in the black community, according to a psychiatrist. Available here: <https://tinyurl.com/y5z7wcm6> **6** Association of American Medical Colleges. April 2023. The tragedy of black youth suicide. Available here: <https://tinyurl.com/yhc8tjd9> **7** Goldberg, E. The New York Times. November 2020. Teens in COVID isolation: 'I felt like I was suffocating'. Available here: <https://tinyurl.com/3cd87uvf> **8** Thompson, D. The Atlantic. April 2022. Why American teens are so sad. Available here: <https://tinyurl.com/bd6fkay3> **9** Dorn, E., Hancock, B., Sarakatsannis, J., Viruleg, E. MicKinsey and company. COVID-19 and education: the lingering effects of unfinished learning. Available here: <https://tinyurl.com/2zd7us3x> **10** County health rankings. 2022. Mental Health Providers. Available here: www.countyhealthrankings.org **11** Centers for Disease Control and Prevention. 2020. Sleep in middle and high school students. Available here: <https://tinyurl.com/78sduwp3> **12** Everytown Research & Policy. Child and Teen Gun Safety. Available here: <https://tinyurl.com/3yccjva3> **13** Cision PR Newswire. April 2021. New poll reveals majority of US teens don't feel safe in schools. Available here: <https://tinyurl.com/2p8b5sat> **14** Tandon, P. S., et al. International Journal for Environmental Research and Public Health. July 2021. Socioeconomic inequities in youth participation in physical activity and sports. Available here: <https://tinyurl.com/33mx9jxr> **15** Institute of Education Sciences. The importance of student sense of belonging. Available here: <https://tinyurl.com/ypsmw7d9> **16** Talk it out NC. November 2019. 5 causes of teen drinking: why do kids drink alcohol? Available here: <https://tinyurl.com/muy4c3ey>

[Click here to read the entire 2021 Youth Risk Behavior Survey Report](#)