

YOUTH RISK BEHAVIOR SURVEY DATA



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WHAT IS THE YRBS?

- The CDC's Youth Risk Behavior Survey (YRBS) is a school-based survey used to monitor priority health risk behaviors that contribute to the leading causes of death, disability, and social problems among youth.
- All five Door County school districts participate in the surveys that are conducted every two years.
- The survey is administered to high school and middle school students.
- County, State, and National reports are published.

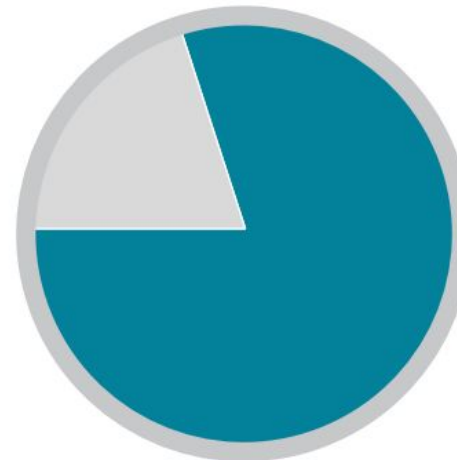


STATE DATA SUMMARY - ANXIETY

- Over half of all Wisconsin students reported significant problems with anxiety in the past year.
- The numbers are even worse for female students, and for students who identify as lesbian, gay, or bisexual (LGB).



2 of 3 FEMALE STUDENTS reported problems with anxiety.



80% of LGB STUDENTS reported problems with anxiety.



STATE DATA SUMMARY - DEPRESSION

- Over one-third of all Wisconsin students reported problems with depression in the past year.
- Again, the numbers are even worse for female students, and for students who identify as LGB.



FEMALE STUDENTS were twice as likely to report problems with depression.



66.1% of LGB STUDENTS reported problems with depression.



STATE DATA SUMMARY - SUICIDE

- Over the past ten years, more and more students report seriously considering suicide – 18.1% this year.
- At the same time, the number of students who say that they can get the help they need when feeling distressed has decreased to only 22.4%.



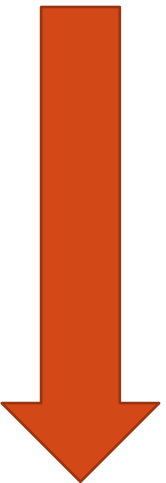
FEMALE STUDENTS were more than twice as likely to report seriously considering suicide, and twice as likely to actually attempt suicide.

Almost half of **LGB STUDENTS** reported seriously considering suicide. That is 4 times as high as their peers. LGB students are also 4 times as likely to actually attempt suicide.



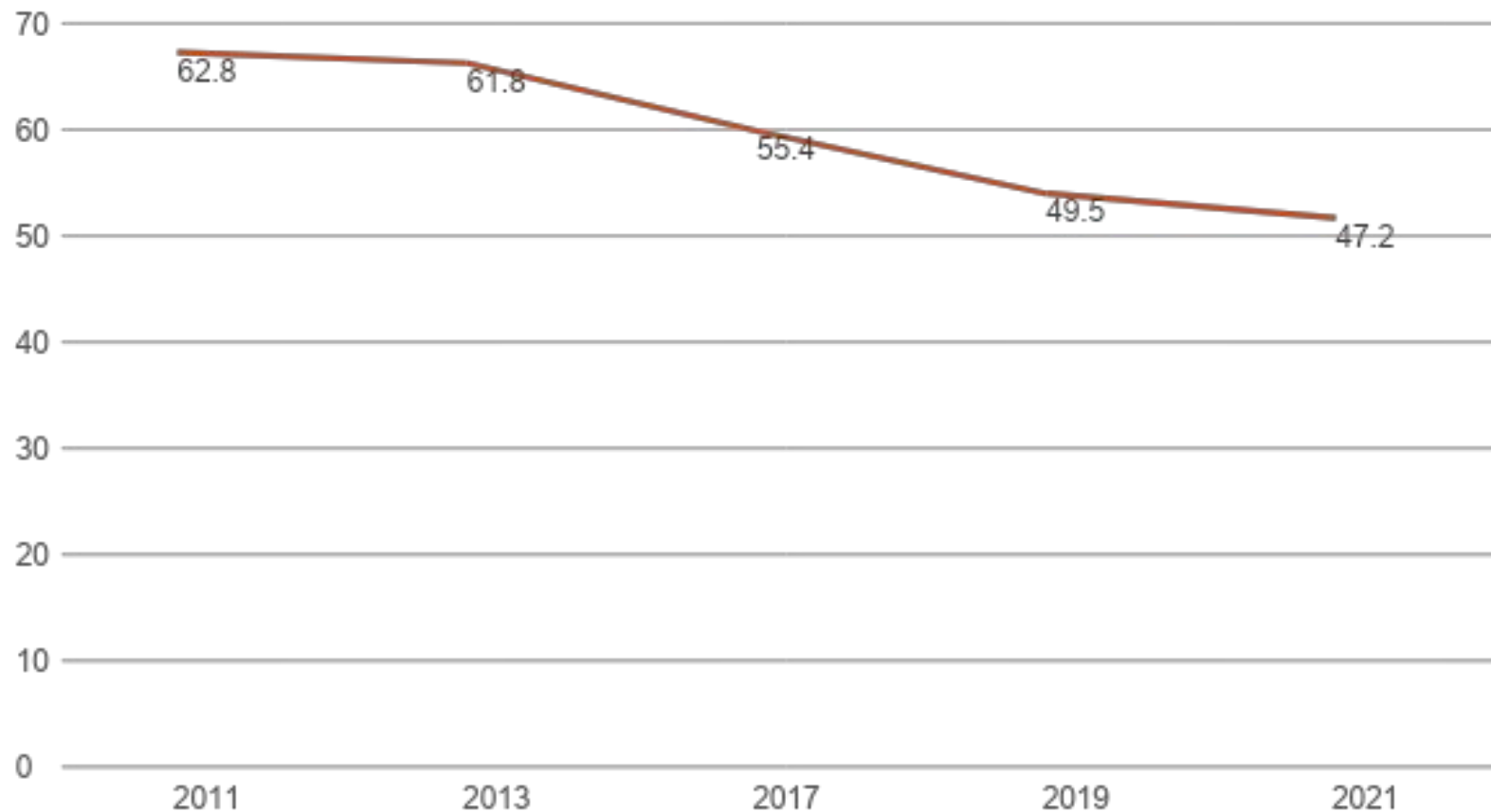
STATE TRENDS

YRBS Question Topic	2017	2019	2021
Participate in school activities		68.4	64.3
Feel like they belong	70.8	61.1	60.8
Have a trusted adult at school	71.6	71.5	67.1
Get the help they need (among those who report depression or anxiety)	28.1	23.9	22.4



STATE TRENDS – OVERALL HEALTH

Percentage of Students Who Described their Health as Excellent or Very Good



2021 DOOR COUNTY YRBS DATA – MENTAL HEALTH & BULLYING

Questions asked for experience in past 12 months

YRBS Question	High School	Middle School
Bullied at School	23%	29%
Bullied Online	20% <u>LGBT</u>	21%
Bullied at School, Online, or Both	29% 43%	38%
Self-Reported Anxiety	50% 72%	48%
Self-Reported Depression	30% 60%	29%

In all areas, females reported higher rates than males and LGBT students reported much higher rates than heterosexual students.



2021 DOOR COUNTY YRBS DATA – SUICIDAL THOUGHTS & BEHAVIOR

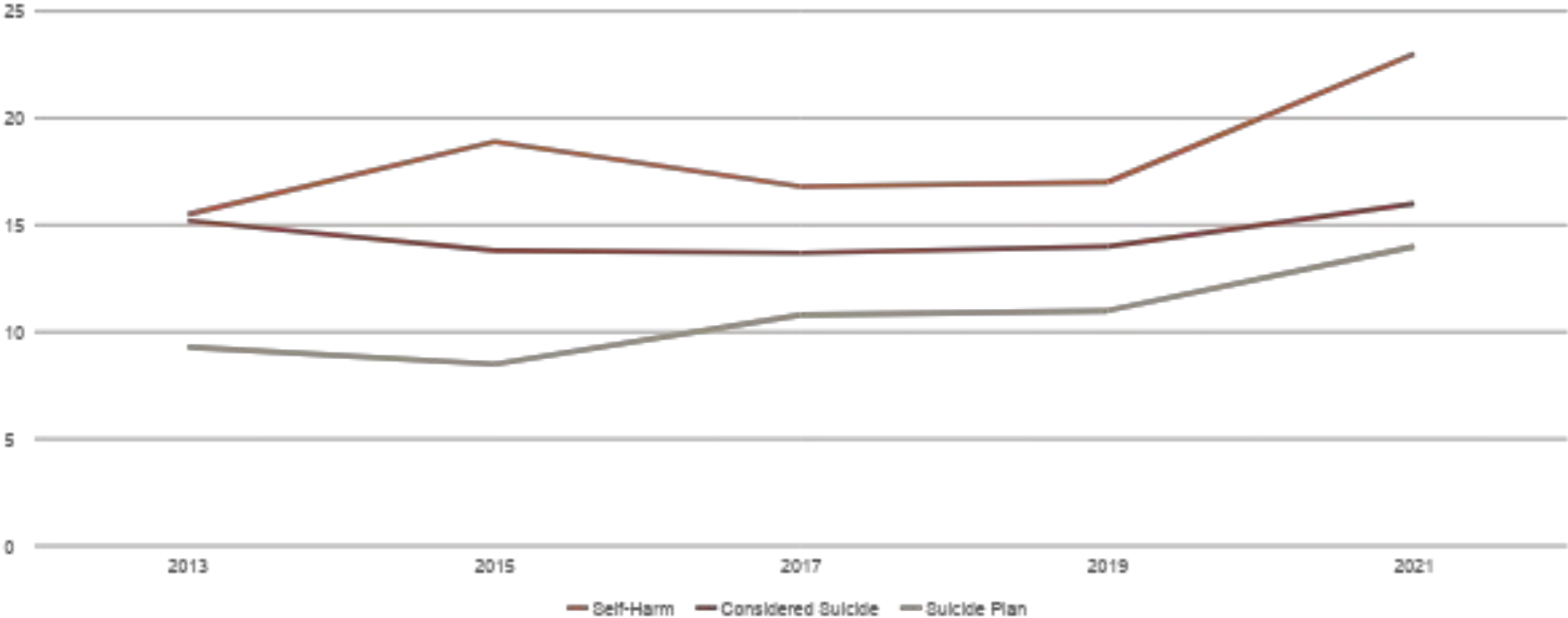
Questions asked for experience in past 12 months

YRBS Question	High School		Middle School
Seriously Considered Suicide	16%	45%	17%
Made a Plan for Suicide Attempt	14%	36%	12%
Intentionally Self-Harmed	23%	56%	22%
Attempted Suicide	5%	15%	5%

In all areas, females reported higher rates than males and LGBT students reported much higher rates than heterosexual students.

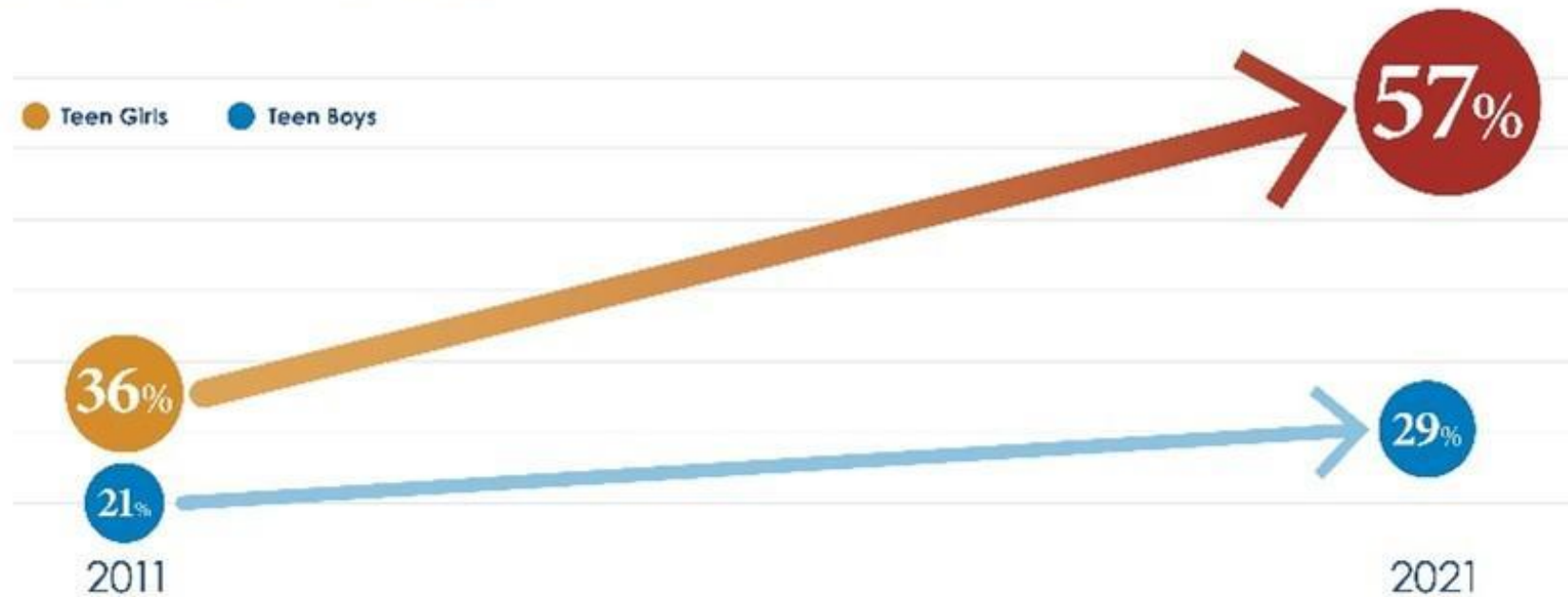


DOOR COUNTY SELF-HARM AND SUICIDE



DEPRESSION IN TEEN GIRLS

TEEN GIRLS WHO PERSISTENTLY **FELT SAD OR HOPELESS** INCREASED DRAMATICALLY FROM 2011 TO 2021

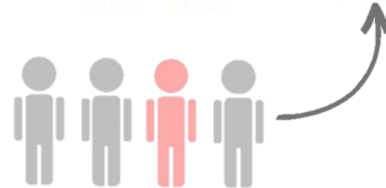
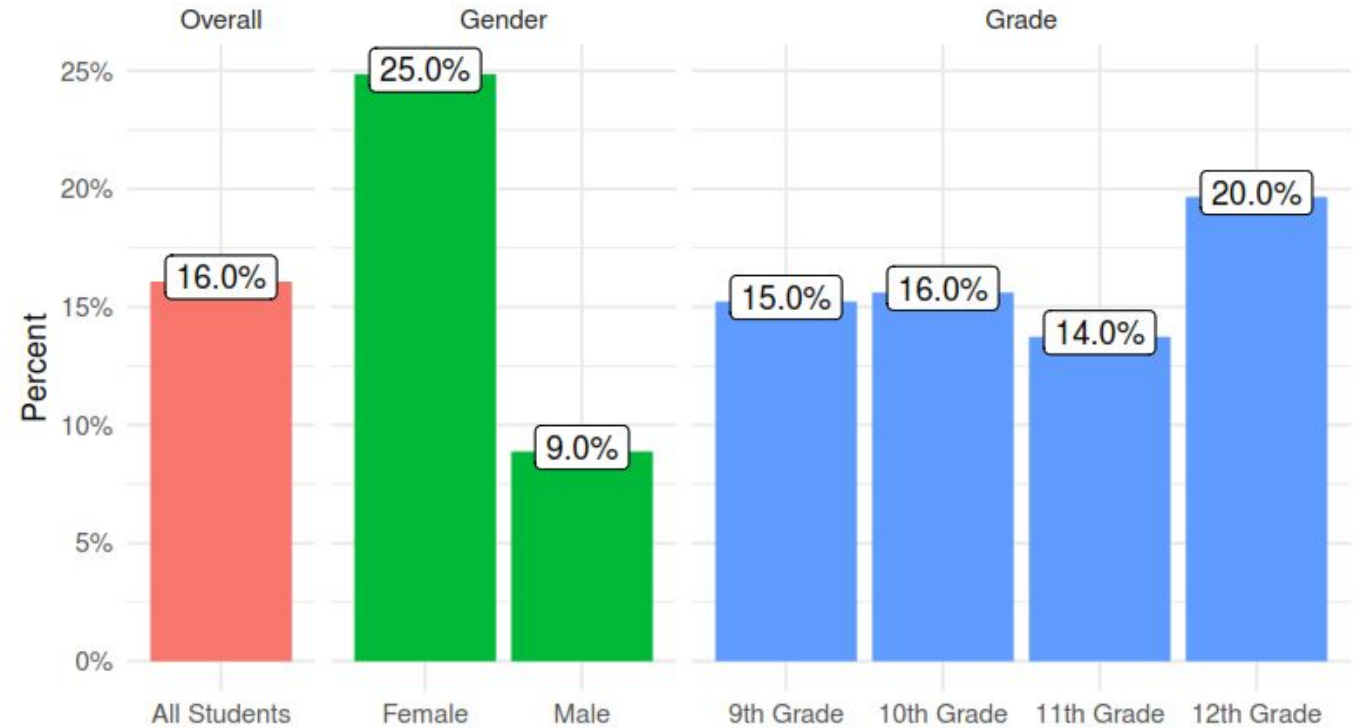


SEXUAL VIOLENCE

Door County 2021 YRBS

Experienced Sexual or Dating Violence

Students who experienced rape, sexual assault, or intimate partner violence



TEEN GIRLS WHO
EXPERIENCED SEXUAL VIOLENCE
INCREASED

20%↑

BETWEEN 2017 AND 2021



TEENS AND TECH

- A new YouGov poll finds that 88% of Americans believe social media is at least somewhat responsible for the increase of depression among teenagers.
- Large surveys of youth find negative, statistically significant associations between screen use and certain measures of well-being, including depressive symptoms.
 - Adolescents who spend more time on social media and electronics seemed to be at a higher risk for depressive symptoms and suicide-related outcomes.
 - These effects were largely driven by female adolescents.
- The variable of “screen time” is very hard to measure.

