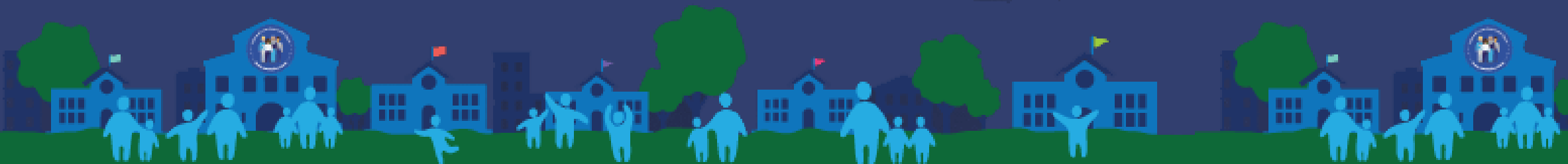


Buffalo Public Schools YOUTH RISK BEHAVIOR SURVEY 2021



Results Summary Presentation

September 2022

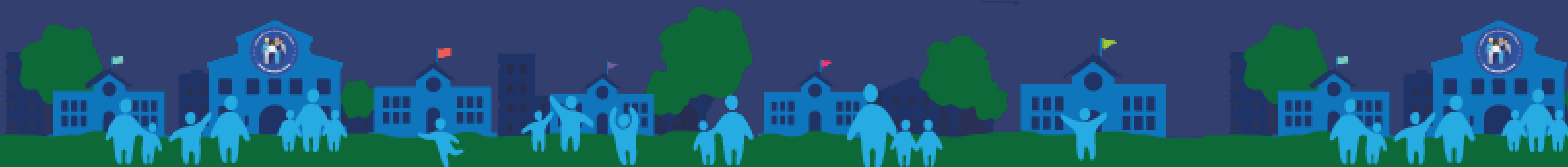




Acknowledgments

The 2021 High School Risk Behavior Survey Report was sponsored by Buffalo Public Schools (BPS) to better understand areas in which high school students in the district may be at risk for negative health outcomes. This report provides in-depth information on high school student health and behaviors that may place youth at risk for chronic conditions.

The Department of Social Emotional and Wellness Supports, under the Division of Student Support Services, would like to thank the YRBS Implementation Sub-Committee Members for all the hard work and expertise they volunteered in the areas of survey research, design, and implementation to ensure that the High School YRBS administration guidelines were exemplary. We would also like to thank and acknowledge the BPS Board of Education and Superintendent, Dr. Tonja Williams, for their unwavering support of the administration of the YRBS.



YRBS Advisory Board & Board of Education Members

Leadership:

Co-Chair: Dr. Corey Bower, Cullen Foundation

Co-Chair: Mai Nguyen, Director, BPS Dept. of Social Emotional and Wellness Supports

Dr. Dan Ramsey, D'Youville College

Ginna Wilson, BPS Dept. of Social Emotional and Wellness Supports

Dr. Karl Wende, Center for Health and Social Research, SUNY Buffalo State College

Kelly Asher, Erie County

Louis D'Angelo, HOPE Buffalo

Micaela Lipman, University at Buffalo

Michael Chase, Erie County Department of Health

Dr. Rachel Fix-Dominguez, BPS Division of Student Support Services

Dr. Sarah Ventre, BPS Medical Director

Dr. Sharon Brown, BPS Division of Student Support Services

Stephanie Hernandez, BPS Dept. of Social Emotional and Wellness Supports

Dr. Sue Baldwin, BPS Dept. Health and Physical Education

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Paulette Woods, Chairperson of Finance and Operations and Central District Representative

Jasmine Cameron, Student Board Member

Superintendent

Dr. Tonja Williams



Background

Every two years since 2011, Buffalo Public Schools (BPS) has administered a risk behavior survey that includes questions from the United States Centers for Disease Control and Prevention (CDC) Youth Risk Behavior Surveillance (YRBS) survey, as well as BPS-added questions.

- Behaviors that contribute to unintentional injuries and violence
- Alcohol and other drug use
- Tobacco use
- Sexual behaviors related to unintended pregnancy and sexually transmitted diseases, including HIV infection
- Unhealthy dietary behaviors
- Inadequate physical activity

BPS also uses this opportunity to survey its students about other areas of interest to the district, including mental health, adverse childhood experiences (ACES), dental health, risk perception, and exposure to traumatic events.

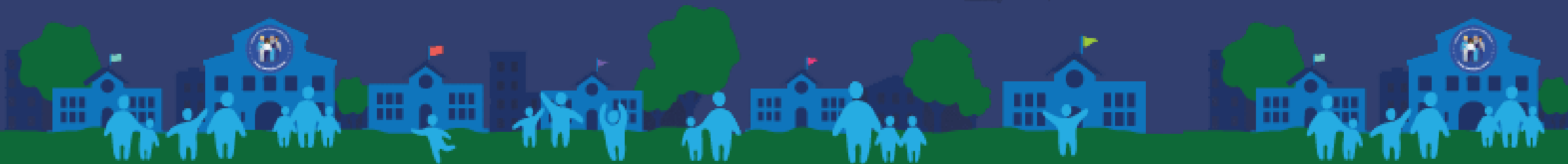


Linking COVID-19 and Wellness to Academic Performance

- In 2021, BPS added several questions related to the COVID-19 pandemic and its impacts on students.
- Reactions to the COVID-19 pandemic caused many changes to daily life since March 2020. School and extracurricular activity closures impacted student learning, decreased opportunities for physical activity and nutrition, and reduced social interactions with peers.
- Students requiring more supports in the home were a particularly vulnerable population during the pandemic.
- Understanding how the pandemic has and is still impacting students is critical to provide the resources needed to help students strive individually and academically.



Methodology



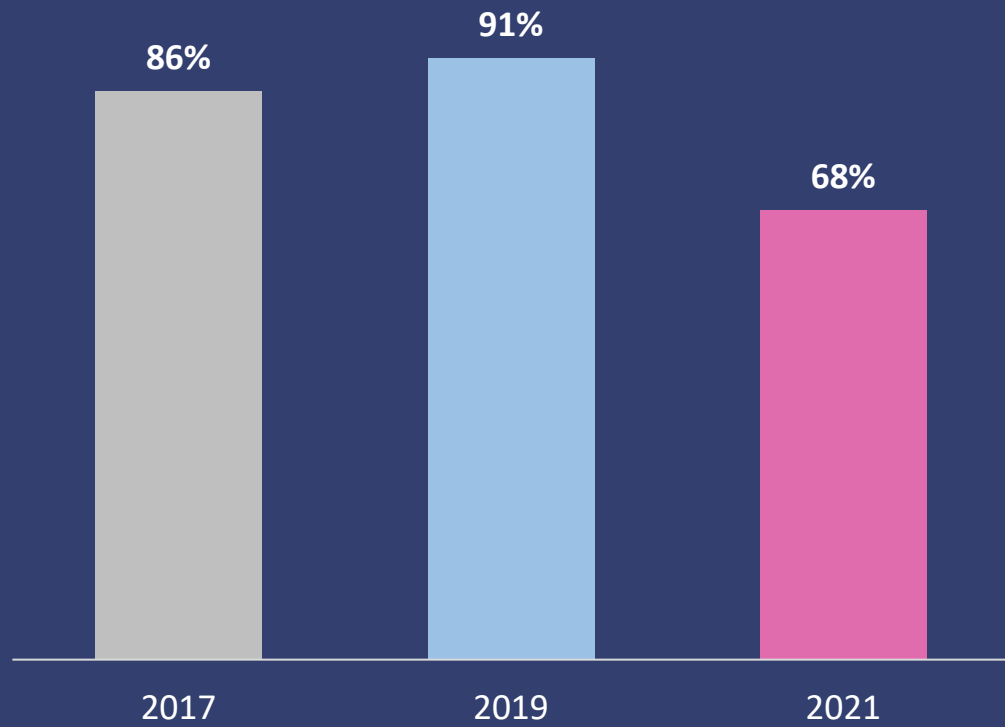
BPS YRBS Methodology

- Survey developed by YRBS Advisory Committee (includes core YRBS and BPS-added questions)
- Survey covers 150+ survey questions covering many topics.
- CDC YRBS protocols for data collection
 - School recruitment and coordination
 - In-school administration of online survey (middle and high schools)
 - October 2021 to February 2022
- Data were cleaned and analyzed according to CDC protocols
- Weighted by grade, gender, and race/ethnicity of the total district enrollment
- COVID-19 questions provides insight on impact of pandemic

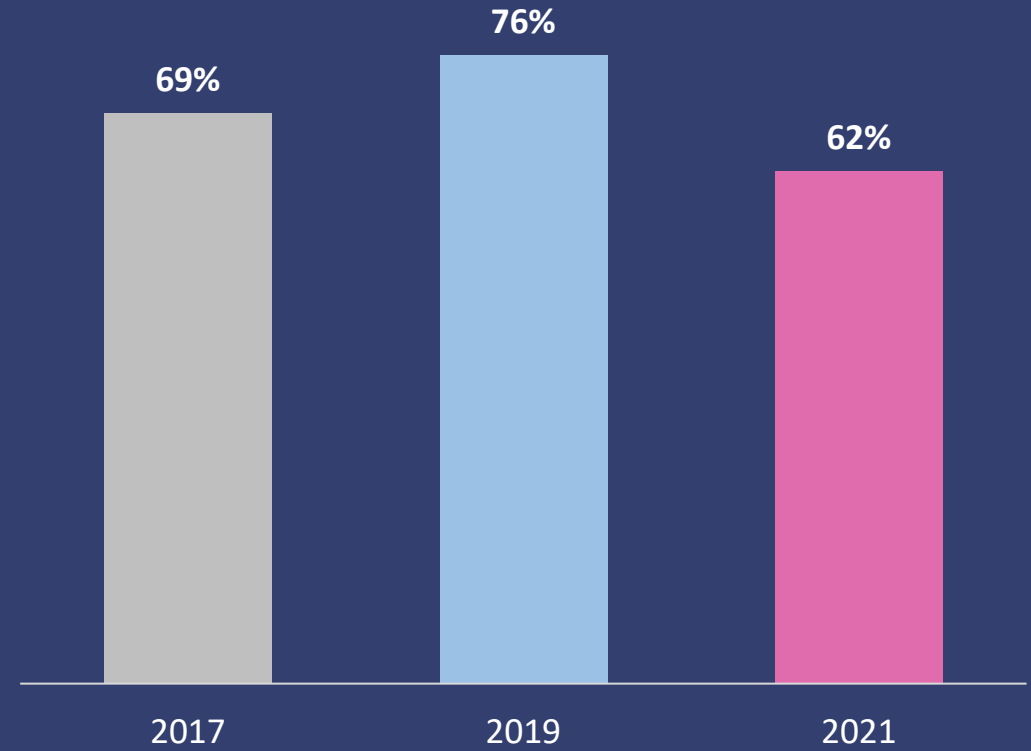


Response Rates

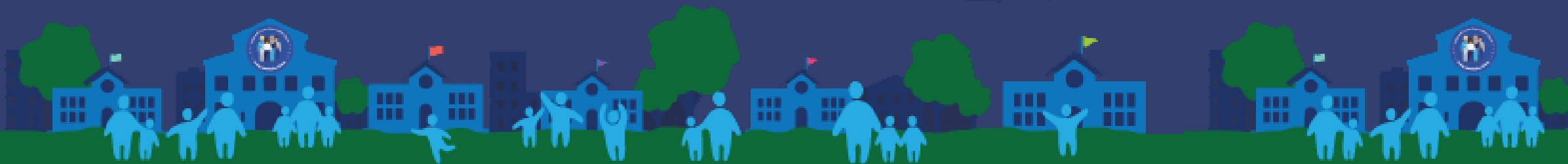
Middle School
4,427 valid surveys



High School
5,669 valid surveys



Overall Results



Results

- Differences between BPS in 2021 and past years (2011-2019).

What's Going Well

Areas to celebrate and promote internally and externally to the community (while taking steps to continue to maintain or improve).

Areas for Improvement

Areas that need additional focus from BPS through quality improvement efforts, education/curriculum, policy or practices.



MIDDLE SCHOOL

What's Going Well



Tobacco use is low and decreasing

Less than one-in-ten BPS middle schoolers reported ever smoking a cigarette, while **just 1% reported smoking a cigarette in the 30 days prior to taking the survey**. Rates of smokeless tobacco use and cigar use among BPS middle school students also declined slightly from 2019 to 2021.



Alcohol use is low and marijuana use is decreasing

The proportion of BPS middle school students who reported drinking alcohol in the 30 days prior to the survey remains low at around 3% and **reported binge drinking of 5 or more drinks in a row declined significantly** since 2019. Meanwhile, just **6% of BPS middle school students reported ever trying marijuana**, a decrease from 8% in 2019.



Sexual activity is decreasing

The proportion of BPS middle school students who reported **ever having sex decreased from 8% in 2019 to 5% in 2021**. Among those who are sexually active, approximately one-third reported not using a condom when they did have sex, which is down from 40% in 2019.



MIDDLE SCHOOL

Areas for improvement



BPS students are becoming more sedentary

In 2021, **68% of BPS middle school students reported not being physically active at least 60 minutes per day on five or more days (59% in 2019)**. The number of students spending **3 or more hours per day using a screen increased from 36% to 51% between 2019 and 2021**. This aligns with other research which has associated COVID-19 shutdowns with reductions in physical activity and increases in sedentary time among youth.



Mental health resource awareness and use decreased

Between 2019 and 2021, the proportion of BPS middle school students who reported **ever seriously thinking about harming themselves or who reported actually trying to harm themselves increased**.



Abuse of prescription pain medication is increasing

In 2021, approximately **one-in-ten BPS middle school students reported taking a prescription pain medication without a doctor's permission** or differently than how a doctor told them to use it in the 30 days prior to taking the survey. This is nearly double the percentage who indicated they did so in 2019 (5%).



HIGH SCHOOL

What's Going Well



Tobacco use is low and decreasing

One-in-ten BPS high school students reported ever trying cigarettes, which is a decrease from 13% in 2019. Just **2% of BPS high school students reported currently smoking cigarettes**. One area to watch is **current use of electronic vapor products, which increased slightly in 2021** compared to 2019.



Alcohol and drug use continues to decline

Few BPS high school students report ever or recently binge drinking. Similarly, **just 15% reported using marijuana in the 30 days prior to taking the survey, which is down from nearly one-in-five in 2019**. Use of cocaine, inhalants, heroin, or any illegal drugs also decreased and was reported by less than 5% of BPS high school students.



Fewer students report experiencing violence or bullying

18% reported that they had been in a physical fight. Even fewer (**6%**) reported that they had been in a **physical fight on school property**, which is a decrease from 10% in 2019. Furthermore, **fewer students reported being bullied, with just 9% bullied on school property or online**. This is a decrease from the 13% that reported being bullied on school property and 10% bullied online in 2019.



HIGH SCHOOL

Areas for improvement



Indicators of poor mental health are on the rise

In 2021, more than half of BPS high school students (55%) reported they had recently experienced poor mental health. More than one-in-three (36%) reported feeling sad or hopeless, and more than one-in-ten (11%) reported they had attempted suicide. Meanwhile, fewer students are aware of the mental health resources available to them, with less than one-third (29%) reporting they knew their school had a mental health clinic.



Sexual abuse/violence continues to impact students

More BPS high school students reported that they had experienced sexual dating violence in 2021 than in 2019 (5.4% in 2019, and 6.4% in 2021). Similarly, more students reported that they have ever been physically forced to have sex (6.3% in 2019, and 7.1% in 2021). Meanwhile, the rate of sexual violence is not decreasing; in 2021, 7.6% of BPS high school students reported that they had experienced sexual violence, up from 7.2% in 2019.

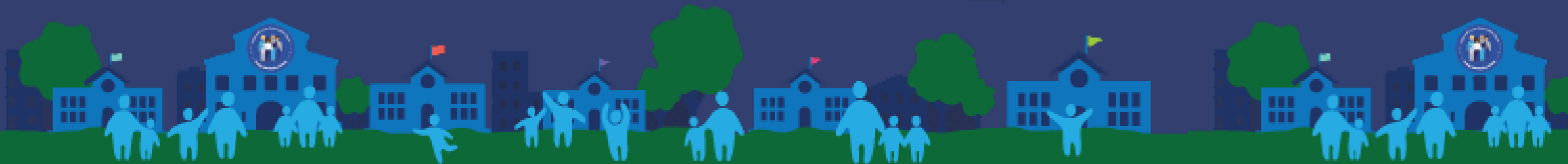


Positive self-perceptions are decreasing

Fewer BPS high school students reported that they felt good about themselves in 2021 (53%) vs 2019 (59%). Additionally, fewer BPS high school students reported enjoying learning (49% in 2021 vs 56% in 2019).



COVID-19 Impacts



COVID-19 Questions

	Middle School	High School
Had poor mental health during the COVID-19 pandemic	52%	59%
Had a parent who lost their job during the COVID-19 pandemic	24%	26%
Knew someone who was hospitalized or died because of COVID-19	37%	41%
Received a COVID-19 vaccine	39%	54%
Had not taken part in remote learning about once a week or more because of internet	23%	44%
Learned less last school year	67%	73%

Overall results are comparable between middle school and high school students (except for vaccination and remote learning rates).

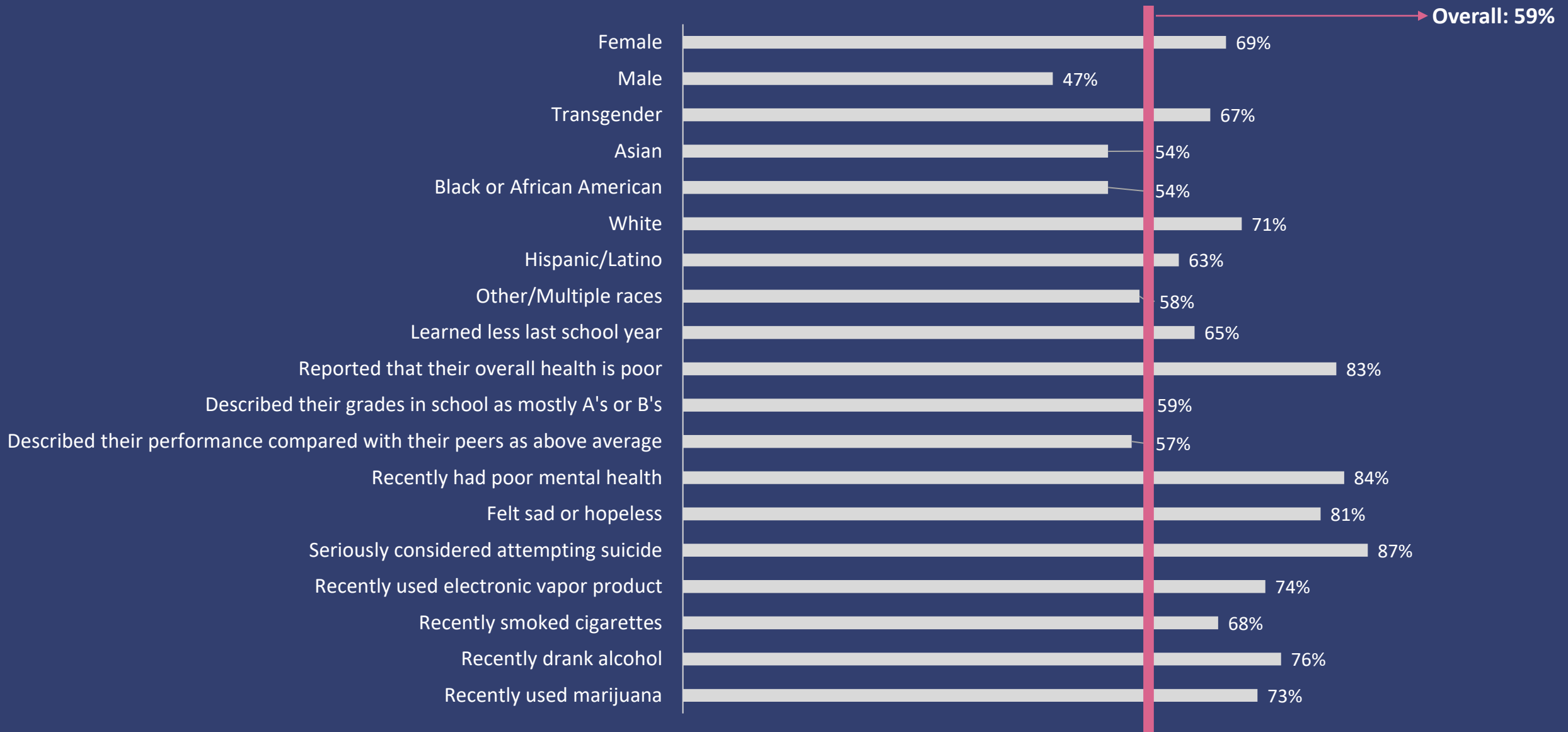
59%
of high school students had poor mental health during the COVID-19 pandemic.

41%
knew someone who was hospitalized or died because of COVID-19.

73%
Said they learned less last school year.



Had poor mental health during the COVID-19 pandemic (High School)



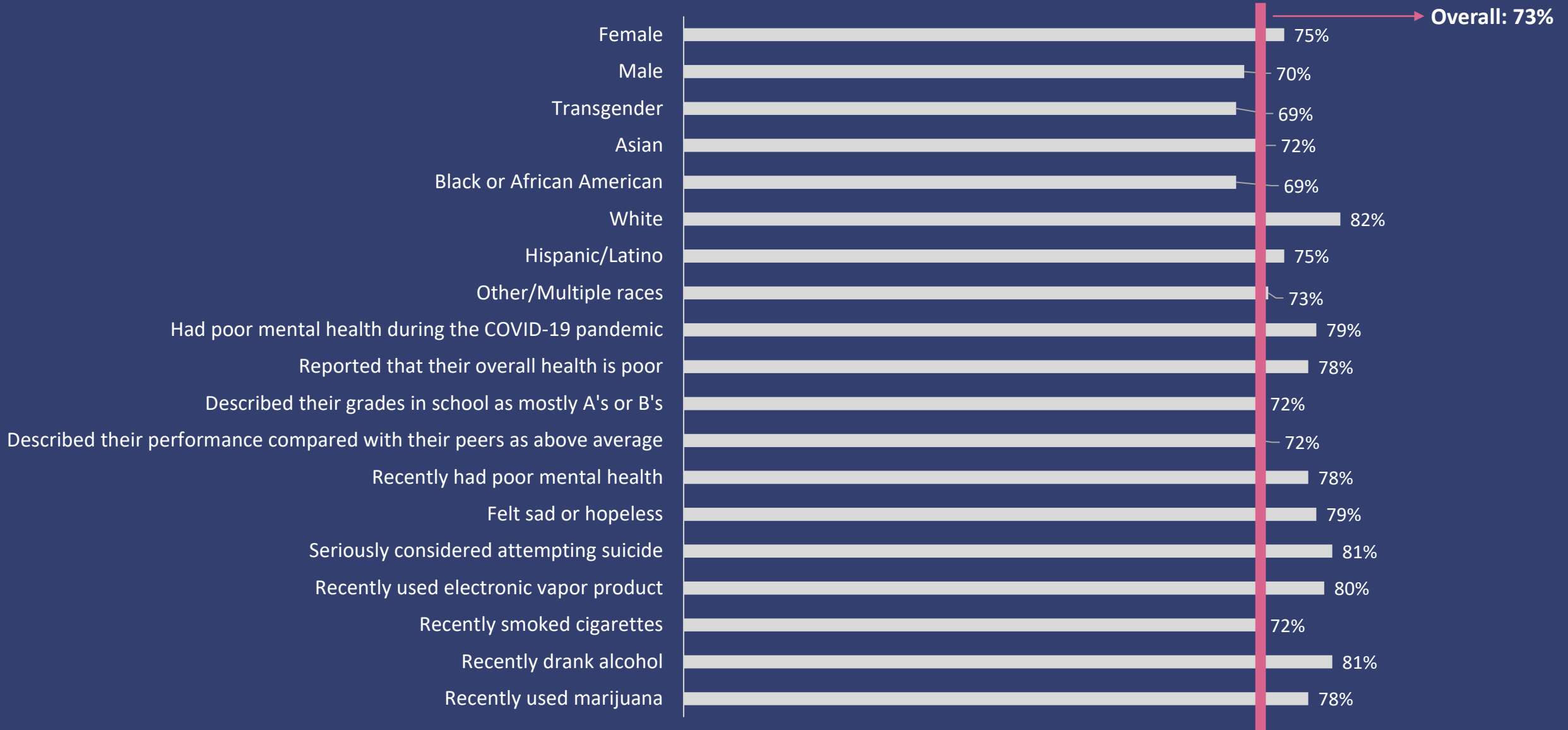
Student behaviors by impact of COVID-19 on mental health (High School)

	Indicator	Overall	Had poor mental health during the COVID-19 pandemic
Substance Use	Ever tried cigarette smoking	10%	12%
	Recently smoked cigarettes	2%	2%
	Ever used an electronic vapor product	25%	31%
	Recently used electronic vapor product	10%	13%
	Recently drank alcohol	10%	13%
	Ever used marijuana	23%	29%
	Recently used marijuana	15%	18%
Violence and Bullying	Carried a weapon	8%	9%
	Were in a physical fight	18%	20%
	Experienced sexual violence	8%	10%
	Were electronically bullied	9%	12%
Sexual Activity	Recently sexually active	16%	18%
Mental Health	Felt sad or hopeless	36%	51%
	Seriously considered attempting suicide	15%	23%
Positive Self-Perception	Felt in control of their life and future	56%	49%
	Felt good about themselves	53%	42%

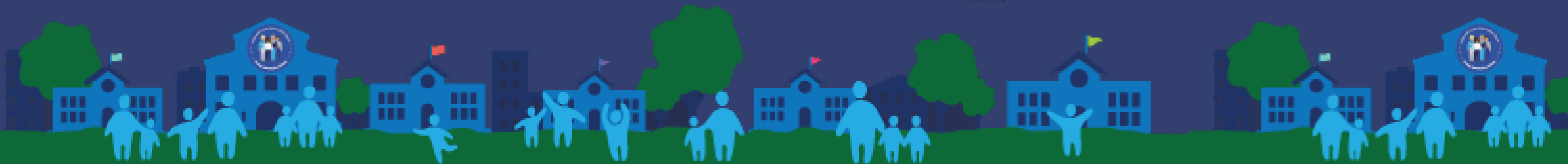
Significantly higher than the overall district percentage (at 95% confidence)



Learned less last school year (High School)



Cross-Analysis between Academics and YRBS



Cross-Analysis by Self-Reported Academic Performance

	Indicator	Overall	During the past 12 months, how would you describe your grades in school?				
			Mostly A's	Mostly B's	Mostly C's	Mostly D's	Mostly F's
Substance Use	Ever tried cigarette smoking	10%	7%	9%	13%	15%	28%
	Recently smoked cigarettes	2%	2%	2%	2%	7%	16%
	Ever used an electronic vapor product	25%	18%	24%	31%	41%	51%
	Recently used electronic vapor product	10%	6%	8%	15%	20%	25%
	Recently drank alcohol	10%	8%	8%	13%	20%	25%
	Ever used marijuana	23%	17%	23%	30%	38%	42%
	Recently used marijuana	15%	9%	15%	20%	31%	28%
Violence and Bullying	Carried a weapon	8%	5%	7%	11%	16%	23%
	Were in a physical fight	18%	12%	18%	24%	37%	33%
	Experienced sexual violence	8%	6%	6%	10%	17%	16%
	Were electronically bullied	9%	8%	8%	11%	10%	23%
Sexual Activity	Recently sexually active	16%	11%	15%	21%	29%	36%
Mental Health	Felt sad or hopeless	36%	33%	34%	41%	52%	51%
	Seriously considered attempting suicide	15%	11%	14%	20%	28%	37%
Positive Self-Perception	Felt in control of their life and future	56%	62%	57%	51%	46%	40%
	Felt good about themselves	53%	56%	56%	48%	44%	33%



Cross-Analysis by Attention when in Class

	Indicator	Overall	Usually devoted their full attention when in class	
			Yes	No
Substance Use	Ever tried cigarette smoking	10%	8%	20%
	Recently smoked cigarettes	2%	1%	8%
	Ever used an electronic vapor product	25%	23%	35%
	Recently used electronic vapor product	10%	8%	18%
	Recently drank alcohol	10%	9%	19%
	Ever used marijuana	23%	22%	32%
	Recently used marijuana	15%	14%	22%
Violence and Bullying	Carried a weapon	8%	7%	15%
	Were in a physical fight	18%	16%	30%
	Experienced sexual violence	8%	7%	13%
	Were electronically bullied	9%	8%	16%
Sexual Activity	Recently sexually active	16%	15%	20%
Mental Health	Felt sad or hopeless	36%	34%	50%
	Seriously considered attempting suicide	15%	14%	26%
Positive Self-Perception	Felt in control of their life and future	56%	58%	45%
	Felt good about themselves	53%	55%	42%



Cross-Analysis by High School Graduation Expectations

	Indicator	Overall	Expected to graduate from high school	
			Yes	No
Substance Use	Ever tried cigarette smoking	10%	10%	18%
	Recently smoked cigarettes	2%	1%	13%
	Ever used an electronic vapor product	25%	25%	27%
	Recently used electronic vapor product	10%	9%	17%
	Recently drank alcohol	10%	10%	22%
	Ever used marijuana	23%	23%	29%
	Recently used marijuana	15%	14%	23%
Violence and Bullying	Carried a weapon	8%	7%	20%
	Were in a physical fight	18%	17%	26%
	Experienced sexual violence	8%	7%	21%
	Were electronically bullied	9%	9%	18%
Sexual Activity	Recently sexually active	16%	16%	24%
Mental Health	Felt sad or hopeless	36%	37%	35%
	Seriously considered attempting suicide	15%	16%	23%
Positive Self-Perception	Felt in control of their life and future	56%	58%	34%
	Felt good about themselves	53%	54%	39%



Cross-Analysis between ACEs and Academic Performance

Indicator	Overall	During the past 12 months, how would you describe your grades in school?				
		Mostly A's	Mostly B's	Mostly C's	Mostly D's	Mostly F's
Has seen someone get shot, stabbed, or beaten in their neighborhood	30%	24%	30%	37%	44%	53%
Has had a parent or adult in their home often swear at them, insult them or put them down	32%	30%	30%	38%	38%	58%
Has lived with someone who was depressed or mentally ill, or had a household member attempt suicide	22%	19%	20%	27%	27%	38%
Has lived with someone who was an alcoholic, problem drinker, used illegal street drugs, took prescriptions drugs to get high or was a problem gambler	18%	15%	17%	23%	27%	39%
Has had a parent or adult in their home often hit, beat, kick or physically hurt them	10%	9%	10%	12%	14%	36%
Felt that they didn't have enough money to eat, had to wear dirty clothes, and had no one to protect them	8%	5%	7%	10%	17%	26%
Has lived with someone who served time or was sentenced to serve time in a prison, jail or other correctional facility	18%	13%	18%	24%	32%	44%
Felt that they were treated badly or unfairly because of their race or ethnicity	15%	15%	15%	15%	21%	31%
Were left by a birth parent due to divorce or some other reason	21%	16%	21%	25%	30%	38%
Has had family often cut the size of meals because there was not enough money in the budget	5%	4%	4%	7%	15%	18%



Thank you!

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President

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