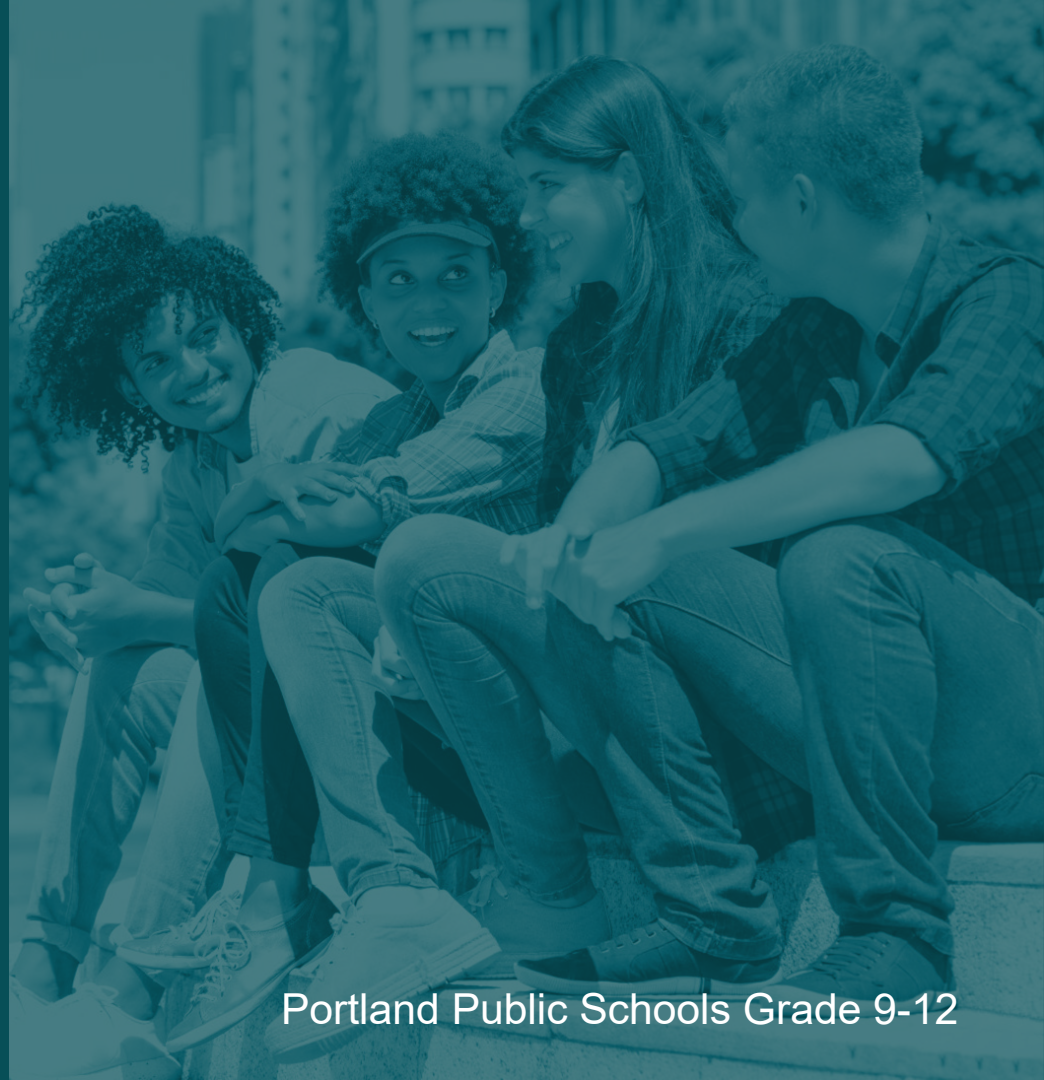


Self-Identified Health Behaviors

From the 2021
Youth Risk Behavior Survey
(YRBS)



Portland Public Schools Grade 9-12



Youth Risk Behavior Survey

The Youth Risk Behavior Survey (YRBS) was developed in 1990 to monitor health behaviors that contribute markedly to the leading causes of health challenges, death, and social problems among youth and adults in the United States. These behaviors, often established during childhood and early adolescence, include behaviors that contribute to unintentional injuries and violence; sexual behaviors related to unintended pregnancy and sexually transmitted infections, including HIV infection; alcohol and other drug use; tobacco use; unhealthy dietary behaviors; and inadequate physical activity.

The 2021 High School YRBS was administered to a random sample of 1,424 students in grades nine through twelve in nine Portland Public Schools. The YRBS results presented in this report have been statistically weighted and are representative of all students in Grades 9-12 attending Portland Public High Schools.

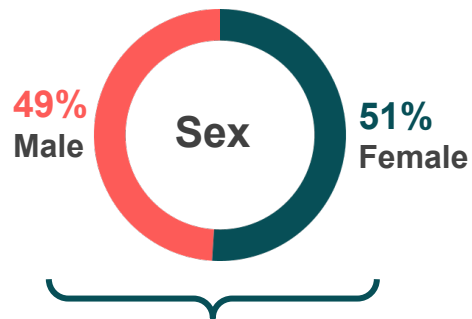
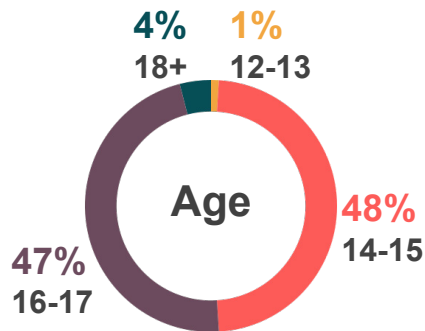


 Menu [YRBS Sample Demographics](#) [Mental Health](#) [Alcohol, Tobacco, and Other Drugs](#) [Wellness](#) [Comprehensive Sex Education](#) [Violence Prevention](#)

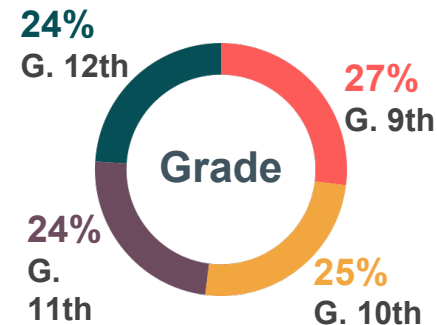
This table of content list is hyperlinked to each section, but the links only work if you are in slideshow mode. Otherwise, you can navigate the slides via the sidebar on the left side of your screen.



YRBS Sample Demographics

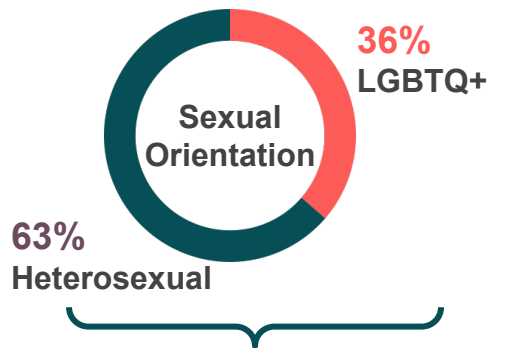


18% of male students and 51% of female students identify as LGBTQ+





YRBS Sample Demographics

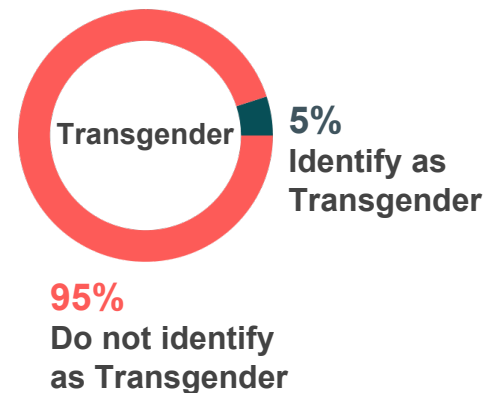


Heterosexual Students

- 61% self-identify as male
- 39% self-identify as female

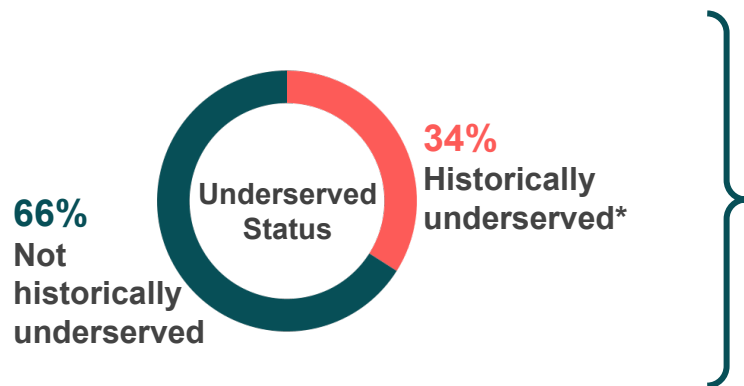
LGBTQ+ Students

- 25% self-identify as male
- 75% self-identify as female





YRBS Sample Demographics



Historically Underserved Students

- 50% self-identify as female
- 32% self-identify as LGBTQ+

Non-Historically Underserved Students

- 52% self-identify as female
- 39% self-identify as LGBTQ+

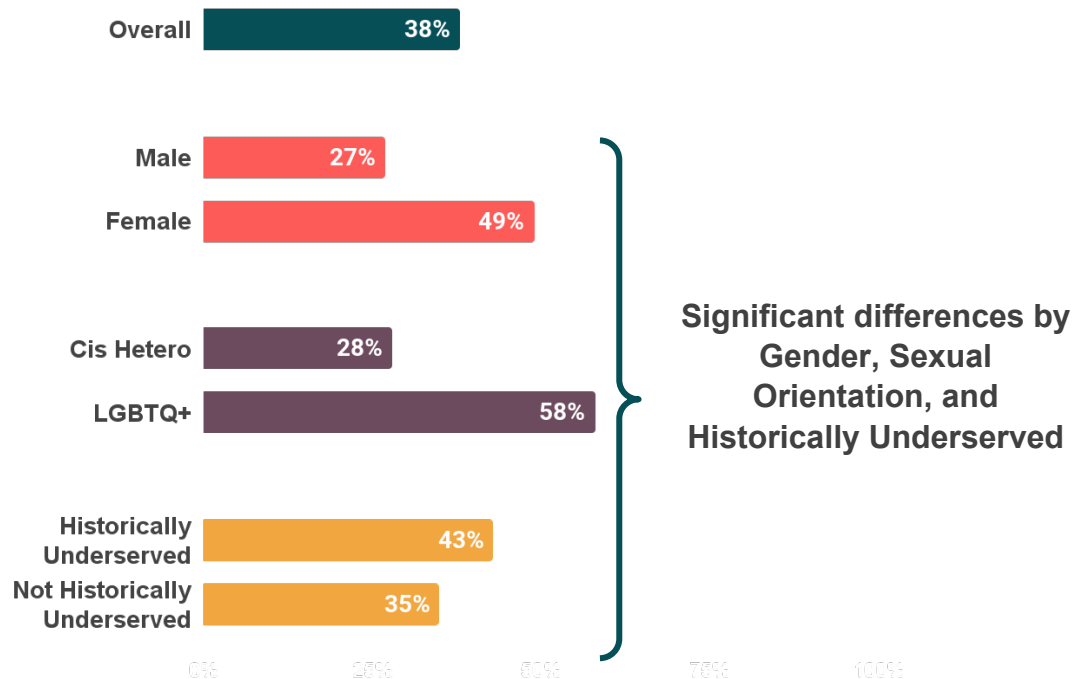
Mental Health





Hopelessness

% of students who reported persistent feelings of sadness or hopelessness* in the past year



*Defined as feeling so sad or hopeless every day for 2 + weeks in a row that you stopped doing some usual activities



Suicide

% of students who reported seriously considering attempting suicide in past year

Overall 20%

Male 14%

Female 25%

Cis Hetero 12%

LGBTQ+ 36%

Historically Underserved 20%

Not Historically Underserved 20%

0% 25% 50% 75% 100%

% of students reporting making a plan to attempt suicide in past year

Overall 17%

Male 11%

Female 21%

Cis Hetero 10%

LGBTQ+ 29%

Historically Underserved 19%

Not Historically Underserved 15%

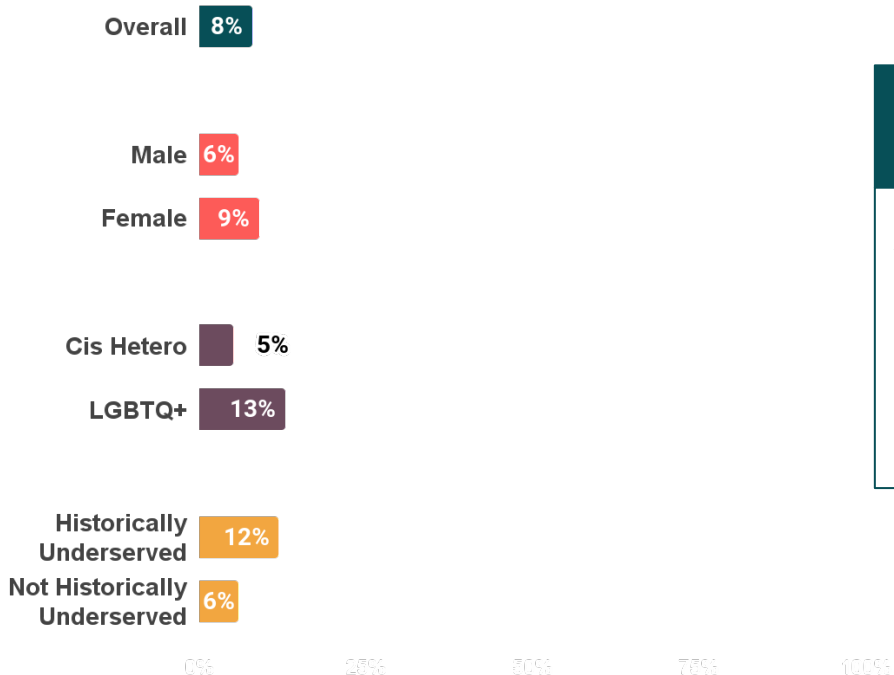
0% 25% 50% 75%

Significant differences by Gender and Sexual Orientation



Suicide

% of students who reported attempting suicide in the past year



Connection between drinking alcohol and suicide:

Significantly more students who reported drinking in the past month (30%) considered suicide than others who did not drink in the past month (16%)



Trusted Adult

% of students who reported having an adult they can go to with problems



Students who have an adult they can go to with problems reported lower levels of persistent hopelessness and suicidal thoughts



0%

Significantly more heterosexual students reported they have an adult they can go to than LGBTQ+ students

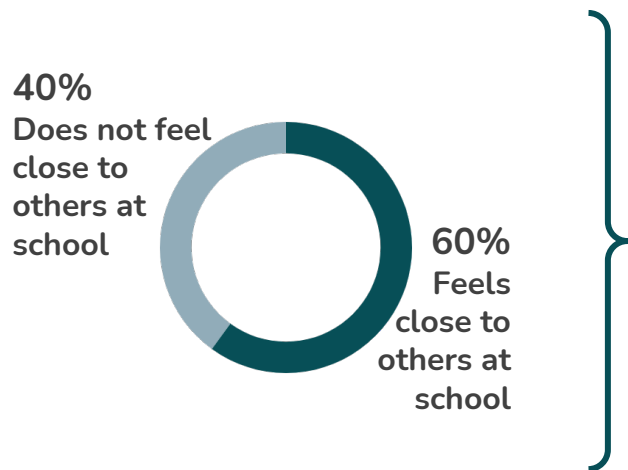


Has a trusted adult Does not have a trusted adult

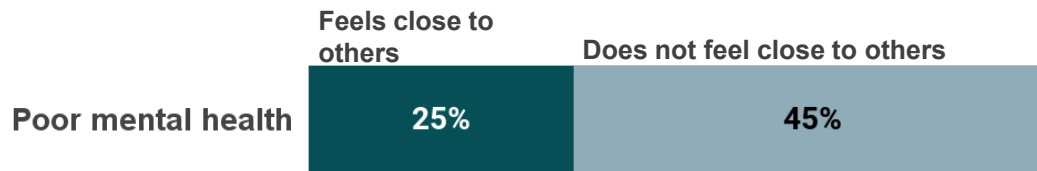




Feeling Close to Others at School



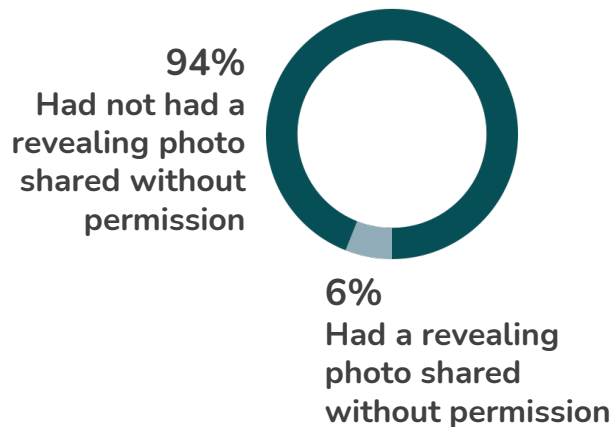
Significantly more students who don't feel close to others at their school reported poor mental health compared to students who do feel close to others



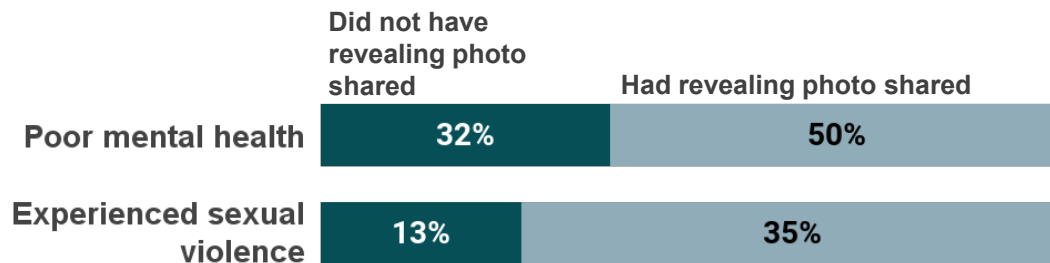
*Defined as mental health not being good most of the time or always in the past 30 days



Having a Revealing Photo Shared Without Permission



Significantly more students who had a revealing photo shared without their permission reported poor mental health* and experienced sexual violence than those students who did not have a revealing photo shared

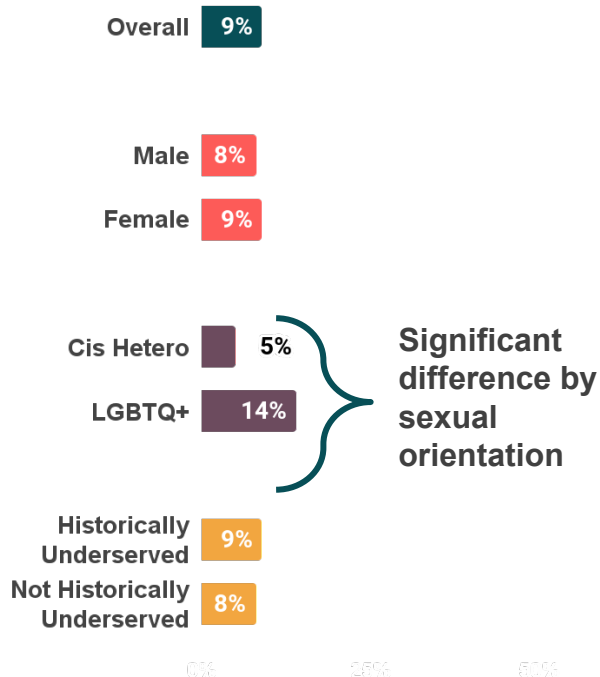


*Defined as mental health not being good most of the time or always in the past 30 days

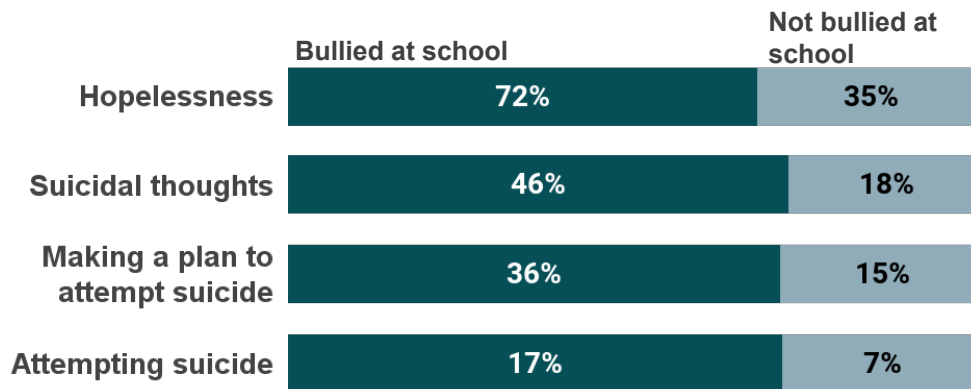


Bullying at School

% of students who reported being bullied on school property



Students who reported being bullied at school reported significantly higher rates of hopelessness, suicidal thoughts, and self harm

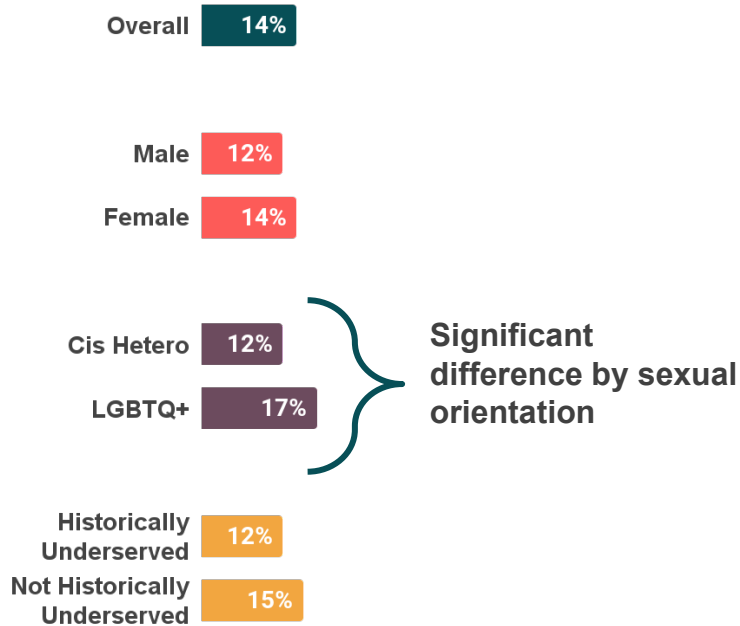


Students who considered themselves overweight were bullied at school more (12%) than students who did not consider themselves overweight (7%)

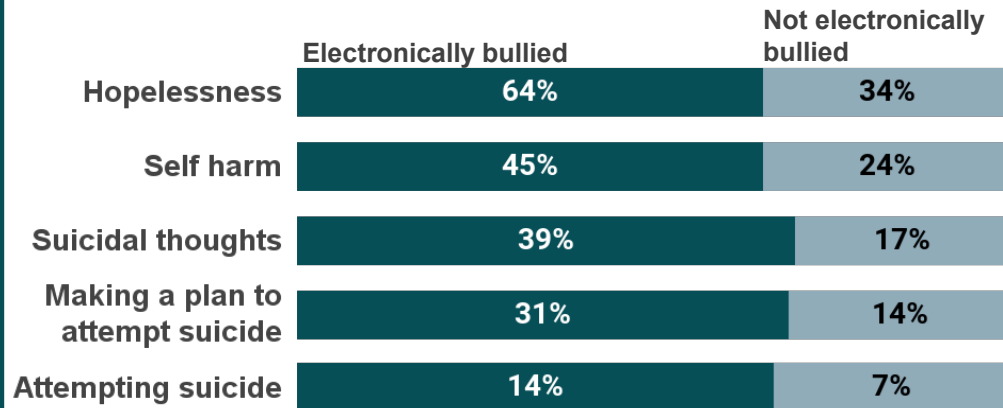


Cyber Bullying

% of students who reported being electronically bullied* in past year



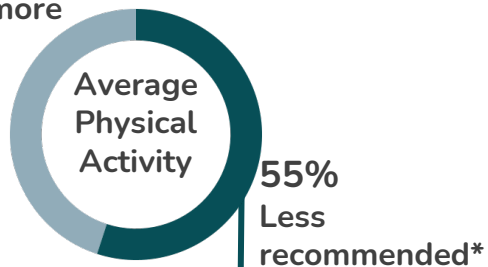
Students who reported being bullied online in the past year reported significantly higher rates of hopelessness, suicidal thoughts, and self harm



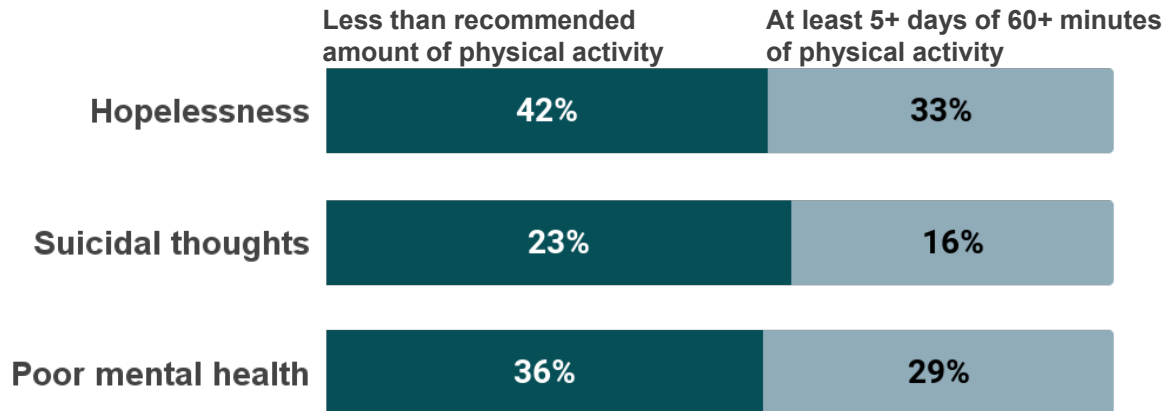
*Defined as through texting, Instagram, Facebook, or other social media

Physical Activity

45%
Recommended*
or more



Students getting less than the recommended amount of physical activity reported significantly higher levels of hopelessness, suicidal thoughts, and poor mental health

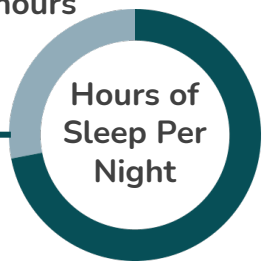


*Recommended amount includes 5+ days of 60+ minutes of physical activity a week



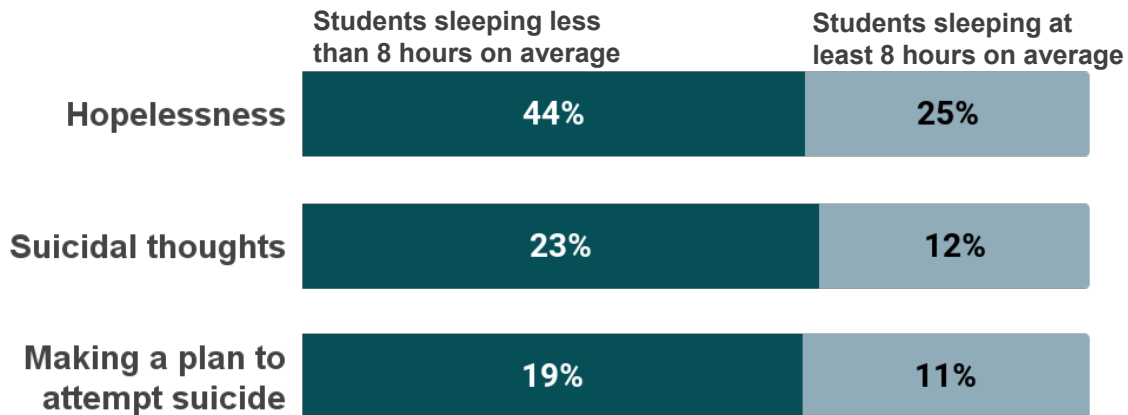
Sleep

28%
8+ hours



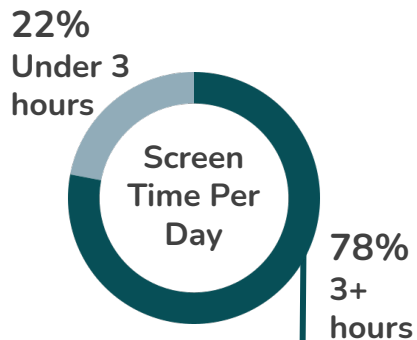
72%
Less
than 8
hours

Students who sleep less than 8 hours on average reported significantly higher levels of hopelessness, suicidal thoughts, and planning suicide

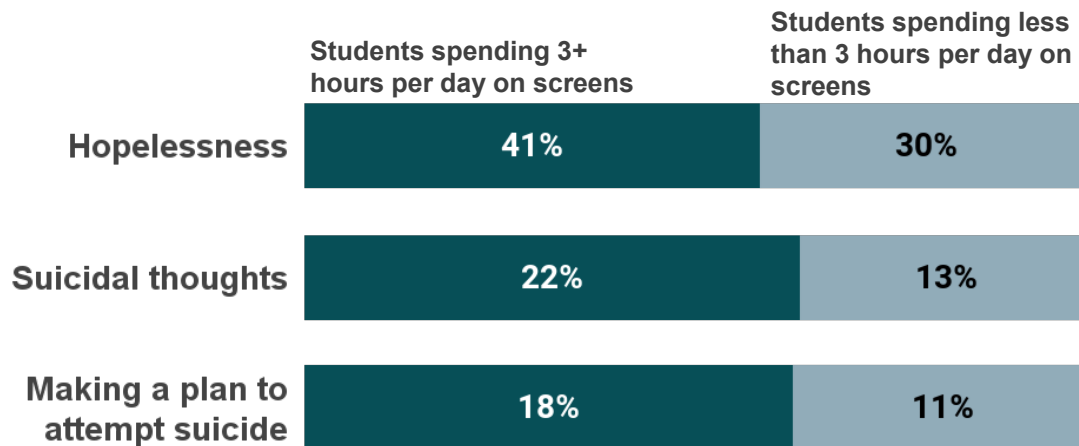




Screen Time



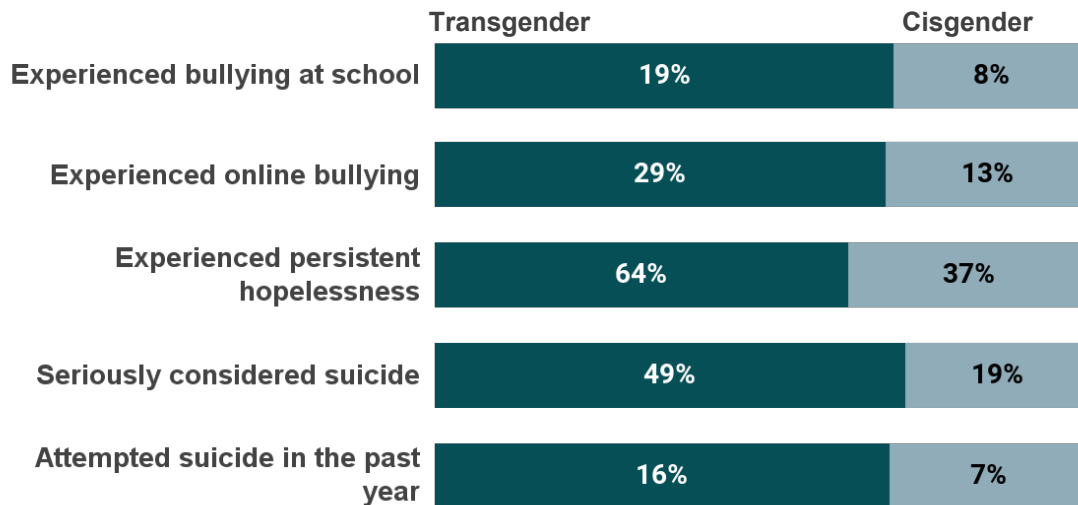
Students who spent 3+ hours per day on screen time reported significantly higher levels of hopelessness, suicidal thoughts, and planning suicide





Transgender Students

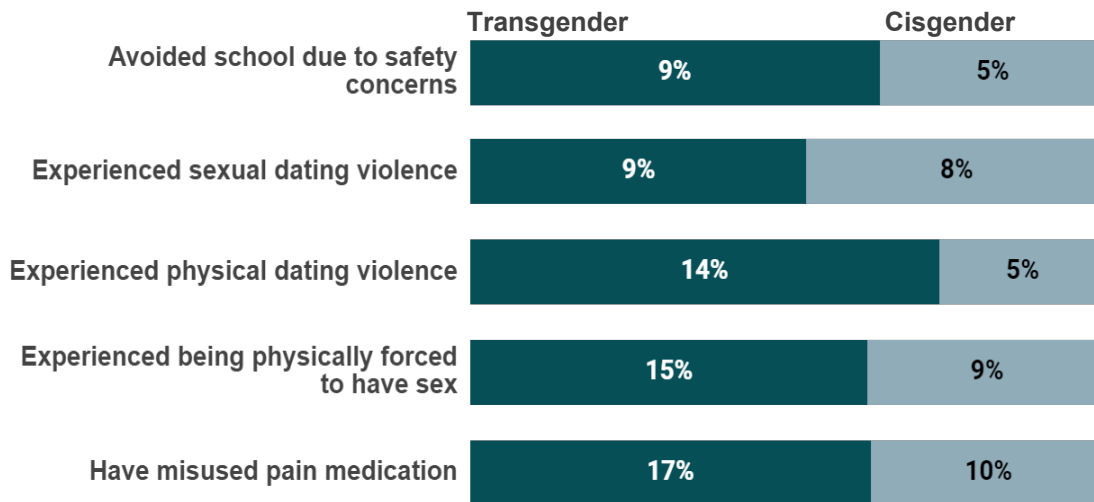
Significantly more transgender students reported experiencing bullying, hopelessness, suicidal ideation, and attempting suicide in the past year than cisgender students





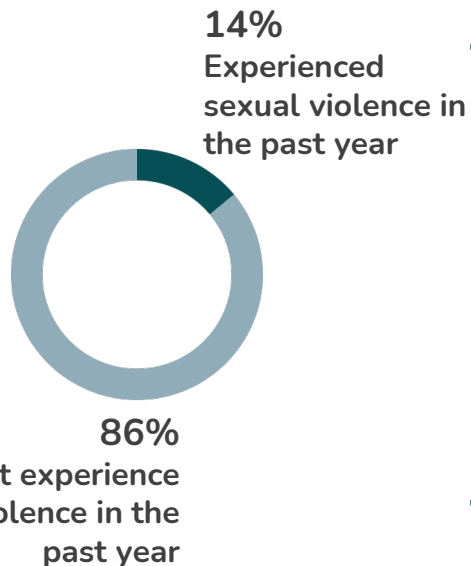
Transgender Students

More transgender students reported avoiding school due to safety concerns, experiencing sexual or physical dating violence, and misusing pain medication than cisgender students

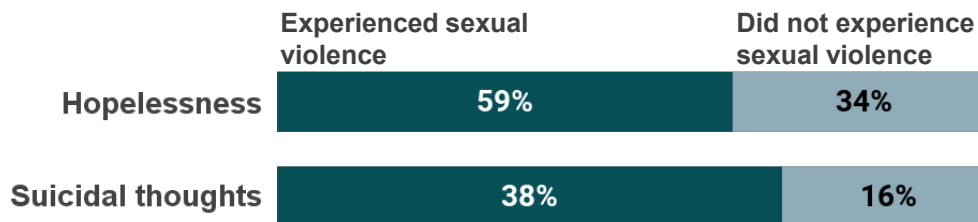




Sexual Violence* & Mental Health



Students who experienced sexual violence in the past year reported significantly higher rates of hopelessness and suicidal thoughts than those who did not experience sexual violence

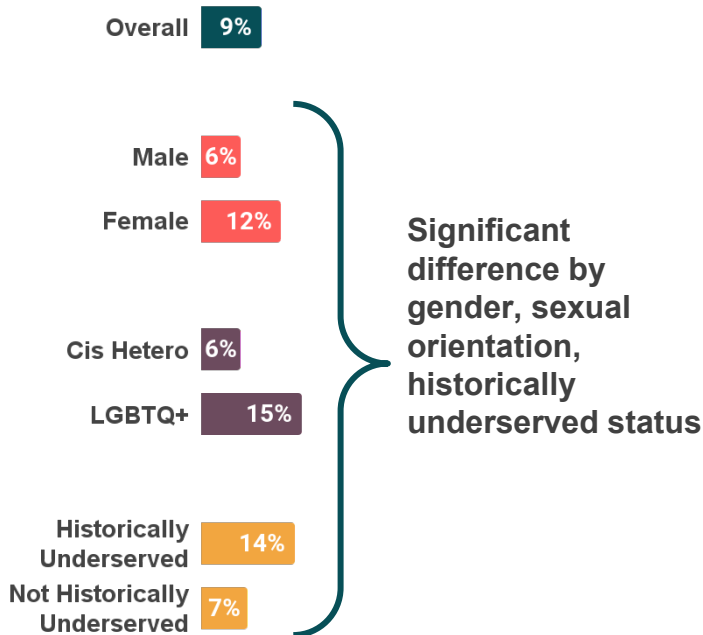


*Defined as being forced by anyone to do sexual things (counting such things as kissing, touching, or being physically forced to have sexual intercourse) that they did not want to do, one+ times during the last 12 months

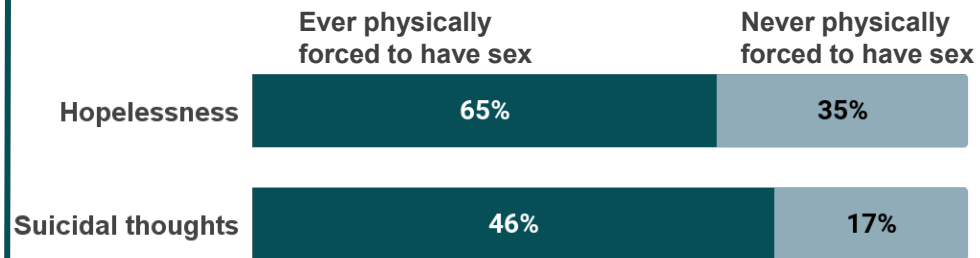


Sexual Assault* & Mental Health

% of students ever physically forced to have sex



Students who reported ever being forced to have sex reported significantly higher rates of hopelessness and suicidal thoughts



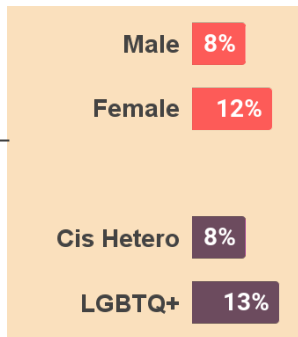
Alcohol, Tobacco, and Other Drugs



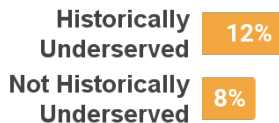
Misuse of Pain Medication & Mental Health

% of students who ever misused pain medication

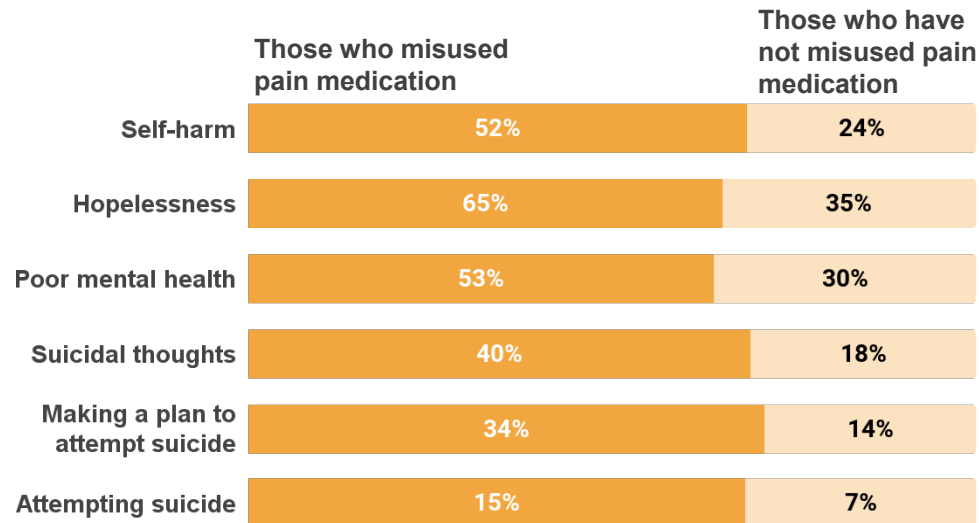
Overall **10%**



Students who reported ever misusing pain medication in their life reported significantly worse overall mental health



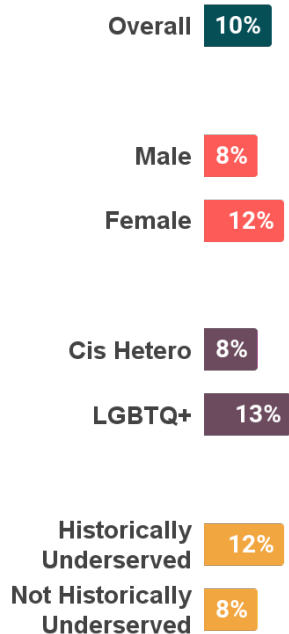
Significantly more females than males and significantly more LGBTQ+ students than non-LGBTQ+ students reported misusing pain medication



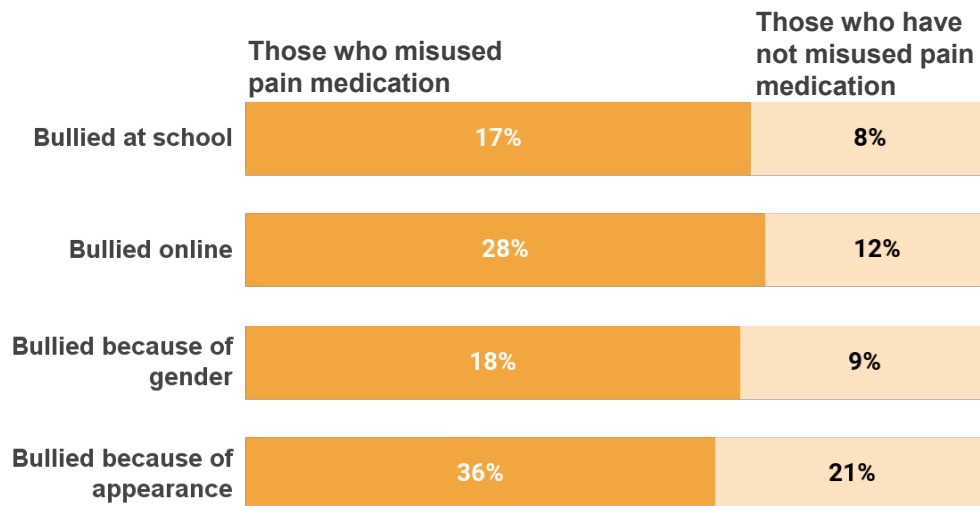


Misuse of Pain Medication & Bullying

% of students who ever misused pain medication



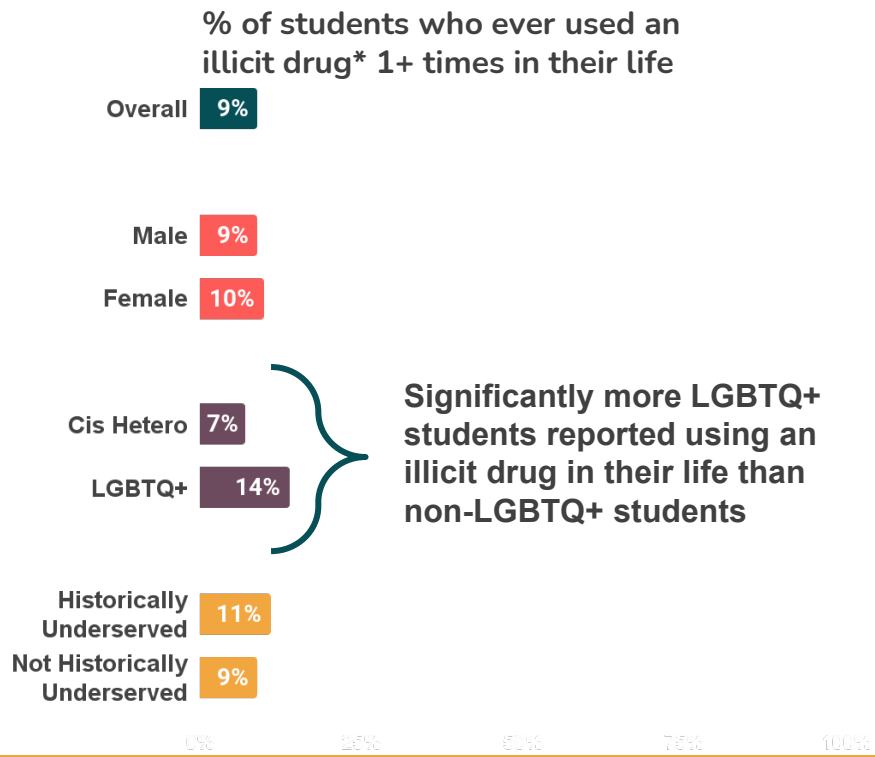
Students who reported ever misusing pain medication in their life reported significantly more bullying



0% 25% 50% 75% 100%



Illicit Drug Use



Significantly more LGBTQ+ students reported using an illicit drug in their life than non-LGBTQ+ students

Connection between misusing prescription pain medication and illicit drug use:

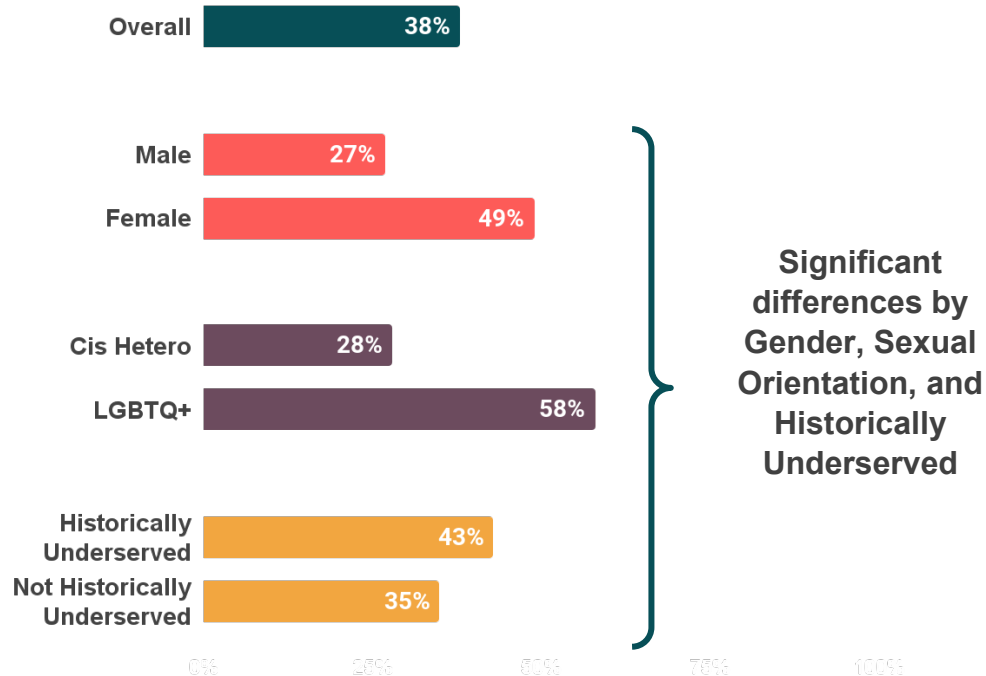
38% of students who reported ever misusing prescription pain medication also reported using at least one illicit drug in their lifetime while only 7% of students who never misused pain medication reported this

*Illicit drugs include cocaine, inhalants, heroin, methamphetamine, and ecstasy



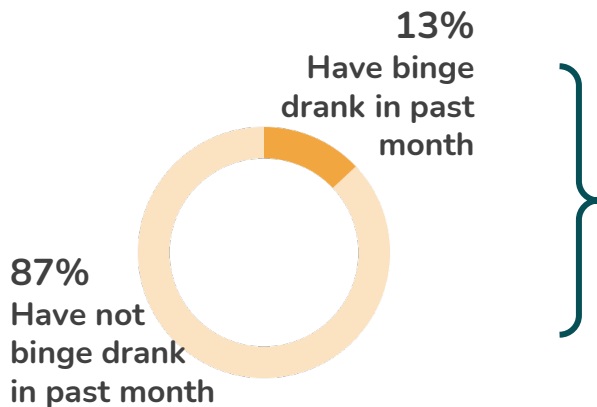
Hopelessness

% of students who reported persistent feelings of sadness or hopelessness* in the past year

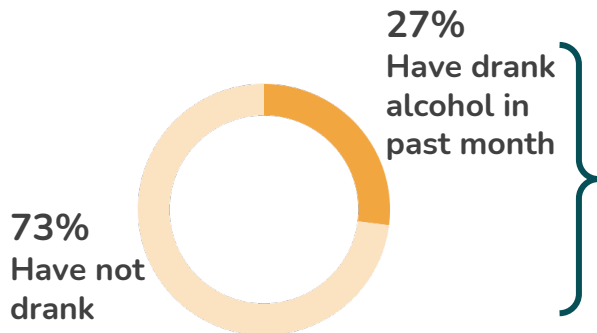


*Defined as feeling so sad or hopeless every day for two+ weeks in a row that you stopped doing some usual activities

Drinking Alcohol



Significantly more students who reported binge drinking alcohol in the past month reported driving under the influence than those who did not binge drink

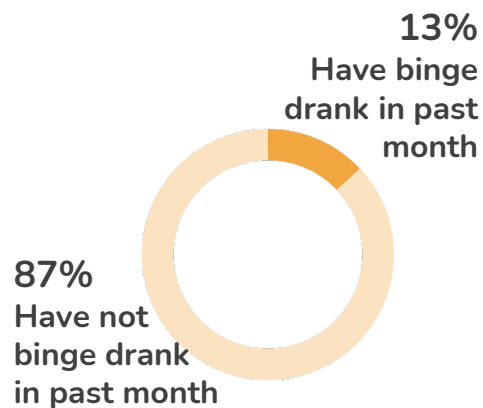


Significantly more students who reported drinking alcohol in the past month considered suicide than those who did not drink

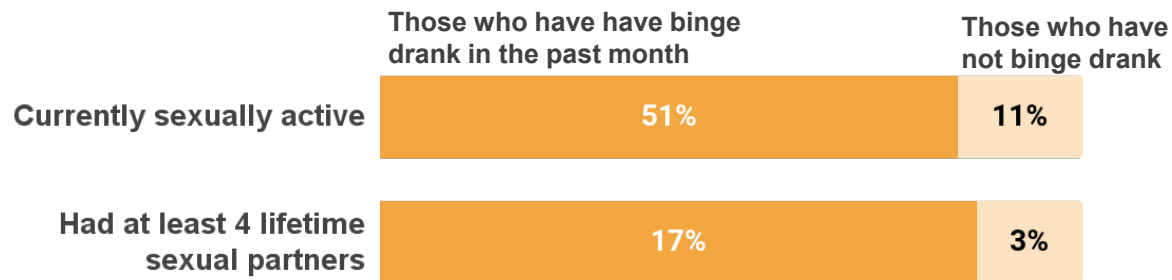




Binge Drinking & Sexual Activity



Significantly more students who reported binge drinking in the past month engaged in sexual activity than those who did not binge drink

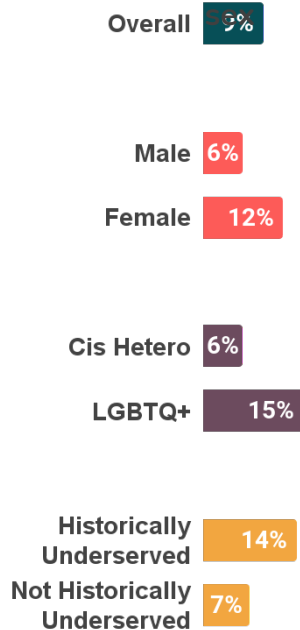


More students who first had sex before the age of 13 reported engaging in binge drinking (29%) than other students (12%)

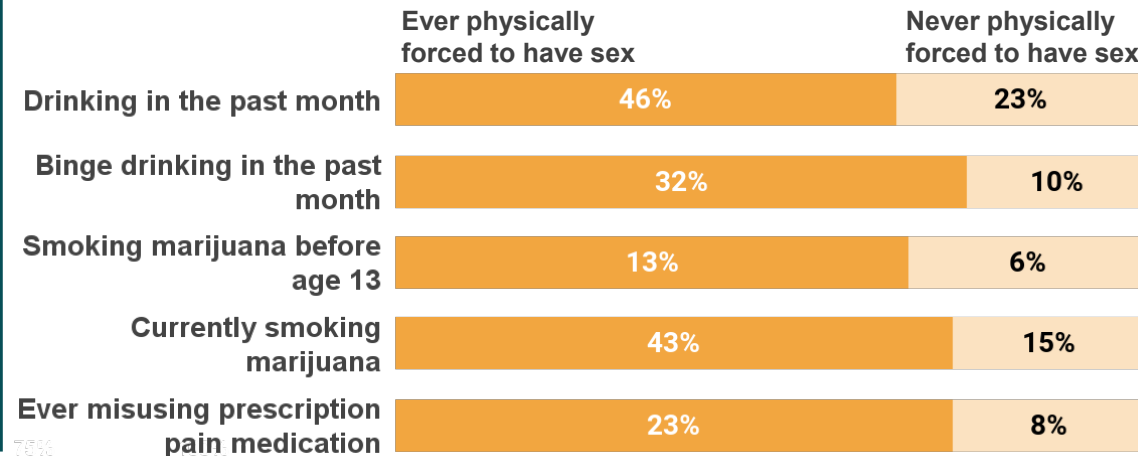


Sexual Assault* & Substance Abuse

% of students ever physically forced to have sex



Significantly more students who were ever forced to have sex reported substance use than those who reported never being forced to have sex

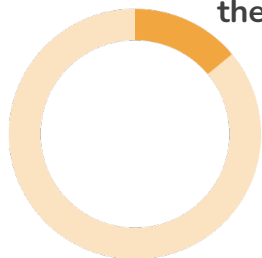


*Defined as ever been physically forced to have sex



Sexual Violence* & Substance Abuse

14%
Experienced sexual violence in the past year



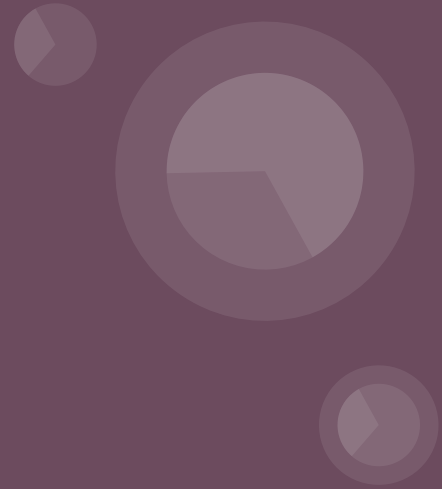
86%
Did not experience sexual violence in the past year

Significantly more students who experienced sexual violence in the past year reported substance use than those who did not experience sexual violence

	Experienced sexual violence	Did not experience sexual violence
Drinking in the past month	46%	23%
Binge drinking in the past month	32%	10%
Smoking marijuana before age 13	13%	6%
Currently smoking marijuana	43%	15%
Ever misusing prescription pain medication	23%	8%

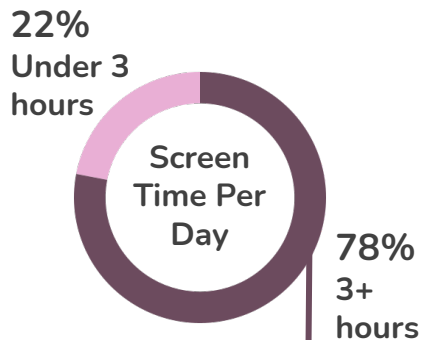
*Defined as being forced by anyone to do sexual things (counting such things as kissing, touching, or being physically forced to have sexual intercourse) that they did not want to do, one+ times during the last 12 months

Wellness

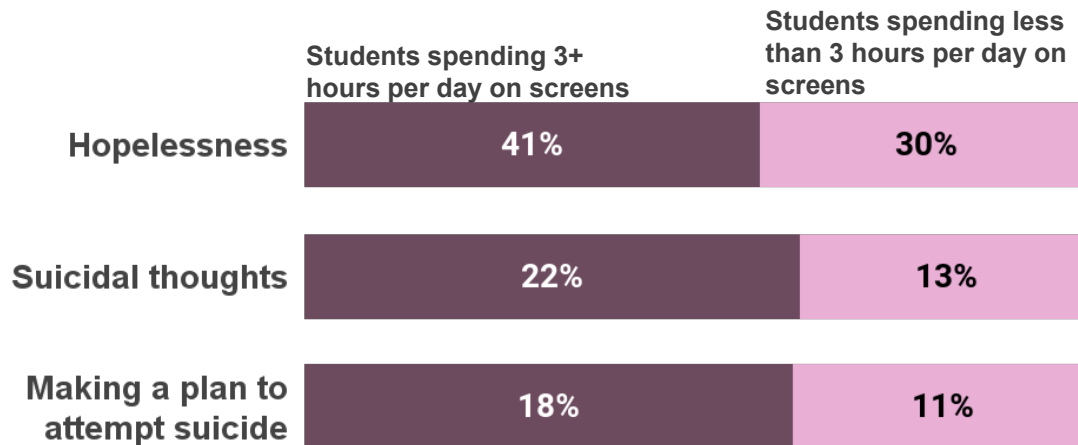




Screen Time



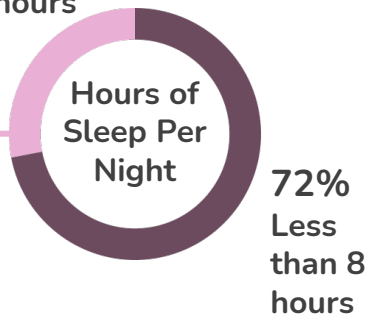
Students who spent 3+ hours per day on screen time reported significantly higher levels of hopelessness, suicidal thoughts, and planning suicide



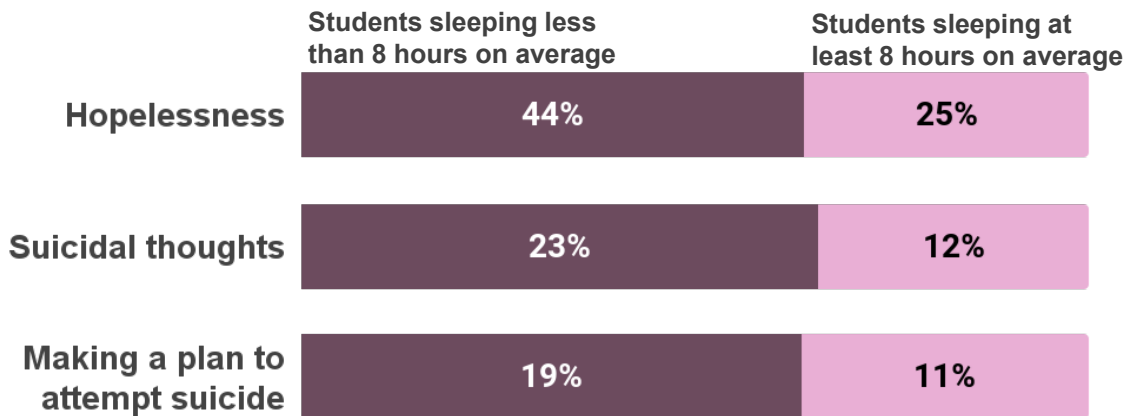


Sleep

28%
8+ hours

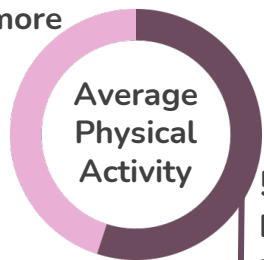


Students who sleep less than 8 hours on average reported significantly higher levels of hopelessness, suicidal thoughts, and planning suicide



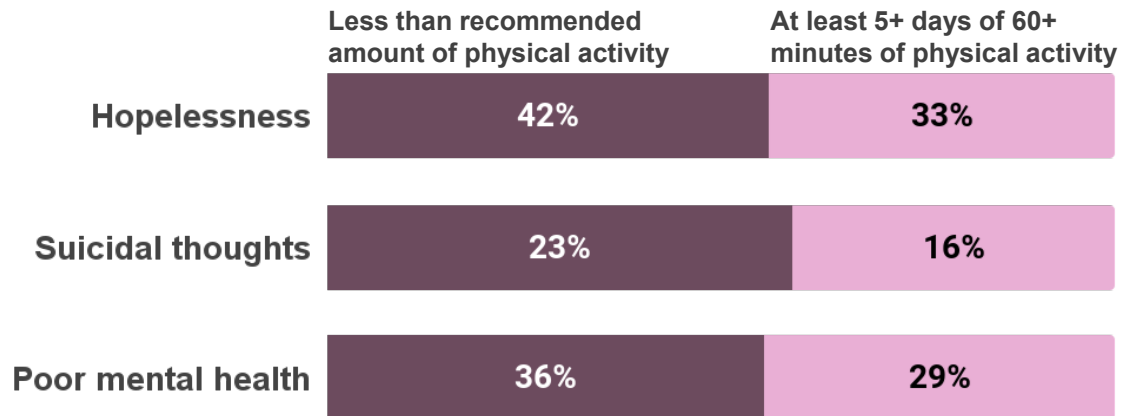
Physical Activity

45%
Recommended*
or more



55%
Less
recommended*

Students getting less than the recommended amount of physical activity reported significantly higher levels of hopelessness, suicidal thoughts, and poor mental health

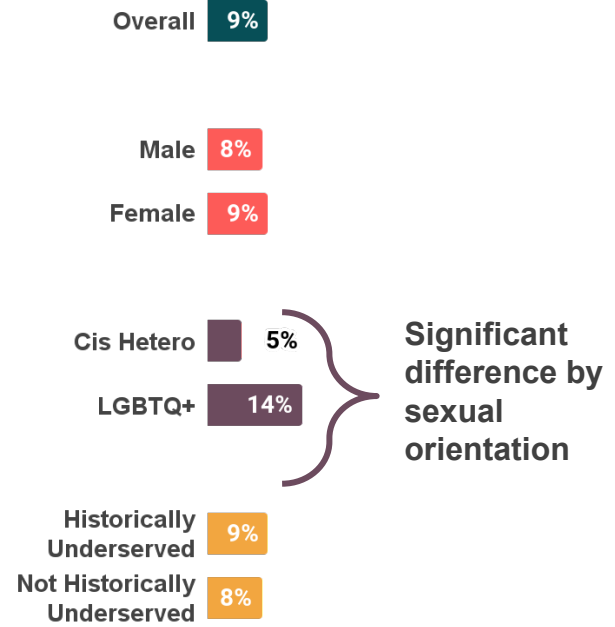


*Recommended amount includes 5+ days of 60+ minutes of physical activity a week

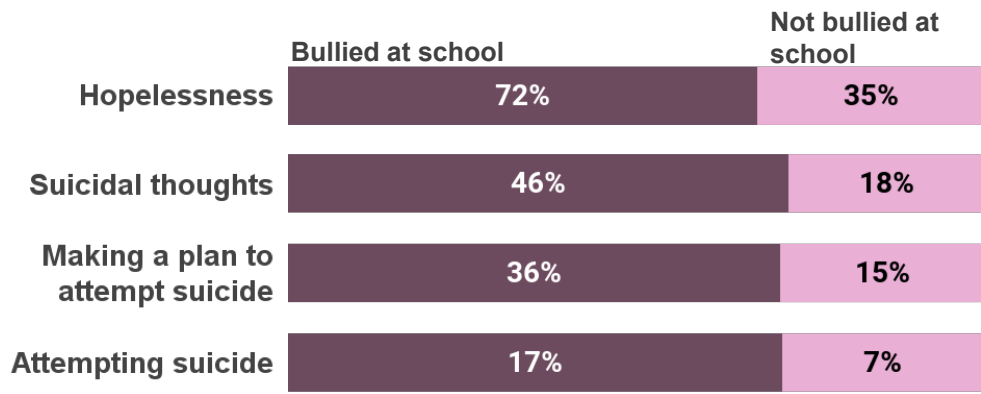


Bullying at School

% of students who reported being bullied on school property



Students who reported being bullied at school reported significantly higher rates of hopelessness, suicidal thoughts, and self harm

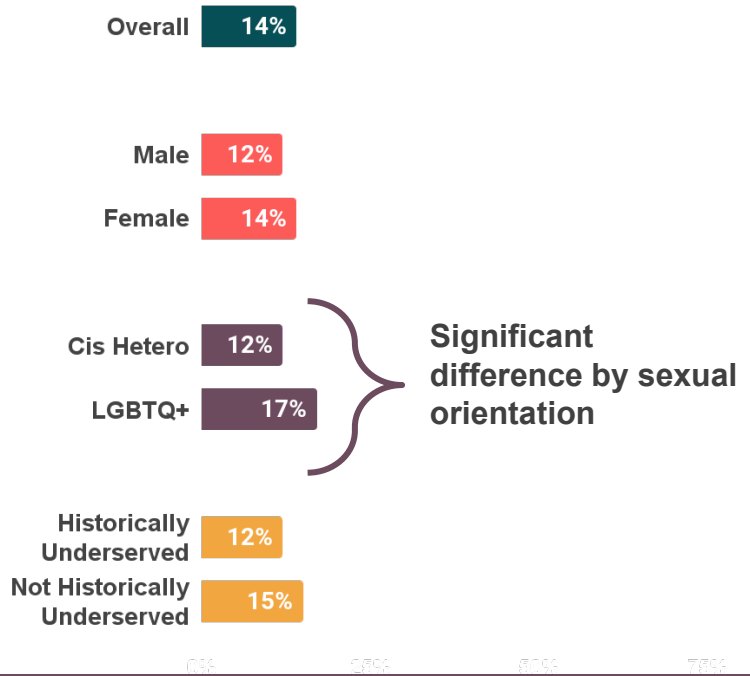


Students who considered themselves overweight were bullied at school more (12%) than students who did not consider themselves overweight (7%)

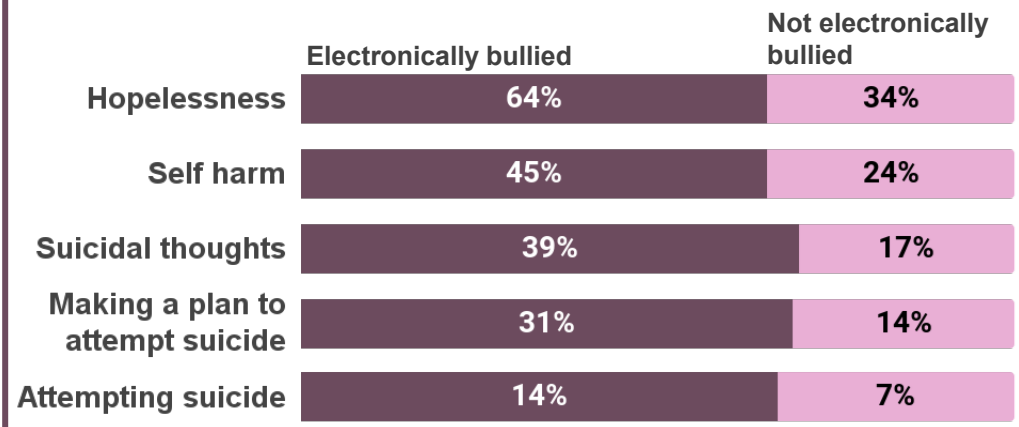


Cyber Bullying

% of students who reported being electronically bullied* in past year



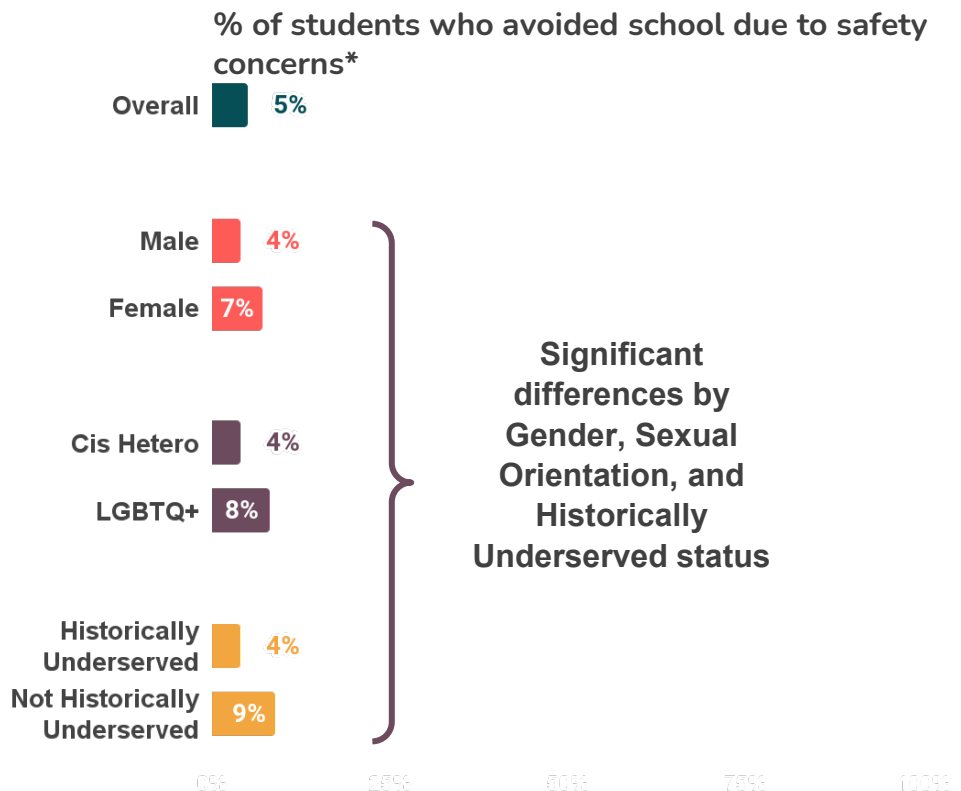
Students who reported being bullied online in the past year reported significantly higher rates of hopelessness, suicidal thoughts, and self harm



*Defined as through texting, Instagram, Facebook, or other social media



Safety Concerns



*Defined as feeling unsafe at school or on their way to/from school on at least 1 day during the past 30 days



Dating Violence

% of students who reported experiencing physical dating violence* in the past 12 months

Overall **6%**

Male **5%**

Female **6%**

Cis Hetero **3%**

LGBTQ+ **10%**

Significant differences by Sexual Orientation

Historically Underserved **9%**

Not Historically Underserved **4%**



% of students who reported experiencing sexual dating violence* in the past 12 months

Overall **8%**

Male **3%**

Female **12%**

Cis Hetero **5%**

LGBTQ+ **14%**

Significant differences by Gender and Sexual Orientation

Historically Underserved **9%**

Not Historically Underserved **8%**



*Physical dating violence includes being physically hurt on purpose by someone they were dating or going out with. Sexual dating violence includes being forced to do sexual things by someone they were dating or going out with such as kissing, touching, or having sex.

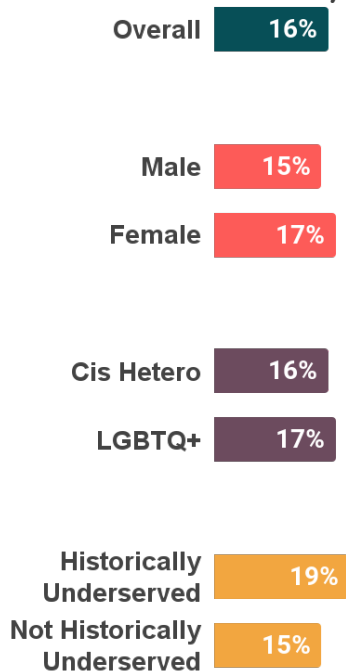


Comprehensive Sex Education

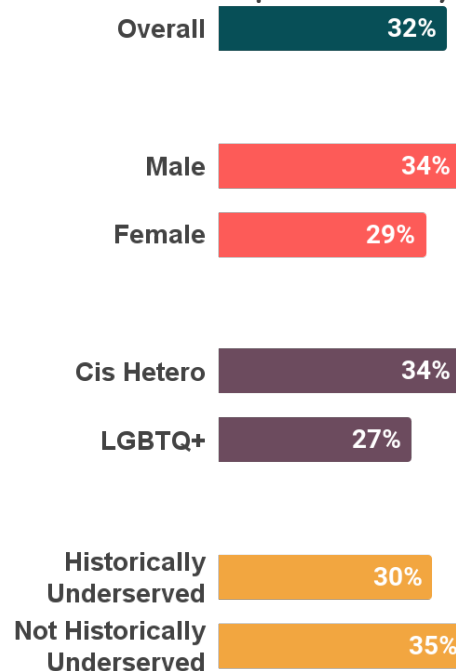


Sexual Activity and Condom Usage

% of students currently sexually active*



% of sexually active students who reported always using condoms



0% 25% 50% 75% 100%

*Defined as having 1+ sexual partners in the previous 3 months



Trusted Adult

% of students who reported having an adult they can go to with problems

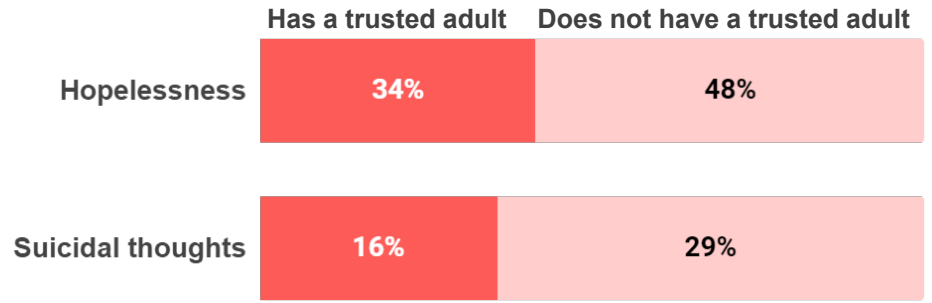


Students who have an adult they can go to with problems reported lower levels of persistent hopelessness and suicidal thoughts



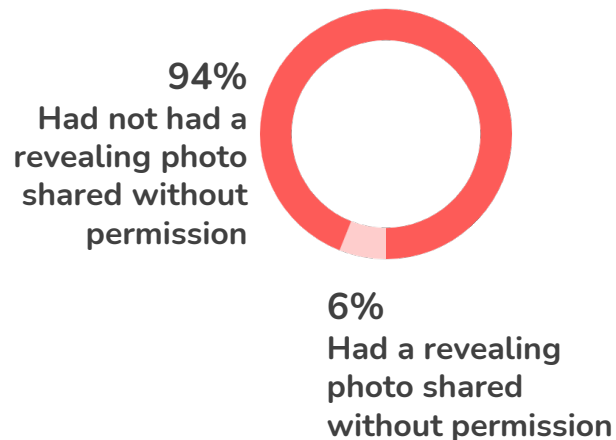
0%

Significantly more heterosexual students reported they have an adult they can go to than LGBTQ+ students

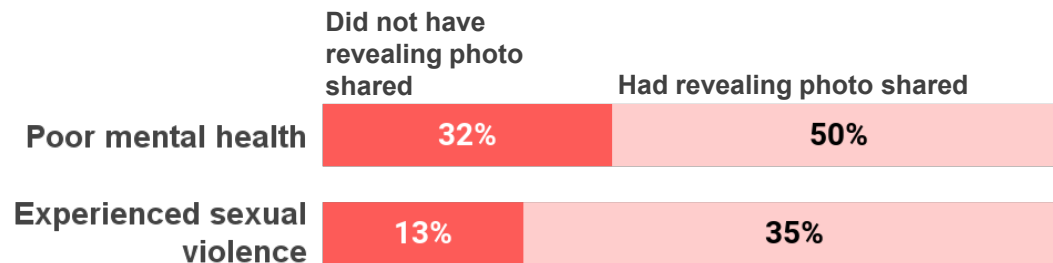




Having a Revealing Photo Shared Without Permission



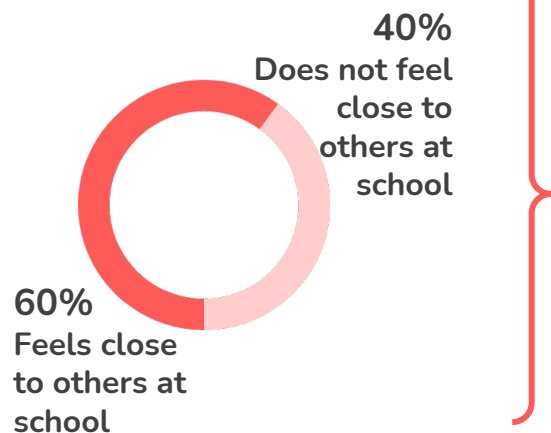
Significantly more students who had a revealing photo shared without their permission reported poor mental health* and experienced sexual violence than those students who did not have a revealing photo shared



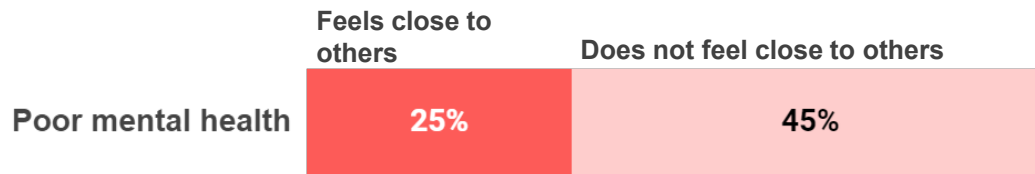
*Defined as mental health not being good most of the time or always in the past 30 days



Feeling Close to Others at School

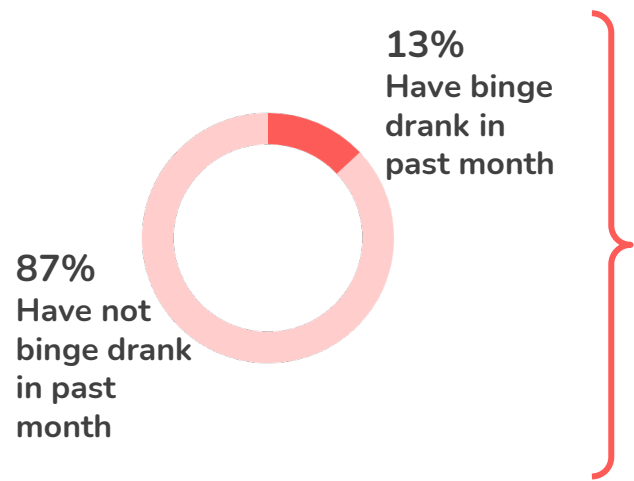


Significantly more students who don't feel close to others at their school reported poor mental health compared to students who do feel close to others

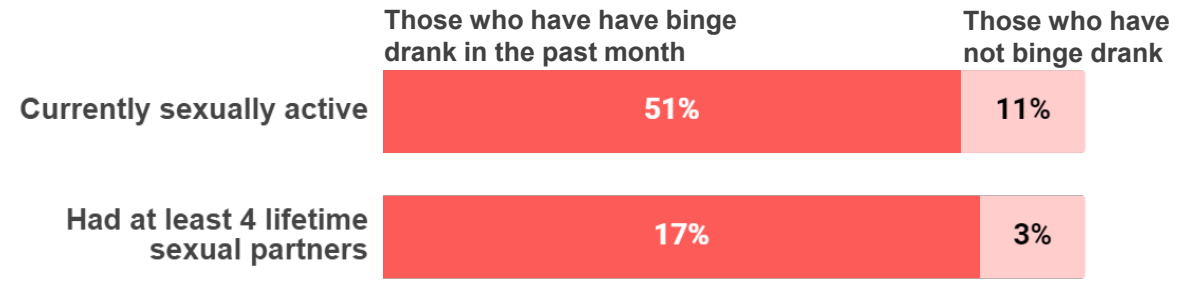




Binge Drinking & Sexual Activity



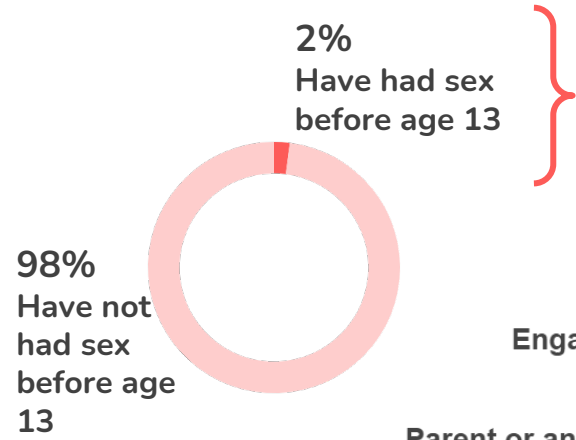
Significantly more students who reported binge drinking in the past month engaged in sexual activity than those who did not binge drink



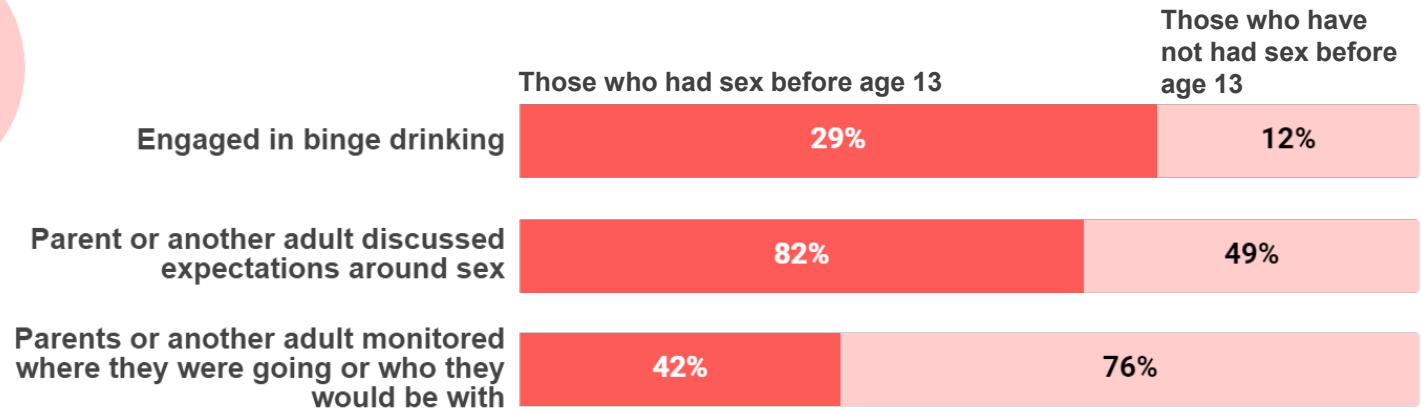
More students who first had sex before the age of 13 reported engaging in binge drinking (29%) than other students (12%)



Sexual Activity Before Age 13



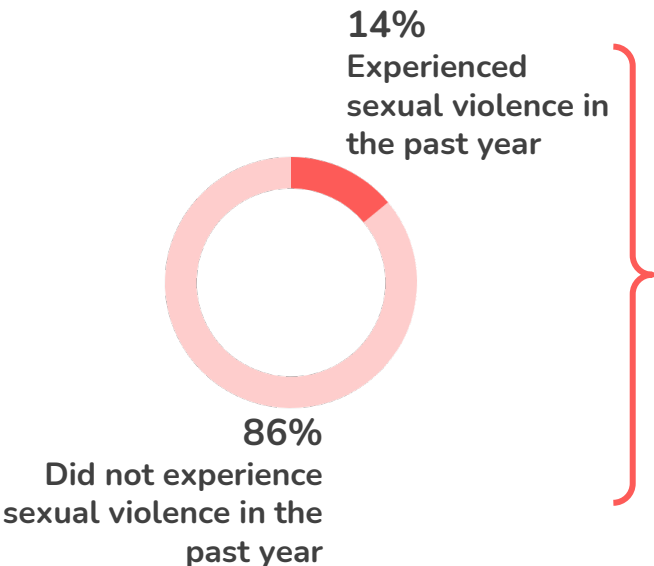
Significantly more students who had sex before age 13 engaged in binge drinking, had parents/adults who discussed expectations around sex and, had parents/adults did not monitor who where they went and who they would be with



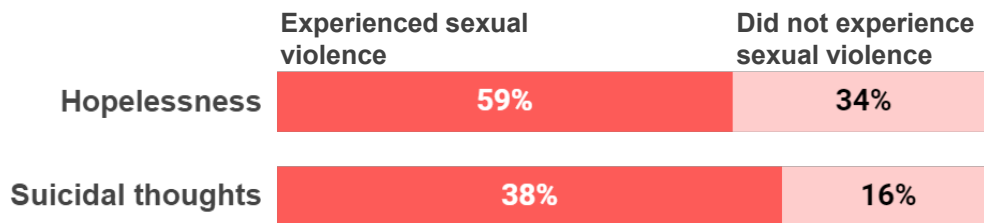
Among students that dated or went with someone in the past year, significantly more students who had sex before age 13 reported experiencing emotional dating violence (74%) than other students (24%)



Sexual Violence* & Mental Health



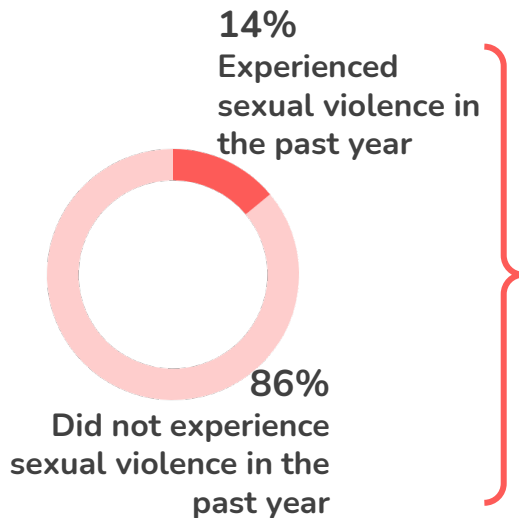
Students who experienced sexual violence in the past year reported significantly higher rates of hopelessness and suicidal thoughts than those who did not experience sexual violence



*Defined as being forced by anyone to do sexual things (counting such things as kissing, touching, or being physically forced to have sexual intercourse) that they did not want to do, one+ times during the last 12 months



Sexual Violence* & Substance Use



Significantly more students who experienced sexual violence in the past year reported substance use than those who did not experience sexual violence

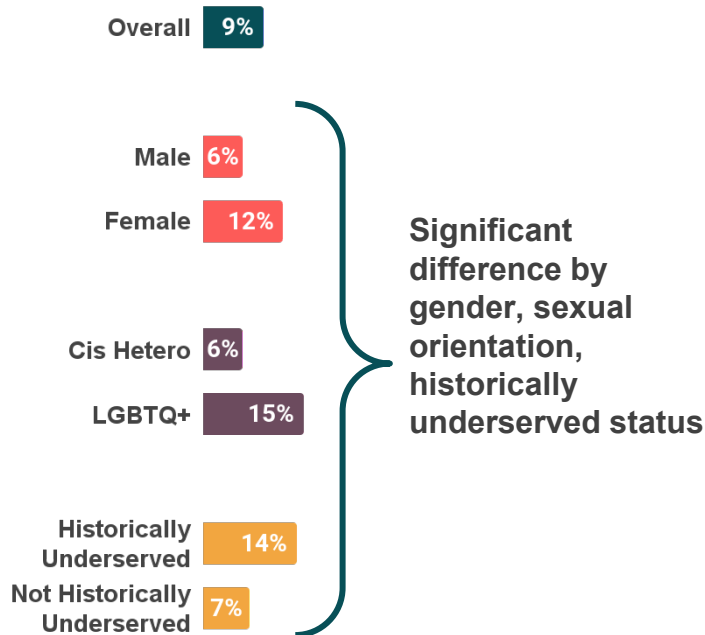
	Experienced sexual violence	Did not experience sexual violence
Drinking in the past month	46%	23%
Binge drinking in the past month	32%	10%
Smoking marijuana before age 13	13%	6%
Currently smoking marijuana	43%	15%
Ever misusing prescription pain medication	23%	8%

*Defined as being forced by anyone to do sexual things (counting such things as kissing, touching, or being physically forced to have sexual intercourse) that they did not want to do, one+ times during the last 12 months

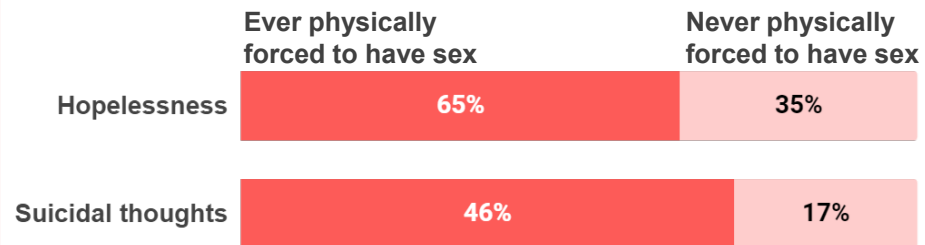


Sexual Assault* & Mental Health

% of students ever physically forced to have sex



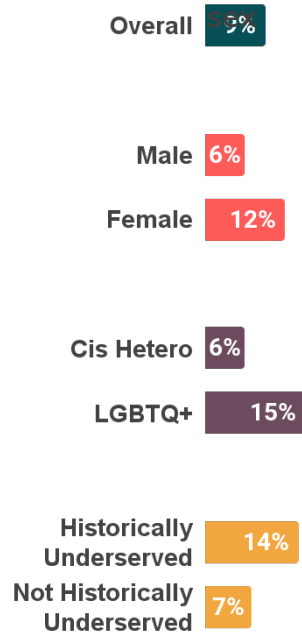
Students who reported ever being forced to have sex reported significantly higher rates of hopelessness and suicidal thoughts



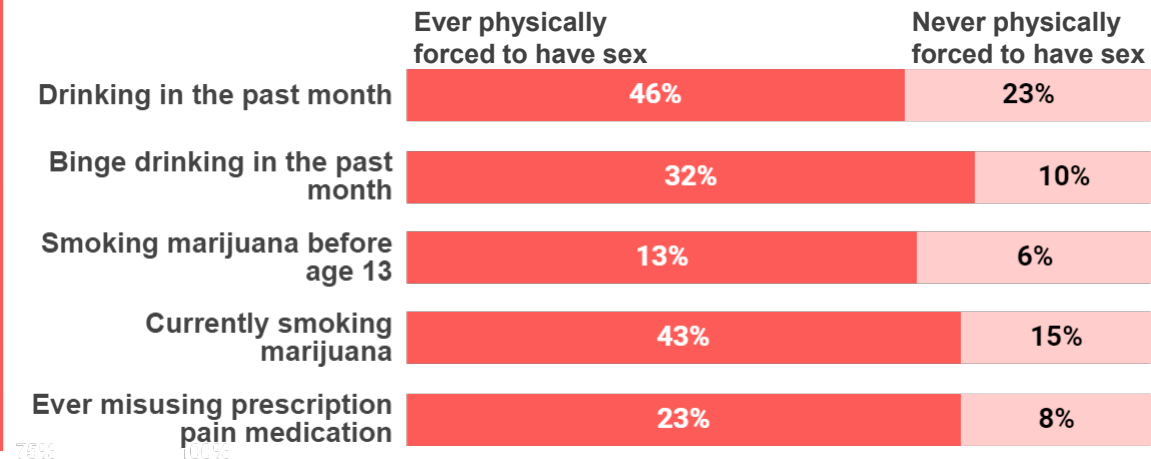


Sexual Assault* & Substance Abuse

% of students ever physically forced to have sex



Significantly more students who were ever forced to have sex reported substance use than those who reported never being forced to have sex



*Defined as ever been physically forced to have sex



Dating Violence

% of students who reported experiencing physical dating violence* in the past 12 months

Overall **6%**

Male **5%**

Female **6%**

Cis Hetero **3%**

LGBTQ+ **10%**

Significant differences by Sexual Orientation

Historically Underserved **9%**

Not Historically Underserved **4%**



% of students who reported experiencing sexual dating violence* in the past 12 months

Overall **8%**

Male **3%**

Female **12%**

Cis Hetero **5%**

LGBTQ+ **14%**

Significant differences by Gender and Sexual Orientation

Historically Underserved **9%**

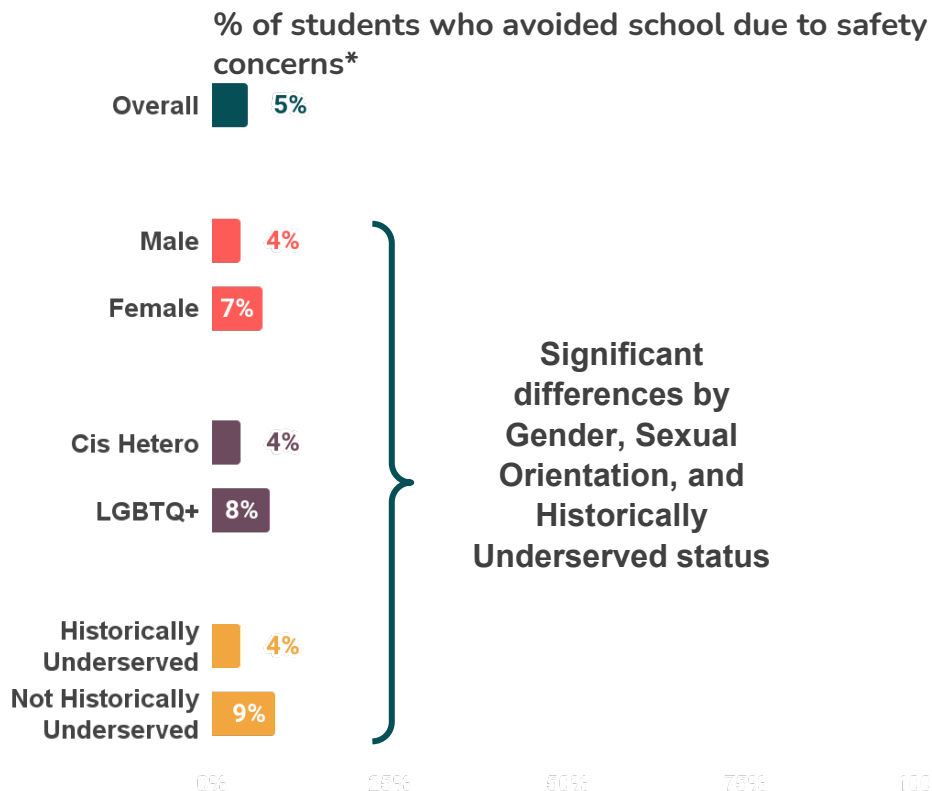
Not Historically Underserved **8%**



*Physical dating violence includes being physically hurt on purpose by someone they were dating or going out with. Sexual dating violence includes being forced to do sexual things by someone they were dating or going out with such as kissing, touching, or having sex.



Safety Concerns

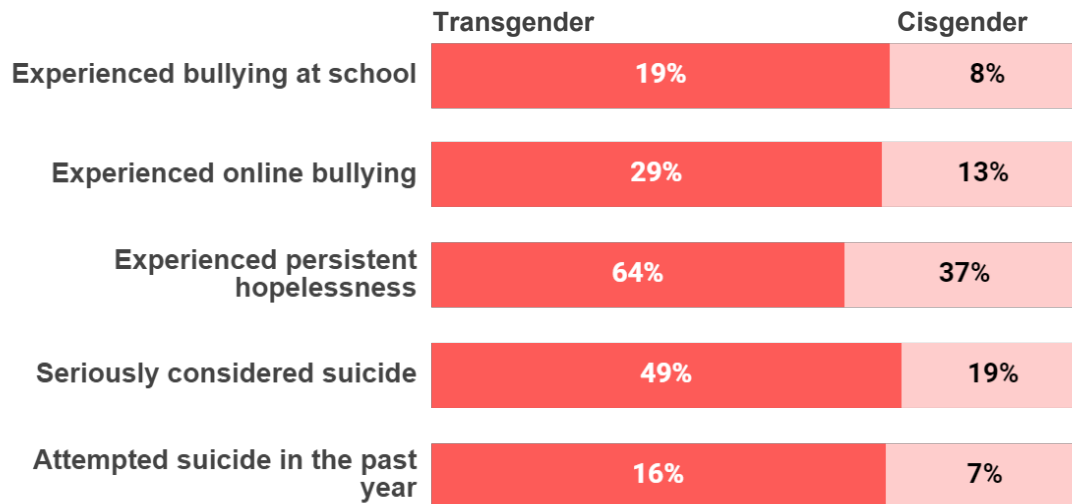


*Defined as feeling unsafe at school or on their way to/from school on at least 1 day during the past 30 days



Transgender Students

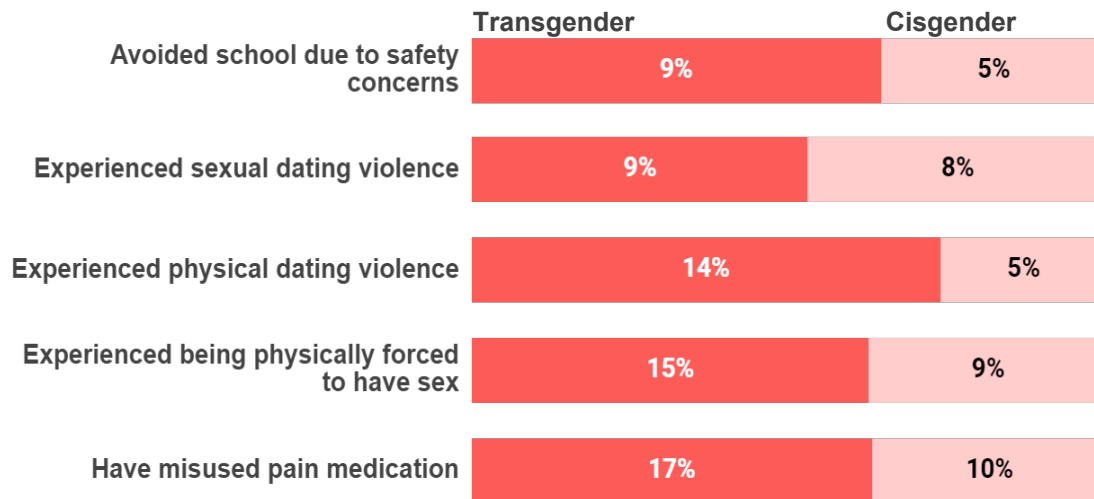
Significantly more transgender students reported experiencing bullying, hopelessness, suicidal ideation, and attempting suicide in the past year than cisgender students





Transgender Students

More transgender students reported avoiding school due to safety concerns, experiencing sexual or physical dating violence, and misusing pain medication than cisgender students



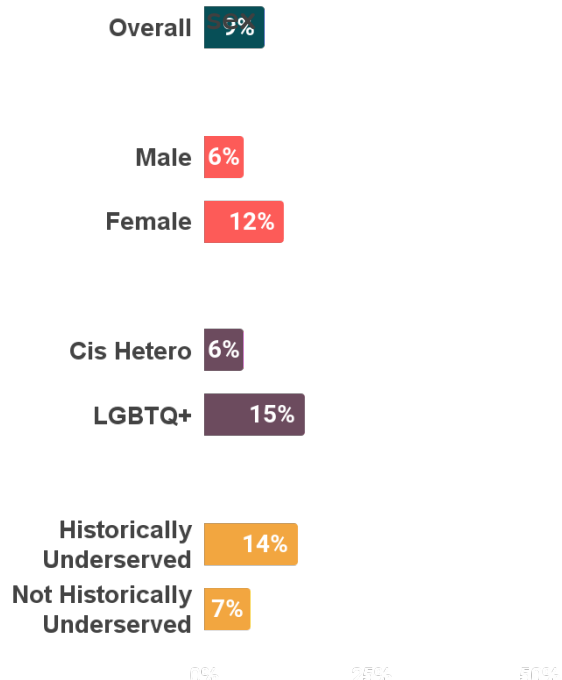
Violence Prevention



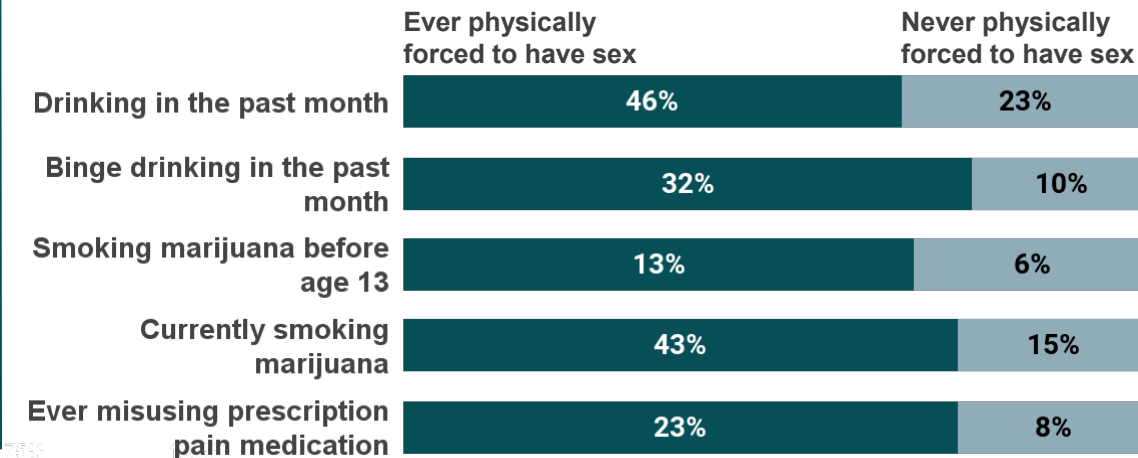


Sexual Assault* & Substance Abuse

% of students ever physically forced to have sex



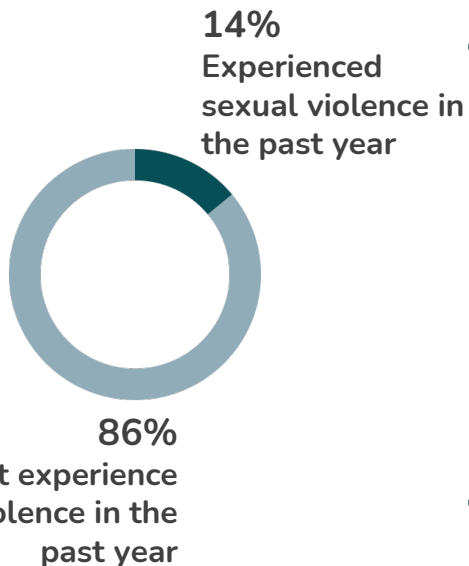
Significantly more students who were ever forced to have sex reported substance use than those who reported never being forced to have sex



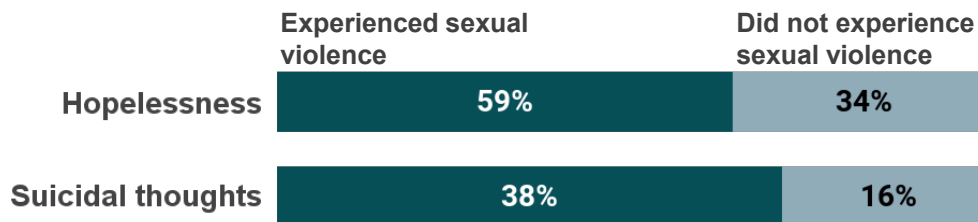
*Defined as ever been physically forced to have sex



Sexual Violence* & Mental Health



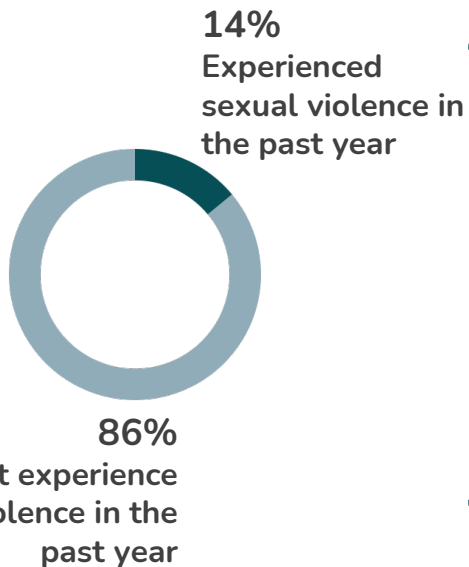
Students who experienced sexual violence in the past year reported significantly higher rates of hopelessness and suicidal thoughts than those who did not experience sexual violence



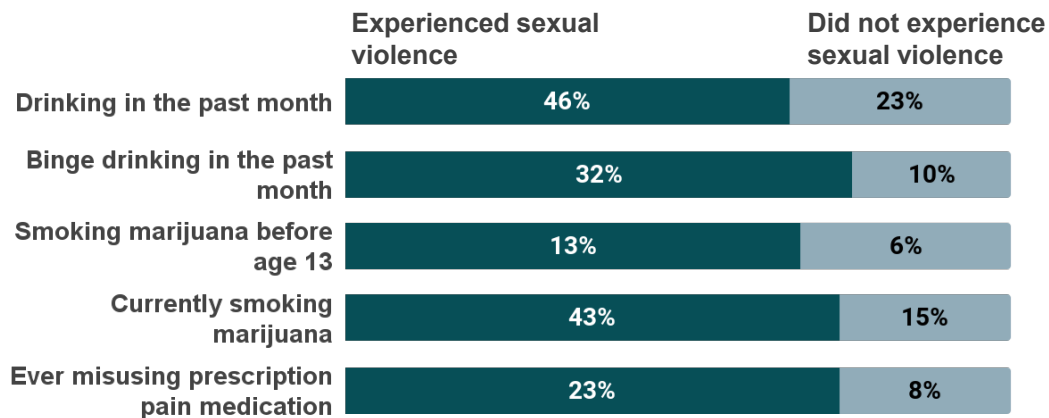
*Defined as being forced by anyone to do sexual things (counting such things as kissing, touching, or being physically forced to have sexual intercourse) that they did not want to do, one+ times during the last 12 months



Sexual Violence* & Substance Abuse



Significantly more students who experienced sexual violence in the past year reported substance use than those who did not experience sexual violence

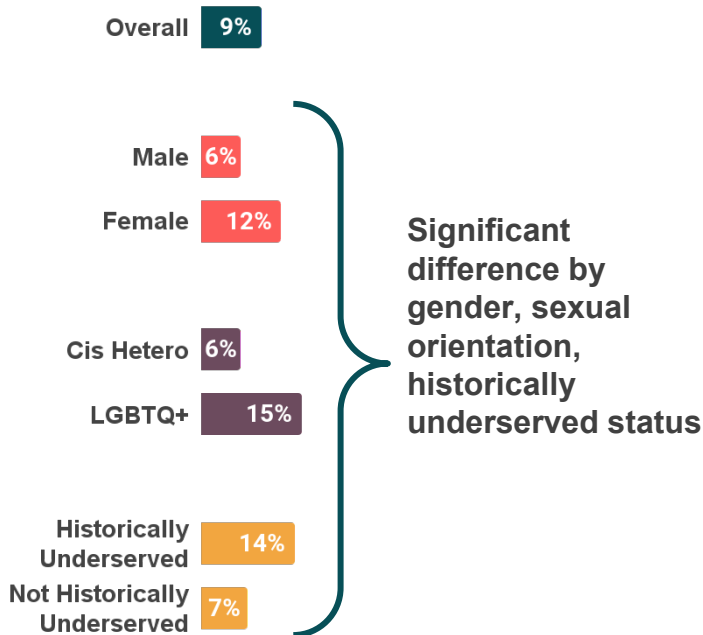


*Defined as being forced by anyone to do sexual things (counting such things as kissing, touching, or being physically forced to have sexual intercourse) that they did not want to do, one+ times during the last 12 months

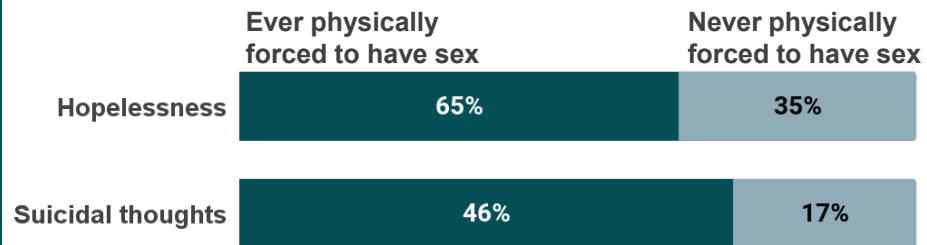


Sexual Assault* & Mental Health

% of students ever physically forced to have sex



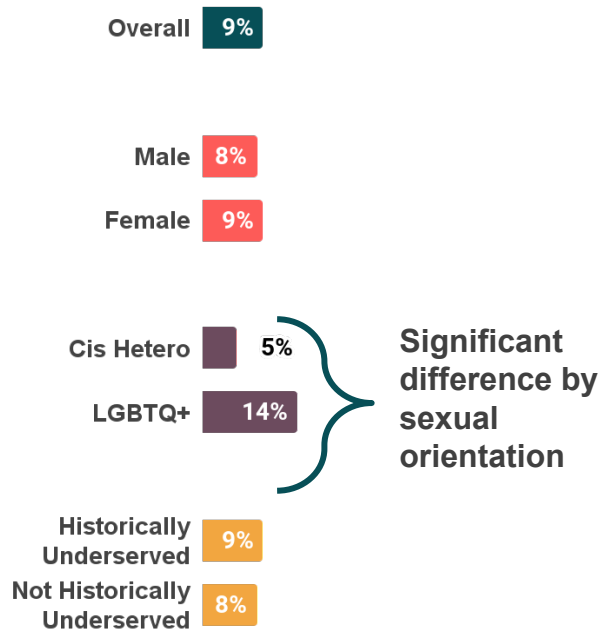
Students who reported ever being forced to have sex reported significantly higher rates of hopelessness and suicidal thoughts



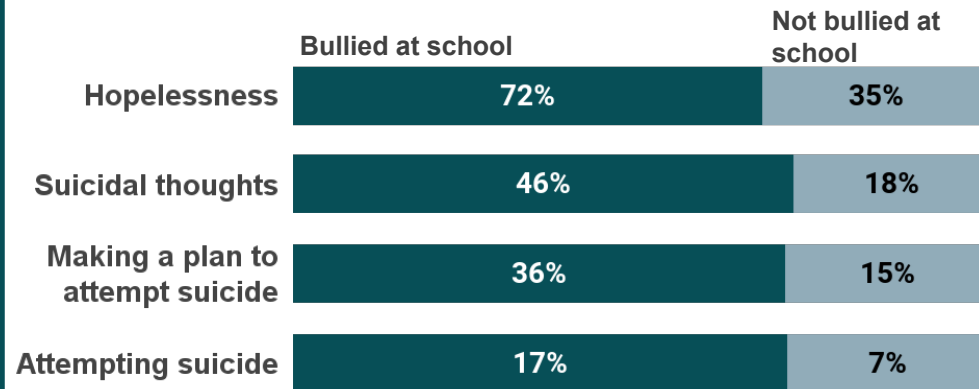


Bullying at School

% of students who reported being bullied on school property



Students who reported being bullied at school reported significantly higher rates of hopelessness, suicidal thoughts, and self harm



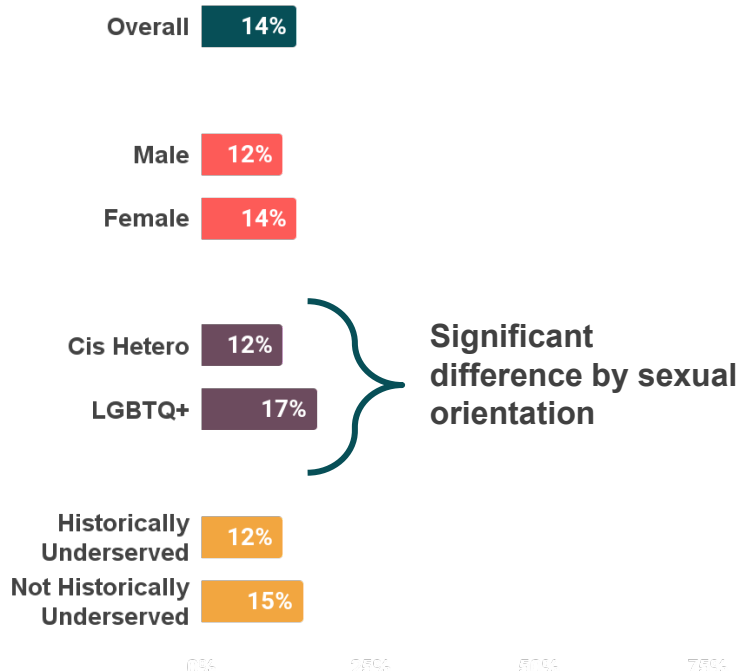
0% 20% 40% 60% 80% 100%

Students who considered themselves overweight were bullied at school more (12%) than students who did not consider themselves overweight (7%)

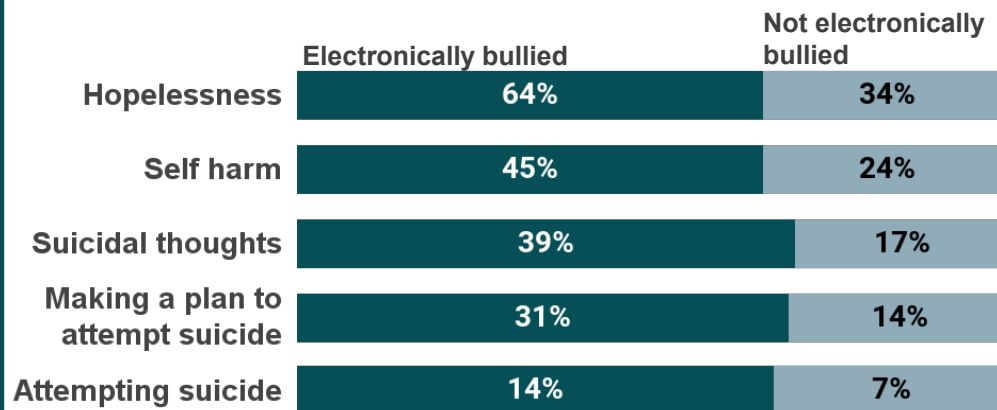


Cyber Bullying

% of students who reported being electronically bullied* in past year



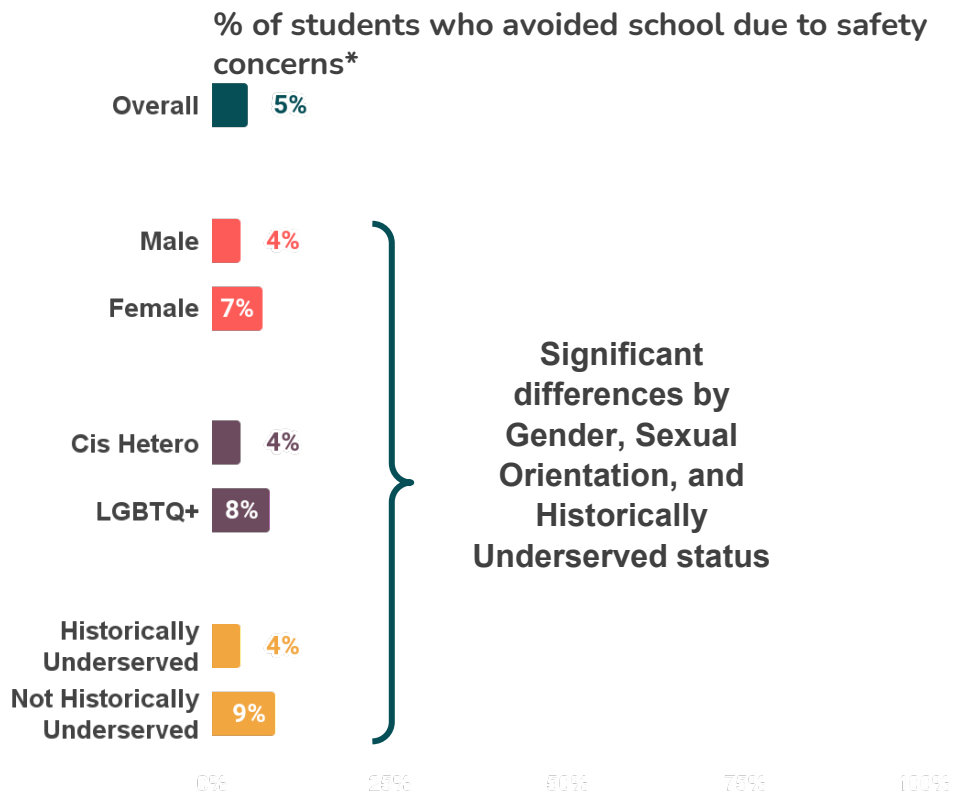
Students who reported being bullied online in the past year reported significantly higher rates of hopelessness, suicidal thoughts, and self harm



*Defined as through texting, Instagram, Facebook, or other social media



Safety Concerns



*Defined as feeling unsafe at school or on their way to/from school on at least 1 day during the past 30 days



Dating Violence

% of students who reported experiencing physical dating violence* in the past 12 months

Overall **6%**

Male **5%**

Female **6%**

Cis Hetero **3%**

LGBTQ+ **10%**

Significant differences by Sexual Orientation

Historically Underserved **9%**

Not Historically Underserved **4%**

0%

25%

50%

75%

100%

0%

25%

50%

75%

100%

% of students who reported experiencing sexual dating violence* in the past 12 months

Overall **8%**

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Female **12%**

Cis Hetero **5%**

LGBTQ+ **14%**

Significant differences by Gender and Sexual Orientation

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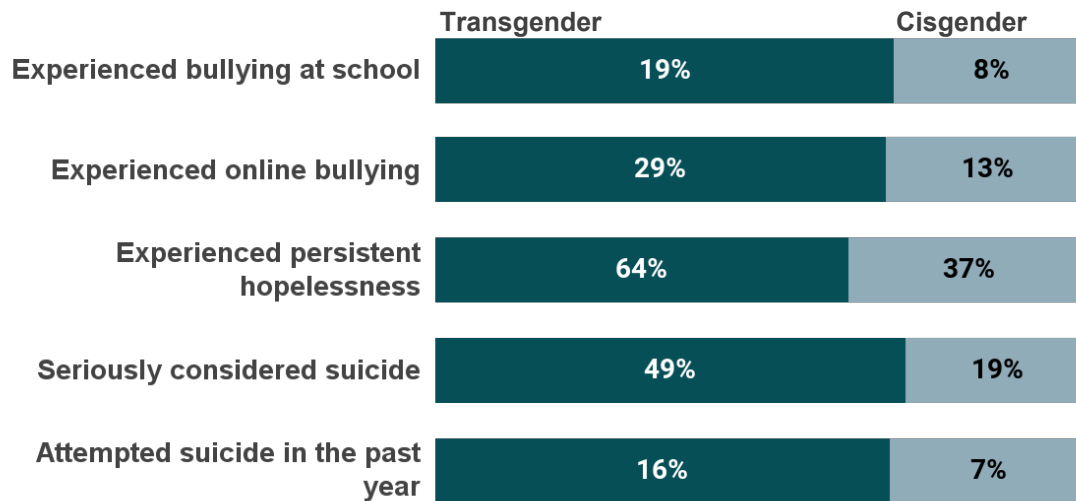
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