



College of Health and Behavioral Studies

# 2019

Institute for  
**INNOVATION**  
in Health and Human Services  
JAMES MADISON UNIVERSITY

# Youth Data Survey

8th, 10th, and 12th grade students from Harrisonburg City and Rockingham County Schools



# **Youth Data Survey 2019**

**8<sup>th</sup>, 10<sup>th</sup>, and 12<sup>th</sup> grade students  
from Harrisonburg City and  
Rockingham County**

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## Survey

**Local Youth Data Survey**

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## **Introduction**

### Background

James Madison University's Institute for Innovation in Health and Human Services (IIHHS) is pleased to present the 2019 Youth Data Survey for Harrisonburg and Rockingham County. The YDS has taken place every two years since 1997 and continues to provide key data about local youth risk behaviors that enables the community to develop priority areas around youth issues. Administered by IIHHS, the Youth Data Survey (YDS) is a collaborative effort involving many community partners, including: United Way of Harrisonburg and Rockingham County, Harrisonburg City and Rockingham County Public Schools, Eastern Mennonite High School, James Madison University, the Healthy Community Council, Sentara RMH Community Health, the Blue Ridge Area Health Education Center, and the Futuro Latino Coalition. Over 50 agency representatives and community volunteers assist with the administration of the survey every two years. The goal of the YDS is to examine the current and longitudinal trends around local youth risk behaviors with an approach that taps into the larger community question of what assets we need in our community to help people successfully navigate from infancy to adulthood. The YDS has the following objectives for the community: produce reliable information on risk behaviors; assess needs; ascertain gaps in service; assist in determining priority areas; allow agencies access to local data in order to write successful state, federal, and foundation grant applications to address the identified needs; and evaluate the impact agency programs have on the local youth over time. The ultimate goal is to improve the quality of life for the children and youth in Harrisonburg and Rockingham County.

Every two years in the fall a locally created survey is administered to approximately half of all 8<sup>th</sup>, 10<sup>th</sup>, and 12<sup>th</sup> graders in Harrisonburg City and Rockingham County. Every 10 years a committee comprised of local agency representatives and interested community members evaluate the survey and make any necessary additions and revisions. JMU students assist IIHHS staff and help secure and train agency representatives and community volunteers to administer the survey. This report would not be possible without the support of our local schools, community organizations and many dedicated volunteers.

The survey was administered during the last three weeks of October 2019 to youth in Harrisonburg City and Rockingham County. Surveys were completed by 1,825 students (approximately 841 females, 925 males, 17 transgender youth, and 29 gender non-conforming youth) between the ages of 13 and 19.

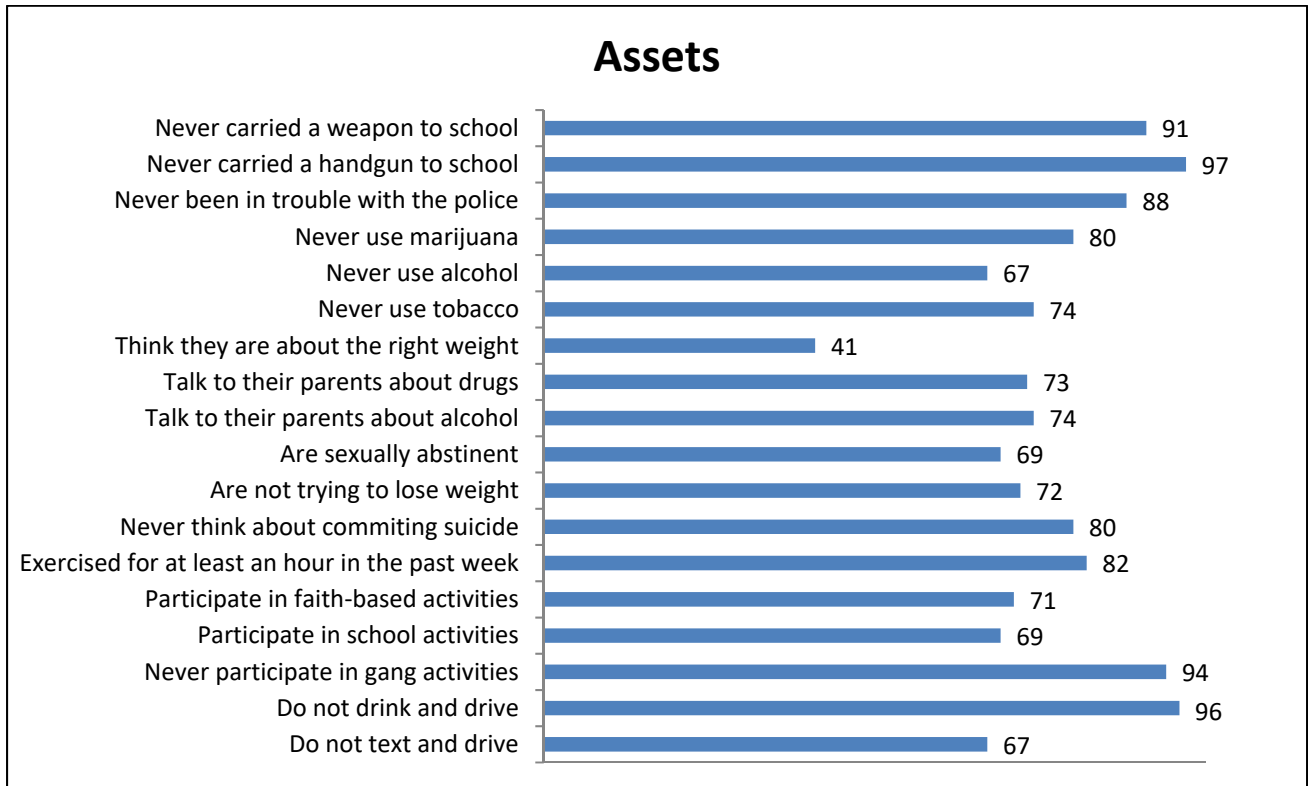
### Navigation

This report presents information on key issues affecting the youth in our community. The Quick Facts section gives an overview of the assets and risk factors present in our youth. The data is then presented by categories for a more detailed investigation of assets and risk factors. Following the categories you will find some supporting data on parents. The final section includes Topical Fact Sheets that provide at-a-glance information on selected risk factors. The survey is included in the appendix for your reference.

### Additional Information

In addition to the data presented in this report, IIHHS staff are available to make specialized presentations or reports for any interested group. Please contact Jennifer Rea at (540) 568-2559 or [reajl@jmu.edu](mailto:reajl@jmu.edu) with requests. Archived data from all administrations of the Youth Data Survey (1997-2017) is also available on the IIHHS website (<http://www.jmu.edu/iihhs/youthdata.shtml>).

# Quick Facts on Our Youth 2019



## Risk Factors

### Sexual Activity

Of sexually active youth (31%)  
 41.2% Use condoms  
 13.5% No method  
 18.0% Use withdrawal  
 23.2% Use birth control pill  
 4.1% Use birth control shot

### Alcohol Use

1.4% Daily  
 4.6% Weekly  
 12.5% Monthly  
 13.3% Annually

### Tobacco Use

5.5% Daily  
 4.3% Weekly  
 6.8% Monthly  
 7.9% Annually

### Marijuana Use

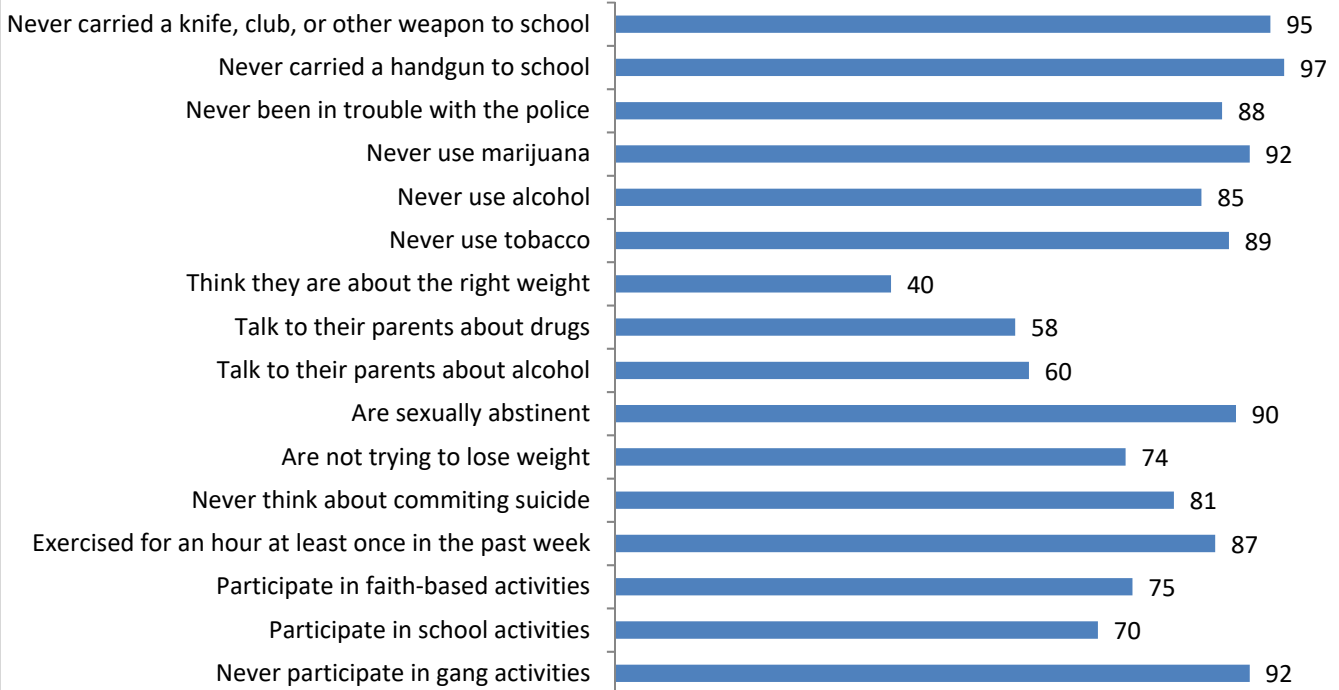
3.1% Daily  
 3.5% Weekly  
 5.3% Monthly  
 6.9% Annually

### Dangerous Weight Loss

2.2% Vomit  
 1.2% Use Pills

# Quick Facts on Our 8<sup>th</sup> Graders 2019

## Assets



## Risk Factors

### Sexual Activity

Of sexually active 8<sup>th</sup> Graders (10% of total)

- 37.9% Use condoms
- 25.3% Use no method
- 11.7% Use withdrawal
- 20.6% Use birth control
- 4.6% Use birth control shot

### Tobacco Use

- 1.7% Daily
- 1.7% Weekly
- 3.4% Monthly
- 3.0% Annually

### Alcohol Use

- 1.3% Daily
- 0.9% Weekly
- 2.7% Monthly
- 8.3% Annually

### Marijuana Use

- 1.3% Daily
- 0.8% Weekly
- 1.9% Monthly
- 2.3% Annually

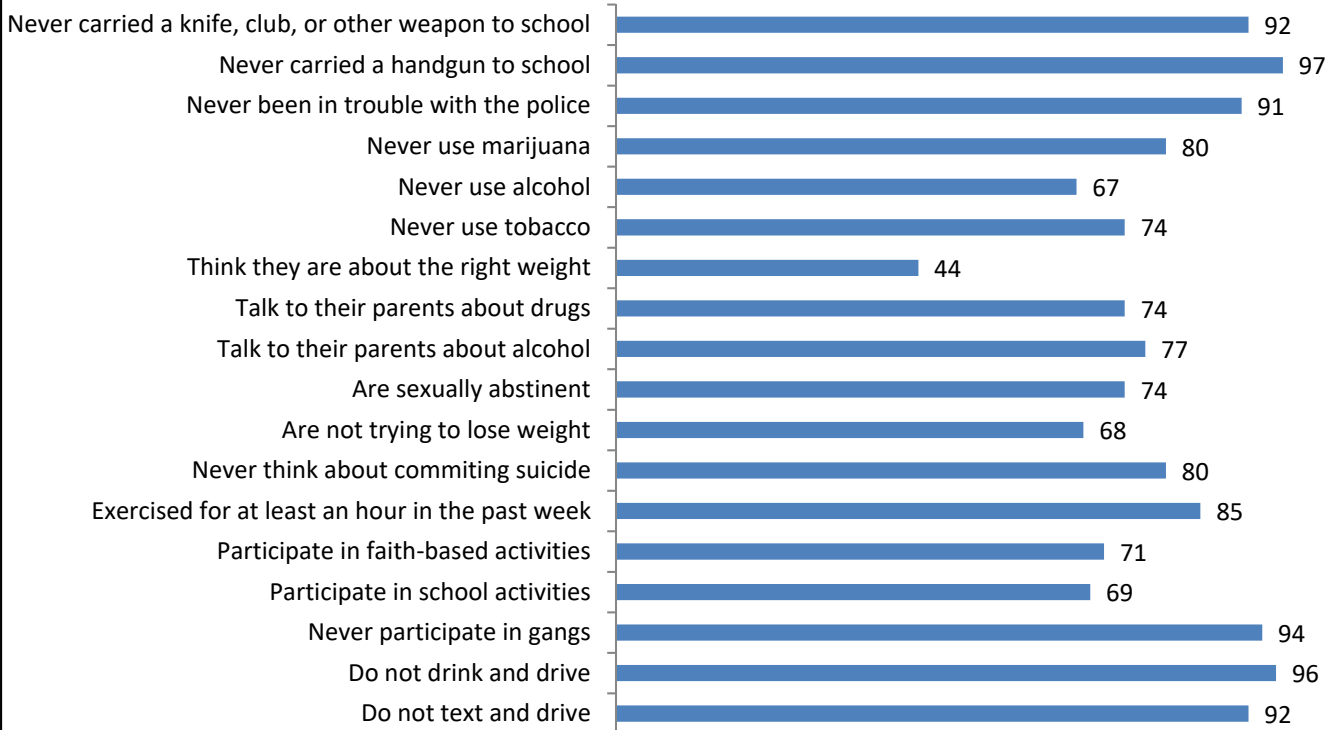
### Dangerous Weight Loss

- 2.2% Vomit
- 0.6% Use Pills



# Quick Facts on Our 10<sup>th</sup> Graders 2019

## Assets



## Risk Factors

### Sexual Activity

Of sexually active 10<sup>th</sup> graders (26% of total)

- 44.2% Use condoms
- 14.3% Use no method
- 15.6% Use withdrawal
- 22.4% Use birth control pill
- 2.8% Use birth control shot

### Tobacco Use

- 4.7% Daily
- 5.0% Weekly
- 5.8% Monthly
- 8.9% Annually

### Alcohol Use

- 1.1% Daily
- 3.4% Weekly
- 13.1% Monthly
- 14.1% Annually

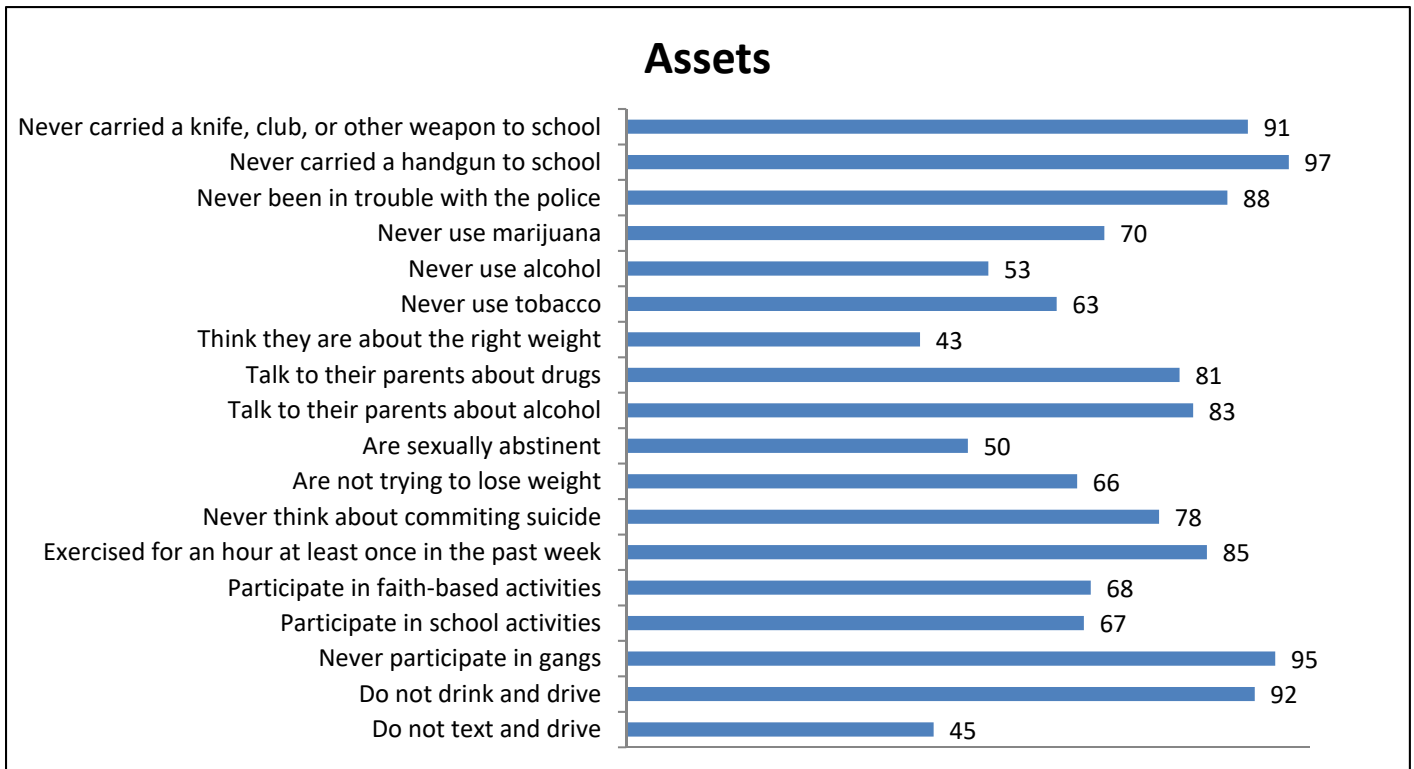
### Marijuana Use

- 2.2% Daily
- 3.4% Weekly
- 4.5% Monthly
- 8.1% Annually

### Dangerous Weight Loss

- 2.5% Vomit
- 2.0% Use Pills

## Quick Facts on Our 12<sup>th</sup> Graders 2019



### Risk Factors

#### Sexual Activity

Of sexually active 12<sup>th</sup> graders (50% of total)

64.0% Use condoms

11.1% Use no method

17.9% Use withdrawal

2.8% Use birth control pill

4.1% Use birth control shot

#### Tobacco Use

9.4% Daily

5.6% Weekly

10.5% Monthly

10.9% Annually

#### Alcohol Use

1.7% Daily

8.7% Weekly

19.8% Monthly

16.6% Annually

#### Marijuana Use

5.3% Daily

5.6% Weekly

8.8% Monthly

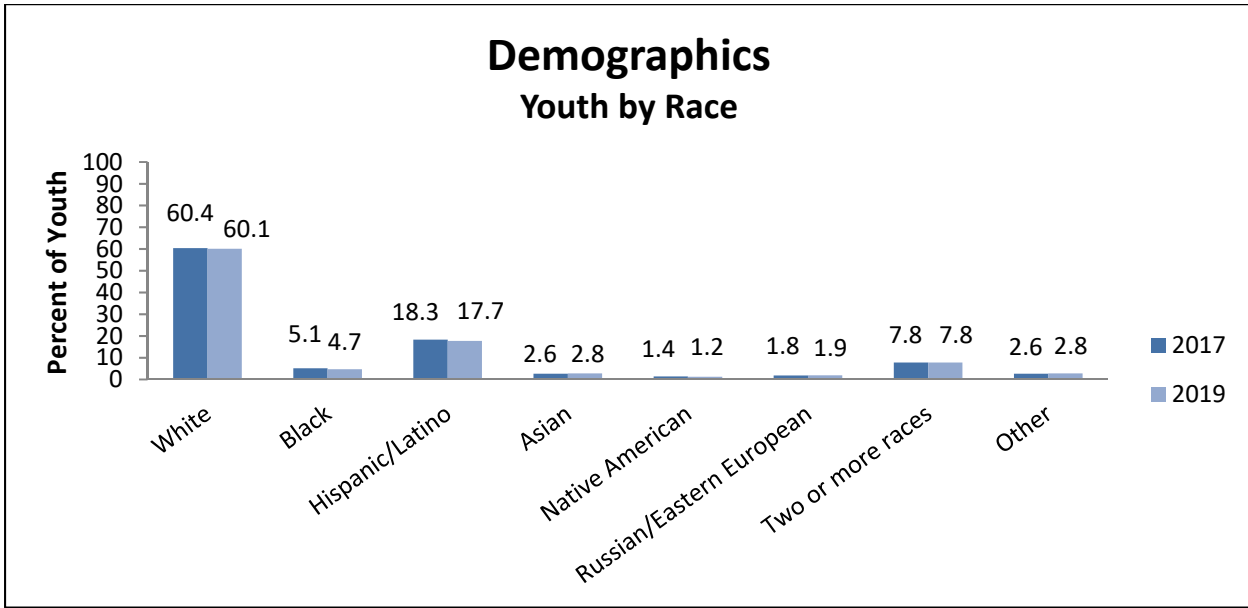
9.4% Annually

#### Dangerous Weight Loss

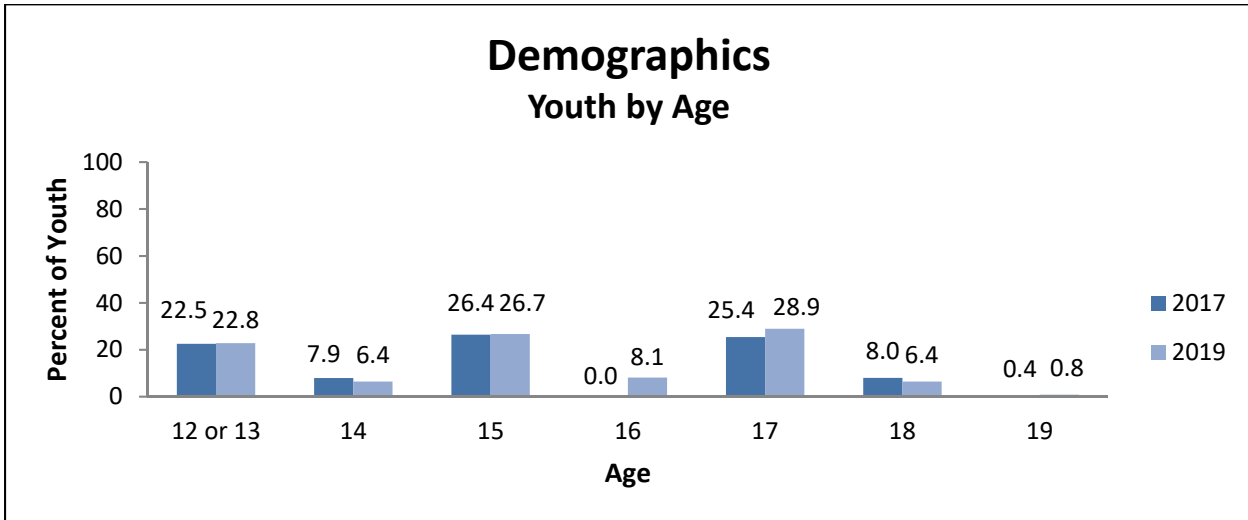
2.3% Vomit

0.3% Use Pills

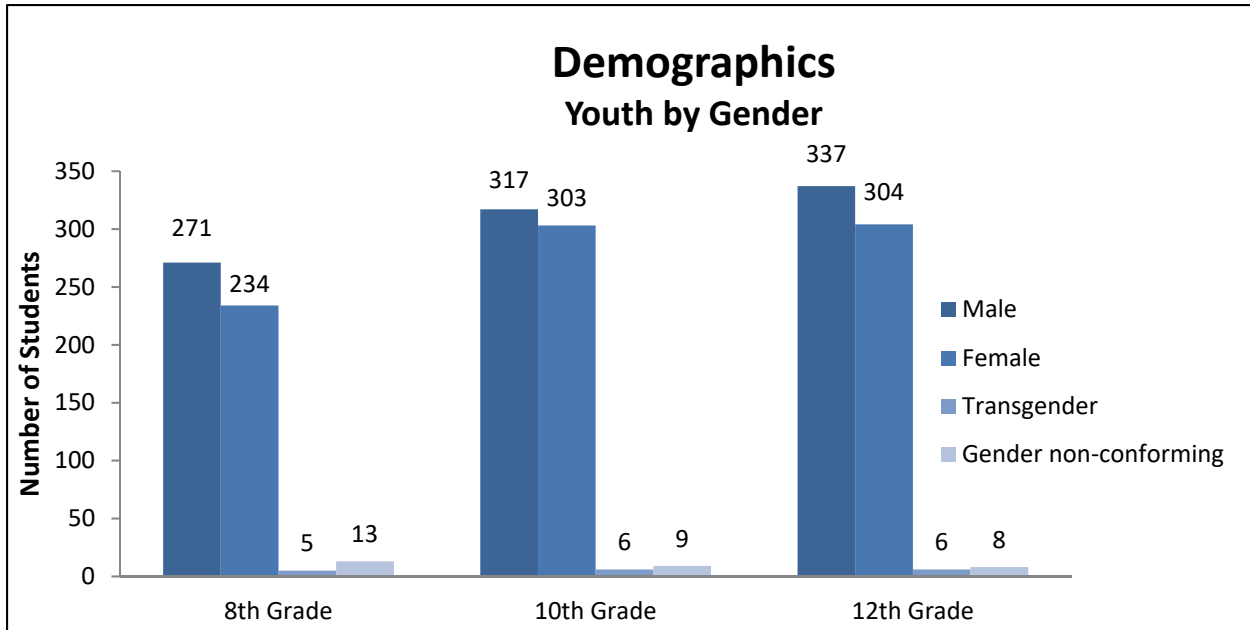
# Demographics 2019



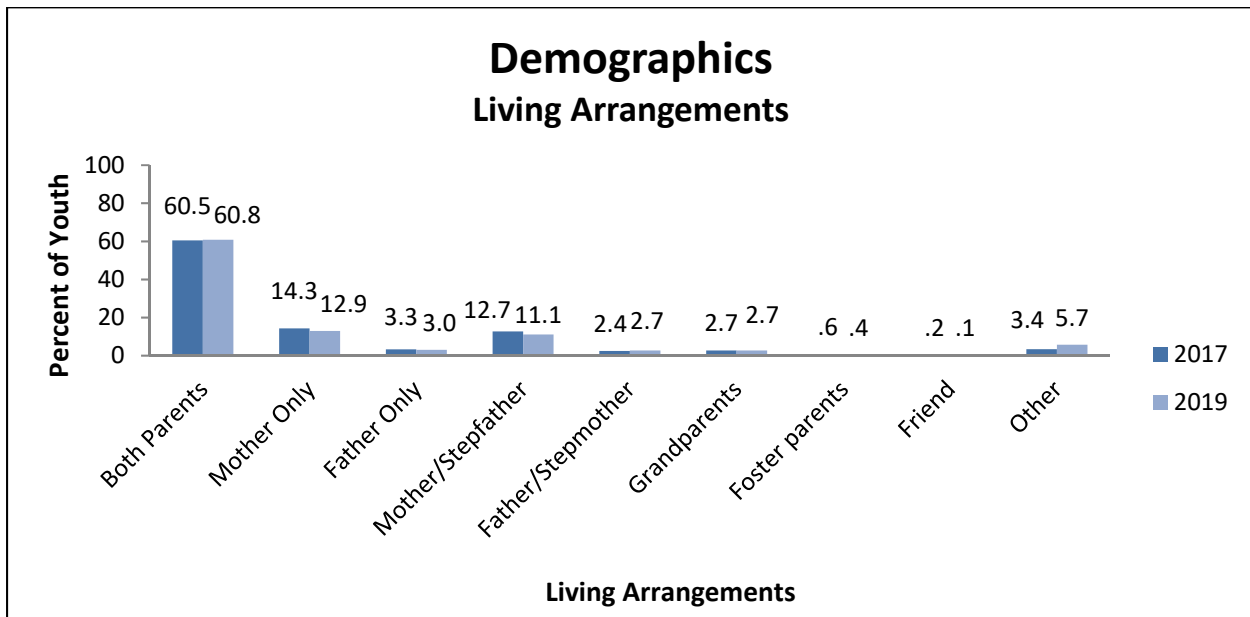
Source: Rockingham County/Harrisonburg Youth Survey



Source: Rockingham County/Harrisonburg Youth Survey



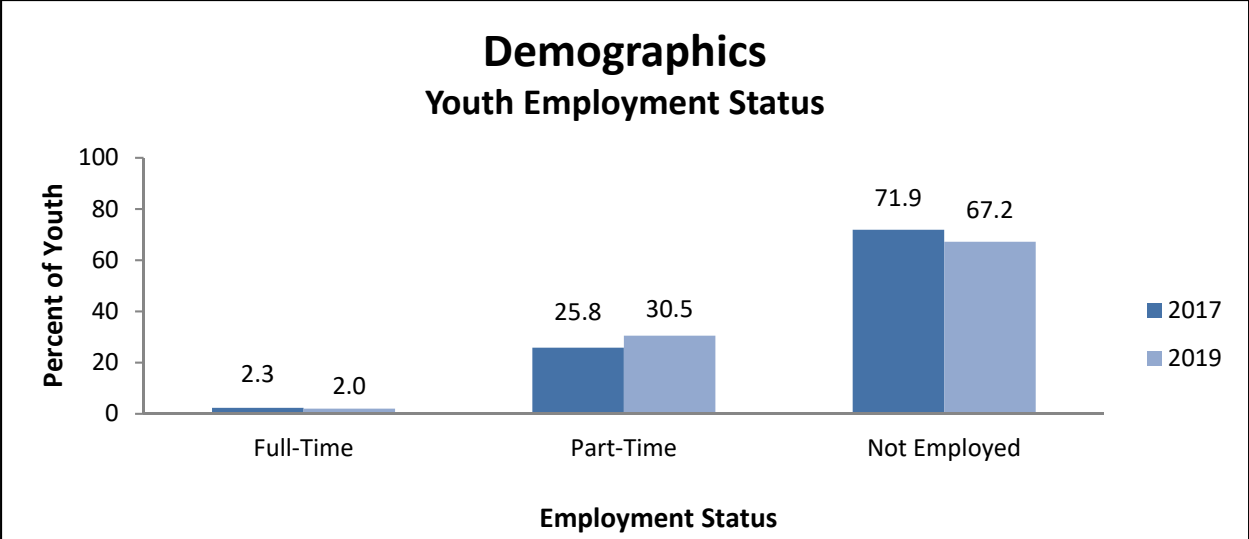
Source: Rockingham County/Harrisonburg Youth Survey



Source: Rockingham County/Harrisonburg Youth Survey

**What the numbers and other information told us:**

The majority of teens still live with both parents, and the number has increased by 0.3% since 2017.

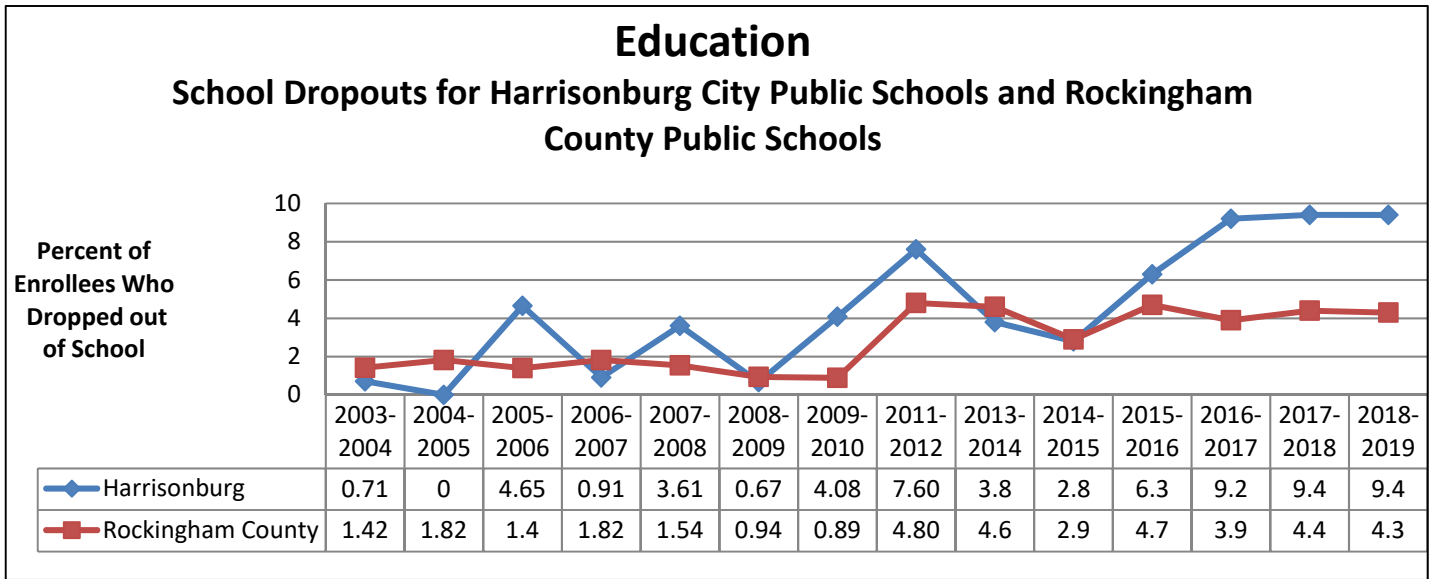


Source: Rockingham County/Harrisonburg Youth Survey

**What the numbers and other information told us:**

The majority of youth are not employed (67.2%), a 4.7% decrease from 2017. Additionally, 32.5% of youth are employed (full or part time).

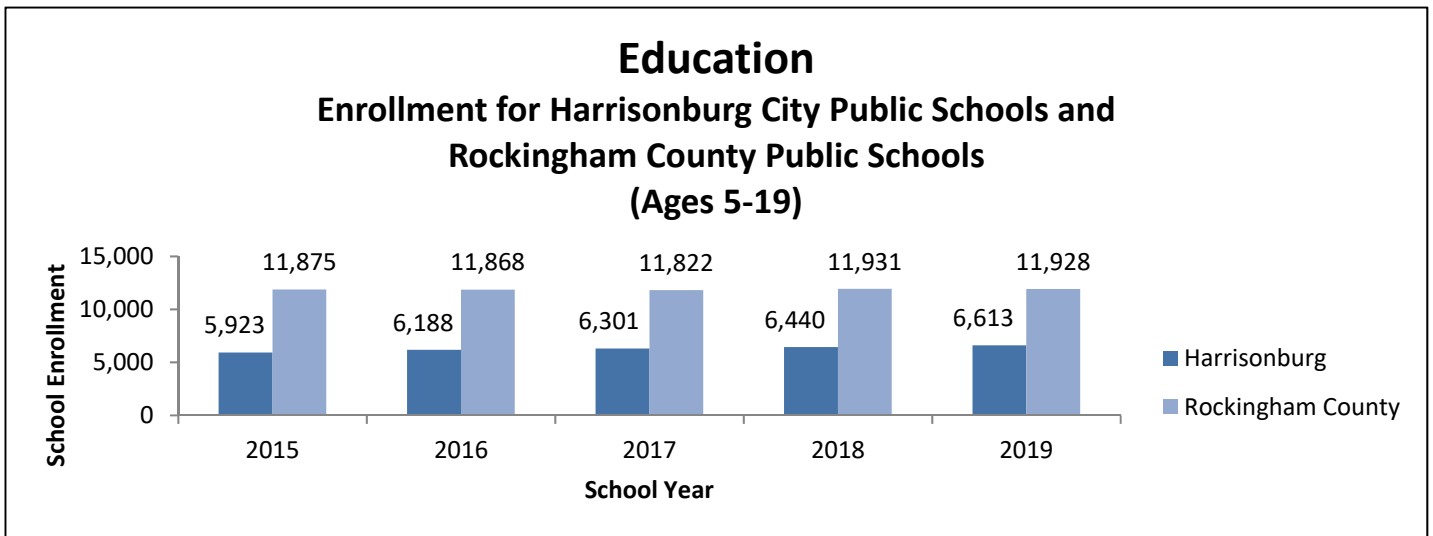
# Education 2019



Source: Virginia Department of Education

**What the numbers and other information told us:**

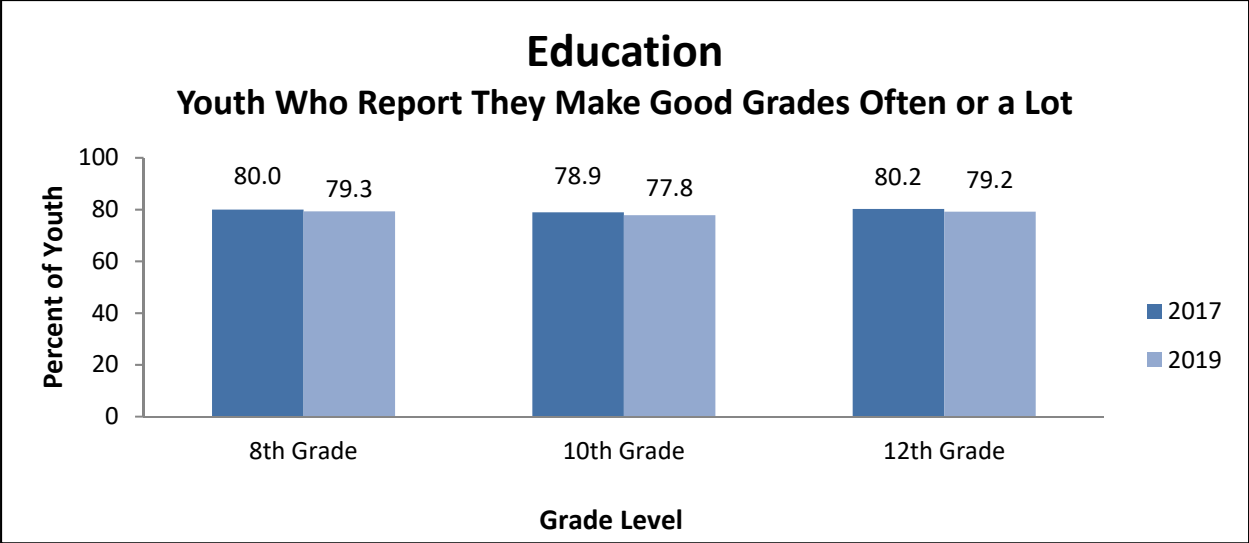
Since 2016, Harrisonburg’s dropout rate has remained above 9% and Rockingham County’s dropout rate has remained around 4%.



Source: Virginia Department of Education

**What the numbers and other information told us:**

Since 2015 Rockingham County has maintained a fairly consistent number of students enrolled in public schools while Harrisonburg has continued a steady incline in enrollment.

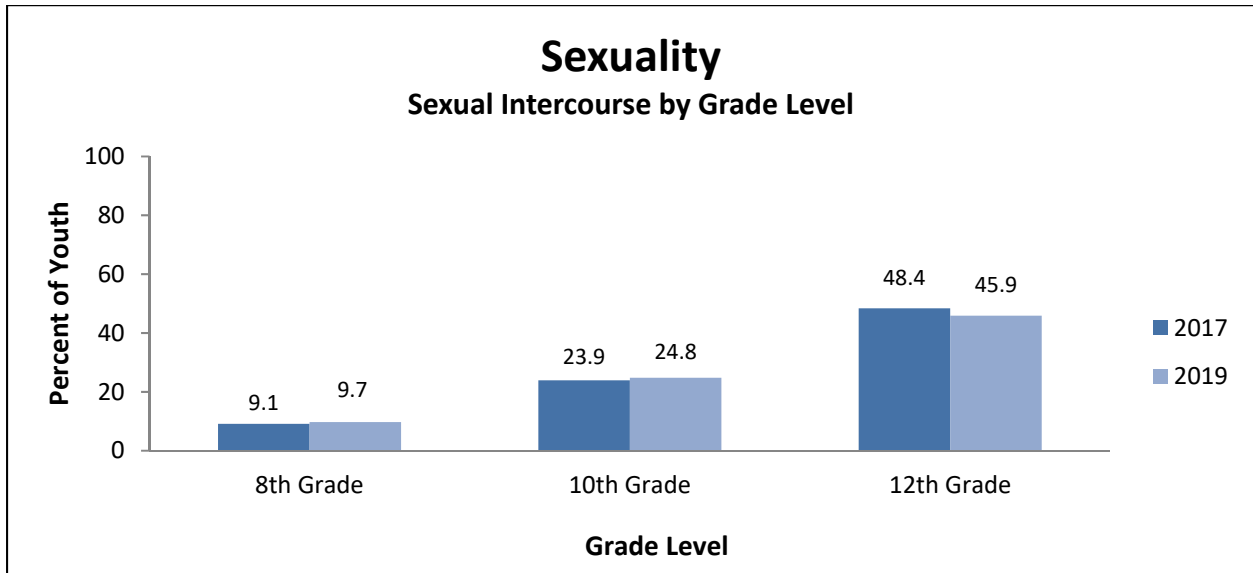


Source: Rockingham County/Harrisonburg Youth Survey

**What the numbers and other information told us:**

All grades levels showed a slight decrease in the percentage of students who reported making good grades often or a lot.

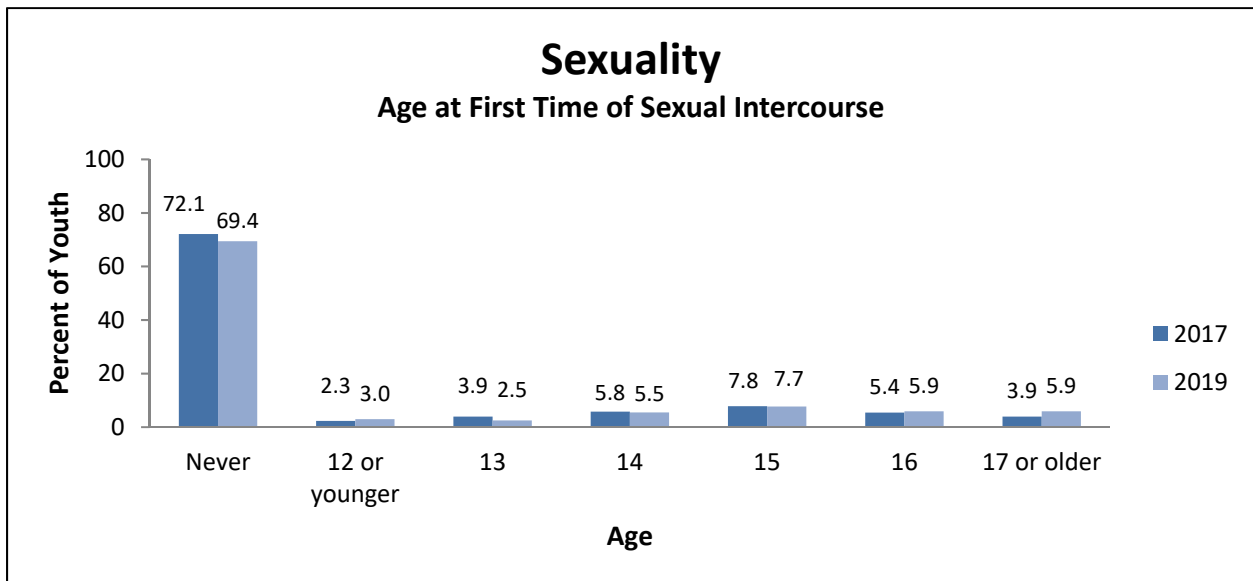
# Sexuality 2019



Source: Rockingham County/Harrisonburg Youth Survey

**What the numbers and other information told us:**

The number of 8<sup>th</sup> and 10<sup>th</sup> grade youth reporting having had sexual intercourse has increased slightly since 2017. However, the percentage of 12<sup>th</sup> grade students reporting having had sexual intercourse has decreased by 2.5%.

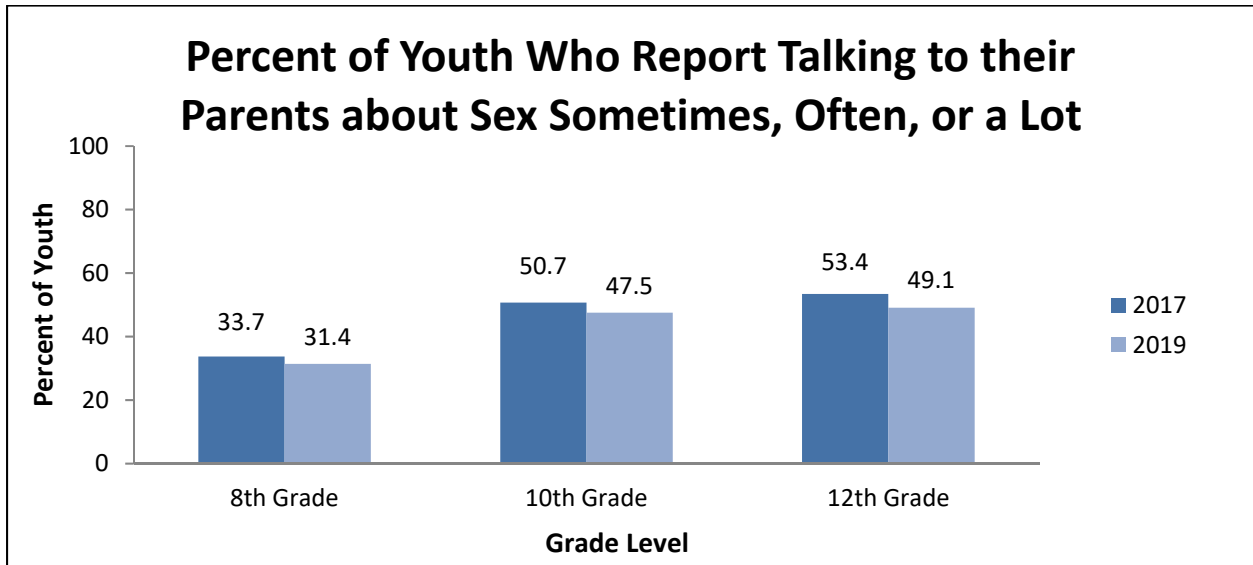


Source: Rockingham County/Harrisonburg Youth Survey

**What the numbers and other information told us:**

In 2019, 69% of teens report that they are sexually abstinent, which is a decrease of 2.6% from 2017.

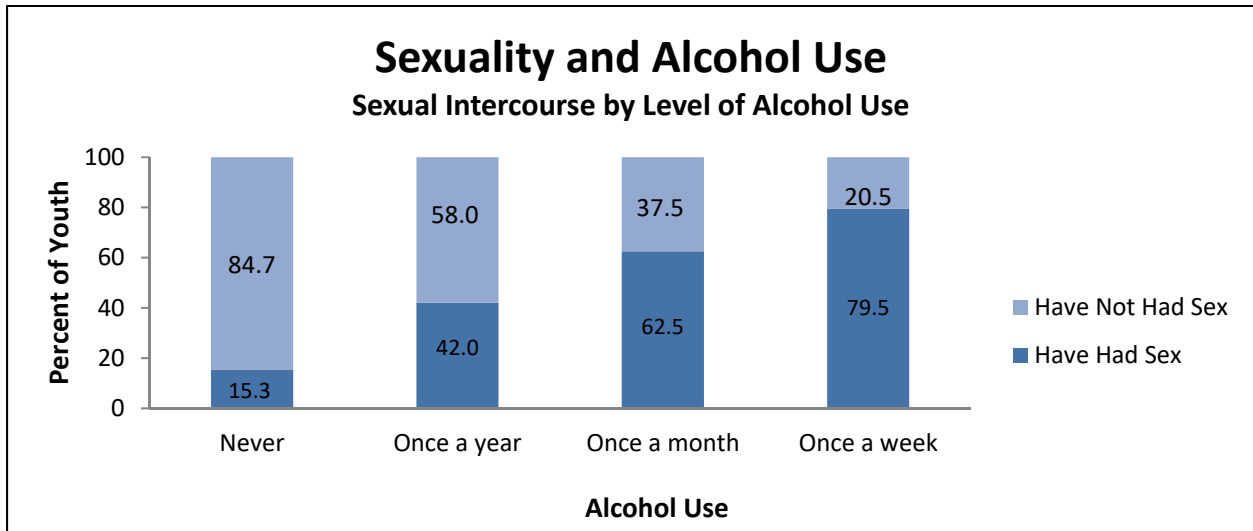




Source: Rockingham County/Harrisonburg Youth Survey

**What the numbers and other information told us:**

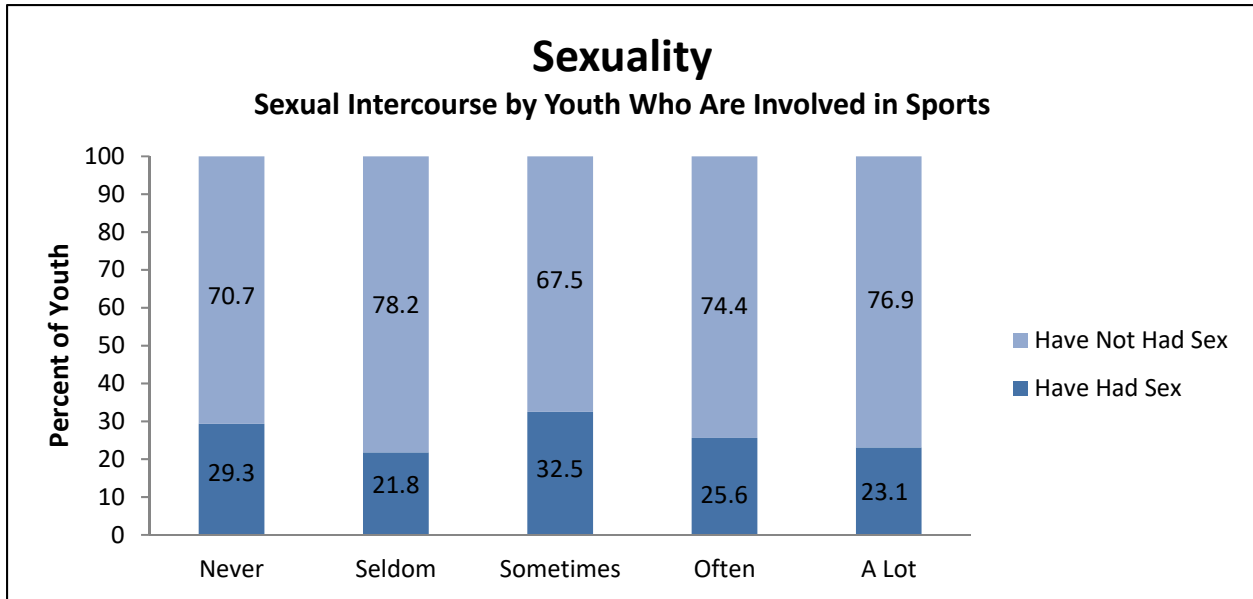
There is a steady increase across grades in the amount of youth that talk to their parents about sex, reaching 49.1% by the time they are in 12<sup>th</sup> grade. Of all youth surveyed, 43.4% report that they talk to their parents about this topic sometimes, often, or a lot. This is a slight decrease from 46.4% in 2017.



Source: Rockingham County/Harrisonburg Youth Survey

**What the numbers and other information told us:**

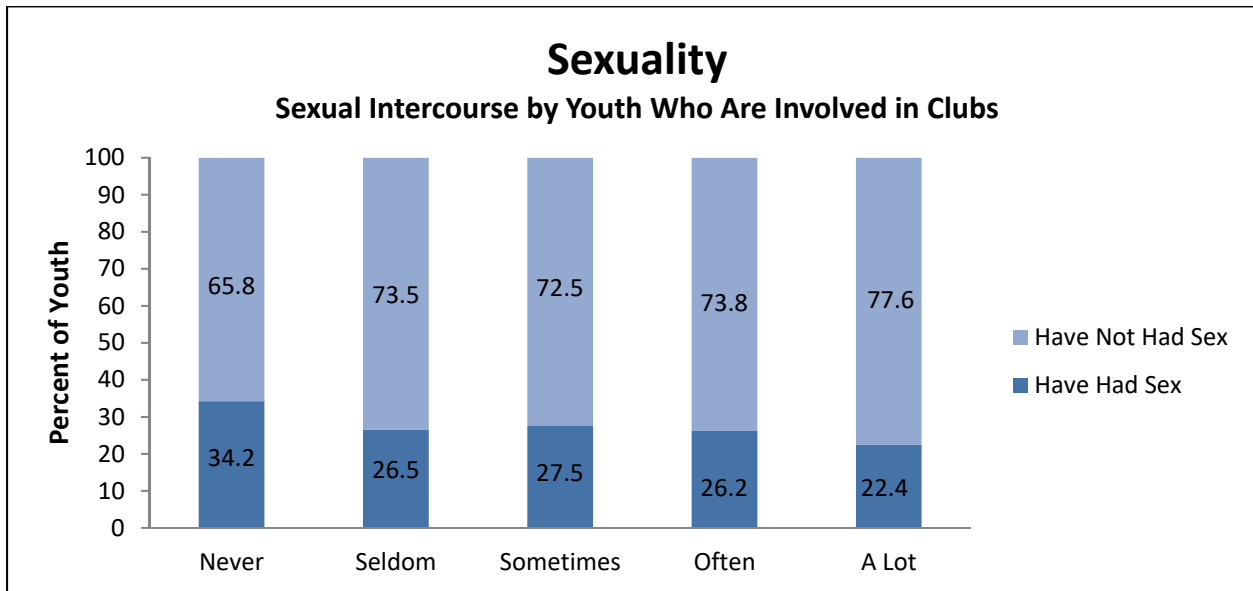
The proportion of youth who are sexually active increases steadily as frequency of alcohol use increases. Of youth that do not use alcohol, 15.3% report having had intercourse. Additionally, of youth that use alcohol once a week, 79.5% report having had intercourse.



Source: Rockingham County/Harrisonburg Youth Survey

**What the numbers and other information told us:**

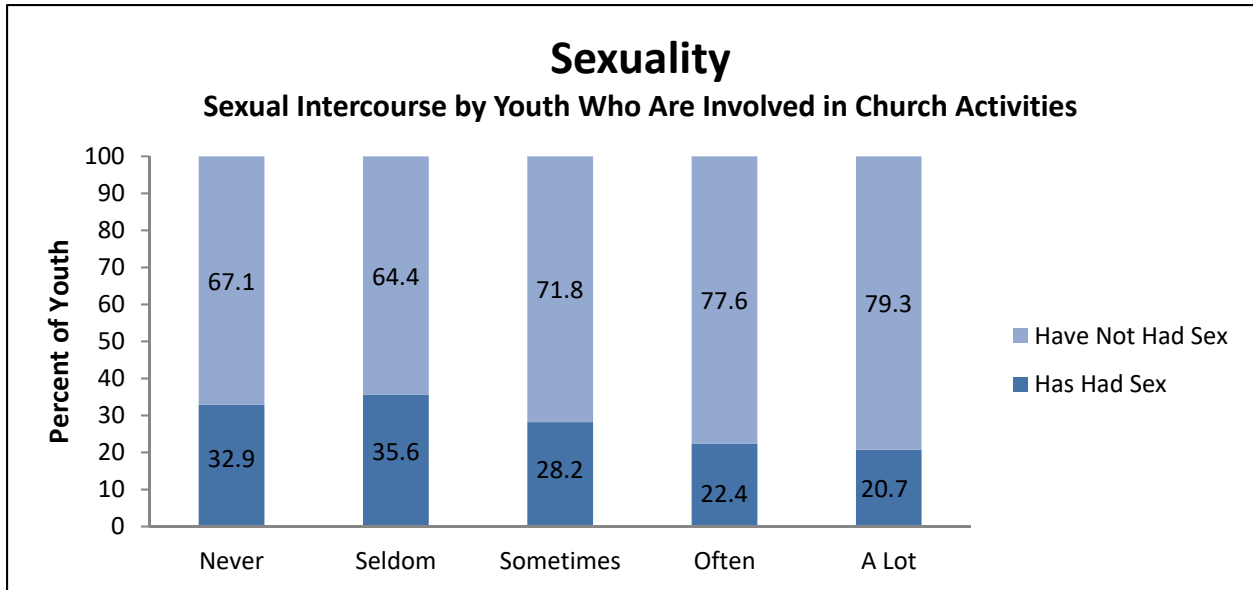
Of youth who are never involved in sports, there is a higher proportion (29.3%) that are sexually active than those that are involved in sports often (25.6%) or a lot (23.1%).



Source: Rockingham County/Harrisonburg Youth Survey

**What the numbers and other information told us:**

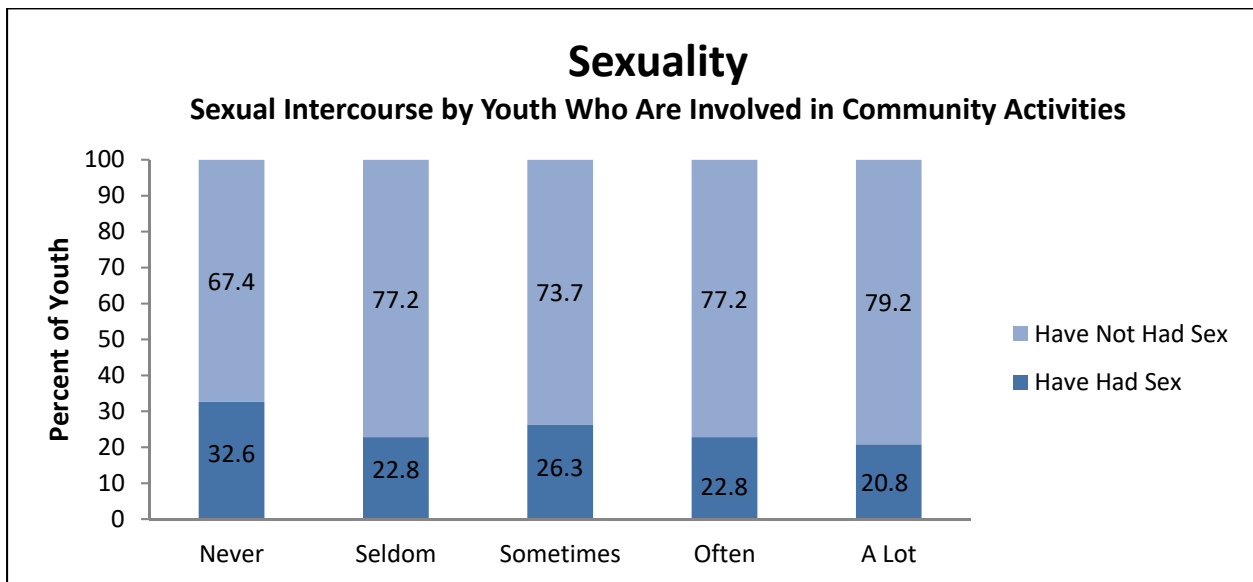
The proportion of sexually active youth who are never involved in clubs is almost 12% higher than that of those that are involved in clubs a lot.



Source: Rockingham County/Harrisonburg Youth Survey

**What the numbers and other information told us:**

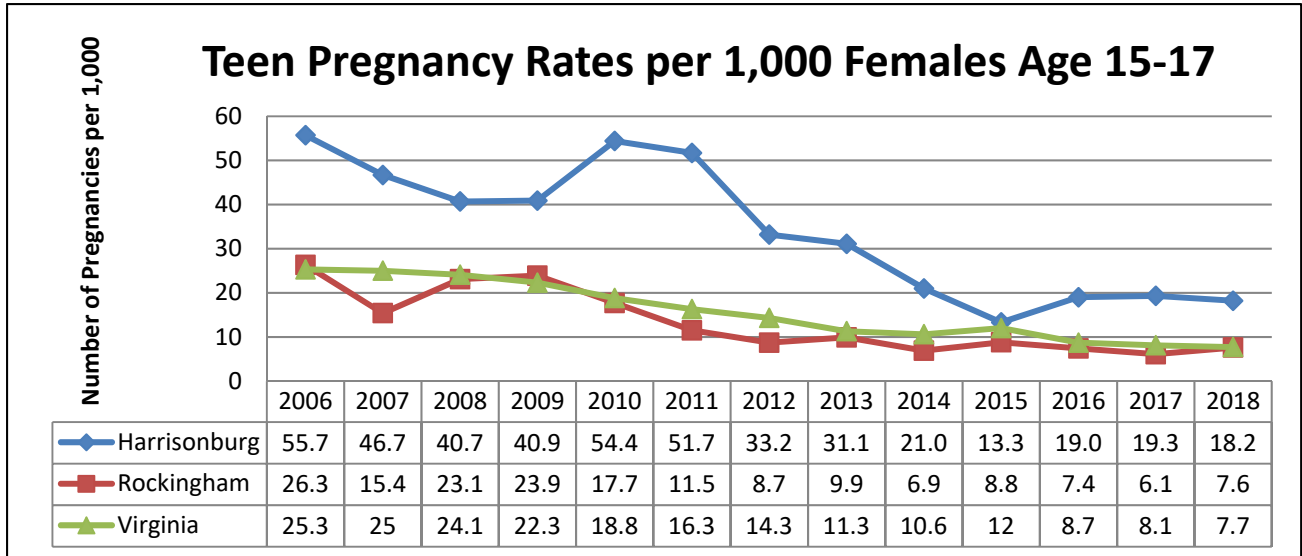
Of youth who are never involved in church activities, there is a higher proportion (32.9%) that are sexually active than those that are involved in church activities a lot (20.7%).



Source: Rockingham County/Harrisonburg Youth Survey

**What the numbers and other information told us:**

The proportion of sexually active youth who are never involved in community activities is 11.8% higher than that of those who are involved in community activities a lot.

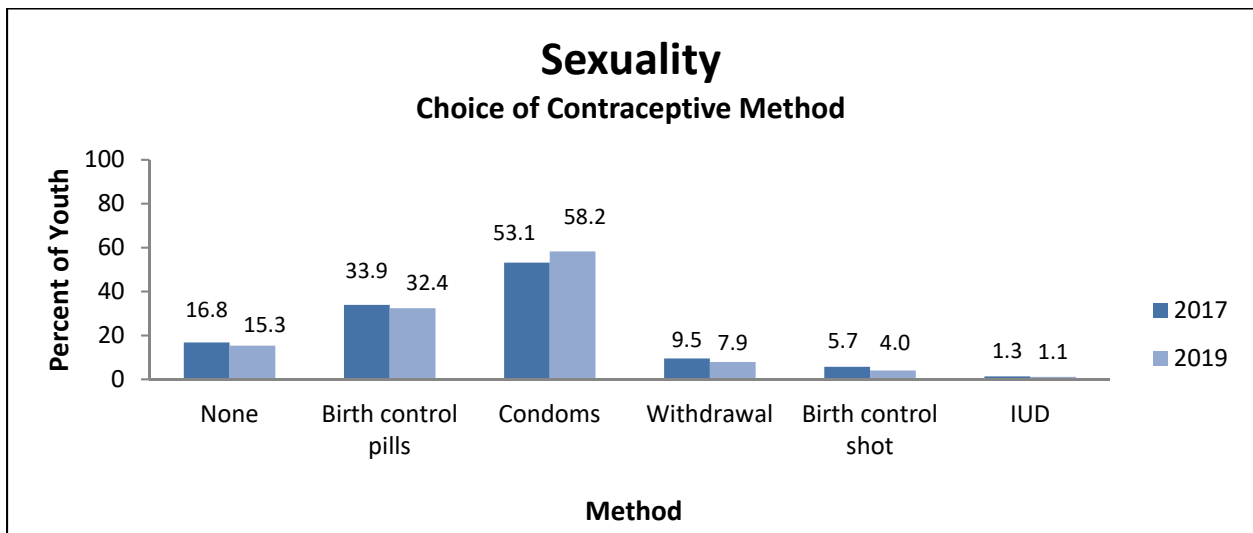


Source: Virginia Center for Health Statistics

**What the numbers and other information told us:**

In 2018 (the most recent year available at the time of this report), the rate of teen pregnancy among females age 15-17 in Harrisonburg (18.2 per 1,000) was more than double the teen pregnancy rate among females age 15-17 in Virginia (7.7 per 1,000). While rates increased in 2016 and 2017, Harrisonburg teen pregnancy rates decreased slightly in 2018.

In Rockingham County, teen pregnancy rates among females age 15-17 increased slightly from 2017 to 2018, while remaining below the Virginia’s overall rate.

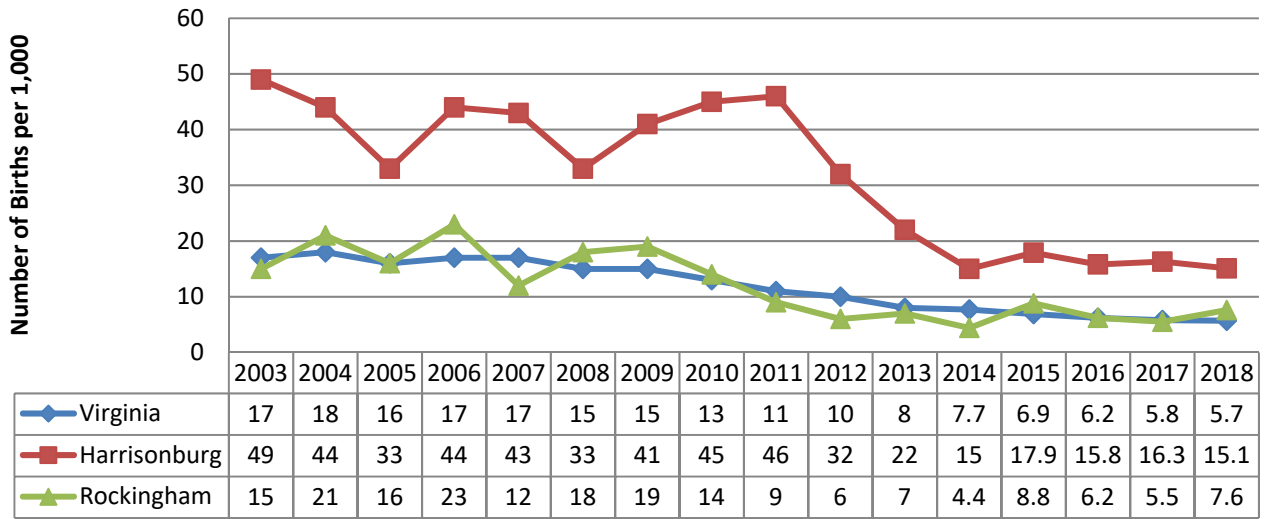


Source: Rockingham County/Harrisonburg Youth Survey

**What the numbers and other information told us:**

In 2019, 15.3% of teens who are sexually active say that they do not use any form of protection, which is a decrease from 2017. There was also a 5.1% increase in the portion of sexually active youth who report using condoms.

## Births to Teen Girls per 1,000 (Ages 15-17)

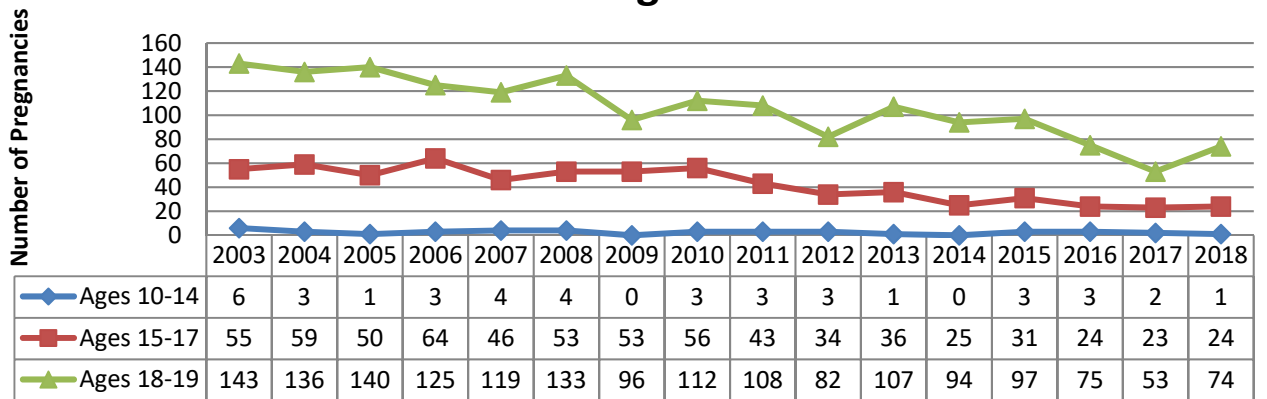


Source: Virginia Center for Health Statistics

### What the numbers and other information told us:

While decreasing slightly from 2017 to 2018, the rate of births to teen girls age 15-17 in Harrisonburg (15.1 per 1,000) was nearly triple the birth rate among teen girls age 15-17 in Virginia (5.7 per 1,000). The Rockingham County live birth rate among teen girls increased from 2017 to 2018 (5.5 to 7.6).

## Number of Teen Pregnancies in Harrisonburg & Rockingham

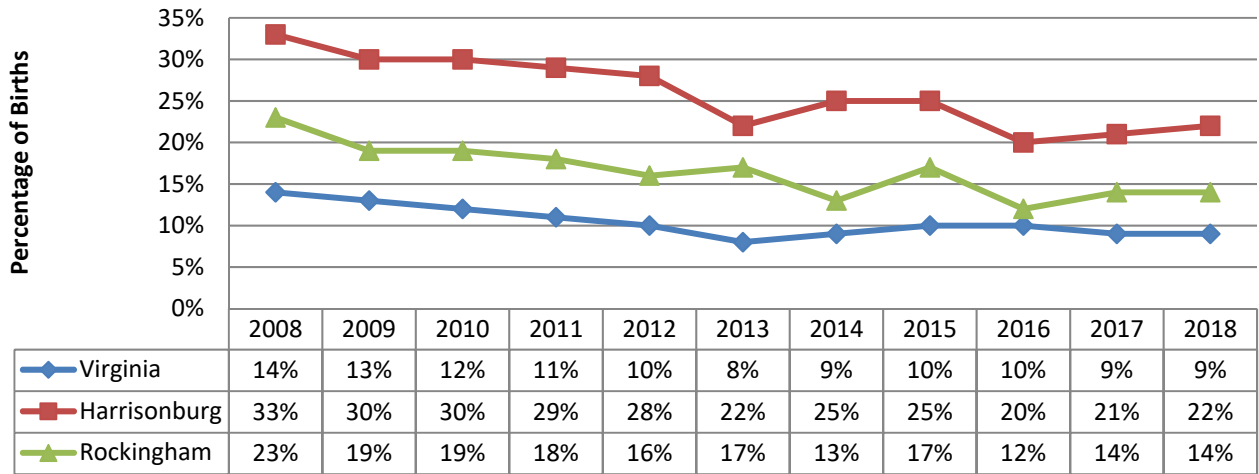


Source: Virginia Center for Health Statistics

### What the numbers and other information told us:

While the number of teen pregnancies among Harrisonburg and Rockingham County youth ages 10-17 remained fairly consistent, the number of pregnancies among 18-19 year olds increased after a decreasing trend from 2015 to 2017.

## Births to Mothers with Less than 12th Grade Education

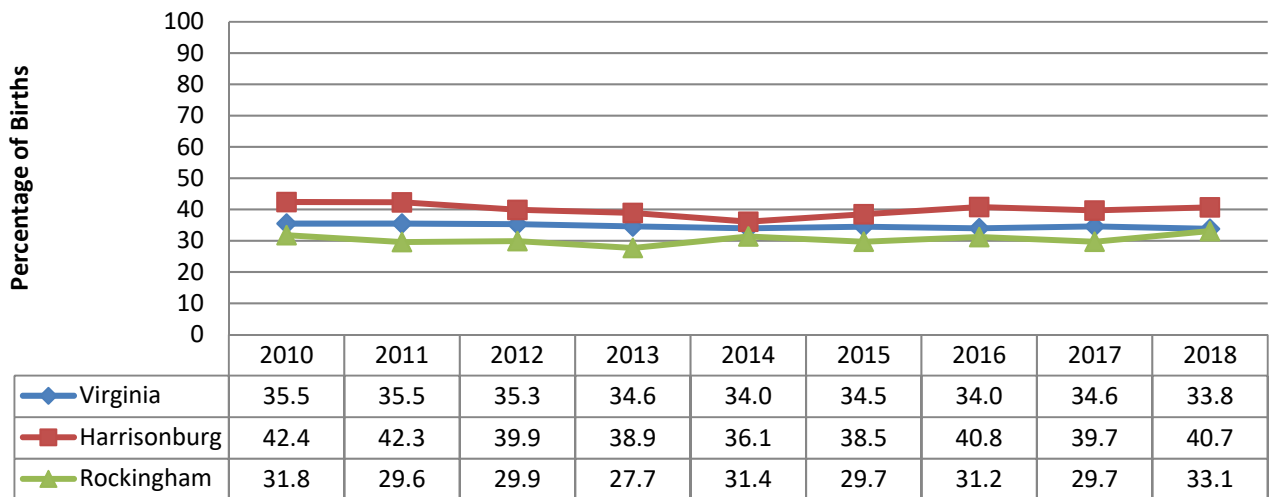


Source: Kids Count Data Center, Annie E. Casey Foundation

### What the numbers and other information told us:

In 2018, the percentage of births to mothers with less than 12<sup>th</sup> grade education in Harrisonburg (22%) was more than double the percentage for Virginia. The same statistic in Rockingham County is 5% higher than the percentage for Virginia.

## Non-Marital Births per 1,000

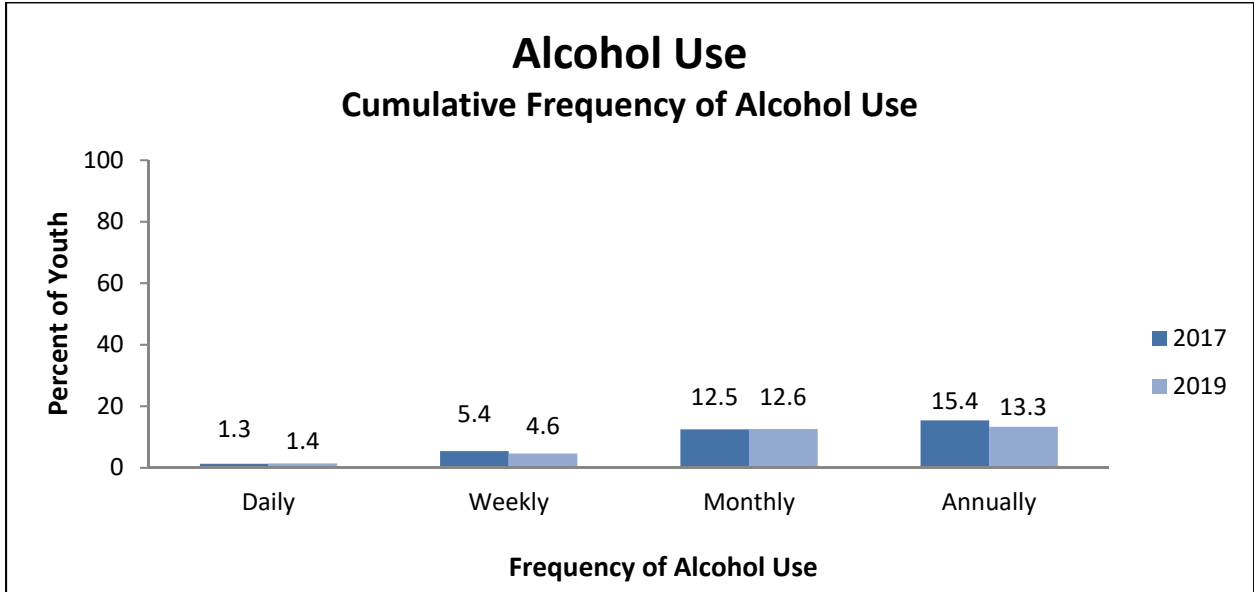


Source: Virginia Center for Health Statistics

### What the numbers and other information told us:

The non-marital birth rate in Harrisonburg has consistently been above the non-marital birth rate of Virginia since 2004. Note: the figures provided for non-marital births should not be used as a proxy for unplanned pregnancies.

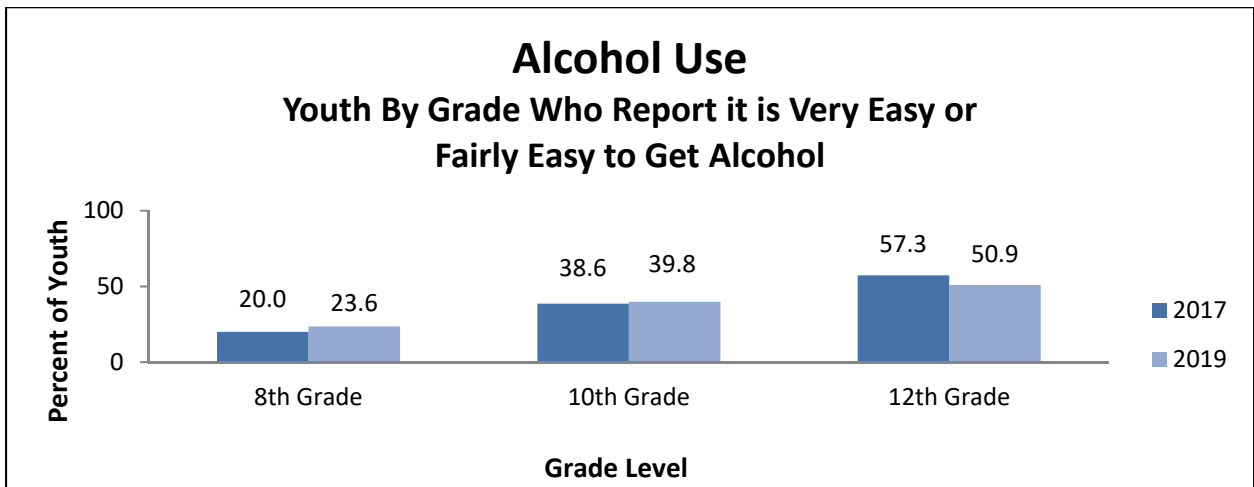
# Alcohol Use 2019



Source: Rockingham County/Harrisonburg Youth Survey

**What the numbers and other information told us:**

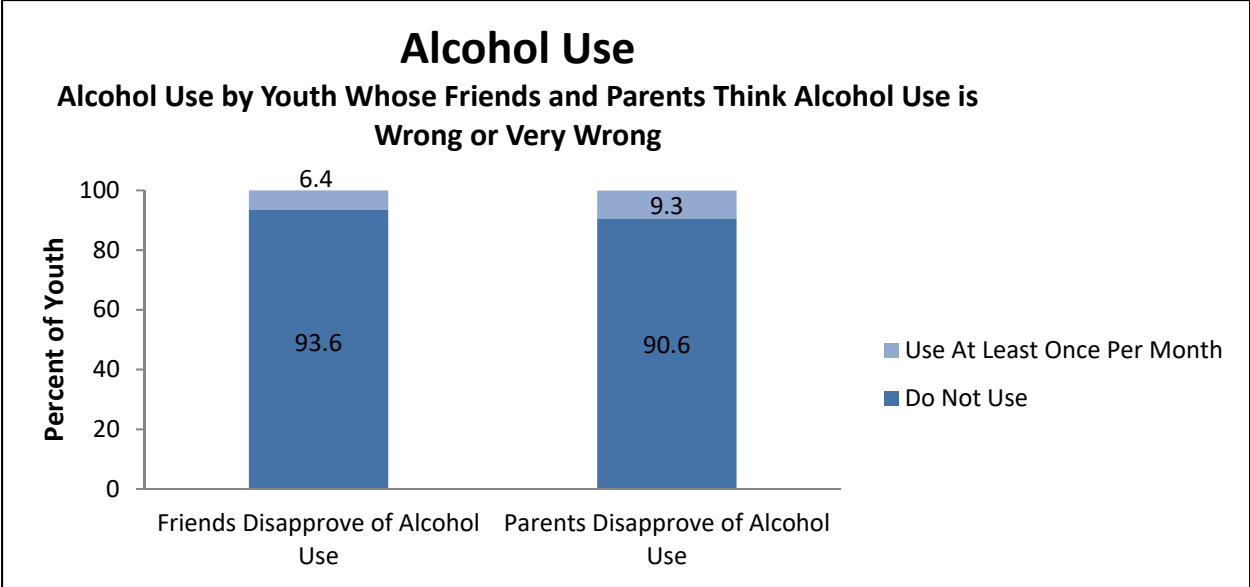
The percentage of youth reporting weekly and annual consumption of alcohol decreased slightly from 2017 to 2019, while those reporting daily use (1.4%) and monthly use (12.6%) each increased by 0.1% during that time.



Source: Rockingham County/Harrisonburg Youth Survey

**What the numbers and other information told us:**

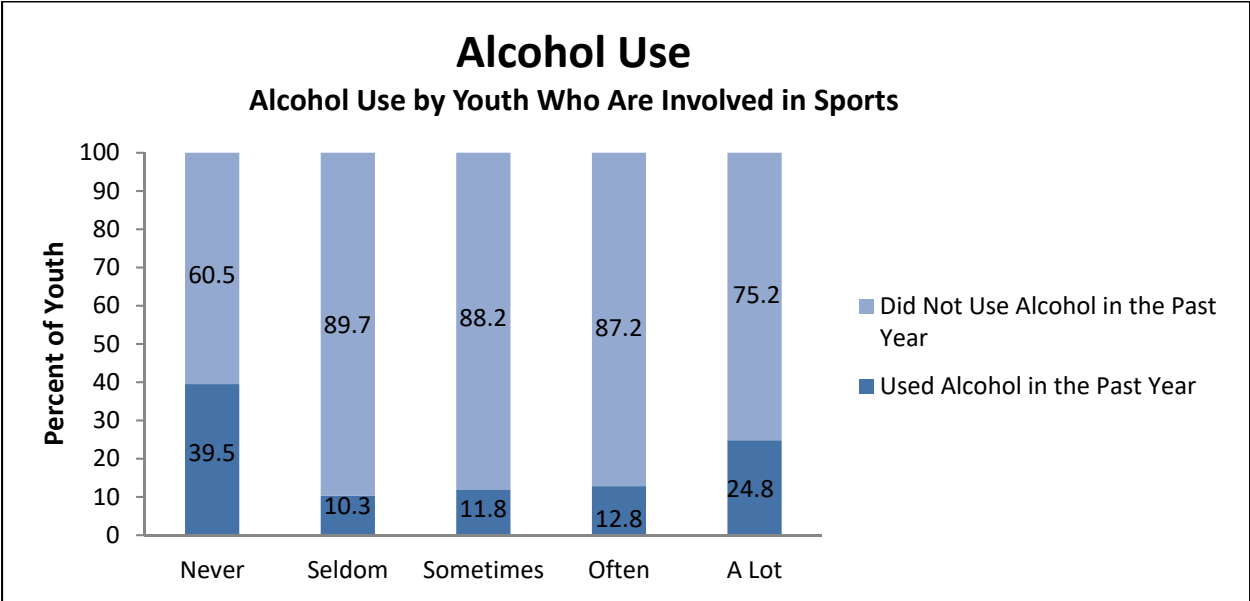
The number of 8<sup>th</sup> and 10<sup>th</sup> graders reporting that it is very easy or fairly easy to get alcohol increased slightly (3.6% and 1.2% respectively) from 2017 to 2019, while the number of 12<sup>th</sup> graders reporting the same decreased by 6.4% from 2017 to 2019.



Source: Rockingham County/Harrisonburg Youth Survey

**What the numbers and other information told us:**

Only 6.4% of students whose friends disapprove of alcohol use drink at least once per month. Similarly, only 9.3% of youth whose parents disapprove of alcohol use drink at least once per month. These numbers have remained steady since 2017.

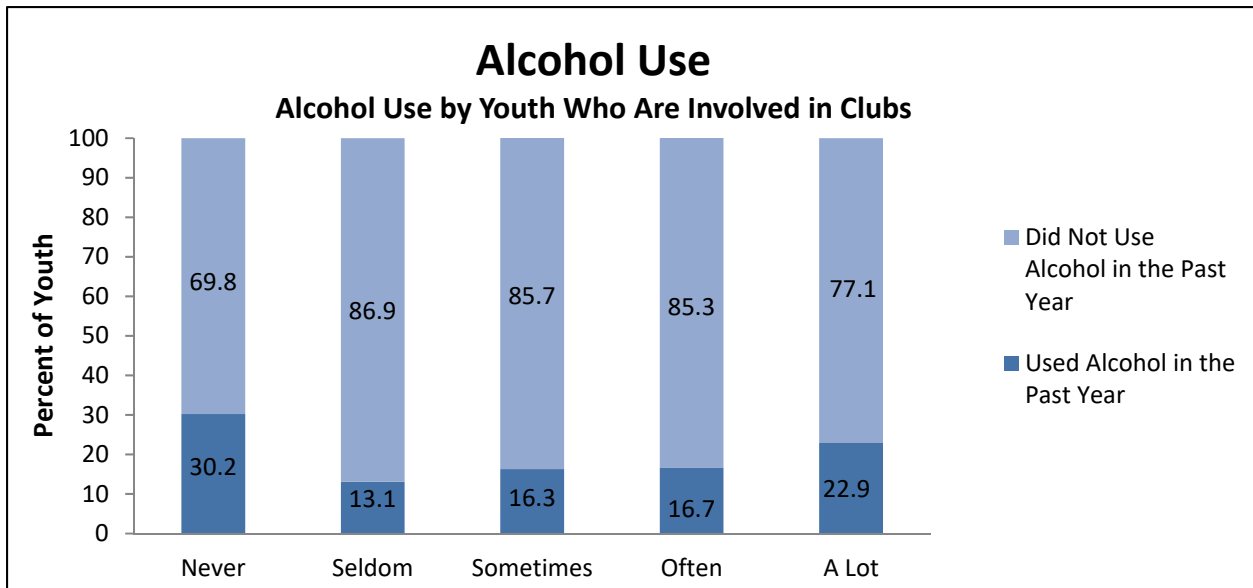


Source: Rockingham County/Harrisonburg Youth Survey

**What the numbers and other information told us:**

A lower proportion of youth (12.8% and 24.8%) who are involved in sports often and a lot used alcohol than those that are never involved in sports (39.5%).

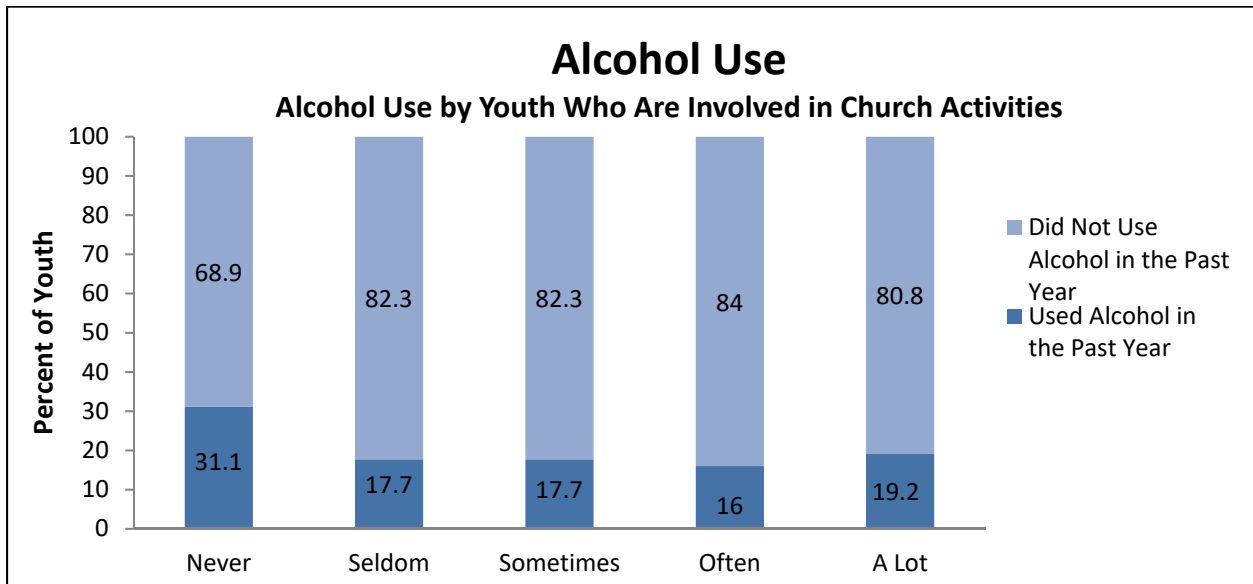




Source: Rockingham County/Harrisonburg Youth Survey

**What the numbers and other information told us:**

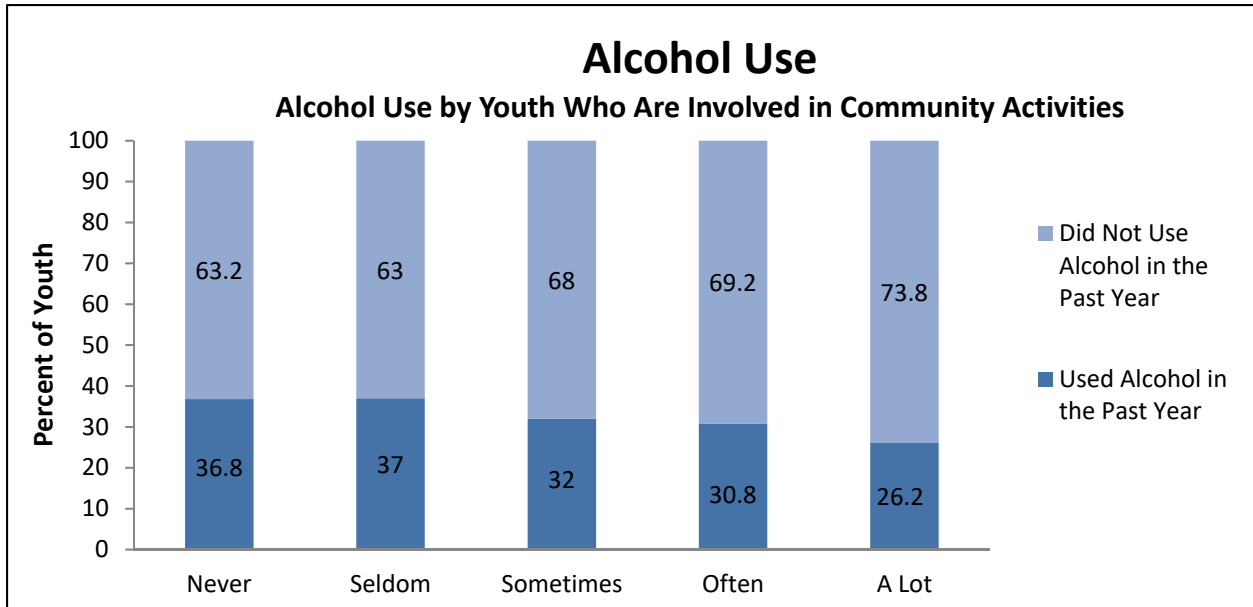
Youth who are never involved in clubs report a higher rate of alcohol use (30.2%) than those that are involved in clubs.



Source: Rockingham County/Harrisonburg Youth Survey

**What the numbers and other information told us:**

Of youth who participate in church activities a lot, only 19.2% have used alcohol in the past year. This is nearly 12% less than the portion of youth (31.1%) who never participate in church activities that have used alcohol in the past year.

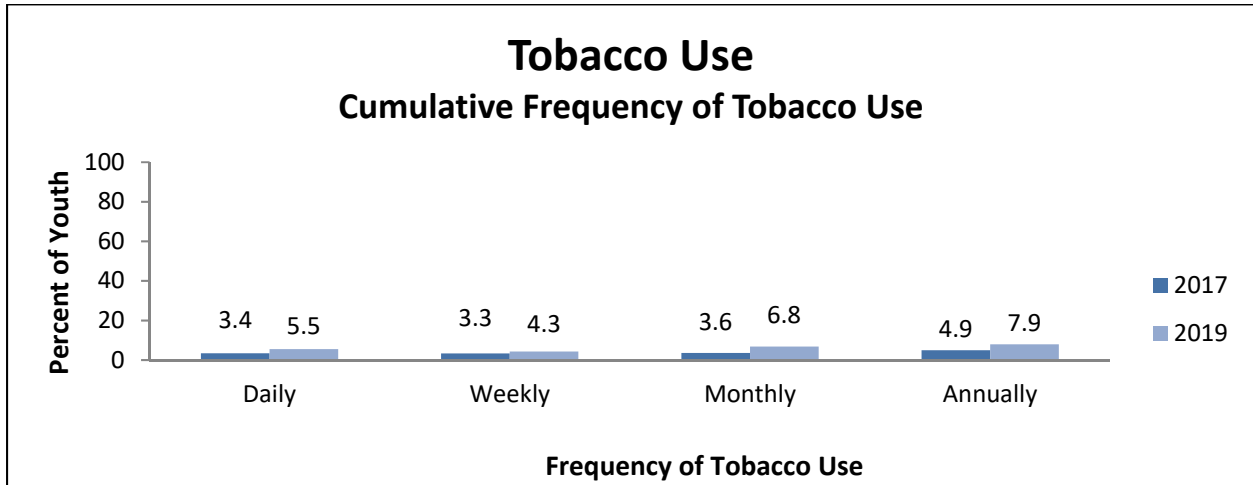


Source: Rockingham County/Harrisonburg Youth Survey

**What the numbers and other information told us:**

Of youth who are never involved in community activities, there is a higher proportion (36.8%) that used alcohol in the past year than those that are involved in community activities a lot (26.2%).

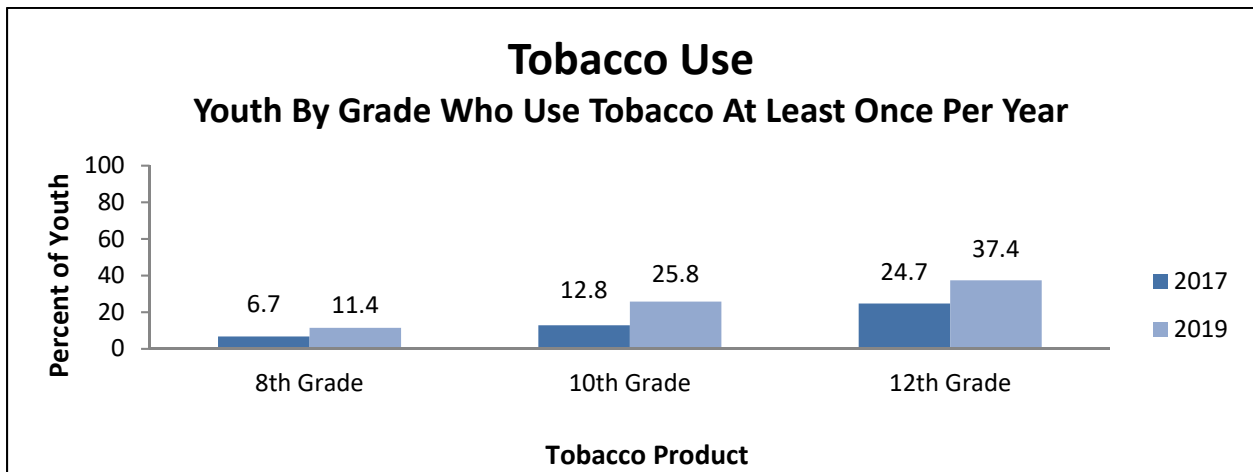
# Tobacco Use 2019



Source: Rockingham County/Harrisonburg Youth Survey

**What the numbers and other information told us:**

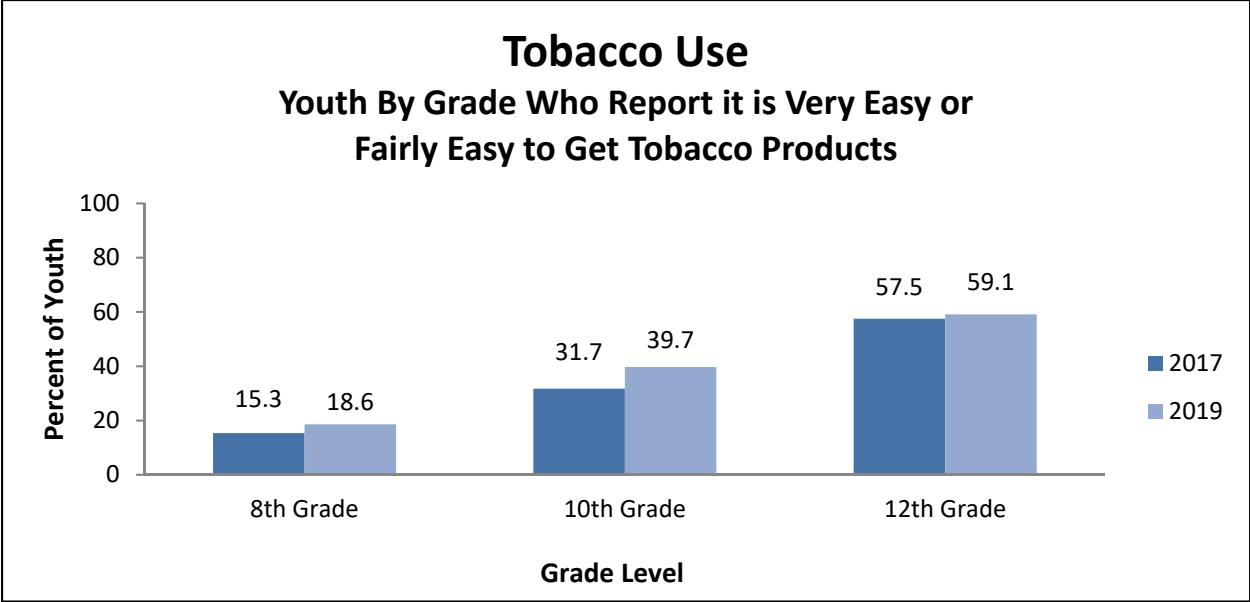
There has been an increase in the overall use of tobacco in all grades from 2017, with the largest increase (3.2%) occurring in monthly use.



Source: Rockingham County/Harrisonburg Youth Survey

**What the numbers and other information told us:**

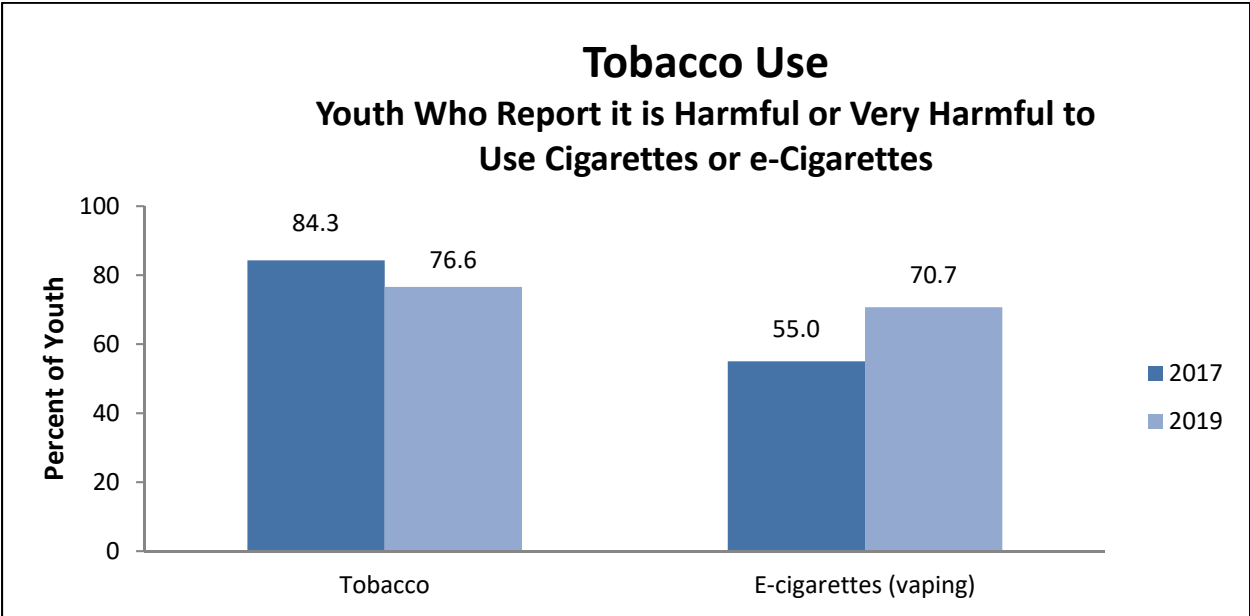
All grades have seen a marked increase in the use of tobacco annually since 2017.



Source: Rockingham County/Harrisonburg Youth Survey

**What the numbers and other information told us:**

The ease of access to all types of tobacco products has increased among all grades.

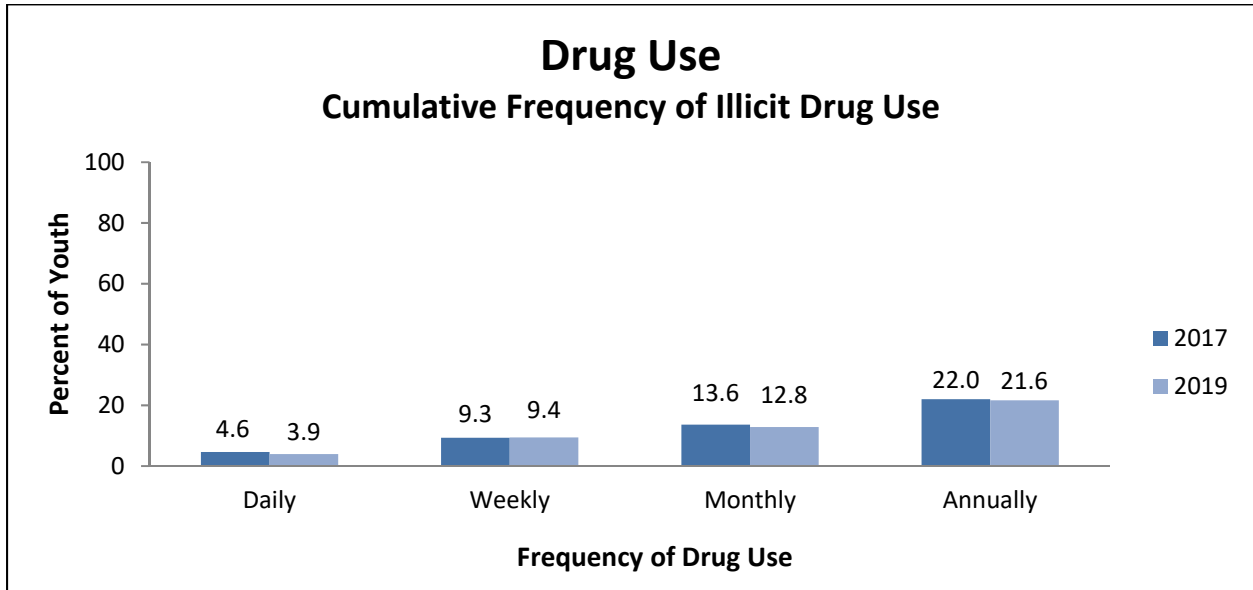


Source: Rockingham County/Harrisonburg Youth Survey

**What the numbers and other information told us:**

Overall, 76.6% of youth feel that tobacco is harmful or very harmful – a decrease of 7.7% from 2017. However, 70.7% of youth feel that using e-cigarettes is harmful or very harmful – an increase of 15.7% from 2017 to 2019.

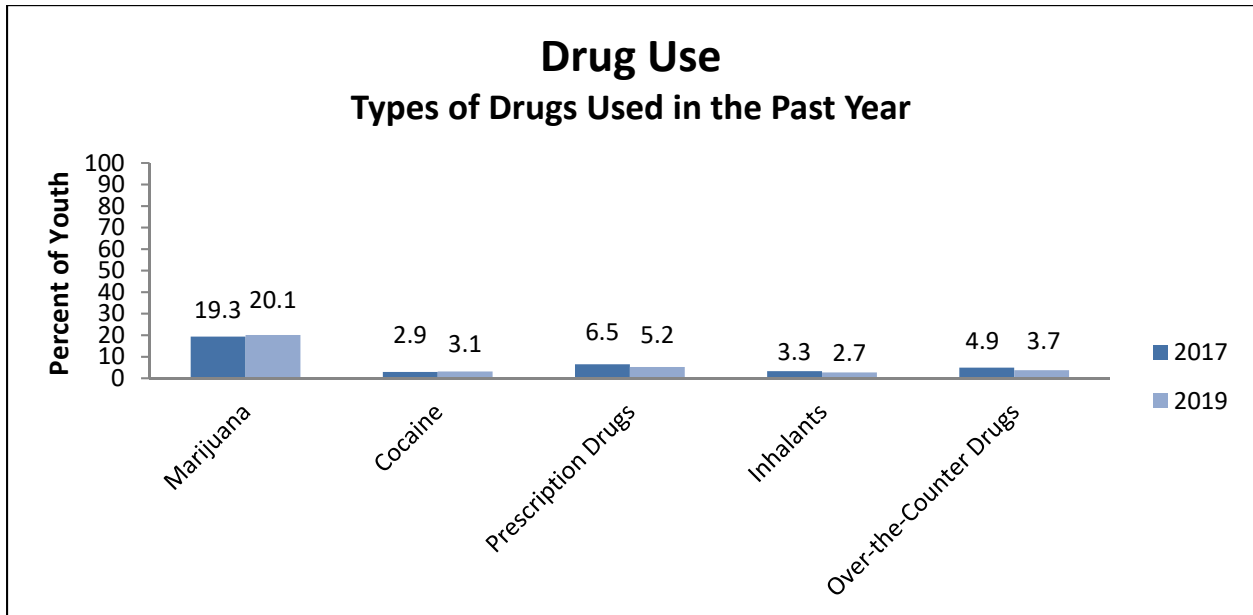
# Drug Use 2019



Source: Rockingham County/Harrisonburg Youth Survey

**What the numbers and other information told us:**

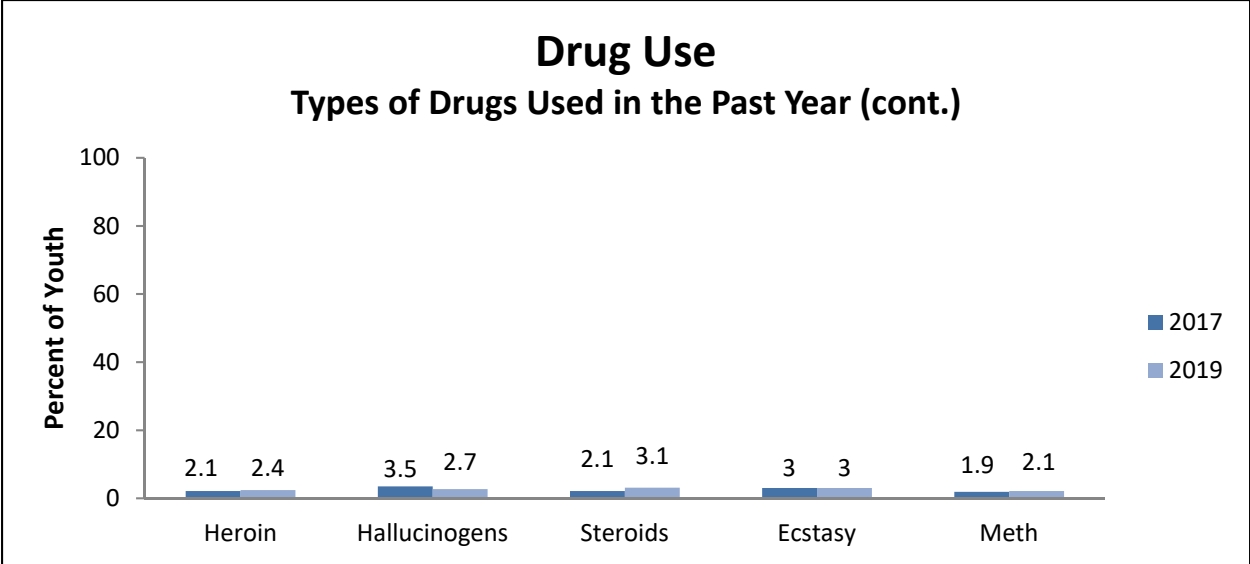
With the exception of weekly use, there were decreases in the frequency of drug use since 2017.



Source: Rockingham County/Harrisonburg Youth Survey

**What the numbers and other information told us:**

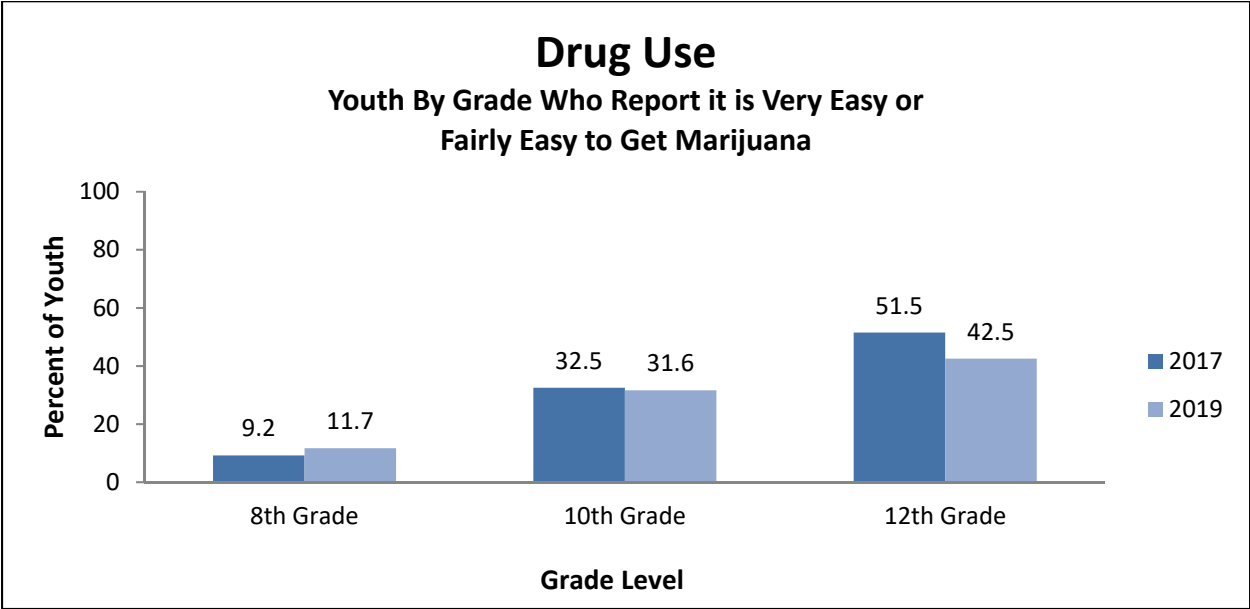
Marijuana remained the most used drug and its usage increased slightly from 2017. With the exception of cocaine, other drug use has decreased since 2017.



Source: Rockingham County/Harrisonburg Youth Survey

**What the numbers and other information told us:**

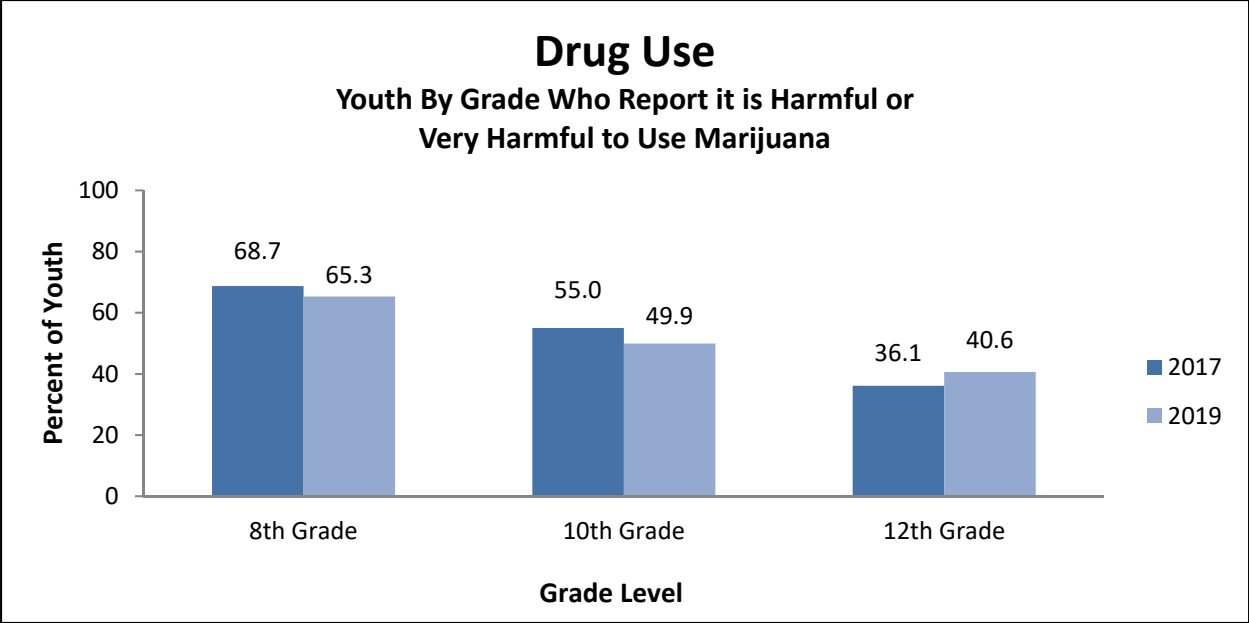
Reported use of heroin, steroids, and meth in the past year increased slightly from 2017 to 2019.



Source: Rockingham County/Harrisonburg Youth Survey

**What the numbers and other information told us:**

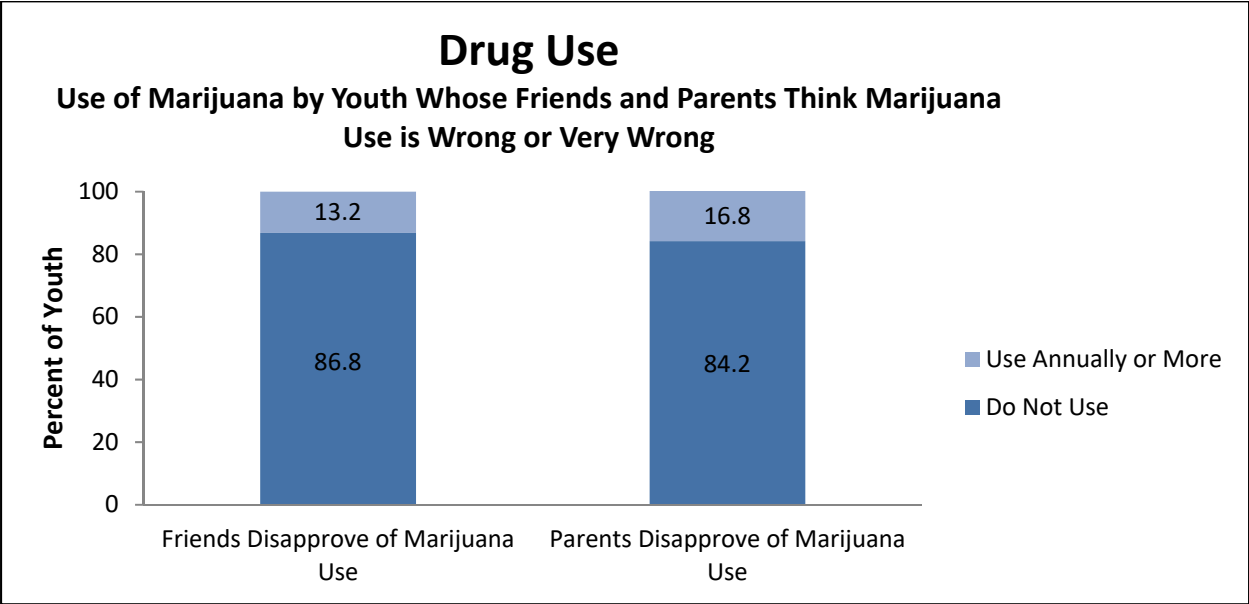
There was a slight increase in the number of 8<sup>th</sup> graders reporting that it is very easy or fairly easy to get marijuana. However, there was a significant decrease (9%) in the number of 12<sup>th</sup> graders reporting the same thing.



Source: Rockingham County/Harrisonburg Youth Survey

**What the numbers and other information told us:**

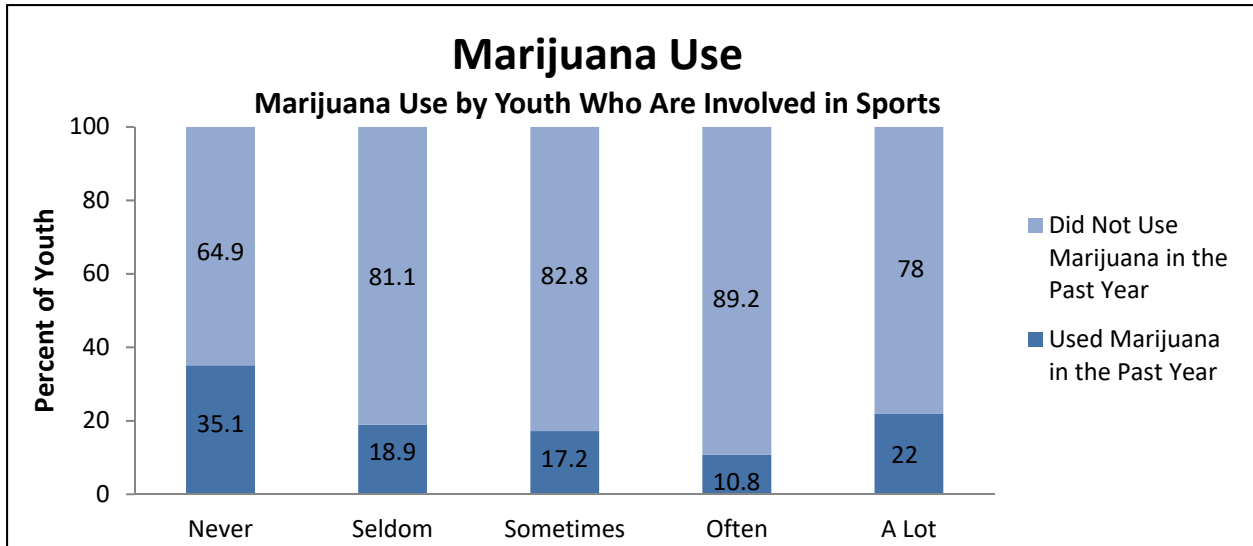
There was a decrease in the percentage of 8<sup>th</sup> and 10<sup>th</sup> grade students who view marijuana as harmful or very harmful, and an increase in the percentage of 12<sup>th</sup> grade students who reported the same.



Source: Rockingham County/Harrisonburg Youth Survey

**What the numbers and other information told us:**

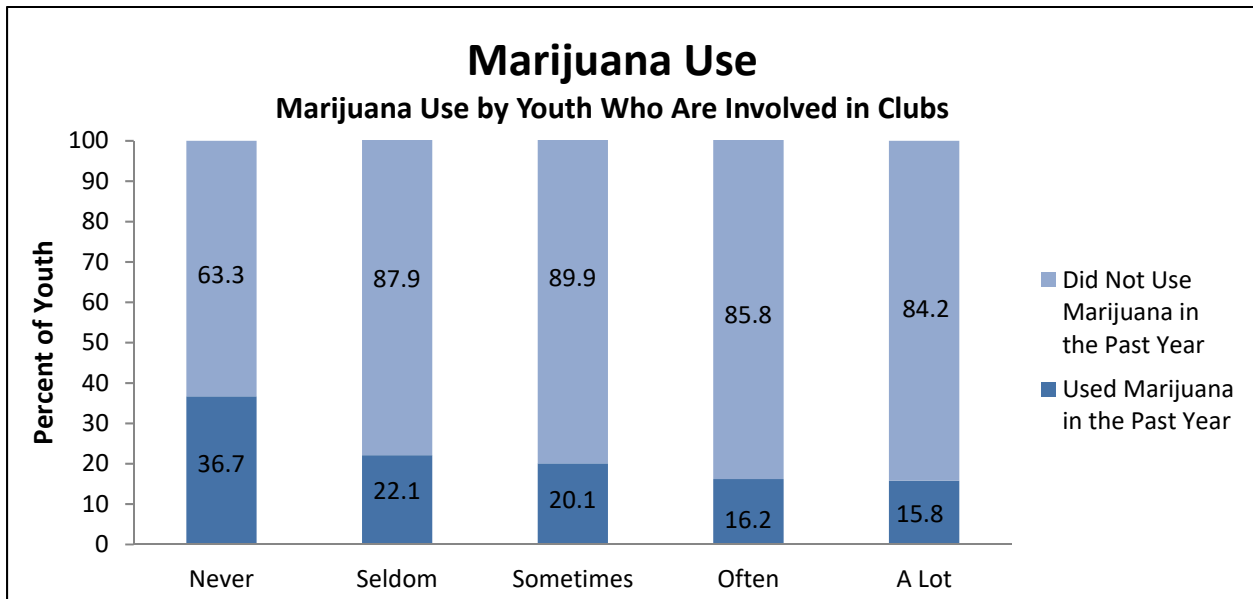
Of youth whose friends disapprove of marijuana use, only 13.2% used the drug in the past year. Similarly, of youth whose parents disapprove of marijuana use, only 16.8% used the drug in the past year. These numbers compare to the overall portion of youth who have used marijuana in the past year: 20.1%.



Source: Rockingham County/Harrisonburg Youth Survey

**What the numbers and other information told us:**

Of youth who are never involved in sports, there is a higher proportion (35.1%) that used marijuana in the past year than those that are involved in sports often or a lot (10.8% and 22%).

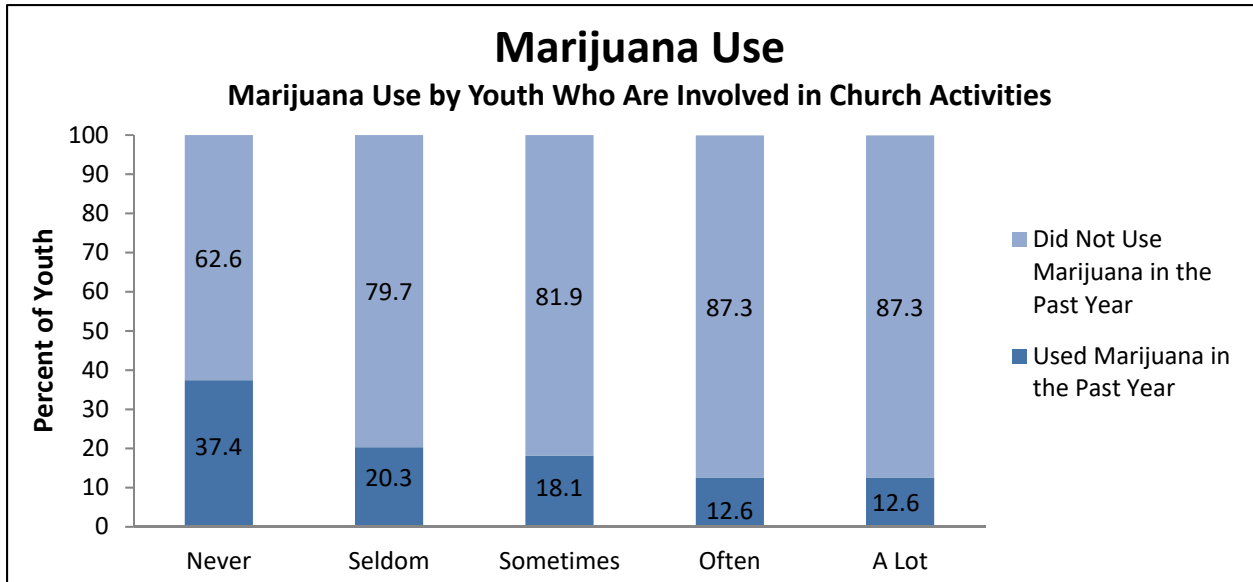


Source: Rockingham County/Harrisonburg Youth Survey

**What the numbers and other information told us:**

Of youth who participate in clubs a lot, only 15.8% have used marijuana in the past year. This is 20.9% less than the portion of youth who never participate in clubs and have used marijuana in the past year.

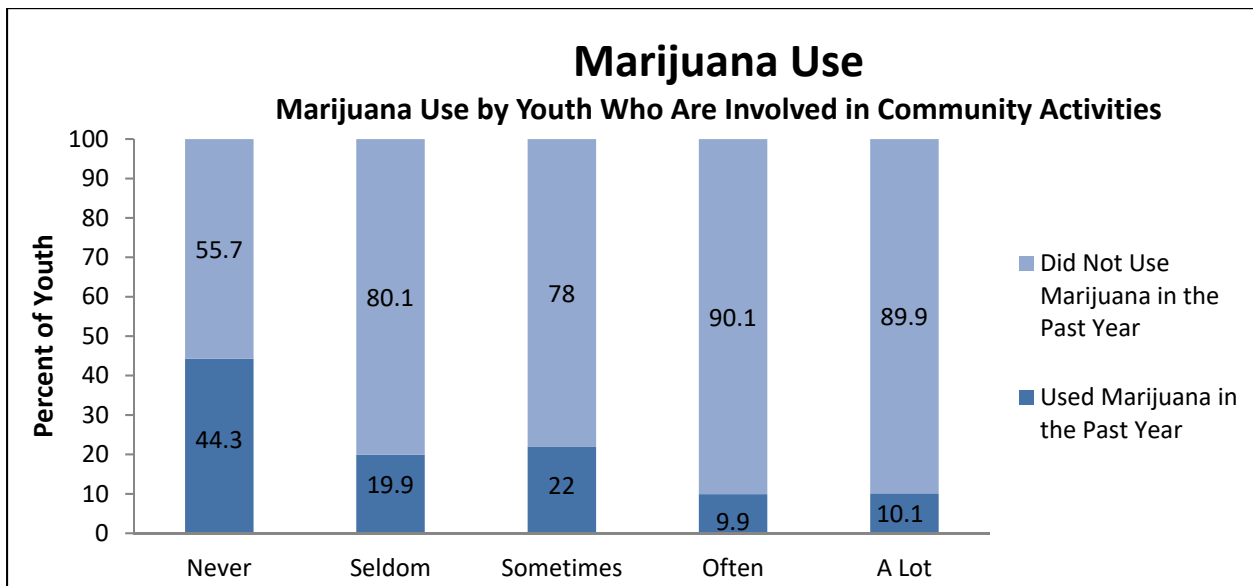




Source: Rockingham County/Harrisonburg Youth Survey

**What the numbers and other information told us:**

Of youth who participate in church activities a lot, only 12.6% have used marijuana in the past year. This is less than one third of youth (37.4%) who never participate in church activities and have used marijuana in the past year.



Source: Rockingham County/Harrisonburg Youth Survey

**What the numbers and other information told us:**

Of youth who participate in community activities a lot, only 10.1% have used marijuana in the past year. This is 34.2% less than the portion of youth who never participate in community activities and have used marijuana in the past year.

# Drug Use 2019

## Youth Nationwide Who Use Illicit Drugs

<b>PRIDE</b>	<b>Monthly</b>	<b>Annually</b>
<b>2017</b>	8.4%	15.8%
<b>2019</b>	9.6%	18.2%

Source: PRIDE National Survey

## Harrisonburg/Rockingham Youth Data Survey

<b>Year</b>	<b>Daily</b>	<b>Weekly</b>	<b>Monthly</b>	<b>Annually</b>
<b>2017</b>	4.6%	9.3%	13.6%	22.0%
<b>2019</b>	3.9%	9.4%	12.8%	21.6%

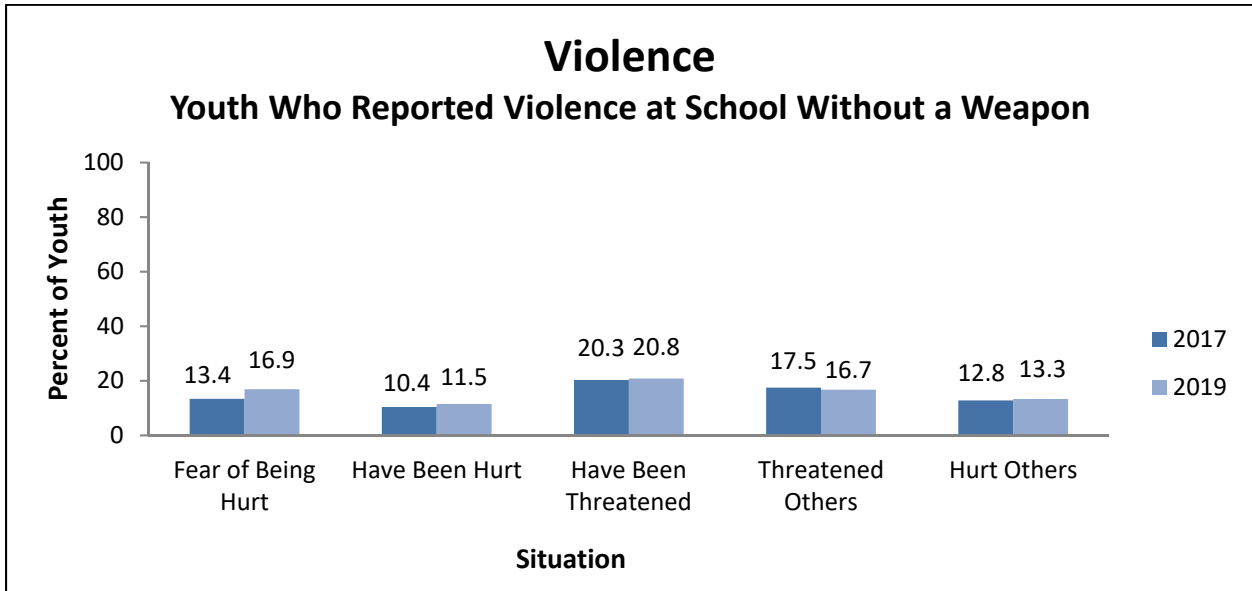
Source: Rockingham County/Harrisonburg Youth Survey

**What the numbers and other information told us:**

Illicit drug use has generally decreased in Harrisonburg City/Rockingham County, with the exception of a slight increase in the reported weekly use of illicit drugs.

The Harrisonburg and Rockingham use of illicit drugs is slightly higher than the national average for monthly and annual use of illicit drugs.

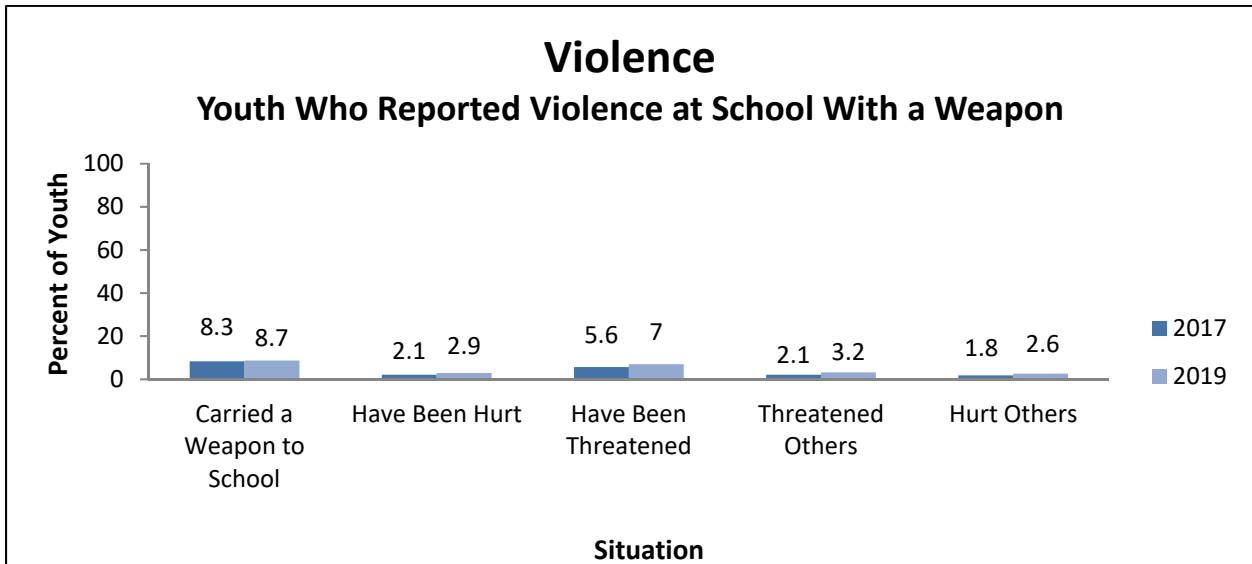
# Violence 2019



Source: Rockingham County/Harrisonburg Youth Survey

**What the numbers and other information told us:**

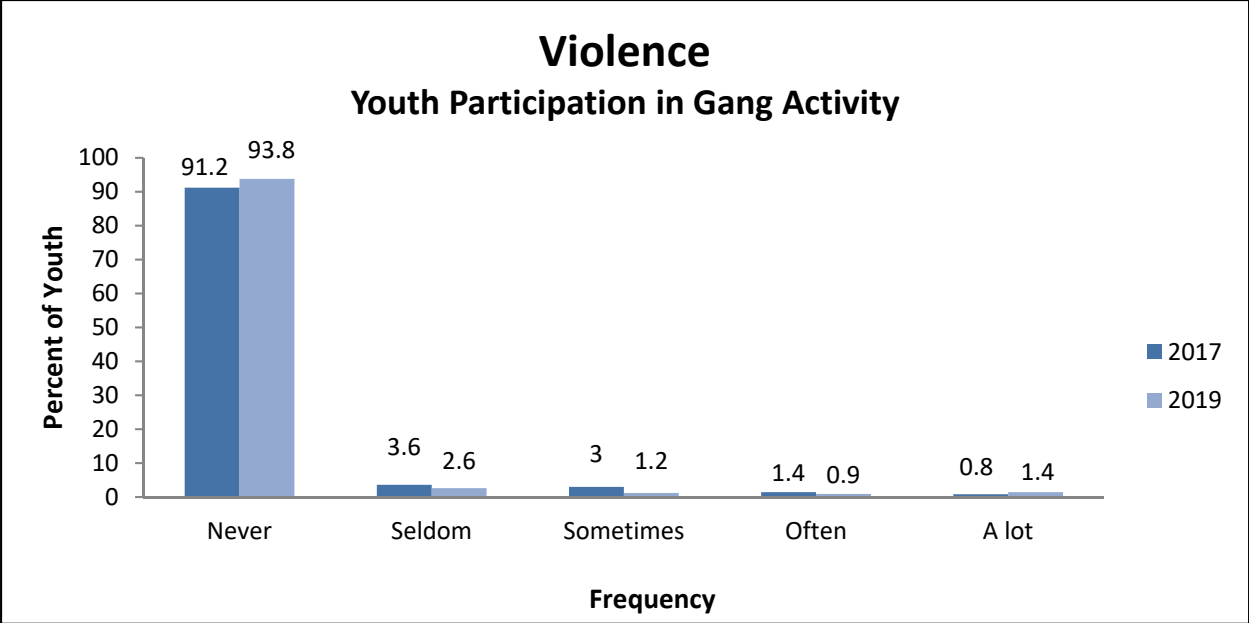
There was an increase in students reporting a fear of being hurt and a slight increase in students who report being hurt at school without a weapon.



Source: Rockingham County/Harrisonburg Youth Survey

**What the numbers and other information told us:**

There were slight increases in all areas since 2017 for students who reported on violence at school with weapon.

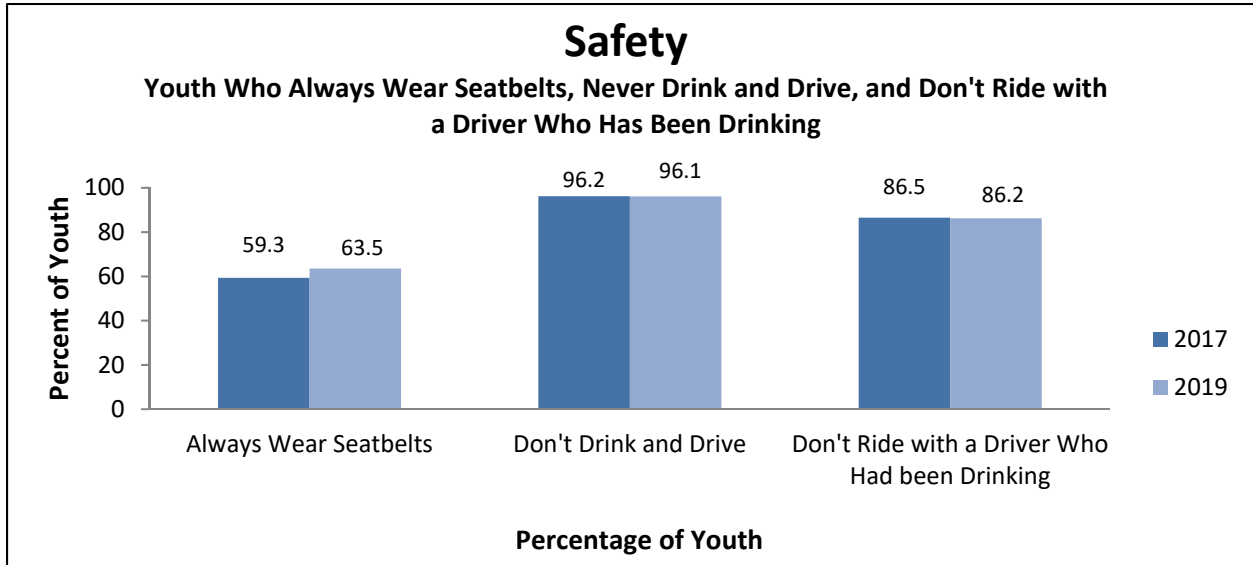


Source: Rockingham County/Harrisonburg Youth Survey

**What the numbers and other information told us:**

The majority of teens still do not report participating in gang activity. The percentage of youth who report never participating in gang activity increased by 2.6% from 2017 to 2019.

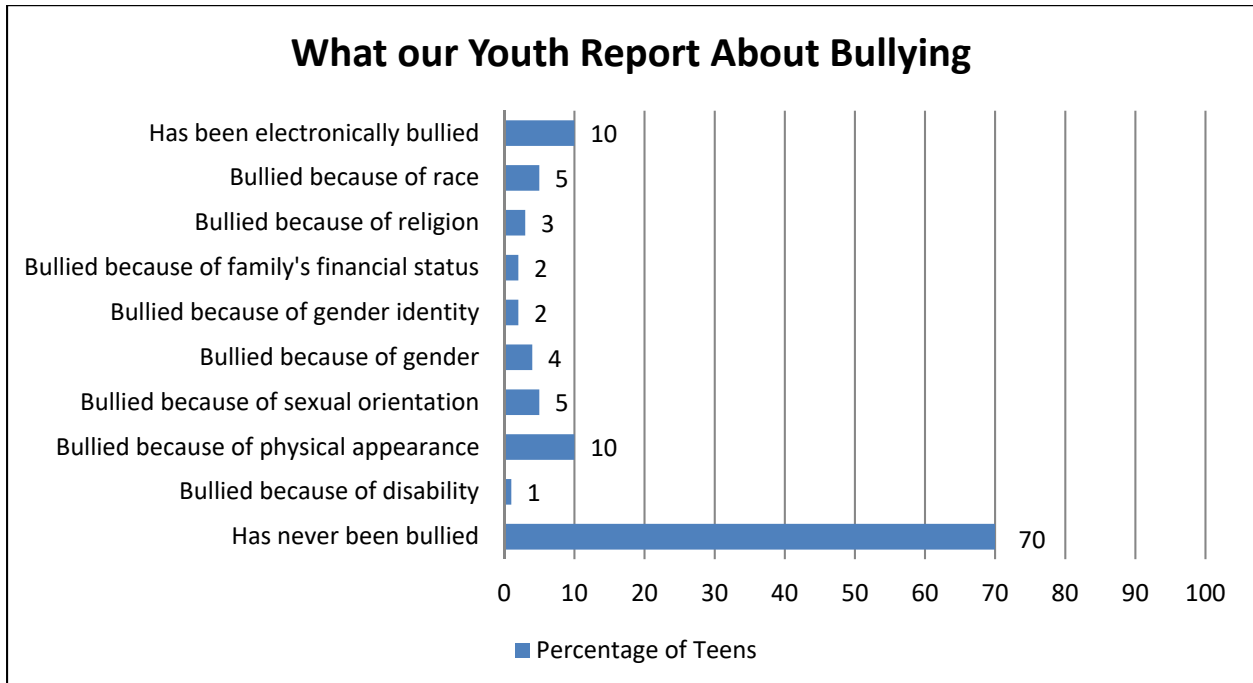
# Youth Safety and Health 2019



Source: Rockingham County/Harrisonburg Youth Survey

**What the numbers and other information told us:**

The percentage of teens who always wear a seatbelt increased by 4.2% from 2017 to 2019, and the percentage of those that don't drink and drive and don't ride with a driver who had been drinking remained steady.

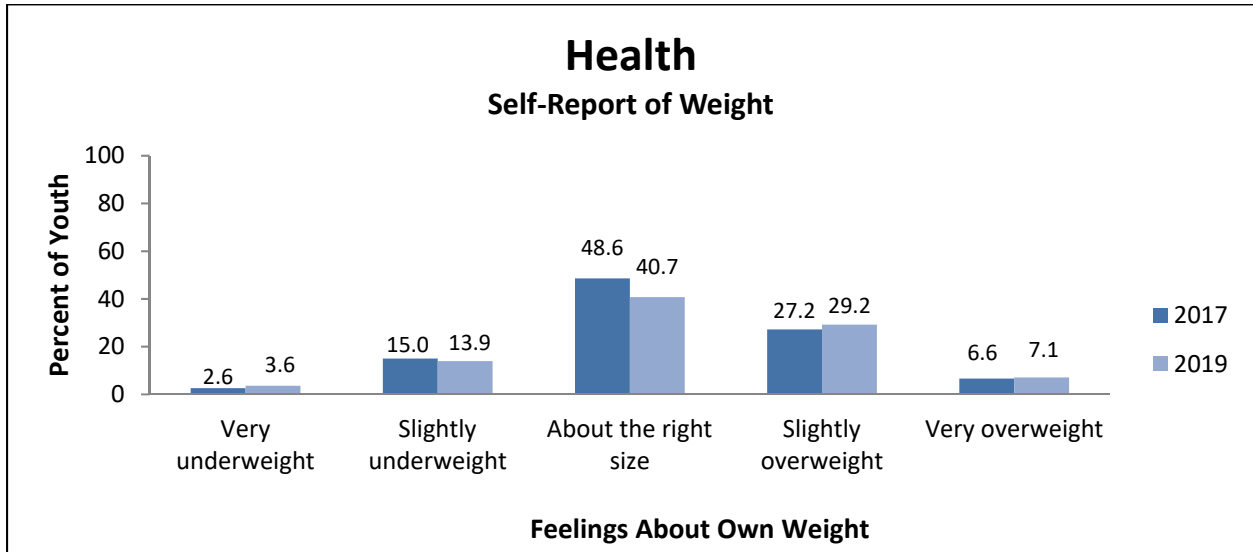


Source: Rockingham County/Harrisonburg Youth Survey

**What the numbers and other information told us:**

Although most students report they have never been bullied, 10% report having been bullied because of their physical appearance, and 10% have been electronically bullied.

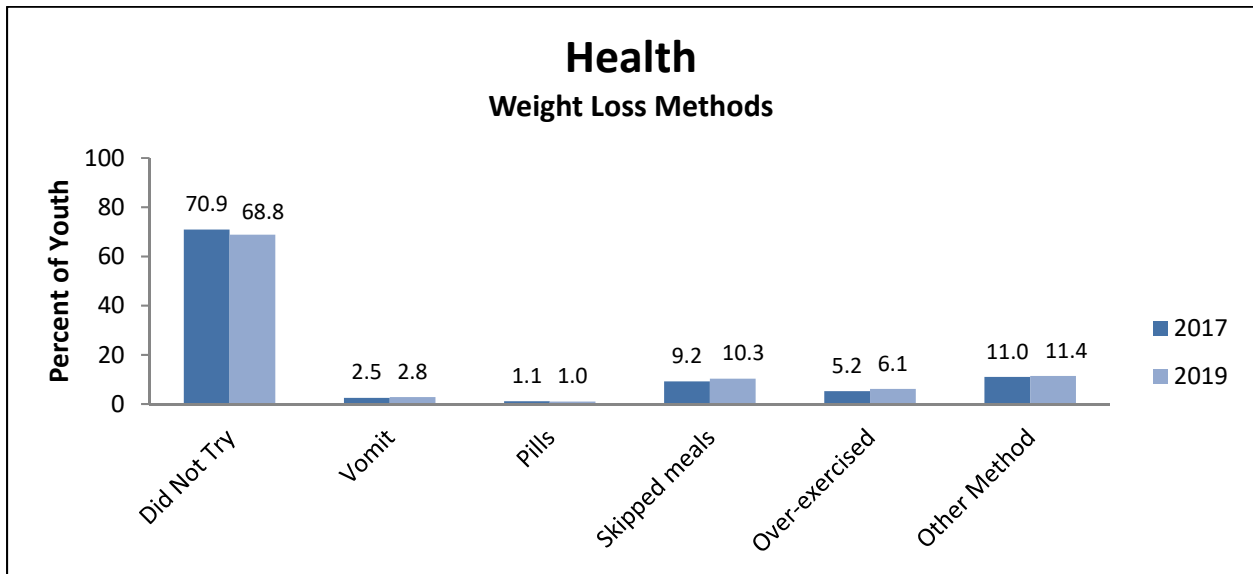
# Health 2019



Source: Rockingham County/Harrisonburg Youth Survey

**What the numbers and other information told us:**

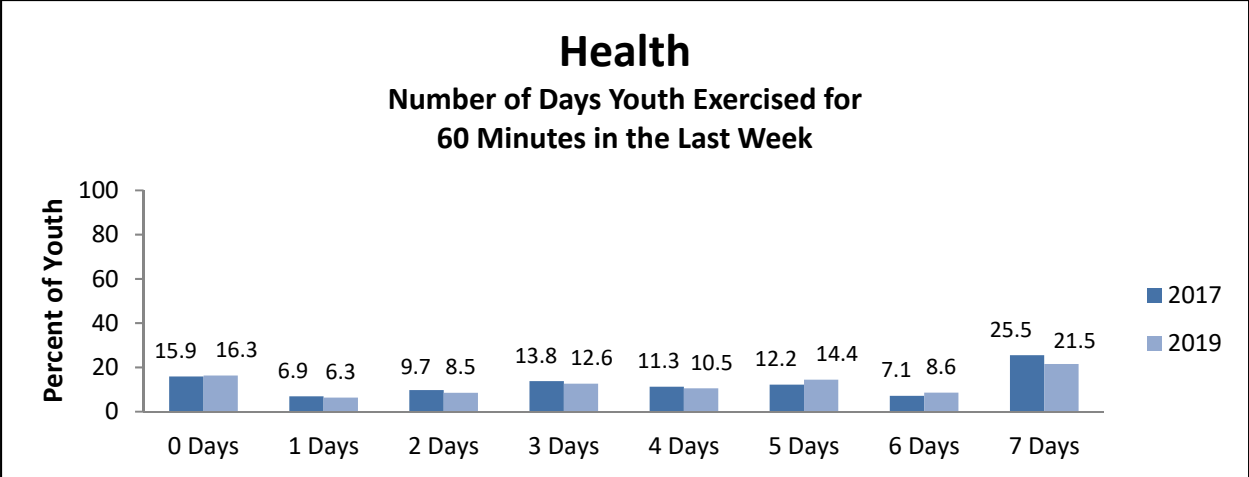
The percentage of youth who report that they are about the right size decreased 7.9% from 2017 to 2019, and the percentage of youth who report that they are slightly overweight or very overweight increased.



Source: Rockingham County/Harrisonburg Youth Survey

**What the numbers and other information told us:**

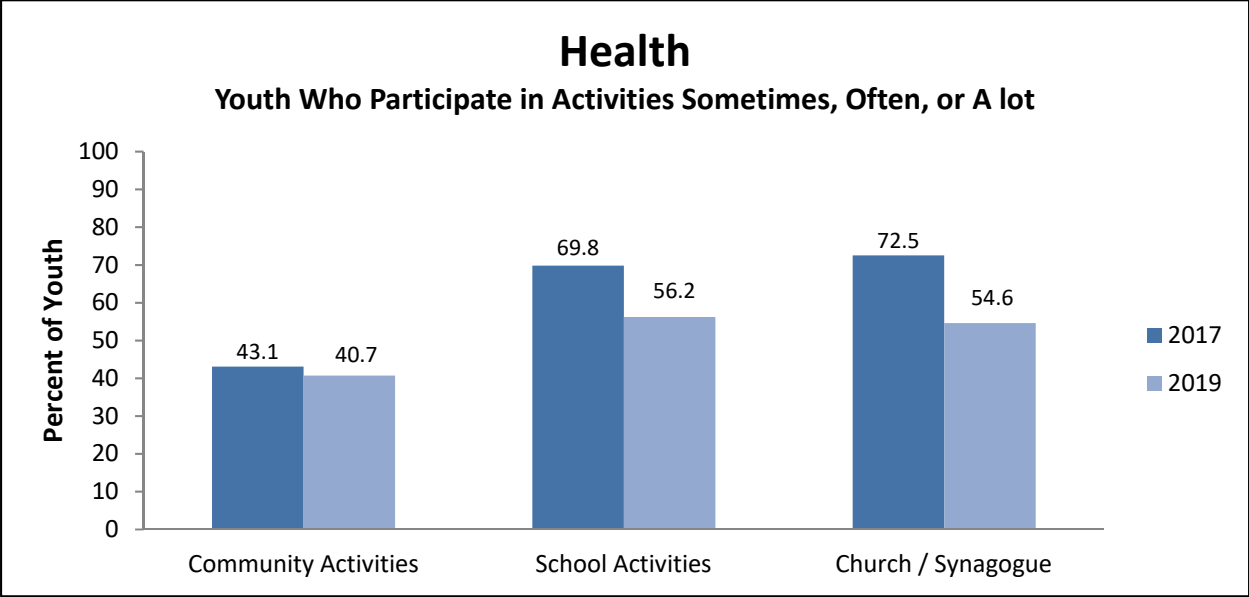
Overall, there was a decrease in the number of youth reporting that they were using these methods to lose weight. However, there were slight increases since 2017 in the number of teens reporting that they vomited, skipped meals, or over-exercised to lose weight.



Source: Rockingham County/Harrisonburg Youth Survey

**What the numbers and other information told us:**

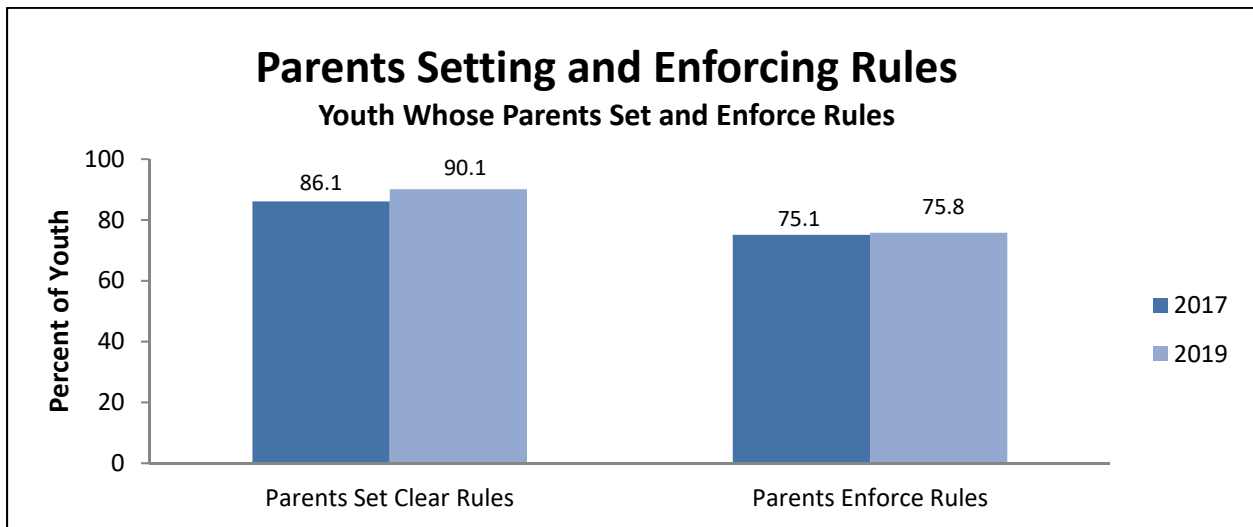
The number of students who report having exercised all seven days of the prior week decreased from 2017 to 2019, and the number of students who report having not exercised at all during that time period increased slightly.



Source: Rockingham County/Harrisonburg Youth Survey

**What the numbers and other information told us:**

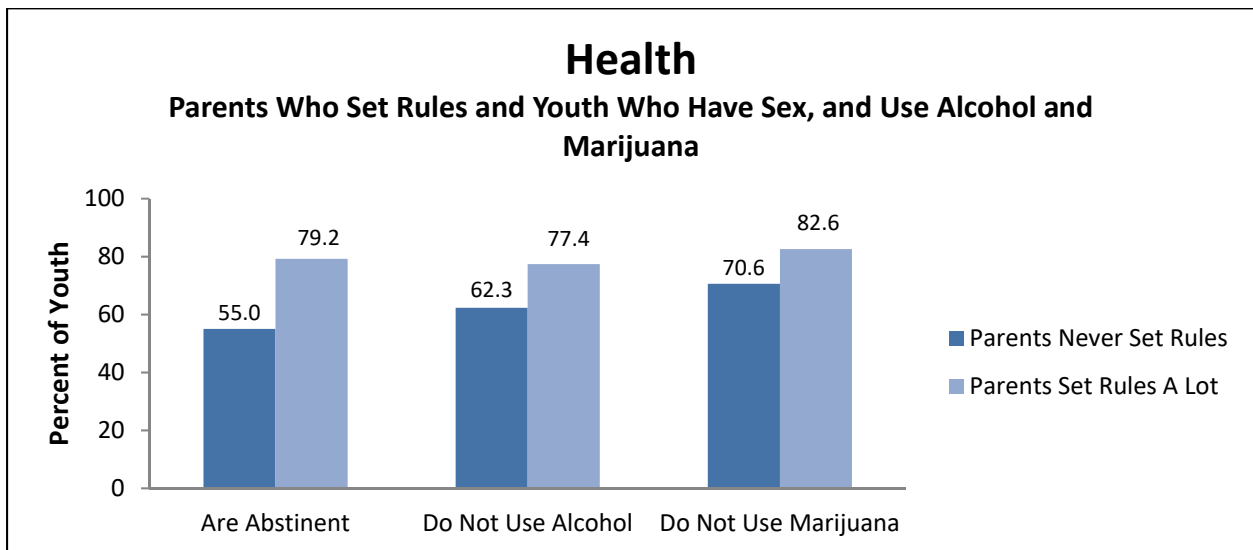
There were decreases in the number of teens who participate in activities sometimes, often, or a lot. The number of youth who reported participating in community activities decreased by 2.4%, the number of youth who reported participating in school activities decreased by 13.6%, and the number of youth who reported participating in church/synagogue activities decreased by 17.9%.



Source: Rockingham County/Harrisonburg Youth Survey

**What the numbers and other information told us:**

The reported rate at which parents set clear rules increased by 4% and the reported rate at which parents enforce rules increased by 0.7% from 2017 to 2019.



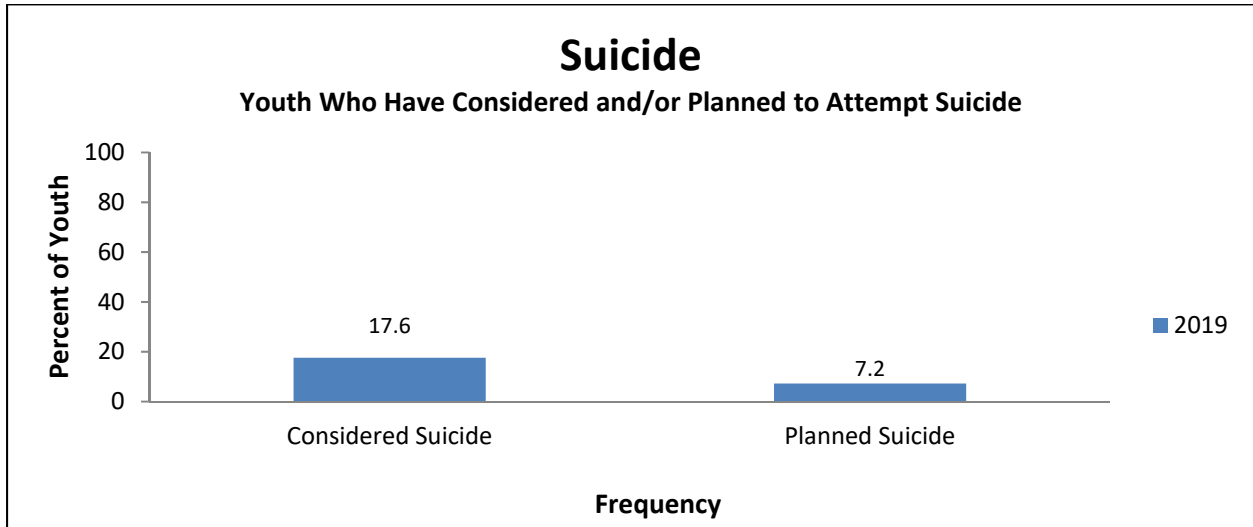
Source: Rockingham County/Harrisonburg Youth Survey

**What the numbers and other information told us:**

Children of parents who never set rules are less likely to abstain from sex, alcohol use, and marijuana use than children of parents who set rules a lot.



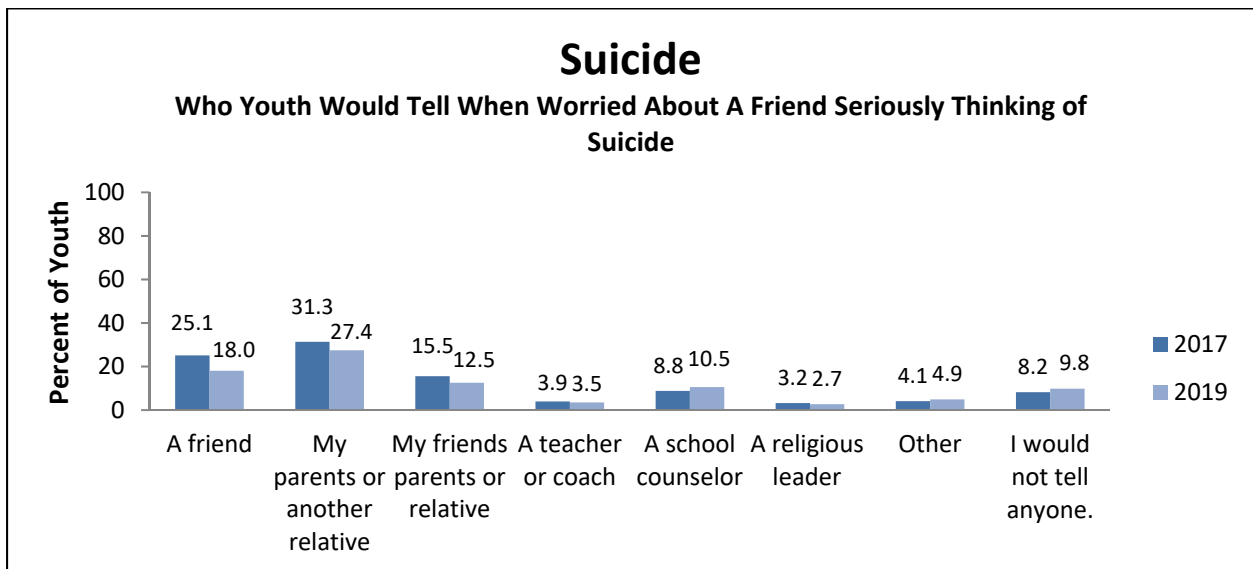
# Suicide 2019



Source: Rockingham County/Harrisonburg Youth Survey

**What the numbers and other information told us:**

In a newly formatted question for the 2019 survey, 17.6% of youth report having ever seriously considered attempting suicide, and 7.2% of youth report that made a plan for attempting suicide in the past 12 months.



Source: Rockingham County/ Harrisonburg Youth Survey

**What the numbers and other information told us:**

In 2019, 9.8% of youth reported they would not tell anyone if their friend was seriously thinking about suicide. This is a slight increase (1.6%) from 2017. Most teens (27.4%) would tell a parent or relative if they were worried about a friend committing suicide.

# Parental Information

## Education Level of Parents

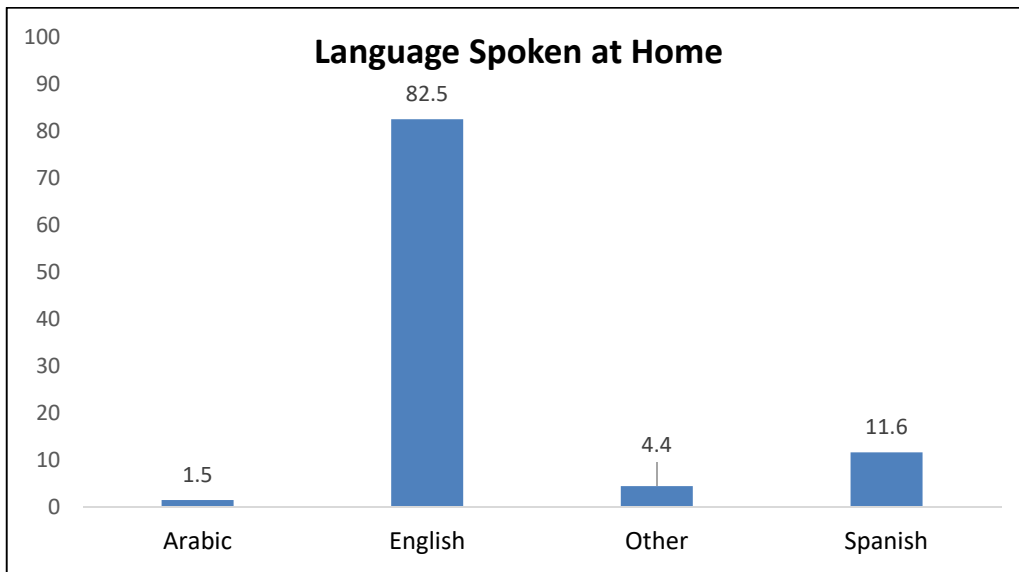
Reported by Youth

	Some High School	High school Graduate	Some College	College Graduate
Father	21.7%	34.0%	12.2%	31.2%
Mother	14.1%	26.5%	17.7%	41.6%

Source: Rockingham County/Harrisonburg Youth Survey

## Language Spoken at Home

Reported by Youth



# Youth Data Survey 2019

## Alcohol Use

**17.9%** of teens feel it is very easy to get alcohol products.

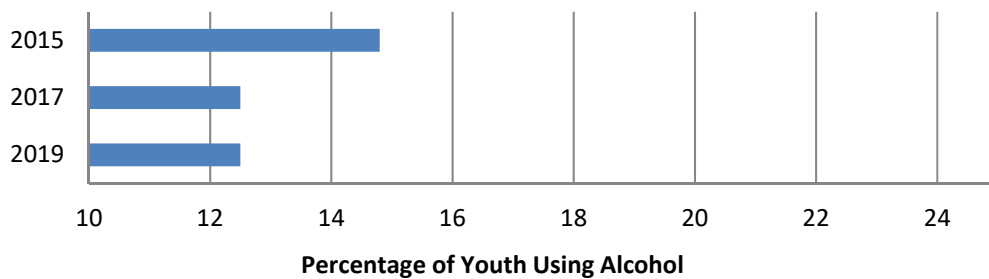
**7.8%** of teens say that their friends drink alcohol a lot.

**56.5%** of teens feel that drinking beer is very harmful to their health.

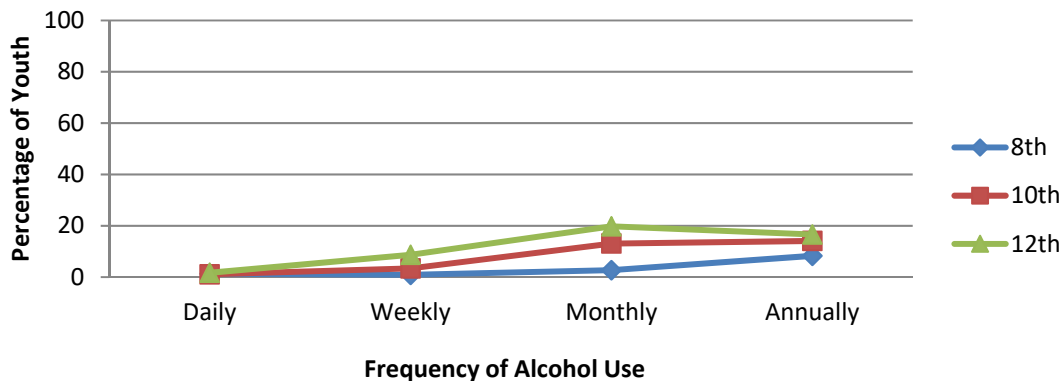
**68.3%** of teens feel that their parents would think that it would be very wrong if they used alcohol.

**67%** of teens do not drink alcohol.

**Youth Who Reported Alcohol Use Monthly**



**Frequency of Alcohol Use**



# Youth Data Survey 2019

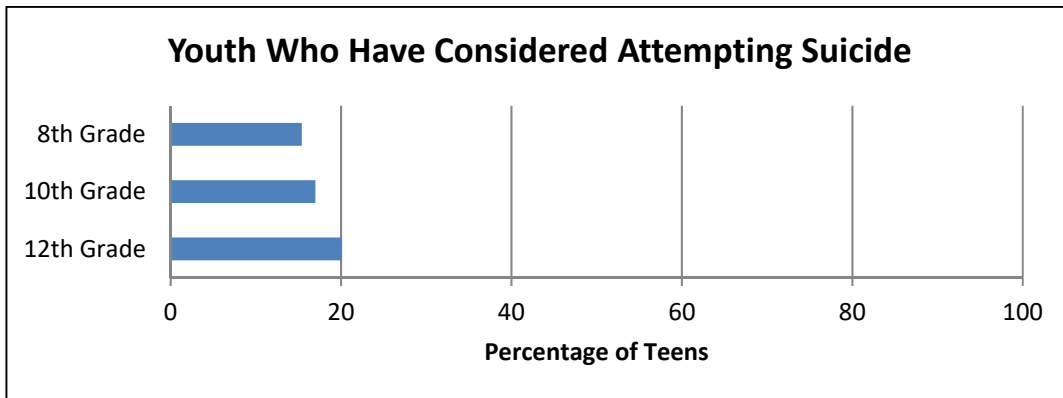
## Depression and Suicide

**27.4%** of teens would tell a parent or relative if they were worried about a friend attempting suicide.

**82.4%** of teens say that they have never considered attempting suicide.

**36%** of teens say they felt sad or hopeless for at least two weeks in the past year.

**80.2%** of teens say that they have not intentionally hurt their bodies in the last six months.



# Youth Data Survey 2019

## Tobacco & Drug Use

**74%** of teens have never used tobacco.

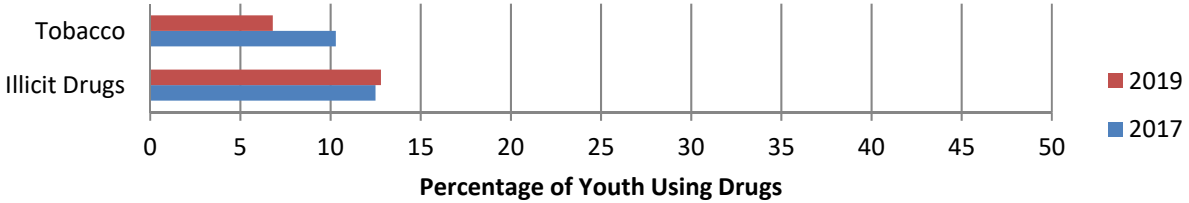
**20%** of teens report they have used marijuana.

**4.3%** of teens report they use tobacco weekly.

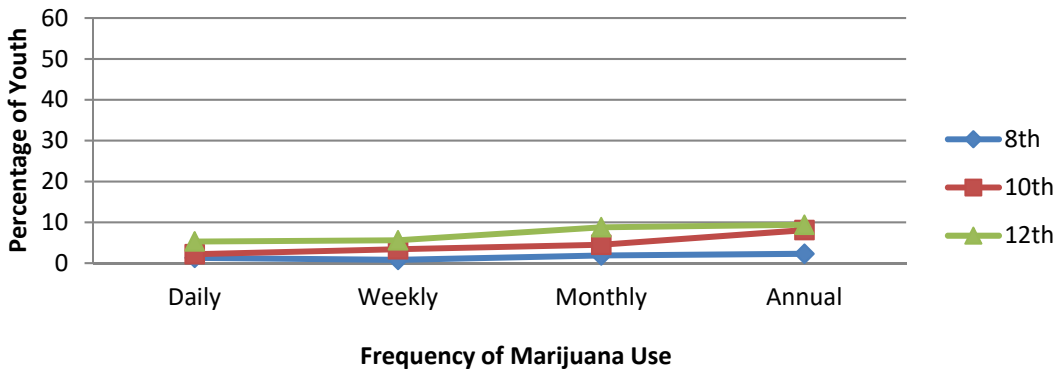
**38.8%** of teens feel that vaping is very harmful to their health.

**2.7%** of teens report they have used synthetic marijuana.

**Youth Who Reported Tobacco and Drug Use Monthly**



**Frequency of Marijuana Use**



# Youth Data Survey 2019

## Exercise, Nutrition, and Health

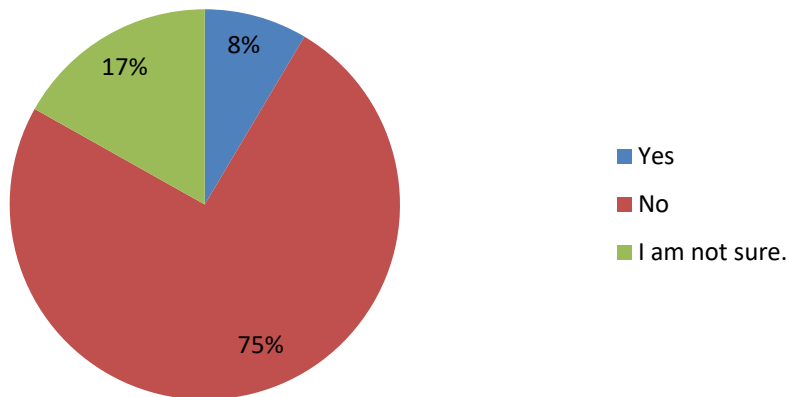
**83.7%** of teens say they have exercised for 60 minutes at least once in the last week.

**62.8%** of teens report getting less than 8 hours of sleep on an average school night.

**81%** of teens have *not* been told by a doctor that they are overweight.

**38.3%** of teens think they are overweight.

### Youth Who Have Been Tested for Sexually Transmitted Infections and/or HIV/AIDS



# Youth Data Survey 2019

## Safety

**63.5%** of teens say they always wear a seatbelt when riding in somebody else's vehicle.

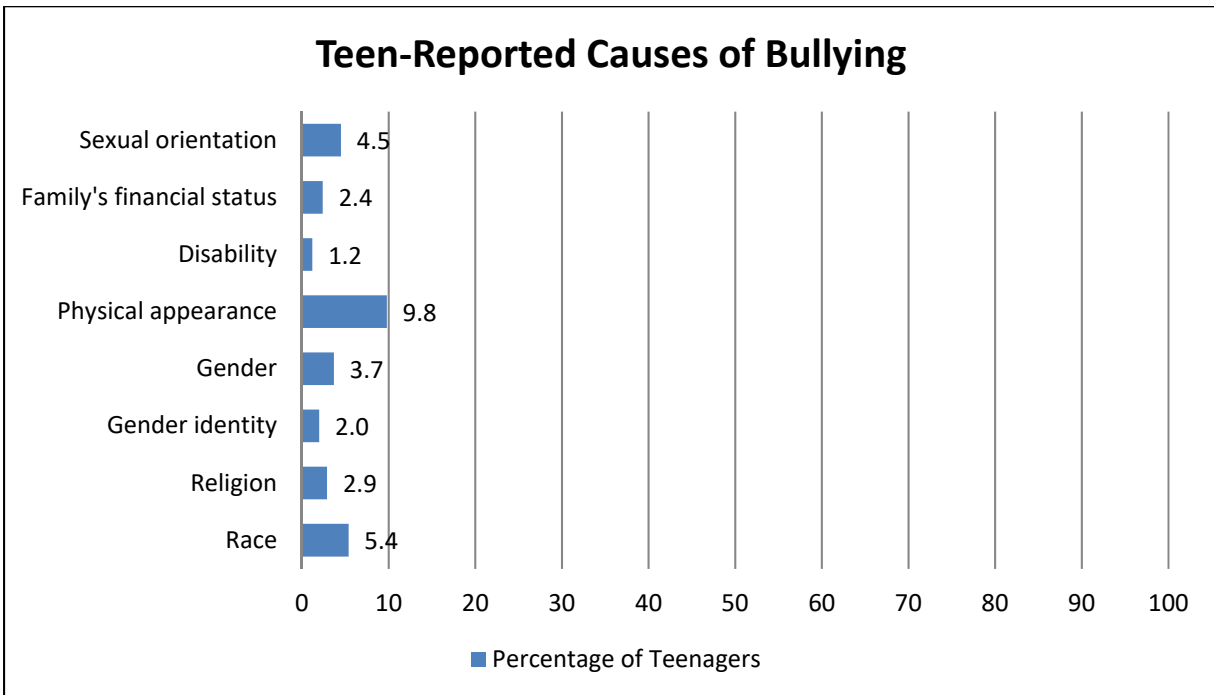
**10%** of teens report that they have been electronically bullied.

**88.4%** of teens say they feel safe in their neighborhoods.

**96.1%** of teens say they do not drink and drive.

**19.7%** of teens say they have texted or used social media while driving.

**86.2%** of teens say they do not ride with a driver who has been drinking.



# Youth Data Survey 2019

## Sexuality

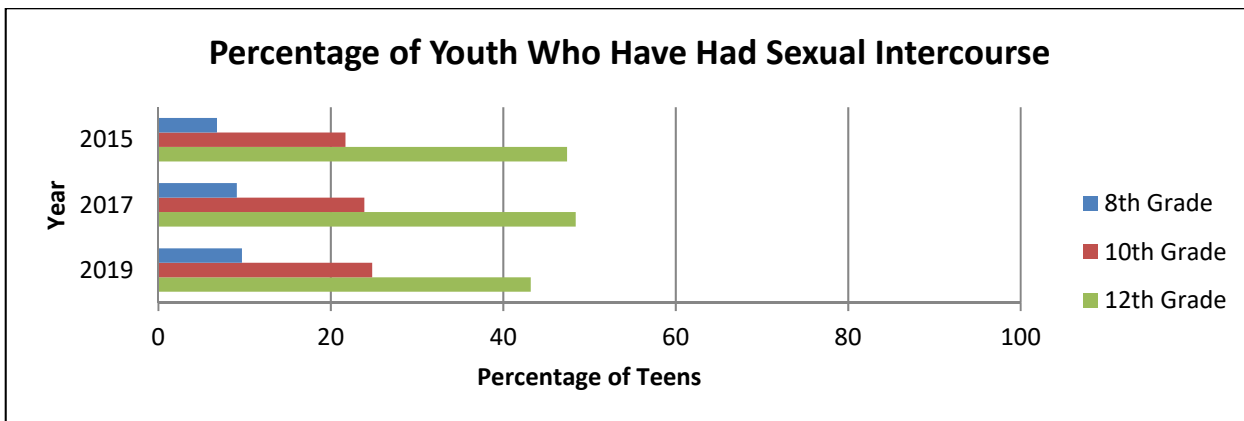
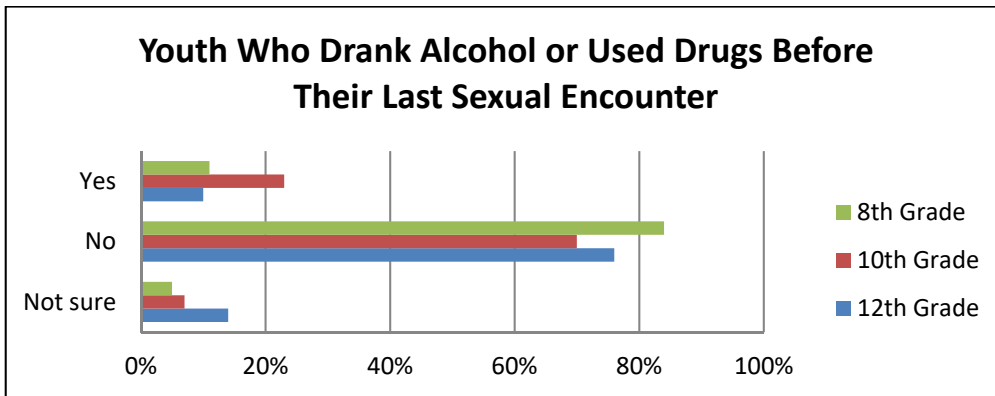
**69.4%** of teens say that they are sexually abstinent.

**17%** of teens say they drank alcohol or used drugs before the last time they had sexual intercourse.

**58.2%** of teens who are sexually active say that they use condoms.

**15.3%** of teens who are sexually active say that they do not use any form of protection.

**26.5%** of teens say they wish they had more information about preventing sexually transmitted infections.





# HARRISONBURG-ROCKINGHAM YOUTH DATA SURVEY

## INSTRUCTIONS



- USE A NO. 2 PENCIL
- FILL THE OVAL COMPLETELY
- DO NOT MAKE ANY STRAY MARKS

Please write in your school code: \_\_\_\_\_

**1. Ethnic Origin:**

- Two or more races
- White
- Black
- Hispanic/Latino
- Asian
- Native American
- Russian/Eastern European
- Other \_\_\_\_\_

**2. What sex were you assigned at birth, or on your original birth certificate?**

- Male
- Female

**3. How do you describe yourself?**

- I am a man
- I am a woman
- I am transgender
- I am gender non-conforming  
(My gender does not follow male or female expectations)

**4. Your grade:**

- 8
- 9
- 10
- 11
- 12

**5. Age:**

- 10 years old or less
- 11 years old
- 12 years old
- 13 years old
- 14 years old
- 15 years old
- 16 years old
- 17 years old
- 18 years old
- 19 years old or more

**6. Do you receive free or reduced-price lunch at school?**

- Yes
- No
- Unsure

**7. Do you live with:**

- Both parents
- Mother only
- Father only
- Mother and stepfather
- Father and stepmother
- Grandparents
- Foster parents
- Friend
- Other

**8. Do you have a job?**

- Yes, full-time
- Yes, part-time
- No

**9. What is the language you most often use at home?**

- English
- Spanish
- Arabic
- Other: \_\_\_\_\_

**10. Do you have a smart phone?**

- Yes
- No

**11. Over the past 12 months I have lived in: (select all that apply)**

- Stand-alone house (not connected to other houses)
- Townhouse or duplex
- Apartment or condo
- Motel
- Shelter
- A foster home
- I had nowhere to live
- Other: \_\_\_\_\_

**12. What is the educational level of your parents?**

- |                                               |                                               |
|-----------------------------------------------|-----------------------------------------------|
| Father:                                       | Mother:                                       |
| <input type="checkbox"/> Some high school     | <input type="checkbox"/> Some high school     |
| <input type="checkbox"/> High school graduate | <input type="checkbox"/> High school graduate |
| <input type="checkbox"/> Some college         | <input type="checkbox"/> Some college         |
| <input type="checkbox"/> College graduate     | <input type="checkbox"/> College graduate     |

**13. During the past 30 days, did you text or use social media (Instagram, Snapchat, Twitter, etc.) while driving a car or other vehicle?**

- I did not drive a car or other vehicle during the past 30 days
- Yes
- No

**14. If you have intentionally harmed your body in the past 6 months, please select each method you have used: (select all that apply)**

- I have not tried to intentionally harm myself in the past 6 months
- I have cut myself
- I have scratched myself
- I have hit or punched myself
- I have carved names/symbols into my skin
- Other

**15. Have you ever seriously considered attempting suicide?**

- Yes
- No

**16. In the past 12 months, did you make a plan for attempting suicide?**

- Yes
- No

**17. How often do your parents...**

- |                                                |                          |                          |                          |                          |                          |
|------------------------------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
|                                                | Never                    | Seldom                   | Sometimes                | Often                    | A lot                    |
| Set clear rules for you? . . . . .             | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Punish you when you break the rules? . . . . . | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

**18. How often do you...**

- |                                                                                            |                          |                          |                          |                          |                          |
|--------------------------------------------------------------------------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
|                                                                                            | Never                    | Seldom                   | Sometimes                | Often                    | A lot                    |
| Make good grades? . . . . .                                                                | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Skip school without your parents' permission in the past year? . . . . .                   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Get in trouble at school? . . . . .                                                        | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Take part in school sports teams? . . . . .                                                | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Take part in school activities such as band, clubs, etc.? . . . . .                        | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Take part in community activities such as scouts, rec. teams, youth clubs, etc.? . . . . . | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Attend church, synagogue, etc.? . . . . .                                                  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Get in trouble with the police? . . . . .                                                  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Take part in gang activities? . . . . .                                                    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

**19. Do your friends use...**

- |                                                            |                          |                          |                          |                          |                          |
|------------------------------------------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
|                                                            | Never                    | Seldom                   | Sometimes                | Often                    | A lot                    |
| Tobacco (cigarettes, vaping, cigars, dip, etc.)? . . . . . | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Alcohol (beer, liquor, etc.)? . . . . .                    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Marijuana (weed, pot, etc.)? . . . . .                     | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Prescription drugs not prescribed to them? . . . . .       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

**20. Have you had five or more glasses of beer, coolers, wine, or liquor within a few hours?**

- Never
- Seldom
- Sometimes
- Often
- A lot



**32. How do you feel about someone your age having one or two drinks of an alcoholic beverage nearly every day?**

- Neither approve or disapprove
- Somewhat disapprove
- Strongly disapprove
- Don't know or can't say

**33. During the past 30 days, how many times did you...**

Drive a car or other vehicle when you had been drinking alcohol?  
 0 times  1 time  2 or 3 times  4 or 5 times  6 or more

Ride in a car or other vehicle driven by someone who had been drinking alcohol?  
 0 times  1 time  2 or 3 times  4 or 5 times  6 or more

**34. How often do you wear a seatbelt?**

- Never
- Seldom
- Sometimes
- Most of the time
- Always

**35. While at school in the past year, have you...**

Never      One time      2-5 times      6 or more

- Carried a handgun?  Never  One time  2-5 times  6 or more
- Carried a knife or other weapon?  Never  One time  2-5 times  6 or more
- Threatened a student with a handgun, knife, or other weapon?  Never  One time  2-5 times  6 or more
- Threatened to hurt a student by hitting, slapping, or kicking?  Never  One time  2-5 times  6 or more
- Hurt a student by using a handgun, knife, or other weapon?  Never  One time  2-5 times  6 or more
- Hurt a student by hitting, slapping, or kicking?  Never  One time  2-5 times  6 or more
- Been threatened with a handgun, knife, or other weapon?  Never  One time  2-5 times  6 or more
- Had a student threaten to hit, slap, or kick you?  Never  One time  2-5 times  6 or more
- Been afraid a student may hurt you?  Never  One time  2-5 times  6 or more
- Been hurt by a student using a handgun, knife, or other weapon?  Never  One time  2-5 times  6 or more
- Been hurt by a student who hit, slapped, or kicked you?  Never  One time  2-5 times  6 or more

**36. In my school I feel safe...**

Never      Seldom      Sometimes      Often      A lot

- In the classroom  Never  Seldom  Sometimes  Often  A lot
- In the cafeteria (lunchroom)  Never  Seldom  Sometimes  Often  A lot
- In the halls  Never  Seldom  Sometimes  Often  A lot
- In the bathroom  Never  Seldom  Sometimes  Often  A lot
- In the gym  Never  Seldom  Sometimes  Often  A lot
- On the school bus  Never  Seldom  Sometimes  Often  A lot
- At school events  Never  Seldom  Sometimes  Often  A lot
- In the parking lot  Never  Seldom  Sometimes  Often  A lot

**37. Have you ever talked to your parents about...**

Never      Seldom      Sometimes      Often      A lot

- Sex?  Never  Seldom  Sometimes  Often  A lot
- Sexually transmitted infections or HIV/AIDS?  Never  Seldom  Sometimes  Often  A lot
- Preventing pregnancy?  Never  Seldom  Sometimes  Often  A lot
- Drugs?  Never  Seldom  Sometimes  Often  A lot
- Alcohol?  Never  Seldom  Sometimes  Often  A lot
- Unwanted sexual contact?  Never  Seldom  Sometimes  Often  A lot
- Tobacco (cigarettes, vaping, cigars, dip, etc.)?  Never  Seldom  Sometimes  Often  A lot

**38. Do your teachers ever talk to you about...**

Never      Seldom      Sometimes      Often      A lot

- Sex?  Never  Seldom  Sometimes  Often  A lot
- Sexually transmitted infections or HIV/AIDS?  Never  Seldom  Sometimes  Often  A lot
- Preventing pregnancy?  Never  Seldom  Sometimes  Often  A lot
- Drugs?  Never  Seldom  Sometimes  Often  A lot
- Alcohol?  Never  Seldom  Sometimes  Often  A lot
- Unwanted sexual contact?  Never  Seldom  Sometimes  Often  A lot
- Tobacco (cigarettes, vaping, cigars, dip, etc.)?  Never  Seldom  Sometimes  Often  A lot

**39. Do you wish to have more information about... (select all that apply)**

- Preventing pregnancy?
- Preventing sexually transmitted infection and HIV/AIDS?
- Drugs?
- Alcohol?
- Tobacco (cigarettes, vaping, cigars, dip, etc.)?
- Unwanted sexual contact?

**40. Have you ever had sexual intercourse?**

- No
- Yes
- If yes, how old were you when you had sexual intercourse for the first time?
- 12 or younger
- 13
- 14
- 15
- 16
- 17
- 18

**41. The last time that you had sexual intercourse did you use any of the following? (select all that apply)**

- I have not had sexual intercourse
- Drugs
- Alcohol
- None of the above
- Unsure

**42. The last time that you had sexual intercourse, what method(s) did you or your partner use to prevent pregnancy and/or sexually transmitted infections? (select all that apply)**

- I have never had sexual intercourse
- No method was used
- Birth control pills
- Condoms
- Withdrawal
- Birth control shot
- IUD

**43. Have you ever been tested for sexually transmitted infections and/or HIV/AIDS? (Do not count tests done if you donated blood.)**

- Yes
- No
- Not sure

**44. During the past 12 months, how many times did someone you were dating or going out with physically hurt you on purpose? (Count such things as being hit, slammed into something, or injured with an object or weapon.)**

- I did not date or go out with anyone during the past 12 months
- 0 times
- 1 time
- 2 or 3 times
- 4 or 5 times
- 6 or more times

45. Have you ever received a touch of a sexual nature from anyone, which you did not consent to or did not want?

- Yes  
 No  
 Unsure

46. Have you ever been forced to do sexual things you did not want to do by someone you were dating or going out with? (Count such things as kissing, touching, or being physically forced to have sexual intercourse.)

- Yes  
 No  
 Unsure

47. On an average school night, how many hours of sleep do you get?

- 4 or less hours  
 5 hours  
 6 hours  
 7 hours  
 8 hours  
 9 hours  
 10 or more hours

48. During the past 30 days, which of the following did you do to lose weight or keep from gaining weight? (select all that apply)

- I did not try to lose weight  
 I made myself vomit  
 I took diet pills  
 I skipped meals on purpose  
 I over-exercised  
 I used some other method but did not vomit or take diet pills

49. During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? (Add up all the time you spent in any kind of physical activity that increased your heart rate and made you breathe hard some of the time.)

- 0 days  
 1 day  
 2 days  
 3 days  
 4 days  
 5 days  
 6 days  
 7 days

50. I feel comfortable with my body size:

- Yes  
 No

51. How do you think of yourself?

- Very underweight  
 Slightly underweight  
 About the right weight  
 Slightly overweight  
 Very overweight

52. Has a doctor told you that you are overweight?

- Yes  
 No

53. During the past 7 days on how many days did you have a drink that was sweetened with sugar? Such as: sports drinks (Gatorade/Powerade), energy drinks (Monster/Redbull), sweet tea, lemonade, etc.

- 1 to 3 times during the past 7 days  
 4 to 6 times during the past 7 days  
 1 time per day  
 2 times per day  
 3 times per day  
 4 or more times per day

54. Have you ever been suspended from school?

- Yes  
 No

55. During the past 12 months, how often have you done volunteer work (for a charity, a neighbor, through church, etc.)?

- More than once a week  
 Once a week  
 Once a month  
 At least 2-3 times in the past year  
 Once in the past year  
 Not at all in the past year  
 Don't know

56. During the past 12 months, how often have your parents or guardians done volunteer work (for a charity, a neighbor, or through church, etc.)?

- More than once a week  
 Once a week  
 Once a month  
 At least 2-3 times in the past year  
 Once in the past year  
 Not at all in the past year  
 Don't know

57. How often do you feel safe in your neighborhood?

- All of the time  
 Most of the time  
 Some of the time  
 Never

58. When you are not at home, how often does one of your parents/guardians know where you are and who you are with?

- All of the time  
 Most of the time  
 Some of the time  
 Never

59. My parents/guardians ask if I've gotten my homework done.

- Yes  
 No

60. During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?

- Yes  
 No

61. Who would you tell if you were worried that a friend is seriously thinking about suicide? (select only one)

- Another friend  
 My parent or another relative  
 My friend's parent or relative  
 A teacher or coach  
 A school counselor  
 A religious leader (my minister, priest, rabbi or youth leader)  
 Other  
 I would not tell anyone

62. In the past 12 months, have you been electronically bullied? (Count being bullied through social media, email, chat rooms, websites and texting.)

- Yes  
 No

63. In the past 12 months, I have been bullied (verbally, physically, and/or electronically) because of: (select all that apply)

- I have not been bullied in the past year  
 My race  
 My religion  
 My family's financial status  
 My sexual orientation  
 My gender  
 My gender identity  
 My physical appearance  
 My disability  
 Other: \_\_\_\_\_