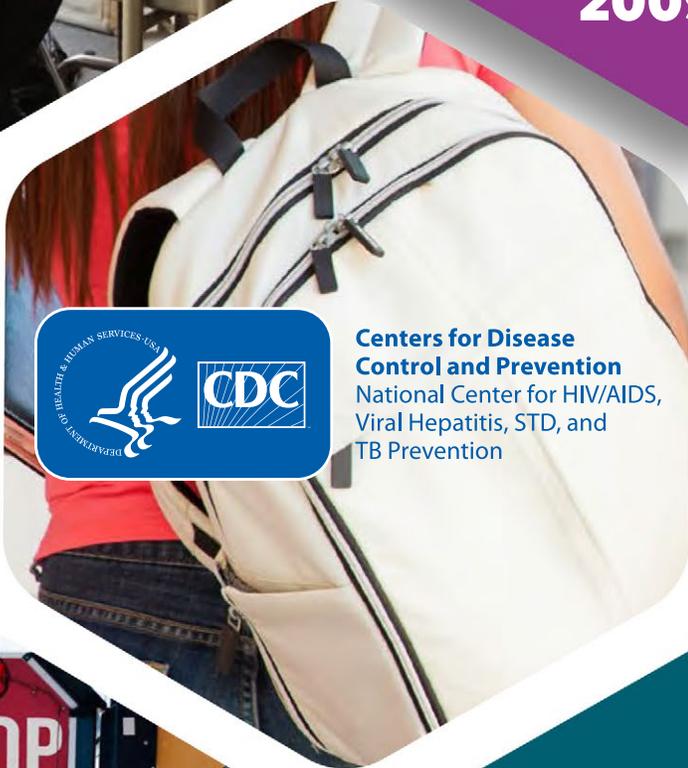




# YOUTH RISK BEHAVIOR SURVEY

## DATA SUMMARY & TRENDS REPORT

### 2009-2019



**Centers for Disease Control and Prevention**  
 National Center for HIV/AIDS,  
 Viral Hepatitis, STD, and  
 TB Prevention



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# EXECUTIVE SUMMARY

The *Youth Risk Behavior Survey Data Summary & Trends Report: 2009–2019* provides the most recent surveillance data on health behaviors and experiences among high school students in the US related to four priority areas associated with sexually transmitted diseases (STDs), including HIV, and unintended teen pregnancy: ***Sexual Behavior, High-Risk Substance Use, Experiencing Violence, and Mental Health and Suicide.***

This report is developed every other year by the Centers for Disease Control and Prevention’s (CDC) Division of Adolescent and School Health (DASH). DASH’s mission is to strengthen schools, families, and communities to prevent HIV, STDs, and unintended pregnancy and help youth become healthy, successful adults. To accomplish this mission, DASH

- ✓ **Maintains high-quality surveillance systems.**
- ✓ **Translates scientific research on what works to help youth.**
- ✓ **Supports school districts in implementing quality health education.**
- ✓ **Establishes systems that connect students to health and behavioral services.**
- ✓ **Helps to create safer and more supportive school environments.**

DASH also plays a vital role in promoting practices that help youth achieve good mental health and in supporting schools as they prepare youth to live healthier, more successful lives.



## WHY CDC FOCUSES ON FOUR PRIORITY AREAS

Health risk behaviors and experiences related to sexual behavior, high-risk substance use, violence, and poor mental health and suicide contribute to substantial health problems for adolescents, including risk for HIV, STDs, and unintended teen pregnancy.<sup>1-15</sup> Consequences of these risks extend beyond health, as adolescent substance use, risky sexual behavior, and experiencing violence impact academic achievement and thus future occupational and financial opportunities that are intertwined with health in adulthood.<sup>16,17</sup>



## WHAT IS NEW?

Three new behaviors are included in this version of the Youth Risk Behavior Survey Data Summary and Trends Report: recent prescription opioid misuse, STD testing, and HIV testing. CDC collected data on STD testing and recent opioid misuse for the first time in 2019. This report also provides data on health behaviors of sexual minority youth from three consecutive Youth Risk Behavior Survey (YRBS) cycles, allowing trends to be reported for the first time. CDC is committed to leveraging surveillance systems to be responsive to new and emerging issues facing the nation’s youth.





## ORGANIZATION OF THE YOUTH RISK BEHAVIOR SURVEY DATA SUMMARY & TRENDS REPORT

The *Youth Risk Behavior Survey Data Summary & Trends Report: 2009–2019* is organized into five chapters. The first four correspond to the four priority focus areas associated with STDs, HIV, and unintended teen pregnancy. They are:

- 1 **sexual behavior,**
- 2 **high-risk substance use,**
- 3 **experiencing violence,** and
- 4 **mental health and suicide.**

A fifth chapter focuses on sexual minority youth, defined in this report as those who identify as lesbian, gay, or bisexual; who are not sure of their sexual identity; or who have sexual contact with persons of the same or both sexes. All chapters provide trend data on key topic area indicators (when available), and all chapters except the sexual minority youth chapter (due to small sample population sizes) provide information on differences by sex and race/ethnicity. The sexual minority youth chapter examines key indicator variables by sexual identity and by sex of sexual contacts. Each chapter of this report includes summary findings.

All chapters of this report contain tables broadly categorizing trends as

-  **green**  
(moving in the right direction),
-  **yellow**  
(no change), or
-  **red**  
(moving in the wrong direction).

Red trends highlight areas needing decisive intervention. While many green categories show that empowered adolescents are making good choices, the red categories show where

adolescents are not receiving sufficient support from adults, their communities, and society at large. Many of the red categories represent experiences beyond individual control, but these experiences could be prevented through school, community, and family support. This approach shows that while progress has been made in multiple categories, there is much work to be done to ensure that adolescents have the support they need to mature into healthy, successful adults.



## KEY FINDINGS

In a number of areas, particularly **regarding sexual behavior and high-risk substance use, trends over time are improving** and moving in the right direction. These include **declines** in the percentage of students who **ever had sex, had four or more sex partners, are currently sexually active, or ever used or injected drugs**. These behaviors have important implications for health and well-being, and these improvements show that American youth can and are making better choices for their lives.

On the other hand, experiences of violence, such as **bullying (both electronically and at school) and forced sex, remain high** among youth, and trends in these experiences also remain flat. More can be done to create safe environments for youth.

Some trends are moving in the **wrong direction**. **Condom use** among youth **has declined** for the past decade, which is cause for concern. As STD rates increase among young people in the US, lack of condom use leaves many adolescents vulnerable to HIV and other STDs such as chlamydia, gonorrhea, and syphilis.

Of significant concern is that student reports of **negative mental health and safety issues continue to increase**. A growing percentage of students surveyed reported that they **did not go to school because of safety concerns**. An increasing percentage of American youth **felt sad or hopeless for at least two weeks** to the degree that they could not engage in their usual activities. The percentage of students **who seriously considered suicide or made a suicide plan also increased significantly** in the last decade. These trends show that adolescents are critically in need of adult support in addressing safety and mental health issues, problems which are largely beyond an adolescent's control.

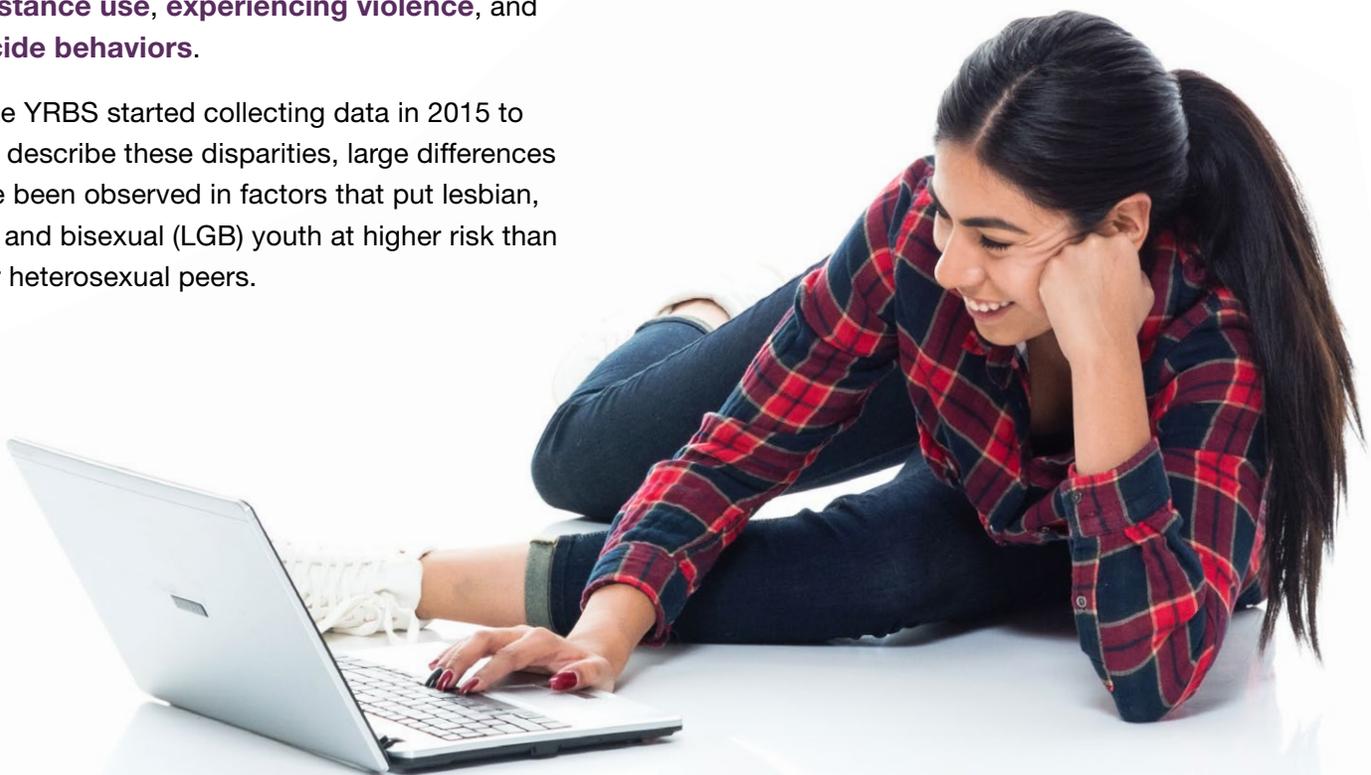
While these trends apply to all high school students in the US, closer examination reveals that subsets of students have very different experiences, some better and some worse. Unfortunately, **stark disparities were found in all key health risk behaviors between sexual minority students and their peers**. Most **risk behaviors and experiences** were found to be **higher in sexual minority youth** than among heterosexual youth and those who did not have same sex partners, especially regarding **substance use, experiencing violence, and suicide behaviors**.

Since YRBS started collecting data in 2015 to help describe these disparities, large differences have been observed in factors that put lesbian, gay, and bisexual (LGB) youth at higher risk than their heterosexual peers.

Since 2015, most trends in these factors have remained flat, showing little to no improvement. There were a few notable exceptions and the directions of these trends were mixed:

-  The percentage of **LGB youth** who experienced **physical dating violence significantly decreased**.
-  Among **students who had any sexual contact with people of the same sex**, the percentage who were **threatened or injured with a weapon or who did not go to school because of safety concerns significantly increased**.
-  **Of those students who had sexual contact with people of the same sex**, the percentage who **seriously considered suicide significantly increased**.
-  The percentage of **LGB students who had an HIV test significantly decreased**.

These trends show the critical need to put supports in place that specifically address the needs of LGB youth.





## HOW CAN YOU USE THE DATA FROM THIS REPORT?

Data from this report can be used to

- ✓ **Guide conversations with key stakeholders (e.g., public health organizations, education organizations, community groups, parent groups) and other partners who are focused on improving adolescent health behaviors.**
- ✓ **Identify and address adolescent health disparities related to race/ethnicity and sexual orientation.**
- ✓ **Inform the development of evidence-based policies to address HIV, STDs, unintended pregnancy, violence, and mental health among youth.**
- ✓ **Justify funding for school-based or community programs that protect and support student health and provide needed services.**
- ✓ **Promote awareness and bring the community together to address gaps in the health needs of adolescents.**
- ✓ **Monitor progress toward achieving the *Healthy People* national health objectives and other program indicators.**



## WHAT ACTIONS COULD IMPROVE THE HEALTH OF OUR NATION'S STUDENTS?

Behaviors established during adolescence often continue into adulthood, and young people's experiences during this critical time have long-lasting impacts on their future health and well-being.

CDC has established an evidence-based approach to school-based HIV and STD

prevention, which also impacts substance use and experiencing violence. It includes providing quality sexual health education, connecting students to sexual health services, and establishing safe and supportive school environments. These evidence-based strategies benefit all students. Further, activities related to health education and health services can be tailored to address health outcomes other than sexual behaviors, including high-risk substance use, violence, and mental health. Promoting safe and supportive environments, which includes increasing school connectedness and engaging parents, can impact all of these health outcomes.

Connectedness to family, peers, and important adults in schools and community organizations is key to protecting adolescent health. Students are more likely to thrive if they know they matter and that they have adults, teachers, and friends who care about their safety and success. These protections can last long into adulthood, leading to better mental health, less substance use, fewer experiences of violence, and a lower likelihood of STDs.

Families can provide an essential source of connectedness and support by staying engaged with what is going on in their adolescents' daily lives and talking to them about their family values. Schools can build environments that provide safety and a sense of connection for students, deliver evidence-based health education that provides skill-building information for healthy decision-making, and connect students to necessary health services.

Schools, families, and communities can work together to provide more intentional messages, skills, and mental health support for adolescents so that encouraging trends can continue and troubling trends can be reversed.

CDC and partners are taking action on multiple levels, including funding, implementing, and evaluating programs that address many health risks and protective factors that impact adolescents.

# INTRODUCTION



CDC routinely monitors youth health behaviors and experiences; collaborates with education agencies to implement primary prevention of HIV, STDs, and unintended teen pregnancy; and conducts research to evaluate innovative prevention strategies. CDC developed the Youth Risk Behavior Surveillance System to monitor health-related behaviors that contribute to the leading causes of death and disability among youth and adults. As part of this system, CDC conducts the national Youth Risk Behavior Survey (YRBS) every two years, most recently in 2019.

In this report, multiple years of YRBS data are used to spotlight four priority focus areas associated with HIV, other STDs, and

unintended teen pregnancy:

***Sexual Behavior,  
High-Risk Substance  
Use, Experiencing  
Violence, and  
Mental Health  
and Suicide.***

Health behaviors and experiences related to

these four areas contribute to substantial morbidity for adolescents.

Efforts to prevent HIV, STDs, and unintended teen pregnancy must consider the array of factors that contribute to risk

and how those factors fit together. Consequences of these risks extend beyond health, as these four areas impact academic achievement and thus future occupational and financial opportunities that are intertwined with health into adulthood.<sup>17,18</sup> Patterns of disparities by sex, by race/ethnicity, and by sexual minority status indicate the need to look beyond a singular focus on sexual behavior to understand the prevention needs of specific adolescent populations.<sup>19</sup>

This report breaks down 24 variables important in understanding the 4 priority areas by sex, race/ethnicity, and sexual minority status. It also provides 10-year trends (2009–2019) to track adolescent behaviors over time. In addition, trends in priority health behaviors for sexual minority youth (SMY) from 2015 through 2019 are provided for the first time by sexual identity and by sex of sexual contacts.

CDC's YRBS has a long history of providing health data about American high school students; these assessments are crucial to CDC's mission. Although adolescents are in good physical health overall, clear risks remain. This report identifies subgroups who are at an increased risk for HIV, STDs, unintended teen pregnancy, and related risk factors. The timing of this data collection represents a pre-pandemic baseline of the health of our nation's youth and will serve as an important marker against which to measure the recovery of our communities for years to come.

CDC will continue to work with partners in public health and education to develop and implement strategies to address the disparities highlighted





in this report. Now more than ever, improving the health of adolescents, and subsequently their health into adulthood, will require collective action at the family, school, and community levels. CDC hopes that this report will aid decisions regarding planning, intervention selection, and program implementation.



## YRBS SUMMARY PRIORITY VARIABLES

The 24 variables in this report reflect questions and composite variables from the 2019 National YRBS Questionnaire. The full questions are listed in the appendix.

### Sexual Behavior:

The eight YRBS sexual behavior variables included in this report address well-established risk and protective factors for HIV, STDs, and unintended teen pregnancy. Adolescents who engage in sexual risk behaviors have a greater likelihood of contracting HIV or STDs and of becoming pregnant.

### High-Risk Substance Use:

For this report, high-risk substance use is defined as any use by adolescents of select illicit drugs (i.e., cocaine, heroin, methamphetamines, inhalants, hallucinogens, or ecstasy), prescription opioid misuse, or recent prescription opioid misuse, as well as injection of illegal drugs. The four substance use variables included in this report are related to substantial risk for HIV and STDs. Injection drug use places adolescents at direct risk for HIV, while drug use, regardless of mode of administration, places adolescents at risk of overdose. Drug use is also associated with sexual risk behavior, experiencing violence, and mental health and suicide risks.<sup>3,20</sup>

### Experiencing Violence:

The seven violence-related variables in this report are all linked to poor health outcomes. Three of these—being threatened or injured with a weapon at school, not going to school because of feeling unsafe at or on the way to school, and being bullied at school—are indicators of disruption in the school setting that impact school connectedness, an important protective factor for substance use, sexual behavior, and mental health that can also impact academic success.<sup>21,22</sup>

Research suggests adolescents who are bullied, whether at school or electronically, are more likely to have multiple sexual partners, to have sex without a condom, to use substances, and to experience depression.<sup>1,10-14</sup> Forced sex is directly related to HIV and STD risk,<sup>23</sup> but it is also related to the experience of trauma, which research has linked to substance use, mental health problems, and suicide risk.<sup>24</sup> Physical and sexual dating violence may have similar impacts.

### Mental Health and Suicide:

The YRBS includes only one measure (persistent feelings of sadness or hopelessness) that may serve as a proxy measure for poor mental health, in addition to several measures of risk for suicide. Poor mental health is associated with a host of health risks, both during adolescence and into adulthood, including risk for HIV and other STDs.<sup>2</sup> Young people who feel hopeless about their future are more likely to engage in behaviors that put them at risk for HIV, STDs, and unintended pregnancy.<sup>25,26</sup> Suicide risk, measured here by increasing levels of suicide ideation and action, not only places the life of the adolescent at risk but is also a marker for experience with trauma and other mental health issues.<sup>26</sup>



## NATIONAL YOUTH RISK BEHAVIOR SURVEY METHODOLOGY

### WHAT IS THE NATIONAL YOUTH RISK BEHAVIOR SURVEY (YRBS)?

CDC's school-based survey measuring adolescent health risk behaviors and experiences.

### WHAT IS THE SURVEY METHODOLOGY?

YRBS is conducted every other year among a nationally representative sample of US public and private high school students. Detailed YRBS methods are published elsewhere.\*

### HOW WERE THE DATA ANALYSES CONDUCTED?

A full description of YRBS analytic methods is published in the CDC's *Morbidity and Mortality Weekly Report*\* and on the CDC website. See Technical Notes in this report for additional information.

\*Underwood JM, et. al. Overview and Methodology for the Youth Risk Behavior Surveillance System—United States, 2019. *MMWR Suppl* 2020;69(No. Suppl 1):1-10.



## LEARN MORE ABOUT THE YRBS

More information about the YRBS is available at [www.cdc.gov/YRBS](http://www.cdc.gov/YRBS).



# FOCUS AREA

## SEXUAL BEHAVIOR

Progress at-a-glance for sexual behavior variables . . . . .	12
Summary of results for sexual behaviors . . . . .	13
Ever had sex . . . . .	14
Four or more lifetime sexual partners . . . . .	16
Currently sexually active . . . . .	18
Used a condom during last sexual intercourse . . . . .	20
Effective hormonal birth control use . . . . .	22
Condom and effective hormonal birth control use (dual method use) . . . . .	24
Tested for HIV . . . . .	26
Tested for sexually transmitted diseases . . . . .	28



# PROGRESS AT-A-GLANCE FOR SEXUAL BEHAVIOR VARIABLES\*

Many young people engage in sexual behaviors that can result in adverse health outcomes, such as unintended pregnancy and STDs, including HIV. In 2018, young people aged 13–24 accounted for 21% of all new HIV diagnoses in the United States and dependent areas.<sup>27</sup> Half of the nearly 20 million new STDs reported each year are among young people aged 15–24.<sup>28</sup> Other sexual behaviors can protect against STDs, including HIV, and unintended pregnancy, such as condom use and hormonal birth control use. Although teen birth rates are currently at their lowest recorded levels, there were still 180,000 infants born to adolescent females in 2018.<sup>29</sup>

Sexual behaviors are measured with questions regarding sexual activity, numbers of sexual partners, and use of condoms and effective hormonal birth control. Not all variables were available for 10 years of trends.

THE PERCENTAGE OF HIGH SCHOOL STUDENTS WHO*:	2009 Total	2011 Total	2013 Total	2015 Total	2017 Total	2019 Total	Trend
Ever had sex	46.0	47.4	46.8	41.2	39.5	38.4	
Had four or more lifetime sexual partners	13.8	15.3	15.0	11.5	9.7	8.6	
Were currently sexually active	34.2	33.7	34.0	30.1	28.7	27.4	
Used a condom during last sexual intercourse <sup>†</sup>	61.1	60.2	59.1	56.9	53.8	54.3	
Used effective hormonal birth control <sup>†</sup>	—	—	25.3	26.8	29.4	30.9	
Used a condom and effective hormonal birth control <sup>†</sup>	—	—	8.8	8.8	8.8	9.1	
Were ever tested for HIV	12.7	12.9	12.9	10.2	9.3	9.4	
Were tested for sexually transmitted diseases during the past year <sup>‡</sup>	—	—	—	—	—	8.6	—

Source: National Youth Risk Behavior Surveys, 2009–2019

\*For the complete wording of YRBS questions, refer to Appendix.

<sup>†</sup>Among students who were currently sexually active.

<sup>‡</sup>Variable introduced in 2019.



In wrong direction



No change



In right direction

# SUMMARY OF RESULTS FOR **SEXUAL BEHAVIORS**

Fewer students engaged in sexual behaviors that increase their risks for HIV, STDs, and unintended pregnancy from 2009 through 2019. However, data trends highlight some behaviors that need improvement.

**Over the last 10 years, fewer high school students engaged in sexual activity.**

**Students in all racial/ethnic groups were less likely to have had four or more sexual partners from 2009 through 2019.**

**The percentage of black, white, and Hispanic students who ever had sex or were sexually active decreased from 2009 through 2019.**

**Fewer sexually active high school students used condoms from 2009 through 2019.**

**All students, with the exception of Hispanic students, were more likely to use effective hormonal contraception in 2019 than 2013. However, more white students used effective contraception than black or Hispanic students.**

**Fewer students got tested for HIV from 2009 through 2019.**

**Only 9% of students were tested for STDs during the past year. More female than male students and more black than white students were tested for STDs.**

# FOCUS AREA

## SEXUAL BEHAVIOR

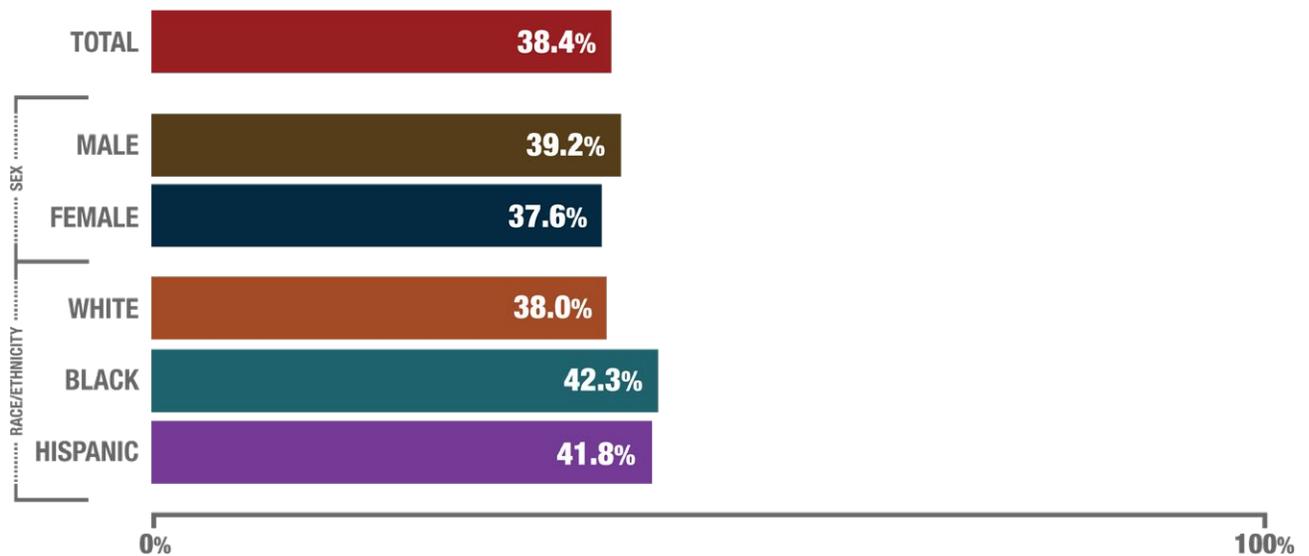
VARIABLE

### EVER HAD SEX

In 2019, about 38% of high school students had ever had sexual intercourse. Fewer students had ever had sex from 2009 through 2019.

#### PERCENTAGE OF HIGH SCHOOL STUDENTS WHO

#### EVER HAD SEX, BY SEX AND BY RACE/ETHNICITY, UNITED STATES, YRBS, 2019



#### 2019 Demographic Description



In 2019,  
about **38%**  
of high school students  
had **ever had sex**.

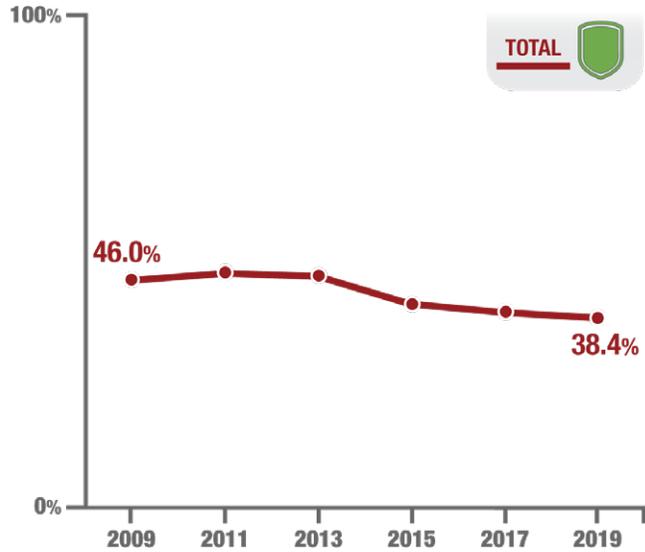
This report only notes statistically significant differences between subgroups.

10-Year Trend Description

Total



Fewer students had ever had sex from 2009 through 2019.

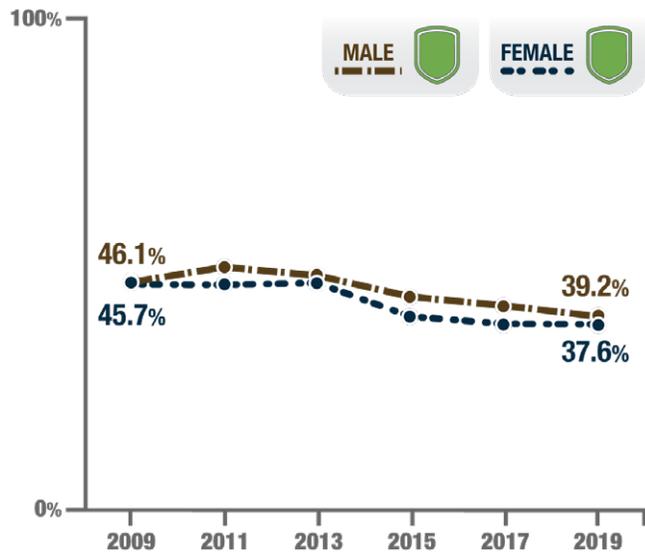


10-Year Trend Description

by Sex



Fewer male and female students had ever had sex from 2009 through 2019.

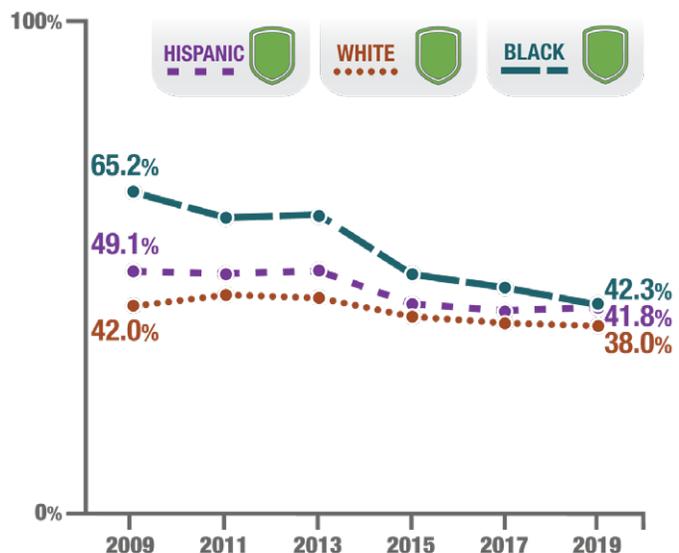


10-Year Trend Description

by Race/Ethnicity



Fewer white, Hispanic, and black students had ever had sex from 2009 through 2019. Although all groups made noticeable progress, about 23% fewer black students reported ever having sex.



In right direction



No change



In wrong direction



# FOCUS AREA

## SEXUAL BEHAVIOR

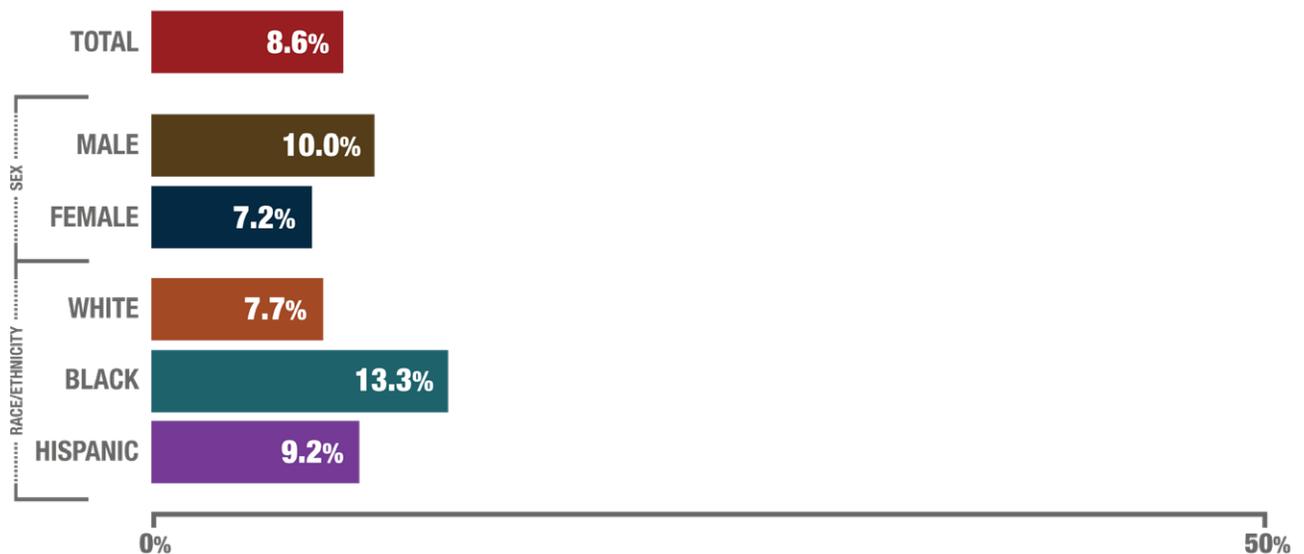
— | V A R I A B L E | —

### FOUR OR MORE LIFETIME SEXUAL PARTNERS

In 2019, about 9% of high school students had sexual intercourse with four or more partners during their life. Fewer high school students had four or more sexual partners in their life from 2009 through 2019.

#### PERCENTAGE OF HIGH SCHOOL STUDENTS WHO

HAD SEX WITH FOUR OR MORE PARTNERS DURING THEIR LIFE,  
BY SEX AND BY RACE/ETHNICITY, UNITED STATES, YRBS, 2019



#### 2019 Demographic Description



In 2019,  
about **9%**  
of high school students  
had **sex with four or  
more partners during  
their life.**

**More male students had sex with four or more partners during their life than female students.**

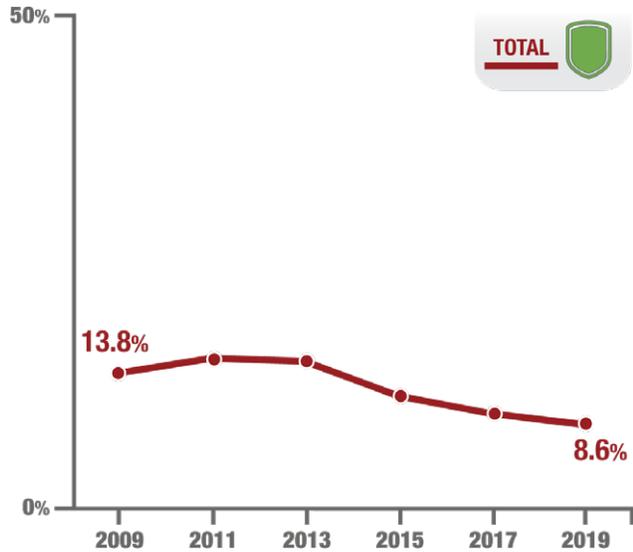
**More black students had sex with four or more partners during their life than white students or Hispanic students.**

10-Year Trend Description

Total



Fewer students had sex with four or more partners in their life from 2009 through 2019.

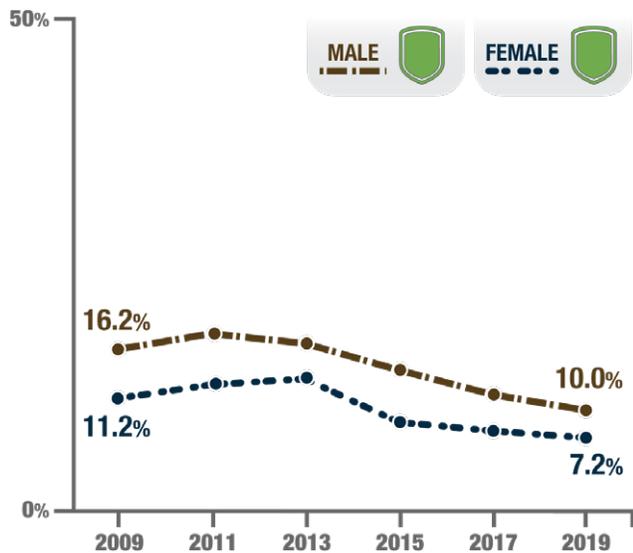


10-Year Trend Description

by Sex



Fewer male and female students had sex with four or more partners in their life from 2009 through 2019.

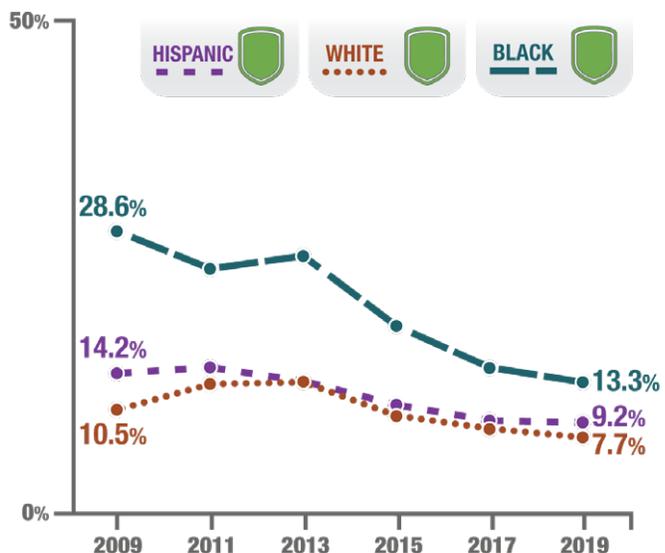


10-Year Trend Description

by Race/Ethnicity



Fewer white, Hispanic, and black students had sex with four or more partners in their life from 2009 through 2019. This trend was especially pronounced for black students, who narrowed the disparity by decreasing the percentage of students who had sex with four or more partners by more than half.



In right direction



No change



In wrong direction



# FOCUS AREA

## SEXUAL BEHAVIOR

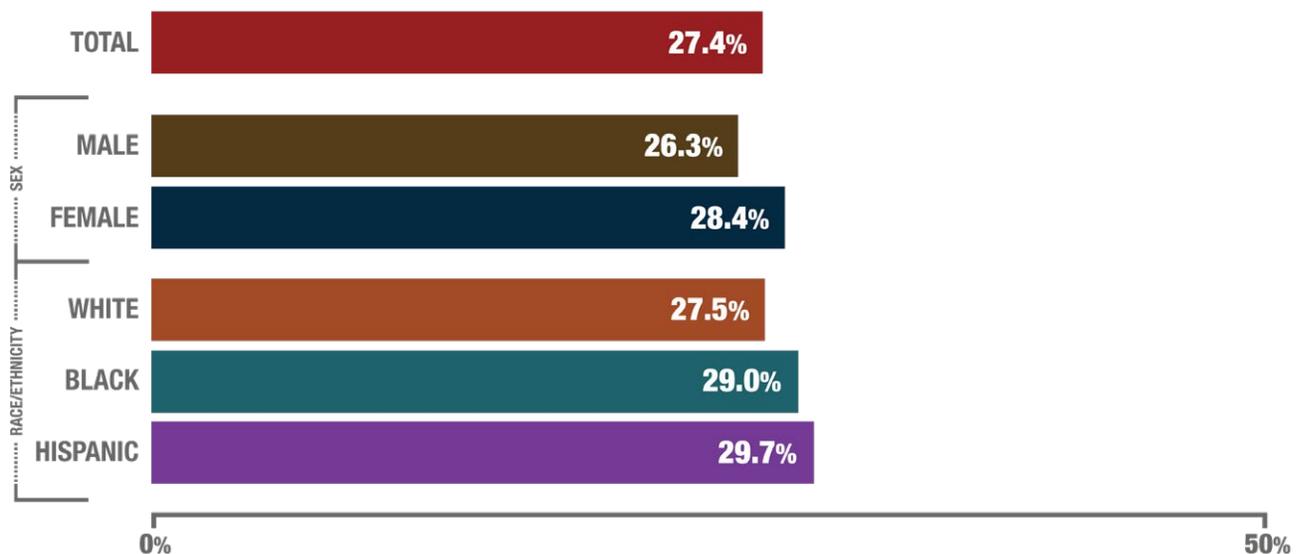
VARIABLE

# CURRENTLY SEXUALLY ACTIVE

In 2019, about 27% of high school students were currently sexually active (i.e., they had sexual intercourse with at least one person during the past 3 months). Fewer students were sexually active from 2009 through 2019.

### PERCENTAGE OF HIGH SCHOOL STUDENTS WHO

### WERE CURRENTLY SEXUALLY ACTIVE, BY SEX AND BY RACE/ETHNICITY, UNITED STATES, YRBS, 2019



### 2019 Demographic Description



In 2019,  
about **27%**  
of high school students  
were **currently**  
**sexually active.**

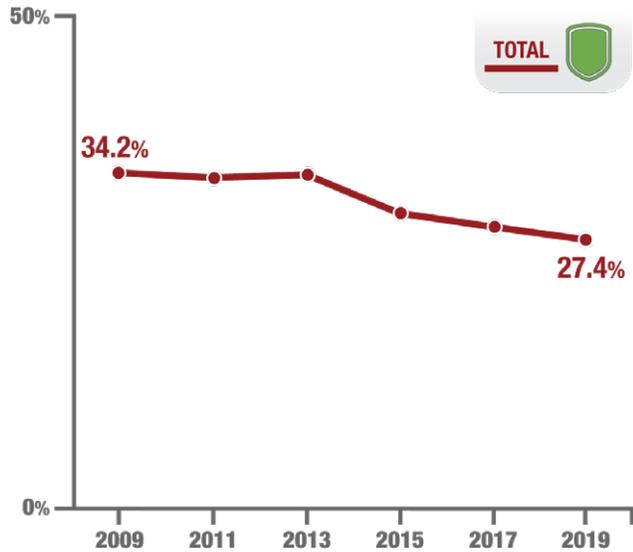
This report only notes statistically significant differences between subgroups.

10-Year Trend Description

Total



Fewer students were currently sexually active from 2009 through 2019.

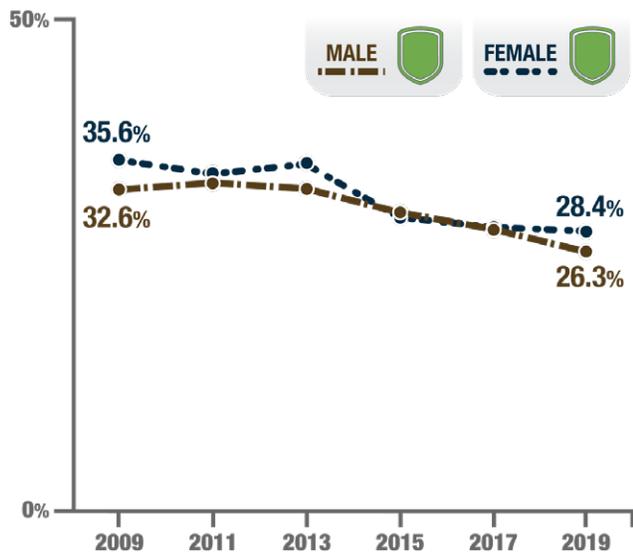


10-Year Trend Description

by Sex



Fewer male and female students were currently sexually active from 2009 through 2019.

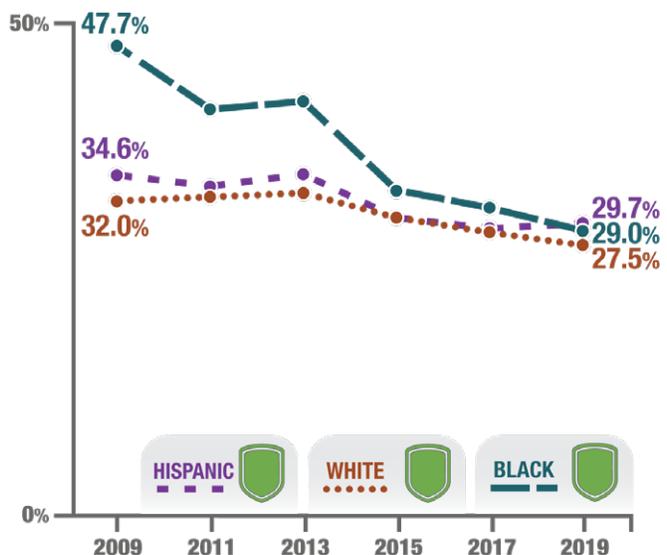


10-Year Trend Description

by Race/Ethnicity



Fewer white, Hispanic, and black students were currently sexually active from 2009 through 2019. The positive trend was most notable for black students. A 19-point drop in the percentage of black students who were currently sexually active almost eliminated the disparity between black and white students.



In right direction



No change



In wrong direction



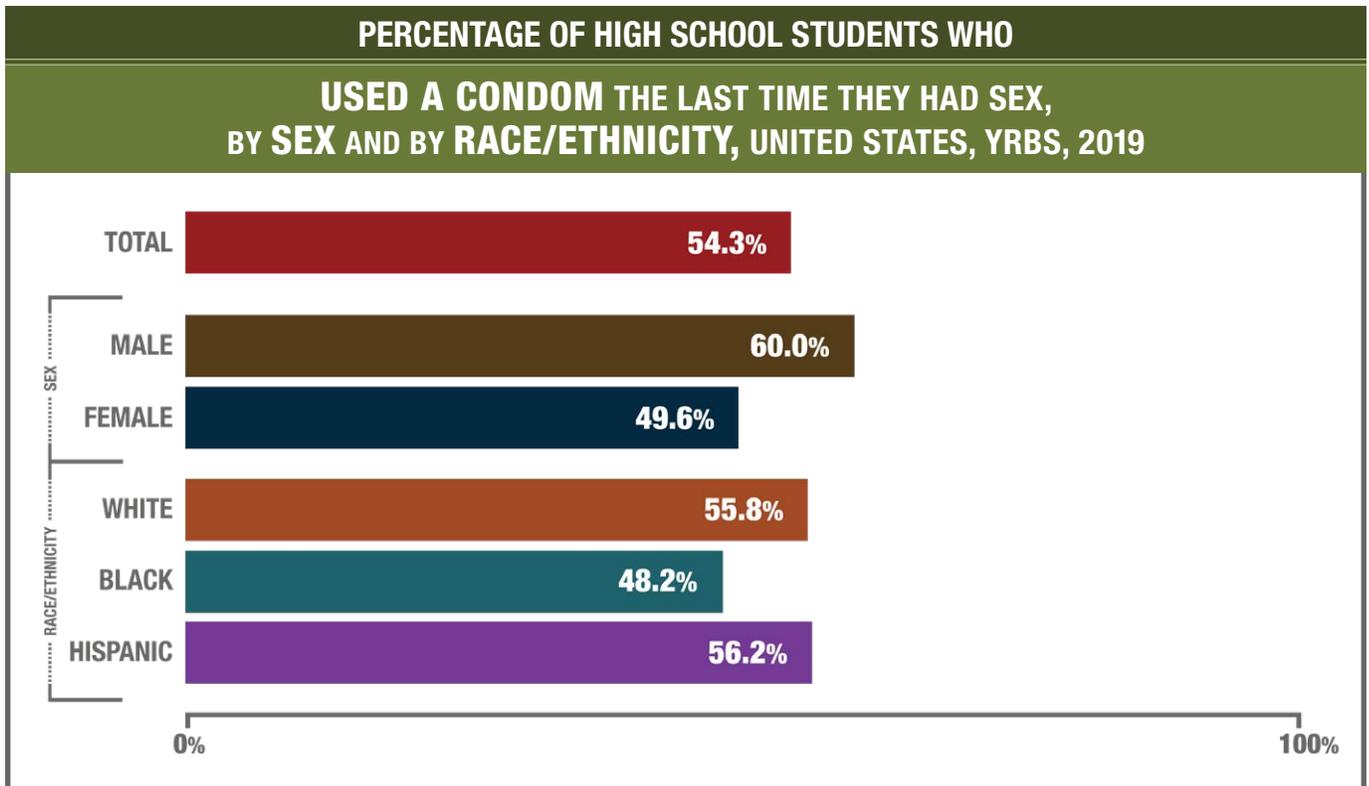
# FOCUS AREA

## SEXUAL BEHAVIOR

VARIABLE

### USED A CONDOM DURING LAST SEXUAL INTERCOURSE

In 2019, about 54% of sexually active high school students used a condom the last time they had sexual intercourse. Fewer students used a condom the last time they had sex from 2009 through 2019.



#### 2019 Demographic Description



In 2019, about **54%** of currently sexually active students used a condom the last time they had sex.

More male students used a condom the last time they had sex than female students.

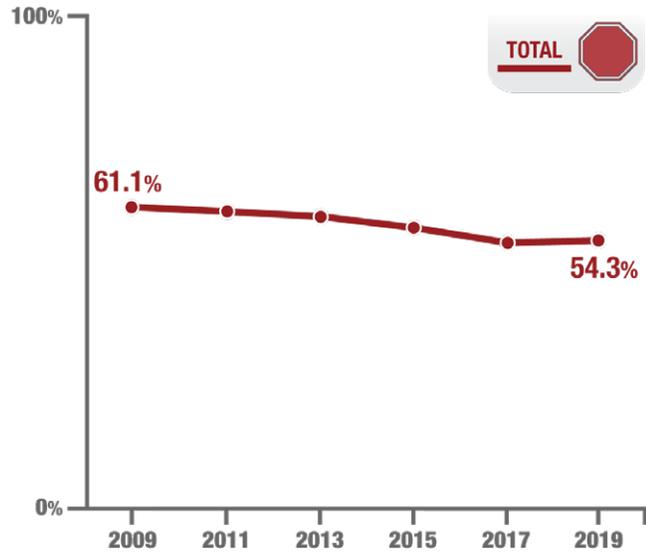
More white students and Hispanic students used a condom the last time they had sex than black students.

10-Year Trend Description

Total



Fewer students used a condom the last time they had sex from 2009 through 2019.

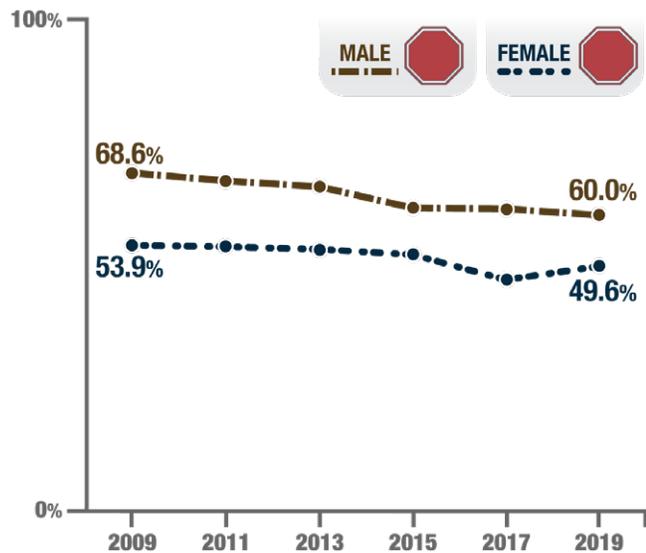


10-Year Trend Description

by Sex



Fewer male and female students used condoms the last time they had sex from 2009 through 2019.

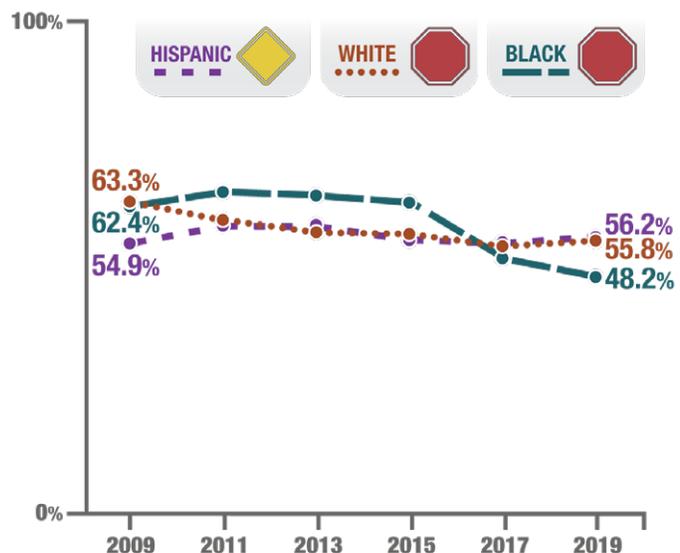


10-Year Trend Description

by Race/Ethnicity



Fewer white and black students used condoms the last time they had sex from 2009 through 2019. There was no change in the percentage of Hispanic students who used a condom the last time they had sex from 2009 through 2019.



In right direction



No change



In wrong direction



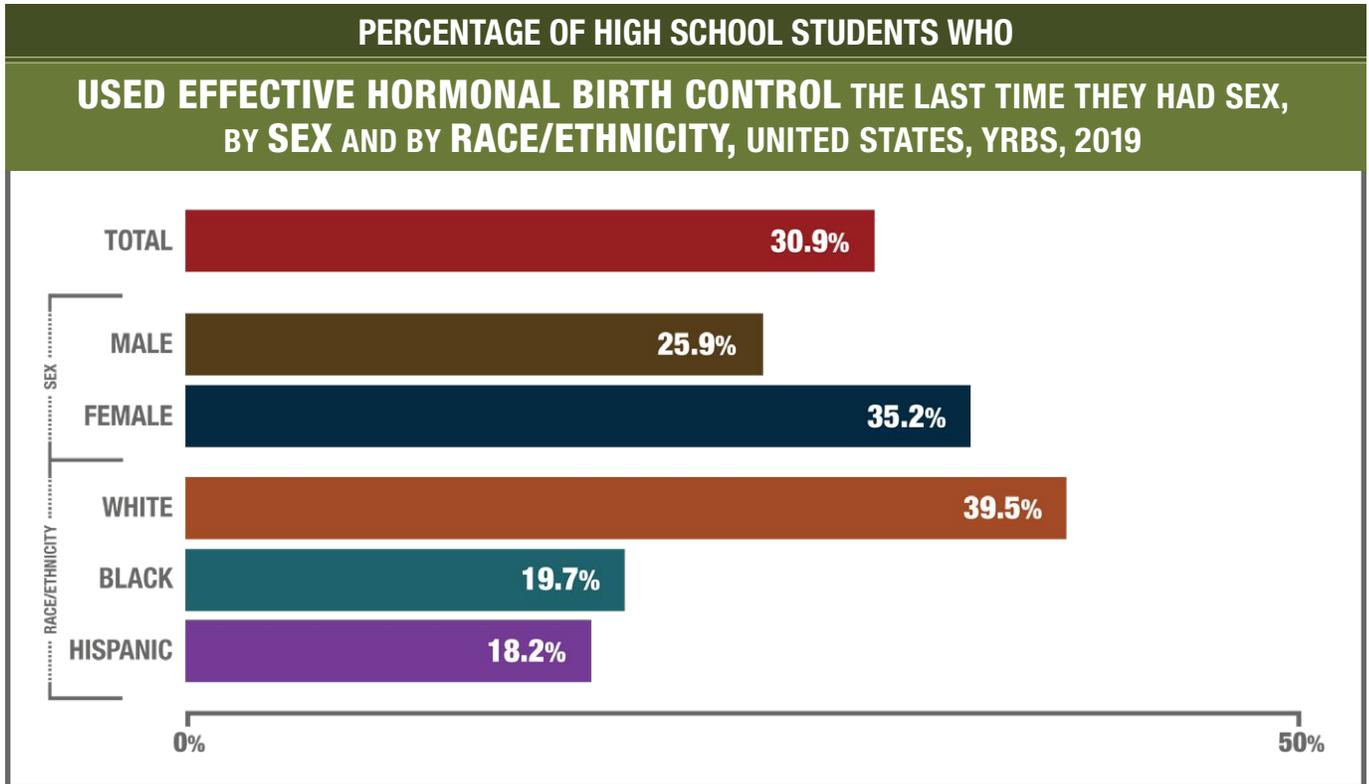
# FOCUS AREA

## SEXUAL BEHAVIOR

VARIABLE

# EFFECTIVE HORMONAL BIRTH CONTROL USE

In 2019, about 31% of high school students who were sexually active used effective hormonal birth control the last time they had sex. Effective hormonal birth control is defined as birth control pills, an IUD or implant, a shot, a patch, or a birth control ring. More students used effective hormonal birth control from 2013 through 2019.



### 2019 Demographic Description



In 2019, about **31%** of currently sexually active students **used effective hormonal birth control** the last time they had sex.

**More female students than male students reported that they or their partner used effective hormonal birth control.**

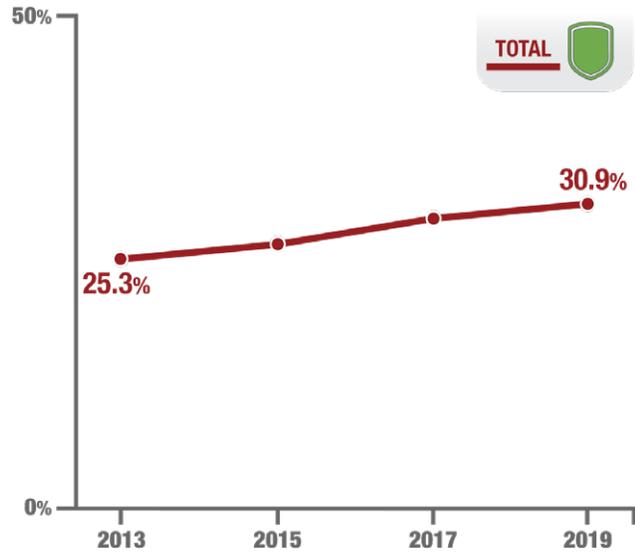
**Twice the percentage of white students used effective hormonal birth control compared to Hispanic students or black students.**

6-Year Trend Description

Total



More students used effective hormonal birth control from 2013 through 2019.

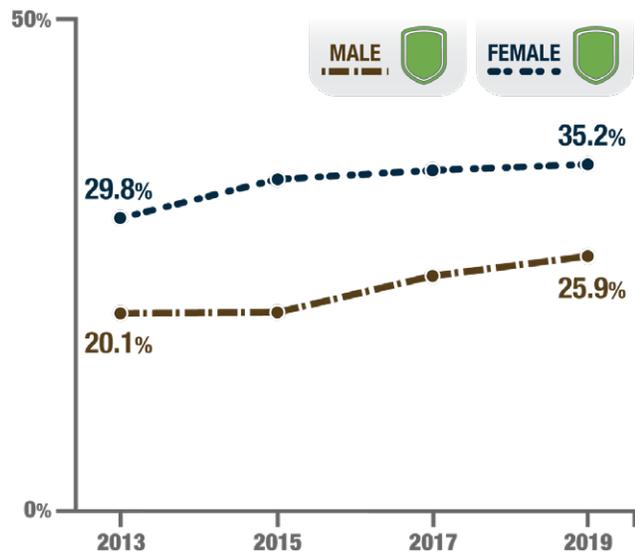


6-Year Trend Description

by Sex



More female students used effective hormonal birth control from 2013 through 2019. More male students reported their female partners used effective hormonal birth control from 2013 through 2019.

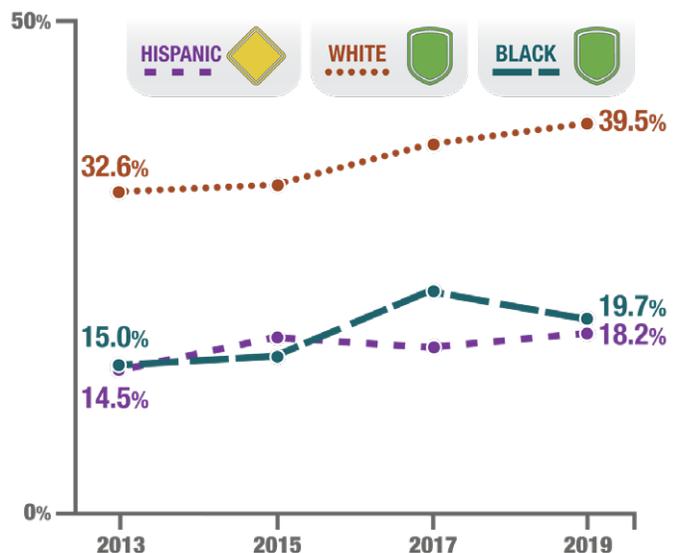


6-Year Trend Description

by Race/Ethnicity



More white and black students used effective hormonal birth control from 2013 through 2019. There was no change in the percentage of Hispanic students who used effective hormonal birth control from 2013 through 2019.



In right direction



No change



In wrong direction



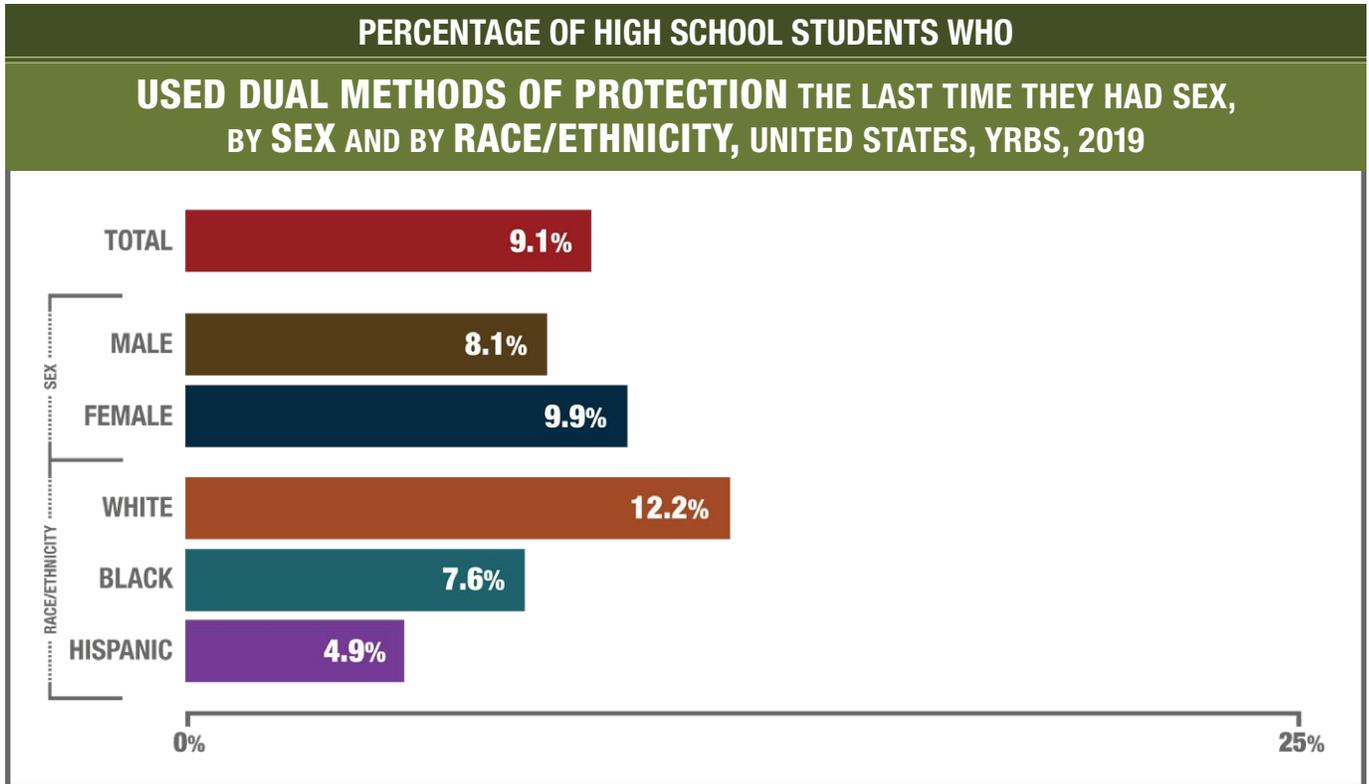
# FOCUS AREA

## SEXUAL BEHAVIOR

VARIABLE

### CONDOM AND EFFECTIVE HORMONAL BIRTH CONTROL USE (DUAL METHOD USE)

In 2019, about 9% of sexually active high school students used dual methods of protection the last time they had sex. Dual methods of protection include both a condom and effective hormonal birth control (defined as birth control pills, an IUD or implant, a shot, a patch, or a birth control ring). Students' use of dual methods of protection the last time they had sex did not change from 2013 through 2019.



#### 2019 Demographic Description



In 2019, about **9%** of currently sexually active students used **dual methods of protection** the last time they had sex.

**More white students used dual methods of protection than black students or Hispanic students.**

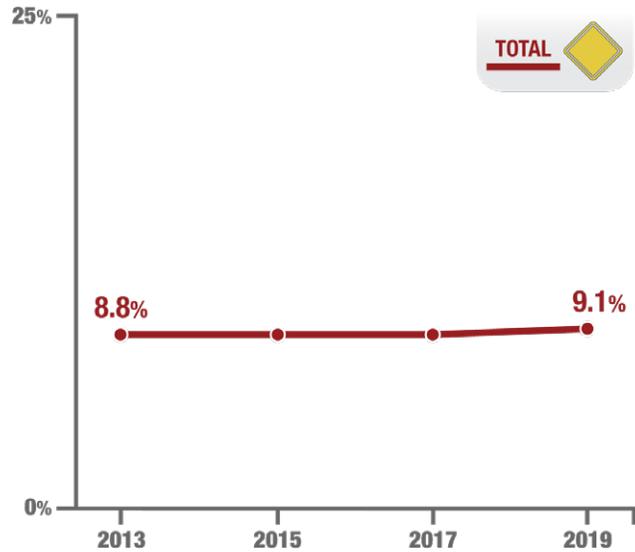
The percentage of **all students using the recommended dual method to protect against both STDs (including HIV) and unintended pregnancy is too low**, but especially concerning is the percentage of **Hispanic students reporting use of dual methods.**

### 6-Year Trend Description

#### Total



There was no change in the percentage of students who used dual methods of protection the last time they had sex from 2013 through 2019.

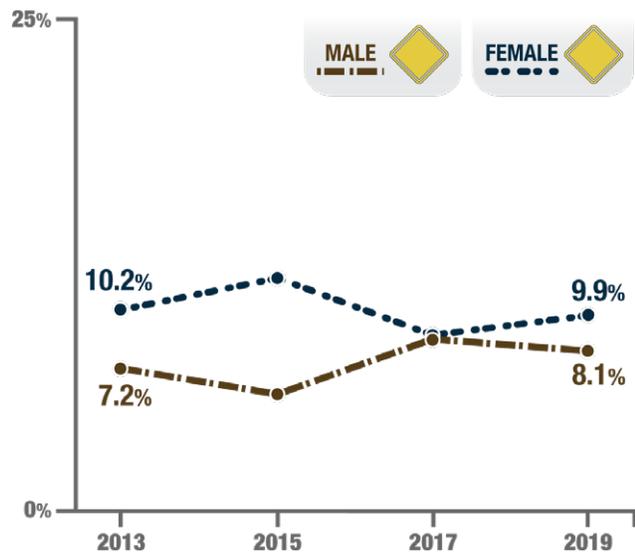


### 6-Year Trend Description

#### by Sex



There was no change in the percentage of male students or female students who used dual methods of protection the last time they had sex from 2013 through 2019.

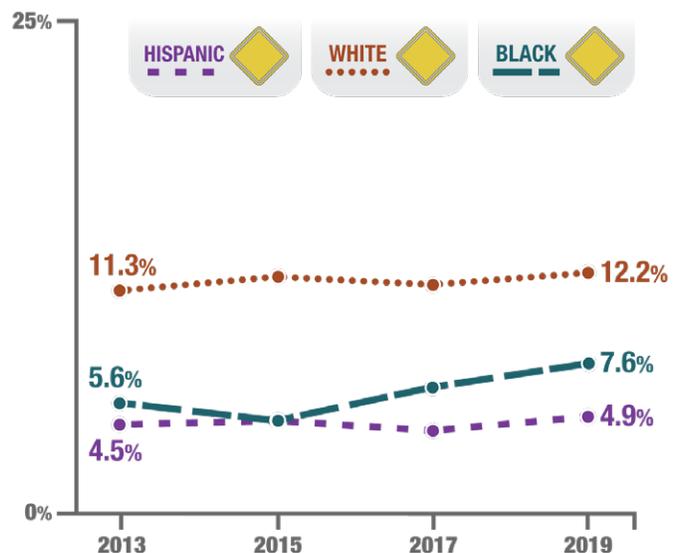


### 6-Year Trend Description

#### by Race/Ethnicity



There was no change in the percentage of white students, black students, or Hispanic students who used dual methods of protection the last time they had sex from 2013 through 2019. Significant disparities have persisted, with far smaller percentages of black and Hispanic students reporting use of dual methods than white students.



In right direction



No change



In wrong direction



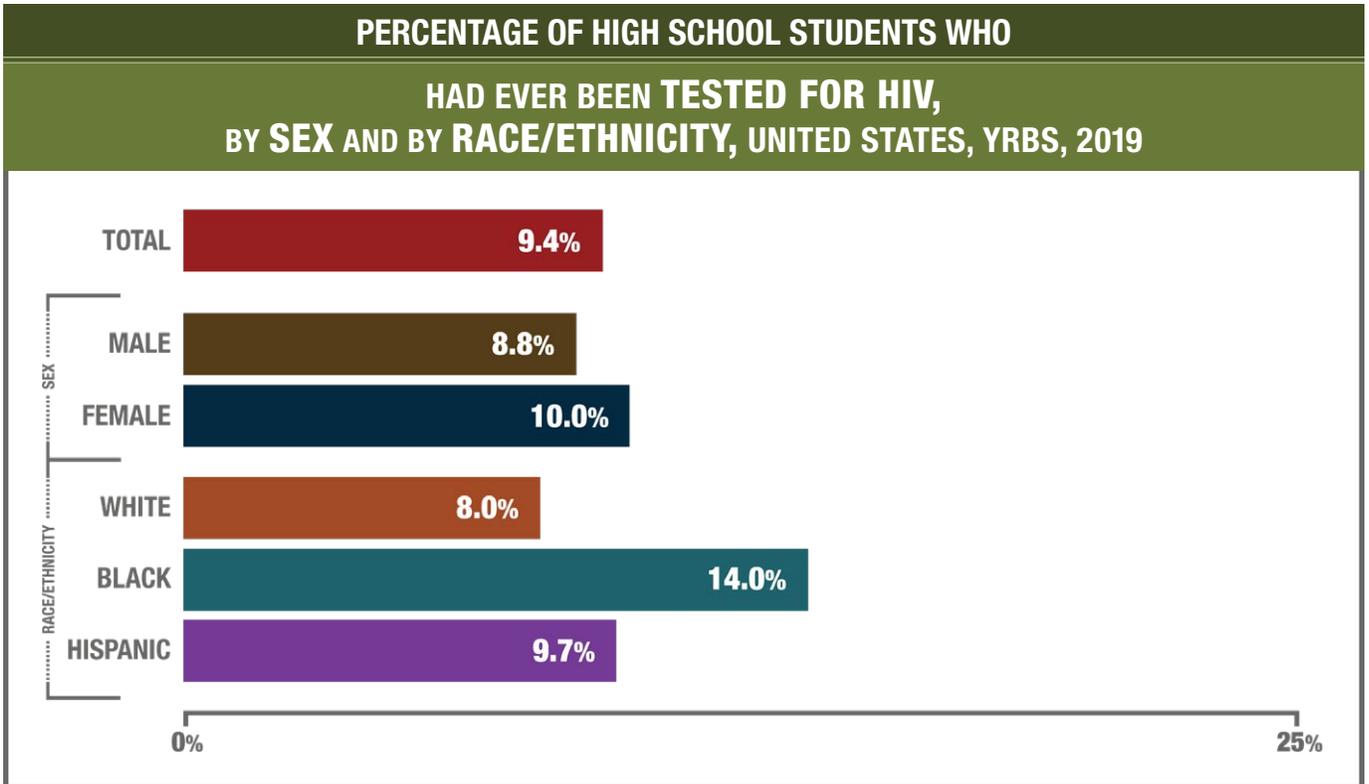
# FOCUS AREA

## SEXUAL BEHAVIOR

VARIABLE

# TESTED FOR HIV

In 2019, about 9% of high school students had ever been tested for HIV. Fewer students had ever been tested for HIV from 2009 through 2019.



### 2019 Demographic Description



In 2019, about **9%** of high school students had **ever been tested for HIV.**

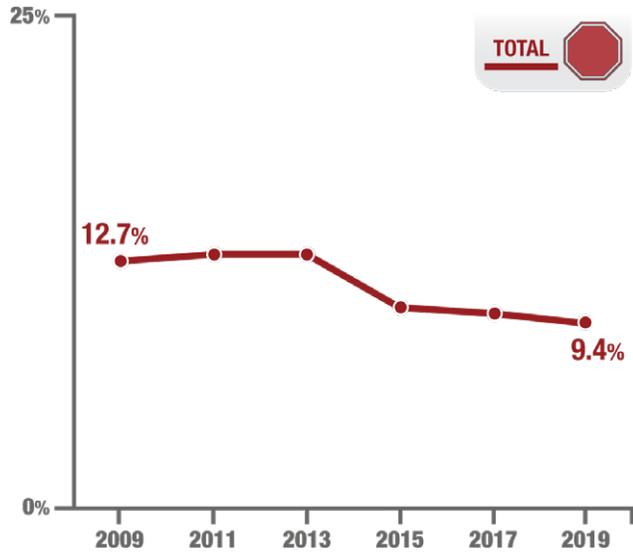
**More black students than white students or Hispanic students had ever been tested for HIV.**

10-Year Trend Description

Total



Fewer students had ever been tested for HIV from 2009 through 2019.

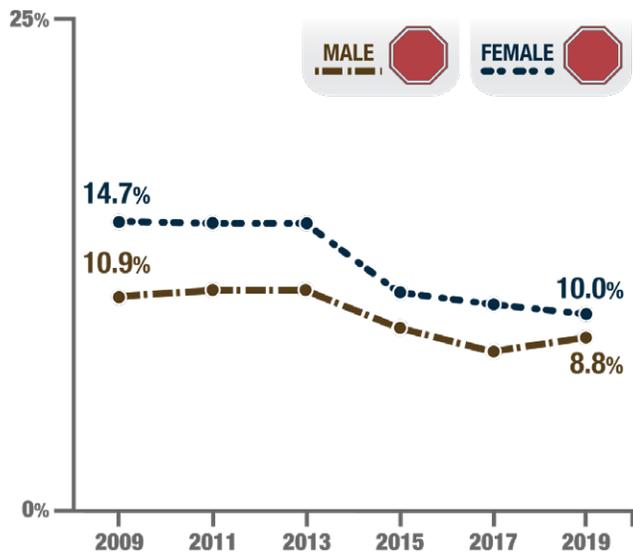


10-Year Trend Description

by Sex



Fewer male and female students had ever been tested for HIV from 2009 through 2019.

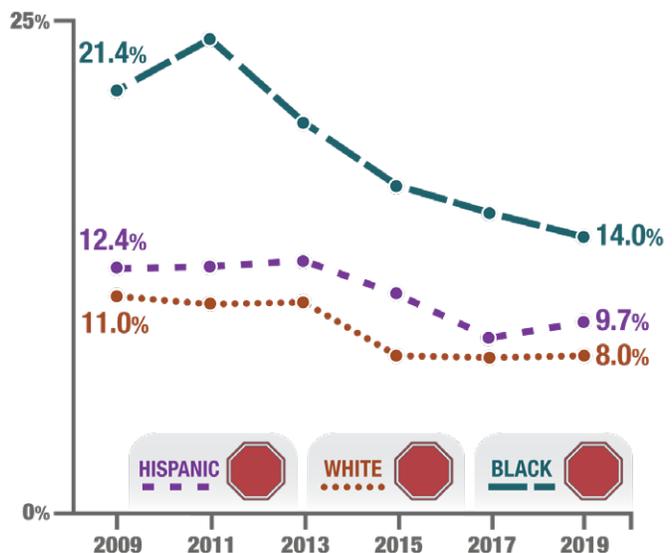


10-Year Trend Description

by Race/Ethnicity



Fewer white, black, and Hispanic students had ever been tested for HIV from 2009 through 2019. Though a higher percentage of black students consistently report being tested for HIV, the decline in the percentage of black students getting tested from 2009 through 2019 is concerning.



In right direction



No change



In wrong direction



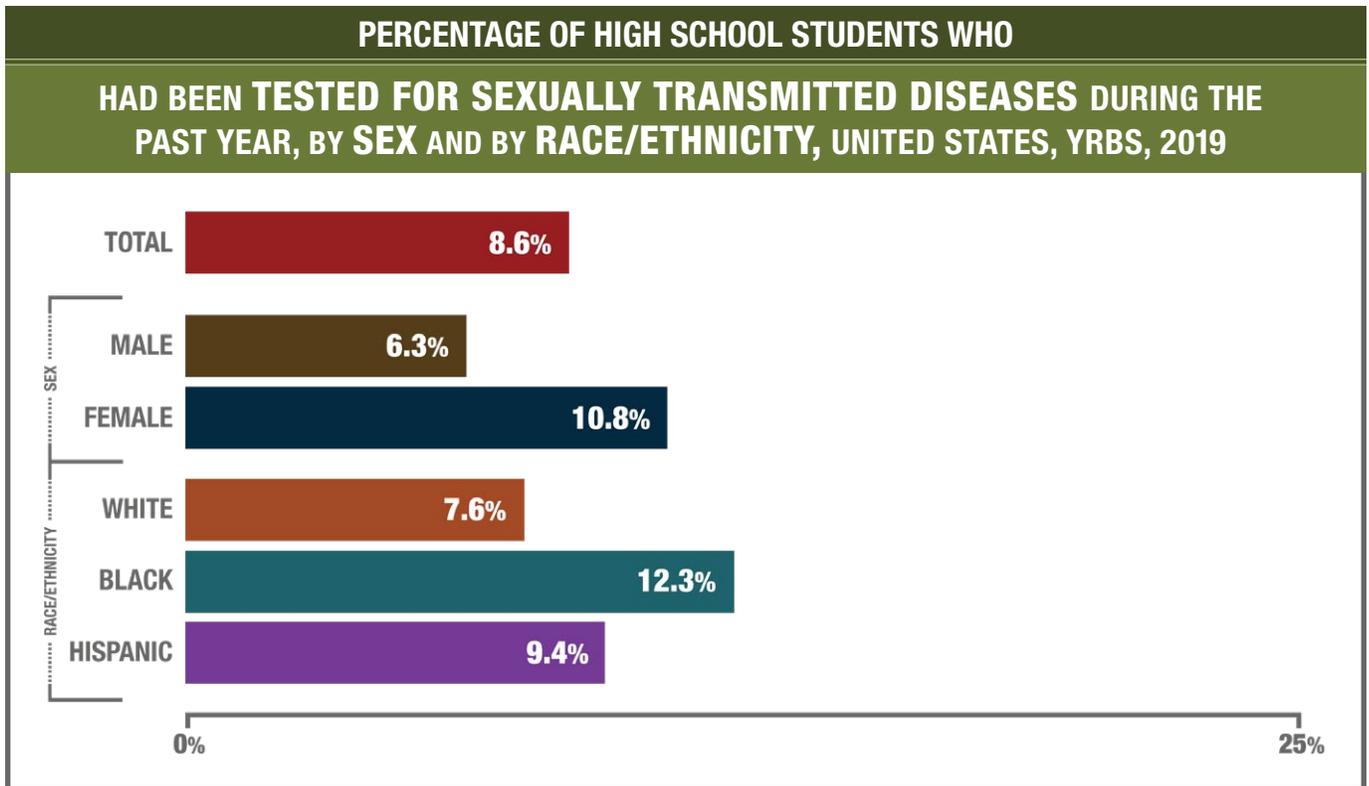
# FOCUS AREA

## SEXUAL BEHAVIOR

VARIABLE

# TESTED FOR SEXUALLY TRANSMITTED DISEASES\*

In 2019, about 9% of high school students had been tested for sexually transmitted diseases (STDs) during the past year.



### 2019 Demographic Description



In 2019, about **9%** of high school students had been **tested for STDs** during the past year.

**More female students** had been tested for **STDs** during the past year than male students.

**More black students** had been tested for **STDs** during the past year than white students.

\*Note: The "tested for sexually transmitted diseases" variable was added to the national YRBS in 2019; therefore, trends are not available.

# FOCUS AREA

## HIGH-RISK SUBSTANCE USE

Progress at-a-glance for high-risk substance use variables . . .	30
Summary of results for high-risk substance use . . . . .	31
Select illicit Drug use . . . . .	32
Injection drug use . . . . .	34
Ever misused prescription opioids . . . . .	36
Recent prescription opioid misuse . . . . .	37



# PROGRESS AT-A-GLANCE FOR HIGH-RISK SUBSTANCE USE VARIABLES\*

Substance use during adolescence is related to a wide variety of negative outcomes, including increased risk for STDs and HIV.<sup>2,30</sup> Three aspects of substance use that place youth at high risk for these and other outcomes were examined. These aspects included 1) the percentage of high school students who ever used select illicit drugs, defined as cocaine, inhalants, heroin, methamphetamines, hallucinogens, or ecstasy; 2) the percentage of high school students who ever injected illegal drugs; and 3) the percentage of high school students who misused prescription opioids, either ever in their lifetimes or during the past 30 days. Misusing prescription opioids was defined as having used prescription opioid medication, such as codeine, Vicodin, OxyContin, Hydrocodone, or Percocet, without a prescription or differently than indicated by a doctor.

Injection drug use places adolescents at direct risk for HIV. Any drug use, regardless of mode of administration, places adolescents at risk of overdose. Drug use is also associated with sexual risk behavior, experiencing violence, and mental health and suicide risks.<sup>2,30</sup>

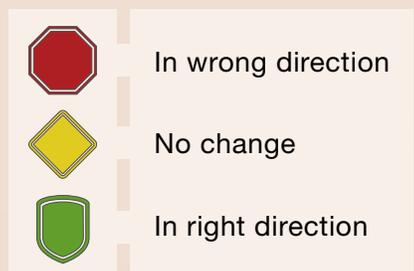
THE PERCENTAGE OF HIGH SCHOOL STUDENTS WHO:	2009 Total	2011 Total	2013 Total	2015 Total	2017 Total	2019 Total	Trend
<b>Ever used select illicit drugs</b>	20.0	22.5	17.3	15.4	14.0	14.8	
<b>Ever injected illegal drugs</b>	2.1	2.3	1.7	1.8	1.5	1.6	
<b>Ever misused prescription opioids<sup>+</sup></b>	—	—	—	—	14.0	14.3	—
<b>Recently misused prescription opioids<sup>‡</sup></b>	—	—	—	—	—	7.2	—

Source: National Youth Risk Behavior Surveys, 2009-2019

\*For the complete wording of YRBS questions, refer to Appendix.

<sup>+</sup>Variable introduced in 2017.

<sup>‡</sup>Past 30 days. Variable introduced in 2019.



-  In wrong direction
-  No change
-  In right direction

# SUMMARY OF RESULTS FOR **HIGH-RISK SUBSTANCE USE**

Fewer students engaged in some high-risk substance use-related behaviors from 2009 through 2019. However, approximately 1 in 7 students are still reporting lifetime use of any illicit drug or misuse of prescription medicine.

White and Hispanic students were less likely to use illicit drugs from 2009 through 2019. The trend among black students was unchanged.

Fewer students used injection drugs from 2009 through 2019, though more male students than female students used injection drugs in 2019.

Nearly 1 in 7 students reported ever misusing prescription opioids, and approximately 1 in 14 students reported misusing them during the past 30 days.



# FOCUS AREA

## HIGH-RISK SUBSTANCE USE

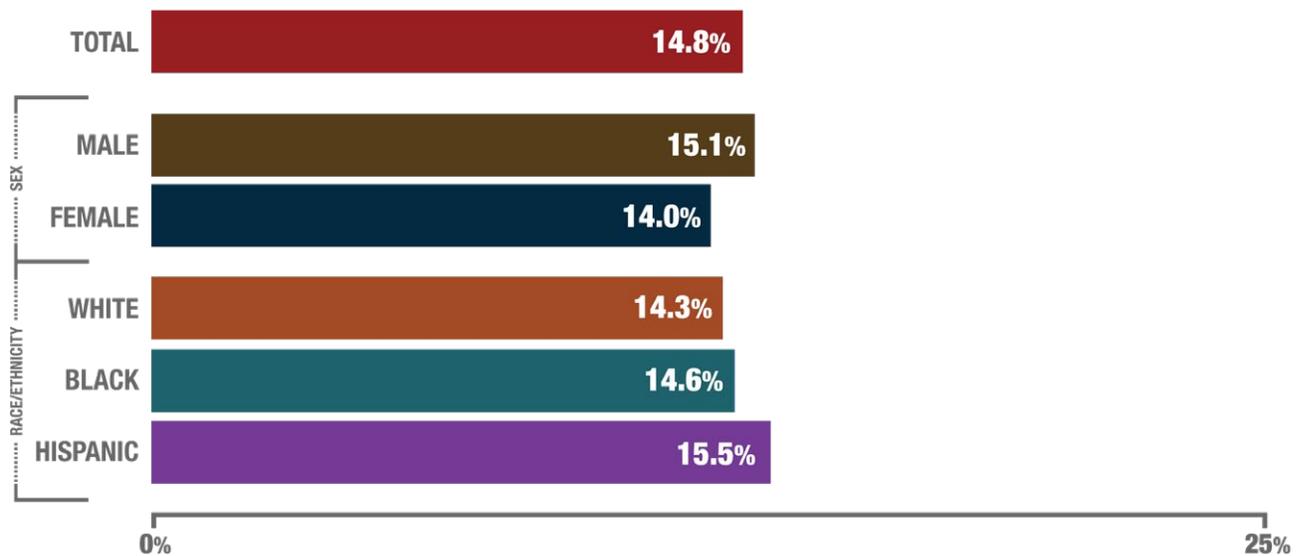
VARIABLE

# SELECT ILLICIT DRUG USE

In 2019, about 15% of high school students had ever used certain illicit drugs (defined as cocaine, inhalants, heroin, methamphetamines, hallucinogens, or ecstasy). Fewer students had ever used these illicit drugs from 2009 through 2019.

### PERCENTAGE OF HIGH SCHOOL STUDENTS WHO

### HAD EVER USED SELECT ILLICIT DRUGS, BY SEX AND BY RACE/ETHNICITY, UNITED STATES, YRBS, 2019



### 2019 Demographic Description



In 2019,  
about **15%**  
of high school students  
had **ever used select  
illicit drugs.**

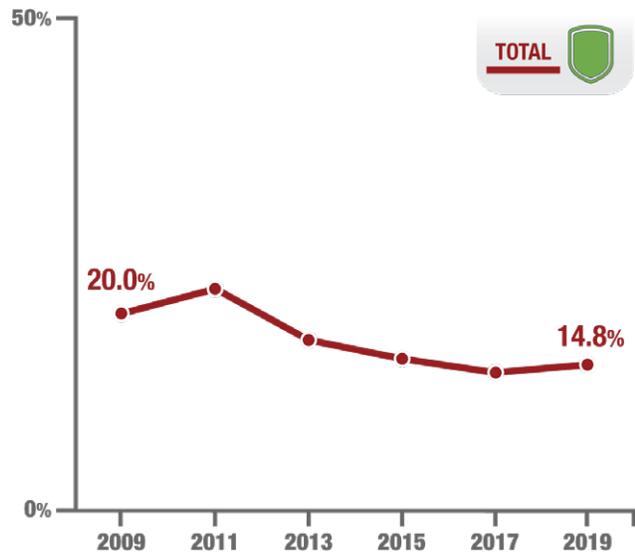
This report only notes statistically significant differences between subgroups.

10-Year Trend Description

Total



Fewer students had ever used illicit drugs from 2009 through 2019.

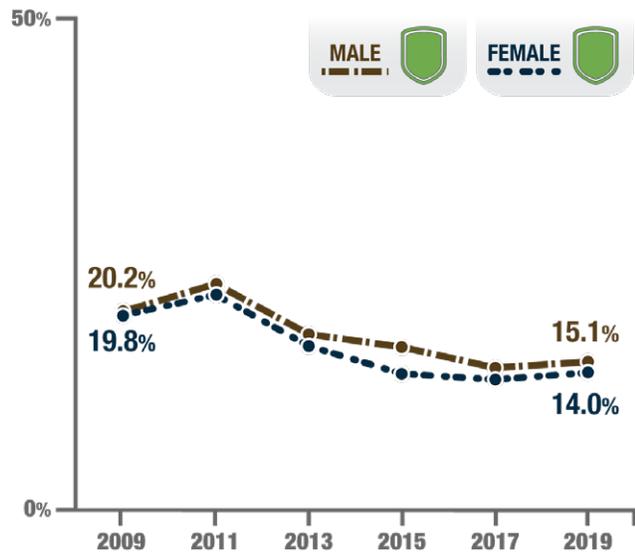


10-Year Trend Description

by Sex



Fewer male and female students had ever used illicit drugs from 2009 through 2019.

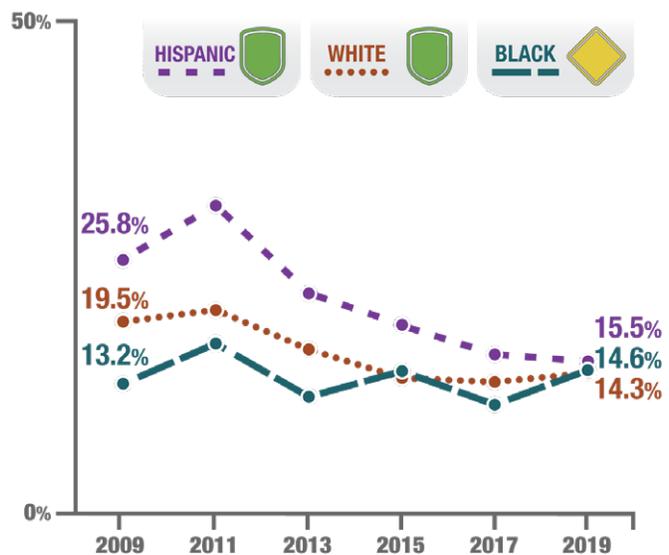


10-Year Trend Description

by Race/Ethnicity



Fewer white and Hispanic students had ever used illicit drugs from 2009 through 2019. The percentage of Hispanic students who ever used illicit drugs steeply declined. There was no change in the percentage of black students who had ever used illicit drugs from 2009 through 2019.



In right direction



No change



In wrong direction



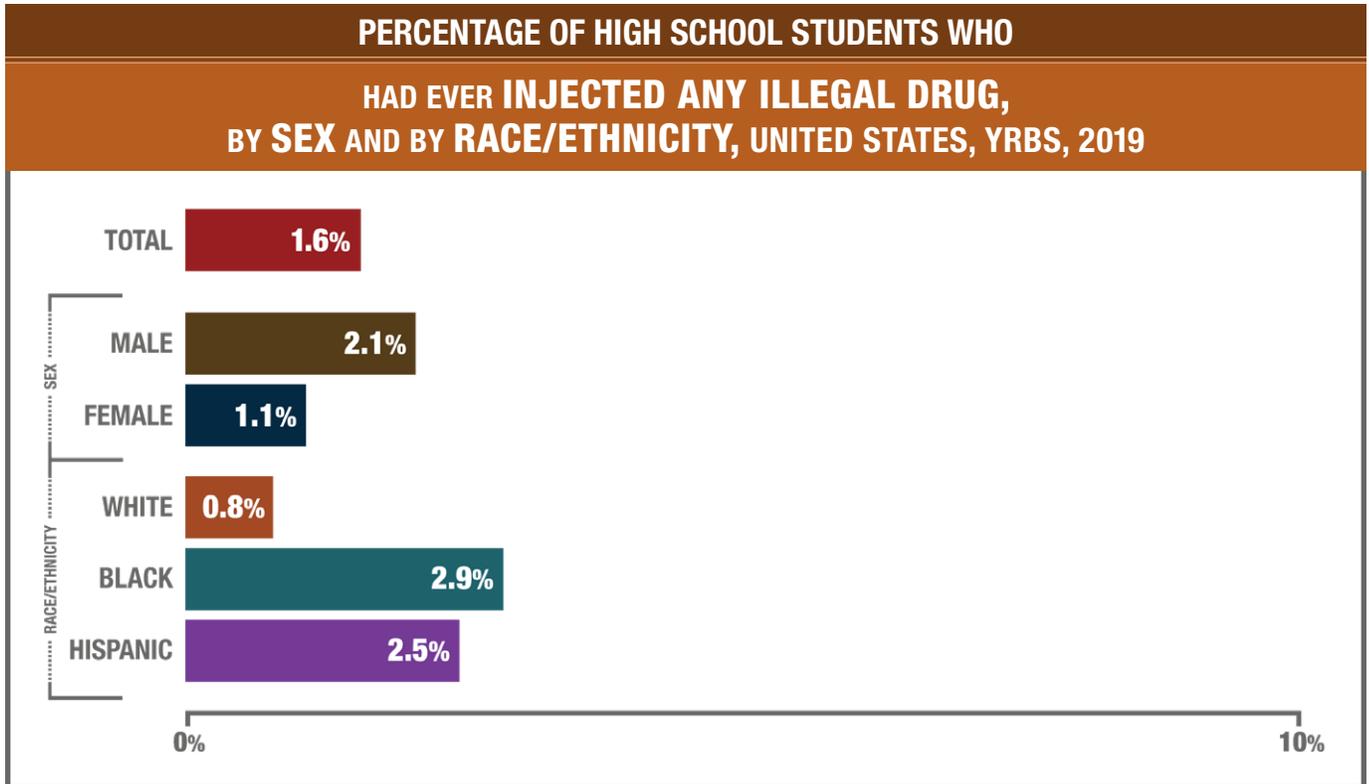
# FOCUS AREA

## HIGH-RISK SUBSTANCE USE

VARIABLE

# INJECTION DRUG USE

In 2019, about 2% of high school students had ever injected any illegal drug with a needle. Fewer students had ever injected illegal drugs from 2009 through 2019.



### 2019 Demographic Description



In 2019, about **2%** of high school students had **ever injected illegal drugs**.

**More male students had ever injected illegal drugs** than female students.

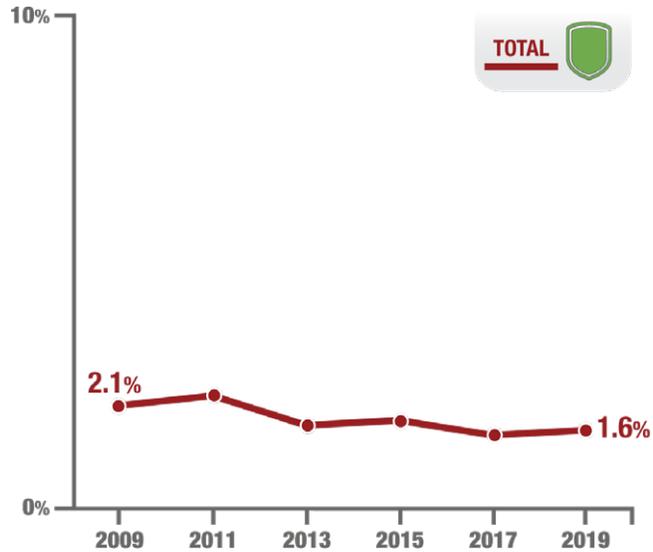
**More black and Hispanic students had ever injected illegal drugs** than white students.

10-Year Trend Description

Total



Fewer students had ever injected illegal drugs from 2009 through 2019.

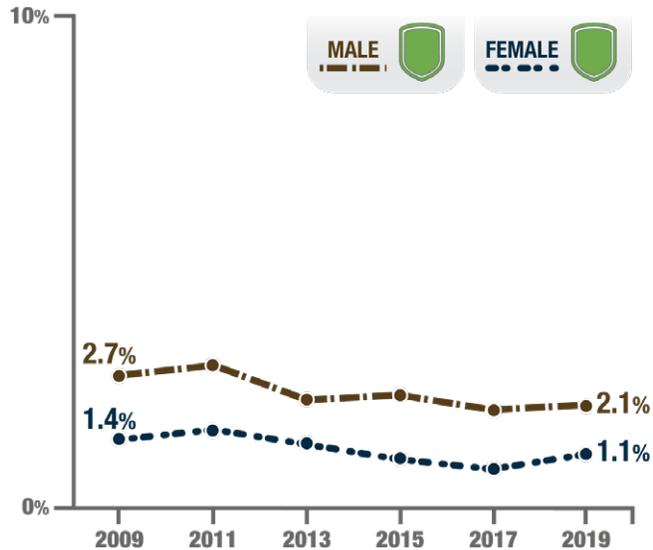


10-Year Trend Description

by Sex



Fewer male and female students had ever injected illegal drugs from 2009 through 2019.

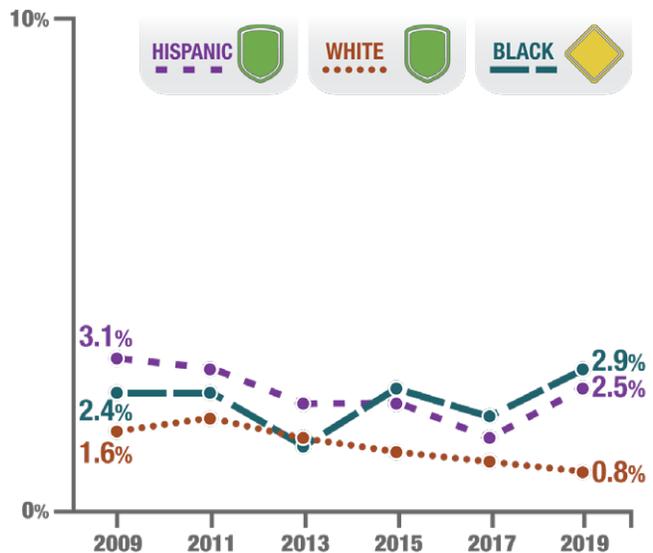


10-Year Trend Description

by Race/Ethnicity



Fewer white and Hispanic students had ever injected illegal drugs from 2009 through 2019. There was no change in the percentage of black students who had ever injected illegal drugs from 2009 through 2019.



In right direction



No change



In wrong direction



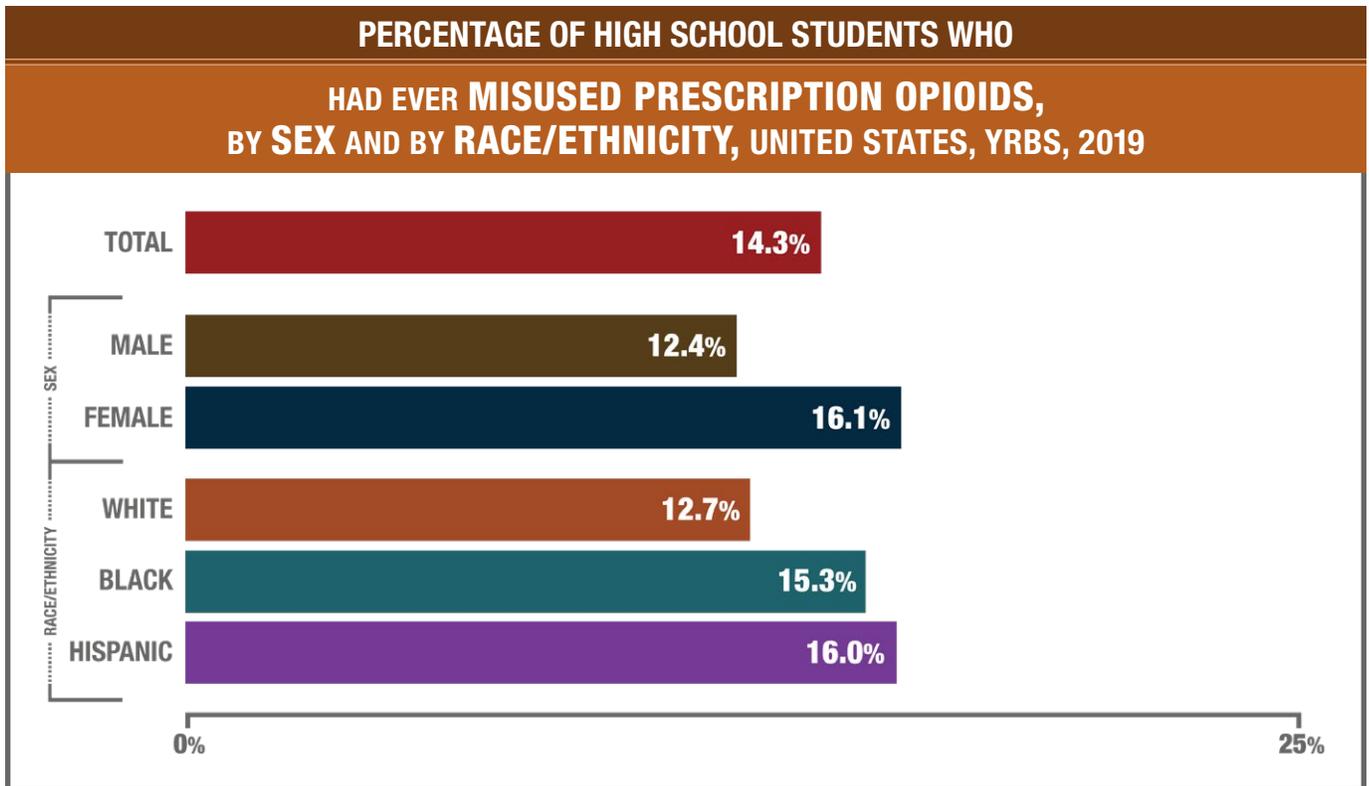
# FOCUS AREA

## HIGH-RISK SUBSTANCE USE

VARIABLE

# EVER MISUSED PRESCRIPTION OPIOIDS\*

In 2019, about 14% of high school students had ever misused prescription opioids, such as codeine, Vicodin, OxyContin, Hydrocodone, or Percocet.



### 2019 Demographic Description



In 2019,  
about **14%**  
of high school students  
had **ever misused**  
**prescription opioids.**

**More female students than male students had ever misused prescription opioids.**

*\*Note: The "ever misused prescription opioids" variable was added to the national YRBS in 2017; therefore, trends are not available.*

# FOCUS AREA

## HIGH-RISK SUBSTANCE USE

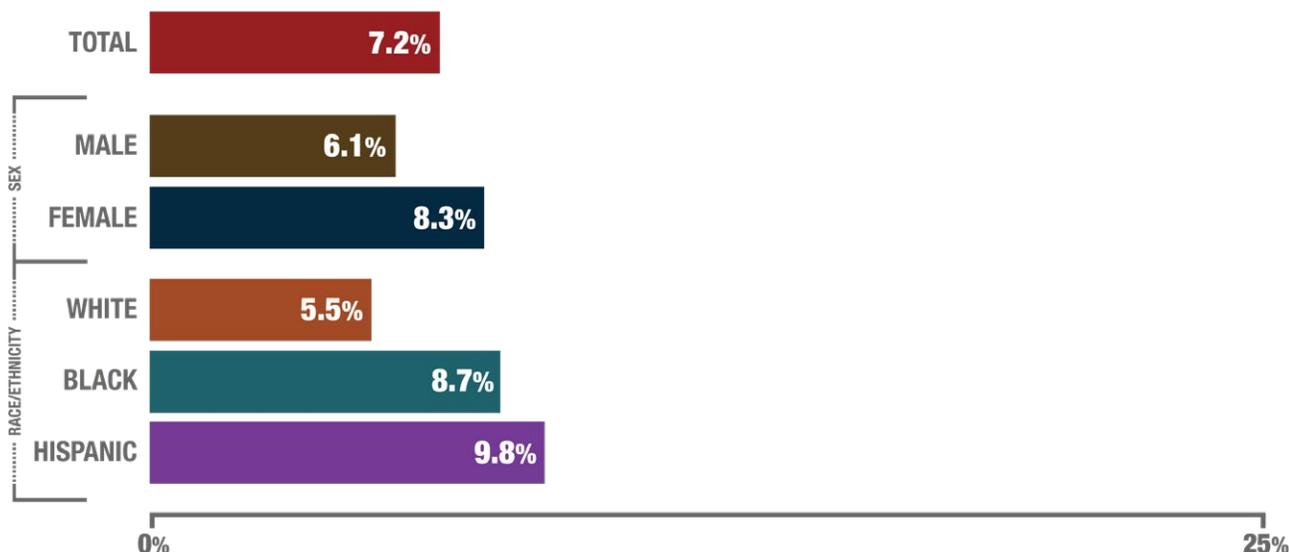
VARIABLE

# RECENT PRESCRIPTION OPIOID MISUSE\*

In 2019, about 7% of high school students misused prescription opioids, such as codeine, Vicodin, OxyContin, Hydrocodone, or Percocet, during the past 30 days.

### PERCENTAGE OF HIGH SCHOOL STUDENTS WHO

### HAD MISUSED PRESCRIPTION OPIOIDS DURING THE PAST 30 DAYS, BY SEX AND BY RACE/ETHNICITY, UNITED STATES, YRBS, 2019



#### 2019 Demographic Description



In 2019, about **7%** of high school students had **misused prescription opioids** during the past 30 days.

**Female students misused prescription opioids more than male students.**

**Black and Hispanic students misused prescription opioids more than white students.**

\*Note: The "recent prescription opioid misuse" variable was added to the national YRBS in 2019; therefore, trends are not available.



# FOCUS AREA

## EXPERIENCING VIOLENCE

Progress at-a-glance for experiencing violence variables . . . .	40
Summary of results for experiencing violence . . . . .	41
Threatened or injured with a weapon at school . . . . .	42
Did not go to school because of safety concerns . . . . .	44
Electronically bullied . . . . .	46
Bullied at school . . . . .	48
Forced sex . . . . .	50
Physical dating violence . . . . .	52
Sexual dating violence . . . . .	54



# PROGRESS AT-A-GLANCE FOR EXPERIENCING VIOLENCE VARIABLES\*

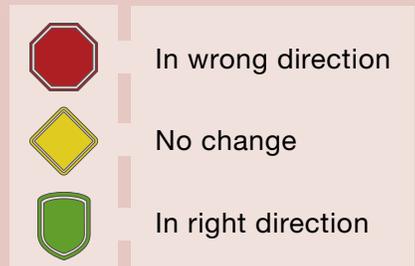
Violence is a leading cause of death and nonfatal injuries among adolescents in the United States. Violence places the lives of adolescents at risk, and the experience may be associated with trauma, diminished academic success, sexual risk behavior, substance use, and risk of STDs and HIV.<sup>20,23,30</sup>

The YRBS includes a number of measures of experience of violence including safety at school, bullying, dating violence, and forced sex. Two questions assessed experiences and perceptions of school safety, including being threatened or injured with a weapon at school during the past year and missing school because of safety concerns during the past 30 days. Two questions assessed experiences of bullying during the past year, including bullying at school and electronic bullying. Two questions assessed whether students had experienced physical or sexual dating violence during the past year, and one question assessed whether students had ever been physically forced to have sex.

THE PERCENTAGE OF HIGH SCHOOL STUDENTS WHO:	2009 Total	2011 Total	2013 Total	2015 Total	2017 Total	2019 Total	Trend
Were threatened or injured with a weapon at school	7.7	7.4	6.9	6.0	6.0	7.4	
Did not go to school because of safety concerns	5.0	5.9	7.1	5.6	6.7	8.7	
Were electronically bullied	—	16.2	14.8	15.5	14.9	15.7	
Were bullied at school	19.9	20.1	19.6	20.2	19.0	19.5	
Were forced to have sex	7.4	8.0	7.3	6.7	7.4	7.3	
Experienced physical dating violence	—	—	10.3	9.6	8.0	8.2	
Experienced sexual dating violence	—	—	10.4	10.6	6.9	8.2	

Source: National Youth Risk Behavior Surveys, 2009-2019

\*For the complete wording of YRBS questions, refer to Appendix.



-  In wrong direction
-  No change
-  In right direction

# SUMMARY OF RESULTS FOR **EXPERIENCING VIOLENCE**

From 2009 through 2019 there were improvements in some violence-related variables, while others remained the same or got worse. Disparities across all of the variables remain of great concern.

**Fewer male students and Hispanic students were threatened or injured with a weapon at school from 2009 through 2019.**

**Overall, more students missed school because of safety concerns from 2009 through 2019.**

**In 2019, more black and Hispanic students missed school because of safety concerns than white students.**

**Nearly twice as many female students as male students were electronically bullied.**

**Almost 1 in 5 students were bullied at school during the past year.**

**Female students were more than three times as likely to be forced to have sex than male students, and the trend in the percentage of students who were physically forced to have sex has not declined.**

**Fewer female students experienced physical dating violence from 2013 through 2019.**

**Fewer students experienced sexual dating violence from 2013 through 2019. However, female students were more than three times as likely to experience sexual dating violence as male students.**

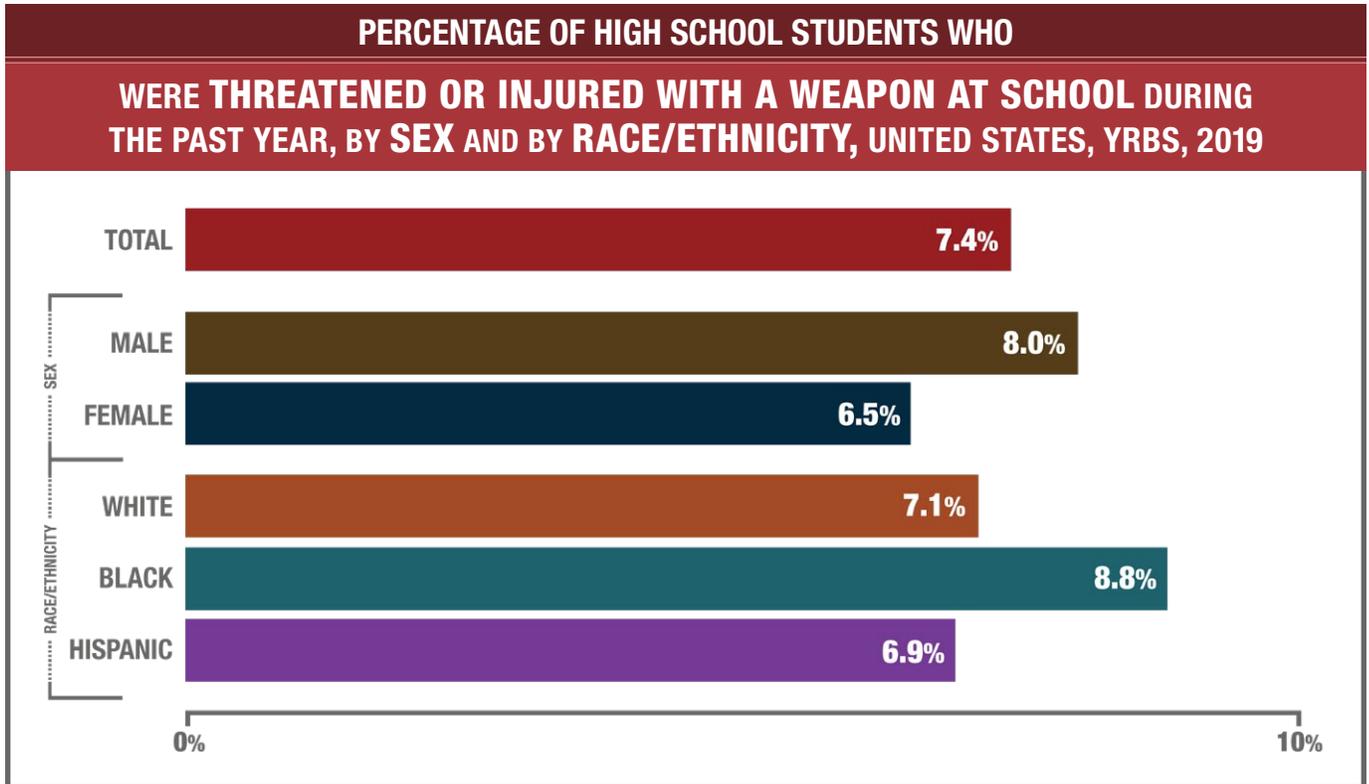
# FOCUS AREA

## EXPERIENCING VIOLENCE

VARIABLE

### THREATENED OR INJURED WITH A WEAPON AT SCHOOL

In 2019, about 7% of high school students were threatened or injured with a weapon, such as a gun, knife, or club, on school property during the past year. Fewer students were threatened or injured with a weapon at school from 2009 through 2019.



#### 2019 Demographic Description



In 2019, about **7%** of high school students were **threatened or injured with a weapon at school.**

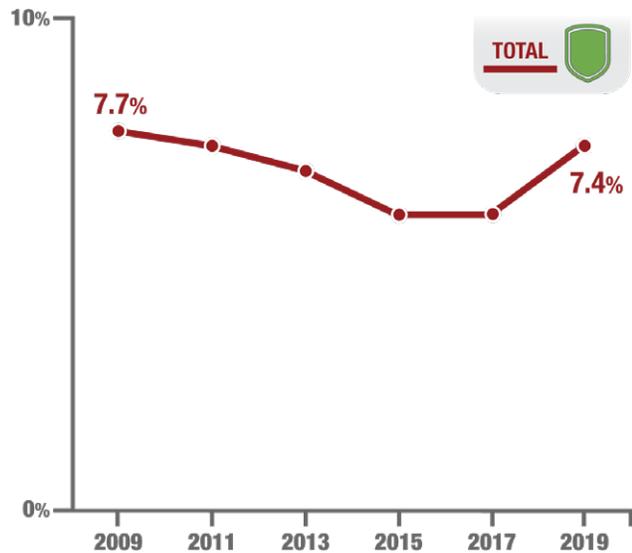
**More male students were threatened or injured with a weapon at school than female students.**

### 10-Year Trend Description

#### Total



Fewer students were threatened or injured with a weapon at school from 2009 through 2019.

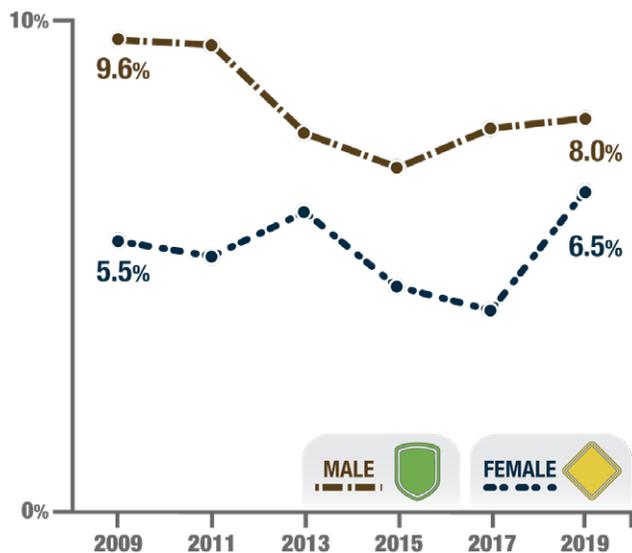


### 10-Year Trend Description

#### by Sex



Fewer male students were threatened or injured with a weapon at school from 2009 through 2019. There was no change in the percentage of female students who were threatened or injured with a weapon at school from 2009 through 2019.

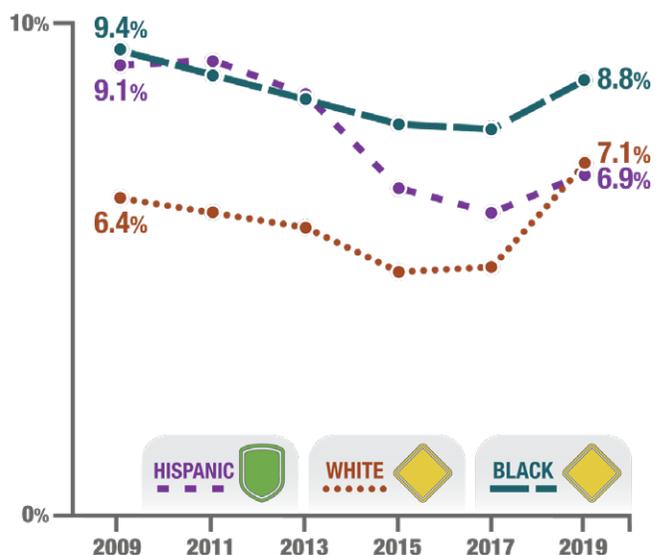


### 10-Year Trend Description

#### by Race/Ethnicity



Fewer Hispanic students were threatened or injured with a weapon from 2009 through 2019. There was no change in the percentage of black students or white students who were threatened or injured with a weapon at school from 2009 through 2019.



In right direction



No change



In wrong direction



# FOCUS AREA

## EXPERIENCING VIOLENCE

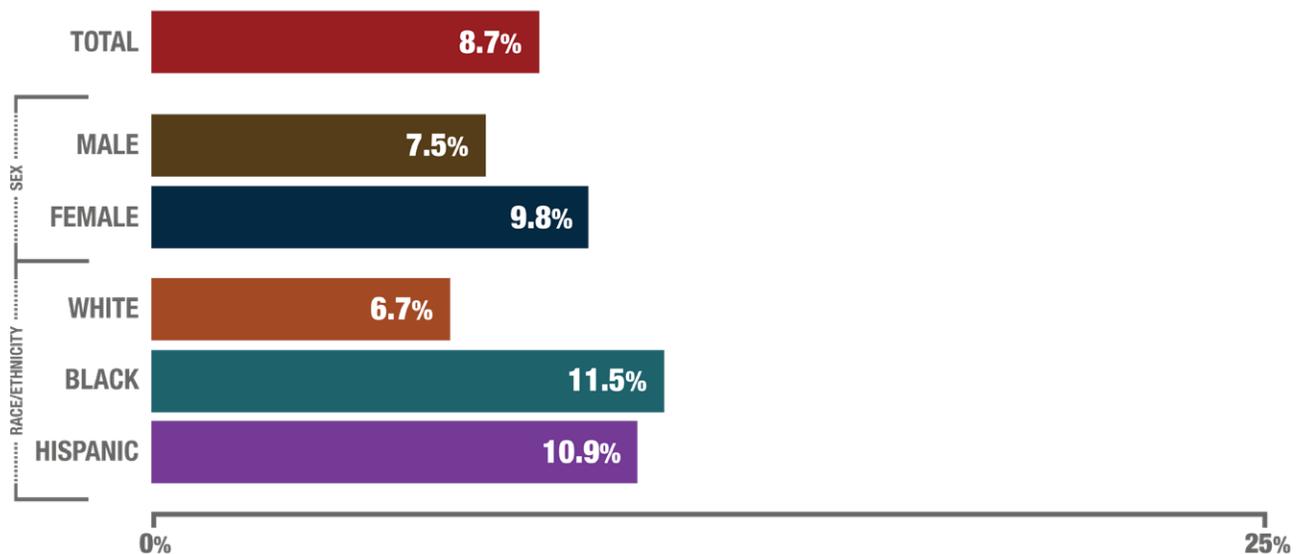
VARIABLE

### DID NOT GO TO SCHOOL BECAUSE OF SAFETY CONCERNS

In 2019, about 9% of high school students did not go to school because they felt unsafe either at school or on their way to or from school at least once during the past 30 days. More students did not go to school because of safety concerns from 2009 through 2019.

#### PERCENTAGE OF HIGH SCHOOL STUDENTS WHO

#### DID NOT GO TO SCHOOL AT LEAST ONCE DURING THE PAST 30 DAYS BECAUSE OF SAFETY CONCERNS, BY SEX AND BY RACE/ETHNICITY, UNITED STATES, YRBS, 2019



#### 2019 Demographic Description



In 2019,  
about **9%**  
of high school students  
**missed school because  
of safety concerns.**

**More female students** than male students missed school because of safety concerns.

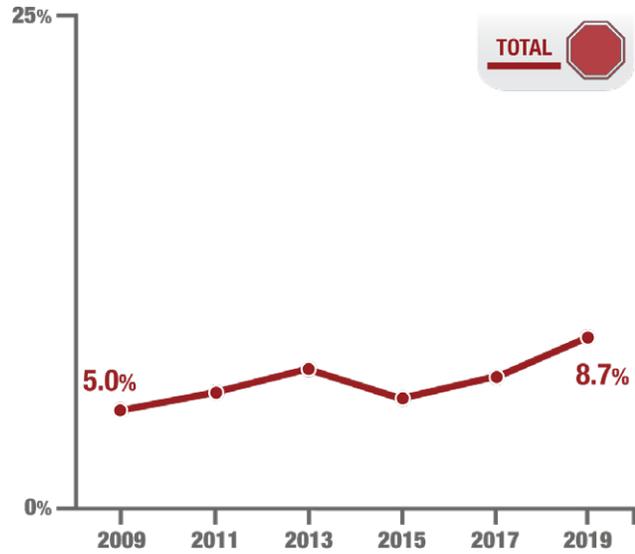
**More black students and Hispanic students** missed school because of safety concerns than white students.

**10-Year Trend Description**

**Total**



More students missed school because of safety concerns from 2009 through 2019.

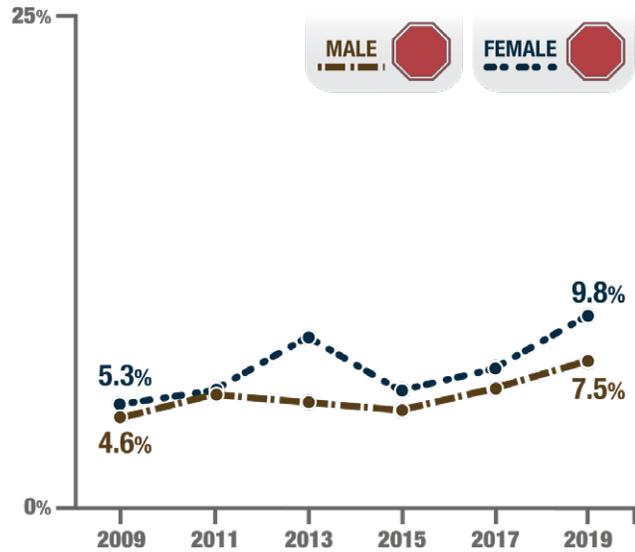


**10-Year Trend Description**

**by Sex**



More male students and female students missed school because of safety concerns from 2009 through 2019.

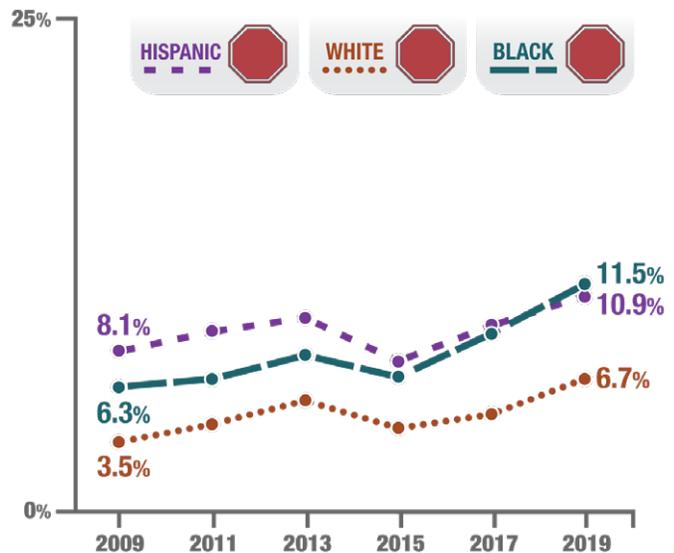


**10-Year Trend Description**

**by Race/Ethnicity**



White, black, and Hispanic students were all more likely to miss school because of safety concerns from 2009 through 2019.



In right direction



No change



In wrong direction



# FOCUS AREA

## EXPERIENCING VIOLENCE

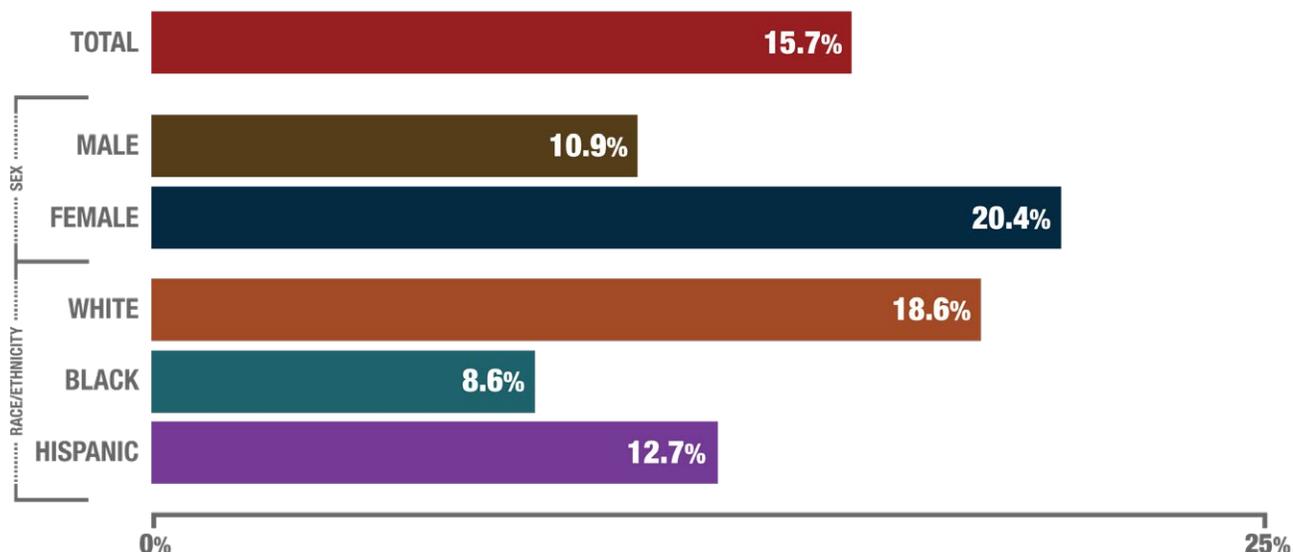
VARIABLE

# ELECTRONICALLY BULLIED

In 2019, about 16% of high school students had been electronically bullied, including through texting, Instagram, Facebook, or other social media, during the past year. There was no change in the percentage of students being electronically bullied from 2011 through 2019. Almost twice as many female students experienced electronic bullying as male students.

### PERCENTAGE OF HIGH SCHOOL STUDENTS WHO

WERE ELECTRONICALLY BULLIED DURING THE PAST YEAR,  
BY SEX AND BY RACE/ETHNICITY, UNITED STATES, YRBS, 2019



### 2019 Demographic Description



In 2019, about **16%** of high school students were electronically bullied.

More female students than male students were electronically bullied.

More white students than black or Hispanic students were electronically bullied.

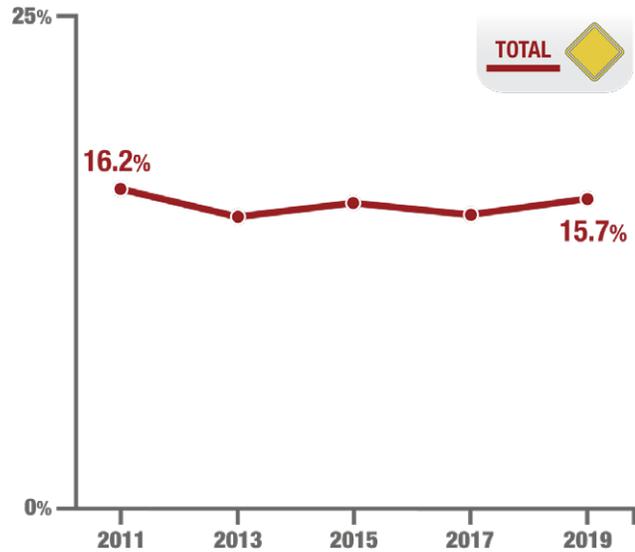
More Hispanic students than black students were electronically bullied.

8-Year Trend Description

Total



There was no change in the percentage of students being electronically bullied from 2011 through 2019.

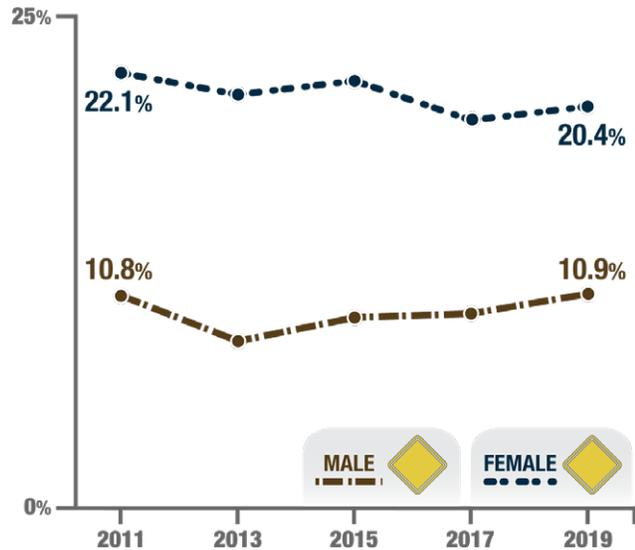


8-Year Trend Description

by Sex



There was no change in the percentage of male students or female students being electronically bullied from 2011 through 2019.

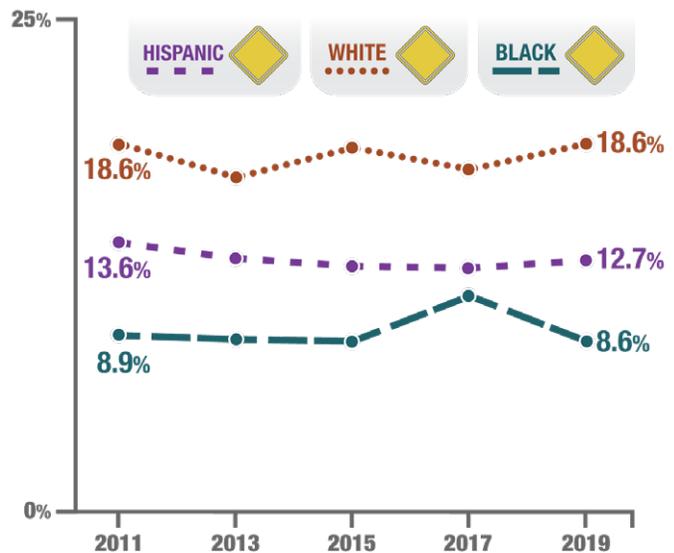


8-Year Trend Description

by Race/Ethnicity



There was no change in the percentage of white students, black students, or Hispanic students being electronically bullied from 2011 through 2019.



In right direction



No change



In wrong direction



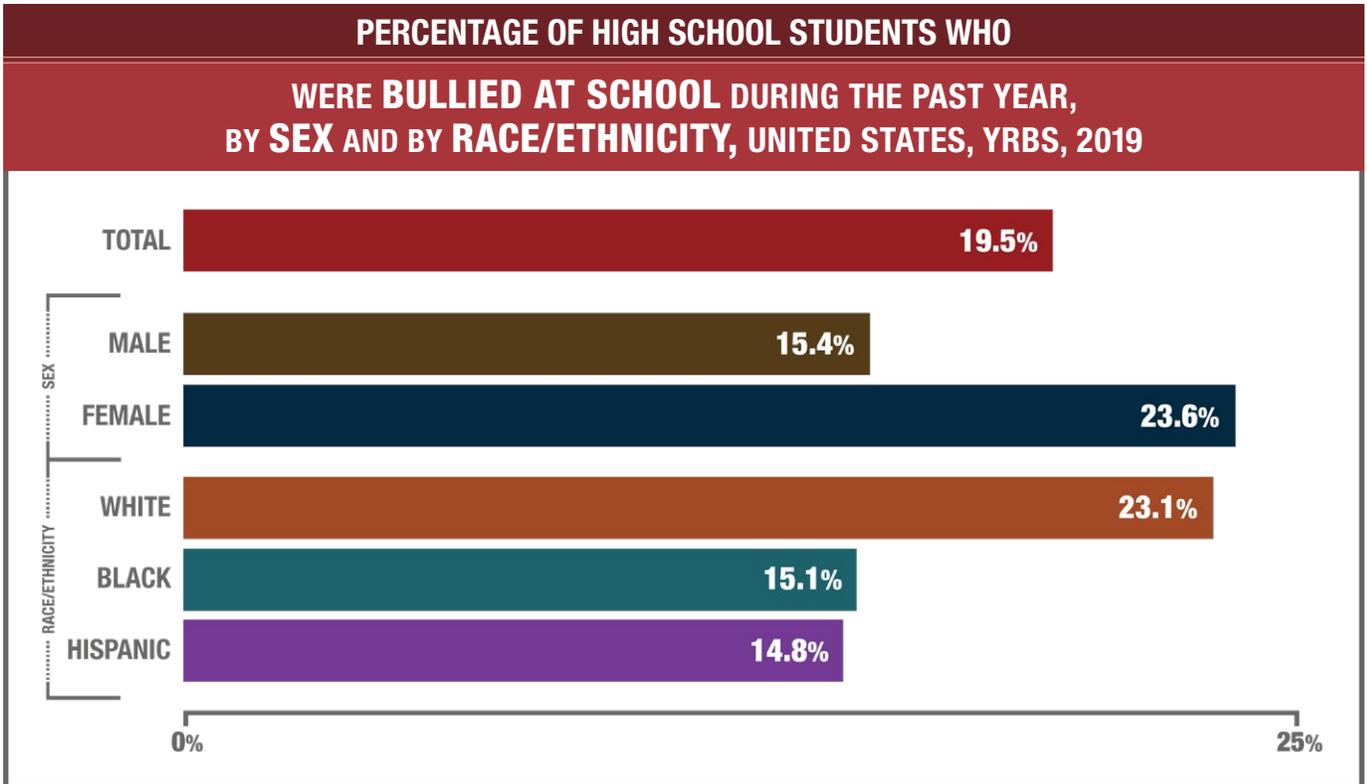
# FOCUS AREA

## EXPERIENCING VIOLENCE

VARIABLE

# BULLIED AT SCHOOL

In 2019, about 20% of high school students had been bullied on school property during the past year. There was no change in the percentage of students being bullied at school from 2009 through 2019.



### 2019 Demographic Description



In 2019, about **20%** of high school students were **bullied at school**.

**More female students were bullied at school** than male students.

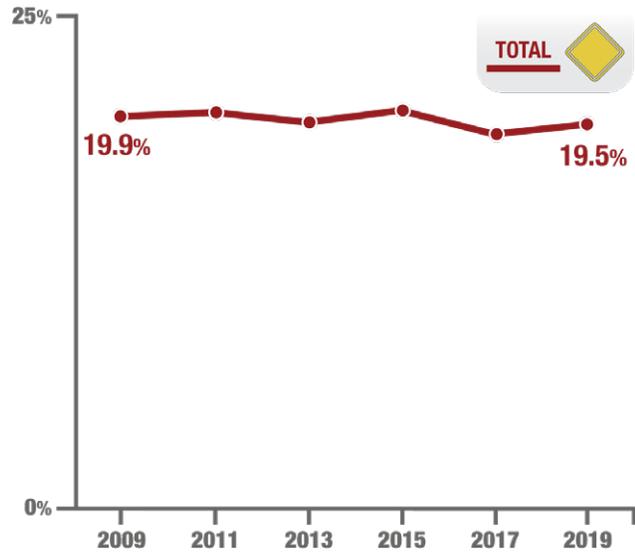
**More white students were bullied at school** than black students or Hispanic students.

10-Year Trend Description

Total



There was no change in the percentage of students being bullied at school from 2009 through 2019.

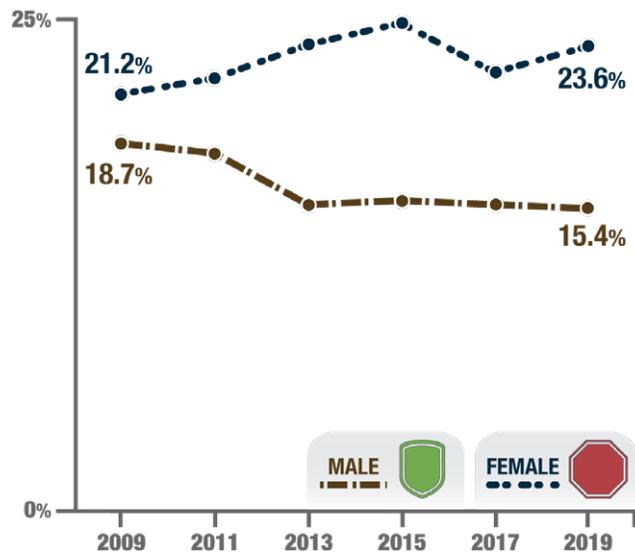


10-Year Trend Description

by Sex



Fewer male students were bullied at school from 2009 through 2019. More female students were bullied at school from 2009 through 2019.

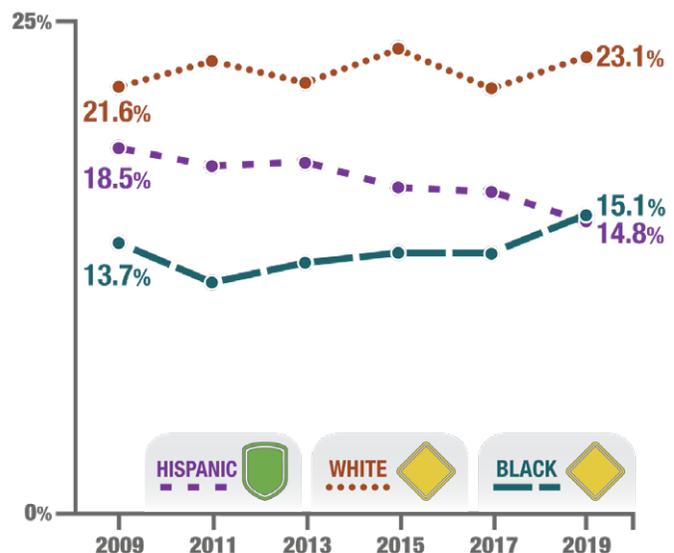


10-Year Trend Description

by Race/Ethnicity



Fewer Hispanic students were bullied at school from 2009 through 2019. There was no change in the percentage of white students or black students being bullied at school from 2009 through 2019.



In right direction



No change



In wrong direction



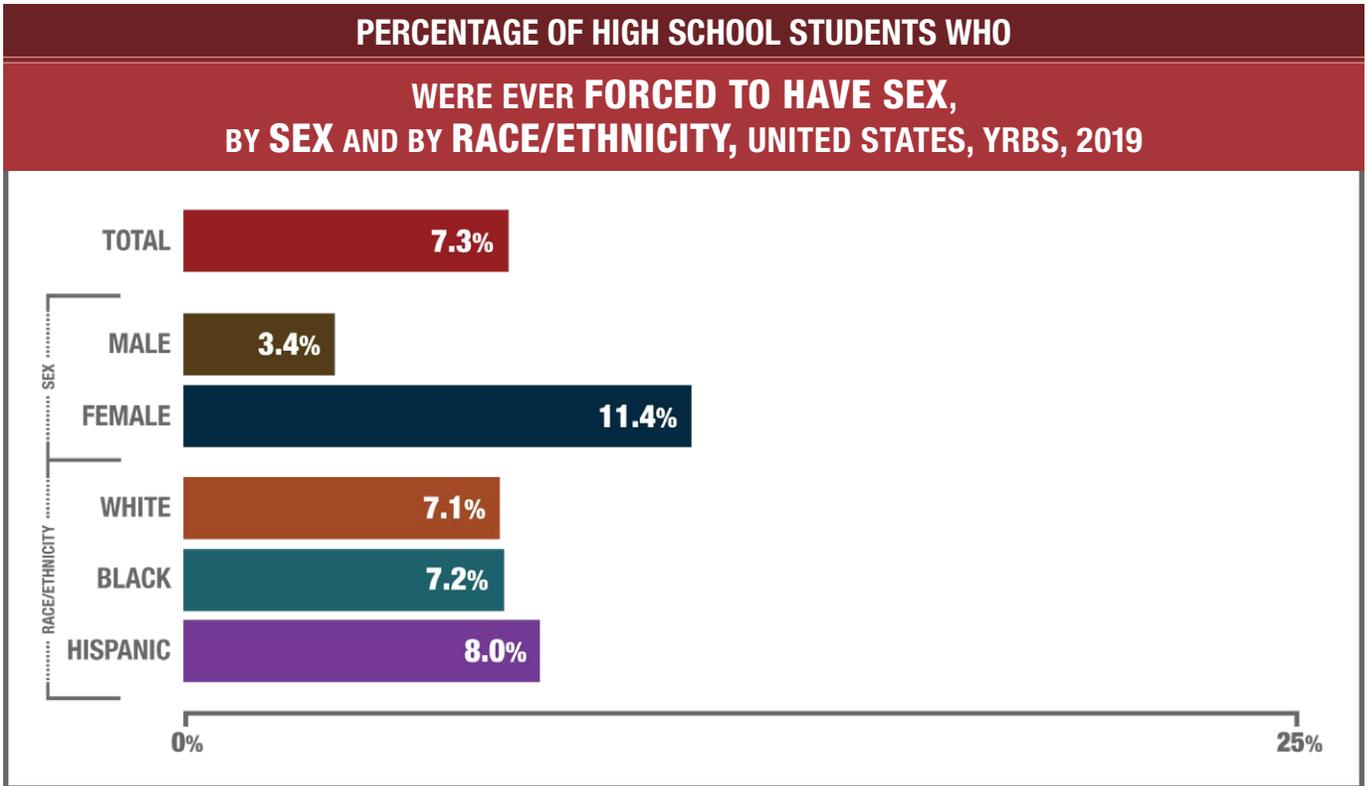
# FOCUS AREA

## EXPERIENCING VIOLENCE

VARIABLE

# FORCED SEX

In 2019, about 7% of high school students had ever been physically forced to have sexual intercourse when they did not want to. There was no change in the percentage of students who had been forced to have sex from 2009 through 2019.



### 2019 Demographic Description



In 2019, about **7%** of high school students had ever been **forced to have sex.**

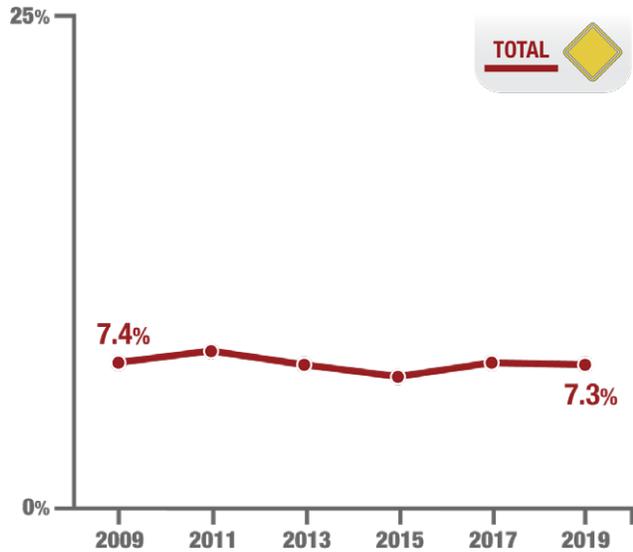
**Female students were more than three times as likely as male students to be forced to have sex.**

10-Year Trend Description

Total



There was no change in the percentage of students who were ever forced to have sex from 2009 through 2019.

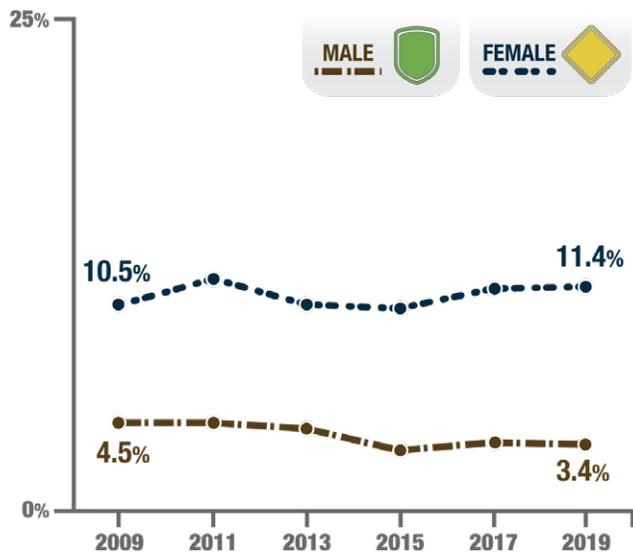


10-Year Trend Description

by Sex



Fewer male students were ever forced to have sex from 2009 through 2019. There was no change in the percentage of female students who had been forced to have sex from 2009 through 2019.

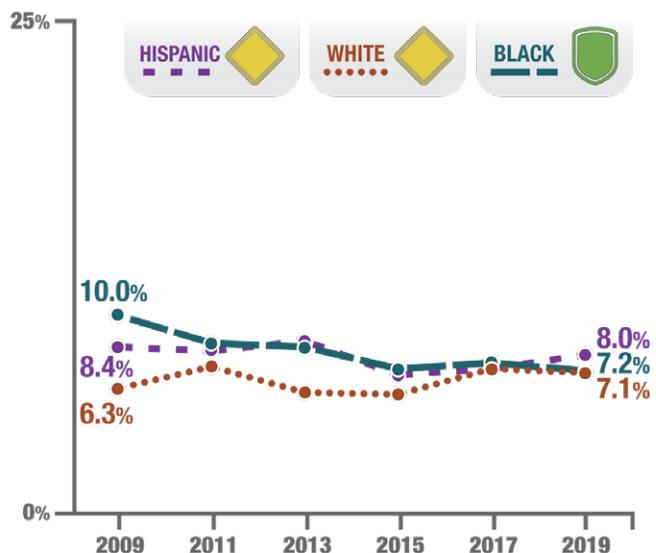


10-Year Trend Description

by Race/Ethnicity



Fewer black students were ever forced to have sex from 2009 through 2019. There was no change in the percentage of white students or Hispanic students who had been forced to have sex from 2009 through 2019.



In right direction



No change



In wrong direction



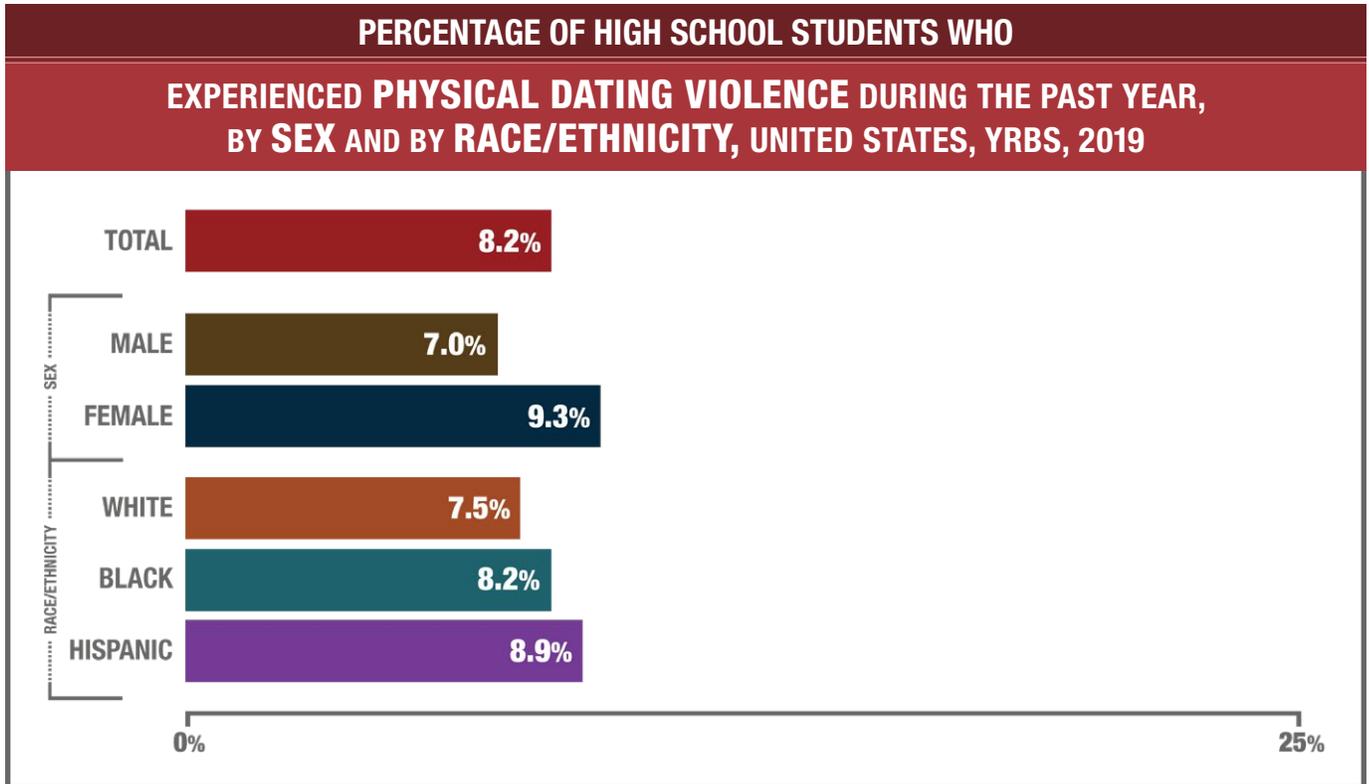
# FOCUS AREA

## EXPERIENCING VIOLENCE

VARIABLE

# PHYSICAL DATING VIOLENCE

In 2019, 66% of students reported having dated or gone out with someone in the last year. Among them, about 8% had experienced physical dating violence during the past year. Physical dating violence is defined as being physically hurt on purpose, including being hit, slammed into something, or injured with an object or weapon by someone they were dating or going out with. Fewer students experienced physical dating violence from 2013 through 2019.



### 2019 Demographic Description



In 2019, about **8%** of high school students experienced **physical dating violence**.

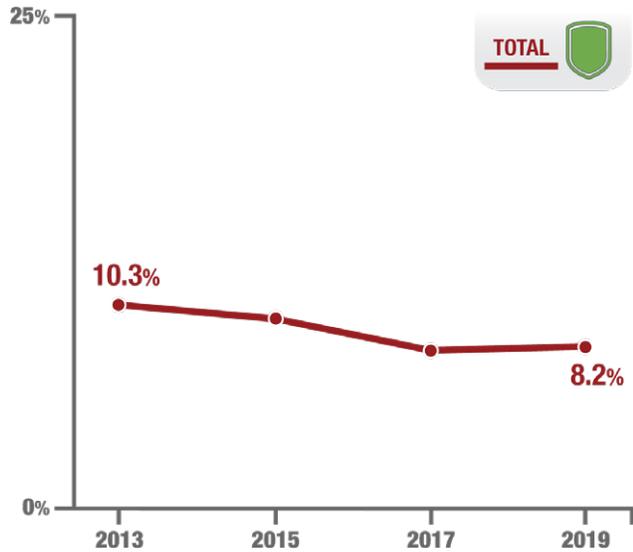
**More female students experienced physical dating violence** than male students.

6-Year Trend Description

Total



Fewer students experienced physical dating violence from 2013 through 2019.

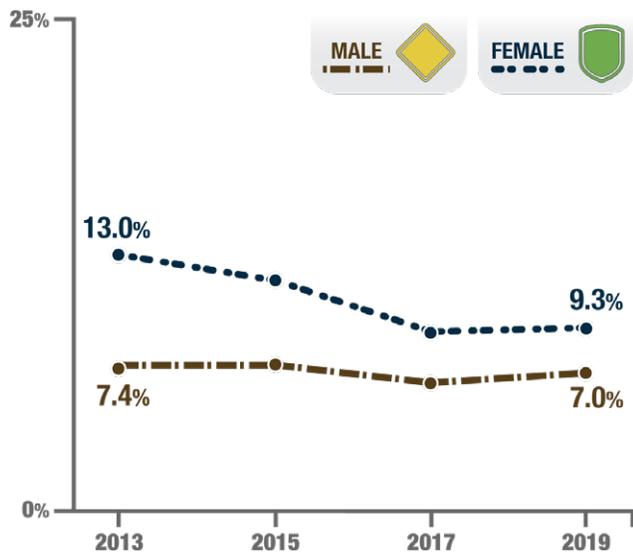


6-Year Trend Description

by Sex



Fewer female students experienced physical dating violence from 2013 through 2019. There was no change in the percentage of male students who experienced physical dating violence from 2013 through 2019.

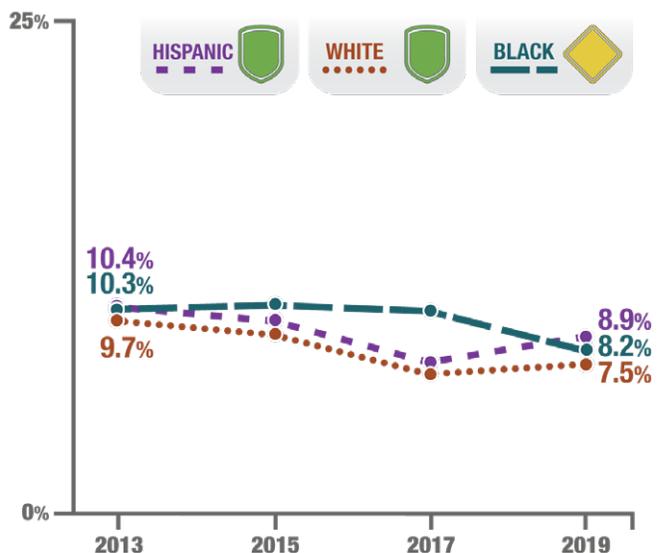


6-Year Trend Description

by Race/Ethnicity



Fewer white and Hispanic students experienced physical dating violence from 2013 through 2019. There was no change in the percentage of black students who experienced physical dating violence from 2013 through 2019.



In right direction



No change



In wrong direction



# FOCUS AREA

## EXPERIENCING VIOLENCE

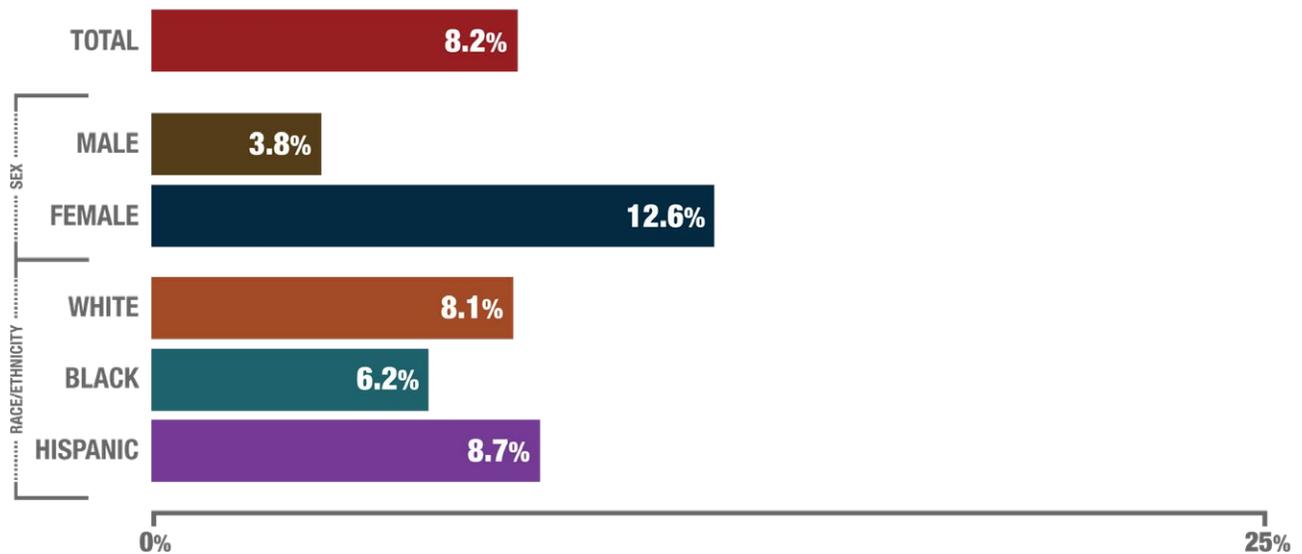
VARIABLE

# SEXUAL DATING VIOLENCE

In 2019, about 8% of high school students (among the 66% of students who dated or went out with someone in the last year) had experienced sexual dating violence during the past year. Sexual dating violence is defined as being forced to do sexual things, including kissing, touching, or being physically forced to have sexual intercourse they did not want to do by someone they were dating or going out with. Fewer students experienced sexual dating violence from 2013 through 2019; however, female students experienced far more sexual dating violence than male students.

### PERCENTAGE OF HIGH SCHOOL STUDENTS WHO

EXPERIENCED SEXUAL DATING VIOLENCE DURING THE PAST YEAR, BY SEX AND BY RACE/ETHNICITY, UNITED STATES, YRBS, 2019



### 2019 Demographic Description



In 2019, about **8%** of high school students experienced **sexual dating violence**.

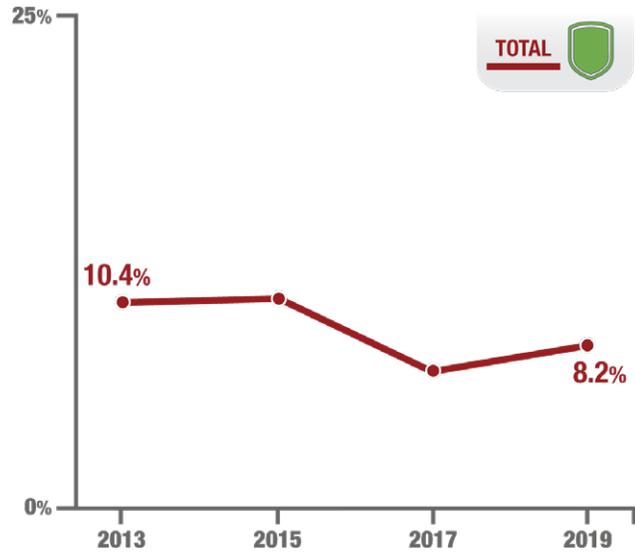
**More female students than male students experienced sexual dating violence.**

6-Year Trend Description

Total



Fewer students experienced sexual dating violence from 2013 through 2019.

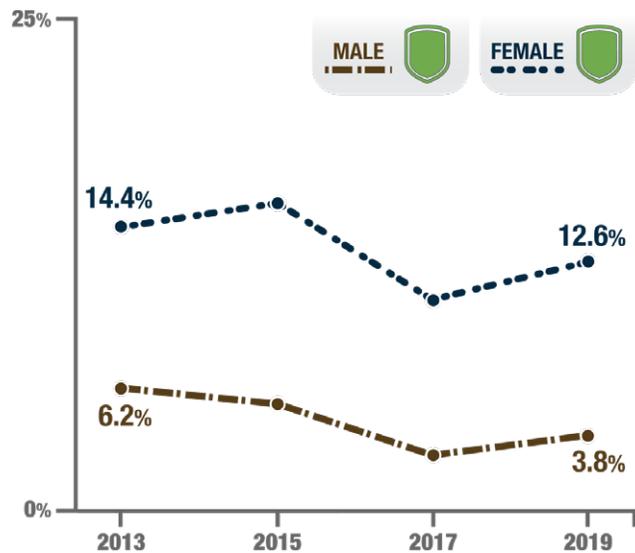


6-Year Trend Description

by Sex



Fewer male students and female students experienced sexual dating violence from 2013 through 2019.

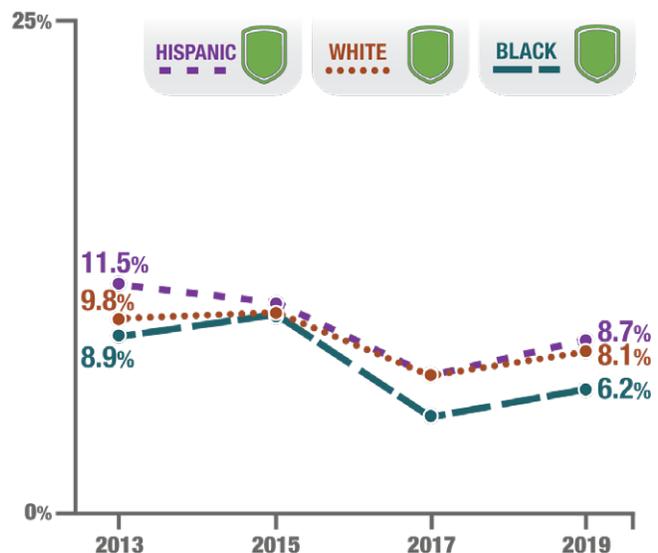


6-Year Trend Description

by Race/Ethnicity



Fewer white students, black students, and Hispanic students experienced sexual dating violence from 2013 through 2019.



In right direction



No change



In wrong direction





# FOCUS AREA

## MENTAL HEALTH AND SUICIDE

Progress at-a-glance for mental health and suicide variables . . .	58
Summary of results for mental health and suicide . . . . .	59
Persistent feelings of sadness or hopelessness . . . . .	60
Seriously considered attempting suicide . . . . .	62
Made a suicide plan. . . . .	64
Attempted suicide. . . . .	66
Injured in a suicide attempt . . . . .	68



# PROGRESS AT-A-GLANCE FOR MENTAL HEALTH AND SUICIDE VARIABLES\*

Poor mental health can result in serious negative outcomes for the health and development of adolescents. It can lead to risky sexual behavior, illicit substance use, adolescent pregnancy, truancy/school dropout, and other delinquent behaviors.<sup>31,32,33</sup>

Mental health is measured in the YRBS with one question addressing persistent feelings of sadness or hopelessness that affects students' abilities to participate in their daily activities. Included are four questions on suicide ideation or behaviors including serious consideration of and planning for suicide, attempting suicide, and being medically treated for suicide attempts.

THE PERCENTAGE OF HIGH SCHOOL STUDENTS WHO:	2009 Total	2011 Total	2013 Total	2015 Total	2017 Total	2019 Total	Trend
<b>Experienced persistent feelings of sadness or hopelessness</b>	26.1	28.5	29.9	29.9	31.5	36.7	
<b>Seriously considered attempting suicide</b>	13.8	15.8	17.0	17.7	17.2	18.8	
<b>Made a suicide plan</b>	10.9	12.8	13.6	14.6	13.6	15.7	
<b>Attempted suicide</b>	6.3	7.8	8.0	8.6	7.4	8.9	
<b>Were injured in a suicide attempt that had to be treated by a doctor or nurse</b>	1.9	2.4	2.7	2.8	2.4	2.5	

Source: National Youth Risk Behavior Surveys, 2009-2019

\*For the complete wording of YRBS questions, refer to Appendix.

	In wrong direction
	No change
	In right direction

## SUMMARY OF RESULTS FOR

# MENTAL HEALTH AND SUICIDE

Results reveal that little progress has been made in mental health and suicide-related behaviors and experiences reported by students over the past decade. Unfortunately, most indicators of mental health and suicide have shown increasing trends, which is of great concern. These data trends highlight student behaviors and experiences where increased support from schools, communities, and families is needed.

**More students experienced persistent feelings of sadness or hopelessness from 2009 through 2019, regardless of race/ethnicity. More than 1 in 3 students and nearly half of female students reported persistent feelings of sadness or hopelessness in 2019.**

**About 1 in 5 students seriously considered suicide. More white students and black students seriously considered suicide from 2009 through 2019.**

**More students made a suicide plan from 2009 through 2019. Female students were nearly twice as likely as male students to make a suicide plan during 2019.**

**More female students attempted suicide from 2009 through 2019. More black students and white students attempted suicide from 2009 through 2019.**

**More female students seriously considered attempting suicide and were injured in a suicide attempt from 2009 through 2019. More male students seriously considered attempting suicide from 2009 through 2019.**

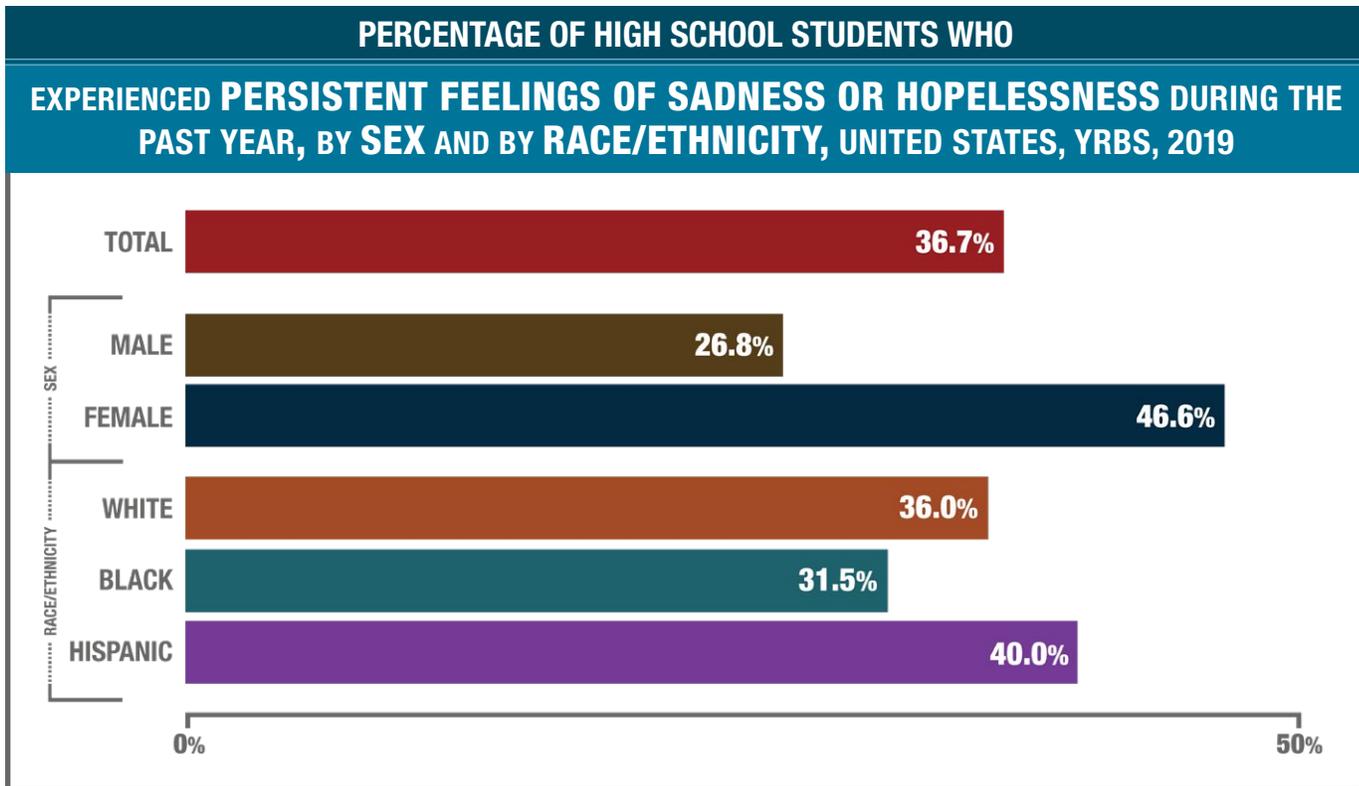
# FOCUS AREA

## MENTAL HEALTH & SUICIDE

VARIABLE

### PERSISTENT FEELINGS OF SADNESS OR HOPELESSNESS

In 2019, about 37% of high school students had experienced periods of persistent feelings of sadness or hopelessness during the past year. Persistent feelings of sadness or hopelessness are defined as feeling so sad or hopeless almost every day for two weeks or more in a row that the student stopped doing their usual activities. More students had experienced persistent feelings of sadness or hopelessness from 2009 through 2019. Almost half of female students experienced persistent feelings of sadness or hopelessness in 2019.



#### 2019 Demographic Description



In 2019, about **37%** of high school students had experienced persistent feelings of sadness or hopelessness.

More female students experienced these feelings than male students.

More Hispanic students experienced these feelings than white students or black students.

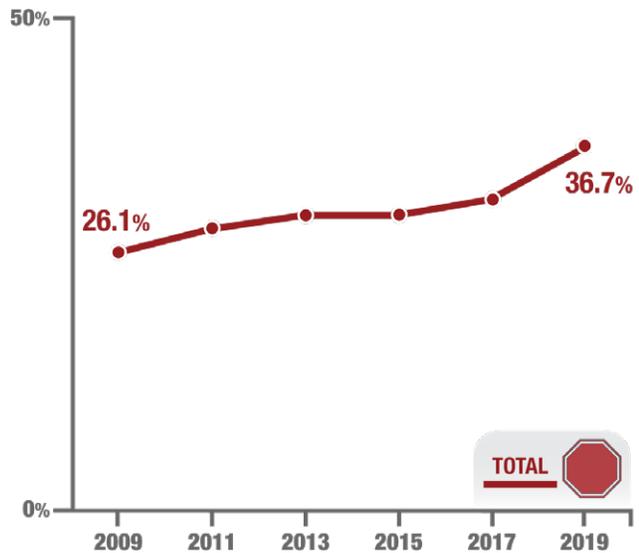
More white students experienced these feelings than black students.

### 10-Year Trend Description

#### Total



More high school students experienced persistent feelings of sadness or hopelessness from 2009 through 2019.

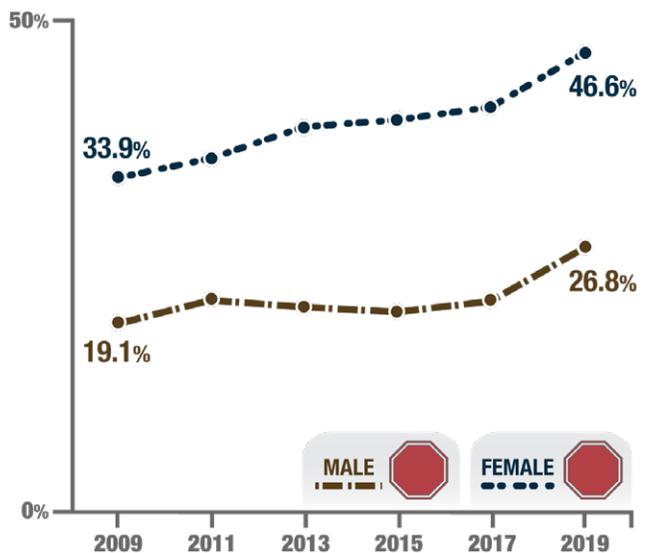


### 10-Year Trend Description

#### by Sex



More male students and female students experienced persistent feelings of sadness or hopelessness from 2009 through 2019.

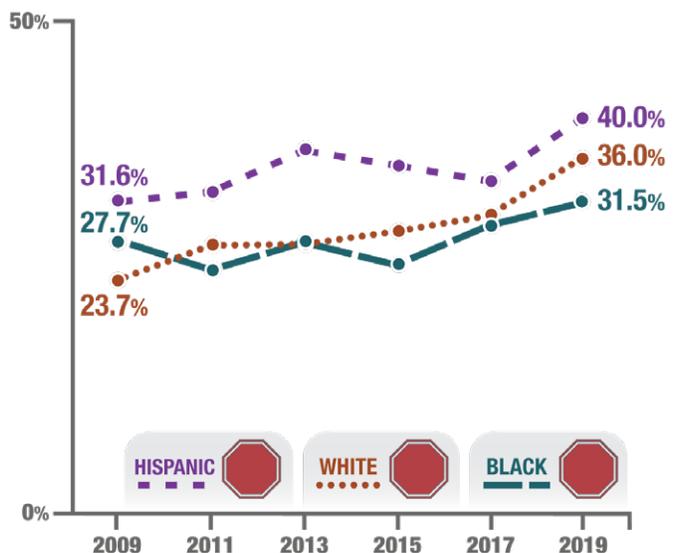


### 10-Year Trend Description

#### by Race/Ethnicity



More white students, black students, and Hispanic students experienced persistent feelings of sadness or hopelessness from 2009 through 2019.



In right direction



No change



In wrong direction



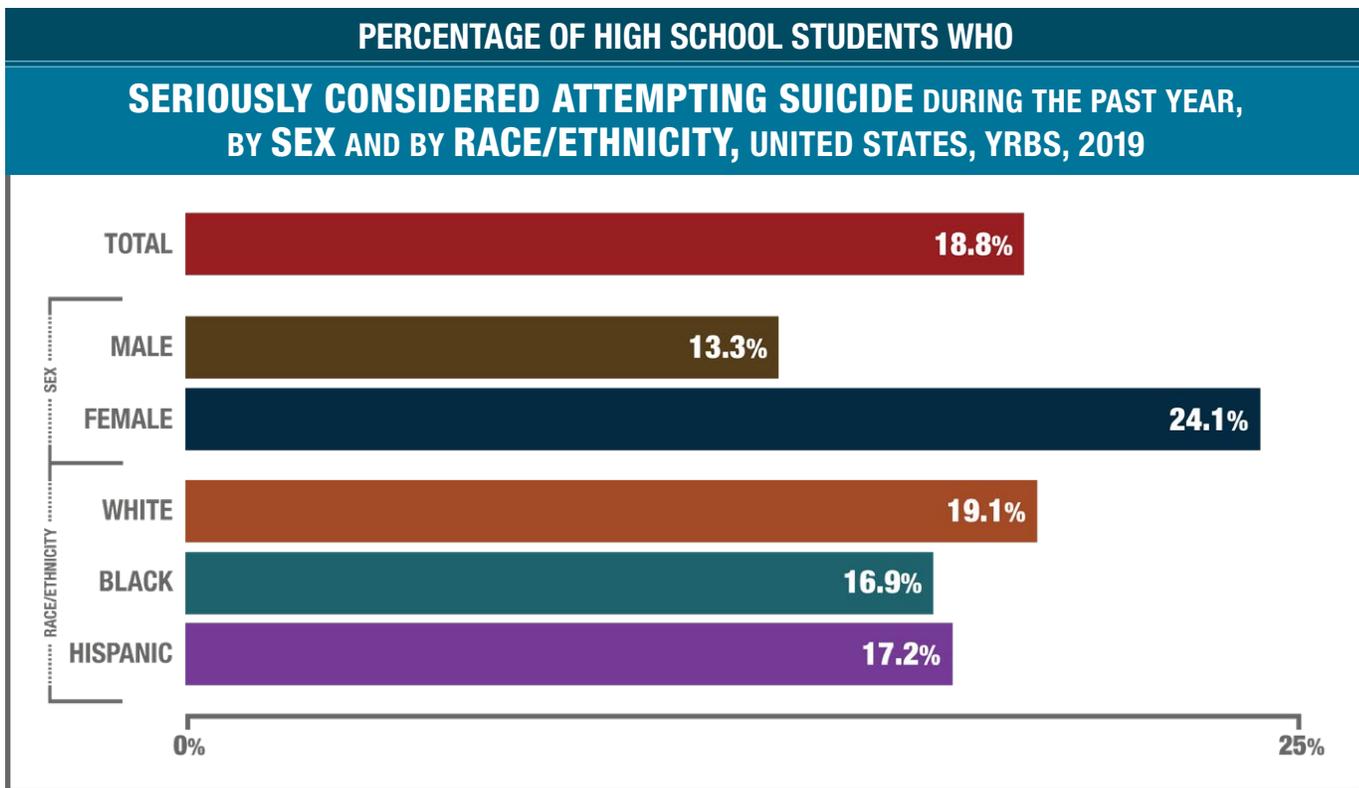
# FOCUS AREA

## MENTAL HEALTH & SUICIDE

VARIABLE

# SERIOUSLY CONSIDERED ATTEMPTING SUICIDE

In 2019, about 19% of all high school students and about 24% (1 in 4) of female students had seriously considered attempting suicide during the past year. More students had seriously considered attempting suicide during the past year from 2009 through 2019, when about 1 in 5 students seriously considered attempting suicide.



### 2019 Demographic Description



In 2019, about **19%** of high school students had **seriously considered attempting suicide**.

**More female students than male students had seriously considered attempting suicide.**

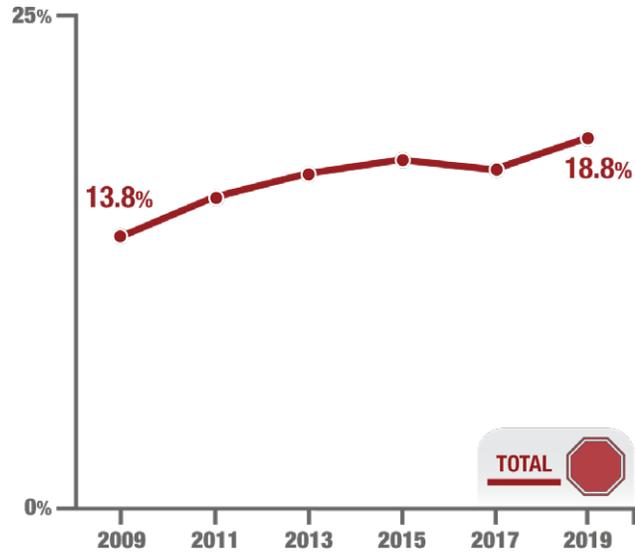
**More white students seriously considered attempting suicide than black students.**

10-Year Trend Description

Total



More students had seriously considered attempting suicide from 2009 through 2019.



In right direction



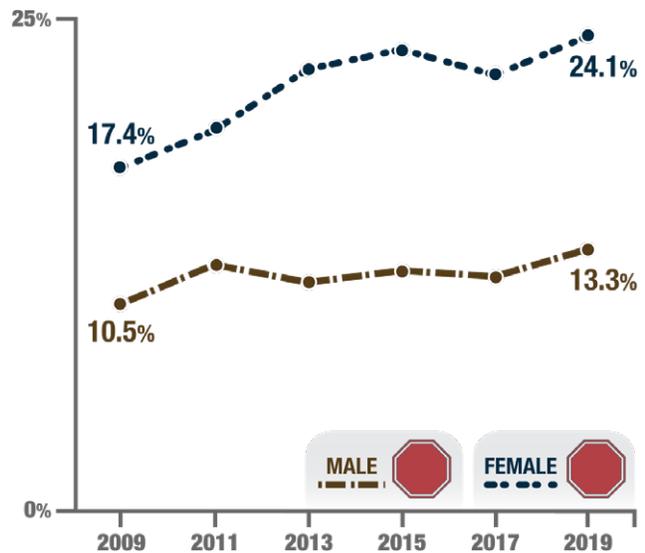
No change

10-Year Trend Description

by Sex



More male students and female students had seriously considered attempting suicide from 2009 through 2019.



In wrong direction

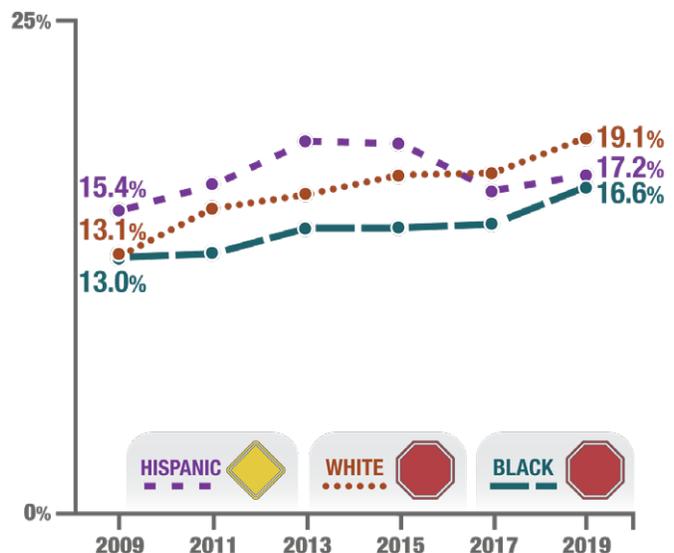


10-Year Trend Description

by Race/Ethnicity



White students and black students were more likely to seriously consider attempting suicide from 2009 through 2019.



MENTAL HEALTH AND SUICIDE

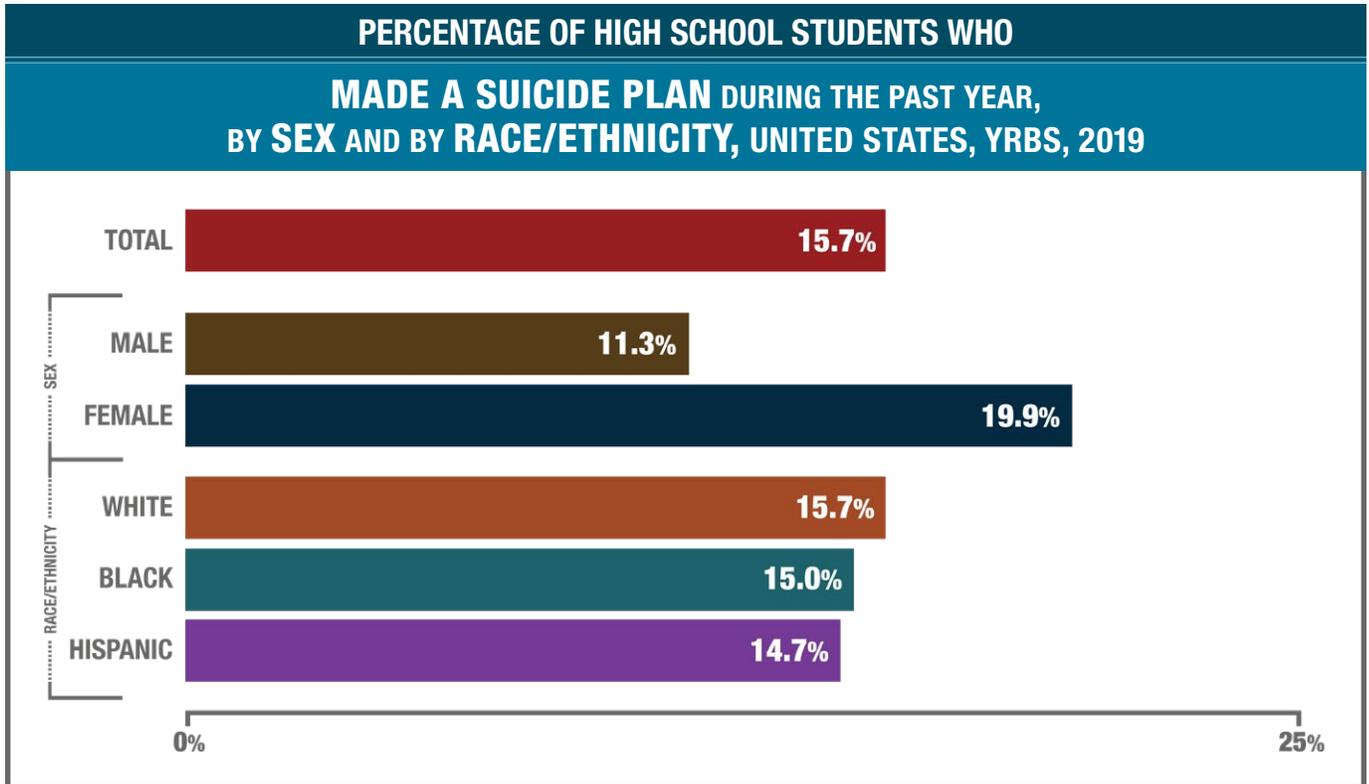
# FOCUS AREA

## MENTAL HEALTH & SUICIDE

VARIABLE

# MADE A SUICIDE PLAN

In 2019, about 16% of high school students had made a suicide plan during the past year. More students had made a suicide plan during the past year from 2009 through 2019.



### 2019 Demographic Description



In 2019, about **16%** of high school students had made a suicide plan.

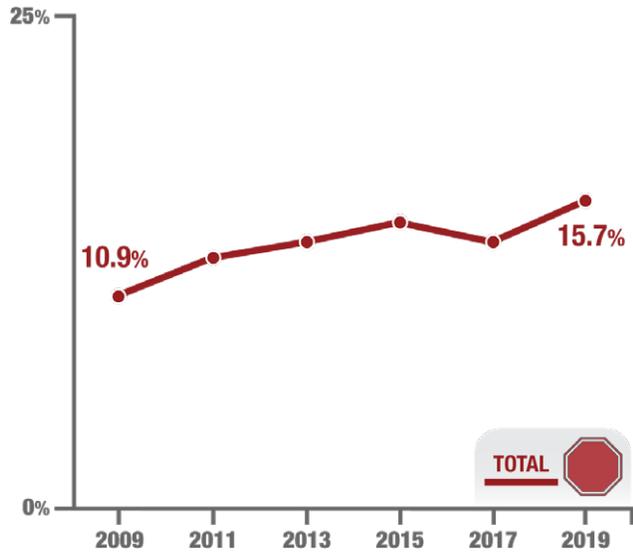
More female students (1 in 5) made a suicide plan than male students.

10-Year Trend Description

Total



More students made a suicide plan from 2009 through 2019.

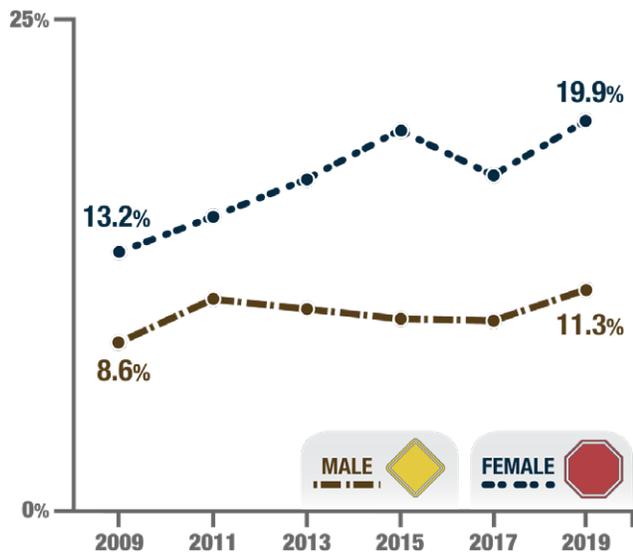


10-Year Trend Description

by Sex



More female students made a suicide plan from 2009 through 2019. There was no change in the percentage of male students who made a suicide plan from 2009 through 2019.

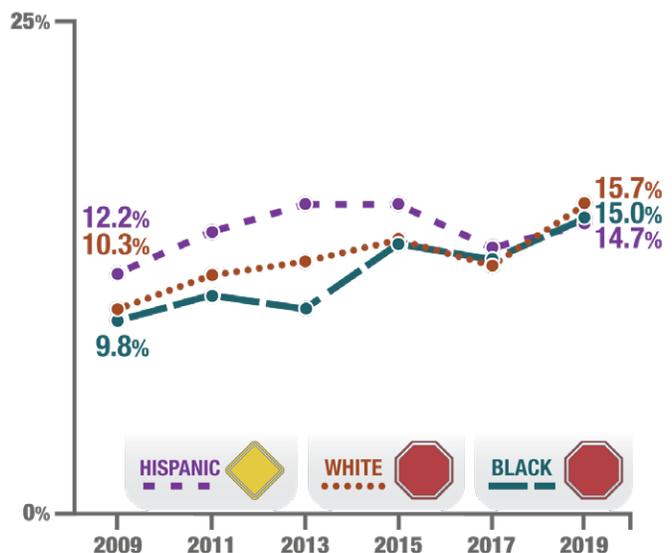


10-Year Trend Description

by Race/Ethnicity



More white students and black students made a suicide plan from 2009 through 2019. There was no change in the percentage of Hispanic students who made a suicide plan from 2009 through 2019.



In right direction



No change



In wrong direction



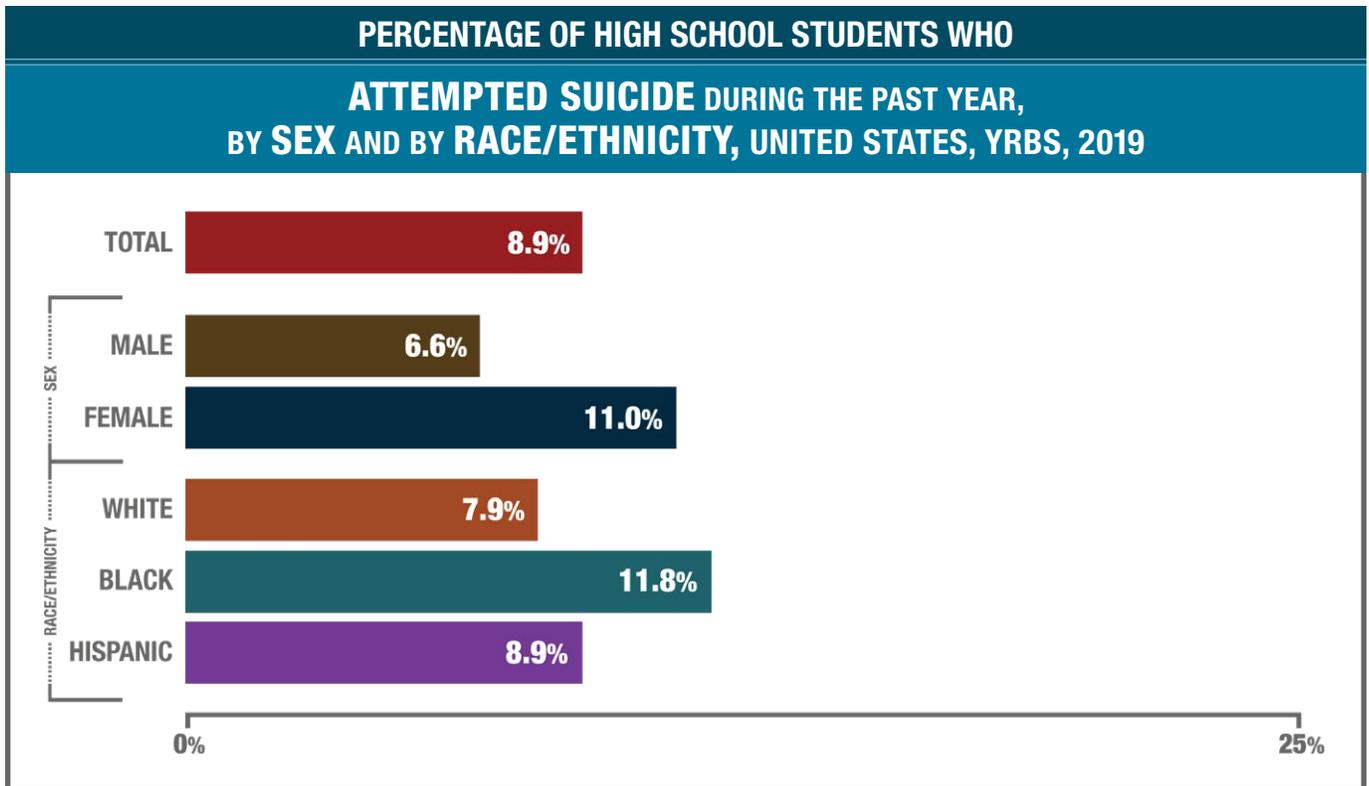
# FOCUS AREA

## MENTAL HEALTH & SUICIDE

VARIABLE

# ATTEMPTED SUICIDE

In 2019, about 9% of high school students had attempted suicide one or more times during the past year. More students had attempted suicide during the past year from 2009 through 2019. Female students and black students attempted suicide more than other groups.



### 2019 Demographic Description



In 2019, about **9%** of high school students attempted suicide.

**More female students attempted suicide than male students.**

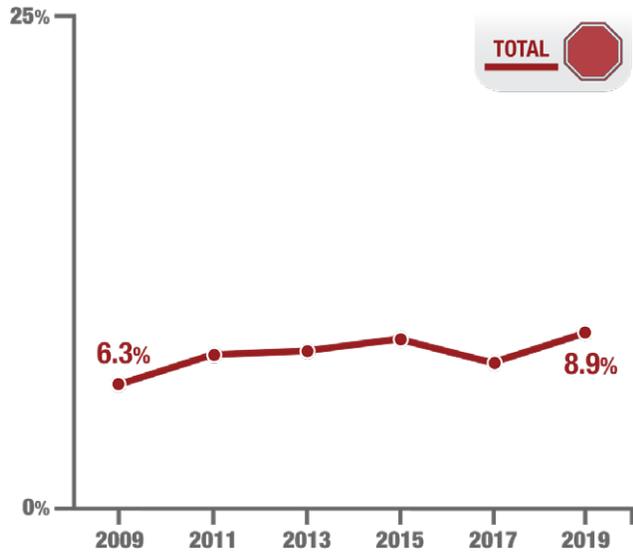
**More black students attempted suicide than white students.**

10-Year Trend Description

Total



More students attempted suicide from 2009 through 2019.

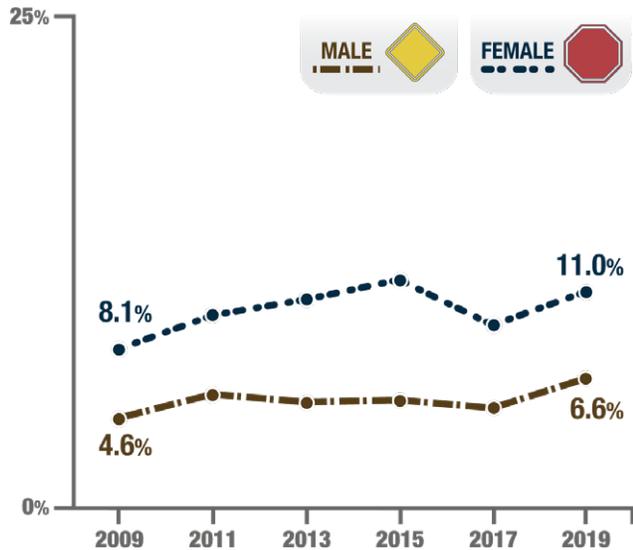


10-Year Trend Description

by Sex



More female students attempted suicide from 2009 through 2019. There was no change in the percentage of male students who attempted suicide from 2009 through 2019.

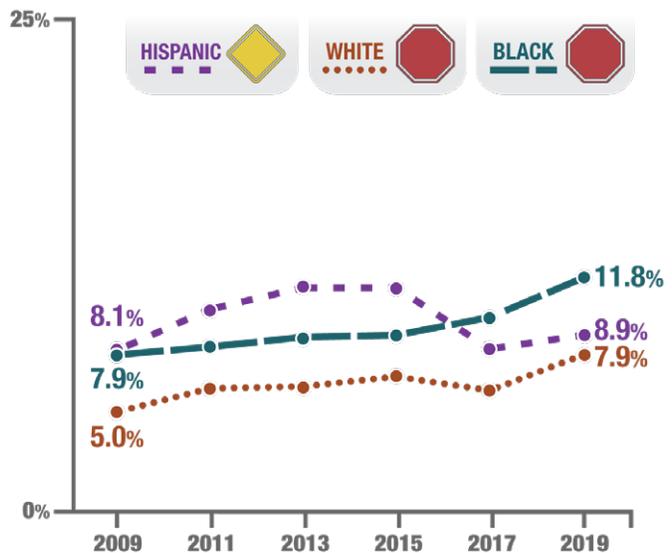


10-Year Trend Description

by Race/Ethnicity



More white students and black students attempted suicide from 2009 through 2019. There was no change in the percentage of Hispanic students who attempted suicide from 2009 through 2019.



In right direction



No change



In wrong direction



# FOCUS AREA

## MENTAL HEALTH & SUICIDE

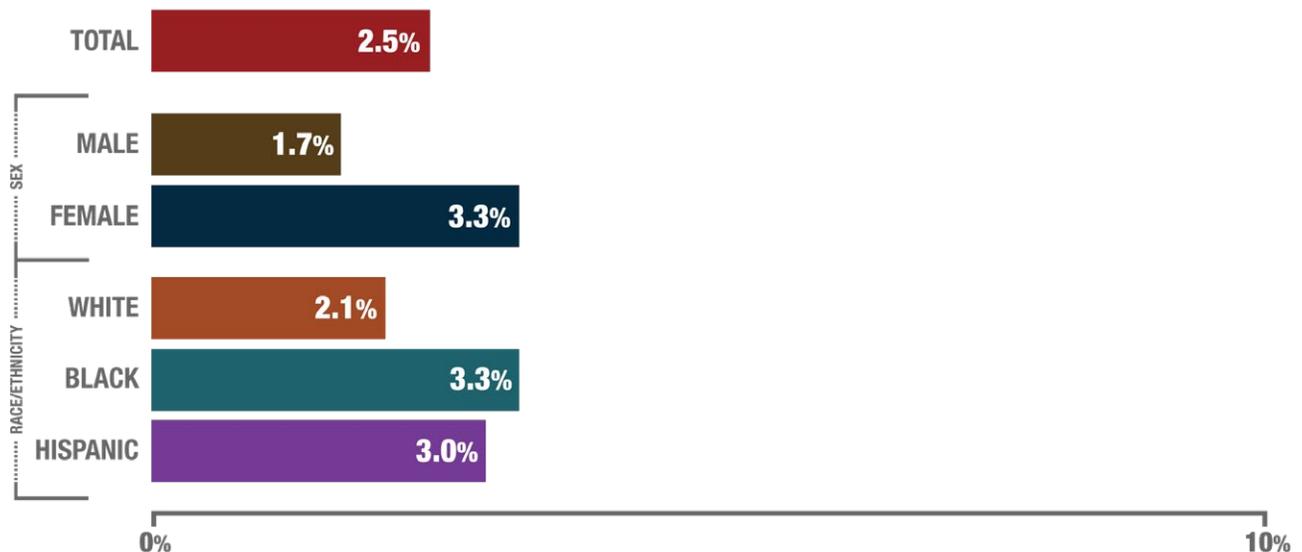
VARIABLE

# INJURED IN A SUICIDE ATTEMPT

In 2019, about 3% of high school students were injured in a suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse during the past year. There was no change in the percentage of students being injured in a suicide attempt during the past year from 2009 through 2019.

### PERCENTAGE OF HIGH SCHOOL STUDENTS

#### INJURED IN A SUICIDE ATTEMPT DURING THE PAST YEAR, BY SEX AND BY RACE/ETHNICITY, UNITED STATES, YRBS, 2019



#### 2019 Demographic Description



In 2019,  
about **3%**  
of high school students  
were **injured in a  
suicide attempt.**

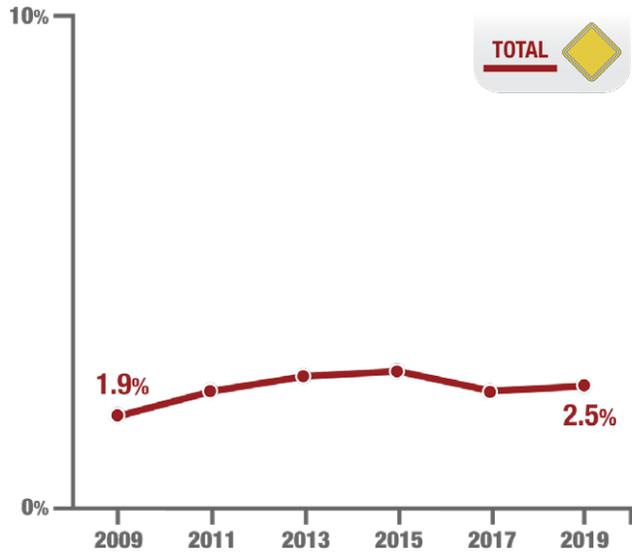
**More female students were injured in a  
suicide attempt than male students.**

10-Year Trend Description

Total



There was no change in the percentage of students injured in a suicide attempt from 2009 through 2019.

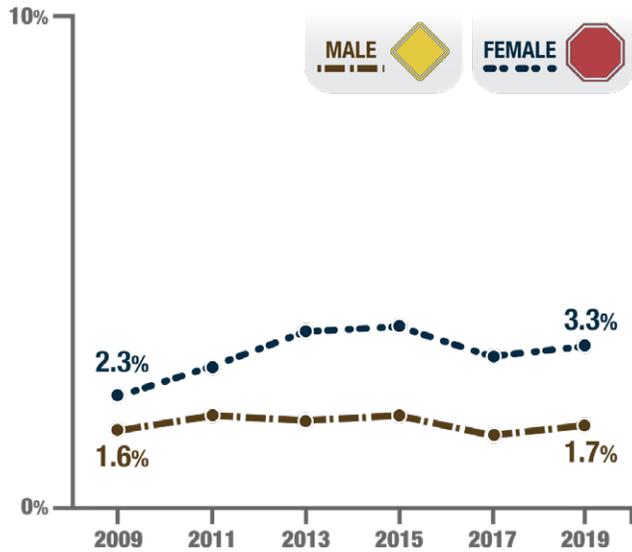


10-Year Trend Description

by Sex



More female students were injured in a suicide attempt from 2009 through 2019. There was no change in the percentage of male students who were injured in a suicide attempt from 2009 through 2019.

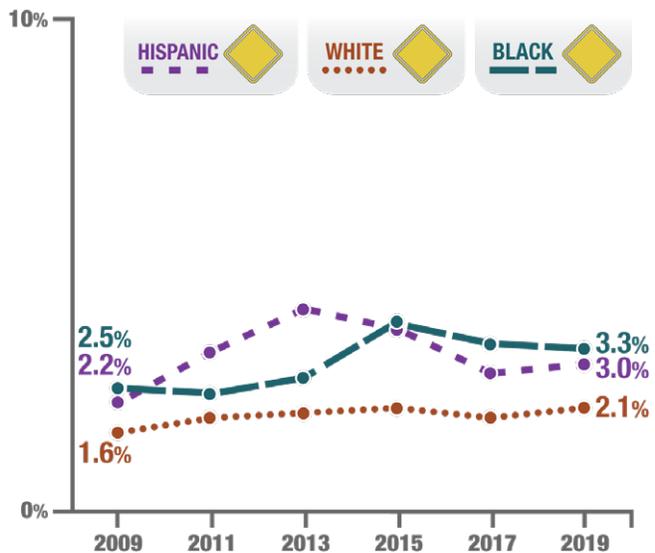


10-Year Trend Description

by Race/Ethnicity



There was no change in the percentage of white students, black students, or Hispanic students who were injured in a suicide attempt from 2009 through 2019.



In right direction



No change



In wrong direction



# SEXUAL MINORITY YOUTH

Sexual minority youth (SMY) are defined in this report as those who identify as lesbian, gay, or bisexual; who are not sure of their sexual identity; or who have had sexual contact with people of the same sex. Conversely, non-SMY are defined as those who identify as heterosexual or who have only had sexual contact with people of the opposite sex.

While many SMY thrive during adolescence, stigma, discrimination, and other factors put them at increased risk for negative health and life outcomes. Significant health disparities exist between SMY and non-SMY. CDC research has found that compared to their peers, **SMY have a higher risk of suicide, depression, substance use disorder, and poor academic performance.**<sup>34</sup> However, it is only recently that the relationship between health-related behaviors and experiences among a nationally representative sample of SMY can be compared with the prevalence among non-SMY youth.<sup>35</sup> What has been clear across the previous cycles of the Youth Risk Behavior Survey (YRBS) data is that SMY are more likely than their non-SMY peers to experience violence, engage in high-risk substance use, and experience greater levels of emotional distress and suicide ideation.<sup>36,37</sup>

Two aspects of SMY status are assessed in the national YRBS: **sexual identity** and **sex of sexual contacts**. Students are asked which of the following terms best describes them: “heterosexual (straight),” “gay or lesbian,” “bisexual,” or “not sure.” They are also asked whether they have had

sexual contact with “females,” “males,” “females and males,” or no one during their life. This report provides a summary of the 2019 YRBS data comparing SMY to non-SMY for each of the focus area variables, **including sexual behavior, high-risk substance use, experiencing violence, and mental health and suicide**. Provided for the first time are descriptions of trends from the 2015, 2017, and 2019 cycles of the national YRBS showing the extent to which health risk behaviors and experiences have changed for SMY and non-SMY during the 2015 to 2019 time period.

When compared to non-SMY, **higher proportions of SMY experienced violence, experienced poor mental health and suicide ideation, and used high-risk substances**. Unfortunately, there have been no significant declines in these health risk behaviors and experiences among SMY since 2015, indicating that the root causes of these issues have not diminished. Understanding and addressing the drivers of these differences and the continued high proportions of SMY who experience these issues remains a high priority.

# FOCUS AREA

## SEXUAL BEHAVIOR

Summary of SMY results for sexual behaviors . . . . .	72
Ever had sex . . . . .	73
Four or more lifetime sexual partners . . . . .	74
Currently sexually active . . . . .	75
Used a condom during last sexual intercourse . . . . .	76
Tested for HIV . . . . .	77
Tested for sexually transmitted diseases . . . . .	78



# SUMMARY OF SMY RESULTS FOR **SEXUAL BEHAVIORS**

Of the sexual behaviors that were assessed, the majority varied among high school students based on both sexual identity and sex of sexual contacts. The sexual behaviors that varied were ever had sexual intercourse, had four or more lifetime sexual partners, were currently sexually active, used a condom the last time they had sex, and had ever been tested for HIV.

**Fewer lesbian, gay, or bisexual students had ever had sex from 2015 through 2019.**

**Fewer lesbian, gay, or bisexual students were currently sexually active from 2015 through 2019.**

**Fewer lesbian, gay, or bisexual students had ever been tested for HIV from 2015 through 2019.**

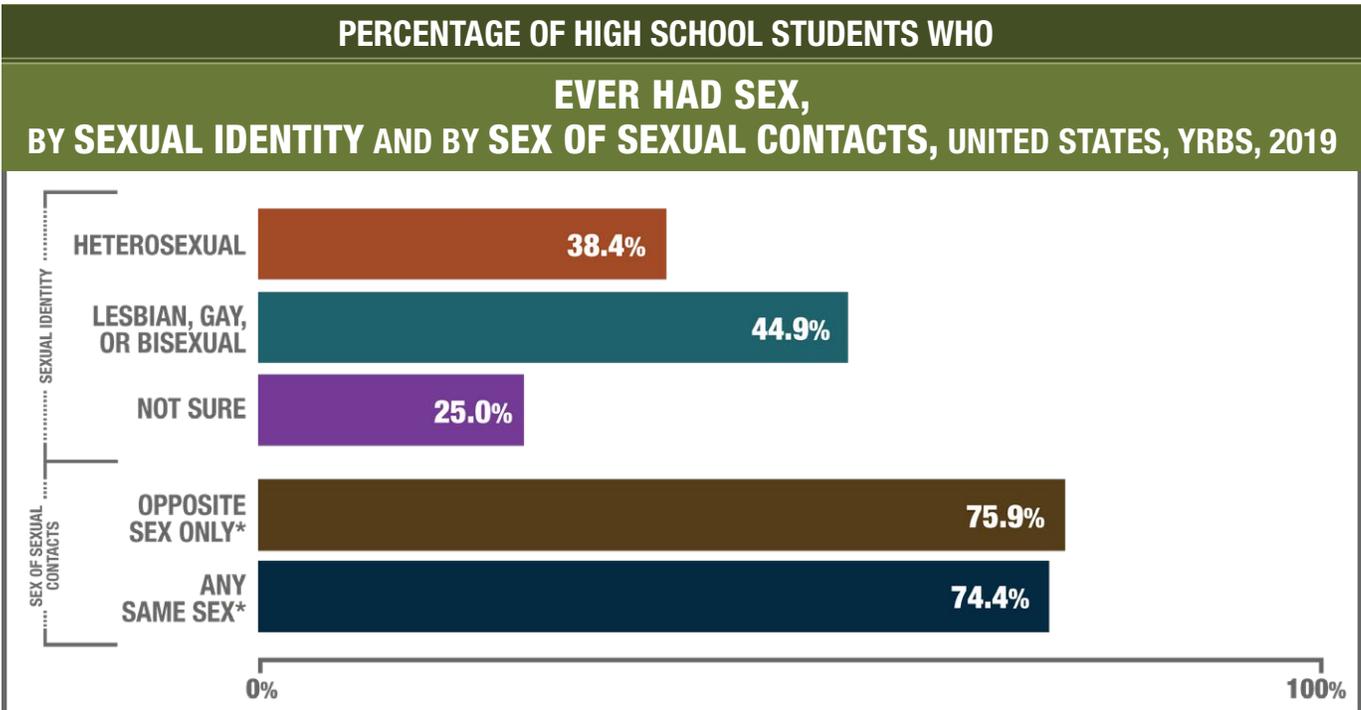


SEXUAL MINORITY YOUTH  
**FOCUS AREA**  
 SEXUAL BEHAVIOR

VARIABLE

**EVER  
HAD SEX**

In 2019, the percentage of high school students who ever had sexual intercourse varied by sexual identity and by sex of sexual contacts. Fewer lesbian, gay, or bisexual students had ever had sex from 2015 through 2019.



**Sexual Identity**



Lesbian, gay, or bisexual students were more likely to have ever had sex than heterosexual students. Lesbian, gay, or bisexual students and heterosexual students were more likely to have ever had sex than students not sure of their sexual identity.

**Sex of Sexual Contacts**



There was no significant difference in the percentages of students who had sexual contact with the opposite sex only and students who had sex with any same sex partners who had ever had sex.

**PROGRESS AT-A-GLANCE**

**TRENDS**

IN THE PERCENTAGE OF HIGH SCHOOL STUDENTS WHO EVER HAD SEX, BY SEXUAL IDENTITY AND BY SEX OF SEXUAL CONTACTS, YRBS, 2015-2019

		2015	2017	2019	Trend	KEY
<b>BY SEXUAL IDENTITY</b>	Heterosexual	40.9	39.1	38.4		In right direction No change In wrong direction
	Lesbian, gay, or bisexual	50.8	48.4	44.9		
	Not sure	31.6	28.4	25.0		
<b>BY SEX OF SEXUAL CONTACTS</b>	Opposite sex only*	78.5	78.2	75.9		
	Any same sex*	72.4	74.5	74.4		

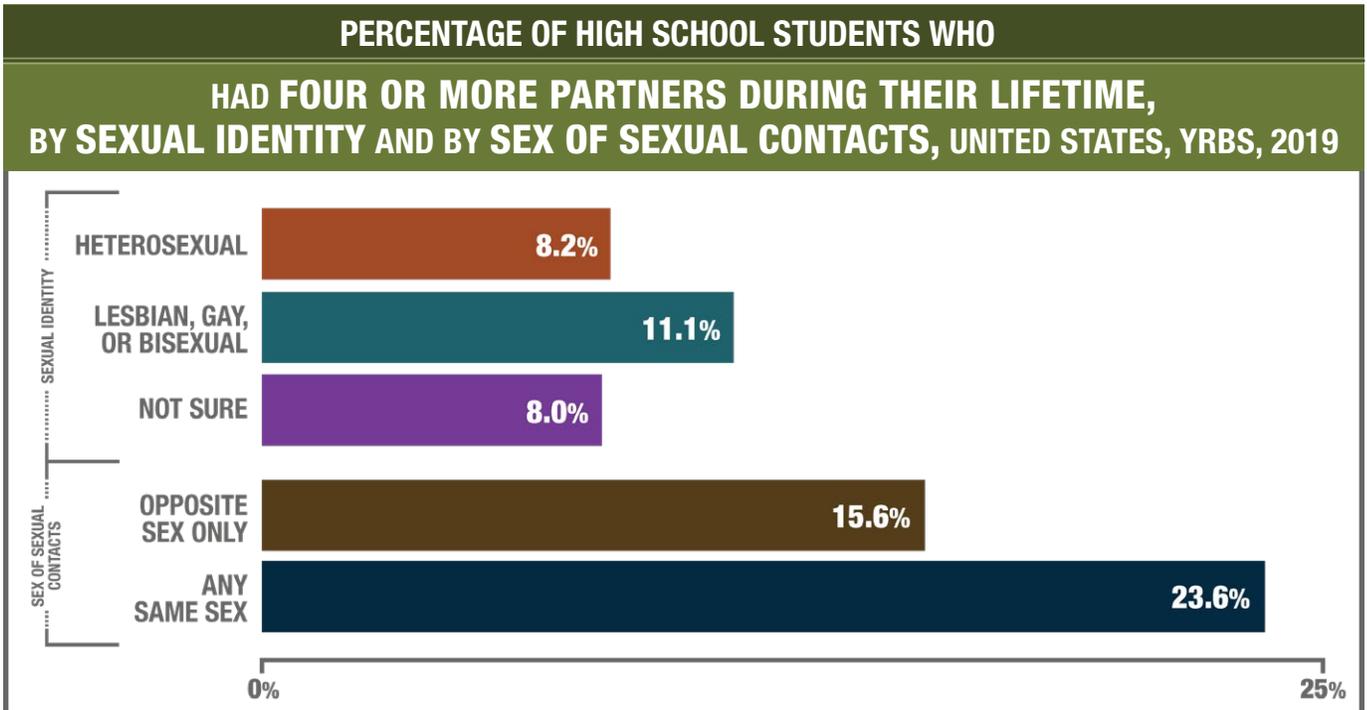
\*Note: "Sex of sexual contact" groups were derived from responses to the question regarding with whom students had sexual contact, a separate question from lifetime sexual intercourse.

SEXUAL MINORITY YOUTH  
**FOCUS AREA**  
 SEXUAL BEHAVIOR

VARIABLE

**FOUR OR MORE LIFETIME  
 SEXUAL PARTNERS**

In 2019, the percentage of high school students who had sexual intercourse with four or more partners during their life varied by sexual identity and by sex of sexual contacts. Fewer lesbian, gay, and bisexual students had sex with four or more lifetime partners from 2015 through 2019.



**Sexual Identity**



Lesbian, gay, or bisexual students were more likely than heterosexual students and students not sure of their sexual identity to have had four or more lifetime sexual partners.

**Sex of Sexual Contacts**



Students who had sexual contact with people of the same sex were more likely to have had four or more lifetime sexual partners than students who had sexual contact with only people of the opposite sex.

**PROGRESS AT-A-GLANCE**

**TRENDS**

IN THE PERCENTAGE OF HIGH SCHOOL STUDENTS WHO HAD FOUR OR MORE PARTNERS DURING THEIR LIFETIME, BY SEXUAL IDENTITY AND BY SEX OF SEXUAL CONTACTS, YRBS, 2015-2019

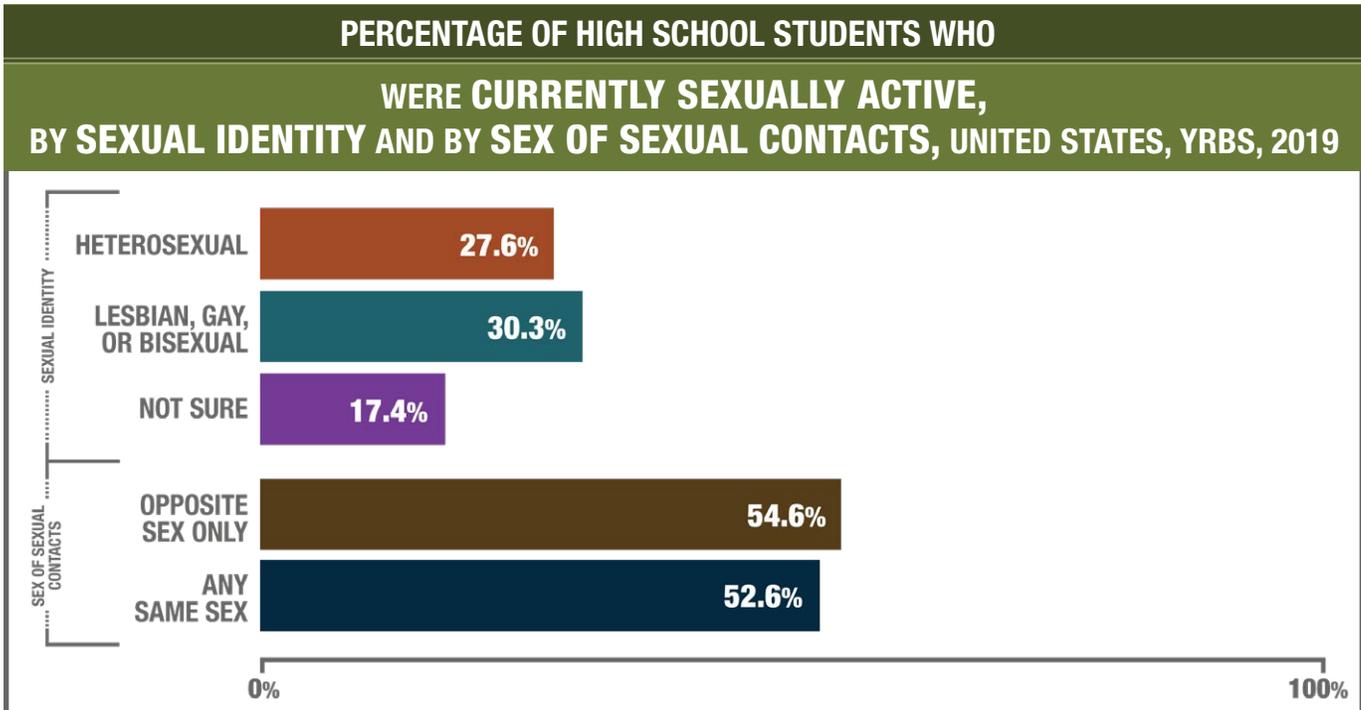
		2015	2017	2019	Trend	KEY
<b>BY SEXUAL IDENTITY</b>	Heterosexual	11.2	9.1	8.2		In right direction
	Lesbian, gay, or bisexual	14.7	14.7	11.1		
	Not sure	12.9	9.9	8.0		
<b>BY SEX OF SEXUAL CONTACTS</b>	Opposite sex only	20.9	17.7	15.6		In wrong direction
	Any same sex	28.3	28.6	23.6		

SEXUAL MINORITY YOUTH  
**FOCUS AREA**  
 SEXUAL BEHAVIOR

VARIABLE

**CURRENTLY SEXUALLY ACTIVE**

In 2019, the percentage of high school students who were currently sexually active (i.e., they had sexual intercourse with at least one person during the past 3 months) varied by sexual identity. Fewer lesbian, gay, or bisexual students were sexually active from 2015 through 2019, while the percentage of heterosexual students and students who were not sure of their sexual identity did not change.



**Sexual Identity**



Heterosexual students and lesbian, gay, or bisexual students were more likely to be currently sexually active than students who were not sure of their sexual identity.

**Sex of Sexual Contacts**



There was no significant difference by sex of sexual contacts in students who were currently sexually active.

**PROGRESS AT-A-GLANCE**

**TRENDS**

IN THE PERCENTAGE OF HIGH SCHOOL STUDENTS WHO WERE CURRENTLY SEXUALLY ACTIVE, BY SEXUAL IDENTITY AND BY SEX OF SEXUAL CONTACTS, YRBS, 2015-2019

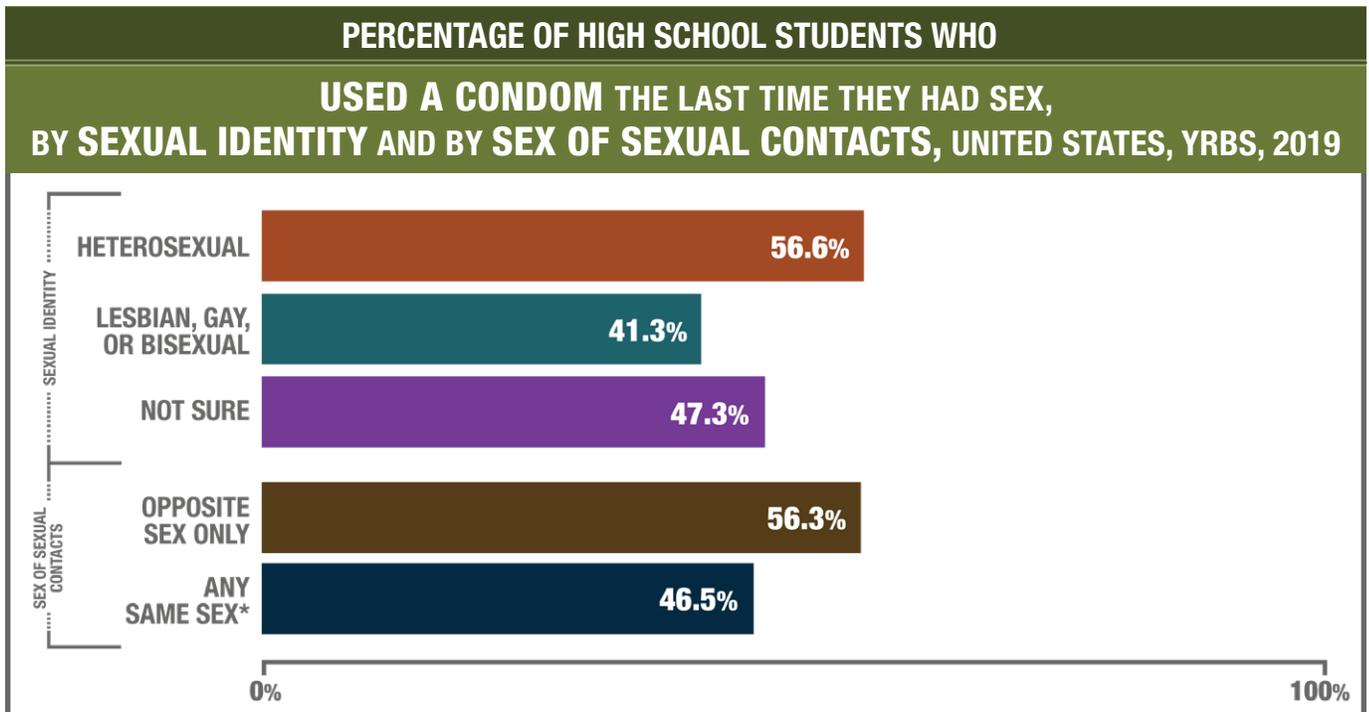
		2015	2017	2019	Trend	KEY
<b>BY SEXUAL IDENTITY</b>	Heterosexual	30.1	28.5	27.6		In right direction No change In wrong direction
	Lesbian, gay, or bisexual	35.1	33.7	30.3		
	Not sure	22.9	19.8	17.4		
<b>BY SEX OF SEXUAL CONTACTS</b>	Opposite sex only	57.6	56.7	54.6		
	Any same sex	51.9	55.6	52.6		

SEXUAL MINORITY YOUTH  
**FOCUS AREA**  
 SEXUAL BEHAVIOR

VARIABLE

**USED A CONDOM  
 DURING LAST SEXUAL  
 INTERCOURSE**

In 2019, the percentage of currently sexually active high school students who used a condom the last time they had sexual intercourse varied by sexual identity and by sex of sexual contacts. Heterosexual students were more likely to use a condom during last sexual intercourse than lesbian, gay, or bisexual students or students who were not sure of their sexual identity.



**Sexual Identity**



Lesbian, gay, or bisexual students and students not sure of their sexual identity were less likely to use a condom the last time they had sex than heterosexual students.

**Sex of Sexual Contacts**



Students who had sexual contact with people of the same sex were less likely to use a condom the last time they had sex than students who had sexual contact with only people of the opposite sex.

**PROGRESS AT-A-GLANCE**

**TRENDS**

IN THE PERCENTAGE OF HIGH SCHOOL STUDENTS WHO USED A CONDOM THE LAST TIME THEY HAD SEX, BY SEXUAL IDENTITY AND BY SEX OF SEXUAL CONTACTS, YRBS, 2015-2019

		2015	2017	2019	Trend	KEY
<b>BY SEXUAL IDENTITY</b>	Heterosexual	57.8	56.1	56.6		In right direction
	Lesbian, gay, or bisexual	47.5	39.9	41.3		
	Not sure	52.2	44.1	47.3		
<b>BY SEX OF SEXUAL CONTACTS</b>	Opposite sex only	58.3	56.3	56.3		In wrong direction
	Any same sex*	44.7	39.7	46.5		

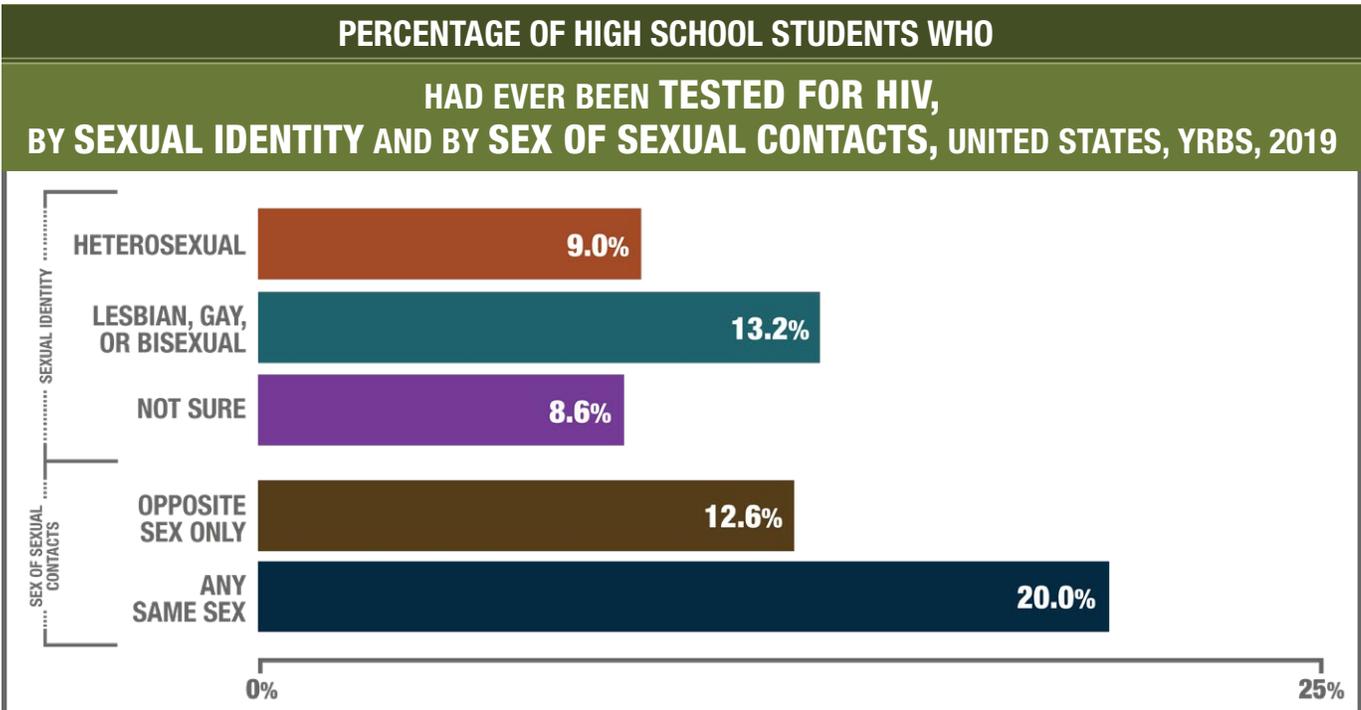
\*Note: Female students who had sexual contact with only females are excluded from this analysis by sex of sexual contacts.

SEXUAL MINORITY YOUTH  
**FOCUS AREA**  
 SEXUAL BEHAVIOR

VARIABLE

**TESTED  
 FOR HIV**

In 2019, the percentage of high school students who were ever tested for HIV varied by sexual identity and by sex of sexual contacts. Fewer lesbian, gay, or bisexual students or students not sure of their sexual identity were ever tested for HIV from 2015 through 2019.



**Sexual Identity**



Lesbian, gay, or bisexual students were more likely to have been tested for HIV than students who were not sure of their sexual identity.

**Sex of Sexual Contacts**



Students who had sexual contact with people of the same sex were more likely to have been tested for HIV than students who had sexual contact with only the opposite sex.

**PROGRESS AT-A-GLANCE**

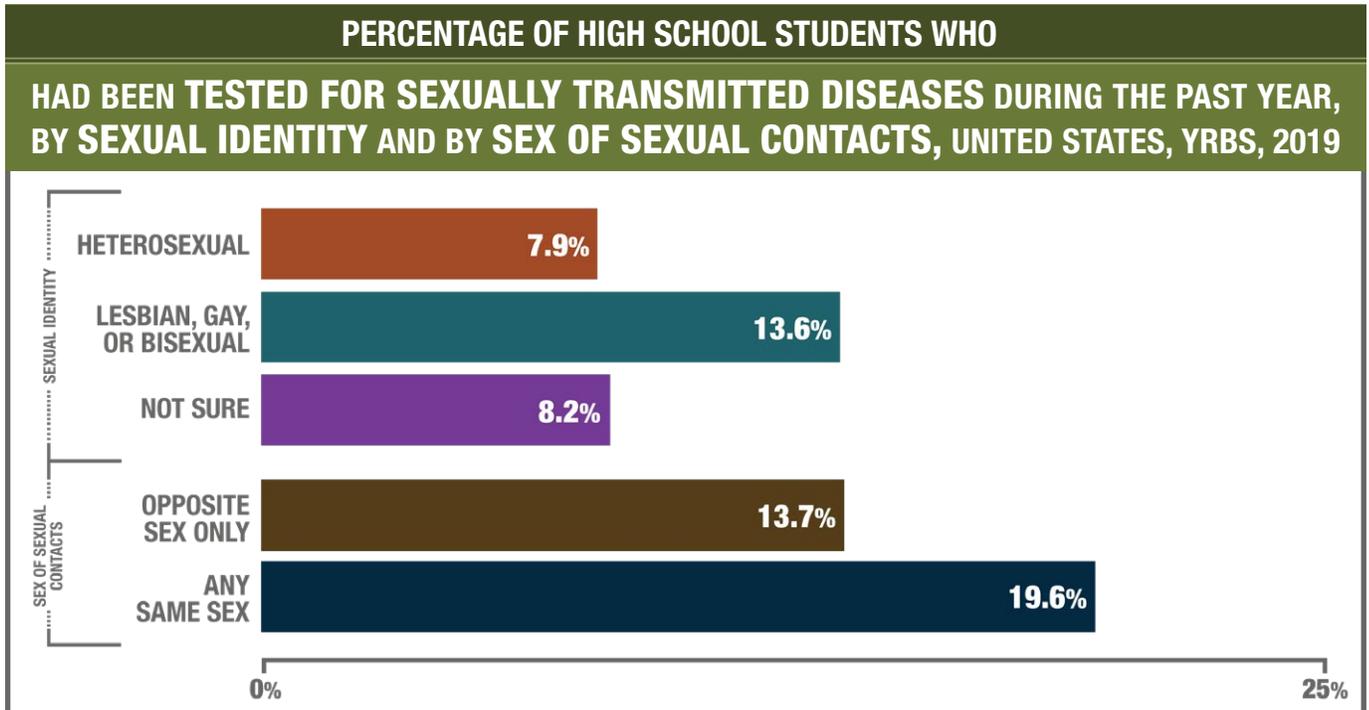
**TRENDS**

IN THE PERCENTAGE OF HIGH SCHOOL STUDENTS WHO HAD EVER BEEN TESTED FOR HIV, BY SEXUAL IDENTITY AND BY SEX OF SEXUAL CONTACTS, YRBS, 2015-2019

		2015	2017	2019	Trend	KEY
<b>BY SEXUAL IDENTITY</b>	Heterosexual	9.3	9.1	9.0		In right direction No change In wrong direction
	Lesbian, gay, or bisexual	18.2	14.0	13.2		
	Not sure	12.8	7.4	8.6		
<b>BY SEX OF SEXUAL CONTACTS</b>	Opposite sex only	13.7	13.2	12.6		
	Any same sex	23.2	20.2	20.0		

# TESTED FOR SEXUALLY TRANSMITTED DISEASES\*

In 2019, the percentage of high school students who were tested for a sexually transmitted disease (STD) other than HIV during the past year varied by sexual identity and by sex of sexual contacts.



## Sexual Identity



Lesbian, gay, or bisexual students were more likely to be tested for an STD than heterosexual students and students not sure of their sexual identity.

## Sex of Sexual Contacts



Students who had sexual contact with people of the same sex were more likely to be tested for an STD than students who had sexual contact with only people of the opposite sex.



\*Note: The "tested for sexually transmitted diseases" testing item was added to the national YRBS in 2019; therefore, trends are not available.

# FOCUS AREA

## HIGH-RISK SUBSTANCE USE

Summary of SMY results for high-risk substance use . . . . .	80
Select illicit drug use . . . . .	81
Injected drug use . . . . .	82
Ever misused prescription opioids . . . . .	83
Recent prescription opioid misuse . . . . .	84



## SUMMARY OF SMY RESULTS FOR **HIGH-RISK SUBSTANCE USE**

Sexual minority students are more likely to use high-risk substances. This includes using select illicit drugs, injecting illegal drugs, and misusing prescription opioids.

A greater percentage of sexual minority youth reported using high-risk substances compared to heterosexual students or those who only had sexual contact with people of the opposite sex. There was no change in these behaviors from 2015 through 2019.

**More lesbian, gay, or bisexual students used select illicit drugs in 2019 compared to those not sure of their sexual identity.**

**More students not sure of their sexual identity reported injecting illegal drugs in 2019 than lesbian, gay, or bisexual students.**

**In 2019, more lesbian, gay, or bisexual students and students not sure of their sexual identity had ever misused prescription opioids compared to heterosexual students.**

**More lesbian, gay, or bisexual students and students not sure of their sexual identity misused prescription opioids during the past 30 days compared to heterosexual students.**

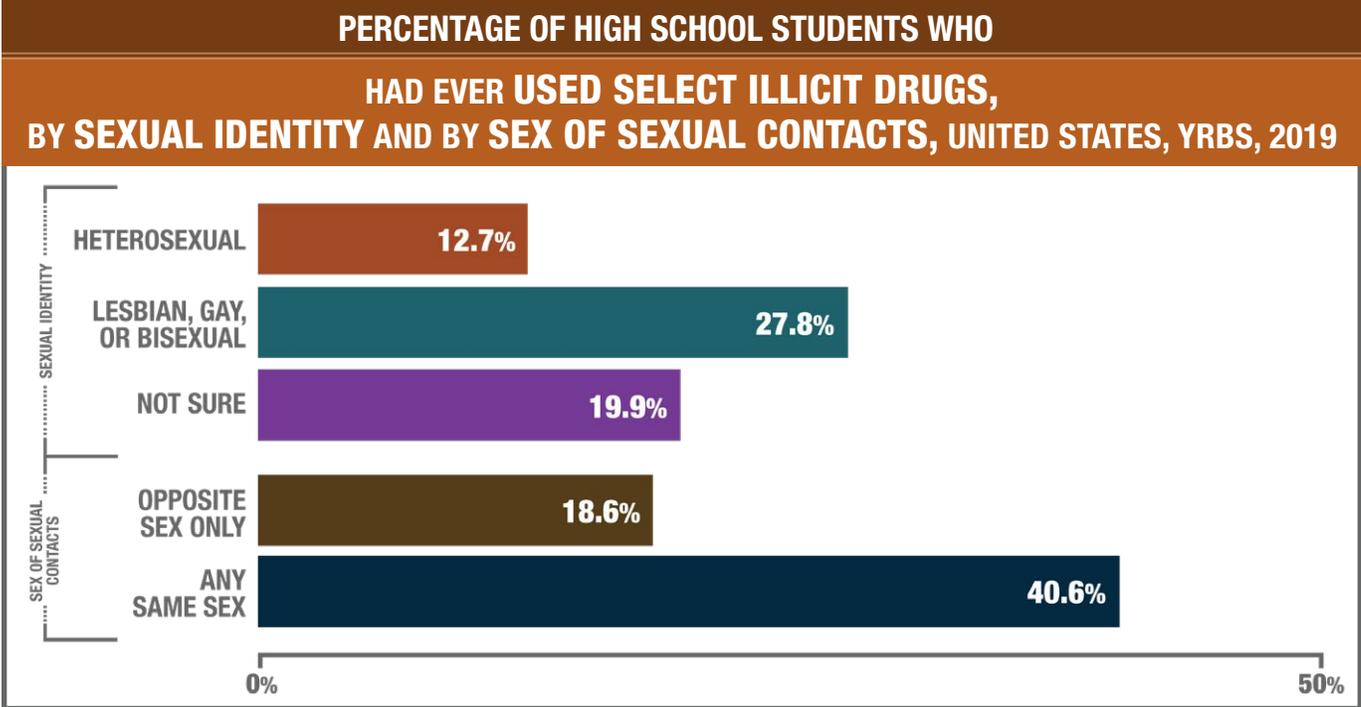


SEXUAL MINORITY YOUTH  
**FOCUS AREA**  
 HIGH-RISK SUBSTANCE USE

VARIABLE

**SELECT ILLICIT  
 DRUG USE**

In 2019, the percentage of high school students who had ever used select illicit drugs varied by sexual identity and by sex of sexual contacts. Select illicit drugs include cocaine, inhalants, heroin, methamphetamines, hallucinogens, or ecstasy.



**Sexual Identity**



Lesbian, gay, or bisexual students and students not sure of their sexual identity were more likely to have used illicit drugs than heterosexual students in 2019.

**Sex of Sexual Contacts**



Students who had sexual contact with people of the same sex were more likely to have used select illicit drugs than students who had sexual contact with only the opposite sex.

**PROGRESS AT-A-GLANCE**

**TRENDS**

IN THE PERCENTAGE OF HIGH SCHOOL STUDENTS WHO HAD EVER USED SELECT ILLICIT DRUGS, BY SEXUAL IDENTITY AND BY SEX OF SEXUAL CONTACTS, YRBS, 2015-2019

		2015	2017	2019	Trend	KEY
<b>BY SEXUAL IDENTITY</b>	Heterosexual	13.1	12.3	12.7		
	Lesbian, gay, or bisexual	31.8	23.1	27.8		
	Not sure	30.8	26.8	19.9		
<b>BY SEX OF SEXUAL CONTACTS</b>	Opposite sex only	20.6	19.1	18.6		
	Any same sex	40.7	35.7	40.6		

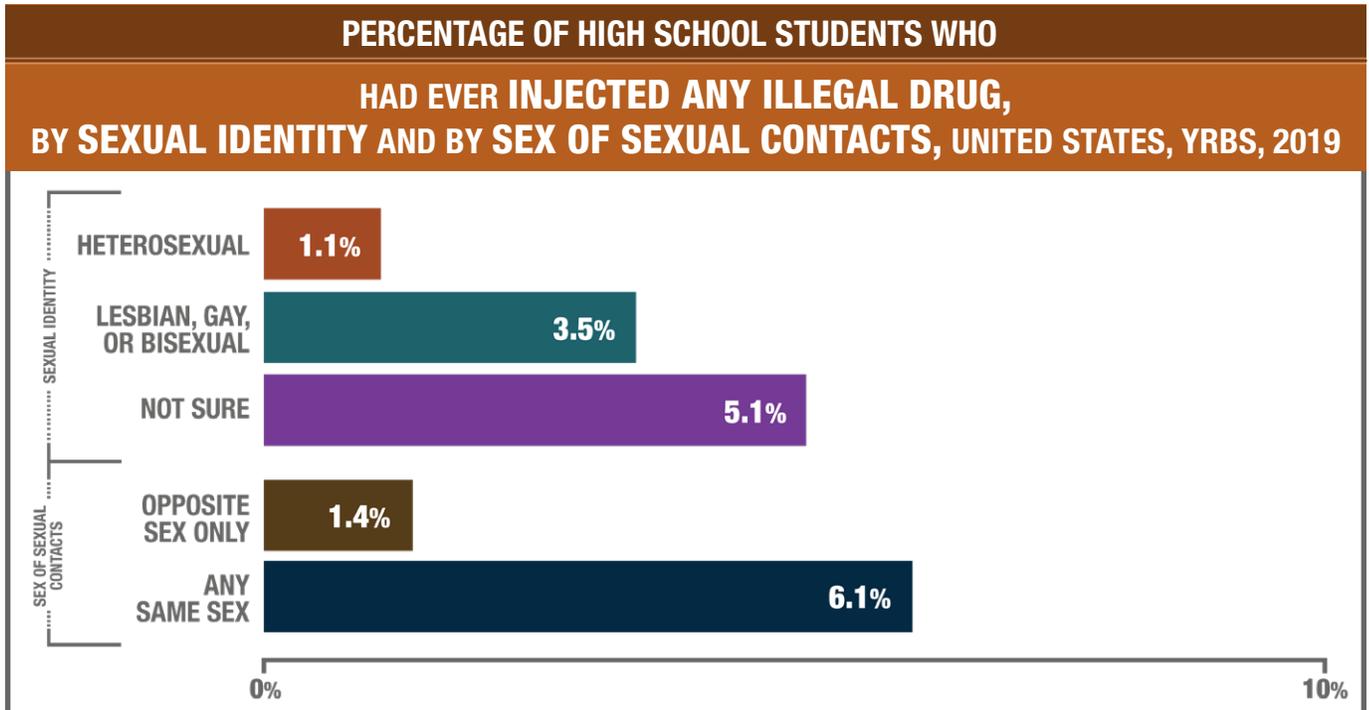
**KEY**  
 No change  
 In wrong direction

SEXUAL MINORITY YOUTH  
**FOCUS AREA**  
 HIGH-RISK SUBSTANCE USE

VARIABLE

**INJECTION  
 DRUG USE**

In 2019, the percentage of high school students who had ever injected any illegal drug into their body using a needle varied by sexual identity and by sex of sexual contacts.



**Sexual Identity**



Students not sure of their sexual identity were more likely to have ever injected any illegal drugs than lesbian, gay, or bisexual, or heterosexual students.

**Sex of Sexual Contacts**



Students who had sexual contact with people of the same sex were more likely to have injected illegal drugs compared to students who had sexual contact with only people of the opposite sex.

**PROGRESS AT-A-GLANCE**

**TRENDS**

IN THE PERCENTAGE OF HIGH SCHOOL STUDENTS WHO HAD EVER INJECTED ANY ILLEGAL DRUG, BY SEXUAL IDENTITY AND BY SEX OF SEXUAL CONTACTS, UNITED STATES, YRBS, 2015-2019

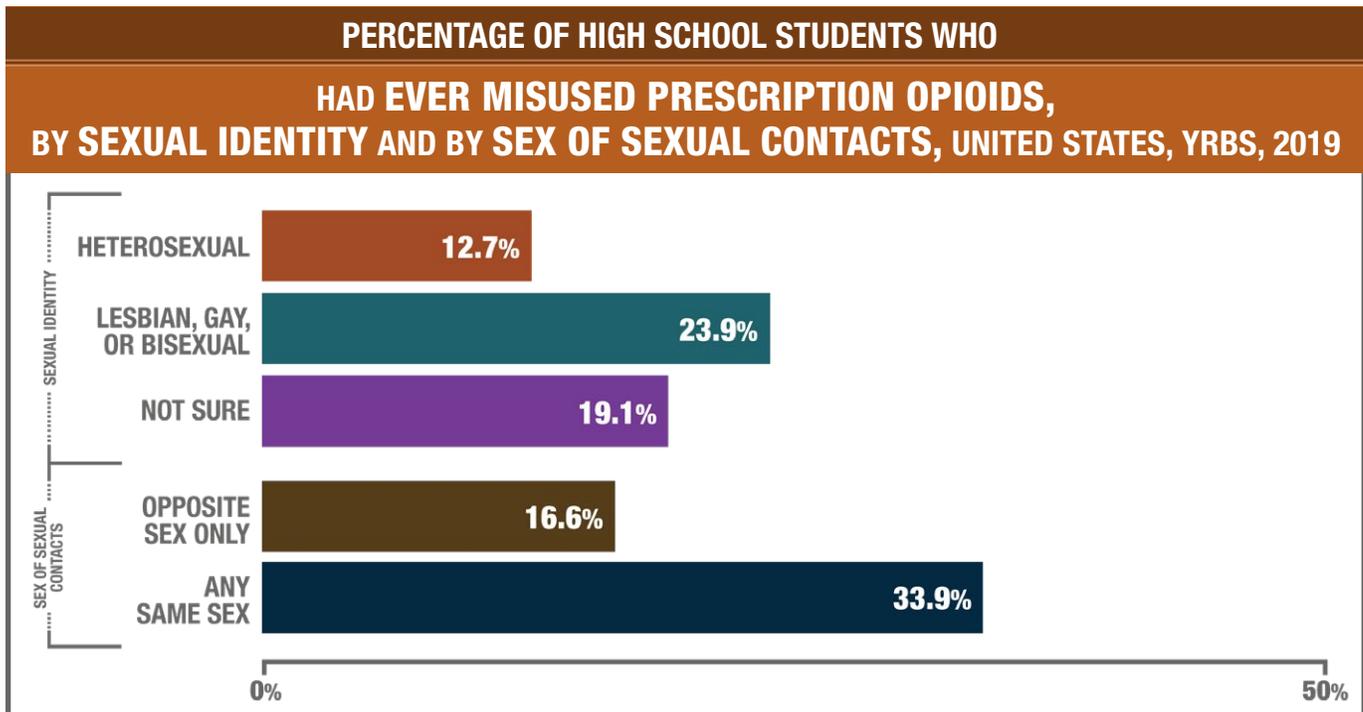
		2015	2017	2019	Trend	KEY
<b>BY SEXUAL IDENTITY</b>	Heterosexual	1.1	1.0	1.1		
	Lesbian, gay, or bisexual	5.4	3.4	3.5		
	Not sure	7.6	6.1	5.1		
<b>BY SEX OF SEXUAL CONTACTS</b>	Opposite sex only	1.8	1.4	1.4		
	Any same sex	7.3	6.0	6.1		

SEXUAL MINORITY YOUTH  
**FOCUS AREA**  
 HIGH-RISK SUBSTANCE USE

VARIABLE

**EVER MISUSED  
 PRESCRIPTION OPIOIDS\***

In 2019, the percentage of high school students who had ever taken prescription opioid medicine without a doctor's prescription or differently than how a doctor told them to use it varied by sexual identity and by sex of sexual contacts.



**Sexual Identity**

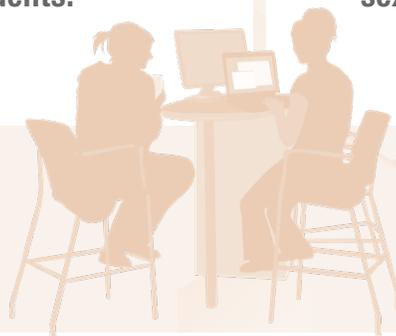


Lesbian, gay, or bisexual students and students not sure of their sexual identity were more likely to misuse prescription opioids than heterosexual students.

**Sex of Sexual Contacts**



Students who had sexual contact with people of the same sex were more likely to misuse prescription opioids than students who had sexual contact with only people of the opposite sex.



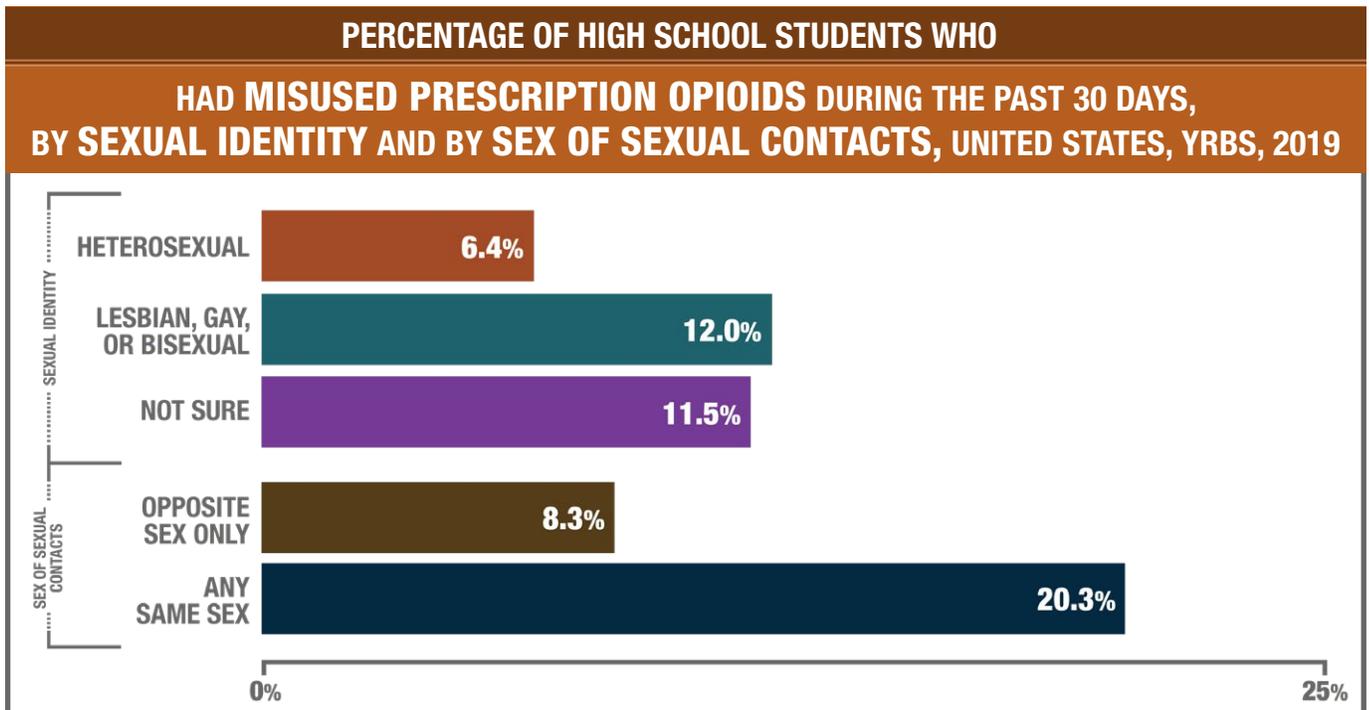
\*Note: The "ever misused prescription opioids" variable was added to the national YRBS in 2017; therefore, trends are not available.

SEXUAL MINORITY YOUTH  
**FOCUS AREA**  
 HIGH-RISK SUBSTANCE USE

VARIABLE

**RECENT PRESCRIPTION  
 OPIOID MISUSE\***

In 2019, the percentage of high school students who took prescription opioid medicine without a doctor's prescription or differently than how a doctor told them to use it during the past 30 days varied by sexual identity and by sex of sexual contacts.



**Sexual Identity**



Lesbian, gay, or bisexual students and students not sure of their sexual identity were more likely to misuse prescription opioids during the past 30 days than heterosexual students.

**Sex of Sexual Contacts**



Students who had sexual contact with people of the same sex were more likely to have misused prescription opioids during the past 30 days than students who had sexual contact with only people of the opposite sex.



\*Note: The "recent prescription opioid misuse" variable was added to the national YRBS in 2019; therefore, trends are not available.

# FOCUS AREA

## EXPERIENCING VIOLENCE

Summary of SMY results for experiencing violence . . . . .	86
Threatened or injured with a weapon at school . . . . .	87
Did not go to school because of safety concerns . . . . .	88
Electronically bullied . . . . .	89
Bullied at school . . . . .	90
Forced sex . . . . .	91
Physical dating violence . . . . .	92
Sexual dating violence . . . . .	93



# SUMMARY OF SMY RESULTS FOR **EXPERIENCING VIOLENCE**

Sexual minority students are more likely to report experiencing violence, including being threatened or injured with a weapon at school, not going to school because of safety concerns, electronic bullying, bullying at school, forced sex, physical dating violence, and sexual dating violence.

All sexual minority youth—lesbian, gay, or bisexual students; those unsure of their sexual identity; and those who had sexual contact with people of the same sex—reported more experiences of violence than heterosexual students or those who only had sexual contact with people of the opposite sex.

The percentage of heterosexual students who were threatened or injured at school increased from 2015 through 2019 but was still lower than the percentage of SMY who experienced this type of violence. More high school students who had sexual contact with people of the same sex were threatened or injured with a weapon at school from 2015 through 2019.

The percentage of heterosexual students who did not go to school because of safety concerns increased from 2015 through 2019; however, it was still lower than the percentage of SMY who did not go to school because of safety concerns. The percentage of students who did not go to school because of safety concerns increased from 2015 through 2019 for students of all sexual identities; however, students who had sexual contact with people of the same sex were more than twice as likely as those who had sexual contact with only the opposite sex to not go to school due to safety concerns in 2019.

Fewer lesbian, gay or bisexual students experienced physical dating violence from 2015 through 2019. Fewer high school students who had sexual contact with only people of the opposite sex experienced sexual dating violence from 2015 through 2019.

SEXUAL MINORITY YOUTH  
**FOCUS AREA**  
 EXPERIENCING VIOLENCE

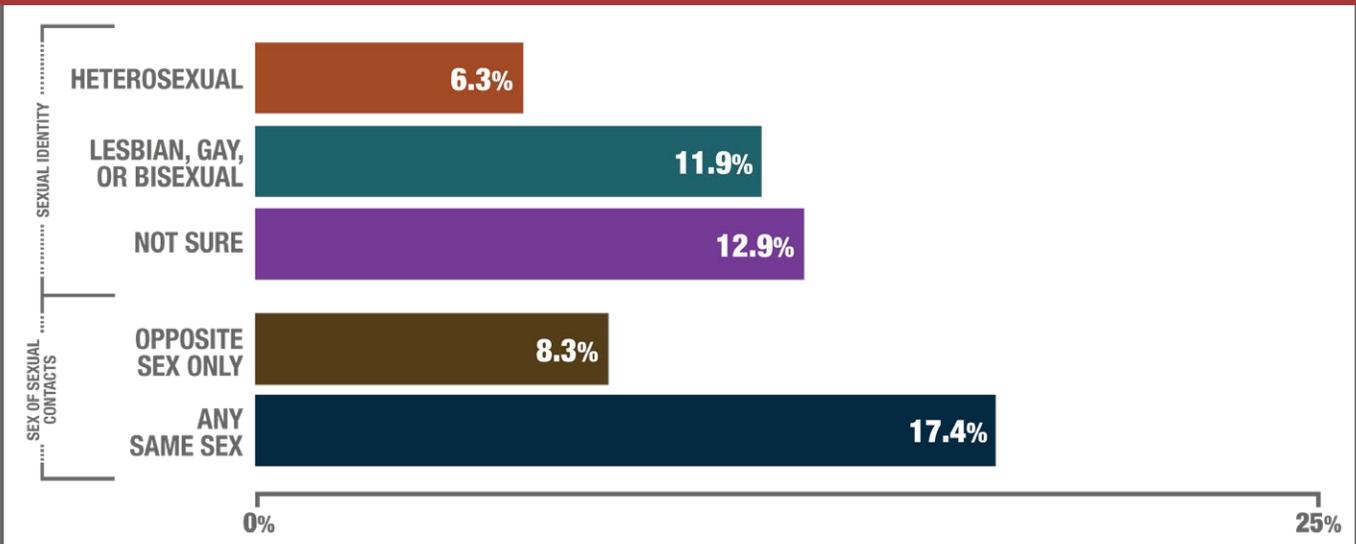
VARIABLE

**THREATENED OR  
 INJURED WITH A  
 WEAPON AT SCHOOL**

In 2019, the percentage of high school students who were threatened or injured with a weapon at school during the past year varied by sexual identity and by sex of sexual contacts.

PERCENTAGE OF HIGH SCHOOL STUDENTS WHO

**WERE THREATENED OR INJURED WITH A WEAPON AT SCHOOL DURING THE PAST YEAR, BY SEXUAL IDENTITY AND BY SEX OF SEXUAL CONTACTS, UNITED STATES, YRBS, 2019**



**Sexual Identity**



Lesbian, gay, or bisexual students and students not sure of their sexual identity were more likely to have been threatened or injured with a weapon at school than heterosexual students.

**Sex of Sexual Contacts**



Students who had sexual contact with people of the same sex were more likely to have been threatened or injured with a weapon at school than students who had sexual contact with only people of the opposite sex.

**PROGRESS AT-A-GLANCE**

**TRENDS**

IN THE PERCENTAGE OF HIGH SCHOOL STUDENTS WHO WERE THREATENED OR INJURED WITH A WEAPON AT SCHOOL DURING THE PAST YEAR, BY SEXUAL IDENTITY AND BY SEX OF SEXUAL CONTACTS, YRBS, 2015-2019

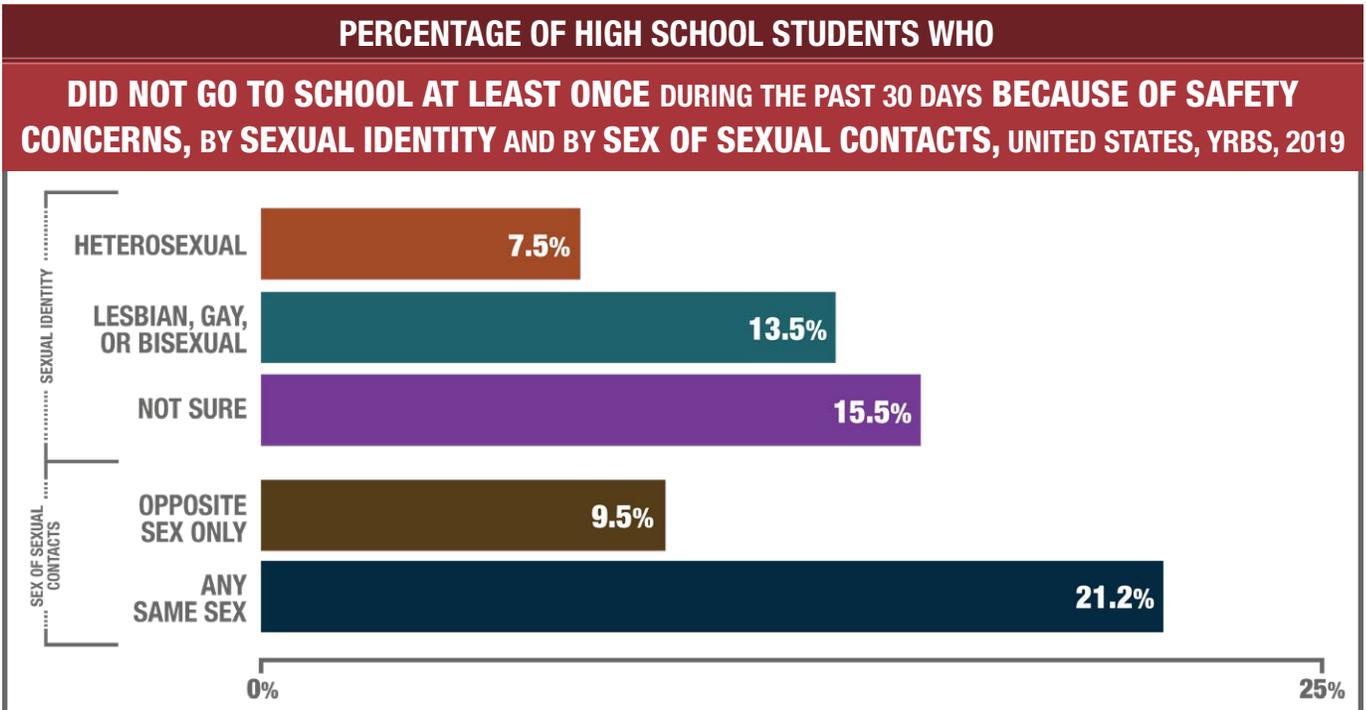
		2015	2017	2019	Trend	KEY
<b>BY SEXUAL IDENTITY</b>	Heterosexual	5.1	5.4	6.3		In right direction No change In wrong direction
	Lesbian, gay, or bisexual	10.0	9.4	11.9		
	Not sure	12.6	11.1	12.9		
<b>BY SEX OF SEXUAL CONTACTS</b>	Opposite sex only	7.2	7.6	8.3		
	Any same sex	13.0	12.1	17.4		

SEXUAL MINORITY YOUTH  
**FOCUS AREA**  
 EXPERIENCING VIOLENCE

VARIABLE

**DID NOT GO TO SCHOOL  
 BECAUSE OF SAFETY  
 CONCERNS**

In 2019, the percentage of high school students who did not go to school at least once during the past 30 days because of safety concerns varied by sexual identity and by sex of sexual contacts.



**Sexual Identity**



Lesbian, gay, or bisexual students and students not sure of their sexual identity were more likely to miss school because of safety concerns than heterosexual students.

**Sex of Sexual Contacts**



Students who had sexual contact with people of the same sex were more likely to miss school because of safety concerns than students who had sexual contact with only people of the opposite sex.

**PROGRESS AT-A-GLANCE**

**TRENDS**

IN THE PERCENTAGE OF HIGH SCHOOL STUDENTS WHO DID NOT GO TO SCHOOL AT LEAST ONCE DURING THE PAST 30 DAYS BECAUSE OF SAFETY CONCERNS, BY SEXUAL IDENTITY AND BY SEX OF SEXUAL CONTACTS, YRBS, 2015-2019

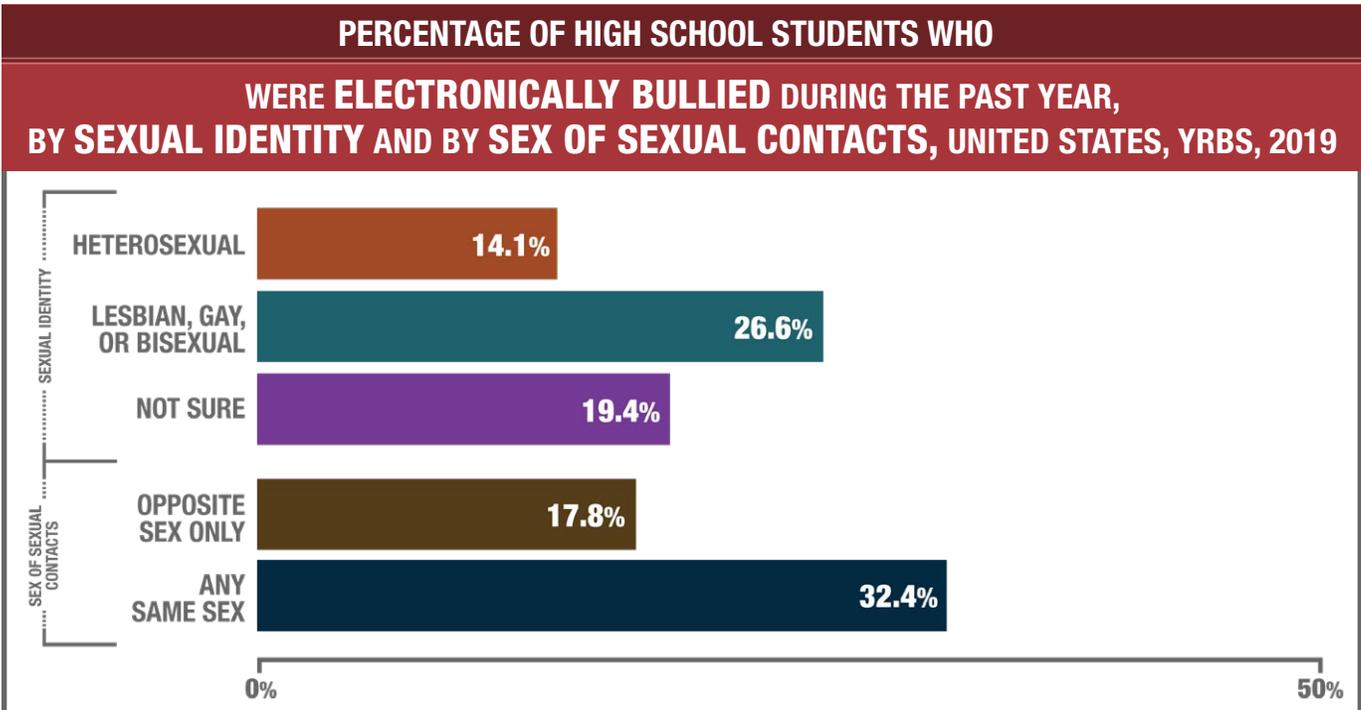
		2015	2017	2019	Trend	KEY
<b>BY SEXUAL IDENTITY</b>	Heterosexual	4.6	6.1	7.5		In right direction No change In wrong direction
	Lesbian, gay, or bisexual	12.5	10.0	13.5		
	Not sure	10.8	10.7	15.5		
<b>BY SEX OF SEXUAL CONTACTS</b>	Opposite sex only	5.8	7.9	9.5		
	Any same sex	11.9	11.5	21.2		

SEXUAL MINORITY YOUTH  
**FOCUS AREA**  
 EXPERIENCING VIOLENCE

VARIABLE

**ELECTRONICALLY  
 BULLIED**

In 2019, the percentage of high school students who were electronically bullied during the past year varied by sexual identity and by sex of sexual contacts.



**Sexual Identity**



Lesbian, gay, or bisexual students and students not sure of their sexual identity were more likely to experience electronic bullying than heterosexual students. Lesbian, gay, or bisexual students were more likely to experience electronic bullying than students not sure of their sexual identity.

**Sex of Sexual Contacts**



Students who had sexual contact with people of the same sex were more likely to experience electronic bullying than students who had sexual contact with only people of the opposite sex.

**PROGRESS AT-A-GLANCE**

**TRENDS**

IN THE PERCENTAGE OF HIGH SCHOOL STUDENTS WHO WERE ELECTRONICALLY BULLIED DURING THE PAST YEAR, BY SEXUAL IDENTITY AND BY SEX OF SEXUAL CONTACTS, YRBS, 2015-2019

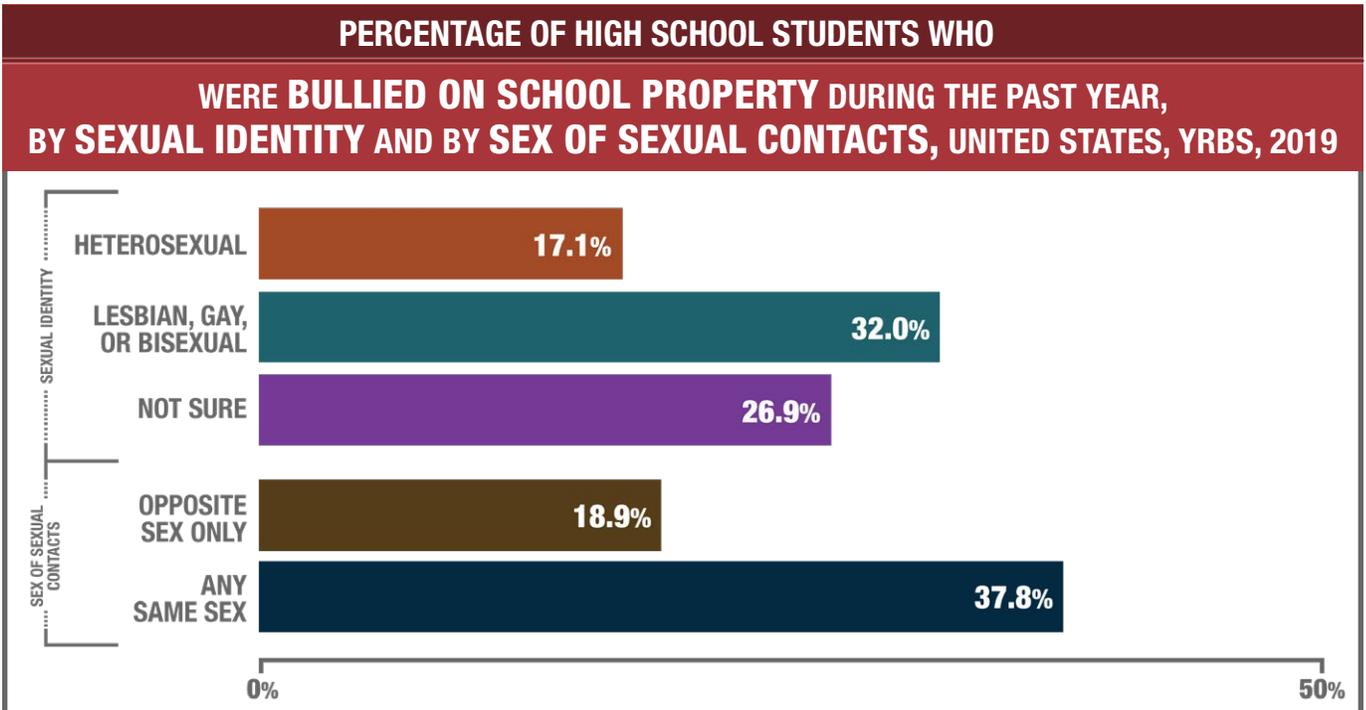
		2015	2017	2019	Trend	KEY
<b>BY SEXUAL IDENTITY</b>	Heterosexual	14.2	13.3	14.1		In right direction No change In wrong direction
	Lesbian, gay, or bisexual	28.0	27.1	26.6		
	Not sure	22.5	22.0	19.4		
<b>BY SEX OF SEXUAL CONTACTS</b>	Opposite sex only	17.4	17.7	17.8		
	Any same sex	31.9	31.4	32.4		

SEXUAL MINORITY YOUTH  
**FOCUS AREA**  
 EXPERIENCING VIOLENCE

VARIABLE

**BULLIED  
 AT SCHOOL**

In 2019, the percentage of high school students who were bullied on school property during the past year varied by sexual identity and by sex of sexual contacts.



**Sexual Identity**



Lesbian, gay, or bisexual students and students not sure of their sexual identity were more likely to be bullied at school than heterosexual students.

**Sex of Sexual Contacts**



Students who had sexual contact with people of the same sex were more likely to be bullied at school than students who had sexual contact with only people of the opposite sex.

**PROGRESS AT-A-GLANCE**

**TRENDS**

IN THE PERCENTAGE OF HIGH SCHOOL STUDENTS WHO WERE BULLIED AT SCHOOL DURING THE PAST YEAR, BY SEXUAL IDENTITY AND BY SEX OF SEXUAL CONTACTS, YRBS, 2015-2019

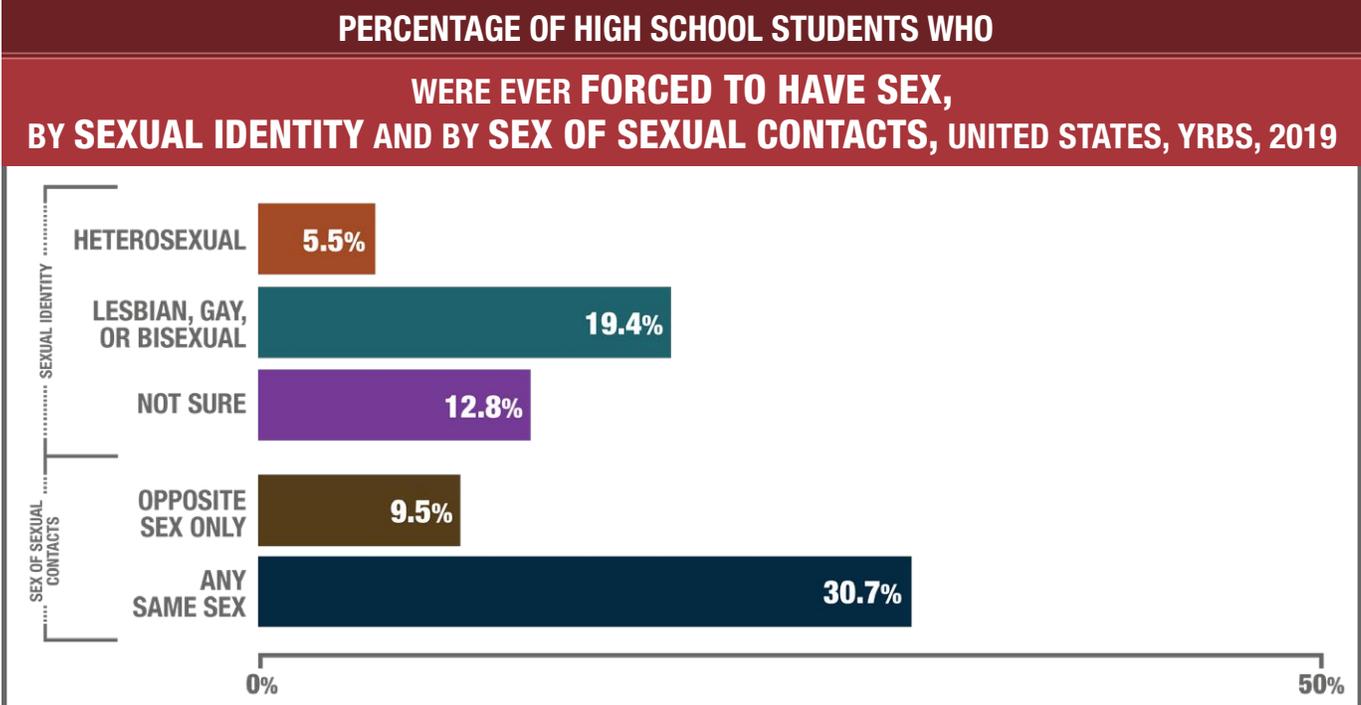
		2015	2017	2019	Trend	KEY
<b>BY SEXUAL IDENTITY</b>	Heterosexual	18.8	17.1	17.1		In right direction No change In wrong direction
	Lesbian, gay, or bisexual	34.2	33.0	32.0		
	Not sure	24.9	24.3	26.9		
<b>BY SEX OF SEXUAL CONTACTS</b>	Opposite sex only	21.2	19.3	18.9		
	Any same sex	34.1	35.8	37.8		

SEXUAL MINORITY YOUTH  
**FOCUS AREA**  
 EXPERIENCING VIOLENCE

VARIABLE

**FORCED  
SEX**

In 2019, the percentage of high school students who had ever been physically forced to have sexual intercourse varied by sexual identity and by sex of sexual contacts.



**Sexual Identity**



Lesbian, gay, or bisexual students and students not sure of their sexual identity were more likely to have been forced to have sex than heterosexual students. Lesbian, gay, or bisexual students were more likely to have been forced to have sex than students not sure of their sexual identity.

**Sex of Sexual Contacts**



Students who had sexual contact with people of the same sex were more likely to have been forced to have sex than students who had sexual contact with only the opposite sex.

**PROGRESS AT-A-GLANCE**

**TRENDS**

IN THE PERCENTAGE OF HIGH SCHOOL STUDENTS WHO WERE EVER FORCED TO HAVE SEX, BY SEXUAL IDENTITY AND BY SEX OF SEXUAL CONTACTS, YRBS, 2015-2019

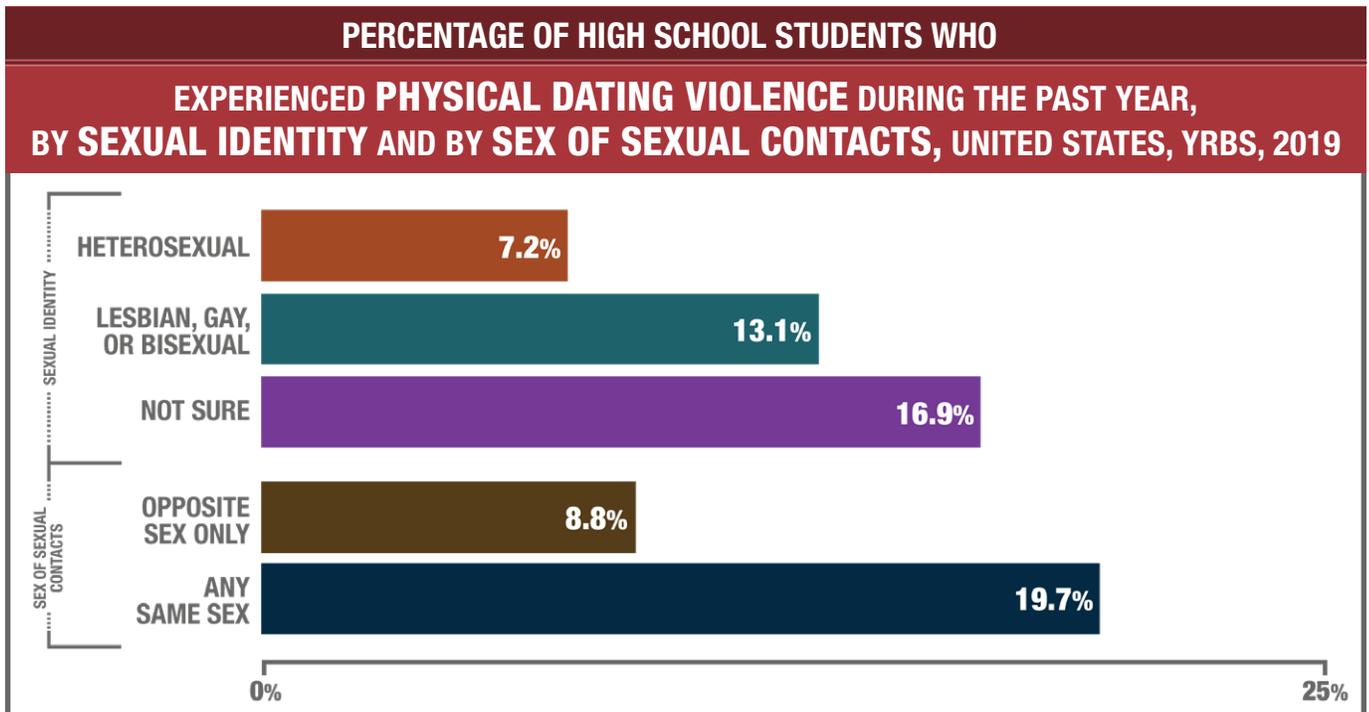
		2015	2017	2019	Trend	KEY
<b>BY SEXUAL IDENTITY</b>	Heterosexual	5.4	5.4	5.5		In right direction No change In wrong direction
	Lesbian, gay, or bisexual	17.8	21.9	19.4		
	Not sure	12.6	13.1	12.8		
<b>BY SEX OF SEXUAL CONTACTS</b>	Opposite sex only	9.0	9.9	9.5		
	Any same sex	25.2	30.3	30.7		

SEXUAL MINORITY YOUTH  
**FOCUS AREA**  
 EXPERIENCING VIOLENCE

VARIABLE

**PHYSICAL DATING VIOLENCE**

In 2019, the percentage of high school students who experienced physical dating violence during the past year varied by sexual identity and by sex of sexual contacts.



**Sexual Identity**



Lesbian, gay, or bisexual students and students not sure of their sexual identity were more likely to experience physical dating violence than heterosexual students.

**Sex of Sexual Contacts**



Students who had sexual contact with people of the same sex were more likely to experience physical dating violence than students who had sexual contact with only the opposite sex.

**PROGRESS AT-A-GLANCE**

**TRENDS**

IN THE PERCENTAGE OF HIGH SCHOOL STUDENTS WHO EXPERIENCED PHYSICAL DATING VIOLENCE DURING THE PAST YEAR, BY SEXUAL IDENTITY AND BY SEX OF SEXUAL CONTACTS, YRBS, 2015-2019

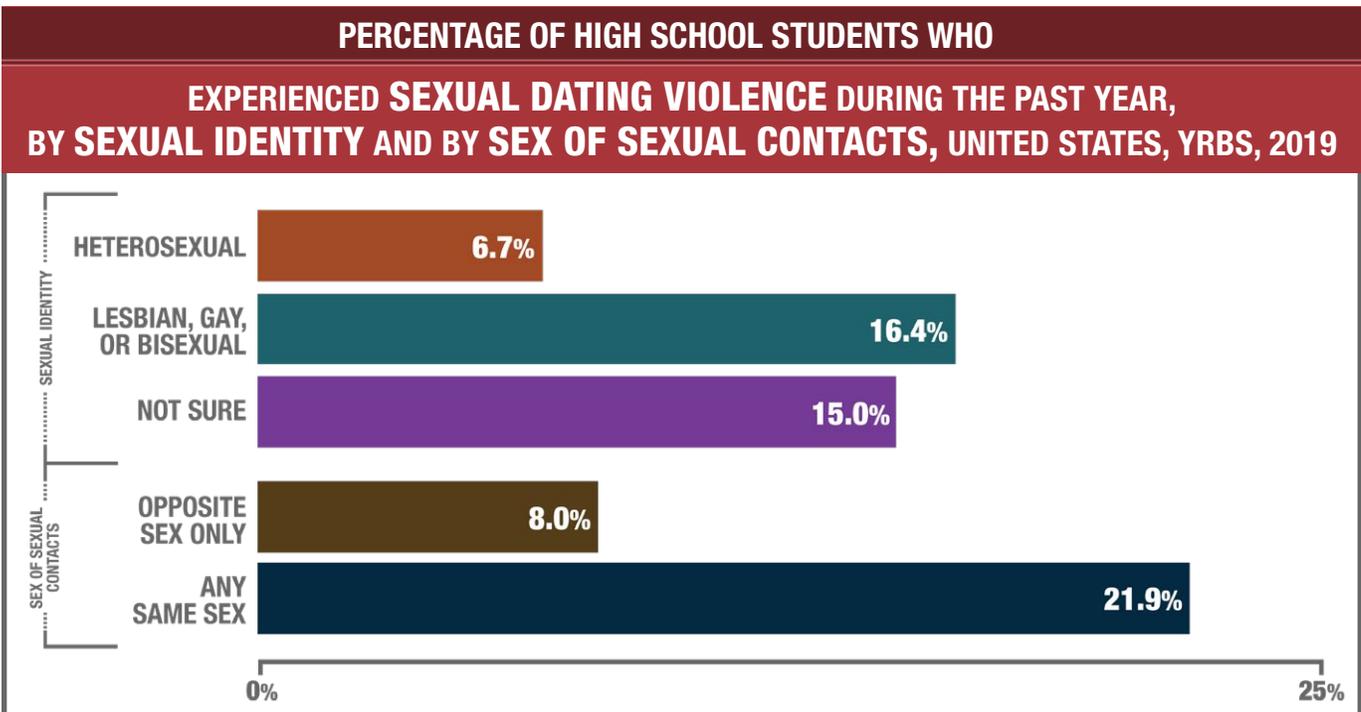
		2015	2017	2019	Trend	KEY
<b>BY SEXUAL IDENTITY</b>	Heterosexual	8.3	6.4	7.2		In right direction
	Lesbian, gay, or bisexual	17.5	17.2	13.1		
	Not sure	24.5	14.1	16.9		
<b>BY SEX OF SEXUAL CONTACTS</b>	Opposite sex only	10.8	9.1	8.8		In wrong direction
	Any same sex	23.5	20.2	19.7		

SEXUAL MINORITY YOUTH  
**FOCUS AREA**  
 EXPERIENCING VIOLENCE

VARIABLE

**SEXUAL DATING VIOLENCE**

In 2019, the percentage of high school students who experienced sexual dating violence during the past year varied by sexual identity and by sex of sexual contacts.



**Sexual Identity**



Lesbian, gay, or bisexual students and students not sure of their sexual identity were more than twice as likely to experience sexual dating violence as heterosexual students.

**Sex of Sexual Contacts**



Students who had sexual contact with people of the same sex were more than twice as likely to experience sexual dating violence than students who had sexual contact with only people of the opposite sex.

**PROGRESS AT-A-GLANCE**

**TRENDS**

IN THE PERCENTAGE OF HIGH SCHOOL STUDENTS WHO EXPERIENCED SEXUAL DATING VIOLENCE DURING THE PAST YEAR, BY SEXUAL IDENTITY AND BY SEX OF SEXUAL CONTACTS, YRBS, 2015-2019

		2015	2017	2019	Trend	KEY
<b>BY SEXUAL IDENTITY</b>	Heterosexual	9.1	5.5	6.7		In right direction No change In wrong direction
	Lesbian, gay, or bisexual	22.7	15.8	16.4		
	Not sure	23.8	14.1	15.0		
<b>BY SEX OF SEXUAL CONTACTS</b>	Opposite sex only	10.5	7.2	8.0		
	Any same sex	27.0	19.5	21.9		



# FOCUS AREA

## MENTAL HEALTH AND SUICIDE

Summary of SMY results for mental health and suicide . . . . .	96
Persistent feelings of sadness or hopelessness . . . . .	97
Seriously considered attempting suicide . . . . .	98
Made a suicide plan . . . . .	99
Attempted suicide . . . . .	100
Injured in a suicide attempt . . . . .	101



# SUMMARY OF SMY RESULTS FOR **MENTAL HEALTH AND SUICIDE**

Sexual minority students are more likely to report experiences with poor mental health and suicide, including persistent feelings of sadness and hopelessness, seriously considering attempting suicide, making a suicide plan, attempting suicide, and being injured during a suicide attempt.

**All sexual minority youth, including lesbian, gay, or bisexual students; those unsure of their sexual identity; and those who have sexual contact with people of the same sex, reported higher risk of poor mental health and suicide than heterosexual students or those who only had sexual contact with people of the opposite sex.**

**More high school students who had sexual contact with people of the same sex seriously considered suicide from 2015 through 2019.**



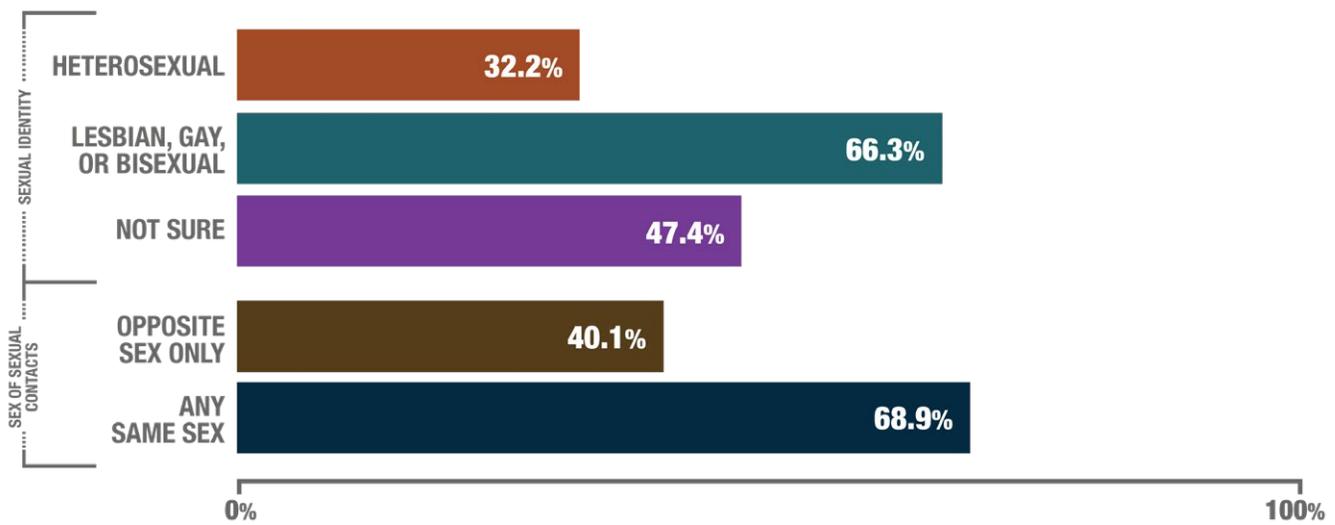
— VARIABLE —

## PERSISTENT FEELINGS OF SADNESS OR HOPELESSNESS

In 2019, the percentage of high school students who had experienced persistent feelings of sadness or hopelessness during the past year varied by sexual identity and by sex of sexual contacts. Persistent feelings of sadness or hopelessness are defined as experiencing these feelings almost every day for two weeks or more in a row so that the student stopped doing their usual activities.

### PERCENTAGE OF HIGH SCHOOL STUDENTS WHO

EXPERIENCED PERSISTENT FEELINGS OF SADNESS OR HOPELESSNESS DURING THE PAST YEAR, BY SEXUAL IDENTITY AND BY SEX OF SEXUAL CONTACTS, UNITED STATES, YRBS, 2019



#### Sexual Identity



Lesbian, gay, or bisexual students were more likely than students not sure of their sexual identity and twice as likely as heterosexual students to have experienced feelings of sadness and hopelessness. Students not sure of their sexual identity were more likely to have experienced persistent feelings of sadness or hopelessness than heterosexual students.

#### Sex of Sexual Contacts



Students who had sexual contact with people of the same sex were more likely to have experienced persistent feelings of sadness or hopelessness than students who had sexual contact with only people of the opposite sex.

### PROGRESS AT-A-GLANCE

#### TRENDS

IN THE PERCENTAGE OF HIGH SCHOOL STUDENTS WHO EXPERIENCED PERSISTENT FEELINGS OF SADNESS OR HOPELESSNESS DURING THE PAST YEAR, BY SEXUAL IDENTITY AND BY SEX OF SEXUAL CONTACTS, YRBS, 2015-2019

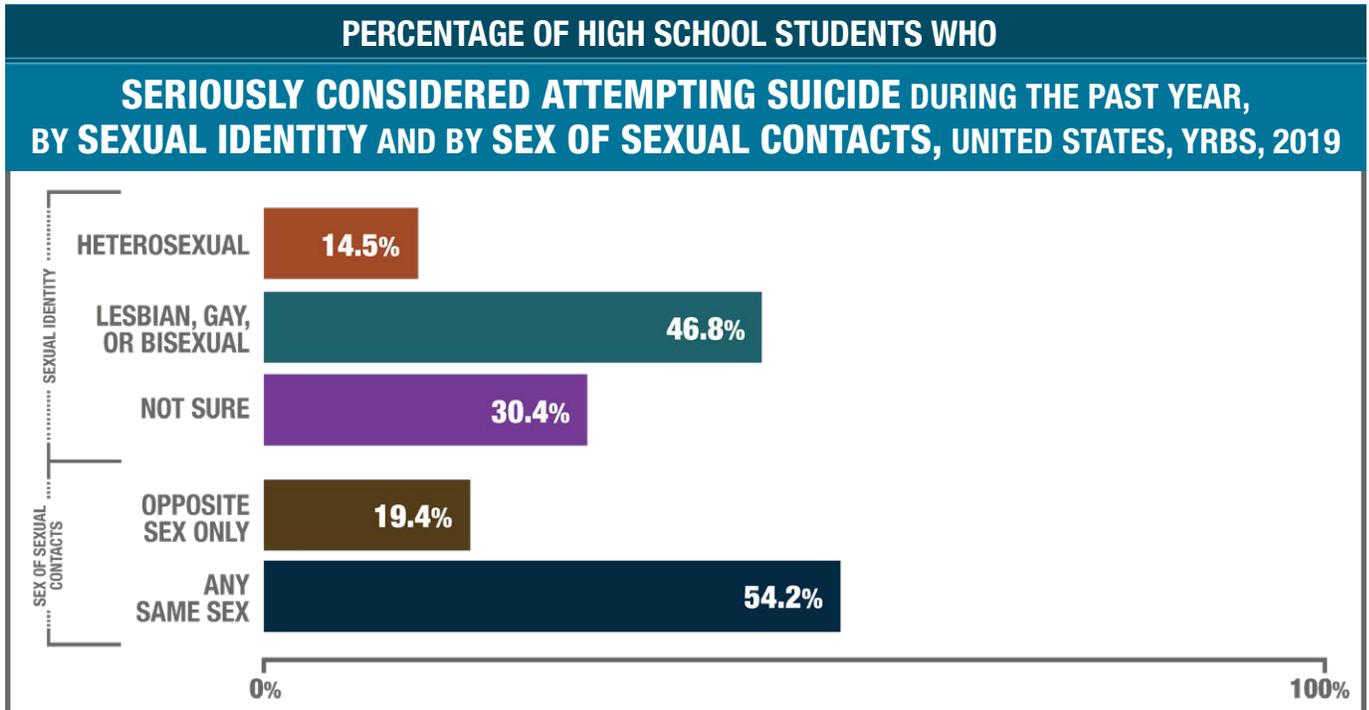
		2015	2017	2019	Trend	KEY	
BY SEXUAL IDENTITY	Heterosexual	26.4	27.5	32.2			In right direction
	Lesbian, gay, or bisexual	60.4	63.0	66.3			
	Not sure	46.5	46.4	47.4			
BY SEX OF SEXUAL CONTACTS	Opposite sex only	32.9	34.8	40.1			In wrong direction
	Any same sex	62.7	63.9	68.9			

SEXUAL MINORITY YOUTH  
**FOCUS AREA**  
 MENTAL HEALTH AND SUICIDE

VARIABLE

# SERIOUSLY CONSIDERED ATTEMPTING SUICIDE

In 2019, the percentage of high school students who seriously considered attempting suicide during the past year varied by sexual identity and by sex of sexual contacts.



### Sexual Identity



Almost half of lesbian, gay, or bisexual students seriously considered suicide in 2019. Lesbian, gay, or bisexual students and students not sure about their sexuality were more likely to have seriously considered suicide than heterosexual students.

### Sex of Sexual Contacts



More than half of students who had sexual contact with people of the same sex have seriously considered suicide; they were more than twice as likely as students who had sexual contact with only people of the opposite sex to have seriously considered suicide.

## PROGRESS AT-A-GLANCE

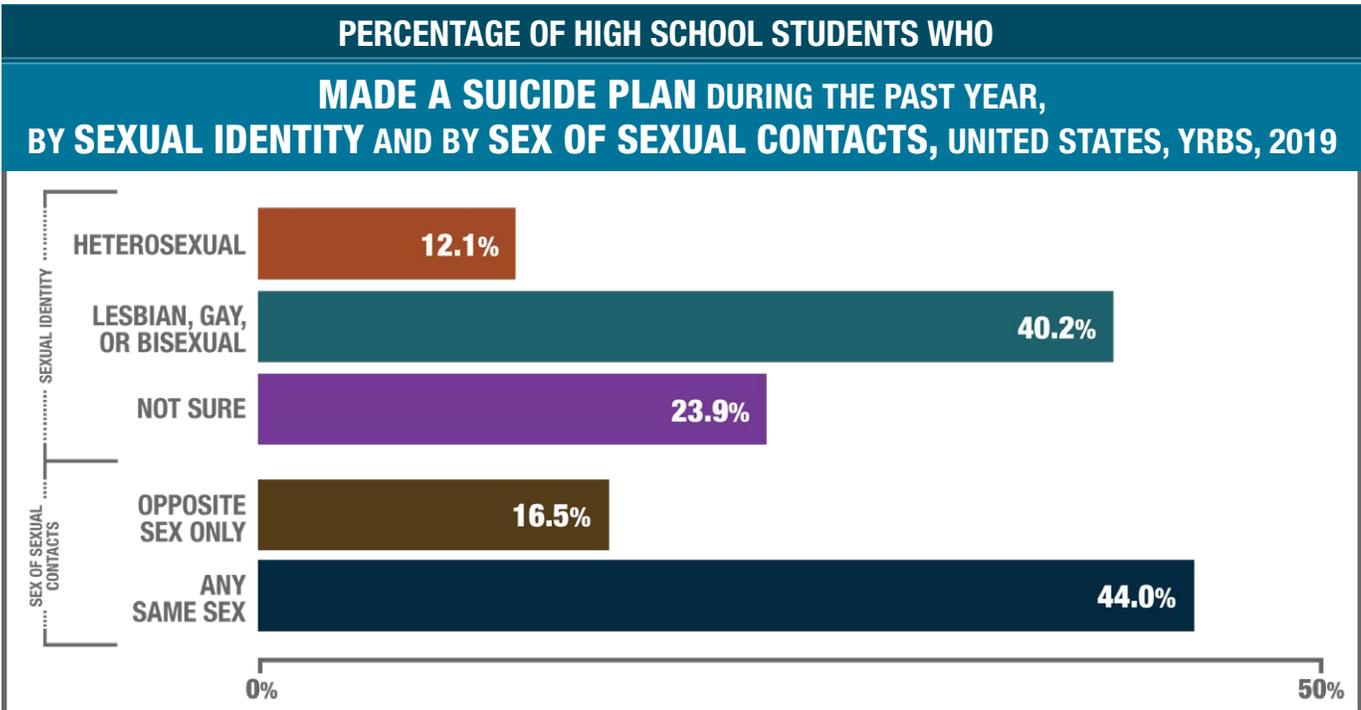
### TRENDS

IN THE PERCENTAGE OF HIGH SCHOOL STUDENTS WHO SERIOUSLY CONSIDERED ATTEMPTING SUICIDE DURING THE PAST YEAR, BY SEXUAL IDENTITY AND BY SEX OF SEXUAL CONTACTS, YRBS, 2015-2019

		2015	2017	2019	Trend	KEY
BY SEXUAL IDENTITY	Heterosexual	14.8	13.3	14.5		In right direction
	Lesbian, gay, or bisexual	42.8	47.7	46.8		
	Not sure	31.9	31.8	30.4		
BY SEX OF SEXUAL CONTACTS	Opposite sex only	19.7	19.0	19.4		In wrong direction
	Any same sex	44.5	45.1	54.2		

# MADE A SUICIDE PLAN

In 2019, the percentage of high school students who had made a plan about how they would attempt suicide during the past year varied by sexual identity and by sex of sexual contacts.



### Sexual Identity



Lesbian, gay, or bisexual students were more than three times as likely and students not sure of their sexual identity were almost twice as likely to have made a suicide plan as heterosexual students. Lesbian, gay, or bisexual students were almost twice as likely to have made a suicide plan as students not sure of their sexual identity.

### Sex of Sexual Contacts



Students who had sexual contact with people of the same sex were more likely to have made a suicide plan than students who had sexual contact with only people of the opposite sex.

## PROGRESS AT-A-GLANCE

### TRENDS

IN THE PERCENTAGE OF HIGH SCHOOL STUDENTS WHO MADE A SUICIDE PLAN DURING THE PAST YEAR, BY SEXUAL IDENTITY AND BY SEX OF SEXUAL CONTACTS, YRBS, 2015-2019

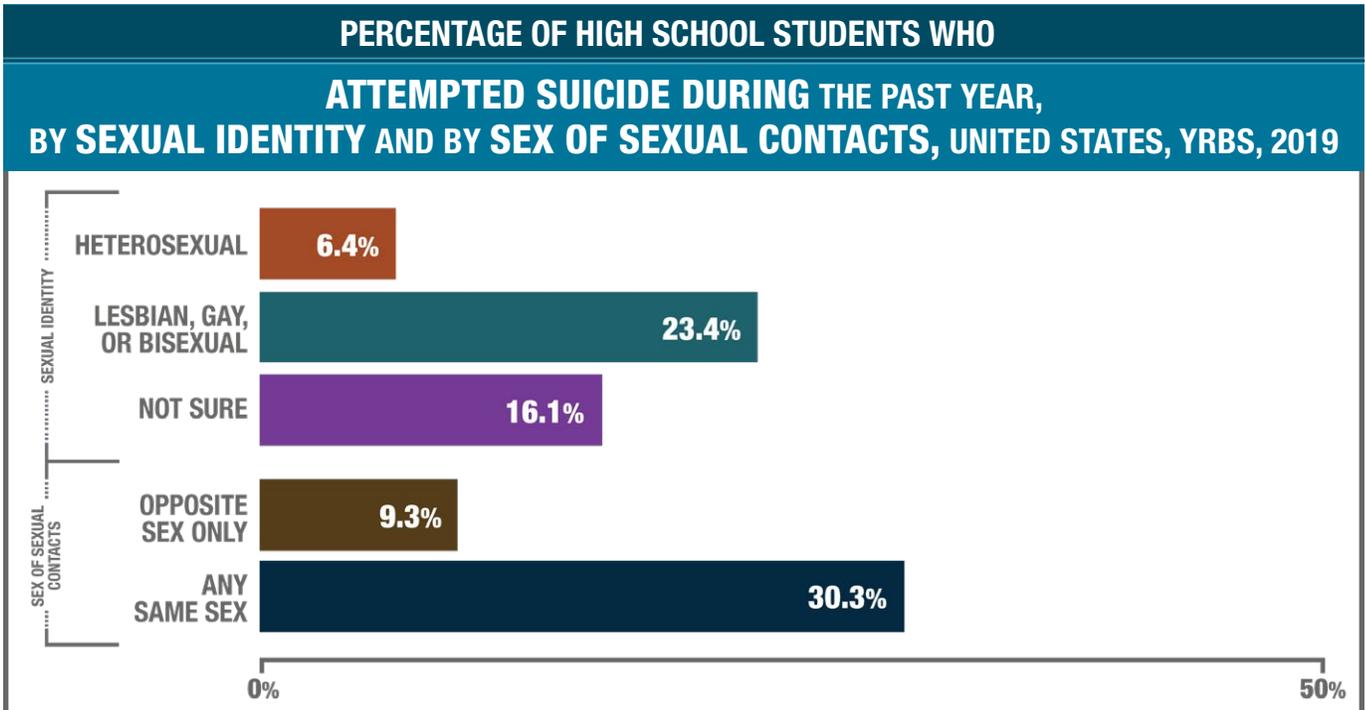
		2015	2017	2019	Trend	KEY	
BY SEXUAL IDENTITY	Heterosexual	11.9	10.4	12.1			In right direction
	Lesbian, gay, or bisexual	38.2	38.0	40.2			No change
	Not sure	27.9	25.6	23.9			In wrong direction
BY SEX OF SEXUAL CONTACTS	Opposite sex only	15.6	14.4	16.5			In wrong direction
	Any same sex	39.6	41.2	44.0			In right direction

SEXUAL MINORITY YOUTH  
**FOCUS AREA**  
 MENTAL HEALTH AND SUICIDE

VARIABLE

# ATTEMPTED SUICIDE

In 2019, the percentage of high school students who attempted suicide one or more times during the past year varied by sexual identity and by sex of sexual contacts.



### Sexual Identity



Lesbian, gay, or bisexual students and students not sure of their sexual identity were more likely to have attempted suicide than heterosexual students.

### Sex of Sexual Contacts



Students who had sexual contact with people of the same sex were more likely to have attempted suicide than students who had sexual contact with only people of the opposite sex.

## PROGRESS AT-A-GLANCE

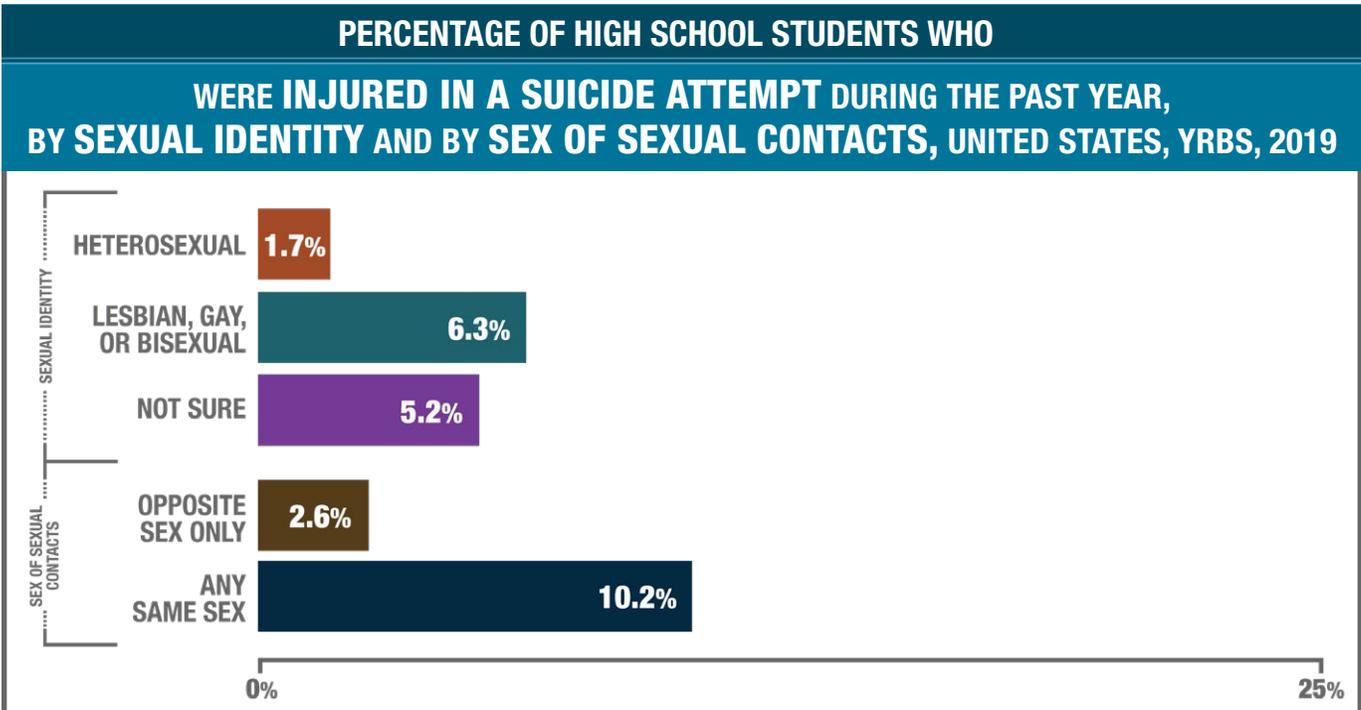
### TRENDS

IN THE PERCENTAGE OF HIGH SCHOOL STUDENTS WHO ATTEMPTED SUICIDE DURING THE PAST YEAR, BY SEXUAL IDENTITY AND BY SEX OF SEXUAL CONTACTS, YRBS, 2015-2019

		2015	2017	2019	Trend	KEY
BY SEXUAL IDENTITY	Heterosexual	6.4	5.4	6.4		In right direction
	Lesbian, gay, or bisexual	29.4	23.0	23.4		
	Not sure	13.7	14.3	16.1		
BY SEX OF SEXUAL CONTACTS	Opposite sex only	9.7	8.1	9.3		In wrong direction
	Any same sex	27.6	23.8	30.3		

# INJURED IN A SUICIDE ATTEMPT

In 2019, the percentage of high school students whose suicide attempt resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse during the past year varied by sexual identity and by sex of sexual contacts. One in 10 students who had sexual contact with people of the same sex were injured in a suicide attempt in 2019.



### Sexual Identity



Lesbian, gay, or bisexual students and students not sure of their sexual identity were more likely to have been injured in a suicide attempt than heterosexual students.

### Sex of Sexual Contacts



Students who had sexual contact with people of the same sex were more likely to have been injured in a suicide attempt than students who had sexual contact with only people of the opposite sex.

## PROGRESS AT-A-GLANCE

### TRENDS

IN THE PERCENTAGE OF HIGH SCHOOL STUDENTS WHO WERE INJURED IN A SUICIDE ATTEMPT DURING THE PAST YEAR, BY SEXUAL IDENTITY AND BY SEX OF SEXUAL CONTACTS, YRBS, 2015-2019

		2015	2017	2019	Trend	KEY
BY SEXUAL IDENTITY	Heterosexual	2.0	1.7	1.7		In right direction No change In wrong direction
	Lesbian, gay, or bisexual	9.4	7.5	6.3		
	Not sure	4.7	5.6	5.2		
BY SEX OF SEXUAL CONTACTS	Opposite sex only	3.4	2.7	2.6		
	Any same sex	11.0	7.8	10.2		

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# TECHNICAL NOTES

The source of all data in this report is the 2009 to 2019 cycles of the national Youth Risk Behavior Survey (YRBS), a school-based survey conducted biennially by the Centers for Disease Control and Prevention. The survey monitors six categories of health risk behaviors among a nationally representative sample of high school students. These categories include 1) behaviors that contribute to unintentional injuries and violence; 2) tobacco use; 3) alcohol and other drug use; 4) sexual behaviors related to unintended pregnancy and sexually transmitted diseases (STDs), including HIV infection; 5) unhealthy dietary behaviors; and 6) physical inactivity. In addition, the YRBS monitors the prevalence of other health-related behaviors, obesity, and asthma.

## SAMPLING

The national YRBS uses a 3-stage cluster sampling design to produce a nationally representative sample of students in grades 9–12 attending public (including charter schools), Catholic, and other non-public schools in the 50 states and the District of Columbia. The first-stage sampling frame consists of primary sampling units (PSUs). These PSUs are either counties; groups of smaller, adjacent counties; or parts of larger counties. The PSUs are categorized into 16 strata according to their metropolitan statistical area (MSA) status (e.g., urban) and the percentages of black and Hispanic students in the PSU. PSUs are sampled with probability proportional to overall school enrollment size for the PSU.

For the second stage of sampling, secondary sampling units (SSUs) are defined as a physical school with grades 9–12 or a school created by combining nearby schools to provide all four grades. From the selected PSUs, SSUs are sampled with probability proportional to school enrollment size.

The third stage of sampling consists of randomly sampling one or two classrooms in each grade 9–12 from either a required subject (e.g., English or

social studies) or a required period (e.g., homeroom or second period). To enable a separate analysis of data for black and Hispanic students, two classes per grade, rather than one, are sampled in schools with a high minority enrollment. All students in sampled classes are eligible to participate. Schools, classes, and students that refuse to participate are not replaced.

## DATA COLLECTION PROCEDURES AND QUESTIONNAIRE

Survey procedures are designed to protect students' privacy by allowing for anonymous and voluntary participation. Before survey administration, local parental permission procedures are followed. Students complete the self-administered questionnaire during one class period and record their responses directly on a computer-scannable booklet.

Two questions on the questionnaire measure sexual minority status. Sexual identity is ascertained with the following question: "Which of the following best describes you?" Response options are "heterosexual (straight)," "gay or lesbian," "bisexual," and "not sure." Sex of sexual contacts is ascertained with, "During your life, with whom have you had sexual contact?" Response options are "I have never had sexual contact," "females," "males," and "females and males." No definition is provided for sexual contact.

The wording of each question used to create the variables included in this report can be found on pages 106-107.

## DATA PROCESSING PROCEDURES AND RESPONSE RATES

For the 2019 national YRBS, 13,872 questionnaires were completed in 136 schools. The data set was cleaned and edited for inconsistencies. Missing data were not statistically imputed. After editing, 13,677 questionnaires were usable. The school response rate was 75%, the student response rate

was 80%, and the overall response rate, which is the product of the school and student response rates, was 60%.

Student sex was assessed with the question, “What is your sex?” Response options were “Female” and “Male.”

Race/ethnicity was ascertained from two questions: 1) “Are you Hispanic or Latino?” (response options were “yes” or “no”), and 2) “What is your race?” Response options were “American Indian or Alaska Native,” “Asian,” “black or African American,” “Native Hawaiian or other Pacific Islander,” or “white.” For the second question, students could select more than one response option. For this report, students were classified as “Hispanic/Latino” and are referred to as “Hispanic” if they answered “yes” to the first question, regardless of how they answered the second question. Students who answered “no” to the first question and selected only “black or African American” to the second question were classified as “black or African American” and are referred to as “black.” Students who answered “no” to the first question and selected only “white” to the second question were classified and are referred to as “white.” Race/ethnicity was classified as missing for students who did not answer the first question and for students who answered “no” to the first question but did not answer the second question.

To obtain a sufficient sample size for analyses of health-related behaviors by sexual identity subgroups, students who selected “gay or lesbian” or “bisexual” were combined into a single subgroup. Sex of sexual contacts was ascertained from the questions, “During your life, with whom have you had sexual contact?” and “What is your sex?” To obtain a sufficient sample size for analyses of health-related behaviors by sex of sexual contact subgroups, students who had sexual contact with only the same sex or with both sexes were combined into a single subgroup. Analyses of birth control use by sexual identity and sex of sexual contacts were not included in this report. Female students who had sexual contact with only females were excluded from analyses on condom use.

## WEIGHTING

A weight based on student sex, race/ethnicity, and grade was applied to each record to adjust for school and student nonresponse and oversampling of black and Hispanic students. The overall weights were scaled so that the weighted count of students equals the total sample size, and the weighted proportions of students in each grade match the national population proportions. Therefore, weighted estimates are representative of all students in grades 9–12 attending public and non-public schools in the United States.

## ANALYTIC METHODS

Statistical analyses were conducted on weighted data using SAS and SUDAAN software to account for the complex sampling design. T-tests were used to determine pairwise differences between subpopulations. Differences between prevalence estimates were considered statistically significant if the t-test p-value was  $<0.05$ . In this report, only statistically significant differences are noted in the text accompanying each bar chart.

To identify temporal trends in behaviors, prevalence estimates from 2009 (or the earliest year of data collection) to 2019 for each variable assessed with identically worded questions were examined. Logistic regression analyses were used to account for all available estimates; control for sex, grade, and racial/ethnic changes over time; and assess linear trends. A p-value associated with the regression coefficient that was  $<0.05$  was considered statistically significant.

More information about the national YRBS methodology is available at [www.cdc.gov/yrbs](http://www.cdc.gov/yrbs).

# APPENDIX

## Survey Question Wording for Variables in Report

### Focus Area: **Sexual Behavior**

1. Have you ever had sexual intercourse?
2. During your life, with how many people have you had sexual intercourse?
3. During the past 3 months, with how many people did you have sexual intercourse?
4. The last time you had sexual intercourse, did you or your partner use a condom?
5. The last time you had sexual intercourse, what one method did you or your partner use to prevent pregnancy?
6. During the past 12 months, have you been tested for a sexually transmitted disease (STD) other than HIV, such as chlamydia or gonorrhea?
7. Have you ever been tested for HIV, the virus that causes AIDS?  
(Do not count tests done if you donated blood.)

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### Focus Area: **High-Risk Substance Use**

1. During your life, how many times have you used any form of cocaine, including powder, crack, or freebase?\*
2. During your life, how many times have you sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high?\*
3. During your life, how many times have you used heroin (also called smack, junk, or China White)?\*
4. During your life, how many times have you used methamphetamines (also called speed, crystal meth, crank, ice, or meth)?\*
5. During your life, how many times have you used hallucinogenic drugs, such as LSD, acid, PCP, angel dust, mescaline, or mushrooms?\*
6. During your life, how many times have you used ecstasy (also called MDMA)?\*
7. During your life, how many times have you used a needle to inject any illegal drug into your body?
8. During your life, how many times have you taken prescription pain medicine without a doctor's prescription or differently than how a doctor told you to use it?\*\*\*
9. During the past 30 days, how many times have you taken prescription pain medicine without a doctor's prescription or differently than how a doctor told you to use it.\*\*\*

\*Question included in "select illicit drug use" variable.

\*\*\*These questions are preceded by the following introduction: The next 2 questions ask about the use of prescription pain medicine without a doctor's prescription or differently than how a doctor told you to use it. For these questions, count drugs such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet.

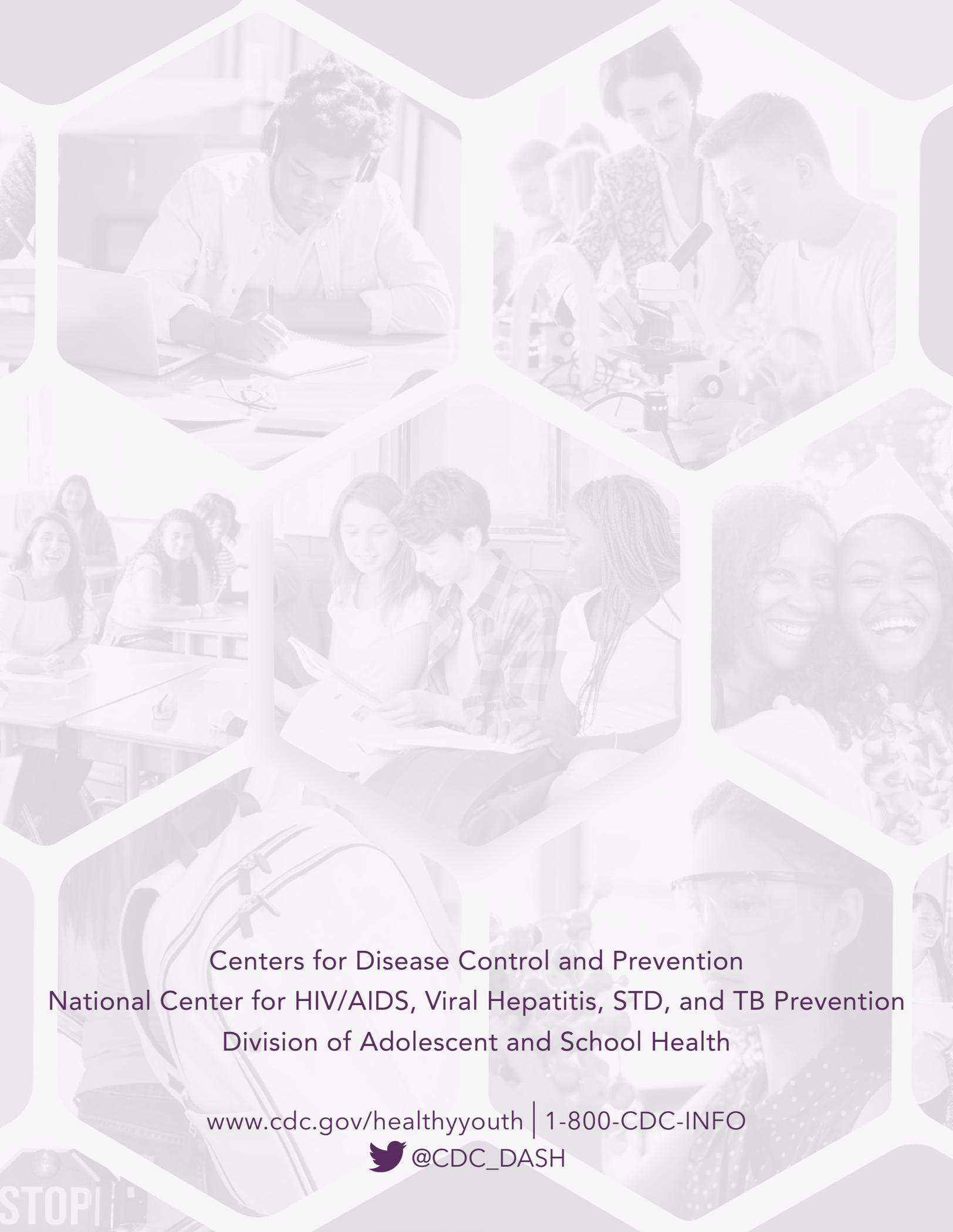
## Focus Area: **Experiencing Violence**

1. During the past 12 months, how many times has someone threatened or injured you with a weapon such as a gun, knife, or club on school property?
  2. During the past 30 days, on how many days did you not go to school because you felt you would be unsafe at school or on your way to or from school?
  3. During the past 12 months, have you ever been electronically bullied? (Count being bullied through texting, Instagram, Facebook, or other social media.)
  4. During the past 12 months, have you ever been bullied on school property?
  5. Have you ever been physically forced to have sexual intercourse when you did not want to?
  6. 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.)
  7. During the past 12 months, how many times did someone you were dating or going out with force you to do sexual things that you did not want to do? (Count such things as kissing, touching, or being physically forced to have sexual intercourse.)
- 

## Focus Area: **Mental Health and Suicide**

1. 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?
  2. During the past 12 months, did you ever seriously consider attempting suicide?
  3. During the past 12 months, did you make a plan about how you would attempt suicide?
  4. During the past 12 months, how many times did you actually attempt suicide?
  5. If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?
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More information about the national YRBS questionnaire is available at [www.cdc.gov/yrbs](http://www.cdc.gov/yrbs).



Centers for Disease Control and Prevention  
National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention  
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