

2021 Youth Risk Behavior Survey

HIGH SCHOOL

Durham County, NC

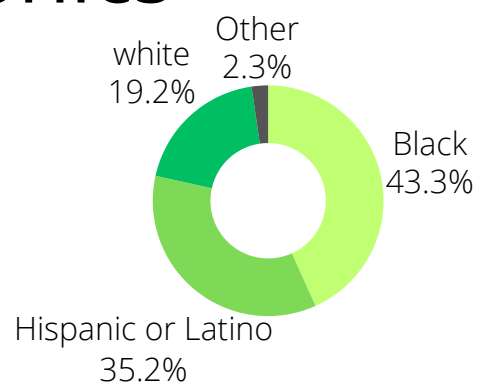
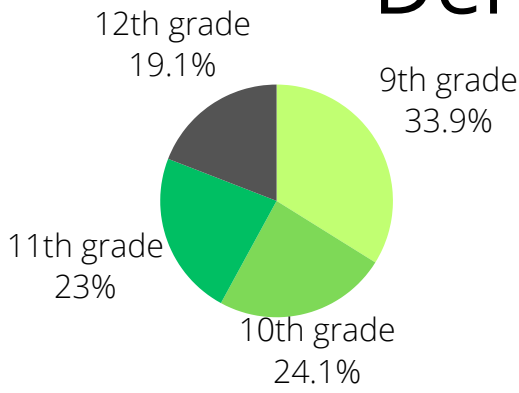
This survey (YRBS) is part of a national school-based survey produced by the CDC and administered every other year by the Durham Public Schools.

PURPOSE: To assess the physical and mental well-being of high school students in Durham County, NC

- Physical Activity
 - Nutrition
 - Safety
 - Sexual Behavior
 - Bullying
 - Mental Health
 - Substance Use
- **NEW****
- COVID-19
 - Disability
 - LGBTQ+ Mental Health
 - Personal Health
 - School support

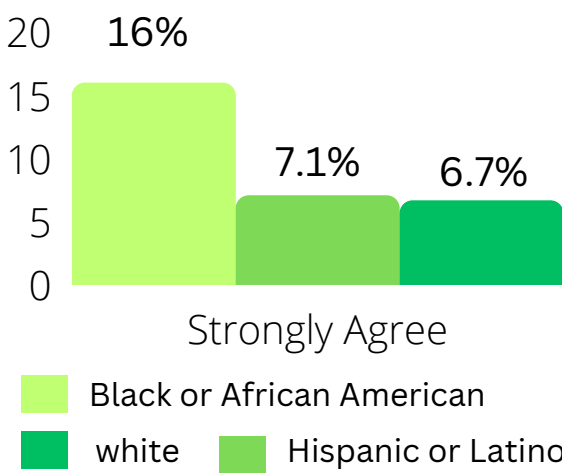
1,360 students participated

Demographics



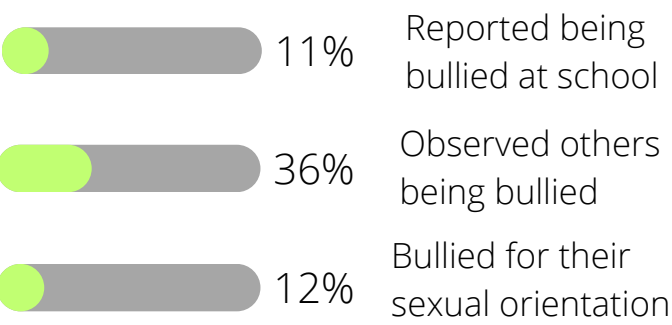
COVID-19

Middle school students that strongly agree that schoolwork was more difficult during the COVID-19 pandemic



Culturally affirming education is not always an option for Black or African American students.¹ Students of color are also exposed to increased financial hardship, day-long sibling care, limited access to technology, emotional hardship, and limited access to food.¹

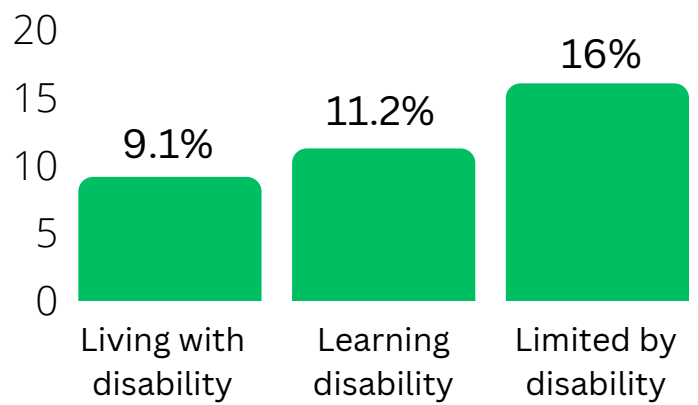
Bullying



In general, bullying begins in elementary school, peaks in middle school, and declines in high school.³ Girls often bully others just as much as boys but often in subtle ways that are difficult to detect.⁴

Disability

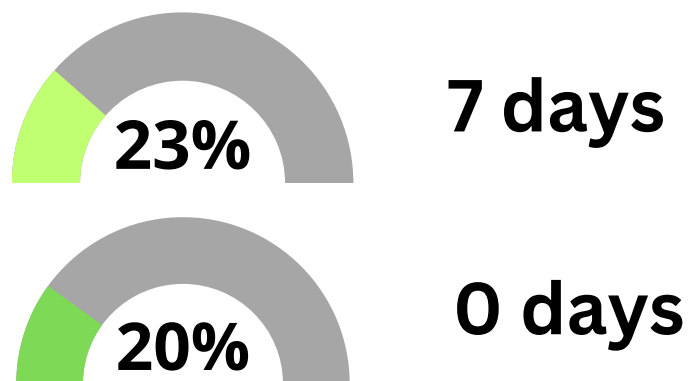
High school students that believe they have any disability, a learning disability, or are limited by a disability.



Durham Public Schools offers quality services and support for children living with disabilities.² Individual Education Programs (IEPs) identify the student's academic performance and helps give them the attention and resources they need.²

Nutrition

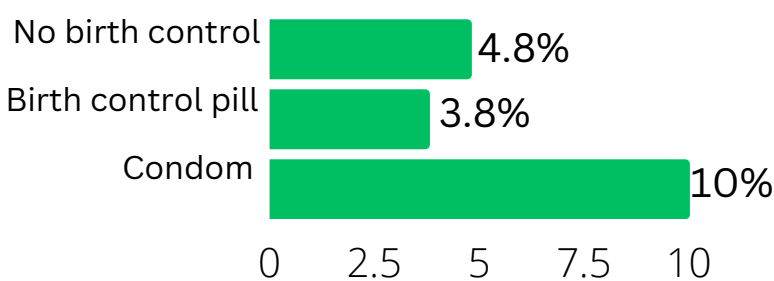
Percent of students eating breakfast in the past week



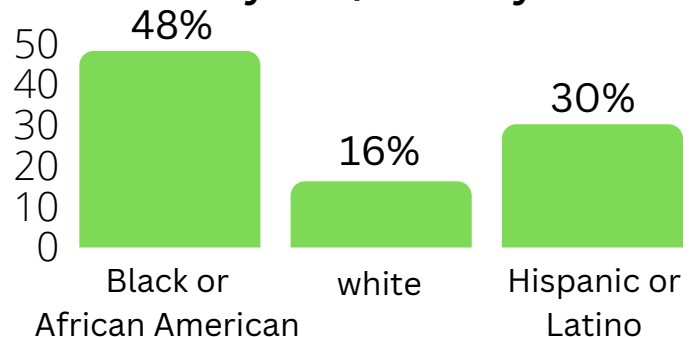
Food insecurity is more common among children of color due to systemic racism and can lead to poor academic and social success in the classroom.⁵

Sexual Health

Sexually active students' birth control of choice



Sexually active students by race/ethnicity



Sexually active 12th graders (n=100) were more likely to not wear a condom during their last sexual experience. Black or African American students were 2x as likely to report being raped than white students. LGBTQ+ youth and those living in poverty experience more barriers to getting birth control.⁶

November 2023

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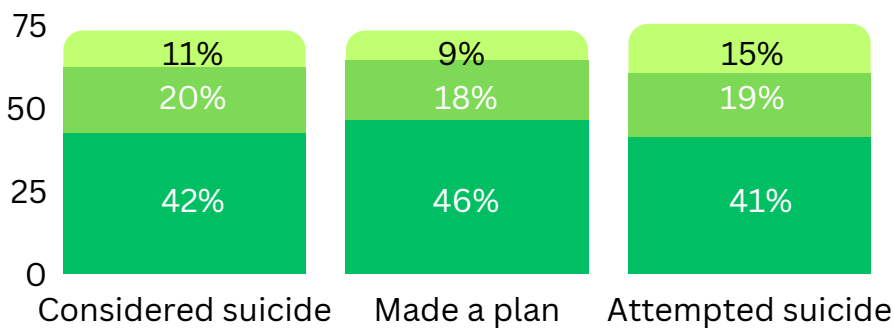
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Mental Health

Students that are experiencing suicidal ideation by race/ethnicity

Black or African American
Hispanic or Latino
white

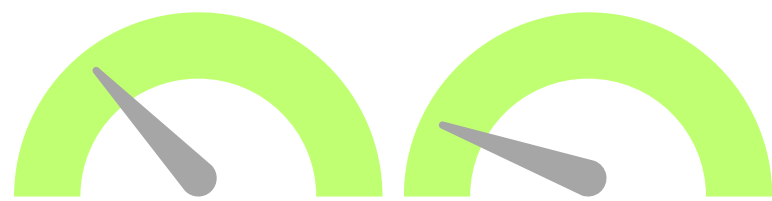


LGBTQ+ Mental Health

- Bisexual students experience suicidal ideation more than their gay or lesbian peers.
- LGBTQ+ youth often face providers that lack cultural competence and are less likely to share their sexuality.⁷
- Mental health among bisexual students stands out because bisexual people can experience biphobia, monosexism, and the erasure of bisexual culture.⁸

Nationally, the second leading cause of death among Black or African Americans ages 10-24 is suicide.⁹ This is greatly influenced by social media and wanting to project a “picture perfect” life.¹⁰ Additionally, adverse childhood events (ACEs) contribute to suicidal ideation among youth of color who are already overrepresented in this population.¹¹ Durham County has one the best resident to provider ratio in the state with one mental health provider per 160 residents.¹²

Students experiencing symptoms of depression



Personal Safety

11.7% students that can get, and be ready to fire a gun in under 10 minutes.

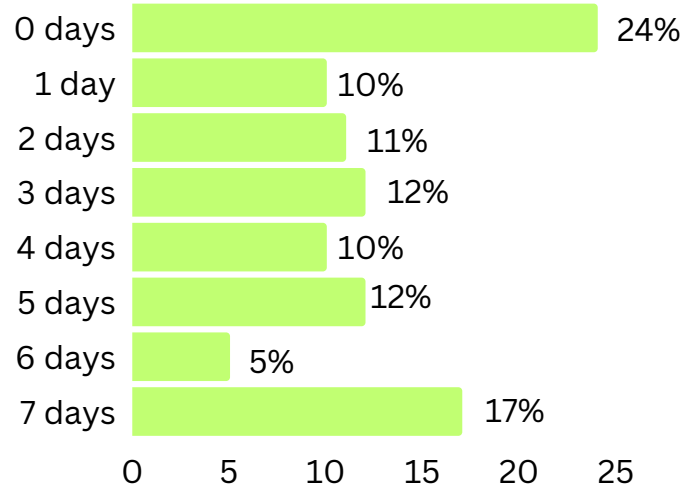
23% of students reported gang activity in their school.

14.2% of students reported skipping school because they felt unsafe.

Firearms are the leading cause of death among children and teens (ages 1-19).¹³ Black or African American teens are 17x more likely to die by gun homicide than white children.¹⁴

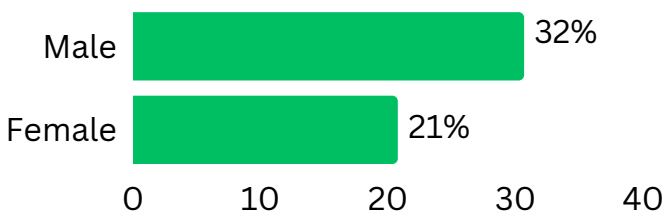
Physical Activity

Days completing at least 60 minutes of physical activity in the past week



Personal Health

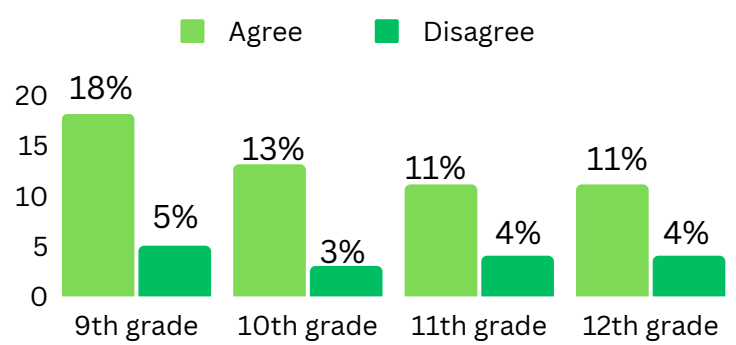
Students that agree that they feel good about themselves



73% of students get less than 8 hours of sleep/night

School Support

Students that agree or disagree that they feel they belong at their school



49.4% of students believe their teachers really care and give a lot of encouragement.

Substance Use

15% of students drank alcohol in the past 30 days.

14% of students used marijuana in the past 30 days.

14% of students misused prescription drugs in the past 30 days.

16% of students used an electronic vapor product in the past 30 days.

<3% of students smoke cigarettes.

Resources: **1** Jones, T. M. April 2021. Children and Schools. School mental health providers' perspectives on the impact of COVID-19 on racial inequities and school disengagement. Available here: <https://tinyurl.com/bdz6w4u9> **2** Durham Public Schools. Exceptional Children (EC) Services at DPS. Available here: <https://www.dpsnc.net/ec-services> **3** Monique Burr Foundation for Children. Bullying Series – Younger vs. Older grades: Identifying, intervening, surviving, and preventing bullying series: Part 3 <https://tinyurl.com/2p93w9a2> **4** Chen, G. Public School Review. January 2023. Female bullies in public schools: the rising trend and school reactions. <https://tinyurl.com/4pkmz2xd> **5** Food Research & Action Center. August 2022. Health school meals for all advances racial equity. <https://tinyurl.com/cuyz3w63> **6** Advocates for Youth. September 2022. New data: most young people face barriers to birth control access. <https://tinyurl.com/2sjswbzz> **7** National Alliance on Mental Illness (NAMI). LGBTQ+. <https://tinyurl.com/mrym9n88> **8** American Psychiatric Association. January 2020, Mental Health Facts on bisexual populations. <https://tinyurl.com/537d3ksx> **9** Everyday Health. May 2022. 5 reasons suicide is on the rise in the black community, according to a psychiatrist. <https://tinyurl.com/ycktr6ue> **10** African American Behavioral Health: Center for Excellence. Suicide in US black and African American communities. <https://tinyurl.com/mvyxeec8> **11** Association of American Medical Colleges. April 2023. The tragedy of black youth suicide. <https://tinyurl.com/4cmah6h> **12** County health rankings. 2022. Mental Health Providers. www.countyhealthrankings.org **13** Everytown Research & Policy. Child and Teen Gun Safety. <https://tinyurl.com/bdf42ymv> **14** Durham County Department of Public Health. Gun Safety Program. <https://www.dcopublichealth.org/services/health-education/health-promotion-and-wellness/gun-safety-program>

[Click here to read the entire 2021 Youth Risk Behavior Survey Report](#)