

YOUTH RISK AND RESILIENCY SURVEY (2018) SUMMARY REPORT

July 2018

For Cherokee Central
Schools

2018 Youth Risk and Resiliency Survey Summary Report

July 2018

This document is a product of Cherokee Central Schools (CCS), in partnership with the Eastern Band of Cherokee Indians Public Health and Human Services Division (EBCI PHHS), Western Carolina University (WCU), and WNC Health Network (WNCHN). The Tribal Health Improvement Process (THIP) Depression Team researched youth health surveys and recommended the YRRS to CCS. Western Carolina University provided a digital version of the survey and access to Qualtrics, a powerful survey software application, for analysis and interpretation. The YRRS Team oversaw and coordinated the process and is responsible for this document.

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Acknowledgments

We would like to express our deep thanks to the following agencies and individuals for their contributions and support in conducting, analyzing, and reporting the YRRS in Cherokee Central Schools.

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Introduction

CCS Mission:

Cherokee Central Schools is committed to empowering our students, preserving our nation, and ensuring our future.

CCS Vision:

The Cherokee Central Schools System will be a community where each student will graduate from high school, will be globally competitive for work and post-secondary education, will possess an appreciation for and an eagerness to preserve our nation, and will be prepared for life in the 21st century.

Cherokee Central Schools (CCS) became a tribally operated school district in 1990, under a PL 100-297 grant from the Bureau of Indian Affairs Department of Education. The Eastern Band of Cherokee Indians (EBCI) Tribal Council passed a resolution at that time authorizing the CCS School Board to operate the schools as a policy-making entity.

Cherokee Central Schools is governed by a six-member, elected school board, along with a non-voting representative from EBCI Tribal Council. Each member serves a four-year term. Leadership roles at the central office consist of the superintendent, assistant superintendent, and nine directors/coordinators. These administrators facilitate programs in special education, testing, curriculum, professional development, culture, human resources, finances, facilities, ESTEAM education¹, and information technology.

A principal leads each of the three schools – Cherokee Elementary, Cherokee Middle, and Cherokee High School. Cherokee High School and Cherokee Middle School have an assistant principal, and Cherokee Elementary School has two assistant principals.

In August 2009, the elementary, middle, and high schools relocated to a brand new, state-of-the-art campus. This move came about because of the hard work and determination of the tribe to regain the Ravensford Tract from the Great Smoky Mountains National Park (GSMNP) for the purposes of reclaiming what was once a tribal settlement, reconnecting two separate parts of the Boundary, and creating an educational nucleus for our people. The campus houses all three

¹ ESTEAM: Entrepreneurship, Science, Technology, Engineering, Arts, and Math

schools, central office, facilities maintenance, Hope Center, Information Technology (IT), and alternative learning programs.

When opened in 2009, the campus was the largest green building project in the region, achieving Silver LEED certification. Ninety percent of the waste generated from the construction project has been recycled, and it is projected to use 35% less energy than a conventionally built project. The campus boasts of daylighting in over 75% of its space, and CCS also harvests rainwater.

The campus includes computer labs, science labs, cultural centers (including the 350 seat Gathering Place), alternative learning centers, a 1040-seat performing arts center, sports arena, stadium, stickball field, and boys' and girls' fitness centers.

The school calendar provides 185 instructional days for students, and it includes teacher workdays and professional development days. Most courses in the elementary and middle schools are taught as year-long courses. Most courses in the high school are taught on a block schedule.

Cherokee Central Schools' school board policy requires that each school implement North Carolina's Standard Course of Study. Because much of the funding for the district is funneled through the Bureau of Indian Education (BIE), Cherokee Central Schools must follow additional BIE requirements, including adhering to North Carolina's Accountability Workbook to meet federal requirements. Successful completion of the Cherokee Language and History course is a local graduation requirement, as is completing a CPR course.

The Youth Risk and Resiliency Survey (YRRS) is a validated survey for youth based on the Youth Risk Behavior Surveillance System (YRBSS), a large, voluntary biennial national survey that obtains data from high school students themselves on a variety of health risk behaviors. The YRBSS was developed by the Centers for Disease Control and Prevention (CDC) in 1990 and has since collected data from more than 3.8 million high school students from state, territorial, tribal government, and local school-based surveys across the nation.² The YRBSS was administered approximately every three years at CCS middle and high schools, beginning in 1994 through 2009. The data collected during this period was owned by the BIE rather than the school itself.

In March and April 2016, Cherokee Central Schools, Western Carolina University, and the EBCI Public Health and Human Services Division, collaborated to administer the YRRS questionnaire to CCS Middle and High School students.³ CCS chose to conduct the YRRS instead of the YRBSS

² <https://www.cdc.gov/healthyouth/data/yrbs/overview.htm>

³ The YRRS is available at <http://www.youthrisk.org>. New Mexico partners in YRRS are NM Public Education Department, NM Department of Health, and University of NM School of Medicine Prevention

because New Mexico partners added and validated questions about resiliency to create the YRRS for middle and high school students. Resiliency is an important indicator of health and wellness among AI/AN communities due to historical trauma, adverse childhood experiences, isolated geographical locations, and under-representation in national priorities. Questions specific to Eastern Band of Cherokee culture were not included in the YRRS because the resiliency questions were already validated, that is, proven to be dependable and able to give clear and useful results when answered. Adding questions would have required an additional validation process. In addition, New Mexico's population includes approximately 10-11% American Indian/ Alaska Natives (AI/AN), so CCS and PHHS considered the survey particularly applicable to EBCI.⁴

The YRRS designed for high school students was also administered to the CCS Middle School students. The high school survey includes additional risk questions that CCS wanted to assess among middle schoolers. All responses were self-reported by the students and a total of four-hundred and twenty-four (n=424) surveys were complete enough for analysis. Eighty-two percent of the CCS Middle and High School student population completed the survey and approximately 87% of the respondents identified their race as American Indian/Alaska Native (AI/AN).

When CCS completed the YRRS in 2016, it was the first time the school was asked to conduct a survey in which the data would be owned by the school. This valuable information on youth behaviors empowers the school and Tribal partners to tailor interventions and resources necessary to meet their needs more effectively.

In 2018, the school conducted the survey for the second time. CCS will conduct this survey every two years to track data and develop interventions accordingly.

The YRRS results will be shared in various formats for different audiences. Some of this youth data will be included in the 2018 EBCI Tribal Health Assessment process and product. For updates on initiatives following this report, please contact CCS Central Office at (828) 554-5000 to be connected to the appropriate Principal or Superintendent.

Research Center. The YRRS is given every two years across the state of New Mexico, whose population includes 10-11% AI/AN, according to the NM Indian Affairs Department.

⁴ New Mexico Indian Affairs Department. About: History. Retrieved from <http://www.iad.state.nm.us/history.html>

Methodology

Survey Instrument

The Youth Risk and Resiliency Survey (YRRS) is a validated survey for youth based on the CDC's Youth Risk Behavior Survey (YRBS), a large, voluntary biennial national survey that obtains self-reported data from high school students on a variety of health issues. New Mexico partners added and validated questions about resiliency to create the YRRS for middle and high school students. In April and May 2018, Cherokee Central Schools and PHHS collaborated to administer the YRRS questionnaire to CCS middle and high school students.

The YRRS is online available at <http://www.youthrisk.org>; paper copies can be requested by contacting CCS or PHHS. New Mexico partners in YRRS are NM Public Education Department, NM Department of Health, and University of NM School of Medicine Prevention Research Center. The YRRS is given every two years across New Mexico, whose population includes 10-11% AI/AN.

Sample Approach and Design

The YRRS was administered during spring 2018, over the course of 4 weeks. The survey was administered by grade level (e.g., all grade 6 students completed the survey at the same time) to students in regular core academic courses who were present in the computer lab to complete a benchmark assessment. Make-up times for absent or non-participating students were not provided. Students were provided a link on computers to access the instrument. Teachers proctored the sessions and facilitated the administration of the YRRS by reading a brief introductory script explaining the survey and assuring anonymity (see Appendix B). Each student was provided with contact information for behavioral health services, the Cherokee Indian Hospital, and school counselors in case they wanted to discuss anything further after survey completion (see Appendix C).

Population and Sample Characteristics

According to a student enrollment report dated May 29, 2018, there were 587 students enrolled in Cherokee Central Schools, grades 6 through 12.⁵ Approximately 64% of the enrolled students (376 out of 587) participated in the YRRS.

⁵ Student Enrollment Summary Report provided by Dr. Beverly Payne, CCS. Jun. 2018.

Approximately 89% of the respondents identified their race as American Indian/Alaska Native (AI/AN) (either alone or in combination with another race). The responses presented in this report represent only those students who participated in the survey.

The following table highlights the demographic characteristics of the sample compared to the total CCS student body in middle school and high school.

Sample and Population Characteristics					
	YRRS Respondents		Total CCS Students as of Jun 11, 2018 ⁶		
	#	% ⁷	#	%	
Total	365		587	100%	
Grade					
Middle School	200	54.7%	270	46.0%	
High School	165	45.2%	317	54.0%	
9 th grade	60	16.4%	82	14.0%	
10 th grade	55	15.1%	73	12.4%	
11 th grade	27	7.4%	82	14.0%	
12 th grade	22	6.0%	80	13.6%	
Gender					
Female	171	46.72%	269	45.8%	
Male	195	53.28%	318	54.2%	
Age					
12 and younger	75	20.55%	108	17.06%	
13 years old	85	23.29%	98	15.48%	
14 years old	40	10.95%	75	11.85%	
15 years old	58	15.89%	84	13.27%	
16 years old	54	14.79%	89	14.06%	
17 years old	33	9.04%	84	13.27%	
18 and older	20	5.48%	95	15.01%	
Race (could select MORE THAN ONE) ⁸					
American Indian or Alaska Native	321	87.9%			
Asian	4	1.0%			
Black or African American	27	7.4%			
Native Hawaiian/Other Pacific Islander	10	2.7%			
White	89	24.4%			

⁶ A blank cell in this table indicates that demographic data from the survey respondents could not be matched to student data available from CCS.

⁷ Percentages are calculated using the number of students who answered each question as the denominator.

⁸ The answers to this race question were used to determine the AI/AN population analyzed in this report.

Sample and Population Characteristics				
	YRRS Respondents		Total CCS Students as of May 29, 2018 ⁹	
Race/Ethnicity (<i>could select ONLY one</i>)				
American Indian or Alaska Native	283	77.75%	528	89.9%
Asian	4	1.10%	1	0.17%
Black or African American	15	4.12%	4	0.68%
Hispanic or Latino	14	3.85%	11	1.87%
Native Hawaiian/Other Pacific Islander	4	1.10%	0	0.0%
White	44	12.09%	42	7.1%
Hispanic/Latino Origin				
Hispanic/Latino	68	18.8%		
Mother's Education				
Completed grade school or less	7	1.93%		
Some high school	44	12.12%		
Completed high school	64	17.63%		
Some college	48	13.22%		
Completed college	77	21.21%		
Graduate or professional school	18	4.96%		
Not sure	105	28.93%		
Father's Education				
Completed grade school or less	11	3.03%		
Some high school	32	8.82%		
Completed high school	92	25.34%		
Some college	26	7.16%		
Completed college	43	11.85%		
Graduate or professional school	13	3.58%		
Not sure	146	40.22%		

Limitations

Please keep in mind the following limitations when viewing the survey findings:

- The New Mexico YRRS was originally designed as two separate surveys for middle school and high school students. The decision was made to use the High School version for both CCS middle school and high school students. It is possible that some questions may have been misinterpreted or misunderstood by the younger audience.

⁹ A blank cell in this table indicates that demographic data from the survey respondents could not be matched to student data available from CCS.

- It is not possible to know the extent of over-reporting (where students said they engaged in a behavior *more* than they truly did) or underreporting (where students reported engaging in a behavior *less* than they actually did) for some questions.
- As shown in the table above, the demographic breakdown of students at CCS does not match the demographic breakdown of students who participated in the survey. Notably, while each grade makes up approximately 12 to 17 percent of students at CCS, the percentage of 17 and 18+ year olds responding to the survey was significantly less than that, at 9.04% and 5.48% respectively. Because of this, the results cannot be generalized to the CCS population.
- The survey data displayed is only representative of students who participated in the survey, which does not include youth not enrolled in school or Cherokee students enrolled in other school systems including Swain County Schools, Jackson County Schools (Smoky Mountain), Graham County Schools (Robbinsville), and Cherokee County Schools. Even among students, there may have been differences between those who responded to the survey and those who did not.

Data Notes

Each section begins with a graph comparing the responses of middle school and high school students. The information in that section is then broken down by question. The question is listed, as well as the possible answer choices for that question. For each question, data is presented for high school and middle school totals and broken down by sex and American Indian or Alaska Native Race. Any special considerations for the data, such as questions where some of the population was excluded, are listed below each graph. Below this, the data is described.

- When possible, national level data was included for comparisons. National aggregate data for middle school students was not available from the CDC at the time of this publication. National aggregate data for high school students was retrieved from the 2017 Youth Risk and Behavioral Survey. This information is available at: <https://nccd.cdc.gov/Youthonline/>
- National level data is presented in gold, local high school data is presented in green, and local middle school data is presented in blue.
- Throughout this report, the abbreviation MS indicates Middle School and HS indicates High School.
- AI/AN indicates American Indian or Alaska Native; this category includes students who marked AI/AN for *at least one* of their races.

- In cases where confidentiality could not be maintained, information has been excluded from the presented data.

Comparisons to the 2016 CCS YRRS

Individuals working with the YRRS are urged to use caution when comparing the 2018 data presented here with data from 2016 YRRS. Comparisons between the two data sets are likely to be unreliable and may present a false picture of change in the population. There are three reasons for this:

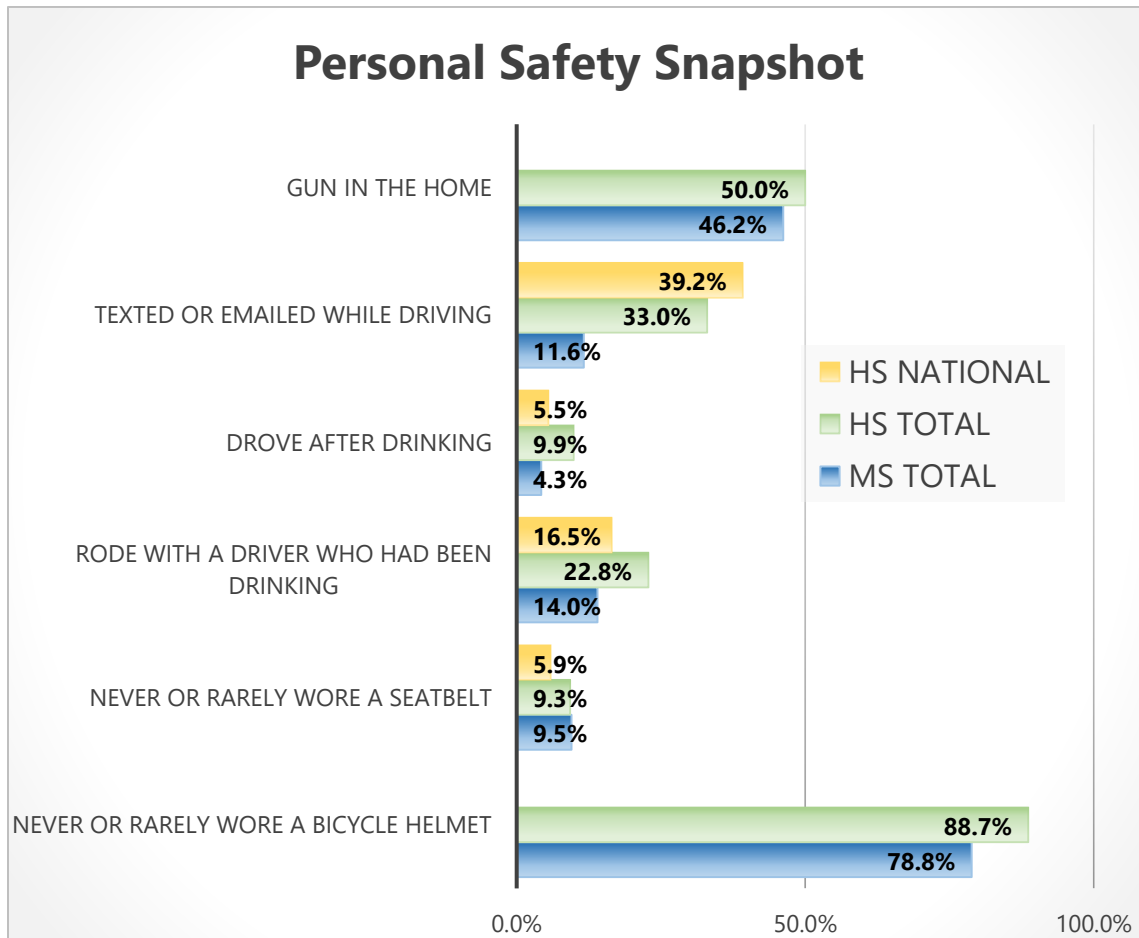
- The first is that the sample population from 2018 (the individuals who took the survey) differs significantly in size and makeup from the sample population in 2016. In 2016, the response rate was 82% of the student population; in 2018, the response rate was 64% of the population. Both rates are valid, but the discrepancy in coverage may explain differences between the surveys.
- Second, some questions have been changed between 2016 and 2018. When particularly salient, the change has been noted within the document. For more information on indicator definitions, see Appendix A.
- Third, the data only represents a snapshot in time. External factors, such as flooding, deaths in the community, or political climate can affect the ways that students answer these questions. To determine if change is a trend or just a change, we need 3 data points. The 2020 YRRS will be able to show these trends and will make comparisons in the data.

Comparisons between the data are not necessarily invalid, but individuals wishing to make these comparisons are encouraged to give greater scrutiny to the results than they might otherwise do.

Survey Findings

Personal Safety

The 2018 questionnaire asked six questions related to the topic of personal safety. The figure below compares the responses of middle schoolers to the responses of high schoolers.

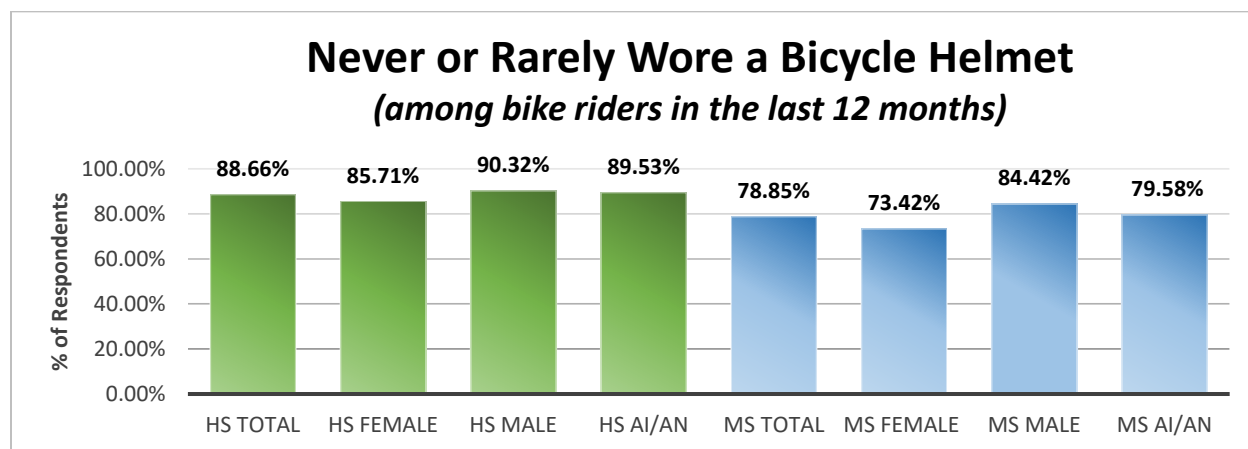


- Approximately half of middle schoolers and high schoolers reported that a gun in their home.
- Compared to middle school respondents, higher proportions of high schoolers reported riding with someone who had been drinking alcohol and driving after drinking alcohol.
- Approximately one-third of high schoolers reported texting or emailing while driving, less than the national average of 41.5%.
- High schoolers and middle schoolers were equally likely to wear a seatbelt.
- High schoolers were more likely than middle schoolers to “never or rarely” wear a bicycle helmet.

Bicycle Helmet

When you rode a bicycle during the past 12 months, how often did you wear a helmet?

(Answer choices: I did not ride a bicycle during the past 12 months, never, rarely, sometimes, most of the time, always).

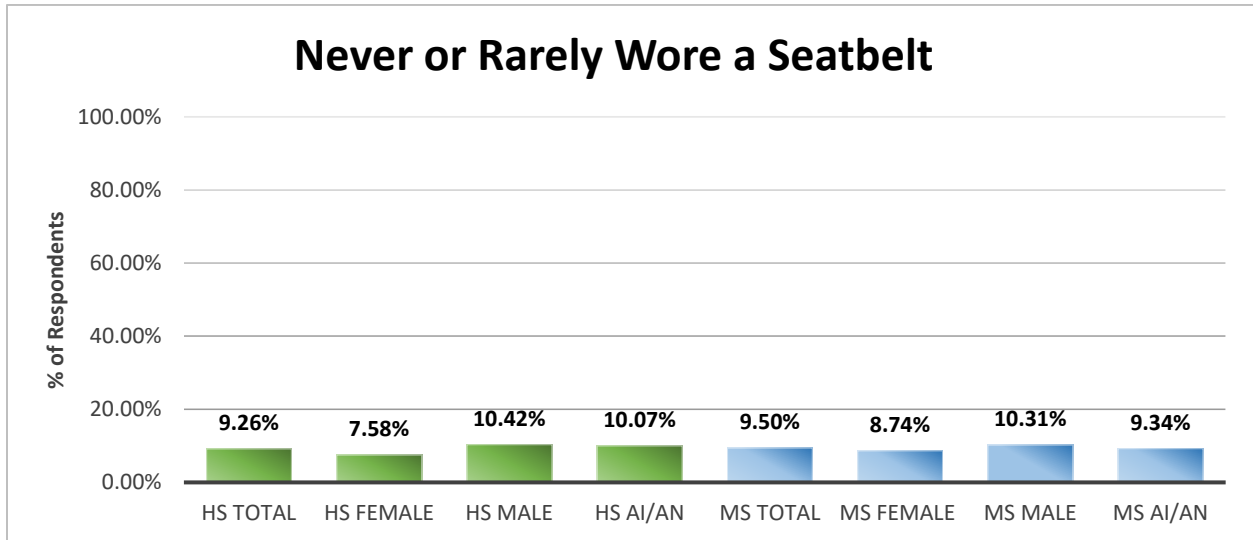


- Students who answered, "I did not ride a bicycle during the past 12 months" were excluded from these results.
- Data is based on 155 middle school students and 97 high school students who had ridden a bicycle in the past 12 months.

- A large majority of middle school and high school students "never" or "rarely" wear a bicycle helmet when riding a bicycle.
- High school students were more likely to "never" or "rarely" wear a helmet (89%) compared to middle school students (79%) in the past year.
- Among middle school students, females were slightly less likely to "never" or "rarely" wear a helmet when riding a bicycle compared to males.
- Among high school respondents, the percentage of students reporting "never" or "rarely" wearing a helmet were similar across all four groups presented.

Seatbelt Use

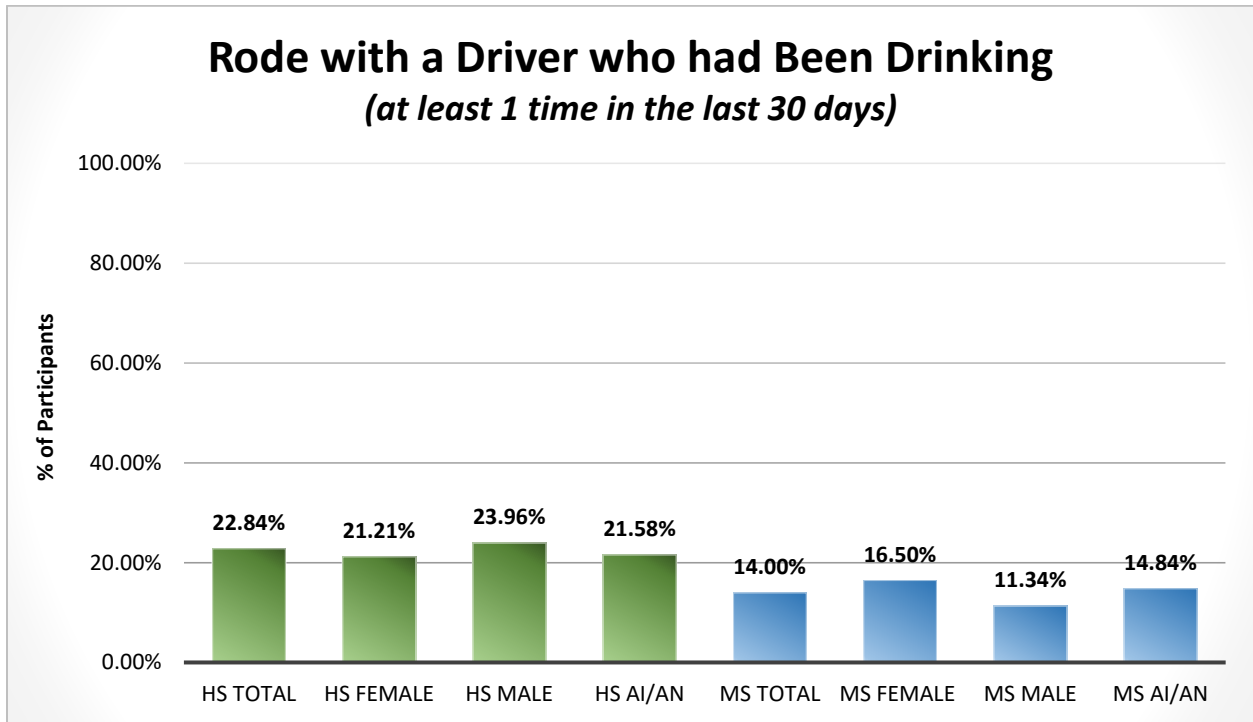
How often did you wear a seatbelt when riding in a car driven by someone else? (Answer choices: never, rarely, sometimes, most of the time, always)



- 9% of high school students and 9% of middle school students “never” or “rarely” wear a seatbelt when riding in a car driven by someone else.
- Among respondents, males were more likely than other groups to report “never” or “rarely” wearing a seatbelt when riding in a car driven by someone else.

Rode in a Car/Vehicle with Driver Who Had Been Drinking Alcohol

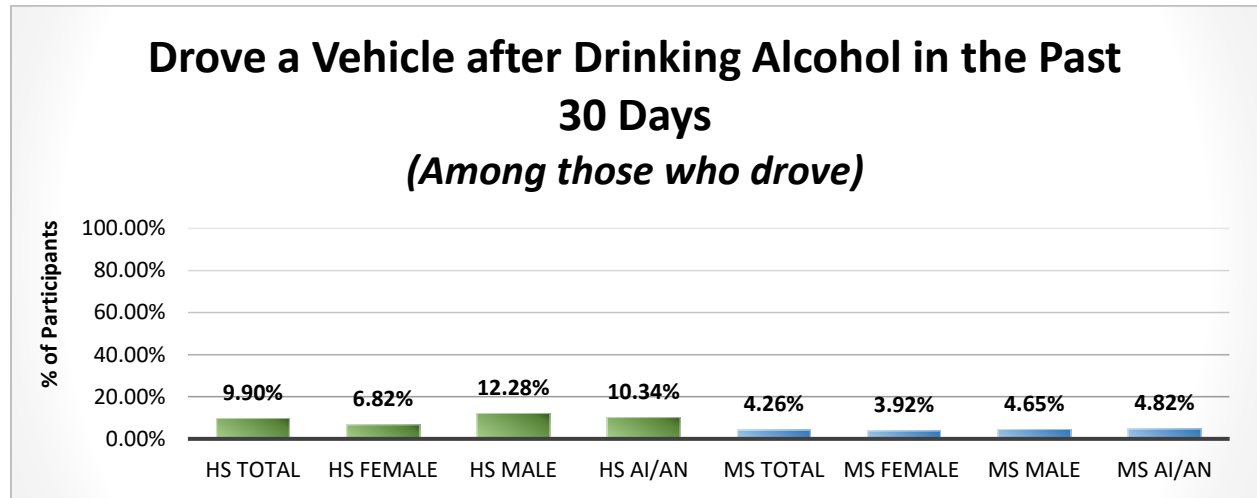
During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been drinking alcohol? (Answer choices: 0 times, 1 time, 2 or 3 times, 4 or 5 times, 6 or more times)



- Compared to middle schoolers (14%), a higher proportion of high schoolers (23%) reported riding in a car/vehicle with someone who had been drinking alcohol one or more times in the past 30 days.

Drove After Drinking Alcohol

During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol? (Answer choices: I did not drive a car or other vehicle during the past 30 days, 0 times, 1 time, 2 or 3 times, 4 or 5 times, 6 or more times)

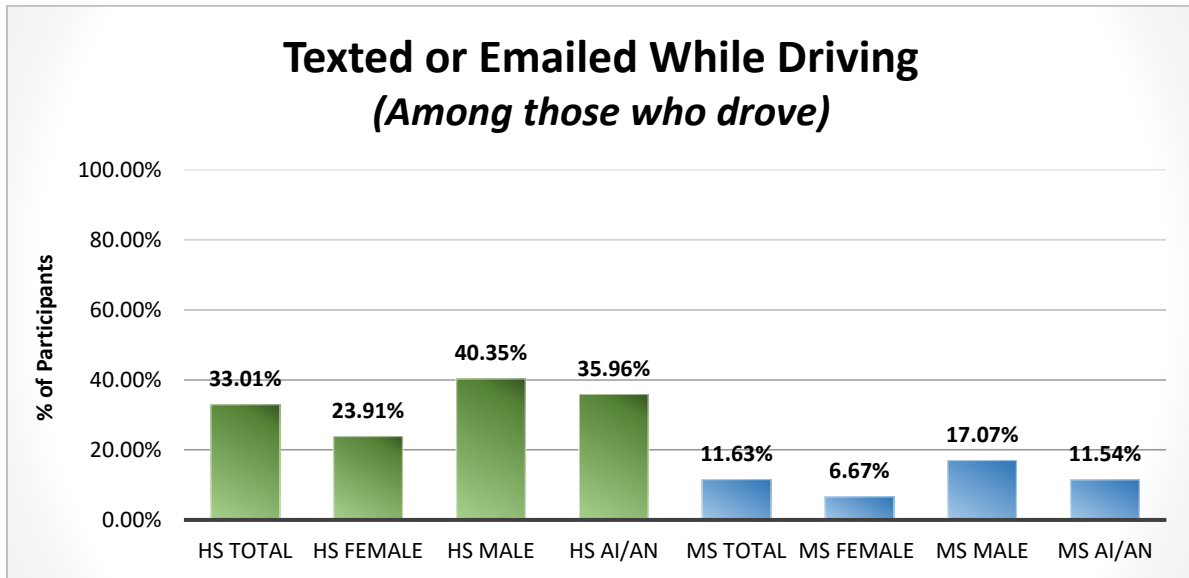


- Data is based on 94 middle school students and 101 high school students who selected an answer other than "I did not drive a car during the past 30 days"

- While almost all middle school respondents were not of legal driving age, only 53% (n=106) of them responded that "I did not drive a car or other vehicle in the past 30 days."
- Compared to middle school students (4%), a higher proportion of high school respondents (10%) reported driving a car/vehicle after drinking alcohol one or more times in the past 30 days.
- 12% of high school males reported driving after drinking alcohol.

Texting and Driving

During the past 30 days, on how many days did you text or e-mail while driving a car or other vehicle? (Answer choices: I did not drive a car or other vehicle, 0 days, 1 or 2 days, 3 to 5 days, 6 to 9 days, 10 to 19 days, All 30 days).

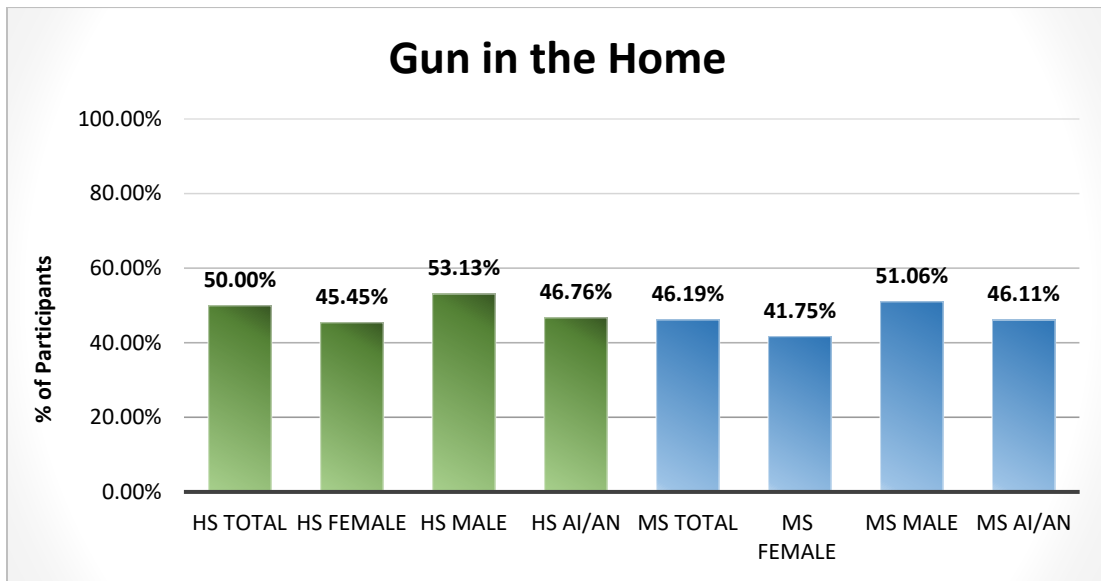


- Data is based on 86 middle school students and 103 high school students who selected an answer other than "I did not drive a car during the past 30 days"

- One third of high school drivers (33%) reported texting or emailing while driving.
- Among high school students, a higher proportion of males (40%) reported texting or emailing while driving one or more days in the past 30 days compared to females (24%).

Gun in the Home

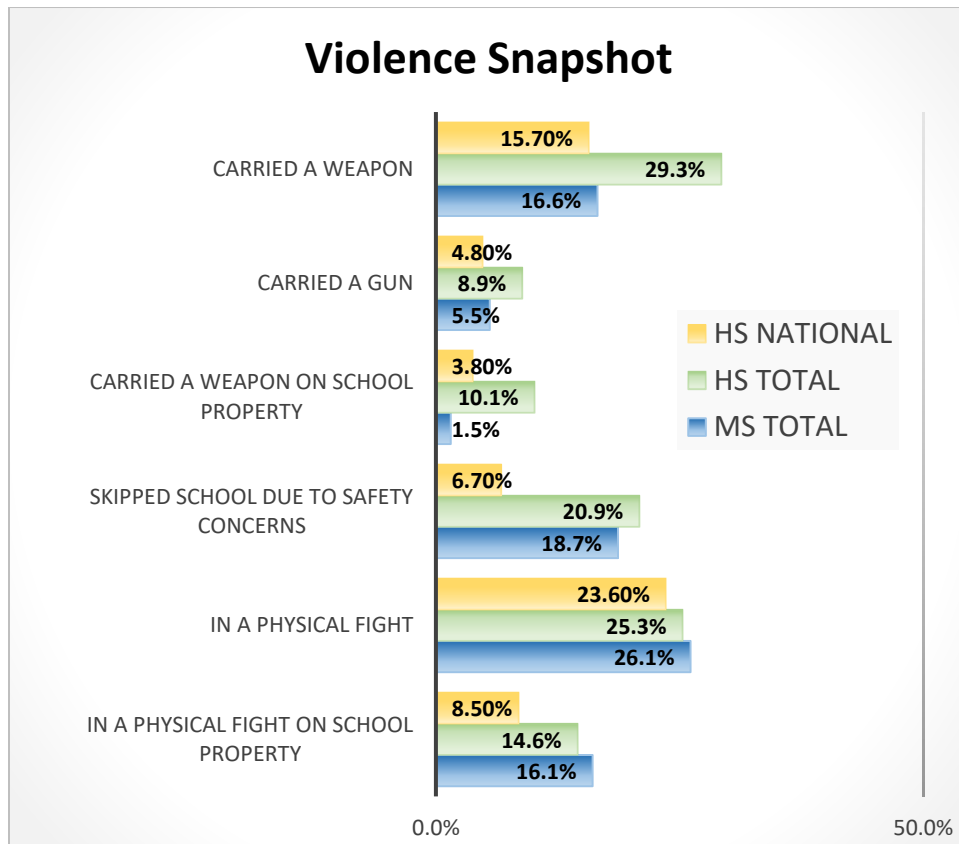
Is there a gun in your home? (Answer choices: Yes, No, Not sure)



- Around half of both middle school (47%) and high school participants (50%) reported that there was a gun in their home.
- A higher proportion of males (52%) reported a gun in their home compared to other groups.

Violence

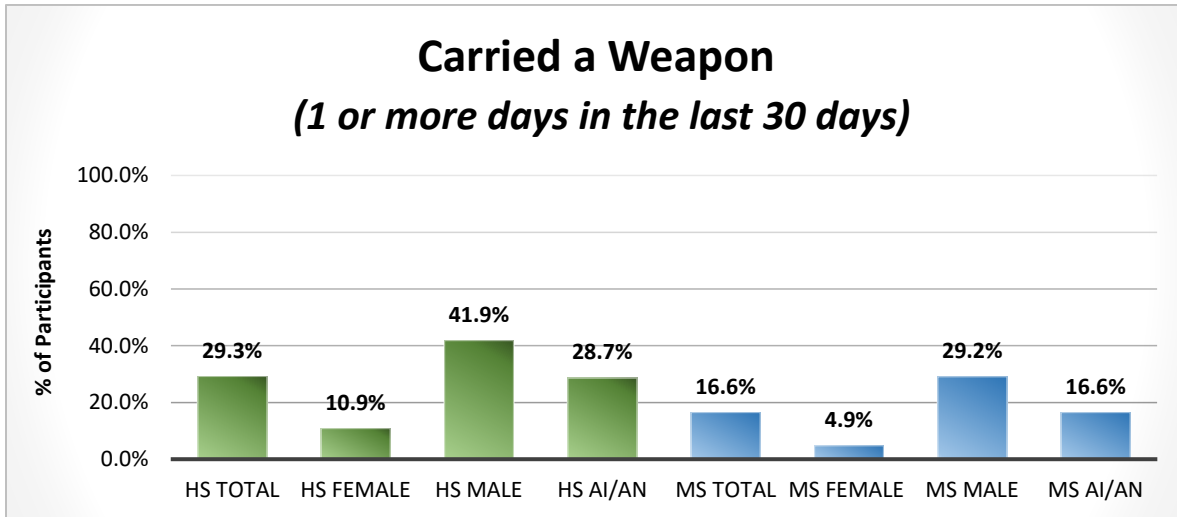
The 2018 questionnaire asked eleven questions related to the topic of violence and violence-related behaviors. Three of those questions related specifically to intimate partner violence and two of them related to bullying; those questions will be discussed separately. The figure below compares the responses of CCS middle schoolers, CCS high schoolers, and national high schoolers on a subset of the violence-related questions.



- Compared to middle school students, a higher percentage of high school students reported carrying a weapon, carrying a gun, carrying a weapon on school property and skipping school due to safety concerns.
- Compared to high schoolers, a higher percentage of middle schoolers reported getting in a physical fight and getting in a physical fight on school property.
- CCS Students were 3 times as likely to skip school due to safety concerns as high schoolers nationally.

Carried a Weapon

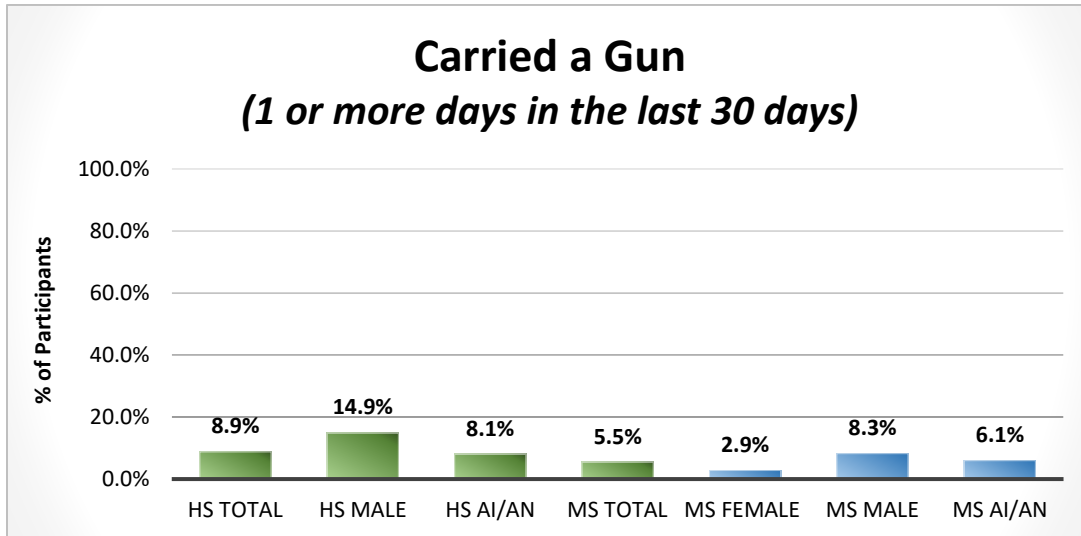
During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club? (Answer choices: 0 days, 1 day, 2 or 3 days, 4 or 5 days, 6 or more days)



- A higher proportion of high school students (29%) reported carrying a weapon on one or more days in the past 30 days, compared to middle school respondents (17%).
- Among middle schoolers, a higher percentage of males (29%) reported carrying a weapon on 1 or more days in the past 30.
- Similarly, a higher proportion of high school males (42%) reported carrying a weapon compared to other high school groups.

Carried a Gun

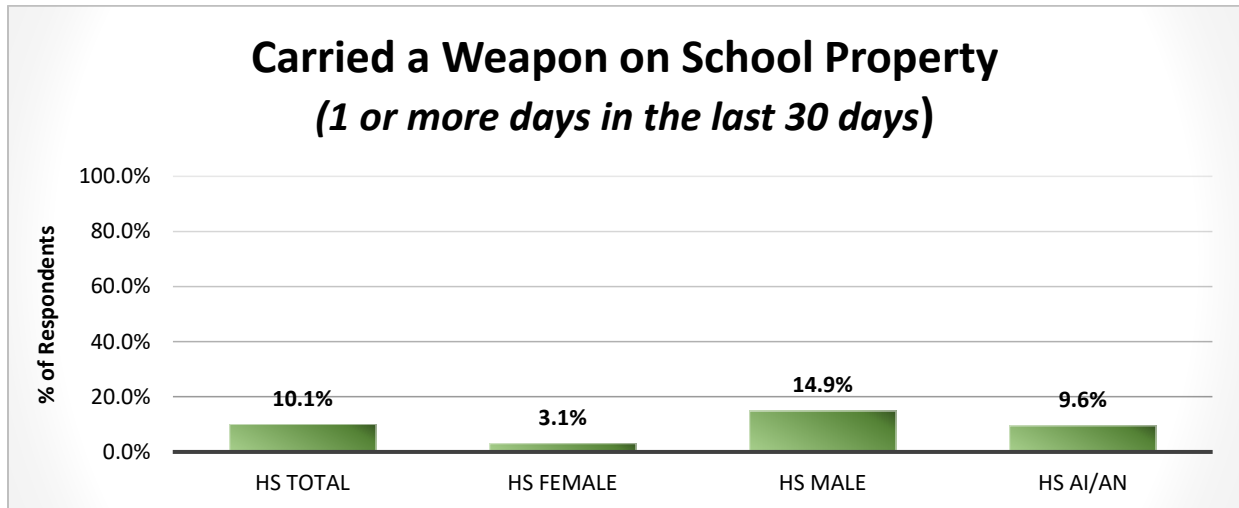
During the past 30 days, on how many days did you carry a gun? (Answer choices: 0 days, 1 day, 2 or 3 days, 4 or 5 days, 6 or more days)



- A higher proportion of high school students (9%) reported carrying a gun on one or more days in the past 30 days compared to middle school students (6%).
- Males, in both middle school and high school, are most likely to carry a gun (8% of middle school males and 15% of high school males) compared to other groups.

Carried a Weapon on School Property

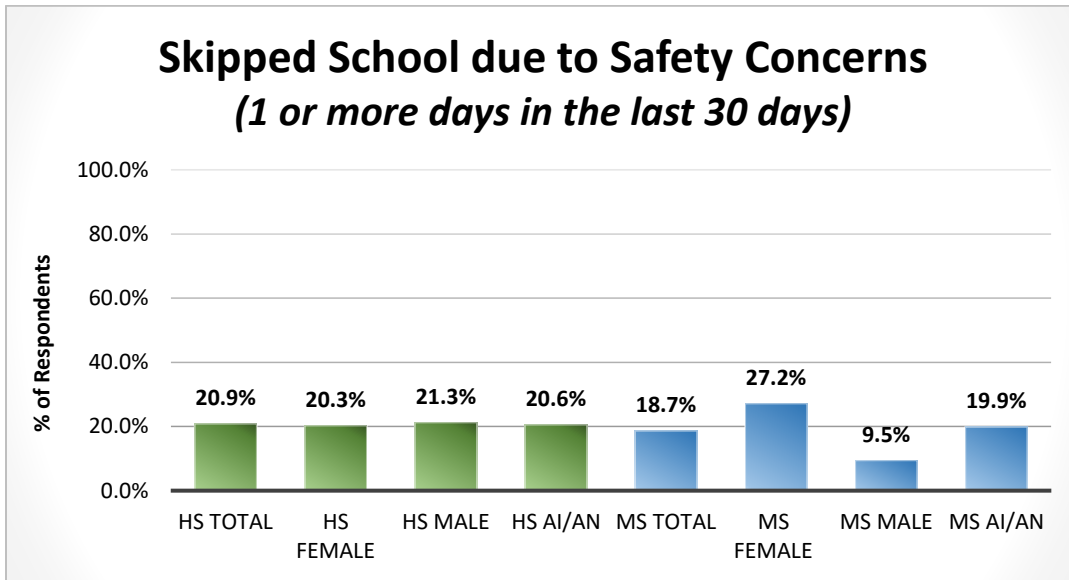
During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club on school property? (Answer choices: 0 days, 1 day, 2 or 3 days, 4 or 5 days, 6 or more days)



- 10.1% of high schoolers reported carrying a weapon on school property on one or more days in the past 30 days, similar to the responses among high school AI/AN students (9.6%).
- There were not enough responses from middle school students to maintain confidentiality; therefore, that data is not presented here.

Skipped School Due to Feeling Unsafe

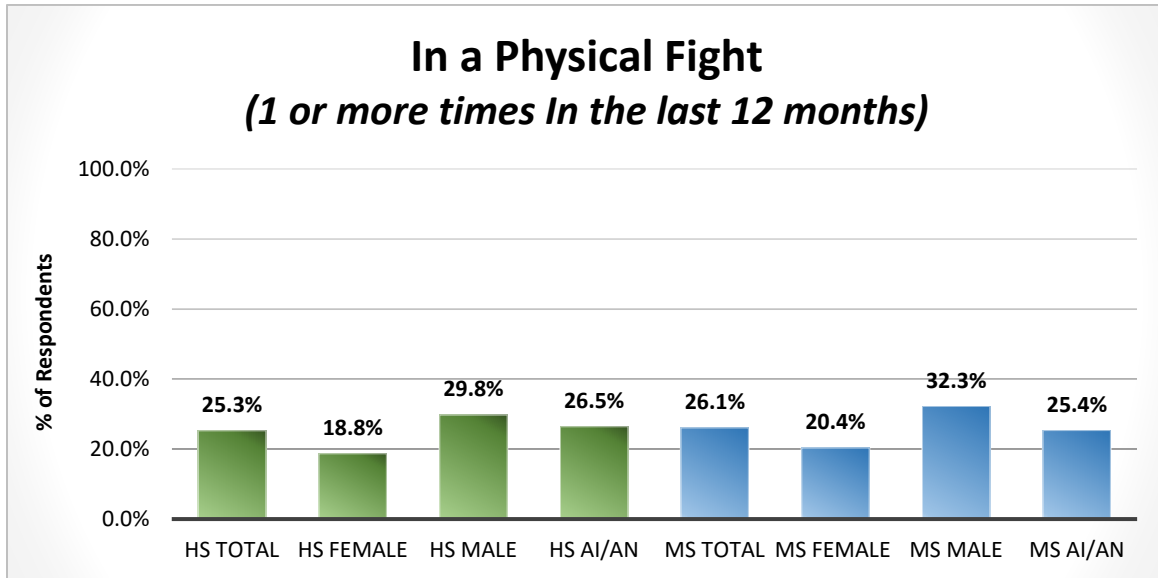
During the past 30 days, on how many days did you not go to school because you felt you would be unsafe at school or on your way to or from school? (Answer choices: 0 days, 1 day, 2 or 3 days, 4 or 5 days, 6 or more days)



- 21% of high schoolers and 19% of middle schoolers reported skipping school due to safety concerns on 1 or more days in the last 30 days.
- High school females and high school males were similarly likely to skip school due to safety concerns; middle school females were much more likely (27%) to skip school due to safety concerns than middle school males (10%).

In a Physical Fight

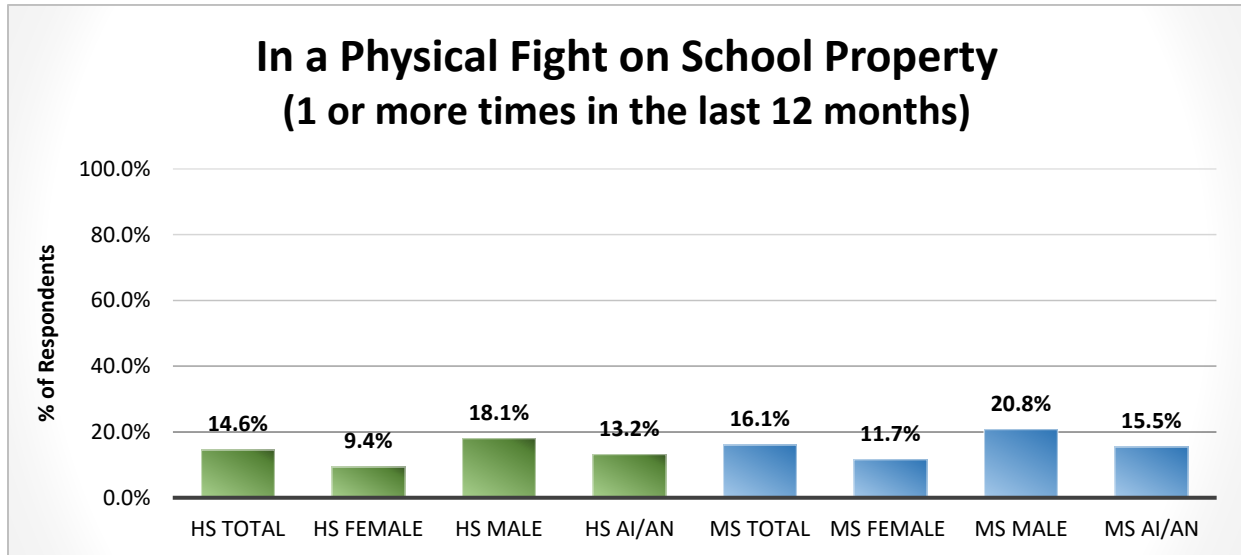
During the past 12 months, how many times were you in a physical fight? (Answer choices: 0 days, 1 day, 2 or 3 days, 4 or 5 days, 6 or more days)



- Just over ¼ of middle school students (26%) reported being in a physical fight in the past year; similarly, about ¼ of all high school students (25%) had been in a physical fight.
- Among middle school respondents, a higher proportion of males (32%) had been in a physical fight at least once in the past 12 months compared to other groups, including females (20%).
- Among high school respondents, a higher proportion of males (30%) had been in a physical fight at least once in the past 12 months compared to other groups, including females (19%).

In a Physical Fight on School Property

During the past 12 months, how many times were you in a physical fight on school property? (Answer choices: 0 days, 1 day, 2 or 3 days, 4 or 5 days, 6 or more days)

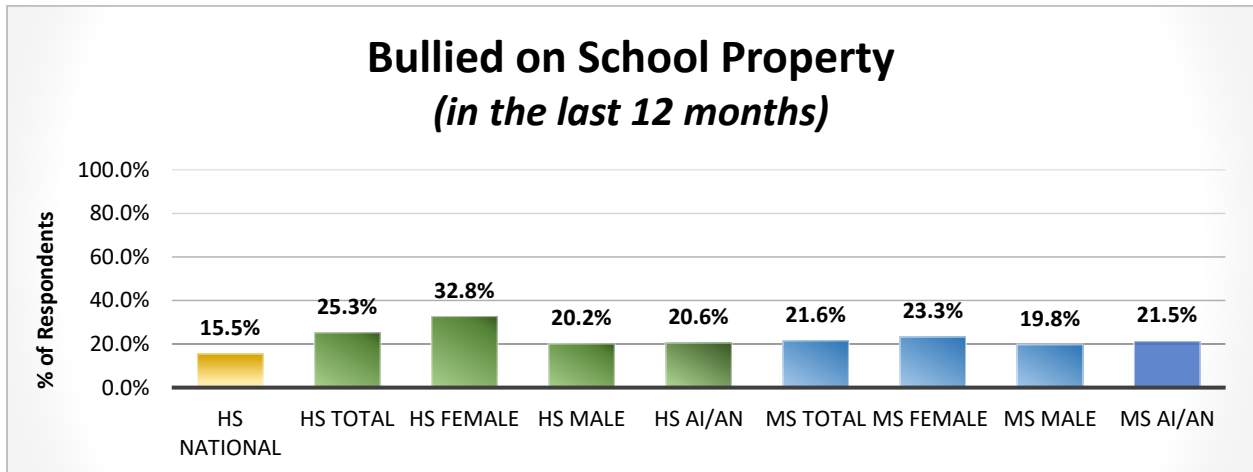


- A higher proportion of middle school students (16%) reported being in a physical fight on school property one or more times in the past year compared to high school students (15%)
- 21% of middle school males reported being in a physical fight on school property at least once in the past year, the highest proportion among middle school groups.
- Among high school respondents, a higher proportion of males (18%) reported being in a physical fight on school property one or more times in the past 12 months compared to other groups.

Bullying

The 2018 Questionnaire asked two questions related to bullying. The two figures below display the responses to those questions.

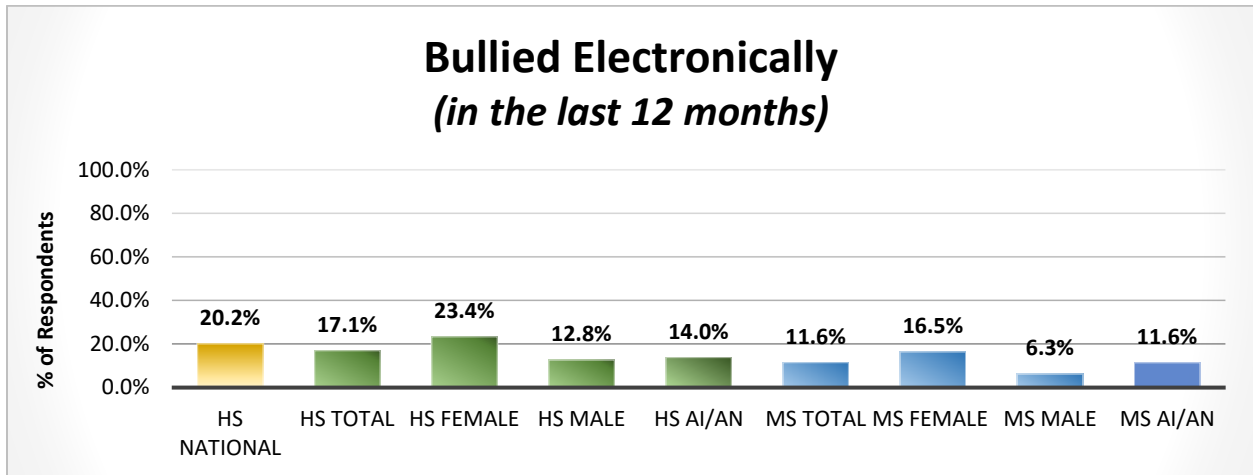
During the past 12 months, have you ever been bullied on school property? (Answer choices: Yes, No)



- ¼ of high school students (25%) and 1/5 of middle school students (22%) reported being bullied on school property one or more times in the past 12 months.
- Among middle school students, females were slightly more likely to experience bullying on school property than males.
- Among high school students, a higher proportion of females (33%) reported being bullied on school property in the past year compared to males (20%).

Electronically Bullied

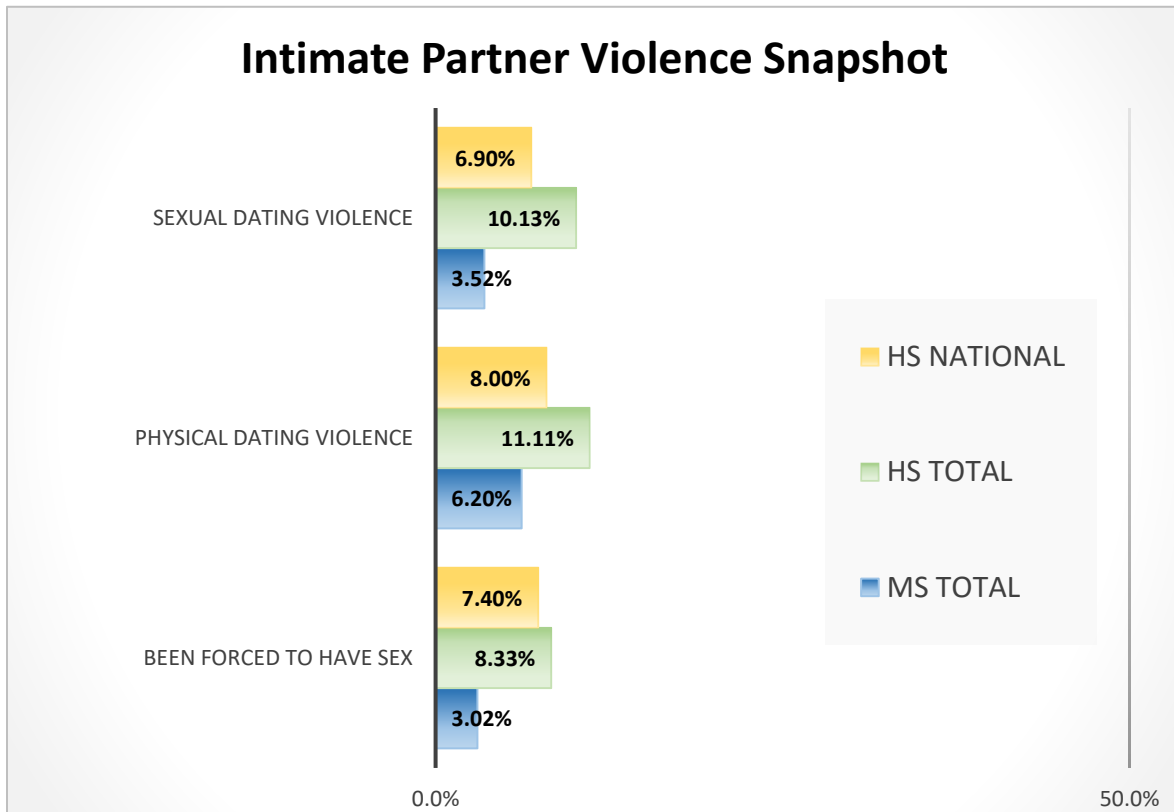
During the past 12 months, have you ever been electronically bullied? (Count being bullied through e-mail, chat rooms, instant messaging, websites, or texting.) (Answer choices: Yes, No)



- Compared to the national average for high school students (20%), fewer CCS students reported being electronically bullied in the last 12 months (17% for HS, 12% for MS)
- A lower proportion of high school AI/AN students (13%) reported experiencing electronically bullying in the past year compared to all high school respondents (17%).
- 23% of high school females reported being electronically bullied in the past year, a higher proportion than other groups.

Intimate Partner Violence

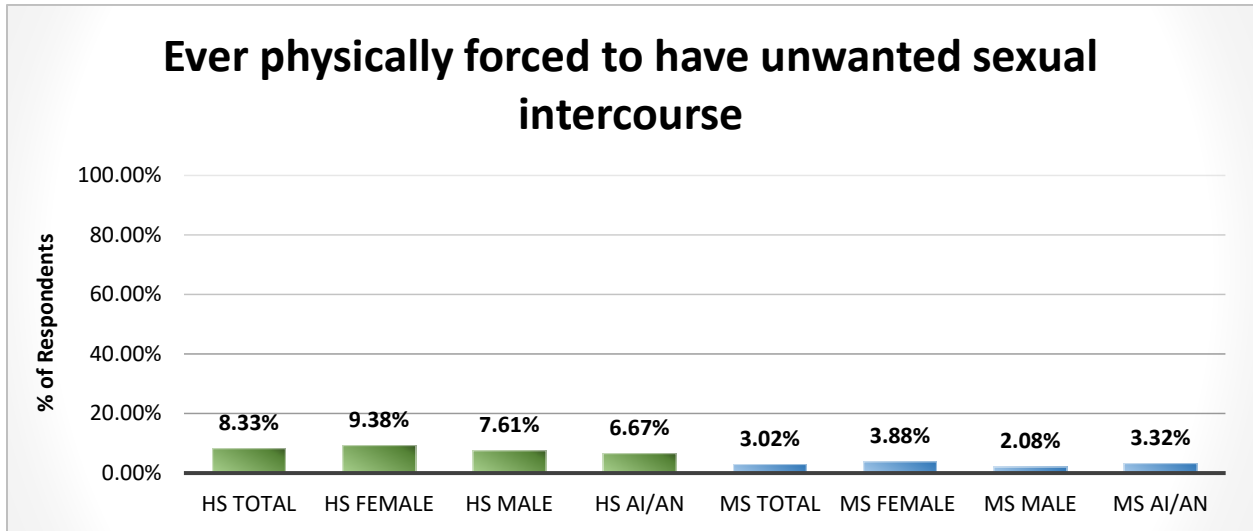
The 2018 questionnaire asked three questions related to the topic of violence within dating relationships. The figure below displays the responses to those questions.



- 11% of high school participants reported being hit or injured by their dating partner.
- 8% of high school students reported being forced to have sex (rape or sexual assault) and 10% reported that they had experienced sexual dating violence.
- 6% of middle schoolers reported experiencing physical dating violence. 3% reported experiencing sexual dating violence; 3% reported having been forced to have sex.

Forced Sexual Intercourse

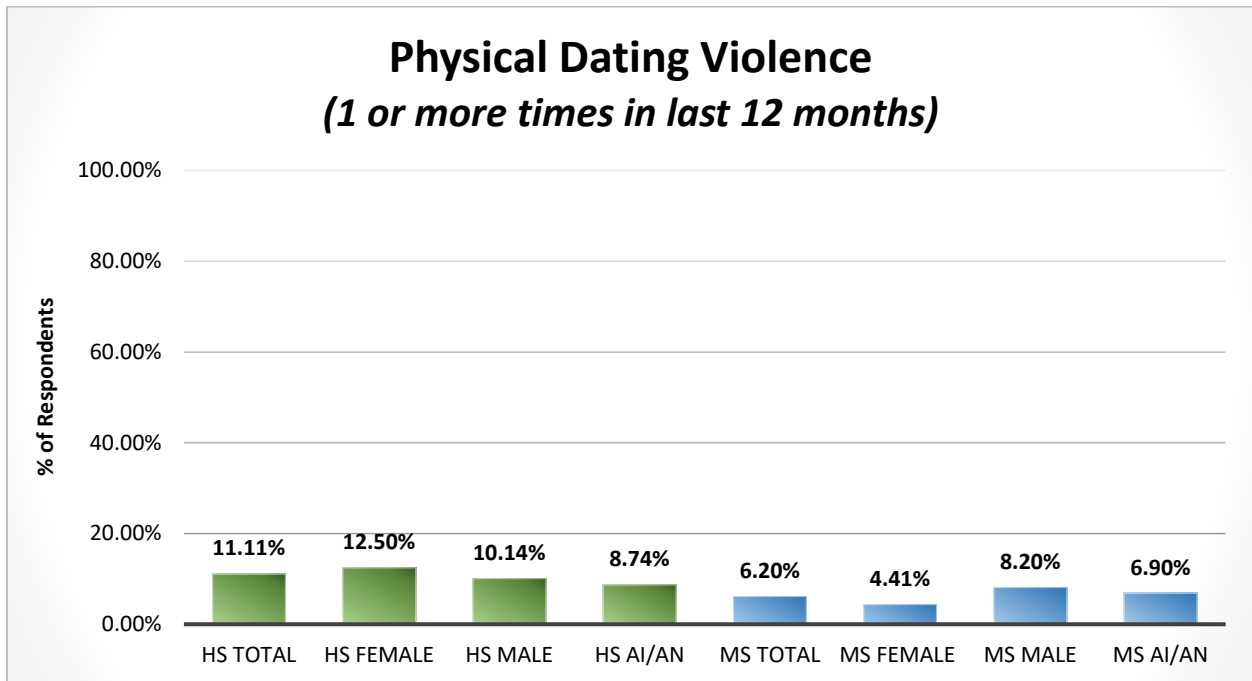
Have you ever been physically forced to have sexual intercourse when you did not want to? (Answer choices: Yes, No)



- 8% of high school students reported being forced to have unwanted sexual intercourse.
- 3% of middle school students reported being forced to have unwanted sexual intercourse.

Physical Dating Violence

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.) (Answer choices: I did not date or go out with anyone during the past 12 months, 0 times, 1 time, 2 or 3 times, 4 or 5 times, 6 or more times)

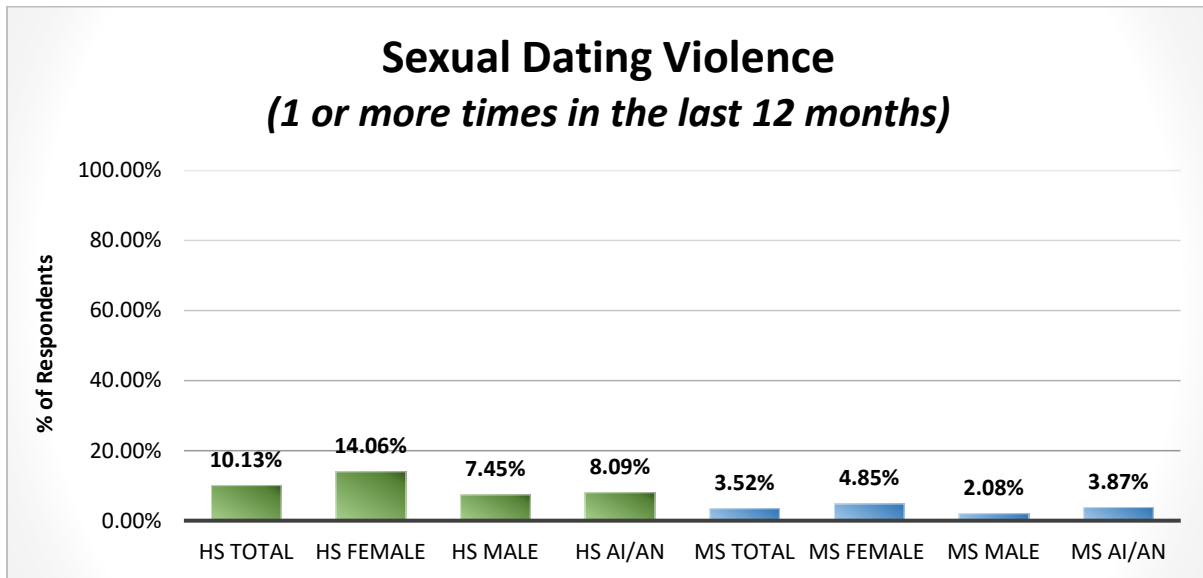


- Students who answered, "I did not date or go out with anyone during the past 12 months" were excluded from these results.
- Data is based on 129 middle school students and 117 high school students who had dated or gone out with someone in the past 12 months.

- 11% of high school students reported being physically hurt one or more times by someone they were dating in the past year.
- 6.2% of middle school students reported being physically hurt one or more times by someone they were dating in the past year.

Sexual Dating Violence

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.) (Answer choices: I did not date or go out with anyone during the past 12 months, 0 times, 1 time, 2 or 3 times, 4 or 5 times, 6 or more times)

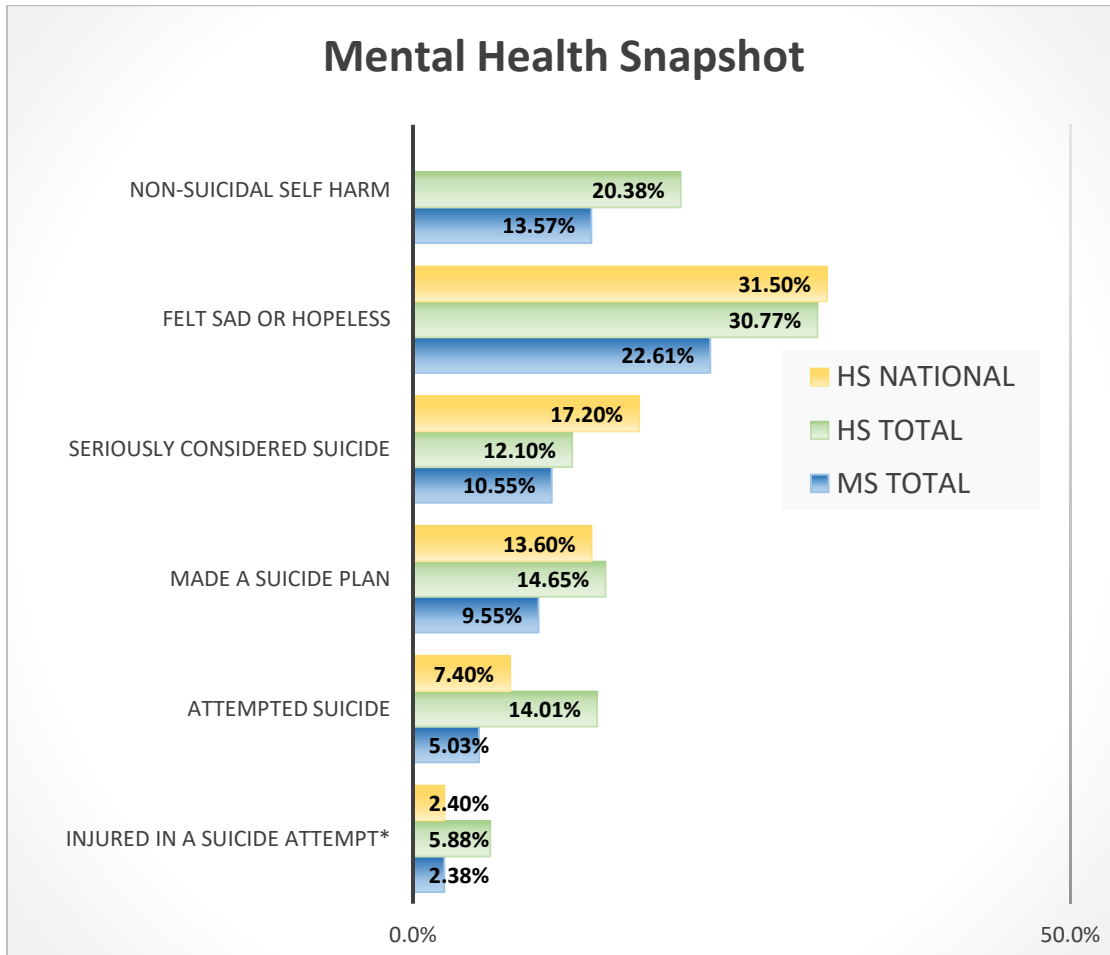


- Students who answered, "I did date or go out with anyone during the past 12 months" were excluded from these results.
- Data is based on 125 middle school students and 170 high school students who had dated or gone out with someone in the past 12 months.

- 10% of high school students and 3.5% of middle school students reported being forced to do sexual things they did not want to do in the last 12 months.

Mental Health

The 2018 questionnaire asked six questions related to the topic of mental health and suicide. The figure below compares the responses of middle schoolers to the responses of high schoolers for a subset of those questions.

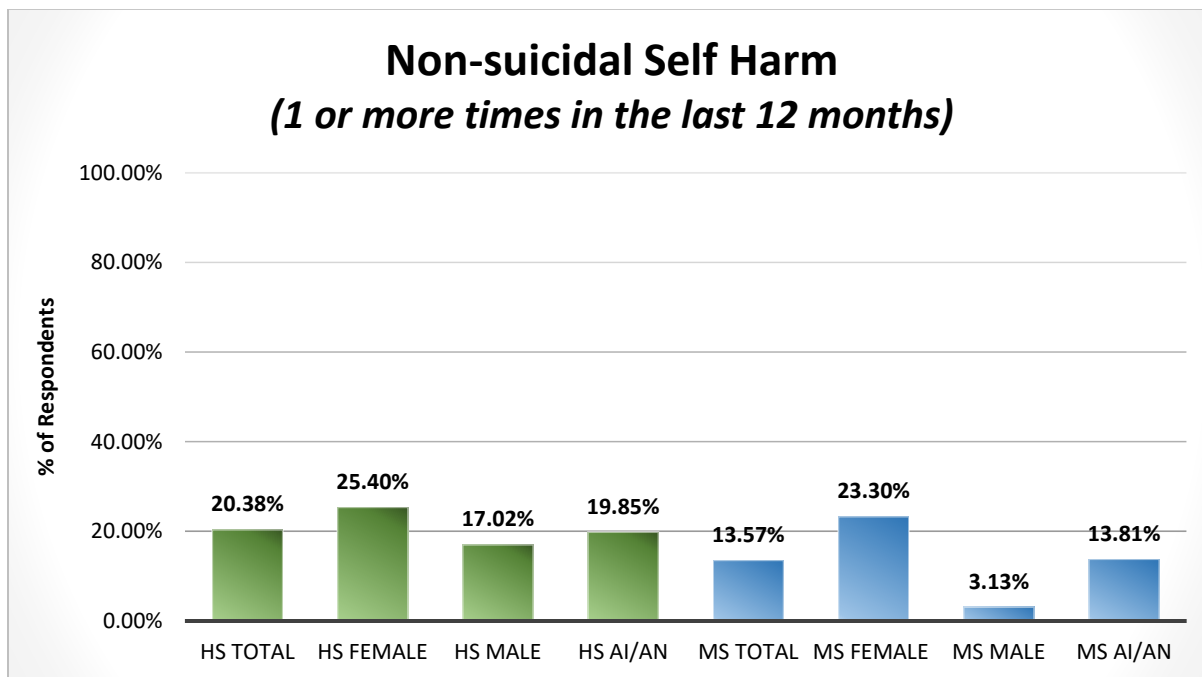


*Of those who attempted suicide.

- Compared to middle school students, a higher proportion of high school students reported engaging in or experiencing mental health behaviors of concern.
- Among high school students, almost 1/3 felt sad or hopeless (31%), 1/5 engaged in non-suicidal self-harm (20%), 12% seriously considered suicide, 15% made a suicide plan, and 14% attempted suicide.
- Among middle schoolers, 1/5 felt sad or hopeless (23%), 14% engaged in non-suicidal self-harm, 11% seriously considered suicide, 10% made a suicide plan, and 5% attempted suicide.
- While CCS high school students were less likely to seriously consider suicide than the national average, they were equally likely to make a suicide plan (14.6% Nationally vs 14.6% CCS HS), and more likely to attempt suicide (9% Nationally vs 14% CCS HS).

Non-Suicidal Self Harm

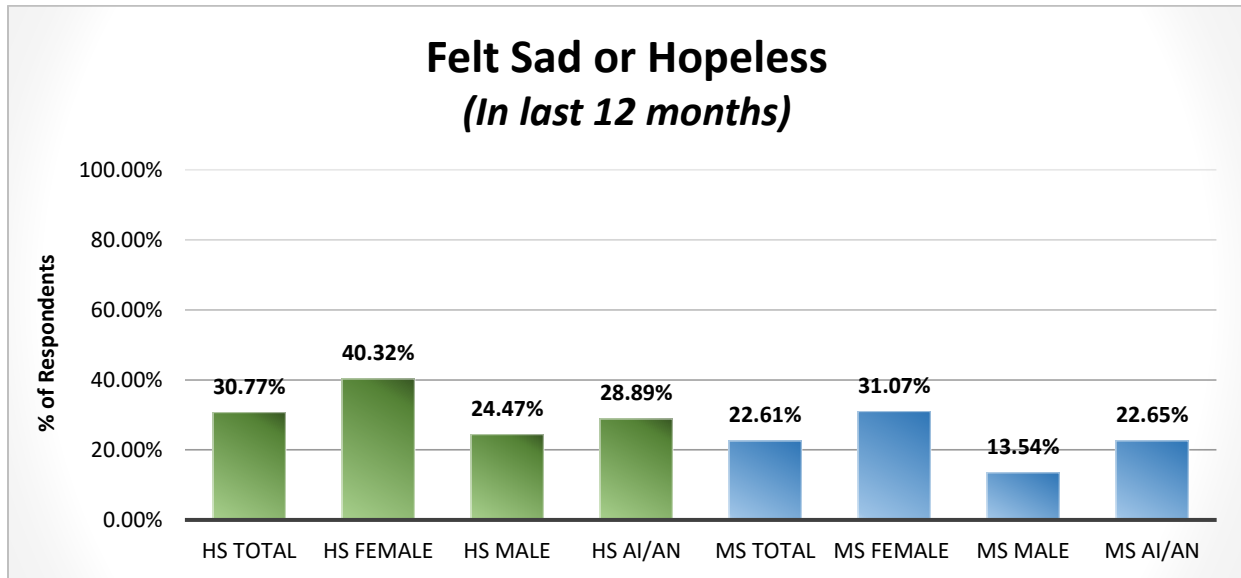
During the past 12 months, how many times did you do something to purposely hurt yourself without wanting to die, such as cutting or burning yourself on purpose? (Answer choices: 0 times, 1 time, 2 or 3 times, 4 or 5 times, 6 or more times)



- 1/5 of all high school students (21%) and 14% of middle schoolers have engaged in non-suicidal self-harm in the past year.
- Females are the most likely to purposely hurt themselves without wanting to die – nearly 1/4 (23.3%) of middle school females and over 1/4 of high school females (25%).

Felt Sad or Hopeless

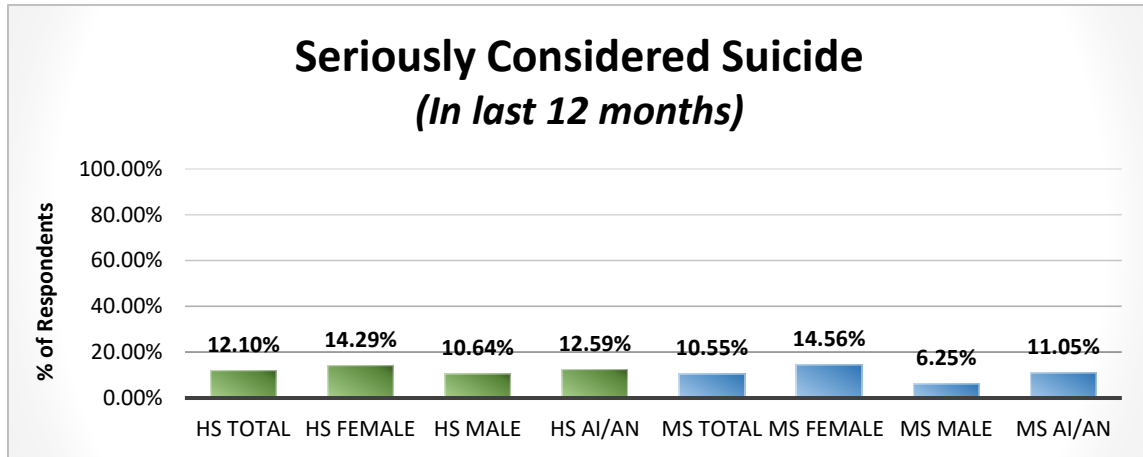
During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities? (Answer choices: Yes, No)



- Almost 1/3 of high schoolers (31%) and 1/4 of middle schoolers (23%) reported feeling so sad or hopeless for two weeks or more that they stopped doing some usual activities.
- Females were most likely to report feelings of sadness and hopelessness – 31% of middle school females and 40% of high school females.

Seriously Considered Suicide

During the past 12 months, did you ever seriously consider attempting suicide? (Answer choices: Yes, No)

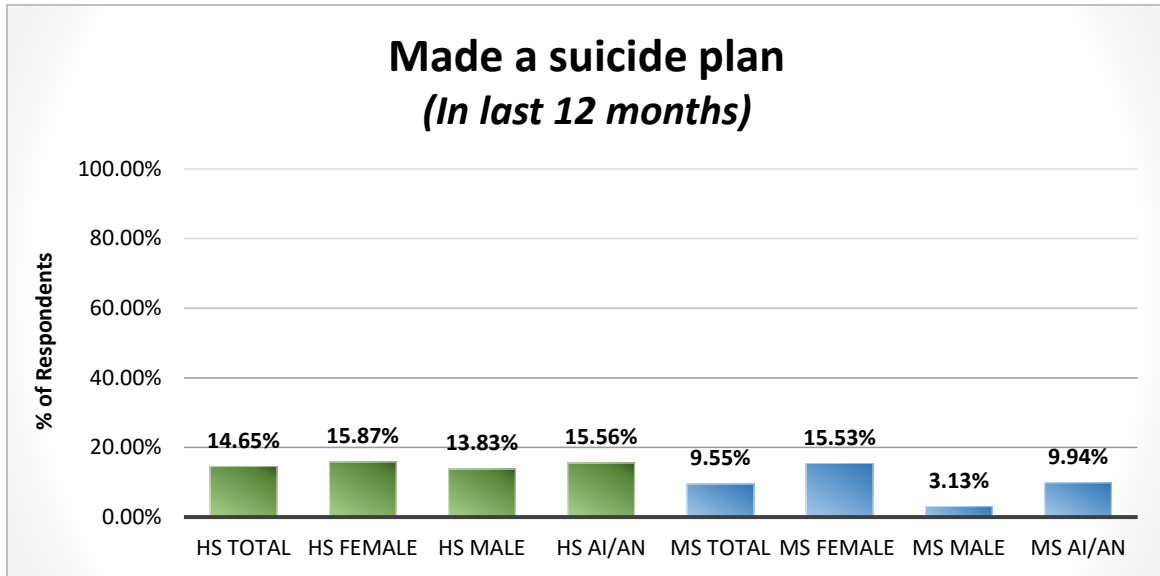


- A slightly higher proportion of high school students (12%) reported seriously considering suicide in the past 12 months compared to middle school students (11%).
- Among middle school respondents, females (15%) were most likely to report that they had ever seriously considered suicide.
- Among high school respondents, females (14%) were also most likely to have seriously considered suicide.

Made Suicide Plan

During the past 12 months, did you make a plan about how you would attempt suicide?

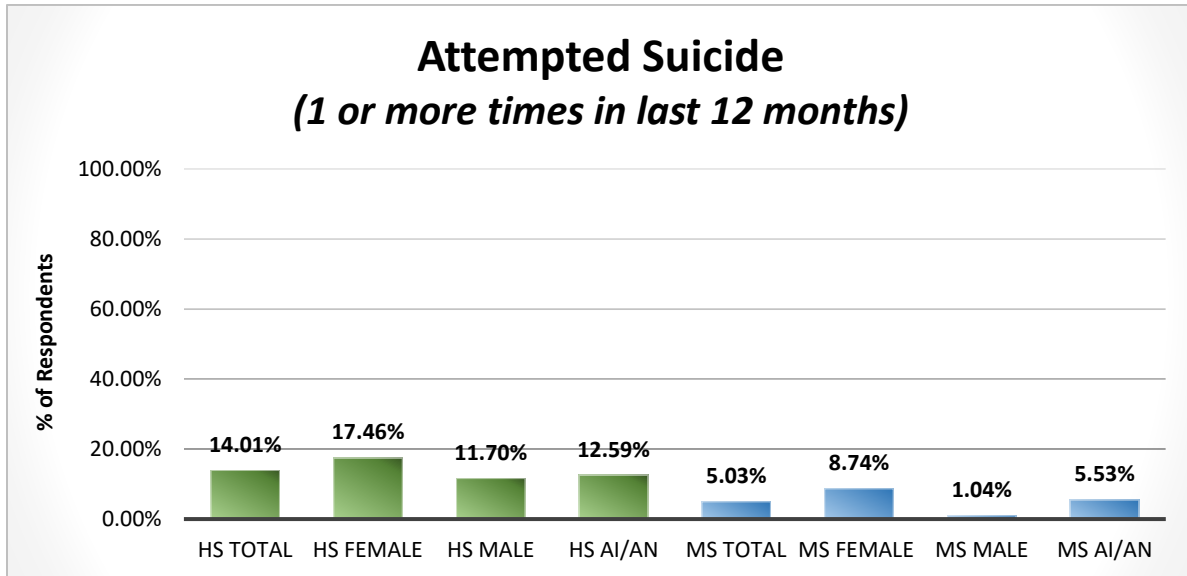
(Answer choices: Yes, No)



- 15% of high schoolers and 10% of middle schoolers reported making a plan about how to attempt suicide in the past 12 months.
- Females – 16% of middle school females and 16% of high school females - were most likely to report making a suicide plan.

Attempted Suicide

During the past 12 months, how many times did you actually attempt suicide? (Answer choices: 0 times, 1 time, 2 or 3 times, 4 or 5 times, 6 or more times)



- 14% of high school students reported attempting suicide one or more times in the past 12 months.
- 5% of middle school students reported attempting suicide at least once in the past year.

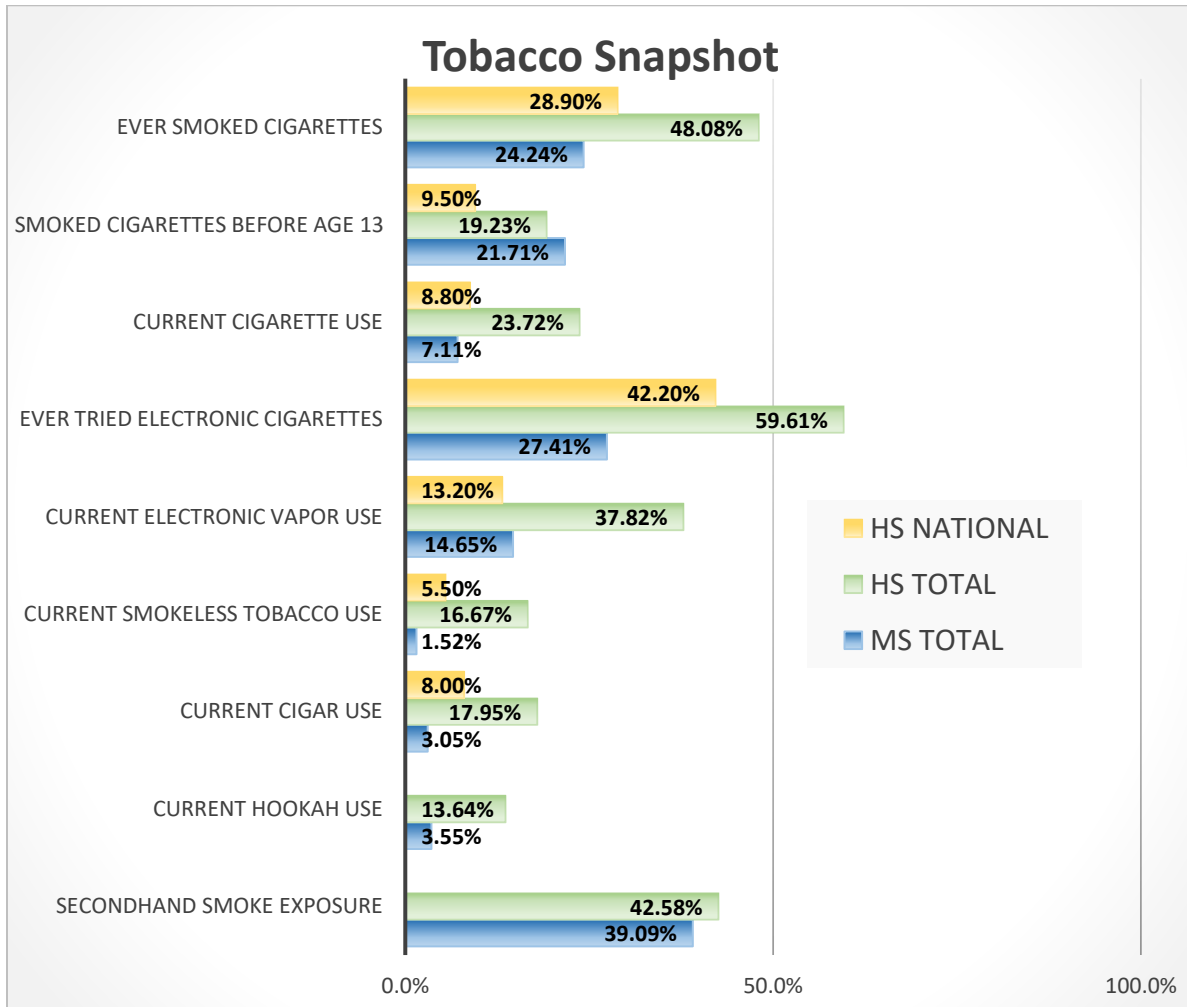
Suicide Attempt with Injury

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? (Answer choices: I did not attempt suicide during the past 12 months, Yes, No).

- The number of students responding "Yes" this question in all groups analyzed was too low to be displayed or discussed while maintaining confidentiality.

Tobacco Use

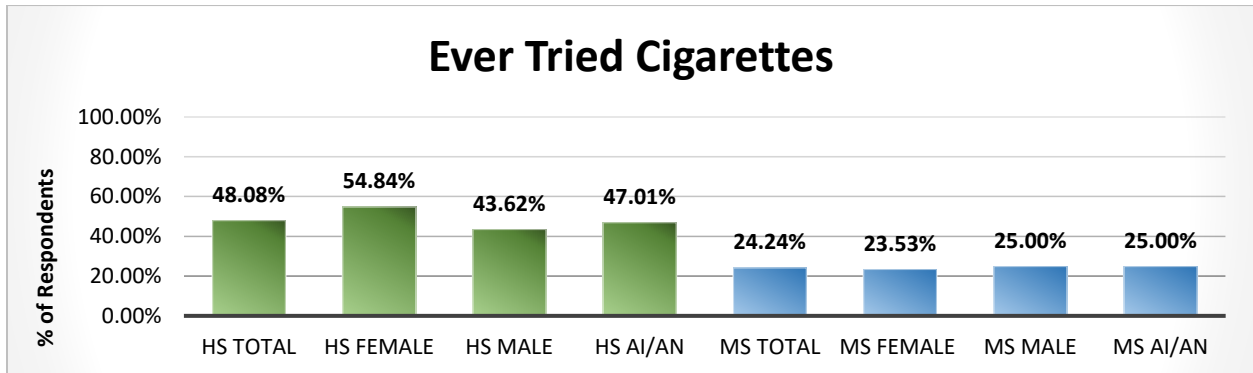
The 2018 questionnaire asked eleven questions about tobacco use exposure to secondhand smoke. The figure below compares the responses of middle schoolers to the responses of high schoolers for a subset of those questions.



- High schoolers are more likely than middle schoolers to engage in various forms of tobacco use.
- Nearly half of all high schoolers (48%) and 1/4 of all middle schoolers (24%) have ever smoked cigarettes.
- 1/4 of high school students (24%) and 7% of middle school students are current cigarette smokers and more are electronic vapor users (38% of high schoolers and 15% of middle schoolers.)
- 43% of high school students and 39% of middle school students were exposed to second hand smoke in the last week.

Ever Tried Cigarettes

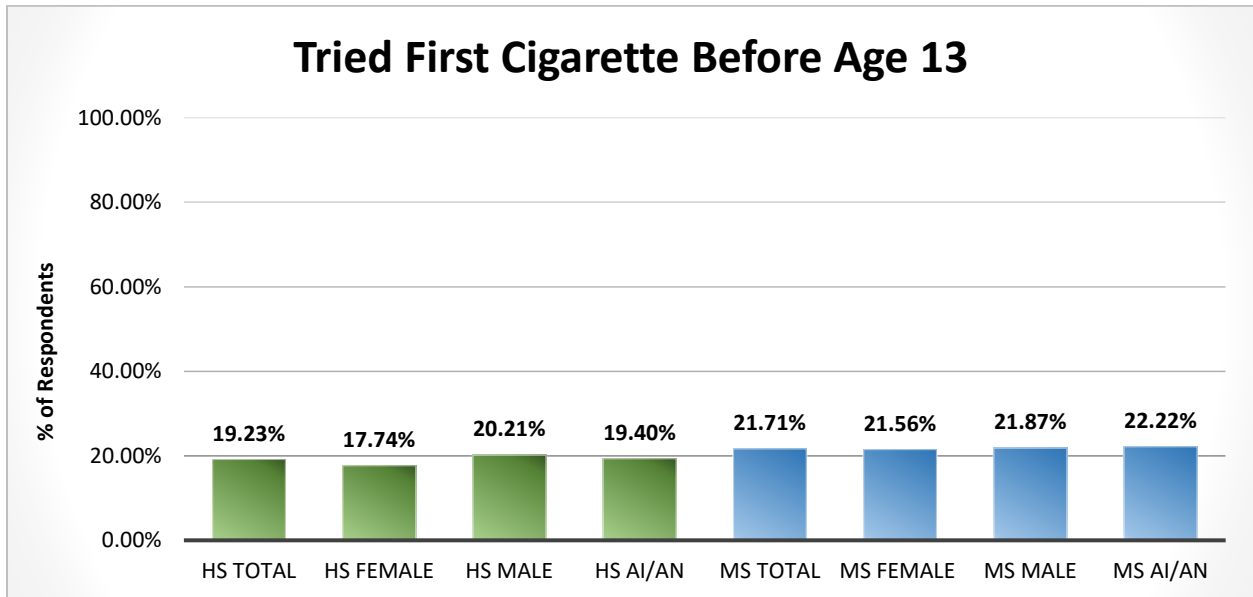
Have you ever tried cigarette smoking, even one or two puffs? (Answer choices: Yes, No)



- Nearly half (48%) of high school respondents reported trying cigarette smoking, double the proportion among middle school respondents (24%).
- Among high schoolers, a higher proportion of females (55%) reported ever trying cigarette smoking compared to other groups.
- Among middle schoolers, a slightly higher proportion of males (25%) reported ever trying cigarettes compared females (24%).

Age of First Cigarette

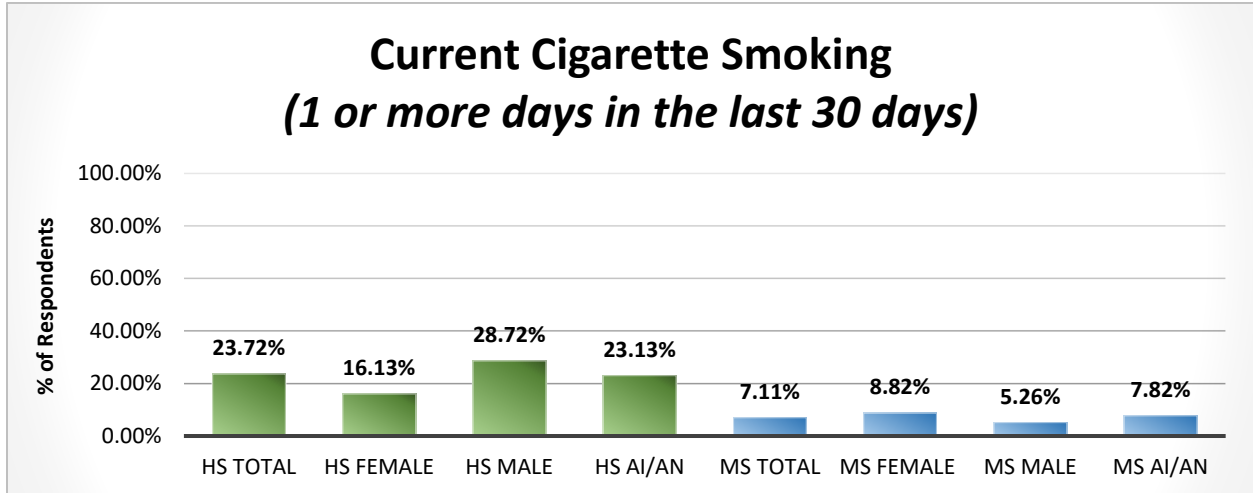
How old were you when first tried cigarette smoking, even one or two puffs? (Answer choices: I have never tried cigarette smoking even one or two puffs, 8 years or younger, 9 or 10 years old, 11 or 12 years old, 13 or 14 years old, 15 or 16 years old, 17 years old or older)



- 21% of middle school students and 19% of high school students first smoked a whole cigarette before the age of 13.
- Males (20% of high school males and 22% of middle school males) were most likely to have first smoked a cigarette before they were 13.

Current Cigarette Smoking

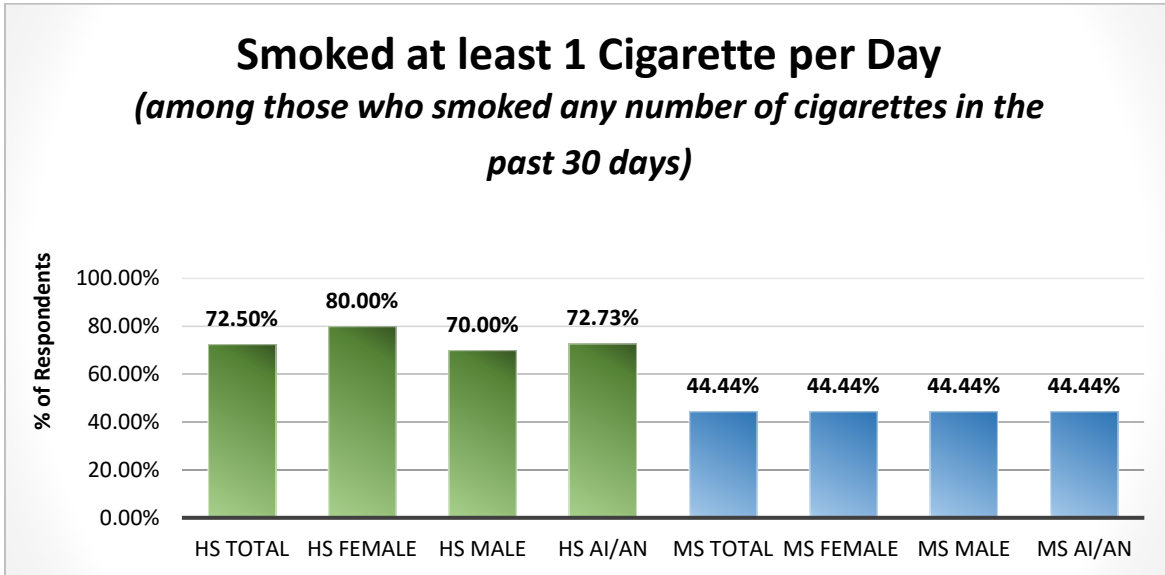
During the past 30 days, on how many days did you smoke cigarettes? (Answer choices: 0 days, 1 or 2 days, 3 to 5 days, 10 to 19 days, 20 to 29 days, All 30 days)



- A quarter of high school students (24%) reported smoking cigarettes on one or more days in the past 30 days, compared to 7% of middle school students.
- Among high schoolers, males were most likely to report current tobacco use (29%).
- Among middle schoolers, females were most likely to report current tobacco use (9%).

Number of Cigarettes per Day

During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day? (Answer choices: I did not smoke cigarettes during the past 30 days, Less than 1 cigarette per day, 1 cigarette per day, 2 to 5 cigarettes per day, 6 to 10 cigarettes per day, 11 to 20 cigarettes per day, more than 20 cigarettes per day)

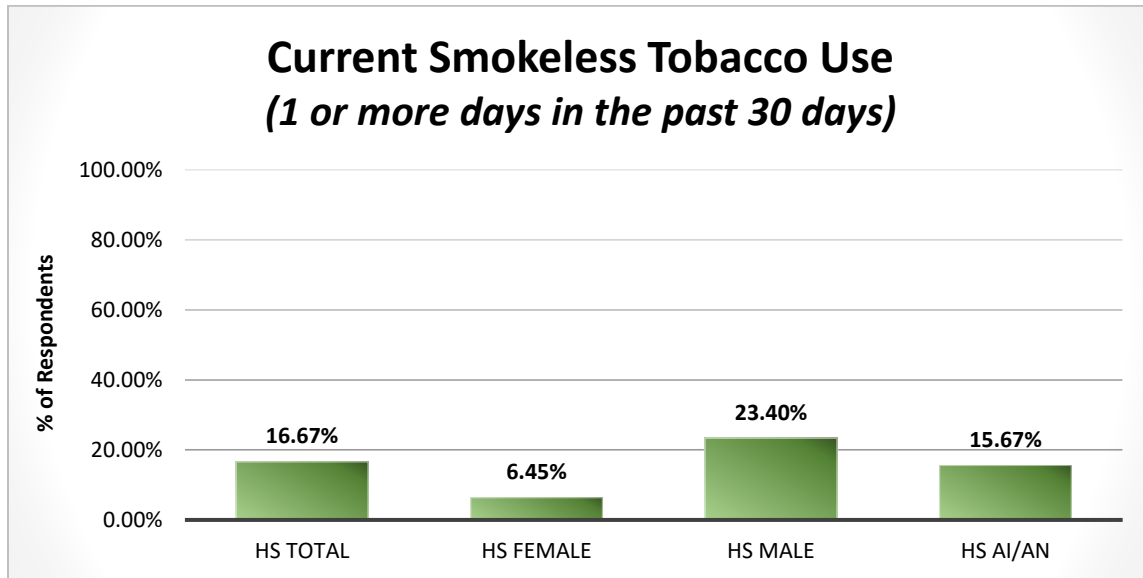


- Students who answered, "I did not smoke cigarettes during the past 30 days" were excluded from these results.
- Data is based on 18 middle school students and 40 high school students who smoked any number of cigarettes in the past 30 days.

- Among current smokers, the majority of high school students smoked at least one cigarette per day (73%).
- Among current smokers, only 44% of middle school students smoked at least one cigarette per day.

Current Smokeless Tobacco Use

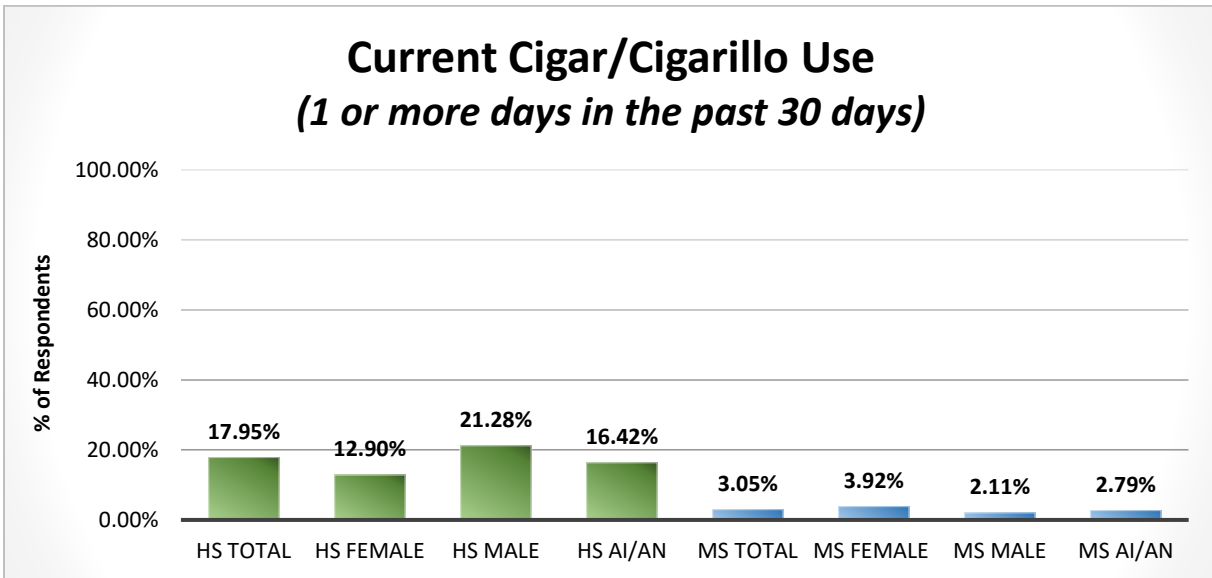
During the past 30 days, on how many days did you use chewing tobacco, snuff, or dip, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen? (Answer choices: 0 days, 1 or 2 days, 3 to 5 days, 10 to 19 days, 20 to 29 days, All 30 days)



- 17% of high school reported using smokeless tobacco on one or more days in the past 30 days.
- High school males were the most likely to report using smokeless tobacco (23%) in the past 30 days.
- Fewer than 10 middle school students reported using smokeless tobacco in the past 30 days.

Current Cigar/Cigarillo Use

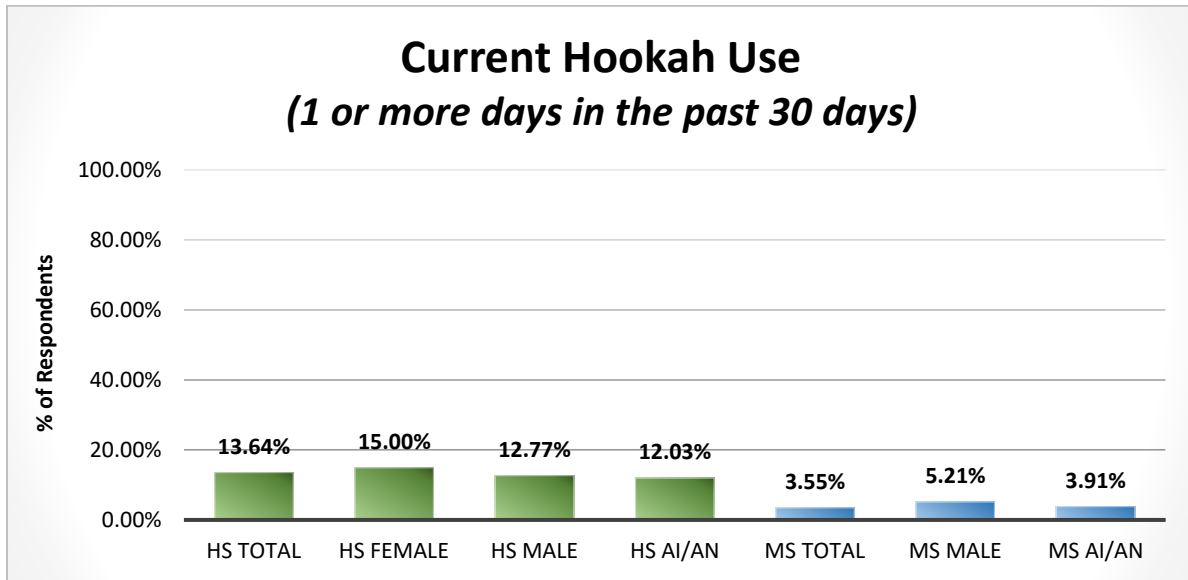
During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars? (Answer choices: 0 days, 1 or 2 days, 3 to 5 days, 10 to 19 days, 20 to 29 days, All 30 days)



- 18% of high school students and 3% of middle school students reported smoking cigars, cigarillos or little cigars at least once in the past month.
- Among high school students, HS Males were significantly more likely to smoke cigars/cigarillos than other groups.

Current Hookah Use

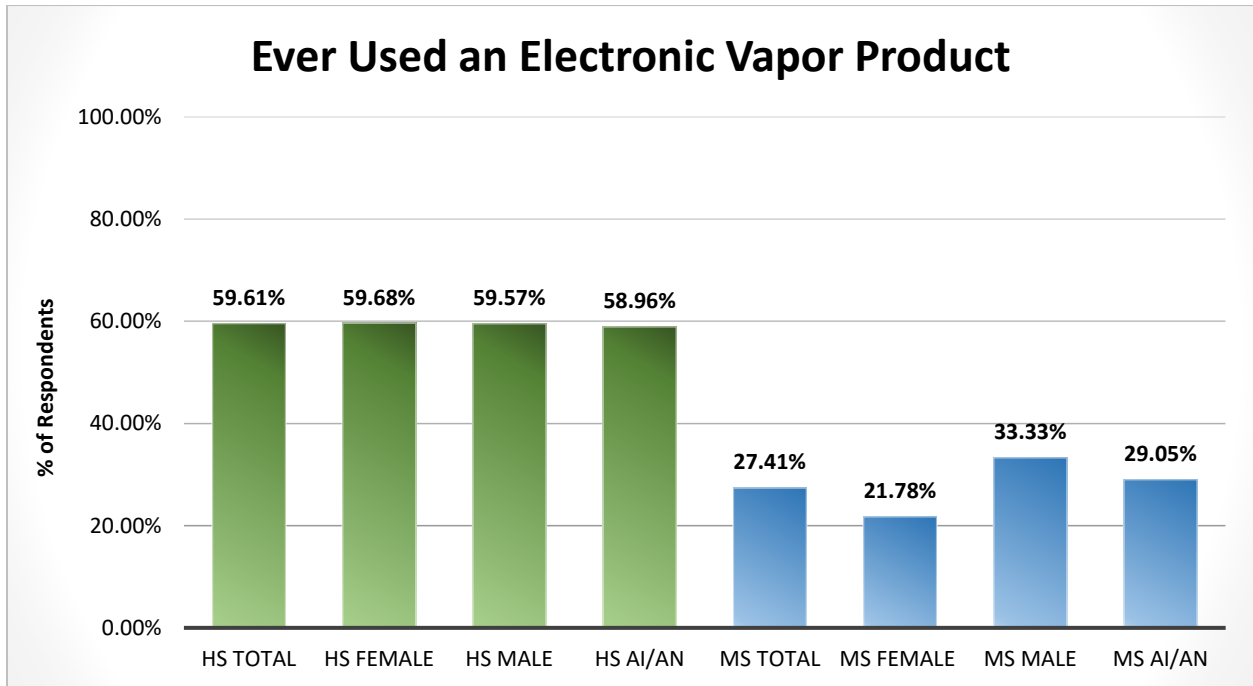
During the past 30 days, on how many days did you smoke tobacco or flavored tobacco in a hookah, even just a puff? (Answer choices: 0 days, 1 or 2 days, 3 to 5 days, 10 to 19 days, 20 to 29 days, All 30 days)



- 14% of high school students and 4% of middle school students reported using a hookah in the past month.
- Among high school respondents, a slightly higher percentage of females (15%) reported using a hookah in the past 30 days compared to other groups.

Ever Used E-Vapor

Have you ever used an electronic vapor product? (Answer choices: Yes, No)

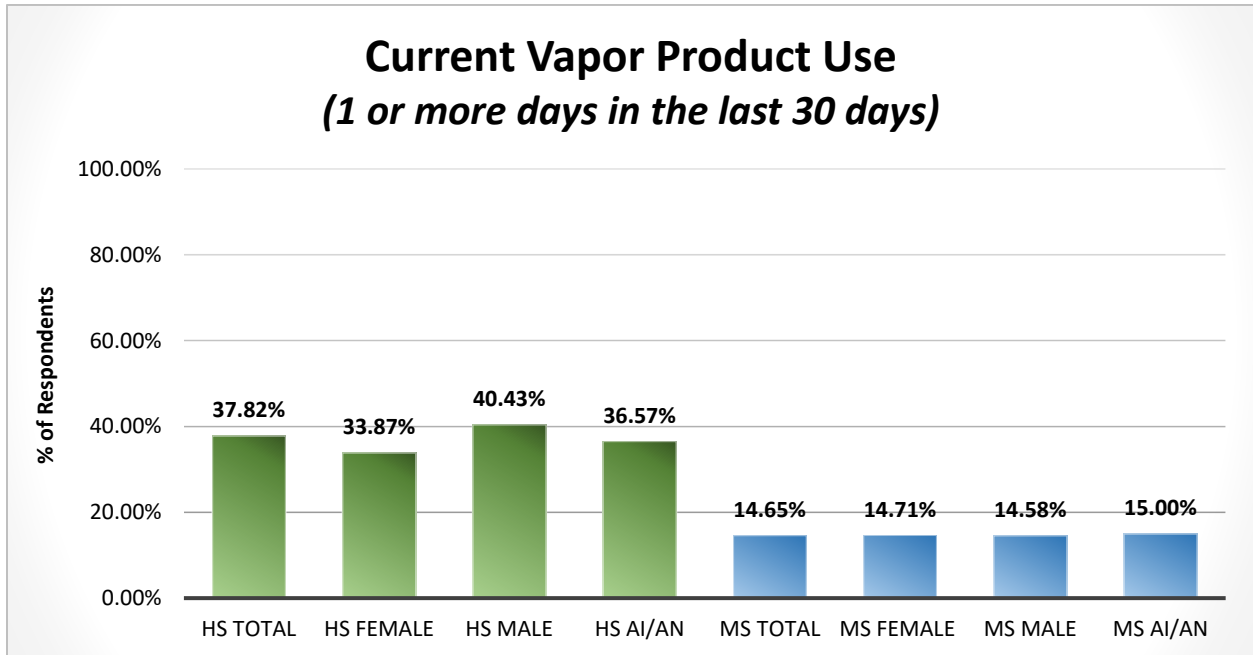


- Nearly 2/3 of high schoolers (60%) and just over 1/4 of middle school students (27%) reported ever using an electronic vapor product.
- Among middle school respondents, a higher proportion of males (33%) reported ever using an electronic vapor product compared to other groups.

Current E-Vapor Use

During the past 30 days, on how many days did you use an electronic vapor product?

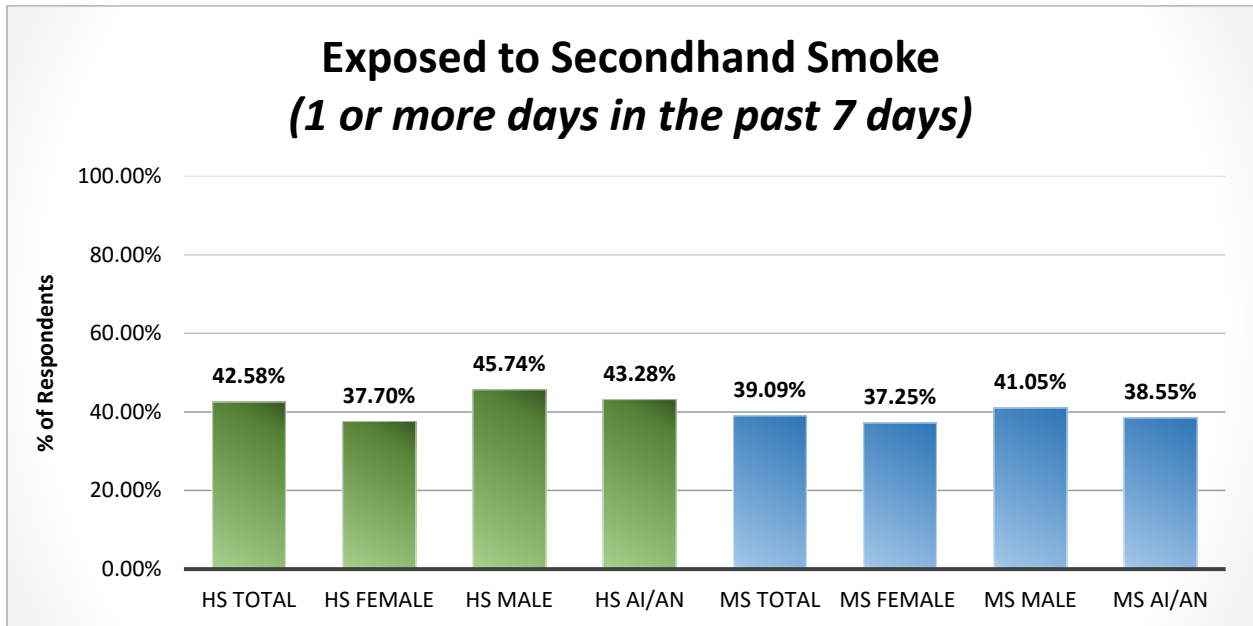
(Answer choices: 0 days, 1 or 2 days, 3 to 5 days, 10 to 19 days, 20 to 29 days, All 30 days)



- Over 1/3 of high school students (38%) and 15% of middle school students reported current electronic vapor product use.
- Among high schoolers, a slightly higher proportion of males (40%) reported using an electronic vapor product one or more times in the past 30 days compared to other groups.

Secondhand Smoke Exposure

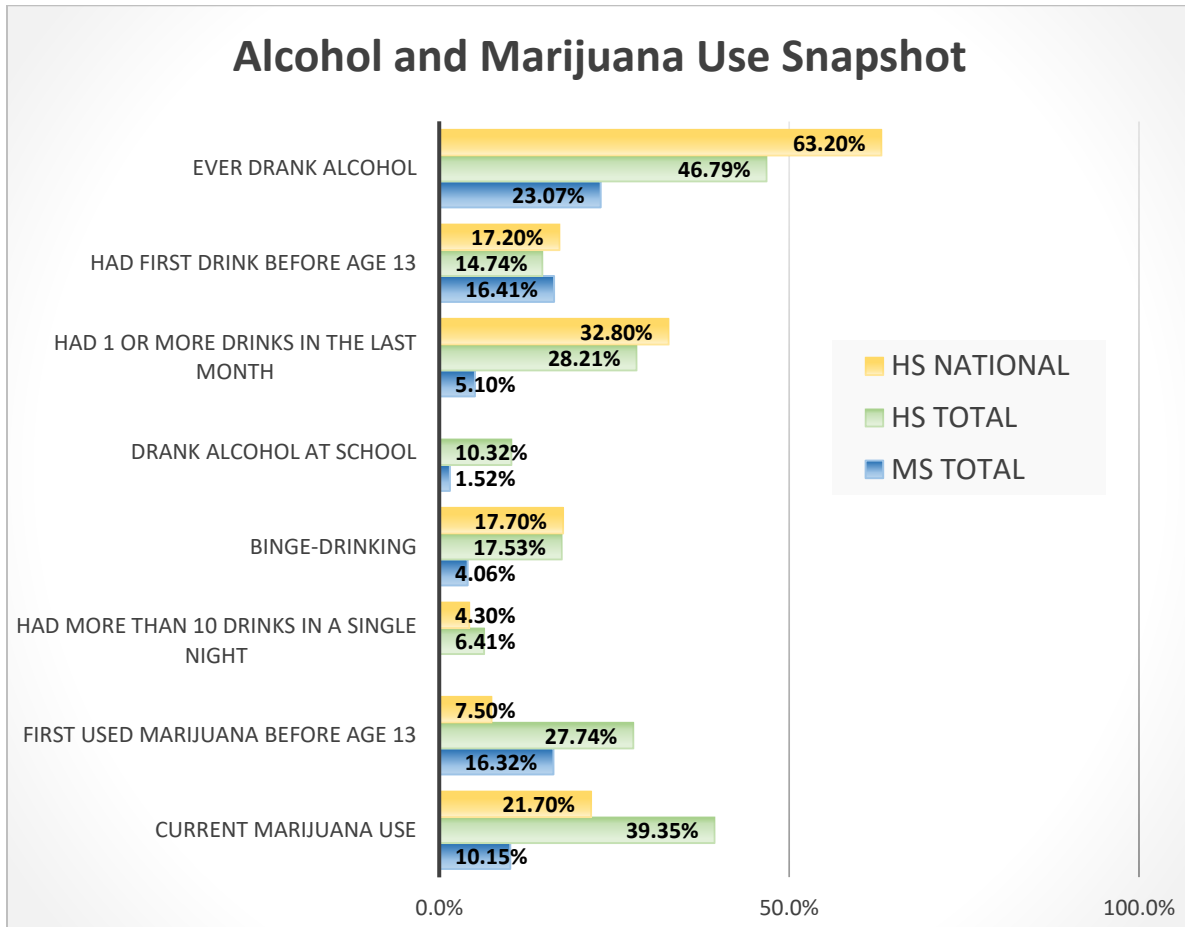
During the past 7 days, on how many days were you in the same room with someone who was smoking cigarettes? (Answer choices: 0 days, 1 day, 2, days, 3 days, 4 days, 5 days, 6 days, 7 days)



- 43% of all high school respondents reported at least some exposure to secondhand smoke in the past week, compared to 39% of middle school students.
- Among middle schoolers, a higher proportion of males (41%) reported being in a room with someone smoking at least once in the past week compared to other groups.
- Among high schoolers, a higher proportion of males (46%) reported being in a room with someone smoking cigarettes at least one day in the past week compared to other groups.

Alcohol and Marijuana Use

The 2018 questionnaire asked 7 questions about alcohol use and 2 questions about marijuana use. The figure below compares the responses of middle schoolers to the responses of high schoolers for a subset of those questions.

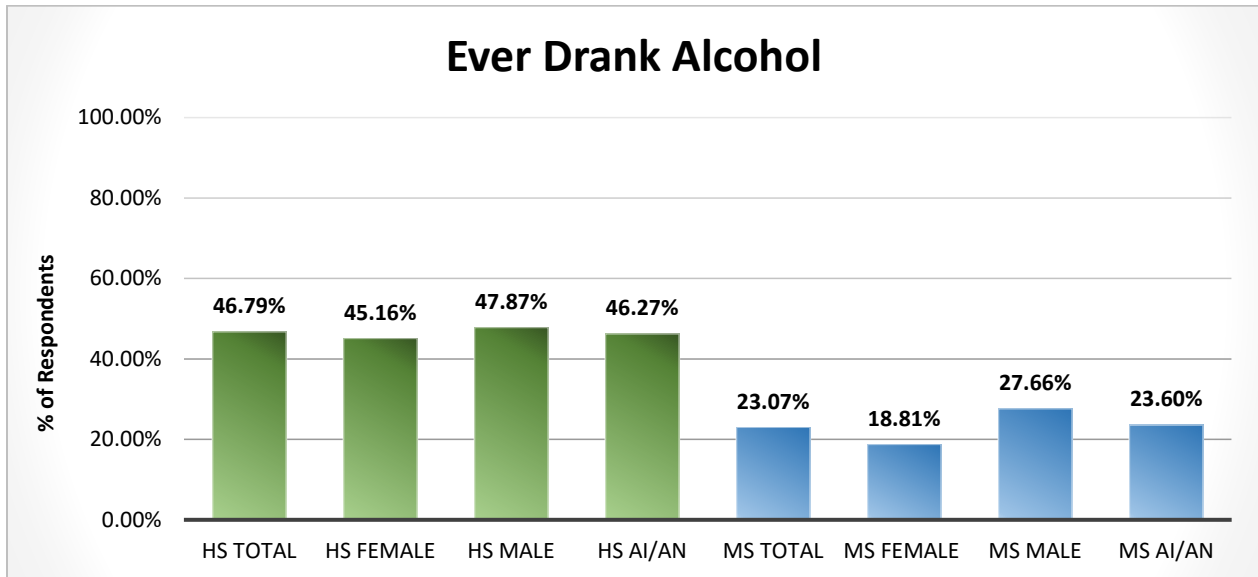


- Almost half of all high school students (47%) and 23% of middle school students have ever drunk alcohol.
- Over ¼ of high school students (28%) and 5% of middle schoolers have drunk alcohol in the past month.
- 15% of middle school and 16% of high school students first drank alcohol before the age of 13.
- Over ¼ (27.7%) of high school students and 16% of middle school students first used marijuana before age 13.
- 10% of middle school students and nearly 40% of high school students used marijuana at least once in the last month.

Ever Drank Alcohol

“How old were you when you had your first drink of alcohol other than a few sips?”

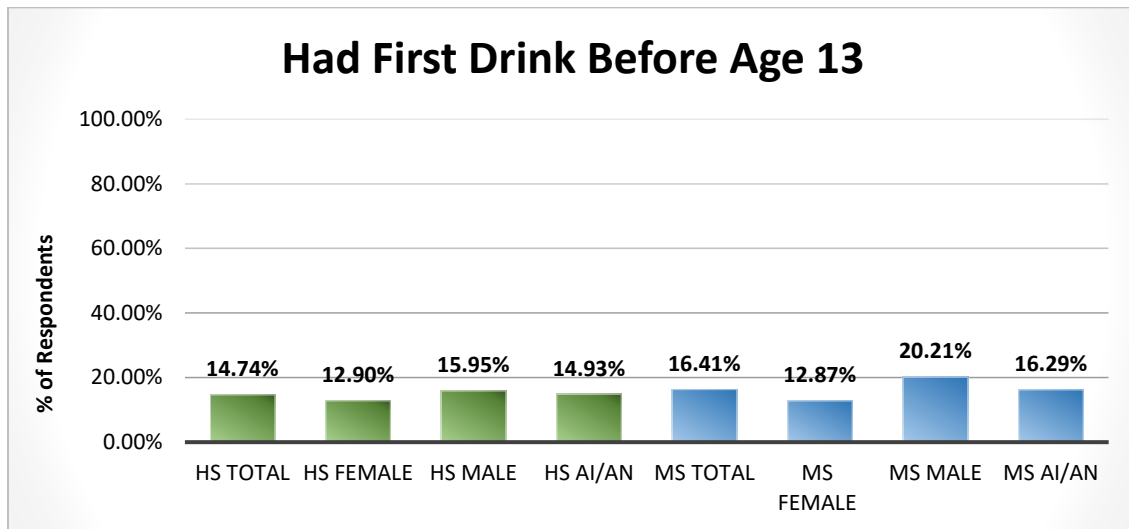
(Answer choices: I have never had a drink of alcohol other than a few sips, 8 years old or younger, 9 or 10 years old, 11 or 12 years old, 13 or 14 years old, 15 or 16 years old, 17 years old or older)



- 47% of high school and 23% of middle school students reported having ever drunk alcohol.
- For middle school, males were most likely to report having ever drunk alcohol. High school groups were all similar.

First Tried Alcohol

How old were you when you had your first drink of alcohol other than a few sips? (Answer choices: I have never had a drink of alcohol other than a few sips, 8 years old or younger, 9 or 10 years old, 11 or 12 years old, 13 or 14 years old, 15 or 16 years old, 17 years old or older)

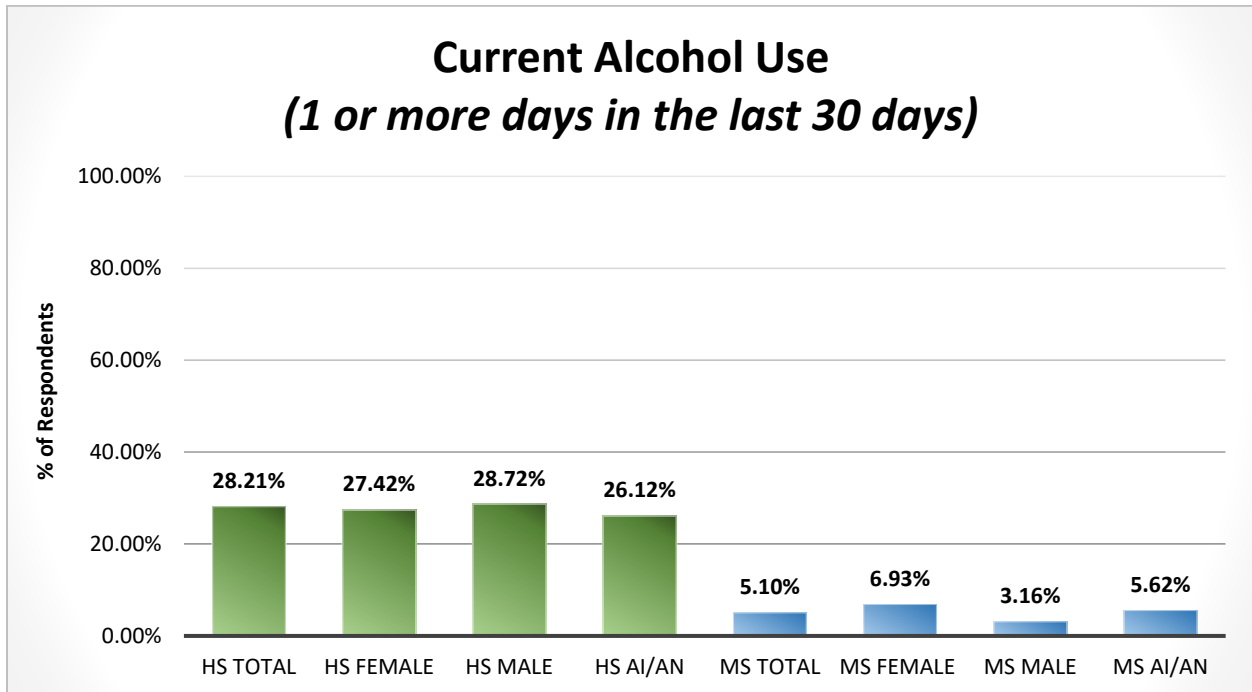


- 15% of middle school and 16% of high school students reported first trying alcohol before the age of 13.
- Males were most likely to report first trying alcohol before the age of 13 (16% for HS and 20% for MS).

Current Alcohol Use

During the past 30 days, on how many days did you have at least one drink of alcohol?

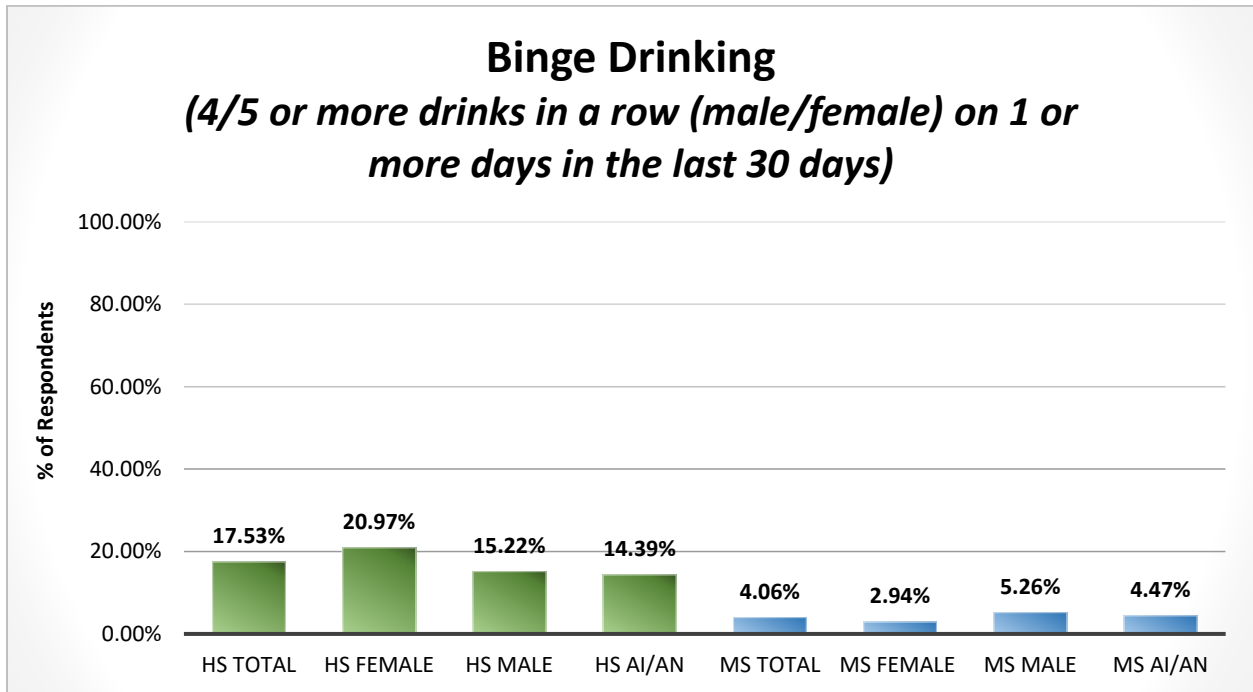
(Answer choices: 0 days, 1 or 2 days, 3 to 5 days, 6 to 9 days, 10 to 19 days, 20 to 29 days, All 30 days)



- Over ¼ (28%) of high school students reported drinking alcohol on one or more days in the past 30 days, nearly six times higher than the proportion among middle school students (5%).
- Among high school respondents, AI/AN (26%) were least likely to report current alcohol use.
- Among middle school respondents, Females were most likely to report current alcohol use (7%).

Binge Drinking

During the past 30 days, on how many days did you have 4 or more drinks of alcohol in a row (if you are female) or 5 or more drinks of alcohol in a row (if you are male)? (Answer choices: 0 days, 1 day, 2 days, 3 to 5 days, 6 to 9 days, 10 to 19 days, 20 or more days)

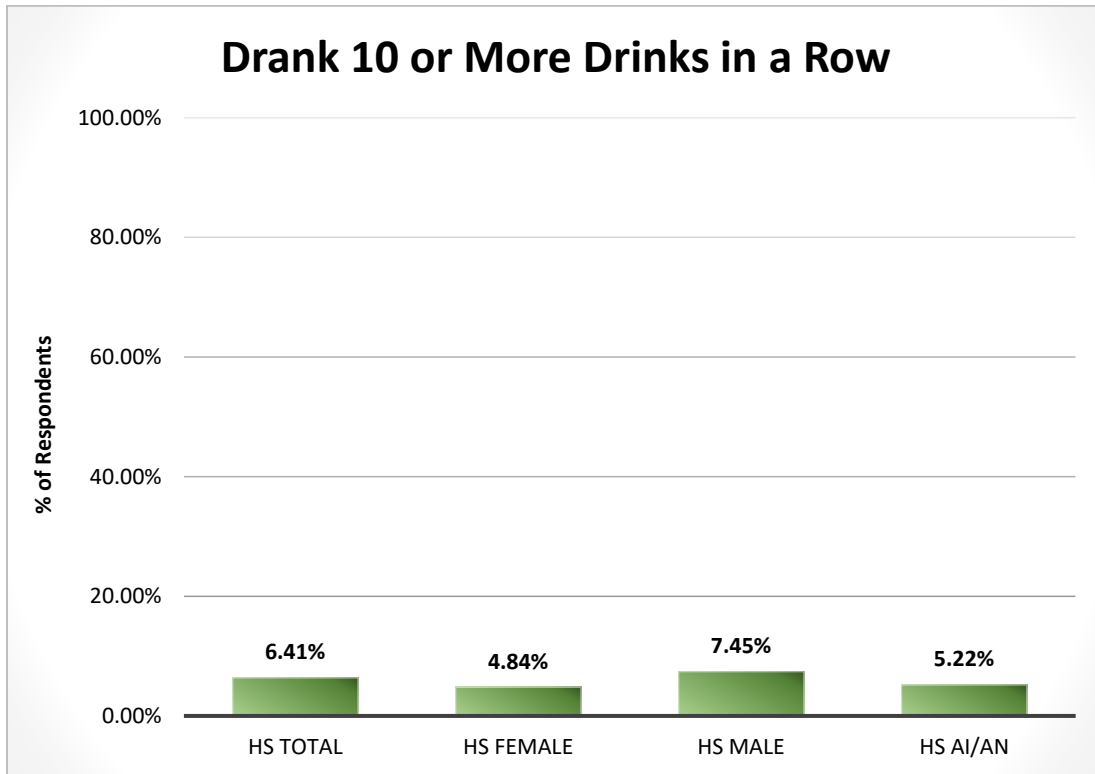


- 18% of high school students reported binge drinking at least once in the past month.
- A higher percentage of high school females (21%) reported binge drinking in the past month compared to males (15%).

Number of Drinks

During the past 30 days, what is the largest number of alcoholic drinks you had in a row?

(I did not drink alcohol during the past 30 days, 1 or 2 drinks, 3 drinks, 4 drinks, 5 drinks, 6 or 7 drinks, 8 or 9 drinks, 10 or more drinks)



- 6% of high school participants reported consuming ten or more drinks in a row.
- No middle school participants reported consuming 10 or more drinks in a row.

How Alcohol Was Obtained

During the past 30 days, how did you usually get the alcohol you drank? (Answer choices: I did not drink alcohol during the past 30 days, I bought it in a store such as a liquor store, convenience store, supermarket, discount store, or gas station, I bought it at a restaurant, bar, or club, I bought it at a public event such as a concert or sporting event, I gave someone else money to buy it for me, someone gave it to me, I took it from a store or family member, I got it some other way)

- The most common way middle school students obtained alcohol was by someone giving it to them (45%).
 - Among high schoolers, 33% were given alcohol by someone else, 26% gave someone money to buy it for them, and another 26% “got it in some other way.”
- Of 11 middle school students and 42 high school students who answered something other than “I did not drink alcohol during the past 30 days.”

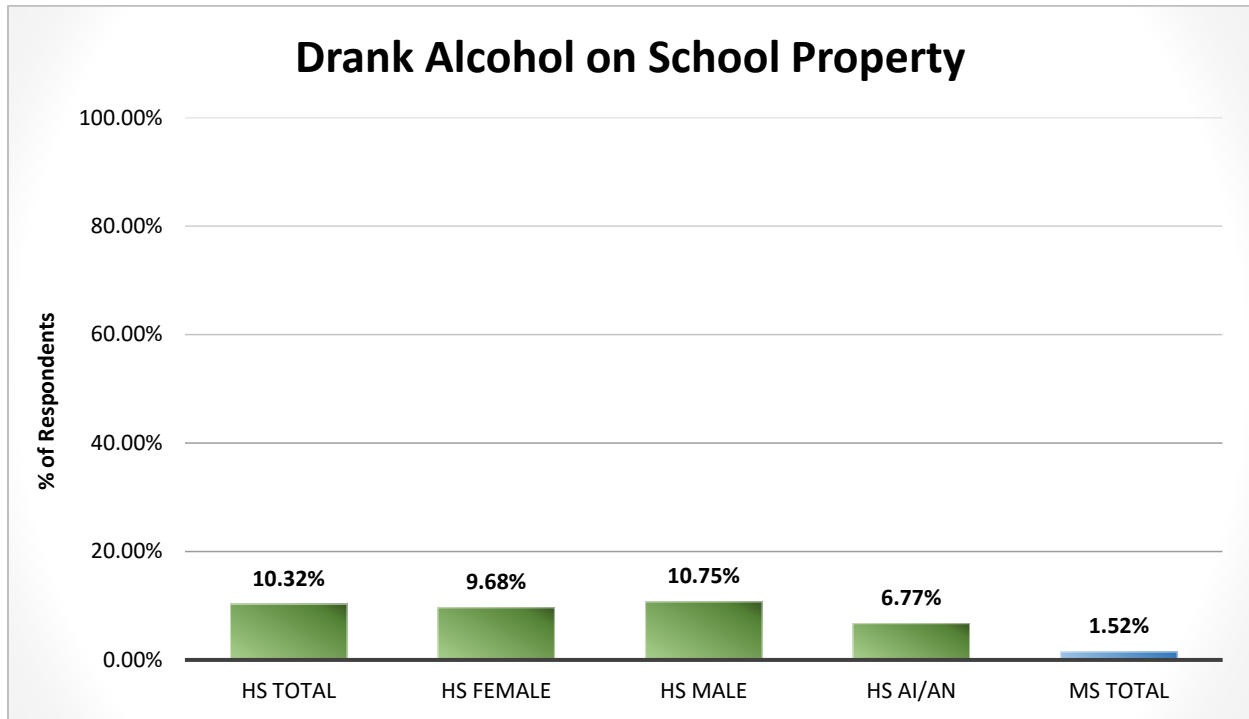
Where Alcohol Was Consumed

During the past 30 days, where did you usually drink alcohol? (Select only one response.) (Answer choices: I did not drink alcohol during the past 30 days, at my home, at another person's home, while riding in or driving a car or other vehicle, At a restaurant, bar, or club, At a public place such as a park, beach, or parking lot, At a public event such as a concert or sporting event, On school property)

- Among middle schoolers, 50% reported usually drinking alcohol “at another person’s home” and 33% reported drinking it at their own home.
 - Among high schoolers, 51% reported drinking “at another person’s home” and 21% reported usually drinking alcohol “at my home.”
- Of 12 middle school students and 41 high school students who answered something other than “I did not drink alcohol during the past 30 days.”

Drinking Alcohol on School Property

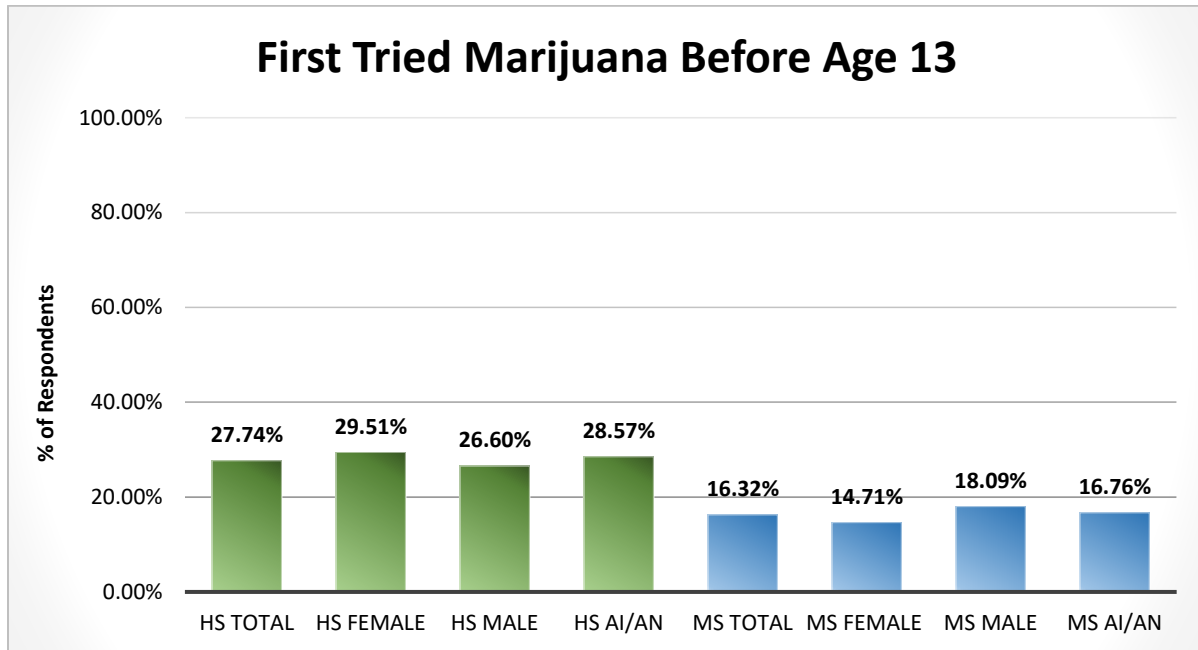
During the past 30 days, on how many days did you have at least one drink of alcohol on school property? (Answer choices: 0 days, 1 or 2 days, 3 to 5 days, 6 to 9 days, 10 to 19 days, 20 to 29 days, All 30 days)



- 10% of high school students reported drinking alcohol on school property at least one day during the past 30 days.
- 1.5% of middle schoolers reported drinking alcohol on school property.

First Tried Marijuana

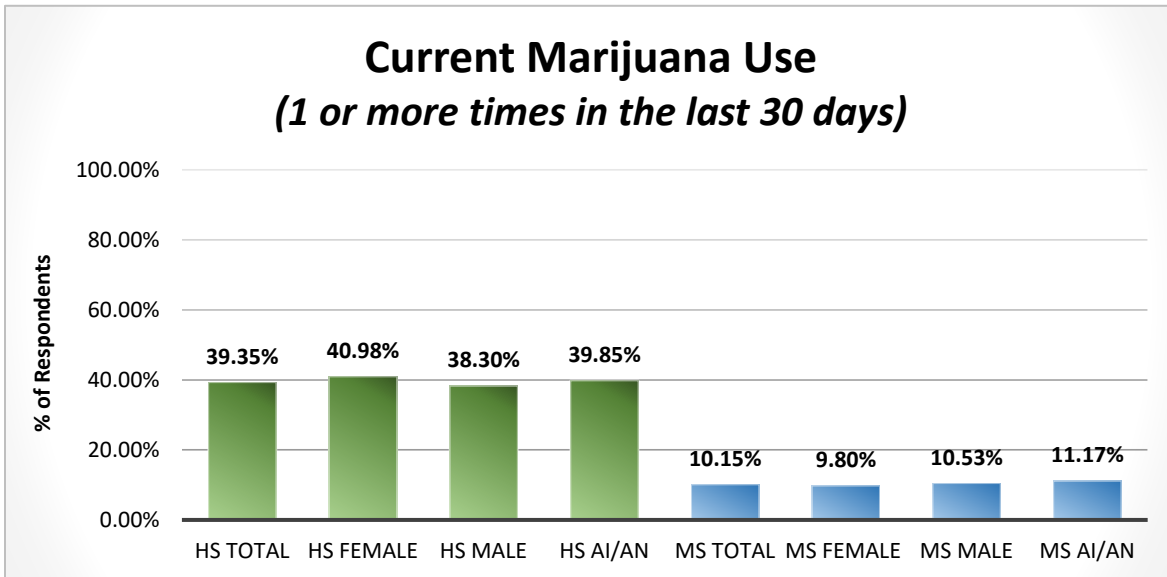
How old were you when you tried marijuana for the first time? (Answer choices: I have never tried marijuana, 8 years old or younger, 9 or 10 years old, 11 or 12 years old, 13 or 14 years old, 15 or 16 years old, 17 years old or older)



- High school females were most likely to have tried marijuana (30%) before the age of 13.
- Among middle schoolers, males were most likely to have tried marijuana (18%) before the age of 13.

Current Marijuana Use

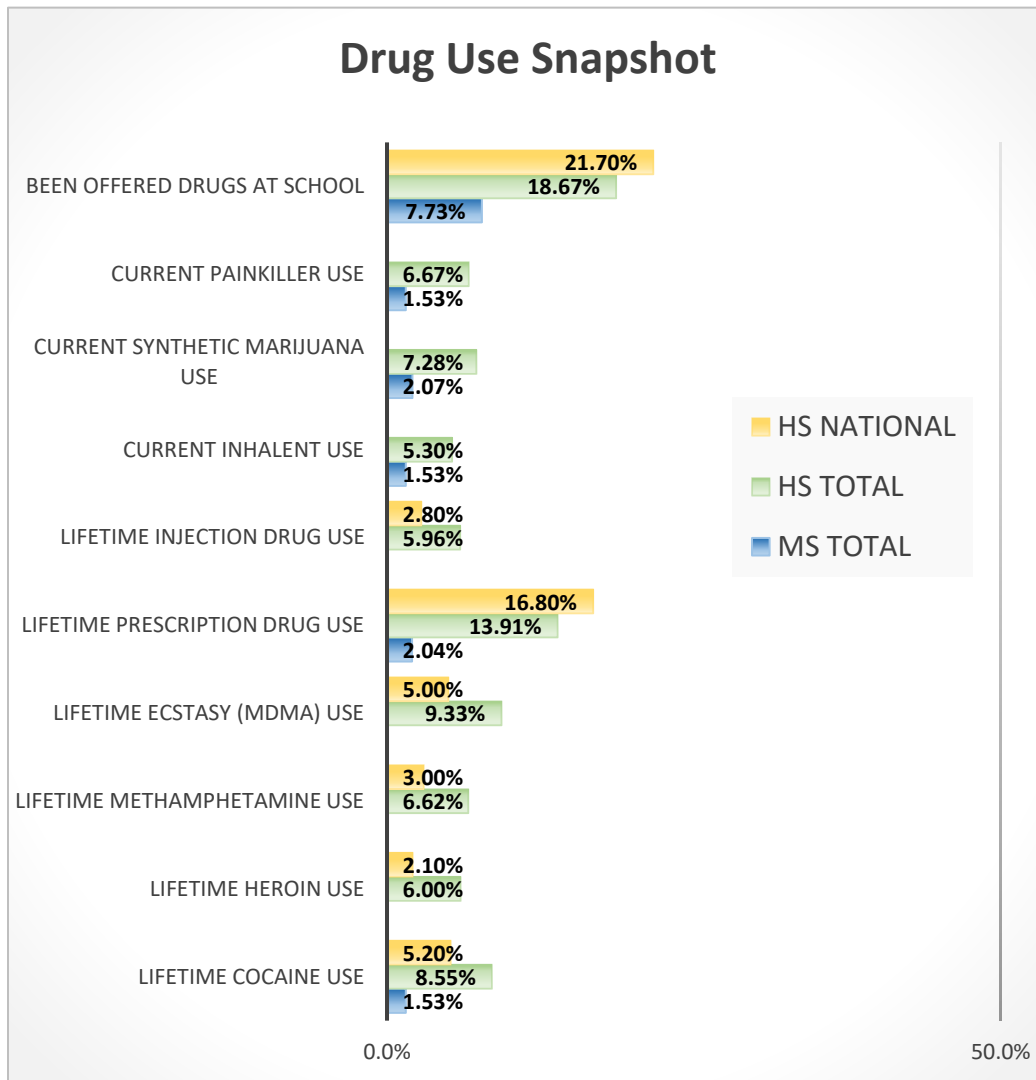
During the past 30 days, how many times did you use marijuana? (Answer choices: 0 times, 1 or 2 times, 3 to 9 times, 10 to 19 times, 20 to 39 times, 40 or more times)



- 39% of high schoolers and 10% of middle schoolers report current marijuana use (at least once in the past 30 days).

Drug Use

The 2018 questionnaire asked 13 questions related to drug use. The figure below compares the responses of middle schoolers to the responses of high schoolers for a subset of those questions.



- 19% of high schoolers and 8% of middle schoolers have been offered, sold, or given drugs on school property.
- CCS High school students are less likely than students nationally to use prescription drugs (14% vs 17%).
- Response rates for middle school students on many questions were less than 1%.

Lifetime Drug Use

During your life, how many times have you: (Answer choices: 0 times, 1 or 2 times, 3 to 9 times, 10 to 19 times, 20 to 39 times, 40 or more times)

- Used any form of cocaine, including powder, crack, or freebase?
- Used heroin (also called smack, junk, or China White)?
- Used methamphetamines (also called speed, crystal, crank or ice)?
- Used ecstasy (also called MDMA)?
- Taken a prescription drug (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription?
- Used a needle to inject any illegal drug into your body?

- The vast majority of participants have never used any of the drugs named in this survey.
- Only high school and middle school totals were large enough to report without threatening confidentiality; therefore, no further breakdown of the above questions is provided.

Current Drug Use

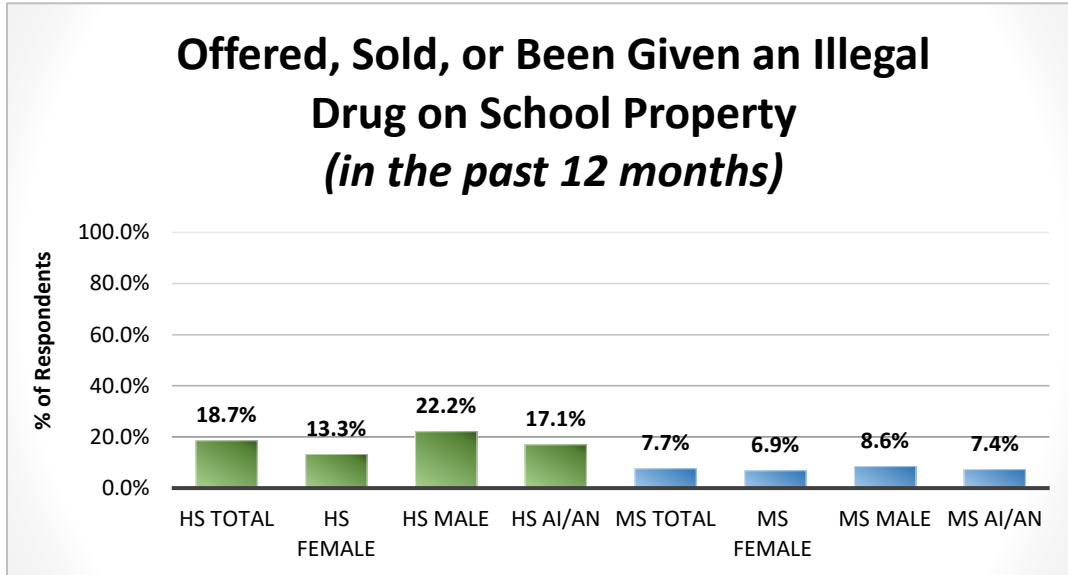
During the past 30 days how many times did you: (Answer choices: 0 times, 1 or 2 times, 3 to 9 times, 10 to 19 times, 20 to 39 times, 40 or more times)

- Use any form of cocaine, including powder, crack, or freebase?
- Sniff glue, breathe the contents of aerosol spray cans, or inhale any paints or sprays to get high?
- Use heroin (also called smack, junk, or China White)?
- Use methamphetamines (also called speed, crystal, crank, or ice)?
- Use ecstasy (also called MDMA)?
- Use synthetic marijuana (also called K2 or Spice)?
- Use a pain killer to get high, like Vicodin, OxyContin (also called Oxy or OC), or Percocet (also called Percs)?

- The vast majority of participants did not report current use of the drugs named in the survey.
- Only high school and middle school totals were large enough to report without threatening confidentiality; therefore, no further breakdown of the above questions is provided.

Drugs on School Property

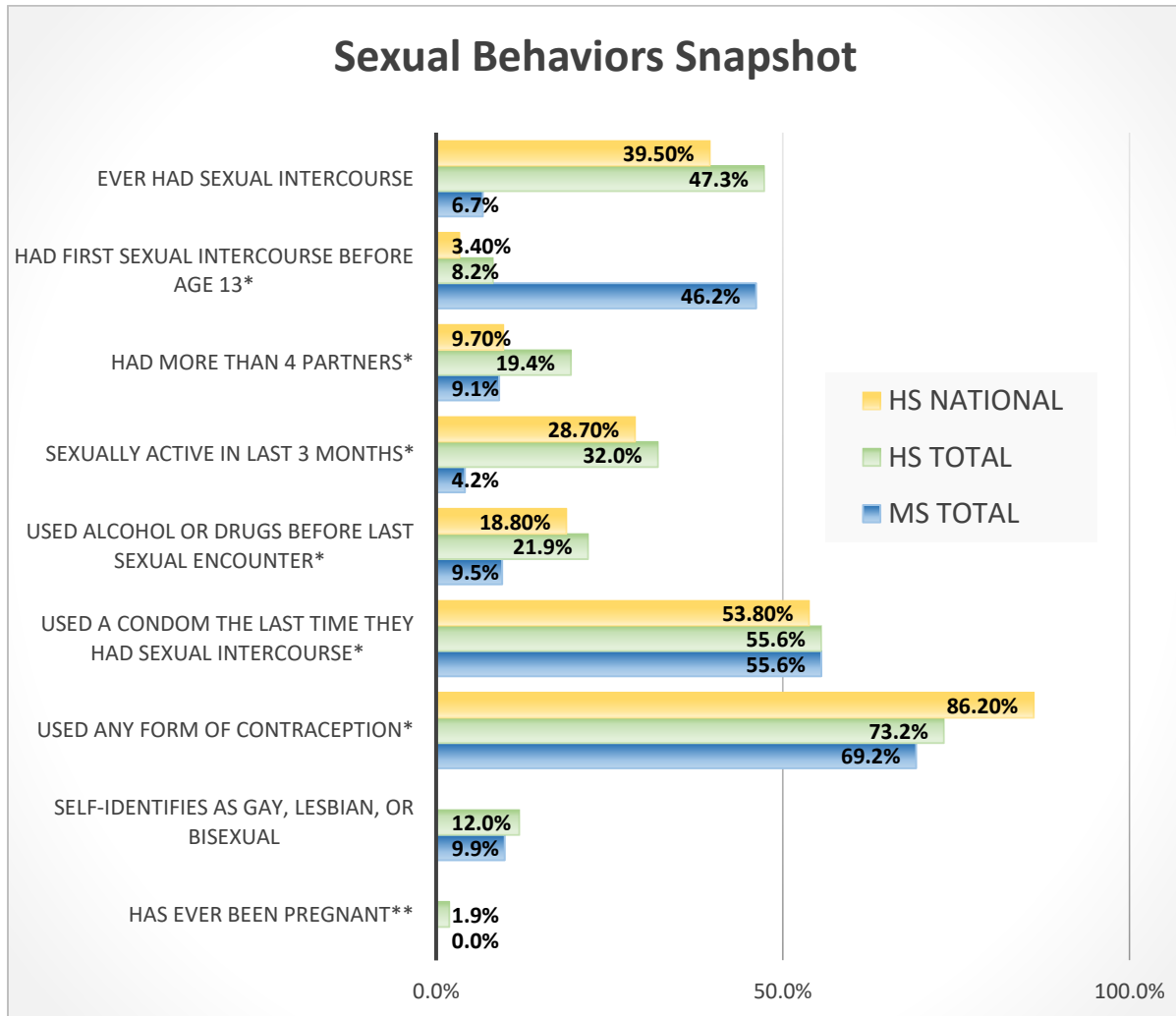
During the past 12 months, has anyone offered, sold, or given you an illegal drug on school property? (Answer choices: Yes, No)



- 8% of middle school students and 19% of high school students reported being offered, sold or given illegal drugs on school property.
- Males (9% of middle school males and 22% of high school males) were most likely to report that they had been offered, sold or given illegal drugs on school property.

Sexual Behaviors

The 2018 questionnaire asked nine questions related to sexual behavior. The figure below compares the responses of middle schoolers to the responses of high schoolers for a subset of those questions.

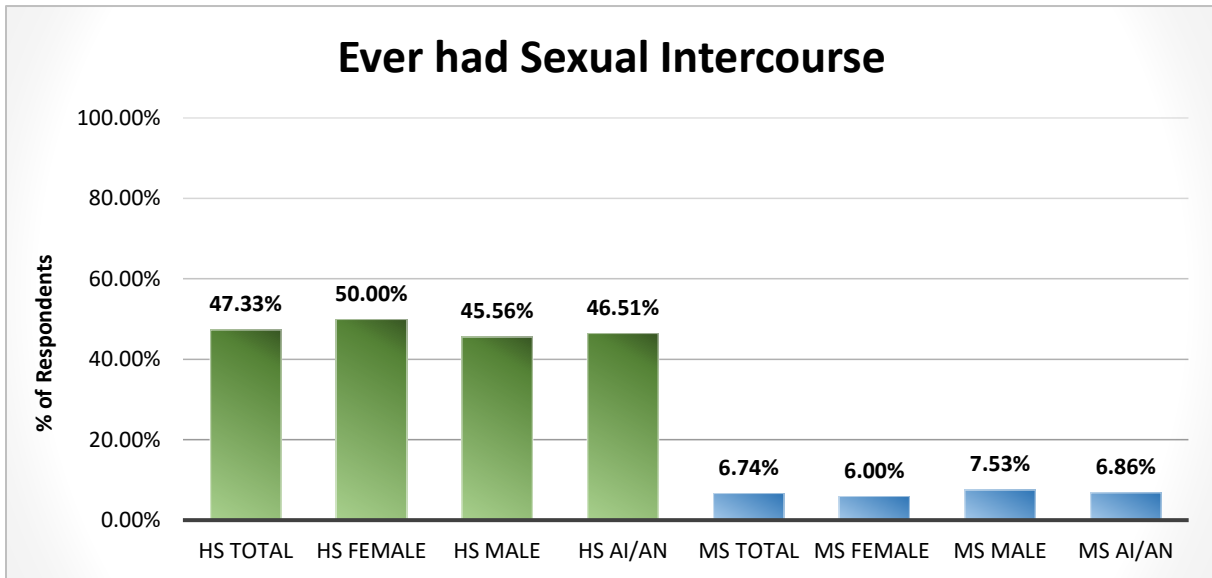


- *Among those who are sexually active.
- ** Among girls.

- 6.7% of middle school students reported that they have ever had sexual intercourse.
- Among high school students, 47.3% reported that they have had sexual intercourse at least once, 32% were sexually active in the past 3 months, 19% reported having had at least four partners in their lifetime, and 8% reported that they first had sexual intercourse before they were 13 years old.
- 10% of middle schoolers and 12% of high schoolers identify as gay, lesbian, or bisexual.
- 73.2% of high school students and 69% of middle school students used at least 1 form of contraception.

Ever Had Sexual Intercourse

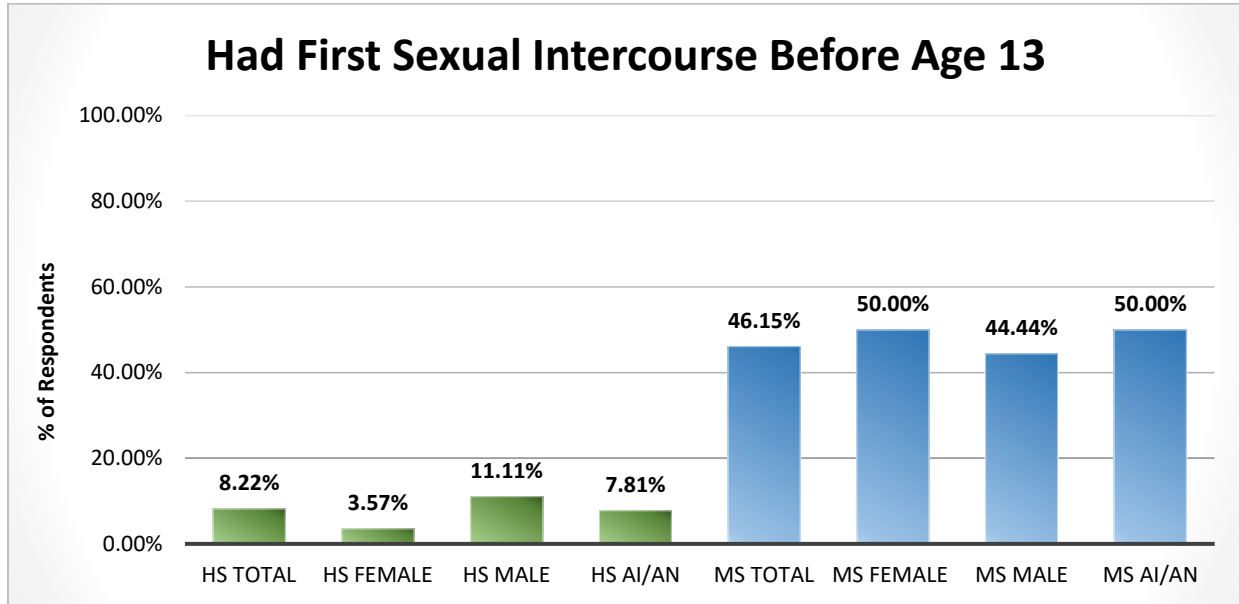
Have you ever had sexual intercourse? (Answer choices: Yes, No)



- 47% of high school respondents and 7% of middle schoolers reported ever having had sexual intercourse.
- High school females were slightly more likely to have had sexual intercourse (50%) than their male counterparts (46%).

First Sexual Intercourse

How old were you when you had sexual intercourse for the first time? (Answer choices: I have never had sexual intercourse, 11 years old or younger, 12 years old, 13 years old, 14 years old, 15 years old, 16 years old, 17 years old or older)

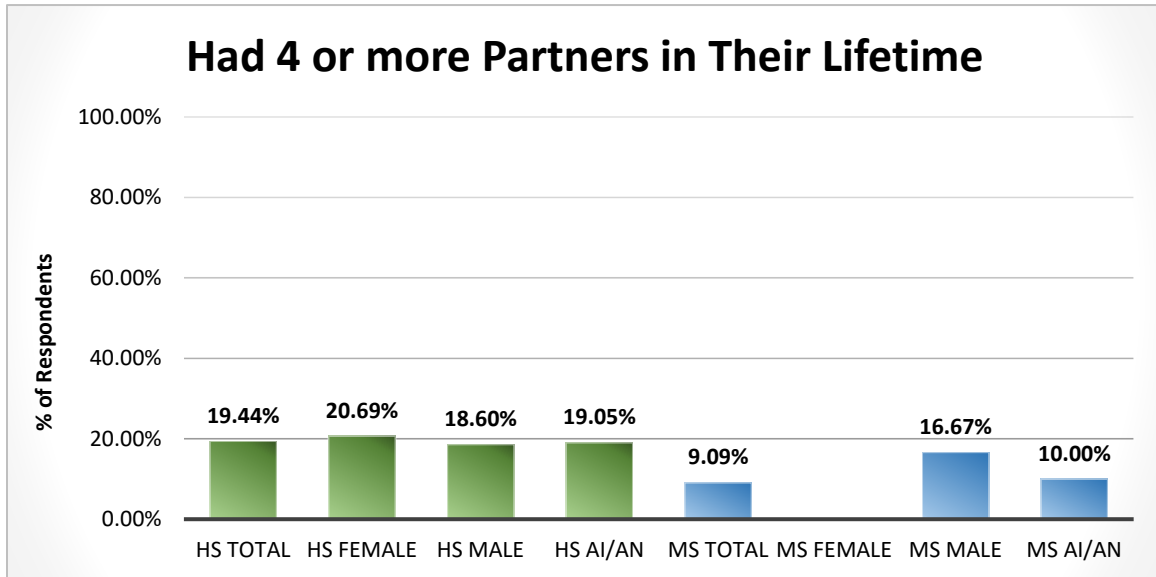


- Among those who are sexually active.

- 8% of high school students (including 11% of male high school students) reported having sex for the first time when they were younger than 13.
- While a significantly higher proportion of middle school students reported having sex before age 13 than did high school students, this is only amongst those students who have ever had sexual intercourse.

Number of Sexual Partners

During your life, with how many people have you had sexual intercourse? (Answer choices: I have never had sexual intercourse, 1 person, 2 people, 3 people, 4 people, 5 people, 6 or more people)



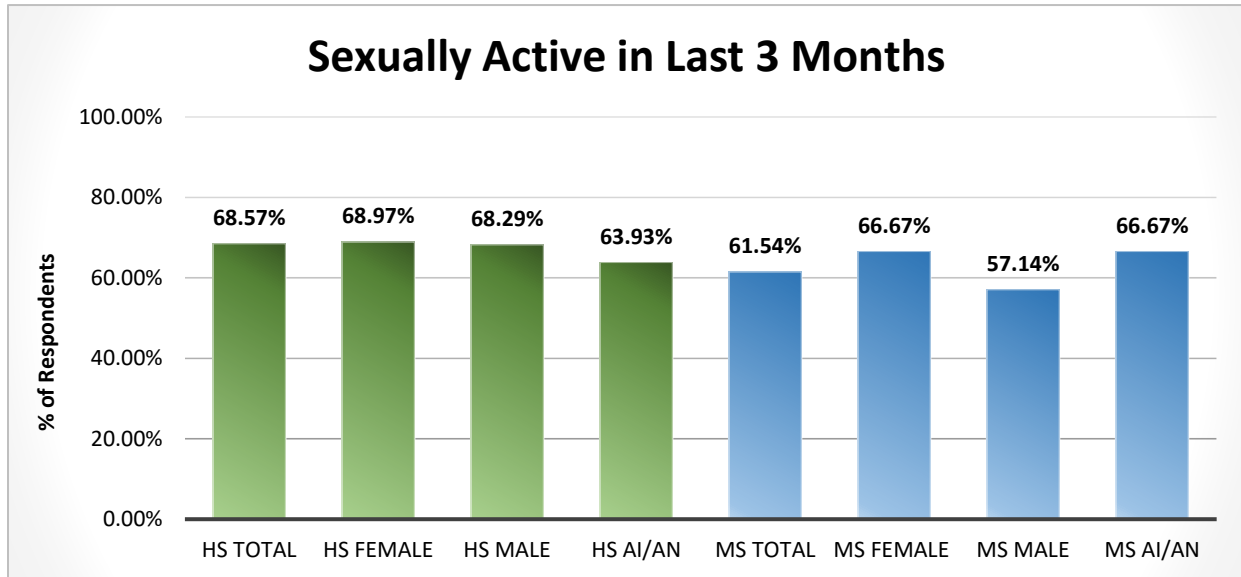
▪ Among those who are sexually active.

- 19% of high school respondents and 9% of middle school respondents reported having had sexual intercourse with four or more people in their lifetime.
- High school females were the most likely (21%) to have had 4 or more partners in their lifetime.

Recent Sexual Activity

During the past 3 months, with how many people did you have sexual intercourse?

(Answer choices: I have never had sexual intercourse, I have had sexual intercourse, but not during the past 3 months, 1 person, 2 people, 3 people, 4 people, 5 people, 6 or more people)

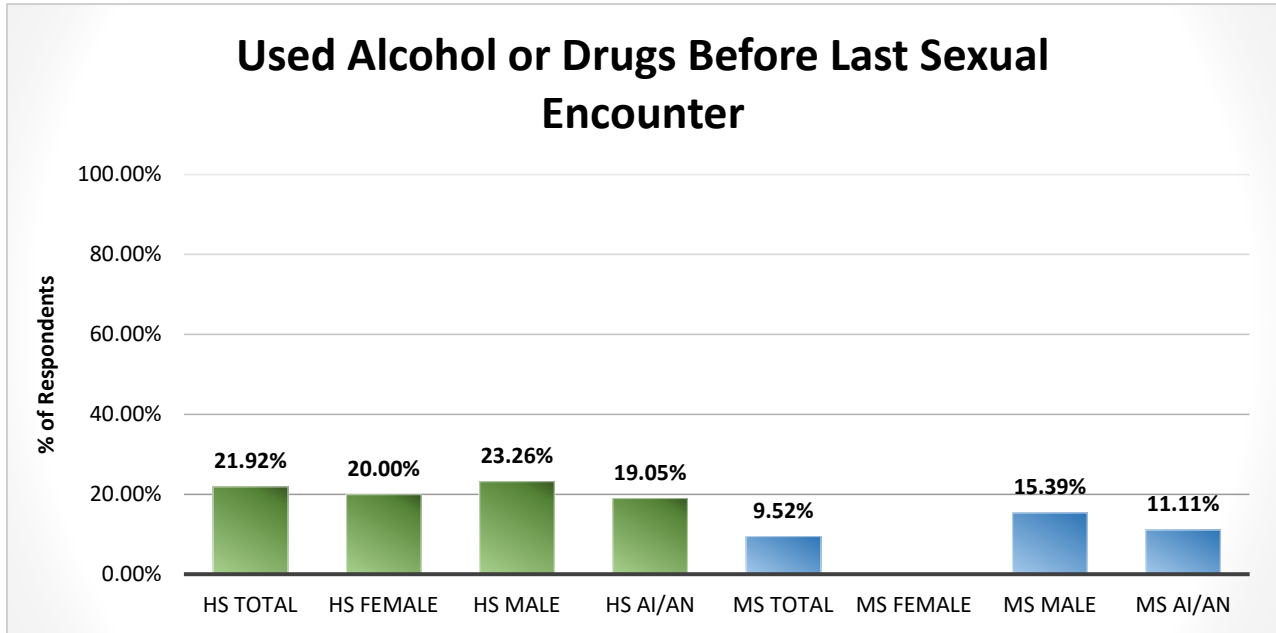


- Among those who are sexually active.

- Of sexually active participants, 69% of high school students and 62% of middle school students were sexually active in the last 3 months.
- Among high school students, females and males were similarly likely to have been sexually active in the last 3 months; for middle school students females were more likely to have been sexually active than males (67% vs 57%).

Alcohol and Sexual Activity

Did you drink alcohol or use drugs before you had sexual intercourse the last time? (Answer choices: I have never had sexual intercourse, Yes, No)

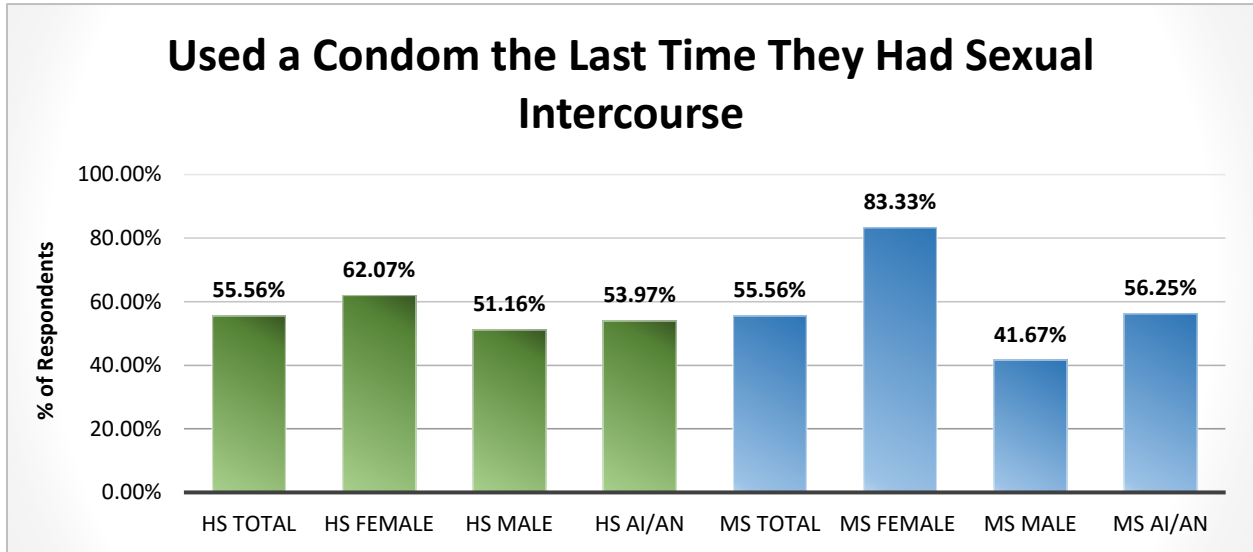


- Among those who are sexually active.

- 22% of high schoolers and 10% of middle schoolers who have ever had sexual intercourse reported using drugs or alcohol before their last sexual encounter.

Condom Use

The last time you had sexual intercourse, did you or your partner use a condom? (Answer choices: I have never had sexual intercourse, Yes, No)

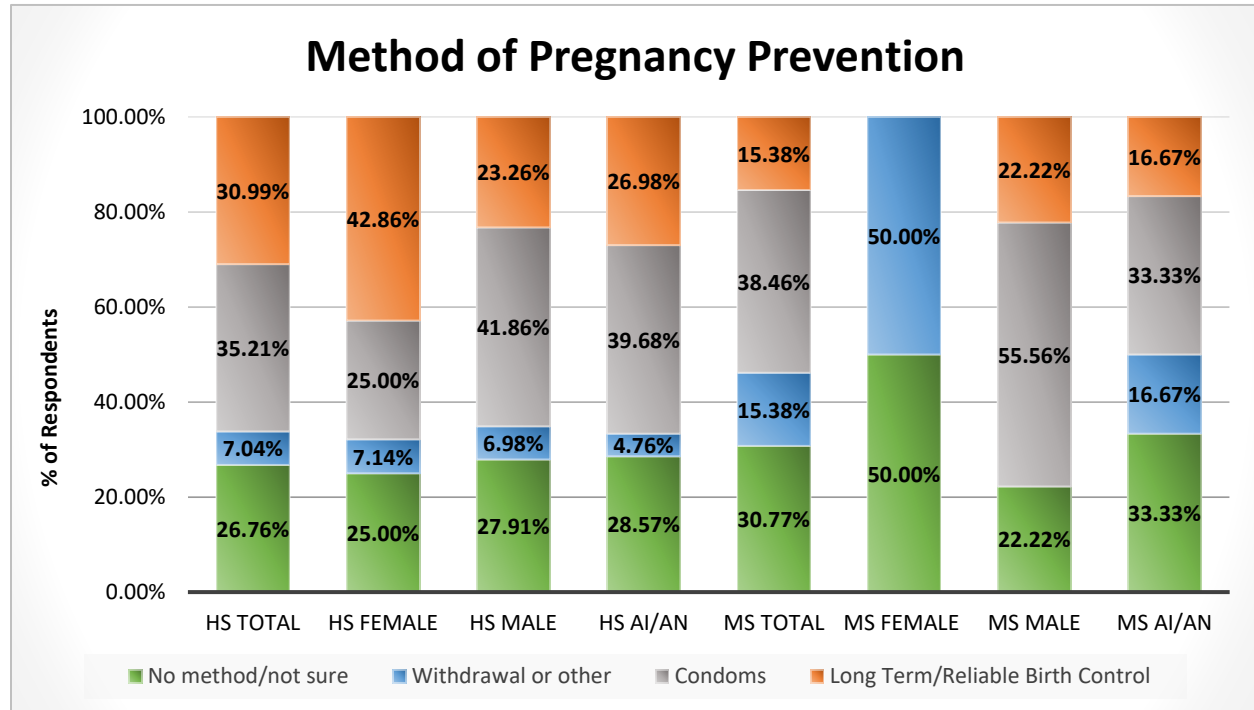


- Students who answered, "I have never had sexual intercourse" were excluded from these results.
- Data is based on 21 middle school students and 136 high school students who answered with Yes or No.

- Among sexually active high school and middle school respondents, 56% used a condom the last time they had sexual intercourse.
- Females were more likely to use a condom than their male counterparts: 62% of high school females and 83% of middle school females reported using a condom the last time they had sexual intercourse.

Pregnancy Prevention

The last time you had sexual intercourse, what one method did you or your partner use to prevent pregnancy? (Select only one response.) (Answer choices: I have never had sexual intercourse, no method was used to prevent pregnancy, Birth control pills, Condoms, An IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon), A shot (such as Depo-Provera), patch (such as Ortho Evra), or birth control ring (such as NuvaRing), Withdrawal or some other method)

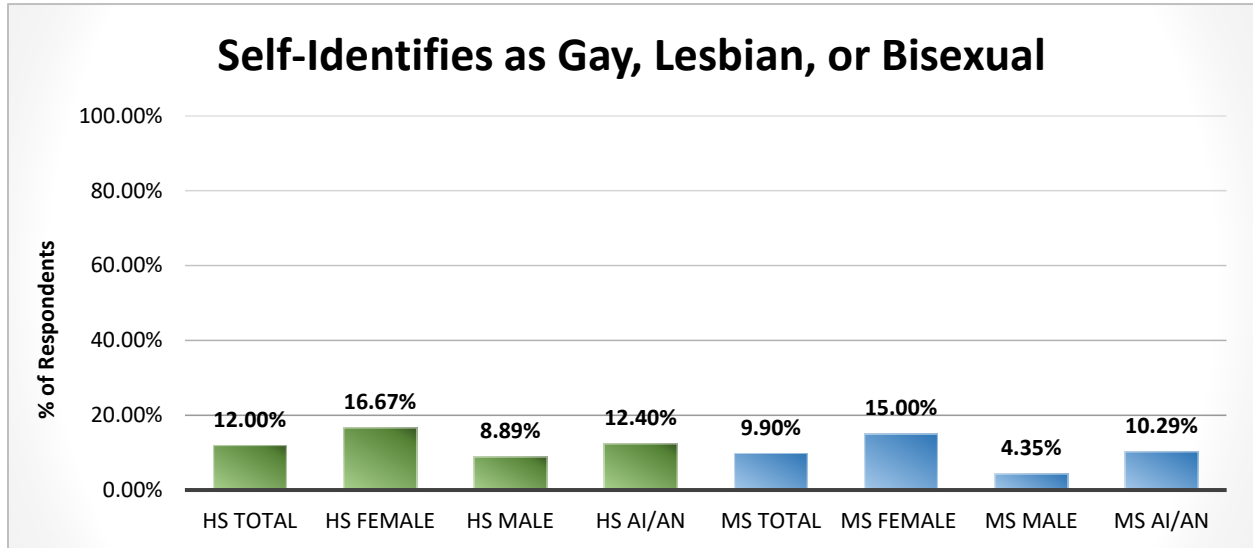


- Students who answered, "I have never had sexual intercourse" were excluded from these results.
- Data is based on 13 middle school students and 71 high school students who answered with anything other than "I have never had sexual intercourse".
- Reliable/Long Term Birth Control includes: birth control pills, IUD, implant, shot, patch or birth control ring.

- Among middle schoolers, males were more likely to report that either they or their partner used some method to prevent pregnancy.
- Condoms were the most commonly reported form of birth control for middle school and high school students, followed by "no method/not sure" for middle schoolers and long term/reliable birth control for high schoolers.
- The majority of high school students reported using some form of birth control, as did the majority of middle school students.
- Approximately $\frac{1}{4}$ of the high school students, across all groups, who have had sexual intercourse were either unsure about the method used or reported using no method of birth control.
- Approximately 31% of high school students and 15% of middle school students reported using a reliable, long-term birth control method.

Sexual Orientation

Which of the following best describes you? (Answer choices: Heterosexual (straight), Gay or lesbian, Bisexual, Not sure)



- 10% of middle school students and 12% of high school students identifies as gay, lesbian or bisexual.
- Among high school students, a higher proportion of females (17%) identify as gay, lesbian or bisexual compared to other groups.
- Among middle school students, a higher proportion of females (15%) identify as gay, lesbian, or bisexual compared to other groups.

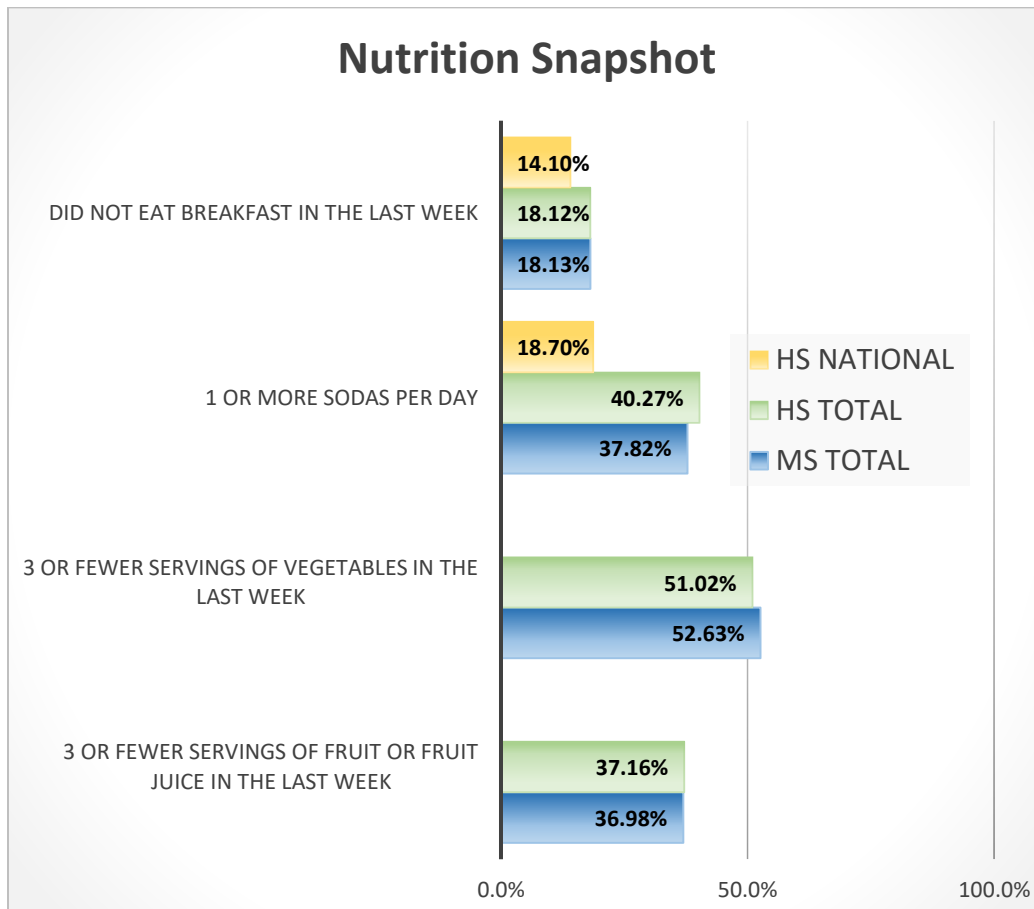
Pregnancy

This question is for girls only: Have you ever been pregnant? (Answer choices: Yes, No, Not Sure)

- 158 females responded to the question. Only 1.9% of all girls responded that they had ever been pregnant. Another 2.5% of girls responded that they were not sure.
- 52 males responded to the question. Of these 13.5% reported that they had ever been pregnant, and another 9.6% responded that they were not sure.

Nutrition

The 2018 questionnaire asked multiple questions about nutrition, some which were combined (as described below) to create four nutrition variables. The figure below compares the responses of middle schoolers to the responses of high schoolers.

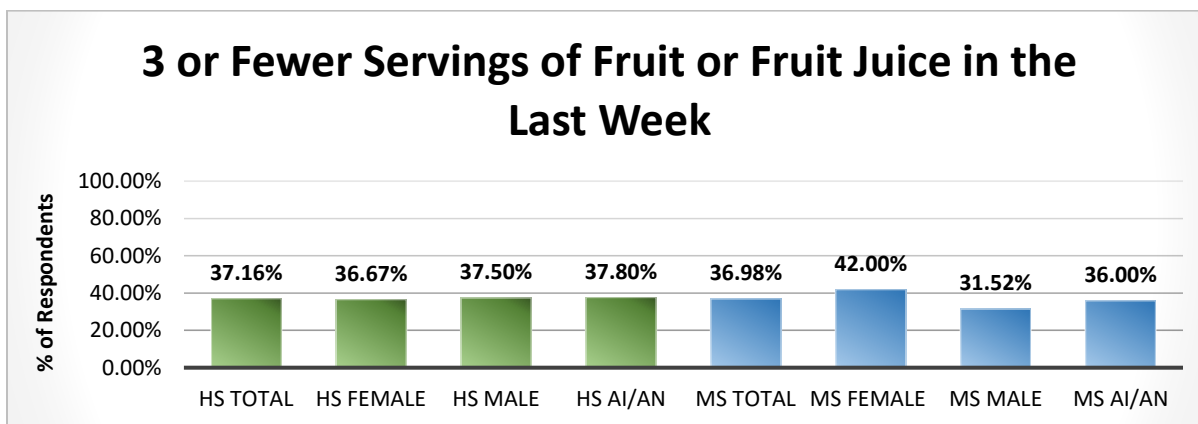


- 37% of middle schoolers and high schoolers ate 3 or fewer servings of fruit and/or 100% fruit juice per week; 51% of middle school students and 53% of high school students ate 3 or fewer vegetable servings per week.
- About 40% of high school students and 38% of middle school students drank soda at least once a day.
- 18% of both middle school and high school students reported not eating breakfast in the previous week.

Fruits and Fruit Juice

During the past 7 days, how many times did you: (Answer choices: I did not drink 100% fruit juice/eat fruit during the past 7 days, 1 to 3 times during the past 7 days, 4 to 6 times during the past 7 days, 1 time per day, 2 times per day, 3 times per day, 4 or more times per day)

- Drink 100% fruit juices such as orange juice, apple juice, or grape juice? (Do not count punch, Kool-Aid, sports drinks, or other fruit-flavored drinks.)
- Eat fruit? (Do not count fruit juice.)

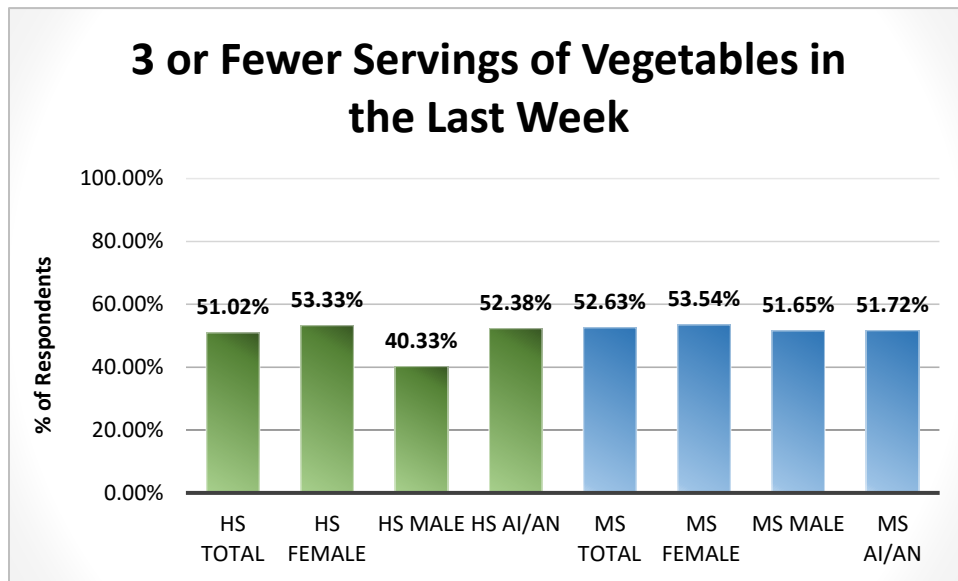


- 37% of high school students and middle school students ate fruit and/or drank 100% fruit juice 3 times or less in the previous week.

Vegetables

During the past 7 days, how many times did you: (I did not eat green salad/potatoes/carrots/other vegetables during the past 7 days, 1 to 3 times during the past 7 days, 4 to 6 times during the past 7 days, 1 time per day, 2 times per day, 3 times per day, 4 or more times per day)

- Eat green salad?
- Eat other vegetables? (Do not count green salad, potatoes, or carrots.)

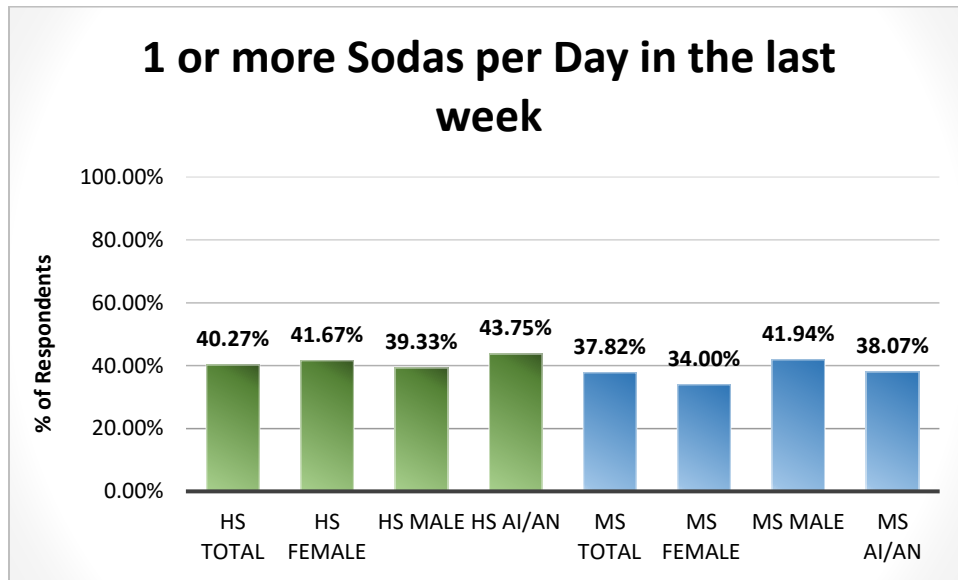


- In 2018, EBCI removed two questions from the YRRS relating to nutrition and vegetables. These questions were about carrots and potatoes, which were previously included when calculating the total number of vegetables a student consumed in the last week. In the current formulation of the YRRS, a student would not have reported eating vegetables if those vegetables were carrots or potatoes. Because of this, the percentage of students who reported eating “3 or fewer servings of vegetables in the last week” increased significantly. In other words, this statistic is most likely inflated and is thus not valid. It is recommended that individuals using this statistic do so with a critical eye, noting the potential differences between the statistic as reported and the reality of vegetable consumption in EBCI.

- 51% of high school students and 53% of middle school students reported eating 3 or fewer servings of vegetables in the last week.

Sugared Beverages

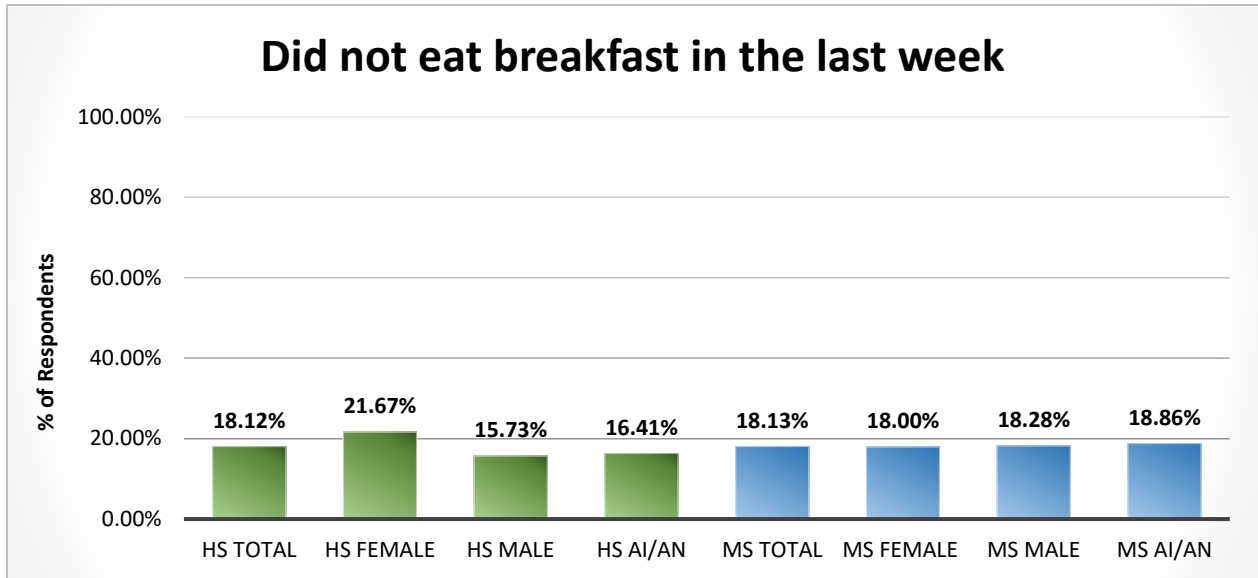
During the past 7 days, how many times did you drink a can, bottle, or glass of soda or pop, such as Coke, Pepsi, or Sprite? (Do not count diet soda or diet pop.) (Answer choices: I did not drink soda or pop during the past 7 days, 1 to 3 times during the past 7 days, 4 to 6 times during the past 7 days, 1 time per day, 2 times per day, 3 times per day, 4 or more times per day)



- About 40% of middle school (38%) and high school students (40%) drank soda/pop daily in the previous week.
- Among middle school respondents, a higher proportion of AI/AN students (44%) reported drinking soda at least once a day compared to other groups.
- Among high school students, a higher proportion of males (42%) reported drinking at least one soda a day compared to less than 40% among other groups.

Breakfast

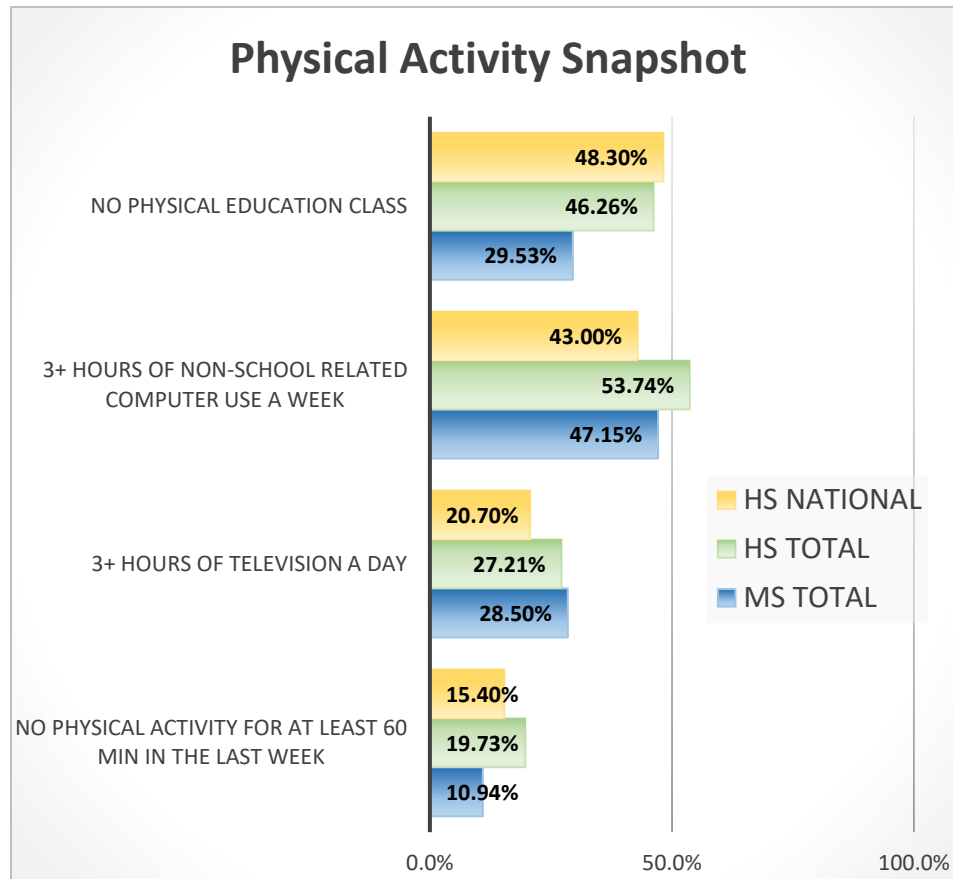
During the past 7 days, on how many days did you eat breakfast? (Answer choices: 0 days, 1 day, 2 days, 3 days, 4 days, 5 days, 6 days, 7 days)



- About 18% of middle and high school students reported that they *never* ate breakfast in the past week.
- High school females were the most likely to report not having eaten breakfast in the last week.

Physical Activity

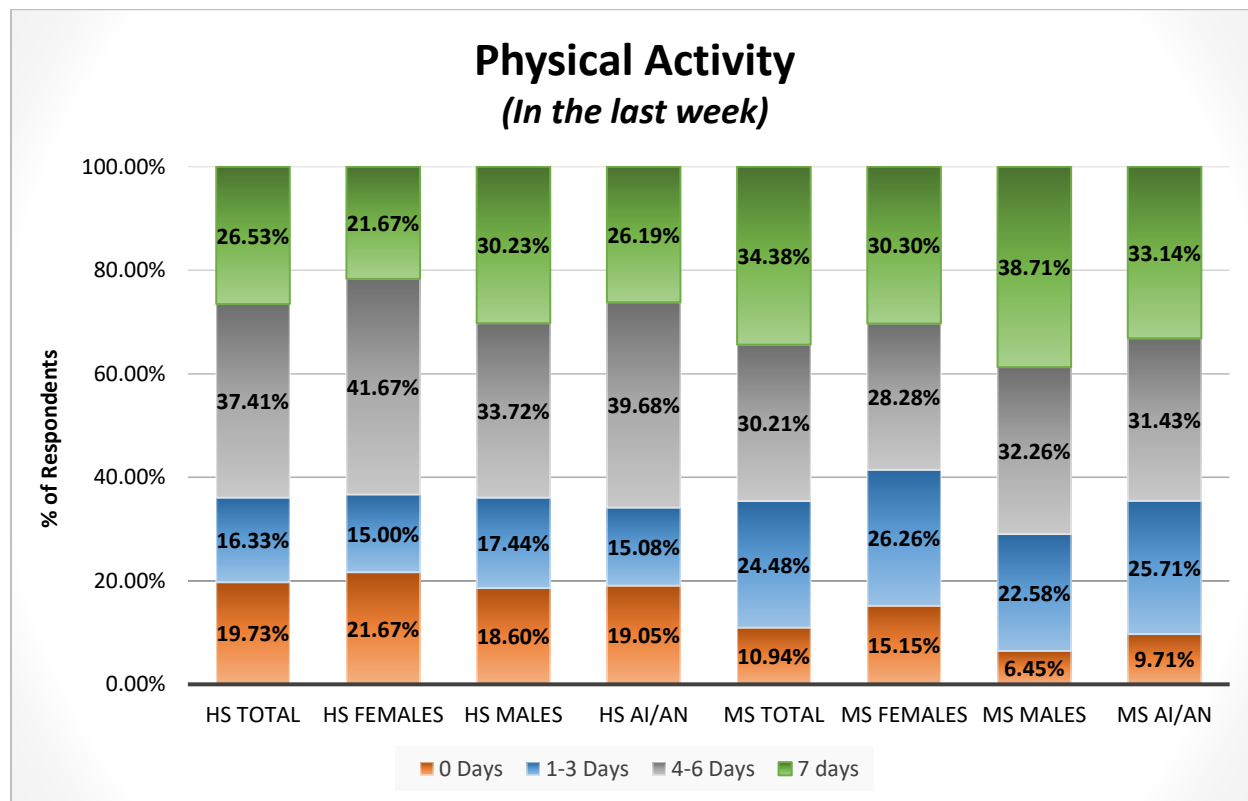
The 2018 questionnaire asked four questions about physical activity and screen time. The figure below compares the responses of middle schoolers to the responses of high schoolers.



- High school students reported behaviors associated with a sedentary lifestyle in greater proportions than middle school students.
- Most middle school and high school students were physically active for 60 minutes at least once in the last week; 11% of middle schoolers and 19% of high schoolers reported no physical activity (in the past week) of at least 60 minutes.
- 29% of middle school students and 27% of high school students watched 3 or more hours of TV daily.
- 47% of middle school students and over half of high school students (54%) used a computer for 3+ hours a day.
- Middle school students were much more likely to have a weekly PE class (only 30% reported that they did not go to a weekly PE class) than high school students (46% reported that they did not attend weekly PE).

Physical Activity

During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? (Add up all the time you spent in any kind of physical activity that increased your heart rate and made you breathe hard some of the time.) (Answer choices: 0 days, 1 day, 2 days, 3 days, 4 days, 5 days, 6 days, 7 days)



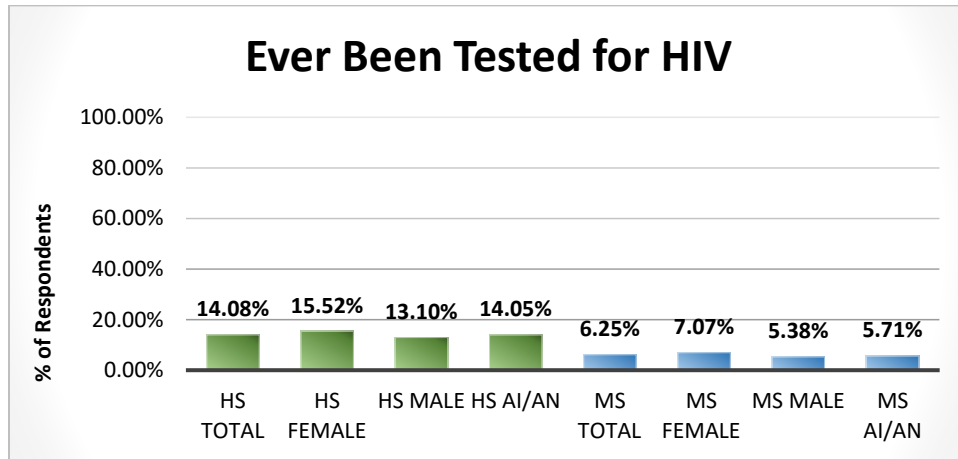
- Middle School males were the most likely (39%) to have been physically active every day of the last week. High school females were the least likely (22%) have been physically active every day of the last week.
- Approximately 20% of high school students reported no physical activity in the last week, nearly double the percentage of middle school students (11%) reporting no physical activity.
- The majority of students reported being physically active at least 4 days a week.

Other Topics

The 2018 questionnaire asked fifteen questions related to various health related topics. These questions are presented below.

HIV Screening

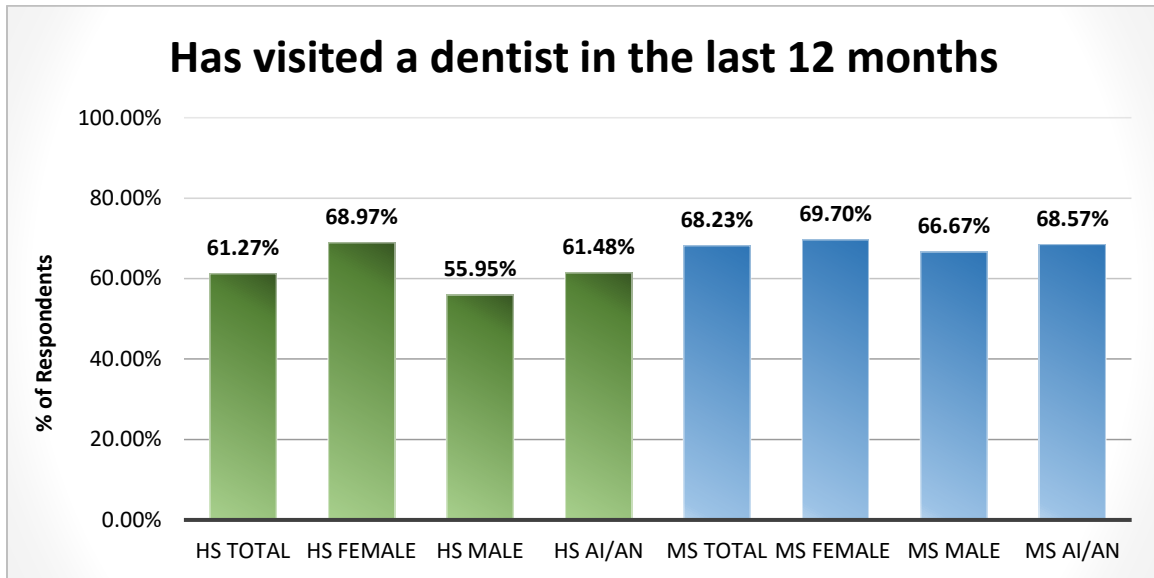
Have you ever been tested for HIV, the virus that causes AIDS? (Do not count tests done if you donated blood.) (Answer choices: Yes, No, Not sure)



- A higher proportion of high school students (14%) had ever been tested for HIV compared to middle school students (6%).
- Among high school students, a higher proportion of females (16%) reported having been tested for HIV compared to other groups, particularly compared to males (13%).
- Similarly, for middle school students, a higher proportion of females (7%) reported having been tested compared to males (5%).

Last Dentist Visit

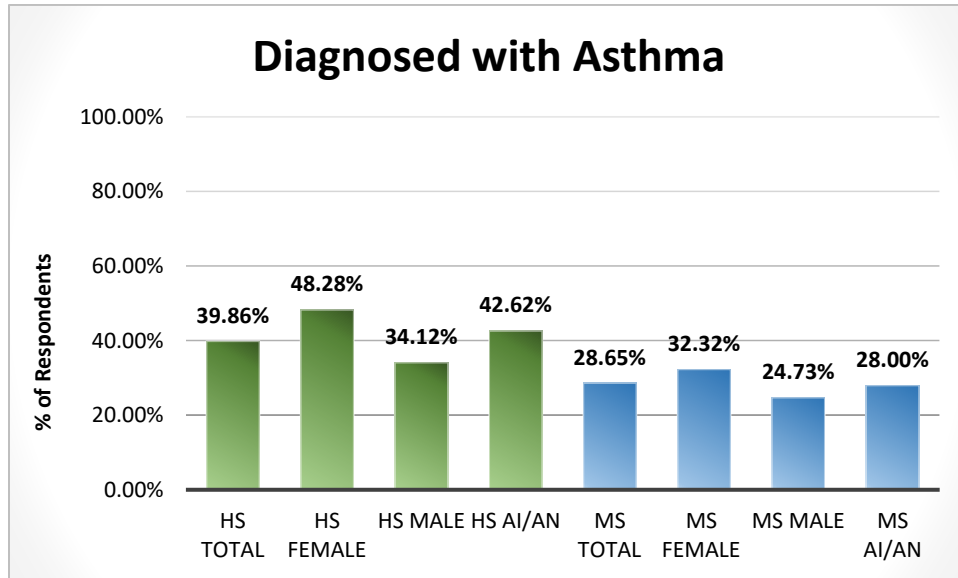
When was the last time you saw a dentist for a check-up, exam, teeth cleaning, or other dental work? (Answer choices: During the past 12 months, Between 12 and 24 months ago, More than 24 months ago, Never, Not sure)



- More than half of the students in both middle school and high school reported a dentist visit in the past year; a higher proportion of middle school students (68%) reported being to the dentist in the past 12 months compared to high school students (61%).
- Females were most likely to visit the dentist. Among middle school students, a larger proportion of females (70%) reported a dental visit within the last 12 months compared to other groups. Among high school students, a larger proportion of females (69%) also reported a visit to the dentist within the last year compared to other groups.

Diagnosed with Asthma

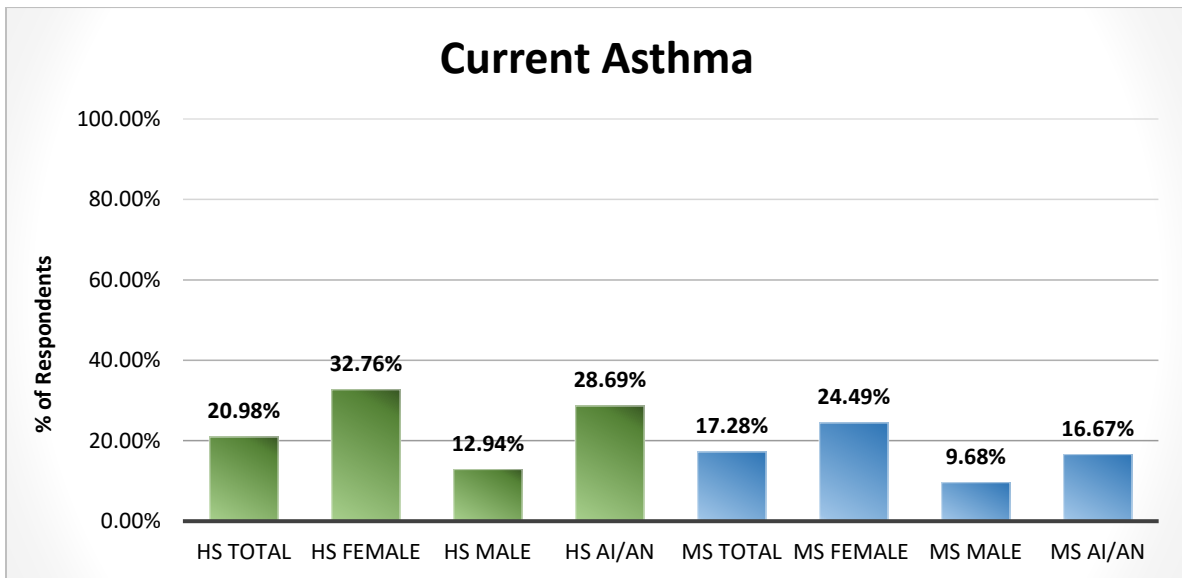
Has a doctor or nurse ever told you that you have asthma? (Answer choices: Yes, No, Not sure)



- 40% of all high school students and 29% of all middle school students reported an asthma diagnosis.
- Asthma diagnoses were highest among high school females (48%) compared to other high school groups and among middle school females (32%) compared to other middle school groups.

Current Asthma

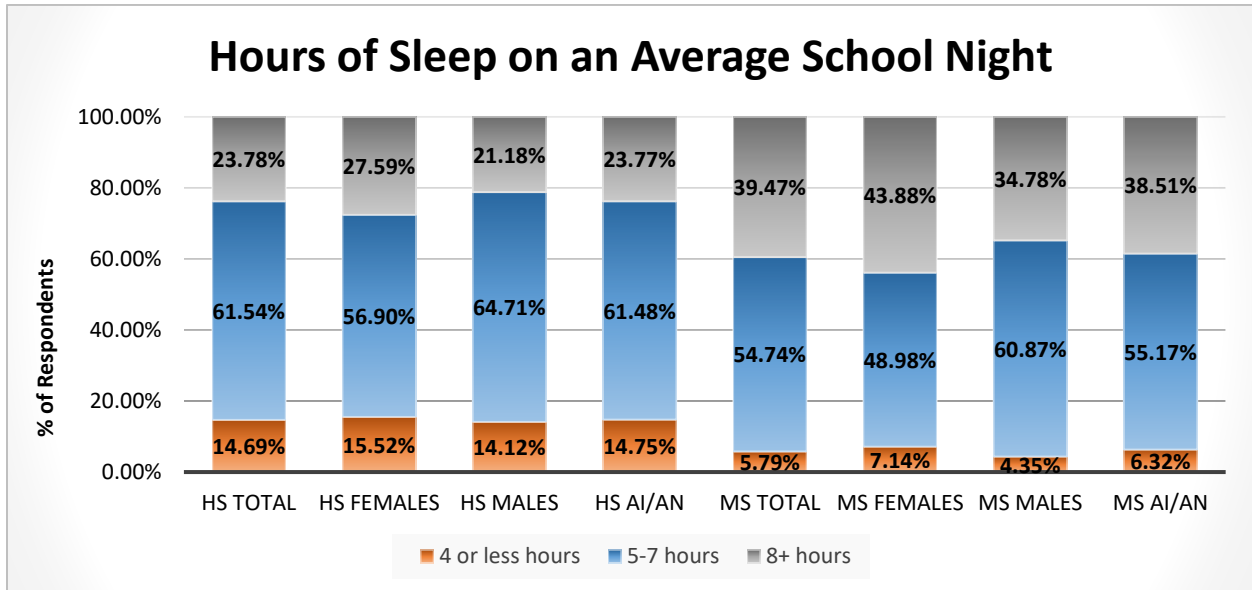
Do you still have asthma? (Answer choices: I have never had asthma, Yes, No, Not sure)



- While 40% of high school respondents reported being diagnosed with asthma, 21% reported still having asthma. 29% of middle school students reported ever having asthma and 17% reported still having asthma.
- Among middle school students, a higher proportion of females (25%) reported current asthma compared to other groups. Similarly, in high school, females were the most likely (33%) to report current asthma.

Sleep

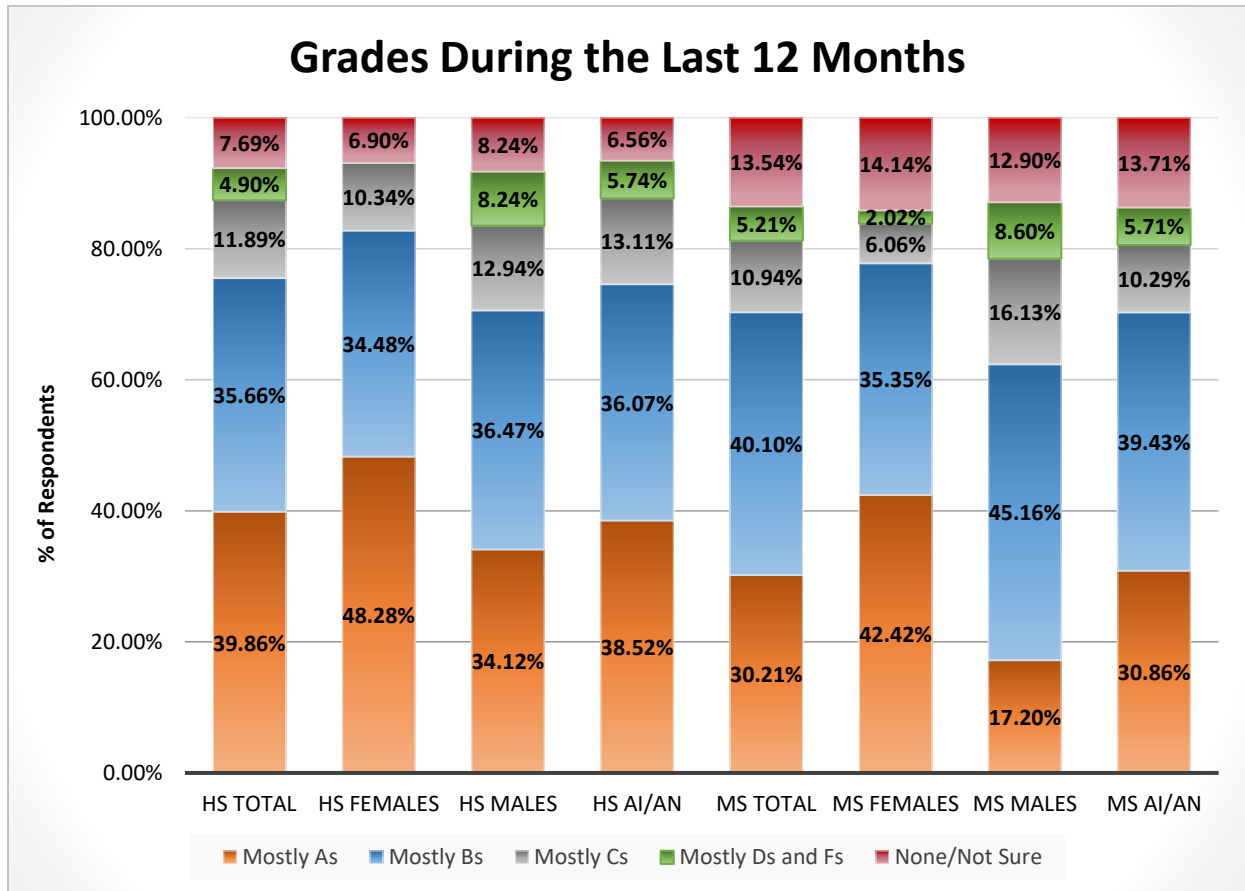
On an average school night, how many hours of sleep do you get? (Answer choices: 4 or less hours, 5 hours, 6 hours, 7 hours, 8 hours, 9 hours, 10 or more hours)



- The majority of middle school and high school students get less than 8 hours of sleep a night. Approximately ¼ of high school students and 39% of middle school students get more than 8 hours of sleep a night.
- Females – in both middle and high school – are slightly more likely than males to get 8+ hours of sleep a night. They are also more likely to get less than 4 hours of sleep a night

School Grades

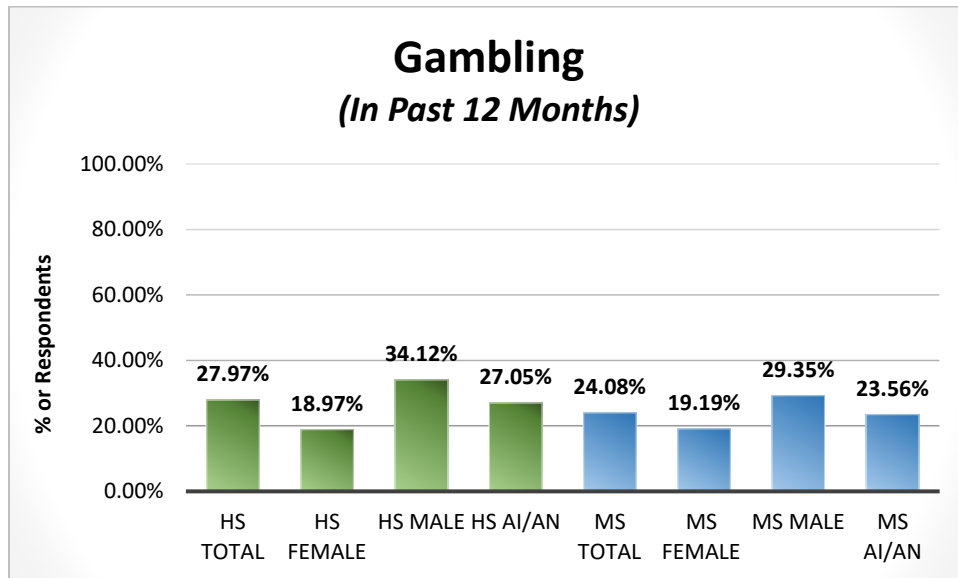
During the past 12 months, how would you describe your grades in school? (Answer choices: Mostly A's, Mostly B's, Mostly C's, Mostly D's, Mostly F's, None of these grades, Not sure)



- 40% of high school students and 30% of middle school students received grades of mostly A's during the previous year.
- 5% of middle schoolers and high schoolers had received mostly D's and F's.
- Females are more likely to get A's and B's than males. 77% of middle school females received A's and B's compared to 62% of males. In high school, 82% of females received A's and B's compared to 70% of males.

Gambling

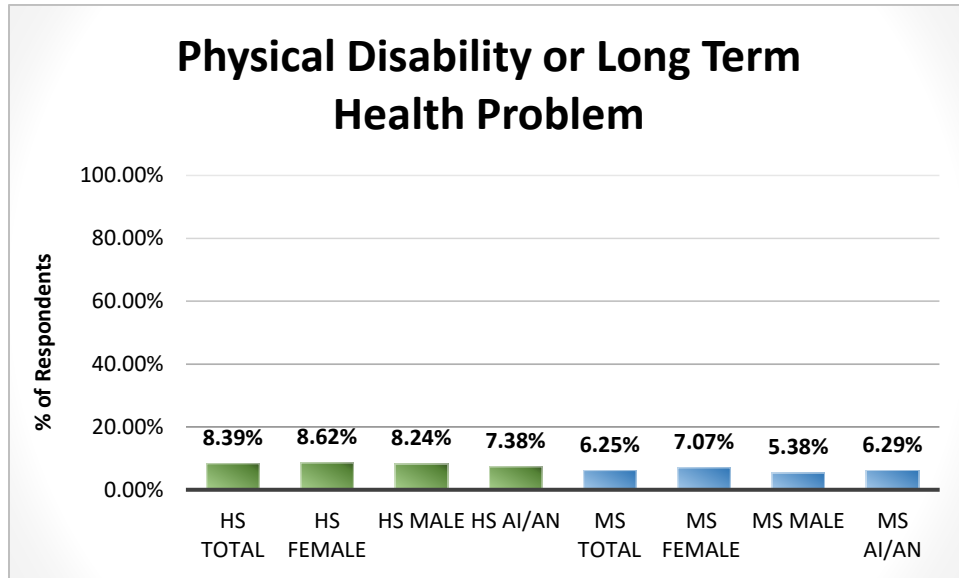
During the past 12 months, how many times have you gambled on a sports team, gambled when playing cards or a dice game, played one of North Carolina's lottery games, gambled on the Internet, or bet on a game of personal skill such as pool or a video game? (Answer Choices: 0 times, 1 or 2 times, 3 to 9 times, 10 to 19 times, 20 to 39 times, 40 or more time



- 28% of high school students and 24% of middle school students reported having gambled one or more times in the last year.
- Males were most likely to gamble among both high school students and middle school students (34% and 29%, respectively).
- AI/AN rates of gambling were slightly lower than that of the general population.

Disability

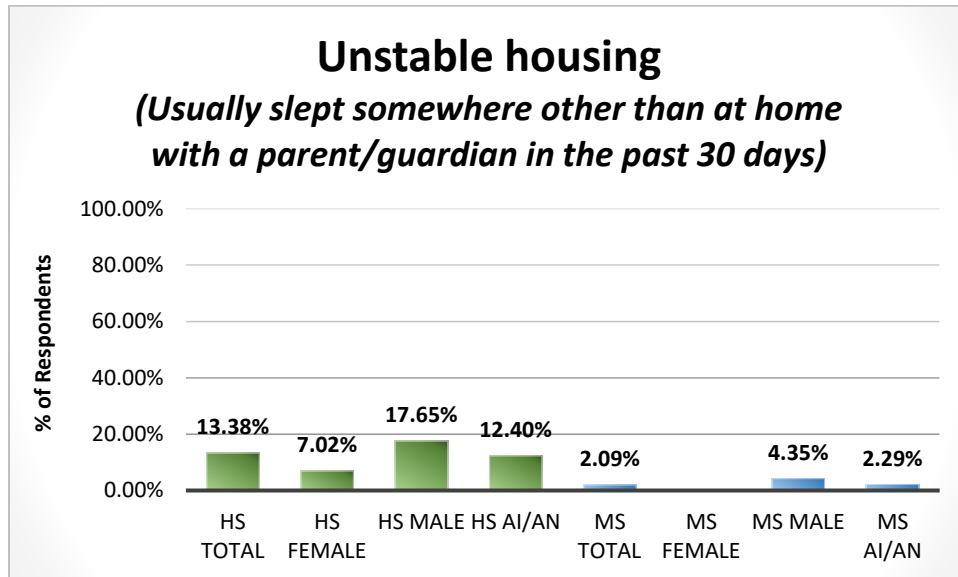
Do you have any physical disabilities or long-term health problems? (Long-term means 6-months or more) (Answer choices: Yes, No, Not sure)



- A higher percentage of high school respondents (8%) reported a physical disability or long-term health problem compared to middle school respondents (6%).

Housing

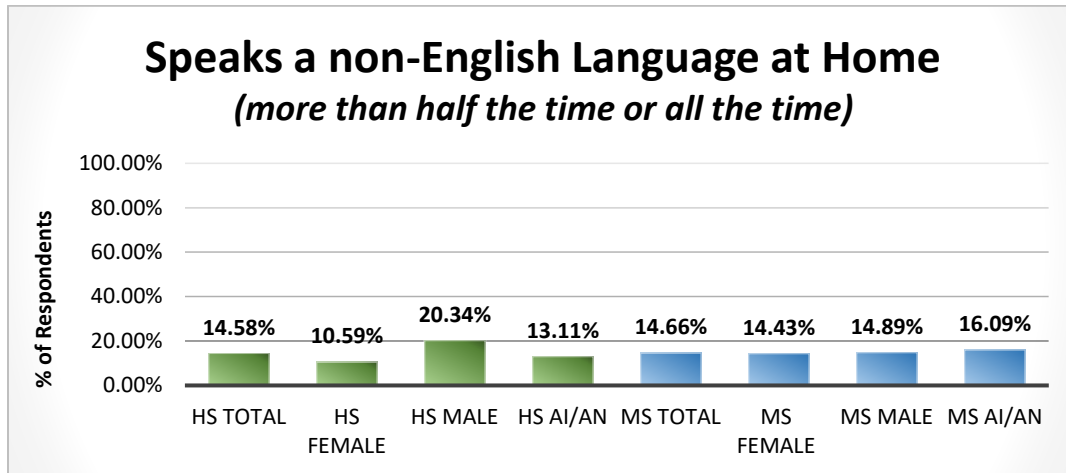
During the past 30 days, where did you usually sleep at night? (Answer choices: In my parent's or guardian's home, in a friend's or relative's home, in a foster home or group facility, in a shelter or emergency housing, in a hotel or motel, in a car, park, campground, or other public place, I moved from place to place, Somewhere else)



- 13% of high school students reported unstable housing, compared to 2% of middle school students.
- High school males were the most likely to experience unstable housing (18%) and middle school females were the least likely; no middle school females reported unstable housing.

Language Spoken at Home

How often do you speak a language other than English at home? (Answer choices: Never, Less than half the time, About half the time, More than half the time but not all the time, All the time)



- 15% of middle and high school students speak a language other than English more than half the time at home.
- High school males are nearly twice as likely (20%) as high school females (11%) to primarily speak a language other than English at home.

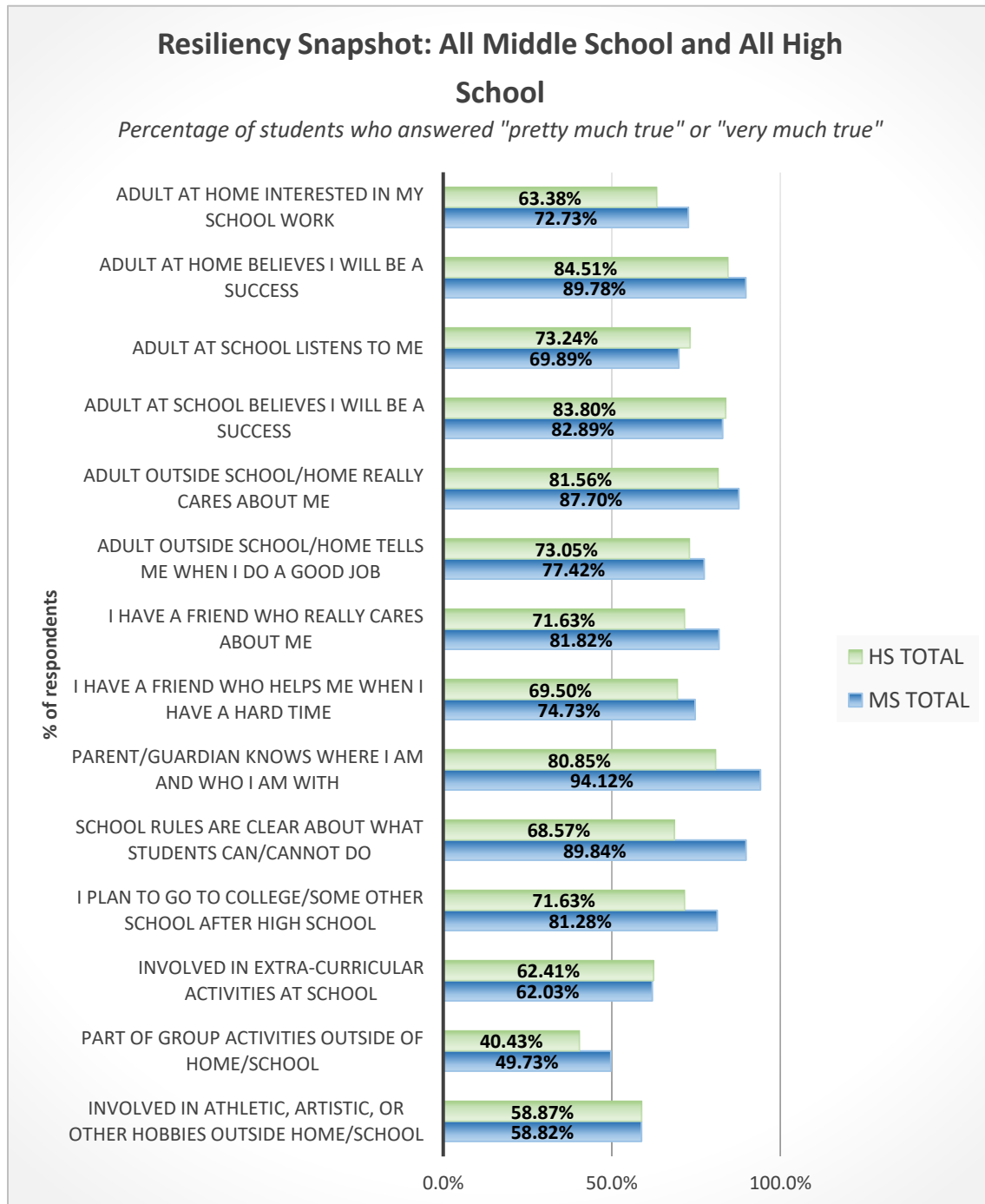
Born in USA

Were you born in the USA? (Answer choices: Yes, No)

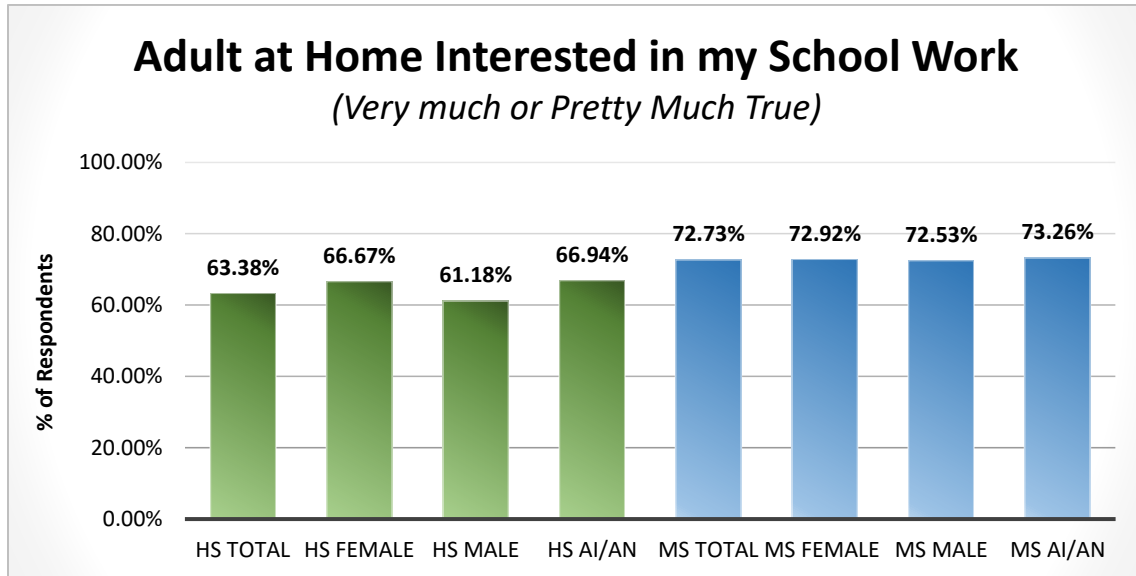
- Almost all of the respondents in both middle school and high school were born in the USA.
- The number of students not born in the USA for both middle school and high school was too small to maintain confidentiality. Thus, the data is not presented here.

Resiliency

The 2018 questionnaire asked 15 questions about resiliency, or protective factors. The figure below compares the responses of middle schoolers to the responses of high schoolers.

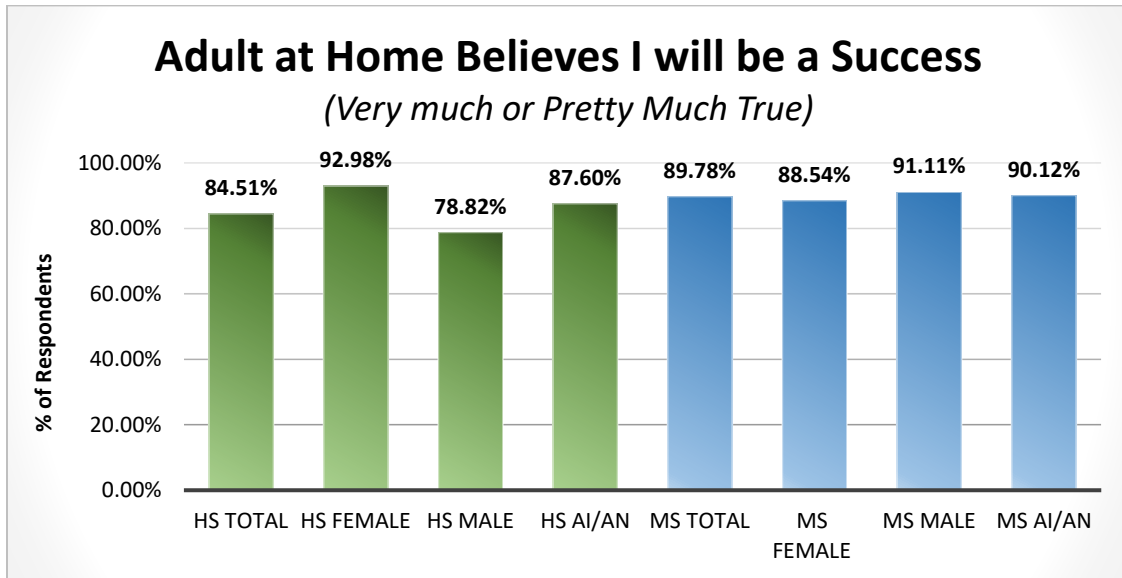


In my home, there is a parent or some other adult who is interested in my school work.
(Answer choices: Not true at all, A little true, Pretty much true, Very much true)



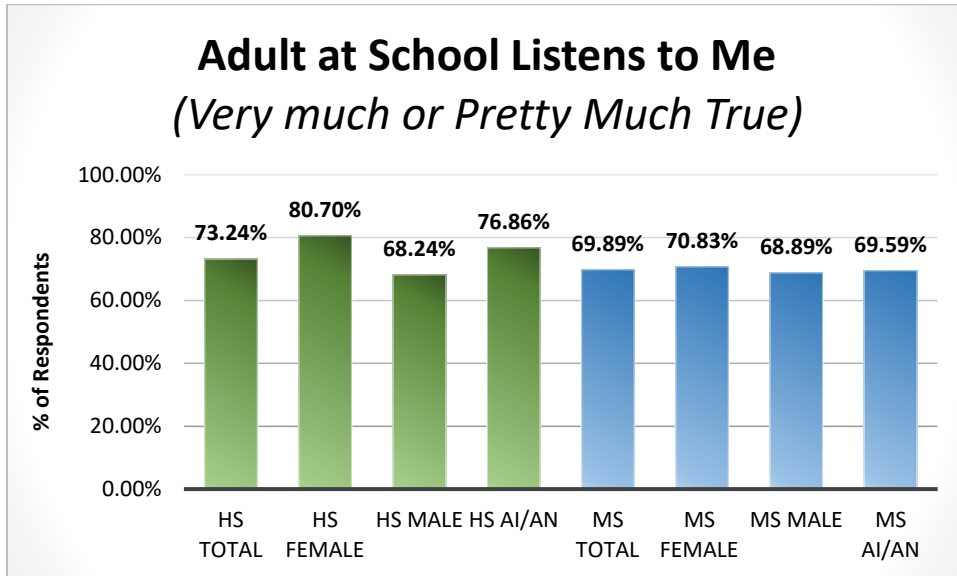
- Middle School students (73%) were more likely than high school students (63%) to report that an adult at home was interested in their school work.
- High school males were the least likely to report that an adult at home was interested in their school work (61%).
- Native American high schoolers were significantly more likely to report that an adult at home was interested in their school work than the average high schooler.
- Native American middle schoolers were slightly more likely to report that an adult at home was interested in their school work than the average middle schooler.

In my home, there is a parent or some other adult who believes that I will be a success.
(Answer choices: Not true at all, A little true, Pretty much true, Very much true)



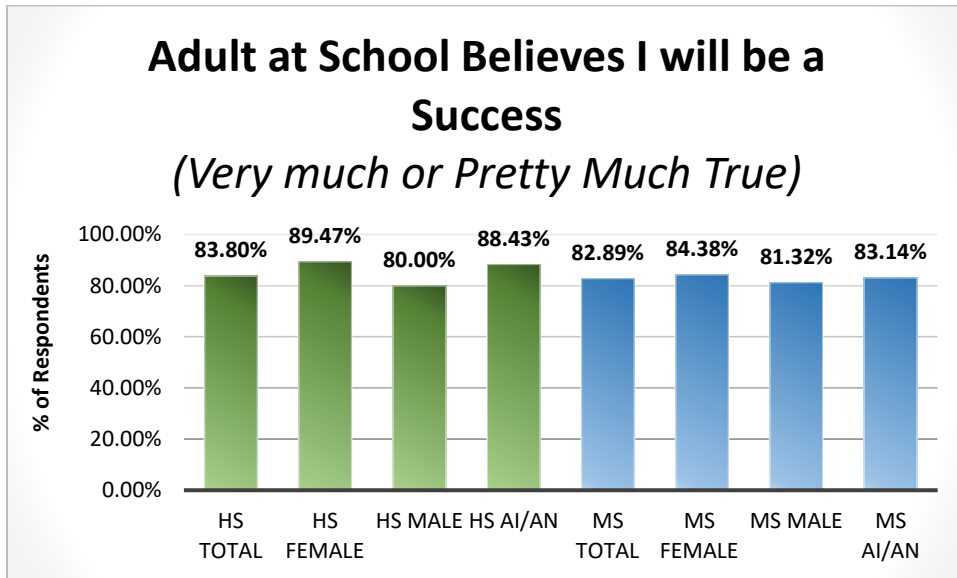
- 85% of high schoolers and 90% of middle schoolers said that it was either “very much true” or “pretty much true” that an adult at home thought they would be a success.
- High school females are the most likely to have an adult at home who believes they will be a success (93%) compared to high school males (79%) who are the least likely to have an adult at home who believes they will be a success.
- Native Americans were slightly more likely than average to have an adult at home who believes they will be a success (88% vs 85% for HS; 90.1% vs 89.8% for MS).

At my school, there is a teacher or some other adult who listens to me when I have something to say. (Answer choices: Not true at all, A little true, Pretty much true, Very much true)



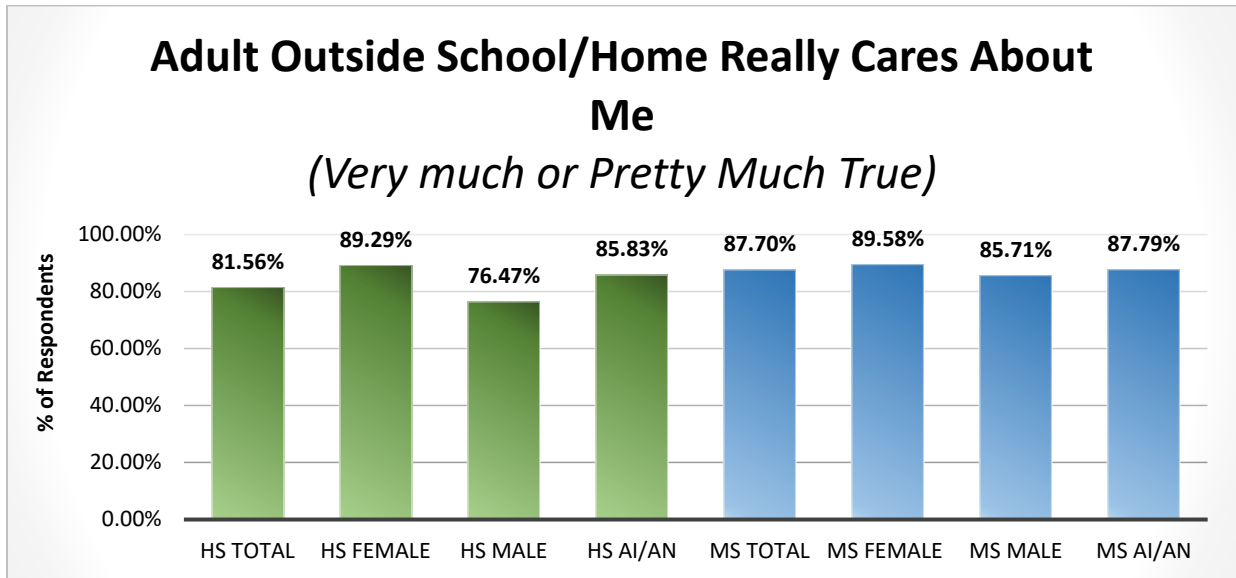
- 73% of high school students and 70% of middle schools reported that it was either very much true or pretty much true that there was an adult at school who listens to them.
- High school females were the most likely to report that an adult at school listens to them (81%) compared to high school males who were the least likely to report that an adult at school listens to them (70%).

At my school, there is a teacher or some other adult who believes that I will be a success.
(Answer choices: Not true at all, A little true, Pretty much true, Very much true)



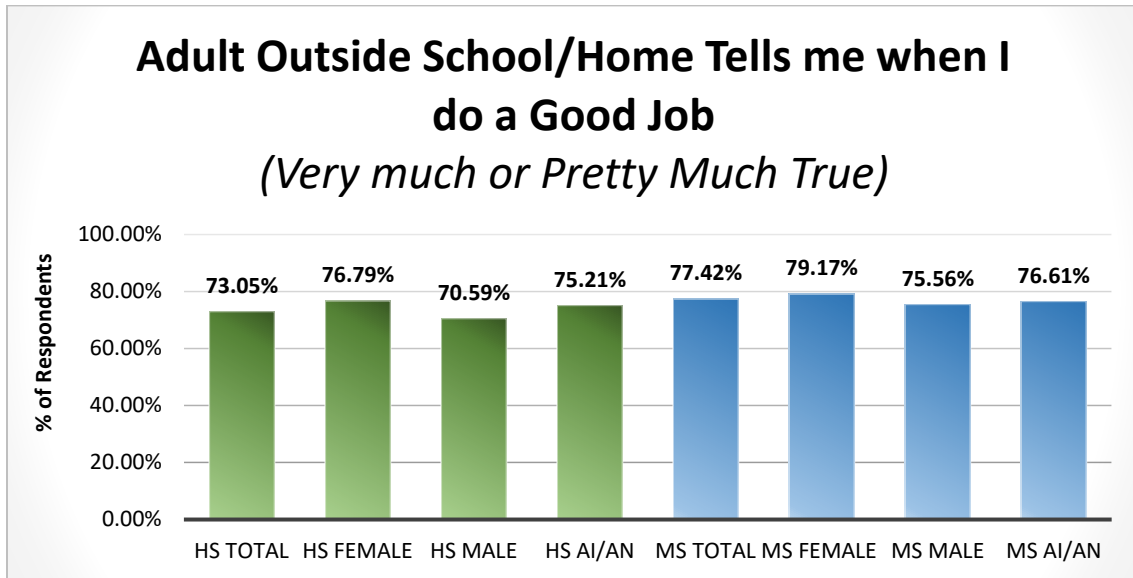
- 84% of high school students and 83% of middle school students reported that it was either very much true or pretty much true that an adult at school believes they will be a success.
- 89% of high school females had an adult at school who believed they would be a success, compared to 80% of high school males.

Outside of my home and school, there is an adult who really cares about me. (Answer choices: Not true at all, A little true, Pretty much true, Very much true)



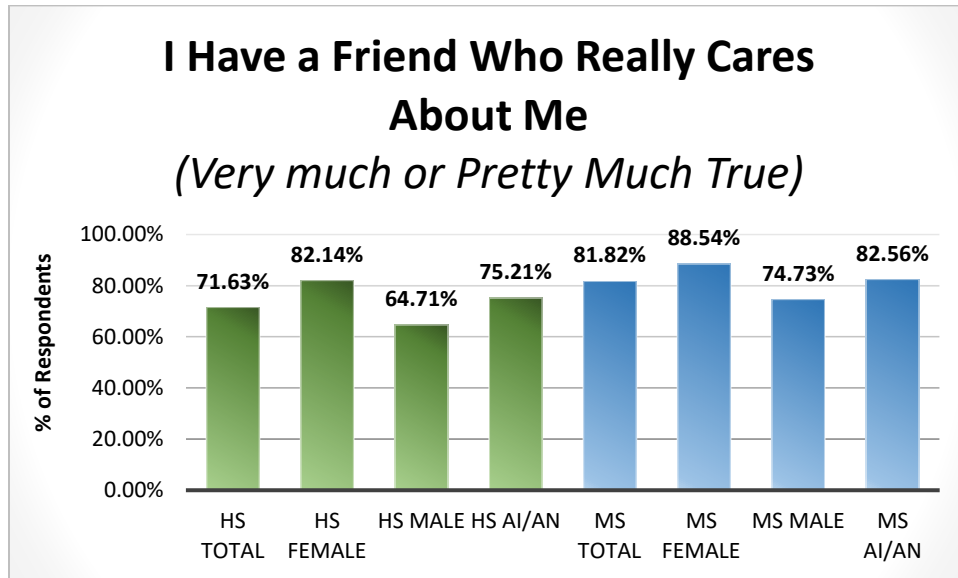
- 82% of high school students and 88% of middle school students reported that it was either very much true or pretty much true that an adult outside of school/home cares about them.
- High school males were the least likely to report that there was an adult outside of school/home that really cares about them (76%).
- Middle school females were the most likely to report that an adult outside of school/home really cares about them (90%).

Outside of my home and school, there is an adult who tells me when I do a good job.
(Answer choices: Not true at all, A little true, Pretty much true, Very much true)



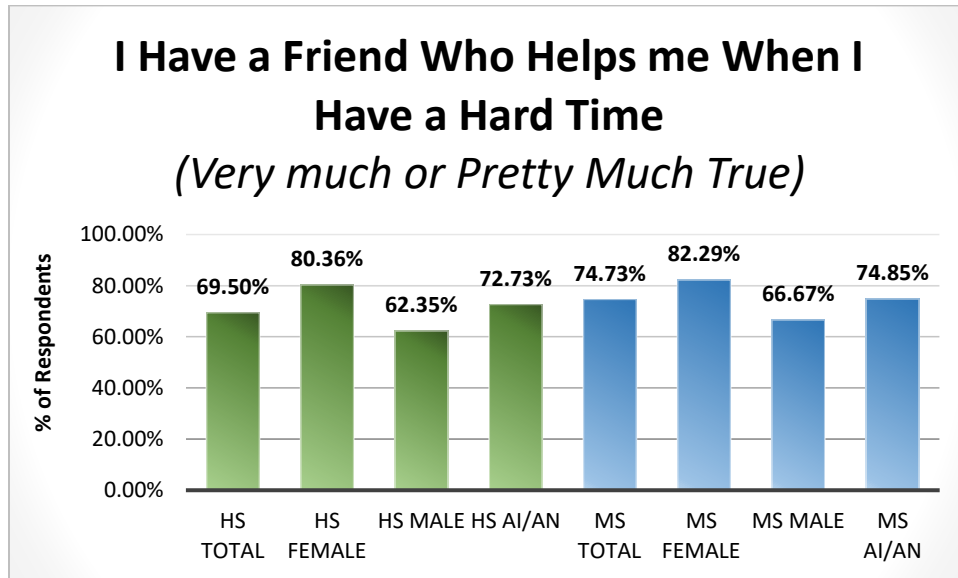
- 73% of high school students and 77% of middle school students reported that it was very much true or pretty much true that there was an adult outside of school/home that tells them when they do a good job.
- High school males were the least likely to report that an adult outside of school/home tells them when they do a good job (71%).
- Middle school females were the most likely to report that an adult outside of school/home tells them when they do a good job (79%).

I have a friend about my own age who really cares about me. (Answer choices: Not true at all, A little true, Pretty much true, Very much true)



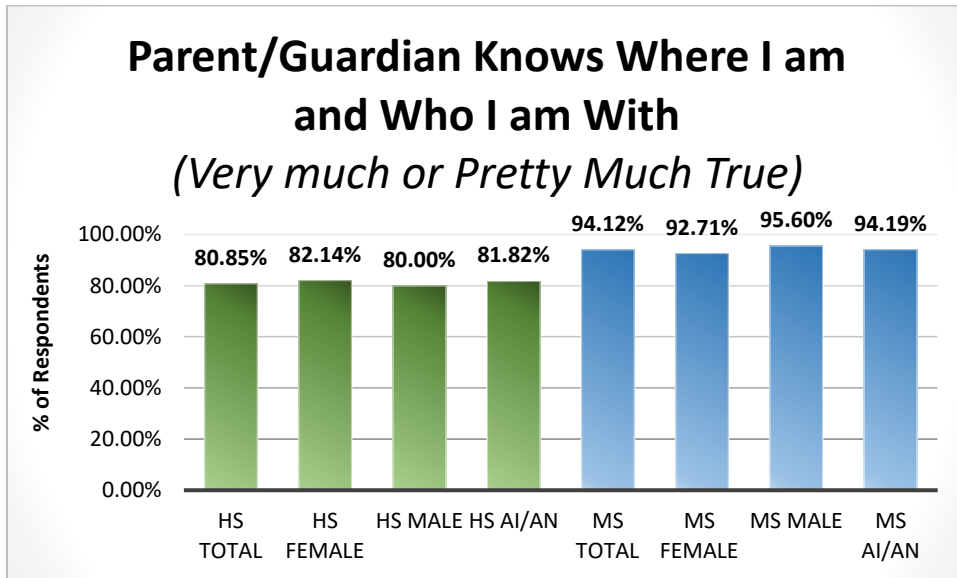
- 72% of high school students and 82% of middle school students reported that it was very much true or pretty much true that they had a friend who really cares about them.
- High school males were 10 percentage points less likely to report having a friend who really cares about them than the next lowest group, middle school males (65% vs 75% respectively).
- Middle school females were the most likely to report having a friend who really cares about them (89%).
- HS American Indian/Alaska Natives were more likely to report having a friend who really cares about them than the HS total (75% vs 72%). MS American Indian/Alaska Natives were slightly more likely to report having a friend who really cares about them than the MS total (83% vs 82%).

I have a friend about my own age who helps me when I'm having a hard time. (Answer choices: Not true at all, A little true, Pretty much true, Very much true)



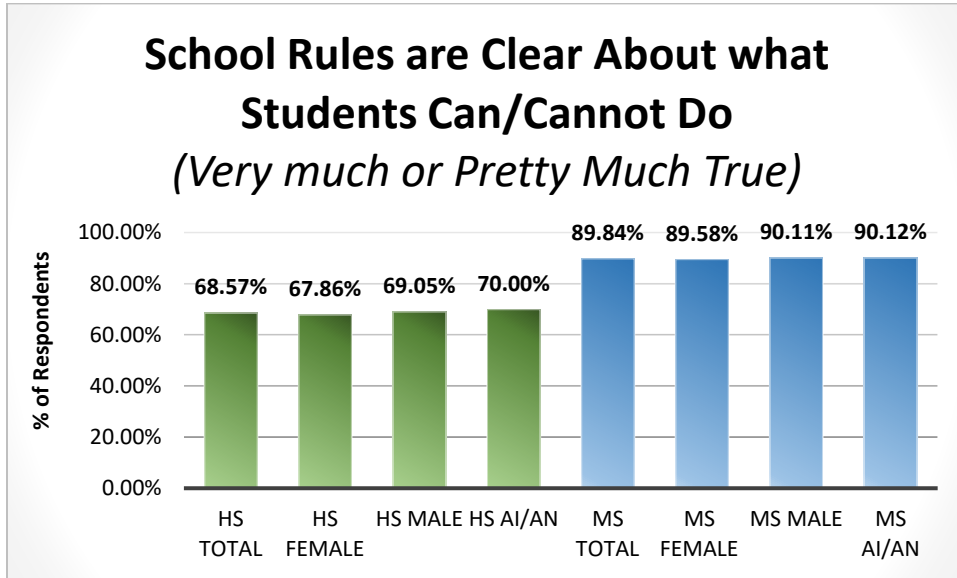
- 70% of high school students and 75% of middle school students reported that it was very much true or pretty much true that they had a friend who helps them when they have a hard time.
- Males were the least likely to report that they have a friend who helps them (62% HS; 67% MS).
- Females were the most likely to report that they have a friend who helps them (90% HS; 82% MS).
- Native Americans were more likely than the student average to report having a friend who helps them (73% vs 69% HS; 74.9% vs 74.7% MS)

When I am not at home, one of my parents/ guardians knows where I am and who I am with. (Answer choices: Not true at all, A little true, Pretty much true, Very much true)



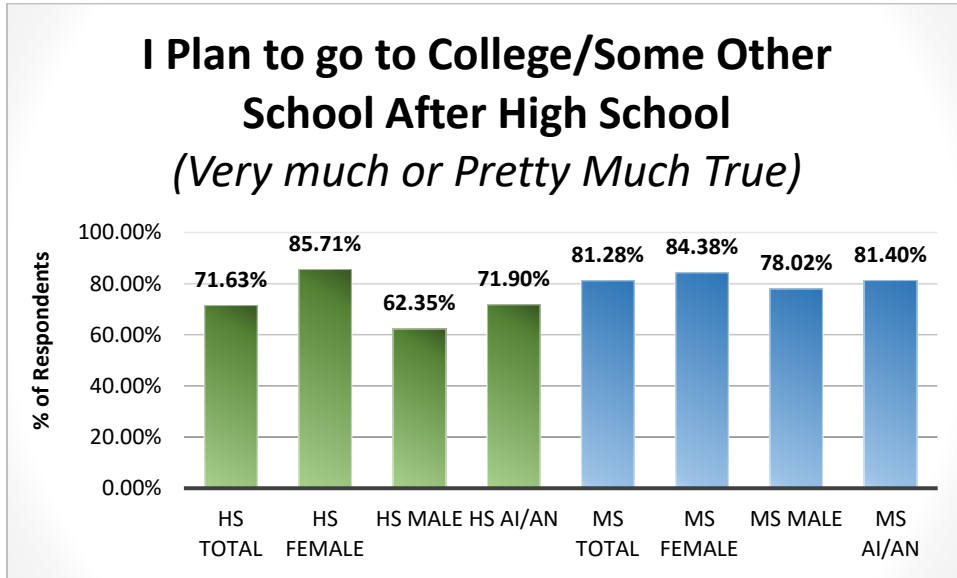
- 81% of high school students and 94% of middle school students responded that it was very much true or pretty much true that a parent or guardian knows where they are and who they are with when they are not home.

In my school, there are clear rules about what students can and cannot do. (Answer choices: Not true at all, A little true, Pretty much true, Very much true)



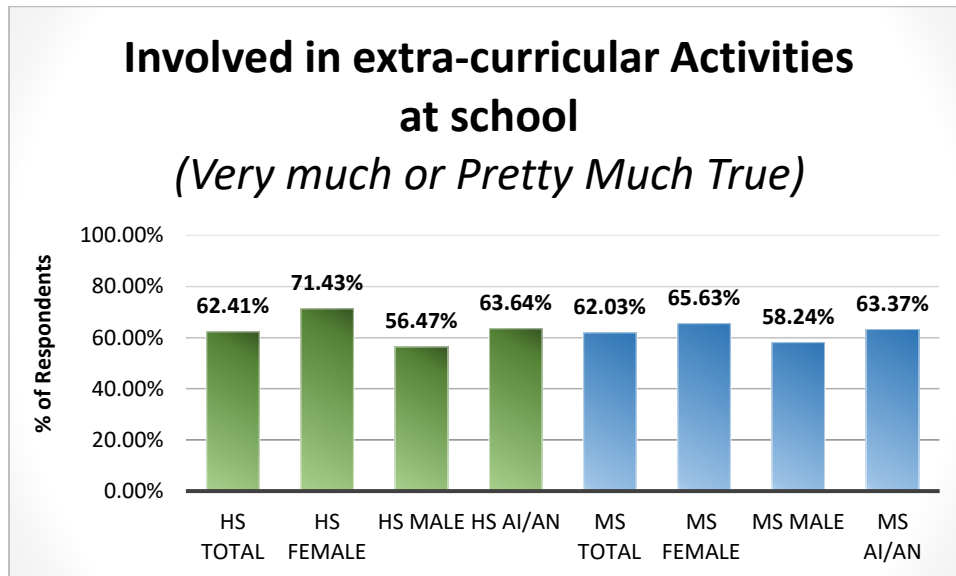
- 69% of high school students and 90% of middle school students reported that it was very much true or pretty much true that there are clear school rules about what students can and cannot do.

I plan to go to college or some other school after high school. (Answer choices: Not true at all, A little true, Pretty much true, Very much true)



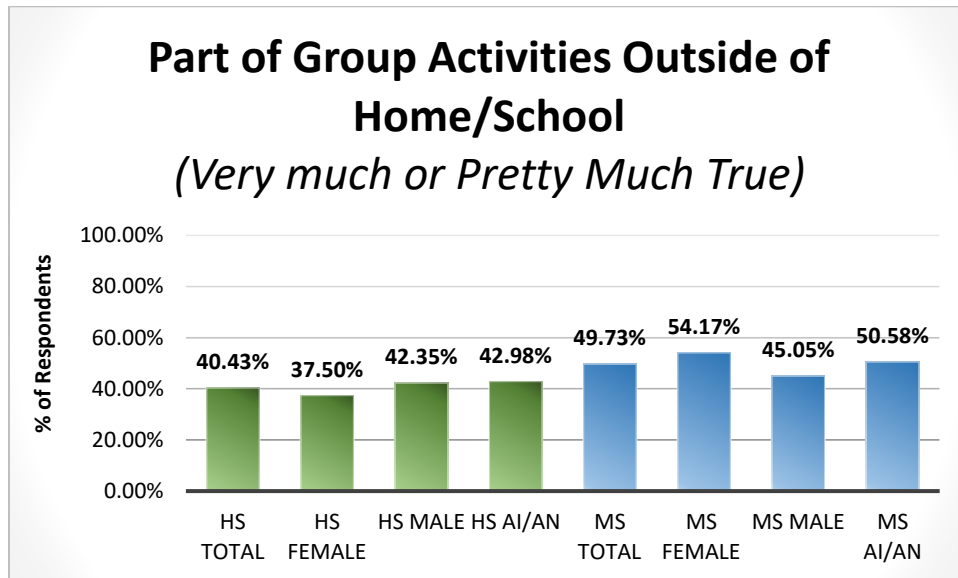
- 72% of high school students and 81% of middle school students reported that it was very much true or pretty much true that they plan to go to college or some other school after high school.
- High school males were the least likely to report post-high school education plans (62%). High school females were the most likely to report post-high school education plans (86%).

At school I am involved in sports, clubs, or other extra-curricular activities (such as band, cheerleading, or student council). (Answer choices: Not true at all, A little true, Pretty much true, Very much true)



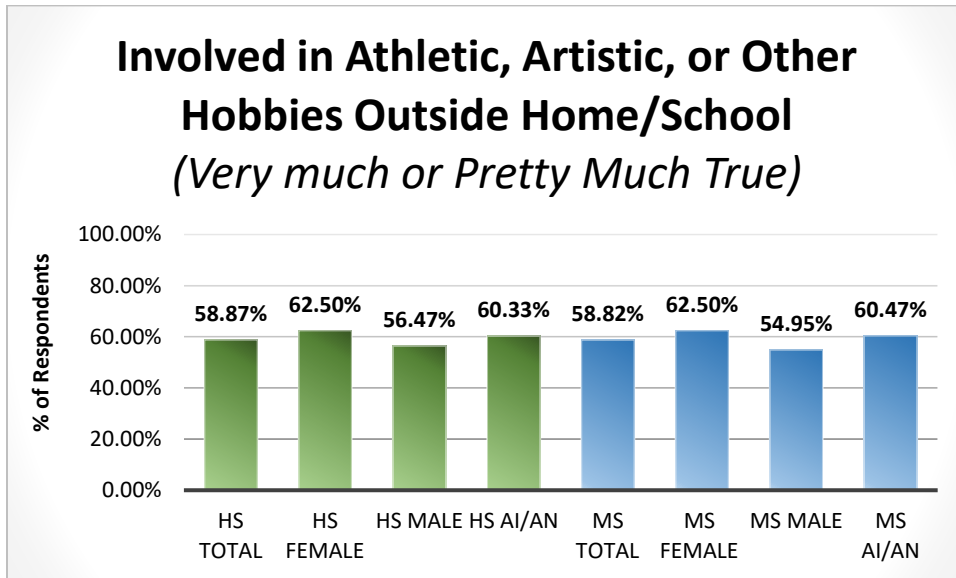
- 62% of high school and middle school students reported that it was very much true or pretty much true that they are involved in extra-curricular activities at school.
- High school males were the least likely to report they were involved in extra-curriculars (56%). High school females were the most likely to report they were involved in extra-curriculars (71%).

Outside of my home and school, I am a part of clubs, sports teams, church/ temple, or other group activities. (Answer choices: Not true at all, A little true, Pretty much true, Very much true)



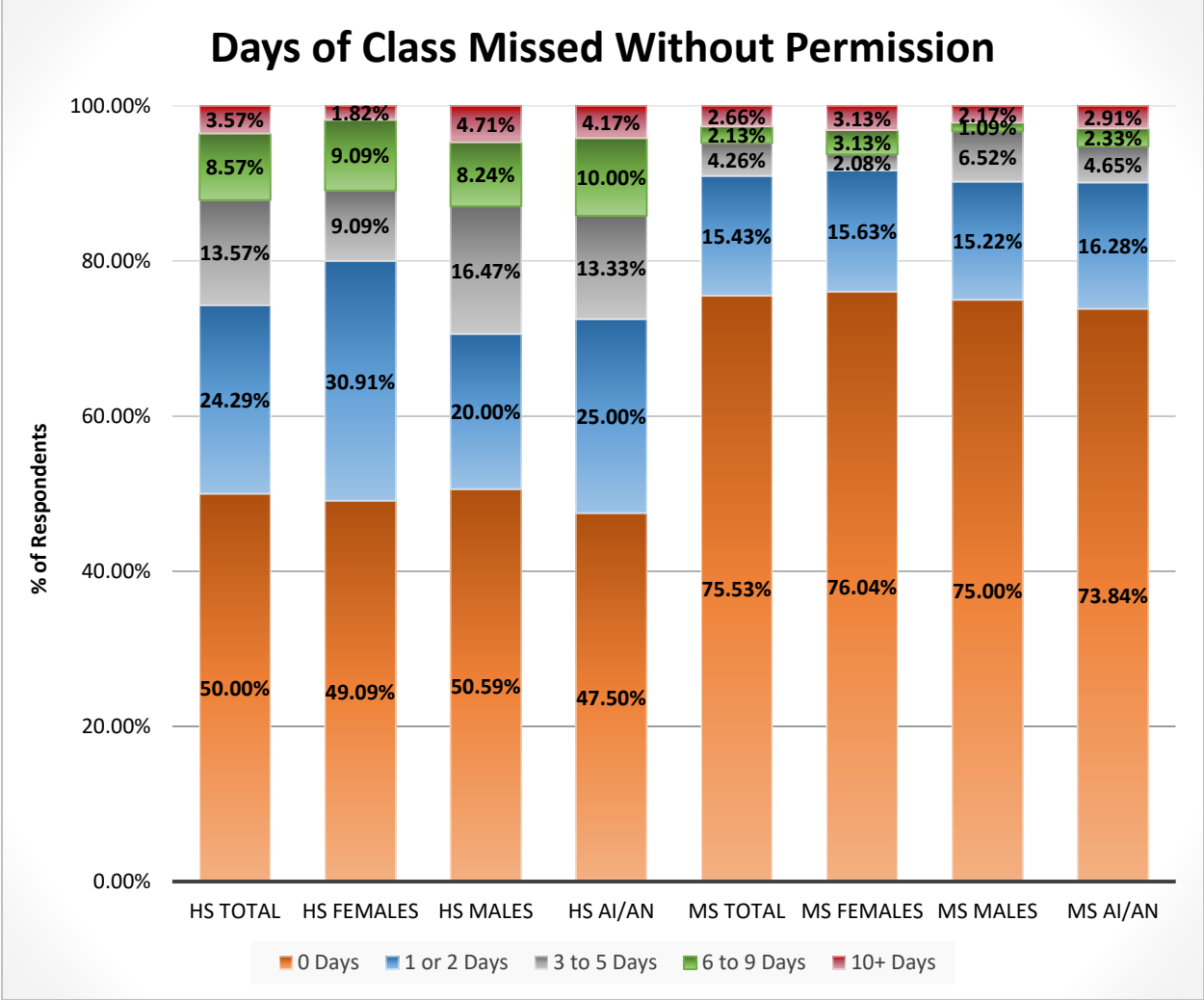
- 40% of high school students and 50% of middle school students reported that it was very much true or pretty much true that they are a part of group activities outside of home and school.
- Middle school females were the most likely to report that they are involved in group activities (54%). High school females were the least likely to report that they are involved in group activities (38%).
- Native Americans were more likely than the student population average to be a part of group activities outside of home and school (43% vs 40% HS; 51% vs 50% MS).

Outside of my home and school, I am involved in music, art, literature, sports, or a hobby.
 (Answer choices: Not true at all, A little true, Pretty much true, Very much true)



- 59% of high school and middle school students reported that it was very much true or pretty much true that they are involved in hobbies outside of home and school.
- Males were the least likely to report that they are involved in hobbies (56% HS; 55% MS).

During the past 30 days, how many days of school did you miss classes or school without permission? (Answer choices: 0 days, 1 or 2 days, 3 to 5 days, 6 to 9 days, 10 or more days)



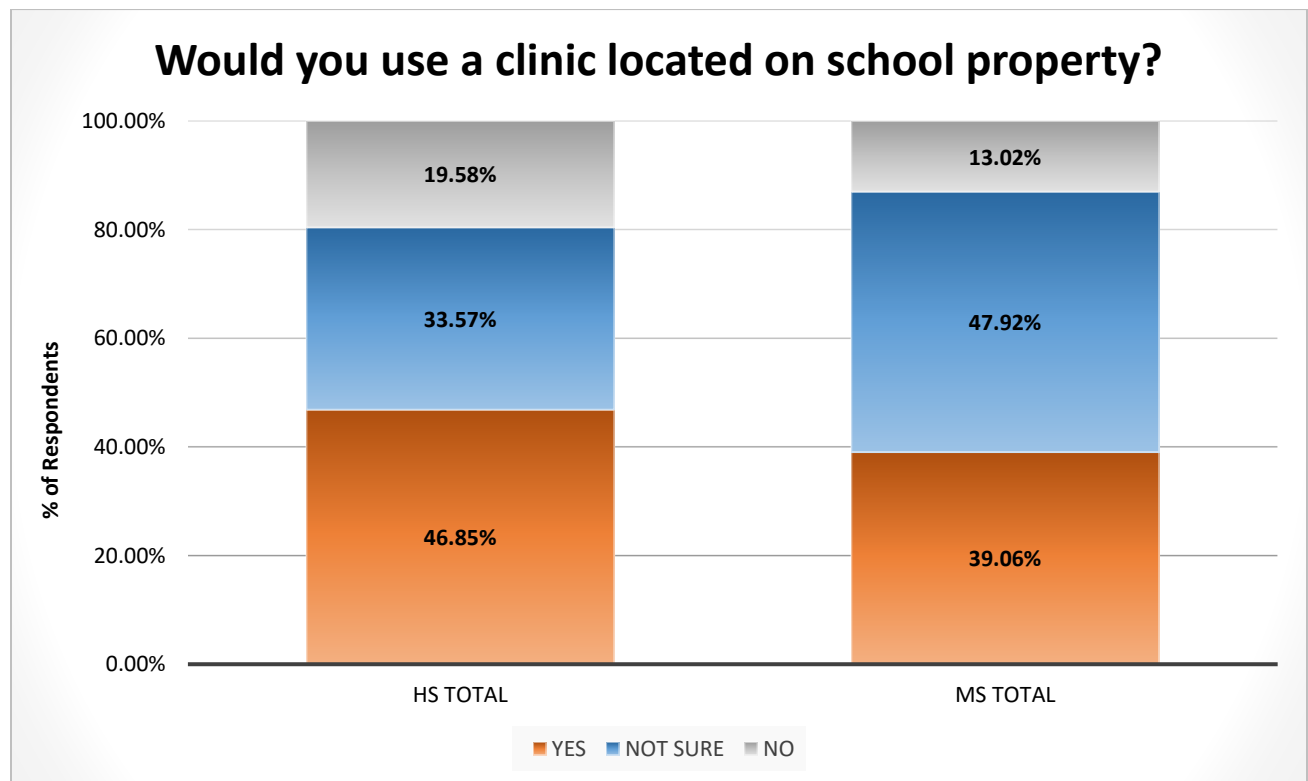
- A higher percentage of high school students (50%) reported skipping school on one more days in the past month compared to middle school students (24%). 12% of high schoolers skipped school on 6+ days in the past month compared to 5% of middle schoolers.

Health Clinic Use

In addition to the health-related questions asked above, EBCI asked one question to gauge interest in a school health clinic. Before CCS moved to its current location in 2009, EBCI operated a clinic that was located across from the school. After the school moved, the clinic closed; EBCI is considering opening a clinic at the current CCS location.

Health Clinic Use

If Cherokee Central Schools had a health clinic on school property where you could go see a doctor, would you use it? (Answer Choices: Yes, No, Not sure).



- 47% of high school students and 39% of middle school students reported that they would use a clinic located on school property. Another 34% of high school students and 48% of middle school students indicated that they were unsure if they would use a school clinic or not.
- 20% of high school students and 13% of middle school students indicated that they would not use a school clinic.

Appendix A: Indicator Definitions and Answer Combining

Injury

Never or Rarely wore a bicycle helmet

Answered 'Never' or 'Rarely' to the question, *How often do you wear a seat belt when riding in a car driven by someone else?* AMONG those who reported riding a bicycle

Never or Rarely Wore a Seatbelt

Answered 'Never' or 'Rarely' to the question, *How often do you wear a seat belt when riding in a car driven by someone else?*

Rode with a Driver who had Been Drinking

Answered '1 time' or more to the question, *During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been drinking alcohol?*

Drove after drinking alcohol in the past 30 days

Answered '1 time' or more to the question, *During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol?* AMONG those who drive a car or other vehicle

Texted or e-mailed while driving

Answered '1 time' or more to the question, *During the past 30 days, how many times did you text or e-mail while driving a car or other vehicle?* AMONG those who drove a car or other vehicle

Gun in the home

Answered 'Yes' to the question, *Is there a gun in your home?*

Violence-Related

Carried a weapon

Answered '1 day' or more to the question, *During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club?*

Carried a gun

Answered '1 day' or more to the question, *During the past 30 days, on how many days did you carry a gun?*

Carried a weapon on school property

Answered '1 day' or more to the question, *During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club on school property?*

Skipped school due to Safety Concerns

Answered '1 day' or more to the question, *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?*

In a physical fight

Answered '1 time' or more to the question, *During the past 12 months, how many times were you in a physical fight?*

In a physical fight on school property

Answered '1 time' or more to the question, *During the past 12 months, how many times were you in a physical fight on school property?*

Bullied on school property

Answered 'Yes' to the question, *During the past 12 months, have you ever been electronically bullied? (Include being bullied through e-mail, chat rooms, instant messaging, Web sites, or texting.)*

Bullied Electronically

Answered 'Yes' to the question, *During the past 12 months, have you ever been bullied on school property?*

Ever physically forced to have unwanted sexual intercourse

Answered 'Yes' to the question, *Have you ever been physically forced to have sexual intercourse when you did not want to?*

Physical dating violence

Answered '1 time' or more to the question, *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.)* AMONG those who dated in the last year.

Sexual dating violence

Answered '1 time' or more to the question, *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.)* Among those who dated in the last year.

Mental Health

Non-suicidal self-harm

Answered '1 time' or more to the question, *During the past 12 months, how many times did you do something to purposely hurt yourself without wanting to die, such as cutting or burning yourself on purpose?*

Felt sad or hopeless

Answered 'Yes' to the question, *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?*

Seriously Considered Suicide

Answered 'Yes' to the question, *During the past 12 months, did you ever seriously consider attempting suicide?*

Made a suicide plan

Answered 'Yes' to the question, *During the past 12 months, did you make a plan about how you would attempt suicide?*

Attempted suicide

Answered '1 time' or more to the question, *During the past 12 months, how many times did you actually attempt suicide?*

Suicide attempt with injury

Answered 'Yes' to the question, *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?*

Tobacco Use

Ever tried cigarettes

Answered 'Yes' to the question, *Have you ever tried cigarette smoking, even one or two puffs?*

Tried First Cigarette Before Age 13

Answered '11 or 12 years old' or younger to the question, *How old were you when first tried cigarette smoking, even one or two puffs?*

Current cigarette smoking (Smoked at least one cigarette in past 30 days)

Answered '1 or 2 days' or more to the question, *During the past 30 days, on how many days did you smoke cigarettes?*

Smoked at Least 1 Cigarette per Day

Answered '1 per day' or more to the question, *During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?* AMONG those who reported smoking.

Current smokeless tobacco use

Answered '1 or 2 days' or more to the question, *During the past 30 days, on how many days did you use chewing tobacco, snuff, or dip, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?*

Current cigar/cigarillo use

Answered '1 or 2 days' or more to the question, *During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars?*

Current hookah use

Answered '1 or 2 days' or more to the question, *During the past 30 days, on how many days did you smoke tobacco or flavored tobacco in a hookah, even just a puff?*

Current flavored tobacco use

Answered 'Yes' or more to the question, *Were any of the tobacco products you used in the past 30 days flavored to taste like menthol (mint), clove, spice, alcohol (wine, cognac), candy, fruit, chocolate, or other sweets?*

Ever used e-vapor

Answered '1 or 2 days' or more to the question, *Have you ever used an electronic vapor product?*

Current e-vapor use

Answered '1 or 2 days' or more to the question, *During the past 30 days, on how many days did you use an electronic vapor product?*

Second Hand Smoke Exposure

Answered '1 or 2 days' or more to the question, *During the past 7 days, on how many days were you in the same room with someone who was smoking cigarettes?*

Alcohol and Marijuana

Ever Drank Alcohol

Answered something other than 'I have never had a drink of alcohol other than a few sips' to the question, *How old were you when you had your first drink of alcohol other than a few sips?*

First drink of alcohol before age 13

Answered '11 or 12 years old or younger' to the question, *How old were you when you had your first drink of alcohol other than a few sips?*

Current alcohol use

Answered '1 or 2 days' or more to the question, *During the past 30 days, on how many days did you have at least one drink of alcohol?*

Binge drinking

Answered '1 day' or more to the question, *During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row, that is, within a couple of hours?*

10+ drinks on a single occasion

Answered '10 or more drinks' or more to the question, *During the past 30 days, what is the largest number of alcoholic drinks you had in a row?*

Drank Alcohol on School Property

Answered '1 or 2 days' or more to the question, *During the past 30 days, on how many days did you have at least one drink of alcohol on school property?*

First tried marijuana before age 13

Answered '11 or 12 years old' or younger to the question, *How old were you when you tried marijuana for the first time?*

Ever used marijuana

Gave any response other than 'I have never tried marijuana' to the question, *How old were you when you tried marijuana for the first time?*

Current marijuana use

Answered '1 or 2 times' or more to the question, *During the past 30 days, how many times did you use marijuana?*

Drug Use

Lifetime cocaine use (Ever used in lifetime)

Answered '1 or 2 times' or more to the question, *During your life, how many times did you use any form of cocaine, including powder, crack, or freebase?*

Lifetime ecstasy use (Ever used in lifetime)

Answered '1 or 2 times' or more to the question, *During your life, how many times have you used ecstasy?*

Lifetime methamphetamine use (Ever used in lifetime)

Answered '1 or 2 times' or more to the question, *During your life, how many times have you used methamphetamines (also called speed, crystal, crank, or ice)?*

Lifetime heroin use (Ever used in lifetime)

Answered '1 or 2 times' or more to the question, *During your life, how many times have you used heroin (also called smack, junk, or China White)?*

Ever used prescription drugs without prescription

Answered '1 or 2 times' or more to the question, *During your life, how many times have you taken a prescription drug (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription?*

Injection drug use

Answered '1 or 2 times' or more to the question, *During your life, how many times have you used a needle to inject any illegal drug into your body?*

Current cocaine use

Answered '1 or 2 times' or more to the question, *During the past 30 days, how many times did you use any form of cocaine, including powder, crack, or freebase?*

Current painkiller use to get high

Answered '1 or 2 times' or more to the question, *During the past 30 days, how many times did you use a pain killer to get high, like Vicodin, OxyContin (also called Oxy or OC), or Percocet (also called Percs)?*

Current inhalant use

Answered '1 or 2 times' or more to the question, *During the past 30 days, how many times have you sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high?*

Current heroin use

Answered '1 or 2 times' or more to the question, *During the past 30 days, how many times have you used heroin (also called smack, junk, or China White)?*

Current methamphetamine use

Answered '1 or 2 times' or more to the question, *During the past 30 days, how many times have you used methamphetamines (also called speed, crystal, crank, or ice)?*

Current ecstasy use

Answered '1 or 2 times' or more to the question, *During the past 30 days, how many times have you used ecstasy?*

Current synthetic marijuana use

Answered '1 or 2 times' or more to the question, *During the past 30 days, how many times have you used synthetic marijuana (also called K2 or Spice)?*

Drugs on school property

Answered 'Yes' to the question, *During the past 12 months, has anyone offered, sold, or given you an illegal drug on school property?*

Sexual Activity

Ever had sexual intercourse

Answered 'Yes' to the question, *Have you ever had sexual intercourse?*

Sexual intercourse before age 13

Answered '11 or 12 years old' or younger to the question, *How old were you when you had sexual intercourse for the first time?* AMONG those who are sexually active

Four or more sexual partners in lifetime
Answered '4 people' or more to the question, *During your life, with how many people have you had sexual intercourse?* AMONG sexually active students.

Recently sexually active
Respondent reported having sexual intercourse within the previous 3 months. Answered '1 person' or more to the question, *During the past 3 months, with how many people did you have sexual intercourse?* AMONG sexually active students.

Alcohol or drug use before sexual intercourse
Answered 'Yes' to the question, *Did you drink alcohol or use drugs before you had sexual intercourse the last time?* AMONG sexually active students.

Did not use condom
Answered 'No' to the question, *The last time you had sexual intercourse, did you or your partner use a condom?* AMONG those who reported being "Sexually active"

Identifies as gay, lesbian or bisexual
Answered 'Gay or lesbian' or 'Bisexual' to the question, *Which of the following best describes you?*

Pregnancy
Answered 'Yes' to the question, *Have you ever been pregnant?*

Nutrition

3 or fewer servings of fruit/100% fruit juice per week
Combined answers to the questions, *During the past 7 days, how many times did you:*

- *Drink 100% fruit juices*
- *Eat fruit.*

Answered 'I did not drink 100% fruit juices/ fruit' to both questions OR '1 to 3 times during the past 7 days' to ONE of the questions.

3 or fewer servings of vegetables per week
Combined answers to the questions, *During the past 7 days, how many times did you:*

- *Eat green salad*
- *Eat other vegetables*

Answered 'I did not eat (green salad/other vegetables)' to ALL questions OR '1 to 3 times during the past 7 days' to ONE of these four questions.

Drank soda/pop at least once every day
Answered '1 time per day', '2 times per day', '3 times per day', or '4 or more times per day' to the question, *During the past 7 days, how many times did you drink a can, bottle, or glass of soda or pop, such as Coke, Pepsi, or Sprite?*

Never ate breakfast
Answered '0 days' to the question, *During the past 7 days, on how many days did you eat breakfast?*

Physical Activity

Watched TV three or more hours per day
Answered '3 hours per day' or more to the question, *On an average school day, how many hours do you watch TV?*

Computer use or video gaming three or more hours per day
Answered '3 hours per day' or more to the question, *On an average school day, how many hours do you play video or computer games or use a computer for something that is not school work? (Include activities such as Xbox, PlayStation, Nintendo DS, iPod touch, Facebook, and the Internet.)?*

Screen time three or more hours per day

Answered a combined total of '3 hours per day' or more to the two questions above
No PE in school

Answered '0 days' or more to the question, *In an average week when you are in school, on how many days do you go to physical education (PE) classes?*

Other Topics

Ever had an HIV test

Answered 'Yes' to the question, *Have you ever been tested for HIV, the virus that causes AIDS? (Do not count tests done if you donated blood.)*

Dental visit in the last 12 months

Answered 'During the past 12 months' to the question, *When was the last time you saw a dentist for a check-up, exam, teeth cleaning, or other dental work?*

Diagnosed with asthma

Answered 'Yes' to the question, *Has a doctor or nurse ever told you that you have asthma?*

Current asthma

Answered 'Yes' to the question, *Has a doctor or nurse ever told you that you have asthma?* AND Answered 'Yes' the question, *Do you still have asthma?*

Gambling

Answered '1 or 2 times' or more to the question, *During the past 12 months, how many times have you gambled on a sports team, gambled when playing cards or a dice game, played one of North Carolina's lottery games, gambled on the Internet, or bet on a game of personal skill such as pool or a video game?*

Physical disability

Answered 'Yes' the question, *Do you have any physical disabilities or long-term health problems? (Long-term means 6-months or more)*

Unstable housing

Gave any response other than 'At home with my parents or guardians' to the question, *Where do you typically sleep at night?*

Speaks a non-English language at home

Answered 'More than half the time but not all of the time' OR 'All of the time' to the question, *How often do you speak a language other than English?*

Born in the USA

Answered 'Yes' to the question, *Were you born in the USA?*

Appendix B: Script for Teachers Administering Survey

Script for teachers to read to students:

Good morning/ afternoon, students.

Today you are going to complete a set of questions about your general health and well-being. This is called the Youth Risk and Resilience Survey. The survey is completely anonymous—there will be no way that anyone can tell what your answers are. All the answers will be put together to help CCS understand our student body’s health situation, strengths, and challenges.

This survey will take about one class period. Do your own work and keep your eyes on your own computer. When you’re finished, you may work on assignments for any of your classes or read a book.

It’s possible that your feelings may be affected by some of the questions. If any of the questions make you feel that you need help, or someone to talk to, you have a sheet in front of you with the names of people who can help you and how to contact them. You can contact someone 24/7 if you need to. Everyone take the sheet with you when you leave.

Answer as many questions as you can, and answer honestly. Do not make things up if you don’t have an answer. If you can’t complete the survey for any reason, raise your hand.

###

Appendix C: YRRS Student Handout

Cherokee Central Schools Youth Risk & Resilience Survey Student Handout

Today you are taking the Youth Risk and Resilience Survey. It will help CCS understand the health situation, strengths, and challenges of our students. The survey is completely anonymous—no one will be able to tell what your answers are.

Answer as many questions as you can. Answer honestly. Do not make things up if you don't have an answer. If you can't complete the survey for any reason, raise your hand and the teacher will come to you.

When you're finished, you may work on assignments for any of your classes or read a book.

If you need to talk to someone about any problem you may be having, call:

Analenisgi Behavioral Health - 497.9163, extension 7550, between 8:00 am - 5:00 pm
Monday-Friday

Or call 497.9163 (Cherokee Indian Hospital) after hours and ask for the Emergency Room. They will have a counselor contact you right away.

...or contact your school counselor:

Debbie Lambert - CHS guidance counselor

554.5080

dlambert@cherokeecentral.gaggle.net or deborah.lambert@ccs-nc.org

Bill Lockman - School Psychologist

554.5075

wlockman@cherokeecentral.gaggle.net or william.lockman@ccs-nc.org

Kelsey Owle - CMS guidance counselor

554.5067

kstandingdeer@cherokeecentral.gaggle.net or kelsey.owle@ccs-nc.org