

2022

YOUTH RISK AND RESILIENCY SUMMARY REPORT



FOR CHEROKEE CENTRAL SCHOOLS

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ACKNOWLEDGEMENTS

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.

Cherokee Central Schools (CCS) Middle and High School Teachers and Students

CCS School Board:

Tara Reed-Cooper, Co-Vice Chairwoman

Melanie Lambert, Co-Vice Chairwoman

Roberta Toineeta, Representative

Kristina Hyatt, Secretary

Regina Ledford Rosario, Representative

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Bo Crowe, Tribal Council Representative

Dr. Michael Murray

CCS Superintendent

Dr. Beverly Payne

CCS Assistant Superintendent

Dr. Debora Foerst

CCS High School Principal

Joel Creasman

CCS Middle School Principal

CCS MISSION AND VISION



Mission: Cherokee Central Schools, in partnership with its families and community, will develop lifelong learners by providing challenging educational experiences that empower students for cultural stewardship, civic responsibility, future readiness, and academic success in a safe and healthy learning environment.



Vision: Empower our students; preserve our nation; ensure our future.

INTRODUCTION

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 nonvoting 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 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,

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

sports arena, stadium, stickball field, and boys' and girls' fitness centers.

The school calendar provides 180 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 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 underrepresentation 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

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 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.htm>

wanted to assess among middle schoolers. All responses were self-reported by the students and a total of four-hundred, and ninety-three (n=490) surveys were complete enough for analysis. Seventy-two percent of the CCS Middle and High School student population completed the survey and approximately 86% of the respondents identified their race as American Indian/Alaska Native (AI/AN). The responses presented in this report represent only those students who participated in the survey.

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 and in 2022, the school conducted the survey for a third time. The survey was not distributed in 2020 due to COVID-19. CCS will continue to 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 2019-2027 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.

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 March and April 2022, 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 2022, over the course of 2 days. The survey was administered at the high school and middle school on separate days. Students took the survey in their respective classrooms on laptop computers. Make-up times for absent students were provided in the following days. 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 A). 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 B).

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.
- 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.
- 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

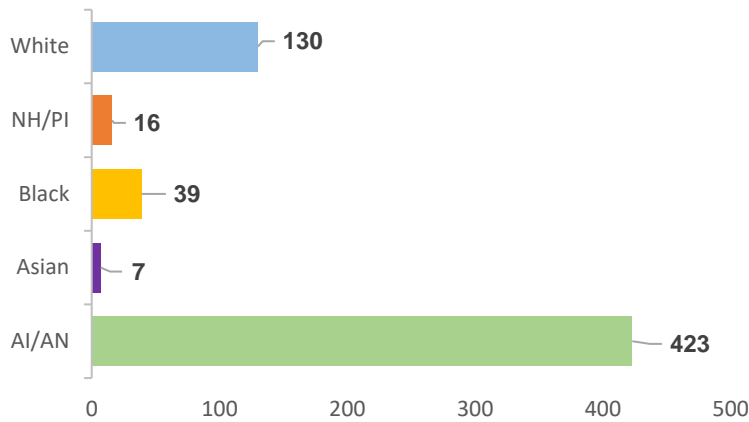
STUDENT DEMOGRAPHICS

According to a student enrollment report dated April 6, 2022, there were 683 students enrolled in Cherokee Central Schools, grades 6 through 12.⁵ Approximately 72% of the enrolled students (490 out of 683) participated in the YRRS. The following table highlights the demographic characteristics of the sample compared to the total CCS student body in middle school and high school.

	YRRS Respondents		CCS Students (as of April 6, 2022)	
	Number of Students	% of Survey Respondents	Number of Students	% of Total CCS Students
TOTAL	490	100.0%	683	100%
GRADE				
Middle School	253	51.6%	304	44.5%
High School	237	48.4%	379	55.5%
9th grade	64	27.0%	103	27.2%
10th grade	70	29.5%	98	25.9%
11th grade	67	28.3%	97	25.6%
12th grade	36	15.2%	81	21.4%
SEX				
Female	230	47.1%	316	46.3%
Male	258	52.9%	367	53.7%
AGE				
12 and younger	90	18.3%	100	14.6%
13 years old	85	17.3%	100	14.6%
14 years old	80	16.3%	83	12.2%
15 years old	74	15.1%	112	16.4%
16 years old	75	15.3%	110	16.1%
17 years old	61	12.4%	92	13.5%
18 and older	26	5.3%	89	13.0%

⁵ Student Enrollment Summary Report provided by Dr. Beverly Payne, CCS. April 2022.

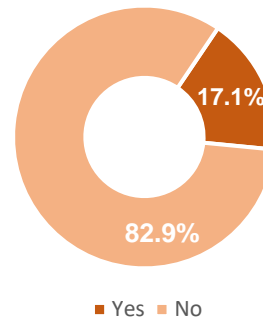
RACE/ETHNICITY



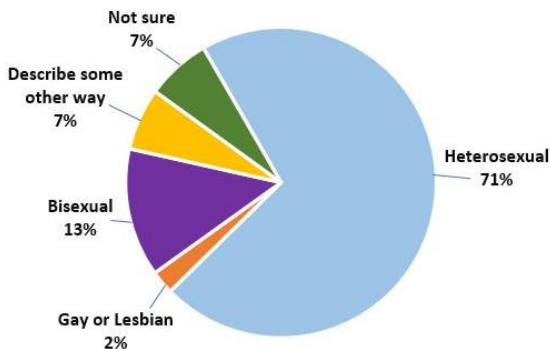
High school and middle school students were asked to identify their race; respondents were able to select more than one race on question 5 of the survey.⁶ Student responses are depicted in the graph to the left. In response to the additional race/ethnicity question “Which group best describes you?”

respondents were only able to select one answer choice.⁷ The options included: American Indian or Alaska Native, Asian, Black or African American, Hispanic or Latino, Native Hawaiian or Other Pacific Islander, and White. 373 respondents selected American Indian or Alaska Native, representing about 76% of all YRRS respondents. Additionally, 83 students responded “yes” to the question “Are you Hispanic or Latino?”⁸ This represents nearly 17% of all YRRS respondents.

HISPANIC/LATINO



SEXUAL IDENTITY



Students were asked to describe their sexual identity.⁹ 71% of respondents reported being heterosexual, 2% reported being gay or lesbian, 13% reported being bisexual, 7% describe themselves some other way, and 7% were not sure.

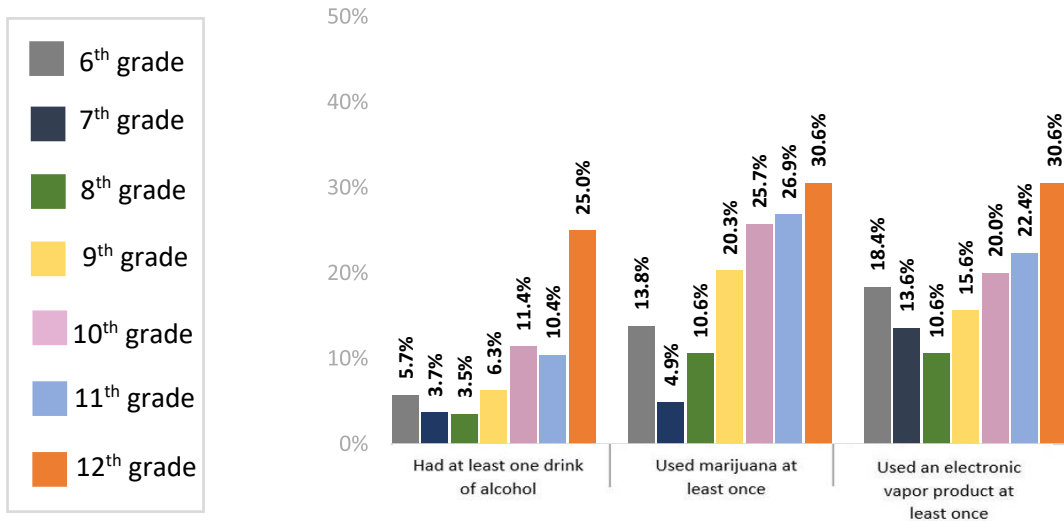
⁶ Question 5: “What is your race?” allowed students to select more than one response.

⁷ Question 6: “Which one of these best describes you?” in relation to race and ethnicity.

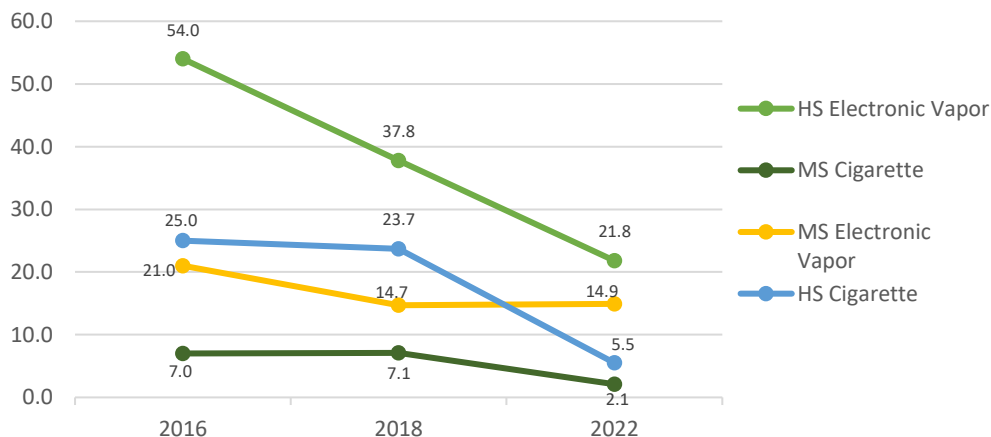
⁸ Question 4: “Are you Hispanic or Latino?”

ALCOHOL, TOBACCO, AND OTHER DRUG USE

CCS student substance use in the last 30 days, by grade level



4.7% of CCS high school students reported using marijuana for the first time before age 13. Similarly, 13.1% of middle school students reported using marijuana for the first time before age 13.



There has been a significant decline in use of cigarettes and electronic vapor products among CCS middle and high school students from 2016-2022.

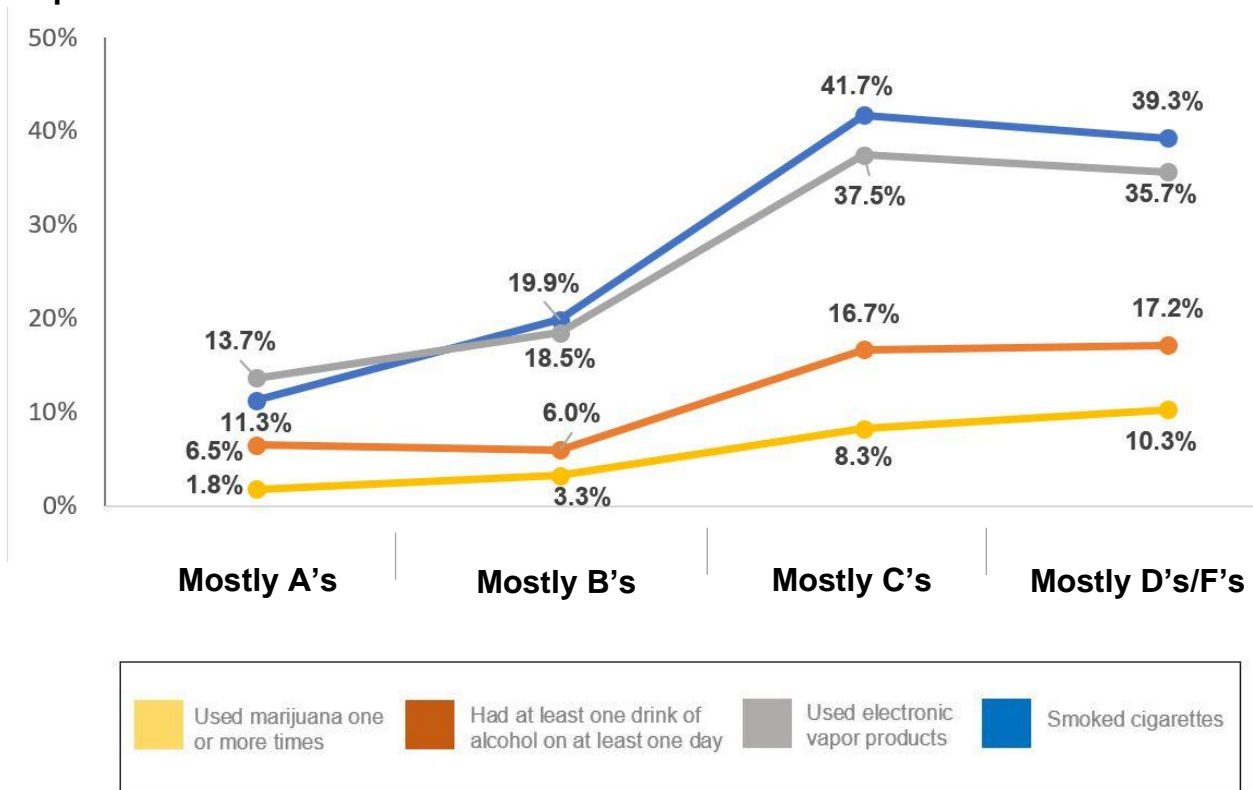
When compared to NC state data and national data, current use of electronic vapor products among CCS high school students was approximately 11-14% lower.

		Trends in alcohol age of initiation: 2016-2022			2016-2022 Trend
		2016	2018	2022	
Middle School	Percentage of students who had their first drink of alcohol other than a few sips before age 13 years	14.0	16.4	12.6	↓ Down
High School	Percentage of students who had their first drink of alcohol other than a few sips before age 13 years	14.0	14.7	14.7	↔ No change



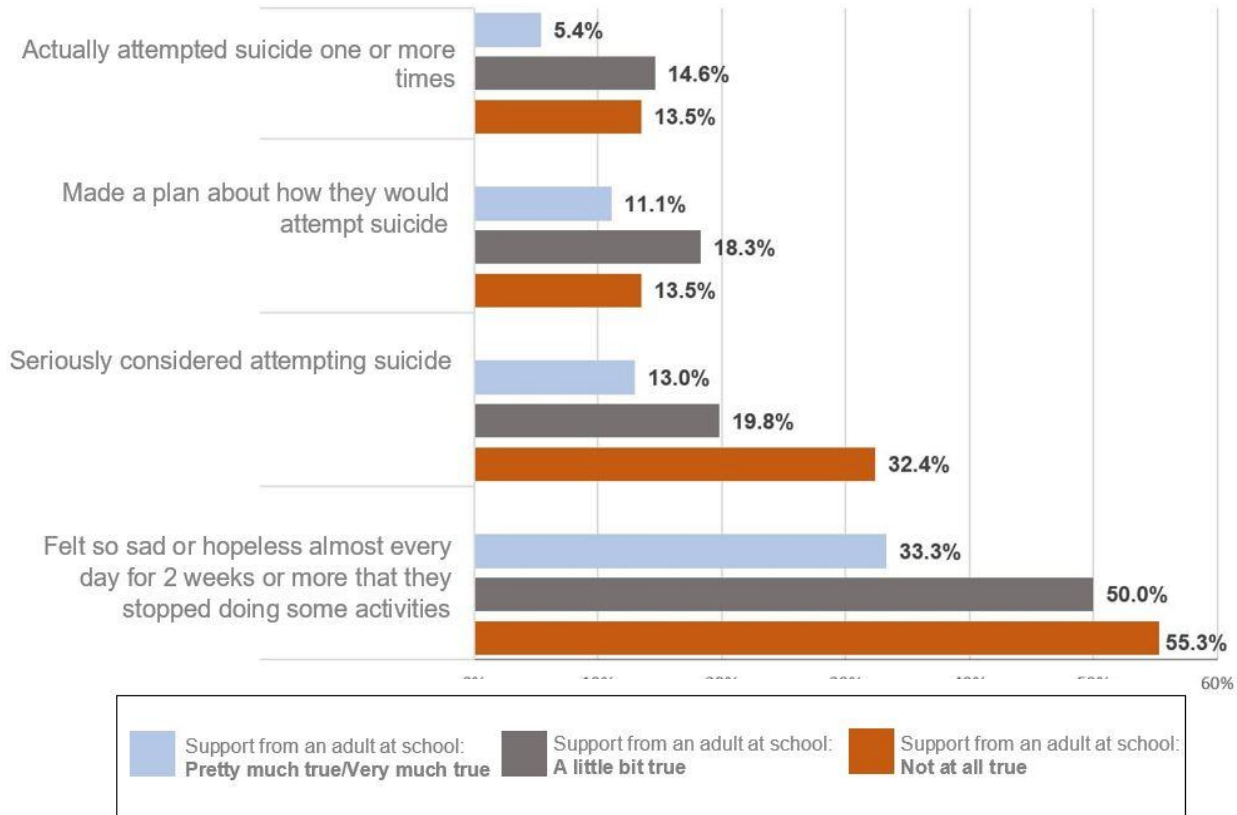
Nearly 1 in 15 middle school students report having had their first drink of alcohol other than a few sips before age 11.

CCS Student substance use within the last 30 days, by academic performance



MENTAL HEALTH

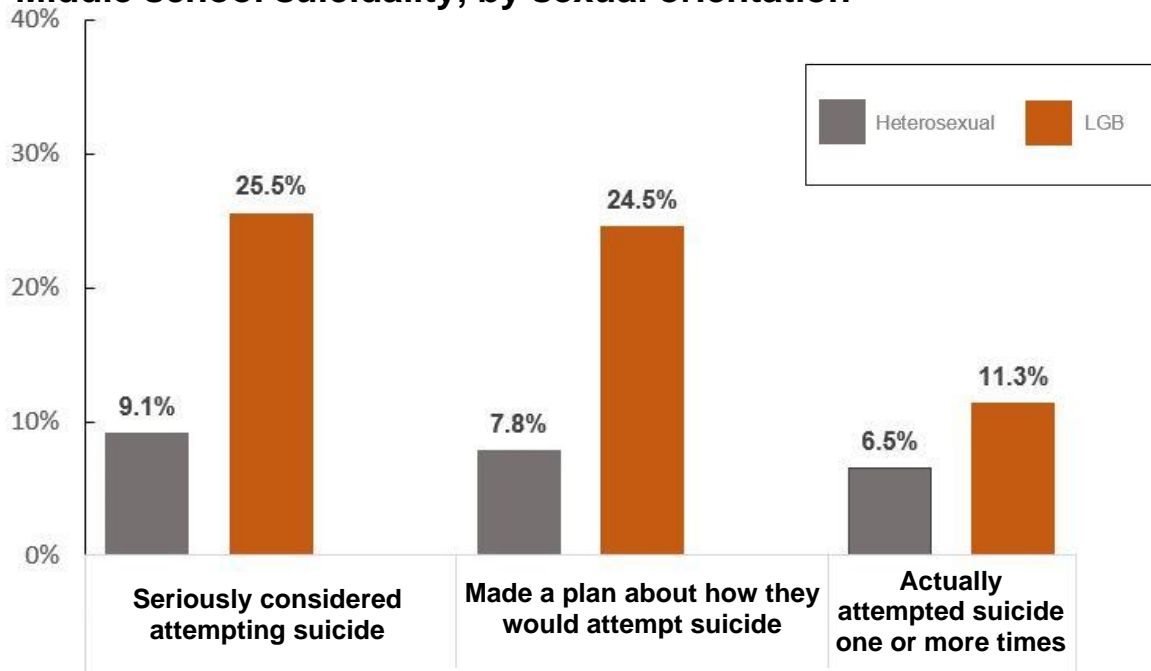
CCS Student depressed mood and suicidality, by level of support from a school-based adult*



There is a strong association between students' feelings of depressed mood and suicidality and their reported lack of a school-based supportive adult. Among middle and high school students who report lacking a supportive adult at school, one in twenty students has attempted suicide.

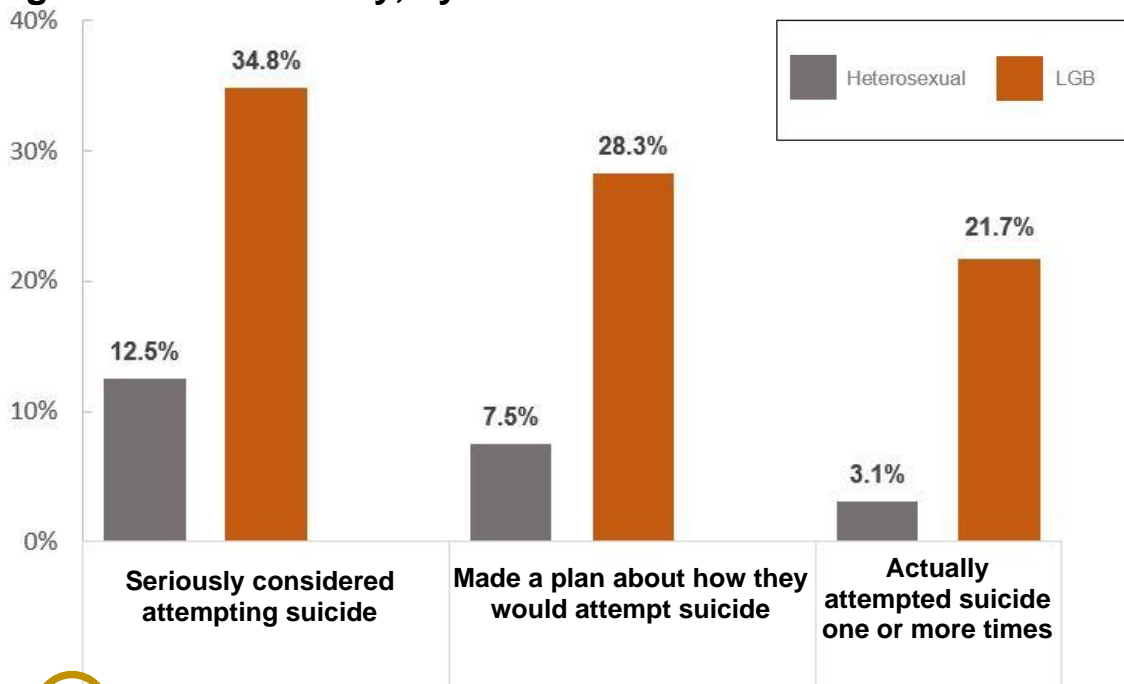
*Question 109: "At my school, there is a teacher or some other adult who believes that I will be a success"

Middle school suicidality, by sexual orientation



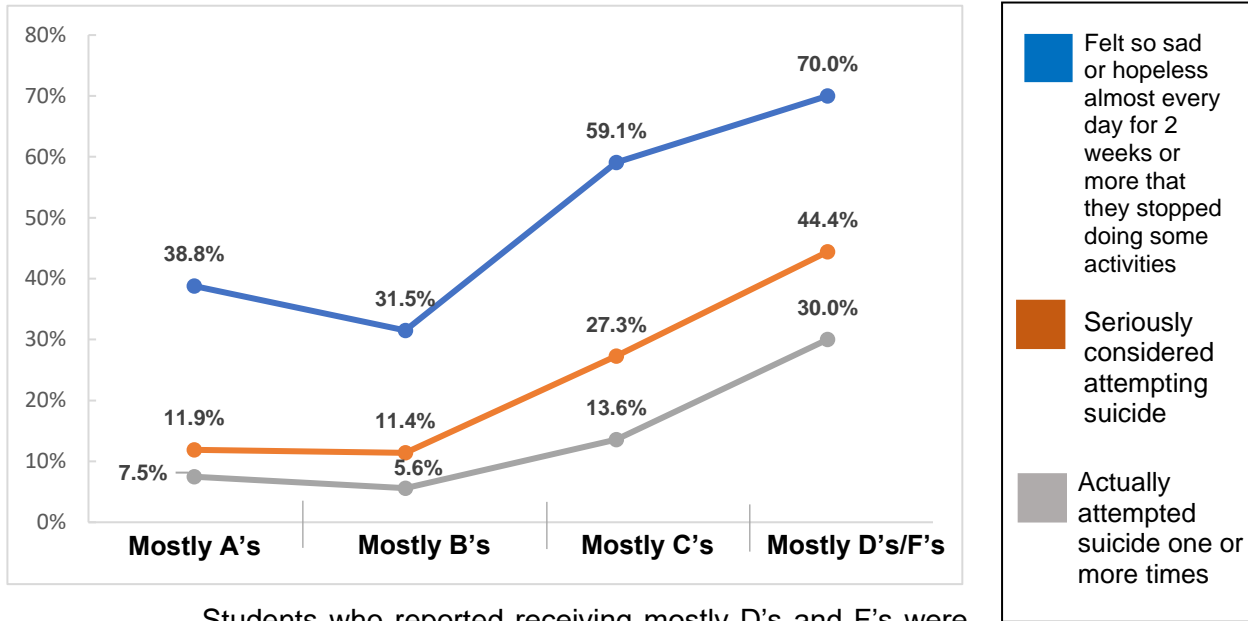
There is a significant difference between the mental health of heterosexual middle school students and students who identify as Lesbian, Gay, or Bisexual (LGB) in terms of suicidal thoughts and actions.

High school suicidality, by sexual orientation



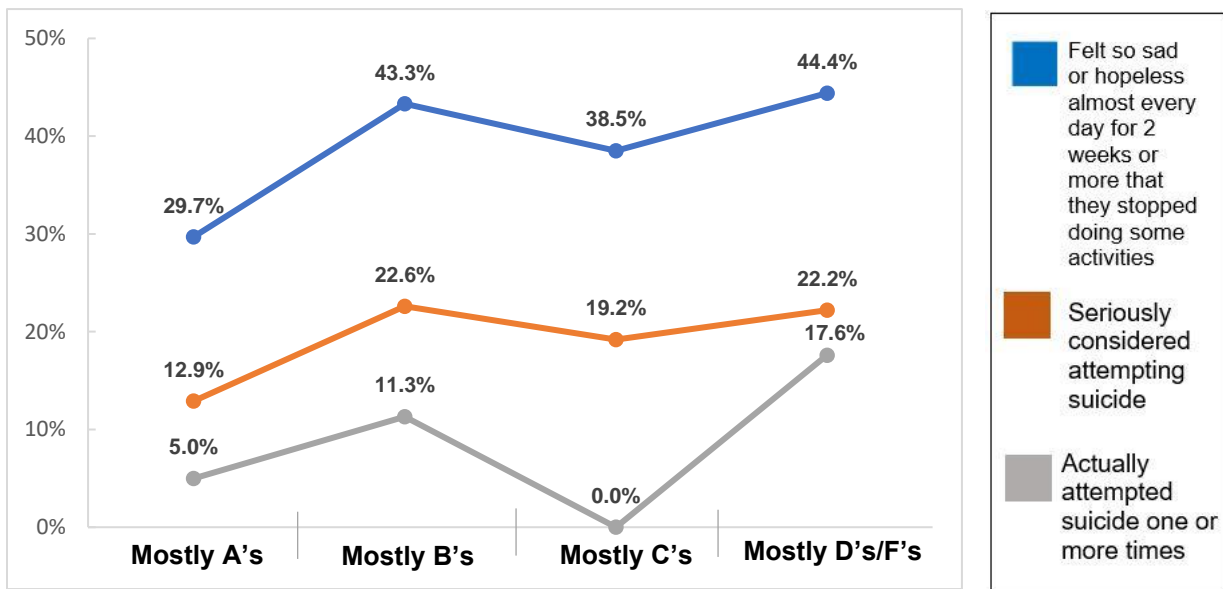
There is a significant difference between the mental health of heterosexual students and those who identify as Lesbian, Gay, or Bisexual (LGB) in terms of suicidal thoughts and actions. Rates of suicide attempt were 7x higher for LGB students compared to heterosexual students.

Middle School depressed mood and suicidality, by academic performance



Students who reported receiving mostly D's and F's were more likely to report feelings of depressed mood and suicidality when compared to students who received A's, B's, and C's.

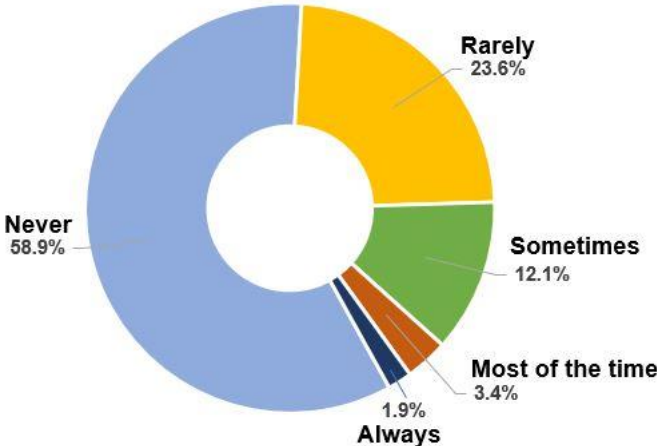
High School depressed mood and suicidality, by academic performance



Students who mostly received D's and F's were 1.5, 1.7, and 3.5 times more likely to report feelings of depressed mood, considering suicide, and attempting suicide, respectively.

NUTRITION & PHYSICAL ACTIVITY

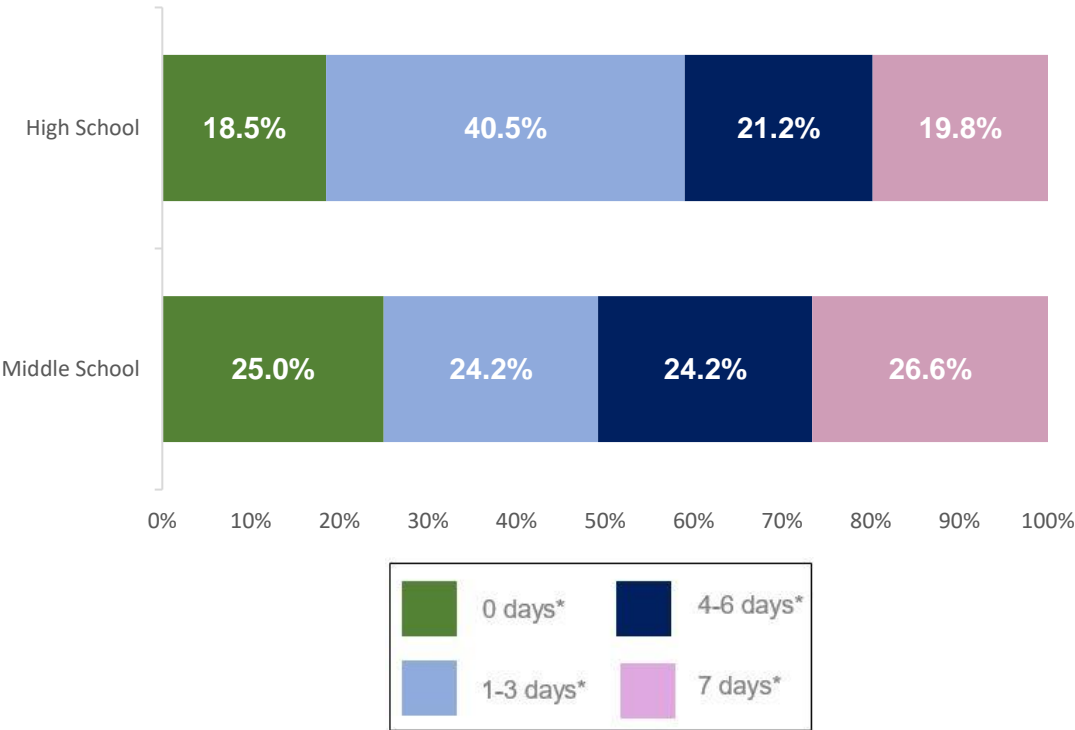
CCS Student Hunger Frequency Due to Enough Food in the Home*



About **1 in 20** students went hungry most of the time or always.

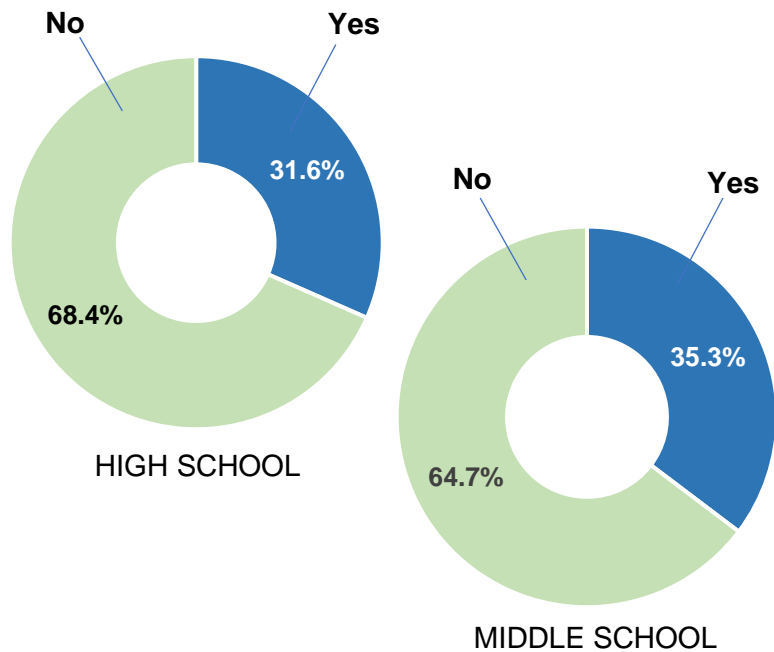
*In the 30 days prior to the survey

Breakfast Consumption Among Middle School and High School Students



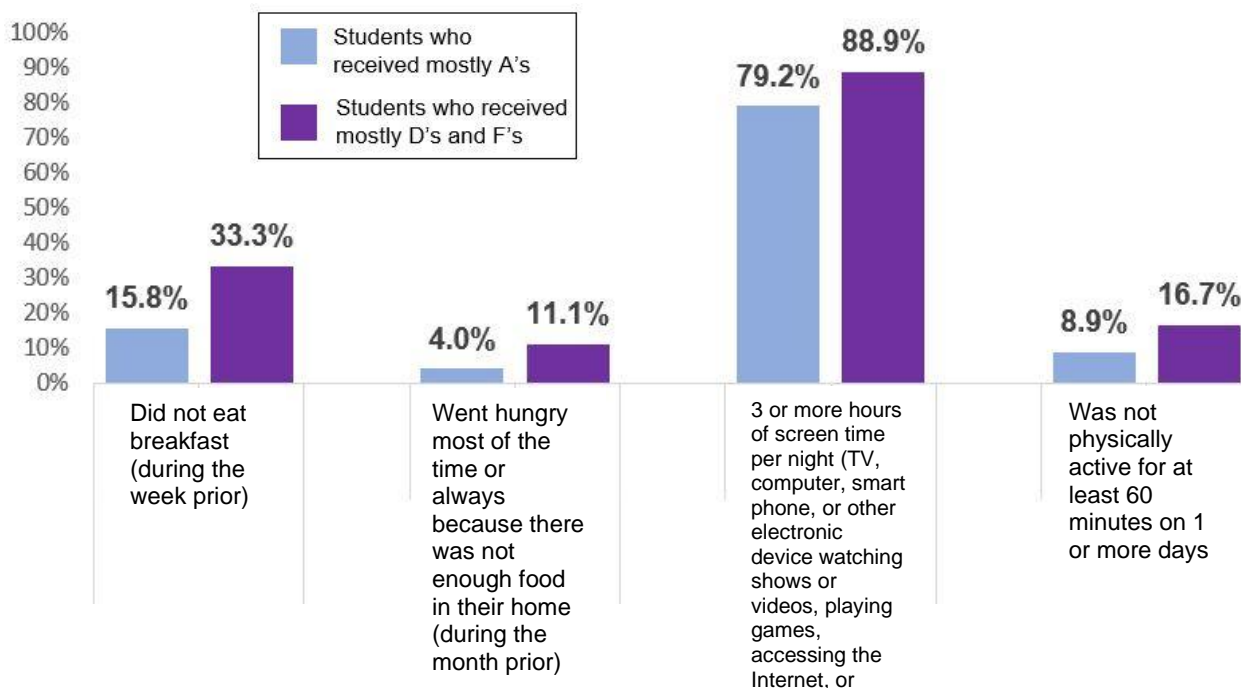
*In the 7 days prior to the survey

CCS Students who were physically active for at least 60 minutes per day on all 7 days



Only 13.2% of high school students and 12.9% of middle school students reported no physical activity for at least 60 minutes per day on at least 1 day.

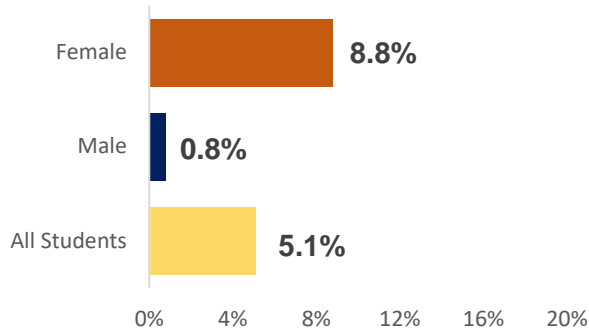
High school physical activity, sedentary behavior, and eating habits, by academic performance



SEXUAL BEHAVIORS

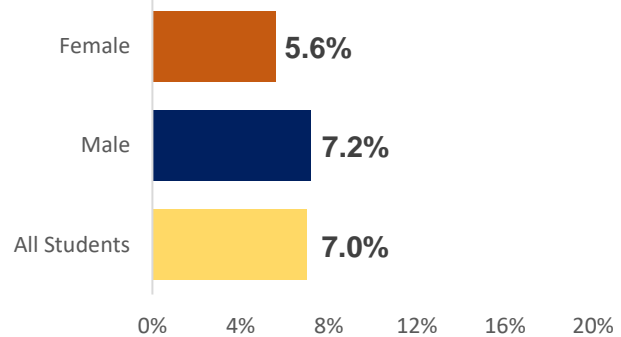
MIDDLE SCHOOL

Percent of middle school students who had sexual intercourse by age 11, by sex



HIGH SCHOOL

Percent of high school students who had sexual intercourse by age 13, by sex



Middle school students who are LGB are nearly 2.3 times as likely to have had sex before the age of 11 as their heterosexual peers.

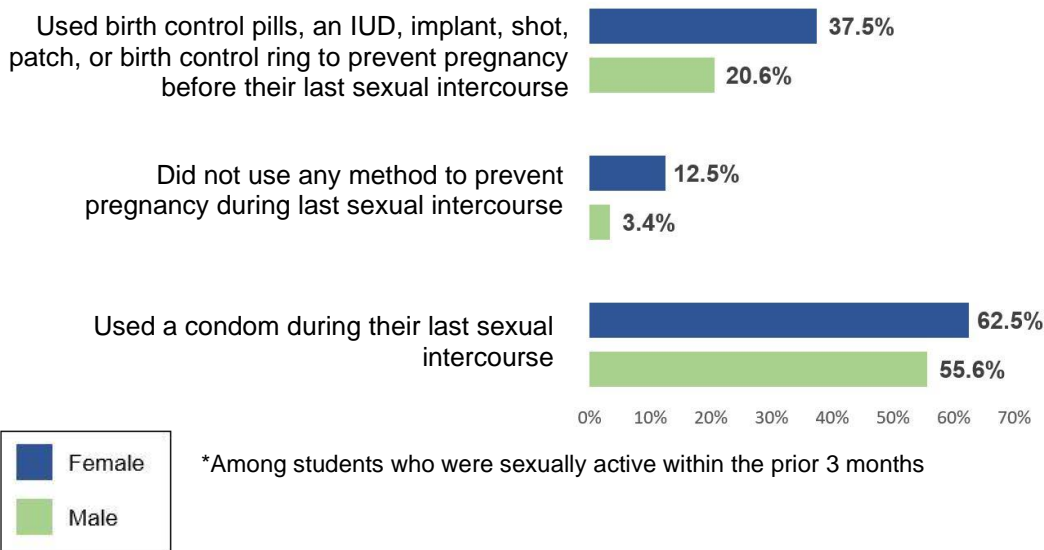
High school students who are LGB are nearly 1.9 times as likely to have had sex before the age of 13 as their heterosexual peers.

Trends in lack of condom use during most recent sexual intercourse among middle school and high school youth	2016	2018	2022	2016-2022 Trend
Middle School	N/A	55.6%	50.0%	Down
High School	51.0%	44.4%	42.4%	Down

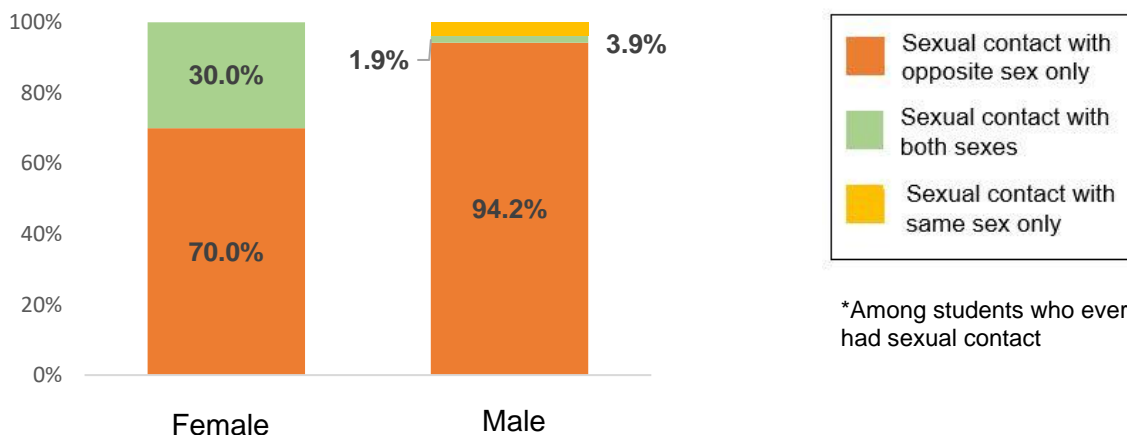


When compared to 2019 NC state data and national data, less CCS high school students reported no condom use during most recent sexual intercourse. (42.4% vs. 49.5% and 45.7%, respectively).

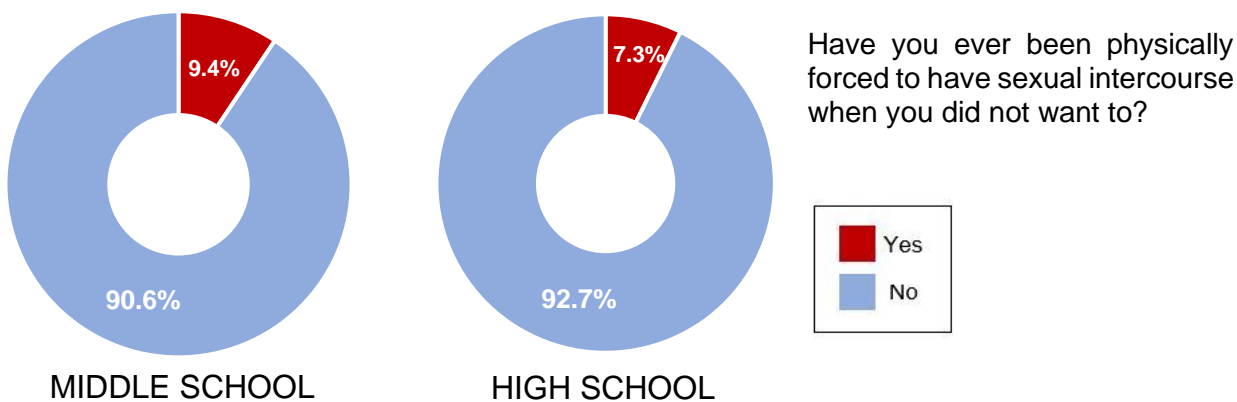
Birth control and condom use among high school students, by sex*



Sexual contact among high school students, by sex*



Sexual violence experienced by middle school and high school students



UNINTENTIONAL INJURIES & VIOLENCE

Trends in violent behaviors among middle school students 2016-2022

Violence perpetration among middle school students	2016	2018	2022	2016-2022 Trend
Were in a physical fight*	30.0	26.1	29.4	↑ Up
Were in a physical fight on school property*	18.0	16.1	11.7	↓ Down
Carried a weapon on school property**	0.0	1.5	2.8	↑ Up

*During the prior 12 months

**During the prior 30 days

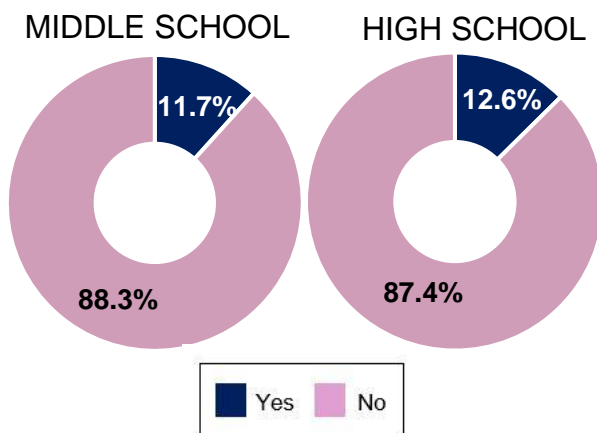
Trends in violent behaviors among high school students 2016-2022

Violence perpetration among high school students	2016	2018	2022	2016-2022 Trend
Were in a physical fight*	21.0	25.3	18.1	↓ Down
Were in a physical fight on school property*	10.0	14.6	5.5	↓ Down
Carried a weapon on school property**	6.0	10.1	8.0	↓ Down

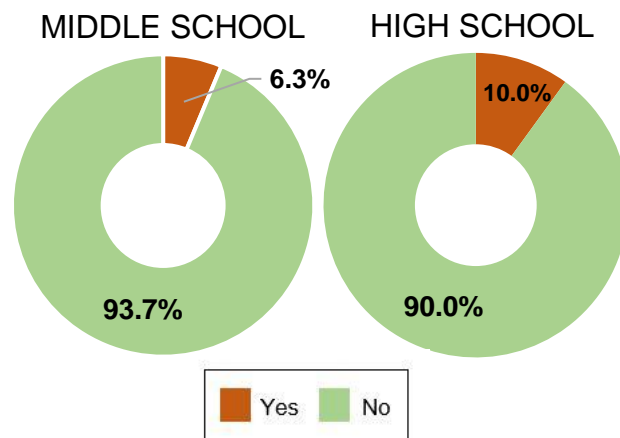
*During the prior 12 months

**During the prior 30 days

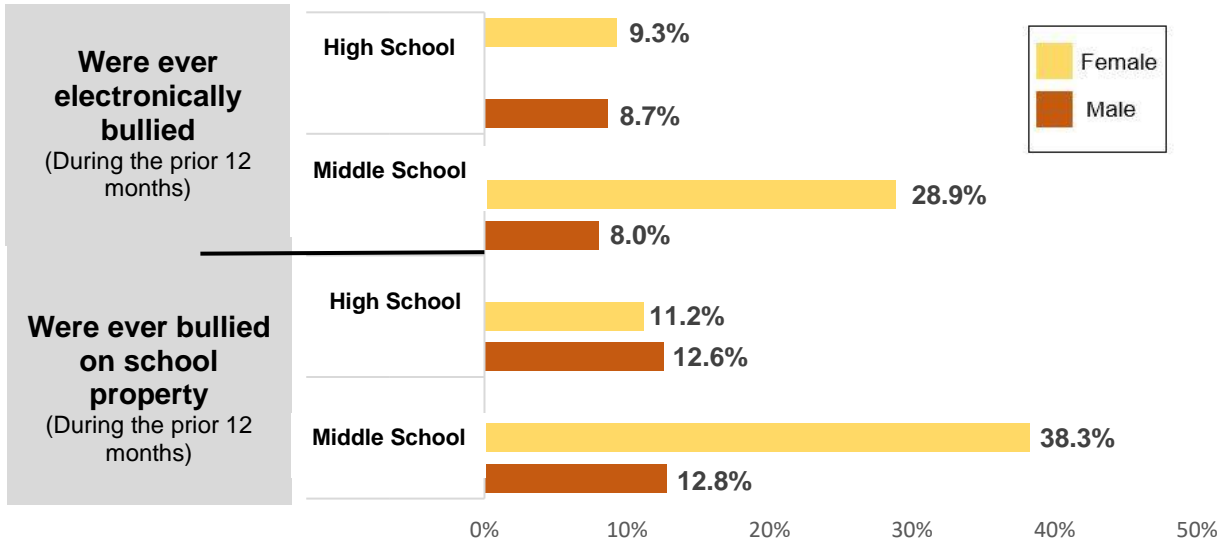
Rode with a driver who had been drinking alcohol



Rarely or never wore a seatbelt

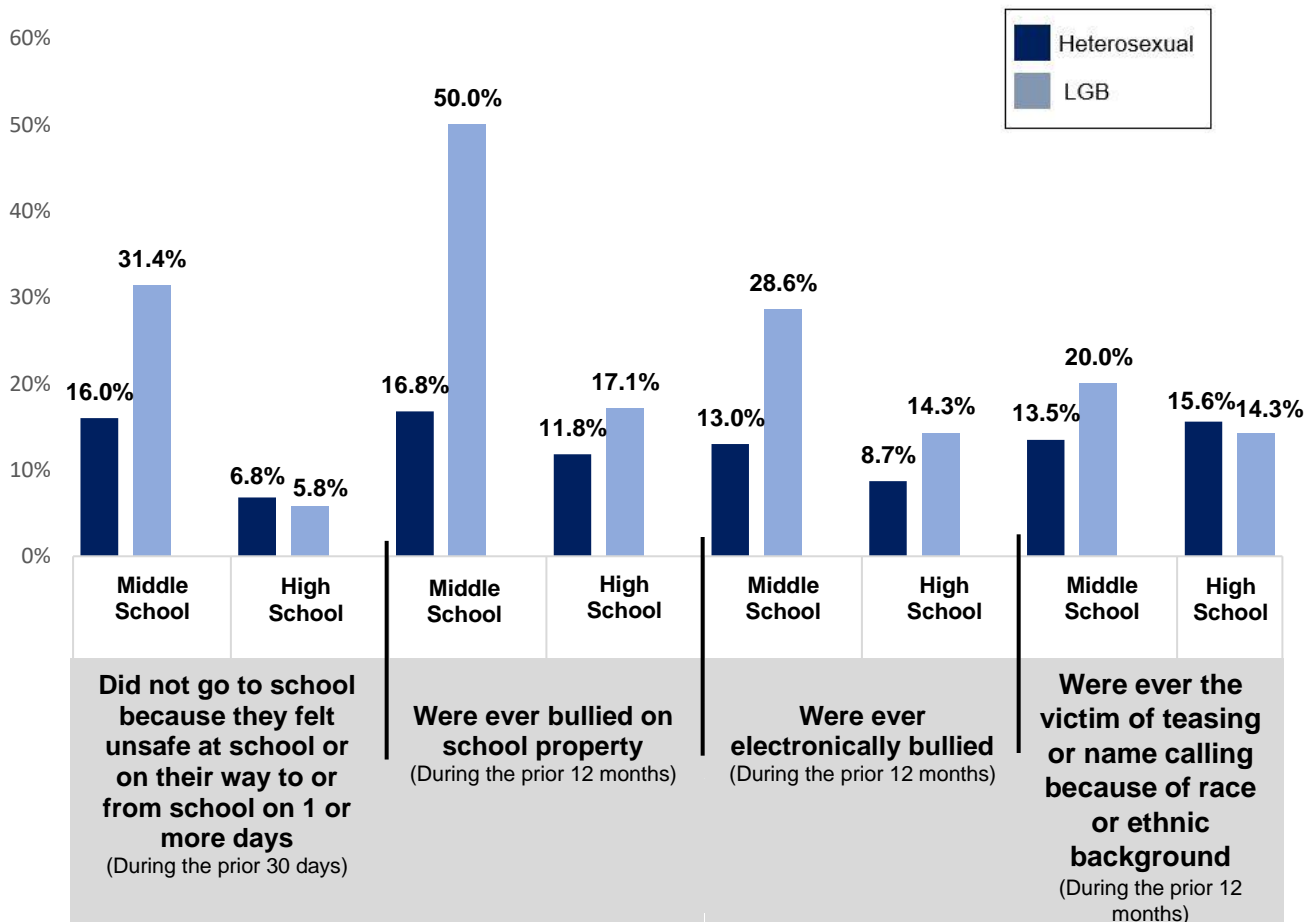


Bullying among middle and high school students, by sex



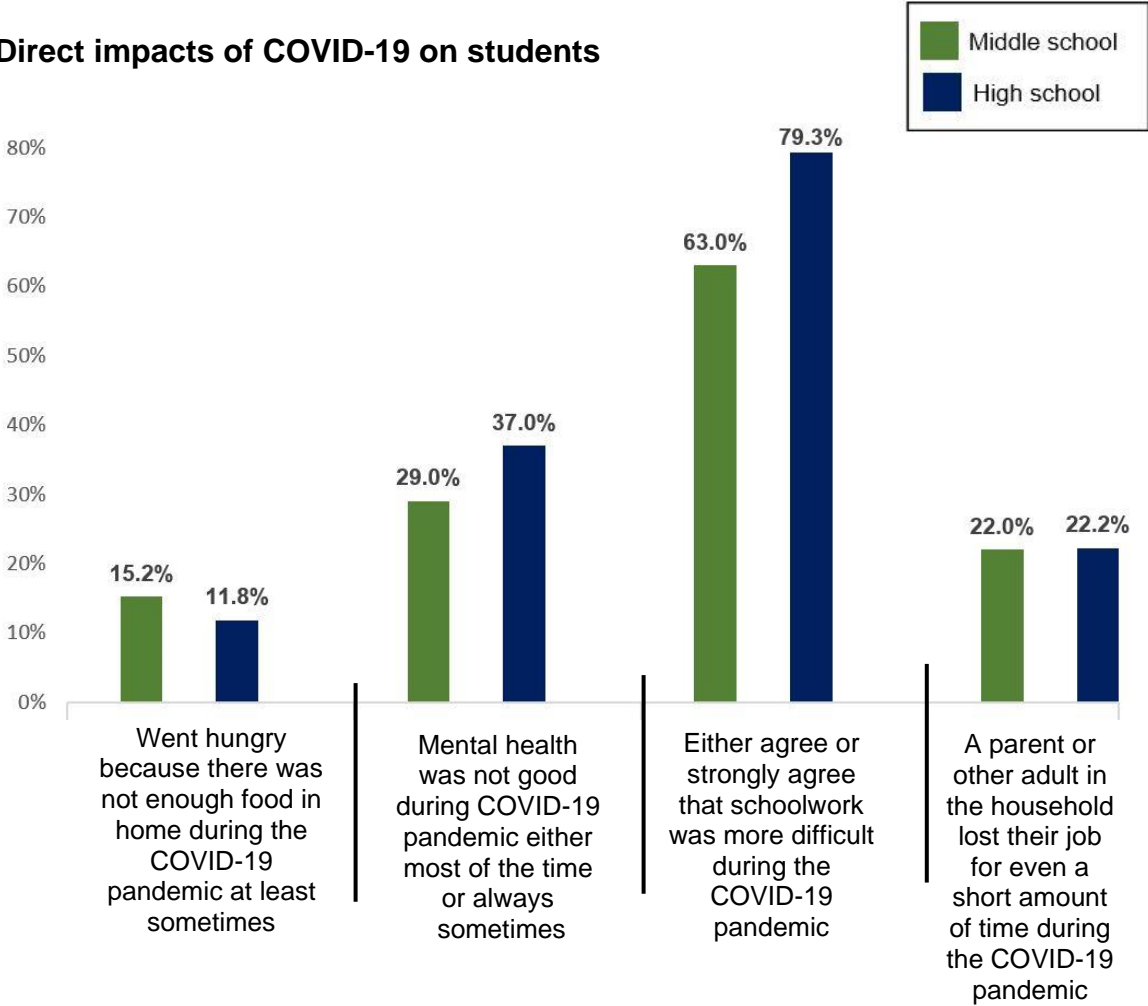
There are significant statistical differences between female and male middle school students, but not high school.

Percentage of students who...



COVID-19

Direct impacts of COVID-19 on students



Both middle and high school students felt the impact of COVID-19 on their mental health and schoolwork. More than 1/5 of students reported a parent or other adult in their household lost their job during the pandemic.

RESILIENCY FACTORS: HIGH SCHOOL

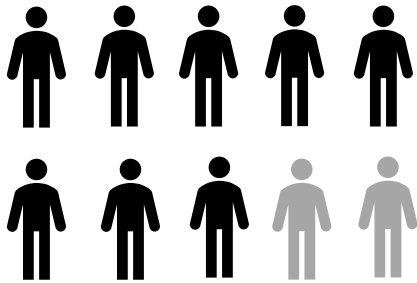
HS PROTECTIVE FACTORS IN THE HOME

85.1% 

Have an adult at home who believes they will be a success

53.3% 

Have an adult at home interested in their schoolwork



More than

8 in 10

Have a parent/guardian who knows where they are and who they are with

HS PROTECTIVE FACTORS IN THE SCHOOL

Nearly $\frac{1}{2}$ 

are involved in an extracurricular activity

80.8% 

Believe school rules are clear about what they can and can't do

70.2% 

Report an adult at school listens to them

70.3% 

Have an adult at school who thinks they will be a success

HS PROTECTIVE FACTORS IN THE COMMUNITY

76.8% 

Have an adult outside the home/school who really cares about them

69.0% 

Have an adult outside the home/school who tells them when they do a good job



34.1%

Participate in group activities outside the home/school



HS OTHER RESILIENCY/PROTECTIVE FACTORS

78.9% 

Have a friend who really cares about them

68.9% 

Have a friend who helps them when they have a hard time

67.6% 

Plan to go to college/some other school right after high school

54.6% 

Are involved in athletic, artistic, or other hobbies outside of home/school



While many high school students report strong support systems within their home, school, and network, the 6-year trend from 2016-2022 shows many students reporting feeling less supported in nearly all categories of the resiliency section.

RESILIENCY FACTORS: MIDDLE SCHOOL

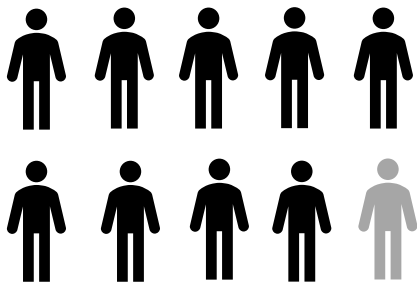
MS PROTECTIVE FACTORS IN THE HOME

80.4% 

Have an adult at home who believes they will be a success

53.5% 

Have an adult at home interested in their schoolwork




Nearly

9 in 10

Have a parent/guardian who knows where they are and who they are with

MS PROTECTIVE FACTORS IN THE SCHOOL

More than $\frac{1}{2}$ 
are involved in an extracurricular activity

85.8% 

Believe school rules are clear about what they can and can't do

61.6% 

Report an adult at school listens to them

71.3% 

Have an adult at school who thinks they will be a success

MS PROTECTIVE FACTORS IN THE COMMUNITY

78.6% 

Have an adult outside the home/school who really cares about them

71.3% 

Have an adult outside the home/school who tells them when they do a good job



44.5%

Participate in group activities outside the home/school



MS OTHER RESILIENCY/PROTECTIVE FACTORS

79.5% 

Have a friend who really cares about them

67.6% 

Have a friend who helps them when they have a hard time

74.4% 

Plan to go to college/some other school right after high school

59.7% 





Are involved in athletic, artistic, or other hobbies outside of home/school




While many middle school students report strong support systems within their home, school, and network, the 6-year trend from 2016-2022 shows many students reporting feeling less supported in nearly all categories of the resiliency section.

SURVEY DATA SUMMARY

HIGH SCHOOL

	Improving
	No Change or Less than 1% Change from Baseline
	Worsening
	Not Enough Data

Risk Behavior Indicators	2016 CCS High School (%)	2018 CCS High School (%)	2022 CCS High School (%)	CCS HS Data from 2016-2022 (%)		2022 CCS High School (%)	2019 NC High School YRBS Data (%)	2019 US High School YRBS Data (%)
Unintentional Injuries and Violence								
Were in a physical fight	21.0	25.3	18.1			18.1	23.7	21.9
Were bullied on school property	19.0	25.3	12.7			12.7	18.9	19.5
Rode with a driver who had been drinking alcohol	13.0	22.8	12.6			12.6	16.1	16.7
Rarely or never wore a seat belt	12.0	9.3	6.3			9.3	8.4	7.3
Were ever physically forced to have sexual intercourse	7.0	8.3	9.3			8.9	14.8	15.7
Were in a physical fight on school property	10.0	14.6	5.5			8.0	2.7	2.8
Carried a weapon on school property	6.0	10.1	8.0			7.1	6.7	8.2
Were electronically bullied	12.0	17.1	8.9			6.3	13.6	8.7
Did not go to school because they felt unsafe at school or on their way to or from school	N/A	20.9	6.3			6.3	8.1	6.5
Experienced physical dating violence	11.0	11.1	7.1			5.5	7.4	8.0
Mental Health								
Felt sad or hopeless	27.0	30.8	36.6			36.6	36.3	36.7
Seriously considered attempting suicide	13.0	12.1	16.9			16.9	18.9	18.8
Actually attempted suicide	7.0	14.0	7.2			7.2	9.7	8.9
Tobacco Use								
Ever tried cigarette smoking	51.0	48.1	34.5			34.5	N/A	24.1
Currently used electronic vapor products	54.0	37.8	21.8			21.8	35.5	32.7
First Tried Cigarette Smoking Before Age 13 Years	12.0	19.2	18.2			18.2	N/A	7.9
Currently smoked cigarettes	25.0	23.7	5.5			5.5	8.3	6.0
Alcohol and Other Drug Use								
Ever used marijuana	48.0	N/A	60.2	N/A		60.2	39.4	36.8
Currently used marijuana	31.0	39.4	25.8			25.8	22.1	21.7
Tried marijuana for the first time before age 13 years	16.0	27.7	17.1			17.1	7.5	5.6
Had their first drink of alcohol before age 13 years	14.0	14.7	14.7			14.7	15.0	15.0
Currently drank alcohol	23.0	28.2	12.0			12.0	24.2	29.2
Were offered, sold, or given an illegal drug on school property	10.0	18.7	9.4			9.4	22.2	21.8
Sexual Behaviors								
Did not use a condom during last sexual intercourse	51.0	44.4	42.4			42.4	49.5	45.7
Ever had sexual intercourse	60.0	47.3	35.5			35.5	41.0	38.4
Drank alcohol or used drugs before last sexual intercourse	12.0	21.9	17.0			17.0	18.6	21.2
Did not use any method to prevent pregnancy during last sexual intercourse	N/A	N/A	9.9	N/A		9.9	17.9	11.9
Had sexual intercourse for the first time before age 13 years	7.0	8.2	4.7			4.7	3.0	3.0

HIGH SCHOOL CONTINUED

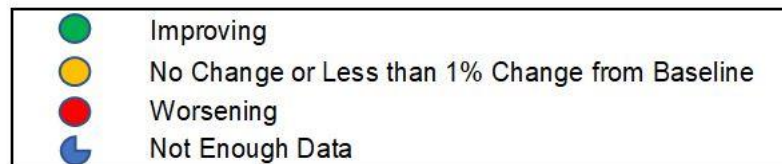
Dietary Behaviors									
Drank soda or pop	N/A	N/A	80.3	N/A		80.3	71.4	68.3	
Did not eat breakfast	11.0	18.1	18.4			18.4	18.6	16.7	
Did not eat vegetables	N/A	N/A	10.8	N/A		10.8	9.4	7.9	
Did not eat fruit or drink 100% fruit juices	N/A	N/A	6.4	N/A		6.4	8.7	6.3	
Physical Activity									
Were not physically active at least 60 minutes per day on all 7 days	70.0	73.5	68.4			68.4	80.1	76.8	
Did not attend physical education (PE) classes on 1 or more days	N/A	N/A	54.3	N/A		54.3	64.2	47.8	
Were not physically active at least 60 minutes per day on 5 or more days	N/A	N/A	45.7	N/A		45.7	61.6	55.9	
Did not participate in at least 60 minutes of physical activity on at least 1 day	11.0	15.4	13.2			13.2	19.9	17.0	
Other Health Topics including COVID-19									
Either agree or strongly agree that schoolwork was more difficult during the COVID-19 pandemic	N/A	N/A	79.3	N/A		79.3	N/A	N/A	
Did not get 8 or more hours of sleep	65.0	76.2	75.8			75.8	82.6	77.9	
Mental health was not good during COVID-19 pandemic either most of the time or always	N/A	N/A	37.0	N/A		37.0	N/A	N/A	
Ever told by a doctor or nurse that they had asthma	45.0	39.9	30.2			30.2	25.8	21.8	
Went hungry because there was not enough food in home during the COVID-19 pandemic at least sometimes	N/A	N/A	11.8	N/A		11.8	N/A	N/A	

HIGH SCHOOL RESILIENCY FACTORS

Resiliency Factors (% who answered <i>pretty much true</i> or <i>very much true</i>)	2016 CCS High School (%)	2018 CCS High School (%)	2022 CCS High School (%)	CCS HS Data from 2016-2022 (%)	2022 CCS High School (%)	2019 New Mexico HS YRRS Data (%)	
Resiliency / Protective Factors in the Home							
Adult at home believes I will be a success	90.0	84.5	85.1		●	85.1	85.1
Parent/Guardian knows where I am and who I am with	80.0	80.9	84.3		●	84.3	84.5
Adult at home interested in my school work	67.0	63.4	53.3		●	53.3	72.3
Resiliency / Protective Factors in the School							
School rules are clear about what students can/cannot do	87.0	68.6	80.8		●	80.8	81.9
Adult at school believes I will be a success	82.0	83.8	70.3		●	70.3	74.0
Adult at school listens to me	69.0	73.2	70.2		●	70.2	67.7
I am involved in extra-curricular activities at school	66.0	62.4	45.8		●	45.8	55.5
Resiliency / Protective Factors in the Community							
Adult outside school/home really cares about me	87.0	81.6	76.8		●	76.8	82.2
Adult outside school/home tells me when I do a good job	77.0	73.1	69.0		●	69.0	72.8
I participate in group activities outside of home/school	50.0	40.4	34.1		●	34.1	46.1
Other Resiliency / Protective Factors							
I have a friend who really cares about me	81.0	71.6	78.9		●	78.9	82.4
I have a friend who helps me when I have a hard time	74.0	69.5	68.9		●	68.9	77.8
I plan to go to college/some other school after high school	84.0	71.6	67.6		●	67.6	81.4
I am involved in athletic, artistic, or other hobbies outside home/school	65.0	58.9	54.6		●	54.6	61.3

SURVEY DATA SUMMARY

MIDDLE SCHOOL



Risk Behavior Indicators	2016 CCS Middle School (%)	2018 CCS Middle School (%)	2022 CCS Middle School (%)	CCS HS Data from 2016-2022 (%)	2022 CCS Middle School (%)	2019 NC Middle School YRBS Data (%)
Unintentional Injuries and Violence						
Were in a physical fight	30.0	26.1	29.4		● 29.4	47.2
Were bullied on school property	35.0	21.6	26.0		● 26.0	42.6
Did not go to school because they felt unsafe at school or on their way to or from school	6.0	18.7	19.4		● 19.4	N/A
Were electronically bullied	9.0	11.6	18.6		● 18.6	22.0
Rode with a driver who had been drinking alcohol	16.0	14.0	11.7		● 11.7	19.3
Were in a physical fight on school property	18.0	16.1	11.7		● 11.7	N/A
Rarely or never wore a seat belt	6.0	9.5	10.0		● 10.0	5.3
Were ever physically forced to have sexual intercourse	7.0	8.3	7.4		● 7.4	N/A
Experienced physical dating violence	N/A	6.2	4.5		● 4.5	N/A
Carried a weapon on school property	0.0	1.5	2.8		● 2.8	N/A
Mental Health						
Felt sad or hopeless	21.0	22.6	38.3		● 38.3	N/A
Seriously considered attempting suicide	7.0	10.6	13.5		● 13.5	23.4
Actually attempted suicide	N/A	5.0	8.1		● 8.1	11.5
Tobacco Use						
Ever used an electronic vapor product	29.0	27.4	24.5		● 24.5	25.4
Currently smoked cigarettes or used electronic vapor products	N/A	N/A	15.8	N/A	● 15.8	16.8
Ever tried cigarette smoking	27.0	24.2	15.7		● 15.7	N/A
Currently used electronic vapor products	21.0	14.7	14.9		● 14.9	14.4
First Tried Cigarette Smoking Before Age 13 Years	15.0	21.7	14.8		● 14.8	N/A
First Tried Cigarette Smoking Before Age 11 Years	N/A	N/A	10.3	N/A	● 10.3	N/A
Currently smoked cigarettes	7.0	7.1	2.1		● 2.1	4.4
Alcohol and Other Drug Use						
Ever used marijuana	26.0	N/A	16.5	N/A	● 16.5	10.5
Ever had alcohol	22.0	23.1	16.1		● 16.1	N/A
Tried marijuana for the first time before age 13 years	19.0	16.3	13.1		● 13.1	N/A

MIDDLE SCHOOL CONTINUED

Had their first drink of alcohol before age 13 years	14.0	16.4	12.6			12.6	N/A
Currently used marijuana	15.0	10.2	10.5			10.5	N/A
Were offered, sold, or given an illegal drug on school property	12.0	7.7	7.2			7.2	N/A
Had their first drink of alcohol before age 11 years	N/A	N/A	6.9	N/A		6.9	7.4
Tried marijuana for the first time before age 11 years	N/A	N/A	6.3	N/A		6.3	2.6
Currently drank alcohol	8.0	5.1	4.6			4.6	N/A
Sexual Behaviors							
Did not use a condom during last sexual intercourse	N/A	55.6	50.0			50.0	N/A
Did not use any method to prevent pregnancy during last sexual intercourse	N/A	N/A	17.6	N/A		17.6	N/A
Drank alcohol or used drugs before last sexual intercourse	N/A	9.5	15.8			15.8	N/A
Ever had sexual intercourse	11.0	6.7	8.9			8.9	10.3
Had sexual intercourse for the first time before age 13 years	N/A	N/A	7.0	N/A		7.0	N/A
Dietary Behaviors							
Drank soda or pop	N/A	N/A	86.4	N/A		86.4	N/A
Did not eat breakfast	11.0	18.1	25.0			25.0	12.4
Did not eat vegetables	N/A	N/A	9.8	N/A		9.8	N/A
Did not eat fruit or drink 100% fruit juices	N/A	N/A	5.6	N/A		5.6	N/A
Physical Activity							
Were not physically active at least 60 minutes per day on all 7 days	57.0	65.6	64.7			64.7	69.7
Were not physically active at least 60 minutes per day on 5 or more days	N/A	N/A	46.1	N/A		46.1	45.1
Did not participate in at least 60 minutes of physical activity on at least 1 day	8.0	10.9	12.9			12.9	12.2
Did not attend physical education (PE) classes on 1 or more days	9.0	N/A	3.0	N/A		3.0	26.3
Other Health Topics including COVID-19							
Either agree or strongly agree that schoolwork was more difficult during the COVID-19 pandemic than before the pandemic started	N/A	N/A	63.0	N/A		63.0	N/A
Did not get 8 or more hours of sleep	55.0	60.5	58.8			58.8	49.6
Mental health was not good during COVID-19 pandemic either most of the time or always	N/A	N/A	29.0	N/A		29.0	N/A
Ever told by a doctor or nurse that they had asthma	29.0	28.7	26.5			26.5	22.8
Went hungry because of there was not enough food in home during the COVID-19 pandemic at least sometimes	N/A	N/A	15.2	N/A		15.2	N/A

MIDDLE SCHOOL RESILIENCY FACTORS:

Resiliency Factors (% who answered <i>pretty much true</i> or <i>very much true</i>)	2016 CCS Middle School (%)	2018 CCS Middle School (%)	2022 CCS Middle School (%)	CCS HS Data from 2016-2022 (%)	2022 CCS Middle School (%)	2019 New Mexico MS YRRS Data* (%)
Resiliency / Protective Factors in the Home						
Parent/Guardian knows where I am and who I am with	82.0	94.1	88.1		88.1	89.4
Adult at home believes I will be a success	85.0	89.8	80.4		80.4	N/A
Adult at home interested in my school work	60.0	72.7	53.5		53.5	74.0
Resiliency / Protective Factors in the School						
School rules are clear about what students can/cannot do	89.0	89.8	85.8		85.8	86.8
Adult at school believes I will be a success	78.0	82.9	71.3		71.3	N/A
Adult at school listens to me	61.0	69.9	61.6		61.6	72.4
I am involved in extra-curricular activities at school	67.0	62.0	53.5		53.5	N/A
Resiliency / Protective Factors in the Community						
Adult outside school/home really cares about me	84.0	87.7	78.6		78.6	86.7
Adult outside school/home tells me when I do a good job	80.0	77.4	71.3		71.3	N/A
I participate in group activities outside of home/school	57.0	49.7	44.5		44.5	N/A
Other Resiliency / Protective Factors						
I have a friend who really cares about me	83.0	81.8	79.5		79.5	83.5
I plan to go to college/some other school after high school	87.0	81.3	74.4		74.4	N/A
I have a friend who helps me when I have a hard time	70.0	74.7	67.6		67.6	79.4
I am involved in athletic, artistic, or other hobbies outside home/school	66.0	58.8	59.7		59.7	N/A

APPENDIX A: TEACHER HANDOUT

Cherokee Central Schools Youth Risk & Resilience Survey

March – April 2022

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 as a whole.

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 B: STUDENT HANDOUT

Cherokee Central Schools Youth Risk & Resilience Survey

March – April 2022

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