



2013 SDUSD Youth Risk Behavior Survey

How are we doing?

Decreases in Risky Behavior Since 2011

The 2013 San Diego Youth Risk Behavior Survey indicates that among SDUSD high school students, many risk behaviors are improving:

- Number of sex partners during a student's lifetime.
- Daily cigarette use and age of onset of cigarette use.
- Instances of riding in a car when the driver had been drinking alcohol and age of onset of alcohol use.
- Physical fights and weapons carried on school property.
- Relationship violence.

Unfortunately, some risk behaviors have increased since 2011:

- Feelings of sadness and hopelessness every day for two weeks or more that led to cessation of usual activities.
- Computer use for three hours or more for playing video games or other non-school related purposes.

Our District has made progress in providing students with sexual health information and access to services:

- 89% have been taught in school about AIDS and HIV infection and prevention.
- 43% were given information about how to prevent HIV, STDs and pregnancy at their last medical visit.
- 36% have received the HPV vaccine, which prevents human papillomavirus infection.
- 14% have been tested for HIV, the virus that leads to AIDS.

What risks are our students taking?

Sexual Risk Behaviors

- 37% have had sexual intercourse.
- 37% have participated in oral sex.
- 24% had sexual intercourse with at least one person during the three months before the survey.
- 43% did not use a condom during last sexual intercourse.*
- 74% did not use birth control pills, an IUD or implant, or a shot, patch, or birth control ring to prevent pregnancy.*

Alcohol, Tobacco and Other Drug Use

- 5% smoked cigarettes daily.
- 18% drank alcohol or used drugs before last sexual intercourse.*
- 16% had episodes of binge drinking (five or more drinks in a row) in the 30 days before the survey.
- 22% used marijuana one or more times in the 30 days before the survey.

Unintentional Injury and Violence

- 18% wanted to purposely hurt themselves without wanting to die within the year before the survey.
- 16% seriously considered attempting suicide within the year before the survey.
- 10% were harassed because someone thought they were gay, lesbian or bisexual within the year before the survey.
- 8% were forced to have sexual intercourse.
- 6% were in a physical fight on school property or felt too unsafe to go to school within the year before the survey.

What are the solutions?

**COMPREHENSIVE SEXUALITY EDUCATION • IMPROVED ACCESS TO HEALTH SERVICES •
CONTINUED COLLABORATION AMONG DISTRICT STAKEHOLDERS •
IMPLEMENT POLICIES • FAMILY INVOLVEMENT**

*Among students who were currently sexually active.