

# **Learning Modules on Social Norms: Using the 2007 Wisconsin Youth Risk Behavior Survey Results**



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### **Note to Wisconsin Teachers on the Use of the Document**

Based on educational research, one of the most important characteristics of an effective health curriculum is the use of normative education. Research points out that when students believe that they are in the majority with respect to positive health beliefs, attitudes, and behaviors they are more likely to continue to engage in that activity. When students believe that most of their peers are taking part in a risky behavior, they are more likely to do so themselves. Students often hold misperceptions regarding the percent of their peers engaging in or supporting a risky behaviors. For example, many students believe the majority of their peers smoke or are sexually active, when, in fact, it is a minority. Normative education seeks to correct such misperceptions so students see that healthy behaviors are the norm among their peers.

“Normative education is essential in shaping beliefs, attitudes, and behaviors.”  
(The Power of Teaching, DPI, 1998)

The Department of Public Instruction (DPI), through its graduate level summer classes called the Power of Teaching, has found that teachers report that normative education was one of the weakest areas in their curriculum. The Power of Teaching participants have requested strategies and methods they could use to infuse normative education into their health education units.

The Wisconsin Youth Risk Behavior Survey (YRBS) is conducted every other year as part of a national effort by the U.S. Centers for Disease Control and Prevention to monitor health risk behaviors of the nation’s high school students. The 2007 Wisconsin YRBS provides findings in eight priority areas: protective assets; traffic safety; weapons and violence; suicide; tobacco use; alcohol and other drug use; sexual behavior; and diet, nutrition and exercise. This resource has put together activities teachers can use to present health behavior statistics from the YRBS to high school students.

These strategies could be done at the beginning of a particular health unit to assess current student knowledge, beliefs, and attitudes about that issue; used as a general overview of risk taking by youth in Wisconsin; or used to increase student comfort level with student survey data. It could be used in the middle or end of a health unit to measure knowledge about norms or trends on a particular health behavior. It also could be used in a math or statistics class to process information about surveys.

The power of these activities lies in how well a person can relate to the statistics that are being shared, so DPI highly encourages you to substitute and/or add local data when available.

DPI has administered the YRBS every two years beginning with 1993. The YRBS was administered to 2094 students in 56 public high schools in Wisconsin in the spring of

2007. The survey results are representative of ninth through twelfth grade public high school students in Wisconsin.

Survey procedures were designed to protect the privacy of students by allowing anonymous and voluntary participation. Local parent permission procedures were followed before administration, including informing parents that their child's participation was voluntary.

DPI felt it was important to connect these strategies to the Wisconsin Health Education standards. The following standards are emphasized in each of the strategies:

- A. Students in Wisconsin will understand concepts related to personal health promotion and disease prevention. (Standard A)
- B. Students in Wisconsin will demonstrate the ability to use goal-setting and decision-making skills to enhance health. (Standard C)
- C. Students in Wisconsin will demonstrate the ability to access valid health information and services. (Standard D)
- D. Students in Wisconsin will demonstrate the ability to use effective interpersonal communication skills to enhance health. (Standard F)

We, at DPI, hope that you will find this packet of instructional strategies to be of benefit as you put together a state-of-the art unit of instruction concerning youth health risk behaviors.

## Wisconsin Youth Risk Behavior Survey Website

Reports and additional information on the Wisconsin Youth Risk Behavior Survey can be found at the Department of Public Instruction's website:

<http://dpi.wi.gov/sspw/yrbsindx.html>

The National Youth Risk Behavior Survey website allows comparison of Wisconsin results to other states and cities, and national results. It can be found at:

[www.cdc.gov/HealthyYouth/yrbs/index.htm](http://www.cdc.gov/HealthyYouth/yrbs/index.htm)

# What is Your 2007 YRBS Risk IQ?



LEARNING MODULES ON SOCIAL NORMS: USING THE  
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## What is your 2007 YRBS Risk IQ?

In this activity you will be given twelve questions from the 2007 Youth Risk Behavior Survey. Your task will be to give your best guess and then compare your answer with the correct one. Put a star by the items that you overestimated or underestimated by 10% or greater. Your final task will be to graph your answers with the findings from the YRBS.

### Physical Activity

1. Percentage who played video or computer games, or used a computer for something that was not school work for three or more hours during a school day \_\_\_\_\_.
2. Percentage who exercise 60 minutes 5 or more times per week \_\_\_\_.

### Weight Management and Dietary Behaviors

3. Percentage of students who are at risk for being overweight or are overweight is \_\_\_\_\_

### Tobacco Use

4. Percentage of students who smoked a whole cigarette for the first time before age thirteen is \_\_\_\_\_.
5. Percentage of students who smoked two or more cigarettes per day on the days they smoked during the past thirty days is \_\_\_\_\_.

### Intentional Injury

6. During the past twelve months, the percentage of students who seriously considered attempting suicide is \_\_\_\_\_.

### Traffic Safety

7. During the past thirty days, the percentage of students who drove a car or other vehicle one or more times when they had been drinking alcohol is \_\_\_\_\_.

### Alcohol and Other Drug Use

8. During the past thirty days, the percentage of students who used marijuana \_\_\_\_\_.
9. Percentage of students who had their first drink of alcohol (other than a few sips) before age thirteen is \_\_\_\_\_.

### Sexual Behaviors

10. During the past three months, the percentage of students who had sexual intercourse with one or more people is \_\_\_\_\_.
11. Of students who had sexual intercourse during the past three months, the percentage who used birth control pills during last sexual intercourse is \_\_\_\_\_.
12. Of students who had sexual intercourse during the past three months, the percentage who used a condom during last sexual intercourse is \_\_\_\_\_.

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## Teacher's Information

Usually students will overestimate the frequency of risky behaviors and underestimate positive health choices. In this activity, students are likely to overestimate in questions 2-12 and underestimate in question 1. Each answer also has the corresponding question number as it appears on the 2007 Wisconsin Youth Risk Behavior Survey questionnaire.

1. 20% Q 81
2. 38% Q 80
3. 25% Q 6-7
4. 12% Q 29
5. 9% Q 36
6. 15% Q24
7. 14% Q 11
8. 20% Q 47
9. 24% Q 40
10. 33% Q 61
11. 26% Q 64
12. 61% Q 63



## **Discussion and Reflection of the Perception IQ Activity**

After completing the activity where students estimate the percentage of students engaged in the health risk behaviors, discussion could focus on the following:

### **Whole Class Activities**

1. What percentage of students in the class overestimated the percentage of youth involved in health-risk behaviors?
2. Why do you believe that such a high percentage of the class overestimated these behaviors? (Media, peer influences, desire for acceptance, Coolness factor.)
3. Of the above influences, which one has the greatest influence on your age group and why do you believe that?
4. You could graph the scores of each student answer and compare it to the correct answers. Were there a large number of behaviors that were overestimated? Were these the questions that related to substance use?
5. If you or a small group were to write a statement on the current state of youth health risks based on your findings, what would you say? (For example: There are decreasing numbers of youth tobacco users in Wisconsin.)

# POSITIVE CHOICE CARDS



LEARNING MODULES ON SOCIAL NORMS: USING THE  
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## Positive Choice Cards

### Teacher Information

In this introductory activity there are a set of questions from the 2005-2007 Youth Risk Behavior Survey (YRBS) and the 2005 National YRBS results. In teams of eight the students have to decide if the state YRBS results are more, less, or the same as the national YRBS results. If the team answers correctly, that team will receive one playing card. The team decides if they think the next card will be higher or lower. As an example, let us say they draw a King for their correct answer. They might say lower for the next card and get a seven. It then goes to the next team. If a team misses a higher or lower answer, they have to start over (i.e., they lose all their cards). The first team to get five cards on the board is declared the positive choice champion. Special note: Let us say that the card turned over is an 8. They can choose to answer a question to change that card so they have better odds at guessing the next card correctly. You can also choose to pass and not lose your accumulated cards. It is a tougher game than you might think it is.

Ancillary Rules: Two teams compete in the best 2 of 3 matches.

The object is to complete a line of five cards (dealt from a regulation 52 card deck) by predicting whether each card is higher or lower than the one that preceded it. The team can start calling higher or lower on the cards after they win a high/low/same toss-up question. If you win the toss-up question, you must answer a follow-up question correctly to keep going OR you can FREEZE if the team doesn't like their card and change it when they win another toss-up question. If the team incorrectly answers if the next card is higher or lower, they have to start over (i.e., they lose all their cards) and have the choice to keep or change their BASE card. NOTICE: The questions should be reworded in some cases to present 2007 YRBS data directly such as 87% of Wisconsin students wear seat belts. Is that answer higher, lower or the same?

Purchasing large size playing cards will enhance the visual aspects of this activity.

## LEARNING MODULES ON SOCIAL NORMS: USING THE 2007 WISCONSIN YOUTH RISK BEHAVIOR SURVEY RESULTS



Question to ask: Is it higher or lower or the same in Wisconsin compared to national data?  
(Two percent or less difference between Wisconsin and the national data will be considered the "same.")

### Injury and Violence

Students who:

1. Wear bike helmets. **Lower** (12% in Wisconsin vs. 17% nationally)
2. Wear seat belts. **Lower** (87% in Wisconsin vs. 90% nationally)
3. Never rode in a car with a driver who had been drinking during the last 30 days. **Same** (69% in Wisconsin vs. 71% nationally)
4. Never drove a car under the influence of alcohol. **Lower** (86% in Wisconsin vs. 90% nationally)
5. Never carried a weapon in the last 30 days. **Higher** (87% in Wisconsin vs. 83% nationally)
6. Never got in a physical fight over the past twelve months. **Higher** (69% in Wisconsin vs. 64% nationally for both surveys)
7. Never seriously considered a suicide attempt. **Same** (85% in Wisconsin vs. 83% nationally)
8. Never attempted suicide. **Same** (93% in Wisconsin vs. 92% nationally for both surveys)
9. Never physically hit by a boyfriend or girlfriend. **Same** (91% in Wisconsin vs. 91% nationally)
10. Felt safe at school during the last 30 days. **Same** (94% in Wisconsin vs. 94% nationally)

### Tobacco Use

Students who:

1. Never tried a cigarette. **Higher** (51% in Wisconsin vs. 46% nationally)
2. Never smoked a cigarette before the age of 13. **Higher** (88% in Wisconsin vs. 84% nationally)
3. Never became a daily smoker. **Same** (86% in Wisconsin vs. 87% nationally)
4. Never used spit tobacco products in the last 30 days. **Higher** (97% in Wisconsin vs. 92% nationally)

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Weight Management and Dietary Behaviors

Students who:

1. Are not at risk for overweight. (< than 85% BMI) **Higher** (75% in Wisconsin vs. 71% nationally)
2. Feel they have a normal weight. **Same** (69% in Wisconsin vs. 68% nationally)
3. Not trying to diet. **Same** (55% in Wisconsin vs. 55% nationally) (2005, no 2007 question)

Physical Activity

Students who:

1. Engage in physical activity for at least 60 minutes, five or more days a week. **Same** (38% in Wisconsin vs. 36% nationally)
2. Did not watch three or more hours of TV on an average school day. **Higher** (75% in Wisconsin vs. 63% nationally)
3. Are in a PE class daily in an average school week. **Higher** (41% in Wisconsin vs. 33% nationally)

Alcohol and other Drugs

Students who:

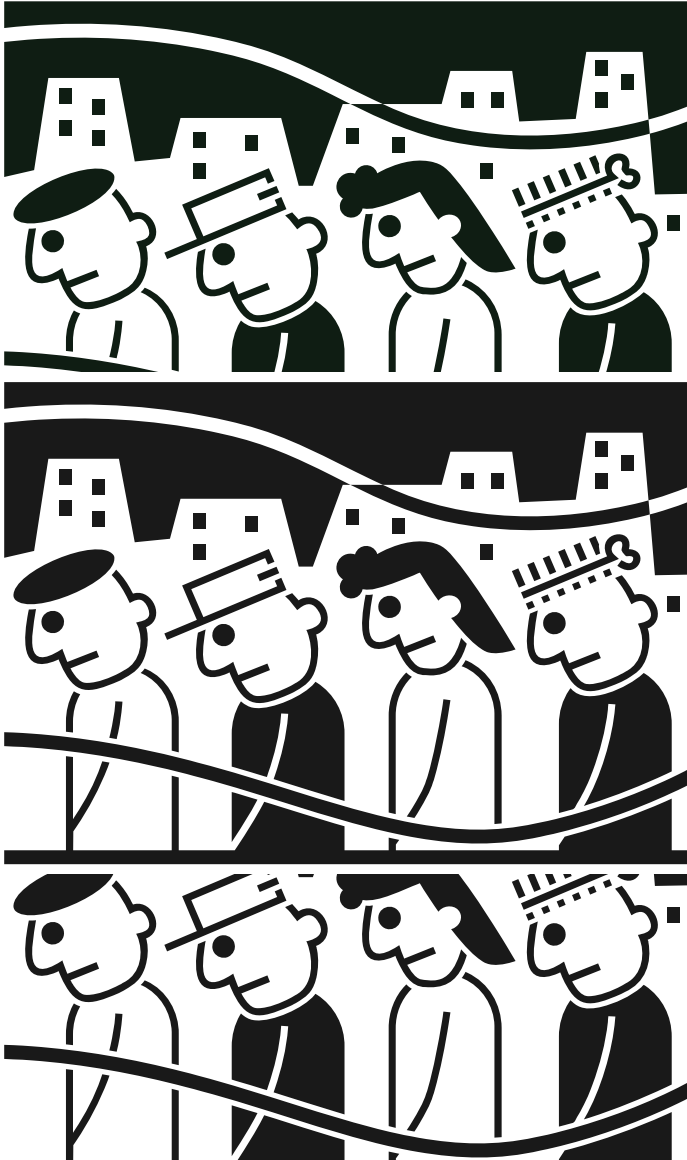
1. Never drank alcohol other than a few sips before the age of 13. **Same** (76% in Wisconsin vs. 75% nationally)
2. Never binge drank (5 or more drinks in a couple of hours) in the last 30 days. **Lower** (68% in Wisconsin vs. 75% nationally)
3. Never used marijuana. **Same** (63% in Wisconsin vs. 62% nationally)
4. Never used any form of cocaine (crack, etc.) in their life. **Same** (93% in Wisconsin vs. 92% nationally)
5. Never sniffed glue or any other inhalant. **Same** (89% in Wisconsin vs. 88% nationally)

Sexual Risk Behavior

Students who

1. Never had sexual intercourse. **Same** (55% in Wisconsin vs. 53% nationally)
2. Did not have sexual intercourse in the last 3 months. **Same** (67% in Wisconsin vs. 66% nationally)
3. Used a condom during their last intercourse. **Same** (62% in Wisconsin vs. 64% nationally)
4. Used a birth control pill to prevent pregnancy before last sexual intercourse. **Higher** (26% in Wisconsin vs. 18% nationally)

# What is Your Depression/Suicide IQ?





## What is Your Depression/Suicide IQ?

(Teacher Note: Once you have the results of the YRBS in your hands, you can develop your own IQ activities for each of the risk sections and use them at the beginning of your unit on the topic.) Here is sample for the topic area of depression and suicide prevention.

1. During the past twelve months, \_\_\_\_\_% of Wisconsin high school students (grades 9-12) felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities.
2. During the past twelve months, \_\_\_\_\_% of Wisconsin high school students **seriously** considered attempting suicide.
3. During the past twelve months, \_\_\_\_\_% of Wisconsin high school **girls seriously** considered attempting suicide.
4. During the past twelve months, \_\_\_\_\_% of Wisconsin high school students made a plan about how they would attempt suicide.
5. During the past twelve months, \_\_\_\_\_% of Wisconsin high school students reported actually attempting suicide.
6. Of those students who attempted suicide in the past twelve months, \_\_\_\_\_% of the students report their attempts resulted in injury, poisoning, or overdose that was treated by a doctor or nurse?

**Put a star by those items where you overestimated the answer by 5% or more.**



## Teacher's Information

### Answers

1. 22%\* Q23
2. 15%\* Q24
3. 20%\*\* Q24
4. 10%\* Q25
5. 7% Q26
6. 3% Q27

\* Significant decrease over time.

\*\* Females are significantly more likely to have seriously considered attempting suicide in the past twelve months than males, 20% vs. 10%.



For Better ...  
or for Worse ...




# A Decade of Trends



## For Better or for Worse...A Decade of Trends

### Directions

In this activity, you are to decide whether the trend is improving, getting worse, or remaining the same. You will hear (or read about) ten trends based on the Wisconsin Youth Risk Behavior Survey (YRBS) from 1993-2007. Your task is to put your thumb up if you think the trend is improving, thumb down if the trend is getting worse, or the thumb across if you are either not sure or you think there has been no change in this behavior. The YRBS surveys 9th through 12th grade students in Wisconsin public high schools.

	Thumbs UP=	The self-reported norms are getting better.
	Thumbs DOWN=	The self-reported norms are getting worse.
	Thumbs NEUTRAL=	No change over time.

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## Teacher's Information

In this activity you are to decide whether the trend is improving, getting worse, you're not sure, or the trend has remained the same. You will be presented with ten health risk trends based on the Wisconsin Youth Risk Behavioral Survey from 1993-2007. Your task is to put your thumb up if you think the trend is improving, thumb down if the trend is getting worse or the thumb across if you are not sure or you think there has been very little (less than 1%) or no change in this behavior. The YRBS surveys 9th through 12th grade students in Wisconsin public schools. *The answers were rounded off to the nearest percent.*

From 1993 to 2007:

1. Current marijuana use (use in the last 30 days) over the years has...  
***(Thumbs down – Increased significantly – 11% to 20%.)***
2. Serious consideration of committing suicide over the past 12 months has...  
***(A big thumbs up as it decreased – 27%-15%.)***
3. Tobacco use over the past thirty days has...  
***(A big thumbs up as it decreased – from 32%-21%.)***
4. Fighting at school in the last twelve months has...  
***(Thumbs up as it decreased from 16% to 11%.)***
5. Seat belt use (never, rarely, or sometimes) has...  
***(Huge thumbs up as it decreased from 51% to 28%.)***
6. Binge drinking (five or more drinks in a row within a couple of hours) has...  
***(Thumbs neutral as it has remained the same from 29% in 1993 to 32% in 2007.)***
7. Students offered, sold, gave drugs at school has...  
***(Thumbs up as it has increased slightly since 1993 from 20% to 23%.)***
8. Sexual behavior, such as ever having sex, sex before 16, and sex in the past 3 months, has...  
***(All three are thumbs up as all three measures have decreased in the last decade: Ever having sex, 47% to 45%; before 13, 7% to 5%; and sex in the past 3 months, 32% to 27%.)***
9. Students trying to lose weight have...  
***(Thumbs neutral as it has increased from 44% to 45%.) Only to 2005.***
10. Students who had at least one drink of alcohol on one or more of the past 30 days have...  
***(Thumbs neutral as it has changed little from 48% in 1993 to 49% in 2007.)***



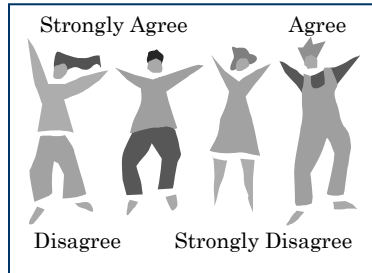
# Health Risks

**STAND**  
and Be Counted

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## Health Risks... Stand and Be Counted

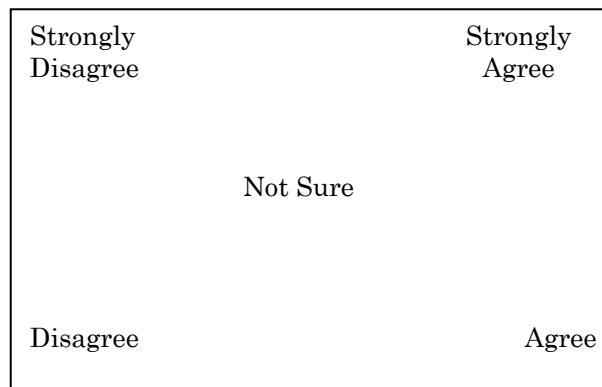


### Teacher's Information

For this activity, place five signs around the room. Each sign should say one of the following:

- Strongly Agree
- Agree
- Not Sure
- Disagree
- Strongly Disagree

Place the "Not Sure" sign in the middle of the room. Place the other four signs in the corners of the room (see below).



### Directions

In this activity, there are five cards at each of four corners of the room and the center of the room. The five cards say Strongly Agree, Agree, Not Sure, Disagree, and Strongly Disagree. There are ten statements related to Alcohol, Tobacco, and other Drugs based on the results of the 2007 Wisconsin Youth Risk Behavior Survey and you are to position yourself related to the strength of support or opposition to the statement. If you are not sure or are torn between supporting and opposing, please place yourself in the middle of the room in the not sure category.

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1. The percentage of students who have reported drinking alcohol within the last thirty days has decreased since 2001. **(Agree—has decreased by 5% from 54% to 49%, however, not a significant decrease.)**
2. Since 1993, the percentage of Wisconsin students who have reported ever using marijuana has gone up, but not significantly. **(Strongly Disagree—has increased by 14%, from 23% to 37%.)**
3. In 2007, Wisconsin students reported use of marijuana at least once in their lifetime. Less often than students nationwide in 2005. **(Agree—1% difference from 38% nationally to 37% in Wisconsin.)**
4. Heavy drinking has been linked to multiple sexual partners, marijuana use, and poor academic performance. **(Strongly Agree—Strong correlation exists between alcohol use and these other risk behaviors.)**
5. Male smokers were much more likely than female smokers to report daily smoking over the last 30 days in 2007. **(Disagree—No difference between males and females, 14% males vs. 15% females, respectively.)**
6. The percentage of students who have reported ever using cocaine in their life has decreased since 1993. **(Strongly Disagree—actually has almost doubled from 4.6% to 7%.)**
7. Smokeless tobacco use (chew, snuff, dip) is more common among males. **(Strongly Agree—13% of males vs. 2% of females.)**
8. Students who report higher grades (mostly A's or B's) are less likely to drink alcohol or use marijuana. **(Strongly Agree—strong *negative* correlation between higher grades and alcohol and marijuana use.)**
9. The percentage of students who have reported binge drinking has gone up significantly since 1999. **(Disagree—actually has gone down from 34% to 37%, however, not a significant decrease.)**
10. According to researchers, drug use has no impact on suicides and unwanted pregnancies. Alcohol and suicide attempts have a very strong relationship. **(Strongly Disagree—the opposite was found.)**

Agree

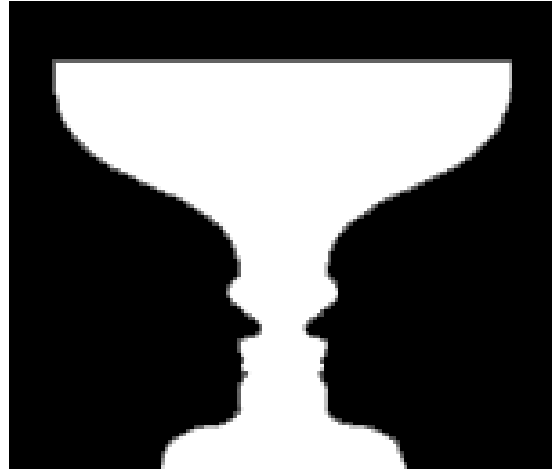
**Strongly**

**Agree**

Not  
Sure

**Disagree**

**Strongly  
Disagree**



# PERCEPTIONS





## Perception vs. Reality

### How does Wisconsin compare to the rest of the U.S. in risk behavior?

In this activity, you will be presented with twelve statements comparing risk behaviors from the 2007 Wisconsin YRBS with the 2005 national YRBS results. Your task is to say whether Wisconsin youth reported a higher, lower, or statistically the same risk level (usually 3% or greater difference) compared to students nationwide. Answer each statement by circling higher, lower, or same. Or turn the arrow up for higher risk, down for lower risk, or sideways for the same risk.

The percentage of students who report:

1. Carrying a weapon such as a gun, knife, or club on one or more of the past 30 days is \_\_\_\_\_ in Wisconsin compared to national rates.  
HIGHER                      LOWER                      SAME
2. Being in a physical fight one or more times during the past 12 months is \_\_\_\_\_ in Wisconsin, compared to national rates.  
HIGHER                      LOWER                      SAME
3. Ever felt so sad or hopeless almost every day for two weeks or more in a row that the student stopped doing some usual activities is \_\_\_\_\_ in Wisconsin, compared to national rates.  
HIGHER                      LOWER                      SAME
4. Seriously considered attempting suicide during the past twelve months is \_\_\_\_\_ in Wisconsin, compared to national rates.  
HIGHER                      LOWER                      SAME
5. Having sexual intercourse during the past three months and having alcohol or using drugs during last sexual intercourse \_\_\_\_\_ in Wisconsin, compared to national rates.  
HIGHER                      LOWER                      SAME
6. Having sexual intercourse for the first time before the age of 13 is \_\_\_\_\_ in Wisconsin, compared to national rates.  
HIGHER                      LOWER                      SAME
7. Having sexual intercourse in their life is \_\_\_\_\_ in Wisconsin, compared to national rates.  
HIGHER                      LOWER                      SAME
8. Had sexual intercourse and who used birth control pills during last sexual intercourse is \_\_\_\_\_ in Wisconsin, compared to national rates.  
HIGHER                      LOWER                      SAME

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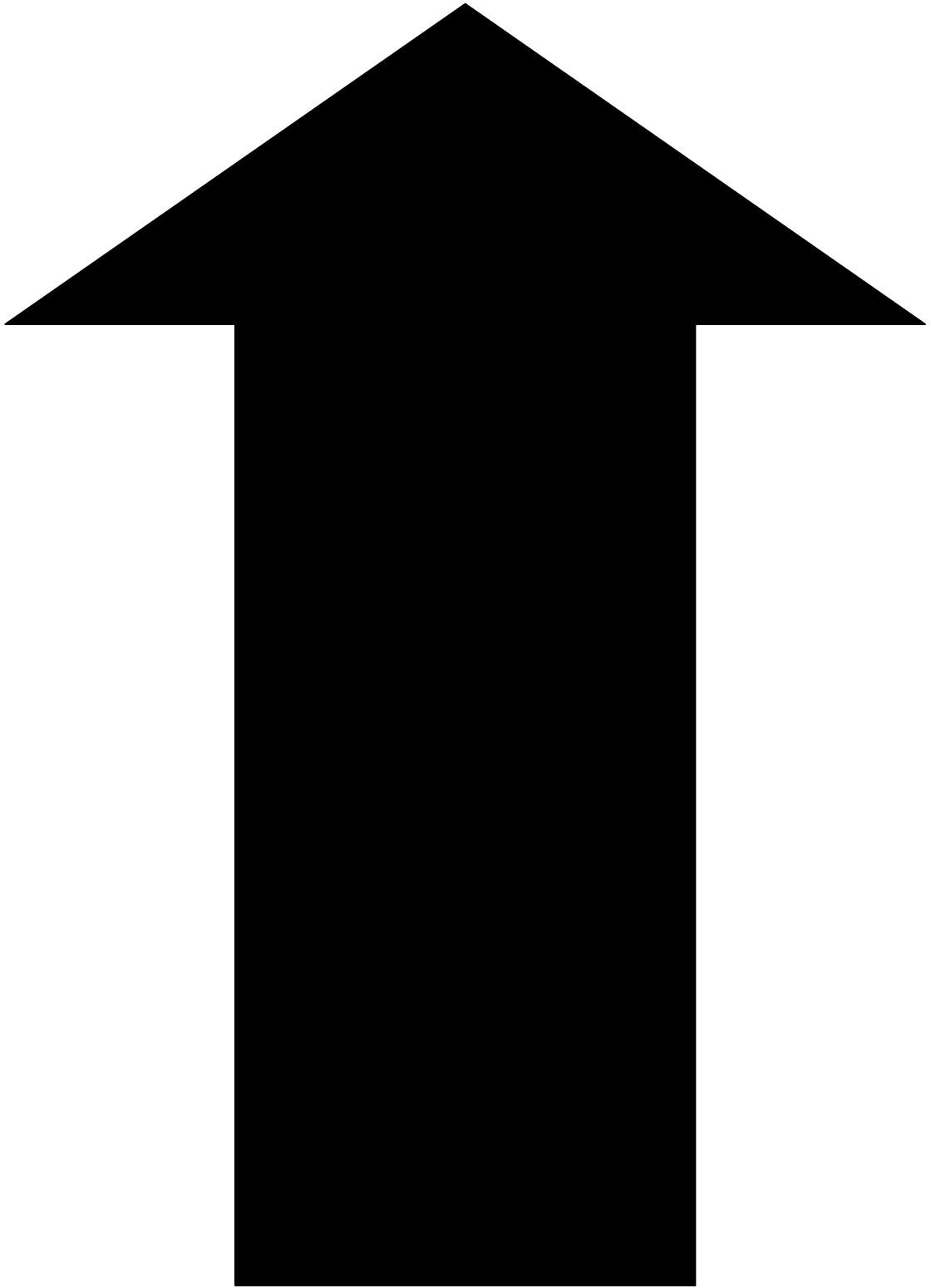


9. At risk for becoming overweight is \_\_\_\_\_ in Wisconsin, compared to national rates.  
HIGHER                      LOWER                      SAME
10. Played on one or more sports teams during the past 12 months is \_\_\_\_\_ in Wisconsin, compared to national rates.  
HIGHER                      LOWER                      SAME
11. Exercising or participating in physical activities for at least 60 minutes that made them increase their heart rate and keep the student breathing hard on five or more of the past seven days is \_\_\_\_\_ in Wisconsin, compared to national rates.  
HIGHER                      LOWER                      SAME
12. How many students had five or more fruits and vegetables each day?  
HIGHER                      LOWER                      SAME

How many did you get right?

**Additional Discussion Questions**

1. Before you did this activity, did you think any risky behaviors would be much higher in Wisconsin than nationally? Which risky behaviors?
2. Were you surprised how close many of the behaviors were to the national standards? Why or why not?



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**Perception vs. Reality**

**Teacher's Information**

**Answers**

1. L (12.7% Wisconsin vs. 18.5% Nationally) \_\_\_\_\_ Locally
2. L (31.2% Wisconsin vs. 35.9% Nationally) \_\_\_\_\_ Locally
3. L (22.4% Wisconsin vs. 28.5% Nationally) \_\_\_\_\_ Locally
4. S (15.0% Wisconsin vs. 16.9% Nationally) \_\_\_\_\_ Locally
5. S (26.6% Wisconsin vs. 23.3% Nationally) \_\_\_\_\_ Locally
6. S (4.5% Wisconsin vs. 6.2% Nationally) \_\_\_\_\_ Locally
7. S (44.6% Wisconsin vs. 46.8% Nationally) \_\_\_\_\_ Locally
8. H (25.7% Wisconsin vs. 17.6% Nationally) \_\_\_\_\_ Locally
9. S (14.0% 2005 Wisconsin vs. 15.7% 2005 Nationally) \_\_\_\_\_ Locally
10. H (61.7% Wisconsin vs. 56% Nationally) \_\_\_\_\_ Locally
11. S (38.3% Wisconsin vs. 35.8% Nationally) \_\_\_\_\_ Locally
12. S (17.9% Wisconsin vs. 20.1% Nationally) \_\_\_\_\_ Locally




## **Do we live in a violent community?**


In this activity we will look at questions from the YRBS that relate to high school students' perceptions surrounding violence. You will point the arrow up if  $\geq 25\%$  or one quarter of students thought this was a problem; point the arrow down if less than 25% thought this was a problem.




## Do we live in a violent community?

  
21%


1) Someone tried to hurt me by hitting, punching, or kicking me on school property.

  
20%


2) I have been picked on, harassed, and bullied so I cannot do my homework.

  
33%

3) Violence is a problem in my school.

  
15%  
Female  
5% Male

4) Females have been verbally or physically forced into sexual activity.

  
10%

5) I never or rarely feel safe from physical harm at our school.

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## Majority Rule

Put a "+" sign next to the statements you feel the majority (more than half) of Wisconsin high school students **support** and a "-" next to those statements that you feel that a majority **does not support**. (This is from the 2005 YRBS.)

Answer " + " or " - "	
	1. I approve of people having five or more drinks of alcohol in a row once or twice each weekend
	2. I believe people risk harming themselves (physically or in other ways) if they have five or more drinks of alcohol in a row once or twice each weekend
	3. I approve of people smoking marijuana occasionally.
	4. I believe people risk harming themselves (physically or in other ways) if they smoke marijuana occasionally.
	5. I approve of people using violence against another person.
	6. I believe people risk harming themselves (physically or in other ways) if they use violence against another person.
	7. I believe it is important for me to delay having sexual intercourse until I'm married, engaged, or an adult in a committed relationship.



## Majority Rules

### Teacher's Information

#### Answers

1. -, 17% (However, almost half of students reported believing their peers felt it was ok to binge drink.)
2. +, 75%
3. -, 16% (However, almost one-third of students reported believing their peers would say it's ok to smoke marijuana.)
4. +, 66%
5. -, 11% (However, one out of five students reported believing their peers would say it's ok to use violence against another person.)
6. +, 67%
7. -, 37%, however another 18% report not being sure (Forty percent of students reported having ever had sexual intercourse.)

#### Discussion Questions

1. What item surprises you the most, and why?
2. How does perception shape reality when it comes to risk behavior? (If the perception is that a lot of youth are doing the behavior or feel the behavior is acceptable, it gives the person license to do it as well.)



## Health Norms

### Using the Information from the 2007 Youth Risk Behavior Survey

#### Directions

In this activity, you are to read each statement and answer by choosing A, B, C, or D, based on your perception of what you know to be true. When you have completed all ten questions, go back and rate how sure you are about your answers by using a scale of 1-10 (1 being not sure at all, 10 being very sure). **Each number can only be used once.** For the answer you are "most sure" about, put the number 10 in the space provided. For the answer you feel is the "second most sure" of your responses, put a number 9 in the space provided. Continue on, using all ten numbers until you reach the answer you are not very sure at all is correct, then put the number 1 in the space provided.

1. The percentage of Wisconsin high school students who had at least one drink of alcohol in the past thirty days is \_\_\_\_\_.  
A. 29%  
B. 40%  
C. 49%  
D. 65%  
How sure are you of this answer? \_\_\_\_\_
2. The percentage of Wisconsin high school students who believe students are at risk when having one or two drinks nearly every day is \_\_\_\_\_.  
A. 20%  
B. 41%  
C. 62%  
D. 92%  
How sure are you of this answer? \_\_\_\_\_
3. The percentage of Wisconsin high school students who were overweight based on BMI, \_\_\_\_\_.  
A. 3%  
B. 11%  
C. 25%  
D. 50%  
How sure are you of this answer? \_\_\_\_\_
4. In a group of 100 Wisconsin high school students, this is the number that reported consuming five or more servings of fruits and vegetables during the last week.  
A. 2 students  
B. 27 students  
C. 55 students  
D. 88 students  
How sure are you of this answer? \_\_\_\_\_

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5. In a group of 100 Wisconsin high school students, this number of high school students engaged in 60 minutes of physical activity each day on five or more of the past seven days.
- A. 1 student
  - B. 10 students
  - C. 38 students
  - D. 50 students
- How sure are you of this answer? \_\_\_\_\_
6. The percentage of high school students reporting using marijuana in the last thirty days is \_\_\_\_\_.
- A. 20%
  - B. 44%
  - C. 66%
  - D. 88%
- How sure are you of this answer? \_\_\_\_\_
7. The approximate fraction of high school students reporting that they never have used cocaine in their lives is \_\_\_\_\_.
- A. One-eleventh of the students
  - B. One-quarter of the students
  - C. One-half of the students
  - D. Nine-tenths of the students
- How sure are you of this answer? \_\_\_\_\_
8. The percentage of high school students that report having been forced, either verbally or physically, to take part in a sexual activity is \_\_\_\_\_.
- A. 99%
  - B. 51%
  - C. 24%
  - D. 10%
- How sure are you of this answer? \_\_\_\_\_
9. Smokeless tobacco use is more common among males. Out of 100 girls, how many are likely to be regular spit tobacco users?
- A. 2
  - B. 10
  - C. 30
  - D. 50
- How sure are you of this answer? \_\_\_\_\_
10. The percentage of students who have seriously considered suicide in the last year is \_\_\_\_\_.
- A. 5%
  - B. 15%
  - C. 50%
  - D. 75%
- How sure are you of this answer? \_\_\_\_\_



## Health Norms

### Teacher's Information

#### Answers

1. C
2. D
3. B
4. D
5. C
6. A
7. D
8. D
9. A
10. B

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## Health Norms

### Scoring Yourself

Now that you are finished and have been given the correct responses, add up the ratings for those questions you answered correctly (1-10 that you had filled in for each question). The highest score you can receive is 55 if you got them all right.

### Discussion Questions

How did you decide which statements you were most confident about? (Topic, previous knowledge, friends that have engaged in the risky behavior.)