

*Learning Modules on
Social Norms: Using the
2011 Wisconsin
Youth Risk Behavior
Survey Results*

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Introduction

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 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 2011 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 3043 students in 58 public high schools in Wisconsin in the spring of

2011. 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 New 2011 Wisconsin Standards for Health Education. The following standards are emphasized in each of the strategies:

- A. Students will comprehend concepts related to health promotion and disease prevention to enhance health. (Standard 1)
- B. Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. (Standard 2)
- C. Students will demonstrate the ability to access valid information and products and services. (Standard 3)
- D. Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce risks. (Standard 4)
- E. Students will demonstrate the ability to use decision-making skills to enhance health. (Standard 5)
- F. Students will demonstrate the ability to use goal-setting skills to enhance health. (Standard 6)

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

What is Your 2011 YRBS Risk IQ?



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What is your 2011 YRBS Risk IQ?

In this activity you will be given twelve questions from the 2011 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 obese 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 ever smoked at least one cigarette every day 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 2011 Wisconsin Youth Risk Behavior Survey questionnaire.

1. 23% Q 81 (up considerably from 19% in 2009)
2. 52% Q 79 (from 48% in 2009)
3. 25% Q (about the same as 2009)
4. 9% Q 29 (same as 2009)
5. 9% Q 36 (down from 11% in 2009)
6. 13% Q25 (same as 2009)
7. 9% Q 11 (same as 2009)
8. 22% Q 48 (up from 19% in 2009)
9. 19% Q 41 (same as 2009)
10. 31% Q 63 (up from 29% in 2009)
11. 26% Q 66 (down from 27% in 2009)
12. 64% Q 63 (same as 2009)



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.)

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POSITIVE CHOICE CARDS



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Positive Choice Cards

Teacher Information

In this introductory activity there are a set of questions from the 2011 Youth Risk Behavior Survey (YRBS) and the 2009 National YRBS results. In teams of eight, 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 2011 YRBS data directly such as 87% of Wisconsin students wear seat belts. Is that answer better, worse or the same?

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

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Question to ask: Is it better or worse or the same in Wisconsin compared to national data? (Less than 2% difference between Wisconsin and the national data will be considered the "same.")

Injury and Violence

Students who:

1. Wear bike helmets. **Worse** (12% in Wisconsin vs. 15% nationally both 2009)
2. Wear seat belts. **Same** (90% in Wisconsin vs. 90% nationally)
3. Never rode in a car with a driver who had been drinking during the last 30 days. **Same** (73% in Wisconsin vs. 72% nationally)
4. Never drove a car under the influence of alcohol. **Better** (92% in Wisconsin vs. 90% nationally)
5. Never carried a weapon in the last 30 days. **Better** (89% in Wisconsin vs. 82% nationally)
6. Never got in a physical fight over the past twelve months. **Better** (75% in Wisconsin vs. 68% nationally for both surveys) (big change positively)
7. Never seriously considered a suicide attempt. **Same** (86% in Wisconsin vs. 86% nationally)
8. Never attempted suicide. **Same** (93% in Wisconsin vs. 93% nationally for both surveys)
9. Never physically hit by a boyfriend or girlfriend. **Better** (92% in Wisconsin vs. 90% nationally)
10. Were bullied on school property during the past 12 months. **Better** (76% in Wisconsin vs. 78% nationally).

Tobacco Use

Students who:

1. Never tried a cigarette. **Much Better** (59% in Wisconsin vs. 54% nationally)
2. Never had smoked a cigarette before the age of 13. **Same** (91% in Wisconsin vs. 91% nationally)
3. Never became a daily smoker. **Much Better** (92% in Wisconsin vs. 88% nationally)
4. Never used spit tobacco products in the last 30 days. **Same** (92% in Wisconsin vs. 91% nationally)

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Weight Management and Dietary Behaviors

Students who:

1. Are not overweight or obese. (< than 85% BMI) **Better** (75% in Wisconsin vs. 72% nationally)
2. Eat fruits and vegetables five or more times per day. **Worse** (20% in Wisconsin vs. 22% nationally)
3. Never drank soda one or more times a day during the week. **Much Better** (77% in Wisconsin vs. 70% nationally)

Physical Activity

Students who:

1. Engage in physical activity for at least 60 minutes, five or more days a week. **Much Better** (52% in Wisconsin vs. 37% nationally)
2. Did not watch three or more hours of TV on an average school day. **Much Better** (76% in Wisconsin vs. 67% nationally)
3. Are in a PE class daily in an average school week. **Much worse** (38% in Wisconsin vs. 56% nationally)

Alcohol and Other Drugs

Students who:

1. Never drank alcohol other than a few sips before the age of 13. **Same** (79% in Wisconsin vs. 78% nationally)
2. Never binge drank (5 or more drinks in a couple of hours) in the last 30 days. **Worse** (74% in Wisconsin vs. 76% nationally)
3. Never used marijuana. **Same** (63% in Wisconsin vs. 63% nationally) (though changed negatively)
4. Never used any form of cocaine (crack, etc.) in their life. **Much better** (98% in Wisconsin vs. 93% nationally)
5. Never sniffed glue or any other inhalant. **Much Higher** (92% in Wisconsin vs. 88% nationally) (changed positively)

Sexual Risk Behavior

Students who:

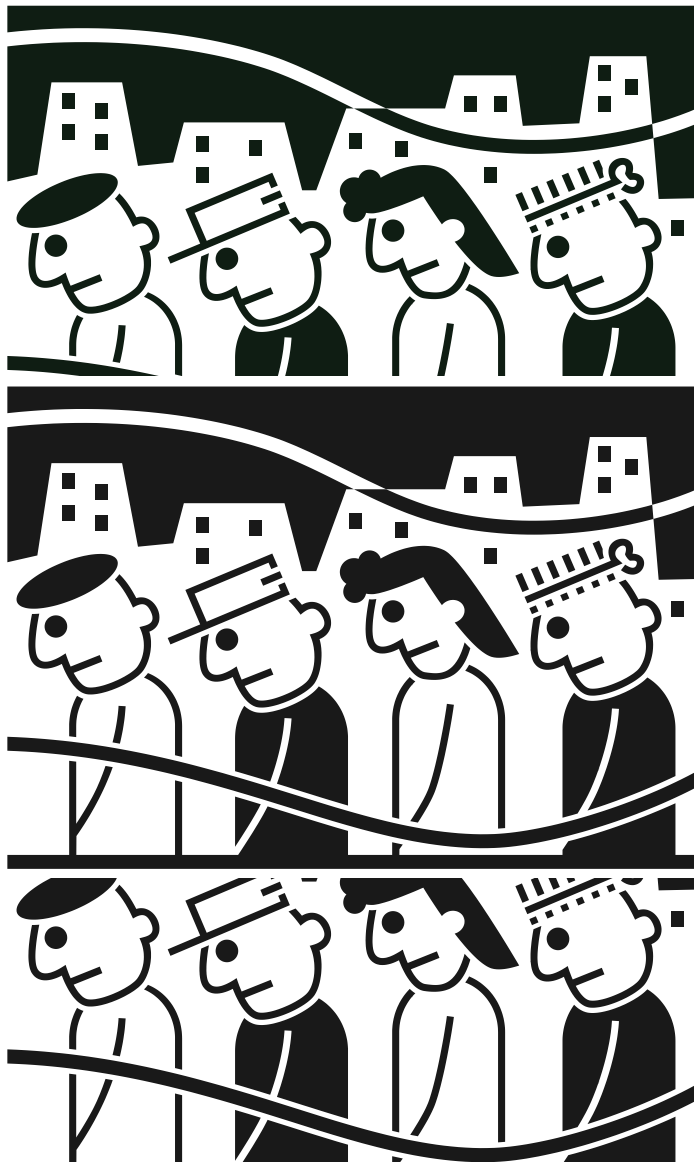
1. Never had sexual intercourse. **Much better** (58% in Wisconsin vs. 54% nationally)
2. Did not have sexual intercourse in the last 3 months. **Much Better** (69% in Wisconsin vs. 65% nationally)
3. Used a condom during their last intercourse. **Better** (64% in Wisconsin vs. 61% nationally)

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4. Sexually active teens, used a birth control pill to prevent pregnancy before last sexual intercourse. **Much Better** (26% in Wisconsin vs. 20% nationally)

What is Your 2011 Depression/Suicide IQ?



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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.

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Teacher's Information

Answers*

1. 23%* Q24 (15% males vs. 30% females)
2. 13%* Q25
3. 17%** Q25
4. 11%* Q26 (10% males vs. 13% females)
5. 6% Q27
6. 2% Q28

* All risk behaviors surveyed had a significant decrease over time.

** Females are significantly more likely to have seriously considered attempting suicide in the past 12 months than males, 17% vs. 10%.



**For Better ...
or for Worse ...**

A Decade of Trends

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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 1993-2011. 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 1993-2011. 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 2011:

1. Current marijuana use (use in the last 30 days) over the years has...
(Thumbs down – Increased very significantly – 11% to 22%.)
2. Serious consideration of committing suicide over the past 12 months has...
(A big thumbs up as it decreased – 27% to 13%.)
3. Tobacco use over the past thirty days has...
(A big thumbs up as it decreased – from 32% to 15%.) (Continues)
4. Fighting at school in the last twelve months has...
(Thumbs up as it decreased from 39% to 25%.)
5. Students being bullied on school property from 2009 to 2011...
(Thumbs Down as it increased from 22% to 24%.)
6. Binge drinking (five or more drinks in a row within a couple of hours) has...
(Thumbs up as it has moved from 29% in 1993 to 24% in 2009.) (Was neutral in 2007.)
7. Students offered, sold, gave drugs at school has...
(Thumbs neutral as it has increased slightly since 1993 from 20% to 21% in 2009.)
8. Sexual behavior, such as ever having sex, sex before 16, and sex in the past three months, has...
(All three are thumbs up as all three measures have decreased in the last decade: Ever having sex, 47% to 42%; before 13, 7% to 4%; and sex in the past three months, 32% to 31%.) All three are slightly worse than 2009.
9. Students who used any form of methamphetamine since 2005...
(Thumbs up as it went from 6% in 2005 to 2% in 2011.)
10. Students who had at least one drink of alcohol on one or more of the past 30 days have...
(Thumbs up as it has changed a lot in the last two years from 48% in 1993 to 39% in 2011.) (Continues to get better from 41% in 2009)



Health Risks

STAND
and Be Counted

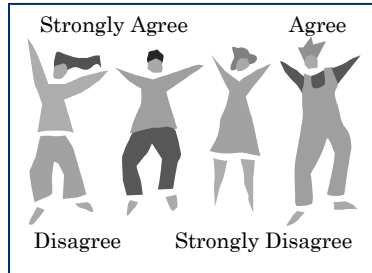
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Health Risks...Stand and Be Counted

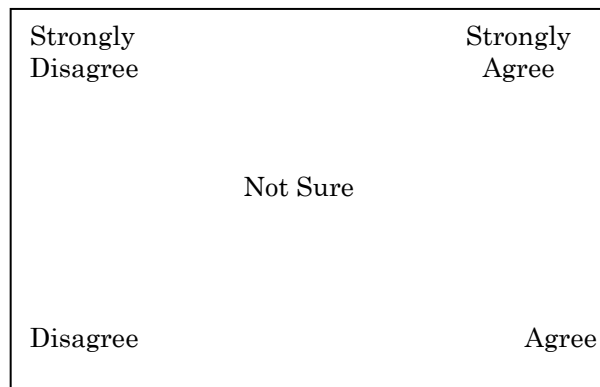


Teacher's Information

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 2011 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 Wisconsin students who have reported drinking alcohol within the last thirty days has decreased since 2001. **(Strongly Agree—has decreased by 15% from 54% to 39%, a significant decrease in each of the two two-year cycles.)**
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%.) (This is a major change negatively.)**
3. In 2011, 37% of Wisconsin students reported use of marijuana at least once in their lifetime. This is less often than students nationwide in 2009. **(Agree but with a small difference—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. Wisconsin male smokers were much more likely than female smokers to report daily smoking over the last 30 days in 2011. **(Disagree—No difference between males and females, 10% males vs. 7% females, respectively, though female use has gone down 7% in the last four years, a significant decline.)**
6. The percentage of Wisconsin students who have reported ever using cocaine in their life has increased since 1993. **(Disagree—use has gone down slightly from 4.6% to 4.0%.)**
7. Smokeless tobacco use (chew, snuff, dip) is more common among males. **(Strongly Agree—14% of males (up 1% from 2009 vs. 2% of females down 2% from 2009.)**
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. **(Strongly Disagree—actually has gone down from 34% to 24%, a significant decrease. The decrease has continued during the last four years.)**
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

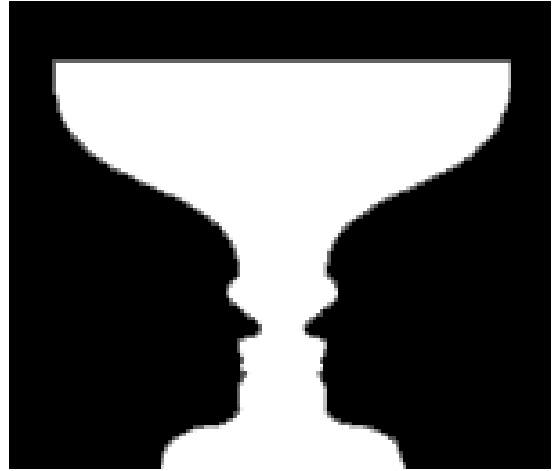
Strongly

Agree

Not
Sure

Disagree

**Strongly
Disagree**



PERCEPTIONS



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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 2011 Wisconsin YRBS with the 2009 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. Feeling 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 considering 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. Having sexual intercourse and using birth control pills during last sexual intercourse is _____ in Wisconsin, compared to national rates.
HIGHER LOWER SAME
9. Being overweight or obese is _____ in Wisconsin, compared to national rates.
HIGHER LOWER SAME

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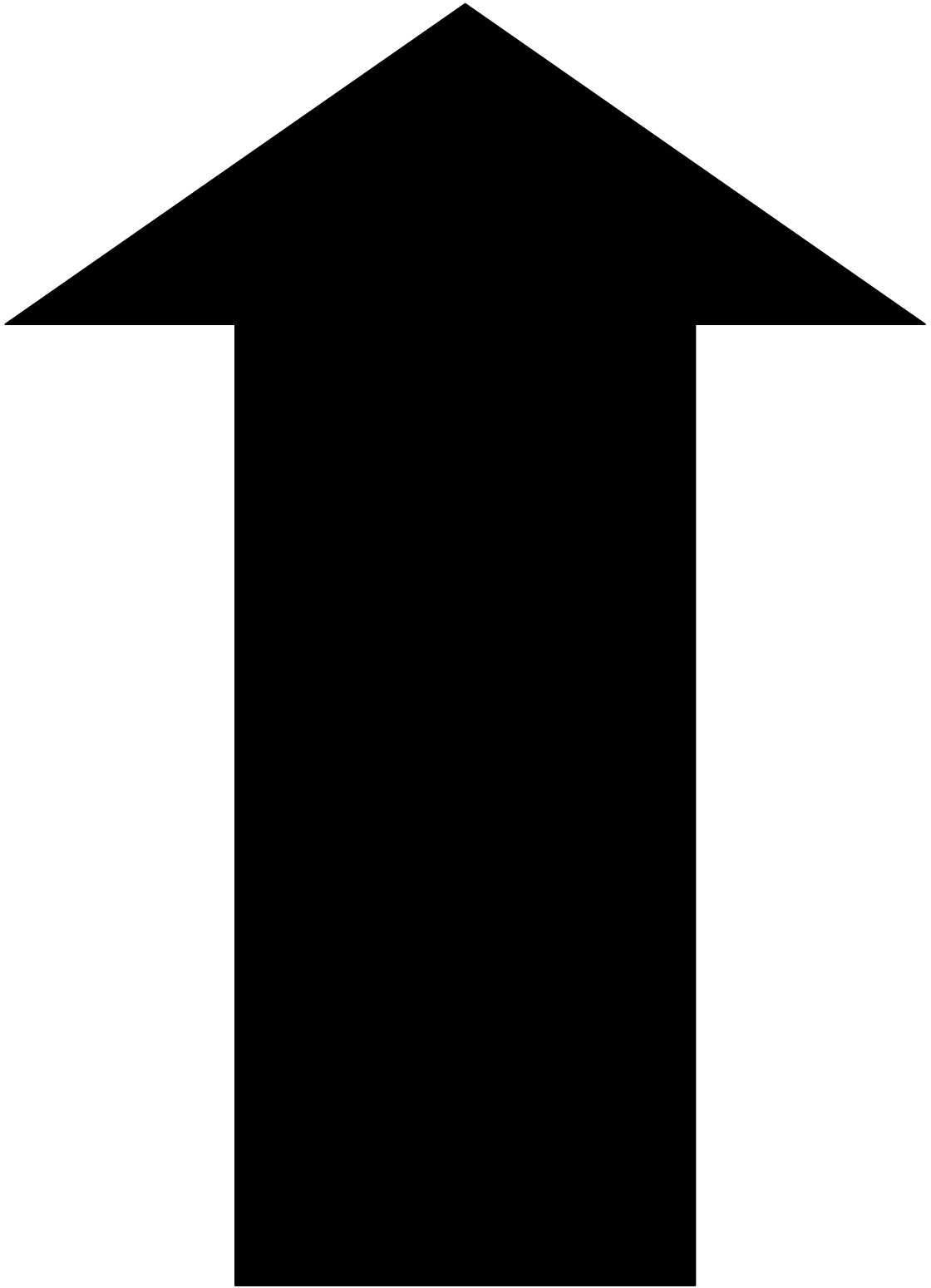


10. Watching three or more hours of television each day on an average school day.
HIGHER LOWER SAME
11. Being physically active for a total of at least 60 minutes per day on 7 of the past seven days.
HIGHER LOWER SAME
12. Eating fruits and vegetables five or more times per day during the past seven days.
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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Teacher's Information

Answers

1. L (10% Wisconsin vs. 18% Nationally) _____ Locally
2. L (25% Wisconsin vs. 32% Nationally) _____ Locally
3. L (23% Wisconsin vs. 26% Nationally) _____ Locally
4. S (14% Wisconsin vs. 14% Nationally) _____ Locally
5. L (20% Wisconsin vs. 22% Nationally) _____ Locally (Gone up quadratic)
6. L (4.4% Wisconsin vs. 6% Nationally) _____ Locally
7. L (42% Wisconsin vs. 46% Nationally) _____ Locally
8. H (26% Wisconsin vs. 20% Nationally) _____ Locally
9. L (25% Wisconsin vs. 28% Nationally) _____ Locally
10. L (24% Wisconsin vs. 33% Nationally) _____ Locally
11. H (24% Wisconsin vs. 18% Nationally) _____ Locally
12. L (20% Wisconsin vs. 23% Nationally) _____ Locally

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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. Three of the items are from the 2009 YRBS and the rest are from 2007 YRBS.


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Do we live in a violent community?

- 


21%

1) Someone tried to hurt me by hitting, punching, or kicking me on school property. (2007)
- 


23%

2) I have been picked on, harassed, and bullied so I cannot do my homework. (2009)
- 

33%

3) Violence is a problem in my school. (2007)
- 

8.4%

4) I was hit, slapped, or physically hurt on purpose by boy or girlfriend. (2009)
- 

22.5%

5) I was bullied on school property during the past 12 months. (2009)

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Majority Rules

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 2011 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. 19%
B. 30%
C. 39%
D. 65%
How sure are you of this answer? _____
2. The percentage of Wisconsin high school students who drink five or more drinks in a row within a couple of hours at least once in the last 30 days _____.
A. 67%
B. 41%
C. 11%
D. 24%
How sure are you of this answer? _____
3. The percentage of Wisconsin high school students who were overweight based on BMI _____.
A. 3%
B. 15%
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 each day during the last week.
A. 2 students
B. 44 students
C. 68 students
D. 20 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. 52 students
 - D. 70 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. 22%
 - 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-one hundredth of the students
 - B. One-quarter of the students
 - C. One-half of the students
 - D. Ninety-nine one hundredths of the students
- How sure are you of this answer? _____
8. The percentage of high school students reporting being slapped or physically hurt by their boyfriend or girlfriend.
- A. 99%
 - B. 51%
 - C. 24%
 - D. 8%
- 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? _____

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10. The percentage of students who have seriously considered suicide in the last year is

_____.

- A. 5%
- B. 14%
- C. 45%
- D. 72%

How sure are you of this answer? _____

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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.)



Supplemental Tobacco Lessons

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Middle School Scavenger Hunt

Answer the following questions using the 2010 middle school Wisconsin Youth Tobacco Survey (YTS) report. (Round off your answer to the nearest percent.) Data from the 2010 Youth Tobacco Survey (YTS) can be found at the Department of Health Services' website:
<http://dhs.wisconsin.gov/tobacco/YTS.htm>

1. The purpose of the YTS is a comprehensive measure of _____, _____, and related _____ about tobacco use in Wisconsin.
2. Schools and classrooms were _____ selected in 2008 to participate in this survey.
3. The number of middle school students who have **never** taken a puff of a cigarette is more than _____ times as high as middle school students who have tried smoking.
4. The YTS found that _____% of middle school students did **not** smoke during the past 30 days.
5. _____% of middle school students who **never** used chewing tobacco, snuff, or dip.
6. _____% of Wisconsin middle school students who currently use any tobacco product.
7. _____% of students who were in the same room or rode in a car as others who smoke during the week.
8. How many middle school students do **not** have a smoker who lives with them? _____%.
9. The percentage of middle school students who smoked cigarettes on school property in the last month is _____.
10. The percentage of middle school students who smoke and reported wanting to stop is _____.

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Answers

1. awareness, attitudes, and behaviors
2. randomly
3. six times (more common to be smoke free than 2008)
4. 96% (up 9% since 2008)
5. 93% (up from 89% in 2004)
6. 7% (up slightly from 2008)
7. 47% (down from 49% in 2008)
8. 62% (up from 55% in 2004 and 57% in 2006 and the same in 2008))
9. 1% (down from 2% in 2008)
10. 49% (down from 56% in 2008)

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High School Scavenger Hunt

Answer the following questions from the 2010 high school Youth Tobacco Survey (YTS) and 2011 Youth Risk Behavior Survey (YRBS). (Round off your answer to the nearest percent.)

Data from the 2010 Youth Tobacco Surveys (YTS) can be found at the Department of Health Services' website: <http://dhs.wisconsin.gov/tobacco/YTS.htm>

Data from the 2011 Youth Risk Behavior Surveys (YRBS) can be found at the Department of Public Instruction's website: <http://dpi.wi.gov/sspw/yrbsindx.html>

1. The current smoking rate has decreased from _____ in 2000 to _____ in 2010 as found in the high school fact sheet. (YTS)
2. Around _____% of high school students have ever tried tobacco in their lifetime. (Use the 2011 YRBS findings)
3. The number of high school students who have never smoked cigarettes daily is _____%. (2011 YRBS)
4. _____% of high school students bought cigarettes at a convenience store, a supermarket, a gas station, or discount store. (2010 YTS)
5. _____% of high school students never used chewing tobacco, snuff, or dip. (2011 YRBS)
6. _____% of high school students reported using the internet, watching TV, or going to the movies and had seen ads for tobacco products. (2010 YTS)
7. _____% students rode in a car or were in the same room as others who smoke during the week. (2010 YTS)

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Answers

1. 33% to 17%
2. 41% (down from 59% in 2004)
3. 91% (Up from 75% in 2001)
4. 7% (Trending down)
5. 92% (Up from 87% in 1999)
6. 87% (Down from 89% in 2008)
7. 59%

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Joe Smoker—What’s Happening in Your World

High School and Middle School—Trends Exercise

In Wisconsin, there are many data resources used to monitor smoking among middle and high school students. Do you know how many high school or middle school students are smoking? What do the numbers show over the years? Why do you think the trend is this way? (Tobacco taxes, greater education, smoke free laws, etc.)

In this exercise, you will be asked to provide several data points to graph. You are looking for current smoking percentages for the years 2000-2011. Current smoking is defined as smoking at least one or more days during the past thirty days.

There are several years of data to make a trend line. Middle school trend lines can also include any tobacco use. The following websites can be used to find the information:

The Department of Public Instruction—Youth Risk Behavior Survey 2011, 2009, 2007, 2005, 2003, 2001 <http://dpi.wi.gov/sspw/yrbsindx.html>

The Department of Health Services, Division of Public Health 2010, 2008, 2006, 2004, 2003, 2002, 2000, <http://dhs.wisconsin.gov/tobacco/YTS.htm>

	2000	2001	2002	2003	2004	2005	2006
HS Current Smoking	33%	33%	27%	24%	21%	23%	20%
	YTS	YRBS	YTS	YRBS	YTS	YRBS	YTS
	2007	2008	2009	2010	2011		
HS Current Smoking	21%	21%	17%	17%	15%		
	YRBS	YTS	YRBS	YTS	YRBS		

	2000	2002	2004	2006	2008	2010
MS Current Smoking	12%	9%	8%	6%	4%	4%
Any tobacco use	16%	13%	13%	9%	7%	7%

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