

Youth Risk Behavior Survey (YRBS) 2023 Survey Results

Casie Sulzle
YRBS Coordinator/
Research and Evaluation Consultant

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YRBS Overview

- **Conducted as part of a national effort by the U.S. Centers for Disease Control (CDC) to monitor the health-risk behaviors of the nation's high school students in grades 9-12.**
 - Attain statewide representative data through a random sample of 50 high schools
 - DPI offers an “elective” survey for schools with students in grades 6-12
- **Data collection typically takes place during the spring of odd numbered years.**
 - Most recent administration: Spring 2023
 - Topics include: traffic safety, weapons and violence, suicide, mental health, tobacco use, alcohol and other drug use, sexual behavior, diet, nutrition, and exercise.
- **Disclaimer: This presentation will include information about sexual violence, mental health, & suicide which may be triggering for some.**



Overall Trends

Striking disparities are present among nearly all risk behavior prevalences. The following groups continue to report greater challenges and fewer supports:

- Female students
- Students of color
- Students with health conditions (e.g., chronic condition or physical disability)
- Students receiving special education services
- Students facing food insecurity (i.e., hunger due to a lack of food at home)
- Students who have moved many times
- Students who are lesbian, gay, or bisexual (LGB)
- Students with low grades (D's or F's)

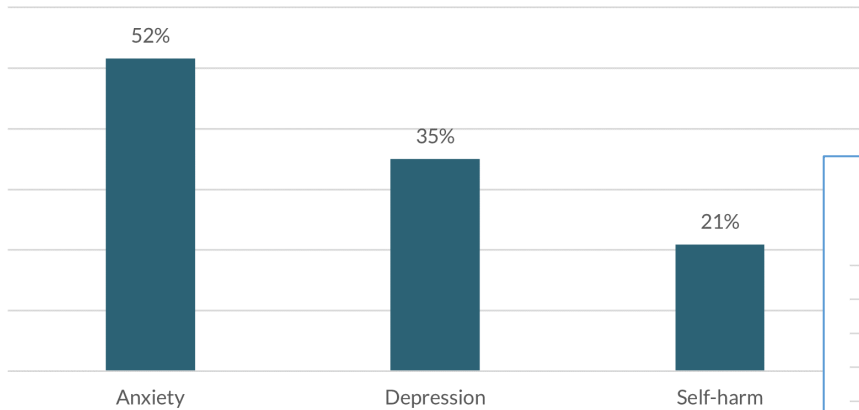


Mental & Emotional Well-Being

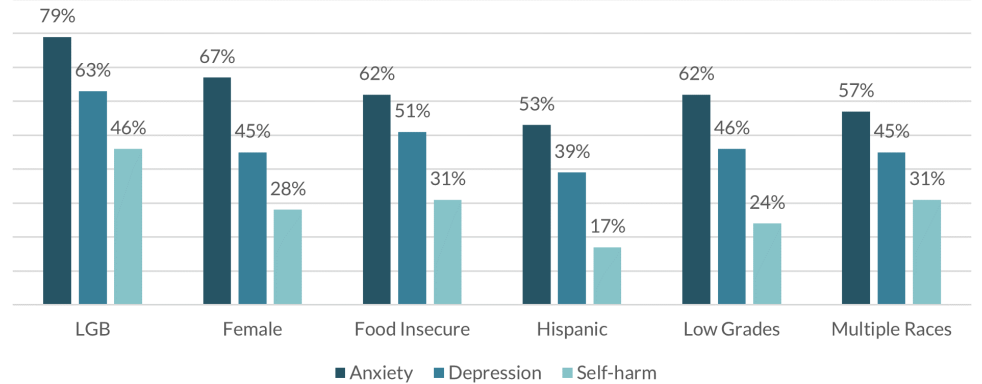
“I think mental health is a large problem in schools whether it be home reasons or the stress from the work.”

Mental & Emotional Well-Being

Self-Reported Rates of Anxiety, Depression, and Self-Harm



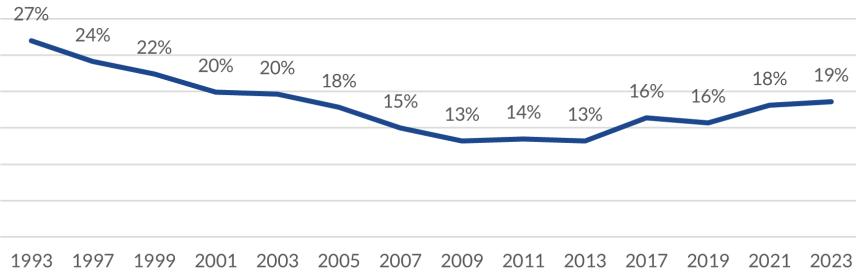
Mental Health Concerns For Select Groups



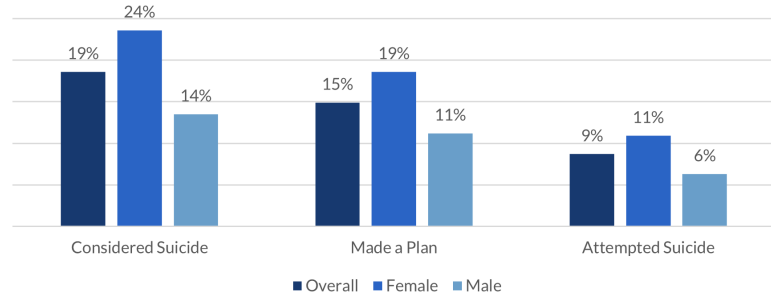
Suicidality

Percentage of Students Who Seriously Considered Attempting Suicide

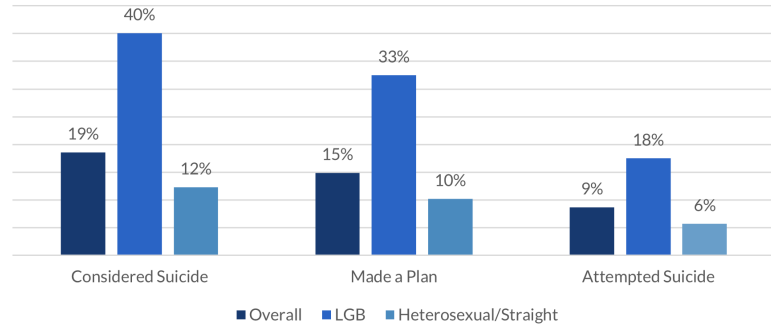
Data not available for 1995, 2015



Suicide Ideation: Overall and By Sex



Suicide Ideation: Overall and By Sexual Orientation

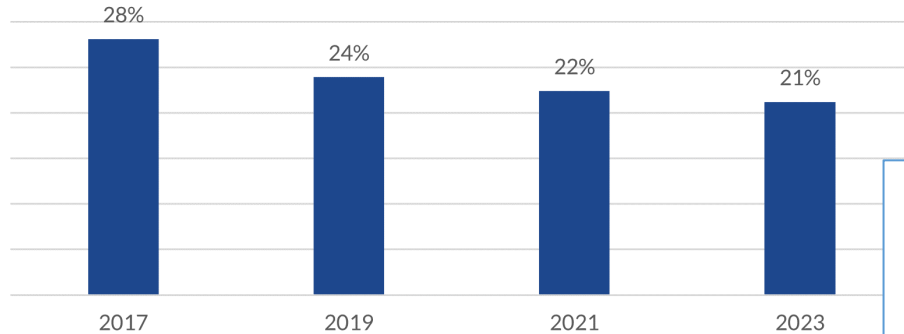


Help Seeking

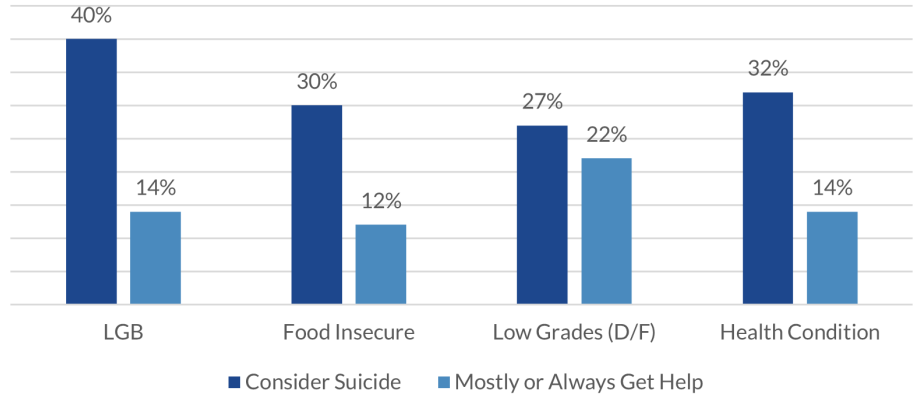
"I have people that I can talk to if I'm feeling anxious, but I don't want to bother them in the case that they're busy (I also have social anxiety). I usually talk to myself, and work it out on my own."

Help Seeking

Students Who Most of the Time or Always Receive the Help They Need

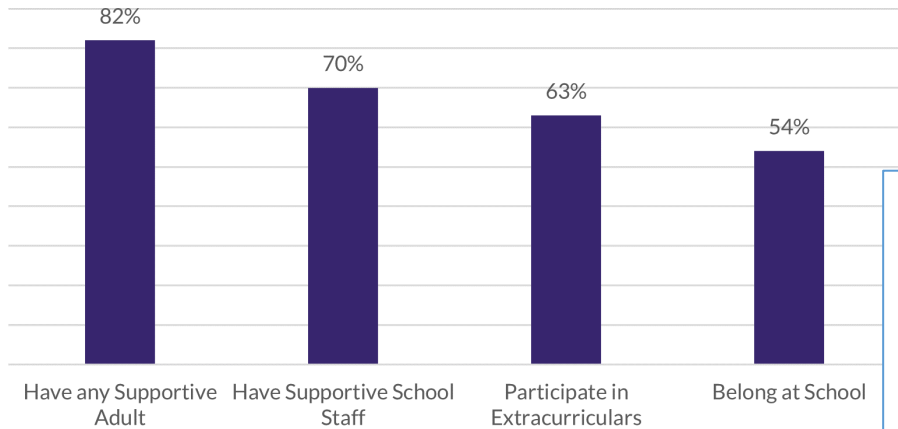


Suicidality Help Gap for Select Groups

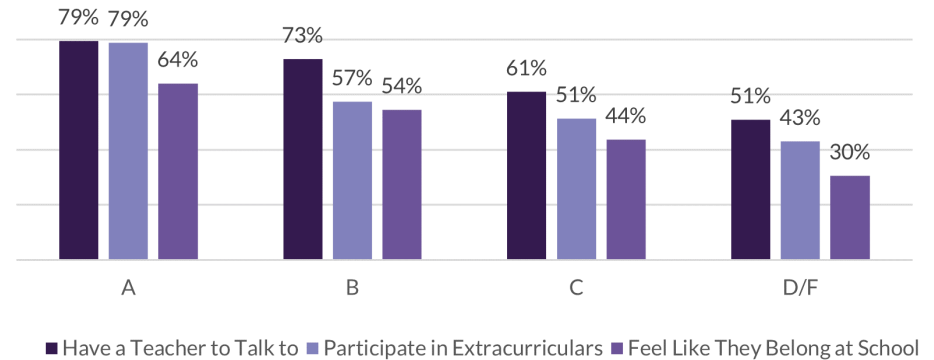


Protective Factors

Prevalence of Protective Factors

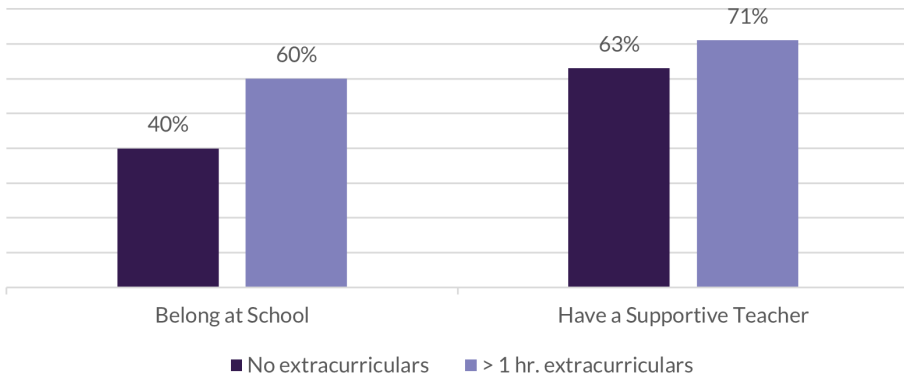


School Inclusion and Belonging, By Self-Reported Grades

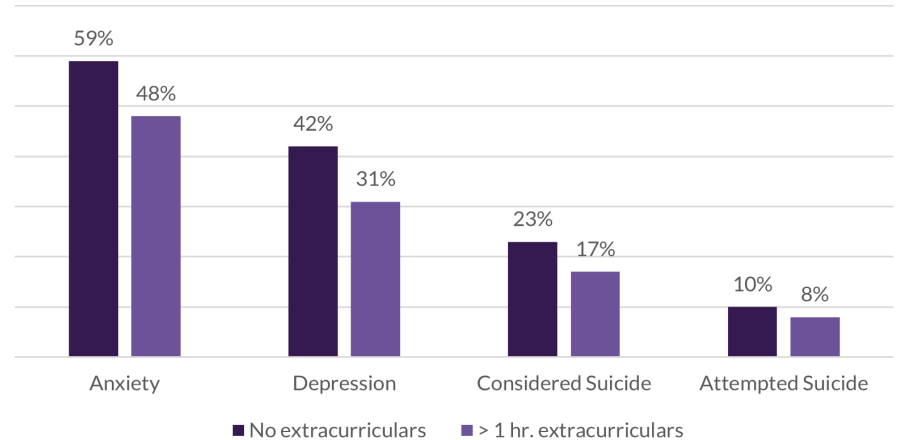


Protective Factors

School Belonging and Protective Factors, By Extracurricular Involvement



Mental Health Concerns and Suicidality, By Extracurricular Involvement



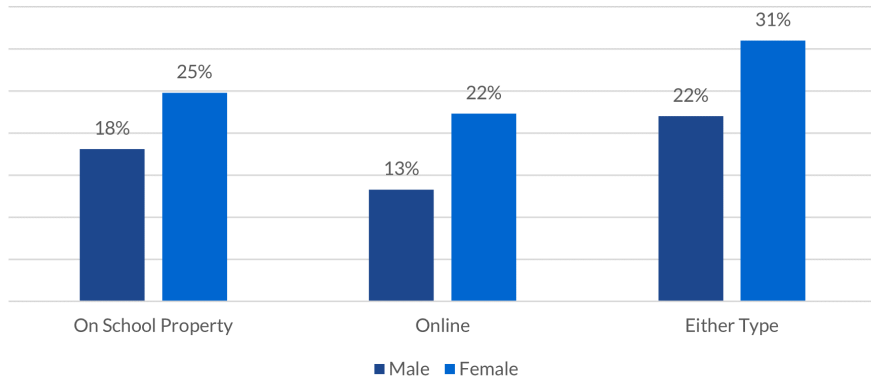
Bullying

“most teachers don't notice how much bullying is happening in this school”

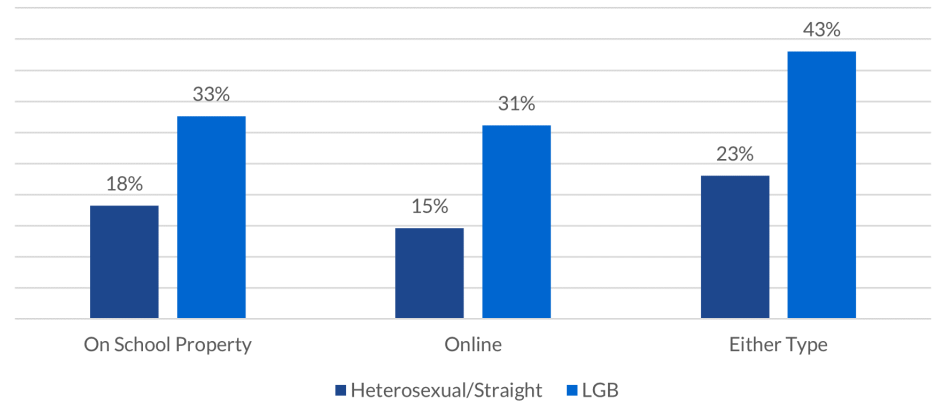
“Many members of the LGBTQ+ and BIPOC communities are heavily bullied/judged by much of the student body.”

Bullying

Experiences of Different Type of Bullying
By Sex

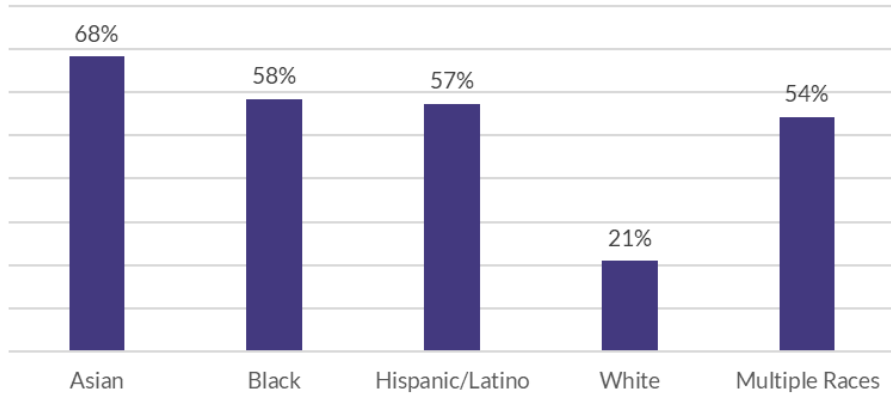


Experiences of Different Type of Bullying
By Sexual Orientation

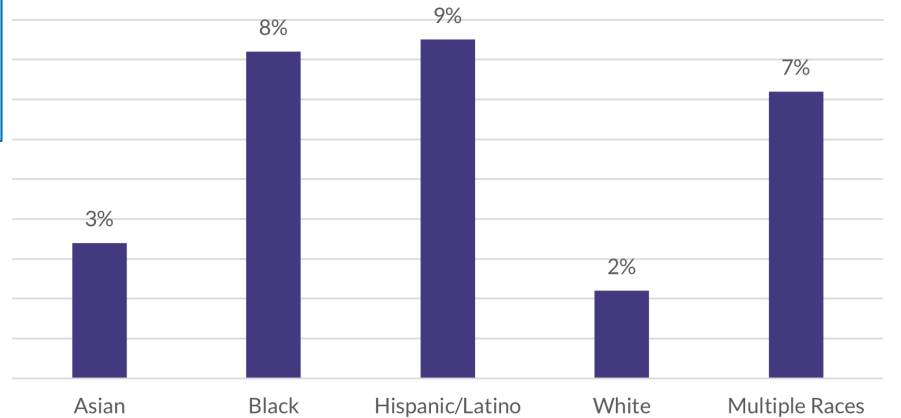


Treated Badly

Ever Felt Treated Badly or Unfairly By Race/Ethnicity

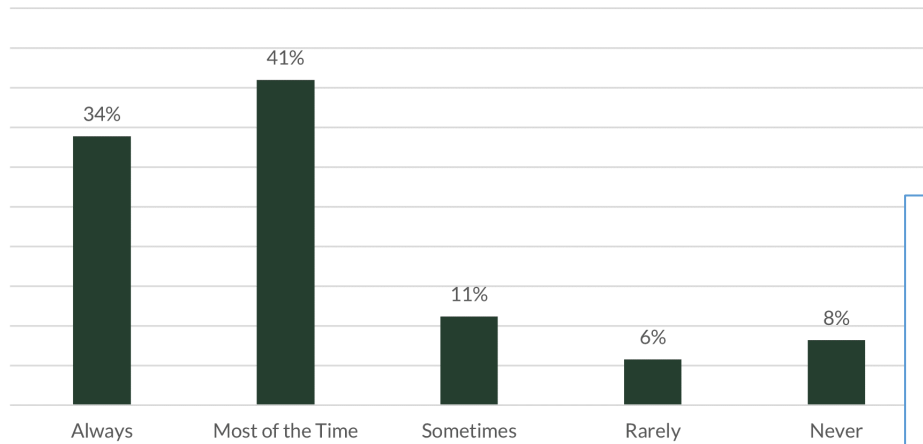


Always or Most of the Time Feel Treated Badly or Unfairly By Race/Ethnicity

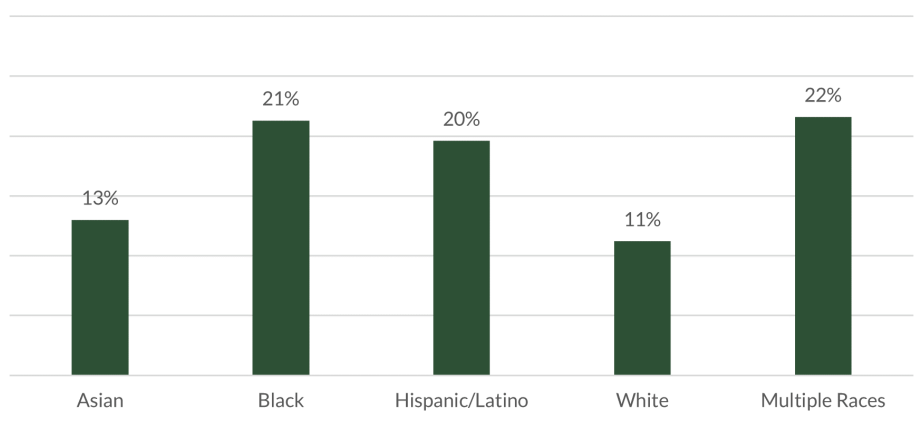


School Safety

How Often Students Feel Safe at School

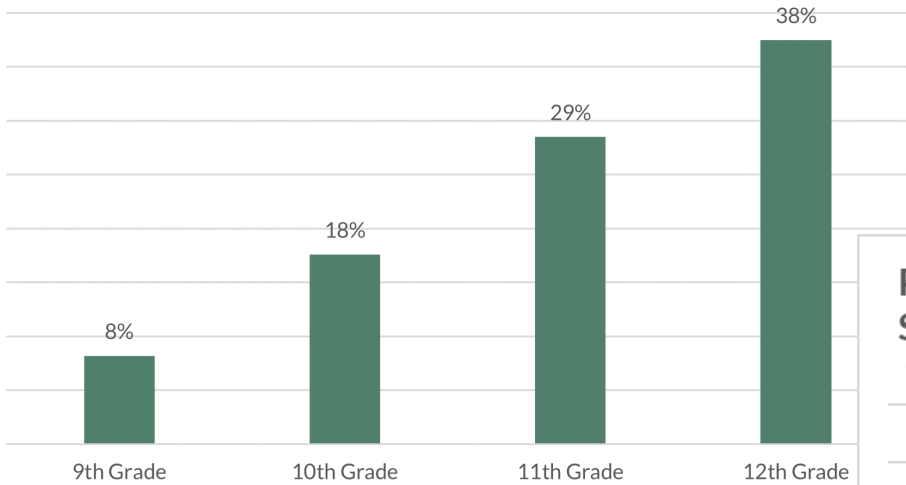


Rarely or Never Feel Safe at School
By Race/Ethnicity



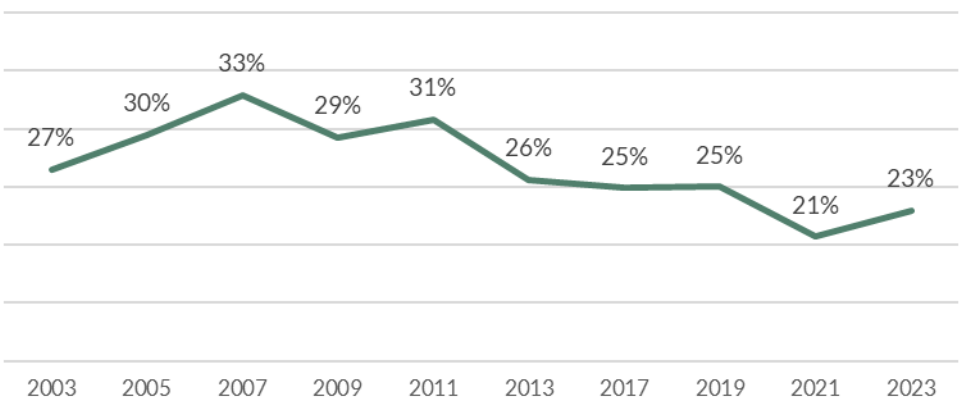
Sexual Behavior & Violence

Currently Sexually Active By Grade Level



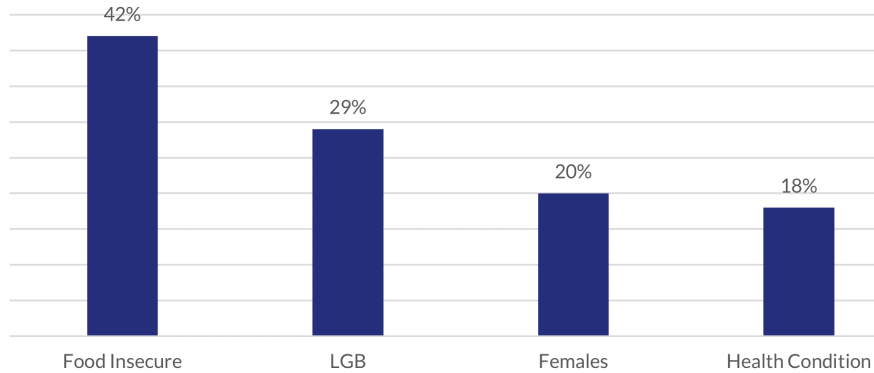
Percentage of Students Who Currently are Sexually Active (Past 3 Months)

Data not available for 2015

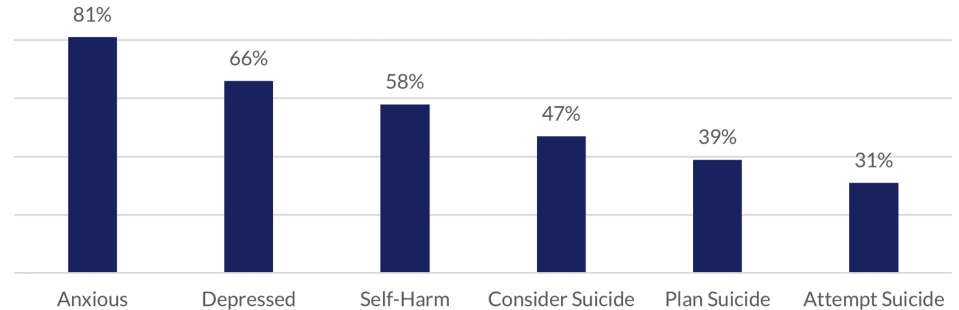


Sexual Behavior & Violence

Experienced Sexual Assault or Coercion in the Past Year for Select Groups



Mental Health Concerns (During Past Year) Among Students Who Experienced Sexual Assault or Coercion



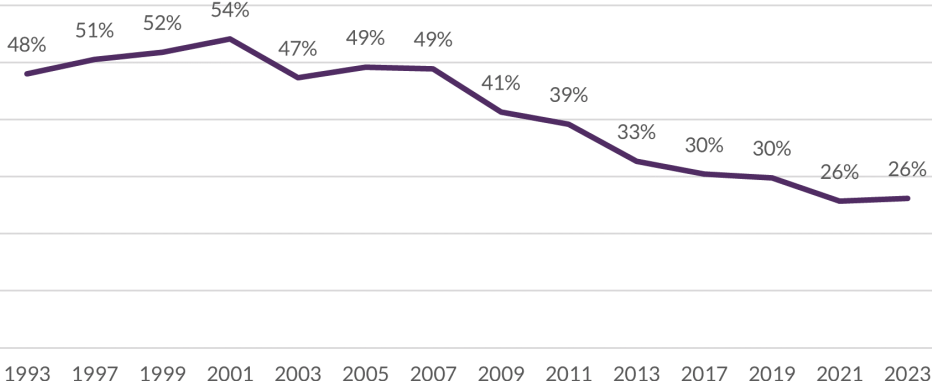
AODA Data

“Vaping in the bathrooms is a big problem at our school...”

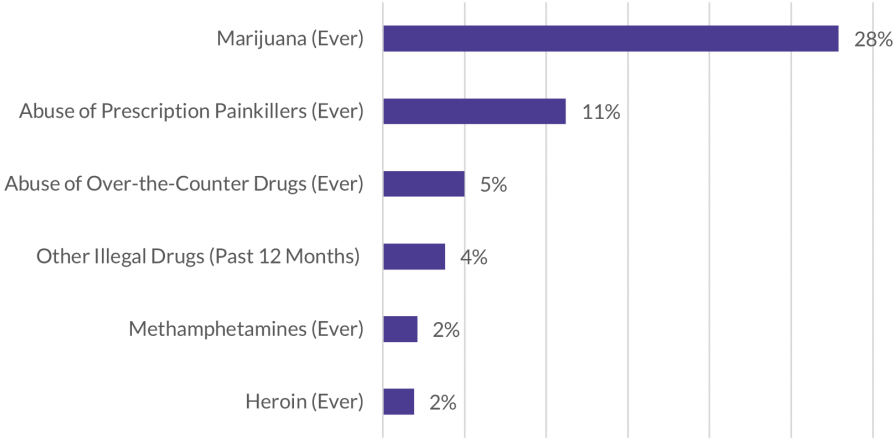
AODA Data

Percentage of Students Who Currently Drink Alcohol (Last 30 Days)

Data not available for 1995, 2015

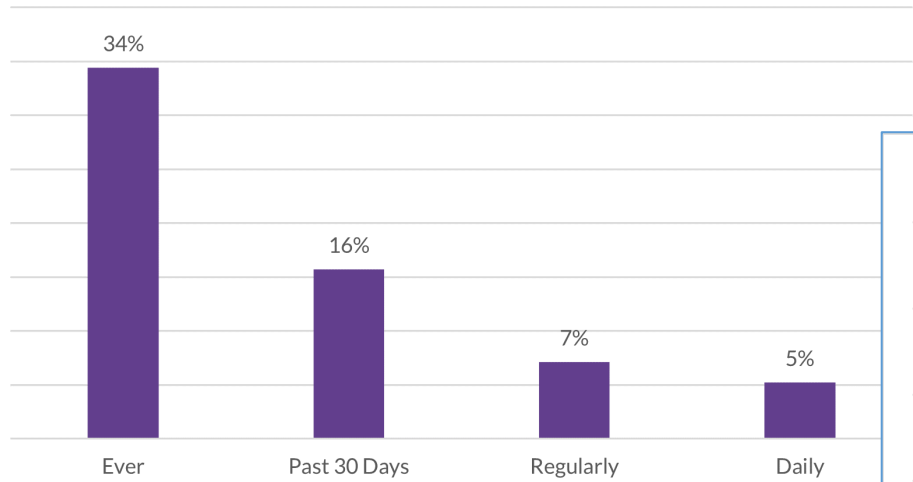


Drug Use Rates

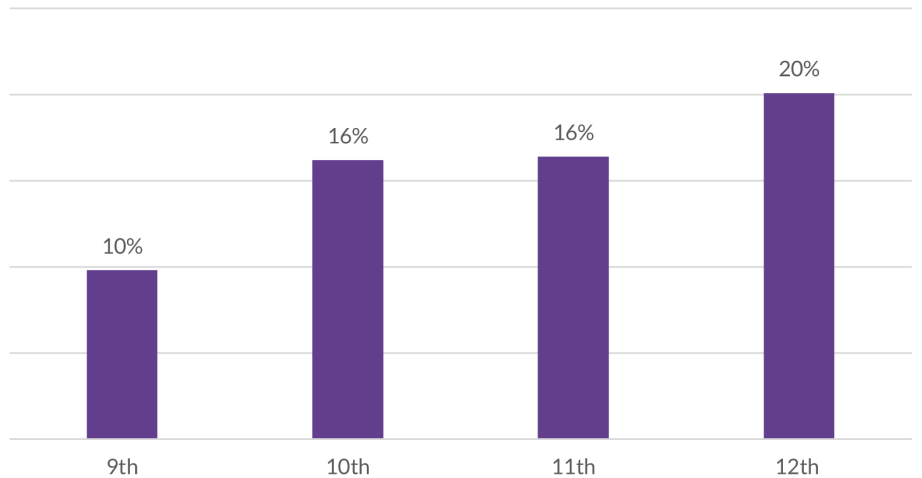


AODA Data - Vaping

Vaping Frequency

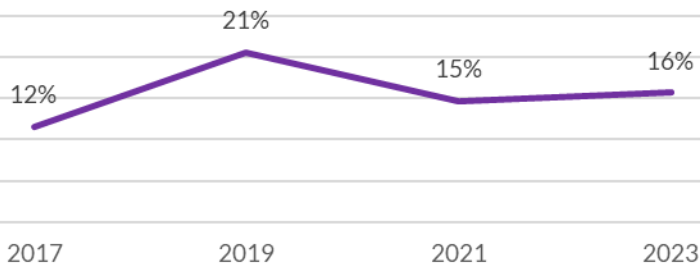


Current Vaping by Grade Level (Past 30 Days)



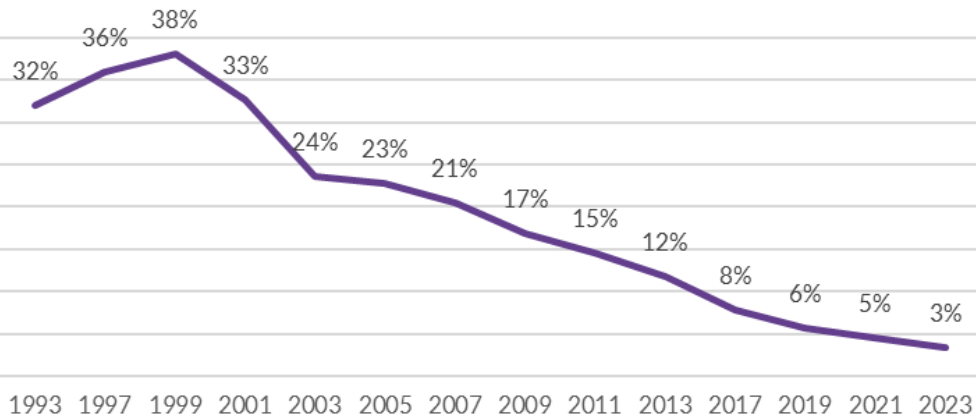
AODA Data - Vaping

Percentage of Students Who Currently Vape (Past 30 Days)



Percentage of Students Who Currently Smoke Cigarettes (Past 30 Days)

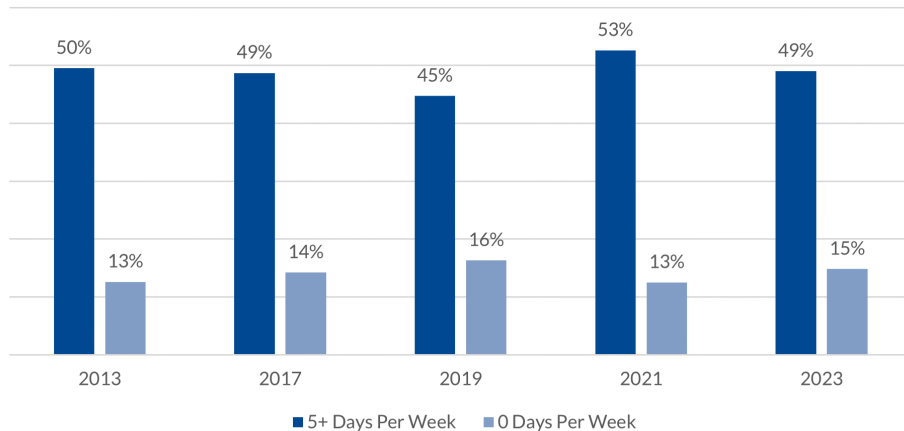
Data not available for 1995, 2015



Physical Health and Activity

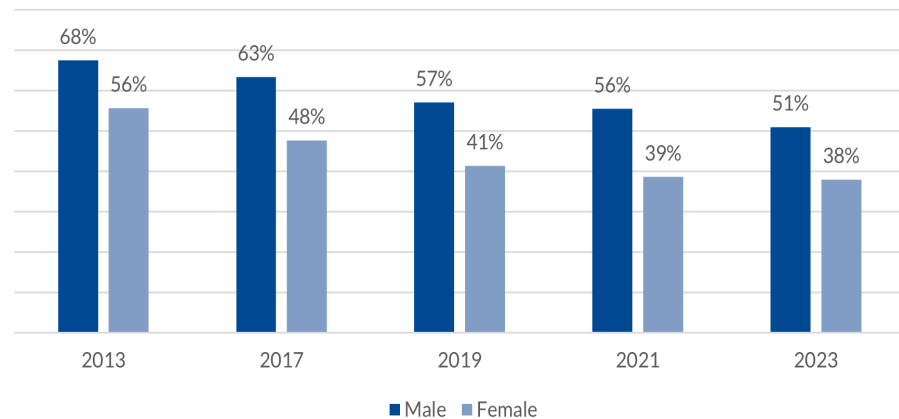
Trends in Physical Activity

Data not available for 2015



Excellent or Very Good Health By Sex

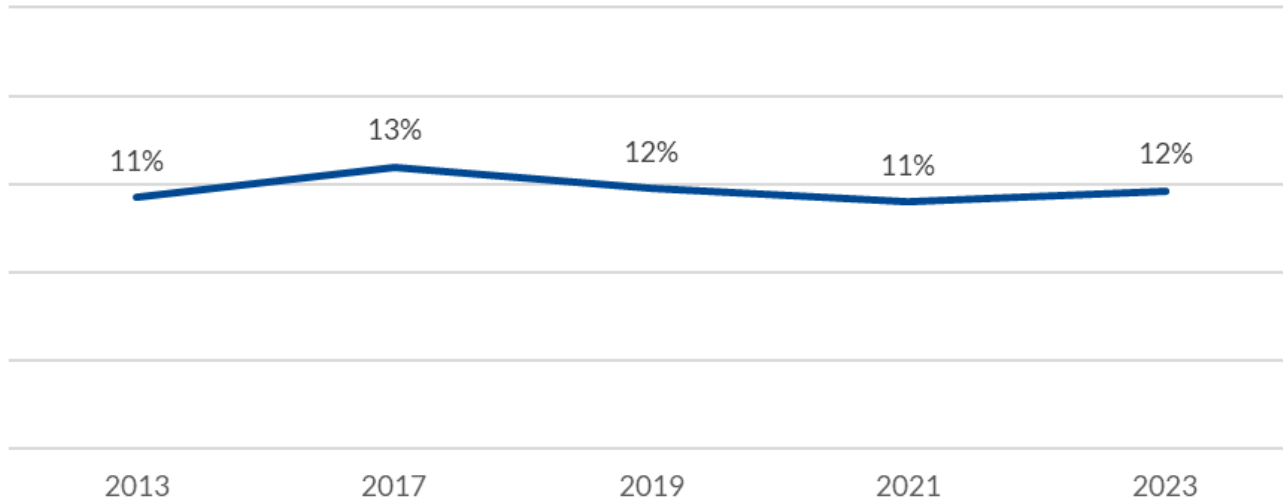
Data not available for 2015



Physical Health and Activity

Percentage of Students Who Have Physical Disabilities or Long-Term Health Problems (6+ Months)

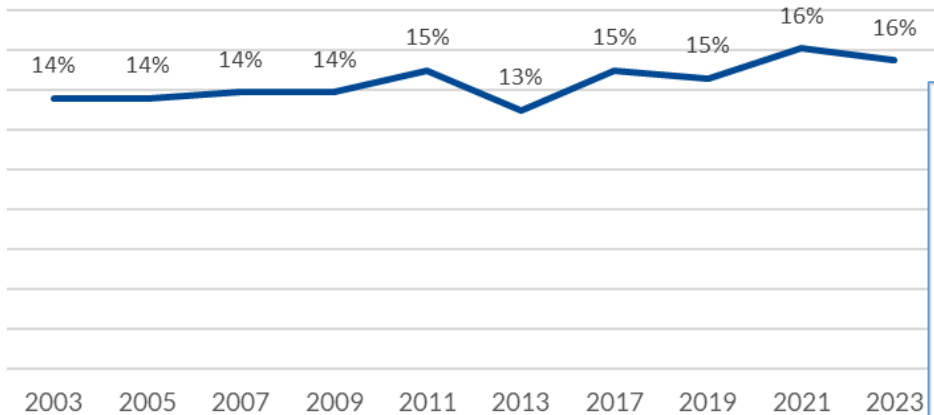
Data not available for 2015



Physical Health and Activity

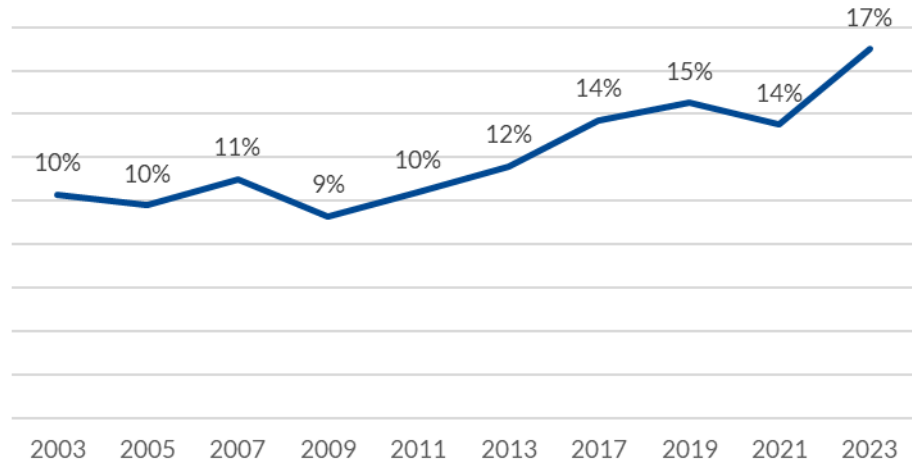
Percentage of Students Reporting Being Overweight

Data not available for 2015



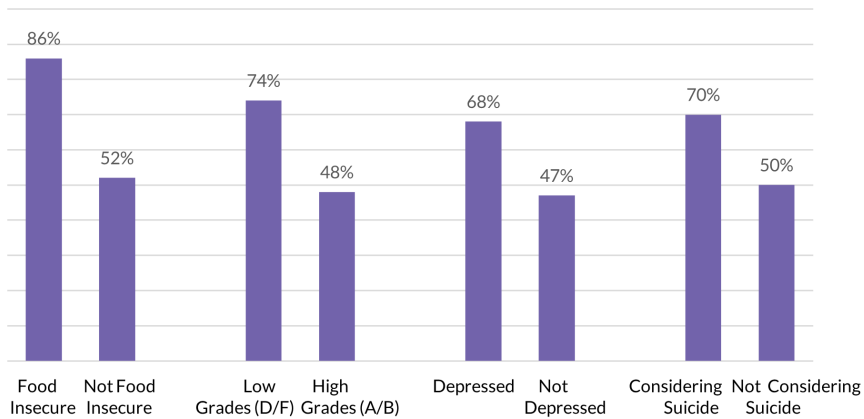
Percentage of Students Reporting Obesity

Data not available for 2015

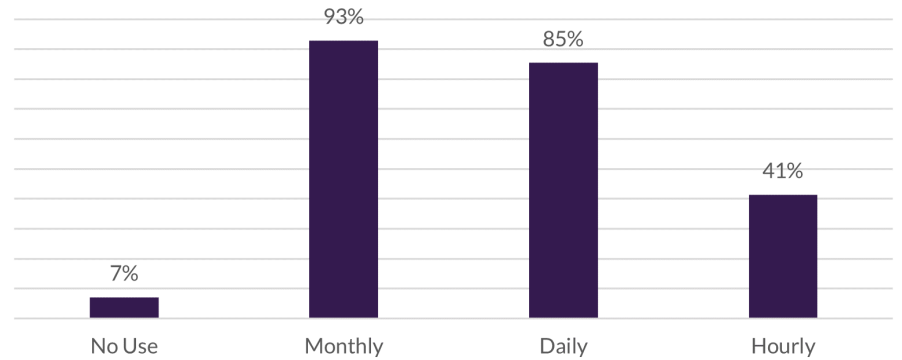


Screen Use and Social Media

Screen Use After Midnight for Select Groups



Frequency of Usage of Social Media



Help is Available

If you feel like you are in a crisis, please text “HOPELINE” to 741741; call or text 988; or use the chat feature at 988 lifeline.org.

Additional resources are also available on DPI’s [Student Services / Prevention and Wellness \(SSPW\) website](https://dpi.wi.gov/sspw/):
<https://dpi.wi.gov/sspw/>

WI YRBS 2023 Reports

<https://dpi.wi.gov/sspw/yrbs>

- YRBS Summary Report
- Local Comparison Tables
- Factsheets
 - Mental Health
 - Disparities for Marginalized Groups
 - Social Media and Health Risk
- Recorded Presentation
- CDC Reports
 - Survey Summary
 - Summary Tables and Graphs
 - Academic Achievement and Sexual Identity
 - Trend Reports 10-Year and 20-Year

CDC YRBS Data

<https://www.cdc.gov/yrbs/>

- Data Summary & Trends Report 2013-2023*
- YRBS Analysis Tool (1991-2023)*
- YRBS Explorer (1991-2023)*
- Youth Online (1991-2021)

**2023 data now available*

2025 YRBS

- The 2025 YRBS will take place during from January to June of 2025.
- Registration will open in November.
- More information will be available on our website and through our email updates.

Email Updates About the YRBS

Please subscribe to the Wisconsin YRBS e-mail list by sending an email to **subscribe-wi_yrbs_general@lists.dpi.wi.gov** with the word **“Subscribe”** in the heading.

Questions?



- Visit <https://dpi.wi.gov/sspw/yrbs>
- Contact Casie Sulzle at casie.sulzle@dpi.wi.gov or (608) 266-7448 or Denise Kohout at denise.kohout@dpi.wi.gov or (608) 266-0282

Female Students

Broadly speaking, female students were significantly more likely to report mental health challenges:

- 1.8x more likely to report significant problems with anxiety and/or depression than male students.
 - 2 out of 3 female students reported problems with anxiety (66.8%)
 - 1.8x more likely to feel sad or hopeless almost every day for 2 weeks or more in a row (45%)
- 1.7x as likely to report seriously considering suicide than male students (23.6%)
 - 1.7x as likely to report actually attempting suicide (10.9%)
 - 2.1x more likely to self-harm (28.3%)
- More likely to report being bullied at school and electronically
- Less likely to feel a sense of belonging at school than male students
 - 49% of female students reported a sense of belonging at school compared to 58.5% of male students
 - 1.8x more likely to miss school because they felt unsafe at or on their way to/from school
- 2.9x more likely to have experienced sexual violence than male students (19.9%)
 - 2.8x more likely to report rape (13.8%)
- Female students reported less physical activity, more social media usage and higher rates of alcohol, tobacco, vapor products, and marijuana use

LGB Students

Students who identify as Lesbian, Gay, or Bisexual reported higher risk behavior prevalences across nearly all categories.

- LGB students typically reported significantly more mental health challenges, fewer supports, and less sense of belonging.
- 79% of LGB students self-reported problems with anxiety (statewide average: 51.6%)
- 62.7% of LGB students self-reported problems with depression.
- Nearly half (40.1%) of LGB students reported seriously considering suicide.
 - 3x more likely to report suicide ideation than heterosexual peers.
- 2x more likely to have been bullied at school or electronically than heterosexual peers.
- Only 39.6% of LGB students reported a sense of belonging at school (statewide average: 53.6%)
 - 2.1x more likely to miss school because they felt unsafe at or on their way to/from school
- Less likely to receive the help they need when faced with mental health challenges than heterosexual students.
 - 24.1% for heterosexual students vs. 14.2% for LGB students

Students of Color

- **Violence and Safety:**

- Black and Hispanic/Latinx students are more likely to miss school because they felt unsafe at school or on their way to/from school
- Black and Hispanic/Latinx students reported significantly higher rates of witnessing an attack in their neighborhood
- Black and Hispanic/Latinx students were all significantly more likely to “never or rarely feel safe from physical harm while at school”
- Black and Hispanic/Latinx students were less likely to feel a sense of belonging at school
- Asian, Black, and Hispanic/Latinx students were all more likely to believe that violence is a problem at their school
- Asian (68.2%), Black (58.4%), and Hispanic/Latinx (57.3%) students felt they were treated badly or unfairly based on their race

- **Nutrition:**

- Black and Hispanic/Latinx students are more likely to experience obesity
- Black and Hispanic/Latinx students are less likely to be physically active for >60 minutes
- Black and Hispanic/Latinx students were less likely to have their basic needs met by an adult
- Hispanic/Latinx students were 2.2x more likely to have experienced food insecurity (5.7% vs. 2.6% overall)

- **Other:**

- Asian, Black, and Hispanic/Latinx students were all more likely to have moved multiple times and more likely to use technology between midnight and 5 am