

2021 KENTUCKY MIDDLE SCHOOL YOUTH RISK BEHAVIOR SURVEY

WHAT IS THE YOUTH RISK BEHAVIOR SURVEY (YRBS)?

The YRBS is part of a Centers for Disease Control and Prevention (CDC) surveillance system that monitors six categories of priority health-risk behaviors among youth and young adults including:

- behaviors that contribute to unintentional injuries and violence (including suicide),
- tobacco use,
- alcohol and drug use,
- sexual behaviors that contribute to unintended pregnancy and STDs, including HIV infection,
- unhealthy dietary behaviors, and
- physical activity.

2021 KENTUCKY MIDDLE SCHOOL YRBS SUMMARY

The 2021 YRBS was completed by 1,367 students in 39 public middle schools in Kentucky during the fall of 2021.

Limitations to the 2021 YRBS Data

2021 YRBS data is scientifically weighted and therefore generalizable to the entire state. There are still considerations to be made, especially with the 2021 data. Due to the COVID-19 pandemic, many schools conducted virtual or hybrid instruction in the spring of 2021. Therefore, the YRBS was administered in the fall of 2021. Also, the pandemic itself most likely had an impact on students' behaviors. So it is harder to make comparisons to results from previous years and would be best represented as a snapshot in time.

HIGHLIGHTS	2019	2021
Bullied on school property	44.6%	34.0%
Ever made a plan about how they would kill themselves	13.6%	18.2%
Ever tried cigarette smoking	16.5%	12.8%
Ever used an electronic vapor product	31.4%	24.1%
Ever used marijuana	9.5%	5.9%
Did not eat breakfast (during the seven days before the survey)	12.5%	16.4%
Were physically active at least 60 minutes per day on five or more days	43.8%	50.5%
Reported that some of their classroom teachers provide short physical activity breaks during regular class time	21.9%	34.0%

** It is likely that the COVID-19 pandemic and time frame of the survey administration played a role in some of these changes.*



22.5%

did something to purposely hurt themselves without wanting to die
(such as cutting or burning themselves on purpose)

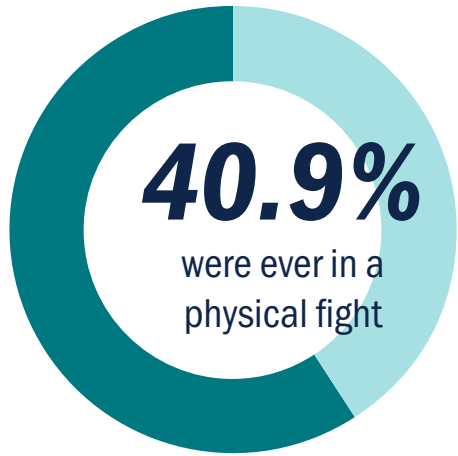


Middle School
2021 YRBS
GENERAL POINTS

9.8% or almost **1** of 10 middle school students attempted suicide



43.1%
got **8+** hours of sleep



40.9%
were ever in a physical fight



19.3%
ever drank alcohol
(other than a few sips)

66.3%
students who reported there is at least one teacher or other adult in their school that they can talk to if they have a problem



Kentucky Department of
EDUCATION

To access the full data reports, please visit:
[https://education.ky.gov/curriculum/WSCC/data/Pages/Youth-Risk-Behavior-Survey-\(YRBS\).aspx](https://education.ky.gov/curriculum/WSCC/data/Pages/Youth-Risk-Behavior-Survey-(YRBS).aspx)

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