

# 2021 KENTUCKY HIGH 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 HIGH SCHOOL YRBS SUMMARY

The 2021 YRBS was completed by 2,178 students in 52 public high 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.

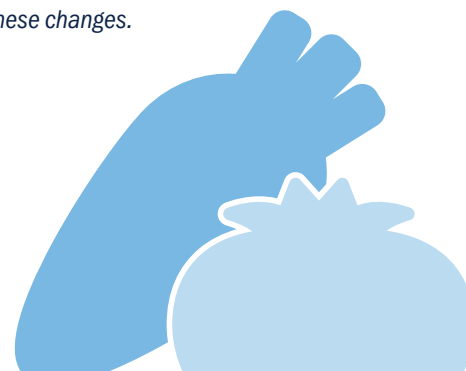
HIGHLIGHTS	2019	2021
Experienced sexual dating violence	6.8%	13.5%
Ever used an electronic vapor product	53.7%	45.1%
Ever used marijuana	31.9%	23.1%
Ever had sexual intercourse	39.2%	30.7%
Were physically active at least 60 minutes per day on five or more days	37.4%	44.7%

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

High School  
2021 YRBS  
**GENERAL POINTS**

# 47.8%

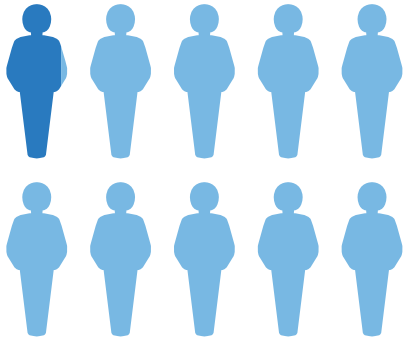
ate vegetables one or more times per day



got **8+** hours of sleep

**20.0%**

**34.8%**  
texted or emailed while driving a car or other vehicle



**9.5%** or almost **1** of 10 high school students attempted suicide

**26.4%**

ever tried a cigarette



## LGBTQ

LGBTQ students reported statistically significant higher results than their heterosexual counterparts for the following behaviors:

- Did not go to school because they felt unsafe at school or on their way to or from school
- Were threatened or injured with a weapon on school property
- Experienced sexual dating violence and physical dating violence
  - Felt sad or hopeless
  - Suicidal ideations and suicide attempts
- Ever tried cigarette smoking and ever used an electronic vapor product
- Did something to purposely hurt themselves without wanting to die
- Do not have an adult in their life that they trust and can talk to about serious problems

### ADVERSE CHILDHOOD EXPERIENCES (ACES)

Multiple survey items were added to the 2021 Kentucky high school YRBS questionnaire to collect information as it relates to ACEs.

An adult in their household most of the time or always tried hard to make sure their basic needs were met	85.0%
Ever lived with someone who was having a problem with alcohol or drug use	34.2%
Ever lived with someone who was depressed, mentally ill or suicidal	38.4%
Ever been separated from a parent or guardian because they went to jail, prison or a detention center	24.3%

### POSITIVE CHILDHOOD EXPERIENCES (PCES)

Do not have an adult in their life that they trust and can talk to about serious problems	16.6%
There is at least one teacher or other adult in their school that they can talk to if they have a problem	68.6%

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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