



College of Health and Behavioral Studies

2021

Institute for
INNOVATION
in Health and Human Services
JAMES MADISON UNIVERSITY

Youth Data Survey

8th, 10th, and 12th grade students from Harrisonburg City and Rockingham County Schools



2021 YOUTH DATA SURVEY

**OF 8TH, 10TH, AND 12TH GRADE STUDENTS FROM
HARRISONBURG CITY AND ROCKINGHAM COUNTY**

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Survey

Local Youth Data Survey

Introduction

Background

James Madison University's Institute for Innovation in Health and Human Services (IIHHS) is pleased to present the 2021 Youth Data Survey (YDS) for Harrisonburg and Rockingham County. The YDS has taken place every two years since 1997 and continues to provide key data about local youth risk behaviors which enables the community to develop priority areas around youth issues. Administered by IIHHS, the YDS is a collaborative effort involving many community partners, including United Way of Harrisonburg and Rockingham County, Harrisonburg City and Rockingham County Public Schools, Eastern Mennonite High School, James Madison University, the Healthy Community Council, Sentara RMH Community Health, the Blue Ridge Area Health Education Center, and the Futuro Latino Coalition. Over 50 agency representatives and community volunteers assist with the administration of the survey every two years. The goal of the YDS is to examine the current and longitudinal trends around local youth risk behaviors with an approach that taps into the larger community question of what assets we need in our community to help people successfully navigate from infancy to adulthood. The objectives of the YDS for the community are the following: produce reliable information on risk behaviors; assess needs; ascertain gaps in service; assist in determining priority areas; allow agencies access to local data in order to write successful state, federal, and foundation grant applications to address the identified needs; and evaluate the impact agency programs have on the local youth over time. The ultimate goal is to improve the quality of life for the children and youth in Harrisonburg and Rockingham County.

Every two years in the fall, a locally created survey is administered to approximately half of all 8th, 10th, and 12th graders in Harrisonburg City and Rockingham County. Every 10 years, a committee comprised of local agency representatives and interested community members evaluate the survey and make any necessary additions and revisions. JMU students assist IIHHS staff and help secure and train agency representatives and community volunteers to administer the survey. This report would not be possible without the support of our local schools, community organizations, and many dedicated volunteers.

The survey was administered during the weeks of October 11th and November 8th, 2021 to youth in Harrisonburg City and Rockingham County. Surveys were completed by 1,860 students (approximately 864 females, 884 males, 21 transgender youth, and 85 gender non-conforming youth) between the ages of 12 and 19.

Navigation

This report presents information on key issues affecting the youth in our community. The Quick Facts section gives an overview of the assets and risk factors present in our youth. The data is then presented by topic for a more detailed investigation of assets and risk factors. The final section includes Topical Fact Sheets that provide at-a-glance information on selected risk factors. A link to the survey is included in the appendix for your reference.

Additional Information

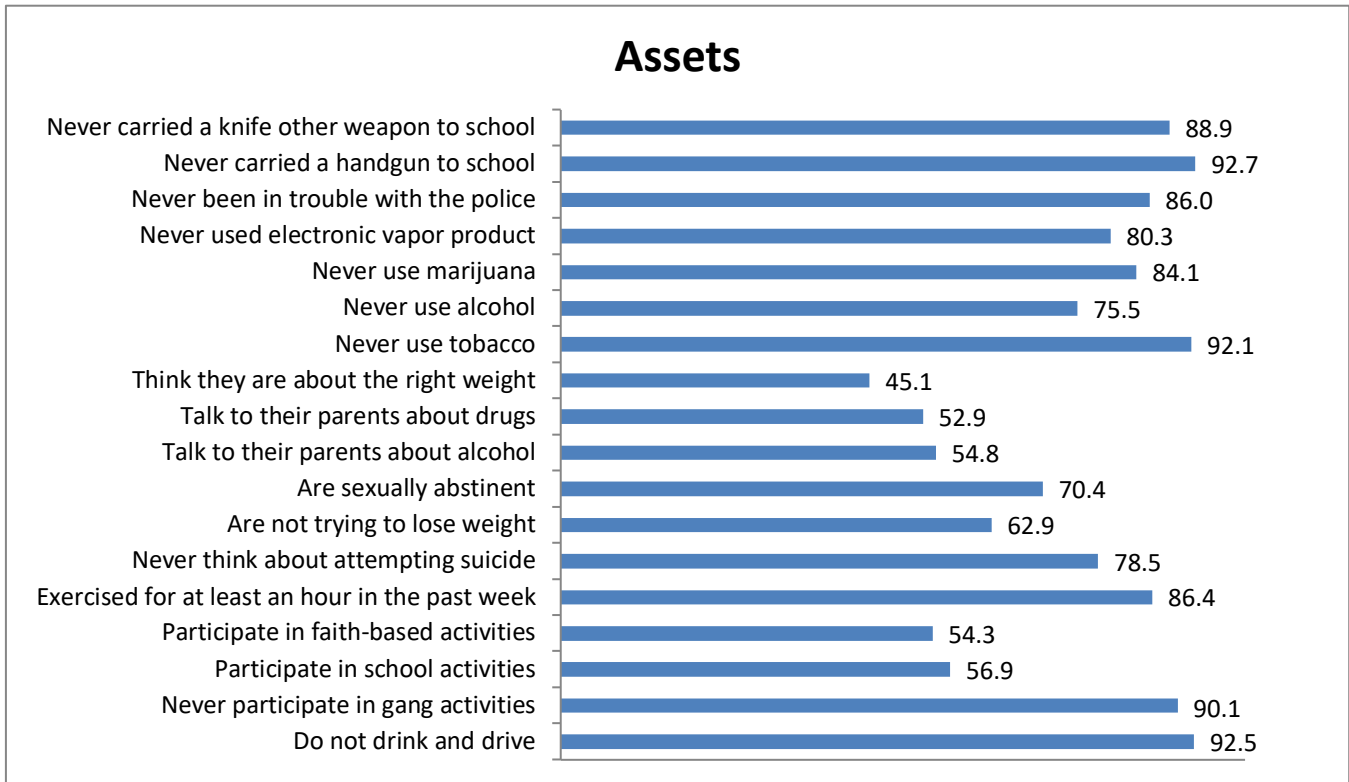
In addition to the data presented in this report, IIHHS staff are available to make specialized presentations or reports for any interested group. Please contact Jennifer Rea at (540) 568-2559 or reajl@jmu.edu with requests. Archived data from all administrations of the Youth Data Survey (1997-2019) is also available on the IIHHS website (<http://www.jmu.edu/iihhs/youthdata.shtml>).

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Quick Facts on Our Youth 2021



Risk Factors

Sexual Activity Of sexually active youth (37.3% of total)

| | |
|-------|------------------------|
| 31.0% | Use condoms |
| 8.7% | Use no method |
| 9.9% | Use withdrawal |
| 21.2% | Use birth control pill |
| 1.4% | Use birth control shot |
| 3.2% | Use an IUD |

Alcohol Use

| | |
|-------|----------|
| 0.5% | Daily |
| 2.3% | Weekly |
| 6.8% | Monthly |
| 11.3% | Annually |

Dangerous Weight Loss

| | |
|-----|-----------|
| 1.5 | Vomit |
| 0.5 | Use pills |

Tobacco Use

| | |
|------|----------|
| 0.5% | Daily |
| 0.6% | Weekly |
| 1.2% | Monthly |
| 2.3% | Annually |

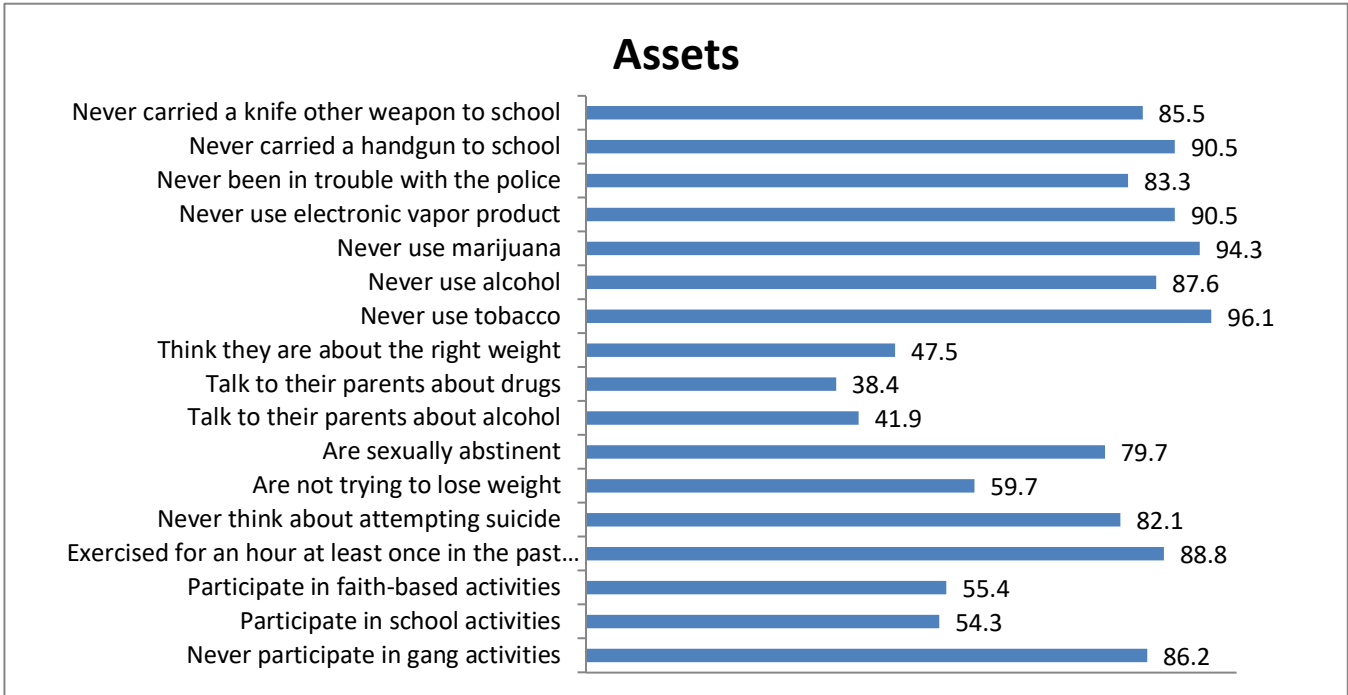
Marijuana Use

| | |
|------|----------|
| 2.6% | Daily |
| 2.8% | Weekly |
| 2.8% | Monthly |
| 3.8% | Annually |

Electronic Vapor Use

| | |
|------|----------|
| 4.0% | Daily |
| 2.7% | Weekly |
| 3.2% | Monthly |
| 6.1% | Annually |

Quick Facts on Our 8th Graders 2021



Risk Factors

Sexual Activity Of sexually active 8th graders (3.9% of total)

- 16.7% Use condoms
- 38.9% Use no method
- 5.6% Use withdrawal
- 5.6% Use birth control pill
- 0.0% Use birth control shot
- 0.0% Use an IUD

Tobacco Use

- 0.0% Daily
- 0.2% Weekly
- 0.0% Monthly
- 0.9% Annually

Alcohol Use

- 0.0% Daily
- 0.4% Weekly
- 1.8% Monthly
- 7.7% Annually

Marijuana Use

- 0.0% Daily
- 0.9% Weekly
- 0.7% Monthly
- 1.1% Annually

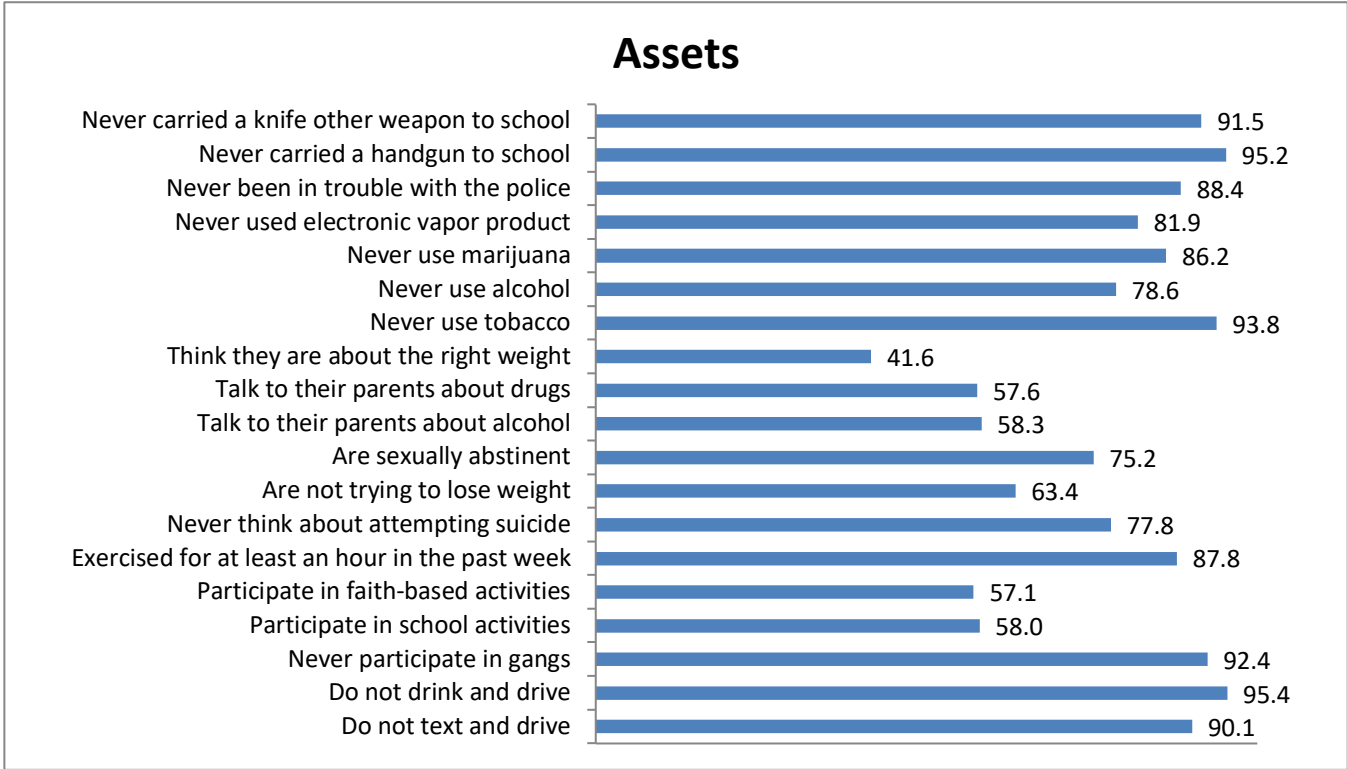
Dangerous Weight Loss

- 1.4% Vomit
- 0.0% Use pills

Electronic Vapor Use

- 0.9% Daily
- 0.4% Weekly
- 2.1% Monthly
- 3.2% Annually

Quick Facts on Our 10th Graders 2021



Risk Factors

Contraceptive Use Of sexually active 10th graders (15.6% of total)

- 32.7% Use condoms
- 10.3% Use no method
- 7.5% Use withdrawal
- 17.8% Use birth control pill
- 0.9% Use birth control shot
- 1.9% Use an IUD

Alcohol Use

- 0.4% Daily
- 2.1% Weekly
- 4.8% Monthly
- 11.2% Annually

Dangerous Weight Loss

- 1.6% Vomit
- 0.9% Use pills

Tobacco Use

- 0.3% Daily
- 0.0% Weekly
- 1.6% Monthly
- 1.5% Annually

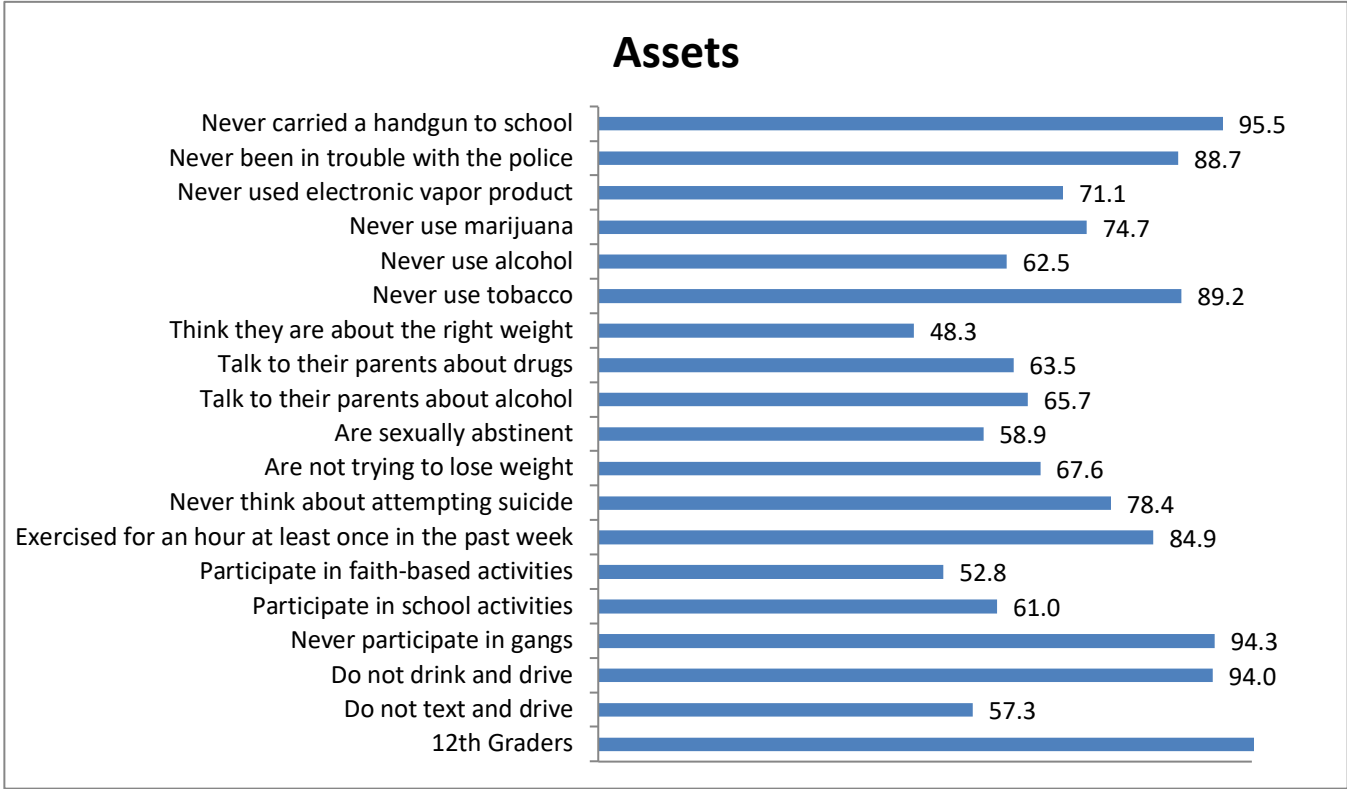
Marijuana Use

- 2.3% Daily
- 2.3% Weekly
- 2.9% Monthly
- 2.9% Annually

Electronic Vapor Use

- 2.6% Daily
- 2.8% Weekly
- 3.1% Monthly
- 6.5% Annually

Quick Facts on Our 12th Graders 2021



Risk Factors

Contraceptive Use Of sexually active 12th graders (35.3% of total)

- 33.8% Use condoms
- 5.8% Use no method
- 11.1% Use withdrawal
- 25.6% Use birth control pill
- 1.9% Use birth control shot
- 4.3% Use an IUD

Alcohol Use

- 1.2% Daily
- 4.6% Weekly
- 14.4% Monthly
- 15.4% Annually

Dangerous Weight Loss

- 1.4% Vomit
- 0.5% Use pills

Tobacco Use

- 1.2% Daily
- 1.7% Weekly
- 1.9% Monthly
- 4.6% Annually

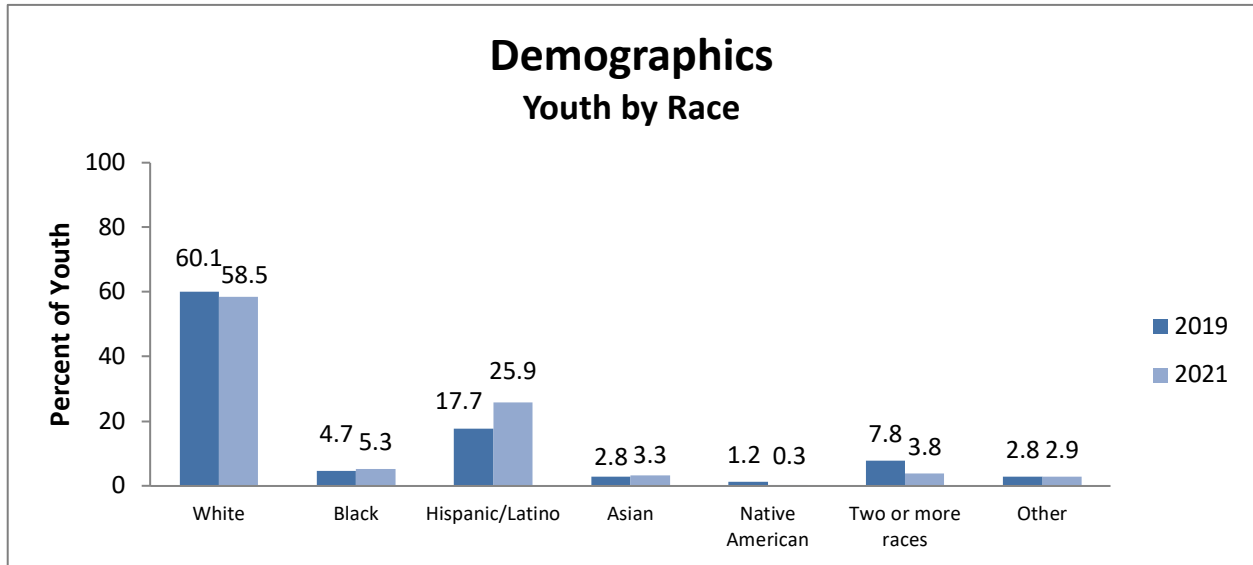
Marijuana Use

- 5.7% Daily
- 5.1% Weekly
- 5.0% Monthly
- 7.5% Annually

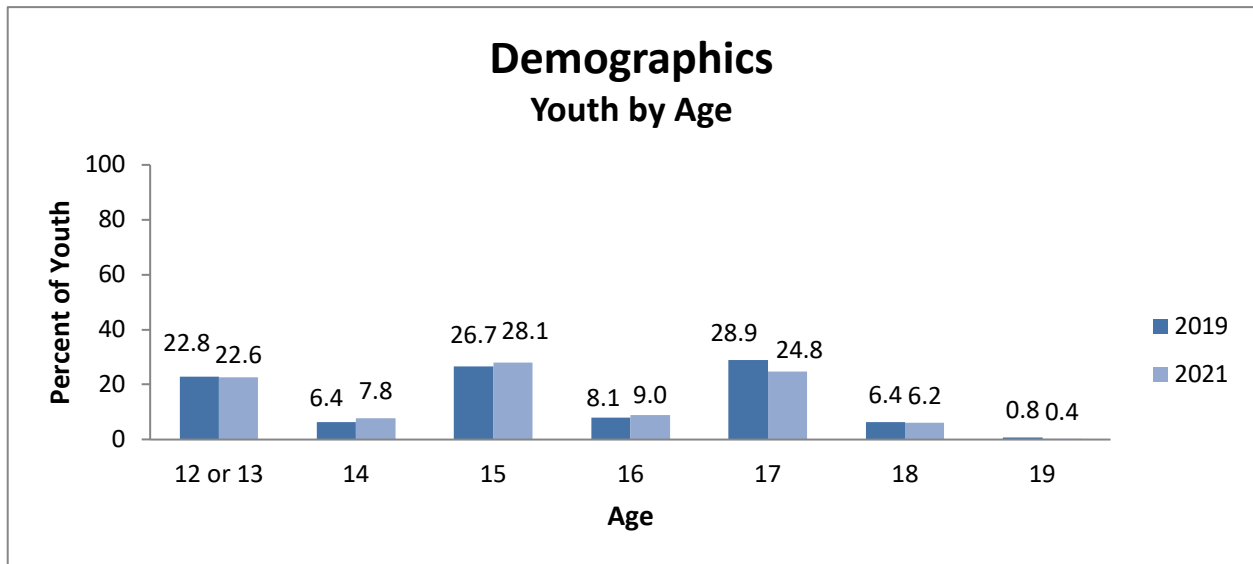
Electronic Vapor Use

- 8.6% Daily
- 5.0% Weekly
- 4.5% Monthly
- 8.9% Annually

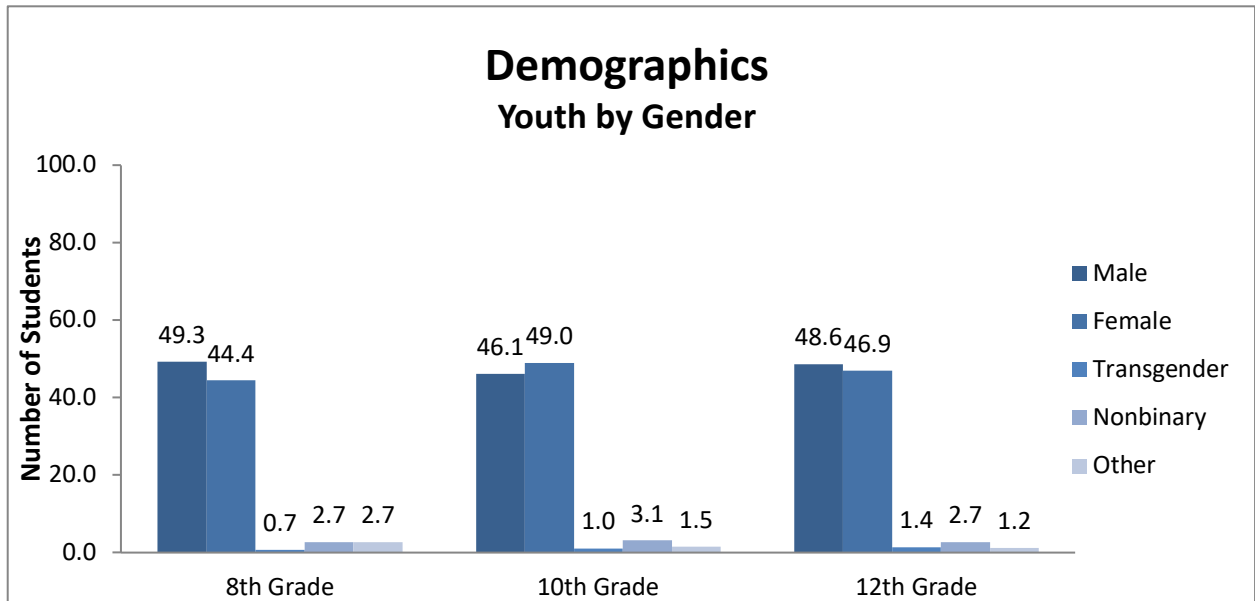
Youth Demographics 2021



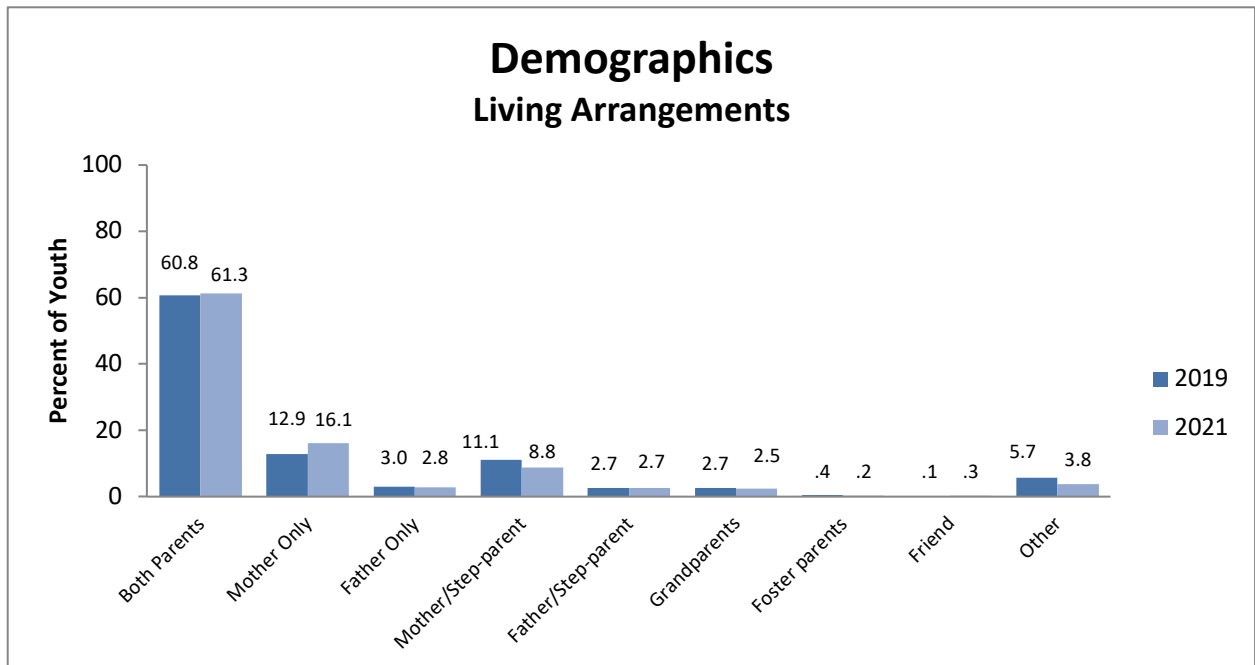
Source: Rockingham County/Harrisonburg Youth Survey



Source: Rockingham County/Harrisonburg Youth Survey



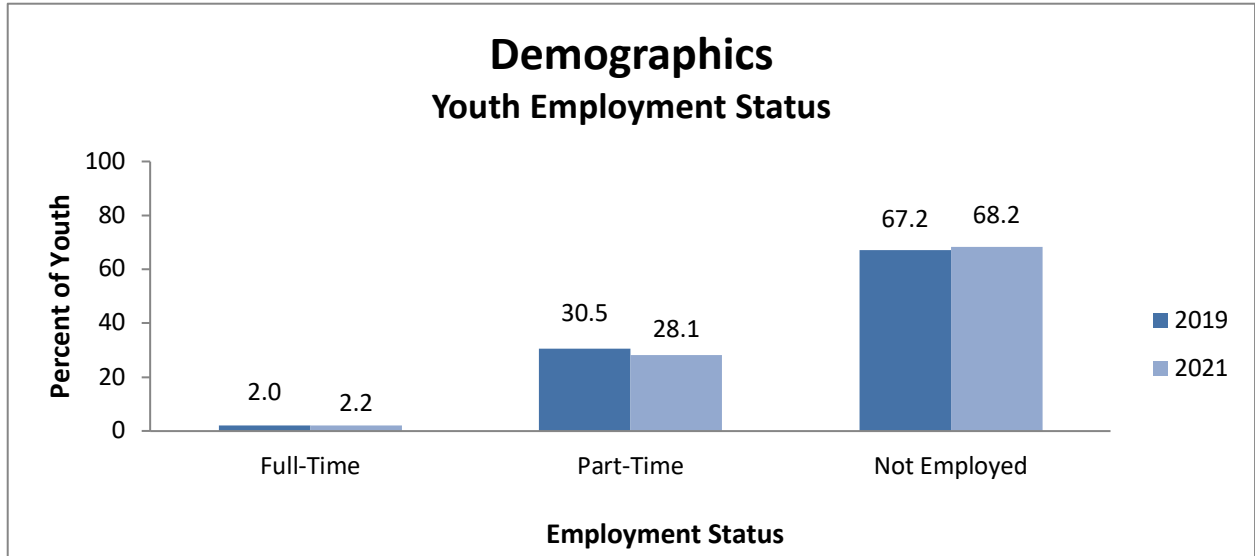
Source: Rockingham County/Harrisonburg Youth Survey



Source: Rockingham County/Harrisonburg Youth Survey

What the numbers and other information told us:

The majority of teens (61.3%) still live with both parents. After that, nearly one-fourth of youth reside with just their mother or their mother and a step-parent (16.1% and 8.8%).

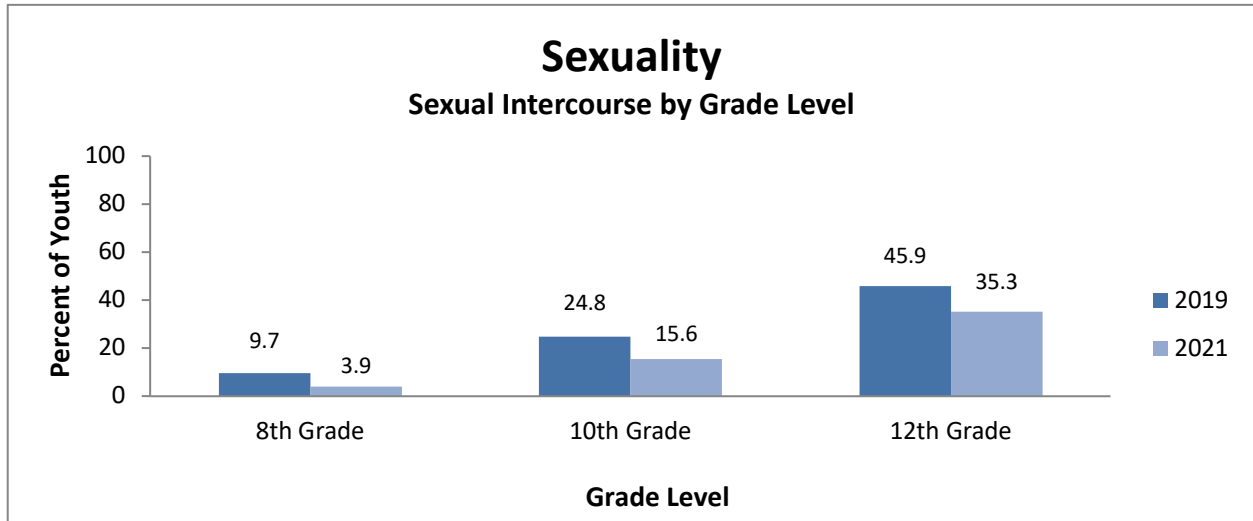


Source: Rockingham County/Harrisonburg Youth Survey

What the numbers and other information told us:

The majority of youth are not employed (68.2%), while about one-third (30.3%) of youth are employed (full or part time).

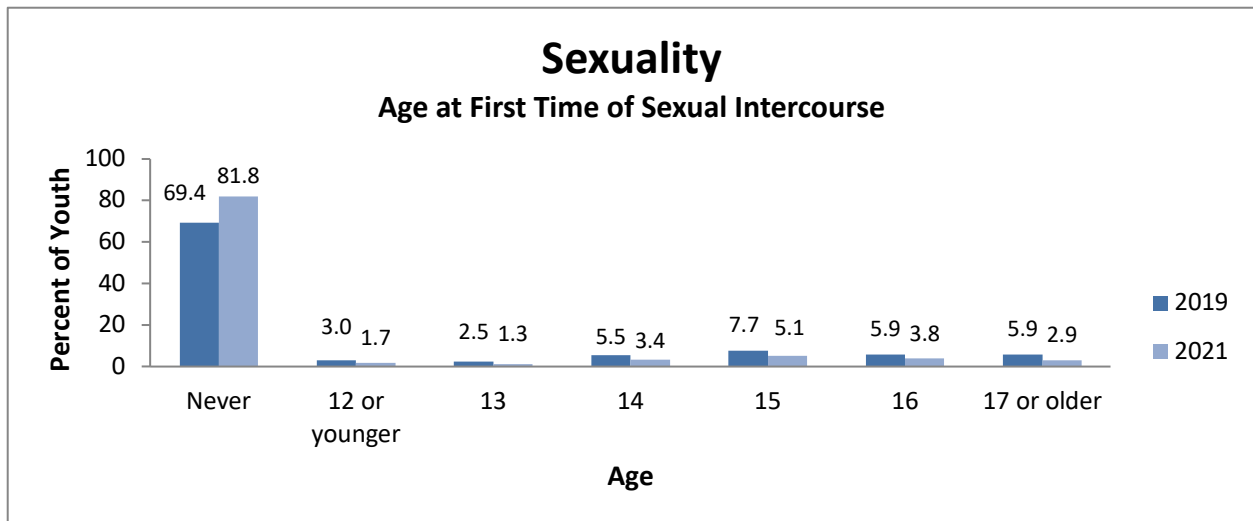
Youth Sexuality 2021



Source: Rockingham County/Harrisonburg Youth Survey

What the numbers and other information told us:

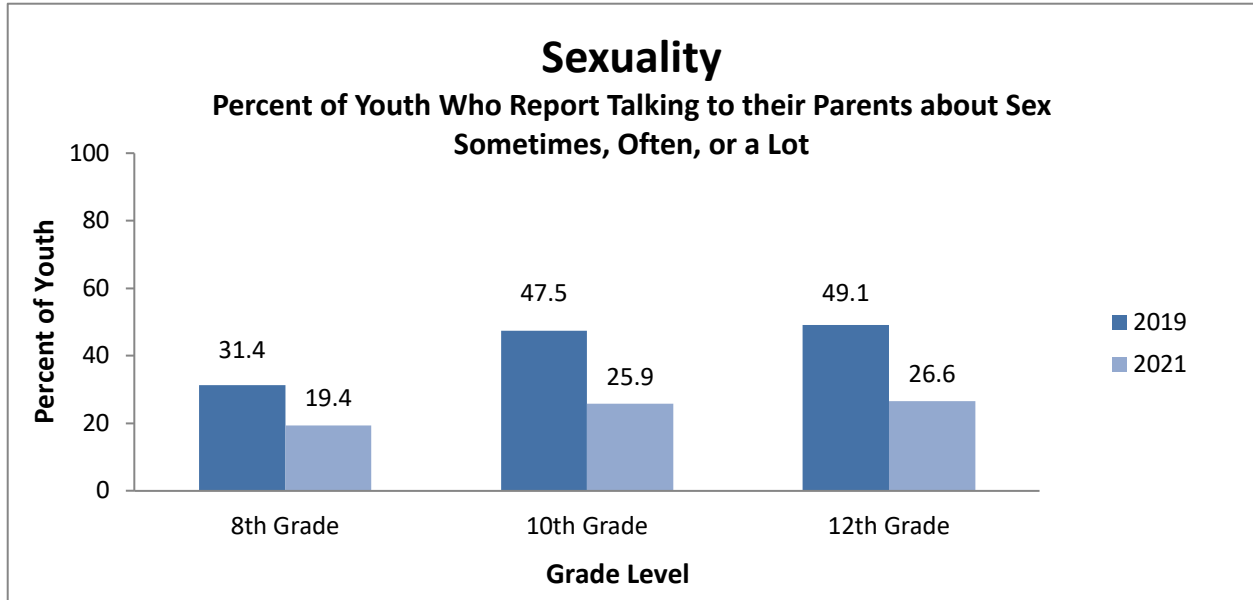
Across all grades, the number of youth reporting having had sexual intercourse has decreased since 2019, with the greatest decrease found in 12th graders (10.6% decrease).



Source: Rockingham County/Harrisonburg Youth Survey

What the numbers and other information told us:

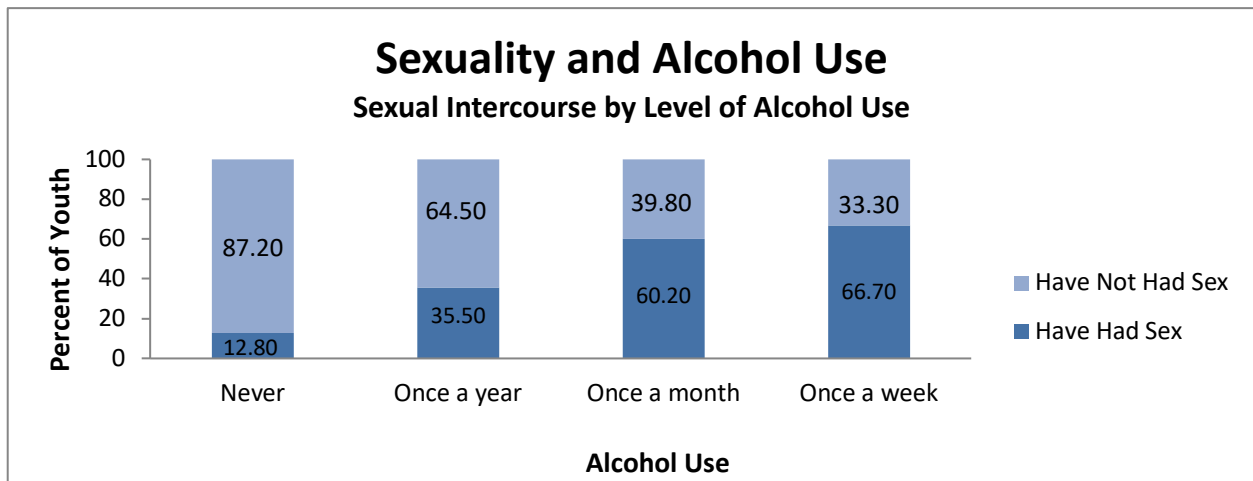
In 2021, 81.8% of teens say that they are sexually abstinent, which is an increase of 12.4% since 2019.



Source: Rockingham County/Harrisonburg Youth Survey

What the numbers and other information told us:

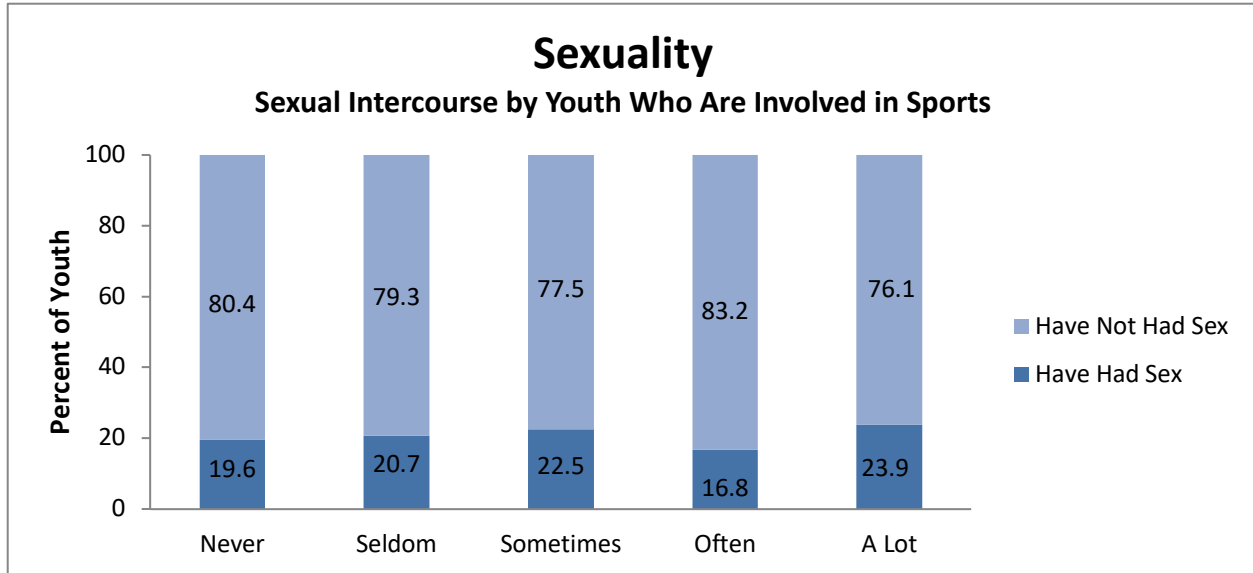
This year, we saw a marked decrease in the number of youth that report they talk to their parents about sex. Approximately one quarter (23.8%) of all youth surveyed in 2021 say that they talk to their parents about this topic sometimes, often, or a lot and another quarter (24.9%) indicating they seldom talk to their parents about sex.



Source: Rockingham County/Harrisonburg Youth Survey

What the numbers and other information told us:

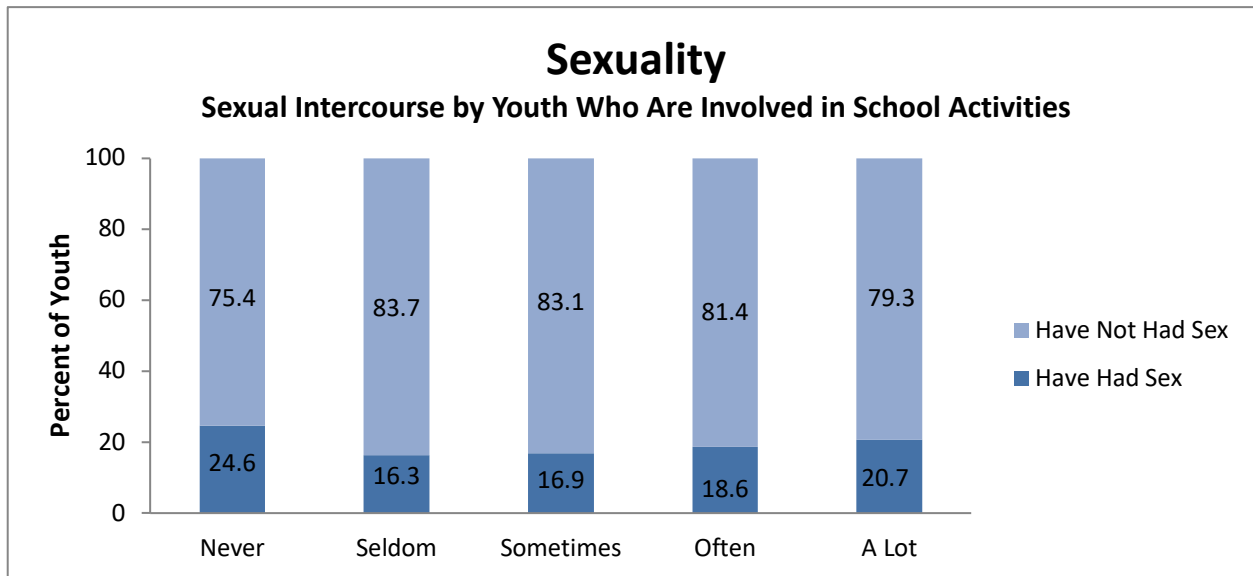
The portion of youth who are sexually active increases as frequency of alcohol use increases. Youth that do not use alcohol or use alcohol very infrequently report having intercourse less than those that consume alcohol monthly or weekly.



Source: Rockingham County/Harrisonburg Youth Survey

What the numbers and other information told us:

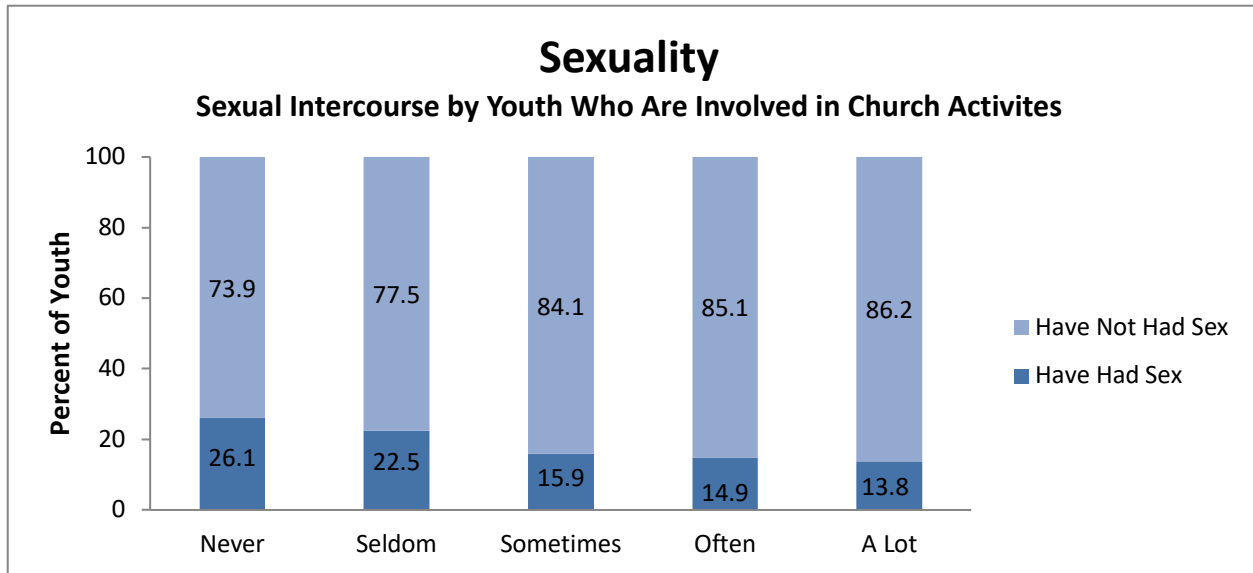
Though in 2019 youth that did not play sports had a higher proportion of sexually active youth (29.3%) than did youth that played sports often (25.6%) or a lot (23.1%), no such patterns were evident in 2021.



Source: Rockingham County/Harrisonburg Youth Survey

What the numbers and other information told us:

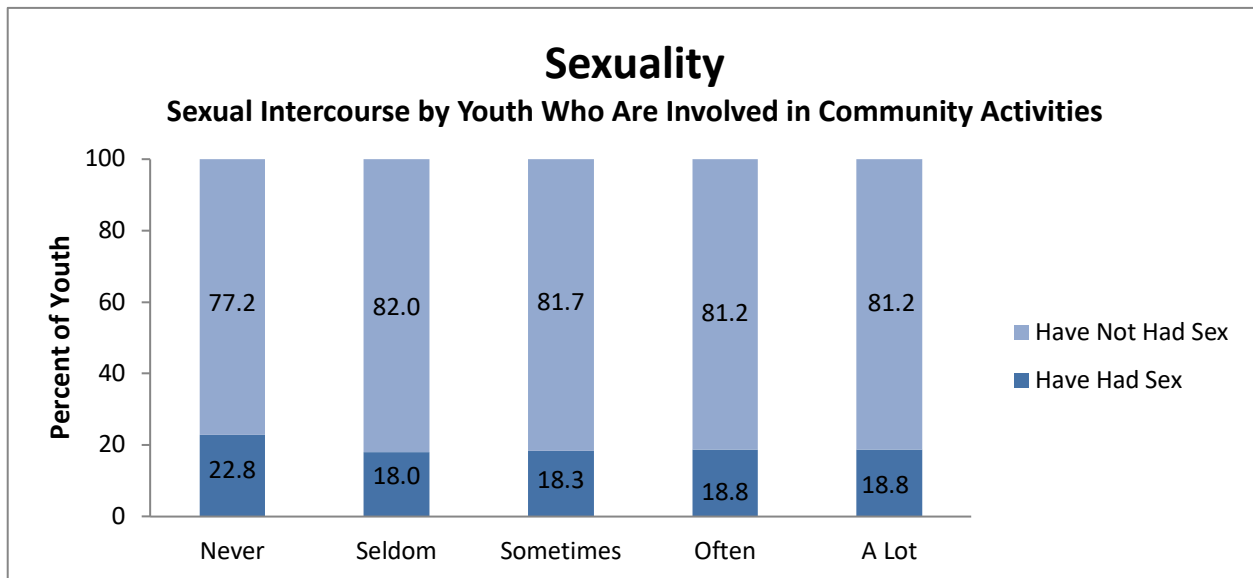
In 2021, survey results indicated that youth who never participate in school activities were slightly more likely to have had sex than youth who were involved in school activities.



Source: Rockingham County/Harrisonburg Youth Survey

What the numbers and other information told us:

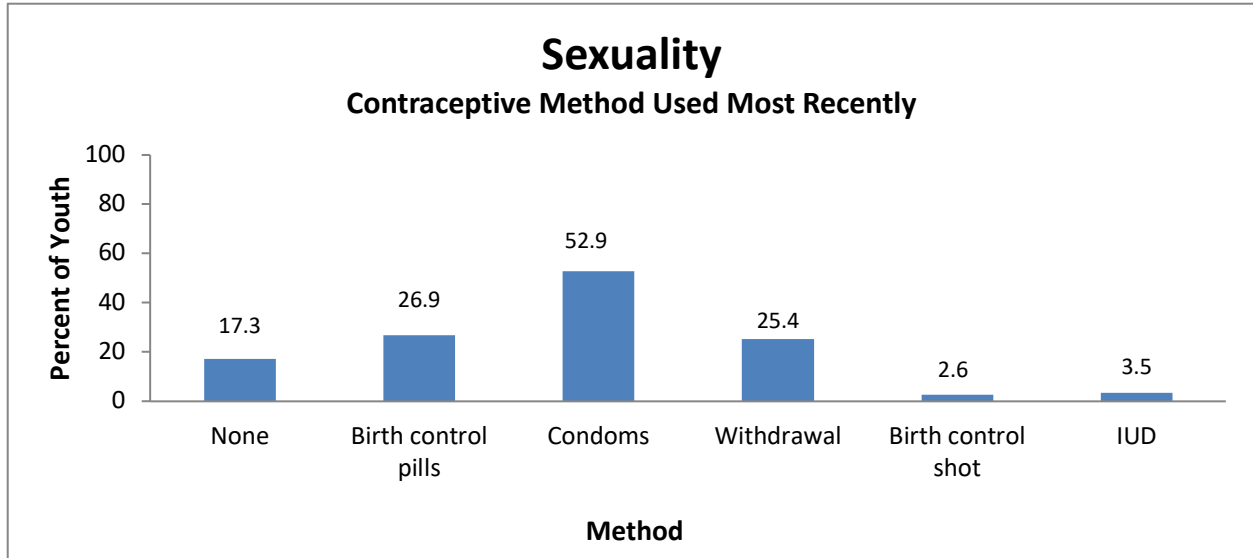
Youth who never or seldom participate in church activities are more likely to be sexually active than youth who participate in church activities sometimes, often, or a lot of the time.



Source: Rockingham County/Harrisonburg Youth Survey

What the numbers and other information told us:

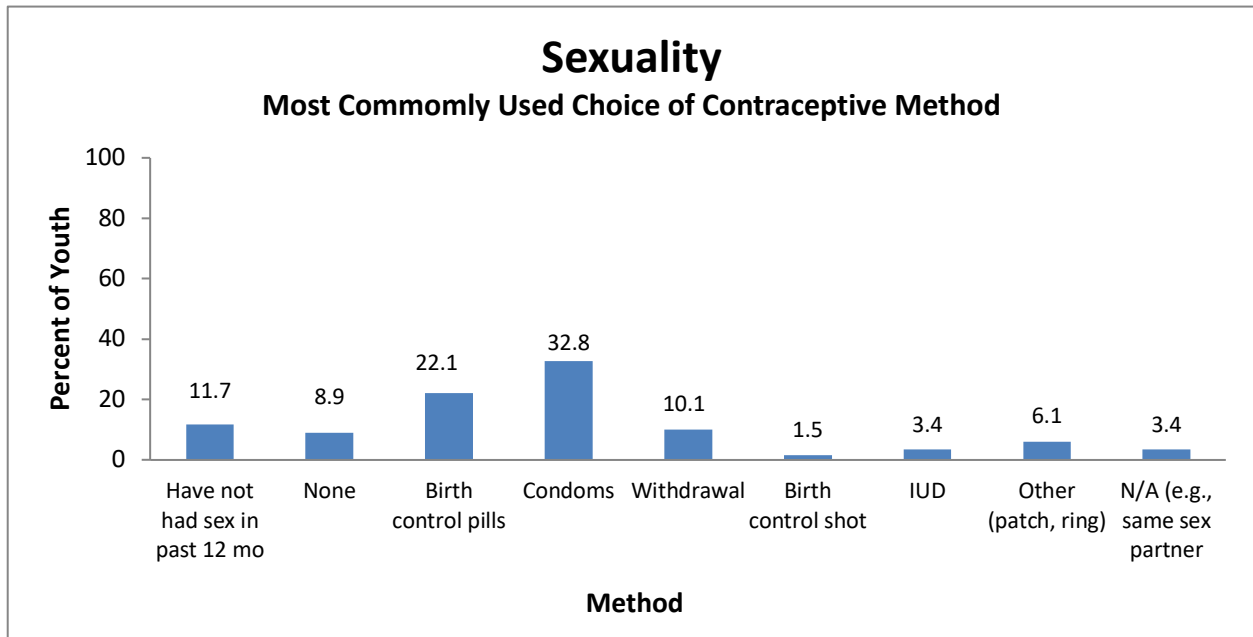
In 2012, we observed a slightly higher percentage of sexually active youth who never participate in community activities (about 23%) than the observed percentage of sexually active youth who are involved in community activities (about 18-19%).



Source: Rockingham County/Harrisonburg Youth Survey

What the numbers and other information told us:

When asked which contraceptive methods teens used the last time they had intercourse, 52% of sexually active teens indicated they used condoms, while 17.3% noted that they used no form of protection.

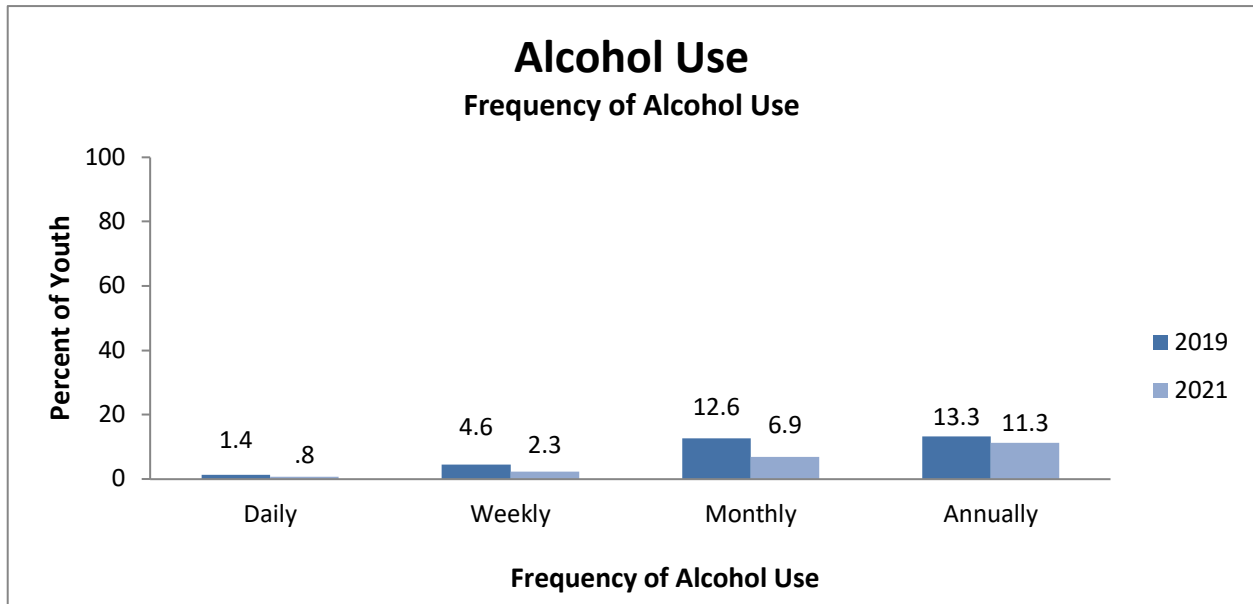


Source: Rockingham County/Harrisonburg Youth Survey

What the numbers and other information told us:

When sexually active teens indicated which form of contraception they utilized most frequently in the past twelve months, condoms were the most commonly selected (32.8%) with birth control pills coming in second (22.1%). Only 10.1% of teens relied primarily on withdrawal and only 8.9% typically do not use protection.

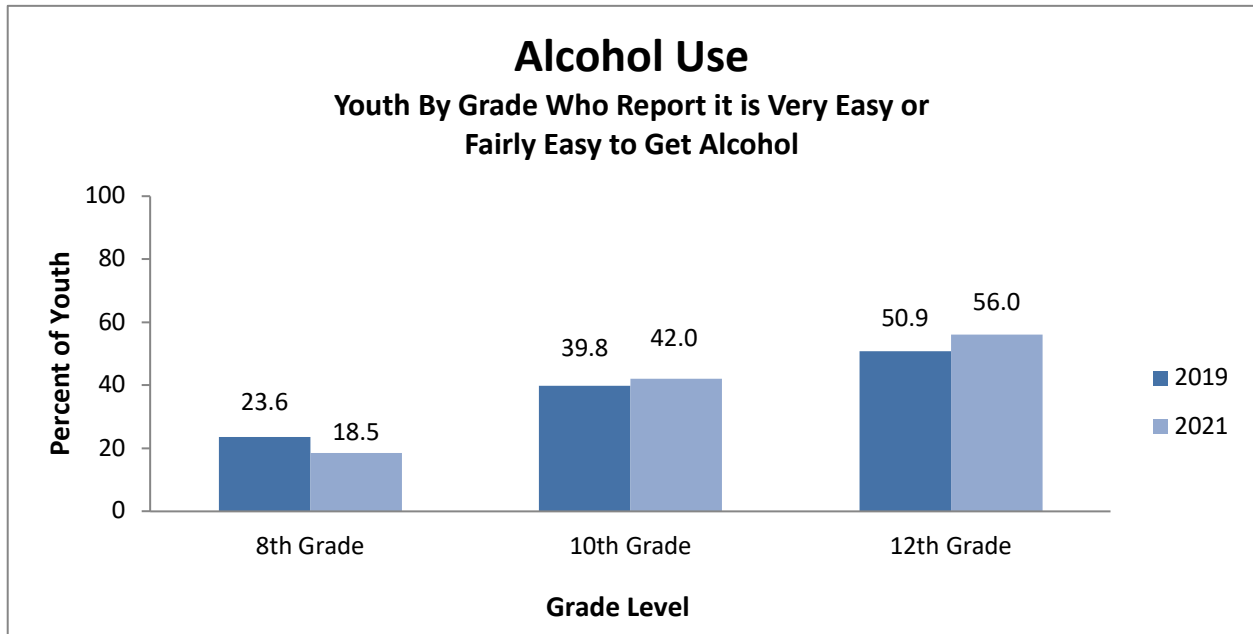
Youth Alcohol Use 2021



Source: Rockingham County/Harrisonburg Youth Survey

What the numbers and other information told us:

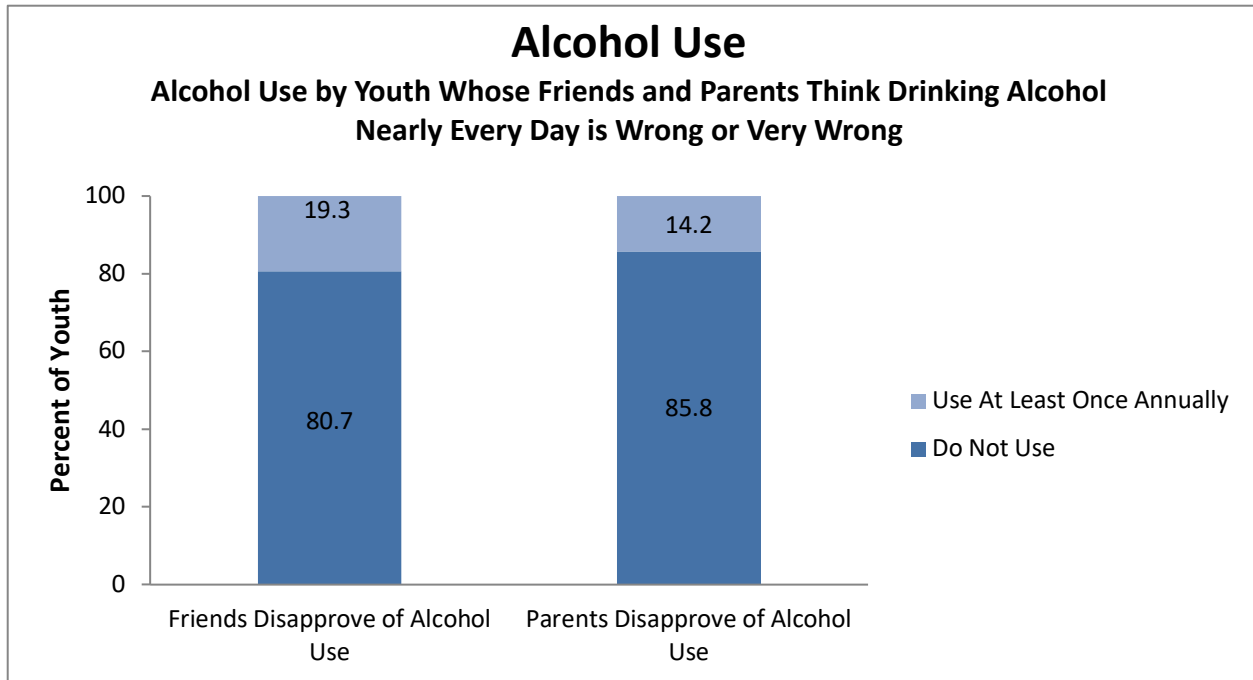
Overall, we saw a slight decrease alcohol consumption in 2021 compared to 2019.



Source: Rockingham County/Harrisonburg Youth Survey

What the numbers and other information told us:

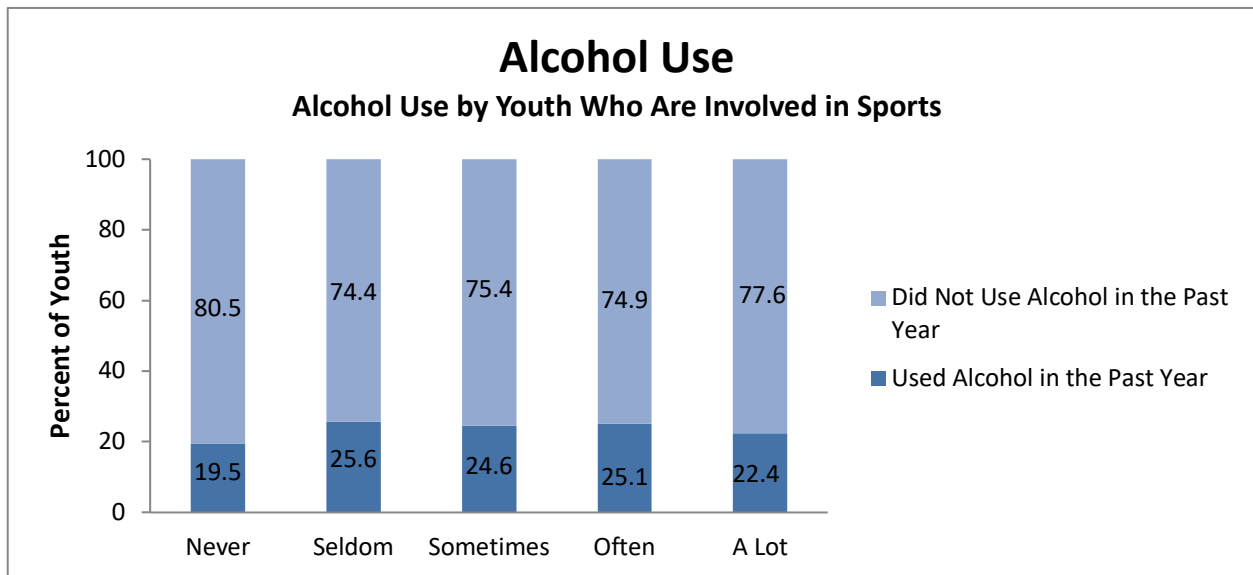
The number of youth reporting that it is very easy or fairly easy to get alcohol steadily increased with each grade level, with more than half of 12th graders feeling that alcohol would be very easy or fairly easy to acquire.



Source: Rockingham County/Harrisonburg Youth Survey

What the numbers and other information told us:

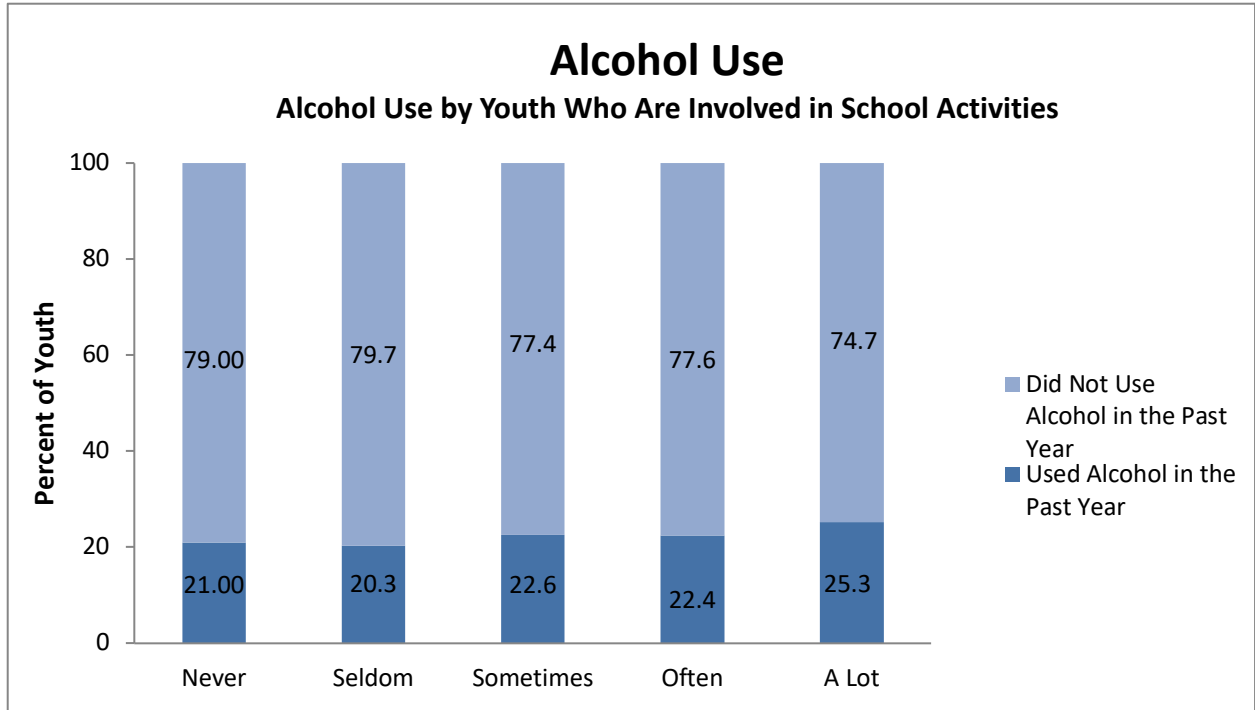
About one-fifth of students whose friends disapprove of alcohol use drink at least once a year. Similarly, only 14.2% of youth whose parents disapprove of alcohol use drink at least once a year.



Source: Rockingham County/Harrisonburg Youth Survey

What the numbers and other information told us:

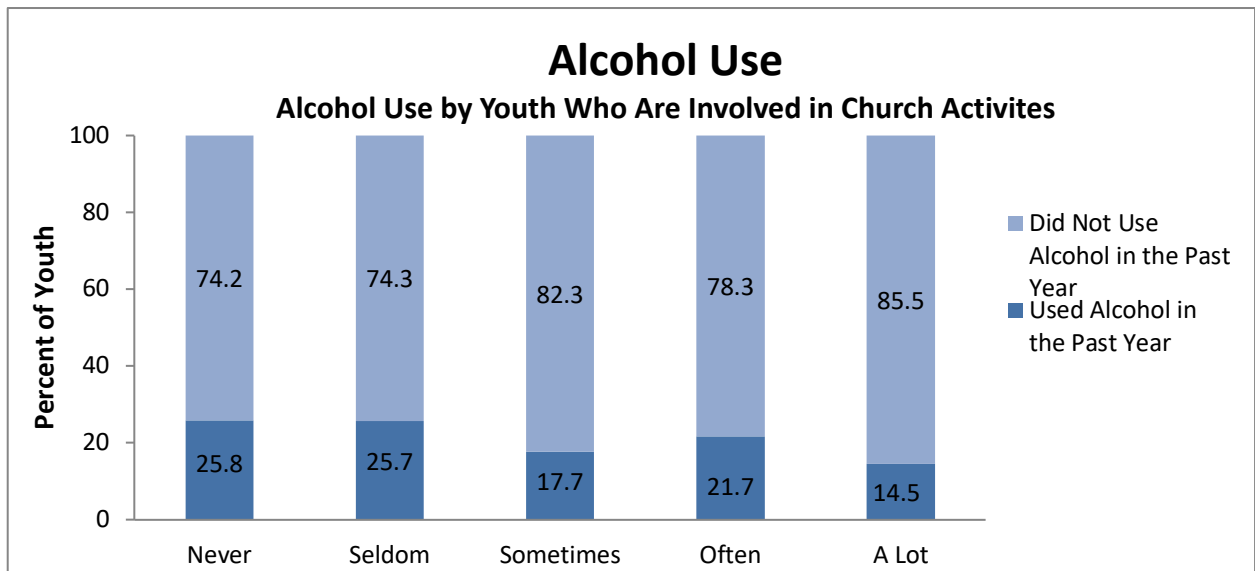
In 2021, a slightly larger proportion of youth who had some level of involvement with sports used alcohol than those that were never involved in sports (18.9%).



Source: Rockingham County/Harrisonburg Youth Survey

What the numbers and other information told us:

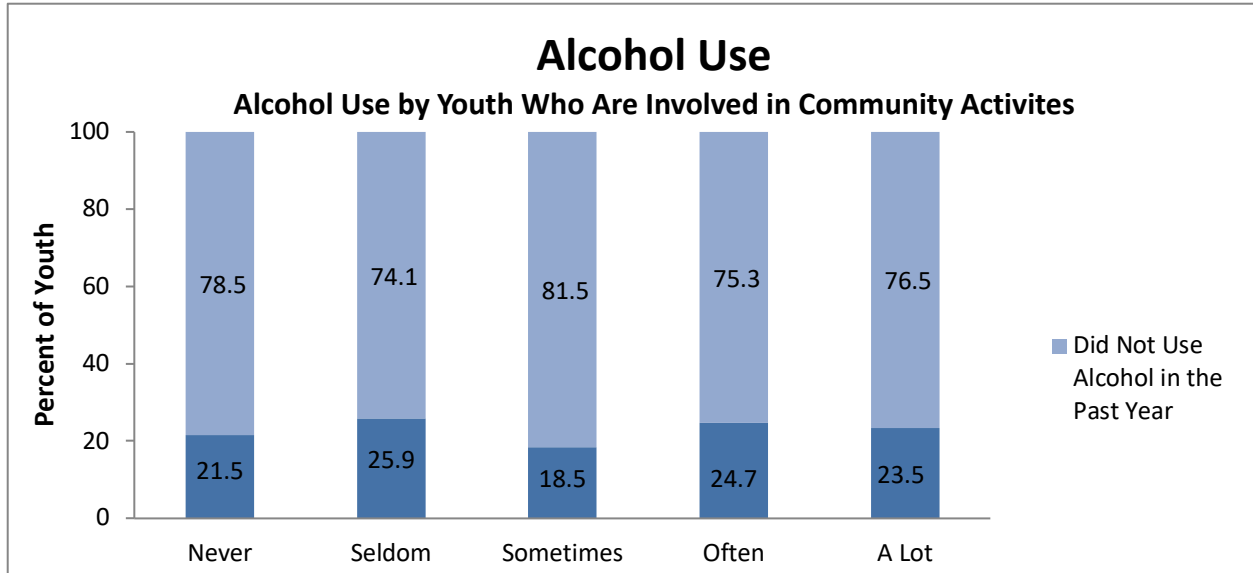
In 2021, about 20-25% of youth reported using alcohol in the past year regardless of their involvement in school activities.



Source: Rockingham County/Harrisonburg Youth Survey

What the numbers and other information told us:

Overall, the proportion of youth that use alcohol at least annually decreases as youth involvement in church activities increases.

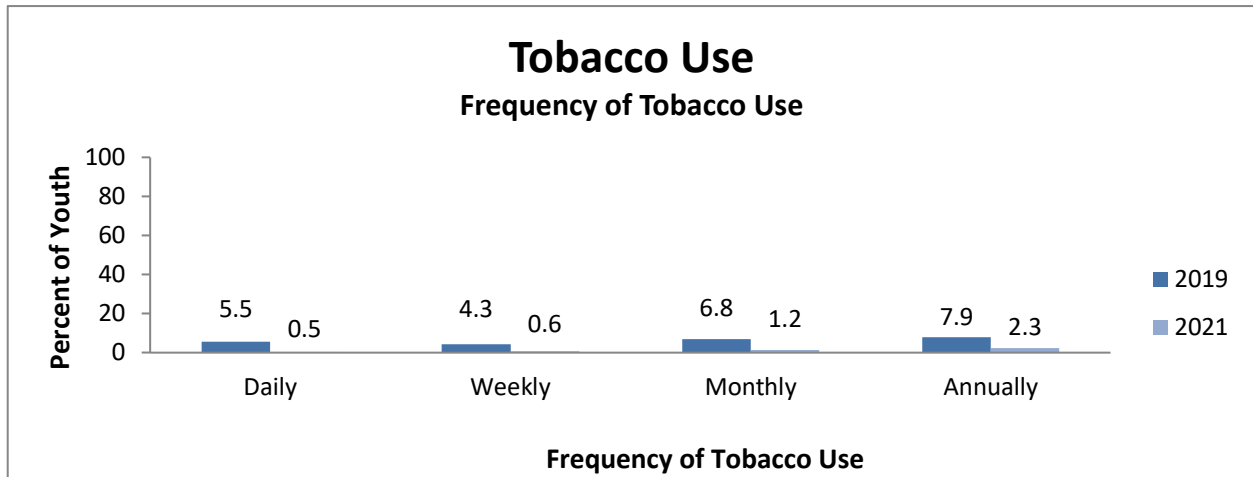


Source: Rockingham County/Harrisonburg Youth Survey

What the numbers and other information told us:

There does not appear to be a consistent trend regarding annual alcohol use and involvement in community activities.

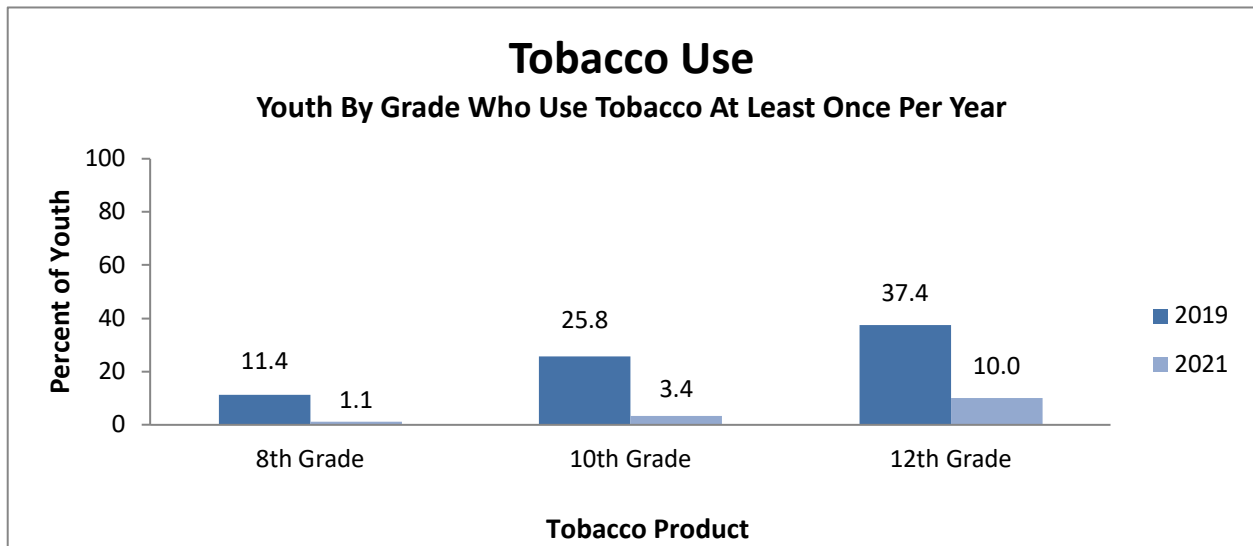
Youth Tobacco Use 2021



Source: Rockingham County/Harrisonburg Youth Survey

What the numbers and other information told us:

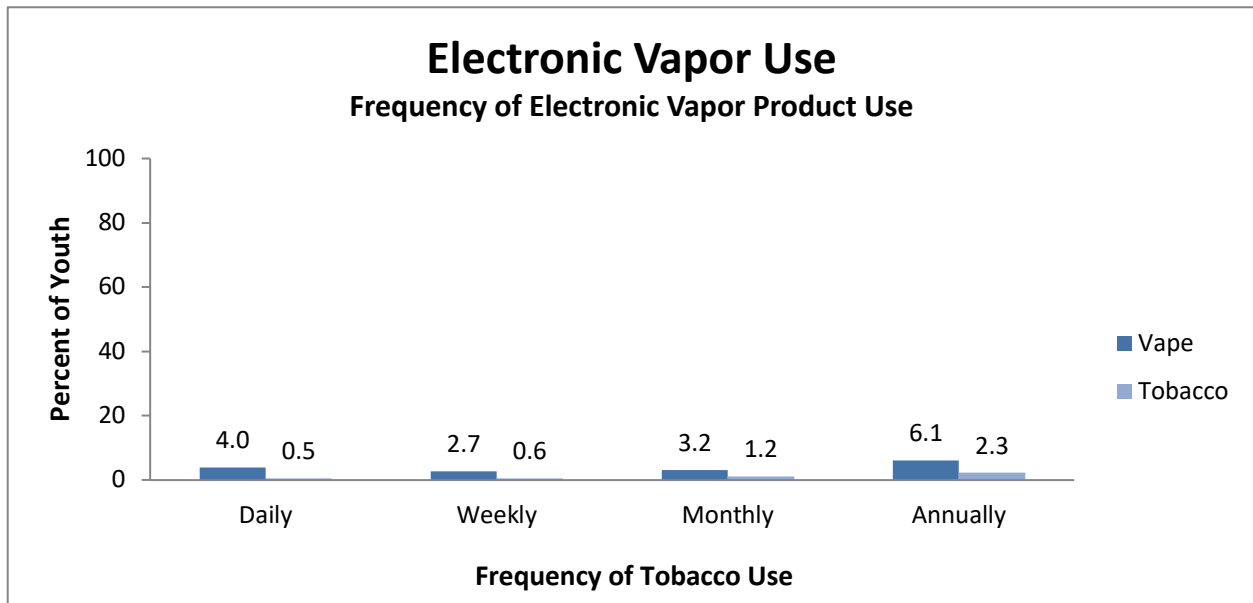
There has been a decrease in the overall use of tobacco in all grades from 2019, with both monthly and annual use seeing a decrease of 5.6%.



Source: Rockingham County/Harrisonburg Youth Survey

What the numbers and other information told us:

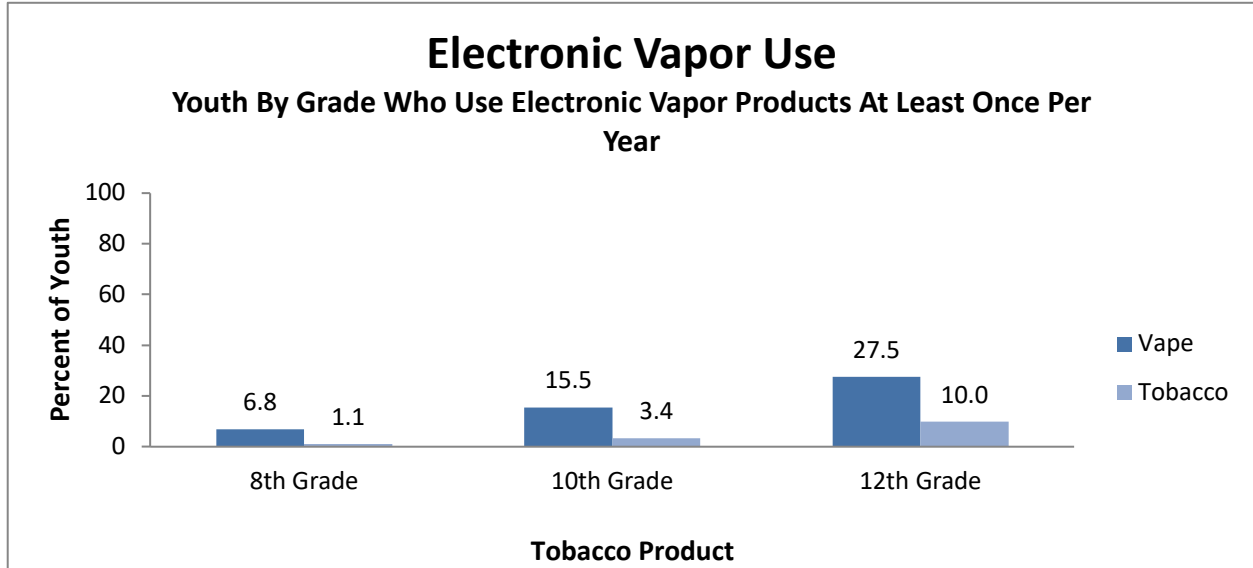
This year saw a drastic decrease in tobacco use across all measured grades.



Source: Rockingham County/Harrisonburg Youth Survey

What the numbers and other information told us:

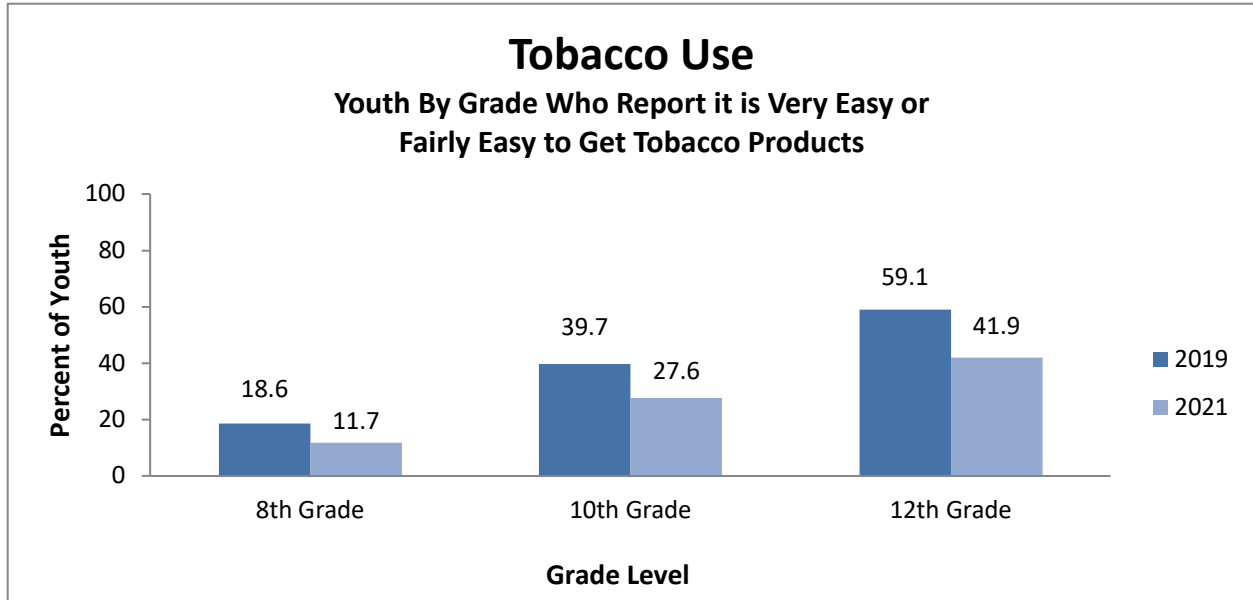
In 2021, teens reported using electronic vapor products more often than tobacco products daily, weekly, monthly, and annually.



Source: Rockingham County/Harrisonburg Youth Survey

What the numbers and other information told us:

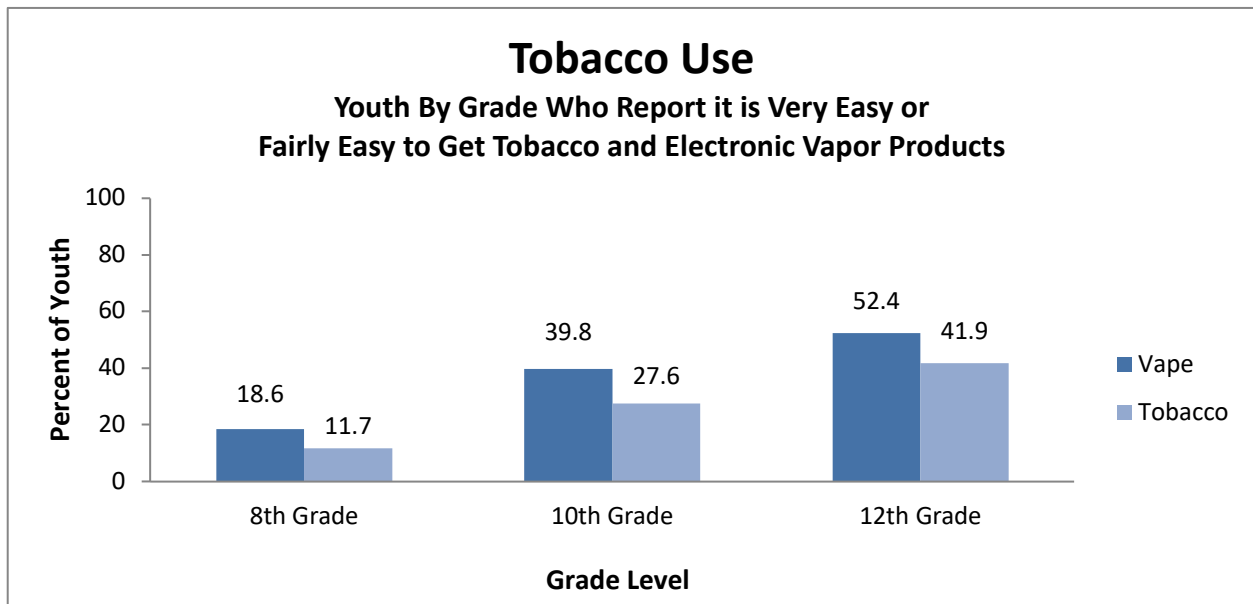
Across all grades, more teens use electronic vapor products annually than tobacco products. This difference is most pronounced in 12th graders, where annual use of electronic vapor products surpasses tobacco products by 17.5%.



Source: Rockingham County/Harrisonburg Youth Survey

What the numbers and other information told us:

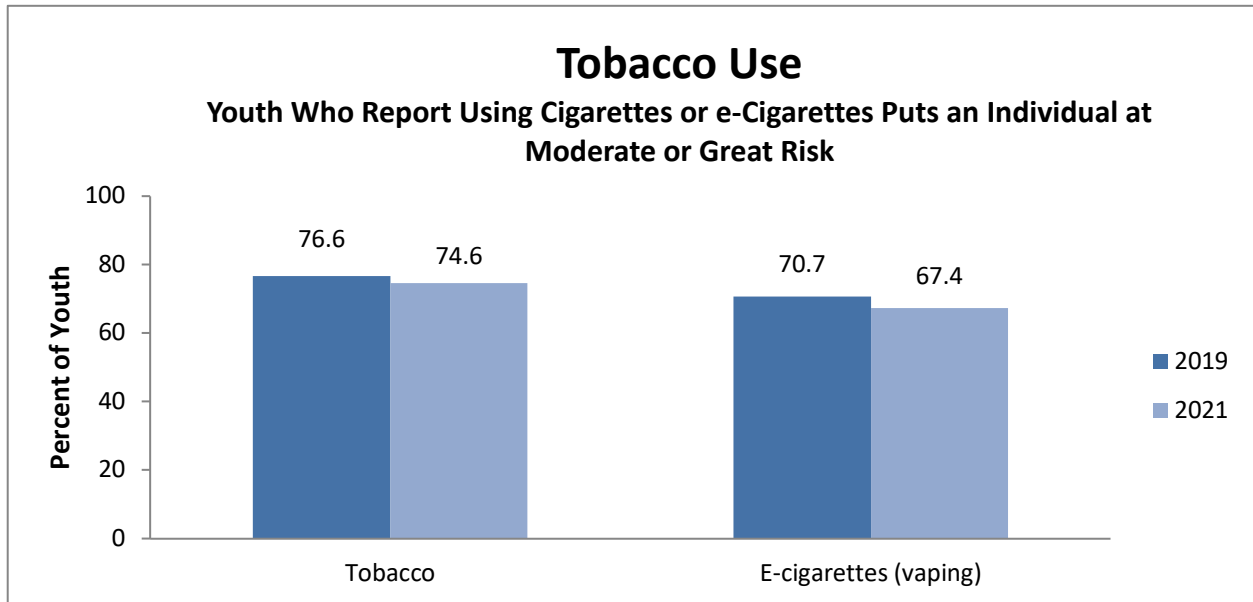
Across all grades, less teens indicate that it would be very easy or fairly easy to gain access to tobacco products than they did in 2019.



Source: Rockingham County/Harrisonburg Youth Survey

What the numbers and other information told us:

In 2021, more teens indicate that they would have an easier time acquiring electronic vapor products than tobacco products. This trend is seen across all grades.

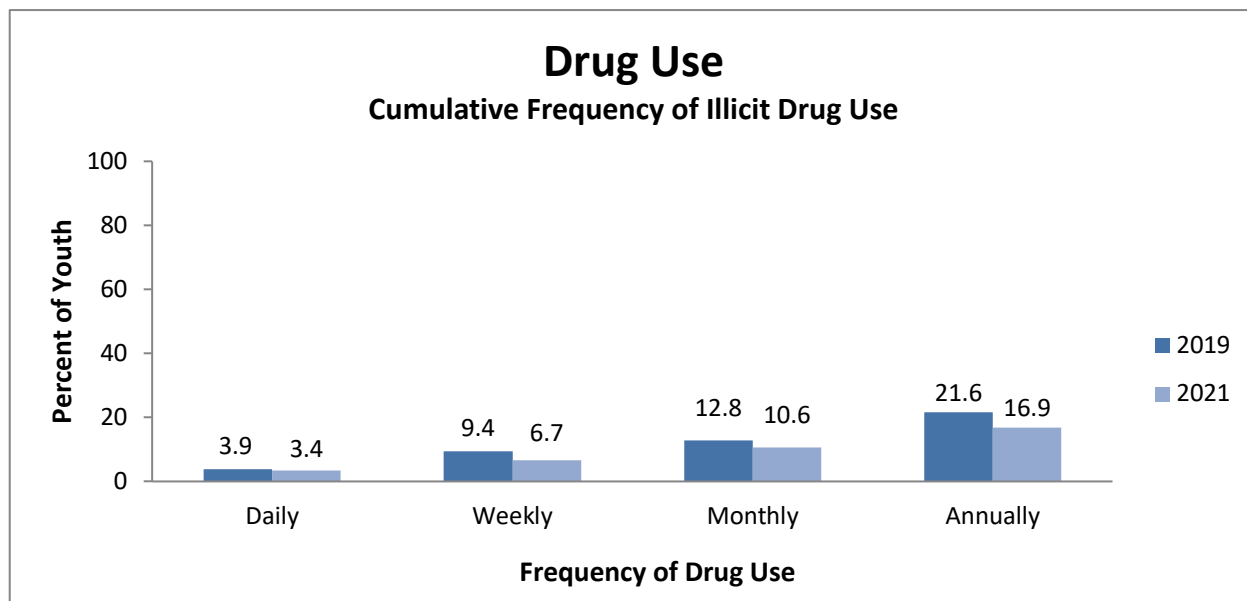


Source: Rockingham County/Harrisonburg Youth Survey

What the numbers and other information told us:

Overall, 74.6% of youth feel that tobacco use risks moderate to great harm – a decrease of 2% since 2019 and 9.7% since 2017. In contrast, since adding this question to the survey in 2017, more youth (compared to 55% in 2017) revealed that using e-cigarettes puts an individual at moderate or great risk of harm.

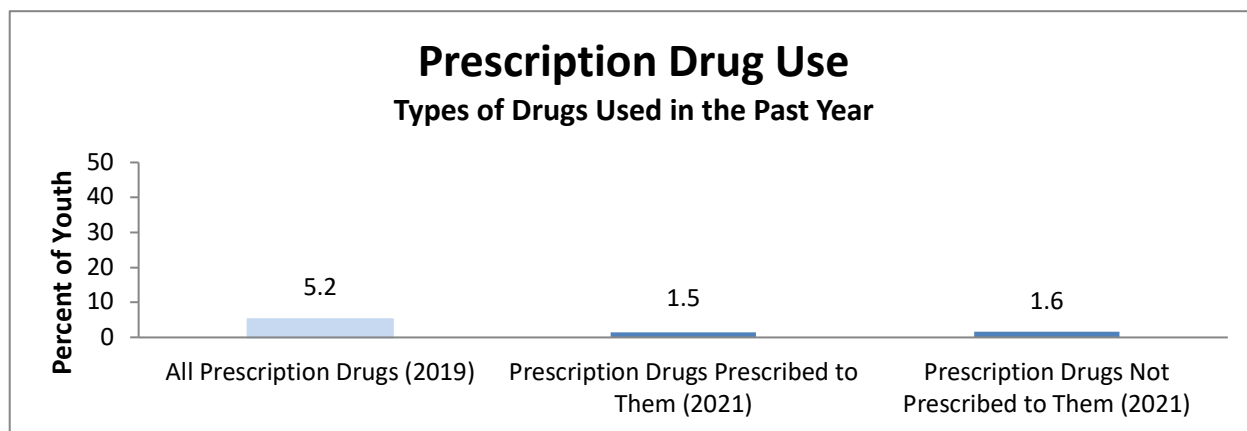
Youth Drug Use 2021



Source: Rockingham County/Harrisonburg Youth Survey

What the numbers and other information told us:

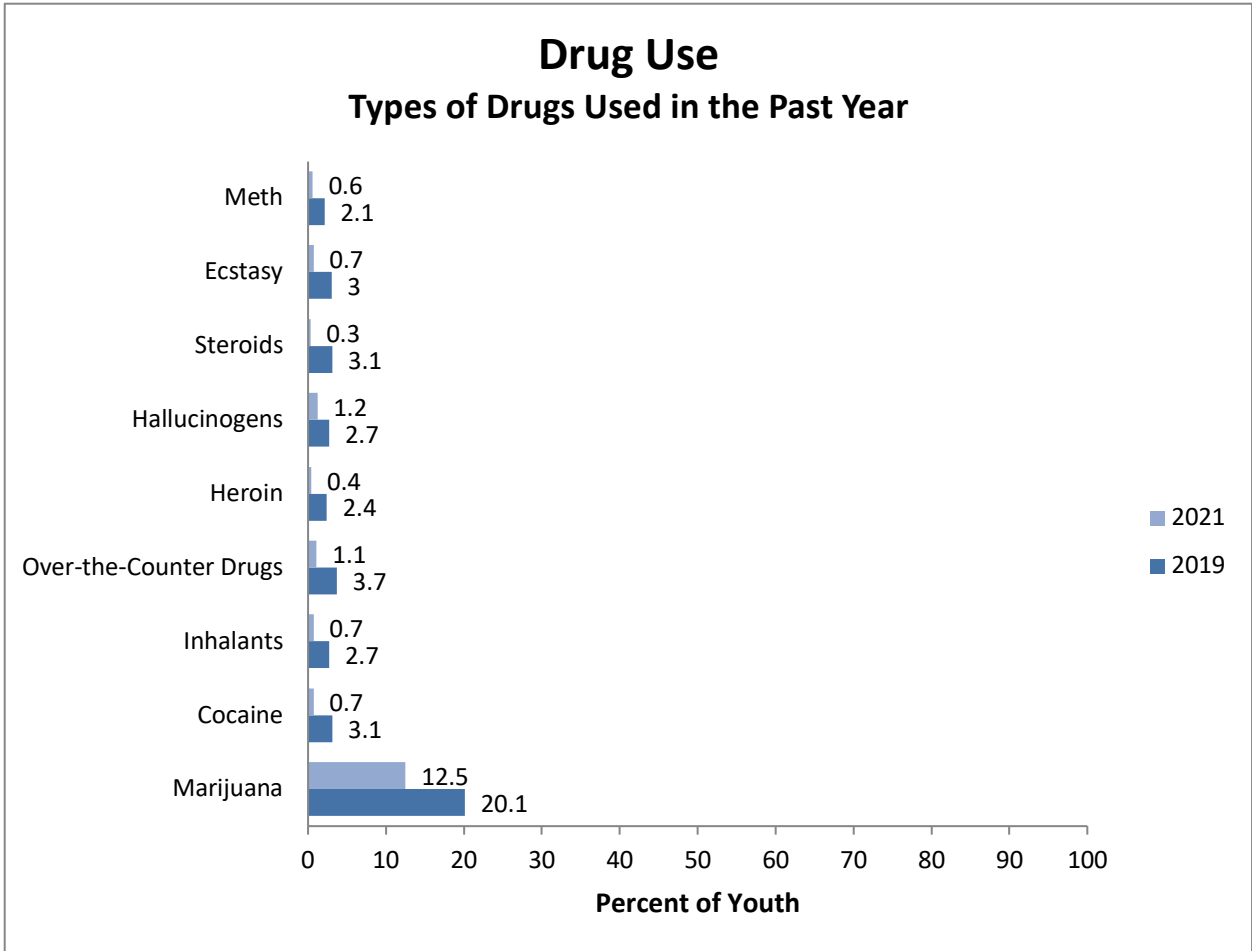
In 2021, Harrisonburg City/Rockingham County teens reported less illicit drug use than they did in 2019.



Source: Rockingham County/Harrisonburg Youth Survey

What the numbers and other information told us:

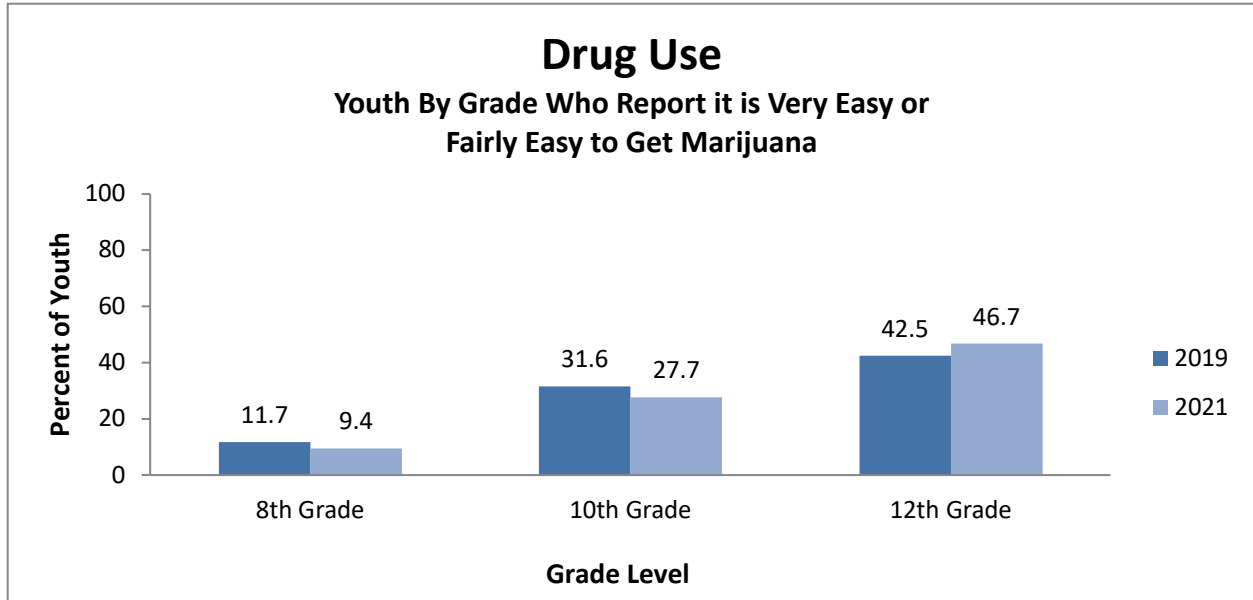
In 2019, 5.2% of students reported using prescription drugs inappropriately. In 2021, the question was broken down to inquire about the inappropriate use of prescription drugs prescribed to the student (1.5% of students) and the inappropriate use of prescription drugs prescribes to someone else (1.6% of students).



Source: Rockingham County/Harrisonburg Youth Survey

What the numbers and other information told us:

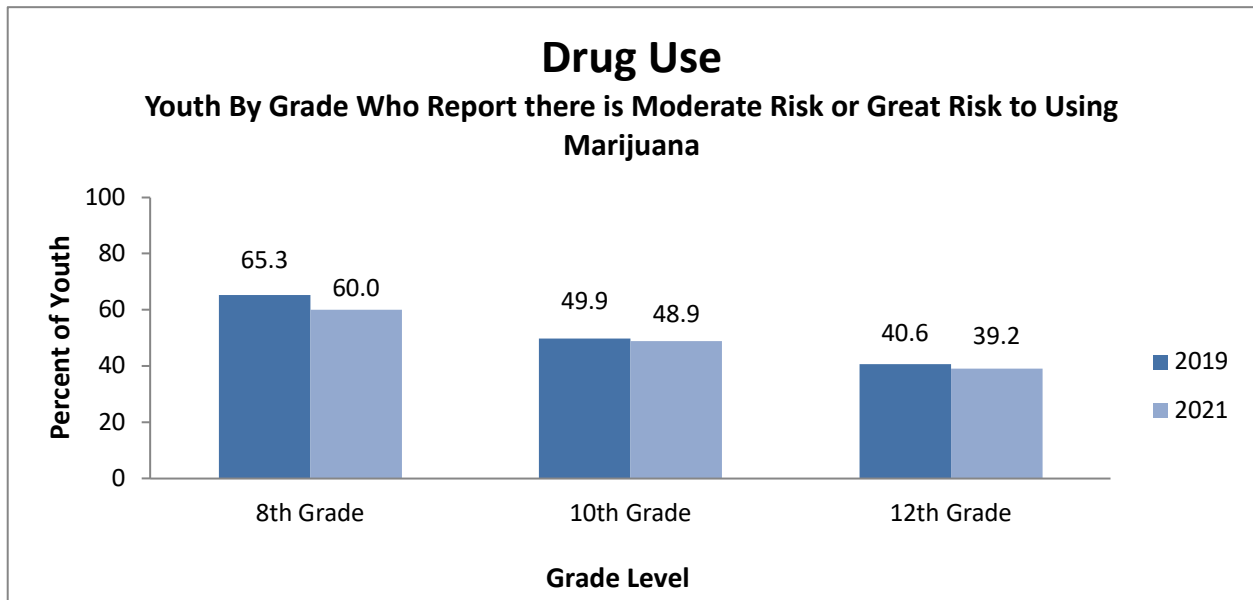
Marijuana remains the most used drug with 12.5% of youth using at least annually. Across the board, all drug use observed a decrease in 2021.



Source: Rockingham County/Harrisonburg Youth Survey

What the numbers and other information told us:

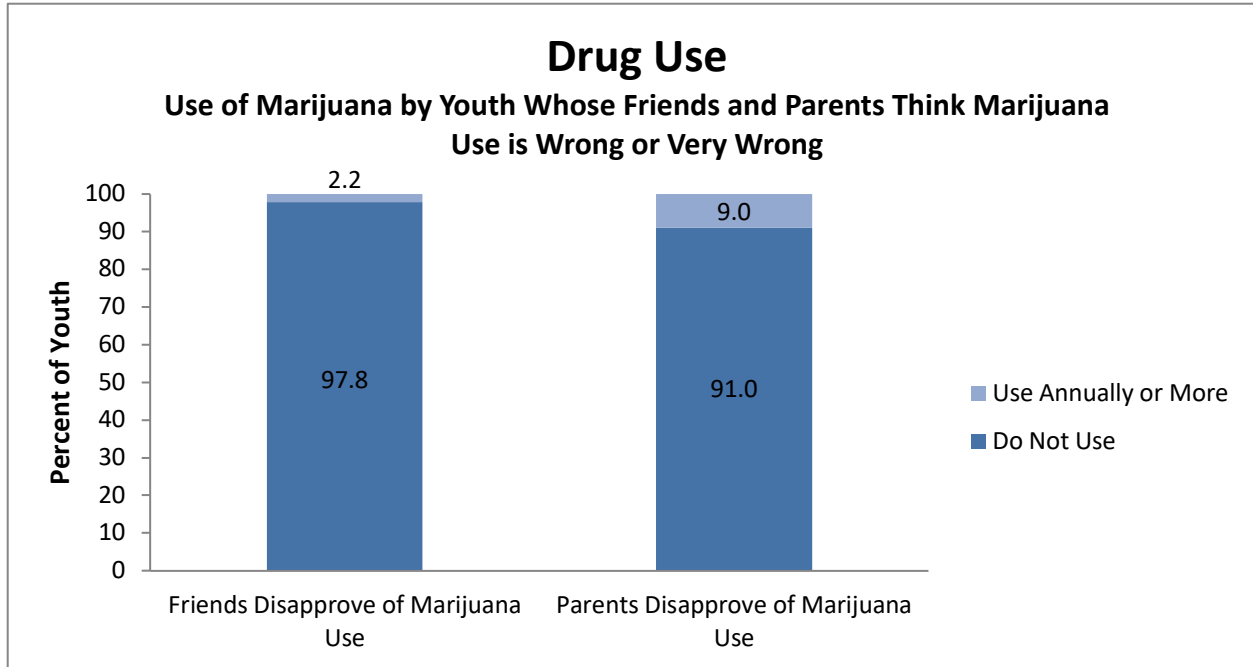
There has been a slight decrease in the number of 8th and 10th grade students reporting that it is very easy or fairly easy to get marijuana. However, there has been a 4.2% increase in the number of 12th graders reporting the same thing.



Source: Rockingham County/Harrisonburg Youth Survey

What the numbers and other information told us:

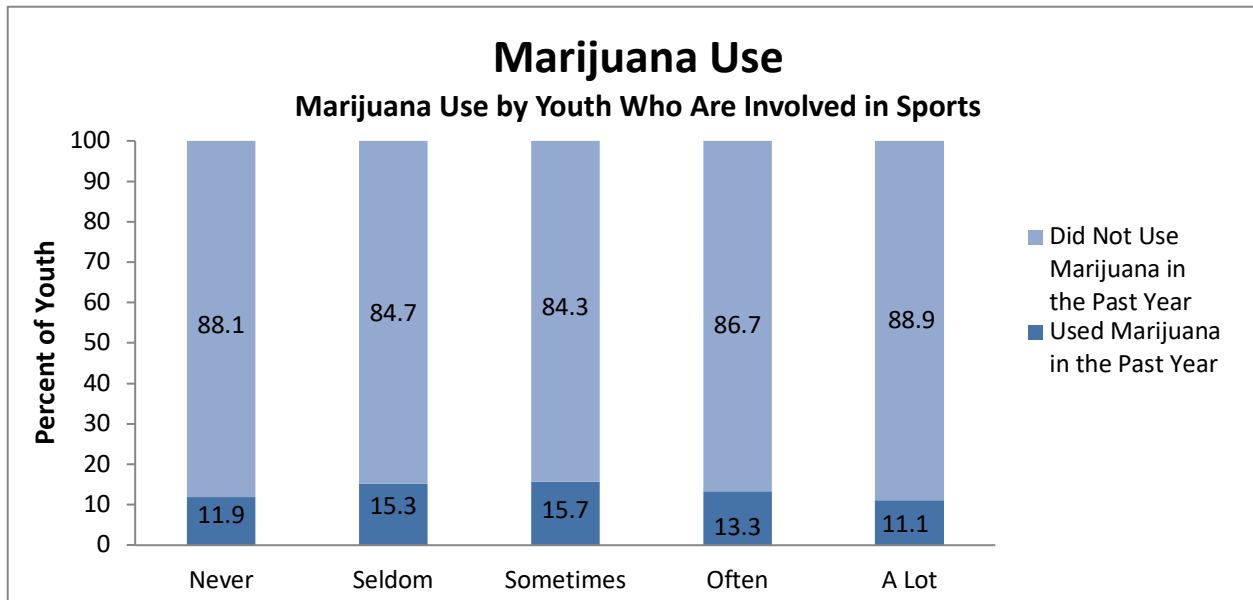
As grade levels increase, there is a decrease in the percentage of students who view marijuana as posing a moderate or great risk of harm. Overall, 23.3% of youth feel that using marijuana once or twice a week poses a great risk to their health.



Source: Rockingham County/Harrisonburg Youth Survey

What the numbers and other information told us:

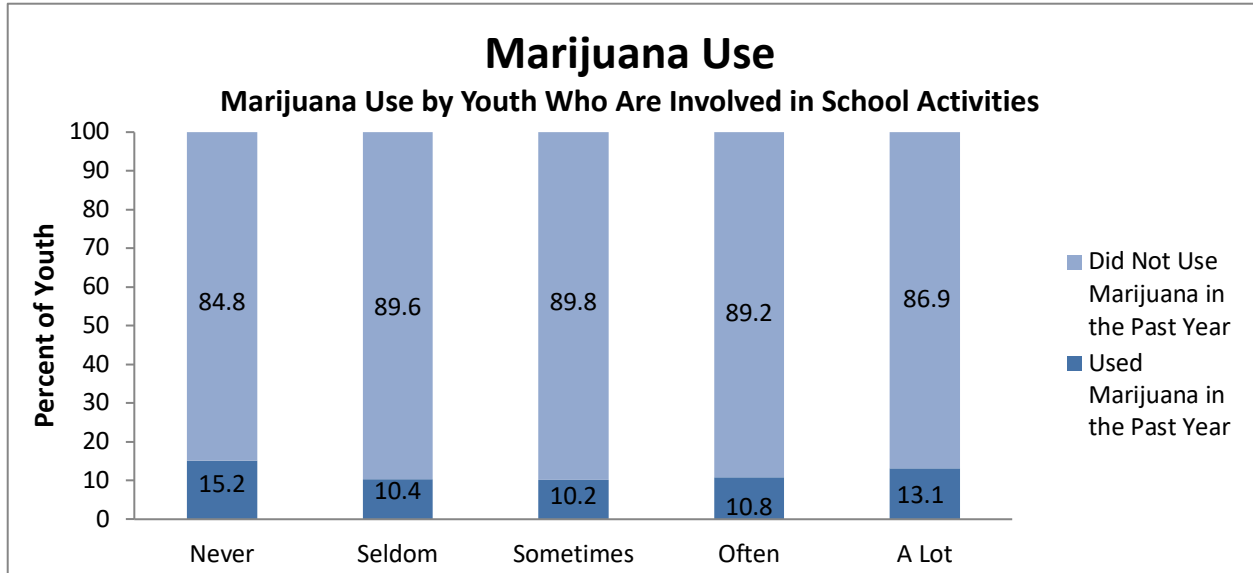
Of youth whose friends disapprove of marijuana use, only 2.2% used the drug in the past year. Similarly, of youth whose parents disapprove of marijuana use, only 9% used the drug in the past year.



Source: Rockingham County/Harrisonburg Youth Survey

What the numbers and other information told us:

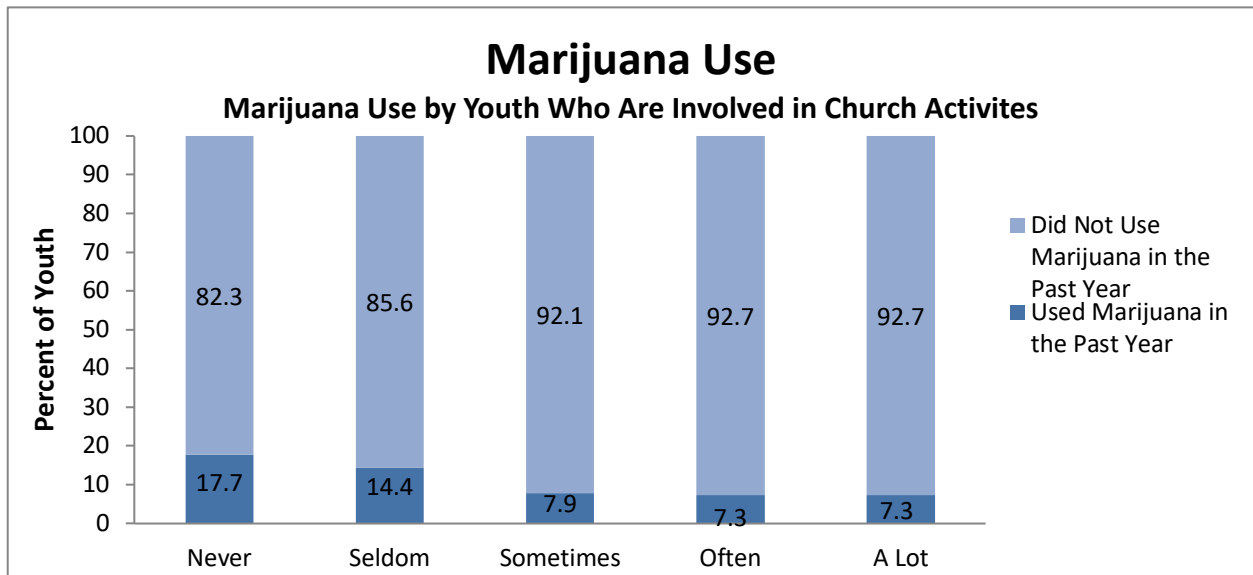
There does not appear to be any noteworthy differences in annual marijuana use based on level of involvement with sports.



Source: Rockingham County/Harrisonburg Youth Survey

What the numbers and other information told us:

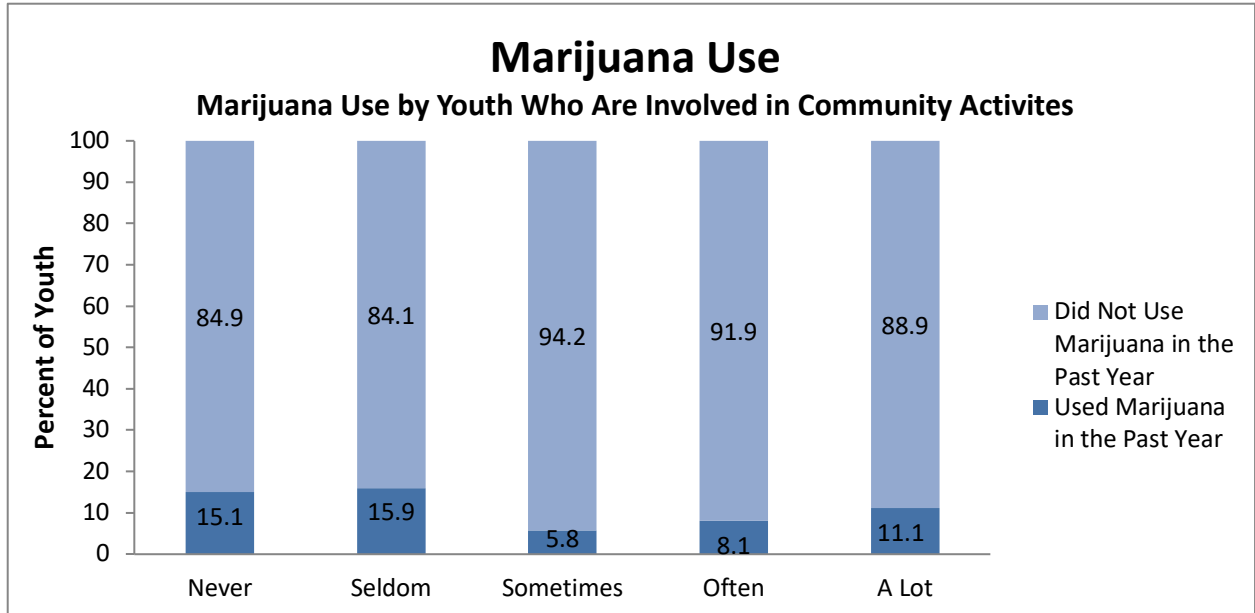
Youth that seldom, sometimes, and often involve themselves in school activities reported slightly less marijuana use than youth that never participate in school activities or participate a lot.



Source: Rockingham County/Harrisonburg Youth Survey

What the numbers and other information told us:

In 2021, teens who were involved in church activities sometimes, often, and a lot reported less marijuana use than did teens who were seldom or never involved in church activities.

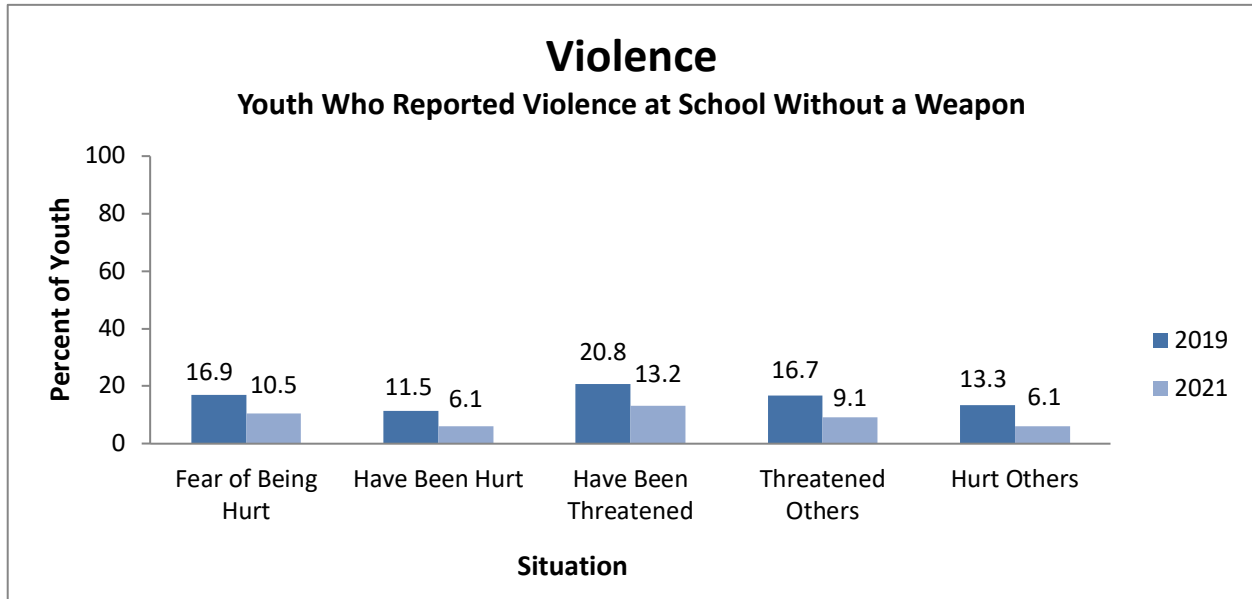


Source: Rockingham County/Harrisonburg Youth Survey

What the numbers and other information told us:

Youth who suggested that they were never or seldom involved in community activities had the highest percentage of marijuana use in 2021, while those who participated in activities “sometimes” used marijuana the least.

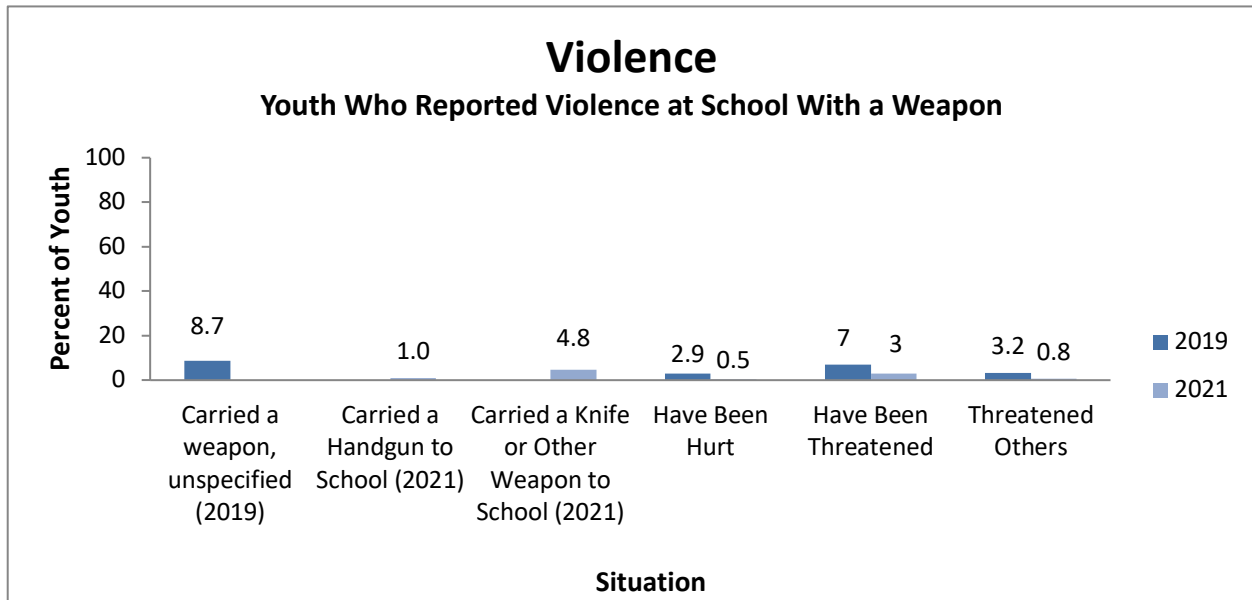
Youth Violence 2021



Source: Rockingham County/Harrisonburg Youth Survey

What the numbers and other information told us:

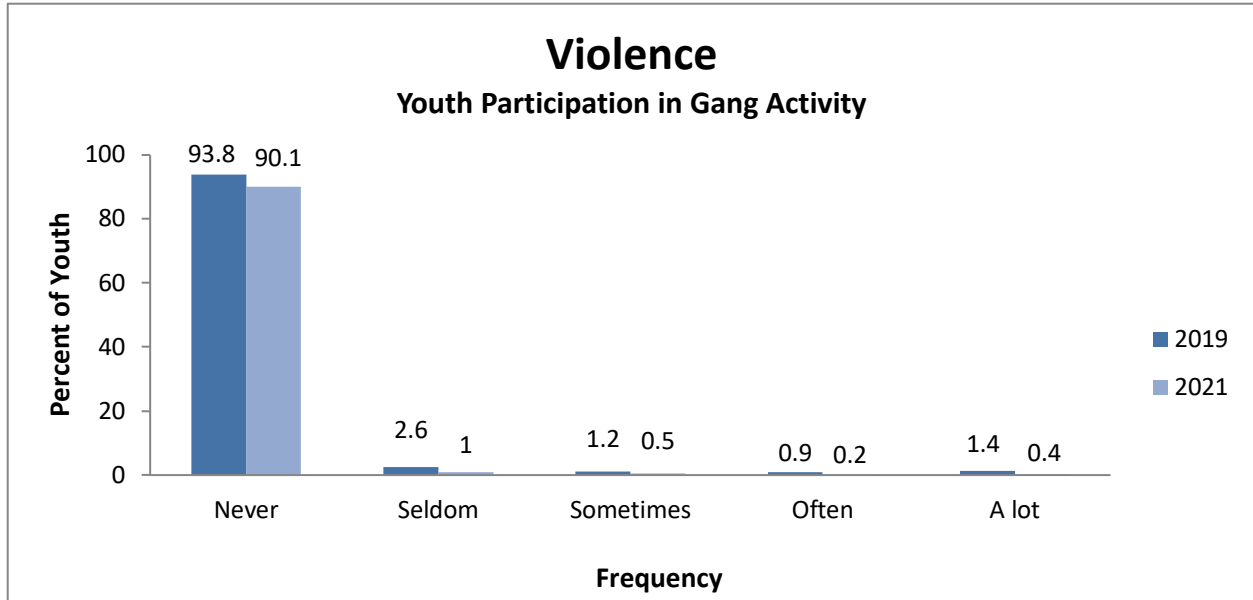
There was a decrease in all aspects of school violence in 2021.



Source: Rockingham County/Harrisonburg Youth Survey

What the numbers and other information told us:

There was a decrease in reported violence with a weapon in 2021, including being hurt, threatened, or threatening others. In 2019, 8.7% of youth reported bringing a weapon to school. In 2021 this question was broken into two in order to inquire specifically about guns versus other weapons.

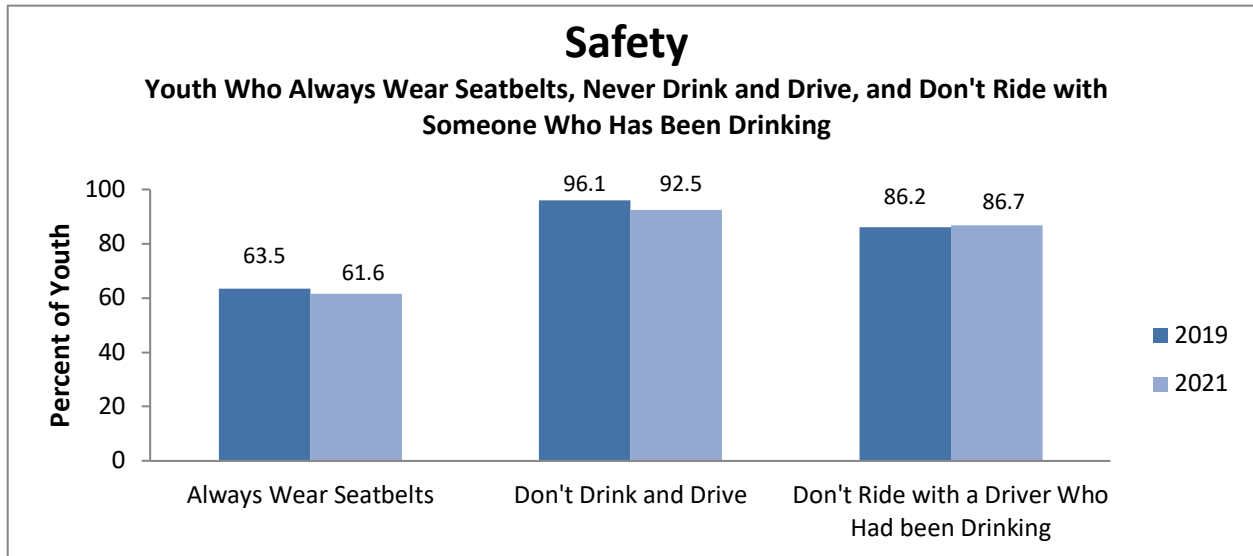


Source: Rockingham County/Harrisonburg Youth Survey

What the numbers and other information told us:

The vast majority of teens still do not report participating in gang activity. The numbers of youth reporting that they seldom, sometimes, or often participate in gang activity have decreased slightly since 2019.

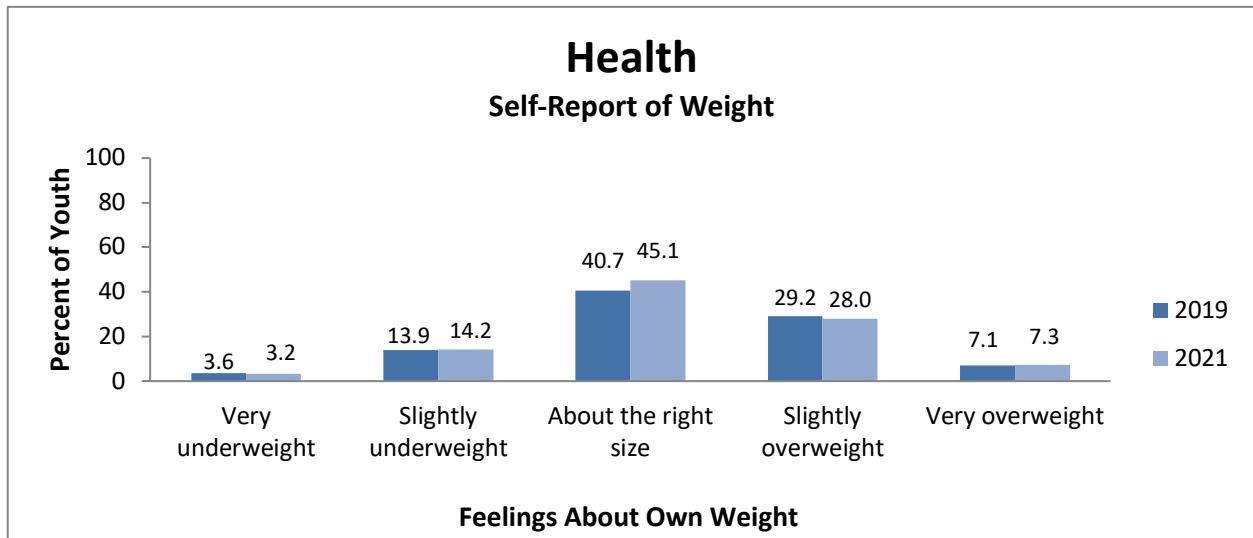
Youth Safety and Health 2021



Source: Rockingham County/Harrisonburg Youth Survey

What the numbers and other information told us:

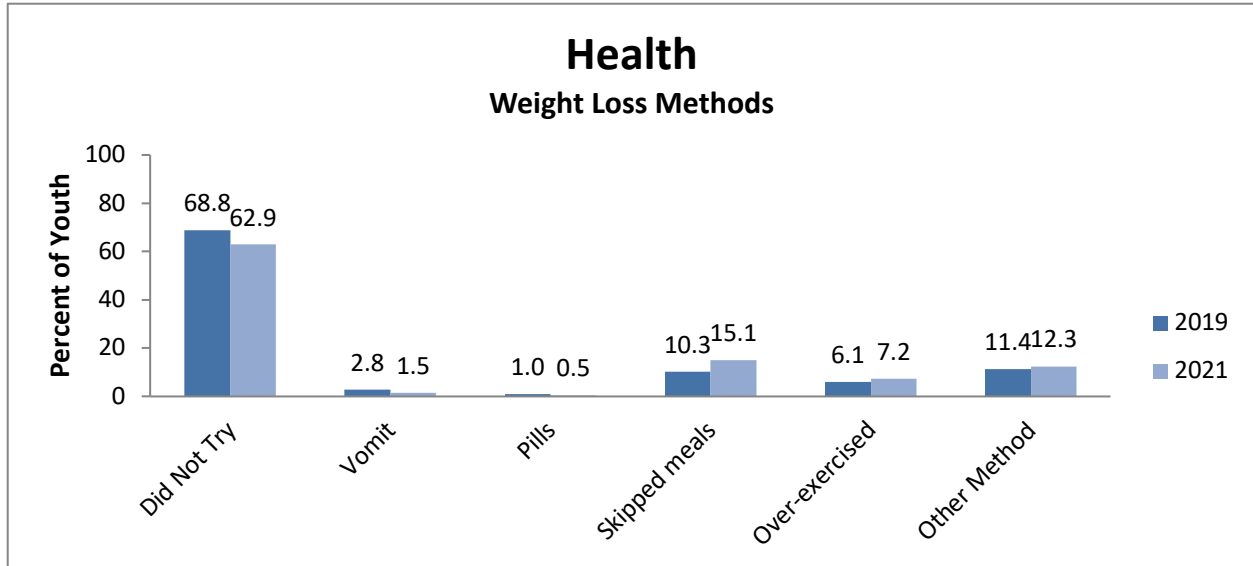
Although the majority of youth reported that they always wear their seatbelts, don't drink and drive, and don't ride with a driver who has been drinking in 2019 and 2021, somewhat fewer reported wearing seatbelts or not drinking and driving.



Source: Rockingham County/Harrisonburg Youth Survey

What the numbers and other information told us:

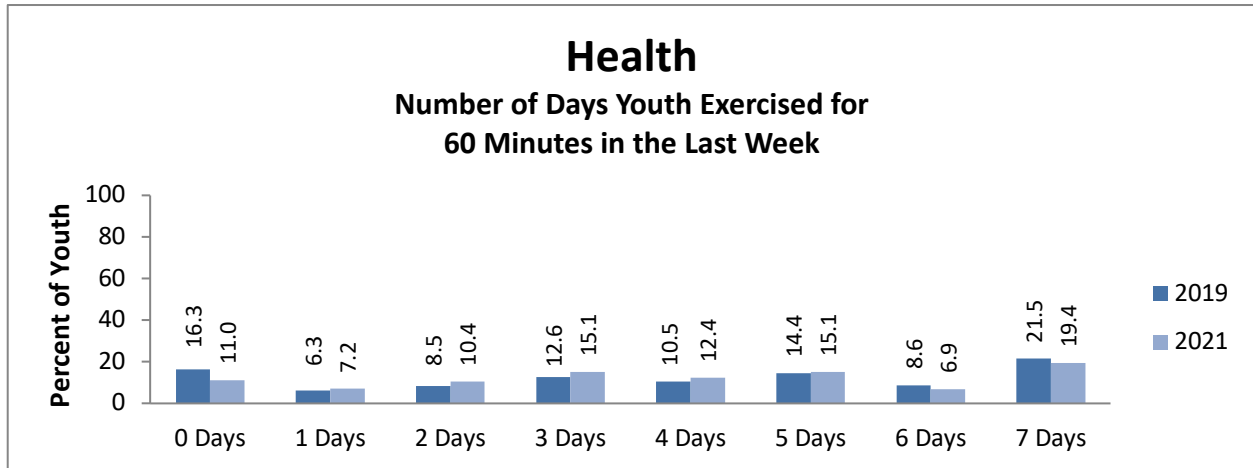
Response percentages were nearly identical between 2019 and 2021 in regard to self-reported weight, albeit a moderate increase for those who believed they were "about the right size."



Source: Rockingham County/Harrisonburg Youth Survey

What the numbers and other information told us:

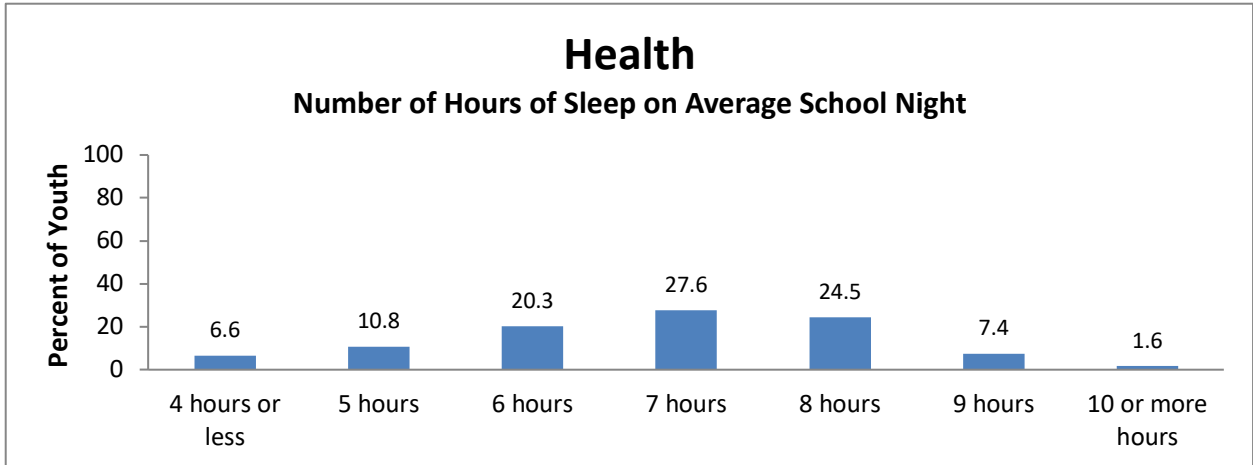
In 2021, fewer youth reported trying to lose weight at all. For those who did try to lose weight, more youth responded as that they skipped meals, overexercised, or used another method to attempt weight loss.



Source: Rockingham County/Harrisonburg Youth Survey

What the numbers and other information told us:

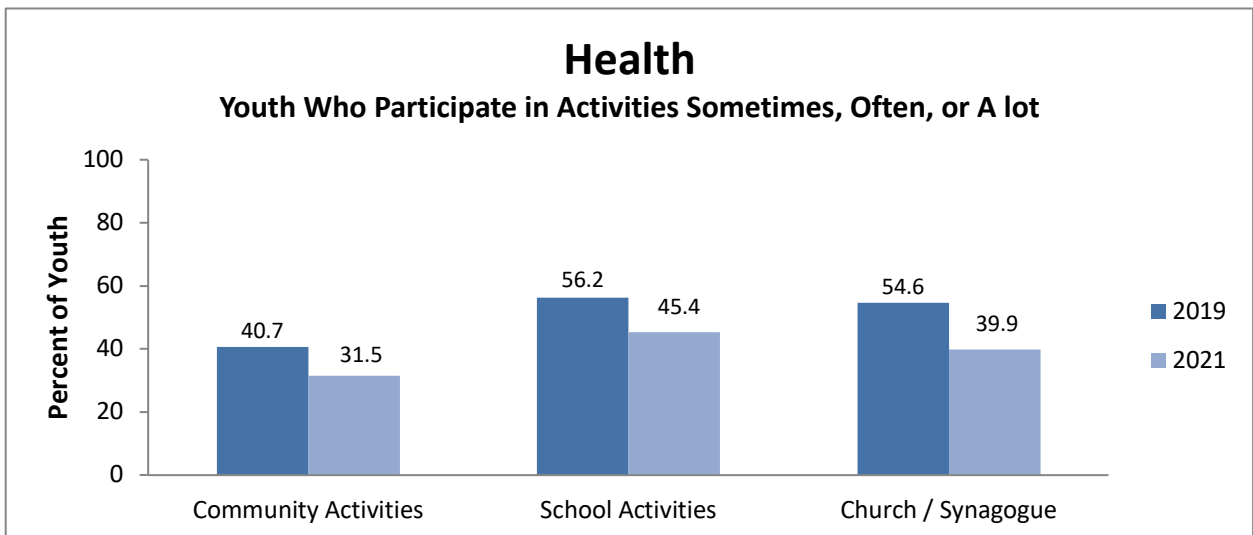
In general, the number of days youth reported exercising in the last week for at least 60 minutes increased ever slightly in 2021, except for 0, 6, and 7 days a week.



Source: Rockingham County/Harrisonburg Youth Survey

What the numbers and other information told us:

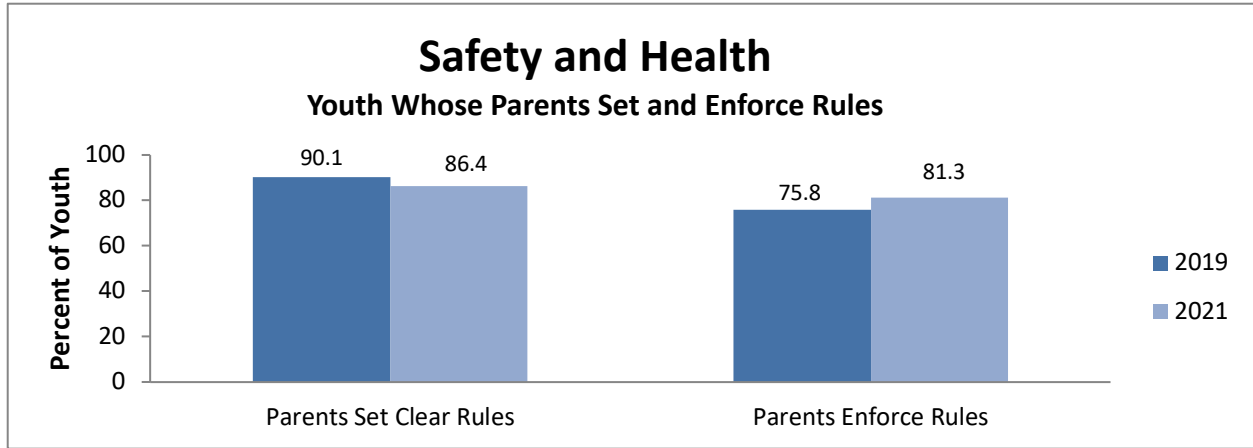
More than 60% of youth report getting at least 7 hours of sleep on an average school night.



Source: Rockingham County/Harrisonburg Youth Survey

What the numbers and other information told us:

The number of youth who participated in activities decreased overall between 2019 and 2021, with the number of youth participating in church/synagogue-related activities decreasing the most, by almost 15%.

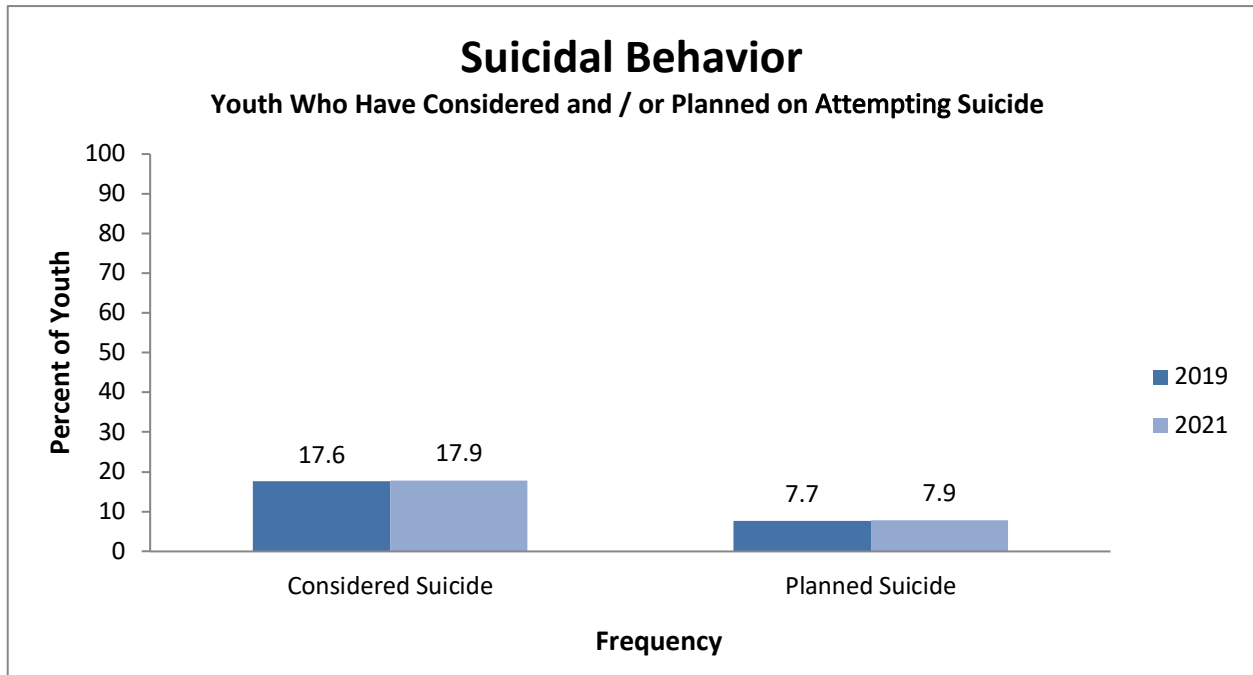


Source: Rockingham County/Harrisonburg Youth Survey

What the numbers and other information told us:

The percentage of youth who indicated that their parents/guardians set clear rules decreased slightly in 2021, while the reported percent of parents/guardians who actually enforced rules increased.

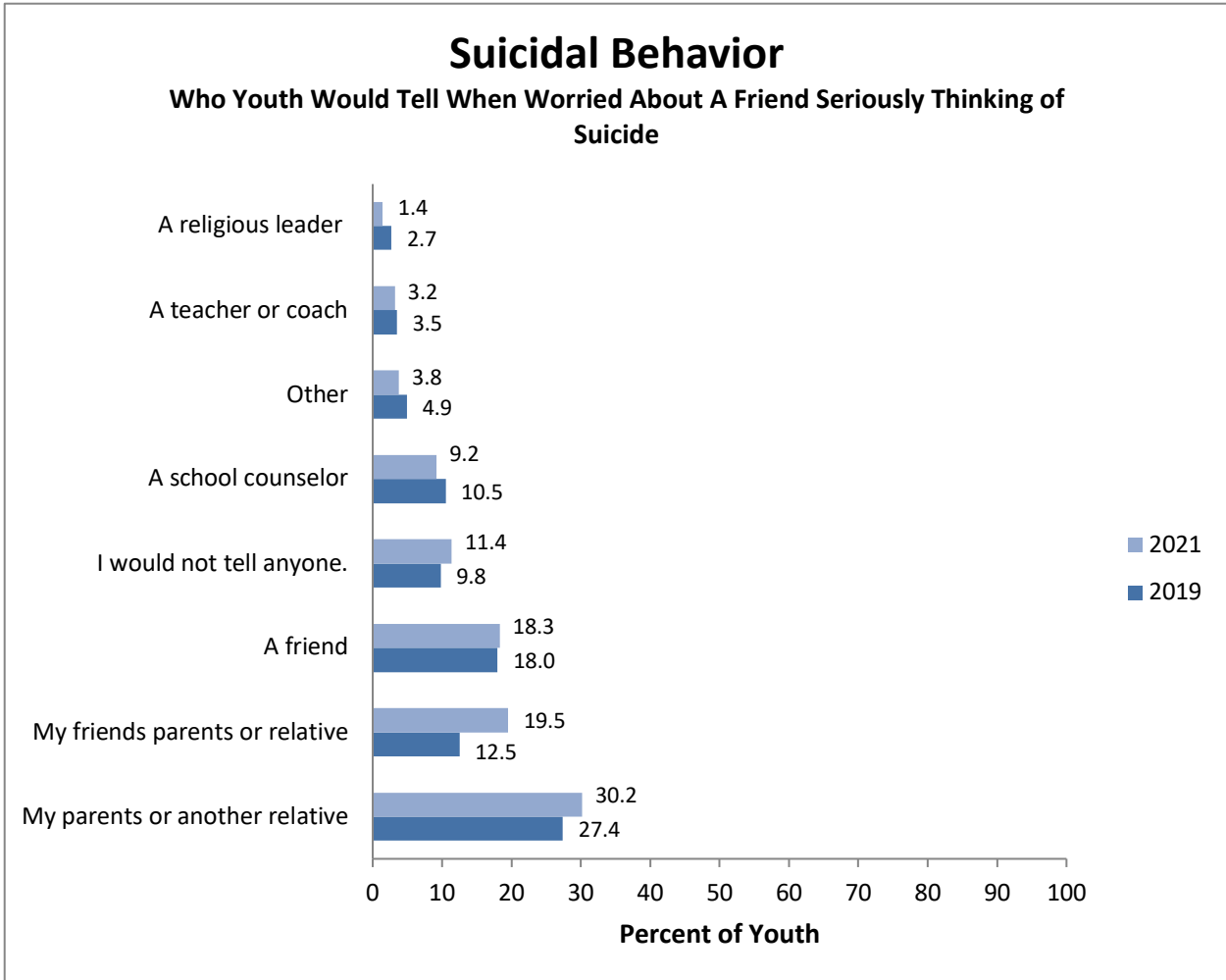
Youth Suicidal Behavior 2021



Source: Rockingham County/Harrisonburg Youth Survey

What the numbers and other information told us:

The reported rates of youth who have considered and/or planned on attempting suicide remained similar between the years, with minute increases to both considered and planned suicide in 2021.



Source: Rockingham County/ Harrisonburg Youth Survey

What the numbers and other information told us:

The person/people that youth reported as being who they would speak to when worried about a friend considering suicide remained relatively consistent across all response options between 2019 and 2021. Slightly more respondents would speak to their own parents/another relative, a friends’ parents/relative, or would not tell anyone at all.

Supporting Data

Parental Information 2021

Education Level of Parents

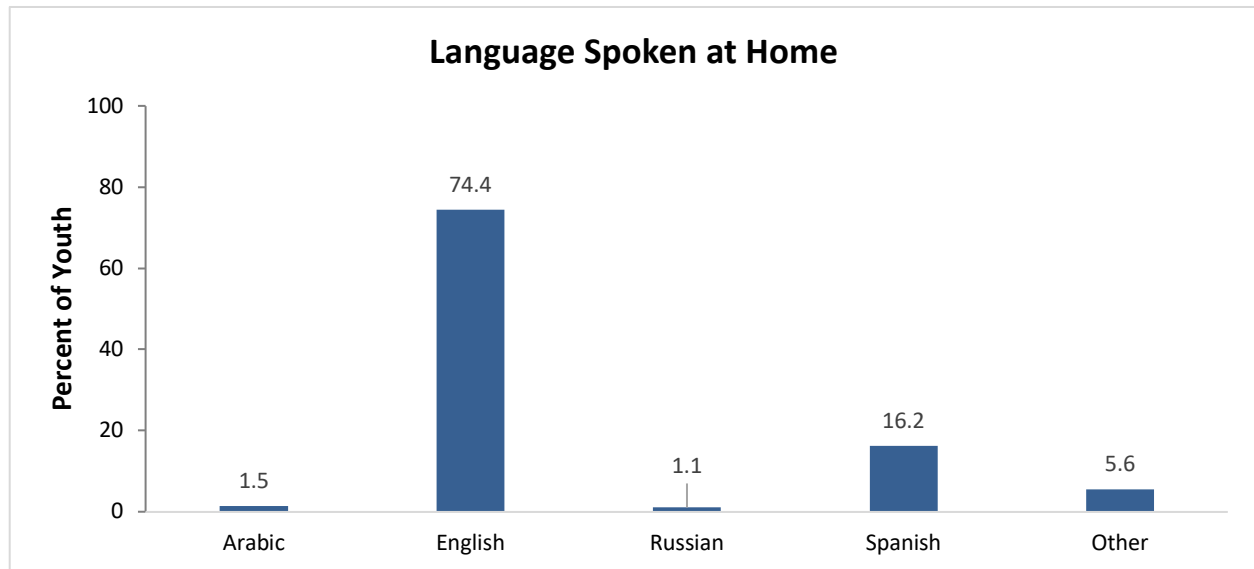
Reported by Youth

| Some High School | High school Graduate | Some College | College Graduate |
|------------------|----------------------|--------------|------------------|
| 7.9% | 20.9% | 8.3% | 37.0% |

Source: Rockingham County/Harrisonburg Youth Survey

Language Spoken at Home

Reported by Youth



Source: Rockingham County/Harrisonburg Youth Survey

Appendix: 2021 Harrisonburg-Rockingham Youth Survey

You may find the survey administered to students in 2021 online (<https://www.jmu.edu/iihhs/youthdata.shtml>), or by contacting Jennifer Rea at reajl@jmu.edu or (540) 568-2559.

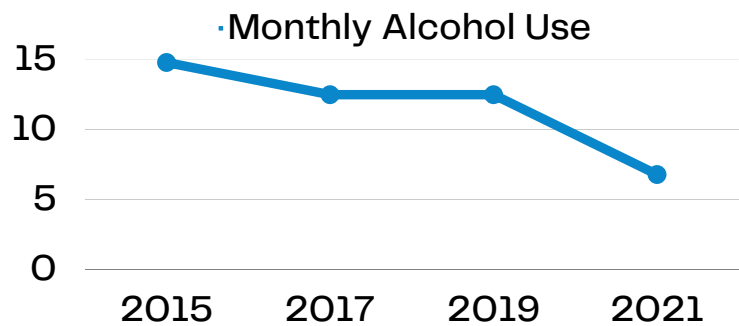
HARRISONBURG-ROCKINGHAM YOUTH SURVEY 2021 TOPICAL FACT SHEET

ALCOHOL

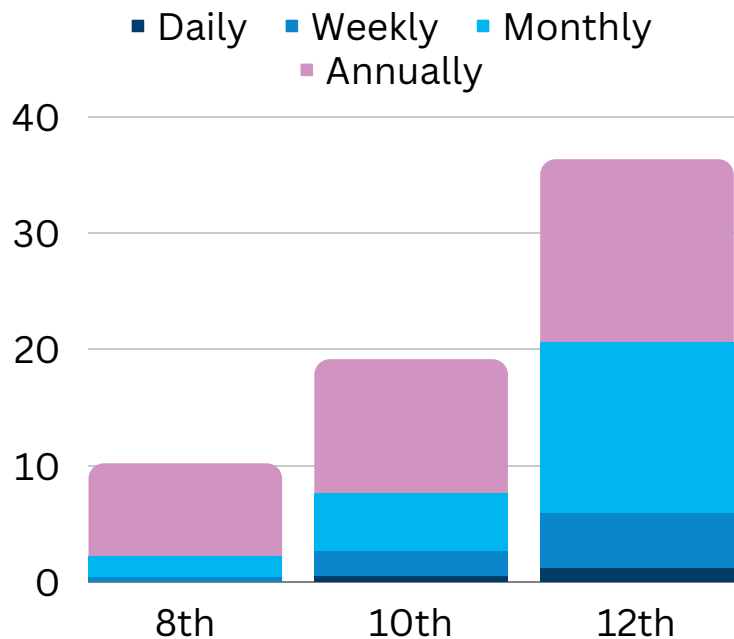


**76% OF YOUTH IN 2021
REPORTED NEVER USING
ALCOHOL.**

The percentage of youth who report **using alcohol monthly has decreased** over the past four survey administrations, from **15%** in 2015 to **7%** in 2021.

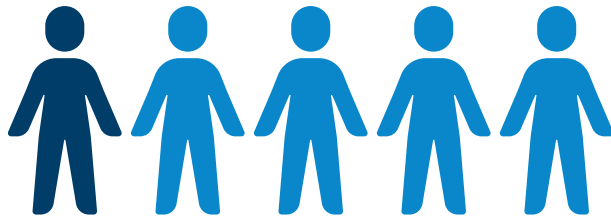


Reported **alcohol use increased with grade level**, with 12th graders reporting more frequent use than 8th and 10th graders. Across all students who drink, **54%** reported drinking no more than once a year.



HARRISONBURG-ROCKINGHAM YOUTH SURVEY 2021 TOPICAL FACT SHEET

MENTAL HEALTH

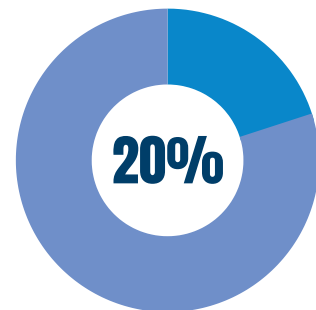


NEARLY 1 IN 5 YOUTH (18.7%) IN 2021 REPORTED THEY HAD THOUGHT ABOUT OR PLANNED TO ATTEMPT SUICIDE.



About half of youth in 2021 (**49.7%**) said **if they had a friend who was considering suicide**, they would **tell their parent or relative**, or their friend's parent or relative. Another **18%** said they would tell a friend.

REPORTED SUICIDAL THOUGHTS INCREASED BY GRADE LEVEL IN 2021, WITH 20% OF 12TH GRADERS REPORTING THEY HAD CONSIDERED ATTEMPTING SUICIDE.



Youth were asked in 2021 about **intentionally hurting themselves** (cutting, burning, etc.), and **18%** of said they had hurt themselves in the past 6 months.

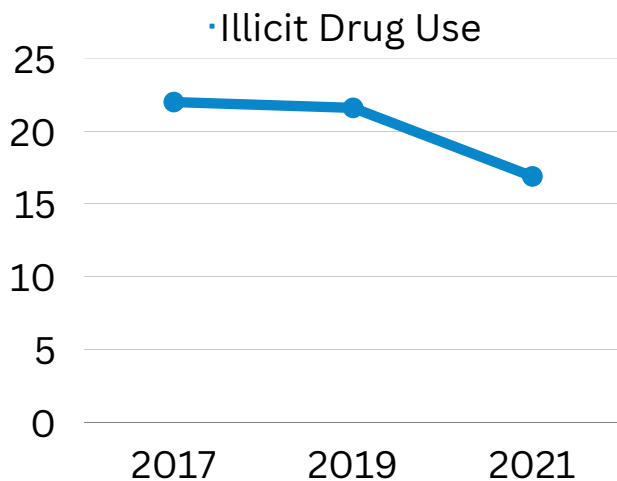


HARRISONBURG-ROCKINGHAM YOUTH SURVEY 2021 TOPICAL FACT SHEET

DRUGS

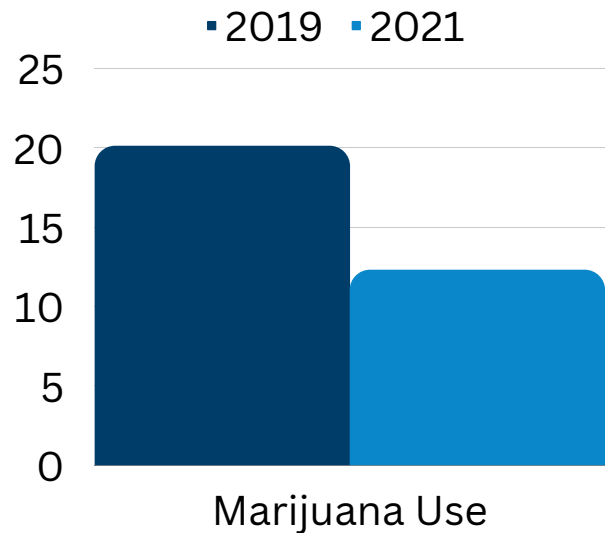


2% OF YOUTH IN 2021 REPORTED USING PRESCRIPTION DRUGS IN THE PAST YEAR TO GET HIGH, DOWN FROM 5% IN 2019.



The percentage of youth who report **using illicit drugs at least once a year has decreased** over the past three survey administrations, from **22%** in 2017 to **17%** in 2021.

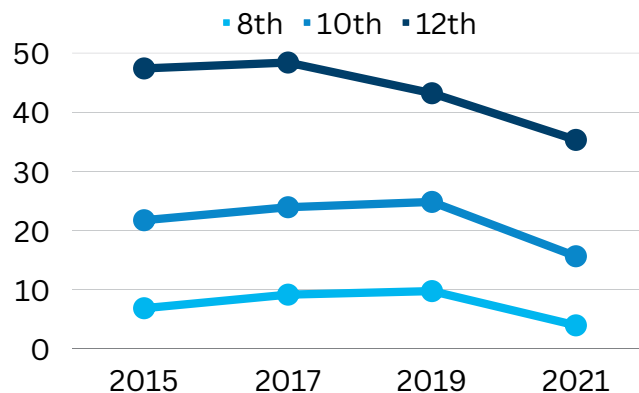
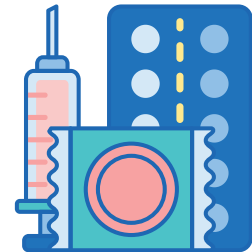
The **most frequent drug** youth reported using in the past year was **Marijuana**, with **13%** of youth reporting using Marijuana in the past year. This was a significant decrease from 2019 (**20.1%**)



HARRISONBURG-ROCKINGHAM YOUTH SURVEY 2021 TOPICAL FACT SHEET

SEXUAL HEALTH

66% OF SEXUALLY ACTIVE YOUTH IN 2021 REPORTED USING AN EFFECTIVE METHOD OF BIRTH CONTROL (CONDOMS OR HORMONAL) AS THEIR USUAL METHOD



While there was an increase in **sexually active youth** from 2015–2017, the percentage of youth who report they have ever had sex decreased in 2021 to **18%** -- the lowest overall rate in the history of the survey.



In 2021, **4%** of sexually active 12th graders reported **using drugs and/or alcohol the last time they had sex.**

In 2021, **75%** of sexually active youth reported **never having been tested** for sexually transmitted infections or HIV.



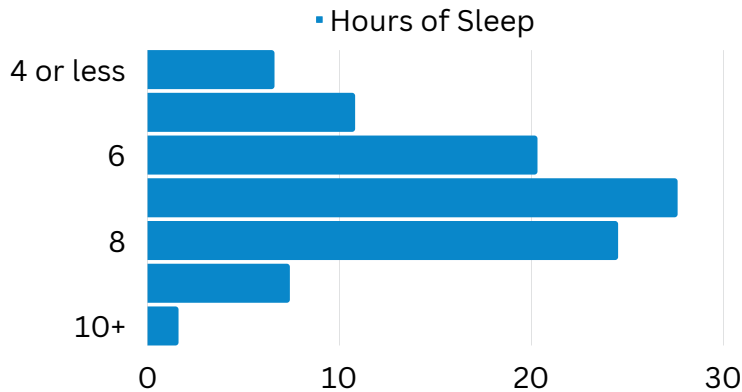
HARRISONBURG-ROCKINGHAM YOUTH SURVEY 2021 TOPICAL FACT SHEET

HEALTH & SAFETY



72% OF YOUTH REPORT THEY HAVE BEEN BULLIED. 14% OF YOUTH REPORT BEING BULLIED ELECTRONICALLY

The number of youth who **have been threatened or hurt on school property** decreased in 2021, with **19%** of students reporting having been hurt or threatened by others (down from 25.5% in 2019)



One third of youth (33.5%) reported in 2021 getting **at least 8 hours of sleep** on an average school night.

The number of youth reporting they feel their **weight is "about right"** increased in 2021, with **45%** of youth describing themselves this way.

