



# Introduction



In 2021 1,424 randomly selected students in Grades 9-12 across 9 Portland high schools completed the Youth Risk Behavior Survey (YRBS). The YRBS was developed in 1990 to monitor health behaviors that contribute to health challenges and social problems among youth in the United States. The survey asks students to self-report their thoughts/actions relating to mental health, physical activity, alcohol and drug use, and other topics. This document presents the findings from the 2021 YRBS survey and highlights data points of interest. Although not every PPS student completed the survey, results have been statistically weighted to be representative of all students in Grades 9-12 attending PPS High Schools.

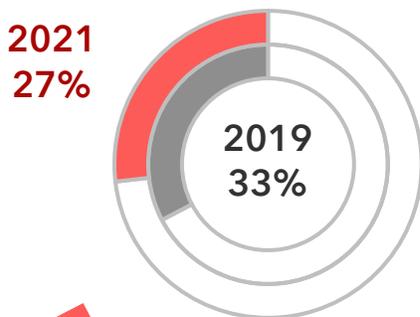
Information has been split into 6 topic areas:

- Mental Health
- Exercise, Sports, & Activities
- Violence Prevention
- Alcohol, Tobacco, & Other Drugs
- Nutrition & Access to Food
- Sexual & Reproductive Health

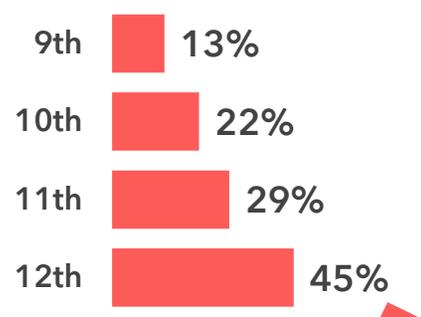
## Example for interpreting the data:

Percents show students' alcohol consumption in the past 30 days<sup>1</sup>

- Data from the **2021** survey is shown in color
- Data from the **2019** survey is shown in gray
- A black arrow notes a statistically significant change from 2019 ↓↑
- Donut charts (left) report the percentage for all PPS high school students
- Bar charts (right) report the percentage for all students in each category listed



On the 2021 survey, **27% of all PPS High School students** reported drinking alcohol in the past 30 days, down from **33% in 2019**.



On the 2021 survey, **45% of all Grade 12 PPS High School students** reported drinking alcohol in the past 30 days.

<sup>1</sup> During the 30 days before the survey.

SAY Wellness is funded by the Cooperative Agreement number NU87PS004369-01, funded by the Centers for Disease Control and Prevention. Grant documents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.



# Mental Health

**38% of PPS students reported feeling sad or hopeless for an extended period of time and 20% seriously considered suicide.**

## Protective Factors

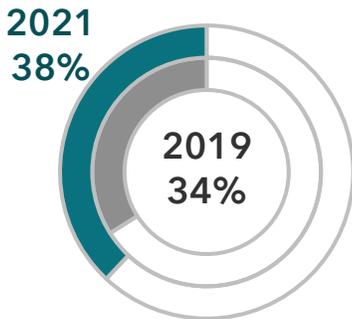


Students who:

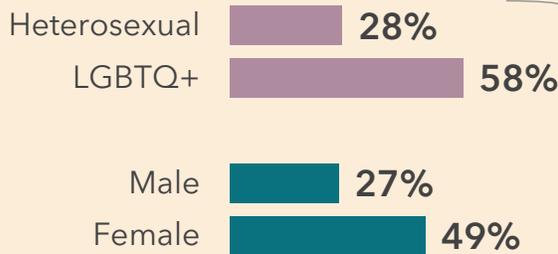
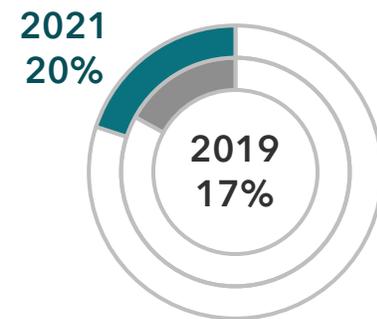
- Have a trusted adult they can talk to
- Spent less than 3 hours per day on screentime
- Were physically active for 5+ days per week reported lower rates of hopelessness & suicidality

Percent of high school students who\*...

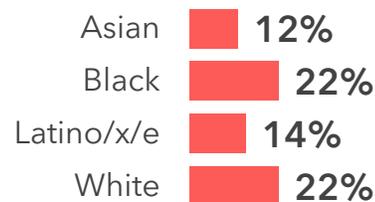
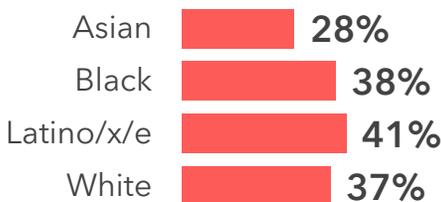
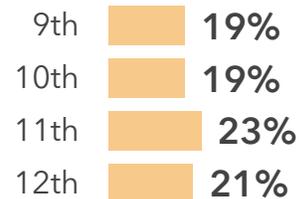
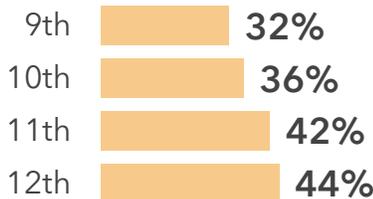
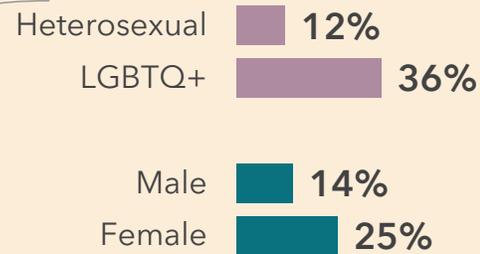
### Felt sad or hopeless<sup>1</sup>



### Seriously considered suicide



**LGBTQ+ and female students reported higher rates of hopelessness and suicidality**



\* During the 12 months before the survey.

<sup>1</sup> Almost every day for 2+ weeks in a row so that they stopped doing some usual activities.



# Mental Health

## Percent of high school students who...

Reported a parent or adult in their home swore at or insulted them<sup>1</sup>

Heterosexual 6%

LGBTQ+ 18%

Male 5%

Female 15%

Felt people assumed they were less intelligent because of their race/ethnicity<sup>1</sup>

Asian 2%

Black 13%

Latino/x/e 6%

## Resources & Supports Available at PPS



### Mental Health Resources

- Social workers, school counselors, and school psychologists offer support to PPS students. 
- Confidential support is available through the Advocacy Hotline: 503-809-HELP (4357). 



### LGBTQ2SIA+ Supports

- Gender & Sexuality Alliances (GSA's) are student-led social groups that can offer support in the form of community. 
- The PPS Health & PE team created Support guides for caregivers of LGBTQ2SIA+ youth to educate and encourage self-reflection for caregivers of LGBTQ youth. 
- Report gender- and sexuality-based discrimination to the Title IX office. 



### Suicide Prevention

- Mental health professionals in PPS can provide behavior assessments for students. Assessments pose clear questions around connections, supports and risk factors to address with students of concern.
- Increased training opportunities take place for PPS-employed adults to improve and revisit skills related to being a safe & trusted adult for students.
- Connecting college and career readiness to suicide prevention: Meet students with options for their futures that they can feel capable of and excited for.



### In the Classroom

- PPS students receive comprehensive health education ever year that includes topics on suicide prevention and mental health.
- Tier I Core Counseling Curriculum is being rolled out in all schools K-12. Counselor-delivered lessons on topics relation to mental and emotion health.

<sup>1</sup> "Most of the time" or "all of time" during their life.



# Exercise, Sports, & Activities

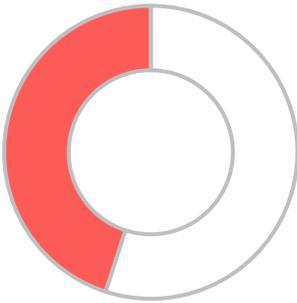
Students who were physically active<sup>1</sup> at least 5 days per week or spent less than 3 hours per day on screen time<sup>2</sup> reported better overall mental health.<sup>3</sup>

Black students in PPS had the highest risk of concussion from physical activity.

Percent of high school students who...

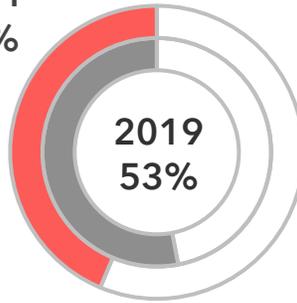
Were physically active at least 5 days in the past 7 days<sup>1</sup>

2021  
45%



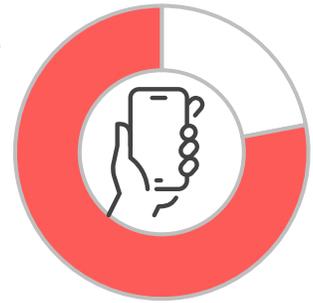
Played on at least 1 sports team<sup>4</sup>

2021  
44%



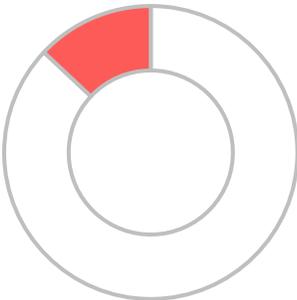
Spent 3+ hours per day on screen time<sup>2</sup>

2021  
78%



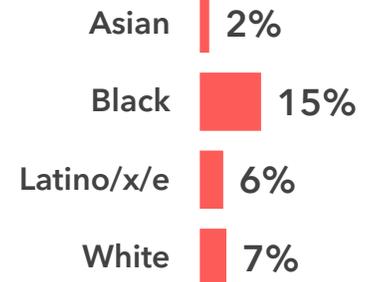
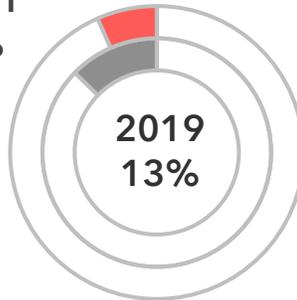
Were not physically active in the past 7 days<sup>1</sup>

2021  
13%



Had a concussion from being physically active<sup>4</sup>

2021  
7%



<sup>1</sup> Engaged in any kind of physical activity for 60+ minutes that increased their heart rate and made them breath hard some of the time during the 7 days before the survey. <sup>2</sup> On an average school day. Includes time in front of a TV, computer, smart phone, or other electronic device watching shows or videos, playing games, accessing the Internet, or using social media, not counting time doing schoolwork. <sup>3</sup> Reported their mental health was "not good" sometimes, rarely, or never during the 30 days before the survey. <sup>4</sup> In the 12 months before the survey.



# Exercise, Sports, & Activities

## Protective Factors

Students who:

- Were physically active for 5+ days per week<sup>1</sup>
- Spent less than 3 hours per day on screentime<sup>2</sup>

reported lower rates of hopelessness and suicidality and better overall mental health<sup>3</sup>

## Resources & Supports Available at PPS



### Student Supports

- PPS has implemented a comprehensive health education curriculum for Grades K-12.
- High school students are required to take one year of PE in order to graduate. There is a diverse and compelling array of elective PE offerings at all high schools including:
  - Strength and Conditioning
  - Weightlifting
  - Team Sports
  - Yoga
  - Dance
  - and others
- Prior to High School, all students at every grade get PE minutes with their credentialed PE teachers and their classroom teachers.
- Portland Public Schools strives to make campus a safe place to be and work out outside of school hours. Tracks and fields are open to the community.
- Portland Public Schools offers students opportunities to participate in various sports during the fall, winter, and spring. The fee to participate on a sports team is reduced for students in the free/reduced lunch program.



<sup>1</sup> Engaged in any kind of physical activity for 60+ minutes that increased their heart rate and made them breath hard some of the time during the 7 days before the survey. <sup>2</sup> On an average school day. Includes time in front of a TV, computer, smart phone, or other electronic device watching shows or videos, playing games, accessing the Internet, or using social media, not counting time doing schoolwork. <sup>3</sup> Reported their mental health was “not good” sometimes, rarely, or never during the 30 days before the survey.



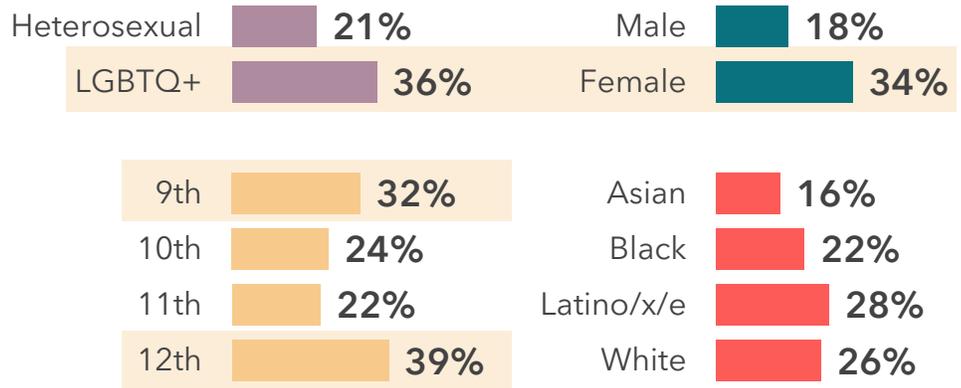
# Violence Prevention

Female and LGBTQ+ students reported higher rates of dating violence and self harming behavior. More male students (16%) reported getting in a physical fight than female students (8%)\*. More Black students (40%) saw someone get attacked in their neighborhood than Asian, Latino/x/e, or White students (20%-31%).

Percent of high school students who\*...

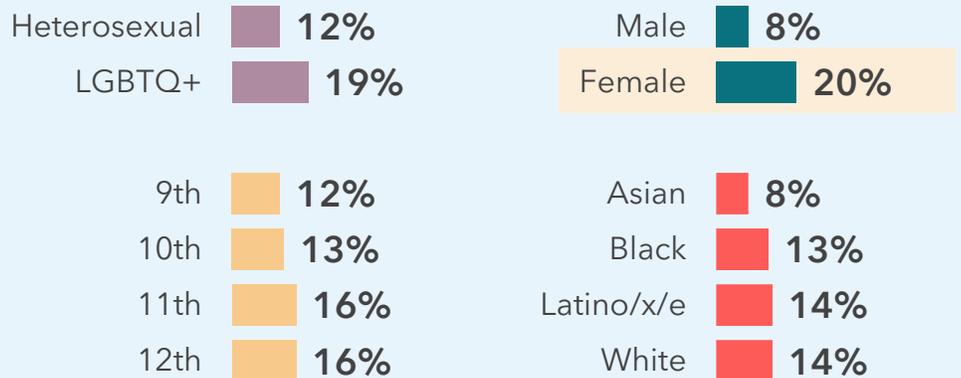
## Experienced emotional dating violence<sup>1</sup>

2021  
27%



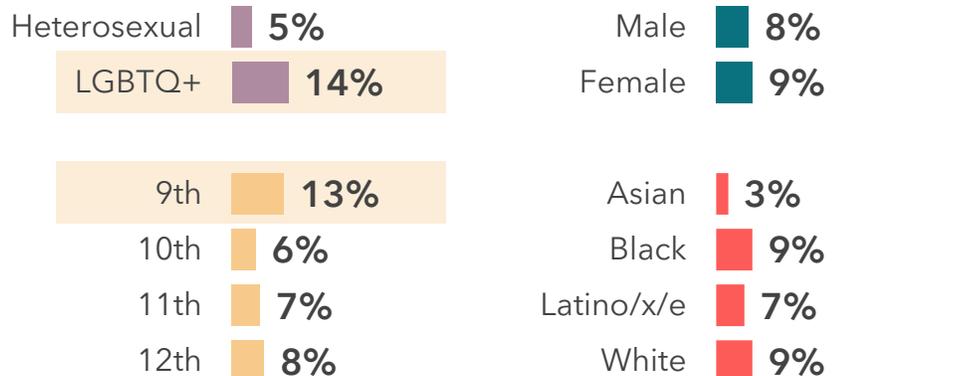
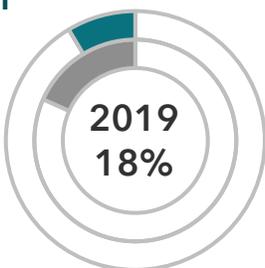
## Experienced sexual violence

2021  
14%



## Were bullied at school

2021  
9%



\* During the 12 months before the survey.

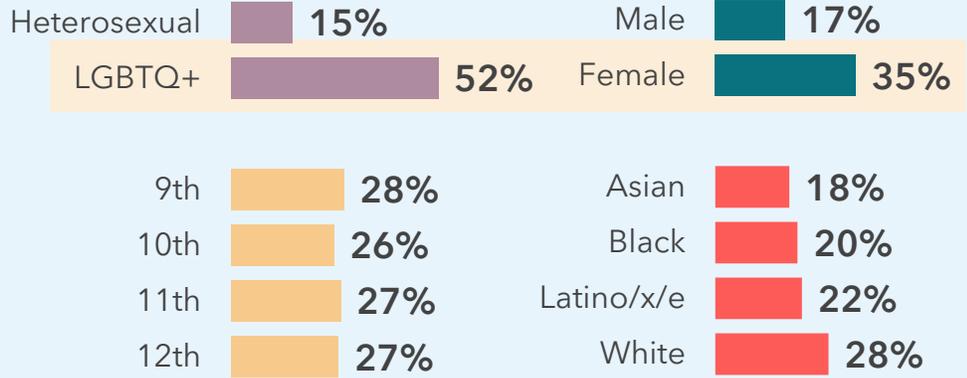
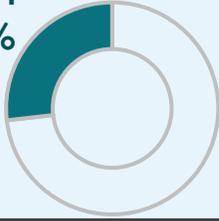
<sup>1</sup> Among students who dated or went out with someone during the 12 months before the survey.



# Violence Prevention

Percent of high school students who reported engaging in self-harming behavior<sup>1</sup>

2021  
27%

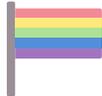


## Resources & Supports Available at PPS



### Mental Health Resources

- **Mental Health Resources:** Social workers, school counselors, and school psychologists. [🔗](#)
- **Confidential support through the Advocacy Hotline:** 503-809-HELP (4357). [🔗](#)



### LGBTQ2SIA+ Supports

- **Gender & Sexuality Alliances (GSA's):** Student-led social groups that can offer community. [🔗](#)
- **Support Guides for Caregivers of LGBTQ2SIA+ Youth:** Guides created by the PPS Health & PE team to educate and encourage self-reflection for caregivers of LGBTQ2SIA+ youth. [🔗](#)



### In the Classroom

- **Comprehensive Health Education Curriculum:** PPS has implemented a comprehensive health education curriculum for Grades K-12. Violence prevention is covered every year K-8 and in 1 unit in high school health.
- **Transformative Social Emotional Learning (TSEL):** Curriculum that includes lessons on self-management, social awareness, relationship skills, and responsible decision-making skills.
- **Tier I Core Counseling Curriculum:** Counselor-delivered lessons on topics relating to mental and emotional health.



### Systems Within PPS

- **Multi-Tiered Systems of Support (MTSS):** Framework of evidence-based instruction, intervention, and assessment practices to ensure that every student receives the appropriate level of support based on their level of need.
- **Rapid Response Team (RRT):** RRT partners with school teams and families/caregivers to support students exhibiting extremely unsafe or high-risk behaviors. Help school teams receive additional support around implementing and monitoring student-centered support plans.

<sup>1</sup> Did something to purposely hurt themselves without wanting to die (such as cutting or burning themselves) 1 or more times during the 12 months before the survey.



# Violence Prevention

## Oregon Laws/Mandates



- OAR 581-022-2030 (District Curriculum)
- OAR 581-022-2050 (Human Sexuality Education)
- OAR 581-022-2060 (Comprehensive Guidance and Counseling)
- OAR 581-022-2310 (Equal Educational Opportunities)
- ORS 174-100 (Oregon Equality Act)
- ORS 336.059/SB 856 (Child Sexual Abuse Prevention Instruction)
- ORS 336.455 (Human Sexuality Education, K-12)
- ORS 339.366/HB 4077 (Healthy Teens Relationship Act)
- ORS 339.366 (Teen Dating Violence and Domestic Violence)
- ORS 339.351-364 (Harassment, Bullying, Cyber-bullying and Intimidation)
- SB 52 (Suicide Prevention Policy and Education)
- SB 790 (Domestic Violence Education)
- Title IX of the Educational Amendments Act



## PPS Policies



- PPS Gender Diversity Support Guide - Resources and tools to support the PPS Administrative Directive on Transgender, Nonbinary, and Gender Diverse Youth
- PPS Board Policy 2.10.010-P (Racial Educational Equity Policy)
- PPS Board Policy 3.60.060-P Student Wellness through Nutrition, Physical Education, Physical Activity, and School-Based Activities
- PPS Comprehensive Health Education Policy 6.40.013-P
- PPS Board Policy 4.30.060-P (Non-Discrimination/Anti-Harassment)
- PPS Administrative Directive 4.30.061-AD (Transgender and Gender Non-Conforming Students)
- PPS Board Policy 4.30.070-P (Teen Dating Violence/Domestic Violence)
- PPS Board Policy 6.40.013-P (Comprehensive Sexuality Education)

For more information about health education at PPS visit: [pps.net/hape](https://pps.net/hape)



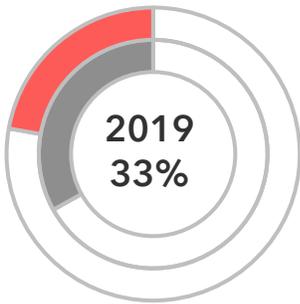
# Alcohol, Tobacco, & Other Drugs

Alcohol and marijuana use among PPS high school students has decreased from 2019 to 2021. Students in the upper grades generally reported higher use of alcohol, tobacco, and other drugs.

Percent of high school students who...

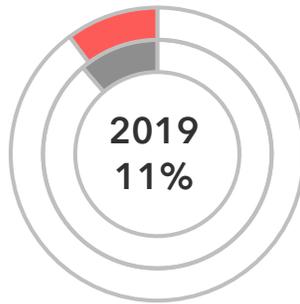
Were offered, sold, or given illegal drugs at school<sup>1</sup>

↓ 2021  
22%



Ever misused prescription pain medication

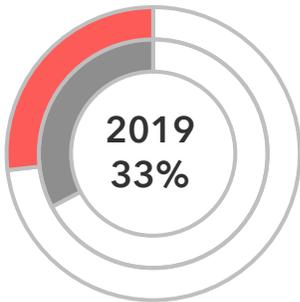
2021  
10%



Misusing prescription pain medication was more common among students who experienced bullying

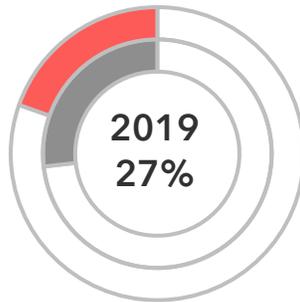
Drank alcohol in the past 30 days<sup>2</sup>

↓ 2021  
27%



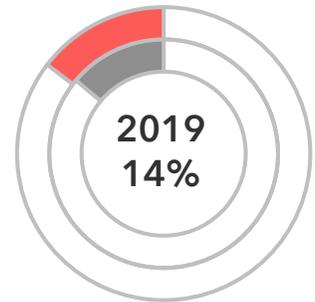
Used marijuana in the past 30 days<sup>2</sup>

↓ 2021  
20%



Used an electronic vapor product<sup>3</sup> in the past 30 days<sup>2</sup>

2021  
15%



Grade	Percentage
9th	13%
10th	22%
11th	29%
12th	45%

Grade	Percentage
9th	9%
10th	15%
11th	23%
12th	33%

Grade	Percentage
9th	10%
10th	10%
11th	18%
12th	21%

**Less than 2%** of students reported using cigarettes or electronic vapor products<sup>3</sup> daily<sup>2</sup>

<sup>1</sup> In the 12 months before the survey. <sup>2</sup> In the 30 days before taking the survey.

<sup>3</sup> Includes e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [e.g., JUUL, SMOK, Suorin, Vuse, and blu]



# Alcohol, Tobacco, & Other Drugs

**18%** of sexually active<sup>1</sup> PPS High School students reported drinking alcohol or using drugs before their last sexual intercourse.

## Resources & Supports Available at PPS



### Student Supports

- PPS students can self-request substance use support services. Students who self-request will be contacted by a PPS Certified Alcohol and Drug Counselor (CADC). Information collected is confidential. 🔒



### Student & Family Supports

- The Healthy Choices Bulletin is a monthly summary of substance use prevention resources for staff to use and share with students and families. 🔒
- The Student Success & Health Department's Substance Use Services team provides consultation, counseling, and individualized supports to PPS students and families including:
  - Consultation with students, families, and staff that is informational or focused on helping students and families connect with substance use treatment.
  - Individual support with treatment readiness, counseling around decision making, psychoeducation on substances, and the impact they are having.
  - Individualized supports for substance-related discipline.
  - Outreach and engagement of students when staff have concerns about potential substance use.
  - On-going support when students are returning to school after substance use treatment.
  - Support groups and educational events for students and families.



### In the Classroom

- As an integral part of the district's K-12 comprehensive health education program, PPS has a comprehensive plan for alcohol and drug abuse prevention programs which includes instruction on the effects of tobacco, alcohol, and drugs, including anabolic steroids, performance-enhancing, and controlled substances.
- The alcohol, tobacco, and other drug use prevention education curriculum is taught every year in Kindergarten through 5th grade; twice in middle school in 6th and 8th grade; and one unit in high school health.

<sup>1</sup> Had sexual intercourse with at least 1 person during the 3 months before the survey.



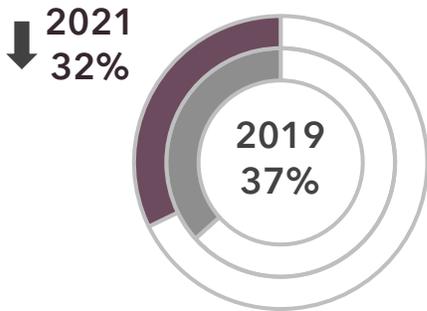
# Nutrition & Access to Food

Fewer students reported eating breakfast compared to 2019.

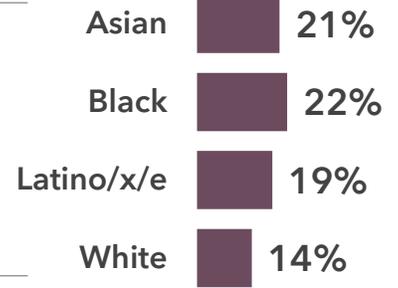
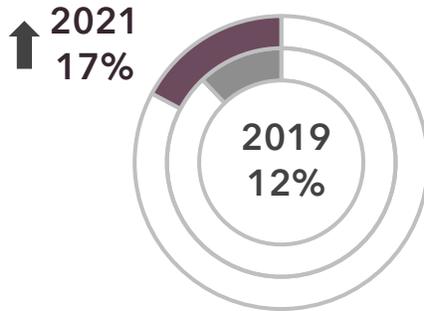
1 in 5 Asian, Black, and Hispanic/Latino/x/e students reported they did not eat breakfast.<sup>1</sup>

Percent of high school students who...

Ate breakfast everyday in last 7 days<sup>1</sup>

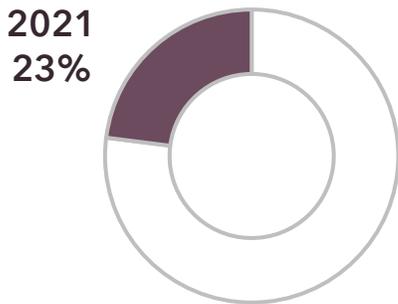


Did not eat breakfast in the last 7 days<sup>1</sup>

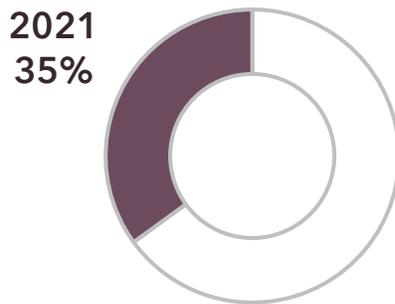


2% of PPS students went hungry because there was not enough food at home<sup>2</sup>

Described themselves as overweight<sup>3</sup>



Restricted their food intake to lose or avoid gaining weight<sup>2</sup>

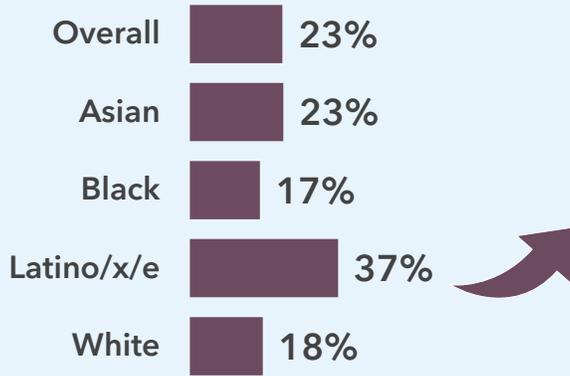


<sup>1</sup> In the 7 days before the survey. <sup>2</sup> During the 30 days before the survey. <sup>3</sup> Described themselves as "slightly" or "very" overweight.



# Nutrition & Access to Food

Students who described themselves as overweight<sup>1</sup>



More Latino/x/e students described themselves as overweight than Asian, Black, and White students.

## Resources & Supports Available at PPS



### Student Supports

- Portland Public Schools Nutrition Services makes breakfast available to students.
- Families within Portland Public Schools can apply for free and reduced lunch for students.
- Portland Public Schools Nutrition Services highlights resources available to families in need of food.
- Portland Public Schools strives to make campus a safe place to be and work out outside of school hours. Tracks and fields are open to the community.



### In the Classroom

- As part of PPS' K-12 comprehensive health education program, students in grades K-12 receive food and nutrition education. PPS is currently in an adoption year and will be revising, updating, and/or selecting new instructional materials based on stakeholder feedback, which includes a desire for more trauma-informed lessons and lessons that address disordered eating.
- Students in upper elementary and middle school now receive lessons about body image and confidence.



<sup>1</sup> Described themselves as "slightly" or "very" overweight.

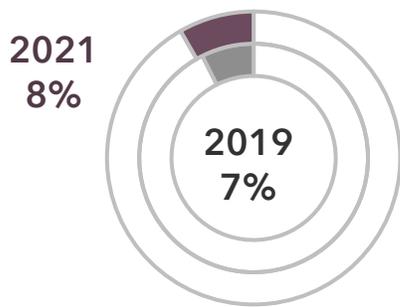


# Sexual & Reproductive Health

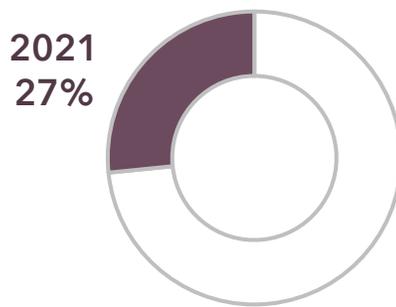
Half of PPS high school students who were sexually active reported using a birth control method other than condoms to prevent pregnancy. LGBTQ+ and female students reported a higher risk of experiencing sexual dating violence.

Percent of high school students who...

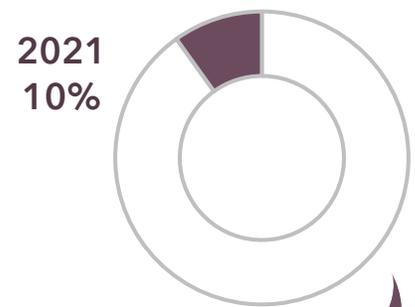
Experienced sexual dating violence<sup>1</sup>



Reported the person they were dating tried to control or emotionally hurt them<sup>1</sup>



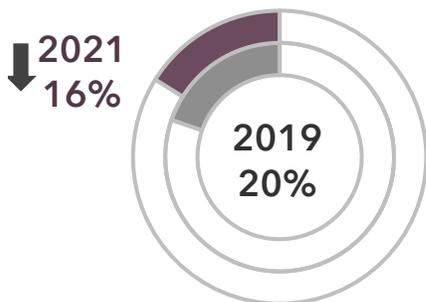
Shared a revealing or sexual photo of themselves electronically



- Heterosexual 5%
- LGBTQ+ 12%
- Male 3%
- Female 12%

6% of students reported a revealing or sexual photo of themselves had been shared without their permission.

Are currently sexually active<sup>2</sup>



Among students who reported being sexually active:

- **31%** reported using a condom every time
- **53%** reported using birth control pills, an IUD, an implant, a shot, a patch, or a ring to prevent pregnancy
- **18%** reported drinking or using drugs before their last sexual intercourse

<sup>1</sup> Being forced by someone they were dating or going out with to do sexual things (including kissing, touching, or being physically forced to have sexual intercourse) that they did not want to do in the 12 months before the survey.

<sup>2</sup> Had sexual intercourse with at least 1 person during the 3 months before the survey.



# Sexual & Reproductive Health

**3%** of PPS High School students reported having sexual intercourse for the first time before the age of 13. This was more common among Black male and Latino/x/e male students.

## Resources & Support Available at PPS



### Mental Health Resources

- Social workers, school counselors, and school psychologists offer support to PPS students. 
- Advocacy Hotline: 503-809-HELP (4357). Confidential Advocates via Raphael House are advocates that provide confidential support to PPS youth of all genders affected by sexual violence. 
- Every school has a teen advocate (non-mandatory reporter) in their Title IX department.



### School Based Health Centers

- PPS students are able to receive free, on-site reproductive healthcare at any of the 7 districtwide health centers. In addition to promoting the general health and wellbeing of our students, these centers can also connect students to contraceptives such as birth control and condoms. 



### PPS SUN Schools

- Schools Uniting Neighborhoods (SUN) is a network of youth, parents, community businesses, and organizations with the goal of providing support and resources that ensure youth academic success and community building. They offer:
  - Adult educational opportunities
  - Family and community outreach events 



### In the Classroom

- As part of the district's K-12 comprehensive health education program, sex education within PPS includes lessons focusing on:
  - Violence prevention
  - Affirmative consent
  - Healthy relationships
  - Boundaries & communication
  - Refusal skills
  - STI prevention & risk reduction
  - Identity & gender expression
  - Pregnancy prevention methods
  - Hormonal & non-hormonal protection methods
  - Abstinence & deciding about sexual behavior

<sup>1</sup> Had sexual intercourse with at least 1 person during the 3 months before the survey.