



**2011 & 2013  
Youth Risk  
Behavior Survey**

**Protective Factors  
of Alaskan High  
School Students**

**Alaska**

**Advisory Board on Alcoholism  
and Drug Abuse**



**Alaska Mental Health Board**



# The Youth Risk Behavior Survey

- The Youth Risk Behavior Survey (YRBS) is part of an epidemiological surveillance system that was established in 1990 by the Centers for Disease Control and Prevention (CDC).
- This anonymous survey examines a minimum of six categories of adolescent behavior:
  - **behaviors that result in unintentional and intentional injuries**
  - **tobacco use**
  - **alcohol and other drug use**
  - **sexual behaviors that can result in HIV infection, other sexually transmitted diseases (STD's) and unintended pregnancies**
  - **dietary behaviors**
  - **physical activity**



# Just Some who Use the YRBS



Advisory Board on Alcoholism and Drug Abuse



Alaska Mental Health Board





# The Youth Risk Behavior Survey

- The YRBS asks about other important part of young Alaskans' lives:
  - Do you agree or disagree that you feel alone in your life?
  - Do you agree or disagree that in your community you feel like you matter to people?
  - How often does one of your parents talk with you about what you are doing in school?
  - Do you agree or disagree that your teachers really care about you and give you a lot of encouragement?
  - During an average week, on how many days do you take part in organized after school, evening, or weekend activities?

# Resilience and Alaska's Young People

What allows for one young Alaskan to succeed while another one struggles? We know from the Adverse Childhood Experiences Study that a rough start in life may lead to some very negative outcomes. This series of slides looks at questions of resilience or protective factors that the data demonstrate has a link to our young peoples outcomes.

Some of the efforts we do to support youth are better at protecting them from harmful behaviors than others. What can we do that will have the most impact on our young people and will help them develop themselves into the adults we need in our communities - where we live, work, and play?

Advisory Board on Alcoholism  
and Drug Abuse



Alaska Mental Health Board



# One Protective Factor

## Youth Risk Behavior Survey

### Do teachers really care about you and encourage you?

Unless otherwise noted the data used for these analyses are the combined 2011 & 2013 data. The survey responses were analyzed from all traditional high school students who responded rather than a weighted sample because the analysis is examining the prevalence of one outcome within the context of, the presence or absence, of a specific protective factor. Though the combined local data sample was not scientifically selected and is also not weighted (as is the statewide sample), the large number of responses collected from a broad cross-section of traditional schools in both urban and rural school districts allows us the reasonable expectation that these data are representative of Alaska's traditional high school students. Additionally, the large sample size of the local sample allows us to look at the finer gradations of the different response categories for the selected measures.

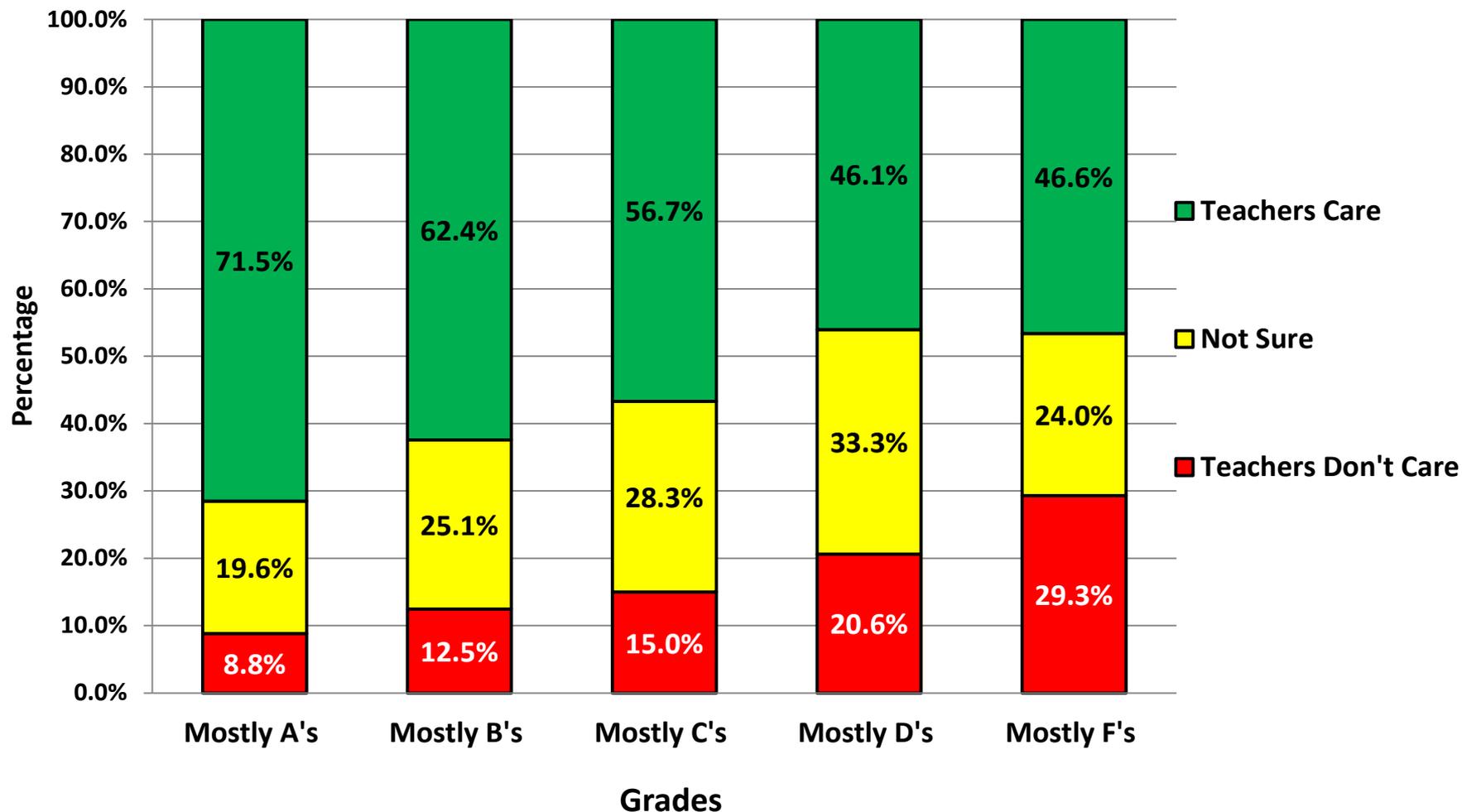
**Source:** State of Alaska Department of Health and Social Services, Division of Public Health, Chronic Disease & Health Promotion. *Youth Risk Behavior Survey* [YRBS] 2011 &/or 2013 data, <http://dhss.alaska.gov/dph/Chronic/Pages/yrbs/yrbs.aspx>. These results are from thousands of Alaska High School Students responses to the YRBS. These slides were prepared by the Alaska Mental Health Board and Advisory Board on Alcoholism and Drug Abuse. Contact [patrick.sidmore@alaska.gov](mailto:patrick.sidmore@alaska.gov) for questions.



# Academic Achievement

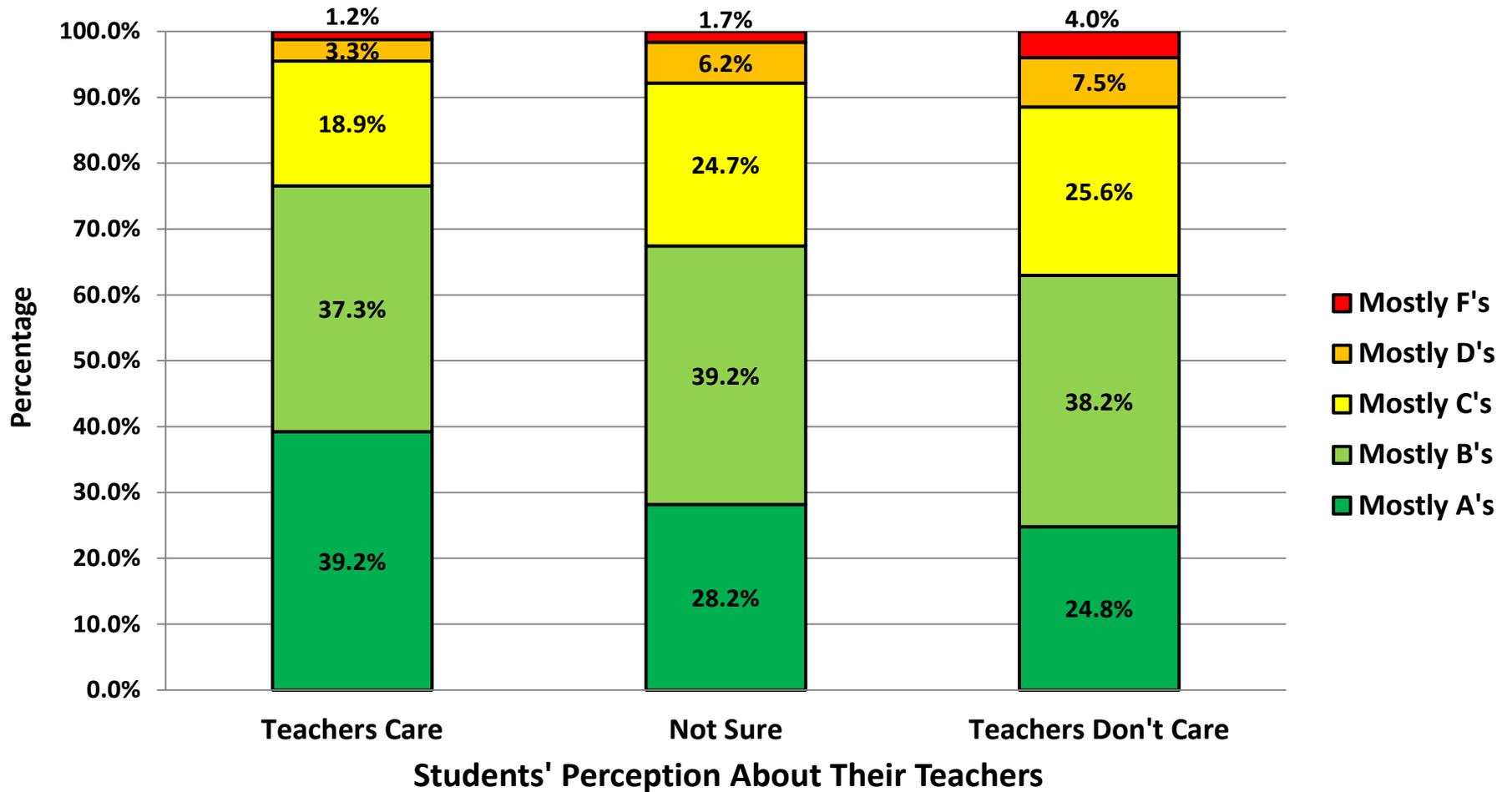
Self Reported Grades and Students'  
Perception of Their Teachers Caring  
and Encouraging Them

## Grades of Alaskan High School Students by How they Answered the Question: **Do teachers really care about you and encourage you?**



**Source:** State of Alaska Department of Health and Social Services, Division of Public Health, Chronic Disease & Health Promotion. Youth Risk Behavior Survey [YRBS] 2011 & 2013 data, <http://dhss.alaska.gov/dph/Chronic/Pages/yrbs/yrbs.aspx>. These results are from 13,333 Alaska High School Students responses to the YRBS.

# Students' Perception About Their Teachers by How They Answered the Question: During the Past Year How Would You Describe Your Grades?



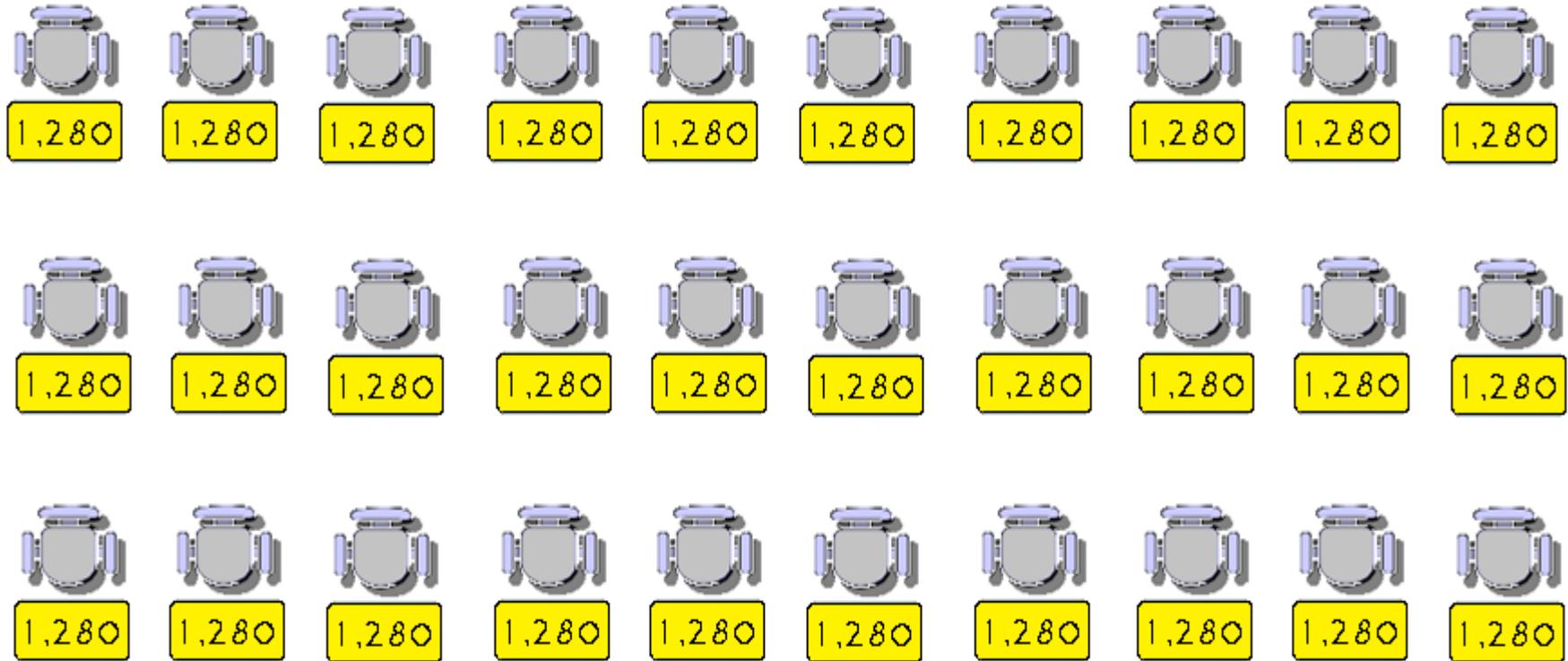
**Source:** State of Alaska Department of Health and Social Services, Division of Public Health, Chronic Disease & Health Promotion. *Youth Risk Behavior Survey [YRBS] 2011 & 2013 data*, <http://dhss.alaska.gov/dph/Chronic/Pages/yrbs/yrbs.aspx>. These results are from 13,333 Alaska High School Students responses to the YRBS.



# Another way to look at it

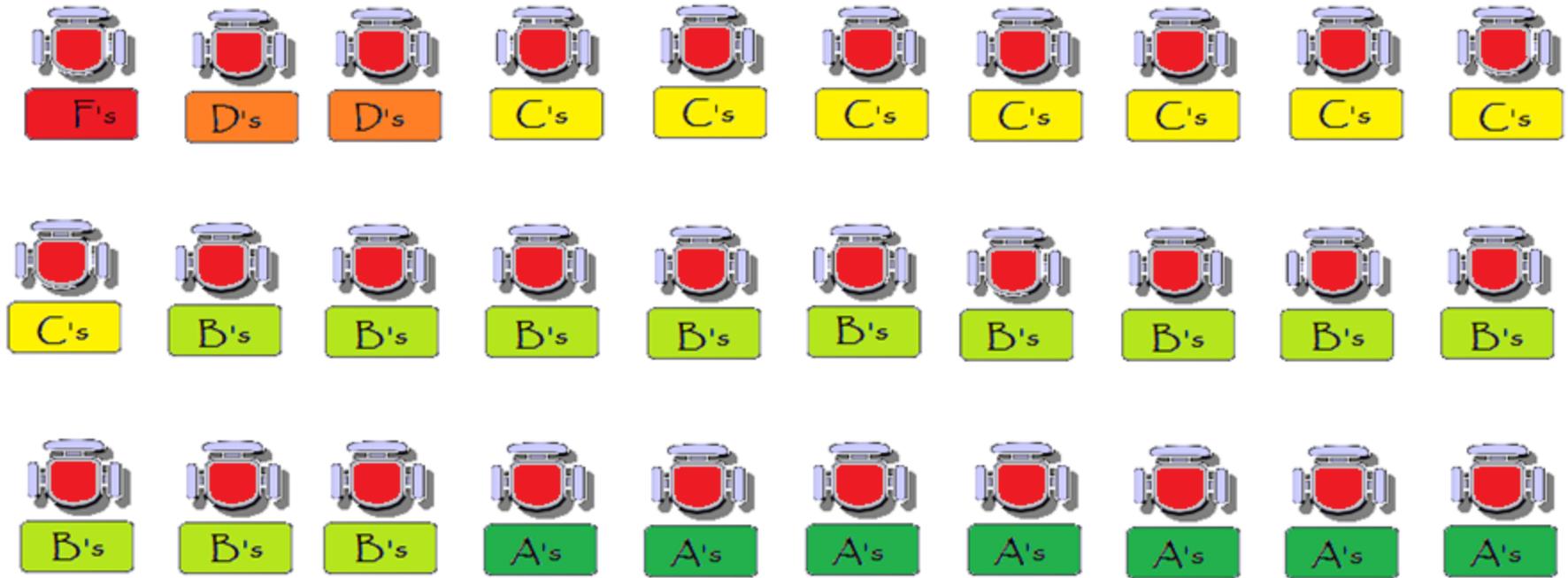
- What follows is drawn from the answers of Alaskan high school students to the biennial Youth Risk Behavior Survey (YRBS).
- Slides show an hypothetical classroom of 30 students with and without a specific protective factor. In each case the YRBS data are used to display the array of possibilities for an outcome one would expect given the presents (or absence) of the protective factor.
- For each comparison there are two slides which show what it would look like with the protective factor and without it using the Alaskan data. The third slide compares the two side by side.

# A Typical Alaskan High School Classroom of 30



**Approximately 38,600 Alaskan Young People**

# An Alaskan High School Classroom Filled with Students who Think That Their Teachers Don't Care



**Estimated Grade Point Average – 2.72**

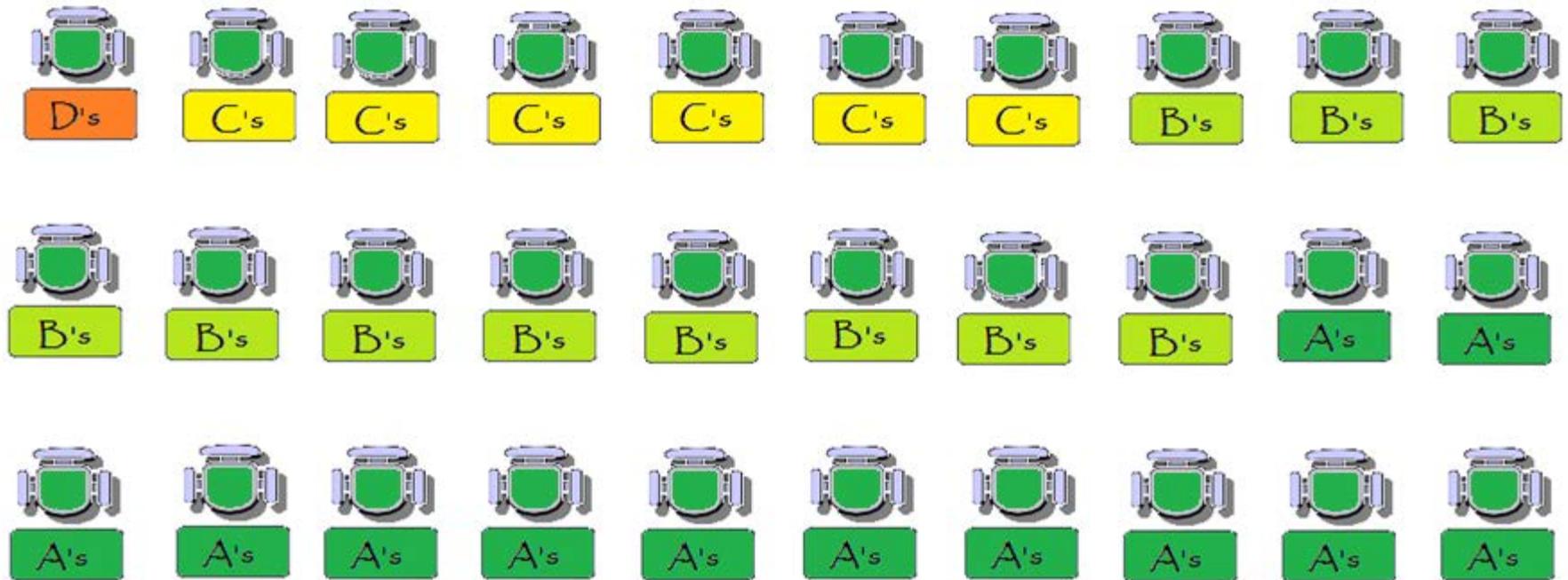
**Source:** State of Alaska Department of Health and Social Services, Division of Public Health, Chronic Disease & Health Promotion. *Youth Risk Behavior Survey* [YRBS] 2011 & 2013 data, <http://dhss.alaska.gov/dph/Chronic/Pages/yrbs/yrbs.aspx>.

Advisory Board on Alcoholism  
and Drug Abuse



Alaska Mental Health Board

# An Alaskan High School Classroom Filled with Students who Think That Their Teachers Care



**Estimated Grade Point Average – 3.10**

**Source:** State of Alaska Department of Health and Social Services, Division of Public Health, Chronic Disease & Health Promotion. *Youth Risk Behavior Survey* [YRBS] 2011 & 2013 data, <http://dhss.alaska.gov/dph/Chronic/Pages/yrbs/yrbs.aspx>.

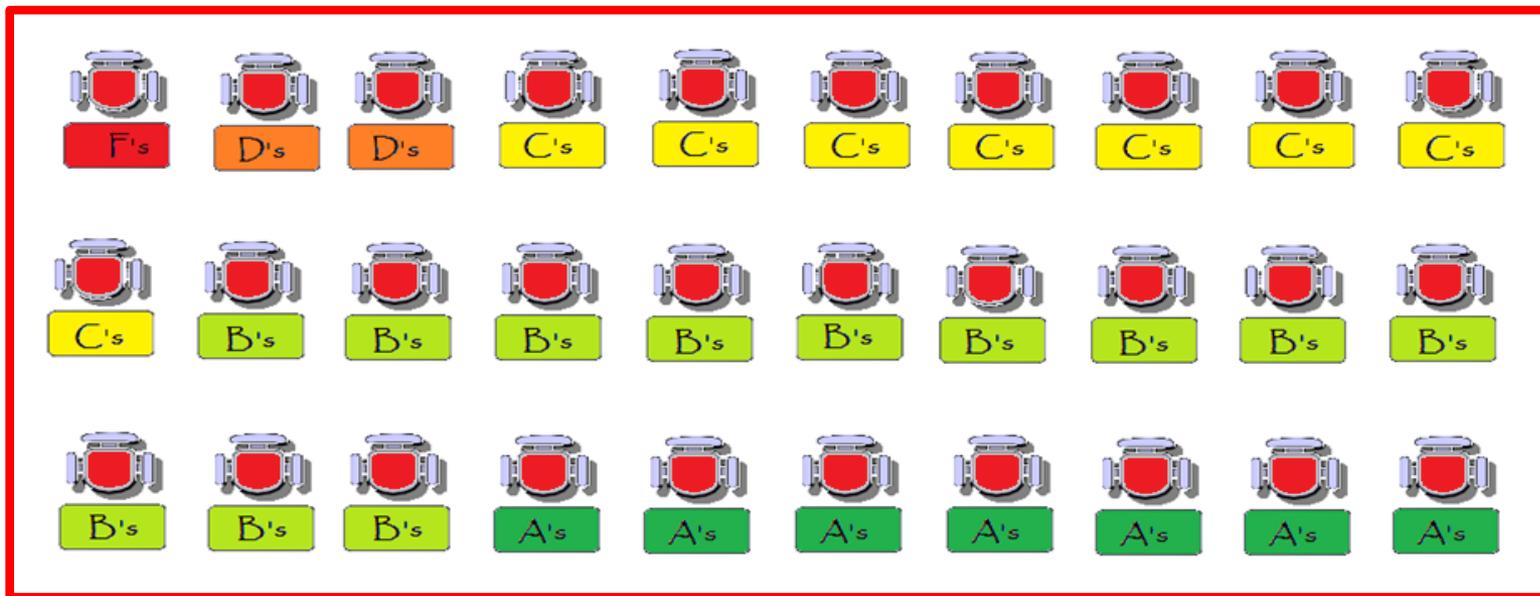
Advisory Board on Alcoholism  
and Drug Abuse



Alaska Mental Health Board

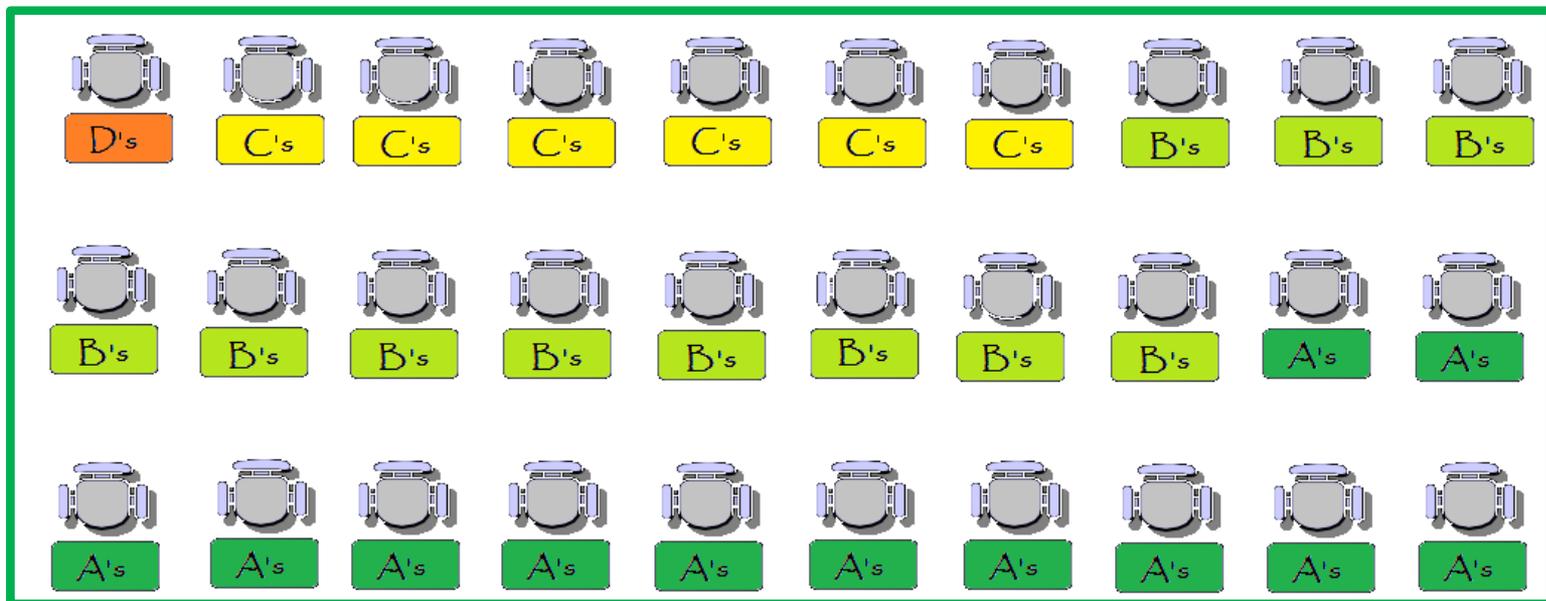
# Does it Matter if a Student Thinks Their Teachers Care?

Don't Care



Est.  
GPA  
2.72

Care



Est.  
GPA  
3.10

Source: State of Alaska Department of Health and Social Services, Division of Public Health, Chronic Disease & Health Promotion. *Youth Risk Behavior Survey* [YRBS] 2011 & 2013 data, <http://dhss.alaska.gov/dph/Chronic/Pages/yrebs/yrebs.aspx>.

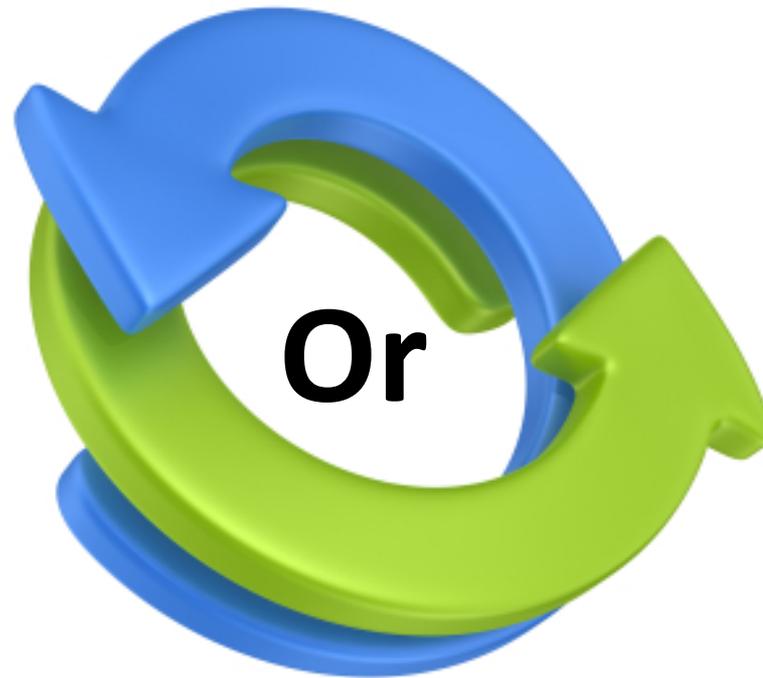
Advisory Board on Alcoholism  
and Drug Abuse



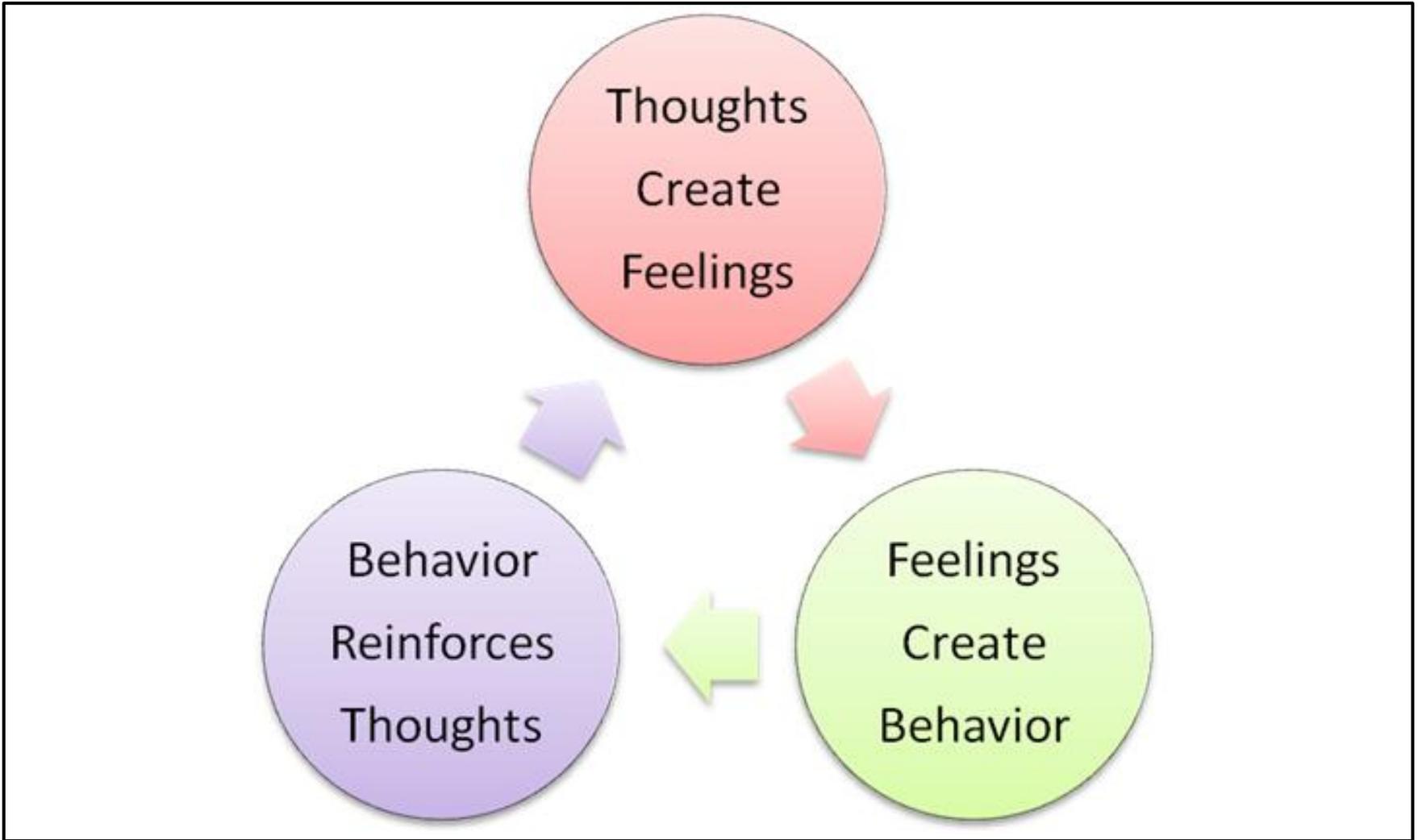
Alaska Mental Health Board



Is it because students have good grades that they are more likely to think their teachers care?



Is it because students think teachers care that they are more likely to have good grades?



Cognitive Behavioral Therapy (CBT) is the most widely researched and evidence-based form of therapy. CBT has been shown in more than one thousand studies to be effective in treating a wide range of psychiatric disorders and psychological problems. In contrast to other forms of psychotherapy, cognitive therapy is focused on the present, practical and problem-solving oriented. <http://www.nyccognitivetherapy.com/>

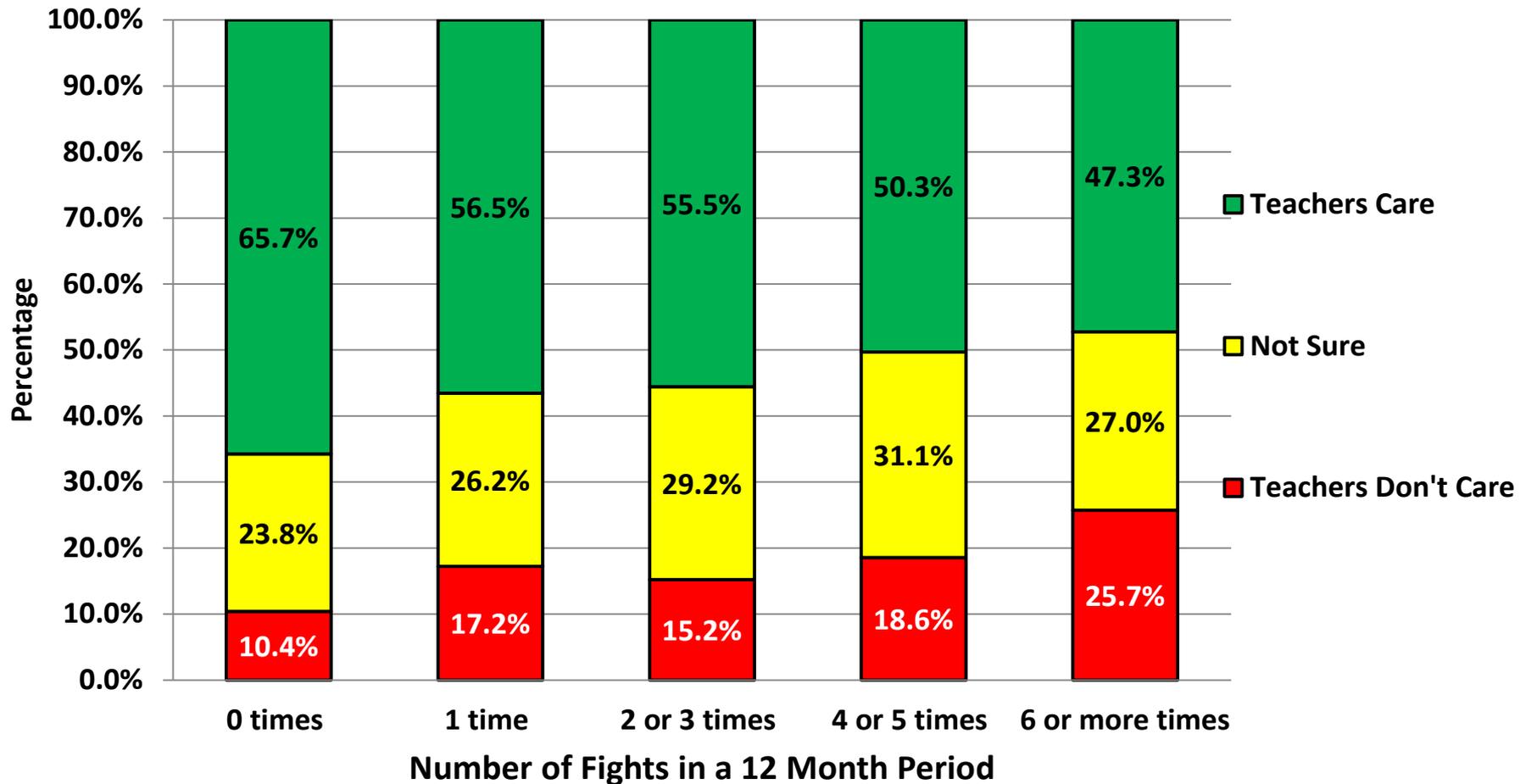


# Violence

**Students in a Physical Fight in the  
Past Year by Whether or Not The  
Student Thinks Teachers Care**

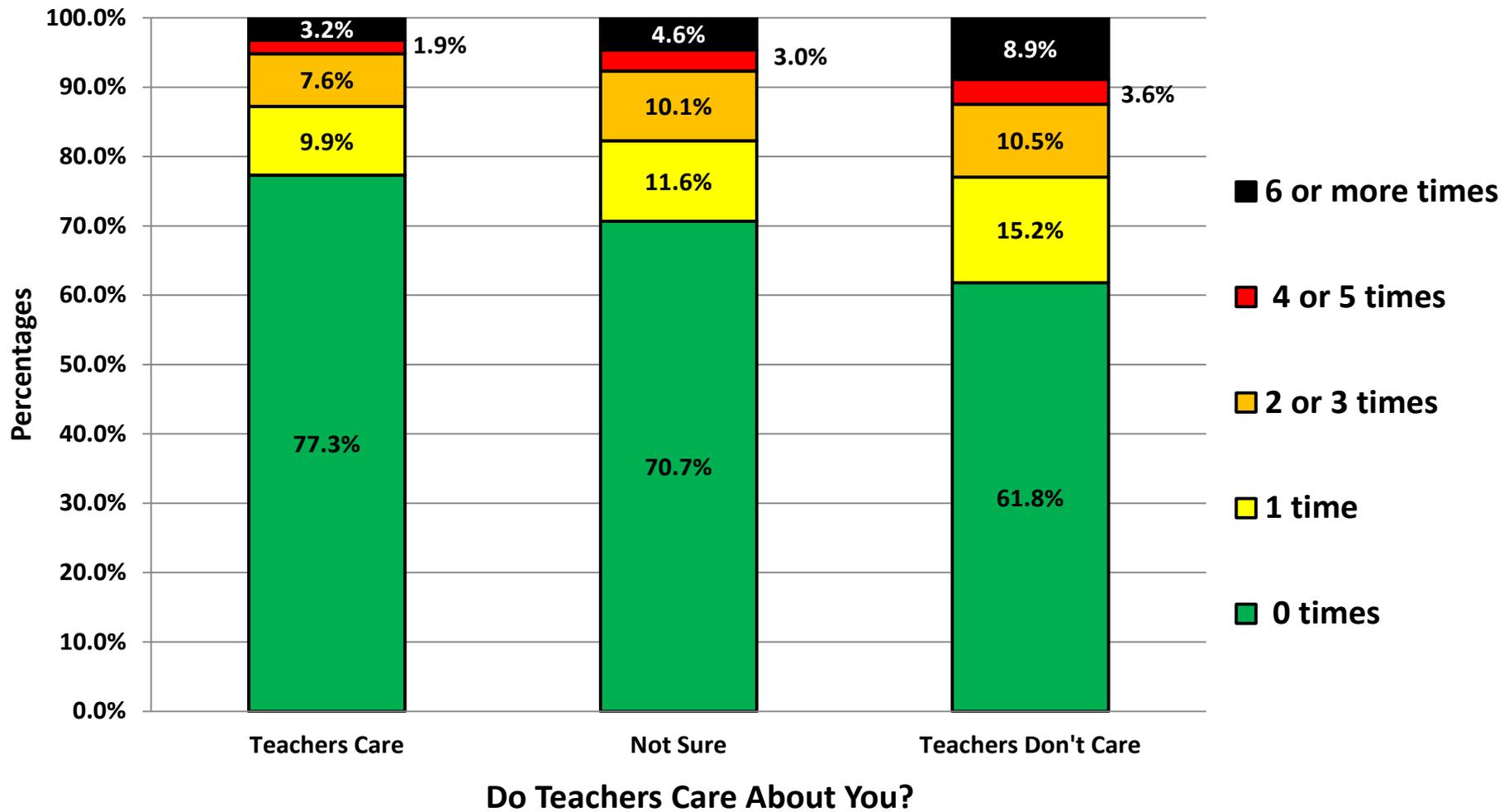
## Number of Fights Alaskan High School Students Reports by the Answer to the Question:

**Do teachers really care about you and encourage you?**



**Source:** State of Alaska Department of Health and Social Services, Division of Public Health, Chronic Disease & Health Promotion. *Youth Risk Behavior Survey* [YRBS] 2011 & 2013 data, <http://dhss.alaska.gov/dph/Chronic/Pages/yrbs/yrbs.aspx>. These results are from 13,234 Alaska High School Students responses to the YRBS. This slide was prepared by the Alaska Mental Health Board and Advisory Board on Alcoholism and Drug Abuse.

# Students Report of Whether or Not They Think Teachers Care About Them by How They Answered the Question: In the Past Year How Many Fights Did You Have?



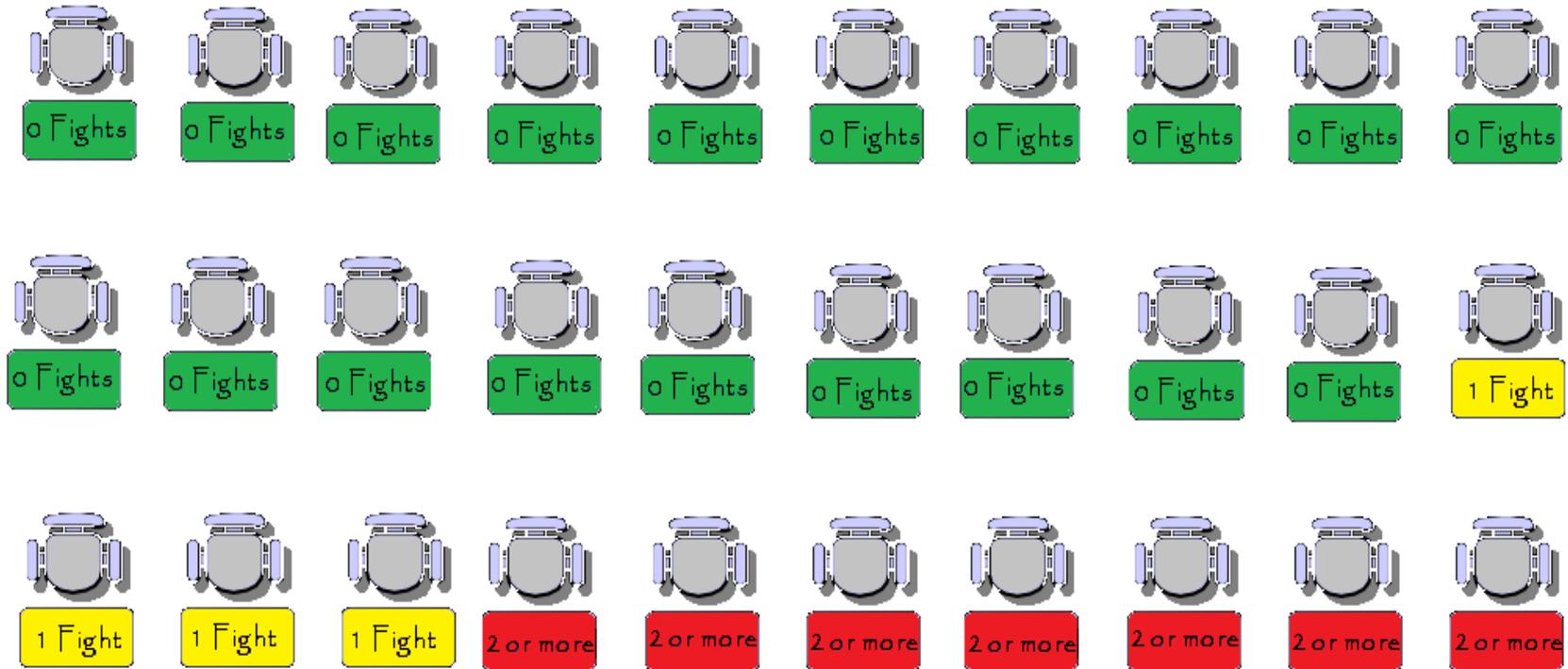
**Source:** State of Alaska Department of Health and Social Services, Division of Public Health, Chronic Disease & Health Promotion. *Youth Risk Behavior Survey* [YRBS] 2011 & 2013 data, <http://dhss.alaska.gov/dph/Chronic/Pages/yrbs/yrbs.aspx>. These results are from 13,234 Alaska High School Students responses to the YRBS. This slide was prepared by the Alaska Mental Health Board and Advisory Board on Alcoholism and Drug Abuse.



# Another way to look at it

- What follows is drawn from the answers of Alaskan high school students to the biennial Youth Risk Behavior Survey (YRBS).
- Slides show an hypothetical classroom of 30 students with and without a specific protective factor. In each case the YRBS data are used to display the array of possibilities for an outcome one would expect given the presents (or absence) of the protective factor.
- For each comparison there are two slides which show what it would look like with the protective factor and without it using the Alaskan data. The third slide compares the two side by side.

# An Alaskan High School Classroom Filled with Students who Think That Their Teachers Don't Care



## Number of Physical Fights in the Past Year

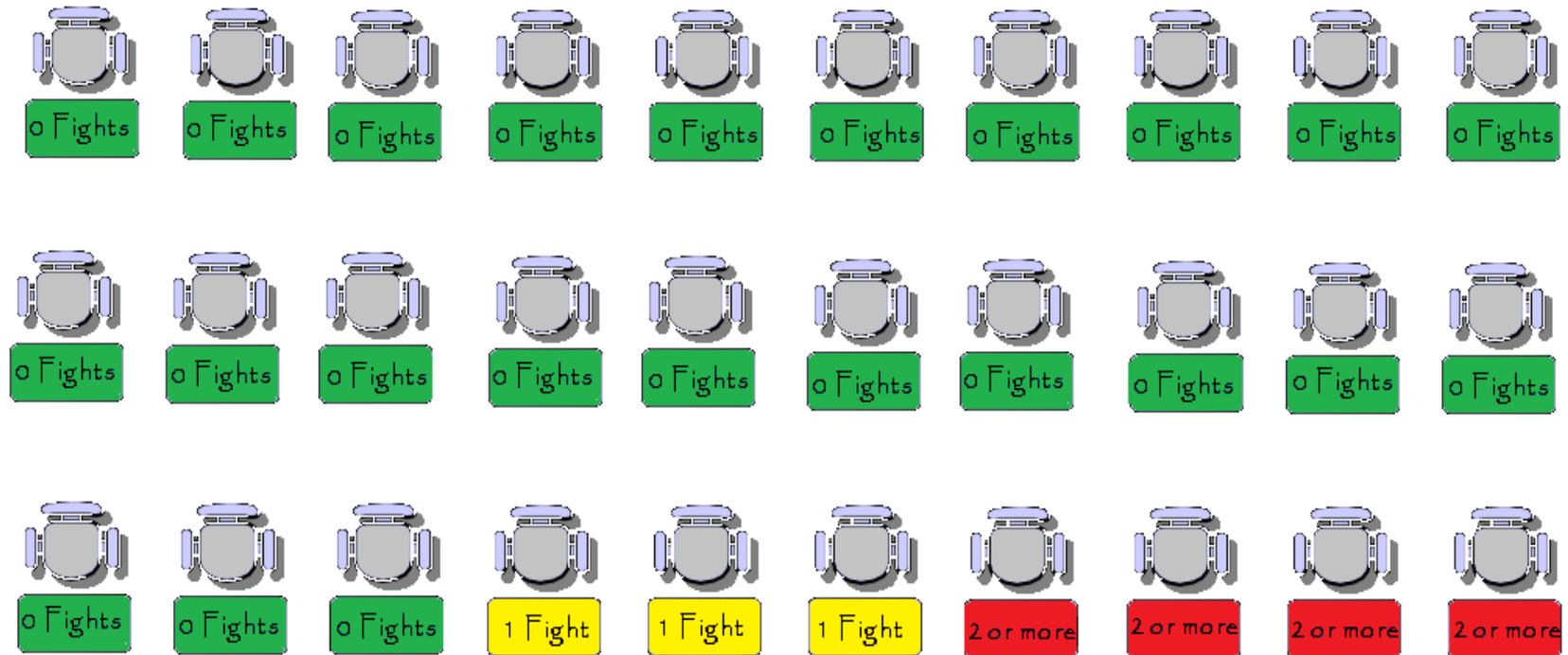
Source: State of Alaska Department of Health and Social Services, Division of Public Health, Chronic Disease & Health Promotion. *Youth Risk Behavior Survey* [YRBS] 2011 & 2013 data, <http://dhss.alaska.gov/dph/Chronic/Pages/yrbs/yrbs.aspx>.

Advisory Board on Alcoholism  
and Drug Abuse



Alaska Mental Health Board

# An Alaskan High School Classroom Filled with Students who Think That Their Teachers Care



## Number of Physical Fights in the Past Year

Source: State of Alaska Department of Health and Social Services, Division of Public Health, Chronic Disease & Health Promotion. *Youth Risk Behavior Survey* [YRBS] 2011 & 2013 data, <http://dhss.alaska.gov/dph/Chronic/Pages/yrbs/yrbs.aspx>.

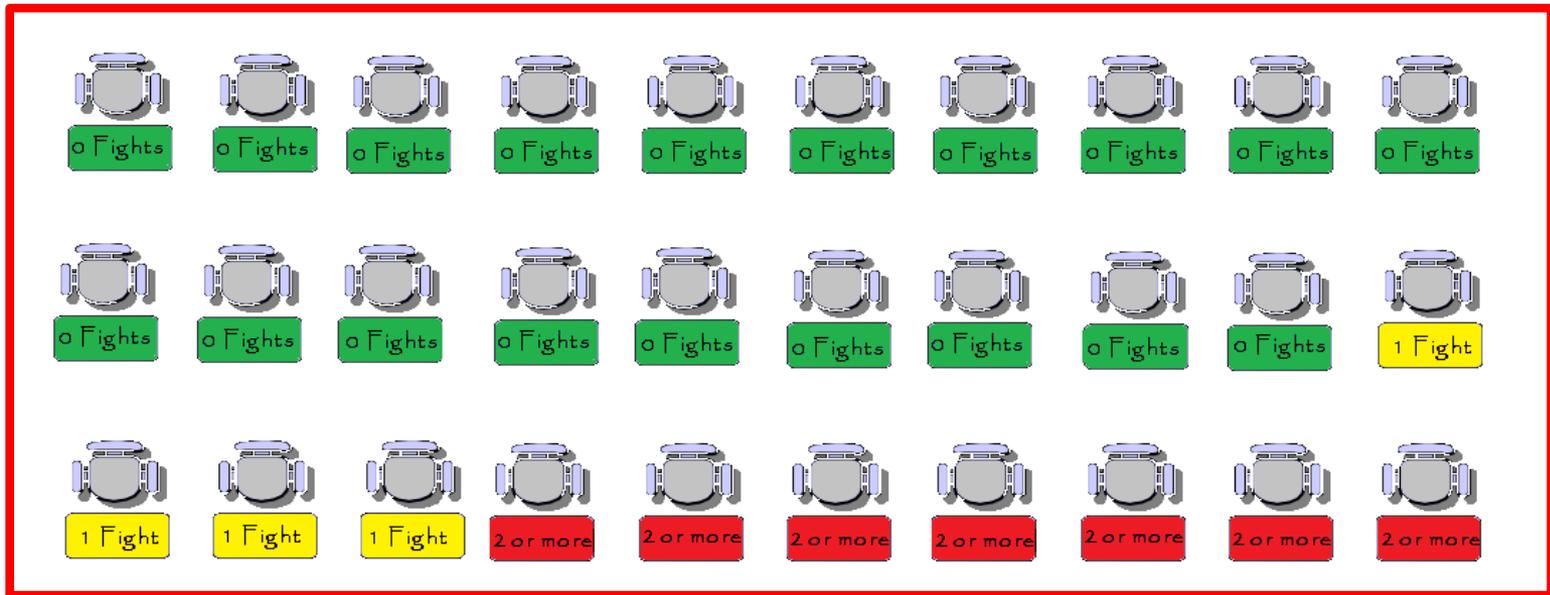
Advisory Board on Alcoholism  
and Drug Abuse



Alaska Mental Health Board

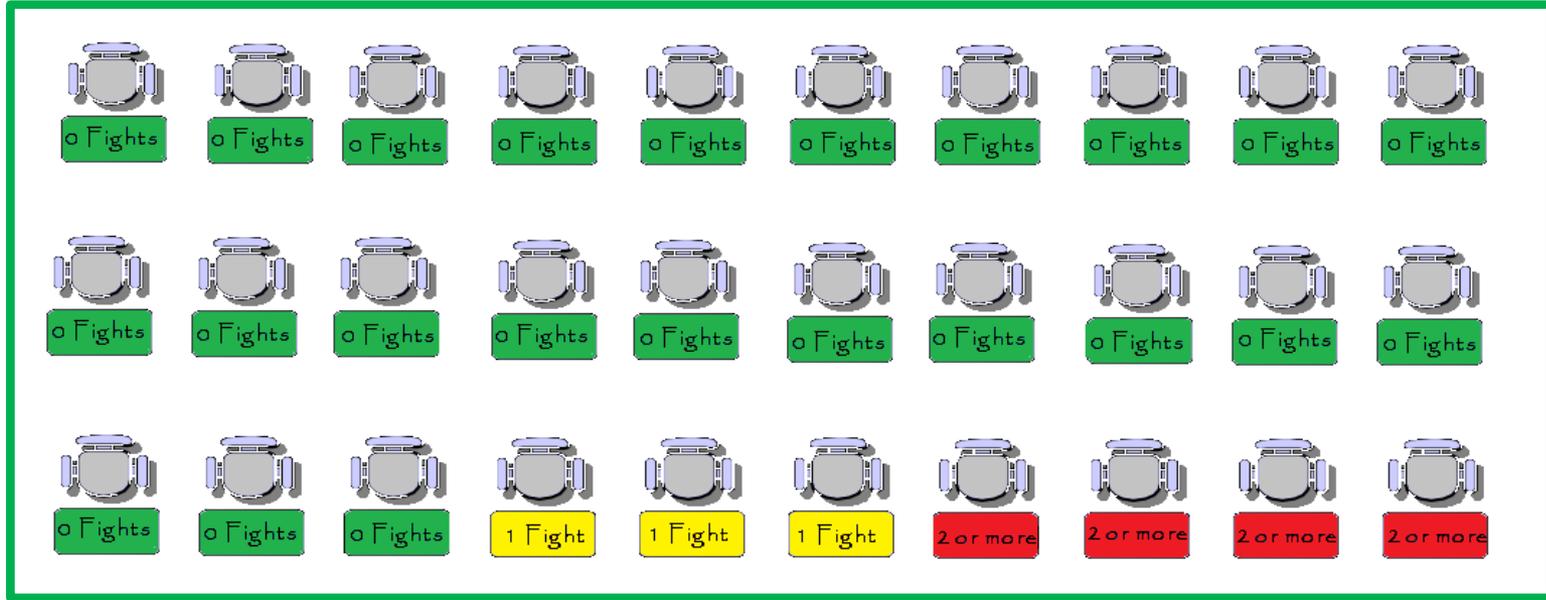
# Does it Matter if a Student Thinks His/Her Teachers Care?

Don't Care



62% Were Not in a Fight in the Past Year

Care

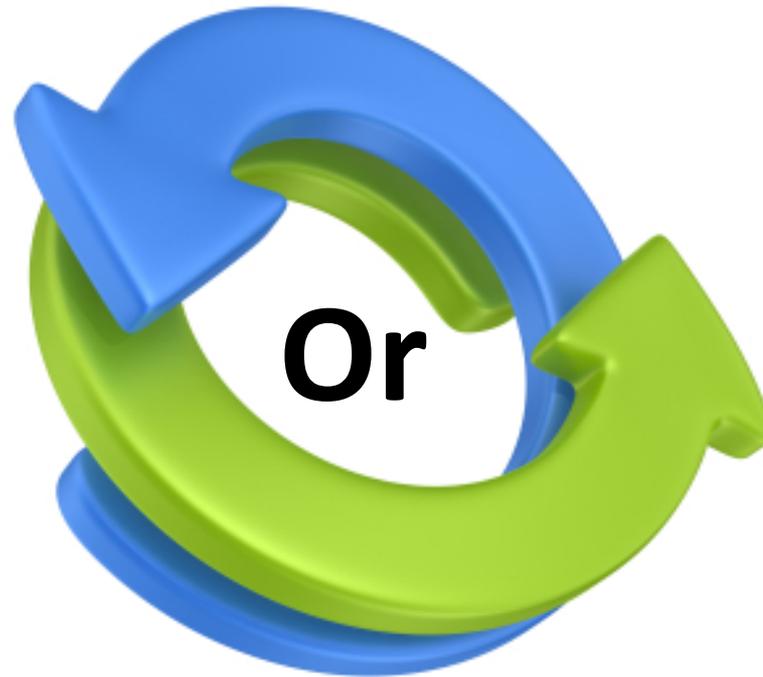


77% Were Not in a Fight in the Past Year

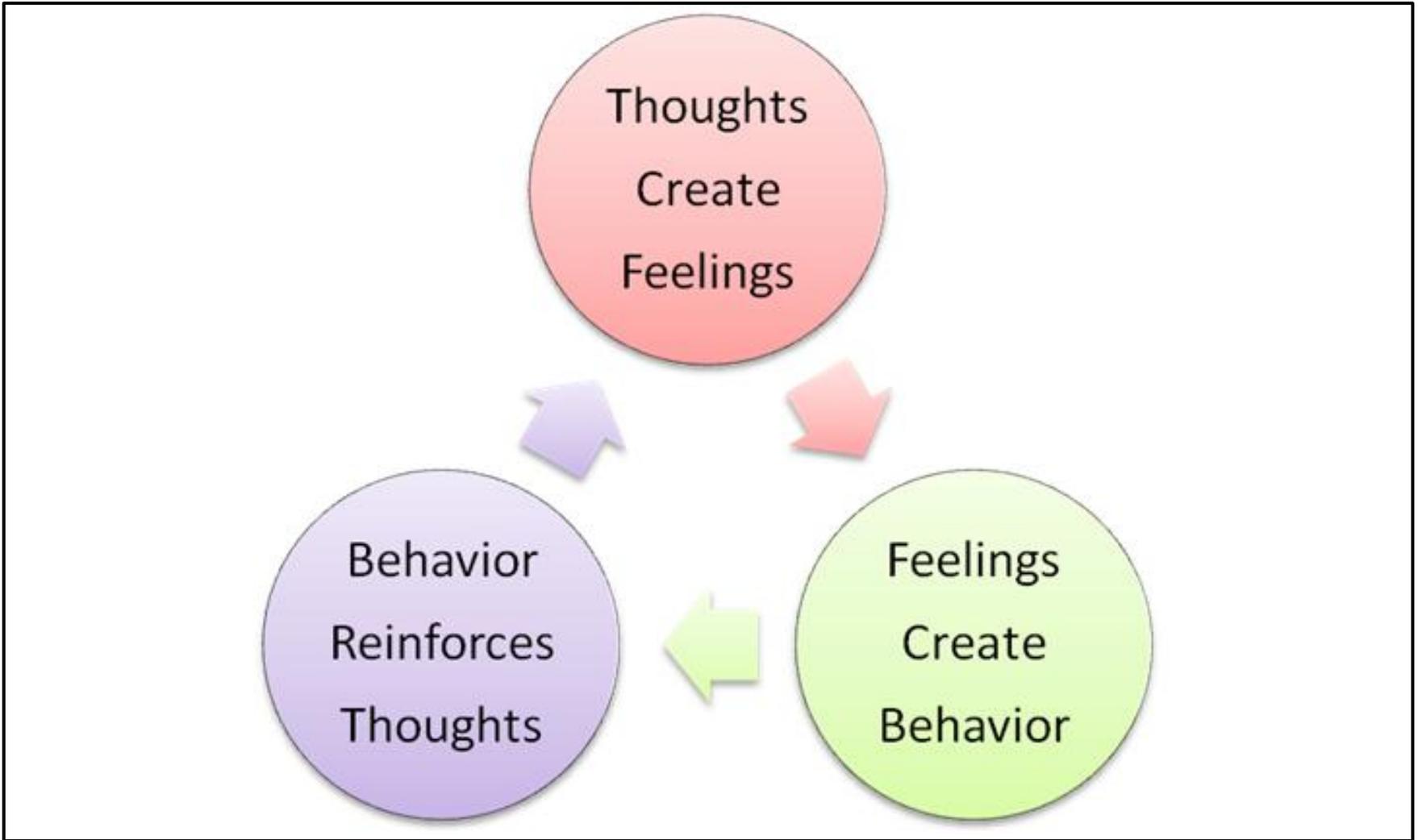
Source: State of Alaska Department of Health and Social Services, Division of Public Health, Chronic Disease & Health Promotion. Youth Risk Behavior Survey [YRBS] 2011 & 2013 data, <http://dhss.alaska.gov/dph/Chronic/Pages/yrbs/yrbs.aspx>.



Is it because students who don't get into fights are more likely to think their teachers care?



Is it because students think teachers care that they are more likely to not get into fights?



Cognitive Behavioral Therapy (CBT) is the most widely researched and evidence-based form of therapy. CBT has been shown in more than one thousand studies to be effective in treating a wide range of psychiatric disorders and psychological problems. In contrast to other forms of psychotherapy, cognitive therapy is focused on the present, practical and problem-solving oriented. <http://www.nyccognitivetherapy.com/>



# One Protective Factor

## Youth Risk Behavior Survey

### Do you feel you matter in your community?

Unless otherwise noted the data used for these analyses are the combined 2011 & 2013 data. The survey responses were analyzed from all traditional high school students who responded rather than a weighted sample because the analysis is examining the prevalence of one outcome within the context of, the presence or absence, of a specific protective factor. Though the combined local data sample was not scientifically selected and is also not weighted (as is the statewide sample), the large number of responses collected from a broad cross-section of traditional schools in both urban and rural school districts allows us the reasonable expectation that these data are representative of Alaska's traditional high school students. Additionally, the large sample size of the local sample allows us to look at the finer gradations of the different response categories for the selected measures.

**Source:** State of Alaska Department of Health and Social Services, Division of Public Health, Chronic Disease & Health Promotion. *Youth Risk Behavior Survey* [YRBS] 2011 &/or 2013 data, <http://dhss.alaska.gov/dph/Chronic/Pages/yrbs/yrbs.aspx>. These results are from thousands of Alaska High School Students responses to the YRBS. These slides were prepared by the Alaska Mental Health Board and Advisory Board on Alcoholism and Drug Abuse. Contact [patrick.sidmore@alaska.gov](mailto:patrick.sidmore@alaska.gov) for questions.

Advisory Board on Alcoholism  
and Drug Abuse



Alaska Mental Health Board



# Mental Health

**Students Who Considered Suicide in The  
Previous Year by Whether They Perceive  
They Matter in Their Community**

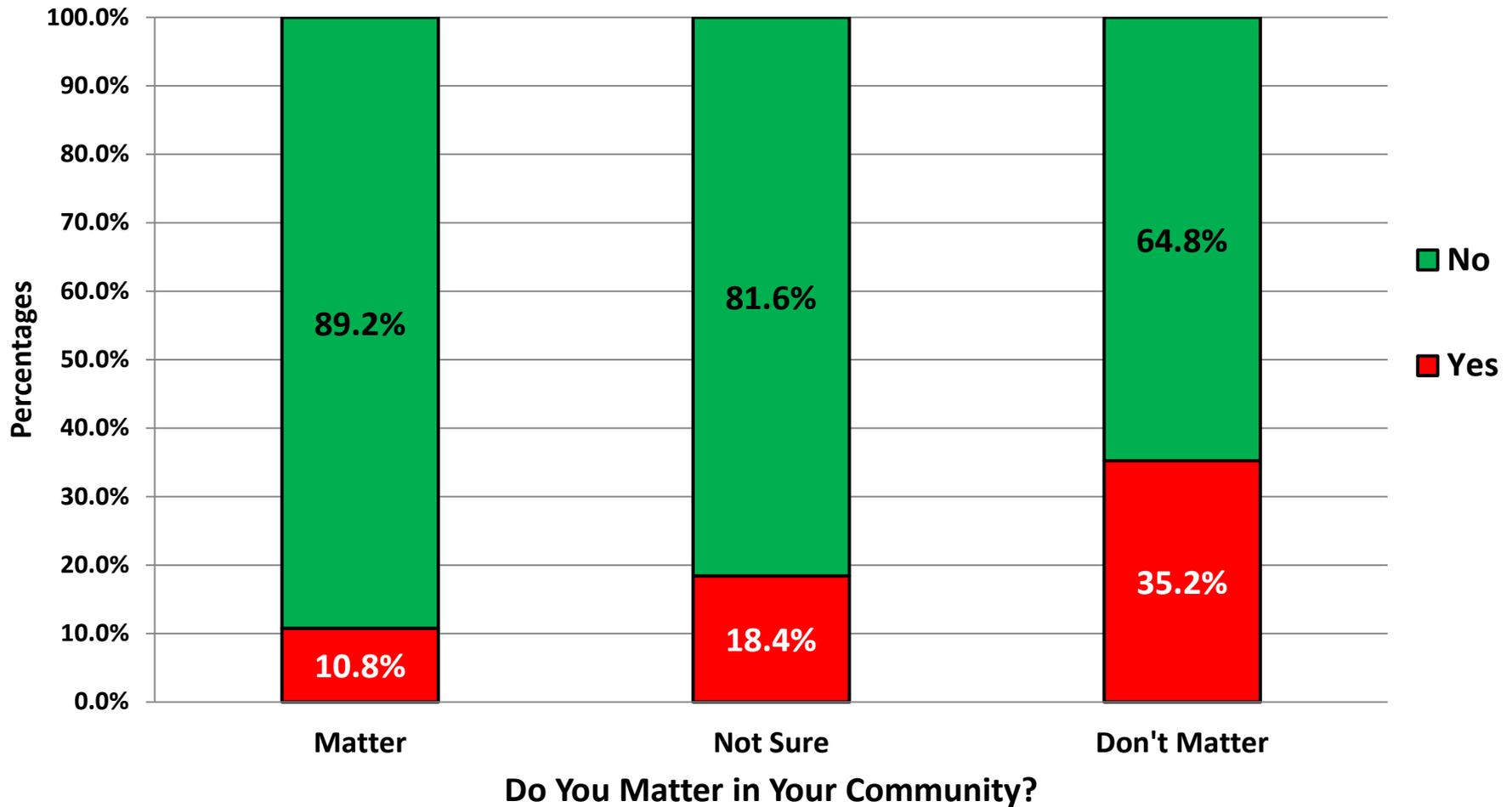
## Alaska High School Students who Considered Suicide by How they Answered the Question: **Do you feel like you matter to people in your community?**



**Source:** State of Alaska Department of Health and Social Services, Division of Public Health, Chronic Disease & Health Promotion. *Youth Risk Behavior Survey* [YRBS] 2011 & 2013 data, <http://dhss.alaska.gov/dph/Chronic/Pages/yrbs/yrbs.aspx>. These results are from 13,256 Alaska High School Students responses to the YRBS. This slide was prepared by the Alaska Mental Health Board and Advisory Board on Alcoholism and Drug Abuse.

# Students Reporting About Whether They Think They are Valued in Their Community by How They Answered The Question:

**Did you consider suicide in the past year?**



**Source:** State of Alaska Department of Health and Social Services, Division of Public Health, Chronic Disease & Health Promotion. *Youth Risk Behavior Survey* [YRBS] 2011 & 2013 data, <http://dhss.alaska.gov/dph/Chronic/Pages/yrbs/yrbs.aspx>. These results are from 13,256 Alaska High School Students responses to the YRBS. This slide was prepared by the Alaska Mental Health Board and Advisory Board on Alcoholism and Drug Abuse.

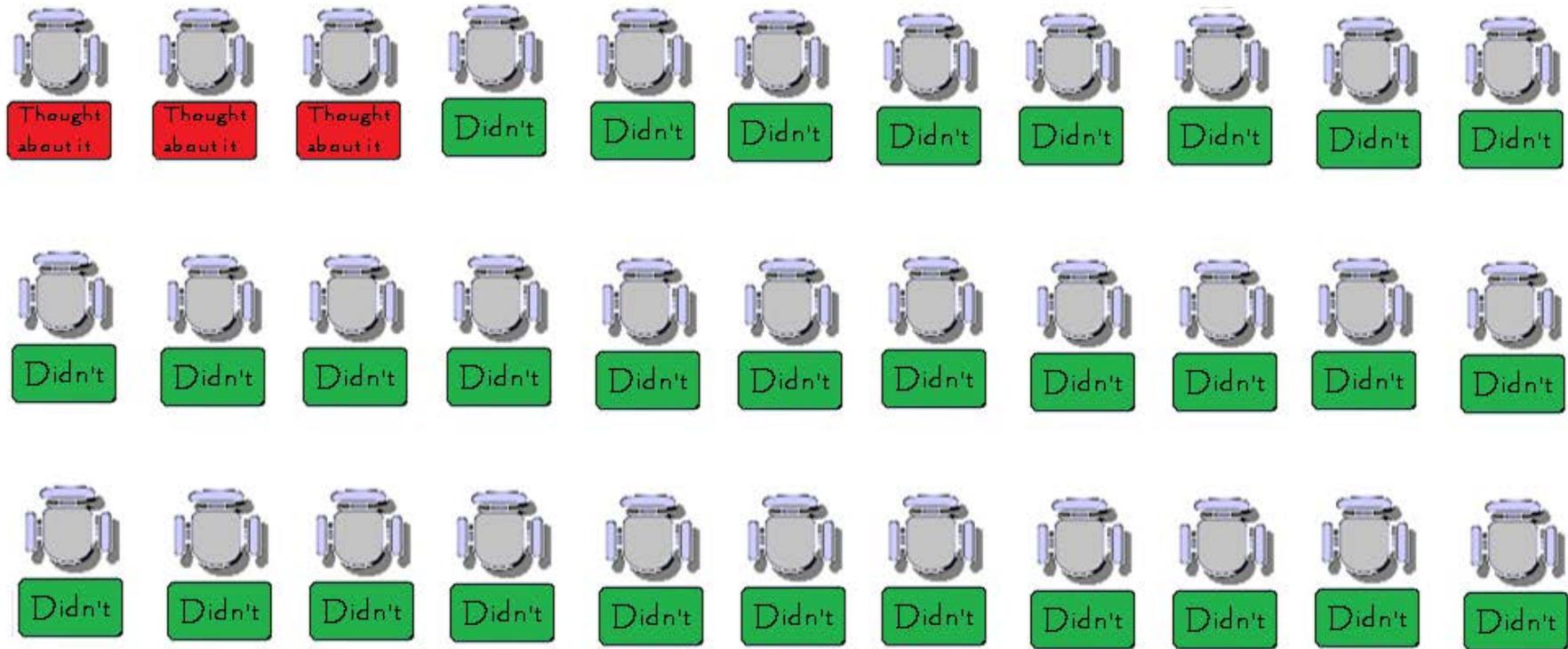


# Another way to look at it

- What follows is drawn from the answers of Alaskan high school students to the biennial Youth Risk Behavior Survey (YRBS).
- Slides show an hypothetical classroom of 30 students with and without a specific protective factor. In each case the YRBS data are used to display the array of possibilities for an outcome one would expect given the presents (or absence) of the protective factor.
- For each comparison there are two slides which show what it would look like with the protective factor and without it using the Alaskan data. The third slide compares the two side by side.



# An Alaskan High School Classroom Filled with Students Who Think They Matter in Their Community



## 11% Considered Suicide in a Year

Source: State of Alaska Department of Health and Social Services, Division of Public Health, Chronic Disease & Health Promotion. *Youth Risk Behavior Survey* [YRBS] 2011 & 2013 data, <http://dhss.alaska.gov/dph/Chronic/Pages/yrbs/yrbs.aspx>.

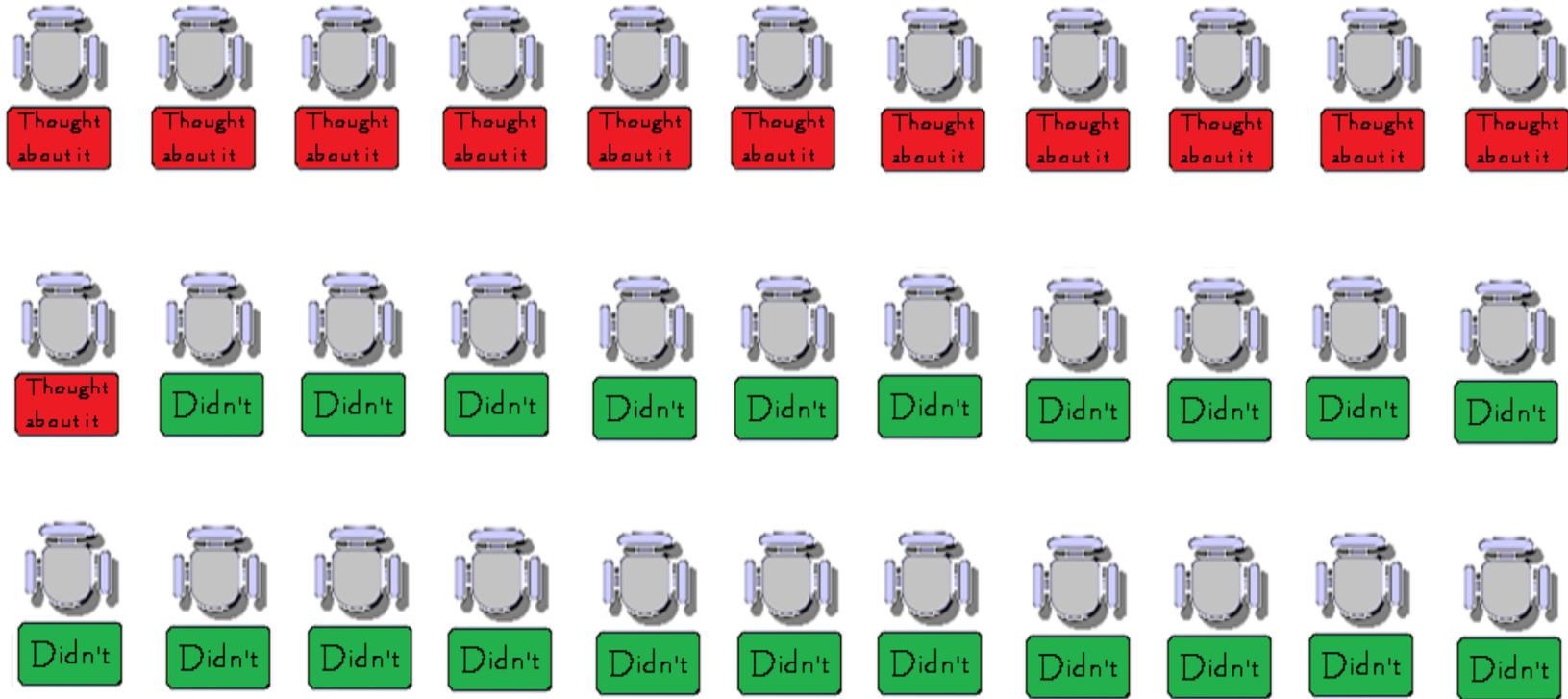
Advisory Board on Alcoholism  
and Drug Abuse



Alaska Mental Health Board



# An Alaskan High School Classroom Filled with Students Who Don't Think They Matter in Their Community

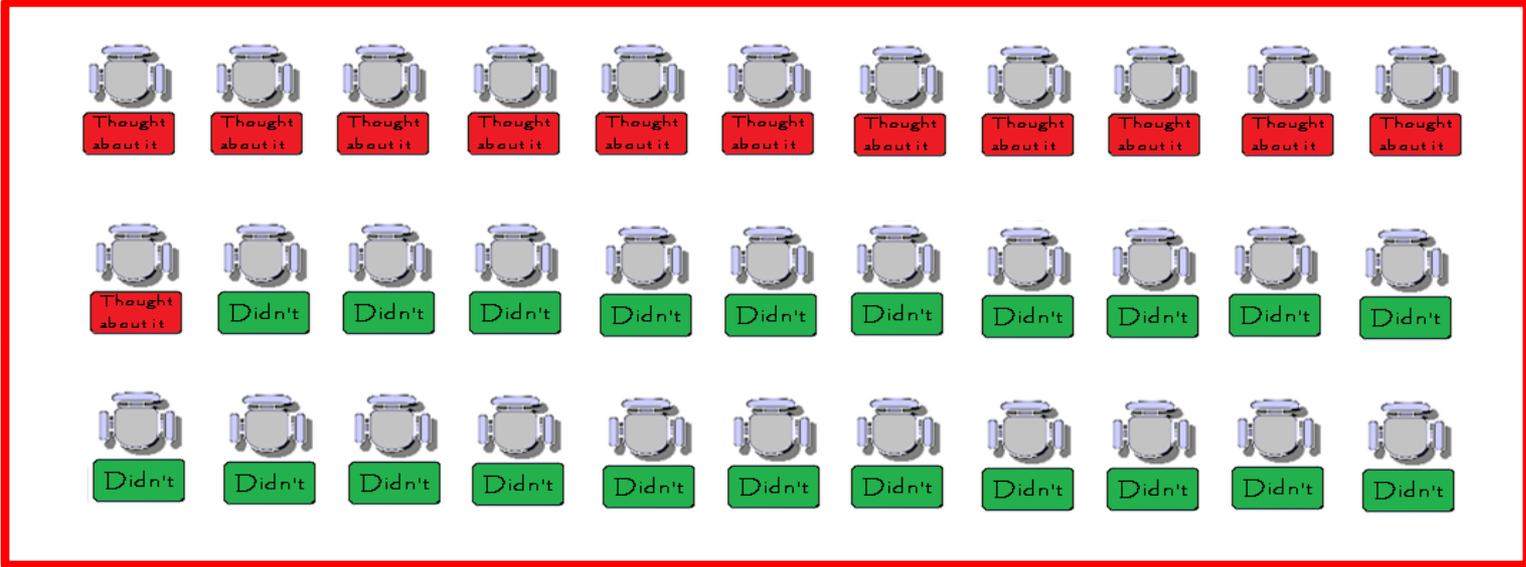


## 35% Considered Suicide in a Year

Source: State of Alaska Department of Health and Social Services, Division of Public Health, Chronic Disease & Health Promotion. *Youth Risk Behavior Survey* [YRBS] 2011 & 2013 data, <http://dhss.alaska.gov/dph/Chronic/Pages/yrbs/yrbs.aspx>.

# Does it Make a Difference if a Student Thinks He or She Matters in Their Communities?

**They Don't Think They Matter**



**35% Considered Suicide**

**They Think They Matter**



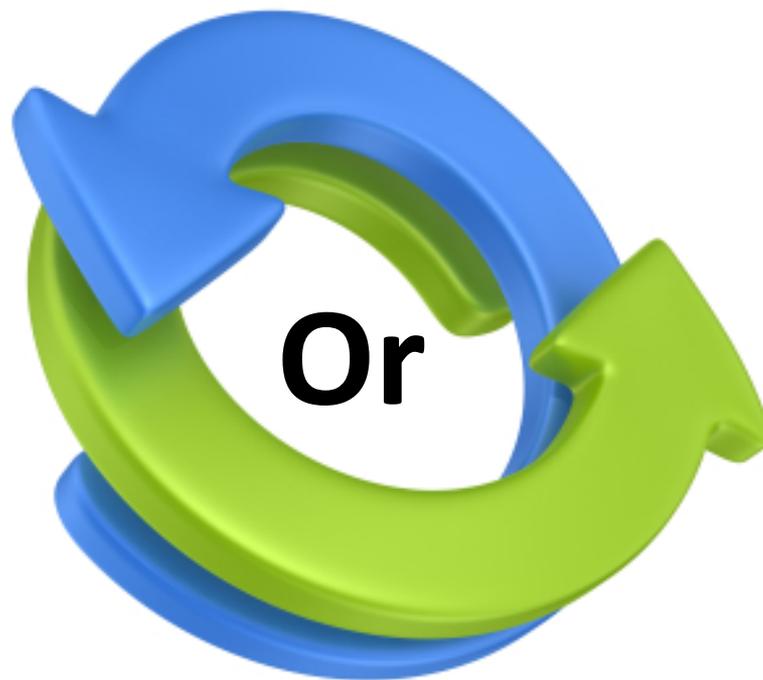
**11% Considered Suicide**

Source: State of Alaska Department of Health and Social Services, Division of Public Health, Chronic Disease & Health Promotion. Youth Risk Behavior Survey [YRBS] 2011 & 2013 data, <http://dhss.alaska.gov/dph/Chronic/Pages/yrbs/yrbs.aspx>.

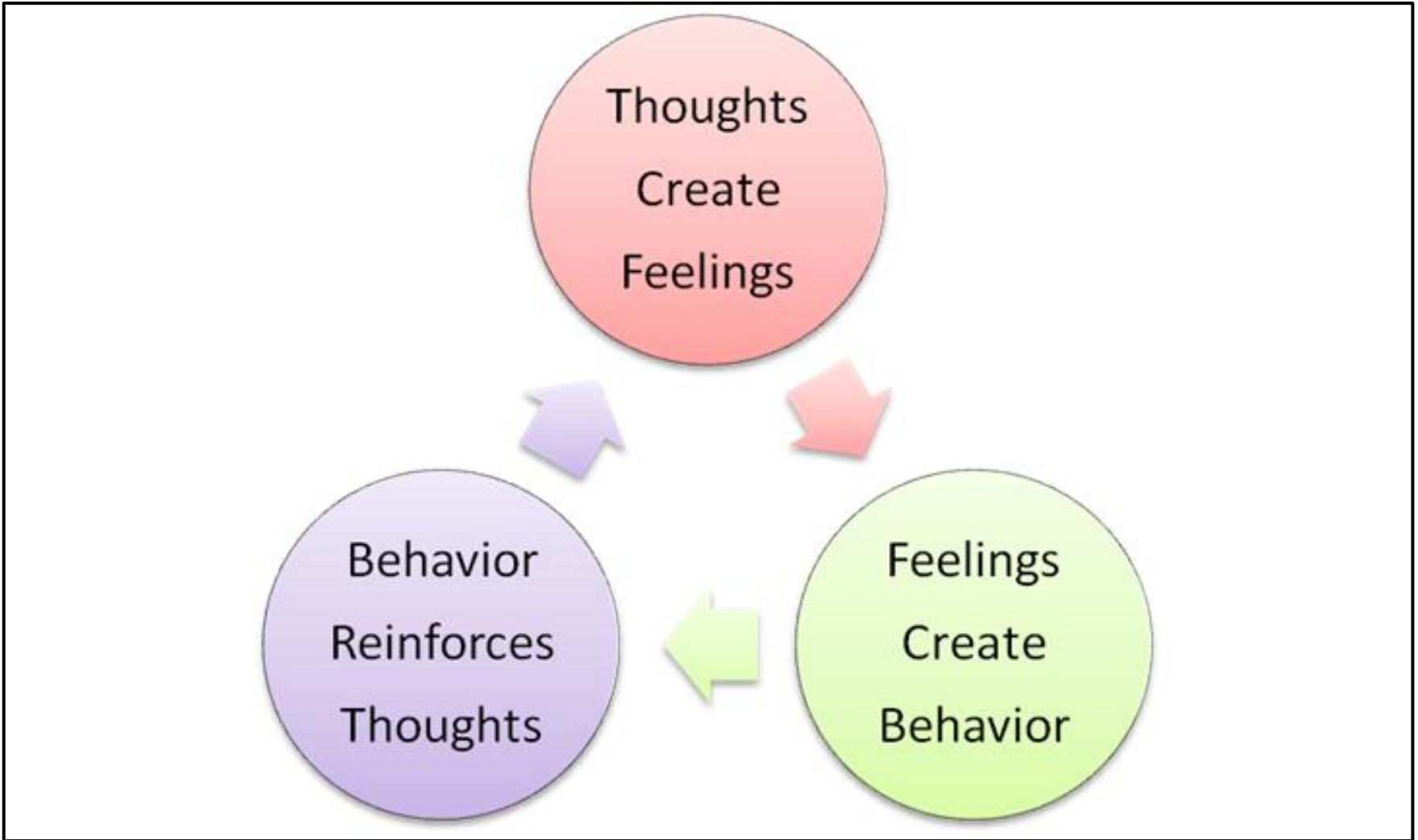




Is it because students think they matter in their communities that they are less likely to consider suicide?



Is it because students have considered suicide in the past year that they are less likely to think they matter in their communities?



Cognitive Behavioral Therapy (CBT) is the most widely researched and evidence-based form of therapy. CBT has been shown in more than one thousand studies to be effective in treating a wide range of psychiatric disorders and psychological problems. In contrast to other forms of psychotherapy, cognitive therapy is focused on the present, practical and problem-solving oriented. <http://www.nyccognitivetherapy.com/>

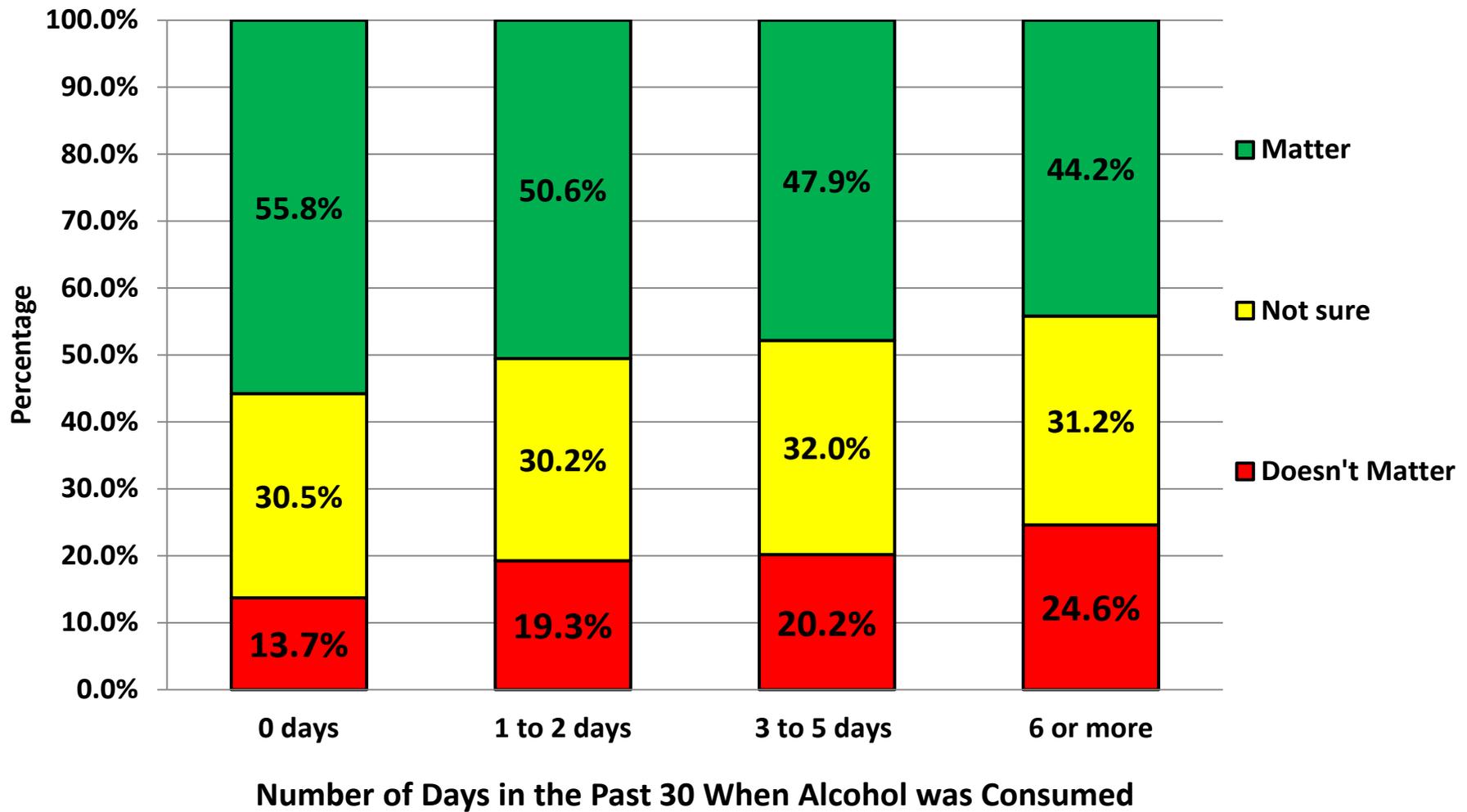


# Substance Abuse

**Past Month Drinking by Perception  
of Whether Students Think They  
Matter to Their Communities**

# Current Alcohol Use of Alaskan High School Students by How they Answered the Question:

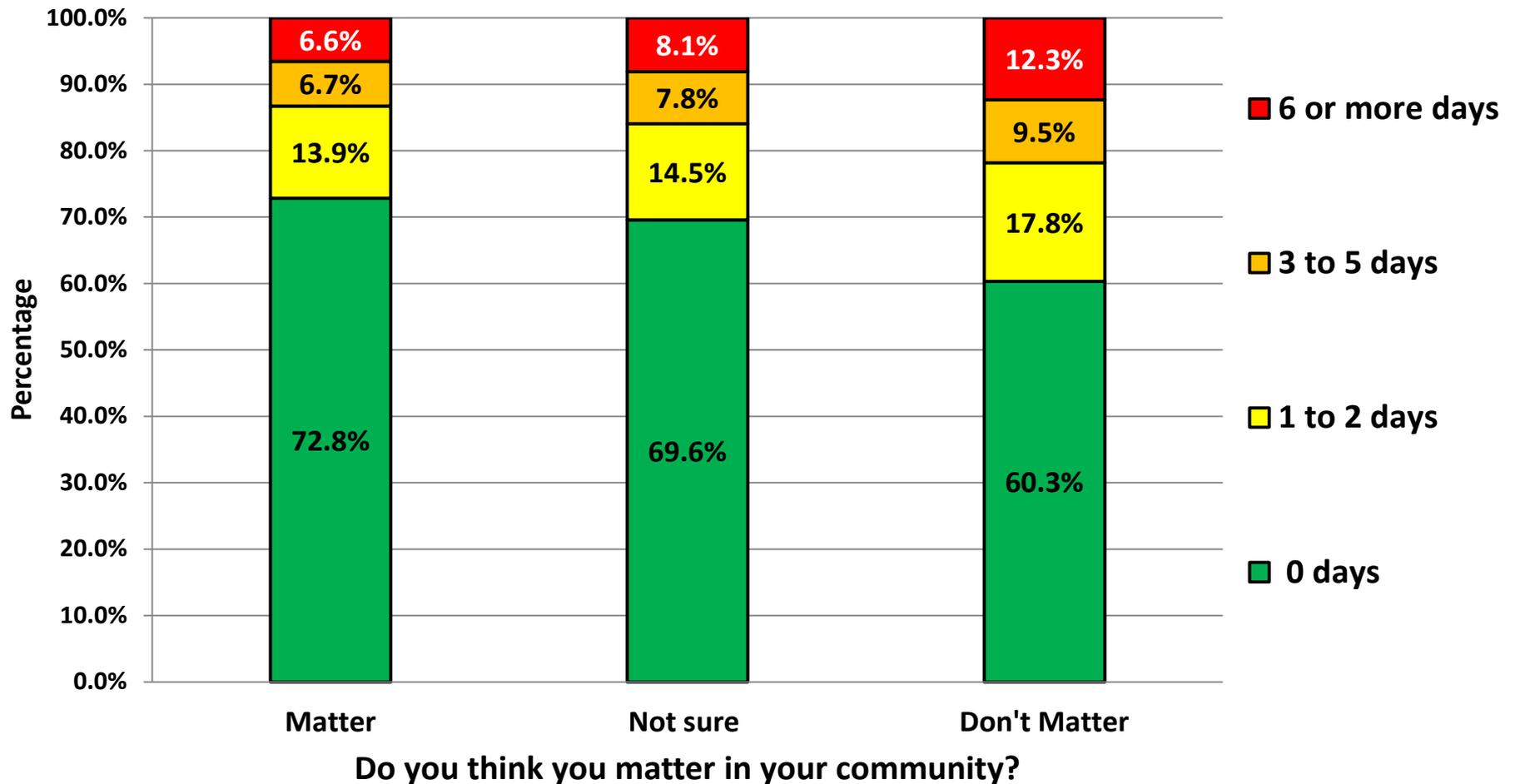
**Do you feel like you matter to people in your community?**



**Source:** State of Alaska Department of Health and Social Services, Division of Public Health, Chronic Disease & Health Promotion. *Youth Risk Behavior Survey* [YRBS] 2011 & 2013 data, <http://dhss.alaska.gov/dph/Chronic/Pages/yrbs/yrbs.aspx>. These results are from 12,107 Alaska High School Students responses to the YRBS. This slide was prepared by the Alaska Mental Health Board and Advisory Board on Alcoholism and Drug Abuse.

# Students Perception of Whether or Not they Matter in Their Communities by How They Answered the Question:

**How many days did you drink alcohol in the past 30 days?**



**Source:** State of Alaska Department of Health and Social Services, Division of Public Health, Chronic Disease & Health Promotion. *Youth Risk Behavior Survey* [YRBS] 2011 & 2013 data, <http://dhss.alaska.gov/dph/Chronic/Pages/yrbs/yrbs.aspx>. These results are from 12,107 Alaska High School Students responses to the YRBS. This slide was prepared by the Alaska Mental Health Board and Advisory Board on Alcoholism and Drug Abuse.



# Another way to look at it

- What follows is drawn from the answers of Alaskan high school students to the biennial Youth Risk Behavior Survey (YRBS).
- Slides show an hypothetical classroom of 30 students with and without a specific protective factor. In each case the YRBS data are used to display the array of possibilities for an outcome one would expect given the presents (or absence) of the protective factor.
- For each comparison there are two slides which show what it would look like with the protective factor and without it using the Alaskan data. The third slide compares the two side by side.



# An Alaskan High School Classroom Filled with Students Who Do Think They Matter in Their Community



## 73% Didn't Drink - 27% Did Drink

Source: State of Alaska Department of Health and Social Services, Division of Public Health, Chronic Disease & Health Promotion. *Youth Risk Behavior Survey* [YRBS] 2011 & 2013 data, <http://dhss.alaska.gov/dph/Chronic/Pages/yrbs/yrbs.aspx>.





# An Alaskan High School Classroom Filled with Students Who Don't Think They Matter in Their Community



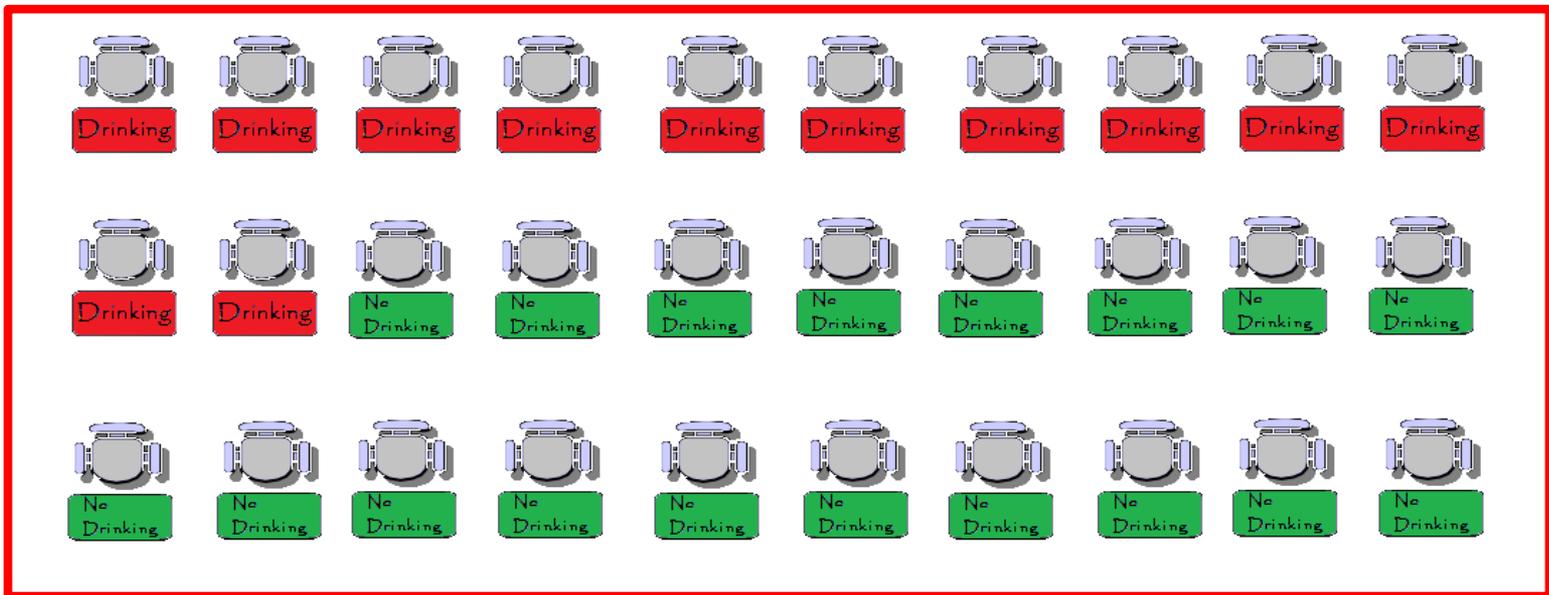
## 60% Didn't Drink - 40% Did Drink

Source: State of Alaska Department of Health and Social Services, Division of Public Health, Chronic Disease & Health Promotion. *Youth Risk Behavior Survey* [YRBS] 2011 & 2013 data, <http://dhss.alaska.gov/dph/Chronic/Pages/yrbs/yrbs.aspx>.



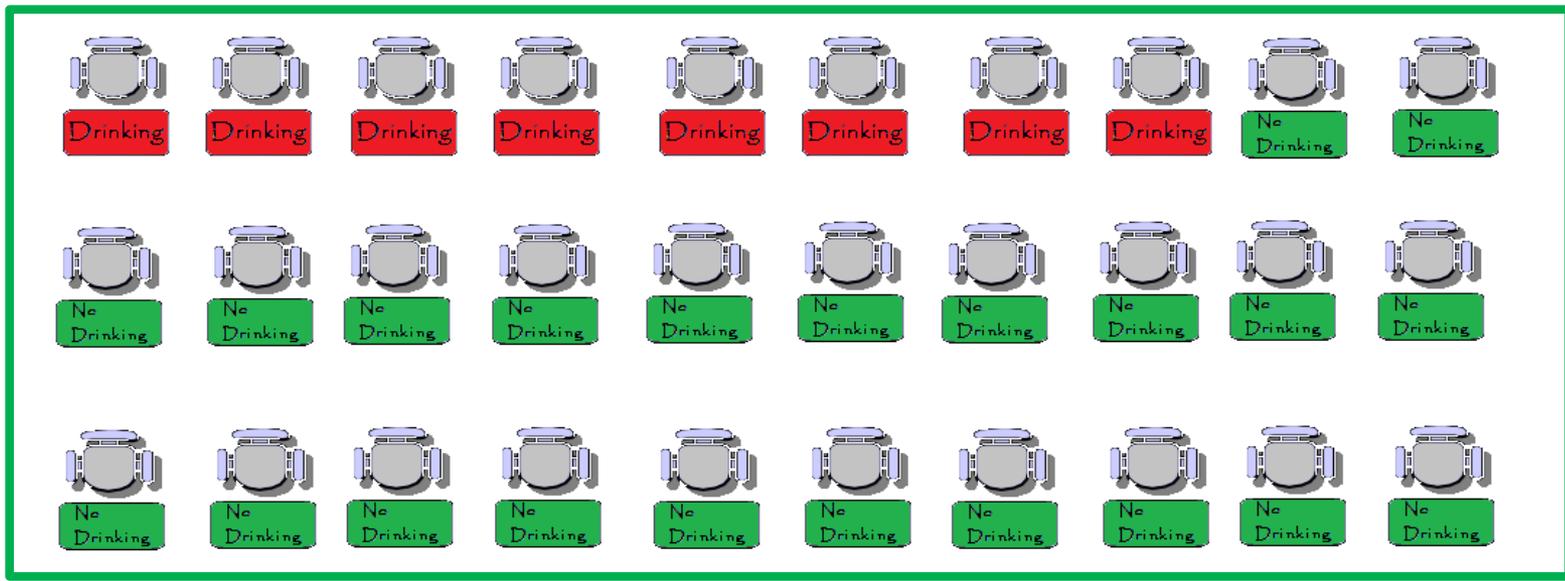
# Does it Make a Difference if a Student Thinks He/She Matters to The Community?

Students Don't Think They Matter



60% of Students Are Not Drinking

Students Think They Matter

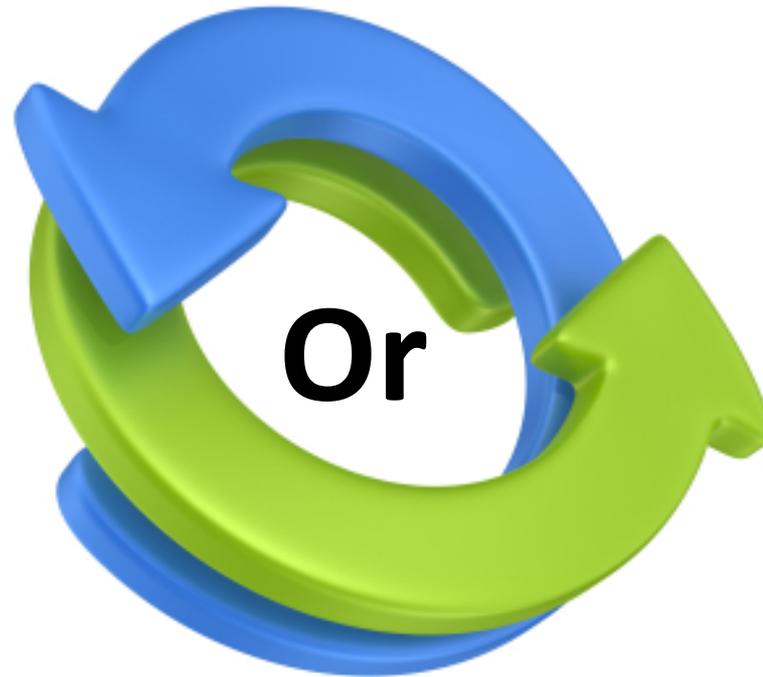


73% of Students Are Not Drinking

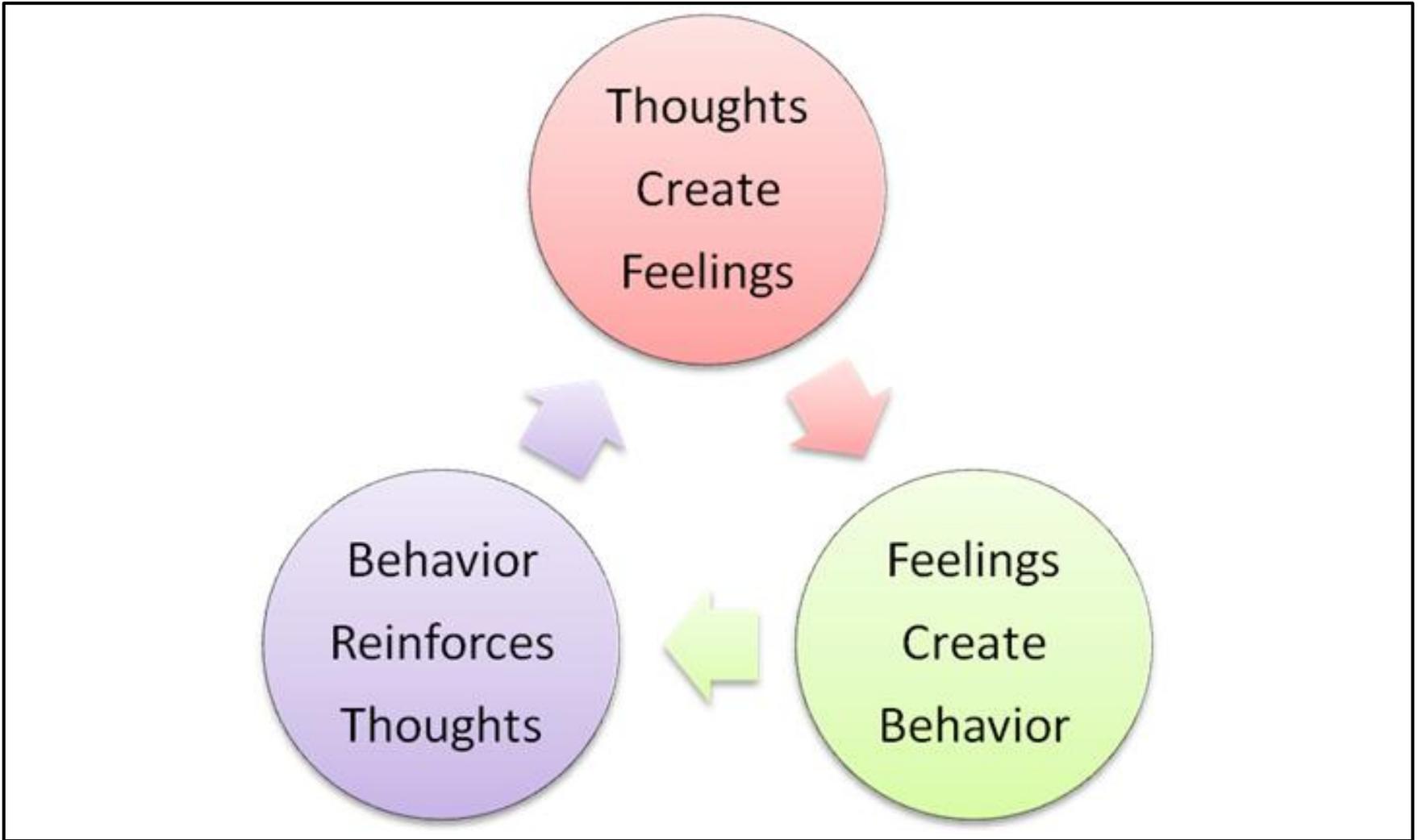
Source: State of Alaska Department of Health and Social Services, Division of Public Health, Chronic Disease & Health Promotion. Youth Risk Behavior Survey [YRBS] 2011 & 2013 data, <http://dhss.alaska.gov/dph/Chronic/Pages/yrbs/yrbs.aspx>.



Is it because students think they matter in their communities that they are less likely to be drinking in the past month?



Is it because students have been drinking in the past month that they are less likely to think they matter in their communities?



Cognitive Behavioral Therapy (CBT) is the most widely researched and evidence-based form of therapy. CBT has been shown in more than one thousand studies to be effective in treating a wide range of psychiatric disorders and psychological problems. In contrast to other forms of psychotherapy, cognitive therapy is focused on the present, practical and problem-solving oriented. <http://www.nyccognitivetherapy.com/>



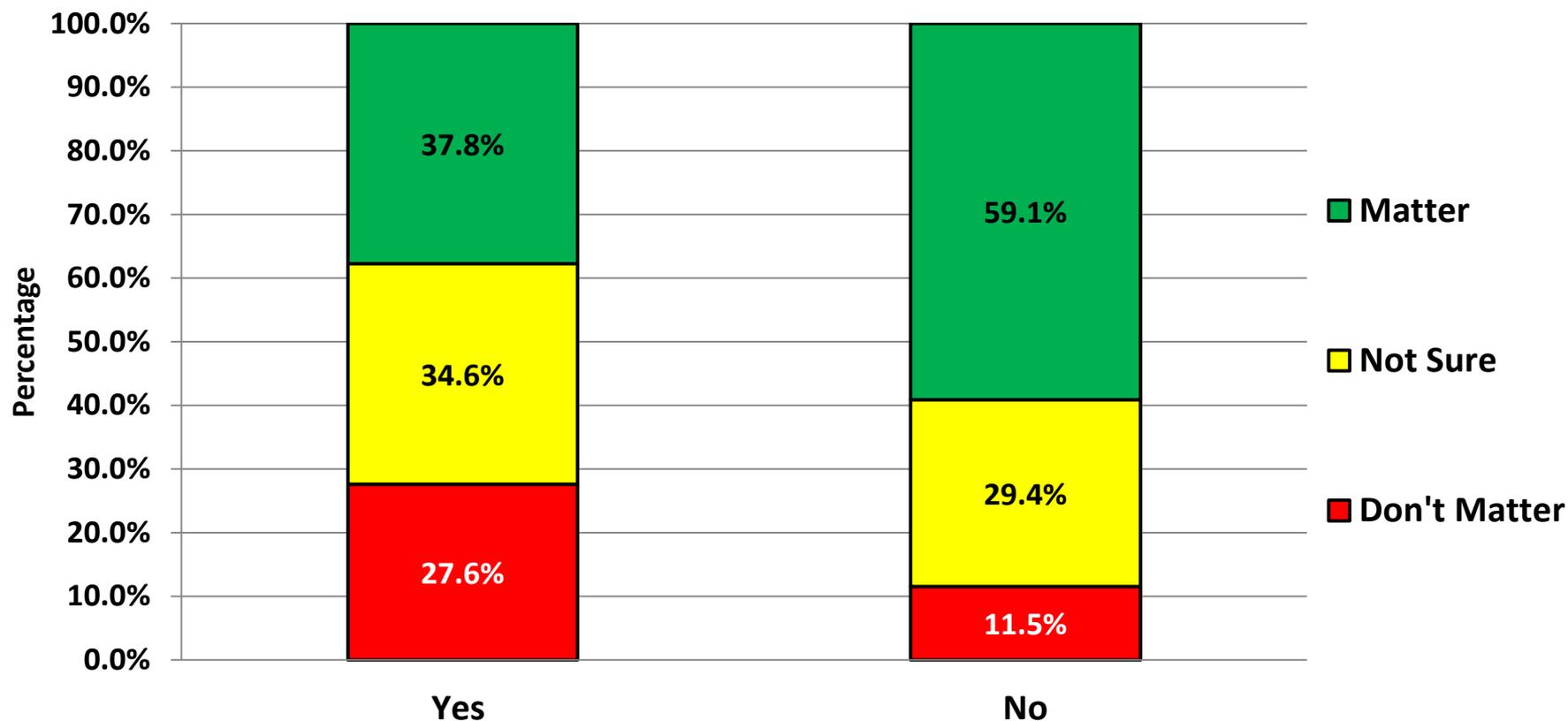
# Mental Health

**Students who Felt So Sad and Hopeless in the  
Past Year for Two Weeks or More That They  
Stopped Doing Regular Activities**

**by**

**Whether or Not The Student Feels They  
Matter to Their Community**

## Alaska High School Students who Show Signs of Depression by How they Answered the Question: **Do you feel like you matter to people in your community?**



**Felt so sad or hopeless almost every day for two weeks or more in a row  
that you stopped doing some usual activities in 12 months**

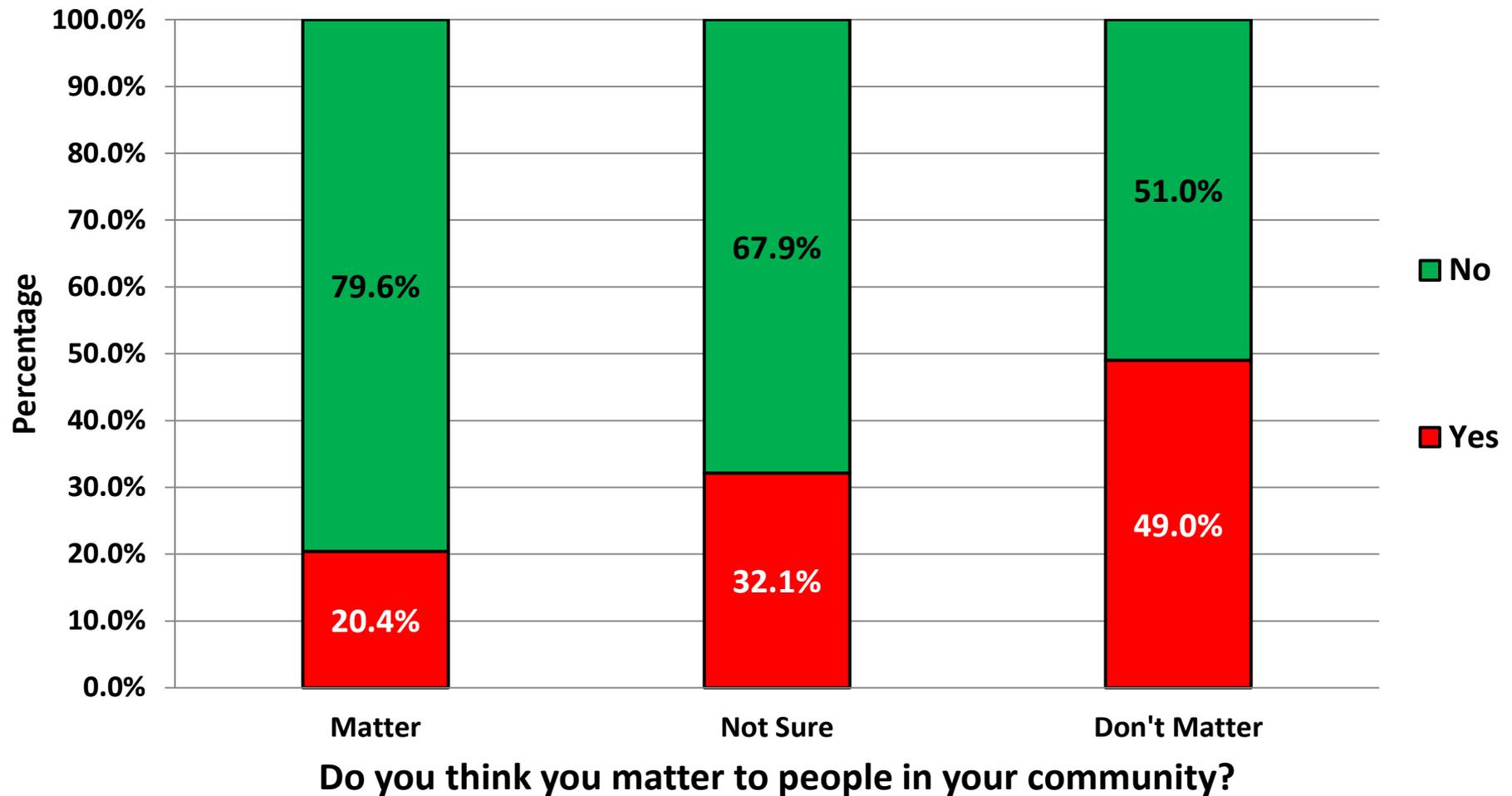
**Source:** State of Alaska Department of Health and Social Services, Division of Public Health, Chronic Disease & Health Promotion. *Youth Risk Behavior Survey* [YRBS] 2011 & 2013 data, <http://dhss.alaska.gov/dph/Chronic/Pages/yrbs/yrbs.aspx>. These results are from 12,995 Alaska High School Students responses to the YRBS. This slide was prepared by the Alaska Mental Health Board and Advisory Board on Alcoholism and Drug Abuse.

Advisory Board on Alcoholism  
and Drug Abuse



Alaska Mental Health Board

# Alaska Students' Perception of Whether or Not They Matter to People in Their Communities by How They Answered the Question: Did You have Depressive Symptoms in the Last 12 Months?\*



**Source:** State of Alaska Department of Health and Social Services, Division of Public Health, Chronic Disease & Health Promotion. Youth Risk Behavior Survey [YRBS] 2011 & 2013 data, <http://dhss.alaska.gov/dph/Chronic/Pages/yrbs/yrbs.aspx>. These results are from 12,995 Alaska High School Students responses to the YRBS. This slide was prepared by the Alaska Mental Health Board and Advisory Board on Alcoholism and Drug Abuse.

Advisory Board on Alcoholism and Drug Abuse



Alaska Mental Health Board

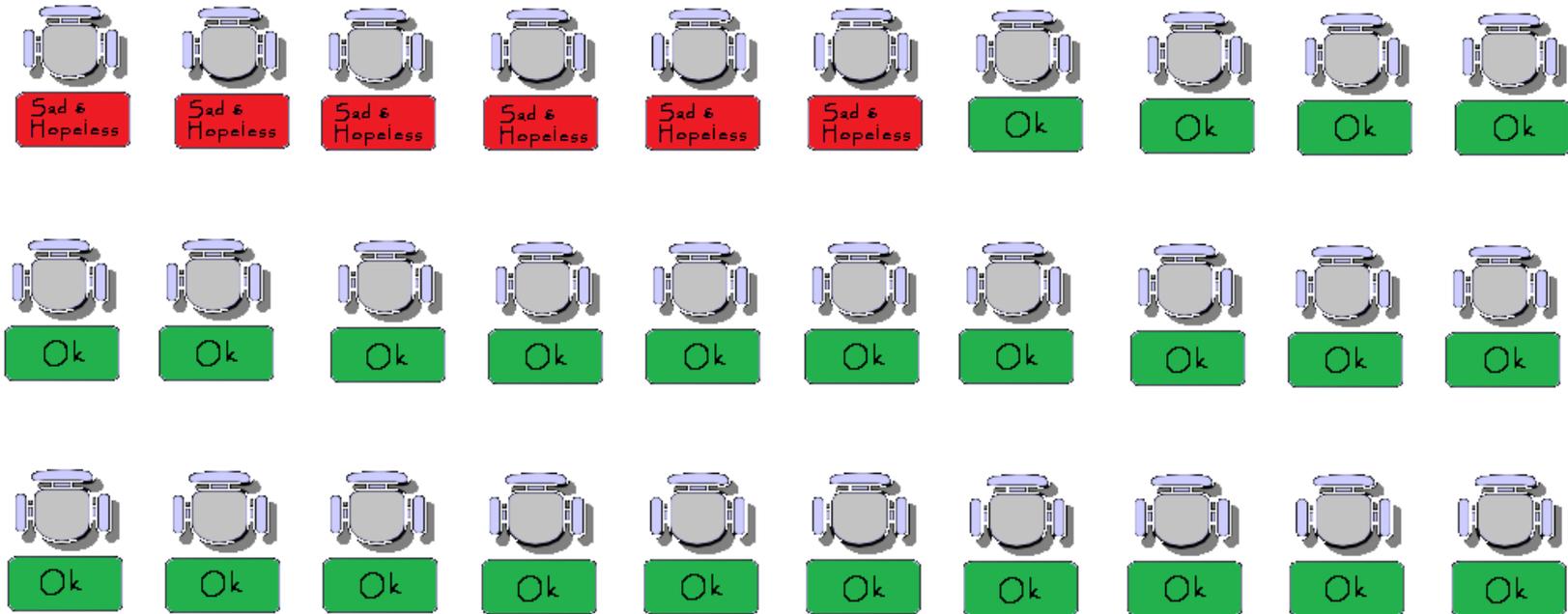


# Another way to look at it

- What follows is drawn from the answers of Alaskan high school students to the biennial Youth Risk Behavior Survey (YRBS).
- Slides show an hypothetical classroom of 30 students with and without a specific protective factor. In each case the YRBS data are used to display the array of possibilities for an outcome one would expect given the presents (or absence) of the protective factor.
- For each comparison there are two slides which show what it would look like with the protective factor and without it using the Alaskan data. The third slide compares the two side by side.



# An Alaskan High School Classroom Filled with Students Who Do Think They Matter in Their Community

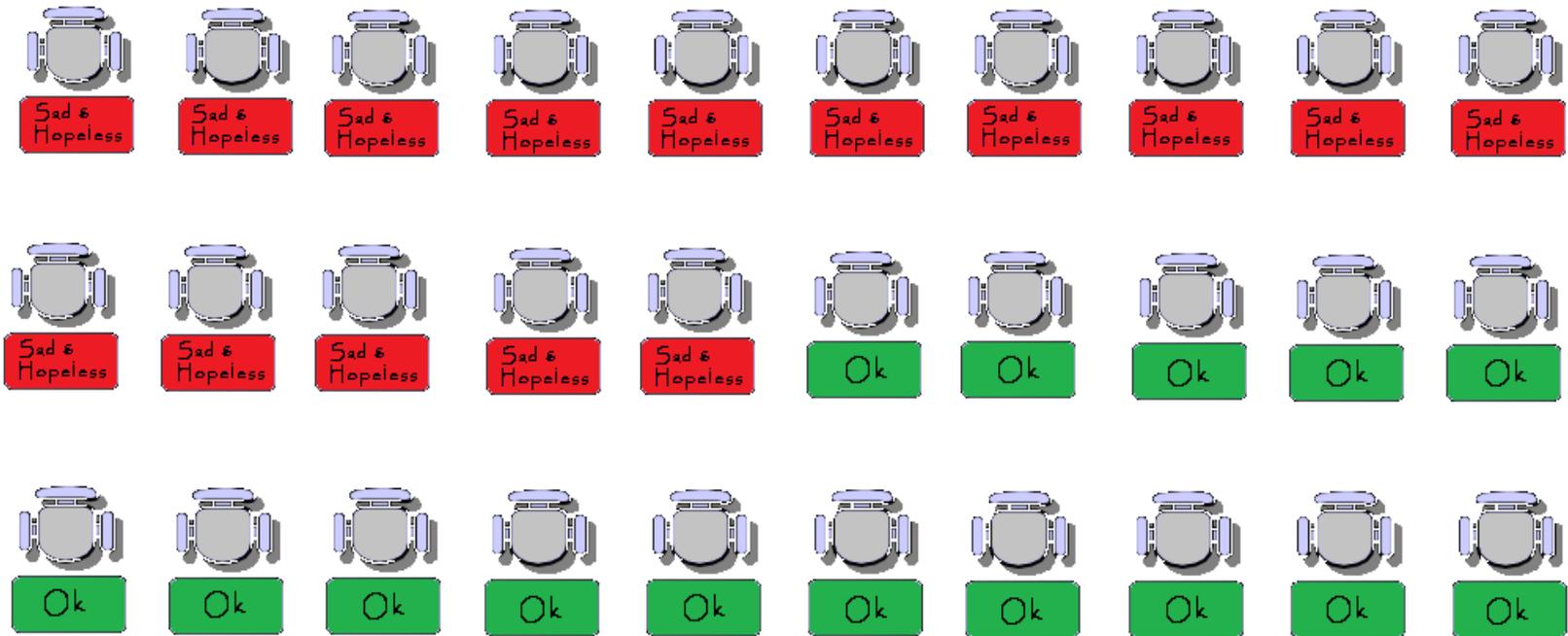


## Students who Felt So Sad and Hopeless in the Past Year for Two Weeks or More That They Stopped Doing Regular Activities

Source: State of Alaska Department of Health and Social Services, Division of Public Health, Chronic Disease & Health Promotion. *Youth Risk Behavior Survey* [YRBS] 2011 & 2013 data, <http://dhss.alaska.gov/dph/Chronic/Pages/yrebs/yrebs.aspx>.



# An Alaskan High School Classroom Filled with Students Who Don't Think They Matter in Their Community



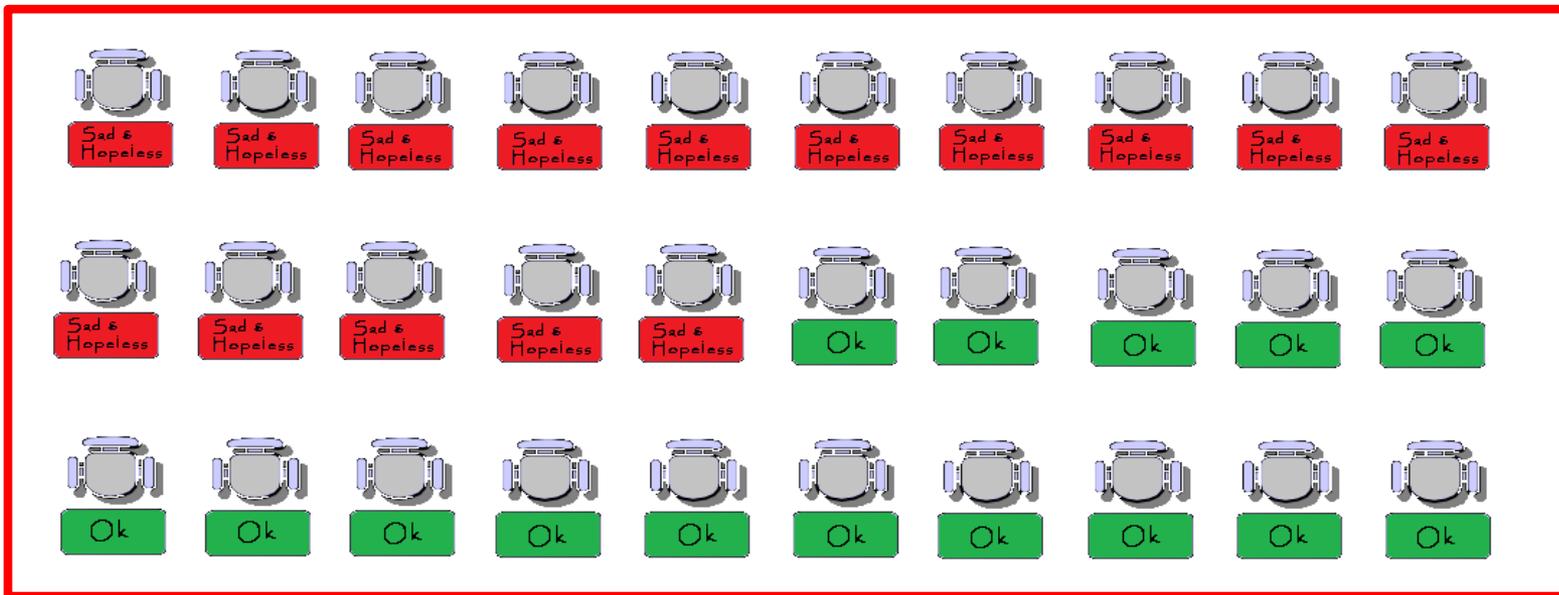
**Students who Felt So Sad and Hopeless in the Past Year for Two Weeks or More That They Stopped Doing Regular Activities**

**Source:** State of Alaska Department of Health and Social Services, Division of Public Health, Chronic Disease & Health Promotion. *Youth Risk Behavior Survey* [YRBS] 2011 & 2013 data, <http://dhss.alaska.gov/dph/Chronic/Pages/yrbs/yrbs.aspx>.



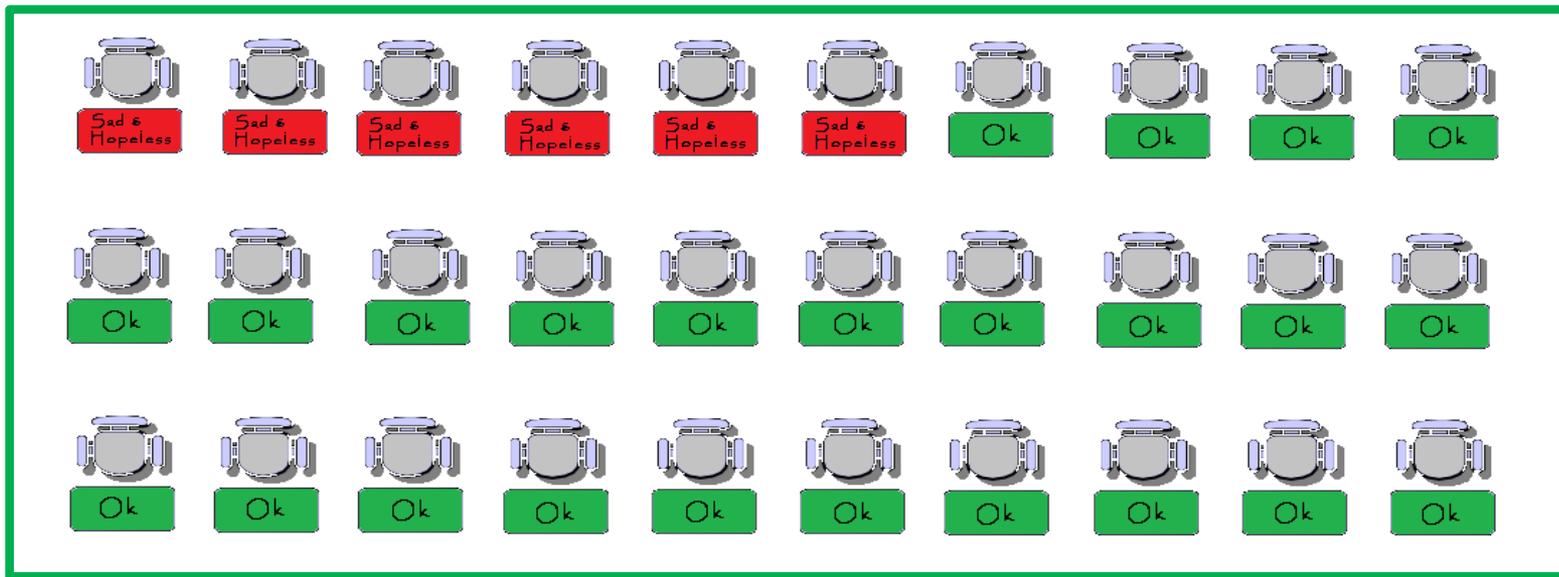
# Does it Make a Difference if a Student Thinks He/She Matters to The Community?

Students Don't Think They Matter



51% Felt OK

Students Think They Matter

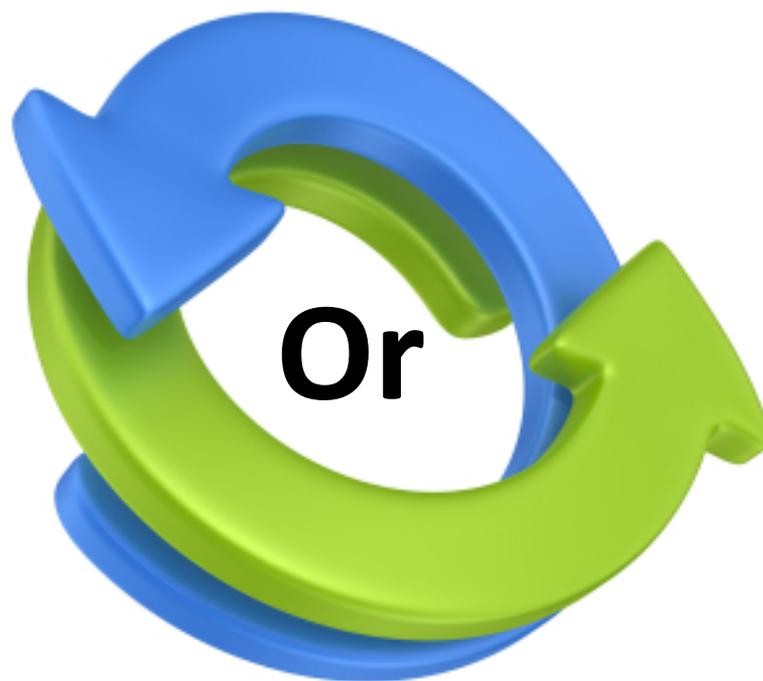


80% Felt Ok

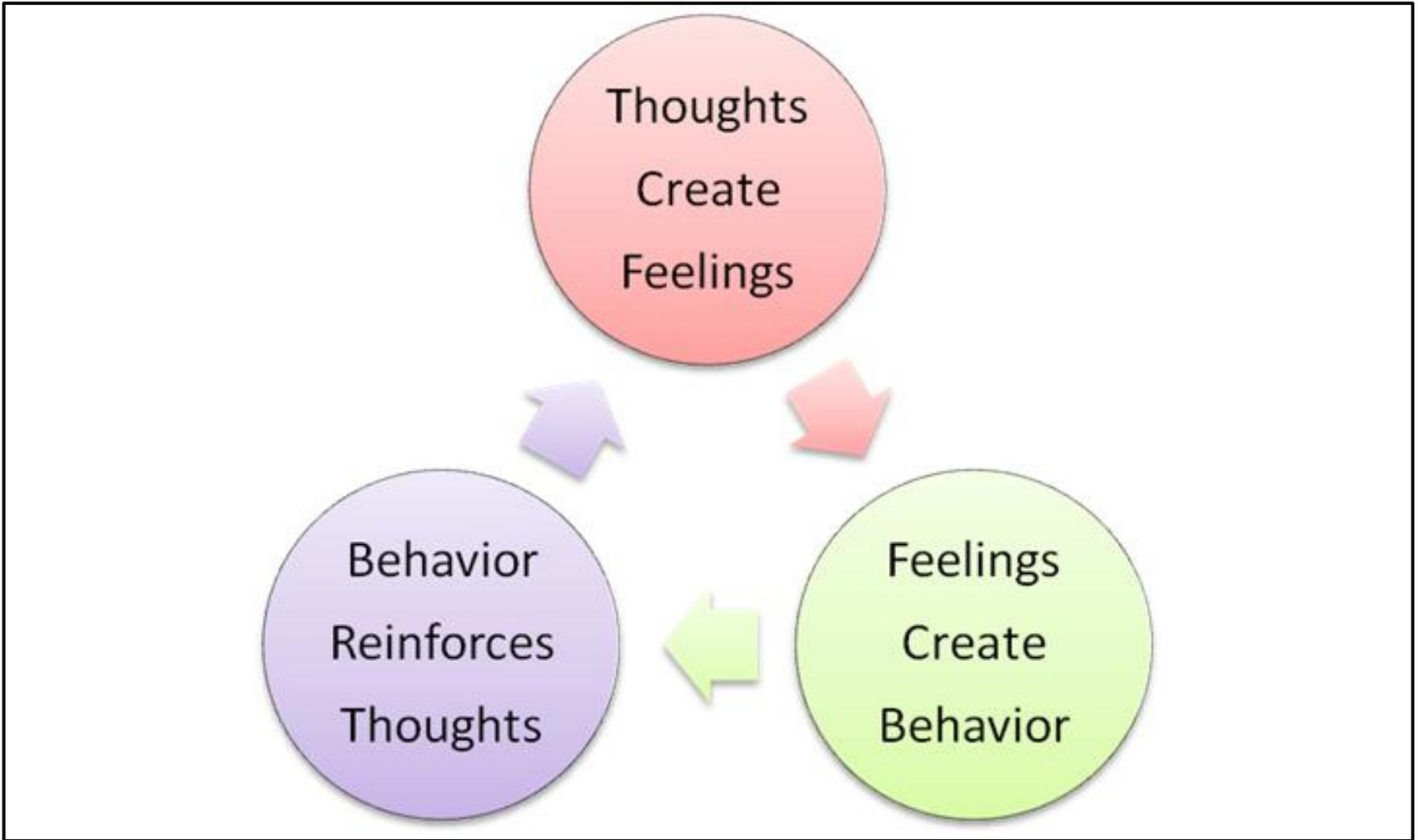
Source: State of Alaska Department of Health and Social Services, Division of Public Health, Chronic Disease & Health Promotion. Youth Risk Behavior Survey [YRBS] 2011 & 2013 data, <http://dhss.alaska.gov/dph/Chronic/Pages/yrbs/yrbs.aspx>.



Is it because students think they matter in their communities that they are less likely to have experienced depressive symptoms in the past year?



Is it because students have been experiencing depressive symptoms in the past year that they are less likely to think they matter in their communities?



Cognitive Behavioral Therapy (CBT) is the most widely researched and evidence-based form of therapy. CBT has been shown in more than one thousand studies to be effective in treating a wide range of psychiatric disorders and psychological problems. In contrast to other forms of psychotherapy, cognitive therapy is focused on the present, practical and problem-solving oriented. <http://www.nyccognitivetherapy.com/>



# One Protective Factor

## Youth Risk Behavior Survey

### Do you feel alone in your life?

Unless otherwise noted the data used for these analyses are the combined 2011 & 2013 data. The survey responses were analyzed from all traditional high school students who responded rather than a weighted sample because the analysis is examining the prevalence of one outcome within the context of, the presence or absence, of a specific protective factor. Though the combined local data sample was not scientifically selected and is also not weighted (as is the statewide sample), the large number of responses collected from a broad cross-section of traditional schools in both urban and rural school districts allows us the reasonable expectation that these data are representative of Alaska's traditional high school students. Additionally, the large sample size of the local sample allows us to look at the finer gradations of the different response categories for the selected measures.

**Source:** State of Alaska Department of Health and Social Services, Division of Public Health, Chronic Disease & Health Promotion. *Youth Risk Behavior Survey* [YRBS] 2011 &/or 2013 data, <http://dhss.alaska.gov/dph/Chronic/Pages/yrbs/yrbs.aspx> . These results are from thousands of Alaska High School Students responses to the YRBS. These slides were prepared by the Alaska Mental Health Board and Advisory Board on Alcoholism and Drug Abuse. Contact [patrick.sidmore@alaska.gov](mailto:patrick.sidmore@alaska.gov) for questions.



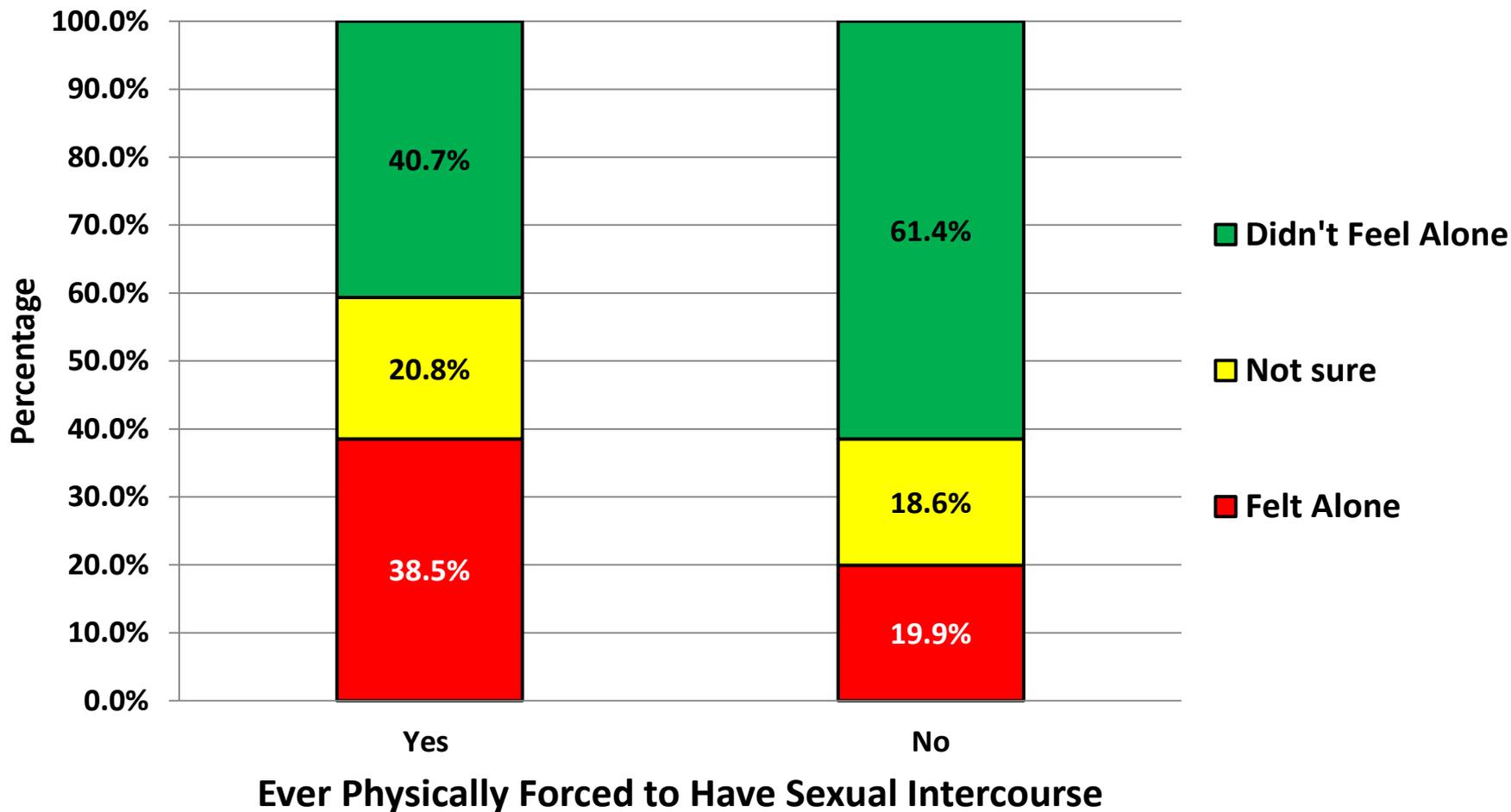
# Violence

**Alaskan Students Who Report Ever Having  
Being Forced to Have Sex by Whether or  
Not They Feel Alone in Their Lives**

# Alaska High School Students who have Ever Been Forced to Have Sex by

## How they Answered the Question:

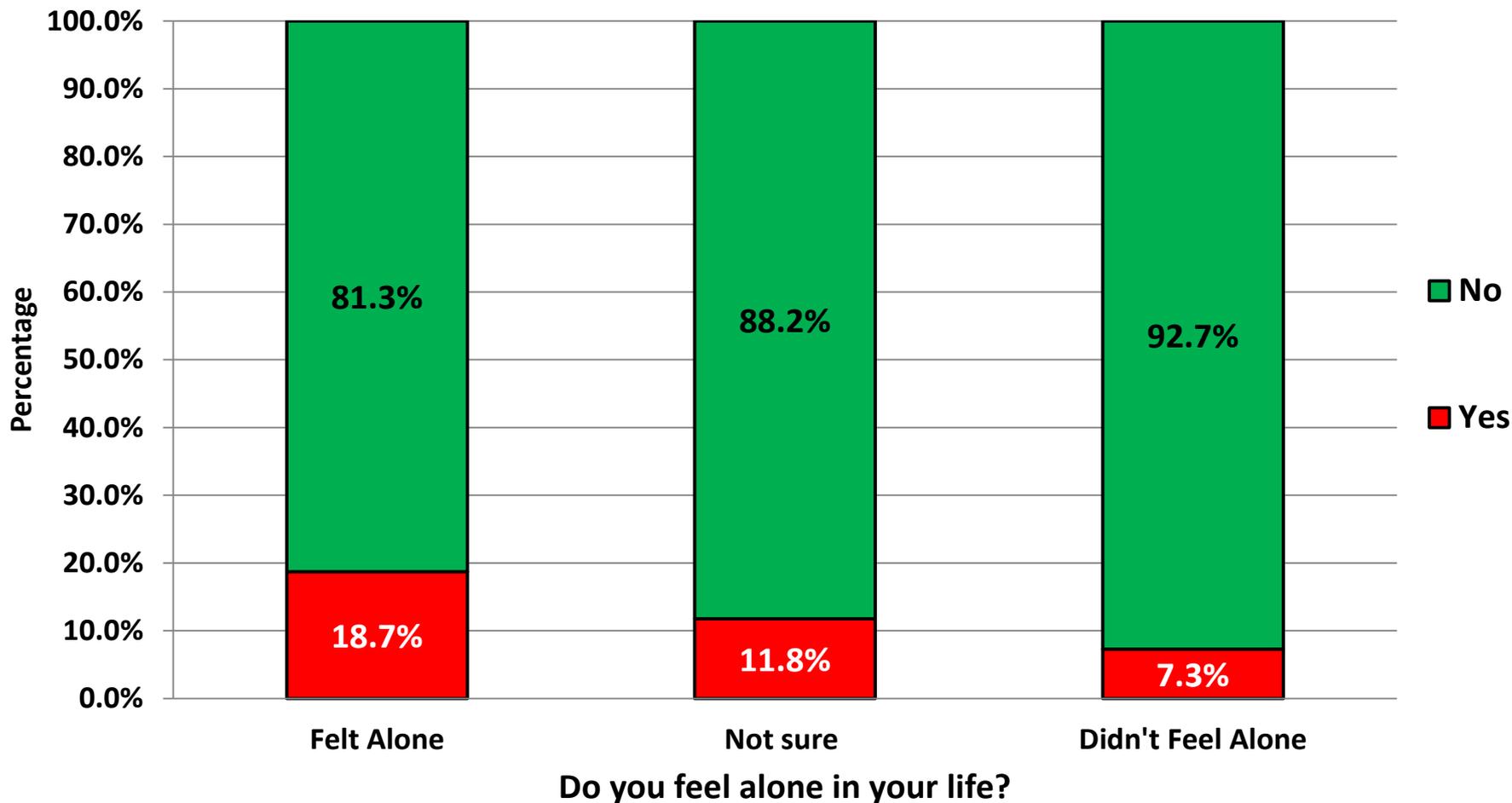
### Do you Feel alone in your life?



**Source:** State of Alaska Department of Health and Social Services, Division of Public Health, Chronic Disease & Health Promotion. Youth Risk Behavior Survey [YRBS] 2011 & 2013 data, <http://dhss.alaska.gov/dph/Chronic/Pages/yrbs/yrbs.aspx>. These results are from 13,215 Alaska High School Students responses to the YRBS. This slide was prepared by the Alaska Mental Health Board and Advisory Board on Alcoholism and Drug Abuse.

# Alaskan Students' Perception of Feeling Alone by How they Answered the Question:

**Have you ever been forced to have sexual intercourse?**



**Source:** State of Alaska Department of Health and Social Services, Division of Public Health, Chronic Disease & Health Promotion. *Youth Risk Behavior Survey* [YRBS] 2011 & 2013 data, <http://dhss.alaska.gov/dph/Chronic/Pages/yrbs/yrbs.aspx>. These results are from 13,215 Alaska High School Students responses to the YRBS. This slide was prepared by the Alaska Mental Health Board and Advisory Board on Alcoholism and Drug Abuse.

Advisory Board on Alcoholism  
and Drug Abuse



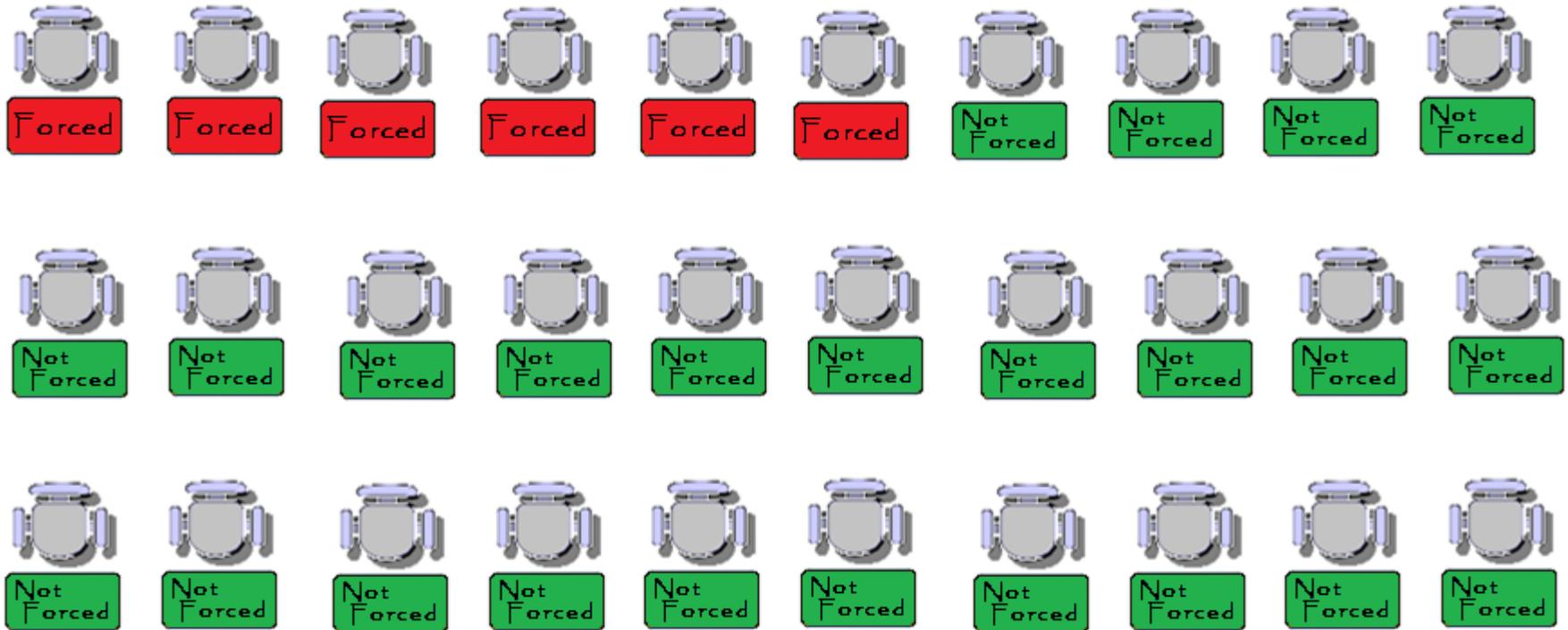
Alaska Mental Health Board



# Another way to look at it

- What follows is drawn from the answers of Alaskan high school students to the biennial Youth Risk Behavior Survey (YRBS).
- Slides show an hypothetical classroom of 30 students with and without a specific protective factor. In each case the YRBS data are used to display the array of possibilities for an outcome one would expect given the presents (or absence) of the protective factor.
- For each comparison there are two slides which show what it would look like with the protective factor and without it using the Alaskan data. The third slide compares the two side by side.

# An Alaskan High School Classroom Filled with Students Who Feel Alone in Their Lives



**19% Had been Forced to Have Sex**

**81% Had not Been Forced to Have Sex**

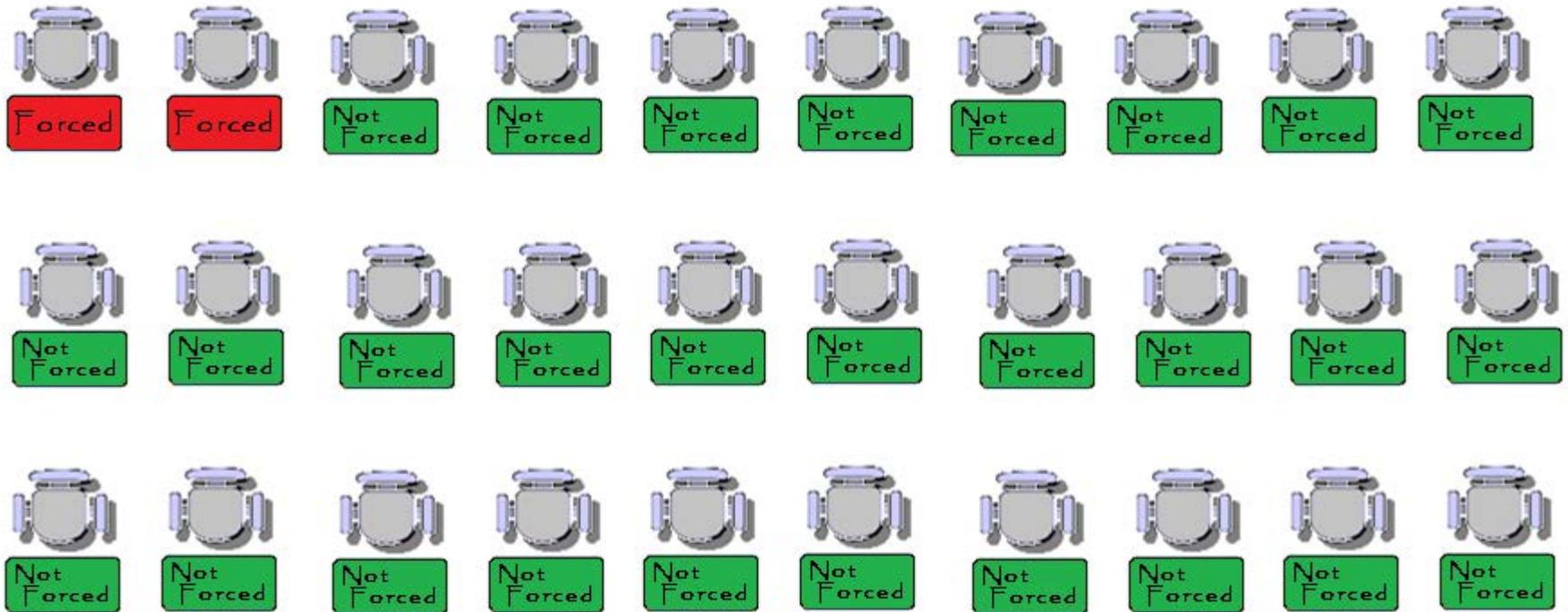
Source: State of Alaska Department of Health and Social Services, Division of Public Health, Chronic Disease & Health Promotion. *Youth Risk Behavior Survey* [YRBS] 2011 & 2013 data, <http://dhss.alaska.gov/dph/Chronic/Pages/yrbs/yrbs.aspx>.

Advisory Board on Alcoholism  
and Drug Abuse



Alaska Mental Health Board

# An Alaskan High School Classroom Filled with Students Who Don't Feel Alone in Their Lives



**7% Had been Forced to Have Sex**

**94% Had not Been Forced to Have Sex**

Source: State of Alaska Department of Health and Social Services, Division of Public Health, Chronic Disease & Health Promotion. *Youth Risk Behavior Survey* [YRBS] 2011 & 2013 data, <http://dhss.alaska.gov/dph/Chronic/Pages/yrbs/yrbs.aspx>.

Advisory Board on Alcoholism  
and Drug Abuse

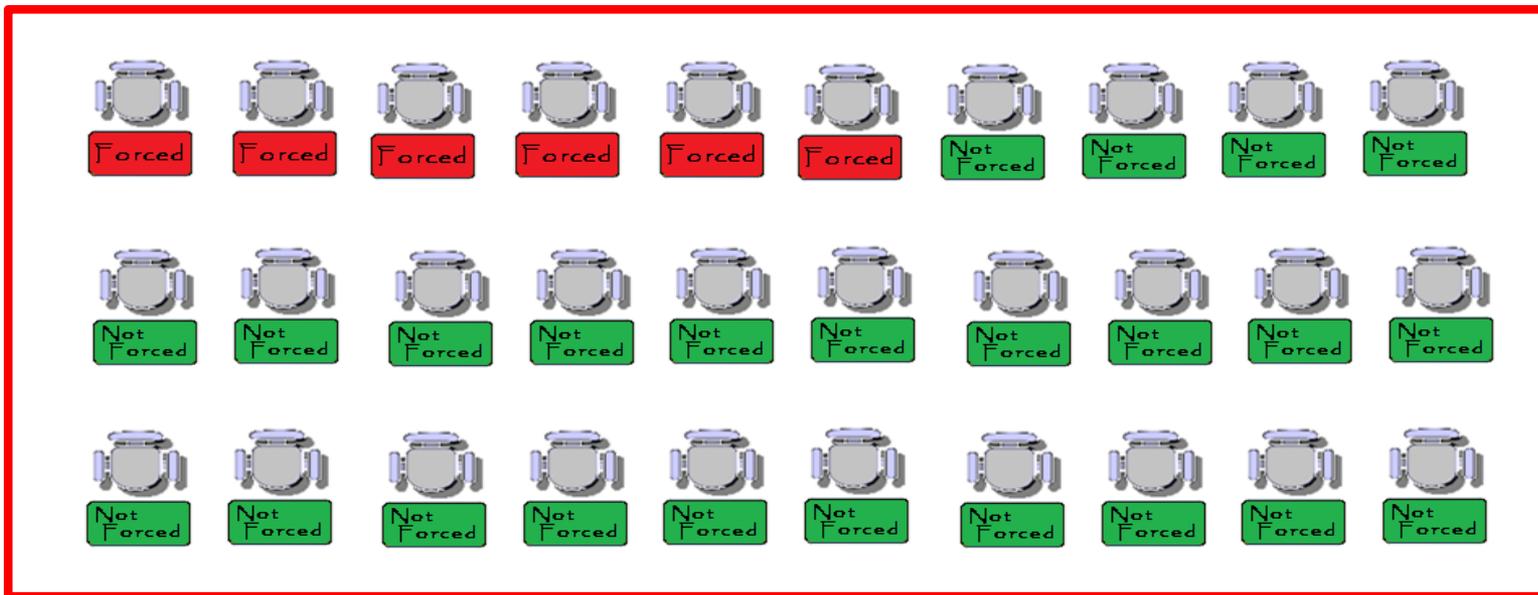


Alaska Mental Health Board



# Does it Make a Difference if a Student Feels Alone in His/Her Life?

**They Feel Alone**



**19% Have  
Been  
Forced to  
Have Sex**

**They Don't Feel Alone**



**7% Have  
Been  
Forced to  
Have Sex**

Source: State of Alaska Department of Health and Social Services, Division of Public Health, Chronic Disease & Health Promotion. *Youth Risk Behavior Survey* [YRBS] 2011 & 2013 data, <http://dhss.alaska.gov/dph/Chronic/Pages/yrbs/yrbs.aspx>.

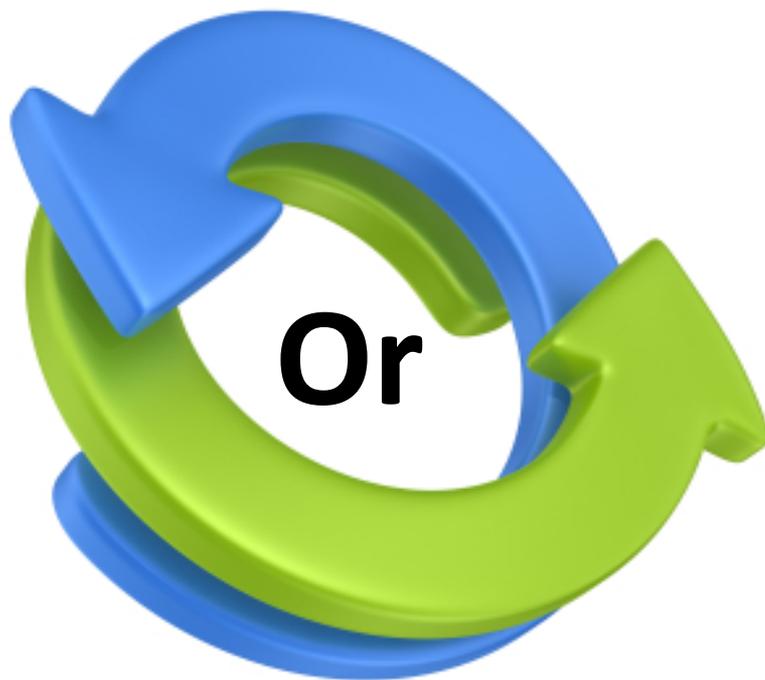
Advisory Board on Alcoholism  
and Drug Abuse



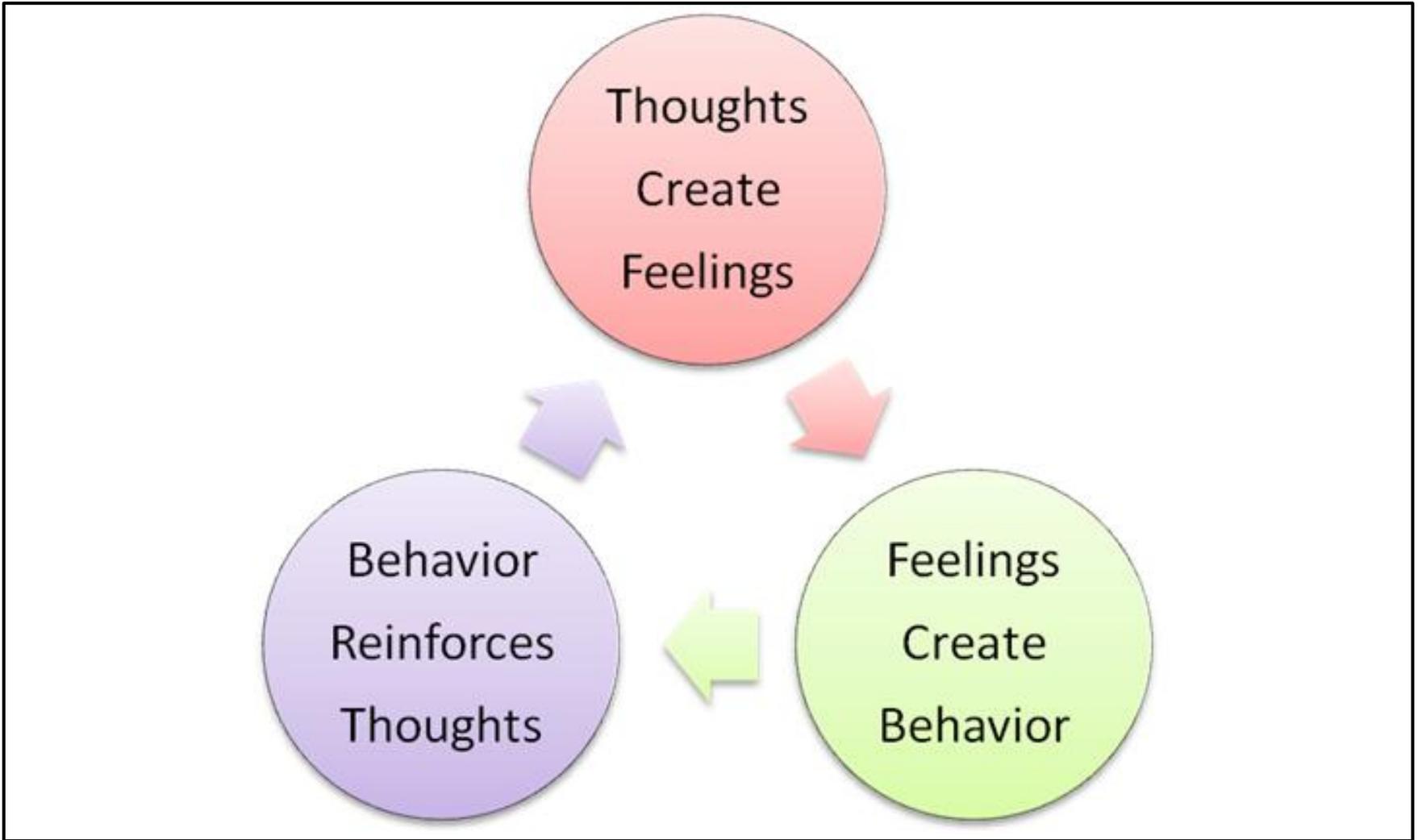
Alaska Mental Health Board



Is it because students to have been forced to have sex that they are more likely to feel alone?



Is it because students feel alone that they are more likely to have been forced to have sex?



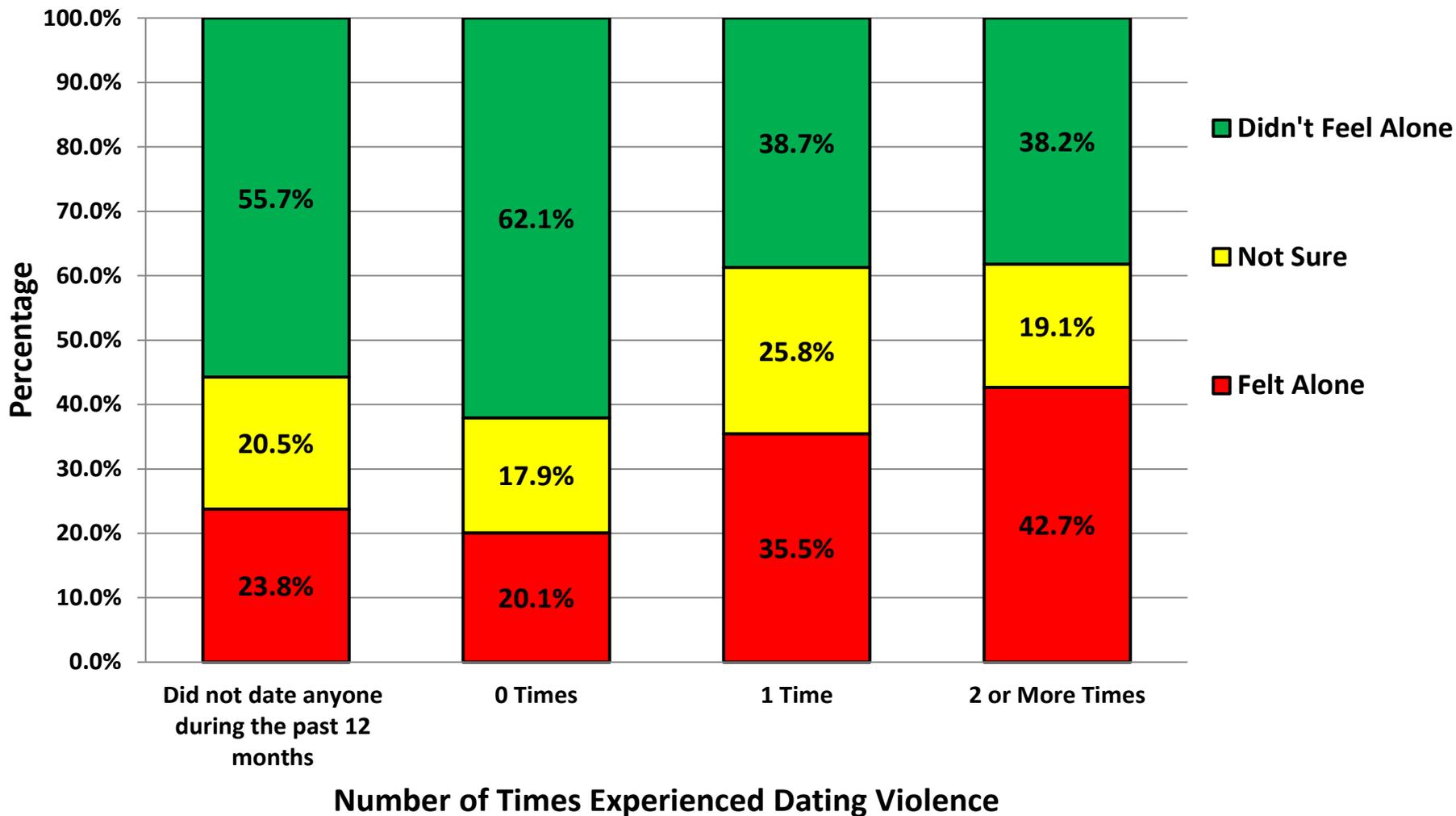
Cognitive Behavioral Therapy (CBT) is the most widely researched and evidence-based form of therapy. CBT has been shown in more than one thousand studies to be effective in treating a wide range of psychiatric disorders and psychological problems. In contrast to other forms of psychotherapy, cognitive therapy is focused on the present, practical and problem-solving oriented. <http://www.nyccognitivetherapy.com/>



# Violence

**Experienced Physical Dating Violence  
by Whether or Not The Student Feels  
Alone in His or Her Life**

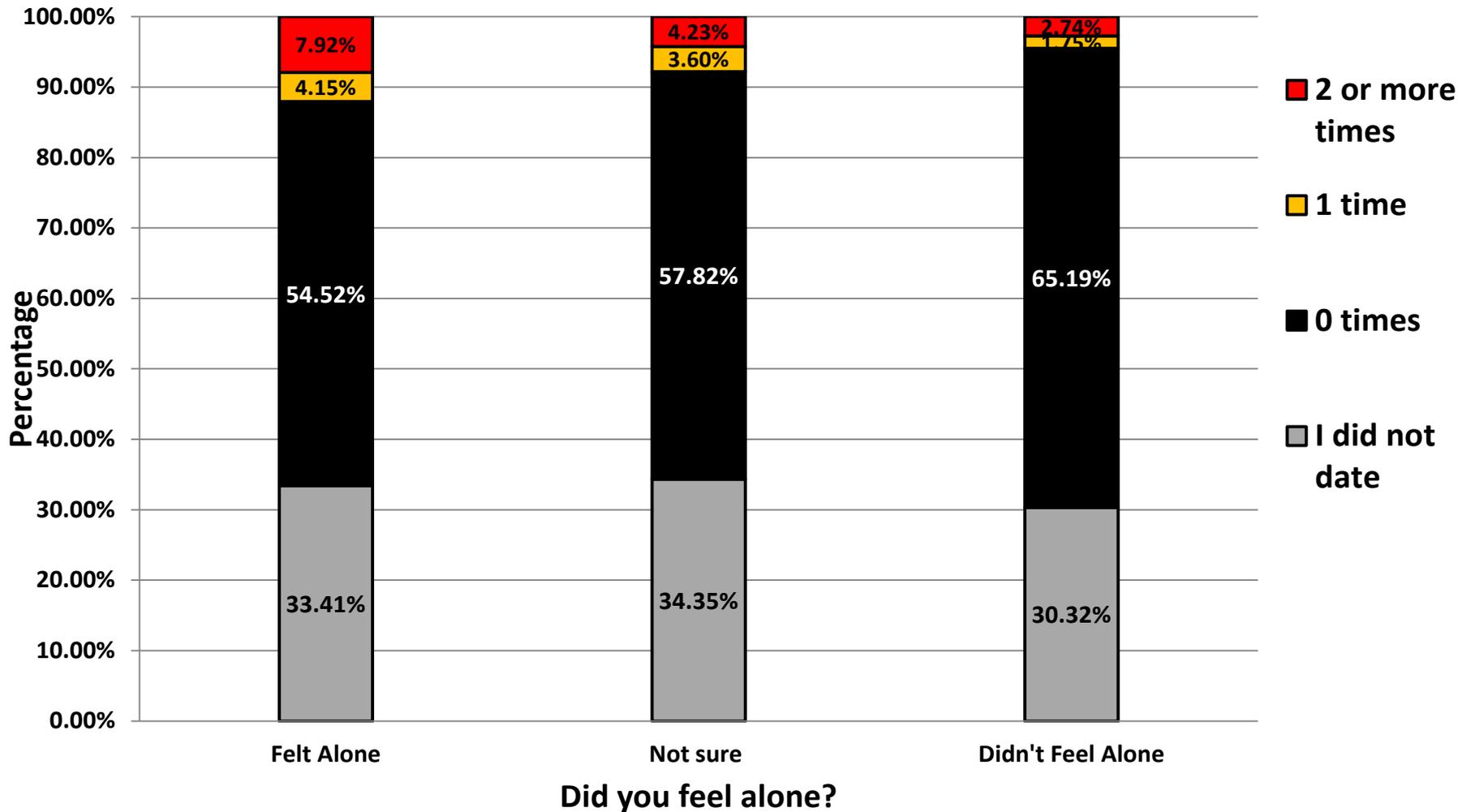
## Alaskan High School Students who Reported Dating Violence by the Answer to the Question: **Do you feel alone in your life?**



**Source:** State of Alaska Department of Health and Social Services, Division of Public Health, Chronic Disease & Health Promotion. *Youth Risk Behavior Survey* [YRBS] 2013 data, <http://dhss.alaska.gov/dph/Chronic/Pages/yrbs/yrbs.aspx>. These results are from 5,865 Alaska High School Students responses to the YRBS. This slide was prepared by the Alaska Mental Health Board and Advisory Board on Alcoholism and Drug Abuse.

# Percentage of Students who Felt Alone by How They Answered the Question:

**How many times did you experience physical dating violence?**



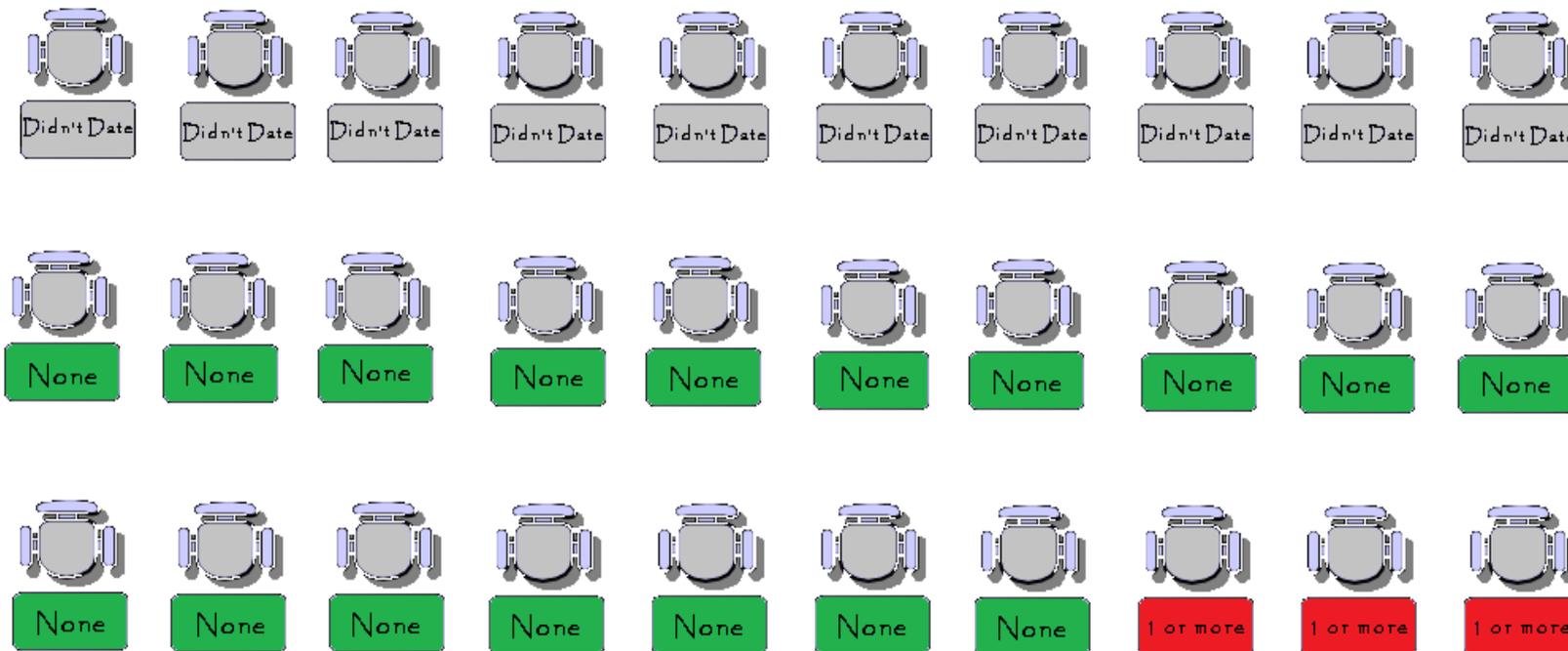
Source: State of Alaska Department of Health and Social Services, Division of Public Health, Chronic Disease & Health Promotion. *Youth Risk Behavior Survey* [YRBS] 2013 data, <http://dhss.alaska.gov/dph/Chronic/Pages/yrbs/yrbs.aspx>. These results are from 5,865 Alaska High School Students responses to the YRBS. This slide was prepared by the Alaska Mental Health Board and Advisory Board on Alcoholism and Drug Abuse.



# Another way to look at it

- What follows is drawn from the answers of Alaskan high school students to the biennial Youth Risk Behavior Survey (YRBS).
- Slides show an hypothetical classroom of 30 students with and without a specific protective factor. In each case the YRBS data are used to display the array of possibilities for an outcome one would expect given the presents (or absence) of the protective factor.
- For each comparison there are two slides which show what it would look like with the protective factor and without it using the Alaskan data. The third slide compares the two side by side.

# An Alaskan High School Classroom Filled with Students Who Feel Alone in Their Lives



## Experienced Physical Dating Violence

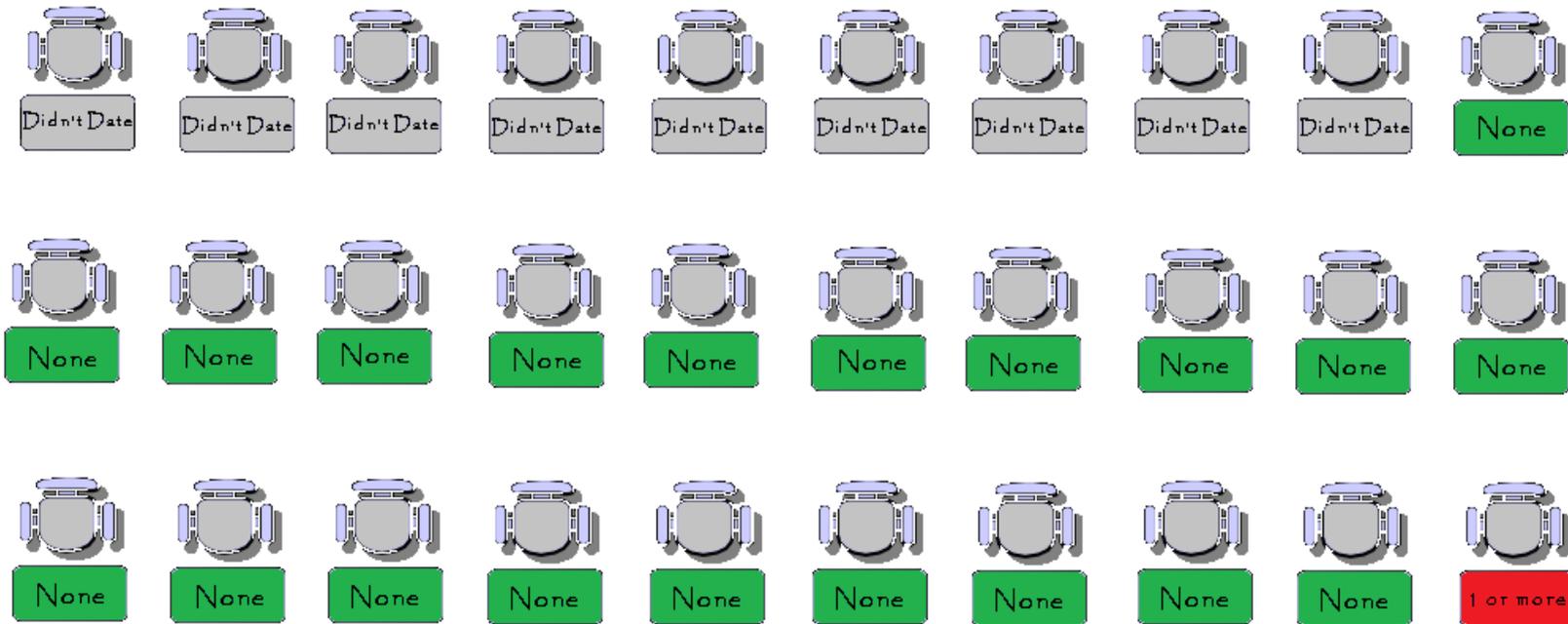
Source: State of Alaska Department of Health and Social Services, Division of Public Health, Chronic Disease & Health Promotion. *Youth Risk Behavior Survey* [YRBS] 2011 & 2013 data, <http://dhss.alaska.gov/dph/Chronic/Pages/yrbs/yrbs.aspx>.

Advisory Board on Alcoholism  
and Drug Abuse



Alaska Mental Health Board

# An Alaskan High School Classroom Filled with Students Who Don't Feel Alone in Their Lives



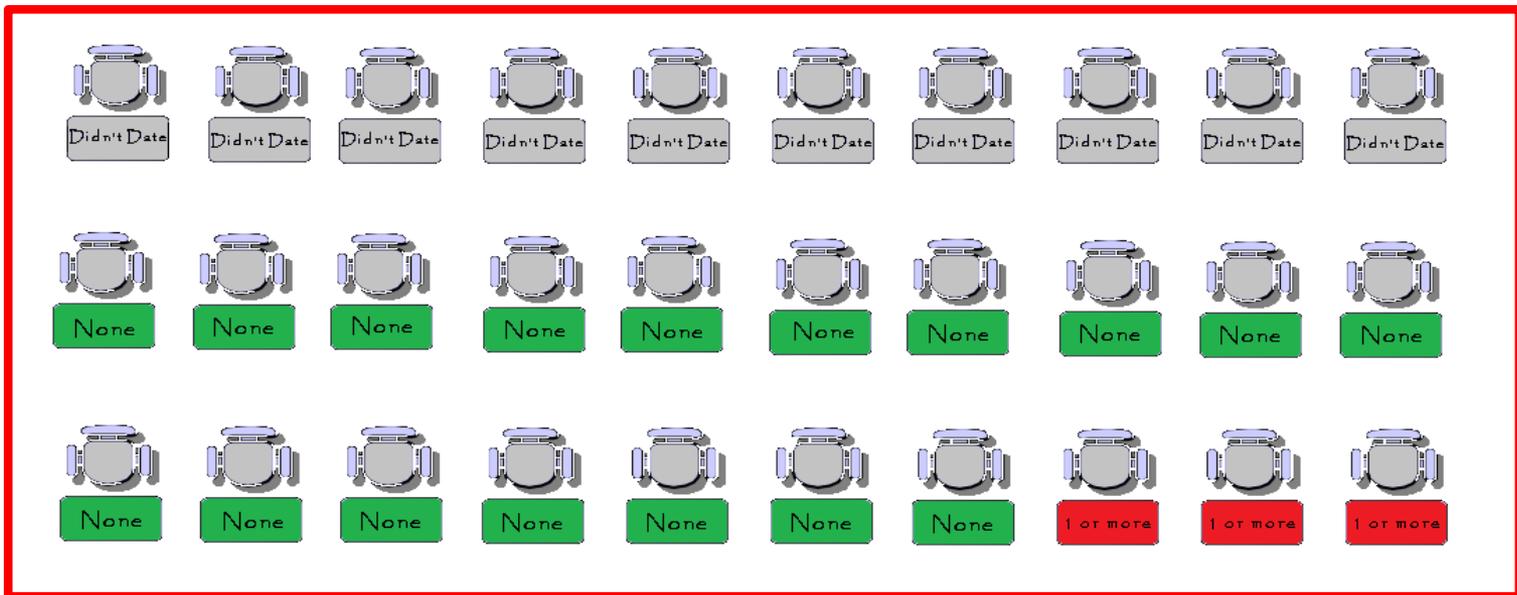
## Experienced Physical Dating Violence

Source: State of Alaska Department of Health and Social Services, Division of Public Health, Chronic Disease & Health Promotion. *Youth Risk Behavior Survey* [YRBS] 2011 & 2013 data, <http://dhss.alaska.gov/dph/Chronic/Pages/yrbs/yrbs.aspx>.



# Does it Make a Difference if a Student Feels Alone in His/Her Life?

They Feel Alone



12.1% Have Experienced Physical Dating Violence

They Don't Feel Alone

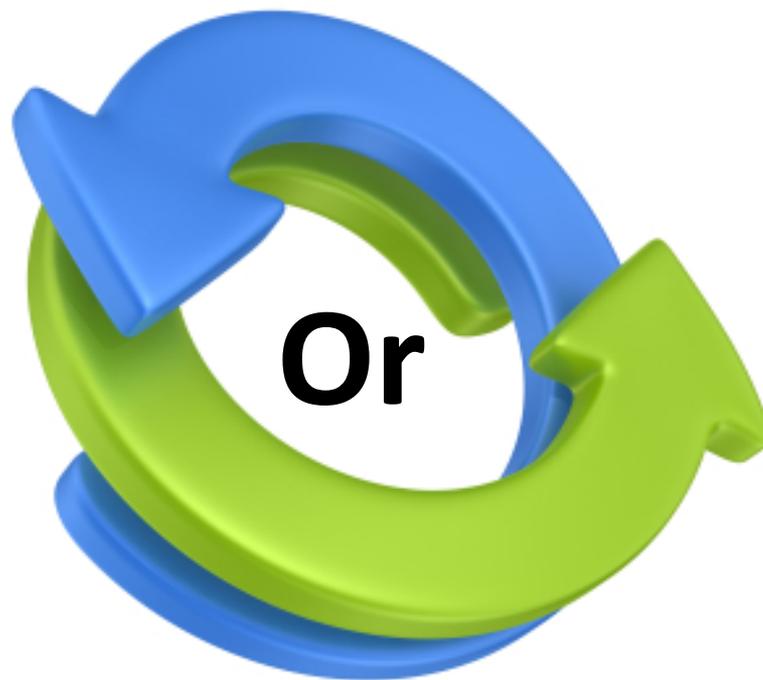


4.5% Have Experienced Physical Dating Violence

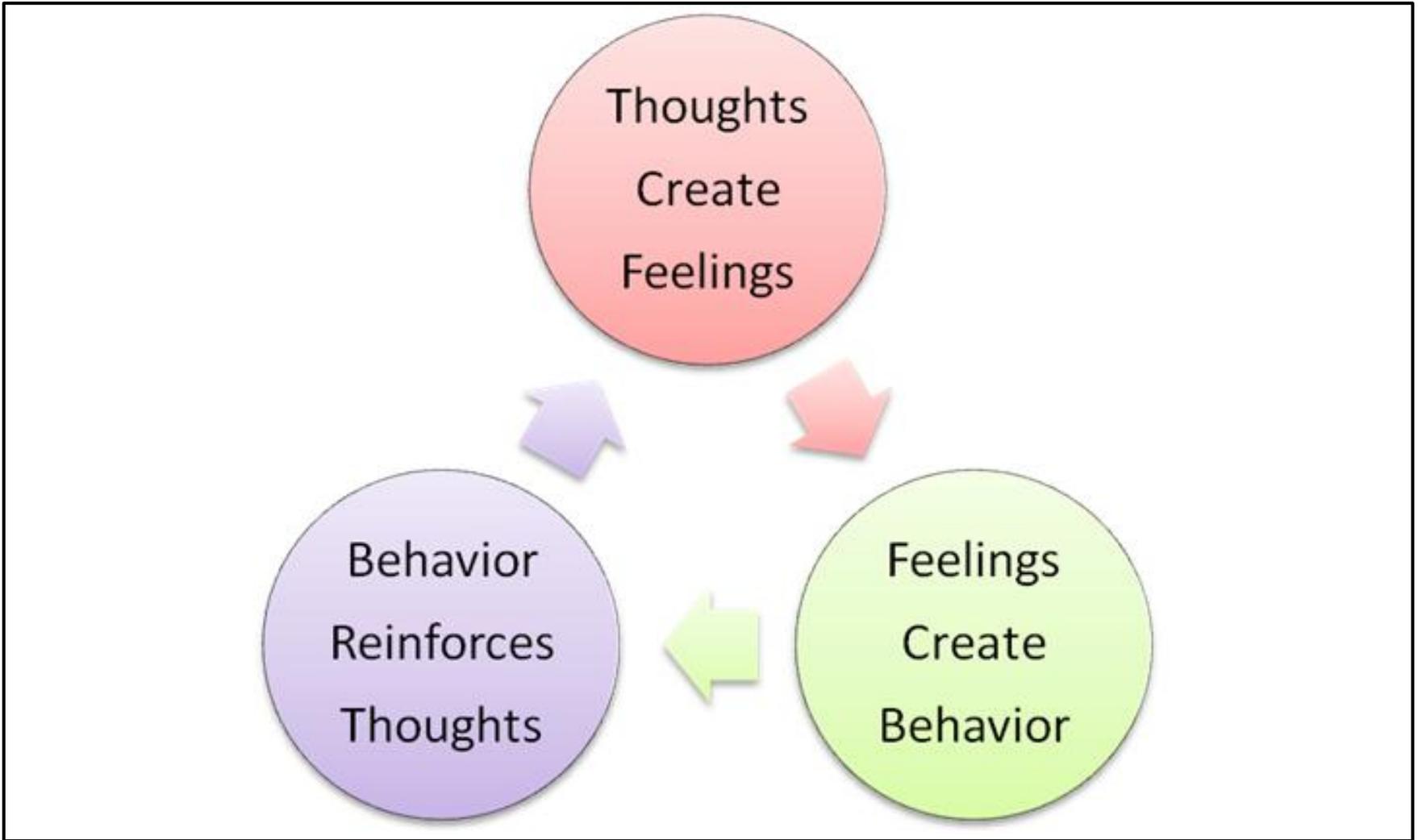
Source: State of Alaska Department of Health and Social Services, Division of Public Health, Chronic Disease & Health Promotion. Youth Risk Behavior Survey [YRBS] 2011 & 2013 data, <http://dhss.alaska.gov/dph/Chronic/Pages/yrbs/yrbs.aspx>.



Is it because students report not feeling alone in their lives that report lower dating violence?



Is it because students report lower dating Violence that they report not feeling alone?



Cognitive Behavioral Therapy (CBT) is the most widely researched and evidence-based form of therapy. CBT has been shown in more than one thousand studies to be effective in treating a wide range of psychiatric disorders and psychological problems. In contrast to other forms of psychotherapy, cognitive therapy is focused on the present, practical and problem-solving oriented. <http://www.nyccognitivetherapy.com/>



# One Protective Factor

## Youth Risk Behavior Survey

### How often do your parents ask you about school?

Unless otherwise noted the data used for these analyses are the combined 2011 & 2013 data. The survey responses were analyzed from all traditional high school students who responded rather than a weighted sample because the analysis is examining the prevalence of one outcome within the context of, the presence or absence, of a specific protective factor. Though the combined local data sample was not scientifically selected and is also not weighted (as is the statewide sample), the large number of responses collected from a broad cross-section of traditional schools in both urban and rural school districts allows us the reasonable expectation that these data are representative of Alaska's traditional high school students. Additionally, the large sample size of the local sample allows us to look at the finer gradations of the different response categories for the selected measures.

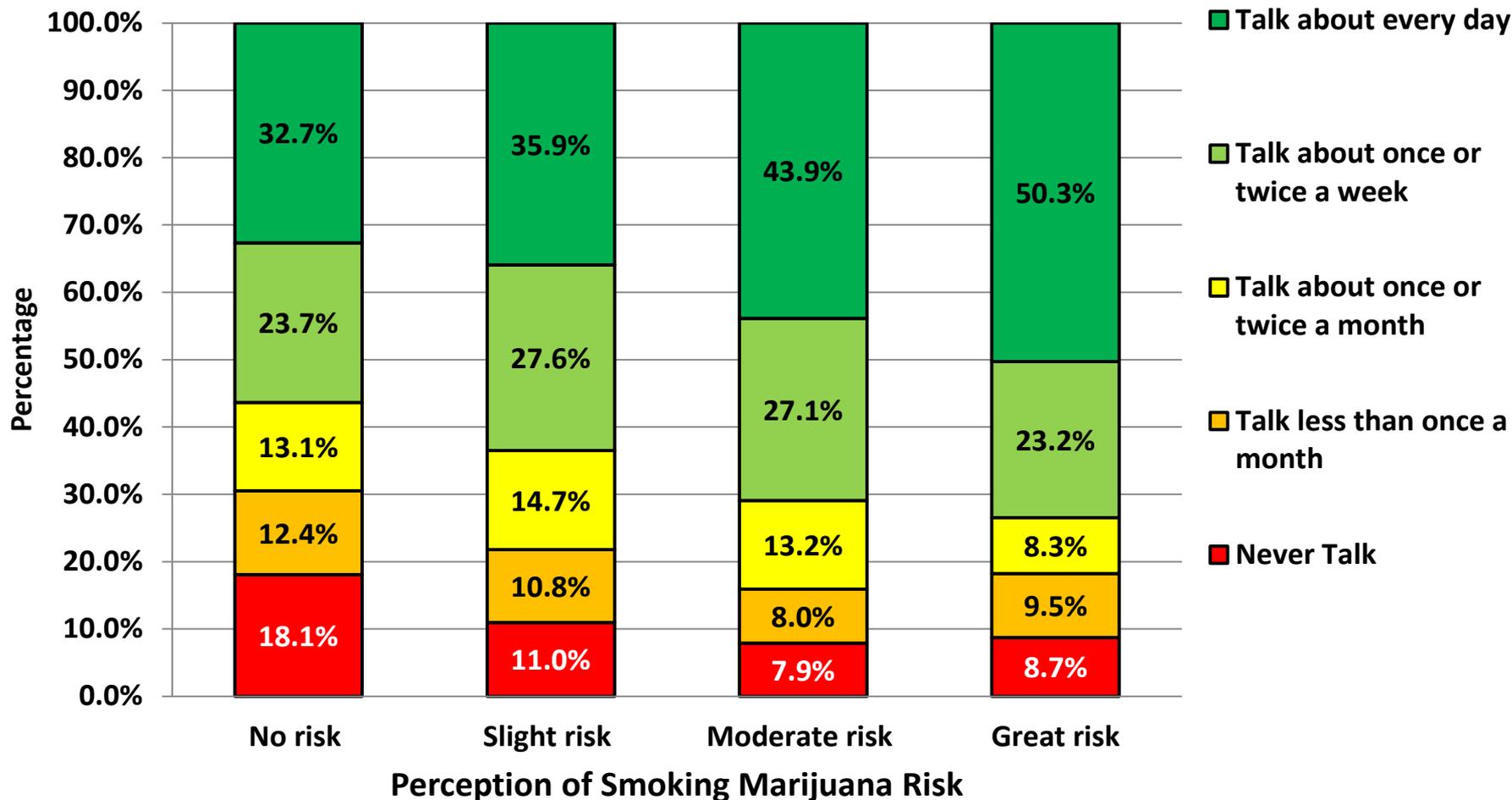
**Source:** State of Alaska Department of Health and Social Services, Division of Public Health, Chronic Disease & Health Promotion. *Youth Risk Behavior Survey* [YRBS] 2011 &/or 2013 data, <http://dhss.alaska.gov/dph/Chronic/Pages/yrbs/yrbs.aspx>. These results are from thousands of Alaska High School Students responses to the YRBS. These slides were prepared by the Alaska Mental Health Board and Advisory Board on Alcoholism and Drug Abuse. Contact [patrick.sidmore@alaska.gov](mailto:patrick.sidmore@alaska.gov) for questions.



# Substance Abuse

**Perceptions of the Risk of Weekly  
Marijuana Use by How Often  
Parents Ask Students About School**

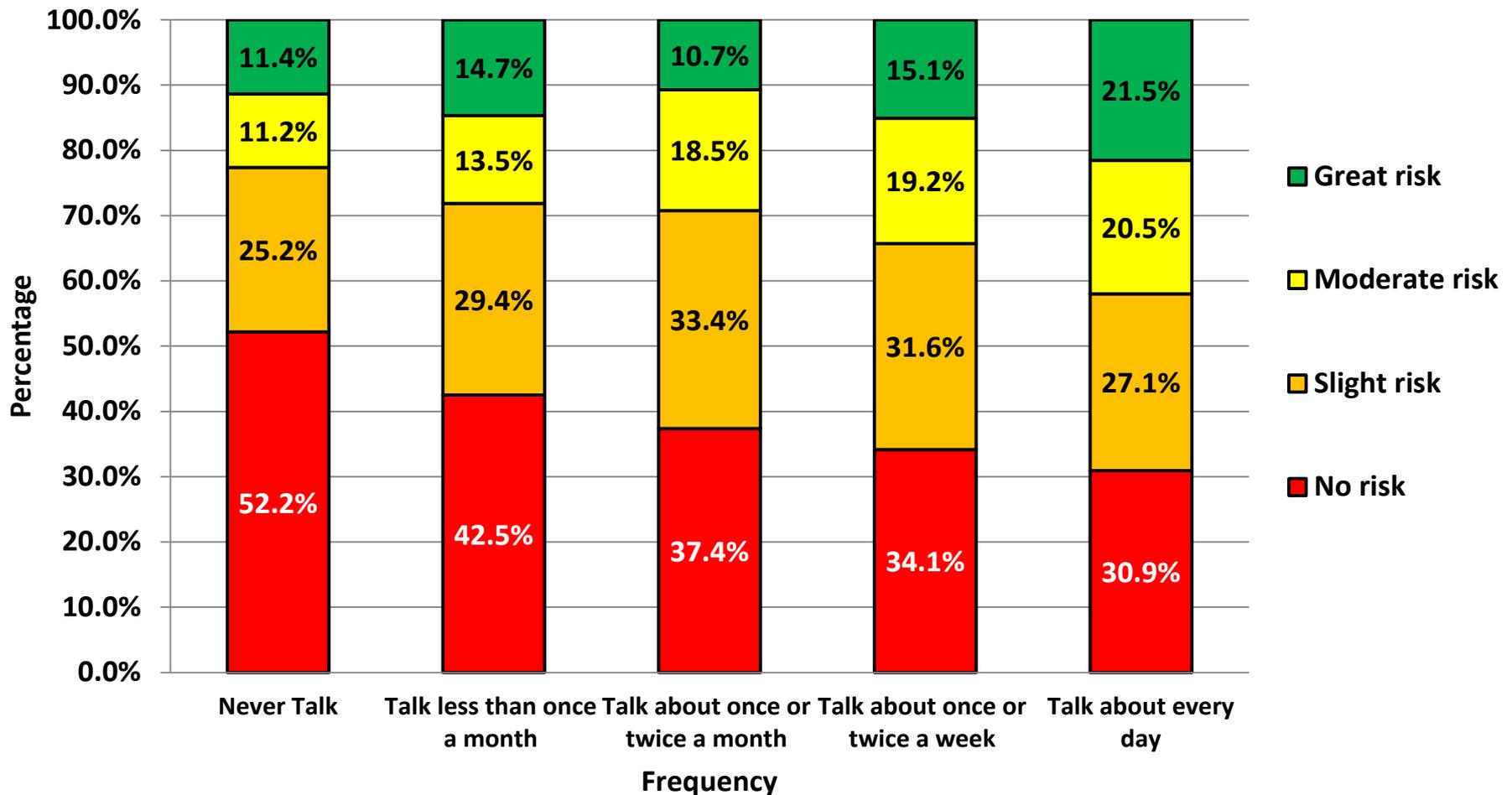
## Perception of Risk for Smoking Marijuana of Alaskan High School Students by How they Answered the Question: How Often Do Your Parents Ask About School?



**Source:** State of Alaska Department of Health and Social Services, Division of Public Health, Chronic Disease & Health Promotion. *Youth Risk Behavior Survey* [YRBS] 2013 data, <http://dhss.alaska.gov/dph/Chronic/Pages/yrbs/yrbs.aspx>. These results are from 6,124 Alaska High School Students responses to the YRBS. This slide was prepared by the Alaska Mental Health Board and Advisory Board on Alcoholism and Drug Abuse.

# Frequency of Parents Talking to Their High School Students by How They Answered The Question:

**How risky do you think it is to smoke marijuana weekly?**



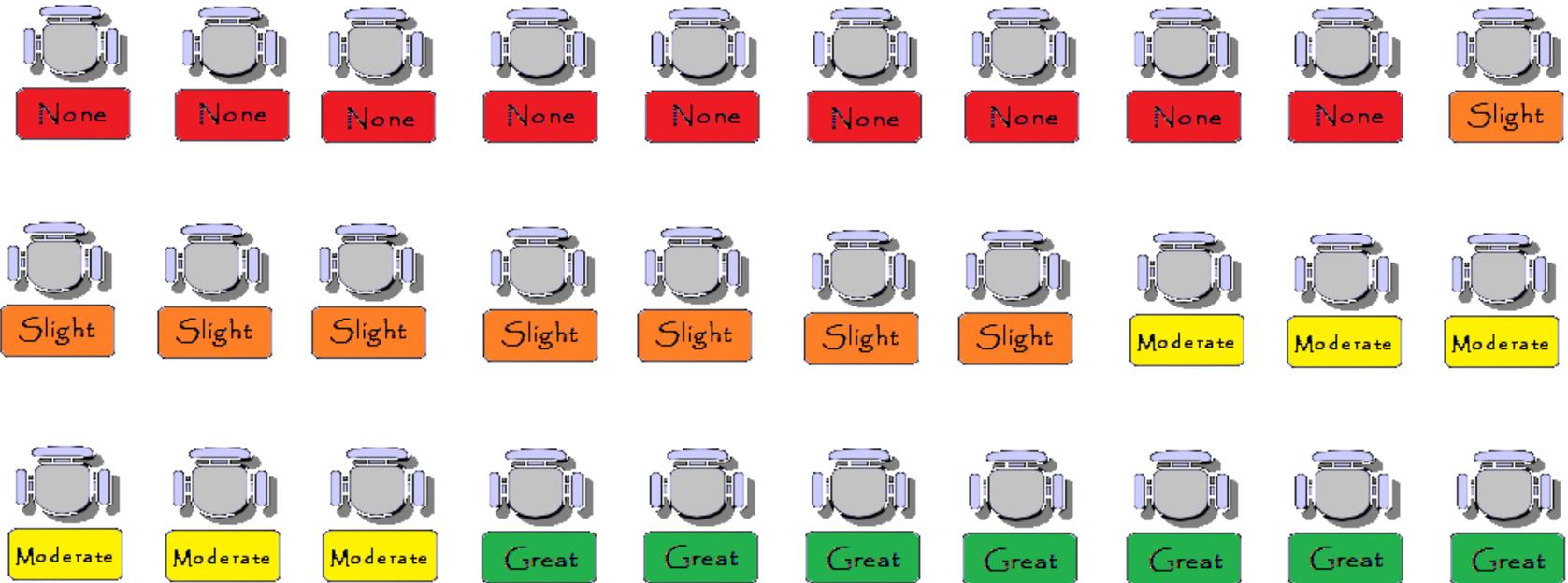
**Source:** State of Alaska Department of Health and Social Services, Division of Public Health, Chronic Disease & Health Promotion. *Youth Risk Behavior Survey* [YRBS] 2013 data, <http://dhss.alaska.gov/dph/Chronic/Pages/yrbs/yrbs.aspx>. These results are from 6,124 Alaska High School Students responses to the YRBS. This slide was prepared by the Alaska Mental Health Board and Advisory Board on Alcoholism and Drug Abuse.



# Another way to look at it

- What follows is drawn from the answers of Alaskan high school students to the biennial Youth Risk Behavior Survey (YRBS).
- Slides show an hypothetical classroom of 30 students with and without a specific protective factor. In each case the YRBS data are used to display the array of possibilities for an outcome one would expect given the presents (or absence) of the protective factor.
- For each comparison there are two slides which show what it would look like with the protective factor and without it using the Alaskan data. The third slide compares the two side by side.

# An Alaskan High School Classroom Filled with Students Whose Parents Ask Them About School Nearly Every Day

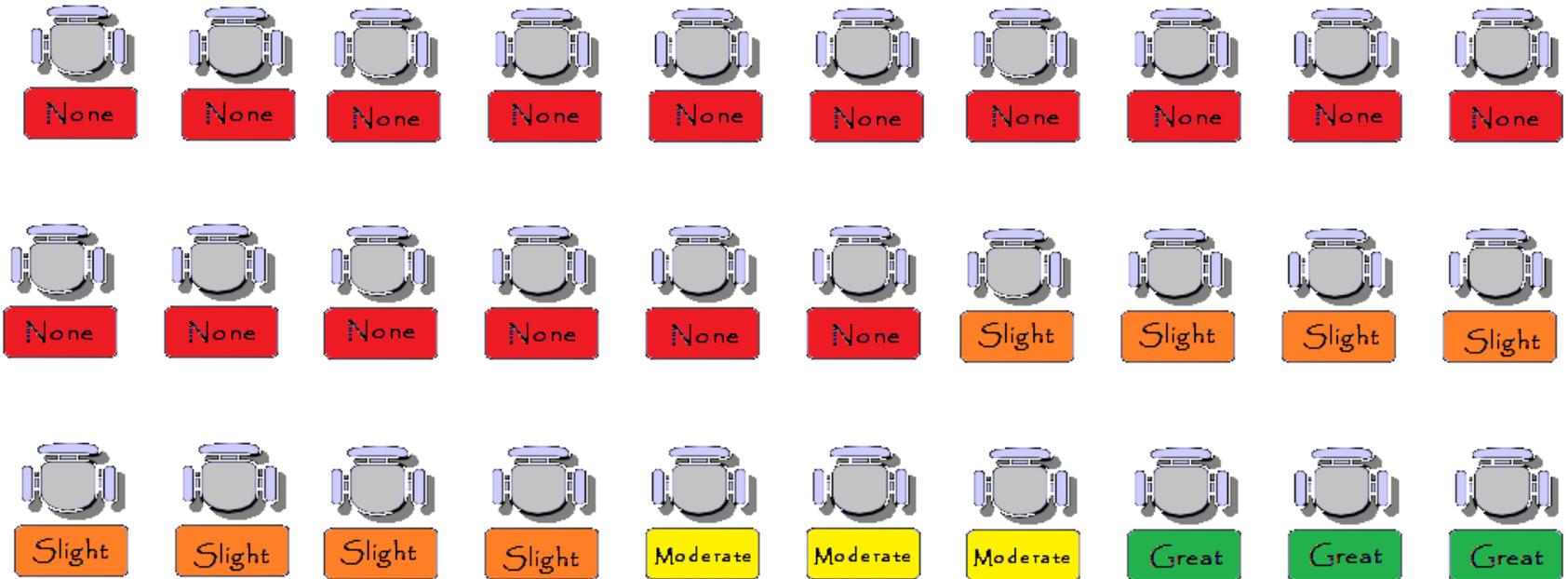


## What Students Think About the Risk of Smoking Marijuana Every Week

Source: State of Alaska Department of Health and Social Services, Division of Public Health, Chronic Disease & Health Promotion. *Youth Risk Behavior Survey* [YRBS] 2011 & 2013 data, <http://dhss.alaska.gov/dph/Chronic/Pages/yrbs/yrbs.aspx>.



# An Alaskan High School Classroom Filled with Students Whose Parents Never Ask Their Children About School

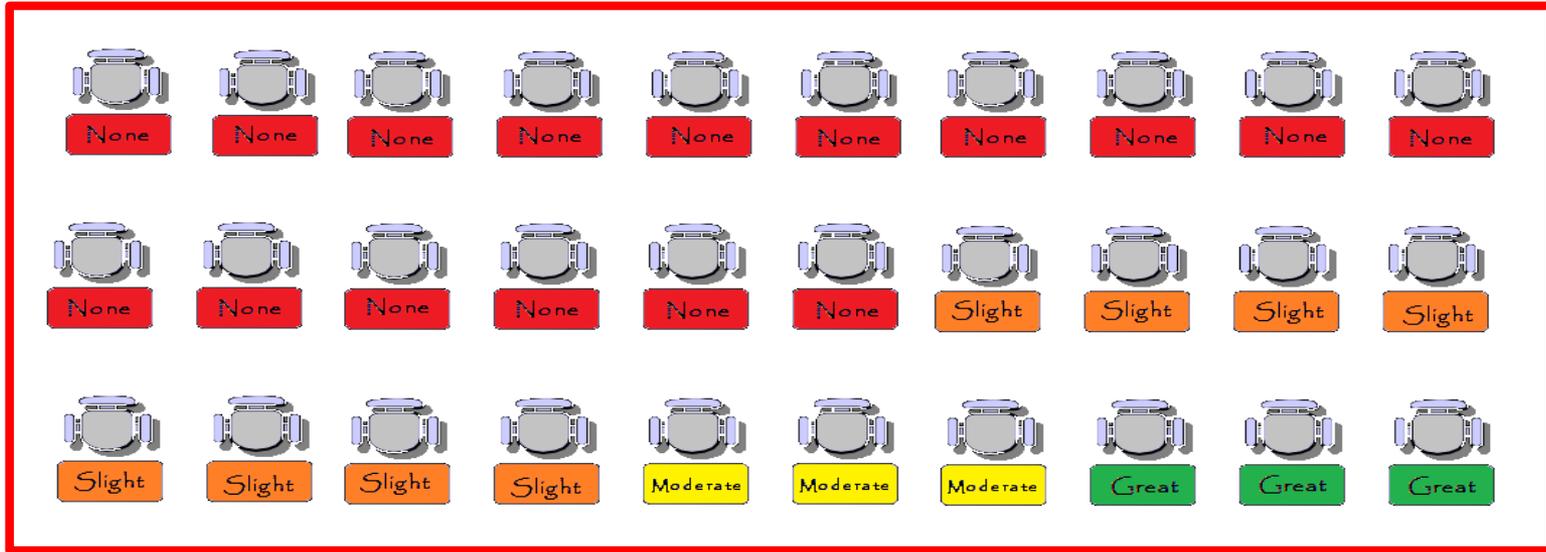


## What Students Think About the Risk of Smoking Marijuana Every Week

Source: State of Alaska Department of Health and Social Services, Division of Public Health, Chronic Disease & Health Promotion. *Youth Risk Behavior Survey* [YRBS] 2011 & 2013 data, <http://dhss.alaska.gov/dph/Chronic/Pages/yrbs/yrbs.aspx>.

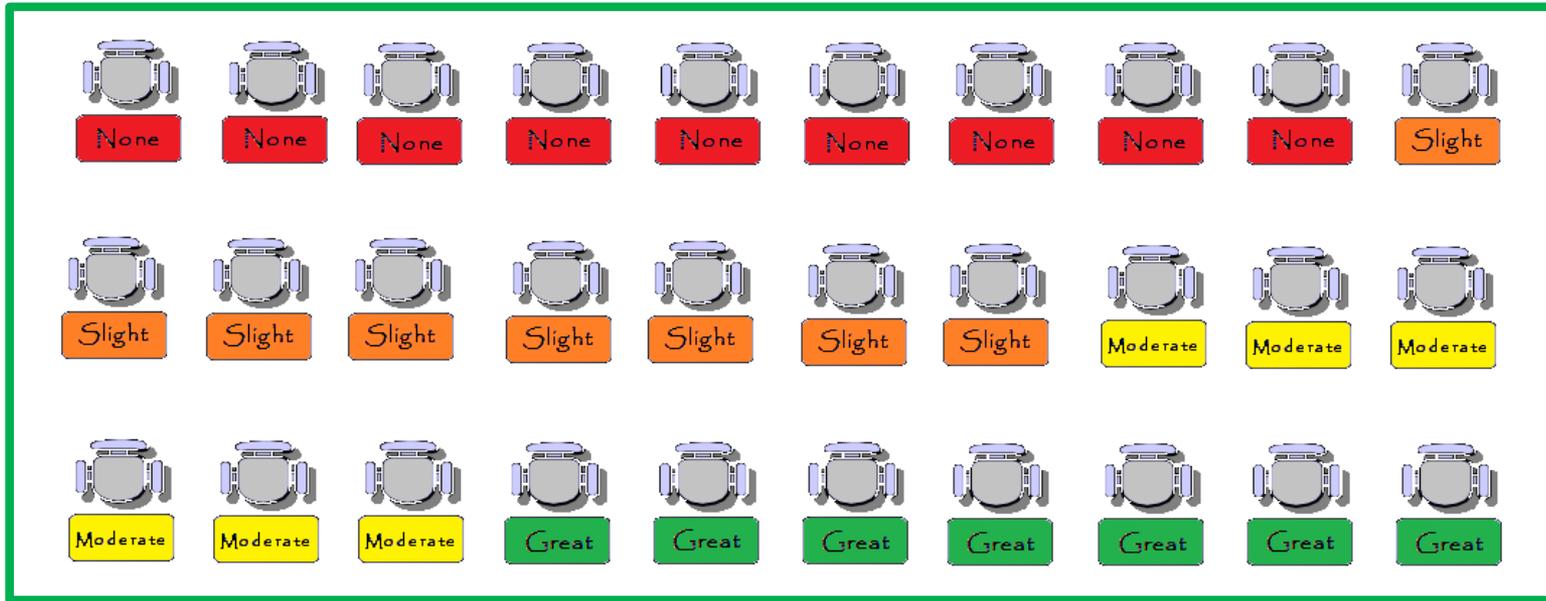
# Does it Make a Difference if a Parent Regularly Asks About School?

Parents Never Ask



77% Think Smoking Marijuana Regularly Is Slightly Or Not Risky

Parents Ask About Every Day

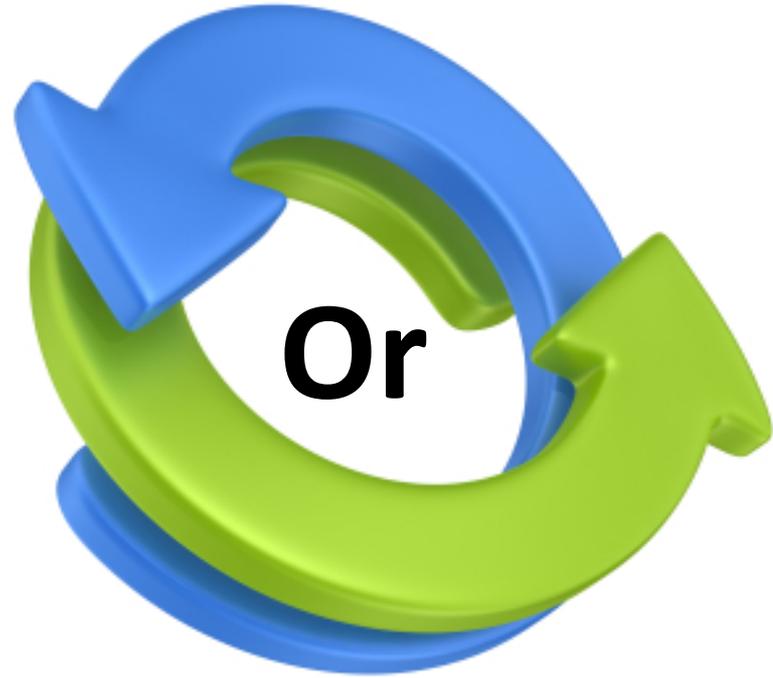


58% Think Smoking Marijuana Regularly Is Slightly Or Not Risky

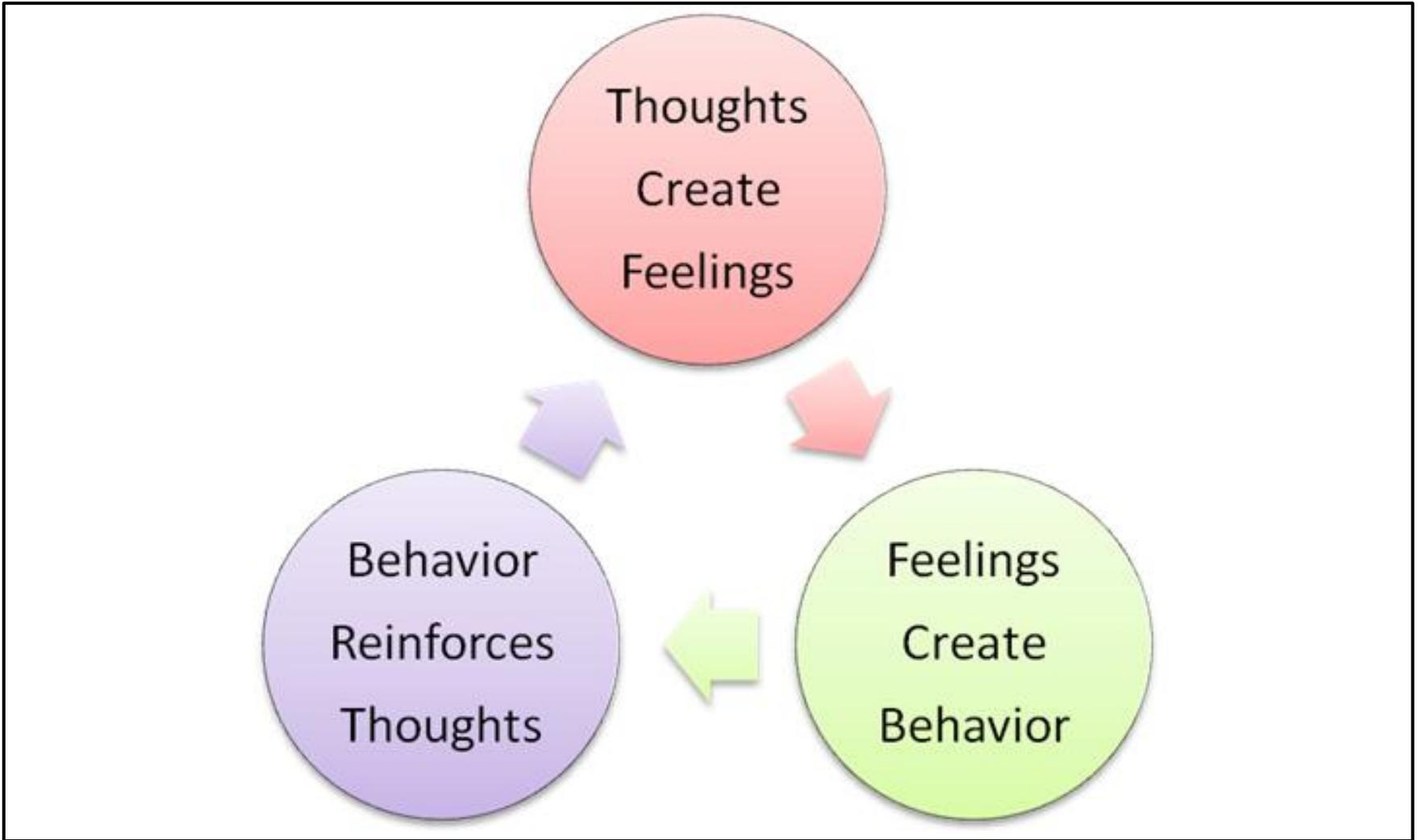
Source: State of Alaska Department of Health and Social Services, Division of Public Health, Chronic Disease & Health Promotion. Youth Risk Behavior Survey [YRBS] 2011 & 2013 data, <http://dhss.alaska.gov/dph/Chronic/Pages/yrbs/yrbs.aspx>.



Is it because students report their parents ask about school more often that they perceive greater risk from smoking marijuana



Is it because students feel greater risk from smoking marijuana that they are more likely to be asked by their parents about school?



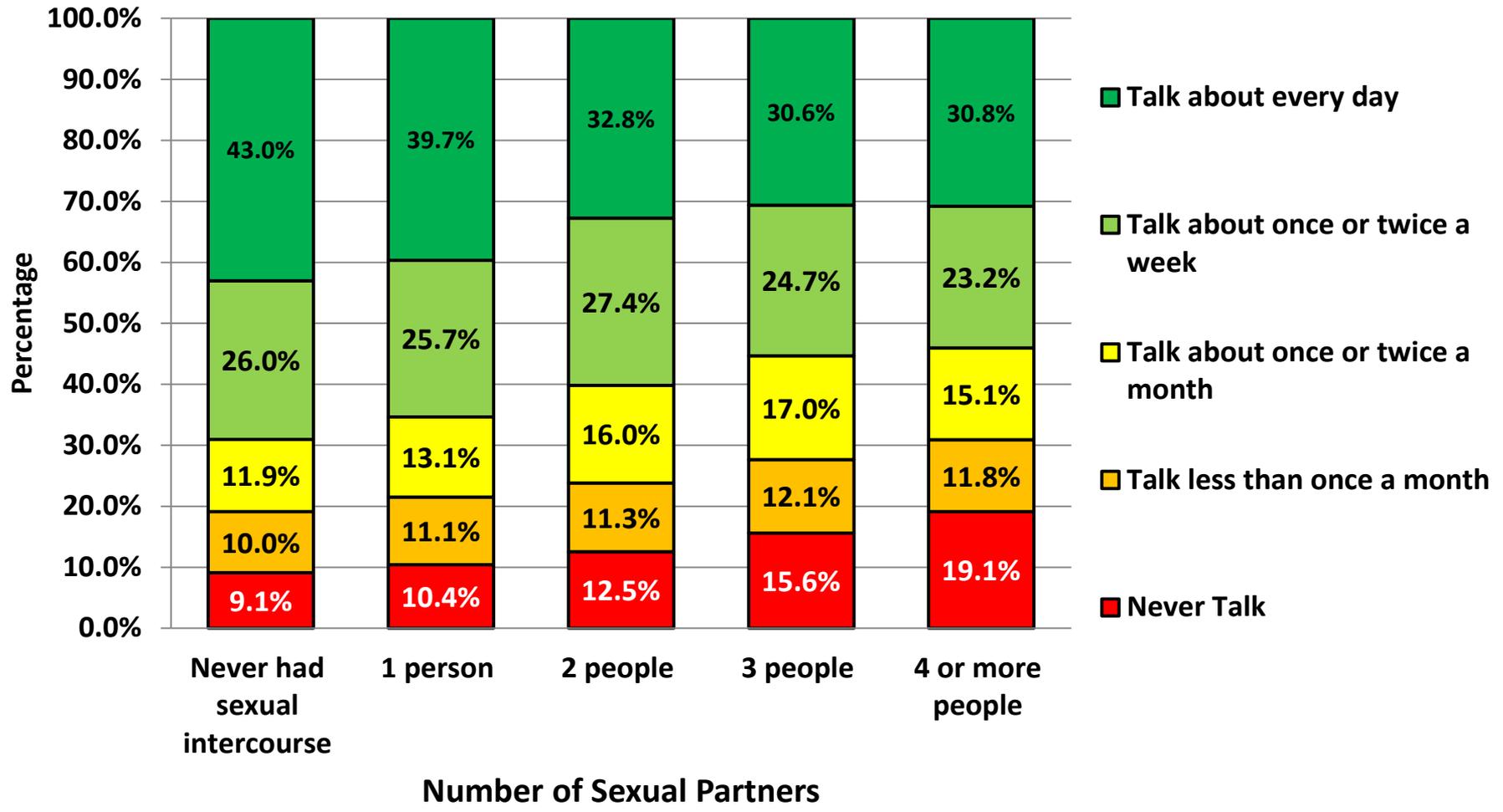
Cognitive Behavioral Therapy (CBT) is the most widely researched and evidence-based form of therapy. CBT has been shown in more than one thousand studies to be effective in treating a wide range of psychiatric disorders and psychological problems. In contrast to other forms of psychotherapy, cognitive therapy is focused on the present, practical and problem-solving oriented. <http://www.nyccognitivetherapy.com/>



# Sexuality

## Number of Sexual Partners by How Often Parents Ask About School

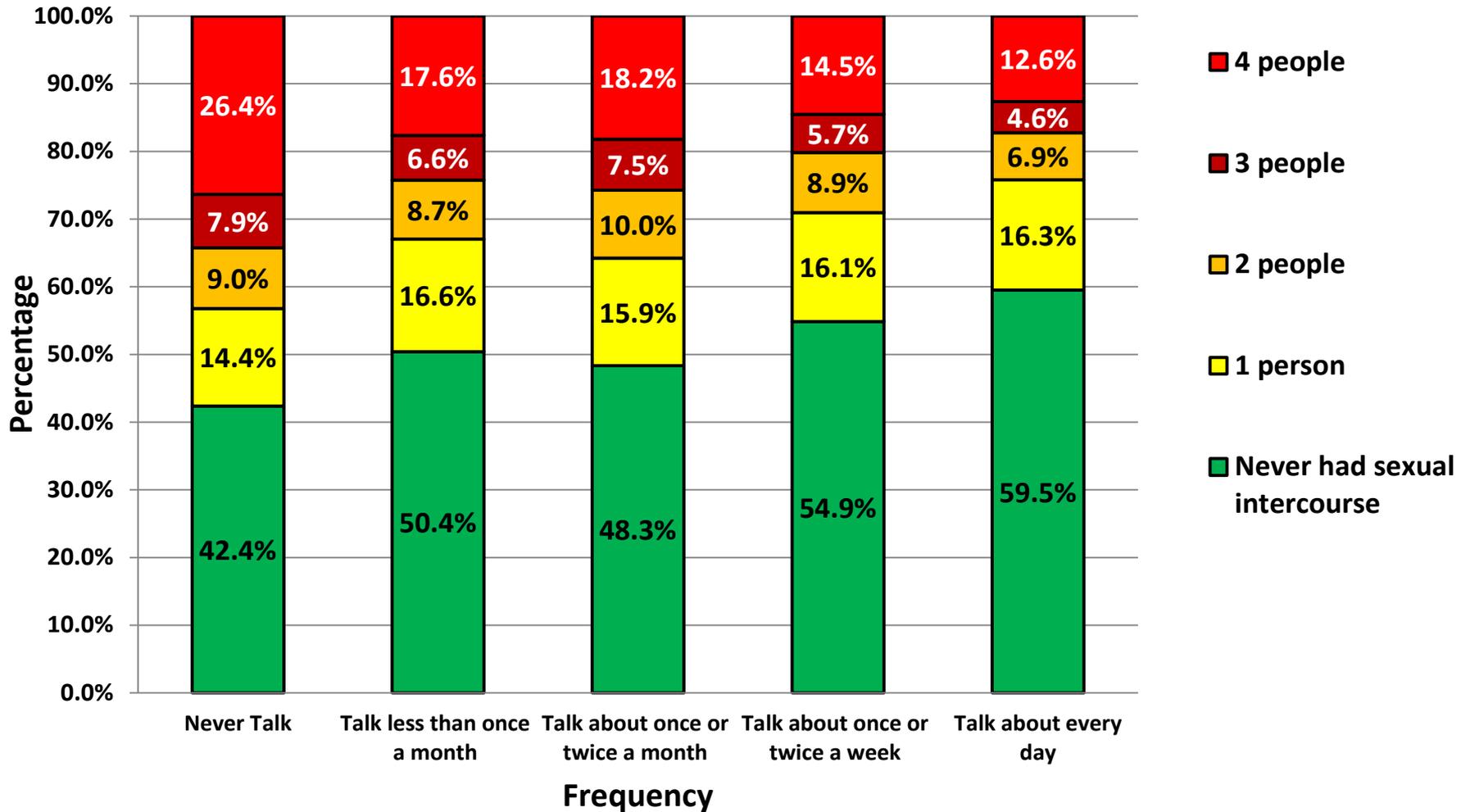
# Number of Sexual Intercourse Partners of Alaskan High School Students by How they Answered the Question: **How Often Do Your Parents Ask About School?**



**Source:** State of Alaska Department of Health and Social Services, Division of Public Health, Chronic Disease & Health Promotion. *Youth Risk Behavior Survey* [YRBS] 2011 & 2013 data, <http://dhss.alaska.gov/dph/Chronic/Pages/yrbs/yrbs.aspx>. These results are from 12,154 Alaska High School Students responses to the YRBS. This slide was prepared by the Alaska Mental Health Board and Advisory Board on Alcoholism and Drug Abuse.

## Frequency of Parents Asking About School by How They Answered the Question:

### How many sexual partners have you had?



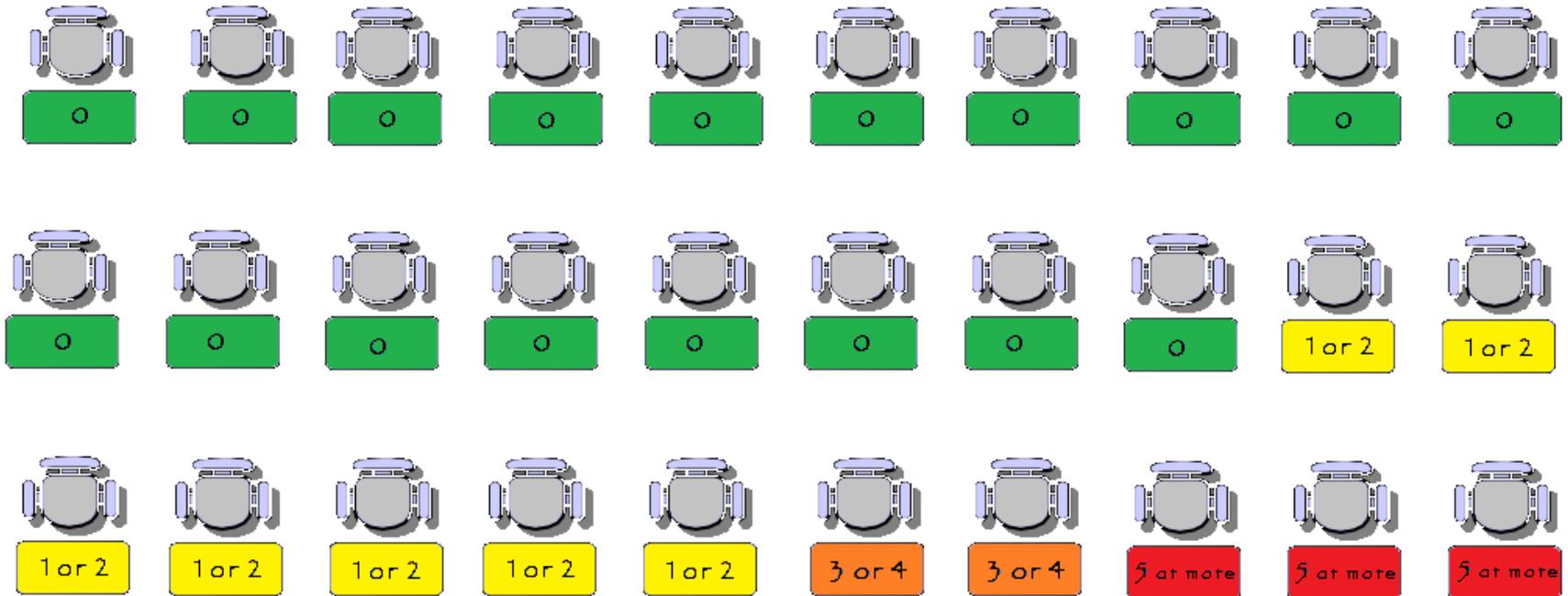
**Source:** State of Alaska Department of Health and Social Services, Division of Public Health, Chronic Disease & Health Promotion. *Youth Risk Behavior Survey* [YRBS] 2011 & 2013 data, <http://dhss.alaska.gov/dph/Chronic/Pages/yrbs/yrbs.aspx>. These results are from 12,154 Alaska High School Students responses to the YRBS. This slide was prepared by the Alaska Mental Health Board and Advisory Board on Alcoholism and Drug Abuse.



# Another way to look at it

- What follows is drawn from the answers of Alaskan high school students to the biennial Youth Risk Behavior Survey (YRBS).
- Slides show an hypothetical classroom of 30 students with and without a specific protective factor. In each case the YRBS data are used to display the array of possibilities for an outcome one would expect given the presents (or absence) of the protective factor.
- For each comparison there are two slides which show what it would look like with the protective factor and without it using the Alaskan data. The third slide compares the two side by side.

# An Alaskan High School Classroom Filled with Students Whose Parents Ask Them About School Nearly Every Day

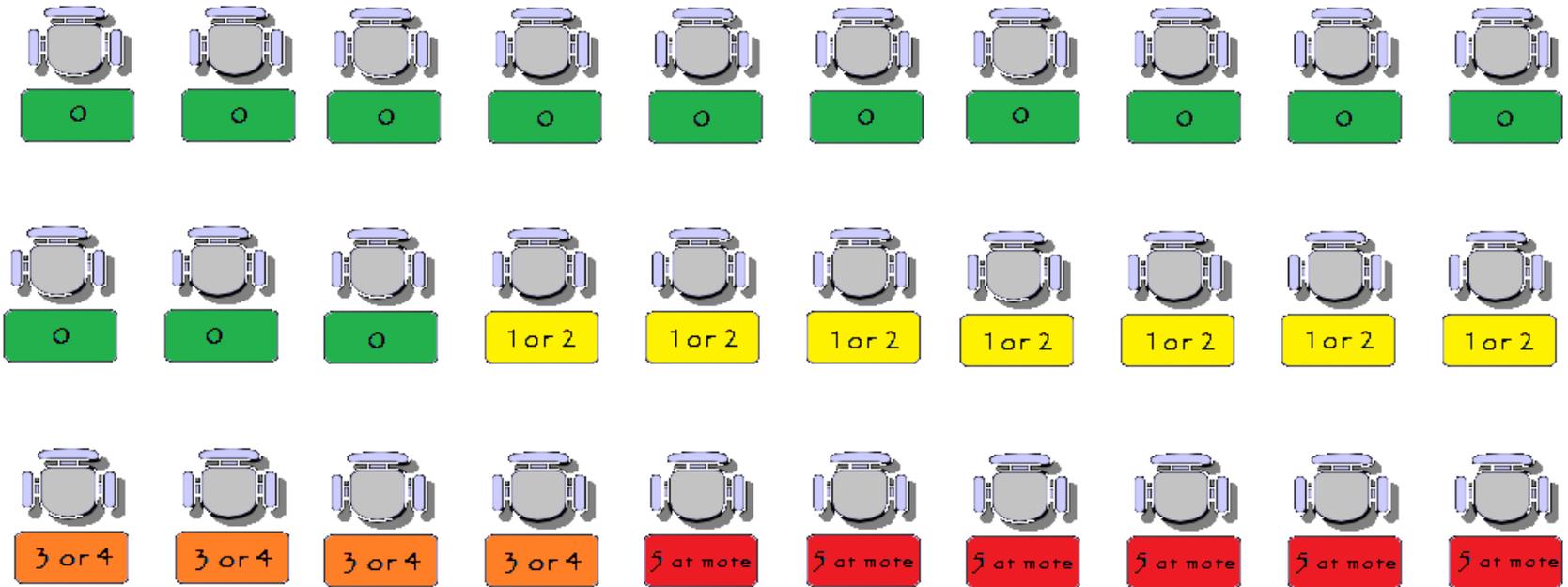


## Number of Sexual Partners

Source: State of Alaska Department of Health and Social Services, Division of Public Health, Chronic Disease & Health Promotion. *Youth Risk Behavior Survey* [YRBS] 2011 & 2013 data, <http://dhss.alaska.gov/dph/Chronic/Pages/yrbs/yrbs.aspx>.



# An Alaskan High School Classroom Filled with Students Whose Parents Never Ask Their Children About School

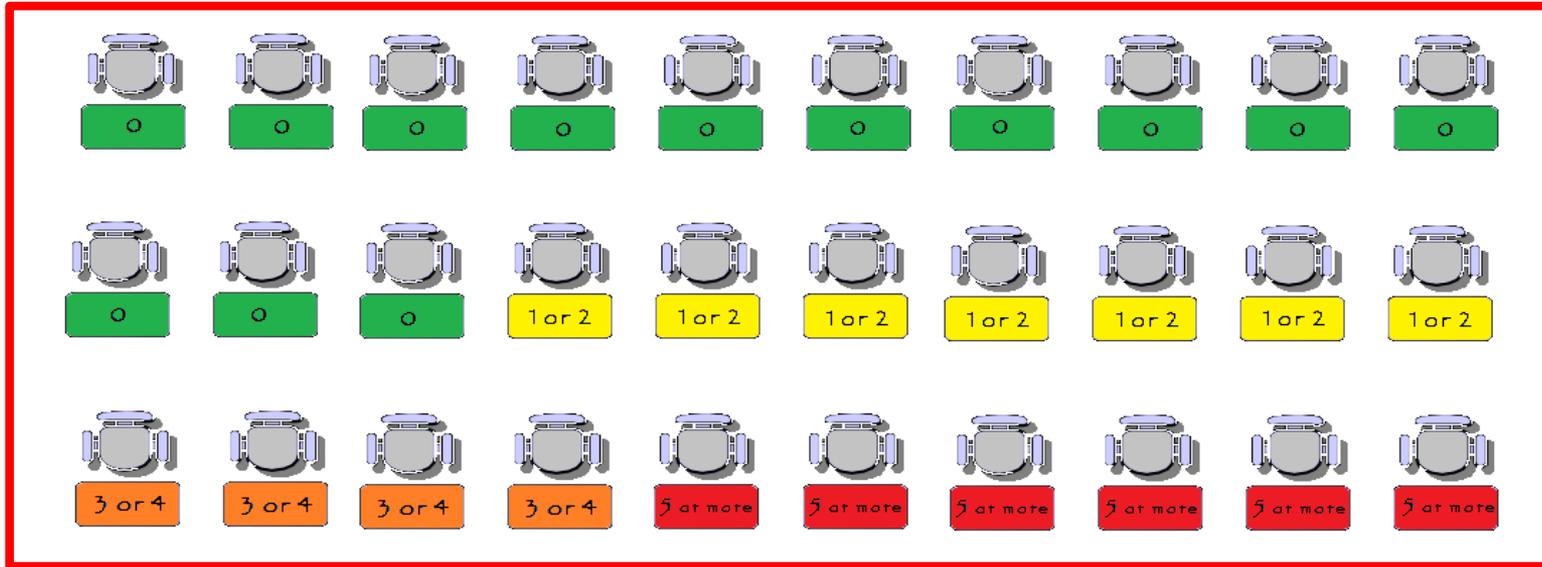


## Number of Sexual Partners

Source: State of Alaska Department of Health and Social Services, Division of Public Health, Chronic Disease & Health Promotion. *Youth Risk Behavior Survey* [YRBS] 2011 & 2013 data, <http://dhss.alaska.gov/dph/Chronic/Pages/yrbs/yrbs.aspx>.

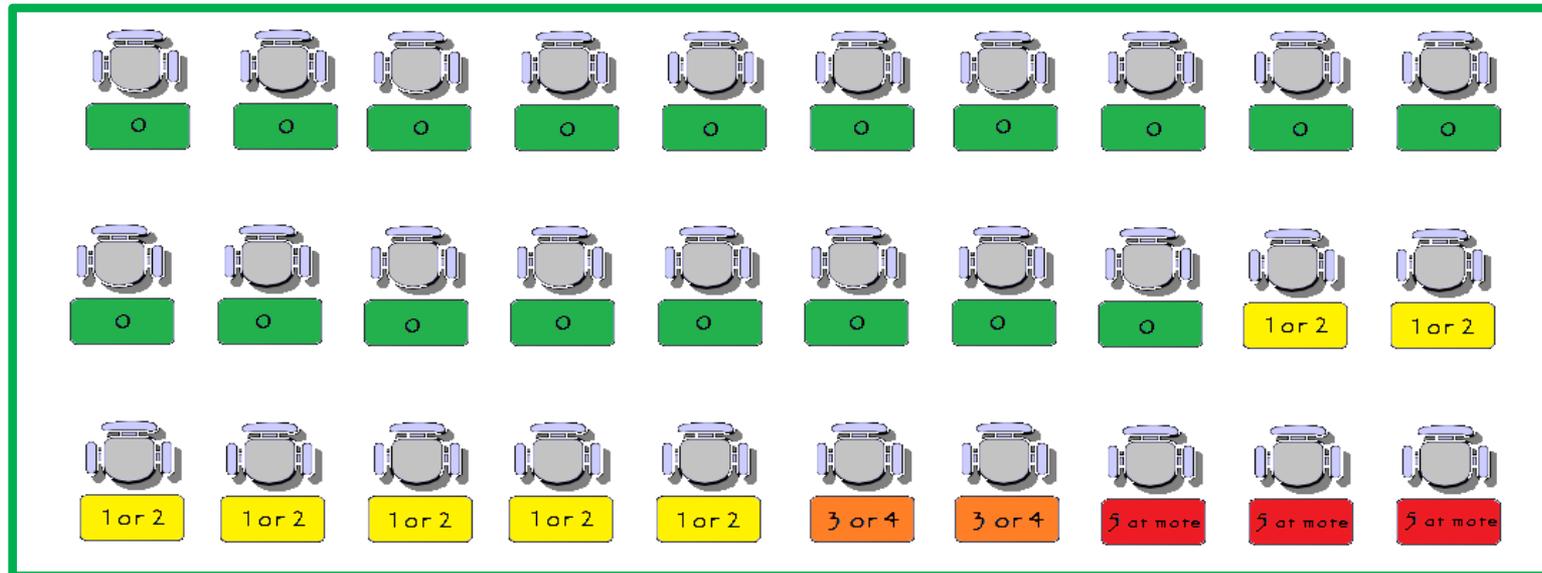
# Does it Make a Difference if a Parent Regularly Asks About School?

Parents Never Ask



34% Have Had Three Or More Sexual Partners

Parents Ask About Every Day

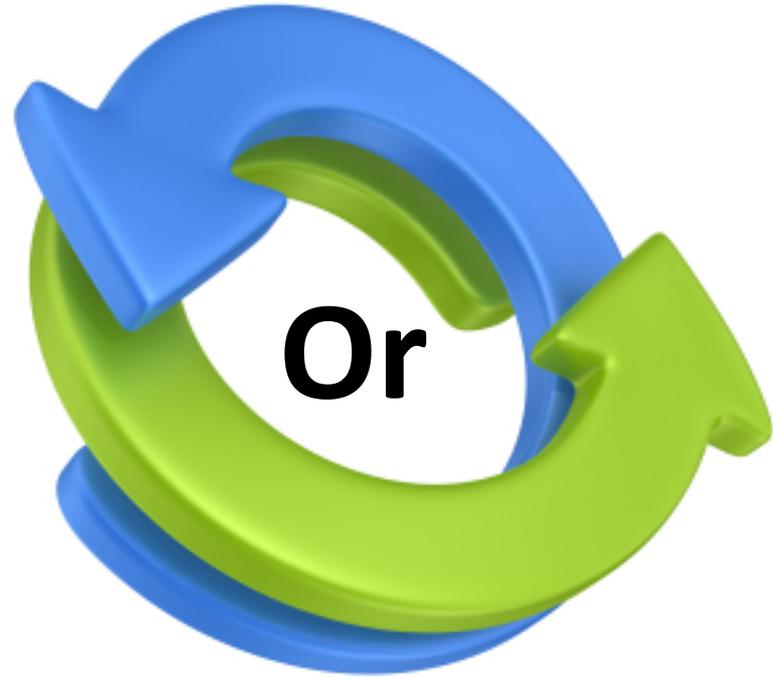


17% Have Had Three Or More Sexual Partners

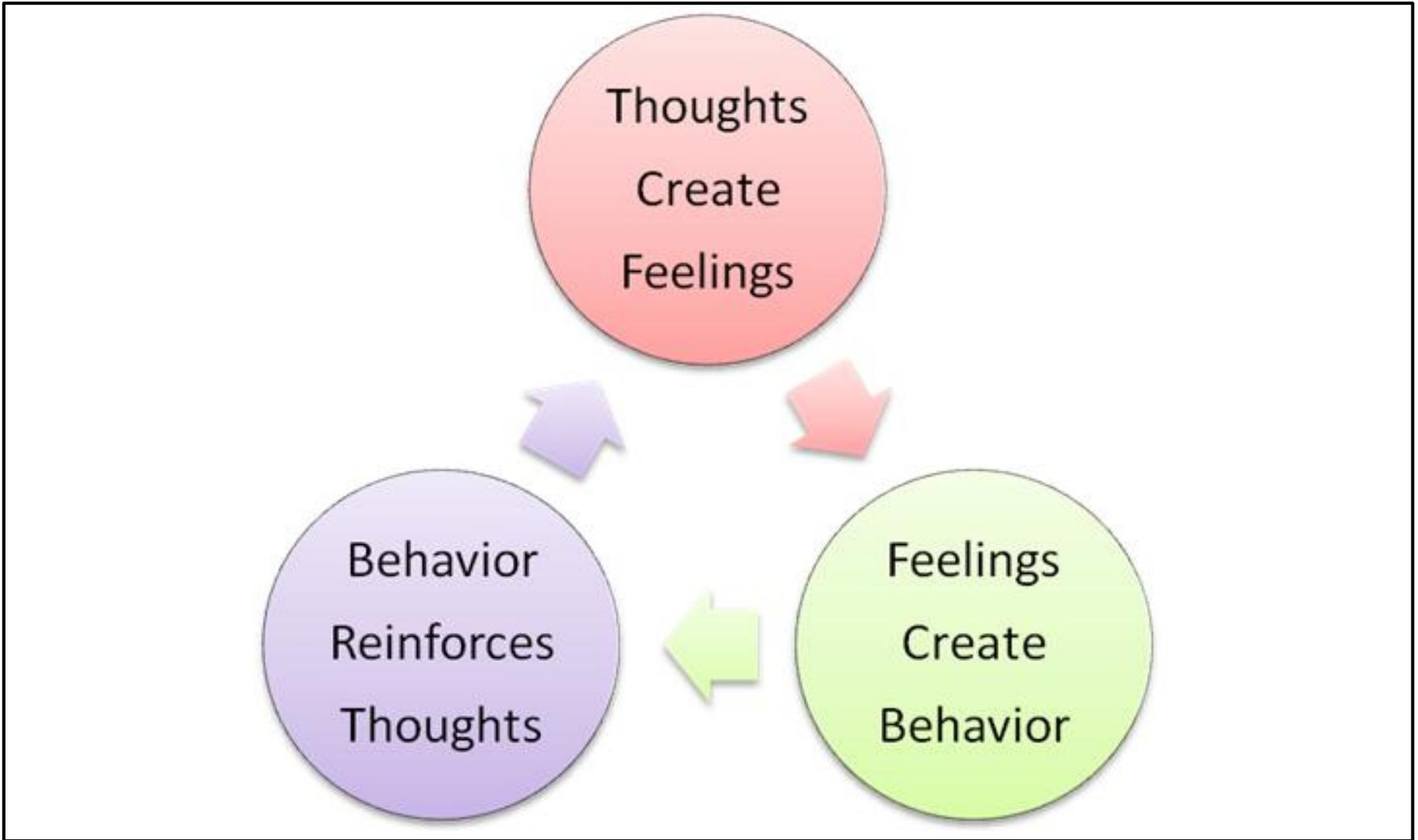
Source: State of Alaska Department of Health and Social Services, Division of Public Health, Chronic Disease & Health Promotion. Youth Risk Behavior Survey [YRBS] 2011 & 2013 data, <http://dhss.alaska.gov/dph/Chronic/Pages/yrbs/yrbs.aspx>.



Is it because students report their parents ask about school more often that they have fewer sexual partners



Is it because students have fewer sexual partners that they are more likely to be asked by their parents about school?



Cognitive Behavioral Therapy (CBT) is the most widely researched and evidence-based form of therapy. CBT has been shown in more than one thousand studies to be effective in treating a wide range of psychiatric disorders and psychological problems. In contrast to other forms of psychotherapy, cognitive therapy is focused on the present, practical and problem-solving oriented. <http://www.nyccognitivetherapy.com/>



# One Protective Factor

## Youth Risk Behavior Survey

### How many days a week do you participate in after school activities?

Unless otherwise noted the data used for these analyses are the combined 2011 & 2013 data. The survey responses were analyzed from all traditional high school students who responded rather than a weighted sample because the analysis is examining the prevalence of one outcome within the context of, the presence or absence, of a specific protective factor. Though the combined local data sample was not scientifically selected and is also not weighted (as is the statewide sample), the large number of responses collected from a broad cross-section of traditional schools in both urban and rural school districts allows us the reasonable expectation that these data are representative of Alaska's traditional high school students. Additionally, the large sample size of the local sample allows us to look at the finer gradations of the different response categories for the selected measures.

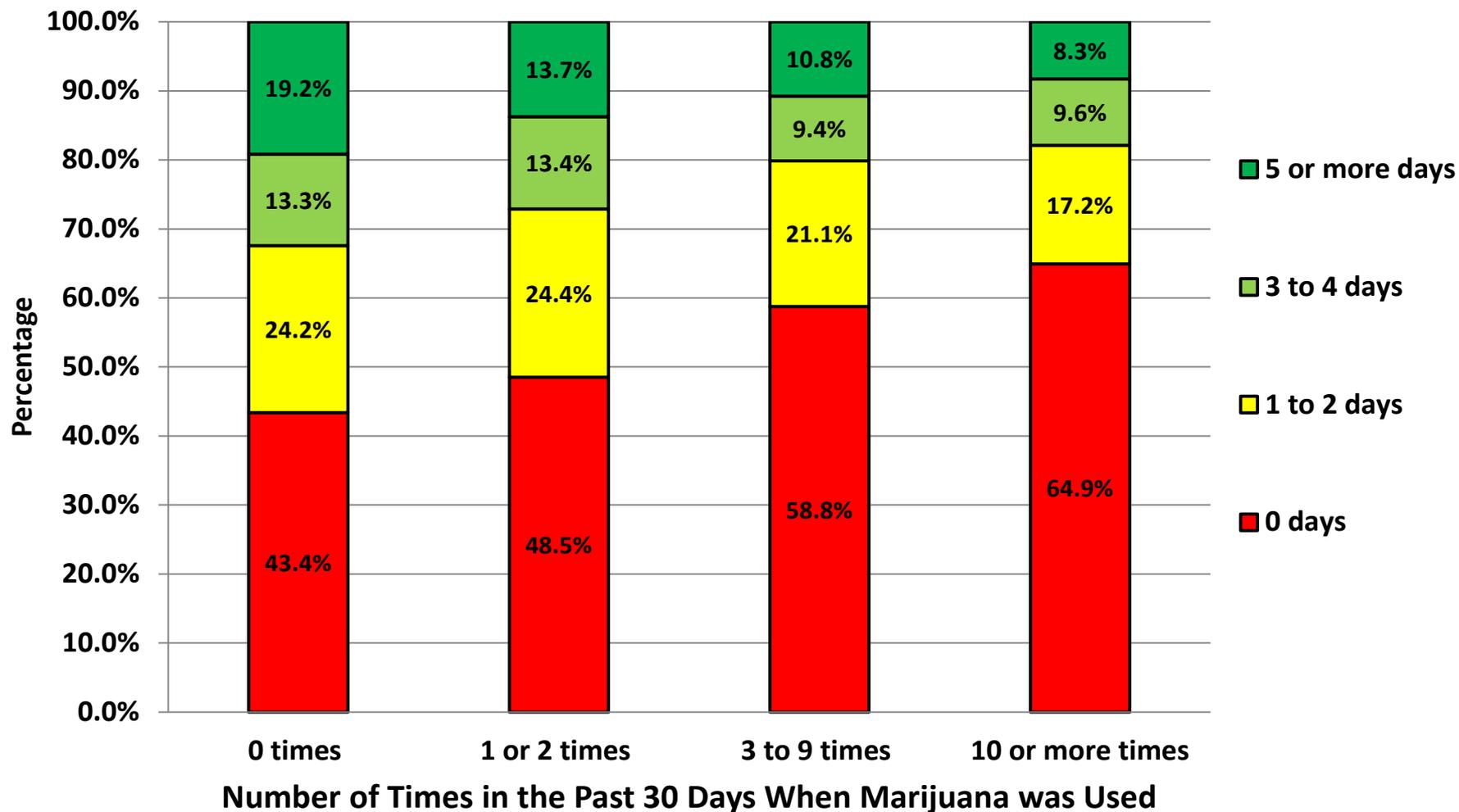
**Source:** State of Alaska Department of Health and Social Services, Division of Public Health, Chronic Disease & Health Promotion. *Youth Risk Behavior Survey* [YRBS] 2011 &/or 2013 data, <http://dhss.alaska.gov/dph/Chronic/Pages/yrbs/yrbs.aspx>. These results are from thousands of Alaska High School Students responses to the YRBS. These slides were prepared by the Alaska Mental Health Board and Advisory Board on Alcoholism and Drug Abuse. Contact [patrick.sidmore@alaska.gov](mailto:patrick.sidmore@alaska.gov) for questions.



# Substance Abuse

**Past Month Marijuana Use by Zero  
or Three or More Days per Week of  
Supervised After School Activities**

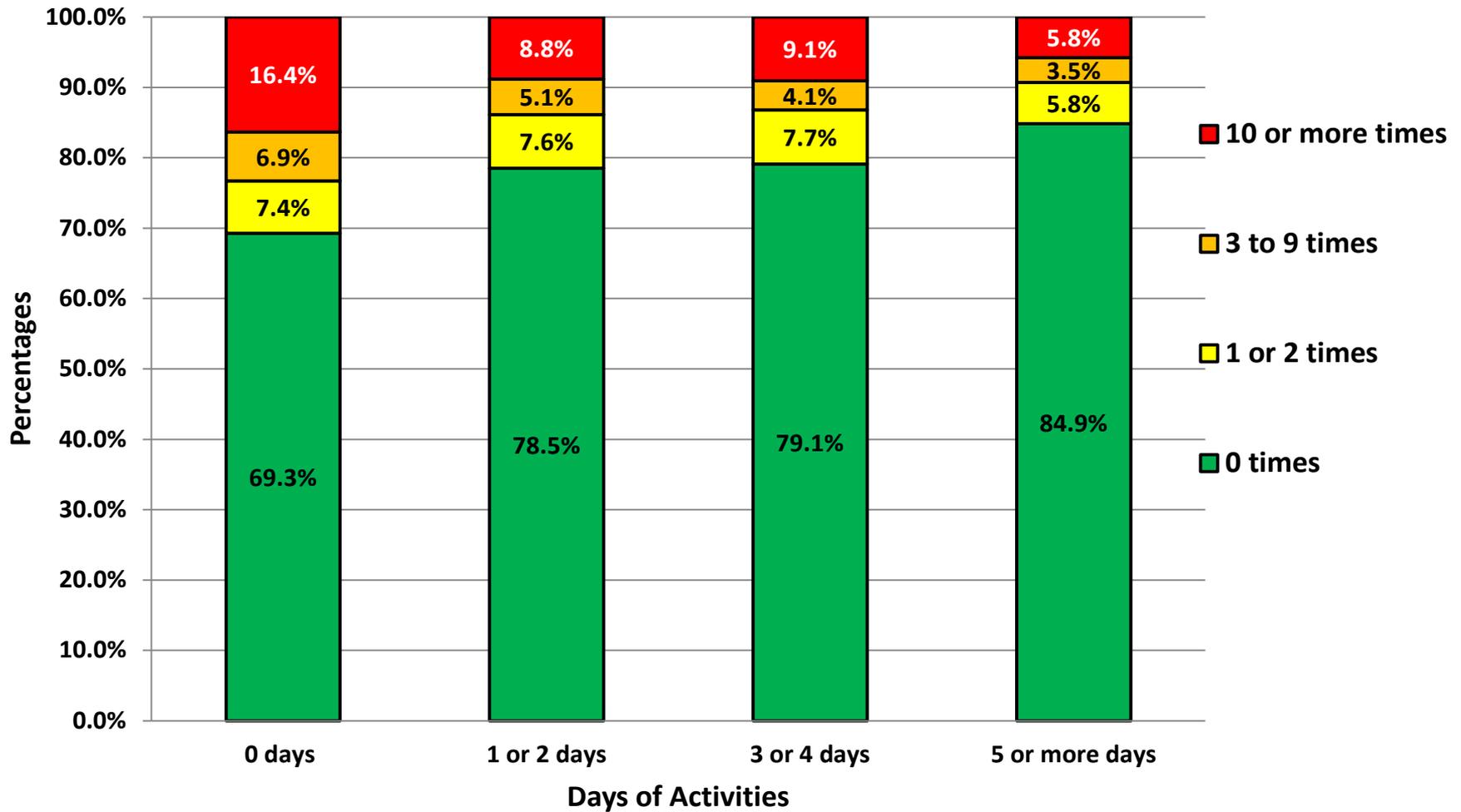
## Current Marijuana Use of Alaskan High School Students by How they Answered the Question: How Many Days Per Week of Afterschool Activities Do You Attend?



**Source:** State of Alaska Department of Health and Social Services, Division of Public Health, Chronic Disease & Health Promotion. *Youth Risk Behavior Survey* [YRBS] 2011 & 2013 data <http://dhss.alaska.gov/dph/Chronic/Pages/yrbs/yrbs.aspx>. These results are from 13,011 Alaska High School Students responses to the YRBS. This slide was prepared by the Alaska Mental Health Board and Advisory Board on Alcoholism and Drug Abuse.

## Days of After School Activities by How They Answered the Question

**How often did you smoke marijuana in the past 30 days?**



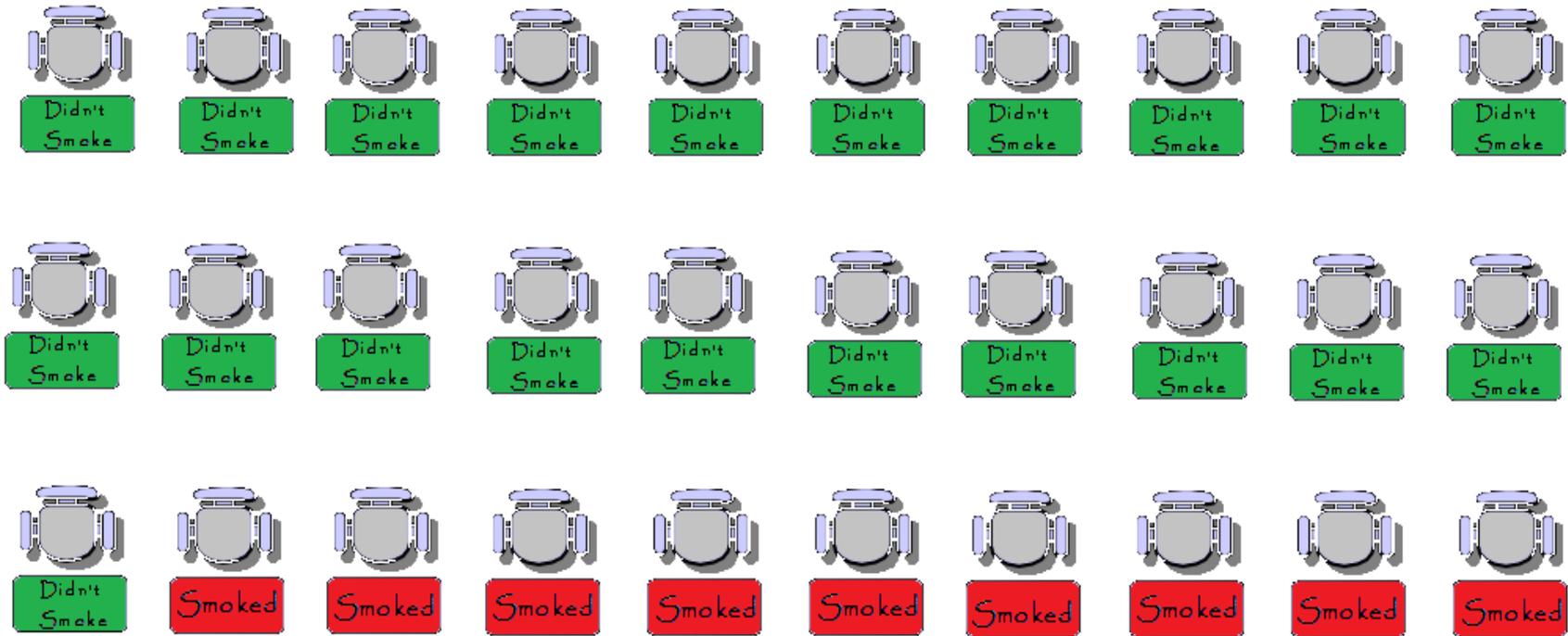
**Source:** State of Alaska Department of Health and Social Services, Division of Public Health, Chronic Disease & Health Promotion. *Youth Risk Behavior Survey* [YRBS] 2011 & 2013 data <http://dhss.alaska.gov/dph/Chronic/Pages/yrbs/yrbs.aspx>. These results are from 13,011 Alaska High School Students responses to the YRBS. This slide was prepared by the Alaska Mental Health Board and Advisory Board on Alcoholism and Drug Abuse.



# Another way to look at it

- What follows is drawn from the answers of Alaskan high school students to the biennial Youth Risk Behavior Survey (YRBS).
- Slides show an hypothetical classroom of 30 students with and without a specific protective factor. In each case the YRBS data are used to display the array of possibilities for an outcome one would expect given the presents (or absence) of the protective factor.
- For each comparison there are two slides which show what it would look like with the protective factor and without it using the Alaskan data. The third slide compares the two side by side.

# An Alaskan High School Classroom Filled with Students Who Participated in Zero Days of Supervised After School Activities



## Marijuana Use in The Past Month

Source: State of Alaska Department of Health and Social Services, Division of Public Health, Chronic Disease & Health Promotion. *Youth Risk Behavior Survey* [YRBS] 2011 & 2013 data, <http://dhss.alaska.gov/dph/Chronic/Pages/yrbs/yrbs.aspx>.

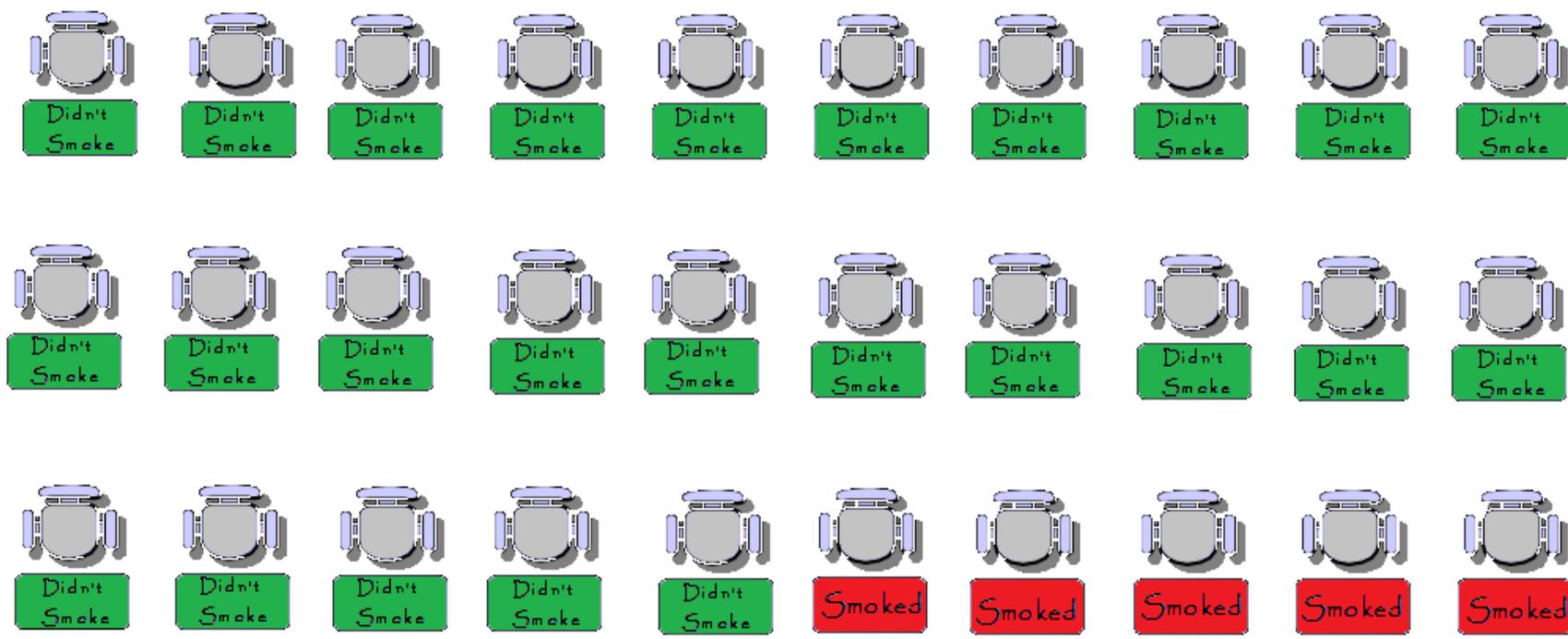
Advisory Board on Alcoholism  
and Drug Abuse



Alaska Mental Health Board



# An Alaskan High School Classroom Filled with Students Who Participated in Three or More Days of Supervised After School Activities



## Marijuana Use in The Past Month

Source: State of Alaska Department of Health and Social Services, Division of Public Health, Chronic Disease & Health Promotion. *Youth Risk Behavior Survey* [YRBS] 2011 & 2013 data, <http://dhss.alaska.gov/dph/Chronic/Pages/yrbs/yrbs.aspx>.

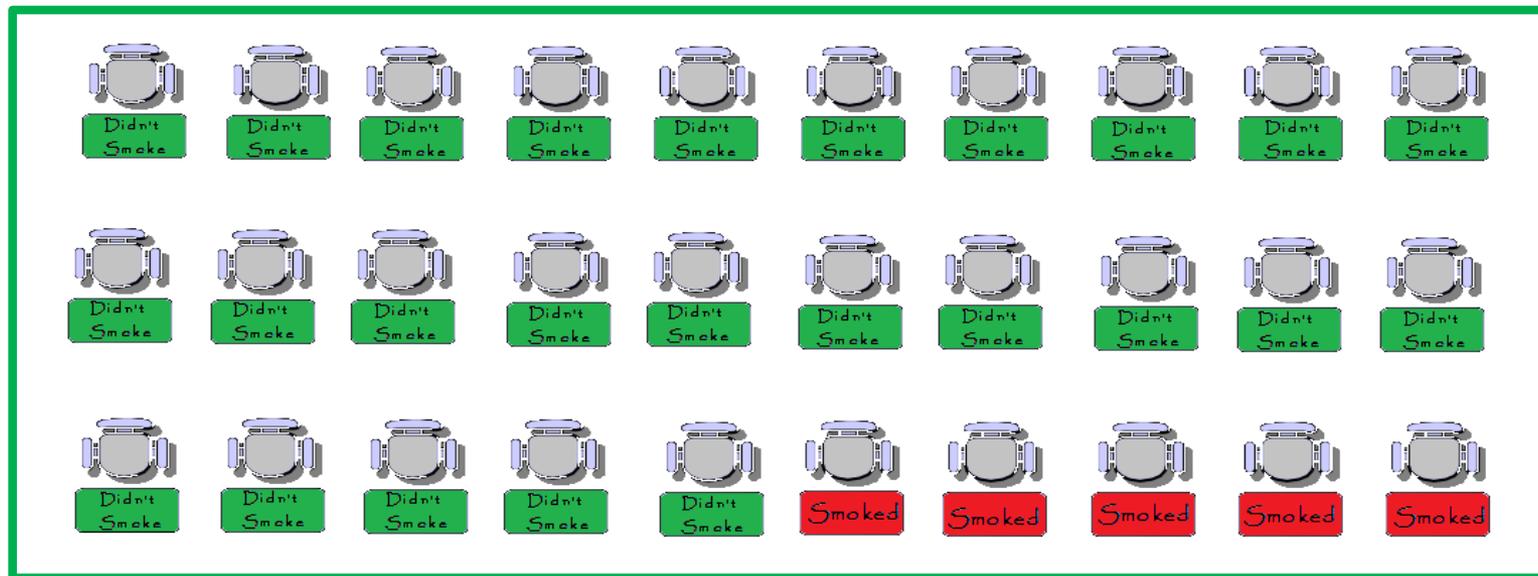
# Does it Make a Difference if a Student Participates in After School Activities?

Zero Days Of Activities



69% Didn't Smoke Marijuana

Three or More Days of Activities



82% Didn't Smoke Marijuana

Source: State of Alaska Department of Health and Social Services, Division of Public Health, Chronic Disease & Health Promotion. *Youth Risk Behavior Survey* [YRBS] 2011 & 2013 data, <http://dhss.alaska.gov/dph/Chronic/Pages/yrbs/yrbs.aspx>.

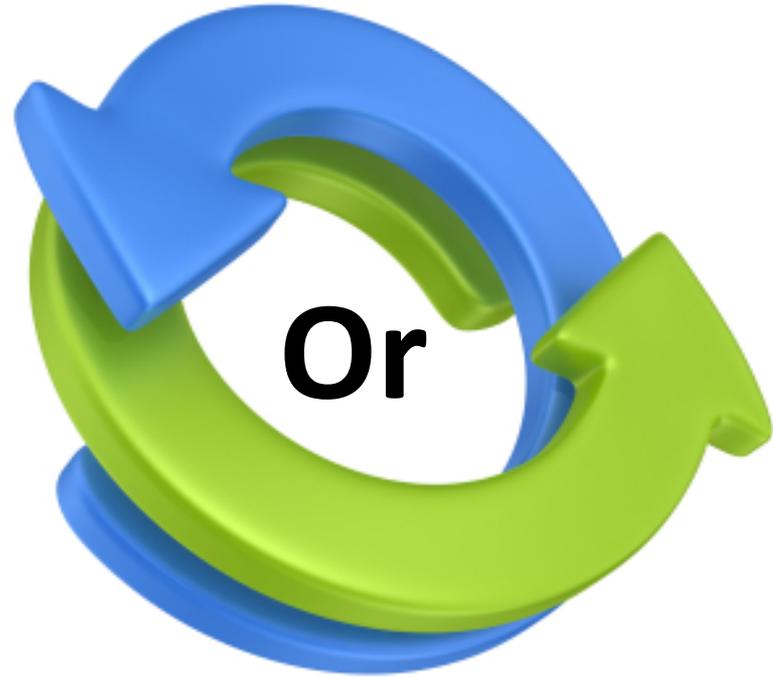
Advisory Board on Alcoholism and Drug Abuse



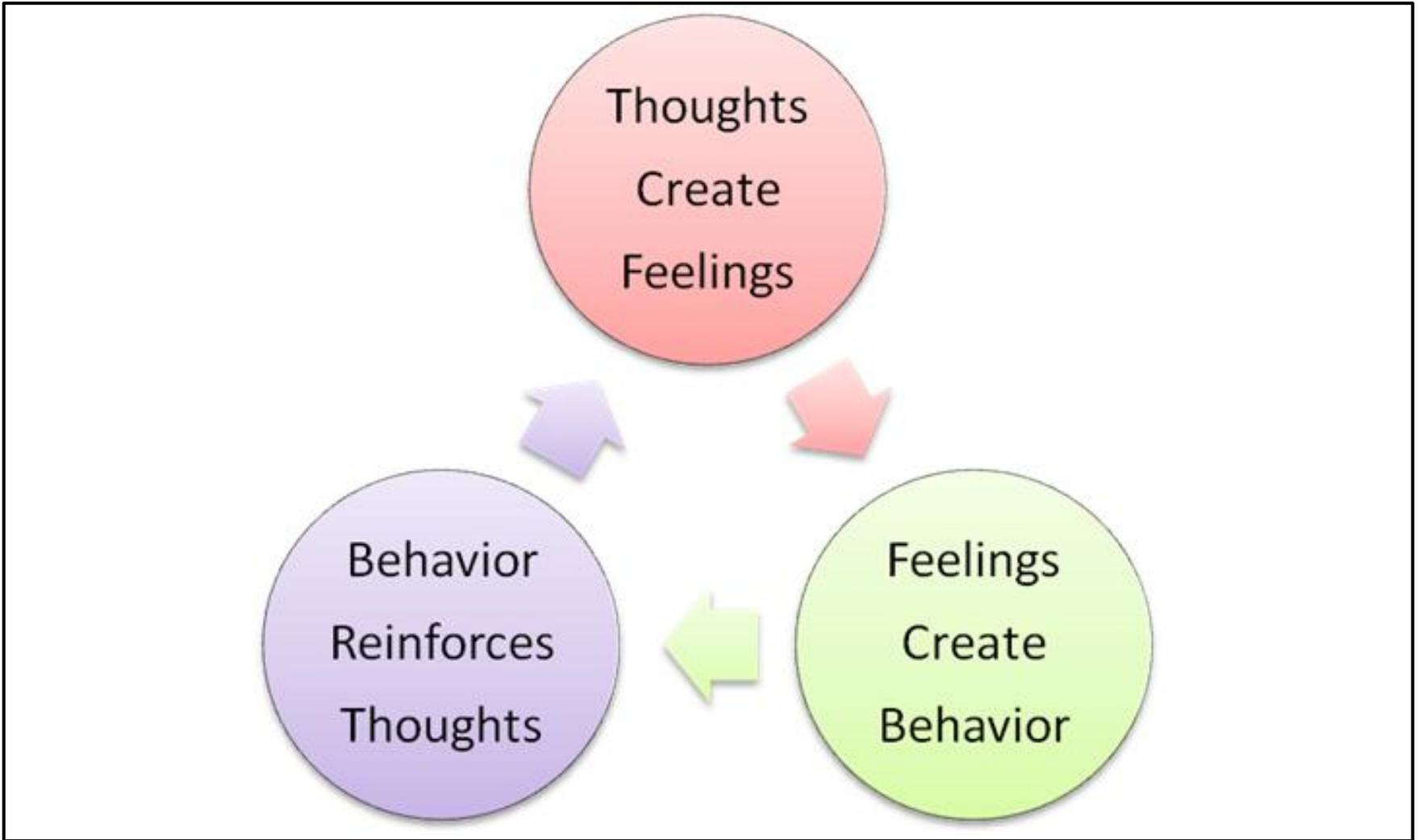
Alaska Mental Health Board



Is it because students report being in more after school activities that they smoke less marijuana?



Is it because students have smoked less marijuana that they are more likely to report more after school activities?



Cognitive Behavioral Therapy (CBT) is the most widely researched and evidence-based form of therapy. CBT has been shown in more than one thousand studies to be effective in treating a wide range of psychiatric disorders and psychological problems. In contrast to other forms of psychotherapy, cognitive therapy is focused on the present, practical and problem-solving oriented. <http://www.nyccognitivetherapy.com/>