Protective Factors of Alaskan High School Students

2011 & 2013
Youth Risk Behavior Survey

Alaska Mental Health Board

Advisory Board on Alcoholism and Drug Abuse

abada
amhb

Alaska
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

http://dhss.alaska.gov/dph/Chronic/Pages/yrbs/yrbs.aspx
Just Some who Use the YRBS
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?

http://dhss.alaska.gov/dph/Chronic/Pages/yrbs/yrbs.aspx
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?
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 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?

<table>
<thead>
<tr>
<th>Grades</th>
<th>Mostly A's</th>
<th>Mostly B's</th>
<th>Mostly C's</th>
<th>Mostly D's</th>
<th>Mostly F's</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percentage</td>
<td>71.5%</td>
<td>62.4%</td>
<td>56.7%</td>
<td>46.1%</td>
<td>46.6%</td>
</tr>
<tr>
<td>Not Sure</td>
<td>19.6%</td>
<td>25.1%</td>
<td>28.3%</td>
<td>33.3%</td>
<td>29.3%</td>
</tr>
<tr>
<td>Teachers Don't Care</td>
<td>8.8%</td>
<td>12.5%</td>
<td>15.0%</td>
<td>20.6%</td>
<td>24.0%</td>
</tr>
</tbody>
</table>

**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](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?

- **Teachers Care**
  - Mostly A's: 39.2%
  - Mostly B's: 37.3%
  - Mostly C's: 18.9%
  - Mostly D's: 6.2%
  - Mostly F's: 1.2%

- **Not Sure**
  - Mostly A's: 28.2%
  - Mostly B's: 39.2%
  - Mostly C's: 24.7%
  - Mostly D's: 1.7%
  - Mostly F's: 1.2%

- **Teachers Don't Care**
  - Mostly A's: 24.8%
  - Mostly B's: 38.2%
  - Mostly C's: 25.6%
  - Mostly D's: 7.5%
  - Mostly F's: 4.0%

**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](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

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

Estimated Grade Point Average – 3.10

Does it Matter if a Student Thinks Their Teachers Care?

Don't Care

<table>
<thead>
<tr>
<th>F's</th>
<th>D's</th>
<th>D's</th>
<th>C's</th>
<th>C's</th>
<th>C's</th>
<th>C's</th>
<th>C's</th>
<th>C's</th>
</tr>
</thead>
<tbody>
<tr>
<td>C's</td>
<td>B's</td>
<td>B's</td>
<td>B's</td>
<td>B's</td>
<td>B's</td>
<td>B's</td>
<td>B's</td>
<td>B's</td>
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<tr>
<td>B's</td>
<td>B's</td>
<td>B's</td>
<td>A's</td>
<td>A's</td>
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<td>A's</td>
<td>A's</td>
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</tbody>
</table>

Est. GPA 2.72

Care

<table>
<thead>
<tr>
<th>D's</th>
<th>C's</th>
<th>C's</th>
<th>C's</th>
<th>C's</th>
<th>C's</th>
<th>C's</th>
<th>B's</th>
<th>B's</th>
</tr>
</thead>
<tbody>
<tr>
<td>B's</td>
<td>B's</td>
<td>B's</td>
<td>B's</td>
<td>B's</td>
<td>B's</td>
<td>B's</td>
<td>A's</td>
<td>A's</td>
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<td>A's</td>
<td>A's</td>
<td>A's</td>
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<td>A's</td>
<td>A's</td>
<td>A's</td>
<td>A's</td>
<td>A's</td>
</tr>
</tbody>
</table>

Est. GPA 3.10

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

Or

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?

<table>
<thead>
<tr>
<th>Number of Fights in a 12 Month Period</th>
<th>Teachers Care</th>
<th>Not Sure</th>
<th>Teachers Don’t Care</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 times</td>
<td>65.7%</td>
<td>23.8%</td>
<td>10.4%</td>
</tr>
<tr>
<td>1 time</td>
<td>56.5%</td>
<td>26.2%</td>
<td>17.2%</td>
</tr>
<tr>
<td>2 or 3 times</td>
<td>55.5%</td>
<td>29.2%</td>
<td>15.2%</td>
</tr>
<tr>
<td>4 or 5 times</td>
<td>50.3%</td>
<td>31.1%</td>
<td>18.6%</td>
</tr>
<tr>
<td>6 or more times</td>
<td>47.3%</td>
<td>27.0%</td>
<td>25.7%</td>
</tr>
</tbody>
</table>

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?

Do Teachers Care About 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.
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

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

Number of Physical Fights in the Past Year

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

<table>
<thead>
<tr>
<th>Don’t Care</th>
<th>Care</th>
</tr>
</thead>
<tbody>
<tr>
<td>62% Were Not in a Fight in the Past Year</td>
<td>77% Were Not in a Fight in the Past Year</td>
</tr>
</tbody>
</table>

- **Don’t Care**:
  - 62% Not in a Fight in the Past Year
  - 1 Fight (in green)
  - 2 or more Fights (in red)

- **Care**:
  - 77% Not in a Fight in the Past Year
  - 0 Fights in green
  - 1 Fight (in green)
  - 2 or more Fights (in red)

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

Or

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.

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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?

Considered Suicide in the Past 12 Months

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Yes</th>
<th>No</th>
</tr>
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<tbody>
<tr>
<td>33.5%</td>
<td>Matter</td>
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<tr>
<td>33.2%</td>
<td>Not Sure</td>
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<td>33.3%</td>
<td>Don't Matter</td>
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<tr>
<td>57.1%</td>
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<td>30.3%</td>
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<td>12.6%</td>
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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](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?

<table>
<thead>
<tr>
<th>Do You Matter in Your Community?</th>
<th>Percentages</th>
</tr>
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<tbody>
<tr>
<td><strong>Matter</strong></td>
<td>89.2%</td>
</tr>
<tr>
<td><strong>Not Sure</strong></td>
<td>81.6%</td>
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<tr>
<td><strong>Don't Matter</strong></td>
<td>64.8%</td>
</tr>
</tbody>
</table>

- Students Reporting

*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](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

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<td>Thought about it</td>
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</tbody>
</table>

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](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

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](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

Thought about it  Thought about it  Thought about it  Thought about it  Thought about it  Thought about it  Thought about it  Thought about it

Thought about it  Thought about it  Thought about it  Thought about it  Thought about it  Thought about it  Thought about it  Thought about it

Didn’t  Didn’t  Didn’t  Didn’t  Didn’t  Didn’t  Didn’t  Didn’t

Didn’t  Didn’t  Didn’t  Didn’t  Didn’t  Didn’t  Didn’t  Didn’t

35% Considered Suicide

They Think They Matter

Thought about it  Thought about it  Thought about it  Thought about it  Thought about it  Thought about it  Thought about it  Thought about it

Thought about it  Thought about it  Thought about it  Thought about it  Thought about it  Thought about it  Thought about it  Thought about it

Didn’t  Didn’t  Didn’t  Didn’t  Didn’t  Didn’t  Didn’t  Didn’t

Didn’t  Didn’t  Didn’t  Didn’t  Didn’t  Didn’t  Didn’t  Didn’t

11% Considered Suicide

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?

<table>
<thead>
<tr>
<th>Percentage</th>
<th>0 days</th>
<th>1 to 2 days</th>
<th>3 to 5 days</th>
<th>6 or more days</th>
</tr>
</thead>
<tbody>
<tr>
<td>Matter</td>
<td>72.8%</td>
<td>69.6%</td>
<td>60.3%</td>
<td>12.3%</td>
</tr>
<tr>
<td>Not sure</td>
<td>14.5%</td>
<td>17.8%</td>
<td>9.5%</td>
<td>8.1%</td>
</tr>
<tr>
<td>Don't Matter</td>
<td>6.7%</td>
<td>7.8%</td>
<td>13.9%</td>
<td>6.6%</td>
</tr>
</tbody>
</table>

Do you think you matter 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.
Another way to look at it

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• 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

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

60% Didn’t Drink - 40% Did Drink

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

60% of Students Are Not Drinking

73% of Students Are Not Drinking

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

Or

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

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.0%</td>
<td>11.5%</td>
<td>100.0%</td>
</tr>
<tr>
<td>10.0%</td>
<td>27.6%</td>
<td>90.0%</td>
</tr>
<tr>
<td>20.0%</td>
<td>34.6%</td>
<td>80.0%</td>
</tr>
<tr>
<td>30.0%</td>
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</table>

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.
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?*

- **Matter**: 79.6% No, 20.4% Yes
- **Not Sure**: 67.9% No, 32.1% Yes
- **Don't Matter**: 51.0% No, 49.0% Yes

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](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.
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

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](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

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

Or

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 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?

Ever Physically Forced to Have Sexual Intercourse

- **Yes**
  - Didn't Feel Alone: 40.7%
  - Not sure: 20.8%
  - Felt Alone: 38.5%

- **No**
  - Didn't Feel Alone: 61.4%
  - Not sure: 18.6%
  - Felt Alone: 19.9%

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](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?

<table>
<thead>
<tr>
<th>Perception</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Felt Alone</td>
<td>81.3%</td>
</tr>
<tr>
<td>Not sure</td>
<td>88.2%</td>
</tr>
<tr>
<td>Didn't Feel Alone</td>
<td>92.7%</td>
</tr>
</tbody>
</table>

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.
Another way to look at it

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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

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

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

19% Have Been Forced to Have Sex

7% Have Been Forced to Have Sex

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

Or

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?

- **Felt Alone**:
  - 2 or more times: 7.92%
  - 1 time: 4.15%
  - 0 times: 54.52%
  - I did not date: 33.41%

- **Not sure**:
  - 2 or more times: 4.23%
  - 1 time: 3.60%
  - 0 times: 57.82%
  - I did not date: 34.35%

- **Didn’t Feel Alone**:
  - 2 or more times: 7.4%
  - 1 time: 4.23%
  - 0 times: 65.19%
  - I did not date: 30.32%

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](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.
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An Alaskan High School Classroom Filled with Students Who Feel Alone in Their Lives

<table>
<thead>
<tr>
<th>Didn't Date</th>
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<td>1 or more</td>
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</tbody>
</table>

Experienced Physical Dating Violence

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

Experienced Physical Dating Violence

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

12.1% Have Experienced Physical Dating Violence

4.5% Have Experienced Physical Dating Violence

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

Or

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?

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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?

- **Talk about every day**: 32.7% (No risk), 35.9% (Slight risk), 43.9% (Moderate risk), 50.3% (Great risk)
- **Talk about once or twice a week**: 23.7% (No risk), 27.6% (Slight risk), 27.1% (Moderate risk), 23.2% (Great risk)
- **Talk about once or twice a month**: 13.1% (No risk), 14.7% (Slight risk), 13.2% (Moderate risk), 8.3% (Great risk)
- **Talk less than once a month**: 12.4% (No risk), 10.8% (Slight risk), 8.0% (Moderate risk), 9.5% (Great risk)
- **Never Talk**: 18.1% (No risk), 11.0% (Slight risk), 7.9% (Moderate risk), 8.7% (Great risk)

**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](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?

<table>
<thead>
<tr>
<th>Frequency of Talking</th>
<th>No risk</th>
<th>Slight risk</th>
<th>Moderate risk</th>
<th>Great risk</th>
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</thead>
<tbody>
<tr>
<td>Never Talk</td>
<td>52.2%</td>
<td>29.4%</td>
<td>13.5%</td>
<td>11.2%</td>
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<tr>
<td>Talk less than once a month</td>
<td>42.5%</td>
<td>25.2%</td>
<td>18.5%</td>
<td>14.7%</td>
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<tr>
<td>Talk about once or twice a month</td>
<td>37.4%</td>
<td>33.4%</td>
<td>10.7%</td>
<td>10.7%</td>
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<tr>
<td>Talk about once or twice a week</td>
<td>34.1%</td>
<td>31.6%</td>
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<td>15.1%</td>
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<tr>
<td>Talk about every day</td>
<td>30.9%</td>
<td>27.1%</td>
<td>20.5%</td>
<td>21.5%</td>
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</tbody>
</table>

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

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

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</table>

What Students Think About the Risk of Smoking Marijuana Every Week

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](http://dhss.alaska.gov/dph/Chronic/Pages/yrbs/yrbs.aspx).
### Does it Make a Difference if a Parent Regularly Asks About School?

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<th>Parents Never Ask</th>
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</tbody>
</table>

**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](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

Or

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

Number of Sexual Partners

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

Number of Sexual Partners

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

<table>
<thead>
<tr>
<th>Parents Never Ask</th>
<th>Parents Ask About Every Day</th>
</tr>
</thead>
</table>

- **Parents Never Ask**
  - 34% Have Had Three Or More Sexual Partners
  - 17% Have Had Three Or More Sexual Partners

- **Parents Ask About Every Day**
  - 17% Have Had Three Or More Sexual Partners

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

Or

Is it because students have fewer sexual partners that they are more likely to be asked by their parents about school?
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One Protective Factor
Youth Risk Behavior Survey

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

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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 [URL] 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

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

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

| Zero Days Of Activities | Didnt Smoke | Didnt Smoke | Didnt Smoke | Didnt Smoke | Didnt Smoke | Didnt Smoke | Didnt Smoke | Didnt Smoke | Didnt Smoke | Didnt Smoke | Didnt Smoke | Didnt Smoke | Didnt Smoke | Didnt Smoke | Didnt Smoke | Didnt Smoke | Didnt Smoke | Didnt Smoke | Didnt Smoke | Didnt Smoke | Didnt Smoke | Didnt Smoke | Didnt Smoke | Didnt Smoke | Didnt Smoke |
|-------------------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| 69% Didn’t Smoke Marijuana |

| Three or More Days of Activities | Didnt Smoke | Didnt Smoke | Didnt Smoke | Didnt Smoke | Didnt Smoke | Didnt Smoke | Didnt Smoke | Didnt Smoke | Didnt Smoke | Didnt Smoke | Didnt Smoke | Didnt Smoke | Didnt Smoke | Didnt Smoke | Didnt Smoke | Didnt Smoke | Didnt Smoke | Didnt Smoke | Didnt Smoke | Didnt Smoke | Didnt Smoke | Didnt Smoke | Didnt Smoke | Didnt Smoke | Didnt Smoke |
|----------------------------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| 82% Didn’t Smoke Marijuana |

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

Or

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/