

# About the Alaska Youth Risk Behavior Survey

The Youth Risk Behavior Survey (YRBS) was established by the Centers for Disease Control and Prevention and was first implemented in Alaska in 1995. The Alaska YRBS is an **anonymous** and **voluntary** survey of students in grades 9 - 12 in public schools, including schools that teach students facing higher risks. It is administered throughout the state in odd-numbered years, and **requires parental consent**.

## Frequently Asked Questions:

### ▶ Why is the Alaska YRBS important?

The YRBS collects information about Alaska teens, including their behaviors that affect health. The results help communities understand the strengths and needs of their youth and design programs that improve teen health and reduce unhealthy behaviors.

### ▶ Who completes the YRBS?

Students in almost every state in the United States complete the YRBS. In Alaska, about 7,000 high school students from about 30 school districts participate every other year.

### ▶ Are students' names linked to their surveys?

No, the YRBS is **completely anonymous**. Students do not put their names or the names of their classes or schools on the survey, and their completed answer sheets are sealed in a privacy envelope so others cannot see how they answered.

### ▶ How can I support the YRBS?

If you're a student, take the YRBS when it is offered at your school. If you're a parent, complete the YRBS parent permission form and encourage your teen to take the YRBS. For other ways to help, contact the Alaska YRBS program at [YRBS@alaska.gov](mailto:YRBS@alaska.gov).

### ▶ Where can I find the results of the YRBS?

Visit the Alaska YRBS website at  
[yrbs.dhss.alaska.gov](http://yrbs.dhss.alaska.gov)

*This publication was supported by Grant/Cooperative Agreement #NU87PS004290, funded by the Centers for Disease Control and Prevention (CDC).*

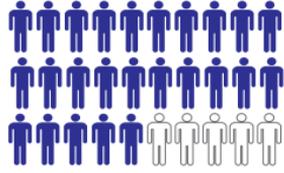


In an average classroom of 30 traditional high school students, the following **health risks** and **strengths** were reported in 2019:

**Risks**

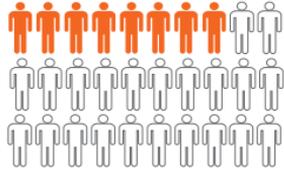
In the past 7 days

**25** did not get 60 minutes of daily physical activity



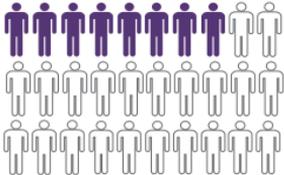
In the past 30 days

**8** used an electronic vapor product



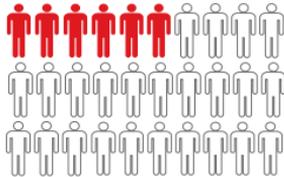
In the past 12 months

**8** were bullied at school



In the past 12 months

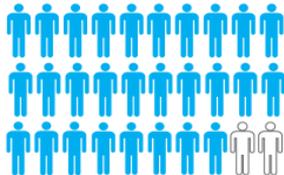
**6** attempted suicide



**Strengths**

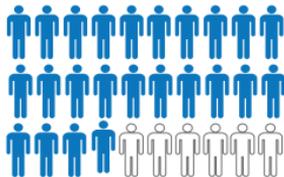
In the past 30 days

**28** did not smoke cigarettes



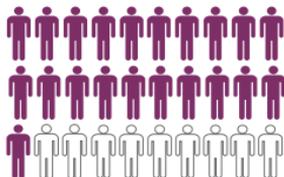
In the past 30 days

**24** did not drink alcohol



In the past 30 days

**21** did not text or email while driving (among those who drove)



**18** agreed that their teachers care about and encourage them

