

METRO NASHVILLE PUBLIC SCHOOLS YOUTH RISK BEHAVIOR SURVEY

2021 RESULTS

ABOUT THE YOUTH RISK BEHAVIOR SURVEILLANCE SYSTEM (YRBSS)

- The Youth Risk Behavior Surveillance System was developed in 1990 to monitor health behaviors that contribute markedly to the leading causes of death, disability, and social problems among youth and adults in the United States. These behaviors are often established during childhood and early adolescence.
- The national survey, conducted by CDC, provides data representative of 9th through 12th grade students in public and private schools in the United States.
- Representative surveys are conducted across Tennessee schools. Certain local school districts, including Nashville and Memphis, are given funding to conduct their own YRBS.
- These surveys are conducted every two years, usually during the spring semester.
- This report references the results of the Nashville YRBS conducted in 2021.

Special thanks to Metro Public Health Department for providing Tennessee Commission on Children and Youth with the data included in this document.



MNPS Youth Risk Behavior Survey Results 2021

RISK BEHAVIORS

46%

reported that they did not always wear a seatbelt as a passenger

1 in 8

had ridden with a driver who had been drinking in the 30 days prior

More than 1 in 6

were in a physical fight in the last year

Among teens who drive

30% reported texting and driving within the last month.

ABUSE & DATING VIOLENCE

1 IN 9

girls reported having been physically forced to have sexual intercourse when they did not want to.

19%

of 12th-grade girls reported an adult or someone at least 5 years older than them had made them do sexual things they did not want to do, compared to 3% among boys.

Among girls who had dated someone in the last year

1 IN 10

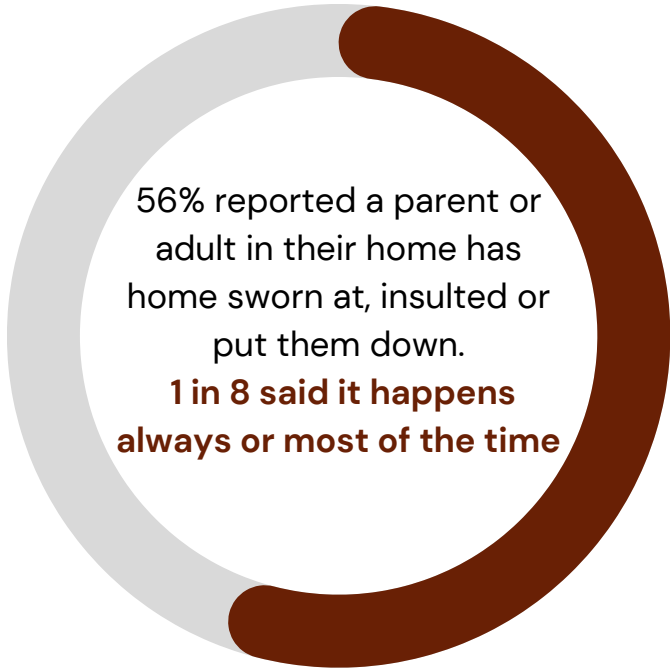
reported being in a physically violent relationship

15%

of students reported domestic violence between their parents or other adults in the home.

ALMOST ONE IN THREE

reported a parent or other adult in their home hit, beat, kicked, or physically hurt them. **For more than one in eight, this physical abuse happened within the last 12 months.**



56% reported a parent or adult in their home has home sworn at, insulted or put them down.

1 in 8 said it happens always or most of the time

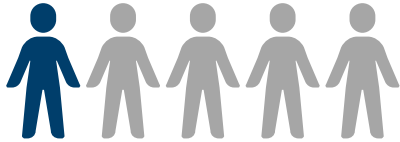
MNPS Youth Risk Behavior Survey Results

2021

MENTAL HEALTH

41%

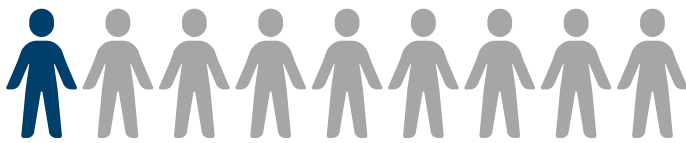
reported in the last year they have felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities



One in five students seriously considered attempting suicide in the last year



One in six students made a plan of how they would attempt suicide within the last year.



One in nine students attempted suicide in the last year. One in fourteen had multiple attempts.

25%

report having lived with someone who was depressed, mentally ill, or suicidal.

23%

report having lived with someone who was having a problem with alcohol or drug use.

1 IN 4

report having seen someone get physically attacked, beaten, stabbed, or shot in their neighborhood

GIRLS MENTAL HEALTH

National studies have found that the pandemic had an outsized effect on the mental health of adolescent girls. Results from MNPS indicate a similar trend in Nashville.

- 52% of girls reported they have felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities.
- **27% seriously considered attempting suicide in the last 12 months.**
- 23% made a plan of how they would attempt suicide within the last 12 months.
- 15% attempted suicide within the last year.
- More than half are trying to lose weight.

MNPS Youth Risk Behavior Survey Results 2021

SUBSTANCE USE

27%

of students reported ever vaping. Approximately 11% had done so within the last month

1 in 10

students reported drinking alcohol within the last month.

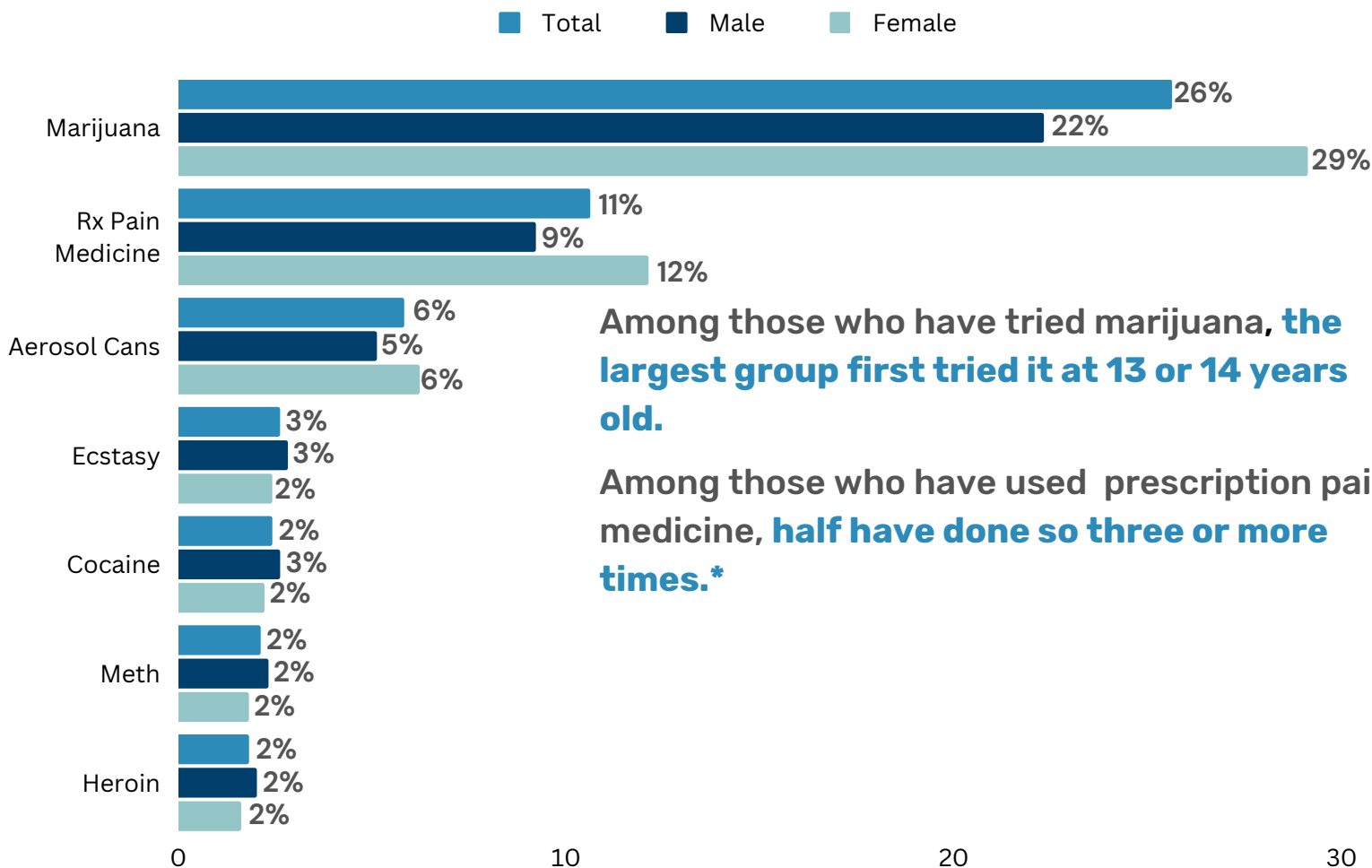
Girls were more likely to report drinking at 1 in 8.

4%

of students reported binge drinking within the last month.

One in three students reported having had more than a few sips of alcohol. The most common age of their first drink was 15-16 years old.

Percentage of students reporting lifetime use by substance



Among those who have tried marijuana, **the largest group first tried it at 13 or 14 years old.**

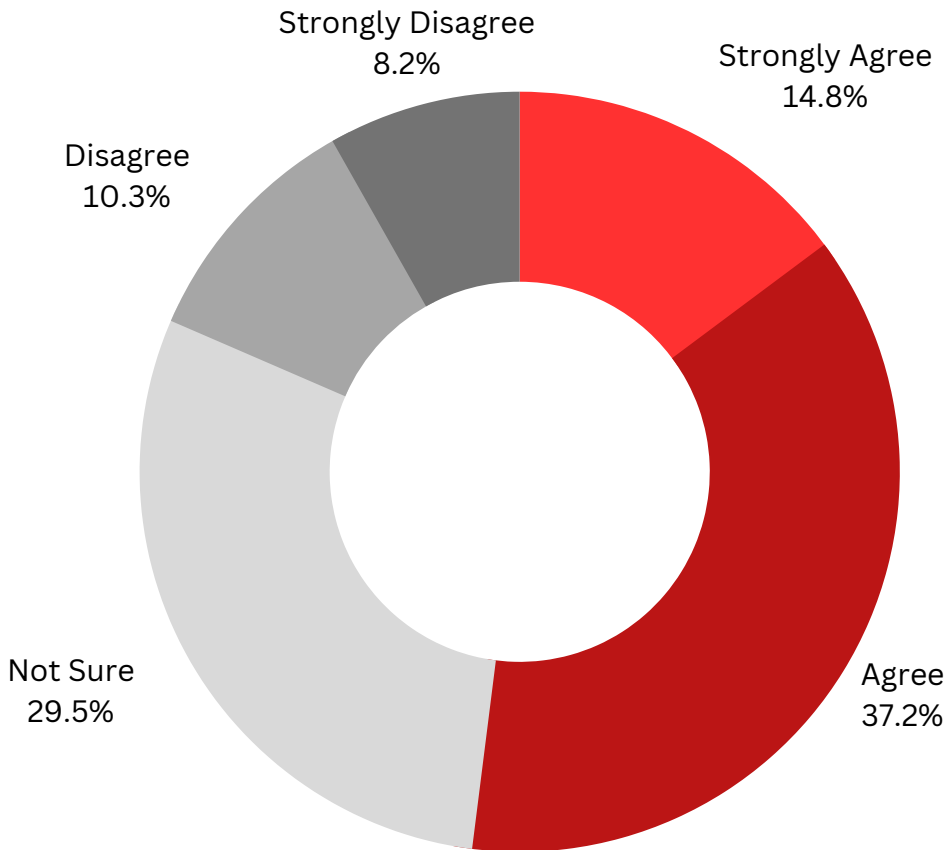
Among those who have used prescription pain medicine, **half have done so three or more times.***

*Rx Pain Medicine without a doctor's prescription or differently than how a doctor told you to use it

MNPS Youth Risk Behavior Survey Results 2021

COMMUNITY & CONNECTION

Do you agree or disagree that you feel close to people at your school?



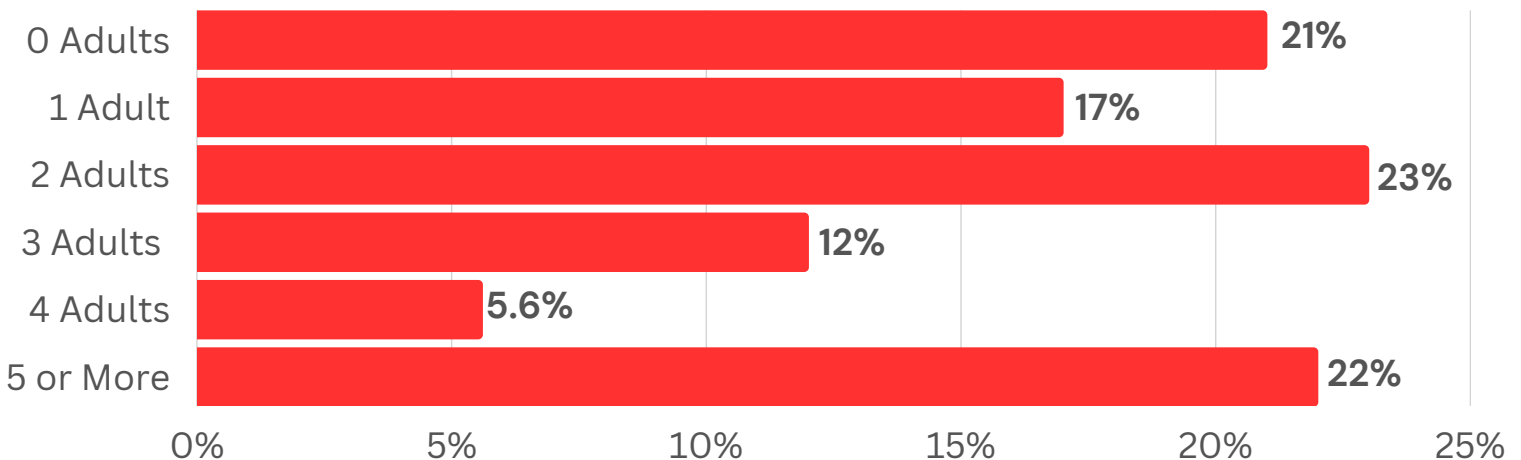
When asked if they felt like they mattered to people in their community

57%
were not sure or disagreed.

38%
of students felt like they could always or most of the time talk to an adult about their feelings.

44% of students felt like they could always or most of the time talk to their friends about their feelings. **Male students were twice as likely as female students to report feeling like they could never talk to their friends about their feelings.**

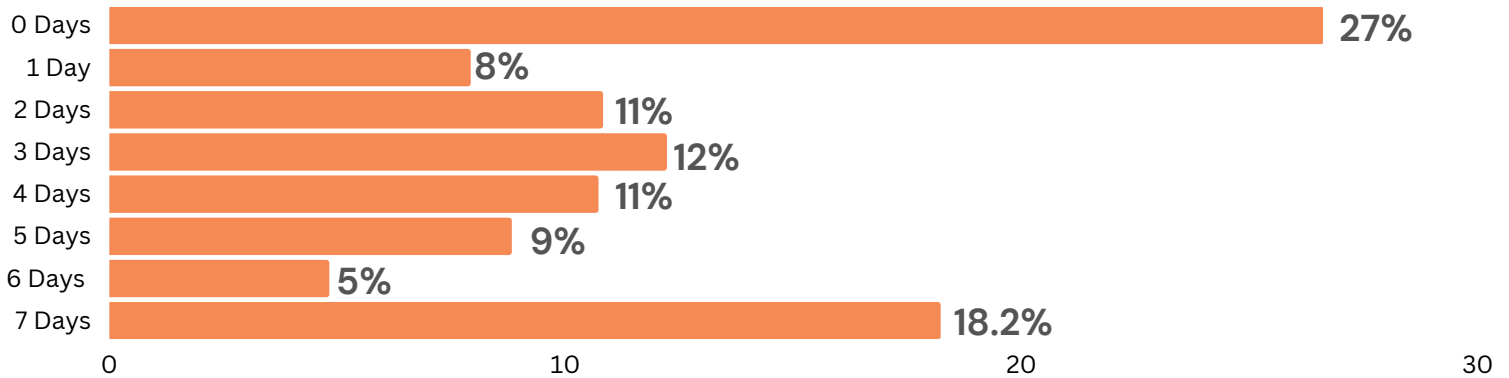
Besides your parents, how many adults would you feel comfortable seeking help from if you had an important question affecting your life?



MNPS Youth Risk Behavior Survey Results 2021

PHYSICAL ACTIVITY

During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day?



1 IN 7 students reported having a concussion within the last 12 months from playing a sport or being physically active.
One in 12 reported more than one concussion.

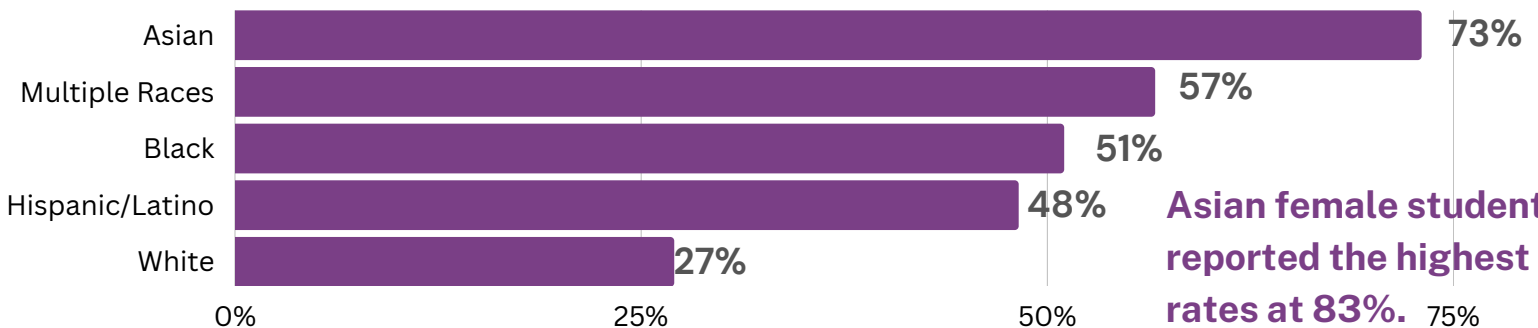
40%

1 IN 3 students reported 5 or less hours of sleep on an average school night.

of students reported an average of 5 or more hours per day of screen time.

DISCRIMINATION

When asked if they felt they had been treated badly or unfairly because of their race or ethnicity 45% of students reported yes.



Asian female students reported the highest rates at 83%.

Nearly 1 in 7 students report being treated unfairly or badly because of the neighborhood where they live or grew up. This is most common among students of multiple races at 1 in 4.

MORE THAN HALF

of students reported that people expected them to behave a certain way because of their race, ethnicity, gender, sexual orientation, or some other characteristic. This was most prevalent among white female students at 81%.



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