

# You're Crucial to the Youth Risk Behavior Survey

Participating in the YRBS is easy and important: It helps schools and communities improve the health and wellbeing of our youth

## Why is it valuable to collect health-related data about our youth?

- The YRBS collects data from students in grades 6 – 12 on key health behaviors that contribute to the leading causes of death and illness during both youth and adulthood.
- Results help monitor changes over time, identify emerging issues, and plan and evaluate programs to support the health of youth. YRBS data are used by health departments, educators, lawmakers, doctors, and community organizations to inform school and community programs, communications campaigns, and other efforts.
- These efforts ultimately help improve youth health both in the short term (reducing screen time, receiving mental health support) and in the future (reducing the risk of cancer, addiction, or sexually transmitted diseases). Healthy students are better learners and more likely to become healthy adults.

## Why should districts and schools participate?

- Each school's participation is critical to ensure results are representative of youth across Vermont and nationwide.
- The YRBS gives your students an opportunity to share their voice, anonymously and voluntarily.
- Participation brings students' experiences to light so that parents, districts, and schools can provide the most appropriate resources for any challenges students may face.

“Your answers will help our school address some of the challenges that you and your peers are experiencing. Your answers can help make a difference.”

Vermont High School Student  
Getting to 'Y' program

“YRBS data can be used by health and non-health educators to adapt and differentiate curriculum/instruction in ways that better support the dynamic health and wellness needs of students”

Vermont Agency of Education  
Health and Physical  
Education Content Specialist

“[YRBS] results are critical to understand the health status and needs of our youth ... [and] add great insight into the world of our youth and the environment in which our young people spend the majority of their time.”

Nathan R. Monell, CAE,  
Executive Director, National PTA

The YRBS helps us understand many health-related topics affecting students, including mental health. Vermont high school YRBS data tells us that during the past year...



**31%**

felt sad or hopeless



**13%**

made a suicide plan



**16%**

were electronically bullied



**19%**

hurt themselves on purpose