



Wauwatosa Youth Risk Behavior Survey 2019 Report

In partnership with:
Wauwatosa Health Department
Wauwatosa School District
Wisconsin Department of Public Instruction

Prepared by:
Emily Lynch, University of Wisconsin- Milwaukee

Contents

Purpose.....	3
Methodology.....	4
Demographics.....	7
Health Risk Behavior Prevalence.....	8
Focus Areas	
Mental Health & Suicide	13
Substance Use	16
Injury & Violence.....	18
LGBT & Sexual Minority Youth.....	21
Conclusion.....	23
References.....	24

Purpose

The purpose of this report is to provide information on the prevalence of health behaviors among Wauwatosa high school students in 2019. Primary objectives are as follows:

1. Report the prevalence of youth behaviors among Wauwatosa high school students in 2019 using data from the 2019 Wauwatosa Youth Risk Behavior Survey.
2. Highlight behaviors related to Wauwatosa health priority focus areas of mental health, substance use, injury and violence, and lesbian, gay, bisexual, and transgender (LGBT) health
3. When available, compare the prevalence of youth behaviors reported in Wauwatosa in 2019 to previous Youth Risk Behavior Survey results to reveal temporal trends.
4. Compare the prevalence of youth health behaviors reported in Wauwatosa in 2019 to youth health behaviors reported in Wisconsin in 2019.

Methodology

About the Youth Risk Behavior Survey

The Youth Risk Behavior Survey (YRBS) is conducted every two years by the Wauwatosa School District, Wisconsin Department of Public Instruction, and the City of Wauwatosa Health Department. It is a randomized survey of students in grades 9 through 12 who attend high school in Wauwatosa. The YRBS focuses on health-risk behaviors that result in the most significant mortality, morbidity and social problems during both adolescence and adulthood. Wauwatosa East and Wauwatosa West High School students were surveyed in the spring of 2019, yielding a total of 1588 surveys. YRBS is a self-administered, anonymous school-based survey. Voluntary participation and parental permission procedures were followed to ensure child's participation was voluntary and student privacy was protected.

For questions regarding the survey methodology or administration, contact the Wauwatosa School District at 414-773-1000 or the Wauwatosa Health Department at 414-479-8939 or thealth@wauwatosa.net.

Definitions

Listed below are the focus areas of interest with the methodology of how variables of interest were defined according to the 2019 YRBS and how answers were categorized for analysis purposes.

Mental Health and Suicide

Mental health was assessed from three questions regarding anxiety, prolonged sadness, and self-harm over the last year. Significant anxiety was defined in the YRBS 2019 as significant problems with feeling very anxious, nervous, tense, scared, or like something bad was going to happen during the past 12 months. Prolonged sadness was defined as feeling so sad or hopeless almost every day for two weeks or more in a row that they stopped doing usual activities during the past 12 months. Self-harm was defined as purposely hurting oneself without wanting to die, such as cutting or burning oneself on purpose. Suicidal ideation and attempt were assessed from three questions asking whether in the last 12 months students considered suicide, made a plan for a suicide attempt, and attempted suicide. A composite mental health measure created which included students who reported affirmatively to at least one of the six previously mentioned mental health behaviors, including students that reported significant problems with anxiety, prolonged sadness, non-suicidal self-harm, seriously considered suicide, made a suicide plan, or attempted suicide.

Support and help-seeking behaviors were assessed through several YRBS questions. This analysis focuses on the following three questions assessing emotional support. Students were asked how often they get the help they need when they feel sad, empty, hopeless, angry, or anxious. Students were also asked who they would most likely talk to when they feel sad, empty, hopeless, angry, or anxious. Students were asked how many adults beside their parent(s) they would feel comfortable seeking help from if they had an important question affecting their life.

Substance Use

This analysis focused on substance use regarding cigarette smoking, alcohol, marijuana, vaping, and misuse of legal drugs. Cigarette smoking was defined as ever having smoked a cigarette, even one or two puffs. Vaping was assessed by whether students reported use of any electronic vapor product in their life, as well as the frequency of use in the past 30 days. Any use of electronic vapor products in the last 30 days was categorized as 30-day use. Alcohol use was assessed by the number of days students reported having at least one drink of alcohol. Ever having drunk alcohol was defined as having drunk alcohol for at least one day in their life. Binge drinking was assessed by the largest number of alcoholic drinks students reported having in a row within a couple of hours. Female binge drinking was defined as drinking 4 or more drinks in a row within a couple of hours at least once in the last 30 days. Male binge drinking was defined as drinking 5 or more drinks in a row within a couple of hours at least once in the last 30 days. Marijuana use was assessed using two questions regarding the frequency of marijuana use. The first question asked the number of times students used marijuana in their life and the second question asked the number of times students used marijuana in the last 30 days. Ever having used marijuana was defined as any use of marijuana in their life and 30-day use was defined as any use of marijuana in the last 30 days. Misuse of legal drugs was a composite measure that assessed misuse of both over-the-counter drugs and prescription pain medicine. Misuse of legal drugs included if students affirmatively reported either the use of prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it or if a student reported taking an over-the-counter drug to get high.

Injury & Violence

The injury and violence focus area assessed bullying, sexual or dating violence, and attitudes toward safety and violence among students. Bullying was assessed by whether students reported having ever been bullied on school property or electronically in the past 12 months. Sexual or dating violence was a composite measure that including students who affirmatively reported rape, sexual assault, sexual dating violence, or physical dating violence. Rape was assessed by whether students had ever been physically forced to have sexual intercourse when they did not want to. Sexual assault was assessed by if students had ever been forced to do sexual things that they did not want to do. Sexual dating violence was assessed by whether students had ever been forced to do sexual things that they did not want to do by someone they were dating or going out with in the last 12 months. Physical dating violence was assessed by whether students had ever been physically hurt on purpose by someone they were dating or going out with in the last 12 months. Attitudes toward bullying, violence, and safety were assessed using a variety of questions. Students were asked the degree to which they believe that harassment and bullying by other students is a problem at school and the degree to which they believe violence is a problem at school. To assess perceptions of safety, students were asked how often they feel safe and secure in their neighborhood, how often they feel safe from physical harm at school, and if they did not go to school because they felt they would be unsafe at school or on their way to or from school during the past 30 days.

Lesbian, gay, bisexual, or transgender (LGBT) & Sexual Minority Youth

LGBT estimates are calculated based on one question about sexual orientation and one question about gender identity. Only students who identified their sexual orientation as lesbian, gay, or bisexual or identified themselves as transgender are represented in this category. Sexual minority youth estimates

are calculated based off one question about sexual orientation, one question about gender identity, and one question about whom they have had sexual contact. Sexual minority youth include students who identify as LGBT as well as students who are not sure of their sexual identity or who have had sexual contact with persons of the same or both sexes.

Demographics

Table 1. Demographics of 2019 Wauwatosa and Wisconsin Youth Risk Behavior Survey (YRBS) High School Student Respondents

	Wauwatosa	Wisconsin
Age		
14 years	13%	
15 years	29%	
16 years	27%	
17 years	22%	
18 years or older	9%	
Sex		
Female	52%	
Male	48%	
Grade		
9th grade	29%	
10th grade	27%	
11th grade	26%	
12th grade	18%	
Race/Ethnicity		
White Non-Hispanic	66%	
Hispanic	8%	
Other Non-Hispanic	25%	

Health Risk Behavior Prevalence

Table 2. Prevalence of Health Risk Behaviors according to 2019 Wauwatosa and Wisconsin Youth Risk Behavior Survey (YRBS) High School Student Respondents

Health Behavior	Wauwatosa Prevalence	Wisconsin Prevalence
		TBD
Traffic Safety		
Most of the time or always wear a seatbelt	90%	
Rode in a car driven by someone who had been drinking alcohol \geq 1 time in the last 30 days	16%	
Among those who drove in a car in the last 30 days, report driving after drinking alcohol \geq 1 time in last 30 days	4%	
Among student drivers, texted or e-mailed while driving a car \geq 1 time in the last 30 days	45%	
Violence-Related Behaviors		
Did not go to school because you felt you would be unsafe at school or on your way to/from school \geq 1 time in the last 30 days	5%	
Carried a gun on school property \geq 1 time in the last 30 days	-%*	
Threatened or injured with a weapon (such as a gun, knife, or club) in the last 12 months on school property	6%	
Most of the time or always feel safe from physical harm at school	87%	
Were in a physical fight in the last 12 months on school property	6%	
Composite measure: answered affirmatively to being threatened with a weapon or in a physical fight on school property in the last 12 months	11%	
Agree or strongly agree that violence is a problem at school	20%	
Mostly or always feel safe in their neighborhood	89%	
Ever been physically forced to have sexual intercourse when you did not want to	4%	
Ever been forced to do sexual things that you did not want to do	22%	
Ever been forced to do sexual things that you did not want to do by someone you were dating or going out with in the last 12 months	13%	
Ever been physically hurt on purpose by someone you were dating or going out with in the last 12 months	7%	
Composite measure: any sexual trauma (sexual or dating violence-including rape, sexual assault, sexual dating violence, or physical dating violence)	25%	

Health Behavior	Wauwatosa Prevalence	Wisconsin Prevalence
Sexual Behaviors		
Received, sent, or shared nude photos of someone or other sexual images in past 30 days	20%	TBD
Ever had sexual intercourse	24%	
Among sexually active students, the percent whose first sexual intercourse was before age 13	3%	
Among sexually active students, the percent who have had 4 or more sexual partners	18%	
Currently sexually active (past 3 months)	16%	
Among sexually active students, the percent who used a condom during last sexual intercourse	68%	
Among sexually active students, the percent who had sex without any pregnancy prevention method	6%	
Bullying		
Ever been bullied on school property in the past 12 months	17%	
Ever been electronically bullied in the past 12 months	13%	
Composite measure: any bullying in the past 12 months (electronically or at school)	23%	
Strongly agree or agree that harassment and bullying by other students is a problem at school	42%	
Mental Health		
Non-suicidal self-harm in the last 12 months	18%	
Significant problems with anxiety in the last 12 months	56%	
So sad or hopeless almost every day for 2 weeks or more in a row that they stopped doing usual activities in last 12 months	29%	
Seriously considered attempting suicide in the last 12 months	16%	
Made a plan about how to attempt suicide in the last 12 months	11%	
Attempted suicide in the last 12 months	5%	
Composite measure: any affirmatively to any of the previous six mental health concerns (non-suicidal self-harm, significant problems with anxiety, so sad or hopeless stopped usual activities, seriously considered suicide, made a suicide plan, or attempted suicide)	62%	
Among students who attempted suicide, percent who received medical attention in last 12 months	27%	

Health Behavior	Wauwatosa Prevalence	Wisconsin Prevalence
Alcohol Use		
Had at least one drink of alcohol on ≥ 1 day in lifetime	61%	TBD
Among students who have drunk alcohol, percent whose first drink was before age 13	24%	
Had at least one drink of alcohol ≥ 1 time in the last 30 days	29%	
Percent of females that engaged in binge drinking in last 30 days (report drinking 4 or more drinks in a row within a couple of hours at least once in the last 30 days)	13%	
Percent of males that engaged in binge drinking in last 30 days (report drinking 5 or more drinks in a row within a couple of hours at least once in the last 30 days)	8%	
Percent of all students that engaged in binge drinking ≥ 1 time in the last 30 days (4 or more drinks for females or 5 or more drinks for males within a couple of hours)	11%	
Other Substance Use		
Ever tried cigarette smoking, even one or two puffs	15%	
Among smokers, the percent who tried cigarettes before age 13	16%	
Smoked cigarettes ≥ 1 time in the last 30 days	3%	
Ever used an electronic vapor product	46%	
Used an electronic vapor product ≥ 1 time in the last 30 days	16%	
Used chewing tobacco, snuff, dip, snus, or dissolvable tobacco products such as Copenhagen, Grizzly, Skoal, or Camel Snus ≥ 1 time in the last 30 days	-%*	
Smoked cigars, cigarillos, or little cigars ≥ 1 time in the last 30 days	4%	
Among students who vaped or used other tobacco products, tried to quit in the past 12 months	52%	
Composite measure: any tobacco use within the last 30 days (including cigars, chewing tobacco, or cigarette use)	5%	
Used marijuana ≥ 1 time in lifetime	33%	
Among students who have tried marijuana, the percent who tried it for the first time before age 13	8%	
Used marijuana ≥ 1 time in the last 30 days	18%	
Ever misused prescription pain medicine	11%	
Ever misused an over-the-counter drug	6%	
Composite measure: ever misused either prescription pain medicine or an over-the-counter drug	14%	
Ever used heroin	-%*	
Ever used methamphetamines	-%*	

Health Behavior	Wauwatosa Prevalence	Wisconsin Prevalence
Were offered, sold, or given drugs on school property (past 12 months)	16%	
Attended school under the influence of alcohol or drugs (past 12 months)	10%	
Used any illegal drug besides marijuana (past 12 months)	4%	
LGBT and Sexual Minority Youth		
Identify as lesbian, gay, bisexual, and/or transgender (LGBT)	13%	
Identify as straight-cisgender	82%	
Sexual Minority Youth (identify as LGBT, are not sure of their sexual identity, or have had sexual contact with persons of the same or both sexes)	18%	
Recent Diet		
Ate fruit every day (past 7 days)	49%	
Ate vegetables every day (past 7 days)	47%	
Drank water everyday (past 7 days)	85%	
Ate breakfast everyday (past 7 days)	35%	
Physical Activity		
Exercised at least once in past 7 days	84%	
Watch 3 or more hours of TV per day	20%	
Spend 3 or more hours per day on phone, Xbox, or other device (excluding use for school work)	42%	
Use phone, Xbox, or other device after midnight on a school night (past 7 days)	57%	
Social Support		
Have at least one supportive adult besides parent(s)	84%	
Have at least one teacher or other adult at school to talk to	70%	
Most of the time or always get support when needed	24%	
List adult as most likely source of support	31%	
List peer as most likely source of support	57%	
Participate in school activities, teams, or clubs	78%	
Agree or strongly agree that they belong at school	69%	

Health Behavior	Wauwatosa Prevalence	Wisconsin Prevalence
Health Status		
In excellent or very good health	53%	
Have physical disability or chronic health problem	10%	
Saw a dentist (past 12 months)	85%	
Ever diagnosed with asthma	21%	
Had sports-induced concussion (past 12 months)	13%	
Other		
Most of the time or always wear SPF sunscreen when outside on a sunny day	23%	
Sleep 8 or more hours per night	27%	
Lived in 4 or more residences	29%	
Students who experienced any hunger due to lack of food at home in last 30 days	24%	
Students who reported that they were hungry most of the time or always in the last 30 days	2%	
Receive mostly A's or B's in school	85%	
Have ever received Special Education services through an Individualized Education Plan (IEP) or 504 plan	9%	

* Numbers too small to report

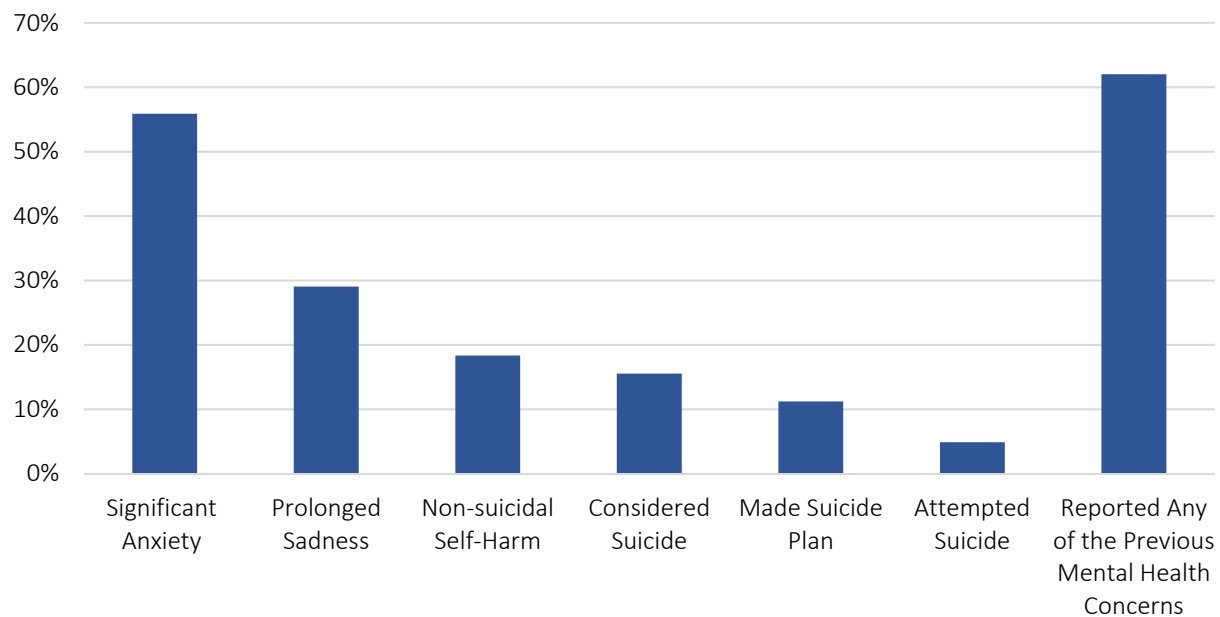
Focus Areas

Mental Health

Mental health encompasses emotional, psychological, and social well-being and is one of the leading contributors to adolescent mortality in the United States (CDC, 2018). YRBS survey included mental health questions on anxiety, depression, self-harm, suicide, and help-seeking behaviors.

62% of Wauwatosa high school students reported at least one concerning mental health behavior in the past 12 months (significant problems with anxiety, prolonged sadness, non-suicidal self-harm, seriously considered suicide, made a suicide plan, or attempted suicide) (Figure 1).

Figure 1. Percent of Wauwatosa High School Student Who Report Mental Health Concerns in Past 12 Months, Youth Risk Behavior Survey 2019



Anxiety, Prolonged Sadness, and Self-Harm

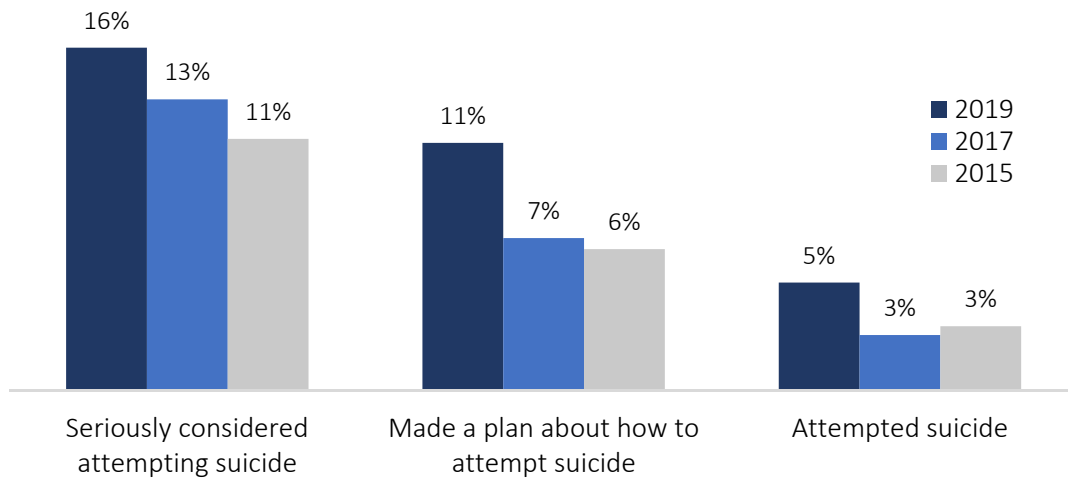
Among Wauwatosa high school students, 56% students reported significant anxiety in the past 12 months (Figure 1). Some Wauwatosa high school students were at even higher risk of reporting significant anxiety. Among Wauwatosa high schools, 68% of female students reported significant anxiety as compared to 42% of male students. Additionally, 78% of LGBT students reported significant anxiety as compared to 51% of straight-cisgender students.

Among Wauwatosa high school students, 29% reported prolonged sadness for 2 weeks or more in a row that they stopped doing usual activities in last 12 months (Figure 1). Feelings of sadness and hopelessness can interfere with everyday functioning and may increase risk for other health inhibiting behaviors. Among Wauwatosa high school students who reported prolonged sadness, 57% reported substance use in the past 30 days and 84% reported that they considered suicide in the past 12 months.

Suicide Ideation and Attempt

Suicidal thoughts and behaviors represent extreme emotional distress. As compared to previous YRBS results from 2015 and 2017, the percent of Wauwatosa high school students who reported suicidal ideation and attempts has increased (Figure 2). Among Wauwatosa high school students, 51% reported never or rarely receiving the help that they need and only 24% reported most of the time or always receiving the help they need.

Figure 2. Percent of Wauwatosa High School Students Who Reported Suicidal Ideation and Suicide Attempt, Youth Risk Behavior Survey 2015-2019



Help-Seeking Behaviors

Help-seeking behaviors and emotional support are important protective factors for mental health and well-being. A majority of Wauwatosa high school students do report having someone to talk to, which is an important component of mental health.

- 88% of Wauwatosa high school students reported that they had someone to talk to when they feel sad, empty, hopeless, angry, or anxious.
- 70% of Wauwatosa high school students report having at least one supportive adult besides parent(s) that they feel comfortable talking to (Figure 4).
- When students feel sad, empty, hopeless, angry, or anxious, 57% of Wauwatosa high school students report that they are most likely to talk to a peer (friend or sibling), 31% of Wauwatosa high school students report that they are most likely to talk to an adult (parent, teacher, or other adult), and 12% report that they're not sure who they would talk to (Figure 3).

Figure 3. Who Wauwatosa High School Students Report Talking To When They Feel Sad, Empty, Hopeless, Angry, or Anxious, Youth Risk Behavior Survey 2019

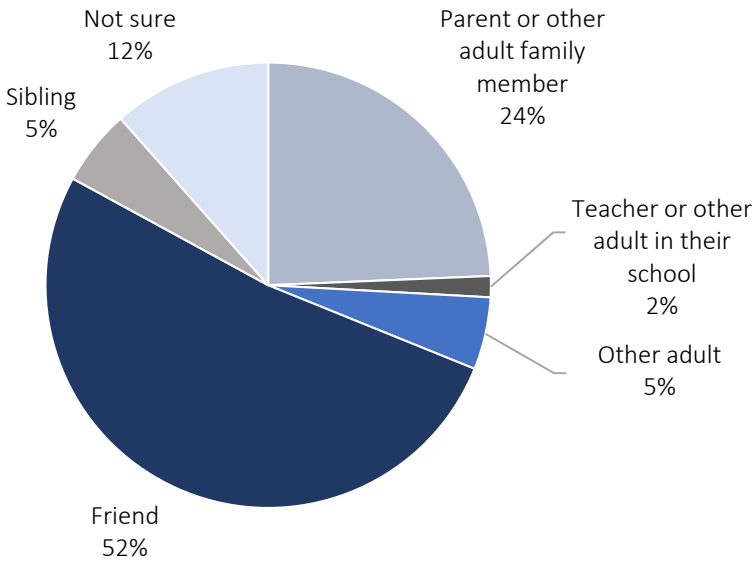
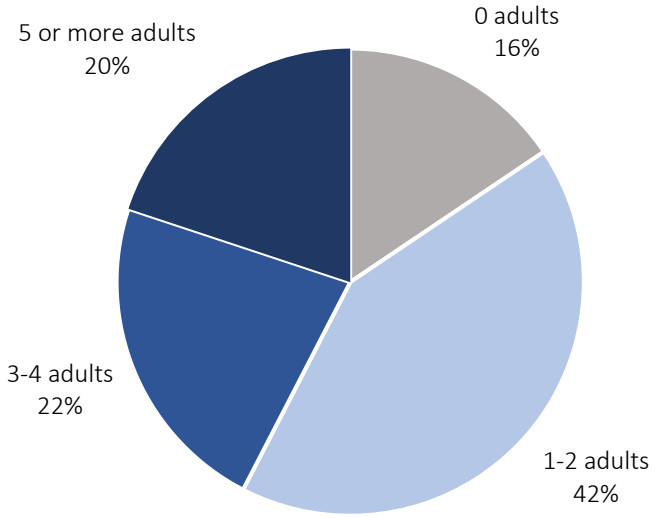


Figure 4. Number of Supportive Adults Besides Parent(s) that Wauwatosa High School Students Report Feeling Comfortable Talking To, Youth Risk Behavior Survey 2019

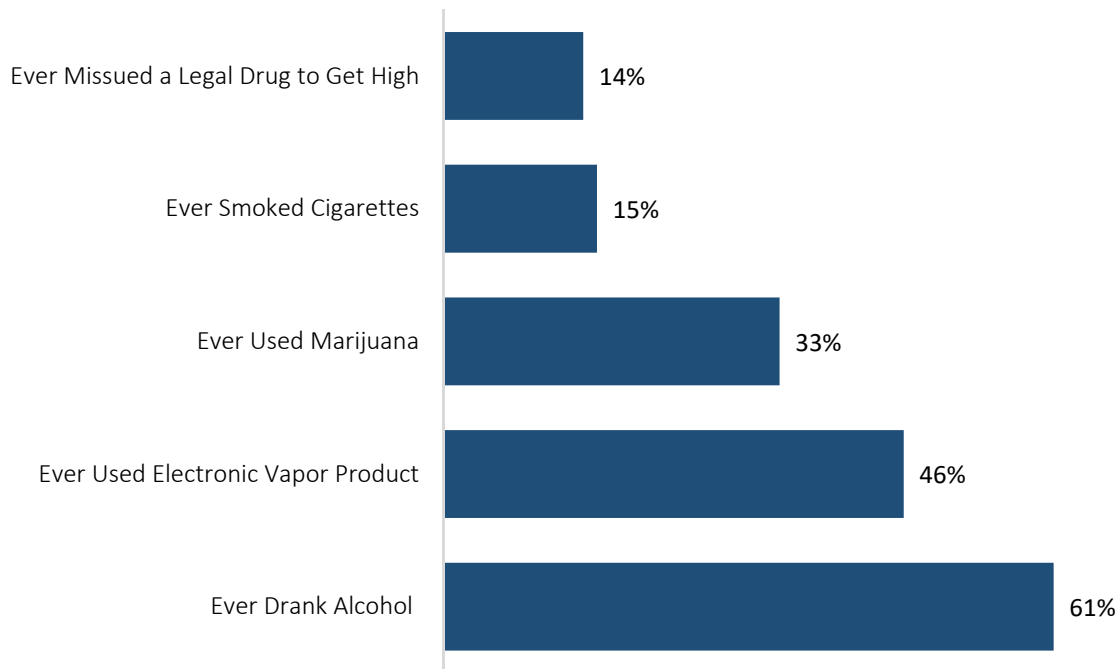


Substance Use

Substance use in adolescence can have profound impacts on health and well-being. Adolescence is an important period in which health promoting or inhibiting behaviors and habits can be developed, influencing one's health into adulthood.

Among Wauwatosa high school students, 61% reported ever drinking alcohol in their life, 46% reported ever using an electronic vapor product in their life, and 33% reported ever using marijuana in their life (Figure 5).

Figure 5. Substance Use Among Wauwatosa High School Students, Youth Risk Behavior Survey 2019



Mental health and substance use are also likely to co-occur. Among Wauwatosa high school students, 77% of students who reported substance use within the last 30 days also reported at least one concerning mental health behavior.

Alcohol, Electronic Vapor Products, and Marijuana

When evaluating substance use in the last 30 days among Wauwatosa high school students, 10.54% report binge drinking, 16% report using an electronic vapor product, and 18% report marijuana use. Marijuana use and electronic vapor use in the last 30 days are similar among male and female students, however, female students report higher binge drinking than male students (13% of females report binge drinking in the last 30 days as compared to 8% of males) (Figure 6). In 2019, 16% of Wauwatosa high school students reported using an electronic vapor product in the last 30 days, an increase from 6% reported in the 2017 Wauwatosa YRBS and 11% in 2015 Wauwatosa YRBS (Figure 7).

Figure 6. Substance Use in the Last 30 Days by Sex Among Wauwatosa High School Students, Youth Risk Behavior Survey 2019

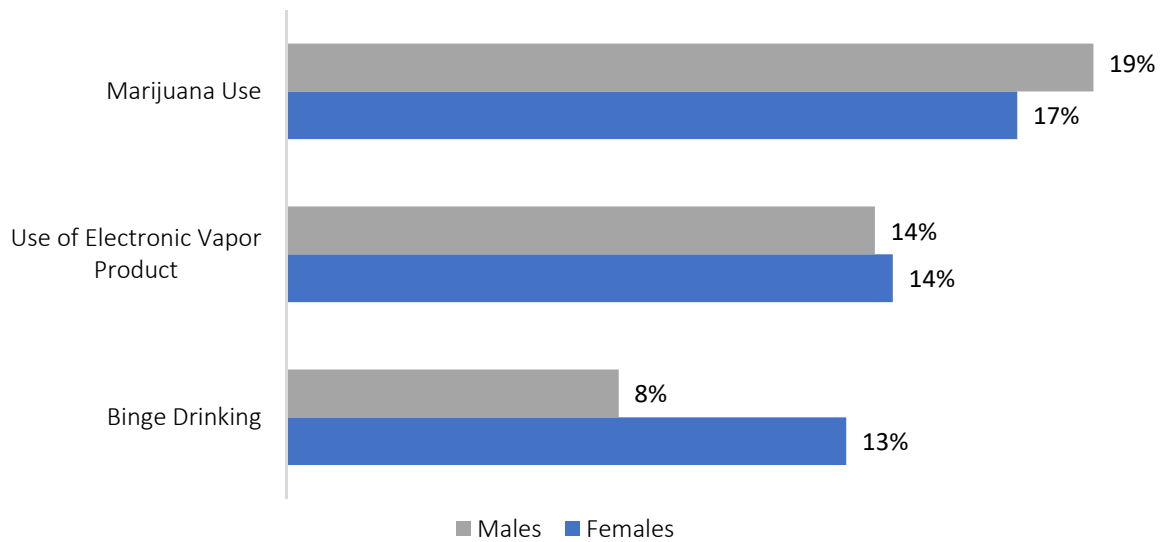
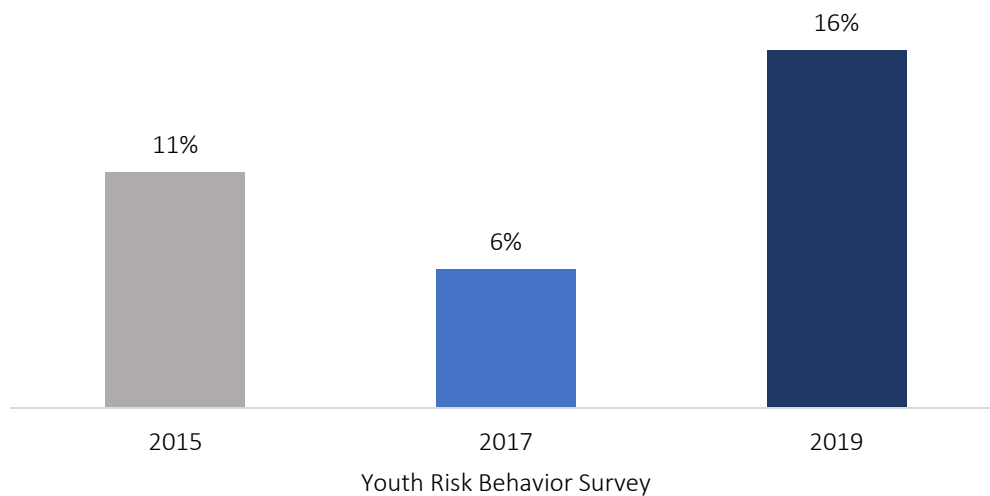


Figure 7. Electronic Vapor Product Use in Last 30 days Among Wauwatosa High School Students, Youth Risk Behavior Survey 2015-2019



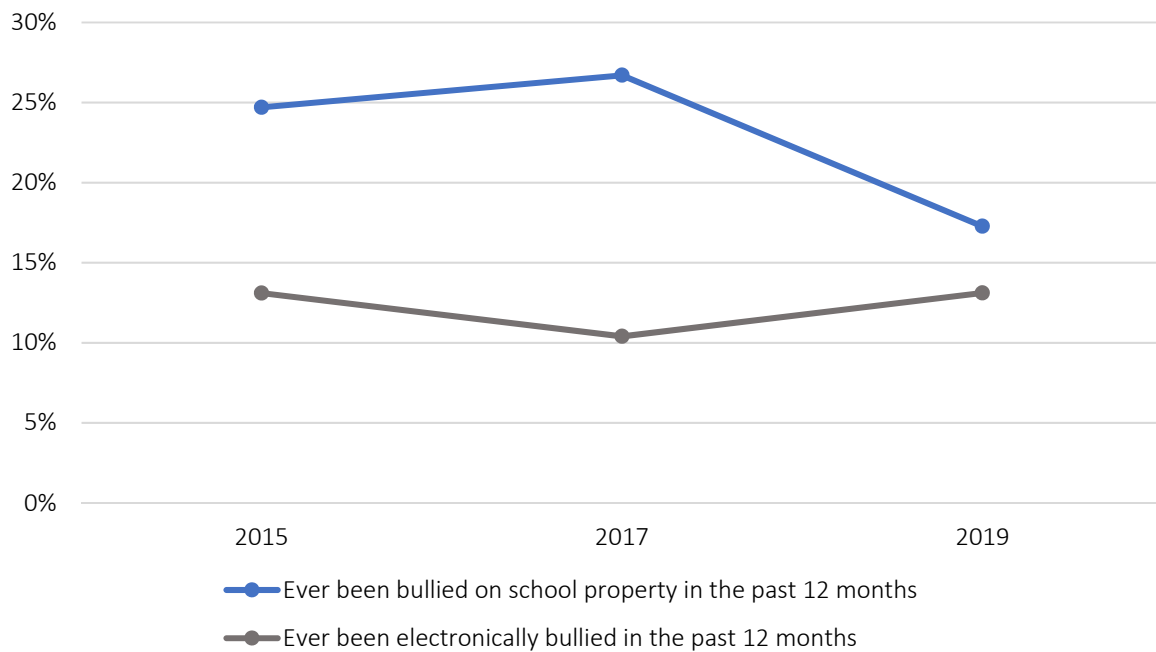
Injury & Violence

Violence is the leading cause of death and injuries among youth in the United States (CDC, 2018). This report focuses on injury and violence in relation to bullying, sexual or dating violence, and attitudes toward safety and violence.

Bullying

Bullying is a significant concern for youth. In 2019 among Wauwatosa high school students, 23% reported being bullied at school or electronically in the last 12 months. The percent of Wauwatosa students being bullied at school in has declined since 2017 but remains higher than the percent of Wauwatosa students who report being bullied electronically (Figure 8).

Figure 8. Percent of Wauwatosa Students Who Report Being Bullied in Last 12 Months, Youth Risk Behavior Survey 2015-2019



Sexual or Dating Violence

Sexual or dating violence encompasses reports of rape, sexual assault, sexual dating violence, and physical dating violence. Among Wauwatosa high school students, 25% report experiencing sexual or dating violence. According to the 2019 Wauwatosa YRBS, female high school students reported higher rates of sexual violence (rape, sexual dating violence, and sexual assault) compared to male high school students (Figure 9). Wauwatosa high school students who have experienced sexual or dating violence are more likely to report considering suicide, making a suicide plan, and attempting suicide than Wauwatosa high school students who have not experienced sexual or dating violence (Figure 9).

Figure 9. Percent of Wauwatosa High School Students Who Experienced Sexual Violence by Sex, Youth Risk Behavior Survey 2019

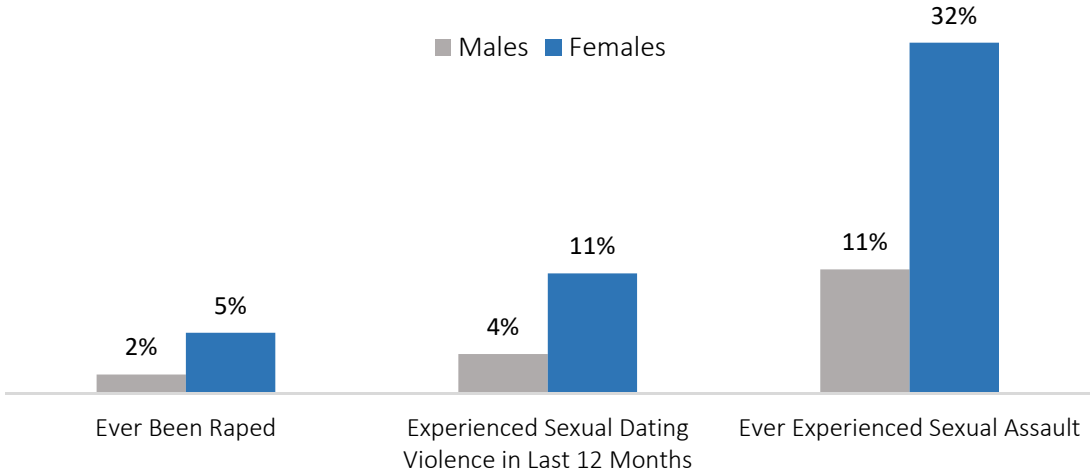
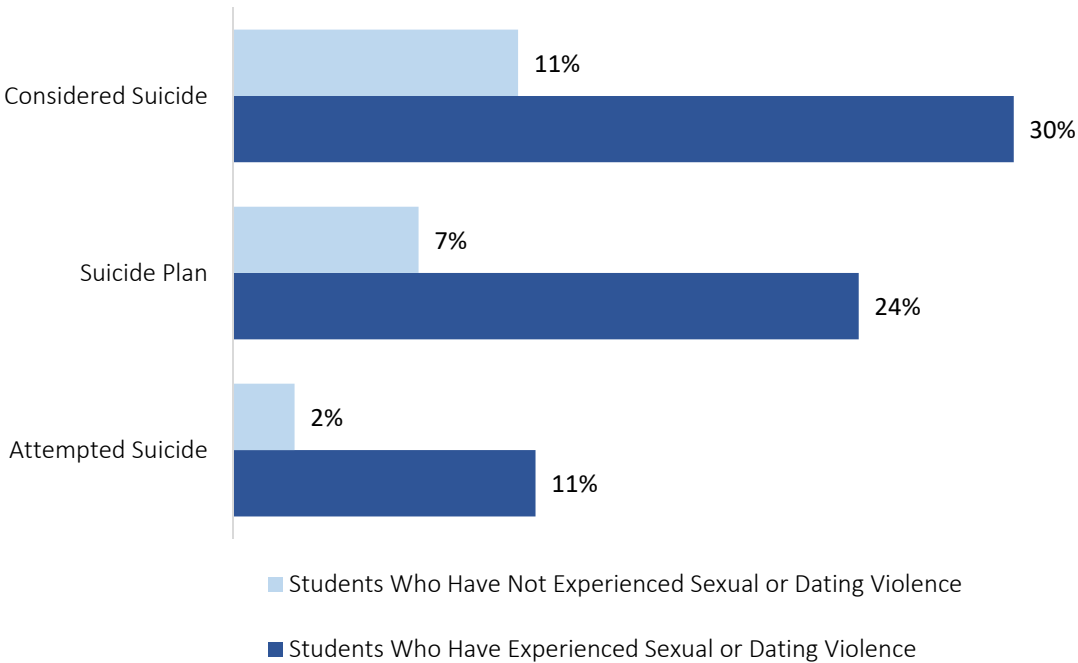


Figure 9. Percent of Wauwatosa High School Students Who Report Suicide Ideations and Attempts by Whether Students Have Experienced Sexual or Dating Violence, Youth Risk Behavior Survey 2019



Perception of Safety & Violence

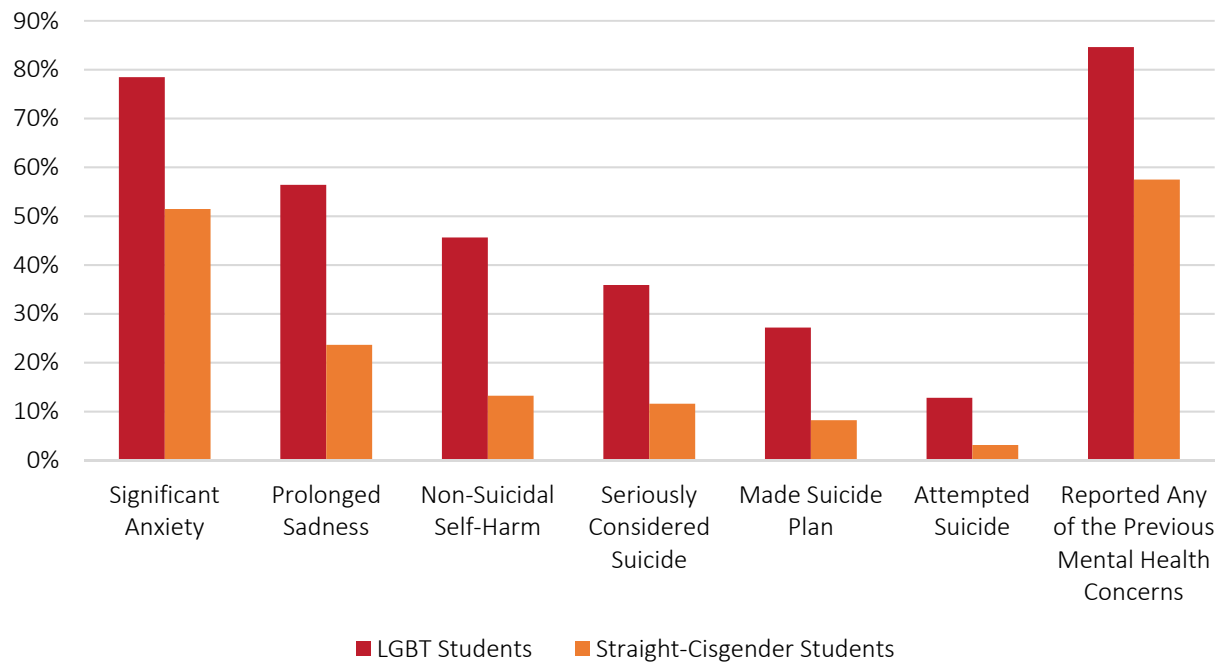
The YRBS assesses perception of neighborhood and school safety. Among Wauwatosa high school students, 88.85% feel safe in their neighborhood. 5% of Wauwatosa high school students reported not going to school because they felt they would be unsafe on their way to or from school. While the majority of Wauwatosa high school students (87%) report feeling safe from physical harm at school and agree that they belong at school (69%), 20% agreed that violence was a problem at school and 42% agreed that harassment and bullying was a problem at school.

LGBT & Sexual Minority Youth

According to YRBS 2019, 13% of Wauwatosa high school students identify as lesbian, gay, bisexual, or transgender (LGBT). 18% of Wauwatosa high school students are sexual minority youth, which includes those who identify as LGBT as well as students that are not sure of their sexual identity or who have sexual contact with persons of the same or both sexes. While most LGBT and sexual minority youth live productive and joyful lives, LGBT and sexual minority students can face discrimination and adverse health outcomes at higher rates than straight-cisgender students.

According to the 2019 Wauwatosa YRBS, LGBT high school students were more likely than straight-cisgender students to report mental health concerns in the past 12 months (including significant anxiety, prolonged sadness, non-suicidal self-harm, seriously considered suicide, made suicide plan, and attempted suicide) (Figure 10). According to 2019 Wauwatosa YRBS, 48% of LGBT high school students reported sexual or dating violence, which is more than double that reported by straight-cisgender high school students (21%). LGBT students were also more likely to misuse a legal drug to get high; 23% of Wauwatosa LGBT students reported misuse as compared to 12% of Wauwatosa straight-cisgender students.

Figure 10. Percent of Wauwatosa High School Students Who Report Mental Health Concerns in Past 12 Months, Youth Risk Behavior Survey 2019



It is important for communities to create a safe and supportive environment for LGBT and sexual minority youth to thrive. In Wauwatosa, LGBT students are slightly less likely to have at least one supportive adult to talk to, report belonging at their school, and report receiving the help that they need when they feel sad, empty, hopeless, angry, or anxious (Table 3). However, Wauwatosa LGBT students are less likely to report not knowing who to go to for support than Wauwatosa straight-cisgender students (Table 3). In Wauwatosa, 59% of LGBT students report that they are most likely to seek support from their peers and 31% report that they are most likely to seek help from adults. It is important to ensure inclusive and accepting support systems in our schools and communities to help promote health and safety for LGBT students.

Table 3. Support and Belonging Among LGBT Students and Straight-Cisgender Students, Wauwatosa High School Youth Risk Behavior Survey 2019

	LGBT Students	Straight-Cisgender
Have at least one supportive adult besides parent(s)	76%	84%
Have at least one teacher or other adult at school to talk to	61%	69%
Agree or strongly agree that they belong at school	51%	70%
Never or rarely receive the help that they need when they feel sad, empty, hopeless, angry, or anxious	54%	50%
Not sure who they would seek support from when they are sad, empty, hopeless, angry, or anxious	9%	11%

Conclusion

Overall, the Wauwatosa YRBS 2019 results revealed both positive trends and identified focus areas for public health efforts. Mental health concerns continue to increase, with a particularly high burden identified among LGBT students and students who have experienced sexual or dating violence. While Wauwatosa high school students largely report engaging in help-seeking behaviors, many students still report that they are not receiving the help that they need. When students seek someone to talk to, the majority of Wauwatosa high school students report that they are most likely to turn to a peer for support. When evaluating substance use, the most common substances reported by Wauwatosa high school students were marijuana, electronic vapor products, and alcohol. Over the last 30 days, Wauwatosa youth were more likely to report using marijuana or electronic vapor products than to report binge drinking. However, drinking alcohol continues to be the most prevalent substance that Wauwatosa high school students report using over their entire life. In terms of violence related behaviors, female high school students were more likely to report experiencing sexual violence compared to male high school students. While the majority of Wauwatosa high school students report feeling safe from physical harm at school and agree that they belong at school, violence and bullying continue to be a concern for students.

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