

Oregon Student Health Surveys

- **Bridge the gap**
- Safe, Supportive, and Equitable
- 6th, 8th and 11th Grades
- Opt-outs Available





SCHOOL DISTRICT

Preparing children for an ever changing world

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Who Took the Survey

When

Grade:	Participants:	Start date:	End date:
6th graders	52	11/16/2022	12/1/2022
8th graders	47	11/16/2022	12/1/2022
11th graders	44	11/16/2022	12/1/2022

Categories

- Environment : Trust in adults
- Everyday Discrimination: Day to Day
- Positive Youth Development
- Demographics
- School Climate, Absenteeism, and Bullying
- Mental Health: Includes Emotions, Safety & Self Harm, Physical Activity, Diet & Food Reliability, Body Image
- Access to Care: Physical, Mental, Dental
- Sexual Health, Dating, Violence, and Sexual Violence
- Injury Prevention-Impaired Driving
- Gambling, Substance Use, & Drug Free Communities (DFC)



Environment



Table 6. How much trust do you have in ...Schools

	District 2022			State 2022		
	6th	8th	11th	6th	8th	11th
A lot of trust	n/a	27.7	0.0	n/a	13.4	9.4
Some trust	n/a	48.9	29.5	n/a	39.2	40.2
A little trust	n/a	19.1	47.7	n/a	28.1	31.3
No trust at all	n/a	4.3	20.5	n/a	14.6	14.7
I am not sure	n/a	0.0	0.0	n/a	2.9	2.8
I don't know what this question is asking	n/a	0.0	0.0	n/a	0.3	0.2
I prefer not to answer	n/a	0.0	2.3	n/a	1.6	1.5

Everyday Discrimination

Table 12. In your day-to-day life, how often do any of the following things happen to you?
People act as if they think you are not smart.

	District 2022			State 2022		
	6th	8th	11th	6th	8th	11th
Almost every day	n/a	17.0	13.6	n/a	16.0	13.8
At least once a week	n/a	23.4	18.2	n/a	14.9	15.9
A few times a month	n/a	6.4	27.3	n/a	11.9	16.1
A few times a year	n/a	14.9	9.1	n/a	11.6	15.0
Less than once a year	n/a	6.4	2.3	n/a	8.4	8.0
Never	n/a	19.1	13.6	n/a	20.4	18.0
I am not sure	n/a	12.8	11.4	n/a	13.0	11.3
I don't know what this question is asking	n/a	0.0	2.3	n/a	1.2	0.5
I prefer not to answer	n/a	0.0	2.3	n/a	2.5	1.5

Everyday Discrimination: Captures self reported frequency of routine, relatively subtle, discriminatory, experiences in everyday social settings.

Table 15. EDS (Everyday Discrimination Scale)

	District 2022			State 2022		
	6th	8th	11th	6th	8th	11th
None	n/a	18.2	0.0	n/a	11.6	9.5
One situation experienced	n/a	0.0	8.3	n/a	9.6	9.0
Two situations experienced	n/a	18.2	16.7	n/a	13.7	13.9
Three situations experienced	n/a	9.1	16.7	n/a	19.3	18.9
Four situations experienced	n/a	22.7	37.5	n/a	23.7	24.7
Five situations experienced	n/a	31.8	20.8	n/a	22.1	24.1

Positive Youth Development

Table 19. There is at least one teacher or other adult in my school that really cares about me.

	District 2022			State 2022		
	6th	8th	11th	6th	8th	11th
Very much true	48.1	51.1	40.9	43.0	33.4	33.5
Pretty much true	21.2	12.8	25.0	20.6	23.9	26.5
A little true	7.7	12.8	11.4	9.6	13.6	16.0
Not at all true	1.9	2.1	9.1	4.3	7.1	7.0
I am not sure	19.2	21.3	13.6	17.8	19.1	15.6
I don't know what this question is asking	0.0	0.0	0.0	1.0	0.6	0.3
I prefer not to answer	1.9	0.0	0.0	3.7	2.1	1.2

PYD: Measure of the number of youth who have the physical, emotional, & social supports to succeed in school and live happy, healthy & productive lives.

Table 20. PYD (Positive Youth Development Benchmark)

	District 2022			State 2022		
	6th	8th	11th	6th	8th	11th
Meets PYD Benchmark	75.0	54.3	25.0	63.2	48.0	41.1
Does not meet PYD Benchmark	25.0	45.7	75.0	36.8	52.0	58.9

*(PYD benchmark calculation excludes; "I am not sure", "I don't know what this question is asking", and "I prefer not to answer" from denominator.)

Demographics

Table 37. Because of a physical, mental, or emotional condition, do you have serious difficulty concentrating, remembering or making decisions?

	District 2022			State 2022		
	6th	8th	11th	6th	8th	11th
Yes	n/a	25.5	48.8	n/a	25.1	31.0
No	n/a	59.6	44.2	n/a	54.6	52.2
I am not sure	n/a	14.9	7.0	n/a	15.0	13.4
I don't know what this question is asking	n/a	0.0	0.0	n/a	1.9	0.7
I prefer not to answer	n/a	0.0	0.0	n/a	3.3	2.7

Table 55. During the past 30 days, have you ever been bullied AT SCHOOL (including any school events) in relation to any of the following issues? This includes in-person bullying and bullying through technology such as texting, the Internet or apps (messaging, social media, games, livestreaming, etc.). You can choose more than one.

	District 2022			State 2022		
	6th	8th	11th	6th	8th	11th
I have not been bullied at school	n/a	70.5	73.7	n/a	64.7	75.3
Bullied about my race or ethnic origin	n/a	6.8	0.0	n/a	3.5	2.5
Unwanted sexual comments or attention	n/a	4.5	2.6	n/a	4.6	4.7
Bullied about my sexual orientation (lesbian, gay, bisexual, etc.)	n/a	0.0	5.3	n/a	4.5	2.8
Bullied about my gender or gender identity (male, female, transgender, etc.)	n/a	0.0	7.9	n/a	3.3	1.9
Bullied about my weight, clothes, acne, or other physical characteristics	n/a	18.2	5.3	n/a	11.1	5.8
Bullied about my group of friends	n/a	6.8	0.0	n/a	5.5	2.5
Bullied about a physical, mental or emotional disability	n/a	2.3	0.0	n/a	3.6	2.2
Bullied for wearing or not wearing a mask or face covering to protect against COVID-19	n/a	2.3	0.0	n/a	1.1	0.8
Bullied for other reason	n/a	13.6	5.3	n/a	10.0	4.5

**ADOLESCENT
MENTAL HEALTH
TRENDS ARE
MOVING IN THE
WRONG DIRECTION.**

Youth who have strong connections to school and family are less likely to experience poor mental health.

cdc.gov/healthyyouth



Mental Health

Table 57. During the past 30 days, how often have you been bothered by feeling nervous, anxious or on edge?

	District 2022			State 2022		
	6th	8th	11th	6th	8th	11th
Not at all	41.2	27.3	7.7	35.9	31.1	19.8
Several days	15.7	36.4	25.6	24.8	29.2	35.6
More than half the days	2.0	9.1	10.3	7.5	9.1	11.5
Nearly every day	23.5	20.5	38.5	13.0	16.9	23.2
I am not sure	15.7	6.8	10.3	11.0	9.1	6.9
I don't know what this question is asking	0.0	0.0	2.6	2.0	1.0	0.4
I prefer not to answer	2.0	0.0	5.1	5.7	3.6	2.6

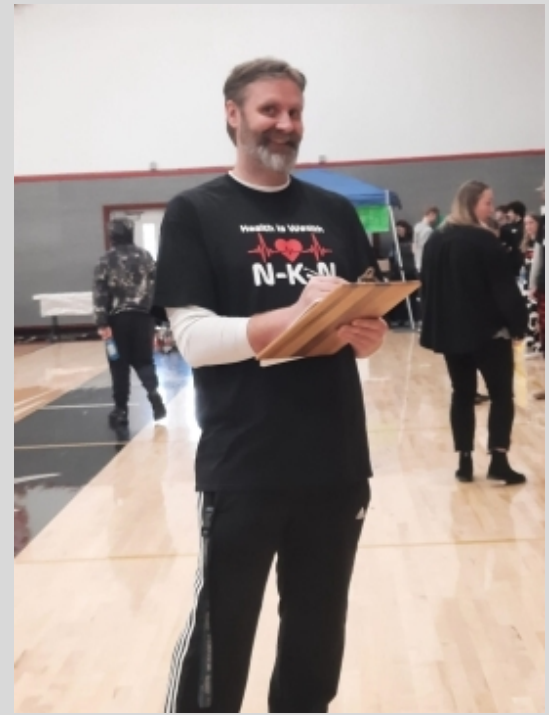
Mental Health

Table 58. During the past year, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?

	District 2022			State 2022		
	6th	8th	11th	6th	8th	11th
Yes	31.4	36.4	47.5	23.7	29.8	38.4
No	47.1	59.1	37.5	55.6	52.7	46.8
I am not sure	11.8	4.5	7.5	11.0	10.3	9.1
I don't know what this question is asking	0.0	0.0	2.5	1.9	1.3	0.6
I prefer not to answer	9.8	0.0	5.0	7.8	6.0	5.1

Table 63. If you had a physical or mental health care problem or felt stressed/anxious during the school day, who would you go to at your school for help? Help could be in-person, a phone call, an appointment, an email, IM or text. You can choose more than one.

	District 2022			State 2022		
	6th	8th	11th	6th	8th	11th
Friend/classmate	44.0	73.8	51.3	47.3	55.4	62.2
School counselor	28.0	28.6	33.3	27.4	22.4	18.7
School-Based Health Center (SBHC)	4.0	9.5	7.7	5.0	3.7	4.1
School nurse	22.0	16.7	2.6	10.7	6.3	4.5
School secretary/office staff	16.0	11.9	5.1	6.4	5.5	4.0
Mental health therapist at your school	6.0	7.1	12.8	7.2	5.9	5.3
Principal or vice principal	12.0	11.9	2.6	8.5	6.2	3.6
Teacher	32.0	38.1	10.3	24.8	19.5	21.3
School Resource Officer/Police Officer	4.0	4.8	2.6	3.8	3.8	3.1
Parent/stepparent/guardian	32.0	40.5	20.5	35.0	34.6	33.2
Other adult at school (Specify)	6.0	2.4	5.1	5.4	4.0	3.0
No one	12.0	16.7	20.5	10.9	16.4	15.8



Access to Care

Table 74. During the past year, did you have any emotional or mental health care needs that were not met? (Count any situation where you thought you should see a counselor, social worker, or other mental health professional.)

	District 2022			State 2022		
	6th	8th	11th	6th	8th	11th
Yes	n/a	32.6	31.6	n/a	16.1	22.9
No	n/a	60.5	52.6	n/a	59.0	58.2
I am not sure	n/a	7.0	10.5	n/a	14.4	12.9
I don't know what this question is asking	n/a	0.0	0.0	n/a	3.9	1.1
I prefer not to answer	n/a	0.0	5.3	n/a	6.6	4.8

Sexual Health, Dating, & Violence



Table 83. Effectiveness of pregnancy prevention methods used

	District 2022			State 2022		
	6th	8th	11th	6th	8th	11th
High effectiveness	n/a	0.0	0.0	n/a	2.9	13.3
Mid effectiveness	n/a	0.0	42.9	n/a	15.8	31.0
Low effectiveness	n/a	50.0	42.9	n/a	43.6	37.5
Some effectiveness	n/a	0.0	0.0	n/a	2.6	1.1
No methods or not sure	n/a	50.0	14.3	n/a	33.4	13.6
Emergency birth control	n/a	0.0	0.0	n/a	1.7	3.4

*(Denominator: Excludes those who say "I am not sure", "I don't know what this question is asking", and "I prefer not to answer" .)

Injury Prevention-Impaired Driving



Table 97. During the past 30 days, did you ride in a car or other vehicle driven by a teenager who had been drinking alcohol, using marijuana or using drugs such as cocaine, ecstasy, LSD, shrooms, heroin or meth?

	District 2022			State 2022		
	6th	8th	11th	6th	8th	11th
I did not ride with a teenage driver in the past 30 days	n/a	n/a	13.5	n/a	n/a	14.3
Yes	n/a	n/a	5.4	n/a	n/a	5.8
No	n/a	n/a	81.1	n/a	n/a	74.9
I am not sure	n/a	n/a	0.0	n/a	n/a	2.0
I don't know what this question is asking	n/a	n/a	0.0	n/a	n/a	0.4
I prefer not to answer	n/a	n/a	0.0	n/a	n/a	2.6

Table 104. How old were you when you had your first drink of alcohol other than a few sips?

	District 2022			State 2022		
	6th	8th	11th	6th	8th	11th
I have never had a drink of alcohol other than a few sips	n/a	75.6	59.0	n/a	64.6	48.8
12 years old or younger	n/a	15.6	10.3	n/a	12.6	7.2
13 years old	n/a	6.7	2.6	n/a	5.3	4.7
14 years old	n/a	0.0	7.7	n/a	0.8	5.8
15 years old	n/a	0.0	7.7	n/a	0.0	9.4
16 years old	n/a	0.0	7.7	n/a	0.0	8.4
17 years old or older	n/a	0.0	0.0	n/a	0.1	1.0
I am not sure	n/a	0.0	2.6	n/a	4.3	4.0
I don't know what this question is asking	n/a	0.0	2.6	n/a	3.0	2.2
I prefer not to answer	n/a	2.2	0.0	n/a	9.2	8.4

Thank You for prioritizing Student Health & Safety!

