

It PAYS to Know...

2017- 2021 Pennsylvania
Youth Survey Data

Partnership For Better Health
Service Area



PARTNERSHIP
for Better Health

A Community Foundation
Making a Difference — Together

About the PAYS

- A statewide survey based on anonymous student self-reporting
- Administered biennially since 1989
- Questions across 4 domains
- 6th, 8th, 10th, 12th grade students participate
- Has a high degree of validity and reliability



About the PAYS

How can the PAYS help us identify & meet the needs of youth?

The PAYS data can:

- **identify prevalence & sources of ATOD use.**
- **identify prevalence of problem behaviors.**
- **provide indicators of depression, self harming.**
- **provide insight into perceptions and attitudes.**
- **identify factors that are putting youth at higher risk.**
- **identify protective factors that buffer youth against risk.**
- **Track trends over time effectively steering efforts towards preventing youth problem behaviors.**



A light blue silhouette of the Hawaiian Islands is positioned on the left side of the slide, serving as a background for the main title.

About the PAYS ...

2021 administration

Partnership For Better Health service area

22 of 30 schools (10 out 10 districts) participated.

5,052 valid surveys out of a possible 6,823 for participation rate of 74%.

The % of students surveyed varied by grade 87% 6th, 83% 8th, 71% 10th, 56% 12th.

Combined (all) data points are made up of 28% 6th, 29% 8th, 25% 10th, 19% 12 graders.

Of the valid survey participants 11.5% identified as of Hispanic, Latino or Spanish origin, 88.5% as not of Hispanic, Latino, or Spanish origin.

Valid survey participants identified as: 4.8 % Black, African American, 1.2% American Indian, 2.8% Pacific Islander, 77.5% White, Caucasian, 5.8% Multi-racial, 7.9% race unmarked.

Valid survey participants identified as 49.5% male, 47.1% female, 3.4% other.

**It PAYS to
Know....**

**The prevalence of
Alcohol, Tobacco
and Other Drug
(ATOD) use among
youth**



Top 3 Substances used by youth in PBH service area

#1 Alcohol

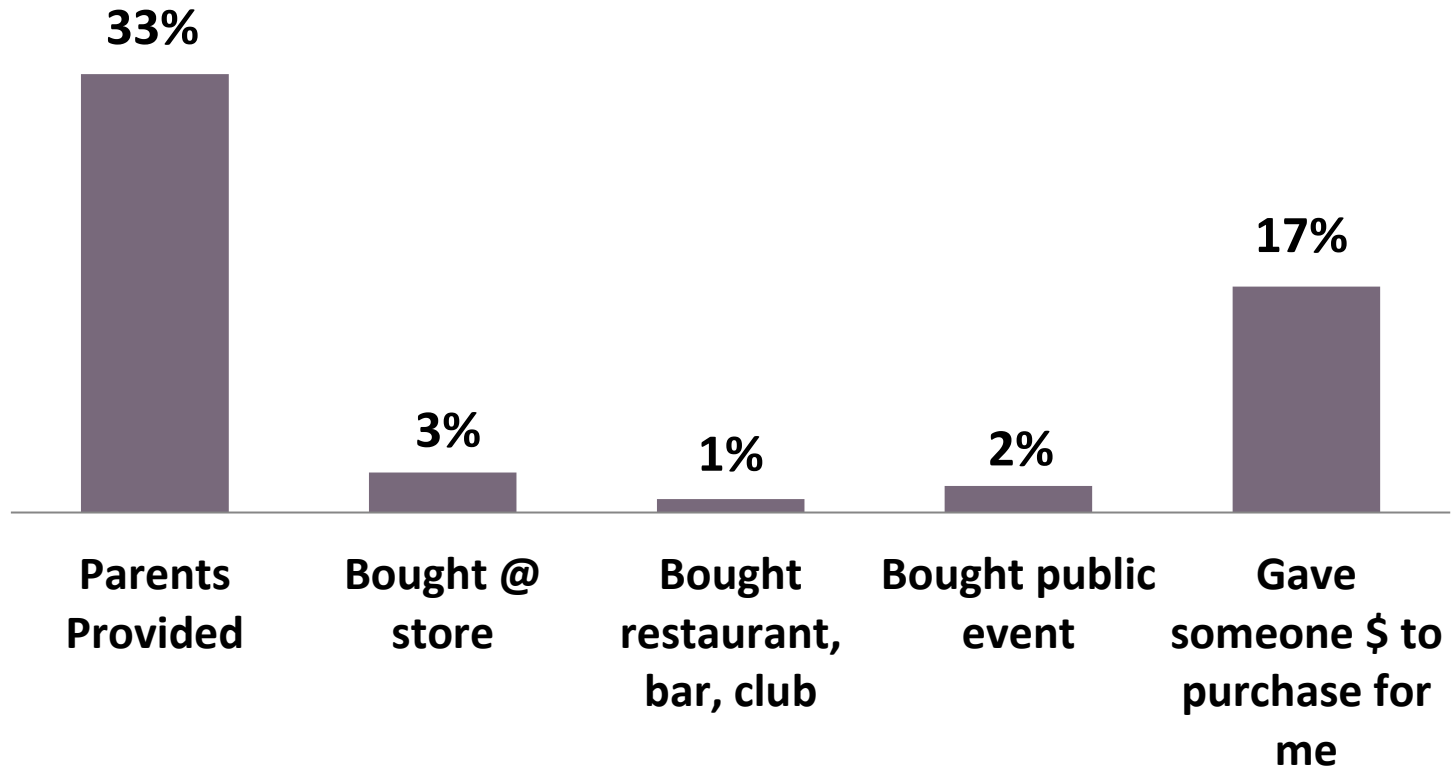


Indicator	Grade	2017	2019	2021	PA 2021
Lifetime use	6 th	18%	18%	15%	14%
	12 th	67%	63%	54%	55%
30-day use	6 th	4%	4%	2%	3%
	12 th	34%	29%	23%	27%
Binge Drinking	6 th	1%	1%	1%	1%
	12 th	15%	12%	7%	12%
DUI	10 th	1%	2%	1%	1%
	12 th	6%	4%	2%	3%

Overall, 90% of youth report not drinking in the last 30 days (2021)

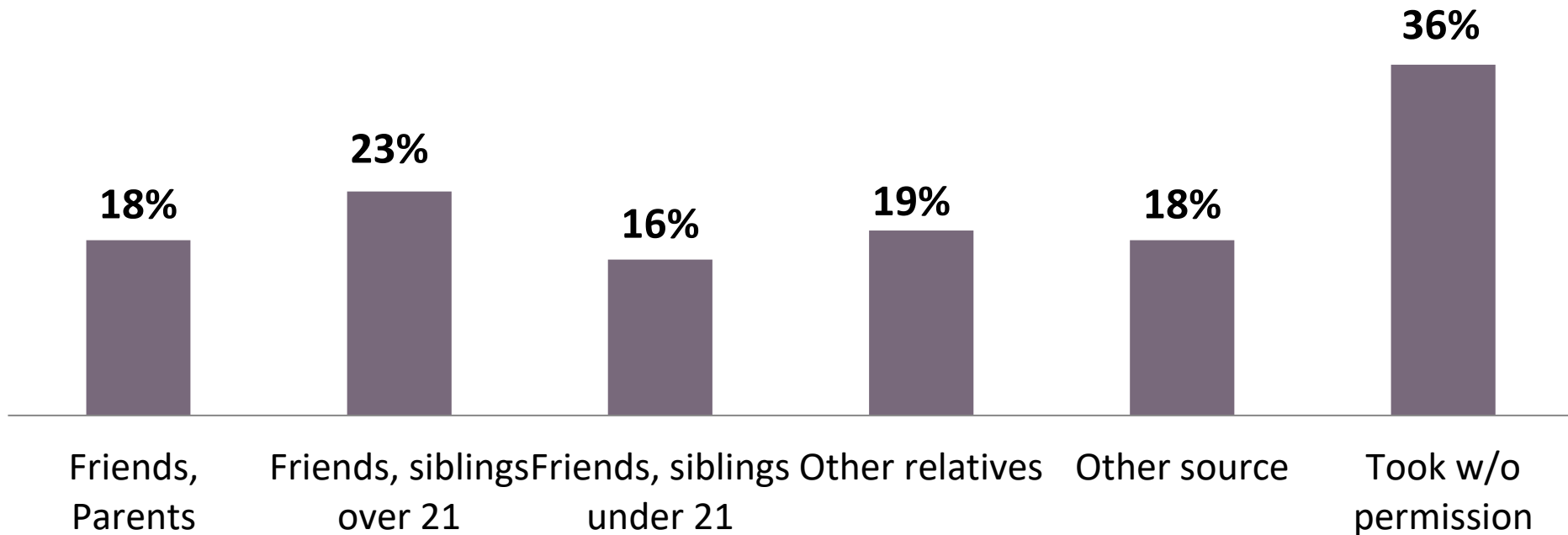
Where are they getting alcohol?

Sources of Alcohol - 2021



Who's Providing?

Sources of Alcohol - 2021



5% 6th graders, 13% 8th graders, 23% 10th graders, 34% 12th graders
willing to try alcohol before age 21

What are they thinking... about alcohol use?

- **65%** believe it is harmful to drink alcohol nearly every day. *(66% PA)*
- **72%** believe binge drinking is harmful. *(72% PA)*
- **88%** believe that their parents would think it was wrong for them to drink nearly everyday. *(88% PA)*
- **76%** believe that their friends would think it was wrong for them to drink nearly everyday. *(76% PA)*

2021 data



Top 3 Substances used by youth PBH service area

2 Marijuana



Indicator	Grade	2017	2019	2021	PA 2021
Lifetime use	6 th	1%	2%	1%	1%
	12 th	36%	34%	30%	39%
30-day use	6 th	.4%	1%	1%	.4%
	12 th	19%	18%	14%	17%
Electronic vaping marijuana or hash oil (<i>past 12 months</i>)	6 th	1%	2%	3%	2%
	12 th	15%	33%	33%	38%
DUI	10 th	2%	2%	1%	1%
	12 th	11%	10%	5%	6%

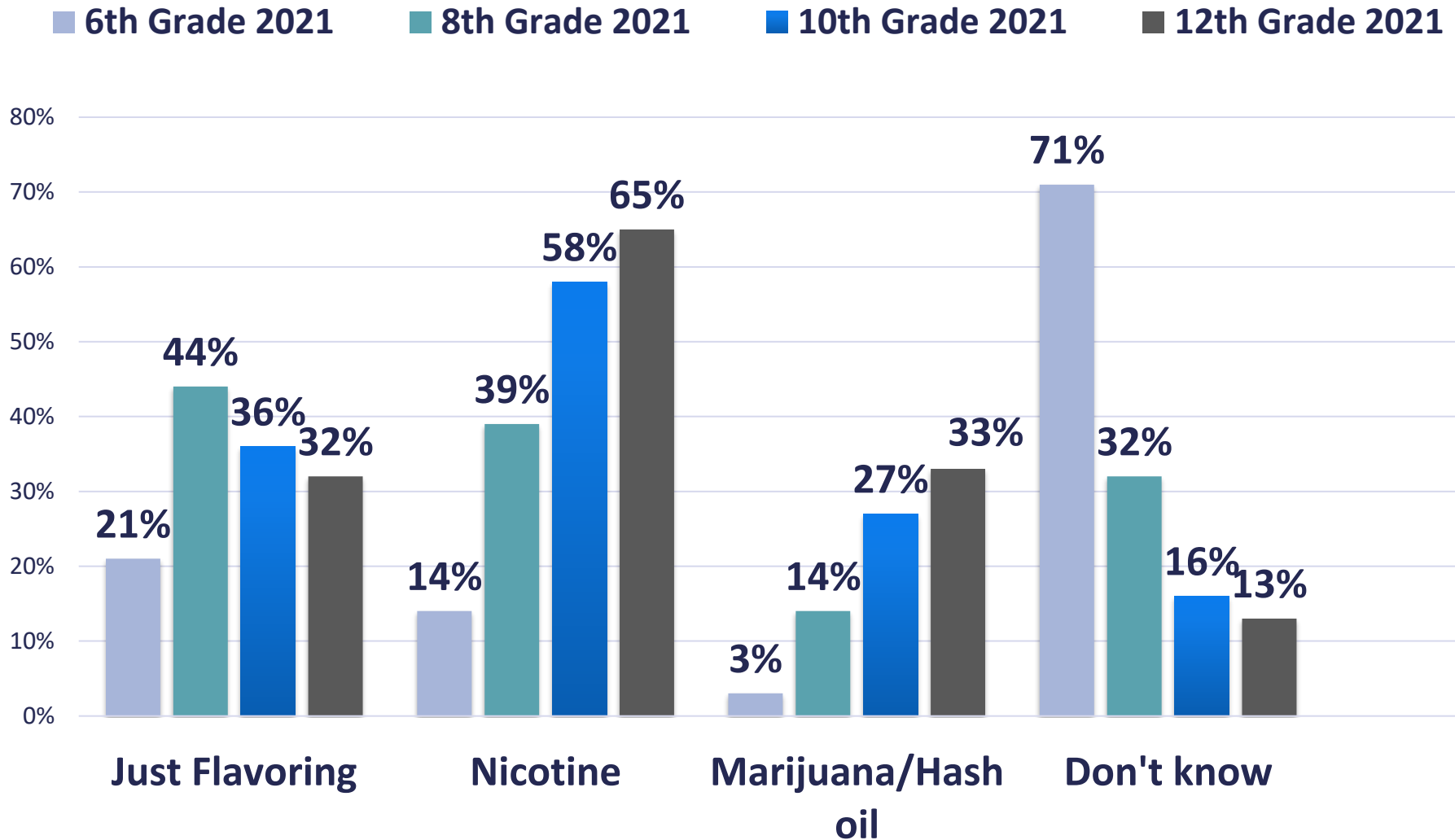


Top 3 Substances
used by youth in PBH service area

3 Tobacco

Indicator	Grade	2017	2019	2021	PA 2021
30-day use cigarettes	6 th	1%	1%	1%	.3%
	12 th	14%	7%	3%	5%
30-day use smokeless	6 th	.3%	1%	0	.2%
	12 th	10%	5%	2%	2%
Vaping/e-cigarette 30- day use	6 th	2%	3%	3%	3%
	12 th	25%	33%	22%	24%

Focus on e-cigarettes and vaping of those that use (past year)





What are they thinking... about tobacco & marijuana use?

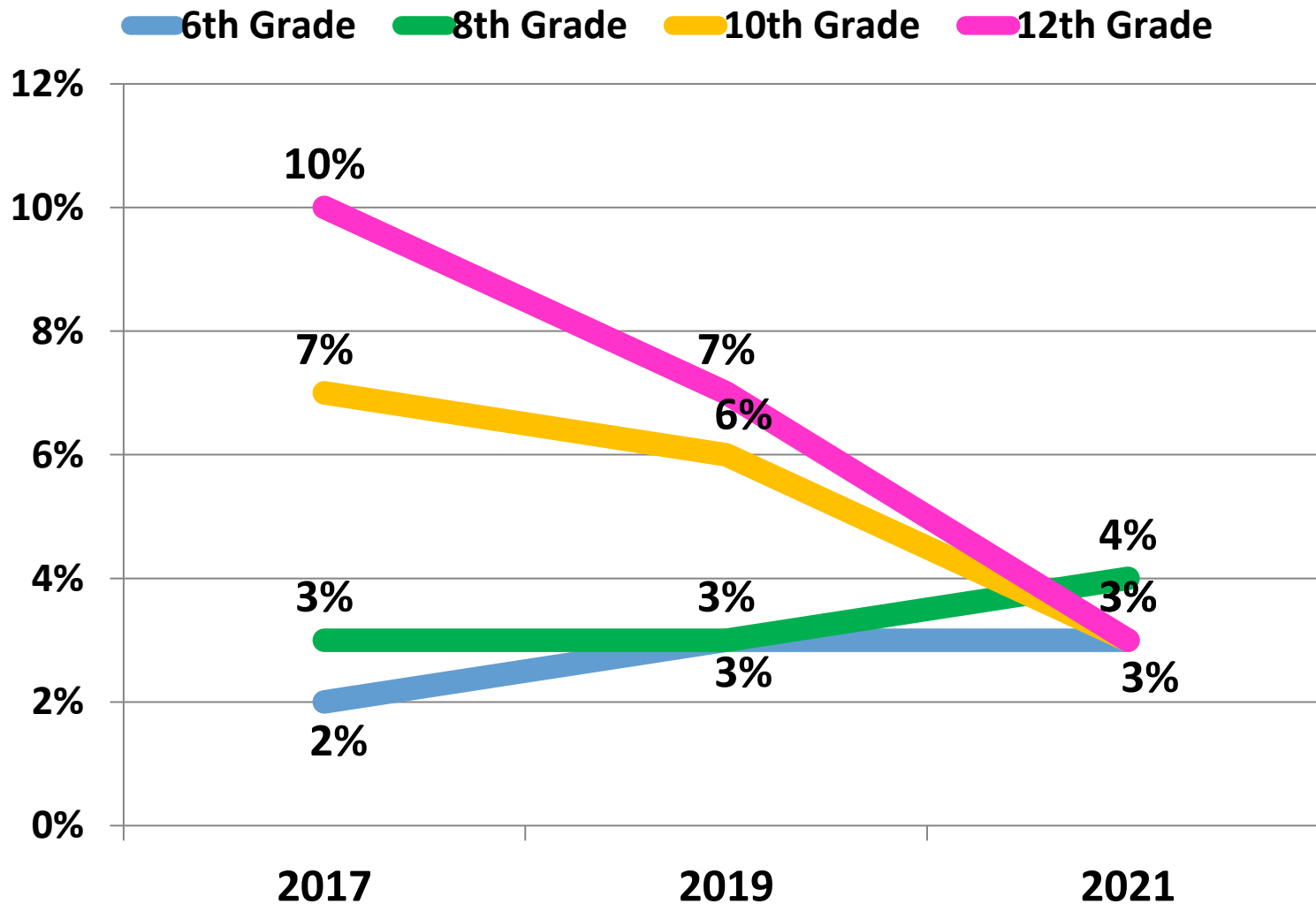
- **80%** believe it's harmful to smoke 1 + packs cigarettes a day.
- **62%** believe it is harmful to use marijuana 1 or 2 times per week.
- **82%** of friends think it would be wrong for them to use tobacco.
- **75%** of friends think it would be wrong for them to use marijuana.
- **95%** think parents feel it's wrong for them to smoke cigarettes.
- **90%** think parents feel it's harmful for them to smoke marijuana.

2021 data

Other Substances used by youth PBH service area

Prescription Pain Relievers

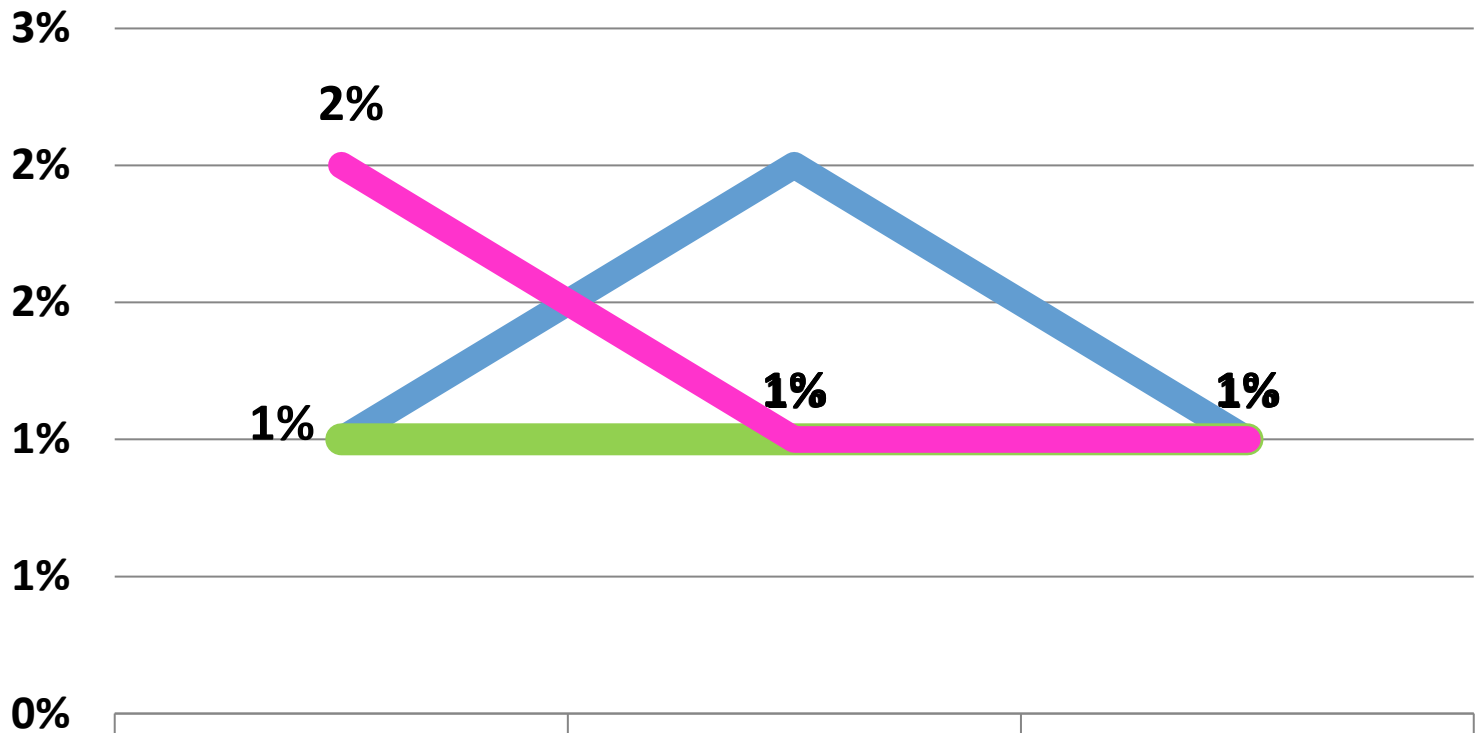
Lifetime Use



Other Substances used by youth PBH service area

Prescription Pain Relievers

30 Day Use

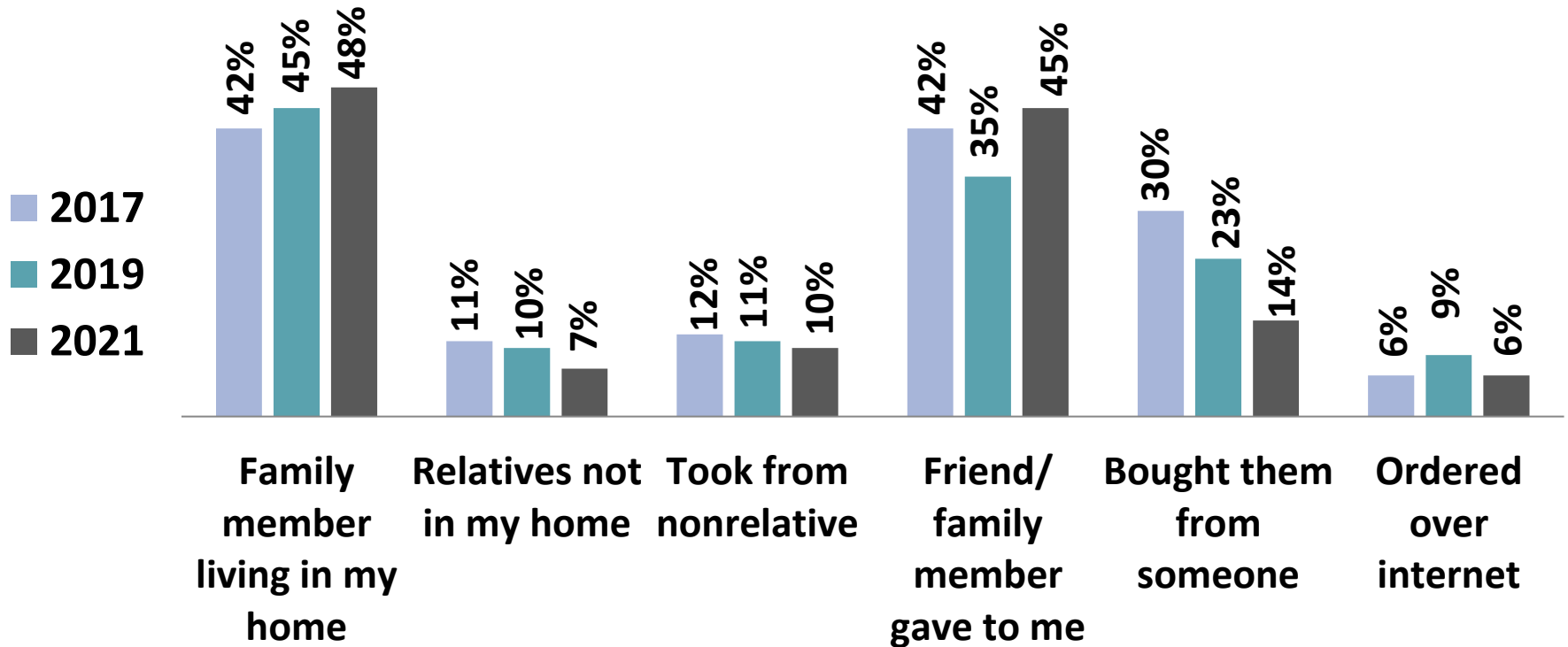


	2017	2019	2021
6th Grade	1%	2%	1%
8th Grade	1%	1%	1%
10th Grade	2%	1%	1%
12th Grade	2%	1%	1%

Where are they getting the pills?

- 8% of 6th graders (9% 2017) pills easy to get
- 32% of 12th graders (42% 2017) pills easy to get
- 20% overall Say “it is easy for them to get prescription pain drugs” (21% PA)

Source of pills obtained without doctor approved prescription





What are they thinking... about using prescription drugs not prescribed for them?

- **83%** believe it is harmful
(physically or in other ways)
(84% PA)
- **86%** believe that their
friends would think it was
wrong
(87% PA)
- **93%** believe that their
parents would think it was
wrong

2021 data



Other Drugs of interest used by Youth in PBH service area

Indicator Lifetime Use	Grade	2017	2019	2021	PA 2021
Inhalants	Overall	5%	5%	5%	4%
Cocaine	12th	4%	4%	1%	1%
Ecstasy /Molly	12th	2%	1%	1%	1%
Hallucinogens	12 th	8%	6%	4%	6%
Synthetics	6 th	3%	2%	2%	2%
	12 th	3%	1%	1%	1%
Heroin	10 th	.4%	.2%	.2%	.2%
	12 th	.3%	.6%	.3%	.4%

Anti-social behaviors related to ATOD's



Indicator Past 12 months		2017	2019	2021	PA 2021
Drunk or high at school	10th	7%	10%	6%	5%
	12th	10%	10%	8%	9%
Offered drugs at school	10th	12%	16%	10%	6%
	12th	15%	14%	10%	10%
Have sold illegal drugs (not necessarily at school)	10th	3%	3%	2%	1%
	12th	6%	4%	3%	3%

**It PAYS to
Know....**

about Youth Safety





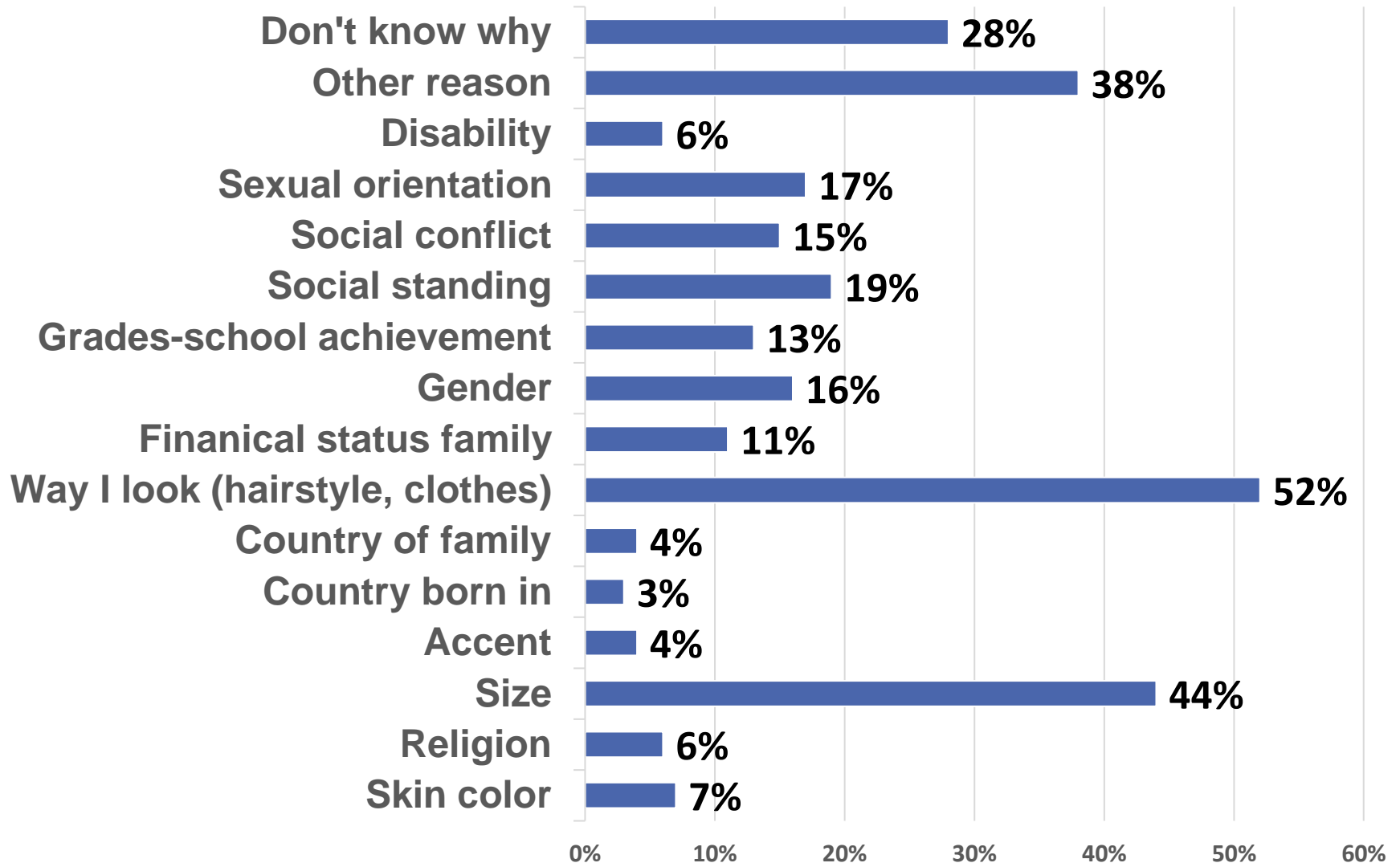
Youth Safety – Bullying

Past 12 months:

- 26% of youth report being bullied (35% 2017)
- 1 to 3 % of youth report being bullied several times per month, 1% up to 3-4 times week; 1 to 3 % almost daily.
- 4% to 6% have stayed home from school because of bullying.
- Bullying occurs everywhere.
- 16% of youth report being bullied through texting and or social media. 18% bullied on school property.

Reasons for Being Bullied

(Past 12 months)



Youth Safety



Inappropriate Sexual Contact through technology (Past 12 months)

Indicator Past 12 months	2017	2019	2021	PA 2021
6 th grade	10%	10%	9%	11%
8 th grade	22%	20%	19%	18%
10 th grade	29%	33%	26%	25%
12 th grade	26%	26%	27%	25%

Indicator Past 12 months	2017	2019	2021	PA 2021
Have been threatened	23%	22%	20%	17%
Threatened with a weapon	4%	4%	5%	4%
Have been attacked	9%	9%	9%	7%
Attacked with a weapon	1%	1%	1%	1%
Brought a weapon to school <i>(past 30 days)</i>	1%	1%	1%	1%
Attacked someone with intent to seriously harm them <i>(school not specified)</i>	5%	5%	6%	6%

Violence and Threats of Violence on School Property

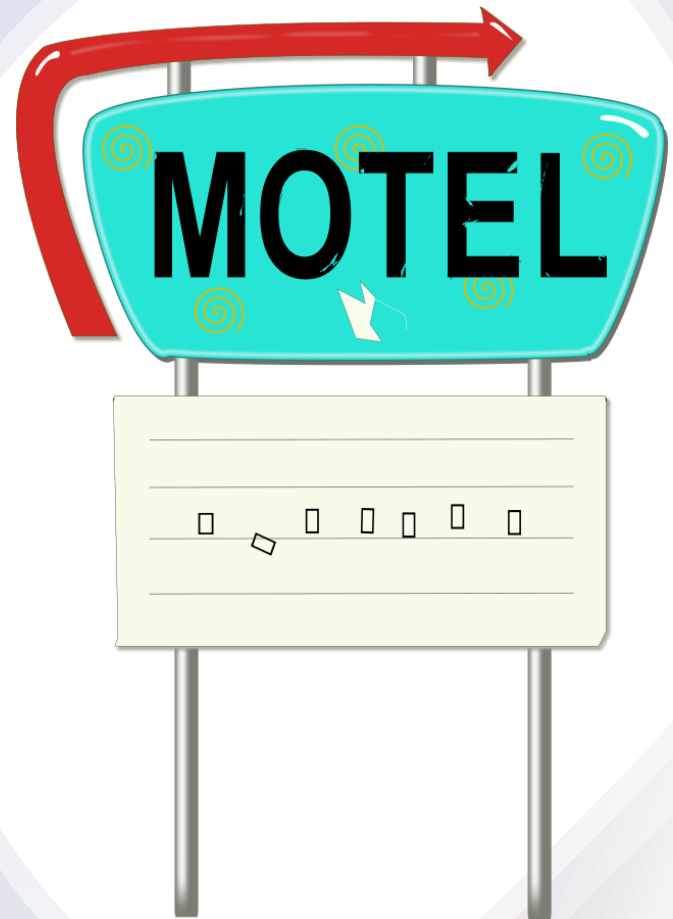
**It PAYS to
Know....**

**Social and Emotional
Health Concerns
among youth**



Stressful Events: Living Transitions (*past 12 months*)

- **4% (7% of 6th graders)** have lived in a shelter, hotel, motel, car or campground due to lack of money and no where to stay.
(4% PA 2021)
- **6% (9% of 6th graders)** moved 3 or more times in the past year.
(5% PA 2021)
- **3 to 6% (11% of 12th graders)** have lived away from parents/guardians because they were kicked out, ran away or were abandoned.



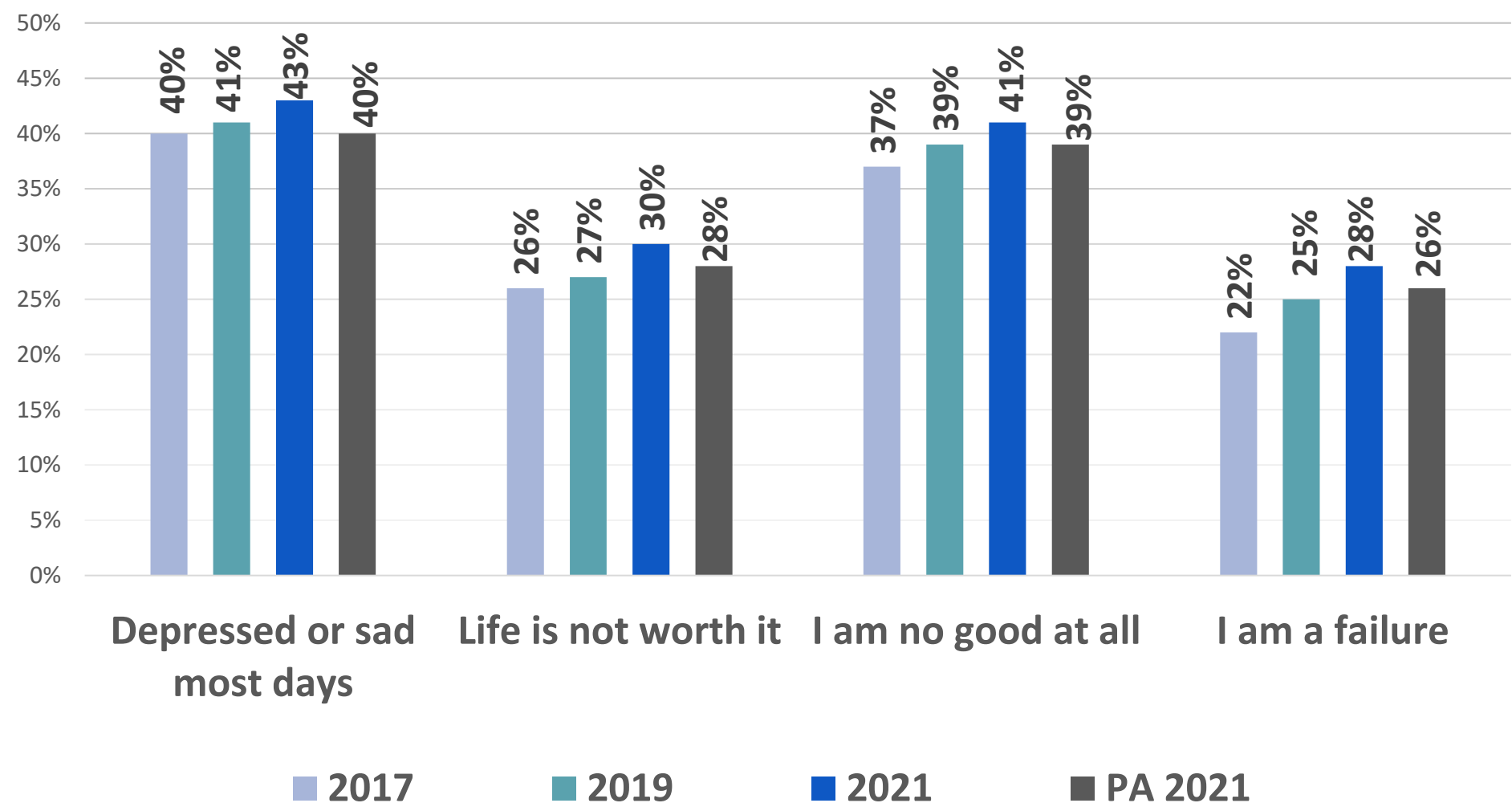
Stressful Events Food Insecurity




- **11%** of youth have worried about running out of food in the past 12 months **(10% PA)**
- **6% (8% 12th graders)** of youth in the PBH service area have gone without a meal because of family finances during the past 12 months. **(5% PA)**

Mental Health Concerns

FEELINGS OF DEPRESSION AND ANXIETY (PAST 12 MONTHS)



Mental Health Concerns



19% (24% 8th) of youth surveyed in the PBH service area under the age of 18, have cut, scraped or burned themselves in the past year as a way to relieve difficult feelings and emotions. (PA 18%)
(Past 12 months)

Mental Health Concerns

Suicidal Thoughts & Actions

Indicator Past 12 months	2017	2019	2021	PA 2021
Considered suicide	17%	18%	20%	19%
Planned suicide	14%	14%	16%	15%
Attempted suicide	10%	10%	12%	11%
Needed medical attention for a suicide attempt	2%	2%	2%	2%



Relationship between Depression & Substance Use

Indicator <i>(Past 12 months)</i>	No Depressive Symptoms PBH State		Moderate Symptoms PBH State		High Symptoms PBH State	
Depressive symptoms alone	27%	28%	64%	64%	9%	8%
Alcohol - Lifetime use	18%	20%	36%	40%	59%	57%
Alcohol - 30 Day use	5%	7%	11%	15%	19%	26%
Cigarettes - Lifetime use	3%	3%	7%	9%	20%	23%
Cigarettes - 30 Day use	.5%	.8%	2%	2%	7%	8%
Marijuana - Lifetime use	4%	5%	11%	14%	25%	31%
Marijuana - 30 Day use	2%	3%	5%	8%	14%	19%

Relationship Bullying & Depression/ Suicide

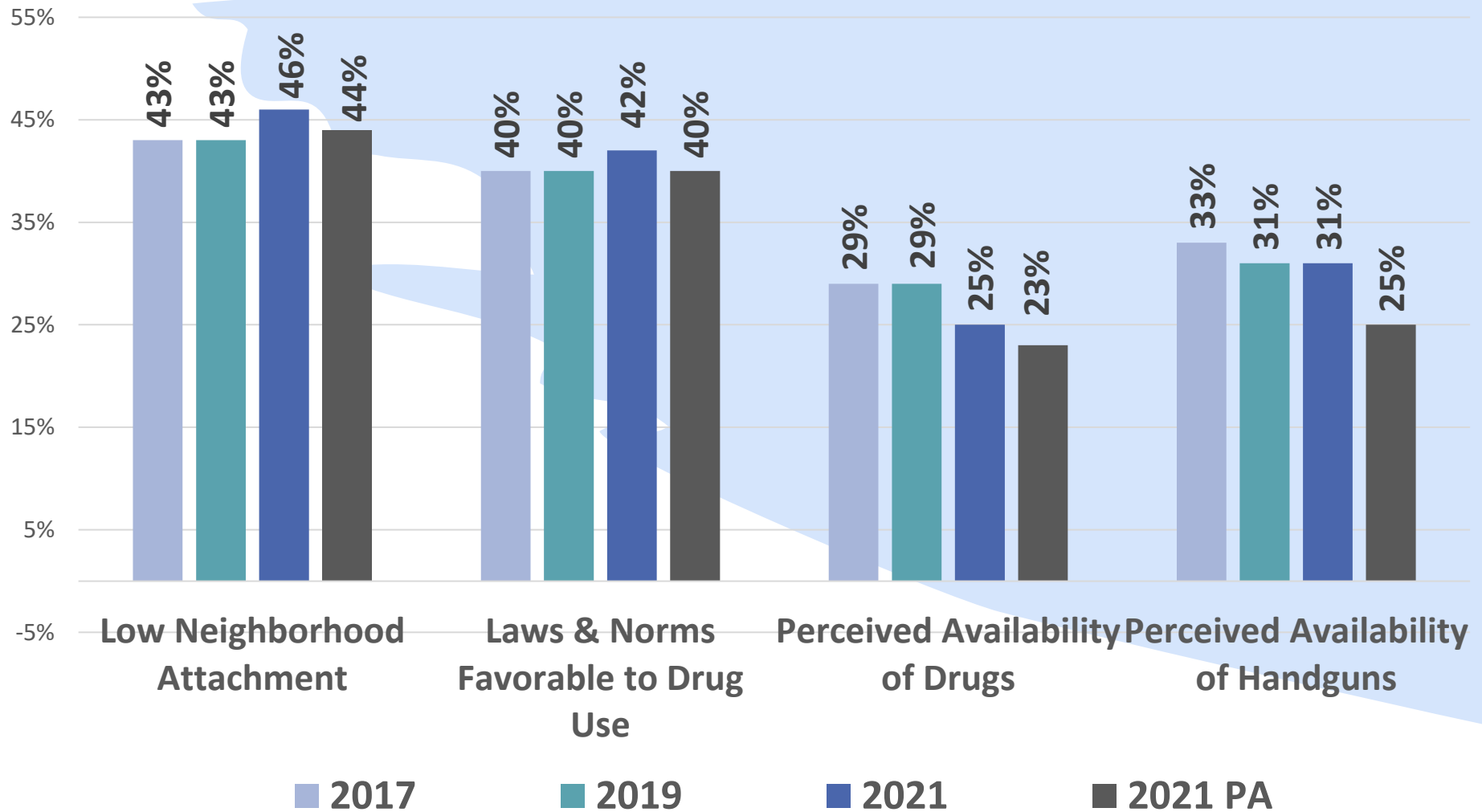
Indicator (past 12 months)	Bullied through texting/ social media				Skipped school due to bullying fears			
	NO / no		YES / yes		NO / no		Yes / yes	
	PBH	State	PBH	State	PBH	State	PBH	State
Felt so sad or hopeless almost every day for at least 2 weeks that I stopped doing usual activities	24%	26%	64%	61%	29%	29%	76%	74%
Considered suicide	15%	15%	46%	42%	18%	17%	60%	53%
Made suicide plan	12%	12%	37%	34%	15%	14%	52%	44%
Attempted suicide one or more times	8%	8%	31%	30%	10%	10%	47%	42%

**It PAYS to
Know....**

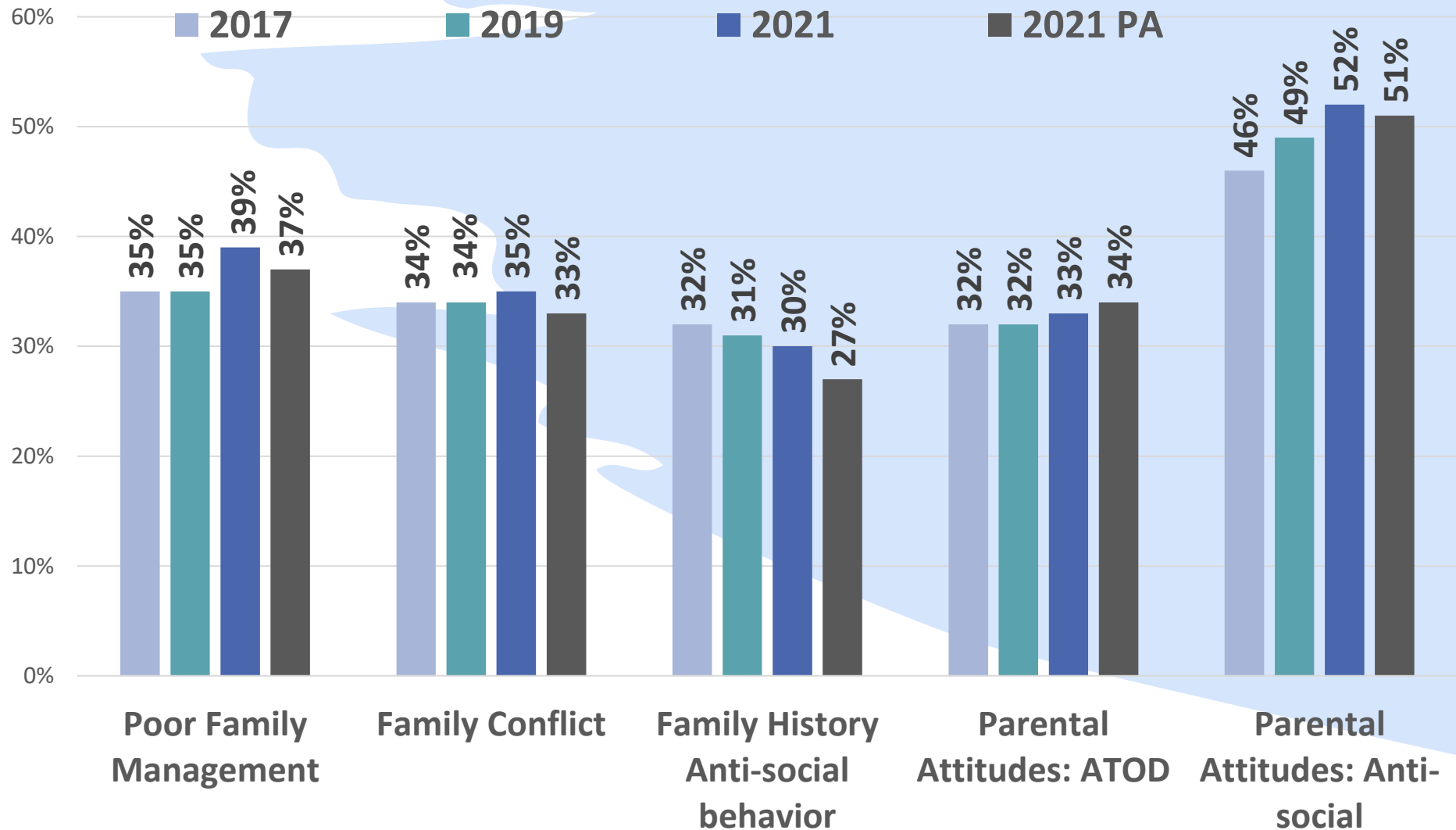
**Factors putting
youth at greater risk**



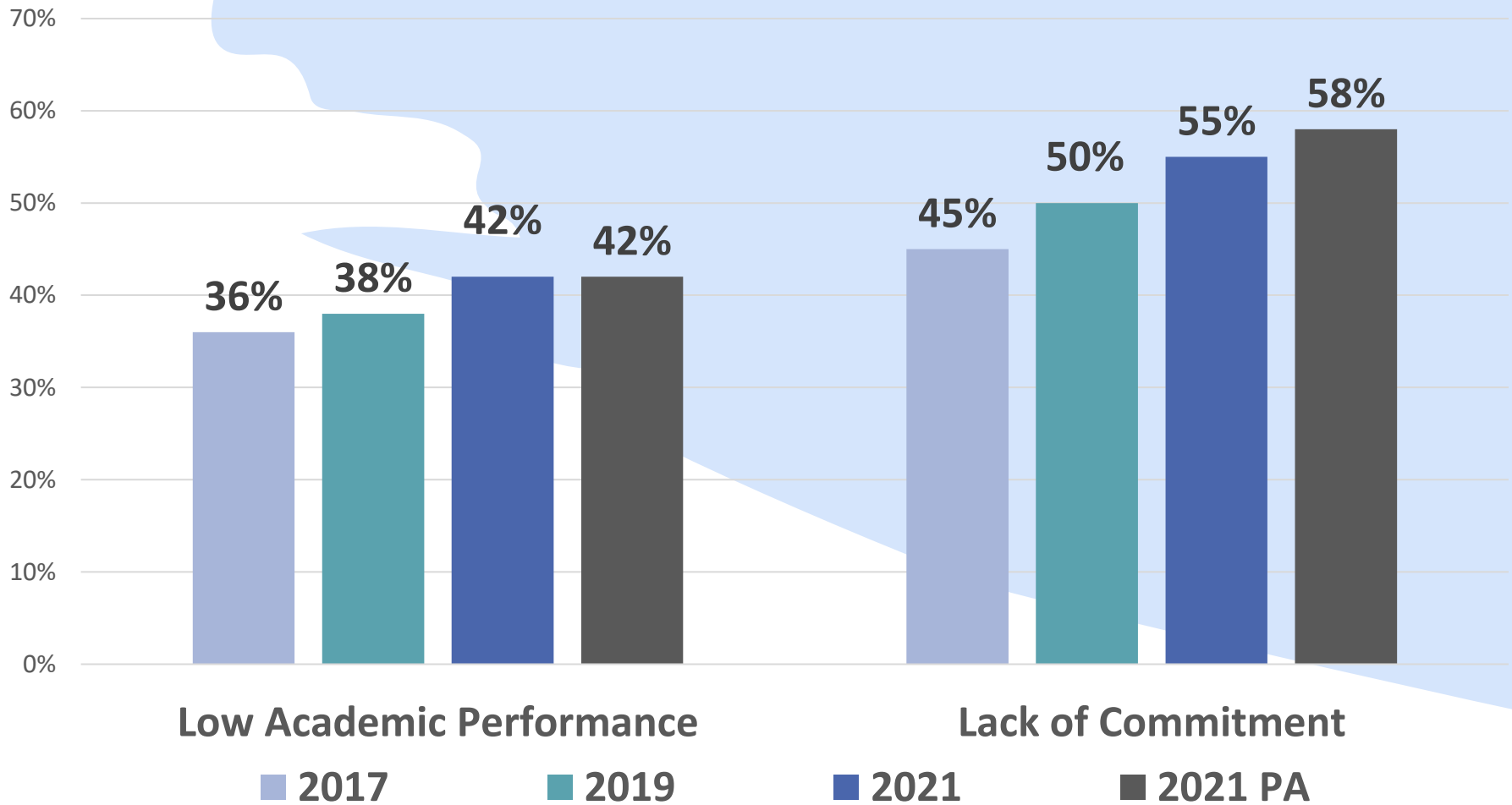
Community Factors in the area served by PBH which are putting youth at greater risk



Family factors in the PBH service area which contribute to greater risk of problems



Beliefs about school reported by youth in the PBH service are that puts them at greater risk

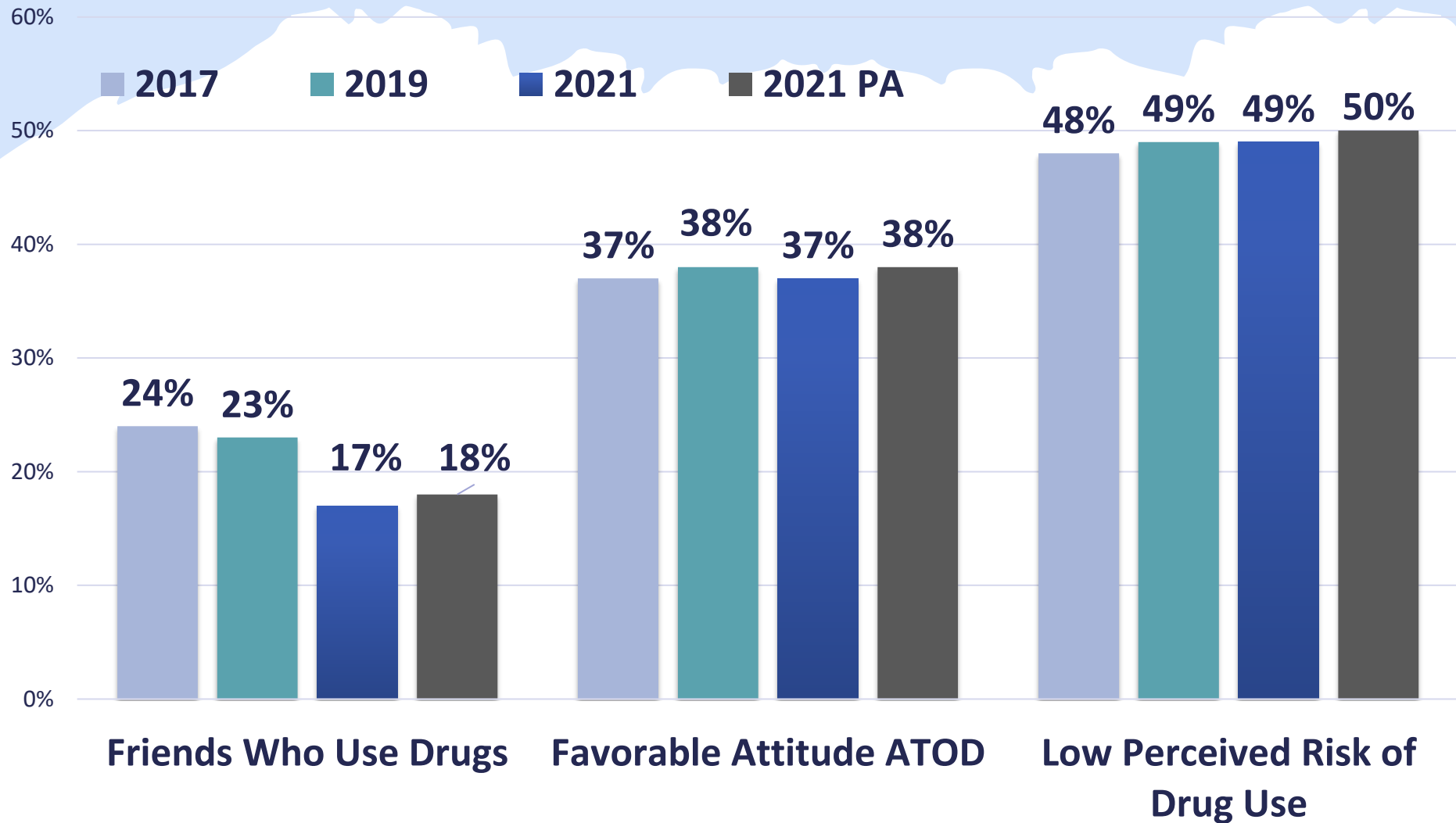


What are they thinking... about the importance of school?

- **40%** report enjoying being in school during the past year
(44% 2017)
- **35%** believe that the work they do in school is meaningful and important
(41% 2017)
- **45%** believe school success will be important later in life (57% 2017)

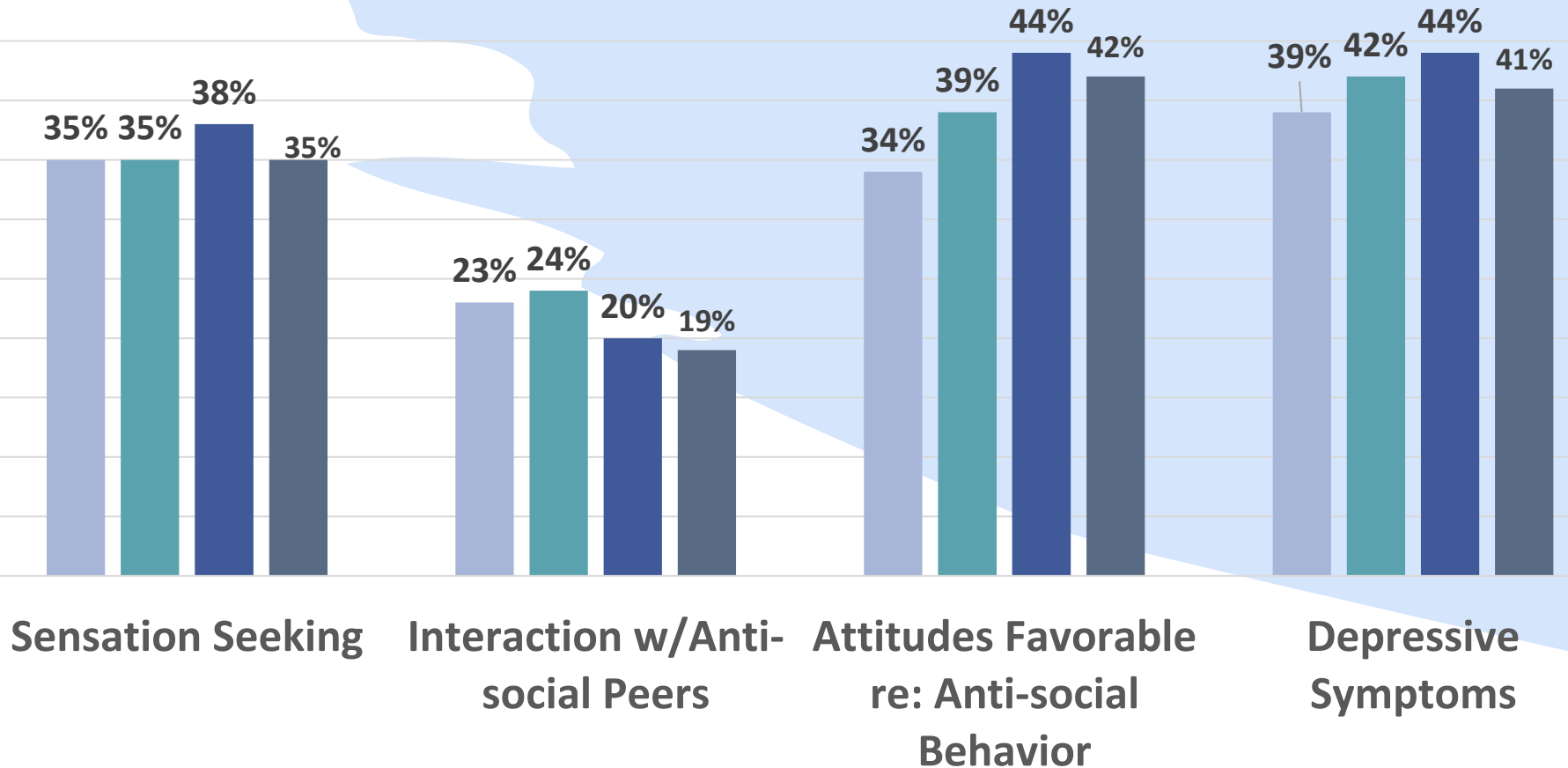


Attitudes and Peers that put youth in the PBH service area at greater risk



Attitudes & Peers that put youth in the PBH service area at greater risk

■ 2017 ■ 2019 ■ 2021 ■ 2021 PA



**And the really
important number
is...**

44

**44% of youth in
the area served by
PBH have multiple
risks present
placing them at
“higher risk”**

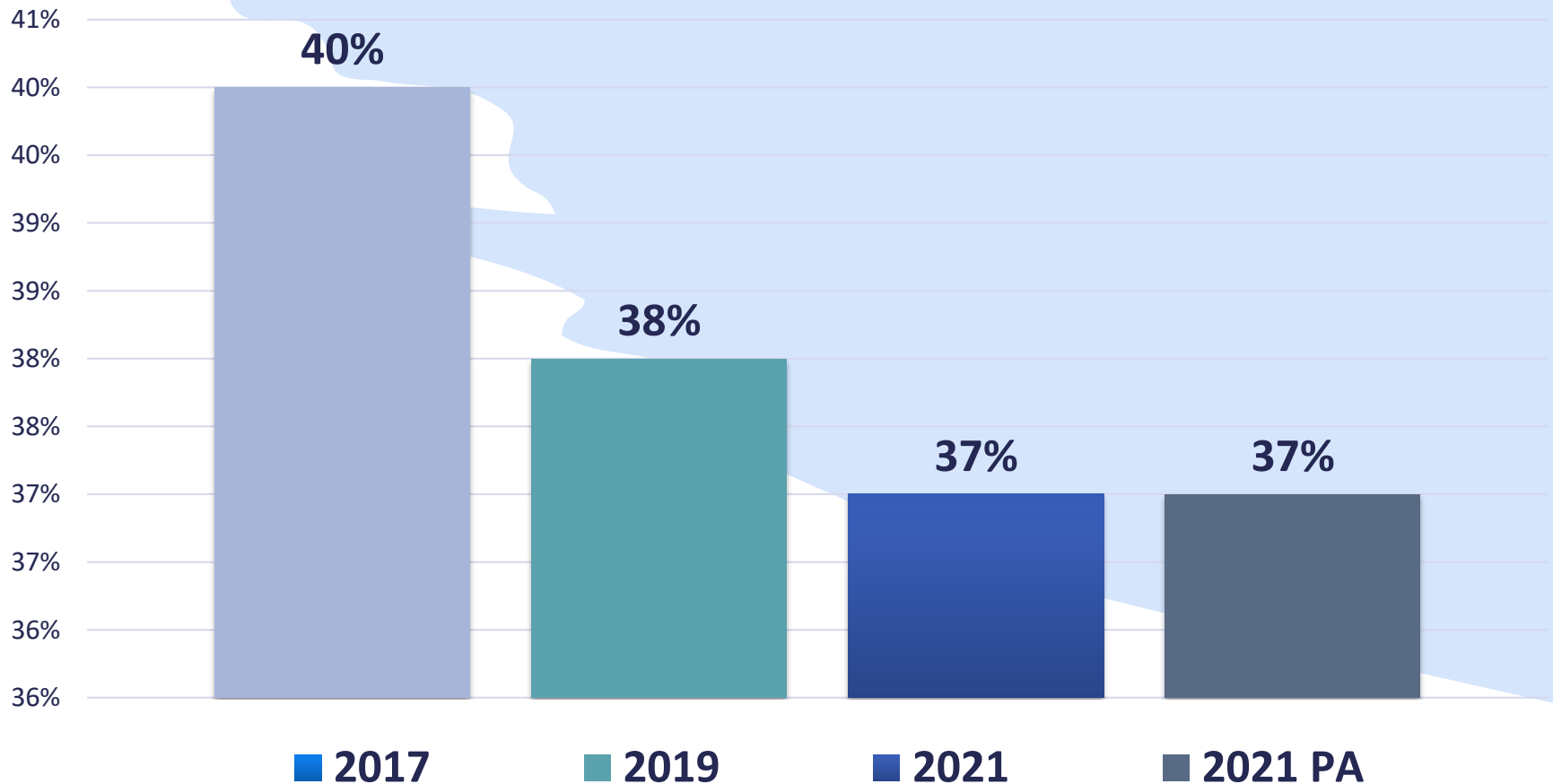


It PAYS to know
that ...

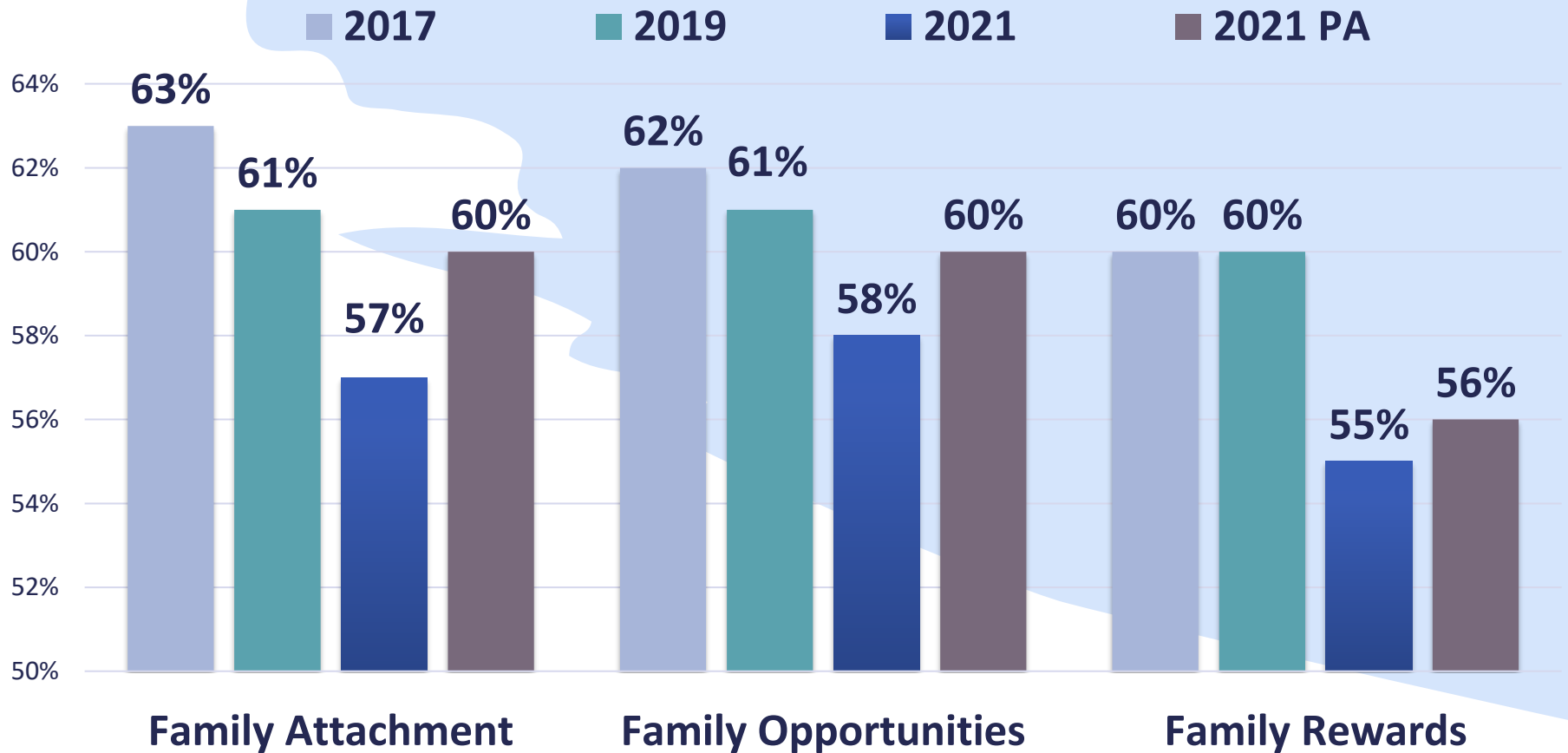
Building on
Protective factors
& processes can
help youth do
better even in the
face of multiple
risks by building
resiliency!

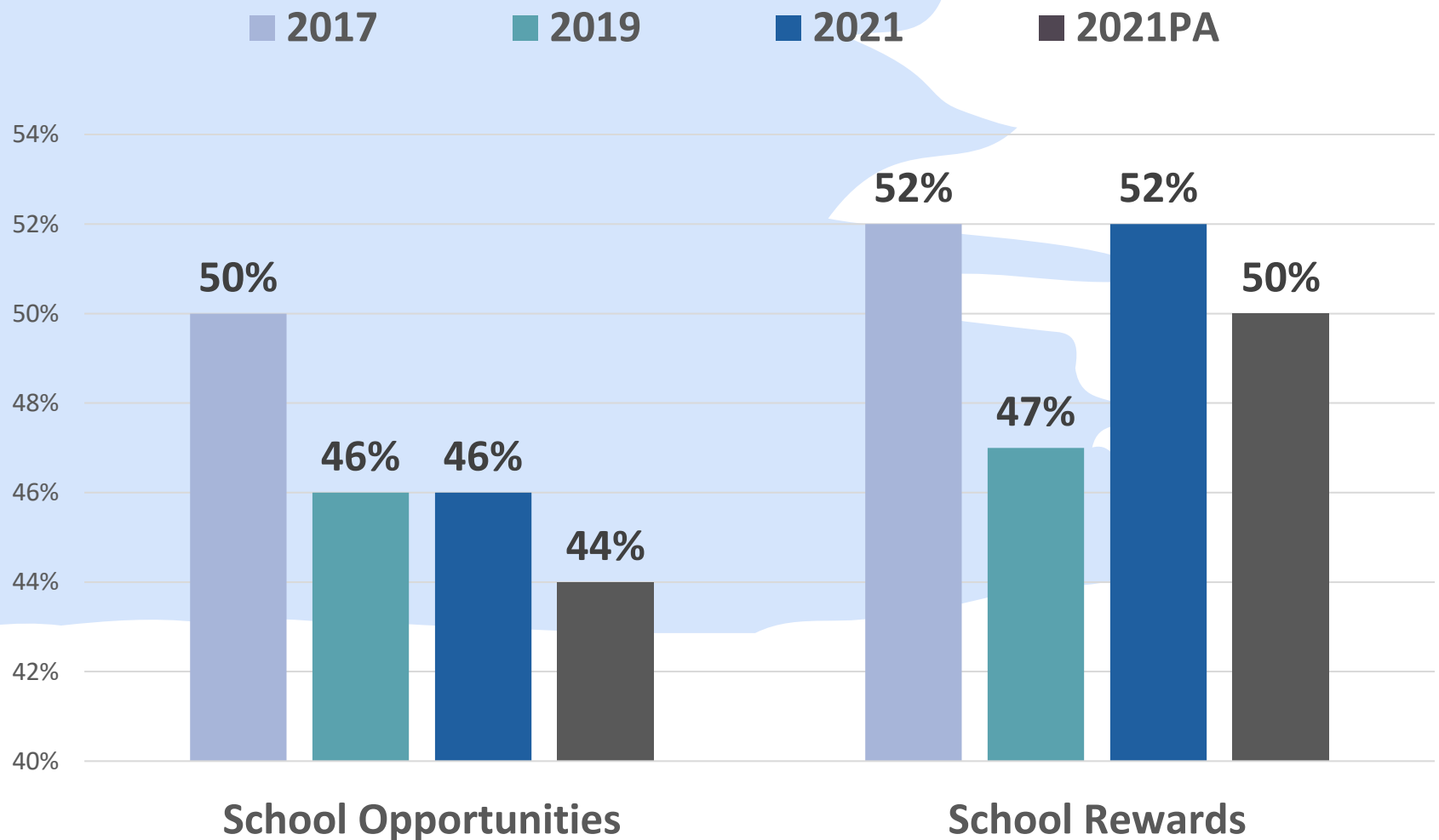


Community Rewards for Pro-social Involvement in the area served by PBH



Protective Factors present for families in the PBH service area





School Protective Factors PBH service area

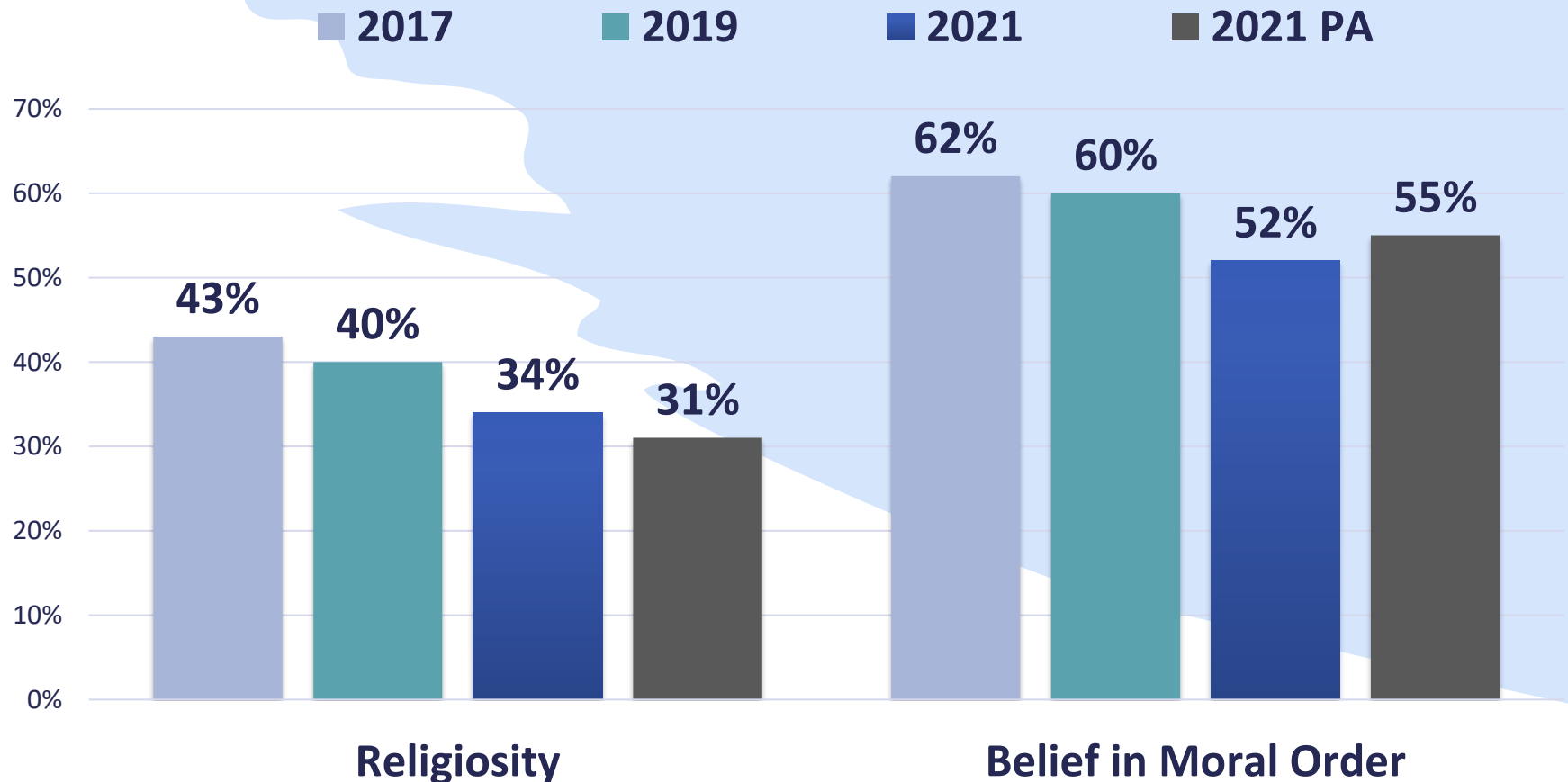
What are they thinking... about their experiences in school?

- **53%** report that their teachers praise them when they work hard
- **87%** report that there are lots of chances for them to be part of classroom discussions and activities
- **78%** report that they have lots of chances to talk with their teachers one-on-one
- **82%** report “I feel safe at my school” (**86% 2017**)

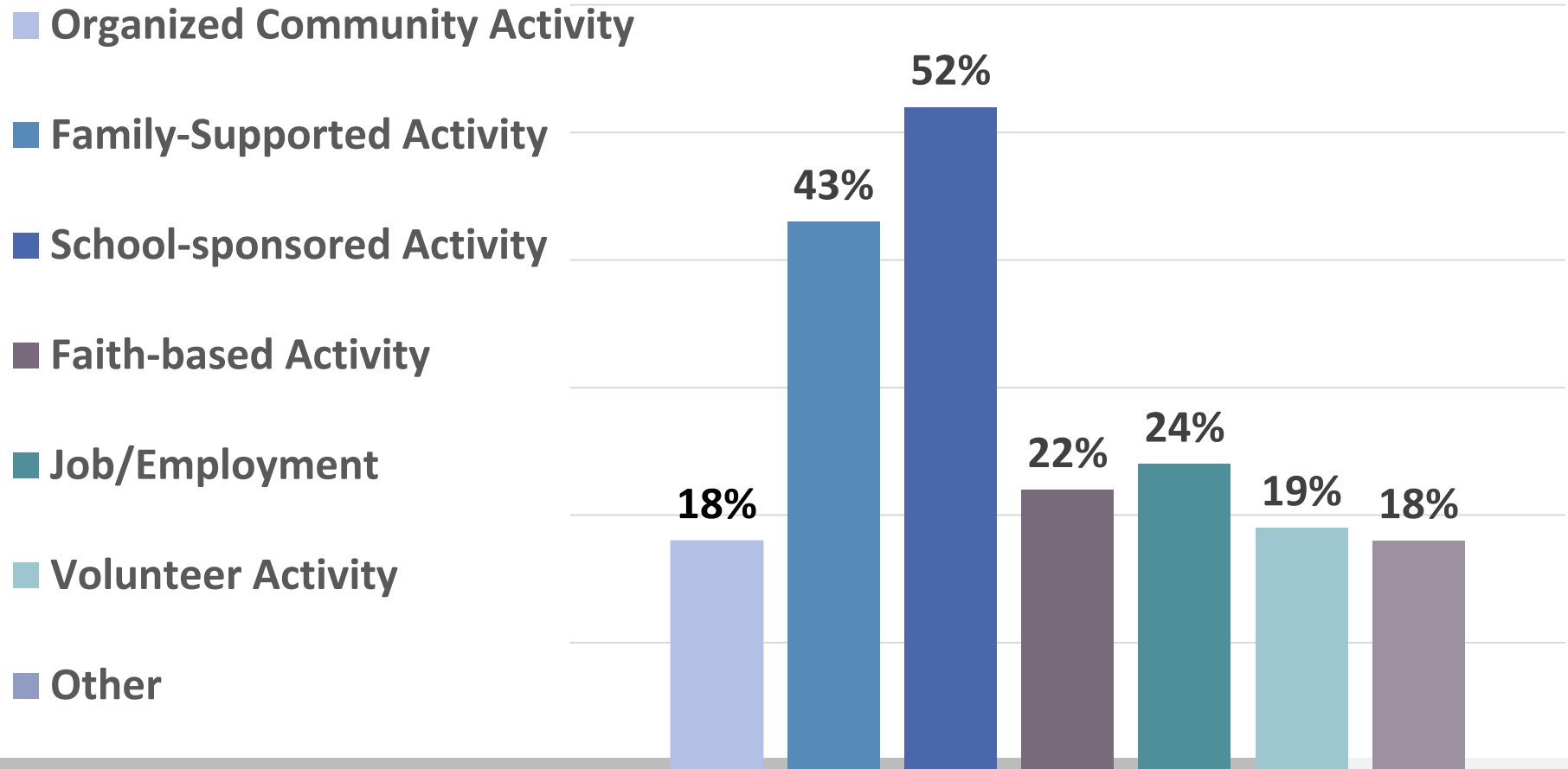


Other Protective Factors

Protective Factors PBH area



Involvement in After School and Community Activities



The % represents all students; 18% (25% 2017) of students report they do not participate in any out-of-school-time activities

PBH service area (Past 12 months) (2021) Data



And the really important number is...

51

51% of youth in areas served by PBH have multiple protective factors that are building resiliency & protecting them against risks.

It PAYS to Know...

Pennsylvania Youth Survey

www.pays.pa.gov

www.Epis.psu.edu/pays

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