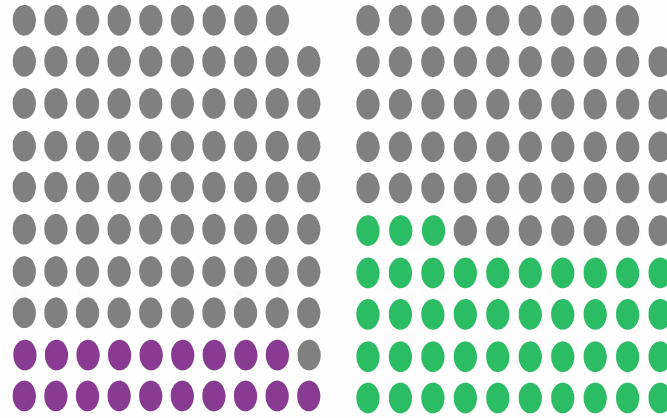


Data from the 2017 Bozeman High School Youth Risk Behavior Survey (YRBS)

The YRBS is a nationally administered survey. A small subsample of Bozeman students have the option of participating. Results are not representative of the entire student body but can give an indication of the types of issues and risks our students face. The YRBS can be used as a tool for starting discussions: Ask your children about the choices they make and the choices they see their friends making.

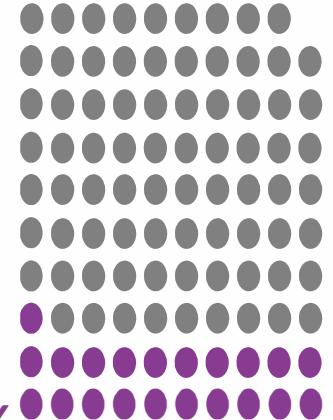
20% of students have used cigarettes, compared with **43%** who have used e-cigarettes

34% of Montana students use cigarettes and 47% use e-cigarettes



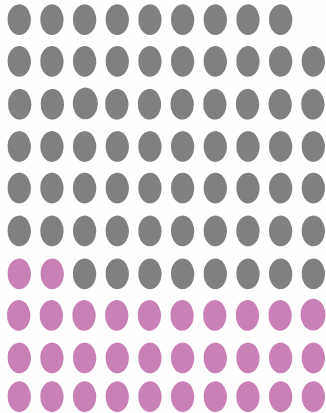
21% of students used marijuana around the time of the survey

20% of Montana students used marijuana



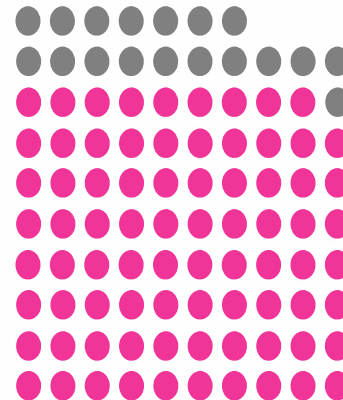
33% of students used alcohol around the time of the survey

33% of Montana students used alcohol



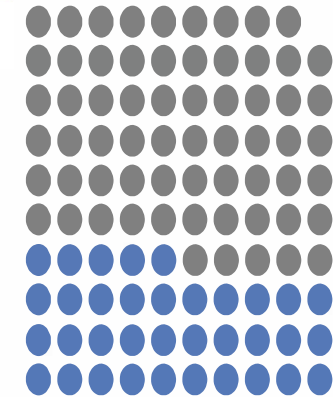
80% of students get at least three hours of physical activity a week

74% of Montana students get three or more hours of physical activity a week



35% of students get at least 8 hours of sleep on school nights

32% of Montana students get 8 or more hours of sleep on school nights



The Bozeman Foundations/Safety and Wellness Committees have set actionable goals around facilitating positive student behavior based on trends observed in the YRBS data. The goals include increasing the proportion of students getting at least 8 hours of sleep on weeknights by 3-5% each survey year, decreasing tobacco, alcohol and marijuana use by 5% each survey year, and increasing fitness proficiency by 3% annually.

We keep hearing how important sleep is, but really, how much sleep do you need?
The National Sleep Foundation recommends between 8-10 hours of sleep for teenagers.
Impacts of poor sleep habits:

- Higher risk of cardiovascular disease, regardless of age or healthy habits
- Lower mental performance and increased behavioral issues
- Challenges maintaining healthy weight

Make sleep a priority for your child!

Alcohol remains a major substance of abuse among America's youth. Alcohol can harm judgement, coordination and reflexes. It can cause people to take chances and do things they would not do when not under the influence. Alcohol is linked to around 5,000 deaths in people under 21 each year.

Help your child practice skills to avoid peer pressure: Stand up straight, make eye contact, say how you feel, don't make excuses, stick up for yourself.

Parents, do you know what a Juul is? If not, you are not alone!
A Juul is a newer vaping (e-cigarette) device that has 'gone viral' and it doesn't look like a vaping device at all. The Juul vaporizer looks like a USB flash drive. It even charges when plugged into a laptop. Vaping, or e-cigarettes, are devices that heat a liquid into an aerosol that the user inhales. The liquid usually has nicotine and flavoring in it, as well as other additives. The nicotine in e-cigarettes is addictive, just like with regular cigarettes.

Young people use e-cigarettes because they like the flavors, they are curious and because they believe e-cigarettes are safer than regular cigarettes, however, young people are more vulnerable to becoming addicted. Nicotine can harm brain development, impacting concentration and mood for the rest of their lives.

Marijuana use also affects mood. It has been linked to mental health problems such as depression, anxiety and suicidal thoughts among teens.

Instead of making a general fitness goal, such as "I want to be more active this year," try using the SMART method to set a goal that is focused and measurable. SMART stands for Specific, Measurable, Attainable, Realistic and Time-specific. An example: "In the next 3 months, I will log 10,000 steps at least four times a week." Regular physical activity can reduce feelings of anxiety and depression and can improve concentration, academic performance and classroom behavior.

When setting goals, think about total wellness. Include goals around sleep and stress management, as well as activity and nutrition.

Community Resources:

Jennifer MacFarlane,
Health Promotion Specialist
Gallatin City-County Health Department
406-582-3100

Bozeman Parent University
Offering 'On-the-Go!' resources and live presentations on topics relevant to parents and caregivers.
<https://sites.google.com/bsd7.org/parent-university/home>

Information Sources:

<https://www.niaaa.nih.gov/alcohol-health/special-populations-co-occurring-disorders/underage-drinking>
<https://e-cigarettes.surgeongeneral.gov/knowtherisks.html>
<https://sleepfoundation.org>

High School Health Enhancement and Counseling Curriculum:

- Nutrition and physical activity
- Self-image, self-esteem, stress and relationships
- Self-advocacy, communication and negotiation
- Healthy lifestyle strategies and avoiding risky behavior
- Cultural diversity and community effects on decision making
- Long and short-term effects of substances, including tobacco, alcohol and other drugs.
- Signs of Suicide - suicide awareness curriculum