

Data from the 2015 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 students about the choices they make and the choices they see their friends making.

80% of young people (ages 10 -18) say that their parents are the leading influence on their decision to drink or not. 62% of BHS respondents have had more than one alcoholic drink in their life compared with 70% of Montana High Schoolers.

Although e-cigarettes do not produce tobacco smoke, they still contain nicotine and other potentially harmful chemicals.

Montana has the highest incidence of suicide in the nation.

33% of BHS respondents reported having feelings of hopelessness for two or more consecutive weeks in the last year and 16% have considered suicide in the last 12 months.

Marijuana use has been linked to mental health problems such as depression, anxiety, and suicidal thoughts among teens. 23% of BHS respondents use marijuana.

83% of BHS respondents do not smoke cigarettes, however 46% have tried e-cigarettes and 34% use e-cigarettes.

63% of BHS respondents spend one or more hours a day playing video games or non-homework computer activities.

26% of BHS respondents have recently ridden with a drunk driver.

Regular physical activity reduces feelings of anxiety and depression in students and can increase concentration, academic performance and classroom behavior.

68% of BHS respondents are active for at least one hour three or more days a week and 65% participate in PE classes at least once a week.

Though 85% of BHS respondents wear seatbelts, 45% use their phones while driving and 41% text while driving.



Tips for Staying Connected With Your Pre-Teen/Teen

Believe it or not, more than three-quarters of American teens report that they enjoy hanging out with their parents!*

You have the control to improve the quality of your daily life, improve the chances of your child's success in the world and improve your family's health.

Set boundaries: Children feel more secure when they know the rules (even if they give you a hard time about them).

Be a good role model: No one is perfect, so if you make a mistake, model how you use it as an opportunity for personal growth.

Be realistic: Set realistic goals, start small and build up, and stick to them!

Keep things positive: Tell kids acceptable alternatives instead of just saying NO to something.

Limit screen time: Too much time in front of screens sets up sedentary habits that can have negative health effects for the rest of your child's life. Limit video games, TV, smartphone use and computer time to no more than two hours a day.

Stay involved: Ask questions, know who your children's friends are, know what social media apps they're on and who they are talking to online.

*Moore, K.A., et al. (2004). Parent-Teen Relationships and Interactions: Far more positive than not. *Child Trends Research Brief* (25).

Every day make sure your children know:

You love them

You are proud of them

You will stand by them

Eat meals together: as few as **four meals a week** can improve family relationships, and reduce the chances of teens making risky decisions, like using drugs and alcohol. This means breakfast or dinner -- whatever works with your schedules.

Turn off screens and talk about your day. Ask your child questions about how they feel about school and their friends, ask them if they feel these survey results accurately reflect what they see happening around them. Ask them what works and doesn't work to educate their peers about making healthy choices.

Use time in the car to talk to your child rather than using your phone. This sets a good example for smart driving and gives you more opportunity to listen to your child and their friends.

Young people are more likely to listen when they know you're on their sides:

Try to reinforce the reasons behind making healthy decisions, rather than using "...because I said so" statements.

Helpful Resources for Parents:

Community Resources:

Thrive: www.allthrive.org

Adolescent Resource Center: www.adsgc.org

BSD7 Parent University: bsd7.revtrak.net

Local classes on topics relevant to parents, including navigating social media, mindset and helping your child succeed, mental health awareness, helping introverts find success, life stressors and trauma and Run, Lock, Fight, and drug trends, among many others.

Web Resources:

www.netsmartz.org

An interactive education website providing resources to help teach children how to be safer on- and offline.

For children ages 5 - 17, parents and guardians.

www.common sense media.org

A resource to help families make smart media choices.

Contains ratings and reviews for movies, games, apps, TV shows, websites, books and music.

High School Health Enhancement /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. These lessons include participation from community partnerships including SROs and guest speakers
- **SOS: Signs Of Suicide**, A video presentation that promotes **ACT: Acknowledge** that a friend is in trouble, let your friend know you **Care** and are going to help them, before **Telling** a trusted adult.

School Resources:

Student Resource Officers (SROs) are active at all schools, participating in safety videos, Hawk TV presentations and providing class presentations.

BSD7 uses a multi-tiered system of support (MTSS), targeting instruction and intervention to meet individual student needs.