The background is a composite image. The top left shows several yellow school buses parked in a lot. The bottom left shows a classroom with desks, chairs, and a blue wall decorated with colorful balloons and framed pictures. A white diagonal line separates the two images.

School Counseling Advisory Council

Heather Bushelman

Program Coordinator for Comprehensive School Counseling

Kentucky 2022 School Counselor of the Year

heather.bushelman@education.ky.gov

@hbushelman

Welcome!

- Roll call - Chairperson Caryn Scheiding
- Celebrations and gratitude!

Student Advisory Council School Counselor Input

- Shraman Kar
- Sarah Umbarger, Marshall County
- Tanvi Rakesh, Boone County

Youth Risk Behavior Results and School Counselor Impacts

- Jim Tackett, Kentucky Department of Education, Healthy Schools Project Director, Division of Student Support Services

The background of the slide is a composite image. The top left shows a line of yellow school buses with "SCHOOL BUS" written on the front. The bottom left shows a classroom with desks, chairs, and a blue wall decorated with colorful balloons and framed pictures.

2021 Kentucky Youth Risk Behavior Survey (YRBS)

Stephanie Bunge, School Health Consultant

YRBS Background and Process

Youth Risk Behavior Survey (YRBS)

- The YRBS monitors six categories of priority health-risk behaviors among youth and young adults including:
 - Behaviors that contribute to unintentional injuries and violence (including suicide);
 - Tobacco use;
 - Alcohol and drug use;
 - Sexual behaviors that contribute to unintended pregnancy and STDs, including HIV infection;
 - Unhealthy dietary behaviors; and
 - Physical activity.

YRBS Administration

- Administration is completed through a partnership with the Division of Family Resource and Youth Services Centers (FRYSC)
- The YRBS is administered in the spring semester of odd-numbered years.
- Approximately 50 typical public middle schools and 60 typical public high schools are randomly selected to participate.
- The survey takes approximately 45 minutes to complete and is usually administered to two to three randomly selected 2nd-period classes in each school.
- Participation in the survey is voluntary, anonymous and the data will not be reported about individual districts, schools or students.
- Passive parental permission is obtained in the selected classes.

2021 Survey Summaries

- The 2021 YRBS was completed by 2,178 students in 52 public high schools in Kentucky during the fall of 2021. The results are representative of all students in grades 9-12.
- The 2021 YRBS was completed by 1,367 students in 39 public middle schools in Kentucky during the fall of 2021. The results are representative of all students in grades 6-8.

Demographics for High School YRBS

Female: 48.9%

Male: 51.1%

9th grade: 26.8%

10th grade: 25.9%

11th grade: 23.9%

12th grade: 23.3%

Asian: 1.7%

Black: 10.3%

Hispanic/Latino: 7.5%

Native American: 1.3%

White: 76.3%

All other races: 0.1%

Multiple races: 2.8%

Limitations

- Sample size
- Self-reported
- Fall semester administration
- COVID-19



Kentucky Department of
E D U C A T I O N

How Well Do You Know Kentucky's High School Students?

What percentage of Kentucky high school students attempted suicide in the past year?

A. 4.2%

B. 12.8%

C. 1.6%

D. 9.5%

What percentage of Kentucky high school students attempted suicide in the past year?
(Cont.)

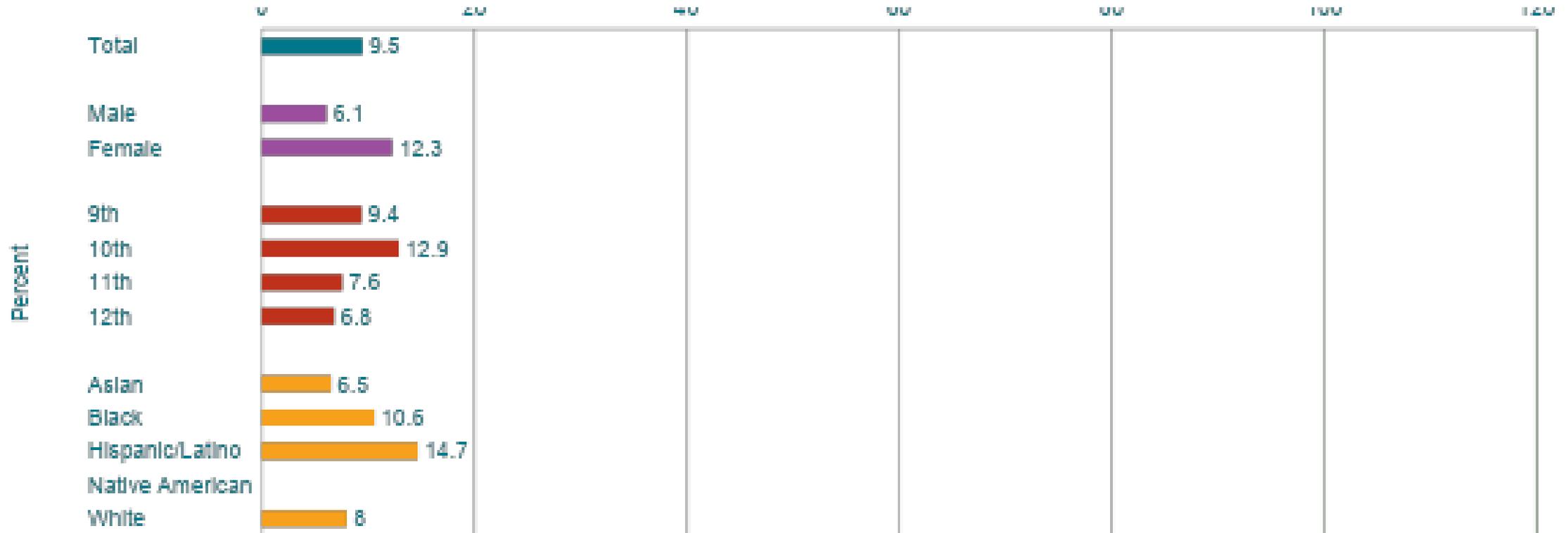
A. 4.2%

B. 12.8%

C. 1.6%

**D. 9.5% Correct Answer (MS
9.8%)**

Percentage of High School Students Who Attempted Suicide,* by Sex,† Grade,† and Race/Ethnicity, 2021



*One or more times during the 12 months before the survey

†F > M; 10th > 11th (Based on t-test analysis, p < 0.05.)

All Hispanic students are included in the Hispanic category. All other races are non-Hispanic.

What percentage of Kentucky high school students have ever used an electronic vapor product?

A. 53.7%

B. 45.1%

C. 24.1%

D. 68.4%

What percentage of Kentucky high school students have ever used an electronic vapor product? (Cont.)

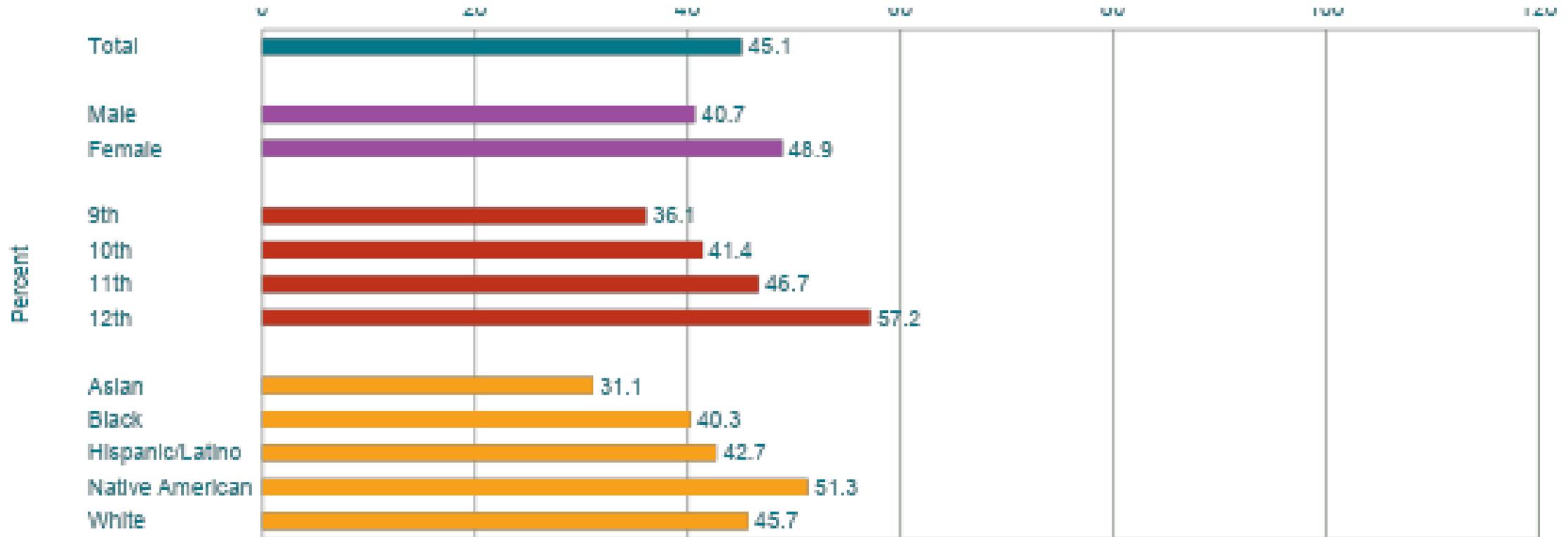
A. 53.7% (2019)

B. 45.1% Correct Answer

C. 24.1% (middle school)

D. 68.4%

Percentage of High School Students Who Ever Used an Electronic Vapor Product,* by Sex,† Grade† and Race/Ethnicity, 2021



*Including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu]

Kentucky - YRBS, 2021 - QN34

†F > M; 11th > 9th, 12th > 9th, 12th > 10th, 12th > 11th (Based on t-test analysis, $p < 0.05$.)

What percentage of Kentucky high school students have ever had sexual intercourse?

A. 30.7%

B. 51.8%

C. 44.7%

D. 39.2%

What percentage of Kentucky high school students have ever had sexual intercourse?
(Cont.)

A. 30.7% Correct Answer

B. 51.8% (2011)

C. 44.7% (2013)

D. 39.2% (2019)

What percentage of Kentucky high school students were physically active at least 60 minutes on five or more days in a week?

A. 52.8%

B. 36.5%

C. 44.7%

D. 60.2%

What percentage of Kentucky high school students were physically active at least 60 minutes on five or more days in a week? (Cont.)

A. 52.8% (males)

B. 36.5% (females)

**C. 44.7% Correct Answer (MS
50.8%)**

D. 60.2%

What percentage of Kentucky high school students got eight or more hours of sleep on an average school night?

A. 20.0%

B. 33.3%

C. 12.6%

D. 43.1%

What percentage of Kentucky high school students got eight or more hours of sleep on an average school night? (Cont.)

A. 20.0% Correct Answer

B. 33.3%

C. 12.6%

D. 43.1% (middle school)

More Data Results

High School Results

- **Trends** - *It is likely that the COVID-19 pandemic and time frame of the survey administration played a role in some of these changes.

Survey Item	2019	2021
Experienced sexual dating violence	6.8	13.5
Were bullied on school property	23.8	16.0
Currently drank alcohol (on at least 1 of the past 30 days)	23.5	17.5
Currently used an electronic vapor product on school property	19.7	13.8
Were physically active at least 60 minutes per day on 5 or more days	37.4	44.7
Did not eat breakfast	16.6	20.5

High School Results cont.

- Other highlights:

Survey Item	2021
Texted or emailed while driving a car or other vehicle	34.8
Ever saw someone get physically attacked, beaten, stabbed, or shot in their neighborhood	22.5
Were electronically bullied	17.7
Felt sad or hopeless (almost every day for two or more weeks in a row)	39.2
Ate fruit or drank 100% fruit juice one or more times per day	47.5
Ate vegetables one or more times per day	47.8
Missed one or more days of school because their mental health was not good	25.8

Middle School Results

- **Trends** - *It is likely that the COVID-19 pandemic and time frame of the survey administration played a role in some of these changes.

Survey Item	2019	2021
Bullied on school property	44.6	34.0
Ever made a plan about how they would kill themselves	13.6	18.2
Ever tried cigarette smoking	16.5	12.8
Ever used an electronic vapor product	31.4	24.1
Ever used marijuana	9.5	5.9
Did not eat breakfast (during the 7 days before the survey)	12.5	16.4
Were physically active at least 60 minutes per day on 5 or more days	43.8	50.5
Reported that some of their classroom teachers provide short physical activity breaks during regular class time	21.9	34.0

Middle School Results cont.

- Other highlights:

Survey Item	2021
Were ever in a physical fight	40.9
Ever saw someone get physically attacked, beaten, stabbed, or shot in their neighborhood	18.5
Ever seriously thought about killing themselves	23.7
Ever drank alcohol (other than a few sips)	19.3
Spent 3 or more hours per day on screen time	66.4
Did something to purposely hurt themselves without wanting to die (such as cutting or burning themselves on purpose)	22.5
Students who reported there is at least one teacher or other adult in their school that they can talk to if they have a problem	66.3

Sexual Identity Results

Sexual Identity Question

- Which of the following best describes you?
 - Heterosexual – 75.4%
 - Gay or lesbian – 3.1%
 - Bisexual – 11.9%
 - Other – 3.9%
 - Questioning – 3.8%
 - Not sure – 1.8%

Significant Differences

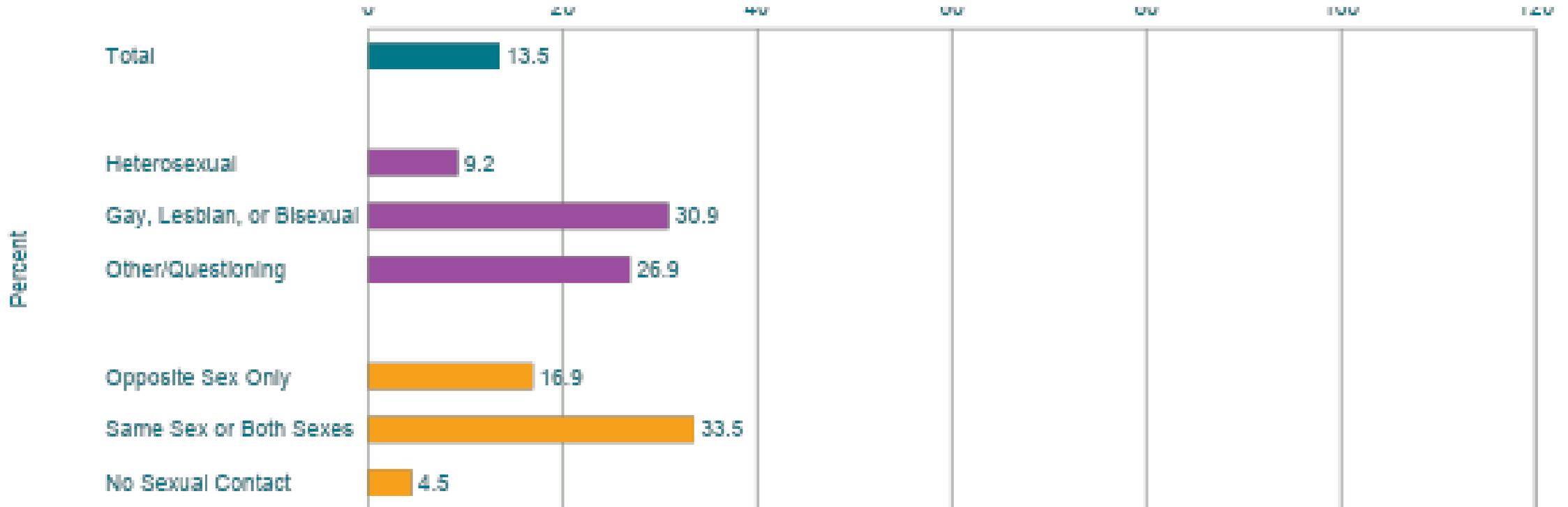
- LGBTQ students reported statistically significant higher results than their heterosexual counterparts for the following behaviors:
 - Did not go to school because they felt unsafe at school or on their way to or from school
 - Were threatened or injured with a weapon on school property
 - Experienced sexual dating violence and physical dating violence
 - Felt sad or hopeless
 - Suicidal ideations and suicide attempts
 - Ever tried cigarette smoking and ever used an electronic vapor product
 - Did something to purposely hurt themselves without wanting to die
 - Do not have an adult in their life that they trust and can talk to about serious problems

Percentage of High School Students Who Were Threatened or Injured with a Weapon on School Property,* by Sexual Identity and Sex of Sexual Contacts, 2021



*Such as a gun, knife, or club, one or more times during the 12 months before the survey
 This graph contains weighted results.

Percentage of High School Students Who Experienced Sexual Dating Violence,* by Sexual Identity and Sex of Sexual Contacts, 2021



*Being forced by someone they were dating or going out with to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to, one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey

Percentage of High School Students Who Seriously Considered Attempting Suicide,* by Sexual Identity and Sex of Sexual Contacts, 2021



*During the 12 months before the survey
This graph contains weighted results.

What Are Your Thoughts?

- Were there any data points that stuck out to you?
- Who do you feel needs to hear this information? Do you have any ideas on the best way to share it with them?

Contact Information

- Stephanie Bunge – KDE Healthy Schools Team, Division of District Support
 - Stephanie.bunge@education.ky.gov
 - (502) 564-5279, ext. 4543
- To access the data:
 - [Visit the YRBS webpage](#) on the KDE website.

Updates from Kentucky Department of Education...

- Individual Learning Plan Committee updating documents (January)
- School counselor framework updates (January)
- School counselor MTSS template (February)
- Social Emotional Learning (SEL) Implementation Guide is in progress with regional cooperatives and the Collaboration for Academic, Social and Emotional Learning or CASEL (March/April)

Statewide school counseling cadres

- Oct. 25 - Legal and Ethical Considerations with Carolyn Stone (recording available KDE Comprehensive School Counseling Site)
- Dec. 6 - Data-driven Best Practices for School Counselors with Nicole Fields, Ed.D., and Florence Chang, Ph.D., and Kentucky Framework of Best Practices (recording available)
- Feb. 7 – 9 a.m. - 3 p.m. ET School Counselors 4 MTSS
- June 6 - Topic to be determined

Questions/concerns from the field?

- Next meeting - Feb. 9 from 2 - 3:30 p.m. ET