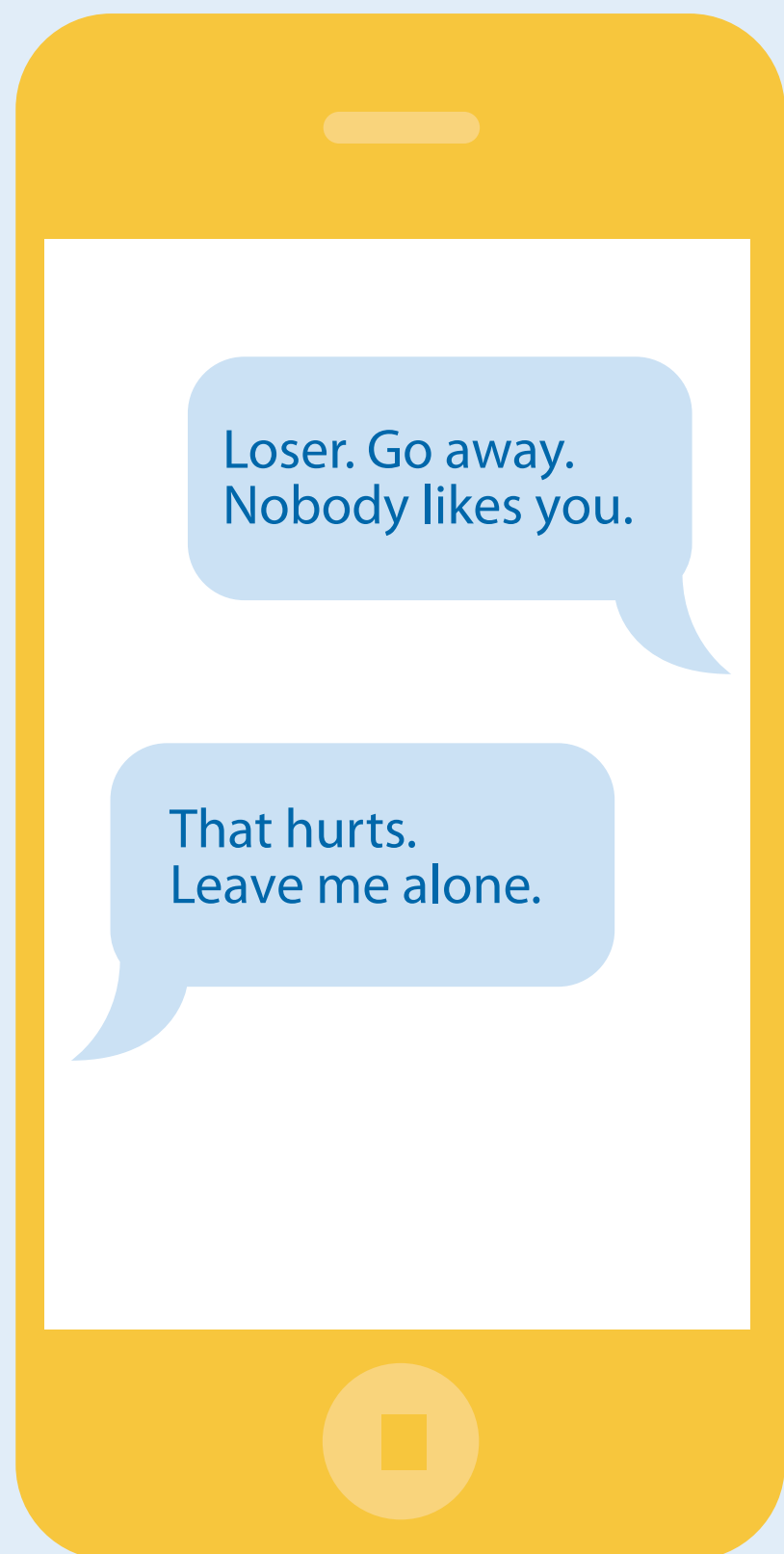


WHAT YOU TOLD US ABOUT Violence



18%

OF STUDENTS ARE
BULLIED
IN SCHOOL

14% ARE
CYBER-BULLIED

GIRLS ARE CYBER-BULLIED
MORE THAN BOYS, 20% vs. 10%

8% of high school students are
physically abused
by their boyfriend or girlfriend



NO
means
NO

8% of students are
FORCED INTO
sexual intercourse



1 in 5 students
FOUGHT PHYSICALLY
in the past year

Boys fight more than girls (23% vs. 13%)

GOOD NEWS: HERE'S WHAT **YOU** CAN DO:

Report any bullying and
violence to a teacher
or other trusted adult.
Violent behavior is uncool
and not
acceptable.



Respect everyone.
Remember, you may be
considered "different"
by someone else.
Embrace what
makes you (and
others) unique.

Support (or start)
anti-violence campaigns
in your school and
community.



Know the facts.

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401-222-5111



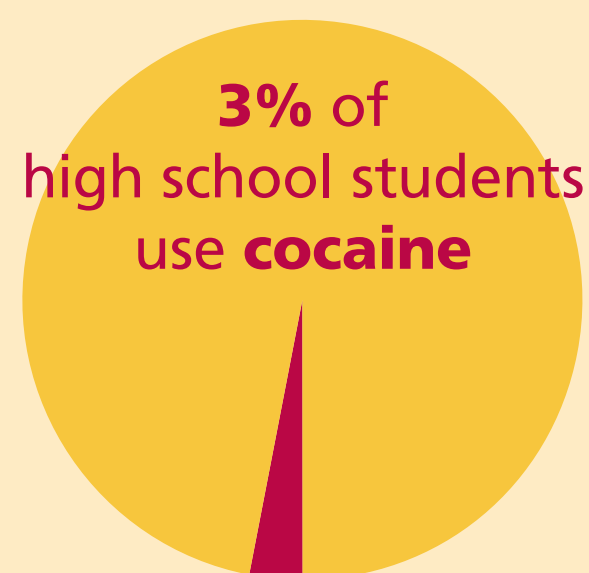
WHAT YOU TOLD US ABOUT Drugs & Alcohol

1 in 4 STUDENTS SMOKES MARIJUANA

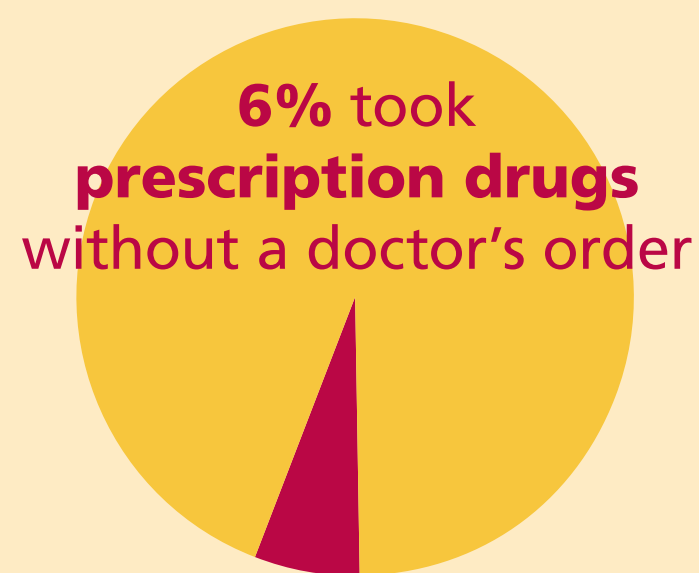
7% smoked before they were 13



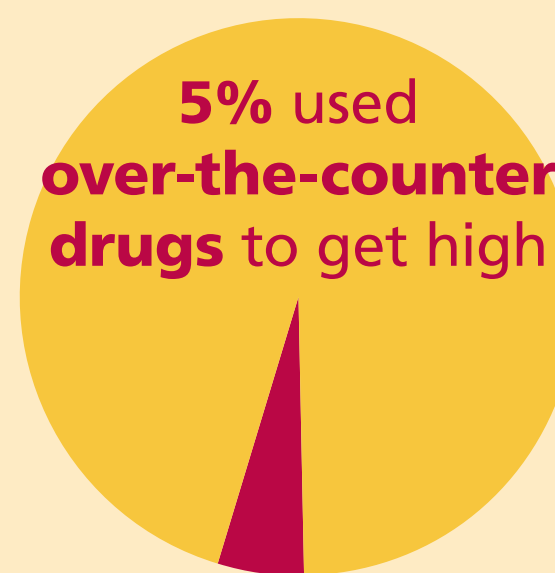
1 in 3 STUDENTS
DRINKS ALCOHOL



3%



6%



5%

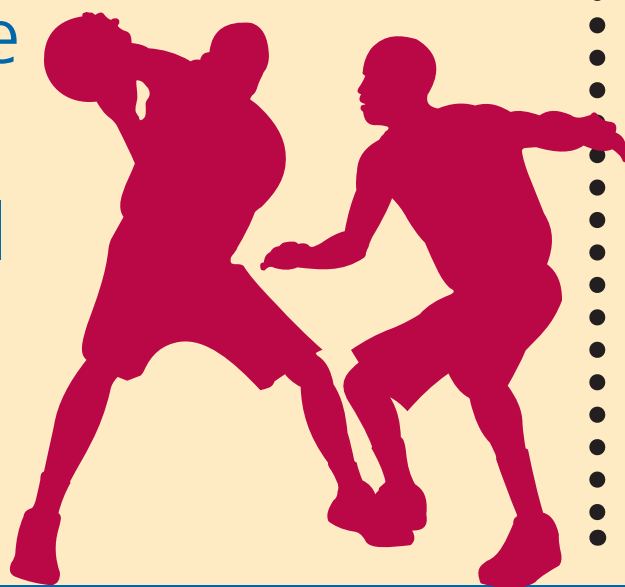


15% are
binge drinkers

It's okay to
not drink.
Most students
don't!

GOOD NEWS: HERE'S WHAT **YOU** CAN DO:

Participate in healthy group activities and after-school programs. Your social life will improve and you'll feel better!



Take prescription drugs only as directed by your doctor and follow the instructions for "over-the-counter" drugs. All drugs can be dangerous. Never share your meds or another person's meds.

Discuss your substance use or alcohol consumption with a trusted friend or adult.

Call 1-866-252-3784 or go to www.drugfree.org

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WHAT YOU TOLD US ABOUT Injury



ONE IN FIVE STUDENTS RODE WITH A DRIVER WHO HAD BEEN DRINKING

6% OF STUDENTS **DO NOT WEAR A SEAT BELT** WHEN RIDING IN A CAR

3 IN 4 STUDENTS DO NOT WEAR BIKE HELMETS



78%



WHILE DRIVING

5% of high school students carry a **GUN**

GOOD NEWS: HERE'S WHAT YOU CAN DO:

Don't drink and drive, or text and drive.

It's dangerous and against the law. Don't get in a car with someone who has been drinking.



Learn about the dangers of brain injury

(www.biama.org) and always wear your seat belt and bike helmet.

Stay away from firearms or other weapons.

If you play with paintball or airsoft guns recreationally, learn and follow all safety procedures.



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WHAT YOU TOLD US ABOUT Mental Health

1 in 4 STUDENTS FEELS SEVERELY DEPRESSED.

GIRLS SUFFER FROM DEPRESSION MORE THAN BOYS (35% vs. 14%)

One in eight students has an emotional or learning problem (12%)

Girls are more likely to have an emotional disability than boys (15% vs. 10%)



GOOD NEWS: HERE'S WHAT YOU CAN DO:

If you have thoughts
of suicide, call

1-800-273-TALK

for free assistance.



Discuss your feelings with a
trusted friend or adult.
Let them help you.



ALMOST ONE IN 7
STUDENTS

ATTEMPTS SUICIDE

1 IN 6 STUDENTS IS
EMBARRASSED
BY THEIR TEETH
(OR MOUTH).

GIRLS ARE MORE
→ SELF-CONSCIOUS ←
THAN BOYS
(21% VS. 12%).



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WHAT YOU TOLD US ABOUT Physical Activity



1 in 9 STUDENTS is **OBESE**

Overweight teens are at risk for getting many illnesses.

1 in 8 STUDENTS
IS NOT
PHYSICALLY ACTIVE

23% don't attend PE classes

45% do not play on any sports team

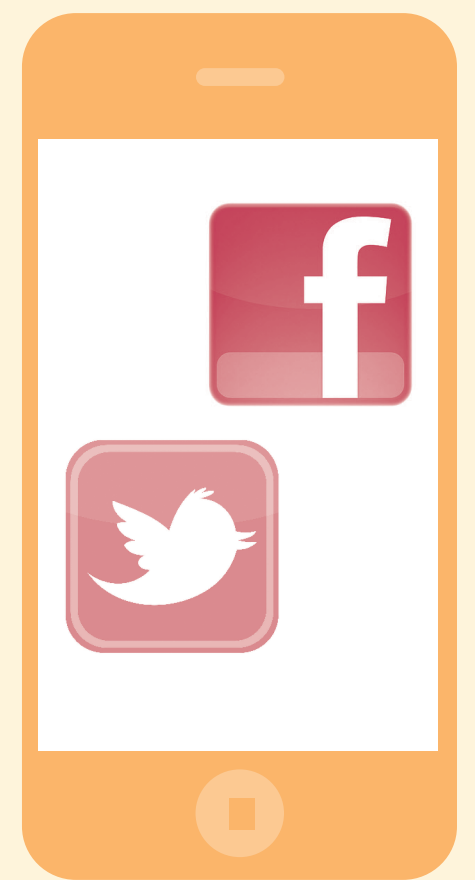


17% of students play on the computer more than

5 HOURS A DAY

and are

NOT ACTIVE



30%

of students describe themselves as

OVERWEIGHT.

More girls than boys think they are fat (36% vs. 23%)

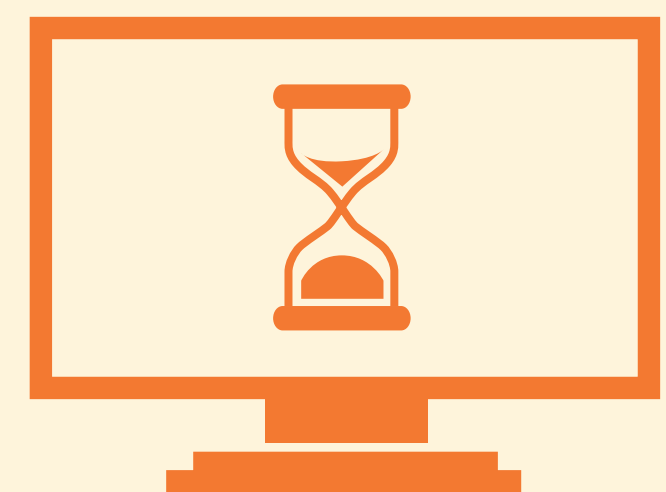
GOOD NEWS: HERE'S WHAT YOU CAN DO:



Eat a "rainbow" of fruits and veggies every day - the brighter the better.

Get physically active.

Walk, bike, or join a sports team. You'll feel better!



Limit TV, cell phone, and recreational computer use, especially on school days.

Know the facts.

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401-222-5111



WHAT YOU TOLD US ABOUT Sex

ONE in FOUR
HIGH SCHOOL STUDENTS IS
**SEXUALLY
ACTIVE**



**1 IN 3 HIGH SCHOOL STUDENTS
DID NOT USE A CONDOM
THE LAST TIME THEY HAD SEX**



**8% of students had sex with
four or more partners**

**8% of students
identify as lesbian,
gay, or bisexual
(non-heterosexual)**

**5% had sex
with both
boys and girls**



GOOD NEWS: HERE'S WHAT **YOU** CAN DO:

**NO
means
NO**

**Don't be pressured
into sex.**
If it doesn't feel right
on any level,
it isn't.

**Learn about sex (and sexually
transmitted diseases) from a
healthcare provider/educator or
a reputable website**
(such as
www.cdc.gov/STD),
not your friends.

cdc.gov/std

**Never even consider intercourse
without both a condom and
another form of birth
control.**
Abstinence is the only
sure way to avoid
pregnancy and
disease.



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WHAT YOU TOLD US ABOUT Tobacco

ONE IN TWELVE STUDENTS SMOKES CIGARETTES

TEENS BECOME REPLACEMENTS FOR THE TOBACCO INDUSTRY'S DYING CUSTOMERS.

15%

USE SOME KIND OF TOBACCO PRODUCT
(smokeless tobacco, cigars, cigarettes)

BOYS ARE MORE LIKELY THAN GIRLS TO USE TOBACCO (18% VS. 12%)



BEFORE

1 in 2 STUDENT SMOKERS
TRIED TO QUIT IN THE PAST YEAR.
YAY! STICK WITH IT!



AFTER

1 in 5

students think

**smokeless
tobacco**

is less harmful than cigarettes.

IT'S NOT.

It's *all* bad for you.

GOOD NEWS: HERE'S WHAT **YOU** CAN DO:

Commit yourself or
encourage a friend to quit.
Visit

teen.smokefree.gov

Stay active to fight cravings.
Get physically active
(walk, bike, or join
a sports team).
You'll look and
feel better.



Don't be manipulated
by the tobacco
industry.

"Like" us on
[Facebook.com/BeAnOriginal](https://www.facebook.com/BeAnOriginal)
to find out more.



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