

RHODE ISLAND HEALTHY SCHOOLS COALITION BREAKFAST FOR SCHOOL WELLNESS LEADERS

Tuesday October 9, 2018

High school principals and school nurse teachers:

- New student posters will be delivered to your school in the next few weeks.
- The posters are based on 2017 Rhode Island Youth Risk Survey (YRBS) high school results.
- Three posters were developed to align with Social and Emotional Learning competencies focusing on self-management (managing emotions), relationship skills, and responsible decision making.
- These posters will replace the seven-part infographic series that was disseminated in 2014 and we hope you will display these in high-traffic areas.

The three goals of the posters:

1. Share the results with high school students to inform them of the risks young people face.
2. Begin a conversation about the personal choices high school students make.
 - Do the results accurately reflect what they see happening around them?
 - How would they promote healthy behaviors?
3. Accentuate the positive! Many students are abstaining from behaviors that harm their health and their ability to succeed in school.

For programs serving youth and other interest groups, or for schools to print 8 1/2" x 11" versions, posters are available online at:

<http://health.ri.gov/data/adolescenthealth/>

For questions about Rhode Island Youth Risk Behavior Survey, contact Tara Cooper, Rhode Island YRBS Coordinator at:

401-222-7628, tara.cooper@health.ri.gov.



Check out what students said about **managing emotions**.

- Nearly 30% felt depressed in the last year.
IT'S OK TO BE SAD, BUT DEPRESSION REQUIRES HELP.
- 1 in 3 students who feel sad report using drugs/alcohol.
THERE ARE HEALTHIER WAYS TO COPE.
- Almost 3 out of 4 students have a teacher or other adult at school they can talk to for advice.
THERE'S ALWAYS SOMEONE TO TURN TO.

Learn the five healthy habits of emotional wellbeing and five signs of emotional distress at: changedirection.org/.

If you or a friend are experiencing a mental health crisis, please contact the Crisis Text Line (741-741) or the National Lifeline (1-800-273-8255) for help.

Rhode Island Department of Health

The Youth Risk Behavior Survey was conducted during the spring of 2017 by the Rhode Island Department of Health and Education, and the Centers for Disease Control and Prevention (CDC). To learn more visit health.ri.gov/data/adolescenthealth/

Check out what students said about **relationships**.

- 75% are not sexually active (have not had sex in the last 3 months).
YOU DON'T HAVE TO RUSH.
- 58% used a condom the last time they had sex.
#ProtectYourselfRI. Download the RightTime app to find free condoms and more info.
- 11% have experienced dating violence.
LOVE SHOULD NEVER HURT.
- 22% of students were bullied.
SEE SOMETHING? SAY SOMETHING.

Healthy relationships start with talking honestly, respecting others' views and backgrounds, compromising, and being supportive. Talk with a school staff member if you or a friend is in an unhealthy relationship.

Rhode Island Department of Health

The Youth Risk Behavior Survey was conducted during the spring of 2017 by the Rhode Island Department of Health and Education, and the Centers for Disease Control and Prevention (CDC). To learn more visit health.ri.gov/data/adolescenthealth/

Check out what students said about making **smart choices**.

- 74% of students don't use any tobacco products.
#BeTheFirst tobacco-free generation. #RIEndGame
- 93% of students have never misused prescription medication.
Prescription meds require a prescription for a reason. Take as prescribed. #NeverShare
- 77% of students don't drink alcohol and 77% don't smoke marijuana.
NOT EVERYONE IS DOING IT.

No one "plans" to become addicted, and students with a drug or alcohol dependency started out thinking they had it "under control."

Know the facts and decide for yourself. Live above the influence. abovetheinfluence.com/drugs-2/opioids-thetruth.com/o/articles/rhode-island

Rhode Island Department of Health

The Youth Risk Behavior Survey was conducted during the spring of 2017 by the Rhode Island Department of Health and Education, and the Centers for Disease Control and Prevention (CDC). To learn more visit health.ri.gov/data/adolescenthealth/