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2025 and 2027 National Youth Risk Behavior Survey

Attachment P4

YRBS Fact Sheet for Schools

# You're Crucial to the Youth Risk Behavior Survey

Participating in the YRBS is easy and important: It helps schools and communities improve the health and wellbeing of our youth

## Why is it valuable to collect health-related data about our youth?

- The YRBS collects data from students in grades 9 – 12 on key health behaviors that contribute to the leading causes of death and illness during both youth and adulthood.
- Results help monitor changes over time, identify emerging issues, and plan and evaluate programs to support the health of youth. YRBS data are used by health departments, educators, lawmakers, doctors, and community organizations to inform school and community programs, communications campaigns, and other efforts.
- These efforts ultimately help improve youth health both in the short term (reducing screen time, receiving mental health support) and in the future (reducing the risk of cancer, addiction, or sexually transmitted diseases). Healthy students are better learners and more likely to become healthy adults.

## Why should districts and schools participate?

- Districts, schools, and students are randomly selected and cannot be replaced; each school's participation is critical to ensure results are representative of youth nationwide.
- The YRBS gives your students an opportunity to share their voice, anonymously and voluntarily.
- Participation brings students' experiences to light so that parents, districts, and schools can provide the most appropriate resources for any challenges students may face.

“There were minimal disruptions to my school day, classroom, and teachers' [day] due to clear communication and organized effort [of your team and data collector]. I don't know why I was so hesitant and didn't respond sooner.”

Texas Public  
High School Principal

“Thank you...for working with me to survey our diverse population about their health behaviors. It's important we ask them [students] how they're doing.”

Indiana Public  
High School Principal

“[YRBS] results are critical to understand the health status and needs of our youth ... [and] add great insight into the world of our youth and the environment in which our young people spend the majority of their time.”

Nathan R. Monell, CAE,  
Executive Director, National PTA

The YRBS helps us understand many health-related topics affecting high school students, including mental health. National YRBS data tells us that during the past year...

