

2018 Maryland Youth Risk Behavior Survey  
 Report for Frederick County, MD  
 Risk Behaviors and Sexual Identity Report

The 2018 Maryland Youth Risk Behavior Survey (YRBS) was administered to 10 high schools in Frederick County to 3,816 students in grades 9, 10, 11, and 12. 3,769 questionnaires were usable after data editing. Maryland Department of Health (MDH) performed t-test analysis on the questions to determine statistical significance between Heterosexual students and Gay, Lesbian, or Bisexual students. The following report summarizes the findings.

### Comparison to Maryland by Year

11.0% of respondents to the 2018 YRBS in Frederick County reported that they described themselves as Gay, Lesbian, or Bisexual. This is a decrease from 11.9% in 2016 with the larger decrease seen in the percent of respondents identifying as Gay or Lesbian. An additional 4.3% reported being not sure in Frederick County in 2018. Frederick County continues to have slightly lower percentages of respondents identifying as Gay, Lesbian, or Bisexual than Maryland.

The tables below shows Frederick County in comparison to Maryland.

Frederick County	2013	2014	2016	2018
Heterosexual	90.1%	87.1%	83.5%	84.7% (2901)
Gay or Lesbian	2.0%	2.3%	3.2%	2.6% (81)
Bisexual	4.2%	6.6%	8.7%	8.4% (285)
Not sure	3.7%	4.1%	4.6%	4.3% (148)
<b>Gay, Lesbian, Bisexual</b>	<b>6.3%</b>	<b>8.9%</b>	<b>11.9%</b>	<b>11.0%</b>

2018 Maryland Youth Risk Behavior Survey, Question #66.

Maryland	2013	2014	2016	2018
Heterosexual		84.4%	82.2%	82.7%
Gay or Lesbian		3.5%	3.7%	2.8%
Bisexual		7.7%	9.0%	9.1%
Not sure		4.3%	5.1%	5.4%
<b>Gay, Lesbian, Bisexual</b>	<b>9.0%</b>	<b>11.2%</b>	<b>12.7%</b>	<b>11.9%</b>

2018 Maryland Youth Risk Behavior Survey, Question #66.

#### Are you transgender?

Frederick County	2016	2018
All students	2.8%	1.3% (43)
Heterosexual	1.2%	0.2%
Gay, Lesbian, Bisexual	11.4%	8.8%

2018 Maryland Youth Risk Behavior Survey, Question #90.

In 2018, 1.4% of all students answered that they were not sure if they were transgender and 30 students did not answer the question "What is your sex?"

## Mental Health

These are the top three biggest differences between the Gay, Lesbian, or Bisexual students and the Heterosexual students who answered the survey questions on mental health:

1. Gay, Lesbian, or Bisexual students are almost FOUR TIMES (3.7) more likely than Heterosexual students to report having seriously considered attempting suicide during the past 12 months. A slight increase was seen for Heterosexual students and a slight decrease for Gay, Lesbian, or Bisexual students from 2016 to 2018.

Considered Suicide	2013	2014	2016	2018
<b>Heterosexual</b>	12.9%	12.8%	11.7%	12.3%
<b>Gay, Lesbian, or Bisexual</b>	50.7%	51.5%	46.5%	46.0%

2018 Question #26, 2016 #26, 2014 #27, 2013 #27

2. Gay, Lesbian, or Bisexual students are almost FOUR TIMES (3.7) more likely than Heterosexual students to report having made a plan about how they would attempt suicide during the past 12 months. More than a third of Gay, Lesbian, or Bisexual students reported having a plan for suicide, which was a slight decrease from 2016.

Made Suicide Plan	2013	2014	2016	2018
<b>Heterosexual</b>	9.8%	9.9%	10.2%	11.1%
<b>Gay, Lesbian, or Bisexual</b>	37.3%	42.2%	38.0%	35.1%

2018 Question #27, 2016 #27, 2014 #28, 2013 #28

3. Gay, Lesbian, or Bisexual students are more than TWO TIMES (2.4) more likely than Heterosexual students to report feeling so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities during the past 12 months. Almost 2/3 of Gay, Lesbian, or Bisexual students reported feeling this way, while approximately ¼ of heterosexual students reported the same. An increase was seen for heterosexual students from 2016 to 2018.

Feel Sad or Hopeless	2013	2014	2016	2018
<b>Heterosexual</b>	21.6%	24.1%	23.6%	26.3%
<b>Gay, Lesbian, or Bisexual</b>	51.8%	59.2%	62.9%	62.6%

2018 Question #25, 2016 #25, 2014 #26, 2013 #26

## Other Mental Health questions

- More than half (56.2%) of Gay, Lesbian, or Bisexual students to report having ever lived with anyone who was depressed, mentally ill, or suicidal, twice the response from heterosexual students (27.8%). (2018 YRBS Question # 114)
- Almost 1 in 3 (30.7%) of Gay, Lesbian, or Bisexual students (steady from 30.5% in 2016) reported that they do not feel comfortable seeking help from adults besides their parents if they had an important question affecting their life, compared to 19.5% of Heterosexual students. (2018 Question #119, 2016 #118, 2014 #111)

## Unintentional Injury and Violence

These are the top two biggest differences between the Gay, Lesbian, or Bisexual students and the Heterosexual students who answered the survey questions on unintentional injury and violence:

1. Gay, Lesbian, or Bisexual students are TWO TIMES more likely than Heterosexual students to report ever being bullied on school property during the past 12 months: 32.4% of Gay, Lesbian, or Bisexual students compared to 16.5% of Heterosexual students. Both group answers showed a continued decrease from 2013.

Bullied on School Property	2013	2014	2016	2018
<b>Heterosexual</b>	22.5%	20.0%	17.6%	16.5%
<b>Gay, Lesbian, or Bisexual</b>	45.7%	43.8%	34.2%	32.4%

2018 Question #23, 2016 #23, 2014 #24, 2013 #24

2. Gay, Lesbian, or Bisexual students are almost THREE TIMES (2.7) more likely than Heterosexual students to report experiencing physical dating violence (being physically hurt on purpose by someone they were dating or going out with [counting such things as being hit, slammed into something, or injured with an object or weapon) before the survey. A fifth (20%) of Gay, Lesbian, or Bisexual students reported this answer as compared to 7.4% of heterosexual students.

Physical Dating Violence	2013	2014	2016	2018
<b>Heterosexual</b>	7.7%	7.0%	6.3%	7.4%
<b>Gay, Lesbian, or Bisexual</b>	24.1%	22.5%	15.5%	20.0%

Question #22

- More than a fifth (21.6%) of Gay, Lesbian, or Bisexual students reported ever being electronically bullied during the past 12 months (down from 26.6% in 2016), compared to 13.0% of Heterosexual students. (2018 Question #24, 2016 #24, 2014 #25)
- Approximately one in 10 (11.1%) of Gay, Lesbian, or Bisexual students (down from 18.4% in 2016 and *no longer showing a difference!*) reported being in a physical fight on school property one or more times during the past 12 months, compared to 8.2% of Heterosexual students. (2018 Question #18, 2016 #18, 2014 Question #20)
- 11.9% of Gay, Lesbian, or Bisexual students (down from 14.3% in 2016) reported being threatened or injured with a weapon such as a gun, knife, or club on school property one or more times during the past 12 months, compared to 5.9% of Heterosexual students, down from 7.0% in 2013. (2018 Question #16, 2016 #16, 2014 #17)
- 8.1% of Gay, Lesbian, or Bisexual students reported that carried a weapon such as a gun, knife, or club on school property on one or more of the past 30 days (down from 8.9% in 2016), compared to 2.9% of Heterosexual students, down from 4.5%. (2018 Question #13, 2016 #13, 2014 #15)
- 15.6% of Gay, Lesbian, or Bisexual students reported that they did not go to school because they felt unsafe at school or on their way to or from school (on at least 1 day during the 30 days before the survey), compared to 6.4% of Heterosexual students. (2018 Question #15)

## Sexual Behaviors

These are the biggest differences between the Gay, Lesbian, or Bisexual students and the Heterosexual students who answered the survey questions on sexual activity:

Gay, Lesbian, or Bisexual students are FOUR AND A HALF TIMES (4.5) more likely than Heterosexual students to report having had sexual intercourse with four or more people during their life: 13.0% of Gay, Lesbian, or Bisexual students, compared to 2.9% of Heterosexual students. While Gay, Lesbian, or Bisexual students rates are on par with 2014-2016 (and decreased from 2013), Heterosexual student rates have halved since 2016.

Sexual Intercourse with $\geq 4$ People During Lifetime	2013	2014	2016	2018
<b>Heterosexual</b>	9.2%	6.3%	6.3%	2.9%
<b>Gay, Lesbian, or Bisexual</b>	17.6%	13.2%	13.3%	13.0%

2018 YRBS Question #60, 2016 & 2014 Question #62, 2013 Question #61

Gay, Lesbian, or Bisexual students are ONE AND A THIRD TIMES (1.3) more likely than Heterosexual students to report drinking alcohol or using drugs before last sexual intercourse (among students who were currently sexually active): 29.5% of Gay, Lesbian, or Bisexual students compared to 22.8% of Heterosexual students.

Alcohol or Drugs Before Sex	2013	2014	2016	2018
<b>Heterosexual</b>	25.6%	24.4%	22.4%	22.8%
<b>Gay, Lesbian, or Bisexual</b>	29.8%	31.7%	34.3%	29.5%

2018 YRBS Question #62, 2016 & 2013 Question #63, 2014 Question #64

- 60.8% of Gay, Lesbian, or Bisexual students (decreased from 63.2% in 2016) reported not using a condom during last sexual intercourse among students who were currently sexually active, compared to 46.8% of Heterosexual students, up from, 43.8% in 2016. (2018 Question #63, 2016 #64, 2014 Question #65)
- 35.0% of Gay, Lesbian, or Bisexual students (down from 37.6% in 2016) reported ever having sexual intercourse, compared to 28.0% of Heterosexual students, down from 28.4% in 2016. (2018 Question #58, 2016 #59 and 2014 Question #60)
- 22.3% of Gay, Lesbian, or Bisexual students (down from 27.9% in 2016) reported being currently sexually active (had sexual intercourse with at least one person during the 3 months before the survey), compared to 20.4% of Heterosexual students, down from 20.7% in 2016. (2018 Question #61, 2016 #61 and 2014 Question #62, 2014 Question #63)
- 5.9% of Gay, Lesbian, or Bisexual students (down from 7.4% in 2016) reported having sexual intercourse before age 13 years, compared to 2.4% of Heterosexual students, same in 2016. (2018 Question #59, 2016 #60 and 2014 Question #61)

## Tobacco Use

These are the top three biggest differences between the Gay, Lesbian, or Bisexual students and the Heterosexual students who answered the survey questions on substance abuse:

1. Gay, Lesbian, or Bisexual students are almost FOUR TIMES (4.3) more likely than Heterosexual students to report currently smoking cigarettes daily on all 30 days during the 30 days before the survey. Both groups saw continued decreases from 2014.

Smoke Cigarettes Daily	2014	2016	2018
<b>Heterosexual</b>	2.1%	0.9%	0.6%
<b>Gay, Lesbian, or Bisexual</b>	7.5%	3.4%	2.6%

YRBS Question DAYCIG

2. Gay, Lesbian, or Bisexual students are THREE AND A HALF TIMES (3.5) more likely than Heterosexual students to report currently smoking cigarettes on at least 1 day during the 30 days before the survey. Both groups saw continued decreases from 2013.

Smoke Cigarettes in Last 30 Days	2013	2014	2016	2018
<b>Heterosexual</b>	12.1%	8.4%	6.2%	3.6%
<b>Gay, Lesbian, or Bisexual</b>	35.5%	24.0%	19.5%	12.5%

2018 Question #32, 2016 #32, 2014 #33, 2013 #33

3. Gay, Lesbian, or Bisexual students are OVER THREE TIMES (3.3) more likely than Heterosexual students to report having smoked tobacco in a hookah, narghile, or other type of waterpipe (on at least 1 day during the 30 days before the survey).

Smoke Tobacco in Waterpipe	2016	2018
<b>Heterosexual</b>	3.5%	2.3%
<b>Gay, Lesbian, or Bisexual</b>	11.1%	7.5%

2018 & 2016 Question #98

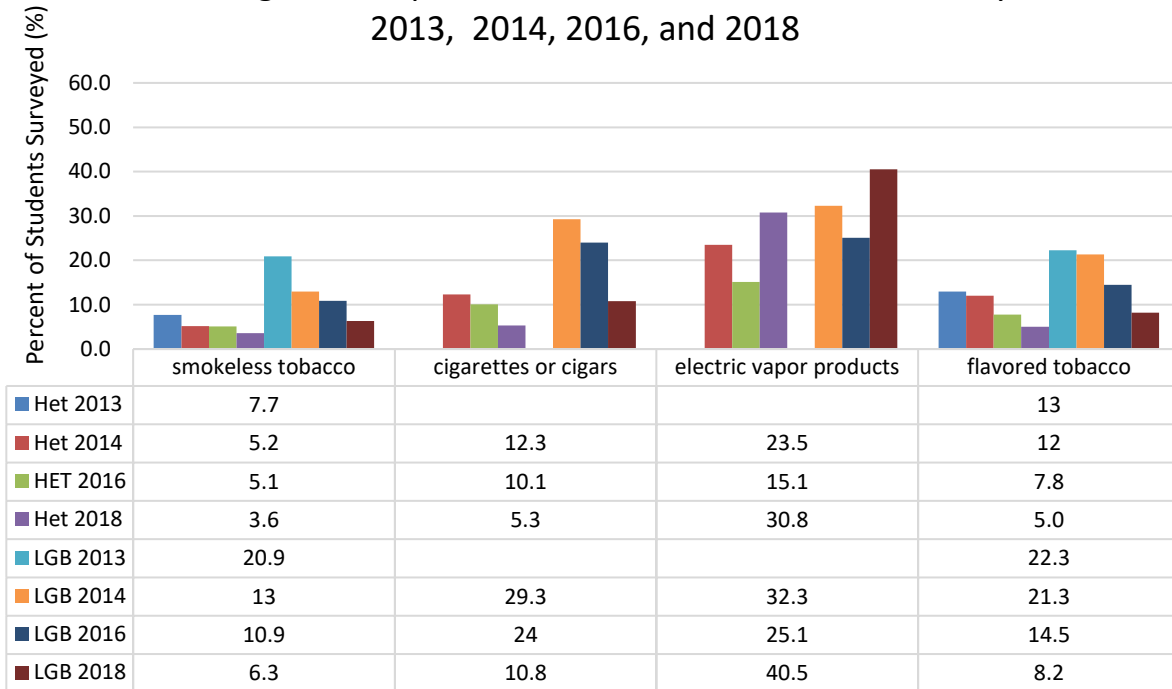
4. Gay, Lesbian, or Bisexual students are THREE TIMES (2.8) more likely than Heterosexual students to report currently frequently smoking cigarettes on 20 or more days during the 30 days before the survey. Both groups saw continued decreases from 2013.

Smoke Cigarettes Frequently	2013	2014	2016	2018
<b>Heterosexual</b>	3.8%	2.1%	1.6%	1.0%
<b>Gay, Lesbian, or Bisexual</b>	13.0%	7.5%	5.4%	2.8%

YRBS Question FRCIG

## Tobacco Use continued

Frederick County High School Students who reported using the following tobacco products at least once in the last 30 days, 2013, 2014, 2016, and 2018



2018 YRBS Questions #35, 37, 38, 103

- Use of smokeless tobacco, cigarettes or cigars, electronic vapor products, and flavored tobacco are all consistently higher for Gay, Lesbian, or Bisexual students than Heterosexual students. Rates of use are decreasing for both groups for smokeless tobacco, cigarettes or cigars, and flavored tobacco. However, rates of use of electronic vapor products are increasing in both groups.
- 36.9% of Gay, Lesbian, or Bisexual students reported being in the same room with someone who was smoking cigarettes on at least one day during the 7 days before the survey, compared to 23.4% of Heterosexual students, showing an increase for both groups. (2016: 36.4% LGB, 21.3% Het; 2014: 43.3% LGB, 26.4% Het; 2013: 50.8% LGB, 30.8% Het) (2018 Question #108, 2016 #108, 2014 #101, 2013 #98)
- 35.3% of Gay, Lesbian, or Bisexual students live with someone who now smokes cigarettes or cigars, compared to 25.8% of Heterosexual students, about the same vs 2016 for both groups. (2016: 35.0% LGB, 26.4% Het; 2014: 42.1% LGB, 32.4% Het; 2013: 55.9% LGB, 34.1% Het) (2018 Question #106, 2016 #105, 2014 #99, 2013 #96)

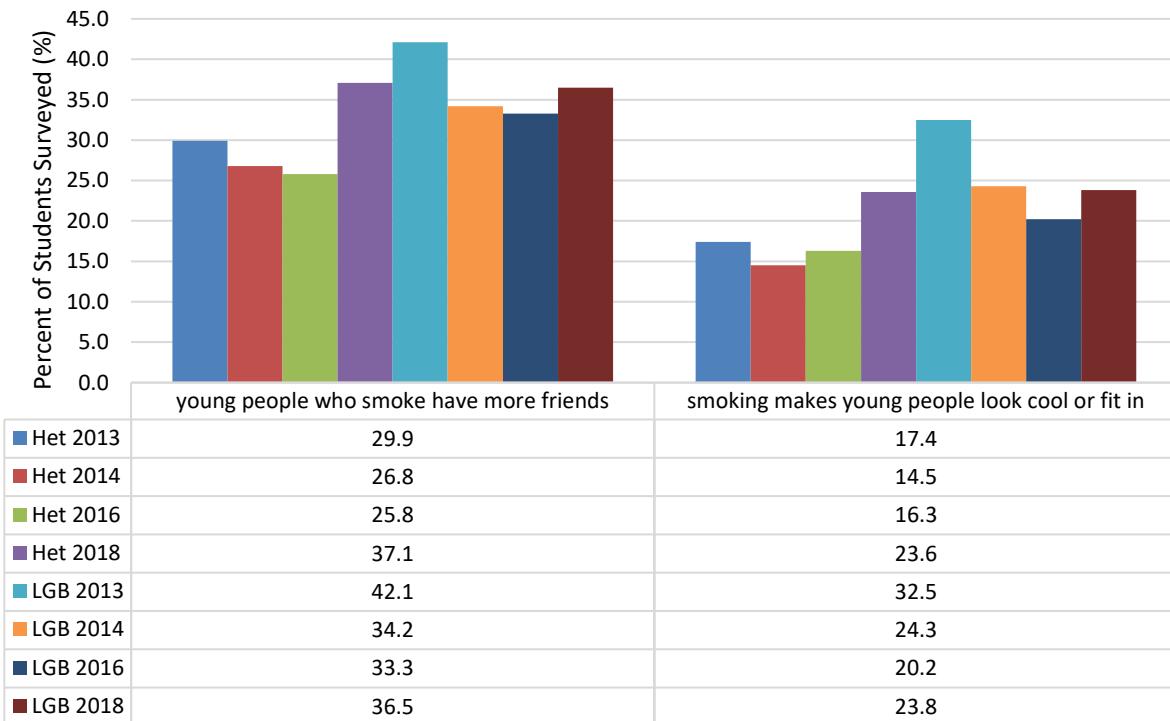
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- 24.7% of Gay, Lesbian, or Bisexual students described the rule about smoking inside the home where they live is that it is always allowed inside their home or allowed only at some times or in some places, compared to 12.4% of Heterosexual students, about the same as 2016 for both groups. (2016: 24.4% LGB, 12.6% Het; 2014: 24.8% LGB, 11.6% Het; 2013: 34.1% LGB, 13% Het) (2018 Question #107, 2016 #106, 2014 #100, 2013 #97)
- 23.7% of Gay, Lesbian, or Bisexual students reported ever using an electronic vapor product to smoke marijuana, THC or hash oil, or THC wax, compared to 17.9% of Heterosexual students, showing an increase in both groups. (2016: 16.2% LGB, 8.1% Het) (2018 Question #101, 2016 #100)
- 7.3% of Gay, Lesbian, or Bisexual students smoked a whole cigarette before age 13 years (for the first time), compared to 2.7% of Heterosexual students, showing a continued decrease for both groups. (2016: 14.4% LGB, 4.6% Het; 2014: 18.1% LGB, 5.2% Het; 2013: 24.5% LGB, 6.1% Het) (2018 Question #94, 2016 #94, 2014 #32, 2013 #32)

Frederick County High School Students who reported thoughts on tobacco use, 2013, 2014, 2016, and 2018



2018 Question 117 and 118, 2016 Questions 113 and 114, 2014 #106 and 107

- Perceptions that young people who smoke have more friends and that smoking makes young people look cool or fit in are now on par for Gay, Lesbian, or Bisexual students and Heterosexual students. These perceptions are now increasing for both groups (after decreasing 2013-2016), though Heterosexual student perceptions increased more than Gay, Lesbian, or Bisexual student perceptions.

## Alcohol Use

Gay, Lesbian, or Bisexual students are TWO TIMES (1.7) more likely than Heterosexual students to report having their first drink of alcohol other than a few sips before age 13 years. About one fifth of Gay, Lesbian, or Bisexual students reported this answer, but responses have decreased for both groups.

First Alcohol Before Age 13	2013	2014	2016	2018
<b>Heterosexual</b>	15.8%	14.7%	12.1%	11.7%
<b>Gay, Lesbian, or Bisexual</b>	37.2%	31.2%	26.3%	19.5%

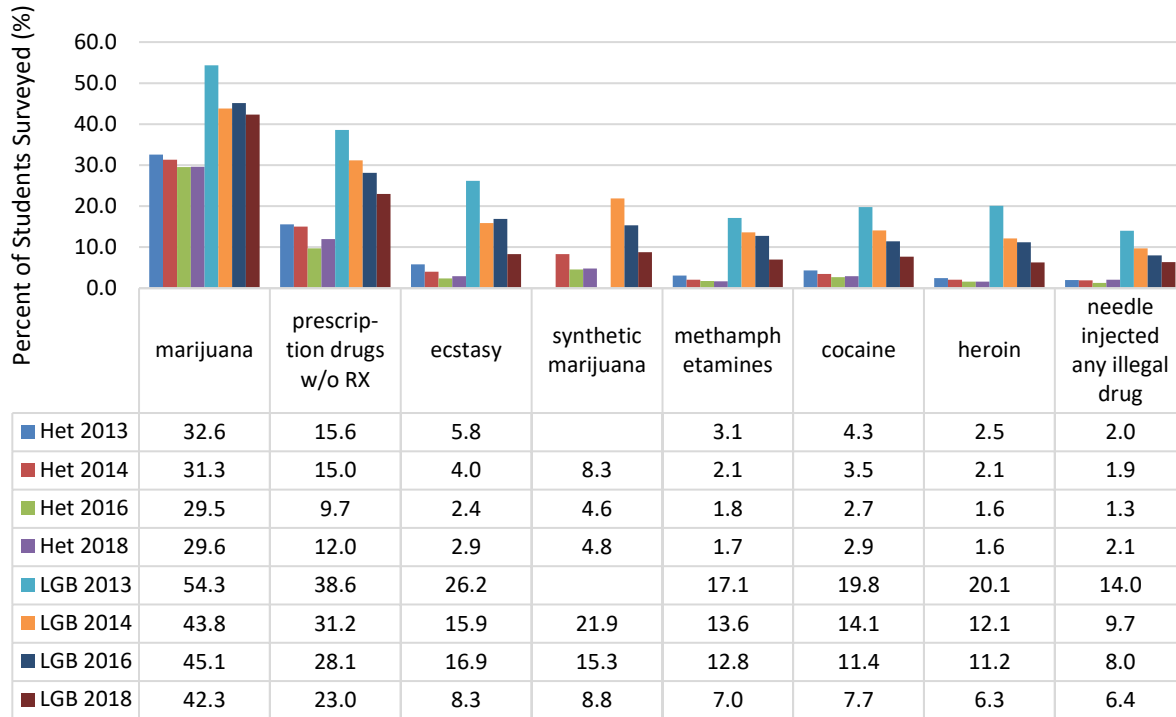
2018 Question #40, 2016 #41, 2014 Question #42, 2013 Question #42

- 37.9% of Gay, Lesbian, or Bisexual students reported currently drinking alcohol (at least 1 drink in the past 30 days), compared to 30.5% of Heterosexual students, showing an increase for both groups. (2016: 36.6% LGB, 31.2% Het). (2018 Question #41, 2016 #42)
- 22.9% of Gay, Lesbian, or Bisexual students reported currently binge drinking alcohol (4-5 drinks in a row in the past 30 days), compared to 17.2% of Heterosexual students, showing an increase for both groups. (2016: 19.5% LGB, 16.7% Het). (2018 Question #42, 2016 #44)



## Other Drug Use

Frederick County High School Students who reported using the following substances one or more times, 2013, 2014, 2016, and 2018



YRBS Questions #45, 48-56

- Gay, Lesbian, or Bisexual students reported using the ALL of the substances listed above (at least one time) at consistently higher rates than Heterosexual students.
- Use is decreasing for Gay, Lesbian, or Bisexual students for all substances, while Heterosexual student use is on par or slightly increasing.
- Gay, Lesbian, or Bisexual students reported ever using...

Marijuana	1.4 TIMES
Prescription pain medicine without a doctor's prescription	TWO TIMES
Ecstasy	THREE TIMES
Synthetic marijuana	TWO TIMES
Methamphetamines	More than FOUR TIMES
Cocaine	THREE TIMES
Heroin	FOUR TIMES
Injecting any illegal drug	THREE TIMES

...than Heterosexual students.

## Conclusions

- In general, Gay, Lesbian, or Bisexual students report worse mental health, greater exposure to bullying or other violence, riskier sexual behaviors, and higher rates of use of tobacco, alcohol, and other drugs compared to Heterosexual students.
- The area of greatest magnitude is mental health:
  - Nearly two thirds (63%) of Gay, Lesbian, or Bisexual students reported feeling so sad or hopeless for  $\geq 2$  weeks that it interrupted their lives (over twice the rate of Heterosexual students, 26%).
  - Nearly half (46%) of Gay, Lesbian, or Bisexual students reported having seriously considered attempting suicide (nearly four times the rate of Heterosexual students, 12%).
  - These rates are similar to those in previous years.
- One third (32%) of Gay, Lesbian, or Bisexual students reported being bullied on school property, and one fifth (20%) reported experiencing physical dating violence.
  - These rates are twice as high as for Heterosexual students (17% bullied on school property; 7% physical dating violence).
  - However, rates for both groups are decreasing steadily since 2013.
- While the rates of  $\geq 4$  lifetime sexual partners for Gay, Lesbian, or Bisexual students has remained steadily at 13% since 2014, Heterosexual students report a decrease in this metric (3% in 2018, down from 6% in 2014-2016).
- Tobacco trends are similar in both groups. Most traditional tobacco use is steadily decreasing from 2013 (i.e. cigarette smoking), while electronic vapor product use for both tobacco and THC products are increasing.
  - Perceptions of tobacco use (i.e. young people who smoke have more friends or look cool) are increasing among both student groups for the first time since 2013; however, Gay, Lesbian, or Bisexual student and Heterosexual student perceptions are now on par.
- Gay, Lesbian, or Bisexual students are more likely to start drinking alcohol at a younger age than Heterosexual students (20% had first drink of alcohol before age 13 vs. 12% of Heterosexual students). This metric is decreasing since 2013, while other alcohol metrics (current and binge drinking) have increased slightly since 2016.
- Gay, Lesbian, or Bisexual students reported using ALL other drugs (i.e. marijuana, prescription drugs) at consistently higher rates than Heterosexual students. However, use is decreasing for Gay, Lesbian, or Bisexual students for all substances, while Heterosexual student use is on par or slightly increasing; thus all **gaps** between student groups have decreased since 2016.
  - The largest gap between groups is with methamphetamines, where Gay, Lesbian, or Bisexual students rates are four times higher than for Heterosexual students (7% vs. 2%).
  - The smallest gap between groups is with marijuana, where Gay, Lesbian, or Bisexual students rates are 1.4 times higher than for Heterosexual students (42% vs. 30%).
- Gay, Lesbian, or Bisexual students may benefit from additional targeted support in the areas of mental health, violence and unintentional injury, and sexual health, as those are the areas with the biggest gaps between groups.