The state’s only comprehensive survey on health and well-being of young people in Colorado

To understand youth health and what factors support youth to make healthy choices

Administered every two years. Telluride has results from 2017, 2019, and 2021

What is the Healthy Kids Colorado Survey?
Survey Details

- Anonymous
- English or Spanish
- Parent and Student Consent
- 45 minutes

- Bullying
- Safety
- Mental Health
- Substance Use
- Sexual Health
- Violence
- Nutrition and Physical Activity
- Covid-19
- Risk and Protective factors related to behaviors
Telluride High School
Total Participants: 288
Response rate: 89.2%

Telluride Middle School
Total Participants: 170
Response rate: 79.1%
Key Definitions and Considerations

- Confidentiality - To protect confidentiality, responses were suppressed when the number of responses to a question was fewer than 3.
- Statistical Significance – 95% confidence intervals are included in the estimates. If they overlap, there is no evidence to believe the estimates are different. If they do not overlap, there is high confidence that the estimates are different ("statistically significant")
2021 High School Demographic Totals

- Total: 288 or 100%
- Female: 128 or 45%
- Male: 142 or 50%
- Genderqueer/Nonbinary: 4 or 1%

- 9th Grade: 84 or 30%
- 10th Grade: 69 or 25%
- 11th Grade: 51 or 19%
- 12th Grade: 72 or 26%

- American Indian/Alaska Native: 2 or 1%
- Asian: 1 or 0%
- Black/African American: 2 or 1%
- Hispanic/Latinx: 39 or 14%
- Native Hawaiian/Other Pacific Islander: 0 or 0%
- White: 216 or 78%
- Multi-racial: 17 or 6%
- Gay or Lesbian: 9 or 3%
- Heterosexual (Straight): 218 or 79%
- Bisexual: 30 or 11%
- Not Sure: 9 or 3%
- Cisgender: 264 or 97%
- Transgender: 4 or 2%
- Not Sure: 5 or 2%
# 2021 Middle School Demographic Totals

<table>
<thead>
<tr>
<th>Category</th>
<th>Total</th>
<th>Male</th>
<th>Female</th>
<th>Genderqueer/Nonbinary</th>
<th>6th Grade</th>
<th>7th Grade</th>
<th>8th Grade</th>
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<th>Asian</th>
<th>Black/African American</th>
<th>Hispanic/Latinx</th>
<th>Native Hawaiian/Other Pacific Islander</th>
<th>White</th>
<th>Multi-racial</th>
<th>Gay or Lesbian</th>
<th>Heterosexual (Straight)</th>
<th>Bisexual</th>
<th>Not Sure</th>
<th>Cisgender</th>
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<td>53</td>
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<td>3 or 2%</td>
<td>2 or 1%</td>
<td>33 or 20%</td>
<td>0 or 0%</td>
<td>106</td>
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<td>4 or 3%</td>
<td>114 or 75%</td>
<td>15 or 10%</td>
<td>15 or 10%</td>
<td>144 or 92%</td>
<td>9 or 6%</td>
<td>4 or 3%</td>
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</table>

Percentage representation:
High School Bullying

Percentage of students who have ever been bullied on school property during the past 12 months

<table>
<thead>
<tr>
<th>Category</th>
<th>0%</th>
<th>10%</th>
<th>20%</th>
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<th>60%</th>
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<td>Total</td>
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<td>Hispanic/Latinx</td>
<td>7%</td>
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<tr>
<td>Heterosexual (Straight)</td>
<td>9%</td>
<td>20%</td>
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<td>Bisexual</td>
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<td>Cisgender</td>
<td>10%</td>
<td>24%</td>
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</tbody>
</table>
Middle School Bullying

Percentage of students who had ever been bullied on school property during the past 12 months

- Total: 20% (44%), 17% (44%), 21% (44%), 21% (44%), 19% (44%), 19% (44%), 16% (44%), 16% (44%), 16% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%), 18% (44%)
High School Bullying

Percentage of students who had ever been electronically bullied during the past 12 months

<table>
<thead>
<tr>
<th>Category</th>
<th>0%</th>
<th>10%</th>
<th>20%</th>
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<th>70%</th>
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<th>90%</th>
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<td>Total</td>
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<tr>
<td>Female</td>
<td>7%</td>
<td>12%</td>
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<td>Male</td>
<td>11%</td>
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<td>12th Grade</td>
<td>8%</td>
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<td>Hispanic/Latinx</td>
<td>7%</td>
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<td>White</td>
<td>12%</td>
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<tr>
<td>Heterosexual (Straight)</td>
<td>8%</td>
<td>14%</td>
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</tbody>
</table>
Middle School Bullying

Percentage of students who had ever been electronically bullied during the past 12 months

- Total: 14%
- Female: 12% (10%), 17% (14%)
- Male: 8% (11%)
- 6th Grade: 10% (14%)
- 7th Grade: 12% (16%)
- 8th Grade: 12% (19%)
- Hispanic/Latinx: 14% (21%)
- White: 11% (14%)
- Heterosexual (Straight): 11% (13%)
- Cisgender: 12% (15%)
## High School Bullying

<table>
<thead>
<tr>
<th>Location</th>
<th>2019 Percentage</th>
<th>2019 Percentage Bar</th>
<th>2021 Percentage</th>
<th>2021 Percentage Bar</th>
</tr>
</thead>
<tbody>
<tr>
<td>Among students bullied on school property, the percentage who were bullied in a cafeteria or lunch room</td>
<td>26%</td>
<td>26%</td>
<td>30%</td>
<td>30%</td>
</tr>
<tr>
<td>Among students bullied on school property, the percentage who were bullied in a classroom</td>
<td>38%</td>
<td>38%</td>
<td>53%</td>
<td>53%</td>
</tr>
<tr>
<td>Among students bullied on school property, the percentage who were bullied in a hallway or stairwell</td>
<td>51%</td>
<td>51%</td>
<td>64%</td>
<td>64%</td>
</tr>
<tr>
<td>Among students bullied on school property, the percentage who were bullied in a locker room or bathroom</td>
<td>18%</td>
<td>18%</td>
<td>20%</td>
<td>20%</td>
</tr>
<tr>
<td>Among students bullied on school property, the percentage who were bullied on a bus or at a bus stop</td>
<td>11%</td>
<td>11%</td>
<td>20%</td>
<td>20%</td>
</tr>
<tr>
<td>Among students bullied on school property, the percentage who were bullied outside after school</td>
<td>28%</td>
<td>28%</td>
<td>30%</td>
<td>30%</td>
</tr>
<tr>
<td>Among students bullied on school property, the percentage who were bullied outside before school</td>
<td>19%</td>
<td>19%</td>
<td>32%</td>
<td>32%</td>
</tr>
<tr>
<td>Among students bullied on school property, the percentage who were bullied outside during lunch or break</td>
<td>19%</td>
<td>19%</td>
<td>27%</td>
<td>27%</td>
</tr>
</tbody>
</table>
Bullying – Key Takeaways

- Telluride’s bullying rates are higher than the state average.
- Bullying rates tend to be higher and further above the state average in the High School compared to the Middle School.
- Females and LGBT students are much more likely to be bullied both at school and electronically.
- In the Middle School, Hispanic/Latinx students are much more likely to be bullied than White students.
- The overall rate of electronic bullying decreased from 2019 but it increased for certain groups – namely Female High School students (from 16% to 23%).
- Bullying happening in more places at school. Classrooms, hallways, stairwells, outside before school, and outside during lunch or break all increased from 2019.
## 2021 High School Mental Health

<table>
<thead>
<tr>
<th>Category</th>
<th>Female</th>
<th>Male</th>
<th>2021 Percentage</th>
<th>2020 Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percentage of students who agree or strongly agree their stress level is manageable most days</td>
<td>35%</td>
<td>44%</td>
<td>62%</td>
<td>65%</td>
</tr>
<tr>
<td>Percentage of students who felt so sad or hopeless almost every day for two weeks or more in a row during the past 12 months that they st.</td>
<td>37%</td>
<td>48%</td>
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</tr>
<tr>
<td>Percentage of students who purposefully hurt themselves without wanting to die in the past 12 months</td>
<td>12%</td>
<td>17%</td>
<td>26%</td>
<td>43%</td>
</tr>
<tr>
<td>Percentage of students who seriously considered attempting suicide during the past 12 months</td>
<td>19%</td>
<td>14%</td>
<td></td>
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</tr>
<tr>
<td>Percentage of students who take two or fewer days to feel fully recovered after a stressful situation</td>
<td>69%</td>
<td>73%</td>
<td>84%</td>
<td>86%</td>
</tr>
</tbody>
</table>
Middle School Mental Health

2021 Middle School Mental Health

- Percentage of students who ever made a plan about how they would kill themselves
  - 6th Grade: 8%, 13%
  - 7th Grade: 12%, 16%
  - 8th Grade: 19%, 22%

- Percentage of students who ever seriously thought about killing themselves
  - 6th Grade: 15%, 20%
  - 7th Grade: 18%, 23%
  - 8th Grade: 26%, 29%

- Percentage of students who ever tried to kill themselves
  - 8th Grade: 7%, 10%

- Percentage of students who felt so sad or hopeless almost every day for two weeks or more in a row during the past 12 months that they stopped doing some usual activities
  - 6th Grade: 21%, 29%
  - 7th Grade: 17%, 32%
  - 8th Grade: 33%, 42%
### High School Mental Health

<table>
<thead>
<tr>
<th>Percentage of students who attempted suicide one or more times during the past 12 months</th>
<th>High School</th>
<th>2017</th>
<th>2019</th>
<th>2021</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>High School</td>
<td>5%</td>
<td>8%</td>
<td>7%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Percentage of students who made a plan about how they would attempt suicide during the past 12 months</th>
<th>High School</th>
<th>2017</th>
<th>2019</th>
<th>2021</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>High School</td>
<td>10%</td>
<td>13%</td>
<td>13%</td>
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</table>

<table>
<thead>
<tr>
<th>Percentage of students who seriously considered attempting suicide during the past 12 months</th>
<th>High School</th>
<th>2017</th>
<th>2019</th>
<th>2021</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>High School</td>
<td>12%</td>
<td>15%</td>
<td>17%</td>
</tr>
</tbody>
</table>
Middle School Mental Health

- **Percentage of students who ever made a plan about how they would kill themselves**
  - 2017: 10%
  - 2019: 17%
  - 2021: 17%

- **Percentage of students who ever seriously thought about killing themselves**
  - 2017: 16%
  - 2019: 19%
  - 2021: 24%

- **Percentage of students who ever tried to kill themselves**
  - 2017: 4%
  - 2019: 5%
  - 2021: 6%
• Many measures indicate that student Mental Health in Telluride is better that the state average, but it has gotten worse since 2017
• Suicidal ideation has increase among both Middle and High School students
• Female students generally had poorer mental health with more stress, hopelessness, self harm, and suicidal ideation than Males
• For Middle School students, there is a distinct increase in Mental Health risk factors among 8th graders
• Hispanic/Latinx Middle School students had significantly more sadness/hopelessness than white students (44% vs 21%)
## High School Safety

### 2021 High School

<table>
<thead>
<tr>
<th>Category</th>
<th>Female</th>
<th>Male</th>
<th>Total</th>
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<tbody>
<tr>
<td>Among students who drove a car or other vehicle during the past 30 days,</td>
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<tr>
<td>the percentage who drove when they had been drinking alcohol one or more</td>
<td>3%</td>
<td>5%</td>
<td>4%</td>
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<tr>
<td>times</td>
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<tr>
<td>Among students who drove a car or other vehicle during the past 30 days,</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>the percentage who drove when they had been using marijuana one or more</td>
<td>5%</td>
<td>6%</td>
<td>6%</td>
</tr>
<tr>
<td>times</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Among students who drove a car or other vehicle during the past 30 days,</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>the percentage who texted or e-mailed while driving on one or more of the</td>
<td>13%</td>
<td>17%</td>
<td>16%</td>
</tr>
<tr>
<td>days</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Percentage of students who rode one or more times during the past 30</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>days in a car or other vehicle driven by someone who had been drinking</td>
<td>13%</td>
<td>17%</td>
<td>17%</td>
</tr>
<tr>
<td>alcohol</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Percentage of students who rode one or more times during the past 30</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>days in a car or other vehicle driven by someone who had been using</td>
<td>13%</td>
<td>24%</td>
<td>23%</td>
</tr>
<tr>
<td>marijuana</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
High School Safety

All High School

Among students who drove a car or other vehicle during the past 30 days, the percentage who drove when they had been drinking alcohol one or more times
- 2017: 8%
- 2019: 16%
- 2021: 11%

Among students who drove a car or other vehicle during the past 30 days, the percentage who drove when they had been using marijuana one or more times
- 2017: 12%
- 2019: 13%
- 2021: 16%

Among students who drove a car or other vehicle during the past 30 days, the percentage who texted or e-mailed while driving on one or more of the days
- 2017: 32%
- 2019: 42%
- 2021: 40%

Percentage of students who rode one or more times during the past 30 days in a car or other vehicle driven by someone who had been drinking alcohol
- 2017: 21%
- 2019: 22%
- 2021: 23%

Percentage of students who rode one or more times during the past 30 days in a car or other vehicle driven by someone who had been using marijuana
- 2017: 22%
- 2019: 23%
- 2021: 30%
High School Safety

Percentage of students who rode one or more times during the past 30 days in a car or other vehicle driven by someone who had been drinking:

- Hispanic: 13% (21%)
- White: 12% (24%)

Percentage of students who rode one or more times during the past 30 days in a car or other vehicle driven by someone who had been using drugs:

- Hispanic: 12% (18%)
- White: 12% (31%)
Safety – Key Takeaways

- When compared with school districts across the state, more of our youth engaged in risky driving activities compared to their peers.
- Both driving after using marijuana and riding with a driver who has used marijuana increased from 2017 to 2019, and again from 2019 to 2021.
- Riding with someone who used marijuana is more common for females than males and white students compared with Latinx students.
- Driving after drinking decreased from 2019 to 2021.
- Texting or email while driving was more common among females than males.
### All High School

<table>
<thead>
<tr>
<th>Category</th>
<th>2017</th>
<th>2019</th>
<th>2021</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percentage of students who binge drank (5+ drinks, within a couple of hours) on one or more of the past 30 days</td>
<td>33%</td>
<td>30%</td>
<td>38%</td>
</tr>
<tr>
<td>Percentage of students who had at least one drink of alcohol on one or more of the past 30 days</td>
<td>47%</td>
<td>51%</td>
<td>49%</td>
</tr>
<tr>
<td>Percentage of students who had their first drink of alcohol, other than a few sips, before age 13</td>
<td>15%</td>
<td>19%</td>
<td>19%</td>
</tr>
<tr>
<td>Percentage of students who think adults (over 21) in their neighborhood think it is wrong or very wrong for kids to drink alcohol</td>
<td>70%</td>
<td>67%</td>
<td>63%</td>
</tr>
<tr>
<td>Percentage of students who think it is wrong or very wrong for someone the same age to drink alcohol regularly (at least once or twice per month)</td>
<td>48%</td>
<td>49%</td>
<td>43%</td>
</tr>
<tr>
<td>Percentage of students who think people who have one or two drinks nearly every day have moderate or great risk of harm</td>
<td>65%</td>
<td>71%</td>
<td>77%</td>
</tr>
<tr>
<td>Percentage of students who thought 5 or more out of every 10 students in the same grade had 5 or more drinks on at least one day in the past 30 days</td>
<td>47%</td>
<td>53%</td>
<td>34%</td>
</tr>
</tbody>
</table>
## High School Substance Use: Alcohol

### 2021 High School

<table>
<thead>
<tr>
<th>Percentage of students who binge drank (5+ drinks, within a couple of hours) on one or more of the past 30 days</th>
<th>2021</th>
<th>Female</th>
<th>Hispanic..</th>
<th>Male</th>
<th>White</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percentage of students who had at least one drink of alcohol on one or more of the past 30 days</td>
<td>2021</td>
<td>Female</td>
<td>Hispanic..</td>
<td>Male</td>
<td>White</td>
</tr>
<tr>
<td>14%</td>
<td>17%</td>
<td>12%</td>
<td>14%</td>
<td>43%</td>
<td>36%</td>
</tr>
<tr>
<td>20%</td>
<td>31%</td>
<td>21%</td>
<td>27%</td>
<td>42%</td>
<td>54%</td>
</tr>
</tbody>
</table>
Middle School Substance Use: Alcohol

**School Level:** Middle School  
**Measure Category/s:** Alcohol  
**Year/s:** All

<table>
<thead>
<tr>
<th>Health Measure</th>
<th>Demograp..</th>
<th>Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percentage of students who feel it would be sort of easy or very easy to get alcohol if they wanted</td>
<td>Total</td>
<td>2017 46%</td>
</tr>
<tr>
<td>Percentage of students who had at least one drink of alcohol on one or more of the past 30 days</td>
<td>Total</td>
<td>2019 11%</td>
</tr>
<tr>
<td>Percentage of students who had ever had a drink of alcohol, other than a few sips</td>
<td>Total</td>
<td>2017 21%</td>
</tr>
<tr>
<td>Percentage of students who thought 5 or more out of every 10 students in their grade drank alcohol in the past year</td>
<td>Total</td>
<td>2021 20%</td>
</tr>
</tbody>
</table>
Substance Use: Alcohol – Key Takeaways

- Telluride High School students binge drink 3x more than the state average
- Despite that, the perception of how much their peers are drinking is still higher than reality
- Female students tend to drink more than Male students and White students tend to drink more than Hispanic/Latino student
- Protective factors relate to perceived right or wrong have been decreasing in recent years while protective factors related to perceived health effects have increased
- Alcohol use among MS students is low and fell from 2019 – very similar to the state avg.
### All High School

#### Percentage of students who feel it would be sort of easy or very easy to get marijuana if they wanted

<table>
<thead>
<tr>
<th>Year</th>
<th>2017</th>
<th>2019</th>
<th>2021</th>
</tr>
</thead>
<tbody>
<tr>
<td>%</td>
<td>61</td>
<td>59</td>
<td>55</td>
</tr>
</tbody>
</table>

#### Percentage of students who thought 5 or more out of every 10 students in their grade used marijuana in the past 30 days

<table>
<thead>
<tr>
<th>Year</th>
<th>2017</th>
<th>2019</th>
<th>2021</th>
</tr>
</thead>
<tbody>
<tr>
<td>%</td>
<td>78</td>
<td>37</td>
<td>55</td>
</tr>
</tbody>
</table>

#### Percentage of students who tried marijuana for the first time before age 13

<table>
<thead>
<tr>
<th>Year</th>
<th>2017</th>
<th>2019</th>
<th>2021</th>
</tr>
</thead>
<tbody>
<tr>
<td>%</td>
<td>7</td>
<td>5</td>
<td>5</td>
</tr>
</tbody>
</table>

#### Percentage of students who used marijuana one or more times during the past 30 days

<table>
<thead>
<tr>
<th>Year</th>
<th>2017</th>
<th>2019</th>
<th>2021</th>
</tr>
</thead>
<tbody>
<tr>
<td>%</td>
<td>34</td>
<td>26</td>
<td>35</td>
</tr>
</tbody>
</table>

#### Percentage of students who used marijuana one or more times during their life

<table>
<thead>
<tr>
<th>Year</th>
<th>2017</th>
<th>2019</th>
<th>2021</th>
</tr>
</thead>
<tbody>
<tr>
<td>%</td>
<td>51</td>
<td>46</td>
<td>52</td>
</tr>
</tbody>
</table>
High School Substance Use: Marijuana

Percentage of students who used marijuana one or more times during the past 30 days:
- Female: 14%
- Male: 13%
- Hispanic: 12%
- White: 14%

Percentage of students who used marijuana one or more times during their life:
- Female: 27%
- Male: 25%
- Hispanic: 27%
- White: 26%
### High School Substance Use: Marijuana

#### All High School

<table>
<thead>
<tr>
<th>Percentage</th>
<th>2017</th>
<th>2019</th>
<th>2021</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percentage of students who feel it would be sort of easy or very easy to get marijuana if they wanted</td>
<td>61%</td>
<td>59%</td>
<td>55%</td>
</tr>
<tr>
<td>Percentage of students who think adults (over 21) in their neighborhood think it is wrong or very wrong for kids to use marijuana</td>
<td>40%</td>
<td>47%</td>
<td>63%</td>
</tr>
<tr>
<td>Percentage of students who think it is wrong or very wrong for someone of the same age to use marijuana</td>
<td>53%</td>
<td>54%</td>
<td>69%</td>
</tr>
<tr>
<td>Percentage of students who think people who use marijuana regularly have moderate or great risk of harm</td>
<td>47%</td>
<td>48%</td>
<td>50%</td>
</tr>
<tr>
<td>Percentage of students who think their parents or guardians feel it is wrong or very wrong if they used marijuana</td>
<td>78%</td>
<td>78%</td>
<td>78%</td>
</tr>
</tbody>
</table>
Middle School Substance Use: Marijuana

<table>
<thead>
<tr>
<th>Health Measure</th>
<th>Demog.</th>
<th>Year</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percentage of students who feel it would be sort of easy or very easy to get</td>
<td>Total</td>
<td>2017</td>
<td>27%</td>
</tr>
<tr>
<td>marijuana if they wanted</td>
<td></td>
<td>2019</td>
<td>24%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2021</td>
<td>18%</td>
</tr>
<tr>
<td>Percentage of students who have ever used marijuana</td>
<td>Total</td>
<td>2017</td>
<td>9%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2019</td>
<td>12%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2021</td>
<td>7%</td>
</tr>
<tr>
<td>Percentage of students who thought 5 or more out of every 10 students in</td>
<td>Total</td>
<td>2019</td>
<td>39%</td>
</tr>
<tr>
<td>their grade used marijuana in the past 30 days</td>
<td></td>
<td>2021</td>
<td>18%</td>
</tr>
<tr>
<td>Percentage of students who used marijuana one or more times during the past</td>
<td>Total</td>
<td>2017</td>
<td>3%</td>
</tr>
<tr>
<td>30 days</td>
<td></td>
<td>2019</td>
<td>3%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2021</td>
<td>5%</td>
</tr>
</tbody>
</table>
• Almost 3x as many Telluride students are using marijuana than on average across the state of Colorado.
• Marijuana use fell from 2017 to 2019 but then increased from 2019 to 2021
• Marijuana use is much more common for White students than Hispanic/Latinx students and slightly more common for Females than Males
• Of those who used marijuana, the majority smoked it
• Smoking marijuana was more common in 2021 than in 2019. Dabbing also increased as did vaping
• Protective factors related to ease of access, perceived right or wrong, and health risks are significantly lower than the state average
• However, far fewer students reported getting their marijuana from an adult in 2021 than in 2019
• Marijuana use among MS students is low but jumped a bit in 2021.
### All High School

<table>
<thead>
<tr>
<th>Percentage of students who feel it would be sort of easy or very easy to get electronic vapor products if they wanted</th>
</tr>
</thead>
<tbody>
<tr>
<td>2017</td>
</tr>
<tr>
<td>2019</td>
</tr>
<tr>
<td>2021</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Percentage of students who have ever smoked a cigarette, even one or two puffs</th>
</tr>
</thead>
<tbody>
<tr>
<td>2017</td>
</tr>
<tr>
<td>2019</td>
</tr>
<tr>
<td>2021</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Percentage of students who have ever used an electronic vapor product</th>
</tr>
</thead>
<tbody>
<tr>
<td>2017</td>
</tr>
<tr>
<td>2019</td>
</tr>
<tr>
<td>2021</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Percentage of students who have used cigars, chewing tobacco, hookah or bidis in the past 30 days</th>
</tr>
</thead>
<tbody>
<tr>
<td>2017</td>
</tr>
<tr>
<td>2019</td>
</tr>
<tr>
<td>2021</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Percentage of students who smoked cigarettes on one or more of the past 30 days</th>
</tr>
</thead>
<tbody>
<tr>
<td>2017</td>
</tr>
<tr>
<td>2019</td>
</tr>
<tr>
<td>2021</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Percentage of students who think 5 or more out of every 10 students at school use electronic vapor products</th>
</tr>
</thead>
<tbody>
<tr>
<td>2019</td>
</tr>
<tr>
<td>2021</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Percentage of students who used an electronic vapor product in the past 30 days</th>
</tr>
</thead>
<tbody>
<tr>
<td>2017</td>
</tr>
<tr>
<td>2019</td>
</tr>
<tr>
<td>2021</td>
</tr>
</tbody>
</table>
### 2021 High School

<table>
<thead>
<tr>
<th>Category</th>
<th>Female</th>
<th>Male</th>
<th>White</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percentage of students who feel it would be sort of easy or very easy to get electronic vapor products if they wanted</td>
<td><img src="image1" alt="Female" /></td>
<td><img src="image2" alt="Male" /></td>
<td><img src="image3" alt="White" /></td>
</tr>
<tr>
<td>Percentage of students who have used cigars, chewing tobacco, hookah or bidis in the past 30 days</td>
<td><img src="image4" alt="Female" /></td>
<td><img src="image5" alt="Male" /></td>
<td><img src="image6" alt="White" /></td>
</tr>
<tr>
<td>Percentage of students who smoked cigarettes on one or more of the past 30 days</td>
<td><img src="image7" alt="Female" /></td>
<td><img src="image8" alt="Male" /></td>
<td><img src="image9" alt="White" /></td>
</tr>
<tr>
<td>Percentage of students who think 5 or more out of every 10 students at school use electronic vapor products</td>
<td><img src="image10" alt="Female" /></td>
<td><img src="image11" alt="Male" /></td>
<td><img src="image12" alt="White" /></td>
</tr>
<tr>
<td>Percentage of students who used an electronic vapor product in the past 30 days</td>
<td><img src="image13" alt="Female" /></td>
<td><img src="image14" alt="Male" /></td>
<td><img src="image15" alt="White" /></td>
</tr>
<tr>
<td>Health Measure</td>
<td>Demogr.</td>
<td>Year</td>
<td></td>
</tr>
<tr>
<td>-------------------------------------------------------------------------------</td>
<td>---------</td>
<td>------</td>
<td></td>
</tr>
<tr>
<td>Percentage of students who ever tried cigarette smoking, even one or two puffs</td>
<td>Total</td>
<td>2017</td>
<td>5%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2019</td>
<td>9%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2021</td>
<td>5%</td>
</tr>
<tr>
<td>Percentage of students who feel it would be sort of easy or very easy to get cigarettes if they wanted</td>
<td>Total</td>
<td>2017</td>
<td>28%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2019</td>
<td>34%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2021</td>
<td>26%</td>
</tr>
<tr>
<td>Percentage of students who smoked cigarettes on one or more of the past 30 days</td>
<td>Total</td>
<td>2017</td>
<td>2%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2021</td>
<td>2%</td>
</tr>
<tr>
<td>Percentage of students who used an electronic vapor product in the past 30 days</td>
<td>Total</td>
<td>2019</td>
<td>13%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2021</td>
<td>6%</td>
</tr>
</tbody>
</table>
Substance Use: Tobacco – Key Takeaways

- Telluride HS tobacco usage is above the state average for both smoking and vaping
- Students are using tobacco—both by smoking cigarettes and vaping—at higher rates in 2021 than in 2019
- Vaping was more common for females than males
- 35% of those who vaped in the past 30 days had tried to quit in the past year
- Tobacco use among Middle School students is relatively low and vaping fell by half in 2021 compared to 2019
<table>
<thead>
<tr>
<th>Health Measure</th>
<th>Demograp.</th>
<th>Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percentage of students who ever sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high in their life</td>
<td>Total</td>
<td>2021</td>
</tr>
<tr>
<td>Percentage of students who ever used cocaine in their life</td>
<td>Total</td>
<td>2021</td>
</tr>
<tr>
<td>Percentage of students who ever used ecstasy in their life</td>
<td>Total</td>
<td>2021</td>
</tr>
<tr>
<td>Percentage of students who ever used meth in their life</td>
<td>Total</td>
<td>2021</td>
</tr>
<tr>
<td>Percentage of students who feel it would be sort of easy or very easy to get drugs like cocaine, LSD, or amphetamines if they wanted</td>
<td>Total</td>
<td>2021</td>
</tr>
<tr>
<td>Percentage of students who used substances because it feels socially acceptable because everyone does it in the past 12 months</td>
<td>Total</td>
<td>2021</td>
</tr>
<tr>
<td>Percentage of students who used substances because of boredom or having nothing else to do in the past 12 months</td>
<td>Total</td>
<td>2021</td>
</tr>
<tr>
<td>Percentage of students who used substances because they do not know how to say no when offered in the past 12 months</td>
<td>Total</td>
<td>2021</td>
</tr>
<tr>
<td>Percentage of students who used substances because they're hooked or feel like they have to have them in the past 12 months</td>
<td>Total</td>
<td>2021</td>
</tr>
<tr>
<td>Percentage of students who used substances to cope with or overcome negative/difficult feelings in the past 12 months</td>
<td>Total</td>
<td>2021</td>
</tr>
<tr>
<td>Percentage of students who used substances to experiment or see what it felt like in the past 12 months</td>
<td>Total</td>
<td>2021</td>
</tr>
<tr>
<td>Percentage of students who used substances to feel good or get high in the past 12 months</td>
<td>Total</td>
<td>2021</td>
</tr>
<tr>
<td>Percentage of students who used substances to gain connection or acceptance of peers or older siblings in the past 12 months</td>
<td>Total</td>
<td>2021</td>
</tr>
<tr>
<td>Percentage of students who used substances to have a good time with friends in the past 12 months</td>
<td>Total</td>
<td>2021</td>
</tr>
<tr>
<td>Percentage of students who were offered, sold, or given an illegal drug on school property during the past 12 months</td>
<td>Total</td>
<td>2021</td>
</tr>
</tbody>
</table>
### High School Substance Use

<table>
<thead>
<tr>
<th>Reason for Substance Use</th>
<th>Total (2021)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percentage of students who used substances because it feels socially acceptable because everyone does it in the past 12 months</td>
<td>9%</td>
</tr>
<tr>
<td>Percentage of students who used substances because of boredom or having nothing else to do in the past 12 months</td>
<td>16%</td>
</tr>
<tr>
<td>Percentage of students who used substances because they do not know how to say no when offered in the past 12 months</td>
<td>5%</td>
</tr>
<tr>
<td>Percentage of students who used substances because they're hooked or feel like they have to have them in the past 12 months</td>
<td>5%</td>
</tr>
<tr>
<td>Percentage of students who used substances to cope with or overcome negative/difficult feelings in the past 12 months</td>
<td>19%</td>
</tr>
<tr>
<td>Percentage of students who used substances to experiment or see what it felt like in the past 12 months</td>
<td>24%</td>
</tr>
<tr>
<td>Percentage of students who used substances to feel good or get high in the past 12 months</td>
<td>34%</td>
</tr>
<tr>
<td>Percentage of students who used substances to gain connection or acceptance of peers or older siblings in the past 12 months</td>
<td>7%</td>
</tr>
<tr>
<td>Percentage of students who used substances to have a good time with friends in the past 12 months</td>
<td>41%</td>
</tr>
</tbody>
</table>
High School Substance Use: Other Drugs

• Use of other types of drugs (cocaine, huffing, meth, and ecstasy) has decreased from 2019 to 2021 (8% to 3% for cocaine, 11% to 4% for huffing, 6% to 4% for ecstasy, 3% to 2% for meth)

• This is not due to a lack of access:
  • The percentage of students who think it would be easy to access these types of drugs remained consistent from 2019 to 2021
  • More students reported being offered drugs on school property in 2021 compared to 2019 (18% and 10%, respectively)
Middle School Substance Use: Other Drugs

• Like the High School, usage decreased on average in 2021 despite perceived ease of access increasing.

• Percentage of students who ever sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high decreased significantly in 2021 down to 4% from 15% in 2019.

• Percentage of students who have ever taken prescription pain medicine without a doctor's prescription also fell from 11% in 2019 to 5% in 2021.

• Percentage of students who feel it would be sort of easy or very easy to get drugs like cocaine, LSD, amphetamines, or another illegal drug, if they wanted jumped to 7% in 2021, up from 4% in 2019.
High School Consent

Percentage of students who in the past 12 months:

- Had sexual experience where they were unsure if they gave their consent to the other person: 12%
- Had sexual experience where they were unsure if they received consent from the other person: 2%
- Had a revealing or sexual photo or video of themselves texted, emailed, or posted electronically without their permission: 5%
- Have made sexual comments, jokes, gestures, or looks at someone when unwanted: 7%
- Touched, grabbed, or pinched someone in a sexual way when unwanted: 3%
- Have been physically forced to have sexual intercourse when they did not want to: 6%
### 2021 High School

#### Percentage of students who had a revealing or sexual photo or video of themselves texted, e-mailed, or posted electronically without their permission in the past 12 months

<table>
<thead>
<tr>
<th>Gender</th>
<th>2021</th>
<th>2020</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
<td>7%</td>
<td>10%</td>
</tr>
<tr>
<td>Male</td>
<td>4%</td>
<td>5%</td>
</tr>
<tr>
<td>Bisexual</td>
<td>9%</td>
<td>9%</td>
</tr>
<tr>
<td>Hetero.</td>
<td>4%</td>
<td>3%</td>
</tr>
</tbody>
</table>

#### Percentage of students who had a sexual experience where they were unsure if they gave their fully-granted consent to the other person

<table>
<thead>
<tr>
<th>Gender</th>
<th>2021</th>
<th>2020</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
<td>12%</td>
<td>17%</td>
</tr>
<tr>
<td>Male</td>
<td>5%</td>
<td>3%</td>
</tr>
<tr>
<td>Bisexual</td>
<td>5%</td>
<td>8%</td>
</tr>
<tr>
<td>Hetero.</td>
<td>8%</td>
<td>2%</td>
</tr>
</tbody>
</table>

#### Percentage of students who had a sexual experience where they were unsure if they received fully-granted consent from the other person

<table>
<thead>
<tr>
<th>Gender</th>
<th>2021</th>
<th>2020</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
<td>12%</td>
<td>9%</td>
</tr>
<tr>
<td>Male</td>
<td>3%</td>
<td>3%</td>
</tr>
<tr>
<td>Bisexual</td>
<td>8%</td>
<td>3%</td>
</tr>
<tr>
<td>Hetero.</td>
<td>8%</td>
<td>2%</td>
</tr>
</tbody>
</table>

#### Percentage of students who had ever been physically forced to have sexual intercourse when they did not want to

<table>
<thead>
<tr>
<th>Gender</th>
<th>2021</th>
<th>2020</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
<td>4%</td>
<td>9%</td>
</tr>
<tr>
<td>Hetero.</td>
<td>3%</td>
<td>3%</td>
</tr>
</tbody>
</table>

#### Percentage of students who have made sexual comments, jokes, gestures or looks at someone when unwanted

<table>
<thead>
<tr>
<th>Gender</th>
<th>2021</th>
<th>2020</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
<td>4%</td>
<td>16%</td>
</tr>
<tr>
<td>Male</td>
<td>9%</td>
<td>30%</td>
</tr>
<tr>
<td>Bisexual</td>
<td>7%</td>
<td>20%</td>
</tr>
<tr>
<td>Hetero.</td>
<td>7%</td>
<td>16%</td>
</tr>
</tbody>
</table>

#### Percentage of students who touched, grabbed, or pinched someone in a sexual way when unwanted

<table>
<thead>
<tr>
<th>Gender</th>
<th>2021</th>
<th>2020</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
<td>3%</td>
<td>9%</td>
</tr>
<tr>
<td>Male</td>
<td>3%</td>
<td>9%</td>
</tr>
<tr>
<td>Hetero.</td>
<td>2%</td>
<td>9%</td>
</tr>
</tbody>
</table>
Consent – Key Takeaways

• Unwanted sexual contact, comments, and sharing of photos or videos occurred at rates above the state averages in 2021

• Females were more likely to be unsure whether they gave their consent before a sexual experience as were those who were LGB compared to their heterosexual peers

• Females and those who were LGB were also more likely to have a sexual video or photo of themselves shared

• The percentage of students reporting being raped, or physically forced to have sexual intercourse when they did not want to fell significantly from 2019 to 2021 – especially among female students from 13% to 4%

• Most of the other consent questions were not asked in past years.
Risk factors are characteristics of community, family, and school environments, and of students and their peer groups that predict increased likelihood of unwanted health outcomes.

Protective factors are behavior patterns and social factors that appear to increase a young person's resistance to unwanted health outcomes.

Reducing risk and increasing protective factors can result in healthier youth across a variety of shared outcomes.
## Protective Factors

### 2021 High School

<table>
<thead>
<tr>
<th>Category</th>
<th>Percentage</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percentage of students who have an adult to go to for help with a serious problem</td>
<td>73%</td>
<td></td>
</tr>
<tr>
<td>Percentage of students who participate in extracurricular activities at school</td>
<td>68%</td>
<td></td>
</tr>
<tr>
<td>Percentage of students who participated in organized community services as a non-paid volunteer one or more times during the past 30 days</td>
<td>40%</td>
<td></td>
</tr>
<tr>
<td>Percentage of students who played on one or more sports teams during the past 12 months</td>
<td>53%</td>
<td></td>
</tr>
<tr>
<td>Percentage of students who think it is important or very important to go to college, technical or vocational school</td>
<td>92%</td>
<td></td>
</tr>
<tr>
<td>Percentage of students who usually or definitely could ask their parents or guardians for help with a personal problem</td>
<td>84%</td>
<td></td>
</tr>
<tr>
<td>Percentage of students who usually or definitely have chances to do fun things with their parents or guardians</td>
<td>82%</td>
<td></td>
</tr>
<tr>
<td>Percentage of students who usually or definitely have parents or guardians who ask them what they think before most family decisions</td>
<td>68%</td>
<td></td>
</tr>
<tr>
<td>Percentage of students who usually or definitely think their school lets their parents or guardians know when they have done something well</td>
<td>68%</td>
<td></td>
</tr>
<tr>
<td>Percentage of students who usually or definitely think their teacher notices when they do a good job and lets them know about it</td>
<td>61%</td>
<td></td>
</tr>
</tbody>
</table>
Protective Factors

• Telluride students reported protective factors at or above the statewide averages
• 81% of High School students said they have an adult they can go to with a serious problem
• Protective factors related to sports and extra curricular activities were particularly strong
COVID

• COVID has certainly contributed to a decline in Mental Health for Telluride students
• Students reported increased substance use across all types of substances during the pandemic
• Students also reported various economic and physical hardships that likely contributed to 55% of students feeling more daily stress during COVID
Check Out the Data

- Launched interactive dashboard on our website using Tableau
- Allows for users to compare data over time, and with the state’s rate and for comparison of indicators by demographic category
- https://tchnetwork.org/telluride-hk-2021/

Join CTC

- JOIN CTC: email ctc-adm@tchnetwork.org or call 970-708-7096