

# HURTING YOURSELF ON PURPOSE and YOUTH RISK and PROTECTIVE FACTORS

## 2007 Minnesota Student Survey Statewide Data

### 9<sup>th</sup> Grade Students

#### What is the purpose of these tables and graphs?

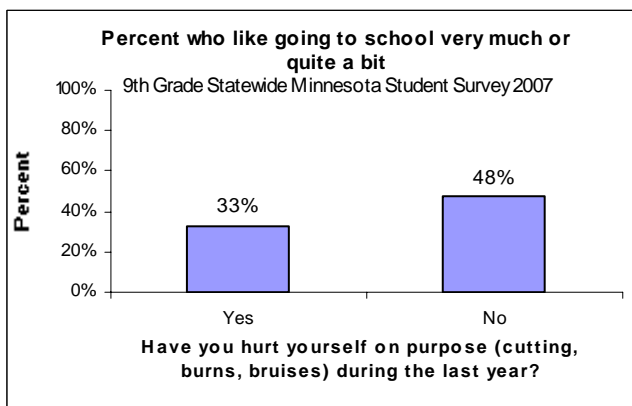
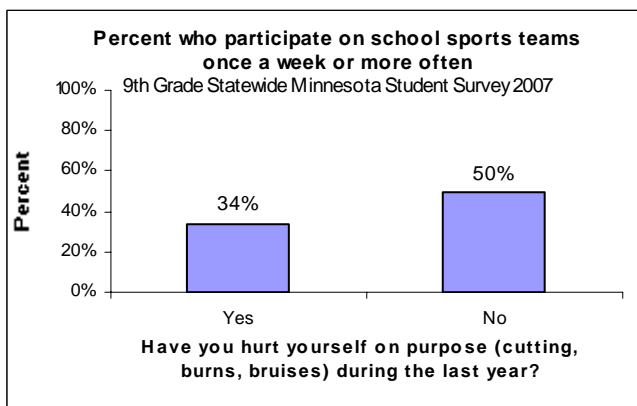
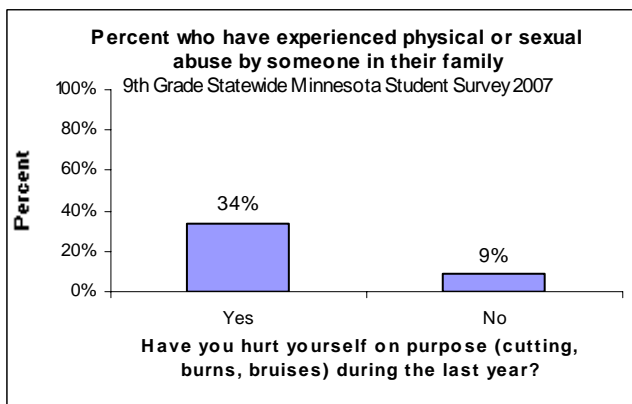
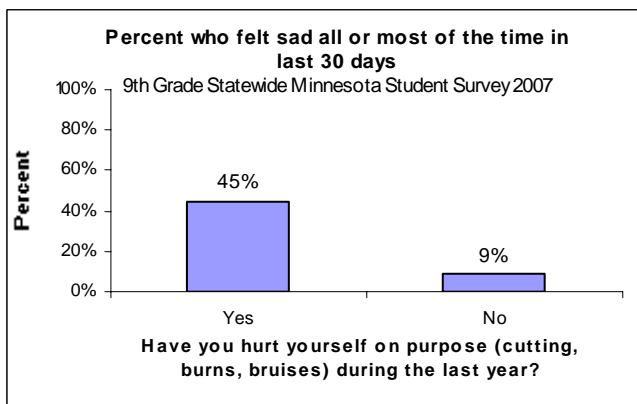
This issue brief provides data showing the extent to which selected risk and protective factors are associated with physically hurting oneself on purpose through cutting, burns, bruises, and so forth. The risk and protective factors selected for this brief are of interest to many who work with teens, but represent just a sample of all the survey questions that could be investigated. Each brief in this series uses the same set of risk and protective factors. An association only means that two factors often occur together. It is important to remember that the survey results alone cannot tell us if one factor “causes” or “predicts” the other. Just because two factors are associated with each other does not mean they are causally related.

#### How should I read these tables and graphs?

In this brief, 9<sup>th</sup> grade students are divided into two groups. The table on the reverse side compares these two groups on various risk and protective factors. For example, 6,386 students said they had hurt themselves on purpose during the last year; of these students, 45 percent reported feeling sad all or most of the time in the last 30 days. In contrast, 42,026 students said they had not hurt themselves on purpose during the last year, and only 9 percent of these students reported feeling sad all or most of the time.

#### What do these tables and graphs say about hurting oneself on purpose and other risk and protective factors?

In general, 9<sup>th</sup> grade students who reported hurting themselves on purpose in the past year are much more likely to engage in or be exposed to each of the *risk factors* examined in the table than are students who did not purposefully hurt themselves. In addition, students who did not hurt themselves on purpose are more likely to engage in or be exposed to the *protective factors* examined in the table. Exceptions to this general pattern include watching TV, DVDs and videos, and eating fruits and vegetables.



This brief is based on responses by students in regular public schools to questions on the 2007 Minnesota Student Survey. Over 90 percent of the regular public school districts in the state participated in the 2007 survey. The participation rate for all 9<sup>th</sup> grade students was 76 percent. Statewide and county results can be found on the web at <http://www.health.state.mn.us/divs/chs/mss>.

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 2007 Minnesota Student Survey Statewide Data  
 9<sup>th</sup> Grade Students

(continued from reverse side)

| Risk Factors   | Have you hurt yourself on purpose ("cutting", burns, bruises) during the last year? |        |
|--|---|--------|
|  | Yes   | No     |
| Number of Students (N)   | 6,386   | 42,026 |
| Smoked cigarettes on one or more days in last 30 days                                  | 35%   | 8%     |
| Drank alcoholic beverages on one or more days in last 30 days                          | 49%   | 20%    |
| Used marijuana on one or more days in last 30 days                                     | 24%   | 8%     |
| Have ever had sexual intercourse   | 39%   | 16%    |
| Felt sad all or most of the time in last 30 days                                       | 45%   | 9%     |
| Tried to kill yourself during the last year  | 23%   | 1%     |
| Hit or beat up another person one or more times in last 12 months                      | 42%   | 23%    |
| Skipped or cut one or more days of school in last 30 days                              | 37%   | 18%    |
| Have been kicked, bitten or hit at least once on school property in last 12 months     | 40%   | 23%    |
| Have been teased, made fun of, or excluded by other students once a week or more often | 25%   | 10%    |
| Alcohol or drug use by family member has repeatedly caused problems                    | 40%   | 16%    |
| Have experienced physical and/or sexual abuse by someone in their family               | 34%   | 9%     |
| Spend 11 or more hours per week watching TV, DVDs or videos                            | 25%   | 23%    |

| Protective Factors   | Have you hurt yourself on purpose ("cutting", burns, bruises) during the last year? |        |
|--|---|--------|
|  | Yes   | No     |
| Number of Students (N)   | 6,386   | 42,026 |
| Had 5 or more servings of fruits & vegetables yesterday  | 17%   | 18%    |
| Were physically active for at least 30 minutes on 5 or more days in past week                                  | 45%   | 57%    |
| Always wear a seat belt when they ride in a car  | 44%   | 60%    |
| Like going to school "very much" or "quite a bit"  | 33%   | 48%    |
| Say that "all" or "most" of their teachers show respect for students   | 60%   | 76%    |
| Live with two parents  | 60%   | 72%    |
| Can talk to at least one parent about problems "most of the time"  | 37%   | 59%    |
| Feel their friends care about them "very much" or "quite a bit"  | 63%   | 76%    |
| Spend 6 or more hours per week doing homework  | 22%   | 30%    |
| Participate on school sports teams 1 or 2 times per week or more often   | 34%   | 50%    |
| Participate in religious activities (including youth group, programs, etc) 1 or 2 times per week or more often | 35%   | 44%    |

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