



Comprehensive Health and PE Standards

Did You Know? Sexual Health Data about Colorado Students

Physical and personal wellness (This standard addresses sexual and reproductive health, healthy relationships, health promotion and disease prevention.)

- A baby is born to a Colorado teen every 84 minutes. i
- While 40% of Colorado high school students report having had sex in their lifetime, 27% report having had sex in the three months prior to the survey. Of the Colorado students who report recent sexual activity in 2009, 22% reported using birth control and 63% used a condom at last sexual intercourse. ii
- Almost 20 cases of chlamydia or gonorrhea are reported by Colorado adolescents each day. iii

Emotional and social wellness

- Students do better socially and academically when they learn how to understand their emotions, empathize with others and make good decisions. iv
- One-quarter of students felt depressed in both 2005 and 2009, and approximately 14 percent seriously considered suicide in both years. v

Prevention and risk management (This standard addresses alcohol, tobacco and other drug use, injury and violence prevention, including bullying and sexual assault.)

- Schools with less bullying have higher scores on the Colorado Student Assessment Program in reading, writing and math.vi
- 20% of lesbian, gay, bisexual and transgender students were physically assaulted at school in the past year because of their sexual orientation and 11% because of their gender expression. vii
- In 2009, a greater percentage of students (9%) reported having experienced relationship violence (i.e., being hit by a boyfriend or a girlfriend) as compared to 2005 (6%).
- 11.1% of female youth and 4.4% of male youth reported having been physically forced to have sexual intercourse, an increase from 2005.

- i. *State of Adolescent Sexual Health in Colorado*; Colorado Youth Matter; 2011
- ii. *2009 Youth Risk Behavior Survey Results*; Colorado Department of Public Health and Environment; 2010
- iii. *State of Adolescent Sexual Health in Colorado*; Colorado Youth Matter; 2011
- iv. *The Impact of Enhancing Students' Social and Emotional Learning: A Meta-Analysis of School-Based Universal Interventions*; Child Development Special Issue: Raising Healthy Children; January 2011
- v. *Healthy Kids Colorado Survey*; Colorado Connections for Healthy Schools; December 2010
- vi. *Build Trust, End Bullying, Improve Learning*; The Colorado Trust; 2008
- vii. *Inside Colorado Schools: The Experiences of LGBT Students*; GLSEN Research Brief, 2009.
- viii. *2009 Youth Risk Behavior Survey Results*; Colorado Department of Public Health and Environment; 2010