

Metro Council for Teen Potential

City of Rochester Youth Assets:

Selected responses to the Youth Risk Behavior Survey, administered to 3,280 high school students by Rochester City School District in 2019.

Question	Strongly Agree	Agree	Not Sure	Disagree	Strongly Disagree
My family gives me help and support when I need it.	46%	31%	14.5%	5%	3%
In my family, there are clear rules about what I can and cannot do.	48%	34%	11%	4%	4%
I get a lot of encouragement at my school	27%	34%	23%	9%	6%
In my community, I feel like I matter to people	22%	27%	32%	9%	10%

Question	0 days	1 day	2 days	3 days	4 or more days
During past week, on how many days were you physically active for a total of 60 minutes per day	41%	6%	9%	11%	32%

Question	Past 12 months	Between 12 and 24 months	More than 24 months ago	Never	Not Sure
When was last time you saw a health care provider for a check-up or physical when you were not sick or injured	60%	8%	2%	8%	21%
Question	Yes	No			
In past year, did you get chance to speak with a health care provider privately (without parents or other people in room)	62%	38%			

Program: 431 Jay Street Rochester NY 14611
 Mailing: 152 Baden Street, Rochester, NY 14605
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Question	IUD or implant	Birth control pill, ring, patch	A shot such as Depo	Emergency Contraception, Plan B, other method	Condoms	My health care provider did not discuss
At last check-up, which of the following ways to prevent pregnancy did your health care provider discuss? Choose all that apply.	19%	22%	12%	18%	38%	41%

Question	0 adults	1 or 2 adults	3 or more adults
If you had an important question about your life, how many adults do you know, besides parents, whom you feel comfortable going to for help?	25%	46%	29%

Question	0 hours	1 hour	2 hours	3 or more hours
In an average week, how many hours do you spend volunteering? Count things such as helping at church, R center, day care, food cupboard or doing things to make you city a better place to live.	51%	18%	12%	18%

Question	I don't experience these feelings	Talk to a friend or adult that I trust	Exercise or physical activity	Mediation. Yoga, breathing	Listen to music or creative activity	Something else
Many youth experience stress, anxiety, depression and anger. How do you deal w/ these feelings? Check all that apply.	36%	53%	16%	9%	40%	19%

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