

# Maryland Youth Pandemic Behavior Survey 2021 (YPBS-21)

## ADVERSE CHILDHOOD EXPERIENCES & POSITIVE CHILDHOOD EXPERIENCES



The Maryland Department of Health conducted an online survey in the spring of 2021 that focused on how students were coping with the pandemic.

Childhood exposures to physical, emotional, or sexual abuse, neglect, and other traumatic events are known as Adverse Childhood Experiences (ACEs). ACEs are linked to chronic health problems, early mortality, mental health problems, and risky health behaviors.



Lacking Basic Needs



Household Substance Misuse



Household Mental Illness



Imprisoned Family



Hunger

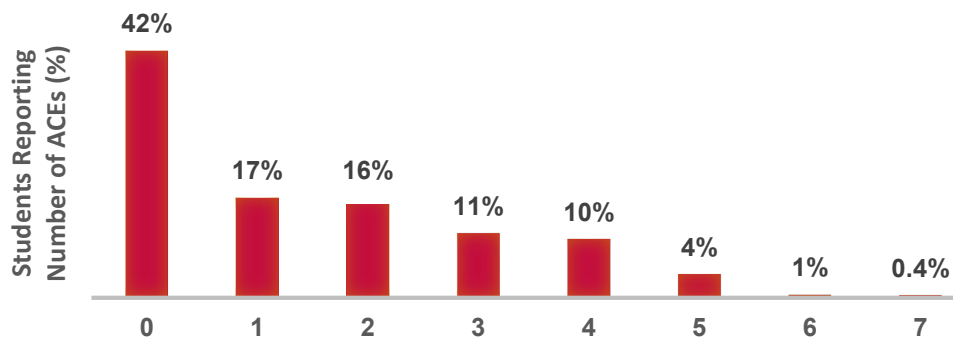


Emotional Abuse



Physical Abuse

As the number of ACEs experienced increases, so does the risk of negative health outcomes.



**26%**

of students with 4+ ACEs recently used a tobacco product.

**31%**

of students with 4+ ACEs recently used marijuana.

**30%**

of students with 4+ ACEs recently drank alcohol.

**Mental health support and resources should be a top priority for teens with 4+ ACEs.**

**86%** felt sad or hopeless for two weeks in a row.

**69%** seriously considered attempting suicide.

Approximately **1 out of 3** have been in a physical fight.

**Social connections and community support are critical for all students with 4+ ACEs.**

**38%** have been electronically bullied.

**90%** agreed that doing schoolwork has been difficult during the pandemic.

**51%** felt like they never or rarely can talk about their feelings to adults or friends.

The pandemic has significantly affected Maryland high school students in many ways, including struggles with mental health, tobacco use, alcohol and drug use, trouble with schoolwork, and verbal or physical abuse at home.

For more information about the MD YPBS-21 please contact [mdh.tobaccocontrol@maryland.gov](mailto:mdh.tobaccocontrol@maryland.gov)

# Positive Childhood Experiences (PCEs) can reduce the negative health outcomes of ACEs



Relationships with Caring Adults

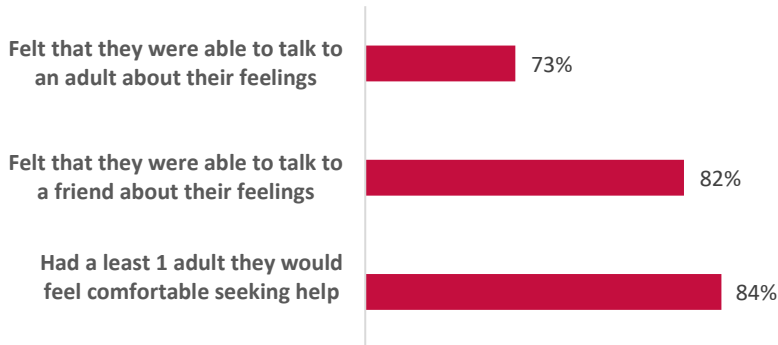


Healthy Peer Relationships



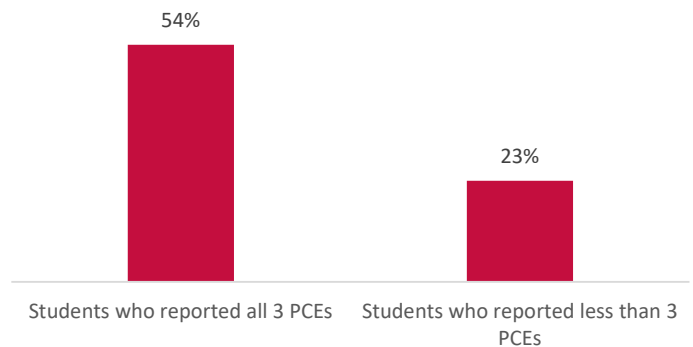
Supportive Social Connections

Percentage of students who reported each PCE



Students reporting all three PCEs were more likely to report having zero ACEs.

Percentage of Students Reporting 0 ACEs



## Survey Methodology

All students were recruited through targeted social media ads.

Eligible students consisted of youth between the ages of 14-19 living in Maryland who attend a public or private high school.

Data collection ran from May 10th, 2021 to June 13th, 2021.

The YPBS-21 contained 70 total survey questions.

**608** students completed the survey.

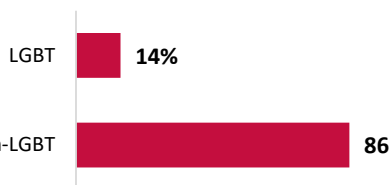
Students were asked about the following topics:

- Physical Health
- Safety
- Substance Use
- Mental Health
- Food Insecurity
- Adverse Childhood Experiences (ACEs)
- Postive Childhood Experiences (PCEs)
- COVID-19 Impacts

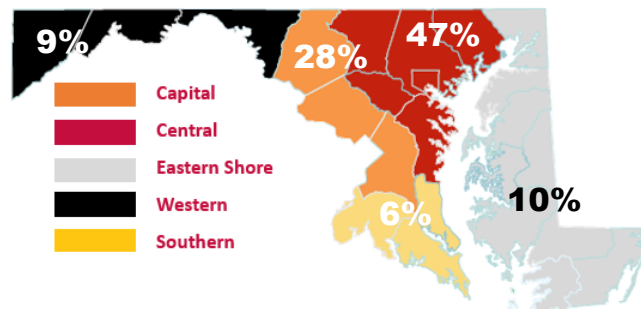
## All Student Demographics

### Sexual and Transgender Identity

14% identified as LGBT



### Region



### Race and Ethnicity

