



### What is the problem?

The 2009 San Diego Youth Risk Behavior Survey indicates that among high school students:

#### Sexual Risk Behaviors

- 39% ever had sexual intercourse.
- 5% had sexual intercourse for the first time before 13 years.
- 11% had sexual intercourse with four or more persons during their life.
- 28% had sexual intercourse with at least one person during the 3 months before the survey.
- 35% did not use a condom during last sexual intercourse. (1)
- 80% did not use birth control pills or Depo-Provera before last sexual intercourse to prevent pregnancy. (1)
- 12% were never taught in school about AIDS or HIV infection.

#### Alcohol and Other Drug Use

- 21% drank alcohol or used drugs before last sexual intercourse. (1)
- 2% used a needle to inject any illegal drug into their body one or more times during their life.

### What are the solutions?

Better health education • More comprehensive health services • More supportive policies • More family involvement

### What is the status?

The 2010 San Diego School Health Profiles indicates that among high schools:

#### Health Education

- 0% required students to take 2 or more health education courses.
- 96% had a health education curriculum that addresses all 8 national standards for health education.
- 100% taught 8 key pregnancy, HIV, or other STD prevention topics in a required course.
- 100% taught 4 key topics related to condom use in a required course.
- 100% taught how to access valid and reliable health information, products, or services related to HIV, other STDs, and pregnancy in a required course.
- 81% had a lead health education teacher who received professional development during the 2 years before the survey on HIV prevention.
- 69% had a lead health education teacher who received professional development during the 2 years before the survey on pregnancy prevention.

#### Health Services

- 100% had a full-time registered nurse who provides health services to students at school.

#### Supportive Policies

- 61% had a gay/straight alliance or similar club.
- 70% provided curricula or supplementary materials and engaged in 5 practices related to lesbian, gay, bisexual, transgendered, or questioning (LGBTQ) youth.

#### Family Involvement

- 88% provided parents and families health information to increase parent and family knowledge of HIV prevention, STD prevention, or teen pregnancy prevention.

1. Among students who were currently sexually active.

Where can I get more information? Visit [www.cdc.gov/healthyyouth](http://www.cdc.gov/healthyyouth) or call 800-CDC-INFO (800-232-4636).