

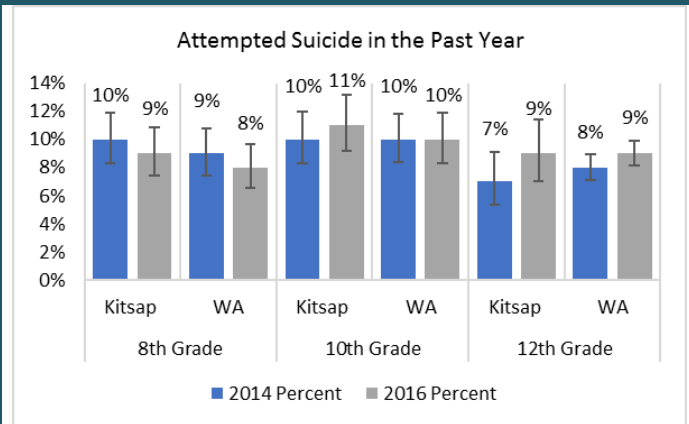
The Healthy Youth Survey (HYS) is a collaborative effort of the Office of the Superintendent of Public Instruction, the Department of Health, the Department of Social and Health Service's Division of Behavioral Health and Recovery, the Liquor and Cannabis Board, and the Department of Commerce. The HYS is conducted every other year and provides important information about the health of adolescents in Washington. More information can be found at [www.askHYS.net](http://www.askHYS.net)

### ATTEMPTED SUICIDE IN THE PAST YEAR

In 2016, about 1 in 11 Kitsap 8th graders, 1 in 9 Kitsap 10th graders, and 1 in 11 Kitsap 12th graders reported they attempted suicide in the past year.

In 2014, statistically fewer Kitsap 12th graders reported attempting suicide than 8th graders.

In both 2014 and 2016, there was not a statistical difference in reports of suicide attempts between Kitsap and WA, or between each grade level.



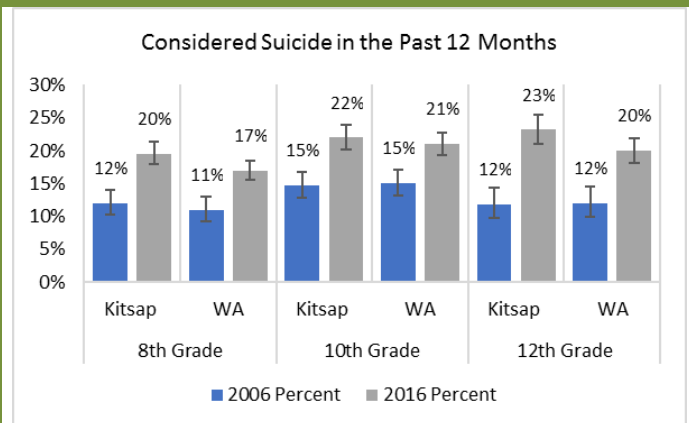
### SERIOUSLY CONSIDERED SUICIDE

In 2016, about 2 in 10 Kitsap 8th, 10th, and 12th graders reported they seriously considered suicide in the past 12 months.

In 2006, statistically more 10th graders reported contemplation of suicide than 8th and 12th graders.

In 2016, past year suicide ideation was statistically higher for each grade level compared to 2006.

Statistically more Kitsap 8th and 12th graders reported contemplation of suicide compared to WA in 2016.



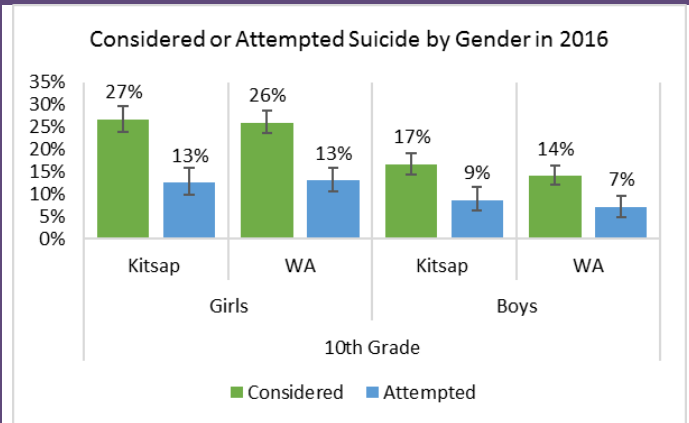
### SUBGROUPS & SUICIDE

In 2016, more than 1 in 4 Kitsap 10th grade girls and about 1 in 6 Kitsap 10th grade boys reported they seriously considered suicide in the past 12 months.

About 1 in 8 Kitsap 10th grade girls and 1 in 11 Kitsap 10th grade boys reported they attempted suicide during the past year.

Statistically more Kitsap girls reported contemplation and attempts of suicide than Kitsap boys.

Statistically more Kitsap 10th grade boys reported contemplation of suicide compared to WA.

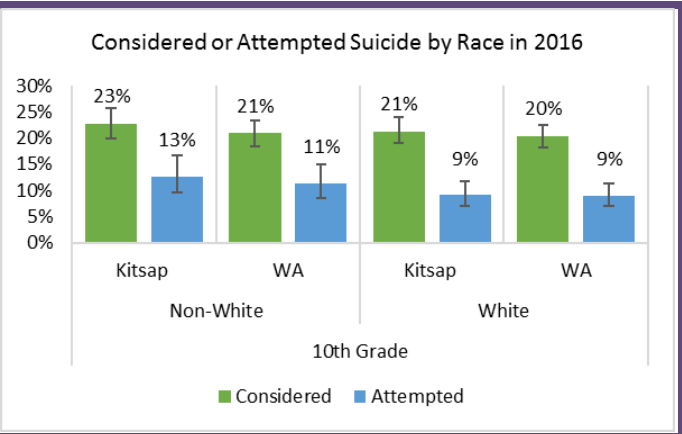


SELECTED MENTAL HEALTH RESULTS, HEALTHY YOUTH SURVEY – KITSAP COUNTY

In 2016, over 1 in 5 Kitsap non-White and White 10th graders reported they seriously considered suicide in the past 12 months.

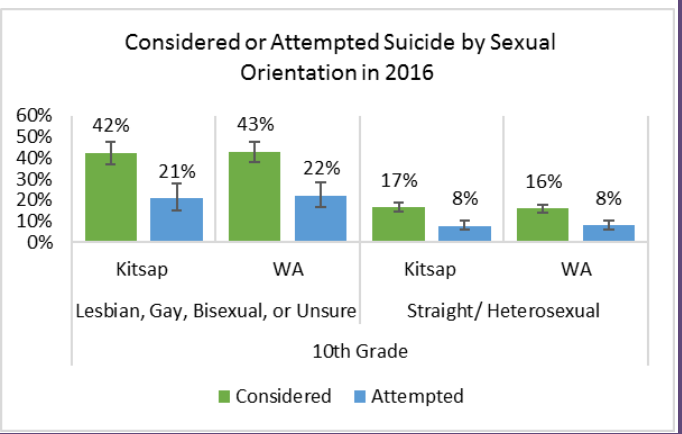
About 1 in 8 non-White and 1 in 11 White students reported attempting suicide during the past year.

There was not a statistical difference in reports of suicide contemplation or attempts between White and non-White students nor statistical differences between Kitsap and WA.



In 2016, about 4 in 10 students reporting sexual orientation of lesbian, gay, bisexual or unsure, and about 2 in 10 straight students reported having seriously considered suicide in the past 12 months. About 1 in 5 lesbian, gay, bisexual or unsure students and about 1 in 12 straight students reported they attempted suicide during the past year.

Statistically fewer students who identified as straight reported contemplation or attempts of suicide than students who did not identify as straight. There was not a statistical difference in reports between Kitsap and WA students for both groups.

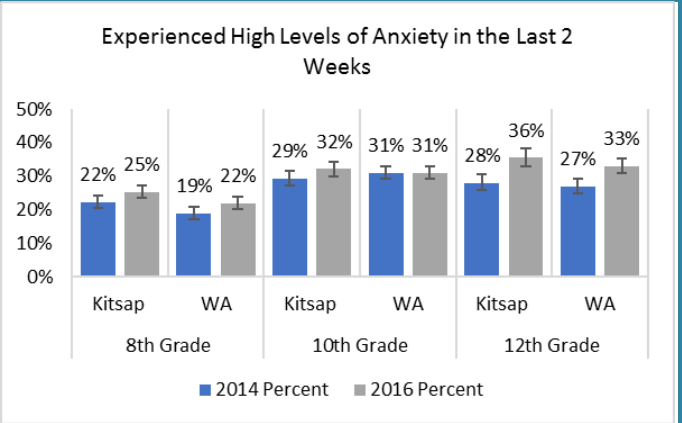


**HIGH ANXIETY**

In 2016, about 1 in 4 Kitsap 8th graders, 1 in 3 Kitsap 10th graders and 12th graders reported experiencing high levels of anxiety in the past 2 weeks.

In 2016, reports statistically increased for 8th and 12th graders compared to 2014. In both 2014 and 2016, statistically fewer Kitsap 8th graders reported experiences of high anxiety than 10th and 12th graders.

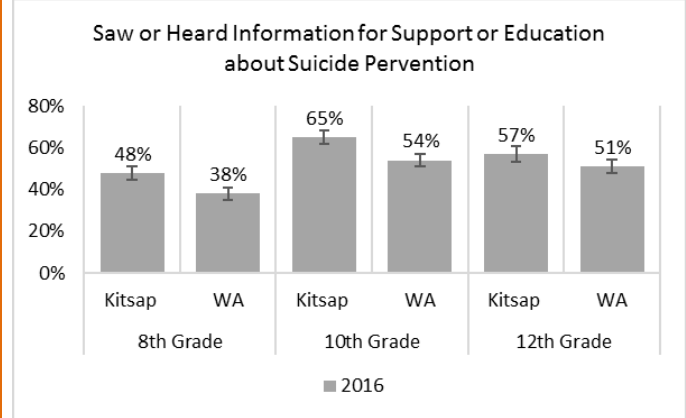
In 2014, statistically fewer 10th graders reported experiences of high anxiety than 12th graders. In both 2014 and 2016, statistically more Kitsap 8th graders reported high levels of anxiety compared to WA 8th graders.



### SUICIDE PREVENTION EDUCATION AND SUPPORT

In 2016, nearly 1 in 2 Kitsap 8th graders, 2 in 3 Kitsap 10th graders, and more than 1 in 2 Kitsap 12th graders reported they saw or heard information last year for support or education about suicide prevention.

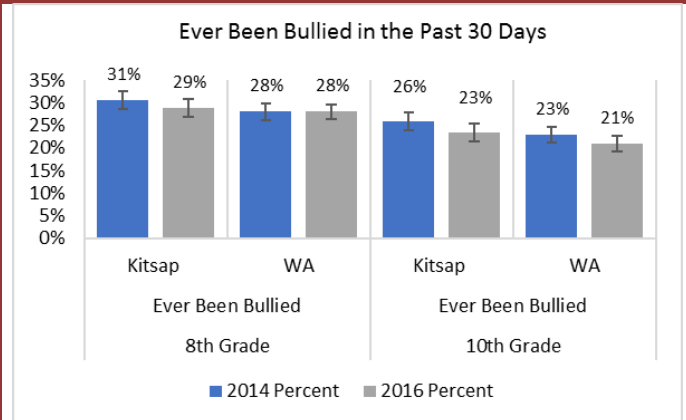
Statistically fewer Kitsap 8th graders reported that they saw or heard information for support or education about suicide prevention than 10th and 12th graders. Statistically more Kitsap 10th graders reported that they saw or heard information than 12th graders. In all grades, statistically more Kitsap students reported that they saw information compared to WA students.



### BULLYING

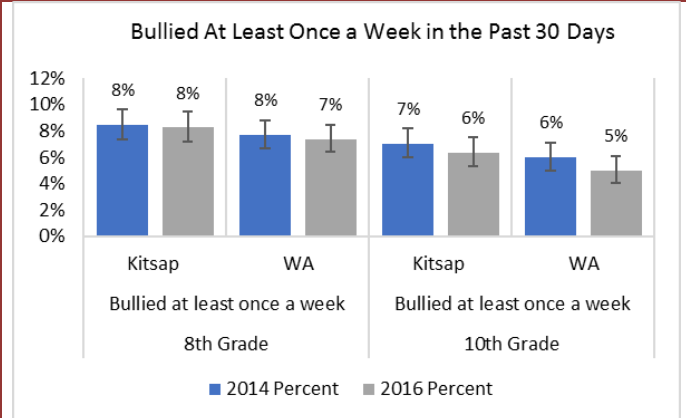
In 2016, about 3 in 10 Kitsap 8th graders, and about 1 in 4 Kitsap 10th graders reported ever being bullied in the last 30 days.

In 2014, statistically more Kitsap 8th graders reported that they were bullied in the past 30 days compared to WA 8th graders.



In 2016, about 1 in 12 Kitsap 8th graders, and about 1 in 16 Kitsap 10th graders reported being bullied at least once a week in the last 30 days.

There was not a statistical difference in reporting between Kitsap and WA students.



SELECTED MENTAL HEALTH RESULTS, HEALTHY YOUTH SURVEY – KITSAP COUNTY

QUESTIONS	
Attempted Suicide – collapsed to Yes or No	<p>During the past 12 months, how many times did you actually attempt suicide?</p> <ul style="list-style-type: none"> <li>a) 0 times</li> <li>b) 1 time</li> <li>c) 2 – 3 times</li> <li>d) 4 – 5 times</li> <li>e) 6 or more times</li> </ul>
Considered suicide	<p>During the past 12 months, did you ever seriously consider attempting suicide?</p> <ul style="list-style-type: none"> <li>a) Yes</li> <li>b) No</li> </ul>
Gender	<p>Are you:</p> <ul style="list-style-type: none"> <li>a) Female</li> <li>b) Male</li> </ul>
Race – collapsed to Non-white or White	<p>How do you describe yourself? (Select one or more responses.)</p> <ul style="list-style-type: none"> <li>a) American Indian or Alaskan Native</li> <li>b) Asian or Asian American</li> <li>c) Black or African – American</li> <li>d) Hispanic or Latino/Latina</li> <li>e) Native Hawaiian or other Pacific Islander</li> <li>f) White or Caucasian</li> <li>g) Other</li> <li>h) More than one response indicated</li> </ul>
Sexual Orientation – collapsed to Lesbian or Gay, Bisexual, Unsure or Straight/Heterosexual	<p>Which of the following best describes you?</p> <ul style="list-style-type: none"> <li>a) Heterosexual (straight)</li> <li>b) Gay or lesbian</li> <li>c) Bisexual</li> <li>d) Not sure</li> </ul>
High anxiety – computed variable - H117 and H116 – students who scored three or above on the summed scale were considered as having high anxiety.	<p>How often over the last 2 weeks were you bothered by: Feeling nervous, anxious or on edge?</p> <ul style="list-style-type: none"> <li>a) Not at all</li> <li>b) Several days</li> <li>c) More than half the days</li> <li>d) Nearly every day</li> </ul> <p>How often over the last 2 weeks were you bothered by: Not being able to stop or control worrying?</p> <ul style="list-style-type: none"> <li>a) Not at all</li> <li>b) Several days</li> <li>c) More than half the days</li> <li>d) Nearly every day</li> </ul>
Heard information	<p>Last year, did you hear or see information at your school about the warning signs of suicide and how to get help for yourself or a friend?</p> <ul style="list-style-type: none"> <li>a) Yes</li> <li>b) No</li> <li>c) Not sure</li> </ul>
Bullied – collapsed to Yes or No and Bullied at least once a week (binary)	<p>In the last 30 days, how often have you been bullied?</p> <ul style="list-style-type: none"> <li>a) I have not been bullied.</li> <li>b) Once</li> <li>c) 2 – 3 times</li> <li>d) About once a week</li> <li>e) Several times a week</li> </ul>