

## NEW YORK STATE

# YRBS

## FREQUENTLY ASKED QUESTIONS

### WHAT IS THE PURPOSE OF THE YRBS?

The YRBS collects information from NYS teens about key health behaviors and experiences that affect their current health and their health into adulthood. Participation brings students' experiences to light so that the most helpful resources and programs can be created.

### WHO COMPLETES THIS SURVEY?

High school students in almost every US state participate in the YRBS survey every other year.

### HOW WAS MY CLASS CHOSEN TO COMPLETE THE SURVEY?

Each participating public high school class was randomly picked to participate in the survey. All classes in your school had the same chance of being selected.

### WILL ANYONE KNOW HOW I ANSWERED?

No. The survey is anonymous. It does not ask for names or other identifying information. The survey is administered in a way that protects privacy.

### HOW WILL THIS SURVEY BE USED?

The responses are used to understand what types of information, education, support, and resources are needed to help teens be healthy. Results from each participating NYS school are collected and reported as a whole.

The YRBS is conducted by the NYS Center for School Health for the New York State Education Department (NYSED).

For questions about the NYS YRBS, please use the following websites and email addresses or contact your school.

## CONTACT US

NYS Center for School Health  
[nyscsh@monroe2boces.org](mailto:nyscsh@monroe2boces.org)  
(585) 617-2380  
[www.schoolhealthny.com](http://www.schoolhealthny.com)

NYS Education Department  
Student Support Services  
[studentsupportservices@nysed.gov](mailto:studentsupportservices@nysed.gov)  
(518) 486-6090  
[www.nysed.gov](http://www.nysed.gov)

Information and resources provided do not constitute or infer an endorsement of specific programs by the NYSED or the State. NYSED is not responsible for the content of the individual organization's materials or external website links provided as resources.

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## NEW YORK STATE YOUTH RISK BEHAVIOR SURVEY (YRBS)

### STUDENT RESOURCES FOR:

- ✓ Dating Abuse
- ✓ Eating Disorders
- ✓ Homeless—Runaway Concerns
- ✓ Mental Health—Suicide
- ✓ STIs—HIV-AIDS
- ✓ Sexual Exploitation
- ✓ Substance—Drug Use
- ✓ Quitting Smoking or Vaping



New York State Center for School Health  
Supporting Student Success Through Health and Education

# RESOURCE CONNECTIONS FOR INFORMATION AND HELP ON SOME OF THE SURVEY TOPICS

## 988 SUICIDE & CRISIS LIFELINE

Call: 988

Website: [988lifeline.org](https://988lifeline.org)

ASL, Chat, and Text links available

24/7 Lifeline counselors provide free, confidential, and judgment-free support for people in suicidal crisis or emotional distress, their friends, and loved ones.

## ANAD (National Association of Anorexia Nervosa and Associated Disorders)

A National Eating Disorders Helpline

Call: 1-888-375-7767 9 AM - 9 PM CST

Website: [ANAD.org](https://ANAD.org)

Provides free, confidential peer support services to anyone struggling with an eating/body image disorder. Offers information on treatment options.

## CRISIS TEXT LINE

Text: "HOME" to 741741

Website: [www.crisistextline.org/text-us/](https://www.crisistextline.org/text-us/)

Online chat available in English and Spanish

Provides free, confidential mental health support 24/7. Get help if you or someone you know is dealing with bullying, emotional abuse, self-harm, anxiety, or depression.

## CYBERTIPLINE

Call: 1-800-THE-LOST (1-800-843-5678)

Website: [cybertipline.org](https://cybertipline.org)

Report child sexual exploitation, child pornography, and child prostitution if you or someone you know is a victim.

## LOVE IS RESPECT – A National Teen Dating Abuse Helpline

Call: 1-866-331-9474

TTY: 1-800-787-3227

Text: "LOVEIS" to 22522

Website: [loveisrespect.org](https://loveisrespect.org)

Online chat available

24/7 Free, confidential support and education for teens and young adults (13 to 26) who have questions about their romantic relationships. Information on how to support someone dealing with dating abuse.

Thank you for sharing your answers on the Youth Risk Behavior Survey (YRBS).

If you or someone you care about needs help and cannot talk about it with your parents or guardians, please let a teacher, school counselor, nurse, or another trusted adult know.

## NATIONAL HUMAN TRAFFICKING HOTLINE

Call: 1-888-373-7888

Multilingual support

TTY: 711

Text: "BEFREE" or "HELP" to 233733

Website: [humantraffickinghotline.org](https://humantraffickinghotline.org)

Online chat available

24/7 Free, confidential hotline for victims, survivors, and witnesses of human trafficking

## NATIONAL RUNAWAY SAFELINE

Call: 1-800-RUNAWAY (1-800-786-2929)

Text: 1-800-786-2929

Website: [1800runaway.org](https://1800runaway.org)

24/7 Free, confidential support from counselors trained to listen, offer non-judgmental support and help create a plan to address concerns.

## NYS OFFICE OF ADDICTION SERVICES AND SUPPORT (OASAS) HOPELINE

Call: 1-877-8HOPENY (1-877-846-7369)

Interpreter services are available.

Text: "HOPENY" to 467369

Website: [oasas.ny.gov/hopeline](https://oasas.ny.gov/hopeline)

24/7 Free, confidential help to those dealing with addiction, substance/drug use, or gambling. It also offers resources for harm reduction and recovery support.

## NYS OFFICE OF CHILDREN AND FAMILY SERVICES (OCFS)

### Runaway and Homeless Youth

Website: [ocfs.ny.gov/programs/youth/rhy/find-help.php](https://ocfs.ny.gov/programs/youth/rhy/find-help.php)

If you or someone you know are struggling with where to go, how to survive, or how to get home, help is available. Provides resources for homelessness, foster care, and finding a place to stay.

**SOMETIMES IT TAKES MORE  
COURAGE TO ASK FOR HELP  
THAN TO ACT ALONE.**

## NYS HIV/STI/HCV HOTLINE

Call English Hotline: 1-800-541-2437

Call Spanish Hotline: 1-800-233-7432

8 AM-8 PM Monday-Friday

10 AM-6 PM Saturday and Sunday

Website: [NYAIDSline.org](https://NYAIDSline.org)

Online chat and Facebook Messenger links are on the website.

HIV, STI and Hepatitis C Hotline Navigators are available to provide education, risk-reduction information, referrals, and support.

## NYS QUITLINE

Call: 1-866-NY-QUITS (1-866-697-8487)

Text: "QUITNOW" TO 333888

Website: [NYSmokefree.com](https://NYSmokefree.com)

Online chat, and translation available

Provides free, confidential support and resources to stop smoking, vaping, or using other forms of tobacco.

**TAKE IT DOWN** (a service provided by the National Center for Missing & Exploited Children)  
Website: [takeitdown.ncmec.org](https://takeitdown.ncmec.org)

Free service to help remove or stop online sharing of nude, partially nude, or sexually explicit photos and videos taken of you before you were 18. If there is an explicit image of you from when you were 18 or older, you can get help at [stopncii.org](https://stopncii.org).

## THE TREVOR HELPLINE

Call: 1-866-488-7386

Text: "START" to 678-678

Website: [theTrevorProject.org](https://theTrevorProject.org)

Online chat available

Available 24/7, free, and confidential. Trained counselors available to LGBTQ+ young people for immediate crisis support, or just to listen without judgment. Connect with an international community of LGBTQ+ young people ages 13-24 on TrevorSpace.