

2019 New Jersey Student Health Survey

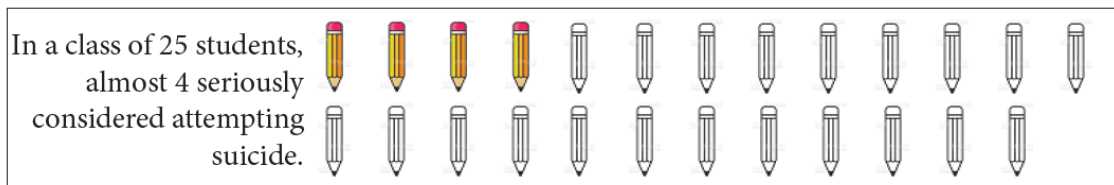
VIOLENCE, BULLYING, SUICIDE

Adolescents who experience violence are at increased risk of behavioral and mental health difficulties, including future violence perpetration and victimization, smoking, substance use, obesity, high-risk sexual behavior, depression, academic difficulties, school dropout, and suicide.

⁽¹⁾ Bullying victimization is associated with depression, suicidal ideation, self-injury, suicide attempts, school absenteeism or dropping out, and psychological distress. ⁽²⁾ Suicide is the second leading cause of death among youth aged 15-19 years in the United States. ⁽³⁾

14.5%

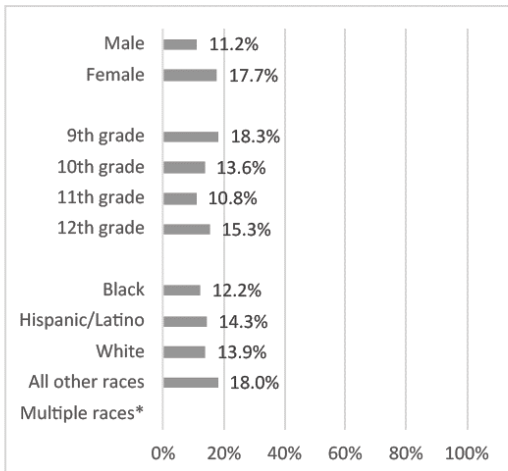
of NJ high school students seriously considered attempting suicide
(at least one time during the 12 months before the survey)



New Jersey Student Health Survey Highlights

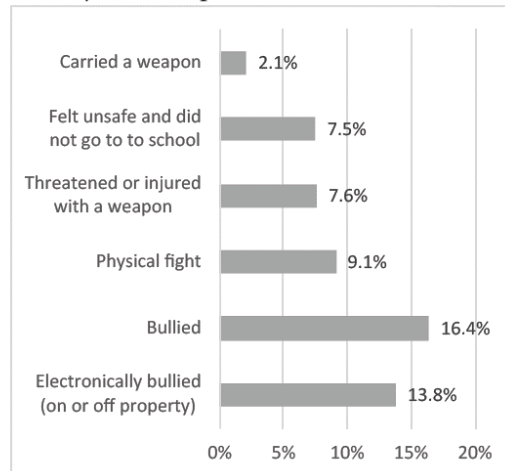
- 67.7% of students reported that their mental health was not good on at least 1 day during the 30 days before the survey. 78.4% of females and 57.4% of males identified this feeling.
- 10.9% of students experienced sexual violence (17.3% of females and 4.7% of males), and 8.2% have experienced dating violence (10.3% of females and 6.1% of males).
- 35.8% of students felt sad or hopeless almost every day for more than 2 weeks in a row and stopped doing some usual activities. 45.4% of females reported this feeling compared to 26.5% of males.

Seriously Considered Suicide by Demographic



*Fewer than 100 students in this subgroup.

Safety and Weapons on School Grounds



Definitions

- Examples of a weapon given in the survey are a gun, knife, or club.
- Mental health includes stress, depression, and problems with emotions.
- Sexual violence is explained as being forced to do sexual things you did not want to do, counting things such as kissing, touching, or being forced to have sexual intercourse.
- Dating violence is explained in the survey as someone you were dating or going out with physically hurting you on purpose, counting things such as being hit, slammed into something, or injured with an object or weapon.
- Suicide is explained as people sometimes feeling so depressed about the future that they may consider attempting suicide, that is, taking some action to end their own life.

Additional Details

- 12.4% of students made a plan about how they would attempt suicide and 5.9% of students attempted suicide one or more times in the 12 months before the survey.
- The percentage of students who most of the time or always feel safe and secure at school is 76.3%.
- 14.3% of students did something to purposely hurt themselves without wanting to die, such as cutting or burning themselves one or more times in the 12 months before the survey.
- In 2011, 12.9% of students seriously considered attempting suicide. 10.9% made a plan and 6% attempted suicide.

Resources for Schools

- Guidance for Schools on Implementing the Anti-Bullying Bill of Rights Act: 609-292-5935, <https://www.nj.gov/education/students/safety/behavior/hib/guidance.pdf>
- Stomp Out Bullying: 877-602-8559, <https://www.stompoutbullying.org/>
- Pacer's National Bullying Prevention Center: 952-838-9000, <https://www.pacer.org/bullying/>
- Dating Matters: 1-800-232-4636, <https://vetoviolenace.cdc.gov/apps/main/tools-and-trainings>
- New Jersey Coalition to End Domestic Violence (NJCEDV): 1-800-572-7233, <https://njcedv.org/>
- American Foundation for Suicide Prevention (AFSP): 1-888-333-2377, <https://afsp.org/bring-suicide-prevention-to-your-school>
- Suicide Prevention Resource Center (SPRC): 1-800-273-8255 (Suicide Prevention Hotline), <https://www.sprc.org/states/new-jersey>

Resources for Parents

- Guidance for Parents on the Anti-Bullying Bill of Rights Act: 609-292-5935,
- Gay, Lesbian and Straight Education Network: 212-727-0135, <https://www.glsen.org/>
- Very Well: Protecting Your Child From Bullying in School: 212-204-4000, <https://www.verywellfamily.com/how-kids-can-defend-themselves-against-bullies-460789>
- Love Doesn't Have to Hurt Teens: 1-800-799-7233, <https://www.apa.org/pi/families/resources/love-teens.pdf>
- That's Not Cool: <https://thatsnotcool.com/>
- National Institute of Mental Health (NIMH): 1-866-615-6464, <https://www.nimh.nih.gov/health/topics/suicide-prevention/>
- Society for the Prevention of Teen Suicide (SPTS): 732-410-7900, <https://sptsusa.org/parents/>

References

1. Centers for Disease Control and Prevention. (2021). *Violence Prevention: Preventing Youth Violence*. U.S. Department of Health and Human Services. <https://www.cdc.gov/violenceprevention/youthviolence/fastfact.html>. Accessed November 2021
2. Centers for Disease Control and Prevention. (2021). *Violence Prevention: Preventing Bullying*. U.S. Department of Health and Human Services. <https://www.cdc.gov/violenceprevention/youthviolence/bullyingresearch/fastfact.html>. Accessed November 2021
3. Centers for Disease Control and Prevention, National Center for Health Statistics. Underlying Cause of Death 1999-2019. CDC WONDER Online Database. 2020. <http://wonder.cdc.gov/ucd-icd10.html>. Accessed November 2021