

## INTRODUCTION

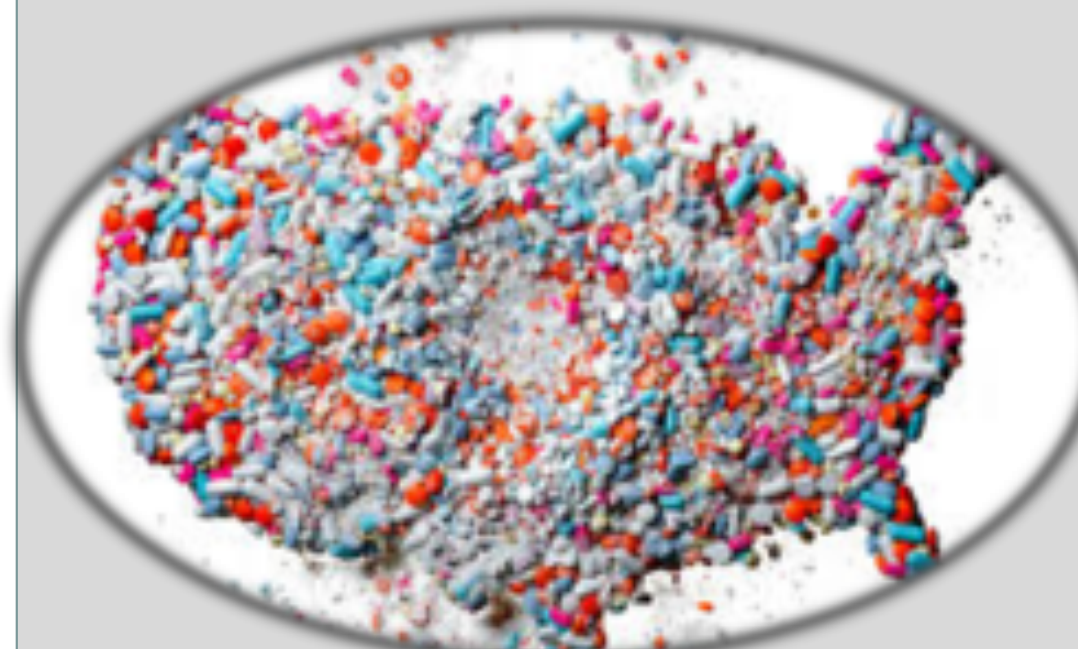
In 2015, approximately one in three high school students drank alcohol during the past 30 days and one in six were binge drinkers (Esser, Clayton, Demissie, Kanny, and Brewer, 2017). The use of alcohol among minors can have negative consequences. Traditionally, when an individual engages in drinking, they are more likely to engage in another behavior. Cooper (2002) found that alcohol use among youth was strongly related to the decision to have sex and partake in risky sexual behaviors. Individuals from MTSU's Department of Health and Human Performance decided to conduct a follow-up study over the relationship between the two variables.

**Purpose of Study:** The purpose of this study is to determine if alcohol use among high school students is related to risky sexual behaviors.

## METHODS

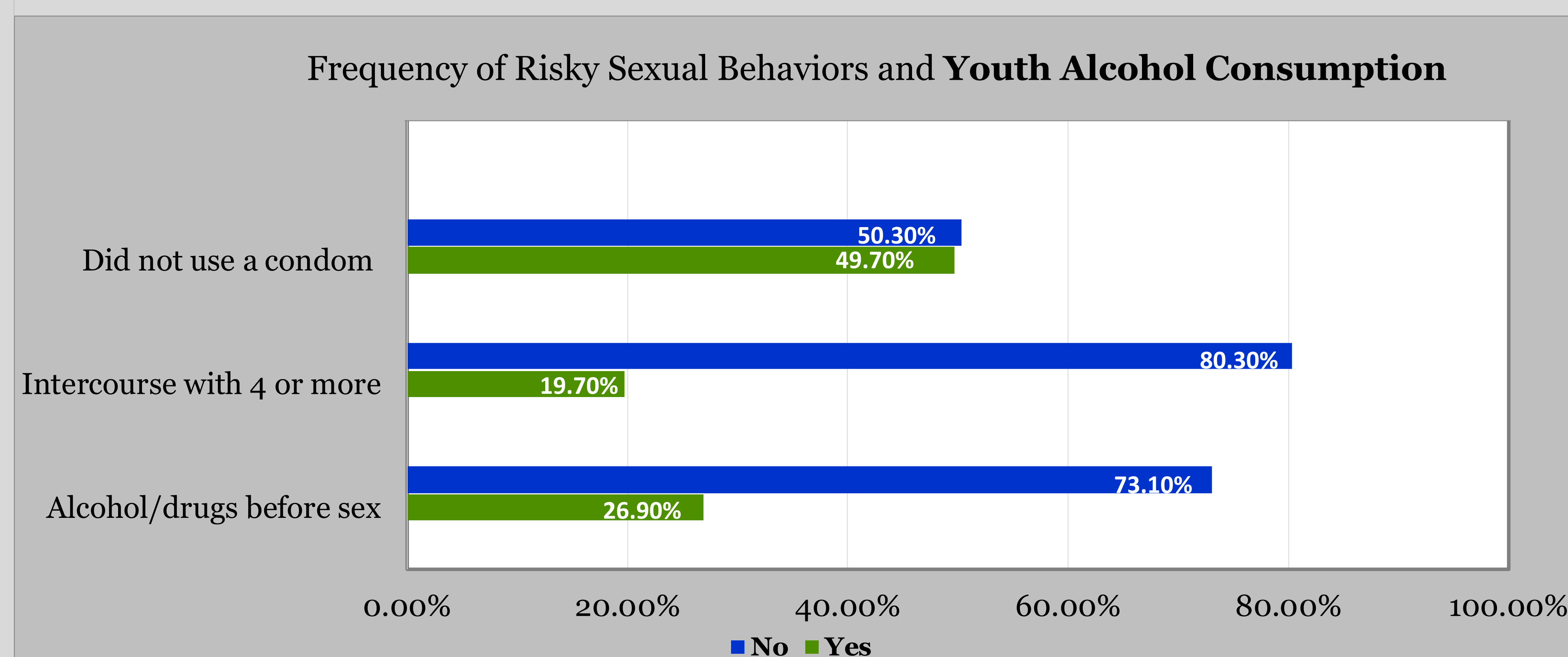
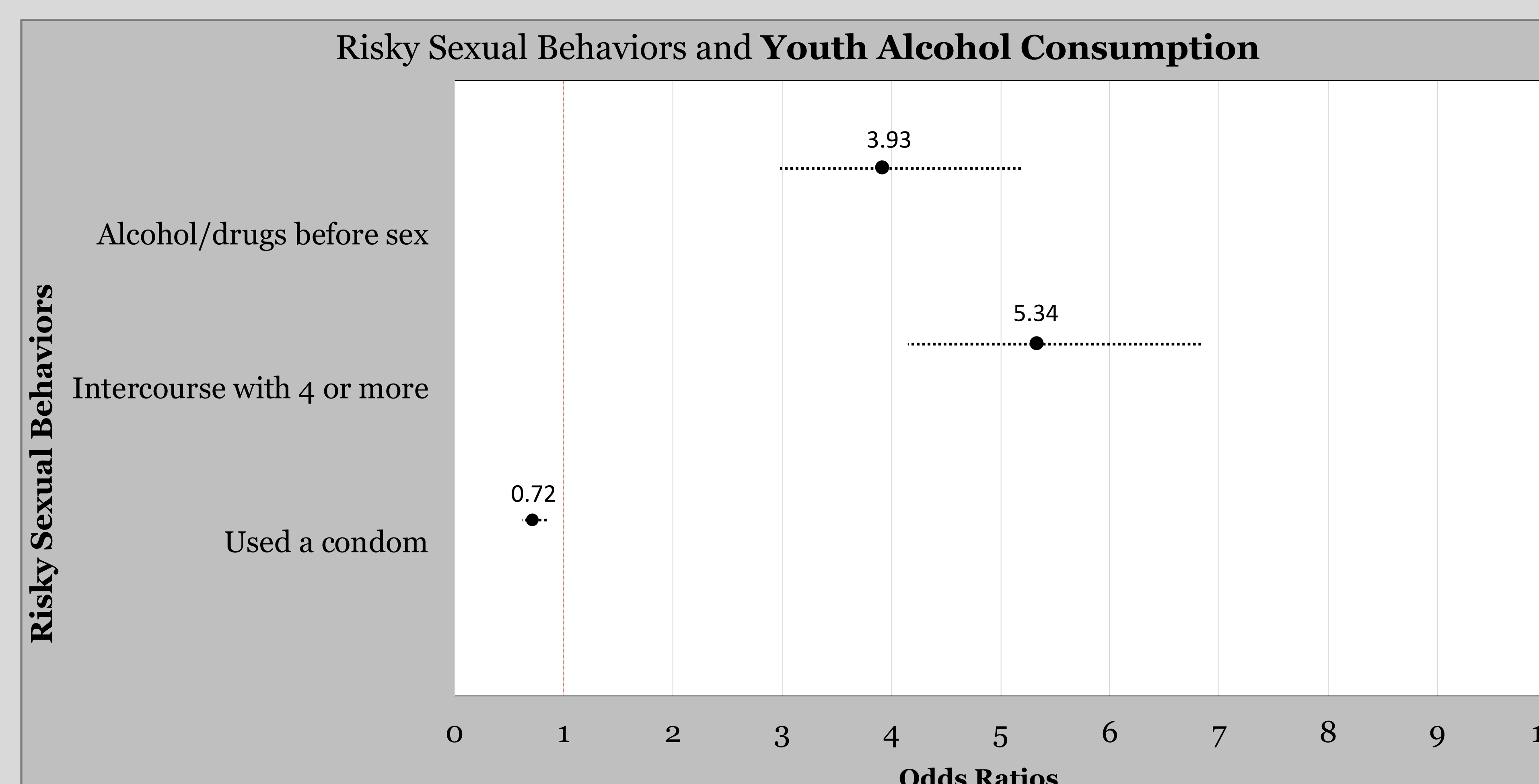
Using data from the 2017 National Youth Risk Behavior Survey (YRBS), the prevalence estimates (frequencies) for alcohol use and select sexual behavior variables were calculated. Cross-tabulations with odds ratio (OR) for alcohol use and the selected sexual behavior variables were also calculated.

These calculations were done through the program, SPSS, which is used by researchers for complex statistical data analysis.



## RESULTS

### Alcohol use among high school students is associated with risky sexual behavior.



## DISCUSSION

- 15.5% of youth who reported having their first drink of alcohol before the age of 13 years were significantly more likely to also report having sexual intercourse before the age of 13 years (11%: CI 9.1% - 13.2%).
- 29.8% of youth who reported they were currently drinking alcohol were significantly more likely to drink or use drugs before their last sexual intercourse (26.9%: CI 24.2% - 29.8%), have intercourse with 4 or more persons currently during their life (19.7%: CI 16.7% - 23.1%), and did not use a condom during last sexual intercourse (49.7% CI 46.8% - 52.7%) compared to those who reported not drinking alcohol.

## CONCLUSIONS

This study showed a notably significant association between alcohol use and selected sexual behavior variables. It is recommended that future youth programs designed to address alcohol use should address risky sexual behavior as well.

## REFERENCES

- Cooper, M. L. (2002). Alcohol use and risky sexual behavior among college students and youth: evaluating the evidence. *Journal of Studies on Alcohol, supplement*, (14), 101-117.
- Esser, M. B., Clayton, H., Demissie, Z., Kanny, D., & Brewer, R. D. (2017). Current and binge drinking among high school students—United States, 1991–2015. *MMWR. Morbidity and mortality weekly report*, 66(18), 474.
- Kann, L., McManus, T., Harris, W. A., Shanklin, S. L., Flint, K. H., & Queen, B. & Lim, C. (2018). Youth risk behavior surveillance—United States, 2017. *MMWR Surveillance Summaries*, 67(8), 1.