

# 2021 Montana Youth Risk Behavior Survey



## Screen Time Report

Health Risk Behaviors and Association With  
Screen Time Use



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# 2021 Montana Youth Risk Behavior Survey – Screen Time Report

## Montana Youth Risk Behavior Survey

The Montana Youth Risk Behavior Survey (YRBS) is administered by the Montana Office of Public Instruction every two years to students in grades 7 through 12. The purpose of the survey is to help monitor the prevalence of behaviors that not only influence youth health, but also put youth at risk for the most significant health and social problems that can occur during adolescence. While all schools in Montana can participate in the survey on a volunteer basis, approximately 50 high schools are randomly selected to be included to provide the Montana statewide data to be used in other national YRBS reports.

The 2021 YRBS was conducted in February-March 2021. Schools administering the survey were provided with detailed written instructions on conducting a random survey in their schools. To encourage accurate responses to sensitive questions, a strict protocol was implemented to protect the privacy and confidentiality of all participating students. The questionnaire was designed without skip patterns to ensure survey completion by students in a similar period of time.

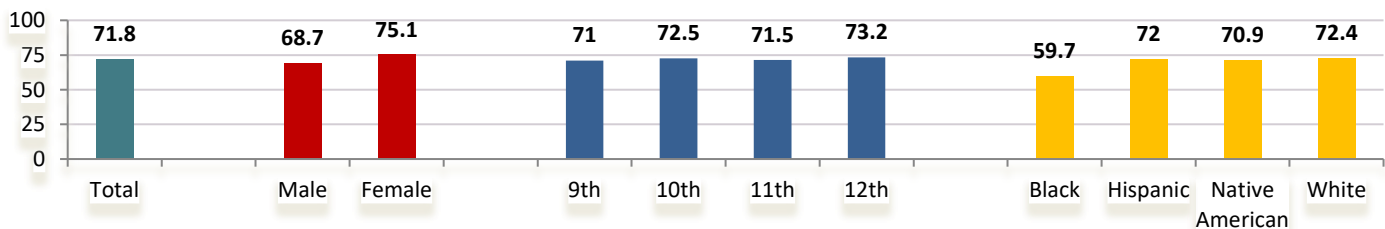
## Survey Validity and Report Analysis

Data used in this report from the 2021 YRBS are based on a random sample survey of Montana high school students. The weighted data results contained in this report can be used to make inferences about the priority health-risk behaviors of all high school students in grades 9 through 12 in all schools in Montana.

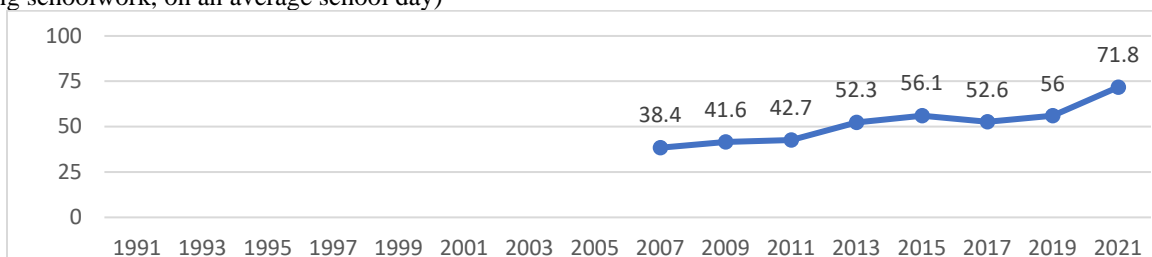
For this report, excessive screen time is identified as the 71.8 percent of Montana high school students who reported three or more hours of screen time per day on an average school day (in front of a TV, computer, smart phone, or other electronic device watching shows or videos, playing games, accessing the Internet, or using social media, not counting time spent doing schoolwork). Fifty-three separate risk behaviors were queried for association with screen time use. These findings are presented in narrative, table, and graph forms in the following report.

## SCREEN TIME THREE OR MORE HOURS PER DAY

Statewide, 71.8 percent of Montana high school students reported three or more hours of screen time per day on an average school day (in front of a TV, computer, smart phone, or other electronic device watching shows or videos, playing games, accessing the Internet, or using social media, not counting time spent doing schoolwork.)



**Spent 3 or more hours per day on screen time** (in front of a TV, computer, smart phone, or other electronic device watching shows or videos, playing games, accessing the Internet, or using social media, not counting time spent doing schoolwork, on an average school day)



For more on the Montana YRBS go to [www.opi.mt.gov/yrebs](http://www.opi.mt.gov/yrebs).

## 2021 Montana Youth Risk Behavior Survey – Screen Time Report

### Findings – *More Likely*

Montana high school students who spend 3 or more hours on screen time per day are more likely than students who spend less than 3 hours on screen time per day to have:

- Used the Internet or apps on their cell phone while driving during the past 30 days (53% of students who spend 3 or more hours on screen time per day compared to 46% students who spend less than 3 hours on screen time per day).
- Experienced sexual dating violence (unwanted kissing, touching, or sexual intercourse by someone they were dating) during the past 12 months (33% of students who spend 3 or more hours on screen time per day compared to 8% students who spend less than 3 hours on screen time per day).
- Been electronically bullied (texting, Instagram, Facebook, or other social media) during the past 12 months (18% of students who spend 3 or more hours on screen time per day compared to 13% students who spend less than 3 hours on screen time per day).
- Been the victim of teasing or name calling because someone thought they were gay, lesbian, or bisexual during the past 12 months (14% of students who spend 3 or more hours on screen time per day compared to 11% students who spend less than 3 hours on screen time per day).
- Felt so sad or hopeless almost every day for 2 or more weeks in a row that they stopped doing usual activities, during the past 12 months (45% of students who spend 3 or more hours on screen time per day compared to 33% students who spend less than 3 hours on screen time per day).
- Made a plan about how they would attempt suicide during the past 12 months (20% of students who spend 3 or more hours on screen time per day compared to 14% students who spend less than 3 hours on screen time per day).
- Ever used electronic vapor products (51% of students who spend 3 or more hours on screen time per day compared to 42% students who spend less than 3 hours on screen time per day).
- Used electronic vapor products during the past 30 days (27% of students who spend 3 or more hours on screen time per day compared to 21% students who spend less than 3 hours on screen time per day).
- Had a drink of alcohol during the past 30 days (34% of students who spend 3 or more hours on screen time per day compared to 26% students who spend less than 3 hours on screen time per day).
- Ever used marijuana in their lifetime (39% of students who spend 3 or more hours on screen time per day compared to 31% students who spend less than 3 hours on screen time per day).
- Used marijuana during the past 30 days (21% of students who spend 3 or more hours on screen time per day compared to 16% students who spend less than 3 hours on screen time per day).
- Were trying to lose weight (44% of students who spend 3 or more hours on screen time per day compared to 36% students who spend less than 3 hours on screen time per day).
- Drank a can, bottle, or glass of soda or pop daily during the past 7 days (13% of students who spend 3 or more hours on screen time per day compared to 10% students who spend less than 3 hours on screen time per day).









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### Findings – *Less Likely*

Montana high school students who spend 3 or more hours on screen time per day are ***less likely*** than students who spend less than 3 hours on screen time per day to have:







- Carried a weapon such as a gun, knife, or club on school property during the past 30 days (8% of students who spend 3 or more hours on screen time per day compared to 12% students who spend less than 3 hours on screen time per day).
- Been physically active for at least 60 minutes per day on all of the past 7 days (23% of students who spend 3 or more hours on screen time per day compared to 34% students who spend less than 3 hours on screen time per day).
- Got 8 or more hours of sleep on an average school night (27% of students who spend 3 or more hours on screen time per day compared to 33% students who spend less than 3 hours on screen time per day).

## 2021 Montana Youth Risk Behavior Survey – Screen Time Report

Health Risk Behavior by percentage of students	Students Who Spend 3 or More Hours on Screen Time Daily	Students Who Spend Less Than 3 Hours on Screen Time Daily	Statistical Difference
Did not always wear a seat belt when riding in a car driven by someone else	<b>46.5%</b> (43.7-49.3)	<b>44.2%</b> (40.8-47.7)	
Never or rarely wore a seat belt when driving	<b>6.3%</b> (5.1-7.5)	<b>8.1%</b> (6.1-10.1)	
Rode with a driver who had been drinking during the past 30 days	<b>20.9%</b> (18.9-22.9)	<b>19.6%</b> (17.3-21.9)	
Drove when drinking alcohol during the past 30 days	<b>7.4%</b> (6.3-8.5)	<b>7.4%</b> (5.5-9.4)	
Texted or e-mailed while driving a car or other vehicle during the past 30 days	<b>58.2%</b> (55.2-61.2)	<b>54.1%</b> (49.7-58.4)	
Used the Internet or apps on their cell phone while driving during the past 30 days	<b>53.4%</b> (51.0-55.9)	<b>46.1%</b> (41.9-50.2)	
Carried a weapon such as a gun, knife, or club on school property, past 30 days	<b>7.7%</b> (6.7-8.7)	<b>12.4%</b> (9.9-14.8)	
Did not go to school because they felt unsafe at school or on their way to or from school during the past 30 days	<b>6.4%</b> (5.5-7.4)	<b>6.9%</b> (5.5-8.3)	
Were threatened or injured with a weapon on school property during the past 12 months	<b>5.5%</b> (4.4-6.6)	<b>6.9%</b> (5.6-8.2)	
Ever physically forced to have sexual intercourse when they did not want to	<b>11.3%</b> (9.8-12.7)	<b>9.9%</b> (7.9-11.9)	
Experienced sexual dating violence (unwanted kissing, touching, or sexual intercourse by someone they were dating), past 12 months	<b>8.9%</b> (7.7-10.1)	<b>5.8%</b> (4.0-7.5)	
Were bullied on school property during the past 12 months	<b>15.8%</b> (13.8-17.7)	<b>14.6%</b> (12.7-16.4)	
Were electronically bullied (texting, Instagram, Facebook, or other social media) during the past 12 months	<b>17.6%</b> (16.1-19.0)	<b>13.4%</b> (11.5-15.3)	
Were the victim of teasing or name calling because someone thought they were gay, lesbian, or bisexual, past 12 months	<b>14.4%</b> (12.8-16.0)	<b>11.1%</b> (9.4-12.8)	
Felt sad or hopeless almost every day for 2 or more weeks in a row during the past 12 months	<b>44.8%</b> (42.2-47.4)	<b>33.3%</b> (30.0-36.5)	
Made a plan about how they would attempt suicide during the past 12 months	<b>19.7%</b> (18.0-21.4)	<b>13.7%</b> (11.1-16.2)	
Attempted suicide during the past 12 months	<b>10.0%</b> (8.5-11.6)	<b>10.6%</b> (8.2-12.9)	
Ever tried cigarette smoking	<b>28.0%</b> (25.4-30.6)	<b>26.4%</b> (23.2-29.6)	
Currently smoked cigarettes, past 30 days	<b>6.9%</b> (5.3-8.6)	<b>7.1%</b> (5.4-8.8)	
Ever used an electronic vapor product	<b>50.5%</b> (48.0-53.0)	<b>42.3%</b> (38.9-45.7)	



Based on t-test analysis, p<0.05.

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<b>Health Risk Behavior</b> by percentage of students	<b>Students Who Spend 3 or More Hours on Screen Time Daily</b>	<b>Students Who Spend Less Than 3 Hours on Screen Time Daily</b>	<b>Statistical Difference</b>
Currently used an electronic vapor product, past 30 days	<b>27.0%</b> (24.8-29.1)	<b>21.3%</b> (18.7-24.0)	
Currently used smokeless tobacco (chewing tobacco, snuff, or dip), past 30 days	<b>4.6%</b> (3.5-5.7)	<b>6.6%</b> (4.8-8.3)	
Currently smoked cigars, cigarillos, or little cigars, past 30 days	<b>4.1%</b> (3.1-5.1)	<b>5.5%</b> (3.9-7.1)	
Currently drank alcohol, past 30 days	<b>33.7%</b> (31.4-35.9)	<b>26.1%</b> (22.8-29.3)	
Had 4 or more drinks, if female, 5 or more drinks, if male, of alcohol within a couple hours during the past 30 days	<b>17.7%</b> (15.8-19.5)	<b>13.3%</b> (10.6-16.0)	
Ever used marijuana in their lifetime	<b>39.4%</b> (36.6-42.1)	<b>30.8%</b> (27.4-34.3)	
Currently used marijuana, past 30 days	<b>21.1%</b> (19.0-23.2)	<b>16.2%</b> (13.9-18.5)	
Ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (codeine, Vicodin, OxyContin, Hydrocodone and Percocet)	<b>12.6%</b> (11.3-13.8)	<b>10.0%</b> (8.1-11.9)	
Ever used methamphetamines in their lifetime	<b>1.8%</b> (1.2-2.3)	<b>2.3%</b> (1.3-3.2)	
Ever used ecstasy in their lifetime	<b>3.9%</b> (3.1-4.6)	<b>4.9%</b> (3.6-6.3)	
Ever had sexual intercourse in their lifetime	<b>42.4%</b> (39.7-45.2)	<b>38.5%</b> (35.0-41.9)	
Had sexual intercourse with four or more persons during their life	<b>10.7%</b> (9.4-12.1)	<b>10.0%</b> (8.2-11.8)	
Currently sexually active (sexual intercourse during the past 3 months)	<b>30.4%</b> (28.1-32.8)	<b>28.9%</b> (25.7-32.0)	
Drank alcohol or used drugs before last sexual intercourse	<b>18.1%</b> (15.4-20.8)	<b>17.3%</b> (12.8-21.8)	
Used a condom during last sexual intercourse	<b>51.2%</b> (47.7-54.7)	<b>52.4%</b> (46.9-57.9)	
Have obesity (at or above the 95 <sup>th</sup> percentile for body mass index)	<b>12.3%</b> (11.0-13.7)	<b>10.3%</b> (7.9-12.7)	
Were overweight (at or above the 85 <sup>th</sup> percentile but below the 95 <sup>th</sup> percentile for body mass index)	<b>14.5%</b> (13.3-15.8)	<b>13.0%</b> (10.5-15.5)	
Were trying to lose weight	<b>43.6%</b> (41.4-45.8)	<b>35.7%</b> (32.6-38.8)	
Did not drink 100% fruit juice during the past 7 days	<b>34.4%</b> (32.2-36.5)	<b>34.3%</b> (32.1-36.4)	
Did not eat fruit during the past 7 days	<b>10.0%</b> (9.0-11.1)	<b>10.9%</b> (9.3-12.6)	
Did not eat vegetables during the past 7 days	<b>5.2%</b> (4.3-6.0)	<b>5.4%</b> (4.1-6.7)	
Drank a can, bottle, or glass of soda or pop daily during the past 7 days	<b>13.0%</b> (11.7-14.2)	<b>9.8%</b> (8.1-11.5)	

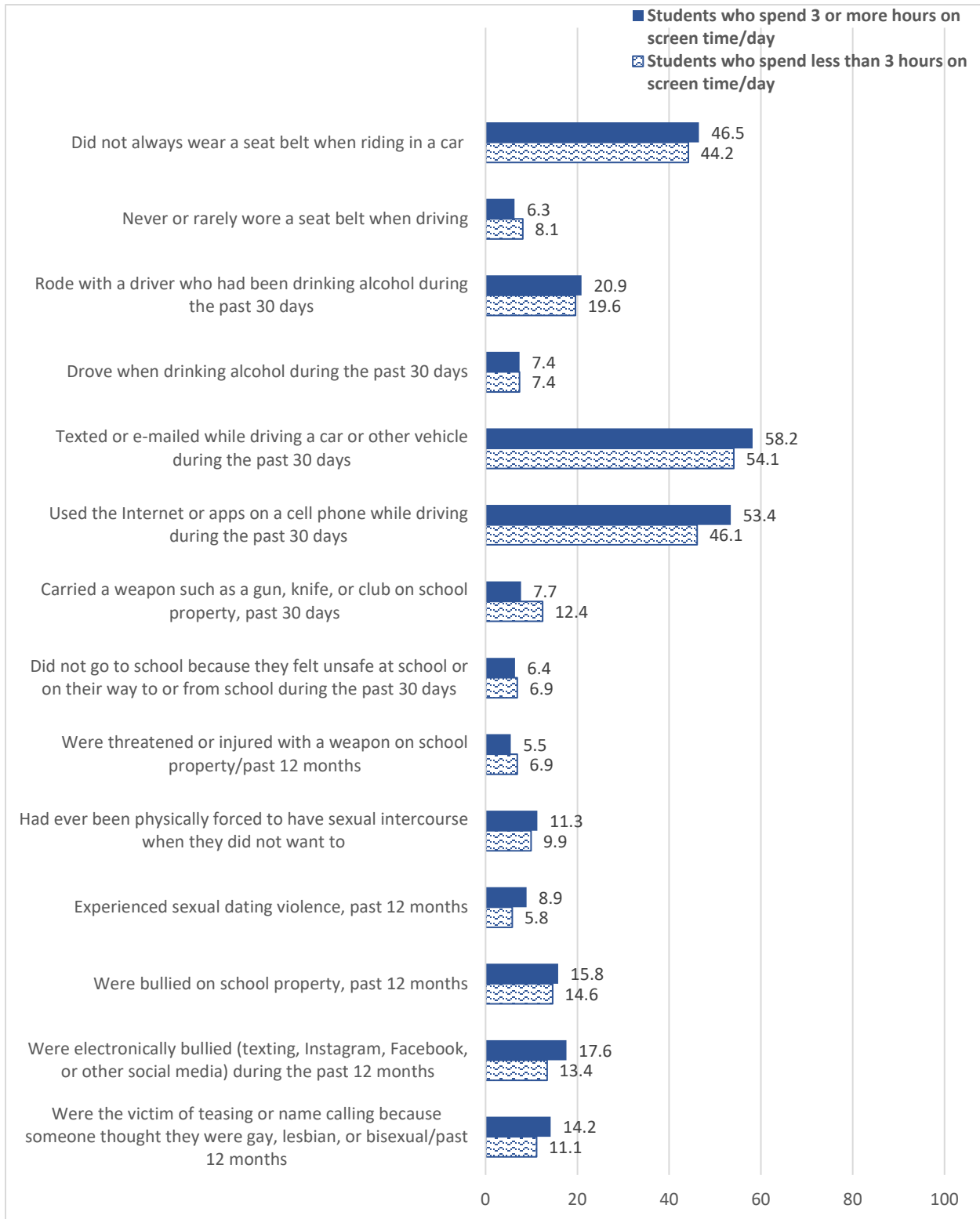
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Did not drink milk during the past 7 days	<b>26.7%</b> (24.7-28.6)	<b>26.6%</b> (23.8-29.3)	
Did not eat breakfast on any of the past 7 days	<b>17.0%</b> (15.2-18.8)	<b>17.2%</b> (15.2-19.3)	
Were not physically active for at least 60 minutes per day on any of the past 7 days	<b>11.7%</b> (10.3-13.2)	<b>10.3%</b> (8.5-12.0)	
Were physically active for at least 60 minutes per day on 5 or more of the past 7 days	<b>49.4%</b> (46.9-51.8)	<b>57.4%</b> (54.5-60.3)	
Were physically active for at least 60 minutes per day on all of the past 7 days	<b>22.8%</b> (21.3-24.3)	<b>33.7%</b> (30.9-36.4)	
Played on at least one sports team during the past 12 months	<b>57.4%</b> (55.3-59.5)	<b>62.4%</b> (59.5-65.3)	
Got 8 or more hours of sleep on an average school night	<b>26.8%</b> (24.9-28.7)	<b>33.2%</b> (30.3-36.1)	
Experienced homelessness during the past 30 days	<b>2.6%</b> (2.0-3.3)	<b>4.7%</b> (3.2-6.2)	
Slept away from their parents or guardians because they were kicked out, ran away, or were abandoned, during the past 30 days	<b>3.7%</b> (3.0-4.4)	<b>5.7%</b> (4.3-7.0)	
Made mostly A's or B's in school during the past 12 months	<b>73.3%</b> (70.3-76.2)	<b>74.9%</b> (71.3-78.5)	
Received help from a resource teacher, speech therapist, or other special education teacher during the past 12 months	<b>14.3%</b> (12.8-15.8)	<b>15.6%</b> (13.5-17.6)	

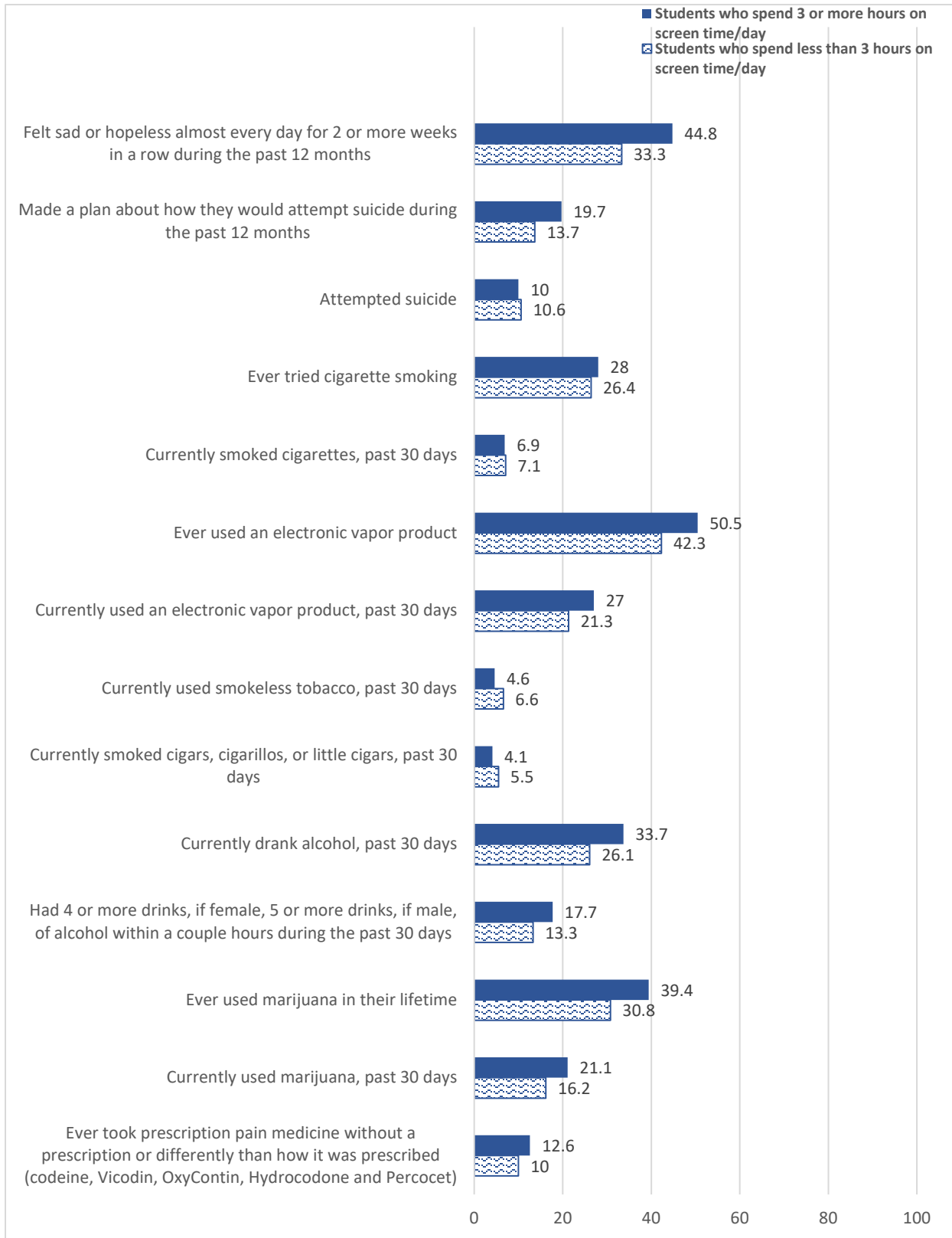
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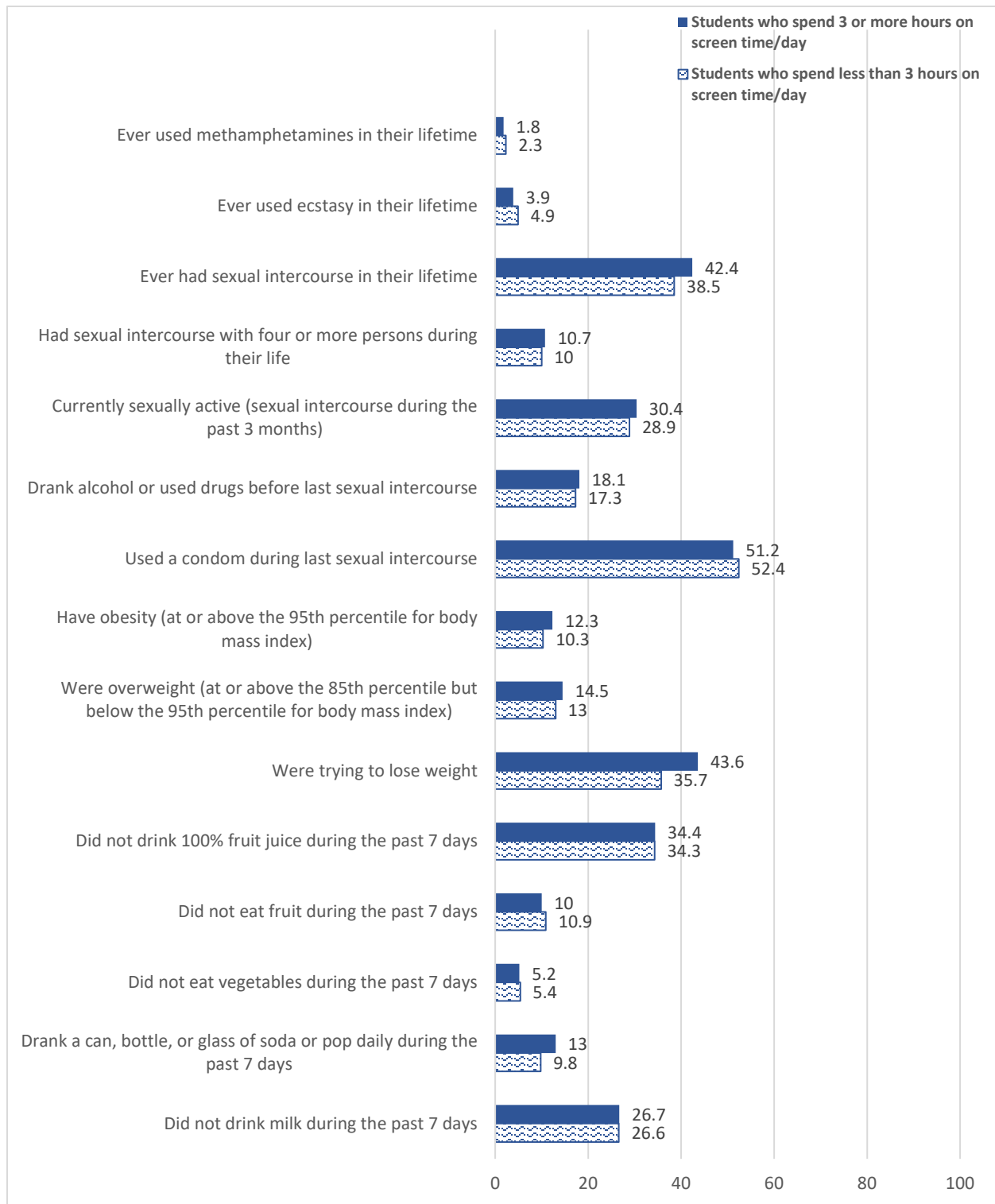




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