

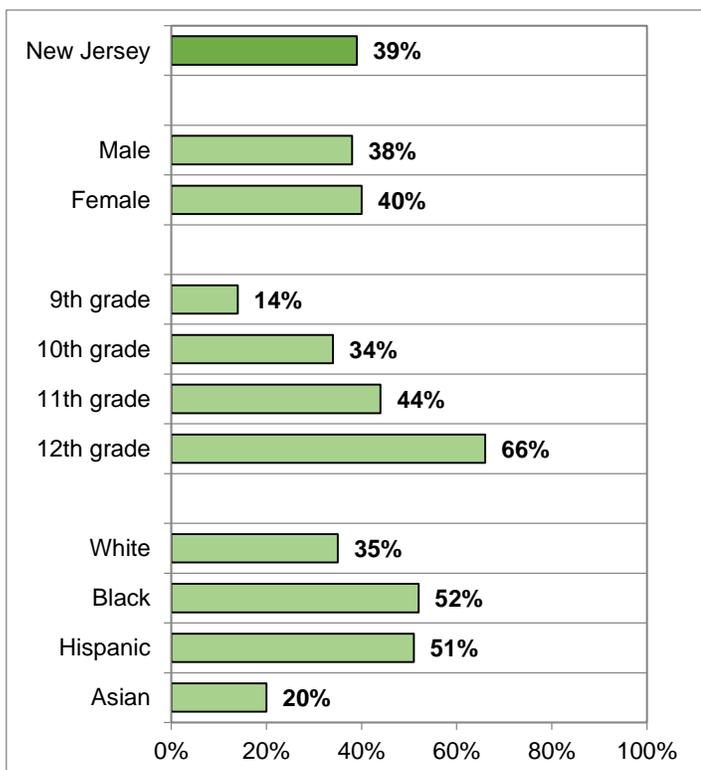
SEXUAL BEHAVIOR

Nationwide, early initiation of sexual intercourse is associated with having a greater number of lifetime sexual partners.⁽¹⁻²⁾ In addition, adolescents who initiate sexual intercourse early are less likely to use contraception⁽²⁻³⁾ and are at higher risk for STDs⁽⁴⁾ and pregnancy.^(5,6) Prevalence estimates suggest that young people aged 15–24 years acquire half of all new STDs.⁽⁷⁾ Among high school students nationwide in 2011, 47% had sexual intercourse during their life, 15% had sexual intercourse with four or more persons during their life, and 34% had sexual intercourse with at least one person during the three months before the survey.⁽⁸⁾ The percentage of sexually active students who used a condom during last sexual intercourse increased during 1991–2003 (46%-63%) and then did not change significantly during 2003-2011 (63%-60%).⁽⁸⁾

2013 New Jersey Student Health Survey (NJSHS) Highlights

- *Lifetime Sexual Intercourse:* 39% engaged in sexual intercourse during their life.
- *Recent Sexual Intercourse:* 29% engaged in sexual intercourse in the past three months.
- *Multiple (4+) Sexual Partners:* 12% had four or more sexual partners during their life.
- *Sexual Intercourse Before Age 13:* 5% first engaged in sexual intercourse before the age of 13.
- *Unprotected Sexual Intercourse:* 14% of sexually active students did not use any form of birth control to prevent pregnancy when last having sexual intercourse in the past three months.

Sexual Behavior by Demographic Subgroup



Lifetime Sexual Intercourse

Rates of lifetime and recent sexual intercourse did not vary much by gender; however, slightly more males than females had sex before the age of 13 (7% vs. 2%) and engaged in sex with four or more partners during their life (15% vs. 10%). By contrast, grade level and race/ethnicity produced variation across most indicators of sexual behavior. For example, far fewer ninth grade students had lifetime (14%) or recent (9%) sexual intercourse, or had four or more sexual partners (3%) than did students in the twelfth grade. Two thirds of twelfth graders (66%) had lifetime sexual intercourse, 50% had recent sexual intercourse and 27% had four or more sexual partners.

Just over half of Black (52%) and Hispanic (51%) students had sexual intercourse during their life, as

compared to about one-third (35%) of White students and one-fifth (20%) of Asian students. This general pattern also held for recent sexual intercourse, sex with multiple partners and sexual intercourse before the age of 13. (Due to small sample sizes, conclusions in terms of race/ethnicity should be made with caution.)

Additional 2013 NJSHS Highlights: Sexual Behavior

All students were asked about the number of sexual partners they had during their life. Overall, 61% have not had sexual intercourse, 15% had only one partner, 12% had two or three partners, and the remaining 12% had four or more sexual partners during their life.

In addition, students indicated what method of birth control was used to prevent pregnancy during their last sexual encounter. Students were divided into three groups: those who never had sexual intercourse, those who used birth control and those who did not use birth control when last having sex. As indicated, the majority of students (61%) never had sex, 33% used birth control when last having sex, and 6% did not use birth control during their last sexual encounter.

Regarding testing for sexually transmitted diseases (STDs), only about one in eight (12%) students had ever been tested for an STD and just one in eleven (9%) had been tested for HIV during their life.

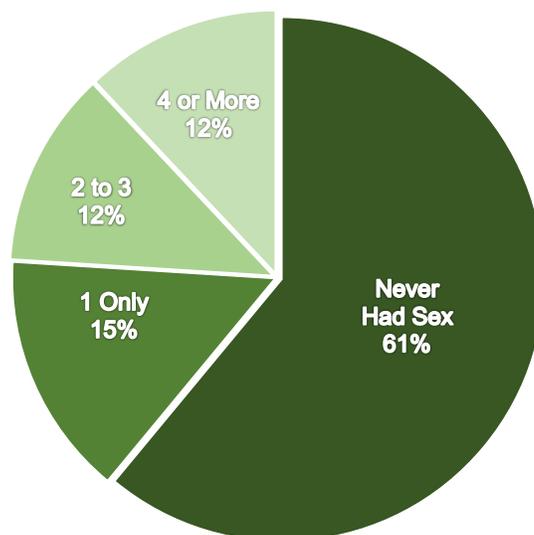
Eight percent of students had been physically forced to have sex during their life, and 8% reported that their boyfriend or girlfriend hit, slapped, or hurt them on purpose in the last 30 days.

Considering only students who had recent sexual intercourse, almost three in five (59%) used a condom, just over one in five (22%) used birth control pills and 14% used no known method of birth control. Additionally, among those having recent sexual intercourse, about one in five (21%) had used drugs or alcohol before their last encounter.

Among all students, 8% had sexual contact with their own gender only or with both genders during their life. This measure of sexual minority youth was first included in the 2013 survey. While many sexual minority youth cope with the transition from childhood to adulthood successfully and become healthy and productive adults, others struggle as a result of challenges such as stigma, discrimination, family disapproval, social rejection and violence.⁽⁹⁾ Students who engage in sexual contact with their own gender showed a greater tendency to engage in risky health behaviors than other students who had sexual contact solely with the

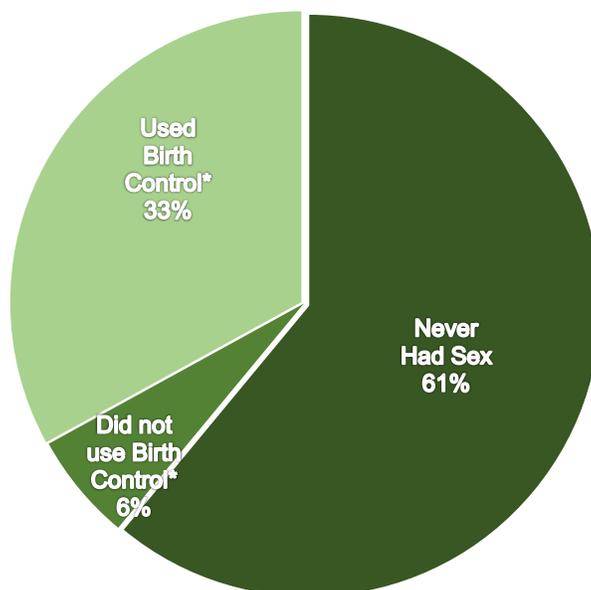
Lifetime Sex Partners

among all students



Birth Control Use

among all students



* based on last sexual encounter

opposite gender.⁽⁹⁾ For example, in New Jersey, students who had sexual contact with their own gender were more likely than students who had sexual contact solely with the opposite gender to have considered suicide (41% vs 15%), attempted suicide (35% vs 9%), cut or hurt themselves without wanting to die (49% vs 20%), carried a weapon in the past 30 days (29% vs 11%), been bullied on school property (43% vs 21%), smoked cigarettes recently (39% vs 18%), used marijuana during their life (79% vs 56%), or to have used other illicit drugs such as heroin (17% vs 2%), cocaine (25% vs 6%), ecstasy (28% vs 9%) or prescription drugs without a prescription (39% vs 15%).

NJSHS Trend Analysis: 2001-2013 Sexual Behavior

Percentage of New Jersey Youth Who:	2001	2005	2009	2011	2013	Trend Analysis
Lifetime Sexual Intercourse <i>ever had sexual intercourse (lifetime)</i>	47%	44%	46%	45%	39%	
Recent Sexual Intercourse <i>engaged in sexual intercourse (past 3 months)</i>	36%	33%	34%	32%	29%	
Multiple Sexual Partners (4+) <i>had multiple sexual partners, 4+ (lifetime)</i>	17%	12%	13%	14%	12%	
Sexual Intercourse Before Age 13 <i>had sexual intercourse before the age of 13</i>	8%	5%	4%	5%	5%	
Did Not Use a Condom <i>did not use a condom the last time having sexual intercourse (among students having sex in the past 3 months)</i>	36%	29%	35%	37%	41%	
Did Not Use any Birth Control <i>did not use any birth control the last time having sexual intercourse (among students having sex in the past 3 months)</i>	16%	7%	10%	15%	14%	--
Tested for HIV <i>were ever tested for HIV, the virus that causes AIDS</i>	--	--	12%	10%	9%	
Tested for STDs <i>were ever tested for STDs such as genital herpes, gonorrhea, chlamydia, syphilis or genital warts</i>	--	--	15%	13%	12%	
Increase in a negative behavior	Decrease in a negative behavior	Increase in a positive behavior	Decrease in a positive behavior	No change in behavior	Trend not reported by CDC	
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Trend analysis was performed by the CDC on data from 2001 to 2013 to determine which differences across years were statistically significant. For questions not asked in all survey years, the trend analysis was performed from 2013 back to the last consecutive year in which the question was asked.						

Summary of Trend: Most indicators of student sexual behavior have declined since 2001 and the declines are confirmed as significant by CDC statistical analysis. Since 2001, rates of lifetime sexual intercourse among students have declined from almost half (47%) to about four in ten (39%) in 2013. Additionally, rates of recent sexual intercourse fell from 36% to 29%, rates of having multiple sexual partners declined from 17% to 12%, and rates of engaging in sex before the age of 13 dropped from 8% to 5%. However, among those who had recent sexual intercourse, the number of students who did not use a condom during their last intercourse increased from 29% in 2005 to 41% in 2013, although the overall trend from 2001 to 2013 shows no change. Since 2009, fewer students have been tested for HIV (12% vs. 9%) or STDs (15% vs. 12%).

For a complete set of fact sheets on all 2013 NJSHS topics and [citations](http://www.state.nj.us/education/students/yrebs/index.html/), visit: <http://www.state.nj.us/education/students/yrebs/index.html/>.