



## CDC: Virginal High School Students Exhibit Greater Overall Health Behaviors

A new [report](#) from the United States Centers for Disease Control (CDC) examines a large and diverse array of health behaviors of high school students classified by their sexual activity. It looks at varied things from bike helmet and seat belt use to substance abuse to diet and exercise. The two major conclusions from the report:

- The virginal students rate substantially and consistently better in nearly all health-related behaviors and measures than their peers who've been sexually active.
- Teens who have sexual contact with the same or both sexes have remarkably lower percentages of healthy behaviors overall than their heterosexually active peers.
- An additional [report](#) explains that teens with involved mothers and fathers are substantially less likely to engage in premarital sex.

It is important to note how many of these health measures are not directly related to sexual activity itself, even tangentially; thing like seat belt use, daily breakfast, smoking, illegal drug use, suffering from asthma, etc.

Obviously, there's a curious relationship between our teens' sexual values/activity and a substantial number of unanticipated health behaviors. Here's just a sampling of various measures in order to appreciate the diverse array and disparities:

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**Seat Belt Use:** Opposite-sex-active (OSA) teens are 143% more likely to never or rarely wear a seat belt than virginal peers. Same-sex/bisexual-active (SS/BA) teens are 317% more likely than virginal peers.

**Passenger w/ Drinking Driver:** OSA teens are 94% more likely to ride with a driver who's been drinking than virginal peers. SS/BA teens are 115% more likely than virginal peers.

**Dating Violence:** OSA teens are 260% more likely to experience some form of physical violence in dating relationships than virginal peers. SS/BA teens are 683% more likely than virginal peers.

**Smokes Daily:** OSA teens are 3300% more likely to smoke daily than virginal peers. SS/BA teens are 9500% more likely than virginal peers.

**Ever Binge Drank:** OSA teens are 337% more likely to ever binge drink than virginal peers. SS/BA teens are 375% more likely than virginal peers.

**Pot Use:** OSA teens are 336% more likely to be currently using marijuana than virginal peers. SS/BA teens are 483% more likely than virginal peers.

**Ever Injected Illegal Drug:** OSA teens are 500% more likely to have ever injected a non-prescription drug than virginal peers. SS/BA teens are 2333% more likely than virginal peers.

**Felt Sad or Helpless:** OSA teens are 48% more likely to report feeling sad or helpless almost every day for 2 or more weeks in a row that they stopped doing some of their usual activities than virginal peers. SS/BA teens are 181% more likely than virginal peers.

**Tanning Beds:** OSA teens are 282% more likely to use indoor tanning beds than virginal peers. SS/BA teens are 364% more likely than virginal peers.

**Eat Breakfast Daily:** OSA teens are 24% less likely to eat breakfast daily than virginal peers. SS/BA teens are 48% less likely than virginal peers.

**Eight Hours Sleep:** OSA teens are 21% less likely to get 8 hours of sleep a night than virginal peers. SS/BA teens are 34% less likely than virginal peers.

**Asthma:** OSA teens are 24% more likely to have ever had asthma than virginal peers. SS/BA teens are 48% more likely than virginal peers.

**Physical Fight:** OSA teens are 133% more likely to have been in a physical fight than virginal peers. SS/BA teens are 187% more likely than virginal peers.

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It's difficult to determine from this report alone just how these various measures are related to one another. Does sexual activity drive the increase in other negative health behaviors or vice versa if at all? This data does not say. But the fact that the Centers for Disease Control measured all these health behaviors by sexual activity and distributed it to health professionals around the world certainly indicates their relationship is of important interest to health-care workers.

These findings should be very concerning to all parents and professionals concerned with our teens' general health and well-being. The sexual choices and values our young people hold have real-life consequences far beyond sexuality itself.

Thus, there are indeed compelling reasons to encourage teens to choose not to be sexually engaged with peers of the opposite or same-sex.

What is more, the journal of *Social Science Research* [reports](#) that three familial factors greatly moderate the sexual decision making of adolescents. Teens that come from homes where mother and father have a healthy relationship, both have warm, monitoring relationships with their children and the family has regular schedules and practices at home are substantially less likely to be sexually active by every measure.

## Appendix

Following is the fuller data-breakdown on 42 health choices and behaviors by sexual experience. It lists the percentage differences between the three groups: virginal, same-sex/bi-active, heterosexual-active.

Percentage of high school students by sexual identity:

- 89% heterosexual
- 6% bisexual
- 3% not sure
- 2% gay/lesbian

Percentage of high school students by experience of sexual contact:

- 48% with the opposite-sex
- 46% *no* contact at all
- 5% with both sexes
- 2% with same-sex

## Misc Safety Behaviors

### Never or Rarely Use Bike Helmet

- Same-sex / Bi contact – 87.9%
- Opposite-sex contact – 89.1%
- No sexual contact – 72.3%

Opposite-sex contact 23% increase over virginal

Same/bi-sex contact 1% decrease over opposite-sex

Same-sex contact 22% increase over virginal

### Never or Rarely Use Seat Belt

- Same-sex / Bi contact – 12.5%
- Opposite-sex contact – 7.3%
- No sexual contact – 3.0%

Opposite-sex contact 143% increase over virginal

Same/bi-sex contact 71% increase over opposite-sex

Same-sex contact 317% increase over virginal

### **Passenger w/ Driver Who'd Been Drinking**

- Same-sex / Bi contact – 28.1%
- Opposite-sex contact – 25.4%
- No sexual contact – 13.1%

Opposite-sex contact 94% increase over virginal

Same/bi-sex contact 11% increase over opposite-sex

Same-sex contact 115% increase over virginal

### **Text/Emailed While Driving**

- Same-sex / Bi contact – 43.5%
- Opposite-sex contact – 53.7%
- No sexual contact – 24.0%

Opposite-sex contact 124% increase over virginal

Same/bi-sex contact 19% decrease over opposite-sex

Same-sex contact 81% increase over virginal

### **Use of Indoor Tanning**

- Same-sex / Bi contact – 13.0%
- Opposite-sex contact – 10.7%
- No sexual contact – 2.8%

Opposite-sex contact 282% increase over virginal

Same/bi-sex contact 21% increase over opposite-sex

Same-sex contact 364% increase over virginal

## **Sexual Experience**

### **First Sexual Intercourse Before Age 13**

- Same-sex / Bi contact – 14.9%
- Opposite-sex contact – 6.4%
- No sexual contact – n/a

Same/bi-sex contact 132% increase over opposite-sex

### **Forced to Have Sexual Intercourse**

- Same-sex / Bi contact – 25.2%
- Opposite-sex contact – 9.0%
- No sexual contact – n/a

Same/bi-sex contact 180% increase over opposite-sex

### **Sexual Intercourse w/ 4 or More People in Lifetime**

- Same-sex / Bi contact – 28.3%
- Opposite-sex contact – 20.9%
- No sexual contact – n/a

Same/bi-sex contact 35% increase over opposite-sex

### **Used Alcohol or Drugs Before Last Sexual Intercourse**

- Same-sex / Bi contact – 31.0%
- Opposite-sex contact – 19.5%
- No sexual contact – n/a

Same/bi-sex contact 59% increase over opposite-sex

### **Physical Dating Violence**

- Same-sex / Bi contact – 23.5%
- Opposite-sex contact – 10.8%
- No sexual contact – 3.0%

Opposite-sex contact 260% increase over virginal

Same/bi-sex contact 118% increase over opposite-sex

Same-sex contact 683% increase over virginal

### **Physical Force in Dating (kissing, touching, intercourse)**

- Same-sex / Bi contact – 27.0%
- Opposite-sex contact – 10.5%
- No sexual contact – 5.9%

Opposite-sex contact 78% increase over virginal

Same/bi-sex contact 157% increase over opposite-sex

Same-sex contact 358% increase over virginal

## Mental Health

### **Felt Sad or Hopeless**

- Same-sex / Bi contact – 62.7%
- Opposite-sex contact – 32.9%
- No sexual contact – 22.3%

Opposite-sex contact 48% increase over virginal

Same/bi-sex contact 91% increase over opposite-sex

Same-sex contact 181% increase over virginal

### **Seriously Considered Suicide**

- Same-sex / Bi contact – 44.5%
- Opposite-sex contact – 19.7%
- No sexual contact – 12.0%

Opposite-sex contact 64% increase over virginal

Same/bi-sex contact 126% increase over opposite-sex

Same-sex contact 271% increase over virginal

### **Attempted Suicide**

- Same-sex / Bi contact – 27.6%
- Opposite-sex contact – 9.7%
- No sexual contact – 4.2%

Opposite-sex contact 131% increase over virginal

Same/bi-sex contact 185% increase over opposite-sex

Same-sex contact 557% increase over virginal

## Substance Use

### **Smokes Frequently**

- Same-sex / Bi contact – 14.1%
- Opposite-sex contact – 5.0%
- No sexual contact – 0.3%

Opposite-sex contact 1567% increase over virginal

Same/bi-sex contact 182% increase over opposite-sex

Same-sex contact 4600% increase over virginal

### **Smokes Daily**

- Same-sex / Bi contact – 9.6%
- Opposite-sex contact – 3.4%
- No sexual contact – 0.1%

Opposite-sex contact 3300% increase over virginal

Same/bi-sex contact 182% increase over opposite-sex

Same-sex contact 9500% increase over virginal

### **Vapes Frequently**

- Same-sex / Bi contact – 40.1%
- Opposite-sex contact – 34.8%
- No sexual contact – 10.8%

Opposite-sex contact 222% increase over virginal

Same/bi-sex contact 15%% increase over opposite-sex

Same-sex contact 271% increase over virginal

### **Current Alcohol Use**

- Same-sex / Bi contact – 53.7%
- Opposite-sex contact – 48.2%
- No sexual contact – 15.1%

Opposite-sex contact 219% increase over virginal

Same/bi-sex contact 11% increase over opposite-sex

Same-sex contact 256% increase over virginal

### **Ever Binge Drank**

- Same-sex / Bi contact – 29.9%
- Opposite-sex contact – 27.5%
- No sexual contact – 6.3%

Opposite-sex contact 337% increase over virginal

Same/bi-sex contact 9% increase over opposite-sex

Same-sex contact 375% increase over virginal

### **Ever Used Pot**

- Same-sex / Bi contact – 69.4%
- Opposite-sex contact – 57.1%
- No sexual contact – 16.3%

Opposite-sex contact 250% increase over virginal

Same/bi-sex contact 22% increase over opposite-sex

Same-sex contact 326% increase over virginal

### **Current Pot Use**

- Same-sex / Bi contact – 43.7%
- Opposite-sex contact – 32.7%
- No sexual contact – 7.5%

Opposite-sex contact 336% increase over virginal

Same/bi-sex contact 34% increase over opposite-sex

Same-sex contact 483% increase over virginal

### **Steroid Use without Prescription**

- Same-sex / Bi contact – 12.6%
- Opposite-sex contact – 4.2%
- No sexual contact – 0.8%

Opposite-sex contact 425% increase over virginal

Same/bi-sex contact 200% increase over opposite-sex

Same-sex contact 1475% increase over virginal

### **Ever Took Prescription Drugs w/out Prescription**

- Same-sex / Bi contact – 35.0%
- Opposite-sex contact – 24.0%
- No sexual contact – 7.0%

Opposite-sex contact 243% increase over virginal

Same/bi-sex contact 46% increase over opposite-sex

Same-sex contact 400% increase over virginal

### **Ever Used Inhalants**

- Same-sex / Bi contact – 20.3%
- Opposite-sex contact – 8.2%



- No sexual contact – 3.3%

Opposite-sex contact 148% increase over virginal

Same/bi-sex contact 148% increase over opposite-sex

Same-sex contact 515% increase over virginal

### **Ever Used Meth**

- Same-sex / Bi contact – 11.4%
- Opposite-sex contact – 3.5%
- No sexual contact – 0.5%

Opposite-sex contact 600% increase over virginal

Same/bi-sex contact 226% increase over opposite-sex

Same-sex contact 2180% increase over virginal

### **Ever Injected Any Illegal Drug**

- Same-sex / Bi contact – 7.3%
- Opposite-sex contact – 1.8%
- No sexual contact – 0.3%

Opposite-sex contact 500% increase over virginal

Same/bi-sex contact 306% increase over opposite-sex

Same-sex contact 2333% increase over virginal

### **Offered, Sold, Given Illegal Drugs on Campus**

- Same-sex / Bi contact – 38.6%
- Opposite-sex contact – 27.2%
- No sexual contact – 13.2%

Opposite-sex contact 106% increase over virginal

Same/bi-sex contact 42% increase over opposite-sex

Same-sex contact 192% increase over virginal

## **Diet**

### **Eats Vegetables Daily**

- Same-sex / Bi contact – 58.0%
- Opposite-sex contact – 61.1%

- No sexual contact – 61.1%

Opposite-sex contact 0% increase over virginal

Same/bi-sex contact 5% decrease over opposite-sex

Same-sex contact 5% decrease over virginal

### **Drank Soda One or More Times a Day**

- Same-sex / Bi contact – 27.6%
- Opposite-sex contact – 23.5%
- No sexual contact – 16.5%

Opposite-sex contact 42% increase over virginal

Same/bi-sex contact 17% increase over opposite-sex

Same-sex contact 67% increase over virginal

### **Did Not Eat Breakfast Last 7 Days**

- Same-sex / Bi contact – 20.1%
- Opposite-sex contact – 14.5%
- No sexual contact – 11.6%

Opposite-sex contact 25% increase over virginal

Same/bi-sex contact 39% increase over opposite-sex

Same-sex contact 73% increase over virginal

### **Eats Breakfast Daily**

- Same-sex / Bi contact – 21.9%
- Opposite-sex contact – 32.4%
- No sexual contact – 42.5%

Opposite-sex contact 24% decrease over virginal

Same/bi-sex contact 32% decrease over opposite-sex

Same-sex contact 48% decrease over virginal

### **Has Serious Food Allergies**

- Same-sex / Bi contact – 22.5%
- Opposite-sex contact – 16.5%
- No sexual contact – 13.8%

Opposite-sex contact 20% increase over virginal

Same/bi-sex contact 36% increase over opposite-sex

Same-sex contact 63% increase over virginal

## **General Health**

### **Did Not Participate in Physical Activity at Least Once a Week**

- Same-sex / Bi contact – 24.0%
- Opposite-sex contact – 12.3%
- No sexual contact – 13.9%

Opposite-sex contact 12% decrease over virginal

Same/bi-sex contact 95% increase over opposite-sex

Same-sex contact 73% increase over virginal

### **Watched Television 3+ Hours Daily**

- Same-sex / Bi contact – 29.8%
- Opposite-sex contact – 24.7%
- No sexual contact – 24.2%

Opposite-sex contact 2% increase over virginal

Same/bi-sex contact 21% increase over opposite-sex

Same-sex contact 23% increase over virginal

### **Eight Hours of Sleep Nightly**

- Same-sex / Bi contact – 20.5%
- Opposite-sex contact – 24.8%
- No sexual contact – 31.2%

Opposite-sex contact 21% decrease over virginal

Same/bi-sex contact 17% decrease over opposite-sex

Same-sex contact 34% decrease over virginal

### **Overweight**

- Same-sex / Bi contact – 20.3%
- Opposite-sex contact – 16.1%
- No sexual contact – 15.7%

Opposite-sex contact 3% increase over virginal

Same/bi-sex contact 26% increase over opposite-sex

Same-sex contact 29% increase over virginal

### **Dentist Visit in Past Year**

- Same-sex / Bi contact – 63.0%
- Opposite-sex contact – 72.7%
- No sexual contact – 78.7%

Opposite-sex contact 8% decrease over virginal

Same/bi-sex contact 13% decrease over opposite-sex

Same-sex contact 20% decrease over virginal

### **Ever Had Asthma**

- Same-sex / Bi contact – 29.5%
- Opposite-sex contact – 24.7%
- No sexual contact – 19.9%

Opposite-sex contact 24% increase over virginal

Same/bi-sex contact 19% increase over opposite-sex

Same-sex contact 48% increase over virginal

## **Violence/Mistreatment**

### **Carried Weapon on School Property**

- Same-sex / Bi contact – 8.1%
- Opposite-sex contact – 5.5%
- No sexual contact – 1.7%

Opposite-sex contact 224% increase over virginal

Same/bi-sex contact 47% increase over opposite-sex

Same-sex contact 376% increase over virginal

### **In a Physical Fight**

- Same-sex / Bi contact – 37.0%
- Opposite-sex contact – 30.1%
- No sexual contact – 12.9%

Opposite-sex contact 133% increase over virginal

Same/bi-sex contact 23% increase over opposite-sex

Same-sex contact 187% increase over virginal

### **Bullied on Social Media**

- Same-sex / Bi contact – 31.9%
- Opposite-sex contact – 17.4%
- No sexual contact – 11.5%

Opposite-sex contact 51% increase over virginal

Same/bi-sex contact 83% increase over opposite-sex

Same-sex contact 177% increase over virginal

### **Bullied in School Property**

- Same-sex / Bi contact – 34.1%
- Opposite-sex contact – 21.2%
- No sexual contact – 17.4%

Opposite-sex contact 22% increase over virginal

Same/bi-sex contact 61% increase over opposite-sex

Same-sex contact 96% increase over virginal

### **Citation:**

Laura Kann, *et al.*, "Sexual Identity, Sex of Sexual Contacts, and Health-Related Behaviors Among Students in Grades 9–12" *Morbidity and Mortality Weekly Report*, Centers for Disease Control and Prevention, August 12, 2016, 65:1–202.