Physical, Sexual, and Date Abuse
Older Girls Are More Likely Than Older Boys to Experience Abuse

Percent reporting ever abused, grades 9-12

<table>
<thead>
<tr>
<th>Category</th>
<th>Girls</th>
<th>Boys</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sexual abuse</td>
<td>12</td>
<td>5</td>
</tr>
<tr>
<td>Physical abuse</td>
<td>17</td>
<td>12</td>
</tr>
<tr>
<td>Date-forced sex</td>
<td>8</td>
<td>5</td>
</tr>
<tr>
<td>Physical, sexual, or date-forced sex</td>
<td>26</td>
<td>17</td>
</tr>
</tbody>
</table>

*The Commonwealth Fund Survey of the Health of Adolescent Girls, 1997*
Louis Harris and Associates, Inc.
Physical and Sexual Abuse of Younger Adolescents
Abuse Happens at an Alarmingly Young Age

Percent reporting ever abused, grades 5-8

Physical abuse
Girls: 9
Boys: 8

Sexual abuse
Girls: 7
Boys: 3

Louis Harris and Associates, Inc.
Most Abuse Happens at Home, It Happens More Than Once, and the Abuser Is Usually a Family Member

Percent of sexually or physically abused girls

- Abuser was a family friend: 13%
- Abuser was a family member: 57%
- Abuse happened at home: 53%
- Abuse happened more than once: 65%

Louis Harris and Associates, Inc.*
Girls and Boys Often Tell No One About Their Abuse

Percent of sexually or physically abused adolescents who told:

- **No one**
  - Girls: 29
  - Boys: 48

- **Mother**
  - Girls: 38
  - Boys: 29

- **Best friend**
  - Girls: 41
  - Boys: 15

- **Doctor or nurse**
  - Girls: 7
  - Boys: 7

*The Commonwealth Fund Survey of the Health of Adolescent Girls, 1997*
Louis Harris and Associates, Inc.
Adolescent Girls: at Risk at Home
One in Four Girls Has Wanted to Leave Home Because of Violence or Threat of Violence

Percent who wanted to leave home because of violence or threat of violence

<table>
<thead>
<tr>
<th>Grades 5-8</th>
<th>Grades 9-12</th>
</tr>
</thead>
<tbody>
<tr>
<td>Girls: 24</td>
<td>Girls: 29</td>
</tr>
<tr>
<td>Boys: 21</td>
<td>Boys: 23</td>
</tr>
</tbody>
</table>

*The Commonwealth Fund Survey of the Health of Adolescent Girls, 1997*
Louis Harris and Associates, Inc.
Self-Rated Health Status

Steep Decline for Older Girls But Not for Older Boys

Louis Harris and Associates, Inc.
Depressive Symptoms
Girls Are at Higher Risk Than Boys

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Self-Confidence

Girls’ Self-Confidence Declines and Boys’ Increases with Age

- Grades 5–8
- Grades 9–12

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Mental Health and Family Status

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Depressive Symptoms and Low Self-Confidence

Black Girls Least Likely to Have Symptoms

Louis Harris and Associates, Inc.
Sources of Support When Stressed or Depressed: Girls with Depressive Symptoms Often Have No One to Turn To

Louis Harris and Associates, Inc.
Physical and Sexual Abuse and Mental Health
Abused Girls Are Twice as Likely to Have Symptoms of Poor Mental Health

Louis Harris and Associates, Inc.
Girls: Diet and Exercise
Dieting Increases and Exercise Decreases with Age

Louis Harris and Associates, Inc.
Risky Behaviors: Smoking, Drinking, Using Drugs
Older Girls and Boys Report Similar Rates

Percent in grades 9-12

* Smoke = smoke several cigarettes or a pack or more in the past week
  Drink = drink at least once a month or once a week
  Use drugs = used illegal drugs in the past month

* Smoke 14 15
  Drink 15 20
  Use Drugs 18 20

Louis Harris and Associates, Inc.
Reasons for Smoking, Drinking, and Using Drugs
Stress Is a Leading Reason Given by Girls

Percent of girls giving reason for behavior

- Relieve stress
- Around people who do it
- Try it
- Fun

Smoke *

- 66%
- 53%
- 15%
- 5%

Drink *

- 38%
- 29%
- 5%
- 5%

Use drugs *

- 41%
- 28%
- 53%
- 9%

* Smoke = smoke several cigarettes or a pack or more in the past week
  Drink = drink at least once a month or once a week
  Use drugs = used illegal drugs in the past month

Louis Harris and Associates, Inc.
Abuse and Risky Behaviors
Abused Girls Are Twice as Likely to Put Their Health at Risk

- No abuse
- Physical or sexual abuse or forced by a date to have sex

Percent of girls grades 9-12

- Smoke: 10/26
- Drink: 12/22
- Use drugs: 13/30
- Binge and purge: 6/18

* Smoke = smoke several cigarettes or a pack or more in the past week
  Drink = drink at least once a month or once a week
  Use drugs = used illegal drugs in the past month
  Binge and purge = binge and purge more than once a week

  Louis Harris and Associates, Inc.
Risky Behaviors and Mental Health
Girls with Depressive Symptoms Are Twice as Likely to Smoke, Drink, or Use Drugs

Percent of girls grades 9-12
- ■ No or few depressive symptoms
- □ Moderate or severe depressive symptoms

Smoke *: 11
Drink *: 11
Use drugs *: 14

* Smoke = smoke several cigarettes or a pack or more in the past week
Drink = drink at least once a month or once a week
Use drugs = used illegal drugs in the past month

Louis Harris and Associates, Inc.
Risky Behaviors and Race/Ethnicity
Black and Asian American Girls Are Less Likely to Engage in Risky Behaviors

Percent of girls
- White
- Hispanic
- Black
- Asian American

Smoke *
- White: 11
- Hispanic: 6
- Black: 4
- Asian American: 2

Drink *
- White: 11
- Hispanic: 7
- Black: 5
- Asian American: 4

Use drugs *
- White: 13
- Hispanic: 11
- Black: 7
- Asian American: 6

* Smoke = smoke several cigarettes or a pack or more in the past week
  Drink = drink at least once a month or once a week
  Use drugs = used illegal drugs in the past month

Louis Harris and Associates, Inc.
Girls with Less-Educated Mothers Are More at Risk

Percent of girls
- Mother did not graduate from high school
- Mother is a high school graduate
- Mother has some college
- Mother is a college graduate

* Smoke = smoke several cigarettes or a pack or more in the past week
  Drink = drink at least once a month or once a week
  Use drugs = used illegal drugs in the past month

  Louis Harris and Associates, Inc.
Reasons Why Older Adolescents Do Not Get Needed Care

Percent of those who did not get needed care, grades 9-12

- Didn't want to tell parents: Girls 41, Boys 27
- Cost too much/no insurance: Girls 36, Boys 30
- No time to get care: Girls 25, Boys 20
- No transportation: Girls 11, Boys 6

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Uninsured Girls Are at High Risk for Access Barriers

Louis Harris and Associates, Inc.
Girls with Less-Educated Mothers Are at Risk for Access Barriers

- **Had an instance of not getting needed care**
  - Mother has not completed high school: 30%
  - Mother is a high school graduate: 28%
  - Mother has some college: 27%
  - Mother is a college graduate: 21%

- **Had no regular doctor**
  - Mother has not completed high school: 20%
  - Mother is a high school graduate: 17%
  - Mother has some college: 16%
  - Mother is a college graduate: 12%

Louis Harris and Associates, Inc.*
Minority Girls Less Likely to Have a Regular Source of Care

Percent of girls who do not have a regular doctor

- White: 13%
- Black: 21%
- Hispanic: 20%
- Asian American: 26%

Louis Harris and Associates, Inc.*
Abused Girls and Girls with Depressive Symptoms Are at High Risk of Access Barriers

Percent of girls who had an instance of not getting needed care

<table>
<thead>
<tr>
<th>Depressive Symptoms</th>
<th>Physical or Sexual Abuse</th>
</tr>
</thead>
<tbody>
<tr>
<td>Has symptoms</td>
<td>44</td>
</tr>
<tr>
<td>Few or none</td>
<td>20</td>
</tr>
<tr>
<td>Abused</td>
<td>45</td>
</tr>
<tr>
<td>Not abused</td>
<td>21</td>
</tr>
</tbody>
</table>

Louis Harris and Associates, Inc.
Gaps Exist Between What Girls Believe Doctors Should Discuss and What Doctors Have Discussed

Louis Harris and Associates, Inc.
Abused Girls or Girls with Depressive Symptoms Often Embarrassed to Talk to Their Doctor

Percent of girls who have had a time when they were too embarrassed or uncomfortable to discuss problems with physicians

![Bar chart showing percent of girls who were too embarrassed or uncomfortable to discuss problems with physicians]

Abused: 52%
Not abused: 32%
Depressive symptoms: 51%
No depressive symptoms: 31%

Louis Harris and Associates, Inc.
Girls Often Prefer Female Doctors and Want to Talk Privately to Doctors, Without Parents

Louis Harris and Associates, Inc.
Girls’ Preferences for Doctors Are Not Always Met

Percent of girls

- Prefer a female doctor: 51%
- Doctor is female: 33%
- Doctor is male and prefer female: 34%

Louis Harris and Associates, Inc.*