FACT SHEET:
First Botswana Youth Risk Behavioural Surveillance Survey Among 10-19 years old Students

The Botswana Youth Risk Behavioural Surveillance Survey (BYRBSS) monitors key categories of knowledge, attitudes, and health risk behaviours, including tobacco, alcohol, and drug use; violence; sexual behaviour, HIV testing and prevention, nutrition and physical activity and personal hygiene.

Why a behavioural surveillance survey among school youth?

- Nearly half of Batswana are below 19 years; HIV prevalence among youth ages 10-19 years is 3.5%.
- Almost 70% of youth are enrolled in primary or secondary schools. This creates a unique opportunity for health education among students to promote behaviours that reduce the risk of HIV infection and other health problems.
- Understanding and monitoring risk behaviours among this population is essential for designing prevention programs and monitoring their effectiveness.

How was the survey done?

- 145 schools from the 10 Ministry of Education and Skills Development (MOESD) regions participated.
- Students aged 10-19 years in upper primary and secondary schools were eligible. Those who agreed to participate and had parent/guardian consent completed a self-administered survey on a personal digital assistant (PDA).
- Data were weighted to be representative at regional and national levels.
- The survey was sponsored by MOESD with funding from the United States Government through President's Emergency Plan for AIDS Relief (PEPFAR).

Sexual Behaviour

- 20.5% of students had ever had sexual intercourse.
- 8.1% of students had sexual intercourse in the past 12 months prior to the survey
- Of those 20.5% sexually experienced students
  - 19.1% had sexual intercourse for the first time before age 13 years.
  - 55% used a condom the first time they had sexual intercourse.
  - 39.3% had sexual intercourse in the past 12 months.
  - 19.3% had sexual intercourse with two or more people in the past 12 months.
  - 9.4% of girls reported having been pregnant and 8.9% of boys reported having impregnated someone.
Tobacco, Alcohol and Drug Use

- 13.8% of students had ever used snuff
- 18.6% of students had ever smoked a cigarette and 7.1% of students had smoked a cigarette on at least one day during the 30 days prior to the survey (current cigarette use).
- 16.6% of students had ever had at least one drink of alcohol and 7.3% of students reported having had at least one drink of alcohol in the past 30 days (current alcohol use).
- 14.9% of students reported having ever used marijuana, 5.6% had ever used cocaine, 3.7% had ever used ecstasy, and 5.7% had ever used sextasy.

Physical and Sexual Violence

- 40% of students reported having been picked on or bullied during the 30 days prior to the survey.
- 25.1% of students were threatened or injured with a weapon during the 30 days prior to the survey.
- 28.2% of students were involved in a physical fight and had to be treated by a doctor or nurse during the 12 months prior to the survey.
- 13% of sexually experienced students had been raped the first time they had sexual intercourse.
- 12.8% of sexually experienced students were forced to have sexual intercourse during the 12 months prior to the survey.

HIV knowledge and attitudes & Exposure to interventions for HIV Prevention

- 79.3% of students knew that antiretroviral drugs can reduce the risk of mother-to-child transmission of HIV.
- 73.2% of students knew that HIV can be transmitted through breastfeeding.
- 68.6% of students knew that a healthy looking person can be infected with HIV.
- 18.4% of students had a bad attitude towards people living with HIV/AIDS.
- 32% of students had heard about the Window of Hope Life Skills program.

HIV Testing and Self-reported Prevalence of HIV and Sexually Transmitted Infections (STIs)

- 74.1% of students knew where someone could be tested for HIV in their community.
- 24.4% of students have ever been tested for HIV with 4% having tested HIV positive.
- 8% of students were tested for HIV during the 12 months prior to the survey.
- 5.4% of students had had at least one symptom of STIs.
- 26.5% of the sexually experienced students had had at least one symptom of STIs.
Nutrition and Physical Activity

- 47.7% of students went hungry because there was not enough food in their homes during the 30 days prior to the survey.
- 75.5% of students were taught in class about the benefits of healthy eating.
- 61.1% of students were taught in class about healthy weight.
- 47.7% of students always washed their hands before eating.
- 52.9% of students always washed their hands after using a toilet.
- 33.3% of students always used soap when washing their hands.
- 89.3% of students brushed their teeth daily.
- 10.4% of students did not participate in a physical activity outside school.

Methods

Sampling: For the First Botswana YRBSS, the sampling frame consisted of all public upper primary (Standard 5-7) and secondary (Form 1-5) schools in Botswana. The survey used a two-stage cluster sample design to generate a representative sample of students aged 10-19 years in public schools across the country.

Data Collection Procedures: Parental consent and student assent were obtained prior to administering the survey. Students responded to the questionnaire using a personal digital assistant (PDA). The survey was anonymous and voluntary and data were weighted to adjust for school and student non-response and to ensure that the reported statistics were representative at the region and national levels.

Accessing the Report

To get a copy of the full report or for any questions related to the report please contact Mr Martin Keabona at 3655400.