


# #RegionVYouthToday

## RISK BEHAVIOR OF YOUNG PEOPLE IN THE BICOL REGION

**PART 1**



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University of the Philippines Population Institute

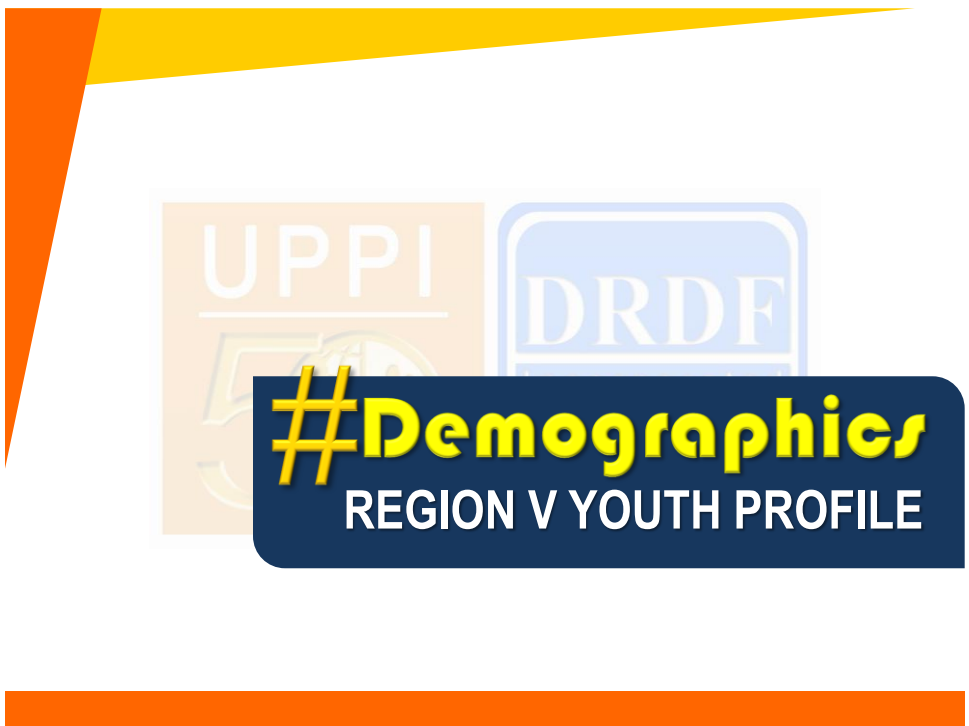
## OUTLINE

### Part 1

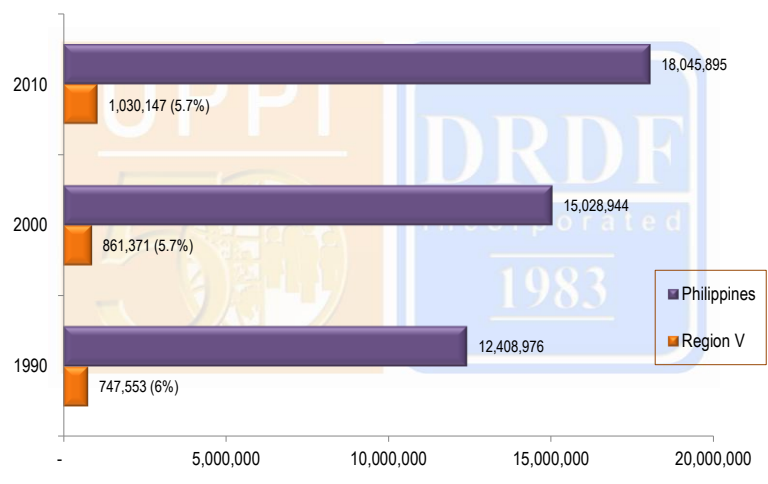
- Demography of the Filipino youth
- The 2013 YAFS Study
- Background characteristics of the youth
- Media exposure
- Nonsexual risk behaviors
- Sources of information about sex and reproduction
- Summary

### Part 2

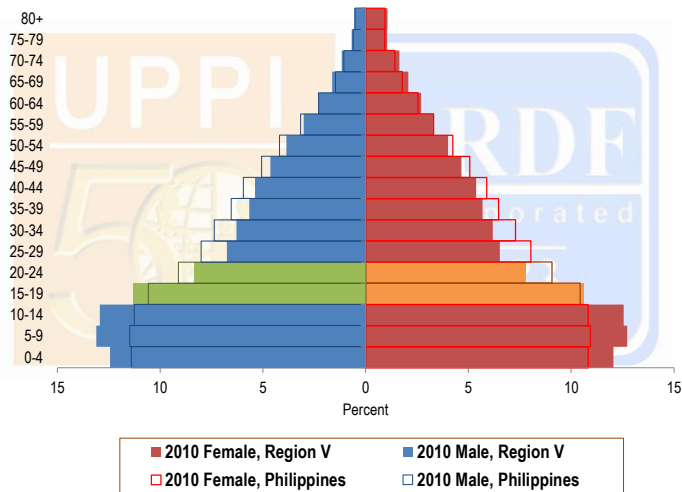
- Sex and media
- Sexual activities
- Teenage fertility
- Knowledge of HIVs/STDs
- Summary and conclusions



**Number and percent of youth population:  
Philippines and Region V**



## Young population in Region V and in the Philippines as a whole



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A graphic featuring the logos of the University of the Philippines Population Institute (UPPI) and the Demographic Research and Development Foundation, Inc. (DRDF). Below the logos is a dark blue banner with the text "#YAFS4 THE 2013 YAFS STUDY" in yellow and white. The graphic is set against a background of yellow and orange geometric shapes.

## Background

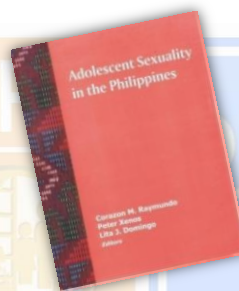
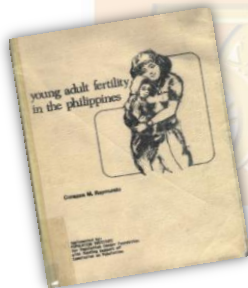
- 4<sup>th</sup> in a series of nationally-representative surveys on Filipino youth 15-24 years old
- Jointly implemented by the
  - Demographic Research & Development Foundation (DRDF)
  - University of the Philippines Population Institute (UPPI)
- Funded by The Australian Government, UNFPA, Department of Health, Philippine Council for Health Research and Development (PCHRD)

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## Predecessor surveys

**1982 YAFS**  
(5,240 female respondents)



**1994 YAFS**  
(10,879 male and female respondents)

**2002 YAFS**

(19,728 male and female respondents)



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## General objective of YAFS4

- To provide updated information on a broad framework of adolescent sexuality and reproductive health issues, their antecedents, and manifestations that will be useful in the design of interventions to safeguard the health and welfare of Filipino youth

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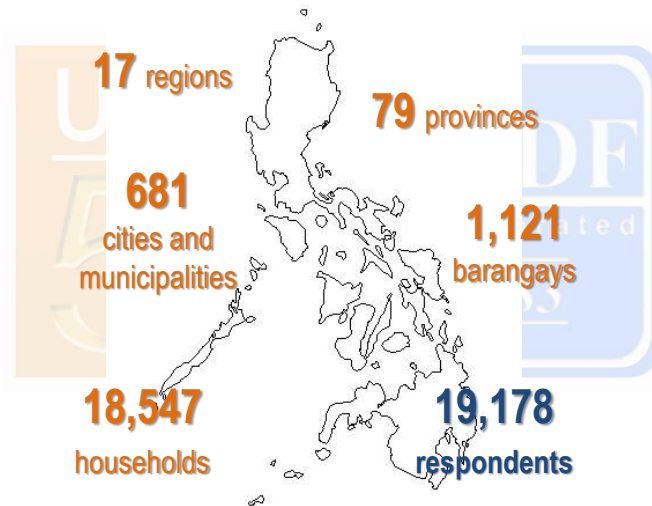
## Survey design

- Sampling design: Multistage stratified random sampling
- Sampling domain: Region
- Sample size per region: About 1,000 respondents
- Respondents: 15-24 years old single and married males and females

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## National coverage of YAFS4



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## Survey instruments

- 10 survey instruments
  - Household Form
  - 8 Individual Questionnaires for the youth respondents
    - 4 Main Questionnaires (Single Female, Married Female, Single Male, Married Male)
    - 4 Muslim Questionnaires (Single Female, Married Female, Single Male, Married Male)
  - Community Form
- All questionnaires were translated to 6 major languages

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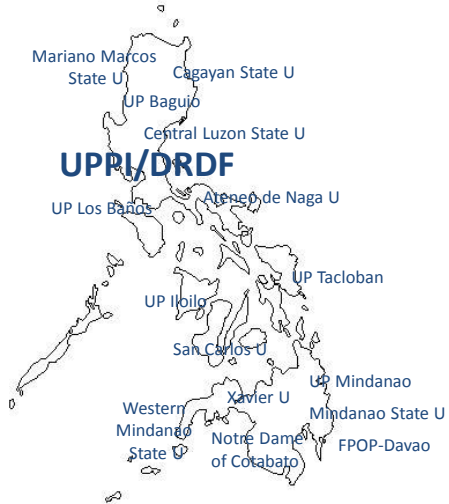
# Main questionnaire contents

- Block A.** Individual characteristics
- Block B.** Family characteristics and relationships
- Block C.** Self-esteem and values
- Block D.** School, work and community
- Block E.** Media
- Block F.** Friends and peers
- Block G.** Health and lifestyle

- Block H.** Marriage
- Block I.** Puberty, dating and sex
- Block J.** Fertility and contraception
- Block K.** Knowledge and attitudes towards marriage, sex and related issues
- Block L.** Reproductive health

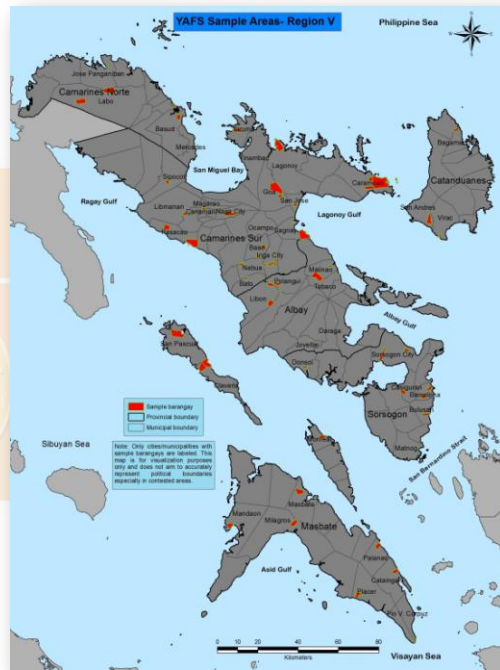
# Field implementation

- Fieldwork was conducted in January to May 2013
- Regional network of research and academic institutions were involved in the data collection



## Coverage of YAFS4 in Region V

All 6 provinces  
47 cities and municipalities  
66 barangays  
1,400 households  
1,010 youth respondents

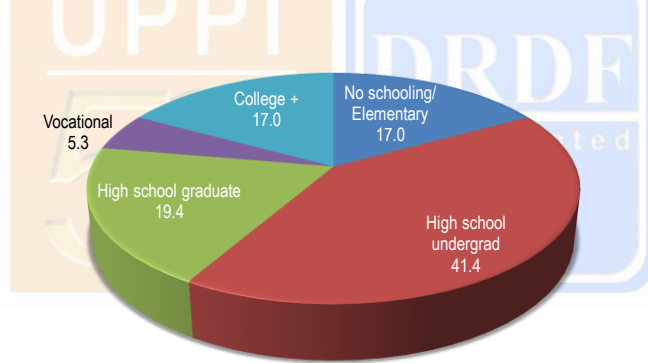


**#RegionVProfile**  
BACKGROUND CHARACTERISTICS



# Education profile of Region V youth

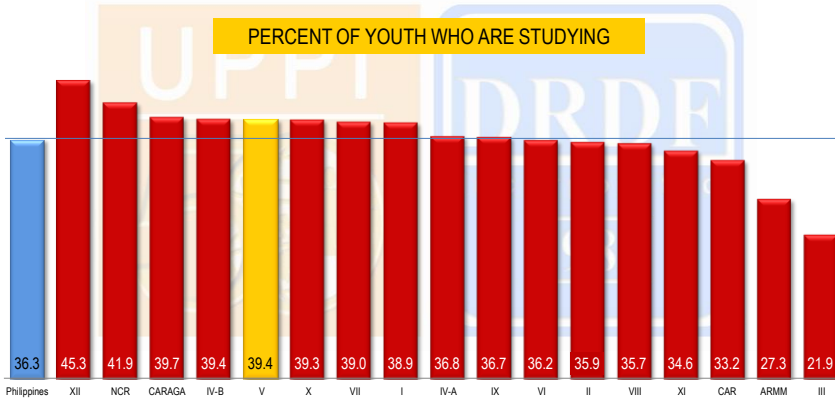
PERCENTAGE DISTRIBUTION OF YOUTH BY HIGHEST EDUCATIONAL ATTAINMENT



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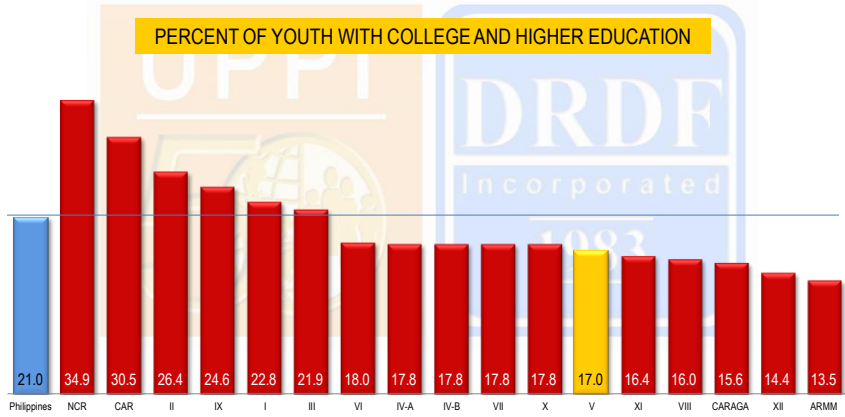
# Region V has the 5<sup>th</sup> highest proportion of studying youth



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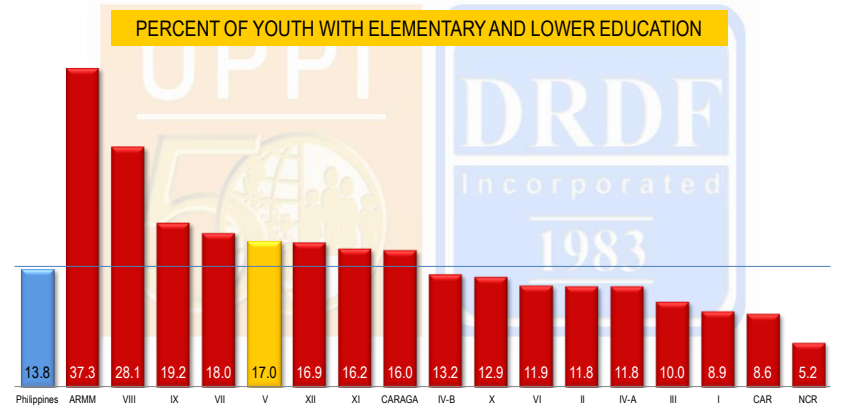
... But proportion of youth with college and higher education is relatively low



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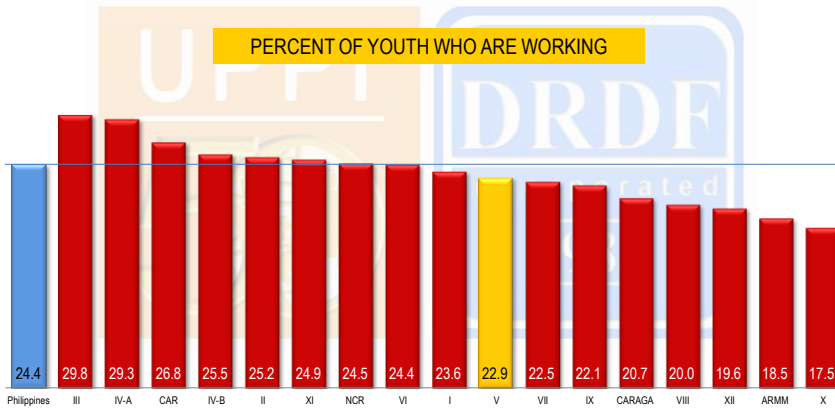
Region V also has the 5<sup>th</sup> highest proportion of youth with elementary and lower education



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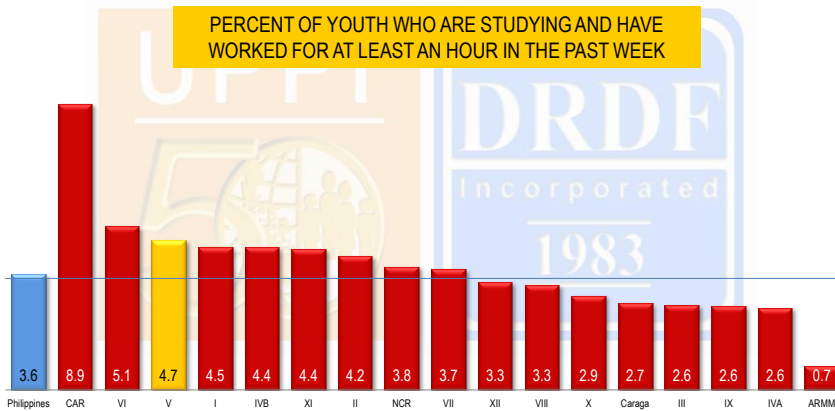
## More than 1 in 5 youth are working



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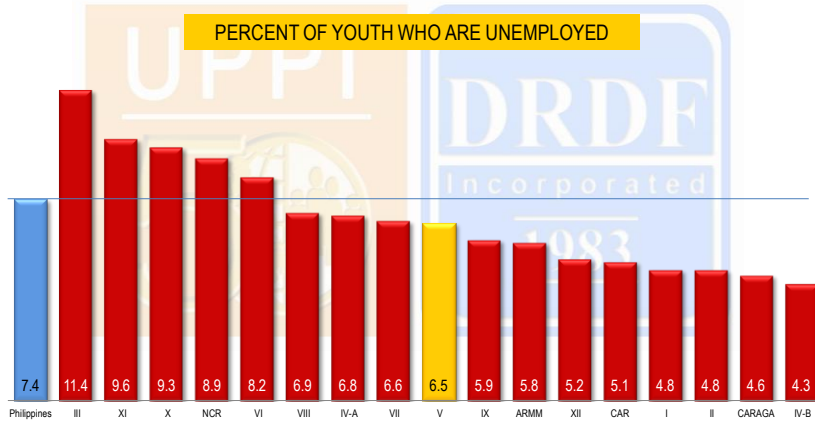
## Region V has the 3<sup>rd</sup> highest proportion of youth who are working students



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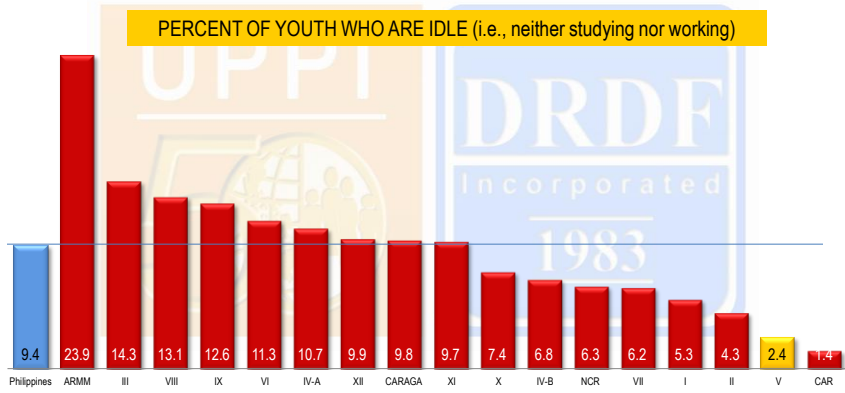
## Unemployment among the youth is below the national average



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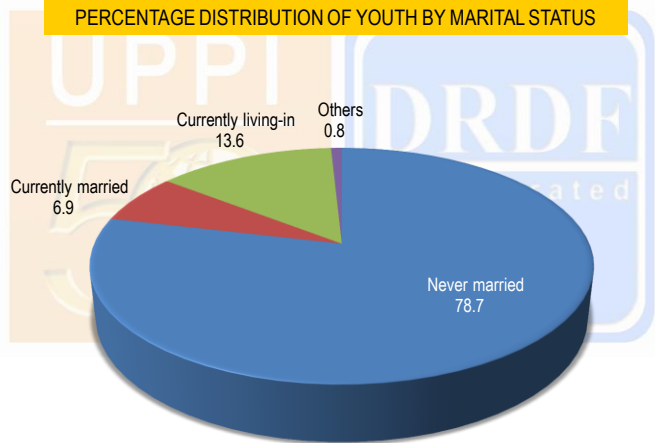
## Proportion of youth who are idle is 2<sup>nd</sup> lowest in the country



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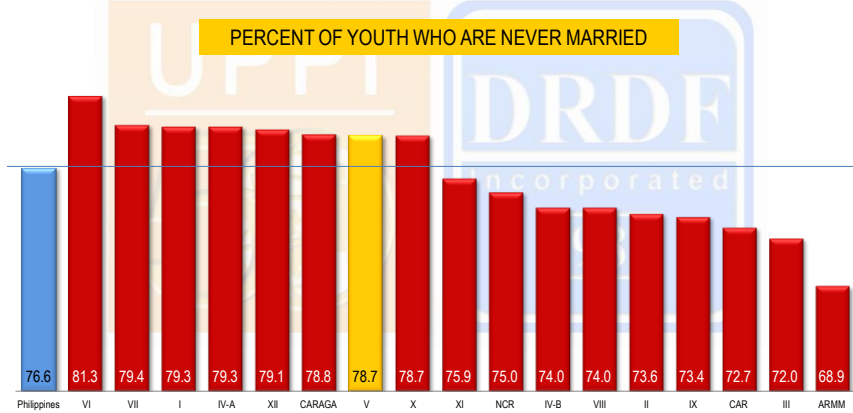
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# Marital status of Region V youth



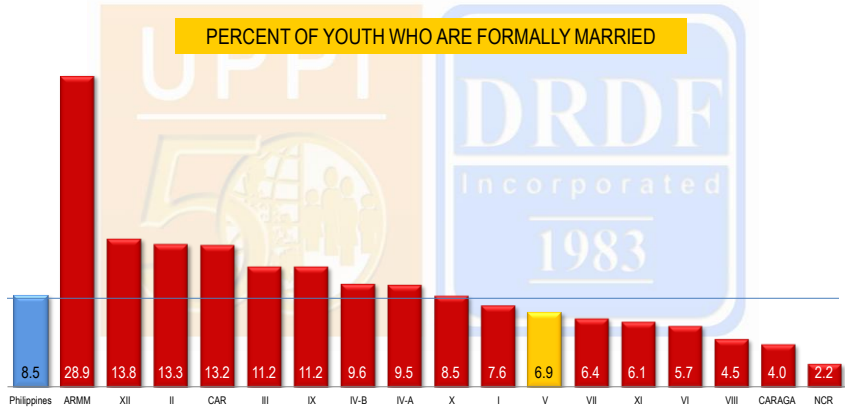
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# More than 3 in 4 youth are never married



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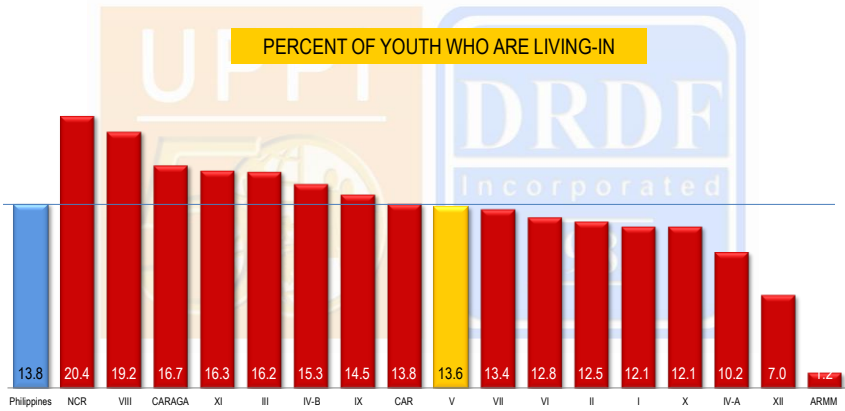
**Proportion of youth who are formally married is below the national average**



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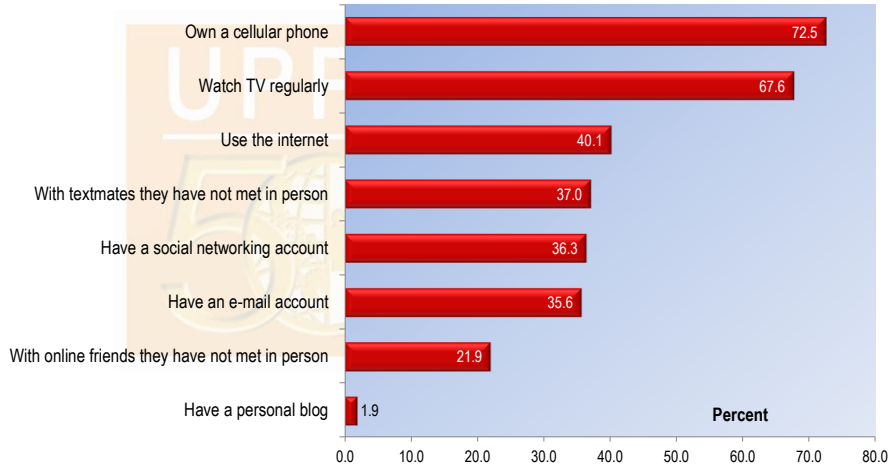
**Nearly 1 in 7 youth is in a live-in arrangement**



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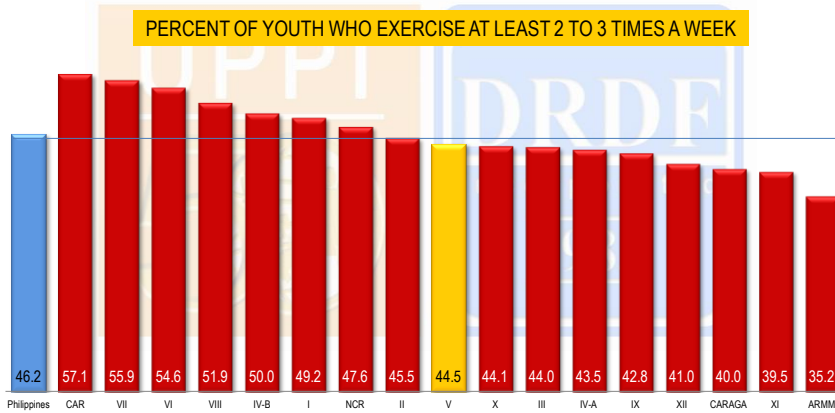
## Region V youth are digitally wired



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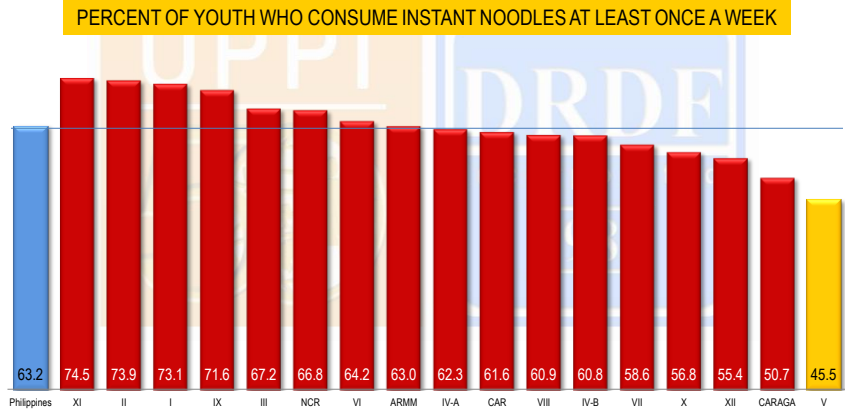
## Proportion of Region V youth who exercise at least 2 to 3 times a week is below the national average



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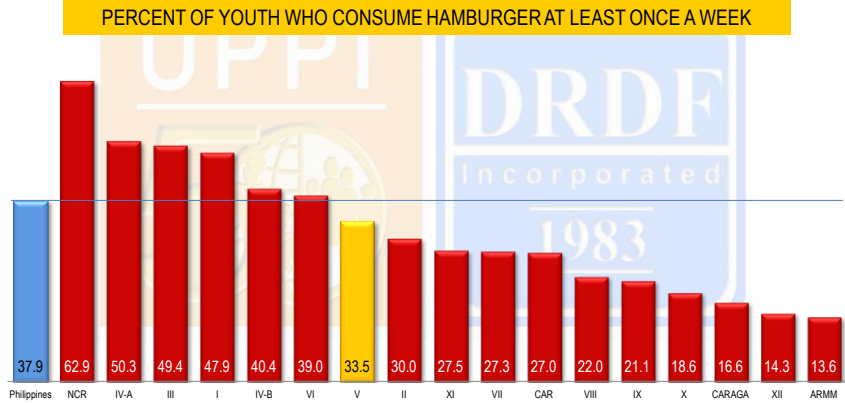
## Consumption of instant noodles is lowest among Region V youth



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## 1 in 3 youth consumes hamburger at least once a week

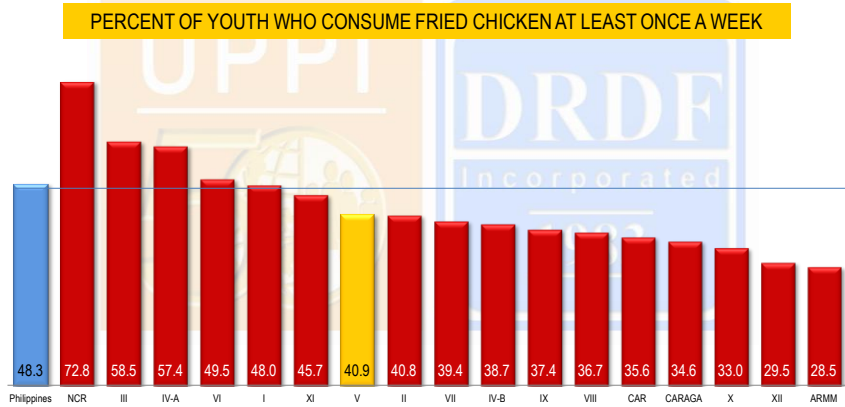


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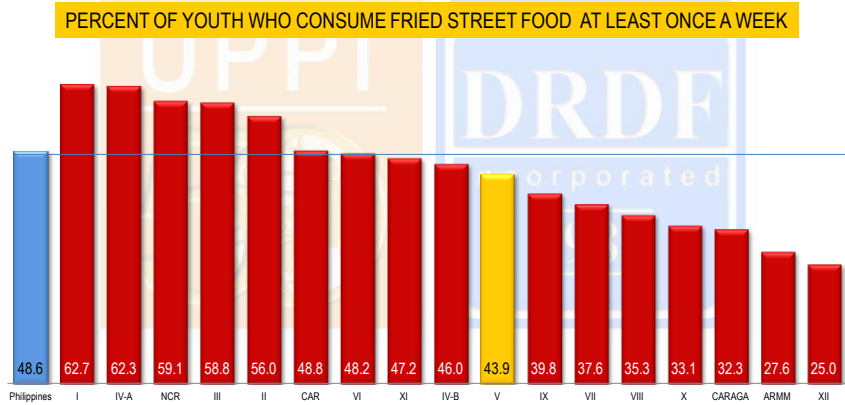
## 2 in 5 youth eat fried chicken at least once a week



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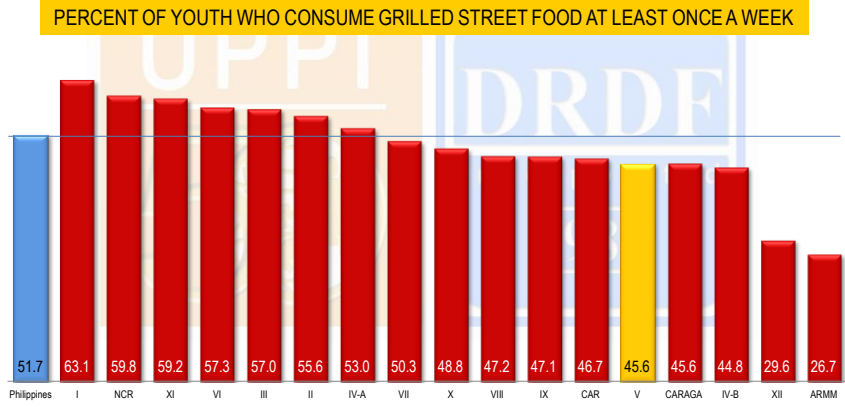
## More than 2 in 5 youth eat fried street food at least once a week



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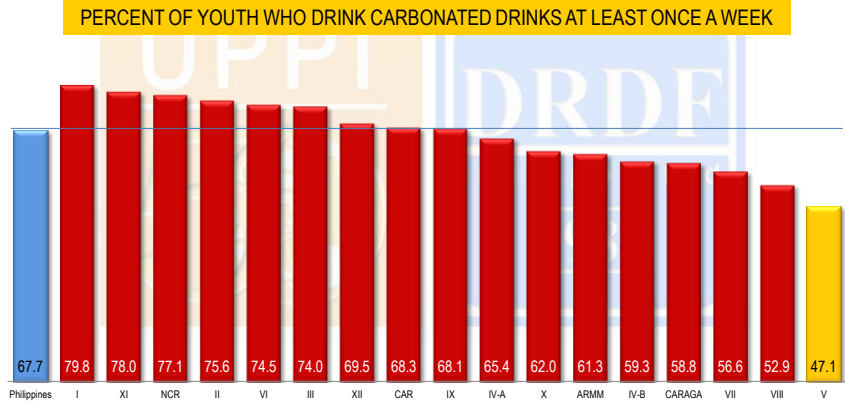
## More than 2 in 5 youth eat grilled street food at least once a week



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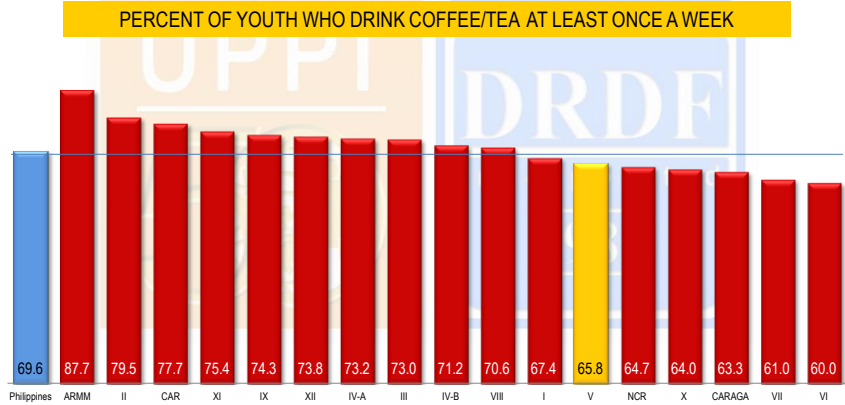
## Drinking carbonated drinks is least popular among Region V youth



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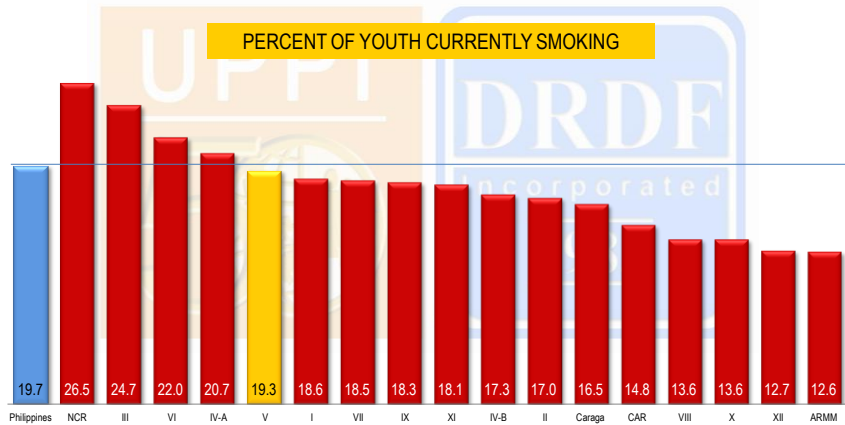
**More than 3 in 5 youth  
drink coffee/tea at least once a week**



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**#BisyoAtbp**  
NONSEXUAL RISK BEHAVIOR

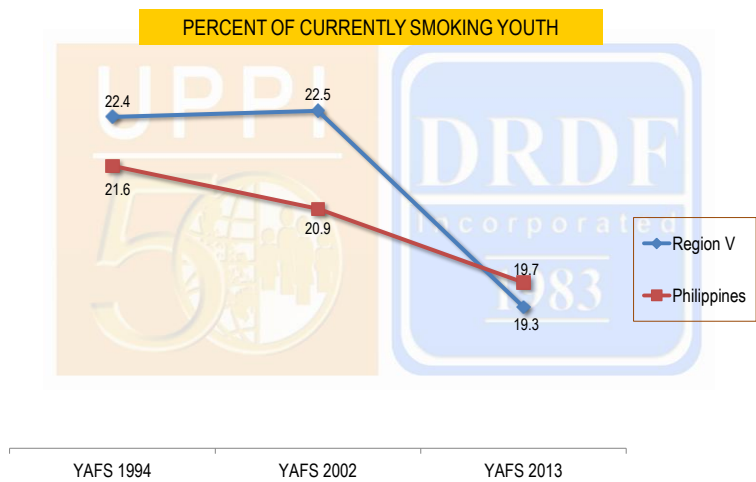
**Region V has the 5<sup>th</sup> highest proportion of youth who are currently smoking**



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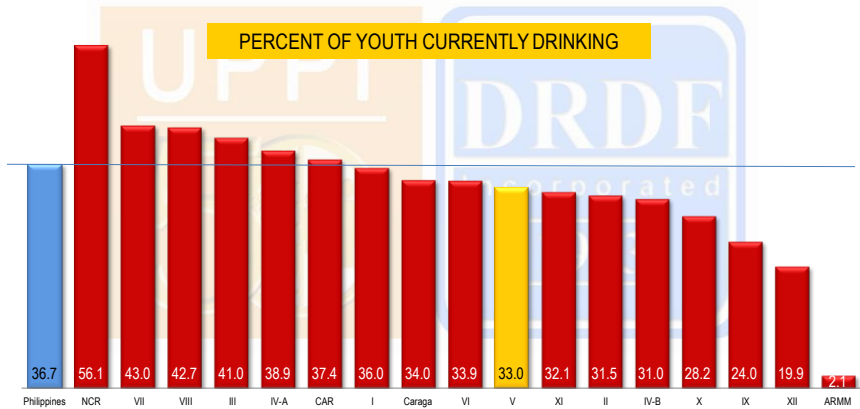
**Declining proportion of currently smoking youth**



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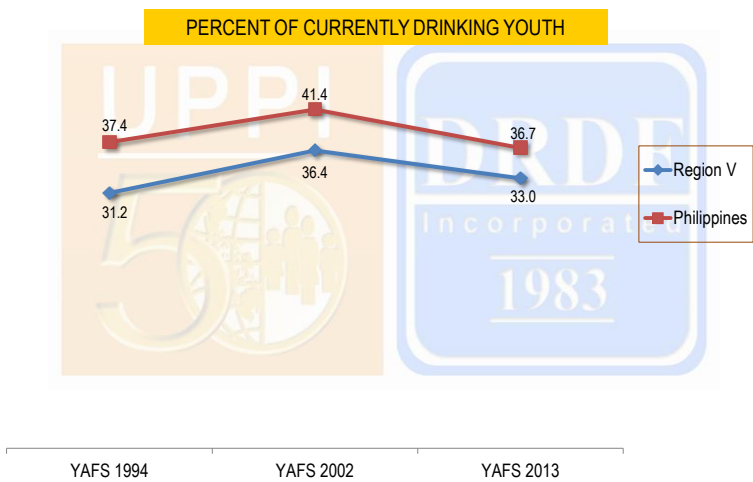
# 1 in 3 youth is currently drinking



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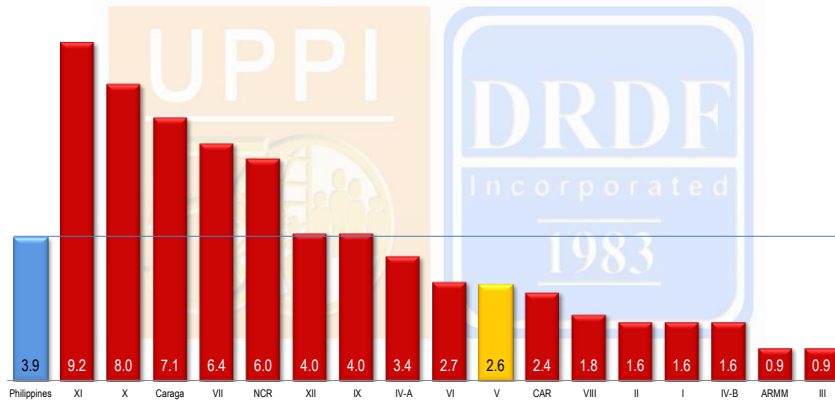
# The region's proportion of youth who are currently drinking is also declining



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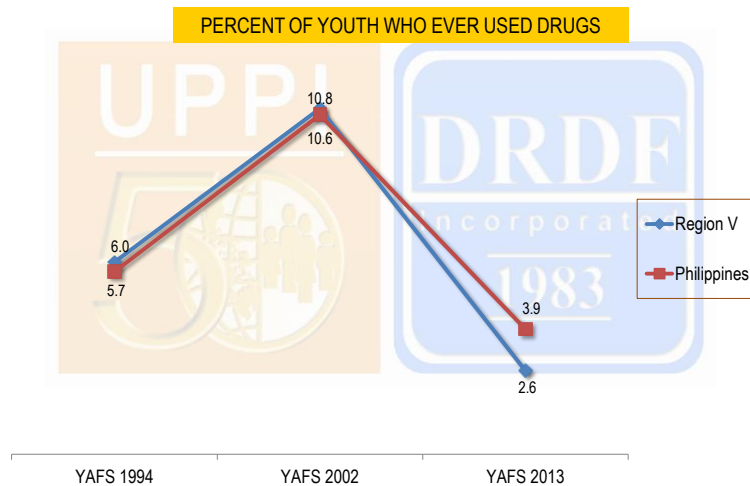
## Nearly 3 in 100 youth have ever used drugs



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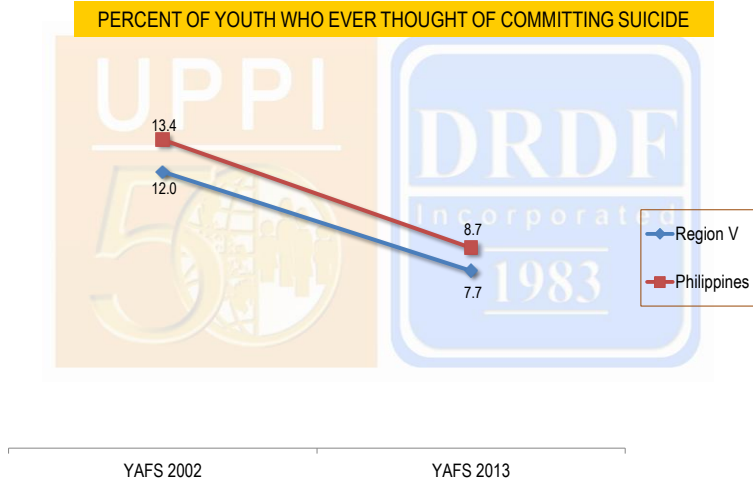
## Sharp decline in the proportion of youth who ever used drugs



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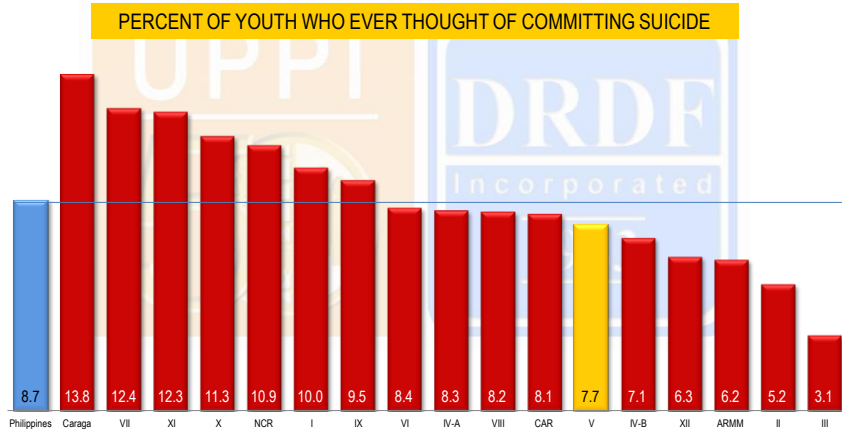
Between 2002 and 2013, the proportion of youth who ever thought of committing **suicide** declined



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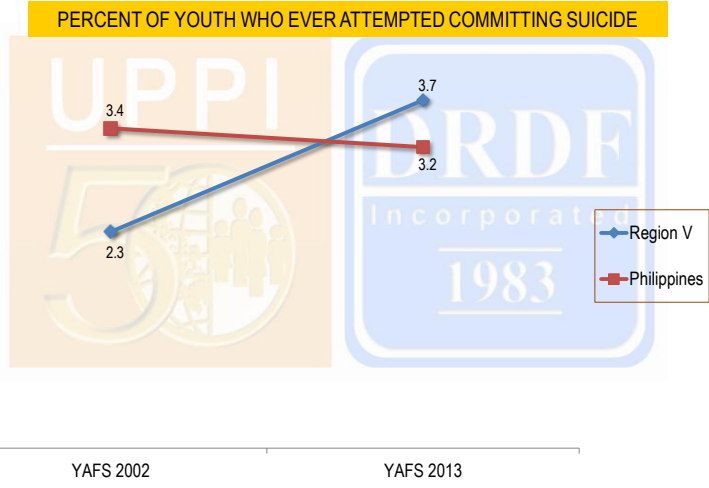
Proportion of Region V youth who considered suicide is below the national average



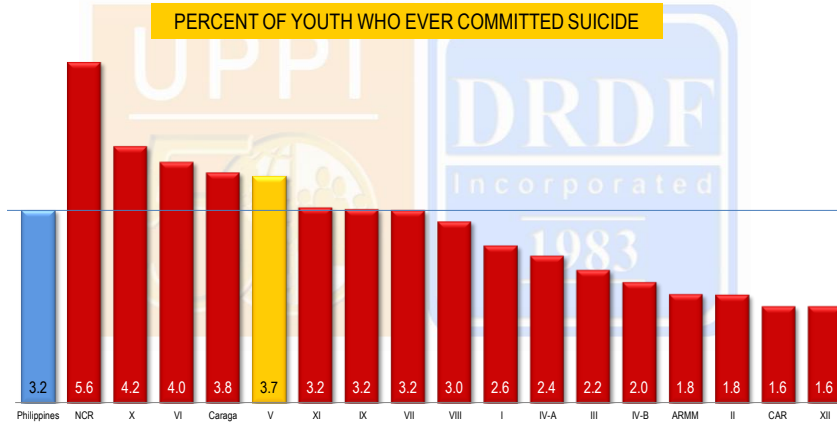
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**However, the proportion of youth who attempted suicide has sharply increased**

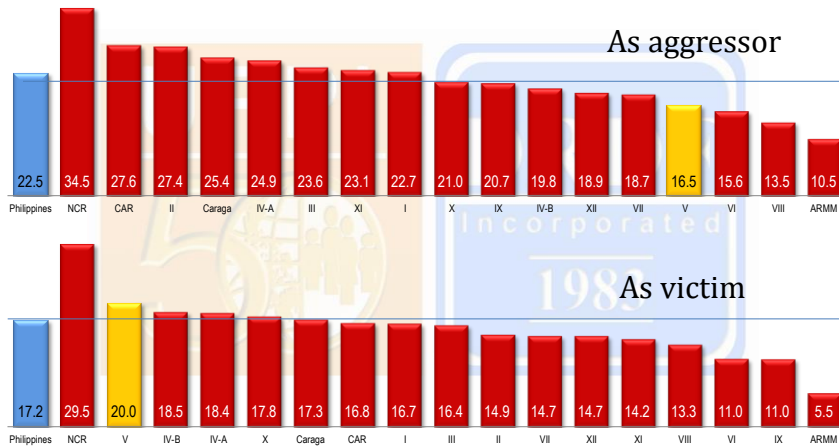


**Region V has the 5<sup>th</sup> highest proportion of youth who attempted suicide**





**Proportion of Region V youth who have been aggressors of violence is the 4<sup>th</sup> lowest in the country, but the proportion of victims is the 2<sup>nd</sup> highest**

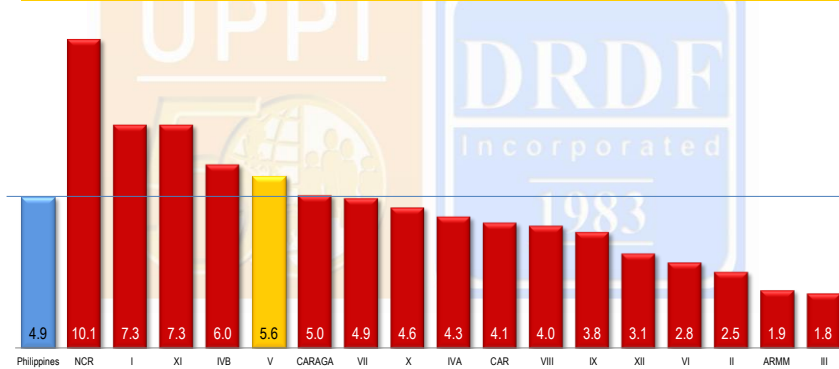


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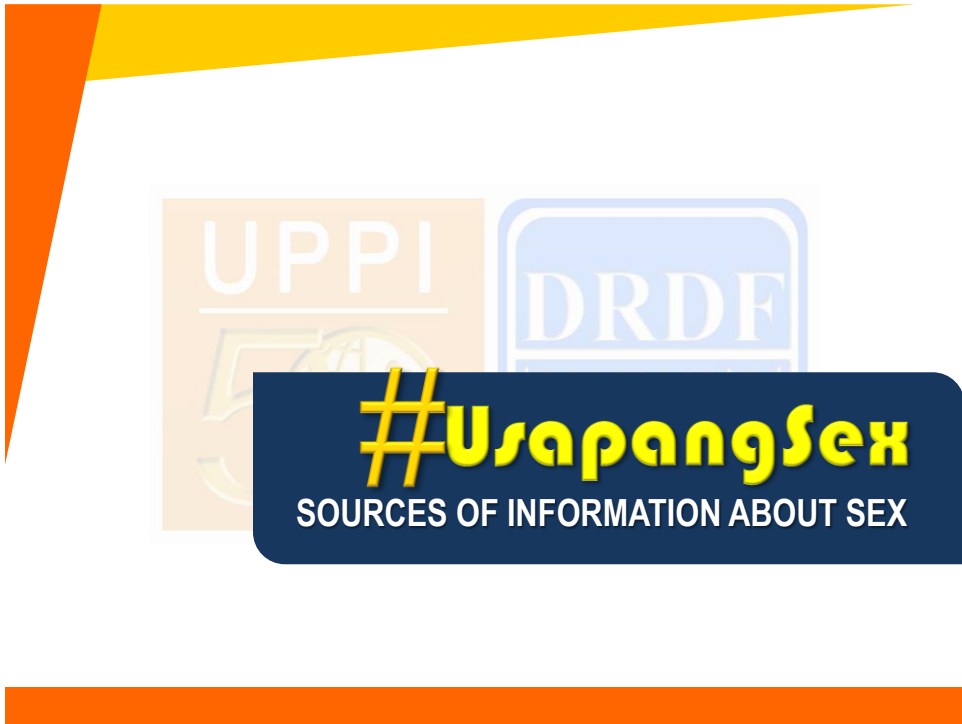
**Region V also has the 5<sup>th</sup> highest proportion of youth who experienced harassment with the use of technology**

PERCENT OF YOUTH WHO EXPERIENCED HARASSMENT WITH THE USE OF TECHNOLOGY

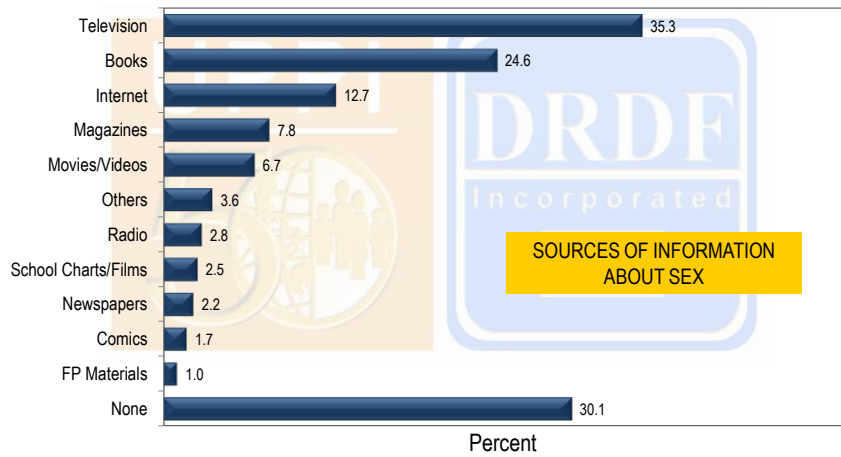


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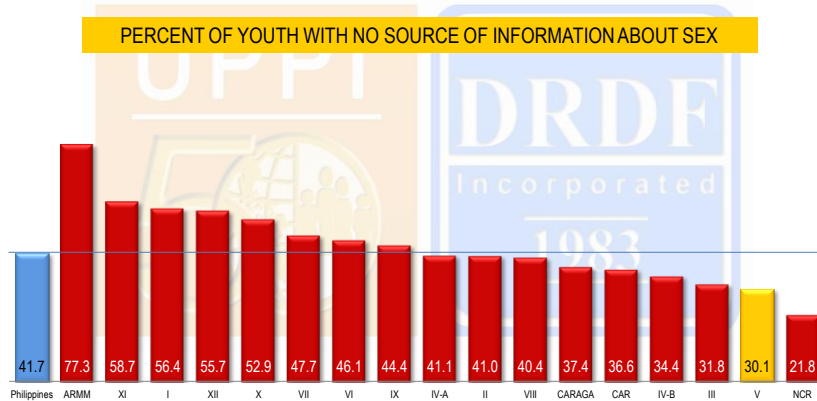
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**TV and books are the most popular sources of information about sex; 3 in 10 Region V youth have no source of information about sex**



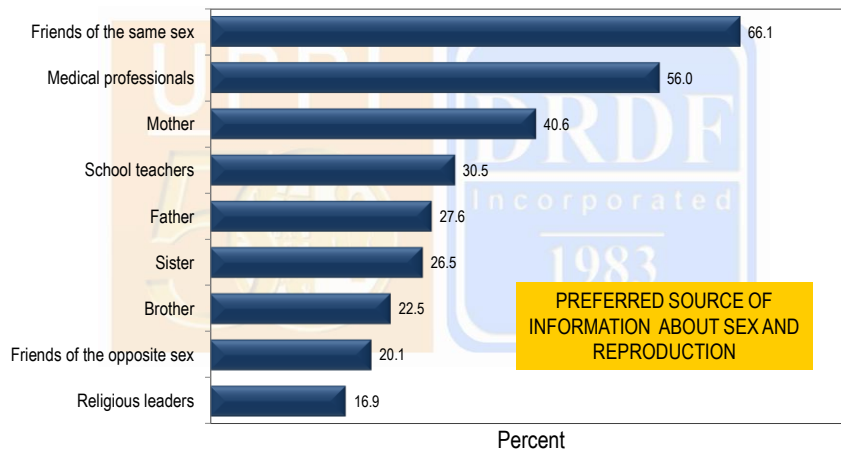
**Proportion of youth without any source of information about sex is 2<sup>nd</sup> lowest in the country**



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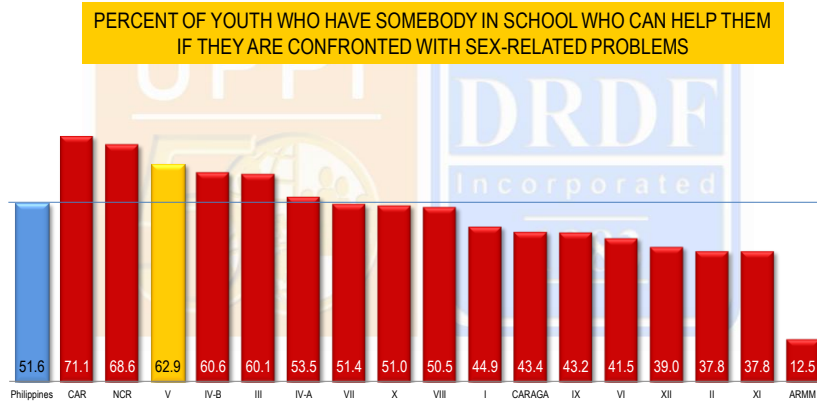
**Friends of the same sex and medical professionals are Region V youth's most preferred sources of information about sex and reproduction**



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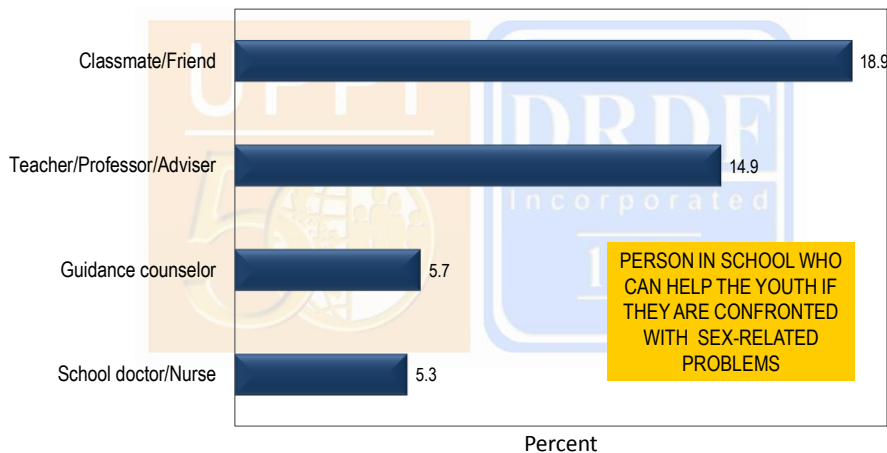
**Proportion of youth who can find help in school regarding sex-related problems is 3<sup>rd</sup> highest in the country**



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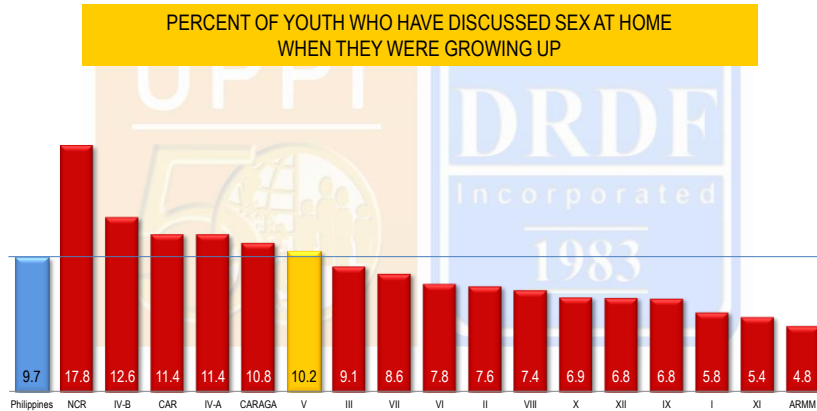
**Most Region V youth identified their classmates/friends as the persons who can help them if they have any sex-related problem**



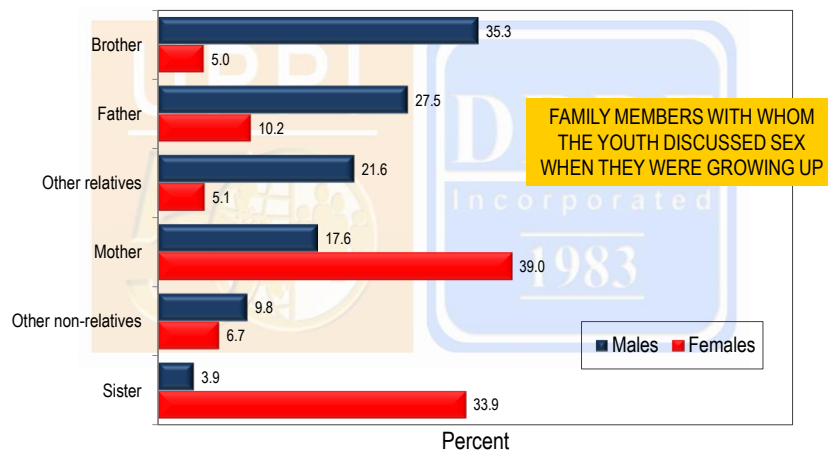
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## Only 1 in 10 Region V youth has discussed sex at home while growing up



## Most discussions of sex at home are between mothers and daughters, and brothers



## SUMMARY

### Profile of Region V youth

- Proportion studying is 5<sup>th</sup> highest in the country, but % with elementary and lower education is the 5<sup>th</sup> highest while % with college and higher education is relatively low
- 22.9 percent are working which is below the national average
- 4.7 percent are working students, the 3<sup>rd</sup> highest in the country
- However, % unemployed is below the national average and % who are idle is the 2<sup>nd</sup> lowest in the country
- 6.9 percent are formally married, while 13.6 percent are living-in

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## SUMMARY

### Media exposure of Region V youth

- Very high use of new information technology
  - Use the internet: 40.1%
  - With a social media account: 36.3%
  - With an email account: 35.6%
  - With online friends who have not met personally: 21.9%
  - Own a cellular phone: 72.5%
  - With textmates they have not met personally: 37%

### Health and lifestyle of Region V youth

- 44.5% exercise at least 2-3 times a week
- High consumers of unhealthy foods and drinks

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## SUMMARY

### Non-sexual risk behaviors of Region V youth

- Decreasing and below-national average % who are into smoking, drinking, and drugs
  - currently smoking (19.3%)
  - currently drinking (33%)
  - Ever used drugs (2.6%)
- Proportion who ever thought of committing suicide (7.7%) is among the lowest in the country
- But the proportion who ever attempted suicide (3.7%) is the 5<sup>th</sup> highest in the country
- Proportion who have been victims of violence and harassment is also among the highest

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## SUMMARY

### Sources of information about sex of Region V youth

- Most rely on TV, books, and the internet for information about sex
- Friends (particularly of the same sex), medical professionals, and mothers are the persons they will turn to if they have questions about sex or confronted with any sex-related problem
- The substantial proportion (30%) who rely on themselves for information about sex is a cause for concern
- Very little discussion of sex at home
  - Most discussions of sex at home transpire between brothers, and mothers and daughters

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