

# An Update on Girls in San Francisco: A Decade of Success and Challenges



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### **Mission**

The San Francisco Commission and Department on the Status of Women promotes equitable treatment and fosters the advancement of women and girls throughout San Francisco through policies, legislation, and programs, both within City and County government and in the private sector.

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# Executive Summary

This report follows up on *A Report on Girls in San Francisco, Benchmarks for the Future (2003)*. It looks at emerging trends in the lives of girls today and reexamines key findings. Using the 2003 *Girls Report* as a baseline, we have seen many improvements in the lives of youth in San Francisco, especially for girls, over the past decade. Yet disturbing trends remain that demand attention and redoubled efforts in order to ensure positive change over the next decade.

For this update, the Department on the Status of Women relied on existing research from local, state, and national sources. The *Update on Girls in San Francisco* focuses on a few key areas in young people's lives, based on core principles of the UN Convention on the Elimination of All Forms of Discrimination Against Women (CEDAW)—the right to health, the right to live a life free of violence, and the right to education.<sup>1</sup> Below are highlights from each section.

## Demographics

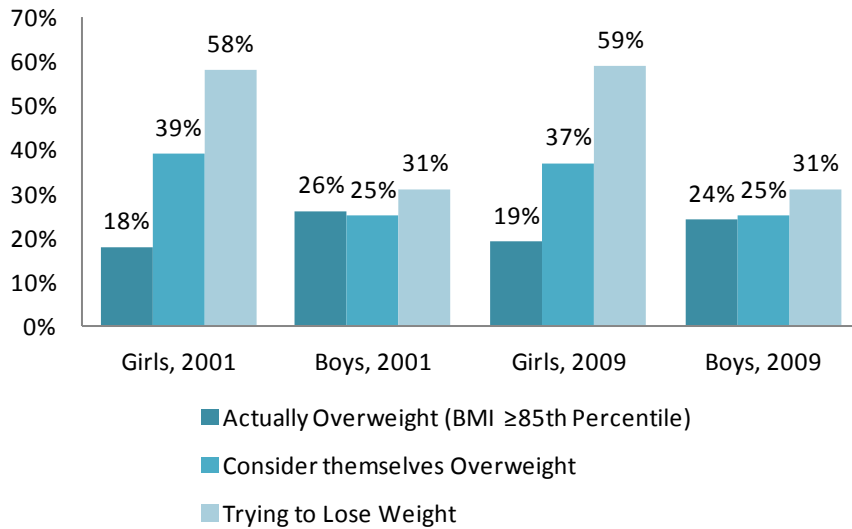
In the past 10 years, the San Francisco girl population has been shrinking, especially among African American girls, which were only 7% of the total girl population in 2010. Yet African American girls continue to make up more than half of all girls in foster care and in the juvenile justice system, respectively. Hispanic/Latina representation in foster care and the juvenile justice system has also increased in the past decade. A review of practices is needed as to why these two populations continue to be overrepresented in these two systems.

## Health

We have seen a dramatic 51% decrease in teen pregnancy from 2000 to 2010. Both Hispanic/Latina (52%) and African American girls (26%) continue to have high pregnancy rates. STDs have also remained consistently high for girls. The percent of girls and boys in 5th, 7th, and 9th grades who are *not* physically fit has increased by at least 10% over the past 10 years. In 2009, 19% of San Francisco public high school girls were overweight, yet 37%, almost double, considered themselves overweight, and almost 60% were trying to lose weight. This trend was not true for boys. The continued trend of girls trying to lose weight even when they are not overweight is unhealthy and can be tied to the media's obsession with body image. Media literacy groups working to dispel myths and encourage healthy self-image, such as MissRepresentation.org and About Face, should be supported.

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<sup>1</sup> In 1998, San Francisco became the first city in the world to enact a local ordinance reflecting the principles of CEDAW, a UN bill of rights for women that has been adopted by 187 countries, with the notable exception of the United States.



### Weight Perceptions among San Francisco High School Students, 2001<sup>2</sup> and 2009<sup>3</sup>

#### Safety

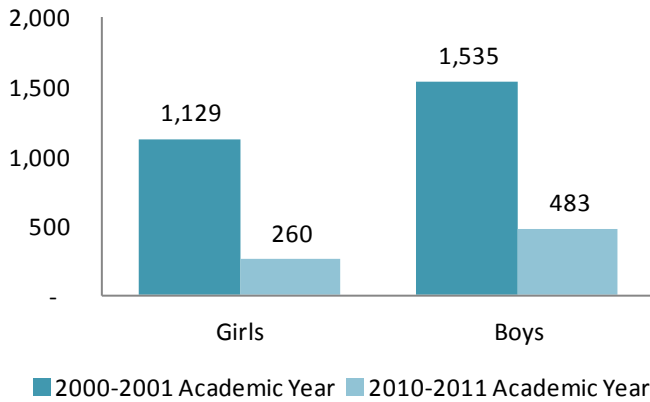
Compared to 10 years ago, fewer girls are in physical fights at school or skip school because they feel unsafe, yet these issues continue to be important, especially among Hispanic/Latina girls, who experienced bullying and violence at school at higher rates than girls in general. In 2009, 10% of all girls and 15% of Hispanic/Latina girls reported having experienced violence on school grounds. The rate of girls experiencing dating violence and rape remains unacceptably high at 7%. Girls’ services in this area should be reexamined to see what is working best or what other practices are needed to address these concerns.

#### Education

San Francisco girls’ enrollment in science, technology, engineering, and mathematics (STEM) classes has remained low and declined precipitously over the past decade. Enrollment in Computer Science classes has dropped the most dramatically. The total student enrollment in Computer Education classes in San Francisco public schools dropped 72% from 2000 to 2010. For girls alone, the drop was 77%. A focus on what strategies work to both attract girls of all racial and ethnic backgrounds to take technology and other STEM classes, and how to help them succeed in these subjects is critical to the future success of girls in this field. The San Francisco Unified School District, with the support of the City and County of San Francisco, should create a new STEM partnership with San Francisco and Silicon Valley companies to improve this situation. Future economic development packages should include an investment in STEM education with a focus on the participation of girls in San Francisco.

<sup>2</sup> Centers for Disease Control and Prevention, “YRBSS - United States, 2001: Table 35,” page 55.

<sup>3</sup> Centers for Disease Control and Prevention, “YRBSS - United States, 2009: Table 91,” page 128.



**Enrollment in Computer Education Courses in San Francisco by Gender, 2000-2001 and 2010-2011<sup>4</sup>**

**Conclusion**

This *Update on Girls in San Francisco: A Decade of Success and Challenges* is only part of the steps necessary to improve the lives of young people. We welcome further insights and research, and look to community partners, educators, researchers, and policy makers to help change the course for the next generation of girls in San Francisco.

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<sup>4</sup> California Department of Education, DataQuest, “Course Enrollments by County (2000-01).” and Department of Education, DataQuest, “Course Enrollments by County (2010-01).” <<http://dq.cde.ca.gov/dataquest/page2.asp?level=County&subject=Course&submit1=Submit>>

# Introduction

## ***Report on Girls in San Francisco***

In 2003, the Commission and Department on the Status of Women published *A Report on Girls in San Francisco: Benchmarks for the Future*. The report included information on economics, education, health, safety and violence, and criminal justice among girls in San Francisco. The publication created a set of benchmarks that could be used as a point of comparison in future studies. Disaggregated data was also collected based on the San Francisco CEDAW Ordinance, a human rights treaty for women and girls, which urges the collection of demographic information based on sex, race, and other identities, such as immigration status, language, sexual orientation, disabilities, and age.<sup>5</sup>

There were many challenges to collecting information for the first publication due to many institutions not making a distinction between girls and boys in their data collection practices. The major result of failing to disaggregate data based on gender is that little is known about how the political, social, physical, and economic state of girls differs from that of boys. Even when information specific to girls existed, it was often scattered among various government and private agencies and difficult to access; this problem is still often the case.

The purpose of this updated report is to illustrate the progress of girls in San Francisco over the past decade, identify challenges and areas that still need to be improved, and provide disaggregated information on girls that may be useful to local organizations, government agencies, and individuals. In addition, we highlight areas where San Francisco girls are excelling.

## **Methodology**

Since the first report in 2003, much new information on San Francisco girls has become available on accessible internet databases. This updated report relies heavily on data from the 2010 US Census, US Census 2010 American Community Survey, California Department of Education DataQuest, the Centers for Disease Control and Prevention Youth Risk Behavior Surveillance Survey (YRBSS), and the California Department of Education Physical Fitness Test Results. Each website has been verified as of May 2012. We have been able to compare this new information from 2008-2011 to data in the first *Report on Girls*, which presented statistics from the late 1990s and first few years of the 21<sup>st</sup> century. While most of this report focuses on girls in middle or high school (ages 11-18), we also provide additional general demographic data on younger girls.

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<sup>5</sup> City and County of San Francisco, Ordinance 128-98, Chapter 12K, "CEDAW," approved on April 13, 1998. The original Ordinance was subsequently amended by Ordinance 35-000, File No. 001920 on December 28, 2000. The revision was entitled "SF CEDAW Ordinance, City and County of San Francisco, Local Implementation of the United Nations Convention on the Elimination of All Forms of Discrimination Against Women (CEDAW)."



## Health, Safety, and Education

While the first *Report on Girls* discussed a variety of topics, this update focuses on three main issues in this publication: San Francisco girls' right to health, right to safety, and right to education, particularly in math, science, and technology. These three topics were chosen based on the significant ways access to health, safety, and education impact girls' lives today and their success in the future. Childhood health can predict health status as an adult—an obese child is more likely to be an obese adult and have health problems such as coronary heart disease.<sup>6</sup> The trauma caused by a lack of safety in the home and at school can have many implications for girls—children who are sexually abused often have behavioral problems, like aggression, and problems with substance abuse.<sup>7</sup> Education also has great implications for girls' futures—research shows that interest in science, technology, engineering, and math (often called STEM) fields is developed early in life.<sup>8</sup> Without encouragement as children, girls are less likely to pursue relatively lucrative STEM careers as adults.<sup>9</sup>

The introductory *Demographics* section provides an overview of the racial, ethnic, and economic diversity of girls living in San Francisco, followed by a closer look at several marginalized groups of girls: those who are homeless, those in foster care, and those in the juvenile justice system. The *Health* section includes data on the physical and mental health of San Francisco girls, including obesity, suicide, substance abuse, and teen pregnancy. The section on *Safety* focuses on dating violence and safety at school, including bullying and weapon use. The *Education* section examines girls' participation and success in STEM subjects. We conclude by highlighting some of the main trends found in each section of the report and gaps that still exist in the research.

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<sup>6</sup> National Heart Lung and Blood Institute, "What are Overweight and Obesity?" <[http://www.nhlbi.nih.gov/health/dci/Diseases/obe/obe\\_risks.html](http://www.nhlbi.nih.gov/health/dci/Diseases/obe/obe_risks.html)>, 2010.

<sup>7</sup> National Center for PTSD, "PTSD in Children and Teens." <<http://www.ptsd.va.gov/public/pages/ptsd-children-adolescents.asp>>, 2011.

<sup>8</sup> American Association of University Women (AAUW), "Why So Few? Women in Science, Technology, Engineering, and Mathematics." <<http://www.aauw.org/learn/research/whysofew.cfm>>, 2010.

<sup>9</sup> *Ibid.*

# Demographics

In this section, we provide an overview of girls in San Francisco between 1999 and 2010. We also include information on several groups of marginalized girls: girls who are homeless or at-risk for becoming homeless, girls who are in the foster care system, and girls in the juvenile justice system.

## General Demographics

The declining San Francisco youth population has been widely acknowledged.<sup>10</sup> Between 2000 and 2010, the total number of children/youth (ages 0-17) in San Francisco decreased from 15% of the population to 13%. Over this period of time, the girl population (ages 0-17) of San Francisco decreased from 55,011 to 52,767, a 4% decrease, while the total San Francisco population increased from 776,733 to 805,235, a 4% increase. While there was also a decrease in the boy population from 2000 to 2010, there were more boys than girls in San Francisco in both years. Adults made up 1% more of the San Francisco population in 2010<sup>11</sup> than they did in 2000.<sup>12</sup> The declining youth population is an issue specific to San Francisco—the youth population in the United States and California grew between 2000 and 2010. The adult population, as a whole, grew at a faster rate, so youth made up a smaller portion of the total national and state population in 2010 than in 2000. However, the girl and youth populations in the United States and California are not declining nearly as dramatically as in San Francisco.

**Table 1: Girls, Boys, and Adults as a Percent of the Total Population in San Francisco, California, and the United States, 2000 and 2010**

	United States <sup>13</sup>		California <sup>14</sup>		San Francisco <sup>15</sup>	
	2000 (%)	2010 (%)	2000 (%)	2010 (%)	2000 (%)	2010 (%)
<b>Girls</b>	13	12	13	12	7	7
<b>Boys</b>	13	12	14	13	7	7
<b>Children</b>	26	24	27	25	15	13
<b>Adults</b>	74	76	73	75	86	87

<sup>10</sup> Joshua Sabatini, “San Francisco Becoming a Child-Free Zone as Youth Population Declines,” *San Francisco Examiner*, March 23, 2011. <<http://www.sfexaminer.com/local/2011/03/san-francisco-becoming-child-free-zone-youth-population-declines>>.

<sup>11</sup> United States Census Bureau, “QTP1: Age Groups and Sex: 2010 (San Francisco County).” <[http://factfinder2.census.gov/faces/tableservices/jsf/pages/productview.xhtml?pid=DEC\\_10\\_SF1\\_QTP1&prodType=table](http://factfinder2.census.gov/faces/tableservices/jsf/pages/productview.xhtml?pid=DEC_10_SF1_QTP1&prodType=table)>.

<sup>12</sup> United States Census Bureau, “QTP1: Age Groups and Sex: 2000 (San Francisco County).” <[http://factfinder2.census.gov/faces/tableservices/jsf/pages/productview.xhtml?pid=DEC\\_00\\_SF1\\_QTP1&prodType=table](http://factfinder2.census.gov/faces/tableservices/jsf/pages/productview.xhtml?pid=DEC_00_SF1_QTP1&prodType=table)>.

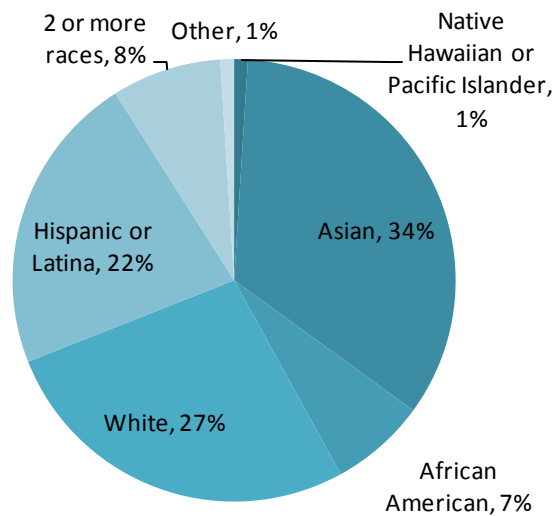
<sup>13</sup> United States Census Bureau. American Fact Finder. <<http://factfinder2.census.gov>>, 2010.

<sup>14</sup> Ibid.

<sup>15</sup> Ibid.

## Race and Ethnicity

San Francisco is a culturally diverse city. Figure 1, below, illustrates the race and ethnicity distribution among San Francisco girls under 18 in 2010. The largest group of girls in San Francisco, in terms of race, was the Asian population, at 34%. White girls were the second largest group, making up 27% of the girl population, followed by Hispanic/Latina girls at 22%. Girls of two or more races made up 8% of the San Francisco girl population, followed closely by African American girls, at 7%. Native Hawaiian or Pacific Islander girls made up 1% of the girl population in San Francisco. American Indians or Alaska Natives made up less than 1% of the San Francisco girl population, and girls of any other race constituted 1% of girls.<sup>16</sup>



**Figure 1: Race and Ethnicity Distribution of Girls in San Francisco, 2010<sup>17</sup>**

The distribution of the races and ethnicities of girls in San Francisco changed somewhat between 2000 and 2010 (see Table 2, below). The most significant change was among African American girls, who made up 12% of the girl population in 2000, but only 7% in 2010. White girls made up a larger portion of the San Francisco population in 2010 than in 2000, as did girls of 2 or more races. Asian girls made up a slightly smaller percentage of the girl population, while all other races and ethnicities remained constant.

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<sup>16</sup> Ibid.

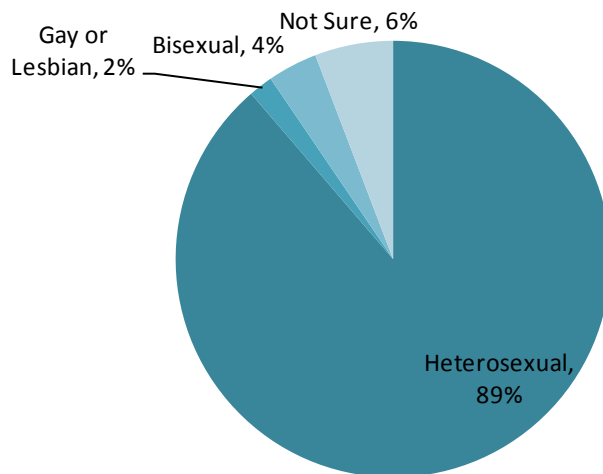
<sup>17</sup> Ibid.

**Table 2: Race and Ethnicity Distribution of Girls in San Francisco, 2000 and 2010<sup>18</sup>**

	2000 (%)	2010 (%)
Asian	36	34
White	23	27
Hispanic/Latina	22	22
2 or more	6	8
African American	12	7
Native Hawaiian or Pacific Islander	1	1
Other	1	1
American Indian or Alaska Native	<1	<1

### Gender and Sexual Identity

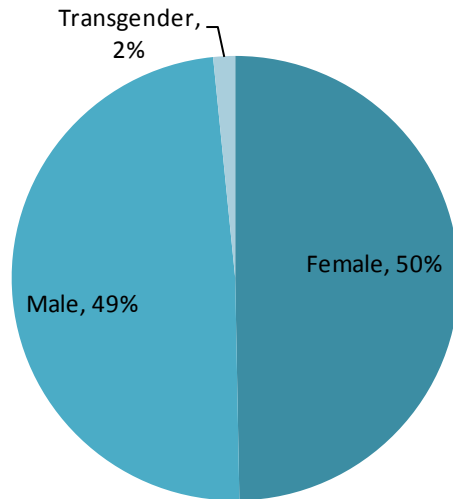
In 2011, the Youth Risk Behavior Survey reported the sexual identity and gender demographics of 2,220 high school students in the San Francisco Unified School District. Of the students surveyed, about 89% were heterosexual, 2% gay or lesbian, 4% bisexual, and 6% were not sure. Just under 50% of these students were female, 49% were male, and 2% were transgender



**Figure 2: Sexual Identity of San Francisco Public High School Students, 2011<sup>19</sup>**

<sup>18</sup> United States Census Bureau. American Fact Finder. <<http://factfinder2.census.gov>>, 2000, 2010.

<sup>19</sup> San Francisco Unified School District, Student, Family and Community Support Department, "High School: 2011 Health Survey Results." <<http://healthiersf.org/resources/docs/HS%20YRBS%20Booklet%202011.pdf>>, page 3.



**Figure 3: Gender of San Francisco Public High School Students, 2011<sup>20</sup>**

### Poverty

In 2010, the US Department of Labor set the poverty guidelines for a family of four at a family income level of \$22,050.<sup>21</sup> These guidelines are used to determine eligibility for certain federal and state assistance programs, such as Head Start and the Food Stamp program.<sup>22</sup> For purposes of comparison we used the Federal Poverty Standard. However, the Self Sufficiency Standard<sup>23</sup> is a more realistic picture of what a family in San Francisco needs in order to meet minimal basic daily needs, including housing, food, child care, out-of-pocket medical expenses, transportation, and other necessary spending.

In San Francisco, 7,577 of girls were living in poverty in 2000, or 18% of the girl population,<sup>24</sup> compared to 6,233, or 12%, in 2010<sup>25</sup>. This represents a 6% decrease in San Francisco girls living in poverty.

<sup>20</sup> Ibid.

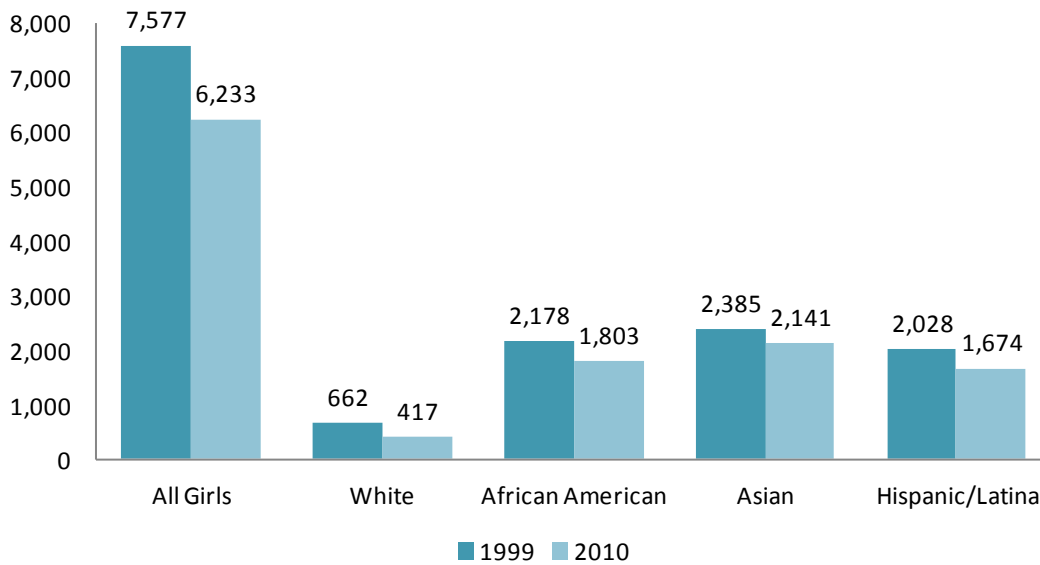
<sup>21</sup> United States Department of Health and Human Services, "The HHS Poverty Guidelines for the Remainder of 2010." <<http://aspe.hhs.gov/poverty/10poverty.shtml>>, August 2010.

<sup>22</sup> Jessie Willis, "How We Measure Poverty: A History and Brief Overview." Oregon Center for Public Policy. <<http://www.ocpp.org/poverty/how.htm>>, February 2000.

<sup>23</sup> The Family Economic Self-Sufficiency Standard. <<http://www.insightcced.org/index.php?page=ca-sss>>.

<sup>24</sup> United States Census Bureau. American Fact Finder. <<http://factfinder2.census.gov>>, 2000.

<sup>25</sup> United States Census Bureau. American Fact Finder. <<http://factfinder2.census.gov>>, 2010.



**Figure 4: San Francisco Girls in Poverty by Race and Ethnicity, 1999<sup>26</sup> and 2010<sup>27</sup>**

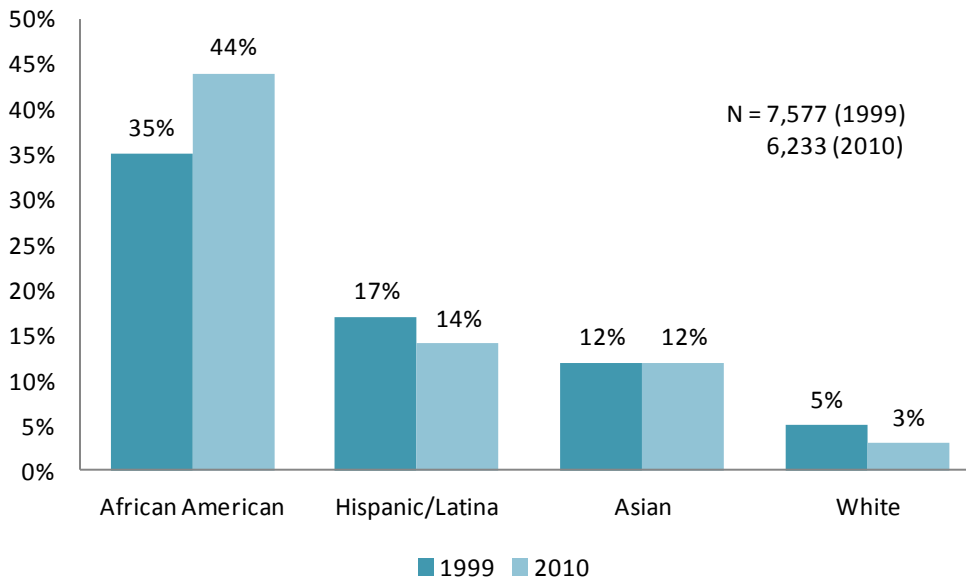
Figure 5 illustrates the racial and ethnic makeup of San Francisco girls living in poverty in 1999 and 2010. Most notably, although the total African American girl population in San Francisco has decreased in the past 10 years, 44% of those girls remaining lived in poverty in 2010, up from 35% in 1999. The percentage of Hispanic/Latina girls living in poverty decreased from 17% in 1999 to 25% in 2010. Much lower percentages of Asian girls lived in poverty—12% of Asian girls lived in poverty in both 1999 and 2010. The poverty rate in San Francisco is the lowest for white girls, with only 3% living in poverty in 2010<sup>28</sup>, down from 5% in 1999.<sup>29</sup>

<sup>26</sup> United States Census Bureau. American Fact Finder. <<http://factfinder.census.gov>>, 2000.

<sup>27</sup> United States Census Bureau. American Fact Finder. <<http://factfinder.census.gov>>, 2010.

<sup>28</sup> Ibid.

<sup>29</sup> United States Census Bureau. American Fact Finder. <<http://factfinder.census.gov>>, 2000.



**Figure 5: San Francisco Girls in Poverty as a Percent of Race and Ethnicity, 1999<sup>30</sup> and 2010<sup>31</sup>**

### Homeless and At-Risk Girls

Data on homeless and at-risk youth is difficult to collect and report. The Department asked Larkin Street Youth Services to provide disaggregated data on this population. Larkin Street provides emergency shelter and job training for San Francisco homeless, runaway, and at-risk youth, primarily between the ages of 12 and 24.

From July 1, 2009 to June 30, 2010, Larkin Street served over 3,400 youth. Approximately 31%, or 1,054 clients, were girls. This portion was smaller than in 1996-1997, when 40% of youth served by Larkin Street were girls. Larkin Street served more youth in 2009-2010 than in 1996-1997, serving more than 200 more girls in 2009-2010 than in 1996-1997.

Larkin Street provided basic demographic information for girls served during the 2009-2010 period.<sup>32</sup>

**Age:** 16% of girls served were under the age of 18, 37% were 18 to 20 years old, 41% were 21 to 24 years old, and 6% were over the age of 24.

**Race and Ethnicity:** 33% of girls served were African American, 24% were white, 19% were Hispanic/Latina, 14% were multiracial, 5% were Asian, 1% were Pacific Islander, and 3% were of another race.

<sup>30</sup> Ibid.

<sup>31</sup> United States Census Bureau. American Fact Finder. <<http://factfinder.census.gov>>, 2010.

<sup>32</sup> Based on unpublished statistics provided by Larkin Street Youth Services, July 2011.

**Juvenile Justice:** 45% of girls served reported having been arrested and 26% had spent time in jail.

**Education:** 43% of girls served reported completing high school and 8% had a GED. 47% did not have a diploma or GED at the time of their intake interview at Larkin Street, even though 84% of clients were over the age of 18.

**Mental Health:** approximately 33% of girls served reported a hospitalization for psychiatric care, half had received psychiatric care, and 75% had previously been in counseling.<sup>33</sup>

### **Girls in Foster Care**

Children are placed into foster care for a variety of reasons, generally involving unstable home lives. These children become “court-dependent” and are placed in foster homes with temporary caregivers while their families work through a reunification plan.<sup>34</sup> In 2002, there were 1,098 San Francisco girls in foster care, while only 605 girls were in foster care in 2010, a 45% decrease.<sup>35</sup>

Since 2002, there have been some changes in the race and ethnicity distribution of San Francisco girls in the foster care system. African American girls were and are overrepresented in foster care. In 2010, African American girls made up only 7% of the girl population, but 58% of the foster care system, with 352 African American girls in foster care. This number is down from 789 African American girls in 2002, which was 72% of the total number of San Francisco girls in foster care.<sup>36</sup> Although the total African American girl population in San Francisco has also been declining, the number of African American girls in foster care is dropping at a faster rate. In 2002, 13% of all African American girls living in San Francisco were in foster care; in 2010, that number was down to 9%, although it remained much higher than for any other racial or ethnic group.<sup>37</sup>

There was an increase in the representation of Hispanic/Latina girls in foster care between 2002 and 2010, from 16% to 25%.<sup>38</sup> In both years, about 1% of the total Hispanic/Latina girl population of San Francisco was in foster care.

The representation of Asian/Pacific Islander and White girls in foster care increased slightly, but both groups remained underrepresented compared to White and Asian/Pacific Islander girls in the total San Francisco girl population.

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<sup>33</sup> Ibid.

<sup>34</sup> Human Services Agency of San Francisco. <<http://www.sfhsa.org/206.htm>>.

<sup>35</sup> University of California, Berkeley, Center for Social Services Research, Child Welfare Dynamic Report System. <[http://cssr.berkeley.edu/ucb\\_childwelfare/](http://cssr.berkeley.edu/ucb_childwelfare/)>.

<sup>36</sup> Ibid.

<sup>37</sup> Ibid.

<sup>38</sup> Ibid.



The number of Native American girls in the foster care system in San Francisco stayed constant between 2002 and 2010 at 5 girls, or less than 1% of the total number of girls in foster care in the city.

**Table 3: Race and Ethnicity of San Francisco Girls in Foster Care, 2002 and 2010<sup>39</sup>**

	2002 (%)	2010 (%)
<b>African American</b>	72	58
<b>Hispanic/Latina</b>	16	25
<b>White</b>	8	9
<b>Asian/Pacific Islander</b>	4	7
<b>Native American</b>	0.5	0.8

### Girls in the Juvenile Justice System

The population of girls in the juvenile justice system differs significantly from that of boys. In general, girls in juvenile justice have been victims of physical, sexual, and/or emotional abuse before interacting with the system. Girls are arrested for less serious offenses and have more mental health needs than boys in the system.<sup>40</sup> While girls are more likely to be chronically involved in the juvenile justice system than boys, they usually age out, unlike boys who go into the adult justice system at a much higher rate.<sup>41</sup>



**Figure 6: Juvenile Arrests in San Francisco, 2001 and 2009<sup>42</sup>**

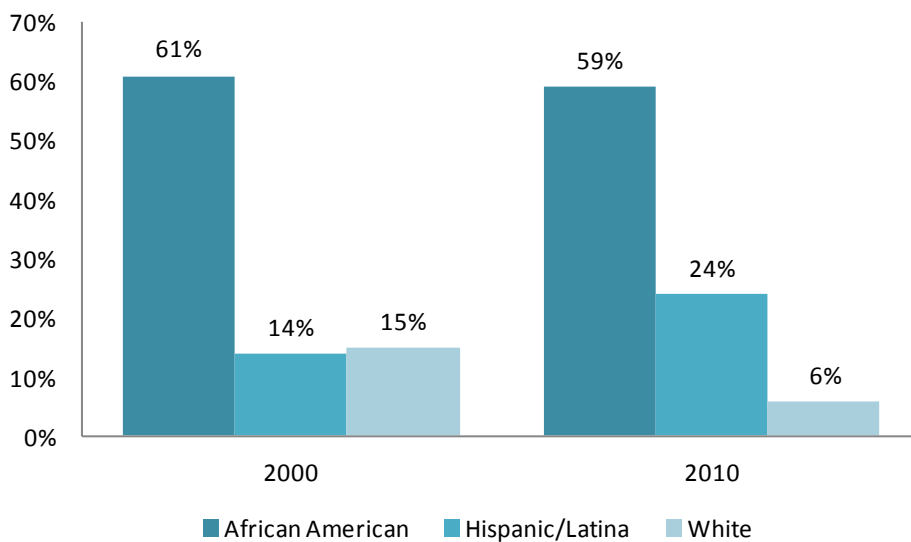
<sup>39</sup> Ibid.

<sup>40</sup> National Council on Crime & Delinquency Center for Girls and Young Women, "Getting the Facts Straight About Girls in the Juvenile Justice System." <[http://www.nccdglobal.org/sites/default/files/publication\\_pdf/fact-sheet-girls-in-juvenile-justice.pdf](http://www.nccdglobal.org/sites/default/files/publication_pdf/fact-sheet-girls-in-juvenile-justice.pdf)>, February 2009.

<sup>41</sup> Communication with Gena Castro Rodriguez, Executive Director of Youth Justice Initiative, conducted in San Francisco, CA, April 12, 2012.

<sup>42</sup> State of California Department of Justice, San Francisco County.

The situation for girls in the San Francisco juvenile justice system seems to be improving. Arrests greatly decreased for both girls (by 36%) and boys (by 21%) between 2001 and 2009. The Youth Justice Institute, which works with youth in the justice system, reported that girls serve an average of 14 days in custody, down from an average of 30 days 10 years ago, and that no cases involving San Francisco girls have gone to the California Division of Juvenile Justice since 2003, although cases from neighboring counties have.<sup>43</sup> The Youth Justice Institute also reported that fewer girls are being arrested for loitering or prostitution. However, the Youth Justice Institute sees this decline as worrisome because it may show that these girls are slipping through the cracks, perhaps due to increasing exploitation online and through social networking.<sup>44</sup>



**Figure 7: Girls Admitted to Juvenile Hall, by Race and Ethnicity, 2000 and 2010<sup>45</sup>**

In 2000, 735 girls were admitted to Juvenile Hall in San Francisco, while in 2010 only 152 girls were admitted to Juvenile Hall,<sup>46</sup> a significant decrease of 79%.

African American girls were still overrepresented in Juvenile Hall. While they made up 12% of the girl population in 2000, their representation in Juvenile Hall was about five times higher that same year, constituting 61% of girls in Juvenile Hall. In 2010, African American girls made up 59% of girls in Juvenile Hall, more than eight times larger than their representation in the general girl population in San Francisco (7%). In other words, while African American girls became less prominent in Juvenile Hall from 2000 to 2010, they were actually much more overrepresented in 2010 than a decade before.

<sup>43</sup> Communication with Gena Castro Rodriguez, Executive Director of Youth Justice Initiative, conducted in San Francisco, CA, April 12, 2012.

<sup>44</sup> Ibid.

<sup>45</sup> State of California Department of Justice, San Francisco County.

<sup>46</sup> Ibid.

There was also a relative increase in the number of Hispanic/Latina girls in Juvenile Hall between 2000 and 2010. They represented 14% of girls in Juvenile Hall in 2000 and 24% in 2010. This is slightly higher than the frequency of Hispanic/Latina girls in the San Francisco girl population (22% in both 2000 and 2010). The majority of Hispanic/Latina girls in the juvenile justice system come from similar communities located in the Mission and Excelsior neighborhoods and are arrested for robbery, which they usually commit for economic reasons.<sup>47</sup>

There was a decrease in the frequency of White girls in Juvenile Hall. They made up 15% of girls in Juvenile Hall in 2000 and 6% in 2010, rates lower than those of White girls in the overall San Francisco girl population (23% in 2000 and 27% in 2010).

In 2010-2012, the San Francisco Department of Children, Youth & Their Families (DCYF) served approximately 40,000 youth under the age of 18, of which half were girls. DCYF also administers a federal Juvenile Justice Program funded through the state. This program served 441 girls in 2010-2011, of which 140 were involved in the Juvenile Justice System.<sup>48</sup>

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<sup>47</sup> Communication with Gena Castro Rodriguez, Executive Director of Youth Justice Initiative, conducted in San Francisco, CA, April 12, 2012.

<sup>48</sup> Information provided by the San Francisco Department of Children, Youth & Their Families for this report, May 2012.

# Health

All girls have a human right to health.<sup>49</sup> The City and County of San Francisco has made health a priority for all of its citizens, evident by programs such as Healthy San Francisco, a health access program, and Healthy Kids, a program that provides medical, dental, and vision insurance for youth under age 18. The City and County of San Francisco Department of Children, Youth, & Their Families allocates approximately \$10 million annually to youth health and wellness programs in San Francisco.<sup>50</sup>

We examine data on the health of San Francisco girls between 2000 and 2011 to see if progress has been made. We provide information here on both physical health (physical activity and weight) and mental health (body image, depression, and suicide). We also include information on three health-related topics that can have a large effect on an adolescent's future success: substance abuse, teen pregnancy, and sexually transmitted disease (STD).

## Physical Activity

According to the Centers for Disease Control and Prevention (CDC), children and adolescents need at least 60 minutes of physical activity each day.<sup>51</sup>

The CDC's Youth Risk Behavior Surveillance System (YRBSS) asked a sampling of San Francisco public high school students if they had participated in at least 60 minutes of physical activity ("doing any kind of physical activity that increased their heart rate and made them breathe hard") *each day* in the past week. As illustrated by Table 4, below, very few San Francisco public high school students, boys or girls, are meeting the physical activity criteria defined by the CDC. Girls' rate of participation in physical activity was also much lower than boys' in both years surveyed. However, the data is getting better—more than twice as many girls in 2009 participated in physical activity every day than in 2005.

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<sup>49</sup> CEDAW Ordinance (2000), City and County of San Francisco Municipal Code Administrative Code Sec. 12K(1)(c).

<sup>50</sup> City and County of San Francisco Department of Children, Youth & Their Families, "Health and Wellness Overview." <[http://www.dcyf.org/Content.aspx?id=1332&note=84&ekmense1=14\\_submenu\\_20\\_btnlink](http://www.dcyf.org/Content.aspx?id=1332&note=84&ekmense1=14_submenu_20_btnlink)>.

<sup>51</sup> Centers for Disease Control and Prevention, Physical Activity for Everyone: How much physical activity do children need? <<http://www.cdc.gov/physicalactivity/everyone/guidelines/children.html>>, November 2011.

**Table 4: Students who had at Least 60 Minutes of Physical Activity Every Day in the Past Seven Days, 2005<sup>52</sup> and 2009<sup>53</sup>**

	2005 (%)	2009 (%)
<b>Girls</b>	6	12
<b>Boys</b>	14	19

San Francisco public high school students were also asked if they had participated in at least 60 minutes of physical activity *on any day* in the past week. As illustrated by Table 5, below, over a quarter of girls in 2009 did not participate in 60 minutes of physical activity on any day in the week before the survey was taken. Girls also participated in physical activity at a lower rate than boys. However, the number of girls who had participated in any physical activity in the past week increased significantly from 58% in 2005 to 73% in 2009.

**Table 5: Students who had at Least 60 Minutes of Physical Activity on Any Day in the Past Seven Days, 2005<sup>54</sup> and 2009<sup>55</sup>**

	2005 (%)	2009 (%)
<b>Girls</b>	58	73
<b>Boys</b>	72	80

### **Physical Fitness Test**

The California Department of Education administers the Physical Fitness Test every year to public school students in grades 5, 7, and 9. The primary goal of the test is “to assist students in establishing lifetime habits of regular physical activity.”<sup>56</sup> The test is composed of 6 fitness areas: aerobic capacity, body composition, abdominal strength, trunk strength, upper body strength, and flexibility.

San Francisco girls’ results on the Physical Fitness Test were generally worse in 2011 than in 2001, with fewer girls in each grade passing at least 5 of the 6 fitness standards. The worst results were among 5th grade girls, fewer than half of whom passed at least 5 standards. A smaller percentage of 5th and 7th grade girls also passed all 6 fitness

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<sup>52</sup> Centers for Disease Control and Prevention, “YRBSS - United States, 2005: Table 53.” <<http://www.cdc.gov/mmwr/PDF/SS/SS5505.pdf>>, page 87, June 9, 2006.

<sup>53</sup> Centers for Disease Control and Prevention, “YRBSS- United States, 2009: Table 81.” <<http://www.cdc.gov/mmwr/pdf/ss/ss5905.pdf>>, page 118, June 4, 2010.

<sup>54</sup> Centers for Disease Control and Prevention, “YRBSS- United States, 2005: Table 53.” <<http://www.cdc.gov/mmwr/PDF/SS/SS5505.pdf>>, page 87, June 9, 2006.

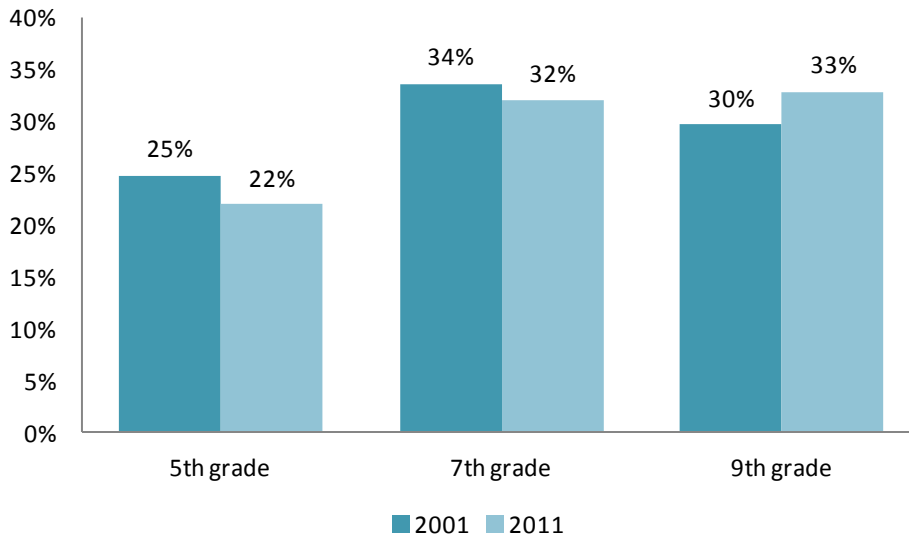
<sup>55</sup> Centers for Disease Control and Prevention, “YRBSS- United States, 2009: Table 83.” <<http://www.cdc.gov/mmwr/pdf/ss/ss5905.pdf>>, page 120, June 4, 2010.

<sup>56</sup> California Department of Education, “Overview of the California Physical Fitness Test (PFT).” <[www.cde.ca.gov/ta/tg/pf/pftprogram.asp](http://www.cde.ca.gov/ta/tg/pf/pftprogram.asp)>, February 2012.

standards in 2011, while the percentage of 9th grade girls who passed all 6 remained just below one third of all 9th grade girls, but it increased 3% from 2001.



**Figure 8: San Francisco Public School Girls who Passed At Least 5 of 6 Standards on the Physical Fitness Test, 2001<sup>57</sup> and 2011<sup>58</sup>**



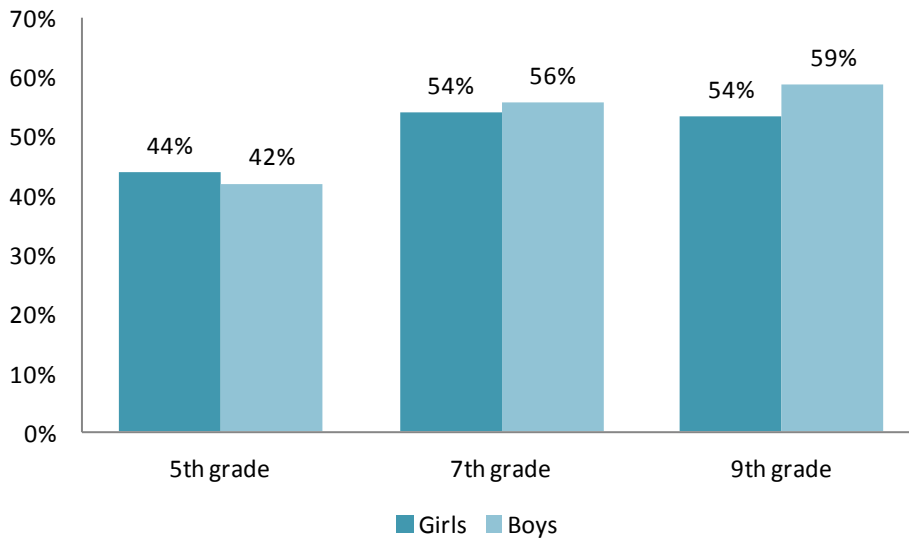
**Figure 9: San Francisco Public School Girls who Passed All 6 Standards on the Physical Fitness Test, 2001<sup>59</sup> and 2011<sup>60</sup>**

<sup>57</sup> California Department of Education, “2000-01 California Physical Fitness Report: Gender: Female.” [http://data1.cde.ca.gov/dataquest/PhysFitness/PFTest\\_Co\\_2002.asp?cSelect=38,SAN^FRANCISCO&cYear=2000-01&cChoice=PFTest2&RptNumber=2&PageNo=](http://data1.cde.ca.gov/dataquest/PhysFitness/PFTest_Co_2002.asp?cSelect=38,SAN^FRANCISCO&cYear=2000-01&cChoice=PFTest2&RptNumber=2&PageNo=) >.

<sup>58</sup> California Department of Education, “2010-11 California Physical Fitness Report: Female-Meeting HFZ Summary Report (San Francisco County).” <http://data1.cde.ca.gov/dataquest/PhysFitness/PFTDN/MeetingHFZ2011.aspx?r=1&t=3&y=2010-11&c=3800000000000&n=0000> >.

<sup>59</sup> California Department of Education, “2000-01 California Physical Fitness Report: Gender: Female.”

While a larger proportion of 5th grade girls than boys passed at least 5 of 6 PFT standards in 2011, 7th and 9th grade boys passed at least 5 standards at a higher rate than did girls in the same grades. In addition, passing rates improved somewhat from 2001 to 2011 for 7th grade boys (56% in 2011, up from 54% in 2001) and for 9th grade boys (59% in 2011, up from 57% in 2001), but 7th and 9th girls' passing rates dropped noticeably (Figure 9, above).<sup>61</sup>



**Figure 10: San Francisco Public School Students who Passed At Least 5 of 6 Standards on the Physical Fitness Test, by Gender, 2011<sup>62</sup>**

## Weight

Being overweight may increase the risk of many health problems, including Type 2 diabetes, coronary heart disease, high blood pressure, and stroke.<sup>63</sup> Overweight children are more likely to become overweight or obese adults.<sup>64</sup>

One section of the California Physical Fitness Test measures body composition, which is determined through skin-fold, body fat, and body mass measurements. From 2001 to 2011, the percentage of boys and girls at all grade levels who were *not* in the Healthy

<sup>60</sup> California Department of Education, "2010-11 California Physical Fitness Report: Female-Meeting HFZ Summary Report (San Francisco County)."

<sup>61</sup> Ibid.

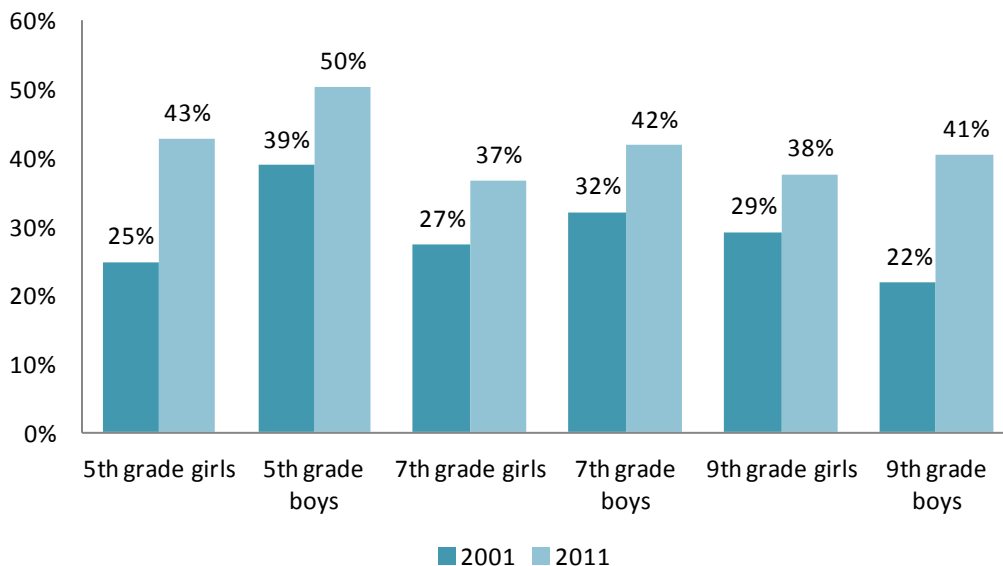
<sup>62</sup> California Department of Education, "2010-11 California Physical Fitness Report: Male-Meeting HFZ Summary Report (San Francisco County)."

<<http://data1.cde.ca.gov/dataquest/PhysFitness/PFTDN/MeetingHFZ2011.aspx?r=2&t=3&y=2010-11&c=3800000000000&n=0000>>.

<sup>63</sup> Weight Control Information Network, "Do You Know the Health Risks of Being Overweight?" <[http://win.niddk.nih.gov/publications/health\\_risks.htm](http://win.niddk.nih.gov/publications/health_risks.htm)>, December 2007.

<sup>64</sup> National Heart Lung and Blood Institute, "What are Overweight and Obesity?" <[http://www.nhlbi.nih.gov/health/dci/Diseases/obe/obe\\_risks.html](http://www.nhlbi.nih.gov/health/dci/Diseases/obe/obe_risks.html)>, November 2010.

Fitness Zone for Body Composition increased dramatically. Notably, 43% of San Francisco 5th grade girls were *not* in the Healthy Fitness Zone for body composition in 2011, up from 25% in 2001.



**Figure 11: San Francisco Public School Students who were *Not* in the High Fitness Zone for Body Composition, 2001<sup>65</sup> and 2011<sup>66</sup>**

In 2011, the California Physical Fitness Test began to distinguish between those students who barely missed the Healthy Fitness Zone and those students who have increased health risks due to their level of fitness.<sup>67</sup> In San Francisco, the body composition of 29% of 5th grade girls, 23% of 7th grade girls, and 20% of 9th grade girls puts them at a high risk. The rates for boys were even higher (Figure 12, below).

<sup>65</sup> California Department of Education, “2000-01 California Physical Fitness Report: Gender: Female.” [http://data1.cde.ca.gov/dataquest/PhysFitness/PFTTest\\_Co\\_2002.asp?cSelect=38,SAN^FRANCISCO&cYear=2000-01&cChoice=PFTTest2&RptNumber=2&PageNo=>](http://data1.cde.ca.gov/dataquest/PhysFitness/PFTTest_Co_2002.asp?cSelect=38,SAN^FRANCISCO&cYear=2000-01&cChoice=PFTTest2&RptNumber=2&PageNo=>), and “2000-2001 California Physical Fitness Report: Gender: Male.”

[http://data1.cde.ca.gov/dataquest/PhysFitness/PFTTest\\_Co\\_2002.asp?cSelect=38,SAN^FRANCISCO&cYear=2000-01&cChoice=PFTTest2&RptNumber=3&PageNo=1>](http://data1.cde.ca.gov/dataquest/PhysFitness/PFTTest_Co_2002.asp?cSelect=38,SAN^FRANCISCO&cYear=2000-01&cChoice=PFTTest2&RptNumber=3&PageNo=1>).

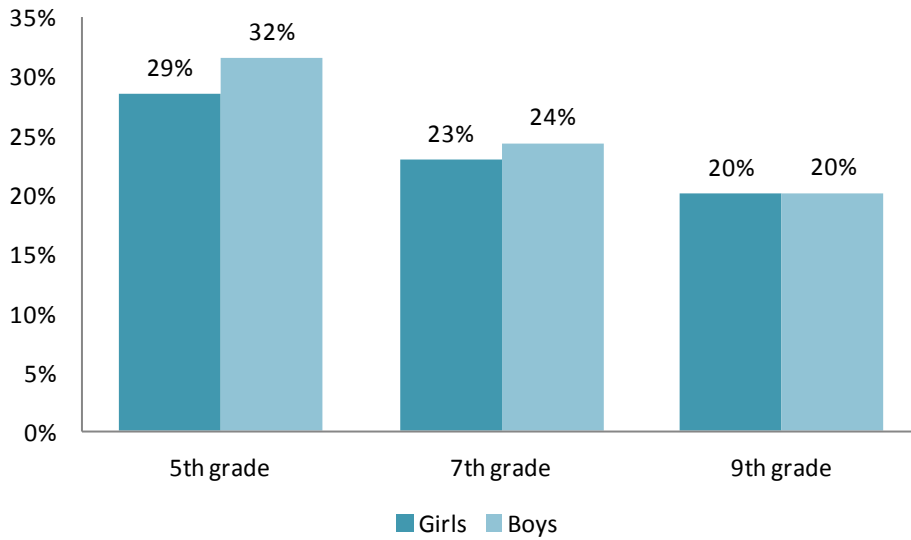
<sup>66</sup> California Department of Education, “2010-11 California Physical Fitness Report: Female-Meeting HFZ Summary Report (San Francisco County).”

<http://data1.cde.ca.gov/dataquest/PhysFitness/PFTDN/MeetingHFZ2011.aspx?r=1&t=3&y=2010-11&c=3800000000000&n=0000> >, and California Department of Education, “2010-11 California Physical Fitness Report: Male-Meeting HFZ Summary Report (San Francisco County).”

<http://data1.cde.ca.gov/dataquest/PhysFitness/PFTDN/MeetingHFZ2011.aspx?r=2&t=3&y=2010-11&c=3800000000000&n=0000> >.

<sup>67</sup> California Department of Education, *Physical Fitness Testing (PFT) Frequently Asked Questions and Answers*. <http://www.cde.ca.gov/ta/tg/pf/pft11fasqa.asp>, February 2012.





**Figure 12: San Francisco Public School Students who were at a Greater Risk of Health Problems due to their Body Composition, 2011<sup>68</sup>**

### Body Image

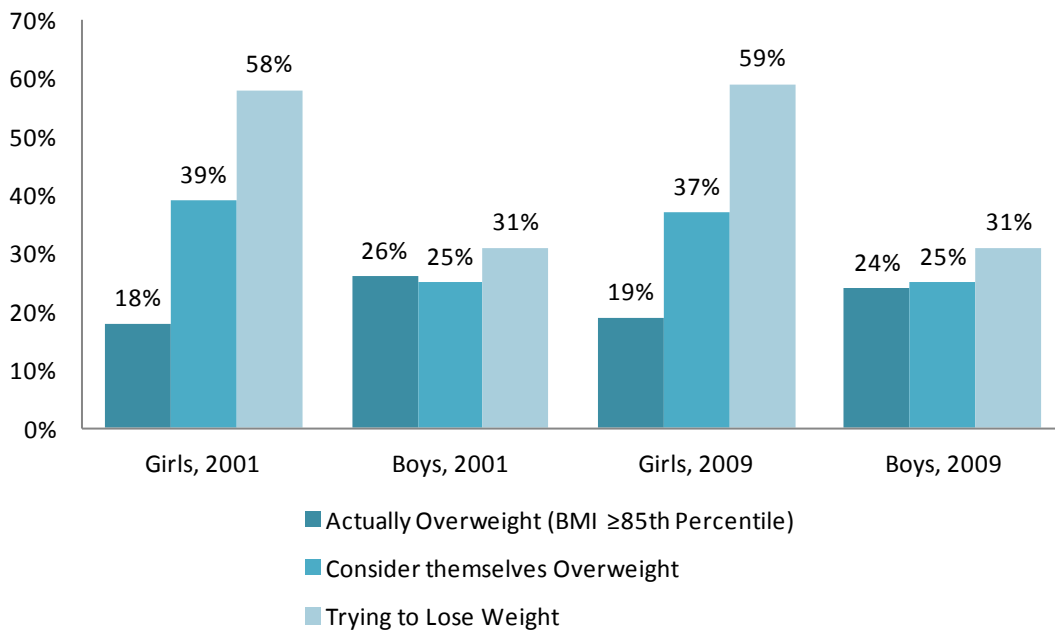
When we look at the percentages of San Francisco boys and girls who are actually overweight (have a Body Mass Index in the 85th percentile or higher) compared to those who *consider themselves* to be overweight and those who are actively trying to lose weight (Figure 13, below), the differences are striking. While the percentage of boys who were overweight (26% in 2001, 24% in 2009) aligns with the percentage who considered themselves overweight (25% in 2001, 25% in 2009), more than twice as many girls considered themselves to be overweight (39%) than were actually overweight (18%) in 2001, and the numbers remained almost the same in 2009 (19% of girls were overweight, 37% considered themselves to be overweight). The data is even more notable for the percentage of San Francisco high school girls who actively tried to lose weight. In both 2001 and 2009, more than three times as many girls surveyed were trying to lose weight as were actually overweight. This issue was also prevalent among middle school students, with nearly one in four students (25%) describing themselves as slightly or very overweight, and significantly more female (45%) than male (39%) middle school students reporting that they were trying to lose weight.<sup>69</sup>

<sup>68</sup> California Department of Education, “2010-11 California Physical Fitness Report: Female-Summary of Results (San Francisco County).” <http://data1.cde.ca.gov/dataquest/PhysFitness/PFTDN/Summary2011.aspx?r=1&t=3&y=2010-11&c=3800000000000&n=0000> and “2010-11 California Physical Fitness Report: Male- Summary of Results (San Francisco County).” <http://data1.cde.ca.gov/dataquest/PhysFitness/PFTDN/Comparison2011.aspx?r=2&t=3&y=2010-11&c=3800000000000&n=0000>.

<sup>69</sup> San Francisco Unified School District, “Middle School: 2011 Health Survey Results.” <http://healthiersf.org/resources/docs/MS%20YRBS%20Booklet%202011.pdf>, page 14.

For San Francisco public school girls who reported being obese between 2001 and 2009, there was little change. In 2001, 5.9% of girls were in the 95th percentile for Body Mass Index<sup>70</sup>, compared to 5.5% in 2009<sup>71</sup>, not a significant difference. Boys saw some improvement from 2001 to 2009, with 15%<sup>72</sup> and 11%<sup>73</sup> in the 95th percentile, respectively.

We conclude from this data that the majority of San Francisco girls are unhappy with their body weight, regardless of whether or not they are actually overweight.



**Figure 13: Weight Perceptions among San Francisco High School Students, 2001<sup>74</sup> and 2009<sup>75</sup>**

### Mental Health and Suicide

According to the National Institute of Mental Health, “Research shows that half of all lifetime cases of mental illness begin by age 14.”<sup>76</sup> In particular, “depression can occur

<sup>70</sup> Centers for Disease Control and Prevention, “YRBSS - United States, 2001: Table 35.”

<<http://www.cdc.gov/mmwr/PDF/SS/SS5104.pdf>>, page 55, June 28, 2002.

<sup>71</sup> Centers for Disease Control and Prevention, “YRBSS - United States, 2009: Table 91.”

<<http://www.cdc.gov/mmwr/pdf/ss/ss5905.pdf>>, page 128, June 4, 2010.

<sup>72</sup> Centers for Disease Control and Prevention, “YRBSS - United States, 2001: Table 35,” page 55.

<sup>73</sup> Centers for Disease Control and Prevention, “YRBSS - United States, 2009: Table 91,” page 128.

<sup>74</sup> Centers for Disease Control and Prevention, “YRBSS - United States, 2001: Table 35,” page 55.

<sup>75</sup> Centers for Disease Control and Prevention, “YRBSS - United States, 2009: Table 91,” page 128.

<sup>76</sup> National Institute of Mental Health, “Treatment of Children with Mental Illness,”

<<http://nimh.nih.gov/health/publications/treatment-of-children-with-mental-illness-fact-sheet/index.shtml>>, 2009.

during adolescence, a time of great personal change.”<sup>77</sup> It is therefore very important to pay attention to signs of possible mental illness among adolescents.

In 2001 and 2009, the Centers for Disease Control and Prevention surveyed a sampling of San Francisco public high school students about their experiences with depression. In 2009, 27% of girls responded that they had felt so sad or hopeless almost every day for two or more weeks in a row that they stopped doing some usual activities, down from 33% in 2001. Self-reported depression was also lower for boys in 2009<sup>78</sup> than in 2001<sup>79</sup>, and, in both years, girls reported experiencing depression at a higher rate than did boys.

**Table 6: Rates of Depressions among Students, 2001 and 2009<sup>80</sup>**

	2001 (%)	2009 (%)
<b>Girls</b>	33	27
<b>Boys</b>	25	21

The same survey also asked San Francisco public high school students if they had “seriously considered attempting suicide” in the past 12 months.<sup>81</sup> A higher percentage of girls than boys reported that they had in both 2001 and 2009. In a positive trend, the percentage of girls who reported having considered suicide dropped from 18% in 2001 to 14% in 2009.

While fewer girls are considering suicide, a larger proportion of those who considered it acted on their thoughts. Rates of attempted suicide increased among both boys and girls. In 2009, boys reported attempting suicide at a somewhat higher rate than girls. In 2001, 8% of girls reported attempting suicide, which increased to 9% in 2009. In 2001, 6% of boys reported suicide attempts, rising to 9% in 2009.<sup>82</sup>

<sup>77</sup> National Institute of Mental Health, “Depression and High School Students.”

<<http://nimh.nih.gov/health/publications/depression-and-high-school-students/depression-and-high-school-students.shtml>>, 2011.

<sup>78</sup> Centers for Disease Control and Prevention, “YRBSS - United States, 2009: Table 21.”

<<http://www.cdc.gov/mmwr/pdf/ss/ss5905.pdf>>, page 58, June 4, 2010.

<sup>79</sup> Centers for Disease Control and Prevention, “YRBSS - United States, 2001: Table 13.”

<<http://www.cdc.gov/mmwr/PDF/SS/SS5104.pdf>>, page 34, June 28, 2002.

<sup>80</sup>Centers for Disease Control and Prevention, “YRBSS - United States, 2009: Table 21,” page 58 and Centers for Disease Control and Prevention, “YRBSS - United States, 2001: Table 13,” page 34.

<sup>81</sup> Centers for Disease Control and Prevention, “YRBSS - United States, 2001: Table 13,” page 34 and Centers for Disease Control and Prevention, “YRBSS - United States, 2009: Table 23.”

<<http://www.cdc.gov/mmwr/pdf/ss/ss5905.pdf>>, page 60, June 4, 2010.

<sup>82</sup> Centers for Disease Control and Prevention, “YRBSS - United States, 2001: Table 13,” page 34 and Centers for Disease Control and Prevention, “YRBSS - United States, 2009: Table 25.”

<<http://www.cdc.gov/mmwr/pdf/ss/ss5905.pdf>>, page 62, June 4, 2010.

**Table 7: Rates of Suicide Among Students, 2001 and 2009<sup>83</sup>**

	Girls		Boys	
	2001 (%)	2009 (%)	2001 (%)	2009 (%)
<b>Considered Suicide</b>	18	14	10	11
<b>Attempted Suicide</b>	8	9	6	9

## Substance Abuse

For years, alcohol and drug abuse have been major threats to young people in the United States. According to the CDC Youth Risk Behavior Surveillance System, these rates have been generally declining, albeit slowly, for both high school boys and girls in San Francisco.

Table 8, below, shows the changes in alcohol use between 2001 and 2009 among San Francisco high school youth. Among girls, alcohol use declined slightly from 60% of those surveyed in 2001 to 53% in 2009. Alcohol use remained constant at 57% for high school boys in both years. However, rates of “binge” drinking, which is defined as having more than 5 drinks at one time at least once in the past 30 days,<sup>84</sup> remained more constant between 2001 and 2009, especially among girls.

**Table 8: Drinking Patterns among Students by Gender, 2001<sup>85</sup> and 2009<sup>86</sup>**

	Girls		Boys	
	2001 (%)	2009 (%)	2001 (%)	2009 (%)
<b>Any Alcohol Use</b>	60	53	56	56
<b>“Binge” Drinking</b>	12	12	14	13

Tobacco use has decreased even more than alcohol use among San Francisco high school students, especially among girls (Figure 14, below). In 2009, 31% of girls reported having ever smoked a cigarette, down from 48% in 2001. Cigarette use among boys dropped from 49% in 2001 to 41% in 2009.

<sup>83</sup> Ibid.

<sup>84</sup> Centers for Disease Control and Prevention, “YRBSS - United States, 2009” <<http://www.cdc.gov/mmwr/pdf/ss/ss5905.pdf>>, page 13, June 4, 2010.

<sup>85</sup> Centers for Disease Control and Prevention, “YRBSS - United States, 2001: Table 21.” <<http://www.cdc.gov/mmwr/PDF/SS/SS5104.pdf>>, page 39, June 28, 2002.

<sup>86</sup> Centers for Disease Control and Prevention, “YRBSS - United States, 2009: Table 37 (Any Alcohol Use) and Table 39 (“Binge Drinking”).” <<http://www.cdc.gov/mmwr/pdf/ss/ss5905.pdf>>, page 74, 76 June 4, 2010.



**Figure 14: San Francisco Public High School Students' Smoking Rates by Gender, 2001<sup>87</sup> and 2009<sup>88</sup>**

Most illicit drug use also decreased between 2001 and 2009 (Table 9, below). Heroin is the only drug in the Youth Risk Behavior Survey whose use increased, although the numbers remain below 5% for both genders. Fewer girls than boys have tried all illicit drugs except inhalants. The most popular drug among San Francisco high school students was marijuana, followed distantly by inhalants.

**Table 9: Drug Use among Students by Gender, 2001<sup>89</sup> and 2009<sup>90</sup>**

	Girls		Boys	
	2001 (%)	2009 (%)	2001 (%)	2009 (%)
<b>Marijuana</b>	34	25	33	28
<b>Inhalants</b>	--	8	--	7
<b>Cocaine</b>	5	4	7	5
<b>Methamphetamines</b>	5	3	4	4
<b>Heroin</b>	1	2	2	3

<sup>87</sup> Centers for Disease Control and Prevention, "YRBSS - United States, 2001: Table 15." <<http://www.cdc.gov/mmwr/PDF/SS/SS5104.pdf>>, page 36, June 28, 2002.

<sup>88</sup> Centers for Disease Control and Prevention, "YRBSS - United States, 2009: Table 27." <<http://www.cdc.gov/mmwr/pdf/ss/ss5905.pdf>>, page 64, June 4, 2010.

<sup>89</sup> Centers for Disease Control and Prevention, "YRBSS - United States, 2001: Table 21 (marijuana), Table 23 (cocaine and inhalants), Table 25 (methamphetamines and heroin)." <<http://www.cdc.gov/mmwr/PDF/SS/SS5104.pdf>>, pages 39, 41 and 43, June 28, 2002.

<sup>90</sup> Centers for Disease Control and Prevention, "YRBSS - United States, 2009: Table 41 (marijuana), Table 23 (cocaine), Table 45 (inhalants), Table 47 (methamphetamines and heroin)." <<http://www.cdc.gov/mmwr/PDF/SS/SS5905.pdf>>, pages 78, 80, 82 and 84, June 4, 2010.

## Teen Pregnancy

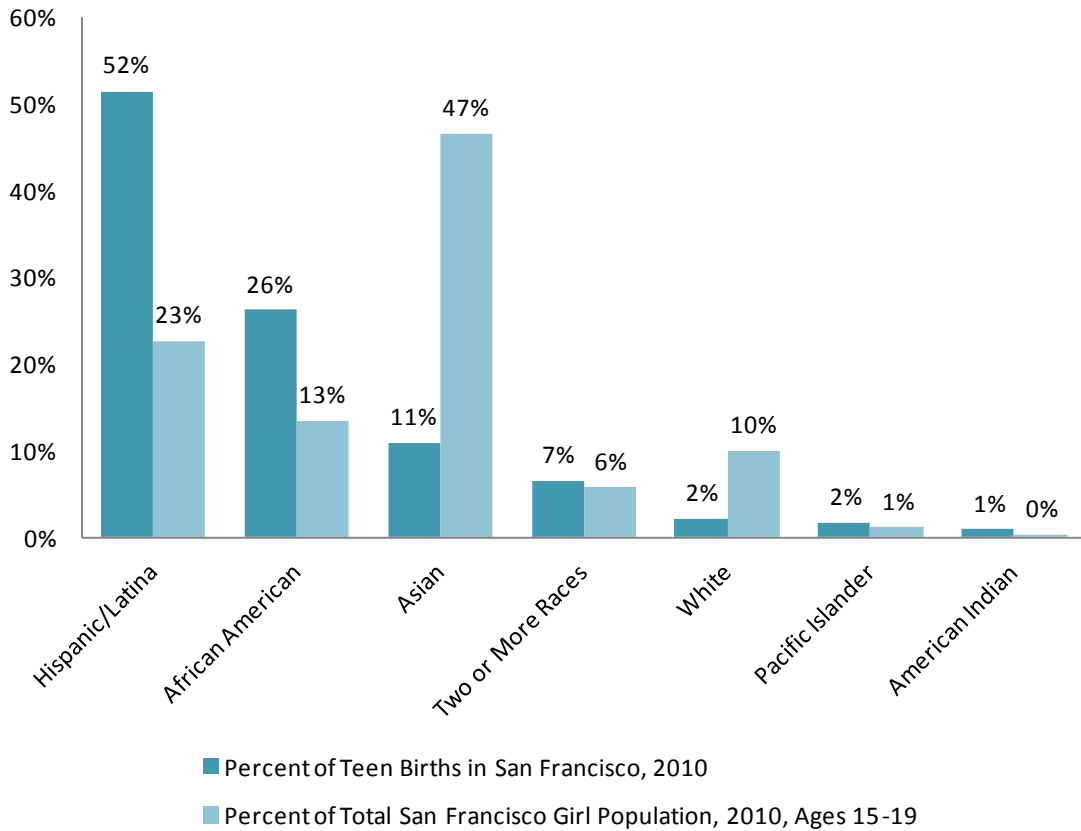
A positive trend in girls' health is that teen birth rates have been declining for the past several decades all over California, and especially in San Francisco. In 2010, there were 229 teen births in San Francisco, a 51% decrease from 2000, when there were 464 teen births. While the number of teen births also decreased over the same period of time for the state of California as a whole, it did so at a much slower rate; there were 43,560 teen births in California in 2010, a 23% decrease from 56,268 teen births in 2000. In addition, there were no births to mothers under 15 years of age in San Francisco in 2010, down from 8 in 2000. In California as a whole, there were 433 births to mothers under 15 years in 2010, a 52% decrease from 895 births in 2000.<sup>91</sup>

While the number of teen births in San Francisco dropped significantly, several races/ethnicities remained overrepresented (Figure 15, below). The most overrepresented racial and ethnic groups were African American and Hispanic/Latina girls. In 2010, 52% of teen births were to Hispanic/Latina mothers, while Hispanic/Latina girls only made up 23% of San Francisco girls aged 15-19. Similarly, 26% of teen births were to African American mothers, while African American girls only comprised 14% of all girls, ages 15-19, living in San Francisco.

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<sup>91</sup> California Department of Public Health, Vital Statistics Query System.

<[http://www.apps.cdph.ca.gov/vsq/screen3a.asp?cnty\\_cd=38&year\\_data=2010&Criteria=1&Res\\_OCC=Residence&Birth\\_Death=Birth&Stats=1](http://www.apps.cdph.ca.gov/vsq/screen3a.asp?cnty_cd=38&year_data=2010&Criteria=1&Res_OCC=Residence&Birth_Death=Birth&Stats=1)>.



**Figure 15: Teen Births Compared to Total San Francisco Adolescent Girl Population, by Race and Ethnicity, 2010<sup>92</sup>**

### Sexually Transmitted Diseases

Other consequences of sexual activity are sexually transmitted diseases (STDs). Gonorrhea and Chlamydia are the most common STDs among San Francisco youth.<sup>93</sup> The number of reported cases of both STDs has not changed dramatically over the past 10 years for either boys or girls ages 15-19, which means that the incidence rate has increased because the total youth population has decreased. Throughout the past decade, larger numbers of girls than boys, ages 15-19, have reported having STDs, in all categories.<sup>94</sup>

<sup>92</sup> Ibid.

<sup>93</sup> San Francisco Department of Public Health, "San Francisco Sexually Transmitted Disease Annual Summary, 2010." <<http://www.sfdph.org/dph/files/reports/StudiesData/STD/SFSTDAnnISum2010.pdf>>, page 6, September 2011.

<sup>94</sup> San Francisco Department of Public Health, "San Francisco Sexually Transmitted Disease Annual Summary, 2005." <<http://www.sfdph.org/dph/files/reports/StudiesData/STD/SFSTDAnnISum2005.pdf>>, page 30, December 2006.

**Table 10: Number of San Francisco Youth Age 15-19 Reporting STDs by Gender, 2001<sup>95</sup>, 2005<sup>96</sup> and 2010<sup>97</sup>**

	2001		2005		2010	
	Girls	Boys	Girls	Boys	Girls	Boys
<b>Chlamydia</b>	541	154	493	149	530	168
<b>Gonorrhea</b>	115	51	108	61	84	42

The incidence of Chlamydia and gonorrhea remains particularly high for African American girls in San Francisco. In 2001, African American girls accounted for 44% of all Chlamydia cases for San Francisco girls, increasing to 49% in 2010. For gonorrhea, 66% of girls infected were African American in 2001<sup>98</sup>, increasing slightly to 68% in 2010.<sup>99</sup>

**Table 11: Reported Cases of Chlamydia for Girls Age 15-19 by Race and Ethnicity, 2001<sup>100</sup>, 2005<sup>101</sup> and 2010<sup>102</sup>**

	2001	2005	2010
<b>African American</b>	236	192	259
<b>Hispanic/Latina</b>	64	65	86
<b>Asian/Pacific Islander</b>	55	55	59
<b>White</b>	41	41	47
<b>Native American</b>	*	6	*

Note: Asterisks (\*) are in place for fewer than 5 cases.

<sup>95</sup> San Francisco Department of Public Health, "San Francisco Sexually Transmitted Disease Annual Summary, 2001." <<http://www.sfdph.org/dph/files/reports/StudiesData/STD/SFSTDAnnISum2001.pdf>>, pages 27-28, September 2002.

<sup>96</sup> San Francisco Department of Public Health, "San Francisco Sexually Transmitted Disease Annual Summary, 2005." <<http://www.sfdph.org/dph/files/reports/StudiesData/STD/SFSTDAnnISum2005.pdf>>, pages 31-32, December 2006.

<sup>97</sup> San Francisco Department of Public Health, "San Francisco Sexually Transmitted Disease Annual Summary, 2010." <<http://www.sfdph.org/dph/files/reports/StudiesData/STD/SFSTDAnnISum2010.pdf>>, pages 32-33, September 2011.

<sup>98</sup> San Francisco Department of Public Health, "SF STD Annual Summary, 2001," page 25.

<sup>99</sup> San Francisco Department of Public Health, "SF STD Annual Summary, 2010," page 30.

<sup>100</sup> San Francisco Department of Public Health, "SF STD Annual Summary, 2001," pages 25, 28.

<sup>101</sup> San Francisco Department of Public Health, "SF STD Annual Summary, 2005," pages 29, 31.

<sup>102</sup> San Francisco Department of Public Health, "SF STD Annual Summary, 2010," pages 30, 32.



**Table 12: Reported Cases of Gonorrhea for Girls Age 15-19 by Race and Ethnicity, 2001<sup>103</sup>, 2005<sup>104</sup> and 2010<sup>105</sup>**

	2001	2005	2010
<b>African American</b>	76	61	57
<b>Hispanic/Latina</b>	8	11	8
<b>White</b>	10	10	6
<b>Asian/Pacific Islander</b>	*	6	5
<b>Native American</b>	0	*	0

Note: Asterisks (\*) are in place for fewer than 5 cases.

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<sup>103</sup> San Francisco Department of Public Health, "SF STD Annual Summary, 2001," pages 25, 27.

<sup>104</sup> San Francisco Department of Public Health, "SF STD Annual Summary, 2005," pages 29, 32.

<sup>105</sup> San Francisco Department of Public Health, "SF STD Annual Summary, 2010," pages 30, 33.

# Safety

All girls have a human right to live free from violence.<sup>106</sup> The City and County of San Francisco makes safety a priority through initiatives and programs that support the safety of all of its citizens. For example, the Department on the Status of Women allocates over \$2.7 million in annually to programs that provide services to women and girl survivors of violence. The Department of Children, Youth, & Their Families allocated over \$4.5 million per year from 2007-2010 to support violence prevention programs, from gang prevention to improving school attendance.<sup>107</sup>

Violence and harassment against youth can be especially devastating. A 2009 national study on sexual harassment concluded that “sexual harassment at the beginning of high school is a strong predictor of future victimization by peers and dating partners for both girls and boys, and warrants greater prevention and intervention efforts. For girls, sexual harassment victimization in grade 9 was associated with elevated risk of self-harm, suicidal thoughts, maladaptive dieting, early dating, substance use, and feeling unsafe at school.”<sup>108</sup>

In this section, we examine data on two kinds of violence that can have a large impact on girls’ safety: dating and sexual violence, and violence at school. We also provide some data on cyber bullying, which has only recently emerged in the past decade as a threat to girls’ safety.

## Dating and Sexual Violence

As girls enter adolescence, they begin to form dating relationships for the first time. In some cases, these new relationships can lead to verbal, physical, or sexual violence.

Dating violence, defined as being “hit, slapped, or physically hurt on purpose by a boyfriend or girlfriend,” affected a relatively small portion of San Francisco girls in 2009, just under 7%.<sup>109</sup> However, this number remained static from 2001, indicating that dating violence is a persistent problem among girls in San Francisco. Dating violence also occurs for boys, 9% of whom reported having been victims to it in 2009, up from 7% in 2001.

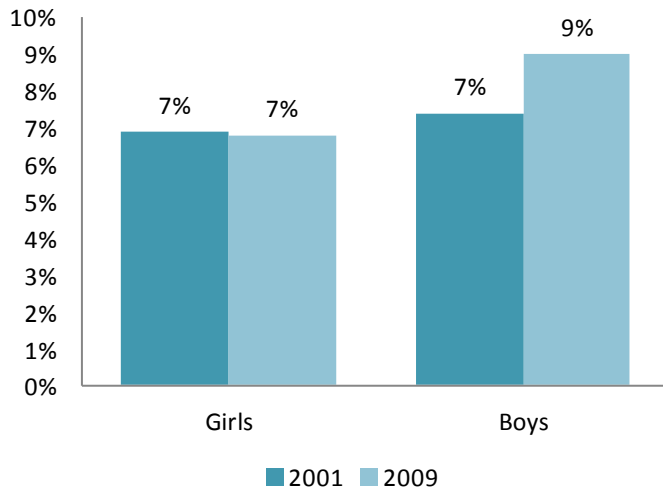
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<sup>106</sup> CEDAW Ordinance (2000), City and County of San Francisco Municipal Code Administrative Code Sec. 12K(1)(c).

<sup>107</sup> City and County of San Francisco Department of Children, Youth & Their Families, “Violence Response Overview.” <[http://www.dcyf.org/Content.aspx?id=1330&note=1456&ekmense1=14\\_submenu\\_28\\_btnlink](http://www.dcyf.org/Content.aspx?id=1330&note=1456&ekmense1=14_submenu_28_btnlink)>, accessed May 2012.

<sup>108</sup> Debbie Chiodo, *et al.*, “Impact of Sexual Harassment Victimization by Peers on Subsequent Adolescent Victimization and Adjustment: A Longitudinal Study,” *Journal of Adolescent Health*, September 2009 (Vol. 45, Issue 3, Pages 246-252, DOI: 10.1016/j.jadohealth.2009.01.006).

<sup>109</sup> Centers for Disease Control and Prevention, “YRBS - United States, 2009: Table 13.” <<http://www.cdc.gov/mmwr/pdf/ss/ss5905.pdf>>, page 50, June 4, 2010.



**Figure 16: Dating Violence among San Francisco Public High School Students, by Gender, 2001<sup>110</sup> and 2009<sup>111</sup>**

Rape is also a problem for a significant group of San Francisco girls; in 2009, 7% of girls surveyed reported having been forced to have sexual intercourse. This number is lower than the national average of 11%.<sup>112</sup> Approximately 15% of Hispanic/Latina girls and 3% of Asian girls reported being forced to have sexual intercourse when they did not want to. For boys, almost 5% report being forced to have sexual intercourse when they did not want to, with Hispanic/Latino boys reporting 9%.<sup>113</sup> There is no comparable data for 2001.

### Safety at School

Schools should be safe places for all youths; however, not all students feel that they are. The Youth Risk Behavior Surveillance System surveyed a sampling of San Francisco public high school students on issues that included bullying, physical fighting on school grounds, weapons at school, and missing school out of fear. Girls experienced all of these problems at a lower rate than boys.

Almost 5% of San Francisco public school girls did not go to school at least once in the last year because they felt unsafe at or on their way to school. For boys, this incidence was 9%. Yet, it was highest for Hispanic/Latina girls, as 10% reported that they missed school because they felt unsafe.<sup>114</sup>

<sup>110</sup> Centers for Disease Control and Prevention, "YRBSS - United States, 2001: Table 9." <<http://www.cdc.gov/mmwr/PDF/SS/SS5104.pdf>>, page 28, June 28, 2002.

<sup>111</sup> Centers for Disease Control and Prevention, "YRBSS - United States, 2009: Table 13," page 50.

<sup>112</sup> Ibid.

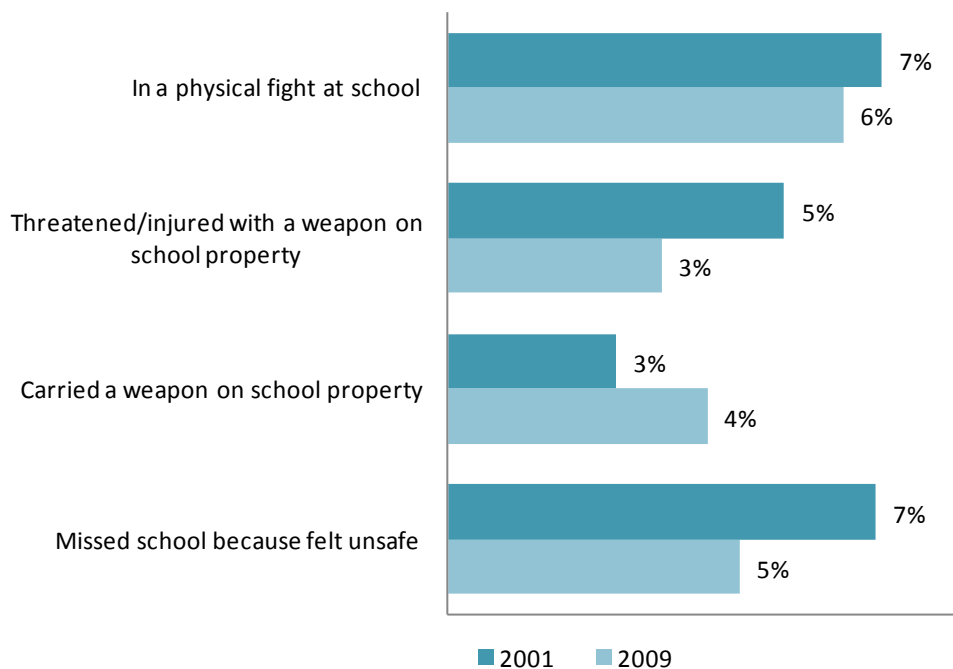
<sup>113</sup> Ibid.

<sup>114</sup> Centers for Disease Control and Prevention, "YRBSS - United States, 2009: Table 19." <<http://www.cdc.gov/mmwr/pdf/ss/ss5905.pdf>>, page 56, June 4, 2010.

**Table 13: Safety in San Francisco Public High Schools by Gender, 2009<sup>115</sup>**

	All Girls (%)	All Boys (%)
<b>Bullied at school</b>	10	15
<b>Physical fight at school</b>	6	14
<b>Threatened or injured with a weapon on school property</b>	3	11
<b>Carried a weapon on school property</b>	4	9
<b>Missed school because felt unsafe</b>	5	9

Compared to 2001, somewhat fewer girls were victims of violence at school, and fewer girls missed school because they felt unsafe in 2009. However, more girls carried a weapon on school property in 2009 than in 2001.



**Figure 17: High School Safety among San Francisco Public High School Girls, 2001<sup>116</sup> and 2009**

Ten percent (10%) of girls and 15% of boys surveyed were bullied on school grounds in 2009.<sup>117</sup> There is no comparable data on bullying at school in 2001. However, there is data on verbal harassment, which is similar to bullying. In 2001, 6% of San Francisco public high school girls reported a verbal slur about their gender or sexual orientation,

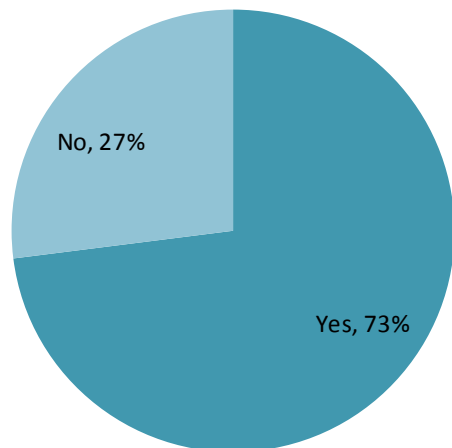
<sup>115</sup> Centers for Disease Control and Prevention, "YRBSS - United States, 2009: Tables 17, 15, 19 ." <<http://www.cdc.gov/mmwr/pdf/ss/ss5905.pdf>>, pages 54, 52, 56. June 4, 2010.

<sup>116</sup> Centers for Disease Control and Prevention, "YRBSS - United States, 2001: Table 11." <<http://www.cdc.gov/mmwr/PDF/SS/SS5104.pdf>>, page 30, June 28, 2002.

<sup>117</sup> Centers for Disease Control and Prevention, "YRBSS - United States, 2009: Tables 17." <<http://www.cdc.gov/mmwr/pdf/ss/ss5905.pdf>>, pages 54. June 4, 2010.

27% of girls had experienced a verbal slur about their weight, size, or physical appearance, and 19% of girls had experienced a verbal slur about their race or ethnic background.<sup>118</sup>

Bullying and harassment can also address a student’s sexual orientation. The 2011 California Healthy Kids Survey asked a sampling of fifth graders in San Francisco public schools if they had “heard other students using put-downs or name-calling such as ‘fag’ or ‘that’s so gay.’”<sup>119</sup> Almost three quarters of respondents had heard these kinds of slurs.



**Figure 18: Fifth Graders in San Francisco Public Schools who had Heard Other Students Use Slurs Based on Sexual Orientation, 2011**<sup>120</sup>

### Cyber Bullying

In the past decade, cyber bullying has become a prominent form of harassment. While we could find no local data focused on girls, we examined cyber bullying and Internet-based harassment nationally and internationally. One study, which surveyed over 3,000 girls between the ages of 8 and 17, living primarily in the United States, Canada, the United Kingdom, and Australia found that 38% of girls had experienced cyber bullying, which included name-calling and spreading gossip.<sup>121</sup>

<sup>118</sup> San Francisco Unified School District. “High School: 2001 Youth Risk Behavior Surveillance Survey.”

<sup>119</sup> SFUSD-SFCSD School Board Presentation, April 24, 2012

<sup>120</sup> Ibid.

<sup>121</sup> Amanda Burgess-Proctor, et al., “Cyberbullying and Online Harassment: Reconceptualizing the Victimization of Adolescent Girls,” in *Female Crime Victims: Reality Reconsidered*, V. Garcia and J. Clifford (Eds.), 2010, pages 162-176.

**Table 14: Nature and Location of Online Victimization<sup>122</sup> (n=3,141)**

	%
I have been bullied online	38
<b>Nature of Victimization</b>	
Ignored by others	46
Disrespected by others	43
Called names by others	18
Rumors spread by others	14
Been threatened by others	11
Been e-mail bombed by others	11
Picked on by others	9
Been made fun of by others	8
Been scared for Safety	6
<b>Location of Victimization</b>	
In a chat room	26
By computer text message	22
By e-mail	14
On a bulletin board	7
By cell phone message	5
In a newsgroup	1

The study also examined how girls were affected by the experience (see Table 16, below). Of the 1,203 girls who reported being bullied online, almost 35% reported feeling angry, over 30% felt sad, and 41% were frustrated at being cyber bullied. Victims also reported that bullying affected them at home (27%) and at school (23%). Participants were allowed to select multiple responses when asked about the effects of cyber bullying.

**Table 15: Effects of Bullying<sup>123</sup> (n = 1,203)**

<b>When bullied online</b>	<b>%</b>
I felt frustrated	41
I felt angry	35
I was not bothered	32
I felt sad	29
It did not affect me	55
It affected me at home	27
It affected me at school	23

While the numbers may vary here in San Francisco, the issue does not, and cyber bullying is a part of girls' experiences today.

<sup>122</sup> Ibid, page 168.

<sup>123</sup> Ibid, page 172.

# Education

All girls have a human right to receive an education that will help them to succeed in the future.<sup>124</sup> One primary area that may indicate future success is preparation in science, technology, engineering, and mathematics (STEM) fields, which we focus on in this report.

Competitiveness of the US workforce in the STEM arena is essential to the US economy. On average, women in STEM jobs earn more money than other working women. However, only 24% of STEM employees are women, compared to the overall rate of women in the workforce at 48%.<sup>125</sup>

According to a report by the American Association of University Women, “the foundation for a STEM career is laid early in life.”<sup>126</sup> Girls’ learning can be affected by negative stereotypes, especially in math. Research has also found that girls hold themselves to a higher standard in math and science than do boys.<sup>127</sup> Even with good grades and test scores, fewer girls than boys aspire to STEM careers. It is important for girls to be encouraged to cultivate an interest in STEM fields from a young age.

In the following section, we present data on San Francisco public high school girls’ enrollment in technology, math, and science classes and math and science standardized test scores for middle and high school students. It is important to note that, although the available data only includes public schools, a large number of children in San Francisco go to private schools; historically, about 30% of San Francisco school-aged children were enrolled in private schools.<sup>128</sup>

## Technology Course Enrollment

Technology and computer science are often the STEM subjects with the lowest female representation.<sup>129</sup> Women in STEM careers traditionally earn three times more than their

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<sup>124</sup> CEDAW Ordinance (2000), City and County of San Francisco Municipal Code Administrative Code Sec. 12K(1)(c).

<sup>125</sup> David Beede et al., “Women in STEM: A Gender Gap to Innovation, Executive Summary.” US Department of Commerce. <<http://www.esa.doc.gov/sites/default/files/reports/documents/womeninstemagaptoinnovation8311.pdf>>, August 2011.

<sup>126</sup> American Association of University Women (AAUW), “Why So Few? Women in Science, Technology, Engineering, and Mathematics.” <<http://www.aauw.org/learn/research/whysofew.cfm>>, 2010.

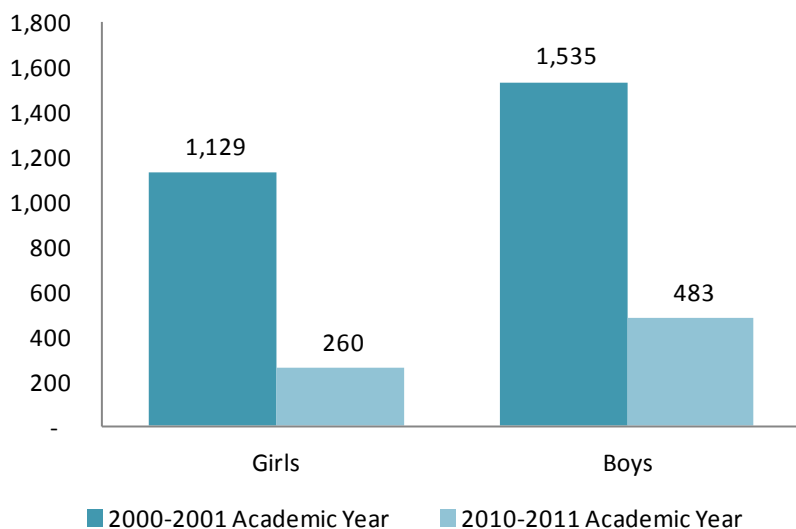
<sup>127</sup> Science Daily, “Are Women Being Scared Away From Math, Science, And Engineering Fields?” <<http://www.sciencedaily.com/releases/2007/10/071002131140>>, October 2007.

<sup>128</sup> California Department of Education, English Learner and Curricular Support Division. “California Private Schools Kindergarten through Grade Twelve Enrollment and Staff Report 2008-09.” <<http://www.cde.ca.gov/ds/si/ps/>>, March 2009.

<sup>129</sup> Caroline Simard, et al., “Addressing Core Equity Issues in K-12 Computer Science Education: Identifying Barriers and Sharing Strategies,” Anita Borg Institute for Women and Technology. <<http://anitaborg.org/files/ABI-csta-full-report.pdf>>, 2010.

female peers in other jobs. Thus it is critical that young women are prepared for this growing field.<sup>130</sup>

Enrollment in computer classes is to be going down since 2001 for both girls and boys, perhaps due to funding cuts to education and which classes individual schools can offer. Total student enrollment in Computer Education classes, not including college-level Advanced Placement (AP) Computer Science classes, dropped from 2,664 in 2000 to 743 in 2010, a 72% decrease.<sup>131</sup> For girls, the drop was 77%. In addition, girls had low participation rates in AP Computer Science classes in 2011, at 14 girls. During the 2010-2011 school year, girls made up 35% of all students enrolled in computer education classes in San Francisco public high schools. This number was down from 42% during the 2000-2001 academic year.<sup>132</sup>



**Figure 19: Enrollment in Computer Education Courses in San Francisco by Gender, 2000-2001 and 2010-2011<sup>133</sup>**

### Math and Science Enrollment

Table 16 illustrates enrollment in several upper level high school science and math classes for the 2000-2001 and 2007-2008 school years.

<sup>130</sup> David Beede et al., “Women in STEM: A Gender Gap to Innovation, Executive Summary.” US Department of Commerce.  
<http://www.esa.doc.gov/sites/default/files/reports/documents/womeninstemagaptoinnovation8311.pdf>, August 2011.

<sup>131</sup> This decrease could be caused, in part, by a decrease in overall enrollment. Over the same 10-year period, total enrollment in public high schools in San Francisco dropped by 10%, and girls’ enrollment dropped by 8%.

<sup>132</sup> California Department of Education, DataQuest, “Course Enrollments by County (2000-01).”  
<http://dq.cde.ca.gov/dataquest/page2.asp?level=County&subject=Course&submit1=Submit>.

<sup>133</sup> Ibid and Department of Education, DataQuest, “Course Enrollments by County (2010-01).”



Enrollment rates increased for boys and girls in all of these subjects from 2000-2001 to 2007-2008. The most notable increase was in 1st Year Physics, where the enrollment rate of both girls and boys almost doubled. For all of these subjects except Physics, girls were enrolled at higher rates than boys during both academic years. Also during both school years, girls' and boys' rates of enrollment were significantly lower in Advanced Math than they were in Intermediate Algebra, indicating that many students drop math before reaching the most advanced levels.<sup>134</sup>

**Table 16: Enrollment in Upper Level Math and Science Courses as a Percent of Grade 9-12 Enrollment, 2000-2001 and 2007-2008<sup>135</sup>**

		Intermediate Algebra (%)	Advanced Math (%)	1st Year Chemistry (%)	1st Year Physics (%)	Total 9-12 Enrollment
2000-	Girls	19	14	18	7	9,589
2001	Boys	17	12	17	8	10,264
2007-	Girls	23	18	22	14	9,382
2008	Boys	21	16	19	15	9,954

Enrollment in upper level high school math and science courses varied among different ethnic groups (Table 17, below). During the 2007-2008 school year, Asian girls participated in Intermediate Algebra, Advanced Math, and 1st Year Chemistry at a higher rate, above 25% for each subject, than did girls in other ethnic groups. Girls who did not report belonging to one ethnic group and white girls enrolled in 1st Year Physics enrolled at a higher rate than did other girls, although each group's rate of enrollment was still below 20%. American Indian, Pacific Islander, and African American girls had some of the lowest enrollment rates in all four of these courses. Pacific Islander, Hispanic/Latina, and especially African American girls enrolled in Advanced Math at a much lower rate than in Intermediate Algebra, indicating, again, that many of these girls drop math before they reach the most advanced classes.

<sup>134</sup> Ibid.

<sup>135</sup> Department of Education, DataQuest, "Course Enrollments by County (2007-08)."

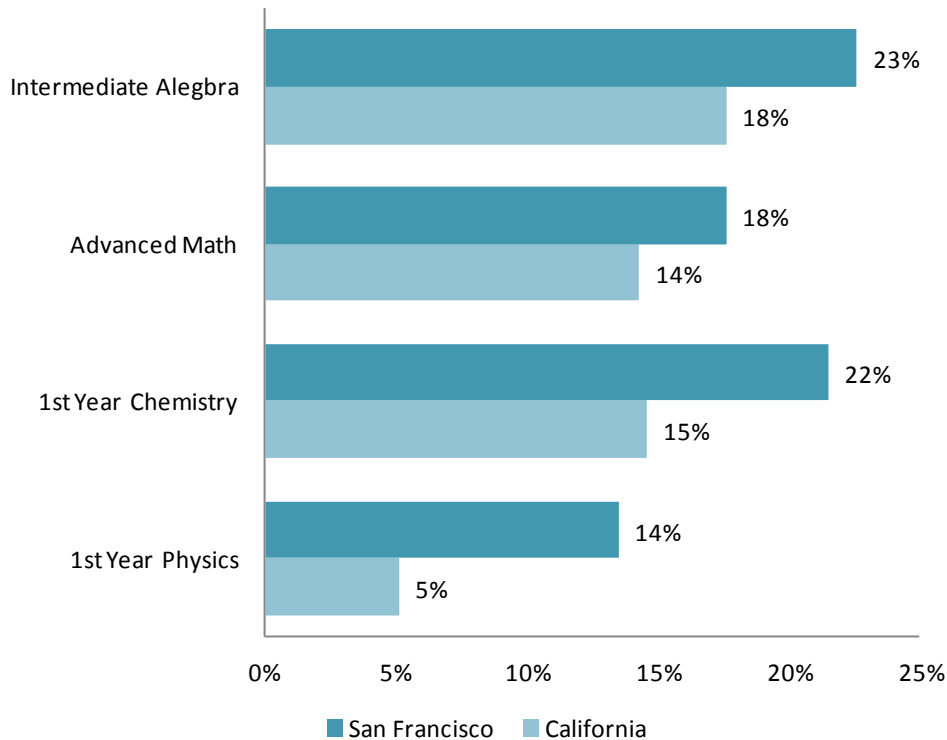
**Table 17: Female Enrollment in Upper Level Math and Science Courses in San Francisco Public Schools, by Ethnic Group, 2007-2008<sup>136</sup>**

	Intermediate Algebra	Advanced Math	1st Year Chemistry	1st Year Physics	Total 9-12 Enrollment
<b>American Indian</b>	4 (10%)	3 (7%)	5 (12%)	7 (17%)	41
<b>Asian</b>	1,181 (27%)	1,165 (27%)	1,109 (25%)	741 (17%)	4,365
<b>Pacific Islander</b>	13 (15%)	7 (8%)	13 (15%)	5 (6%)	87
<b>Filipino</b>	107 (19%)	137 (7%)	344 (18%)	165 (9%)	576
<b>Hispanic/Latina</b>	362 (19%)	137 (7%)	344 (18%)	165 (9%)	1,934
<b>African American</b>	199 (16%)	57 (5%)	155 (12%)	77 (6%)	1,262
<b>White</b>	198 (24%)	131 (16%)	181 (21%)	159 (19%)	844
<b>Multiple/No Response</b>	56 (21%)	60 (22%)	69 (25%)	54 (20%)	273

While enrollment rates for the 2007-2008 academic year in these four upper level math and science classes were low, they were all much higher in San Francisco than they were in California as a whole. Most notably, 14% of San Francisco public high school girls were enrolled in 1st Year Physics, as compared to the state average of high school girls of 5%.

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<sup>136</sup> Ibid.



**Figure 20: Girls’ Enrollment in Upper Level High School STEM Courses, San Francisco and California, 2007-2008<sup>137</sup>**

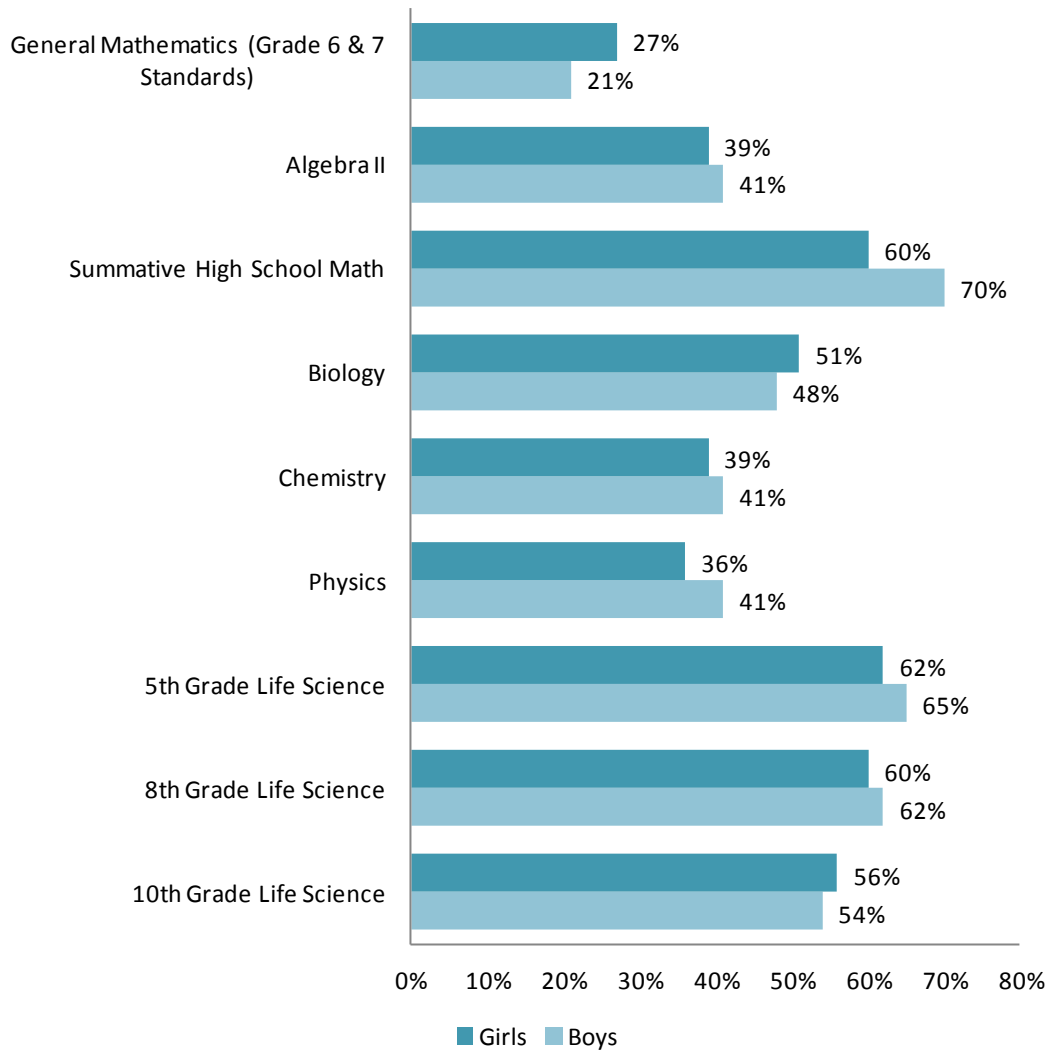
### Standardized STEM Test Scores

Girls in San Francisco are generally enrolling in upper level math and science courses at higher rates than boys, but their scores on standardized (STAR) tests are close to, or lower than, boys’ scores. STAR tests are administered annually to all public school students, grades 2-12, and form the basis for statewide rankings.

Figure 21, below, shows the percentage of Proficient or Advanced scores on math and science STAR Tests in 2011. While girls, on average, scored higher than or close to the same as boys in many math and science classes, boys’ scores were, on average, somewhat higher in Chemistry, Physics, and Algebra II. The one difference on these tests was on Summative High School Math, the most advanced math test, where 70% of boys who took the test scored Advanced or Proficient, as opposed to only 60% of girls.<sup>138</sup>

<sup>137</sup> Ibid and Department of Education, DataQuest, “Course Enrollments by State (2007-08).” <http://dq.cde.ca.gov/dataquest/crselist1.asp?cChoice=StCrse&cYear=2007-08&cLevel=State&cTopic=Course&myTimeFrame=5&submit1=Submit>.

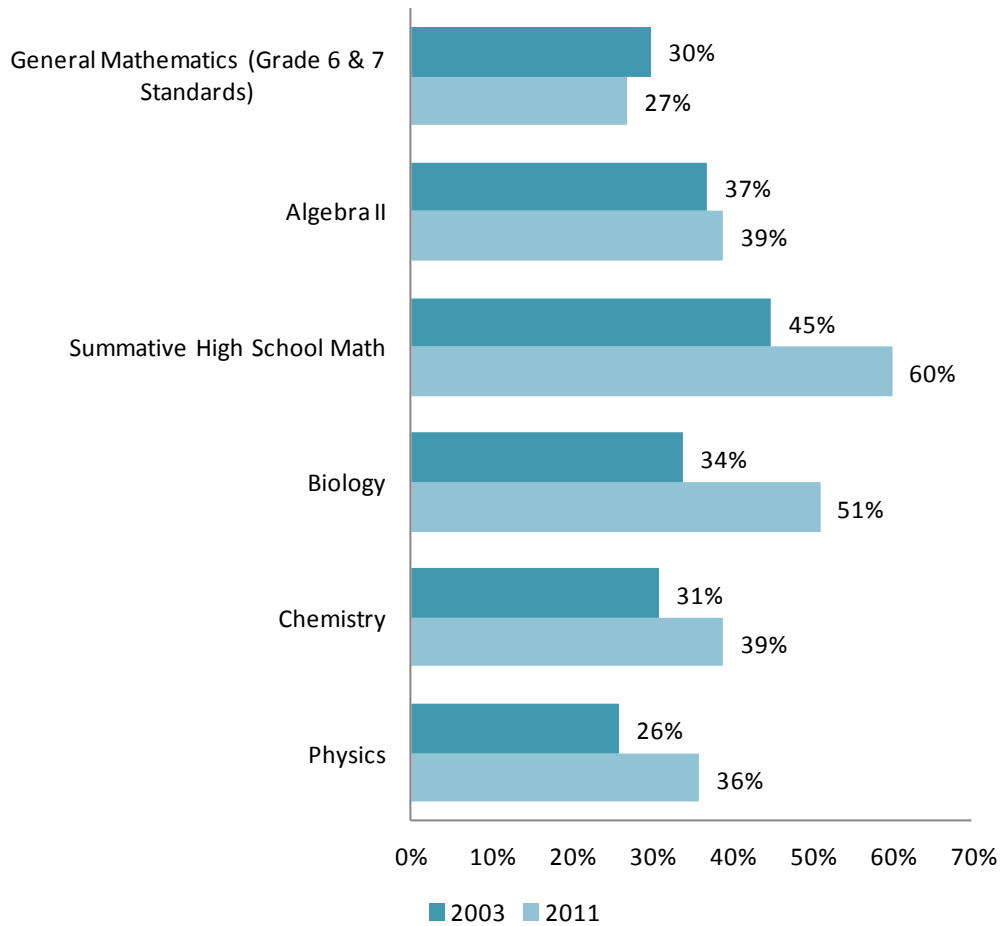
<sup>138</sup> California Department of Education, DataQuest: STAR Reporting, 2011 STAR, Test Results Search (Males) <http://star.cde.ca.gov/star2011/ViewReport.aspx?ps=true&lstTestYear=2011&lstTestType=C&lstCounty=38&lstDistrict=&lstSchool=&lstGroup=8&lstSubGroup=3> and (Females) <http://star.cde.ca.gov/star2011/ViewReport.aspx?ps=true&lstTestYear=2011&lstTestType=C&lstCounty=38&lstDistrict=&lstSchool=&lstGroup=8&lstSubGroup=4>.



**Figure 21: STEM Test Scores that were Proficient or Advanced, by Gender, 2011<sup>139</sup>**

While fewer girls than boys in San Francisco scored Proficient or Advanced on the Summative High School Math STAR Test in 2011, girls' scores in the subject were up 15% from 2003, when only 45% of girls received Proficient or Advanced scores. In fact, more girls scored well on all math and science STAR tests in 2011 than in 2003 except General Mathematics, where 27% of girls scored Proficient or Advanced in 2011, down 3% from 2003 (Figure 22, below). There is no data on the Life Science STAR tests because they did not exist in 2003.

<sup>139</sup> Ibid.

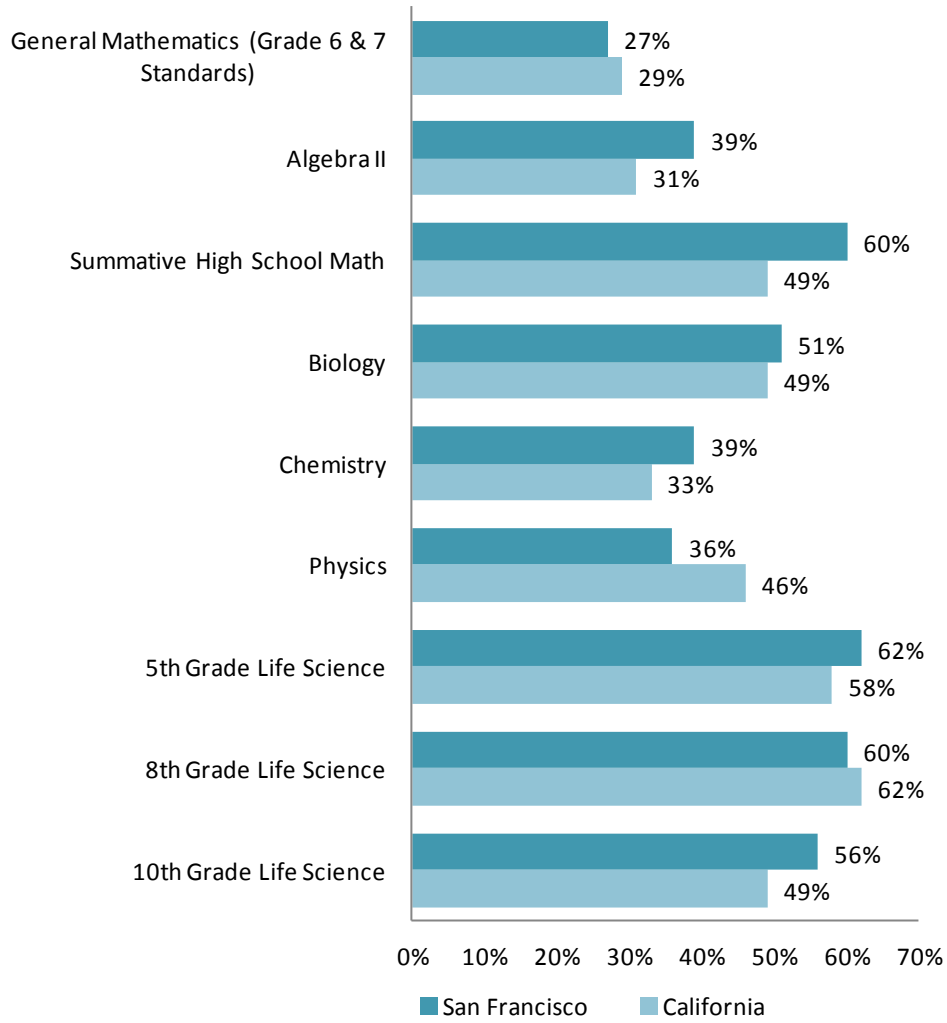


**Figure 22: Girls' STEM Test Scores that were Proficient or Advanced, 2003<sup>140</sup> and 2011<sup>141</sup>**

In 2011, San Francisco girls generally scored higher on math and science STAR Tests than did California girls as a whole (Figure 23, below). Particularly notable were Summative Math, Algebra II, and Chemistry scores, where 11%, 8%, and 6% more San Francisco girls had high scores than did California girls, respectively. The only subject that significantly more girls in California scored higher on was Physics. In that subject, 46% of California girls scored Proficient or Advanced, as compared to 36% of San Francisco girls.

<sup>140</sup>California Department of Education, Dataquest: STAR Reporting, 2003 STAR, Test Results Search (Females)  
<http://star.cde.ca.gov/star2004/viewreport.asp?ps=true&lstTestYear=2004&lstTestType=C&lstCounty=38&lstDistrict=&lstSchool=&lstGroup=1&lstSubGroup=1>.

<sup>141</sup>California Department of Education, DataQuest: STAR Reporting, 2011 STAR, Test Results Search (Females)



**Figure 23: Girls' STEM Test Scores that were Proficient or Advanced, San Francisco and California, 2011<sup>142</sup>**

<sup>142</sup> Ibid.

# Conclusion

Based on the data presented in Demographics, Health, Safety, and Education sections of this report, we have identified several trends in these areas for girls in San Francisco. Below we highlight successes, challenges, and recommendations.

## 1. Demographics

In the past 10 years, the San Francisco girl population has been shrinking, especially within the African American girl population, which was just 7% of the total girl population in 2010. However, in San Francisco, African American girls continue to make up more than half of girls in foster care and in the juvenile justice system. Hispanic/Latina representation in foster care and the juvenile justice system has also increased in the past decade. A review of practices is needed as to why these two populations continue to be overrepresented in these two systems. A review of best practices needs to be examined in order to improve the outcomes for young African American and Hispanic/Latina women.

<b>A. Trends: Success and Challenges</b>	<b>B. Recommendations</b>
<ul style="list-style-type: none"> <li>1.1. The girl and boy populations are decreasing in San Francisco. There were 4% fewer girls of color from 2000 to 2010, due in part to a decrease in African Americans.</li> <li>1.2. The population of African American girls in San Francisco decreased from 12% in 2000 to 7% in 2010. Yet nearly half of these girls live in poverty and African American girls account for 58% of all girls in foster care and 59% of girls in Juvenile Hall.</li> <li>1.3. Arrests of girls decreased by 36% between 2001 and 2009, and the average time girls spent in custody has been cut in half. There was also a 45% decrease in the number of girls in foster care from 2002 to 2010.</li> <li>1.4. San Francisco Hispanic/Latina girls saw an increase in referrals to foster care (16%-25% of all foster care girls, 2002-2010) and Juvenile Hall (14%-24% of all Juvenile Hall girls, 2000-2009).</li> </ul>	<ul style="list-style-type: none"> <li>1.1. San Francisco’s focus on retaining families must continue.</li> <li>1.2. Explore what best practices contributed to the decrease in arrests and foster care referrals.</li> <li>1.3. Despite a large decrease in the African American girl population from 2000 to 2010, these girls continue to be overrepresented in foster care and Juvenile Hall. Examine programs that focus on these issues and evaluate how well they are working.</li> <li>1.4. Explore what contributed to the increase in the Hispanic/Latina girl population in Juvenile Hall and foster care.</li> <li>1.5. Improve and enhance the data collection on LGBTQQ (Lesbian, Gay, Bisexual, Transgender, Queer, Questioning) youth.</li> </ul>

## 2. Health

There have been both positive and negative trends in the area of girls' health over the past 10 years and somewhat stagnant news about girls and dieting. The majority of San Francisco girls are not getting enough exercise every day, and close to half of 5th, 7th, and 9th graders could not pass at least 5 of the 6 California Physical Fitness Test Standards. A better understanding is needed as to the factors that affect girls' exercise, such as access to afterschool sports programs and public awareness campaigns about physical activity.

<b>A. Trends: Success and Challenges</b>	<b>B. Recommendations</b>
<p>2.1. Generally, in most categories, San Francisco girls' physical fitness decreased from 2001 to 2011, while boys' fitness improved slightly. The percent of both girls and boys who were not in the Healthy Fitness Zone for Body Composition increased dramatically by about 10% in girls and boys. As of 2011, 20-29% of girls have an increased health risk due to body composition.</p> <p>2.2. In 2009, 19% of girls in San Francisco public high schools were overweight, yet 37% (almost double) considered themselves overweight, and almost 60% were trying to lose weight. This trend was not true for boys.</p> <p>2.3. There was a decrease in girls reporting depression from 33% in 2001 to 27% in 2009. Boys also saw a decrease.</p> <p>2.4. Drinking and marijuana use have decreased for girls from 2001 to 2009, by 7% and 9%, respectively. Smoking has dropped by 17%.</p> <p>2.5. There was a dramatic 51% decrease in teen pregnancy from 2000 to 2010. Hispanic/Latina girls account for 52% and African American girls account for 26% of all teen pregnancies. STDs have remained consistently higher in girls than in boys.</p>	<p>2.1. The decrease in overall fitness for girls is cause for alarm. Healthy San Francisco, the San Francisco Unified School District, and the Department of Children, Youth and Their Families may want to explore how best to reach out to this population to reverse these trends.</p> <p>2.2. The continued trend of girls losing weight even when they are not overweight can be linked to the media's obsession with the issue of weight and the constant images that bombard girls every day. Media literacy groups like About Face and MissRepresentation.org should be supported.</p> <p>2.3. San Francisco should continue its successful focus on decreasing teen pregnancy. Dr. Ron Chapman, Director of the California Department of Public Health, attributes this decrease to the success of teen pregnancy programs.<sup>143</sup></p> <p>2.4. Decreases in depression, drug use, and tobacco use amongst girls should be further examined to identify best practices.</p>

<sup>143</sup> California Department of Public Health, "California's Teen Birth Rate Drops to Record Low," March 20, 2012. <<http://www.cdph.ca.gov/Pages/NR12-012.aspx>>.



### 3. Safety

Compared to 10 years ago, fewer girls are in physical fights at school or skip school because they feel unsafe. However, these issues continue to be important, especially among Hispanic/Latina girls, who experienced bullying and violence at school at higher rates in 2009 than did girls in general. There is also a need for research as to why particular groups experience varying degrees of bullying and different rates of physical violence, and how technology has or has not contributed to these trends.

<b>A. Trends: Success and Challenges</b>	<b>B. Recommendations</b>
<p>3.1. San Francisco high school girls reported dating violence at nearly the same rate in 2009 as in 2001 (7%). 7% of girls in 2009 reported being forced to have sexual intercourse. The rate was significantly higher for Hispanic/Latina girls (15%).</p> <p>3.2. Girls experienced physical fights at school at the same rate in 2001 and 2009, but there was a decrease in the number of girls who missed school because they felt unsafe (7% in 2001, 5% in 2009).</p> <p>3.3. Bullying became a major issue in 2009, with 10% of girls and 15% of boys reporting having experienced it. Again, Hispanic/Latina girls reported a higher level of being bullied (15%). Cyber bullying has emerged as the newest form of harassment.</p>	<p>3.1. The rate of girls experiencing dating violence and rape remains high at 7%. This is not acceptable. Girls' services in this area should be reexamined to see what is working best or what other practices are needed to address this concern.</p> <p>3.2. Bullying and cyber bullying need to be examined, and programs to combat it should be increased.</p> <p>3.3. Hispanic/Latina girls appear to experience both violence and bullying at higher rates than do all girls. Culturally appropriate programs need to be developed and implemented to address this subject.</p>

### 4. Education

San Francisco girls' enrollment in technology and computer science classes has remained low over the past decade. Enrollment in upper level math and science classes has increased, although enrollment for girls drops in the most advanced math classes and is particularly low in physics. Asian girls are the best represented racial or ethnic group in these subjects, while Pacific Islander, Hispanic/Latina, and African American girls have especially low participation rates. Standardized test scores are also lower for girls than boys in upper level math, chemistry, and physics. A focus on what strategies work to both attract girls of all racial and ethnic backgrounds to take these so-called STEM classes, and how to help them succeed in these subjects is critical to the future success of girls in this field.

<p><b>A. Trends: Success and Challenges</b></p> <p>4.1. Total enrollment in computer education classes dropped by 72% from 2000 to 2010. For girls alone, the drop was 77%.</p> <p>4.2. In 2010-2011, very few girls enrolled in AP computer science classes (14), and girls made up just over one-third (35%) of total enrollment in all other computer education courses.</p> <p>4.3. While still low, overall enrollment has improved and remains higher for girls than boys in most upper level math and science classes. However, standardized test scores in these areas are somewhat lower for girls than boys in most, but not all, areas.</p> <p>4.4. In upper level math and science classes, Asian girls are the best represented racial or ethnic group. Pacific Islander, Hispanic/Latina, and especially African American girls have low participation rates.</p>	<p><b>B. Recommendations</b></p> <p>4.1. The San Francisco Unified School District, with the support of the City and County of San Francisco, should create a new STEM (Science, Technology, Engineering, and Math) Initiative in partnership with San Francisco and Silicon Valley companies to improve this situation.</p> <p>4.2. STEM encouragement, modeling, and mentoring should be increased, as showcased on the recent White House video featuring a California girl studying science.<sup>144</sup></p> <p>4.3. Part of any future economic development packages should include investing in STEM education with a focus on expanding girls' participation.</p>
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This report, *An Update on Girls in San Francisco: A Decade of Success and Challenges*, follows up on *A Report on Girls in San Francisco: Benchmarks for the Future* (2003), looks at emerging trends in the lives of girls, and reexamines key findings. Using the 2003 *Girls Report* as a baseline, we have seen many improvements in the lives of our youth in San Francisco over the past decade, especially among girls. Yet disturbing trends remain that demand attention and redoubled efforts in order to ensure positive change over the next decade.

We welcome further insights and research, and look to community partners, educators, researchers, and policy makers to help change the course for the next generation of girls in San Francisco.

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<sup>144</sup> White House Council on Women and Girls, "Girls in STEM," April 30, 2012. <<http://www.whitehouse.gov/blog/2012/04/24/next-generation-girls-stem>>.