



2023 Youth Survey

Prepared for:



Prepared by:



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Research Methodology

Survey Methodology

The 2023 Youth Survey was conducted by the Center for Marketing and Opinion Research (CMOR) with 312 students of middle (n=137) and high (n=175) schools in Medina County, yielding a 5.5% margin of error at a 95% confidence level. Data Collection began on January 5 and ended on Feb 20, 2023. Surveys were conducted online in classrooms and were administered by both Medina County Health Department staff and school staff. Surveys were anonymous, the survey platform was hosted by CMOR, and all data collected was reviewed solely by professional researchers at CMOR. All tables labeled as “other” include open-ended responses that students gave in their own words when they did not see a response option that fit the question for them. The Medina County Youth Survey is a component of Medina County’s Community Health Assessment (CHA).

Past and Current Results

Youth Surveys were conducted in 2012 and 2017 utilizing a different survey methodology and having all school districts participating. In 2023, parents provided active permission for their student to participate, while past years the surveys utilized passive parent permission. Each survey report represents a snapshot in time of the students who responded to survey questions. This data, along with key stakeholder interviews and focus groups to be conducted, will provide a more complete picture of the needs and challenges that Medina County youth experience.

Participating Partners

In addition to the Medina County Health Department, the community partners involved in this component of the CHA included the following school districts in Medina County: Buckeye Local School District, Highland Local School District, Medina City School District and Wadsworth City School District. The partners collaborated on questionnaire development for the Youth Assessment. In addition, the school districts were instrumental in the successful completion of this component including securing parental consent and scheduling the surveys.

Thank you to the following financial contributors to this project: Medina County Alcohol, Drug Addiction, and Mental Health (ADAMH) Board, Catholic Charities Medina County, the Children’s Center of Medina County, MetroHealth, Medina Hospital Foundation, the Medina County Health Department, and the Medina County Board of Developmental Disabilities.

About Living Well Medina County

Living Well Medina County, a collaborative of healthcare, government, education, business, nonprofit, and faith communities in Medina County, has been working since 2010 to develop a community process for collecting and presenting data about the greatest needs in Medina County. We would like to thank all the agencies, schools, organizations, and individuals who have worked together over the years to make this a success.

From the beginning phases of the needs assessment, numerous individuals were actively engaged in the planning process and helped define the content, scope, and sequence of the project. Active engagement of community members throughout the planning process is regarded as an important step in completing a valid needs assessment.

It is our intent to periodically repeat this process to identify emerging issues and help ensure a high quality, healthy, and prosperous future for our county, while using existing resources as efficiently as possible. It is also our hope that this assessment will stimulate new collaborations among public and private agencies during economically challenging times.

If you have questions about this report or the Living Well Medina County Coalition, please contact:

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Key Findings

- **PERSONAL SAFETY.** A higher portion of students, 17%, rode in a car in the past 30 days with a driver who had been drinking than previous years (15% in 2017 and 14% in 2012) and higher than the national average, 14%.
- **VIOLENT RELATED BEHAVIOR.** While the percentage of students who reported being bullied is less than previous years, bullying is still a pervasive issue within the school districts with 33% of students reporting being bullied sometime in the past year (previous years percentages were 43% in 2017 and 54% in 2012). In 2023, Middle school students were much more likely than high school students to report being bullied, 41% compared to 27%.
- **VIOLENT RELATED BEHAVIOR.** Nearly a quarter of students, 23%, reported being bullied on school property in the past year. While this is lower than the last time the survey was administered in Medina County in 2017 (31%) it is still significantly higher than the national average of 15%.
- **MENTAL HEALTH.** More than half of students, 58%, reported feeling isolated or alone at least once in the past 12 months which is significantly higher than the state (43%) and national average (42%). On the other hand, one in ten students, 10%, in Medina County considered suicide in the past year. While this percentage is concerning, it is a significant decrease from previous administrations (14% in 2017 and 17% in 2012) and much less than the state and national average (both 22%).
- **TOBACCO USE/VAPING.** Self-reported cigarette and electronic vapor product use was much lower than previous years and state and national averages with just 2% reporting smoking cigarettes and 7% reporting using electronic vapor products sometime in the past.
- **ALCOHOL USE.** Nearly a sixth of students, 14%, have drunk alcohol in the past. High school students were much more likely than middle school students to have drunk alcohol in the past, 22% compared to 4%. This was also much lower than previous years; 32% in 2017 and 48% in 2012.
- **DRUG USE.** Less than one-tenth of students, 7%, have tried marijuana in the past. As with tobacco and alcohol use, high school students were much more likely than middle school students to have tried it. This was lower than previous years; 10% in 2017 and 12% in 2012 and significantly less than then the state (26%) and national average (28%).
- **SEXUAL BEHAVIORS.** A significant percentage of high school students, 18%, reported receiving a revealing or sexual photo of someone in the past 30 days while slightly fewer, 13%, reported sending a revealing or sexual photo of themselves. Less than one in ten high school students, 6%, said that a revealing or sexual photo of them was sent without their permission in the last 30 days.
- **HEALTH AND WELLNESS.** Even though it has improved over time, nearly a quarter of students, 22%, reported being slightly or very overweight (the percentage was 28% in 2017 and 24% in 2012). The national average was 32%.
- **HEALTH AND WELLNESS.** One in twenty students, 5%, reported that they have not had enough food sometime in the past week.
- **HEALTH AND WELLNESS.** Students reported being on their cell phones for an average of 2.85 hours on school days. High school students spent more time on average on their cell phones than middle school students, 3.30 compared to 2.26.





→ **SOCIAL MEDIA USE.** More than half of students, 53%, reported that they know all the people that follow or friend them online while less than half, 46%, said that their online accounts are currently checked as private.

Executive Summary

PERSONAL SAFETY

- ✓ Nearly one in ten students, 9.6%, suffered a blow to the head while playing with a sports team which caused them to get “knocked out”, have memory problems, double/blurred vision, headaches, “pressure” in the head, or nausea or vomiting. This was three times higher for middle school students than high school students.
- ✓ More than three-quarters of students, 77.0% always wear their seatbelt when riding in a car driven by someone else while an additional 17.6% wear their seatbelt most of the time. Only a small number of students, 4.8%, wear their seatbelt sometimes or less often.
- ✓ More than a sixth of students, 17.0%, rode in a car in the past 30 days with a driver who had been drinking.
- ✓ Behaviors that high school drivers were most likely to participate in while driving were driving while tired (83.0%), talking on a cell phone, hands free (48.1%), and driving more than 10 miles above the speed limit (48.1%).
- ✓ None of the students reported driving a car or other vehicle in the last 30 days when drinking.
- ✓ Only a small percentage of students, 5.6%, reported completing any social media challenge that put their health or safety at risk.

| Summary Table: Personal Safety | | All Students | Middle School | High School |
|---|--|--------------|---------------|-------------|
| Suffered Blow to Head in Last Year | Yes | 9.6% | 15.3% | 5.1% |
| | No | 88.1% | 80.3% | 94.3% |
| How Often Wear Seatbelt | Never | 0.6% | 0.7% | 0.6% |
| | Rarely | 0.6% | 0.7% | 0.6% |
| | Sometimes | 3.2% | 2.9% | 3.4% |
| | Most of the time | 17.6% | 14.6% | 20.0% |
| | Always | 77.9% | 81.0% | 75.4% |
| Rode with Driver, Past 30 Days, who was Drinking | Yes | 17.0% | 19.7% | 14.9% |
| | No | 83.0% | 80.3% | 85.1% |
| Behaviors Participated in while Driving | Driving while tired or fatigued | 50.0% | NA | 50.0% |
| | Talking on a cell phone hands free | 48.1% | NA | 48.1% |
| | Driving more than 10 miles above speed limit | 48.1% | NA | 48.1% |
| | Texting | 32.7% | NA | 32.7% |
| | Doing other tasks while driving | 32.7% | NA | 32.7% |
| | Talking on a cell phone NOT handsfree | 19.2% | NA | 19.2% |
| | Not wearing a seatbelt | 9.6% | NA | 9.6% |
| | Vaping or using an electronic cigarette | 3.8% | NA | 3.8% |
| | Drinking alcohol | 0.0% | NA | 0.0% |
| | Smoking cigarettes/used other tobacco products | 0.0% | NA | 0.0% |
| | Using prescription drugs, marijuana, illegal drugs | 0.0% | NA | 0.0% |
| Drove when Drinking, | Yes | 0.0% | 0.0% | 0.0% |





Summary Table: Personal Safety

| | | All Students | Middle School | High School |
|--------------------------------------|-----|--------------|---------------|-------------|
| in past 30 days | No | 100% | 100% | 100% |
| Risky Social Media Challenges | Yes | 5.6% | 4.2% | 6.6% |
| | No | 94.4% | 95.8% | 93.4% |

VIOLENT RELATED BEHAVIORS

- ✓ A small percentage of students, 3.5%, reported being threatened or injured with a weapon such as a gun or knife on school property in the past year.
- ✓ Slightly more, 4.5%, students reported being in a physical fight on school property in the past year.
- ✓ None of the students surveyed reported carrying a weapon on school property in the past year.
- ✓ Fewer than one in ten, 7.7%, students did NOT go to school because they felt they would be unsafe either at school or on their way to or from school.
- ✓ A third of students, 33.0%, reported being bullied in the past year. Middle school students were much more likely than high school students to report being bullied. More than a quarter of students, 25.6%, reported being verbally bullied in the past year while 19.2% reported being indirectly bullied. Nearly one in ten students reported experiencing cyber bullying (9.0%) or being physically bullied (8.0%) in the past year. Only a small percentage of students, 1.6%, were sexually bullied.
- ✓ Less than half of students, 44.9%, reported being teased or called names in the past year. The most common reasons for being teased or called names were because of their physical appearance (28.5%), their mental health (11.9%) or that someone thought they were gay, lesbian or bisexual (11.5%). Once again middle school students were more likely than high school students to be teased or called names.
- ✓ Nearly a quarter of students, 23.4%, reported being bullied on school property in the past year.

Summary Table: Violent Related Behaviors

| | | All Students | Middle School | High School |
|--|-----------------------------------|--------------|---------------|--------------|
| Threatened or Injured with Weapon in past year | | 3.5% | 4.4% | 2.9% |
| Physical Fight on School Property in past year | | 4.5% | 6.6% | 2.9% |
| Carried Weapon on School Property past 30 days | | 0% | 0% | 0% |
| Skipped School because Felt Unsafe past 30 days | | 7.7% | 6.6% | 8.6% |
| Types of Bullying Experienced (past 12 months) | Bullied- Any listed reason | 33.0% | 40.9% | 26.9% |
| | Verbally bullied | 25.6% | 30.7% | 21.7% |
| | Indirectly bullied | 19.2% | 21.9% | 17.1% |
| | Cyber bullied | 9.0% | 10.2% | 8.0% |
| | Physically bullied | 8.0% | 11.7% | 5.1% |
| | Sexually bullied | 1.6% | 1.5% | 1.7% |
| | Not bullied | 67.0% | 59.1% | 73.1% |
| Teased or Called Names (past 12 months) | Teased- Any listed reasons | 44.9% | 52.6% | 38.9% |
| | Your physical appearance | 28.5% | 32.1% | 25.7% |
| | Your mental health | 11.9% | 8.0% | 14.9% |
| | Someone thought you were gay | 11.5% | 13.9% | 9.7% |
| | Your gender | 8.3% | 8.0% | 8.6% |
| | Your race or ethnic background | 5.1% | 4.4% | 5.7% |
| | Because of your health choices | 4.8% | 4.4% | 5.1% |





| | | | | |
|-----------------------------------|--------------|-------|-------|-------|
| | A disability | 2.6% | 1.5% | 3.4% |
| | Other | 9.6% | 16.1% | 4.6% |
| Bullied on School Property | Yes | 23.4% | 27.0% | 20.6% |
| | No | 76.6% | 73.0% | 79.4% |

- ✓ A small percentage of students, 5%, reported being hit, slapped or physically hurt, on purpose, by an adult or caregiver in the past year.
- ✓ Slightly fewer, 4.8%, indicated that they had been forced or coerced to participate in sexual activity that they did not want to do.
- ✓ More than a third of students, 37.8%, reported having had a boyfriend, girlfriend, a partner or significant other in the past year.
- ✓ Of those with a significant other, only a small percentage, 1.7%, reported being hit, slapped, or physically hurt by their significant other. Far more, 28.0%, reported that they had been controlled or emotionally hurt by their significant other.

| Summary Table: Violent Related Behaviors | | All Students | Middle School | High School |
|--|-----|---------------------|----------------------|--------------------|
| Physically Hurt by Adult | Yes | 5.1% | 5.1% | 5.1% |
| | No | 94.9% | 94.9% | 94.9% |
| Forced into Sexual Activity | Yes | 4.8% | 2.2% | 6.9% |
| | No | 95.2% | 97.8% | 93.1% |
| Had a boyfriend, girlfriend or significant other in past year | Yes | 37.8% | 36.5% | 38.9% |
| | No | 62.2% | 63.5% | 61.1% |
| Physically Hurt by Significant Other | Yes | 1.7% | 2.0% | 1.5% |
| | No | 98.3% | 98.0% | 98.5% |
| Controlled/ Emotionally Hurt by Significant Other past year | Yes | 28.0% | 28.0% | 27.9% |
| | No | 72.0% | 72.0% | 72.1% |





MENTAL HEALTH

- ✓ When asked who they would talk to about concerns when dealing with personal problems or feelings of depression or suicide, the most common responses were a best friend (29.5%) or their parents (23.4%). A notable portion of students, 16.0%, reported that they talk to no one when they are dealing with problems. Less than half, 40.4%, said they do not have these problems, so they have no need to talk to someone.
- ✓ More than half of students, 58.0%, reported feeling isolated or alone at least once in the past 12 months while nearly a quarter, 23.4%, said that sometime in the last year they felt so sad or hopeless almost every day for two weeks or more that they stopped doing their usual activities.
- ✓ Most students, 89.7%, never seriously considered suicide in the past year, while 6.1% reported considering but not trying it and 4.2% said they had attempted suicide. High school students were more likely than middle school students to have considered or attempted suicide in the past year.
- ✓ When asked what would keep them from seeking help if they were dealing with anxiety, stress, depression or thoughts of suicide, the most common responses were they would handle it themselves (43.9%) or they would be worried about what others would think (30.8%).

| Summary Table: Mental Health | | All | MS | HS |
|---|---|---|--------------|--------------|
| Who Talk to about Concerns or Problems | Best friend | 29.5% | 28.5% | 30.3% |
| | Parents | 23.4% | 23.4% | 23.4% |
| | <i>No one</i> | 16.0% | 12.4% | 18.9% |
| | Brother/Sister/Sibling | 12.5% | 10.9% | 13.7% |
| | My girlfriend/boyfriend/partner/significant other | 9.3% | 6.6% | 11.4% |
| | School counselor | 8.3% | 10.2% | 6.9% |
| | Caring adult or adult friend | 5.4% | 4.4% | 6.3% |
| | Professional counselor | 5.4% | 5.8% | 5.1% |
| | Teacher | 4.2% | 5.8% | 2.9% |
| | Adult relative | 3.8% | 4.4% | 3.4% |
| | Coach | 2.2% | 3.6% | 1.1% |
| | Mental Health Helpline | 1.9% | 1.5% | 2.3% |
| | Pastor/priest or Youth minister | 0.6% | 0.7% | 0.6% |
| | Other | 2.9% | 2.2% | 3.4% |
| | | Not applicable – did not have these problems | 40.4% | 48.9% |
| Did you... | Feel isolated and alone in past 12 months | 58.0% | 60.6% | 56.0% |
| | Stop usual activities because of feeling sad | 23.4% | 16.1% | 29.1% |
| Considered Suicide in Past 12 months | No | 89.7% | 94.9% | 85.7% |
| | Considered, but did not try | 6.1% | 2.9% | 8.6% |
| | Considered and tried | 4.2% | 2.2% | 5.7% |
| Barriers to Seeking Help for Mental Problems <i>(affirming care responses in italics)</i> | I can handle it myself | 43.9% | 34.3% | 51.4% |
| | Worried what others would think | 30.8% | 34.3% | 28.0% |
| | No time | 19.2% | 13.9% | 23.4% |
| | Do not know where to go | 15.1% | 17.5% | 13.1% |
| | Paying for it/Cost | 13.8% | 8.0% | 18.3% |
| | Family would not support me in getting help | 10.3% | 10.9% | 9.7% |
| | Transportation | 4.5% | 3.6% | 5.1% |
| | Friends would not support me in getting help | 4.5% | 5.8% | 3.4% |
| | Other | 5.1% | 5.1% | 5.1% |
| | <i>I would seek help</i> | <i>34.6%</i> | <i>38.0%</i> | <i>32.0%</i> |
| | <i>I am currently in treatment</i> | <i>8.0%</i> | <i>5.8%</i> | <i>9.7%</i> |





- ✓ When asked what causes them anxiety, stress or depression, the most common responses were academic success, thinking about the future, self-image, and sports.
- ✓ When asked how they deal with stress, anxiety or depression, the most common responses were hobbies, sleep, talking to a friend or peer, or talking to someone in the family.

| Summary Table: Mental Health | | | | |
|--|--|-------|-------|-------|
| | | All | MS | HS |
| Causes of Anxiety, Stress or Depression | Academic success | 54.5% | 38.7% | 66.9% |
| | Thinking about the future | 49.0% | 32.8% | 61.7% |
| | Self-image | 33.0% | 30.7% | 34.9% |
| | Sports | 31.1% | 32.1% | 30.3% |
| | Fighting with friends | 29.5% | 35.0% | 25.1% |
| | Other stress at home | 26.0% | 24.8% | 26.9% |
| | Peer pressure | 25.3% | 27.0% | 24.0% |
| | Death of close family member or friend | 23.4% | 27.0% | 20.6% |
| | Fighting at home | 20.2% | 21.2% | 19.4% |
| | Being bullied | 19.6% | 21.2% | 18.3% |
| | Dating relationship | 15.7% | 10.2% | 20.0% |
| | Breakup | 9.3% | 10.2% | 8.6% |
| | Parent divorce/separation | 9.0% | 10.9% | 7.4% |
| | Parent is sick | 8.0% | 13.9% | 3.4% |
| | Taking care of younger siblings | 7.1% | 6.6% | 7.4% |
| | Sexual orientation | 7.1% | 4.4% | 9.1% |
| | Poverty/no money/financial issues | 5.8% | 2.9% | 8.0% |
| | Gender identity | 3.5% | 2.9% | 4.0% |
| | Alcohol or drug use in the home | 2.9% | 2.2% | 3.4% |
| | Not having enough to eat | 2.2% | 3.6% | 1.1% |
| | Not having a place to live | 1.9% | 2.9% | 1.1% |
| Other | 9.0% | 10.9% | 7.4% | |
| How Deal with Mental Problems | Hobbies | 46.5% | 45.3% | 47.4% |
| | Sleep | 40.4% | 32.8% | 46.3% |
| | Talk to a friend or peer | 38.1% | 38.0% | 38.3% |
| | Talk to someone in my family | 36.2% | 39.4% | 33.7% |
| | Exercise | 29.8% | 28.5% | 30.9% |
| | Text someone | 26.0% | 25.5% | 26.3% |
| | Eat | 23.4% | 22.6% | 24.0% |
| | Use social media | 17.0% | 11.7% | 21.1% |
| | Shop | 15.4% | 16.1% | 14.9% |
| | Pray/Read religious or spiritual teachings | 14.7% | 18.2% | 12.0% |
| | Journal | 10.6% | 15.3% | 6.9% |
| | Break something | 4.5% | 3.6% | 5.1% |
| | Drink alcohol | 2.2% | 0.0% | 4.0% |
| | Vape or use an electronic cigarette | 2.2% | 0.7% | 3.4% |
| | Use marijuana | 1.9% | 0.7% | 2.9% |
| | Smoke cigarettes or use other tobacco products | 0.6% | 0.0% | 1.1% |
| | Use illegal drugs | 0.3% | 0.0% | 0.6% |
| | Something else | 7.4% | 9.5% | 5.7% |
| | None of the above | 3.2% | 1.5% | 4.6% |
| | Does not have anxiety, stress, or depression | 18.9% | 22.6% | 16.0% |



- ✓ The ACES experiences that students are most likely to have experienced were having a parent or adult swear, insult or put them down (20.5%), have parents that are divorced or separated (18.9%), and having a family that does not look out for each other (17.4%).
- ✓ The self-harm behaviors that students are most likely to partake in were scratching (16.7%), hitting (11.9%) and hair pulling or picking (11.2%)

| Summary Table: Mental Health | | | | |
|-----------------------------------|---|-------------|-------------|-------------|
| | | All | MS | HS |
| Ever Experienced (ACES) | Parent/adult swore, insulted or put them down | 20.5% | 19.1% | 21.2% |
| | Parents became separated or were divorced | 18.9% | 14.9% | 21.2% |
| | Family did not look out for each other | 17.4% | 8.5% | 22.4% |
| | Lived with someone who was depressed | 15.9% | 4.3% | 22.4% |
| | Lived with someone who was alcoholic | 12.9% | 2.1% | 18.8% |
| | Your parents were not married | 6.1% | 2.1% | 8.2% |
| | Parent/adult in home physically hurt them | 6.1% | 4.3% | 7.1% |
| | Lived with someone who used drugs | 3.8% | 2.1% | 4.7% |
| | Lived with someone who served time | 3.8% | 0.0% | 5.9% |
| | Did not have enough to eat, had to wear dirty clothes | 3.0% | 4.3% | 2.4% |
| | Someone older touched them sexually | 2.3% | 0.0% | 3.5% |
| | Parents punched or beat each other up | 1.5% | 0.0% | 2.4% |
| | Elder tried to make them touch them sexually | 0.8% | 0.0% | 1.2% |
| | Someone older forced them to have sex | 0.0% | 0.0% | 0.0% |
| | None of the above | 54.5% | 68.1% | 47.1% |
| Average Number Experienced | | 1.13 | 0.62 | 1.41 |
| Self-Harm Behaviors | Scratching | 16.7% | 12.4% | 20.0% |
| | Hitting | 11.9% | 10.2% | 13.1% |
| | Hair pulling or picking | 11.2% | 7.3% | 14.3% |
| | Cutting | 9.3% | 2.2% | 14.9% |
| | Biting | 8.7% | 5.8% | 10.9% |
| | Burning | 2.6% | 0.7% | 4.0% |
| | Something not mentioned | 4.8% | 5.8% | 4.0% |
| | None of the above | 13.1% | 11.7% | 14.3% |
| | Have not hurt themselves on purpose | 59.9% | 66.4% | 54.9% |





TOBACCO USE

- ✓ Only 1.9% of all students indicated that they had smoked a whole cigarette sometime in their lifetime and of those who had smoked in the past, half had not smoked at all in the past 30 days. The average age that students start smoking was 14.7. The most common way that students got the cigarette was that someone gave it to them.
- ✓ Less than one in ten, 7.1%, have used an electronic vapor product. Of those who had vaped in the past, more than half, 59.1%, had not vaped in the past month. High School students were more than 5 times more likely than middle school students to have vaped in the past. The average age that students start vaping was 14. Once again, the most common way that students received vapes was that someone gave it to them.
- ✓ Finally, students were given a list of nicotine or tobacco products and asked if they had used any in the past year. The nicotine or tobacco products used most often were electronic vapor products (5.4%) followed by cigarettes (1.9%) and cigars (1.6%).

| Summary Table: Tobacco Use | | | | |
|---|---|-------|--------|-------|
| | | All | MS | HS |
| Ever Smoked Cigarettes | No | 98.1% | 100.0% | 96.6% |
| | Yes, but not in past 30 days | 1.0% | 0.0% | 1.7% |
| | Yes, smoked in past 30 days | 1.0% | 0.0% | 1.7% |
| Ever Vaped | No | 92.9% | 97.1% | 89.7% |
| | Yes, but not in past 30 days | 4.2% | 2.2% | 5.7% |
| | Yes, vaped in past 30 days | 2.9% | 0.7% | 4.6% |
| Nicotine or Tobacco Products Used in Past Year | Electronic Vapor Products | 5.4% | 2.2% | 8.0% |
| | Cigarettes | 1.9% | 0.0% | 3.4% |
| | Cigars | 1.6% | 0.0% | 2.9% |
| | Cigarillos (Swishers) | 1.3% | 0.0% | 2.3% |
| | Pouch (Zyn, Velo, ON, and Snus) | 0.6% | 0.7% | 0.6% |
| | Hookah | 0.6% | 0.0% | 1.1% |
| | Little cigars (Black & Milds) | 0.3% | 0.0% | 0.6% |
| | Chewing tobacco, snuff, dip (Redman, Skoal) | 0.3% | 0.7% | 0.0% |
| | Other | 0.3% | 0.0% | 0.6% |
| | None | 92.6% | 97.1% | 89.1% |





ALCOHOL USE

- ✓ Nearly a sixth of students, 14.1%, have drank alcohol in the past. High school students were much more likely than middle school students to have drank alcohol in the past, 21.7% compared to 4.4%. Of those who have drank alcohol in the past, nearly a quarter, 22.7%, had not drank alcohol in the past 30 days. On the other hand, 38.2%, of past drinkers had 5 or more drinks of alcohol in a row within a couple of hours, 4.1% of all students. The average age that students started drinking was 13.9.
- ✓ The most common ways that students got alcohol was that their parents gave it to them, someone else gave it to them, or an older friend or sibling gave it to them.

| Summary Table: Alcohol Use | | All | MS | HS |
|--|---|-------|-------|-------|
| Ever Drank Alcohol | No | 85.9% | 95.6% | 78.3% |
| | Yes, but not in past 30 days | 3.2% | 2.2% | 4.0% |
| | Yes, drank in past 30 days | 10.9% | 2.2% | 17.7% |
| How Usually Get Alcohol <i>(past 30 days – drank at least 1 day)</i> | My parent gave it to me | 41.2% | 33.3% | 41.9% |
| | Someone gave it to me | 38.2% | 0.0% | 41.9% |
| | An older friend or sibling bought it for me | 20.6% | 33.3% | 19.4% |
| | I took it from a store or family member | 8.8% | 33.3% | 6.5% |
| | At a public event | 5.9% | 0.0% | 6.5% |
| | Bought it from another student | 2.9% | 0.0% | 3.2% |
| | My friend’s parent gave it to me | 2.9% | 0.0% | 3.2% |
| | I bought it with a fake ID | 2.9% | 0.0% | 3.2% |
| | I bought it at a restaurant, bar, or club | 2.9% | 33.3% | 0.0% |
| | Bought it in a store | 0.0% | 0.0% | 0.0% |
| | On school property | 0.0% | 0.0% | 0.0% |
| | Other | 0.0% | 0.0% | 0.0% |



DRUG USE

- ✓ Less than one-tenth of students, 7.1%, have tried marijuana in the past. High school students were much more likely than middle school students to have tried it. Of those who tried marijuana, more than half, 54.5%, had not used marijuana in the past 30 days. The average age that students started using marijuana was 15.1.
- ✓ The most common way that students use marijuana is to vape it. Other ways that students used marijuana included (in order of prevalence): ate it or other edibles, used a bong or other equipment, smoked blunts, smoked a joint, or dabs.
- ✓ Drug use other than marijuana was rare. The most common drugs other than marijuana were CBD products, inhalants and hallucinogens like mushrooms.
- ✓ Only a small percentage age students, 1.9%, reported being under the influence of marijuana or other illegal drugs while on school property. No students reported being under the influence of alcohol or prescription medications (other than prescribed) while on school property. More than twice as many students, 4.2%, reported being offered, sold, or given illegal drugs on school property.

| Summary Table: Drug Use | | All | MS | HS |
|---|--|-------|--------|-------|
| Tried Marijuana | No | 92.9% | 98.5% | 88.6% |
| | Yes, but not in past 30 days | 3.8% | 0.7% | 6.3% |
| | Yes, used in past 30 days | 3.2% | 0.7% | 5.1% |
| How Used Marijuana (marijuana users) | Vaped it | 45.5% | 100.0% | 40.0% |
| | Eaten it or consumed edibles | 40.9% | 50.0% | 40.0% |
| | Used a bong or other equipment | 40.9% | 50.0% | 40.0% |
| | Smoked blunts | 31.8% | 50.0% | 30.0% |
| | Smoked a joint | 27.3% | 0.0% | 30.0% |
| | Dabs | 22.7% | 50.0% | 20.0% |
| | Other | 0.0% | 0.0% | 0.0% |
| Lifetime Use of Other Drugs | CBD products | 1.6% | 0.0% | 2.9% |
| | Inhalants | 1.3% | 0.7% | 1.7% |
| | Hallucinogens such as Mushrooms | 1.0% | 0.0% | 1.7% |
| | Prescriptions to get high | 0.6% | 0.0% | 1.1% |
| | Over the counter medications (to get high) | 0.6% | 0.0% | 1.1% |
| | Misused cough syrup | 0.6% | 0.0% | 1.1% |
| | Cocaine | 0.3% | 0.0% | 0.6% |
| | Heroin | 0.3% | 0.0% | 0.6% |
| | Methamphetamines | 0.3% | 0.0% | 0.6% |
| | Ecstasy/MDMA/Molly | 0.3% | 0.0% | 0.6% |
| | K2/Spice | 0.3% | 0.0% | 0.6% |
| | Posh/salvia/synthetic marijuana | 0.3% | 0.0% | 0.6% |
| | Liquid THC (tinctures) | 0.3% | 0.0% | 0.6% |
| | Psychedelics such as acid paper and LSD | 0.3% | 0.0% | 0.6% |
| Other | 0.6% | 0.7% | 0.6% | |
| Use on School Property | Alcohol | 0.0% | 0.0% | 0.0% |
| | Marijuana | 1.9% | 0.0% | 2.3% |
| | Other illegal drugs | 1.9% | 0.0% | 2.3% |
| | Prescription medications other than prescribed | 0.0% | 0.0% | 0.0% |
| Offered Drugs on School Property | | 4.2% | 1.5% | 6.3% |

- ✓ When asked why they had not used drugs, the most common reasons were that they were not interested, their parents would be upset, their values and the legal consequences.

| Summary Table: Drug Use | | | | |
|-----------------------------|--|-------|-------|-------|
| | | All | MS | HS |
| Reasons for Not Using Drugs | Not interested | 82.8% | 87.0% | 80.0% |
| | Parents would be upset | 65.9% | 67.7% | 64.3% |
| | My values | 59.2% | 51.9% | 65.6% |
| | Legal consequences | 49.5% | 49.6% | 49.4% |
| | Kicked out of sports or extracurricular activities | 43.2% | 39.8% | 46.1% |
| | Health problems | 41.8% | 42.1% | 41.6% |
| | Friends would not approve | 33.8% | 38.3% | 29.9% |
| | No access | 23.0% | 24.8% | 21.4% |
| | Random student drug testing | 16.7% | 9.8% | 22.7% |
| | Other | 8.7% | 12.0% | 5.8% |
| | I have used drugs | 0.9% | 0.0% | 1.4% |





SEXUAL BEHAVIOR

Please note: This section of questions was not asked in all districts making the sample size smaller and less generalizable to the entire county. Only a total of 132 of the 312 students were asked these questions (47 middle school and 85 high school students)

- ✓ A third of high school students, 32.9%, reported viewing pornography in the past while 18.8% had participated in oral sex. Slightly fewer, 14.1%, have had sexual intercourse and just 3.5% of high school students have had anal sex. None of the middle school students who were surveyed reported participating in any of these behaviors. The average age for first having sexual intercourse was 15.1.
- ✓ Of those who have had sexual intercourse, half have had only one sexual partner while a third have had 3 or more partners. The most common form of contraception used was condoms.
- ✓ More than a sixth of high school students, 17.6%, reported receiving a revealing or sexual photo of someone in the past 30 days while slightly fewer, 12.9%, reported sending a revealing or sexual photo of themselves. Less than one in ten high school students, 5.9%, said that a revealing or sexual photo of them was sent without their permission in the last 30 days. None of the middle school students who were surveyed reported having any of these experiences.
- ✓ A small percentage of high school students, 3.5%, have wanted to get pregnant or been forced or coerced to participate in any sexual activity when they did not want to.

| Summary Table: Sexual Behavior | | | | |
|--|---|-------|-------|-------|
| | | All | MS | HS |
| Participated In... | Viewing pornography | 21.2% | 0.0% | 32.9% |
| | Oral sex | 12.1% | 0.0% | 18.8% |
| | Sexual intercourse | 9.1% | 0.0% | 14.1% |
| | Anal sex | 2.3% | 0.0% | 3.5% |
| | None of the above | 74.2% | 97.9% | 61.2% |
| Contraception Method During Last Sexual Intercourse | Condoms | 50.0% | - | 50.0% |
| | Birth control pills | 16.7% | - | 16.7% |
| | Withdrawal or Pull-out method | 16.7% | - | 16.7% |
| | No method was used to prevent pregnancy | 8.3% | - | 8.3% |
| | An IUD or implant | 0.0% | - | 0.0% |
| | NA, did not have intercourse with opposite sex | 0.0% | - | 0.0% |
| | Other | 8.3% | - | 8.3% |
| Revealing or Sexual Photo Sharing | Received revealing or sexual photo from someone | 11.4% | 0.0% | 17.6% |
| | Sent revealing or sexual photo of yourself | 8.3% | 0.0% | 12.9% |
| | Photo of you sent without permission | 3.8% | 0.0% | 5.9% |
| Ever Had Experiences | Wanted to get pregnant | 2.3% | 0.0% | 3.5% |
| | Been forced to participate in sexual activity | 2.3% | 0.0% | 3.5% |
| | Been pregnant | 0.8% | 0.0% | 1.2% |
| | Had a miscarriage | 0.8% | 0.0% | 1.2% |
| | Had a child | 0.8% | 0.0% | 1.2% |
| | Been treated for an STD | 0.8% | 0.0% | 1.2% |
| | Had sex in exchange for something of value | 0.8% | 0.0% | 1.2% |
| | Got someone pregnant | 0.0% | 0.0% | 0.0% |
| Had an abortion | 0.0% | 0.0% | 0.0% | |





- ✓ School was the place that most students, 78.0%, were taught about pregnancy, prevention, sexually transmitted diseases, AIDS or HIV infection or the use of condoms or birth control. Following school was parents or caregivers, internet or social media, and their doctor.

| Summary Table: Sexual Behavior | | | | |
|-----------------------------------|---|-------|-------|-------|
| | | All | MS | HS |
| Where Taught Sex Education | School | 78.0% | 46.8% | 95.3% |
| | Parents/Guardians/Caregiver | 59.1% | 51.1% | 63.5% |
| | Internet or social media | 31.8% | 12.8% | 42.4% |
| | My doctor | 29.5% | 10.6% | 40.0% |
| | Friends | 26.5% | 10.6% | 35.3% |
| | Siblings (brothers/sisters) | 9.1% | 4.3% | 11.8% |
| | Church | 3.0% | 0.0% | 4.7% |
| | Other | 1.5% | 4.3% | 0.0% |
| | Have not been taught about these subjects | 9.8% | 27.7% | 0.0% |



HEALTH AND WELLNESS

- ✓ By far, the most popular sources of platforms that students rely on for health information were their doctor (81.7%) or their parents (73.7%).
- ✓ Nearly three-quarters, 69.8%, of students agreed that “I feel comfortable in my body” while nearly two-thirds, 63.0%, agreed that “I feel good about my body”. Over half, 54.3%, agreed that “I feel like I am attractive even if I am different from media images of attractive people”. High school students had a higher level of agreement with all three statements than middle school students.
- ✓ More than half of all students, 56.3%, reported that their weight was just about right while 21.9% reported being overweight and the same percentage reported being underweight.
- ✓ Less than half, 43.4%, reported trying to lose weight or keep from gaining weight in the past 30 days.
- ✓ The most common ways that students try to lose weight or keep from gaining weight, of those who are trying, were exercising, drinking more water, eating less and eating more fruits and vegetables.

| Summary Table: Health and Wellness | | All | MS | HS |
|--|--|-------|-------|-------|
| Sources or Platforms Relied on for Health Information | Your doctor | 81.7% | 83.2% | 80.6% |
| | Your parents | 73.7% | 80.3% | 68.6% |
| | Health Agencies | 34.3% | 26.3% | 40.6% |
| | Health Organizations | 32.7% | 24.8% | 38.9% |
| | Social media | 17.0% | 6.6% | 25.1% |
| | National Health Authorities | 15.7% | 9.5% | 20.6% |
| | Your friends | 15.4% | 11.7% | 18.3% |
| | Television News | 11.9% | 7.3% | 15.4% |
| | Newspapers or Electronic Journals | 5.1% | 0.7% | 8.6% |
| | Other | 2.2% | 2.2% | 2.3% |
| Agreement with Statements (% agree) | I am comfortable in my body | 69.8% | 69.4% | 70.1% |
| | I feel good about my body | 63.0% | 61.8% | 64.0% |
| | I feel like I am attractive even if I am different | 54.3% | 48.5% | 58.9% |
| Self-Described Weight | Very underweight | 2.6% | 2.9% | 2.3% |
| | Somewhat underweight | 19.3% | 24.3% | 15.4% |
| | About the right weight | 56.3% | 53.7% | 58.3% |
| | Slightly overweight | 19.6% | 16.2% | 22.3% |
| | Very overweight | 2.3% | 2.9% | 1.7% |
| Have Tried to Manage Weight | Yes | 43.4% | 42.6% | 44.0% |
| | No | 56.6% | 57.4% | 56.0% |
| Attempted Methods of Weight Loss (past 30 days – have tried to manage weight) | Exercised | 80.0% | 86.2% | 75.3% |
| | Drank more water | 60.7% | 56.9% | 63.6% |
| | Ate less food, fewer calories, or foods low in fat | 54.8% | 32.8% | 71.4% |
| | Ate more fruits and vegetables | 48.1% | 55.2% | 42.9% |
| | Skipped meals | 31.1% | 13.8% | 44.2% |
| | Gone without eating for 24 hours | 7.4% | 3.4% | 10.4% |
| | Vomited or took laxatives | 3.7% | 1.7% | 5.2% |
| | Took diet pills, powders, shakes, liquids | 1.5% | 0.0% | 2.6% |
| | Smoked cigarettes or e-cigarettes | 0.7% | 0.0% | 1.3% |
| | Other | 3.7% | 6.9% | 1.3% |

- ✓ More than half of students, 56.9%, have not had a drink that was high in caffeine such as coffee or an energy drink in the past week. High school students were much more likely than middle school students to have drunk a high caffeine drink in the past week.
- ✓ About a third of students, 32.8%, reported eating fruits or vegetables 3 or more times a day, while close to another 60% eat 1 to 2 servings a day. Only a small number, 7.4%, indicated they eat no fruits or vegetables.
- ✓ Only a small percentage, 5.1%, reported that they have not had enough food sometime in the past week.

| Summary Table: Health and Wellness | | All | MS | HS |
|--|--|-------|-------|-------|
| Times Had High Caffeine Drink (past 7 days) | 0, did not have a drink high in caffeine | 56.9% | 71.3% | 45.7% |
| | 1 to 3 times during the past 7 days | 27.7% | 22.8% | 31.4% |
| | 4 to 6 times during the past 7 days | 5.1% | 0.7% | 8.6% |
| | 1 time per day or more | 10.3% | 5.1% | 4.0% |
| Average Daily Servings of Fruits and Vegetables | 0 servings | 7.4% | 3.7% | 10.3% |
| | 1 to 2 servings a day | 59.8% | 55.9% | 62.9% |
| | 3 to 4 servings a day | 27.3% | 33.8% | 22.3% |
| | 5 or more servings a day | 5.5% | 6.6% | 4.6% |
| Not Have Enough Food (past 7 days) | Yes | 5.1% | 4.4% | 5.7% |
| | No | 94.9% | 95.6% | 94.3% |

- ✓ Most students, 88.1%, indicated that they had exercised or were physically active for a total of 60 minutes for 1 or more days in the past week. Overall, students exercised an average of 3.8 days in the past week.
- ✓ Students reported being on their cell phones for an average of 2.85 hours on school days. High school students spent more time on average on their cell phones than middle school students.

| Summary Table: Health and Wellness | | All | MS | HS |
|---|------------------------|-------|-------|-------|
| Exercised at least 60 Minutes (past 7 days) | Average days exercised | 3.80 | 3.85 | 3.77 |
| | 0 days | 11.9% | 11.0% | 12.6% |
| | 1 day | 6.8% | 5.1% | 8.0% |
| | 2 days | 11.9% | 12.5% | 11.4% |
| | 3 days | 13.8% | 12.5% | 14.9% |
| | 4 days | 15.4% | 18.4% | 13.1% |
| | 5 days | 12.5% | 15.4% | 10.3% |
| | 6 days | 10.0% | 8.8% | 10.9% |
| Average Hours Spent During Average School Day | Watch TV | 1.25 | 1.24 | 1.27 |
| | Play video games | 1.34 | 1.27 | 1.40 |
| | Computer or tablet | 1.55 | 1.44 | 1.63 |
| | On cell phone | 2.85 | 2.26 | 3.30 |

- ✓ Most students, 89.0%, had visited a doctor or other health care professional for a routine checkup in the past year while even more, 90.8%, have seen a dentist for a check-up, exam, teeth cleaning or other dental work in the past year.
- ✓ Over half of students, 59.4%, feel that it is very important to follow their doctor's recommendations while another 39.7% thought it was somewhat important.
- ✓ The average number of hours that students slept per school night was 6.98.
- ✓ Most students, 97.7%, usually sleep in their parent's or guardian's house.

| Summary Table: Health and Wellness | | | | |
|---|---|-------|-------|-------|
| | | All | MS | HS |
| Last Routine Check-Up | Less than a year ago | 89.0% | 93.3% | 85.7% |
| | 1 to 2 years ago | 10.0% | 5.8% | 13.0% |
| | 2 to 5 years ago | 0.7% | 0.8% | 0.6% |
| | 5 or more years ago | 0.4% | 0.0% | 0.6% |
| | Never | 0.0% | 0.0% | 0.0% |
| Importance of Following Doctor Recommendations | Very important | 59.4% | 61.8% | 57.5% |
| | Somewhat important | 39.7% | 37.5% | 41.4% |
| | Not at all important | 1.0% | 0.7% | 1.1% |
| Last Dental Exam/ Check-Up | Less than a year ago | 90.8% | 91.2% | 90.5% |
| | 1 to 2 years ago | 6.5% | 7.2% | 6.0% |
| | 2 to 5 years ago | 1.4% | 1.6% | 1.2% |
| | 5 or more years ago | 1.0% | 0.0% | 1.8% |
| | Never | 0.3% | 0.0% | 0.6% |
| Average hours of Sleep per School Night | | 6.98 | 7.52 | 6.56 |
| Where Usually Sleep (past 30 days) | In my parent's or guardian's home | 97.7% | 98.5% | 97.1% |
| | In the home of a friend, family member, or other | 1.6% | 0.7% | 2.3% |
| | In a motel or hotel | 0.3% | 0.0% | 0.6% |
| | Shelter/Emergency Housing | 0.0% | 0.0% | 0.0% |
| | In a car, park, campground, or other public place | 0.0% | 0.0% | 0.0% |
| | Do not have a usual place to sleep | 0.0% | 0.0% | 0.0% |
| | Somewhere else | 0.3% | 0.7% | 0.0% |



MISCELLANEOUS

- ✓ Most students, 88.4%, indicated that they currently have social media or online game accounts. High school students were more likely than middle school students to have these accounts. The average number of hours students spend on an average school day on these accounts is 2.69 hours.
- ✓ The social media and online platforms most popular with students were YouTube, SnapChat and TikTok.
- ✓ More than two-thirds of students, 69.3%, agreed that sharing personal information online is dangerous. Slightly more than half, 52.9%, reported that they know all the people that follow or friend them online while less than half, 45.6%, said that their online accounts are currently checked as private.

| Summary Table: Social media/Online gaming | | All | MS | HS |
|---|---|------------|-----------|-----------|
| Social Media/ Online Gaming | Yes | 88.4% | 84.6% | 91.4% |
| | No | 11.6% | 15.4% | 8.6% |
| Hours on Social Media/Online gaming on Average School Day | | 2.69 | 2.36 | 2.93 |
| Social Media/ Online Gaming Platforms Used | YouTube | 86.5% | 88.7% | 84.9% |
| | SnapChat | 72.3% | 56.5% | 83.6% |
| | TikTok | 61.7% | 52.2% | 68.6% |
| | Instagram | 50.0% | 24.3% | 68.6% |
| | Pinterest | 36.1% | 32.2% | 39.0% |
| | Discord | 29.2% | 23.5% | 33.3% |
| | Xbox live | 27.0% | 24.3% | 28.9% |
| | Twitter | 22.6% | 7.8% | 33.3% |
| | PlayStation network | 18.2% | 20.0% | 17.0% |
| | Twitch | 16.4% | 13.9% | 18.2% |
| | Steam | 15.7% | 13.0% | 17.6% |
| | Facebook | 15.0% | 6.1% | 21.4% |
| | Reddit | 13.9% | 6.1% | 19.5% |
| | WhatsApp | 4.7% | 2.6% | 6.3% |
| | Other | 7.3% | 12.2% | 3.8% |
| Statements about Social Media/Online Gaming Accounts (% agree) | I believe sharing personal info online is dangerous | 69.3% | 73.9% | 66.0% |
| | I know all the people that “follow/friend” me | 52.9% | 62.6% | 45.9% |
| | My account is currently checked private | 45.6% | 42.6% | 47.8% |
| | I know all the people I play online with | 43.4% | 47.0% | 40.9% |
| | My parents have the password to these accounts | 33.2% | 50.4% | 20.8% |
| | I have been asked to meet someone I met online | 6.9% | 5.2% | 8.2% |
| | I have been bullied as a result of these accounts | 6.2% | 6.1% | 6.3% |
| | My friends have the password to some/all accounts | 4.7% | 5.2% | 4.4% |
| | I share personal information about myself | 2.9% | 2.6% | 3.1% |
| | My parents do not know that I have an account | 2.9% | 2.6% | 3.1% |
| | Participated in sexual activity w/ someone met online | 2.6% | 0.9% | 3.8% |



- ✓ More than three-quarters of students, 79.0%, reported that they will attend a 4-year college while more, 96.5%, plan to graduate high school. Nearly one in ten, 9.7%, plan to get their GED.
- ✓ Most students reported having a strong social support system with more than three-quarters indicating they have an adult who supports them in a number of different ways. These supports range from 76.7% having an adult to talk to them about social media on the lowest end of support to 95.1% having an adult to talk to them about school at the highest end.
- ✓ Most, 89.5%, students agreed that they have what is needed to be prepared for school while more than three-quarters reported getting a lot of encouragement, that their community supports their school and that they are comfortable talking to their parent or guardian.

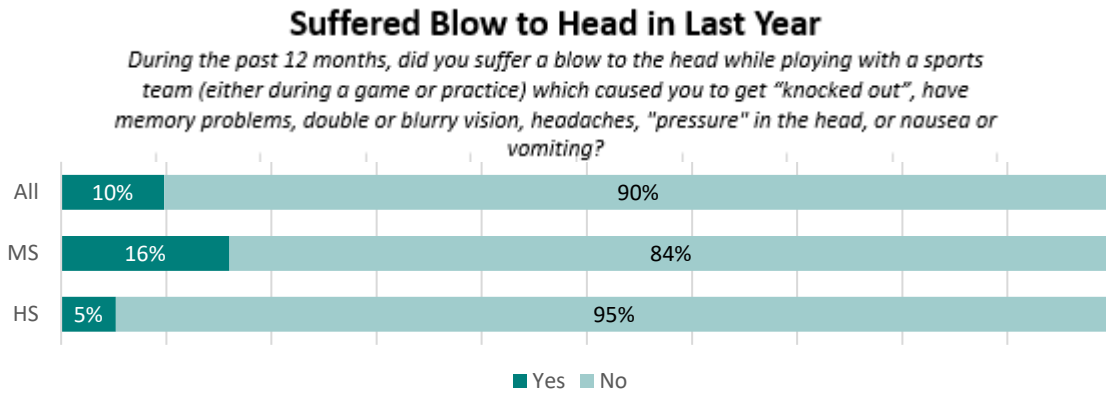
| Summary Table: Future plans & Support | | | | |
|--|--|-------|-------|-------|
| | | All | MS | HS |
| Future Plans | Will graduate from high school | 96.5% | 97.1% | 96.0% |
| | Will attend a 4-year college | 79.0% | 78.7% | 79.3% |
| | Will attend community college/technical/trade school | 12.9% | 16.2% | 10.3% |
| | Will go straight to work | 11.6% | 16.2% | 8.0% |
| | Get my GED | 9.7% | 11.0% | 8.6% |
| | Will join the military | 4.5% | 7.4% | 2.3% |
| | Won't finish high school | 0.3% | 0.0% | 0.6% |
| | Other | 3.5% | 4.4% | 2.9% |
| Have Someone to... (% have an adult) | Talk to you about school | 95.1% | 94.1% | 96.0% |
| | Ask you about homework | 93.9% | 97.0% | 91.4% |
| | Go to meetings or events at your school | 93.9% | 97.0% | 91.4% |
| | Make themselves available to talk when needed | 93.9% | 93.3% | 94.3% |
| | Talk to you about healthy choices | 92.2% | 94.8% | 90.2% |
| | Make the family eat together | 89.0% | 90.4% | 87.9% |
| | Help you with your schoolwork | 82.2% | 86.7% | 78.7% |
| | Talk to you about alcohol, vaping, drug use or sex | 79.0% | 74.1% | 82.8% |
| | Talk to you about social media | 76.7% | 77.0% | 76.4% |
| Agreement with Statements (% agree) | I have what is needed to be prepared for school | 89.5% | 91.8% | 87.8% |
| | I get a lot of encouragement | 77.2% | 78.5% | 76.3% |
| | Our community supports our school | 76.9% | 74.7% | 78.6% |
| | I am comfortable talking to my parent/guardian | 75.8% | 81.4% | 71.5% |
| | My teachers push me to do my best | 74.9% | 81.2% | 69.9% |
| | My teachers care about me | 70.0% | 74.9% | 66.1% |
| | I am bored at school | 61.3% | 55.6% | 65.5% |
| | We have a lot of school pride | 59.7% | 58.2% | 60.7% |
| | I have skipped school in the past month | 14.3% | 11.1% | 16.7% |
| | Classes that I wanted to take got cut | 13.7% | 7.4% | 18.5% |
| | I come to class unprepared | 13.1% | 6.7% | 17.9% |
| | Extracurricular activities I was involved in got cut | 10.1% | 11.9% | 8.7% |



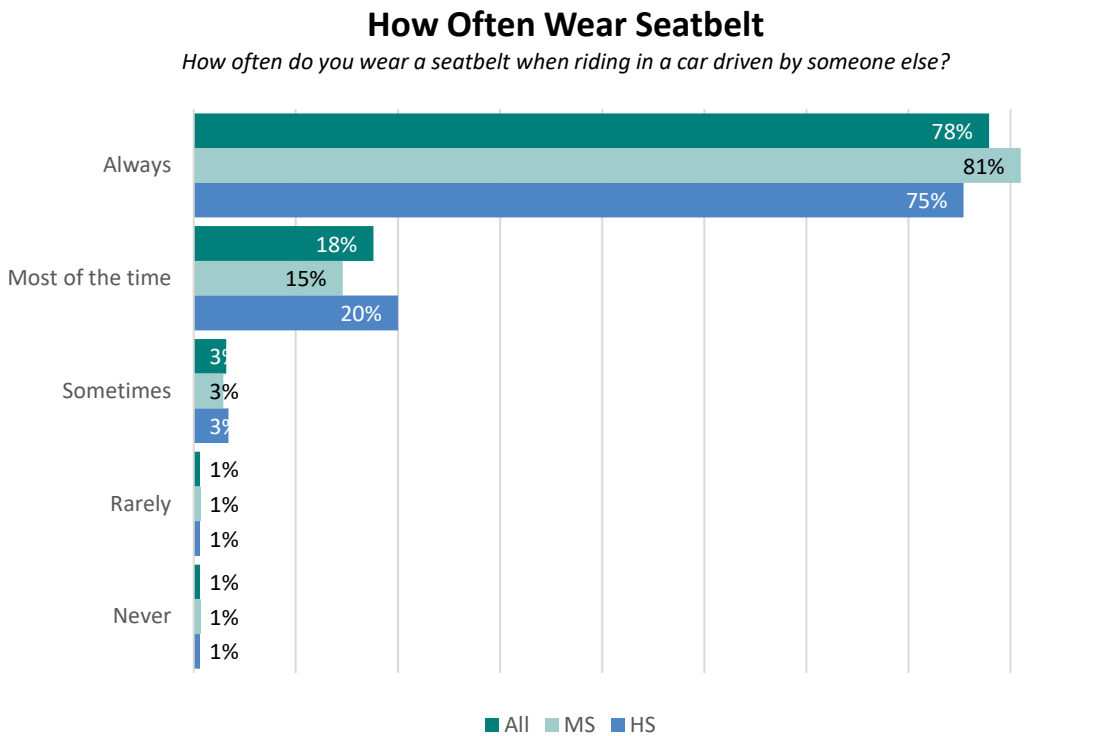
Survey Results

PERSONAL SAFETY

Nearly one in ten students, 9.8%, suffered a blow to the head while playing with a sports team which caused them to get “knocked out”, have memory problems, double or blurry vision, headaches, “pressure” in the head, or nausea or vomiting. The percentage was three times higher for middle school students than high school students.



More than three-quarters of students, 77.9% always wear their seatbelt when riding in a car driven by someone else while an additional 17.6% wear their seatbelt most of the time. Only a small amount of students, 4.8%, wear their seatbelt sometimes (3%) or less often (2%).

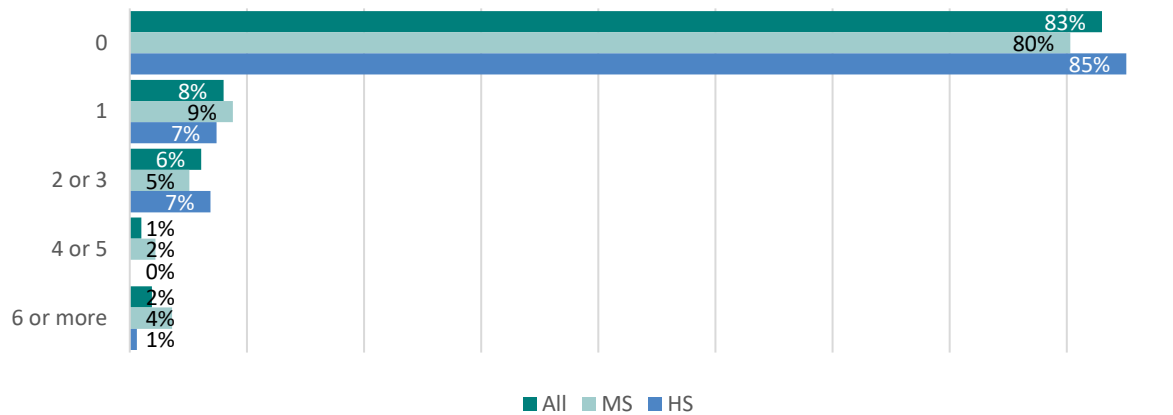




More than a sixth of students, 17.0%, rode in a car in the past 30 days with a driver who had been drinking.

Number of Times in a Car with Driver who was Drinking

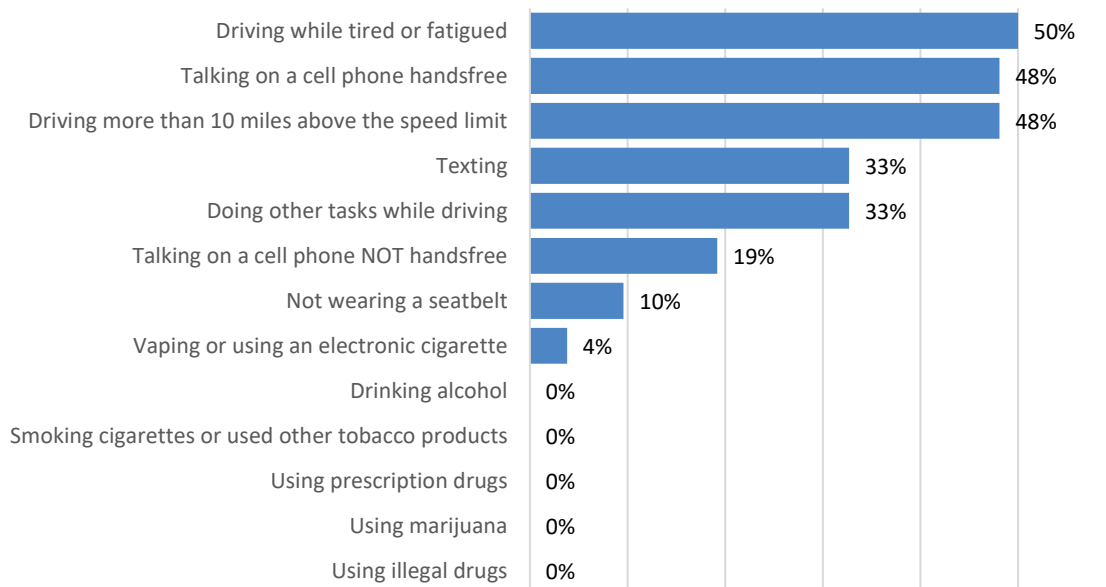
During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been drinking alcohol?



A sixth of students, 16.7%, have their driver’s license. Students with driver’s licenses (all of whom were high school students) were asked if they had participated in thirteen different behaviors while driving. The behaviors that high school drivers were most likely to participate in when driving were driving while tired (83.0%), talking on a cell phone hands free (48.1%), and driving more than 10 miles above the speed limit (48.1%). A third of students, 32.7%, reported texting or doing other tasks while driving which 19.2% reported using a cell phone NOT handsfree. A small percentage of drivers reported not wearing a seatbelt (9.6%) or vaping (3.8%) while driving. No drivers reported drinking alcohol, smoking cigarettes, using prescription drugs, or using marijuana or other illegal drugs.

Behaviors Participated in while Driving

During the past 30 days, did you drive a car or other vehicle while doing any of the following?

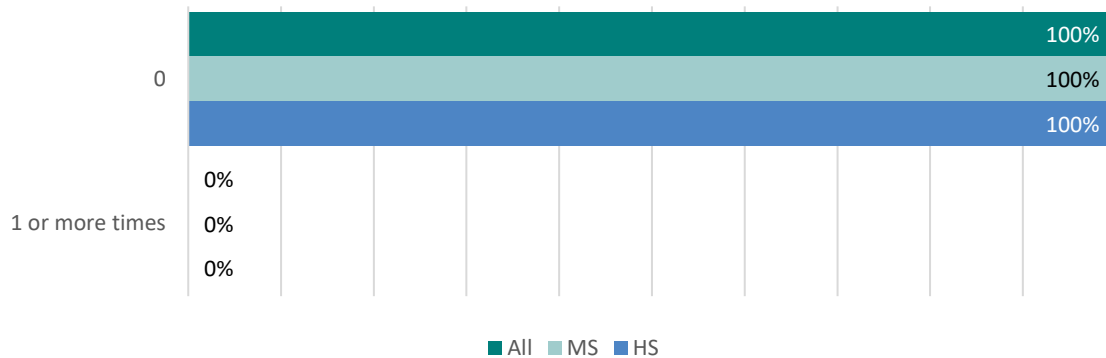




None of the students reported driving a car or other vehicle in the last 30 days when drinking.

Number of Times Drove when Drinking

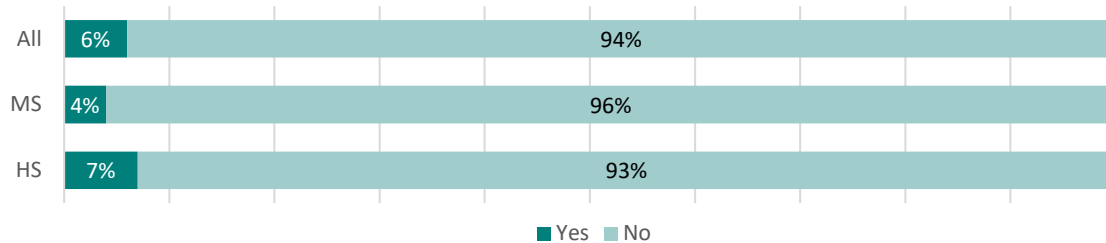
During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol?



Only a small percentage of students, 5.6%, reported completing any social media challenge that put their health or safety at risk. Non-white students were nearly three times more likely than white students to participate in risky social media challenges, 13.2% compared to 4.5%.

Risky Social Media Challenges

Have you ever completed any social media challenges that you think put your health or safety at risk?



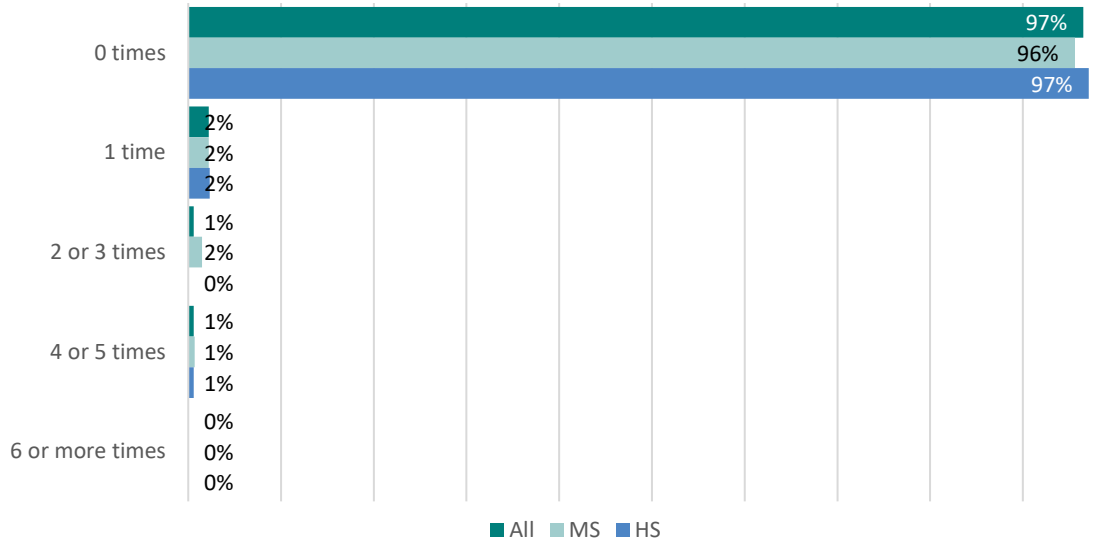


VIOLENT RELATED BEHAVIORS

A small percentage of students, 3.5%, reported being threatened or injured with a weapon such as a gun or knife on school property in the past year. Most of those who had been threatened or injured with a weapon on school property were threatened one time. Non-white students were much more likely to be threatened on school property than white students, 11.9% compared to 2.2%.

Time Threatened or Injured with Weapon

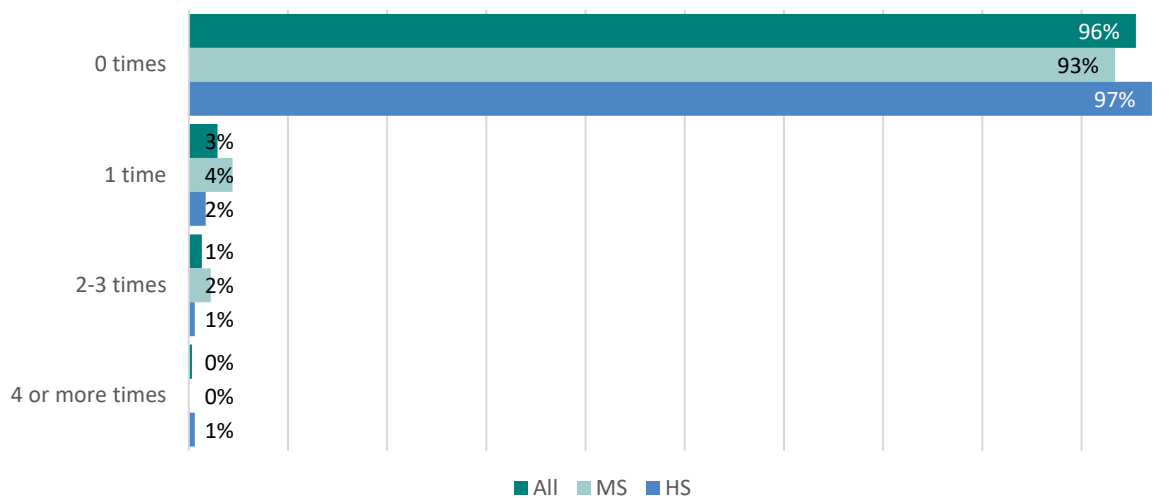
During the past 12 months, how many times has someone threatened or injured you with a weapon such as a gun or knife ON SCHOOL PROPERTY?



Slightly more, 4.5%, of students reported being in a physical fight on school property in the past year. Middle School students (6.6%) were more likely than high school students (2.9%) to have been in a fight on school property. Likewise, males (5.4%) were more likely than females (1.9%) to have been in a fight.

Times in Physical Fight on School Property

During the past 12 months, how many times were you in a physical fight ON SCHOOL PROPERTY?

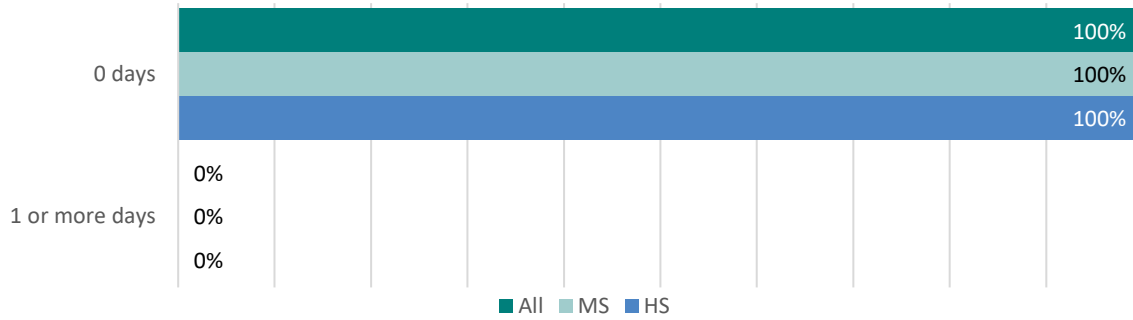




None of the students surveyed indicated they had carried any weapons on school property in the last 30 days.

Days Carried Weapon on School Property

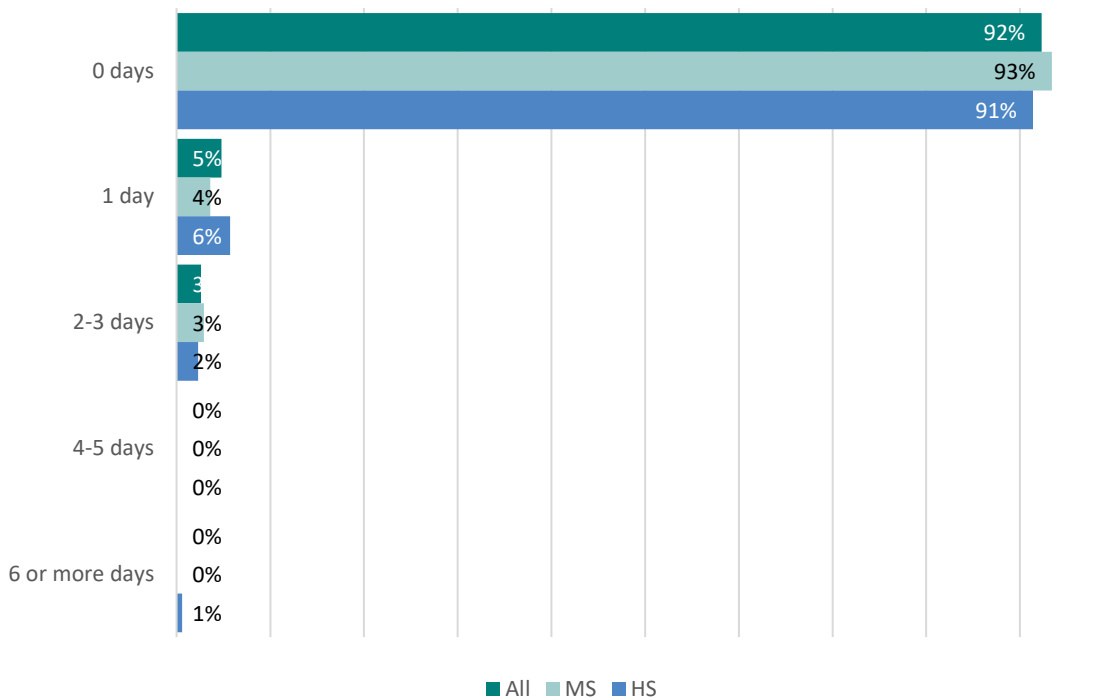
During the past 30 days, on how many days did you carry a weapon such as a gun or knife on SCHOOL PROPERTY?



Less than one in ten, 7.7%, students did NOT go to school because they felt they would be unsafe either at school or on their way to or from school (4.8% missed one day because of feeling unsafe, 2.9% missed 2 or more days). Non-white students (21.4%) were much more likely than white students (5.6%), to skip school because they felt unsafe.

Days Skipped School because Felt Unsafe

During the past 30 days, how many days did you NOT go to school because you felt you would be unsafe at school or on your way to or from school?



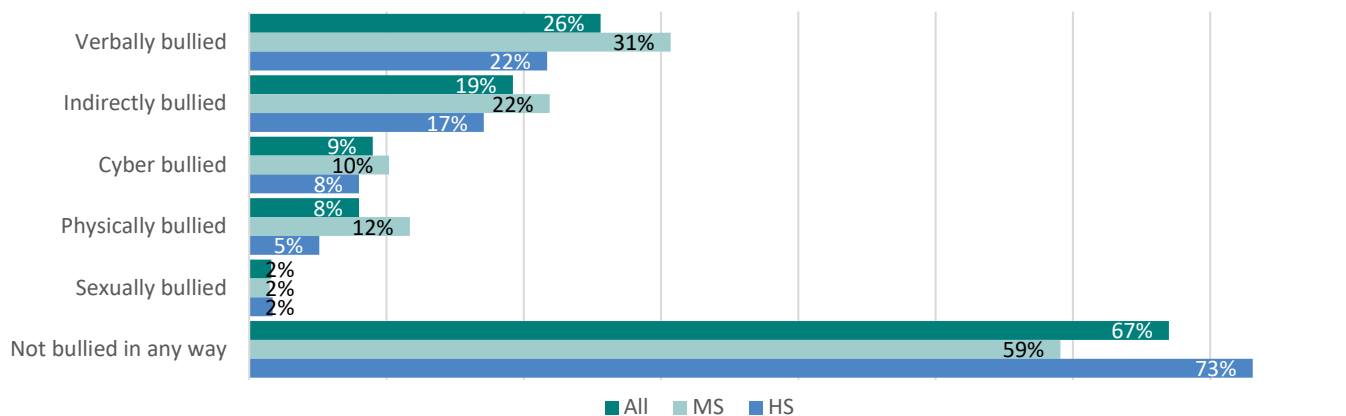


A third of students, 33.0%, reported being bullied in the past year. Middle school students (40.9%) were much more likely than high school students (26.9%) to report being bullied. Females (41.0%) were also much more likely than males (23.0%) to have been bullied. More detail on the different types of bullying is below:

- More than a quarter of students, 25.6%, reported being **verbally** bullied, which includes being teased, taunted, or called harmful names. Females (32.1%) were much more likely than males (16.9%) to report being verbally bullied.
- Nearly a fifth, 19.2%, reported being **indirectly** bullied, which includes spreading mean rumors or keeping them out of a “group”. Females (26.9%) were much more likely than males (10.8%) to report being indirectly bullied.
- Nearly one in ten, 9.0%, reported being **cyber** bullied, which includes being teased, taunted or threatened by email, cell phone, social media, or other electronic methods. Females (11.5%) were more than twice as likely as males (5.4%) to report being cyber bullied.
- Nearly one in ten, 8.0%, reported being **physically** bullied which includes being hit, kicked, punched or people taking their belongings. Non-white students (19.0%) were much more likely than white students (6.3%) to report being physically bullied.
- Only a small percentage of students, 1.6%, reported being sexually bullied which includes using nude or semi-nude pictures to pressure someone to have sex that does not want to, blackmail, intimidate, or exploit another person.

Types of Bullying Experienced

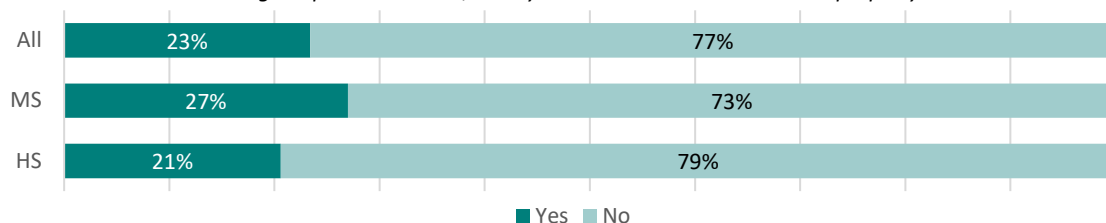
What types of bullying have you experienced in the past 12 months?



Nearly a quarter, 23.4%, reported being bullied on school property in the past year. Middle school students were slightly more likely than high school students to be bullied on school property, although this difference was not statistically significant. Females (27.6%) were more likely than males (17.6%) to be bullied on school property.

Bullied on School Property

During the past 12 months, have you ever been bullied on school property?



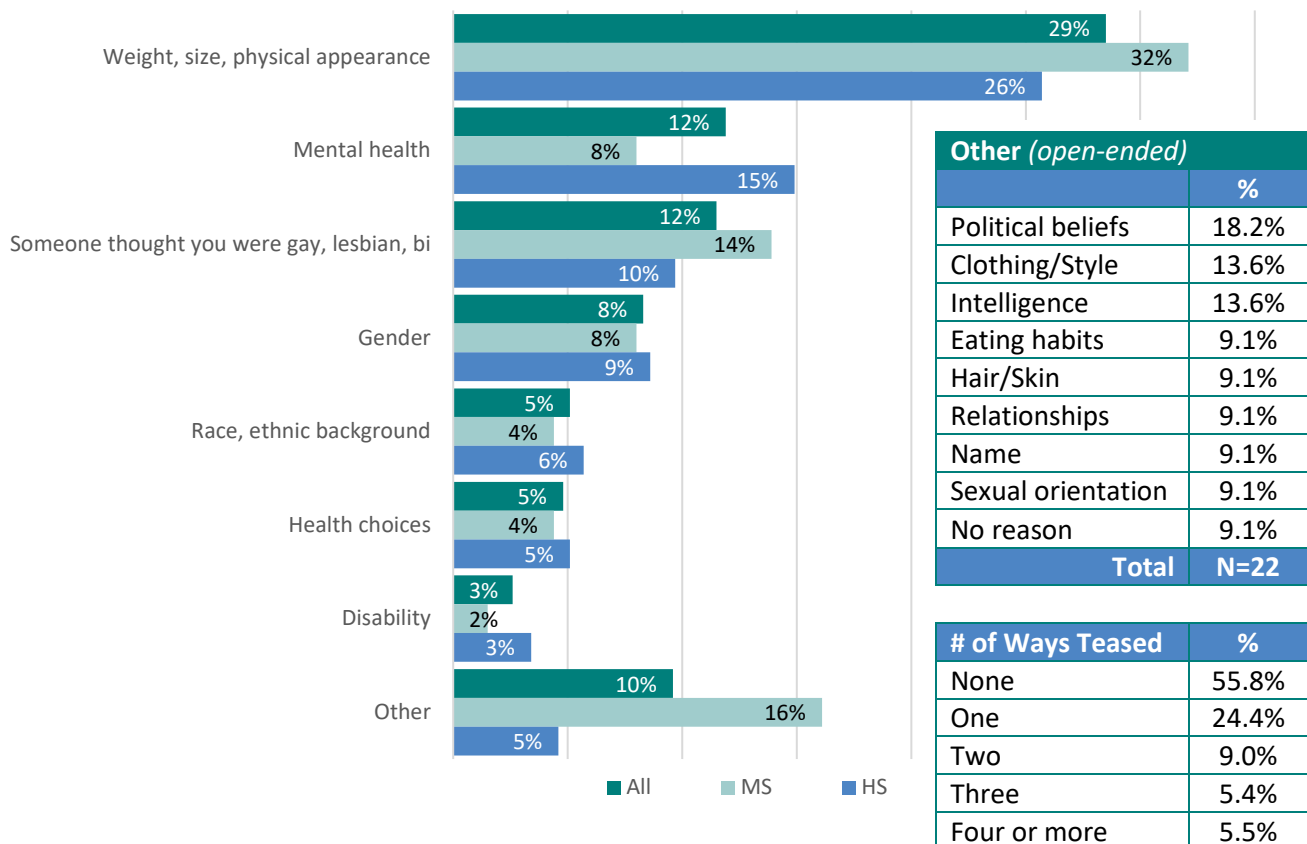


Nearly half, 44.9%, of students reported being teased or called names in the past year. Once again middle school students (52.6%) were more likely than high school students (38.9%) to have been teased or called names. Students were given a list of seven reasons and asked if they had been teased or called names in the past year for each. Each reason is discussed in more detail below:

- The most common reasons for being teased or called names were because of weight, size or physical appearance. More than a quarter of students, 28.5%, reported being teased for this reason. Females (32.7%) were much more likely than males (23.0%) to be teased because of their physical appearance.
- More than one in ten, 11.9%, reported being teased or called names because of mental health. Females (17.3%) were more than three times as likely as males (5.4%) to report being teased for this reason.
- More than one in ten, 11.5%, reported being teased or called names because someone thought they were gay, lesbian or bisexual. Females (14.7%) were more than twice as likely as males (6.8%) to be teased for this reason.
- Less than one in ten, 8.5%, reported being teased or called names because of their gender. Females (13.5%) were nearly seven times more likely than males (2.0%) to be teased for this reason.
- About one in twenty students, 5.1%, reported being teased or called names because of their race or ethnic background. Non-white students (21.4%) were more than seven times more likely than white students (2.6%) to be teased for this reason.
- Nearly one in twenty students, 4.8%, reported being teased or called names because of health choices such as wearing a mask or not wearing a mask.
- A small percentage of students, 2.6%, reported being teased or called names because of a disability.

Teased or Called Names

During the past 12 months, have you ever been teased or called names because of any of the following?

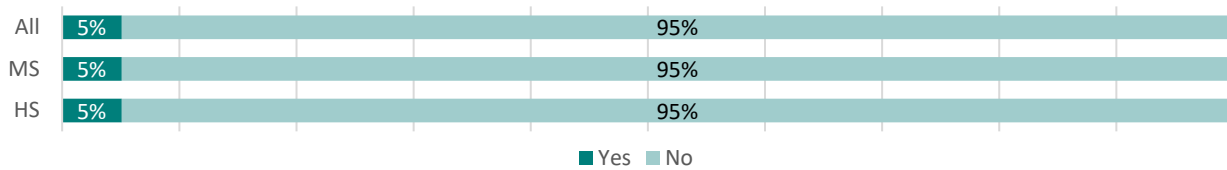




A small percentage of students, 5%, reported being hit, slapped or physically hurt by an adult or caregiver in the past year on purpose.

Physically Hurt by Adult

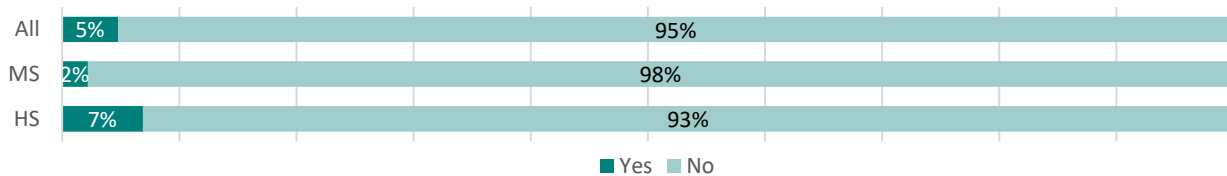
During the past 12 months, did an adult or caregiver ever hit, slap, or physically hurt you on purpose?



A small percentage of students, 4.8%, indicated that they had been forced or coerced to participate in sexual activity that they did not want to do. High school students (6.9%) were more likely than middle school students (2.2%) to have been forced or coerced into unwanted sexual activity.

Forced into Sexual Activity

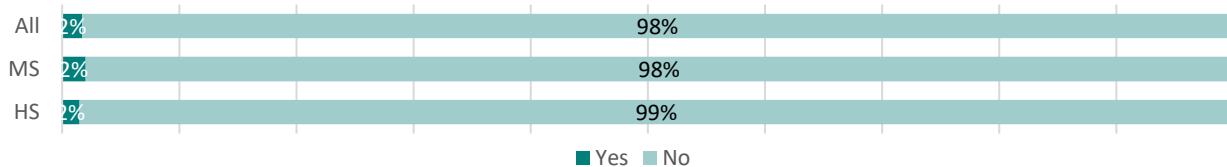
Have you ever been forced or coerced to participate in any sexual activity when you did not want to?



More than a third of students, 37.8%, reported having had a boyfriend, girlfriend, a partner or significant other in the past year. Of those with a significant other, only a small percentage, 1.7%, reported being hit, slapped, or physically hurt by their significant other.

Physically Hurt by Significant Other

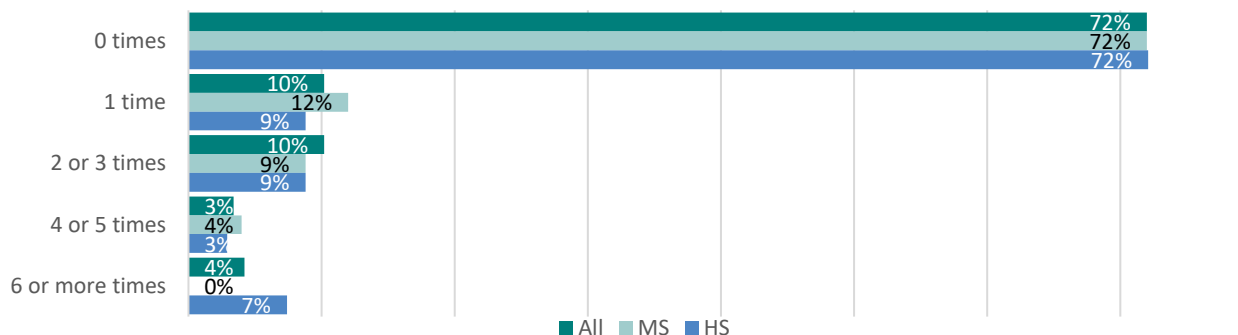
During the past 12 months, did anyone you were dating or going out with ever hit, slap, or physically hurt you on purpose?



Significantly more, 28.0%, reported that they had been controlled or emotionally hurt by their significant other. More than half of those who had been controlled or emotionally hurt have had it happen on two or more times.

Times Controlled or Emotionally Hurt by Significant Other

During the past 12 months, how many times did someone you were dating or going out with purposely try to control you or emotionally hurt you? (i.e. being told who you could and could not spend time





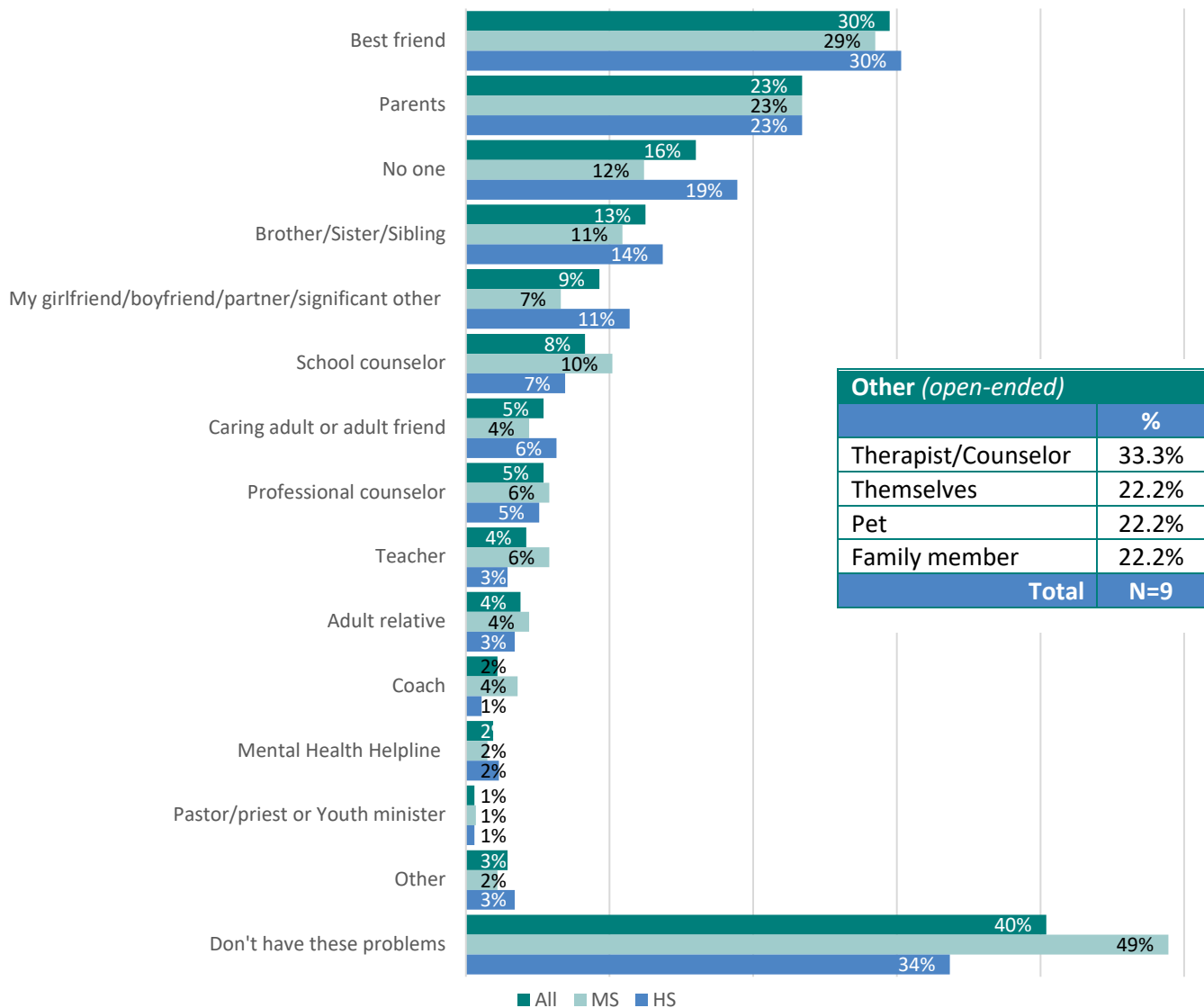
MENTAL HEALTH

When asked who they would talk to about concerns or problems when dealing with personal problems or feelings of depression or suicide, the most common responses were **best friend** (29.5%) or their **parents** (23.4%). Females (37.8%) were more likely than males (20.3%) to talk to their best friend when dealing with personal problems. Females (26.9%) were also more likely to talk to their parents (males, 18.9%). A notable portion, 16.0%, reported that they talk to **no one** when they are dealing with problems. High school students (18.9%) were more likely than middle school students (12.4%) to talk to no one. Slightly less, 12.5%, reported talking to their **sibling** if they had problems. Females (16.7%) were more than twice as likely than males (6.8%) to talk to their sibling.

Less than half of all students, 40.4%, said that they **do not have these problems**, so they have no need to talk to someone about them. Middle school students (48.9%) were much more likely than high school students (33.7%) to indicate that they did not have personal problems or feelings of depression or suicide.

Who Talk to about Concerns or Problems

When you are dealing with personal problems or feelings of depression or suicide (suicidal thoughts), who do you talk to about your concerns or problems?

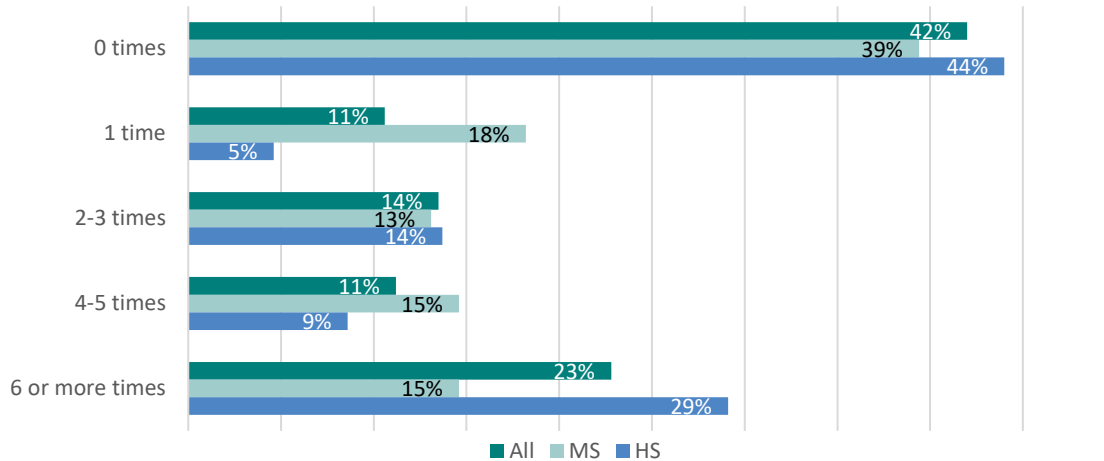




More than half, 58.0%, reported feeling isolated or alone at least once in the past 12 months with 11% feeling this way just once in the last year, 25% feeling this way 2 to 5 times and nearly a quarter, 23%, feeling isolated or alone 6 or more times. Females (72.4%) were much more likely to feel isolated or alone than males (40.5%).

Times Felt Isolated or Alone

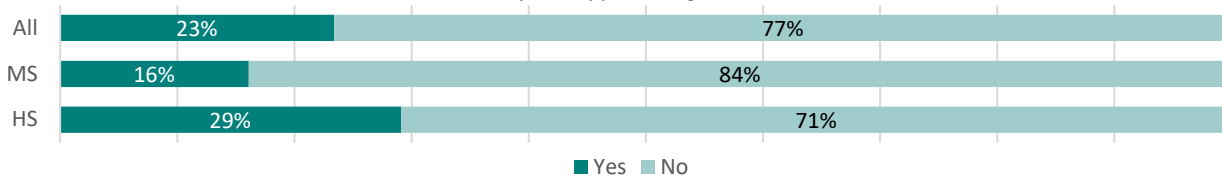
During the past 12 months, how many times did you feel isolated or alone?



Nearly a quarter, 23.4%, said that sometime in the last year they felt so sad or hopeless almost every day for two weeks or more that they stopped doing some of their usual activities. High school students (29.1%) were much more likely than middle school students (16.1%) to have felt this way. Females (28.2%) were also much more likely than males (18.2%) to have felt sad or helpless to the point of stopping doing their usual activities.

Stopped Usual Activities

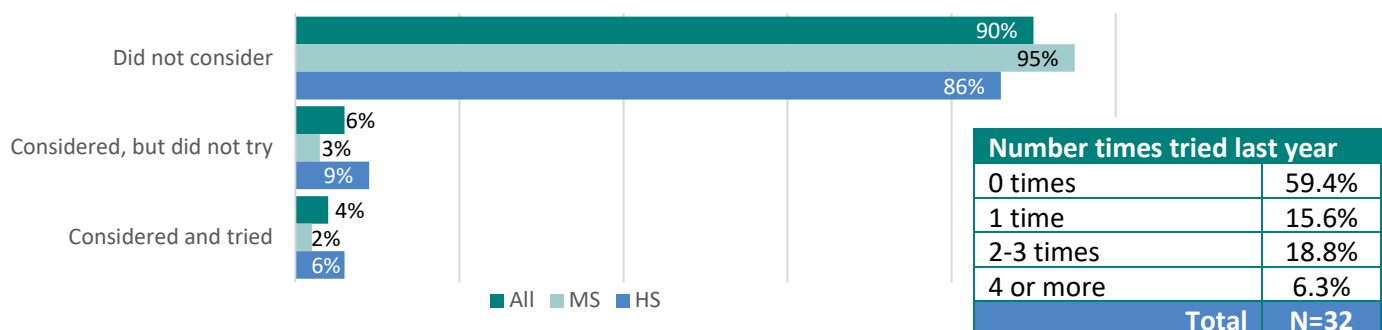
During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?



Most students, 89.7%, never seriously considered suicide in the past year, while 6.1% reported considering suicide but not trying it and 4.2% said that they attempted suicide. High school students (14.3%) were more likely than middle school students (5.1%) to have considered or attempted suicide in the past year.

Consider and Attempted Suicide

During the past 12 months, did you ever seriously consider attempting suicide?



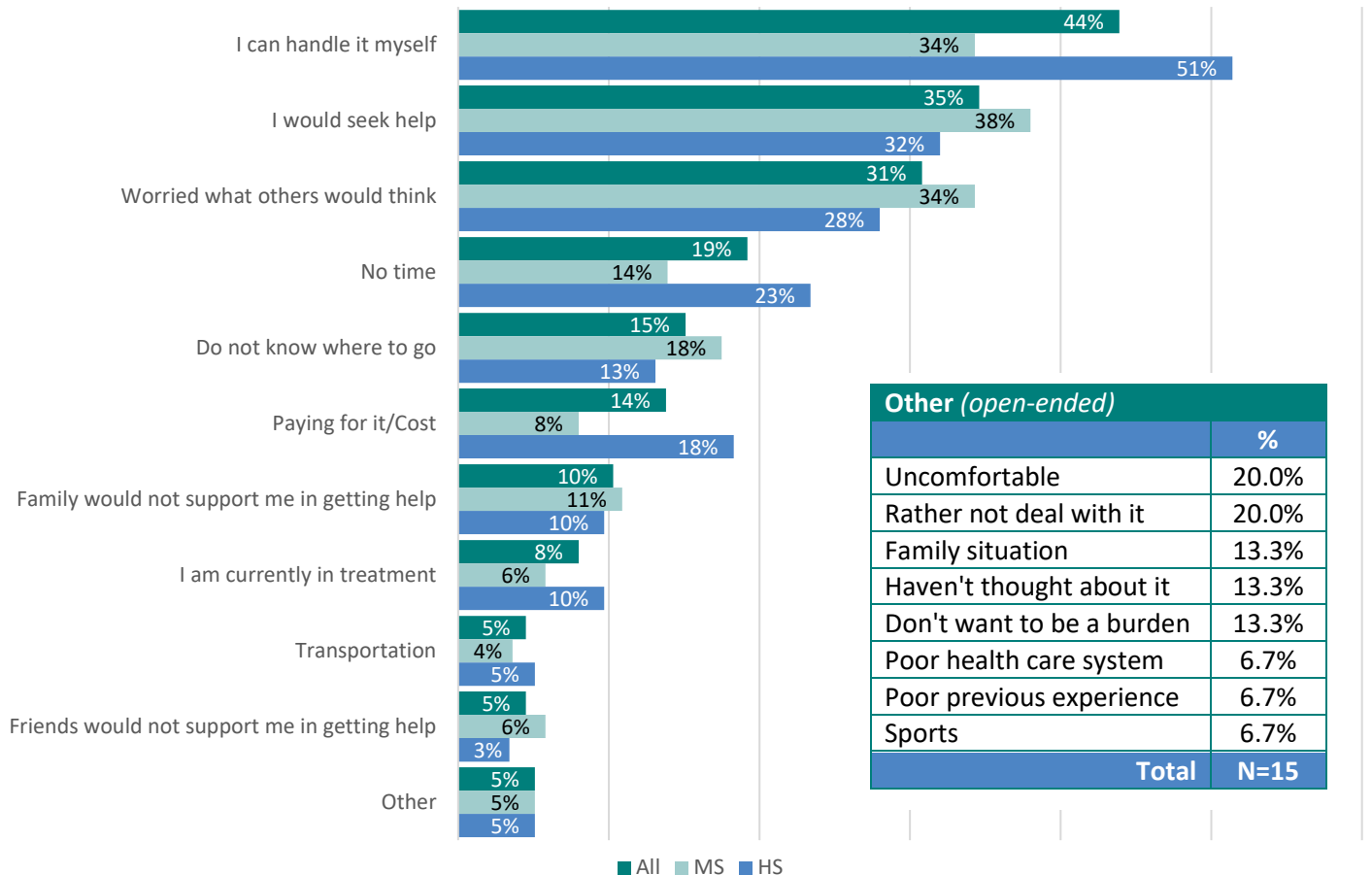


Students were given a list of eleven barriers and asked which of the barriers would keep them from seeking help if they were dealing with anxiety, stress, depression or thoughts of suicide. Each is discussed in more detail below:

- The most common response was that they would **handle it themselves** and not seek help, 43.9%. This was much more likely to be given by high school students (51.4%) than middle school students (34.3%). White students (46.5%) were also more likely than non-white students (26.2%) to identify this barrier.
- More than a third, 34.6%, volunteered that they **would seek help** if they needed it.
- Nearly a third of students, 30.8%, reported that being **worried about what others** would think would keep them from seeing help. Females (35.9%) were more likely than males (25.7%) to identify this barrier.
- Almost a fifth, 19.2%, wouldn't seek help because they had **no time**. Time was much more likely to be a barrier for high school students (23.4%) than middle school students (13.9%).
- Nearly a sixth, 15.1%, reported that **not knowing where to go** for help would be a barrier. Females (19.2%) were more likely than males (11.5%) to identify this barrier.
- Slightly fewer, 13.8%, wouldn't seek help due to the **cost** or having to pay for it. Cost was much more likely to be a barrier for high school students (18.3%) than middle school students (8.0%). Females (19.9%) were also more likely than males (7.4%) to identify this barrier.
- One in ten students, 10.3%, reported that their **families would not support them** in getting help. Females (14.7%) were more likely than males (6.1%) to identify this barrier.

Barriers to Seeking Help for Mental Problems

What would keep you from seeking help if you were dealing with anxiety, stress, depression, or thoughts of suicide?





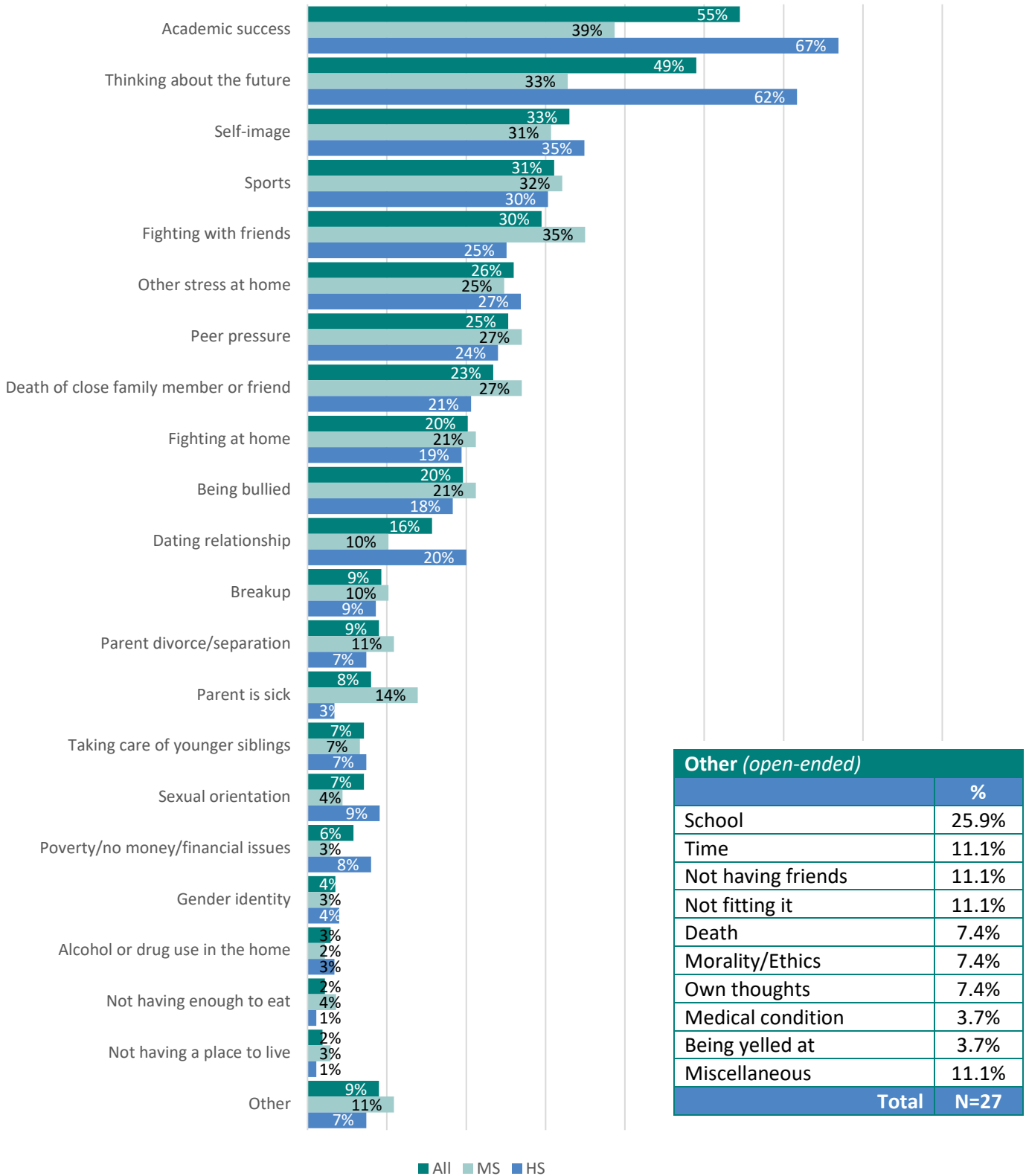
Students were given a list of twenty-two things and asked which caused them anxiety, stress, or depression. Each is discussed in more detail below:

- The most common cause of anxiety, stress, or depression was **academic success**, 54.5%. Academic success was much more likely to be a cause of stress for high school students (66.9%) than middle (38.7%).
- Nearly half, 49.0%, reported that **thinking about the future** was a cause of stress in their lives. This was much more likely to be a cause of stress for high school students (61.7%) than middle (32.8%). White students (50.6%) were also more likely than non-white students (38.1%) to identify this as a cause of stress.
- A third of students, 31.1%, reported that **self-image** was a cause of stress in their lives. Females (45.5%) were much more likely than males (18.9%) to identify this as a cause of stress.
- Slightly fewer, 33.0%, reported that **sports** were a cause of stress in their lives.
- Less than a third, 29.5%, reported that **fighting with friends** was a cause of stress in their lives. Fighting with friends was much more likely to be a cause of stress for middle school students (35.0%) than high school (25.1%). Females (41.0%) were also more likely than males (16.2%) to identify this as a cause of stress.
- More than a quarter of students, 26.0%, reported that **other stress at home** was a cause of stress in their lives. Females (30.8%) were more likely than males (21.6%) to identify this as a cause of stress.
- A quarter of students, 25.3%, reported that **peer pressure** was a cause of stress in their lives. Females (32.1%) were more likely than males (18.2%) to identify this as a cause of stress.
- Less than a quarter, 23.4%, reported that **death of a close family member or friend** was a cause of stress in their lives. Females (26.3%) were more likely than males (18.9%) to identify this as a cause of stress.
- A fifth of students, 20.2%, reported that **fighting at home** was a cause of stress in their lives. Females (30.1%) were more likely than males (9.5%) to identify this as a cause of stress.
- Slightly fewer, 19.6%, reported that **being bullied** was a cause of stress in their lives. Females (23.7%) were more likely than males (14.2%) to identify this as a cause of stress.
- A sixth, 15.7%, reported that **a dating relationship** was a cause of stress in their lives. This was much more likely to be a cause of stress for high school students (20.0%) than middle school (10.2%).
- Other causes of anxiety, stress, or depression were mentioned by less than one in ten students: **breakup** (9.3%), **parent divorce or separation** (9.0%), **parent is sick** (8.0%), **taking care of younger siblings** (7.1%), **sexual orientation** (7.1%), **poverty/no money/financial issues** (5.8%), **gender identity** (3.5%), **alcohol or drug use in the home** (2.9%), **not having enough to eat** (2.2%), and **not having a place to live** (1.9%).



Causes of Anxiety, Stress or Depression

What causes you anxiety, stress, or depression?





Students were given a list of seventeen ways that they may deal with anxiety, stress or depression. Each is discussed in more detail below:

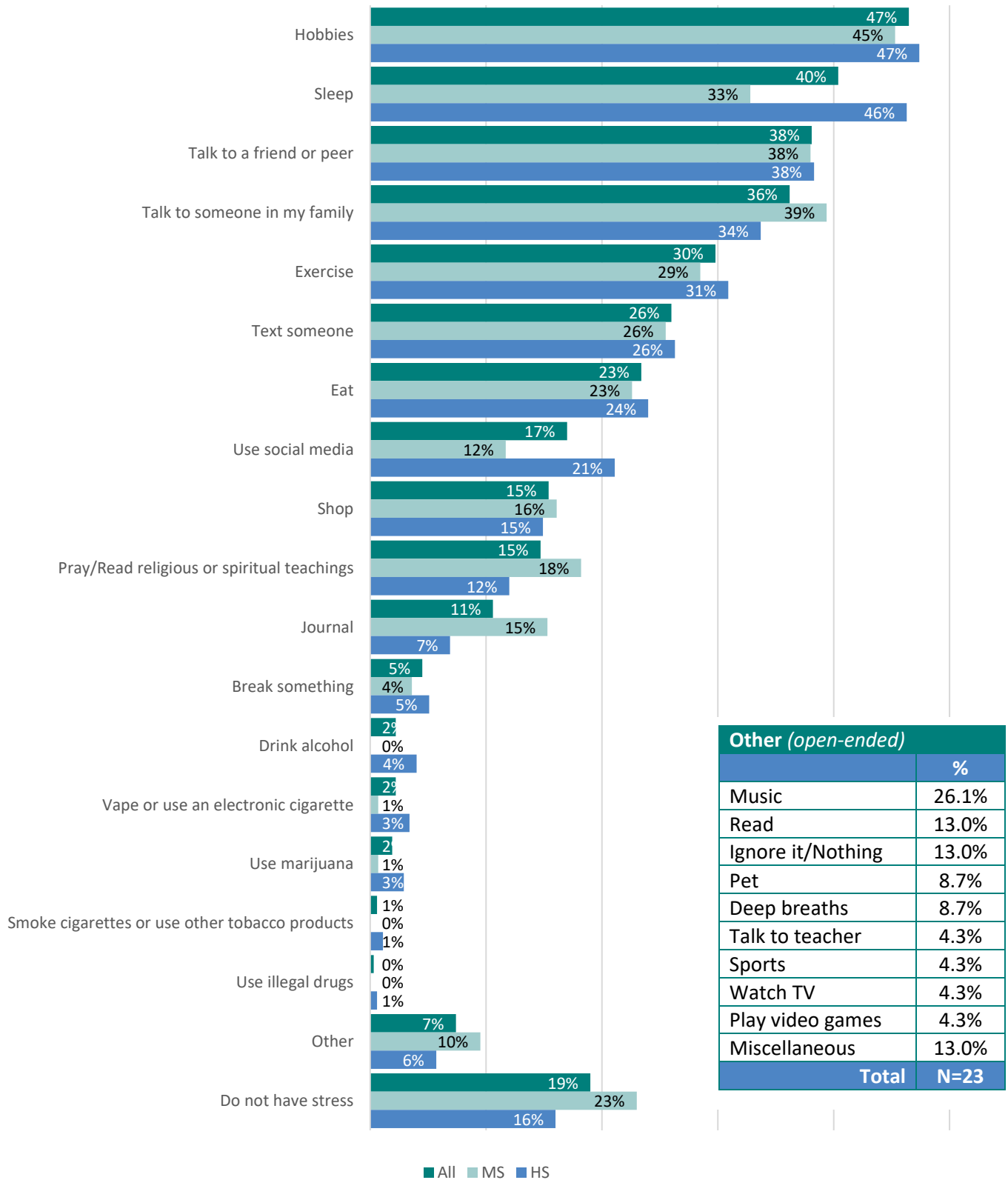
- Nearly half, 46.5%, deal with stress with **hobbies**. Females (53.8%) were more likely than males (38.5%) to deal with stress by doing their hobbies.
- Less than half, 40.4%, deal with stress by **sleeping**. High school students (46.3%) were more likely than middle school students (32.8%) to deal with stress by sleeping as were females (50.6%) compared to males (29.7%).
- More than a third, 38.1%, deal with stress by **talking to their friend or peer**. Females (50.0%) were more likely than males (26.4%) to deal with stress by talking to their friends or peers. Non-white students (50.0%) were also more likely than white students (36.1%) to deal with stress.
- Slightly fewer, 36.2%, students deal with stress by **talking to someone in their family**.
- Less than a third, 29.8%, of students deal with stress by **exercising**.
- More than a quarter, 26.0%, deal with stress by **texting someone**. Females (33.3%) were more likely than males (17.6%) to deal with stress by texting someone.
- Slightly fewer, 23.4%, deal with stress by **eating**. Females (28.8%) were more likely than males (18.2%) to deal with stress by eating.
- More than a sixth, 17.0%, deal with stress by using **social media**. High school students (21.1%) were more likely than middle school students (11.7%) to deal with stress by using social media. Females (21.8%) were also more likely than males (12.2%) to deal with stress this way.
- Less than a sixth, 15.4%, deal with stress by **shopping**. Females (26.3%) were much more likely than males (4.1%) to deal with stress by shopping. White students (16.7%) were also more likely than non-white students (7.1%) to deal with stress this way.
- Slightly fewer, 14.7%, students deal with stress by **praying or reading religious or spiritual teachings**. Middle school students (18.2%) were more likely than high school students (12.0%) to deal with stress this way.
- Other ways for dealing with anxiety, stress, or depression were mentioned by one in ten students or less: **journal** (10.6%), **break something** (4.5%), **drink alcohol** (2.2%), **vape or use an electronic cigarette** (2.2%), **use marijuana** (1.9%), **smoke cigarettes or use other tobacco products** (0.6%), or **use illegal drugs** (0.3%).





How Deal with Problems

How do you deal with stress, anxiety or depression?

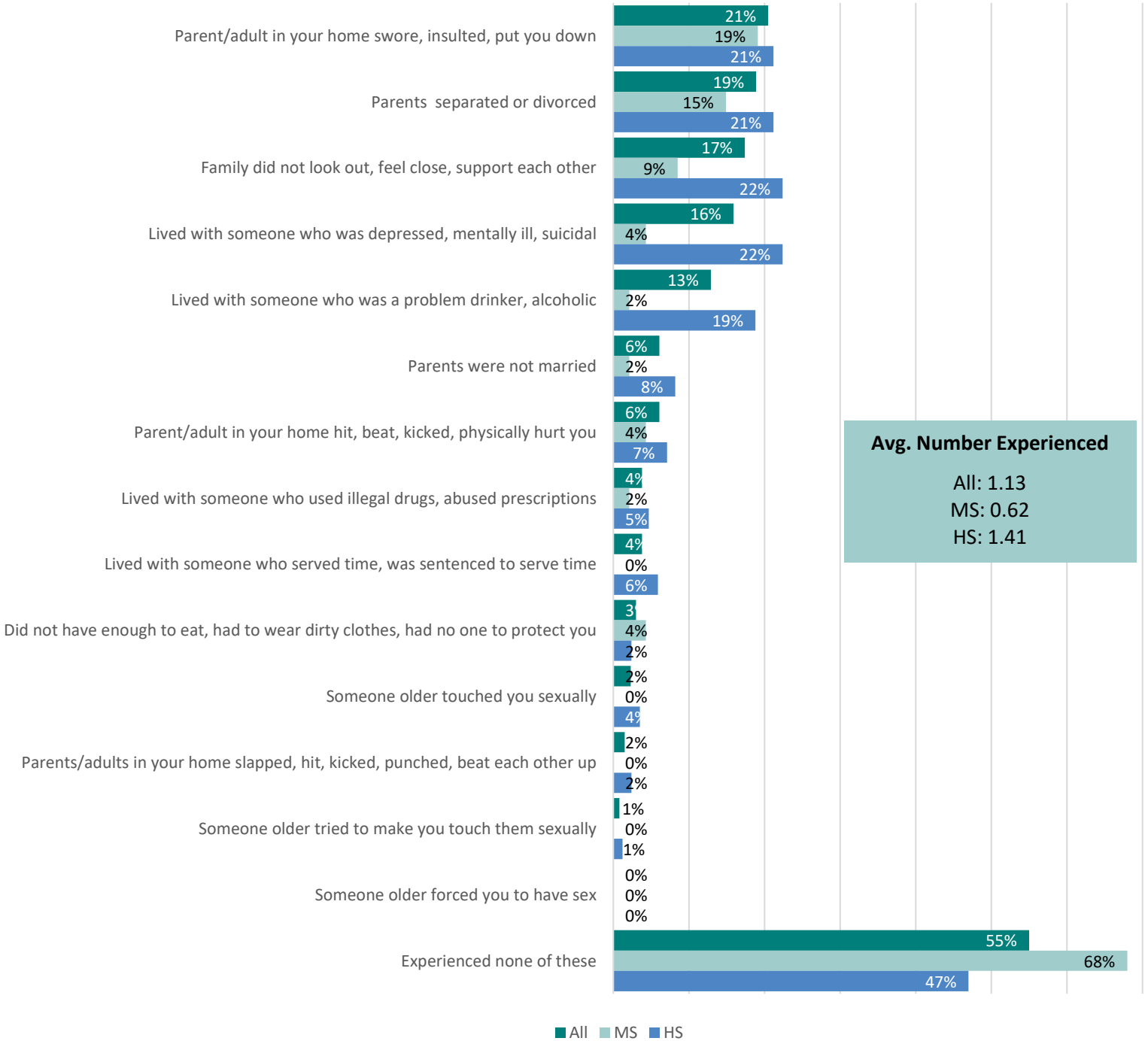




The ACES experiences that students are most likely to have experience were having a parent or adult swear, insult or put them down (20.5%), have parents that are divorced or separated (18.9%), and having a family that does not look out for each other (17.4%). High school students were more likely than middle school students to have one or more of these experiences.

Ever Experienced

Have you EVER experienced any of the following?

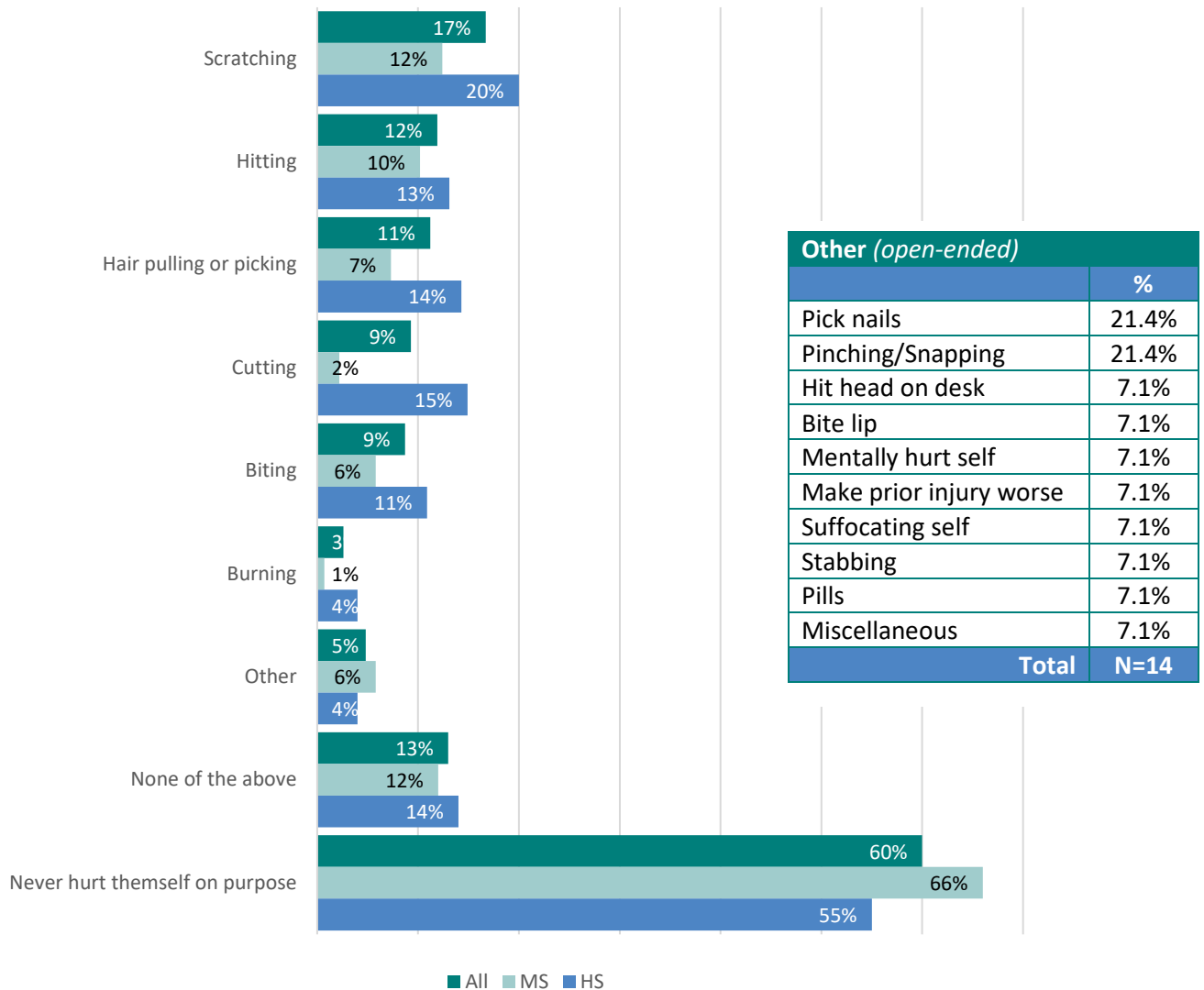




The self-harm behaviors that students are most likely to partake in were scratching (16.7%), hitting (11.9%) and hair pulling or picking (11.2%). High school students were more likely than middle school students to purposely hurt themselves using any of the different ways. Females were also more likely than males to purposely hurt themselves by scratching (22.4% of females versus 10.1% of males) and biting (11.5% versus 6.1%). No students reported engaging in the following: misusing alcohol or drugs, starving themselves or binge eating, excessively exercising, and engaging in sexually risky behavior.

Self-Harm Behaviors

People experiencing distress may self-harm for many different reasons. During your life, have you purposely hurt yourself by:





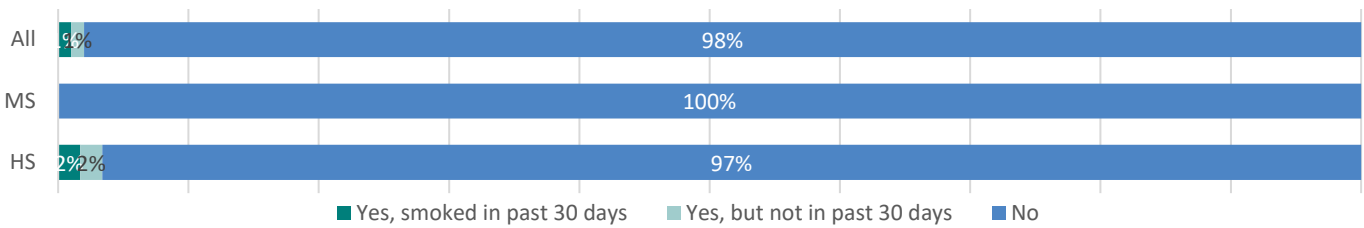
TOBACCO USE

Only 1.9% of students indicated that they had smoked a whole cigarette sometime in their lifetime which consisted of 3.4% of high school students and no middle school students. Those who had smoked a whole cigarette in the past were asked a series of follow-up questions. These are discussed below:

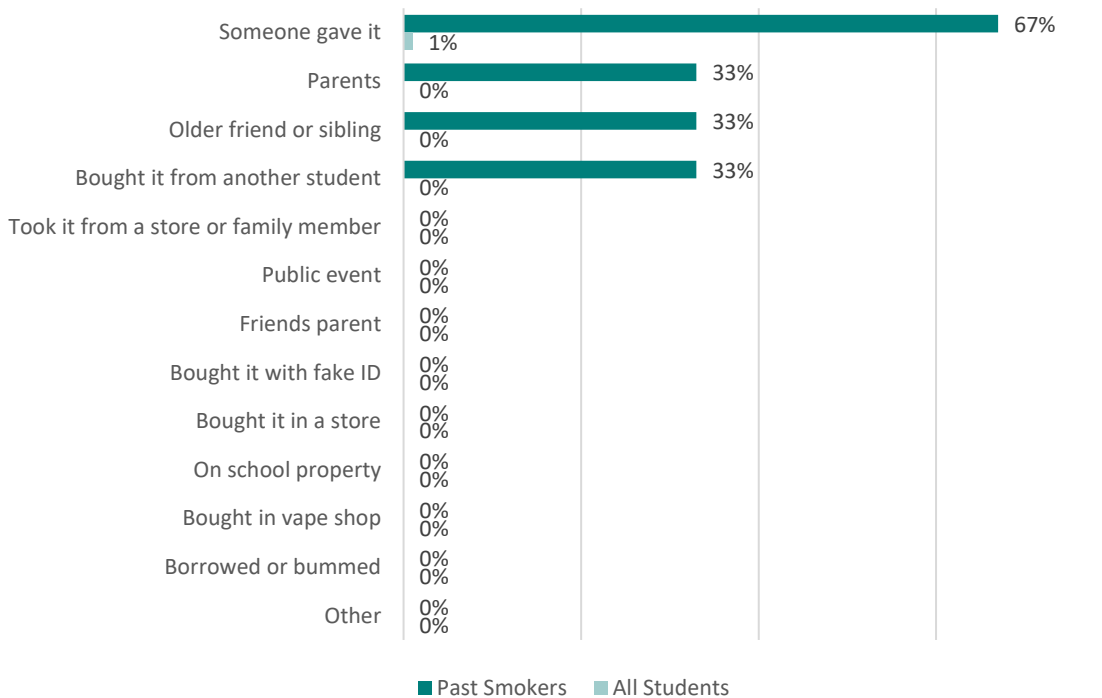
- The average age that students start smoking was 14.67.
- Of those who had smoked in the past, half had not smoked at all in the past 30 days.
- The most common way that students got the cigarette was that someone gave it to them (66.7% of past smokers, 0.6% of all students). Other ways that students got cigarettes include buying them from another student, an older friend or sibling gave the cigarettes to them, and their parents gave it to them (each was given by 33.3% of past smokers, 0.3% of all students).

Ever Smoked

Have you ever smoked a whole cigarette?



How Students Got Cigarettes



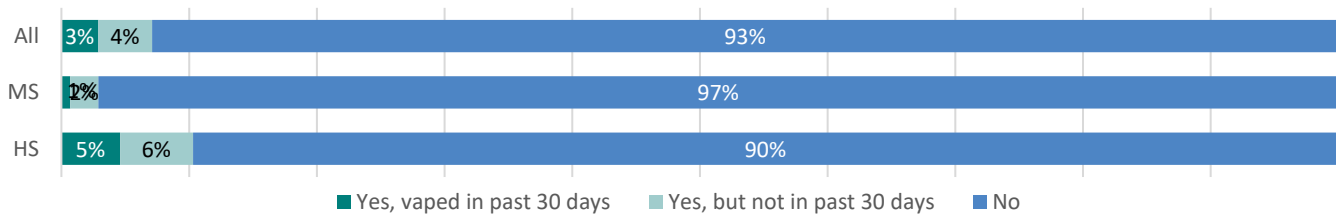


Less than one in ten, 7.1%, have used an electronic vapor product in the past such as Juul, Puff Bar, Hyde Bar and include things such as e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens and mods. High School students (10.3%) were more than 3 times more likely than middle school students (2.9%) to have vaped in the past. Those who had vaped in the past were asked a series of follow-up questions. These are discussed below:

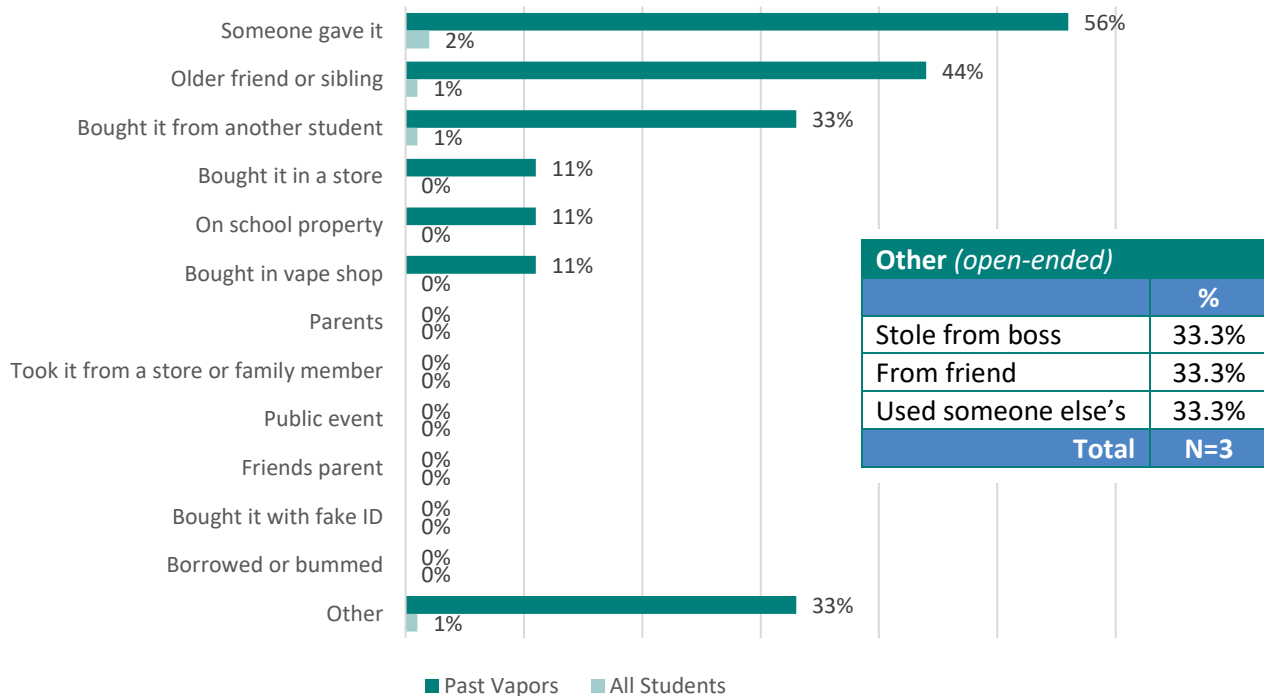
- The average age that students start smoking was 14.00.
- Of those who had vaped in the past, most than half, 59.1%, had not vaped in the past month
- Once again, the most common way that students received vapes was that someone gave it to them (55.6% of vape users, 1.6% of all students). Other ways that students got vapor products include an older friend or sibling bought them for them (44.4% of vape users, 1.3% of all students), bought them for another student (33.3% of vape users, 1.0% of all students), buying them in a store (11.1% of vape users, 0.3% of all students), buying them in a vape shop or tobacco shop (11.1% of vape users, 0.3% of all students), and on school property (11.1% of vape users, 0.3% of all students).

Ever Vaped

Have you ever used an electronic vapor product such as Juul, Puff Bar, Hyde Bar?



How Students Got Vape Products

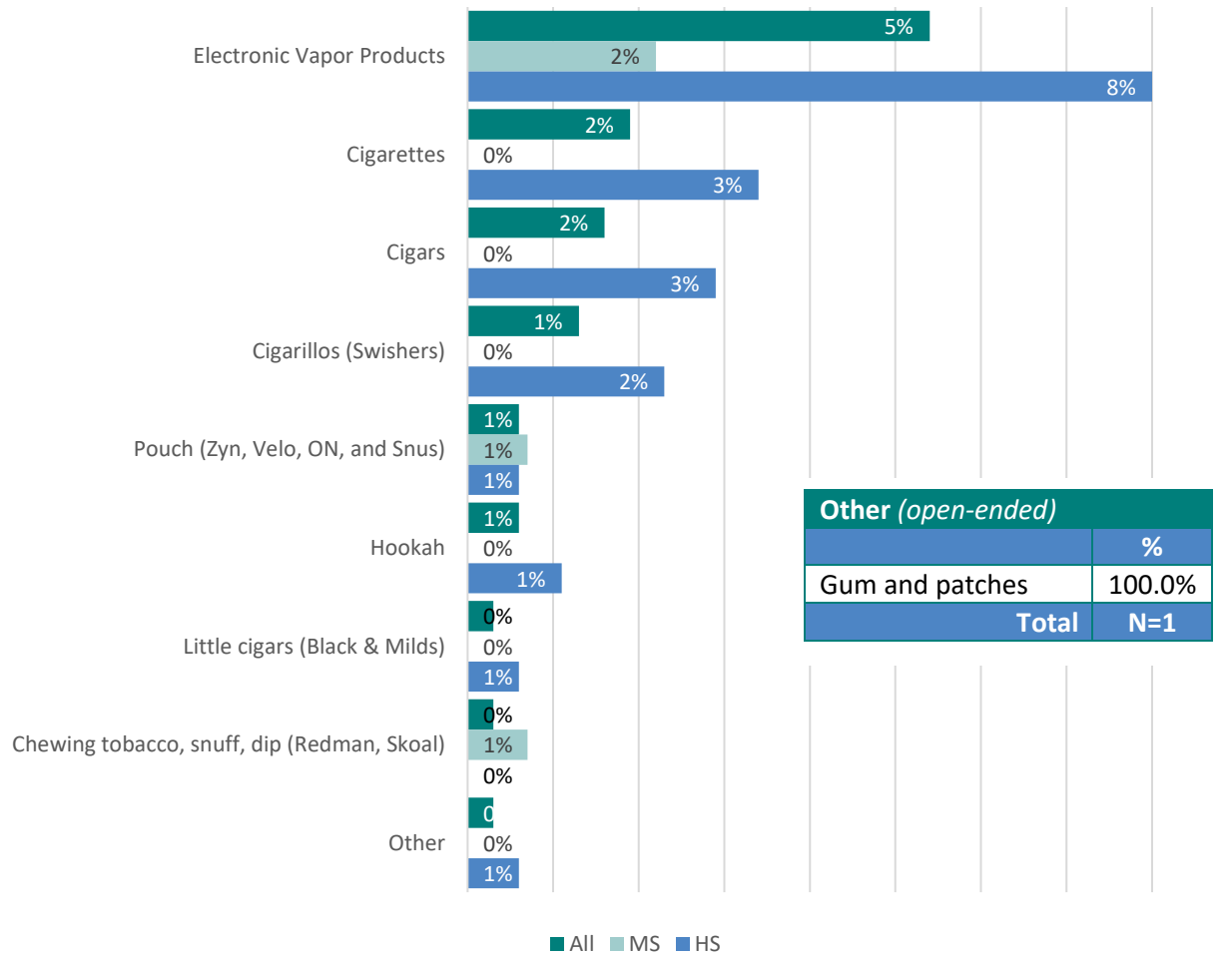




Finally, students were given a list of nicotine or tobacco products and asked if they had used any in the past year. The nicotine or tobacco products used most often were electronic vapor products (5.4%) followed by cigarettes (1.9%) and cigars (1.6%). High school students were more likely than middle school students to use all the listed tobacco products with the exception of chewing tobacco.

Nicotine or Tobacco Products Used

Which forms of nicotine or tobacco listed below have you used in the past year?





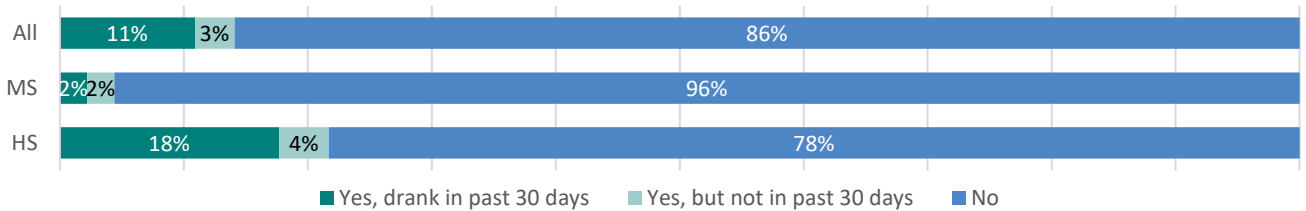
ALCOHOL USE

Nearly a sixth of students, 14.1%, have drank alcohol in the past. High school students were much more likely than middle school students to have drank alcohol in the past, 21.7% compared to 4.4%. Those who had drank alcohol in the past were asked a series of follow-up questions. These are discussed below:

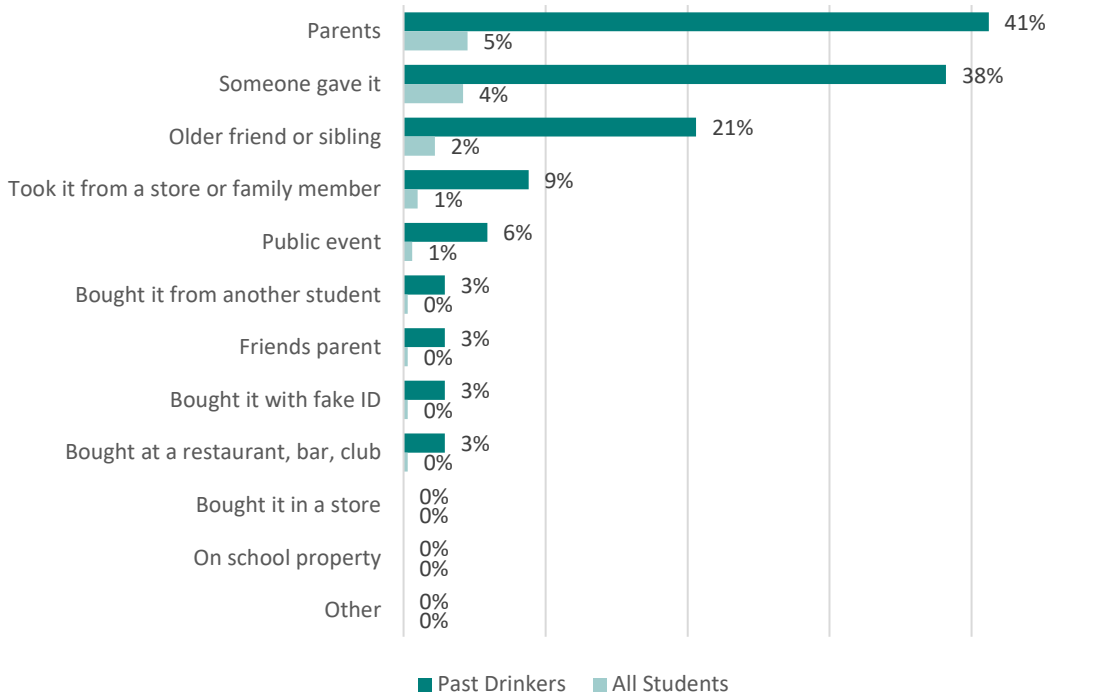
- The average age that students started drinking was 13.86.
- Of those who have drank alcohol in the past, nearly a quarter, 22.7%, had not drank alcohol in the past 30 days while half, 50.0% reported drinking only 1 or 2 days (7.1% of all students). Slightly more than one in ten, 11.4%, reported drinking 3 to 5 days (1.6% of all students) while slightly more, 13.6%, reported drinking 6 to 9 days (1.9% of all students). Only a small percentage, 2.3%, of those who have drank alcohol in the past reported drinking 10 or more days in the past 30 days.
- 38.2% of past drinkers had 5 or more drinks of alcohol in a row within a couple of hours, this constituted 4.1% of all students.
- The most common ways students got alcohol was from parents (41.2% of past drinkers, 4.5% of all students) or someone else gave it to them (38.2% of past drinkers, 4.2% of all students).

Ever Drank Alcohol

Have you ever had a drink of alcohol, other than a few sips?



How Students Got Alcohol





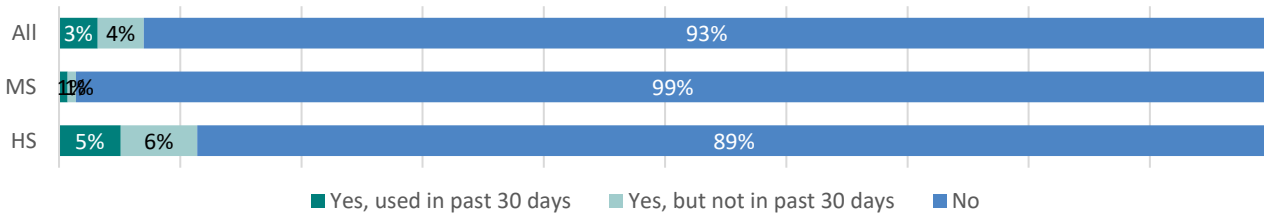
DRUG USE

Less than one-tenth of students, 7.1%, have tried marijuana in the past. High school students (11.4%) were much more likely than middle school students (1.5%) to have tried marijuana in the past. Those who had tried marijuana in the past were asked a series of follow-up questions. These are discussed below:

- The average age that students started using marijuana was 15.09.
- Of those who tried marijuana, more than half, 54.5%, had not used marijuana in the past 30 days while 18.2% reported using it 1 or 2 times in the past month (1.3% of all students). More than one in ten, 13.6%, reported using marijuana 3 to 9 times (1.0% of all students) while slightly less, 9.1%, reported using marijuana 10 to 19 times (0.6% of all students). Only a small percentage, 4.5%, of those who have tried marijuana in the past reported using marijuana 20 or more times in the past 30 days.
- The most common way that students use marijuana is to vape it (45.5% of marijuana users, 3.2% of all students). Other ways that students used marijuana included: ate it or other edibles (40.9% of marijuana users, 2.9% of all students), used a bong or other equipment (40.9% of marijuana users, 2.9% of all students), smoked blunts (31.8% of marijuana users, 2.2% of all students), smoked a joint (27.3% of marijuana users, 1.9% of all students), or dabs (22.7% of marijuana users, 1.6% of all students).

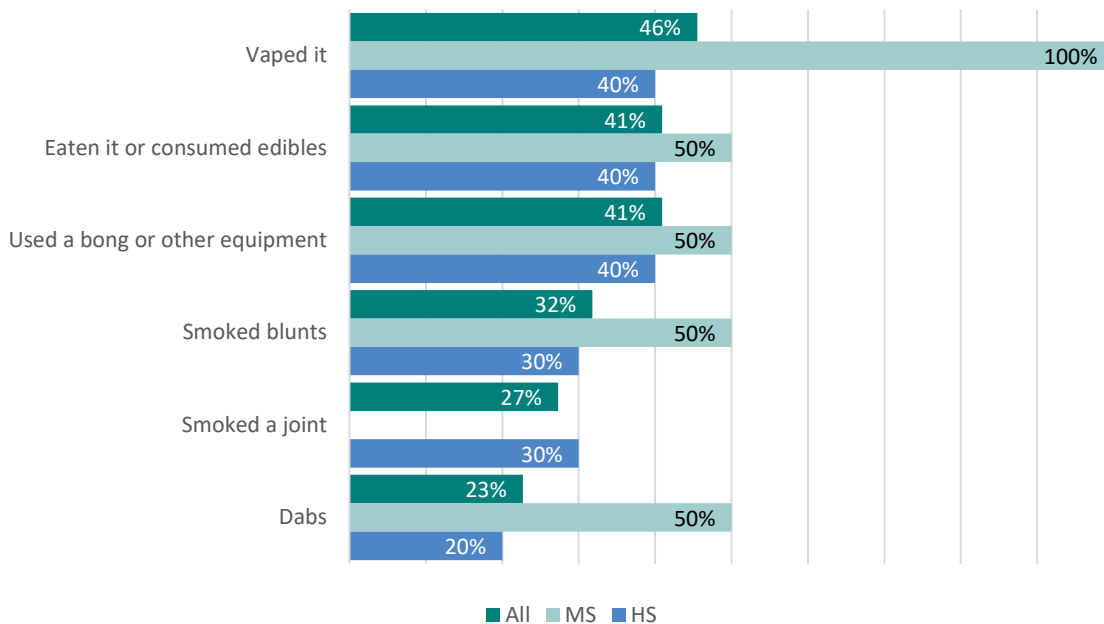
Tried Marijuana

Have you ever tried marijuana?



How Used Marijuana

How have you used marijuana?

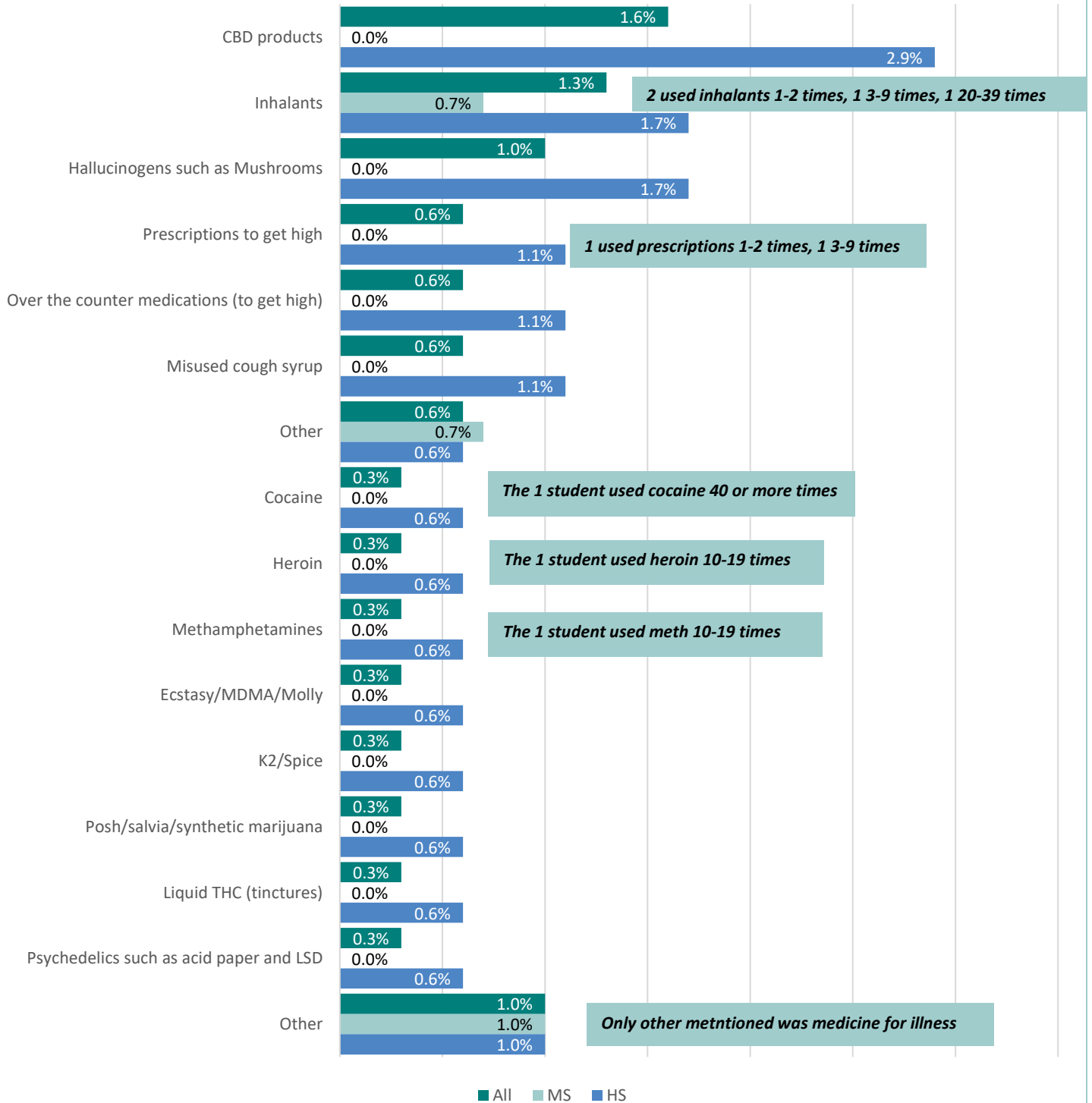




Drug use other than marijuana was rare. The most common drugs other than marijuana were CBD products, inhalants and hallucinogens like mushrooms.

Lifetime Use of Other Drugs

During your life, have you ever done any of the following?

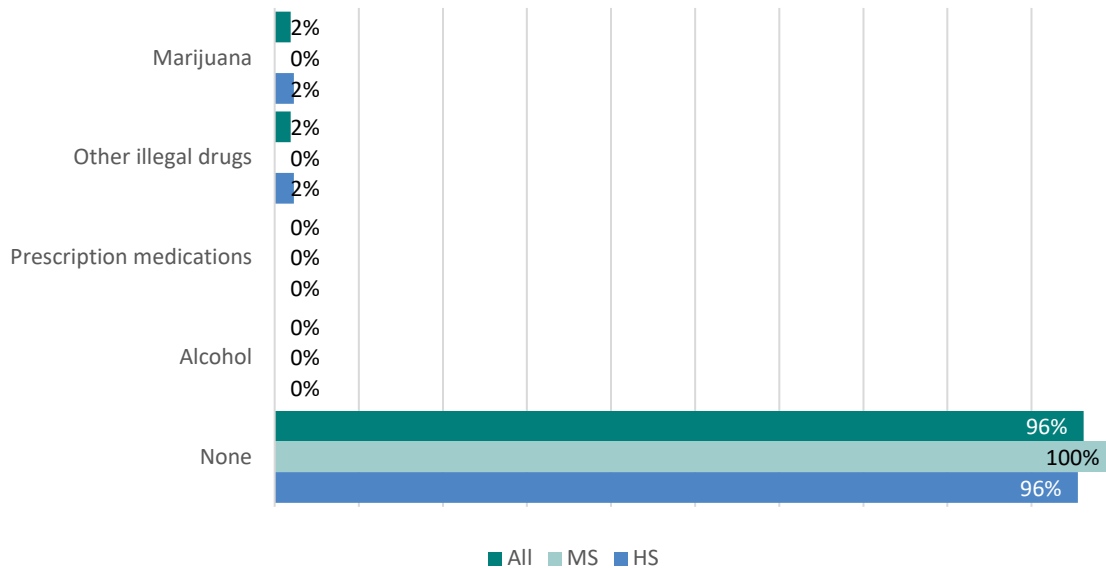




Only a small percentage of students, 1.9%, reported being under the influence of marijuana or other illegal drugs while on school property. No students reported being under the influence of alcohol or prescription medications (other than prescribed) while on school property. More than twice as many students, 4.2%, reported being offered, sold, or given illegal drugs on school property. High School students (6.3%) were more than four times as likely than middle school students (1.5%) to have been offered drugs on school property.

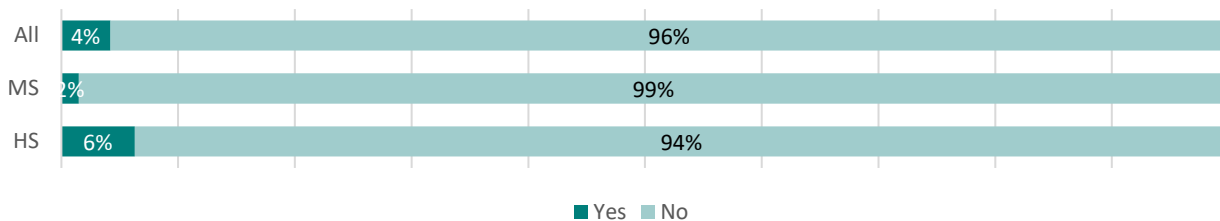
Under the Influence on School Property

During the past 30 days, were you under the influence of any of the following WHILE ON SCHOOL PROPERTY?



Offered Drugs on School Property

During the past 12 months, has anyone offered, sold, or given you an illegal drug on school property?



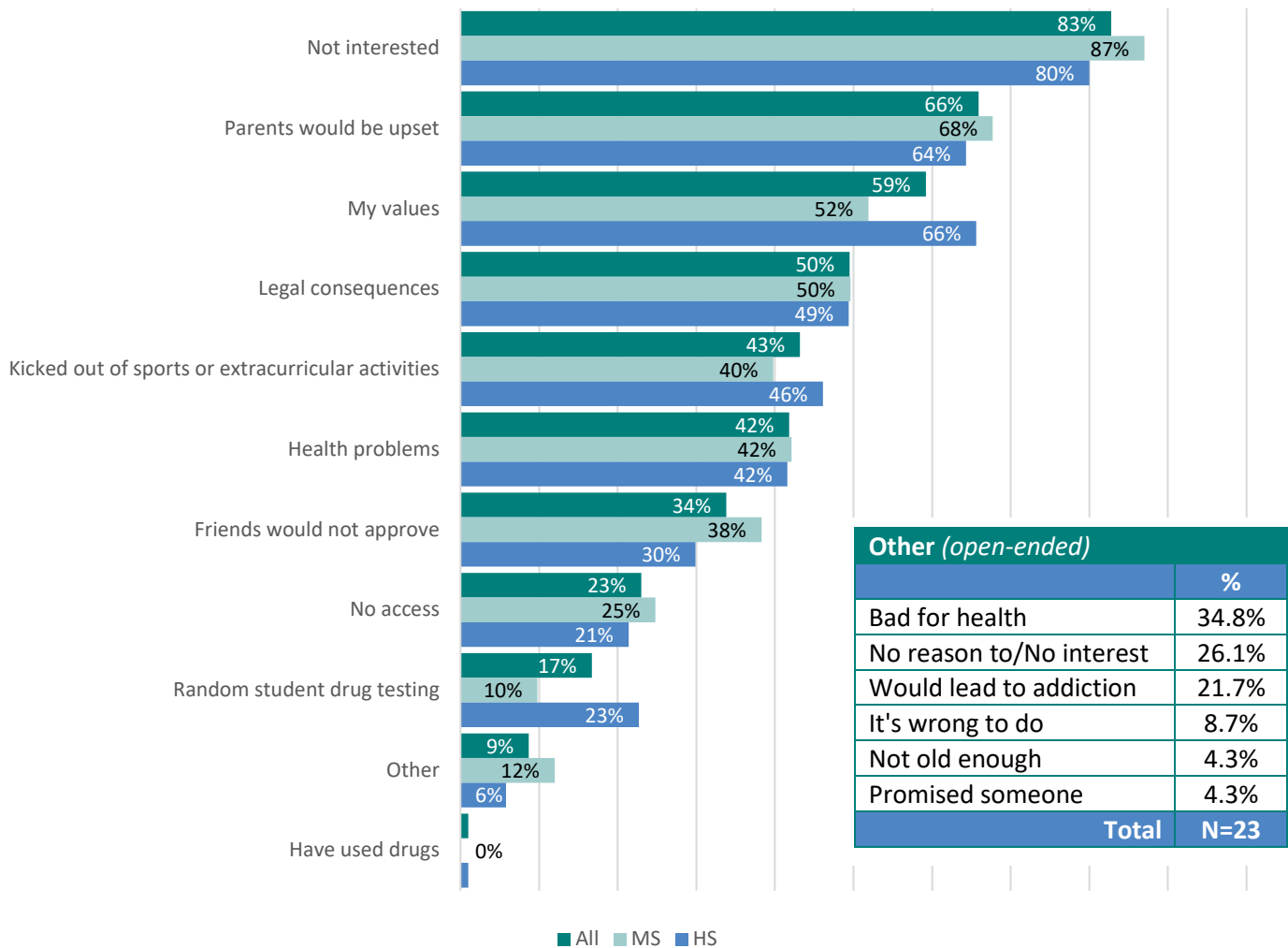


Students were given a list of nine reasons and asked which ones were reasons that they have not used drugs. Each is discussed in more detail below:

- The most common reason for not using drugs, given by the majority, 82.8%, of students was that they were not interested.
- A sixth, 65.9%, of students didn't use drugs because they thought their parents would be upset.
- More than half, 59.2%, didn't use drugs because of their values. High school students (65.6%) were much more likely than middle school students (51.9%) to not use drugs for this reason.
- Half of students, 49.5%, didn't use drugs because of the potential legal consequences.
- Fewer, 43.2%, didn't use drugs for fear of being kicked out of sports or extracurricular activities.
- About two-fifths, 41.8%, of students didn't use drugs because of health problems.
- A third of students, 33.8%, didn't use drugs because their friends would not approve. Middle school students (38%) were much more likely than high school students (30%) to not use drugs for this reason.
- Other reasons for not using drugs include not having access to them (23.0%) and random student drug testing (16.7%).

Reasons for Not Using Drugs

Which of the following are reasons that you have not used drugs?





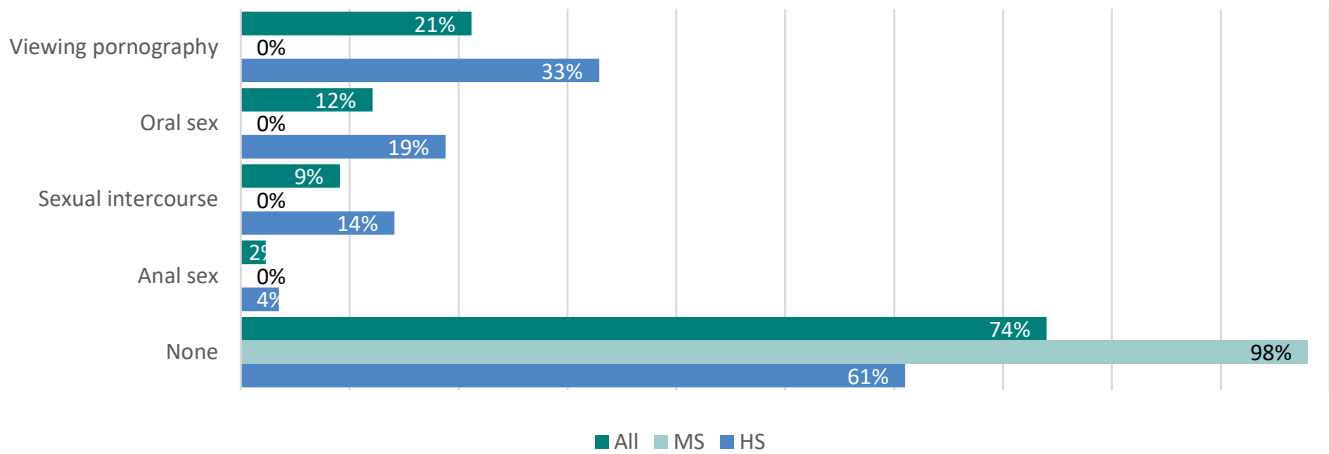
SEXUAL BEHAVIOR

Please note: This section of questions was not asked in all districts making the sample size smaller and less generalizable to the entire county. Only a total of 132 of the 312 students were asked these questions (47 middle school and 85 high school students)

A third of high school students, 32.9%, reported viewing pornography in the past while 18.8% had participated in oral sex. Slightly fewer, 14.1%, have had sexual intercourse and just 3.5% of high school students have had anal sex. None of the middle school students who were surveyed reported participating in any of these behaviors. The average age for first having sexual intercourse was 15.1.

Ever Participated In

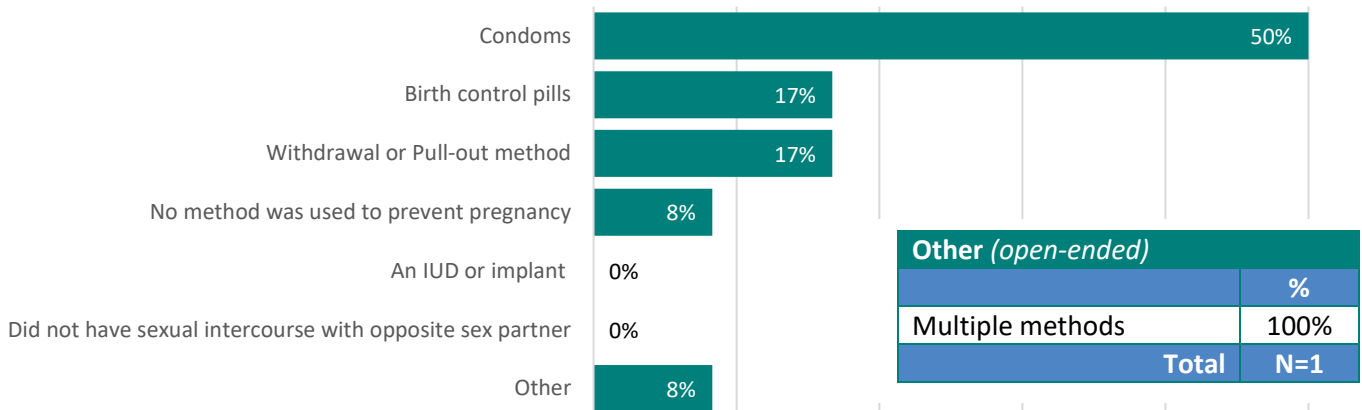
Have you ever participated in the following?



Of those who have had sexual intercourse (which were only high school students), half have had only one sexual partner, 16.7% had 2 sexual partners, and 33.3% had 3 or more sexual partners. The last time they had sexual intercourse, the most common form of contraception used was condoms, given by half of all students. Other methods mentioned, in order of prevalence, included birth control pills (16.7%), withdrawal or pull-out method (16.7%), and no method was used to prevent pregnancy (8.3%).

Contraception Method During Last Sexual Intercourse

The last time you had sexual intercourse, what method did you and your partner use to prevent pregnancy, if applicable?

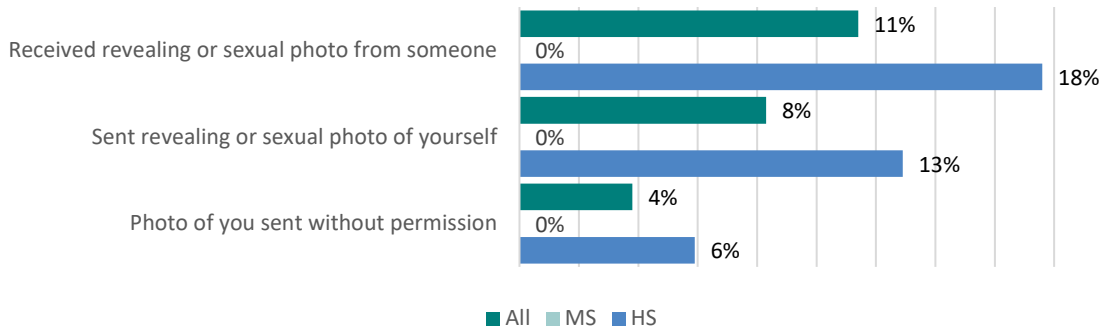




More than a sixth of high school students, 17.6%, reported receiving a revealing or sexual photo of someone in the past 30 days while slightly fewer, 12.9%, reported sending a revealing or sexual photo of themselves. Less than one in ten high school students, 5.9%, said that a revealing or sexual photo of them was sent without their permission in the last 30 days. All the students who reported that this had happened to them were females. None of the middle school students who were surveyed reported having any of these experiences.

Revealing or Sexual Photo Sharing

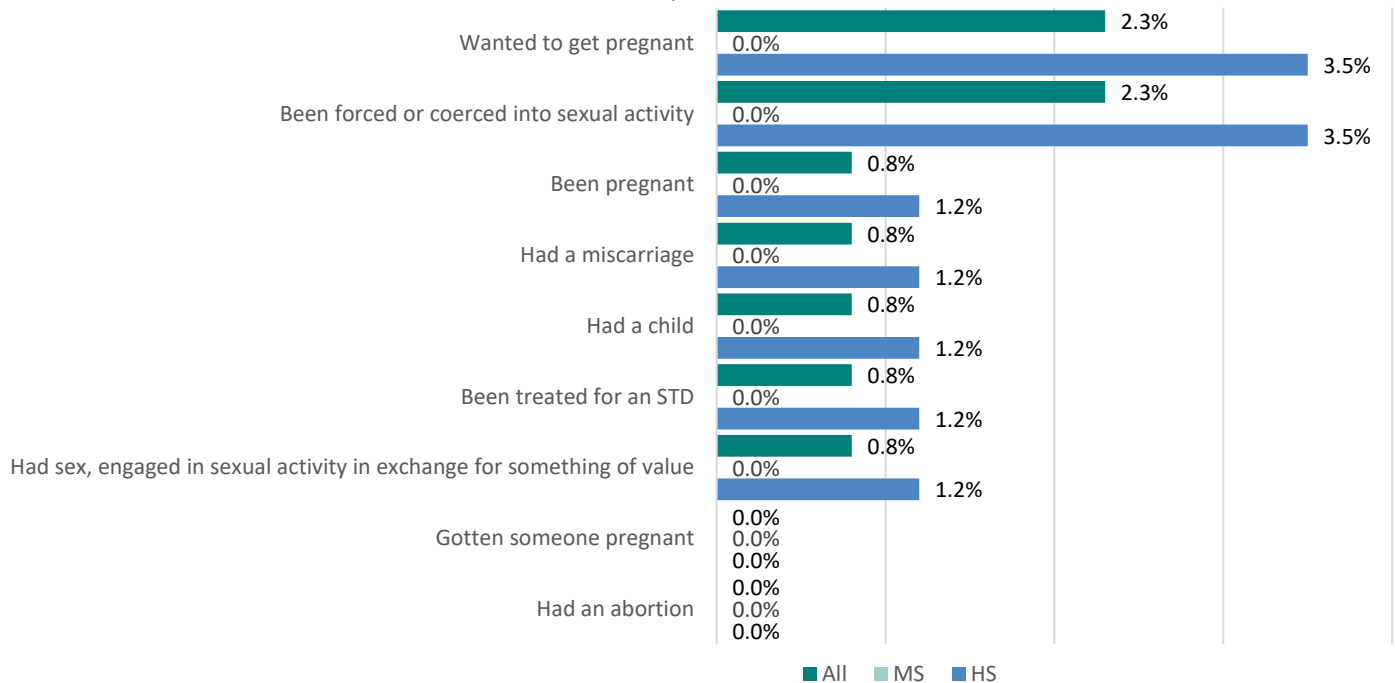
In the past 30 days, have any of the following situations applied to you?



Students were given a list of nine experiences and asked if they had experienced any of them. The percentage of high school students who had these experiences was minimal: 3.5% had wanted to get pregnant or had been forced or coerced to participate in a sexual activity when they did not want to and just 1.2% had been pregnant, had a miscarriage, had a child, been treated for an STD or had sex or engaged in other sexual activity in exchange for something of value, such as food, dugs, shelter or money. None of the students reported getting someone pregnant or having an abortion. None of the middle school students who were surveyed reported having any of the nine experiences.

Ever Had Experiences

Have you ever . . . ?

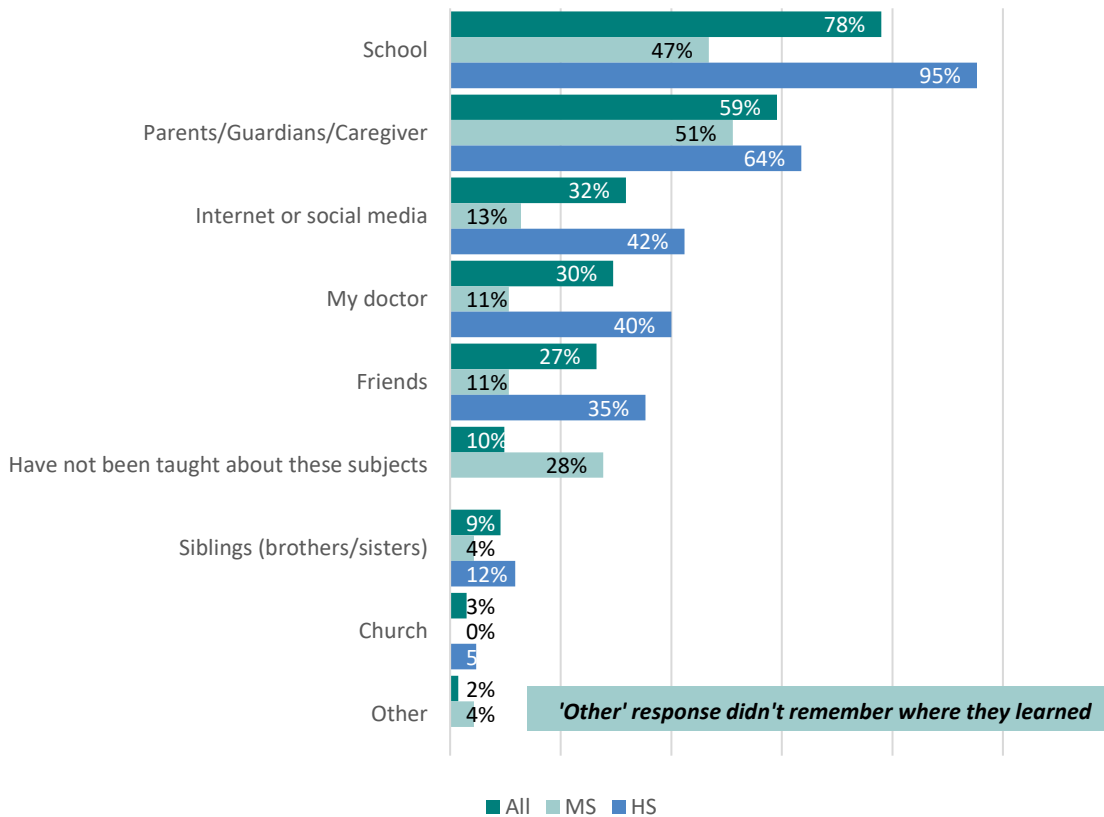




School was the place that most students, 78.0%, were taught about pregnancy, prevention, sexually transmitted diseases, AIDS or HIV infection or the use of condoms or birth control. Following school was parents or caregivers (59.1%), internet or social media (31.8%), their doctor (29.5%), and their friends (26.5%). A notable portion of middle school students, 27.7%, reported that they have not been taught about this information, this constituted 9.8% of all surveyed students. High school students were much more likely than middle school students to have been taught this information from any of the mentioned sources.

Where Taught Sex Education

Where have you been taught about pregnancy, prevention, sexually transmitted diseases, AIDS or HIV infection, or the use of condoms or birth control?



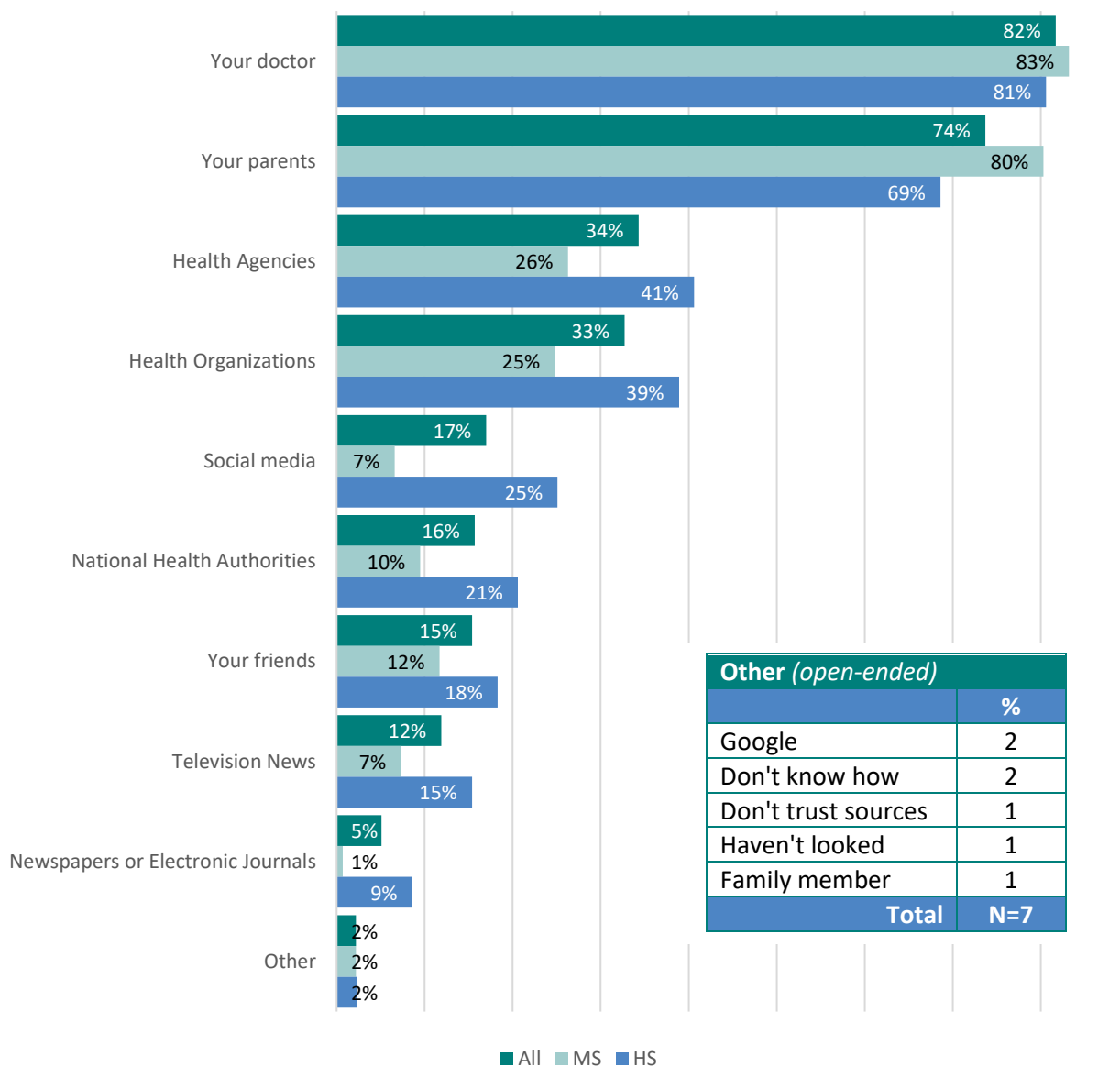


HEALTH AND WELLNESS

All students were given a list of eight sources and platforms and asked which ones they rely on for health information. By far, the most popular sources or platforms that students rely on for health information were their doctor (81.7%) or their parents (73.7%). Other sources or platforms included, in order of prevalence, health agencies (34.3%), health organizations such as World Health Organization, Red Cross, or American Heart Association (32.7%), social media (17.0%), national health authorities (15.7%), their friends (15.4%), television news (11.9%), and newspapers or electronic journals (5.1%). High school students were statistically more likely than middle school students to use the following sources: health organizations, newspapers or electronic journals, television news, national health authorities, social media, or friends. Middle school students were statistically more likely than high school students to rely on their parents.

Sources or Platforms Relied on for Health Information

Which of the following sources or platforms do you rely on for health information?

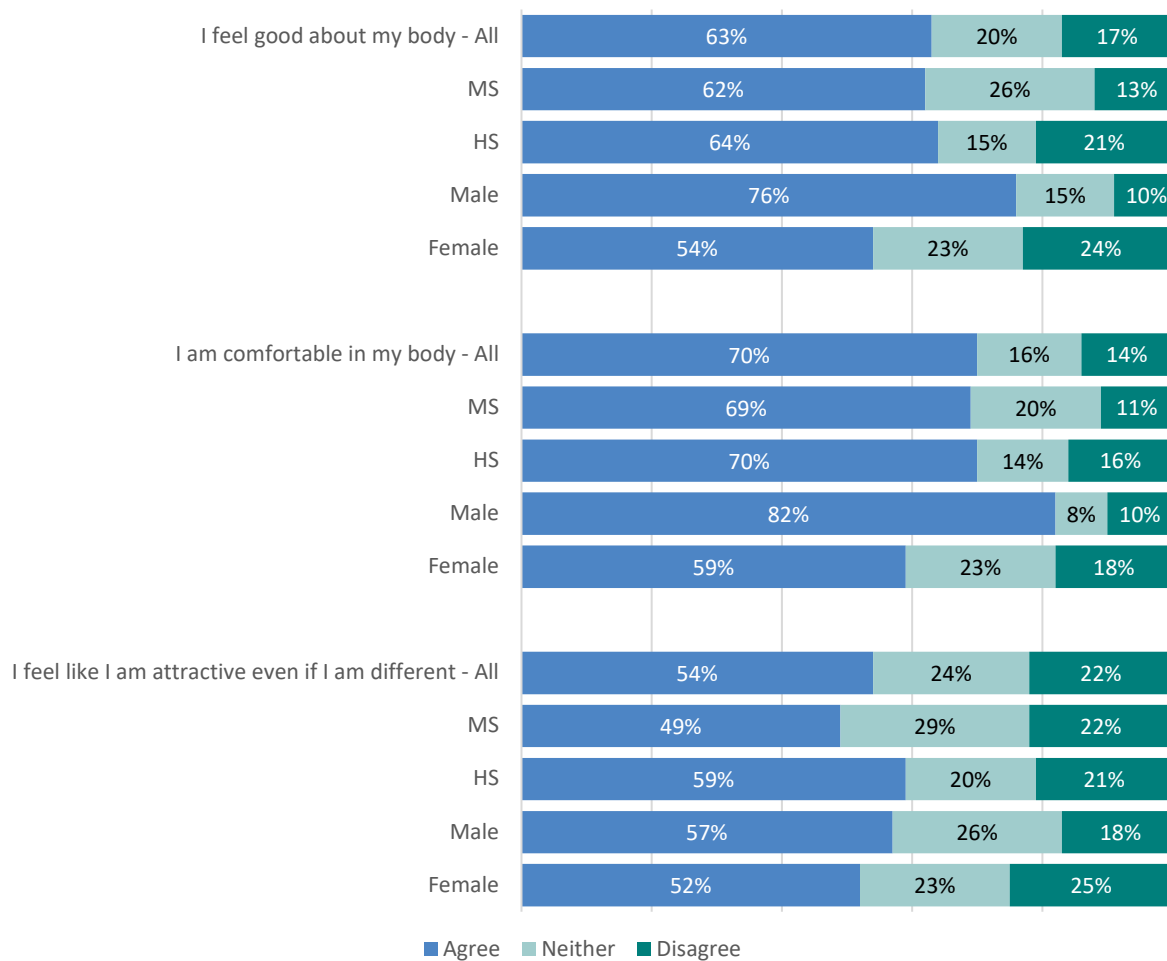




Next, students were asked to rate their level of agreement with three statements. High school students had a higher level of agreement with all three statements than middle school students. Males also had a much higher level of agreements than females. Each is discussed in more detail below.

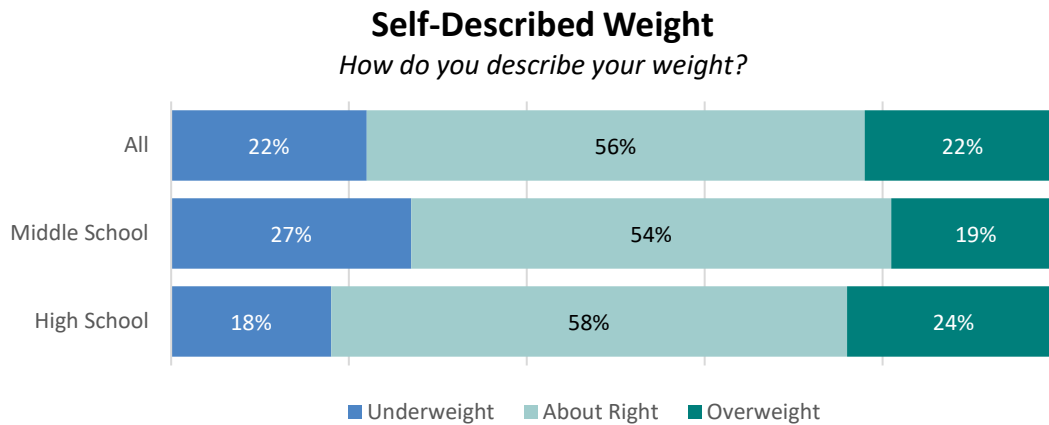
- Nearly three-quarters, 69.8%, agreed that *“I feel comfortable in my body”*, with 34.4% strongly agreeing. Nearly a sixth of students, 16.4%, neither agreed nor disagreed with the statement and the remaining 13.8% disagreed.
- Nearly two-thirds, 63.0%, agreed that *“I feel good about my body”*. Nearly a fifth of students, 19.6%, neither agreed nor disagreed with the statement and the remaining 17.4% disagreed.
- Over half, 54.3%, agreed that *“I feel like I am attractive even if I am different from media images of attractive people”*. Nearly a quarter of students, 24.1%, neither agreed nor disagreed with the statement and the remaining 21.5% disagreed.

Agreement with Statements

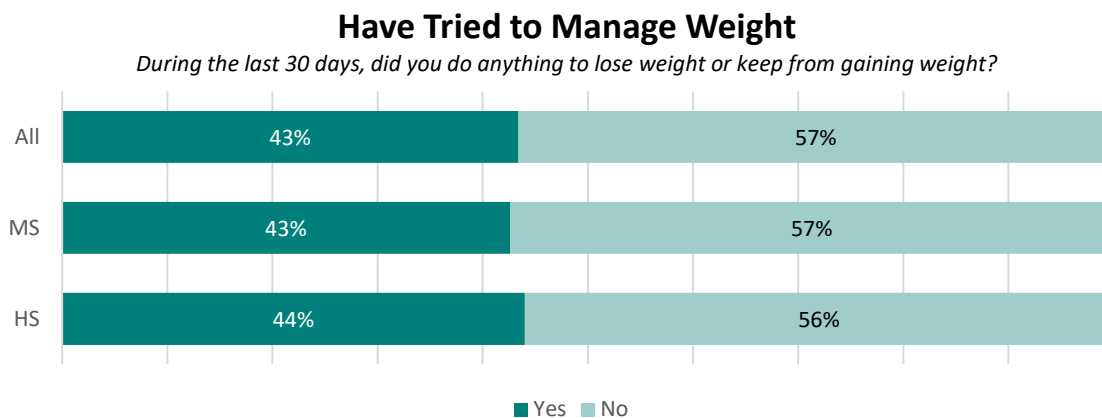




More than half of students, 56.3%, reported that their weight was just about right while 21.9% reported being overweight (19.6% slightly overweight and 2.3% very overweight) and the same percentage reported being underweight (19.3% slightly underweight and 2.6% very underweight). Female students were much more likely than male students to report being overweight.



Less than half of students, 43.4%, reported trying to lose weight or keep from gaining weight in the past 30 days. Females (50.3%) were much more likely than males (35.8%) to report doing something to lose or maintain weight over the past month. Whether or not a person was trying to lose also varied according to their self-described weight: 29.4% of underweight, 36.6% of about right weight, and 75.0% of overweight students reported doing something to lose or maintain their weight over the past month.



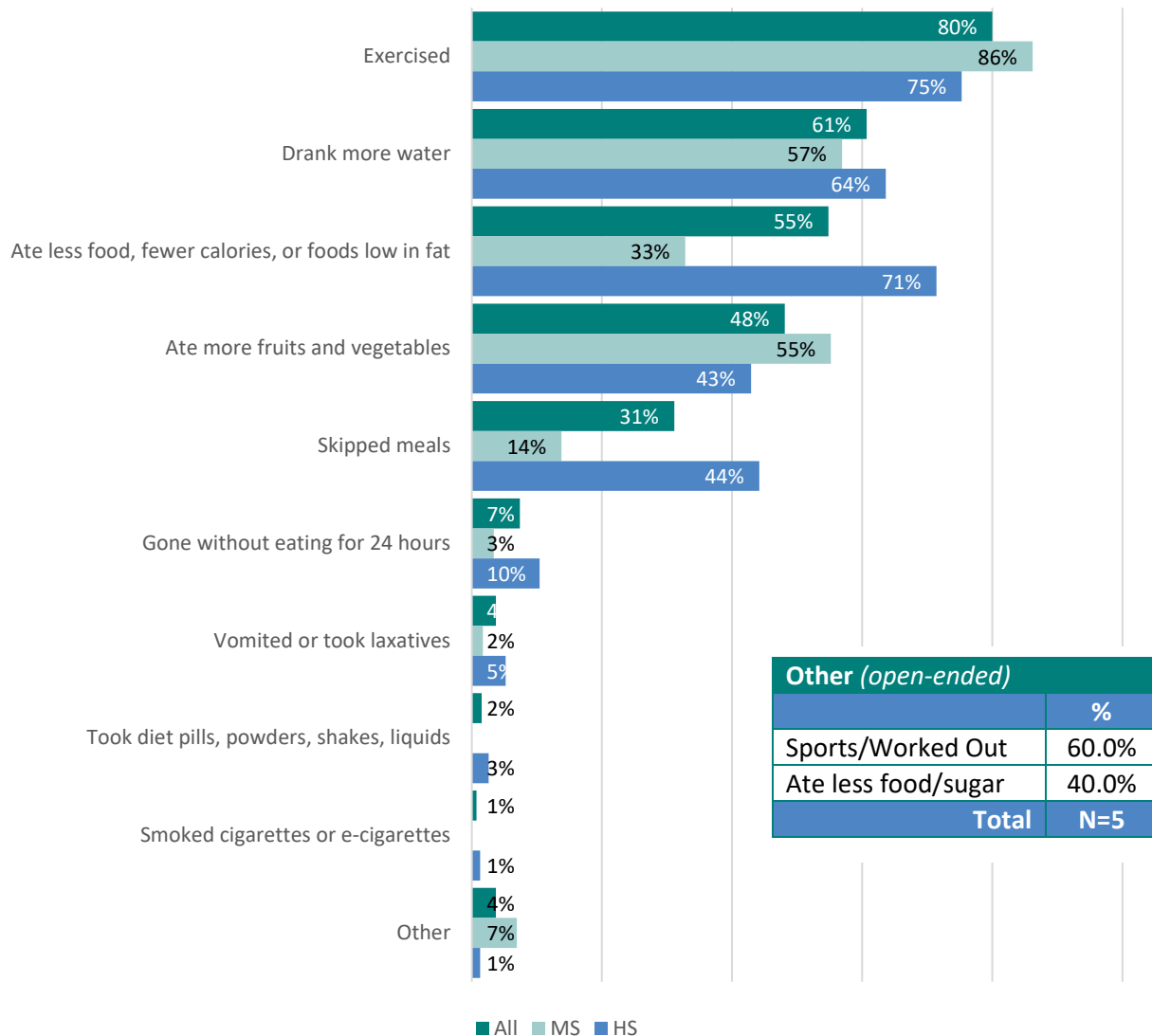


The most common ways that students try to lose weight or keep from gaining weight, of those who are trying, were exercising (80.0% of those trying, 34.6% of all students), drinking more water (60.7% of those trying, 26.3% of all students), eating less (54.8% of those trying, 23.7% of all students) eating more fruits and vegetables (48.1% of those trying, 20.8% of all students), and skipping meals (31.1% of those trying, 13.5% of all students). Other methods utilized to try to lose or maintain weight include, in order of prevalence, gone without eating for 24 hours (7.4%), vomited or took laxatives (3.7%), took diet pills, powders, shakes, liquids (1.5%), and smoked cigarettes or e-cigarettes (0.7%).

High school students were statistically more likely than middle school students to try to lose weight by eating less food or skipping meals. Middle school students were statistically more likely than high school students to exercise to lose weight. Females were statistically more likely than males to use the following methods to lose weight: eating less food, eat more fruits and vegetables, skipped meals.

Attempted Methods of Weight Loss

During the last 30 days, which of the following did you do to lose weight or keep from gaining weight?

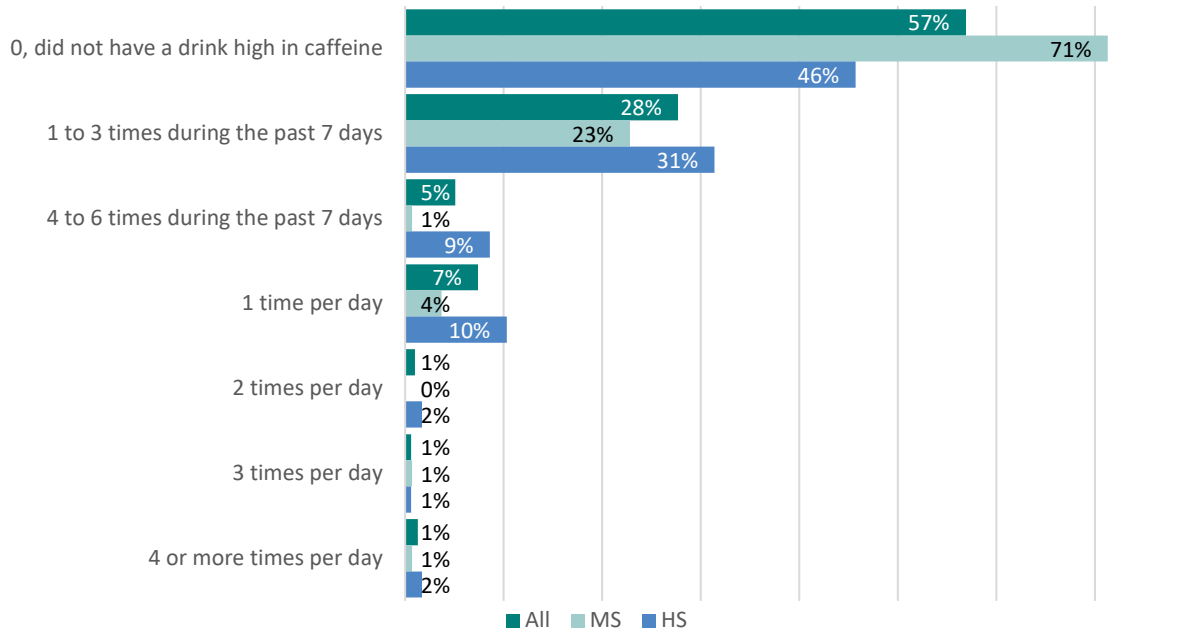




More than half of students, 56.9%, have not had a drink that was high in caffeine such as coffee, espresso, or an energy drink such as Red Bull, Monster or Rockstar in the past week. High school students (54.3%) were much more likely than middle school students (28.7%) to have drunk a high caffeine drink in the past week. Female students (46.5%) were more likely than males students (37.8%) to have had a drink high in caffeine.

Times Had High Caffeine Drink

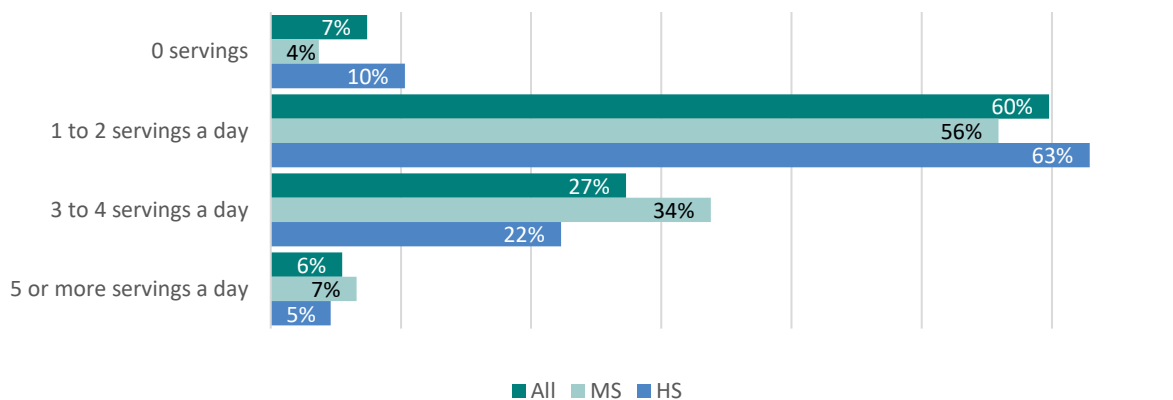
During the past 7 days, how many times did you have a drink that was high in caffeine, such as coffee or espresso, or energy drinks, such as Red Bull, Monster, or Rockstar?



More than half of students, 59.8%, reported eating one or two servings of fruits and vegetables while more than a quarter, 27.3%, reported eating 3 to 4 servings of fruits and vegetables a day. Less than a tenth of students, 7.4%, reported not eating any fruits and vegetables. Middle school students tended to eat more fruits and vegetables than high school students; 55.6% of middle school students had 1-2 servings and 40.4% had 3 or more servings of fruits and vegetables per day compared to 62.9% of high school students had 1-2 servings and 26.9% had 3 or more servings of fruits and vegetables per day.

Average Daily Servings of Fruits and Vegetables

On average, how many servings of fruits and vegetables do you have per day?

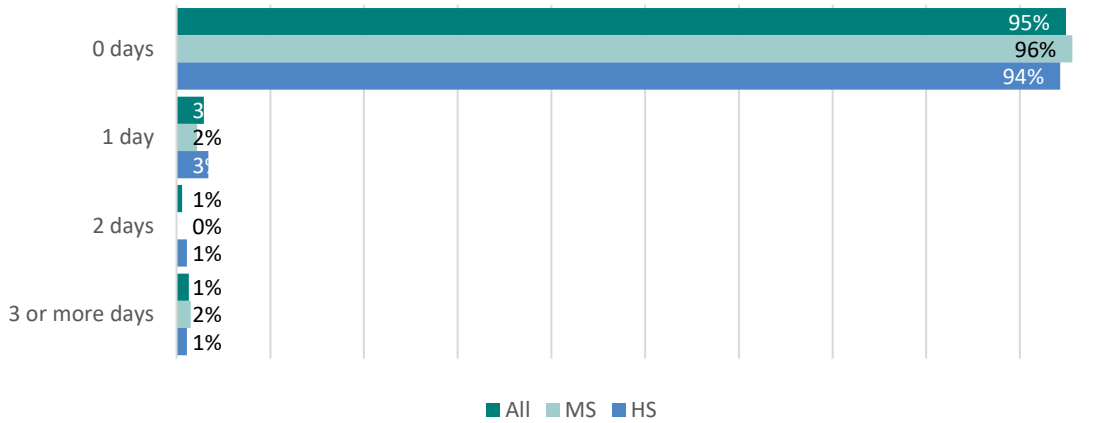




Only a small percentage, 5.1%, reported that they have not had enough food sometime in the past week.

Not Have Enough Food

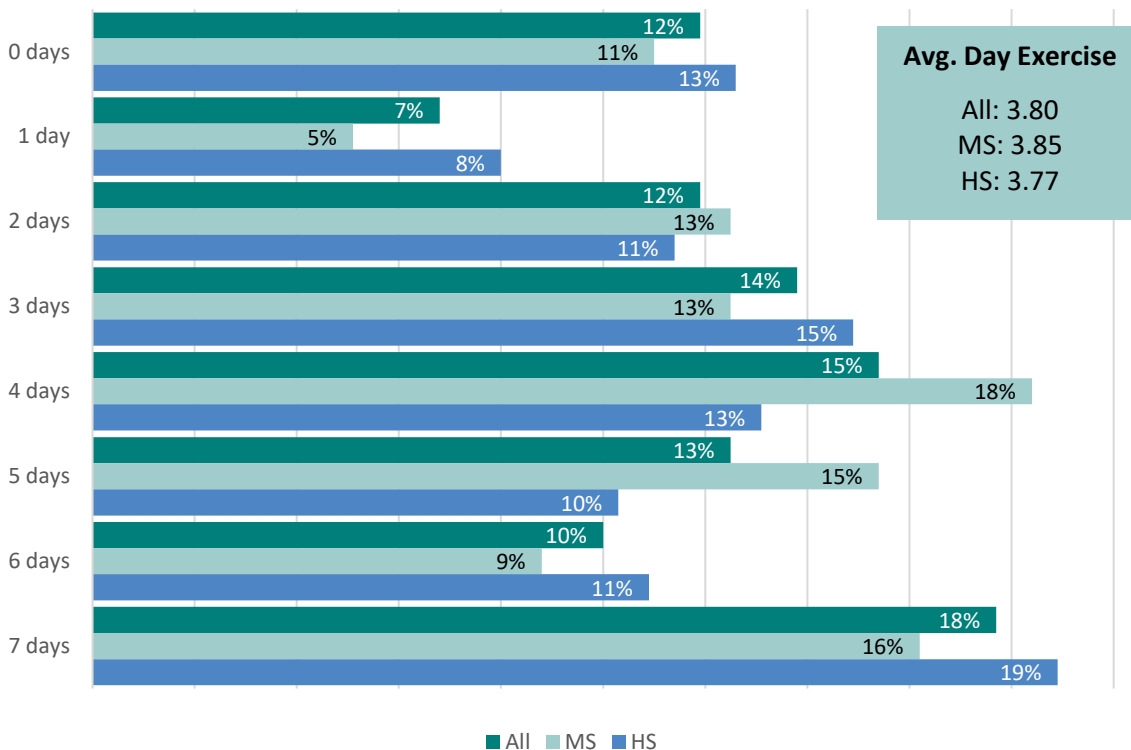
How many days per week do you NOT have enough food such that you went to bed hungry (because your family does not have enough money for food)?



Most students, 88.1%, indicated that they had exercised or were physically active for a total of 60 minutes for 1 or more days in the past week. Overall, students exercised an average of 3.80 days in the past week. Middle school students (3.85) had a slightly higher average of days exercised than high school students

Exercised at least 60 Minutes

During the past 7 days, on how many days did you exercise or were you physically active for a total of at least 60 minutes per day?





Students who had not exercised in the past week, 11.9% of all students, were asked their main reason for not exercising. This was an open-ended question in which the student could give one response. The most common reasons for not exercising were that they didn't want to (53.1%), they have no time (18.8%), and they don't know how to (12.5%). Other reasons for not exercising are listed in the table below.

| Reason for Not Exercising (<i>open-ended</i>) | | |
|---|-----------|---------------|
| | N | % |
| Don't want to | 17 | 53.1% |
| No time | 6 | 18.8% |
| Don't know how to | 4 | 12.5% |
| Too tired | 2 | 6.3% |
| Medical conditions | 2 | 6.3% |
| Feel embarrassed | 1 | 3.1% |
| Total | 32 | (n=32) |

What is the MAIN reason you do not exercise?

Students who exercised in the past week, 88.1% of all students, were asked what type of exercise or physical activity that they do most often. The most common exercises mentioned included working out or weightlifting (24.5%), running (17.8%), basketball (9.3%), and walking (6.3%). Other types of exercises mentioned are listed in the table below.

| Type of Exercise Done Most Often (<i>open-ended</i>) | | |
|--|------------|----------------|
| | N | % |
| Working out/weightlifting | 66 | 24.5% |
| Running | 48 | 17.8% |
| Basketball | 25 | 9.3% |
| Walking | 17 | 6.3% |
| Baseball/Softball | 15 | 5.6% |
| Variety of sports | 12 | 4.5% |
| Soccer | 11 | 4.1% |
| Gymnastics | 10 | 3.7% |
| Dancing | 8 | 3.0% |
| Volleyball | 7 | 2.6% |
| Biking | 6 | 2.2% |
| Playing outside | 6 | 2.2% |
| Swimming | 6 | 2.2% |
| Tennis | 6 | 2.2% |
| Horseback riding | 5 | 1.9% |
| Other sports | 5 | 1.9% |
| Martial arts | 4 | 1.5% |
| Cheerleading | 3 | 1.1% |
| Football | 3 | 1.1% |
| Marching band | 2 | 0.7% |
| Skating | 2 | 0.7% |
| Wrestling | 2 | 0.7% |
| Total | 269 | (n=269) |

What type of exercise or physical activity do you do most often?

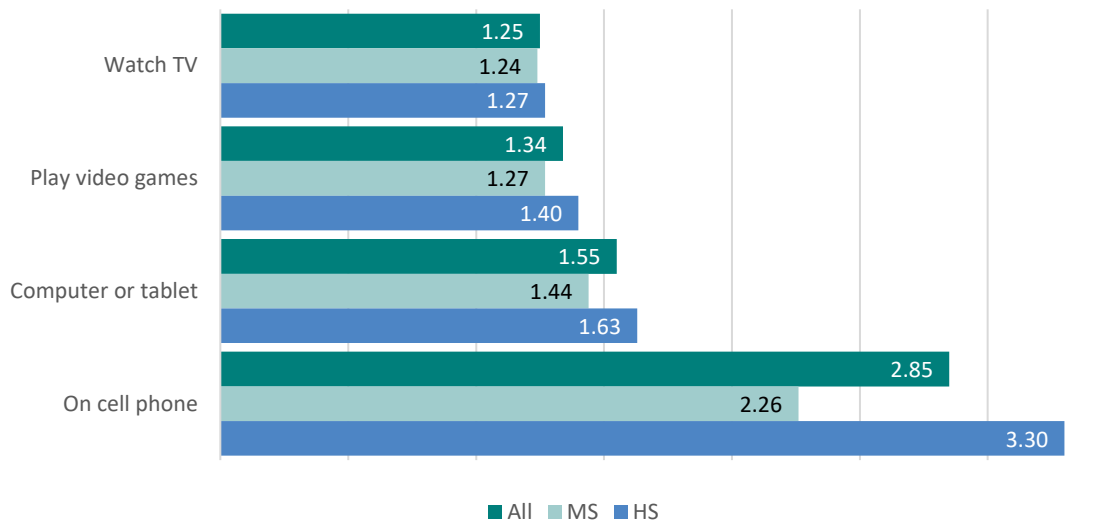




Students were given a list of four activities and asked how many hours they spend doing each on an average school day. The activity that students spend most time on was being on their cell phone. Students reported being on their cell phones for an average of 2.85 hours on school days. High school students spent considerably more time a day on their cell phone, 3.3 hours compared to 2.26 hours. The amount of time spent on the other three activities ranged from one to two hours per day: being on computer or tablet, 1.55; playing video games, 1.34; watching tv, 1.25.

Time Spent During Average School Day

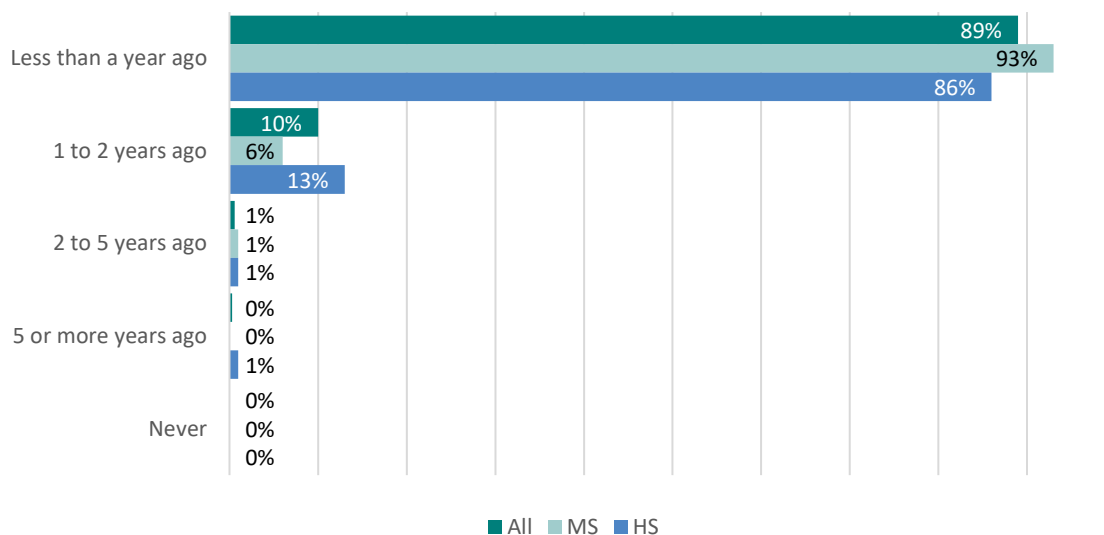
On an average school day, how many hours do you spend doing the following activities?



Most students, 89.0%, had visited a doctor or other health care professional for a routine checkup in the past year while one in ten, 10.0%, had last had a checkup in the past one to two years. Only a small percentage of students, 1.1%, had their last checkup more than 2 years ago. Middle school students (93.3%) were more likely than high school students (85.7%) to have had a checkup in the past year.

Last Routine Check-Up

When did you last visit your doctor or other health care professional for a routine check-up?

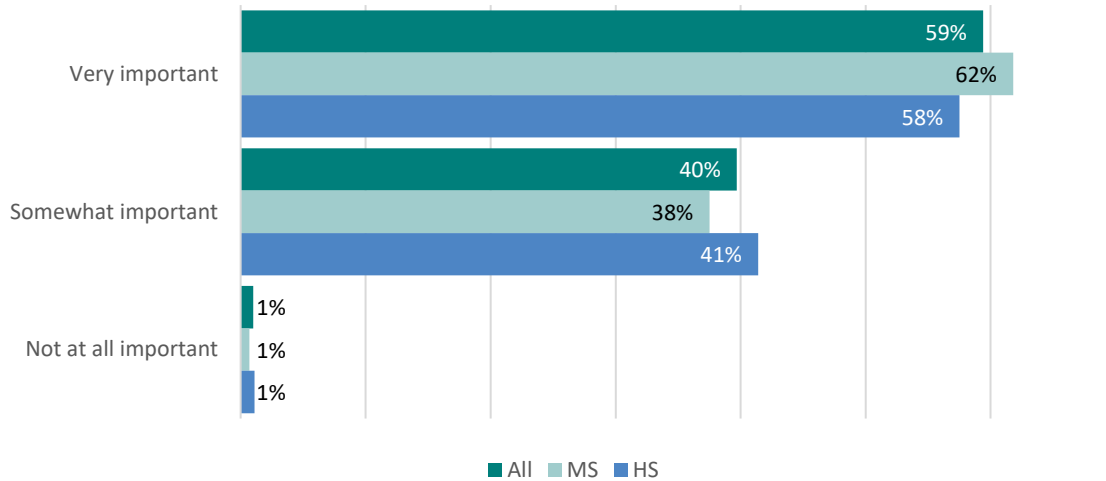




Over half of students, 59.4%, feel that it is very important to follow their doctor’s recommendations while another 39.7% thought it was somewhat important. Only a small percentage of students, 1.0%, thought that following doctor’s recommendations was not at all important.

Importance of Following Doctor Recommendations

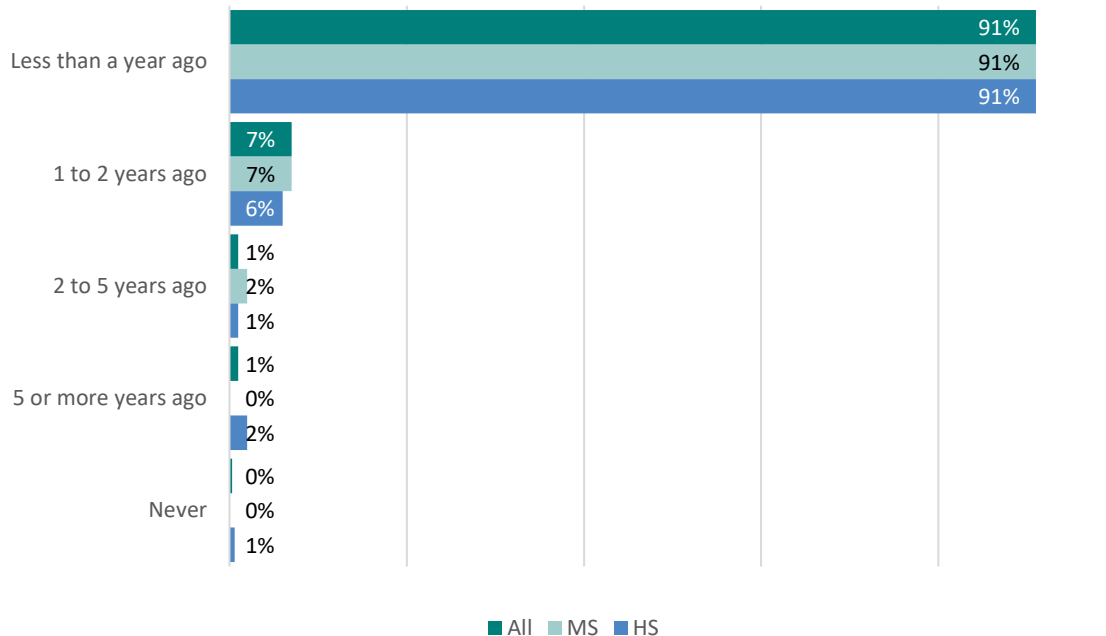
How important do you feel it is to follow your doctor’s recommendations?



Most students, 90.8%, had visited a dentist for a check-up, exam, teeth cleaning or other dental work in the past year while less than one in ten, 6.5%, had last had a checkup in the past one to two years. Only a small percentage of students, 2.4%, had their last checkup more than 2 years ago. Just one, or 0.3%, of students reported never seeing a dentist.

Last Dental Exam/Check-Up

When was the last time you saw a dentist for a check-up, exam, teeth cleaning or other dental work?

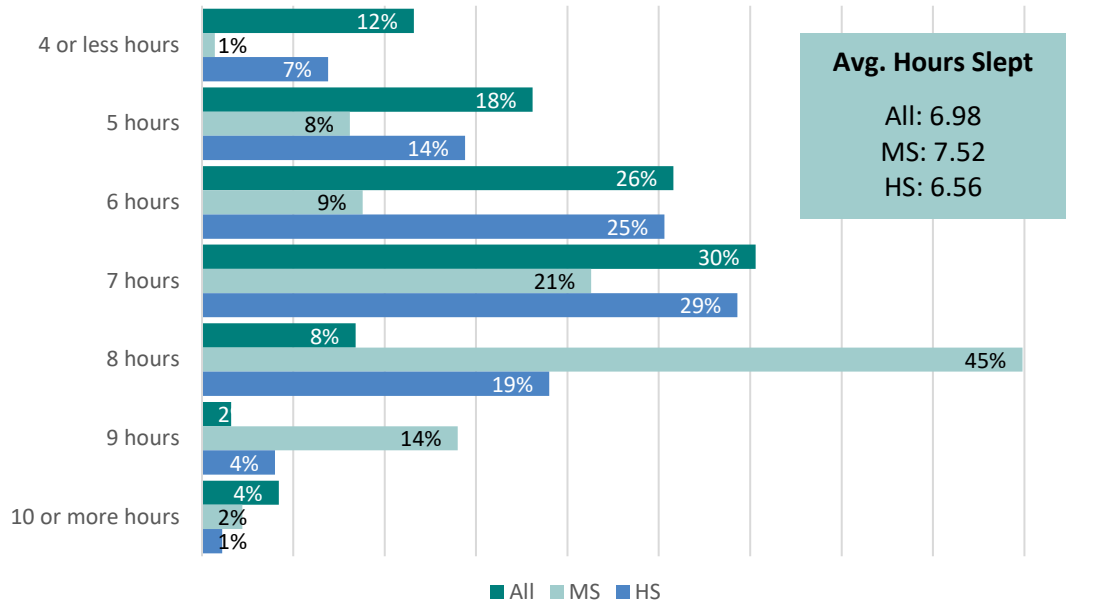




The average number of hours that students slept per school night was 6.98. Middle school students had a higher average hours of sleep on a school night than high school students, 7.52 hours for middle school versus 6.56 for high school students.

Average Hours of Sleep per School Night

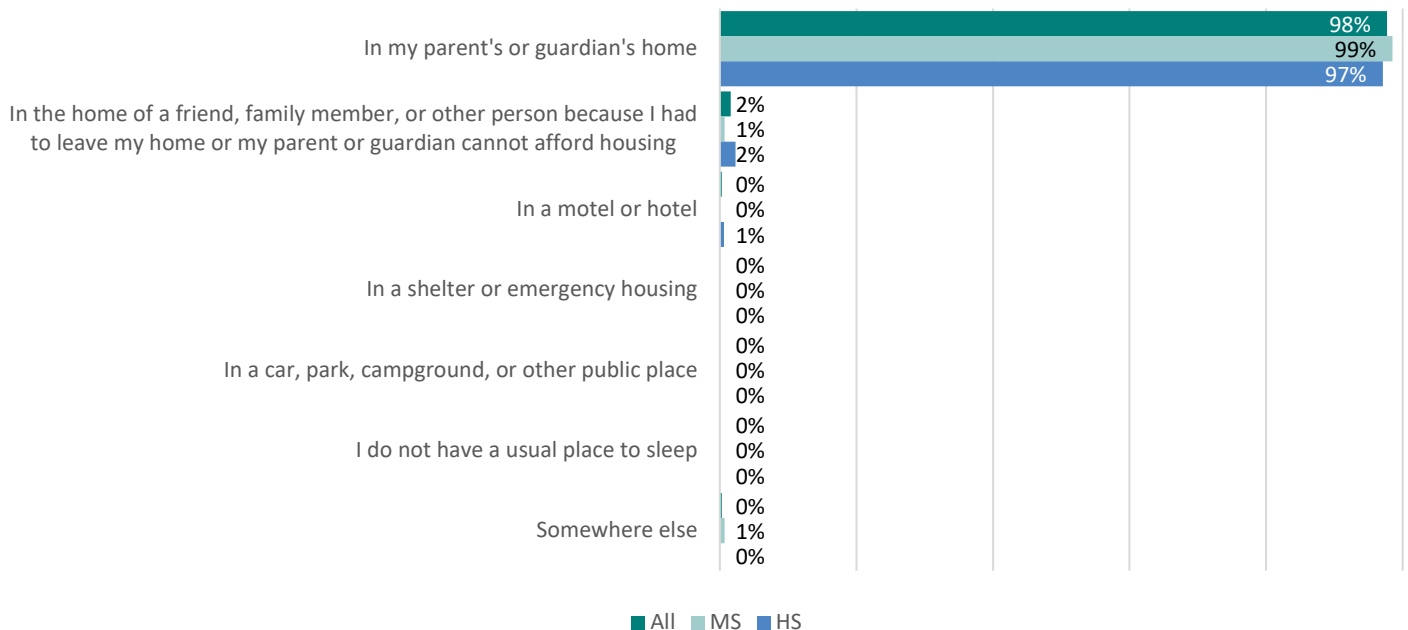
On an average school night, how many hours of sleep do you get?



Most students, 97.7%, usually sleep in their parents or guardian’s house. Only a small percentage of students usually sleep in the home of a friend, family member, or other person because they had to leave their home or their parent or guardian cannot afford housing (1.6%) or in a motel or hotel (0.3%).

Where Sleep

During the past 30 days, where did you usually sleep?



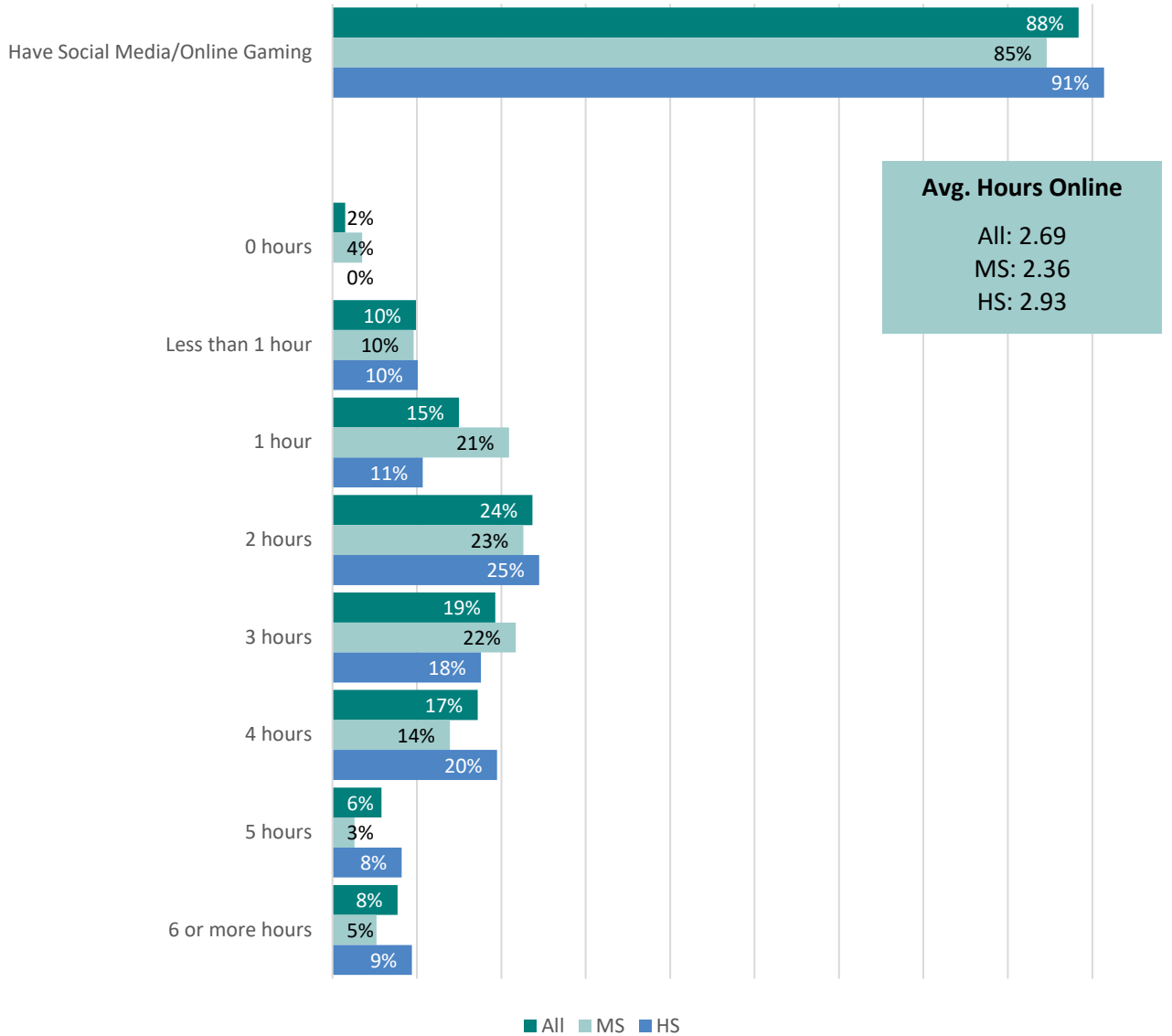


MISCELLANEOUS

Most students, 88.4%, reported that they currently have social media or online game accounts. High school students (91.4%) were more likely than middle school students (84.6%) to have these accounts. The average number of hours students spend on an average school day on these accounts is 2.69 hours (2.36 for middle school and 2.93 for high school students).

Time Spent During Average School Day - Social Media

Do you currently have any social media or online gaming accounts? On an average school day, how many hours are you on social media (such as Instagram, TikTok or Snap Chat) or online gaming accounts?

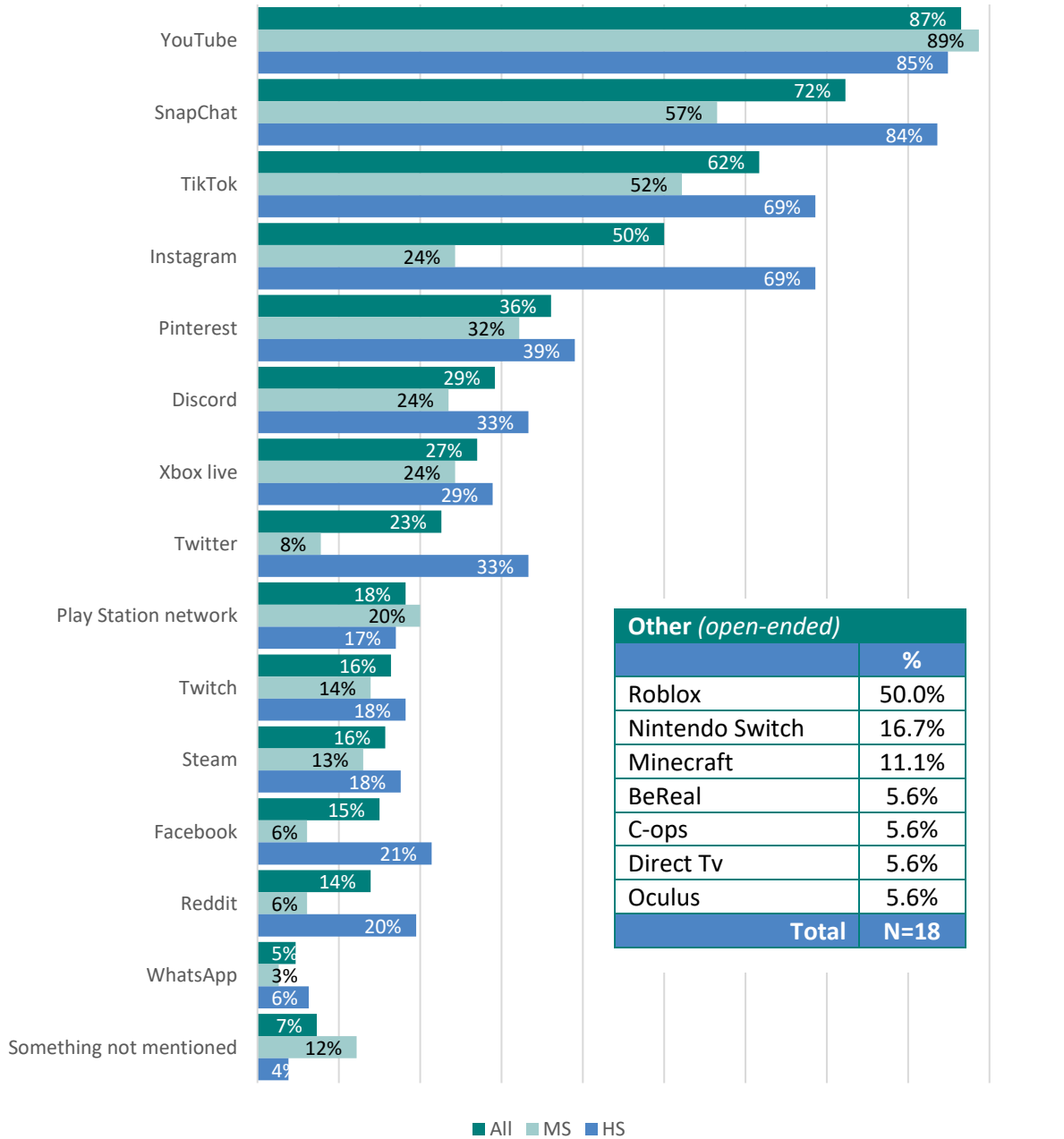




The social media and online platforms that are most popular with students are YouTube (86.5%), SnapChat (72.3) and TikTok (61.7%). All other social media and online gaming platforms were used by half or less of all students. High school students were more likely than middle school students to use the following platforms: Facebook, Instagram, Twitter, SnapChat, TikTok, Reddit, and Discord. Male students were more likely to use the following: YouTube, Twitter, Reddit, Play Station Network, Twitch, Steam, Discord while females were more likely to use the following: Instagram, Pinterest, SnapChat, and TikTok.

Social Media Sites Used

Do you ever use any of the following social media sites or online gaming platforms?



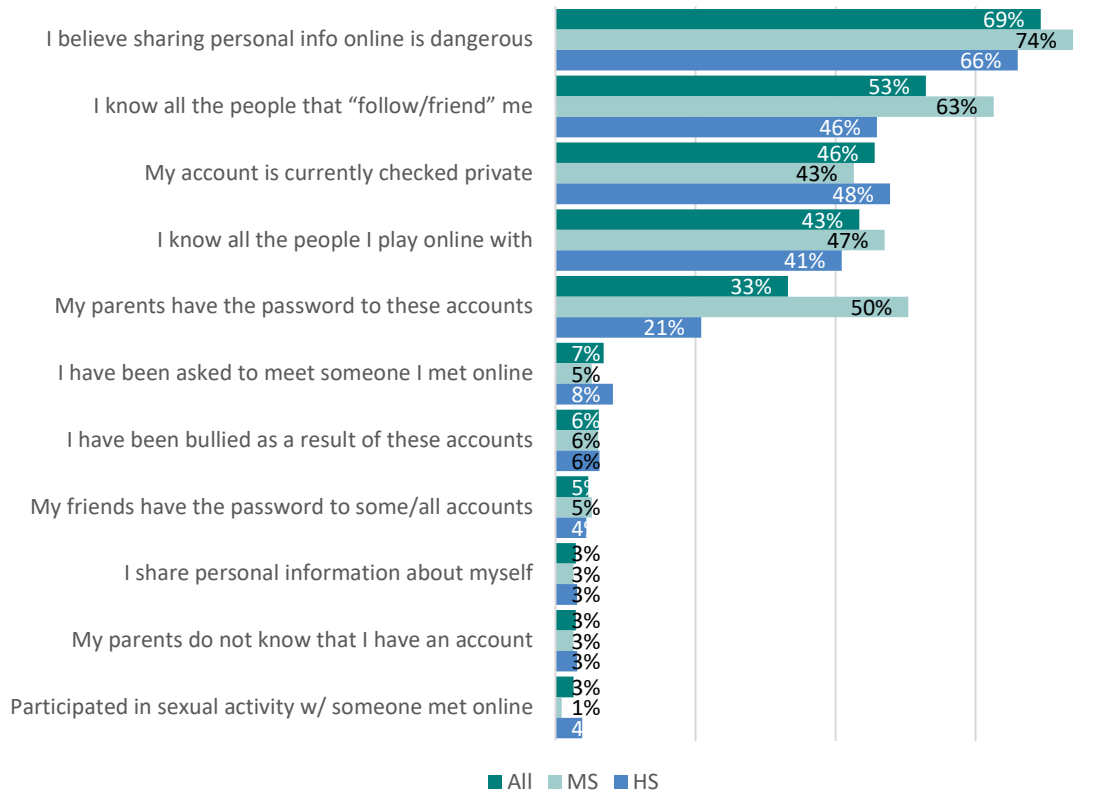


Next, students who indicated that they have social media or online gaming accounts, 88.4% of all students, were given a list of eleven behaviors and asked which of the behaviors or experiences applied to them. Each behavior is discussed in more detail below.

- More than two-thirds of students, 69.3%, reported that *“I believe sharing personal information online is dangerous”*. Females (76.9%) were more likely than males (63.6%) to believe this.
- Slightly more than half, 52.9%, indicated that *“I know all the people that “follow/friend” me”*. Middle school students (62.6%) were much more likely than high school students (45.9%) to know all the people that follow them. Females (59.0%) were also more likely than males (47.7) to know this information.
- Less than half, 45.6%, of students said, *“My account is currently checked private”*. Females (55.2%) were more likely than males (37.9%) to have their accounts private.
- Slightly fewer, 43.4%, agreed that *“I know all the people I play online with”*. Males (52.3%) were more likely than females (35.1%) to know all the people they play online with.
- A third of students, 33.2%, reported that *“My parents have the password to these accounts”*. Middle schools students (50.4%) were much more likely than high school students (20.8%) to say that their parents have the passwords to their social media/online accounts.
- The remaining behaviors or experience were much less common (less than one in ten): *“I have been asked to meet someone I met online”*, 6.9%; *“I have been bullied as a result of these accounts”*, 6.2%; *“My friends have the password to some or all of these accounts”*, 4.7%; *“I share personal information about myself, such as where I live”*, 2.9%; *“My parents do not know that I have an account”*, 2.9%; and just 2.6% indicated that *“I have participated in sexual activity with someone I met online”*.

Social Media Sites - Experiences

Thinking about your social media or online gaming accounts, which of the following apply?



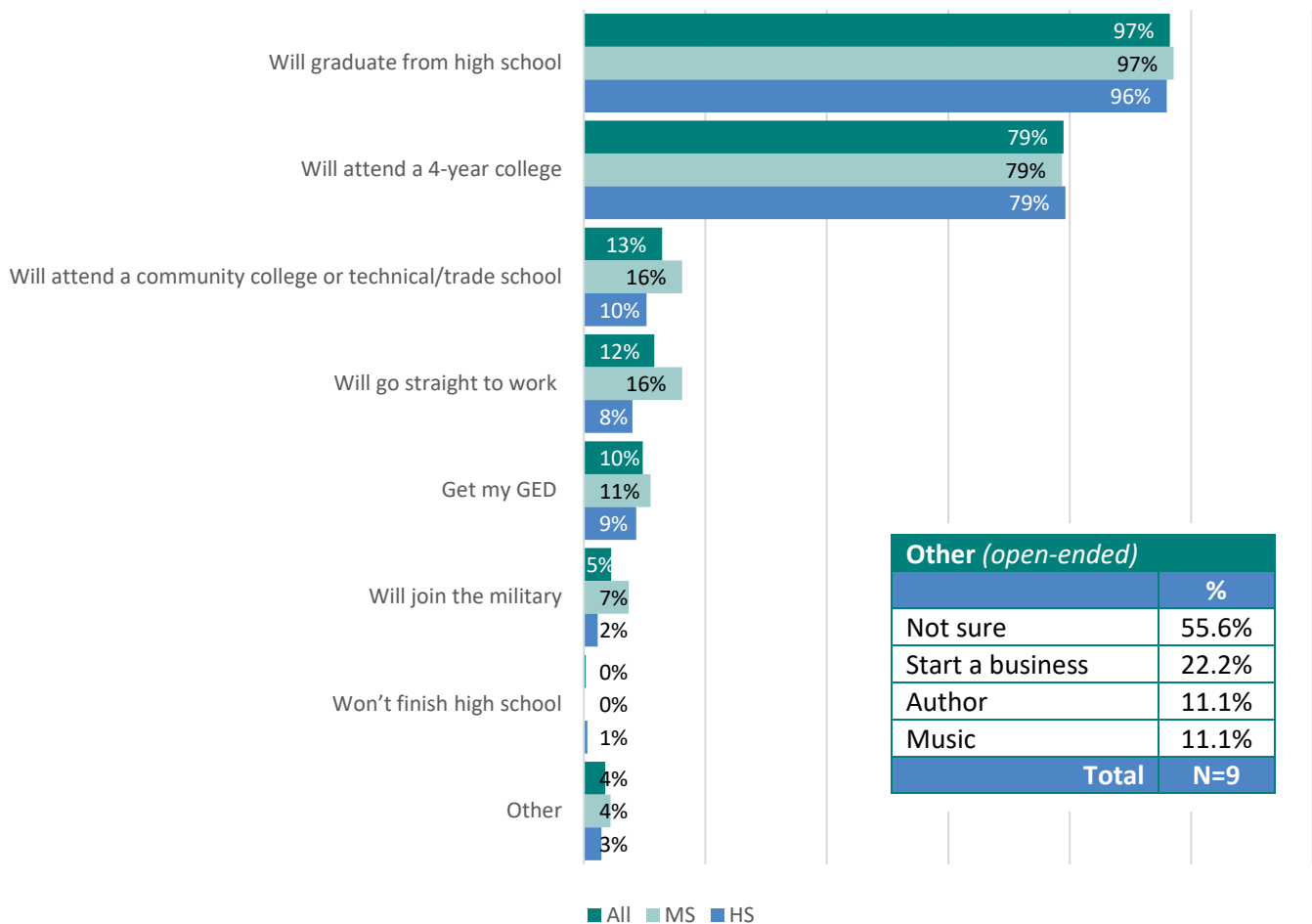


Next, students were asked about their plans for their future, given eight different options. Students could pick more than one response. Each is discussed in more detail below:

- More than three-quarters of students, 79.0%, reported that they will attend a 4-year college. Females (85.1%) were more likely than males (73.0%) to plan to attend a 4-year college in the future. White students (81.0%) were also more likely than non-white (65.9%) students to plan to attend college.
- More, 96.5%, plan to graduate high school.
- Less than a sixth, 12.9%, plan to attend a community college or technical/trade school. Middle School students (16.2%) were more likely than high schoolers (10.3%) to plan to attend a community college.
- More than one in ten, 11.9%, plan to go straight to work. Middle school students (16.9%) were more likely than high school students (8.0%) to plan to go straight to work after graduation.
- Nearly one in ten, 9.7%, plan to get their GED.
- A small percentage of students, 4.5%, report that they will join the military in the future while just 0.3% said that they won't finish high school. Middle school students (7.4%), males 7.4%) and nonwhite students (9.8%) were more likely than high school students (2.3%), females (1.3%), and white students (3.7%) to join the military. A small percentage, 3.2%, were unsure about their future plans.

Plans For the Future

What are your plans for the future?

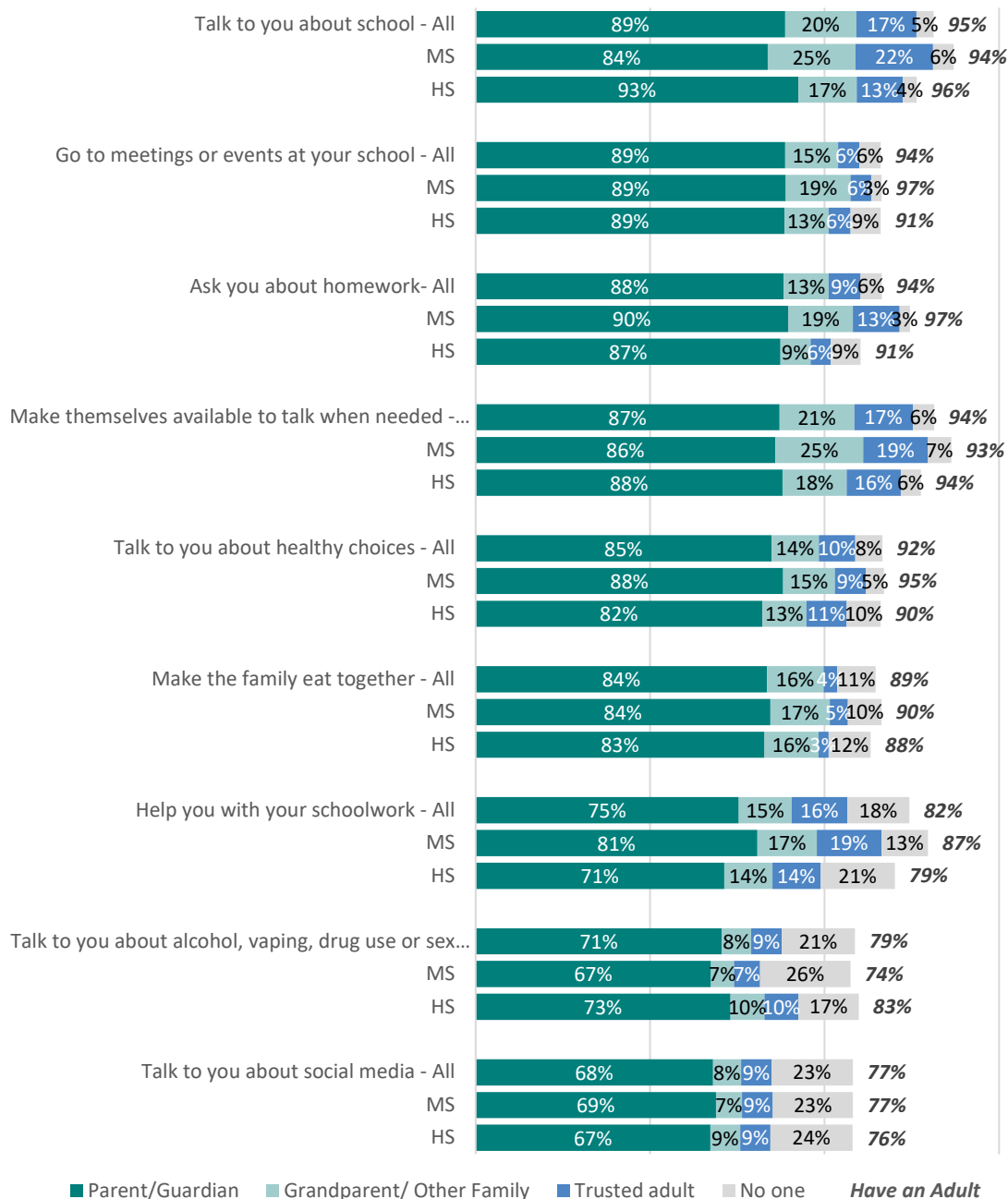




The majority of students reported having a strong social support system, having a trusted adult to talk to when needed. The majority of students, 94% or more, have a parent/guardian, grandparent or other family member, or trusted adult that talk to them about school, go to meeting or event at their school, ask them about homework, and make themselves available to talk when needed. Slightly fewer students, 92%, have a trusted adult to talk to them about making healthy choices while 89% have a trusted adult to make the family eat together. More than three-quarters of students have a trusted adult to help them with schoolwork (82%), talk to them about alcohol, vaping, drug use, or sex (79%), or talk to them about social media (77%).

Adults in Life to...

Do you have someone in your life such as a parent/guardian, grandparent or other family member or trusted adult to do any of the following?



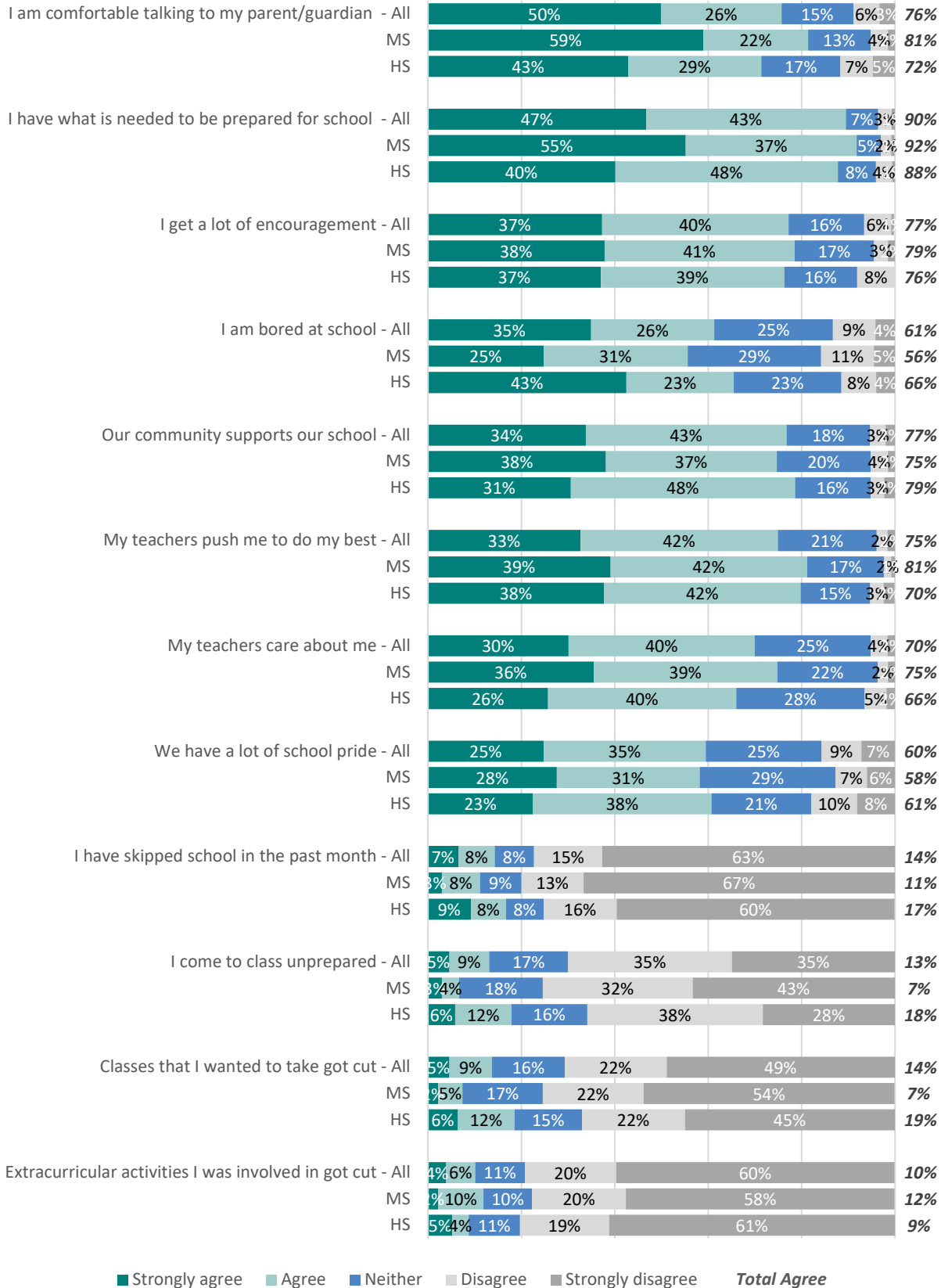


Students were given eleven different statements and asked for level of agreement with each. Each statement is discussed in more detail below.

- Most students, 89.5% agreed that *“I have what is needed to be prepared for school”*, with 46.7% strongly agreeing. Only a small percentage of students, 3.6%, disagreed with this statement.
- More than three quarters of students, 77.2%, agreed that *“I get a lot of encouragement”*, with 37.3% strongly agreeing. Less than a tenth of students, 6.5%, disagreed with this statement.
- Slightly fewer, 76.9%, agreed that *“Our community supports our school”*, with 33.9% strongly agreeing. Only a small percentage of students, 5.2%, disagreed with this statement.
- More than three quarters of students, 75.8%, agreed that *“I am comfortable talking to my parent/guardian”*, with 50.0% strongly agreeing. Less than a tenth of students, 8.8%, disagreed with this statement. Middle school students (81.3%) were more likely than high school students (71.5%) to agree with this statement.
- Three quarters, 74.9%, of students agreed that *“My teachers push me to do my best”*, with 32.7% strongly agreeing. Only a small percentage of students, 3.9%, disagreed with this statement. Middle school students (81.2%) were more likely than high school students (69.9%) to agree with this statement.
- Less than three quarters of students, 70.0%, agreed that *“My teachers care about me”*, with 30.1% strongly agreeing. Only a small percentage of students, 5.2%, disagreed with this statement.
- More than half of students, 61.3%, agreed that *“I am bored at school”*, with 34.9% strongly agreeing. Less than a sixth of students, 13.4%, disagreed with this statement.
- Slightly fewer, 59.7%, agreed that *“We have a lot of school pride”*, with 24.8% strongly agreeing. Less than a sixth of students, 15.6%, disagreed with this statement.
- Nearly a sixth of students, 14.3%, agreed that *“I have skipped school in the past month”*. More than three-quarters of students, 77.3%, disagreed with this statement and 62.7% strongly disagreed.
- Slightly fewer, 13.7%, agreed that *“Classes that I wanted to take got cut”*. Nearly three-quarters of students, 70.7%, disagreed with 48.9% strongly disagreeing. High school students (18.5%) were more likely than middle school students (7.5%) to agree with this statement. Non-white (25.6%) were also more likely than white students (11.6%) to agree.
- Less than a sixth of students, 13.1%, agreed that *“I come to class unprepared”*. Nearly three-quarters of students, 70.0%, disagreed with 34.9% strongly disagreeing. High school students (17.9%) were more likely than middle school students (6.7%) to agree with this statement. Non-white (17.9%) were also more likely than white students (12.0%) to agree.
- One in ten students, 10.1%, agreed that *“Extracurricular activities I was involved in got cut”*. More than three-quarters of students, 79.2%, disagreed with this statement and 59.6% strongly disagreed.



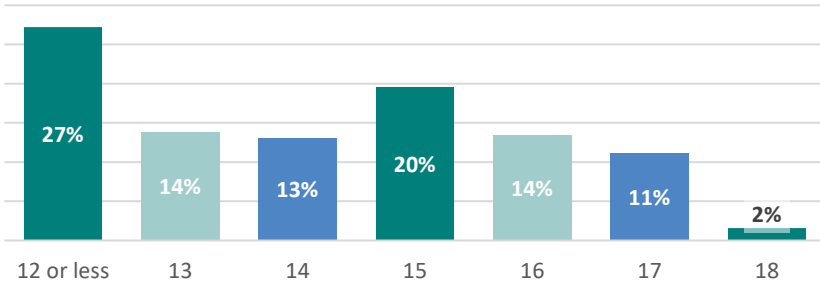
Agreement with Statements





Respondent Demographics

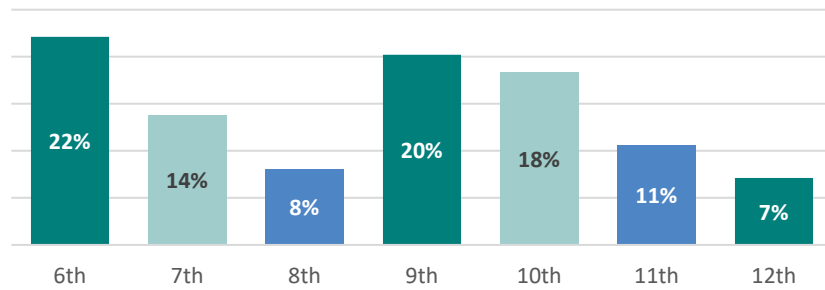
Age of Respondent



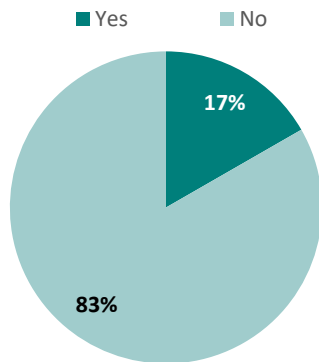
| Age | # | % |
|--------------|--------------|---------------|
| 12 or less | 85 | 27.2% |
| 13 | 43 | 13.8% |
| 14 | 41 | 13.1% |
| 15 | 61 | 19.6% |
| 16 | 42 | 13.5% |
| 17 | 35 | 11.2% |
| 18 | 5 | 1.6% |
| Total | N=312 | 100.0% |

| Grade | # | % |
|------------------|--------------|---------------|
| 6 th | 69 | 22.1% |
| 7 th | 43 | 13.8% |
| 8 th | 25 | 8.0% |
| 9 th | 63 | 20.2% |
| 10 th | 57 | 18.3% |
| 11 th | 33 | 10.6% |
| 12 th | 22 | 7.1% |
| Total | N=312 | 100.0% |

Grade of Respondent



Have Driver's License



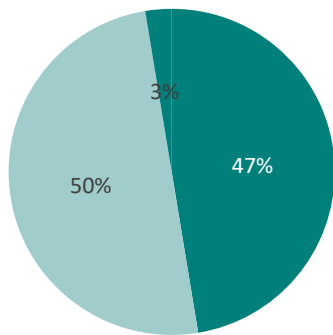
| Have Driver's License | # | % |
|-----------------------|--------------|---------------|
| Yes | 52 | 16.7% |
| No | 260 | 83.3% |
| Total | N=312 | 100.0% |





Sex Assigned at Birth

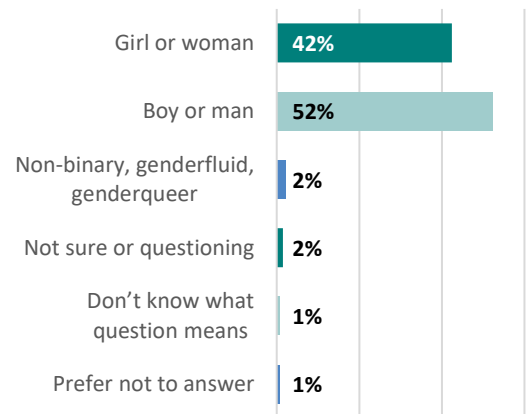
Male Female Prefer not to answer



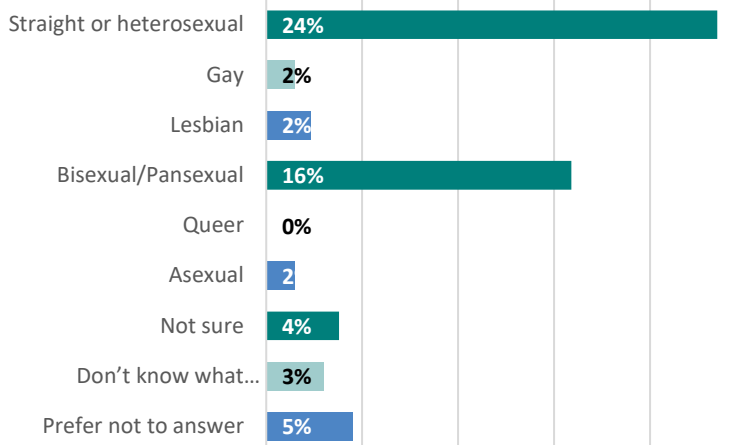
| Sex assigned at birth | # | % |
|-----------------------|--------------|---------------|
| Male | 148 | 47.4% |
| Female | 156 | 50.0% |
| Prefer not to answer | 8 | 2.6% |
| Total | N=312 | 100.0% |

Gender Identity

| Gender Identity | # | % |
|--------------------------------------|--------------|---------------|
| Girl or woman | 56 | 42.4% |
| Boy or man | 69 | 52.3% |
| Non-binary, genderfluid, genderqueer | 3 | 2.3% |
| Not sure or questioning | 2 | 1.5% |
| Don't know what question means | 1 | 0.8% |
| Prefer not to answer | 1 | 0.8% |
| Total | N=132 | 100.0% |



Sexual Orientation



| Orientation | # | % |
|--------------------------------|--------------|---------------|
| Straight or heterosexual | 101 | 70.1% |
| Gay | 2 | 1.4% |
| Lesbian | 3 | 2.1% |
| Bisexual/pansexual | 21 | 14.6% |
| Queer | 0 | 0.0% |
| Asexual | 2 | 1.4% |
| Not sure | 5 | 3.5% |
| Don't know what question means | 4 | 2.8% |
| Prefer not to answer | 6 | 4.2% |
| Total | N=144 | 100.0% |

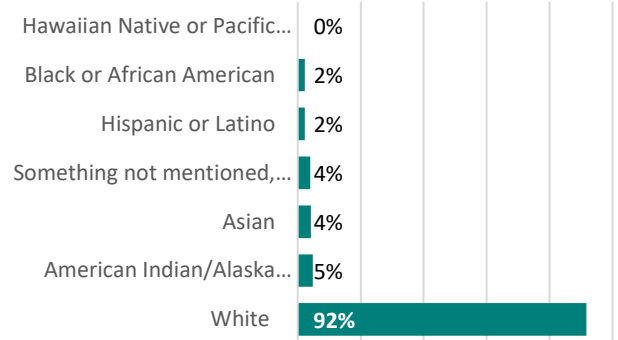




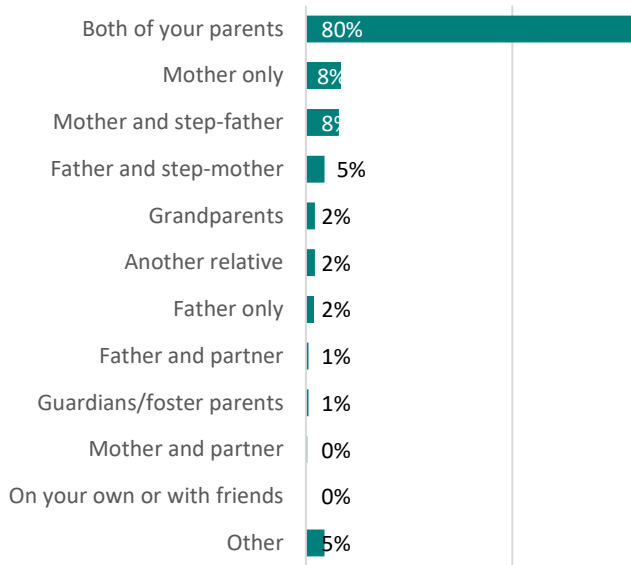
| Race | # | % |
|----------------------------------|--------------|---------------|
| American Indian or Alaska Native | 15 | 4.8% |
| Asian | 13 | 4.2% |
| Black or African American | 7 | 2.2% |
| Hispanic or Latino | 7 | 2.2% |
| Native Hawaiian/Pacific Islander | - | - |
| White | 286 | 91.7% |
| Other* | 10 | 3.5% |
| Total | N=339 | 100.0% |

Other includes: 3-German, 2 Multi-racial, and 1 each of Dutch, European, Irish, Italian, and Japanese

Race of Respondent



Live With



| Live With | # | % |
|-----------------------------|--------------|---------------|
| Both of your parents | 250 | 80.1% |
| Mother only | 26 | 8.3% |
| Mother and step-father | 25 | 8.0% |
| Father and step-mother | 14 | 4.5% |
| Grandparents | 7 | 2.2% |
| Another relative | 7 | 2.2% |
| Father only | 6 | 1.9% |
| Father and partner | 2 | 0.6% |
| Guardians/foster parents | 2 | 0.6% |
| Mother and partner | 1 | 0.3% |
| On your own or with friends | 0 | 0.0% |
| Other* | 14 | 4.5% |
| Total | N=354 | 100.0% |

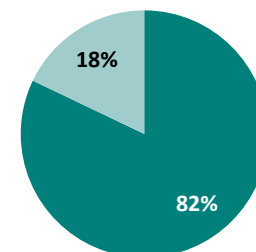
Other includes: Siblings (9), stepmother (1), split time between divorced parents (2), pet (1), and dad gone frequently (1)



| Participate in Extracurriculars | # | % |
|---------------------------------|--------------|---------------|
| Yes | 256 | 82.1% |
| No | 56 | 17.9% |
| Total | N=312 | 100.0% |

Participate in Extracurriculars

■ Yes ■ No



| Why Don't Participate in Extracurriculars | # | % |
|---|-------------|---------------|
| Not interested | 38 | 67.9% |
| I don't fit in | 17 | 30.4% |
| Something not mentioned* | 8 | 14.3% |
| Have a job | 7 | 12.5% |
| Transportation | 5 | 8.9% |
| Can't afford it | 2 | 3.6% |
| Doesn't exist, not offered | 1 | 1.8% |
| Parents won't take me | 1 | 1.8% |
| Take care of parent/grandparent | 1 | 1.8% |
| Watch younger siblings | - | - |
| Total | N=80 | 100.0% |

Other reasons mentioned included: Do other activities (1), Not old enough (2), prefer to play virtually (1), don't want to lose free time (1), off-season (2), and it's too competitive (1)

| Zip Code | N | % |
|--------------|--------------|---------------|
| 44212 | 1 | 0.3% |
| 44215 | 1 | 0.3% |
| 44233 | 30 | 9.7% |
| 44240 | 1 | 0.3% |
| 44253 | 10 | 3.2% |
| 44256 | 194 | 62.8% |
| 44273 | 5 | 1.6% |
| 44280 | 11 | 3.5% |
| 44281 | 54 | 17.4% |
| 44289 | 1 | 0.3% |
| 44321 | 1 | 0.3% |
| Total | N=309 | 100.0% |





Medina County Demographics

| Medina County Population Trends & Projections | | | | | | |
|---|---------------|------------|--|-----------|---------------|------------|
| | Medina County | Ohio | | | Medina County | Ohio |
| 1850 | 24,411 | 1,980,329 | | 2000 | 151,095 | 11,353,140 |
| 1900 | 21,958 | 4,157,545 | | 2010 | 172,332 | 11,536,504 |
| 1950 | 40,417 | 7,946,627 | | 2020 | 182,470 | 11,799,448 |
| 1960 | 65,315 | 9,706,397 | | 2030 | 194,510 | 11,615,100 |
| 1970 | 82,717 | 10,652,017 | | 2040 | 199,890 | 11,679,010 |
| 1980 | 113,150 | 10,797,630 | | Change | | |
| 1990 | 122,354 | 10,847,115 | | 2020-2040 | 17,420 | -120,438 |

SOURCE: Ohio Development Services Agency, U.S. Census

| County Population by Race, 2021 | | | | | | | |
|---------------------------------|-----------|------------------|-----------------|---------|------------------|------------|-------------------|
| | White | African American | Native American | Asian | Pacific Islander | Other Race | Two or more races |
| Ohio | 9,374,538 | 1,452,530 | 18,416 | 276,828 | 3,899 | 141,320 | 327,089 |
| Medina | 170,716 | 2,432 | 278 | 1,913 | 0 | 579 | 5,530 |

SOURCE: U.S. Census Bureau 5-year estimates

| Medina County Population Estimates by Race | | | | | | |
|--|---------|---------|---------|---------|---------|----------|
| | 2017 | 2018 | 2019 | 2020 | 2021 | % Change |
| White | 168,584 | 168,911 | 169,681 | 169,293 | 170,716 | +0.9% |
| African-American | 2,682 | 2,580 | 2,675 | 2,490 | 2,432 | -9.3% |
| Native American | 242 | 233 | 261 | 309 | 278 | +14.8% |
| Asian | 2,124 | 2,208 | 1,997 | 1,815 | 1,913 | -9.9% |
| Pacific Islander | 13 | 17 | 0 | 0 | 0 | - |
| Other race | 582 | 807 | 713 | 1,094 | 579 | -0.5% |
| Two or more races | 2,135 | 2,501 | 2,653 | 4,115 | 5,530 | +159.0% |

SOURCE: U.S. Census Bureau 5-year estimates

| Families with Children as a Percent of Households | | | | | | | |
|---|-------|-------|-------|-------|-------|-------|--------|
| County | 2016 | 2017 | 2018 | 2019 | 2020 | 2021 | Change |
| Medina | 32.3% | 31.5% | 31.5% | 31.1% | 30.6% | 31.1% | 1.2% |
| Ohio | 30.0% | 29.8% | 29.6% | 28.5% | 28.9% | 28.3% | -2.3% |

SOURCE: U.S. Census Bureau, American Community Survey 5-Year Estimates



| Medina County Households by Type | | | | | | |
|----------------------------------|---------------|---------------|---------------|---------------|---------------|--------------|
| | 2017 | 2018 | 2019 | 2020 | 2021 | % Change |
| Total households | 67,192 | 68,121 | 69,007 | 69,739 | 71,360 | +6.2% |
| Married couple | 39,644 | 39,972 | 40,100 | 40,613 | 42,381 | +6.9% |
| Married couple with kids | 15,375 | 19,775 | 15,479 | Not available | 16,141 | +4.9% |
| Male, with own kids | 1,286 | 1,365 | 791 | Not available | 817 | -36.4% |
| Female, with own kids | 2,734 | 2,922 | 2,205 | Not available | 2,356 | -13.8% |
| Households with children | 21,139 | 21,439 | 21,457 | 21,352 | 22,170 | +4.8% |
| Households with 65+ | 19,758 | 20,613 | 21,374 | 21,584 | 21,996 | +11.3% |
| Average household size | 2.60 | 2.58 | 2.56 | 2.55 | 2.52 | -0.08 |
| Average family size | 3.12 | 3.10 | 3.08 | 3.05 | 2.99 | -0.13 |

SOURCE: U.S. Census Bureau, American Community Survey 5-Year Estimates

| Health Care Summary, 2021 | | |
|---|---------------|---------|
| | Medina County | Ohio |
| Primary Care Physicians | 305 | 36,438 |
| <i>Ratio of population to primary care</i> | 1,660:1 | 1,303:1 |
| Mental Health Providers | 253 | 30,543 |
| <i>Ratio of population to mental health</i> | 710:1 | 383:1 |
| Dentists | 96 | 7,503 |
| <i>Ratio of population to dentists</i> | 1,870:1 | 1,558:1 |
| Number of registered hospitals* | 2 | 211 |
| <i>Number of hospital beds*</i> | 168 | 42,07 |
| <i>Licensed nursing homes*</i> | 36 | 949 |
| <i>Number of beds*</i> | 1,097 | 87,130 |
| Licensed residential care* | 12 | 795 |
| <i>Number of beds*</i> | 1,250 | 69,514 |

SOURCE: County Health Rankings, Ohio Development Services Agency

| County Education Information, 2021 | | |
|-------------------------------------|---------|-----------|
| | Medina | Ohio |
| Public school buildings | 42 | 3,033 |
| # public students | 25,598 | 1,535,460 |
| # public teachers | 1,886.6 | 110,338.5 |
| Expenditures per student | \$9,680 | 10,669 |
| Graduation Rate | 96.2 | 91.4% |
| # non-public schools | 5 | 707 |
| # non-public students | 1,337 | 167,892 |
| # 4-yr public universities | 0 | 13 |
| # 4-year branches | 0 | 24 |
| # 2-year public colleges | 0 | 38 |
| # Private colleges and universities | 0 | 48 |
| Public libraries (Main/Branches) | 2/8 | 734 |

SOURCE: Ohio Development Services Agency, Ohio County Profiles

| Educational Attainment | | | | | | |
|---|-------|-------|-------|-------|-------|------------------|
| | 2017 | 2018 | 2019 | 2020 | 2021 | Change 2017-2021 |
| Percentage that have high school degree or higher, ages 18-24 | | | | | | |
| Medina | 87.3% | 86.6% | 86.4% | 86.3% | 86.3% | -1.0% |
| Ohio | 86.4% | 86.8% | 87% | 87.3% | 87.5% | -1.1% |
| Percentage that have high school degree or higher, ages 25 and older | | | | | | |
| Medina | 94.0% | 94.9% | 95.1% | 94.7% | 95.1% | +1.1% |
| Ohio | 89.8% | 90.1% | 90.4% | 90.8% | 91.1% | -1.3% |
| Percentage that have bachelor's degree or higher, ages 25 and older | | | | | | |
| Medina | 32.1% | 33.3% | 33.9% | 33.9% | 35.0% | +2.9% |
| Ohio | 27.2% | 27.8% | 28.3% | 28.9% | 29.7% | -2.5% |

SOURCE: United States Census Bureau, American Community Survey

| Total Percentage of Population in Poverty | | | | | | | |
|---|--------------|-------|-------|-------|-------|-------|------------------|
| | # Pop (2021) | 2017 | 2018 | 2019 | 2020 | 2021 | Change 2017-2021 |
| Medina | 179,829 | 6.2% | 6.4% | 6.0% | 5.8% | 5.7% | -0.5% |
| Ohio | 11,451,346 | 14.9% | 14.5% | 14.0% | 13.6% | 13.4% | -1.5% |

SOURCE: U.S. Census Bureau, American Fact Finder, American Community Survey 5-Year Estimates

| Medina County Percentage of Population in Poverty by Age Group- | | | | | | | |
|---|----------|-------|-------|-------|-------|-------|--------|
| | Pop 2021 | 2017 | 2018 | 2019 | 2020 | 2021 | Change |
| Under 5 | 39,953 | 10.1% | 10.9% | 11.3% | 8.1% | 8.9% | -1.2% |
| 5-17 | 9,240 | 7.6% | 8.3% | 7.1% | 6.9% | 7.1% | -0.5% |
| 18-34 | 32,694 | 7.6% | 7.9% | 7.3% | 7.1% | 6.7% | -0.9% |
| 35-64 | 75,389 | 5.0% | 4.9% | 4.7% | 4.7% | 4.7% | -0.3% |
| 65+ | 31,793 | 4.6% | 5.3% | 5.2% | 5.4% | 5.2% | +0.6% |
| Medina County Percentage of Population in Poverty by Gender | | | | | | | |
| Male | 89,564 | 5.1% | 5.2% | 4.9% | 4.7% | 4.8% | -0.3% |
| Female | 90,265 | 7.2% | 7.7% | 7.1% | 6.9% | 6.7% | -0.5% |
| Medina County Percentage of Population in Poverty by Race and Ethnicity | | | | | | | |
| White | 169,386 | 5.6% | 6.0% | 5.9% | 5.6% | 5.4% | -0.2% |
| Black | 2,231 | 29.0% | 27.7% | 12.5% | 10.0% | 14.8% | -14.2% |
| Asian | 1,902 | 10.8% | 12.0% | 4.0% | 6.0% | 5.3% | -5.5% |
| Two or more | 5,462 | 12.2% | 9.5% | 10.3% | 11.5% | 10.8% | -1.4% |
| Hispanic/Latino | 4,286 | 10.8% | 16.3% | 17.4% | 19.4% | 17.9% | +7.1% |
| Medina County Percentage of Population in Poverty by Education Level | | | | | | | |
| Less than HS | 6,120 | 14.0% | 12.9% | 13.7% | 13.2% | 16.0% | +2.0% |
| HS grad | 37,964 | 6.6% | 7.7% | 7.5% | 7.4% | 6.9% | +0.3% |
| Some college | 37,778 | 5.6% | 5.8% | 5.3% | 5.6% | 5.4% | -0.2% |
| College grad | 44,573 | 2.6% | 2.4% | 2.4% | 1.9% | 1.8% | -0.8% |
| Medina County Percentage of Population in Poverty by Employment Status | | | | | | | |
| Employed | 96,062 | 3.0% | 3.2% | 2.9% | 2.9% | 2.9% | -0.1% |
| Unemployed | 2,734 | 21.1% | 19.0% | 16.6% | 12.7% | 13.1% | -8.0% |

SOURCE: U.S. Census Bureau, American Fact Finder, American Community Survey 5-Year Estimates-



Percentage of Families in Poverty by Family Status

| | Pop 2021 | 2017 | 2018 | 2019 | 2020 | 2021 | Change |
|------------------|----------|-------|-------|-------|-------|-------|--------|
| All families | 51,116 | 4.0% | 4.5% | 4.1% | 3.8% | 3.7% | -0.3% |
| Married families | 42,381 | 2.0% | 2.2% | 1.9% | 1.7% | 1.7% | -0.3% |
| Female headed | 5,496 | 17.9% | 21.3% | 19.8% | 19.0% | 17.6% | -0.3% |

Percentage of Families with Children under 18 in Poverty by Family Status

| | | | | | | | |
|------------------|--------|-------|-------|-------|-------|-------|-------|
| All families | 21,968 | 7.2% | 8.1% | 7.3% | 6.3% | 6.0% | -1.2% |
| Married families | 16,732 | 2.9% | 3.1% | 2.5% | 2.1% | 2.2% | -0.7% |
| Female headed | 3,415 | 27.6% | 32.2% | 29.5% | 26.5% | 23.3% | -4.3% |

SOURCE: U.S. Census Bureau, 2015-2019 American Community Survey 5-Year Estimates

Medina County Percent Uninsured

| | 2018 | 2019 | 2020 | 2021 | % Change |
|---------------|-------|------|------|-------|----------|
| Medina County | 4.2% | 4.0% | 3.6% | 2.8% | -1.4% |
| White | 3.9% | 3.7% | 3.6% | 2.5% | -1.4% |
| Black | 10.5% | 9.9% | 5.8% | 10.2% | -0.3% |
| Under 19 | 2.7% | 3.0% | 1.8% | 2.8% | +0.1% |
| 19 and older | 6.5% | 5.8% | 5.7% | 3.8% | -2.7% |

SOURCE: U.S. Census Bureau, American Community Survey 5-Year Estimates

Percent of Adults that Currently Smoke

| | 2016 | 2017 | 2018 | 2019 | 2020 | Change |
|---------------|------|------|------|------|------|--------|
| Medina County | 17% | 16% | 18% | 18% | 18% | +1% |
| Ohio | 23% | 21% | 21% | 22% | 20% | -3% |

SOURCE: County Health Rankings

Percentage of Adults Reporting Binge or Heavy Drinking

| | 2016 | 2017 | 2018 | 2019 | 2020 | Change |
|---------------|------|------|------|------|------|--------|
| Medina County | 20% | 20% | 18% | 20% | 22% | +2% |
| Ohio | 19% | 20% | 18% | 21% | 19% | 0 |

SOURCE: County Health Rankings

Percentage of Adults Physically Inactive

| | 2016 | 2017 | 2018 | 2019 | 2020 | % Change |
|--------|------|------|------|------|------|----------|
| Medina | 22% | 24% | 22% | 25% | 22% | 0 |
| Ohio | 25% | 26% | 26% | 28% | 24% | -1% |

SOURCE: County Health Rankings

Adult Obesity - Percentage of Adults that Report a BMI of 30 or More

| | 2016 | 2017 | 2018 | 2019 | 2020 | % Change |
|--------|------|------|------|------|------|----------|
| Medina | 30% | 29% | 27% | 33% | 36% | +6% |
| Ohio | 32% | 32% | 34% | 35% | 36% | +4% |

SOURCE: County Health Rankings



Death Rates for General Causes of Death (death per 100,000 population)

| | Medina County | | | | | | Ohio | | | | | |
|------------------------|---------------|-------|-------|-------|-------|--------------|-------|-------|-------|-------|-------|--------------|
| | 2017 | 2018 | 2019 | 2020 | 2021 | Change | 2017 | 2018 | 2019 | 2020 | 2021 | Change |
| Malignant Neoplasms | 146.7 | 133.2 | 118.7 | 117.4 | 137.3 | -9.4 | 158.8 | 154.1 | 151.2 | 147.2 | 148.5 | -10.3 |
| Diseases of the heart | 152.9 | 160.8 | 139.4 | 151.1 | 155.9 | +3.0 | 186.4 | 191.7 | 189.2 | 196.7 | 196.6 | +10.2 |
| Alzheimer's Disease | 22.6 | 31.9 | 32.4 | 35.5 | 29.1 | +6.5 | 33.6 | 35.1 | 33.7 | 38.0 | 31.7 | -1.9 |
| CLRD | 55.6 | 33.7 | 41.4 | 30.5 | 36.2 | -19.4 | 48.5 | 49.1 | 46.0 | 44.6 | 40.6 | -7.9 |
| Cerebrovascular | 36.3 | 33.7 | 34.2 | 38.6 | 29.9 | -6.4 | 42.9 | 42.8 | 42.3 | 45.4 | 46.5 | +3.6 |
| Unintentional Injuries | 42.3 | 40.9 | 26.8 | 52.7 | 53.6 | +11.3 | 65.1 | 55.0 | 58.8 | 68.3 | 71.1 | +6.0 |
| Diabetes | 19.6 | 19.2 | 17.9 | 17.8 | 20.7 | +1.1 | 25.2 | 25.4 | 25.5 | 28.3 | 29.0 | +3.8 |
| Suicide | 15.3 | 14.6 | 16.2 | 13.9 | 11.4 | -3.9 | 14.8 | 15.3 | 15.2 | 13.8 | 14.8 | 0 |
| Flu & Pneumonia | 6.9 | 8.9 | 7.4 | 6.7 | 6.2 | -0.7 | 14.9 | 15.8 | 12.7 | 13.3 | 10.9 | -4.0 |

CLRD- Chronic Lower Respiratory Diseases, SOURCE: Ohio Department of Health, ODH Data Warehouse

*Indicates rates have been suppressed for counts <10

Housing Units, 2021

| | % Owner Occupied | % Renter Occupied | % Vacant | Median Year Built | Median Value | Median Gross Rent | Median Monthly Owners Cost |
|---------------|------------------|-------------------|----------|-------------------|--------------|-------------------|----------------------------|
| Medina County | 79.9% | 20.1% | 4.7% | 1982 | \$196,300 | \$874 | \$1,485 |
| Ohio | 66.1% | 33.9% | 10.1% | 1968 | \$145,700 | \$808 | \$1,282 |

SOURCE: Ohio Development Services Agency, Ohio County Profiles



Comparisons: Year to Year, Ohio, U.S.

| Summary Table: Personal Safety | | | | | | | | |
|---|--------------------|-------|-------|-------------|-------------|---------|-------|---------|
| | 2023 Medina County | | | 2017 Medina | 2012 Medina | 2021 OH | | 2021 US |
| | All | MS | HS | All | All | MS | HS | HS |
| Suffered Blow to Head in Last Year | 9.6% | 15.3% | 5.1% | 13% | NA | 25.9% | 14.1% | 11.9% |
| Not always Wear Seatbelt | 22.1% | 19.0% | 24.6% | NA | NA | 42.8% | 49.2% | 39.9% |
| Rode with Driver who was Drinking | 17.0% | 19.7% | 14.9% | 15% | 14% | NA | NA | 14.1% |
| Texting while driving | 32.7% | NA | 32.7% | NA | NA | NA | 42.4% | 36.1% |
| Drove when Drinking, past 30 days | 0.0% | 0.0% | 0.0% | 3% | 5% | NA | NA | 5% |

| Summary Table: Violent Related Behaviors | | | | | | | | | |
|---|----------------------------|-------|-------|-------------|-------------|---------|-------|---------|-------|
| | 2023 Medina County | | | 2017 Medina | 2012 Medina | 2021 OH | | 2021 US | |
| | All | MS | HS | All | All | MS | HS | HS | |
| Threatened/Injured with Weapon | 3.5% | 4.4% | 2.9% | 6% | 8% | NA | NA | 6.6% | |
| Physical Fight on School Property | 4.5% | 6.6% | 2.9% | NA | NA | NA | NA | 5.8% | |
| Carried Weapon on School Property | 0% | 0% | 0% | 1% | 2% | NA | NA | 3.1% | |
| Skipped School because Felt Unsafe | 7.7% | 6.6% | 8.6% | 8% | 5% | NA | 8.9% | 8.6% | |
| Types of Bullying Experienced (past 12 months) | Bullied- any listed reason | 33.0% | 40.9% | 26.9% | 43% | 54% | NA | NA | NA |
| | Verbally bullied | 25.6% | 30.7% | 21.7% | 33% | NA | NA | NA | NA |
| | Indirectly bullied | 19.2% | 21.9% | 17.1% | 27% | NA | NA | NA | NA |
| | Cyber bullied | 9.0% | 10.2% | 8.0% | 12% | 14% | 30.1% | 18.5% | 15.9% |
| | Physically bullied | 8.0% | 11.7% | 5.1% | 9% | NA | NA | NA | NA |
| Sexually bullied | 1.6% | 1.5% | 1.7% | 3% | NA | NA | NA | NA | |
| Bullied on School Property | 23.4% | 27.0% | 20.6% | 31% | 34% | 43.7% | 19.5% | 15.0% | |
| Forced into Sexual Activity | 4.8% | 2.2% | 6.9% | 7% | 8% | NA | 8.5% | 4.8% | |
| Physically Hurt by Significant Other | 1.7% | 2.0% | 1.5% | 3% | 6% | 5.2% | 8.5% | 1.7% | |

| Summary Table: Mental Health | | | | | | | |
|--|--------------------|-------|-------|-------------|-------------|---------|---------|
| | 2023 Medina County | | | 2017 Medina | 2012 Medina | 2021 OH | 2021 US |
| | All | MS | HS | All | All | HS | HS |
| Felt Isolated or Alone in past year | 58.0% | 60.6% | 56.0% | NA | NA | 42.6% | 42.3% |
| Considered Suicide in past year | 10.3% | 5.1% | 14.3% | 14% | 17% | 21.6% | 22.2% |
| Felt Sad or Hopeless for two weeks | 23.4% | 16.1% | 29.1% | 24% | 25% | 42.6% | 42.3% |
| Attempted Suicide | 4.2% | 2.2% | 5.7% | 7% | 7% | 9.5% | 10.2% |





Summary Table: Tobacco, Alcohol, and Drug Use

| | 2023 Medina County | | | 2017 Medina | 2012 Medina | 2021 OH | | 2021 US |
|--|---------------------------|------|-------|-------------|-------------|---------|--------|---------|
| | All | MS | HS | All | All | MS | HS | HS |
| Ever Smoked | 1.9% | 0.0% | 3.4% | 13% | 26% | 10.0% | 17.1% | 17.8% |
| Smoked Cigarette before age 13 | 0.3% | 0.0% | 0.3% | 4% | 5% | NA | 6.0% | 6.3% |
| Currently Smoke¹ | 1.0% | 0.0% | 1.7% | 7% | 10% | 3.1% | 3.3% | 3.8% |
| Smoke Frequently² | 0.0% | 0.0% | 0.0% | 3% | 3% | 0.3% | 1.0% | 0.7% |
| Smoke Daily³ | 0.0% | 0.0% | 0.0% | NA | NA | 0.3% | 1.0% | 0.6% |
| Ever Vaped | 7.1% | 2.9% | 10.3% | NA | NA | 16.6% | 35.1% | 36.2% |
| Currently Vape¹ | 2.9% | 0.7% | 4.6% | NA | NA | 9.0% | 20.0% | 18.0% |
| Vape Frequently² | 0.6% | 0.0% | 1.1% | NA | NA | 1.3% | 9.0% | 7.3% |
| Vape daily³ | 0.3% | 0.0% | 0.6% | NA | NA | 0.7% | 5.6% | 5.0% |
| Self-bought Vape in Store⁴ | 11.1% | 0.0% | 12.5% | NA | NA | NA | 10.8% | 6.8% |
| Nicotine Products Used in Past Year | Vapor Products | 5.4% | 2.2% | 8.0% | NA | NA | 9.0% | 20.0% |
| | Cigarettes | 1.9% | 0.0% | 3.4% | 7% | 10% | 3.1% | 3.3% |
| | Cigars | 1.6% | 0.0% | 2.9% | NA | NA | 2.2% | 2.6% |
| | Chewing tobacco | 0.3% | 0.7% | 0.0% | NA | NA | 1.7% | 1.5% |
| Ever Drank Alcohol | 14.1% | 4.4% | 21.7% | 32% | 48% | 22.5% | 22.8%* | 22.7%* |
| Drank before age 13 | 3.8% | 2.9% | 4.6% | 7% | 11% | NA | 10.6% | 15.0% |
| Currently Drink¹ | 10.9% | 2.2% | 17.7% | 16% | 22% | NA | 22.8% | 22.7% |
| Currently binge drinking⁵ | 4.2% | 0.7% | 6.9% | 10% | 14% | NA | 12.6% | 10.5% |
| Alcohol was given to them | 38.2% | 0.0% | 41.9% | 38% | 53% | NA | NA | 40.1% |
| Tried Marijuana | 7.1% | 1.5% | 11.4% | 10% | 12% | 8.3% | 25.8% | 27.8% |
| Tried Marijuana before age 13 | 0.0% | 0.0% | 0.0% | NA | NA | NA | NA | 4.9% |
| Currently use Marijuana¹ | 3.2% | 0.7% | 5.1% | 10% | 12% | NA | 13.3% | 15.8% |
| Lifetime use of other drugs | Inhalants | 1.3% | 0.7% | 1.7% | 5% | 11% | 5.5% | NA |
| | Hallucinogens | 1.0% | 0.0% | 1.7% | NA | NA | NA | 6.5% |
| | Prescriptions to get high | 0.6% | 0.0% | 1.1% | 7% | 13% | 8.4% | 9.8% |
| | Cocaine | 0.3% | 0.0% | 0.6% | 3% | 4% | 1.0% | 2.0% |
| | Heroin | 0.3% | 0.0% | 0.6% | 1% | 2% | NA | NA |
| | Methamphetamines | 0.3% | 0.0% | 0.6% | 1% | 3% | NA | 1.6% |
| | Ecstasy/MDMA/Molly | 0.3% | 0.0% | 0.6% | 2% | 3% | NA | NA |
| Synthetic marijuana | 0.3% | 0.0% | 0.6% | NA | NA | NA | NA | |
| Offered Drugs on School Property | 4.2% | 1.5% | 6.3% | 6% | 14% | NA | NA | 13.9% |

¹ Within past 30 days of taking survey

² 20 or more days within past 30 days of taking survey

³ Every day within past 30 days of taking survey

⁴ Bought themselves in a convenience store, supermarket, discount store, or gas station

⁵ Drank 5 or more drinks in a row



Summary Table: Sexual Behavior

| | | 2023 Medina County | | | 2017 Medina | 2012 Medina | 2021 OH | 2021 US |
|--|---------------------|--------------------|------|-------|-------------|-------------|---------|---------|
| | | All | MS | HS | All | All | HS | HS |
| Participated In... | Oral sex | 12.1% | 0.0% | 18.8% | 22% | NA | NA | NA |
| | Sexual intercourse | 9.1% | 0.0% | 14.1% | 24% | 39% | 33.1% | 30.0% |
| | Anal sex | 2.3% | 0.0% | 3.5% | 6% | NA | NA | NA |
| Sexual intercourse before age 13 | | 0.0% | 0.0% | 0.0% | 2% | 2% | 2.2% | 30.0% |
| Sexual Intercourse with more than 4 persons | | 0.3% | 0.0% | 0.6% | 5% | 6% | NA | 6.0% |
| Contraception Last Intercourse | Condoms | 50.0% | - | 50.0% | 64% | 80% | NA | 51.8% |
| | Birth control pills | 16.7% | - | 16.7% | 39% | 47% | NA | 20.9% |
| | IUD | 0.0% | 0.0% | 0.0% | NA | NA | 7.6% | 8.7% |

Summary Table: Health and Wellness

| | | 2023 Medina County | | | 2017 Medina | 2012 Medina | 2021 OH | 2021 US |
|--|-------------------------------|--------------------|-------|-------|-------------|-------------|---------|---------|
| | | All | MS | HS | All | All | HS | HS |
| Self-Described Weight- Slightly/Very overweight | | 21.9% | 19.1% | 24.0% | 28% | 24% | NA | 32.3% |
| Have Tried to Manage/Lose Weight | | 43.4% | 42.6% | 44.0% | 63% | 39% | NA | 45.7% |
| Attempted Methods of Weight Loss | Exercised | 34.6% | 36.5% | 33.1% | 49% | 55% | NA | NA |
| | Drank more water | 26.3% | 24.1% | 28.0% | 42% | NA | NA | NA |
| | Ate less food, fewer calories | 19.6% | 13.9% | 31.4% | 27% | 33% | NA | NA |
| | Ate more fruits/veggies | 22.4% | 23.4% | 18.9% | 33% | NA | NA | NA |
| | Skipped meals | 13.5% | 5.8% | 19.4% | 17% | NA | NA | NA |
| | Gone without eating | 3.2% | 1.5% | 4.6% | 6% | 5% | NA | NA |
| | Vomited or took laxatives | 1.6% | 0.7% | 2.3% | 3% | 2% | NA | NA |
| | Took diet pills | 0.6% | 0.0% | 1.1% | 2% | NA | NA | NA |
| Did not drink high in caffeine past week | | 43.1% | 28.7% | 54.3% | NA | NA | 70.0% | 69.0% |
| 1+ servings/day of Fruits/Vegetables | | 92.6% | 96.3% | 89.7% | 85% | 80% | 90.2% | 92.3% |
| Did not exercise past week | | 11.9% | 11.0% | 12.6% | 12% | 6% | 17.9% | 16.0% |
| Exercised 5 or more days past week | | 40.2% | 40.4% | 40.1% | 53% | 55% | 50.6% | 54.7% |
| Exercised all 7 days past week | | 17.7% | 16.2% | 18.9% | 25% | 26% | NA | 23.9% |
| 3 or more hours screen time per day | | 69.6% | 57.7% | 78.9% | NA | NA | NA | 75.9% |
| Dental Exam/ Check-Up past yr | | 90.8% | 91.2% | 90.5% | 76% | 76% | NA | NA |
| Never had dental exam | | 0.3% | 0.0% | 0.6% | NA | NA | NA | 1.7% |
| Less than 8 hours of Sleep per School Night | | 59.7% | 39.0% | 75.9% | NA | NA | 59.9% | 81.0% |
| Usually do not sleep in my parent's home | | 2.3% | 1.5% | 2.9% | NA | NA | 2.3% | 1.4% |

Source Ohio 2021 and United States 2021: YRBS, CDC



Results by Race

* Indicates a statistically significant relationship

| Summary Table: Personal Safety | | All Students | White | Non-White |
|---|--|--------------|-------|-----------|
| Suffered Blow to Head in Last Year | Yes | 9.6% | 9.5% | 12.5% |
| | No | 88.1% | 90.5% | 87.5% |
| How Often Wear Seatbelt | Never | 0.6% | 0.7% | 0.0% |
| | Rarely | 0.6% | 0.4% | 2.4% |
| | Sometimes | 3.2% | 3.3% | 2.4% |
| | Most of the time | 17.6% | 17.1% | 21.4% |
| | Always | 77.9% | 78.4% | 73.8% |
| Rode with Driver, Past 30 Days, who was Drinking | Yes | 17.0% | 18.2% | 9.5% |
| | No | 83.0% | 81.8% | 90.5% |
| Behaviors Participated in while Driving | Driving while tired or fatigued | 50.0% | 51.1% | 50.0% |
| | Talking on a cell phone hands free* | 48.1% | 53.2% | 0.0% |
| | Driving more than 10 miles above speed limit | 48.1% | 48.9% | 50.0% |
| | Texting | 32.7% | 34.0% | 25.0% |
| | Doing other tasks while driving | 32.7% | 31.9% | 50.0% |
| | Talking on a cell phone NOT handsfree | 19.2% | 19.1% | 25.0% |
| | Not wearing a seatbelt | 9.6% | 10.6% | 0.0% |
| | Vaping or using an electronic cigarette* | 3.8% | 2.1% | 25.0% |
| | Drinking alcohol | 0.0% | 0.0% | 0.0% |
| | Smoking cigarettes/used other tobacco products | 0.0% | 0.0% | 0.0% |
| Using prescription drugs, marijuana, illegal drugs | 0.0% | 0.0% | 0.0% | |
| Drove when Drinking, in past 30 days | Yes | 0.0% | 0.0% | 0.0% |
| | No | 100% | 100% | 100% |
| Risky Social Media Challenges* | Yes | 5.6% | 4.5% | 13.2% |
| | No | 94.4% | 95.5% | 86.8% |



Summary Table: Violent Related Behaviors

| | | All Students | White | Non-White |
|---|-----------------------------------|--------------|--------------|--------------|
| Threatened or Injured with Weapon in past year* | | 3.5% | 2.2% | 11.9% |
| Physical Fight on School Property in past year | | 4.5% | 4.5% | 4.8% |
| Carried Weapon on School Property past 30 days | | 0% | 0% | 0% |
| Skipped School because Felt Unsafe past 30 days* | | 7.7% | 5.6% | 21.4% |
| Types of Bullying Experienced <i>(past 12 months)</i> | Bullied- Any listed reason | 33.0% | 33.1% | 33.3% |
| | Verbally bullied | 25.6% | 25.7% | 26.2% |
| | Indirectly bullied | 19.2% | 18.2% | 26.2% |
| | Cyber bullied | 9.0% | 8.2% | 14.3% |
| | Physically bullied* | 8.0% | 6.3% | 19.0% |
| | Sexually bullied | 1.6% | 1.9% | 0.0% |
| | Not bullied | 67.0% | 66.9% | 66.7% |
| Teased or Called Names <i>(past 12 months)</i> | Teased- Any listed reasons | 44.9% | 45.0% | 45.2% |
| | Your physical appearance | 28.5% | 29.4% | 23.8% |
| | Your mental health | 11.9% | 11.9% | 11.9% |
| | Someone thought you were gay | 11.5% | 11.5% | 11.9% |
| | Your gender | 8.3% | 7.8% | 11.9% |
| | Your race or ethnic background* | 5.1% | 2.6% | 21.4% |
| | Because of your health choices | 4.8% | 4.5% | 7.1% |
| | A disability | 2.6% | 2.6% | 2.4% |
| | Other | 9.6% | 10.4% | 4.8% |
| Bullied on School Property | Yes | 23.4% | 22.7% | 28.6% |
| | No | 76.6% | 77.3% | 71.4% |

Summary Table: Violent Related Behaviors

| | | All Students | White | Non-White |
|--|-----|--------------|-------|-----------|
| Physically Hurt by Adult | Yes | 5.1% | 4.8% | 7.1% |
| | No | 94.9% | 95.2% | 92.9% |
| Forced into Sexual Activity | Yes | 4.8% | 4.5% | 7.1% |
| | No | 95.2% | 95.5% | 92.9% |
| Had a boyfriend, girlfriend or significant other in past year | Yes | 37.8% | 36.8% | 45.2% |
| | No | 62.2% | 63.2% | 54.8% |
| Physically Hurt by Significant Other | Yes | 1.7% | 1.0% | 5.3% |
| | No | 98.3% | 99.0% | 94.7% |
| Controlled/ Emotionally Hurt by Significant Other past year | Yes | 28.0% | 28.3% | 26.3% |
| | No | 72.0% | 71.7% | 73.7% |



| Summary Table: Mental Health | | | | |
|---|---|--|--------------|--------------|
| | | All Students | White | Non-White |
| Who Talk to about Concerns or Problems | Best friend | 29.5% | 27.9% | 38.1% |
| | Parents | 23.4% | 24.9% | 14.3% |
| | <i>No one</i> | 16.0% | 17.1% | 9.5% |
| | Brother/Sister/Sibling | 12.5% | 11.9% | 16.7% |
| | My girlfriend/boyfriend/partner/significant other | 9.3% | 8.6% | 14.3% |
| | School counselor | 8.3% | 8.6% | 7.1% |
| | Caring adult or adult friend | 5.4% | 5.9% | 2.4% |
| | Professional counselor | 5.4% | 5.9% | 2.4% |
| | Teacher | 4.2% | 4.8% | 0.0% |
| | Adult relative | 3.8% | 4.1% | 2.4% |
| | Coach | 2.2% | 2.6% | 0.0% |
| | Mental Health Helpline | 1.9% | 2.2% | 0.0% |
| | Pastor/priest or Youth minister | 0.6% | 0.7% | 0.0% |
| | Other | 2.9% | 3.0% | 2.4% |
| | | <i>Not applicable – did not have these problems</i> | 40.4% | 39.4% |
| Did you... | Feel isolated and alone in past 12 months | 58.0% | 59.1% | 52.4% |
| | Stop usual activities because of feeling sad | 23.4% | 23.8% | 21.4% |
| Considered Suicide in Past 12 months | No | 89.7% | 90.0% | 88.1% |
| | Considered, but did not try | 6.1% | 5.9% | 7.1% |
| | Considered and tried | 4.2% | 4.1% | 4.8% |
| Barriers to Seeking Help for Mental Problems <i>(affirming care responses in italics)</i> | I can handle it myself* | 43.9% | 46.5% | 26.2% |
| | Worried what others would think | 30.8% | 31.6% | 23.8% |
| | No time | 19.2% | 20.1% | 11.9% |
| | Do not know where to go | 15.1% | 15.2% | 14.3% |
| | Paying for it/Cost | 13.8% | 14.1% | 11.9% |
| | Family would not support me in getting help | 10.3% | 9.7% | 14.3% |
| | Transportation | 4.5% | 4.5% | 4.8% |
| | Friends would not support me in getting help | 4.5% | 4.5% | 4.8% |
| | Other | 5.1% | 5.6% | 2.4% |
| | <i>I would seek help</i> | <i>34.6%</i> | <i>33.8%</i> | <i>40.5%</i> |
| | <i>I am currently in treatment</i> | <i>8.0%</i> | <i>8.6%</i> | <i>4.8%</i> |

| Summary Table: Mental Health | | | | |
|--|--|--------------|-------|-----------|
| | | All Students | White | Non-White |
| Causes of Anxiety, Stress or Depression | Academic success | 54.5% | 55.8% | 45.2% |
| | Thinking about the future | 49.0% | 50.6% | 38.1% |
| | Self-image | 33.0% | 33.8% | 28.6% |
| | Sports | 31.1% | 31.6% | 28.6% |
| | Fighting with friends | 29.5% | 29.0% | 33.3% |
| | Other stress at home | 26.0% | 26.4% | 23.8% |
| | Peer pressure | 25.3% | 24.5% | 31.0% |
| | Death of close family member or friend | 23.4% | 22.7% | 28.6% |
| | Fighting at home | 20.2% | 20.1% | 21.4% |
| | Being bullied | 19.6% | 18.6% | 26.2% |
| | Dating relationship | 15.7% | 14.5% | 23.8% |
| | Breakup | 9.3% | 8.6% | 14.3% |
| | Parent divorce/separation | 9.0% | 8.9% | 7.1% |
| | Parent is sick | 8.0% | 7.8% | 9.5% |
| | Taking care of younger siblings | 7.1% | 7.4% | 4.8% |
| | Sexual orientation | 7.1% | 7.8% | 2.4% |
| | Poverty/no money/financial issues | 5.8% | 5.6% | 7.1% |
| | Gender identity | 3.5% | 3.3% | 4.8% |
| | Alcohol or drug use in the home | 2.9% | 3.0% | 2.4% |
| | Not having enough to eat | 2.2% | 1.9% | 4.8% |
| Not having a place to live | 1.9% | 1.9% | 2.4% | |
| Other | 9.0% | 7.8% | 14.3% | |
| How Deal with Mental Problems | Hobbies | 46.5% | 47.6% | 38.1% |
| | Sleep | 40.4% | 40.1% | 42.9% |
| | Talk to a friend or peer | 38.1% | 36.1% | 50.0% |
| | Talk to someone in my family | 36.2% | 37.2% | 31.0% |
| | Exercise | 29.8% | 29.7% | 31.0% |
| | Text someone | 26.0% | 25.7% | 26.2% |
| | Eat | 23.4% | 23.8% | 21.4% |
| | Use social media | 17.0% | 17.5% | 14.3% |
| | Shop | 15.4% | 16.7% | 7.1% |
| | Pray/Read religious or spiritual teachings | 14.7% | 13.8% | 21.4% |
| | Journal | 10.6% | 10.0% | 14.3% |
| | Break something | 4.5% | 4.5% | 4.8% |
| | Drink alcohol | 2.2% | 2.2% | 2.4% |
| | Vape or use an electronic cigarette | 2.2% | 1.9% | 4.8% |
| | Use marijuana | 1.9% | 1.9% | 2.4% |
| | Smoke cigarettes or use other tobacco products | 0.6% | 0.7% | 0.0% |
| | Use illegal drugs | 0.3% | 0.4% | 0.0% |
| | Something else | 7.4% | 7.8% | 4.8% |
| | None of the above | 3.2% | 3.0% | 4.8% |
| | Does not have anxiety, stress, or depression | 18.9% | 19.0% | 19.0% |

Summary Table: Mental Health

| | | All Students | White | Non-White |
|--------------------------------|---|--------------|-------|-----------|
| Ever Experienced (ACES) | Parent/adult swore, insulted or put them down | 20.5% | 22.5% | 9.5% |
| | Parents became separated or were divorced | 18.9% | 19.8% | 14.3% |
| | Family did not look out for each other | 17.4% | 17.1% | 19.0% |
| | Lived with someone who was depressed | 15.9% | 16.2% | 14.3% |
| | Lived with someone who was alcoholic | 12.9% | 12.6% | 14.3% |
| | Your parents were not married | 6.1% | 7.2% | 0.0% |
| | Parent/adult in home physically hurt them | 6.1% | 5.4% | 9.5% |
| | Lived with someone who used drugs | 3.8% | 4.5% | 0.0% |
| | Lived with someone who served time | 3.8% | 3.6% | 4.8% |
| | Did not have enough to eat, had to wear dirty clothes | 3.0% | 2.7% | 4.8% |
| | Someone older touched them sexually* | 2.3% | 0.9% | 9.5% |
| | Parents punched or beat each other up | 1.5% | 1.8% | 0.0% |
| | Elder tried to make them touch them sexually* | 0.8% | 0.0% | 4.8% |
| | Someone older forced them to have sex | 0.0% | 0.0% | 0.0% |
| | None of the above | 54.5% | 53.2% | 61.9% |
| Self-Harm Behaviors | Scratching | 16.7% | 16.0% | 21.4% |
| | Hitting | 11.9% | 11.2% | 16.7% |
| | Hair pulling or picking | 11.2% | 11.2% | 11.9% |
| | Cutting | 9.3% | 9.7% | 7.1% |
| | Biting | 8.7% | 7.8% | 14.3% |
| | Burning | 2.6% | 3.0% | 0.0% |
| | Something not mentioned | 4.8% | 4.8% | 4.8% |
| | None of the above | 13.1% | 13.8% | 9.5% |
| | Have not hurt themselves on purpose | 59.9% | 60.2% | 57.1% |

| Summary Table: Tobacco Use | | | | |
|--|--|--------------|-------|-----------|
| | | All Students | White | Non-White |
| Ever Smoked Cigarettes | No | 98.1% | 97.8% | 100.0% |
| | Yes, but not in past 30 days | 1.0% | 1.1% | 0.0% |
| | Yes, smoked in past 30 days | 1.0% | 1.1% | 0.0% |
| Ever Vaped | No | 92.9% | 93.7% | 88.1% |
| | Yes, but not in past 30 days | 4.2% | 3.7% | 7.1% |
| | Yes, vaped in past 30 days | 2.9% | 2.6% | 4.8% |
| Nicotine or Tobacco Products Used in Past Year | Electronic Vapor Products | 5.4% | 4.8% | 9.5% |
| | Cigarettes | 1.9% | 1.9% | 2.4% |
| | Cigars | 1.6% | 1.5% | 2.4% |
| | Cigarillos (Swishers) | 1.3% | 1.5% | 0.0% |
| | Pouch (Zyn, Velo, ON, and Snus)* | 0.6% | 0.0% | 4.8% |
| | Hookah | 0.6% | 0.4% | 2.4% |
| | Little cigars (Black & Milds) | 0.3% | 0.4% | 0.0% |
| | Chewing tobacco, snuff, dip (Redman, Skoal)* | 0.3% | 0.0% | 2.4% |
| | Other | 0.3% | 0.4% | 0.0% |
| None | 92.6% | 93.7% | 85.7% | |

| Summary Table: Alcohol Use | | | | |
|--|---|--------------|-------|-----------|
| | | All Students | White | Non-White |
| Every Drank Alcohol | No | 85.9% | 85.1% | 90.5% |
| | Yes, but not in past 30 days | 3.2% | 3.7% | 0.0% |
| | Yes, drank in past 30 days | 10.9% | 11.2% | 9.5% |
| How Usually Get Alcohol (past 30 days – drank at least 1 day) | My parent gave it to me* | 41.2% | 33.3% | 100.0% |
| | Someone gave it to me | 38.2% | 40.0% | 25.0% |
| | An older friend or sibling bought it for me | 20.6% | 20.0% | 25.0% |
| | I took it from a store or family member | 8.8% | 10.0% | 0.0% |
| | At a public event | 5.9% | 3.3% | 25.0% |
| | Bought it from another student* | 2.9% | 0.0% | 25.0% |
| | My friend's parent gave it to me | 2.9% | 3.3% | 0.0% |
| | I bought it with a fake ID* | 2.9% | 0.0% | 25.0% |
| | I bought it at a restaurant, bar, or club | 2.9% | 3.3% | 0.0% |
| | Bought it in a store | 0.0% | 0.0% | 0.0% |
| | On school property | 0.0% | 0.0% | 0.0% |
| | Other | 0.0% | 0.0% | 0.0% |



Summary Table: Drug Use

| | | All Students | White | Non-White |
|---|--|--------------|-------|-----------|
| Tried Marijuana | No | 92.9% | 92.9% | 92.9% |
| | Yes, but not in past 30 days | 3.8% | 3.7% | 4.8% |
| | Yes, used in past 30 days | 3.2% | 3.3% | 2.4% |
| How Used Marijuana (marijuana users) | Vaped it | 45.5% | 52.6% | 0.0% |
| | Eaten it or consumed edibles | 40.9% | 42.1% | 33.3% |
| | Used a bong or other equipment | 40.9% | 42.1% | 33.3% |
| | Smoked blunts* | 31.8% | 21.1% | 100.0% |
| | Smoked a joint | 27.3% | 26.3% | 33.3% |
| | Dabs | 22.7% | 21.1% | 33.3% |
| | Other | 0.0% | 0.0% | 0.0% |
| Lifetime Use of Other Drugs | CBD products | 1.6% | 1.5% | 2.4% |
| | Inhalants | 1.3% | 1.1% | 2.4% |
| | Hallucinogens such as Mushrooms | 1.0% | 1.1% | 0.0% |
| | Prescriptions to get high | 0.6% | 0.7% | 0.0% |
| | Over the counter medications (to get high) | 0.6% | 0.7% | 0.0% |
| | Misused cough syrup | 0.6% | 0.7% | 0.0% |
| | Cocaine | 0.3% | 0.4% | 0.0% |
| | Heroin | 0.3% | 0.4% | 0.0% |
| | Methamphetamines | 0.3% | 0.4% | 0.0% |
| | Ecstasy/MDMA/Molly | 0.3% | 0.4% | 0.0% |
| | K2/Spice | 0.3% | 0.4% | 0.0% |
| | Posh/salvia/synthetic marijuana | 0.3% | 0.4% | 0.0% |
| | Liquid THC (tinctures) | 0.3% | 0.4% | 0.0% |
| | Psychedelics such as acid paper and LSD | 0.3% | 0.4% | 0.0% |
| Other | 0.6% | 0.7% | 0.0% | |
| Use on School Property | Alcohol | 0.0% | 0.0% | 0.0% |
| | Marijuana | 1.9% | 2.1% | 0.0% |
| | Other illegal drugs | 1.9% | 2.1% | 0.0% |
| | Prescription medications other than prescribed | 0.0% | 0.0% | 0.0% |
| Offered Drugs on School Property | | 4.2% | 4.1% | 4.8% |
| Reasons for Not Using Drugs | Not interested | 82.8% | 80.6% | 94.4% |
| | Parents would be upset | 65.9% | 65.3% | 68.4% |
| | My values | 59.2% | 58.9% | 60.5% |
| | Legal consequences | 49.5% | 48.8% | 52.6% |
| | Kicked out of sports or extracurricular activities | 43.2% | 43.1% | 44.7% |
| | Health problems | 41.8% | 42.7% | 34.2% |
| | Friends would not approve | 33.8% | 32.3% | 42.1% |
| | No access | 23.0% | 22.2% | 26.3% |
| | Random student drug testing | 16.7% | 16.1% | 21.1% |
| | Other | 8.7% | 9.3% | 5.3% |
| | I have used drugs | 0.9% | 1.0% | 0.0% |



| Summary Table: Sexual Behavior | | | | |
|---|---|--------------|-------|-----------|
| | | All Students | White | Non-White |
| Participated In... | Viewing pornography | 21.2% | 23.4% | 9.5% |
| | Oral sex | 12.1% | 12.6% | 9.5% |
| | Sexual intercourse | 9.1% | 9.0% | 9.5% |
| | Anal sex | 2.3% | 2.7% | 0.0% |
| | None of the above | 74.2% | 73.0% | 81.0% |
| Contraception Method During Last Sexual Intercourse | Condoms | 50.0% | 50.0% | 50.0% |
| | Birth control pills | 16.7% | 20.0% | 0.0% |
| | Withdrawal or Pull-out method | 16.7% | 10.0% | 50.0% |
| | No method was used to prevent pregnancy | 8.3% | 10.0% | 0.0% |
| | An IUD or implant | 0.0% | 0.0% | 0.0% |
| | NA, did not have intercourse with opposite sex | 0.0% | 0.0% | 0.0% |
| | Other | 8.3% | 10.0% | 0.0% |
| Revealing or Sexual Photo Sharing | Received revealing or sexual photo from someone | 11.4% | 11.7% | 9.5% |
| | Sent revealing or sexual photo of yourself | 8.3% | 9.0% | 4.8% |
| | Photo of you sent without permission | 3.8% | 4.5% | 0.0% |
| Ever Had Experiences | Wanted to get pregnant | 2.3% | 1.8% | 4.8% |
| | Been forced to participate in sexual activity | 2.3% | 2.7% | 0.0% |
| | Been pregnant | 0.8% | 0.9% | 0.0% |
| | Had a miscarriage | 0.8% | 0.9% | 0.0% |
| | Had a child | 0.8% | 0.9% | 0.0% |
| | Been treated for an STD | 0.8% | 0.9% | 0.0% |
| | Had sex in exchange for something of value | 0.8% | 0.9% | 0.0% |
| | Got someone pregnant | 0.0% | 0.0% | 0.0% |
| | Had an abortion | 0.0% | 0.0% | 0.0% |
| Where Taught Sex Education | School | 78.0% | 77.5% | 81.0% |
| | Parents/Guardians/Caregiver | 59.1% | 60.4% | 52.4% |
| | Internet or social media | 31.8% | 33.3% | 23.8% |
| | My doctor | 29.5% | 29.7% | 28.6% |
| | Friends | 26.5% | 28.8% | 14.3% |
| | Siblings (brothers/sisters) | 9.1% | 10.8% | 0.0% |
| | Church | 3.0% | 3.6% | 0.0% |
| | Other | 1.5% | 1.8% | 0.0% |
| | Have not been taught about these subjects | 9.8% | 9.0% | 14.3% |

| Summary Table: Health and Wellness | | | | |
|--|--|--------------|-------|-----------|
| | | All Students | White | Non-White |
| Sources or Platforms Relied on for Health Information | Your doctor | 81.7% | 82.5% | 76.2% |
| | Your parents | 73.7% | 75.5% | 61.9% |
| | Health Agencies | 34.3% | 35.7% | 23.8% |
| | Health Organizations | 32.7% | 34.2% | 21.4% |
| | Social media | 17.0% | 17.8% | 11.9% |
| | National Health Authorities | 15.7% | 16.0% | 11.9% |
| | Your friends | 15.4% | 14.5% | 19.0% |
| | Television News | 11.9% | 12.6% | 7.1% |
| | Newspapers or Electronic Journals | 5.1% | 5.6% | 2.4% |
| Other | 2.2% | 2.2% | 2.4% | |
| Agreement with Statements (% agree) | I am comfortable in my body | 69.8% | 70.9% | 64.3% |
| | I feel good about my body | 63.0% | 63.4% | 61.9% |
| | I feel like I am attractive even if I am different | 54.3% | 56.0% | 45.2% |
| Self-Described Weight | Very underweight | 2.6% | 2.6% | 2.4% |
| | Somewhat underweight | 19.3% | 19.7% | 14.6% |
| | About the right weight | 56.3% | 56.9% | 53.7% |
| | Slightly overweight | 19.6% | 19.3% | 22.0% |
| | Very overweight | 2.3% | 1.5% | 7.3% |
| Have Tried to Manage Weight | Yes | 43.4% | 43.9% | 41.5% |
| | No | 56.6% | 56.1% | 58.5% |
| Attempted Methods of Weight Loss (past 30 days – have tried to manage weight) | Exercised | 80.0% | 78.0% | 94.1% |
| | Drank more water | 60.7% | 61.0% | 58.8% |
| | Ate less food, fewer calories, or foods low in fat | 54.8% | 56.8% | 41.2% |
| | Ate more fruits and vegetables | 48.1% | 48.3% | 47.1% |
| | Skipped meals | 31.1% | 32.2% | 23.5% |
| | Gone without eating for 24 hours | 7.4% | 6.8% | 11.8% |
| | Vomited or took laxatives | 3.7% | 3.4% | 5.9% |
| | Took diet pills, powders, shakes, liquids | 1.5% | 1.7% | 0.0% |
| | Smoked cigarettes or e-cigarettes | 0.7% | 0.8% | 0.0% |
| Other | 3.7% | 3.4% | 5.9% | |
| Times Had High Caffeine Drink (past 7 days) | 0, did not have a drink high in caffeine | 56.9% | 58.4% | 46.3% |
| | 1 to 3 times during the past 7 days | 27.7% | 25.3% | 43.9% |
| | 4 to 6 times during the past 7 days | 5.1% | 4.8% | 7.3% |
| | 1 time per day or more | 10.3% | 11.5% | 2.4% |
| Average Daily Servings of Fruits and Vegetables | 0 servings | 7.4% | 8.6% | 0.0% |
| | 1 to 2 servings a day | 59.8% | 59.1% | 65.9% |
| | 3 to 4 servings a day | 27.3% | 26.8% | 29.3% |
| | 5 or more servings a day | 5.5% | 5.6% | 4.9% |
| Not Have Enough Food* (past 7 days) | Yes | 5.1% | 4.5% | 9.8% |
| | No | 94.9% | 95.5% | 90.2% |



Summary Table: Health and Wellness

| | | All Students | White | Non-White |
|--|------------------------|--------------|-------|-----------|
| Exercised at least 60 Minutes (past 7 days) | Average days exercised | 3.80 | 3.78 | 4.02 |
| | 0 days | 11.9% | 11.5% | 12.2% |
| | 1 day | 6.8% | 7.1% | 4.9% |
| | 2 days | 11.9% | 12.3% | 9.8% |
| | 3 days | 13.8% | 13.8% | 14.6% |
| | 4 days | 15.4% | 15.2% | 17.1% |
| | 5 days | 12.5% | 13.8% | 4.9% |
| | 6 days | 10.0% | 9.3% | 14.6% |
| 7 days | 17.7% | 17.1% | 22.0% | |
| Average Hours Spent On Typical School Day | Watch TV | 1.25 | 1.20 | 1.60 |
| | Play video games | 1.34 | 1.30 | 1.63 |
| | Computer or tablet | 1.55 | 1.55 | 1.56 |
| | On cell phone | 2.85 | 2.90 | 2.60 |

Summary Table: Health and Wellness

| | | All Students | White | Non-White |
|---|---|--------------|-------|-----------|
| Last Routine Check-Up | Less than a year ago | 89.0% | 88.1% | 94.6% |
| | 1 to 2 years ago | 10.0% | 10.7% | 5.4% |
| | 2 to 5 years ago | 0.7% | 0.8% | 0.0% |
| | 5 or more years ago | 0.4% | 0.4% | 0.0% |
| | Never | 0.0% | 0.0% | 0.0% |
| Importance of Following Doctor Recommendations | Very important | 59.4% | 60.8% | 48.8% |
| | Somewhat important | 39.7% | 38.1% | 51.2% |
| | Not at all important | 1.0% | 1.1% | 0.0% |
| Last Dental Exam/ Check-Up | Less than a year ago | 90.8% | 91.4% | 86.1% |
| | 1 to 2 years ago | 6.5% | 5.5% | 13.9% |
| | 2 to 5 years ago | 1.4% | 1.6% | 0.0% |
| | 5 or more years ago | 1.0% | 1.2% | 0.0% |
| | Never | 0.3% | 0.4% | 0.0% |
| Average hours of Sleep per School Night | | 6.98 | 6.96 | 7.10 |
| Where Usually Sleep (past 30 days) | In my parent's or guardian's home | 97.7% | 97.8% | 97.5% |
| | In the home of a friend, family member, or other | 1.6% | 1.9% | 0.0% |
| | In a motel or hotel | 0.3% | 0.4% | 0.0% |
| | Shelter/Emergency Housing | 0.0% | 0.0% | 0.0% |
| | In a car, park, campground, or other public place | 0.0% | 0.0% | 0.0% |
| | Do not have a usual place to sleep | 0.0% | 0.0% | 0.0% |
| | Somewhere else | 0.3% | 0.0% | 0.0% |

| Summary Table: Social media/Online gaming | | | | |
|---|---|--------------|-------|-----------|
| | | All Students | White | Non-White |
| Social Media/ Online Gaming | Yes | 88.4% | 88.8% | 85.4% |
| | No | 11.6% | 11.2% | 14.6% |
| Hours on Social Media/Online gaming on Average School Day | | 2.69 | 2.69 | 2.67 |
| Social Media/ Online Gaming Platforms Used | YouTube | 86.5% | 85.3% | 94.3% |
| | SnapChat | 72.3% | 71.8% | 74.3% |
| | TikTok | 61.7% | 60.1% | 74.3% |
| | Instagram | 50.0% | 50.0% | 51.4% |
| | Pinterest | 36.1% | 37.0% | 31.4% |
| | Discord | 29.2% | 29.0% | 28.6% |
| | Xbox live | 27.0% | 27.3% | 25.7% |
| | Twitter | 22.6% | 21.8% | 28.6% |
| | PlayStation network* | 18.2% | 16.4% | 31.4% |
| | Twitch* | 16.4% | 14.3% | 31.4% |
| | Steam | 15.7% | 17.2% | 5.7% |
| | Facebook | 15.0% | 15.1% | 14.3% |
| | Reddit | 13.9% | 14.7% | 8.6% |
| | WhatsApp* | 4.7% | 3.4% | 14.3% |
| | Other | 7.3% | 8.0% | 2.9% |
| Statements about Social Media/Online Gaming Accounts (% agree) | I believe sharing personal info online is dangerous | 69.3% | 70.2% | 62.9% |
| | I know all the people that “follow/friend” me | 52.9% | 52.1% | 60.0% |
| | My account is currently checked private | 45.6% | 45.8% | 45.7% |
| | I know all the people I play online with | 43.4% | 42.4% | 51.4% |
| | My parents have the password to these accounts | 33.2% | 32.4% | 40.0% |
| | I have been asked to meet someone I met online | 6.9% | 7.1% | 2.9% |
| | I have been bullied as a result of these accounts | 6.2% | 5.9% | 8.6% |
| | My friends have the password to some/all accounts | 4.7% | 4.2% | 8.6% |
| | I share personal information about myself | 2.9% | 2.9% | 2.9% |
| | My parents do not know that I have an account | 2.9% | 2.5% | 2.9% |
| | Participated in sexual activity w/ someone met online | 2.6% | 2.5% | 2.9% |

Summary Table: Future plans & Support

| | | All Students | White | Non-White |
|--|--|--------------|-------|-----------|
| Future Plans | Will graduate from high school | 96.5% | 97.0% | 92.7% |
| | Will attend a 4-year college* | 79.0% | 81.0% | 65.9% |
| | Will attend community college/technical/trade school | 12.9% | 12.3% | 17.1% |
| | Will go straight to work | 11.6% | 11.2% | 14.6% |
| | Get my GED | 9.7% | 10.1% | 7.3% |
| | Will join the military | 4.5% | 3.4% | 9.8% |
| | Won't finish high school | 0.3% | 0.4% | 0.0% |
| | Other | 3.5% | 3.4% | 4.9% |
| Have Someone to... (% have an adult) | Talk to you about school | 95.1% | 95.9% | 90.0% |
| | Ask you about homework* | 93.9% | 95.5% | 85.0% |
| | Go to meetings or events at your school | 93.9% | 94.0% | 92.5% |
| | Make themselves available to talk when needed | 93.9% | 94.0% | 92.5% |
| | Talk to you about healthy choices | 92.2% | 91.4% | 97.5% |
| | Make the family eat together | 89.0% | 89.2% | 87.5% |
| | Help you with your schoolwork | 82.2% | 83.2% | 77.5% |
| | Talk to you about alcohol, vaping, drug use or sex* | 79.0% | 81.7% | 62.5% |
| | Talk to you about social media | 76.7% | 78.4% | 67.5% |
| Agreement with Statements (% agree) | I have what is needed to be prepared for school | 89.5% | 89.8% | 87.2% |
| | I get a lot of encouragement | 77.2% | 77.5% | 75.0% |
| | Our community supports our school | 76.9% | 77.5% | 74.4% |
| | I am comfortable talking to my parent/guardian | 75.8% | 77.4% | 67.5% |
| | My teachers push me to do my best | 74.9% | 75.5% | 70.0% |
| | My teachers care about me | 70.0% | 69.8% | 70.0% |
| | I am bored at school | 61.3% | 61.4% | 59.0% |
| | We have a lot of school pride | 59.7% | 58.4% | 69.2% |
| | I have skipped school in the past month | 14.3% | 14.6% | 12.5% |
| | Classes that I wanted to take got cut | 13.7% | 11.6% | 25.6% |
| | I come to class unprepared | 13.1% | 12.0% | 17.9% |
| | Extracurricular activities I was involved in got cut | 10.1% | 10.1% | 10.3% |



Results by Sex

* Indicates a statistically significant relationship

| Summary Table: Personal Safety | | All Students | Male | Female |
|---|--|--------------|-------|--------|
| Suffered Blow to Head in Last Year | Yes | 9.6% | 10.2% | 8.0% |
| | No | 88.1% | 89.8% | 92.0% |
| How Often Wear Seatbelt | Never | 0.6% | .7% | 0.0% |
| | Rarely | 0.6% | 1.4% | 0.0% |
| | Sometimes | 3.2% | 2.0% | 3.8% |
| | Most of the time | 17.6% | 18.2% | 16.0% |
| | Always | 77.9% | 77.7% | 80.1% |
| Rode with Driver, Past 30 Days, who was Drinking | Yes | 17.0% | 13.5% | 19.2% |
| | No | 83.0% | 86.5% | 80.8% |
| Behaviors Participated in while Driving | Driving while tired or fatigued | 50.0% | 46.7% | 54.5% |
| | Talking on a cell phone hands free | 48.1% | 43.3% | 54.5% |
| | Driving more than 10 miles above speed limit | 48.1% | 43.3% | 54.5% |
| | Texting | 32.7% | 30.0% | 36.4% |
| | Doing other tasks while driving | 32.7% | 26.7% | 40.9% |
| | Talking on a cell phone NOT handsfree | 19.2% | 13.3% | 27.3% |
| | Not wearing a seatbelt | 9.6% | 6.7% | 13.6% |
| | Vaping or using an electronic cigarette | 3.8% | 6.7% | 0.0% |
| | Drinking alcohol | 0.0% | 0.0% | 0.0% |
| | Smoking cigarettes/used other tobacco products | 0.0% | 0.0% | 0.0% |
| | Using prescription drugs, marijuana, illegal drugs | 0.0% | 0.0% | 0.0% |
| Drove when Drinking, in past 30 days | Yes | 0.0% | 0.0% | 0.0% |
| | No | 100% | 100% | 100% |
| Risky Social Media Challenges | Yes | 5.6% | 4.9% | 5.8% |
| | No | 94.4% | 95.1% | 94.2% |

| Summary Table: Violent Related Behaviors | | | | |
|---|------------------------------------|--------------|--------------|--------------|
| | | All Students | Male | Female |
| Threatened or Injured with Weapon in past year | | 3.5% | 2.7% | 3.8% |
| Physical Fight on School Property in past year | | 4.5% | 5.4% | 1.9% |
| Carried Weapon on School Property past 30 days | | 0% | 0% | 0% |
| Skipped School because Felt Unsafe past 30 days | | 7.7% | 6.1% | 9.0% |
| Types of Bullying Experienced <i>(past 12 months)</i> | Bullied- Any listed reason* | 33.0% | 23.0% | 41.0% |
| | Verbally bullied* | 25.6% | 16.9% | 32.1% |
| | Indirectly bullied* | 19.2% | 10.8% | 26.9% |
| | Cyber bullied | 9.0% | 5.4% | 11.5% |
| | Physically bullied | 8.0% | 5.4% | 9.6% |
| | Sexually bullied* | 1.6% | 0.0% | 2.6% |
| | Not bullied* | 67.0% | 77.0% | 59.0% |
| Teased or Called Names <i>(past 12 months)</i> | Teased- Any listed reasons | 44.9% | 39.2% | 49.4% |
| | Your physical appearance | 28.5% | 23.0% | 32.7% |
| | Your mental health* | 11.9% | 5.4% | 17.3% |
| | Someone thought you were gay* | 11.5% | 6.8% | 14.7% |
| | Your gender* | 8.3% | 2.0% | 13.5% |
| | Your race or ethnic background | 5.1% | 6.8% | 3.8% |
| | Because of your health choices | 4.8% | 4.7% | 5.1% |
| | A disability | 2.6% | 3.4% | 1.9% |
| Other* | 9.6% | 6.1% | 12.8% | |
| Bullied on School Property* | Yes | 23.4% | 17.6% | 27.6% |
| | No | 76.6% | 82.4% | 72.4% |

| Summary Table: Violent Related Behaviors | | | | |
|--|-----|--------------|-------|--------|
| | | All Students | Male | Female |
| Physically Hurt by Adult | Yes | 5.1% | 5.4% | 5.1% |
| | No | 94.9% | 94.6% | 94.9% |
| Forced into Sexual Activity | Yes | 4.8% | 2.7% | 6.4% |
| | No | 95.2% | 97.3% | 93.6% |
| Had a boyfriend, girlfriend or significant other in past year | Yes | 37.8% | 35.1% | 39.1% |
| | No | 62.2% | 64.9% | 60.9% |
| Physically Hurt by Significant Other | Yes | 1.7% | 3.8% | 0.0% |
| | No | 98.3% | 96.2% | 100.0% |
| Controlled/ Emotionally Hurt by Significant Other past year | Yes | 28.0% | 21.2% | 31.1% |
| | No | 72.0% | 78.8% | 68.9% |



| Summary Table: Mental Health | | All Students | Male | Female |
|---|---|--------------|--------------|--------------|
| Who Talk to about Concerns or Problems | Best friend* | 29.5% | 20.3% | 37.8% |
| | Parents | 23.4% | 18.9% | 26.9% |
| | <i>No one</i> | <i>16.0%</i> | <i>12.8%</i> | <i>19.2%</i> |
| | Brother/Sister/Sibling* | 12.5% | 6.8% | 16.7% |
| | My girlfriend/boyfriend/partner/significant other | 9.3% | 9.5% | 9.0% |
| | School counselor | 8.3% | 6.8% | 9.0% |
| | Caring adult or adult friend | 5.4% | 4.7% | 5.8% |
| | Professional counselor | 5.4% | 4.1% | 5.8% |
| | Teacher | 4.2% | 4.7% | 3.2% |
| | Adult relative | 3.8% | 3.4% | 4.5% |
| | Coach | 2.2% | 1.4% | 2.6% |
| | Mental Health Helpline | 1.9% | 2.0% | 1.3% |
| | Pastor/priest or Youth minister | 0.6% | 0.7% | 0.6% |
| | Other | 2.9% | 2.0% | 3.2% |
| | <i>Not applicable – did not have these problems*</i> | 40.4% | 50.0% | 32.7% |
| Did you... | Feel isolated and alone in past 12 months* | 58.0% | 40.5% | 72.4% |
| | Stop usual activities because of feeling sad* | 23.4% | 18.2% | 28.2% |
| Considered Suicide in Past 12 months | No | 89.7% | 91.9% | 88.5% |
| | Considered, but did not try | 6.1% | 4.7% | 7.1% |
| | Considered and tried | 4.2% | 3.4% | 4.5% |
| Barriers to Seeking Help for Mental Problems <i>(affirming care responses in italics)</i> | I can handle it myself | 43.9% | 39.2% | 48.1% |
| | Worried what others would think | 30.8% | 25.7% | 35.9% |
| | No time | 19.2% | 16.9% | 20.5% |
| | Do not know where to go | 15.1% | 11.5% | 19.2% |
| | Paying for it/Cost* | 13.8% | 7.4% | 19.9% |
| | Family would not support me in getting help* | 10.3% | 6.1% | 14.7% |
| | Transportation | 4.5% | 2.7% | 5.8% |
| | Friends would not support me in getting help | 4.5% | 4.1% | 5.1% |
| | Other | 5.1% | 4.7% | 5.8% |
| | <i>I would seek help*</i> | <i>34.6%</i> | <i>40.5%</i> | <i>29.5%</i> |
| | <i>I am currently in treatment</i> | <i>8.0%</i> | <i>6.1%</i> | <i>9.0%</i> |

| Summary Table: Mental Health | | | | |
|--|--|--------------|-------|--------|
| | | All Students | Male | Female |
| Causes of Anxiety, Stress or Depression | Academic success | 54.5% | 52.0% | 57.1% |
| | Thinking about the future | 49.0% | 45.3% | 51.9% |
| | Self-image* | 33.0% | 18.9% | 45.5% |
| | Sports | 31.1% | 29.1% | 34.0% |
| | Fighting with friends* | 29.5% | 16.2% | 41.0% |
| | Other stress at home | 26.0% | 21.6% | 30.8% |
| | Peer pressure* | 25.3% | 18.2% | 32.1% |
| | Death of close family member or friend | 23.4% | 18.9% | 26.3% |
| | Fighting at home* | 20.2% | 9.5% | 30.1% |
| | Being bullied* | 19.6% | 14.2% | 23.7% |
| | Dating relationship | 15.7% | 14.2% | 16.0% |
| | Breakup | 9.3% | 6.1% | 11.5% |
| | Parent divorce/separation* | 9.0% | 4.1% | 14.1% |
| | Parent is sick | 8.0% | 6.8% | 7.7% |
| | Taking care of younger siblings | 7.1% | 6.1% | 7.7% |
| | Sexual orientation* | 7.1% | 2.0% | 10.3% |
| | Poverty/no money/financial issues | 5.8% | 4.7% | 7.1% |
| | Gender identity* | 3.5% | 0.7% | 4.5% |
| | Alcohol or drug use in the home | 2.9% | 1.4% | 4.5% |
| | Not having enough to eat | 2.2% | 1.4% | 3.2% |
| Not having a place to live | 1.9% | 2.0% | 1.9% | |
| Other | 9.0% | 8.1% | 10.3% | |
| How Deal with Mental Problems | Hobbies* | 46.5% | 38.5% | 53.8% |
| | Sleep* | 40.4% | 29.7% | 50.6% |
| | Talk to a friend or peer* | 38.1% | 26.4% | 50.0% |
| | Talk to someone in my family | 36.2% | 33.8% | 39.7% |
| | Exercise | 29.8% | 29.7% | 30.1% |
| | Text someone* | 26.0% | 17.6% | 33.3% |
| | Eat* | 23.4% | 18.2% | 28.8% |
| | Use social media* | 17.0% | 12.2% | 21.8% |
| | Shop* | 15.4% | 4.1% | 26.3% |
| | Pray/Read religious or spiritual teachings | 14.7% | 14.2% | 15.4% |
| | Journal* | 10.6% | 0.7% | 20.5% |
| | Break something | 4.5% | 5.4% | 3.2% |
| | Drink alcohol | 2.2% | 2.7% | 1.9% |
| | Vape or use an electronic cigarette | 2.2% | 2.0% | 2.6% |
| | Use marijuana | 1.9% | 2.7% | 1.3% |
| | Smoke cigarettes or use other tobacco products | 0.6% | 1.4% | 0.0% |
| | Use illegal drugs | 0.3% | 0.7% | 0.0% |
| | Something else | 7.4% | 6.8% | 8.3% |
| | None of the above | 3.2% | 4.7% | 1.3% |
| | Does not have anxiety, stress, or depression* | 18.9% | 27.0% | 11.5% |

Summary Table: Mental Health

| | | All Students | Male | Female |
|--------------------------------|---|--------------|-------|--------|
| Ever Experienced (ACES) | Parent/adult swore, insulted or put them down | 20.5% | 14.5% | 27.4% |
| | Parents became separated or were divorced | 18.9% | 15.9% | 22.6% |
| | Family did not look out for each other | 17.4% | 15.9% | 19.4% |
| | Lived with someone who was depressed | 15.9% | 11.6% | 19.4% |
| | Lived with someone who was alcoholic | 12.9% | 8.7% | 16.1% |
| | Your parents were not married | 6.1% | 2.9% | 9.7% |
| | Parent/adult in home physically hurt them | 6.1% | 2.9% | 9.7% |
| | Lived with someone who used drugs | 3.8% | 1.4% | 6.5% |
| | Lived with someone who served time | 3.8% | 2.9% | 4.8% |
| | Did not have enough to eat, had to wear dirty clothes | 3.0% | 5.8% | 0.0% |
| | Someone older touched them sexually | 2.3% | 0.0% | 4.8% |
| | Parents punched or beat each other up | 1.5% | 2.9% | 0.0% |
| | Elder tried to make them touch them sexually | 0.8% | 0.0% | 1.6% |
| | Someone older forced them to have sex | 0.0% | 0.0% | 0.0% |
| | None of the above | 54.5% | 62.3% | 46.8% |
| Self-Harm Behaviors | Scratching* | 16.7% | 10.1% | 22.4% |
| | Hitting | 11.9% | 10.1% | 12.8% |
| | Hair pulling or picking | 11.2% | 8.8% | 12.8% |
| | Cutting | 9.3% | 7.4% | 10.9% |
| | Biting | 8.7% | 6.1% | 11.5% |
| | Burning | 2.6% | 2.0% | 3.2% |
| | Something not mentioned | 4.8% | 4.1% | 5.8% |
| | None of the above | 13.1% | 12.8% | 12.8% |
| | Have not hurt themselves on purpose* | 59.9% | 66.9% | 54.5% |



| Summary Table: Tobacco Use | | | | |
|--|---|--------------|-------|--------|
| | | All Students | Male | Female |
| Ever Smoked Cigarettes | No | 98.1% | 97.3% | 98.7% |
| | Yes, but not in past 30 days | 1.0% | 1.4% | 0.6% |
| | Yes, smoked in past 30 days | 1.0% | 1.4% | 0.6% |
| Ever Vaped | No | 92.9% | 92.6% | 92.9% |
| | Yes, but not in past 30 days | 4.2% | 4.1% | 4.5% |
| | Yes, vaped in past 30 days | 2.9% | 3.4% | 2.6% |
| Nicotine or Tobacco Products Used in Past Year | Electronic Vapor Products | 5.4% | 5.4% | 5.8% |
| | Cigarettes | 1.9% | 2.7% | 1.3% |
| | Cigars | 1.6% | 2.0% | 0.6% |
| | Cigarillos (Swishers) | 1.3% | 2.0% | 0.6% |
| | Pouch (Zyn, Velo, ON, and Snus) | 0.6% | 0.7% | 0.6% |
| | Hookah | 0.6% | 0.7% | 0.6% |
| | Little cigars (Black & Milds) | 0.3% | 0.7% | 0.0% |
| | Chewing tobacco, snuff, dip (Redman, Skoal) | 0.3% | 0.0% | 0.6% |
| | Other | 0.3% | 0.7% | 0.0% |
| None | 92.6% | 92.6% | 92.9% | |

| Summary Table: Alcohol Use | | | | |
|--|---|--------------|-------|--------|
| | | All Students | Male | Female |
| Every Drank Alcohol | No | 85.9% | 87.2% | 85.3% |
| | Yes, but not in past 30 days | 3.2% | 2.0% | 3.8% |
| | Yes, drank in past 30 days | 10.9% | 10.8% | 10.9% |
| How Usually Get Alcohol (past 30 days – drank at least 1 day) | My parent gave it to me | 41.2% | 37.5% | 47.1% |
| | Someone gave it to me* | 38.2% | 62.5% | 17.6% |
| | An older friend or sibling bought it for me | 20.6% | 12.5% | 23.5% |
| | I took it from a store or family member | 8.8% | 0.0% | 17.6% |
| | At a public event | 5.9% | 6.3% | 5.9% |
| | Bought it from another student | 2.9% | 6.3% | 0.0% |
| | My friend's parent gave it to me | 2.9% | 0.0% | 5.9% |
| | I bought it with a fake ID | 2.9% | 6.3% | 0.0% |
| | I bought it at a restaurant, bar, or club | 2.9% | 0.0% | 0.0% |
| | Bought it in a store | 0.0% | 0.0% | 0.0% |
| | On school property | 0.0% | 0.0% | 0.0% |
| | Other | 0.0% | 0.0% | 0.0% |



| Summary Table: Drug Use | | | | |
|---|--|--------------|-------------|-------------|
| | | All Students | Male | Female |
| Tried Marijuana | No | 92.9% | 91.9% | 93.6% |
| | Yes, but not in past 30 days | 3.8% | 4.1% | 3.8% |
| | Yes, used in past 30 days | 3.2% | 4.1% | 2.6% |
| How Used Marijuana (marijuana users) | Vaped it* | 45.5% | 25.0% | 70.0% |
| | Eaten it or consumed edibles | 40.9% | 58.3% | 20.0% |
| | Used a bong or other equipment | 40.9% | 50.0% | 30.0% |
| | Smoked blunts | 31.8% | 41.7% | 20.0% |
| | Smoked a joint | 27.3% | 41.7% | 10.0% |
| | Dabs | 22.7% | 25.0% | 20.0% |
| | Other | 0.0% | 0.0% | 0.0% |
| Lifetime Use of Other Drugs | CBD products | 1.6% | 2.7% | 0.6% |
| | Inhalants | 1.3% | 1.4% | 0.6% |
| | Hallucinogens such as Mushrooms | 1.0% | 2.0% | 0.0% |
| | Prescriptions to get high | 0.6% | 1.4% | 0.0% |
| | Over the counter medications (to get high) | 0.6% | 1.4% | 0.0% |
| | Misused cough syrup | 0.6% | 1.4% | 0.0% |
| | Cocaine | 0.3% | 0.7% | 0.0% |
| | Heroin | 0.3% | 0.7% | 0.0% |
| | Methamphetamines | 0.3% | 0.7% | 0.0% |
| | Ecstasy/MDMA/Molly | 0.3% | 0.7% | 0.0% |
| | K2/Spice | 0.3% | 0.7% | 0.0% |
| | Posh/salvia/synthetic marijuana | 0.3% | 0.7% | 0.0% |
| | Liquid THC (tinctures) | 0.3% | 0.7% | 0.0% |
| | Psychedelics such as acid paper and LSD | 0.3% | 0.7% | 0.0% |
| Other | 0.6% | 1.4% | 0.0% | |
| Use on School Property | Alcohol | 0.0% | 0.0% | 0.0% |
| | Marijuana | 1.9% | 4.0% | 0.0% |
| | Other illegal drugs | 1.9% | 4.0% | 0.0% |
| | Prescription medications other than prescribed | 0.0% | 0.0% | 0.0% |
| Offered Drugs on School Property | | 4.2% | 4.7% | 3.2% |
| Reasons for Not Using Drugs | Not interested | 82.8% | 82.8% | 84.2% |
| | Parents would be upset | 65.9% | 68.7% | 64.4% |
| | My values | 59.2% | 56.0% | 63.0% |
| | Legal consequences | 49.5% | 51.5% | 48.6% |
| | Kicked out of sports or extracurricular activities | 43.2% | 40.3% | 44.5% |
| | Health problems | 41.8% | 43.3% | 41.1% |
| | Friends would not approve | 33.8% | 32.8% | 33.6% |
| | No access | 23.0% | 24.6% | 21.2% |
| | Random student drug testing | 16.7% | 17.2% | 15.8% |
| | Other | 8.7% | 7.5% | 9.6% |
| | I have used drugs | 0.9% | 0.0% | 1.8% |

| Summary Table: Sexual Behavior | | | | |
|---|---|--------------|-------|--------|
| | | All Students | Male | Female |
| Participated In... | Viewing pornography | 21.2% | 26.1% | 16.1% |
| | Oral sex | 12.1% | 14.5% | 9.7% |
| | Sexual intercourse | 9.1% | 10.1% | 8.1% |
| | Anal sex | 2.3% | 2.9% | 1.6% |
| | None of the above | 74.2% | 71.0% | 77.4% |
| Contraception Method During Last Sexual Intercourse | Condoms | 50.0% | 42.9% | 60.0% |
| | Birth control pills | 16.7% | 14.3% | 20.0% |
| | Withdrawal or Pull-out method | 16.7% | 28.6% | 0.0% |
| | No method was used to prevent pregnancy | 8.3% | 0.0% | 20.0% |
| | An IUD or implant | 0.0% | 0.0% | 0.0% |
| | NA, did not have intercourse with opposite sex | 0.0% | 0.0% | 0.0% |
| | Other | 8.3% | 14.3% | 0.0% |
| Revealing or Sexual Photo Sharing | Received revealing or sexual photo from someone | 11.4% | 10.1% | 12.9% |
| | Sent revealing or sexual photo of yourself | 8.3% | 5.8% | 11.3% |
| | Photo of you sent without permission* | 3.8% | 0.0% | 8.1% |
| Ever Had Experiences | Wanted to get pregnant | 2.3% | 0.0% | 4.8% |
| | Been forced to participate in sexual activity | 2.3% | 1.4% | 3.2% |
| | Been pregnant | 0.8% | 0.0% | 1.6% |
| | Had a miscarriage | 0.8% | 0.0% | 1.6% |
| | Had a child | 0.8% | 1.4% | 0.0% |
| | Been treated for an STD | 0.8% | 1.4% | 0.0% |
| | Had sex in exchange for something of value | 0.8% | 1.4% | 0.0% |
| | Gotten someone pregnant | 0.0% | 0.0% | 0.0% |
| | Had an abortion | 0.0% | 0.0% | 0.0% |

| Summary Table: Sexual Behavior | | | | |
|--------------------------------|---|--------------|-------|--------|
| | | All Students | Male | Female |
| Where Taught Sex Education | School | 78.0% | 81.2% | 74.2% |
| | Parents/Guardians/Caregiver* | 59.1% | 50.7% | 69.4% |
| | Internet or social media* | 31.8% | 23.2% | 41.9% |
| | My doctor | 29.5% | 24.6% | 35.5% |
| | Friends | 26.5% | 21.7% | 32.3% |
| | Siblings (brothers/sisters) | 9.1% | 11.6% | 6.5% |
| | Church | 3.0% | 4.3% | 1.6% |
| | Other | 1.5% | 2.9% | 0.0% |
| | Have not been taught about these subjects | 9.8% | 8.7% | 11.3% |



| Summary Table: Health and Wellness | | All Students | Male | Female |
|--|---|--------------|-------|--------|
| Sources or Platforms Relied on for Health Information | Your doctor | 81.7% | 79.1% | 84.6% |
| | Your parents | 73.7% | 73.6% | 74.4% |
| | Health Agencies | 34.3% | 33.1% | 35.3% |
| | Health Organizations | 32.7% | 29.1% | 36.5% |
| | Social media | 17.0% | 14.2% | 19.9% |
| | National Health Authorities | 15.7% | 18.9% | 12.8% |
| | Your friends | 15.4% | 12.2% | 18.6% |
| | Television News | 11.9% | 14.2% | 9.6% |
| | Newspapers or Electronic Journals | 5.1% | 4.7% | 5.1% |
| | Other | 2.2% | 3.4% | 1.3% |
| Agreement with Statements (% agree) | I am comfortable in my body* | 69.8% | 82.3% | 59.0% |
| | I feel good about my body* | 63.0% | 75.7% | 53.5% |
| | I feel like I am attractive even if I am different | 54.3% | 56.8% | 52.3% |
| Self-Described Weight* | Very underweight | 2.6% | 2.7% | 2.6% |
| | Somewhat underweight | 19.3% | 26.4% | 12.9% |
| | About the right weight | 56.3% | 55.4% | 56.8% |
| | Slightly overweight | 19.6% | 12.8% | 25.8% |
| | Very overweight | 2.3% | 2.7% | 1.9% |
| Have Tried to Manage Weight* | Yes | 43.4% | 35.8% | 50.3% |
| | No | 56.6% | 64.2% | 49.7% |
| Attempted Methods of Weight Loss (past 30 days – have tried to manage weight) | Exercised | 80.0% | 81.1% | 79.5% |
| | Drank more water | 60.7% | 56.6% | 64.1% |
| | Ate less food, fewer calories, or foods low in fat* | 54.8% | 37.7% | 65.4% |
| | Ate more fruits and vegetables* | 48.1% | 34.0% | 56.4% |
| | Skipped meals* | 31.1% | 17.0% | 41.0% |
| | Gone without eating for 24 hours | 7.4% | 5.7% | 7.7% |
| | Vomited or took laxatives | 3.7% | 0.0% | 5.1% |
| | Took diet pills, powders, shakes, liquids | 1.5% | 0.0% | 2.6% |
| | Smoked cigarettes or e-cigarettes | 0.7% | 0.0% | 1.3% |
| | Other | 3.7% | 7.5% | 1.3% |
| Times Had High Caffeine Drink (past 7 days) | 0, did not have a drink high in caffeine | 56.9% | 62.2% | 53.5% |
| | 1 to 3 times during the past 7 days | 27.7% | 24.3% | 30.3% |
| | 4 to 6 times during the past 7 days | 5.1% | 4.1% | 5.8% |
| | 1 time per day or more | 10.3% | 9.5% | 10.3% |
| Average Daily Servings of Fruits and Vegetables | 0 servings | 7.4% | 8.8% | 6.5% |
| | 1 to 2 servings a day | 59.8% | 63.5% | 56.8% |
| | 3 to 4 servings a day | 27.3% | 20.9% | 32.3% |
| | 5 or more servings a day | 5.5% | 6.8% | 4.5% |
| Not Have Enough Food (past 7 days) | Yes | 5.1% | 6.1% | 3.9% |
| | No | 94.9% | 93.9% | 96.1% |

| Summary Table: Health and Wellness | | All Students | Male | Female |
|--|------------------------|--------------|-------|--------|
| Exercised at least 60 Minutes (past 7 days) | Average days exercised | 3.80 | 3.93 | 3.70 |
| | 0 days | 11.9% | 10.8% | 12.9% |
| | 1 day | 6.8% | 6.1% | 5.8% |
| | 2 days | 11.9% | 14.9% | 9.7% |
| | 3 days | 13.8% | 12.8% | 15.5% |
| | 4 days | 15.4% | 10.8% | 20.0% |
| | 5 days | 12.5% | 12.8% | 12.3% |
| | 6 days | 10.0% | 10.8% | 9.7% |
| Average Hours Spent During Average School Day | 7 days | 17.7% | 20.9% | 14.2% |
| | Watch TV | 1.25 | 1.24 | 1.30 |
| | Play video games* | 1.34 | 2.03 | 0.70 |
| | Computer or tablet | 1.55 | 1.66 | 1.42 |
| | On cell phone* | 2.85 | 2.51 | 3.14 |

| Summary Table: Health and Wellness | | All Students | Male | Female |
|---|---|--------------|-------|--------|
| Last Routine Check-Up | Less than a year ago | 89.0% | 88.0% | 90.8% |
| | 1 to 2 years ago | 10.0% | 9.8% | 9.2% |
| | 2 to 5 years ago | 0.7% | 1.5% | 0.0% |
| | 5 or more years ago | 0.4% | 0.8% | 0.0% |
| | Never | 0.0% | 0.0% | 0.0% |
| Importance of Following Doctor Recommendations | Very important | 59.4% | 62.8% | 57.8% |
| | Somewhat important | 39.7% | 36.5% | 40.9% |
| | Not at all important | 1.0% | 0.7% | 1.3% |
| Last Dental Exam/ Check-Up* | Less than a year ago | 90.8% | 93.5% | 87.8% |
| | 1 to 2 years ago | 6.5% | 1.4% | 11.6% |
| | 2 to 5 years ago | 1.4% | 2.9% | 0.0% |
| | 5 or more years ago | 1.0% | 2.2% | 0.0% |
| | Never | 0.3% | 0.0% | .7% |
| Average hours of Sleep per School Night | | 6.98 | 7.11 | 6.87 |
| Where Usually Sleep (past 30 days) | In my parent's or guardian's home | 97.7% | 96.6% | 98.7% |
| | In the home of a friend, family member, or other | 1.6% | 2.0% | 1.3% |
| | In a motel or hotel | 0.3% | 0.7% | 0.0% |
| | Shelter/Emergency Housing | 0.0% | 0.0% | 0.0% |
| | In a car, park, campground, or other public place | 0.0% | 0.0% | 0.0% |
| | Do not have a usual place to sleep | 0.0% | 0.0% | 0.0% |
| | Somewhere else | 0.3% | 0.7% | 0.0% |

| Summary Table: Social media/Online gaming | | All Students | Male | Female |
|---|---|--------------|-------|--------|
| Social Media/ Online Gaming | Yes | 88.4% | 89.2% | 87.0% |
| | No | 11.6% | 10.8% | 13.0% |
| Hours on Social Media/Online gaming on Average School Day | | 2.69 | 2.73 | 2.66 |
| Social Media/ Online Gaming Platforms Used | YouTube* | 86.5% | 90.9% | 81.3% |
| | SnapChat* | 72.3% | 66.7% | 78.4% |
| | TikTok* | 61.7% | 49.2% | 73.9% |
| | Instagram* | 50.0% | 40.9% | 59.7% |
| | Pinterest* | 36.1% | 8.3% | 62.7% |
| | Discord* | 29.2% | 43.2% | 13.4% |
| | Xbox live* | 27.0% | 44.7% | 10.4% |
| | Twitter* | 22.6% | 28.0% | 17.2% |
| | PlayStation network* | 18.2% | 28.0% | 9.0% |
| | Twitch* | 16.4% | 25.0% | 6.0% |
| | Steam* | 15.7% | 28.8% | 3.7% |
| | Facebook | 15.0% | 15.2% | 15.7% |
| | Reddit* | 13.9% | 22.0% | 4.5% |
| | WhatsApp | 4.7% | 4.5% | 4.5% |
| Other | 7.3% | 6.1% | 6.7% | |
| Statements about Social Media/Online Gaming Accounts (% agree) | I believe sharing personal info online is dangerous* | 69.3% | 63.6% | 76.9% |
| | I know all the people that "follow/friend" me | 52.9% | 47.7% | 59.0% |
| | My account is currently checked private* | 45.6% | 37.9% | 55.2% |
| | I know all the people I play online with* | 43.4% | 52.3% | 35.1% |
| | My parents have the password to these accounts | 33.2% | 37.1% | 31.3% |
| | I have been asked to meet someone I met online | 6.9% | 5.3% | 7.5% |
| | I have been bullied as a result of these accounts | 6.2% | 5.3% | 6.7% |
| | My friends have the password to some/all accounts | 4.7% | 5.3% | 3.7% |
| | I share personal information about myself | 2.9% | 3.8% | 2.2% |
| | My parents do not know that I have an account | 2.9% | 3.8% | 2.2% |
| | Participated in sexual activity w/ someone met online | 2.6% | 3.0% | 1.5% |

Summary Table: Future plans & Support

| | | All Students | Male | Female |
|--|--|--------------|-------|--------|
| Future Plans | Will graduate from high school | 96.5% | 94.6% | 98.1% |
| | Will attend a 4-year college* | 79.0% | 73.0% | 85.1% |
| | Will attend community college/technical/trade school | 12.9% | 14.9% | 11.0% |
| | Will go straight to work | 11.6% | 13.5% | 9.1% |
| | Get my GED | 9.7% | 8.1% | 11.7% |
| | Will join the military* | 4.5% | 7.4% | 1.3% |
| | Won't finish high school | 0.3% | 0.7% | 0.0% |
| | Other | 3.5% | 3.4% | 3.9% |
| Have Someone to... (% have an adult) | Talk to you about school | 95.1% | 95.3% | 96.1% |
| | Ask you about homework | 93.9% | 95.3% | 92.8% |
| | Go to meetings or events at your school | 93.9% | 93.2% | 94.8% |
| | Make themselves available to talk when needed | 93.9% | 93.9% | 94.1% |
| | Talk to you about healthy choices | 92.2% | 89.9% | 94.1% |
| | Make the family eat together | 89.0% | 91.2% | 86.9% |
| | Help you with your schoolwork | 82.2% | 79.1% | 86.9% |
| | Talk to you about alcohol, vaping, drug use or sex | 79.0% | 75.7% | 82.4% |
| | Talk to you about social media | 76.7% | 73.0% | 80.4% |
| Agreement with Statements (% agree) | I have what is needed to be prepared for school | 89.5% | 88.4% | 92.1% |
| | I get a lot of encouragement | 77.2% | 76.2% | 80.4% |
| | Our community supports our school | 76.9% | 74.8% | 79.6% |
| | I am comfortable talking to my parent/guardian | 75.8% | 77.4% | 75.0% |
| | My teachers push me to do my best | 74.9% | 72.6% | 78.3% |
| | My teachers care about me | 70.0% | 70.3% | 69.9% |
| | I am bored at school | 61.3% | 60.8% | 60.9% |
| | We have a lot of school pride | 59.7% | 63.3% | 58.6% |
| | I have skipped school in the past month | 14.3% | 15.0% | 13.1% |
| | Classes that I wanted to take got cut | 13.7% | 15.0% | 11.8% |
| | I come to class unprepared | 13.1% | 14.3% | 11.2% |
| | Extracurricular activities I was involved in got cut | 10.1% | 10.2% | 9.2% |



Results by School Level

* Indicates a statistically significant relationship

| Summary Table: Personal Safety | | All Students | MS | HS |
|---|--|--------------|-------|-------|
| Suffered Blow to Head in Last Year* | Yes | 9.6% | 15.3% | 5.1% |
| | No | 88.1% | 80.3% | 94.3% |
| How Often Wear Seatbelt | Never | 0.6% | 0.7% | 0.6% |
| | Rarely | 0.6% | 0.7% | 0.6% |
| | Sometimes | 3.2% | 2.9% | 3.4% |
| | Most of the time | 17.6% | 14.6% | 20.0% |
| | Always | 77.9% | 81.0% | 75.4% |
| Rode with Driver, Past 30 Days, who was Drinking | Yes | 17.0% | 19.7% | 14.9% |
| | No | 83.0% | 80.3% | 85.1% |
| Behaviors Participated in while Driving | Driving while tired or fatigued | 50.0% | NA | 50.0% |
| | Talking on a cell phone hands free | 48.1% | NA | 48.1% |
| | Driving more than 10 miles above speed limit | 48.1% | NA | 48.1% |
| | Texting | 32.7% | NA | 32.7% |
| | Doing other tasks while driving | 32.7% | NA | 32.7% |
| | Talking on a cell phone NOT handsfree | 19.2% | NA | 19.2% |
| | Not wearing a seatbelt | 9.6% | NA | 9.6% |
| | Vaping or using an electronic cigarette | 3.8% | NA | 3.8% |
| | Drinking alcohol | 0.0% | NA | 0.0% |
| | Smoking cigarettes/used other tobacco products | 0.0% | NA | 0.0% |
| | Using prescription drugs, marijuana, illegal drugs | 0.0% | NA | 0.0% |
| Drove when Drinking, in past 30 days | Yes | 0.0% | 0.0% | 0.0% |
| | No | 100% | 100% | 100% |
| Risky Social Media Challenges | Yes | 5.6% | 4.2% | 6.6% |
| | No | 94.4% | 95.8% | 93.4% |



| Summary Table: Violent Related Behaviors | | | | |
|---|------------------------------------|--------------|--------------|--------------|
| | | All Students | MS | HS |
| Threatened or Injured with Weapon in past year | | 3.5% | 4.4% | 2.9% |
| Physical Fight on School Property in past year | | 4.5% | 6.6% | 2.9% |
| Carried Weapon on School Property past 30 days | | 0% | 0% | 0% |
| Skipped School because Felt Unsafe past 30 days | | 7.7% | 6.6% | 8.6% |
| Types of Bullying Experienced (past 12 months) | Bullied- Any listed reason | 33.0% | 40.9% | 26.9% |
| | Verbally bullied | 25.6% | 30.7% | 21.7% |
| | Indirectly bullied | 19.2% | 21.9% | 17.1% |
| | Cyber bullied | 9.0% | 10.2% | 8.0% |
| | Physically bullied* | 8.0% | 11.7% | 5.1% |
| | Sexually bullied | 1.6% | 1.5% | 1.7% |
| | Not bullied* | 67.0% | 59.1% | 73.1% |
| Teased or Called Names (past 12 months) | Teased- Any listed reasons* | 44.9% | 52.6% | 38.9% |
| | Your physical appearance | 28.5% | 32.1% | 25.7% |
| | Your mental health | 11.9% | 8.0% | 14.9% |
| | Someone thought you were gay | 11.5% | 13.9% | 9.7% |
| | Your gender | 8.3% | 8.0% | 8.6% |
| | Your race or ethnic background | 5.1% | 4.4% | 5.7% |
| | Because of your health choices | 4.8% | 4.4% | 5.1% |
| | A disability | 2.6% | 1.5% | 3.4% |
| Other* | 9.6% | 16.1% | 4.6% | |
| Bullied on School Property | Yes | 23.4% | 27.0% | 20.6% |
| | No | 76.6% | 73.0% | 79.4% |

| Summary Table: Violent Related Behaviors | | | | |
|---|-----|--------------|-------|-------|
| | | All Students | MS | HS |
| Physically Hurt by Adult | Yes | 5.1% | 5.1% | 5.1% |
| | No | 94.9% | 94.9% | 94.9% |
| Forced into Sexual Activity | Yes | 4.8% | 2.2% | 6.9% |
| | No | 95.2% | 97.8% | 93.1% |
| Had a boyfriend, girlfriend or significant other in past year | Yes | 37.8% | 36.5% | 38.9% |
| | No | 62.2% | 63.5% | 61.1% |
| Physically Hurt by Significant Other | Yes | 1.7% | 2.0% | 1.5% |
| | No | 98.3% | 98.0% | 98.5% |
| Controlled/ Emotionally Hurt by Significant Other past year | Yes | 28.0% | 28.0% | 27.9% |
| | No | 72.0% | 72.0% | 72.1% |



| Summary Table: Mental Health | | All Students | MS | HS |
|---|---|---|--------------|--------------|
| Who Talk to about Concerns or Problems | Best friend | 29.5% | 28.5% | 30.3% |
| | Parents | 23.4% | 23.4% | 23.4% |
| | <i>No one</i> | 16.0% | 12.4% | 18.9% |
| | Brother/Sister/Sibling | 12.5% | 10.9% | 13.7% |
| | My girlfriend/boyfriend/partner/significant other | 9.3% | 6.6% | 11.4% |
| | School counselor | 8.3% | 10.2% | 6.9% |
| | Caring adult or adult friend | 5.4% | 4.4% | 6.3% |
| | Professional counselor | 5.4% | 5.8% | 5.1% |
| | Teacher | 4.2% | 5.8% | 2.9% |
| | Adult relative | 3.8% | 4.4% | 3.4% |
| | Coach | 2.2% | 3.6% | 1.1% |
| | Mental Health Helpline | 1.9% | 1.5% | 2.3% |
| | Pastor/priest or Youth minister | 0.6% | 0.7% | 0.6% |
| | Other | 2.9% | 2.2% | 3.4% |
| | | <i>Not applicable – did not have these problems*</i> | 40.4% | 48.9% |
| Did you... | Feel isolated and alone in past 12 months | 58.0% | 60.6% | 56.0% |
| | Stop usual activities because of feeling sad* | 23.4% | 16.1% | 29.1% |
| Considered Suicide in Past 12 months* | No | 89.7% | 94.9% | 85.7% |
| | Considered, but did not try | 6.1% | 2.9% | 8.6% |
| | Considered and tried | 4.2% | 2.2% | 5.7% |
| Barriers to Seeking Help for Mental Problems <i>(affirming care responses in italics)</i> | I can handle it myself* | 43.9% | 34.3% | 51.4% |
| | Worried what others would think | 30.8% | 34.3% | 28.0% |
| | No time* | 19.2% | 13.9% | 23.4% |
| | Do not know where to go | 15.1% | 17.5% | 13.1% |
| | Paying for it/Cost* | 13.8% | 8.0% | 18.3% |
| | Family would not support me in getting help | 10.3% | 10.9% | 9.7% |
| | Transportation | 4.5% | 3.6% | 5.1% |
| | Friends would not support me in getting help | 4.5% | 5.8% | 3.4% |
| | Other | 5.1% | 5.1% | 5.1% |
| | <i>I would seek help</i> | <i>34.6%</i> | <i>38.0%</i> | <i>32.0%</i> |
| | <i>I am currently in treatment</i> | <i>8.0%</i> | <i>5.8%</i> | <i>9.7%</i> |

Summary Table: Mental Health

| | | All Students | MS | HS |
|--|--|--------------|-------|-------|
| Causes of Anxiety, Stress or Depression | Academic success* | 54.5% | 38.7% | 66.9% |
| | Thinking about the future* | 49.0% | 32.8% | 61.7% |
| | Self-image | 33.0% | 30.7% | 34.9% |
| | Sports | 31.1% | 32.1% | 30.3% |
| | Fighting with friends | 29.5% | 35.0% | 25.1% |
| | Other stress at home | 26.0% | 24.8% | 26.9% |
| | Peer pressure | 25.3% | 27.0% | 24.0% |
| | Death of close family member or friend | 23.4% | 27.0% | 20.6% |
| | Fighting at home | 20.2% | 21.2% | 19.4% |
| | Being bullied | 19.6% | 21.2% | 18.3% |
| | Dating relationship* | 15.7% | 10.2% | 20.0% |
| | Breakup | 9.3% | 10.2% | 8.6% |
| | Parent divorce/separation | 9.0% | 10.9% | 7.4% |
| | Parent is sick* | 8.0% | 13.9% | 3.4% |
| | Taking care of younger siblings | 7.1% | 6.6% | 7.4% |
| | Sexual orientation | 7.1% | 4.4% | 9.1% |
| | Poverty/no money/financial issues | 5.8% | 2.9% | 8.0% |
| | Gender identity | 3.5% | 2.9% | 4.0% |
| | Alcohol or drug use in the home | 2.9% | 2.2% | 3.4% |
| | Not having enough to eat | 2.2% | 3.6% | 1.1% |
| Not having a place to live | 1.9% | 2.9% | 1.1% | |
| Other | 9.0% | 10.9% | 7.4% | |
| How Deal with Mental Problems | Hobbies | 46.5% | 45.3% | 47.4% |
| | Sleep* | 40.4% | 32.8% | 46.3% |
| | Talk to a friend or peer | 38.1% | 38.0% | 38.3% |
| | Talk to someone in my family | 36.2% | 39.4% | 33.7% |
| | Exercise | 29.8% | 28.5% | 30.9% |
| | Text someone | 26.0% | 25.5% | 26.3% |
| | Eat | 23.4% | 22.6% | 24.0% |
| | Use social media* | 17.0% | 11.7% | 21.1% |
| | Shop | 15.4% | 16.1% | 14.9% |
| | Pray/Read religious or spiritual teachings | 14.7% | 18.2% | 12.0% |
| | Journal* | 10.6% | 15.3% | 6.9% |
| | Break something | 4.5% | 3.6% | 5.1% |
| | Drink alcohol* | 2.2% | 0.0% | 4.0% |
| | Vape or use an electronic cigarette | 2.2% | 0.7% | 3.4% |
| | Use marijuana | 1.9% | 0.7% | 2.9% |
| | Smoke cigarettes or use other tobacco products | 0.6% | 0.0% | 1.1% |
| | Use illegal drugs | 0.3% | 0.0% | 0.6% |
| | Something else | 7.4% | 9.5% | 5.7% |
| | None of the above | 3.2% | 1.5% | 4.6% |
| | Does not have anxiety, stress, or depression | 18.9% | 22.6% | 16.0% |

| Summary Table: Mental Health | | | | |
|--------------------------------|---|--------------|-------|-------|
| | | All Students | MS | HS |
| Ever Experienced (ACES) | Parent/adult swore, insulted or put them down | 20.5% | 19.1% | 21.2% |
| | Parents became separated or were divorced | 18.9% | 14.9% | 21.2% |
| | Family did not look out for each other* | 17.4% | 8.5% | 22.4% |
| | Lived with someone who was depressed* | 15.9% | 4.3% | 22.4% |
| | Lived with someone who was alcoholic* | 12.9% | 2.1% | 18.8% |
| | Your parents were not married | 6.1% | 2.1% | 8.2% |
| | Parent/adult in home physically hurt them | 6.1% | 4.3% | 7.1% |
| | Lived with someone who used drugs | 3.8% | 2.1% | 4.7% |
| | Lived with someone who served time | 3.8% | 0.0% | 5.9% |
| | Did not have enough to eat, had to wear dirty clothes | 3.0% | 4.3% | 2.4% |
| | Someone older touched them sexually | 2.3% | 0.0% | 3.5% |
| | Parents punched or beat each other up | 1.5% | 0.0% | 2.4% |
| | Elder tried to make them touch them sexually | 0.8% | 0.0% | 1.2% |
| | Someone older forced them to have sex | 0.0% | 0.0% | 0.0% |
| | None of the above* | 54.5% | 68.1% | 47.1% |
| Self-Harm Behaviors | Scratching | 16.7% | 12.4% | 20.0% |
| | Hitting | 11.9% | 10.2% | 13.1% |
| | Hair pulling or picking | 11.2% | 7.3% | 14.3% |
| | Cutting* | 9.3% | 2.2% | 14.9% |
| | Biting | 8.7% | 5.8% | 10.9% |
| | Burning | 2.6% | 0.7% | 4.0% |
| | Something not mentioned | 4.8% | 5.8% | 4.0% |
| | None of the above | 13.1% | 11.7% | 14.3% |
| | Have not hurt themselves on purpose* | 59.9% | 66.4% | 54.9% |



| Summary Table: Tobacco Use | | | | |
|--|---|--------------|--------|-------|
| | | All Students | MS | HS |
| Ever Smoked Cigarettes | No | 98.1% | 100.0% | 96.6% |
| | Yes, but not in past 30 days | 1.0% | 0.0% | 1.7% |
| | Yes, smoked in past 30 days | 1.0% | 0.0% | 1.7% |
| Ever Vaped* | No | 92.9% | 97.1% | 89.7% |
| | Yes, but not in past 30 days | 4.2% | 2.2% | 5.7% |
| | Yes, vaped in past 30 days | 2.9% | 0.7% | 4.6% |
| Nicotine or Tobacco Products Used in Past Year | Electronic Vapor Products* | 5.4% | 2.2% | 8.0% |
| | Cigarettes* | 1.9% | 0.0% | 3.4% |
| | Cigars* | 1.6% | 0.0% | 2.9% |
| | Cigarillos (Swishers) | 1.3% | 0.0% | 2.3% |
| | Pouch (Zyn, Velo, ON, and Snus) | 0.6% | 0.7% | 0.6% |
| | Hookah | 0.6% | 0.0% | 1.1% |
| | Little cigars (Black & Milds) | 0.3% | 0.0% | 0.6% |
| | Chewing tobacco, snuff, dip (Redman, Skoal) | 0.3% | 0.7% | 0.0% |
| | Other | 0.3% | 0.0% | 0.6% |
| None* | 92.6% | 97.1% | 89.1% | |

| Summary Table: Alcohol Use | | | | |
|--|---|--------------|-------|-------|
| | | All Students | MS | HS |
| Every Drank Alcohol* | No | 85.9% | 95.6% | 78.3% |
| | Yes, but not in past 30 days | 3.2% | 2.2% | 4.0% |
| | Yes, drank in past 30 days | 10.9% | 2.2% | 17.7% |
| How Usually Get Alcohol (past 30 days – drank at least 1 day) | My parent gave it to me | 41.2% | 33.3% | 41.9% |
| | Someone gave it to me | 38.2% | 0.0% | 41.9% |
| | An older friend or sibling bought it for me | 20.6% | 33.3% | 19.4% |
| | I took it from a store or family member | 8.8% | 33.3% | 6.5% |
| | At a public event | 5.9% | 0.0% | 6.5% |
| | Bought it from another student | 2.9% | 0.0% | 3.2% |
| | My friend's parent gave it to me | 2.9% | 0.0% | 3.2% |
| | I bought it with a fake ID | 2.9% | 0.0% | 3.2% |
| | I bought it at a restaurant, bar, or club* | 2.9% | 33.3% | 0.0% |
| | Bought it in a store | 0.0% | 0.0% | 0.0% |
| | On school property | 0.0% | 0.0% | 0.0% |
| | Other | 0.0% | 0.0% | 0.0% |



| Summary Table: Drug Use | | All Students | MS | HS |
|---|--|--------------|--------|-------|
| Tried Marijuana* | No | 92.9% | 98.5% | 88.6% |
| | Yes, but not in past 30 days | 3.8% | 0.7% | 6.3% |
| | Yes, used in past 30 days | 3.2% | 0.7% | 5.1% |
| How Used Marijuana (marijuana users) | Vaped it | 45.5% | 100.0% | 40.0% |
| | Eaten it or consumed edibles | 40.9% | 50.0% | 40.0% |
| | Used a bong or other equipment | 40.9% | 50.0% | 40.0% |
| | Smoked blunts | 31.8% | 50.0% | 30.0% |
| | Smoked a joint | 27.3% | 0.0% | 30.0% |
| | Dabs | 22.7% | 50.0% | 20.0% |
| | Other | 0.0% | 0.0% | 0.0% |
| Lifetime Use of Other Drugs | CBD products* | 1.6% | 0.0% | 2.9% |
| | Inhalants | 1.3% | 0.7% | 1.7% |
| | Hallucinogens such as Mushrooms | 1.0% | 0.0% | 1.7% |
| | Prescriptions to get high | 0.6% | 0.0% | 1.1% |
| | Over the counter medications (to get high) | 0.6% | 0.0% | 1.1% |
| | Misused cough syrup | 0.6% | 0.0% | 1.1% |
| | Cocaine | 0.3% | 0.0% | 0.6% |
| | Heroin | 0.3% | 0.0% | 0.6% |
| | Methamphetamines | 0.3% | 0.0% | 0.6% |
| | Ecstasy/MDMA/Molly | 0.3% | 0.0% | 0.6% |
| | K2/Spice | 0.3% | 0.0% | 0.6% |
| | Posh/salvia/synthetic marijuana | 0.3% | 0.0% | 0.6% |
| | Liquid THC (tinctures) | 0.3% | 0.0% | 0.6% |
| | Psychedelics such as acid paper and LSD | 0.3% | 0.0% | 0.6% |
| Other | 0.6% | 0.7% | 0.6% | |
| Use on School Property | Alcohol | 0.0% | 0.0% | 0.0% |
| | Marijuana | 1.9% | 0.0% | 2.3% |
| | Other illegal drugs | 1.9% | 0.0% | 2.3% |
| | Prescription medications other than prescribed | 0.0% | 0.0% | 0.0% |
| Offered Drugs on School Property* | | 4.2% | 1.5% | 6.3% |
| Reasons for Not Using Drugs | Not interested | 82.8% | 87.0% | 80.0% |
| | Parents would be upset | 65.9% | 67.7% | 64.3% |
| | My values* | 59.2% | 51.9% | 65.6% |
| | Legal consequences | 49.5% | 49.6% | 49.4% |
| | Kicked out of sports or extracurricular activities | 43.2% | 39.8% | 46.1% |
| | Health problems | 41.8% | 42.1% | 41.6% |
| | Friends would not approve | 33.8% | 38.3% | 29.9% |
| | No access | 23.0% | 24.8% | 21.4% |
| | Random student drug testing* | 16.7% | 9.8% | 22.7% |
| | Other | 8.7% | 12.0% | 5.8% |
| | I have used drugs | 0.9% | 0.0% | 1.4% |

| Summary Table: Sexual Behavior | | | | |
|---|--|--------------|-------|-------|
| | | All Students | MS | HS |
| Participated In... | Viewing pornography* | 21.2% | 0.0% | 32.9% |
| | Oral sex* | 12.1% | 0.0% | 18.8% |
| | Sexual intercourse* | 9.1% | 0.0% | 14.1% |
| | Anal sex | 2.3% | 0.0% | 3.5% |
| | None of the above* | 74.2% | 97.9% | 61.2% |
| Contraception Method During Last Sexual Intercourse | Condoms | 50.0% | - | 50.0% |
| | Birth control pills | 16.7% | - | 16.7% |
| | Withdrawal or Pull-out method | 16.7% | - | 16.7% |
| | No method was used to prevent pregnancy | 8.3% | - | 8.3% |
| | An IUD or implant | 0.0% | - | 0.0% |
| | NA, did not have intercourse with opposite sex | 0.0% | - | 0.0% |
| | Other | 8.3% | - | 8.3% |
| Revealing or Sexual Photo Sharing | Received revealing or sexual photo from someone* | 11.4% | 0.0% | 17.6% |
| | Sent revealing or sexual photo of yourself* | 8.3% | 0.0% | 12.9% |
| | Photo of you sent without permission | 3.8% | 0.0% | 5.9% |
| Ever Had Experiences | Wanted to get pregnant | 2.3% | 0.0% | 3.5% |
| | Been forced to participate in sexual activity | 2.3% | 0.0% | 3.5% |
| | Been pregnant | 0.8% | 0.0% | 1.2% |
| | Had a miscarriage | 0.8% | 0.0% | 1.2% |
| | Had a child | 0.8% | 0.0% | 1.2% |
| | Been treated for an STD | 0.8% | 0.0% | 1.2% |
| | Had sex in exchange for something of value | 0.8% | 0.0% | 1.2% |
| | Got someone pregnant | 0.0% | 0.0% | 0.0% |
| | Had an abortion | 0.0% | 0.0% | 0.0% |

| Summary Table: Sexual Behavior | | | | |
|--------------------------------|--|--------------|-------|-------|
| | | All Students | MS | HS |
| Where Taught Sex Education | School* | 78.0% | 46.8% | 95.3% |
| | Parents/Guardians/Caregiver | 59.1% | 51.1% | 63.5% |
| | Internet or social media* | 31.8% | 12.8% | 42.4% |
| | My doctor* | 29.5% | 10.6% | 40.0% |
| | Friends* | 26.5% | 10.6% | 35.3% |
| | Siblings (brothers/sisters) | 9.1% | 4.3% | 11.8% |
| | Church | 3.0% | 0.0% | 4.7% |
| | Other | 1.5% | 4.3% | 0.0% |
| | Have not been taught about these subjects* | 9.8% | 27.7% | 0.0% |



| Summary Table: Health and Wellness | | All Students | MS | HS |
|--|---|--------------|-------|-------|
| Sources or Platforms Relied on for Health Information | Your doctor | 81.7% | 83.2% | 80.6% |
| | Your parents* | 73.7% | 80.3% | 68.6% |
| | Health Agencies* | 34.3% | 26.3% | 40.6% |
| | Health Organizations* | 32.7% | 24.8% | 38.9% |
| | Social media* | 17.0% | 6.6% | 25.1% |
| | National Health Authorities* | 15.7% | 9.5% | 20.6% |
| | Your friends | 15.4% | 11.7% | 18.3% |
| | Television News* | 11.9% | 7.3% | 15.4% |
| | Newspapers or Electronic Journals* | 5.1% | 0.7% | 8.6% |
| | Other | 2.2% | 2.2% | 2.3% |
| Agreement with Statements (% agree) | I am comfortable in my body | 69.8% | 69.4% | 70.1% |
| | I feel good about my body | 63.0% | 61.8% | 64.0% |
| | I feel like I am attractive even if I am different | 54.3% | 48.5% | 58.9% |
| Self-Described Weight | Very underweight | 2.6% | 2.9% | 2.3% |
| | Somewhat underweight | 19.3% | 24.3% | 15.4% |
| | About the right weight | 56.3% | 53.7% | 58.3% |
| | Slightly overweight | 19.6% | 16.2% | 22.3% |
| | Very overweight | 2.3% | 2.9% | 1.7% |
| Have Tried to Manage Weight | Yes | 43.4% | 42.6% | 44.0% |
| | No | 56.6% | 57.4% | 56.0% |
| Attempted Methods of Weight Loss (past 30 days – have tried to manage weight) | Exercised | 80.0% | 86.2% | 75.3% |
| | Drank more water | 60.7% | 56.9% | 63.6% |
| | Ate less food, fewer calories, or foods low in fat* | 54.8% | 32.8% | 71.4% |
| | Ate more fruits and vegetables | 48.1% | 55.2% | 42.9% |
| | Skipped meals* | 31.1% | 13.8% | 44.2% |
| | Gone without eating for 24 hours | 7.4% | 3.4% | 10.4% |
| | Vomited or took laxatives | 3.7% | 1.7% | 5.2% |
| | Took diet pills, powders, shakes, liquids | 1.5% | 0.0% | 2.6% |
| | Smoked cigarettes or e-cigarettes | 0.7% | 0.0% | 1.3% |
| | Other | 3.7% | 6.9% | 1.3% |
| Times Had High Caffeine Drink* (past 7 days) | 0, did not have a drink high in caffeine | 56.9% | 71.3% | 45.7% |
| | 1 to 3 times during the past 7 days | 27.7% | 22.8% | 31.4% |
| | 4 to 6 times during the past 7 days | 5.1% | 0.7% | 8.6% |
| | 1 time per day or more | 10.3% | 5.1% | 4.0% |
| Average Daily Servings of Fruits and Vegetables* | 0 servings | 7.4% | 3.7% | 10.3% |
| | 1 to 2 servings a day | 59.8% | 55.9% | 62.9% |
| | 3 to 4 servings a day | 27.3% | 33.8% | 22.3% |
| | 5 or more servings a day | 5.5% | 6.6% | 4.6% |
| Not Have Enough Food (past 7 days) | Yes | 5.1% | 4.4% | 5.7% |
| | No | 94.9% | 95.6% | 94.3% |

| Summary Table: Health and Wellness | | All Students | MS | HS |
|--|------------------------|--------------|-------|-------|
| Exercised at least 60 Minutes (past 7 days) | Average days exercised | 3.80 | 3.85 | 3.77 |
| | 0 days | 11.9% | 11.0% | 12.6% |
| | 1 day | 6.8% | 5.1% | 8.0% |
| | 2 days | 11.9% | 12.5% | 11.4% |
| | 3 days | 13.8% | 12.5% | 14.9% |
| | 4 days | 15.4% | 18.4% | 13.1% |
| | 5 days | 12.5% | 15.4% | 10.3% |
| | 6 days | 10.0% | 8.8% | 10.9% |
| | 7 days | 17.7% | 16.2% | 18.9% |
| Average Hours Spent During Average School Day | Watch TV | 1.25 | 1.24 | 1.27 |
| | Play video games | 1.34 | 1.27 | 1.40 |
| | Computer or tablet | 1.55 | 1.44 | 1.63 |
| | On cell phone* | 2.85 | 2.26 | 3.30 |

| Summary Table: Health and Wellness | | All Students | MS | HS |
|---|---|--------------|-------|-------|
| Last Routine Check-Up | Less than a year ago | 89.0% | 93.3% | 85.7% |
| | 1 to 2 years ago | 10.0% | 5.8% | 13.0% |
| | 2 to 5 years ago | 0.7% | 0.8% | 0.6% |
| | 5 or more years ago | 0.4% | 0.0% | 0.6% |
| | Never | 0.0% | 0.0% | 0.0% |
| Importance of Following Doctor Recommendations | Very important | 59.4% | 61.8% | 57.5% |
| | Somewhat important | 39.7% | 37.5% | 41.4% |
| | Not at all important | 1.0% | 0.7% | 1.1% |
| Last Dental Exam/ Check-Up | Less than a year ago | 90.8% | 91.2% | 90.5% |
| | 1 to 2 years ago | 6.5% | 7.2% | 6.0% |
| | 2 to 5 years ago | 1.4% | 1.6% | 1.2% |
| | 5 or more years ago | 1.0% | 0.0% | 1.8% |
| | Never | 0.3% | 0.0% | 0.6% |
| Average hours of Sleep per School Night* | | 6.98 | 7.52 | 6.56 |
| Where Usually Sleep (past 30 days) | In my parent's or guardian's home | 97.7% | 98.5% | 97.1% |
| | In the home of a friend, family member, or other | 1.6% | 0.7% | 2.3% |
| | In a motel or hotel | 0.3% | 0.0% | 0.6% |
| | Shelter/Emergency Housing | 0.0% | 0.0% | 0.0% |
| | In a car, park, campground, or other public place | 0.0% | 0.0% | 0.0% |
| | Do not have a usual place to sleep | 0.0% | 0.0% | 0.0% |
| | Somewhere else | 0.3% | 0.7% | 0.0% |

| Summary Table: Social media/Online gaming | | | | |
|---|---|--------------|-------|-------|
| | | All Students | MS | HS |
| Social Media/ Online Gaming | Yes | 88.4% | 84.6% | 91.4% |
| | No | 11.6% | 15.4% | 8.6% |
| Hours on Social Media/Online gaming on Average School Day* | | 2.69 | 2.36 | 2.93 |
| Social Media/ Online Gaming Platforms Used | YouTube | 86.5% | 88.7% | 84.9% |
| | SnapChat* | 72.3% | 56.5% | 83.6% |
| | TikTok* | 61.7% | 52.2% | 68.6% |
| | Instagram* | 50.0% | 24.3% | 68.6% |
| | Pinterest | 36.1% | 32.2% | 39.0% |
| | Discord | 29.2% | 23.5% | 33.3% |
| | Xbox live | 27.0% | 24.3% | 28.9% |
| | Twitter* | 22.6% | 7.8% | 33.3% |
| | PlayStation network | 18.2% | 20.0% | 17.0% |
| | Twitch | 16.4% | 13.9% | 18.2% |
| | Steam | 15.7% | 13.0% | 17.6% |
| | Facebook* | 15.0% | 6.1% | 21.4% |
| | Reddit* | 13.9% | 6.1% | 19.5% |
| | WhatsApp | 4.7% | 2.6% | 6.3% |
| | Other* | 7.3% | 12.2% | 3.8% |
| Statements about Social Media/Online Gaming Accounts (% agree) | I believe sharing personal info online is dangerous | 69.3% | 73.9% | 66.0% |
| | I know all the people that "follow/friend" me* | 52.9% | 62.6% | 45.9% |
| | My account is currently checked private | 45.6% | 42.6% | 47.8% |
| | I know all the people I play online with | 43.4% | 47.0% | 40.9% |
| | My parents have the password to these accounts* | 33.2% | 50.4% | 20.8% |
| | I have been asked to meet someone I met online | 6.9% | 5.2% | 8.2% |
| | I have been bullied as a result of these accounts | 6.2% | 6.1% | 6.3% |
| | My friends have the password to some/all accounts | 4.7% | 5.2% | 4.4% |
| | I share personal information about myself | 2.9% | 2.6% | 3.1% |
| | My parents do not know that I have an account | 2.9% | 2.6% | 3.1% |
| | Participated in sexual activity w/ someone met online | 2.6% | 0.9% | 3.8% |

Summary Table: Future plans & Support

| | | All Students | MS | HS |
|--|--|--------------|-------|-------|
| Future Plans | Will graduate from high school | 96.5% | 97.1% | 96.0% |
| | Will attend a 4-year college | 79.0% | 78.7% | 79.3% |
| | Will attend community college/technical/trade school | 12.9% | 16.2% | 10.3% |
| | Will go straight to work* | 11.6% | 16.2% | 8.0% |
| | Get my GED | 9.7% | 11.0% | 8.6% |
| | Will join the military | 4.5% | 7.4% | 2.3% |
| | Won't finish high school | 0.3% | 0.0% | 0.6% |
| | Other | 3.5% | 4.4% | 2.9% |
| Have Someone to... (% have an adult) | Talk to you about school | 95.1% | 94.1% | 96.0% |
| | Ask you about homework* | 93.9% | 97.0% | 91.4% |
| | Go to meetings or events at your school* | 93.9% | 97.0% | 91.4% |
| | Make themselves available to talk when needed | 93.9% | 93.3% | 94.3% |
| | Talk to you about healthy choices | 92.2% | 94.8% | 90.2% |
| | Make the family eat together | 89.0% | 90.4% | 87.9% |
| | Help you with your schoolwork | 82.2% | 86.7% | 78.7% |
| | Talk to you about alcohol, vaping, drug use or sex | 79.0% | 74.1% | 82.8% |
| | Talk to you about social media | 76.7% | 77.0% | 76.4% |
| Agreement with Statements (% agree) | I have what is needed to be prepared for school | 89.5% | 91.8% | 87.8% |
| | I get a lot of encouragement | 77.2% | 78.5% | 76.3% |
| | Our community supports our school | 76.9% | 74.7% | 78.6% |
| | I am comfortable talking to my parent/guardian | 75.8% | 81.4% | 71.5% |
| | My teachers push me to do my best | 74.9% | 81.2% | 69.9% |
| | My teachers care about me | 70.0% | 74.9% | 66.1% |
| | I am bored at school* | 61.3% | 55.6% | 65.5% |
| | We have a lot of school pride | 59.7% | 58.2% | 60.7% |
| | I have skipped school in the past month | 14.3% | 11.1% | 16.7% |
| | Classes that I wanted to take got cut | 13.7% | 7.4% | 18.5% |
| | I come to class unprepared* | 13.1% | 6.7% | 17.9% |
| | Extracurricular activities I was involved in got cut | 10.1% | 11.9% | 8.7% |

Results by Grade

* Indicates a statistically significant relationship

| Summary Table: Personal Safety | | All | 6 th | 7 th | 8 th | 9 th | 10 th | 11 th | 12 th |
|--|--|-------|-----------------|-----------------|-----------------|-----------------|------------------|------------------|------------------|
| Suffered Blow to Head in Last Year* | Yes | 9.6% | 18.5% | 14.6% | 12.0% | 3.2% | 5.3% | 3.0% | 13.6% |
| | No | 88.1% | 81.5% | 85.4% | 88.0% | 96.8% | 94.7% | 97.0% | 86.4% |
| How Often Wear Seatbelt | Never | 0.6% | 0.0% | 2.3% | 0.0% | 0.0% | 1.8% | 0.0% | 0.0% |
| | Rarely | 0.6% | 0.0% | 0.0% | 4.0% | 1.6% | 0.0% | 0.0% | 0.0% |
| | Sometimes | 3.2% | 2.9% | 4.7% | 0.0% | 3.2% | 1.8% | 6.1% | 4.5% |
| | Most of the time | 17.6% | 13.0% | 11.6% | 24.0% | 20.6% | 15.8% | 27.3% | 18.2% |
| | Always | 77.9% | 84.1% | 81.4% | 72.0% | 74.6% | 80.7% | 66.7% | 77.3% |
| Rode with Drinking Driver, Past 30 Days | Yes | 17.0% | 18.8% | 27.9% | 8.0% | 9.5% | 28.1% | 9.1% | 4.5% |
| | No | 83.0% | 81.2% | 72.1% | 92.0% | 90.5% | 71.9% | 90.9% | 95.5% |
| Behaviors Participated in while Driving | Driving while tired or fatigued | 50.0% | N/A | N/A | N/A | N/A | 38.5% | 60.0% | 47.4% |
| | Talking on a cell phone hands free | 48.1% | N/A | N/A | N/A | N/A | 38.5% | 60.0% | 42.1% |
| | Driving more than 10 miles above speed limit | 48.1% | N/A | N/A | N/A | N/A | 38.5% | 55.0% | 47.4% |
| | Texting | 32.7% | N/A | N/A | N/A | N/A | 30.8% | 45.0% | 21.1% |
| | Doing other tasks while driving | 32.7% | N/A | N/A | N/A | N/A | 38.5% | 35.0% | 26.3% |
| | Talking on a cell phone NOT handsfree | 19.2% | N/A | N/A | N/A | N/A | 15.4% | 25.0% | 15.8% |
| | Not wearing a seatbelt | 9.6% | N/A | N/A | N/A | N/A | 15.4% | 15.0% | 0.0% |
| | Vaping or using an electronic cigarette | 3.8% | N/A | N/A | N/A | N/A | 0.0% | 5.0% | 5.3% |
| | Drinking alcohol | 0.0% | N/A | N/A | N/A | N/A | 0.0% | 0.0% | 0.0% |
| | Smoking cigarettes/used other tobacco products | 0.0% | N/A | N/A | N/A | N/A | 0.0% | 0.0% | 0.0% |
| | Using prescription drugs, marijuana, illegal drugs | 0.0% | N/A | N/A | N/A | N/A | 0.0% | 0.0% | 0.0% |
| Drove when Drinking, | Yes | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% |
| | No | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% |
| Risky Social Media Challenges | Yes | 5.6% | 8.6% | 0.0% | 0.0% | 6.8% | 3.6% | 12.9% | 4.8% |
| | No | 94.4% | 91.4% | 100.0 | 100.0 | 93.2% | 96.4% | 87.1% | 95.2% |



| Summary Table: Violent Related Behaviors | | | | | | | | | |
|---|-----------------------------------|--------------|-----------------|-----------------|-----------------|-----------------|------------------|------------------|------------------|
| | | All | 6 th | 7 th | 8 th | 9 th | 10 th | 11 th | 12 th |
| Threatened or Injured with Weapon in past year | | 3.5% | 5.8% | 2.3% | 4.0% | 1.6% | 3.5% | 6.1% | 0.0% |
| Physical Fight on School Property in past year | | 4.5% | 7.2% | 4.7% | 8.0% | 3.2% | 3.5% | 0.0% | 4.5% |
| Carried Weapon on School Property past 30 days | | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% |
| Skipped School because Felt Unsafe past 30 days | | 7.7% | 7.2% | 4.7% | 8.0% | 7.9% | 7.0% | 15.2% | 4.5% |
| Types of Bullying Experienced <i>(past 12 months)</i> | Bullied- Any listed reason | 33.0% | 43.5% | 41.9% | 32.0% | 31.7% | 19.3% | 30.3% | 27.3% |
| | Verbally bullied | 25.6% | 29.0% | 32.6% | 32.0% | 25.4% | 15.8% | 24.2% | 22.7% |
| | Indirectly bullied | 19.2% | 26.1% | 16.3% | 20.0% | 20.6% | 12.3% | 18.2% | 18.2% |
| | Cyber bullied | 9.0% | 8.7% | 11.6% | 12.0% | 9.5% | 7.0% | 6.1% | 9.1% |
| | Physically bullied | 8.0% | 13.0% | 9.3% | 12.0% | 6.3% | 3.5% | 6.1% | 4.5% |
| | Sexually bullied* | 1.6% | 0.0% | 0.0% | 8.0% | 0.0% | 0.0% | 6.1% | 4.5% |
| | Not bullied | 67.0% | 56.5% | 58.1% | 68.0% | 68.3% | 80.7% | 69.7% | 72.7% |
| Teased or Called Names <i>(past 12 months)</i> | Teased- Any listed | 44.9% | | | | | | | |
| | Your physical appearance | 28.5% | 31.9% | 34.9% | 28.0% | 30.2% | 17.5% | 33.3% | 22.7% |
| | Your mental health | 11.9% | 5.8% | 7.0% | 16.0% | 14.3% | 8.8% | 24.2% | 18.2% |
| | Someone thought you | 11.5% | 13.0% | 9.3% | 24.0% | 12.7% | 3.5% | 15.2% | 9.1% |
| | Your gender | 8.3% | 8.7% | 4.7% | 12.0% | 9.5% | 1.8% | 12.1% | 18.2% |
| | Your race or ethnic | 5.1% | 5.8% | 0.0% | 8.0% | 7.9% | 5.3% | 3.0% | 4.5% |
| | Because of your health | 4.8% | 2.9% | 7.0% | 4.0% | 1.6% | 3.5% | 9.1% | 13.6% |
| | A disability | 2.6% | 1.4% | 0.0% | 4.0% | 1.6% | 5.3% | 6.1% | 0.0% |
| Other* | 9.6% | 10.1% | 25.6% | 16.0% | 4.8% | 1.8% | 9.1% | 4.5% | |
| Bullied on School Property | Yes | 23.4% | 31.9% | 18.6% | 28.0% | 28.6% | 15.8% | 18.2% | 13.6% |
| | No | 76.6% | 68.1% | 81.4% | 72.0% | 71.4% | 84.2% | 81.8% | 86.4% |

| Summary Table: Violent Related Behaviors | | | | | | | | | |
|---|-----|-------|-----------------|-----------------|-----------------|-----------------|------------------|------------------|------------------|
| | | All | 6 th | 7 th | 8 th | 9 th | 10 th | 11 th | 12 th |
| Physically Hurt by Adult | Yes | 5.1% | 4.3% | 9.3% | 0.0% | 4.8% | 5.3% | 3.0% | 9.1% |
| | No | 94.9% | 95.7% | 90.7% | 100.0% | 95.2% | 94.7% | 97.0% | 90.9% |
| Forced into Sexual Activity | Yes | 4.8% | 2.9% | 0.0% | 4.0% | 4.8% | 3.5% | 12.1% | 13.6% |
| | No | 95.2% | 97.1% | 100.0% | 96.0% | 95.2% | 96.5% | 87.9% | 86.4% |
| Had a boyfriend, girlfriend or significant | Yes | 37.8% | 37.7% | 32.6% | 40.0% | 36.5% | 29.8% | 54.5% | 45.5% |
| | No | 62.2% | 62.3% | 67.4% | 60.0% | 63.5% | 70.2% | 45.5% | 54.5% |
| Physically Hurt by Significant Other | Yes | 1.7% | 3.8% | 0.0% | 0.0% | 0.0% | 5.9% | 0.0% | 0.0% |
| | No | 98.3% | 96.2% | 100.0% | 100.0% | 100.0% | 94.1% | 100.0% | 100.0% |
| Controlled/ Emotionally Hurt by | Yes | 28.0% | 23.1% | 14.3% | 60.0% | 34.8% | 11.8% | 38.9% | 20.0% |
| | No | 72.0% | 76.9% | 85.7% | 40.0% | 65.2% | 88.2% | 61.1% | 80.0% |



Summary Table: Mental Health

| | | All | 6 th | 7 th | 8 th | 9 th | 10 th | 11 th | 12 th | |
|---|--|---|-----------------|-----------------|-----------------|-----------------|------------------|------------------|------------------|--------------|
| Who Talk to about Concerns or Problems | Best friend | 29.5% | 33.3% | 18.6% | 32.0% | 25.4% | 29.8% | 33.3% | 40.9% | |
| | Parents | 23.4% | 24.6% | 20.9% | 24.0% | 23.8% | 26.3% | 21.2% | 18.2% | |
| | <i>No one*</i> | 16.0% | 8.7% | 23.3% | 4.0% | 23.8% | 12.3% | 12.1% | 31.8% | |
| | Brother/Sister/Sibling | 12.5% | 13.0% | 9.3% | 8.0% | 11.1% | 15.8% | 12.1% | 18.2% | |
| | My girlfriend/boyfriend/partner/significant | 9.3% | 8.7% | 2.3% | 8.0% | 11.1% | 7.0% | 12.1% | 22.7% | |
| | School counselor | 8.3% | 14.5% | 4.7% | 8.0% | 6.3% | 7.0% | 6.1% | 9.1% | |
| | Caring adult or adult friend | 5.4% | 4.3% | 4.7% | 4.0% | 7.9% | 7.0% | 3.0% | 4.5% | |
| | Professional counselor | 5.4% | 4.3% | 7.0% | 8.0% | 1.6% | 5.3% | 9.1% | 9.1% | |
| | Teacher | 4.2% | 7.2% | 4.7% | 4.0% | 3.2% | 3.5% | 0.0% | 4.5% | |
| | Adult relative | 3.8% | 2.9% | 7.0% | 4.0% | 1.6% | 5.3% | 3.0% | 4.5% | |
| | Coach | 2.2% | 2.9% | 4.7% | 4.0% | 0.0% | 3.5% | 0.0% | 0.0% | |
| | Mental Health Helpline | 1.9% | 1.4% | 0.0% | 4.0% | 1.6% | 1.8% | 6.1% | 0.0% | |
| | Pastor/priest or Youth minister | 0.6% | 0.0% | 2.3% | 0.0% | 0.0% | 0.0% | 3.0% | 0.0% | |
| | Other | 2.9% | 2.9% | 0.0% | 4.0% | 3.2% | 3.5% | 6.1% | 0.0% | |
| | | <i>Not applicable – did not have these problems*</i> | 40.4% | 50.7% | 44.2% | 52.0% | 33.3% | 40.4% | 36.4% | 13.6% |
| Did you... | Feel isolated and alone in past 12 months | 58.0% | 58.0% | 72.1% | 48.0% | 57.1% | 47.4% | 63.6% | 63.6% | |
| | Stop usual activities because of feeling sad | 23.4% | 17.4% | 11.6% | 20.0% | 27.0% | 22.8% | 36.4% | 40.9% | |
| Considered Suicide in Past 12 months | No | 89.7% | 97.1% | 93.0% | 92.0% | 87.3% | 89.5% | 78.8% | 81.8% | |
| | Considered, but did not try | 6.1% | 1.4% | 4.7% | 4.0% | 6.3% | 8.8% | 12.1% | 9.1% | |
| | Considered and tried | 4.2% | 1.4% | 2.3% | 4.0% | 6.3% | 1.8% | 9.1% | 9.1% | |
| Barriers to Seeking Help for Mental Problems <i>(affirming care responses in italics)</i> | I can handle it myself* | 43.9% | 30.4% | 39.5% | 36.0% | 47.6% | 52.6% | 45.5% | 68.2% | |
| | Worried what others would think | 30.8% | 37.7% | 32.6% | 28.0% | 25.4% | 26.3% | 27.3% | 40.9% | |
| | No time* | 19.2% | 7.2% | 16.3% | 28.0% | 28.6% | 24.6% | 9.1% | 27.3% | |
| | Do not know where to go | 15.1% | 13.0% | 23.3% | 20.0% | 12.7% | 14.0% | 12.1% | 13.6% | |
| | Paying for it/Cost | 13.8% | 5.8% | 9.3% | 12.0% | 20.6% | 15.8% | 18.2% | 18.2% | |
| | Family would not support me in getting help | 10.3% | 10.1% | 11.6% | 12.0% | 14.3% | 3.5% | 9.1% | 13.6% | |
| | Transportation | 4.5% | 1.4% | 7.0% | 4.0% | 11.1% | 3.5% | 0.0% | 0.0% | |
| | Friends would not support me in getting help | 4.5% | 8.7% | 2.3% | 4.0% | 4.8% | 1.8% | 3.0% | 4.5% | |
| | Other | 5.1% | 2.9% | 11.6% | 0.0% | 6.3% | 5.3% | 0.0% | 9.1% | |
| | | <i>I would seek help*</i> | <i>34.6%</i> | <i>39.1%</i> | <i>30.2%</i> | <i>48.0%</i> | <i>36.5%</i> | <i>28.1%</i> | <i>45.5%</i> | <i>9.1%</i> |
| | | <i>I am currently in treatment</i> | <i>8.0%</i> | <i>7.2%</i> | <i>2.3%</i> | <i>8.0%</i> | <i>4.8%</i> | <i>10.5%</i> | <i>18.2%</i> | <i>9.1%</i> |

Summary Table: Mental Health

| | | All | 6 th | 7 th | 8 th | 9 th | 10 th | 11 th | 12 th |
|--|--|-------|-----------------|-----------------|-----------------|-----------------|------------------|------------------|------------------|
| Causes of Anxiety, Stress or Depression | Academic success* | 54.5% | 27.5% | 41.9% | 64.0% | 57.1% | 75.4% | 75.8% | 59.1% |
| | Thinking about the future* | 49.0% | 29.0% | 34.9% | 40.0% | 49.2% | 63.2% | 69.7% | 81.8% |
| | Self-image | 33.0% | 18.8% | 46.5% | 36.0% | 30.2% | 35.1% | 42.4% | 36.4% |
| | Sports | 31.1% | 27.5% | 37.2% | 36.0% | 25.4% | 42.1% | 24.2% | 22.7% |
| | Fighting with friends | 29.5% | 30.4% | 39.5% | 40.0% | 20.6% | 22.8% | 39.4% | 22.7% |
| | Other stress at home | 26.0% | 21.7% | 30.2% | 24.0% | 22.2% | 24.6% | 36.4% | 31.8% |
| | Peer pressure | 25.3% | 24.6% | 34.9% | 20.0% | 20.6% | 22.8% | 30.3% | 27.3% |
| | Death of close family member or friend | 23.4% | 24.6% | 27.9% | 32.0% | 15.9% | 26.3% | 24.2% | 13.6% |
| | Fighting at home* | 20.2% | 15.9% | 23.3% | 32.0% | 12.7% | 14.0% | 27.3% | 40.9% |
| | Being bullied | 19.6% | 23.2% | 20.9% | 16.0% | 19.0% | 14.0% | 27.3% | 13.6% |
| | Dating relationship* | 15.7% | 7.2% | 16.3% | 8.0% | 14.3% | 17.5% | 33.3% | 22.7% |
| | Breakup | 9.3% | 7.2% | 9.3% | 20.0% | 3.2% | 8.8% | 15.2% | 13.6% |
| | Parent divorce/separation | 9.0% | 7.2% | 18.6% | 8.0% | 7.9% | 7.0% | 6.1% | 9.1% |
| | Parent is sick* | 8.0% | 14.5% | 18.6% | 4.0% | 3.2% | 5.3% | 3.0% | 0.0% |
| | Taking care of younger siblings* | 7.1% | 2.9% | 16.3% | 0.0% | 14.3% | 1.8% | 3.0% | 9.1% |
| | Sexual orientation | 7.1% | 4.3% | 0.0% | 12.0% | 12.7% | 3.5% | 12.1% | 9.1% |
| | Poverty/no money/financial issues | 5.8% | 1.4% | 4.7% | 4.0% | 6.3% | 5.3% | 9.1% | 18.2% |
| | Gender identity | 3.5% | 4.3% | 0.0% | 4.0% | 4.8% | 1.8% | 9.1% | 0.0% |
| | Alcohol or drug use in the home | 2.9% | 4.3% | 0.0% | 0.0% | 3.2% | 1.8% | 6.1% | 4.5% |
| | Not having enough to eat* | 2.2% | 7.2% | 0.0% | 0.0% | 0.0% | 0.0% | 6.1% | 0.0% |
| Not having a place to live | 1.9% | 5.8% | 0.0% | 0.0% | 1.6% | 1.8% | 0.0% | 0.0% | |
| Other | 9.0% | 11.6% | 9.3% | 12.0% | 6.3% | 3.5% | 15.2% | 9.1% | |
| How Deal with Mental Problems | Hobbies | 46.5% | 44.9% | 44.2% | 48.0% | 41.3% | 49.1% | 42.4% | 68.2% |
| | Sleep* | 40.4% | 27.5% | 41.9% | 32.0% | 38.1% | 43.9% | 60.6% | 54.5% |
| | Talk to a friend or peer* | 38.1% | 44.9% | 30.2% | 32.0% | 23.8% | 45.6% | 39.4% | 59.1% |
| | Talk to someone in my family | 36.2% | 40.6% | 34.9% | 44.0% | 31.7% | 38.6% | 36.4% | 22.7% |
| | Exercise | 29.8% | 24.6% | 32.6% | 32.0% | 23.8% | 29.8% | 30.3% | 54.5% |
| | Text someone | 26.0% | 27.5% | 16.3% | 36.0% | 25.4% | 29.8% | 21.2% | 27.3% |
| | Eat | 23.4% | 21.7% | 27.9% | 16.0% | 20.6% | 28.1% | 24.2% | 22.7% |
| | Use social media | 17.0% | 13.0% | 14.0% | 4.0% | 15.9% | 24.6% | 21.2% | 27.3% |
| | Shop | 15.4% | 13.0% | 23.3% | 12.0% | 12.7% | 14.0% | 12.1% | 27.3% |
| | Pray/Read religious or spiritual teachings | 14.7% | 18.8% | 20.9% | 12.0% | 9.5% | 8.8% | 18.2% | 18.2% |
| | Journal | 10.6% | 13.0% | 20.9% | 12.0% | 7.9% | 5.3% | 6.1% | 9.1% |
| | Break something | 4.5% | 5.8% | 2.3% | 0.0% | 6.3% | 3.5% | 6.1% | 4.5% |
| | Drink alcohol | 2.2% | 0.0% | 0.0% | 0.0% | 1.6% | 3.5% | 6.1% | 9.1% |
| | Vape or use an electronic cigarette* | 2.2% | 0.0% | 0.0% | 4.0% | 0.0% | 3.5% | 3.0% | 13.6% |
| | Use marijuana* | 1.9% | 0.0% | 0.0% | 4.0% | 0.0% | 1.8% | 6.1% | 9.1% |
| | Smoke cigarettes or use other tobacco | 0.6% | 0.0% | 0.0% | 0.0% | 1.6% | 1.8% | 0.0% | 0.0% |
| | Use illegal drugs | 0.3% | 0.0% | 0.0% | 0.0% | 0.0% | 1.8% | 0.0% | 0.0% |
| | Something else | 7.4% | 13.0% | 7.0% | 4.0% | 6.3% | 5.3% | 6.1% | 4.5% |
| | None of the above | 3.2% | 0.0% | 4.7% | 0.0% | 7.9% | 1.8% | 3.0% | 4.5% |
| | Does not have anxiety, stress, or depression | 18.9% | 27.5% | 18.6% | 16.0% | 23.8% | 17.5% | 9.1% | 0.0% |



Summary Table: Mental Health

| | | All | 6 th | 7 th | 8 th | 9 th | 10 th | 11 th | 12 th |
|--------------------------------|---|-------|-----------------|-----------------|-----------------|-----------------|------------------|------------------|------------------|
| Ever Experienced (ACES) | Parent/adult swore, insulted or put them down | 20.5% | 12.1% | 33.3% | 50.0% | 24.2% | 14.3% | 23.8% | 20.0% |
| | Parents became separated or were divorced | 18.9% | 12.1% | 25.0% | 0.0% | 21.2% | 23.8% | 23.8% | 10.0% |
| | Family did not look out for each other* | 17.4% | 9.1% | 0.0% | 50.0% | 21.2% | 4.8% | 28.6% | 50.0% |
| | Lived with someone who was depressed | 15.9% | 3.0% | 8.3% | 0.0% | 18.2% | 19.0% | 28.6% | 30.0% |
| | Lived with someone who was alcoholic | 12.9% | 3.0% | 0.0% | 0.0% | 21.2% | 19.0% | 19.0% | 10.0% |
| | Your parents were not married | 6.1% | 3.0% | 0.0% | 0.0% | 6.1% | 14.3% | 9.5% | 0.0% |
| | Parent/adult in home physically hurt them | 6.1% | 3.0% | 8.3% | 0.0% | 9.1% | 4.8% | 4.8% | 10.0% |
| | Lived with someone who used drugs | 3.8% | 3.0% | 0.0% | 0.0% | 3.0% | 9.5% | 4.8% | 0.0% |
| | Lived with someone who served time | 3.8% | 0.0% | 0.0% | 0.0% | 3.0% | 0.0% | 14.3% | 10.0% |
| | Did not have enough to eat, had to wear dirty clothes | 3.0% | 3.0% | 8.3% | 0.0% | 3.0% | 0.0% | 0.0% | 10.0% |
| | Someone older touched them sexually | 2.3% | 0.0% | 0.0% | 0.0% | 3.0% | 4.8% | 4.8% | 0.0% |
| | Parents punched or beat each other up | 1.5% | 0.0% | 0.0% | 0.0% | 3.0% | 0.0% | 0.0% | 10.0% |
| | Elder tried to make them touch them sexually | 0.8% | 0.0% | 0.0% | 0.0% | 0.0% | 4.8% | 0.0% | 0.0% |
| | Someone older forced them to have sex | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% |
| | None of the above* | 54.5% | 75.8% | 50.0% | 50.0% | 54.5% | 57.1% | 38.1% | 20.0% |
| Self-Harm Behaviors | Scratching | 16.7% | 17.4% | 4.7% | 12.0% | 15.9% | 17.5% | 21.2% | 36.4% |
| | Hitting* | 11.9% | 14.5% | 2.3% | 12.0% | 6.3% | 14.0% | 12.1% | 31.8% |
| | Hair pulling or picking | 11.2% | 8.7% | 2.3% | 12.0% | 15.9% | 10.5% | 15.2% | 18.2% |
| | Cutting* | 9.3% | 1.4% | 0.0% | 8.0% | 7.9% | 14.0% | 18.2% | 31.8% |
| | Biting | 8.7% | 10.1% | 0.0% | 4.0% | 12.7% | 7.0% | 12.1% | 13.6% |
| | Burning | 2.6% | 0.0% | 0.0% | 4.0% | 3.2% | 3.5% | 3.0% | 9.1% |
| | Something not mentioned | 4.8% | 7.2% | 4.7% | 4.0% | 3.2% | 1.8% | 12.1% | 0.0% |
| | None of the above | 13.1% | 10.1% | 14.0% | 12.0% | 17.5% | 10.5% | 18.2% | 9.1% |
| | Have not hurt themselves on purpose | 59.9% | 62.3% | 74.4% | 64.0% | 52.4% | 63.2% | 51.5% | 45.5% |

Summary Table: Tobacco Use

| | | All | 6 th | 7 th | 8 th | 9 th | 10 th | 11 th | 12 th |
|--|---|-------|-----------------|-----------------|-----------------|-----------------|------------------|------------------|------------------|
| Ever Smoked Cigarettes | No | 98.1% | 100% | 100% | 100% | 96.8% | 96.5% | 100% | 90.9% |
| | Yes, but not in past 30 days | 1.0% | 0.0% | 0.0% | 0.0% | 0.0% | 3.5% | 0.0% | 4.5% |
| | Yes, smoked in past 30 days | 1.0% | 0.0% | 0.0% | 0.0% | 3.2% | 0.0% | 0.0% | 4.5% |
| Ever Vaped* | No | 92.9% | 100% | 97.7% | 88.0% | 98.4% | 91.2% | 87.9% | 63.6% |
| | Yes, but not in past 30 days | 4.2% | 0.0% | 2.3% | 8.0% | 0.0% | 5.3% | 9.1% | 18.2% |
| | Yes, vaped in past 30 days | 2.9% | 0.0% | 0.0% | 4.0% | 1.6% | 3.5% | 3.0% | 18.2% |
| Nicotine or Tobacco Products Used in Past Year | Electronic Vapor Products* | 5.4% | 0.0% | 0.0% | 12.0% | 0.0% | 7.0% | 12.1% | 27.3% |
| | Cigarettes | 1.9% | 0.0% | 0.0% | 0.0% | 1.6% | 3.5% | 3.0% | 9.1% |
| | Cigars* | 1.6% | 0.0% | 0.0% | 0.0% | 0.0% | 5.3% | 6.1% | 0.0% |
| | Cigarillos (Swishers) | 1.3% | 0.0% | 0.0% | 0.0% | 1.6% | 3.5% | 0.0% | 4.5% |
| | Pouch (Zyn, Velo, ON, and Snus) | 0.6% | 1.4% | 0.0% | 0.0% | 0.0% | 0.0% | 3.0% | 0.0% |
| | Hookah | 0.6% | 0.0% | 0.0% | 0.0% | 0.0% | 1.8% | 0.0% | 4.5% |
| | Little cigars (Black & Milds) | 0.3% | 0.0% | 0.0% | 0.0% | 0.0% | 1.8% | 0.0% | 0.0% |
| | Chewing tobacco, snuff, dip (Redman, Skoal) | 0.3% | 1.4% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% |
| | Other* | 0.3% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 4.5% |
| None* | 92.6% | 98.6% | 100% | 88.0% | 96.8% | 89.5% | 87.9% | 68.2% | |

Summary Table: Alcohol Use

| | | All | 6 th | 7 th | 8 th | 9 th | 10 th | 11 th | 12 th |
|--|---|-------|-----------------|-----------------|-----------------|-----------------|------------------|------------------|------------------|
| Every Drank Alcohol* | No | 85.9% | 95.7% | 95.3% | 96.0% | 93.7% | 78.9% | 66.7% | 50.0% |
| | Yes, but not in past 30 days | 3.2% | 2.9% | 2.3% | 0.0% | 1.6% | 1.8% | 6.1% | 13.6% |
| | Yes, drank in past 30 days | 10.9% | 1.4% | 2.3% | 4.0% | 4.8% | 19.3% | 27.3% | 36.4% |
| How Usually Get Alcohol (past 30 days –drank at least 1 day) | My parent gave it to me* | 41.2% | 100% | 0.0% | 0.0% | 33.3% | 45.5% | 55.6% | 25.0% |
| | Someone gave it to me | 38.2% | 0.0% | 0.0% | 0.0% | 33.3% | 36.4% | 44.4% | 50.0% |
| | An older friend or sibling bought it for me | 20.6% | 0.0% | 100% | 0.0% | 0.0% | 18.2% | 22.2% | 25.0% |
| | I took it from a store or family member | 8.8% | 0.0% | 0.0% | 100% | 0.0% | 9.1% | 0.0% | 12.5% |
| | At a public event | 5.9% | 0.0% | 0.0% | 0.0% | 33.3% | 0.0% | 11.1% | 0.0% |
| | Bought it from another student | 2.9% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 11.1% | 0.0% |
| | My friend's parent gave it to me | 2.9% | 0.0% | 0.0% | 0.0% | 0.0% | 9.1% | 0.0% | 0.0% |
| | I bought it with a fake ID | 2.9% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 11.1% | 0.0% |
| | I bought it at a restaurant, bar, or club* | 2.9% | 0.0% | 100% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% |
| | Bought it in a store | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% |
| | On school property | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% |
| | Other | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% |



| Summary Table: Drug Use | | | | | | | | | |
|---|--|-------|-----------------|-----------------|-----------------|-----------------|------------------|------------------|------------------|
| | | All | 6 th | 7 th | 8 th | 9 th | 10 th | 11 th | 12 th |
| Tried Marijuana* | No | 92.9% | 100% | 100% | 92.0% | 95.2% | 94.7% | 78.8% | 68.2% |
| | Yes, but not in past 30 days | 3.8% | 0.0% | 0.0% | 4.0% | 3.2% | 3.5% | 12.1% | 13.6% |
| | Yes, used in past 30 days | 3.2% | 0.0% | 0.0% | 4.0% | 1.6% | 1.8% | 9.1% | 18.2% |
| How Used Marijuana (marijuana users) | Vaped it | 45.5% | N/A | N/A | 100% | 33.3% | 66.7% | 14.3% | 57.1% |
| | Eaten it or consumed edibles | 40.9% | N/A | N/A | 50.0% | 0.0% | 33.3% | 57.1% | 42.9% |
| | Used a bong or other equipment | 40.9% | N/A | N/A | 50.0% | 33.3% | 100.0 | 42.9% | 14.3% |
| | Smoked blunts | 31.8% | N/A | N/A | 50.0% | 33.3% | 33.3% | 42.9% | 14.3% |
| | Smoked a joint | 27.3% | N/A | N/A | 0.0% | 0.0% | 66.7% | 42.9% | 14.3% |
| | Dabs | 22.7% | N/A | N/A | 50.0% | 0.0% | 0.0% | 28.6% | 28.6% |
| | Other | 0.0% | N/A | N/A | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% |
| Lifetime Use of Other Drugs | CBD products* | 1.6% | 0.0% | 0.0% | 0.0% | 0.0% | 1.8% | 3.0% | 13.6% |
| | Inhalants | 1.3% | 0.0% | 2.3% | 0.0% | 1.6% | 1.8% | 0.0% | 4.5% |
| | Hallucinogens such as Mushrooms | 1.0% | 0.0% | 0.0% | 0.0% | 1.6% | 1.8% | 0.0% | 4.5% |
| | Prescriptions to get high | 0.6% | 0.0% | 0.0% | 0.0% | 0.0% | 1.8% | 0.0% | 4.5% |
| | Over the counter medications (to get high) | 0.6% | 0.0% | 0.0% | 0.0% | 0.0% | 3.5% | 0.0% | 0.0% |
| | Misused cough syrup | 0.6% | 0.0% | 0.0% | 0.0% | 0.0% | 1.8% | 0.0% | 4.5% |
| | Cocaine | 0.3% | 0.0% | 0.0% | 0.0% | 1.6% | 0.0% | 0.0% | 0.0% |
| | Heroin | 0.3% | 0.0% | 0.0% | 0.0% | 1.6% | 0.0% | 0.0% | 0.0% |
| | Methamphetamines | 0.3% | 0.0% | 0.0% | 0.0% | 1.6% | 0.0% | 0.0% | 0.0% |
| | Ecstasy/MDMA/Molly* | 0.3% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 4.5% |
| | K2/Spice | 0.3% | 0.0% | 0.0% | 0.0% | 1.6% | 0.0% | 0.0% | 0.0% |
| | Posh/salvia/synthetic marijuana* | 0.3% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 4.5% |
| | Liquid THC (tinctures)* | 0.3% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 4.5% |
| | Psychedelics such as acid paper and LSD* | 0.3% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 4.5% |
| Other | 0.6% | 1.4% | 0.0% | 0.0% | 1.6% | 0.0% | 0.0% | 0.0% | |
| Use on School Property | Alcohol | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% |
| | Marijuana | 1.9% | 0.0% | 0.0% | 0.0% | 0.0% | 7.1% | 0.0% | 0.0% |
| | Other illegal drugs | 1.9% | 0.0% | 0.0% | 0.0% | 16.7% | 0.0% | 0.0% | 0.0% |
| | Prescription medications other than prescribed | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% |
| Offered Drugs on School Property | | 4.2% | 0.0% | 0.0% | 8.0% | 6.3% | 5.3% | 3.0% | 13.6% |
| Reasons for Not Using Drugs | Not interested | 82.8% | 84.4% | 91.7% | 100% | 70.0% | 89.5% | 86.7% | 83.3% |
| | Parents would be upset | 65.9% | 60.3% | 76.2% | 73.9% | 66.7% | 62.3% | 61.5% | 66.7% |
| | My values* | 59.2% | 42.6% | 57.1% | 69.6% | 58.3% | 66.0% | 80.8% | 66.7% |
| | Legal consequences | 49.5% | 44.1% | 59.5% | 47.8% | 45.0% | 47.2% | 57.7% | 60.0% |
| | Kicked out of sports or extracurricular activities | 43.2% | 35.3% | 50.0% | 34.8% | 48.3% | 49.1% | 42.3% | 33.3% |
| | Health problems | 41.8% | 41.2% | 42.9% | 43.5% | 43.3% | 43.4% | 34.6% | 40.0% |
| | Friends would not approve | 33.8% | 36.8% | 42.9% | 34.8% | 31.7% | 34.0% | 19.2% | 26.7% |
| | No access | 23.0% | 22.1% | 35.7% | 13.0% | 25.0% | 15.1% | 26.9% | 20.0% |
| | Random student drug testing | 16.7% | 7.4% | 16.7% | 4.3% | 20.0% | 24.5% | 23.1% | 26.7% |
| | Other | 8.7% | 16.2% | 11.9% | 0.0% | 6.7% | 7.5% | 0.0% | 6.7% |
| | I have used drugs | 0.9% | 0.0% | 0.0% | 0.0% | 3.3% | 0.0% | 0.0% | 0.0% |



Summary Table: Sexual Behavior

| | | All | 6 th | 7 th | 8 th | 9 th | 10 th | 11 th | 12 th |
|--|--|-------|-----------------|-----------------|-----------------|-----------------|------------------|------------------|------------------|
| Participated In... | Viewing pornography* | 21.2% | 0.0% | 0.0% | 0.0% | 9.1% | 47.6% | 47.6% | 50.0% |
| | Oral sex* | 12.1% | 0.0% | 0.0% | 0.0% | 6.1% | 14.3% | 28.6% | 50.0% |
| | Sexual intercourse* | 9.1% | 0.0% | 0.0% | 0.0% | 6.1% | 9.5% | 14.3% | 50.0% |
| | Anal sex* | 2.3% | 0.0% | 0.0% | 0.0% | 3.0% | 0.0% | 0.0% | 20.0% |
| | None of the above* | 74.2% | 97.0% | 100% | 100% | 84.8% | 52.4% | 47.6% | 30.0% |
| Contraception Method During Last Sexual Intercourse | Condoms | 50.0% | N/A | N/A | N/A | 50.0% | 50.0% | 66.7% | 40.0% |
| | Birth control pills | 16.7% | N/A | N/A | N/A | 0.0% | 50.0% | 0.0% | 20.0% |
| | Withdrawal or Pull-out method | 16.7% | N/A | N/A | N/A | 50.0% | 0.0% | 33.3% | 0.0% |
| | No method was used to prevent pregnancy | 8.3% | N/A | N/A | N/A | 0.0% | 0.0% | 0.0% | 20.0% |
| | An IUD or implant | 0.0% | N/A | N/A | N/A | 0.0% | 0.0% | 0.0% | 0.0% |
| | NA, did not have intercourse with opposite sex | 0.0% | N/A | N/A | N/A | 0.0% | 0.0% | 0.0% | 0.0% |
| | Other | 8.3% | N/A | N/A | N/A | 0.0% | 0.0% | 0.0% | 20.0% |
| Revealing or Sexual Photo Sharing | Received revealing or sexual photo from someone* | 11.4% | 0.0% | 0.0% | 0.0% | 9.1% | 14.3% | 23.8% | 40.0% |
| | Sent revealing or sexual photo of yourself* | 8.3% | 0.0% | 0.0% | 0.0% | 3.0% | 14.3% | 14.3% | 40.0% |
| | Photo of you sent without permission | 3.8% | 0.0% | 0.0% | 0.0% | 6.1% | 4.8% | 4.8% | 10.0% |
| Ever Had Experiences | Wanted to get pregnant | 2.3% | 0.0% | 0.0% | 0.0% | 0.0% | 4.8% | 9.5% | 0.0% |
| | Been forced to participate in sexual activity | 2.3% | 0.0% | 0.0% | 0.0% | 3.0% | 0.0% | 4.8% | 10.0% |
| | Been pregnant | 0.8% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 10.0% |
| | Had a miscarriage | 0.8% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 10.0% |
| | Had a child | 0.8% | 0.0% | 0.0% | 0.0% | 3.0% | 0.0% | 0.0% | 0.0% |
| | Been treated for an STD | 0.8% | 0.0% | 0.0% | 0.0% | 3.0% | 0.0% | 0.0% | 0.0% |
| | Had sex in exchange for something of value | 0.8% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 10.0% |
| | Got someone pregnant | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% |
| | Had an abortion | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% |
| Where Taught Sex Education | School* | 78.0% | 36.4% | 66.7% | 100.0% | 90.9% | 100% | 95.2% | 100% |
| | Parents/Guardians/Caregiver | 59.1% | 42.4% | 75.0% | 50.0% | 66.7% | 61.9% | 66.7% | 50.0% |
| | Internet or social media* | 31.8% | 9.1% | 16.7% | 50.0% | 30.3% | 38.1% | 57.1% | 60.0% |
| | My doctor* | 29.5% | 6.1% | 16.7% | 50.0% | 36.4% | 33.3% | 52.4% | 40.0% |
| | Friends | 26.5% | 12.1% | 0.0% | 50.0% | 36.4% | 33.3% | 33.3% | 40.0% |
| | Siblings (brothers/sisters) | 9.1% | 6.1% | 0.0% | 0.0% | 15.2% | 4.8% | 9.5% | 20.0% |
| | Church | 3.0% | 0.0% | 0.0% | 0.0% | 6.1% | 4.8% | 4.8% | 0.0% |
| | Other | 1.5% | 6.1% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% |
| Have not been taught about these subjects* | 9.8% | 33.3% | 16.7% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | |

Summary Table: Health and Wellness

| | | All | 6 th | 7 th | 8 th | 9 th | 10 th | 11 th | 12 th |
|---|--|-------|-----------------|-----------------|-----------------|-----------------|------------------|------------------|------------------|
| Sources or Platforms Relied on for Health Information | Your doctor | 81.7% | 82.6% | 83.7% | 84.0% | 76.2% | 87.7% | 78.8% | 77.3% |
| | Your parents | 73.7% | 79.7% | 86.0% | 72.0% | 61.9% | 68.4% | 75.8% | 77.3% |
| | Health Agencies | 34.3% | 26.1% | 25.6% | 28.0% | 36.5% | 42.1% | 36.4% | 54.5% |
| | Health Organizations* | 32.7% | 21.7% | 25.6% | 32.0% | 36.5% | 36.8% | 30.3% | 63.6% |
| | Social media* | 17.0% | 4.3% | 11.6% | 4.0% | 17.5% | 24.6% | 33.3% | 36.4% |
| | National Health Authorities | 15.7% | 10.1% | 4.7% | 16.0% | 20.6% | 21.1% | 15.2% | 27.3% |
| | Your friends | 15.4% | 11.6% | 9.3% | 16.0% | 14.3% | 17.5% | 21.2% | 27.3% |
| | Television News | 11.9% | 5.8% | 7.0% | 12.0% | 17.5% | 14.0% | 15.2% | 13.6% |
| | Newspapers or Electronic Journals* | 5.1% | 0.0% | 2.3% | 0.0% | 4.8% | 7.0% | 15.2% | 13.6% |
| Other | 2.2% | 4.3% | 0.0% | 0.0% | 3.2% | 1.8% | 0.0% | 4.5% | |
| Agreement with Statements (% agree) | I am comfortable in my body | 69.8% | 66.7% | 65.1% | 84.0% | 71.4% | 75.4% | 62.5% | 63.6% |
| | I feel good about my body | 63.0% | 63.2% | 58.1% | 64.0% | 66.7% | 64.9% | 57.6% | 63.6% |
| | I feel like I am attractive even if I am different | 54.3% | 48.5% | 46.5% | 52.0% | 54.0% | 66.7% | 57.6% | 54.5% |
| Self-Described Weight | Very underweight | 2.6% | 2.9% | 2.3% | 4.2% | 3.2% | 1.8% | 0.0% | 4.5% |
| | Somewhat underweight | 19.3% | 23.2% | 23.3% | 29.2% | 19.0% | 14.0% | 15.2% | 9.1% |
| | About the right weight | 56.3% | 56.5% | 53.5% | 45.8% | 57.1% | 61.4% | 51.5% | 63.6% |
| | Slightly overweight | 19.6% | 14.5% | 18.6% | 16.7% | 17.5% | 21.1% | 33.3% | 22.7% |
| | Very overweight | 2.3% | 2.9% | 2.3% | 4.2% | 3.2% | 1.8% | 0.0% | 0.0% |
| Have Tried to Manage Weight | Yes | 43.4% | 42.0% | 44.2% | 41.7% | 41.3% | 36.8% | 54.5% | 54.5% |
| | No | 56.6% | 58.0% | 55.8% | 58.3% | 58.7% | 63.2% | 45.5% | 45.5% |
| Attempted Methods of Weight Loss (past 30 days – have tried to manage weight) | Exercised | 80.0% | 86.2% | 84.2% | 90.0% | 76.9% | 76.2% | 77.8% | 66.7% |
| | Drank more water | 60.7% | 58.6% | 63.2% | 40.0% | 69.2% | 47.6% | 61.1% | 83.3% |
| | Ate less food, fewer calories...* | 54.8% | 17.2% | 47.4% | 50.0% | 73.1% | 52.4% | 72.2% | 100% |
| | Ate more fruits and vegetables | 48.1% | 51.7% | 52.6% | 70.0% | 34.6% | 38.1% | 38.9% | 75.0% |
| | Skipped meals* | 31.1% | 13.8% | 10.5% | 20.0% | 46.2% | 38.1% | 50.0% | 41.7% |
| | Gone without eating for 24 hours* | 7.4% | 3.4% | 5.3% | 0.0% | 3.8% | 0.0% | 33.3% | 8.3% |
| | Vomited or took laxatives | 3.7% | 3.4% | 0.0% | 0.0% | 0.0% | 0.0% | 16.7% | 8.3% |
| | Took diet pills, powders, shakes, liquids | 1.5% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 5.6% | 8.3% |
| | Smoked cigarettes or e-cigarettes | 0.7% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 8.3% |
| | Other | 3.7% | 6.9% | 10.5% | 0.0% | 0.0% | 4.8% | 0.0% | 0.0% |
| Times Had High Caffeine Drink* (past 7 days) | 0, did not have a drink high in caffeine | 56.9% | 76.8% | 69.8% | 58.3% | 60.3% | 43.9% | 36.4% | 22.7% |
| | 1 to 3 times during the past 7 days | 27.7% | 17.4% | 23.3% | 37.5% | 20.6% | 38.6% | 36.4% | 36.4% |
| | 4 to 6 times during the past 7 days | 5.1% | 1.4% | 0.0% | 0.0% | 7.9% | 3.5% | 18.2% | 9.1% |
| | 1 time per day or more | 10.3% | 4.3% | 7.0% | 4.2% | 11.1% | 14.0% | 9.1% | 31.8% |
| Average Daily Servings of Fruits and Vegetables* | 0 servings | 7.4% | 0.0% | 7.0% | 8.3% | 7.9% | 7.0% | 12.1% | 22.7% |
| | 1 to 2 servings a day | 59.8% | 56.5% | 58.1% | 50.0% | 58.7% | 66.7% | 72.7% | 50.0% |
| | 3 to 4 servings a day | 27.3% | 31.9% | 32.6% | 41.7% | 25.4% | 21.1% | 15.2% | 27.3% |
| | 5 or more servings a day | 5.5% | 11.6% | 2.3% | 0.0% | 7.9% | 5.3% | 0.0% | 0.0% |
| Not Have Enough Food (past 7 days) | Yes | 5.1% | 7.2% | 2.3% | 0.0% | 7.9% | 5.3% | 3.0% | 4.5% |
| | No | 94.9% | 92.8% | 97.7% | 100% | 92.1% | 94.7% | 97.0% | 95.5% |

| Summary Table: Health and Wellness | | | | | | | | | |
|--|------------------------|-------|-----------------|-----------------|-----------------|-----------------|------------------|------------------|------------------|
| | | All | 6 th | 7 th | 8 th | 9 th | 10 th | 11 th | 12 th |
| Exercised at least 60 Minutes (past 7 days) | Average days exercised | 3.80 | 3.62 | 4.44 | 3.42 | 3.78 | 3.93 | 3.79 | 3.27 |
| | 0 days | 11.9% | 10.1% | 7.0% | 20.8% | 12.7% | 10.5% | 12.1% | 18.2% |
| | 1 day | 6.8% | 5.8% | 2.3% | 8.3% | 9.5% | 5.3% | 12.1% | 4.5% |
| | 2 days | 11.9% | 13.0% | 9.3% | 16.7% | 6.3% | 15.8% | 15.2% | 9.1% |
| | 3 days | 13.8% | 15.9% | 14.0% | 0.0% | 23.8% | 8.8% | 9.1% | 13.6% |
| | 4 days | 15.4% | 21.7% | 16.3% | 12.5% | 9.5% | 15.8% | 6.1% | 27.3% |
| | 5 days | 12.5% | 15.9% | 16.3% | 12.5% | 4.8% | 15.8% | 9.1% | 13.6% |
| | 6 days | 10.0% | 5.8% | 9.3% | 16.7% | 11.1% | 8.8% | 15.2% | 9.1% |
| 7 days | 17.7% | 11.6% | 25.6% | 12.5% | 22.2% | 19.3% | 21.2% | 4.5% | |
| Average Hours Spent On Typical School Day | Watch TV | 1.25 | 1.36 | 1.13 | 1.08 | 1.18 | 1.27 | 1.34 | 1.39 |
| | Play video games | 1.34 | 1.29 | 1.34 | 1.08 | 1.67 | 1.26 | 1.20 | 1.31 |
| | Computer or tablet | 1.55 | 1.55 | 1.58 | 0.88 | 1.79 | 1.40 | 1.56 | 1.93 |
| | On cell phone* | 2.85 | 1.89 | 2.59 | 2.74 | 3.03 | 3.38 | 3.79 | 3.11 |

| Summary Table: Health and Wellness | | | | | | | | | |
|---|--|-------|-----------------|-----------------|-----------------|-----------------|------------------|------------------|------------------|
| | | All | 6 th | 7 th | 8 th | 9 th | 10 th | 11 th | 12 th |
| Last Routine Check-Up | Less than a year ago | 89.0% | 93.3% | 92.5% | 95.0% | 90.9% | 85.5% | 76.7% | 85.7% |
| | 1 to 2 years ago | 10.0% | 6.7% | 7.5% | 0.0% | 7.3% | 12.7% | 23.3% | 14.3% |
| | 2 to 5 years ago | 0.7% | 0.0% | 0.0% | 5.0% | 0.0% | 1.8% | 0.0% | 0.0% |
| | 5 or more years ago | 0.4% | 0.0% | 0.0% | 0.0% | 1.8% | 0.0% | 0.0% | 0.0% |
| | Never | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% |
| Importance of Following Doctor Recommendations | Very important | 59.4% | 66.7% | 55.8% | 58.3% | 69.4% | 47.4% | 54.5% | 54.5% |
| | Somewhat important | 39.7% | 33.3% | 44.2% | 37.5% | 27.4% | 52.6% | 45.5% | 45.5% |
| | Not at all important | 1.0% | 0.0% | 0.0% | 4.2% | 3.2% | 0.0% | 0.0% | 0.0% |
| Last Dental Exam/ Check-Up | Less than a year ago | 90.8% | 86.9% | 95.1% | 95.7% | 91.2% | 94.7% | 84.4% | 86.4% |
| | 1 to 2 years ago | 6.5% | 13.1% | 2.4% | 0.0% | 5.3% | 3.5% | 12.5% | 4.5% |
| | 2 to 5 years ago | 1.4% | 0.0% | 2.4% | 4.3% | 0.0% | 0.0% | 3.1% | 4.5% |
| | 5 or more years ago | 1.0% | 0.0% | 0.0% | 0.0% | 3.5% | 1.8% | 0.0% | 0.0% |
| | Never | 0.3% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 4.5% |
| Average hours of Sleep per School Night* | | 6.98 | 7.75 | 7.42 | 7.04 | 6.74 | 6.70 | 6.18 | 6.23 |
| Where Usually Sleep (past 30 days) | In my parent's or guardian's home | 97.7% | 97.1% | 100% | 100% | 93.5% | 98.2% | 100% | 100% |
| | In the home of friend, family, other | 1.6% | 1.5% | 0.0% | 0.0% | 4.8% | 1.8% | 0.0% | 0.0% |
| | In a motel or hotel | 0.3% | 0.0% | 0.0% | 0.0% | 1.6% | 0.0% | 0.0% | 0.0% |
| | Shelter/Emergency Housing | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% |
| | In a car, park, campground, public place | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% |
| | Do not have a usual place to sleep | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% |
| | Somewhere else | 0.3% | 1.5% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% |

Summary Table: Social media/Online gaming

| | | All | 6 th | 7 th | 8 th | 9 th | 10 th | 11 th | 12 th |
|---|---|-------|-----------------|-----------------|-----------------|-----------------|------------------|------------------|------------------|
| Social Media/ Online Gaming | Yes | 88.4% | 81.2% | 90.7% | 83.3% | 85.5% | 93.0% | 93.9% | 100% |
| | No | 11.6% | 18.8% | 9.3% | 16.7% | 14.5% | 7.0% | 6.1% | 0.0% |
| Hours on Social Media/Online gaming on Average School Day | | 2.69 | 2.16 | 2.60 | 2.45 | 2.89 | 2.87 | 3.24 | 2.75 |
| Social Media/ Online Gaming Platforms Used | YouTube | 86.5% | 87.5% | 89.7% | 90.0% | 86.8% | 81.1% | 87.1% | 86.4% |
| | SnapChat* | 72.3% | 42.9% | 74.4% | 60.0% | 79.2% | 88.7% | 90.3% | 72.7% |
| | TikTok* | 61.7% | 50.0% | 51.3% | 60.0% | 60.4% | 71.7% | 83.9% | 59.1% |
| | Instagram* | 50.0% | 12.5% | 28.2% | 50.0% | 56.6% | 71.7% | 87.1% | 63.6% |
| | Pinterest | 36.1% | 28.6% | 30.8% | 45.0% | 37.7% | 32.1% | 51.6% | 40.9% |
| | Discord* | 29.2% | 14.3% | 25.6% | 45.0% | 41.5% | 20.8% | 29.0% | 50.0% |
| | Xbox live | 27.0% | 23.2% | 28.2% | 20.0% | 34.0% | 28.3% | 29.0% | 18.2% |
| | Twitter* | 22.6% | 7.1% | 5.1% | 15.0% | 22.6% | 32.1% | 54.8% | 31.8% |
| | PlayStation network | 18.2% | 23.2% | 17.9% | 15.0% | 13.2% | 22.6% | 22.6% | 4.5% |
| | Twitch | 16.4% | 10.7% | 10.3% | 30.0% | 17.0% | 17.0% | 25.8% | 13.6% |
| | Steam | 15.7% | 10.7% | 12.8% | 20.0% | 20.8% | 13.2% | 19.4% | 18.2% |
| | Facebook* | 15.0% | 3.6% | 2.6% | 20.0% | 13.2% | 26.4% | 25.8% | 22.7% |
| | Reddit* | 13.9% | 5.4% | 5.1% | 10.0% | 18.9% | 15.1% | 25.8% | 22.7% |
| | WhatsApp | 4.7% | 5.4% | 0.0% | 0.0% | 3.8% | 3.8% | 9.7% | 13.6% |
| Other* | 7.3% | 12.5% | 17.9% | 0.0% | 3.8% | 7.5% | 0.0% | 0.0% | |
| Statements about Social Media/Online Gaming Accounts (% agree) | I believe sharing info online is dangerous | 69.3% | 69.6% | 71.8% | 90.0% | 62.3% | 69.8% | 54.8% | 81.8% |
| | I know all the people that "follow/friend" me | 52.9% | 60.7% | 64.1% | 65.0% | 49.1% | 50.9% | 35.5% | 40.9% |
| | My account is currently checked private | 45.6% | 33.9% | 48.7% | 55.0% | 43.4% | 50.9% | 48.4% | 50.0% |
| | I know all the people I play online with | 43.4% | 39.3% | 48.7% | 65.0% | 39.6% | 43.4% | 45.2% | 31.8% |
| | My parents have password to these accounts* | 33.2% | 57.1% | 35.9% | 60.0% | 30.2% | 22.6% | 12.9% | 4.5% |
| | I have been asked to meet someone I met online | 6.9% | 5.4% | 5.1% | 5.0% | 7.5% | 1.9% | 9.7% | 22.7% |
| | I have been bullied as a result of these accounts | 6.2% | 8.9% | 2.6% | 5.0% | 5.7% | 5.7% | 12.9% | 0.0% |
| | My friends have password to some/all accounts | 4.7% | 7.1% | 2.6% | 5.0% | 5.7% | 0.0% | 12.9% | 0.0% |
| | I share personal information about myself | 2.9% | 1.8% | 2.6% | 5.0% | 3.8% | 1.9% | 6.5% | 0.0% |
| | My parents do not know that I have an account | 2.9% | 3.6% | 2.6% | 0.0% | 3.8% | 0.0% | 3.2% | 9.1% |
| | Participated sexual activity w/ met online | 2.6% | 0.0% | 2.6% | 0.0% | 1.9% | 1.9% | 9.7% | 4.5% |

Summary Table: Future plans & Support

| | | All | 6 th | 7 th | 8 th | 9 th | 10 th | 11 th | 12 th |
|--|--|-------|-----------------|-----------------|-----------------|-----------------|------------------|------------------|------------------|
| Future Plans | Will graduate from high school | 96.5% | 95.7% | 97.7% | 100% | 93.5% | 98.2% | 93.9% | 100% |
| | Will attend a 4-year college | 79.0% | 71.0% | 83.7% | 91.7% | 74.2% | 77.2% | 84.8% | 90.9% |
| | Will attend community college/tech/trade sch. | 12.9% | 17.4% | 18.6% | 8.3% | 14.5% | 5.3% | 9.1% | 13.6% |
| | Will go straight to work | 11.6% | 14.5% | 18.6% | 16.7% | 14.5% | 5.3% | 3.0% | 4.5% |
| | Get my GED | 9.7% | 5.8% | 18.6% | 12.5% | 11.3% | 8.8% | 6.1% | 4.5% |
| | Will join the military | 4.5% | 8.7% | 9.3% | 0.0% | 1.6% | 1.8% | 6.1% | 0.0% |
| | Won't finish high school | 0.3% | 0.0% | 0.0% | 0.0% | 1.6% | 0.0% | 0.0% | 0.0% |
| | Other | 3.5% | 7.2% | 0.0% | 4.2% | 3.2% | 3.5% | 3.0% | 0.0% |
| Have Someone to... (% have an adult) | Talk to you about school* | 95.1% | 97.1% | 86.0% | 100% | 98.4% | 96.5% | 90.9% | 95.5% |
| | Ask you about homework | 93.9% | 98.5% | 93.0% | 100.0% | 96.8% | 87.7% | 87.9% | 90.9% |
| | Go to meetings or events at your school | 93.9% | 98.5% | 97.7% | 91.7% | 95.2% | 89.5% | 84.8% | 95.5% |
| | Make selves available to talk when needed | 93.9% | 95.6% | 88.4% | 95.8% | 93.5% | 96.5% | 93.9% | 90.9% |
| | Talk to you about healthy choices* | 92.2% | 92.6% | 95.3% | 100.0% | 91.9% | 96.5% | 78.8% | 86.4% |
| | Make the family eat together* | 89.0% | 89.7% | 93.0% | 87.5% | 93.5% | 91.2% | 66.7% | 95.5% |
| | Help you with your schoolwork | 82.2% | 88.2% | 83.7% | 87.5% | 85.5% | 75.4% | 78.8% | 68.2% |
| | Talk to you about alcohol, vaping, drug use, sex | 79.0% | 67.6% | 76.7% | 87.5% | 82.3% | 87.7% | 78.8% | 77.3% |
| Talk to you about social media | 76.7% | 75.0% | 72.1% | 91.7% | 77.4% | 82.5% | 66.7% | 72.7% | |
| Agreement with Statements (% agree) | I have what is needed to be prepared for school | 89.5% | 89.6% | 95.3% | 91.7% | 83.6% | 87.7% | 93.8% | 90.9% |
| | I get a lot of encouragement | 77.2% | 79.4% | 74.4% | 83.3% | 73.8% | 82.5% | 78.8% | 63.6% |
| | Our community supports our school | 76.9% | 80.6% | 69.8% | 66.7% | 70.5% | 78.9% | 84.8% | 90.9% |
| | I am comfortable talking to my parent/guardian* | 75.8% | 82.1% | 76.7% | 87.5% | 68.3% | 86.0% | 63.6% | 54.5% |
| | My teachers push me to do my best* | 74.9% | 83.3% | 79.1% | 79.2% | 75.4% | 71.9% | 57.6% | 68.2% |
| | My teachers care about me* | 70.0% | 80.9% | 62.8% | 79.2% | 65.0% | 66.7% | 69.7% | 61.9% |
| | I am bored at school | 61.3% | 47.1% | 69.0% | 56.5% | 59.7% | 63.2% | 75.8% | 72.7% |
| | We have a lot of school pride | 59.7% | 62.7% | 53.5% | 54.2% | 55.7% | 64.9% | 63.6% | 59.1% |
| | I have skipped school in the past month | 14.3% | 11.8% | 11.6% | 8.3% | 13.1% | 12.3% | 30.3% | 18.2% |
| | Classes that I wanted to take got cut* | 13.7% | 10.4% | 4.7% | 4.2% | 13.1% | 14.0% | 15.2% | 50.0% |
| | I come to class unprepared* | 13.1% | 7.5% | 9.3% | 0.0% | 13.1% | 14.0% | 21.2% | 36.4% |
| Extracurricular activities I was involved in got cut | 10.1% | 7.5% | 18.6% | 12.5% | 9.8% | 5.3% | 9.1% | 13.6% | |



Survey Instrument

INFORMATION ABOUT YOU

1. How old are you?
 - a. 12 years or younger
 - b. 13 years old
 - c. 14 years old
 - d. 15 years old
 - e. 16 years old
 - f. 17 years old
 - g. 18 years or older
2. What grade are you in?
 - a. 6th grade
 - b. 7th grade
 - c. 8th grade
 - d. 9th grade
 - e. 10th grade
 - f. 11th grade
 - g. 12th grade
3. Gender identity is how someone feels about their own gender. There are many ways a person can describe their gender identity and many labels a person can use. Which of the following terms **BEST** describes your current gender identity?
 - a. Girl or woman
 - b. Boy or man
 - c. Nonbinary, genderfluid, or genderqueer
 - d. I am not sure or questioning
 - e. I don't know what this question means
 - f. Prefer not to answer
4. What sex were you assigned at birth, on *your original birth certificate*? Male, Female, Prefer not to answer
5. Sexual orientation is a person's emotional, romantic, and/or sexual attractions to another person There are many ways a person can describe their sexual orientation and many labels a person can use. (MARK ALL THAT APPLY)
 - a. Straight or heterosexual
 - b. Gay
 - c. Lesbian
 - d. Bisexual/pansexual
 - e. Queer
 - f. Asexual
 - g. I am not sure
 - h. I don't know what this question means
 - i. Prefer not to answer
6. How would you describe yourself? (MARK ALL THAT APPLY)
 - a. American Indian/Alaska Native
 - b. Asian
 - c. Black or African American
 - d. Hispanic or Latino
 - e. Hawaiian Native or Pacific Islander
 - f. White
 - g. Something not mentioned, please specify
7. Who do you live with? (MARK ALL THAT APPLY)
 - a. Both of your parents
 - b. Mother only
 - c. Father only
 - d. Mother and step-father
 - e. Father and step-mother
 - f. Mother and partner
 - g. Father and partner
 - h. Grandparents
 - i. Another relative
 - j. Guardians/foster parents
 - k. On your own or with friends
 - l. Something not mentioned, please specify
8. What is your zip code?
9. Do you currently participate in any extracurricular activities such as sports or clubs?

IF NO: Why do you NOT currently participate in extracurricular activities (MARK ALL THAT APPLY)

 - a. Doesn't exist, not offered
 - b. Transportation
 - c. Can't afford it
 - d. Parents won't take me to activities
 - e. Have a job
 - f. Watch younger siblings
 - g. Taking care of parent or grandparent
 - h. I don't fit in, don't feel comfortable
 - i. Not Interested
 - j. Something not mentioned, please specify



**PERSONAL SAFETY**

10. During the past 12 months, did you suffer a blow to the head while playing with a sports team (either during a game or practice) which caused you to get “knocked out”, have memory problems, double or blurry vision, headaches, “pressure” in the head, or nausea or vomiting? (y/n/dk)
11. How often do you wear a seatbelt when riding in a car driven by someone else? (never, rarely, sometimes, most of the time, always)
12. During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been drinking alcohol? (0, 1, 2 or 3, 4 or 5, 6 or more)
13. Do you have your driver’s license?
IF YES: During the past 30 days, did you drive a car or other vehicle while doing any of the following? (MARK ALL THAT APPLY)
- a. Not wearing a seatbelt
 - b. Driving while tired or fatigued
 - c. Texting
 - d. Talking on a cell phone NOT through blue-tooth or handsfree
 - e. Talking on a cell phone through blue-tooth or handsfree
 - f. Doing other tasks while driving like reading, eating, or putting on makeup
 - g. Drinking alcohol
 - h. Smoking cigarettes or used other tobacco products
 - i. Vaping or using an electronic cigarette
 - ⌚ Using prescription drugs that were either not prescribed to you or were used differently than how they were prescribed
 - k. Using marijuana
 - l. Using illegal drugs
 - m. Driving more than 10 miles above the speed limit
- IF YES TO 13.a.vii -During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol? (0, 1, 2-3, 4-5, 6-7, 8-9, 10-11, 12 or more times)
14. Have you ever completed any social media challenges that you think put your health or safety at risk? (y/n/dk)



**VIOLENT RELATED BEHAVIORS**

15. During the past 12 months, how many times has someone threatened or injured you with a weapon such as a gun or knife ON SCHOOL PROPERTY?
- a. 0 times
 - b. 1 time
 - c. 2 or 3 times
 - d. 4 or 5 times
 - e. 6 or more times
16. During the past 12 months, how many times were you in a physical fight ON SCHOOL PROPERTY?
- a. 0 times
 - b. 1 time
 - c. 2-3 times
 - d. 4 or more times
17. During the past 30 days, on how many days did you carry a weapon such as a gun or knife on SCHOOL PROPERTY?
- a. 0 days
 - b. 1 day
 - c. 2-3 days
 - d. 4-5 days
 - e. 6 or more days
18. During the past 30 days, how many days did you NOT go to school because you felt you would be unsafe at school or on your way to or from school?
- a. 0 days
 - b. 1 day
 - c. 2-3 days
 - d. 4-5 days
 - e. 6 or more days
19. What types of bullying have you experienced in the past 12 months? (MARK ALL THAT APPLY)
- a. Physically bullied (i.e. you were hit, kicked, punched, or people took your belongings)
 - b. Verbally bullied (i.e. you were teased, taunted, or called you harmful names)
 - c. Indirectly bullied (i.e. spread mean rumors about you or kept you out of a "group")
 - d. Cyber bullied (i.e. teased, taunted, or threatened by email, cell phone, social media, or other electronic methods)
 - e. Sexually bullied (i.e. using nude or semi-nude pictures to pressure someone to have sex that does not want to, blackmail, intimidate, or exploit another person)
 - f. None of the above
20. During the past 12 months, have you ever been teased or called names because of any of the following? (MARK ALL THAT APPLY)
- a. Your weight, size, or physical appearance
 - b. Your gender
 - c. Your race or ethnic background
 - d. Because someone thought you were gay, lesbian, or bisexual
 - e. Because of your health choices (i.e. wearing a mask or not wearing a mask)
 - f. A disability
 - g. Your mental health
 - h. Something not mentioned, please specify
21. During the past 12 months, have you ever been bullied on school property?
22. During the past 12 months, did an adult or caregiver ever hit, slap, or physically hurt you on purpose?
23. Have you had a boyfriend, girlfriend, a partner or significant other or have you dated or gone out with someone in the past 12 months?
- IF YES: During the past 12 months, did anyone you were dating or going out with ever hit, slap, or physically hurt you on purpose?
- IF YES: During the past 12 months, how many times did someone you were dating or going out with purposely try to control you or emotionally hurt you? (i.e. being told who you could and could not spend time with, being humiliated in front of others, being threatened if you did not do what they wanted.)
- a. 0 times
 - b. 1 time
 - c. 2 or 3 times
 - d. 4 or 5 times
 - e. 6 or more times
24. Have you ever been forced or coerced to participate in any sexual activity when you did not want to?



**MENTAL HEALTH**

25. When you are dealing with personal problems or feelings of depression or suicide (suicidal thoughts), who do you talk to about your concerns or problems? (MARK ALL THAT APPLY)
- No one
 - Best friend
 - My girlfriend/boyfriend/partner/significant other
 - Pastor/priest or Youth minister
 - Brother/Sister/Sibling
 - Parents
 - Coach
 - Teacher
 - Caring adult or adult friend
 - School counselor
 - Professional counselor
 - Adult relative (such as a grandparent, aunt, or uncle)
 - Mental Health Helpline
 - Someone not mentioned, please specify
 - Did not have personal problems or feelings of depression or suicide
26. During the past 12 months, how many times did you feel isolated or alone?
- 0 times
 - 1 time
 - 2-3 times
 - 4-5 times
 - 6 or more times
27. During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?
28. During the past 12 months, did you ever seriously consider attempting suicide?
IF YES: During the past 12 months, how many times did you attempt suicide?
- 0 times
 - 1 time
 - 2 or 3 times
 - 4 or 5 times
 - 6 or more times
29. What would keep you from seeking help if you were dealing with anxiety, stress, depression, or thoughts of suicide? (MARK ALL THAT APPLY)
- Paying for it/Cost
 - Transportation
 - No time
 - Worried what others would think
 - Family would not support me in getting help
 - I can handle it myself
 - Do not know where to go
 - Friends would not support me in getting help
 - Something not mentioned, please specify
 - I would seek help
 - I am currently in treatment
30. What causes you anxiety, stress, or depression? (MARK ALL THAT APPLY)
- Peer pressure
 - Fighting at home
 - Breakup
 - Poverty/no money/financial issues
 - Dating relationship
 - Fighting with friends
 - Being bullied
 - Sports
 - Academic success
 - Thinking about the future
 - Taking care of younger siblings
 - Death of close family member or friend
 - Parent is sick
 - Parent divorce/separation
 - Alcohol or drug use in the home
 - Other stress at home
 - Sexual orientation
 - Gender identity
 - Self-image
 - Not having a place to live
 - Not having enough to eat
 - Something not mentioned, please specify





31. How do you deal with stress, anxiety or depression? (MARK ALL THAT APPLY)
- Talk to someone in my family
 - Talk to a friend or peer
 - Exercise
 - Eat
 - Drink alcohol
 - Smoke cigarettes or use other tobacco products
 - Vape or use an electronic cigarette
 - Use marijuana
 - Use illegal drugs
 - Sleep
 - Hobbies
 - Journal
 - Shop
 - Break something
 - Pray/Read religious or spiritual teachings
 - Text someone
 - Use social media
 - Something not mentioned, please specify
 - None of the above
 - I do not have anxiety, stress or depression
32. Have you EVER experienced any of the following? (MARK ALL THAT APPLY)
- Your family did not look out for each other, feel close to each other, or support each other
 - You did not have enough to eat, had to wear dirty clothes, or had no one to protect you
 - Lived with someone who was depressed, mentally ill or suicidal
 - Lived with someone who was a problem drinker or alcoholic
 - Lived with someone who used illegal drugs, or who abused prescription medications
 - Lived with someone who served time or was sentenced to serve time in prison, jail, or other correctional facility
 - Your parents became separated or were divorced
 - Your parents were not married
 - Your parents or adults in your home slapped, hit, kicked, punched or beat each other up
 - A parent or adult in your home hit, beat, kicked or physically hurt you in any way (not including spanking)
 - A parent or adult in your home swore at you, insulted you or put you down
 - Someone at least 5 years older than you or an adult touched you sexually
 - Someone at least 5 years older than you or an adult tried to make you touch them sexually
 - Someone at least 5 years older than you or an adult forced you to have sex
 - None of the above has happened to me
33. People experiencing distress may self-harm for many different reasons. During your life, have you purposely hurt yourself by: (MARK ALL THAT APPLY)
- Cutting
 - Burning
 - Scratching
 - Hitting
 - Biting
 - Hair pulling or picking
 - Something not mentioned, please specify
 - None of the above
 - I have never hurt myself on purpose



**TOBACCO USE**

34. Have you ever smoked a whole cigarette?
- a. IF YES: How old were you when you smoked a whole cigarette for the first time?
8 years or younger, 9, 10, 11, 12, 13, 14, 15, 16, 17 or younger
 - b. IF YES: During the past 30 days, on how many days did you smoke cigarettes?
0 days, 1 or 2 days, 3 to 5 days, 6 to 9 days, 10 to 19 days, 20 to 29 days, all 30 days
 - i. ASK IF MORE THAN 0 DAYS: During the past 30 days, how did you usually get your own cigarettes?
 1. Bought them in a store such as a convenience store, supermarket, discount store, or gas station
 2. I bought them myself in a vape shop or tobacco shop
 3. Borrowed or bummed them from someone else
 4. I bought them from another student
 5. SOMEONE gave them to me
 6. An older friend or sibling bought them for me
 7. My parent gave them to me
 8. My friend's parent gave them to me
 9. I took them from a store or family member
 10. I bought them with a fake ID
 11. At a public event such as a concert or sporting event
 12. On school property
 13. Some other way, please specify
35. Have you ever used an electronic vapor product such as Juul, Puff Bar, Hyde Bar? Electronic vapor products include e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens and mods.
- a. IF YES: How old were you the first time you used an electronic vapor product?
8 years or younger, 9, 10, 11, 12, 13, 14, 15, 16, 17 or older
 - b. F YES: During the past 30 days, on how many days did you use an electronic vapor product?
0 days, 1 or 2 days, 3 to 5 days, 6 to 9 days, 10 to 19 days, 20 to 29 days, all 30 days
 - i. ASK IF MORE THAN 0 DAYS: During the past 30 days, how did you usually get your electronic vapor products?
 1. I bought them in a store such as a convenience store, supermarket, discount store, or gas station
 2. I bought them myself in a vape shop or tobacco shop
 3. I bought them from another student
 4. Someone gave them to me
 5. An older friend or sibling bought them for me
 6. My parent gave them to me
 7. My friend's parent gave them to me
 8. I took them from a store, family member or another person
 9. I bought them with a fake ID
 10. At a public event such as a concert or sporting event
 11. On school property
 12. Some other way, please specify
36. Which forms of nicotine or tobacco listed below have you used in the past year? (MARK ALL THAT APPLY)
- a. Cigarettes
 - b. Electronic Vapor Products (blu, NJOY, Starbuzz, Vaporizer, PV, e-hookah, hookah pens, vape pens or pipes)
 - c. Cigars
 - d. Cigarillos (Swishers)
 - e. Little cigars (Black & Milds)
 - f. Chewing tobacco, snuff, dip (Redman, Skoal)
 - g. Pouch (Zyn, Velo, ON, and Snus)
 - h. Hookah
 - i. Something not mentioned, please specify
 - j. None





ALCOHOL USE

37. Have you ever had a drink of alcohol, other than a few sips?
- IF YES: How old were you the first time you had a drink of alcohol, other than a few sips?
8 years or younger, 9, 10, 11, 12, 13, 14, 15, 16, 17 or older
 - IF YES: During the past 30 days, on how many days did you have at least one drink of alcohol?
0 days, 1 or 2 days, 3 to 5 days, 6 to 9 days, 10 to 19 days, 20 to 29 days, all 30 days
 - IF YES: During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row, that is, within a couple of hours? 0 days, 1 or 2 days, 3 to 5 days, 6 to 9 days, 10 to 19 days, 20 to 29 days, all 30 days
 - ASK IF MORE THAN 0 DAYS TO B: During the past 30 days, how did you usually get your alcohol?
 - Bought it in a store such as a liquor store, convenience store, supermarket, discount store, or gas station
 - Someone gave it to me
 - An older friend or sibling bought it for me
 - My parent gave it to me
 - My friend's parent gave it to me
 - I took it from a store or family member
 - I bought it with a fake ID
 - At a public event such as a concert or sporting event
 - On school property
 - I bought it at a restaurant, bar, or club
 - Some other way, please specify

DRUG USE

38. Have you ever tried marijuana?
- IF YES: How old were you when you tried marijuana for the first time?
8 years or younger, 9, 10, 11, 12, 13, 14, 15, 16, 17 or older
 - IF YES: During the past 30 days, on how many times did you use marijuana?
0 times, 1 or 2 times, 3 to 9 times, 10 to 19 times, 20 to 39 times, 40 times or more?
 - IF YES: How have you used marijuana? (MARK ALL THAT APPLY)
 - Smoked a joint
 - Eaten it or consumed edibles
 - Smoked blunts
 - Vaped it
 - Used a bong or other equipment
 - Dabs
 - Something not mentioned, please specify_____
39. During your life, have you ever done any of the following? (MARK ALL THAT APPLY)
(FOR EACH YES)- During your life, how many times have you____?
1 or 2 times, 3 to 9 times, 10 to 19 times, 20 to 39 times, 40 times or more?
- Used any form of cocaine, including powder, crack, or freebase
 - Sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high
 - Used heroin (also called smack, junk, or China White)
 - Use methamphetamines (also called speed, crystal meth, crack, crank, ice or meth)
 - Used medications that were either not prescribed to you or took more than what was prescribed to feel good or high?
(examples include OxyContin, Vicodin, Adderall, Concerta, Ritalin, Xanax or anxiety medications)
40. During your life, have you tried any of the following? (MARK ALL THAT APPLY)
- Ecstasy/MDMA/Molly
 - Over the counter medications (to get high)
 - K2/Spice
 - Posh/salvia/synthetic marijuana





- e. Liquid THC (tinctures)
- f. Misused cough syrup
- g. CBD products
- h. Psychedelics such as acid paper and LSD
- i. Hallucinogens such as Mushrooms
- j. Something not mentioned, please specify

41. (ADD LOGIC BASED ON PREVIOUS RESPONSES) During the past 30 days, were you under the influence of any of the following WHILE ON SCHOOL PROPERTY?

- a. Alcohol
- b. Marijuana
- c. Other illegal drugs (examples, cocaine or LSD)
- d. Prescription medications that were either not prescribed to you or took more than what was prescribed

42. During the past 12 months, has anyone offered, sold, or given you an illegal drug on school property?

43. ONLY ASKED IF NO TO 38 AND ALL OF 39 & 40. Which of the following are reasons that you have not used drugs?
(MARK ALL THAT APPLY)

- a. Health problems
- b. Legal consequences
- c. Parents would be upset
- d. Kicked out of sports or extracurricular activities
- e. My values
- f. Random student drug testing
- g. Friends would not approve
- h. No access
- i. Not interested
- j. Something not mentioned, please specify
- k. I have used drugs



**SEXUAL BEHAVIOR**

44. Have you ever participated in the following? (MARK ALL THAT APPLY)

- a. Sexual intercourse
- b. Oral sex
- c. Anal sex
- d. View pornography/naked pictures
- e. None of the above

IF YES TO A: How old were you when you had sexual intercourse for the first time?

- a. 11 years or younger
- b. 12 years old
- c. 13 years old
- d. 14 years old
- e. 15 years old
- f. 16 years old
- g. 17 years old or older

IF YES TO A: During your life, with how many people have you had sexual intercourse?

- a. 1 person
- b. 2 people
- c. 3 people
- d. 4 people
- e. 5 people
- f. 6 or more people

45. IF YES TO 44A: The last time you had sexual intercourse, what method did you and your partner use to prevent pregnancy, if applicable? (ONE RESPONSE)

- a. No method was used to prevent pregnancy
- b. Birth control pills
- c. Condoms
- d. An IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon)
- e. Withdrawal or Pull-out method
- f. Does not apply, did not have sexual intercourse with an opposite sex partner
- g. Something not mentioned, please specify

46. In the past 30 days, have any of the following situations applied to you? (MARK ALL THAT APPLY)

- a. You sent a revealing or sexual photo of yourself (direct message (DM), text, email, or electronic post)
- b. You received a revealing or sexual photo of someone (direct message (DM), text, email or electronic post)
- c. A revealing or sexual photo of you was sent without your permission (direct message (DM), text, email or electronic post)

47. Have you ever. . . ? (MARK ALL THAT APPLY)

- a. ONLY ASKED IF YES TO 44A Been pregnant
- b. ONLY ASKED IF YES TO 44A Gotten someone pregnant
- c. ONLY ASKED IF YES TO 44A Had an abortion
- d. ONLY ASKED IF YES TO 44A Had a miscarriage
- e. ONLY ASKED IF YES TO 44A Had a child
- f. Wanted to get pregnant
- g. Been treated for an STD
- h. Had sex or engaged in other sexual activity in exchange for something of value, such as food, drugs, shelter, or money
- i. Been forced or coerced to participate in any sexual activity when you did not want to

48. Where have you been taught about pregnancy, prevention, sexually transmitted diseases, AIDS or HIV infection, or the use of condoms or birth control? (MARK ALL THAT APPLY)

- a. School
- b. My doctor
- c. Parents/Guardians/Caregiver
- d. Friends
- e. Siblings (brothers/sisters)
- f. Church
- g. Internet or social media
- h. Somewhere else, please specify
- i. Have not been taught about these subjects





HEALTH AND WELLNESS

49. Which of the following sources or platforms do you rely on for health information? (MARK ALL THAT APPLY)
- Health Agencies (Local & State Health Departments, CDC, FDA)
 - Health Organizations (World Health Organization, Red Cross, American Heart Association)
 - Newspapers or Electronic Journals
 - Television News
 - National Health Authorities
 - Social media (Facebook, Twitter, Instagram, YouTube)
 - Your parents
 - Your friends
 - Your doctor
 - Something not mentioned, please specify
50. How much do you agree or disagree with the following statements? (scale: strongly agree, agree, neither agree nor disagree, disagree, or strongly disagree)
- I feel good about my body.
 - I am comfortable in my body.
 - I feel like I am attractive even if I am different from media images of attractive people (e.g., models, actresses/actors).
51. How do you describe your weight?
- Very underweight
 - Somewhat underweight
 - About the right weight
 - Slightly overweight
 - Very overweight
52. During the last 30 days, did you do anything to lose weight or keep from gaining weight?
IF YES: During the last 30 days, which of the following did you do to lose weight or keep from gaining weight? (MARK ALL THAT APPLY)
- Ate less food, fewer calories, or foods low in fat
 - Ate more fruits and vegetables
 - Drank more water
 - Exercised
 - Skipped meals
 - Gone without eating for 24 hours
 - Took diet pills, powders, shakes, or liquids without a doctor's advice
 - Vomited or took laxatives
 - Smoked cigarettes or e-cigarettes
 - Something not mentioned, please specify
53. During the past 7 days, how many times did you have a drink that was high in caffeine, such as coffee or espresso, or energy drinks, such as Red Bull, Monster, or Rockstar? (Do not include soda or pop or tea)
- | | |
|---|----------------------------|
| a. 0, did not have a drink high in caffeine | e. 2 times per day |
| b. 1 to 3 times during the past 7 days | f. 3 times per day |
| c. 4 to 6 times during the past 7 days | g. 4 or more times per day |
| d. 1 time per day | |
54. On average, how many servings of fruits and vegetables do you have per day? (Do not include French fries, Kool-Aid, or fruit flavored drinks)
- | | |
|--------------------------|-----------------------------|
| a. 0 servings | c. 3 to 4 servings a day |
| b. 1 to 2 servings a day | d. 5 or more servings a day |





55. How many days per week do you NOT have enough food such that you went to bed hungry (because your family does not have enough money for food)?
- a. 0 days
 - b. 1 day
 - c. 2 days
 - d. 3 days
 - e. 4 days
 - f. 5 or more days
56. During the past 7 days, on how many days did you exercise or were you physically active for a total of at least **60 minutes per day**? (Add up all the time you spent in any kind of physical activity that increases your heart rate and made you breathe hard some of the time.)
- a. 0 days
 - b. 1 day
 - c. 2 days
 - d. 3 days
 - e. 4 days
 - f. 5 days
 - g. 6 days
 - h. 7 days
- IF 56A =YES, ASK: What is the MAIN reason you do not exercise?
- IF 56B-H= YES, ASK: What type of exercise or physical activity do you do most often?
57. On an average school day, how many hours do you spend doing the following activities? (scale: 0 hours, less than 1 hour, 1 hour, 2 hours, 3 hours, 4 hours, 5 hours, 6 or more hours)
- a. Watch TV
 - b. Play video games (non-active)
 - c. Computer or tablet
 - d. On cell phone (talking, texting, or on the internet)
58. When did you last visit your doctor or other health care professional for a routine check-up?
- a. Less than a year ago
 - b. 1 to 2 years ago
 - c. 2 to 5 years ago
 - d. 5 or more years ago
 - e. Never
 - f. Don't know
59. How important do you feel it is to follow your doctor's recommendations? (very, somewhat, not at all)
60. When was the last time you saw a dentist for a check-up, exam, teeth cleaning or other dental work?
- a. Less than a year ago
 - b. 1 to 2 years ago
 - c. 2 to 5 years ago
 - d. 5 or more years ago
 - e. Never
 - f. Don't know
61. On an average school night, how many hours of sleep do you get?
- a. 4 or less hours
 - b. 5 hours
 - c. 6 hours
 - d. 7 hours
 - e. 8 hours
 - f. 9 hours
 - g. 10 or more hours



**MISCELLANEOUS**

62. Do you currently have any social media or online gaming accounts?

- a. IF YES: On an average school day, how many hours are you on social media (such as Instagram, TikTok or Snap Chat) or online gaming accounts? (scale: 0 hours, less than 1 hour, 1 hour, 2 hours, 3 hours, 4 hours, 5 hours, 6 or more hours)
- b. IF YES: Do you ever use any of the following social media sites or online gaming platforms? (MARK ALL THAT APPLY)
 - i. Facebook
 - ii. YouTube
 - iii. Instagram
 - iv. Pinterest
 - v. Twitter
 - vi. SnapChat
 - vii. TikTok
 - viii. Reddit
 - ix. Xbox live
 - x. Play Station network
 - xi. Twitch
 - xii. Steam
 - xiii. WhatsApp
 - xiv. Discord
 - xv. Something not mentioned, please specify
- c. IF YES: Thinking about your social media or online gaming accounts, which of the following apply? (MARK ALL THAT APPLY)
 - i. I know all the people that “follow/friend” me
 - ii. I know all the people I play online with
 - iii. I share personal information about myself, such as where I live
 - iv. My account is currently checked private
 - v. My friends have the password to some or all of these accounts
 - vi. My parents have the password to these accounts
 - vii. My parents do not know that I have an account
 - viii. I believe sharing personal information online is dangerous
 - ix. I have been bullied as a result of these accounts
 - x. I have been asked to meet someone I met online
 - xi. I have participated in sexual activity with someone I met online

63. What are your plans for the future? (MARK ALL THAT APPLY)

- a. Won't finish high school
- b. Get my GED
- c. Will graduate from high school
- d. Will attend a community college or technical/trade school
- e. Will attend a 4-year college
- f. Will join the military
- g. Will go straight to work
- h. Something not mentioned, please specify





64. Do you have someone in your life such as a parent/guardian, grandparent or other family member or trusted adult to do any of the following? Select:

| | Parent/Guardian | Grandparent/ Other Family | Trusted adult | No one |
|--|-----------------|------------------------------|------------------|--------|
| Help you with your schoolwork | | | | |
| Talk to you about school | | | | |
| Ask you about homework | | | | |
| Go to meetings or events at your school | | | | |
| Make the family eat together | | | | |
| Talk to you about alcohol, vaping, drug use or sex | | | | |
| Talk to you about healthy choices | | | | |
| Talk to you about social media | | | | |
| Make themselves available to talk when needed | | | | |

65. How much do you agree or disagree with the following statements (scale: strongly agree, agree, neither agree nor disagree, disagree, or strongly disagree)

- a. I get a lot of encouragement
- b. My teachers push me to do my best
- c. My teachers care about me
- d. I am bored at school
- e. I have skipped school in the past month
- f. I come to class unprepared
- g. Classes that I wanted to take got cut
- h. Extracurricular activities I was involved in got cut
- i. We have a lot of school pride
- j. Our community supports our school
- k. I have what is needed to be prepared for school
- l. I am comfortable talking to my parent/guardian

66. During the past 30 days, where did you usually sleep?

- a. In my parent's or guardian's home
- b. In the home of a friend, family member, or other person because I had to leave my home or my parent or guardian cannot afford housing
- c. In a shelter or emergency housing
- d. In a motel or hotel
- e. In a car, park, campground, or other public place
- f. I do not have a usual place to sleep
- g. Somewhere else



Youth Asset

| Medina County Schools Mental Health and Prevention Services | | |
|---|---------------------------|---|
| School | Agency | Service |
| Black River | OhioGuidestone | School-based mental health and prevention services in all buildings. Whole classroom groups with a psychoeducation focus for various grades. Two staff members provide mental health services at all three schools |
| | ADAMH K-12 Funding | This funding was used to implement <i>Skillstreaming</i> resiliency groups for grades K-12. |
| | Medina County Aware - KSU | The Mental Health First Aid (MHFA) program was implemented into the school district by training approximately 35% of their teachers, staff and administrators over a 3-year period. The district selected two individuals to complete the MHFA Instructor training and are now able to facilitate ongoing training sessions throughout the district. |
| Brunswick | Alternative Paths | Mental health and substance use prevention presentations are held each year at the middle school and high school level. |
| | Catholic Charities | Catholic Charities has one counselor at Buckeye Schools one day per week. |
| | OhioGuidestone | All prevention work is with the <i>Botvin Life Skills</i> curriculum and tailored to the needs of each school. Prevention services are available to all schools. <i>Skillstreaming</i> resiliency groups are provided at Brunswick High School, Middle School, and Memorial Elementary. Individual mental health services and groups are offered at all district school buildings. All nine schools have a school-based mental health therapist assigned to them. Four full-time therapists split the schools. <ul style="list-style-type: none"> • Brunswick High School (9-12) • Brunswick Middle School (6-8) • Applewood Elementary (K-5) • Crestview Elementary (K-5) • Hickory Ridge Elementary (K-5) • Huntington Elementary (K-5) • Kidder Elementary (K-5) • Memorial Elementary (K-5) • Towslee Elementary (K-5) |
| | ADAMH K-12 Funding | This funding was used to implement <i>Skillstreaming</i> resiliency groups for grades K-12, and to expand both Second Step programming, and <i>Where Everyone Belongs</i> to middle school youth in the district. |
| | Medina County Aware - KSU | <i>The Mental Health First Aid (MHFA)</i> program was implemented into the school district by training approximately 35% of their teachers, staff and administrators over a 3-year period. The district selected two individuals to complete the MHFA Instructor training and are now able to facilitate ongoing training sessions throughout the district. |
| | | |



| Medina County Schools Mental Health and Prevention Services | | |
|---|---------------------------|---|
| School | Agency | Service |
| Buckeye | Alternative Paths | Mental health and substance use prevention presentations are held each year at the middle school and high school level. |
| | Catholic Charities | Catholic Charities has one counselor at Buckeye Schools one day per week. |
| | OhioGuidestone | One staff member provides prevention groups for the high school and middle school. |
| | The Oaks | One mental health counselor four hours per week at Buckeye Middle School through FACT funding |
| | ADAMH K-12 Funding | The funding was used to implement the ROX (<i>Ruling Our Experience</i>) program for girls in alternating grades 5 through 11, as well as the <i>HOPE Squad</i> for all middle school and high school students. |
| | Medina County Aware - KSU | The Mental Health First Aid (MHFA) program was implemented into the school district by training approximately 35% of their teachers, staff and administrators over a 3-year period. The district selected two individuals to complete the MHFA Instructor training and are now able to facilitate ongoing training sessions throughout the district. |
| Cloverleaf | Alternative Paths | Mental health and substance use prevention presentations are held each year at the middle school and high school level. |
| | ADAMH K-12 Funding | This funding was used to implement <i>HOPE Squad</i> for middle school and high school students, as well as <i>Why Try</i> for high school students and <i>Second Step</i> for middle school youth. |
| | Medina County Aware - KSU | <i>The Mental Health First Aid (MHFA)</i> program was implemented into the school district by training approximately 35% of their teachers, staff and administrators over a 3-year period. The district selected two individuals to complete the MHFA Instructor training and are now able to facilitate ongoing training sessions throughout the district. |
| Highland | Alternative Paths | Mental health and substance use prevention presentations are held each year at the middle school and high school level. |
| | OhioGuidestone | Prevention services in Highland HS and MS, using <i>Botvin Life Skills</i> and <i>Skillstreaming</i> curricula. Services are tailored to meet the needs of each school. Treatment services available in all schools. One full time therapist splits all schools. |
| | Medina County ESC | Has one full time licensed social worker in Highland Schools. |
| | ADAMH K-12 Funding | This funding was used to expand <i>Second Step</i> programming. |
| | Medina County Aware - KSU | <i>The Mental Health First Aid (MHFA)</i> program was implemented into the school district by training approximately 35% of their teachers, staff and administrators over a 3-year period. The district selected two individuals to complete the MHFA Instructor training and are now able to facilitate ongoing training sessions throughout the district. |

| Medina County Schools Mental Health and Prevention Services | | |
|---|---|---|
| School | Agency | Service |
| MCCC | | The Medina County Career Center has a dedicated counselor on staff to meet the personal and social needs of their students. In addition, some students receive services through their home school. Additionally, students are referred out to services as needed. Due to the unique characteristics of the MCCC's shortened school day, students traveling from other parts of the county, this is how service needs have been met. |
| | Medina County Aware - KSU | <i>The Mental Health First Aid (MHFA)</i> program was implemented into the school district by training approximately 35% of their teachers, staff and administrators over a 3-year period. The district selected two individuals to complete the MHFA Instructor training and are now able to facilitate ongoing training sessions throughout the district |
| Medina | Alternative Paths | Provides prevention groups for resiliency and social skills weekly, as well as general prevention services one day per week at Claggett Middle School. |
| | Bellefaire | Bellefaire is in Medina High School, two of the Middle Schools and in multiple elementary schools providing mental health services to at-risk populations receiving Medicaid. |
| | ADAMH K-12 Funding | This funding was used to implement HOPE Squad for grades 6-12, and <i>Skillstreaming</i> resiliency programming for grades K-12 |
| | Medina County Aware - KSU | <i>The Mental Health First Aid (MHFA)</i> program was implemented into the school district by training approximately 35% of their teachers, staff and administrators over a 3-year period. The district selected two individuals to complete the MHFA Instructor training and are now able to facilitate ongoing training sessions throughout the district. |
| Wadsworth | Alternative Paths | Mental health and substance use prevention presentations are held each year at the middle school and high school level. |
| | Bellefair | Provides school-based mental health services for grades 6-12, and a mental health specialist provides case management services in all three elementary schools. Referrals are made to their after-school program. |
| | Red Oak Behavioral Health (Akron) | Two full time school-based therapists in the district; one serving students at the middle school and high school, and one serving all three elementary schools. |
| | Cornerstone Psychological | Provides three school-based therapists to fill gaps from current partnerships. |
| | ADAMH K-12 Funding | This funding was used to implement 7 <i>Mindset</i> programming for middle school youth, <i>Mental Health First Aid</i> programming for 6 th through 12 th graders, <i>Teen Mental Health First Aid</i> training for all 10 th graders, <i>ROX (Ruling Our Experiences)</i> programming for 5 th through 12 th grade girls, and to expand their <i>Too Good for Drugs</i> curriculum to the high school. Additionally, they added the <i>Second Step</i> curriculum in elementary schools, and the <i>Signs of Suicide</i> curriculum for 9 th graders. |
| Medina County Aware - KSU | <i>The Mental Health First Aid (MHFA)</i> program was implemented into the school district by training approximately 35% of their teachers, staff and administrators over a 3-year period. The district selected two individuals to complete the MHFA Instructor training and are now able to facilitate ongoing training sessions throughout the district. | |

