



2025 Vermont Youth Risk Behavior Survey Statewide Report

August 2026

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About the YRBS

The Vermont Youth Risk Behavior Survey (YRBS) is part of a national school-based program managed by the Centers for Disease Control and Prevention (CDC). The YRBS monitors health risk behaviors that contribute to the leading causes of death and disability among youth and young adults and high-priority health topics.

- Behaviors that lead to injuries and violence
- Sexual behaviors related to unintended pregnancy and sexually transmitted diseases (STDs), including HIV infection
- Alcohol and other drug use
- Tobacco use
- Unhealthy dietary behaviors
- Inadequate physical activity
- Social determinants of health

Data Matters

- YRBS results provide the best picture of adolescent health at all levels: national, state, and local. It's our hope that schools and communities around Vermont use this information to drive prevention efforts, school policies and student programming. Here are some more action steps to get you started in using these results:
- **Start the Conversation:** Use the YRBS to begin a conversation with teens about the personal choices they make or about the health of their community.
- **Increase Awareness:** The YRBS provides an opportunity to break through “denial” and make community members aware of the risks that their young people face
- **Plan and Evaluate Programs:** Survey results can help identify strengths and weaknesses in communities and can inform strategies to address those weaknesses.
- **Participate in Getting to 'Y':** [Getting to Y](#) is an opportunity for students to take a lead in bringing meaning to their own Youth Risk Behavior Survey data and taking steps to strengthen their school and community based on their findings.

YRBS in Vermont

The Vermont Department of Health has conducted the YRBS in Vermont schools since 1993. We collaborate with the Agency of Education to administer the YRBS every two years during the spring semester at all public schools and select independent schools.

About the YRBS

Methodology and Accuracy

The YRBS is designed to protect students' privacy. It's **confidential, anonymous, and optional for students**. When reporting data, we follow suppression rules to provide additional privacy.

Completion of the survey depends on a student's ability to read, understand, and complete the questionnaire on their own or with computer-assisted technology (e.g., screen readers). Students with very limited reading skills or significant intellectual or learning disabilities may not be fully represented in this data.

How accurate are the results?

Research shows that self-reported survey data from adolescents is as credible as self-reported data from adults. The anonymous survey design and survey environment encourage students to be honest and open.

Consistency checks, weights, and other internal checks are used to ensure the data is accurate and representative. For more information on survey reliability, read "[Do students tell the truth?](#)" Additional information about survey reliability is available www.cdc.gov/healthyyouth/data/yrbs.

Updates, Considerations and Resources

In 2019, Vermont began administering a web-based version of the YRBS. Students complete the YRBS online using a unique, random login code to access the survey online. No survey logic or skip patterns are used to ensure all students complete the survey in approximately the same time frame, regardless of how they answer questions.

In 2021, the YRBS was delayed due to the COVID-19 pandemic. Read more about how this may have impacted the 2021 survey results [here](#).

Additional information about the methodology of the national, state, and large urban school district YRBSs has been described by the CDC and can be found [online](#).

Understanding the YRBS Results

This document is organized into two reports, a high school summary and a middle school summary. Each report is broken down into topic-based chapters.

Throughout these reports, responses to all questions are broken down into dichotomous indicators (male vs female students) or yes/no responses. For each indicator, the overall 2025 Vermont prevalence rate as well as demographic breakdowns are shown. An example of a report page with a chart and data examples is on the next page.

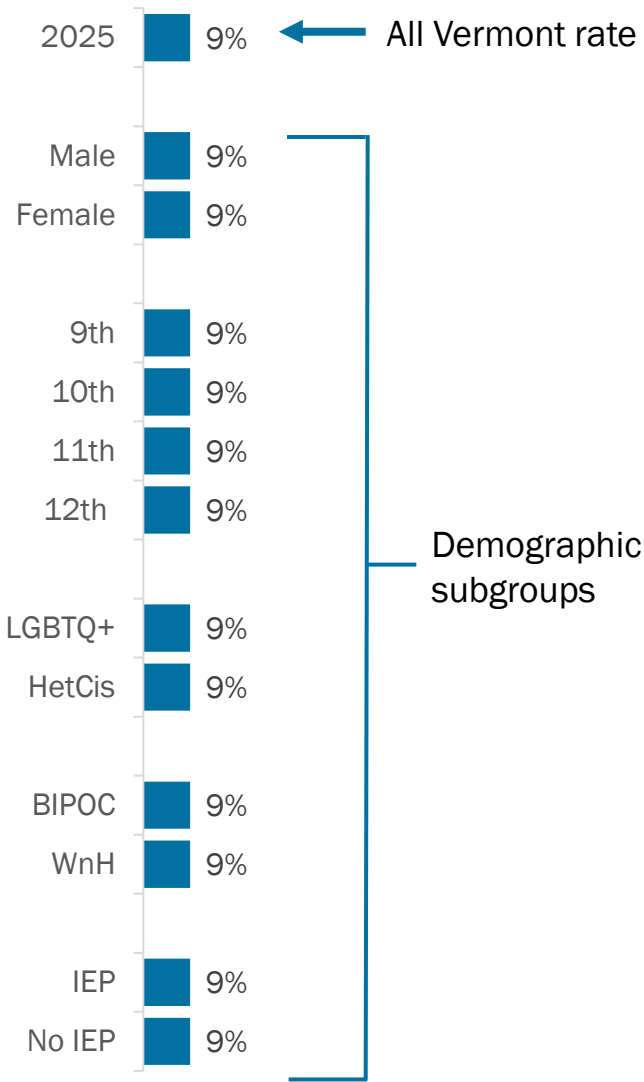
Understanding and Interpreting the Results

- **Statistical Significance:** Sometimes, when comparing the responses of two or more groups, the overall percent may look very different, but the two numbers are not statistically different. This is calculated by comparing the 95% confidence intervals of two or more values. If the confidence intervals overlap, the percentages are not statistically different. If the confidence intervals do not overlap, there is a statistical difference between the two groups.
- **Trend Data:** In addition to showing students' behaviors and experiences in 2025, this report also highlights changes from 2023 to 2025 and how the data has changed over the past ten years.
- Changes from 2023 to 2025 tend to show the most recent signs of progress, stability, or concern. Changes between 2015 and 2025 describe whether the prevalence of each behavior has increased, decreased, or stayed the same over the past 10 years. If a question has not been asked in all years, the first year the question was asked will be used to describe long-term changes.
- **Data Suppression:** For some questions, not enough students respond to be able to report an estimate. In those instances, "NA" is in place of a percentage indicating "too few students." Reportable estimates include a numerator of at least 5 students and denominator of 50 or more students.

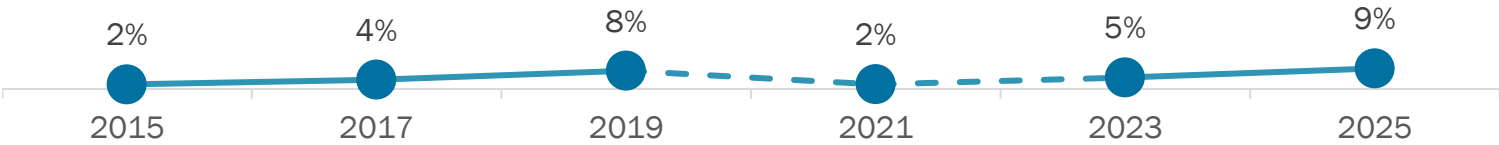
How to read this report

- This report contains narrative, bar charts, and other graphs describing survey results for the 2025 questionnaire.
- Each chart graphically describes the weighted prevalence rate (%) of students that report behavior.
- Prevalence rates are reported by demographic subgroups including sex, grade, race/ethnicity, sexual orientation/gender identity, and IEP/504 plan access. See the chart on the right half of this page for an example. Statistically significant differences by demographic groups are noted in the text, if they exist.
- The trend line below shows prevalence rates for this question over time. Questions are not asked every year, so there may be gaps. The dotted line signals caution around the use of and comparison of the [2021](#) results. An asterisk (*) is shown with every mention of the [2021](#) survey as a reminder that the 2021 survey was administered late due to the COVID-19 pandemic, which changed several factors of the survey.

Example of prevalence rates by demographic subgroups



Results over the past decade or when a question was first asked.



New in 2025

Each year, modifications to the questionnaires are typically made to reflect rising areas of concern, societal changes, or new research recommendations. Copies of the Vermont YRBS questionnaires are available online at www.HealthVermont.gov/yrbs.

Both High School and Middle School

Feel close to people at school

Sexual violence by someone 5+ years older

Treated unfairly: LGBTQ+

Access to loaded gun

High School Only

Adult in home tries to meet basic needs

Talk to caring adult about feelings

Talk to caring friends about feelings

Emotional dating violence

Treated unfairly: Race ethnicity

Parent: Problem with alcohol or drugs

Parent: Mental illness

Separated from parent

Insulted by a parent

Physically hurt by a parent

Adults in home physically hurt each other

Middle School Only

Teased because of weight or appearance

2025 Vermont Youth Risk Behavior Survey High School Results



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High School Results

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Survey Sample and Demographics

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2025 Sample and Response Rate

This report presents the high school results from all public schools with students in grades nine through twelve, including independent and interstate schools, that serve as the public high school in their Supervisory Union. The results in this report are weighted by sex, grade, and race/ethnicity to compensate for absenteeism and incomplete surveys, as well as those few schools that chose not to participate.

Between January and May 2025, students at 58 high schools took the 2025 Vermont School Youth Risk Behavior Survey. Survey procedures protect students' privacy by allowing for anonymous and voluntary participation and completion during a single class period. The survey included 115 questions.

After administration, the CDC cleans and edits the data file for inconsistencies. Missing data are not statistically imputed. Among the 15,402 completed questionnaires, 325 surveys failed quality control and were excluded from the final data set, resulting in 15,077 usable questionnaires.

	High School Response Rate [†]
Schools	97% (58 of the 60 eligible schools)
Students	68% (15,077 of the 22,313 eligible students submitted usable questionnaires)
Overall	97% * 68% = 65%[†]

[†] Overall response rate is computed as (number of participating schools/number of eligible sampled schools) * (number of usable questionnaires / number of eligible students sampled in participating schools).

Demographics

Note for the following demographic pages: Unweighted number of students includes those who completed the survey or question. Students are not required to answer questions on the YRBS. Therefore, totals by specific demographics may not equal the overall total.

Sex

The high school YRBS asked students “What is your sex?” Response options included male or female.

Overall	Unweighted N*
Vermont Students	15,077

Grade

The high school YRBS asks students, “In what grade are you?” This report includes students who responded 9th, 10th, 11th and 12th grade.

Sex	Unweighted N*	Weighted %
Male	7,719	52%
Female	7,319	48%

Statistical comparisons include if all grade levels were different (a behavior increases or decreases with each grade level) and if students in 9th and 10th grade are different from students in grades 11 and 12. These differences are described as older students are more or less likely to experience a behavior than younger students.

Grade	Unweighted N*	Weighted %
9th grade	4,472	25%
10th grade	4,168	25%
11th grade	3,742	25%
12th grade	2,615	24%
Younger students (9 th and 10 th)	8,640	51%
Older students (11 th and 12 th)	6,357	49%

Sexual and Gender Identity

The high school YRBS includes a question asking students if they identify as transgender and a question asking students how they describe their sexual identity. In this report responses are grouped into two categories:

- **LGBTQ+.** This group includes students who answered that they are (1) transgender or are not sure if they are transgender or (2) describe themselves as lesbian, gay, bisexual, questioning, or some other way.
- **Heterosexual and Cisgender (HetCis).** This group includes students who answered that they are (1) not transgender and (2) describe themselves as heterosexual (straight).

Sexual Orientation and Gender Identity	Unweighted N*	Weighted %
LGBTQ+	3271	23%
Heterosexual Cisgender	11,337	77%

Sexual Orientation	Unweighted N*	Weighted %
Heterosexual (straight)	11,478	76%
Gay or Lesbian	601	4%
Bisexual	1,585	11%
I describe my sexual identity some other way	537	4%
I am not sure about my sexual identity (questioning)	473	3%
I do not know what this question is asking^	327	2%

Gender	Unweighted N*	Weighted %
No, I am not transgender	13,905	93%
Yes, I am transgender	604	4%
I am not sure if I am transgender	302	2%
I do not know what this question is asking^	219	1%

^ Students that answered they did not understand the question were excluded from sexual orientation and gender identity analysis.

Race and ethnicity

The high school YRBS asked students a single question “What is your race and/or ethnicity?”. Prior to 2025, students were asked two questions: “Are you Hispanic or Latino?” and “What is your race?”. In addition, Middle Eastern or Northern African was added as a response option. The YRBS allows students to select one or more races. In this report, responses are grouped into two categories:

- **BIPOC.** This group includes students who answered that they were American Indian or Alaska Native, Asian, Black or African American, Hispanic or Latino, Middle Eastern or North African, Native Hawaiian or Pacific Islander.
- **White non-Hispanic (WnH).** This groups includes students who answered that they are white.

Race / Ethnicity	Unweighted N*	Weighted %
BIPOC	2,792	12%
White, non-Hispanic	12,151	88%

Race / Ethnicity	Unweighted N*	Weighted %
Am Indian/Alaska Native	187	1%
Asian	436	2%
Black or African American	575	3%
Hispanic or Latino	300	2%
Mideast/North African	81	0.3%
Native Hawaiian/Pacific Islander	24	0.1%
White	12,151	87%
Multiple - Hispanic	432	2%
Multiple - Non-Hispanic	838	3%

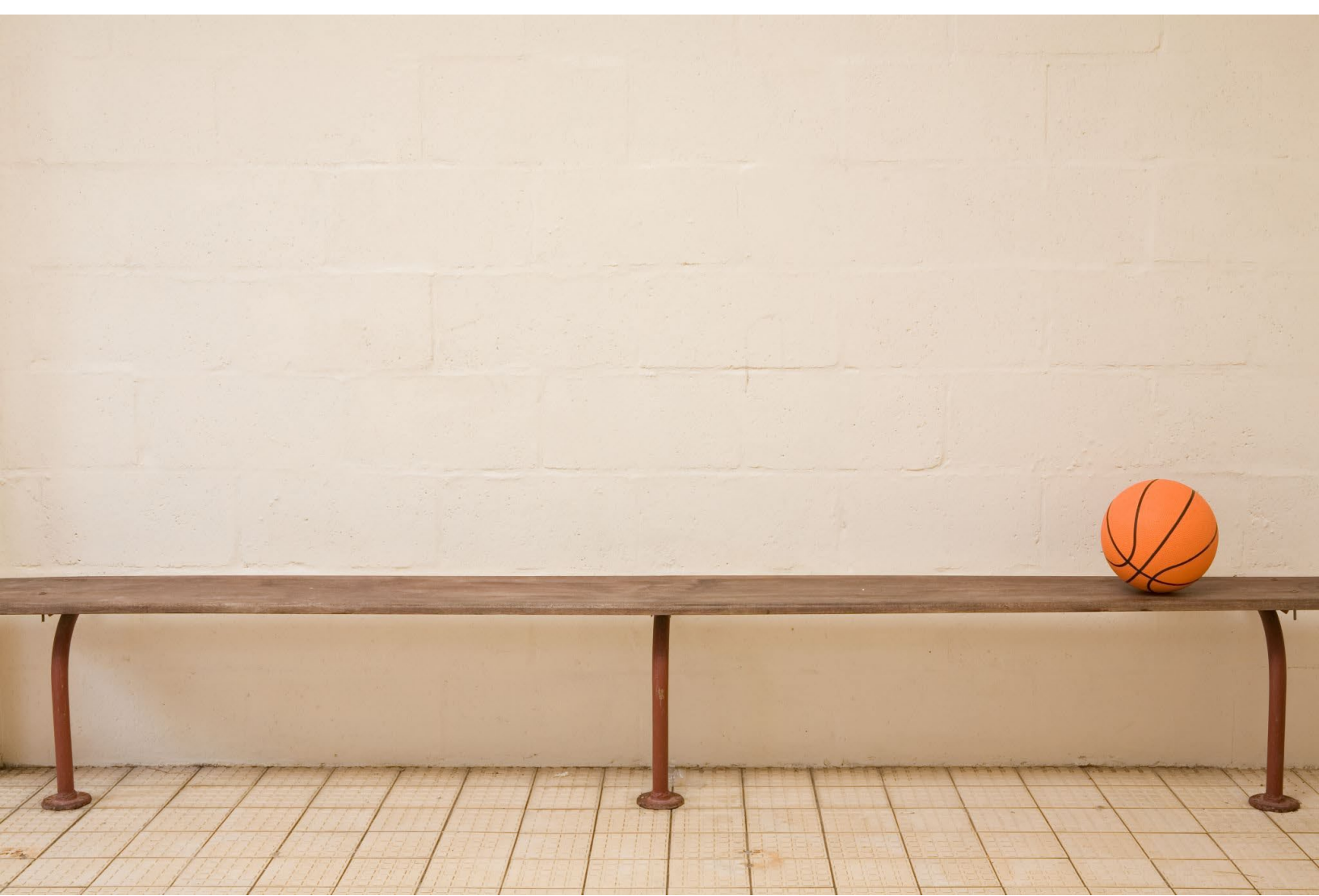
Disability

The high school YRBS includes a question “Do you receive Special Education services through an Individualized Education Plan (IEP) or 504 plan? In this report, responses are grouped into two categories:

- **IEP.** This group includes students who answered yes, they have an IEP or 504 plan.
- **No IEP.** This groups includes students who answered that no longer have an IEP, do not have an IEP, or are not sure.

IEP status	Unweighted N*	Weighted %
Have current IEP / 504 Plan	2,656	18%
No IEP / 504 Plan	11,794	82%

Disability	Unweighted N*	Weighted %
Have an IEP or 504 Plan	2,656	18%
Previously had an IEP or 504 Plan	1,121	8%
No IEP or 504 Plan	9,566	66%
Not sure	1,107	8%



Unintentional Injuries and Prevention

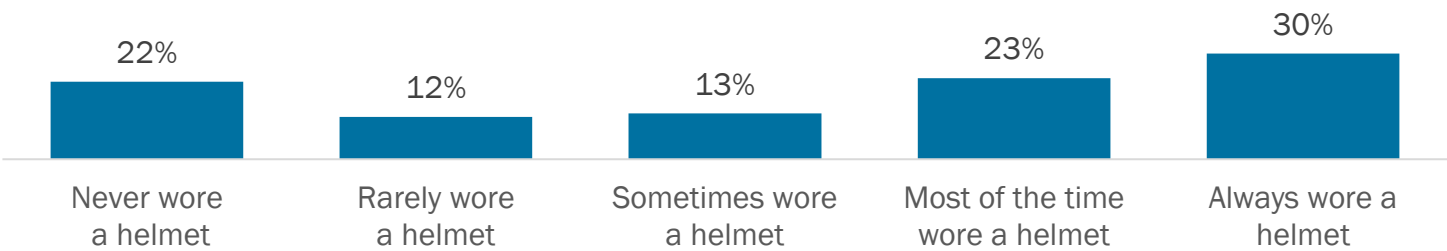
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Helmet Use

Among students who rode a bicycle, skateboard, or rollerbladed

- Overall, 71% of high school students rode a bicycle, skateboard, or rollerbladed during the past year.
- Among students who used a bicycle, skateboard or rollerbladed during the past year:
 - 22% never wore a helmet
 - About a quarter rarely (12%) or sometimes (13%) wore a helmet
 - 23% wore a helmet most of the time
 - Three in ten (30%) always wore a helmet

Helmet use, among those who rode a bicycle, skateboard or used rollerblades, past year.



Helmet Use

Among students who rode a bicycle, skateboard or rollerbladed

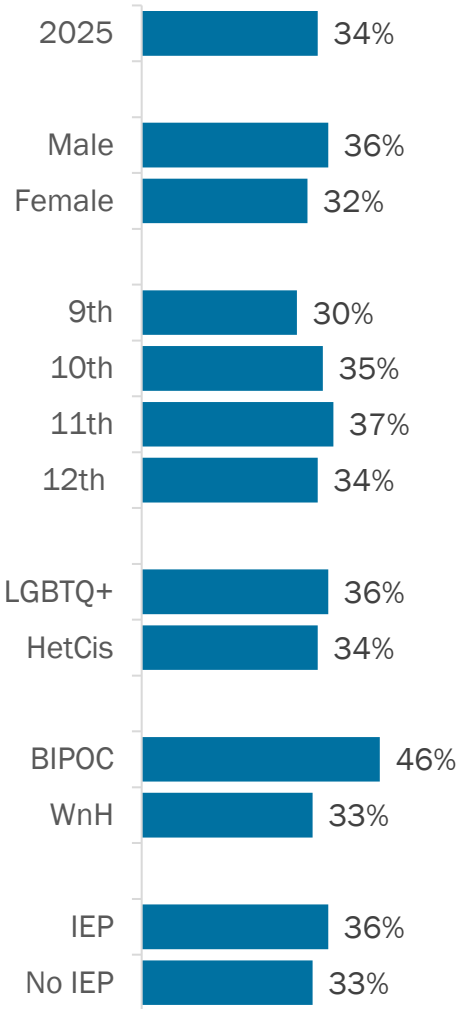
Just over a third of high school students (34%) who rode a bicycle, skateboard or rollerbladed in the past year never or rarely wore a helmet.

Among those who rode a bike, skateboard, or rollerbladed in the past year:

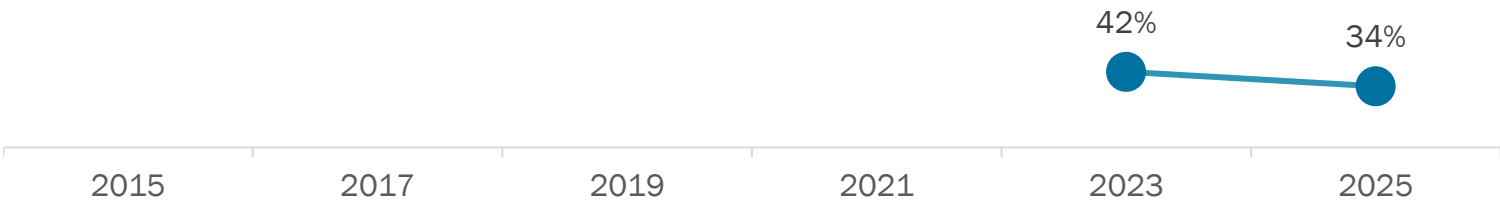
- Male students, older students and BIPOC students are statistically more likely to never or rarely wear a helmet.
- Helmet use does not statistically differ by sexual orientation and gender identity or among students with or without an IEP.

Never or rarely using a helmet while riding a bicycle, skateboard or rollerblading statistically decreased between 2023 and 2025.

Percent of high school students who never or rarely wore a helmet, among students who rode a bicycle, skateboard or used rollerblades, past year.



Percent of high school students who never or rarely wore a helmet, among students who rode a bicycle, skateboard or used rollerblades in the past year, over time.



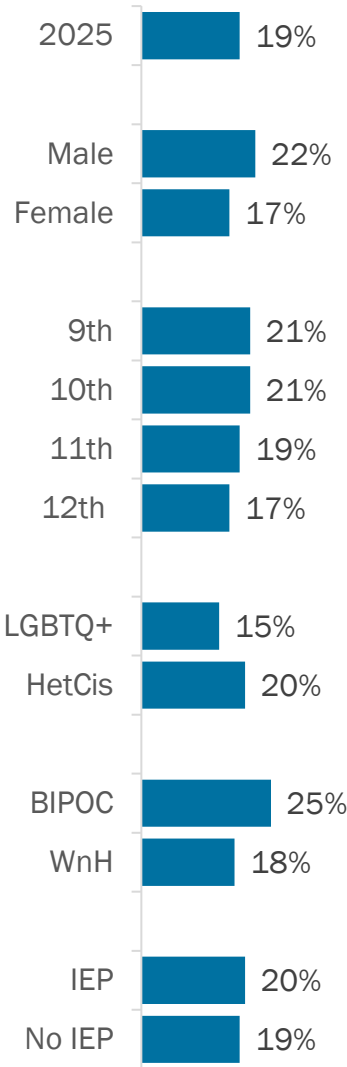
Concussions

Nearly one in five high school students (19%) report at least one concussion while playing a sport or being physically active in the past year.

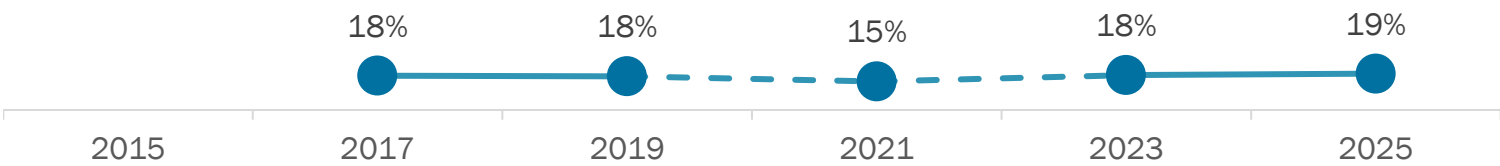
- One in 12 students (9%) report two or more concussions in the past year.
- Male students, younger students, heterosexual cisgender students, and BIPOC students are statistically more likely to report having at least one concussion during the past year.
- Having a concussion in the past year did not differ among students with or without an IEP.

Compared to 2017, the percent of students with a concussion statistically increased. The comparison between 2023 and 2025 is not a statistically significant change.

Percent of high school students who had a concussion from playing a sport or being physically active, past year.



Percent of high school students who experienced at least one concussion over time.



Sunburn

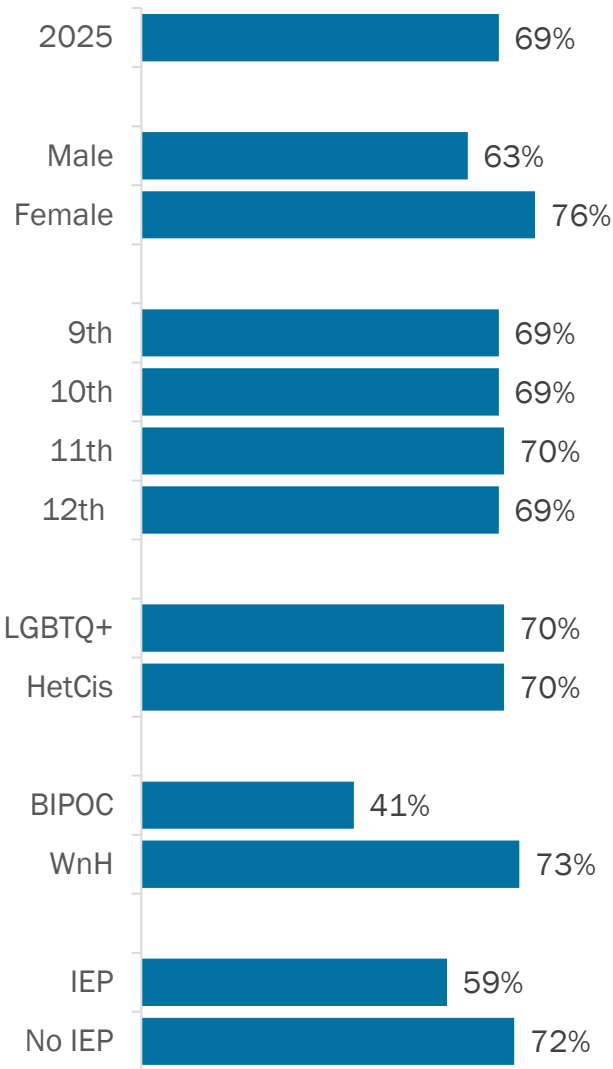
Nearly seven in 10 high school students (69%) report at least one sunburn during the past year. Four in 10 (39%) had three or more sunburns during the past year.

- Female students, white non-Hispanic students and students without an IEP are statistically more likely to have at least one sunburn during the past year.
- Having a sunburn does not statistically differ by grade level or sexual orientation and gender identity.

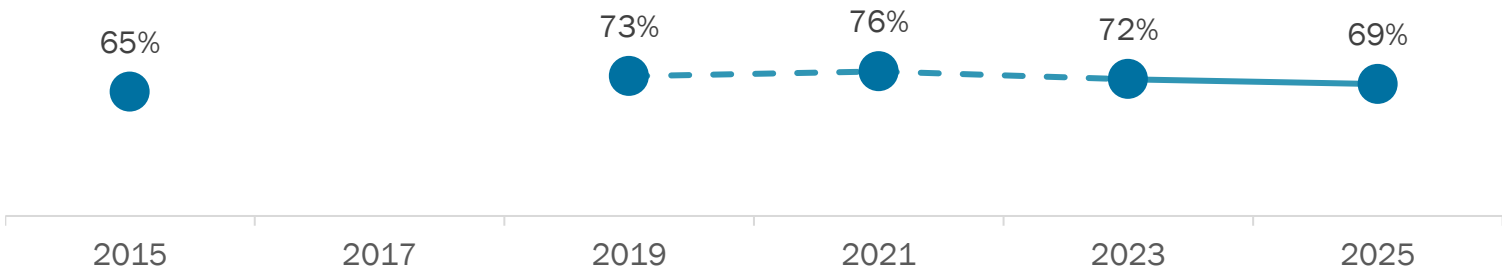
Compared to 2015, the percent of students who had at least one sunburn statistically increased.

Having a sunburn during the previous year statistically decreased between 2023 and 2025.

Percent of high school students who had at least one sunburn, past year.



Percent of high school students had a sunburn over time.



Asked About Tobacco Product Use

Among students who saw a doctor, dentist or nurse

During the past year, 84% of students saw a doctor, dentist or nurse.

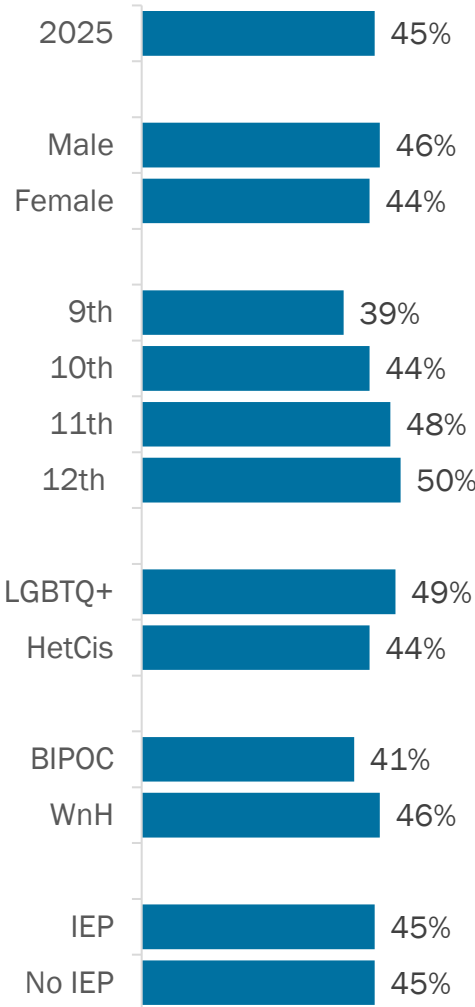
Among high school students who saw a doctor, dentist or nurse during the past year 45% were asked if they used tobacco products. Seventeen percent were not sure if they were asked.

Among students who saw a doctor, dentist or nurse during the past year:

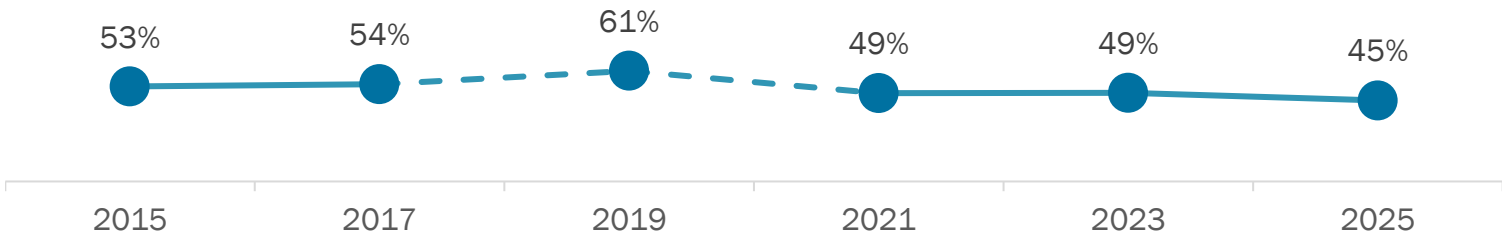
- Older students, LGBTQ+ students, and white non-Hispanic students are statistically more likely to report being asked about using tobacco products by a medical provider.
- Being asked about smoking by a medical provider does not differ by sex or among students with or without an IEP.

Compared to 2015 and between 2023 and 2025, the percent of students asked about tobacco product use by a medical provider statistically decreased.

Percent of high school students asked by a medical provider about tobacco use, past year.



Percent of high school students who were asked about tobacco use by a medical provider over time.





Motor Vehicle Safety

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Sent a Text or Email While Driving

Among students who drove a vehicle

Four in 10 (40%) high school students who drove a vehicle during the past 30 days report texting or emailing while driving.

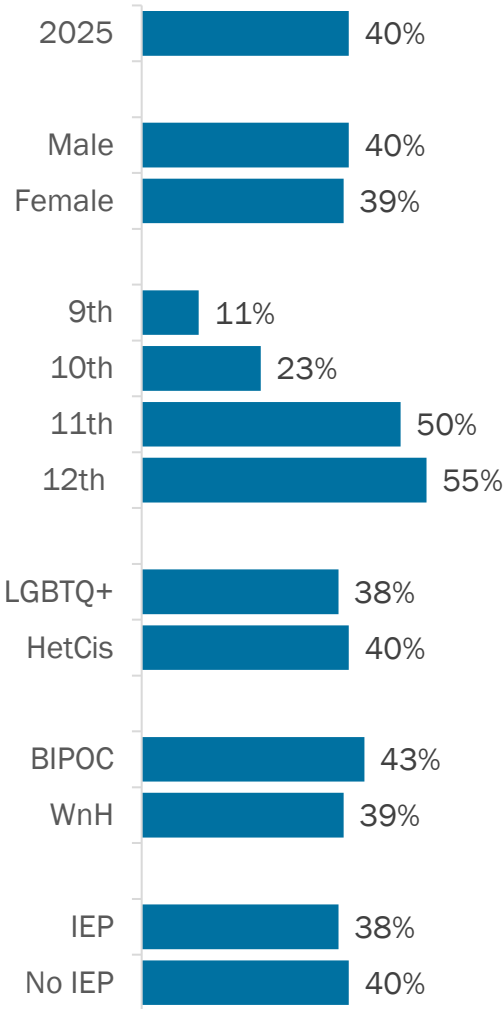
Among students who drove during the past 30 days:

- Texting or emailing while driving statistically increases with each grade level.
- Driving while texting or emailing does not statistically differ by sex, sexual orientation and gender identity, race and ethnicity, or having an IEP.

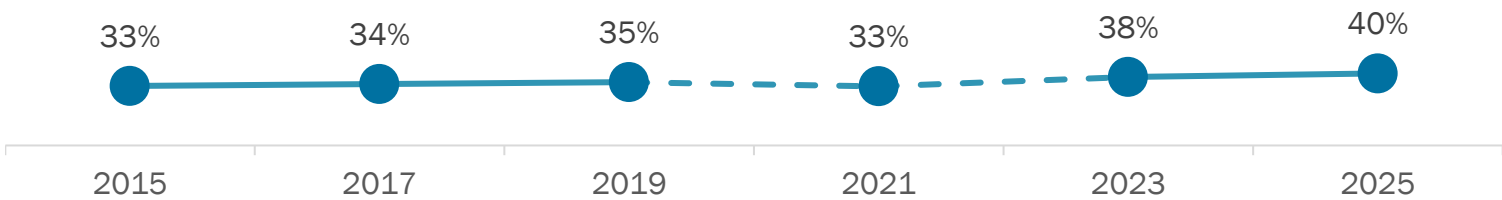
Compared to 2015, the percent of students texting while driving a vehicle statistically increased.

Texting while driving did not statistically change between 2023 and 2025.

Percent of high school students who texted or e-mailed while driving a vehicle, past 30 days.



Percent of high school students who texted while driving a vehicle over time.



Drinking Alcohol and Driving

Among students who drove a vehicle

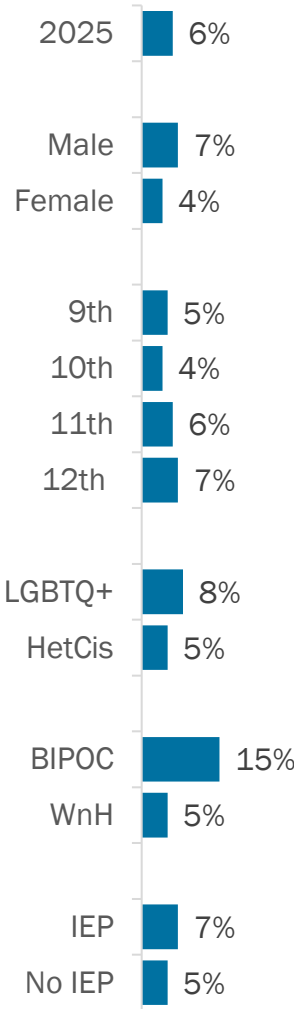
Among students who drove a vehicle during the past 30 days, one in 15 (6%) report driving when drinking alcohol.

Among students who drove during the past 30 days:

- Male students, older students, LGBTQ+ students, BIPOC students, and students with an IEP are statistically more likely to drink and drive.

Compared to 2015 and between 2023 and 2025, the percent of students who drove a vehicle when drinking statistically decreased.

Percent of high school students who drove while drinking alcohol, past 30 days.



Percent of high school students who drove when drinking alcohol over time.



Marijuana Use and Driving

Among students who drove a vehicle

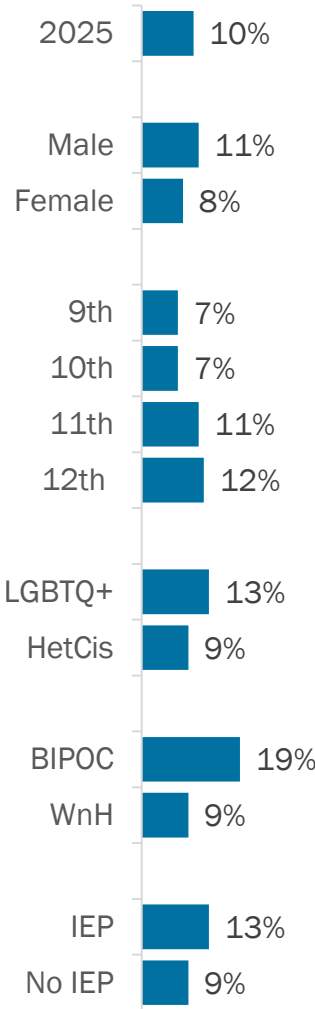
Among students who drove a vehicle during the past 30 days, about one in 10 (10%), report driving while using marijuana.

- Among students who drove during the past 30 days, male students, older students, LGBTQ+ students, BIPOC students, and students with an IEP are statistically more likely to drive when using marijuana.

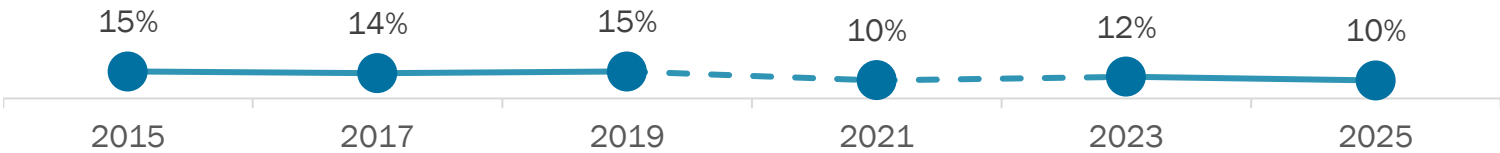
Compared to 2015 and between 2023 and 2025, driving when using marijuana statistically decreased.

Note: Prior to 2017, questions about marijuana and driving referred to “smoking” marijuana. This was changed to “using marijuana”

Percent of high school students who drove while using marijuana, past 30 days.



Percent of high school students who drove when using marijuana over time.



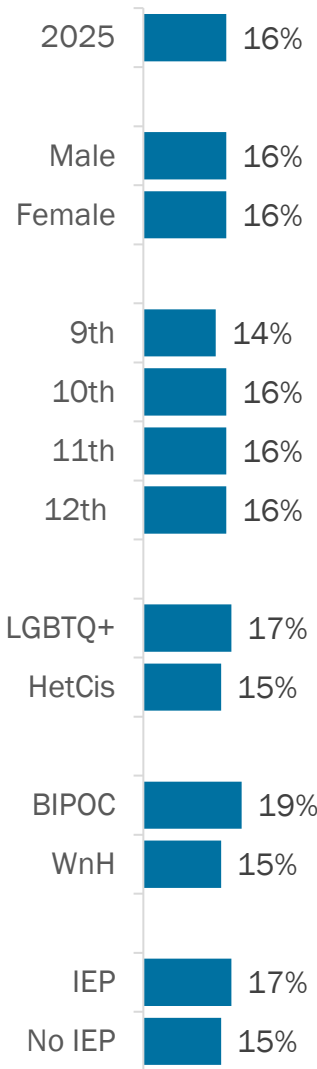
Riding in a Vehicle and Alcohol Use

During the past 30 days, about one in six high school students (16%) report riding in a vehicle with someone who had been drinking alcohol.

- BIPOC students are statistically more likely to ride in a vehicle with someone who was drinking.
- Riding in a vehicle with someone who was drinking alcohol does not statistically differ by sex, grade level, sexual orientation and gender identity, or having an IEP.

Compared to 2015 and 2023, the percent of students who rode with a driver using alcohol statistically decreased.

Percent of high school students who rode in a vehicle driven by someone who had been drinking alcohol, past 30 days.



Percent of high school students who rode in a vehicle with someone using alcohol over time.



Riding in a Vehicle and Marijuana Use

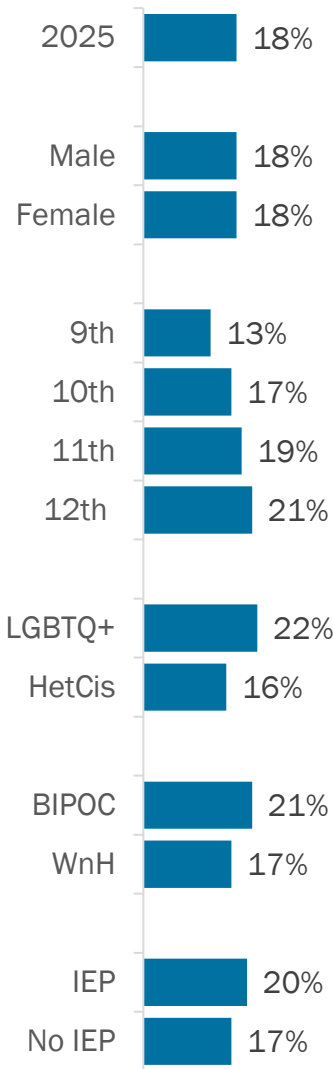
During the past 30 days, just under one in five high school students (18%) report riding in a vehicle with someone who had been using marijuana.

- Older students, LGBTQ+ students, BIPOC students and students with an IEP are statistically more likely to ride in a vehicle with a driver who had used marijuana.
- Riding in a vehicle with someone who was using marijuana does not statistically differ by sex.

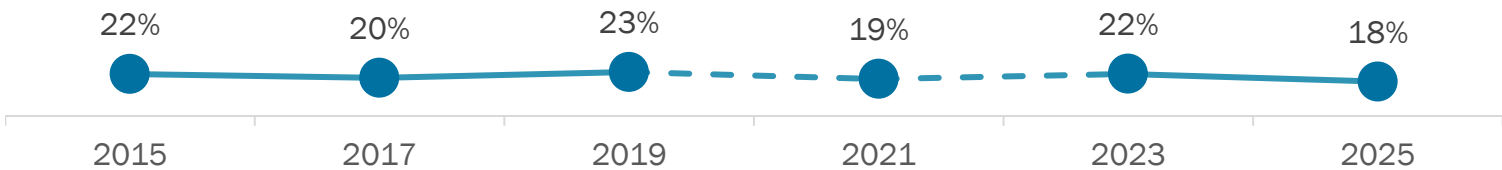
Compared to 2015 and 2023, riding in a vehicle with someone who was using marijuana statistically decreased.

Note: Prior to 2017, questions about marijuana and driving referred to “smoking” marijuana. This was changed to “using marijuana”

Percent of high school students who rode in a vehicle driven by someone who had been using marijuana, past 30 days.



Percent of high school students who rode in a vehicle with someone using marijuana over time.





Bullying and School Safety

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Threatened with a Weapon on School Property

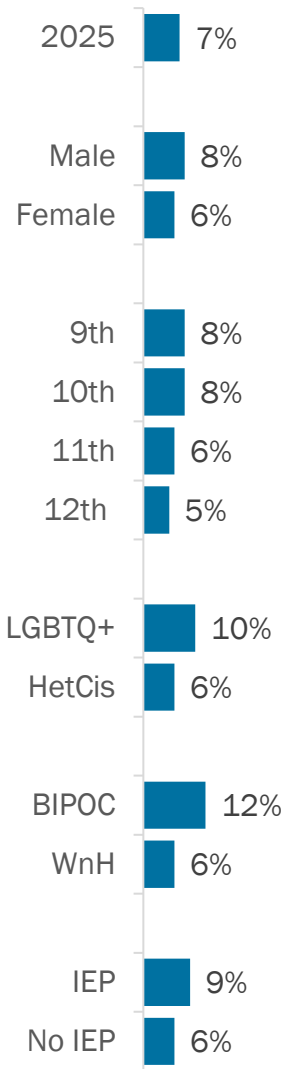
About one in 15 high school students (7%) report being threatened or injured with a weapon on school property during the past year.

- Male students, younger students, LGBTQ+ students, BIPOC students and students with an IEP are statistically more likely to report being threatened on school property during the past year.

Compared to 2015, the percent of students threatened or injured with a weapon on school property statistically increased.

Between 2023 and 2025, being threatened with a weapon on school property statistically decreased.

Percent of high school students threatened or injured with a weapon on school property, past year.



Percent of high school students threatened or injured with a weapon on school property over time.



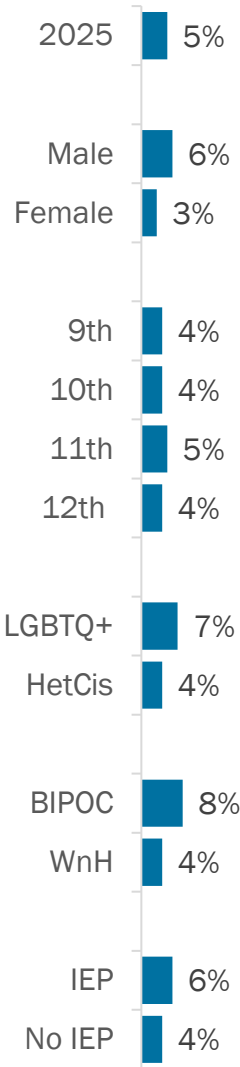
Carried a Weapon on School Property

Overall, one in 20 high school students (5%) reports carrying a weapon on school property during the past 30 days.

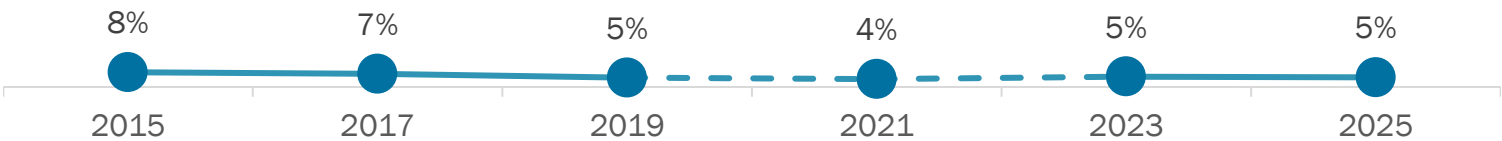
- Male students, older students, LGBTQ+ students, BIPOC students, and students with an IEP are statistically more likely to carry a weapon on school property during the past 30 days.

Compared to 2015 and between 2023 and 2025, the percent of students who carried a weapon on school property statistically decreased.

Percent of high school students who carried a weapon on school property, past 30 days.



Percent of high school students who carried a weapon on school property over time.



Were in a Physical Fight

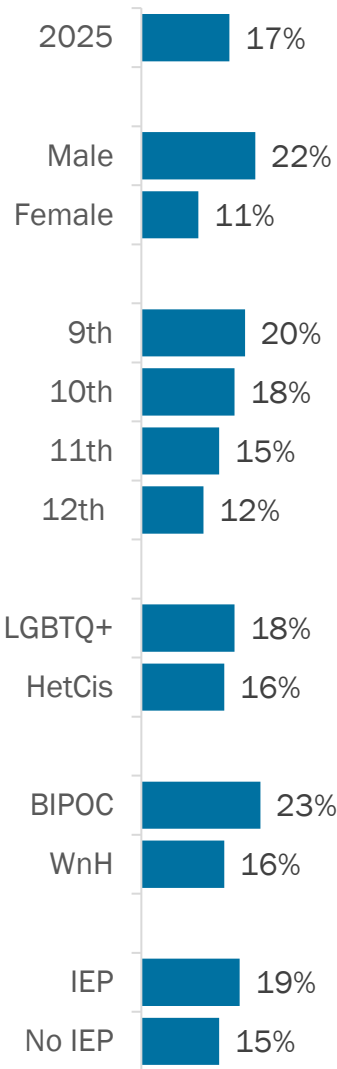
Overall, about one in six high school students (17%) report being in a physical fight during the past year.

- Male students, younger students, LGBTQ+ students, BIPOC students and students with an IEP are statistically more likely to report being in a physical fight during the past year.

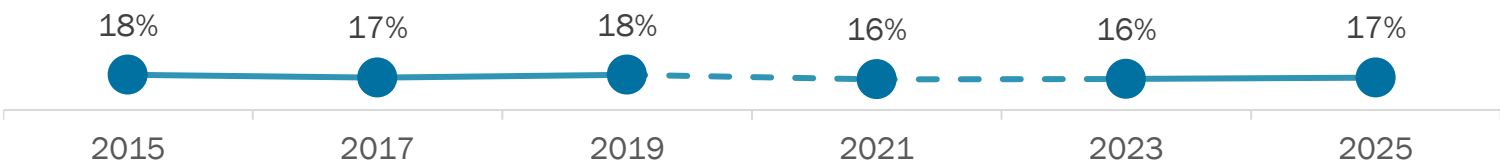
Compared to 2015, the percent of students in a physical fight during the previous year statistically decreased.

Being in a fight did not statistically change between 2023 and 2025.

Percent of high school students in a physical fight, past year.



Percent of high school students in a physical fight over time.



Were Bullied

About one in five (19%) high school students report getting bullied during the past 30 days.

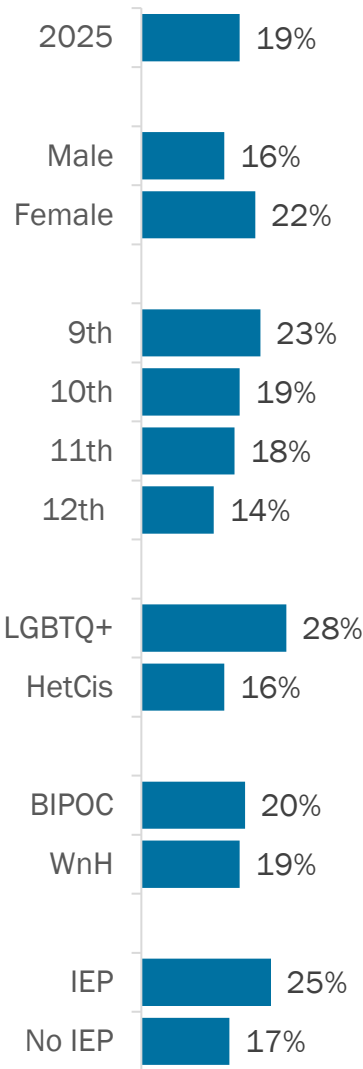
- Female students, younger students, LGBTQ+ students and students with an IEP are statistically more likely to report getting bullied during the past 30 days.
- Being bullied in the past 30 days does not statistically differ by race and ethnicity.

Compared to 2015, the percent of students getting bullied during the past 30 days statistically increased.

Between 2023 and 2025, being bullied statistically decreased.

Bullying is defined as when one or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again. It is not bullying when two students of about the same strength or power argue or fight or tease each other in a friendly way.

Percent of high school students who were bullied, past 30 days.



Percent of high school students who were bullied over time.



Bullied Someone Else

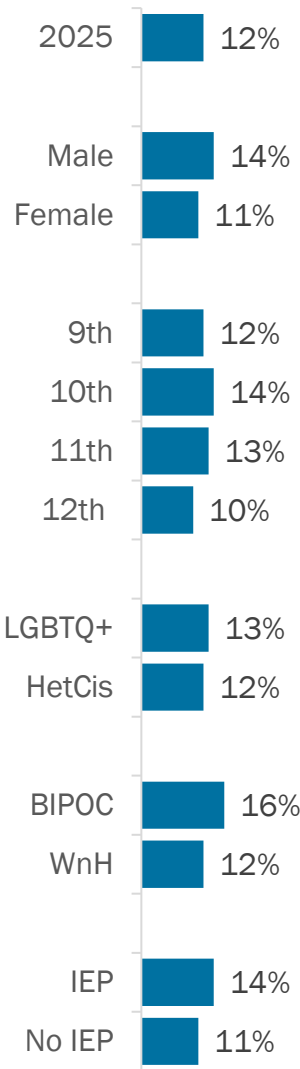
Overall, one in eight high school students (12%) report bullying someone else in the past 30 days.

- Male students, younger students, BIPOC students and students with an IEP are statistically more likely to report bullying someone else during the past 30 days.
- Bullying someone else during the past 30 days does not statistically differ by sexual orientation and gender identity.

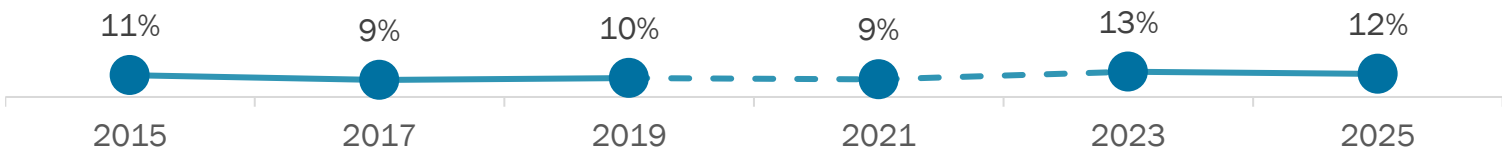
Compared to 2015 and 2023, the percent of students bullying someone else did not statistically change.

Bullying is when one or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again. It is not bullying when two students of about the same strength or power argue or fight or tease each other in a friendly way.

Percent of high school students who bullied someone else, past 30 days.



Percent of high school students who bullied someone else over time.



Were Electronically Bullied

During the past year, about one in seven high school students (15%) report being electronically bullied.

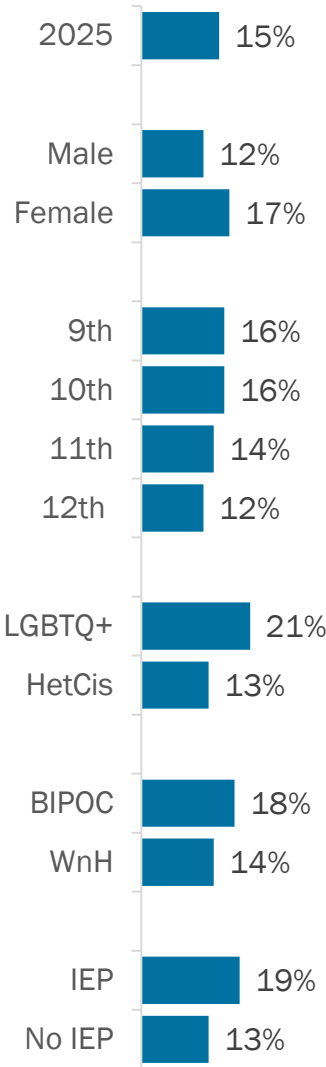
- Female students, younger students, LGBTQ+ students, BIPOC students and students with an IEP are statistically more likely to report being electronically bullied during the past year.

Compared to 2015 and 2023, electronic bullying statistically decreased.

Bullying is when one or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again. It is not bullying when two students of about the same strength or power argue or fight or tease each other in a friendly way.

Electronic bullying includes being bullied through texting, Instagram, Facebook, or other social media.

Percent of high school students who were bullied electronically, past year.



Percent of high school students electronically bullied over time.



Skipped School Due to Safety Concerns

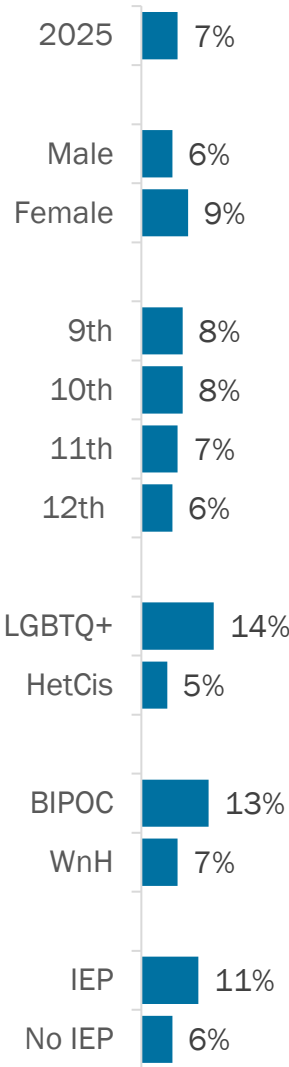
One in 15 high school students (7%), report skipping school during the past 30 days because they felt unsafe at school or on their way to or from school.

- Female students, younger students, LGBTQ+ students, BIPOC students and students with an IEP are statistically more likely to skip school because they feel unsafe at school or on their way to or from school.

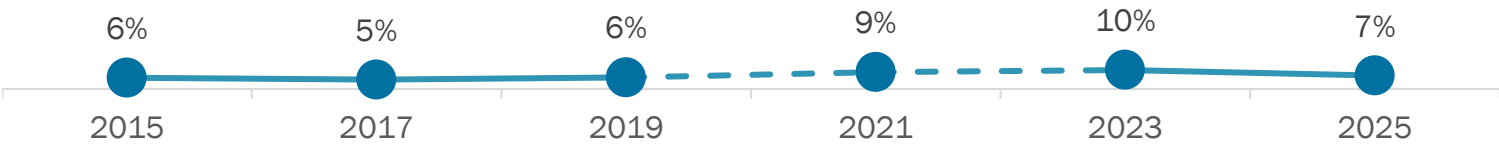
Compared to 2015, the percent of students who skip school because they feel unsafe statistically increased.

The percent of students who skipped school because they felt unsafe statistically decreased between 2023 and 2025.

Percent of high school students who skipped school because they felt unsafe, past 30 days.



Percent of high school students who skipped school because they felt unsafe over time.





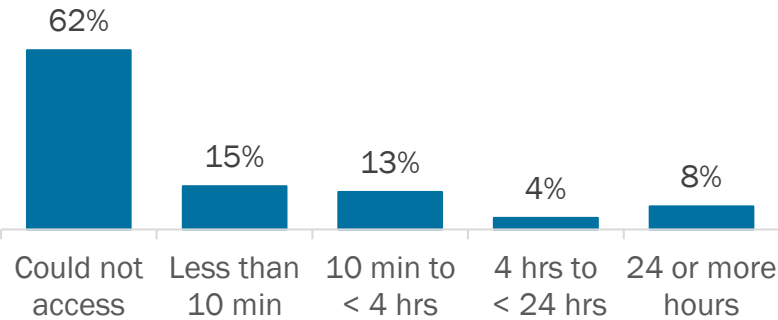
Family and Neighborhood Violence & Other Risk Factors

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Access to a Loaded Gun

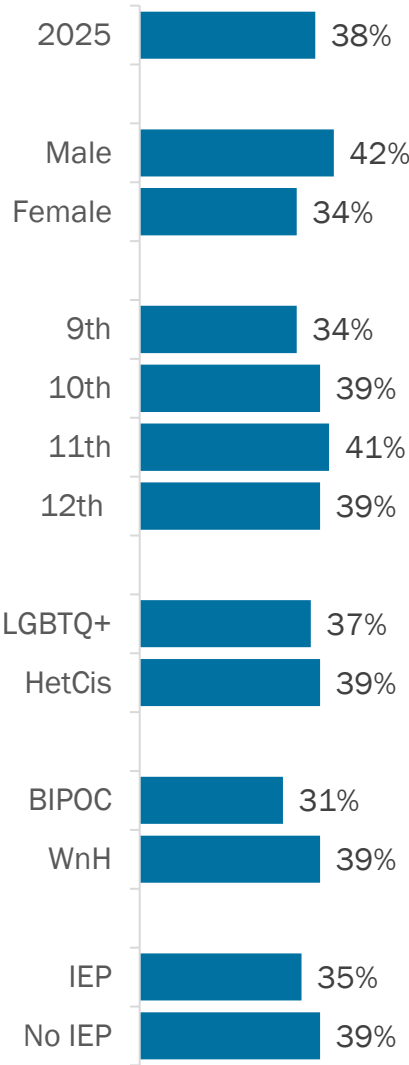
Nearly four in 10 high school students (38%) report that they could obtain a loaded gun ready for them to fire without a parent or other adult's permission or supervision. A third (32%) could get one in less than 24 hours, 15% could do so in less than 10 minutes.

Time to access a loaded gun.



- Male students, older students, white non-Hispanic students and students without an IEP are statistically more likely to report they could obtain a loaded gun ready for them to fire without a parent or other adult's permission or supervision.
- Access to a loaded gun did not differ by sexual orientation and gender identity.

Percent of high school students who could obtain loaded gun without an adult's permission or supervision.



This question was new in 2025.

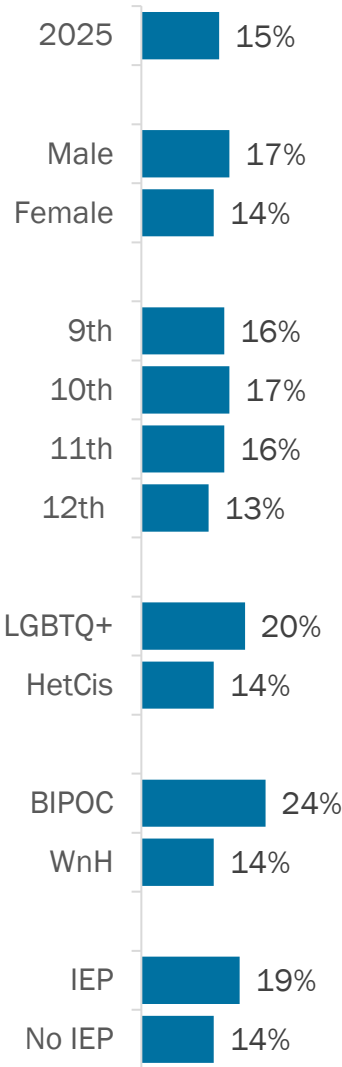
Witnessed Neighborhood Violence

About one in seven high school students (15%) report seeing someone get physically attacked, beaten, stabbed or shot in their neighborhood.

- Male students, younger students, LGBTQ+ students, BIPOC students and students with an IEP are statistically more likely to witness neighborhood violence.

Ever seeing someone get physically attacked, beaten, stabbed, or shot in their neighborhood statistically decreased between 2023 and 2025 but remained statistically similar to [2021*](#).

Percent of high school students who ever saw someone get physically attacked, beaten, stabbed, or shot in their neighborhood.



Percent of high school students who ever saw violence in their neighborhood over time.

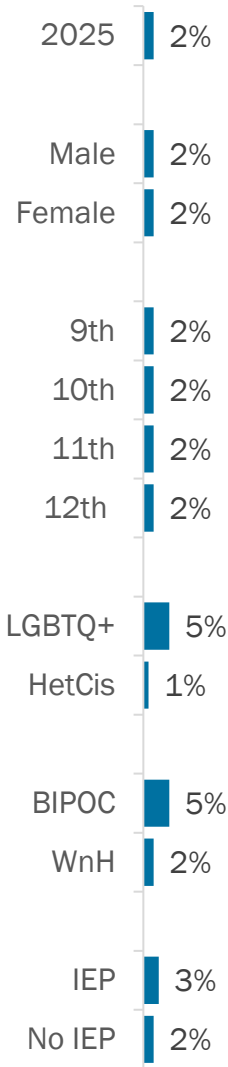


Witnessed Physical Violence at Home

One in 50 high school students (2%) report that their parents or other adults in their home slapped, hit, kicked, punched, or beat each other up most of the time or always.

- LGBTQ+ students, BIPOC students and students with an IEP are statistically more likely to have witnessed physical violence in their home.
- Ever living with parents or other who slapped, hit, kicked, punched, or beat each other up did not statistically differ by sex or grade level.

Percent of high school students whose parents or other adults in the home physically hurt each other, most of the time or always.



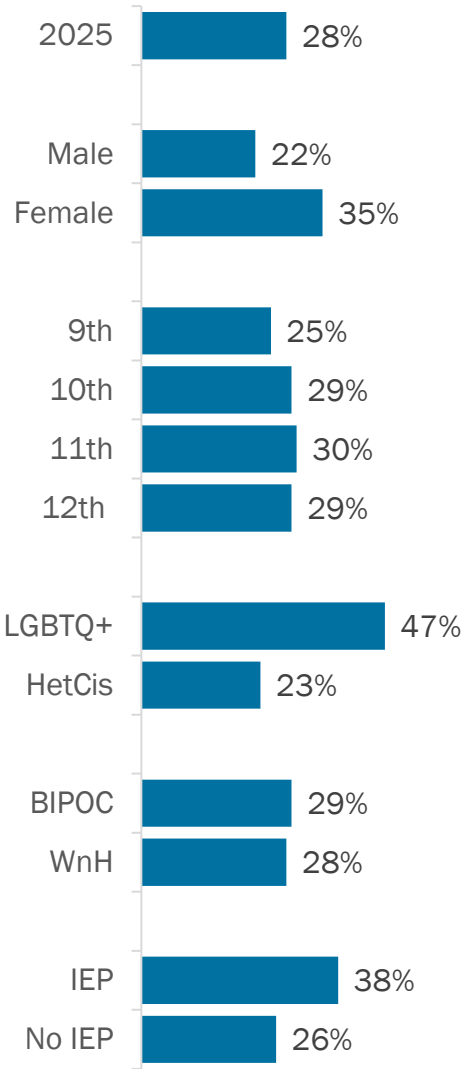
This question was new in 2025.

Parent or Guardian with Mental Illness

Nearly three in 10 high school students (28%) report that they have ever lived with a parent or guardian with severe depression, anxiety, other mental illness, or who was suicidal.

- Female students, older students, LGBTQ+ students and students with an IEP are statistically more likely to have ever lived with a parent or guardian who had severe depression, anxiety, another mental illness, or was suicidal.
- Having lived with a parent or guardian with a mental illness did not statistically differ by race and ethnicity.

Percent of high school students who have ever lived with a parent or guardian who has severe mental illness.



This question was new in 2025.

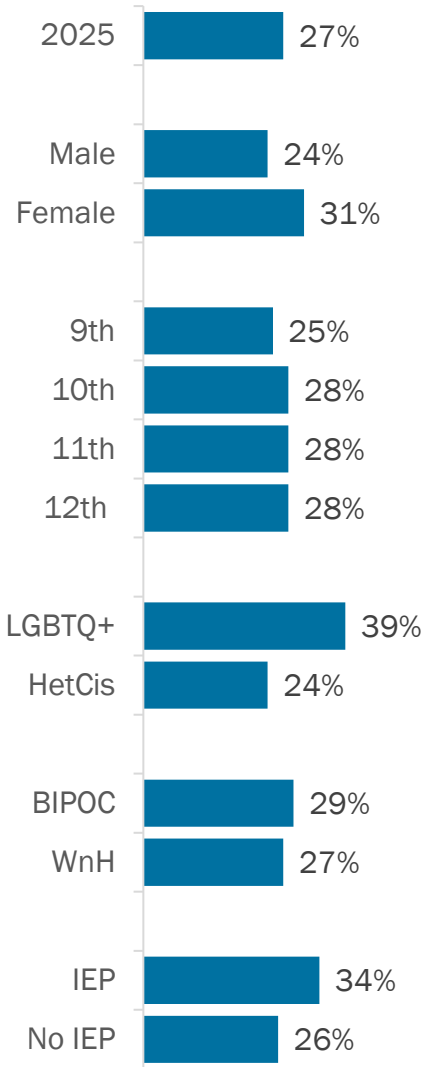
Parent or Guardian with Substance Use Issues

Nearly three in 10 high school students (27%) have lived with a parent or guardian who has a problem with alcohol or drug use.

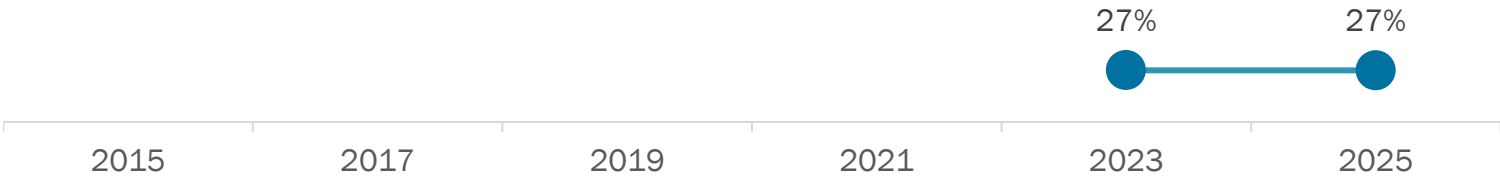
- Female students, LGBTQ+ students, and students with an IEP are statistically more likely to report ever living with a parent or guardian who has a problem with alcohol or drugs.
- Ever living with a parent or guardian who has a problem with alcohol or other drugs did not differ statistically by grade or race and ethnicity.

Ever living with someone who has a problem with alcohol or other drugs did not statistically change between 2023 and 2025.

Percent of high school students who ever lived with a parent or guardian who has issues with alcohol or substance use.



Percent of high school students who have ever lived with a parent or guardian who has issues with substance use over time.

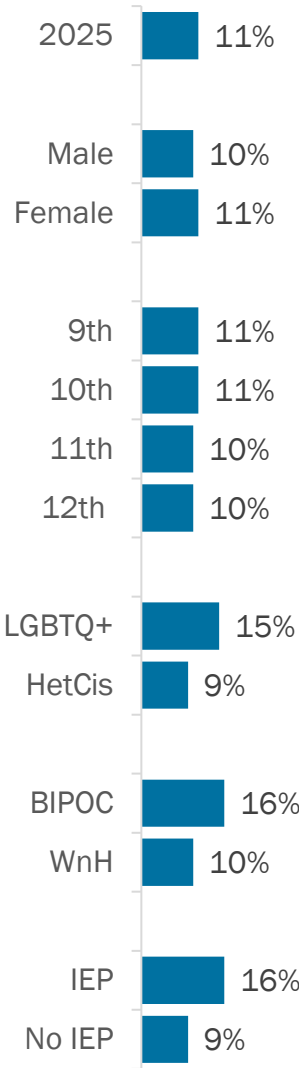


Ever Separated from Parent or Guardian

About one in 10 high school students (11%) have ever been separated from a parent or guardian in jail, prison or a detention center.

- LGBTQ+ students, BIPOC students , and students with an IEP are statistically more likely to have ever been separated from a parent or guardian.
- Being separate from a parent or guardian because they were in jail, prison or a detention center did not statistically differ by sex or grade level.

Percent of high school students ever been separated from a parent or guardian in jail, prison or a detention center.



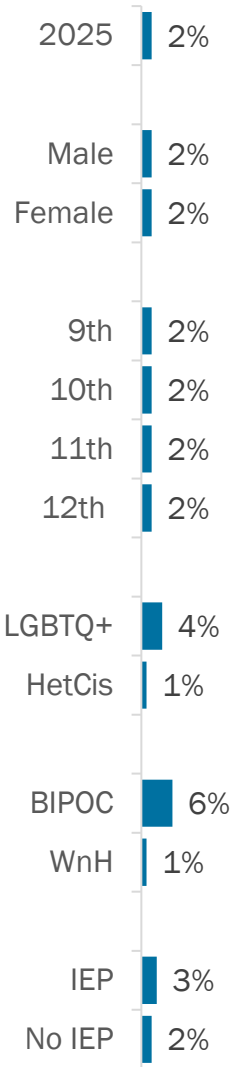
This question was new in 2025.

Physically Hurt by a Parent or Other Adult

One in 50 high school students (2%) report they are most of the time or always physically hurt by a parent or other adult in their home.

- LGBTQ+ students, BIPOC students , and students with an IEP are statistically more likely to be physically hurt most of the time or always by a parent or other adults in their home.
- Being physically hurt, most of the time or always, by a parent did not statistically differ by sex or grade level.

Percent of high school students who are always or most of the time physically hurt by parent or other adult in home.



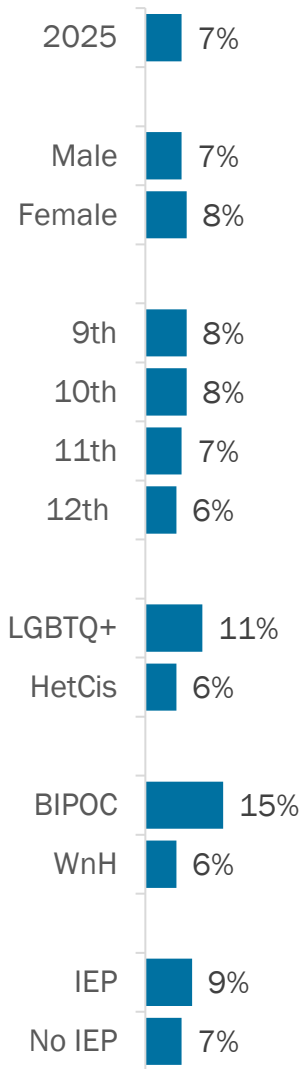
This question was new in 2025.

Physically Hurt by a Parent or Other Adult, Past Year

About one in fifteen high school students (7%) report being physically hurt by one or more times by a parent or other adult in their home during the past year.

- Younger students, LGBTQ+ students, BIPOC students, and students with an IEP are statistically more likely to be physically hurt by a parent or other adult in their home during the past year.
- Being physically hurt by a parent or other adult in their home did not statistically differ by sex.

Percent of high school students who were physically hurt by parent or other adult in home, past year.



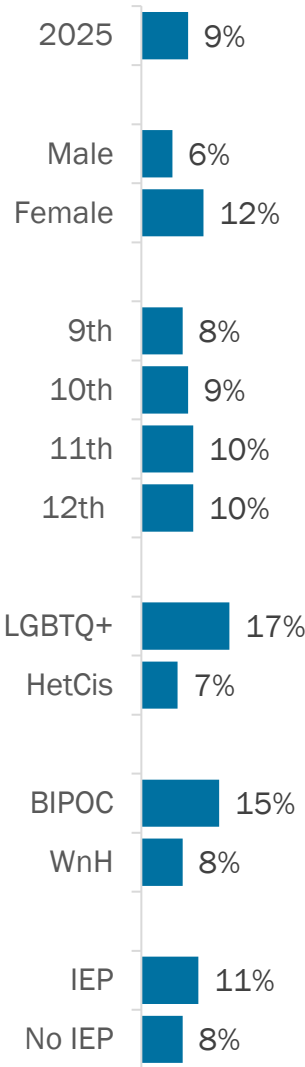
This question was new in 2025.

Insulted by a Parent or Other Adult in Home

Nearly one in 10 high school students (9%) report always or most of the time being insulted by a parent or other adult in the home.

- Female students, older students, LGBTQ+ students, BIPOC students , and students with an IEP are statistically more likely to always or most of the time be insulted by a parent or other adult in the home.

Percent of high school students who are always or most of the time insulted by parent/other adult at home.



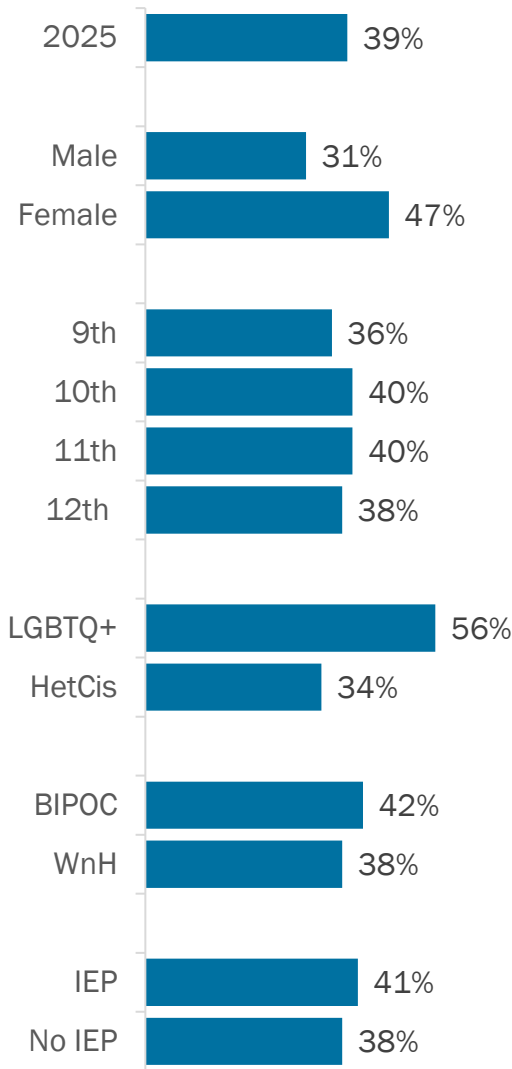
This question was new in 2025.

Insulted by a Parent or Other Adult in Home, Past Year

Nearly four in 10 high school students (39%) report being insulted by a parent or other adult in their home one or more times during the past year.

- Female students, LGBTQ+ students and BIPOC students are statistically more likely to be insulted by a parent or other adult in their home during the past year.
- During the past year, being insulted by a parent or other adult did not differ significantly by grade level or among those with or without an IEP.

Percent of high school students who were insulted by parent or other adult in their home, past year.



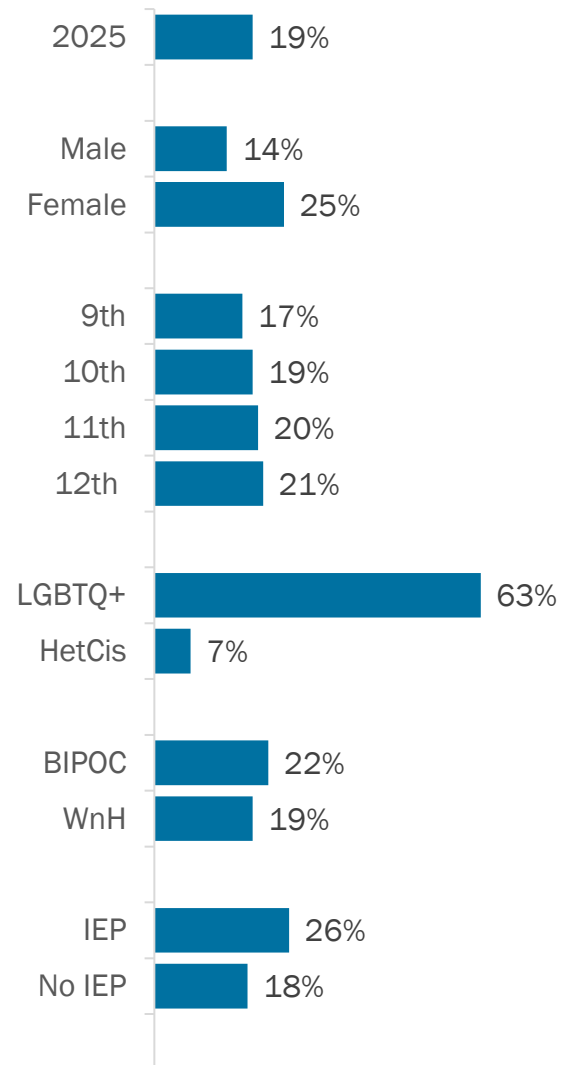
This question was new in 2025.

Treated Unfairly: Sexual Orientation & Gender

Roughly one in five high school students (19%) believe they were ever treated badly or unfairly because of their sexual orientation, gender or gender expression.

- Nearly two-thirds of all LGBTQ+ students (63%) feel like they are treated badly or unfairly because of their sexual orientation, gender or gender expression.
- Female students, older students, LGBTQ+ students, BIPOC students and students who have an IEP are statistically more likely to feel like they are treated unfairly because of their sexual orientation, gender or gender expression.

Percent of high school students treated badly or unfairly because of their sexual orientation or gender.



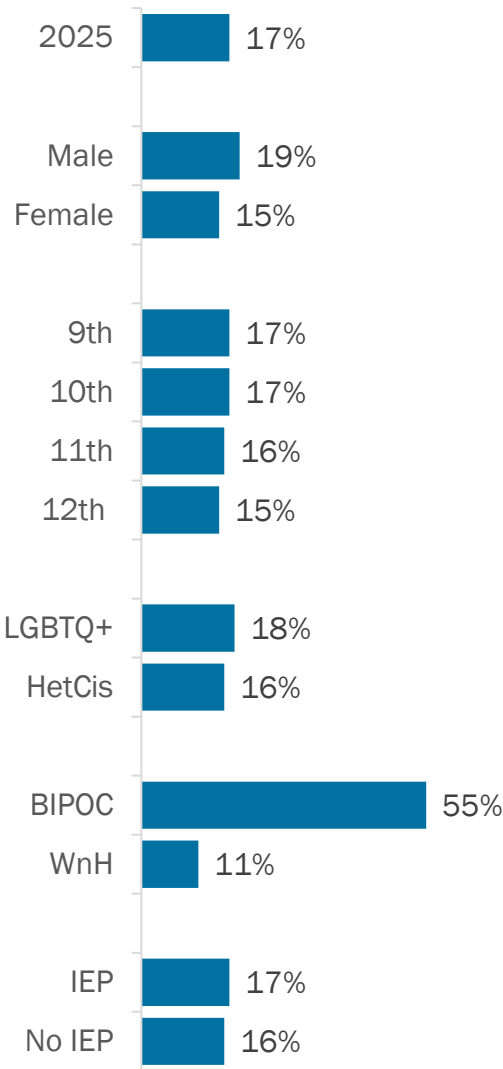
This question was new in 2025.

Treated Unfairly: Race & Ethnicity

Roughly one in six high school students (17%) believe they were ever treated badly or unfairly because of their race or ethnicity.

- More than half of all BIPOC students (55%) feel like they are treated badly or unfairly because of their race or ethnicity.
- Male students and BIPOC students are statistically more likely to feel like they are treated unfairly because of their race or ethnicity.
- Being treated badly or unfairly because of one's race or ethnicity does not differ by grade level, sexual orientation, gender identity or having an IEP.

Percent of high school students who were ever treated badly or unfairly because of their race or ethnicity.



This question was new in 2025.
In previous years, a similar question was asked about being treated unfairly at school.



Sexual and Dating Violence

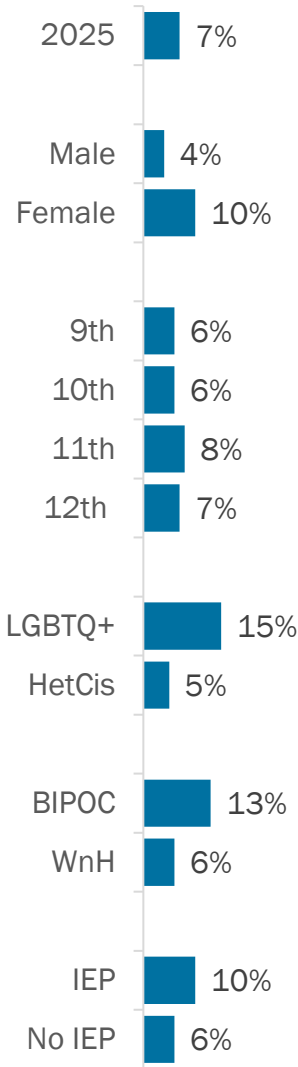
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Experienced Unwanted Sexual Behaviors

One in 15 high school students (7%) have had someone at least five years older than them do sexual things such as kissing, touching, or intercourse to them that they did not want.

- LGBTQ+ students are three times more likely than heterosexual cisgender students to report unwanted sexual experiences. Female students are 2.5 times more likely than male students to report unwanted sexual experiences by someone older than them.
- Female students, older students, LGBTQ+ students, BIPOC students and students with an IEP are also statistically more likely to report unwanted sexual experiences by someone five years or older than them.

Percent of high school students who ever made to do sexual things they did not want by someone 5 years older than them.



This question was new in 2025.

In previous years, a question asked about unwanted sexual contact, regardless of age.

Experienced Emotional Dating Abuse

Among students who dated

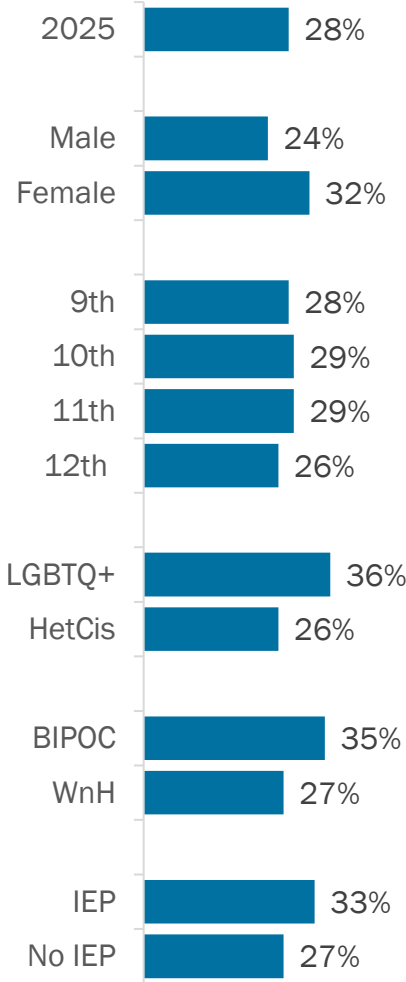
More than a quarter of high school students (28%) who dated or went out with someone during the past year who purposely tried to control them or hurt them emotionally.

Among students who dated or went out with someone during the past year:

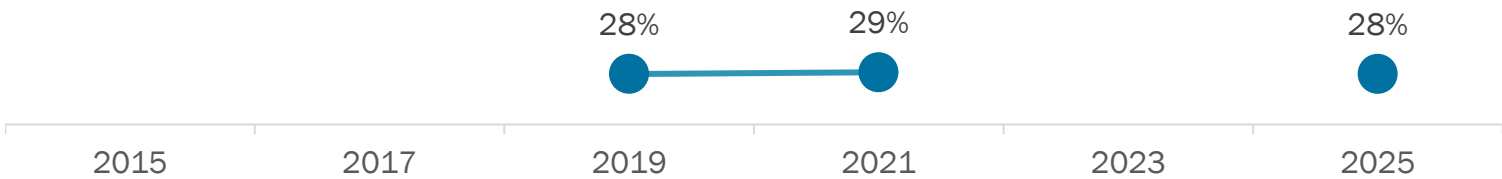
- Female students, LGBTQ+ students, BIPOC students, and students with an IEP are statistically more likely to report being emotionally hurt or having someone purposely try to control them by someone they are dating or going out with.
- Emotional dating violence does not statistically differ by grade level among students who dated or went out with someone.

Compared to 2019 and [2021*](#), experiencing emotional abuse by someone they were dating or going out with did not statistically change.

Percent of high school students who were controlled or emotionally hurt by someone they were dating or going out with, among students who dated, past year.



Percent of high school students who experienced emotional dating violence over time.



Experienced Physical Dating Violence

Among students who dated

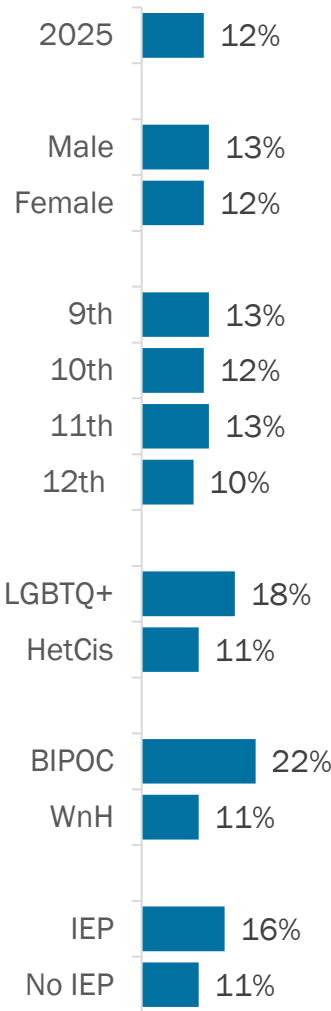
About one in eight high school students (12%) who dated or went out with someone during the past year report their partner physically hurt them on purpose.

Among students who dated or went out with someone during the past year:

- LGBTQ+ students, BIPOC students, and students with an IEP are statistically more likely to be physically hurt by someone they are dating or going out with.
- Experiencing physical dating violence does not statistically differ by sex or grade level.

Compared to 2015 and between 2023 and 2025, the percent of students who experience physical violence by someone they were dating statistically increased.

Percent of high school students who experienced physical violence, among students who dated or went out with someone, past year.



Percent of high school students who experienced physical dating violence over time.





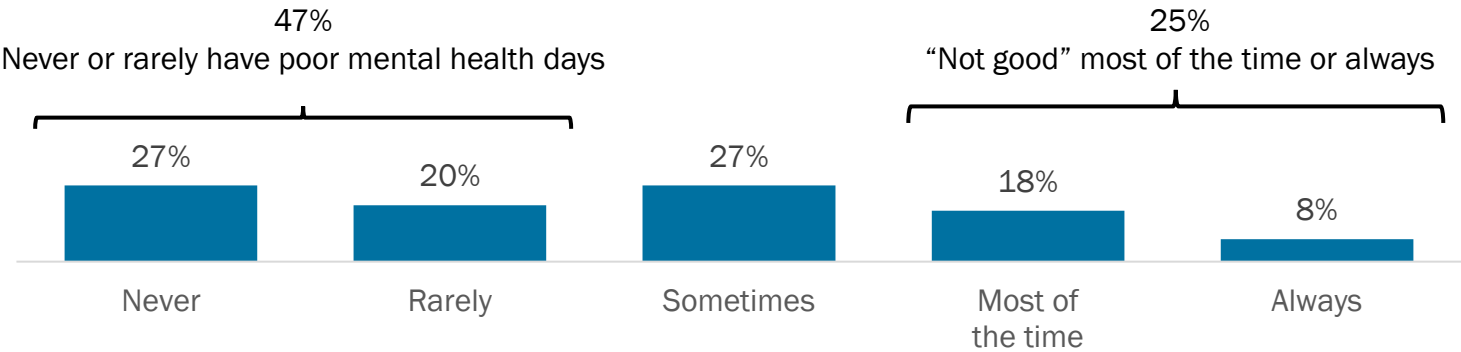
Mental Health

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Poor Mental Health

- Poor mental health includes stress, anxiety, and depression.
- During the past 30 days, a quarter of high school students (25%) said their mental health was not good most of the time or always.
- Nearly three in 10 (27%) said their mental health was sometimes not good. Nearly half (47%) report never or rarely having poor mental health in the past 30 days.

Frequency mental health was “not good”.



Poor Mental Health

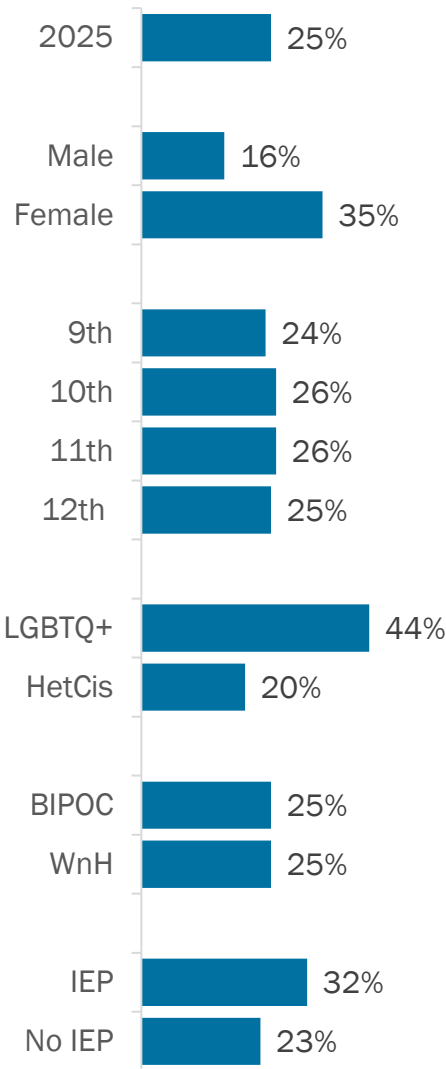
During the past 30 days, a quarter of high school students (25%) said their mental health was not good most of the time or always.

- Female students and LGBTQ+ students are more than two times as likely as male students and heterosexual cisgender students to report poor mental health.
- Female students, LGBTQ+ students and students with an IEP are statistically more likely to report poor mental health most of the time or always during the past 30 days.
- Poor mental health does not statistically differ by grade level or race and ethnicity.

Compared to [2021*](#) and between 2023 and 2025, experiencing poor mental health statistically decreased.

Poor mental health includes stress, anxiety, and depression.

Percent of high school students who reported their mental health was not good, most of the time or always, past 30 days.



Percent of high school students who reported poor mental health at least most of the time over time.



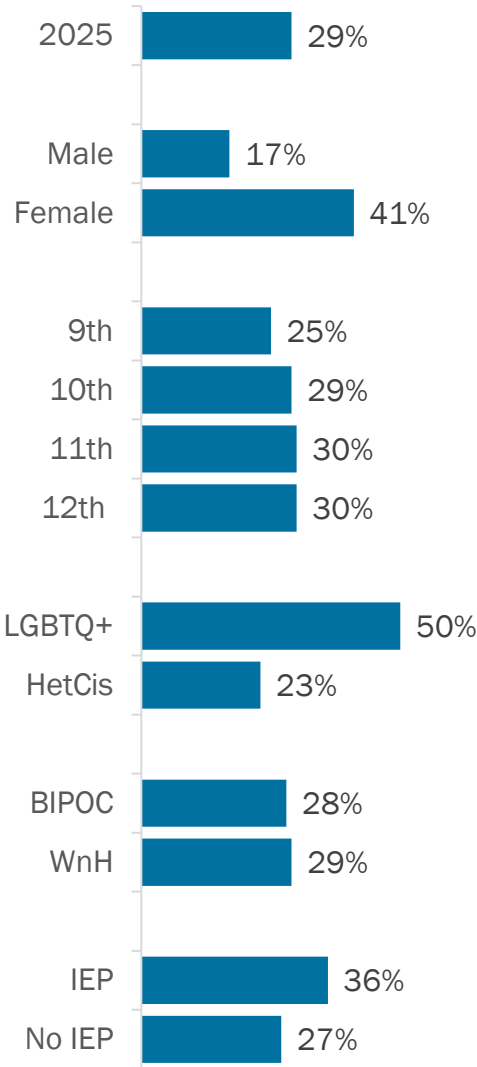
Feel Nervous, Anxious, or on Edge

About three in 10 high school students (29%) report being bothered by feeling nervous, anxious or on edge most of the time or always during the past year. More than four in 10 students (42%) never or rarely report feeling nervous, anxious, or on edge.

- Half of LGBTQ+ students feel nervous, anxious or on edge always or most of the time. This is more than two times that of heterosexual cisgender students. Female students are nearly 2.5 times as likely as male students to report feeling nervous, anxious, or on edge always or most of the time
- Female students, older students, LGBTQ+ students and students with an IEP are statistically more likely to feeling nervous, anxious, or on edge at least most of the time.
- Feeling nervous, anxious or on edge does not statistically differ by race and ethnicity.

Compared to [2021*](#) and between 2023 and 2025, feeling nervous, anxious, or on edge statistically decreased

Percent of high school students who felt nervous, anxious, or on edge, most of the time or always, past year.



Percent of high school students who felt nervous, anxious, or on edge over time.



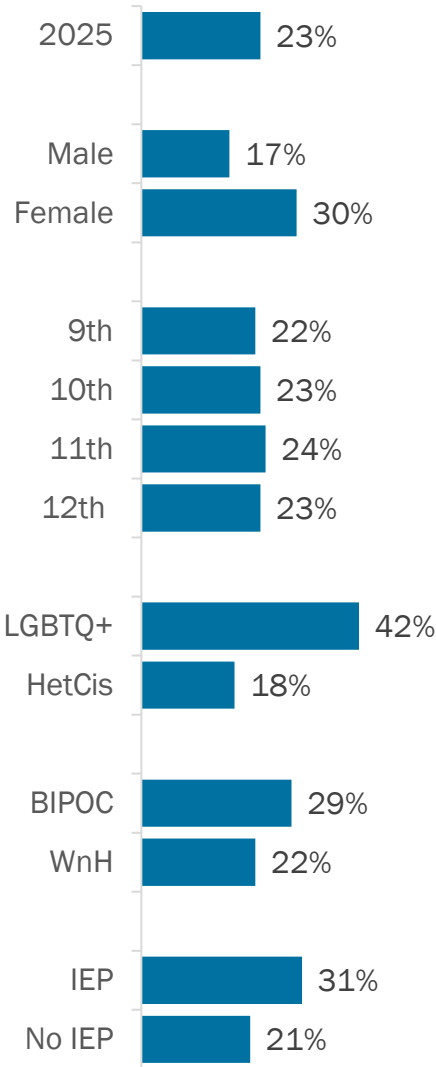
Feel Sad or Hopeless

Nearly a quarter of high school students (23%) report feeling so sad or hopeless for at least two weeks, and that this caused them to stop doing some usual activities.

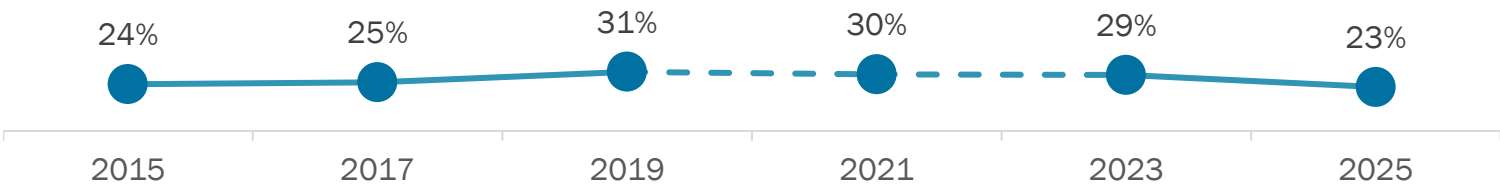
- Female students and LGBTQ+ students are roughly two times more likely to report feeling so sad or hopeless during the past year that they stopped doing some activities.
- Female students, LGBTQ+ students, BIPOC students and students with an IEP are statistically more likely to report feeling so sad or hopeless for at least two weeks that they stopped doing some activities.
- Feeling sad or hopeless does not statistically differ by grade.

Compared to 2015 and between 2023 and 2025, the percent of students who felt sad or hopeless statistically decreased.

Percent of high school students who felt sad or hopeless for at least two weeks during the past year.



Percent of high school students who felt sad or hopeless over time.



Self-Harm

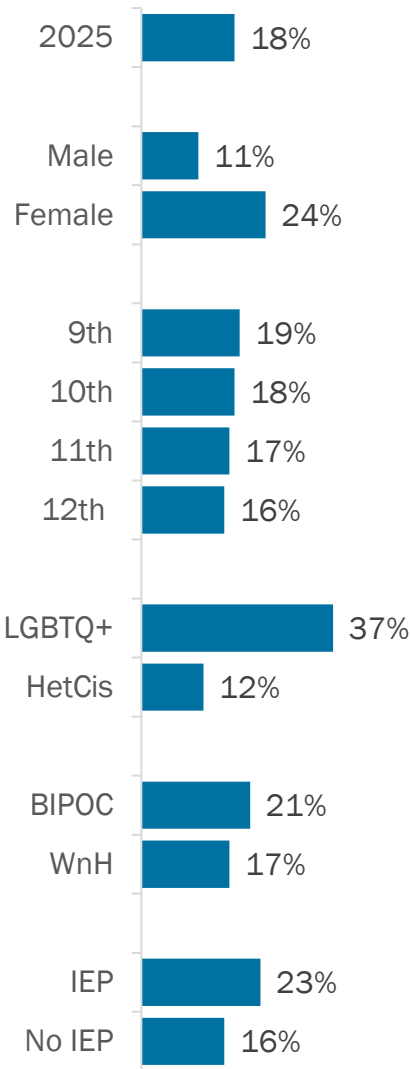
About one in five high school students (18%) report hurting themselves on purpose (cutting or burning themselves) without wanting to die during the past year,

- LGBTQ+ students are more than three times as likely as heterosexual cisgender students to hurt themselves on purpose.
- Female students are more than two times as likely as male students to hurt themselves on purpose.
- Female students, LGBTQ+ students, BIPOC students and students with an IEP are statistically more likely to report hurting themselves on purpose during the past year.
- Hurting oneself on purpose did not statistically differ by grade level.

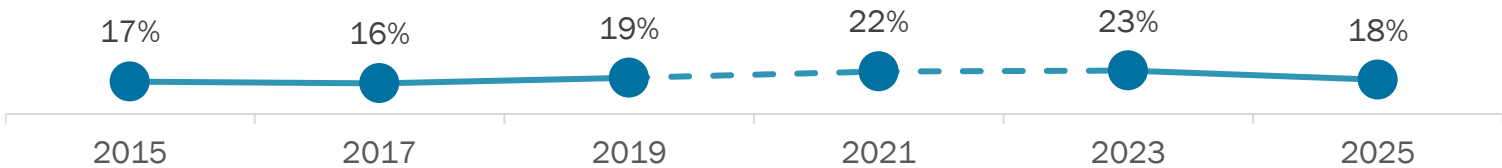
Compared to 2015, the percent of students who report harming themselves on purpose did not statistically change.

Between 2023 and 2025, the percent of students who hurt themselves on purpose statistically decreased.

Percent of high school students who hurt themselves on purpose without wanting to die, past year.



Percent of high school students who hurt themselves on purpose over time.



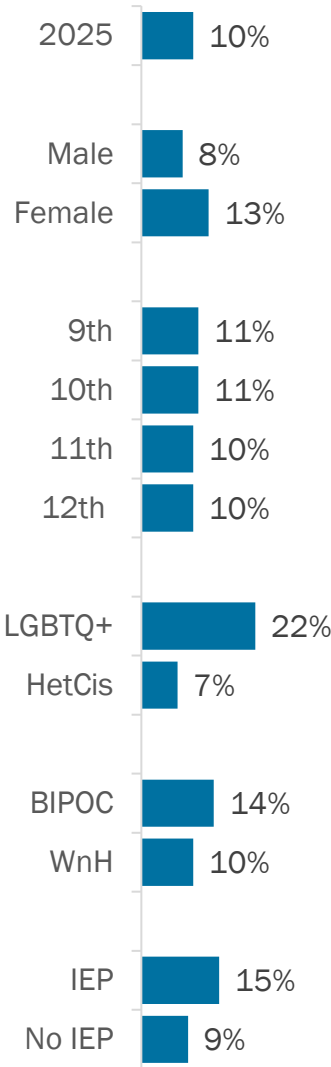
Suicide Plans

One in 10 high school students (10%) say they made a plan about how they would kill themselves in the past year

- LGBTQ+ students are three times more likely to report making a suicide plan during the past year compared to heterosexual cisgender students. Female students are nearly two times as likely as male students to make a suicide plan.
- Female students, LGBTQ+ students, BIPOC students and students with an IEP are statistically more likely to report making a suicide plan in the past year.
- Making a suicide plan does not statistically differ by grade level.

Compared to 2015 and between 2023 and 2025, the percent of students who made a suicide plan statistically decreased.

Percent of high school students who made a suicide plan in the past year.



Percent of high school students who have made a suicide plan over time.



Suicide Attempts

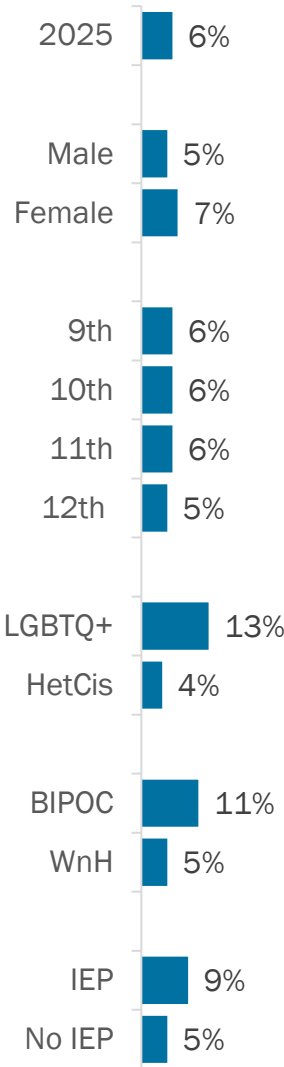
About one in 15 high school students (6%) report attempting to kill themselves at least one time during the past year.

- One in seven LGBTQ+ students (13%) attempted suicide during the past year. Nearly one in nine BIPOC students (11%) tried to kill themselves during the past year.
- Female students, LGBTQ+ students, BIPOC students and students with an IEP are statistically more likely to report a suicide attempt in the past year.

Suicide attempts did not statistically change between 2015 and 2025.

Between 2023 and 2025, the percentage of students who attempted suicide statistically decreased.

Percent of high school students who attempted suicide, past year.



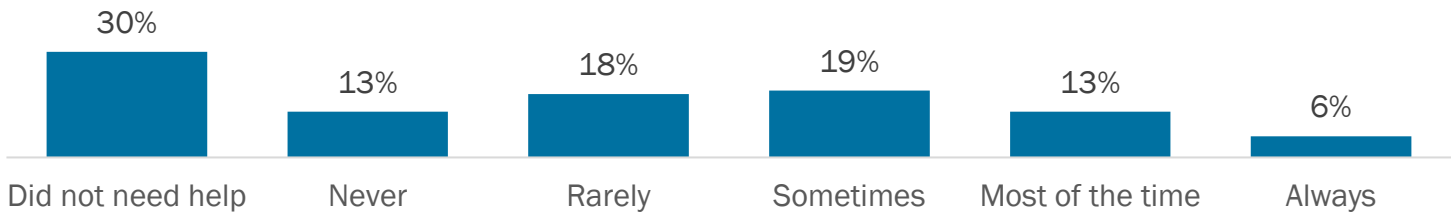
Percent of high school students who attempted suicide over time.



Mental Health Support

- About seven in 10 students needed help with their emotions during the past year.
- Among all students:
- 30% did not need help
- 13% never got the help they needed, 18% rarely got help, and 19% sometimes got the help they needed when feeling sad, empty, hopeless, angry, or anxious.
- Nearly two in 10 (19%) students got the help they needed most of the time or always.

Frequency of high school students who were able to get the help they needed.



Mental Health Support: Got Help

Among students who feel sad, empty, hopeless, angry or anxious

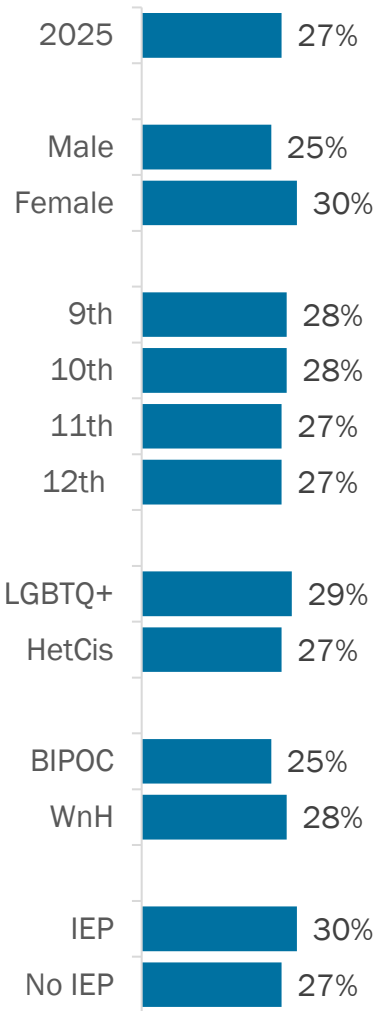
Among high school students who feel sad, anxious, empty, angry, or hopeless, nearly three in 10 (27%) are always or most of the time able to get the help they need.

Among students who feel sad, anxious, angry or hopeless:

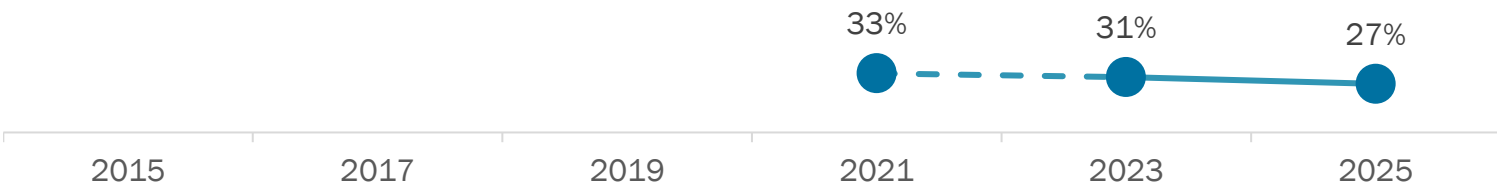
- Female students and students with an IEP are statistically more likely to get the help they need most of the time or always.
- Getting help most of the time or always does not statistically differ by grade level, sexual orientation and gender, or race and ethnicity.

Between [2021*](#) and 2025 and 2023 and 2025, the percent of students who were able to get the help they needed when feeling sad, empty, anxious, angry or hopeless statistically decreased.

Percent of high school students who feel sad, empty, anxious, angry or hopeless and were able to get the help they needed, most of the time or always.



Percent of high school students able to get the help they needed over time.

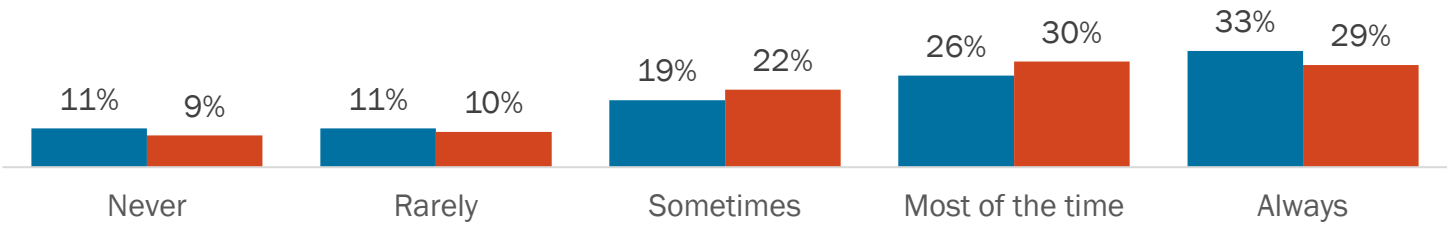


Mental Health Support: Talk about Feelings

The majority of high school students feel they can talk with a friend, an adult in their family, or another caring adult about their feelings.

- About three in 10 feel they can always talk to family/caring adult (33%) or friend (29%).
- More than a quarter feel they can talk to family/caring adult (26%) or friend (30%) most of the time.
- About one in 10 rarely believe they can talk with family/caring adult (11%) or friend (10%) about their feelings.
- About one in 10 say they never feel like they can talk to family/caring adult (11%) or friend (9%).

Frequency of high school students who feel like they are able to talk to an **adult in their family/caring adult** or **friend** about their feelings.



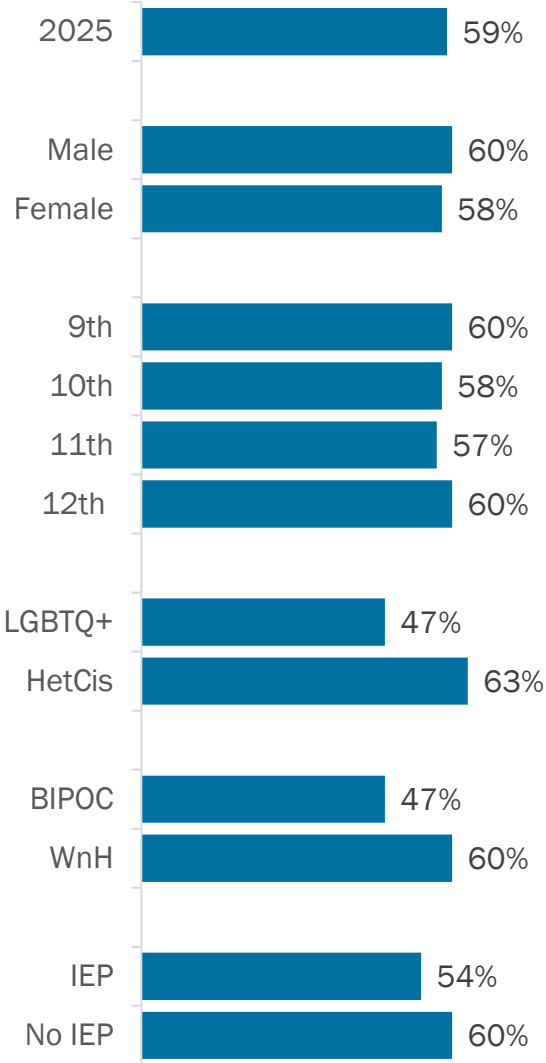
These questions were new in 2025.

Talk about Feelings: Family or Caring Adult

Nearly six in 10 high school students (59%) report that they are able to talk to an adult about their feelings.

- Heterosexual cisgender students, white non-Hispanic students and students without an IEP are statistically more likely to feel like they can talk to an adult in their family or another caring adult about their feelings.
- Having a caring adult or family member to discuss feelings with did not differ by sex or grade level.

Percent of high school students who can, most of the time or always, talk to an adult in their family/caring adult about their feelings.



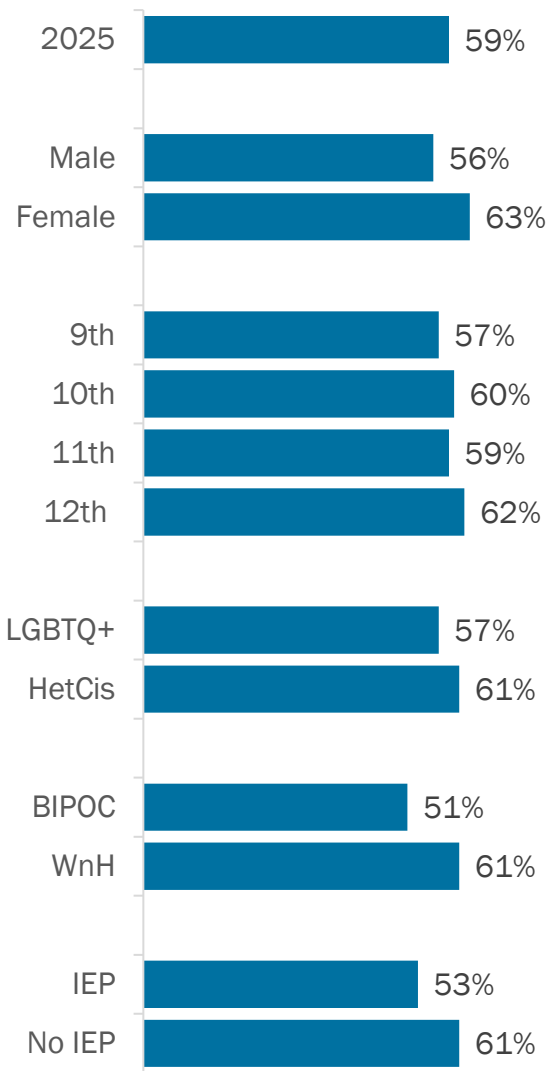
This question was new in 2025.

Talk about Feelings: Friend

Nearly six in 10 high school students (59%) report that they are able to talk to a friend about their feelings.

- Female students, heterosexual cisgender students, white non-Hispanic students and students without an IEP are statistically more likely to feel they can talk to a friend about their feelings.
- Talking about feelings with a friend did not statistically differ by grade level.

Percent of high school students who can, most of the time or always, talk to a friend about their feelings.



This question was new in 2025.



Lifetime Substance Use

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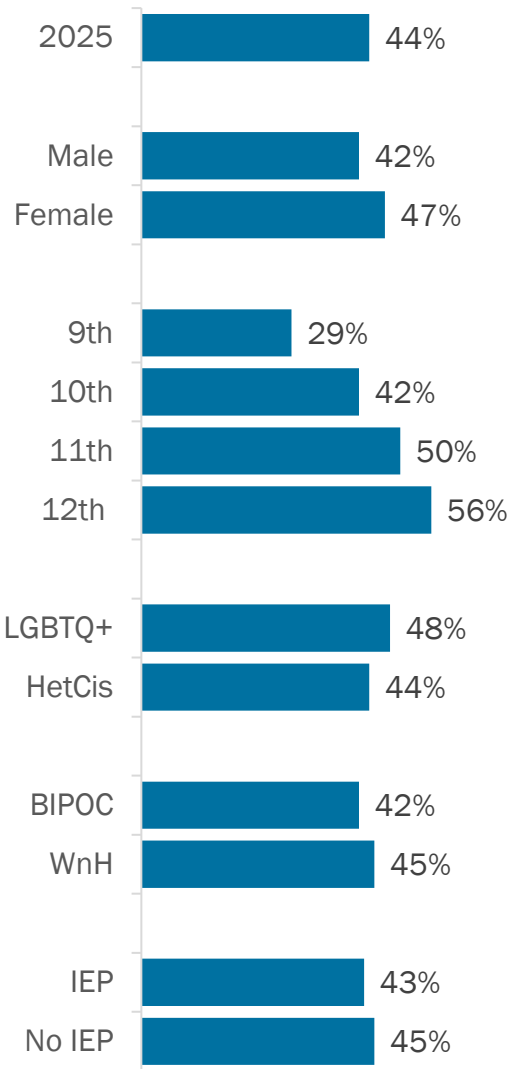
Lifetime Alcohol Use

Forty-four percent of all high school students say they've tried alcohol.

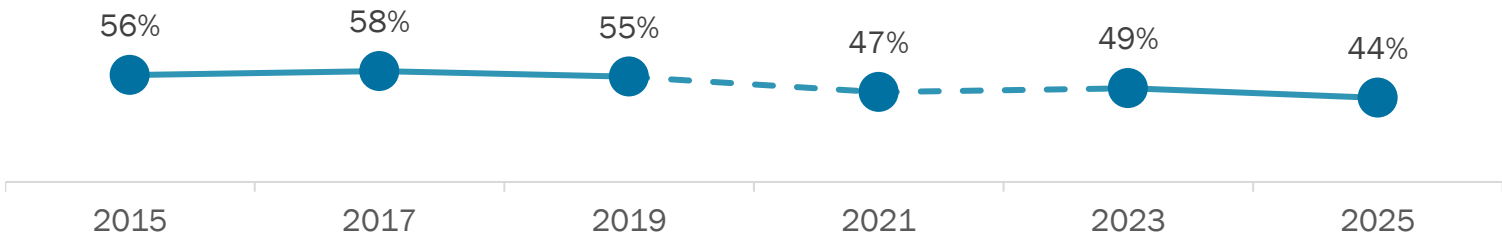
- Female students and LGBTQ+ students are statistically more likely to have ever consumed alcohol. Ever drinking alcohol statistically increases with each grade level.
- Lifetime alcohol use does not statistically differ by race and ethnicity or among students with or without an IEP.

Compared to 2015 and between 2023 and 2025, the percent of students who ever drank alcohol statistically decreased.

Percent of high school students who ever drank alcohol.



Percent of high school students who ever used alcohol over time.



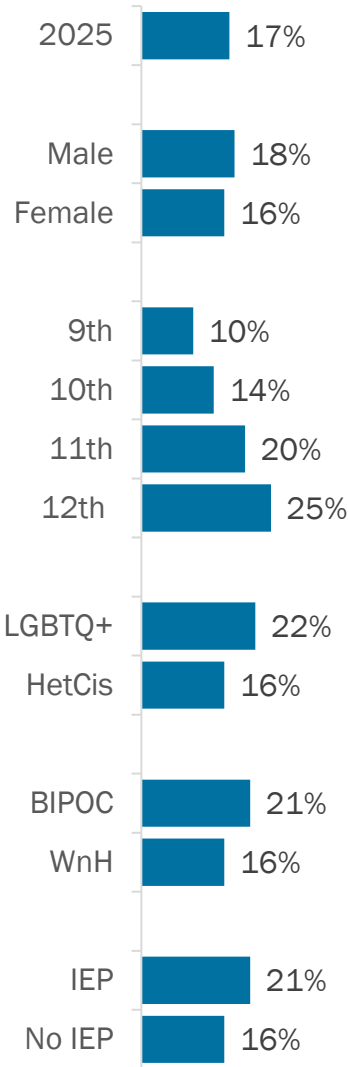
Lifetime Cigarette Use

Less than one in five (17%) high school students report ever smoking a cigarette. This includes even one or two puffs.

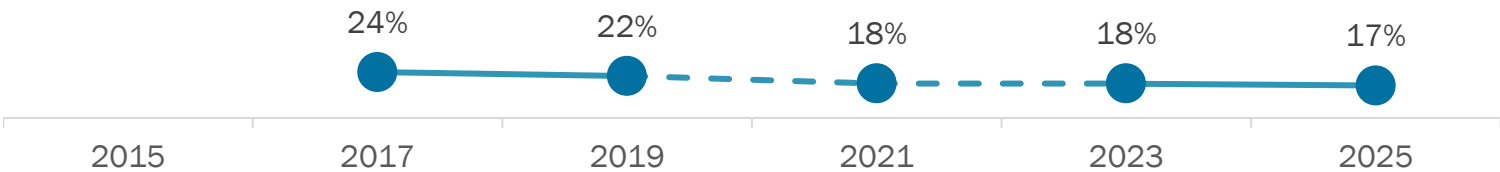
- Male students, LGBTQ+ students, BIPOC students, and students with an IEP are statistically more likely to have ever tried a cigarette. Ever smoking a cigarette significantly increases with each grade level.

Compared to 2017 and between 2023 and 2025, the percent of students who report trying a cigarette statistically decreased.

Percent of high school students who have ever tried a cigarette.



Percent of high school students who ever tried a cigarette over time.



Lifetime Electronic Vapor Product Use

About a quarter of high school students (26%) report ever trying an electronic vapor product (vape).

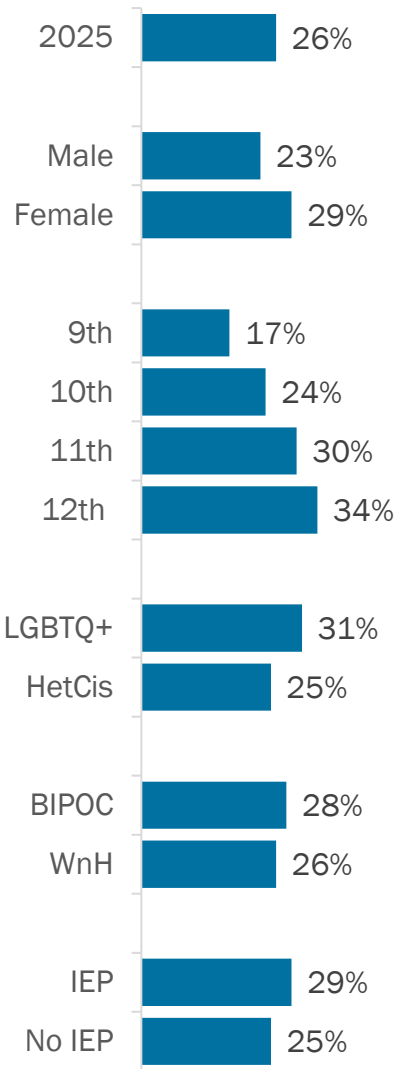
- Female students, LGBTQ+ students and students with an IEP are statistically more likely to have tried an electronic vapor product during their lifetime. Ever trying an electronic vapor product statistically increases with each grade level.
- Ever using an electronic vapor product does not statistically differ by race and ethnicity.

Compared to 2015, the percent of students who have ever tried an electronic vapor product statistically decreased.

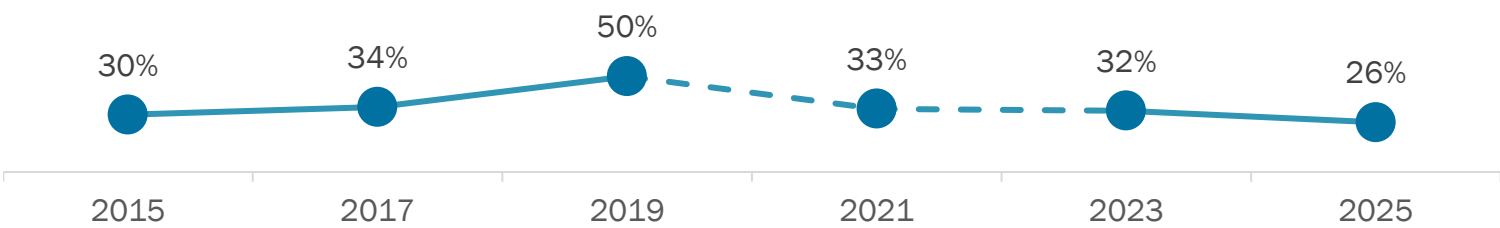
Ever using an electronic vapor product peaked in 2019 and then statistically decreased in [2021*](#). Lifetime use of electronic vapor products significantly decreased between 2023 and 2025.

Note: Electronic vapor products include vapes, e-cigarettes, e-cigs, mods, e-hookahs, or vape pens such as JUUL, Vuse, NJOY, Elf Bar, or Esco Bars.

Percent of high school students who have ever used an electronic vapor product.



Percent of high school students who ever used an electronic vapor product over time.



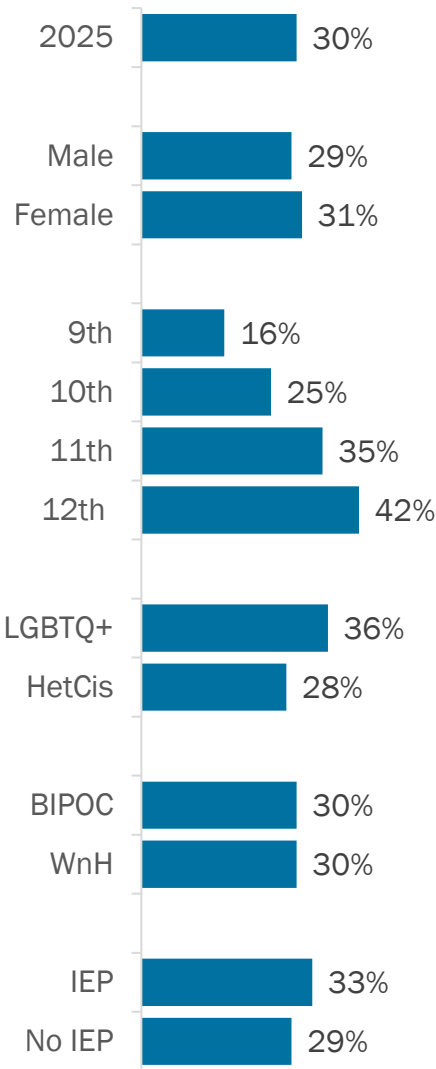
Lifetime Marijuana Use

Three in 10 high school students (30%) report that they've tried marijuana.

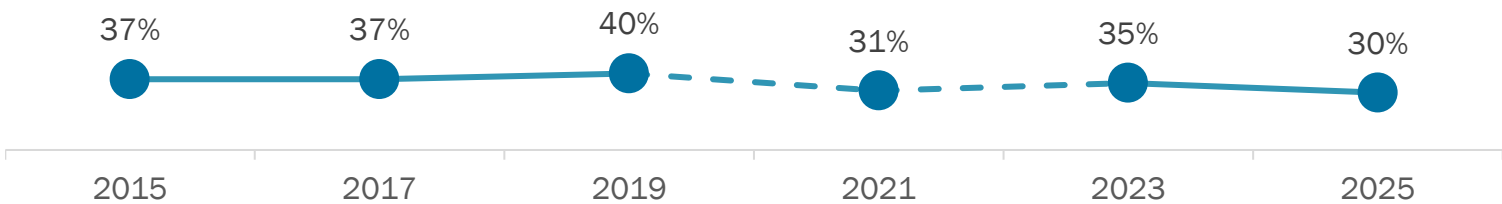
- More than four in 10 high school seniors (42%) have ever used marijuana. Lifetime marijuana use statistically increases with each grade level.
- Female students, LGBTQ+ students, and students with an IEP are statistically more likely to have ever tried marijuana.
- Lifetime marijuana use does not statistically differ by race and ethnicity.

Compared to 2015 and between 2023 and 2025, the percent of students who have ever used marijuana statistically decreased.

Percent of high school students who ever tried marijuana.



Percent of high school students who ever used marijuana over time.



Lifetime Prescription Pain Medicine Misuse

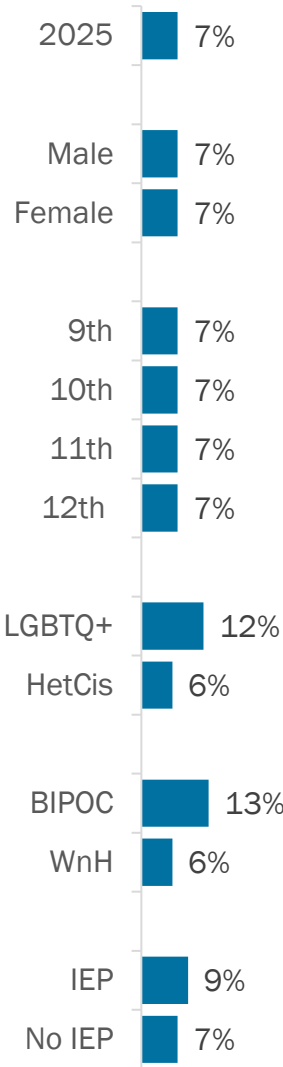
About one in 15 high school students (7%) report ever using prescription pain medicine such as codeine, Vicodin, OxyContin, hydrocodone, or Percocet without a doctor’s prescription or differently from how a doctor told them to use it.

- LGBTQ+ students, BIPOC students and students with an IEP are statistically more likely to misuse prescription pain medicine.
- Misusing prescription pain medicine does not statistically differ by sex or grade level.

Compared to 2017, the percent of students who misuse prescription pain medicine did not statistically change.

Between 2023 and 2025, ever misusing prescription pain medicine statistically decreased.

Percent of high school students who ever misused a prescription pain medicine.



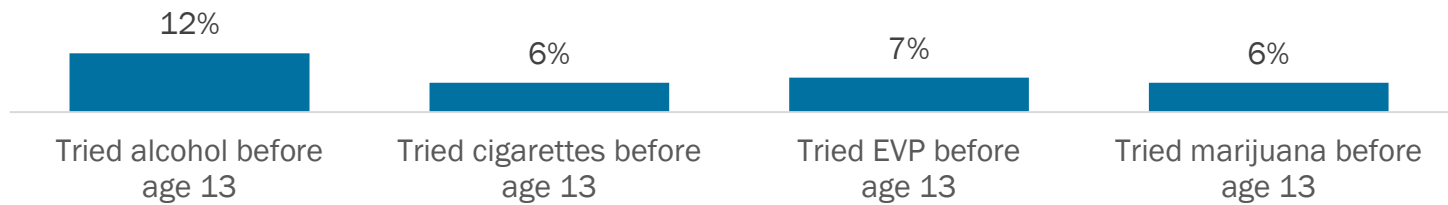
Percent of high school students who ever misused a prescription pain medicine over time.



Substance Use Before Age 13

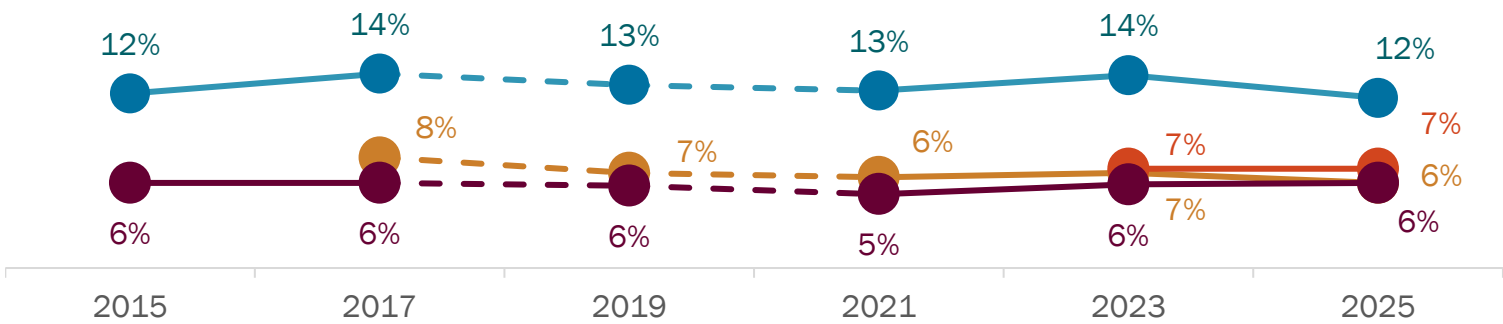
- Roughly one in eight high school students (12%) try alcohol before age 13.
- About one in 15 try cigarettes (6%), electronic vapor products (7%) or marijuana (6%) before age 13.

Percent of high school students using alcohol, tobacco, or marijuana before age 13.



- Compared to 2015, the percent of students who use marijuana before age 13 statistically decreased. Using alcohol before age 13 did not statistically change. Compared to 2017, the percent of students ever trying a cigarette before age 13 statistically decreased.
- Between 2023 and 2025, using alcohol before age 13 statistically decreased. Trying a cigarette, using electronic vapor products, and using marijuana did not statistically change.

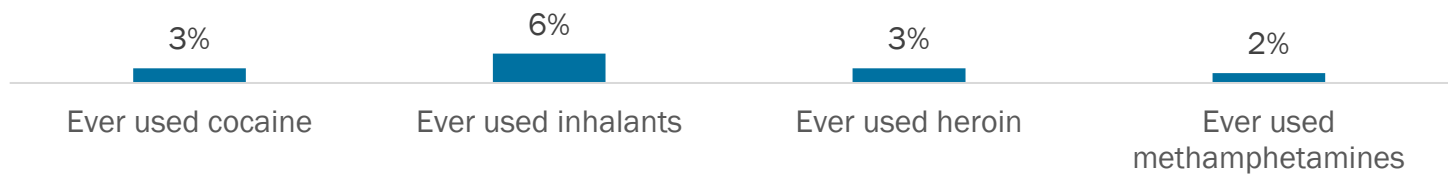
Percent of high school students using alcohol, cigarettes, EVP, or marijuana before age 13 over time.



Other Lifetime Illicit Drug Use

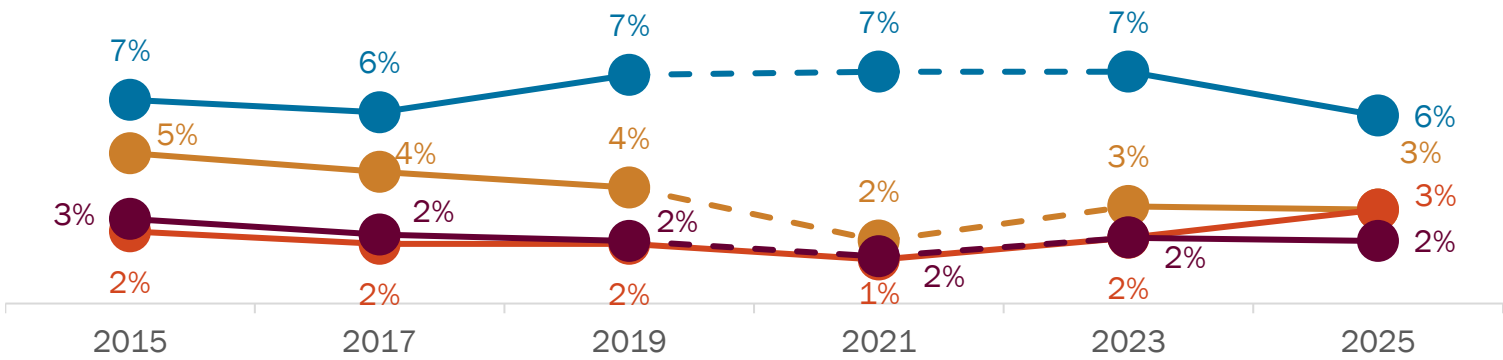
- Less than 10% of high school students report using other illicit drugs.
- About one in fifteen high school students (6%) report ever using an inhalant such as sniffing glue, breathing the contents of aerosol spray cans, or inhaling any paints or sprays to get high.
- About one in 40 have tried cocaine (3%) or used heroin (3%). Few (2%) have tried methamphetamines.

Percent of high school students who use other drugs.



- Lifetime use of cocaine statistically decreased from 2015 to 2025. Lifetime use of inhalants, heroin, and methamphetamines did not statistically between 2015 and 2025.
- The percent of students who ever used inhalants statistically decreased between 2023 and 2025. Between 2023 and 2025, lifetime use of cocaine, heroin, and methamphetamine did not statistically change.

Percent of high school students using cocaine, inhalants, heroin, and methamphetamines over time.





Current Substance Use

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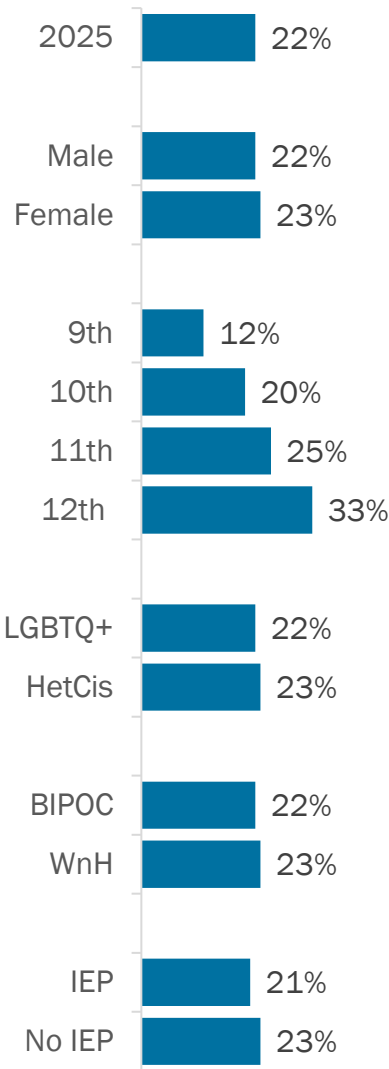
Current Alcohol Use

Just over one in five high school students (22%) report drinking alcohol in the past 30 days.

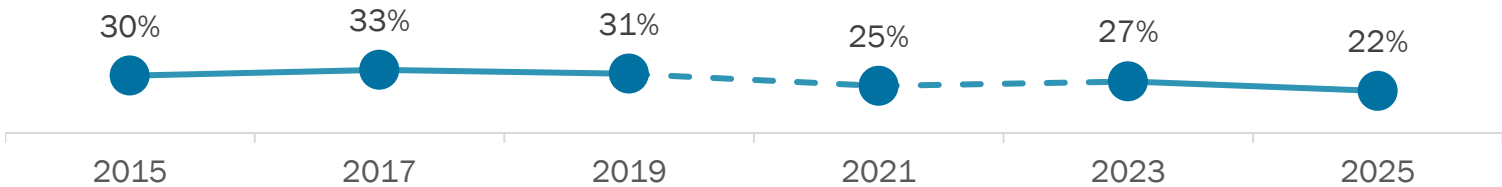
- Current alcohol use increases with each grade level.
- Current alcohol use does not statistically differ by sex, sexual orientation and gender identity, race and ethnicity, or among student with or without an IEP.

Compared to 2015 and between 2023 and 2025, the percent of students who drank alcohol in the past 30 days statistically decreased.

Percent of high school students drinking alcohol, past 30 days.



Percent of high school students drinking alcohol over time.



Current Binge Drinking*

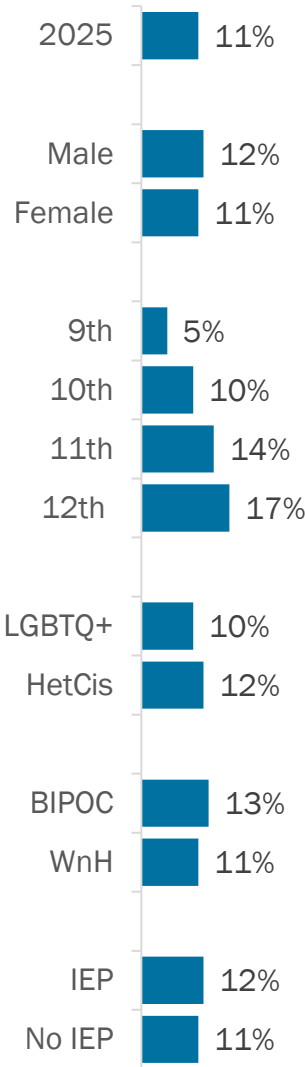
One in nine high school students (11%) report binge drinking in the past 30 days.

- Binge drinking statistically increases with each grade level.
- Binge drinking during the past 30 days does not statistically differ by sex, sexual orientation and gender identity, race and ethnicity, or among students with or without an IEP.

Compared to 2015 and between 2023 and 2025, the percent of students who binge drank during the past 30 days statistically decreased.

**Note: How we determine binge drinking rates changed in 2025. Instead of a specific question, binge drinking rates are now based on the number of alcoholic drinks students report having in a row or within a couple of hours. For these calculations, we used four or more drinks in a row or within a couple of hours for female students and five for male students. We updated past-year data to match this new method so we can continue to show trend data.*

Percent of high school students who binge drink, past 30 days.



Percent of high school students binge drinking during the past month over time.

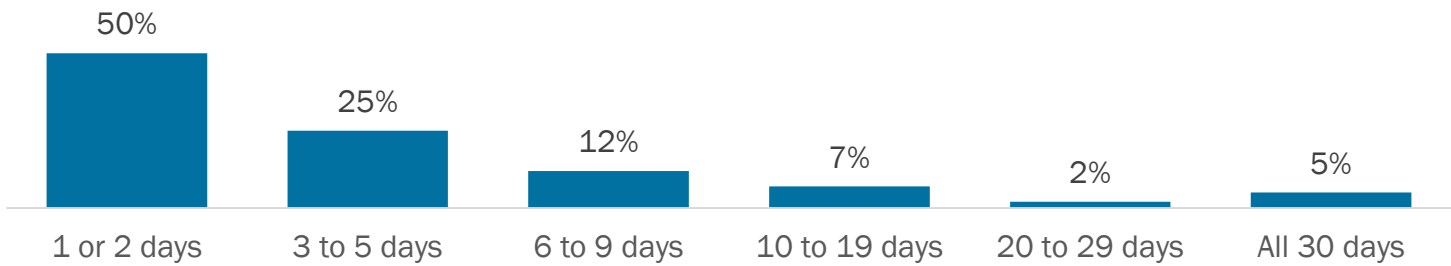


Frequency and Quantity of Alcohol Use

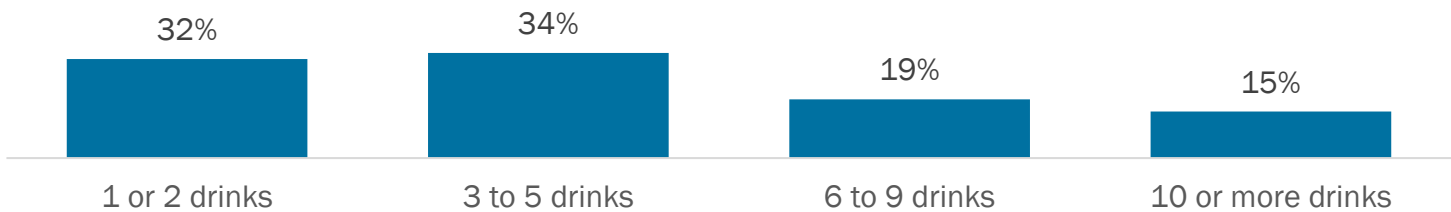
Among students who drank alcohol, past 30 days

- Among students who report drinking alcohol in the past 30 days:
 - Most students drink on five or fewer days. Specifically, half (50%) drink one to two days and a quarter (25%) drink on three to five days.
 - About one in 20 (5%) drink every day.
- When drinking alcohol, about a third of students (32%) have one or two drinks in a row. A third (34%) have three to five drinks in a row. Another third (34%) have six or more drinks in a row.

Frequency of alcohol use.



Number of drinks consumed in row.

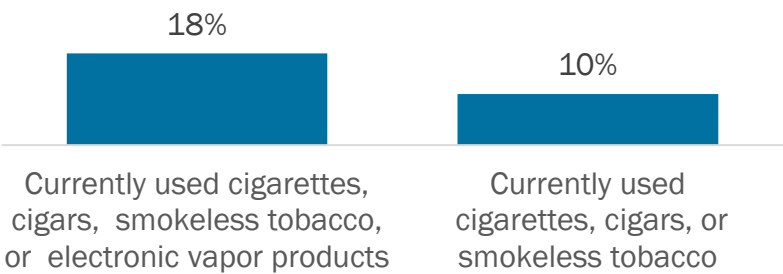


Any Current Tobacco Use

During the past 30 days, less than one in five (18%) high school students report using any tobacco product, including cigarettes, cigars, smokeless tobacco, and electronic vapor products.

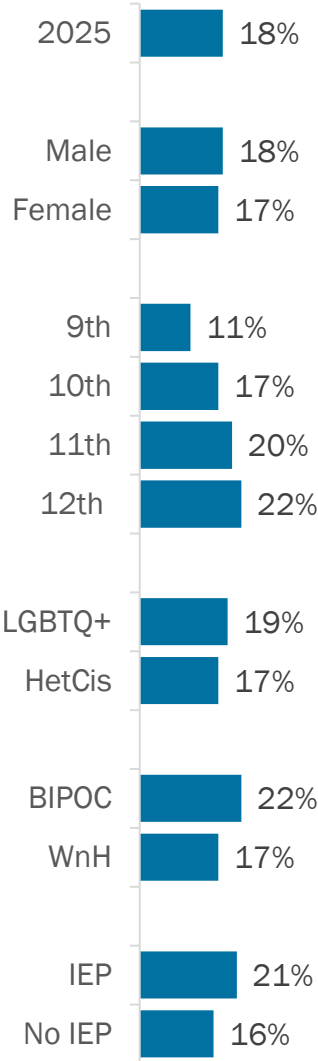
When excluding electronic vapor products, the percent of students who use tobacco products drops to one in 10 (10%).

Current tobacco use vs. use without EVPs.



- Use of any tobacco product during the past 30 days is statistically higher among older students, LGBTQ+ students, BIPOC students and students with an IEP. There were no differences by sex.

Percent of high school students who use cigarettes, cigars, smokeless tobacco, or electronic vapor products, past 30 days.



**Smokeless tobacco products were revised in 2025 to include nicotine pouches.
Trend data is not available.**

Current Cigarette Use

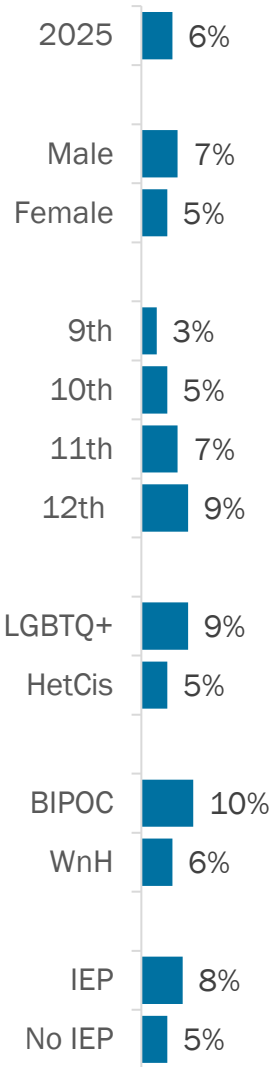
About one in 17 high school students (6%) report smoking a cigarette during the past 30 days.

- Male students, older students, LGBTQ+ students, BIPOC students and students with an IEP are statistically more likely to smoke cigarettes during the past 30 days.

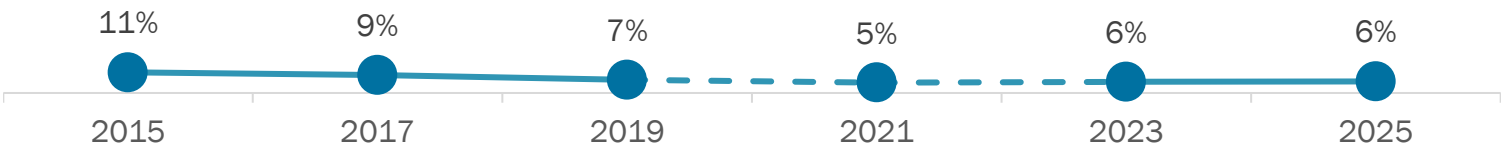
Since 2015, there has been an almost 50% decrease in the percent of students who currently smoke, a statistically significant change.

Between 2023 and 2025, the percent of students who smoked a cigarette during the past 30 days did not statistically differ.

Percent of high school students who smoked a cigarette, past 30 days.



Percent of high school students who currently smoke cigarettes over time.

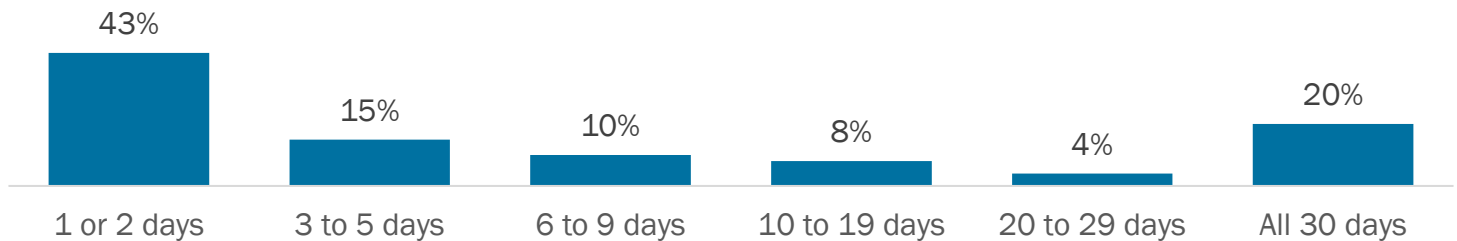


Frequency and Quantity of Cigarettes Smoked

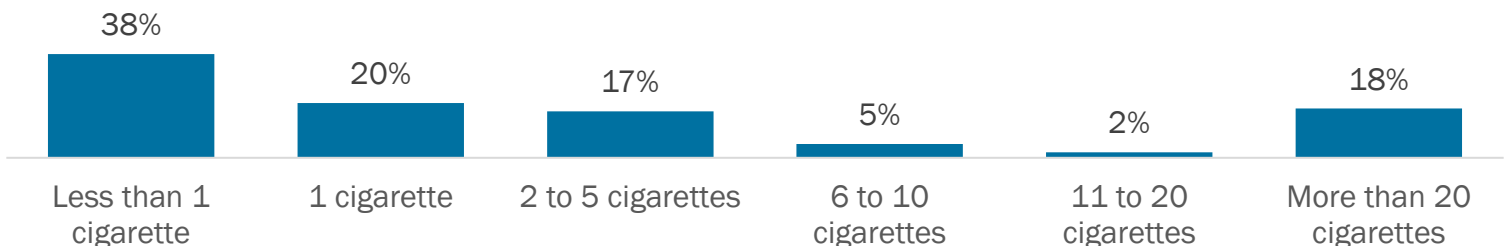
Among students who used cigarettes, past 30 days

- Among students who used a cigarette in the past 30 days:
 - More than two in five (43%) smoke on one or two days.
 - One in five (20%) smoke every day.
- When smoking, most students smoke one or less than one cigarette. Specifically, about four in 10 (38%) smoke less than one cigarette, and one in five (20%) smoke one cigarette a day.
 - About one in five (20%) smoke at least half a pack (11 or more cigarettes).

Frequency of cigarette use.



Number of cigarettes smoked.



Current Electronic Vapor Product (Vapes) Use

About one in seven high school students (14%) report using an electronic vapor product such as JUUL, Vuse, NJOY, Elf Bar or Esco Bars, during the past 30 days.

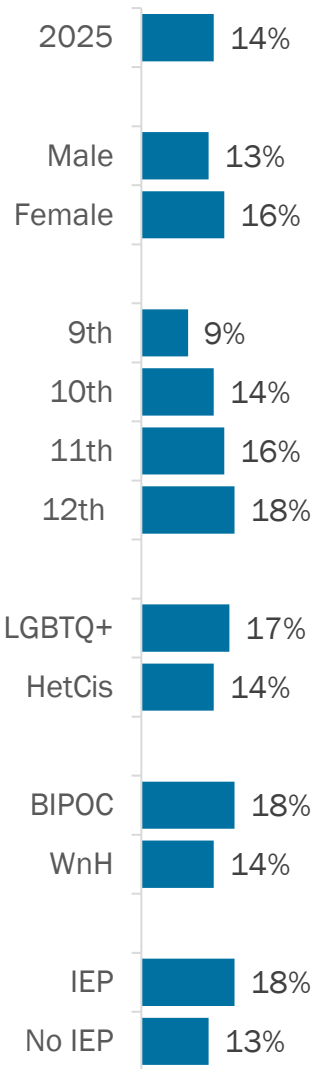
- Female students, older students, LGBTQ+ students, BIPOC students and students with an IEP are statistically more likely to use an electronic vapor product during the past 30 days.

Current electronic vapor product use is statistically similar to 2015.

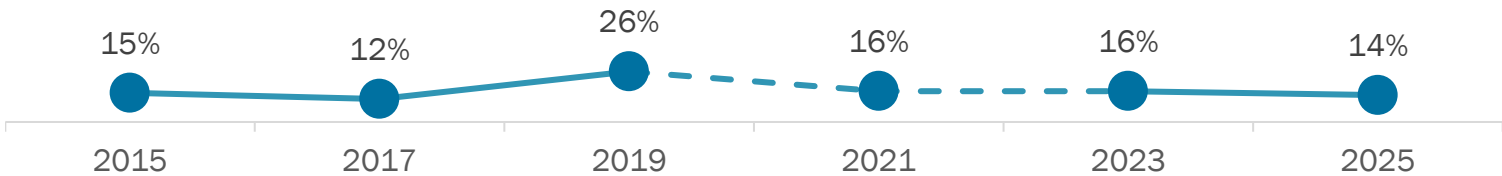
Between 2023 and 2025, the percent of students who currently used electronic vapor products statistically decreased.

Note: Electronic vapor products include vapes, e-cigarettes, e-cigs, mods, e-hookahs, or vape pens such as JUUL, Vuse, NJOY, Elf Bar, or Esco Bars.

Percent of high school students who use an electronic vapor product, past 30 days.



Percent of high school students using electronic vapor products over time.

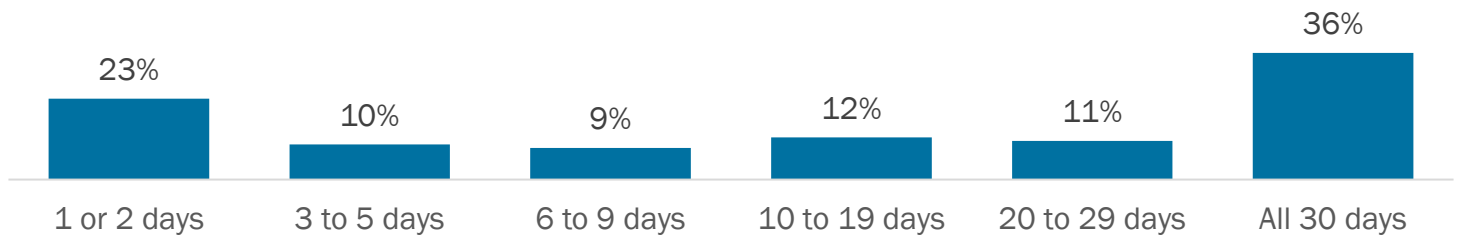


Frequency of Electronic Vapor Product (Vapes) Use

Among students who use electronic vapor products, past 30 days

- Among students who report using an electronic vapor product in the past 30 days:
 - More than a third (36%) use electronic vapor products every day.
 - Nearly a quarter (23%) use electronic vapor products on one or two days.
 - One in five (19%) use them on three to nine days.

Frequency of electronic vapor product use.

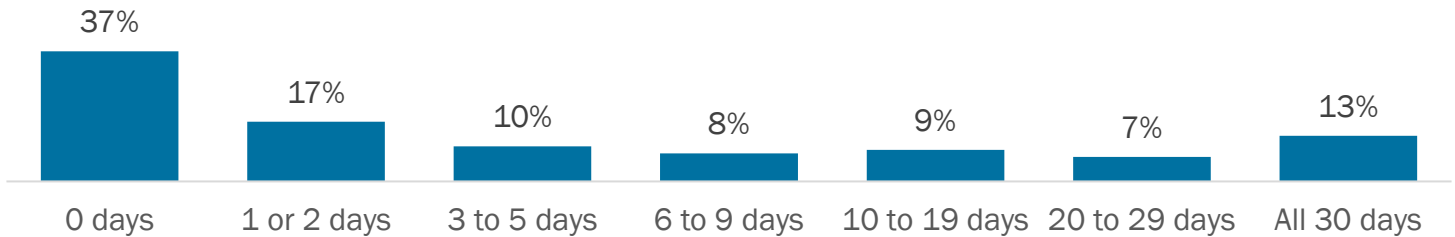


Vaped Marijuana

Among students who use electronic vapor products, past 30 days

- Among students who use electronic vapor products (vapes) in the past 30 days, nearly two thirds (63%) vaped marijuana.
 - Specifically, among students who used an electronic vapor product in the past 30 days:
 - One in six (17%) vaped marijuana on one or two days.
 - A quarter (26%) vaped marijuana on three to 19 days and 20% vaped marijuana on 20 or more days.
 - Just over one in ten (13%) vaped marijuana every day during the past month.

Frequency of vaping marijuana.

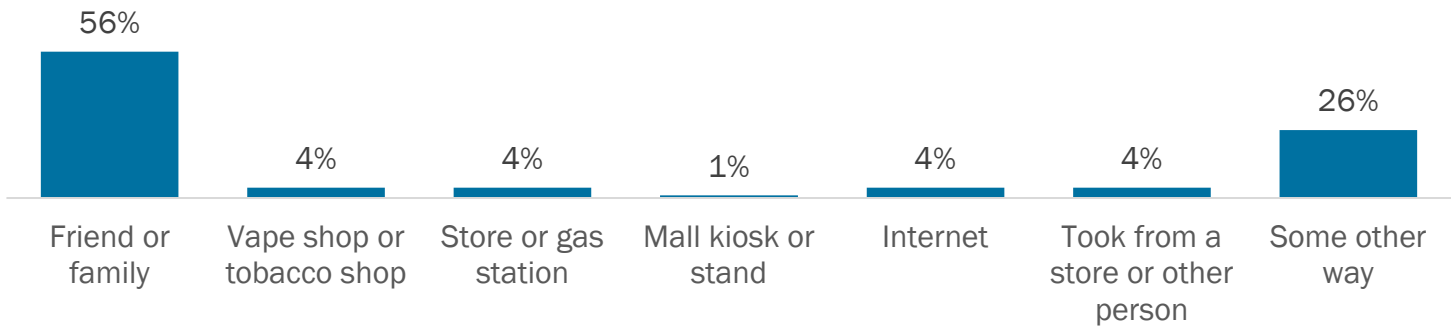


Primary Source of Electronic Vapor Products

Among students who use electronic vapor products, past 30 days

- Among students who report using electronic vapor products in the past 30 days:
 - Nearly six in 10 students (56%) got or bought them from someone else, such as a friend or family member.
 - About one in eight bought them themselves. Specifically, they purchased them
 - in a vape or tobacco shop (4%),
 - at the mall, gas station or other store (6%), or
 - on the internet from a product website, online vape store or other website such as Facebook Marketplace (4%).
 - One in 25 (4%) took them from a store or other person.
 - A quarter (26%) get them in another way not listed.

Where students get electronic vapor products.

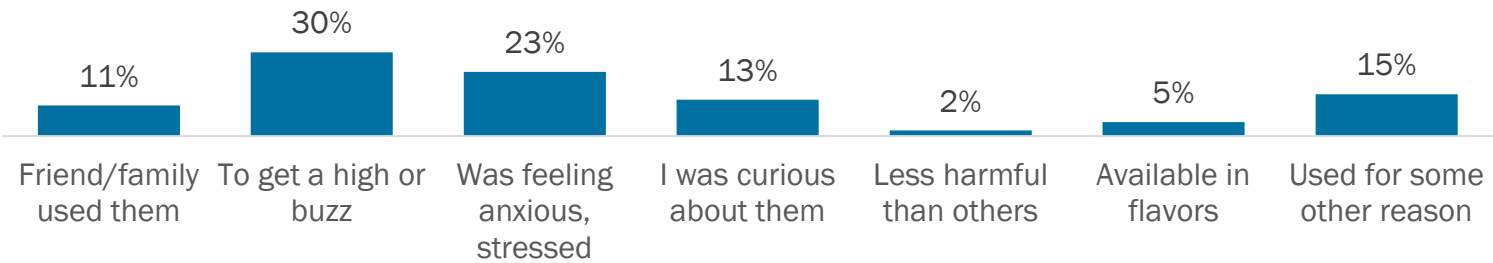


Reason for Electronic Vapor Products Use

Among students who use electronic vapor products, past 30 days

- Among students who report using electronic vapor products (vapes) in the past 30 days:
 - Three in 10 use them to get high or buzzed (30%).
 - Nearly a quarter use them because they feel anxious or stressed (23%).
 - One in seven use them for some other reason (15%). Slightly fewer (13%) use them because they are curious about them.
 - Nearly one in 10 use them because their family or friends also use them (11%).
 - Few use them because they are available in flavors (5%) or because they think they are less harmful than other forms of tobacco products (2%).

Primary reason students use electronic vapor products, among those who used electronic vapor products in the past 30 days.

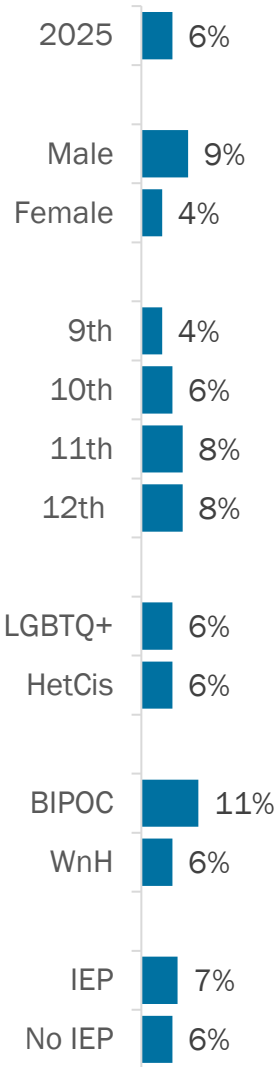


Current Smokeless Tobacco Product Use

About one in 15 high school students (6%) report using chewing tobacco, snuff, dip, snus, dissolvable tobacco products, or nicotine pouches, such as Copenhagen, Grizzly, Skoal, Camel Snus, on!, ZYN, or Velo, during the past 30 days.

- Male students, older students and BIPOC students are statistically more likely to use smokeless tobacco products during the past 30 days.
- Current smokeless tobacco product use does not statistically differ by sexual orientation and gender identity, and among students with or without an IEP.

Percent of high school students who use smokeless tobacco, past 30 days.



This question was revised in 2025 to include nicotine pouches. Trend data is not available.

Current Cigar, Little Cigar, or Cigarillo Use

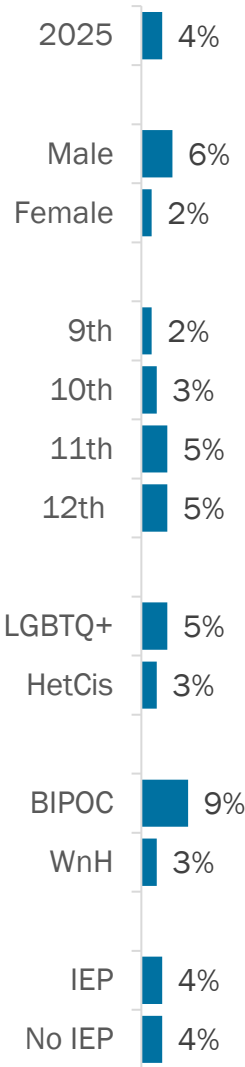
One in 25 high school students (4%) smoke cigars, cigarillos, or little cigars, such as Swisher Sweets, Middleton's (including Black & Mild), or Backwoods.

- Male students and BIPOC students are three times as likely as female students and white non-Hispanic students to smoke cigars, little cigars, or cigarillos.
- Male students, older students, LGBTQ+ students and BIPOC students are statistically more likely to smoke cigars, little cigars, or cigarillos.
- Current cigar, little cigar, or cigarillo use does not statistically differ among those with or without an IEP.

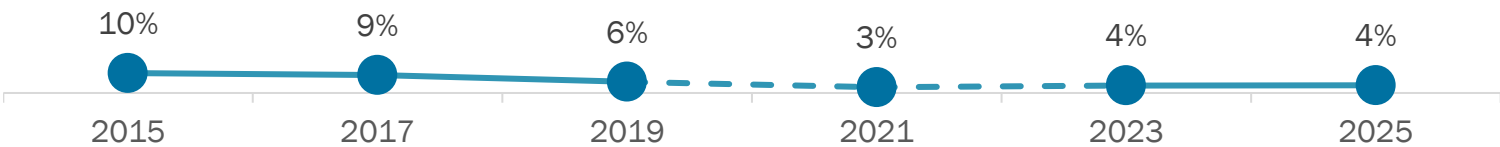
Compared to 2015, the percent of students who use cigars, little cigars, or cigarillos statistically decreased.

Current cigar or cigarillo use did not statistically change between 2023 and 2025.

Percent of high school students who smoke cigars, little cigars, or cigarillos, past 30 days.



Percent of high school students currently used cigars, little cigars, or cigarillos over time.



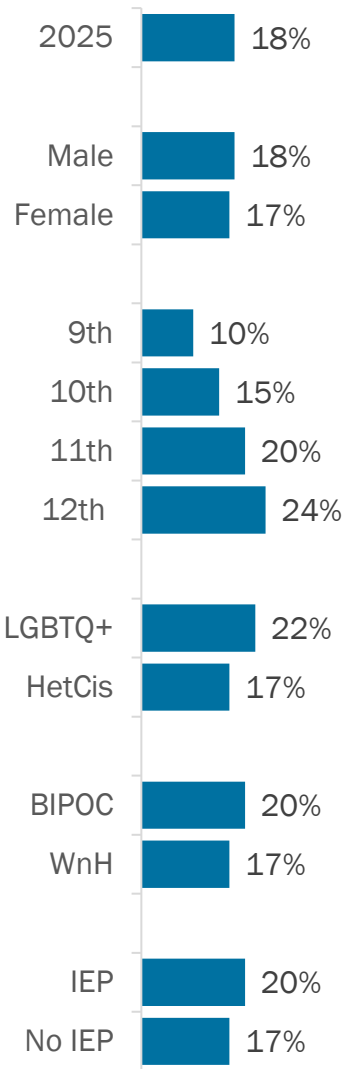
Current Marijuana Use

Less than one in five high school students (18%) report using marijuana during the past 30 days.

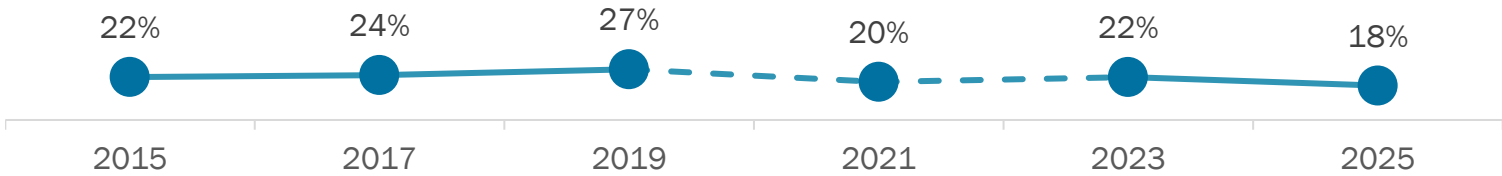
- LGBTQ+ students, BIPOC students, and students with an IEP are statistically more likely to report using marijuana during the past 30 days.
- Current marijuana use statistically increases with each grade level.
- Current marijuana use does not statistically differ by sex.

Compared to 2015 and between 2023 and 2025, the percent of students using marijuana in the past 30 days statistically decreased.

Percent of high school students who use marijuana, past 30 days.



Percent of high school students using marijuana over time.

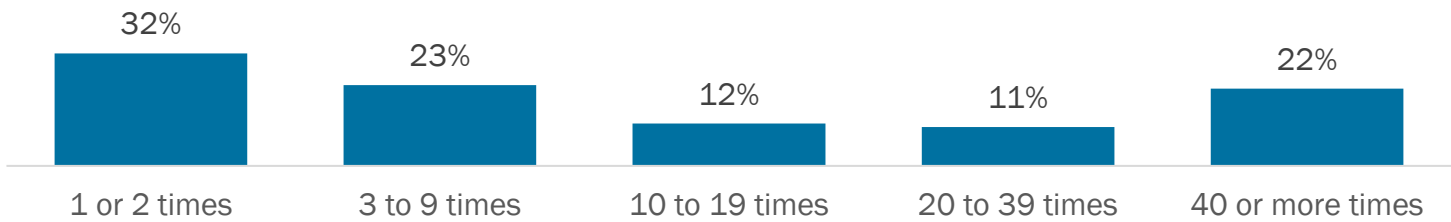


Frequency of Marijuana Use

Among students who use marijuana, past 30 days

- Among students who report using marijuana in the past 30 days:
 - About a third (32%) use it one or two times.
 - Roughly a quarter (23%) use it three to nine times.
 - More than one in five (22%) use it 40 or more times.

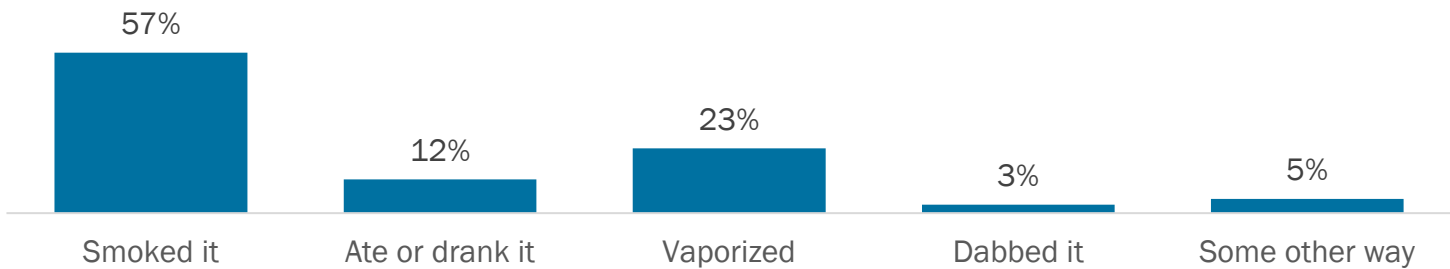
Frequency of marijuana use.



Primary Method to Consume Marijuana

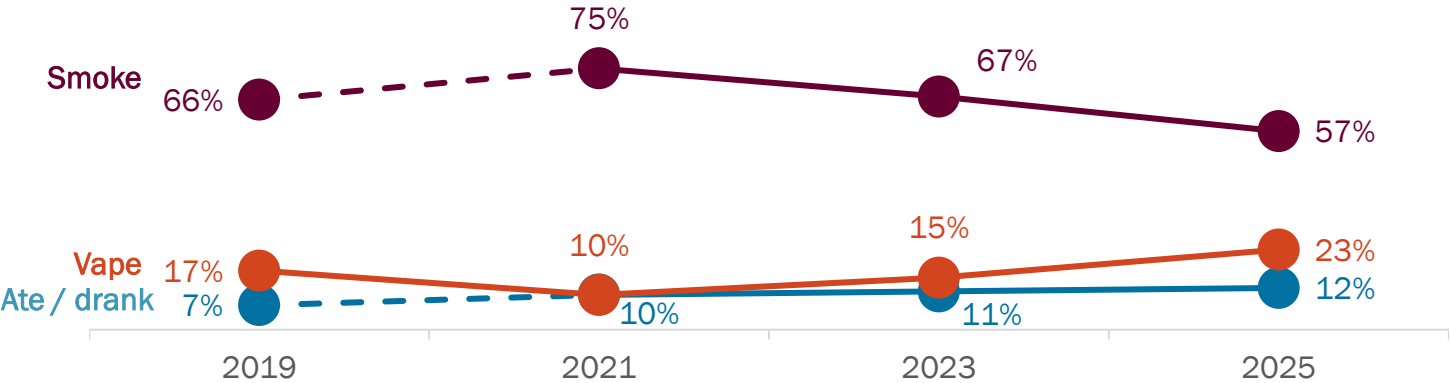
- Among students who report using marijuana in the past 30 days:
- Six in 10 (57%) primarily smoke it in a joint, bong, pipe or blunt. Nearly a quarter (23%) primarily vaporize it.
- One in nine (12%) primarily drink or eat it in food such as brownies, cakes, cookies or candy. Fewer primarily dab it (3%) or use it in some other way (5%).

Usual method for using marijuana.



- Compared to 2019, students are statistically more likely to primarily eat or drink marijuana and vape marijuana. They are statistically less likely to primarily smoke marijuana.
- Compared to 2023, the percent of students primarily eating or drinking marijuana did not statistically change; smoking marijuana statistically decreased, while primarily vaping marijuana statistically increased.

Top three primary methods of marijuana use over time.

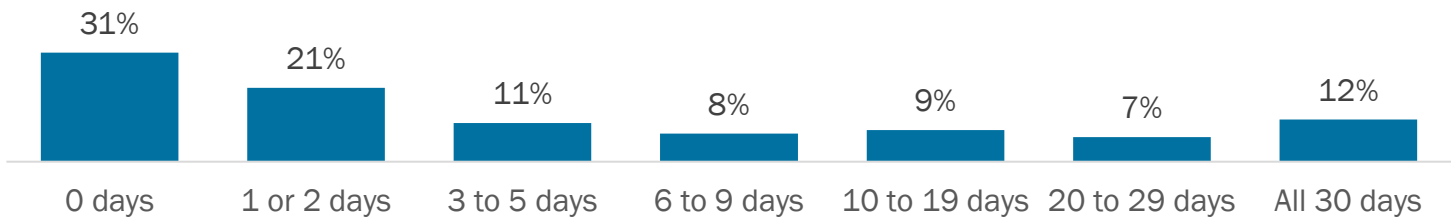


Vaped Marijuana

Among students who use marijuana, past 30 days

- Among students who used marijuana in the past 30 days, nearly seven in 10 (69%) use an electronic vapor product to vape it.
- Specifically:
 - One in five (21%) vaped marijuana on one or two days.
 - Three in 10 (29%) vaped it on three to 19 days.
 - One in five (19%) vaped it on 20 or more days.
 - One in eight (12%) vaped marijuana every day.

Frequency of vaping marijuana.



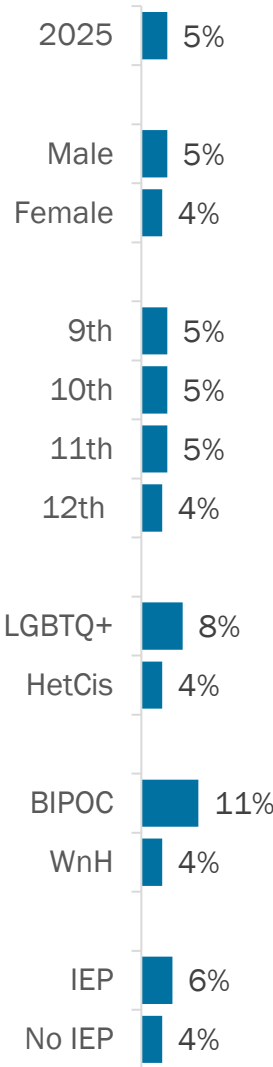
Current Prescription Drug Misuse

During the past 30 days, one in 20 high school students (5%) report using prescription medicine such as codeine, Vicodin, OxyContin, hydrocodone, Percocet, Adderall, or Ritalin without a doctor’s prescription or differently from how they were told to use it.

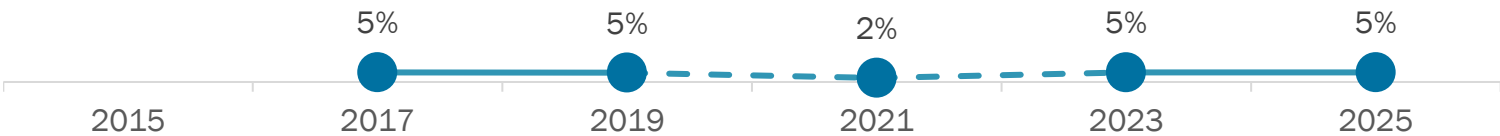
- Male students, LGBTQ+ students, BIPOC students and students with an IEP are statistically more likely to misuse a prescription drug.
- Prescription drug misuse does not differ by grade level.

Compared to 2017 and between 2023 and 2025, current misuse of prescription medicine did not change statistically.

Percent of high school students who misused prescription drugs, past 30 days.



Percent of high school students misusing a prescription medicine over time.



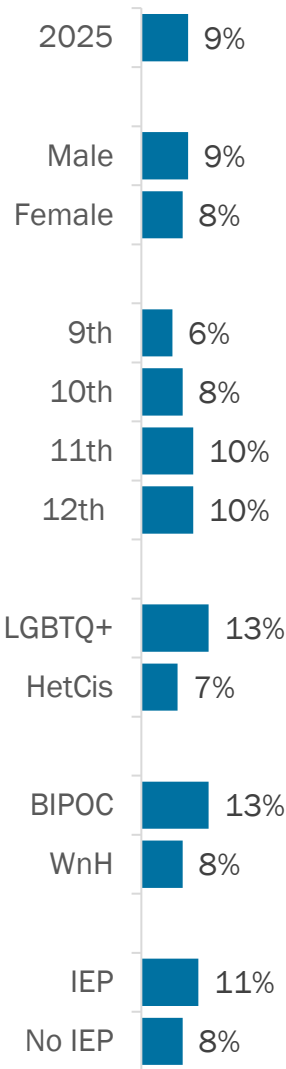
Attended School Under the Influence of Alcohol or Drugs

Less than one in 10 high school students (9%) report attending school under the influence of alcohol or other drugs during the past year.

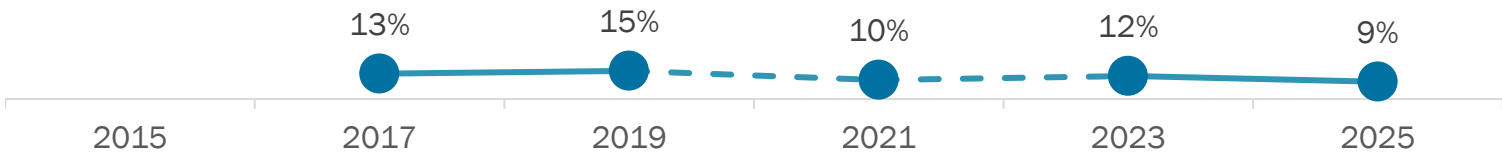
- Older students, LGBTQ+ students, BIPOC students and students with an IEP are statistically more likely to attend school under the influence.
- Attending school under the influence does not statistically differ by sex.

Compared to 2017 and between 2023 and 2025, the percent of students who attend school under the influence statistically decreased.

Percent of high school students attending school under the influence, past year.



Percent of high school students who attended school under the influence over time.





Perceptions Around Substance Use

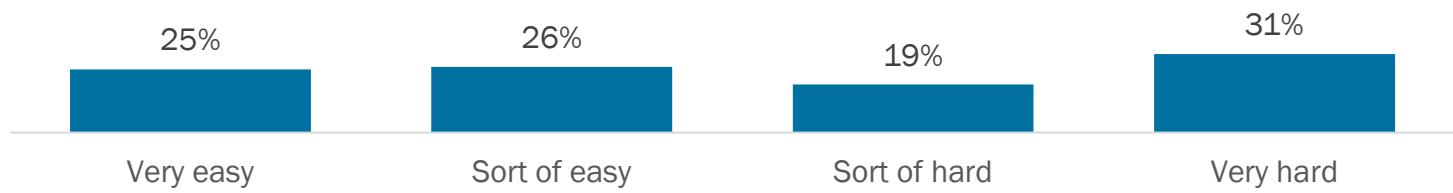
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Access to Electronic Vapor Products, Alcohol, and Marijuana

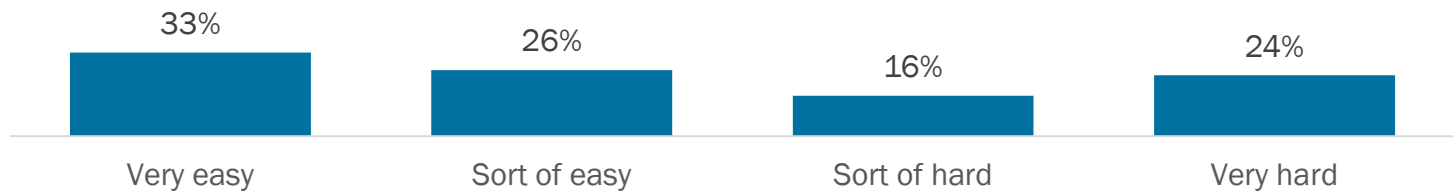
- About half of all high school students think that if they wanted it, it would be sort of easy or very easy to access electronic vapor products, alcohol or marijuana. Specifically, a quarter to a third of high school students think it is very easy to access electronic vapor products (25%), alcohol (33%), and marijuana (26%).
- A quarter to a third think it would be very hard to get electronic vapor products (31%), alcohol (24%) and marijuana (36%).

Perceptions on how hard or easy high school students believe it is to get:

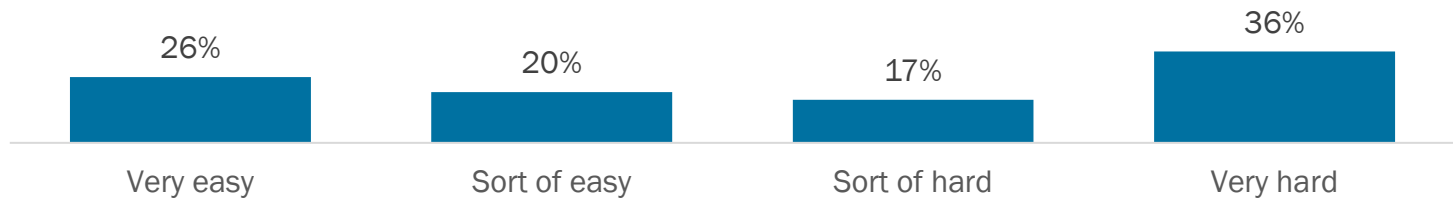
Electronic Vapor Products



Alcohol



Marijuana



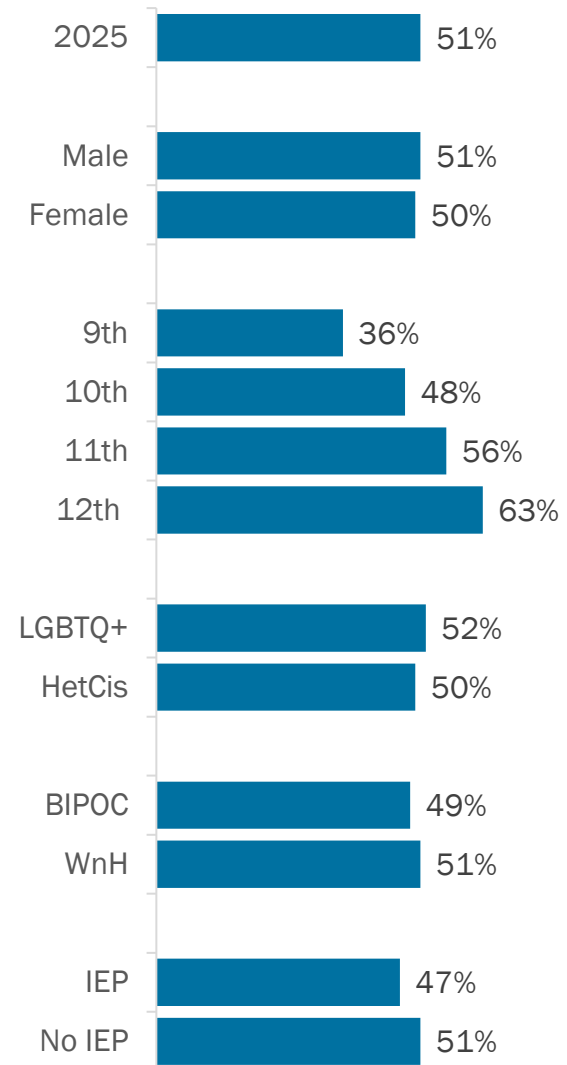
Easy to Access Electronic Vapor Products (Vapes)

About one in two high school students (51%) believe it would be sort of easy or very easy to get electronic vapor products if they want them.

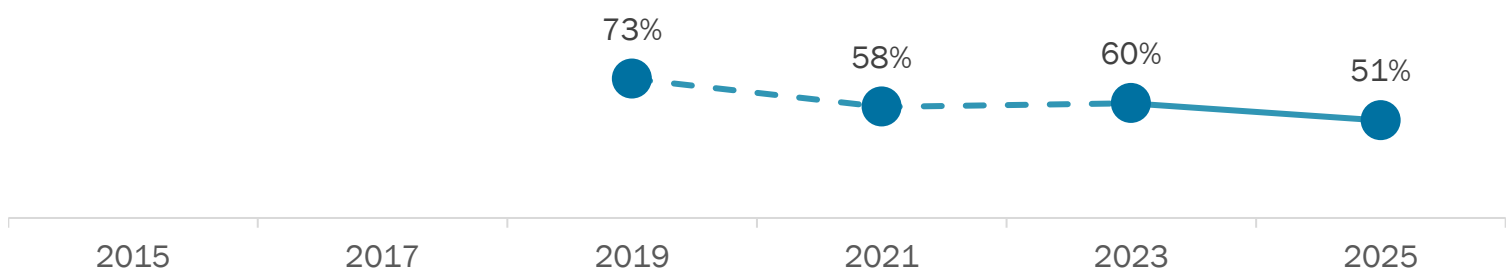
- Believing it would be easy to access electronic vapor products significantly increases with each grade level. Students without an IEP are statistically more likely to believe it is sort of or very easy to access electronic vapor products.
- Believing it would be sort of easy or very easy to access electronic vapor products did not statistically differ by sex, sexual orientation and gender identity, or race and ethnicity.

Compared to 2019 and between 2023 and 2025, the percent of students who think it would be easy to access electronic vapor products statistically decreased.

Percent of high school students who say it would be sort of or very easy to get electronic vapor products.



Percent of high school students who believe it would be easy to access electronic vapor products over time.



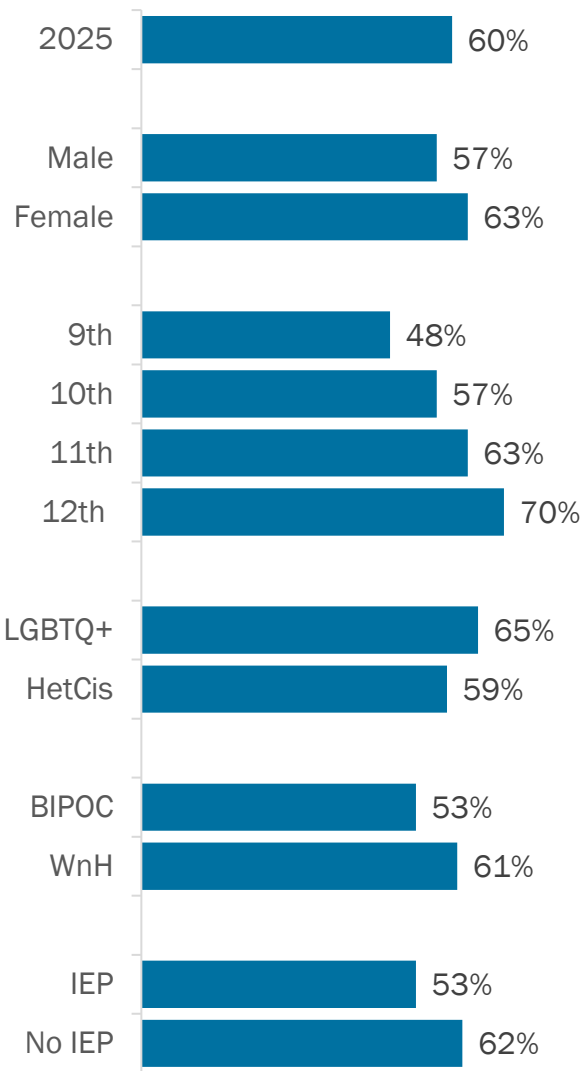
Easy to Access Alcohol

Six in 10 high school students (60%) believe it would be sort of easy or very easy to get alcohol if they wanted it.

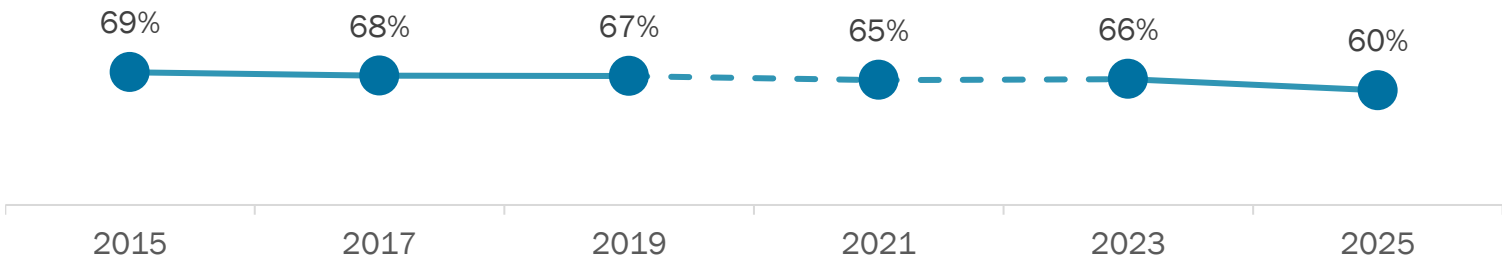
- Female students, LGBTQ+ students, white non-Hispanic students and students without an IEP are statistically more likely to believe it is sort of or very easy to access alcohol.
- Believing it would be easy to access alcohol significantly increases with each grade level.

Since 2015 and between 2023 and 2025, the percent of students who say it would be easy or very easy for them to access alcohol statistically decreased.

Percent of high school students who say it would be sort of or very easy to get alcohol.



Percent of high school students who believe it would be easy to access alcohol over time.



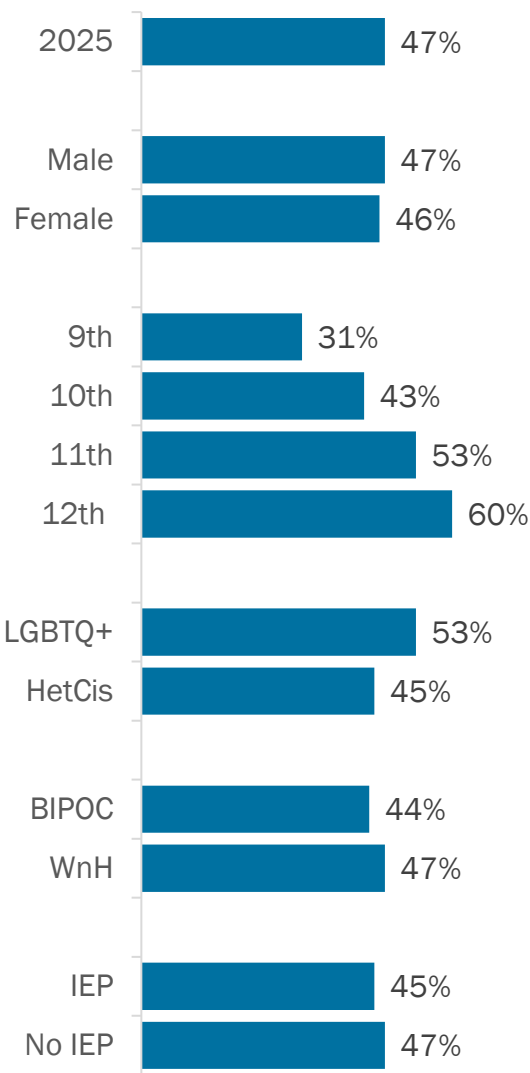
Easy to Access Marijuana

Roughly one in two high school students (47%) believe it would be sort of easy or very easy to get marijuana if they wanted it.

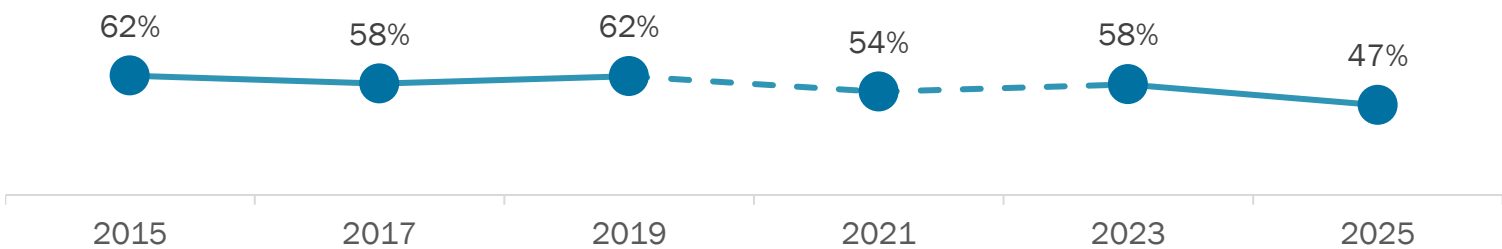
- LGBTQ+ and white non-Hispanic students are statistically more likely to believe it is sort of or very easy to access marijuana.
- Believing it would be sort of or very easy to access marijuana statistically increases with each grade level.
- Believing it would be sort of easy or very easy to access marijuana did not statistically differ by sex or among students with or without an IEP.

Since 2015 and between 2023 and 2025, the percent of students who say it would be easy or very easy for them to get marijuana statistically decreased.

Percent of high school students who say it would be sort of or very easy to get marijuana.



Percent of high school students who believe it would be easy to access marijuana over time.

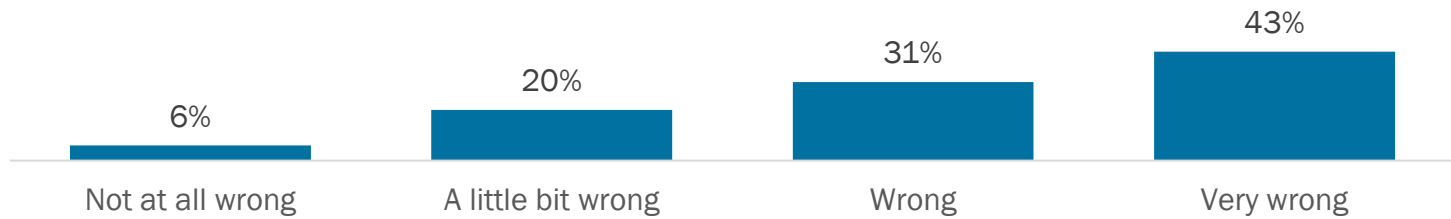


Beliefs Around Peers Using Electronic Vapor Products, Alcohol and Marijuana

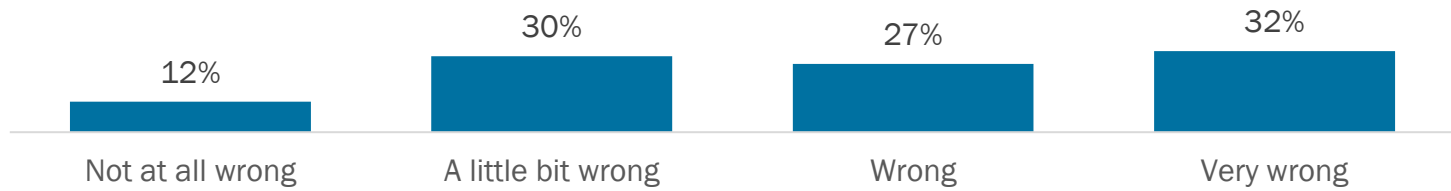
- Most students believe it is wrong or very wrong for someone their age to use electronic vapor products (vapes), alcohol, or marijuana. Roughly four in 10 think it is very wrong for someone their age to use electronic vapor products (43%) and marijuana (38%). About a third believe it is very wrong for a peer to use electronic vapor products (36%).
- About one in 10 believe it is not at all wrong for someone their age to use alcohol (12%) or marijuana (11%). Slightly fewer (6%) feel it is not at all wrong for their peers to use electronic vapor products.

Perceptions on how wrong high school students believe it is for someone their age to use:

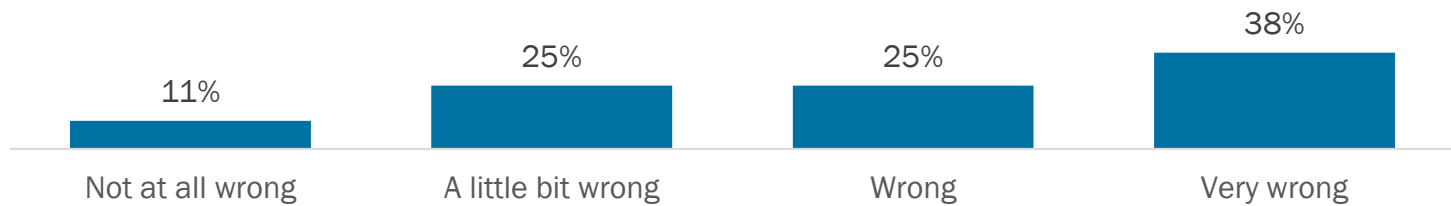
Electronic Vapor Products



Alcohol



Marijuana



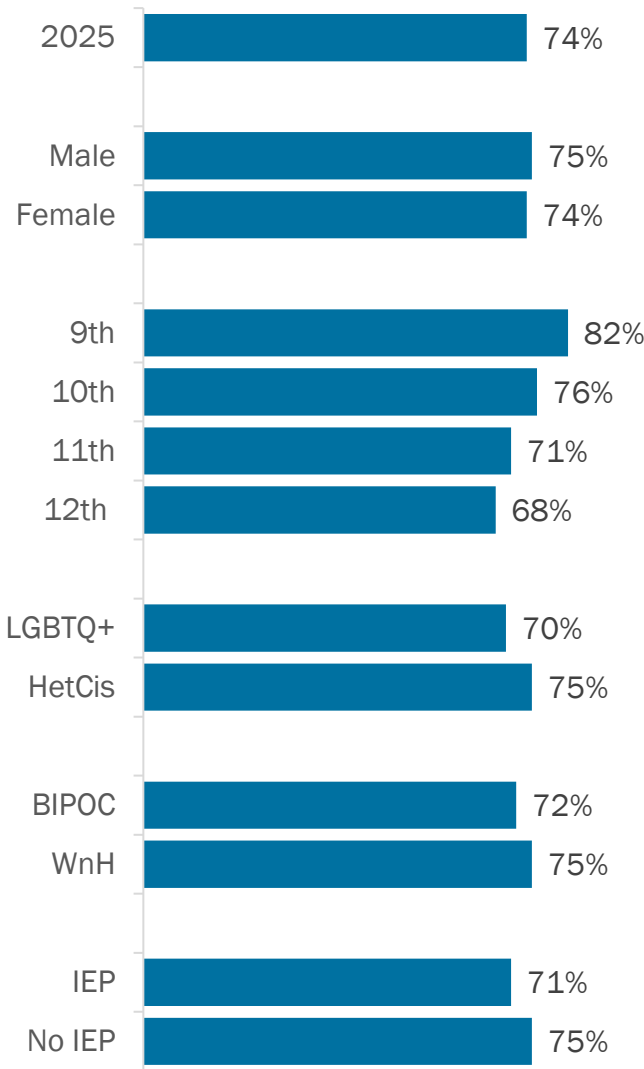
Perceptions of Peer Use: Electronic Vapor Products

Three-quarters of high school students (74%) think it is wrong or very wrong for someone their age to use electronic vapor products (vapes).

- Heterosexual cisgender students, white, non-Hispanic students, and students without an IEP are statistically more likely to believe it is wrong or very wrong for someone their age to use electronic vapor products.
- Perceptions around how wrong it is for someone their age to use electronic vapor products statistically decrease with each grade level.
- Believing it is wrong or very wrong for someone their age to use electronic vapor products did not statistically differ by sex.

Since 2019 and between 2023 and 2025, the percent of students who believe it is wrong for someone their age to use electronic vapor products statistically increased.

Percent of high school students who think it is wrong or very wrong for someone their age to use electronic vapor products.



Percent of high school students who believe it is wrong for someone their age to use electronic vapor products over time.



2015

2017

2019

2021

2023

2025

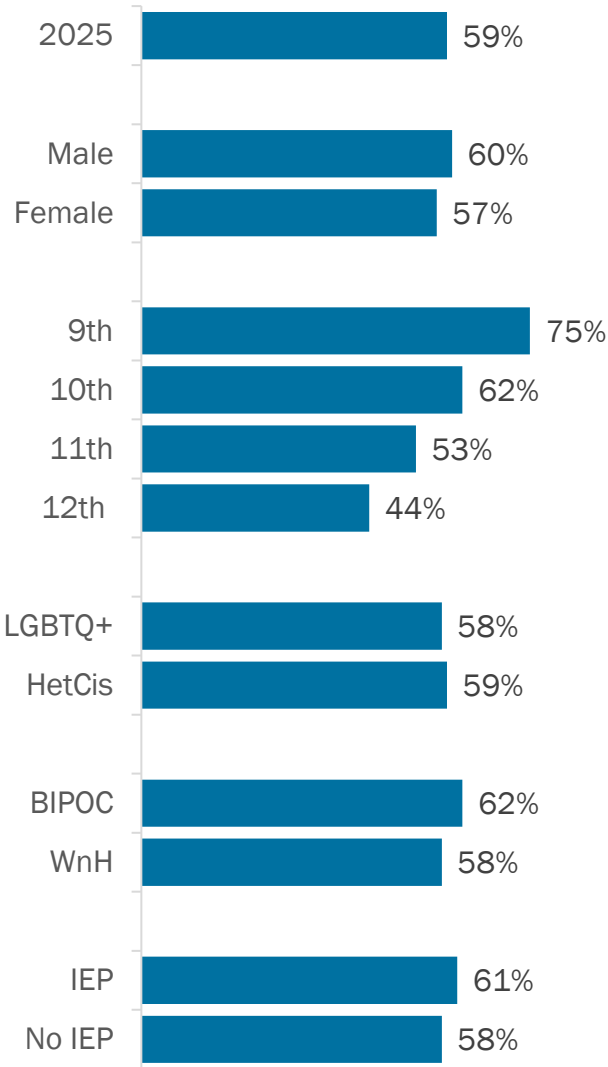
Perceptions of Peer Use: Alcohol

Six in 10 high school students (59%) think it is wrong or very wrong for someone their age to use alcohol.

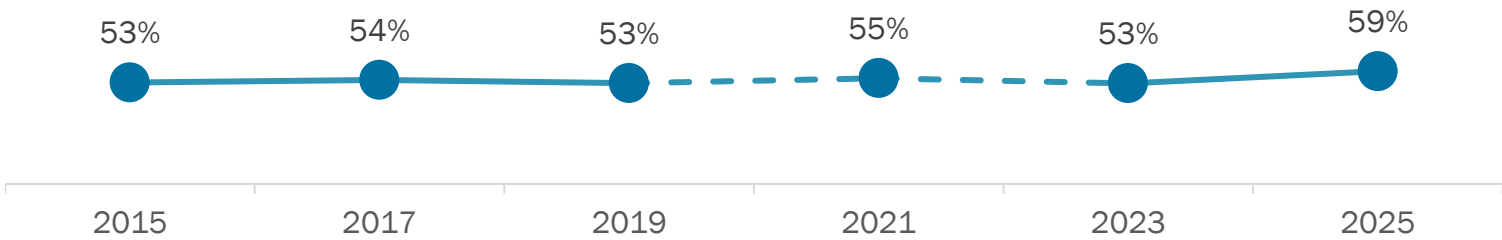
- Male students, BIPOC students, and students with an IEP are statistically more likely to believe it is wrong or very wrong for someone their age to use alcohol.
- Believing it is wrong or very wrong for someone their age to use alcohol statistically decreases with each grade level.
- Believing it is wrong or very wrong for someone their age to use alcohol does not statistically differ by sexual orientation and gender identity.

Compared to 2015 and between 2023 and 2025, the percent of students who think it is wrong or very wrong for someone their age to drink alcohol statistically increased.

Percent of high school students who think it is wrong or very wrong for someone their age to drink alcohol.



Percent of high school students who believe it is wrong for someone their age to use alcohol over time.



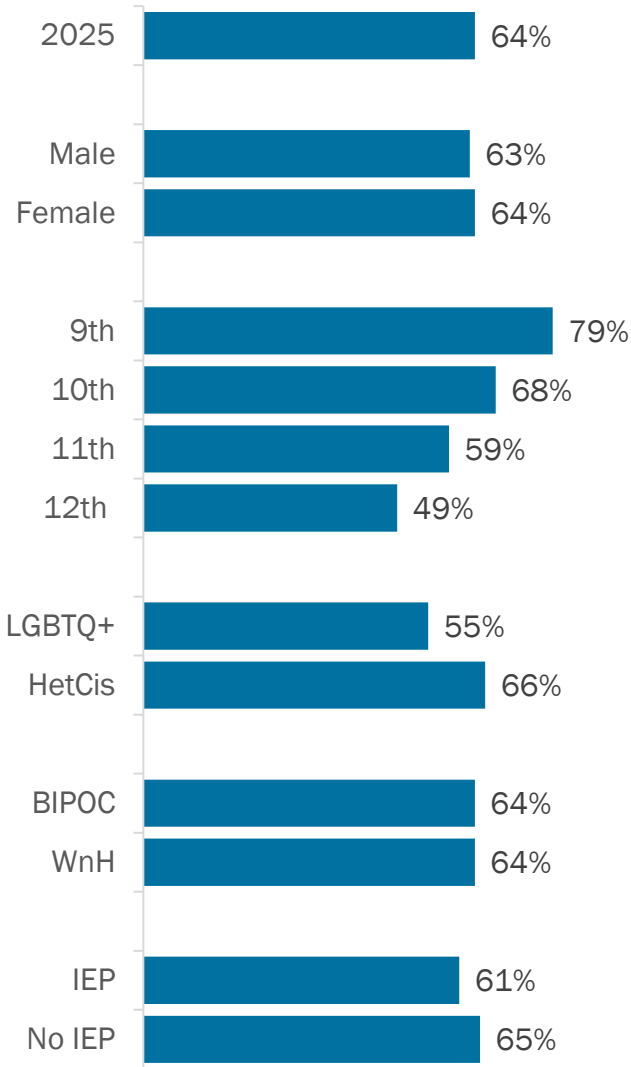
Perceptions of Peer Use: Marijuana

Nearly two-thirds of all high school students (64%) think it is wrong or very wrong for someone their age to use marijuana.

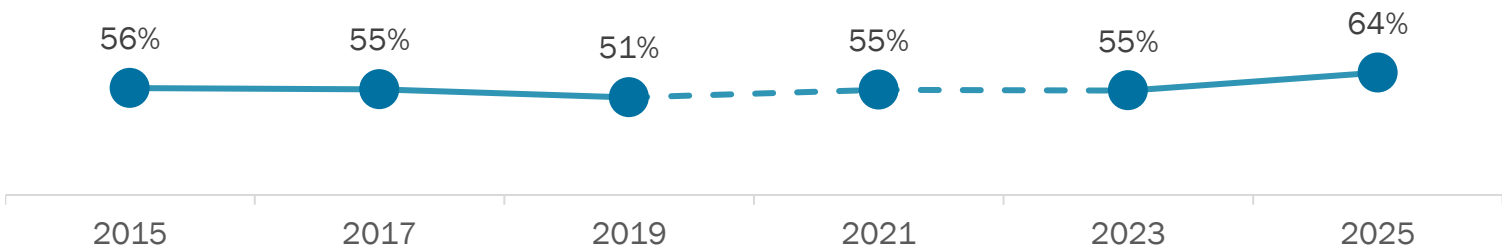
- Heterosexual cisgender students and students without an IEP are statistically more likely to believe it is wrong or very wrong for someone their age to use marijuana.
- Believing it is wrong or very wrong for someone their age to use marijuana statistically decreases with each grade level.
- Believing it is wrong or very wrong for someone their age to use marijuana does not statistically differ by sex or race and ethnicity.

Compared to 2015 and between 2023 and 2025, the percent of students who think it is wrong or very wrong for someone their age to use marijuana statistically increased.

Percent of high school students who think it is wrong or very wrong for someone their age to use marijuana.



Percent of high school students who believe it is wrong for someone their age to use marijuana over time.

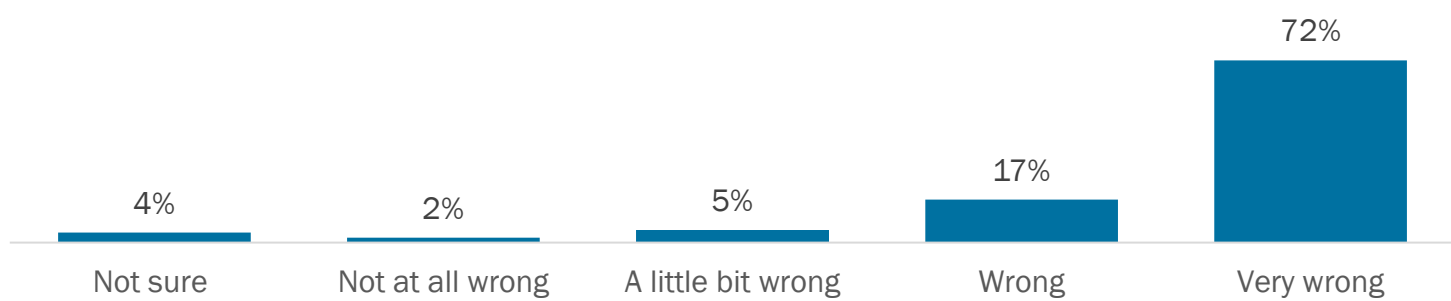


Perceived Parental Beliefs Around Electronic Vapor Products, Alcohol, and Marijuana Use

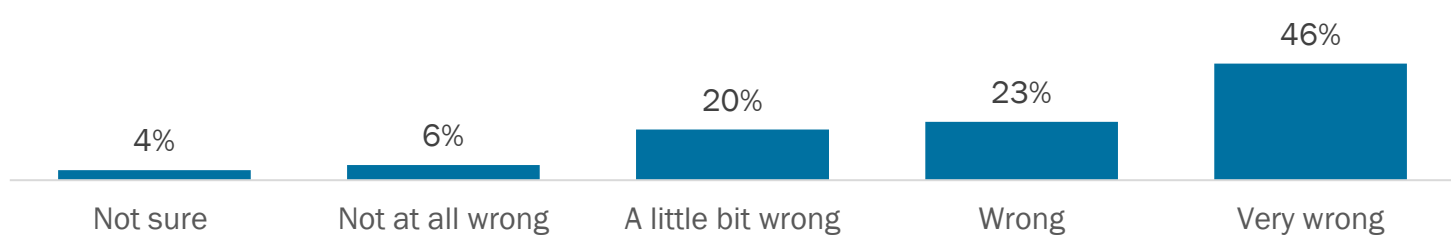
- About one in 25 students are not sure how their parents or guardians feel about them using electronic vapor products (4%), alcohol (4%) or marijuana (4%). Few report believing their parents would not think it was wrong for them to use electronic vapor products (2%), alcohol (6%) or marijuana (5%).
- Seven to nine in 10 believe their parents think it is wrong or very wrong for them to use electronic vapor products (89%), alcohol (69%) or marijuana (78%).

Perceptions on how wrong their parents think it is for them to use:

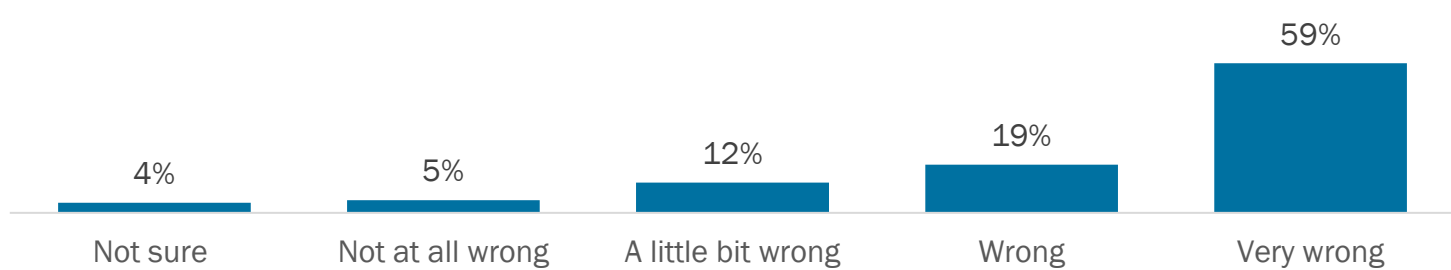
Electronic Vapor Products (Vapes)



Alcohol



Marijuana



Parents Think it is Wrong to Use Electronic Vapor Products

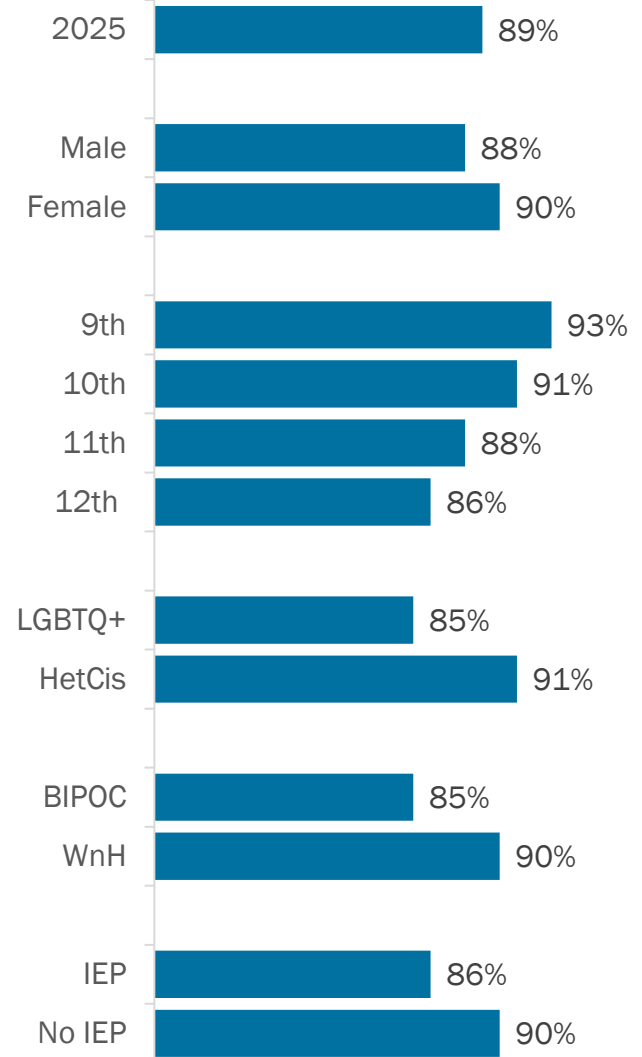
Nearly nine in 10 high school students (89%) believe their parents or guardians think it is wrong or very wrong for them to use electronic vapor products (vapes).

- Female students, younger students, heterosexual cisgender students, white non-Hispanic students and students without an IEP are statistically more likely to say their parents think it was wrong or very wrong for them to use electronic vapor products.

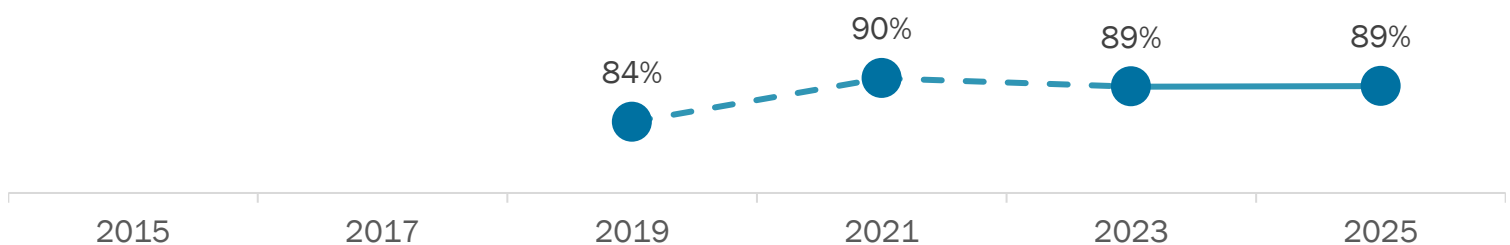
Compared to 2019, the percent of students who say their parents think using electronic vapor products is wrong statistically increased.

Between 2023 and 2025, parental perceptions around electronic vapor product use did not statistically change.

Percent of high school students who say their parents feel it is wrong or very wrong for them to use electronic vapor products.



Percent of high school students who believe their parents think it is wrong for them to use electronic vapor products over time.



Parents Think it is Wrong to Use Alcohol

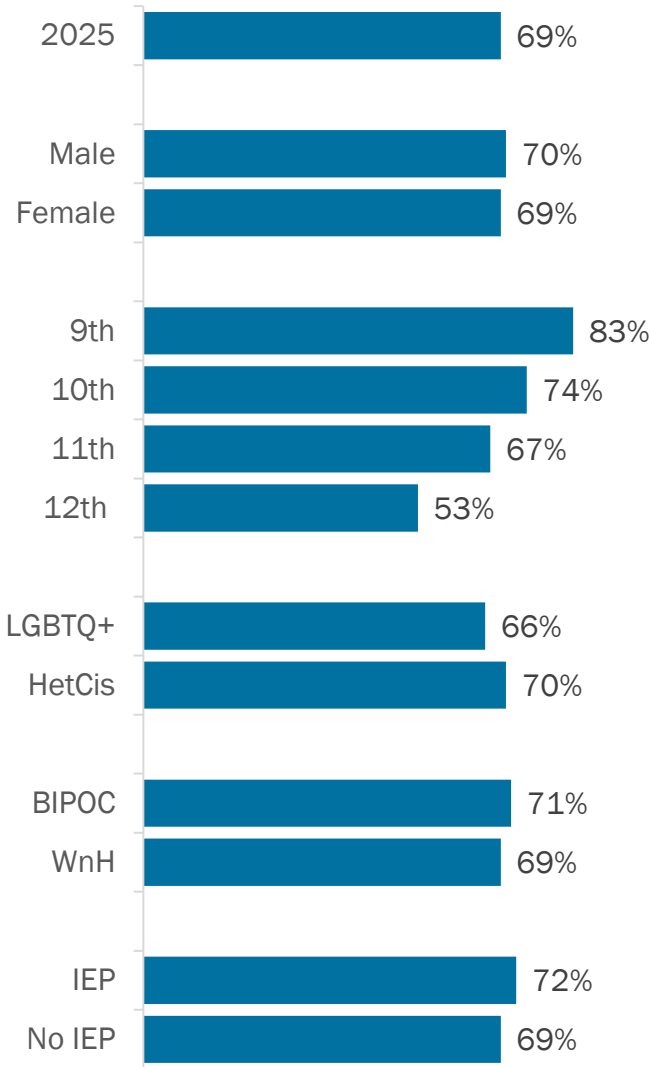
About seven in 10 high school students (69%) believe their parents or guardians think it is wrong or very wrong for them to use alcohol.

- Heterosexual cisgender students and students with an IEP are statistically more likely to say their parents think it is wrong or very wrong for them to use alcohol.
- Believing their parents think it is wrong or very wrong for them to use alcohol statistically decreased with each grade level.
- Believing their parents think it is wrong or very wrong for them to use alcohol does not statistically differ by sex or race and ethnicity.

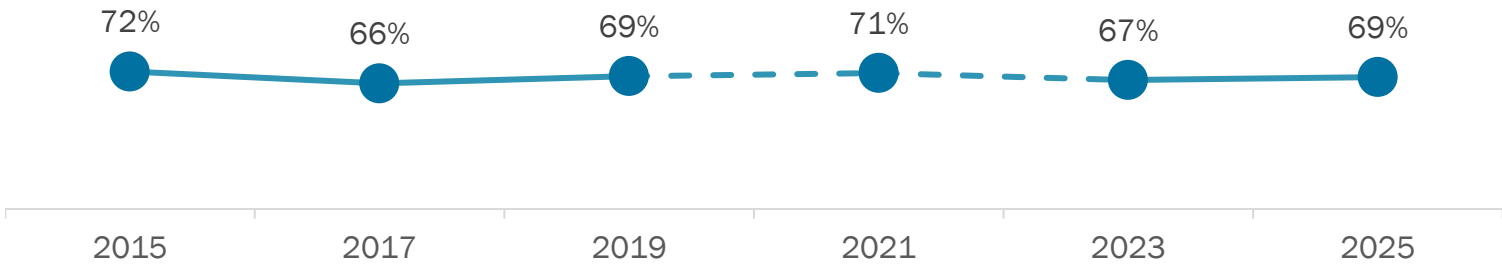
Compared to 2015, the percent of students who believe their parents think it is wrong for them to drink alcohol statistically decreased.

Between 2023 and 2025, the percent of students who believe their parents think it is wrong for them to drink alcohol statistically increased.

Percent of high school students who say their parents feel it is wrong or very wrong for them to use alcohol.



Percent of high school students who believe their parents think it is wrong for them to use alcohol over time.



Parents Think it is Wrong to Use Marijuana

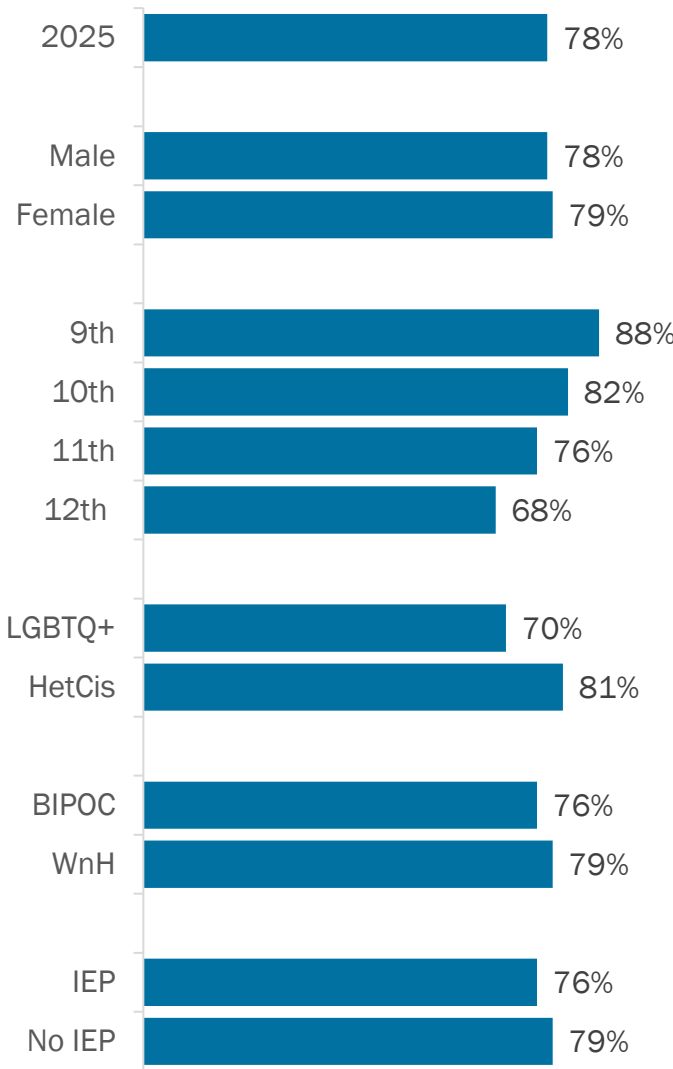
More than three quarters of high school students (78%) believe their parents or guardians think it is wrong or very wrong for them to use marijuana.

- Heterosexual cisgender students and students without an IEP are statistically more likely to say their parents think it was wrong or very wrong for them to use marijuana.
- Believing their parents think it was wrong or very wrong for them to use marijuana statistically decreased with each grade level.
- Believing their parents think it is wrong or very wrong for them to use marijuana does not statistically differ by sex or race and ethnicity.

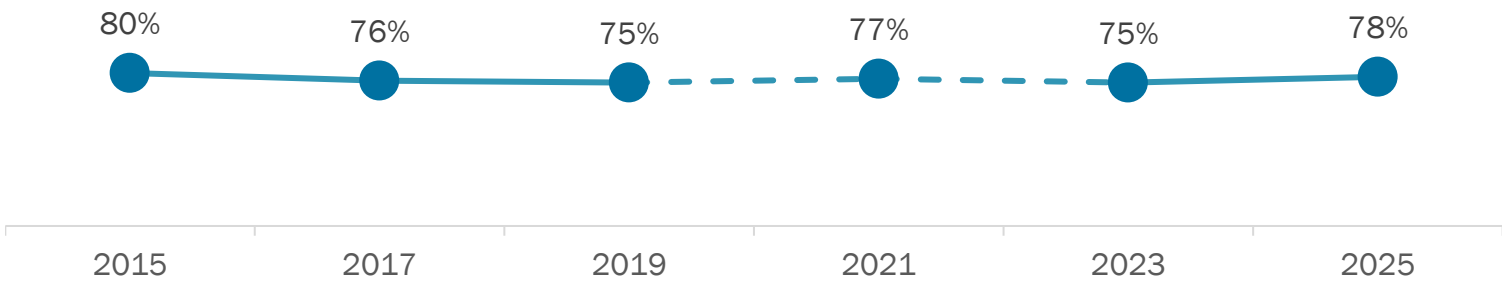
Compared to 2015, the percent of students who believe their parents think it is wrong for them to use marijuana statistically decreased.

Between 2023 and 2025, the percent of students who believe their parents think it is wrong for them to use marijuana statistically increased.

Percent of high school students who say their parents feel it is wrong or very wrong for them to use marijuana.



Percent of high school students who believe their parents think it is wrong for them to use marijuana over time.

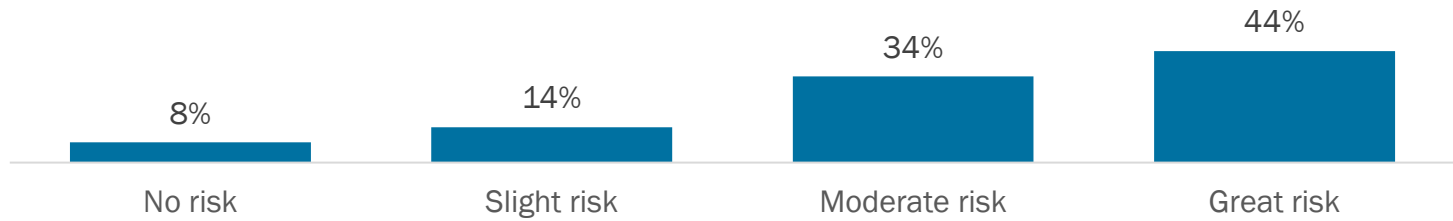


Perceived Harm from Using Electronic Vapor Products, Alcohol and Marijuana

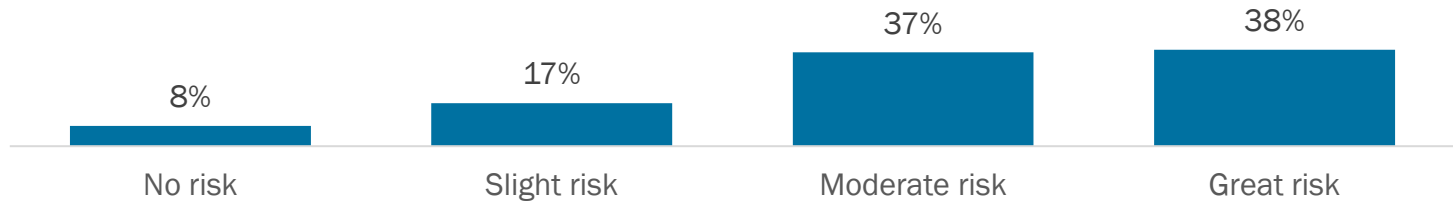
- Most students think people risk harming themselves, physically or in other ways, if they use electronic vapor products (vapes) or marijuana regularly or have five or more drinks in a row each weekend.
- Few believe there is no risk from using electronic vapor products regularly (8%), consuming five or more drinks in a row each weekend (8%), or using marijuana regularly (12%).

Perceptions on risk of substances

Use Electronic Vapor Products Regularly



Have 5 or more drinks once or twice each weekend



Use Marijuana Regularly



Harm from Electronic Vapor Products (Vapes)

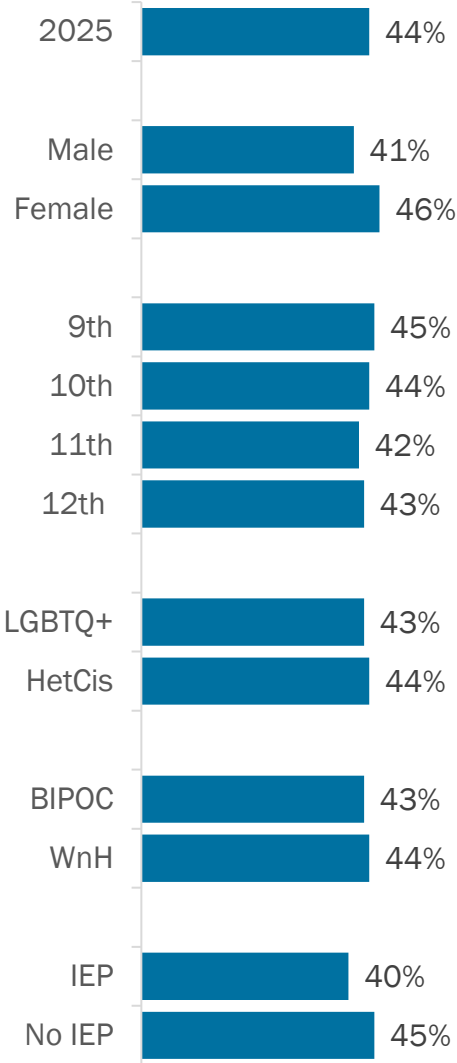
About four in 10 high school students (44%) believe people are at great risk of harming themselves if they use electronic vapor products regularly.

- Female students, younger students and students without an IEP are statistically more likely to believe people are at great risk of harming themselves if they use electronic vapor products regularly.
- Thinking people greatly risk harming themselves if they use electronic vapor products regularly does not statistically differ by sexual orientation and gender identity or race and ethnicity.

Since 2019, the percent of students who believe using electronic vapor products regularly will cause harm has statistically increased.

Between 2023 and 2025, the percent of students who believe using electronic vapor products regularly will cause harm did not statistically change.

Percent of high school students who think people greatly risk harming themselves if they use electronic vapor products regularly.



Percent of high school students over time who think people greatly risk harming themselves if they regularly use electronic vapor products over time.



2015

2017

2019

2021

2023

2025

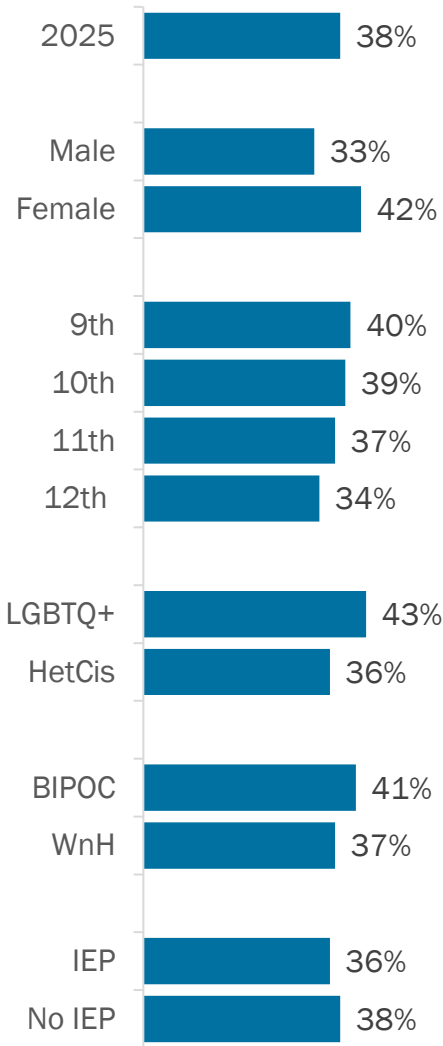
Harm from Alcohol

About a third of high school students (38%) believe people are at great risk of harming themselves if they have five or more alcoholic drinks once or twice each weekend.

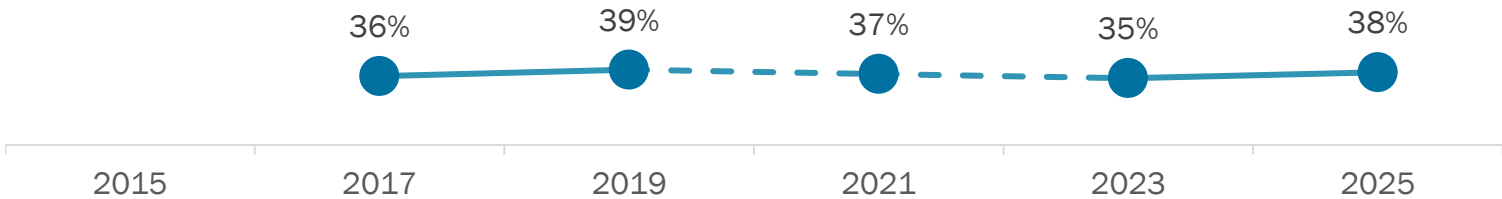
- Female, younger students, LGBTQ+ and BIPOC students are statistically more likely to believe people are at great risk of harming themselves if they have five or more alcoholic drinks once or twice each weekend.
- Thinking people greatly risk harming themselves if they have five or more drinks of alcohol once or twice each weekend does not statistically differ among students with or without an IEP.

Compared to 2017 and between 2023 and 2025, the percent of students who believe having five or more alcoholic drinks each weekend would cause harm statistically increased.

Percent of high school students who think people greatly risk harming themselves if they have five or more alcoholic drinks once or twice each weekend.



Percent of high school students over time who think people greatly risk harming themselves if they have five or more alcoholic drinks each weekend over time.



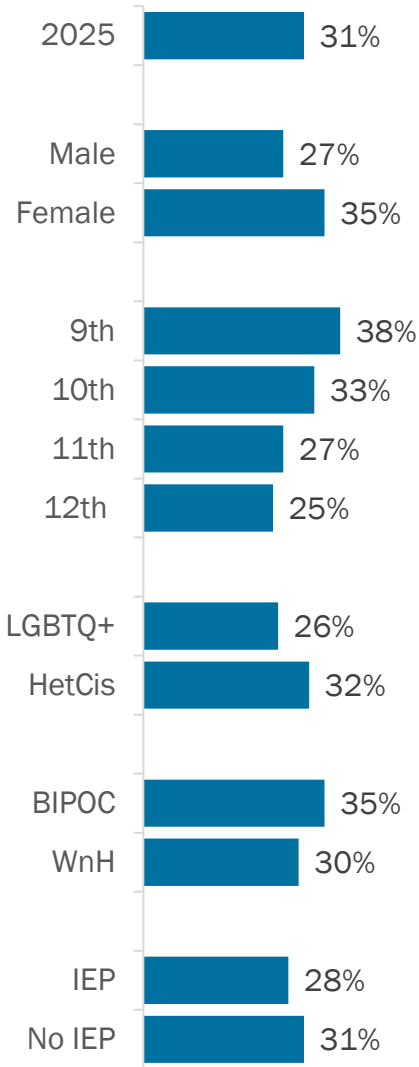
Harm from Marijuana

Roughly three in 10 high school students (31%) believe people are at great risk of harming themselves if they use marijuana regularly.

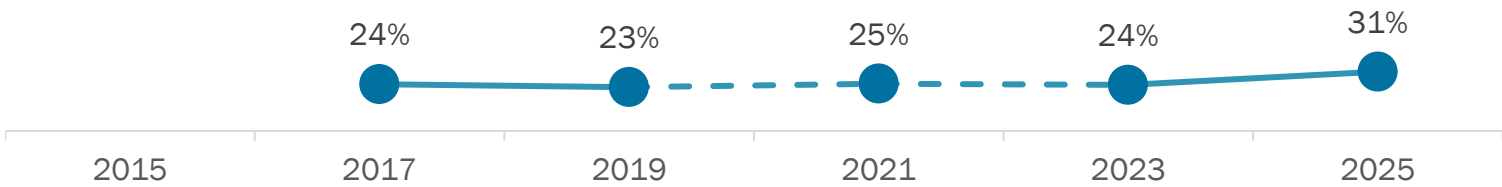
- Female students, younger students, heterosexual cisgender students, BIPOC students and students without an IEP are statistically more likely to believe people are at great risk of harming themselves if they use marijuana regularly.

Compared to 2017 and between 2023 and 2025, perceptions around harm from regular marijuana use statistically increased.

Percent of high school students who think people greatly risk harming themselves if they use marijuana regularly.



Percent of high school students over time who think people greatly risk harming themselves if they regularly use marijuana over time.





Sexual Health

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Ever Tested for HIV

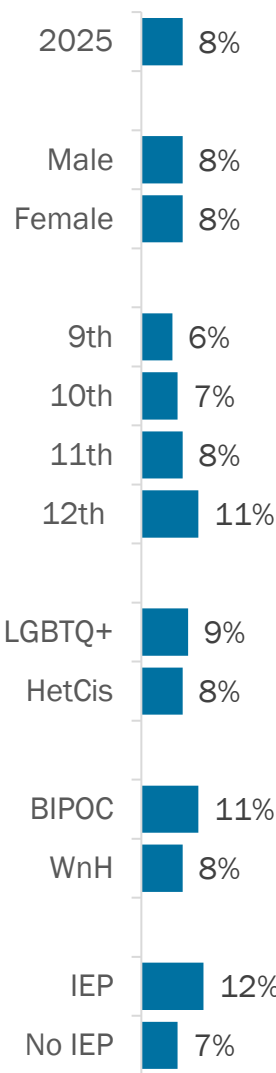
Less than one in 10 high school students (8%) have ever been tested for HIV.

- Older students, LGBTQ+ students, BIPOC students and students with an IEP are statistically more likely to have been tested for HIV.
- Ever being tested for HIV does not statistically differ by sex.

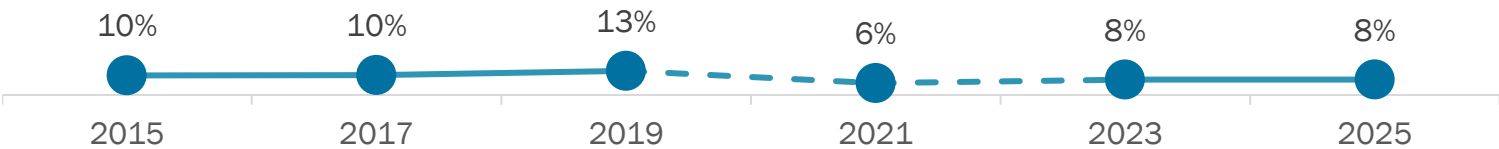
Compared to 2015, the percent of students ever tested for HIV statistically decreased.

Between 2023 and 2025, ever being tested for HIV did not statistically change.

Percent of high school students who have been tested for HIV.



Percent of high school students have been tested for HIV over time.



Tested for a Sexually Transmitted Disease

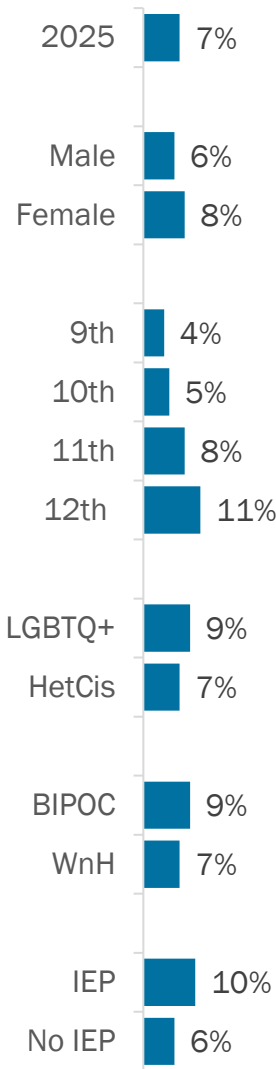
About one in 15 high school students (7%) report getting tested for a sexually transmitted disease (STD), other than HIV, in the past year.

- Female students, LGBTQ+ students, BIPOC students and students with an IEP are statistically more likely to get tested for an STD.
- Being tested for an STD during the past year statistically increases with each grade level.

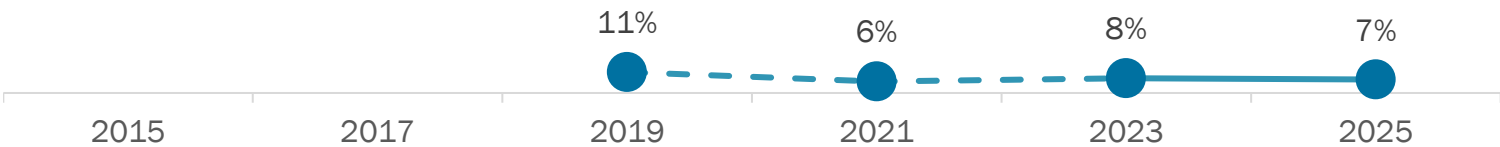
Compared to 2019, the percent of students tested for an STD during the previous year statistically decreased.

Being tested for an STD did not statistically change between 2023 and 2025.

Percent of high school students testing for sexually transmitted disease, past year.



Percent of high school students who were tested for an STD during the past year over time.



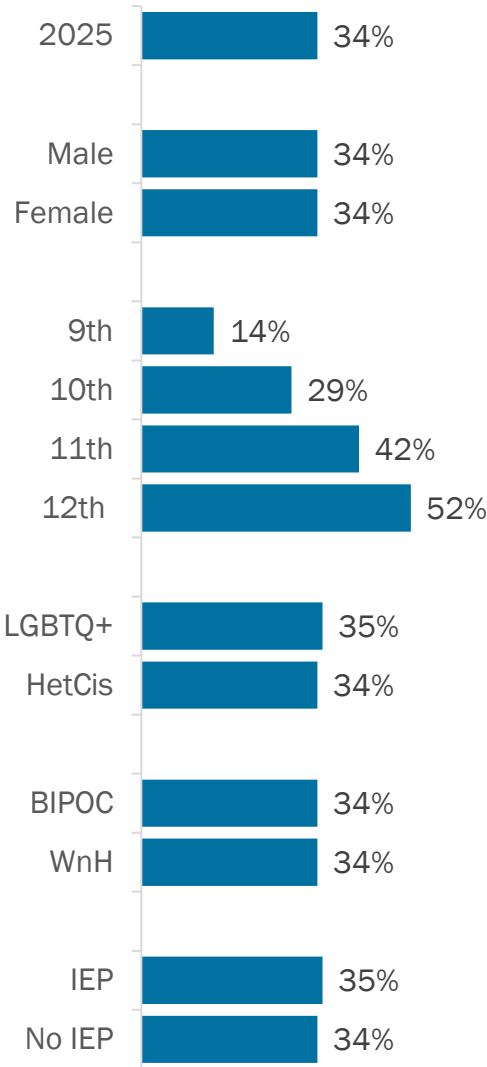
Lifetime Sexual Activity

A third of high school students (34%) have had sexual intercourse. About one in 15 (6%) have had four or more sexual partners during their lifetime. About one in 25 (3%) had sexual intercourse before age 13.

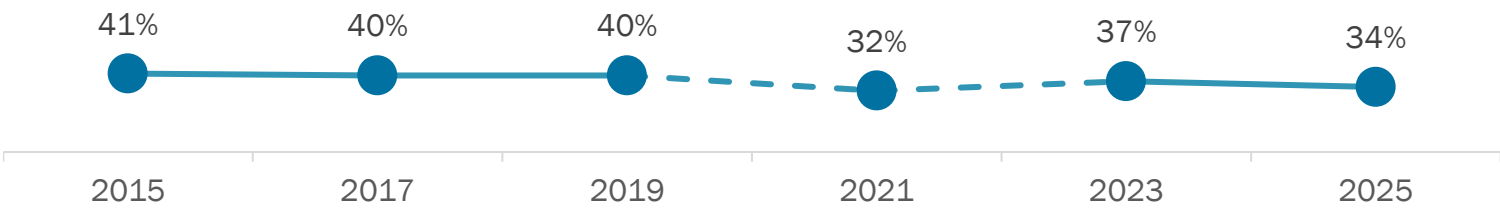
- Ever having sexual intercourse statistically increases with each grade level.
- Having sexual intercourse does not statistically differ by sex, sexual orientation and gender identity, race and ethnicity, or among students with an IEP.

Compared to 2015 and between 2023 and 2025, the percent of students who ever had sexual intercourse statistically decreased.

Percent of high school students who have had sexual intercourse.



Percent of high school students who have had sexual intercourse over time.





Current Sexual Activity

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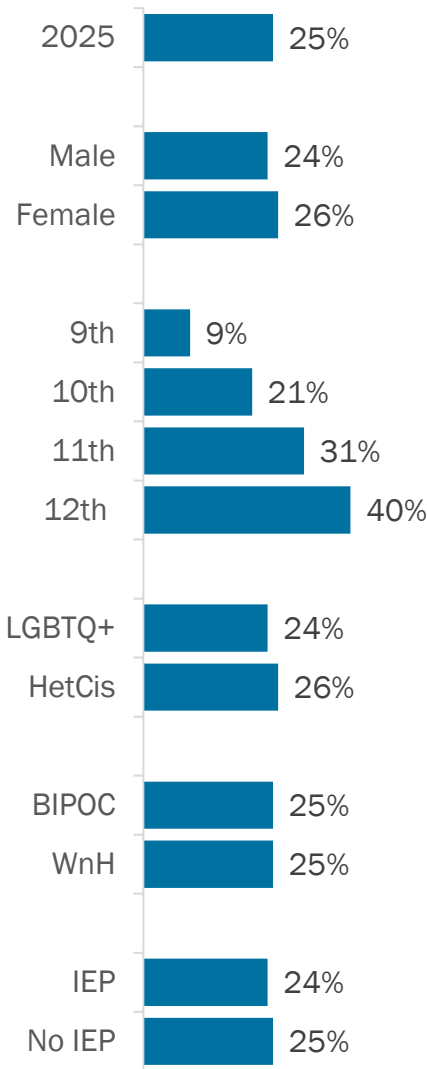
Current Sexual Activity

A quarter of high school students (25%) report having sexual intercourse in the past three months.

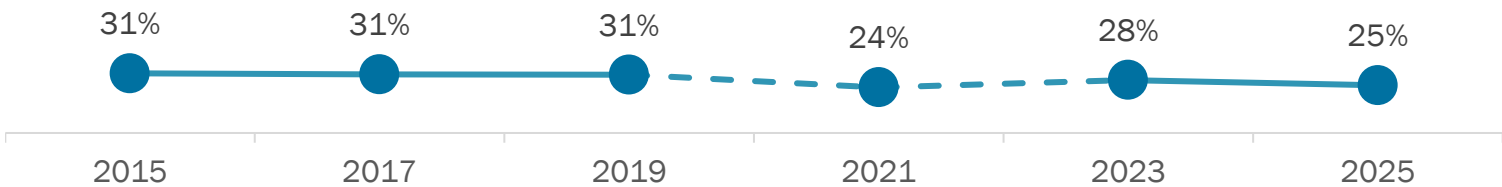
- Female students are statistically more likely to report current sexual activity.
- Having sexual intercourse during the past three months statistically increases with each grade level.
- Having sexual intercourse does not statistically differ by sexual orientation and gender identity, race and ethnicity, and among students with or without an IEP.

Compared to 2015 and between 2023 and 2025, the percent of students who report having sexual intercourse in the past three months statistically decreased.

Percent of high school students having sexual intercourse, past three months.



Percent of high school students having sexual intercourse in the previous three months over time.



Sexual Activity & Alcohol & Drug Use

Among sexually active students[^]

Among high school students who are sexually active, about one in five (18%) report drinking or using drugs before the last time they had sexual intercourse.

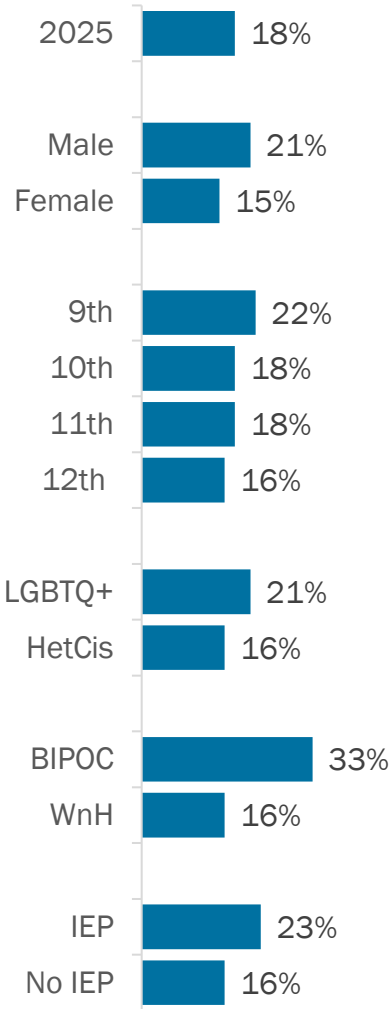
Among students who had sexual activity during the past three months:

- Male students, LGBTQ+ students, BIPOC students and students with an IEP are statistically more likely to use alcohol or drugs prior to sexual intercourse.
- Drinking alcohol or using drugs before sexual intercourse does not statistically differ by grade level.

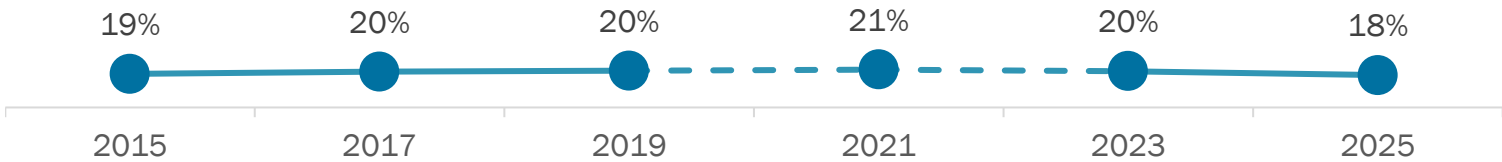
Compared to 2015 and between 2023 and 2025, drinking alcohol or using drugs before intercourse did not statistically change.

[^] Sexually active high school students include those who had sexual intercourse during the past three months.

Percent of sexually active high school students who drank alcohol or used drugs before last sexual intercourse.[^]



Percent of sexually active high school students over time using alcohol or other drugs prior to sexual intercourse.[^]



Sexual Activity & Condom Use

Among sexually active students[^]

Among high school students who are sexually active, about half (48%) report using a condom during the last time they had sexual intercourse.

Among students who had sexual activity during the past three months:

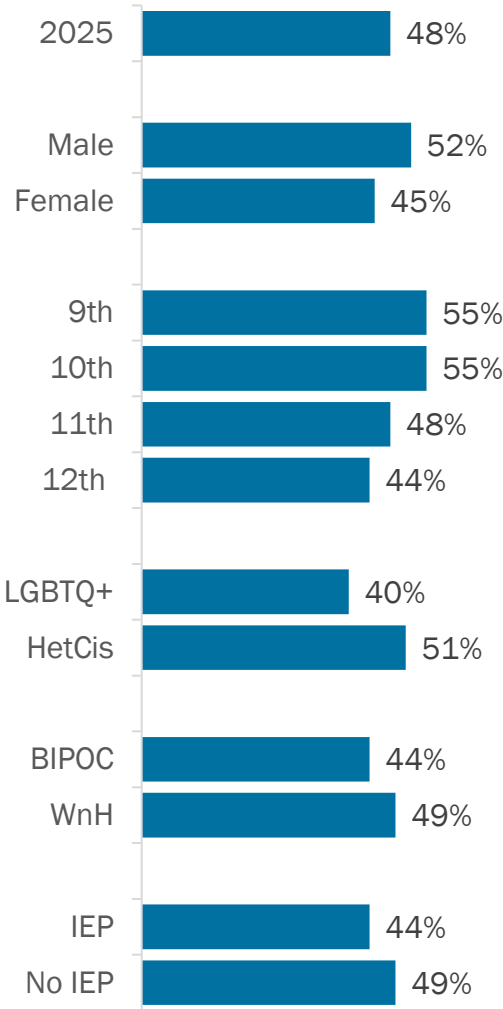
- Male students, younger students and heterosexual cisgender students are statistically more likely to report using a condom the last time they had sexual intercourse.
- Condom use does not statistically differ by race and ethnicity or among students with or without an IEP.

Compared to 2015, condom use among sexually active students statistically decreased.

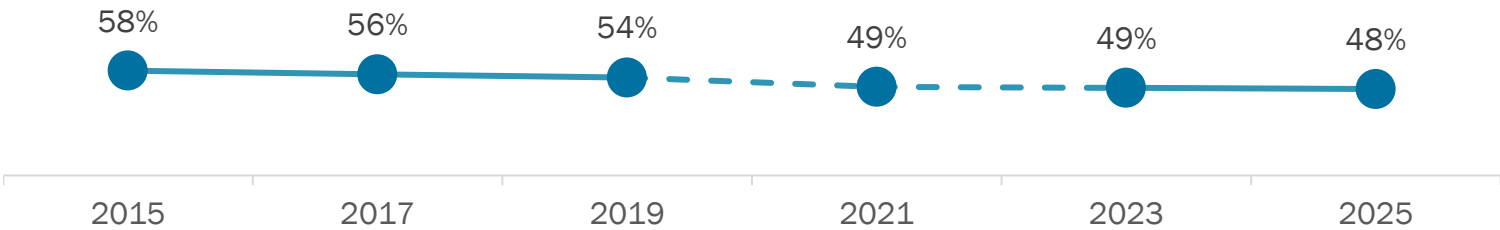
Between 2023 and 2025, condom use during sexual intercourse did not statistically change.

[^] Sexually active high school students include those who had sexual intercourse during the past three months.

Percent of sexually active high school students using a condom during the last time they had sexual intercourse.[^]



Percent of sexually active students using a condom during the last time they had sexual intercourse over time.[^]

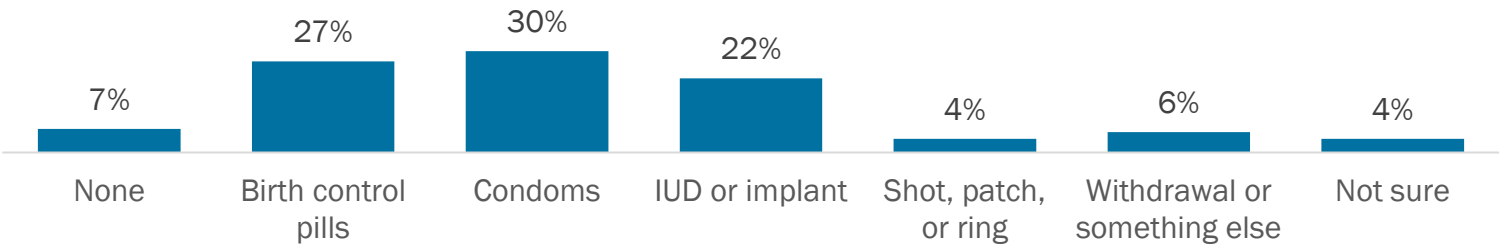


Sexual Activity & Pregnancy Prevention

Among sexually active students who report sexual intercourse with an opposite sex partner ⁺

- During the last time sexually active students had intercourse with an opposite-sex partner:
 - Three in 10 (30%) report using a condom to prevent pregnancy.
 - More than a quarter (27%) report using birth control pills to prevent pregnancy.
 - More than one in five (22%) report using either an IUD (like Mirena or ParaGard) or implant (such as Implanon or Nexplanon) to prevent pregnancy.
 - One in 25 (4%) report using a shot (such as Depo-Provera), patch (such as Ortho Evra), or birth control ring (such as NuvaRing) to prevent pregnancy.
 - More than one in 10 report they are not sure (4%) what was used to prevent pregnancy or that they did not use any method to prevent pregnancy (7%).

Primary method used to prevent pregnancy. ⁺



⁺ Data includes students who had sexual intercourse during the past three months but excludes those who have never had sexual intercourse with an opposite sex partner.

Pregnancy Prevention: Prescription Birth Control

Among sexually active students who had sexual intercourse with an opposite sex partner[†]

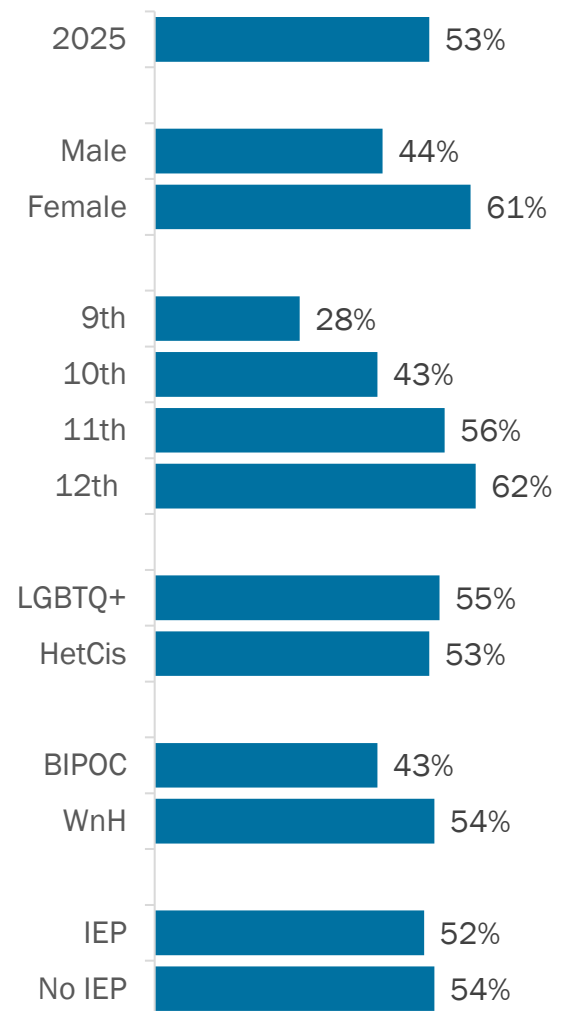
About half of all sexually active students (53%) report using most and moderately effective birth control methods the last time they had sexual intercourse with an opposite-sex partner. Among students who had intercourse with an opposite sex partner during the past three months:

- Female students and white non-Hispanic students are statistically more likely to report using birth control considered most or moderately effective. Use of birth control pills, an IUD or implant, or a shot, patch, or birth control ring statistically increases with each grade level.

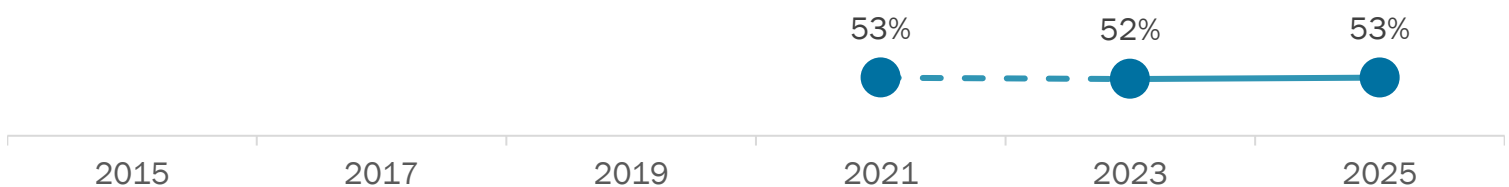
Compared to [2021*](#) and 2023, using most or moderately effective methods to prevent pregnancy did not statistically change.

Most effective forms of birth control include Long-Acting, Reversible Contraceptives (LARCs) such as implants and intrauterine devices (IUDs). Moderately effective forms of birth control include birth control pills, a shot, patch or birth control ring.

Percent of sexually active high school students who use most or moderately effective birth control.[†]



Percent of high school students who used birth control pills, an IUD or implant, a shot, patch, or birth control ring to prevent pregnancy over time.[†]



[†] Data includes students who had sexual intercourse during the past three months but excludes those who have never had sexual intercourse with an opposite sex partner.

Pregnancy Prevention: IUD or Implant

Among sexually active students who had sexual intercourse with an opposite sex partner⁺

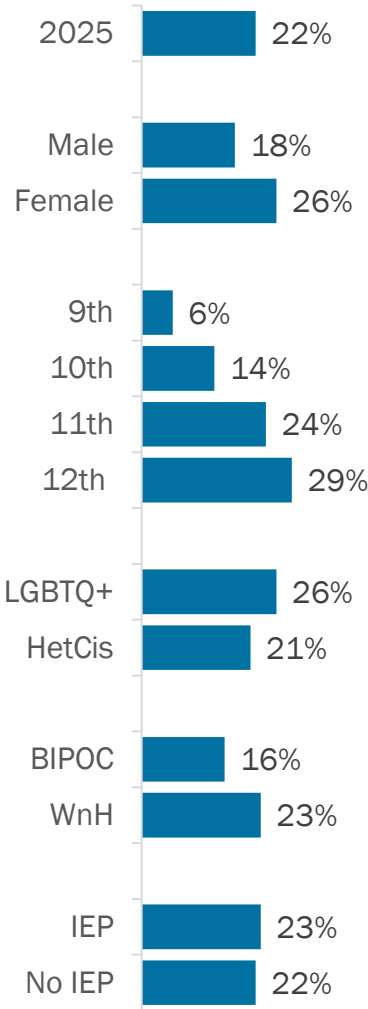
More than one in five sexually active students (22%) report using an IUD or implant to prevent pregnancy during the last time they had sexual intercourse.

- Female students, older students and white non-Hispanic students are statistically more likely to use an IUD or implant to prevent pregnancy.
- Using an IUD or implant to prevent pregnancy does not statistically differ by sexual orientation or among students with or without an IEP.

Compared to [2021*](#) and 2023, using an IUD or implant to prevent pregnancy statistically increased.

Most effective forms of birth control include Long-Acting, Reversible Contraceptives (LARC) such as implants and intrauterine devices (IUD).

Percent of sexually active high school students who use an IUD or implant to prevent pregnancy. ⁺



Percent of students who use an IUD or implant to prevent pregnancy over time. ⁺



⁺ Data includes students who had sexual intercourse during the past three months but excludes those who have never had sexual intercourse with an opposite sex partner.



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BMI and Weight Related Behaviors

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Overweight

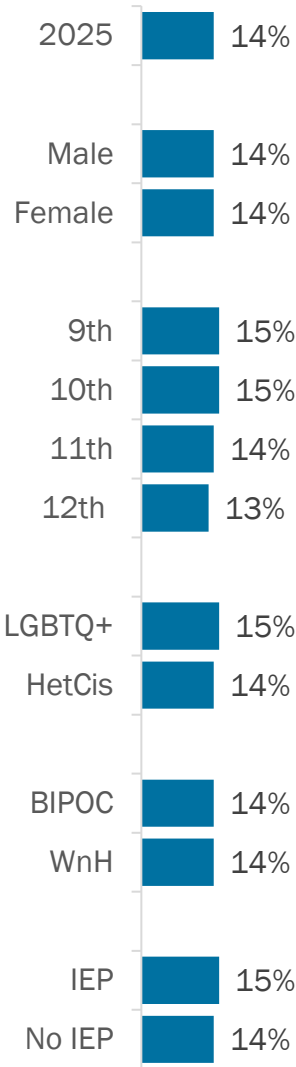
One in seven high school students (14%) are overweight.

- Being overweight does not statistically differ by sex, grade level, sexual orientation and gender identity, race and ethnicity, or among students with or without an IEP.

Compared to 2015 and between 2023 and 2025, the percent of students who are overweight did not statistically change.

Weight status is calculated using body mass index (BMI), a singular, indirect indicator of body fat meant to identify weight-related health risk. With youth, BMI is age- and sex- specific and is expressed as a percentile based on weight and height. Youth are considered overweight if their BMI percentile is 85 or above and obese if their BMI is above the 95th percentile. Though useful at the population level, BMI has limited usefulness at the individual level.

Percent of high school students who are overweight.



Percent of high school students who are overweight over time.



Obese

One in seven high school students (14%) are obese.

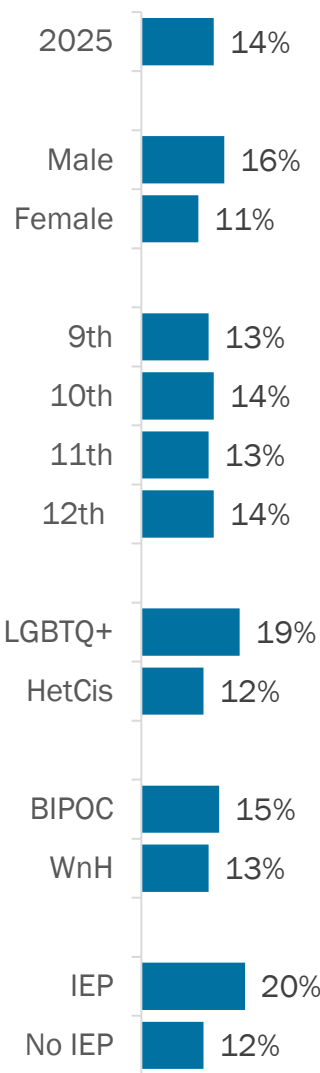
- Male students, LGBTQ+ students and students with an IEP are statistically more likely to be obese.
- Being obese does not statistically differ by grade level or race and ethnicity.

Compared to 2015, the percent of students who are obese statistically increased.

Between 2023 and 2025, obesity rates did not statistically change.

Weight status is calculated using body mass index (BMI), a singular, indirect indicator of body fat meant to identify weight-related health risk. With youth, BMI is age- and sex- specific and is expressed as a percentile based on weight and height. Youth are considered overweight if their BMI percentile is 85 or above and obese if their BMI is above the 95th percentile. Though useful at the population level, BMI has limited usefulness at the individual level.

Percent of high school students who are obese.



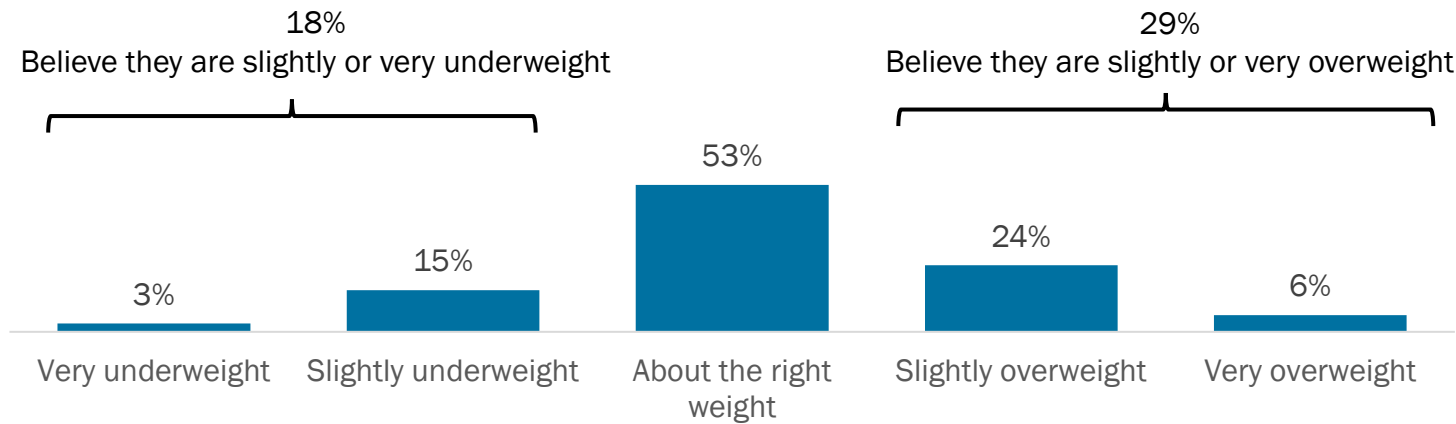
Percent of high school students who are obese over time.



Perceptions and Attempts to Modify Weight

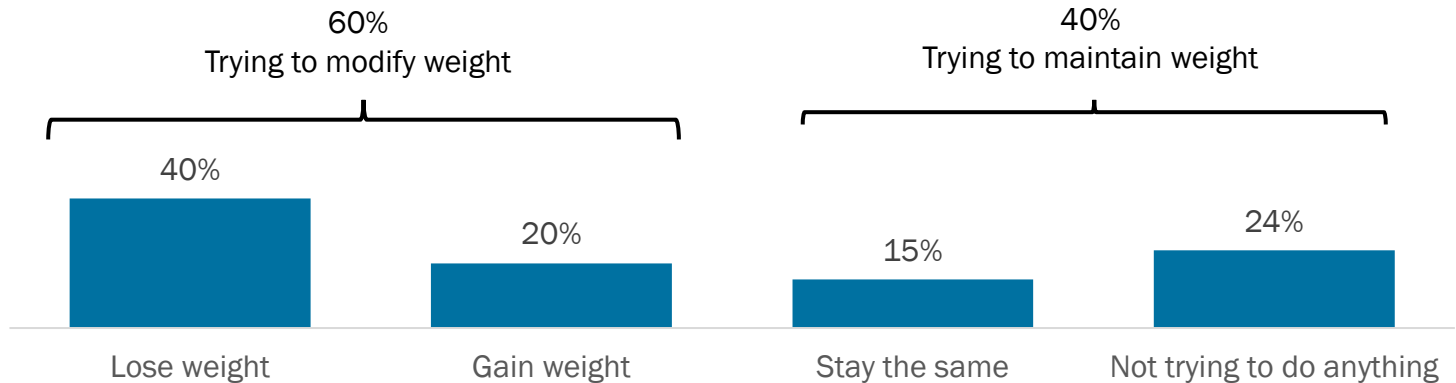
- Overall, about half of all high school students (53%) believe they are about the right weight.
- About three in 10 high school students (29%) described themselves as slightly or very overweight.
- One in five (18%) believe they are slightly or very underweight.

Perceptions of Weight



- About four in 10 high school students say they are trying to maintain their weight (15%) or not trying to do anything about their weight (24%).
- Six in 10 students (60%) are trying to modify their weight. One in five (20%) are trying to gain weight, and two in five (40%) are trying to lose weight.

Attempts to Modify Weight



Perceptions About Weight

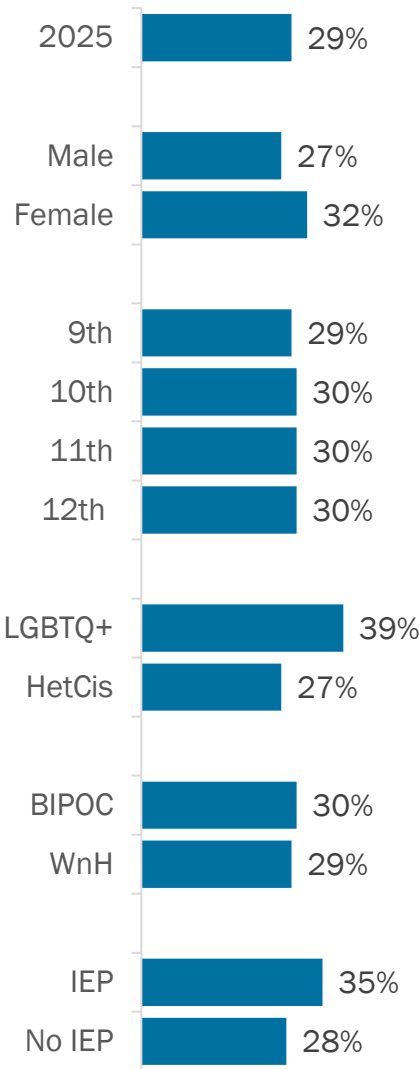
About three in 10 high school students (29%) describe themselves as slightly or very overweight.

- Female students, LGBTQ+ students and students with an IEP are statistically more likely to describe themselves as slightly or very overweight.
- Perceptions about being overweight do not differ by grade level or race and ethnicity.

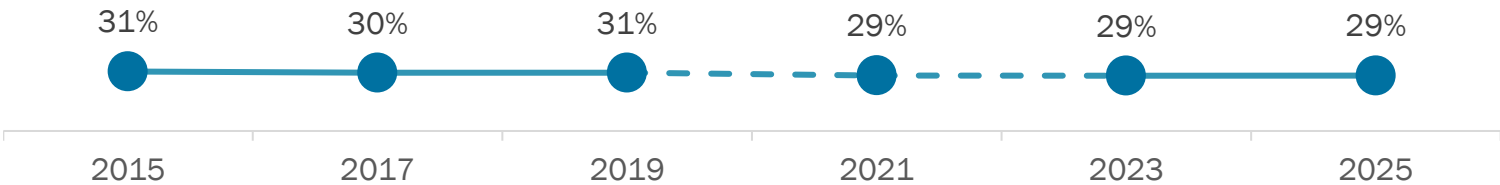
Compared to 2015, the percent of students who describe themselves as slightly or very overweight statistically decreased.

Between 2023 and 2025, the percent of students who describe themselves as slightly or very overweight did not statistically change.

Percent of high school students who describe themselves as slightly or very overweight.



Percent of high school students who describe themselves as overweight over time.



Attempts to Modify Weight

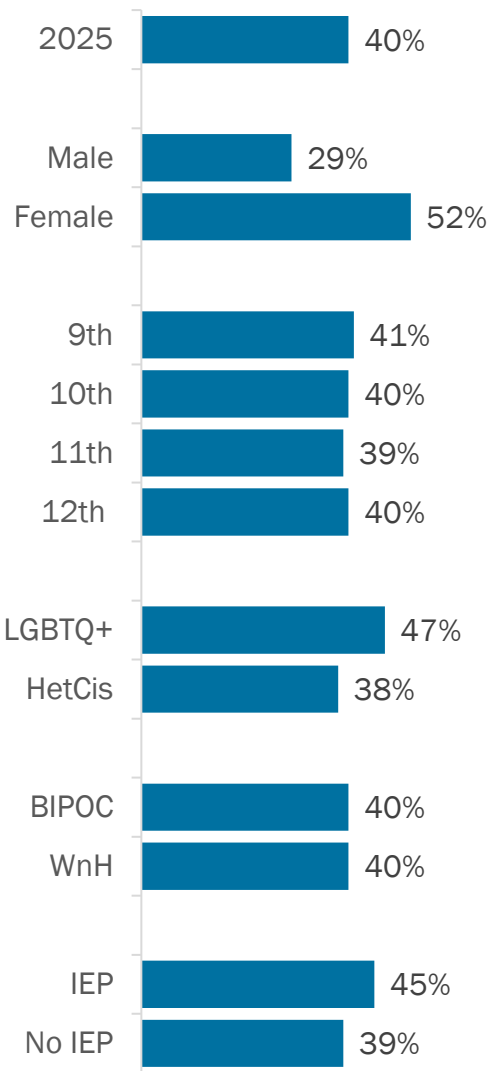
Four in 10 high school students (40%) are trying to lose weight.

- Female students, LGBTQ+ students and students with an IEP are statistically more likely to say they are trying to lose weight.
- Trying to lose weight does not statistically differ by grade level or race and ethnicity.

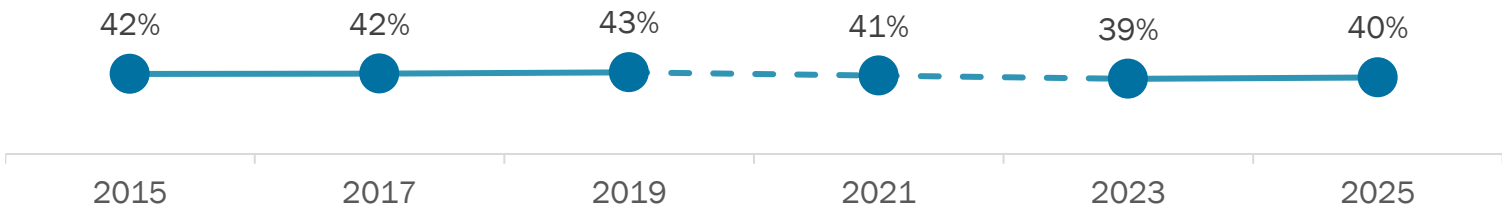
Compared to 2015, the percent of students trying to lose weight statistically decreased

Attempts to lose weight did not statistically differ between 2023 and 2025.

Percent of high school students trying to lose weight.



Percent of high school students trying to lose weight over time.





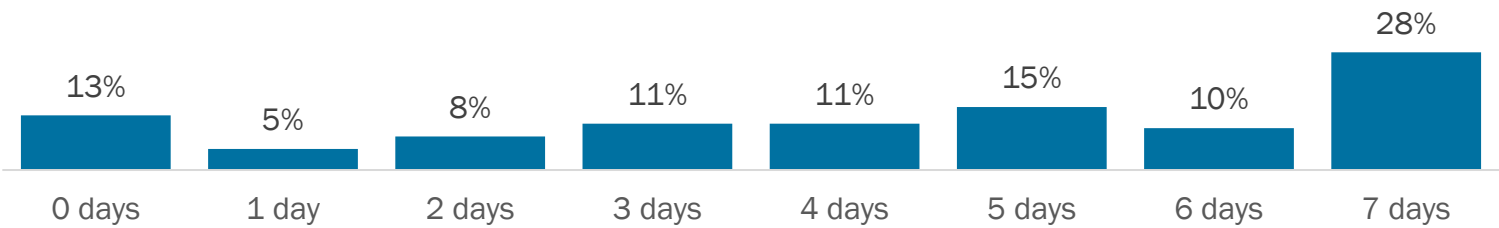
Physical Activity

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Physical Activity, Past Week

- About one in eight students (13%) were not physically active for at least 60 minutes on any day during the past week.
- Half of all high school students (52%) were physically active for at least 60 minutes on five or more days during the past week.
- Nearly three in 10 high school students (28%) were physically active for at least 60 minutes on all seven days during the previous week.

Physical Activity, Past Week.



Daily Physical Activity

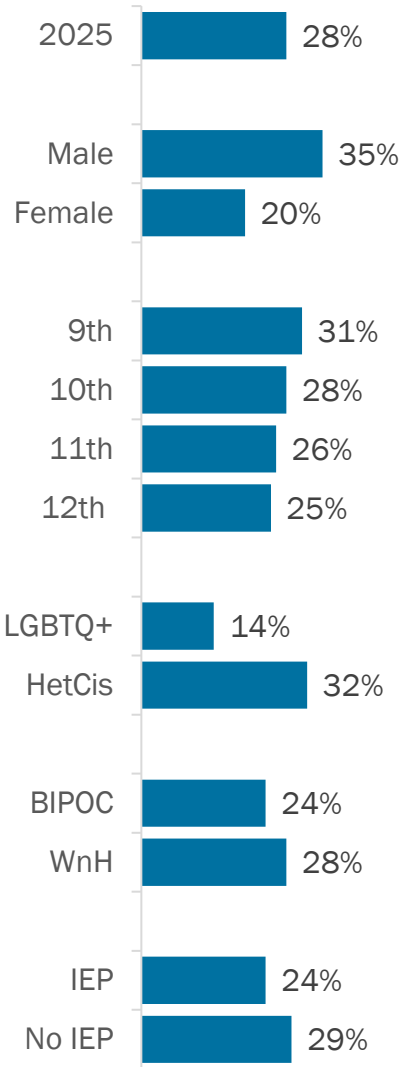
When asked about physical activity in the last week, about three in 10 high school students (28%) say they are physically active for at least 60 minutes on all seven days

- Male students, younger students, heterosexual cisgender students, white non-Hispanic students and students without an IEP are statistically more likely to report being physically active for at least 60 minutes every day during the previous week.

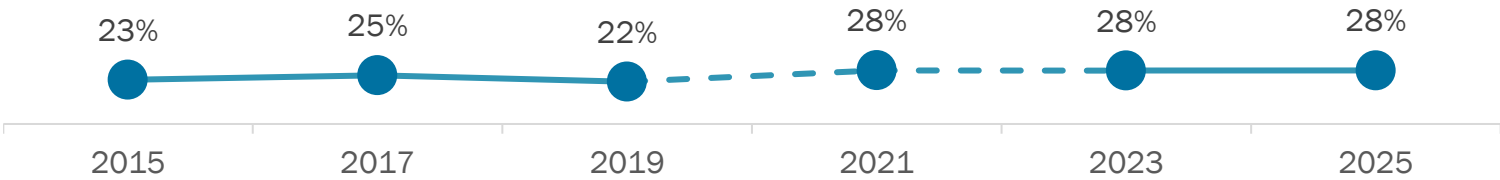
Compared to 2015, the percent of students physically active on all seven days of the previous week statistically increased.

Between 2023 and 2025, daily physical activity did not statistically change.

Percent of high school students who are physically active every day, past week.



Percent of high school students who are physically active every day over time.





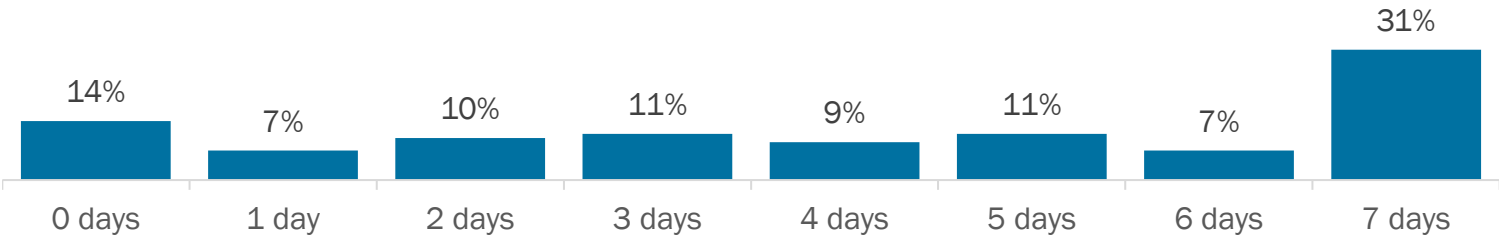
Nutrition

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Breakfast Consumption

- One in seven high school students (14%) report not eating breakfast in the past week.
- About half of all high school students (49%) ate breakfast on five or more days during the past week with nearly a third (31%) eating breakfast every day.

Ate Breakfast, Past Week.



Ate Breakfast, Every Day

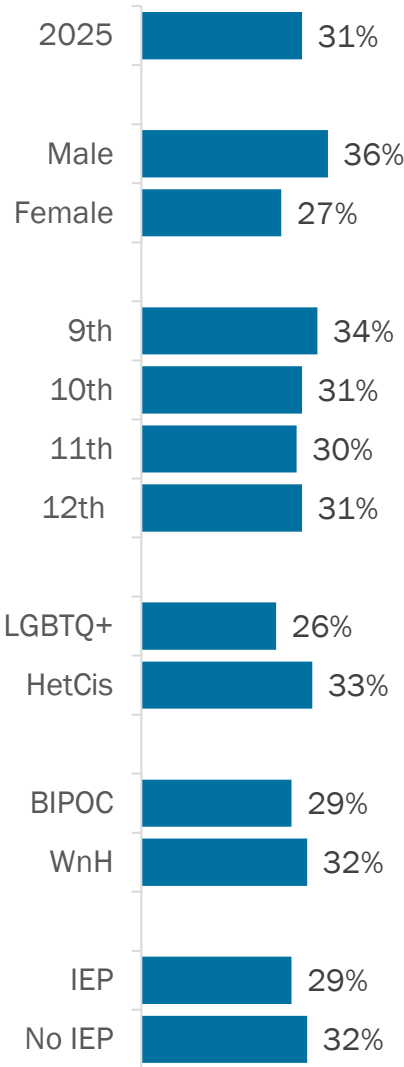
Nearly a third of high school students (31%) report eating breakfast every day in the past week.

- Male students, heterosexual cisgender students and students without an IEP are statistically more likely to eat breakfast every day during the last week.
- Eating breakfast every day during the past week does not statistically differ by grade level or race and ethnicity.

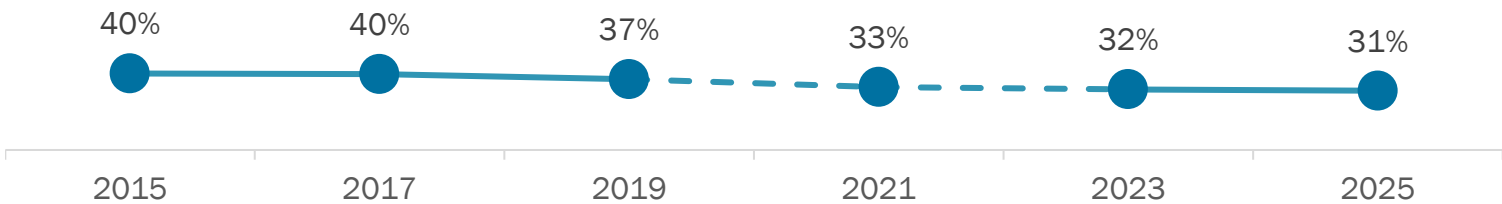
Compared to 2015, the percent of students who ate breakfast every day statistically decreased.

Eating breakfast every day did not statistically change between 2023 and 2025.

Percent of high school students who ate breakfast every day, past week.



Percent of high school students eating breakfast every day over time.



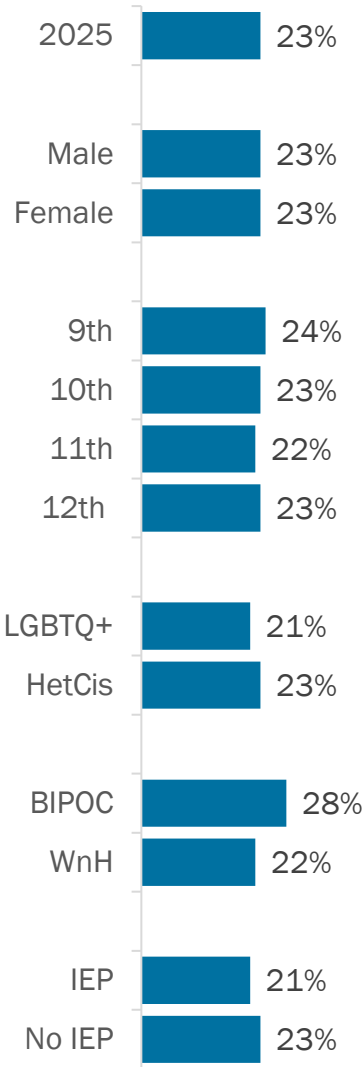
Ate Vegetables, 3x Per Day

Less than a quarter of high school students (23%) report eating vegetables at least three times each day in the past week. One in 15 (6%) did not eat any vegetables during the previous week.

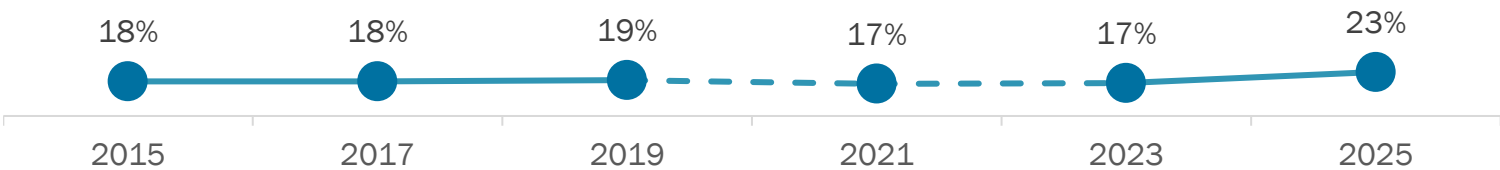
- BIPOC students and students without an IEP are statistically more likely to eat vegetables three or more times a day during the past week.
- Eating vegetables three or more times per day during the previous week does not statistically differ by sex, grade level, or sexual orientation and gender identity.

Compared to 2015 and between 2023 and 2025, the percent of students who ate vegetables three or more times a day statistically increased.

Percent of high school students who ate vegetables three or more times per day, past week.



Percent of high school students who ate vegetables 3+ times per day over time.

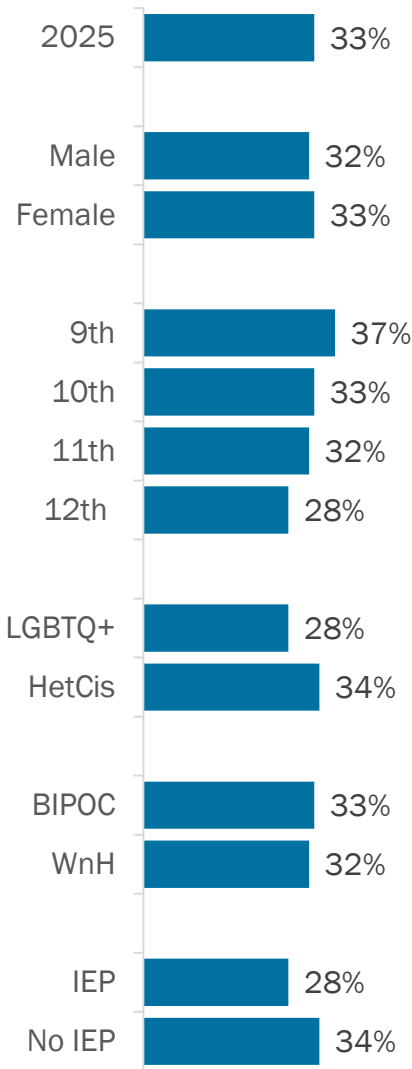


Ate Fruit, 2x Per Day

A third of high school students (33%) report eating fruit two or more times a day in the past week. One in 15 (7%) report not eating any fruit during the previous week.

- Younger students, heterosexual cisgender students and students without an IEP are statistically more likely to eat fruit two or more times per day in the last week.
- Eating fruit two or more times during the past week does not statistically differ by sex or race and ethnicity.

Percent of high school students who eat fruit two or more times per day, past week.



This question was new in 2025.
In previous years, fruit consumption included both 100% fruit juice and fruit.



Social Determinants of Health

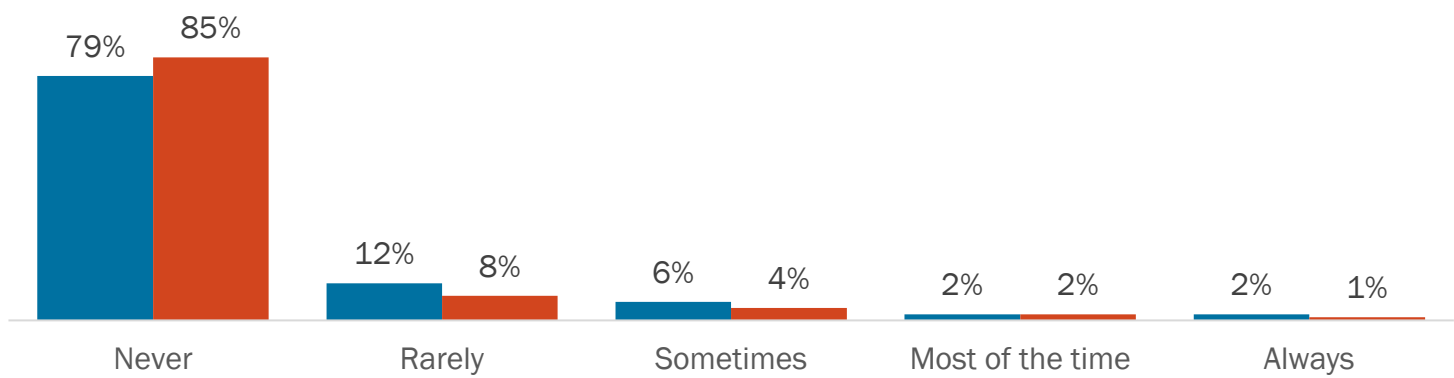
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Food and Housing Insecurity

Food Insecurity

- Overall, most high school students never worry that food will run out before they can buy more (79%) or have had food run out (85%) during the past year.
- About one in 20 (4%) most of the time or always worry that food will run out. Three percent of students ran out of food most of the time or always during the past year.

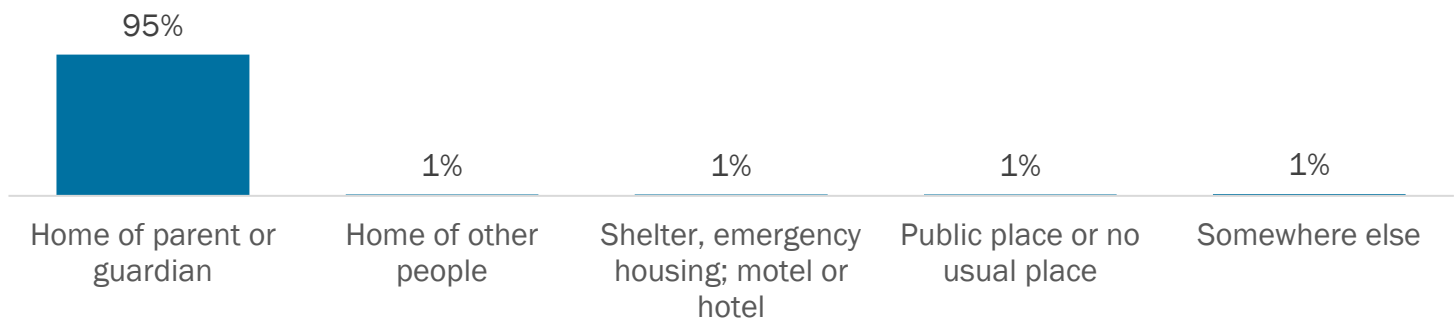
Worry that food would run out and ran out of food, past year.



Housing Insecurity

- Nearly all high school students (95%) primarily slept in their parents’ or guardians’ home during the past year.
- One in 25 high school students (4%) report experiencing unstable housing (usually sleeping in the home of a friend, family member, other person, at a shelter, in a motel or hotel, in a car, park, campground, or other public place, or because they did not have a usual place to live). One percent slept somewhere else.

Primary location high school students slept, past year.



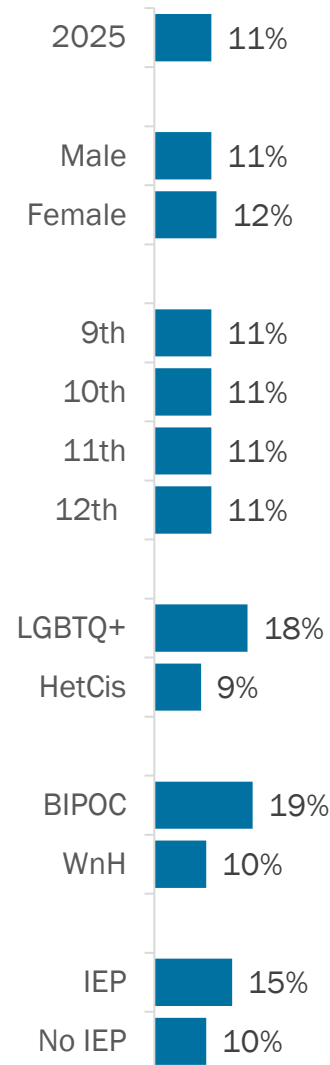
These questions were new in 2025.
Previously, questions asked about food and housing insecurity during the past 30 days.

Food Insecurity

One in 10 high school students (11%) report that they are sometimes, most of the time, or always worried that food will run out, or that food has run out, during the past year.

- LGBTQ+ students, BIPOC students and students with an IEP are statistically more likely to sometimes, most of the time, or always worry that food will run out or have food run out during the past year.
- Experiencing food insecurity does not statistically differ by sex or grade level.

Percent of high school students who sometimes, most of the time, or always worry food will run out or had food run out in past year.



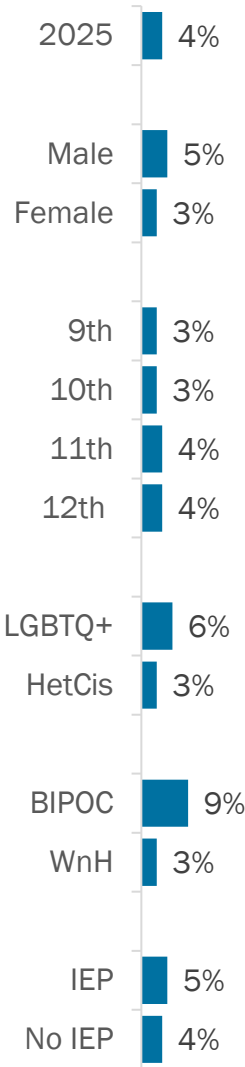
This question is new in 2025. Results are based on both food insecurity questions.

Housing Insecurity

During the past year, one in 25 high school students (4%) report experiencing unstable housing and usually stayed in the home of a friend, family member, or other person, at a shelter, in a motel or hotel, in a car, park, campground, or other public place.

- Male students, older students, LGBTQ+ students, and BIPOC students are statistically more likely to report unstable housing.
- Experiencing unstable housing does not statistically differ among students with or without an IEP.

Percent of high school students experiencing unstable housing, past year.



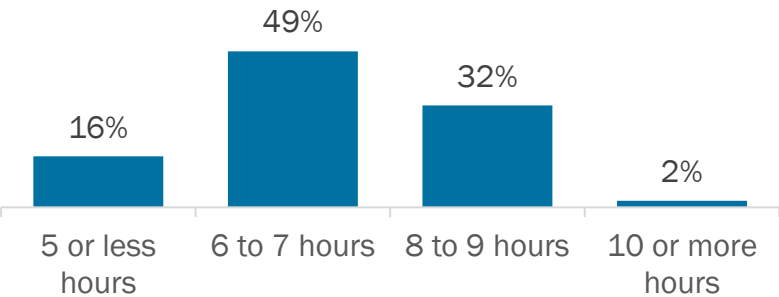
This question was new in 2025.
In previous years, a question asked about housing insecurity during the past 30 days.

Average Hours of Sleep on a School Night

More than a third of high school students (35%) get at least eight hours of sleep on an average school night.

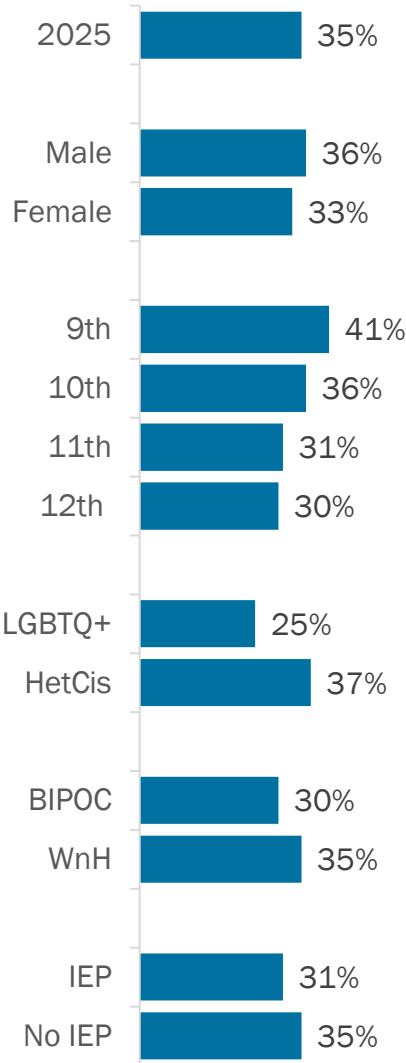
About half (49%) get six to seven hours of sleep a night on a typical school night. One in six (16%) get five or fewer hours of sleep per night.

Average hours slept, typical school night.



- Male students, younger students, heterosexual cisgender students, white non-Hispanic students, and students without an IEP are statistically more likely to report having eight or more hours of sleep on an average school night.

Percent of high school students who get eight or more hours of sleep on an average school night.



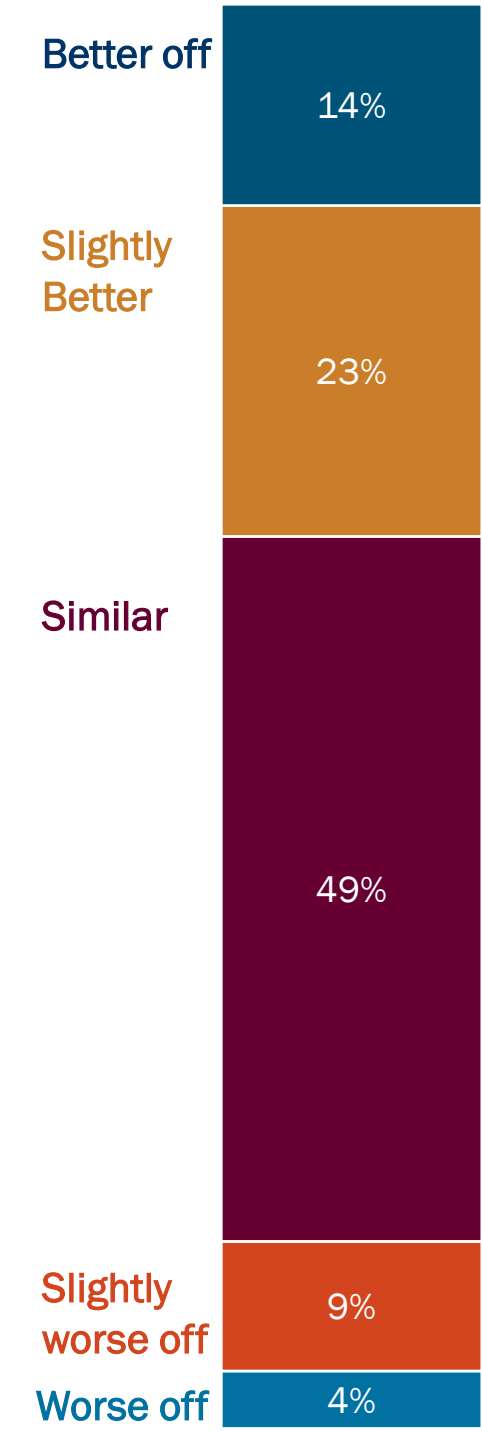
This question was new in 2025.

Subjective Social Status

Subjective social status (SSS) is a proxy measure for socioeconomic status. It asks students to compare their family to others in American society by imagining a ladder. At the top of the ladder are people who are the best off: they have the most money, highest amount of schooling and jobs that bring the most money. At the bottom of the ladder are people who are the worst off: they have the least money, little or no education, no job or jobs that no one wants or respects.

Overall, most students believe they are in the middle of the ladder, similar (49%) or slightly better (23%) off than other families in American society. About one in 25 (4%) believe their family is worse off than others. Fourteen percent believe they are better off than other families in America.

Subjective Social Status



Subjective Social Status

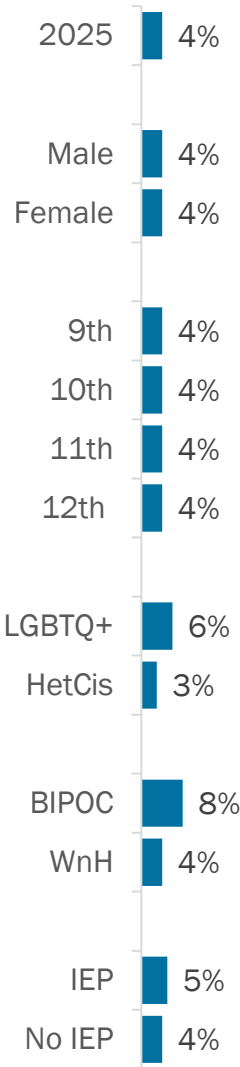
Overall, 4% of high school students report that their family’s social status is worse than other people.

- LGBTQ+, BIPOC students and students with an IEP are statistically more likely to indicate their family’s subjective social status is worse off than others.
- Subjective social status does not differ by sex or grade level.

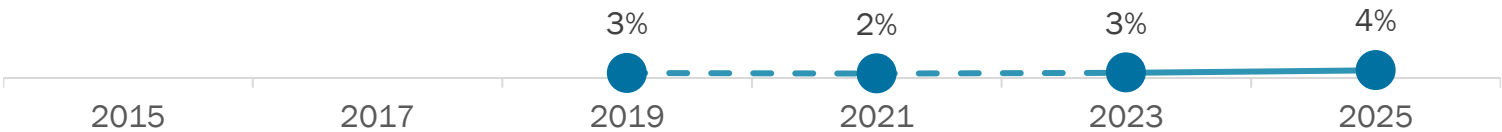
Compared to 2019 and between 2023 and 2025, having a lower social status statistically increased.

Subjective social status (SSS) is a proxy measure for socioeconomic status. It asks students to compare their family to others in American society by imagining a ladder. At the top of the ladder are people who are the best off – they have the most money, the highest amount of schooling, and jobs that bring the most money. At the bottom of the ladder are people who are the worst off – they have the least money, little or no education, no job or jobs that no one wants or respects.

Percent of high school students who think their family’s social status is worse than other families.



High school students who think their family’s social status is worse than other families over time.



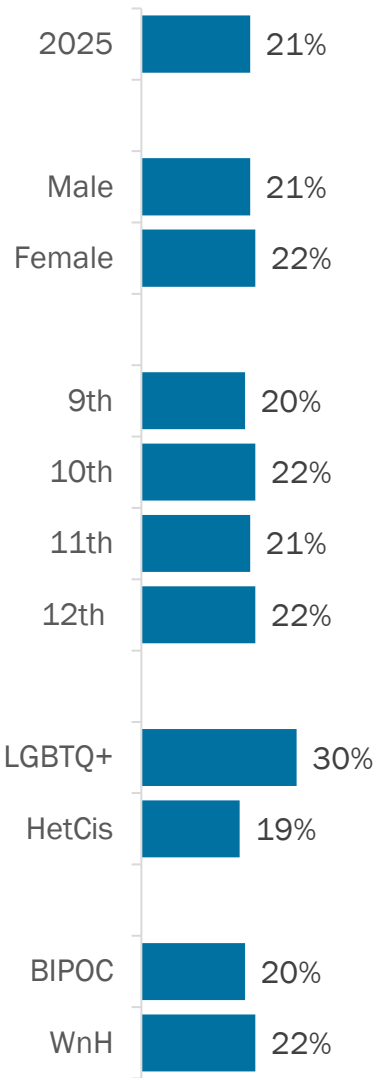
Individualized Education Plan or 504 Plan

One in five high school students (21%) receive Special Education services through an Individualized Education Plan (IEP) or 504 plan. Eight percent previously had an IEP but do not currently have one.

- LGBTQ+ students are statistically more likely to report having a current IEP or 504 plan.
- Having an IEP or 504 plan does not statistically differ by sex, grade level, or race and ethnicity.

Compared [2021*](#) and 2023, the percent of students who reported having a current IEP or 504 plan statistically increased in 2025.

Percent of high school students who currently have an IEP or 504 plan.



Percent of high school students who had an active IEP or 504 plan over time.





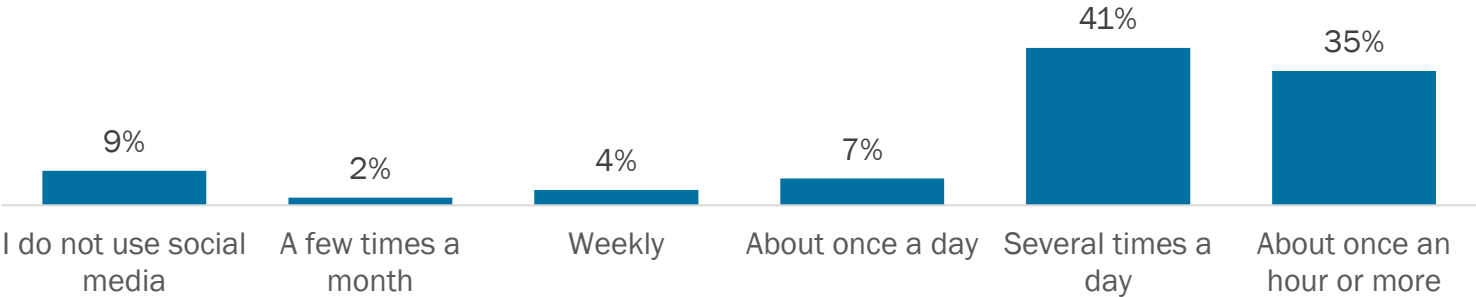
Protective Factors

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Social Media Use

- Social media use was described to include Instagram, TikTok, SnapChat, and X (formerly called Twitter).
- Less than one in 10 high school students (9%) report they don't use social media.
- Two percent use it once a week and four percent use it a few times per week. One in 15 use social media about once a day (7%).
- About four in 10 (41%) use it several times a day, with an additional 35% using it at least once an hour.

Frequency of using social media.



Frequent Social Media Use

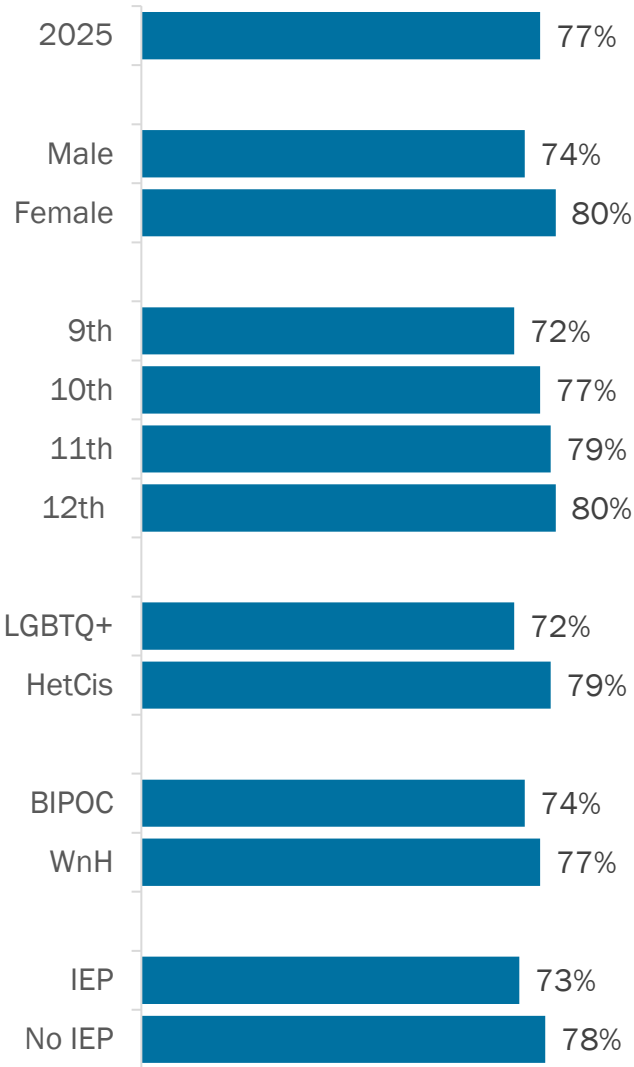
Nearly four in five high school students (77%) use social media at least several times a day.

- Female students, older students, heterosexual cisgender students, white non-Hispanic students and students without an IEP are statistically more likely to use social media at least several times a day.

Compared to 2023, the percent of students using social media several times a day statistically decreased.

Social media use was described to include Instagram, TikTok, SnapChat, and X (formerly know as Twitter).

Percent of high school students who use social media several times a day or more.



Percent of high school students who use social media several times a day or more over time.

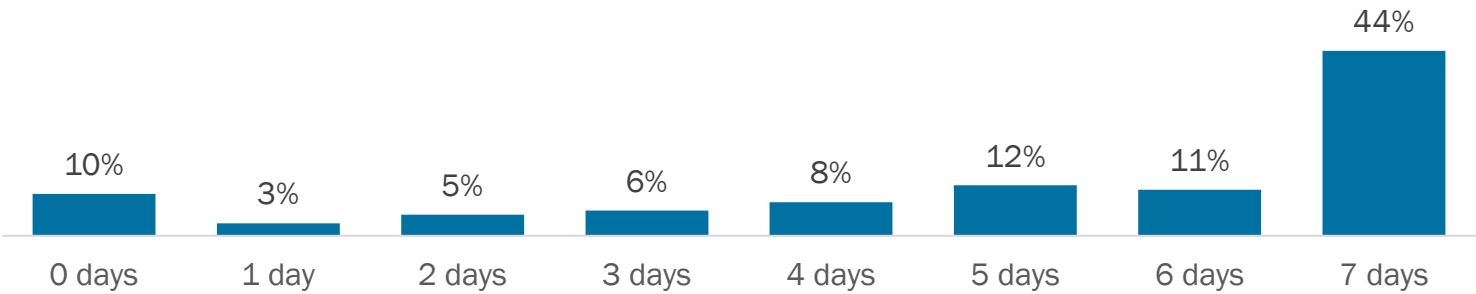


2015 2017 2019 2021 2023 2025

Dinner with Parents or Guardians

- More than seven in 10 high school students (76%) report eating dinner at home with a parent or other adult family member at least four times during the previous week. More than four in 10 (44%) did so every day during the past week.
- One in 10 (10%) report not eating dinner with a parent or other adult family member at all during the past week.

Number of days eating dinner with parents or other adult family member, past week.



Ate Dinner with Parent or Guardian, Past Week

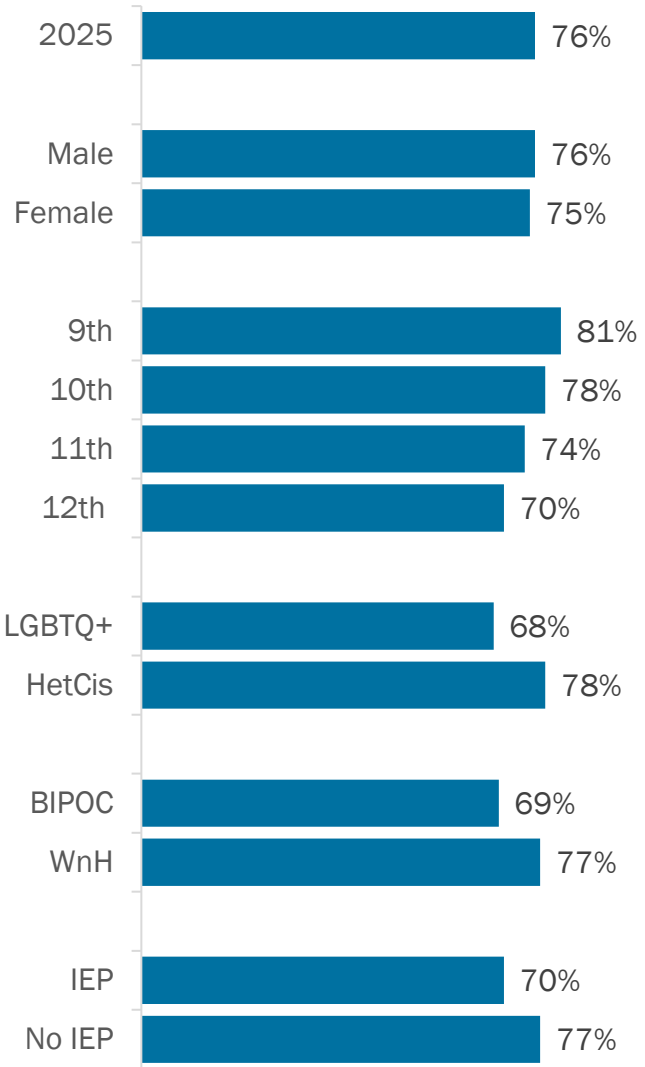
More than three quarters of high school students (76%) report eating dinner at home with a parent or other adult family member at least four times during the previous week.

- Heterosexual cisgender students, white non-Hispanic students and students without an IEP are statistically more likely to eat dinner with at least one adult family member four or more times during the past week.
- Eating dinner with a parent or other adult family member four or more times per week statistically decreases with each grade level.
- Eating dinner with a parent or guardian does not statistically differ by sex.

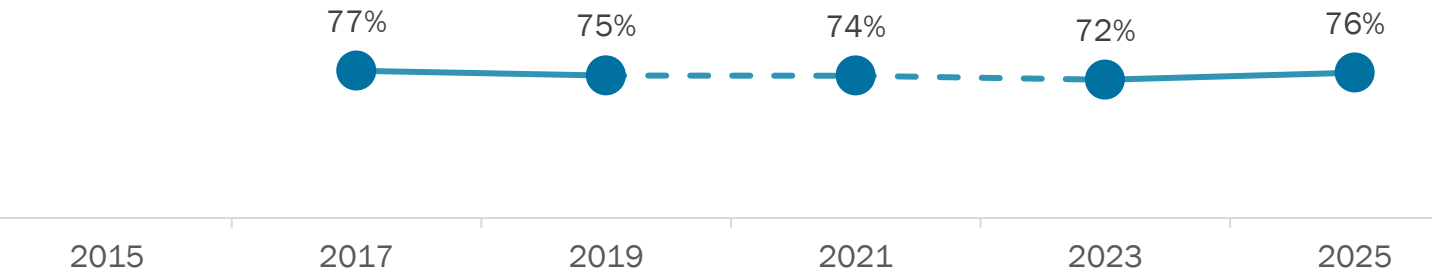
Compared to 2017, eating dinner with a parent or other adult family member at least four times during the previous week statistically decreased.

Between 2023 and 2025, eating dinner with a parent or other adult family member at least four times during the previous week statistically increased

Percent of high school students who eat dinner with family on four or more days, past week.



Percent of high school students eating dinner with a parent or guardian 4+ times per week over time.

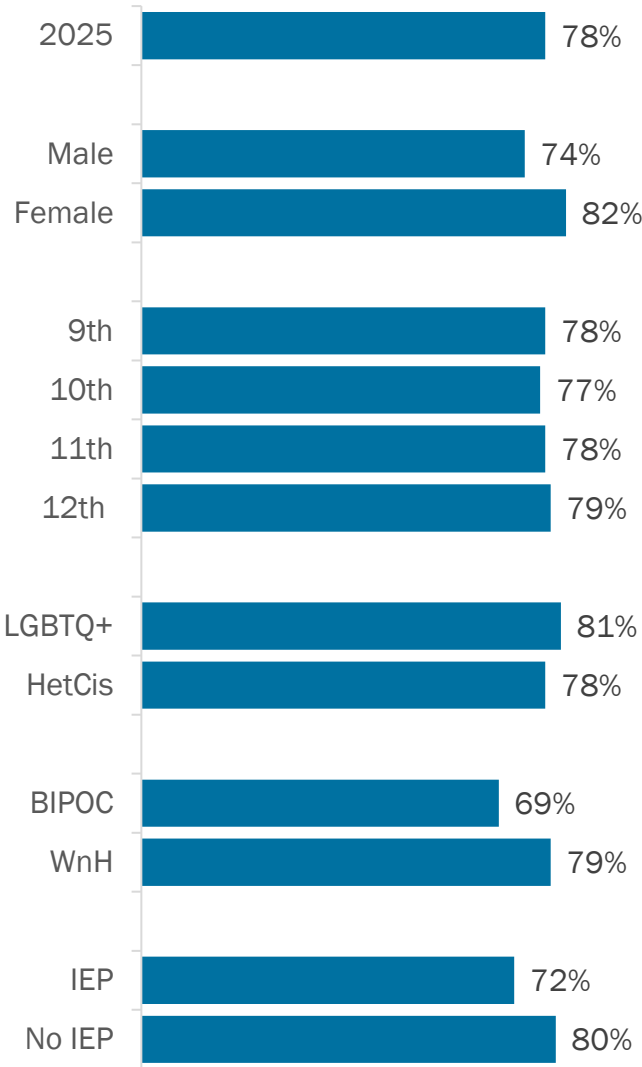


Have Basic Needs Met

Nearly eight in 10 high school students (78%) report that an adult in their household most of the time or always tries to make sure their basic needs are met.

- Female students, LGBTQ+ students, white non-Hispanic students and students without an IEP are statistically more likely to most of the time or always have their basic needs met by a parent or other adult in their home.
- Having basic needs met, most of the time or always, does not statistically differ by grade level.

Percent of high school students who have an adult in their household who tries hard to make sure their basic needs are met most of the time or always.

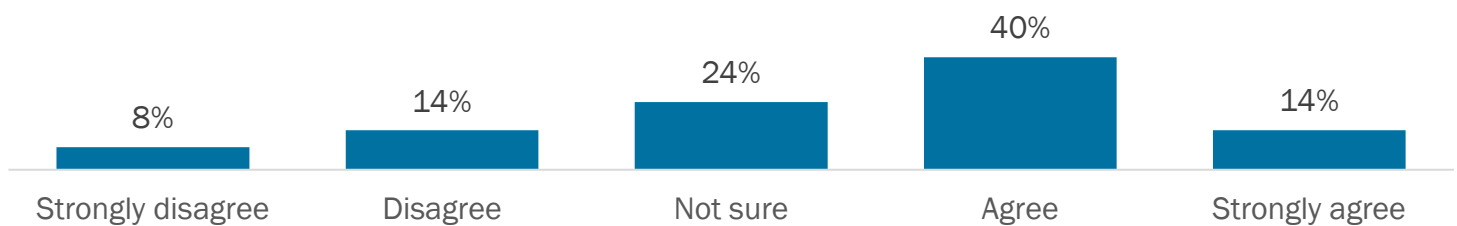


This question was new in 2025.

School Rules, Consequences and Connectedness

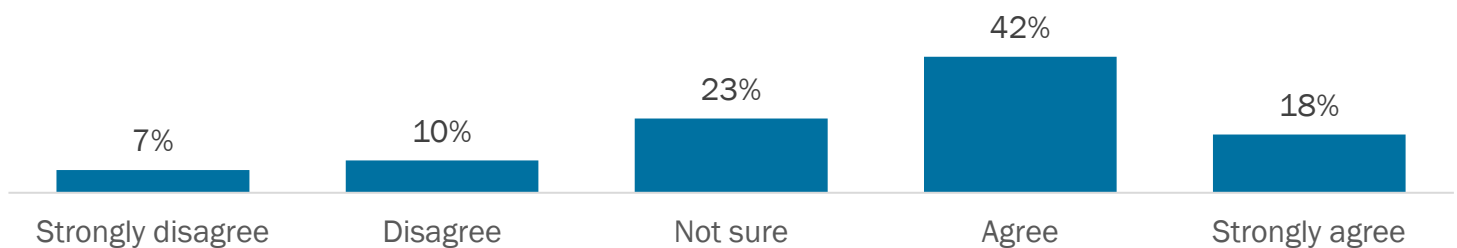
- More than half of all high school students agree or strongly agree that their school has clear rules and consequences for behaviors. Specifically, 40% agree and 14% strongly agree their school has clear rules and consequences for behaviors.
- A quarter (24%) are not sure if their school has clear rules and consequences for behavior.
- Nearly a quarter of all students disagree (14%) or strongly disagree (8%) their school has clear rules and consequences for behaviors.

School has clear rules and consequences for behavior.



- Six in 10 high school students agree (42%) or strongly agree (18%) that they feel close to people in their school.
- About one in five disagree (10%) or strongly disagree (7%) that they feel close to the people in their school. Nearly a quarter (23%) are not sure.

Feel close to people at school.^



^Feeling close to people at school was a new question in 2025.

School Has Clear Rules and Consequences

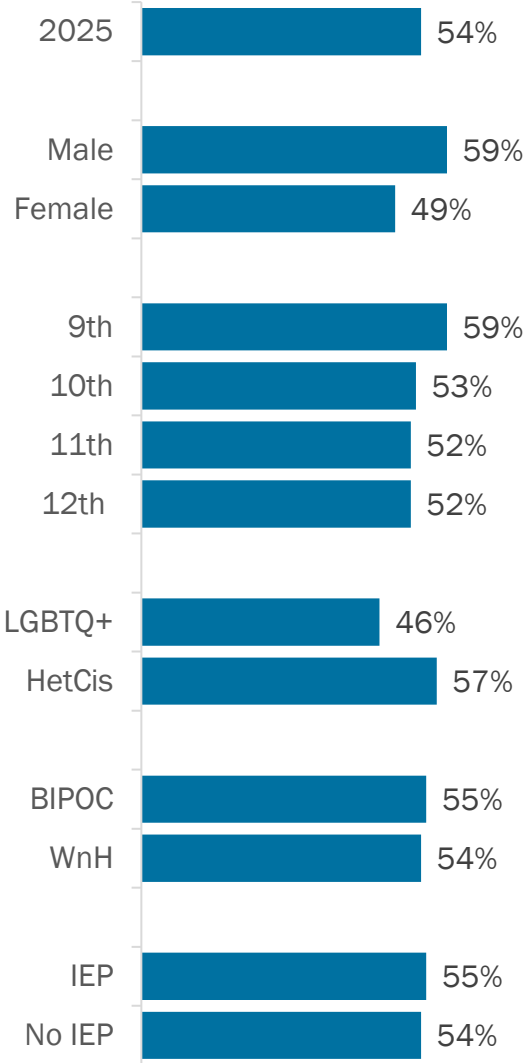
More than half of all high school students (54%) agree or strongly agree that their school has clear rules and consequences for behaviors.

- Male students, younger students and heterosexual cisgender students are statistically more likely to believe their school has clear rules and consequences for behaviors.
- Agreeing or strongly agreeing that their school has clear rules and consequences for behaviors does not statistically differ by race and ethnicity or among students with or without an IEP.

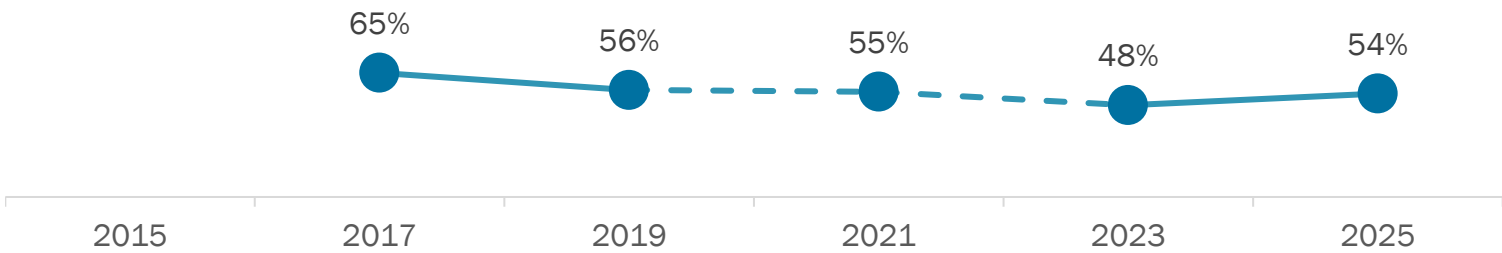
Compared to 2017, the percent of students who said their school has clear rules and consequences for behaviors statistically decreased.

Between 2023 and 2025, the percent of students who said their school has clear rules and consequences for behaviors statistically increased.

Percent of high school students who agree or strongly agree that their school has clear rules and consequences for behaviors.



Percent of high school students who say their school has clear rules and consequences over time.

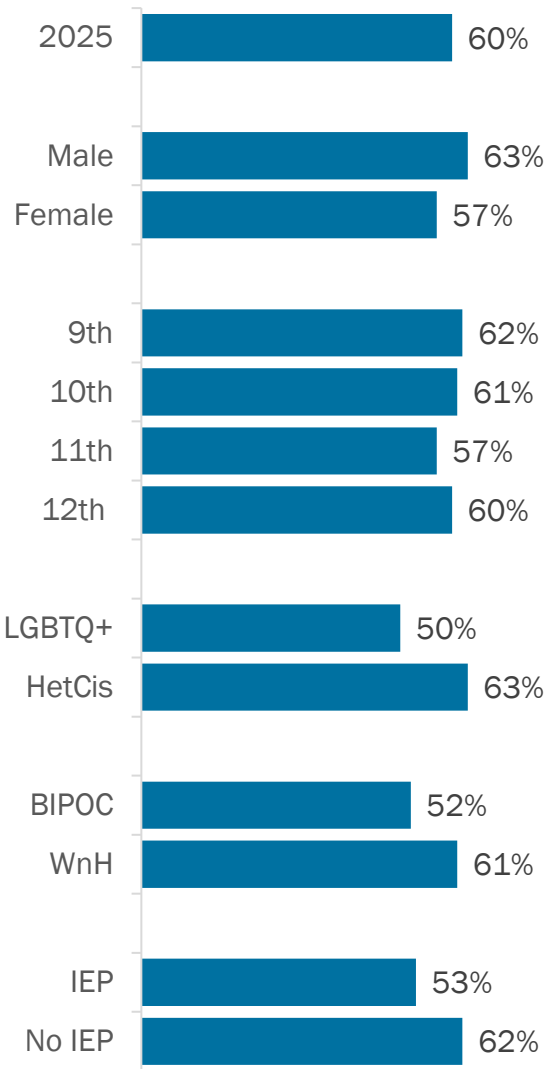


Feel Close to People at School

Six in 10 high school students (60%) agree or strongly agree that they feel close to people at their school.

- Male students, younger students, heterosexual cisgender students, white non-Hispanic students and students without an IEP are statistically more likely to strongly agree or agree that they feel close to people at their school.

Percent of high school students who agree or strongly agree that they feel close to the people at their school.



This question was new in 2025.

Have Trusted Adult at School

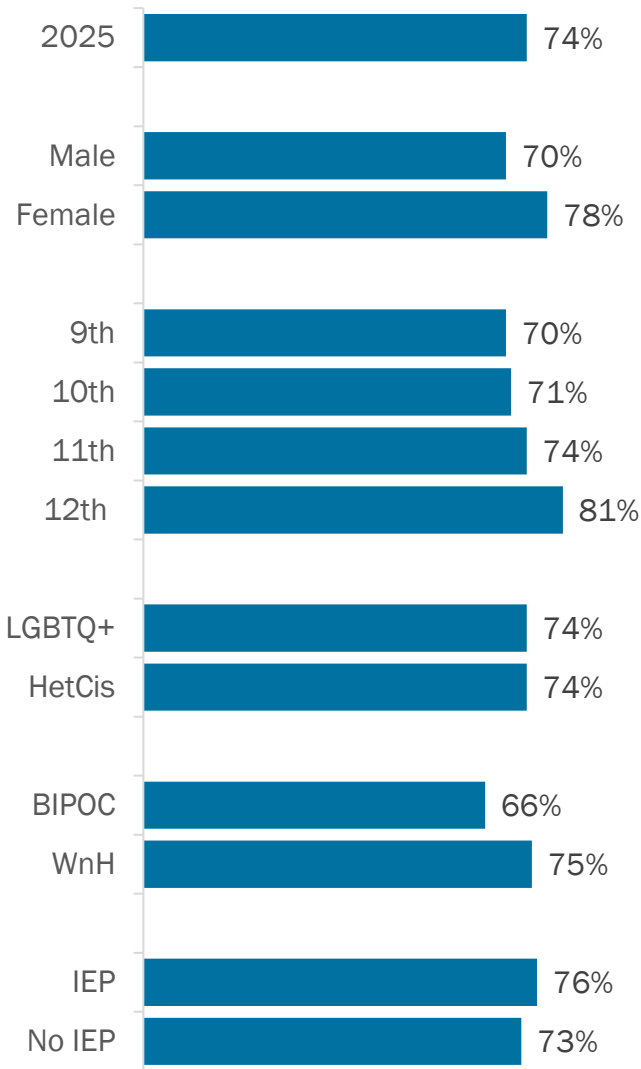
Nearly three quarters of high school students (74%) say there is at least one teacher or other adult at their school they can talk to if they have a problem.

- One in seven (15%) are not sure if they have a teacher or other adult at school they could talk to.
- Female students, older students, white non-Hispanic students and students with an IEP are statistically more likely to have a teacher or other adult at school they can talk to if they have a problem.
- Having a trusted adult at school does not statistically differ by sexual orientation and gender identity.

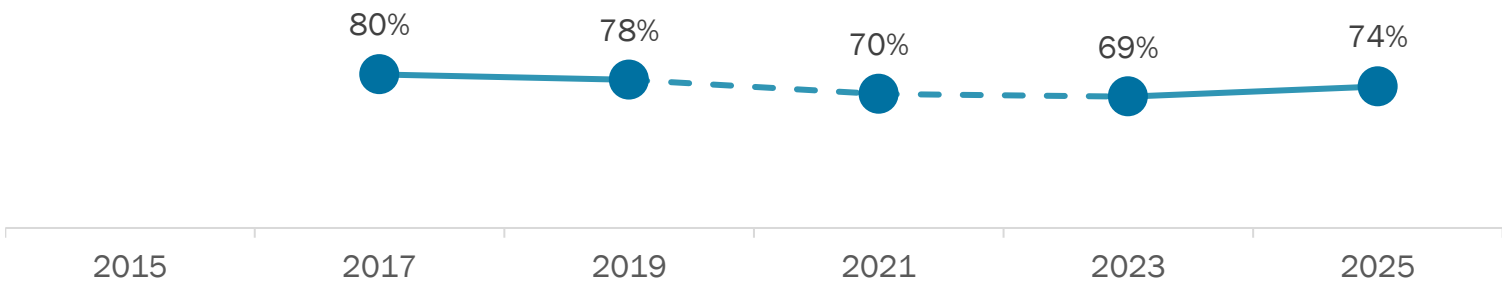
Compared to 2017, having a trusted adult at school statistically decreased.

Between 2023 and 2025, having a trusted adult at school statistically increased.

Percent of high school students who have a trusted adult at school they can talk to if they have a problem.



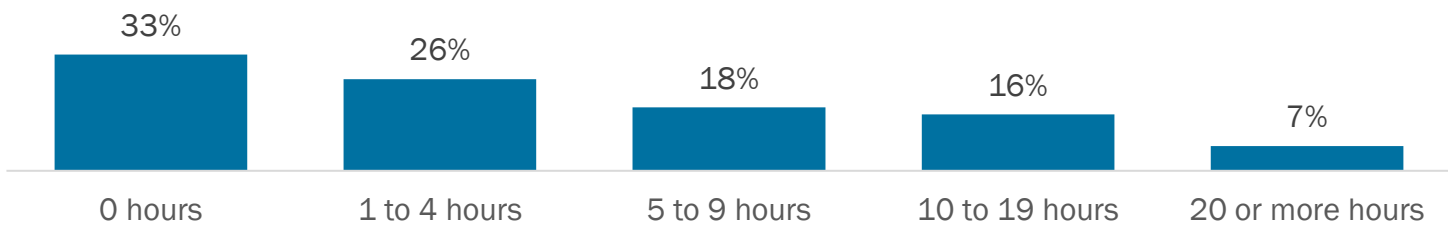
Percent of high school students who have a trusted adult at school over time.



After School Activities

- During an average week, a third of high school students (33%) do not participate in after school activities such as sports, band, drama or clubs run by their school or community.
- Roughly a quarter of high school students (26%) do participate in extracurricular activities for one to four hours a week. Eighteen percent spend five to nine hours doing after school activities.
- About one in five (16%) students spend 10 to 19 hours per week participating in extracurricular activities. One in 15 (7%) do 20 or more hours per week of activities.

Hours spent participating in extra curricular activities during a typical school week.



After School Activities

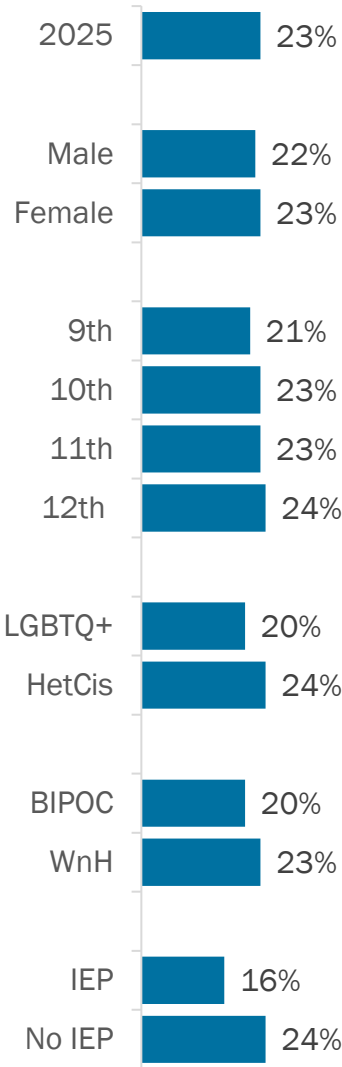
Nearly a quarter of high school students (23%) participate in 10 or more hours of afterschool activities.

- Heterosexual cisgender students, white non-Hispanic students and students without an IEP are statistically more likely to participate in 10 or more hours of after school activities each week.
- Participating in at least 10 hours of extracurricular activities during a typical week does not statistically differ by sex or grade level.

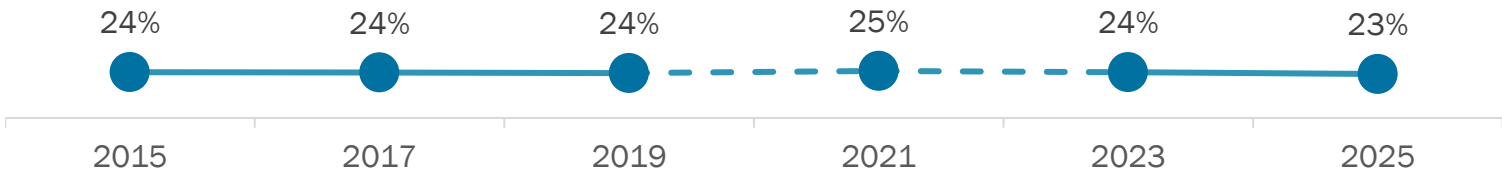
Compared to 2015, participating in 10 or more hours of extracurricular activities each week statistically decreased.

Between 2023 and 2025, participating in 10 or more hours of extracurricular activities each week did not statistically change.

Percent of high school students who participate in 10+ hours of extracurricular activities, average week.



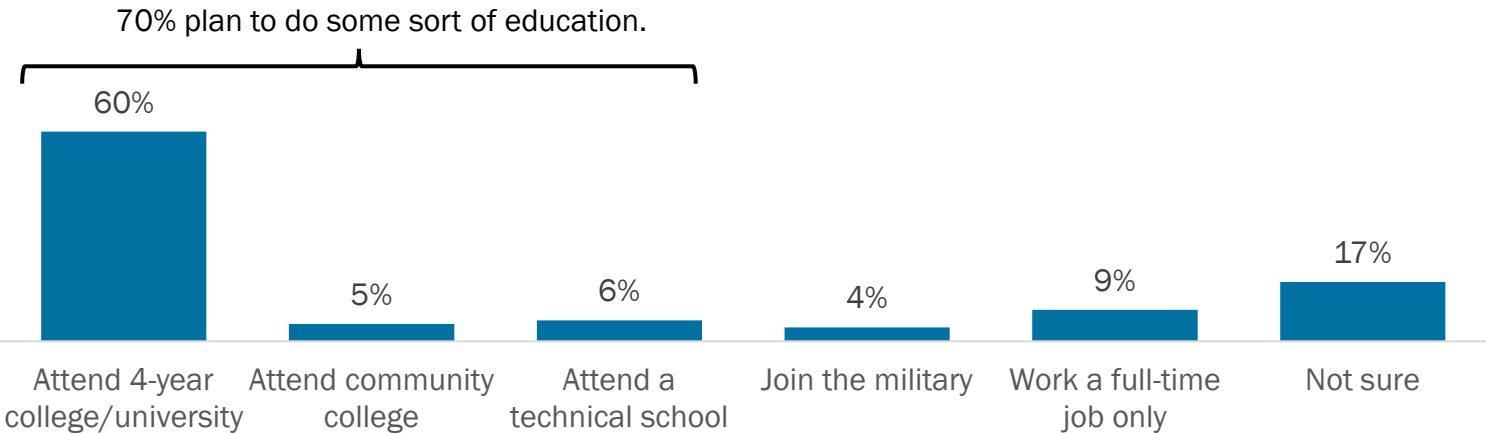
Percent of high school students participating in 10+ hours of extra curricular activities a week over time.



Post High School Plans

- Most high school students (70%) plan to attend a 4-year college or university, community college or technical school after graduating from high school.
- One in 12 (9%) plan to work full time, and 4% intend to join the military.
- About one in six (17%) are not sure what they will do after high school.

Post high school plans.



Post High School Plans

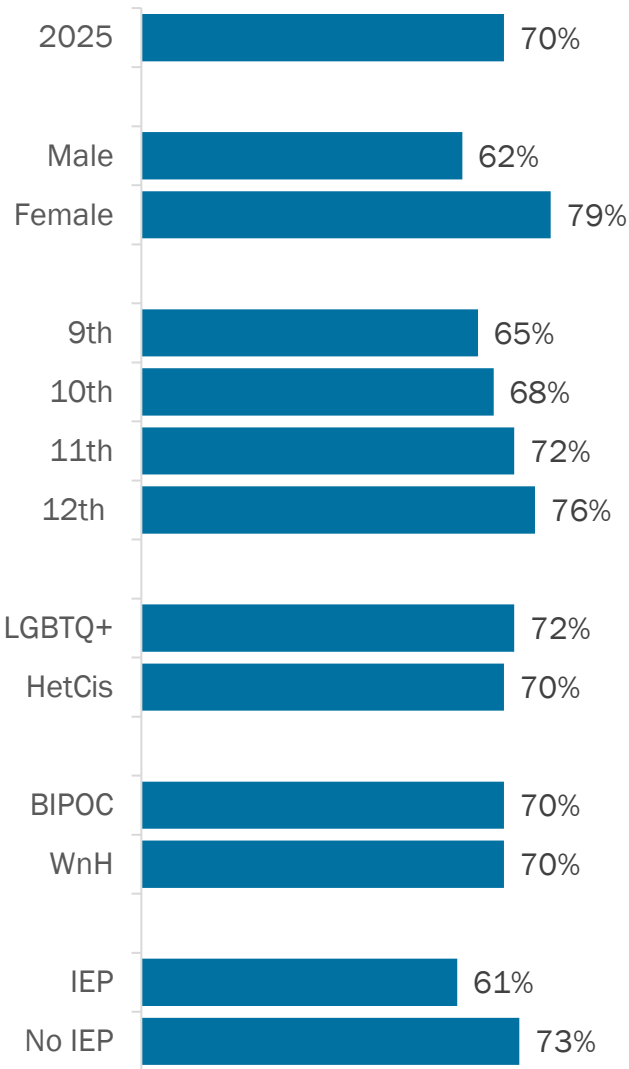
After graduating from high school, nearly seven in 10 high school students (70%) plan to go to a 4-year college or university, community college or technical school.

- Female students and students without an IEP are statistically more likely to plan for community college, technical school or a 4-year college or university.
- Planning on attending a 4-year college or university, community college or technical school statistically increases with each grade level.
- Planning on attending a 4-year college or university, community college or technical school does not statistically differ by sexual orientation and gender identity, or race and ethnicity.

Since 2019, the percent of students planning to attend college or technical school after graduating statistically decreased.

Between 2023 and 2025, post high school plans did not statistically change.

Percent of high school students who plan to attend community college, university, or technical school after high school.



Percent of high school students who plan on attending higher education over time.

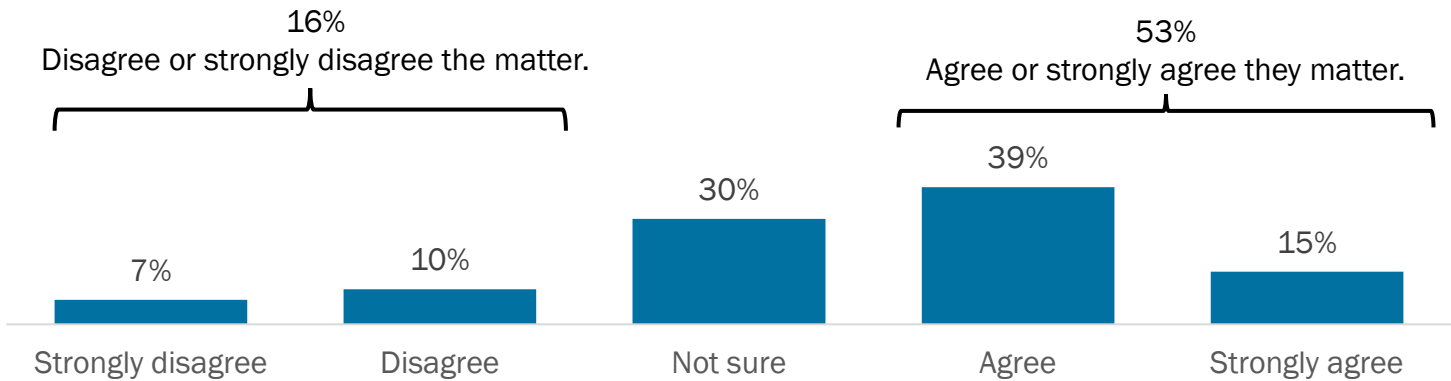


2015 2017 2019 2021 2023 2025

Matter to People in Their Community

- Just over half of all high school students (53%) agree or strongly agree that they feel like they matter to people in their community.
- Three in 10 (30%) are not sure if they matter to people in their community.
- About one in six (16%) disagree or strongly disagree that they matter to people in their community.

Believe they matter to people in their community.



Matter to People in Their Community

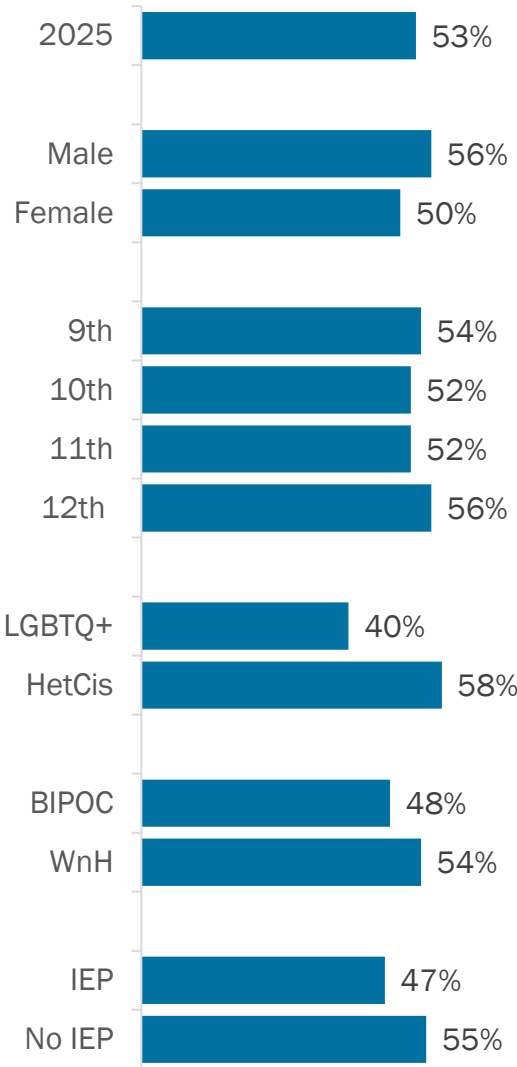
Just over half of all high school students (53%) agree or strongly agree that they feel like they matter to people in their community.

- Four in 10 LGBTQ+ students (40%) believe they matter to people in their community, a statistically significant difference.
- Male students, heterosexual cisgender students, white non-Hispanic students and students without an IEP are more likely to feel like they matter to people in their community.
- Strongly agreeing or agreeing they matter to people does not statistically differ by grade level.

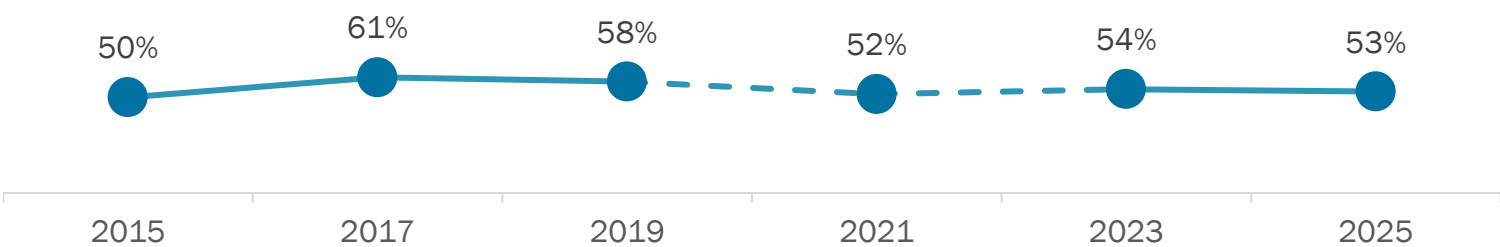
Compared to 2015 and between 2021* and 2025, the percent of students who believe they matter to people in their community statistically increased.

Between 2023 and 2025, the percent of students who believe they matter to people in their community did not statistically change.

Percent of high school students who agree or strongly agree that they matter to people in their community.



Percent of high school students who believe they matter to people in their community over time.



2025 Vermont Youth Risk Behavior Survey Middle School Results



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Middle School Results

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Survey Sample and Demographics

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2025 Sample and Response Rate

This report presents the middle school results from public schools with students in grades six through eight. Elementary or intermediate schools ending in sixth grade are not eligible to participate. The results in this report are weighted by sex, grade, and race/ethnicity to compensate for absenteeism and incomplete surveys, as well as those few schools that chose not to participate.

Between January and May 2025, students at 111 middle schools took the 2025 Vermont School Youth Risk Behavior Survey. Survey procedures protect students’ privacy by allowing for anonymous and voluntary participation and completion during a single class period. The survey included 75 questions.

After administration, the CDC cleans and edits the data file for inconsistencies. Missing data are not statistically imputed. Among the 12,979 completed questionnaires, 68 surveys failed quality control and were excluded from the final data set, resulting in 12,911 usable questionnaires.

	Middle School Response Rate [†]
Schools	100% (111 of the 111 eligible schools)
Students	86% (12,911 of the 14,990 eligible students submitted usable questionnaires)
Overall	100% * 86% = 86%[†]

[†] Overall response rate is computed as (number of participating schools/number of eligible sampled schools) * (number of usable questionnaires / number of eligible students sampled in participating schools).

Demographics

*Note: Unweighted number of students who completed the survey or question. Students are not required to answer questions on the YRBS. Therefore, totals by specific demographics may not equal the overall total.

Sex

The middle school YRBS asked students “What is your sex?” Response options included male or female.

Overall	Unweighted N*
Vermont	12,911

Grade

The middle school YRBS asked students “In what grade are you?” This report includes students who responded 6th, 7th, and 8th grade. Statistical comparisons include if all grade levels differ from each other or if a behavior statistically increases or decreases with each grade level.

Sex	Unweighted N*	Weighted %
Male	6,606	52%
Female	6,233	48%

Grade	Unweighted N*	Weighted %
6th grade	3,289	26%
7th grade	4,824	37%
8th grade	4,765	37%

Sexual and Gender Identity

The middle school YRBS included a question asking students if they identify as transgender and a question asking students how they describe their sexual identity. In this report responses are grouped into two categories:

- **LGBTQ+** This group includes students who answered that they (1) are transgender or are not sure if they are transgender or (2) describe themselves as lesbian, gay, bisexual, questioning, or some other way.
- **Heterosexual and Cisgender (HetCis)** This group includes students who answered that they (1) are not transgender and (2) describe themselves as heterosexual (straight).

Sexual Orientation and Gender Identity	Unweighted N*	Weighted %
LGBTQ+	2,465	20%
Heterosexual Cisgender	9,541	80%

Sexual Orientation	Unweighted N*	Weighted %
Heterosexual (straight)	9658	76%
Gay or Lesbian	380	3%
Bisexual	1,005	8%
I describe my sexual identity some other way	362	3%
I am not sure about my sexual identity (questioning)	634	5%
I do not know what this question is asking^	764	6%

Gender	Unweighted N*	Weighted %
No, I am not transgender	11,979	93%
Yes, I am transgender	314	2%
I am not sure if I am transgender	349	3%
I do not know what this question is asking^	224	2%

^ Students who answered that they did not understand the question were excluded from sexual orientation and gender identity analysis.

Race and Ethnicity

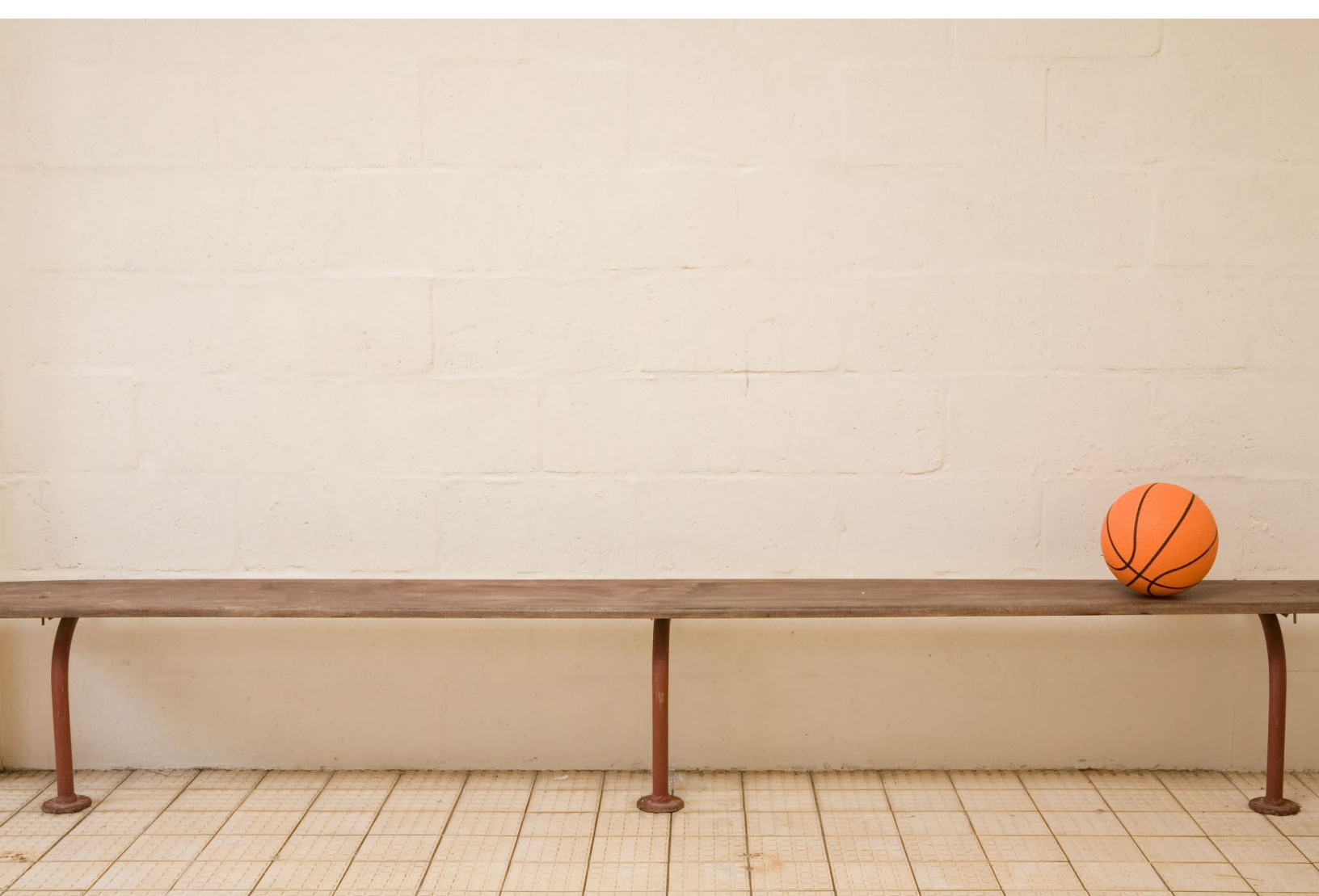
The middle school YRBS asked students a single question “What is your race and/or ethnicity?”. Prior to 2025, students were asked two questions: “Are you Hispanic or Latino?” and “What is your race?”. In addition, Middle Eastern or Northern African was added as a response option. The YRBS allows students to select one or more races.

In this report responses are grouped into two categories:

- **BIPOC.** This group includes students who answered that they were American Indian or Alaska Native, Asian, Black or African American, Hispanic or Latino, Middle Eastern or North African, Native Hawaiian or Pacific Islander.
- **White non-Hispanic (WnH).** This groups includes students who answered that they are White.

Race / Ethnicity	Unweighted N*	Weighted %
BIPOC	2,338	12%
White, non-Hispanic	10,378	88%

Race / Ethnicity	Unweighted N*	Weighted %
Am Indian/Alaska Native	278	1%
Asian	343	2%
Black or African American	466	3%
Hispanic or Latino	252	2%
Mideast/North African	64	0.3%
Native Hawaiian/Pacific Islander	18	0.1%
White	10,378	87%
Multiple - Hispanic	307	2%
Multiple - Non-Hispanic	674	3%



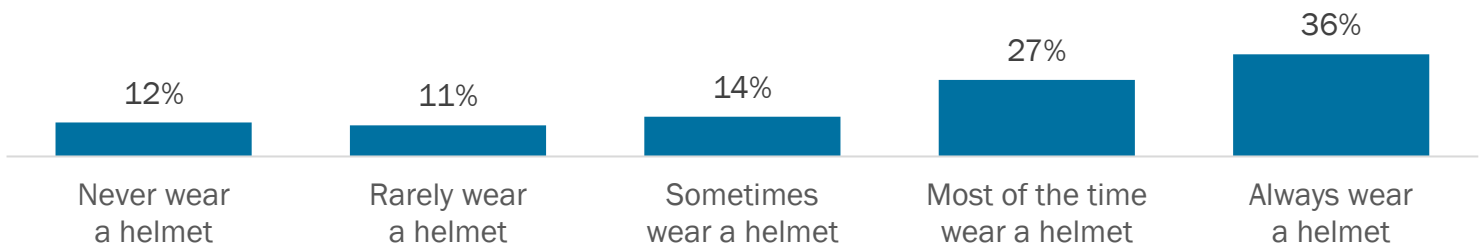
Unintentional Injuries and Prevention

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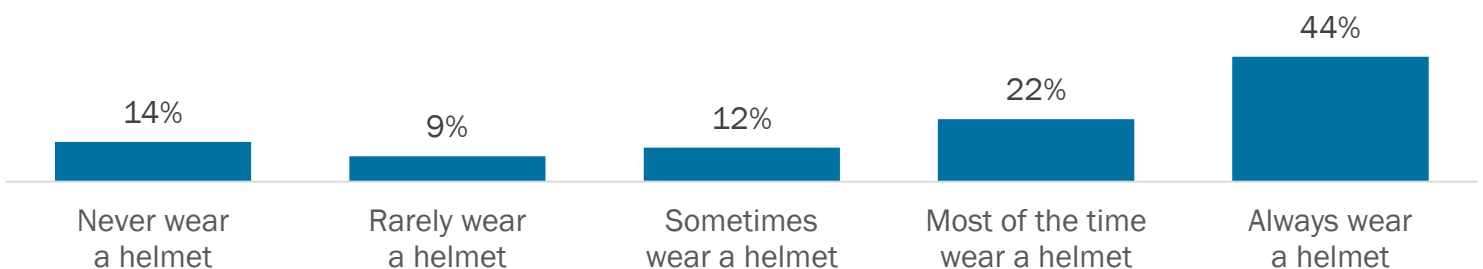
Helmet Use

- Overall, about one in 10 middle school students (12%) do not ride bicycles. More than half (56%) do not rollerblade or skateboard.
- Among students who do ride bicycles:
 - Nearly two-thirds (63%) wear a helmet most of the time or always.
 - Roughly a quarter (23%) never or rarely wear a helmet.
- Among students who rollerblade or skateboard:
 - Two-thirds (66%) most of the time or always wear a helmet.
 - One in eight (12%) sometimes wear a helmet.
 - Roughly a quarter (23%) never or rarely wear a helmet.

Helmet use among students who ride bicycles



Helmet use among students who rollerblade or skateboard



Helmet Use

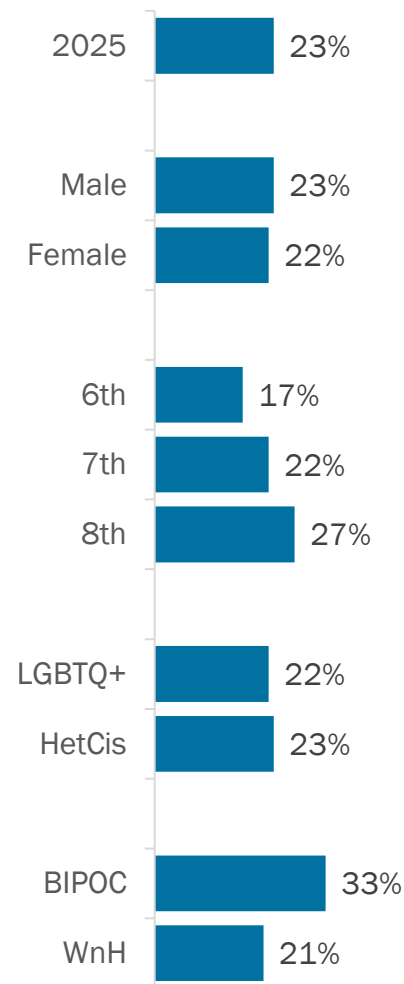
Among students who rode a bicycle

Nearly a quarter of middle school students (23%) who ride bicycles report never or rarely wearing a helmet.

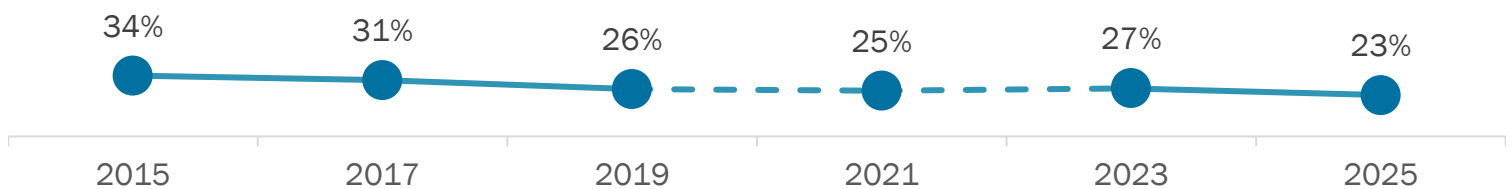
- Among students who ride bicycles:
 - BIPOC students are statistically more likely to never or rarely wear a helmet.
 - Never or rarely wearing a helmet when riding a bicycle statistically increases with each grade level.
 - Never or rarely wearing a helmet when riding a bicycle does not statistically differ by sex or sexual orientation and gender identity.

Compared to 2015 and between 2023 and 2025, the percent of students who never or rarely wear a helmet statistically decreased.

Percent of middle school students who never or rarely wear a helmet, among those who ride bicycles.



Percent of middle school students who never or rarely wear a helmet while riding bicycles over time.



Helmet Use

Among students who rollerblade or skateboard

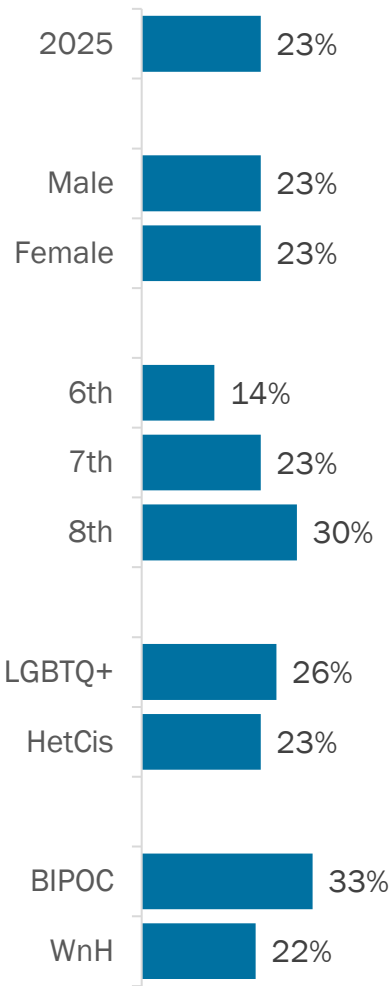
Nearly a quarter of middle school students (23%) who rollerblade or skateboard report they never or rarely wear a helmet.

Among students who rollerblade or skateboard:

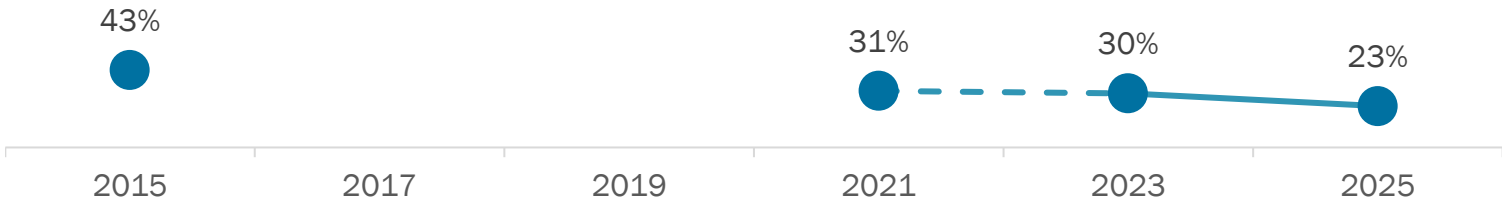
- BIPOC students are statistically more likely to never or rarely wear a helmet when rollerblading or skateboarding.
- Never or rarely wearing a helmet when rollerblading or skateboarding statistically increases with each grade level.
- Never or rarely wearing a helmet when rollerblading or skateboarding does not statistically differ by sex or sexual orientation and gender identity.

Compared to 2015 and between 2023 and 2025, the percent of students who never or rarely wear a helmet statistically decreased.

Percent of middle school students who never or rarely wore a helmet, among those who rollerblade or skateboard.



Percent of middle school students who never or rarely wear a helmet while rollerblading or skateboarding over time.



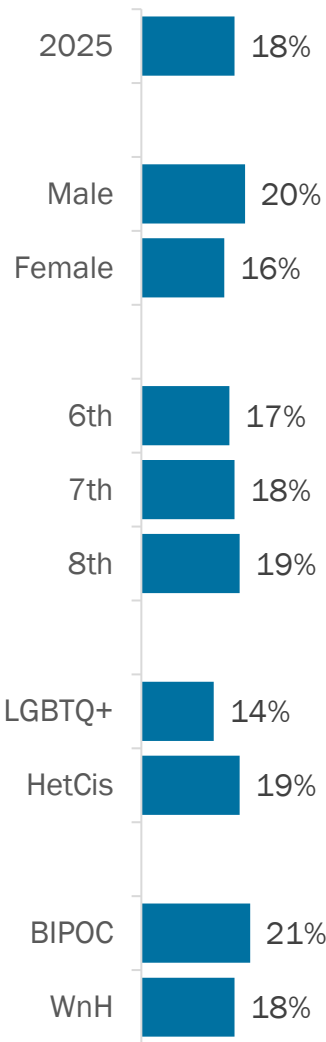
Concussions

One in six middle school students (18%) report having at least one concussion while playing a sport or being physically active in the last year.

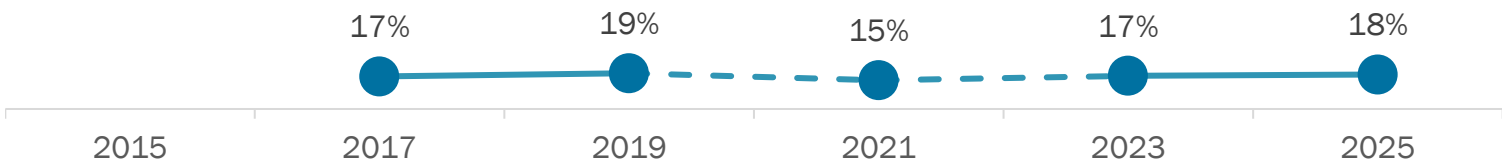
- Male students, heterosexual cisgender students and BIPOC students are statistically more likely to have had a concussion in the past year.
- Having a concussion during the past year does not statistically differ by grade level.

Compared to 2017 and between 2023 and 2025, the percent of students who have had a concussion did not statistically change.

Percent of middle school students who report a concussion from playing a sport or being physical active, past year.



Percent of middle school students had a concussion over time.



Sunburn

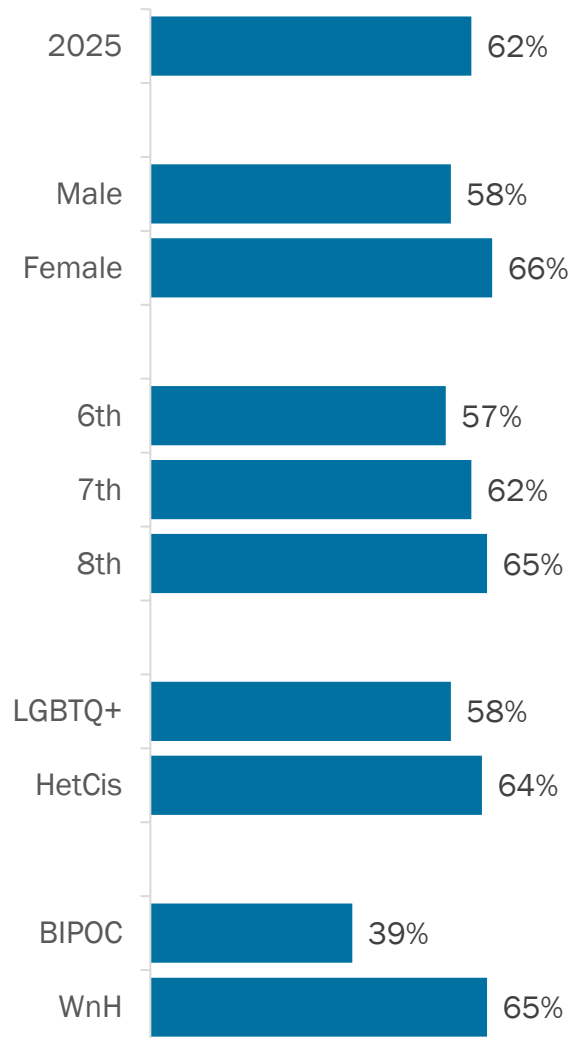
More than six in 10 middle school students (62%) report having at least one sunburn during the past year. Three in 10 (30%) report having three or more sunburns in the past year.

- Female students, heterosexual and cisgender students, and white non-Hispanic students are statistically more likely to report having at least one sunburn during the past year.
- Sixth grade students are statistically less likely to report having at least one sunburn during the past year.

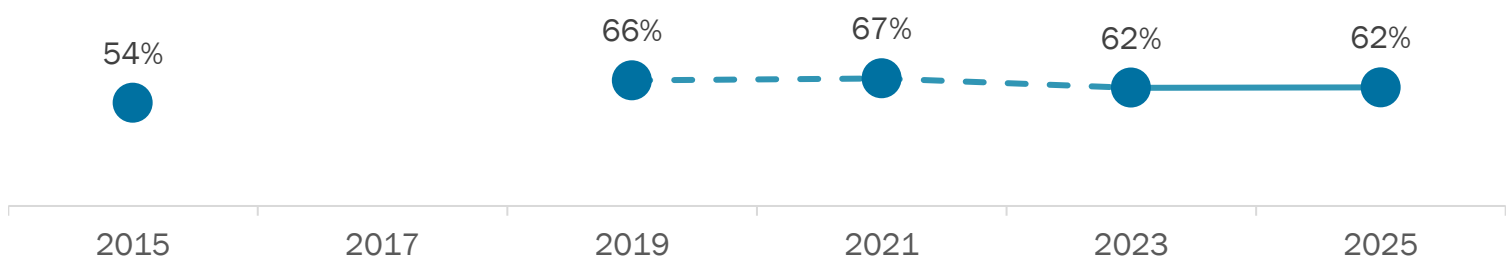
Compared to 2015, having at least one sunburn statistically increased.

Between 2023 and 2025, having at least one sunburn during the past year did not statistically change.

Percent of middle school students who with at least one sunburn, past year.



Percent of middle school students with at least one sunburn in the past year over time.



Asked About Tobacco Product Use

Among students who saw a doctor, dentist or nurse

Overall, one in five middle school students (20%) did not see a doctor, dentist or nurse in the past year.

Nearly three in 10 middle school students (28%) who did see a doctor, dentist or nurse in the past year report being asked about tobacco use by their provider.

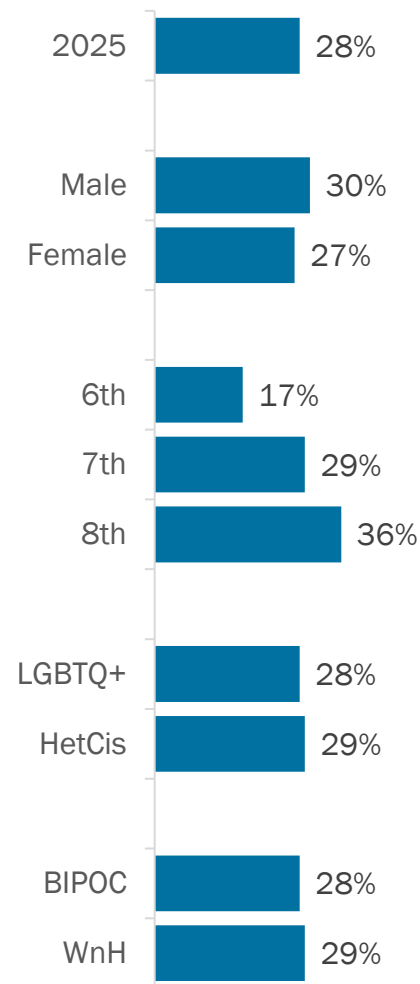
Among students who saw a doctor, dentist or nurse in the past year:

- Being asked about tobacco use statistically increases with each grade level and is statistically higher among male students.
- Being asked about tobacco use does not statistically differ by sexual orientation and gender identity, or race and ethnicity.

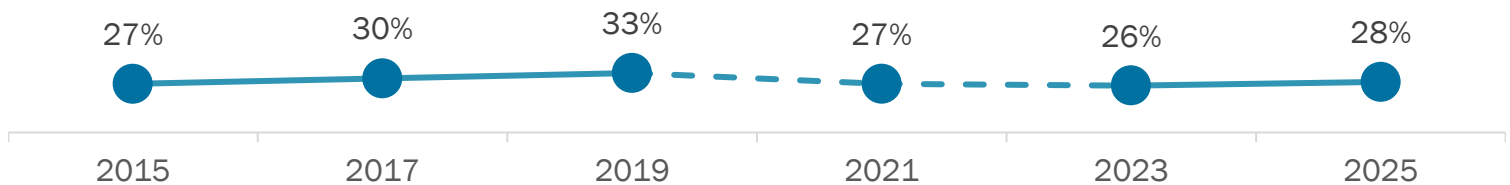
Compared to 2015, the percent of students who report being asked by a provider about tobacco use did not statistically change.

Between 2023 and 2025, the percent of students who report being asked by a provider about tobacco use statistically increased.

Percent of middle school students who saw a medical provider and were about tobacco use, past year.



Percent of middle school students who were asked about tobacco use by a medical provider over time.



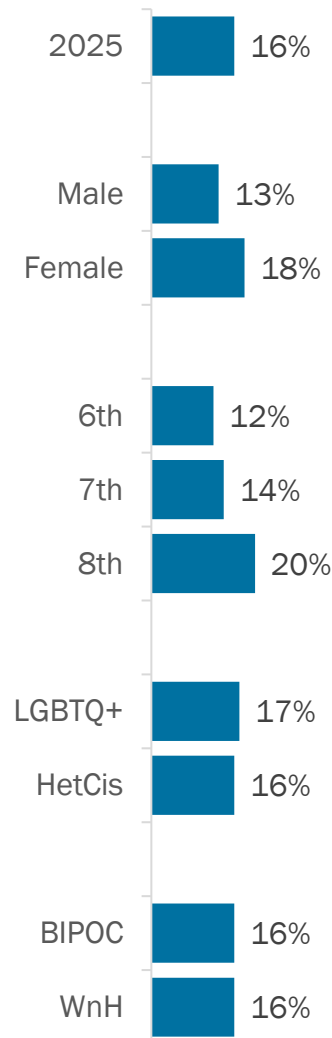
Riding in a Vehicle and Alcohol Use

One in six middle school students (16%) report ever riding in a vehicle with someone who had been drinking alcohol.

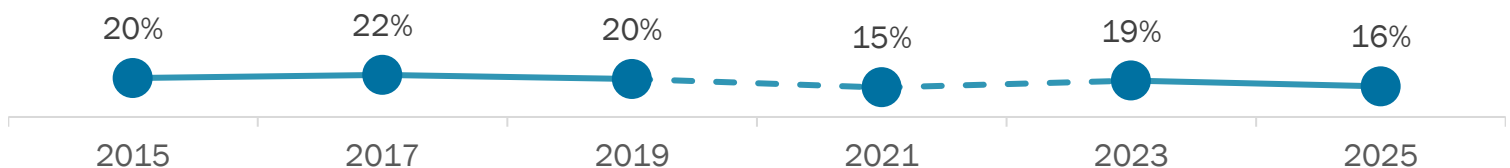
- Female students are statistically more likely to report riding with someone who was using alcohol.
- Riding in a vehicle with someone who was drinking alcohol statistically increases with each grade level.
- Riding in a vehicle with someone who was drinking alcohol does not differ by sexual orientation and gender identity or race and ethnicity.

Compared to 2015 and between 2023 and 2025, the percent of students who rode with a driver who had been drinking statistically decreased.

Percent of middle school students who report riding in a vehicle with someone who had been drinking alcohol.



Percent of middle school students who report riding in a vehicle with someone drinking alcohol over time.



Riding in a Vehicle and Marijuana Use

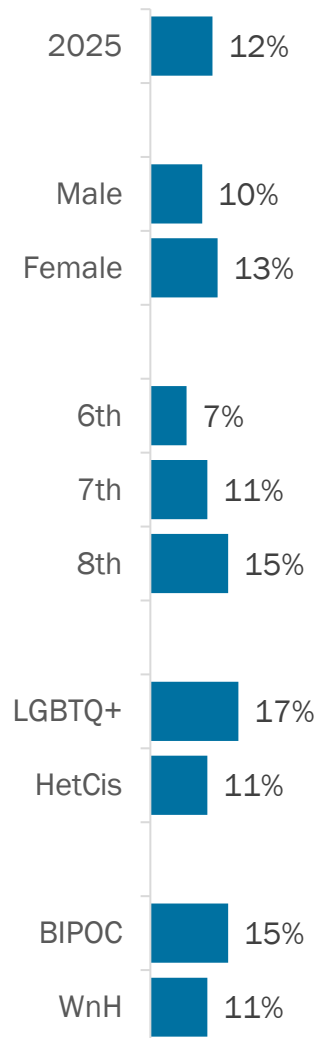
One in eight middle school students (12%) report riding in a vehicle with someone who had been using marijuana.

- Female students, LGBTQ+ students, and BIPOC students are statistically more likely to report ride with someone who was using marijuana.
- Riding in a vehicle with someone who was using marijuana statistically increases with each grade level.

Compared to 2017, the percent of students riding with a driver who had used marijuana statistically increased.

Between 2023 and 2025, the percent of students riding with a driver who had used marijuana did not statistically change.

Percent of middle school students who report riding in a vehicle with someone who had been using marijuana.



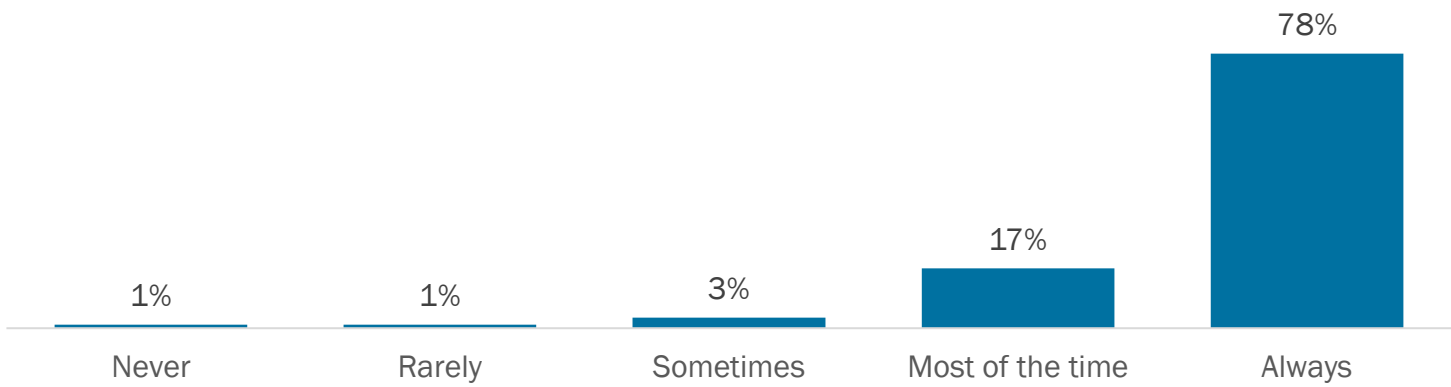
Percent of middle school students riding in a vehicle with someone using marijuana over time.



Seatbelt Use

- Most middle school students (78%) always wear a seatbelt when riding in a car or other vehicle, 17% do so most of the time.
- Few middle school students never (1%), rarely (1%), or sometimes (3%) wear a seatbelt when riding in a car or other vehicle.

Seatbelt use among middle school students.



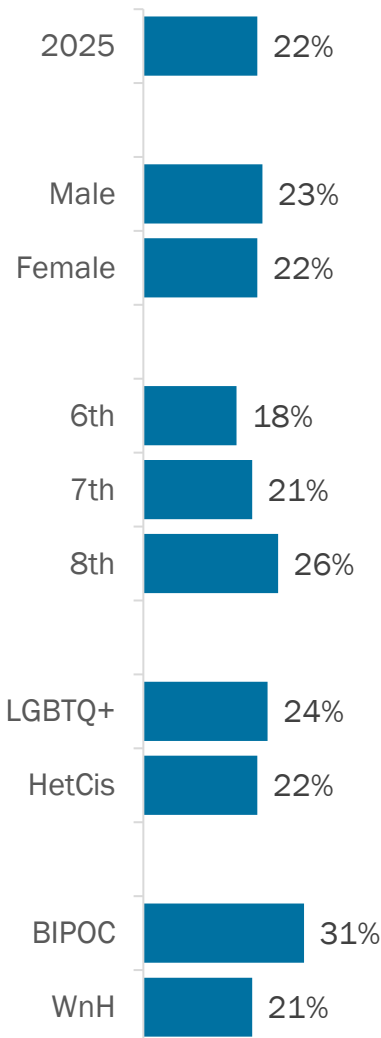
Do Not Always Wear a Seatbelt

More than one in five middle school students (22%) report not wearing a seatbelt every time they are in a vehicle.

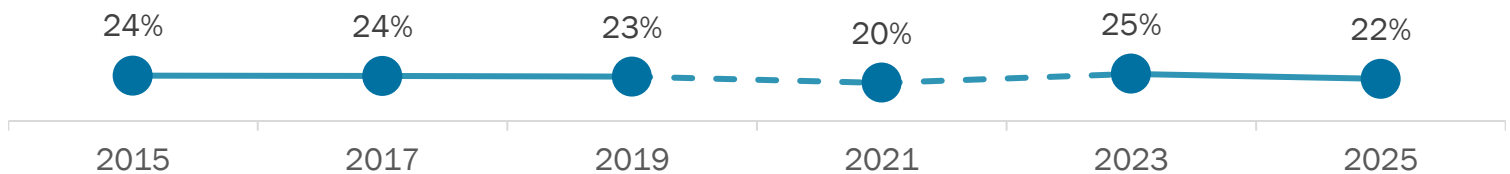
- BIPOC students are statistically more likely to not always wear a seatbelt.
- Not always wearing a seatbelt statistically increases with each grade level.
- Not always wearing a seatbelt does not statistically differ by sex or sexual orientation and gender identity.

Compared to 2015 and between 2023 and 2025, the percent of students who do not always wear a seatbelt statistically decreased.

Percent of middle school students who do not always wear a seatbelt.



Percent of middle school students who do not always wear a seatbelt when riding in a vehicle over time.





Physical Violence and Bullying

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Were in a Physical Fight

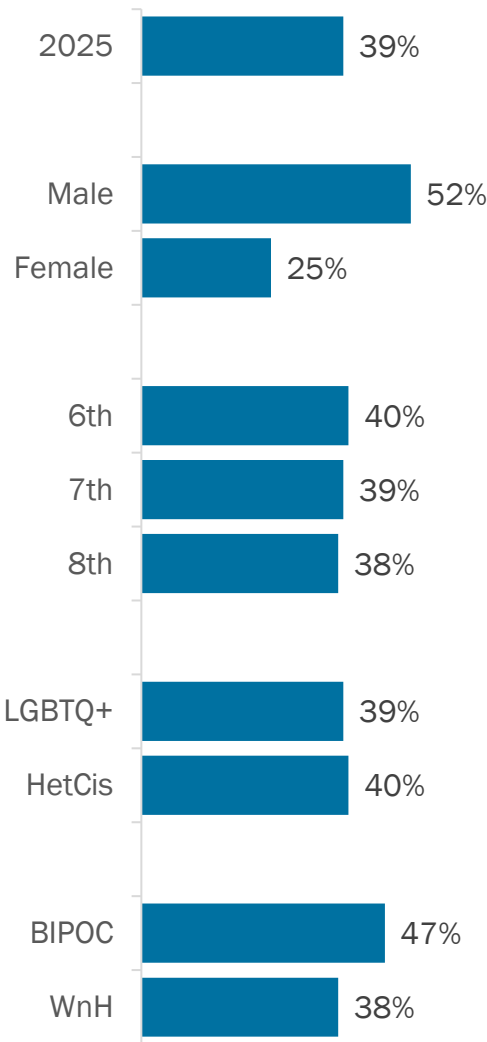
About two in five middle school students (39%) have ever been in a physical fight.

- Male students and BIPOC students are statistically more likely to have ever been in a physical fight.
- Physical fighting does not statistically differ by grade level or sexual orientation and gender identity.

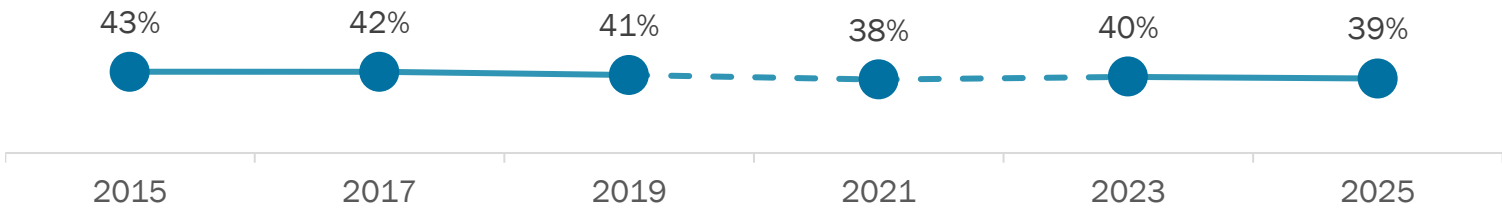
Compared to 2015, the percent of students ever in a physical fight statistically decreased.

Between 2023 and 2025, ever being in a physical fight did not statistically change.

Percent of middle school students who have ever been in a physical fight.



Percent of middle school students who have ever been in a physical fight over time.



Ever Bullied on School Property

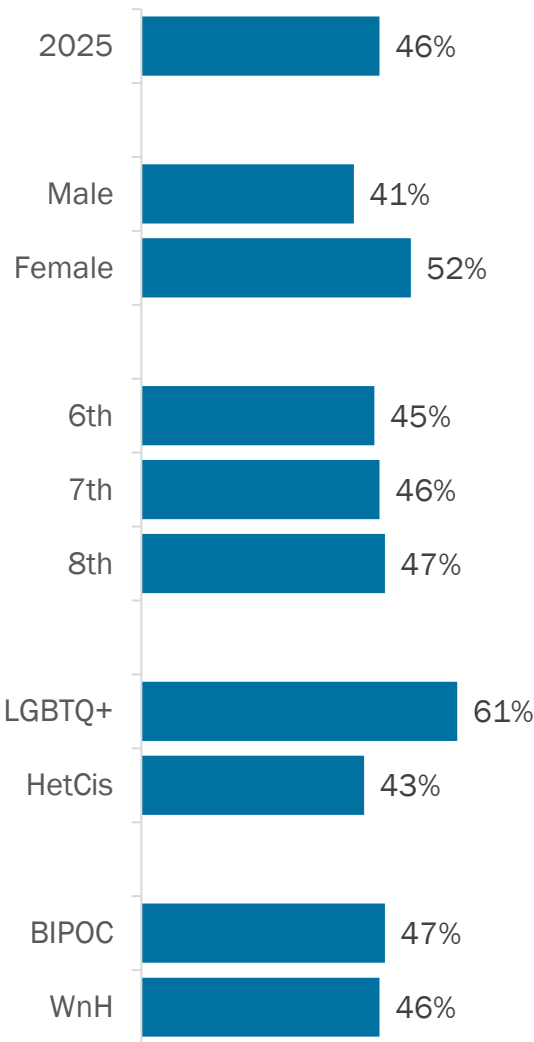
Nearly half of all middle school students (46%) report being bullied on school property.

- Female and LGBTQ+ students are statistically more likely to report being bullied on school property.
- Being bullied on school property does not statistically differ by grade level or race and ethnicity.

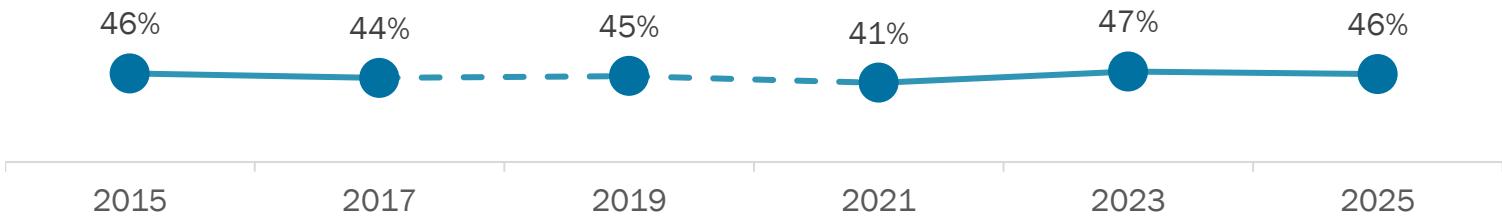
Compared to 2015 and between 2023 and 2025, the percent of students being bullied on school property did not statistically change.

Bullying is when one or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again. It is not bullying when two students of about the same strength or power argue or fight or tease each other in a friendly way.

Percent of middle school students who report being bullied on school property.



Percent of middle school students experiencing bullying on school property over time.



Ever Electronically Bullied

Nearly one in three middle school students (27%) report ever being electronically bullied.

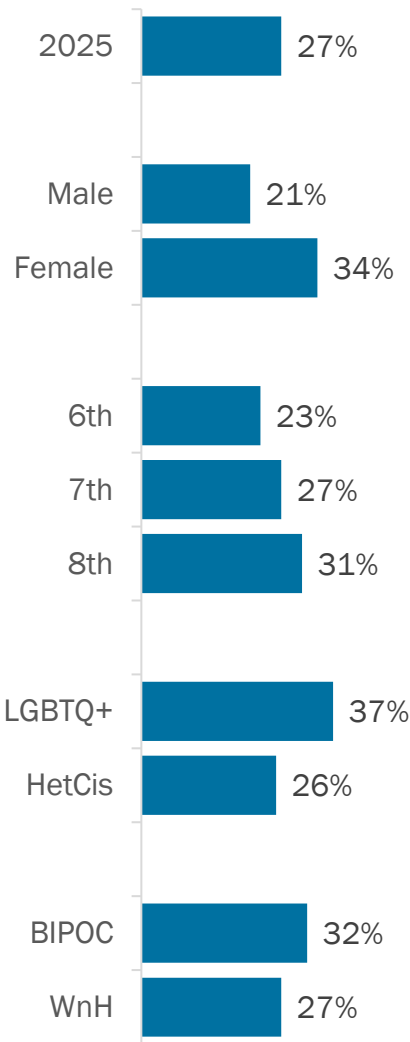
- Female students, LGBTQ+ students and BIPOC students are statistically more likely to ever experience electronic bullying.
- Electronic bullying statistically increases with each grade level.

Compared to 2015, ever being electronically bullied statistically increased.

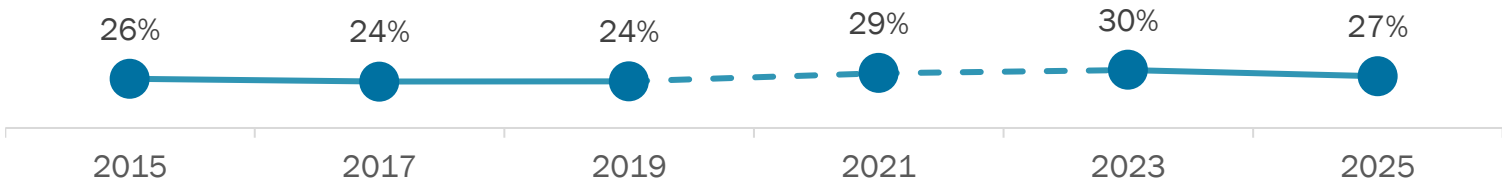
Between 2023 and 2025, ever being electronically bullied statistically decreased.

Bullying is when one or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again. It is not bullying when two students of about the same strength or power argue or fight or tease each other in a friendly way. Electronic bullying includes being bullied through texting, Instagram, Facebook, or other social media.

Percent of middle school students who report being electronically bullied.



Percent of middle school students who report being electronically bullied over time.



Recently Bullied

During the past 30 days, more than a quarter of middle school students (26%) report being bullied.

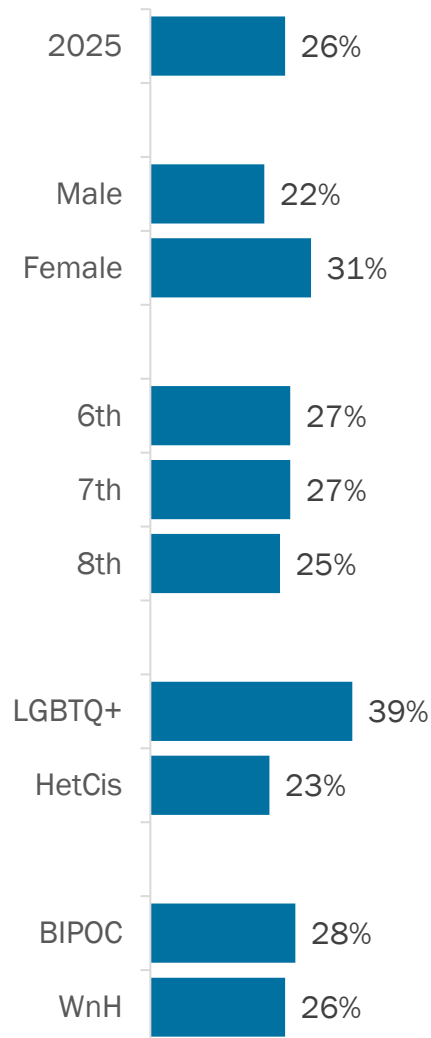
- Female and LGBTQ+ students are statistically more likely to experience bullying during the past 30 days.
- Bullying during the past 30 days does not statistically differ by grade level or race and ethnicity.

Compared to 2015, being bullied during the previous 30 days statistically increased.

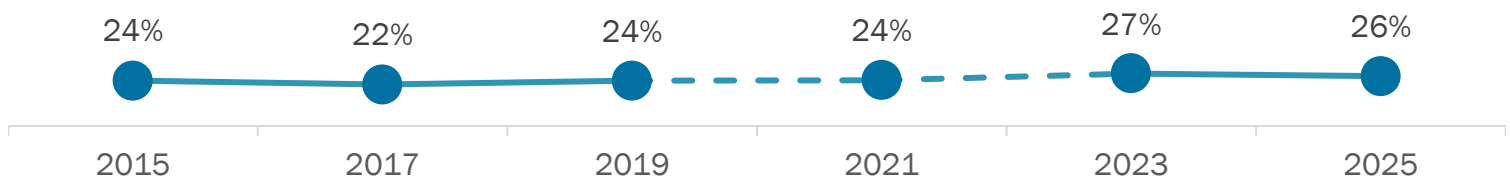
Being bullied did not statistically change between 2023 and 2025.

Bullying is when one or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again. It is not bullying when two students of about the same strength or power argue or fight or tease each other in a friendly way.

Percent of middle school students who were bullied in the past 30 days.



Percent of middle school students who were bullied in the last 30 days over time.



Bullied Someone Else

About one in eight students (12%) report bullying someone else in the past 30 days.

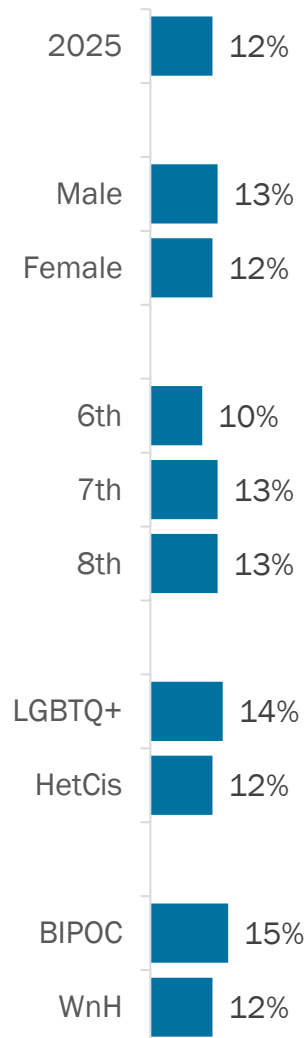
- BIPOC students are statistically more likely to report bullying someone else.
- Students in 6th grade are statistically less likely to report being a bully than older students.
- Bullying others during the past 30 days does not statistically differ by sex or sexual orientation and gender identity.

Compared to 2015, the percent of students bullying others statistically increased.

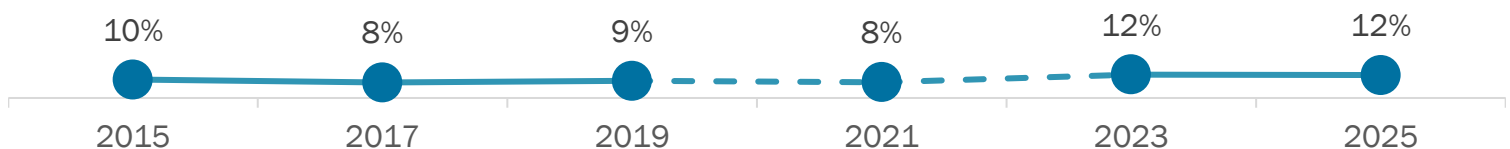
Bullying others did not statistically change between 2023 and 2025.

Bullying is when one or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again. It is not bullying when two students of about the same strength or power argue or fight or tease each other in a friendly way.

Percent of middle school students who bully someone else, past 30 days.



Percent of middle school students who report bullying others in the past 30 days over time.

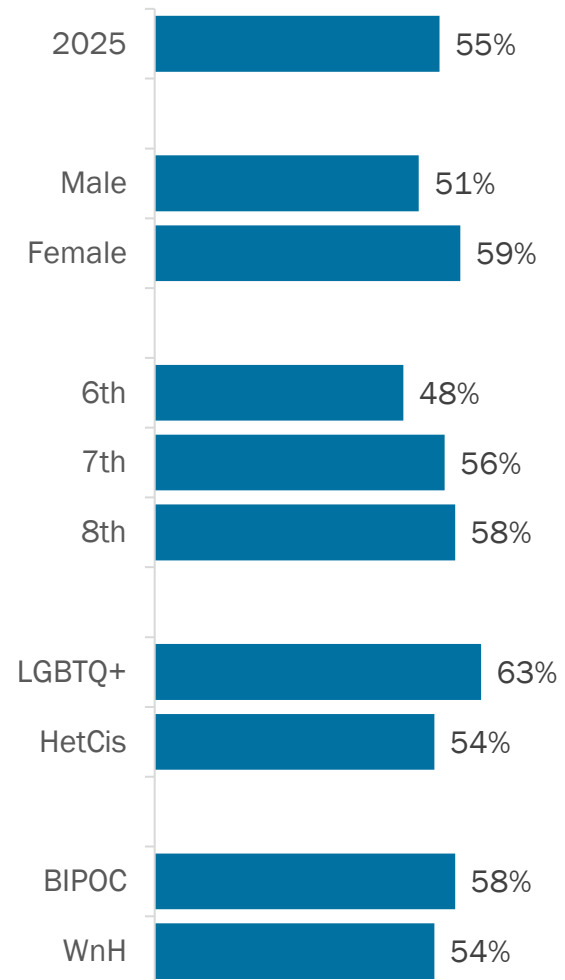


Were Teased or Called Names Weight, Size or Physical Appearance

More than half of all middle school students (55%) have ever been teased or called names because of their weight, size or physical appearance.

- Female students, LGBTQ+ students and BIPOC students are statistically more likely to report ever being teased or called names because of their weight, size or physical appearance.
- Sixth-grade students are statistically less likely to report ever being teased or called names because of their weight, size or physical appearance.

Percent of middle school students who were ever teased or called names because of their weight, size, or physical appearance.



This question was new in 2025.

Were Treated Badly or Unfairly in School

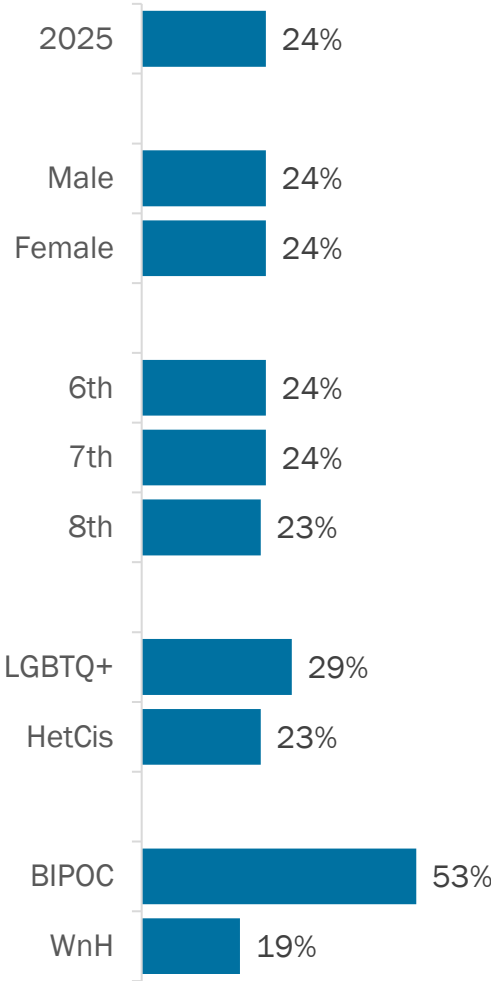
Race or Ethnicity

About a quarter of middle school students (24%) have felt like they were treated badly or unfairly in school because of their race or ethnicity.

- More than half of all BIPOC students (53%) feel they are treated unfairly at school because of their race or ethnicity.
- LGBTQ+ students and BIPOC students are statistically more likely to report feeling like they are treated unfairly at school because of their race or ethnicity.
- Feeling like they are treated unfairly at school because of their race or ethnicity does not statistically differ by sex or grade level.

Between 2023 and 2025, feeling like they are treated unfairly at school because of their race or ethnicity statistically decreased.

Percent of middle school students who ever felt that they were ever treated badly or unfairly in school because of their race or ethnicity.



Percent of middle school students who were ever treated badly at school because of their race or ethnicity over time.

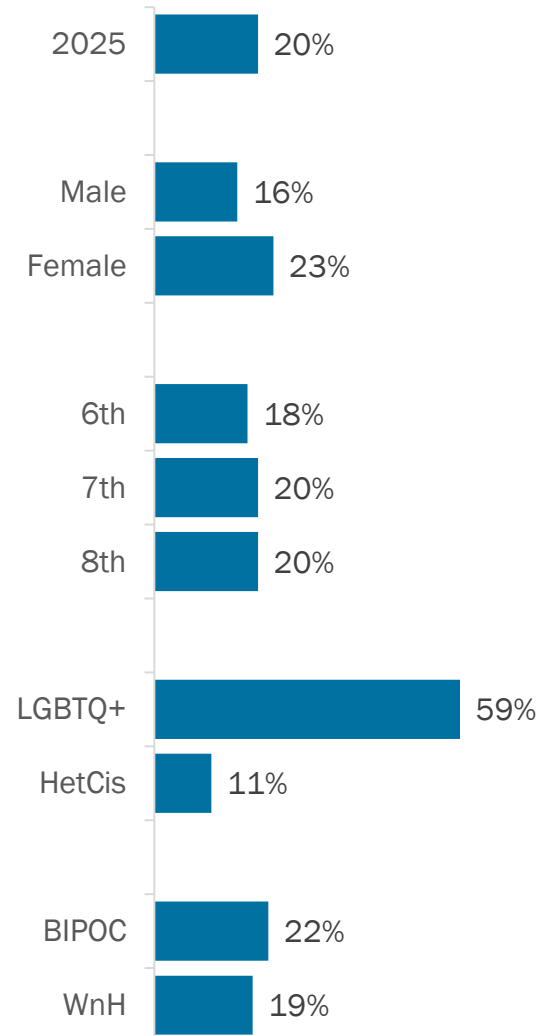


Treated Unfairly: Sexual Orientation & Gender

One in five middle school students (20%) have ever been treated badly or unfairly because they are or people think they are lesbian, gay, bisexual, transgender, or questioning.

- Nearly six in 10 LGBTQ+ students (59%) feel they are treated unfairly because of who they are sexually attracted to or for how they express their gender.
- Female students and LGBTQ+ students are statistically more likely to report they are treated unfairly because of their sexual orientation or gender expression.
- Feeling like they are treated badly or unfairly at school because of their sexual orientation or gender expression does not statistically differ by race or ethnicity.
- Sixth-grade students are statistically less likely to report being treated badly because of their sexual orientation or gender expression.

Percent of middle school students who ever felt that they were ever treated badly or unfairly they are or people think they are LGBTQ+.



This question was new in 2025.

Skipped School Due to Safety Concerns

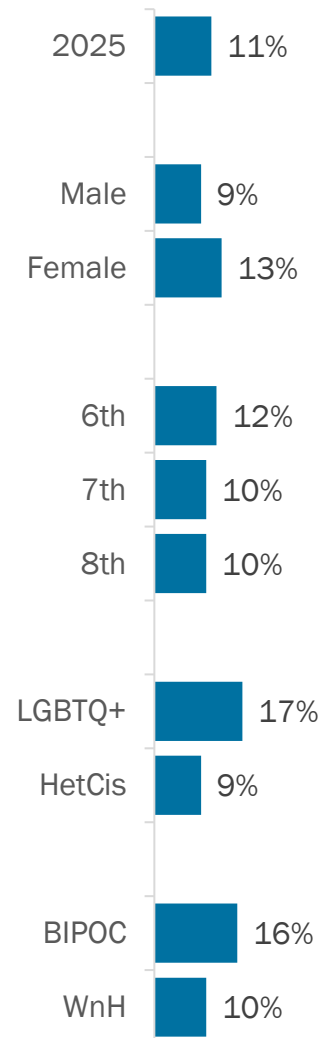
About one in 10 middle school students (11%) report skipping school during the past 30 days because they feel unsafe at school or on their way to or from school.

- Female students, LGBTQ+ students and BIPOC students are statistically more likely to skip school due to safety concerns.
- Skipping school due to safety concerns does not statistically differ by grade level.

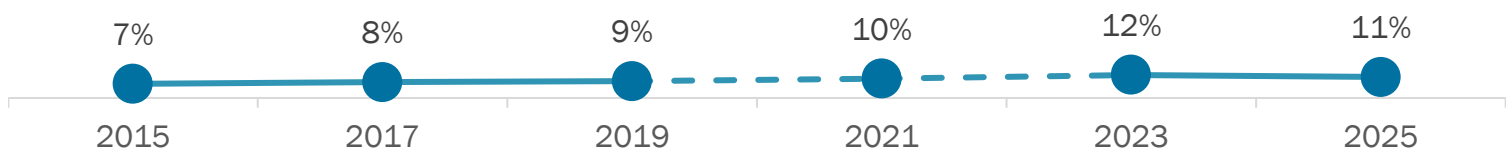
Compared to 2015, the percent of students skipping school because they feel unsafe statistically increased.

Skipping school because they felt unsafe statistically decreased between 2023 and 2025.

Percent of middle school students skipping school because they feel unsafe, past 30 days.



Percent of middle school students skipping school due to safety concerns over time.



Witnessed Neighborhood Violence

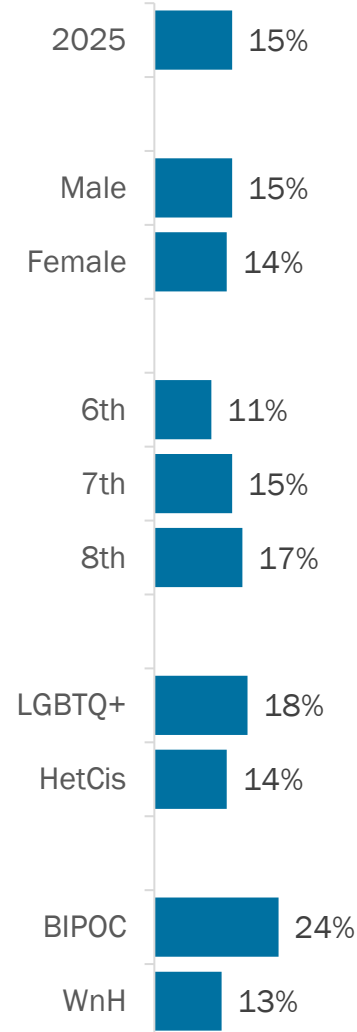
About one in seven students (15%) report seeing someone get physically attacked, beaten, stabbed or shot in their neighborhood.

- LGBTQ+ and BIPOC students are statistically more likely to see someone physically attacked, beaten, stabbed or shot in their neighborhood.
- Sixth-grade students are statistically less likely to report ever seeing someone physically attacked, beaten, stabbed or shot in their neighborhood.
- Witnessing neighborhood violence does not statistically differ by sex.

Between [2021*](#) and 2025, reports of seeing someone attacked in their neighborhood statistically increased.

Seeing someone physically attacked, beaten, stabbed or shot did not statistically change between 2023 and 2025.

Percent of middle school students who report seeing someone get physically attacked, beaten, stabbed, or shot in their neighborhood.



Percent of middle school students seeing violence in their neighborhood over time.

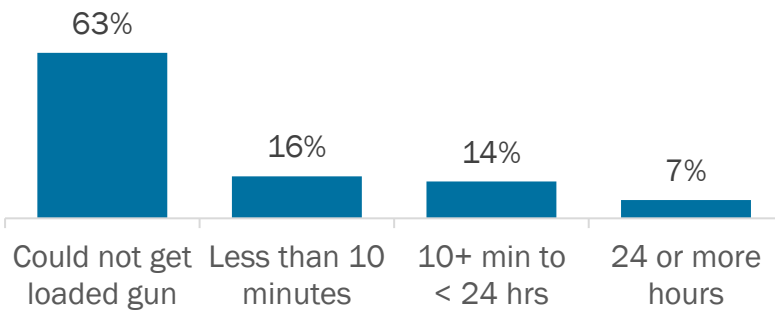


Access to a Loaded Gun

More than a third of middle school students (37%) report they could get a loaded gun that is ready to fire without a parent or other adult's permission or supervision.

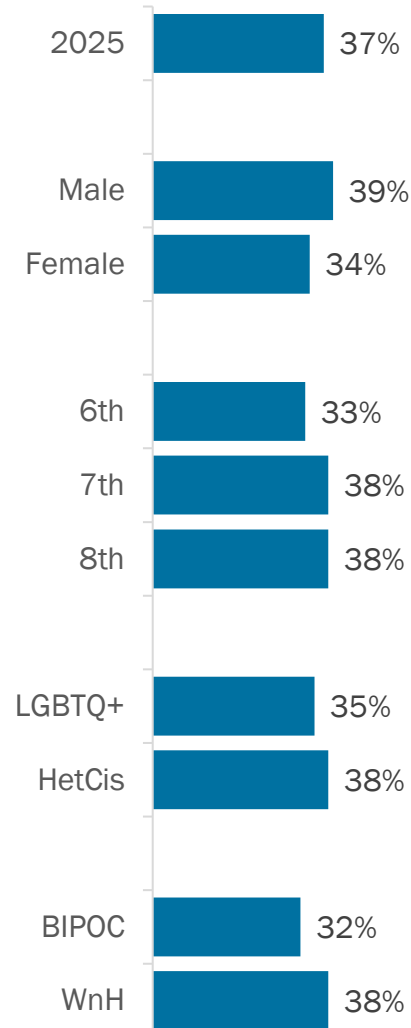
About three in 10 (30%) could access a loaded gun in less than 24 hours; 16% could get one in less than 10 minutes.

Time to access a loaded gun.



- Male students, heterosexual cisgender students and white non-Hispanic students are statistically more likely to say that they could obtain a loaded gun ready for them to fire without a parent or other adult's permission or supervision.
- Sixth-grade students are statistically less likely to report access to a loaded weapon.

Percent of middle school students who could obtain a loaded gun ready for use without a parent or other adult's permission or supervision.



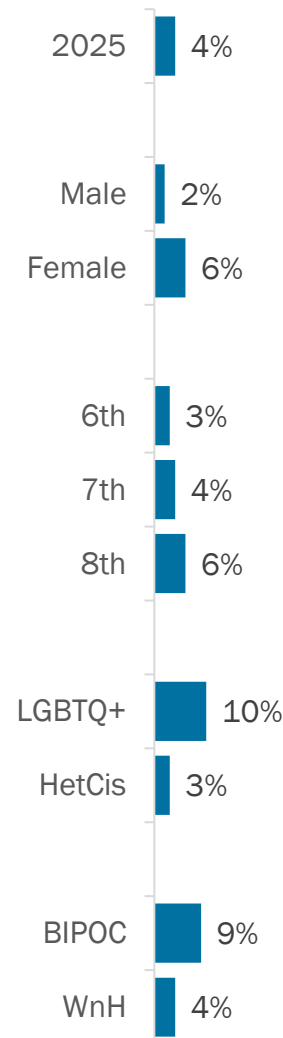
This question was new in 2025.

Experienced Unwanted Sexual Behaviors

One in 25 middle school students (4%) has had someone at least five years older than them do sexual things to them that they did not want, such as kissing, touching, or sexual intercourse.

- Female students and LGBTQ+ students are three times as likely as male students and heterosexual cisgender students to experience unwanted sexual behaviors from people at least five years older than them.
- Female students, eighth-grade students, LGBTQ+ students and BIPOC students are statistically more likely to experience unwanted sexual contact from someone who is at least five years older than them.

Percent of middle school students who have ever had an adult or person at least 5 years older than them do sexual things to them that they did not want.



This question was new in 2025.

In previous years, a question asked about unwanted sexual contact, regardless of age.



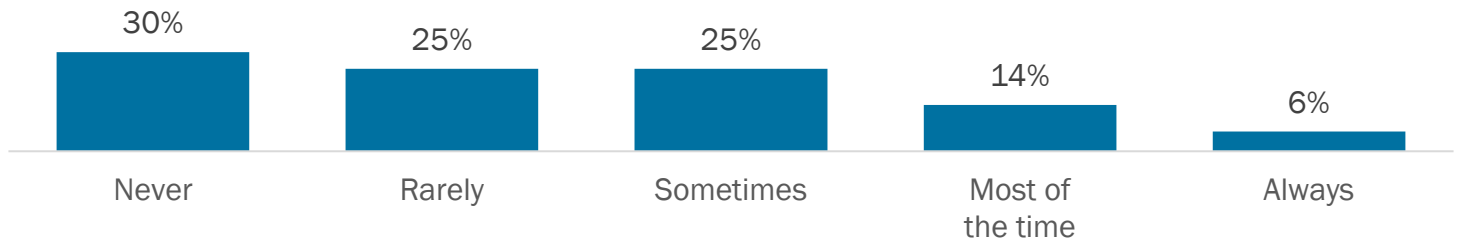
Mental Health

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Poor Mental Health

- When asked about their mental health over the last 30 days, one in five middle school students (20%) report that their mental health was not good most of the time (14%) or always (6%).
- Three in 10 (30%) report never experiencing poor mental health during the past 30 days. Half report rarely (25%) or sometimes (25%) experiencing poor mental health.
- Poor mental health includes stress, anxiety and depression.

Frequency of “not good” mental health.



Poor Mental Health

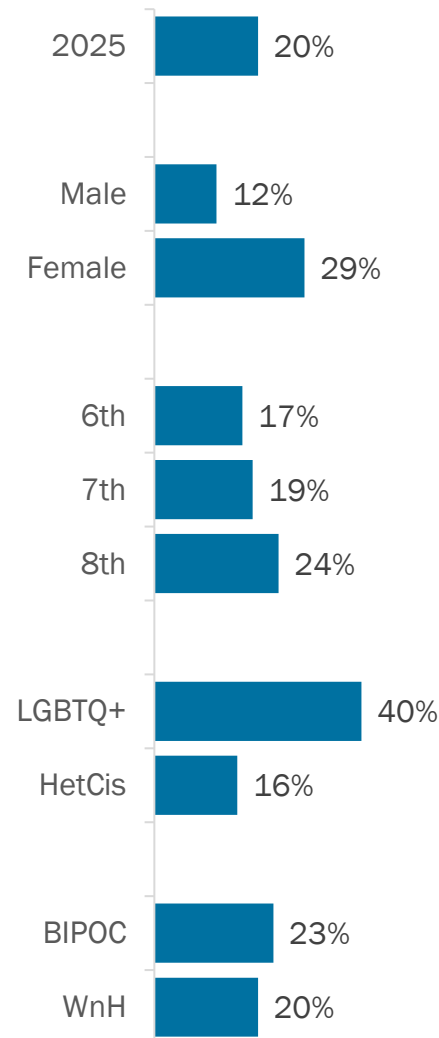
One in five middle school students (20%) report that their mental health was not good most of the time or always during the past 30 days.

- Female students, LGBTQ+ students, and BIPOC students are statistically more likely to experience poor mental health, most of the time or always.
- Experiencing poor mental health most of the time or always statistically increases with each grade level.

Between [2021*](#) and 2025 and compared to 2023, experiencing poor mental health most of the time or always statistically decreased.

Poor mental health includes stress, anxiety, and depression.

Percent of middle school students who report their mental health was not good, most of the time or always, past 30 days.



Percent of middle school students reporting poor mental health over time.



Feel Sad or Hopeless

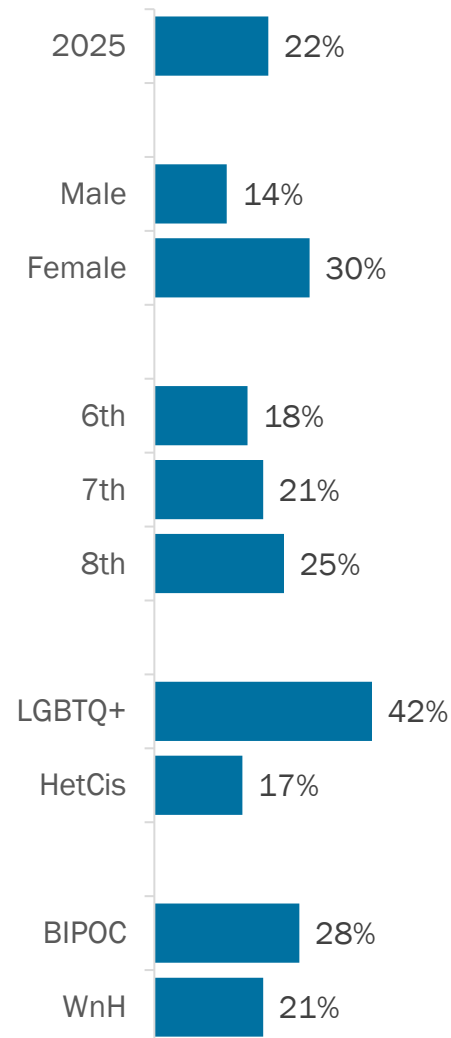
About one in five middle school students (22%) report feeling so sad or hopeless during at least two weeks in the past year that they stopped doing some of their usual activities.

- Female students, LGBTQ+ students and BIPOC students are statistically more likely to feel so sad or hopeless that they stop doing some usual activities.
- Feeling sad or hopeless statistically increases with each grade level.

Compared to 2015, the percent of students who feel sad or hopeless statistically increased.

Feeling sad or hopeless statistically decreased between 2023 and 2025.

Percent of middle school students feeling sad or hopeless for at least two weeks out of the past year.



Percent of middle school students feeling sad or hopeless over time.



Self-Harm

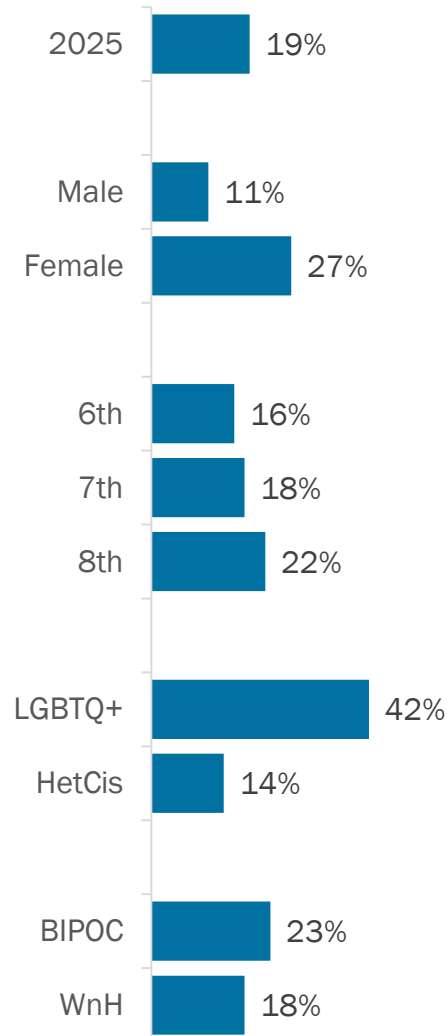
One in five middle school students (19%) report doing something to hurt themselves on purpose without wanting to die (such as cutting or burning).

- Female students, LGBTQ+ students and BIPOC students are statistically more likely to hurt themselves on purpose without wanting to die.
- Hurting oneself on purpose without wanting to die statistically increases with each grade level.

Compared to 2019, the percent of students who hurt themselves on purpose did not statistically change.

Between 2023 and 2025, the percent of students who hurt themselves on purpose statistically decreased.

Percent of middle school students who report hurting themselves on purpose without wanting to die.



Percent of middle school students who hurt themselves on purpose over time.



Suicidal Thoughts

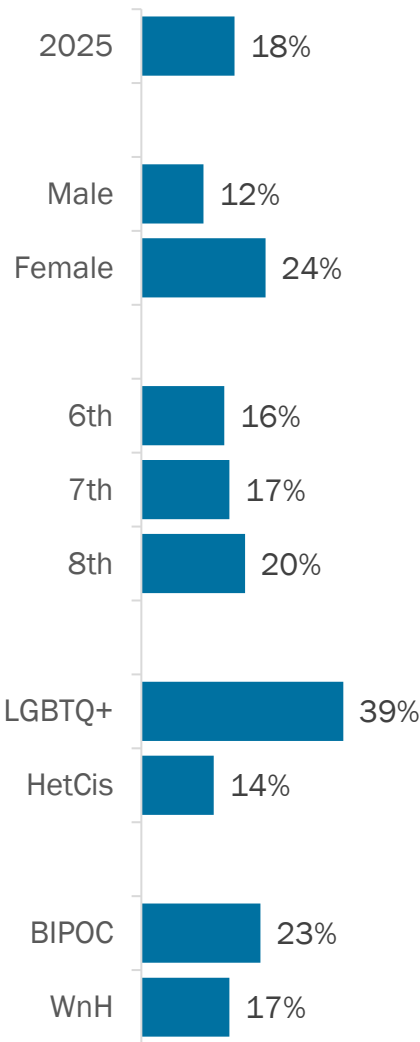
One in five middle school students (18%) report seriously thinking about killing themselves.

- Two in five LGBTQ+ students (39%) report having suicidal thoughts.
- Female students, eighth-grade students, LGBTQ+ students and BIPOC students are statistically more likely to seriously think about killing themselves.

Compared to 2015, the percent of students who think about killing themselves did not statistically change.

Between 2023 and 2025, the percent of students who have thought about killing themselves statistically decreased.

Percent of middle school students who report seriously thinking about killing themselves.



Percent of middle school students who report seriously thinking about suicide over time.



Suicide Plans

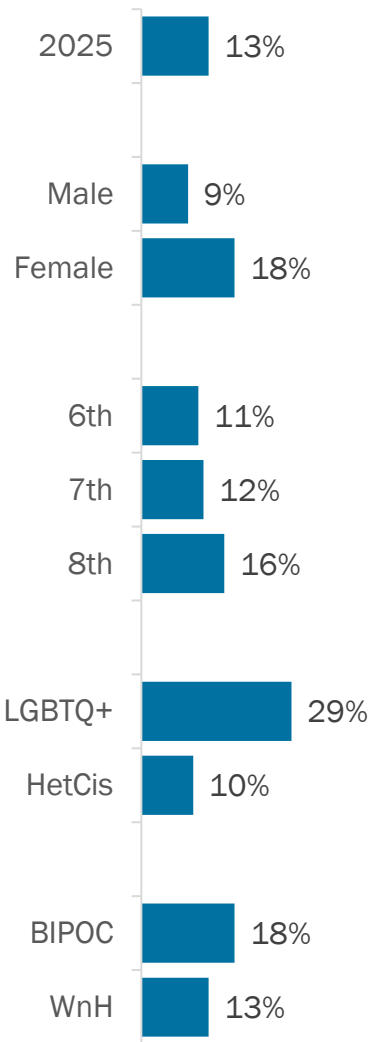
About one in eight middle school students (13%) report making a suicide plan.

- LGBTQ+ students are three times more likely than heterosexual cisgender students to make a suicide plan. Female students are two times more likely than male students to make a suicide plan.
- Female students, eighth-grade students, LGBTQ+ students and BIPOC students are statistically more likely to report making a plan about how they would kill themselves.

Compared to 2015, the percent of students who report making a suicide plan did not statistically change.

Between 2023 and 2025, the percent of students who report making a suicide plan statistically decreased.

Percent of middle school students who have made a plan about how they would kill themselves.



Percent of middle school students who have made a suicide plan over time.



Suicide Attempts

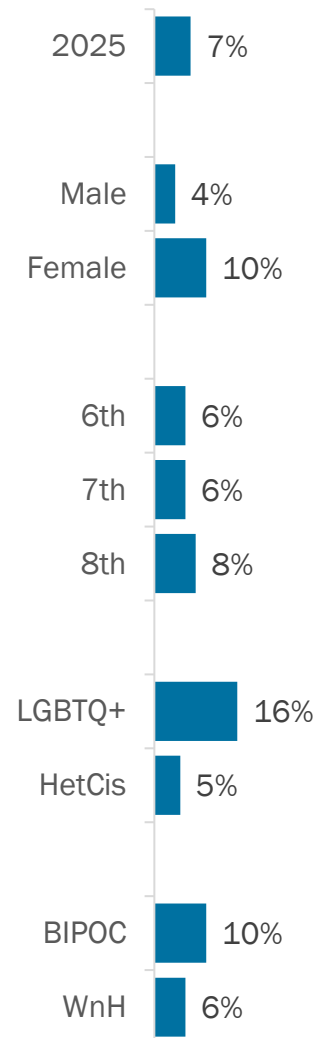
About one in 15 middle school students (7%) have ever tried to kill themselves.

- LGBTQ+ students are more than three times as likely as heterosexual cisgender students to have attempted suicide. Female students are more than twice as likely as male students to attempt suicide.
- Female students, eighth-grade students, LGBTQ+ students and BIPOC students are statistically more likely to ever make a suicide attempt.

Compared to 2015, the percent of students who ever attempted suicide statistically increased.

Between 2023 and 2025, the percent of students who ever attempted suicide did not statistically change.

Percent of middle school students who have tried to kill themselves.



Percent of middle school students who attempted suicide over time.



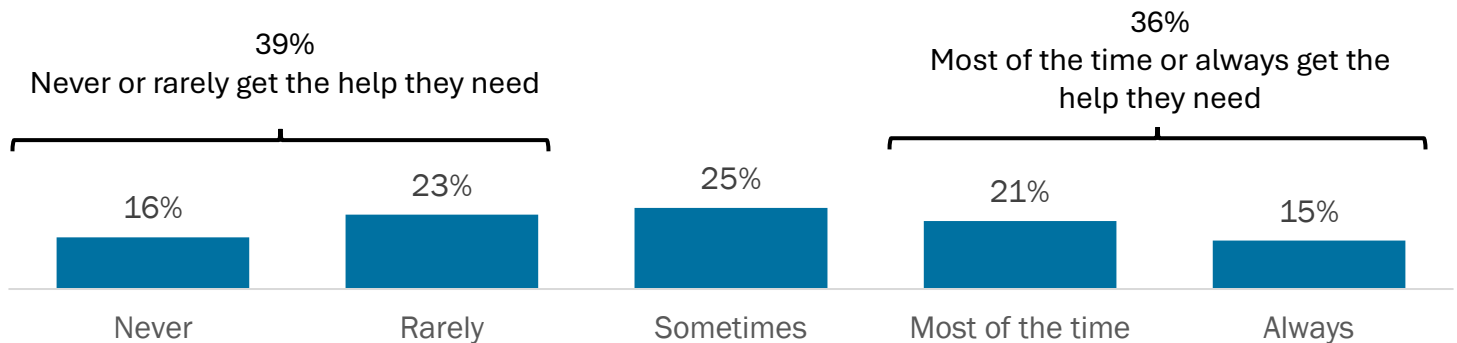
Mental Health Support

Among students who feel sad, empty, hopeless, angry or anxious

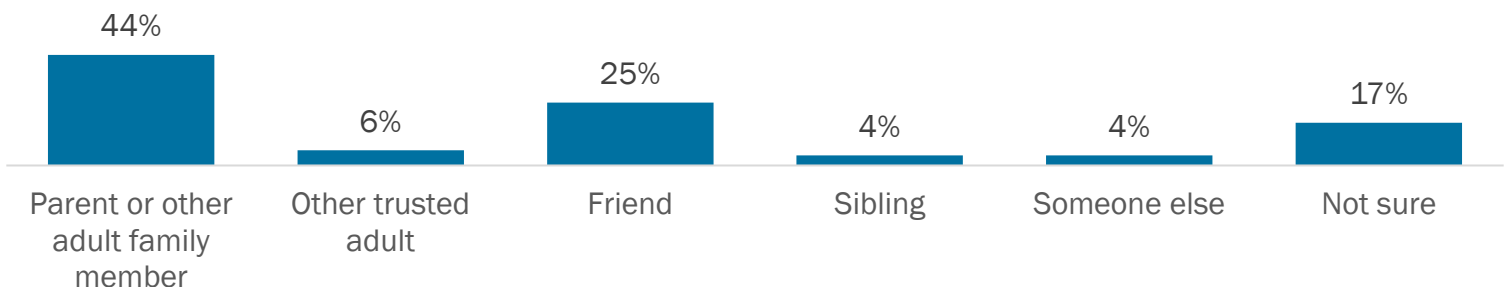
Overall, 32% of middle school students said they do not need help when feeling sad, empty, hopeless, angry or anxious.

- Among students who do need help with their emotions:
 - More than a third (39%) are never (16%) or rarely (23%) able to get the help they need. About the same amount, most of the time (21%) or always (15%), get the help they need.
 - A quarter (25%) sometimes get the help they need.
- About one in five (21%) say they do not feel sad, empty, hopeless, angry or anxious. Among students who do feel sad, empty, hopeless, angry or anxious:
 - More than two in five (44%) say they are most likely to talk with a parent or other family member about their feelings. Three in 10 would talk to a friend (25%) or sibling (4%).
 - One in 10 would talk to another trusted adult (6%) or someone else (4%).
 - One in six (17%) students are not sure who they can talk to about their feelings.

Among middle school students who feel sad, anxious, empty, angry, or hopeless, the frequency with which students were able to get the help they needed.



Among middle school students who feel sad, anxious, empty, angry, or hopeless, who they were most likely to talk to about their feelings.



Got Help

Among students who feel sad, empty, hopeless, angry or anxious

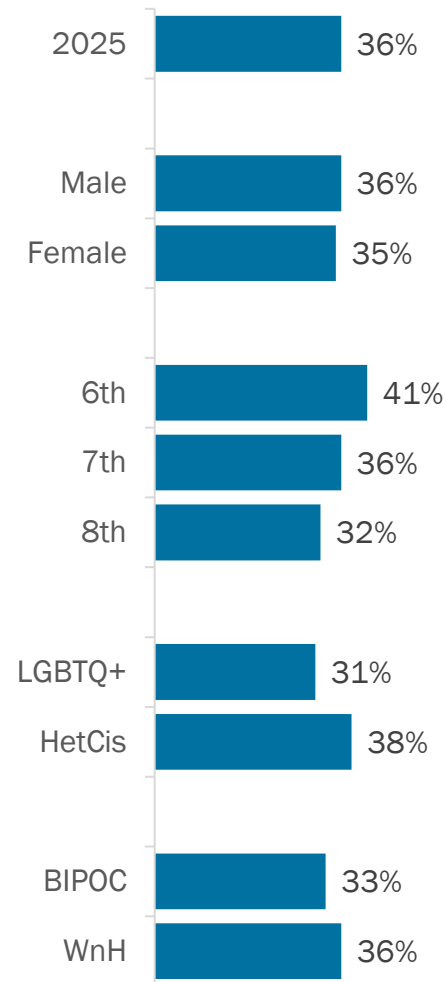
More than a third of middle school students who feel sad, empty, hopeless, angry or anxious (36%) get the help they need most of the time or always.

Among students who feel sad, empty, hopeless, angry or anxious:

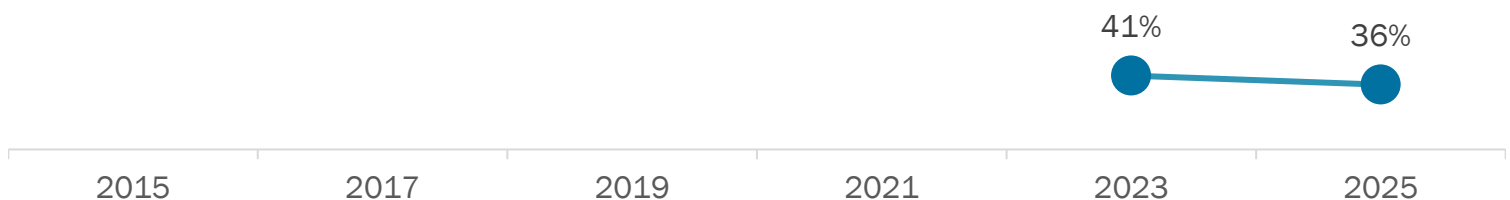
- Heterosexual cisgender students and white non-Hispanic students are statistically more likely to get the help they need most of the time or always.
- Most of the time or always getting help statistically decreases with each grade level.
- Always or most of the time getting the help they need did not statistically differ by sex.

Being able to get the help when feeling angry, hopeless, empty, anxious or sad statistically decreased between 2023 and 2025.

Percent of middle school students who feel angry, hopeless, empty, anxious or sad and can get the help they need most of the time or always.



Percent of middle school students who feel angry, hopeless, empty, anxious or sad and can get the help they need over time.



Talk about Feelings

Among students who feel sad, empty, hopeless, angry, or anxious

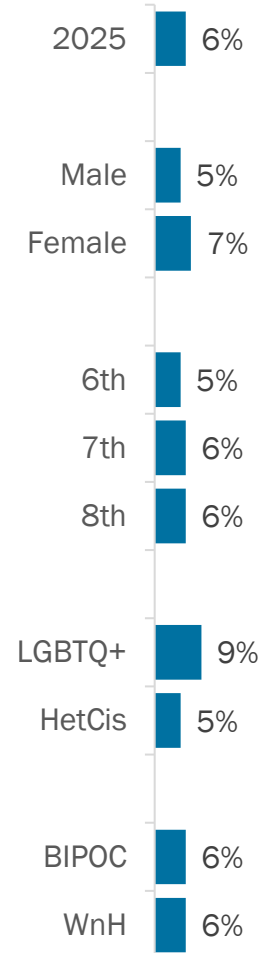
One in 15 middle school students (6%) who feel sad, empty, hopeless, angry, or anxious say they are most likely to talk to a teacher, counselor, other adult at school, or to an adult outside of school who is not a family member about their feelings.

Among students who feel sad, empty, hopeless, angry or anxious:

- Female students and LGBTQ+ students are statistically more likely to talk to an adult outside their family about their feelings.
- Talking to an adult outside of school who is not a family member about their feelings does not statistically differ by grade level or race and ethnicity.

Compared to 2023, the percent of students who are most likely to talk to an adult who is not a family member did not statistically change.

Percent of middle school students who students who feel angry, hopeless, empty, anxious or sad and are most likely to talk to an adult that is not family about their feelings.



Percent of middle school students who feel angry, hopeless, empty, anxious or sad and are most likely to talk to an adult that is not family over time.





Lifetime Substance Use

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Lifetime Alcohol Use

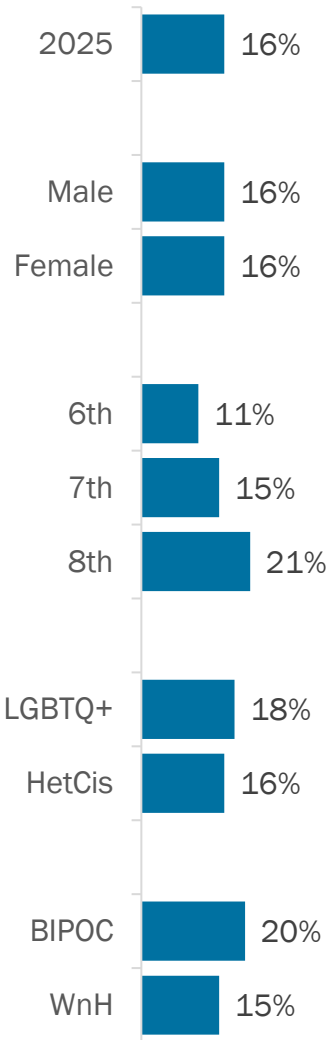
About one in six middle school students (16%) report ever drinking alcohol. About one in 15 (7%) report trying alcohol before age 11.

- BIPOC students are statistically more likely to have tried alcohol.
- Lifetime alcohol use statistically increases with each grade level.
- Ever drinking alcohol does not statistically differ by sex or sexual orientation and gender identity.

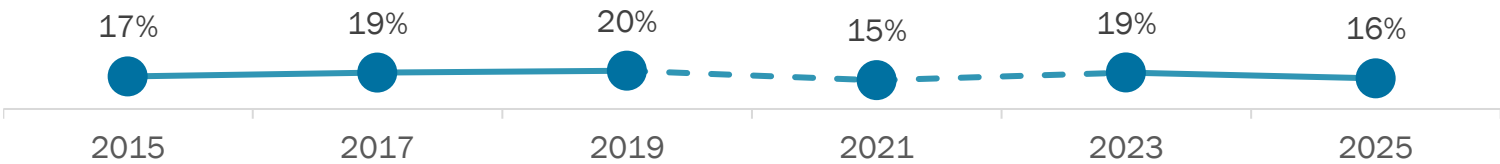
Compared to 2015, the percent of students who report trying alcohol did not statistically change.

Between 2023 and 2025, ever consuming alcohol statistically decreased.

Percent of middle school students who report ever drinking alcohol.



Percent of middle school students who have tried alcohol over time.



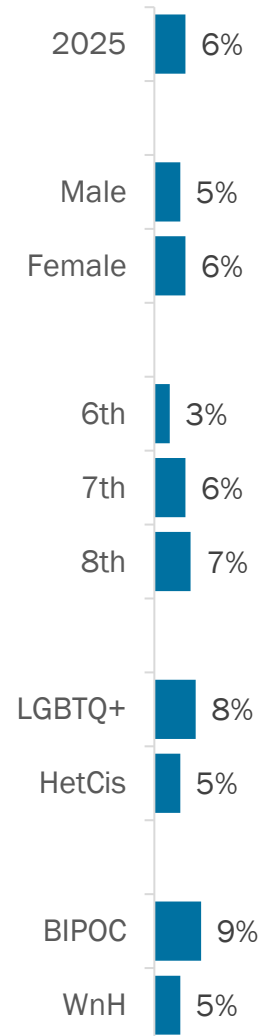
Lifetime Cigarette Use

About one in 15 middle school students (6%) report ever trying a cigarette. This includes even one or two puffs. Three percent report first trying a cigarette before age 11.

- LGBTQ+ students and BIPOC students are statistically more likely to report ever trying a cigarette.
- Lifetime cigarette use statistically increases with each grade level.
- Lifetime cigarette use does not statistically differ by sex.

Compared to 2015 and between 2023 and 2025, the percent of students who report trying cigarettes statistically decreased.

Percent of middle school students who report trying a cigarette.



Percent of middle school students who have ever tried a cigarette over time.



Lifetime Electronic Vapor Product Use

One in 10 middle school students (10%) report trying an electronic vapor product (vapes). Three percent of students report trying an electronic vapor product before age 11.

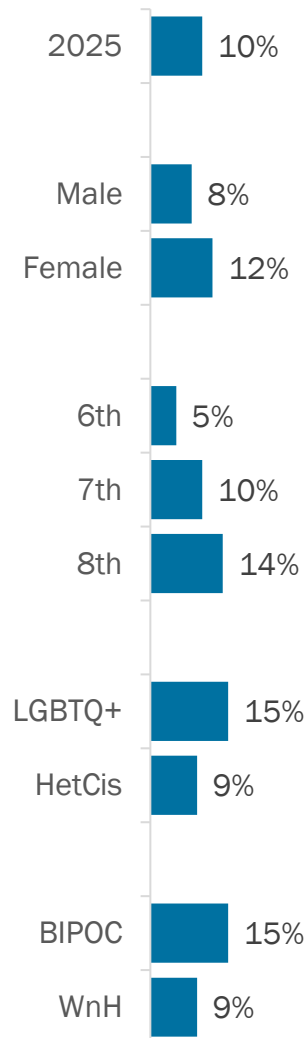
- Female students, LGBTQ+ students, and BIPOC students are statistically more likely to try an electronic vapor product.
- Lifetime electronic vapor product use statistically increases with each grade level.

Compared to 2015, ever using an electronic vapor product statistically increased.

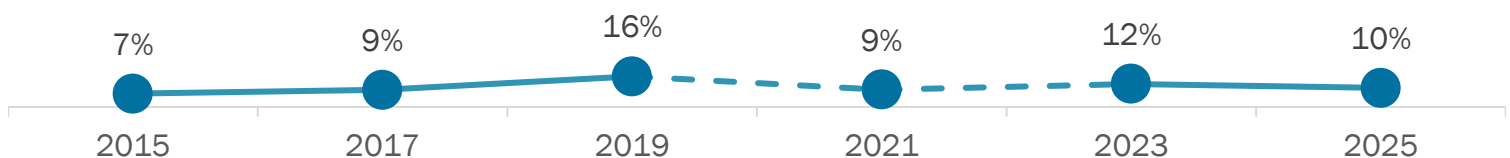
Between 2023 and 2025, ever using an electronic vapor product statistically decreased.

Electronic vapor products include vapes, e-cigarettes, e-cigs, mods, e-hookahs, or vape pens, such as JUUL, Vuse, NJOY, Elf Bar, or Esco Bars.

Percent of middle school students who report using an electronic vapor product.



Percent of middle school students who ever used an electronic vapor product over time.



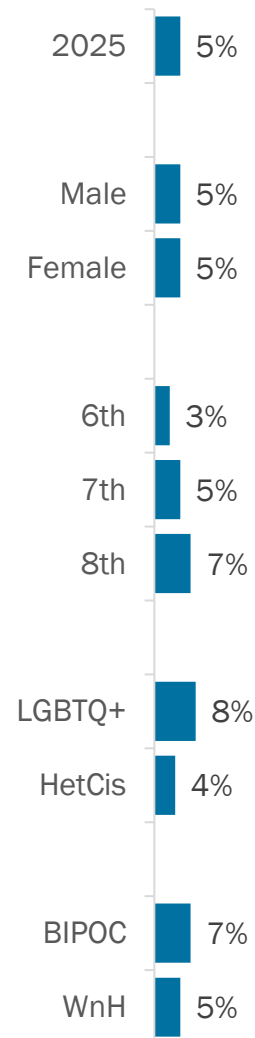
Lifetime Flavored Tobacco Product Use

About one in 20 middle school students (5%) report trying cigarettes, cigars, smokeless tobacco, shisha or hookah tobacco, or electronic vapor products flavored that taste like menthol (mint), clove, spice, alcohol (wine or cognac), candy, fruit, chocolate, or other sweets.

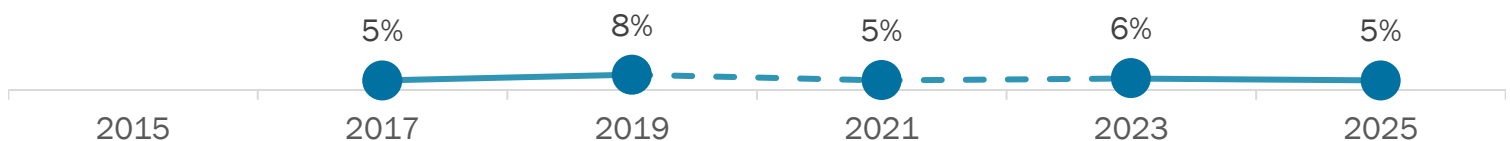
- LGBTQ+ students and BIPOC students are statistically more likely to report ever using a flavored tobacco product.
- Lifetime use of a flavored tobacco product statistically increases with each grade level.
- Use of flavored tobacco products does not statistically differ by sex.

Compared to 2017 and between 2023 and 2025, trying a flavored tobacco product did not statistically change.

Percent of middle school students who report trying a flavored tobacco product.



Percent of middle school students who have tried a flavored tobacco product over time.



Lifetime Marijuana Use

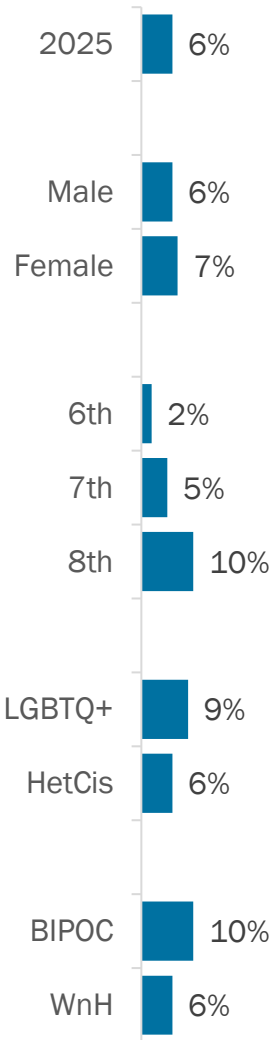
About one in 15 middle school students (6%) report trying marijuana. Two percent report trying it before age 11.

- LGBTQ+ students and BIPOC students are statistically more likely to try marijuana.
- Lifetime marijuana use statistically increases with each grade level.
- Ever using marijuana does not statistically differ by sex.

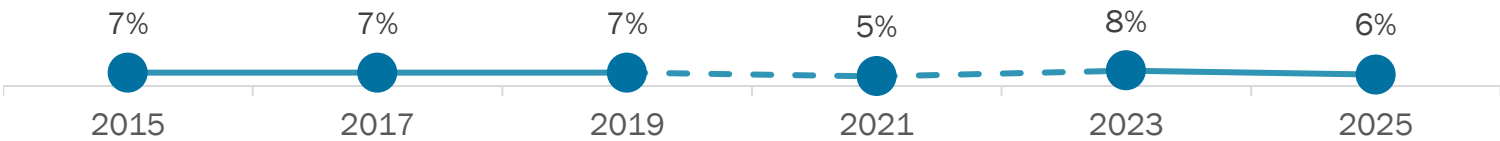
Compared to 2015, ever trying marijuana did not statistically change.

Between 2023 and 2025, the percent of students who report trying marijuana statistically decreased.

Percent of middle school students who report trying marijuana.



Percent of middle school students who ever used marijuana over time.



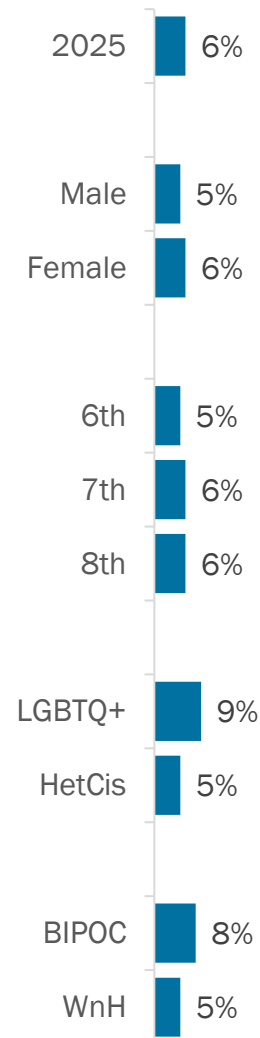
Lifetime Prescription Pain Medicine Misuse

About one in 15 middle school students (6%) report ever using prescription pain medicine such as codeine, Vicodin, OxyContin, hydrocodone and Percocet without a doctor's prescription or differently than how a doctor told them to use it.

- LGBTQ+ students and BIPOC students are statistically more likely to have misused prescription pain medicine.
- Ever misusing prescription pain medicine does not statistically differ by sex or grade level.

Between 2023 and 2025, ever misusing prescription pain medicine did not statistically change.

Percent of middle school students who ever misused prescription pain medicine.



Percent of middle school students who ever misused a prescription pain medicine over time.



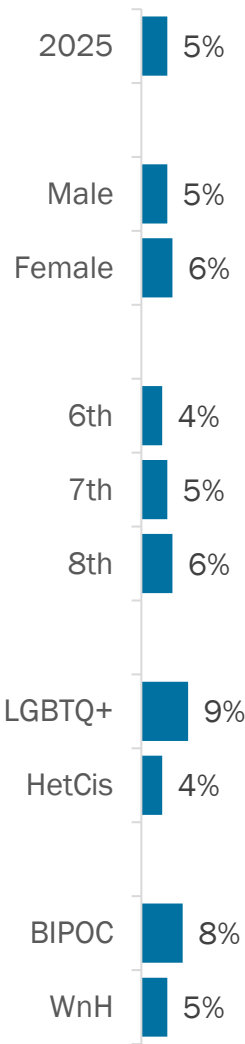
Lifetime Inhalant Use

About one in 20 middle school students (5%) report ever using an inhalant.

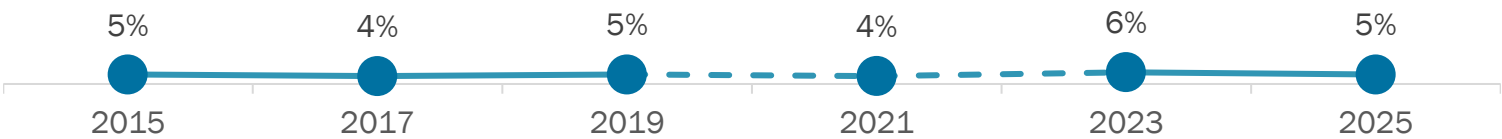
- LGBTQ+ students and BIPOC students are statistically more likely to report ever using an inhalant.
- Sixth-grade students are statistically less likely to have used an inhalant.
- Lifetime inhalant use does not statistically differ by sex.

Compared to 2015 and between 2023 and 2025, the percent of students who ever used an inhalant did not statistically change.

Percent of middle school students who ever used an inhalant.



Percent of middle school students who ever used an inhalant over time.





Current Substance Use

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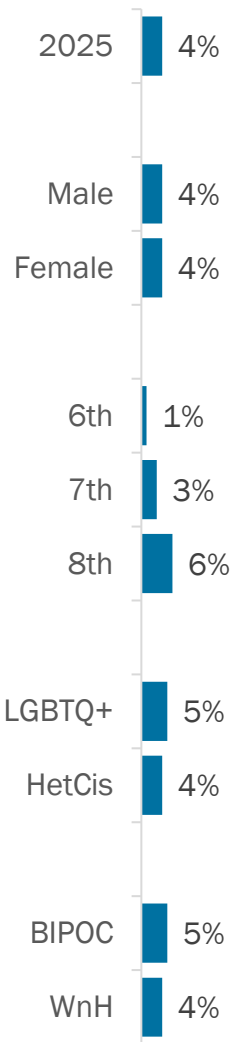
Current Alcohol Use

One in 25 middle school students (4%) report drinking alcohol in the past 30 days.

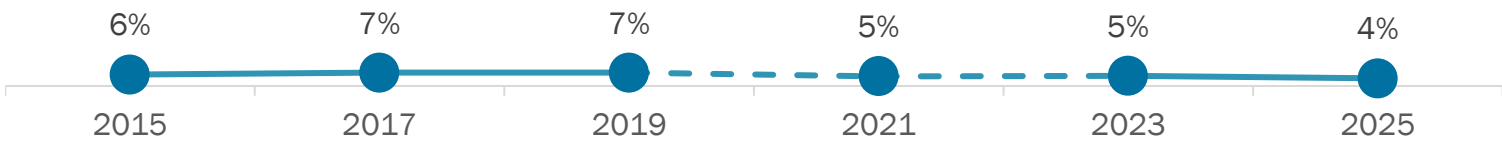
- One percent of middle school students binge drank or report consuming at least four (females) or five (males) drinks in a row.
- LGBTQ+ students and BIPOC students are statistically more likely to use alcohol in the past 30 days.
- Current alcohol use statistically increases with each grade level.
- Current alcohol use does not statistically differ by sex.

Compared to 2015 and between 2023 and 2025, the percent of students who currently drink alcohol statistically decreased.

Percent of middle school students who drink alcohol, past 30 days.



Percent of middle school students who currently drink alcohol over time.

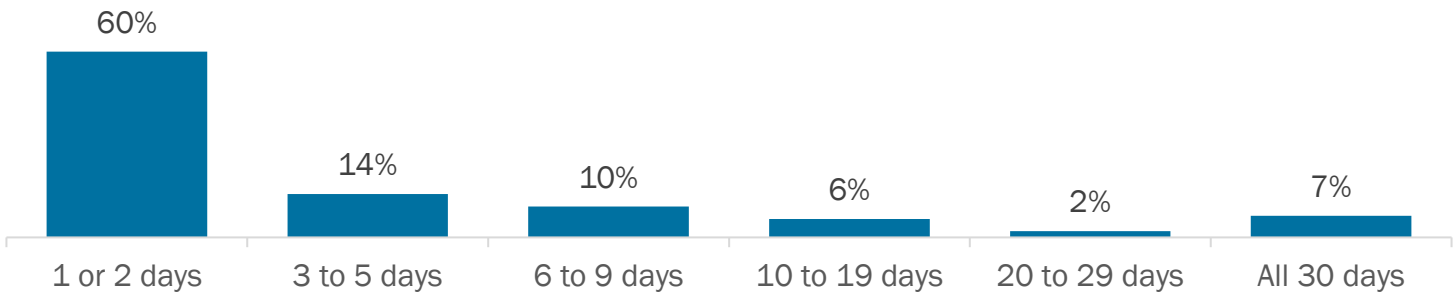


Frequency and Quantity of Alcohol Use

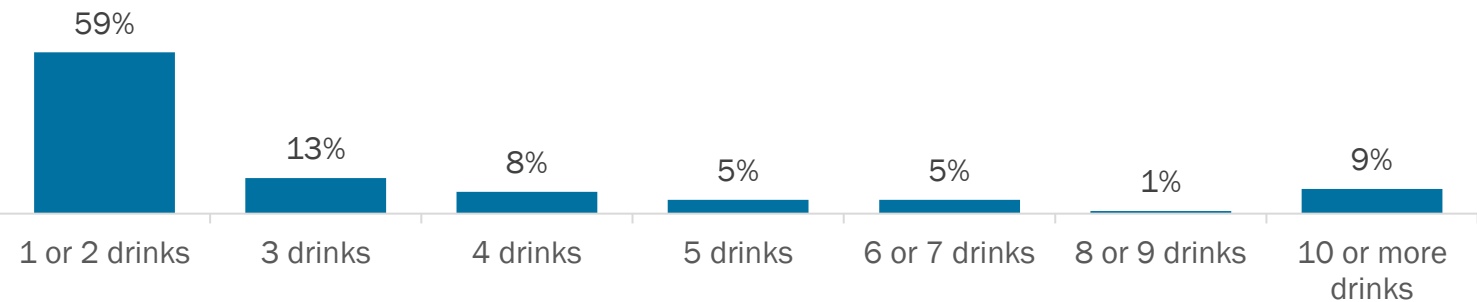
Among students who drink alcohol, past 30 days

- Among students who report drinking alcohol in the past 30 days:
 - Three in five students (60%) drank on one or two days.
 - Just over one in seven (15%) drank on ten or more days; 7% drank everyday.
 - Nearly three in five students (59%) consumed one to two drinks in a row.
 - About one in five (20%) said the largest number of drinks they consumed in a row was five or more drinks.

Frequency of alcohol use among students who drink alcohol, past 30 days.



Largest number of drinks consumed, among students who drink alcohol, past 30 days.



Any Current Tobacco Use

One in 20 middle school students (5%) report using cigarettes, cigars or cigarillos, smokeless tobacco, or electronic vapor products in the past 30 days.

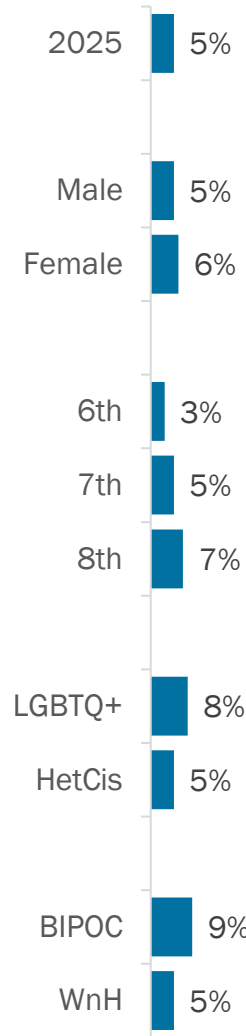
When excluding electronic vapor products (vapes), the percent of students who use other tobacco products drops to only 2%.

Current tobacco use vs. use without EVPs.



- Female students, LGBTQ+ students and BIPOC students are statistically more likely to use any tobacco product (including electronic vapor products).
- Use of any tobacco product statistically increases with each grade level.

Percent of middle school students who use cigarettes, cigars, smokeless tobacco, or electronic vapor products, past 30 days.



**Smokeless tobacco products were revised in 2025 to include nicotine pouches.
Trend data is not available.**

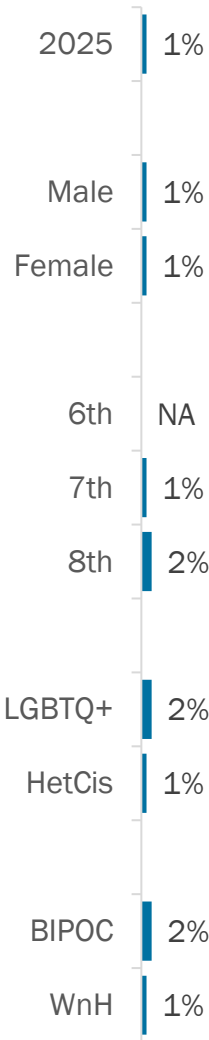
Current Cigarette Use

Overall, 1% of middle school students report smoking cigarettes in the past 30 days.

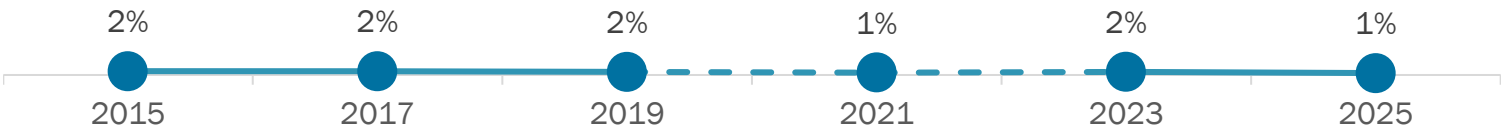
- LGBTQ+ students and BIPOC students are statistically more likely to smoke cigarettes in the past 30 days.
- Current cigarette use does not statistically differ by sex.

Compared to 2015 and between 2023 and 2025, the percent of students who smoke cigarettes statistically decreased.

Percent of middle school students who report smoking a cigarette, past 30 days.



Percent of middle school students who currently smoke cigarettes over time.



Frequency and Quantity of Cigarettes Smoked

Among students who smoke cigarettes, past 30 days

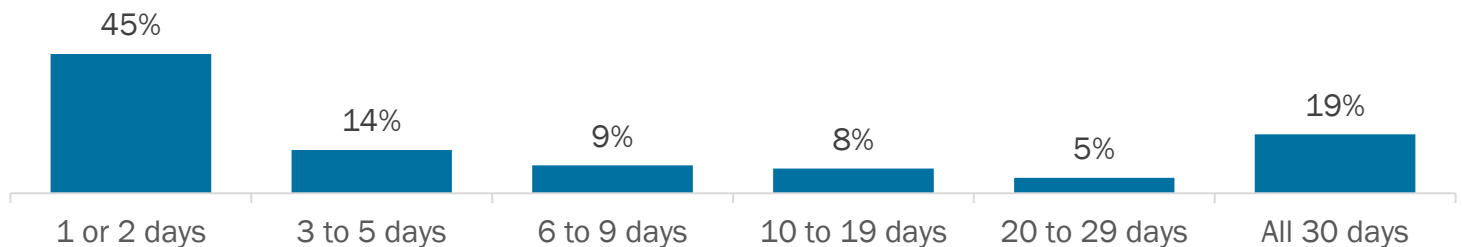
Among middle school students who smoked cigarettes in the past 30 days:

- Nearly half (45%) report smoking on one or two days.
- One in five (19%) report smoking cigarettes every day.

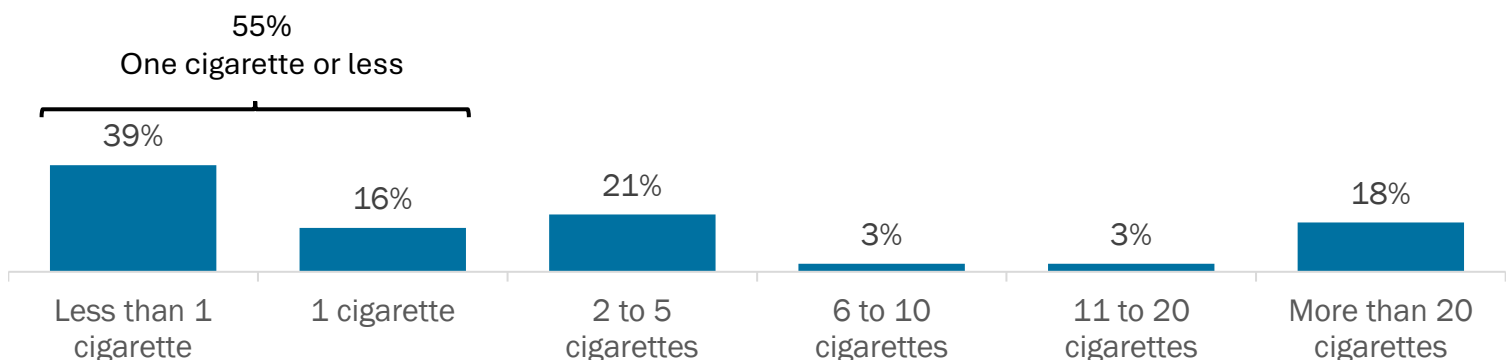
On days smoked:

- Most (55%) smoke one cigarette or less.
- About one in six (18%) smoke more than 20 cigarettes, a pack or more a day.

Frequency of cigarette use, among students who smoke cigarettes, past 30 days.



Number of cigarettes smoke, among students who smoked cigarettes, past 30 days.



Current Electronic Vapor Product (Vape) Use

One in 20 middle school students (5%) report using an electronic vapor product (vape) in the past 30 days.

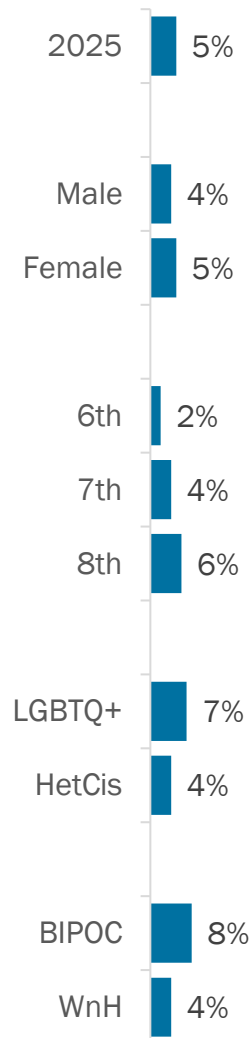
- Female students, LGBTQ+ students and BIPOC students are statistically more likely to use electronic vapor products during the past 30 days.
- Current electronic vapor product use statistically increases with each grade level.

Compared to 2015, current electronic vapor product use statistically increased.

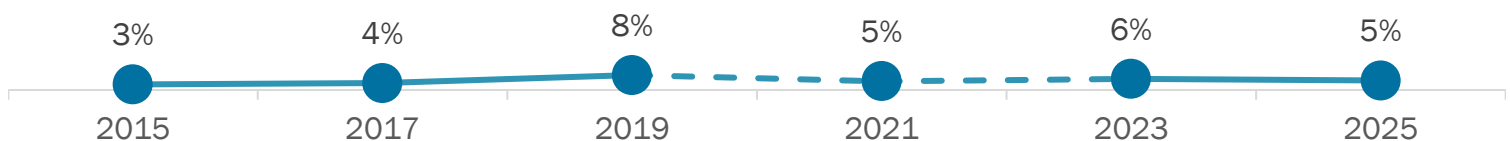
Between 2023 and 2025, current electronic vapor product use statistically decreased.

Electronic vapor products include vapes, e-cigarettes, e-cigs, mods, e-hookahs, or vape pens, such as JUUL, Vuse, NJOY, Elf Bar, or Esco Bars.

Percent of middle school students using an electronic vapor product, past 30 days.



Percent of middle school students using an electronic vapor product over time.



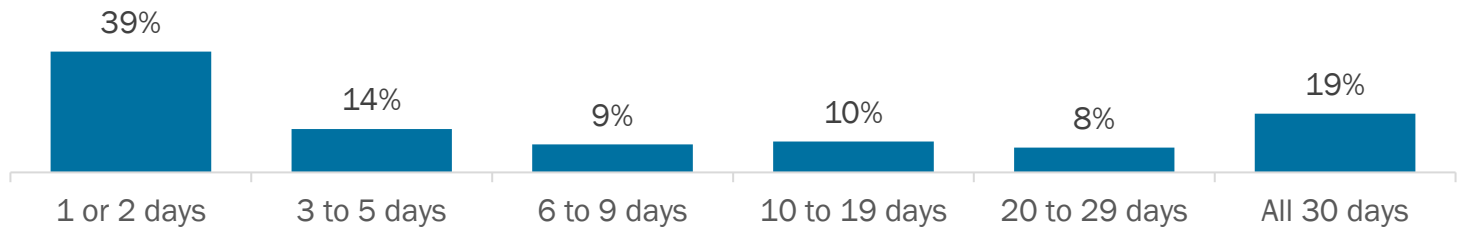
Electronic Vapor Product Use

Among students who use electronic vapor products, past 30 days

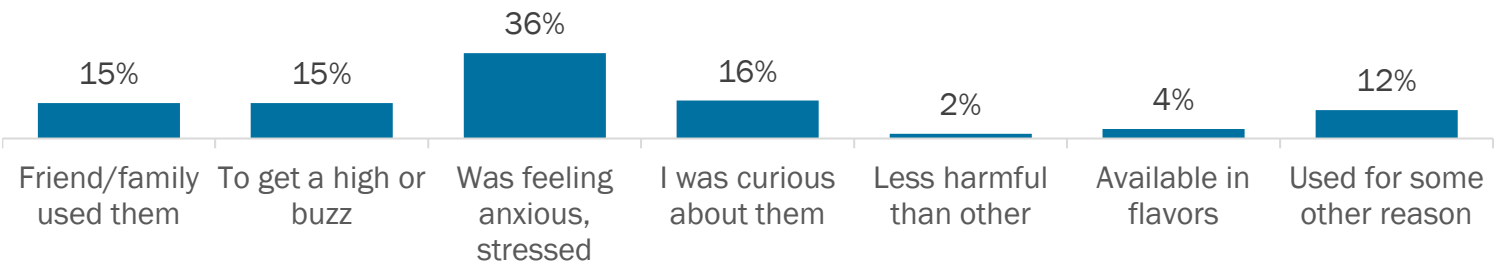
Among middle school students who report using electronic vapor products in the past 30 days:

- About four in 10 (39%) use electronic vapor products on one or two days.
- Nearly half of middle school students (47%) use electronic vapor products on six or more days. One in five (19%) use them every day.
- More than a third of middle school students (36%) who use an electronic vapor product do so because they are feeling anxious or stressed.
- About one in six (16%) used them because they were curious about them. A similar amount used them because their friends or family use them (15%) or to get a high or buzz (15%). One in eight use them for some other reason (12%). Few use them because they are available in flavors (4%) or because they think they are less harmful (2%).

Frequency of electronic vapor product use, among students who use electronic vapor products, past 30 days.



Primary reason middle school students used electronic vapor products, among students who use electronic vapor products, past 30 days.



Other Tobacco Products

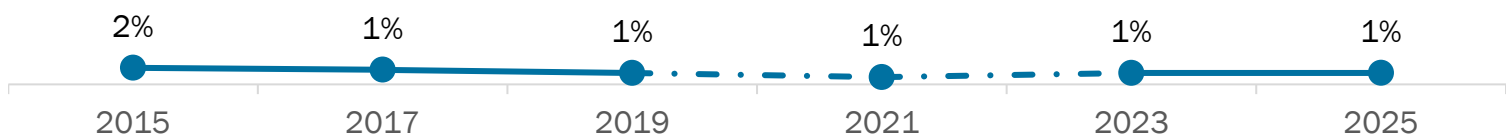
Few middle school students report using smokeless tobacco products such as chewing tobacco, snuff, dip, snus, dissolvable tobacco products, or nicotine pouches (1%) or cigars, cigarillos, or little cigars (1%) during the past 30 days.

Percent of middle school students who report using smokeless tobacco products or cigars in the past 30 days.



- Compared to 2015, the percent of students who report smoking cigars or cigarillos statistically decreased. Between 2023 and 2025, cigar use did not change statistically.
- Trend data about smokeless tobacco products is not available.

Percent of middle school students currently using cigars, cigarillos, or little cigars over time.*



*** Use of smokeless tobacco products was revised in 2025 to include nicotine pouches. Trend data is not available for smokeless tobacco products.**

Current Marijuana Use

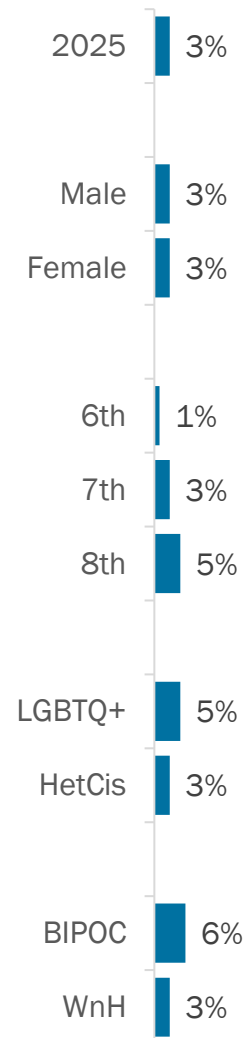
About one in 25 middle school students (3%) report using marijuana in the past 30 days.

- LGBTQ+ students and BIPOC students are statistically more likely to report using marijuana during the past 30 days.
- Current marijuana use statistically increases with each grade level.
- Current marijuana use does not statistically differ by sex.

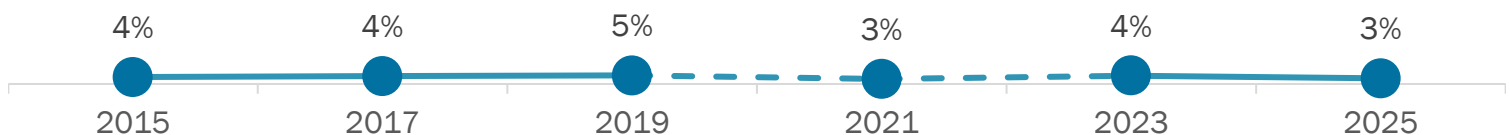
Compared to 2015, use of marijuana during the past 30 days did not statistically change.

Between 2023 and 2025, marijuana use statistically decreased.

Percent of middle school students using marijuana, past 30 days.



Percent of middle school students using marijuana over time.

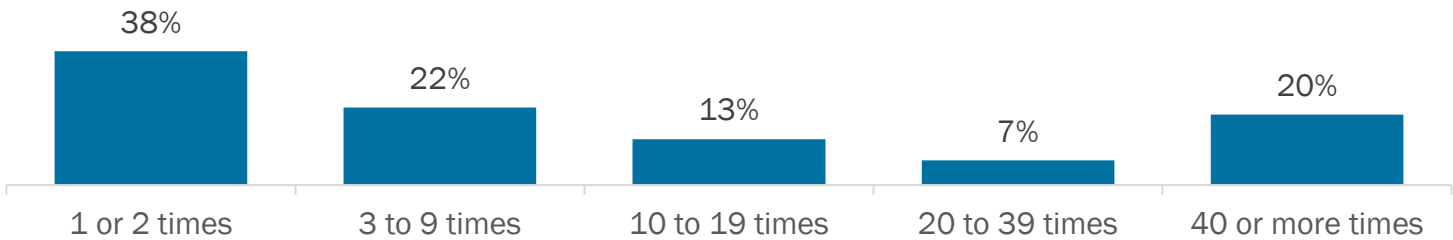


Frequency of Marijuana Use

Among students who use marijuana, past 30 days

- Among middle school students who currently use marijuana:
 - Nearly four in 10 (38%) report using marijuana one or two times.
 - Less than a quarter (22%) report using marijuana three to nine times.
 - One in five (20%) report using marijuana 10 to 39 times.
 - One in five (20%) report using marijuana 40 or more times.

Frequency of marijuana use, among students who used marijuana, past 30 days.





Perceptions Around Substance Use

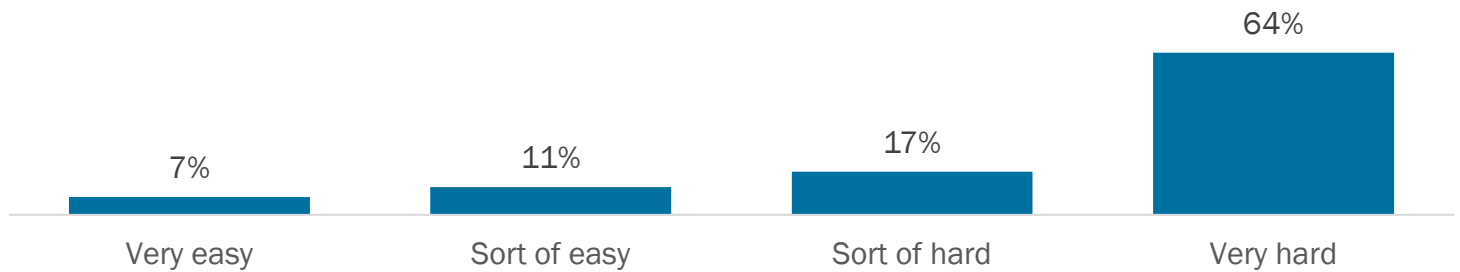
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Access to Electronic Vapor Products, Alcohol and Marijuana

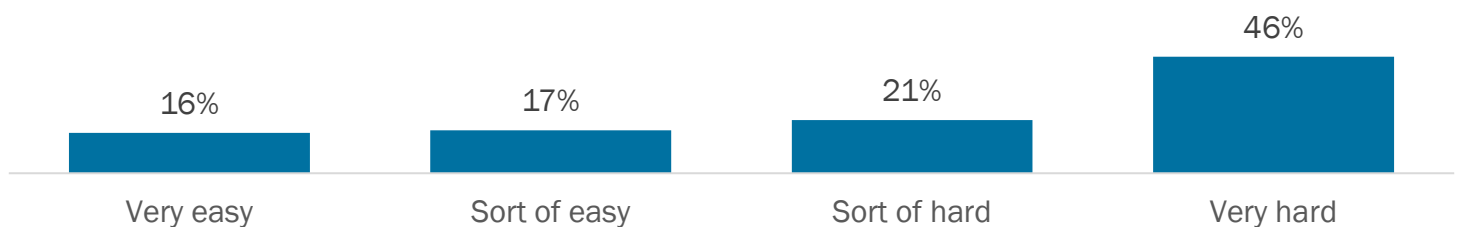
- Overall, most middle school students think it would be hard (sort of hard or very hard) to get electronic vapor products (vapes), alcohol, or marijuana.
- About one in 15 middle school students think it would be very easy to get electronic vapor products (7%) or marijuana (7%). About one in six believe it would be very easy for them to get alcohol (16%).

Perceptions on how hard or easy middle school students believe it would be to get:

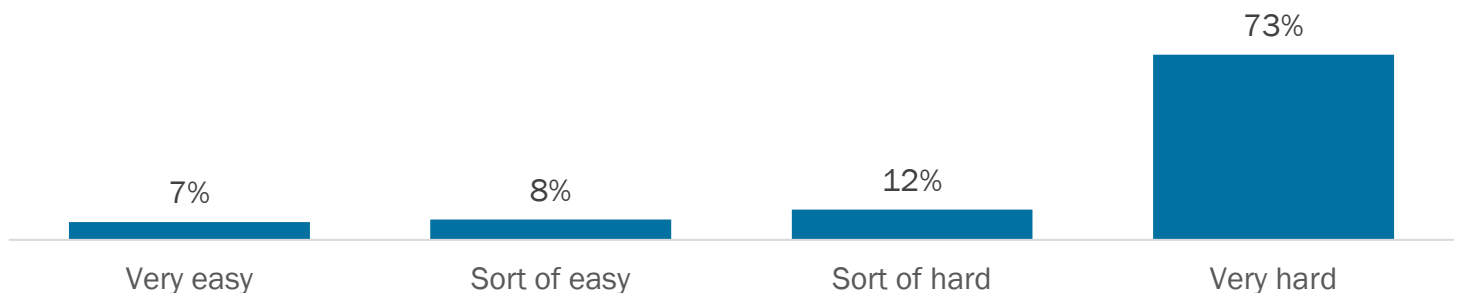
Electronic Vapor Products



Alcohol



Marijuana



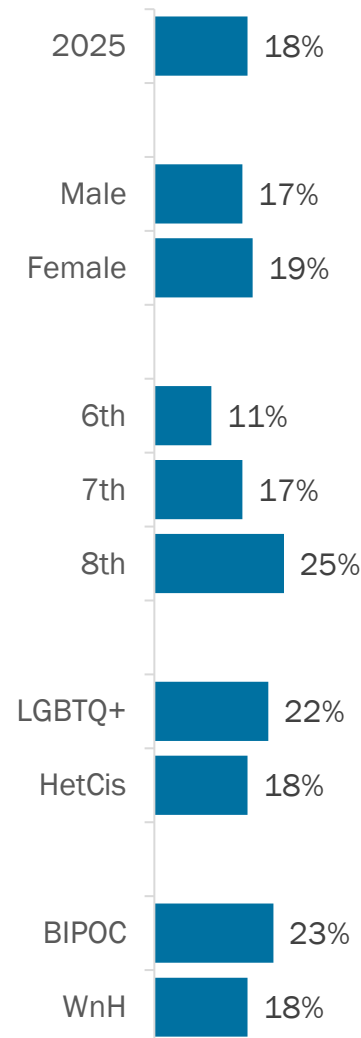
Easy to Access Electronic Vapor Products (Vapes)

About a one in five middle school students (18%) think it would sort of easy or very easy for them to access electronic vapor products if they wanted them.

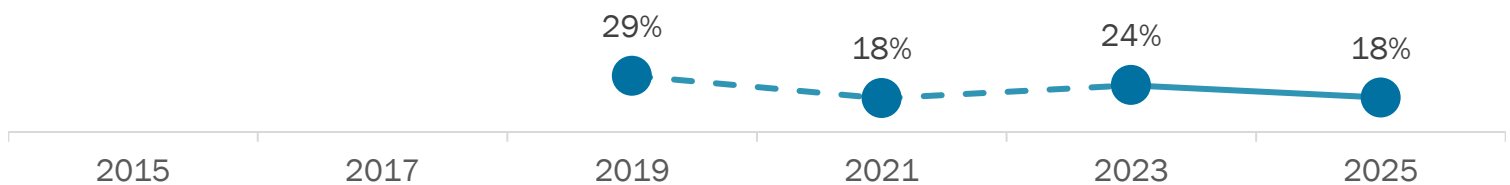
- LGBTQ+ students and BIPOC students are statistically more likely to believe it would be easy to access electronic vapor products if they wanted them.
- Thinking it would be sort of easy or very easy to access electronic vapor products statistically increases with each grade level.
- Easy access to electronic vapor products does not statistically differ by sex.

Compared to 2019 and between 2023 and 2025, the percent of students who think it would be easy to access electronic vapor products statistically decreased.

Percent of middle school students who say it would be sort of or very easy to get electronic vapor products.



Percent of middle school students who believe it would be easy to access electronic vapor products over time.



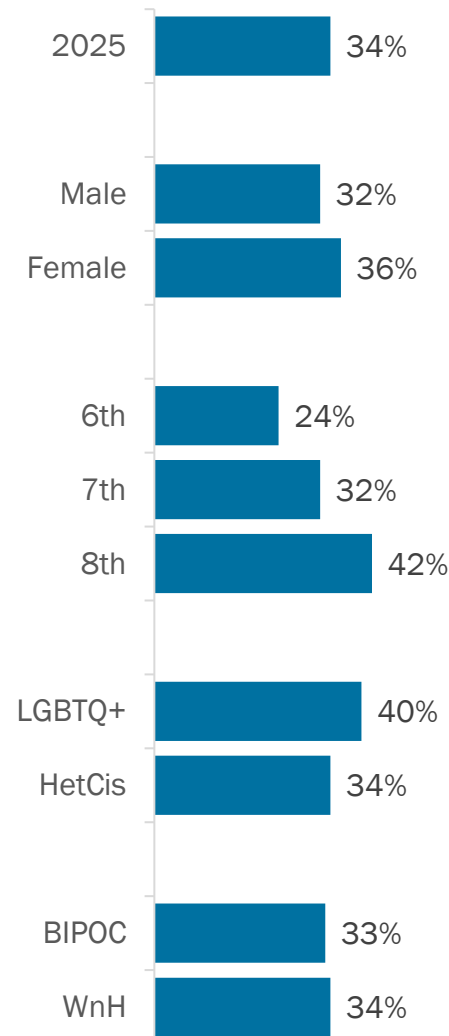
Easy to Access Alcohol

A third of middle school students (34%) think it would sort of easy or very easy for them to access alcohol if they wanted it.

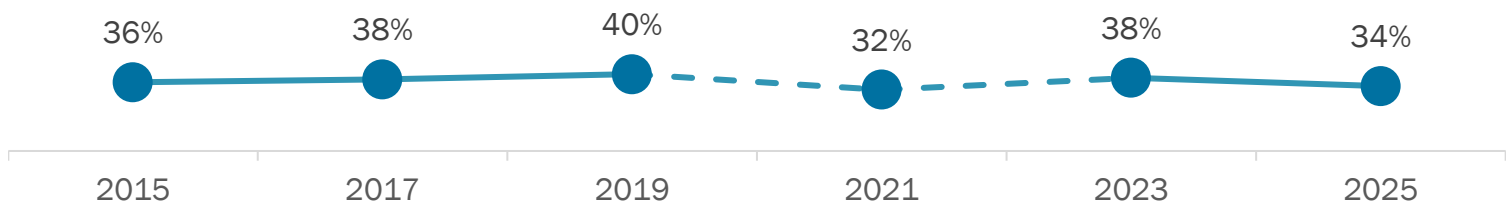
- Female students and LGBTQ+ students are statistically more likely to believe it would be easy to access alcohol.
- Thinking it would be sort of easy or very easy to access alcohol statistically increases with each grade level.
- Thinking it would be sort of easy or very easy to access alcohol does not statistically differ by race and ethnicity.

Compared to 2015 and between 2023 and 2025, believing it would be easy to access alcohol statistically decreased.

Percent of middle school students who say it would be sort of or very easy to get alcohol.



Percent of middle school students who believe it would be easy to access alcohol over time.



Easy to Access Marijuana

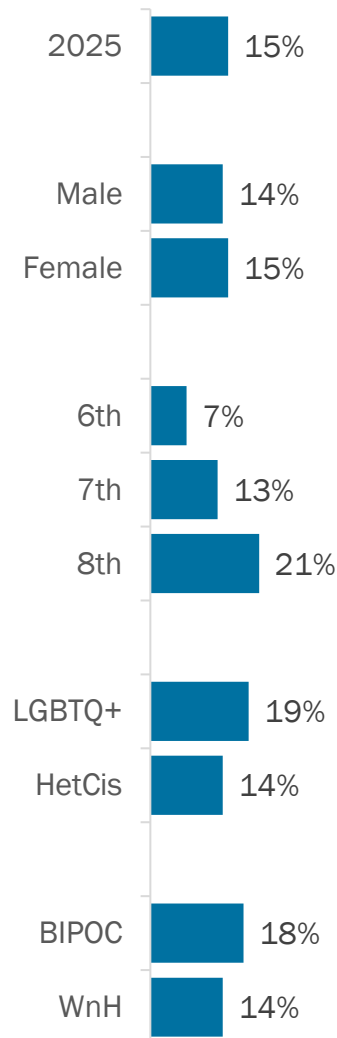
One in seven middle school students (15%) think it would be sort of easy or very easy for them to access marijuana if they wanted it.

- LGBTQ+ students and BIPOC students are statistically more likely to believe it would be easy to access marijuana.
- Thinking it would be sort of easy or very easy to access marijuana statistically increases with each grade level.
- Thinking it would be sort of easy or very easy to access marijuana does not statistically differ by sex.

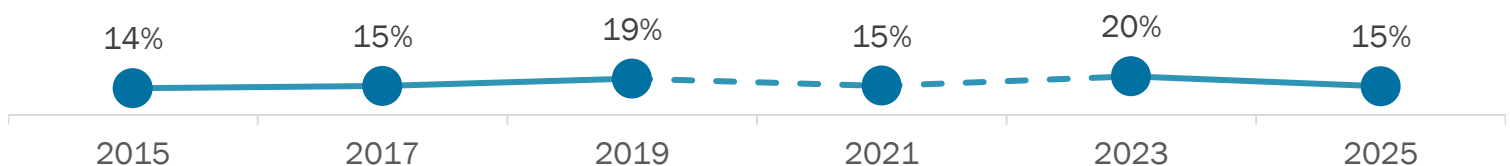
Compared to 2015, believing it would be easy to access marijuana did not statistically change.

Between 2023 and 2025, believing it would be easy to access marijuana statistically decreased.

Percent of middle school students who say it would be sort of or very easy to get marijuana.



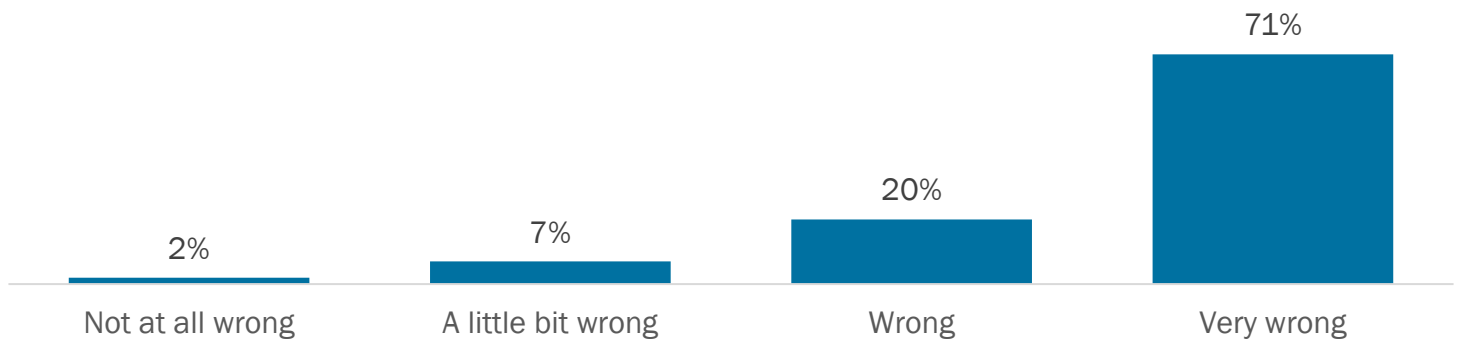
Percent of middle school students who believe it would be easy to access marijuana over time.



Perceptions of Peer Use: Electronic Vapor Products

- About one in ten middle school students believe it is not at all wrong (2%) or a little bit wrong (7%) for someone their age to use electronic vapor products (vapes).
- Seven in 10 (71%) think it is very wrong for their peers to use electronic vapor products. One in five (20%) think it is wrong for them to use electronic vapor products.

Perceptions on how wrong it is for their peers to use electronic vapor products.



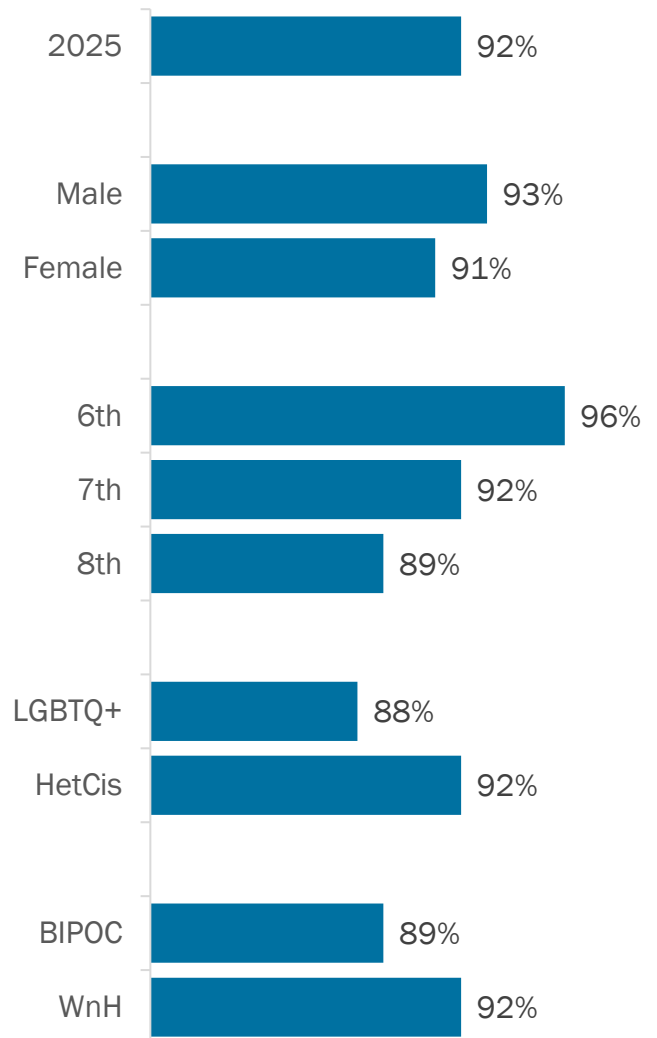
Perceptions of Peer Use: Electronic Vapor Products

More than nine in 10 middle school students (92%) believe it is wrong or very wrong for someone their age to use electronic vapor products (vapes).

- Male students, heterosexual cisgender students and white, non-Hispanic students are statistically more likely to think it is wrong or very wrong for their peers to use electronic vapor products.
- Believing it is wrong or very wrong for peers to use electronic vapor products statistically decreases with each grade level.

Since 2019 and between 2023 and 2025, the percent of students who think it is wrong for someone their age to use electronic vapor products statistically increased.

Percent of middle school students who think it is wrong or very wrong for someone their age to use electronic vapor products.



Percent of middle school students who believe it is wrong or very wrong for someone their age to use electronic vapor products over time.



2015

2017

2019

2021

2023

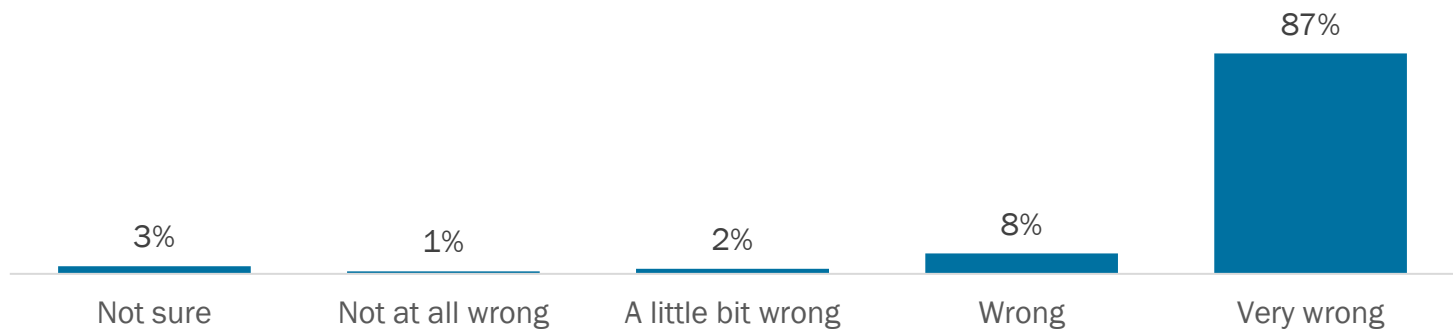
2025

Perceived Parental Beliefs Around Electronic Vapor Products, Alcohol and Marijuana Use

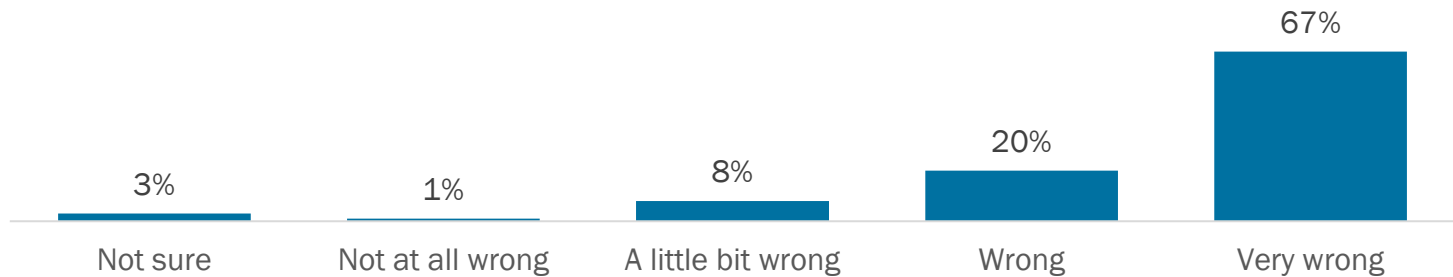
- More than eight in 10 middle school students say their parents think it is very wrong for them to use electronic vapor products (87%) and marijuana (85%). Nearly seven in 10 (67%) say their parents think it is very wrong for them to drink alcohol.
- Few students are not sure what their parents think about them using electronic vapor products (3%), alcohol (3%), and marijuana (2%) or believe their parents think it is not at all wrong for them to use electronic vapor products (1%), alcohol (1%), or marijuana (1%).

Perceptions on how wrong their parents think it is for them to use:

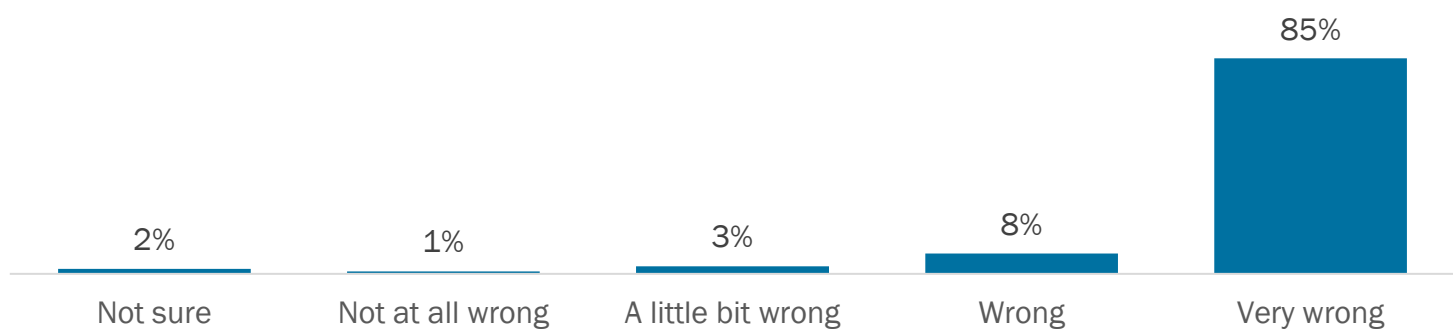
Electronic Vapor Products



Alcohol



Marijuana



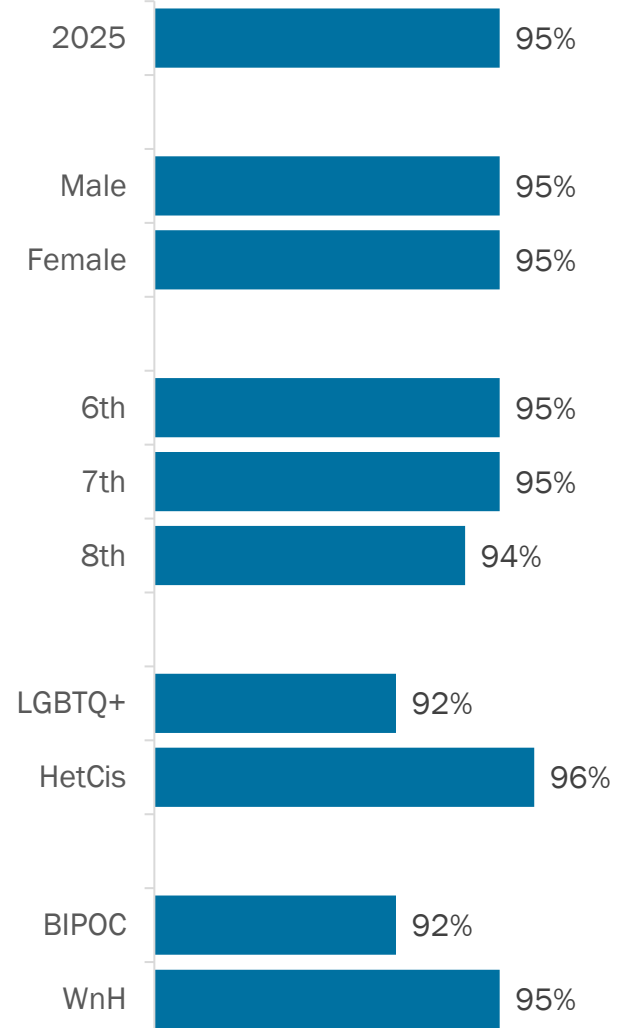
Parents Think It Is Wrong To Use Electronic Vapor Products (Vapes)

Nearly all middle school students (95%) believe their parents think it is wrong or very wrong for them to use electronic vapor products.

- Heterosexual cisgender students and white, non-Hispanic students are statistically more likely to say their parents think it is wrong or very wrong for them to use electronic vapor products.
- Believing their parents think it is wrong or very wrong for them to use electronic vapor products does not statistically differ by sex or grade level.

Compared to 2019 and between 2023 and 2025, the percent of students who believe their parents think it is wrong for them to use electronic vapor products statistically increased.

Percent of middle school students who say their parents feel it is wrong or very wrong for them to use electronic vapor products.



Percent of middle school students who believe their parents think it is wrong or very wrong for them to use electronic vapor products over time.



2015

2017

2019

2021

2023

2025

Parents Think It Is Wrong To Use Alcohol

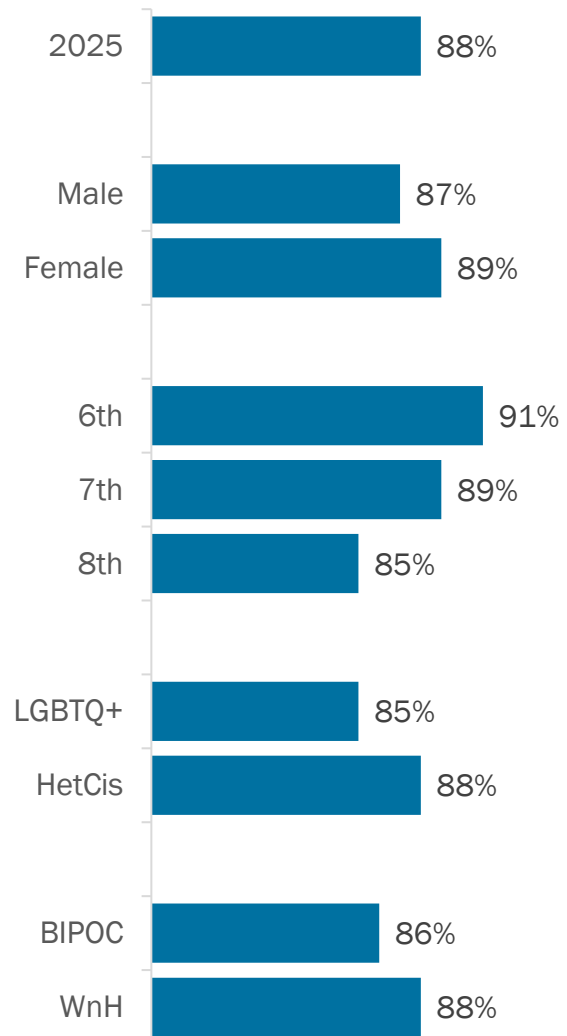
Nearly nine in 10 middle school students (88%) believe their parents think it is wrong or very wrong for them to drink alcohol.

- Female students, heterosexual cisgender students and white non-Hispanic students are statistically more likely to say their parents think it is wrong or very wrong for them to drink alcohol.
- Eighth-grade students are statistically less likely to believe their parents think it is wrong or very wrong for them to drink alcohol.

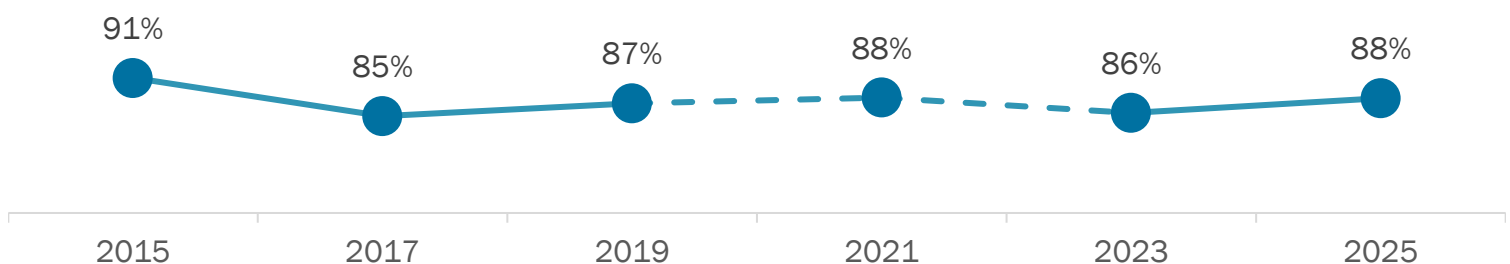
Compared to 2015, the percent of students who believe their parents think it is wrong for them to use alcohol statistically decreased.

Between 2023 and 2025, the percent of students who believe their parents think it is wrong for them to use alcohol statistically increased.

Percent of middle school students who say their parents feel it is wrong or very wrong for them to use alcohol.



Percent of middle school students who believe their parents think it is wrong or very wrong for them to use alcohol over time.



Parents Think It Is Wrong To Use Marijuana

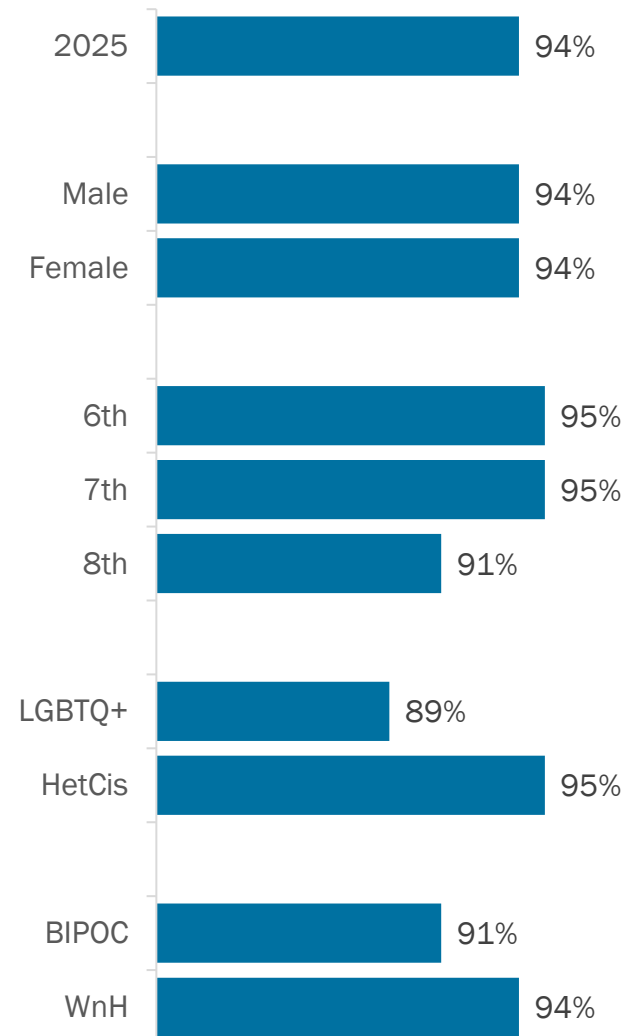
More than nine in 10 middle school students (94%) believe their parents think it is wrong or very wrong for them to use marijuana.

- Heterosexual cisgender and white, non-Hispanic students are statistically more likely to say their parents think it is wrong or very wrong for them to use marijuana.
- Eighth-grade students are statistically less likely to say their parents think it is wrong or very wrong for them to use marijuana.
- Parental perceptions around marijuana use did not statistically differ by sex.

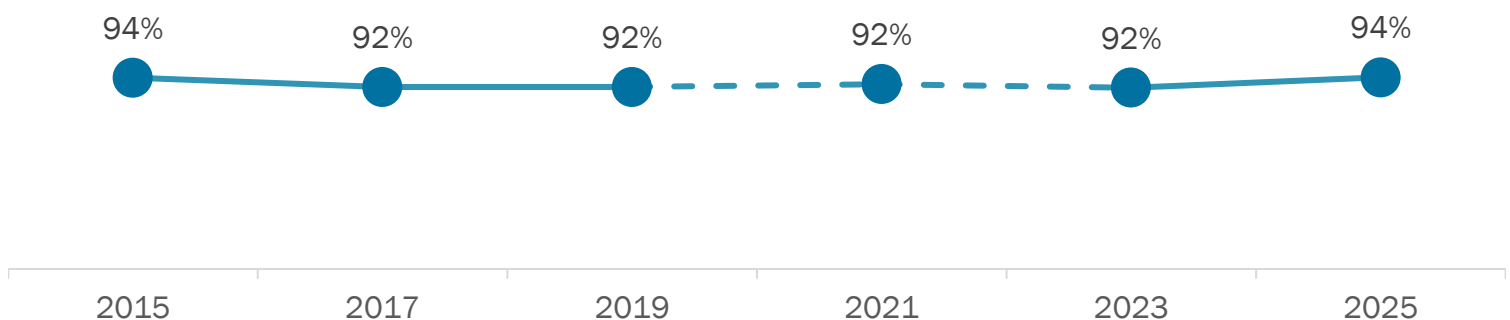
Compared to 2015, the percent of students who believe their parents think it is wrong for them to use marijuana did not statistically change.

Between 2023 and 2025, the percent of students who believe their parents think it is wrong for them to use marijuana statistically increased.

Percent of middle school students who say their parents feel it is wrong or very wrong for them to use marijuana.



Percent of middle school students who believe their parents think it is wrong or very wrong for them to use marijuana over time.

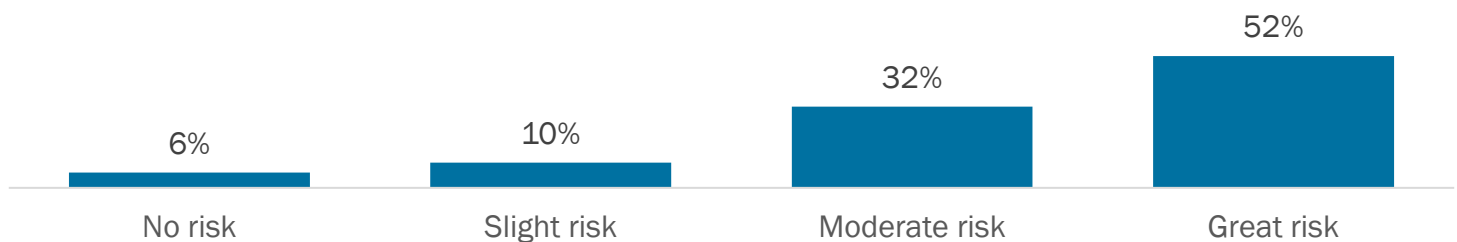


Perceived Harm of Electronic Vapor Products, Alcohol and Marijuana

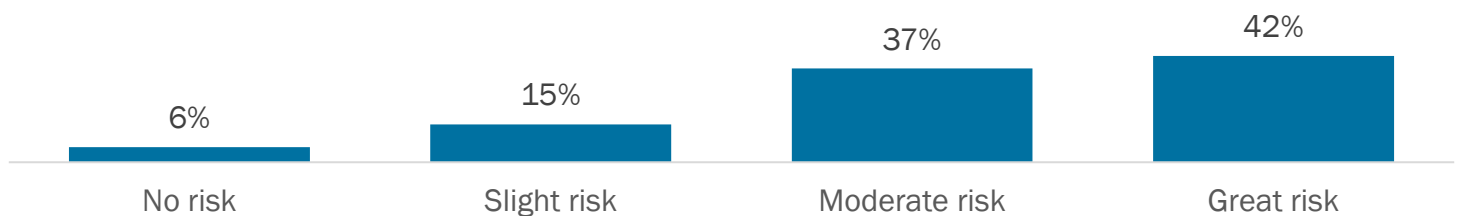
- Less than one in 10 middle school students believe there is no risk of harm from regular use of electronic vapor products (6%), marijuana (8%), or from consuming five or more drinks in a row each weekend (6%).
- About half believe people greatly risk harming themselves if they use electronic vapor products (52%) or marijuana (48%) regularly. Slightly fewer believe people who consume five or more drinks once or twice each weekend greatly risk harming themselves (42%).

Perceptions about how much people risk harming themselves if they:

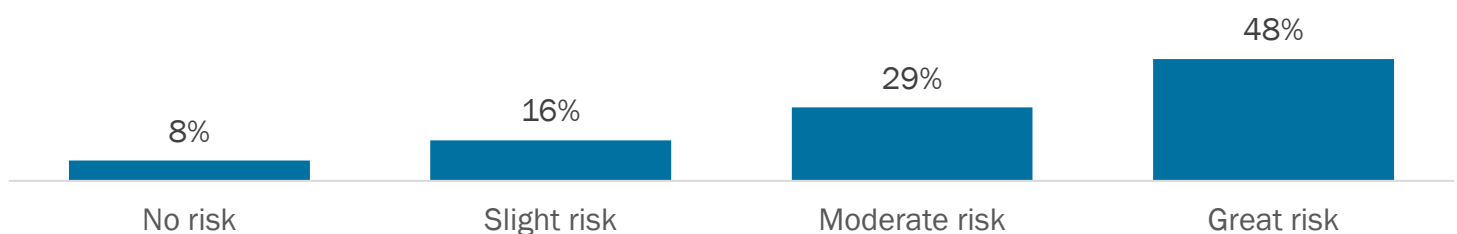
Use electronic vapor products regularly



Have five or more drinks once or twice each weekend



Use marijuana regularly



Harm from Electronic Vapor Products

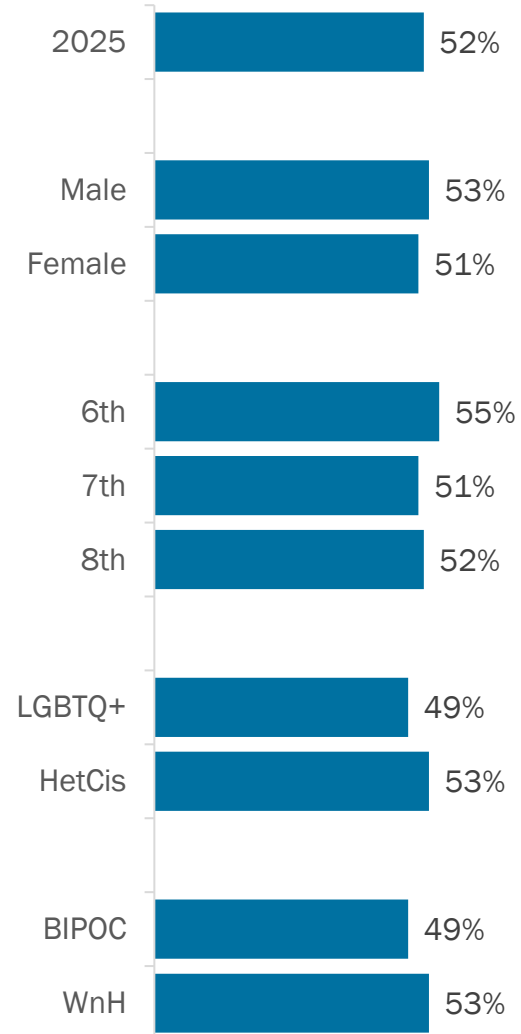
About half of all middle school students (52%) think people who regularly use electronic vapor products greatly risk harming themselves, physically or in other ways.

- Heterosexual cisgender students and white, non-Hispanic students are statistically more likely to believe people face a great risk of harm if they use electronic vapor products regularly.
- Sixth-grade students are statistically more likely to believe people face a great risk of harm if they use electronic vapor products regularly.
- Believing people face a great risk of harm if they use electronic vapor products regularly does not statistically differ by sex.

Since 2019, the percent of students who believe people face a great risk of harm if they use electronic vapor products regularly has increased statistically.

Between 2023 and 2025, perceived harm from electronic vapor product use did not statistically change.

Percent of middle school students who think people greatly risk harming themselves if they use electronic vapor products regularly.



Percent of middle school students who believe there is a great risk of harm from using electronic vapor products over time.



Harm from Alcohol

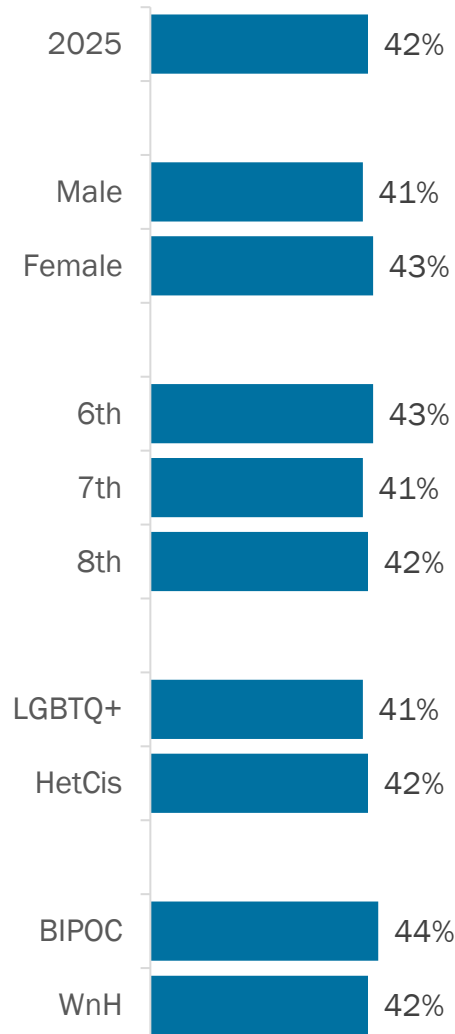
About two in five middle school students (42%) think people who have five or more drinks once or twice each weekend greatly risk harming themselves, physically or in other ways.

- Believing people face a great risk of harm if they have five or more drinks each weekend does not statistically differ by demographics.

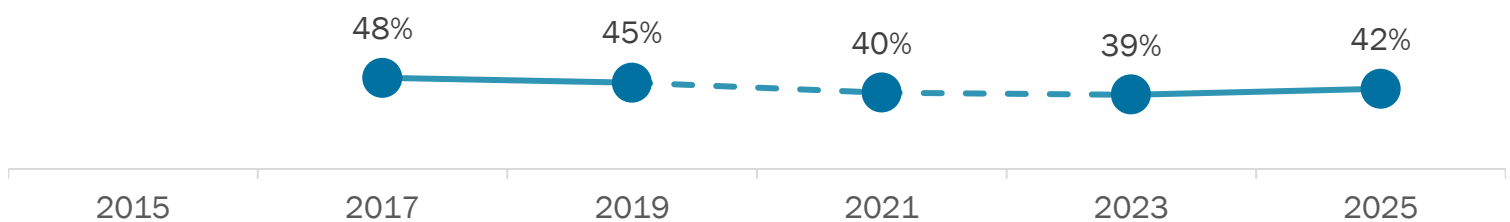
Since 2017, the percent of students who believe people risk great harm if they drink alcohol each weekend statistically decreased.

Between 2023 and 2025, perceived harm from alcohol use statistically increased.

Percent of middle school students who think people greatly risk harming themselves if they have 5 or more drinks once or twice each weekend.



Percent of middle school students who believe there is a great risk of harm from drinking over time.



Harm from Marijuana

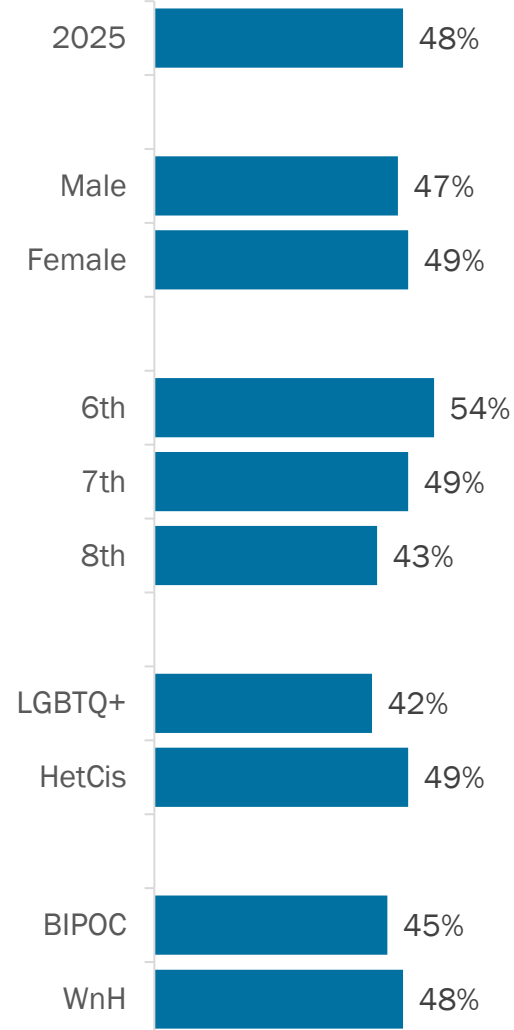
Nearly one in two middle school students (48%) think people who use marijuana regularly greatly risk harming themselves, physically or in other ways.

- Heterosexual cisgender students and white, non-Hispanic students are statistically more likely to believe people face a great risk of harm if they use marijuana regularly.
- Believing people face a great risk of harm if they use marijuana regularly statistically decreases with each grade level.
- Believing people face a great risk of harm if they use marijuana regularly does not statistically differ by sex.

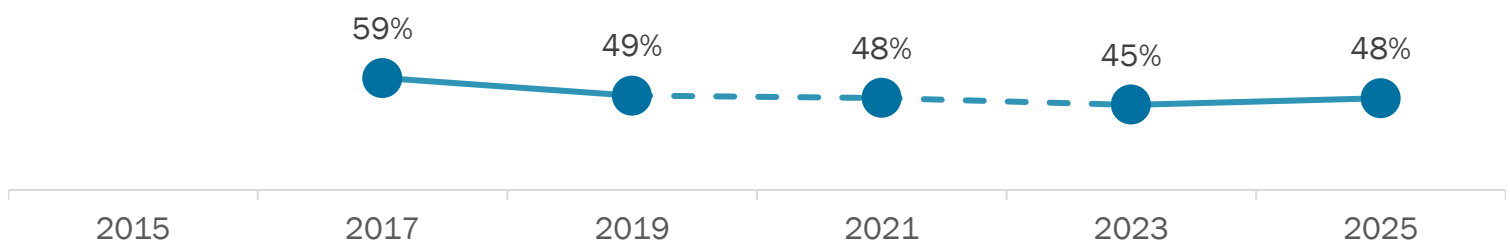
Since 2017, the percent of students who believe people risk great harm if they use marijuana regularly statistically decreased

Between 2023 and 2025, the percent of students who believe people risk great harm if they use marijuana regularly statistically increased.

Percent of middle school students who think people greatly risk harming themselves if they use marijuana regularly.



Percent of middle school students who believe there is a great risk of harm from using marijuana over time.





Sexual Health

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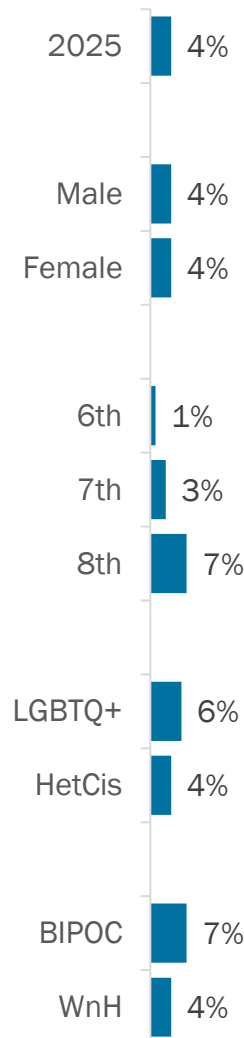
Ever Had Sexual Intercourse

One in 25 middle school students (4%) report ever having sexual intercourse.

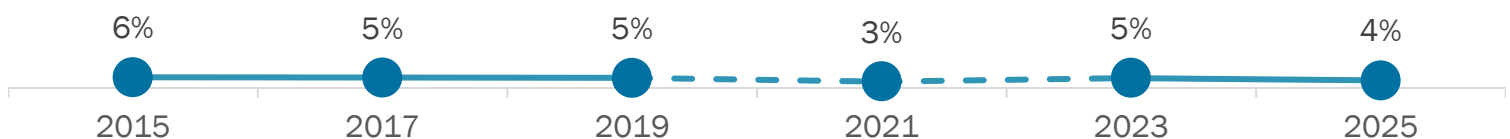
- LGBTQ+ students and BIPOC students are statistically more likely to have sexual intercourse.
- Lifetime sexual intercourse statistically increases with each grade level.
- Ever having sexual intercourse does not statistically differ by sex.

Compared to 2015 and between 2023 and 2025, the percent of students having sexual intercourse statistically decreased.

Percent of middle school students who report having sexual intercourse.



Percent of middle school students having sexual intercourse over time.



Condom Use

Among students who ever had sexual intercourse

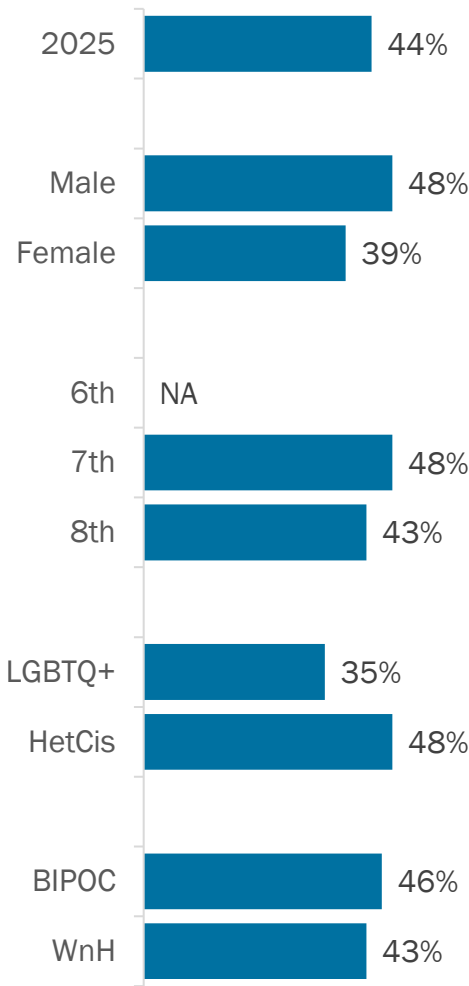
Among middle school students who report having sexual intercourse, less than half (44%) used a condom the last time they had intercourse.

- Condom use among students who have had sexual intercourse does not statistically differ by sex, sexual orientation or gender identity, or race and ethnicity.

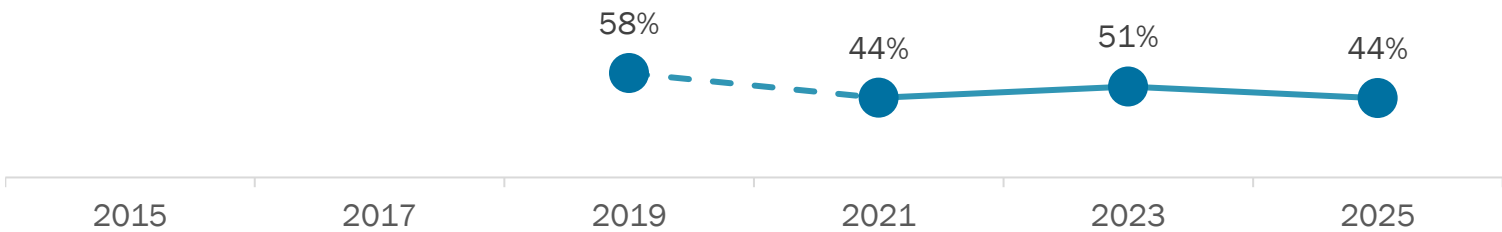
Compared to 2019, condom use among sexually active students statistically decreased.

Between 2023 and 2025, condom use among sexually active students did not statistically change.

Percent of middle school students who used a condom the last time they had sexual intercourse.



Percent of middle school students using a condom the last time they had sexual intercourse over time.





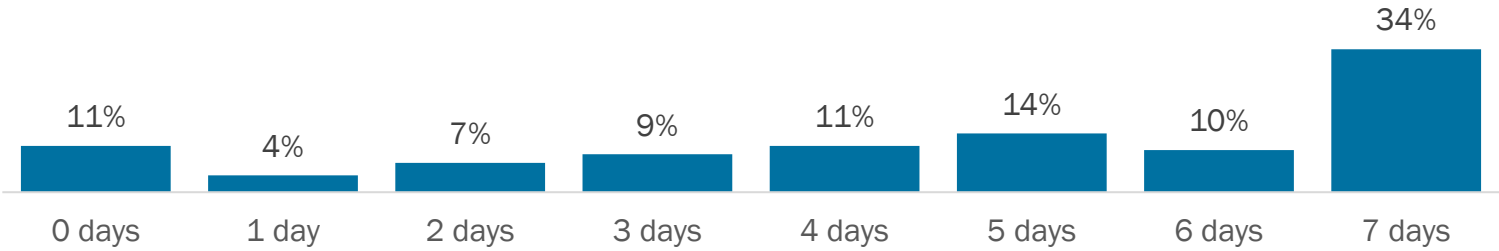
Physical Activity

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Physical Activity

- Overall, about a third of middle school students (34%) report being physically active for at least 60 minutes every day during the past week.
- Nearly six in 10 (58%) report being physically active on five or more days during the past week.
- One in 10 (11%) report not being physically active for at least 60 minutes in the past week.

Physical Activity, Past Week.



Daily Physical Activity

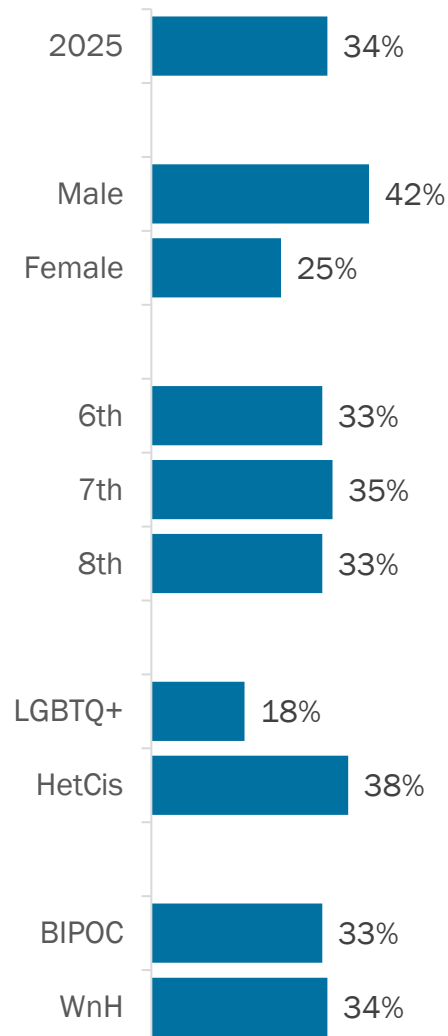
About a third of middle school students (34%) report being physically active for at least 60 minutes every day in the last week

- Male students and heterosexual cisgender students are statistically more likely to engage in physical activity for at least 60 minutes every day.
- Daily physical activity does not statistically differ by grade level or race and ethnicity.

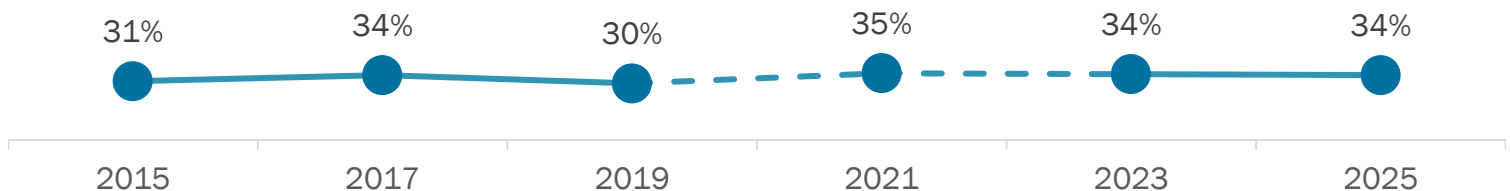
Compared to 2015, the percent of students who are physically active every day statistically increased.

Daily physical activity did not statistically change between 2023 and 2025.

Percent of middle school students who are physically active every day, past week.



Percent of middle school students who are physically active every day over time.

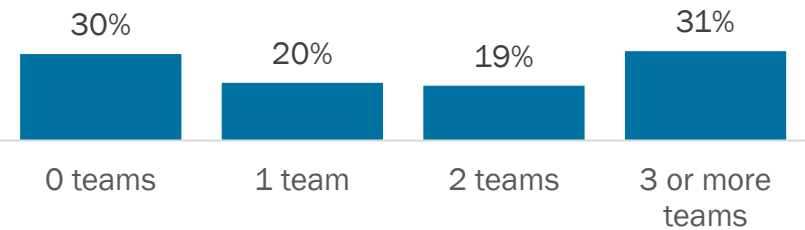


Sport Team Participation

During the past year, seven in 10 middle school students (70%) report playing on at least one sports team run by their school or a community organization.

Nearly a third (31%) participated on three or more teams while three in 10 did not participate on any sport team (30%) in the past year.

Sport team participation, past year.

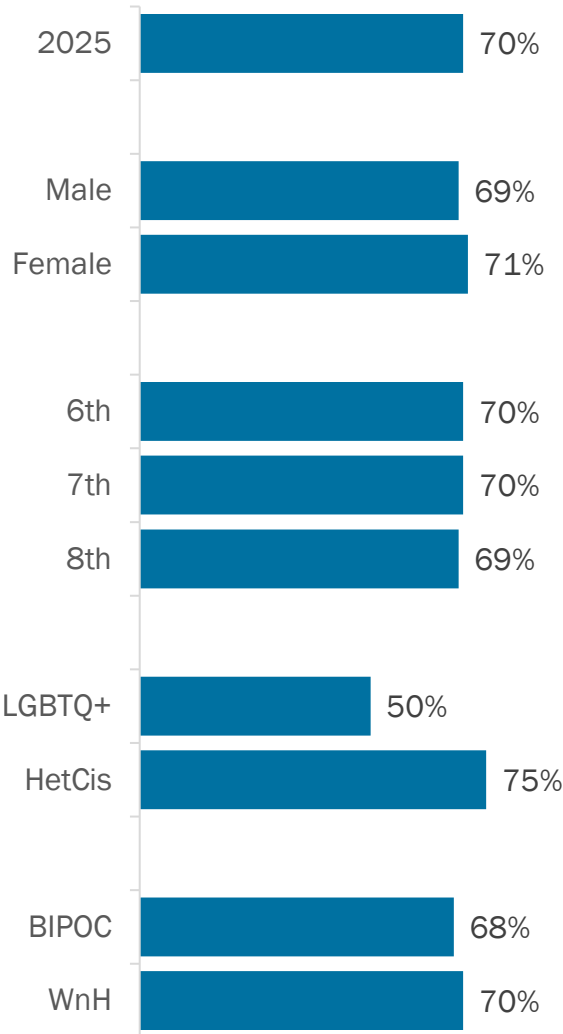


- Heterosexual cisgender students are statistically more likely to participate on one or more sports teams.

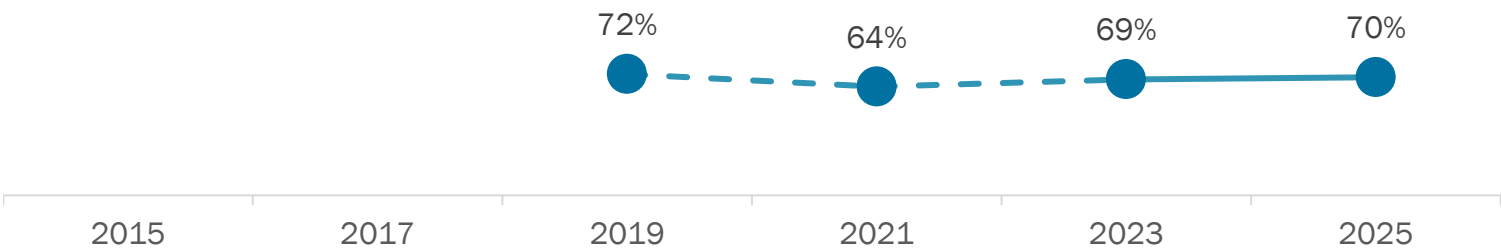
Compared to 2019, the percent of students participating on at least one sports team statistically decreased.

Playing on at least one sports team did not statistically change between 2023 and 2025.

Percent of middle school students who play on at least one sports team, past year.



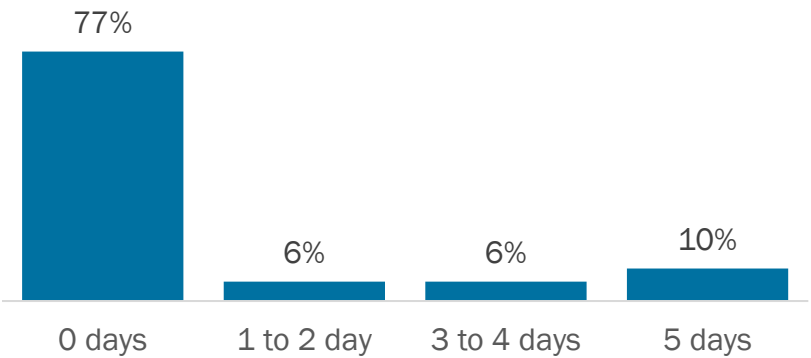
Percent of middle school students who participate on at least one sports team over time.



Walk or Ride Bike to School

Nearly a quarter of middle school students (23%) walk or ride their bike to school at least once a week when weather permits. One in 10 (10%) walk or ride their bike every day.

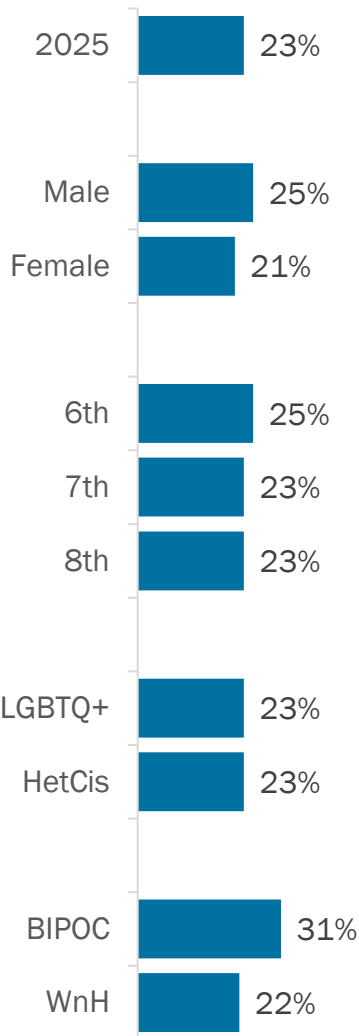
Days walk or ride a bike to school.



- Male students and BIPOC students are statistically more likely to walk or ride their bike to school.
- Walking or riding a bike to school does not statistically change by grade level or differ by sexual orientation and gender identity.

Compared to 2017 and between 2023 and 2025, walking or riding a bike to school at least once a week did not statistically change.

Percent of middle school students who walk or ride a bike to school, at least once a week when weather permits.



Percent of middle school students who walk or ride a bike to school at least once a week over time.





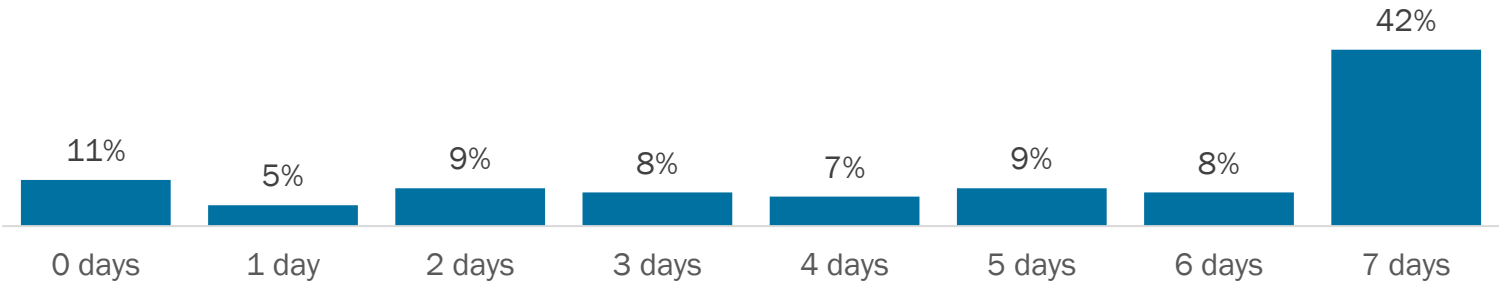
Nutrition

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Breakfast, Past Week

- About one in 10 middle school students (11%) say they did not eat breakfast on any day during the previous week.
- Six in 10 (59%) report eating breakfast on five or more days during the previous week.
- More than two in five (42%) report eating breakfast every day.

Ate Breakfast, Past Week.



Ate Breakfast Every Day

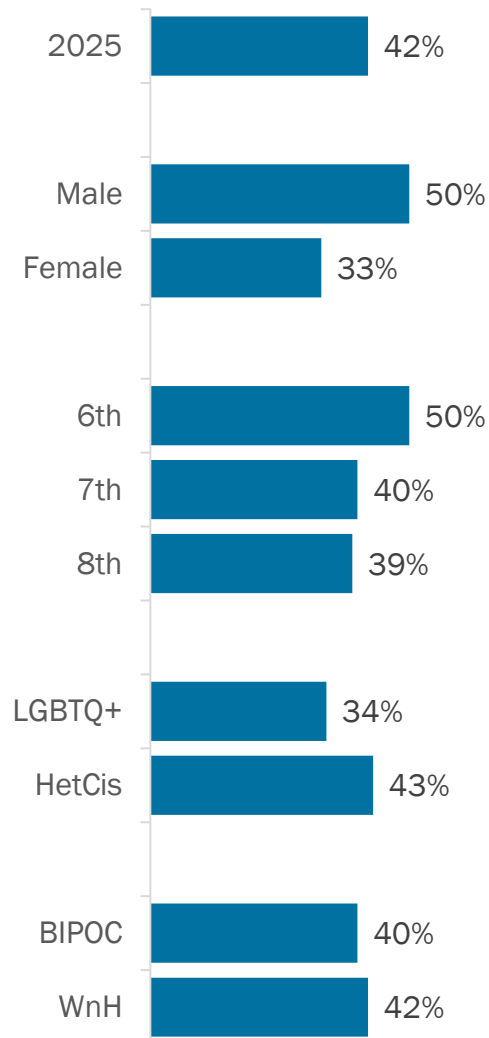
About four in 10 middle school students (42%) report eating breakfast every day in the past week.

- Male students, sixth-grade students, and heterosexual cisgender students are statistically more likely to eat breakfast every day.
- Eating breakfast every day does not statistically differ by race and ethnicity.

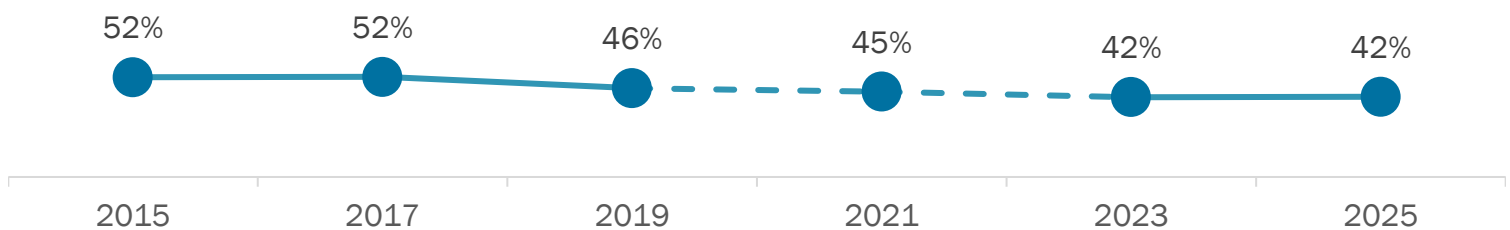
Compared to 2015, the percent of students who ate breakfast every day statistically decreased.

Eating breakfast every day did not statistically change between 2023 and 2025.

Percent of middle school students who eat breakfast every day, past week.



Percent of middle school students who eat breakfast every day over time.





Social Determinants of Health

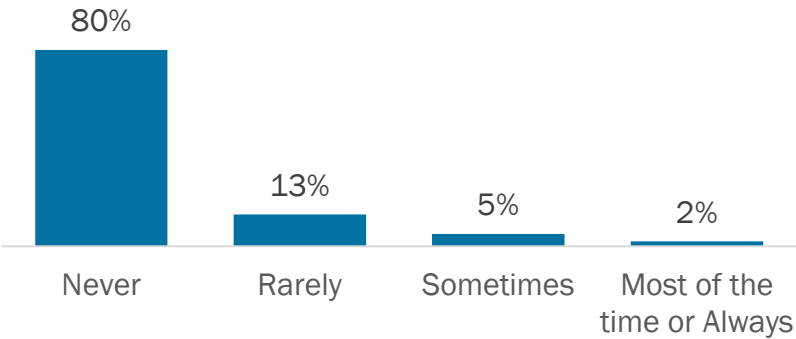
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Food Insecurity

During the past 30 days, most middle school students never (80%) or rarely (13%) went hungry because there was not enough food in their home. One in 20 sometimes go hungry.

One in 50 middle school students (2%) report going hungry most of the time or always.

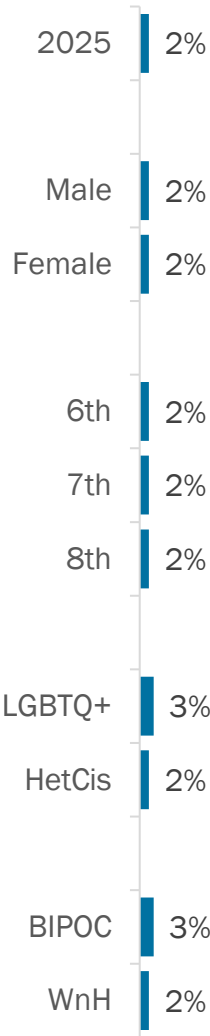
Experiencing hunger, past 30 days.



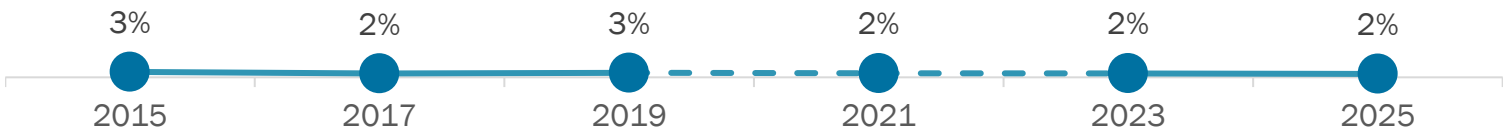
- LGBTQ+ students and BIPOC students are statistically more likely to go hungry most of the time or always.

Compared to 2015, the percent of students who went hungry at least most of the time statistically decreased. Between 2023 and 2025, going hungry did not statistically change.

Percent of middle school students who go hungry most the time or always, past 30 days.



Percent of middle school students experiencing hunger over time.



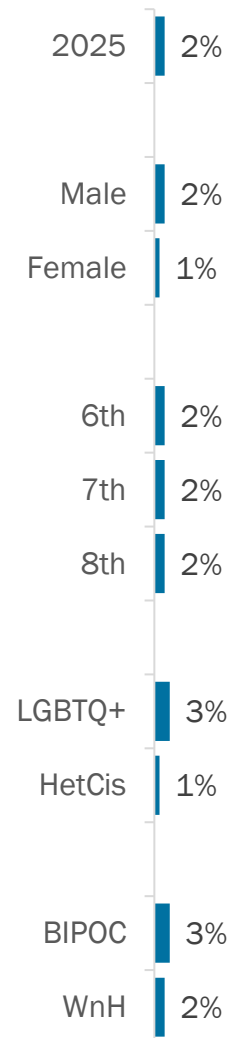
Housing Insecurity

During the past 30 days, one in 50 middle school students (2%) report experiencing unstable housing and usually sleep at someone else's home because they had to leave their house or their family could not afford housing, are in a shelter or emergency housing, in a motel/hotel, in a car, park, other public place, or did not have a usual place to go.

- Nearly all (97%) sleep in their parent's or guardians' home.
- Male students, LGBTQ+ students and BIPOC students are statistically more likely to experience unstable housing during the past 30 days.
- Experiencing housing insecurity during the past 30 days does not statistically differ by grade level.

Compared to [2021*](#) and 2023, experiencing housing insecurity during the past 30 days did not statistically change.

Percent of middle school students experiencing insecure housing, past 30 days.



Percent of middle school students experiencing housing insecurity over time.

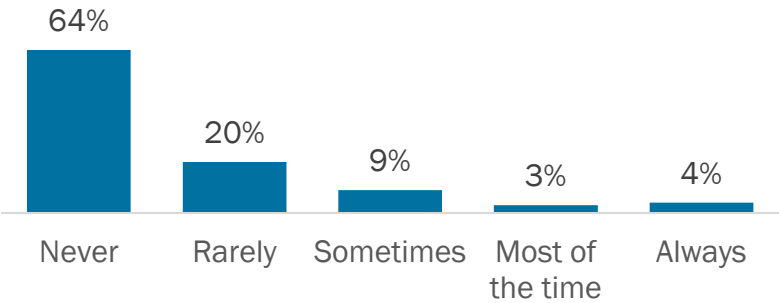


Primary Language Spoken at Home

Most middle school students live with people who never (64%) or rarely (20%) speak a language other than English. About one in 10 (9%) live with people who sometimes speak a language other than English

About one in 15 middle school students (7%) live with people who most of the time or always speak a language other than English.

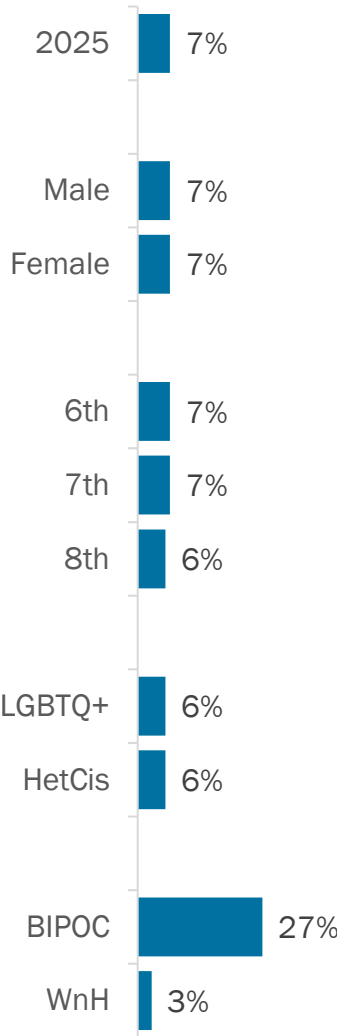
How often a language other than English is spoken at home.



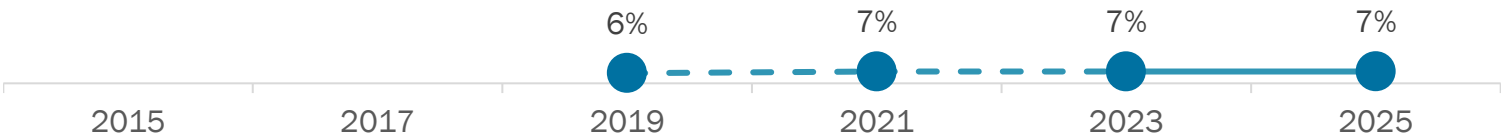
- BIPOC students are statistically more likely to report that people in their home speak a language other than English.

Compared to 2019 and between 2023 and 2025, the percent of students did not statistically change.

Percent of middle school students who live with people who speak a language other than English most of the time or always.



Percent of middle school students who primarily speak a language other than English over time.





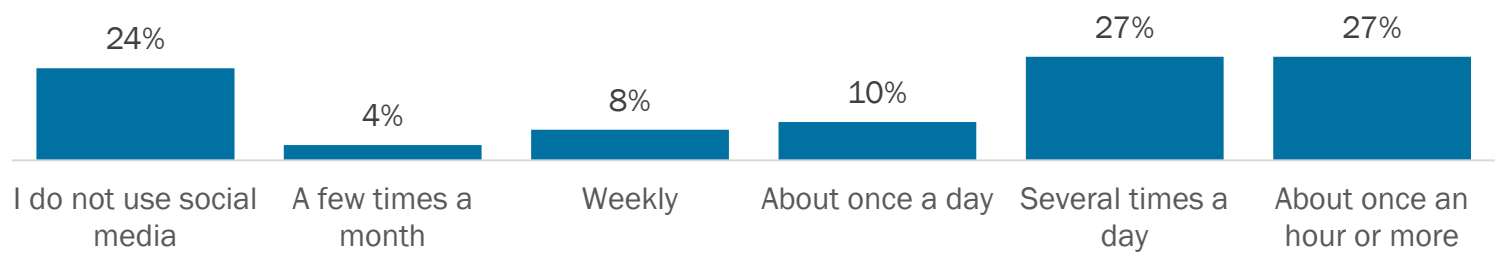
Protective Factors

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Social Media Use

- Social media use was described to include Instagram, TikTok, SnapChat, and X (formerly called Twitter).
- A quarter of middle school students (24%) do not use social media. One in 25 (4%) use it a few times per month.
- Nearly one in 10 middle school students (8%) use social media once a week to a few times per week. With another one in 10 (10%) using it about once a day.
- Most middle school students (55%) use social media at least several times a day.

Frequency of social media use among middle school students.



Frequent Social Media Use

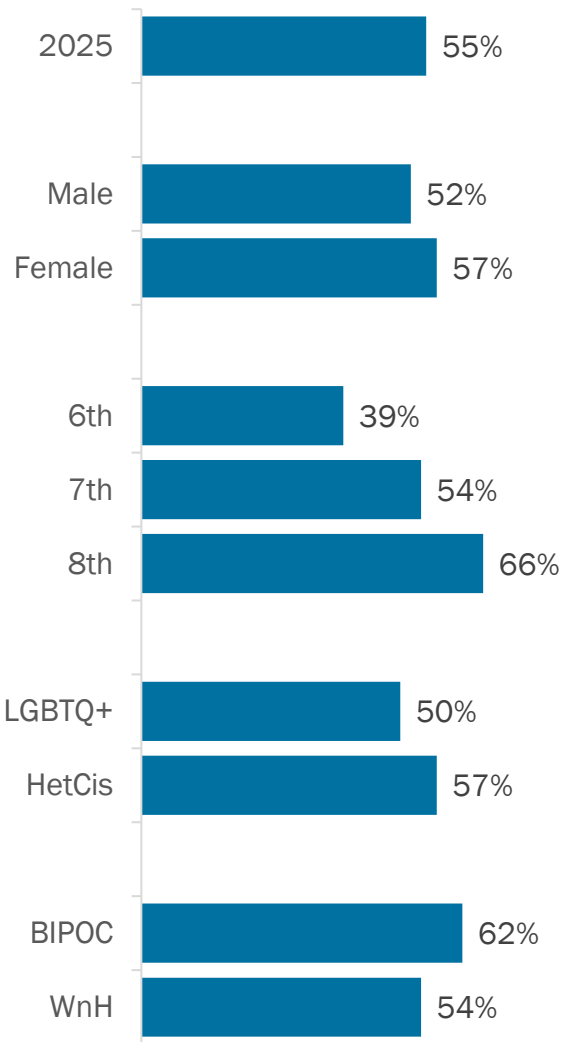
More than half of all middle school students (55%) use social media multiple times a day.

- Female students, heterosexual cisgender students and BIPOC students are statistically more likely to use social media several times a day or more.
- Using social media at least several times a day increases with each grade level.

Using social media at least several times a day statistically decreased between 2023 and 2025.

Social media use was described to include Instagram, TikTok, SnapChat, and X (formerly called Twitter).

Percent of middle school students who use social media several times a day or more.



Percent of middle school students who use social media several times a day over time.



Do Not Use Social Media

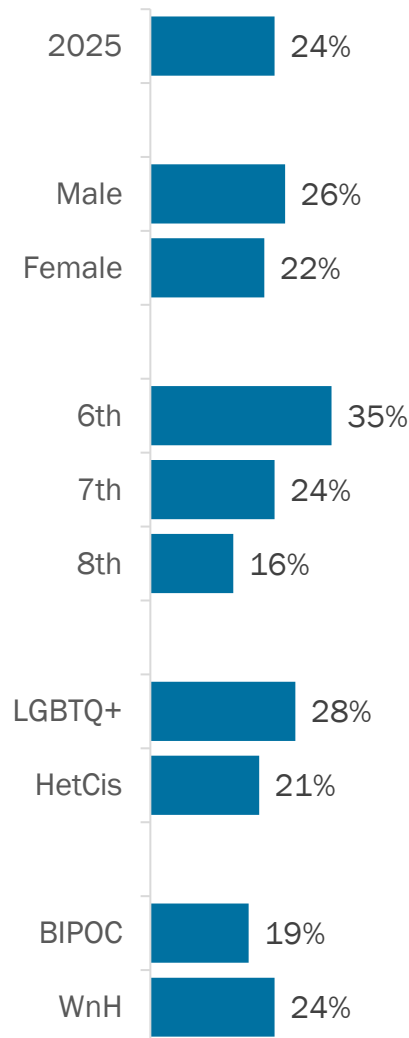
About a quarter of middle school students (24%) do not use social media.

- Male students, LGBTQ+ students, and white, non-Hispanic students are statistically more likely to not use social media.
- Not using social media decreases with each grade level.

Compared to 2023, not using social media statistically decreased.

Social media use was described to include Instagram, TikTok, SnapChat, and X (formerly called Twitter).

Percent of middle school students who do not use social media.



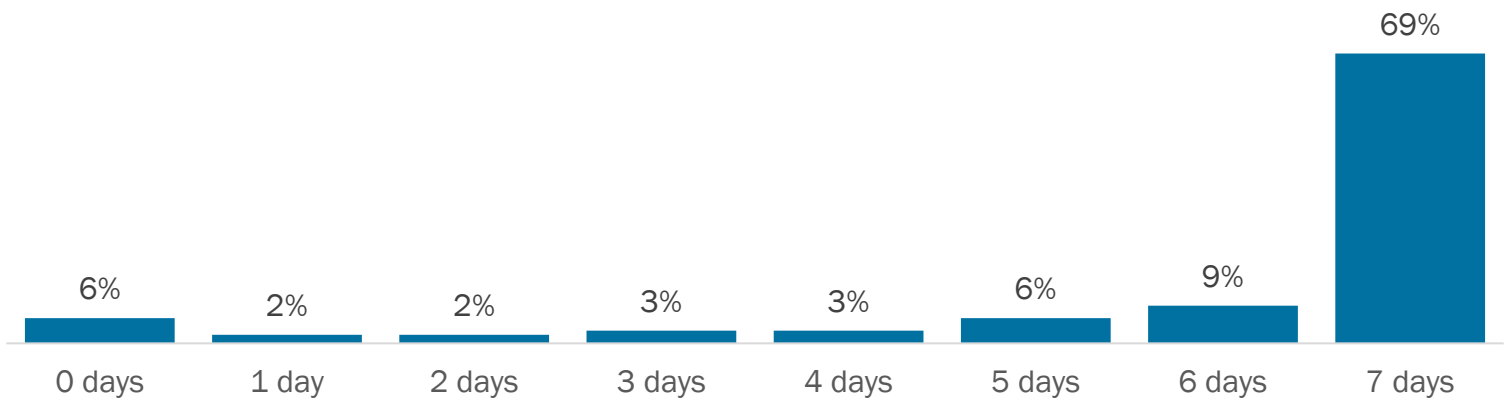
Percent of middle school students who do not use social media over time.



Dinner with Parents or Guardians

- Nearly seven in 10 middle school students (69%) report eating dinner with a parent or other adult family member every day during the past week. Nearly nine in 10 (88%) report doing so four or more times.
- One in 10 (10%) report eating dinner with a parent or other adult family member on two or fewer days during the past week.

Number of days eating dinner with parents or other adult family member, past week.



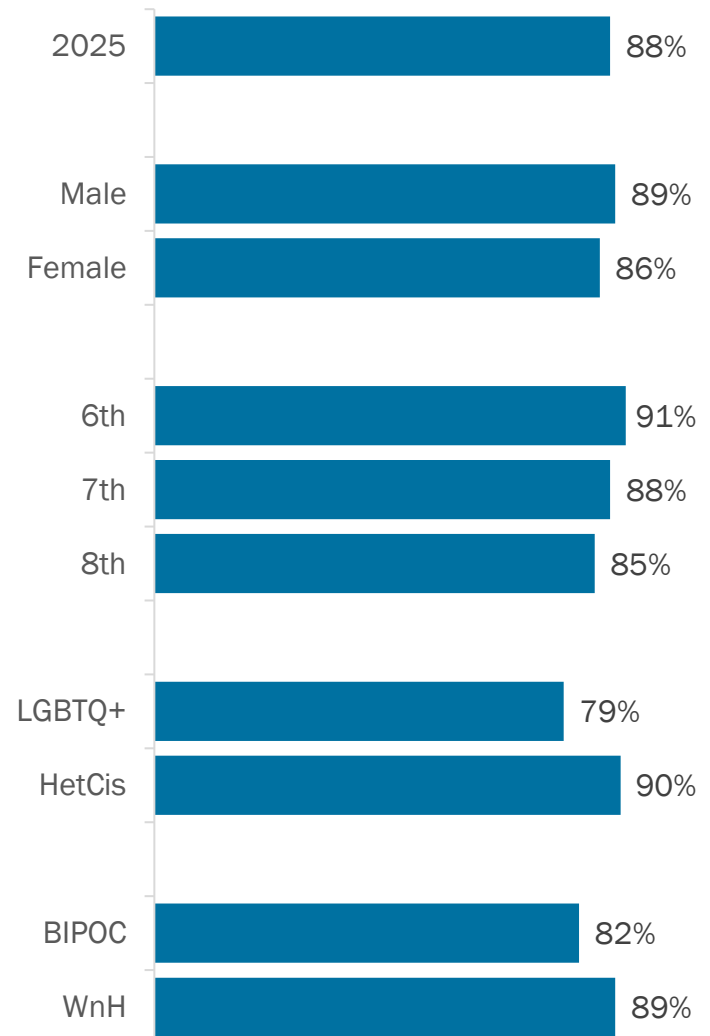
Ate Dinner with Parent or Guardian, Past Week

Nearly nine in 10 middle school students (88%) report eating dinner with a parent or other adult family member at least four times during the past week.

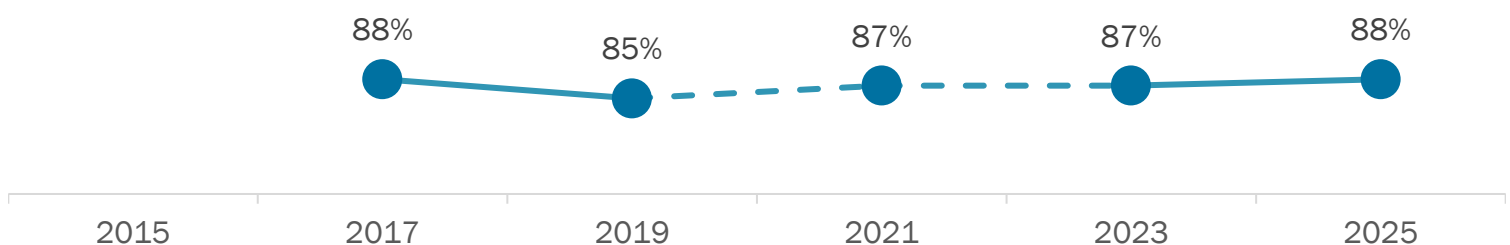
- Male students, heterosexual cisgender students, and white, non-Hispanic students are statistically more likely to eat dinner with a parent or adult family member at least four times during the past week.
- Eating dinner family four or more times during the previous week significantly decreases with each grade level.

Compared to 2017 and between 2023 and 2025, eating dinner with family four or more times during the past week did not statistically change.

Percent of middle school students who ate dinner with family on four or more days, past week.



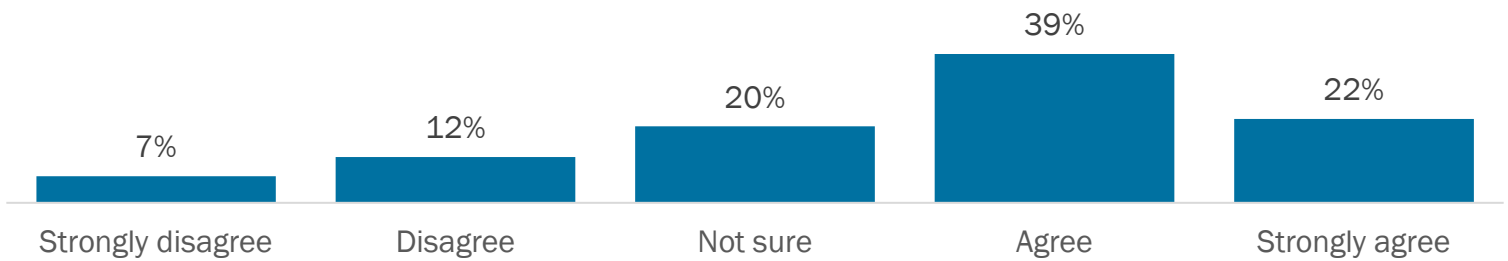
Percent of middle school students eating dinner four or more times per week with a parent or guardian over time.



School has Clear Rules and Consequences

- About six in 10 middle school students agree (39%) or strongly agree (22%) that their school has clear rules and consequences for behavior.
- About two in 10 disagree (12%) or strongly disagree (7%) that their school has clear rules and consequences for behavior.
- One in five (20%) are not sure if their school has clear rules and consequences for behavior.

School has clear rules and consequences for behavior.



School has Clear Rules and Consequences

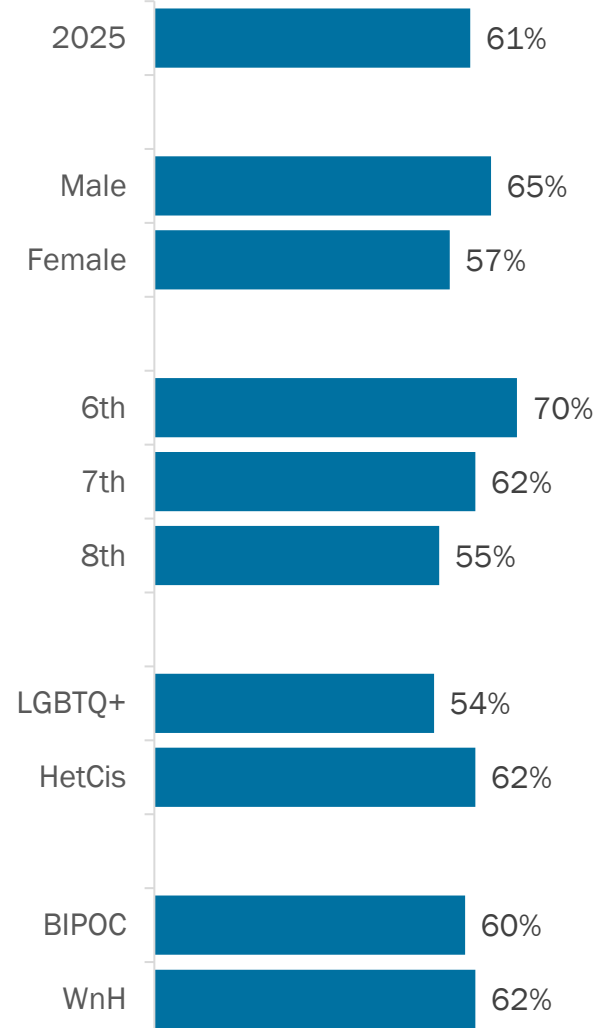
More than three in five middle school students (61%) agree or strongly agree that their school has clear rules and consequences for behavior.

- Male students and heterosexual cisgender students were statistically more likely to agree or strongly agree that their school has clear rules and consequences for behavior.
- Agreeing or strongly agreeing that their school has clear rules and consequences statistically decreases with each grade level.
- Agreeing or strongly agreeing that their school has clear rules and consequences for behavior does not statistically differ by race and ethnicity.

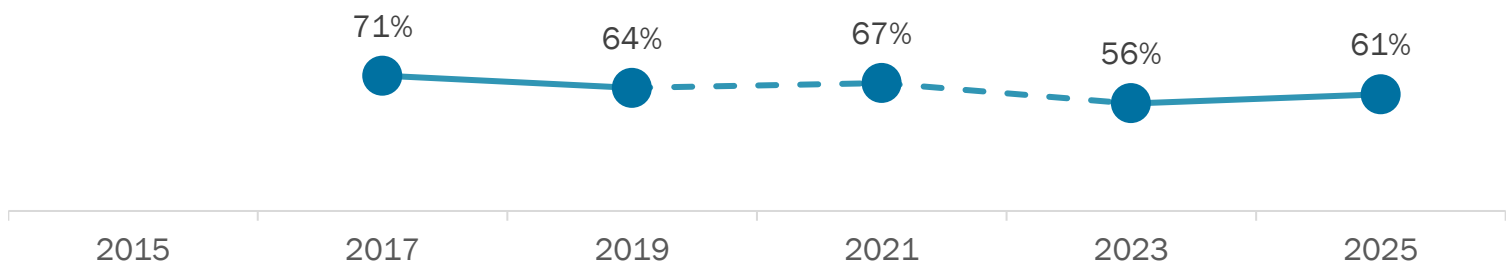
Compared to 2017, the percent of students who believe their school has clear rules and consequences statistically decreased.

Believing their school has clear rules and consequences for behaviors statistically increased between 2023 and 2025.

Percent of middle school students who agree or strongly agree their school has clear rules and consequences for behavior.



Percent of middle school students who believe their school has clear rules and consequences over time.



Trusted Adult at School

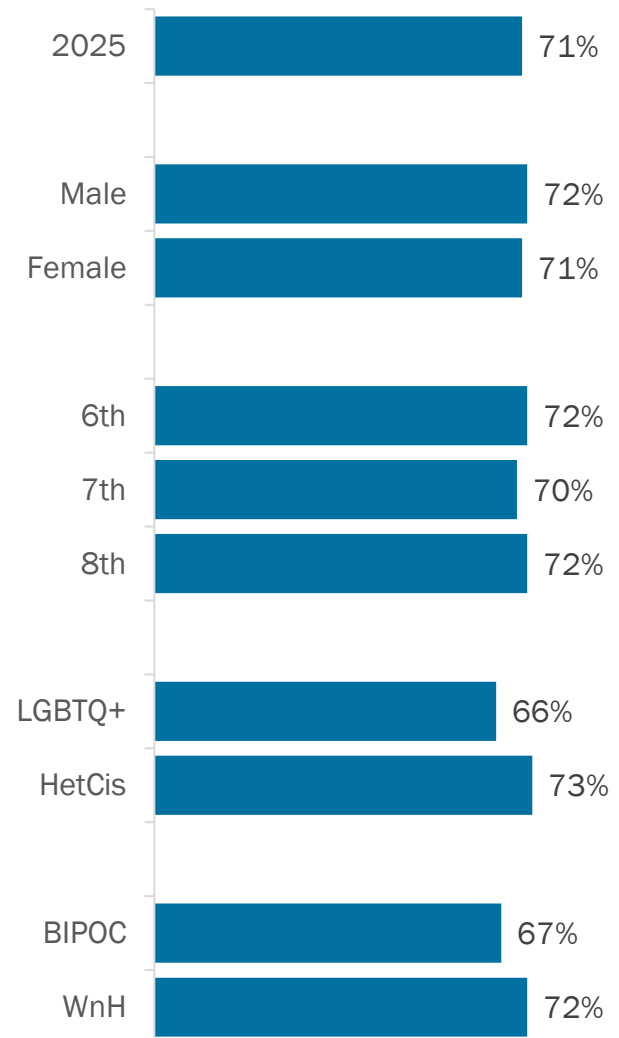
Seven in 10 middle school students (71%) have at least one teacher or adult at school they can talk to if they have a problem. Nearly one in six (16%) are not sure if they have an adult they can talk to at school.

- Heterosexual cisgender students and white, non-Hispanic students are statistically more likely to report having a trusted adult at school they can talk to if they have a problem.
- Having a trusted adult at school does not statistically differ by sex or grade level.

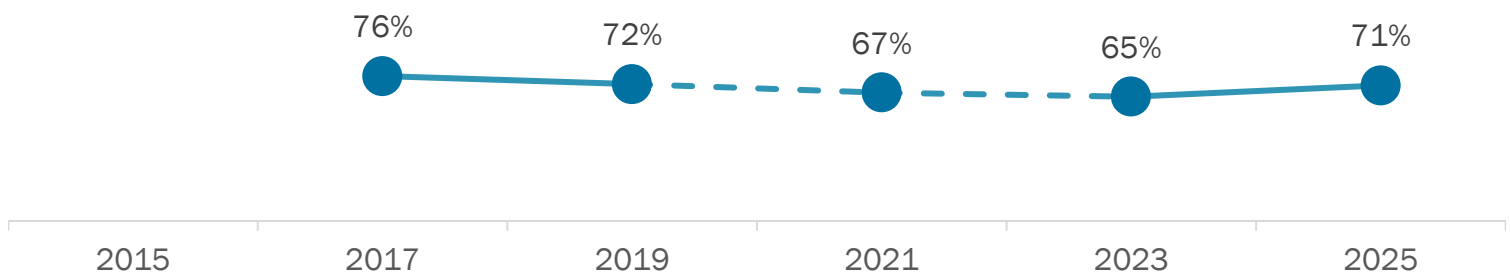
Compared to 2017, having a trusted adult at school statistically decreased.

Between 2023 and 2025, having a trusted adult at school statistically increased.

Percent of middle school students who have a trusted adult at school they can talk to if they have a problem.



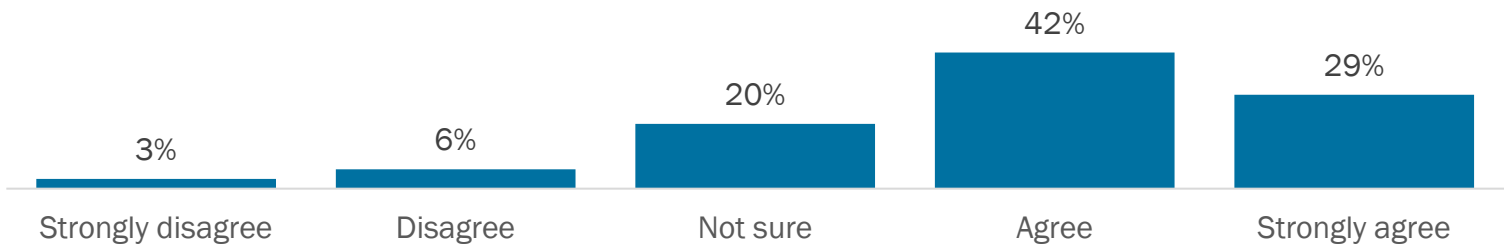
Percent of middle school students who have a trusted adult at school over time.



Matter to People in Their School and Community

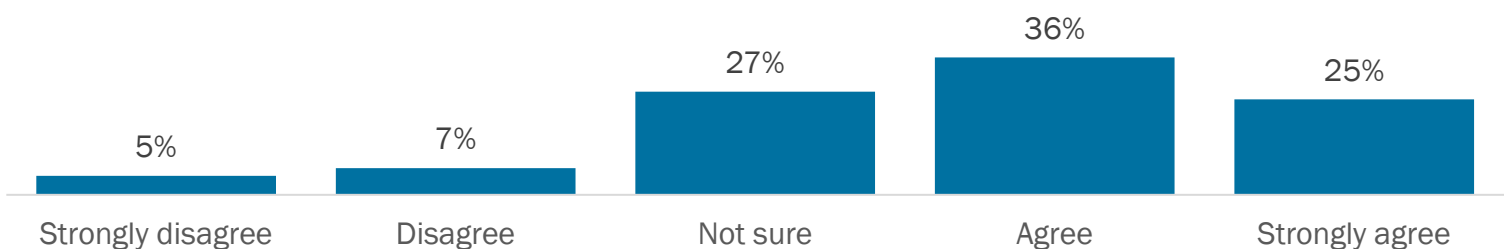
- Most middle school students feel close to people at their school. Specifically:
- 29% strongly agree that they feel close to people at their school
- 42% agree that they feel close to people at their school
- Nearly one in 10 (9%) disagree or strongly disagree that they are close to people in their school. One in five (20%) are not sure.

Feel close to people at school.



- About half of all middle school students (61%) agree or strongly agree that they matter to people in their community.
- Nearly three in 10 (27%) are not sure if they matter to people in their community.
- Just over one in seven (12%) disagree or strongly disagree that they matter to people in their community.

Believe they matter to people in their community.

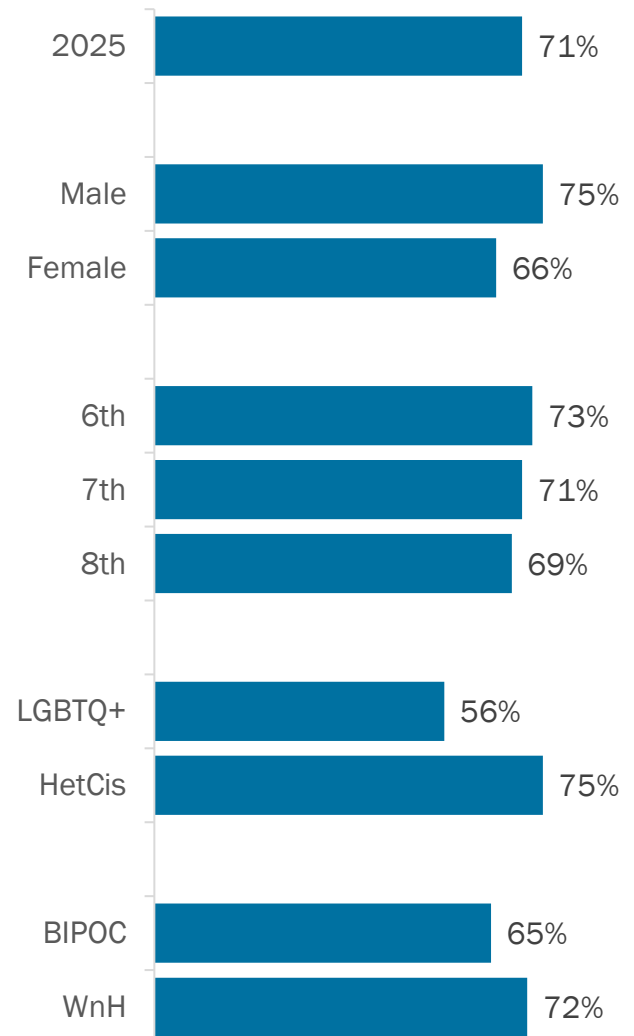


Feel Close to People at School

Seven in 10 middle school students (71%) agree or strongly agree that they are close to the people at their school.

- Male students, heterosexual cisgender students, and white, non-Hispanic students are statistically more likely to report feeling close to people at their school.
- Feeling close to people at school does not statistically differ by grade level.

Percent of middle school students who strongly agree or agree that they feel close to people at their school.



This question was new in 2025.

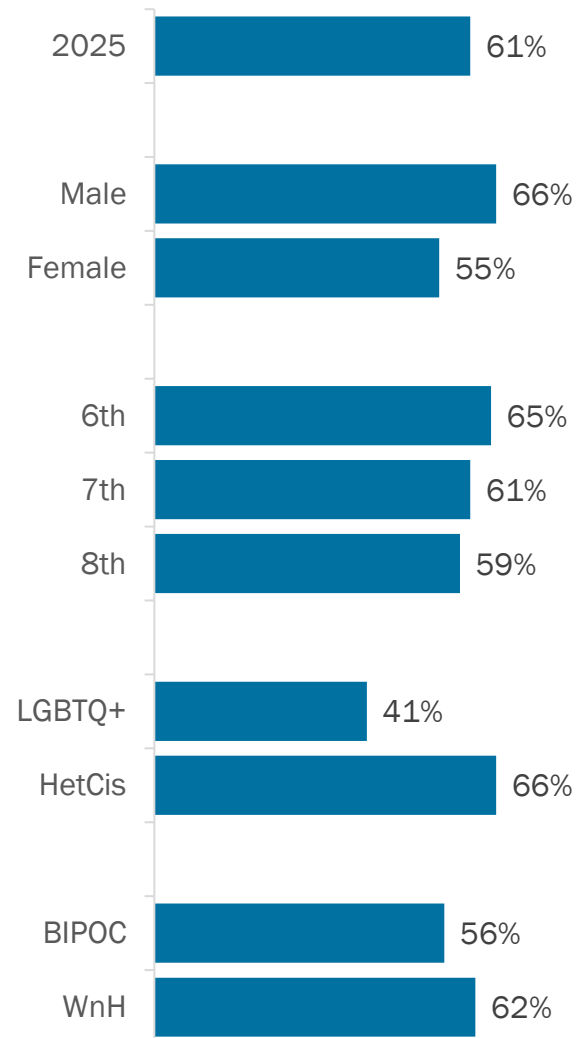
Matter to People in Their Community

Three in five middle school students (61%) agree or strongly agree that they matter to people in their community.

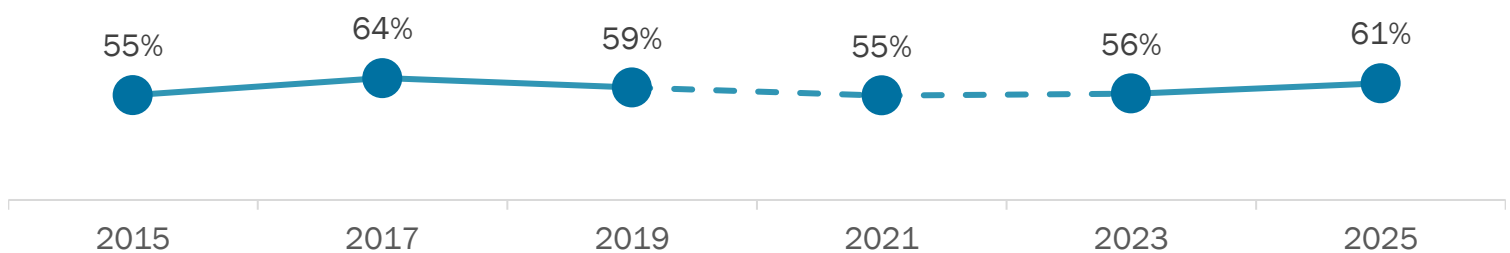
- Male students, heterosexual cisgender students, and white, non-Hispanic students are statistically more likely to agree or strongly agree that they matter to people in their community.
- Sixth-grade students are statistically more likely to agree or strongly agree that they matter to people in their community

Compared to 2015 and between 2023 and 2025, the percent of students who believe they matter to people in their community statistically increased.

Percent of middle school students who agree or strongly agree that they matter to people in their community.



Percent of middle school students who believe they matter to people in their community over time.



2025 Vermont Youth Risk Behavior Survey Statewide Report

The Vermont Youth Risk Behavior Survey is a collaborative project between the Vermont Department of Health and the Agency of Education.

Report Prepared By:

Vermont Department of Health
Division of Health Statistics and Informatics

For more information:

Visit: www.health.gov/YRBS

Contact: YRBS Coordinator: Kristen Murray, PhD
ahs.vdh.yrbs@vermont.gov