



# 2023 Vermont Youth Risk Behavior Survey Statewide Report

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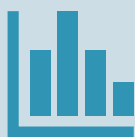
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# About the YRBS

## About the YRBS

The Vermont Youth Risk Behavior Survey (YRBS) is part of a national school-based surveillance system conducted 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. These include:

- Behaviors that contribute to unintentional 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

The YRBS also measures other high priority health-related behaviors and protective factors. These include:

- Prevalence of obesity
- Attitudes and perceptions related to substance use
- Social determinants of health
- Youth assets



# About the YRBS

## The Vermont YRBS

In Vermont, the Department of Health works with the Agency of Education and the Centers for Disease Control and Prevention (CDC) to administer the YRBS. It is typically conducted every two years during the spring semester. The YRBS was first administered in 1993 among students in 8th through 12th grades. Since 2011, Vermont has conducted two separate surveys: a high school survey of students in grades 9 through 12, and a middle school survey of students in grades 6 through 8.

The middle school and high school surveys differ. The middle school survey is shorter and focuses more on lifetime behaviors and includes questions on fighting, bullying, suicidality, substance use, attitudes and perceptions about substance use, sexual activity, nutrition, physical activity, youth assets, and other factors related to health equity. The high school survey includes questions on these topics as well as more in-depth questions on current behaviors such as driving behaviors and self-reported height and weight.

Copies of the 2023 Vermont [high school](#) and [middle school](#) surveys as well as previous surveys can be found online at: [www.healthvermont.gov/YRBS](http://www.healthvermont.gov/YRBS)

# About the YRBS

## Methodology

The YRBS is a biannual school-based survey. In Vermont, students in all public schools and select independent schools across the state are invited to participate in the YRBS during the Spring semester.

Survey procedures are designed to protect the privacy of students. The YRBS is confidential, anonymous, and optional for students. All students are read a standard set of directions and asked to complete the self-administered survey. Completion of the survey depends on a student's ability to read and complete the questionnaire independently or with the use of computer assisted technology (e.g., screen readers). Thus, students with very limited reading skills or significant intellectual or learning disabilities, may not be adequately represented in this data. Students can decline participation at any time or skip any questions they do not wish to answer. In addition, to protect student's anonymity, data is suppressed when less than 50 students respond to a question or less than 5 students answer a question in a particular way.

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 that all student complete the survey in approximately the same time frame, regardless of how they answer a question.

In 2021, the YRBS was delayed due to the COVID-19 pandemic and administered during the fall semester. Prevalence estimates for the 2021 VT YRBS may have been impacted by experiences unique to the COVID-19 pandemic and surveying a younger cohort of students. For more information on the delayed administration and how it may have impacted the 2021 results, please see [Special Considerations for 2021](#) on the Vermont YRBS webpage.

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 at: [www.cdc.gov/healthyyouth/data/yrbs/methods.htm](http://www.cdc.gov/healthyyouth/data/yrbs/methods.htm).

# About the YRBS

## How accurate are the results?

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

Numerous precautions are taken to ensure the reliability and validity of results. The CDC runs over 100 consistency checks on the data to exclude careless, invalid, or logically inconsistent answers. These internal reliability checks help identify the small percentage of students who falsify their answers.

The CDC also weights data, a mathematical procedure that makes data representative of the population from which it was drawn. Only states with an overall response rate of at least 60% are weighted based on gender, grade, and race/ethnicity. Since 1995, Vermont has obtained weighted data on the YRBS. These precautions can reduce some sources of error, but not all.

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](http://www.cdc.gov/healthyyouth/data/yrbs).





# **Why the YRBS?**

## **Understanding and Using the Results**

# Why the YRBS

## Data Matters

The YRBS collects data on key health behaviors and experiences from students across the country. The data provides the best picture of what is going on with adolescent health at all levels: national, state, and local.

The YRBS gives students an opportunity to share their voice anonymously and voluntarily. Participation brings students' experiences to light so that parents, districts, and schools can provide the most appropriate resources for any challenges.

Specifically, the YRBS is used to **determine the prevalence** of health behaviors. It can **detect changes** in risk behaviors over time and **identify differences** among subpopulations of students.

Data can be also be used to:

- **Examine** the co-occurrence of health behaviors;
- **Compare** national, state, and local data; and
- **Obtain** funding and **monitor** progress toward achieving program objectives and other indicators.

Ultimately these efforts help improve youth health both in the short term and in the future. With this data, school and community organizations can focus prevention efforts and determine whether school policies and community programs have the intended effect on student behaviors.

Think of the YRBS as a tool for starting discussions, educating the community, and planning or evaluating programs.

# Why the YRBS

## Engaging students, schools, and communities

**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. Ask them if the results accurately reflect what they see happening around them. How do they explain the results? From their perspective, what is or is not working? How would they promote healthy behaviors?

**Increase Awareness:** The YRBS provides an opportunity to break through “denial” and make community members aware of the risks that their young people face. It can also dispel myths and correct misinformation about the “average teenager.” The YRBS can highlight the positives and celebrate the fact that many students are abstaining from behaviors that endanger their health and their ability to succeed.

**Plan and Evaluate Programs:** The YRBS can serve as the basis of a community needs assessment. It can help identify strengths and weaknesses in communities and can inform strategies to address those weaknesses.

**Remember to Look at the Positive Side:** In most cases, the majority of adolescents are NOT engaging in risky behaviors. Although most of the charts examine the prevalence of risk behaviors, please remember the percentage of adolescents who are NOT engaging in these behaviors.

**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.

Schools and districts across the state form teams to analyze local level data, identify areas of strength and concern, and create a preliminary action plan. Through the Getting to 'Y' program, students attend a training day where they learn tools and strategies to examine data, explore root causes, and create next action steps. In addition, teams plan and host a community dialogue event to share their executive summary with the school and community. More information on upcoming trainings, newsletters, and resources visit: Getting to 'Y'.

*\* Getting to Y is a project of UP for Learning and is co-sponsored by the Vermont Department of Health*



# Understanding the YRBS Results

This document is organized into two reports, a high school summary and a middle school summary. Each summary is broken down into chapters or topics including unintentional injuries, prevention, violence, mental health, substance use, sexual health, weight, nutrition, physical activity, social determinants of health and other protective factors.

Throughout these reports, responses from all questions are broken down into dichotomous indicators or yes/no responses. For each indicator, the overall 2023 Vermont prevalence rate as well as demographic breakdowns are shown.

## Understanding and interpreting the results

The results in this report are weighted by gender, grade, and race/ethnicity in order to compensate for absenteeism and incomplete surveys. The weighting allows the results to be fully representative of middle school students in grades six through eight (middle school survey) and high school students grades nine through twelve (high school survey). Weighting permits us to draw inferences about the school-based student population in Vermont.

Throughout this report, statistically significant differences are noted. Statistical significance is calculated by comparing the 95% confidence intervals of two or more values. If the confidence intervals overlap, the percentages are not different. In other words, the two groups are not statistically different from one another. If the confidence intervals do not overlap, there is a statistical difference between the two groups.

A 95% confidence interval is a range of values and can vary due to the size of a particular population or how consistently students responded to an item. 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. Other times, the two values may be very close but differ statistically.

While this report notes statistical differences, we encourage you to consider *meaningful differences*: does the disparity merit a targeted intervention, show a real change in health, or otherwise mean something important to the community (statistics aside).

# Understanding the YRBS Results

## Comparisons Between Groups

Some subgroups have a higher prevalence or rates of health-risk behaviors that might place them at risk for unnecessary or premature mortality, morbidity and social problems.

While this report cannot depict all subgroups of students who experience disparities, this report does include differences among students by sex, race/ethnicity, grade, and sexual orientation/gender identity status. To draw as many statistically meaningful comparisons among groups as possible, some populations have been grouped together. Additional demographic “Populations in Focus” reports are available [www.healthvermont.gov/yrbs](http://www.healthvermont.gov/yrbs).

In this report, all BIPOC students were grouped into a "BIPOC" category to compare to white, non-Hispanic students. Similarly, all lesbian, gay, bisexual, or other non-heterosexual sexual orientation and transgender students were grouped into a "LGBTQ+" category to compare to heterosexual/cisgender students.

We acknowledge that this grouping method strengthens statistical comparative power while also diminishing how precisely we can report the results among the distinct, diverse sub-populations within these groupings. Statistical differences are noted in the text. These are primarily noted throughout the report as one group being **statistically more likely** to report the behavior than another group.

## Trend Data

In addition to showing students’ behaviors and experiences in 2023, this report also highlights changes from 2021 to 2023 and how the data has changed over the past ten years.

Changes from 2021 to 2023 tend to show the most recent signs of progress, stability, or concern. However, caution should be used when looking at these changes due to the 2021 survey being delayed and administered in the fall rather than spring semester. For more information on how the 2021 survey may have impacted the data see: see [Special Considerations for 2021](#).

## 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.

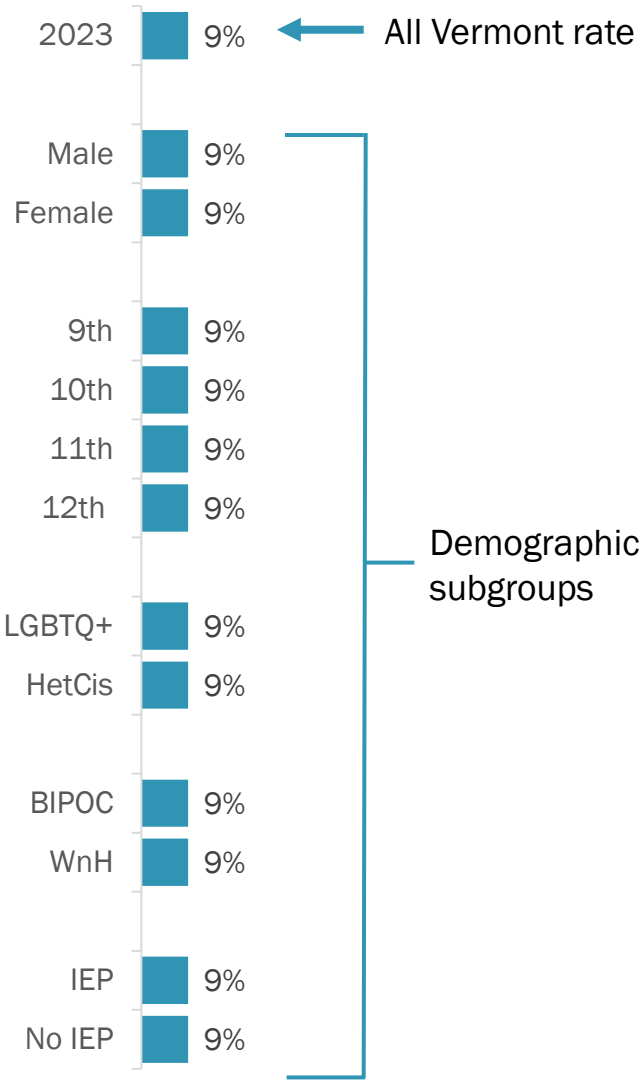
# How to read this report

The Health Department developed a new report format for the 2023 YRBS results. Regular readers and partners may notice this change, but the data and content is the same.

- This report contains narrative, bar charts, and other graphs describing survey results for the 2023 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 2023

Each year, modifications 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](http://www.healthvermont.gov/yrbs).

### Both High School and Middle School

When you feel sad, empty, hopeless, angry, or anxious, how often do you get the kind of help you need?

How old were you when you first tried an electronic vapor product?

When you are outside for more than one hour on a sunny day, how often do you wear sunscreen with an SPF of 15 or higher?

How often do you use social media?

During your life, how often have you felt that you were treated badly or unfairly in school because of your race or ethnicity?

Tobacco products and brands updated

### High School Only

If you rode a bicycle, rollerbladed, or rode a skateboard during the past 12 months, how often did you wear a helmet?

During the past 12 months, how many times did someone you were dating or going out with do sexual things to you that you did not want? (Count such things kissing, touching or sexual intercourse)

During the past 30 days, did you use an electronic vapor product flavored to taste like menthol, mint, clove or spice, alcoholic drinks, candy, fruit, chocolate, or any other non-tobacco flavor?

During the past 30 days, on how many days did you use an electronic vapor product to vape marijuana (also called pot or weed), including THC, THC concentrates, hash oil, or waxes?

During the past 30 days, how did you usually get the marijuana you used? (Select only one response.)

During the past 30 days, did you try to lose weight or keep from gaining weight by going without eating for 24 hours or more; taking any diet pills, powders, or liquids; vomiting or taking laxatives; smoking cigarettes; or skipping meals?

Have you ever lived with a parent or guardian who was having a problem with alcohol or drug use?

### Middle School Only

When you feel sad, empty, hopeless, angry, or anxious, with whom would you most likely talk about it?

In an average week when you are in school, how many total hours do you participate in afterschool activities such as sports, band, drama, or clubs run by your school or community groups?

# 2023 Vermont Youth Risk Behavior Survey High School Results



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# Survey Sample and Demographics

## 2023 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 2023, students at 57 high schools took the 2023 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 110 questions.

After administration, the CDC cleans and edits the data file for inconsistencies. Missing data are not statistically imputed. Among the 15,989 completed questionnaires, 383 surveys failed quality control and were excluded from the final data set, resulting in 15,606 usable questionnaires.

High School Response Rate <sup>†</sup>	
Schools	95% (57 of the 60 eligible schools)
Students	69% (15,606 of the 22,583 eligible students submitted usable questionnaires)
<b>Overall</b>	<b>95% * 69% = 66%<sup>†</sup></b>

<sup>†</sup> 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

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

**Grade.** The high school YRBS asked students “In what grade are you?” This report includes students who responded 9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup>, and 12<sup>th</sup> grade. Statistical comparisons include if all grade levels were different (a behavior increases or decreases with each grade level) and if students in 9<sup>th</sup> and 10<sup>th</sup> 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.

**Sexual and Gender Identity.** The high 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).

**Race and Ethnicity.** The high school YRBS asked students “Are you Hispanic or Latino?” and “What is your race?”. 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 (1) Hispanic or Latino or (2) American Indian or Alaska Native, Asian, Black or African American, Native Hawaiian or Other Pacific Islander.

**White non-Hispanic (WnH).** This groups includes students who answered that they are (1) not Hispanic or Latino and (2) they are White.

**Disability.** The high school YRBS asked students “Do you receive Special Education services through an Individualized Education Plan (IEP) or 504 plan?” Response options are grouped into two categories:

**IEP.** This group includes students who said yes, they have an IEP or 504 plan.

**No IEP.** This group includes students who responded: no, not anymore, but I used to, or not sure.

# Demographics

Total Unweighted N*		15,606	
Demographic		Unweighted N*	Weighted %
Sex	Male	7,850	52%
	Female	7,613	48%
Grade	9th grade	4,777	26%
	10th grade	4,384	26%
	11th grade	3,723	25%
	12th grade	2,631	23%
	Younger students (9 <sup>th</sup> and 10 <sup>th</sup> )	9,161	52%
	Older students (11 <sup>th</sup> and 12 <sup>th</sup> )	6,354	48%
Race	American Indian/Alaska Native	169	1%
	Asian	454	3%
	Black or African American	586	4%
	Native Hawaiian/ Other Pacific Islander	56	<1%
	White	13,284	86%
	Multiple	917	6%
Ethnicity	Hispanic/Latino	887	6%
Race/Ethnicity	BIPOC	2,738	17%
	White, non-Hispanic	12,733	83%

\* 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.

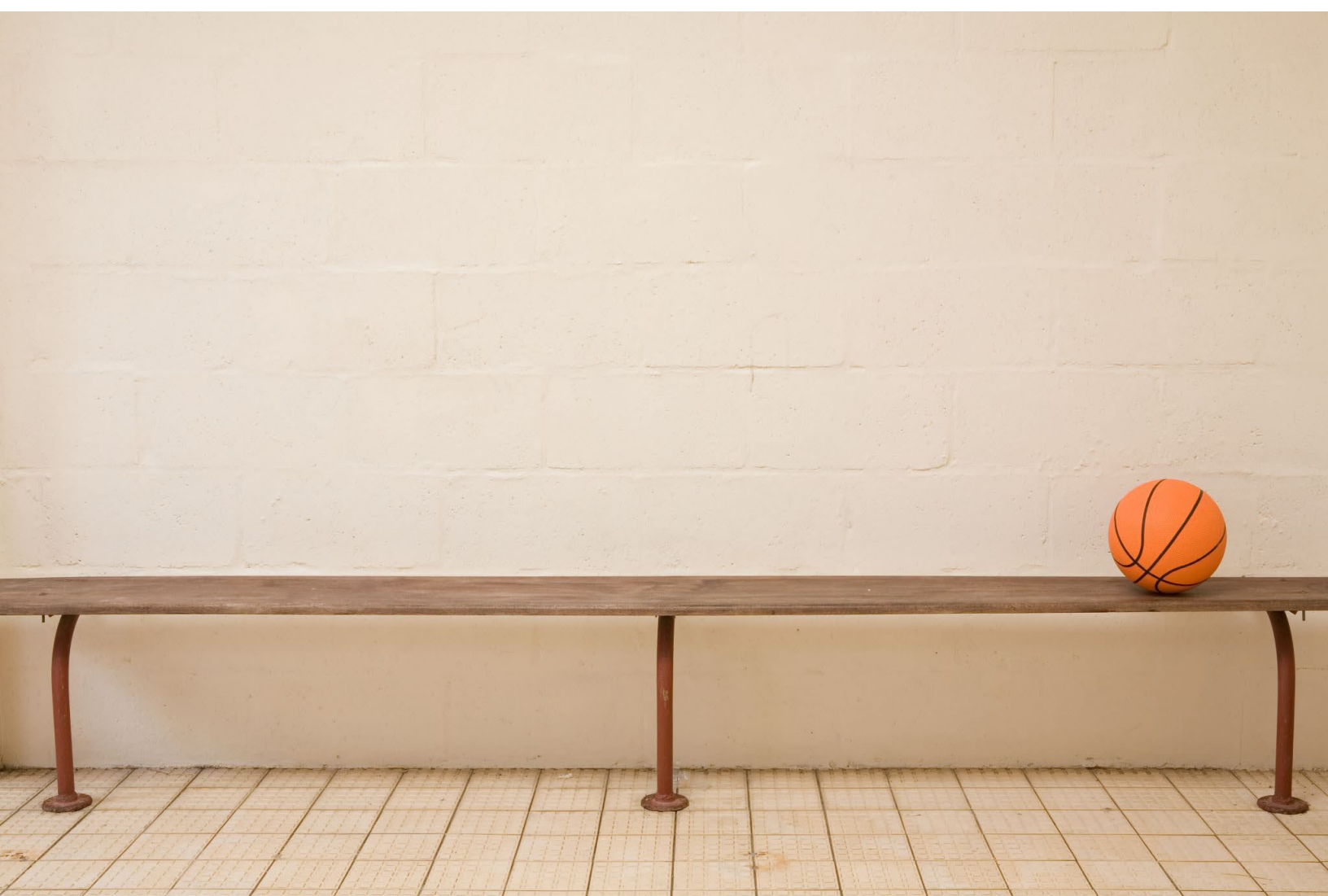


# Demographics

Total Unweighted N*		15,606	
Demographic		Unweighted N*	Weighted %
Sexual Orientation	Heterosexual (straight)	10,939	71%
	Gay or Lesbian	648	4%
	Bisexual	2,064	13%
	I describe my sexual identity some other way	853	6%
	I am not sure about my sexual identity (questioning)	688	4%
	I do not know what this question is asking^	281	2%
Gender	No, I am not transgender	14,211	91%
	Yes, I am transgender	727	5%
	I am not sure if I am transgender	383	2%
	I do not know what this question is asking^	193	1%
Sexual and Gender Identity	LGBTQ+	4,319	29%
	Heterosexual Cisgender	10,807	71%
Disability	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%
IEP status	Have current IEP	2,656	18%
	No IEP	11,794	82%

\* 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.

^ Students who do not understand the question are excluded from analysis.



# Unintentional Injuries and Prevention

# Helmet Use

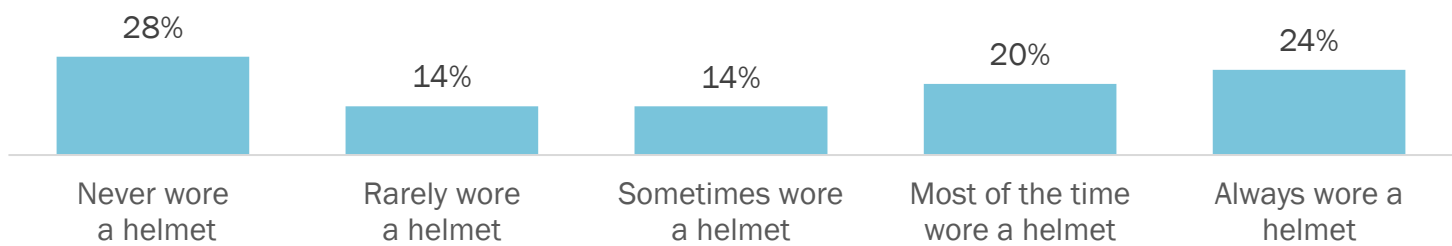
## Among students who rode a bicycle, skateboard, or rollerbladed

Overall, 74% of high school students rode a bicycle, skateboard, or rollerbladed during the past year.

Among students who used a bike, skateboard or rollerbladed during the past year:

- 28% never wore a helmet
- About three in ten rarely (14%) or sometimes (14%) wore a helmet
- One in five (20%) wore a helmet most of the time
- Nearly a quarter (24%) always wore a helmet.

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



# Helmet Use

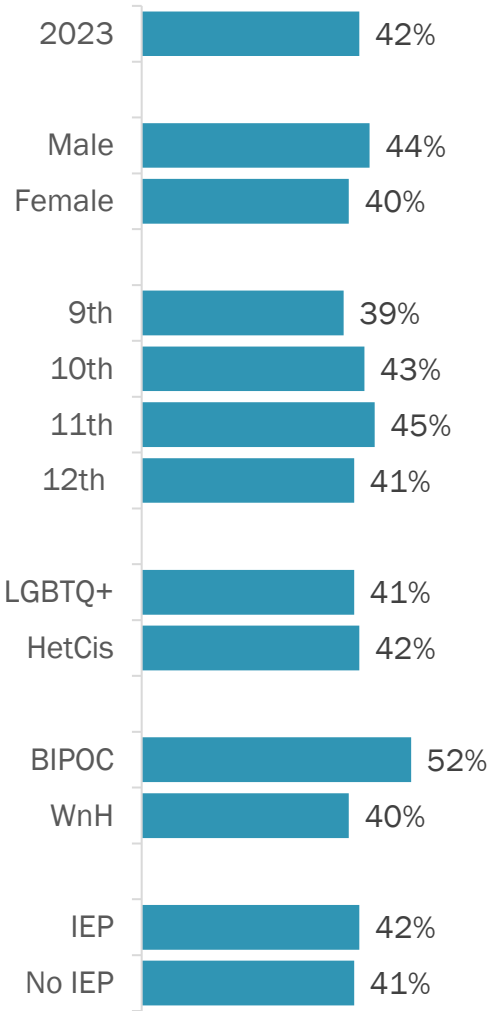
## Among students who rode a bicycle, skateboard, or rollerbladed

Four in ten high school students (42%) who rode a bike, skateboard, or rollerbladed in the past year, never or rarely wore a helmet.

Among those that 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 identify or among students with and without an IEP.

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



# Concussions

Nearly one in five high school students (18%) report at least one concussion while playing a sport or being physically active during the past year.

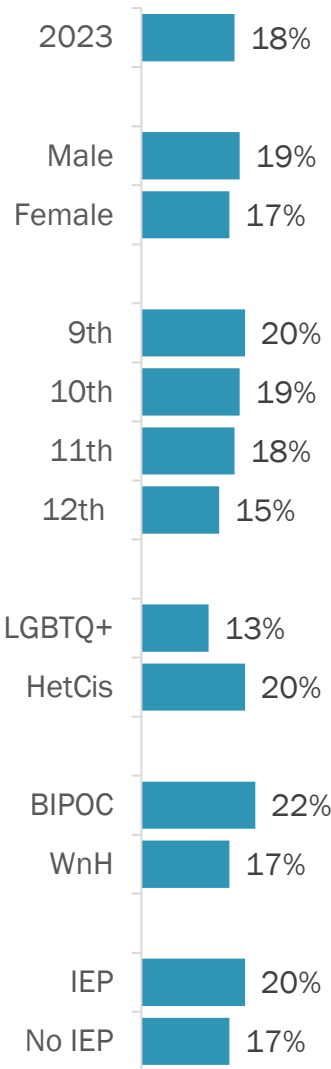
One in 12 students (8%) report two or more concussions in the past year.

- Male students, younger students, heterosexual cisgender students, BIPOC students, and students with an IEP are statistically more likely to report having at least one concussion during the past year.

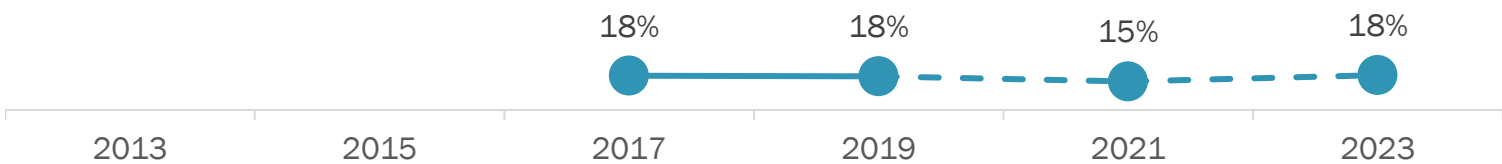
Compared to 2017, the percent of students did not statistically differ.

Experiencing a concussion statistically increased between [2021\\*](#) and 2023.

**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

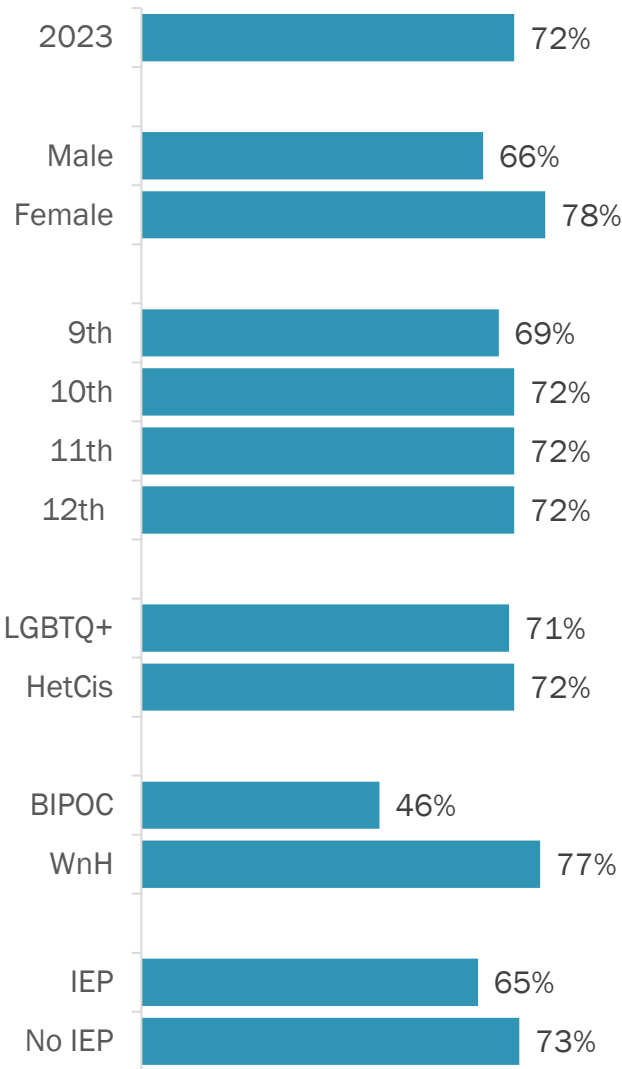
More than seven in ten high school students (72%) report at least one sunburn during the past year. Four in ten (41%) had three or more sunburns during the past year.

- 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.

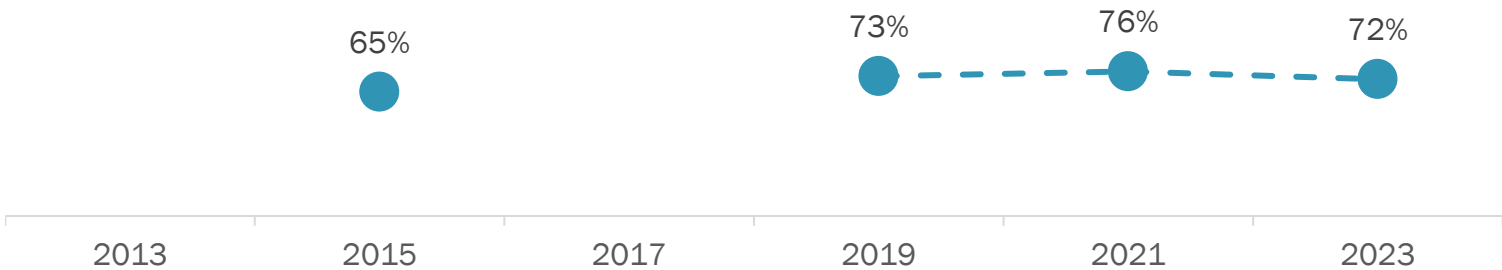
Compared to 2015, the percent of students who had a least one sunburn statistically increased.

Having a sunburn during the previous year statistically decreased between [2021\\*](#) and 2023.

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



Percent of high school students had a sunburn over time.



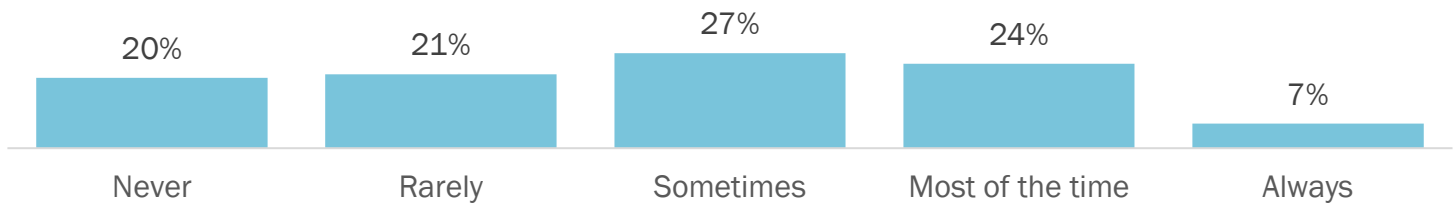
# Sunscreen Use

When outside for at least one hour on a sunny day, about one in 15 high school students (7%) always use a sunscreen with an SPF of 15 or higher.

Roughly a quarter use sunscreen sometimes (27%) or most of the time (24%) when outside on a sunny day.

One in five students (20%) never use a sunscreen with SPF of 15 or higher when outside on a sunny day.

## Frequency of Sunscreen Use



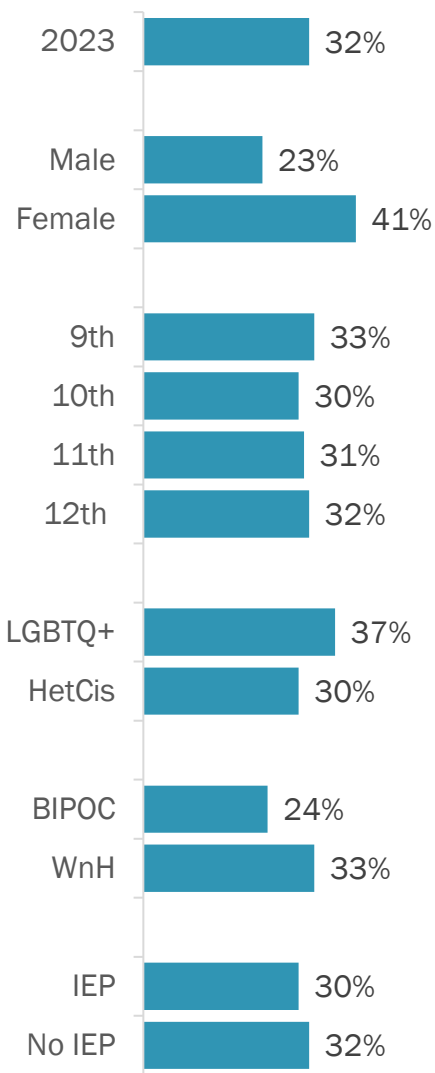
# Sunscreen Use

A third of high school students (32%) report using a sunscreen with an SPF of 15 or higher most of the time or always when they are outside for at least one hour on a sunny day.

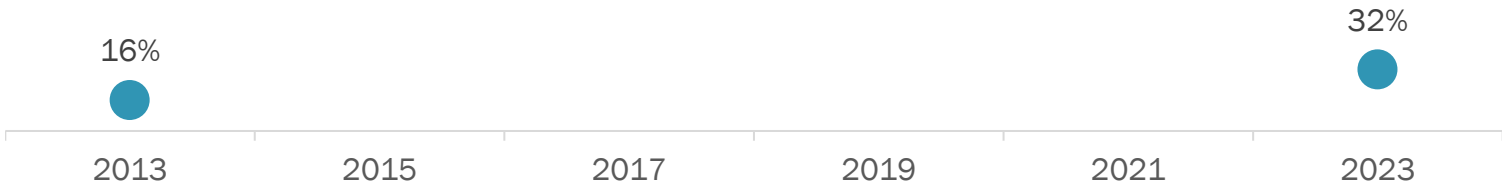
- Female students, LGBTQ+ students, and white non-Hispanic students are statistically more likely to use sunscreen at least most of the time when they were outside on a sunny day.
- Most of the time or always using sunscreen does not statistically differ by grade level or among students with or without an IEP.

Compared to 2013, the percent of students who wear sunscreen at least most of the time doubled, a statistical difference.

Percent of high school students who wear sunscreen most of the time or always when outside.



Percent of high school students who wear sunscreen most of the time or always when outside over time.



# Asked About Smoking by a Medical Provider

## Among students who saw a doctor, dentist, or nurse

During the past year, 86% of students saw a doctor, dentist, or nurse.

About half (49%) of all high school students who saw a doctor, dentist, or nurse during the past year were asked if they smoked; 17% were not sure.

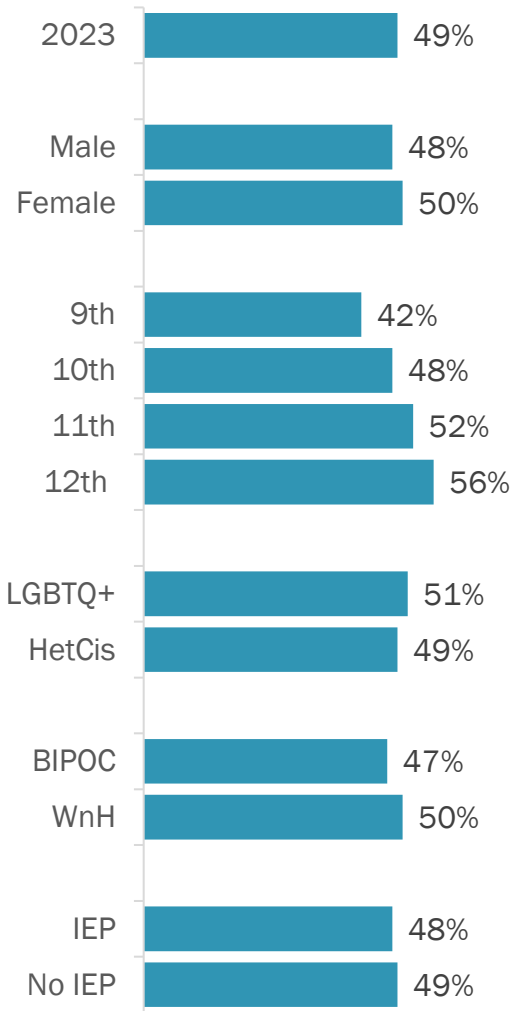
Among students who saw a doctor, dentist, or nurse during the past year:

- Being asked about smoking by a provider statistically increases with each grade level.
- Being asked about smoking by a provider does not differ by sex, sexual orientation and gender identity, race and ethnicity, and among students with or without an IEP.

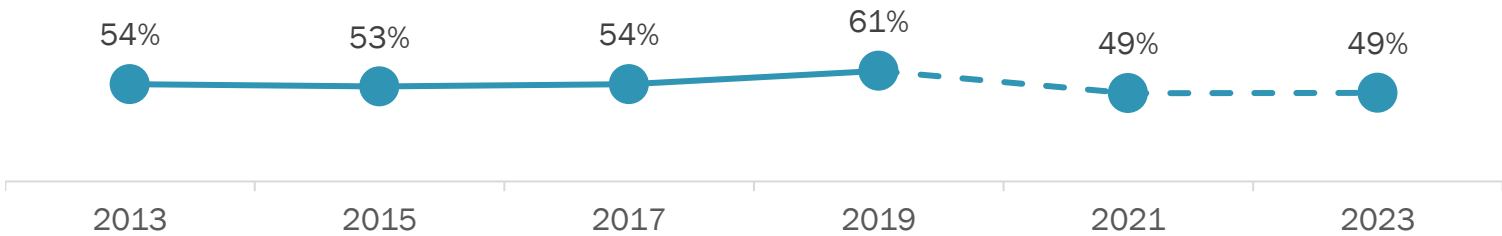
Compared to 2015, the percent of students asked about smoking by a medical provider statistically decreased.

Between [2021\\*](#) and 2023, being asked about smoking by a medical provider did not statistically change.

**Percent of high school students asked by a medical provider if they smoked, past year.**



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





# Motor Vehicle Safety



# Sent a Text or Email While Driving

## Among students who drove a vehicle

Nearly four in ten (38%) high school students who drove a vehicle during the past 30 days, report texting or emailing while driving.

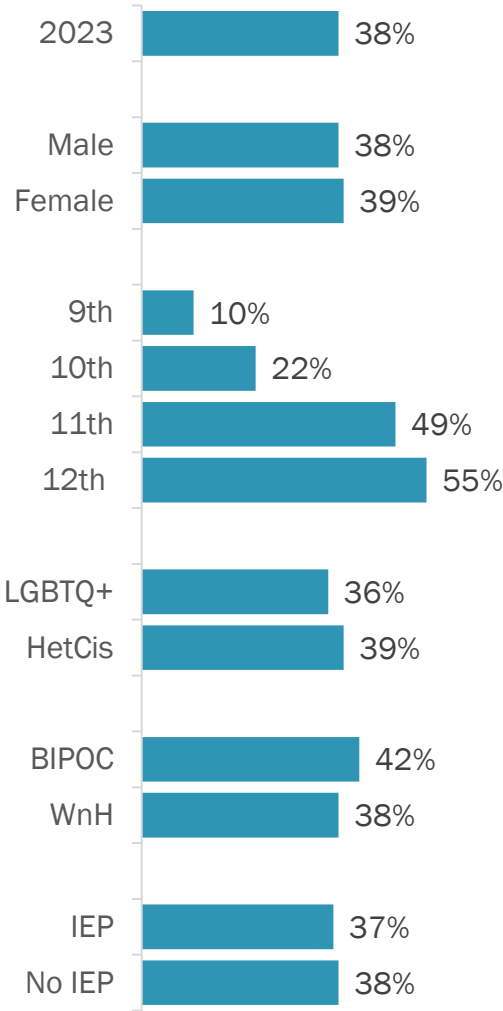
Among students who drove during the past 30 days:

- 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.

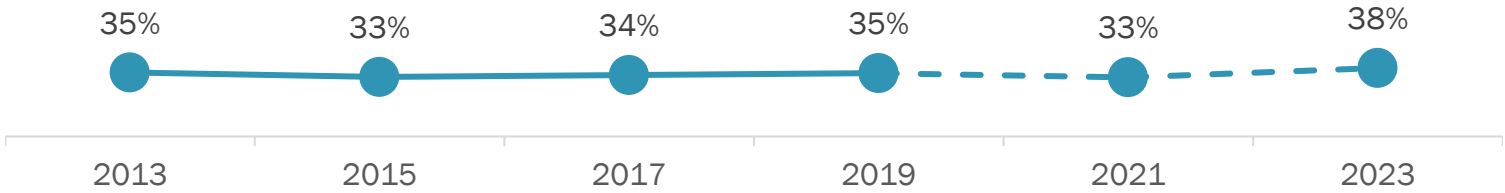
Compared to 2013, the percent of students texting while driving a vehicle statistically increased.

Texting while driving statistically increased between [2021\\*](#) and 2023.

**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 and Driving

## Among students who drove a vehicle

Among students who drove a vehicle during the past 30 days, one in 15 (7%) report driving when drinking alcohol.

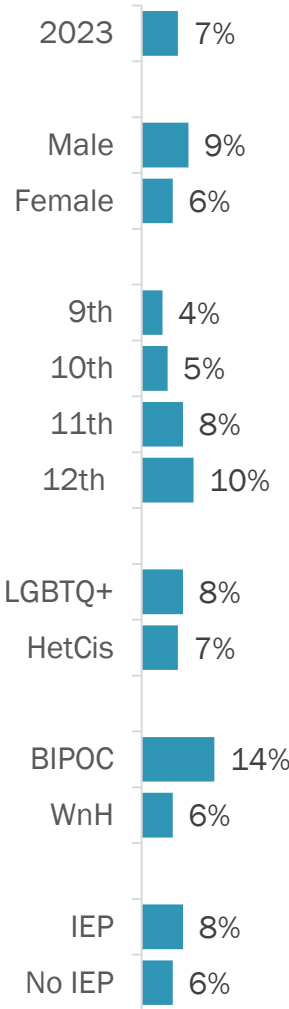
Among students who drove during the past 30 days:

- Male students, older students, and BIPOC students are statistically more likely to drive when drinking alcohol.
- Driving after drinking alcohol does not statistically differ by sexual orientation and gender identity or having an IEP.

Compared to 2013, the percent of students who drove a vehicle when drinking statistically decreased.

Between [2021\\*](#) and 2023, the percent of students who drove a vehicle when drinking statistically increased.

**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.**



# Riding in a Vehicle and Alcohol Use

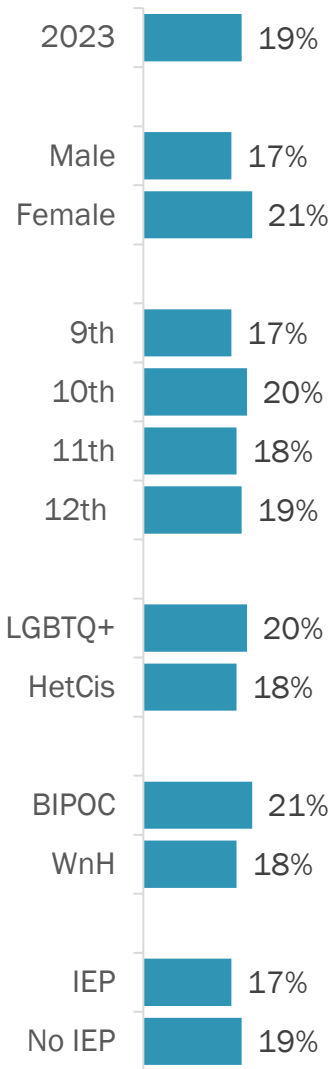
During the past 30 days, nearly one in five high school students (19%) report riding in a vehicle with someone who had been drinking alcohol.

- Female 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 grade level, sexual orientation and gender identity, race and ethnicity, or having an IEP.

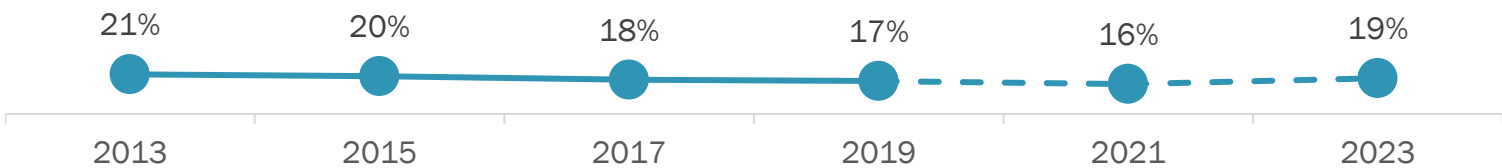
Compared to 2013, the percent of students who rode with a driver using alcohol statistically decreased.

Riding with a driver who was using alcohol statistically increased between [2021\\*](#) and 2023.

**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 rode in a vehicle with someone using 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 eight (12%), report driving when using marijuana.

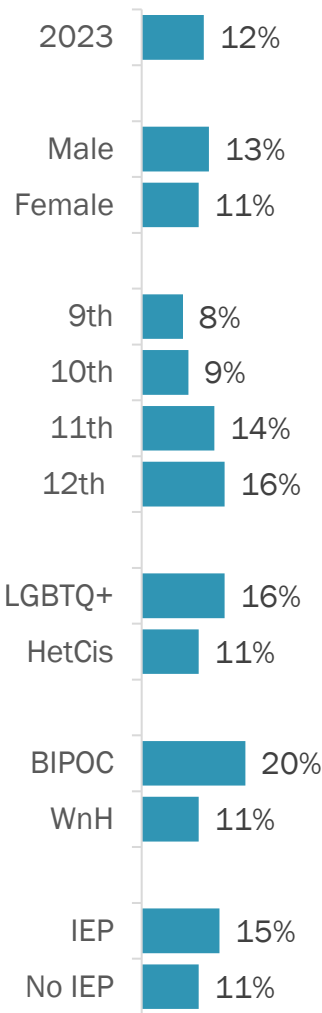
- Among students who drove during the past 30 days, male students, older students, LGBTQ+ students, BIPOC students, and students with an IEP are statistically more likely to drive when using marijuana.

Since 2013, the percent of students who drove a vehicle when using marijuana statistically decreased.

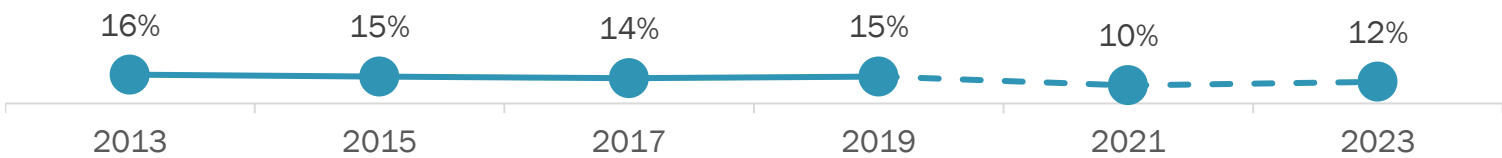
Between [2021\\*](#) and 2023, driving after using marijuana statistically increased.

*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 when using marijuana, past 30 days.**



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





# Riding in a Vehicle and Marijuana Use

During the past 30 days, just over one in five high school students (22%) report riding in a vehicle with someone who had been using marijuana.

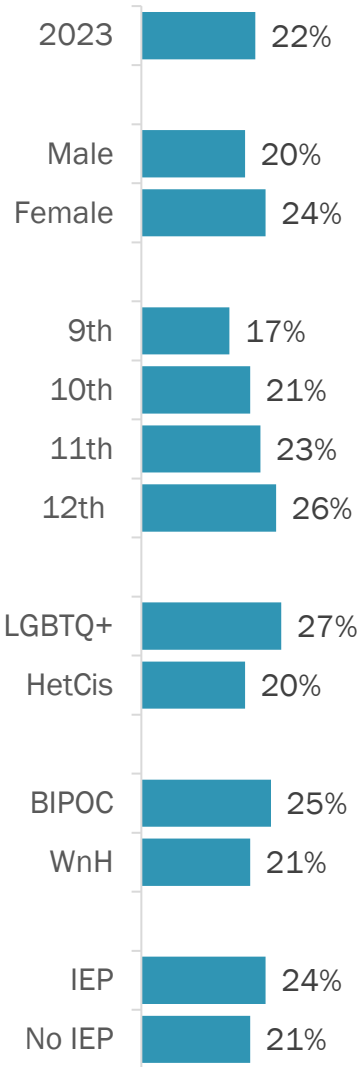
- Female students, older students, LGBTQ+ students, BIPOC students, and students with an IEP are statistically more likely to ride in a vehicle with a driver who had used marijuana.

Compared to 2013, riding in a vehicle with someone who was using marijuana statistically decreased.

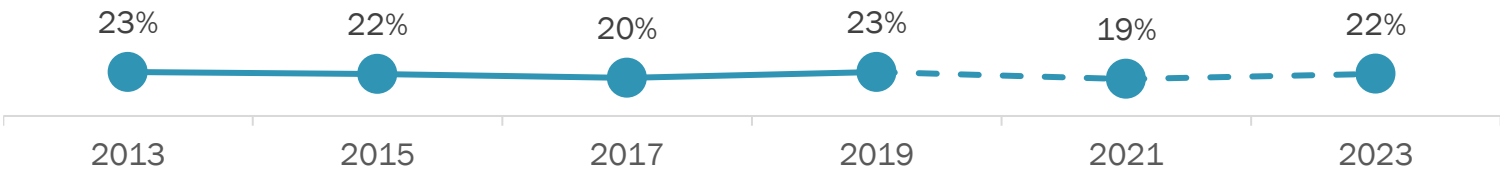
Between [2021\\*](#) and 2023, riding in a vehicle with someone who was using marijuana statistically increased.

*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.**





# Physical Violence and Bullying

# Were in a Physical Fight

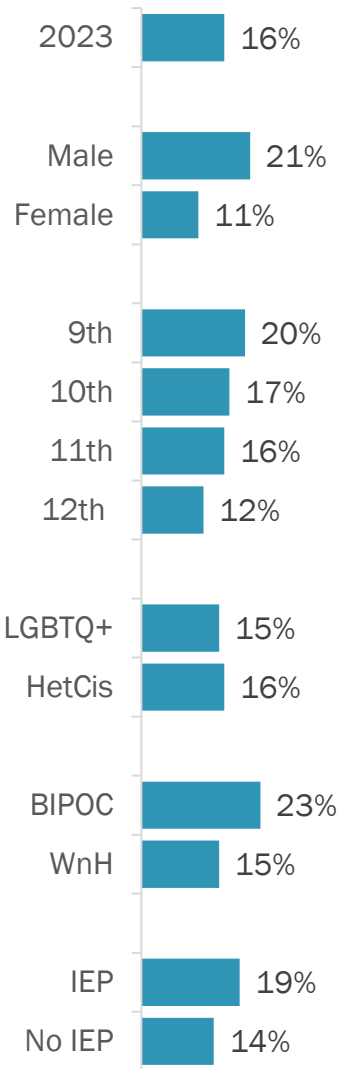
Overall, about one in six high school students (16%) report being in a physical fight during the past year.

- Male students, younger students, BIPOC students, and students with an IEP are statistically more likely to report being in a physical fight during the past year.
- Being in a physical fight does not statistically differ by sexual orientation and gender identity.

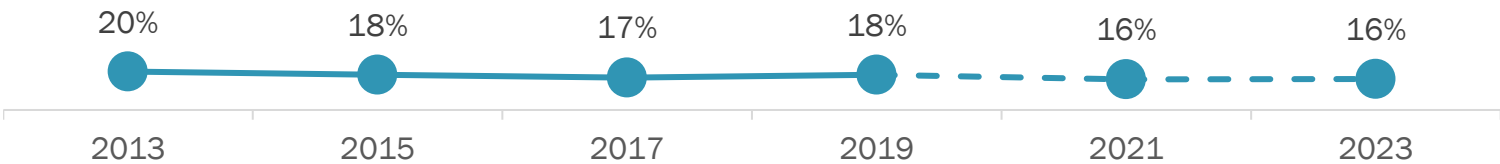
Compared to 2013, the percent of students in a physical fight during the previous year statistically decreased.

Being in a fight did not statistically change between [2021\\*](#) and 2023.

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



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



# Threatened with a Weapon

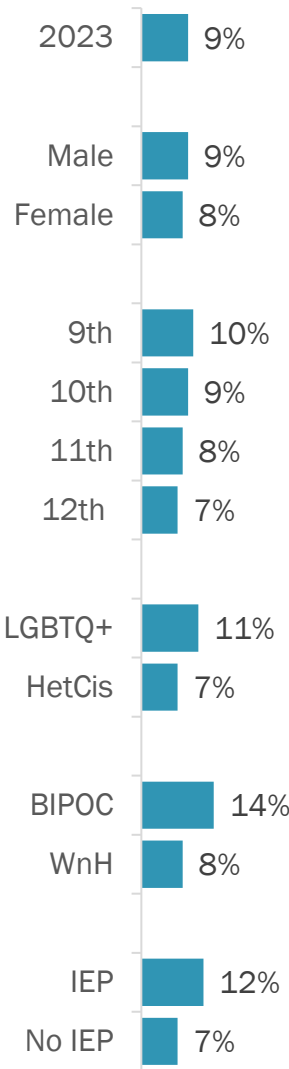
Nearly one in ten high school students (9%) report being threatened or injured with a weapon on school property during the past year.

- 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.
- Male and female students report statistically similar rates of being threatened or injured with a weapon on school property during the past year.

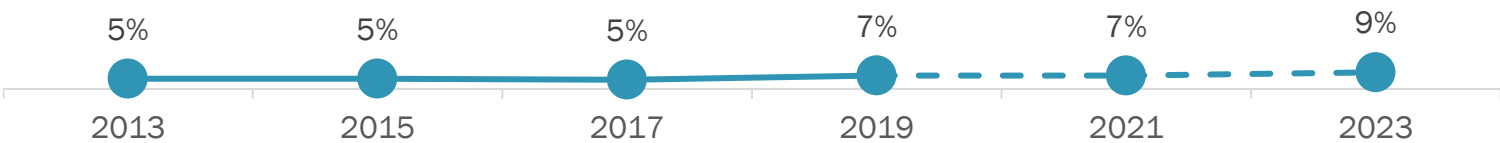
Since 2013, the percent of students threatened or injured with a weapon on school property statistically increased.

Between [2021\\*](#) and 2023, being treated with a weapon statistically increased.

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



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





# Carried a Weapon on School Property

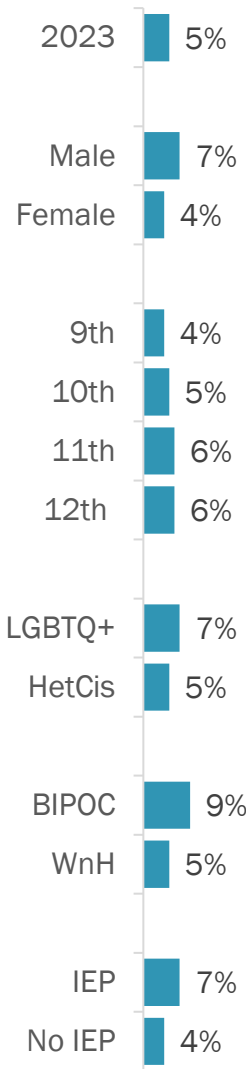
Overall, one in 20 high school students (5%) report carrying a weapon on school property during the past 30 days.

- Male 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.
- Carrying a weapon on school property does not statistically differ between older and younger students or as grade level increased.

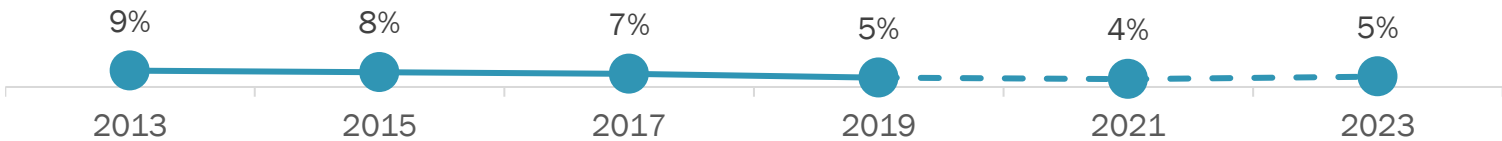
Compared to 2013, the percent of students who carrying a weapon on school property statistically decreased.

Carrying a weapon on school property statistically increased between [2021\\*](#) and 2023.

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



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



# Were Bullied

About one in five (21%) high school students report getting bullied during the past 30 days.

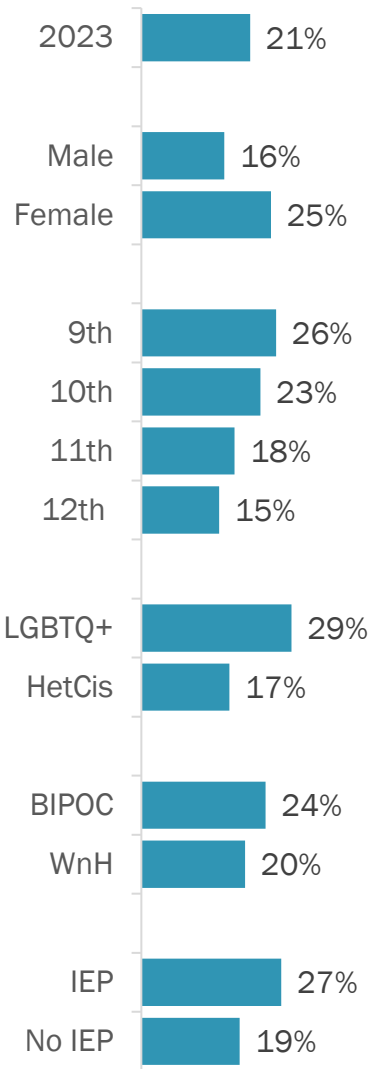
- Female students, younger students, LGBTQ+ students, BIPOC students, and students with an IEP are statistically more likely to report getting bullied during the past 30 days.

Compared to 2013, the percent of students getting bullied during the past 30 days statistically increased.

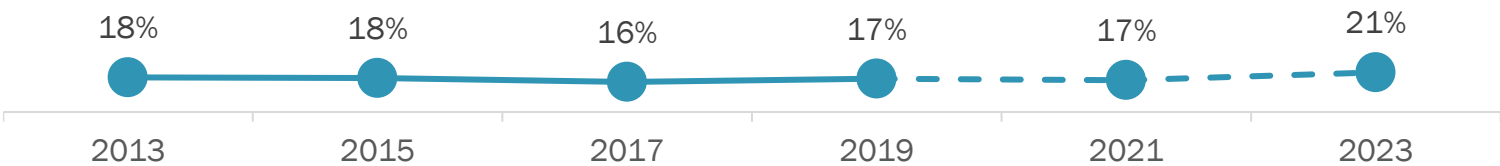
Between [2021\\*](#) and 2023, being bullied statistically increased.

*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 (13%) report bullying someone else in the past 30 days.

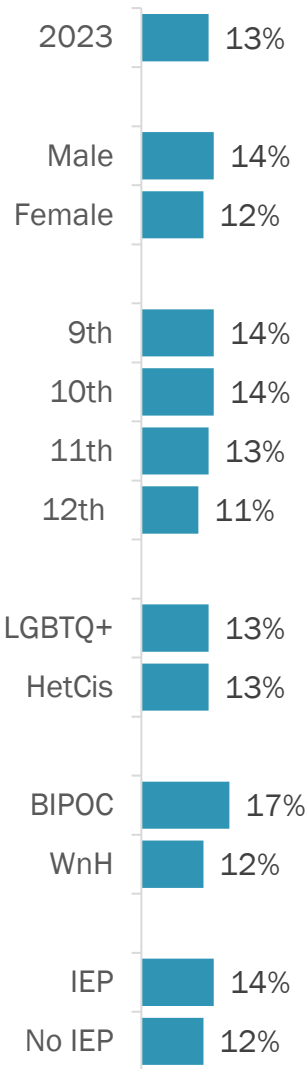
- Male students, younger students, BIPOC students, and students with an IEP are statistically more likely to report bullying someone else during the past 30 days.
- Bullying someone else during the past 30 days does not statistically differ by sexual orientation and gender identity.

Compared to 2013, the percent of students bullying someone else did not statistically change.

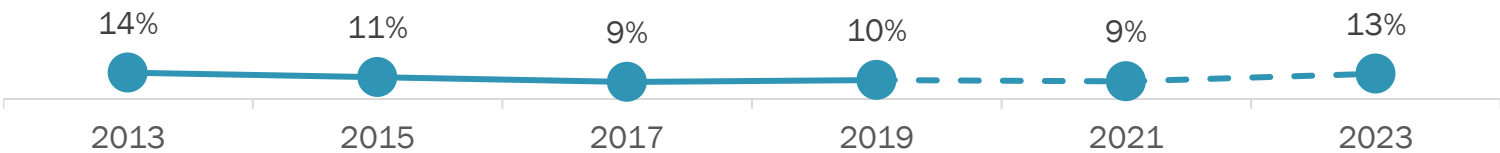
Between [2021\\*](#) and 2023, bullying someone else statistically increased.

*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 six high school students (18%) report being electronically bullied.

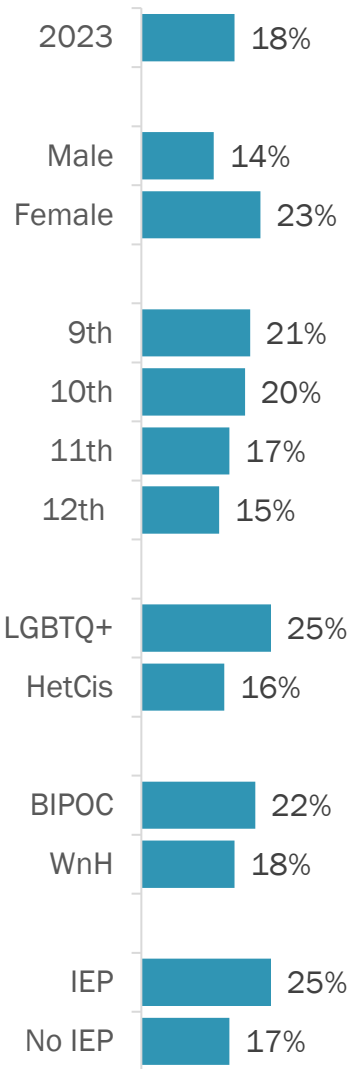
- Female students, younger students, LGBTQ+ students, BIPOC students, and students with an IEP are statistically more likely to report being electronically bullied during the past year.

Compared to 2013 electronic bullying statistically increased.

Between [2021\\*](#) and 2023, being bullied electronically 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. 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

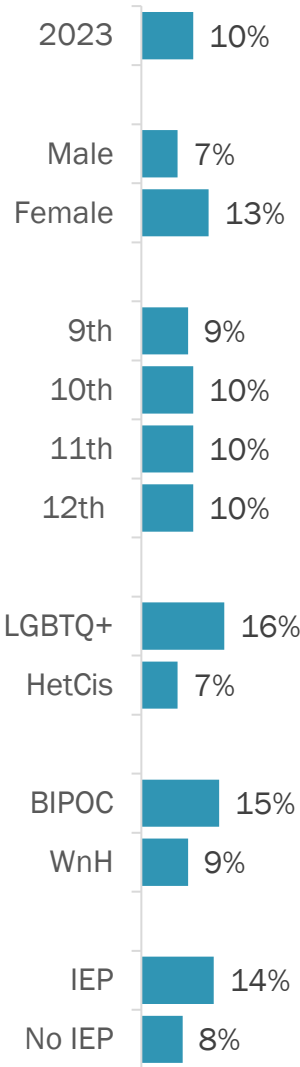
One in ten high school students (10%), report skipping school during the past 30 days because they felt unsafe at school or on their way to or from school.

- Female 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.
- Skipping school due to concerns about safety does not statistically differ by grade level.

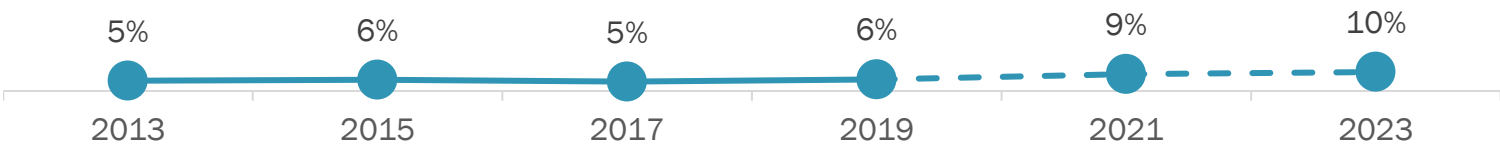
Since 2013, the percent of students who skip school because they feel unsafe doubled.

The percent of students who skipped school because they felt unsafe statistically increased between [2021\\*](#) and 2023.

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



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



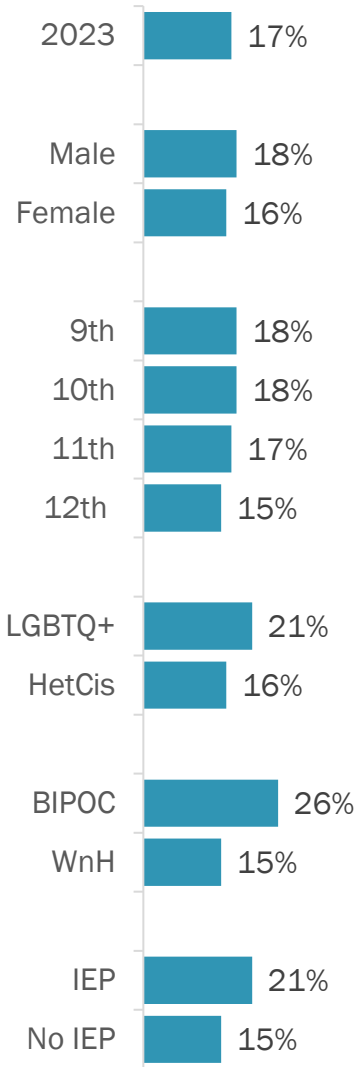
# Witnessed Neighborhood Violence

About one in six high school students (17%) 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 have witnessed neighborhood violence.

Ever seeing someone get physically attacked, beaten, stabbed, or shot in their neighborhood statistically increased between [2021\\*](#) and 2023.

**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.**





# **Sexual and Dating Violence**

# Unwanted Sexual Behaviors

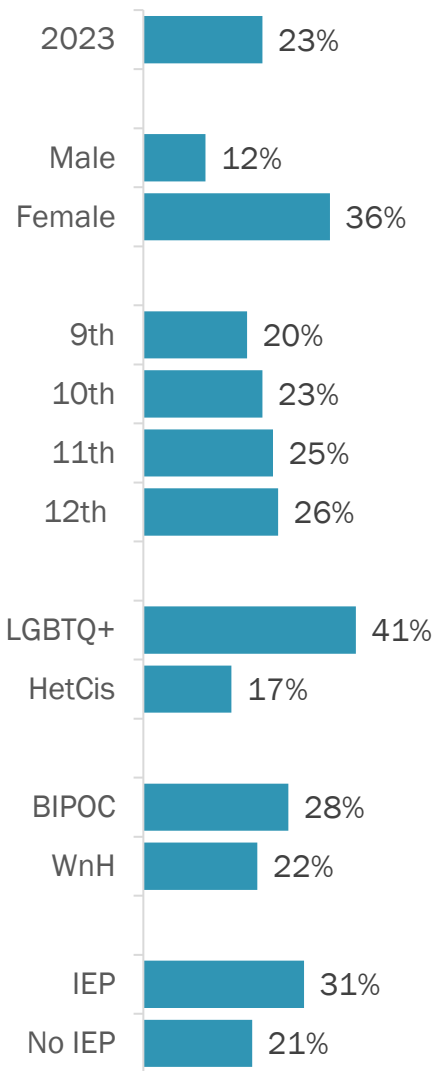
Nearly a quarter of high school students (23%) have ever had someone do sexual things such as kissing, touching, or intercourse to them that they did not want.

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

Since 2019, the percent of students who experience unwanted sexual things statistically increased.

Experiencing unwanted sexual contact statistically increased between [2021\\*](#) and 2023.

**Percent of high school students who ever had someone do unwanted sexual things to them.**



**Percent of high school students who experienced unwanted sexual contact over time.**



# Sexual Dating Violence

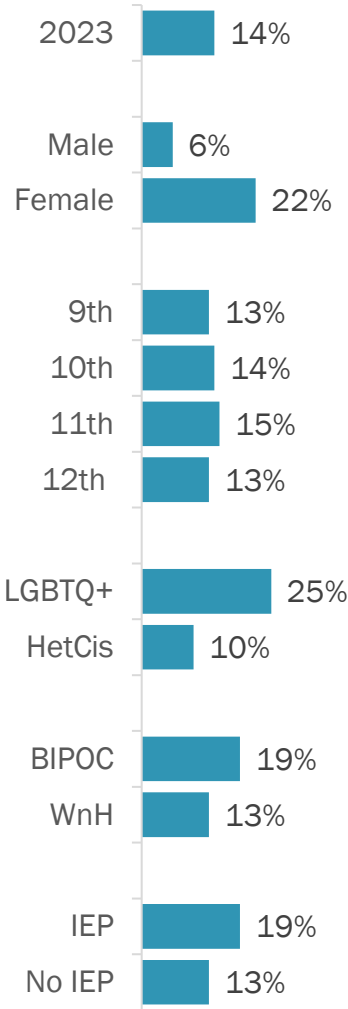
## Among students who dated

One in seven high school students (14%) who dated or went out with someone during the past year report their partner did unwanted sexual things to them.

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

- Female students are nearly four times as likely as male students to report experiencing unwanted sexual behaviors by someone they are dating or going out with.
- Female students, LGBTQ+ students, BIPOC students, and students with an IEP are statistically more likely to experience unwanted sexual things by someone they are dating or going out with.
- Sexual dating violence does not statistically differ by grade level among students who dated or went out with someone.

**Percent of high school students who had someone they were dating or going out with do unwanted sexual things to them, among students who dated, past year.**





# Physical Dating Violence

## Among students who dated

About one in ten high school students (9%) who dated or went out with someone during the past year report their partner physically hurt them on purpose.

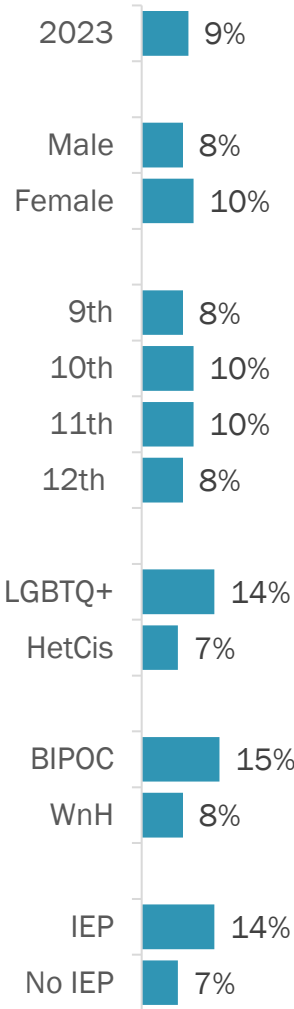
Among students who dated or went out with someone during the past year:

- Female students, 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 grade level.

Compared to 2013, the percent of students who experience physical violence by someone they were dating did not statistically change.

Between [2021\\*](#) and 2023, experiencing physical dating violence 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



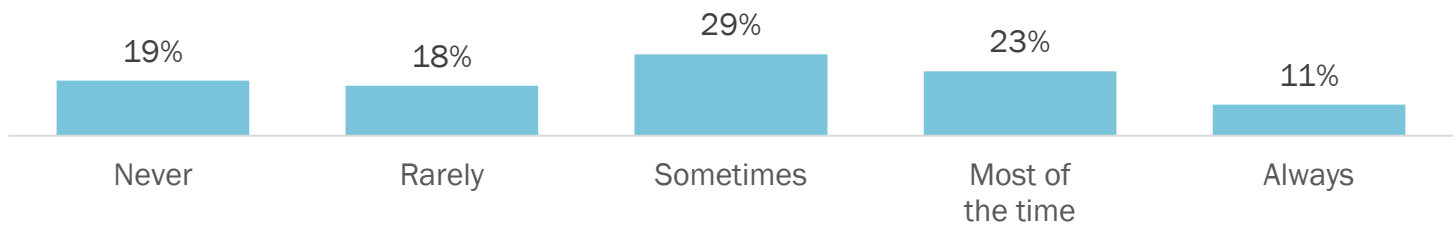
# Poor Mental Health

During the past 30 days, a third of high school students (34%) said their mental health was not good most of the time or always.

Nearly a third (29%) said their mental health was sometimes not good. One in five never experienced poor mental health.

*Poor mental health includes stress, anxiety, and depression.*

## Frequency mental health was “not good”



# Poor Mental Health

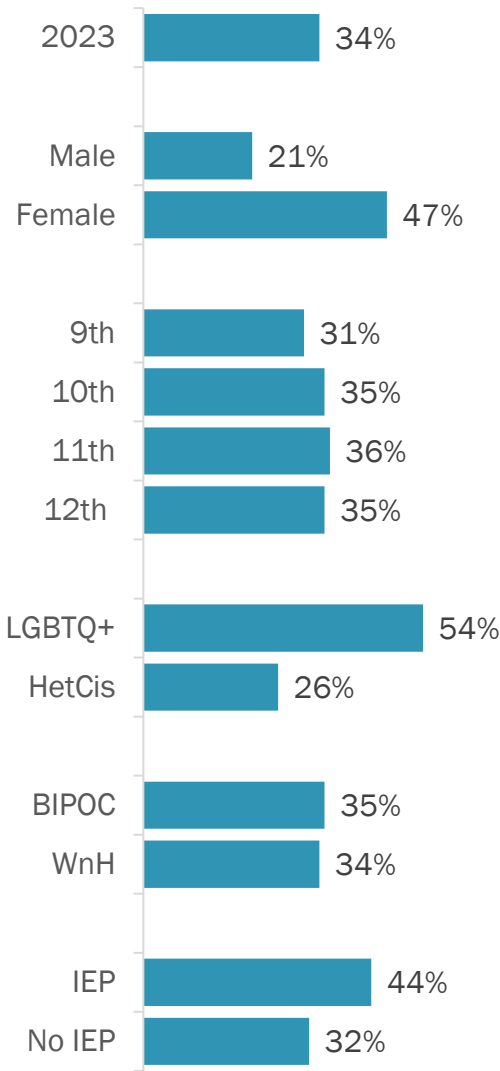
During the past 30 days, a third of high school students (34%) said their mental health was not good most of the time or always.

- 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, older students, LGBTQ+ students, and students with an IEP are statistically more likely to report experiencing poor mental health most of the time or always during the past 30 days.
- Poor mental health does not statistically differ by race and ethnicity.

Between [2021\\*](#) and 2023, experiencing poor mental health did not statistically change.

*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 over time.**



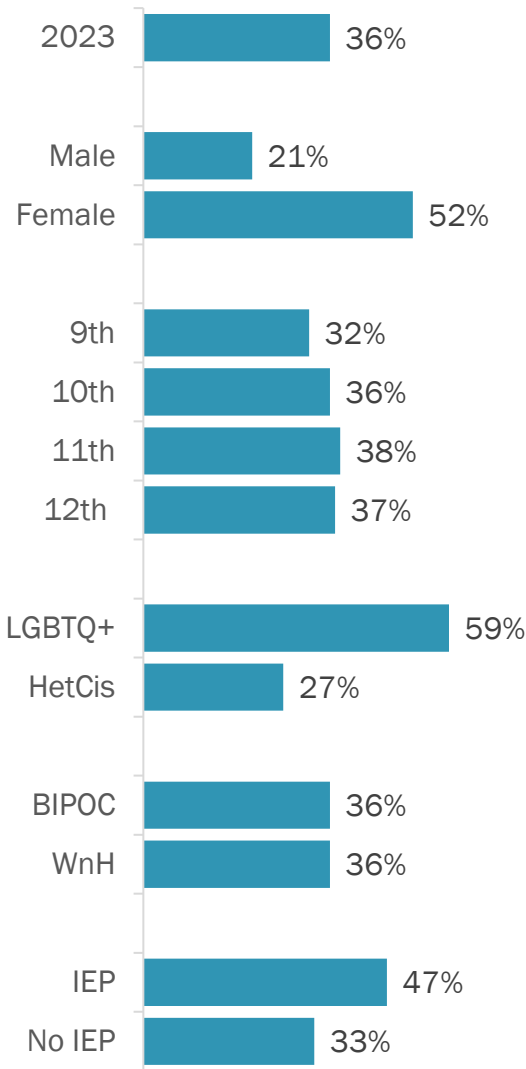
# Feeling Nervous, Anxious, or on Edge

More than a third of high school students (36%) report being bothered by feeling nervous, anxious, or on edge most of the time or always during the past year.

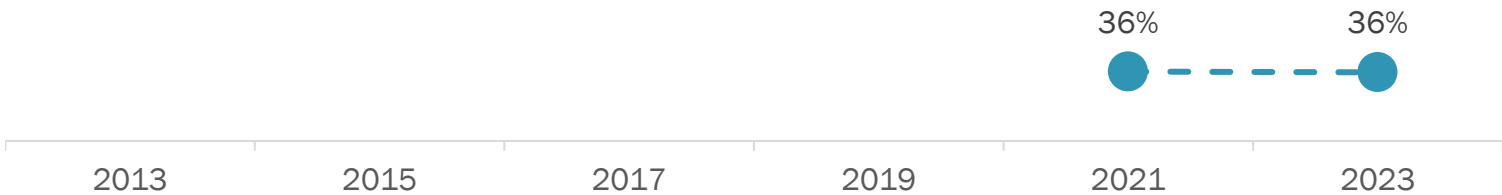
- More than half of female and LGBTQ+ students are bothered by feeling nervous, anxious, or on edge always or most of the time.
- Female students, older students, LGBTQ+ students, and students with an IEP are statistically more likely to report being bothered by feeling nervous, anxious, or on edge at least most of the time.
- Feeling nervous, anxious, or on edge does not statistically differ by race and ethnicity.

Feeling nervous, anxious, or on edge did not statistically change between [2021\\*](#) and 2023.

**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.**





# Feeling Sad or Hopeless

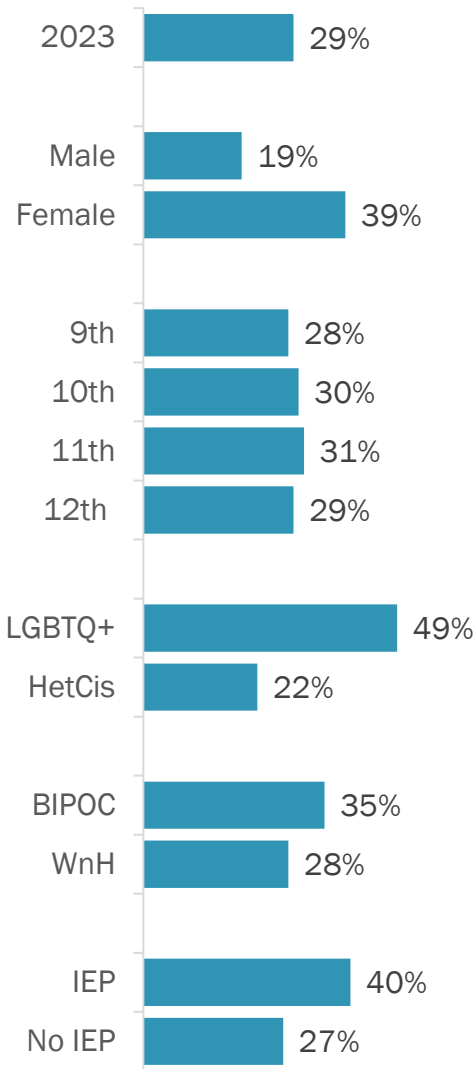
For at least two weeks during the past year, nearly three in ten high school students (29%) report feeling so sad or hopeless almost every day that they stopped doing some usual activities.

- Female students and LGBTQ+ students are two times more likely to report feeling sad or hopeless during the past year that they stop 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 stop doing some activities.
- Feeling sad or hopeless does not statistically differ by grade.

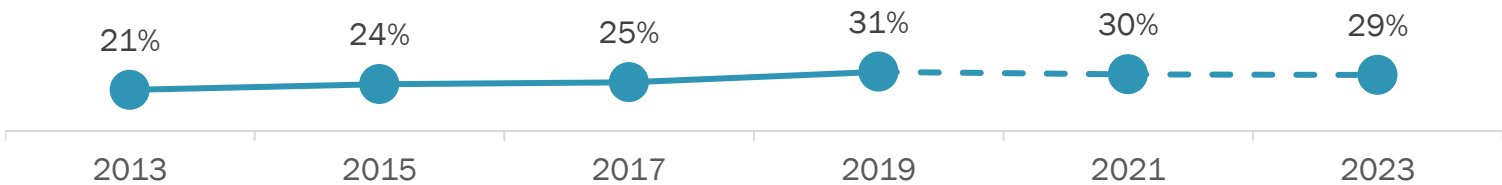
Compared to 2013, the percent of students who felt sad or hopeless statistically increased.

Between [2021\\*](#) and 2023, feeling sad or hopeless did not statistically change.

**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

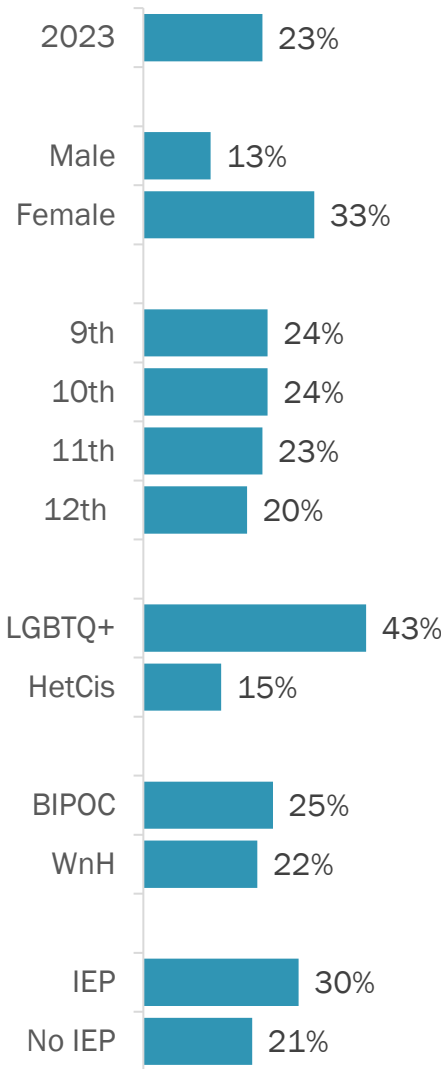
During the past year, nearly a quarter of high school students (23%) report doing something such as cutting or burning themselves to hurt themselves on purpose without wanting to die.

- LGBTQ+ students are nearly 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, younger students, LGBTQ+ students, and students with an IEP are statistically more likely to report hurting themselves on purpose during the past year.

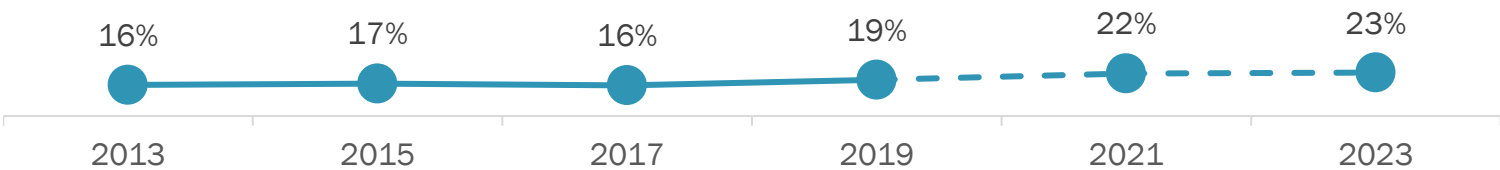
Since 2013, the percent of students who report harming themselves on purpose statistically increased.

Between [2021\\*](#) and 2023, the percent of students who hurt themselves on purpose did not statistically change.

**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

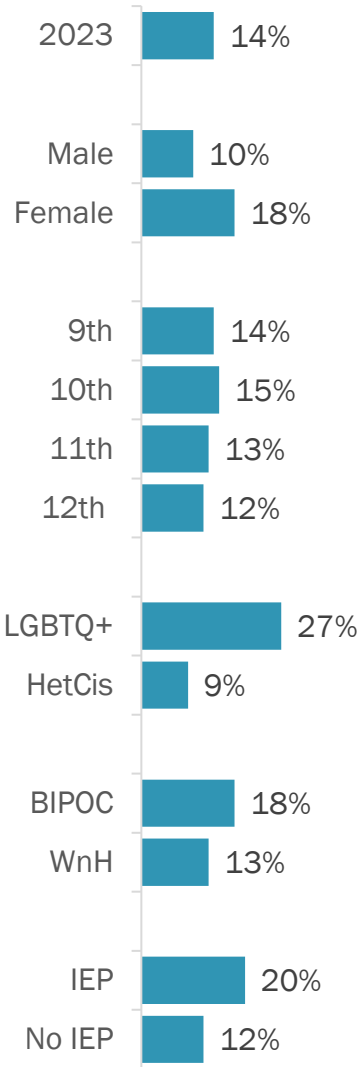
During the past year, one in seven high school students (14%) report making a plan about how they would kill themselves.

- LGBTQ+ students are three times more likely to report making a suicide plan during the past year compared to heterosexual cisgender students.
- Female students, younger students, LGBTQ+ students, BIPOC students, and students with an IEP are statistically more likely to report making a suicide plan.

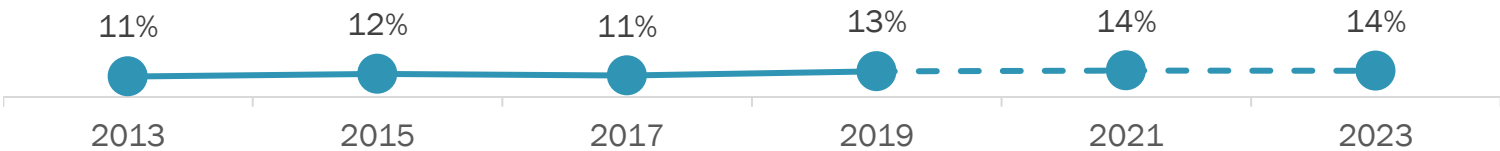
Compared to 2013, the percent of students who making a suicide plan statistically increased.

Between [2021\\*](#) and 2023, making a suicide plan did not statistically change.

**Percent of high school students who made a plan about how they would kill themselves, past year.**



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



# Suicide Attempts

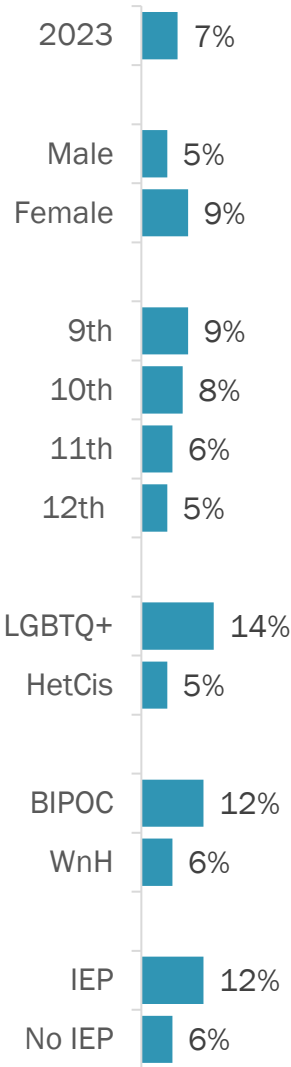
About one in 15 high school students (7%) report attempting to kill themselves at least one time during the past year.

- One in seven LGBTQ+ students (14%) attempted suicide during the past year.
- Nearly one in eight BIPOC and students with an IEP tried to kill themselves during the past year.
- Female students, younger students, LGBTQ+ students, BIPOC students, and students with an IEP are statistically more likely to report attempting suicide in the past year.

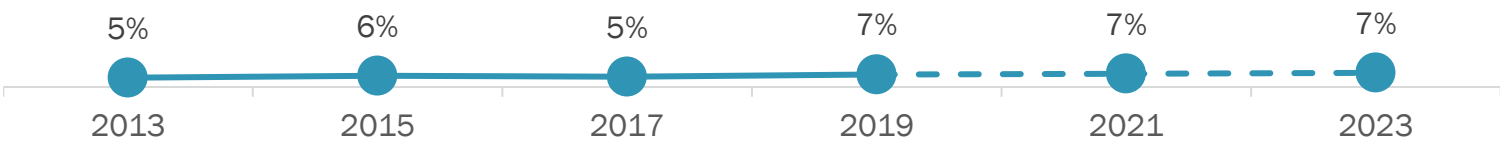
Compared to 2013, the percent of students attempted suicide statistically increased.

Suicide attempts did not statistically change between [2021\\*](#) and 2023.

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



Percent of high school students who attempted suicide over time.



# Mental Health Support

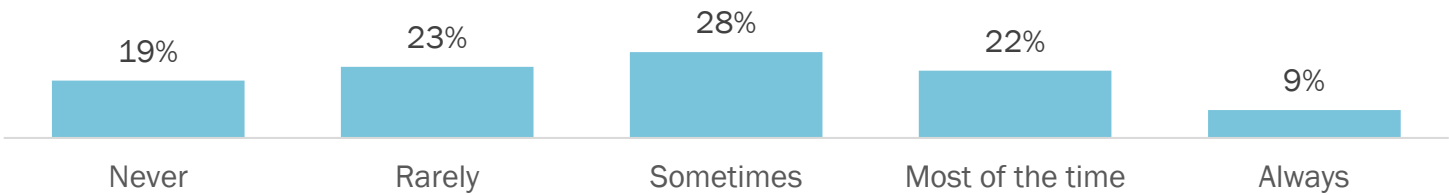
## Among students who felt sad, empty, hopeless, angry, or anxious

Overall, 86% of high school students report feeling sad, anxious, empty, angry, or hopeless.

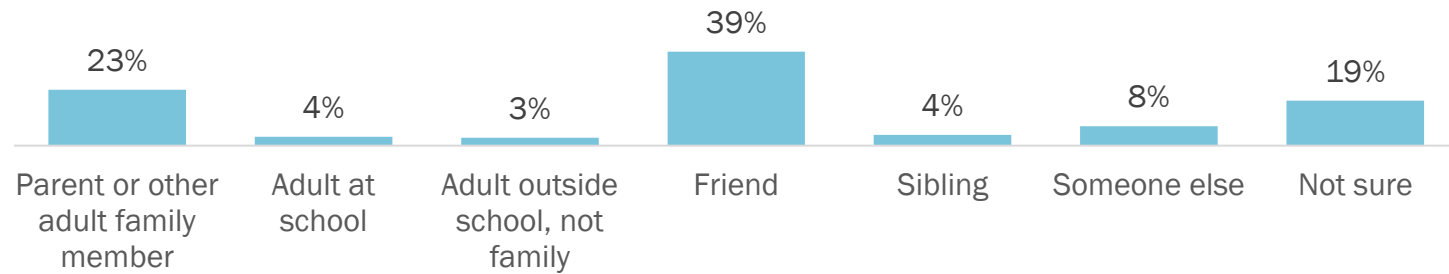
Among those who felt feeling sad, anxious, empty, angry, or hopeless:

- About three in ten students are able to get the help they needed at least most of the time with 9% indicating they are always able to get the help they need. However, one in five students (19%) are never able to get the help they need when feeling sad, anxious, empty, angry, or hopeless. Nearly a quarter (23%) rarely get the help they needed.
- One in four students (39%) say they are most likely to talk to a friend when they are feeling sad, anxious, empty, angry, or hopeless. About three in ten will talk with a trusted adult such as parent or other adult family member (23%), adult at school (4%), or an adult outside of school (3%).
- Nearly one in five students (19%) are not sure who they would talk to about their feelings.

### Frequency of high school students who felt sad, anxious, empty, angry, or hopeless and were able to get the help they needed.



### High school students who felt sad, anxious, empty, angry, or hopeless were most likely to talk about their feelings to a friend.





# Getting Help

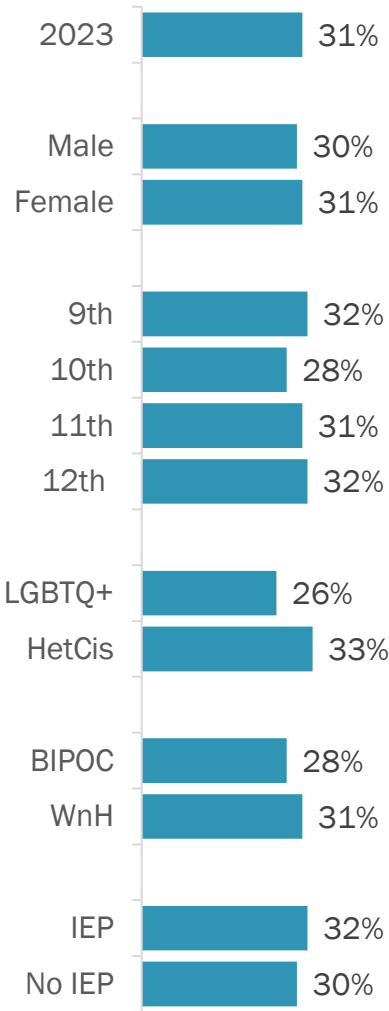
## Among students who feel sad, empty, hopeless, angry, or anxious

Among high school students who feel sad, anxious, empty, angry, or hopeless, a third (31%) are always or most of the time able to get the help they needed.

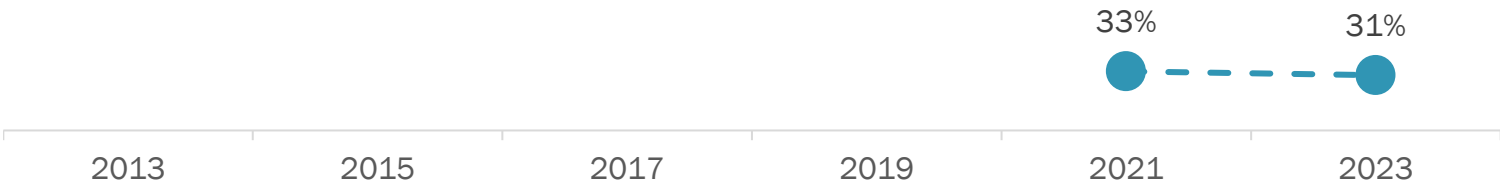
- Heterosexual cisgender students and white non-Hispanic students who feel sad, anxious, angry, or hopeless are statistically more likely to get the help they need at least most of the time.
- Getting help does not statistically differ by sex, grade level, or among students with or without an IEP.

Between [2021\\*](#) and 2023, the percent of students who are 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 were able to get the help they needed over time.**



# Talk about Feelings

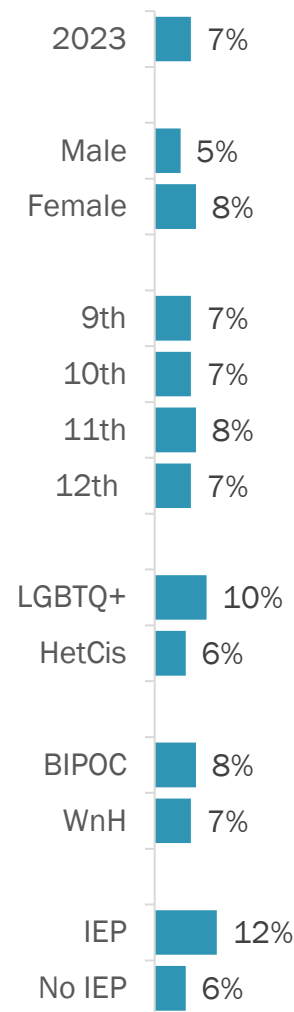
## Among students who feel sad, empty, hopeless, angry, or anxious

Less than one in ten high school students (7%) who feel sad, empty, hopeless, angry, or anxious, indicate they would most likely talk to a teacher, counselor or other adult in their school, or 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, LGBTQ+ students, and students with an IEP are statistically more likely to talk to a teacher, counselor or other adult in their school or an adult outside of school who is not a family member about their feelings.
- Discussing feelings with a teacher, counselor or other adult in their school or an adult outside of school who is not a family member does not statistically differ by grade level or race and ethnicity.

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





# Lifetime Substance Use

# Lifetime Alcohol Use

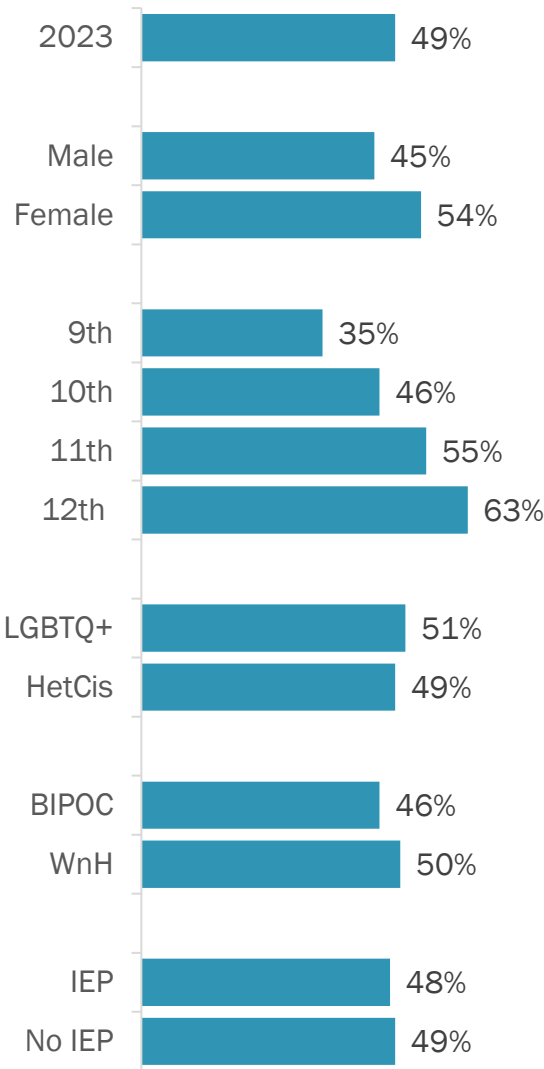
About half (49%) of all high school students report trying alcohol.

- Ever drinking alcohol is statistically higher among female students and white, non-Hispanic students.
- Ever drinking alcohol statistically increases with each grade level.
- Lifetime alcohol use does not statistically differ by sexual orientation and gender identity or among students with or without an IEP.

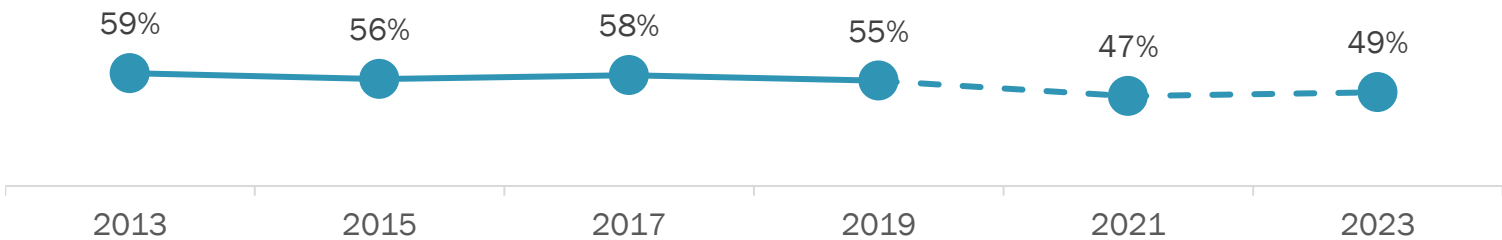
Since 2013, ever drinking alcohol statistically decreased.

Between [2021\\*](#) and 2023, lifetime use of alcohol statistically increased.

**Percent of high school students who ever drank alcohol.**



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



# Lifetime Cigarette Use

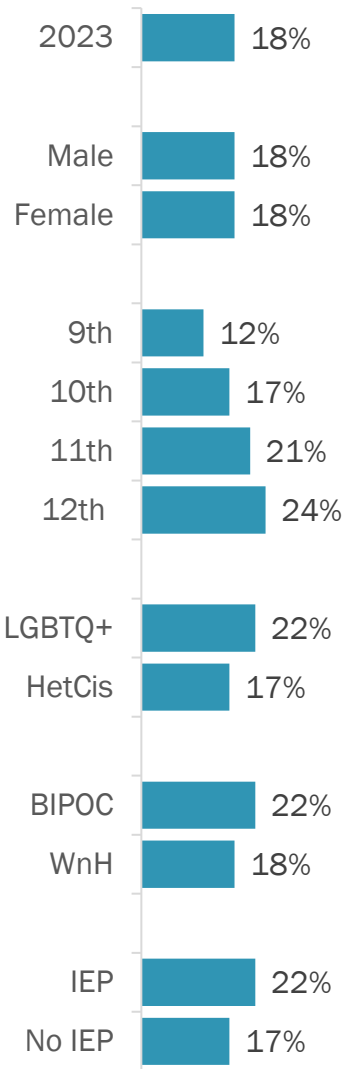
Less than one in five (18%) high school students report ever smoking a cigarette, this includes even one or two puffs.

- Older students, LGBTQ+ students, BIPOC students, and students with an IEP are statistically more likely to have ever tried a cigarette.
- Ever smoking a cigarette does not statistically differ by sex.

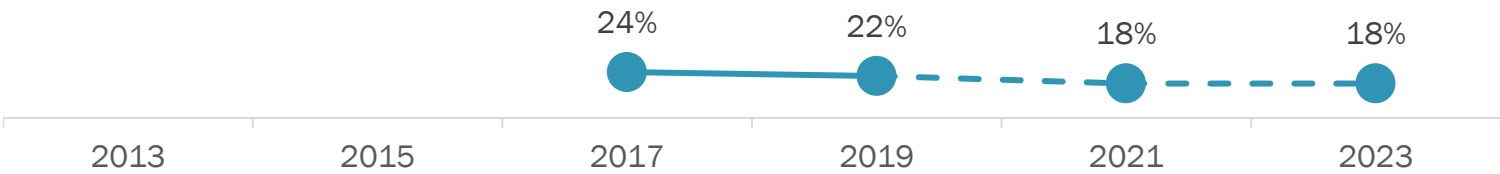
Compared to 2017, the percent of students who report trying a cigarette statistically decreased.

Between [2021\\*](#) and 2023, ever trying a cigarette did not statistically change.

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

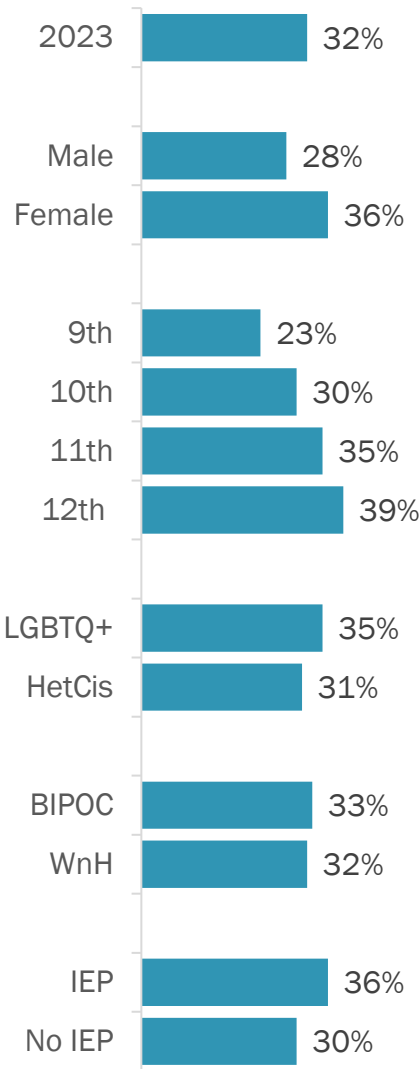
About one third of high school students (32%) report ever trying an electronic vapor product.

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

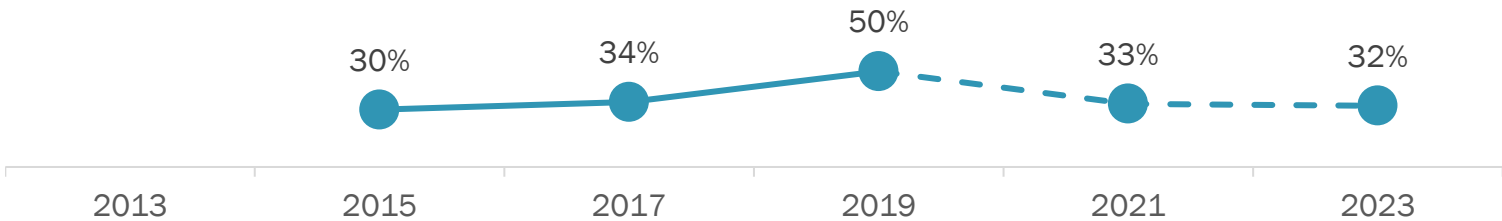
Compared to 2015, the percent of students who report ever using an electronic vapor product did not statistically change. Ever using an electronic vapor product peaked in 2019 and then statistically decreased in [2021\\*](#) and then again in 2023.

*Electronic vapor products include vapes, e-cigarettes, e-cigs, mods, e-hookahs, or vape pens such as JUUL, Vuse, NJOY, Puff Bar, blu, or Bidi Stick.*

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

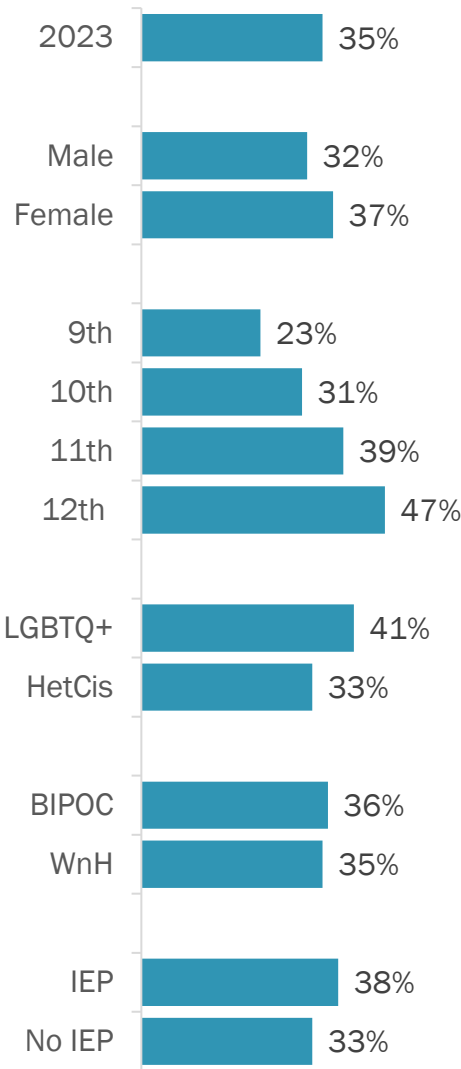
Just over a third of high school students (35%) report trying marijuana.

- Nearly half (47%) of high school seniors have used marijuana.
- Female students, LGBTQ+ students, and students with an IEP are statistically more likely to have ever tried marijuana.
- Ever using marijuana statistically increases with each grade level.
- Lifetime marijuana use does not statistically differ by race and ethnicity.

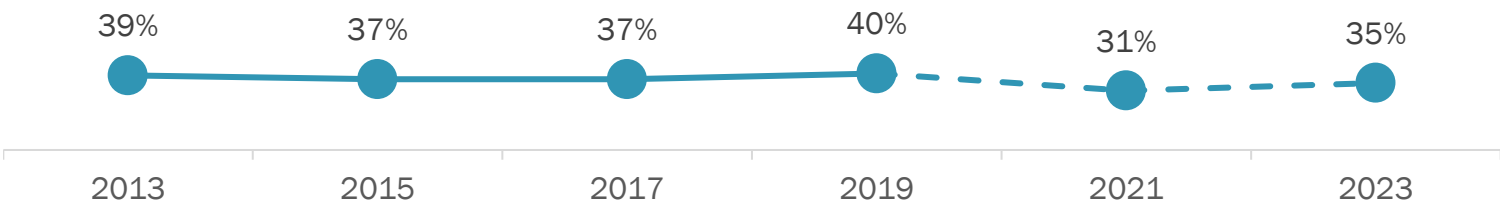
Compared to 2013, the percent of students who have ever used marijuana statistically decreased.

Between [2021\\*](#) and 2023, lifetime use of marijuana statistically increased.

**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

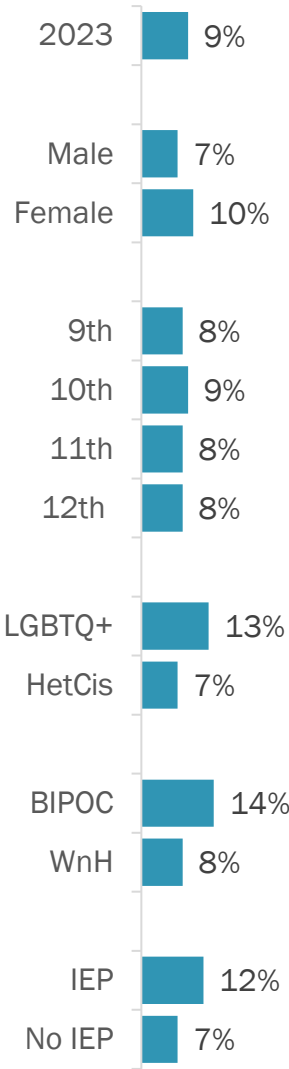
Less than one in ten high school students (9%) report ever using a prescription pain medicine such as codeine, Vicodin, OxyContin, hydrocodone, and Percocet without a doctor’s prescription or different from how a doctor told them to use it.

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

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

Between [2021\\*](#) and 2023, ever misusing a prescription pain medicine statistically increased.

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



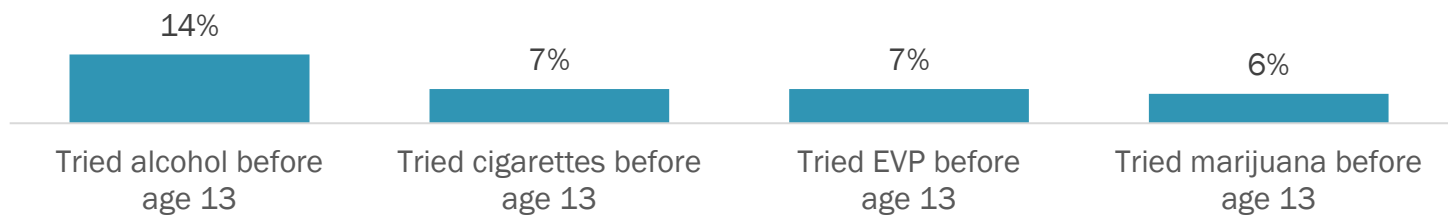
**Percent of high school students who ever misused a prescription pain medicine over time.**



# Substance Use Before Age 13

- Roughly one in seven high school students (14%) try alcohol before age 13.
- About one in 15 try cigarettes (7%), electronic vapor products (7%), or marijuana (6%) before age 13.

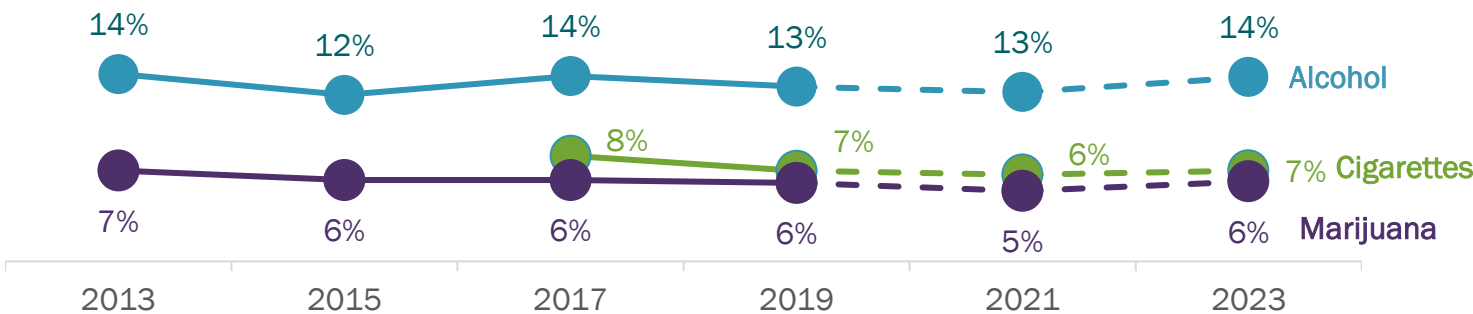
Percent of high school students who use tobacco, alcohol, or marijuana before age 13.



Compared to 2013, 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 [2021\\*](#) and 2023, using alcohol before age 13 statistically increased; trying a cigarette and using marijuana did not statistically change.

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

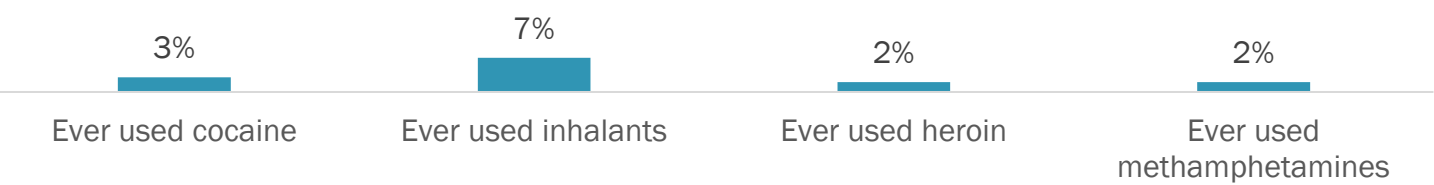


# Other Lifetime Illicit Drug Use

Less than 10% of students report using other illicit drugs.

- About one in 15 high school students (7%) report sniffing glue, breathing the contents of aerosol spray cans, or inhaling any paints or sprays to get high.
- Few (2%) have tried heroin or methamphetamines.
- About one in 40 have tried cocaine (3%).

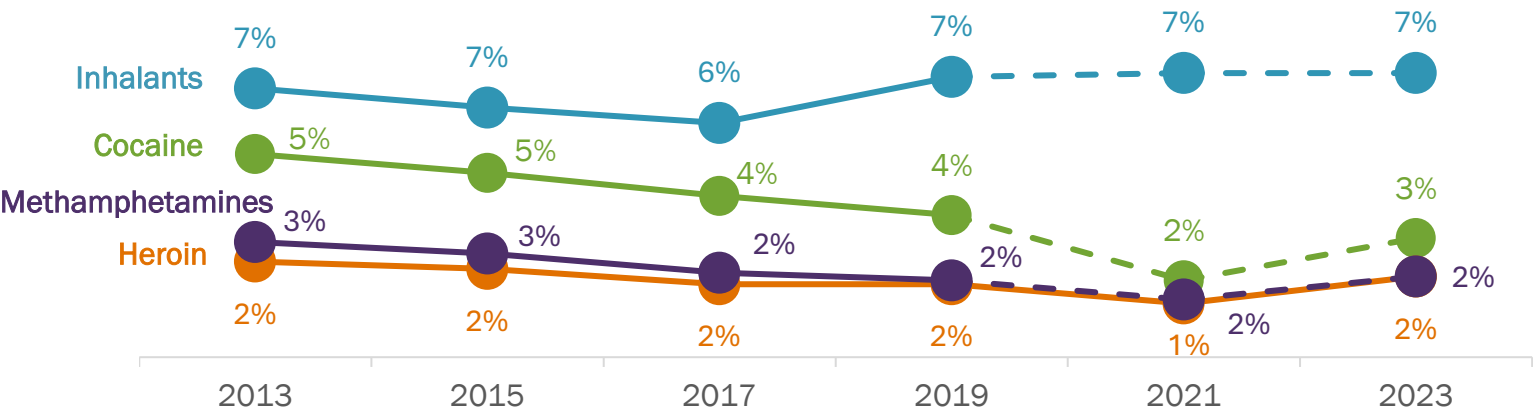
Percent of high school students who use other drugs.



Lifetime use of cocaine and methamphetamine statistically decreased from 2013 to 2023. Lifetime use of inhalants and heroin did not statistically change since 2013.

Between [2021\\*](#) and 2023, lifetime use of cocaine, heroin, and methamphetamine statistically increased. The percent of students who ever used inhalants did not statistically change between [2021\\*](#) and 2023.

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







# Current Substance Use

# Current Alcohol Use

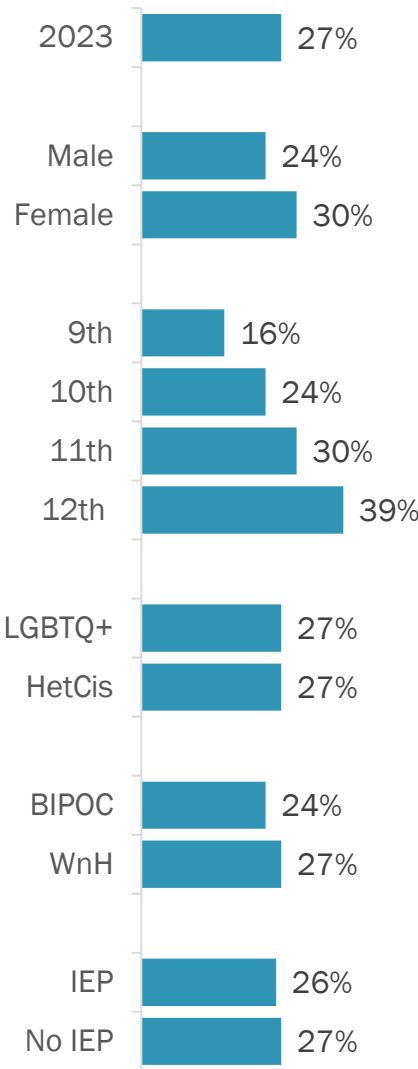
Nearly three in ten high school students (27%) report drinking alcohol in the past 30 days.

- Female students and white non-Hispanic students are statistically more likely to drink alcohol during the past 30 days.
- Current alcohol use increases with each grade level.
- Current alcohol use does not statistically differ by sexual orientation and gender identity or among student with or without an IEP.

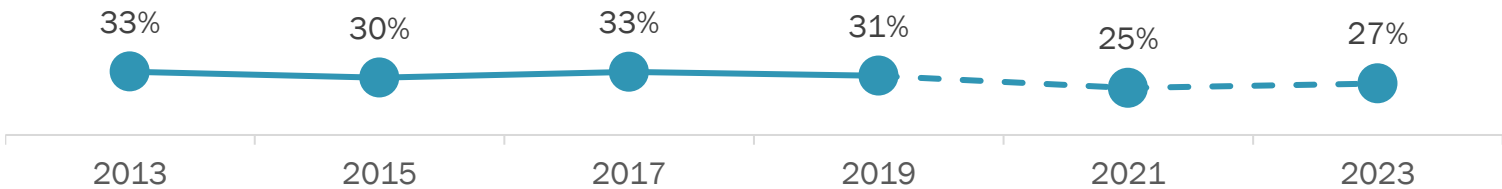
Since 2013, the percent of students who drink alcohol in the past 30 days statistically decreased.

Between [2021\\*](#) and 2023, current alcohol use statistically increased.

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



Percent of high school students drinking alcohol over time.



# Current Binge Drinking

One in eight high school students (13%) report binge drinking in the past 30 days.

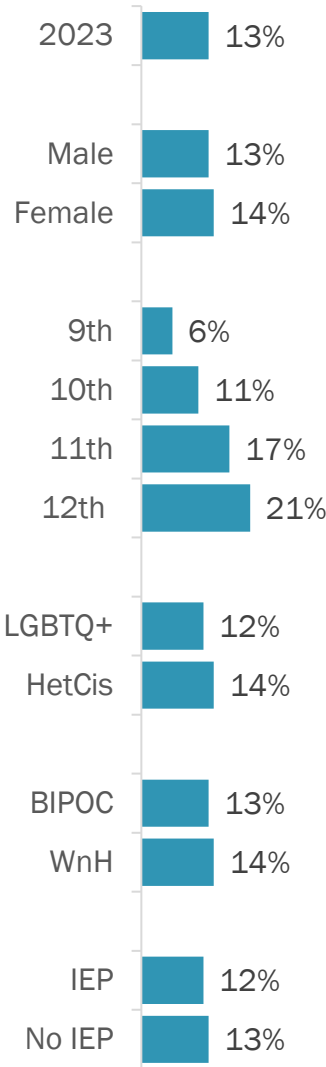
- Binge drinking statistically increases with each grade level.
- Binge drinking during the past 30 days does not statistically differ by sex, sexual orientation and gender identity, race and ethnicity, and among students with or without an IEP.

Compared to 2017, the percent of students who binge drink statistically decreased.

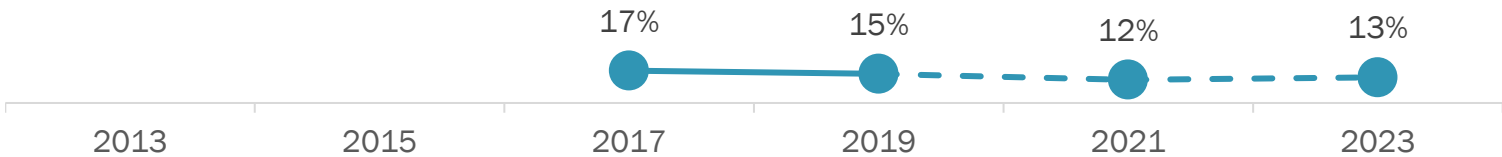
Binge drinking statistically increased between [2021\\*](#) and 2023.

*Binge drinking is defined as having four or more drinks of alcohol in a row, within a couple of hours if you are female and five or more drinks in a row if you are male.*

**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

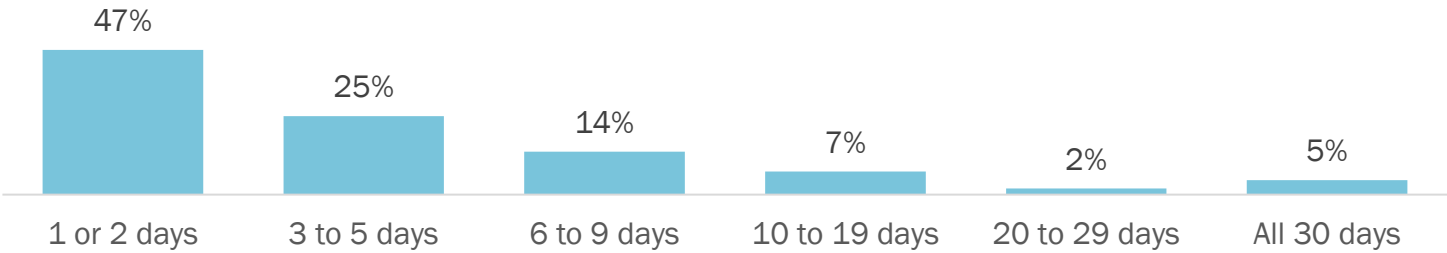
## Among students who drank alcohol, past 30 days

Among students who report drinking alcohol in the past 30 days:

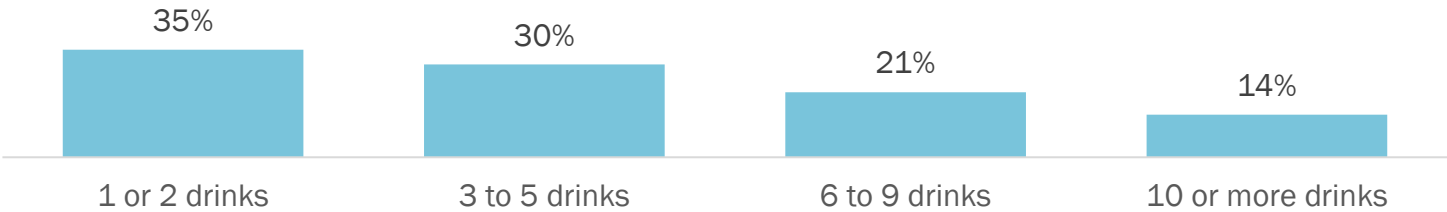
- Most students drink on five or fewer days. Specifically, nearly half (47%) drink one to two days and a quarter (25%) drink on three to five days.
- About one in 20 (5%) drink every day.

When drinking alcohol, about a third of students (35%) have one or two drinks in a row. Three in ten (30%) have three to five drinks in a row. A third (35%) have six or more drinks in a row.

### Frequency of alcohol use, among students who drink alcohol, past 30 days.



### Number of drinks consumed in row, among students who drink alcohol, past 30 days.

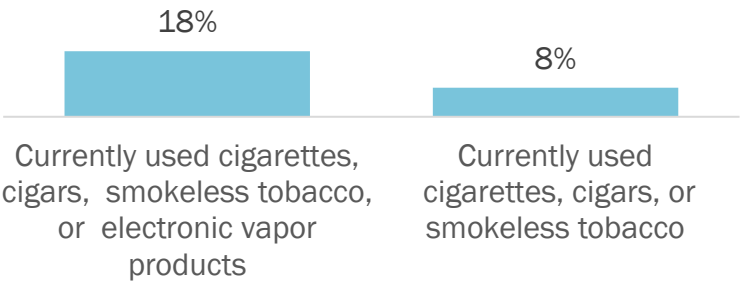


# Any Tobacco Use, Past 30 Days

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 less than one in ten (8%).

## Current tobacco use vs. use without EVPs

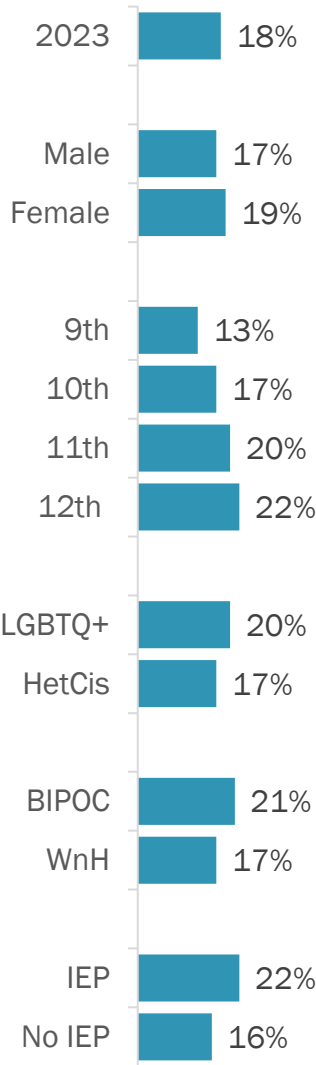


- Use of any tobacco product during the past 30 days is statistically higher among female students, older students, LGBTQ+ students, BIPOC students, and students with an IEP.

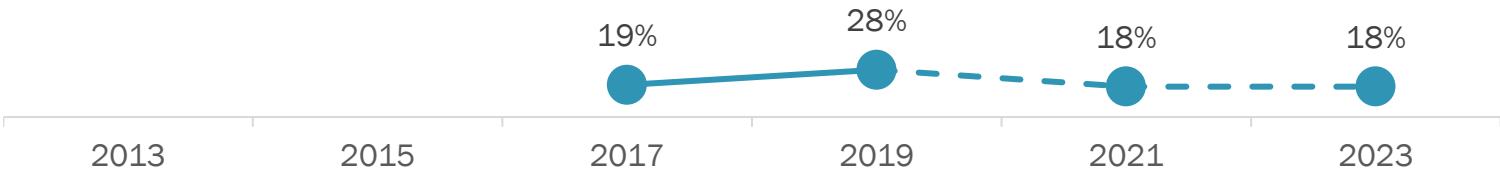
Compared to 2017, the percent of students who currently used any tobacco product statistically decreased.

Between [2021\\*](#) and 2023, any tobacco use did not statistically change.

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



## Percent of high school students who currently use tobacco products over time.





# Current Cigarette Use

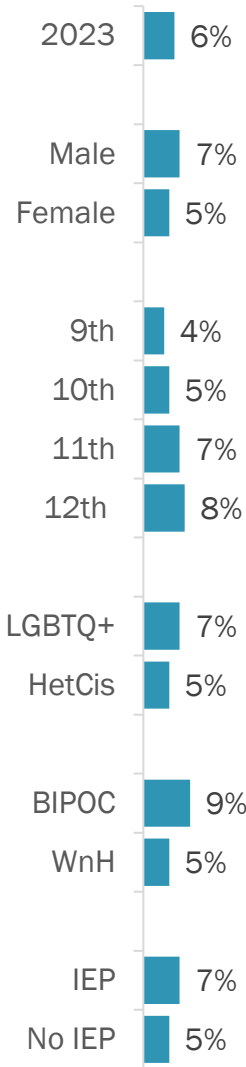
About one in 17 high school students (6%) report smoking a cigarette during the past 30 days.

- 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.

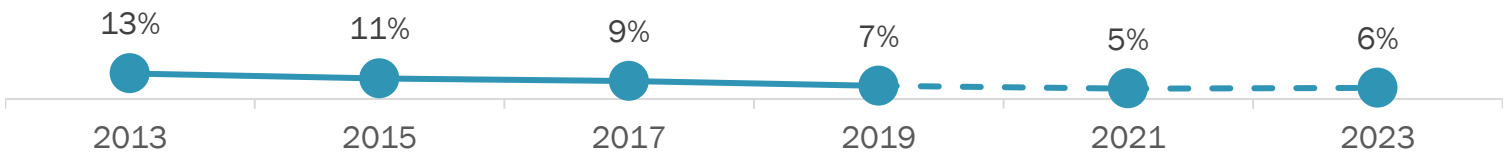
Since 2013, the percent of students who currently smoke cigarettes decreased by more than 50%.

Between [2021\\*](#) and 2023, 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

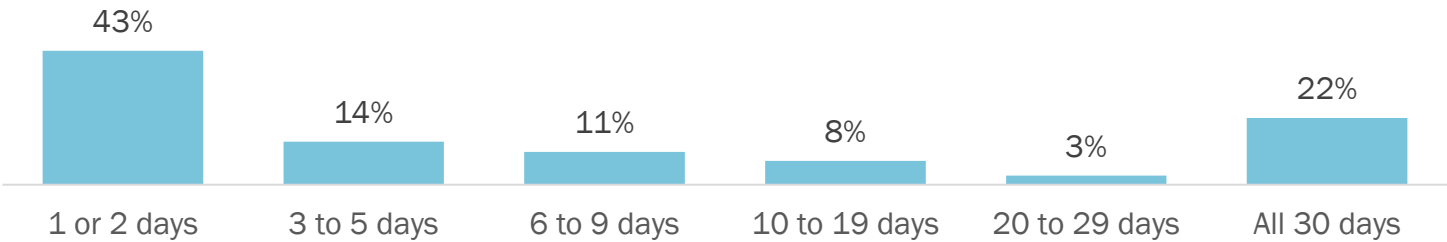
Among students who used a cigarette in the past 30 days:

- More than two in five (43%) smoke on one or two days.
- More than one in five (22%) smoke every day.

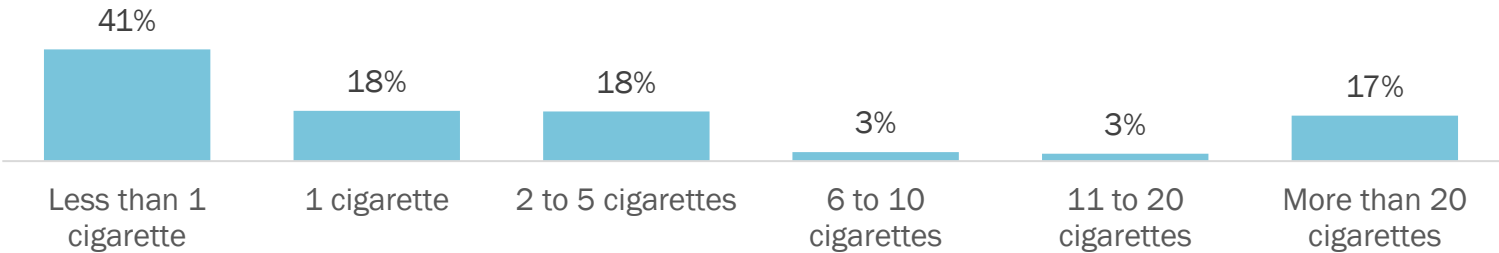
When smoking, most students smoke one or less than one cigarette. Specifically, about four in ten (41%) smoke less than one cigarette and 18% smoke one cigarette.

- About one in five (19%) smoke at least half a pack (11 or more cigarettes).

### Frequency of cigarette use, among students who smoke cigarettes, past 30 days.



### Number of cigarettes smoked, among students who smoke cigarettes, past 30 days.



# Current Electronic Vapor Product Use

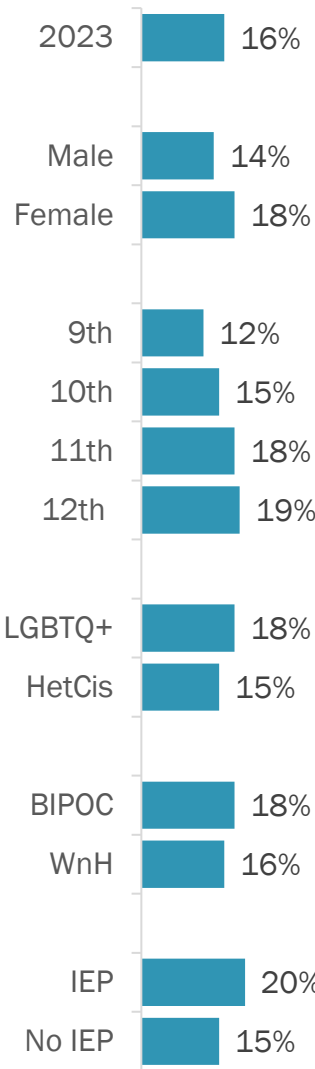
About one in six high school students (16%) report using an electronic vapor product such as JUUL, Vuse, NJOY, Puff Bar, blu, or Bidi Stick during the past 30 days.

- Female students, older students, LGBTQ+ 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 does not differ by race and ethnicity.

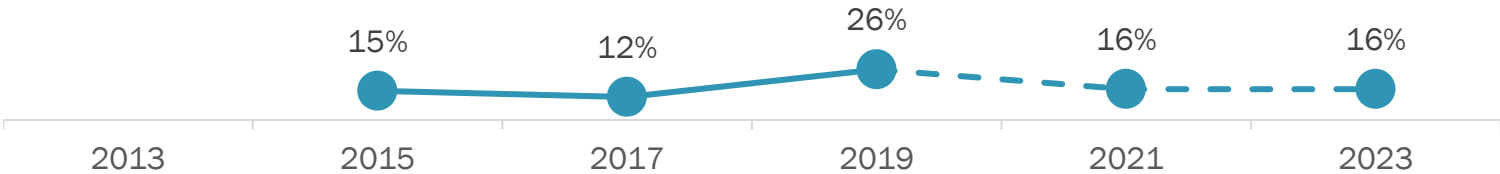
Since first asked in 2015 and between [2021\\*](#) and 2023, the percent of students who currently used electronic vapor products did not statistically change.

*Electronic vapor products include vapes, e-cigarettes, e-cigs, mods, e-hookahs, or vape pens.*

**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.**



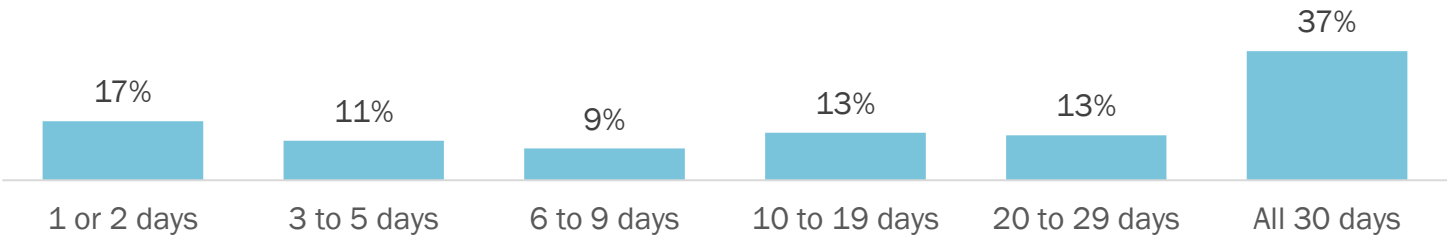
# Frequency of Electronic Vapor Product Use

## Among students who use electronic vapor products, past 30 days

Among students who report using an electronic vapor product in the past 30 days:

- Nearly two in five (37%) use electronic vapor products every day.
- About two in ten (17%) use electronic vapor products on one or two days.
- One in five (20%) use them on three to nine days.

### Frequency of electronic vapor product use, among students who use electronic vapor products, past 30 days.



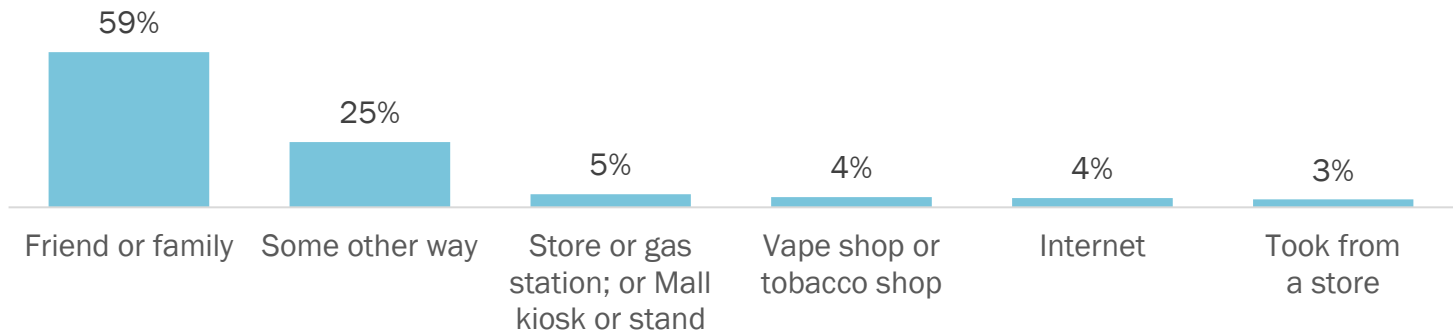
# Primary Source of Electronic Vapor Products

## 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 ten students (59%) get them from someone else such as a friend or family member.
- One in eight purchase them in a vape or tobacco shop (4%), the mall, gas station or other store (5%), or on the Internet from a product website, online vape store or other website such as Facebook Marketplace (4%).
- A quarter (25%) get them in another way not listed.

### Primary source of electronic vapor products, among students who use electronic vapor products, past 30 days.





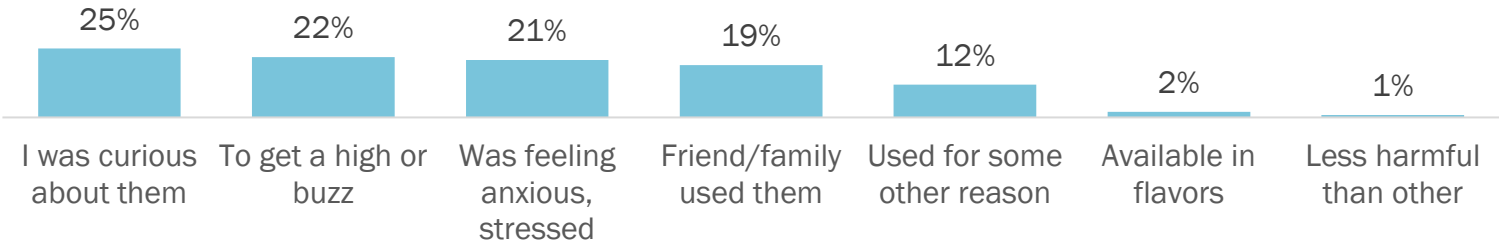
# Reason Electronic Vapor Products Used

## Among students who use electronic vapor products, past 30 days

Among students who report using electronic vapor products in the past 30 days:

- A quarter (25%) use them because they are curious about them.
- About one in five use them to get high or buzzed (22%). An additional one in five use them because they are feeling anxious or stressed (21%).
- Nearly one in five use them because their family or friends also use them (19%).
- Few use them because they are available in flavors (2%) or because they think they are less harmful than other forms of tobacco products (1%).

### Primary reason students use electronic vapor products, past 30 days.



# Current Smokeless Tobacco Product Use

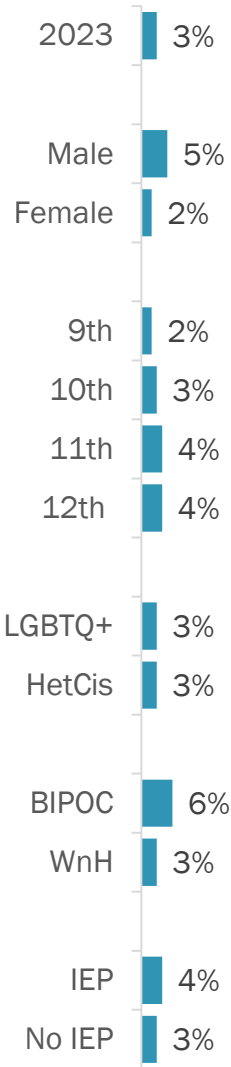
About one in 30 high school students (3%) report using chewing tobacco, snuff, dip, snus, or dissolvable tobacco products, such as Copenhagen, Grizzly, Skoal, Camel Snus, or Velo Nicotine Lozenges during the past 30 days.

- 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.

Since 2017, the percent of students who use smokeless tobacco statistically decreased.

Between [2021\\*](#) and 2023, using smokeless tobacco did not statistically change.

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



Percent of high school students currently using smokeless tobacco products over time.



# Current Cigar, Little Cigar, or Cigarillo Use

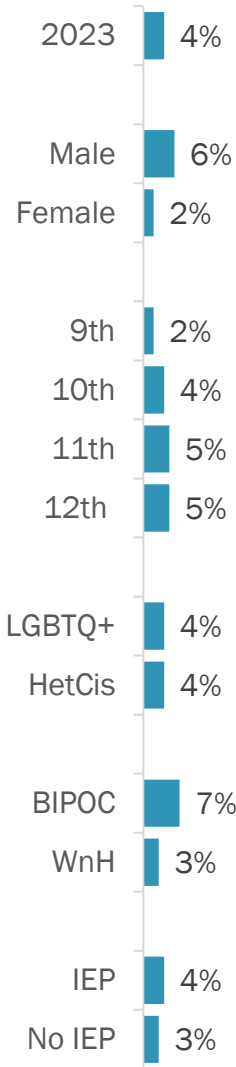
One in 25 high school students (4%) smoke cigars, cigarillos, or little cigars, such as Swisher Sweets, Middleton's (including Black & Mild), or Backwoods.

- Male students are three times as likely as female students to smoke cigars, little cigars, or cigarillos during the past 30 days.
- BIPOC students are twice as likely as white non-Hispanic students to smoke in the past 30 days.
- Male students, older students, BIPOC students, and students with an IEP are statistically more likely to smoke cigars, little cigars, or cigarillos.
- Current cigar, little cigar, or cigarillo use does not statistically differ by sexual orientation and gender identity.

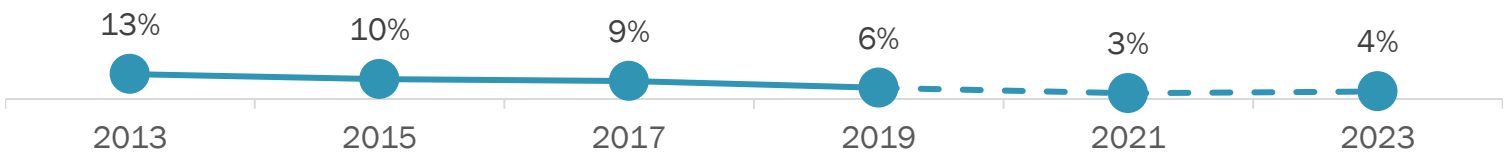
Since 2013, the percent of students who use cigars, little cigars, or cigarillos statistically decreased.

Current cigar or cigarillo use statistically increased between [2021\\*](#) and 2023.

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

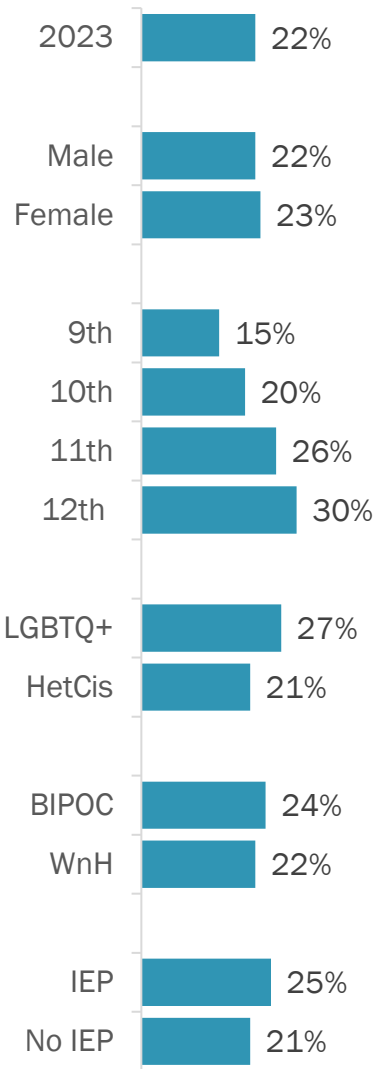
Just over one in five high school students (22%) report using marijuana during the past 30 days.

- LGBTQ+ 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 or race and ethnicity.

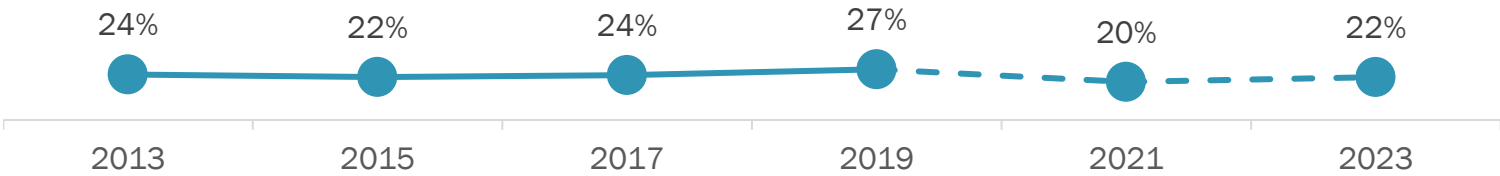
Compared to 2013, the percent of students using marijuana in the past 30 days statistically decreased.

Between [2021\\*](#) and 2023, current marijuana use statistically increased.

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



Percent of high school students using marijuana over time.



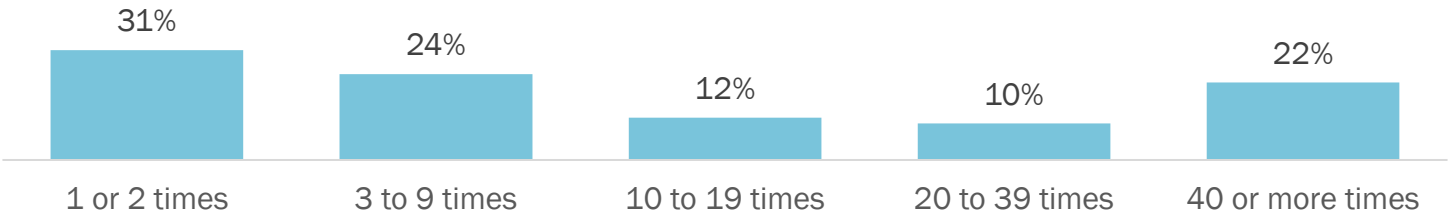
# Frequency of Marijuana Use

## Among students who use marijuana, past 30 days

Among students who report using marijuana in the past 30 days:

- About three in ten (31%) use it one or two times.
- A quarter (25%) use it three to nine times.
- More than one in five (22%) use it 40 or more times.

### Frequency of marijuana use, among students who use marijuana, past 30 days.





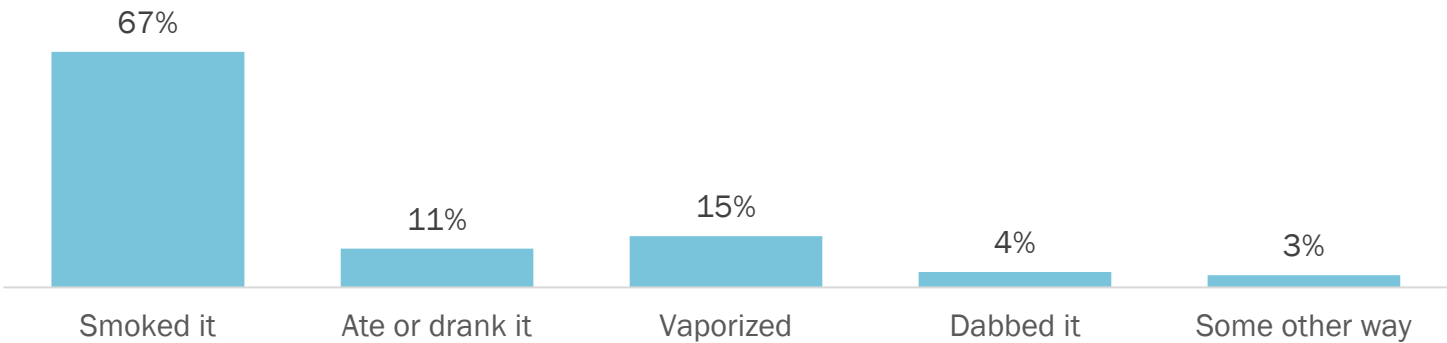
# Primary Method Used to Consume Marijuana

## Among students who use marijuana, past 30 days

Among students who report using marijuana in the past 30 days:

- Two-thirds (67%) primarily smoke it in a joint, bong, pipe, or blunt.
- About one in seven (15%) primarily vaporize it.
- One in nine (11%) primarily drink or ate in food such as brownies, cakes, cookies, or candy.
- About one in 15 dab it (4%) or use it in some other way (3%).

**Usual method for using marijuana, among students who use marijuana, past 30 days.**



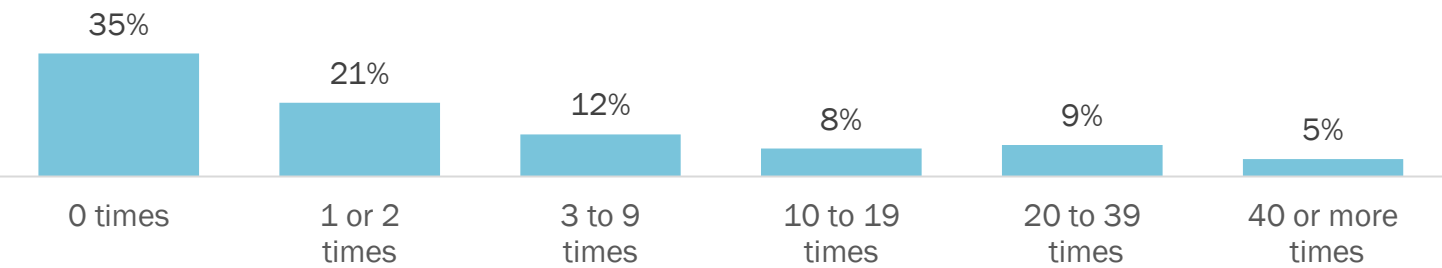
# Vaped Marijuana

## Among students who use marijuana, past 30 days

Among students who use marijuana in the past 30 days, two-thirds (65%) use an electronic vapor product to vape it.

- Specifically, among students who use marijuana in the past 30 days:
  - One in five (21%) vape it one or two times.
  - One in five (20%) vape it three to 19 times.
  - One in seven (14%) vape it 20 or more times.

### Frequency of vaping marijuana, among students who use marijuana, past 30 days.



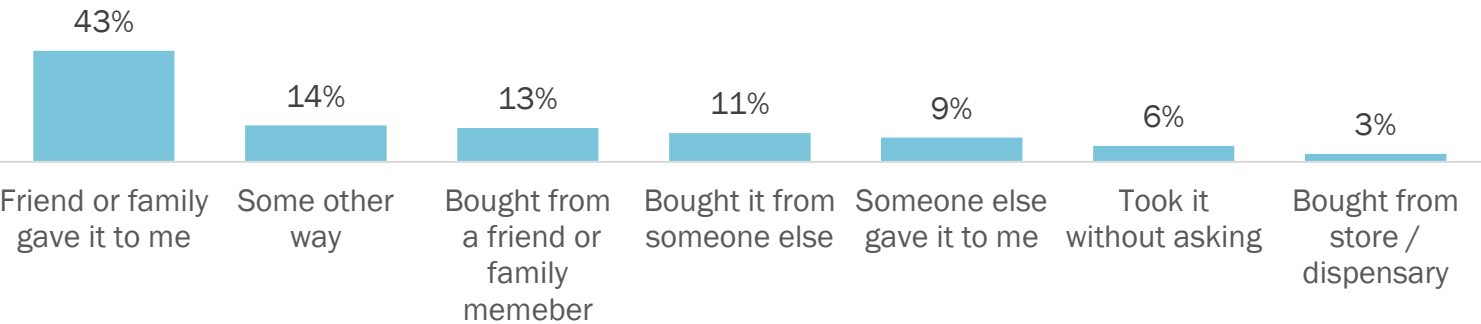
# Primary Source of Marijuana

## Among students who use marijuana, past 30 days

Among students who report using marijuana in the past 30 days:

- Just over four in ten students (43%) primarily get marijuana from a friend or family member. One in ten have someone else give it to them.
- About three in ten students (27%) primarily buy their marijuana.
  - 13% buy it from a friend or family member
  - 11% buy it from someone else
  - 3% buy it in a store or dispensary.

### Primary source of marijuana, among students who use marijuana, past 30 days



# Current Prescription Drug Misuse

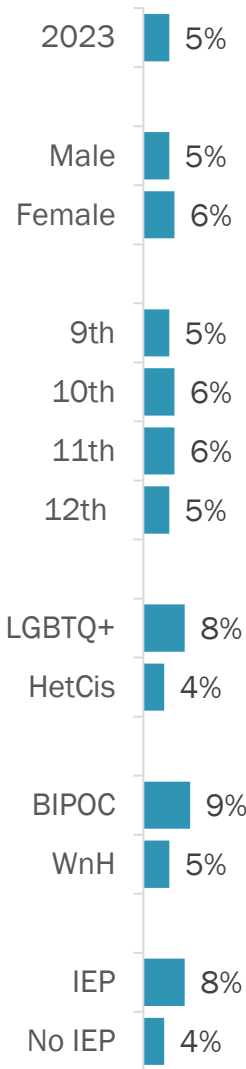
During the past 30 days, one in 20 high school students report using a prescription medicine such as codeine, Vicodin, OxyContin, hydrocodone, Percocet, Adderall, or Ritalin without a doctor’s prescription or differently from how they were told to use it.

- LGBTQ+ students, BIPOC students, and students with an IEP are statistically more likely to misuse a prescription drug in the past 30 days.
- Prescription drug misuse does not differ by sex or grade level.

Compared to 2017, currently misusing a prescription medicine did not statistically change.

Current prescription drug misuse statistically increased between [2021\\*](#) and 2023.

**Percent of high school students who misused a prescription drug, past 30 days.**



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





# **Substance Use: Use At School, Quit Attempts, and Exposure**



# Attending School Under the Influence of Alcohol or Drugs

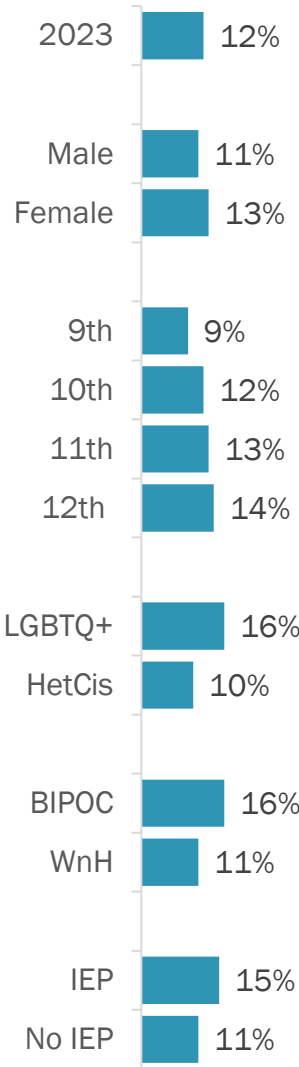
About one in eight high school students (12%) report attending school under the influence of alcohol or other drugs during the past year.

- 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.

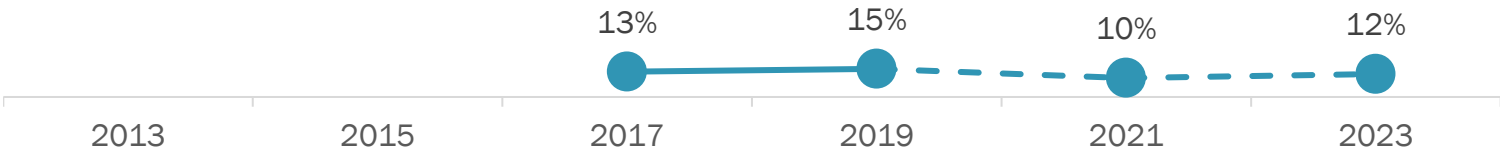
Compared to 2017, the percent of students who attend school under the influence statistically decreased.

Attending school under the influence statistically increased between [2021\\*](#) and 2023.

**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.**



# Quit Attempts

## Among students who used tobacco during past year

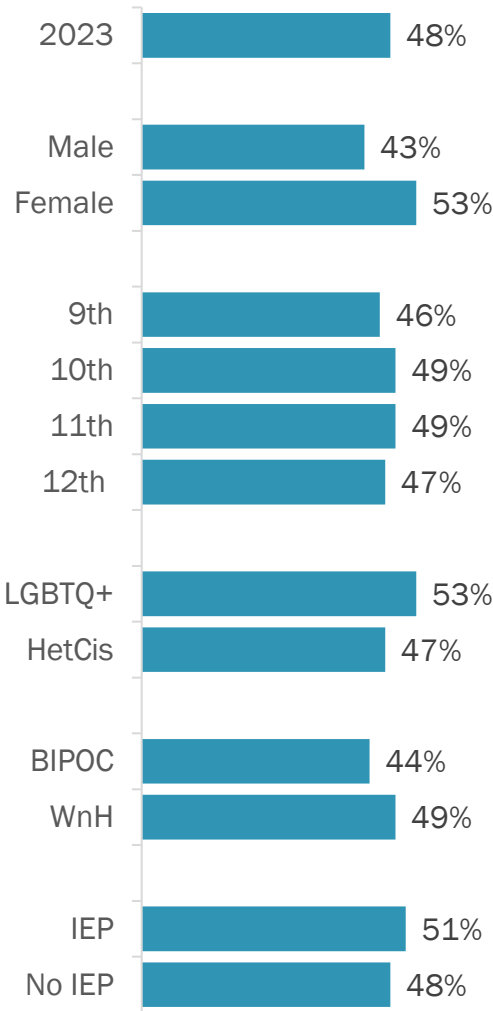
Among students who report using cigarettes, electronic vapor products, smokeless tobacco, cigars, shisha or hookah tobacco, pipe tobacco, heated tobacco products, or nicotine pouches in the past 12 months, nearly half (48%) tried to quit using all tobacco products.

- Female students and LGBTQ+ students are statistically more likely to make an attempt to stop using tobacco.

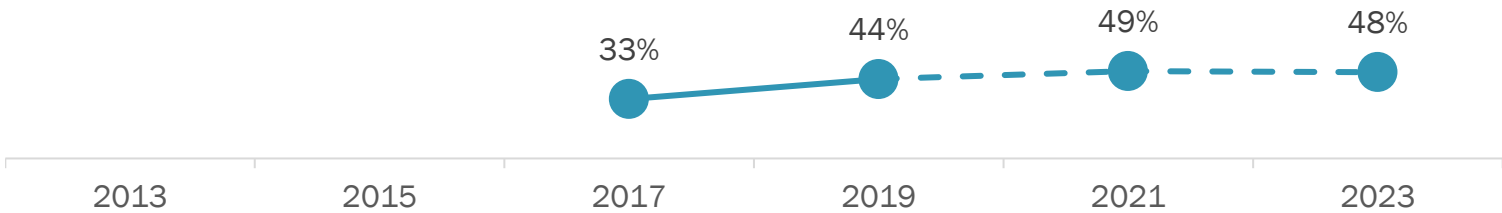
Since 2017, the percent of students attempting to quit using all tobacco products statistically increased.

Quit attempts did not statistically change between [2021\\*](#) and 2023.

**Percent of high school students using a tobacco product and trying to quit all tobacco products, past year.**



**Percent of high school students attempting to quit all tobacco products over time.**

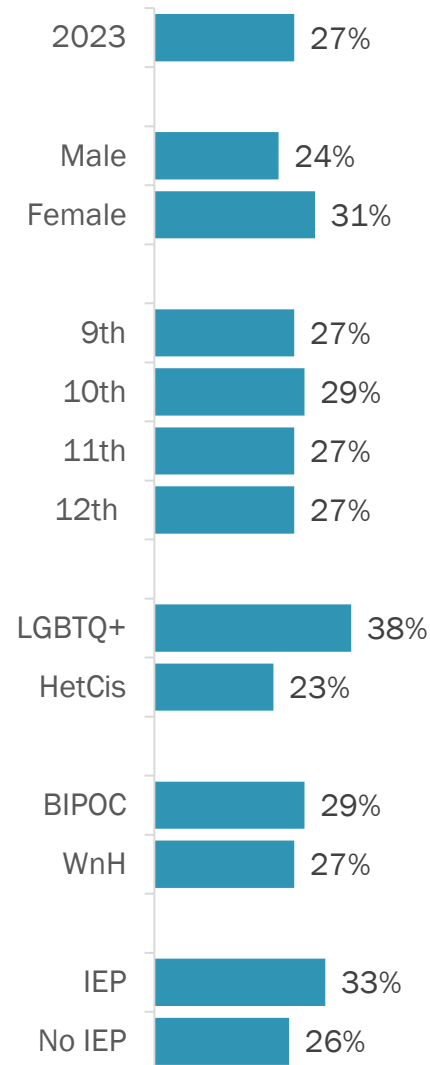


## Parent or Guardian with Substance Use Issues

Nearly three in ten 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.

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





# Perceptions Around Substance Use

# Access to Electronic Vapor Products, Alcohol, and Marijuana

Roughly a third of high school students believe it would be very easy to get electronic vapor products (31%), alcohol (38%), and marijuana (35%).

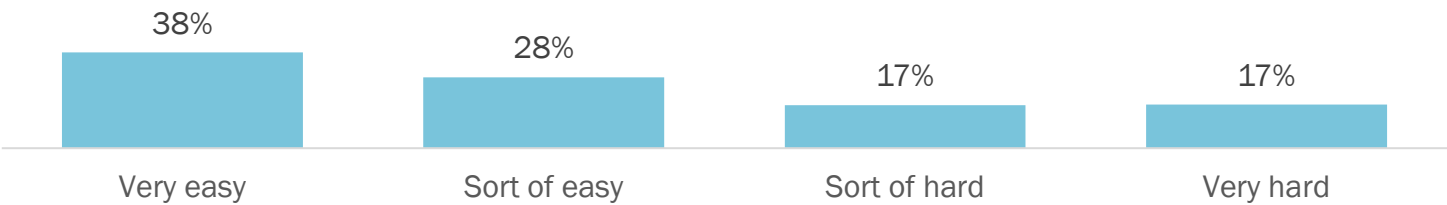
A quarter or fewer think it would be very hard to get electronic vapor products (21%), alcohol (17%), and marijuana (25%).

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

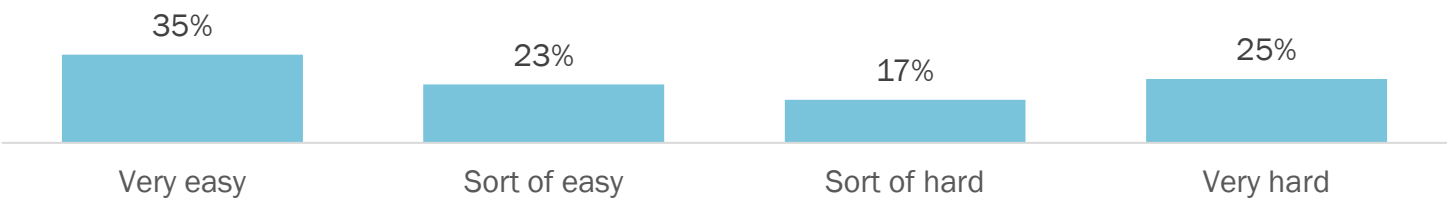
### Electronic Vapor Products



### Alcohol



### Marijuana



# Easy to Access Electronic Vapor Products

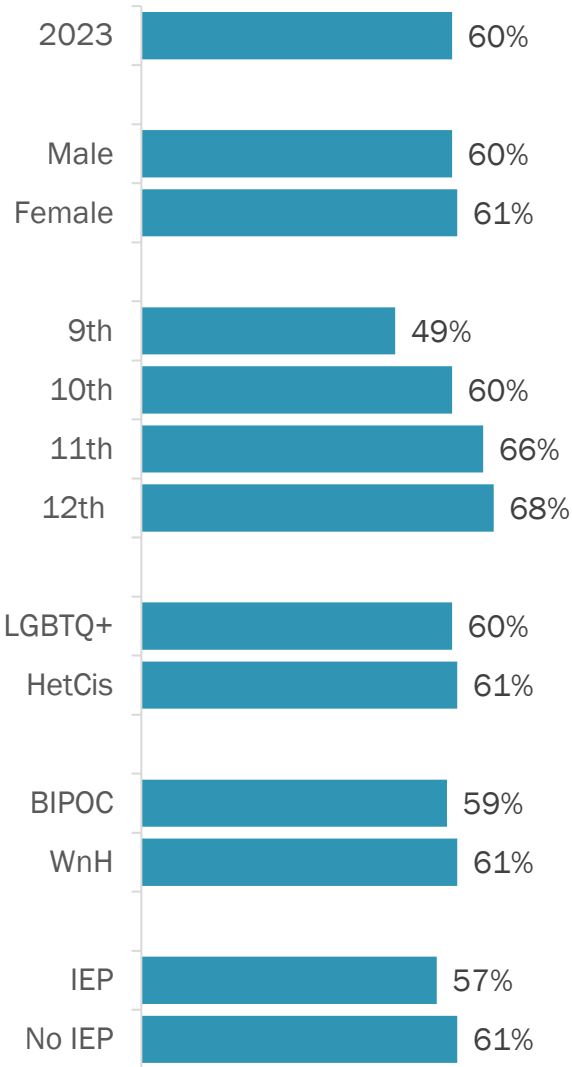
Six in ten high school students (60%) believe it would be sort of easy or very easy to get electronic vapor products if they want them.

- Older students and students without an IEP are statistically more likely to believe it is sort of or very easy to access electronic vapor products if they want them.
- 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.

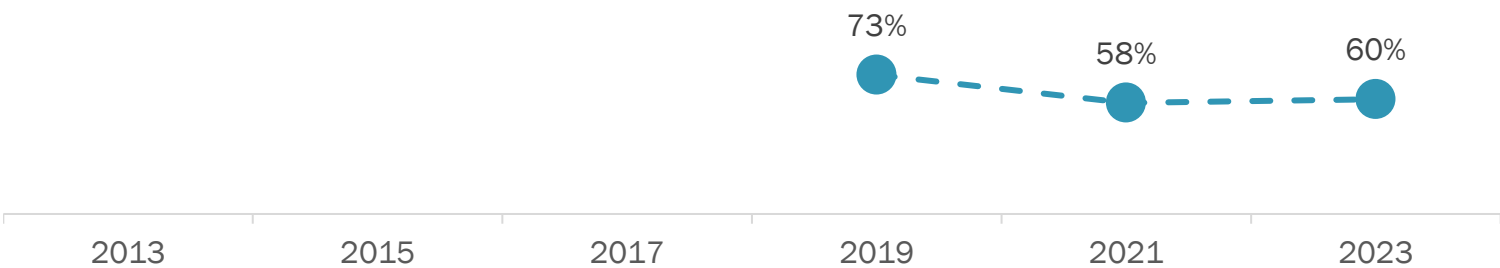
Compared to 2019, the percent of students who think it would be easy to access electronic vapor products statistically decreased.

Believing it would be easy to access electronic vapor products statistically increased between [2021\\*](#) and 2023.

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



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





# Easy to Access Alcohol

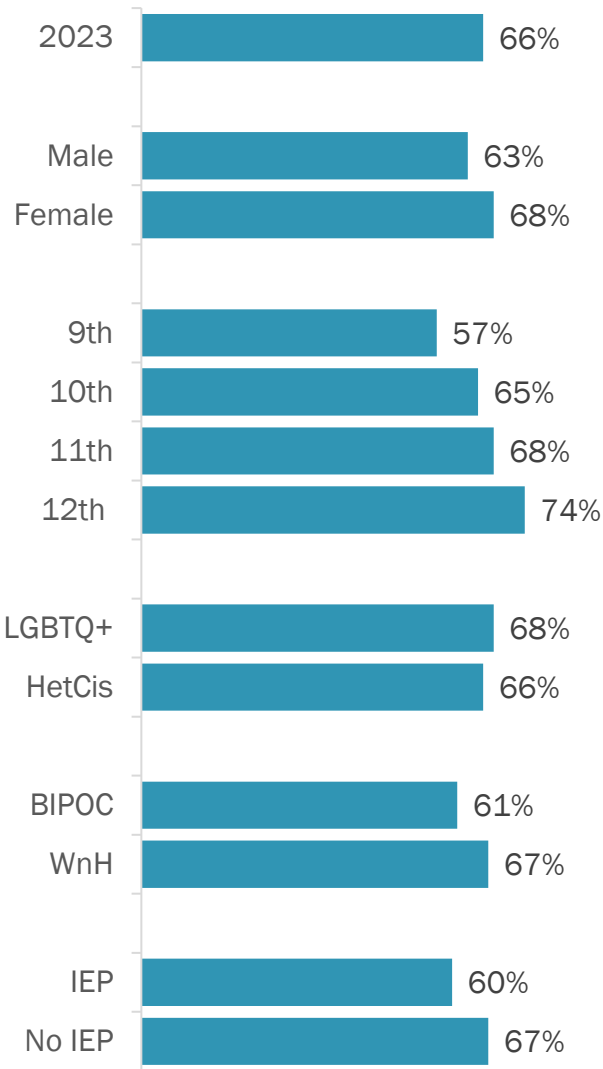
Two-thirds of high school students (66%) believe it would be sort of easy or very easy to get alcohol if they wanted it.

- Female students, older 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 if they wanted it.
- Believing it would be sort of easy or very easy to access alcohol does not statistically differ by sexual orientation and gender identity.

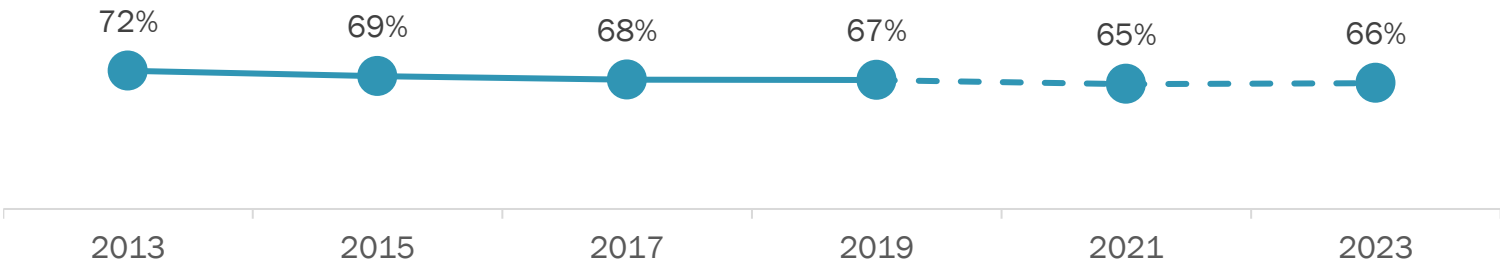
Since 2013, the percent of students who say it would be easy or very easy for them to access alcohol statistically decreased.

Between [2021\\*](#) and 2023, perceptions about how easy it would be to access alcohol did not statistically change.

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



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



# Easy to Access Marijuana

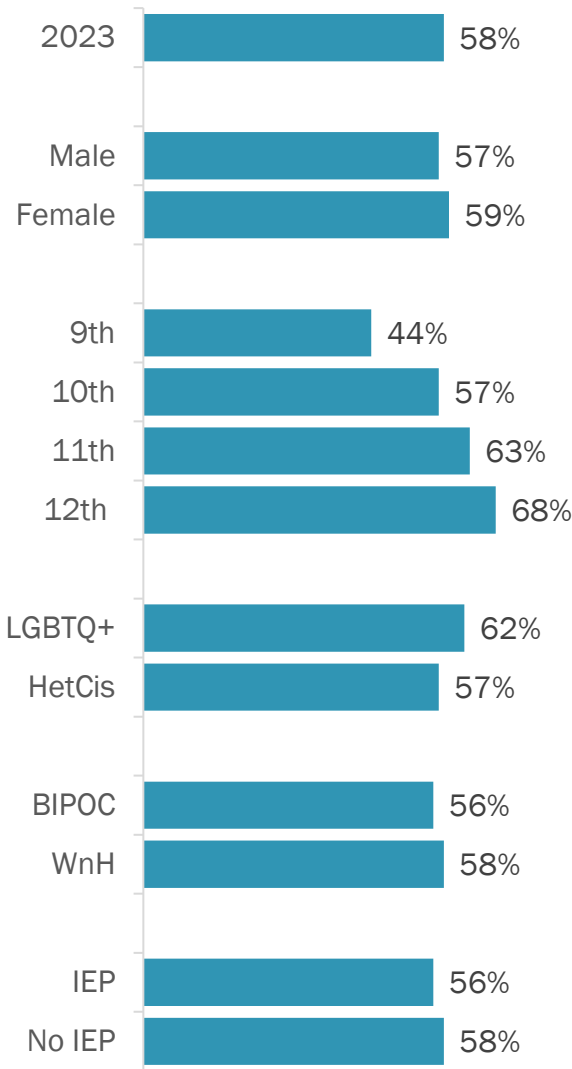
About six in ten high school students (58%) believe it would be sort of easy or very easy to get marijuana if they wanted it.

- Female students and LGBTQ+ students are statistically more likely to believe it is sort of or very easy to access marijuana if they wanted it. 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 race and ethnicity or among students with or without an IEP.

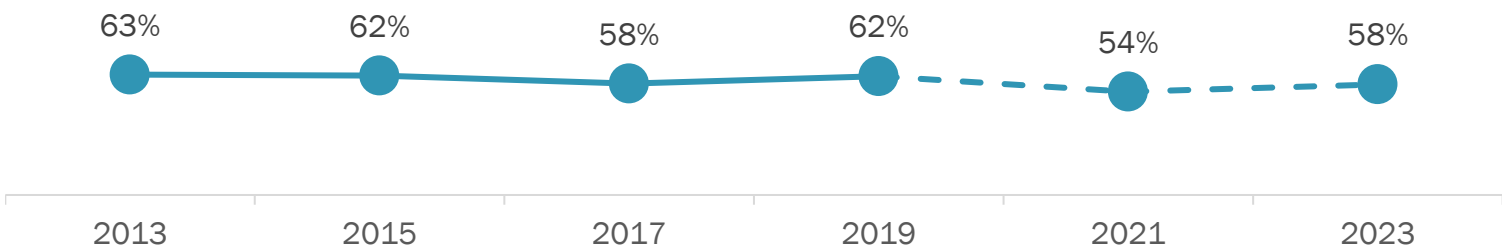
Since 2013, the percent of students who say it would be easy or very easy for them to get marijuana statistically decreased.

Between [2021\\*](#) and 2023, perceptions about how easy it would be to access marijuana statistically increased.

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



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



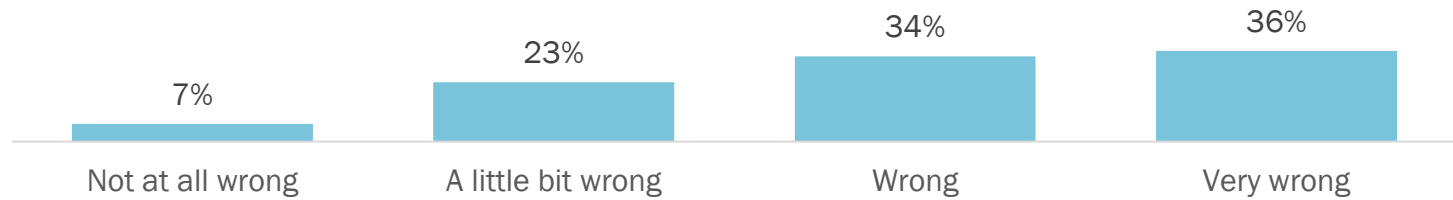
# Beliefs Around Peers Using Electronic Vapor Products, Alcohol, and Marijuana

Most students believe it is wrong or very wrong for someone their age to use electronic vapor products, alcohol, or marijuana. More than a third believe it is very wrong for a peer to use electronic vapor products (36%).

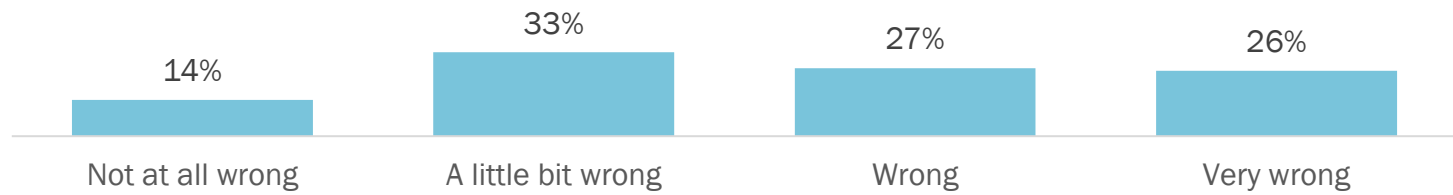
About one in six (16%) believe it is not at all wrong for someone their age to use marijuana. One in seven (14%) believe it is not at all wrong for someone their age to use alcohol. Seven percent believe it is not at all wrong for them to use electronic vapor products.

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

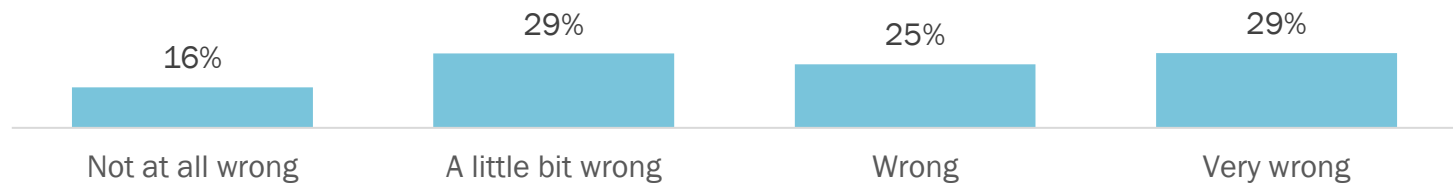
### Electronic Vapor Products



### Alcohol



### Marijuana



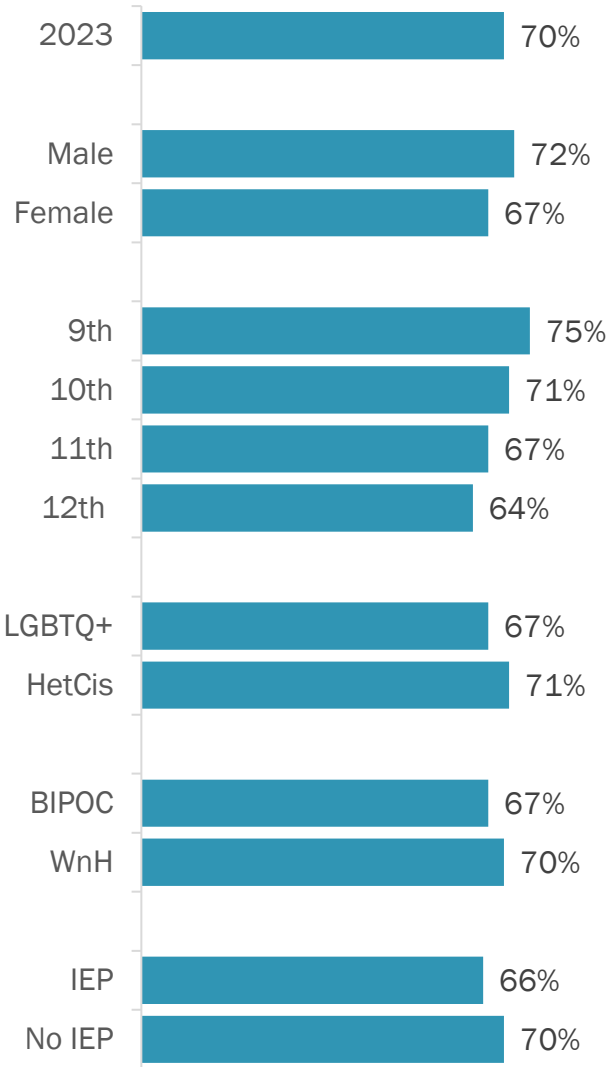
# Perceptions of Peer Use: Electronic Vapor Products

Seven in ten high school students (70%) think it is wrong or very wrong for someone their age to use electronic vapor products.

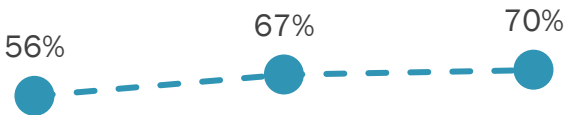
- Male students, younger students, heterosexual cisgender students, white, non-Hispanic students, and students without an IEP are statistically more likely to believe it is wrong or very wrong for someone their age to use electronic vapor products.

Since 2019 and between [2021\\*](#) and 2023, 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.**



# Perceptions of Peer Use: Alcohol

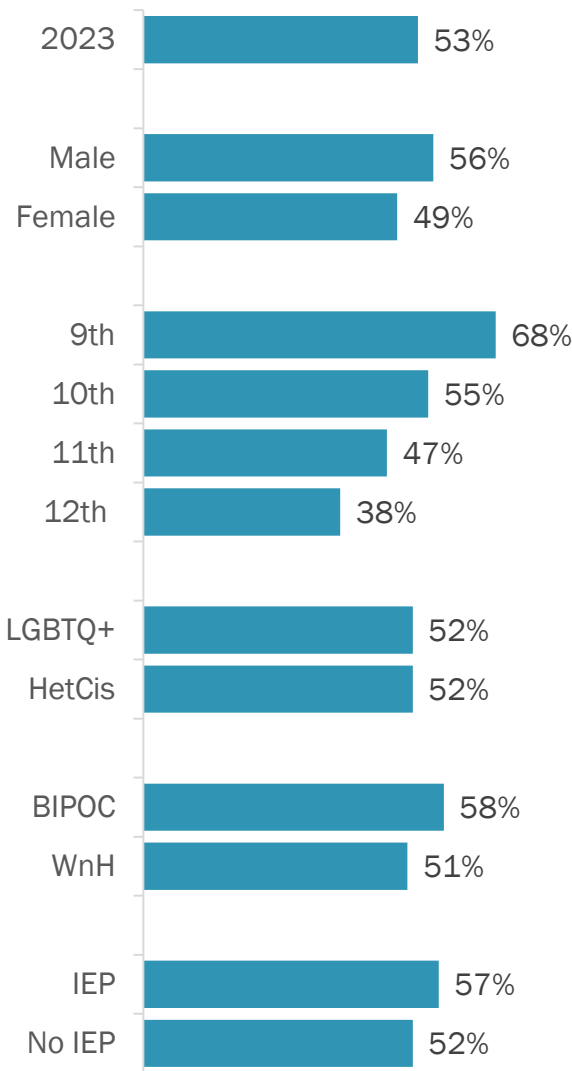
Just over half of all high school students (53%) think it is wrong or very wrong for someone their age to use alcohol.

- 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 did not statistically differ by sexual orientation and gender identity.

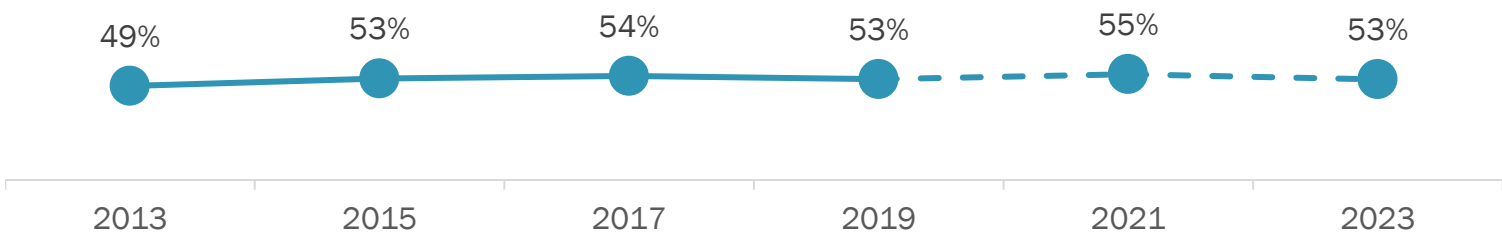
Compared to 2013, the percent of students who think it is wrong or very wrong for someone their age to drink alcohol statistically increased.

Believing it is wrong for someone their age to use alcohol statistically decreased between [2021\\*](#) and 2023.

**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

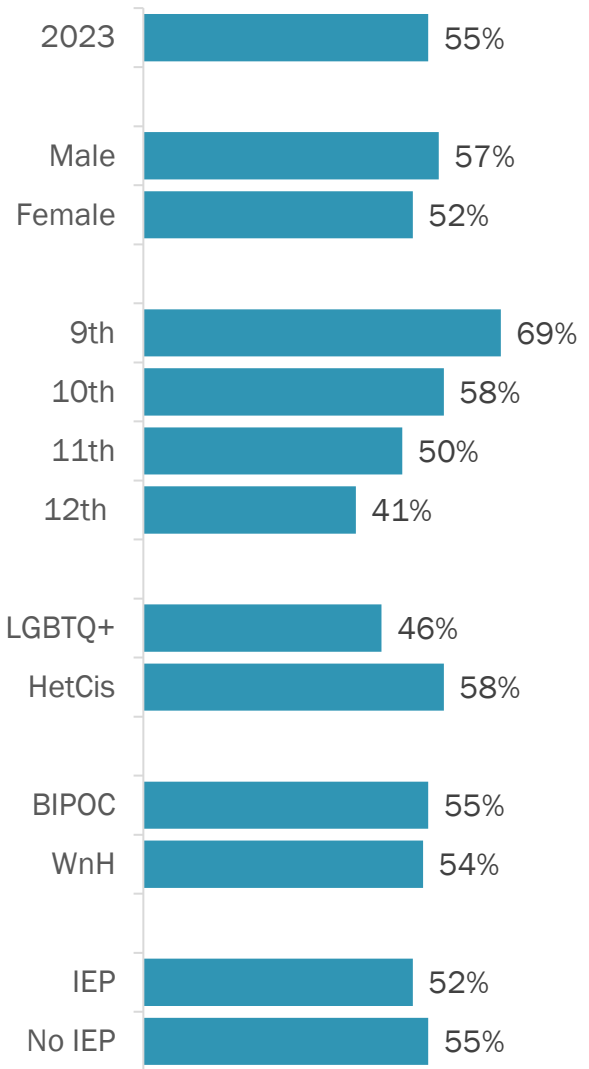
Over half of all high school students (55%) think it is wrong or very wrong for someone their age to use marijuana.

- Male students and heterosexual cisgender students 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 race and ethnicity or among students with or without an IEP.

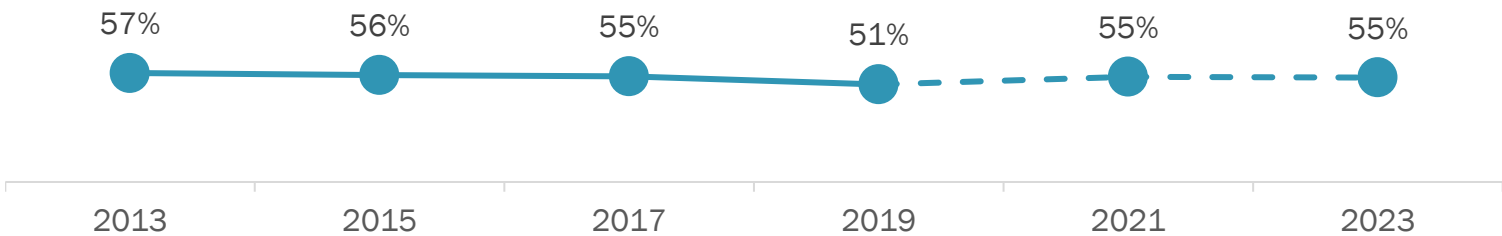
Compared to 2013, the percent of students who think it is wrong or very wrong for someone their age to use marijuana statistically decreased.

Perceptions around peer marijuana use did not statistically change between [2021\\*](#) and 2023.

**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.**





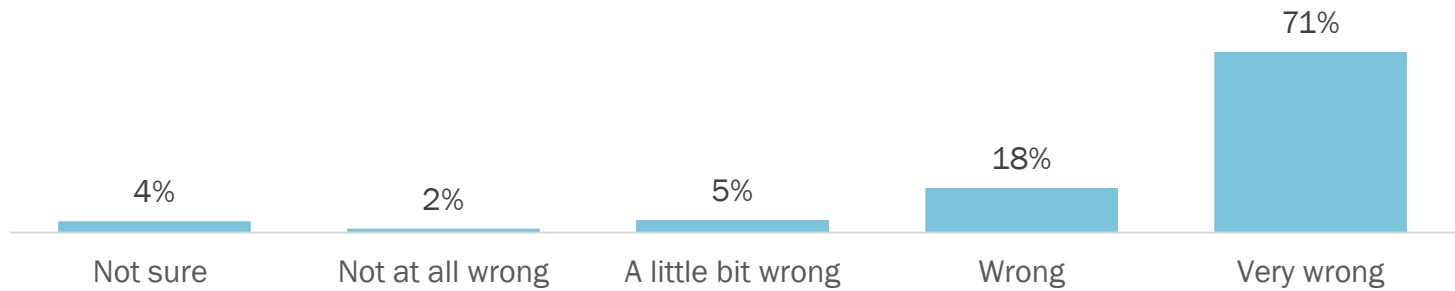
# Perceived Parental Beliefs Around Electronic Vapor Products, Alcohol, and Marijuana Use

About one in 25 students are not sure how their parents or guardians feel about them using electronic vapor products (4%), alcohol (4%), and marijuana (4%).

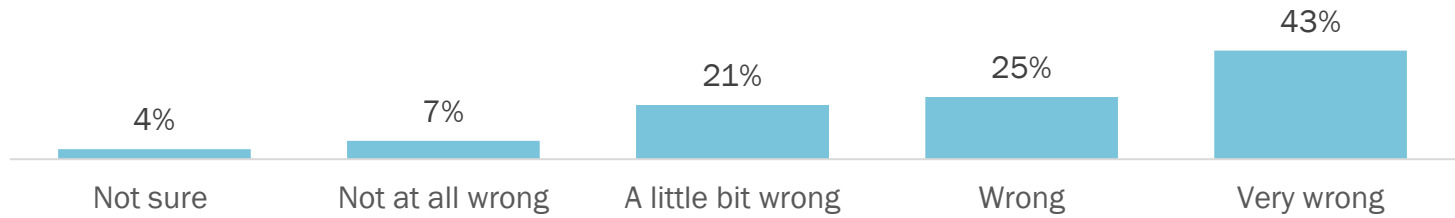
Seven in ten (71%) believe their parents think it is very wrong for them to use electronic vapor products. More than half (55%) believe their parents think it is very wrong for them to use marijuana. About four in ten (43%) believe their parents think it is very wrong for them to drink alcohol.

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

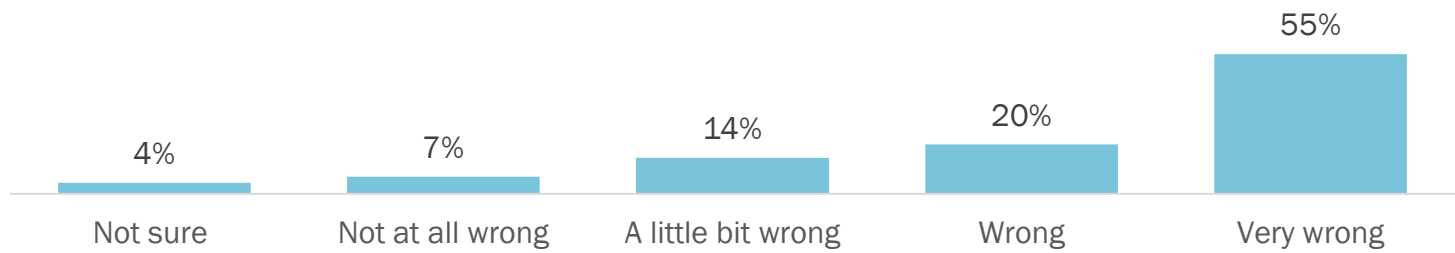
### Electronic Vapor Products



### Alcohol



### Marijuana



## Parents Think It Is Wrong To Use Electronic Vapor Products

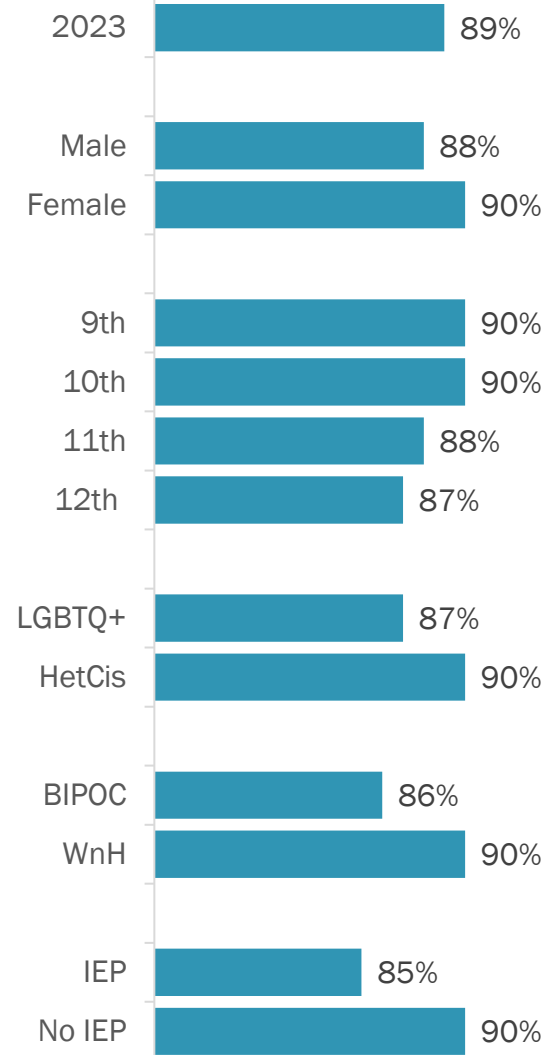
Nearly nine in ten high school students (89%) believe their parents or guardians think it is wrong or very wrong for them to use electronic vapor products.

- 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.
- Believing their parents think it is wrong or very wrong for them to use electronic vapor products does not statistically differ by sex.

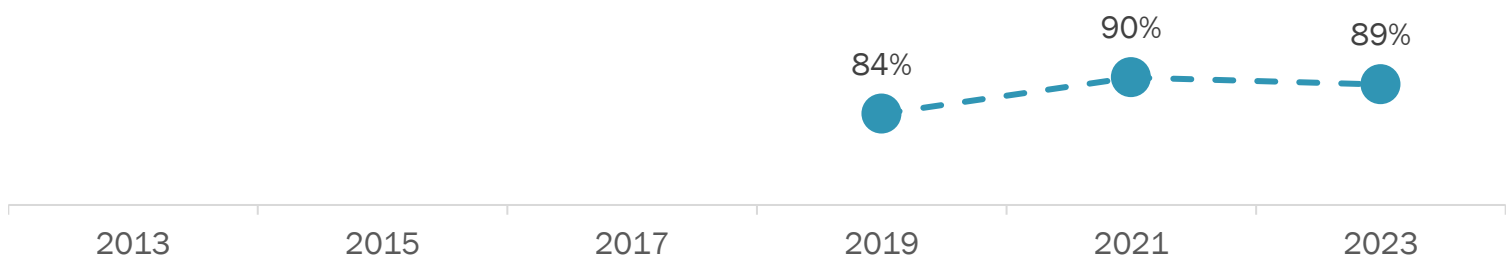
Compared to 2019, the percent of students who think their parents think using electronic vapor products is wrong statistically increased.

Between [2021\\*](#) and 2023, parental perceptions around electronic vapor product use statistically decreased.

**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.**



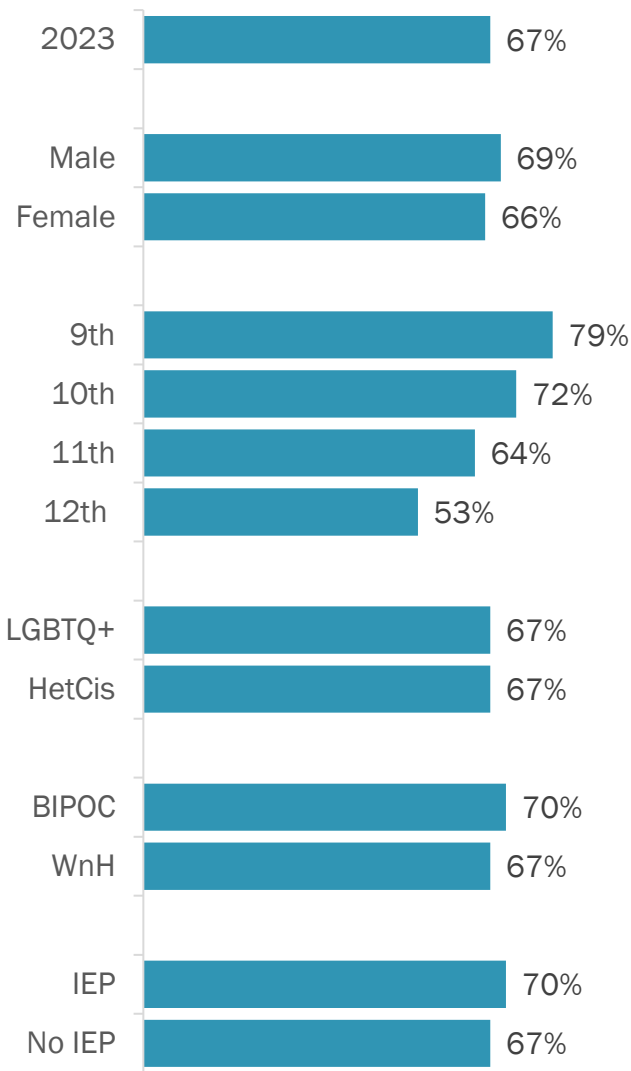
# Parents Think It Is Wrong To Use Alcohol

About two-thirds of high school students (67%) believe their parents or guardians think it is wrong or very wrong for them to use alcohol.

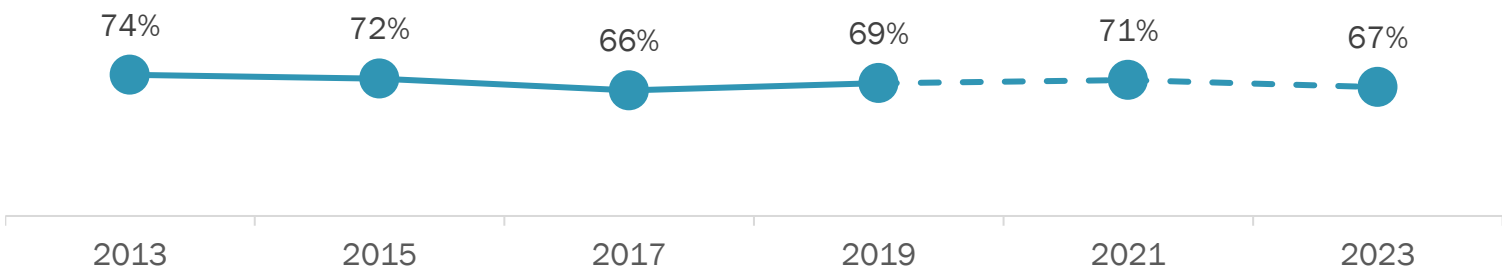
- Male students, BIPOC students, and students with an IEP are statistically more likely to say their parents think it is wrong or very wrong for them to use alcohol.
- Believing their parents think it is wrong or very wrong for them to use alcohol statistically decreased with each grade level.
- Believing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

Compared to 2013 and between 2021\* and 2023, the percent of students who believe their parents think it is wrong for them to drink alcohol statistically decreased.

**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.**



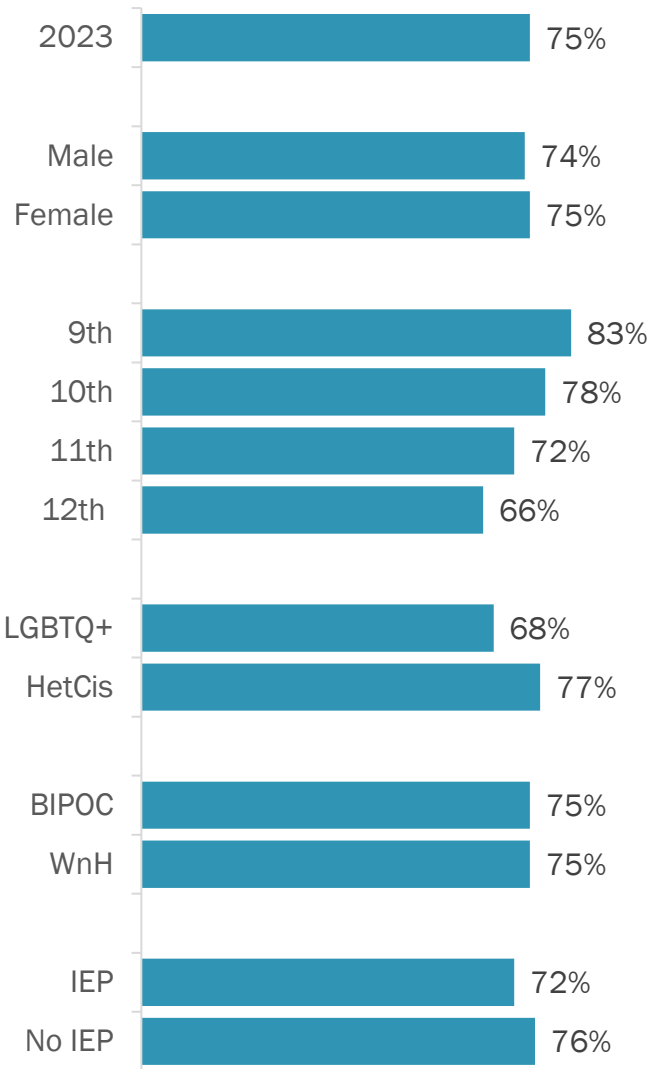
# Parents Think It Is Wrong To Use Marijuana

Three quarters of high school students (75%) believe their parents or guardians think it is wrong or very wrong for them to use marijuana.

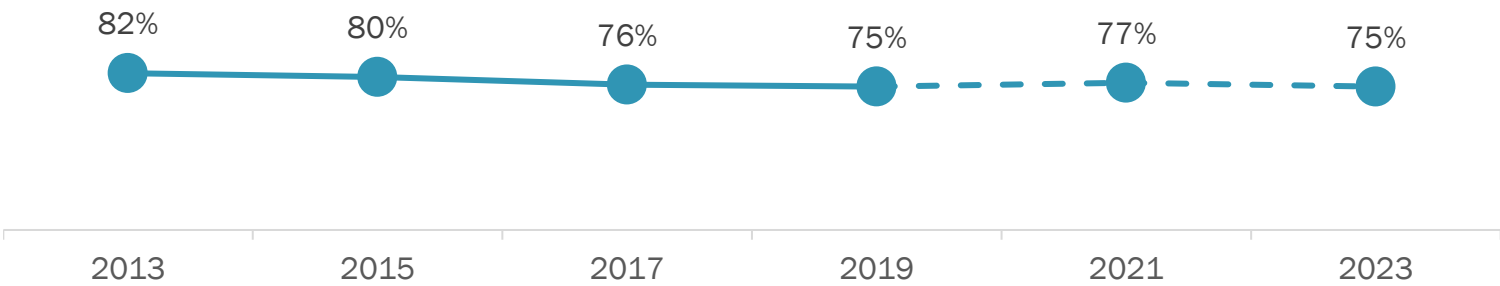
- Heterosexual cisgender students and students with an IEP are statistically more likely to say their parents think it was wrong or very wrong for them to use marijuana.
- Believing their parents think it was wrong or very wrong for them to use marijuana statistically decreased with each grade level.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

Compared to 2013 and between [2021\\*](#) and 2023, the percent of students who believe their parents think it is wrong for them to use marijuana statistically decreased.

**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.**



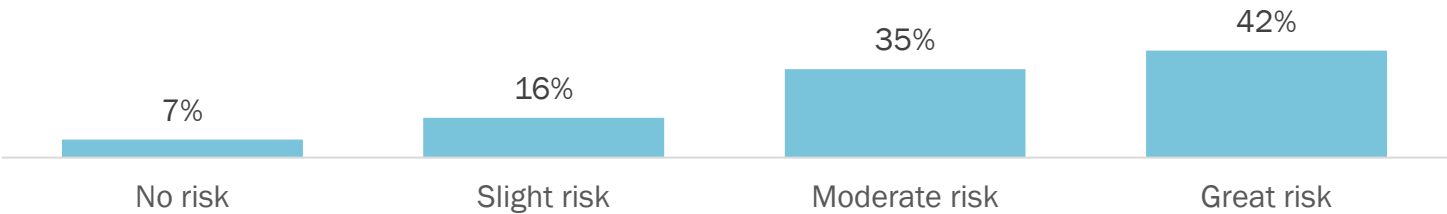
# Perceived Harm From Using Electronic Vapor Products, Alcohol, and Marijuana

Most students believe people face moderate or great risk of harming themselves if they use electronic vapor products (77%), alcohol (74%), or marijuana (56%).

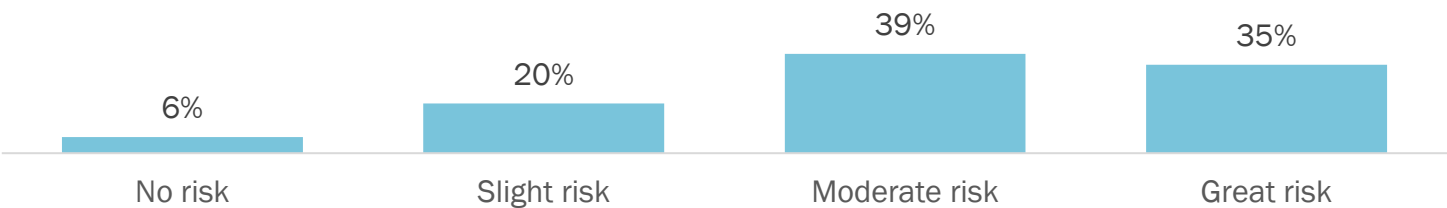
One in seven (14%) believe people do not face any risk of harming themselves if they use marijuana regularly. About one in 15 believe people face no risk of harming themselves from using electronic vapor products regularly (7%) or drinking five or more drinks each weekend (6%).

## Perceptions on risk of substances

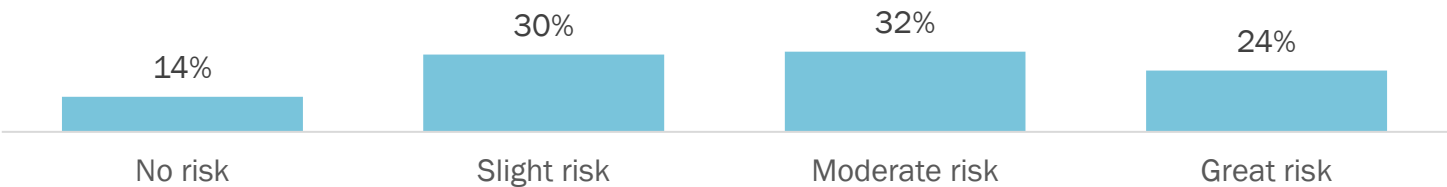
### Use Electronic Vapor Products Regularly



### Have 5 or more drinks once or twice each weekend



### Use Marijuana Regularly



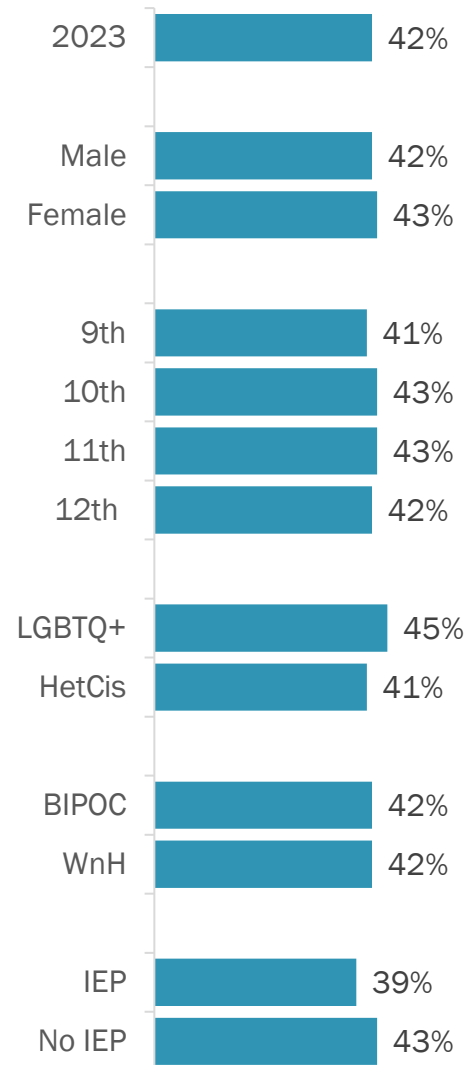
## Harm from Electronic Vapor Products

About four in ten high school students (42%) believe people are at great risk of harming themselves if they use electronic vapor products regularly.

- LGBTQ+ 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.
- Believing regular use of electronic vapor products results in great risk of harm does not statistically differ by sex, grade level, or race and ethnicity.

Since 2019 and between [2021\\*](#) and 2023, the percent of students who believe using electronic vapor products regularly will cause harm statistically increased.

**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.**





# Harm from Alcohol

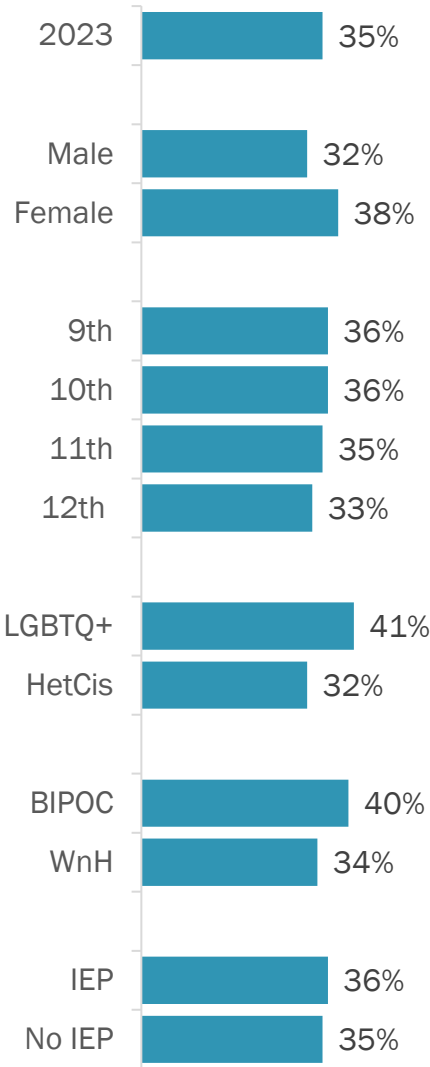
About a third of high school students (35%) believe people are at great risk of harming themselves if they have five or more alcoholic drinks once or twice each weekend.

- Female, 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.
- Believing that if someone has five or more alcoholic drinks once or twice each weekend results in great risk of harm does not statistically differ by grade level or among students with or without an IEP.

Compared to 2017 the percent of students who believe having five or more alcoholic drinks each weekend would cause harm did not statistically change.

The percent of students who believe having five or more alcoholic drinks each weekend would cause harm statistically decreased between [2021\\*](#) and 2023.

**Percent of high school students who think people greatly risk harming themselves if they have 5 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 5 or more alcoholic drinks each weekend.**



2013

2015

2017

2019

2021

2023

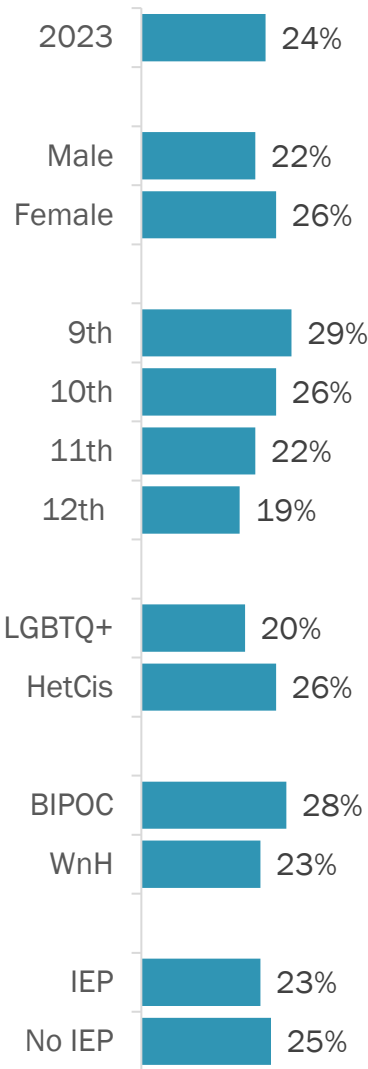
# Harm from Marijuana

About a quarter of high school students (24%) believe people are at great risk of harming themselves if they use marijuana regularly.

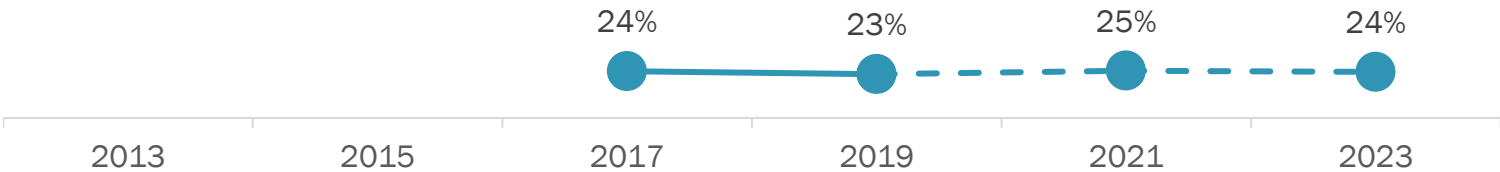
- Female students, heterosexual cisgender students, and BIPOC students are statistically more likely to believe people are at great risk of harming themselves if they use marijuana regularly.
- Believing people who use marijuana regularly are at great risk of harming themselves statistically decreases with each grade level.
- Believing regular marijuana use results in great risk of harm does not statistically differ among students with or without an IEP.

Compared to 2017 and between [2021\\*](#) and 2023, perceptions around harm from regular marijuana use does not statistically change.

**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.**





# Sexual Health

# Ever Tested for HIV

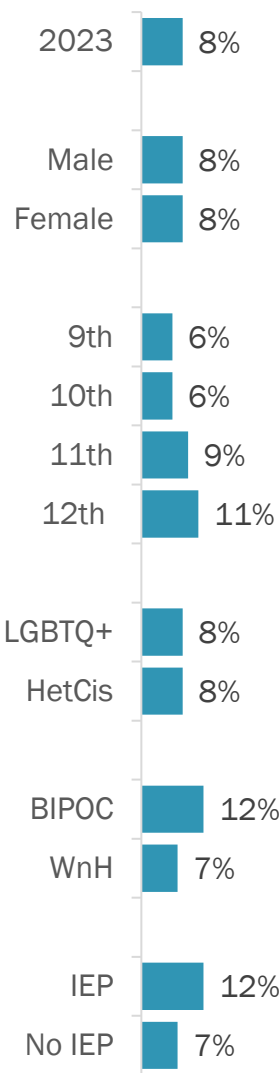
Less than one in ten high school students (8%) has ever been tested for HIV.

- Older 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 or sexual orientation and gender identity.

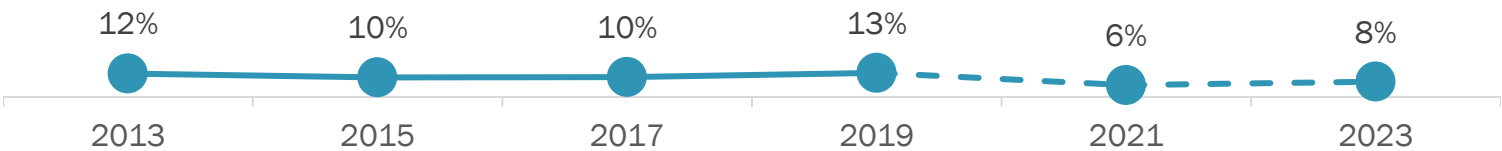
Since 2013, the percent of students ever tested for HIV statistically decreased.

Between [2021\\*](#) and 2023, ever being tested for HIV statistically increased.

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

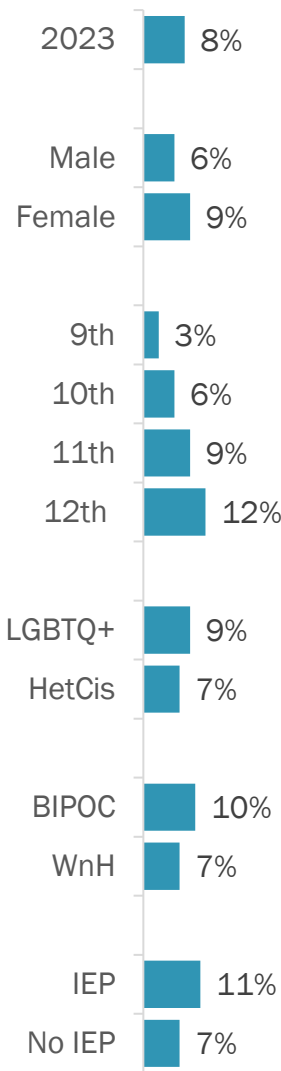
Less than one in ten high school students report getting tested for a sexually transmitted disease (STD), other than HIV, in the past year.

- Female students, LGBTQ+ students, BIPOC students, and students with an IEP are statistically more likely to be tested for an STD during the past year.
- 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 pervious year statistically decreased.

Between [2021\\*](#) and 2023, testing rates for an STD statistically increased.

Percent of high school students testing for a 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

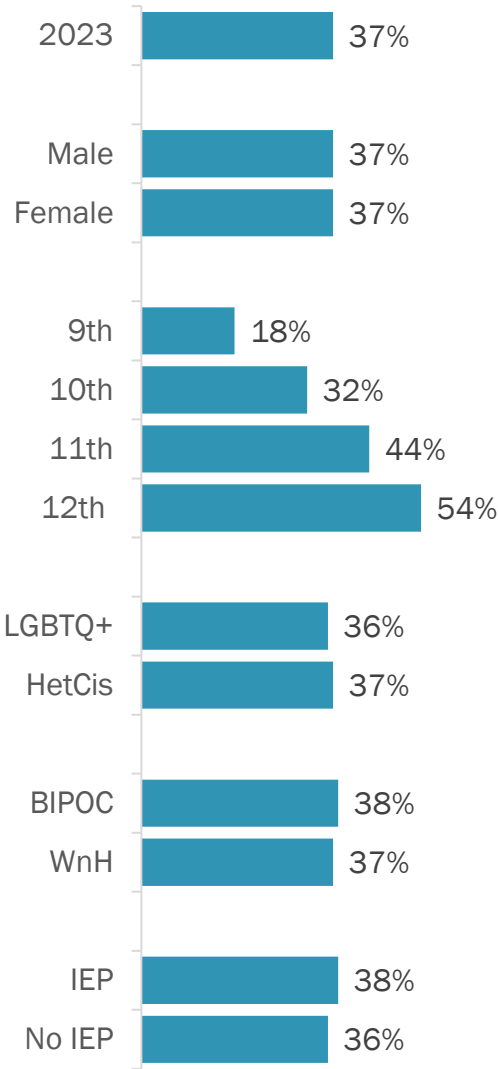
Nearly four in ten high school students (37%) have had sexual intercourse. About one in 12 (8%) have had four or more sexual partners during their lifetime. One in 25 (4%) had sexual intercourse before age 13.

- 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.

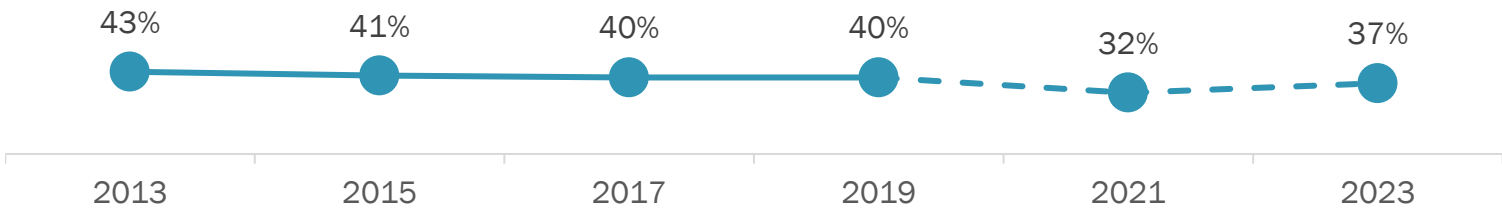
Since 2013, the percent of students who ever had sexual intercourse statistically decreased.

Between [2021\\*](#) and 2023, ever having sexual intercourse statistically increased.

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

# Current Sexual Activity

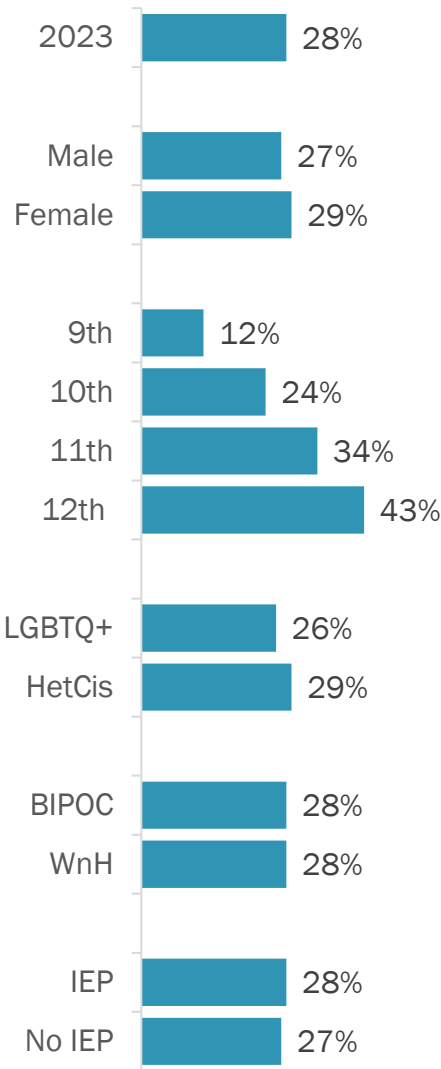
Nearly three in ten high school students (28%) report having sexual intercourse in the past three months.

- Heterosexual cisgender students are statistically more likely to report current sexual activity.
- Current sexual activity statistically increases with each grade level.
- Having sexual intercourse does not statistically differ by sex, race and ethnicity, and among students with or without an IEP.

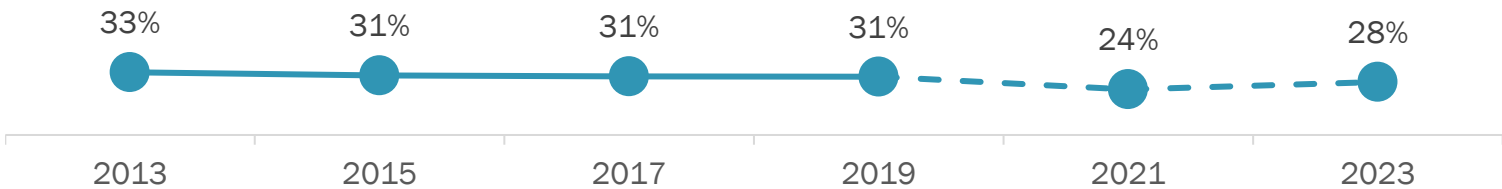
Since 2013, the percent of students who report having sexual intercourse in the past three months statistically decreased.

Between [2021\\*](#) and 2023, having sexual intercourse during the past three months statistically increased.

Percent of high school students having sexual intercourse, past 3 months.



Percent of high school students having sexual intercourse in the previous 3 months over time.



# Sexual Activity & Alcohol and Drug Use

## Among sexually active students^

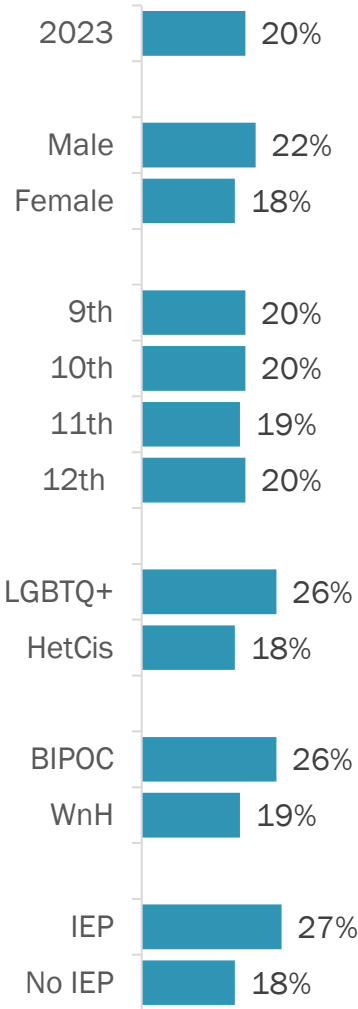
Among high school students who are sexually active, one in five (20%) report drinking or using drugs before the last time they had sexual intercourse.

- Sexually active male, LGBTQ+, 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.

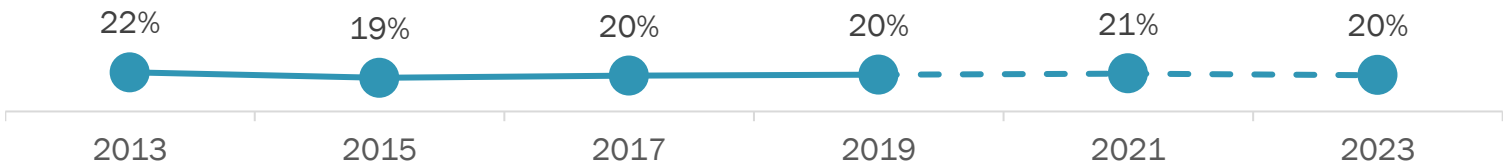
Compared to 2013 and between [2021\\*](#) and 2023, drinking alcohol or using drugs before intercourse did not statistically change.

*^ 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<sup>^</sup>

Among high school students who are sexually active, about half (49%) report using a condom during the last time they had sexual intercourse.

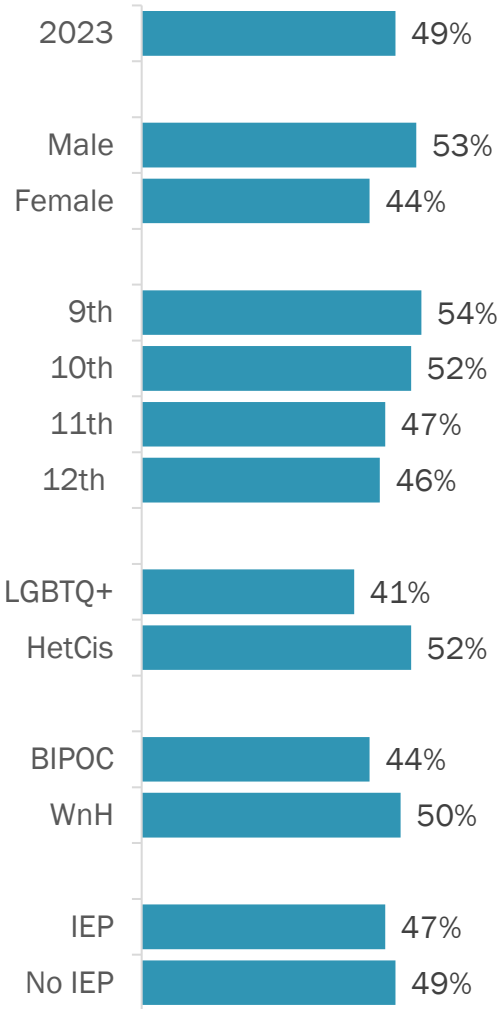
- Male students, younger students, and heterosexual cisgender students are statistically more likely to report using a condom the last time they had sexual intercourse.
- Condom use does not statistically differ by race and ethnicity or among students with or without an IEP.

Condom use among sexually active students statistically decreased since 2013.

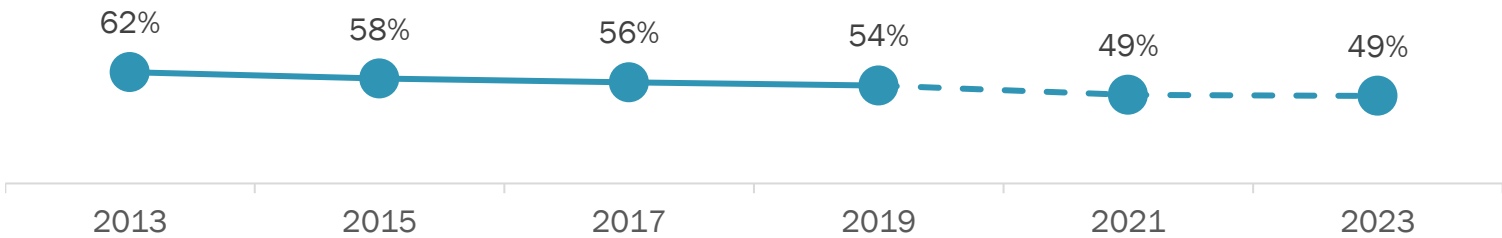
Between [2021\\*](#) and 2023, condom use during sexual intercourse did not statistically change.

<sup>^</sup> 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.<sup>^</sup>



### Percent of sexually active students using a condom during the last time they had sexual intercourse over time.<sup>^</sup>



# Sexual Activity & Pregnancy Prevention

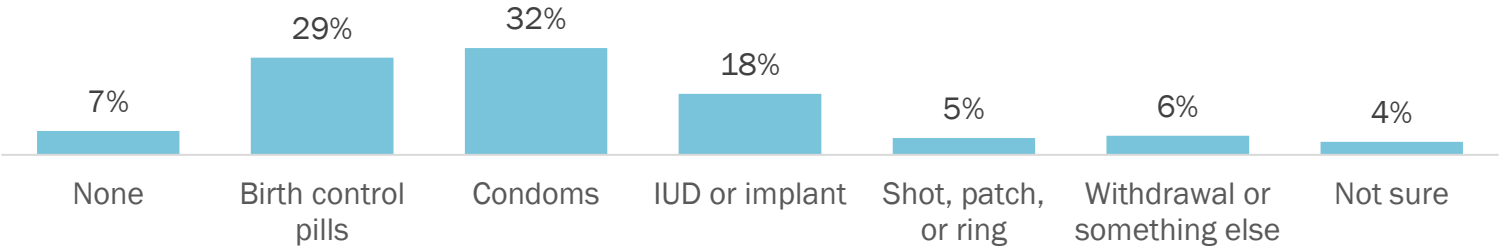
## Among sexually active students who report sexual intercourse with an opposite sex partner <sup>+</sup>

During the last time sexually active students had intercourse with an opposite-sex partner:

- Roughly a third (32%) report using a condom to prevent pregnancy.
- Three in ten (29%) report using birth control pills to prevent pregnancy.
- Nearly a quarter (23%) report using either an IUD or implant such as Mirena or ParaGard), implant (such as Implanon or Nexplanon), shot (such as Depo-Provera), patch (such as Ortho Evra), or birth control ring (such as NuvaRing) to prevent pregnancy.
- More than one in ten report they are not sure (4%) what was used to prevent pregnancy or that they did not use any method to prevent pregnancy (7%).

<sup>+</sup> 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.

### Primary method used to prevent pregnancy <sup>+</sup>



# Pregnancy Prevention: Prescription Birth Control

## Among sexually active students who had sexual intercourse with an opposite sex partner<sup>+</sup>

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

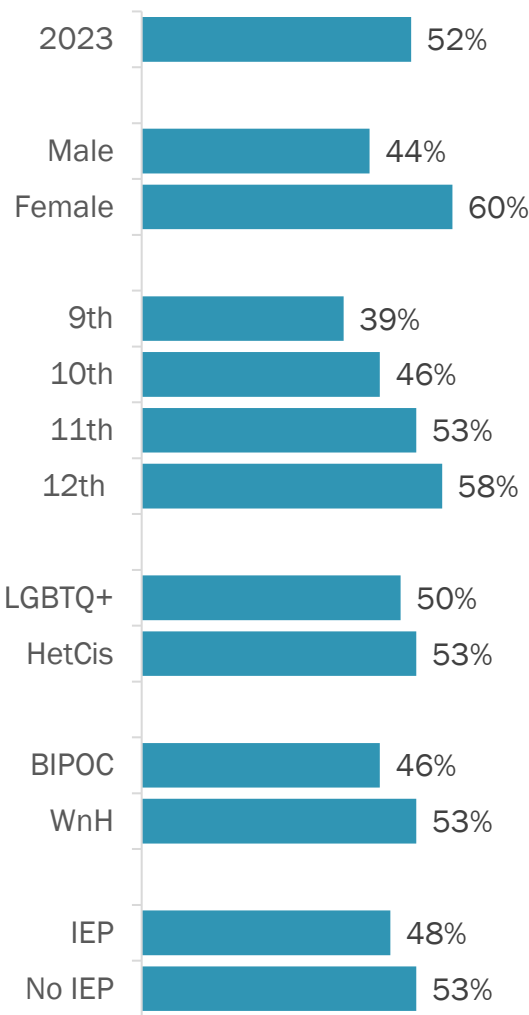
About half of all sexually active students (52%) report using most and moderately effective birth control methods the last time they had sexual intercourse with an opposite-sex partner.

- Female students, older students and white non-Hispanic students are statistically more likely to report using birth control considered most or moderately effective.

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

<sup>+</sup> 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.

Percent of sexually active high school students who use most or moderately effective birth control.<sup>+</sup>



## 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.<sup>+</sup>





# Pregnancy Prevention: IUD or Implant

Among sexually active students who had sexual intercourse with an opposite sex partner<sup>+</sup>

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

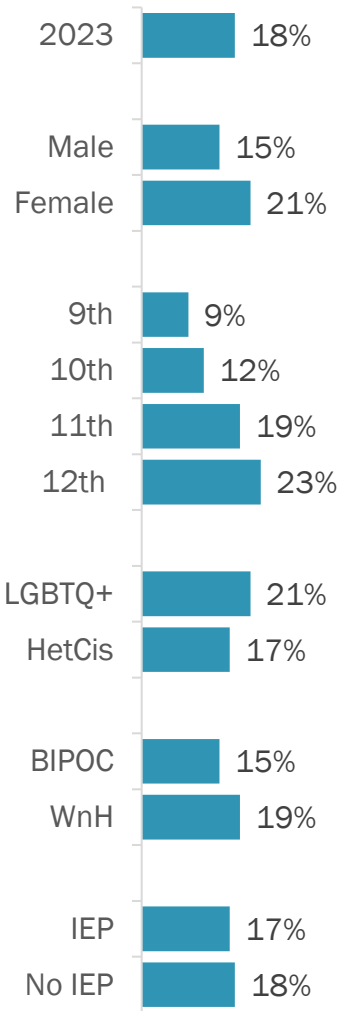
Nearly one in five sexually active students (18%) report using an IUD or implant to prevent pregnancy during the last time they had sexual intercourse.

- Female students and older students are statistically more likely to use an IUD or implant to prevent pregnancy.

Between [2021\\*](#) and 2023, using an IUD or implant to prevent pregnancy did not statistically change.


<sup>+</sup> 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.

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



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





**you are  
beautiful**

## **Weight**

# Overweight

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

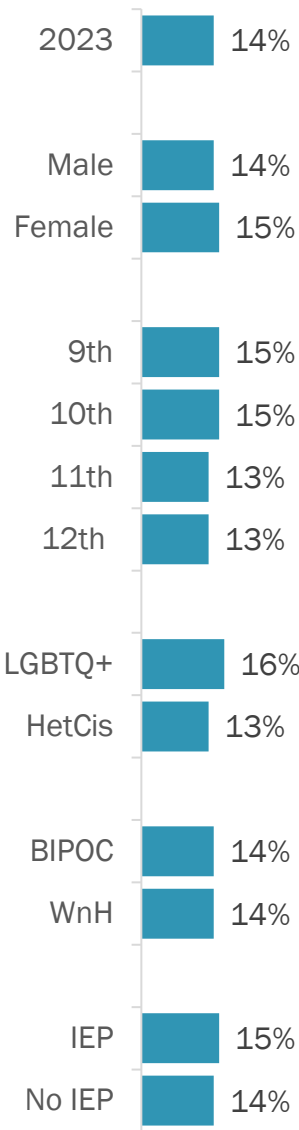
- LGBTQ+ students are statistically more likely to be overweight.
- Being overweight does not statistically differ by sex, grade level, race and ethnicity, or among students with or without an IEP.

Compared to 2013, the percent of students who are overweight statistically decreased.

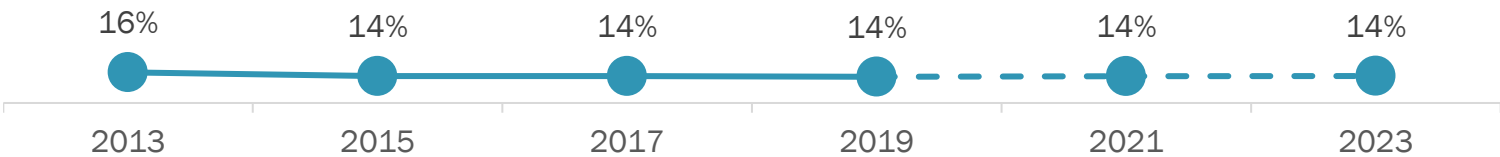
Between [2021\\*](#) and 2023, rates of being overweight did not statistically change.

*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 95<sup>th</sup> 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 are overweight over time.**



# Obese

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

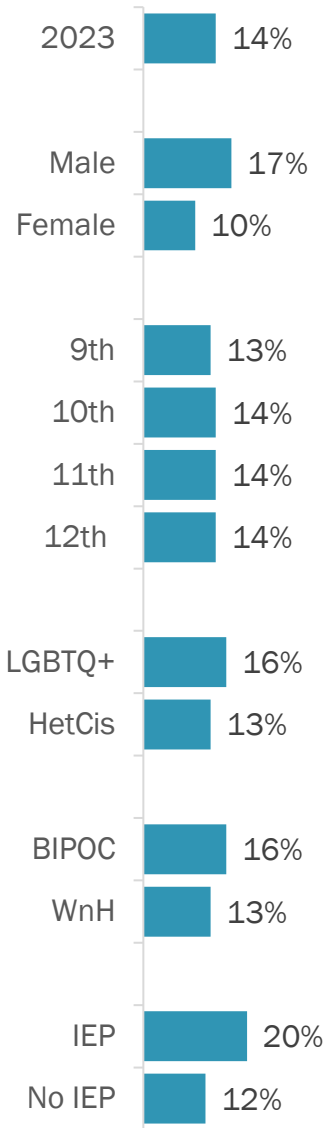
- Male students, LGBTQ+ students, BIPOC students, and students with an IEP are statistically more likely to be obese.
- Being obese does not statistically differ by grade level.

Compared to 2013 the percent of students who are obese statistically increased.

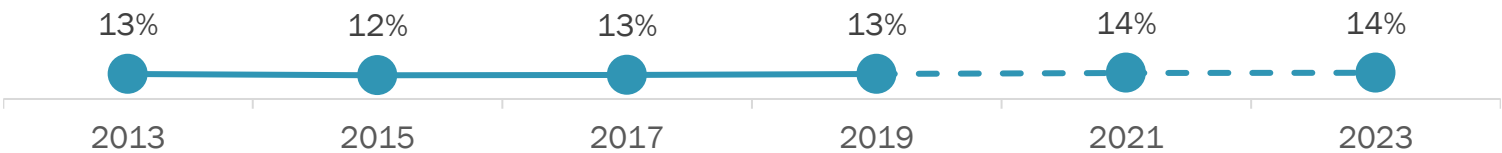
Between [2021\\*](#) and 2023, obesity rates did not statistically change.

*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 95<sup>th</sup> 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.



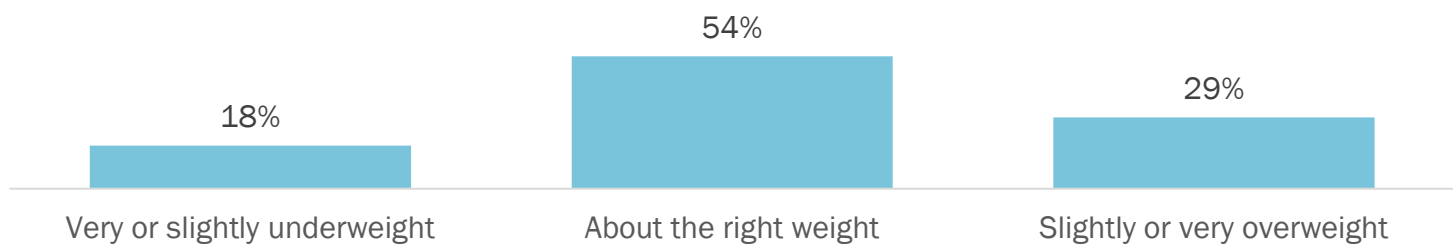
# Perceptions and Attempts to Modify Weight

Overall, about half of all high school students (54%) believe they are about the right weight.

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

One in five (18%) believe they are slightly or very underweight.

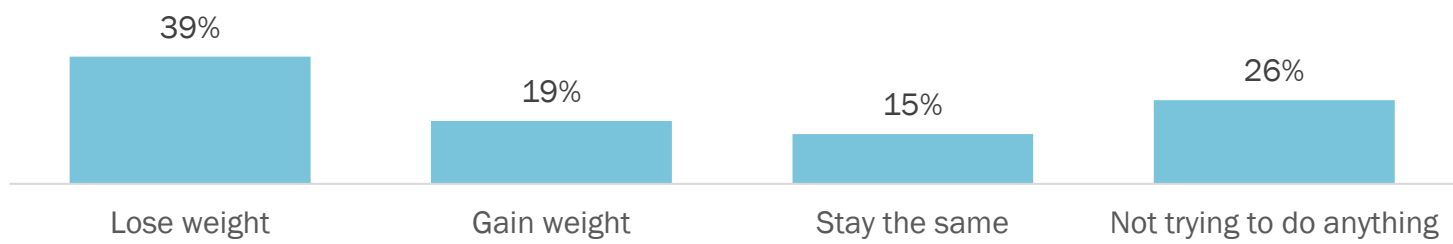
## Perceptions of Weight



About four in ten high school students say they are trying to maintain their weight (15%) or not trying to do anything about their weight (26%).

Nearly six in ten students (59%) are trying to modify their weight. One in five students (19%) are trying to gain weight, two in five (39%) were trying to lose weight.

## Attempts to Modify Weight





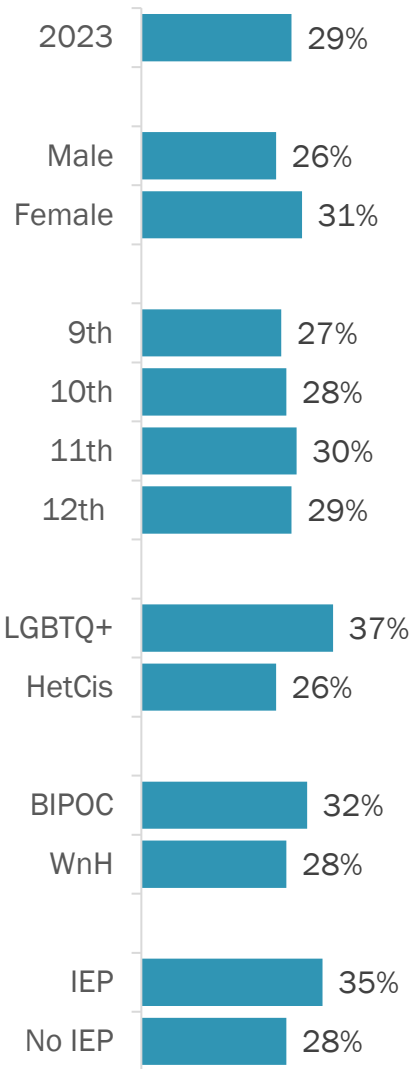
# Perceptions About Weight

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

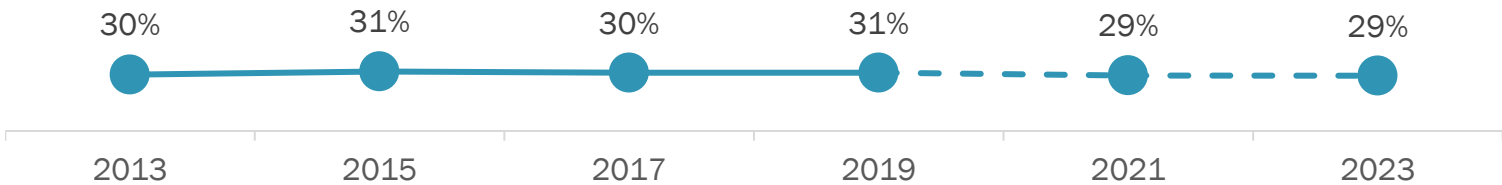
- Female students, LGBTQ+ students, and students with an IEP are statistically more likely to describe themselves as slightly or very overweight.
- Perceptions about being overweight do not differ by grade level.

Since 2013 and between [2021\\*](#) and 2023, the percent of students who described 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.**





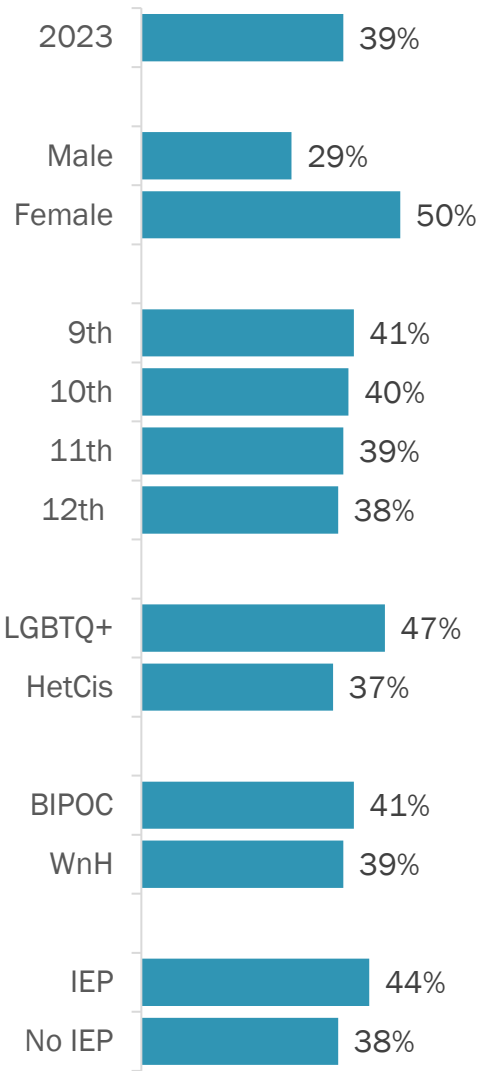
# Attempts to Modify Weight

Nearly one in four high school students (39%) are trying to lose weight.

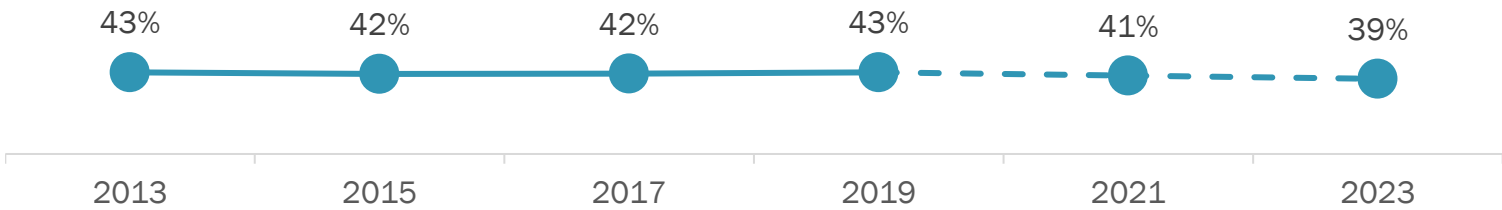
- Female students, LGBTQ+ students, and students with an IEP are statistically more likely to say they are trying to lose weight.

Since 2013 and between [2021\\*](#) and 2023, the percent of students trying to lose weight statistically decreased.

Percent of high school students trying to lose weight.



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

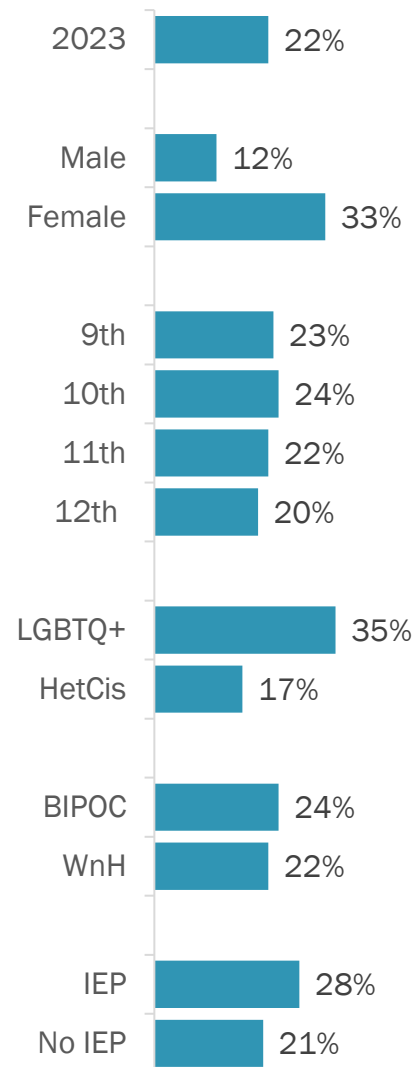


## Attempts to Lose Weight

More than one in five high school students (22%) report trying to lose weight or keep from gaining weight by unhealthy means (not eating for 24+ hours, taking diet pills, powders, or liquids, vomiting or taking laxatives, smoking cigarettes, or skipping meals).

- Female and LGBTQ+ students are more than two times as likely as male and heterosexual cisgender students to try losing weight or avoid gaining weight through unhealthy means during the past 30 days.
- Female students, younger students, LGBTQ+ students, and students with an IEP are statistically more likely to report trying to lose weight or avoid gaining weight during the past 30 days.

### Percent of high school students trying to maintain or lose weight with unhealthy methods.





# Physical Activity

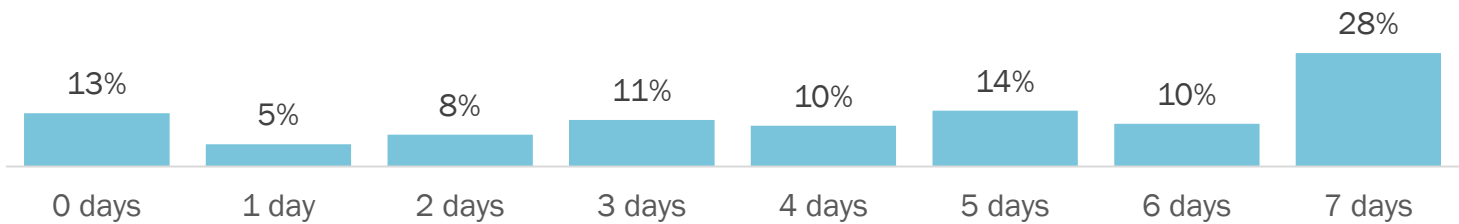
# Daily Physical Activity

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 ten 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

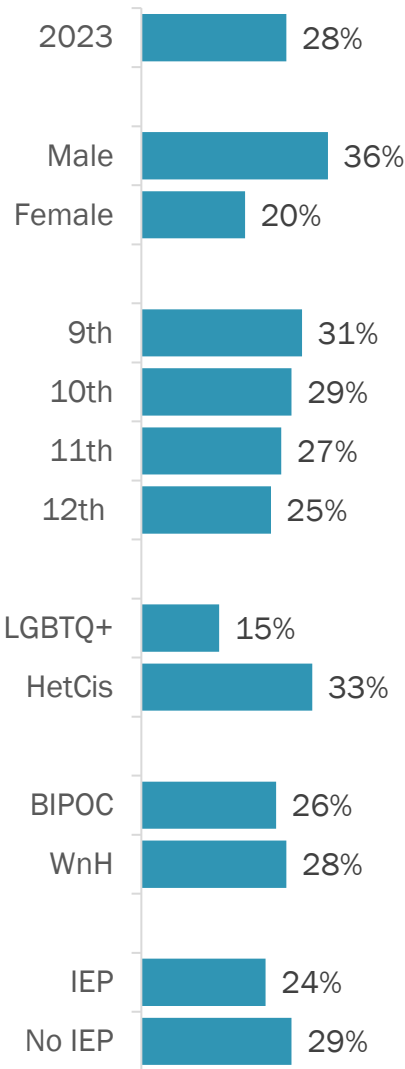
About three in ten high school students (28%) were physically active for at least 60 minutes on all seven days during the previous week.

- Male students, younger students, heterosexual cisgender 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.
- Being physically active every day during the previous week does not statistically differ by race and ethnicity.

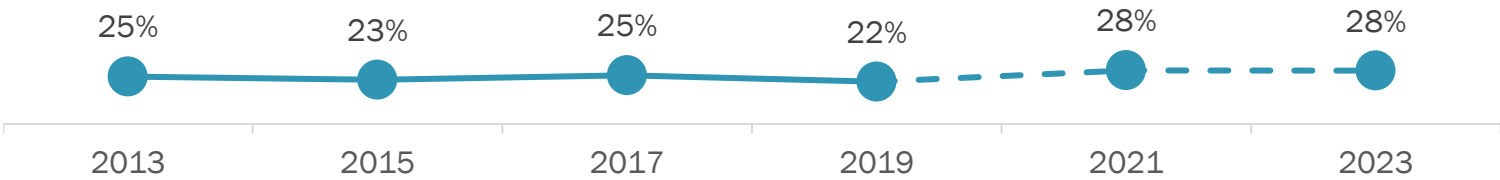
Compared to 2013, the percent of students physically active on all seven days of the previous week statistically increased.

Between [2021\\*](#) and 2023, 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 were physically active ever day over time.







# Nutrition

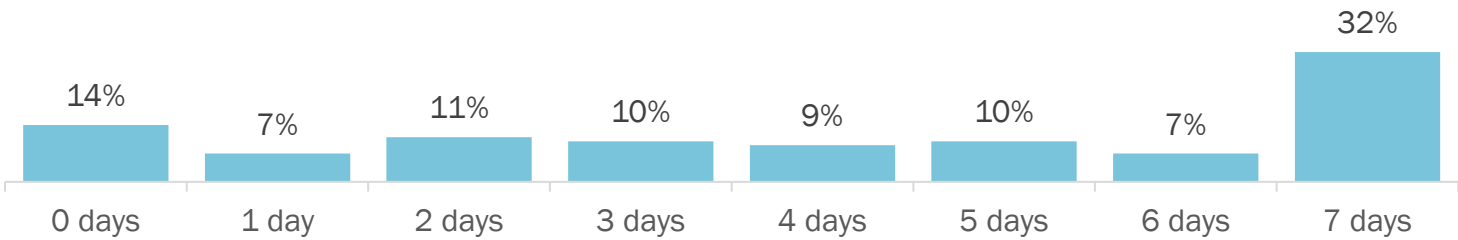


# Breakfast Consumption

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 (32%) eating breakfast every day.

Ate Breakfast, Past Week



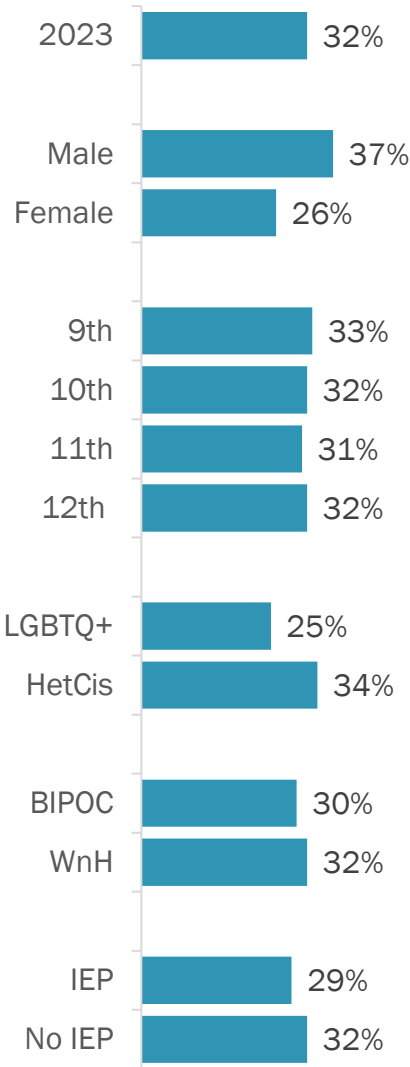
# Breakfast

Nearly a third of high school students (32%) report eating breakfast every day in the past week.

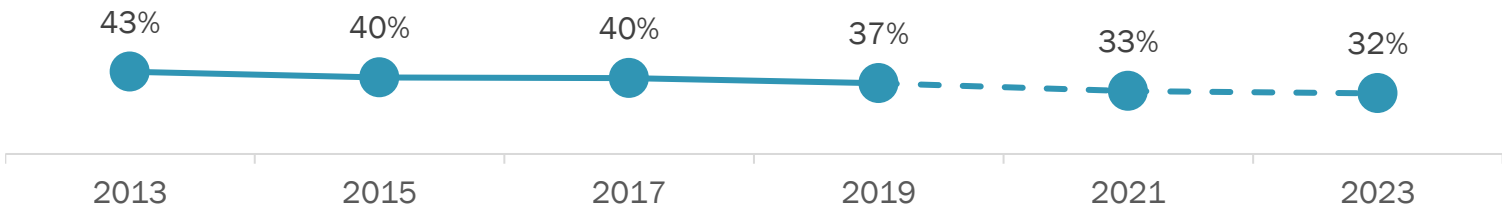
- Male students, heterosexual cisgender students, and students without an IEP are statistically more likely to eat breakfast every day during the last week.
- Eating breakfast every day during the past week does not statistically differ by grade level or race and ethnicity.

Since 2013 and between [2021\\*](#) and 2023, the percent of students who ate breakfast every day statistically decreased.

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



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



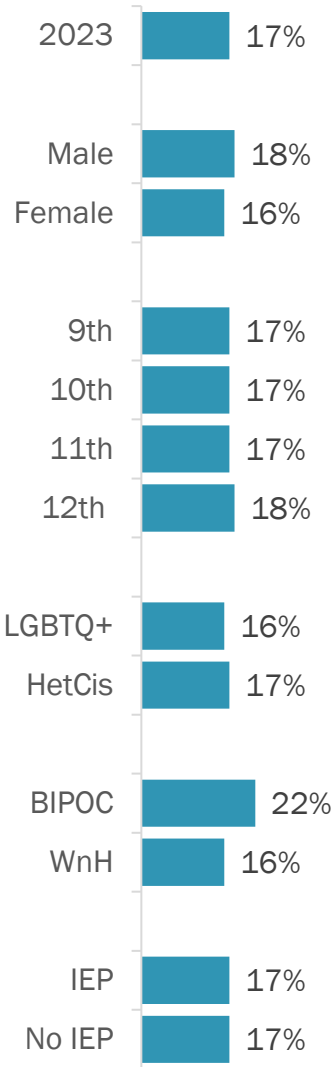
# Eat Vegetables, 3x Per Day

Less than one in five high school students (17%) 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.

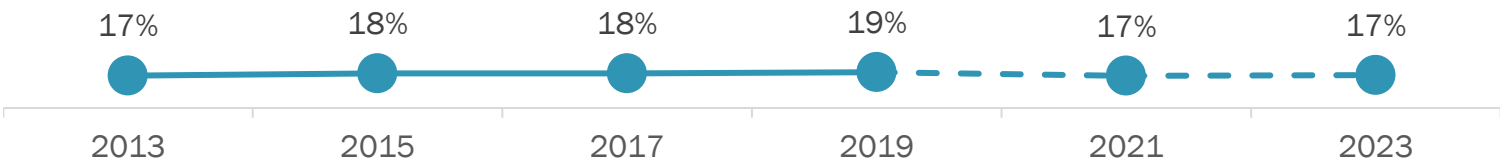
- Male students and BIPOC students are statistically more likely to eat vegetables three or more times a day during the past week.
- Eating vegetables three or more times per day during the previous week does not statistically differ by grade level, sexual orientation and gender identity, or among students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

Since 2013 and between [2021\\*](#) and 2023, the percent of students who ate vegetables three or more times a day did not statistically change.

**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.**



## Eat Fruit or Drank 100% Fruit Juice, 2x Per Day

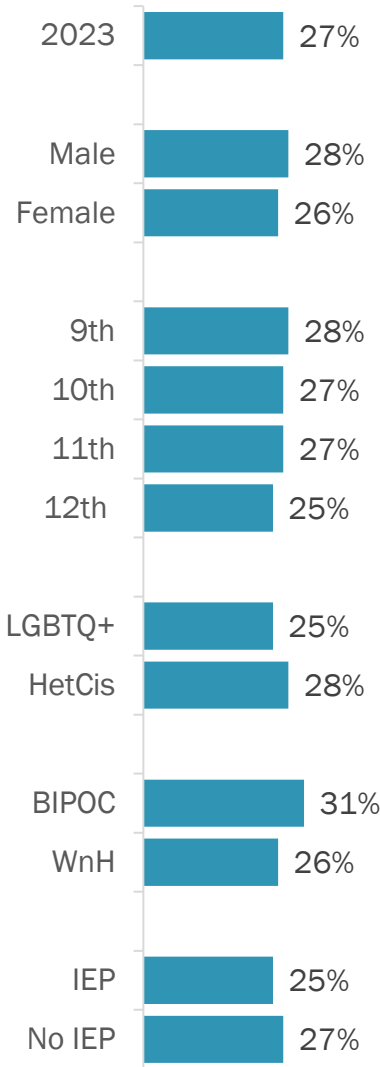
Nearly three in ten high school students (27%) report eating fruit or drinking 100% fruit juice two or more times a day in the past week. One in 15 (7%) report not eating any fruit or drink fruit juice during the previous week.

- Male students, heterosexual cisgender students and BIPOC students are statistically more likely to eat fruit two or more times per day in the last week.
- Eating fruit or drinking 100% fruit juice two or more times during the past week does not statistically differ by grade level or among students with or without an IEP.

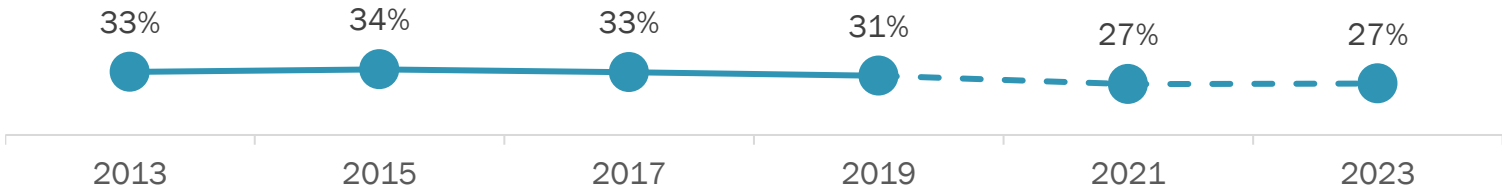
Since 2013, the percent of students eating fruit or drinking 100% fruit juice two or more times per day statistically decreased.

Between [2021\\*](#) and 2023, consuming fruit or fruit juice two or more times per day did not statistically change.

**Percent of high school students who eat fruit or drink 100% fruit juice two or more times per day, past week.**



**Percent of high school students who eat fruit or drink 100% fruit juice 2+ times per day over time.**



# Eat 5 or More Fruits and Vegetables Every Day

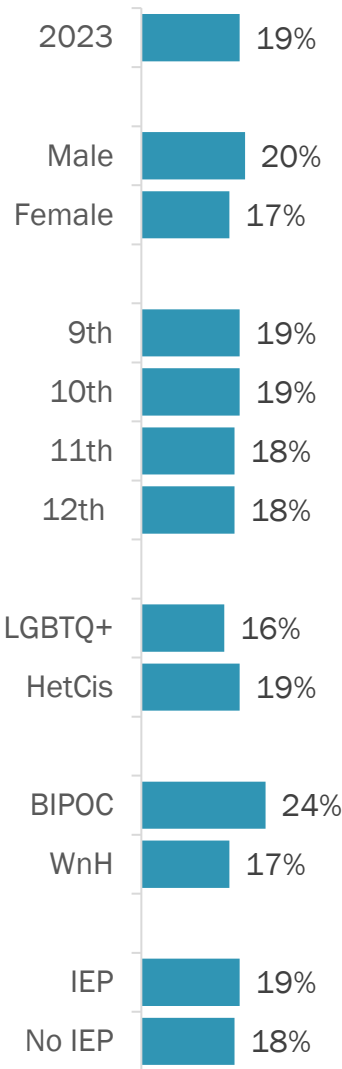
About one in five high school students (19%) report eating five or more fruits or vegetables each day in the past week.

- Male students, heterosexual cisgender students, and BIPOC students are statistically more likely to eat five or more fruits or vegetables each day during the past week.
- Eating five or more fruits or vegetables does not statistically differ by grade level or among students with or without an IEP.

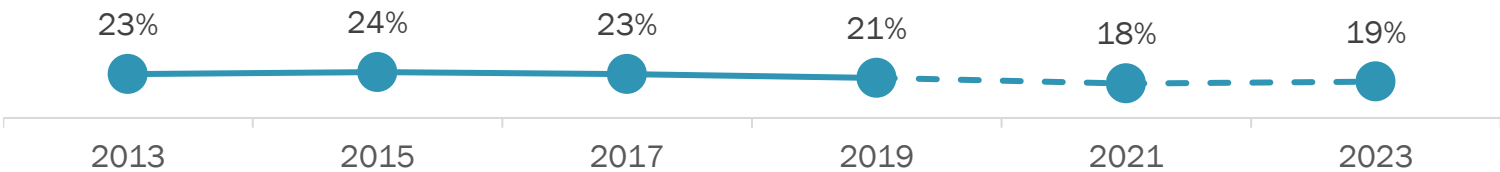
Compared to 2013, the percent of students who ate five or more fruits and vegetables a day during the previous week statistically decreased.

Between [2021\\*](#) and 2023, eating five or more fruits and vegetables did not statistically change.

**Percent of high school students who ate fruit or vegetables at least five times per day, past week**



**Percent of high school students eating 5+ fruits or vegetables per day over time.**





# Social Determinants of Health



# Food and Housing Insecurity

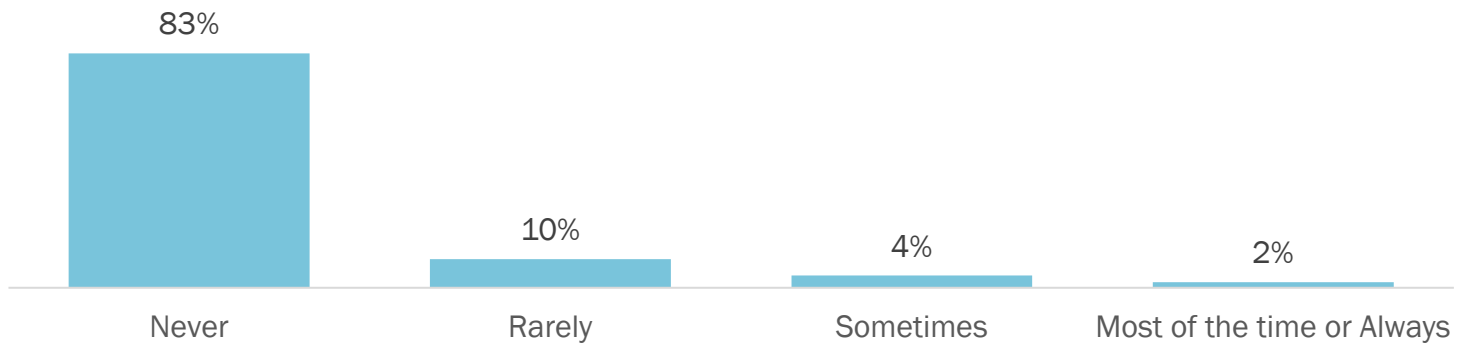
## Food Insecurity

Overall, most high school students (83%) did not experience hunger in the past 30 days due to not having enough food at home.

About one in seven (14%) rarely or sometimes experienced hunger in the last 30 days.

One in 50 high school students (2%) report being hungry most of the time or always during the past 30 days.

### Went hungry because there was not enough food during the past 30 days.

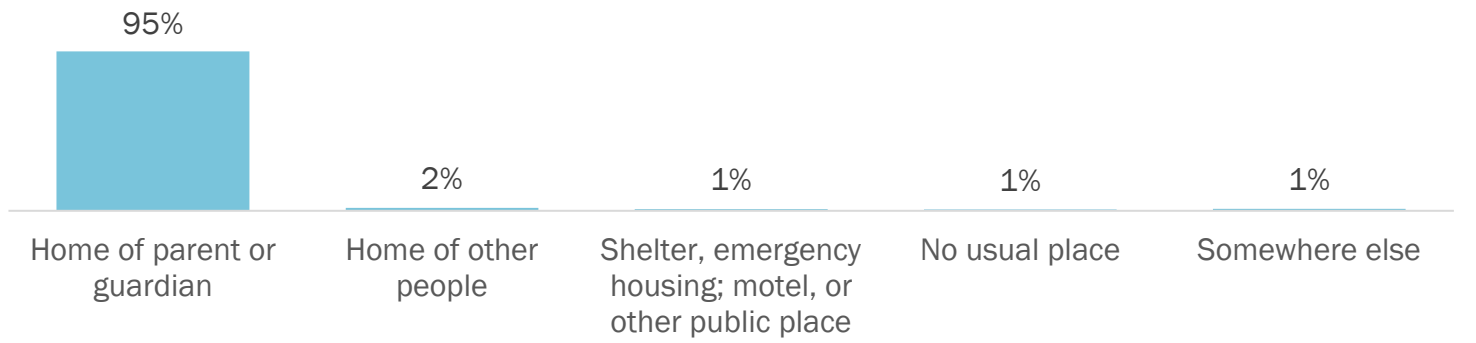


## Housing Insecurity

Nearly all high school students (95%) primarily slept in their parent’s or guardian’s home during the past 30 days.

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 sleep). One percent slept somewhere else.

### Primary location high school students slept during the past 30 days.



# Food Insecurity

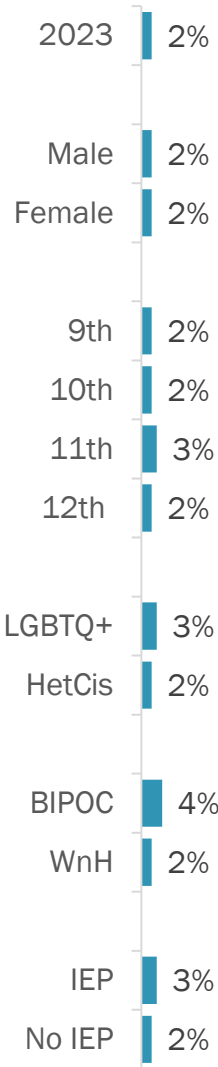
One in 50 high school students (2%) report being hungry most of the time or always in the past 30 days.

- LGBTQ+ students, BIPOC students, and students with an IEP are statistically more likely to go hungry most of the time or always during the past month.

Since 2017, the percent of students who were hungry most of the time or always statistically decreased.

Between [2021\\*](#) and 2023, going hungry at least most of the time did not statistically change.

**Percent of high school students who go hungry most of the time or always, past 30 days.**



**Percent of high school students experiencing hunger at least most of the time over time.**



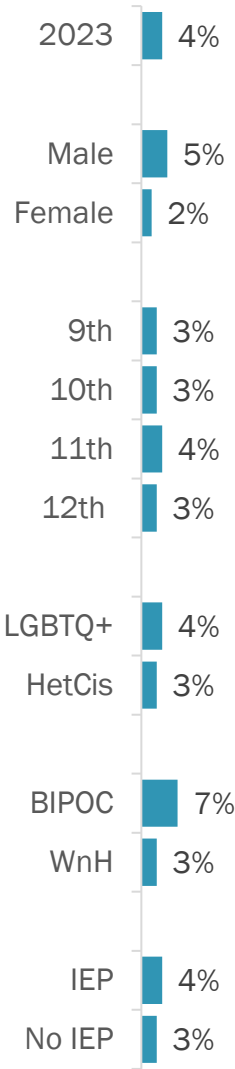
# Housing Insecurity

One in 25 high school students (4%) experience unstable housing and are usually sleeping 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, BIPOC students, and students with an IEP are statistically more likely to report unstable housing during the past 30 days.
- Experiencing unstable housing does not statistically differ by grade level or sexual orientation and gender identity.

Compared to 2017 and between [2021\\*](#) and 2023, experiencing unstable housing statistically increased.

Percent of high school students experiencing unstable housing, past 30 days.



Percent of high school students experiencing housing insecurity over time.

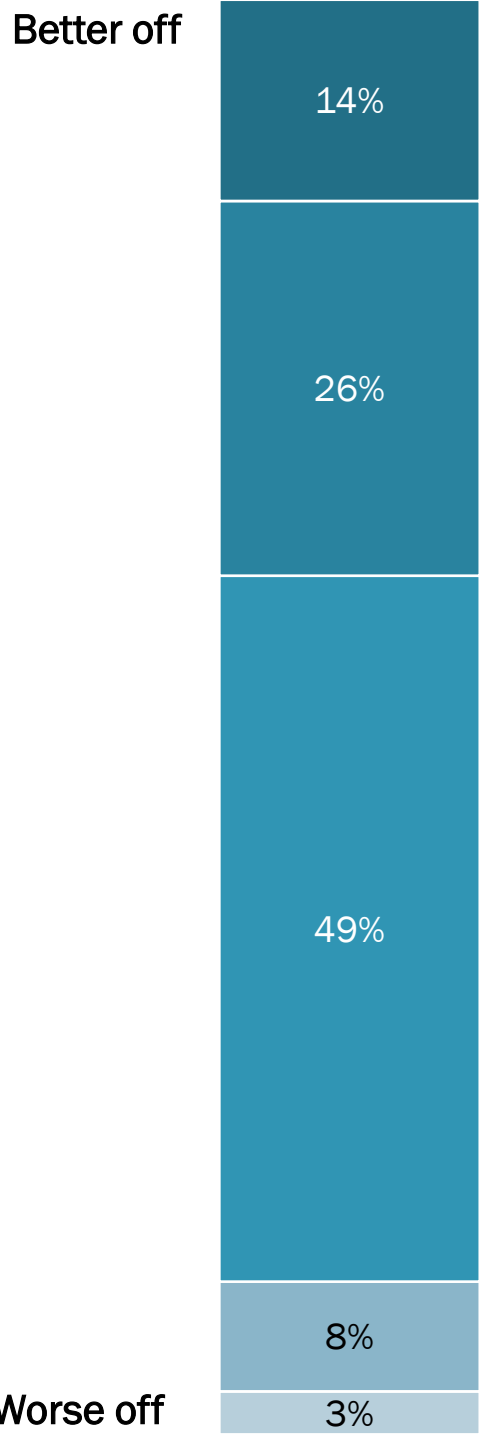


# Subjective Social Status

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 (26%) than other families in American society. About one in thirty (3%) 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

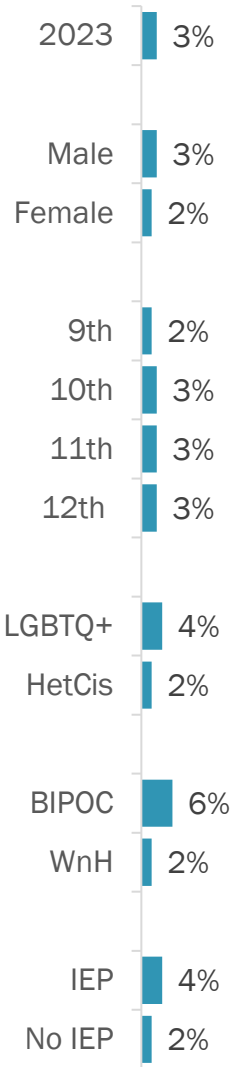
Overall, 3% of high school students report that their family’s social status is worse than other people.

- LGBTQ+, white non-Hispanic 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 [2021\\*](#) and 2023 having a lower social status did not statistically change.

*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.*

**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.**



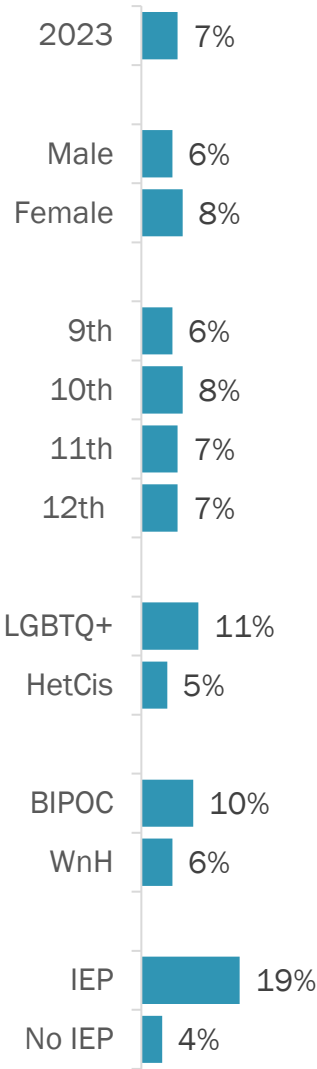
# Disability or Long-Term Health Problem

About one in 15 high school students (7%) have a disability or long-term health problem that keeps them from doing everyday activities such as bathing, getting dressed, school work, playing sports, or being with friends.

- Female students, LGBTQ+ students, BIPOC students, and students with an IEP are statistically more likely to report having a disability or long-term health problem that keeps them from doing everyday activities.
- Having a disability or long-term health problem does not statistically differ by grade level.

Between [2021\\*](#) and 2023, the percent of students with a disability or long-term health problem did not statistically change.

**Percent of high school students who have a disability or long-term health problem that keeps them from doing everyday activities.**



**Percent of high school students had a disability or long-term health problem over time.**





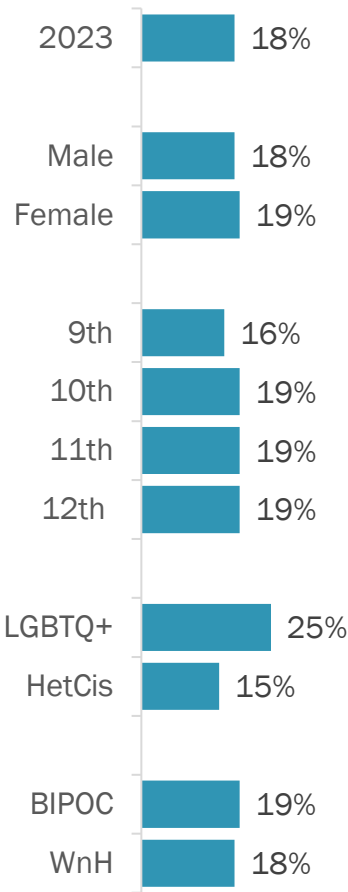
# Individualized Education Plan or 504 Plan

Nearly one in five high school students (18%) 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.

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

**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.**



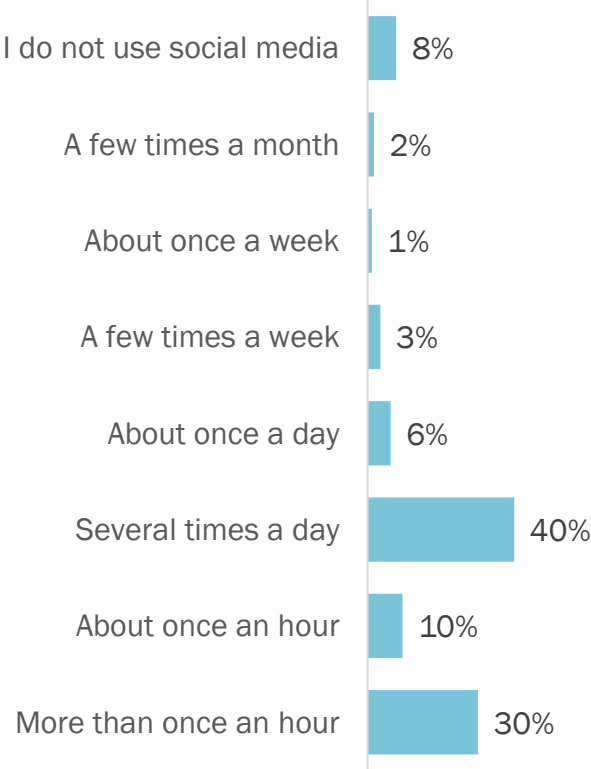


# Protective Factors

# Social Media Use

Less than one in ten high school students (8%) report they don't use social media. About one in 15 only use it a few times a week (3%), once a week (1%), or monthly (2%). Three in ten (30%) use it multiple times an hour.

## Frequency of using social media.

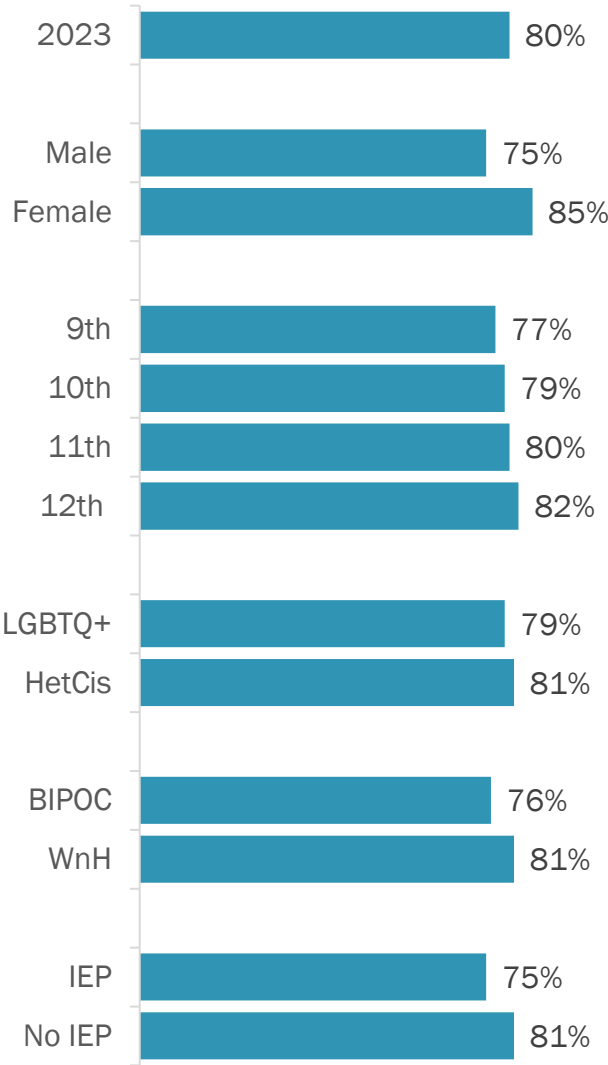


Four in five high school students use social media at least several times a day.

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

*Social media use was described to include Instagram, TikTok, SnapChat, and Twitter.*

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

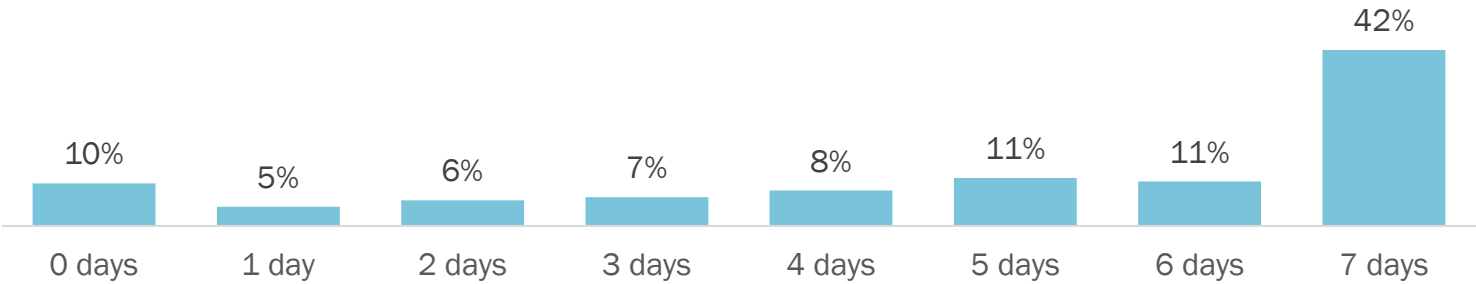


# Dinner with Parents or Guardians

More than seven in ten high school students (72%) report eating dinner at home with a parent or other adult family member at least four times during the previous week. Four in ten (42%) did so everyday during the past week.

One in ten (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.**



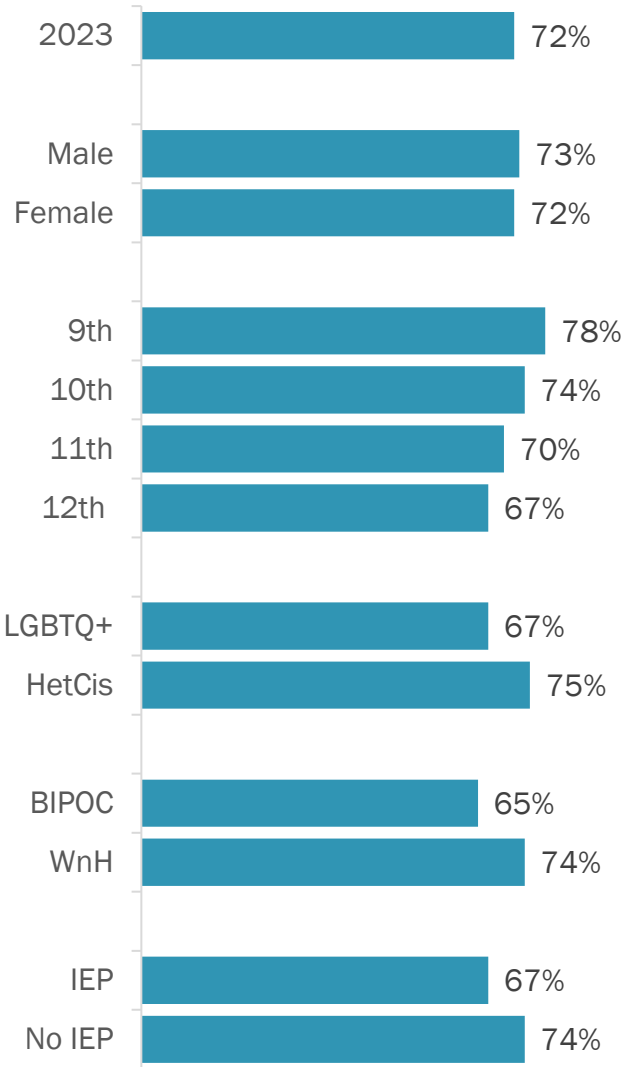
# Eat Dinner with Parent or Guardian, Past Week

More than seven in ten high school students (72%) report eating dinner at home with a parent or other adult family member at least four times during the previous week.

- Younger students, 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 guardian does not statistically differ by sex.

Since 2017 and between [2021\\*](#) and 2023, eating dinner with a parent or other adult family member at least four times during the previous week statistically decreased.

**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.**



2013

2015

2017

2019

2021

2023

# School Rules, Consequences, and Treatment

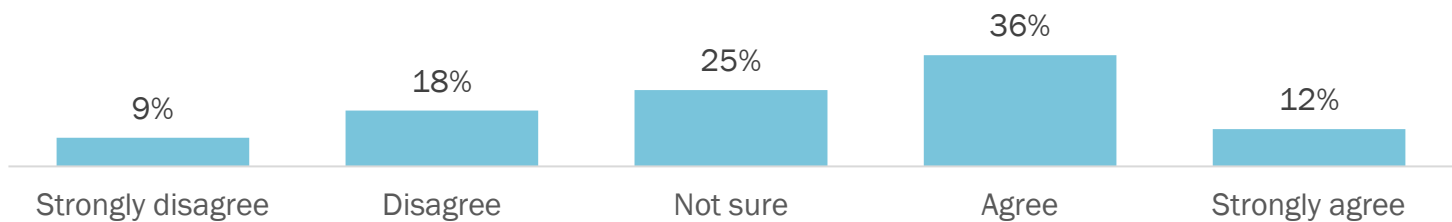
Nearly half of all high school students believe that their school has clear rules and consequences for behaviors. Specifically, 36% agree and 12% strongly agree their school has clear rules and consequences for behaviors.

About one in five (18%) disagree or strongly disagree (9%) their school has clear rules and consequences for behaviors. A quarter (25%) are not sure if their school has clear rules and consequences for behavior.

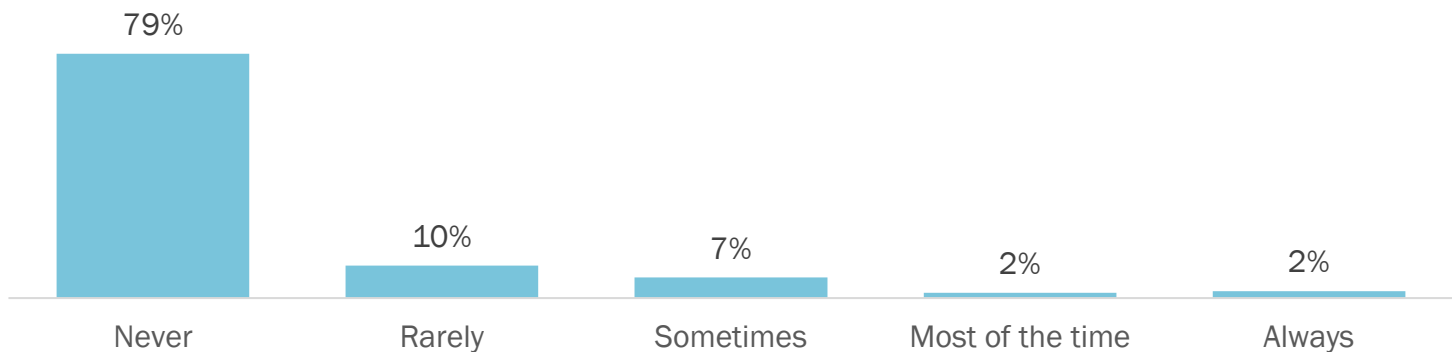
Most students (79%) report they are never treated badly or unfairly in school because of their race or ethnicity.

Four percent say they were always or most of the time treated badly or unfairly because of their race or ethnicity.

## School has clear rules and consequences for behavior.



## Treated unfairly at school because of their race or ethnicity.





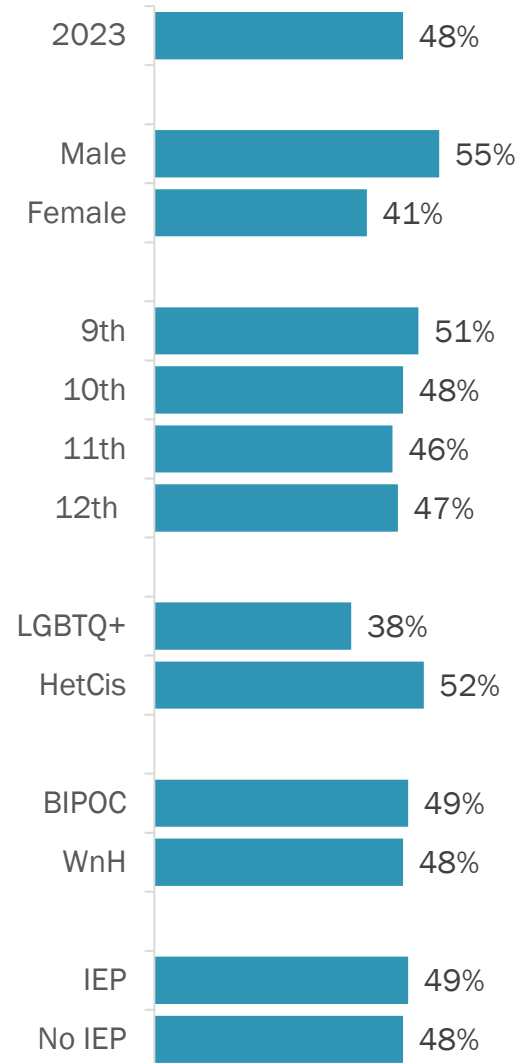
## School Has Clear Rules and Consequences

Nearly half of all high school students (48%) agree or strongly agree that their school has clear rules and consequences for behaviors.

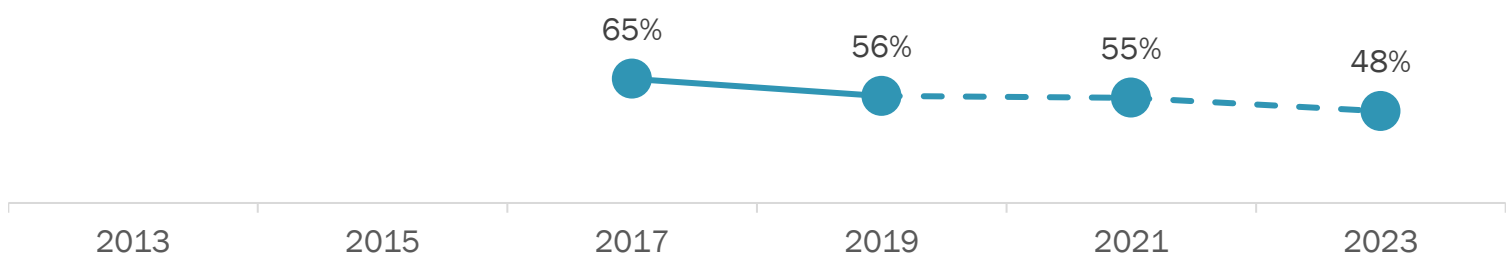
- Male students, younger students, and heterosexual cisgender students are statistically more likely to believe their school has clear rules and consequences for behaviors.
- Agreeing or strongly agreeing their school has clear rules and consequences for behaviors does not statistically differ by race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

Since 2017 and between [2021\\*](#) and 2023, the percent of students who said their school has clear rules and consequences for behaviors statistically decreased.

**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.**

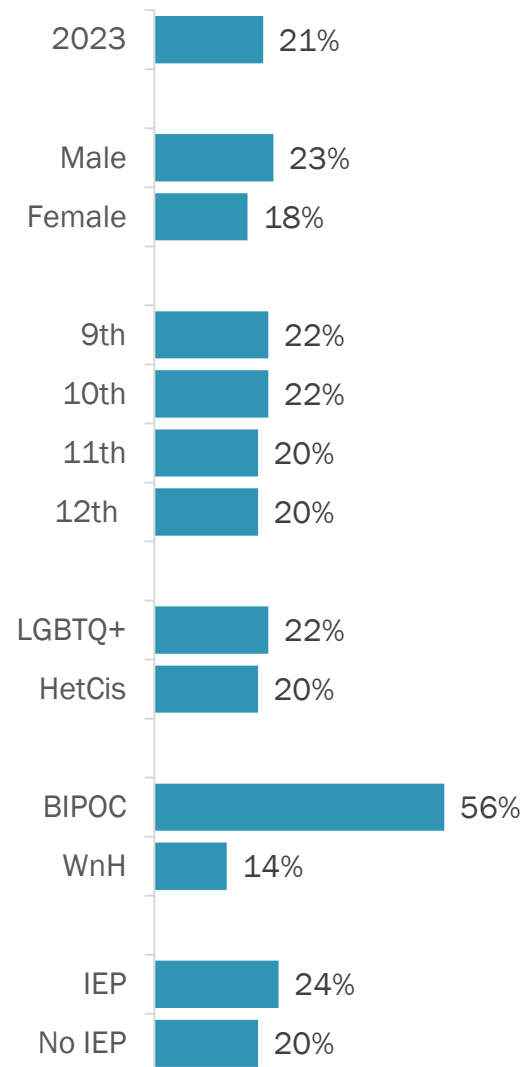


## Treated Unfairly at School

Roughly one in five high school students (21%) believed they were ever treated badly or unfairly at school because of their race or ethnicity.

- More than half of all BIPOC students (56%) feel like they are treated badly or unfairly in school because of their race or ethnicity.
- Male students, BIPOC students, and students who have an IEP are statistically more likely to feel like they are treated unfairly at school because of their race or ethnicity.
- Being treated badly or unfairly at school because of race or ethnicity does not differ by grade level or sexual orientation and gender identify.

### Percent of high school students who are treated badly or unfairly in school because of their race or ethnicity.



# Trusted Adult at School

Nearly seven in ten high school students (69%) say there is at least one teacher or other adult in their school they can talk to if they have a problem.

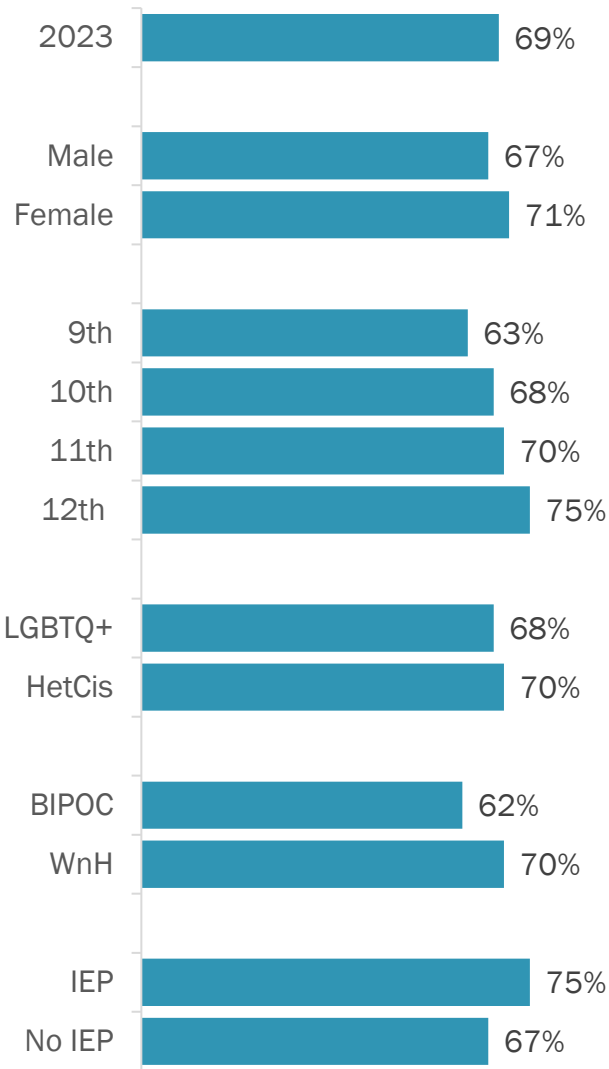
One in seven (14%) are not sure if they have a teacher or other adult at school they could talk to.

- 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 [2021\\*](#) and 2023., having a trusted adult at school did not statistically change.

**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.**

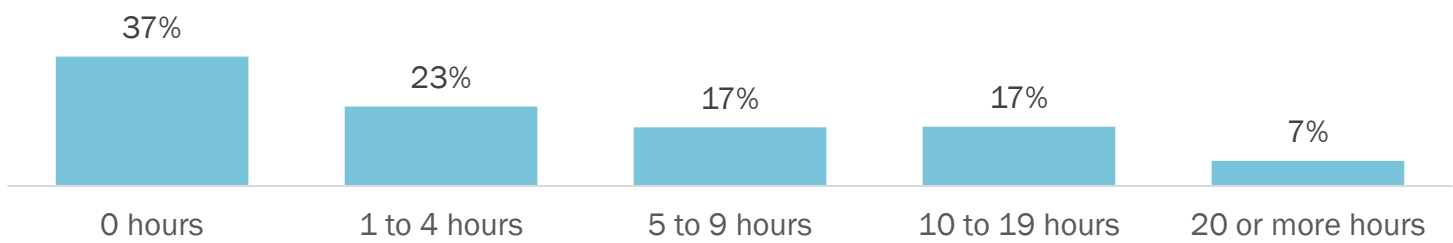


# After School Activities

During an average week, nearly four in ten high school students (37%) do not participate in after school activities such as sports, band, drama, or clubs run by the school or community.

Four in ten students (39%) participate in extracurricular activities for one to nine hours per week. About one in five (17%) are spending 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.**



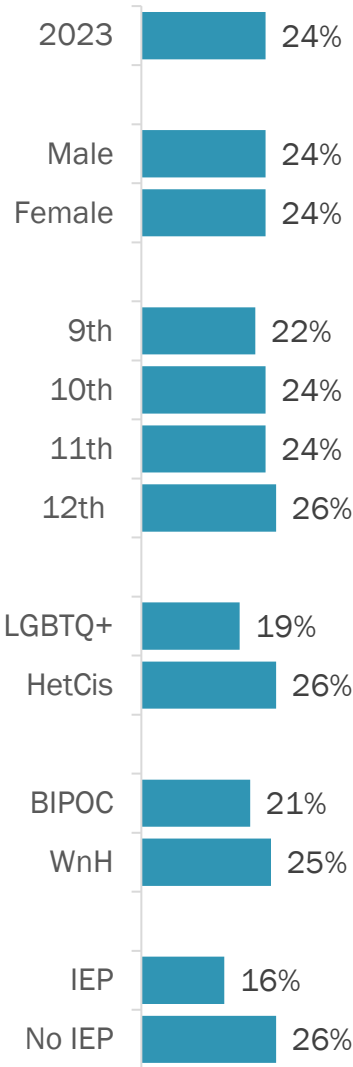
# After School Activities

Nearly a quarter of high school students (24%) participate in 10 or more hours of afterschool activities.

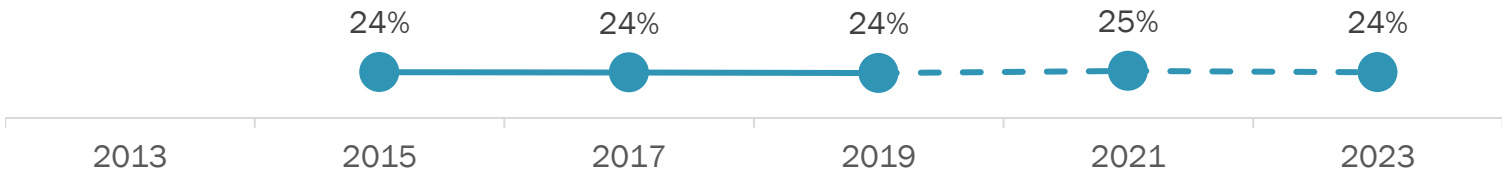
- Heterosexual cisgender students, white, non-Hispanic students, and students without an IEP are statistically more likely to participate in 10 or more hours of after school activities each week.
- Participating in at least 10 hours of extracurricular activities during a typical week does not statistically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

Since 2015 and between [2021\\*](#) and 2023, participating in ten 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.**



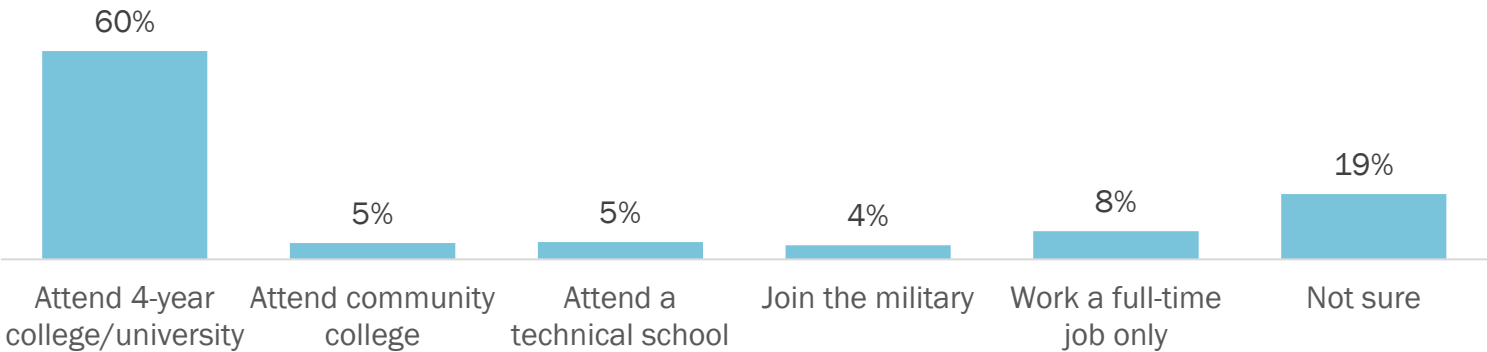
# Post High School Plans

Most high school students (69%) intend to attend a 4-year college or university, community college, or technical school after graduating from high school.

One in 12 (8%) plan to work full time, 4% intend to join the military.

About one in five (19%) are not sure what they will do after high school.

Post high school plans.





# Post High School Plans

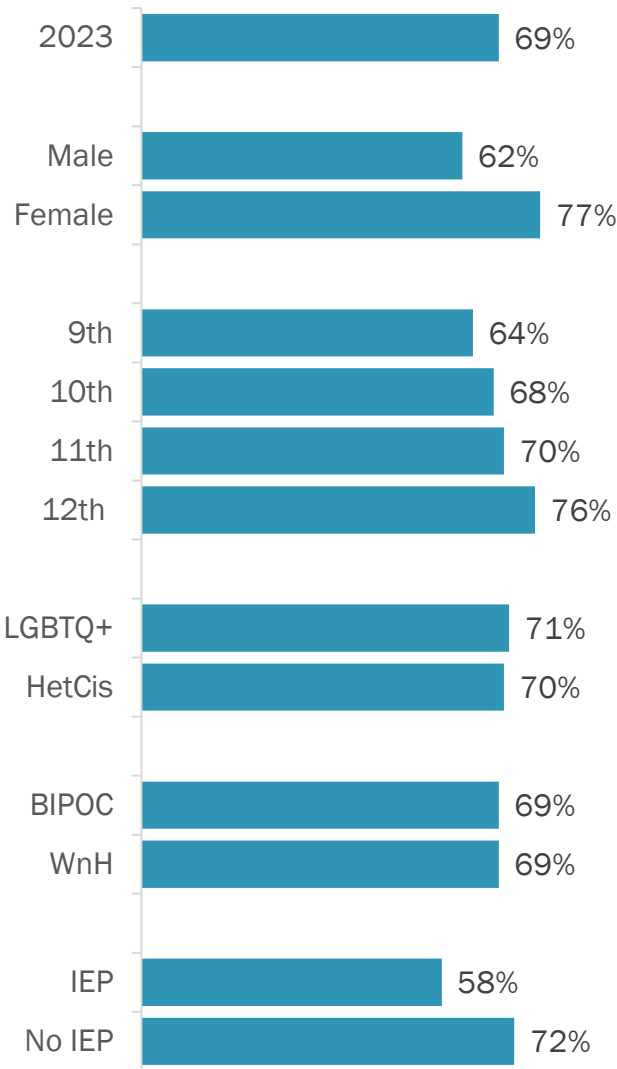
After graduating from high school, nearly seven in ten high school students (69%) plan to go to a 4-year college or university, community college, or technical school.

- Female students, older 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 does not statistically differ by sexual orientation and gender identity, or race and ethnicity.

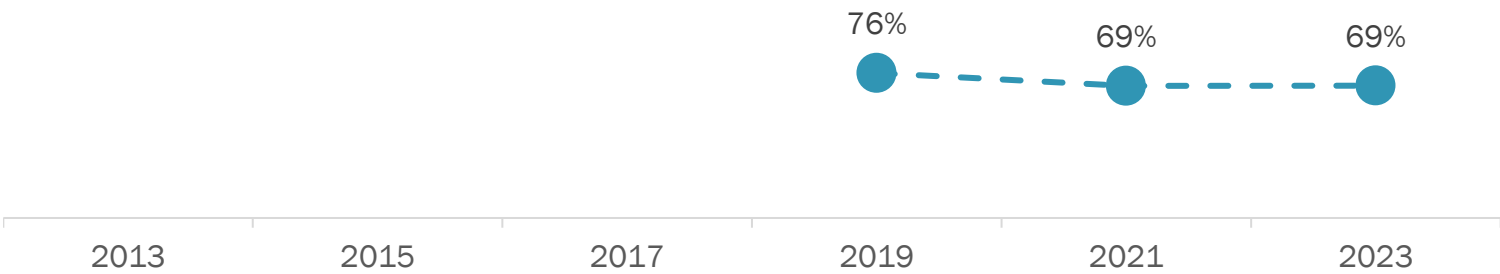
Since 2019, the percent of students planning to attend college or technical school after graduating statistically decreased.

Between [2021\\*](#) and 2023, 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.**



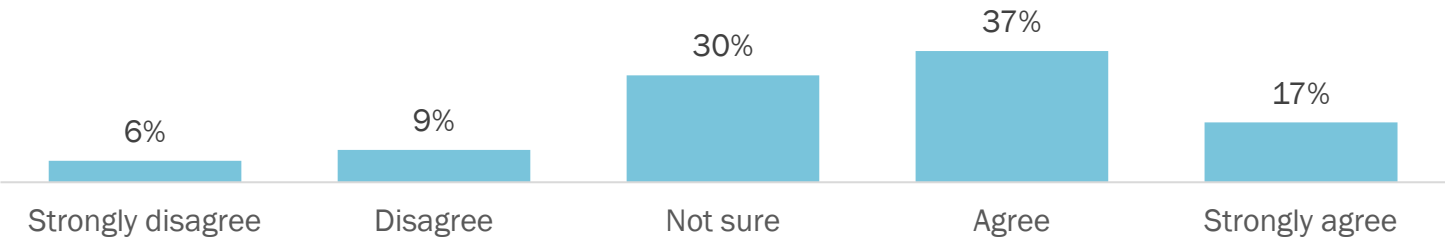
# Matter to People in Their Community

Just over half of all high school students (54%) agree or strongly agree that they feel like they matter to people in their community.

Three in ten (30%) are not sure if they matter to people in their community.

About one in seven (15%) disagree or strongly disagree that they matter to people in their community.

**Believe they matter to people in their community.**



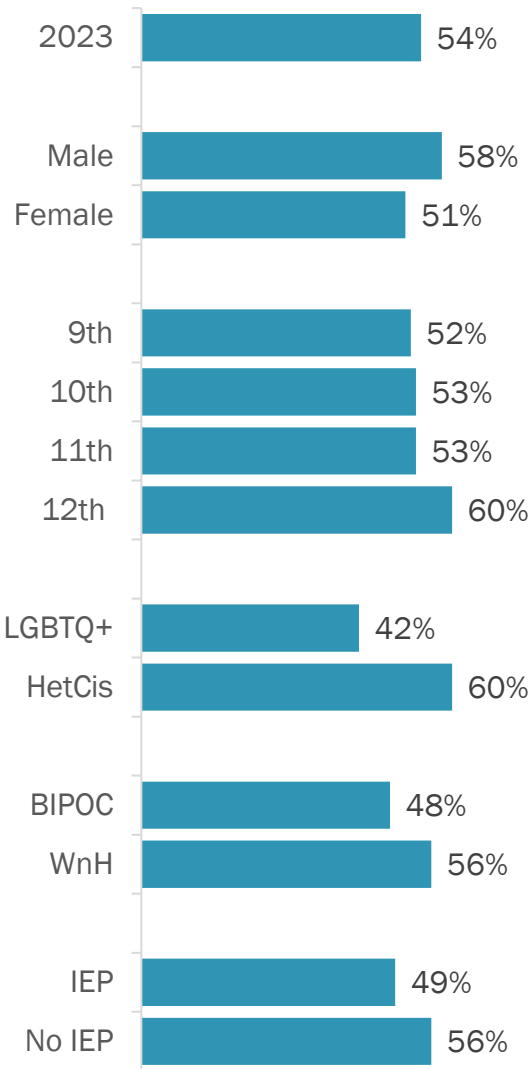
# Matter to People in Their Community

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

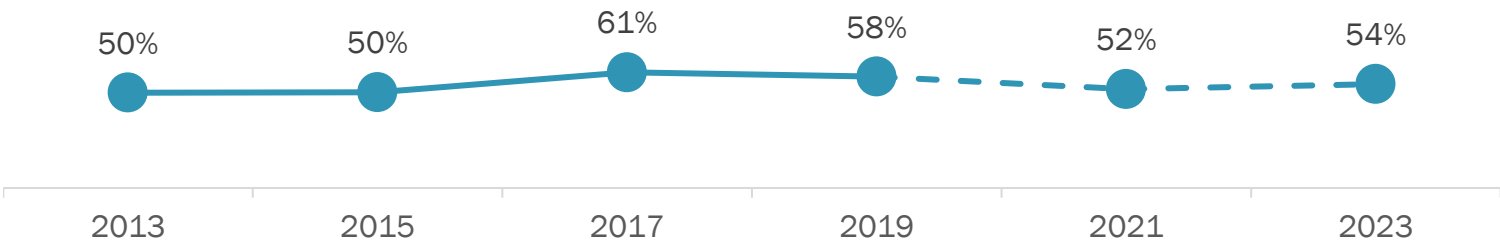
- Only about four in ten LGBTQ+ students (42%) believe they matter to people in their community.
- Male students, 12th grade students, heterosexual cisgender students, white non-Hispanic students, and students without an IEP are more likely to feel like they matter to people in their community.

Compared to 2013 and between [2021\\*](#) and 2023, the percent of students who believe they matter to people in their community statistically increased.

**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.**



# **2023 Vermont Youth Risk Behavior Survey Middle School Results**



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## Middle School Results

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# Survey Sample and Demographics



## 2023 Sample and Response Rate

This report presents the middle school results from public schools with students in grades six through eight. Elementary or intermediate cThe 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 2023, students at 106 middle schools took the 2023 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 12,501 completed questionnaires, 134 surveys failed quality control and were excluded from the final data set, resulting in 12,367 usable questionnaires.

Middle School Response Rate <sup>†</sup>	
Schools	96% (106 of the 110 eligible schools)
Students	82% (12,367 of the 15,048 eligible students submitted usable questionnaires)
<b>Overall</b>	<b>96% * 82% = 79%<sup>†</sup></b>

<sup>†</sup> 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

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

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

**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).

**Race and Ethnicity.** The middle school YRBS asked students “Are you Hispanic or Latino?” and “What is your race?” 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 (1) Hispanic or Latino or (2) American Indian or Alaska Native, Asian, Black or African American, Native Hawaiian or Other Pacific Islander.
- **White non-Hispanic (WnH).** This groups includes students who answered that they are (1) not Hispanic or Latino and (2) they are White.

# Demographics

Total Unweighted N*		12,367	
Demographic		Unweighted N*	Weighted %
Sex	Male	6,259	51%
	Female	5,934	49%
Grade	6th grade	3,126	25%
	7th grade	4,671	38%
	8th grade	4,535	37%
Race	American Indian/Alaska Native	240	2%
	Asian	339	3%
	Black or African American	514	4%
	Native Hawaiian/ Other Pacific Islander	48	<1%
	White	10,285	85%
	Multiple	698	6%
Ethnicity	Hispanic/Latino	576	5%
Race/Ethnicity	BIPOC	2,154	18%
	White, non-Hispanic	9,560	82%

\* 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.

# Demographics

<b>Total Unweighted N*</b>		12,367	
<b>Demographic</b>		<b>Unweighted N*</b>	<b>Weighted %</b>
<b>Sexual Orientation</b>	Heterosexual (straight)	8,650	71%
	Gay or Lesbian	417	3%
	Bisexual	1,217	10%
	I describe my sexual identity some other way	550	5%
	I am not sure about my sexual identity (questioning)	760	6%
	I do not know what this question is asking^	526	4%
<b>Gender</b>	No, I am not transgender	11,328	92%
	Yes, I am transgender	404	3%
	I am not sure if I am transgender	364	3%
	I do not know what this question is asking^	166	1%
<b>Sexual and Gender Identity</b>	LGBTQ+	3,017	26%
	Heterosexual Cisgender	8,538	74%

\* 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.

^ Students who do not understand the question are excluded from analysis.



# Unintentional Injuries and Prevention

## Helmet Use

Overall, about one in ten middle school students (11%) do not ride bicycles. More than half (55%) do not rollerblade or skateboard.

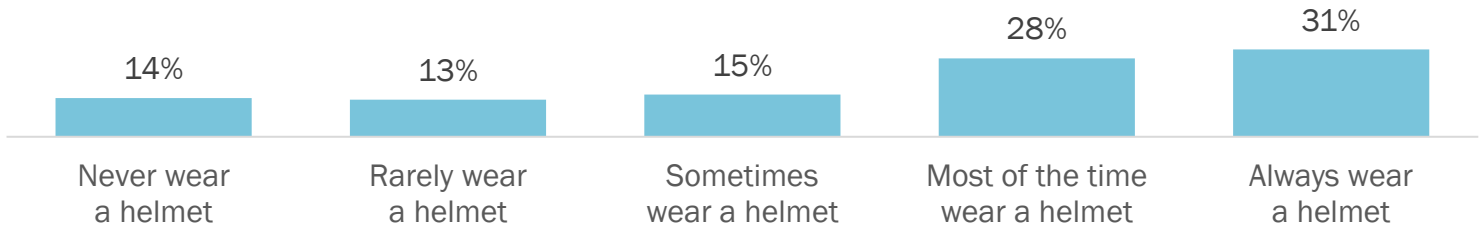
Among students who do ride bicycles:

- Nearly six in ten (58%) wear a helmet most of the time or always.
- Roughly three in ten (27%) never or rarely wear a helmet.

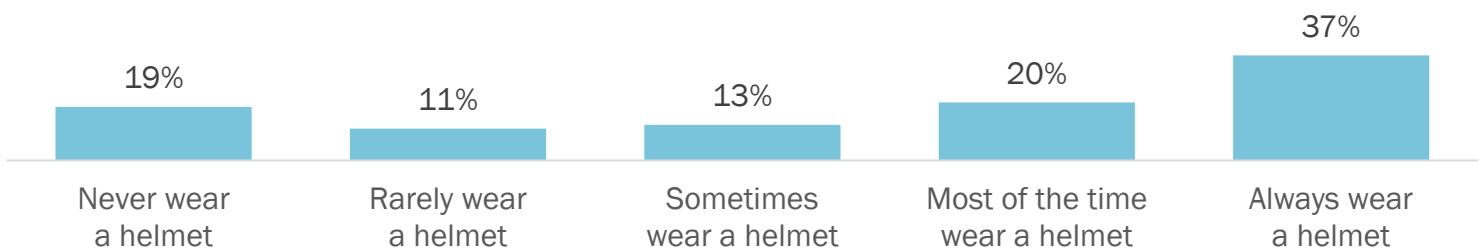
Among students who rollerblade, or skateboard:

- Nearly six in ten (57%) wear a helmet most of the time or always.
- One in eight (13%) sometimes wear a helmet.
- Two in ten (19%) never 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 three in ten students (27%) who ride bicycles report never or rarely wearing a helmet.

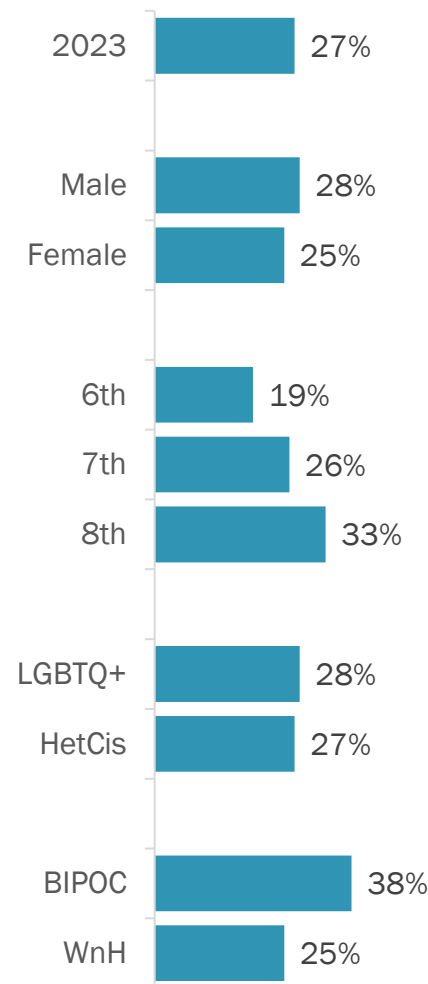
Among students who ride bicycles:

- Male students and 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 sexual orientation and gender identity.

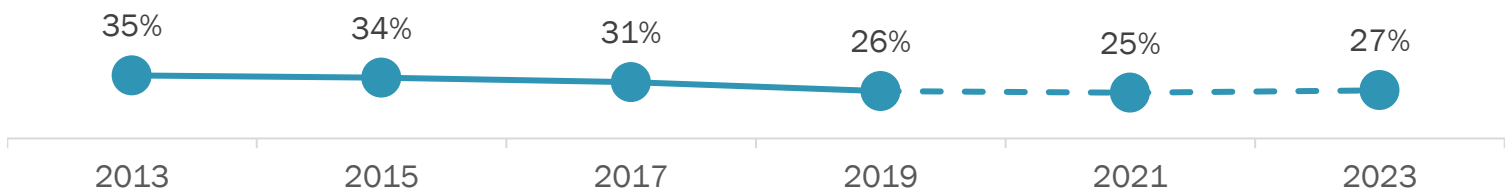
Compared to 2013, the percent of students who never or rarely wear a helmet statistically decreased.

Between [2021\\*](#) and 2023, never or rarely wearing a helmet while riding a bicycle statistically increased.

### 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

Three in ten middle school students (30%) who rollerblade or skateboard report they never or rarely wear a helmet.

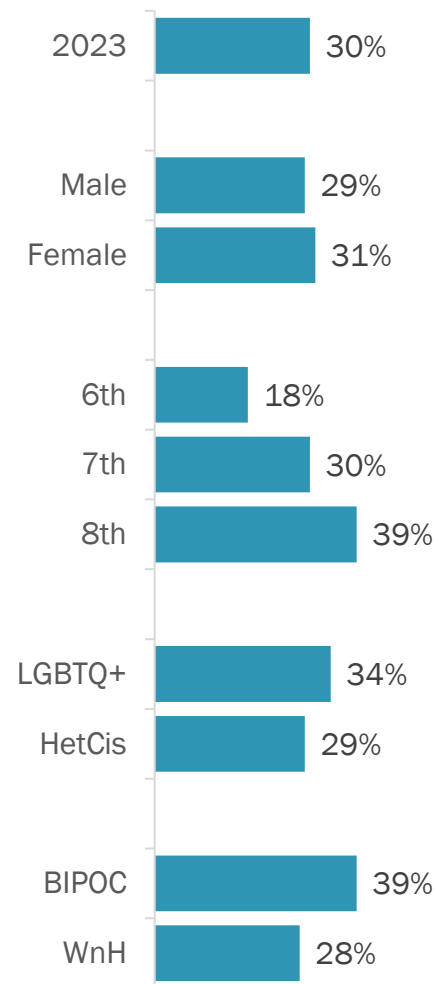
Among students who rollerblade or skateboard:

- LGBTQ+ students and 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.

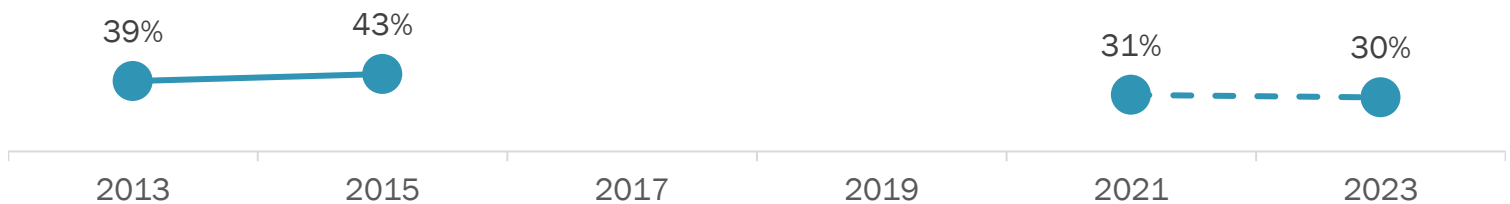
Compared to 2013, the percent of students who never or rarely wear a helmet statistically decreased.

Between [2021\\*](#) and 2023, never or rarely wearing a helmet did not statistically change.

### 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

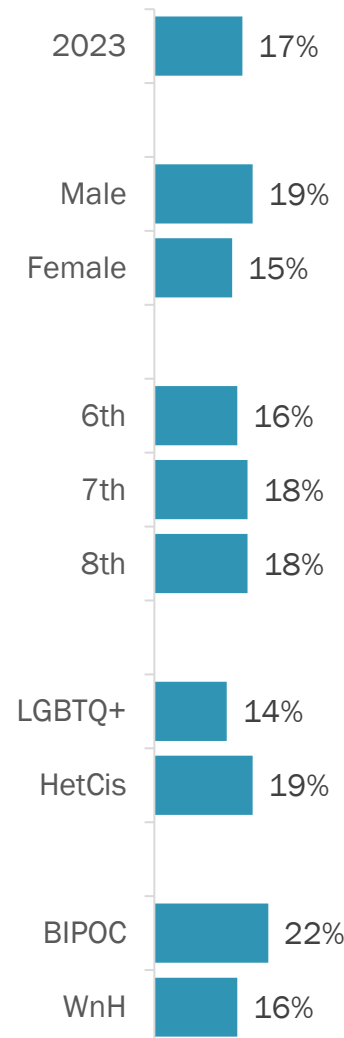
One in six middle school students (17%) report having at least one concussion while playing a sport or being physically active in the last year. Six percent have had two or more concussions.

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

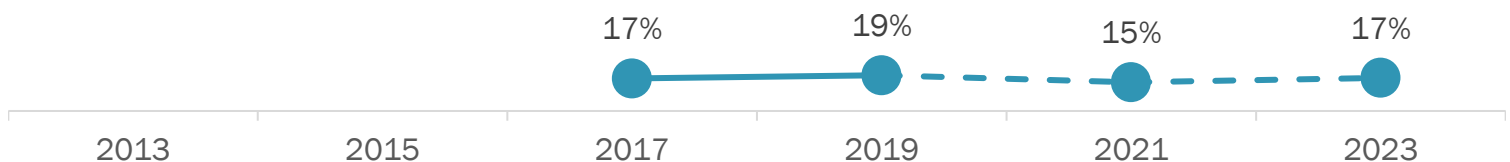
Compared to 2013, the percent of students who have had a concussion statistically decreased.

Between [2021\\*](#) and 2023, having a concussion statistically increased.

### 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

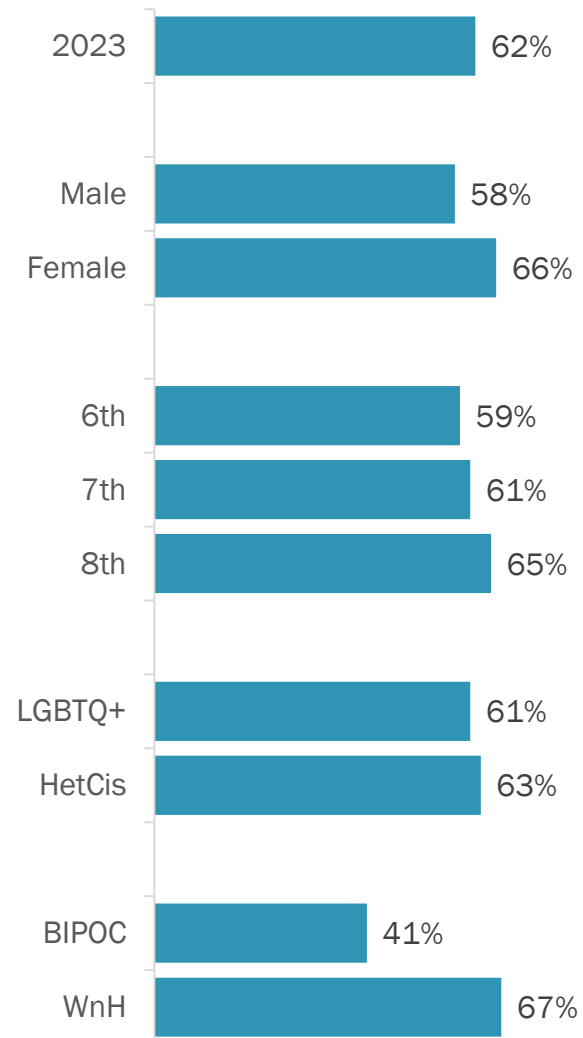
More than six in ten middle school students (62%) report having at least one sunburn during the past year. Three in ten (30%) report having three or more sunburns in the past year.

- Female students, 8th graders, and white non-Hispanic students are statistically more likely to report having at least one sunburn during the past year.
- Having a sunburn does not statistically differ by sexual orientation and gender identity.

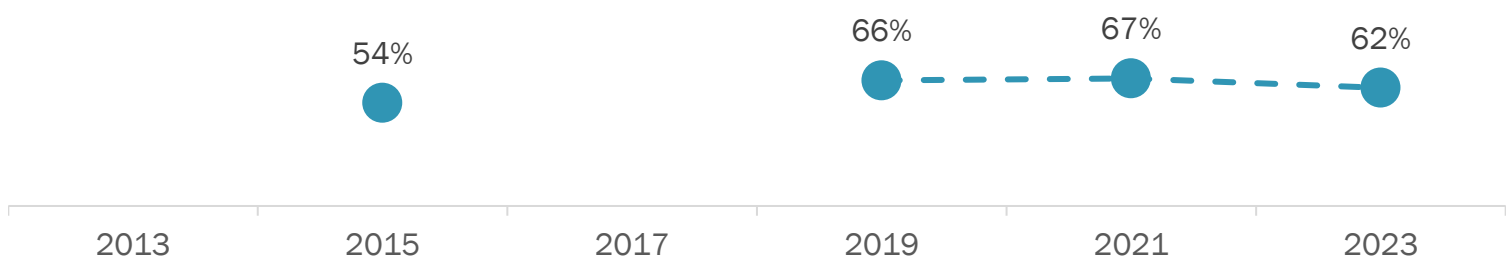
Compared to 2015, having at least one sunburn statistically increased.

Between [2021\\*](#) and 2023, having at least one sunburn during the past year statistically decreased.

**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.**



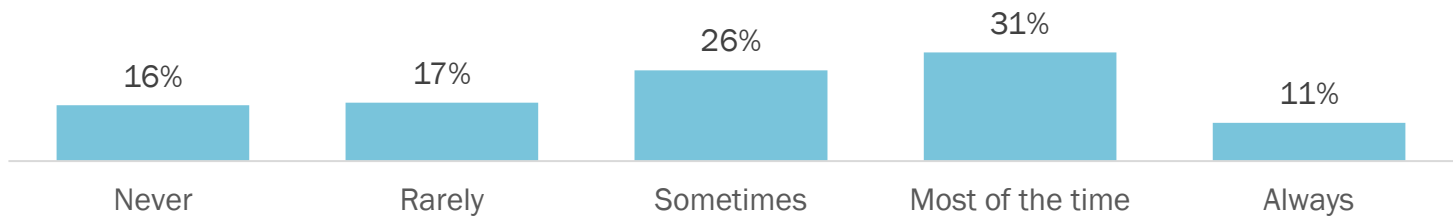
# Sunscreen Use

When outside for more than one hour on a sunny day, about one in ten middle school students (11%) always wear sunscreen with an SPF of 15 or higher. Nearly a third (31%) do so most of the time.

A quarter of middle school students (26%) sometimes wear sunscreen when they are outside on a sunny day.

A third, rarely (17%) or never (16%) wear sunscreen when outside for more than one hour on a sunny day.

Sunscreen use among middle school students.



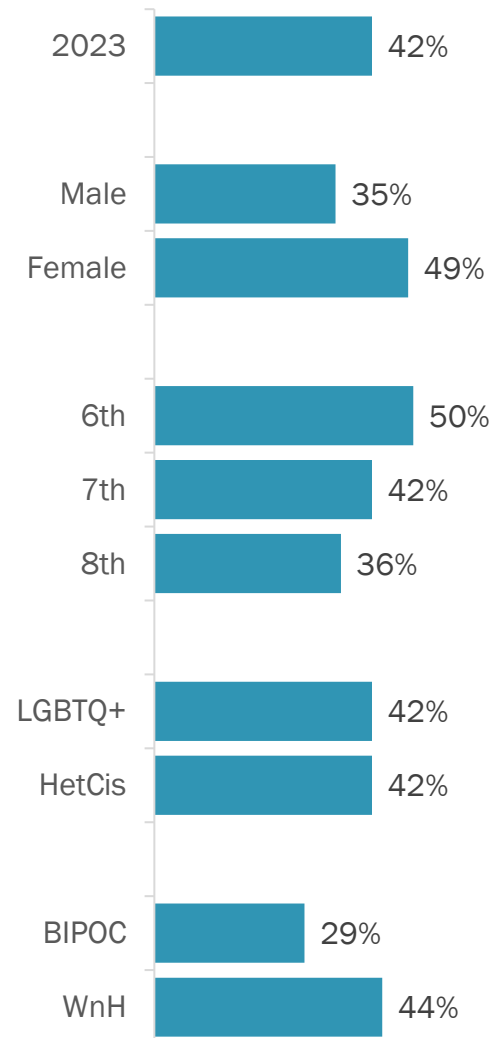
## Sunscreen Use

When outside for more than one hour on a sunny day, roughly four in ten middle school students (42%) report wearing sunscreen most of the time or always.

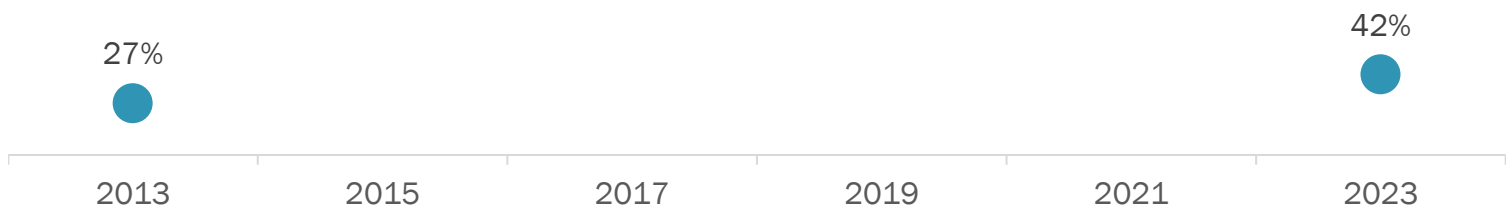
- Female students and white, non-Hispanic students are statistically more likely to report wearing sunscreen most of the time or always when they are outside on a sunny day.
- Wearing sunscreen most of the time or always statistically decreases with each grade level.
- Wearing sunscreen most of the time or always does not statistically differ by sexual orientation and gender identity.

Since last asked in 2013, the percent of students who wear sunscreen outside at least most of the time statistically increased.

### Percent of middle school students wearing sunscreen most of the time or always when outside.



### Percent of middle school students wearing sunscreen at least most of the time over time.





## Asked About Smoking by a Medical Provider

### Among students who saw a doctor, dentist, or nurse

About a quarter of middle school students (26%) who saw a doctor, dentist, or nurse in the past year report being asked about smoking by their provider.

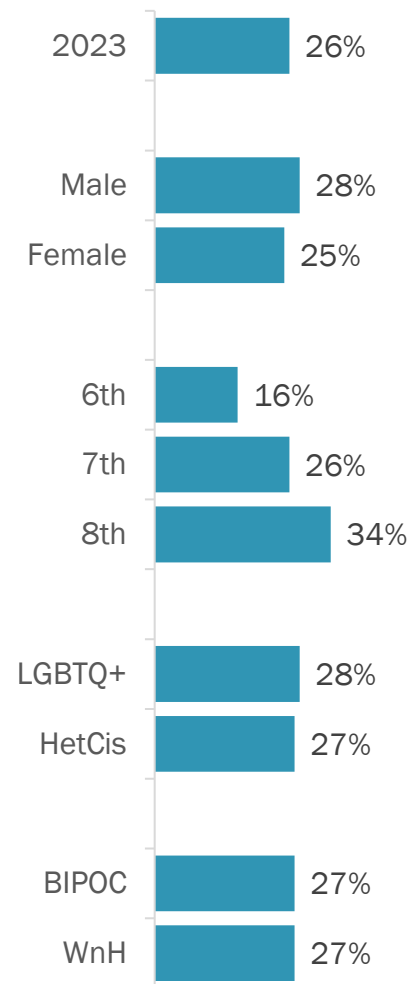
Among students who saw a doctor, dentist, or nurse in the past year:

- Being asked about smoking statistically increases with each grade level.
- Being asked about smoking does not statistically differ by sex, sexual orientation and gender identity, or race and ethnicity.

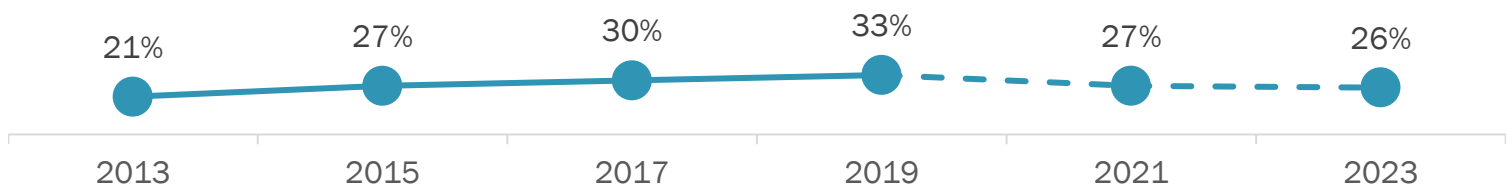
Compared to 2013, the percent of students who report being asked by a provider about smoking statistically increased.

Between [2021\\*](#) and 2023, being asked about smoking did not statistically change.

### Percent of middle school students who saw a medical provider and were asked if they smoked, past year.



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



## Riding in a Vehicle and Alcohol Use

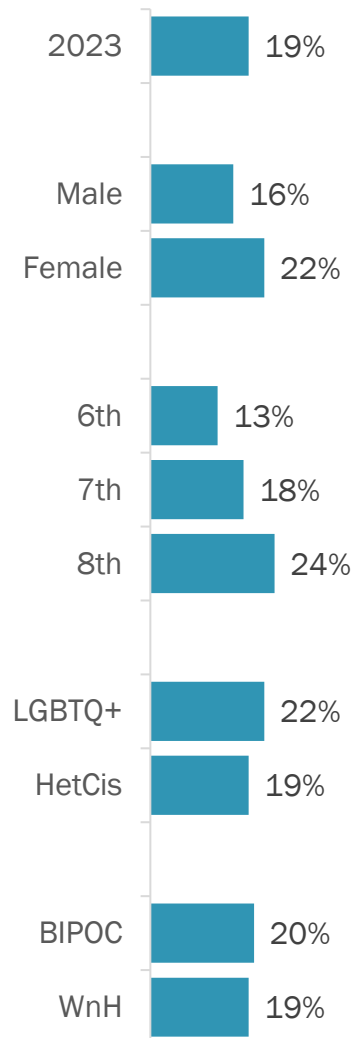
One in five middle school students (19%) report ever riding in a vehicle with someone who had been drinking alcohol.

- Female students and LGBTQ+ 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 race and ethnicity.

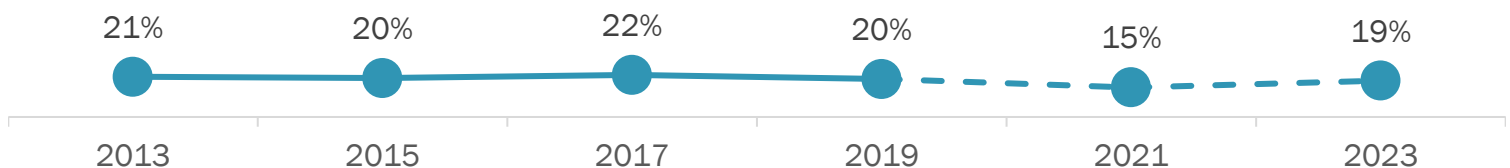
Compared to 2013, the percent of students who rode with a driver who had been drinking statistically decreased.

Between [2021\\*](#) and 2023, riding with a driver who was drinking alcohol statistically increased.

### 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.



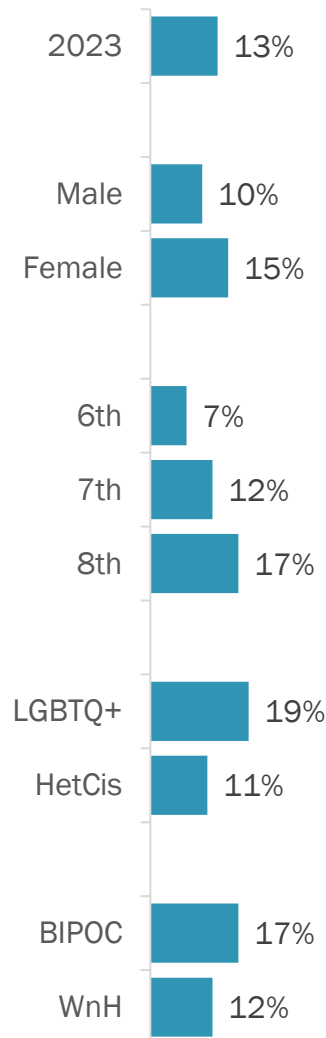
## Riding in a Vehicle and Marijuana Use

One in eight middle school students (13%) report riding in a vehicle with someone who had been using marijuana.

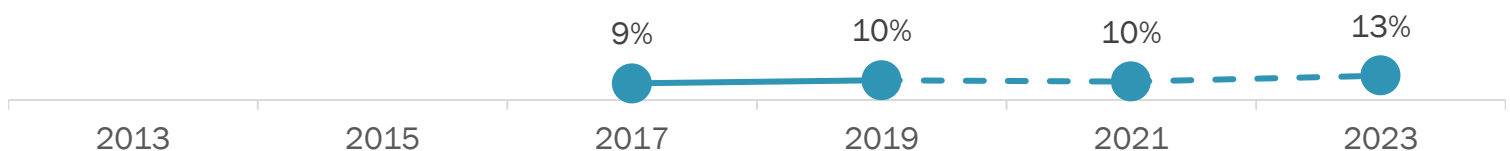
- Female students, LGBTQ+ students, and BIPOC students are statistically more likely to report ride with someone who was using marijuana.
- Riding in a vehicle with someone who was using marijuana statistically increases with each grade level.

Compared to 2017 and between [2021\\*](#) and 2023, the percent of students riding with a driver who had used marijuana statistically increased.

### 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.

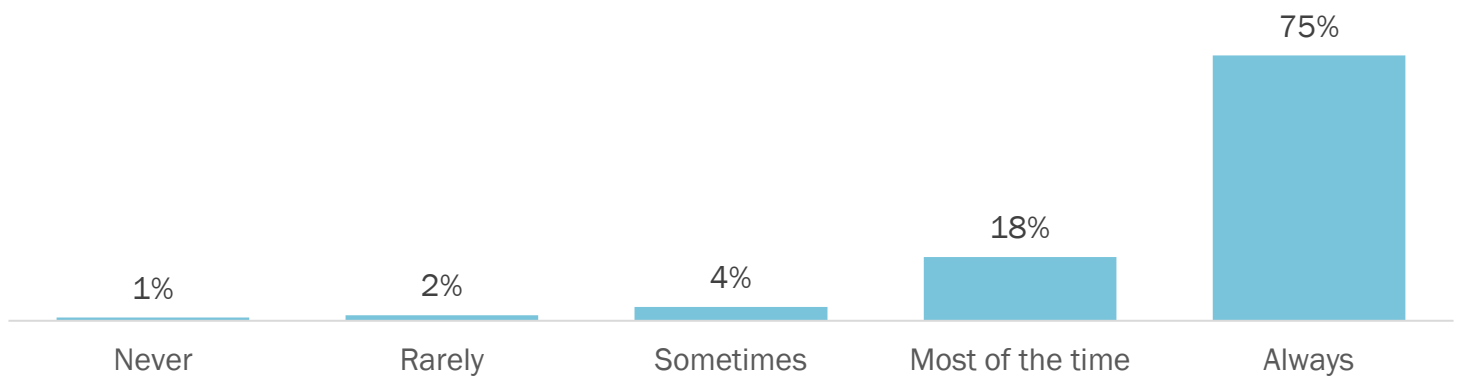


## Seatbelt Use

Most middle school students (75%) always wear a seatbelt when riding in a car or other vehicle, 18% do so most of the time.

Few never (1%), rarely (2%), or sometimes (4%) wear a seatbelt when riding in a car or other vehicle.

### Seatbelt use among middle school students.



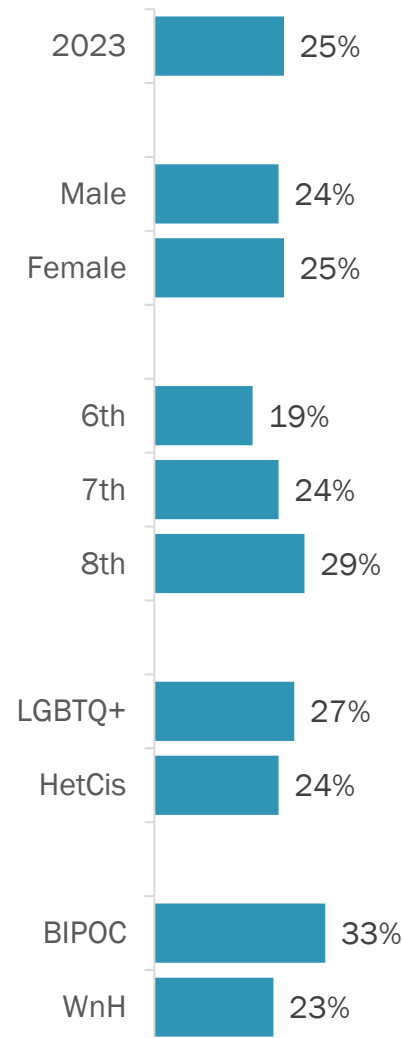
## Seatbelt Use

A quarter of middle school students (25%) report not wearing a seatbelt every time they are in a vehicle.

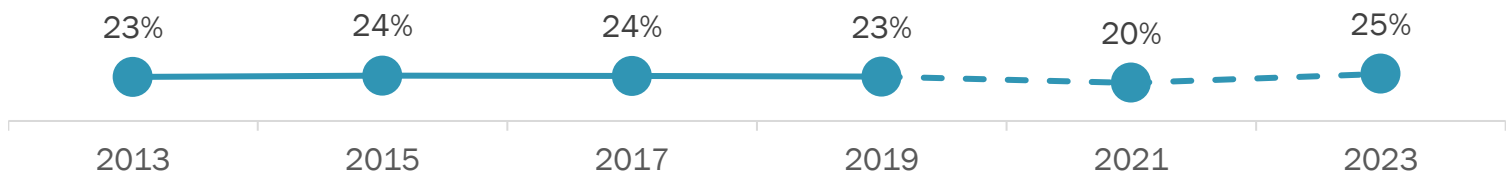
- LGBTQ+ students and BIPOC students are statistically more likely to not always wear a seatbelt.
- Not always wearing a seatbelt statistically increases with each grade level.
- Not always wearing a seatbelt does not statistically differ by sex.

Compared to 2013 and between [2021\\*](#) and 2023, the percent of students who do not always wear a seatbelt statistically increased.

### 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



# Were in a Physical Fight

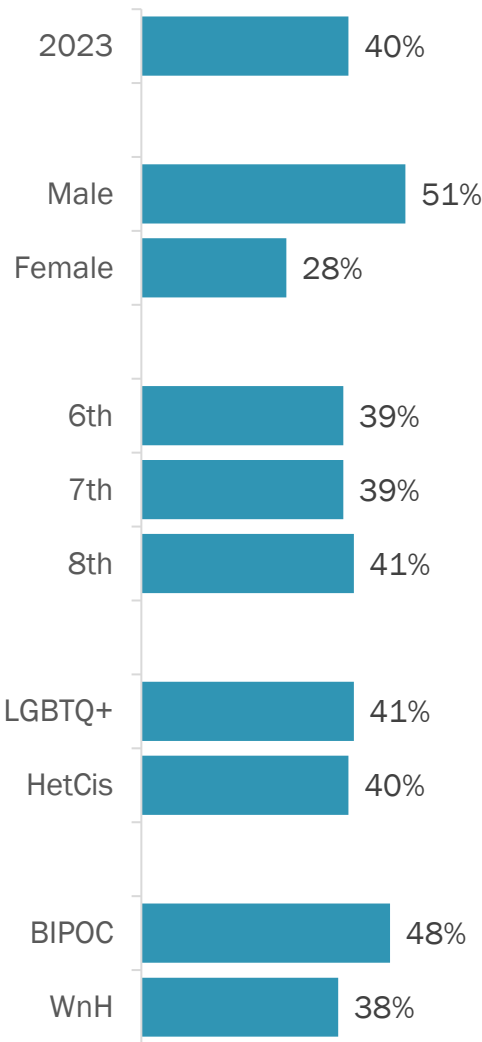
Two in five middle school students (40%) have ever been in a physical fight.

- 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.

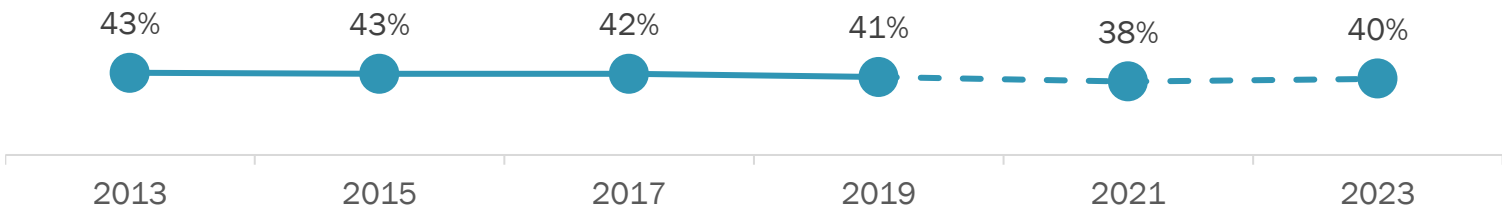
Compared to 2013, the percent of students ever in a physical fight statistically decreased.

Between [2021\\*](#) and 2023, ever being in a physical fight did not statistically change.

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



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



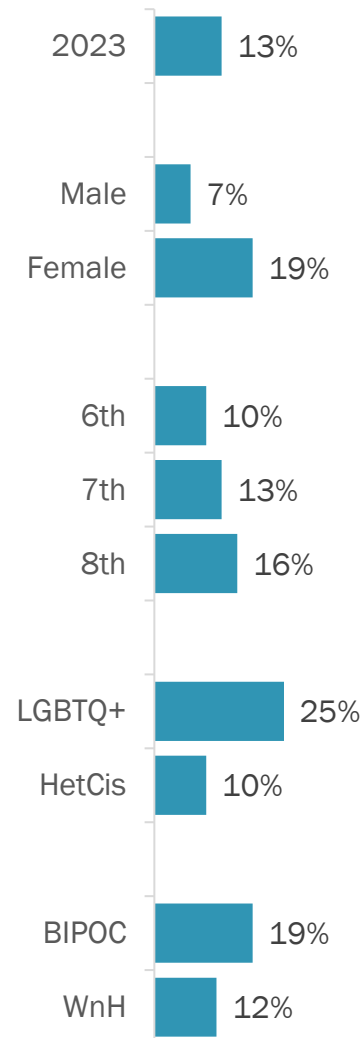
## Experienced Sexual Violence

One in eight middle school students (13%) have had someone do sexual things to them that they did not want such as kissing, touching, or sexual intercourse.

- Female students and LGBTQ+ students are twice as likely as male students and heterosexual cisgender students to experience unwanted sexual things.
- Female students, LGBTQ+ students, and BIPOC students are statistically more likely to experience unwanted sexual behavior.
- Experiencing unwanted sexual things statistically increases with each grade level.

Compared to 2019 and between [2021\\*](#) and 2023, the percent of students experiencing sexual violence statistically increased.

**Percent of middle school students who have ever had someone do sexual things to them that they did not want.**



**Percent of middle school students experiencing sexual violence over time.**



## Ever Bullied on School Property

Nearly half of all middle school students (47%) report being bullied on school property.

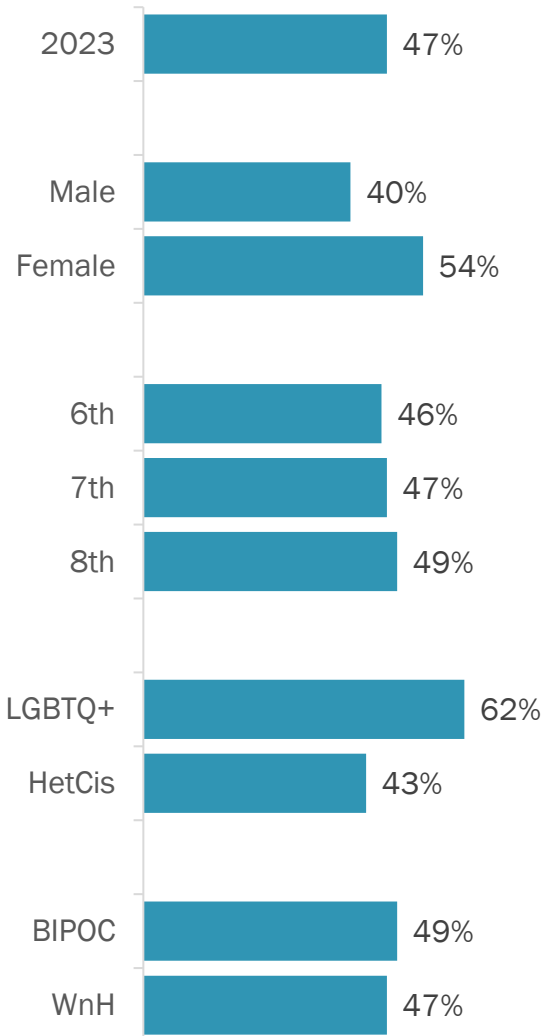
- Female and LGBTQ+ students are statistically more likely to report being bullied on school property.
- Being bullied on school property does not statistically differ by grade level or race and ethnicity.

Compared to 2013, the percent of students being bullied on school property did not statistically change.

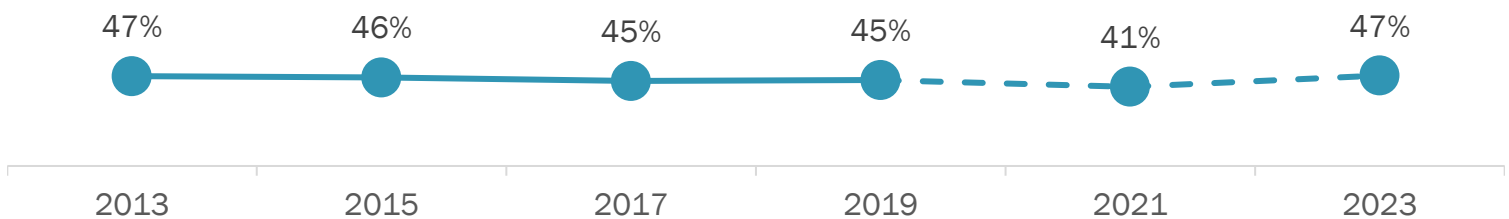
Between [2021\\*](#) and 2023, reports of being bullied on school property statistically increased.

*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

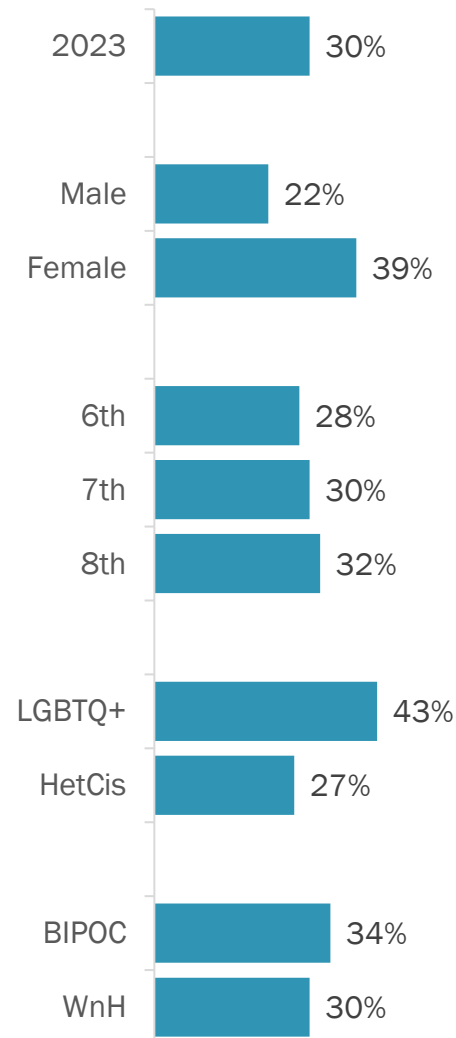
One in three middle school students (30%) report ever being electronically bullied.

- Female students, LGBTQ+ students, and BIPOC students are statistically more likely to ever experience electronic bullying.
- Electronic bullying does not statistically increase with each grade level.

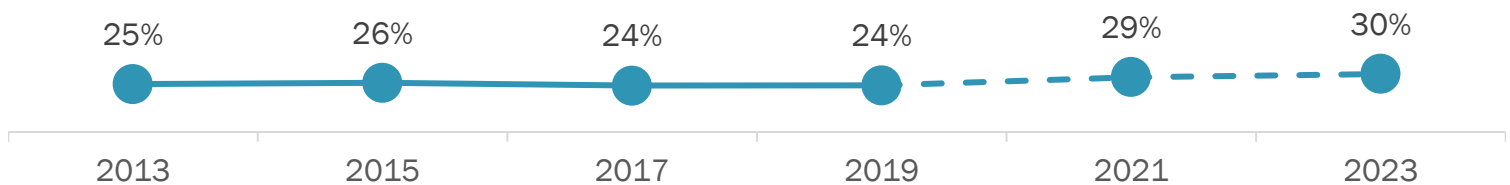
Compared to 2013 and between [2021\\*](#) and 2023, ever being electronically bullied statistically increased

*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.



## Were Bullied, Past 30 Days

During the past 30 days, more than a quarter of middle school students (27%) report being bullied.

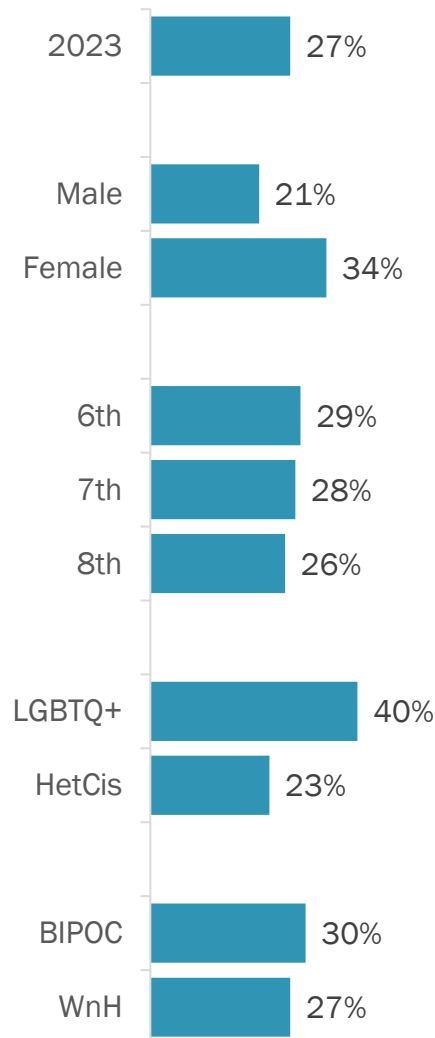
- Female and LGBTQ+ students are statistically more likely to experience bullying during the past 30 days.
- Bullying during the past 30 days does not statistically decrease with each grade level or differ by race and ethnicity.

Compared to 2013, the percent of students who were bullied during the past 30 days did not statistically change.

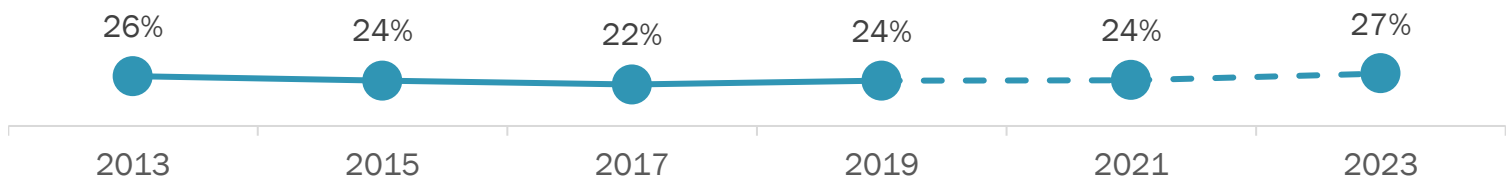
Between [2021\\*](#) and 2023, being bullied during the previous 30 days statistically increased.

*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, Past 30 Days

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

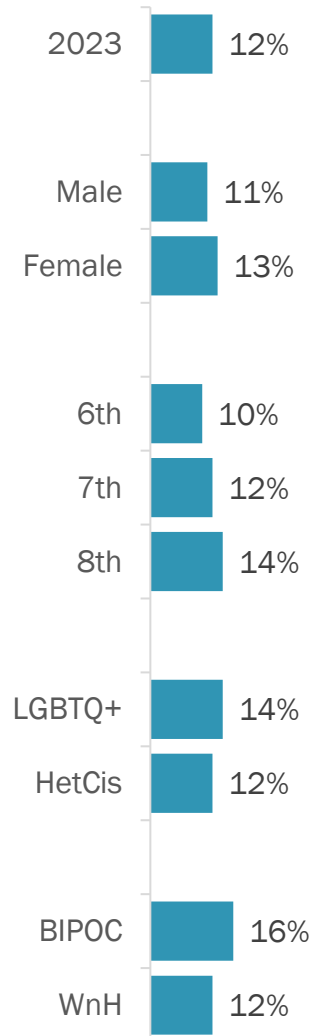
- Female students, LGBTQ+ students, and BIPOC students are statistically more likely to bully someone else.
- Bullying others during the past 30 days does not statistically increase with each grade level.

Compared to 2013, the percent of students bullying others did not statistically change.

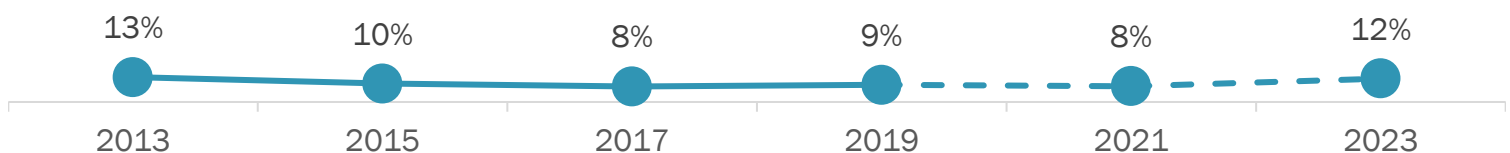
Between [2021\\*](#) and 2023, bullying others statistically increased.

*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 previous 30 days over time.**





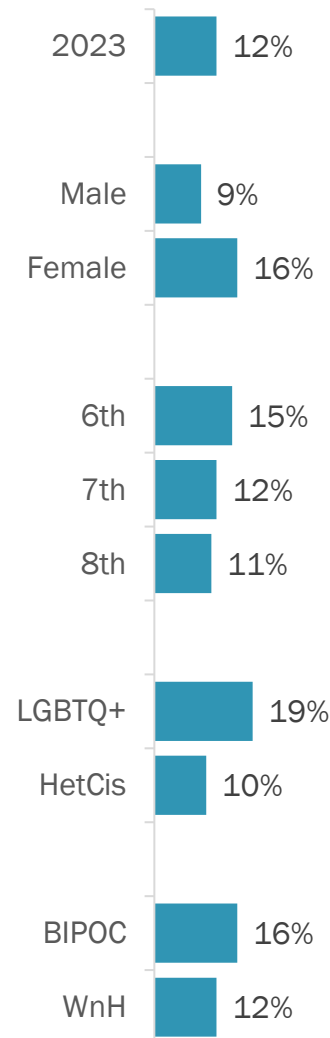
## Skiping School Due to Safety Concerns

About one in eight middle school students (12%) report skipping school during the past 30 days because they feel unsafe at school or on their way to or from school.

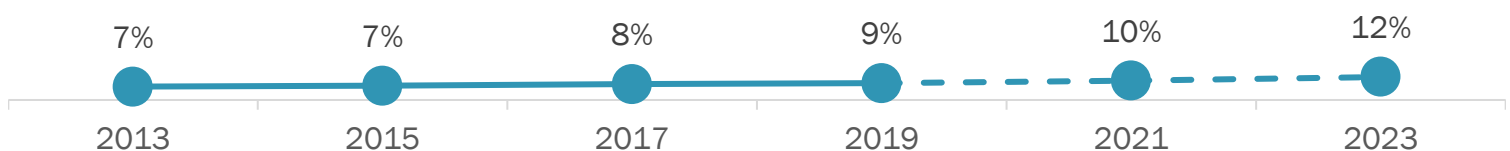
- Female students, 6th grade students, LGBTQ+ students, and BIPOC students are statistically more likely to skip school during the past 30 days due to concerns about their safety.

Compared to 2013 and between [2021\\*](#) and 2023, the percent of students skipping school because they feel unsafe statistically increased.

### 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.



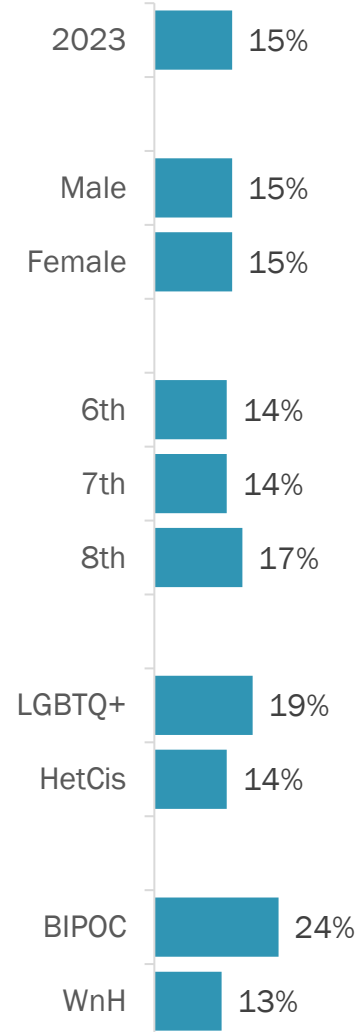
## Witnessing Neighborhood Violence

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

- 8th grade students, LGBTQ+ students, and BIPOC students are statistically more likely to see someone physically attacked, beaten, stabbed, or shot in their neighborhood.
- Witnessing neighborhood violence does not statistically differ by sex.

Between [2021\\*](#) and 2023, reports of seeing someone attacked in their neighborhood statistically increased.

### 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.







# Mental Health



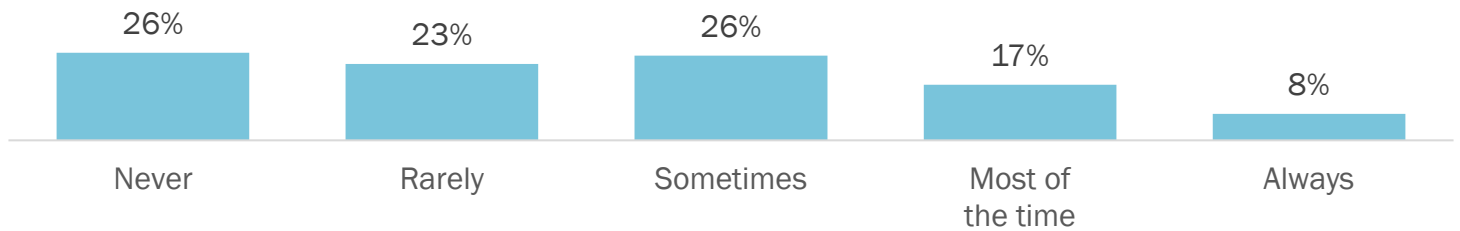
## Poor Mental Health

When asked about their mental health over the last 30 days, a quarter of middle school students (25%) report that their mental health was not good most of the time or always.

Half (50%) report never or rarely experiencing poor mental health.

*Poor mental health includes stress, anxiety, and depression.*

### Frequency of “not good” mental health.



## Poor Mental Health

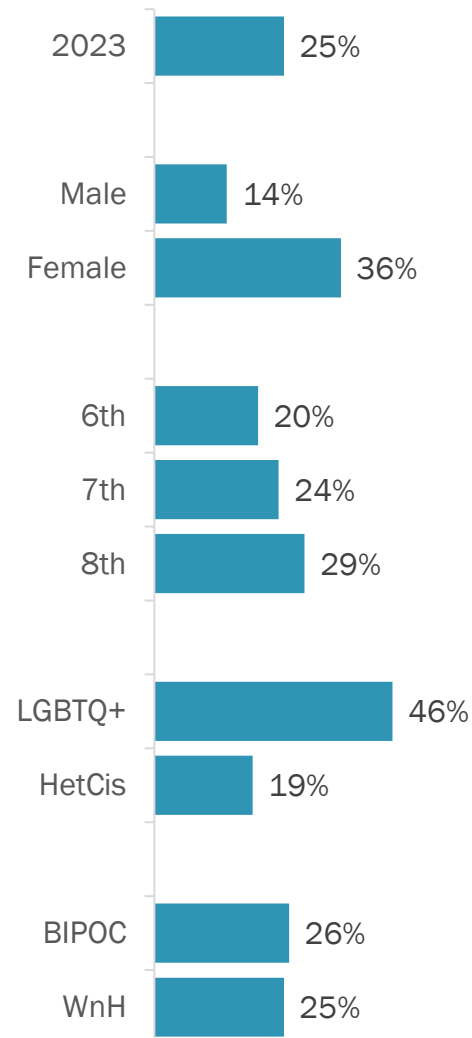
A quarter of middle school students (25%) report that their mental health was not good, most of the time or always, during the past 30 days.

- Female students and LGBTQ+ students are statistically more likely to experience poor mental health, most of the time or always, during the past 30 days.
- Experiencing poor mental health, most of the time or always, statistically increases with each grade level.
- Reporting poor mental health most of the time or always during the past 30 days does not differ by race and ethnicity.

Between [2021\\*](#) and 2023, experiencing poor mental health statistically increased.

*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.



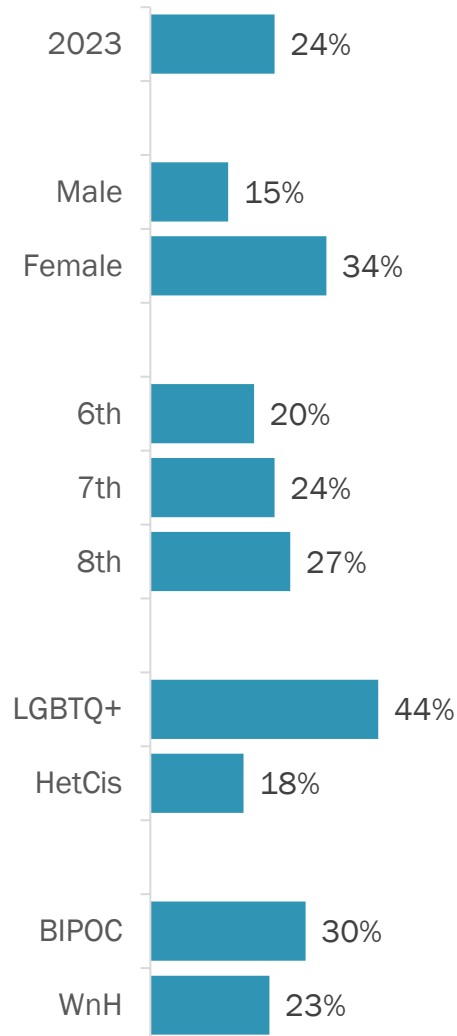
## Feel Sad or Hopeless

About a quarter of middle school students (24%) report feeling so sad or hopeless during at least two weeks in the past year that they stopped doing some usual activities.

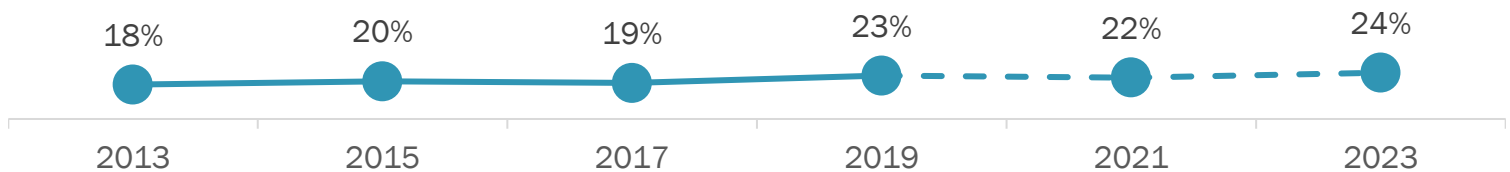
- Female students, LGBTQ+ students, and BIPOC students are statistically more likely to feel so sad or hopeless during the past year that they stopped doing some usual activities.
- Feeling sad or hopeless statistically increases with each grade level.

Compared to 2013 and between [2021\\*](#) and 2023, the percent of students who feel sad or hopeless statistically increased.

### 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.



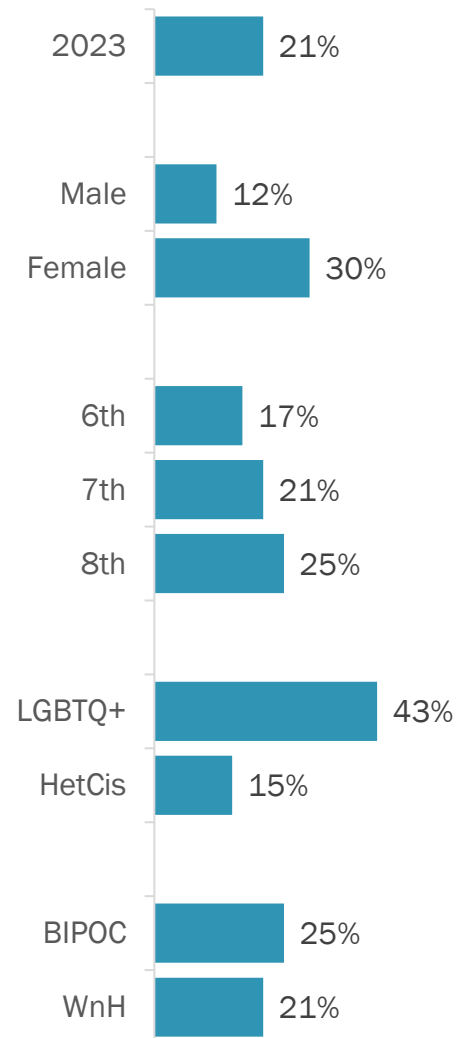
## Self-Harm

One in five middle school students (21%) report doing something to hurt themselves on purpose such as cutting or burning.

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

Since 2019 and between [2021\\*](#) and 2023, the percent of students who hurt themselves on purpose statistically increased.

### 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 without wanting to die.





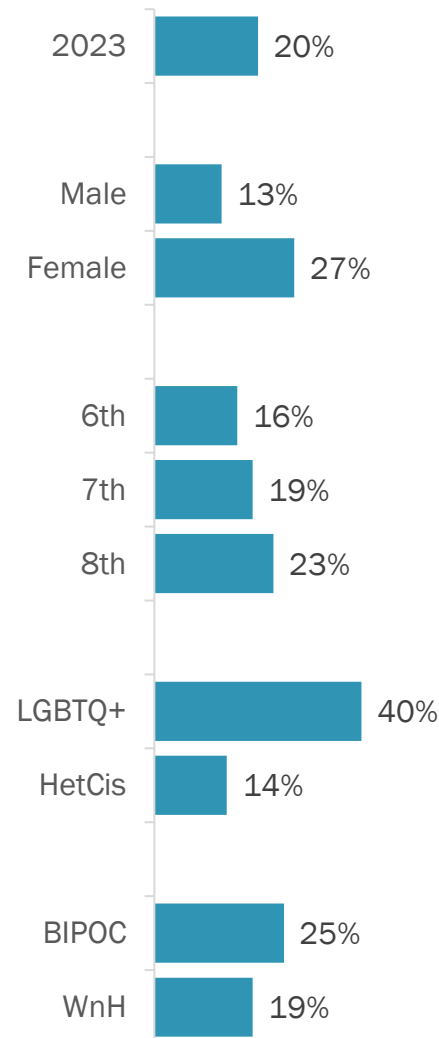
## Suicidal Thoughts

One in five middle school students (20%) report seriously thinking about killing themselves.

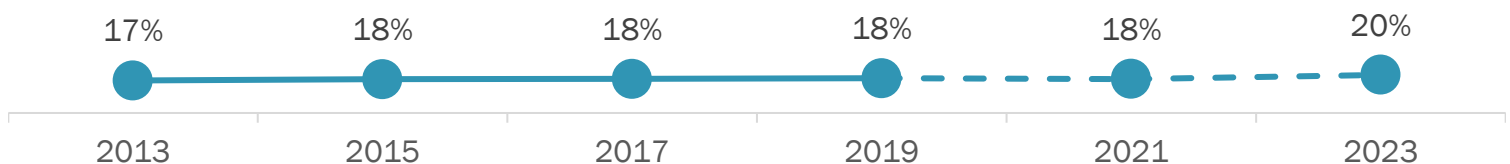
- Two in five LGBTQ+ students (40%) report having suicidal thoughts.
- Female students, LGBTQ+ students, and BIPOC students are statistically more likely to seriously think about killing themselves.
- Having suicidal thoughts statistically increases with each grade level.

Compared to 2013 and between [2021\\*](#) and 2023, the percent of students who have thought about killing themselves statistically increased.

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



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



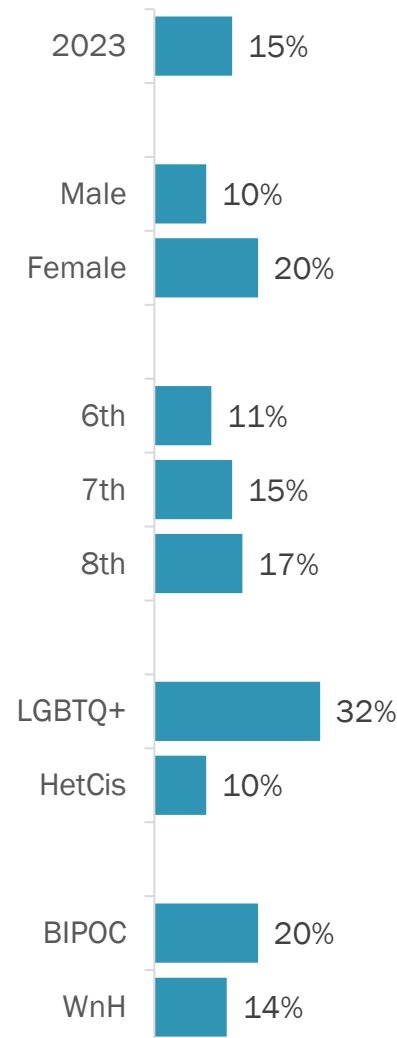
## Suicide Plans

About one in seven middle school students (15%) report making a suicide plan.

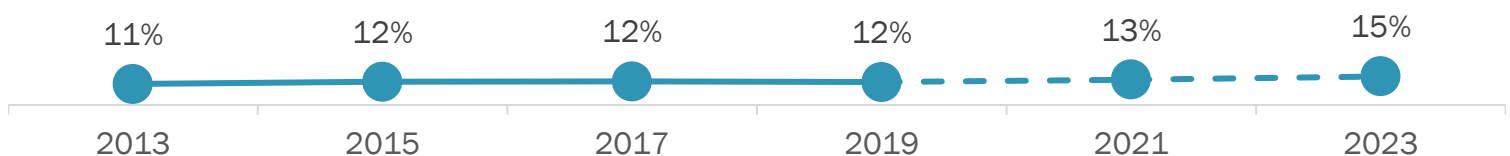
- LGBTQ+ students are more than three times as likely as heterosexual cisgender students to make a suicide plan. Female students were two times as likely as male students to have ever made a suicide plan.
- Female students, LGBTQ+ students, and BIPOC students are statistically more likely to report making a plan about how they would kill themselves.
- 6th grade students are statistically less likely to make a suicide plan.

Compared to 2013 and between [2021\\*](#) and 2023, the percent of students who report making a suicide plan statistically increased.

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



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



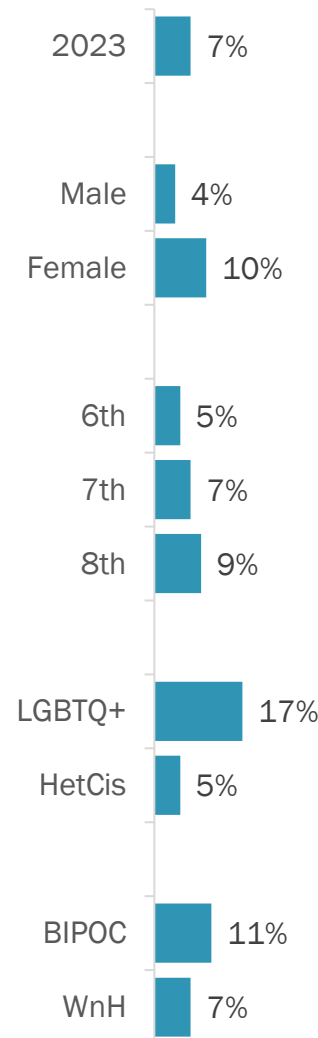
## Suicide Attempts

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

- LGBTQ+ students were more than three times as likely as heterosexual cisgender students to have ever attempted suicide. Female students were more than twice as likely as male students to do so.
- Female students, LGBTQ+ students, and BIPOC students were statistically more likely to ever make a suicide attempt.
- Attempting suicide statistically increases with each grade level.

Compared to 2013 and between [2021\\*](#) and 2023, the percent of students who ever attempted suicide statistically increased.

**Percent of middle school students who ever tried to kill themselves.**



**Percent of middle school students who ever attempted suicide over time.**



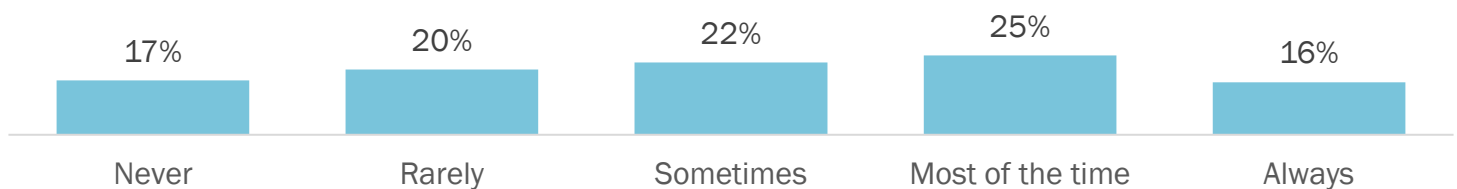
## Mental Health Support

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

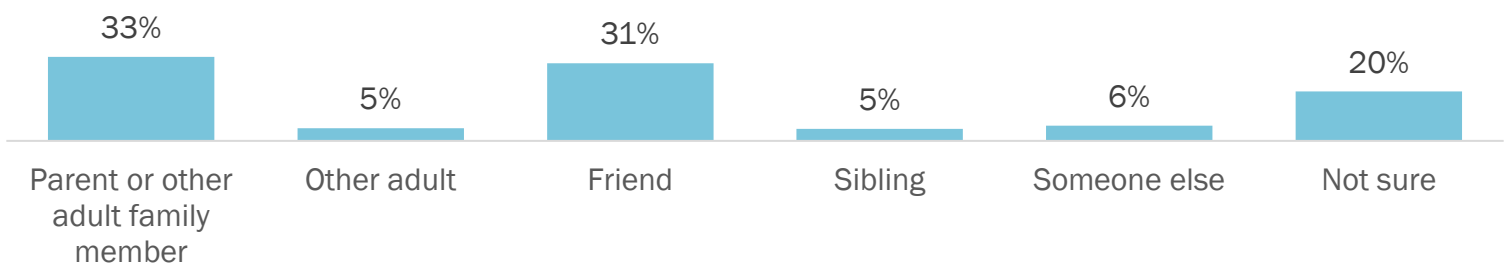
Among students who feel sad, empty, hopeless, angry, or anxious:

- More than a third (37%) are never or rarely able to get the help they need.
- A quarter (25%) report getting the help they need most of the time.
- One in six (16%) always get the help they need.
- A third of middle school students (33%) say they are most likely to talk with a parent or other family member about their feelings.
- Three in ten (31%) say they would talk to a friend.
- Two in five (20%) students are not sure who they can talk to about their feelings.

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



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



## Getting Help

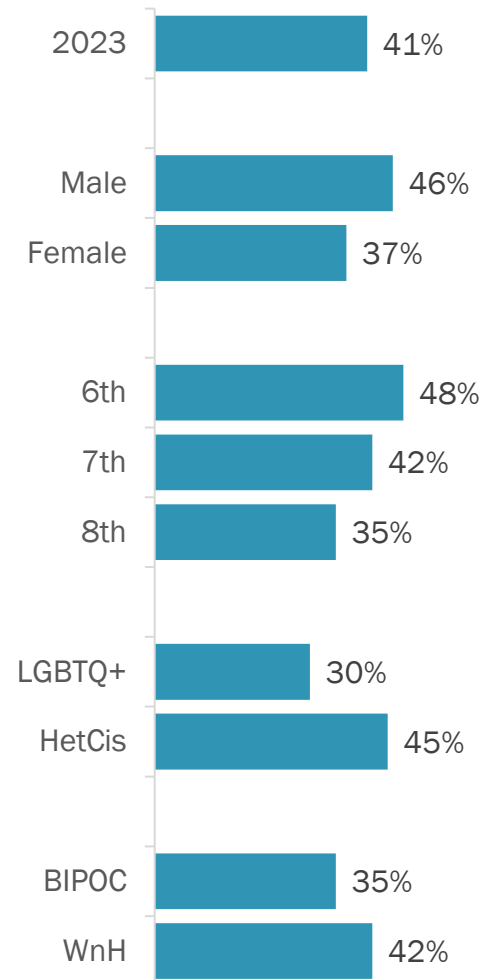
### Among students who feel sad, empty, hopeless, angry, or anxious

Four in ten middle school students who feel sad, empty, hopeless, angry, or anxious (41%) are able to get the help they need most of the time or always.

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

- Male students, 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.

**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.**



## Talk about Feelings

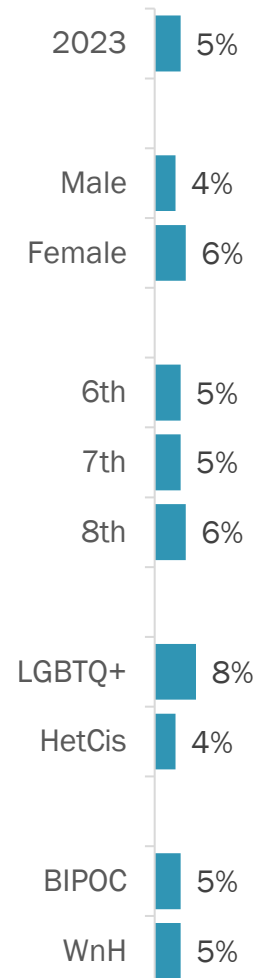
### Among students who feel sad, empty, hopeless, angry, or anxious

One in twenty middle school students (5%) who feel sad, empty, hopeless, angry, or anxious say they are most likely to talk to a teacher, counselor or other adult in their school, or 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 a teacher, counselor or other adult in their school or 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.

**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 a family member about their feelings.**







# Lifetime Substance Use

## Lifetime Alcohol Use

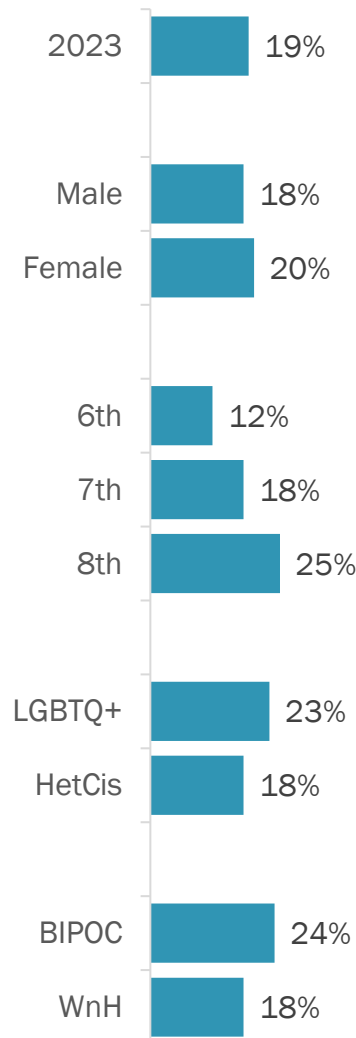
Nearly one in five middle school students (19%) report ever drinking alcohol. About one in ten (9%) report trying alcohol before age 11.

- Female students, LGBTQ+ students, and BIPOC students are statistically more likely to have tried alcohol.
- Lifetime alcohol use statistically increases with each grade level.

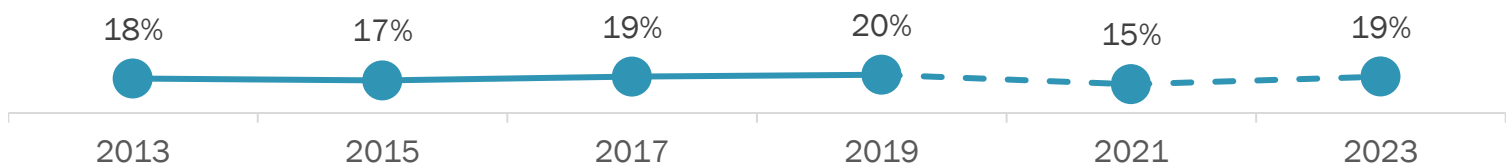
Compared to 2013, the percent of students who report trying alcohol did not statistically change.

Between [2021\\*](#) and 2023, ever consuming alcohol statistically increased.

**Percent of middle school students who report ever drinking alcohol.**



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



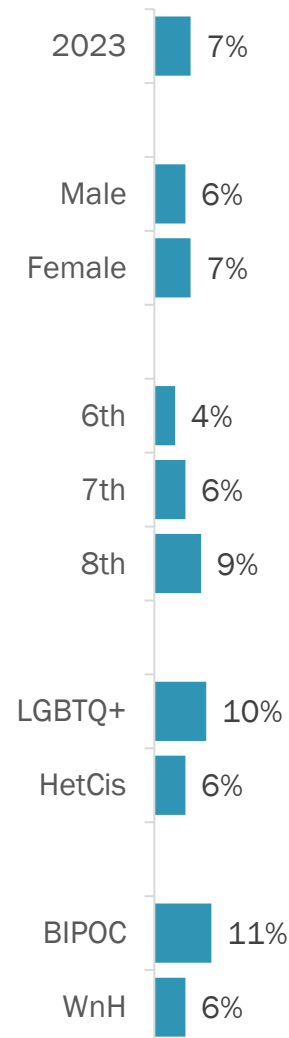
## Lifetime Cigarette Use

- About one in 15 middle school students (7%) 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 does not statistically differ by sex.

Compared to 2013, the percent of students who report trying cigarettes statistically decreased.

Between [2021\\*](#) and 2023, ever smoking a cigarette did not statistically change.

**Percent of middle school students who report trying a cigarette.**



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



## Lifetime Electronic Vapor Product Use

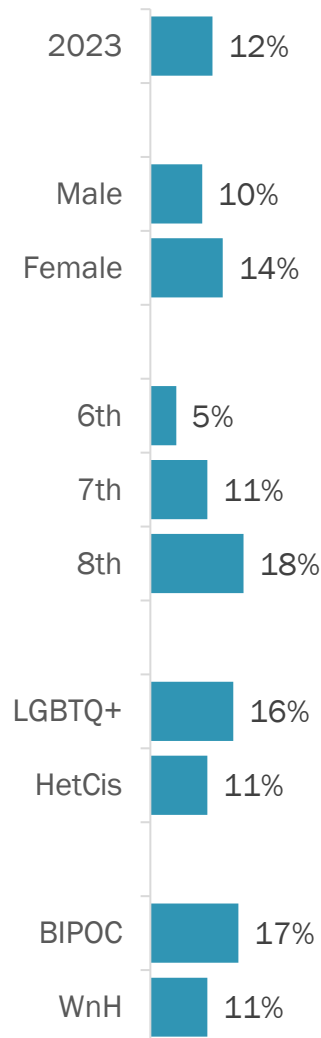
About one in eight middle school students (12%) report trying an electronic vapor product.

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

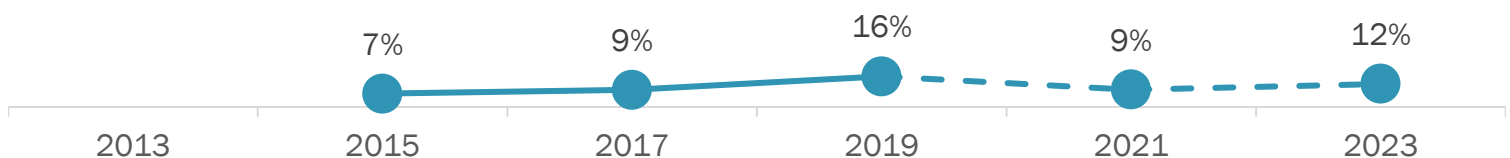
Compared to 2015 and between [2021\\*](#) and 2023, ever using an electronic vapor product statistically increased.

*Electronic vapor products include vapes, e-cigarettes, e-cigs, mods, e-hookahs, or vape pens, such as JUUL, Vuse, NJOY, Puff Bar, blu, or Bidi Stick.*

**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.**



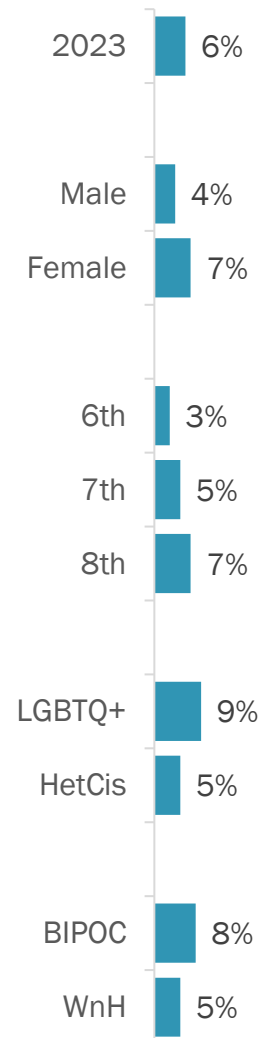
## Lifetime Flavored Tobacco Product Use

About one in 15 middle school students (7%) 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.

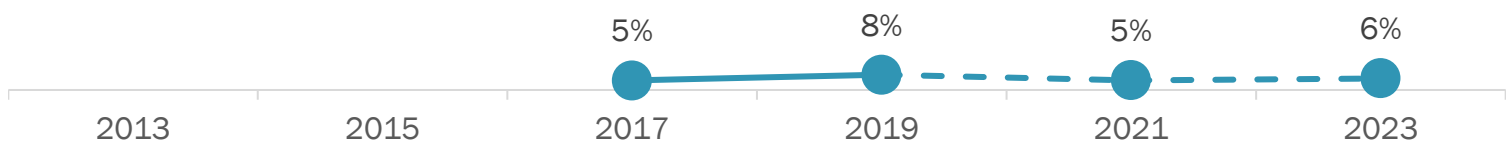
- Female students, LGBTQ+ students, and BIPOC students are statistically more likely to report ever using a flavored tobacco product.
- Lifetime use of a flavored tobacco product statistically increases with each grade level.

Compared to 2017 and between [2021\\*](#) and 2023, 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 trying a flavored tobacco product over time.**



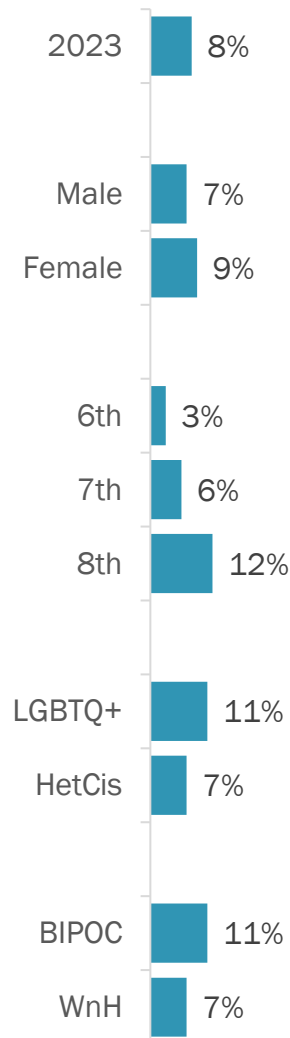
## Lifetime Marijuana Use

About one in eight middle school students (8%) report trying marijuana. Two percent report trying it before age 11.

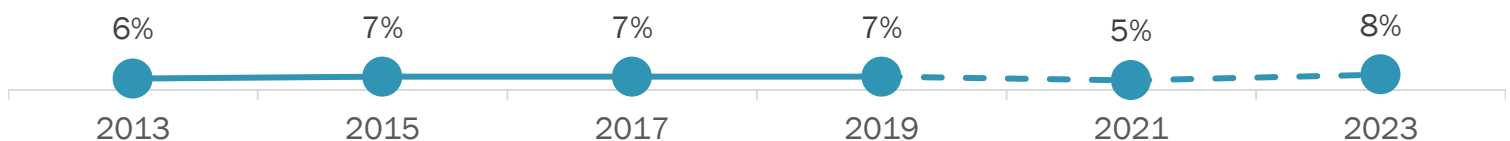
- Female students, LGBTQ+ students, and BIPOC students are statistically more likely to try marijuana.
- Lifetime marijuana use statistically increases with each grade level.

Compared to 2013 and between [2021\\*](#) and 2023, the percent of students who report trying marijuana statistically increased.

**Percent of middle school students who report trying marijuana.**



**Percent of middle school students trying marijuana over time.**



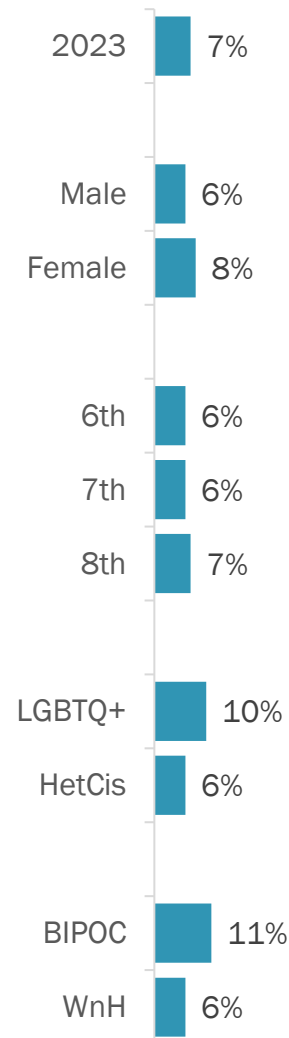


## Lifetime Prescription Pain Medicine Misuse

About one in 15 middle school students (7%) report ever using a 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.

- Female students, LGBTQ+ students, and BIPOC students are statistically more likely to have misused a prescription pain medicine.
- Ever misusing a prescription pain medicine does not statistically differ by grade level.

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



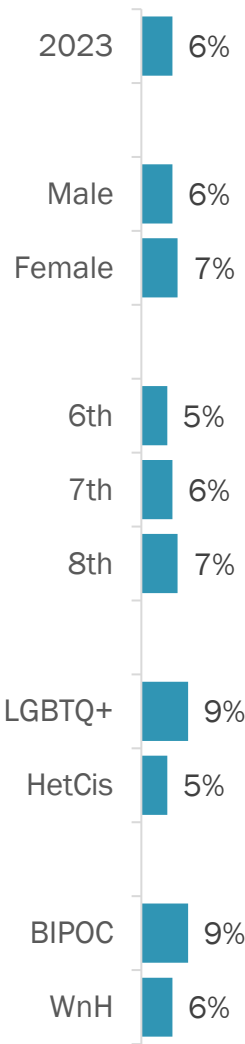
# Lifetime Inhalant Use

About one in 15 middle school students (6%) report ever using an inhalant.

- LGBTQ+ students and BIPOC students are statistically more likely to report ever using an inhalant.
- Lifetime inhalant use does not statistically differ by sex or grade level.

Compared to 2013 and between [2021\\*](#) and 2023, the percent of students who ever used an inhalant statistically increased.

**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

## Current Alcohol Use

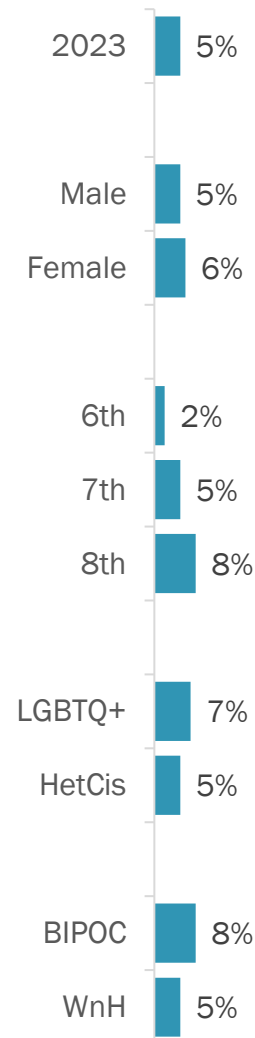
One in 20 middle school students (5%) report drinking alcohol in the past 30 days. One percent report binge drinking, which is consuming at least four (females) or five (males) drinks in a row.

- Female students, 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.

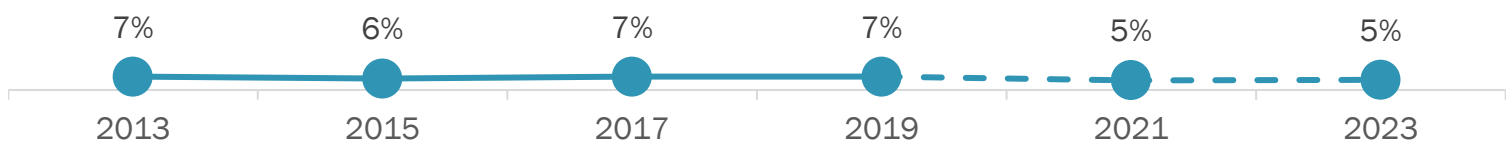
Compared to 2013, the percent of students who currently drink alcohol statistically decreased.

Between [2021\\*](#) and 2023, current alcohol use did not statistically change.

### Percent of middle school students who drink alcohol, past 30 days.



### Percent of middle school students who currently drink alcohol over time.



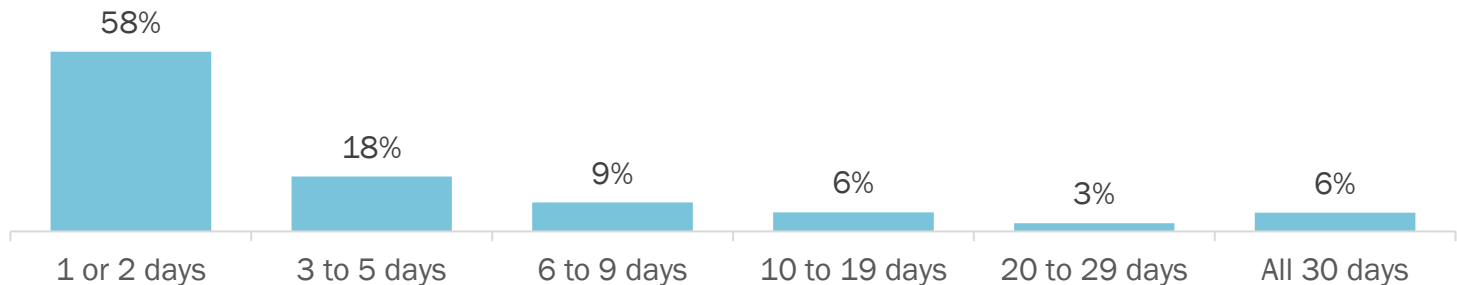
# Alcohol Use: Frequency and Quantity

## Among students who drink alcohol, past 30 days

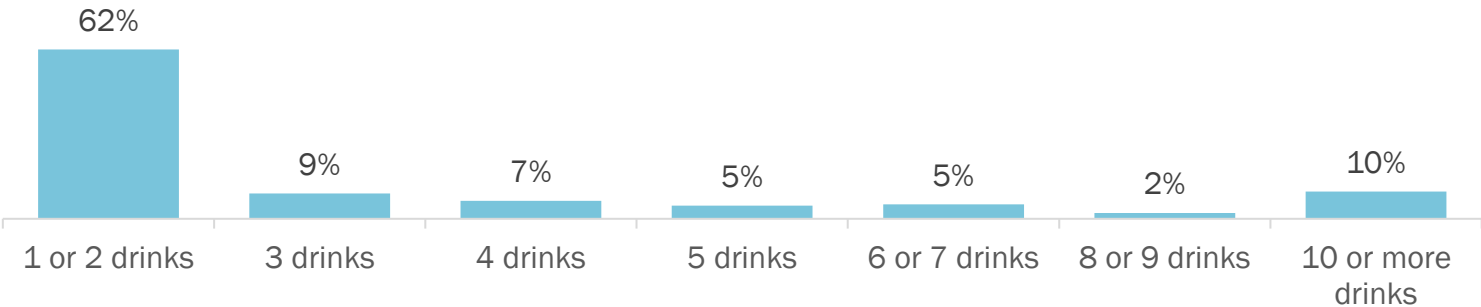
Among students who report drinking alcohol in the past 30 days:

- Nearly three in five (58%) drink on one or two days.
- Just over one in seven (15%) drink on ten or more days.
- Nearly two-thirds (62%) consume one to two drinks in a row.
- Nearly a quarter (22%) report the largest amount of alcohol they consume 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.



## Current Tobacco Use

One in 15 middle school students (7%) report using cigarettes, cigars or cigarillos, smokeless tobacco, or electronic vapor products in the past 30 days.

When excluding electronic vapor products, the percent of students who use tobacco products drops to only 2%.

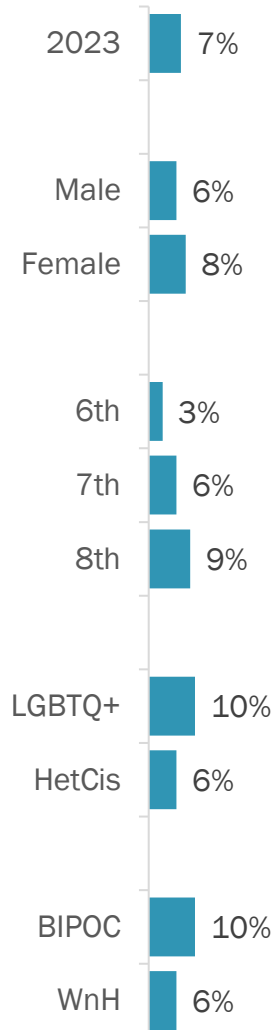
### Current tobacco use vs. use without EVPs



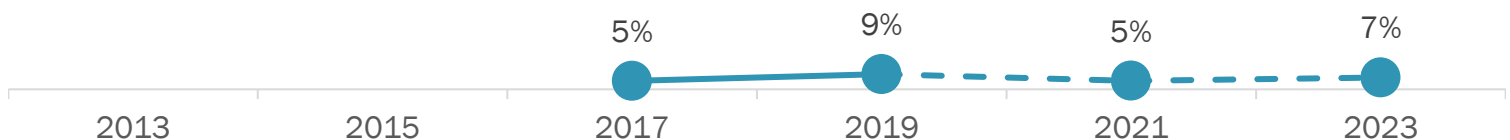
- Female students, LGBTQ+ students, and BIPOC students are statistically more likely to use any tobacco product (including electronic vapor products).
- Use of any tobacco product statistically increases with each grade level.

Compared to 2017 and between [2021\\*](#) and 2023, use of any tobacco product statistically increased.

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



### Percent of middle school students who currently used a tobacco product over time.





# Current Cigarette Use

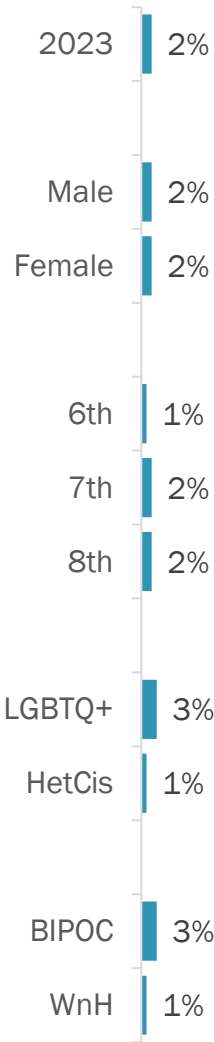
Overall, 2% of middle school students report smoking cigarettes in the past 30 days.

- LGBTQ+ students and BIPOC students are statistically more likely to smoke cigarettes in the past 30 days.
- 6th grade students are statistically less likely to currently smoke cigarettes.
- Current cigarette use does not statistically differ by sex.

Compared to 2013, the percent of students who smoke cigarettes statistically decreased.

Between [2021\\*](#) and 2023, current cigarette use did not statistically change.

**Percent of middle school students who report smoking a cigarette, past 30 days.**



**Percent of middle school students who currently smoked cigarettes over time.**



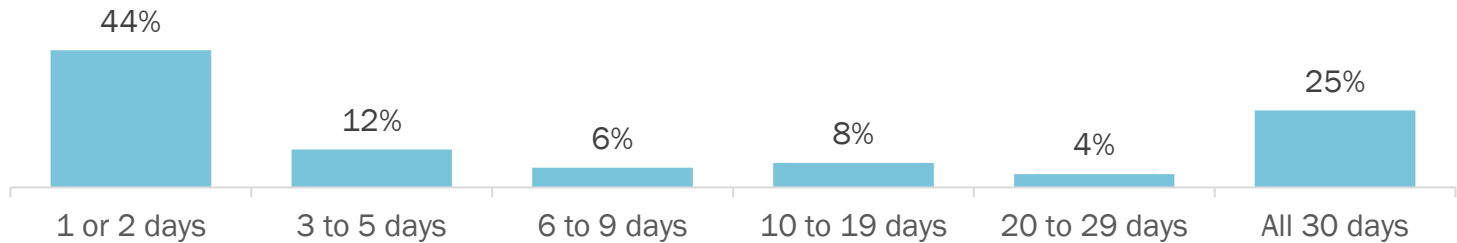
# Cigarette Use: Frequency and Quantity

## Among students who smoke cigarettes, past 30 days

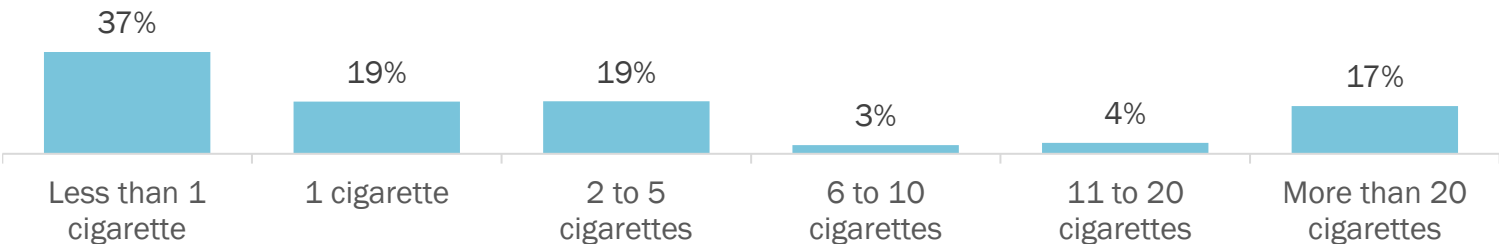
Among middle school students who report smoke cigarettes in the past 30 days:

- Nearly half (44%) report smoking on one or two days.
- A quarter (25%) report smoking cigarettes every day.
- On days smoked:
  - Most (56%) smoke one cigarette or less.
  - One in six (17%) smoke more than 20 cigarettes 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 Use

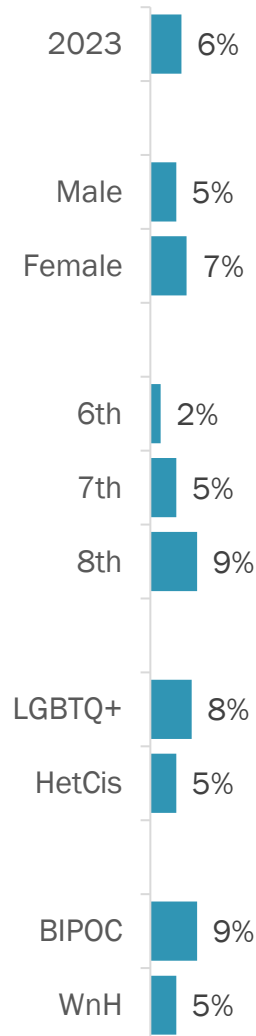
About one in 15 middle school students (6%) report using an electronic vapor product in the past 30 days.

- 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.

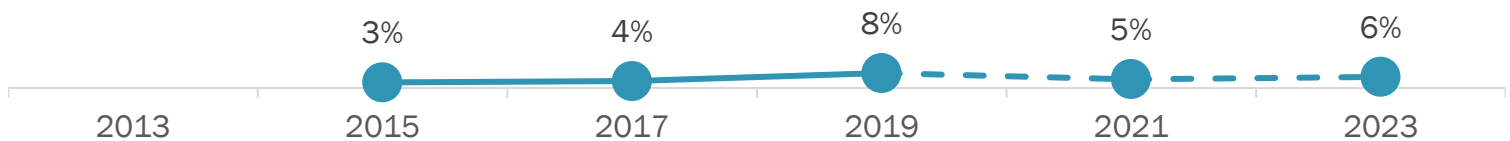
Compared to 2015 and between [2021\\*](#) and 2023, current electronic vapor product use statistically increased.

*Electronic vapor products include vapes, e-cigarettes, e-cigs, mods, e-hookahs, or vape pens, such as JUUL, Vuse, NJOY, Puff Bar, blu, or Bidi Stick.*

**Percent of middle school students using an electronic vapor product, past 30 days.**



**Percent of middle school students who using an electronic vapor product over time.**



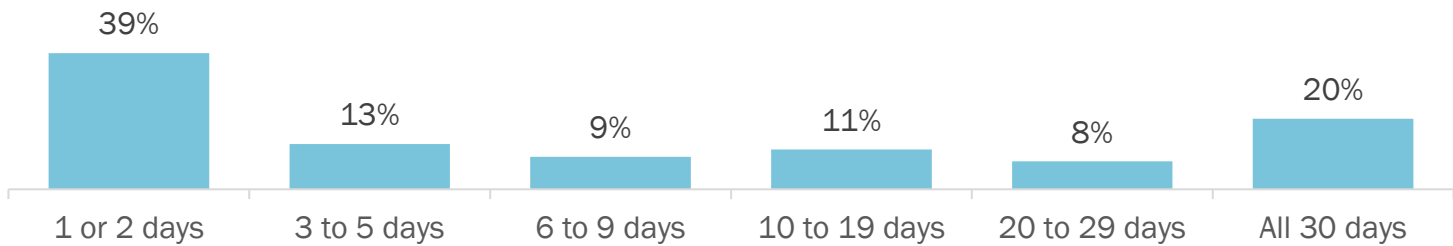
# Frequency of Electronic Vapor Product Use

## Among students who used electronic vapor products, past 30 days

Among middle school students who report using electronic vapor products in the past 30 days:

- About four in ten (39%) use them on one or two days.
- Nearly half (49%) use them on six or more days.
- One in five (20%) use them everyday.

### Frequency of electronic vapor product use, among students who use electronic vapor products, past 30 days.



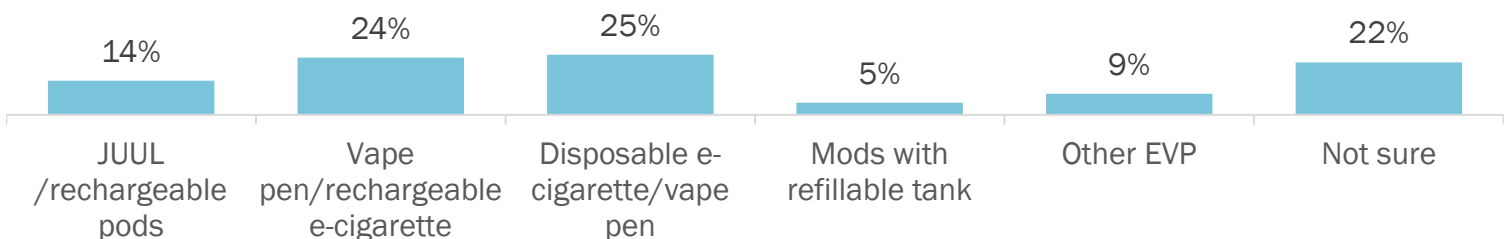
## Electronic Vapor Product Use

### Among students who use electronic vapor products, past 30 days

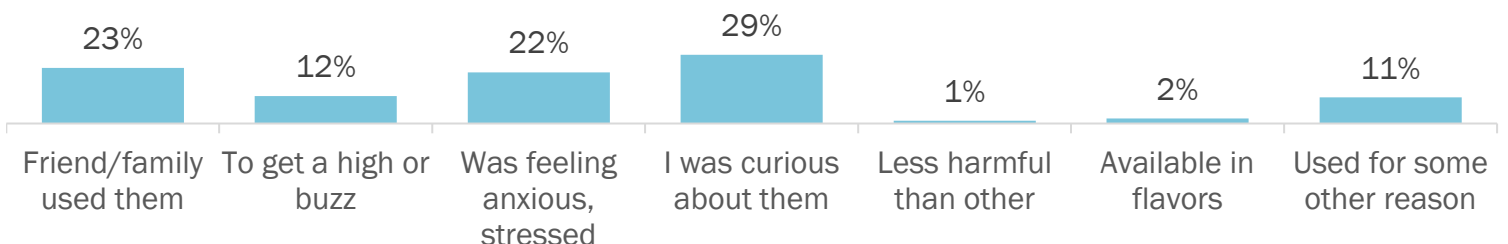
Among students who report using an electronic vapor product during the last 30 days:

- About half (50%) use a disposable e-cigarette/vape pen or a rechargeable e-cigarette/vape pen.
- Nearly a quarter (22%) are not sure what type of product they use.
- About three in ten middle school students (29%) who use an electronic vapor product do so because they are curious about them. Nearly a quarter (23%) used them because their friends or family use them.
- A third use them either to get high or buzzed (12%) or because they are feeling anxious or stressed (22%).

### Types of electronic vapor products middle school students use.



### Primary reason middle school students used electronic vapor products.



## Other Tobacco Use

Few middle school students report using smokeless tobacco products such as chewing tobacco, snuff, dip, snus, or dissolvable tobacco products (1%) or cigars, cigarillos, or little cigars (1%) during the past 30 days.

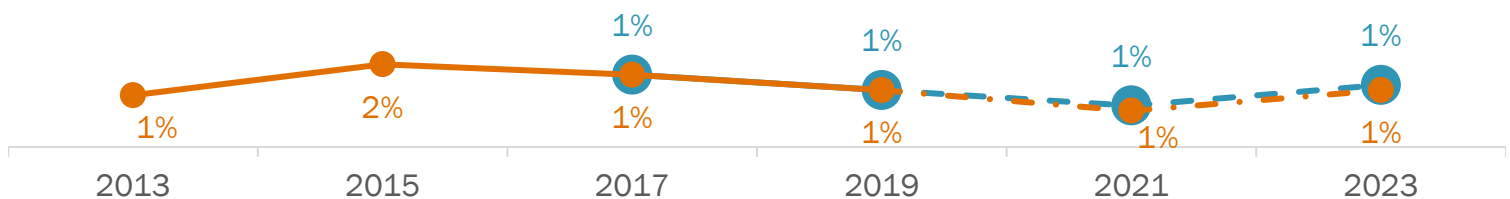
**Percent of middle school students who report using smokeless tobacco products or cigars in the past 30 days.**



Since 2013, the percent of students who report smoking cigars or cigarillos did not statistically change. Since 2017, there has been no statistical change in the percent of students who used smokeless tobacco products during the previous 30 days.

Between [2021\\*](#) and 2023, use of cigars and smokeless tobacco products statistically increased.

**Percent of middle school students currently using **cigars, cigarillos, or little cigars** or **smokeless tobacco** over time.**





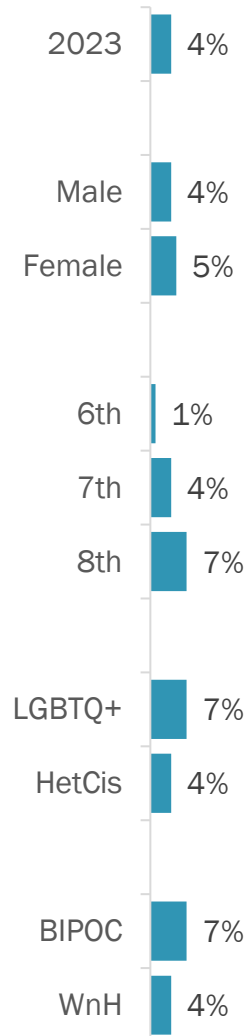
## Current Marijuana Use

About one in 25 middle school students (4%) report using marijuana in the past 30 days.

- Female students, LGBTQ+ students, and BIPOC students are statistically more likely to use marijuana during the past 30 days.
- Current marijuana use statistically increases with each grade level.

Compared to 2013 and between 2021\* and 2023, marijuana use statistically increased.

### Percent of middle school students using marijuana, past 30 days.



### Percent of middle school students using marijuana over time.



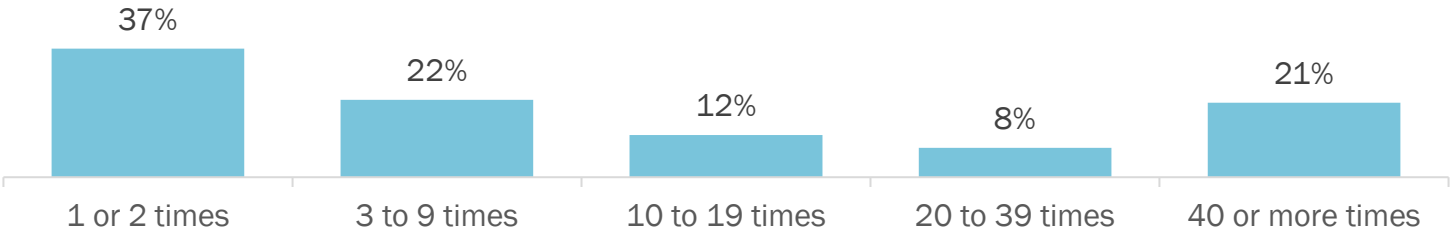
# Frequency of Marijuana Use

## Among students who use marijuana, past 30 days

Among middle school students who currently use marijuana, in the last 30 days:

- Nearly four in ten (37%) 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 (21%) report using marijuana 40 or more times.

**Frequency of marijuana use, among students who used marijuana, past 30 days.**





# Perceptions Around Substance Use

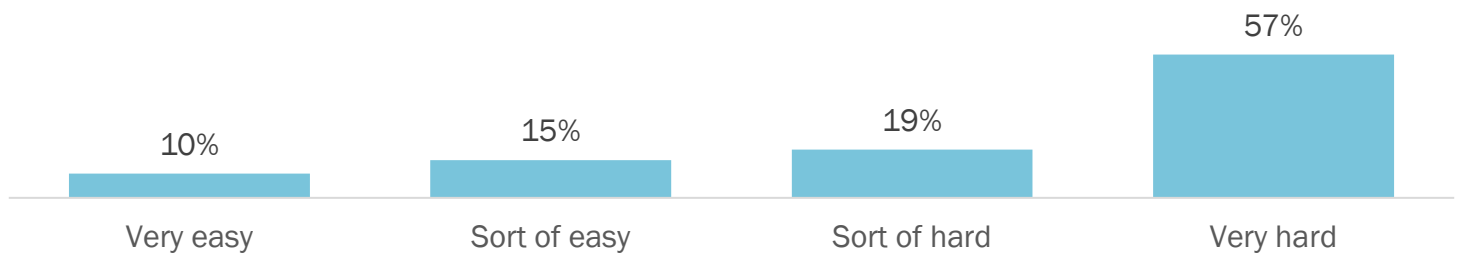
## Access to Electronic Vapor Products, Alcohol, and Marijuana

Overall, most middle school students think it would be hard (sort of hard or very hard) to get electronic vapor products, alcohol, or marijuana.

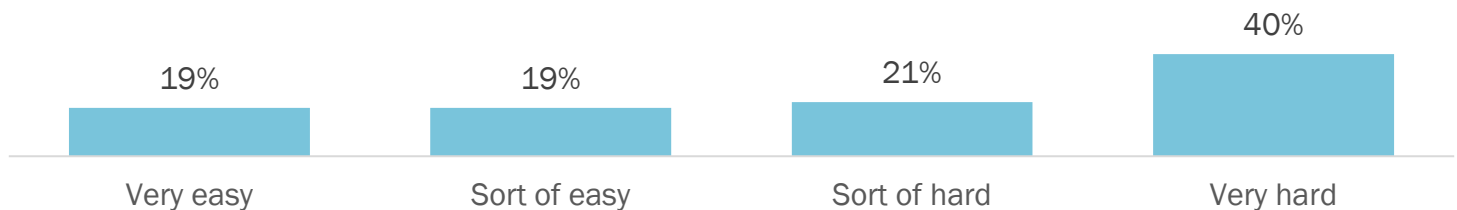
About one in ten middle school students think it would be very easy to get electronic vapor products (10%) or marijuana (10%). Nearly one in five believe it would be very easy for them to get alcohol (19%) if they wanted it.

### Perceptions on how hard or easy middle school students believe it would be to get:

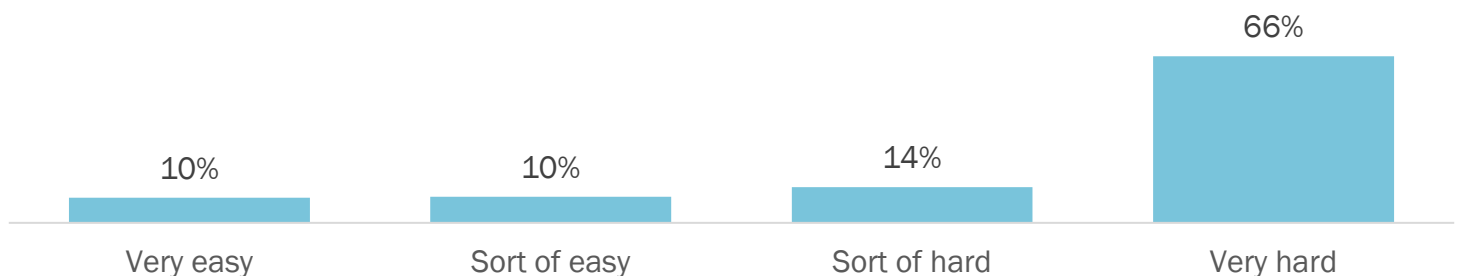
#### Electronic Vapor Products



#### Alcohol



#### Marijuana



## Easy to Access Electronic Vapor Products

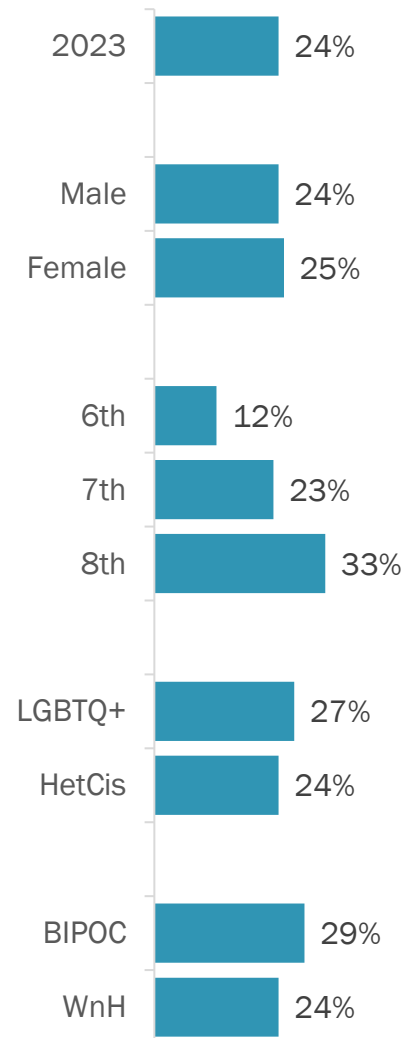
About a quarter of middle school students (24%) think it would sort of easy or very easy for them to access electronic vapor products if they wanted them.

- 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 or sexual orientation and gender identity.

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

Between [2021\\*](#) and 2023, believing it would be easy to access electronic vapor products statistically increased.

**Percent of middle school students who say it would be sort of or very easy to get electronic vapor products if they wanted them.**



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



## Easy to Access Alcohol

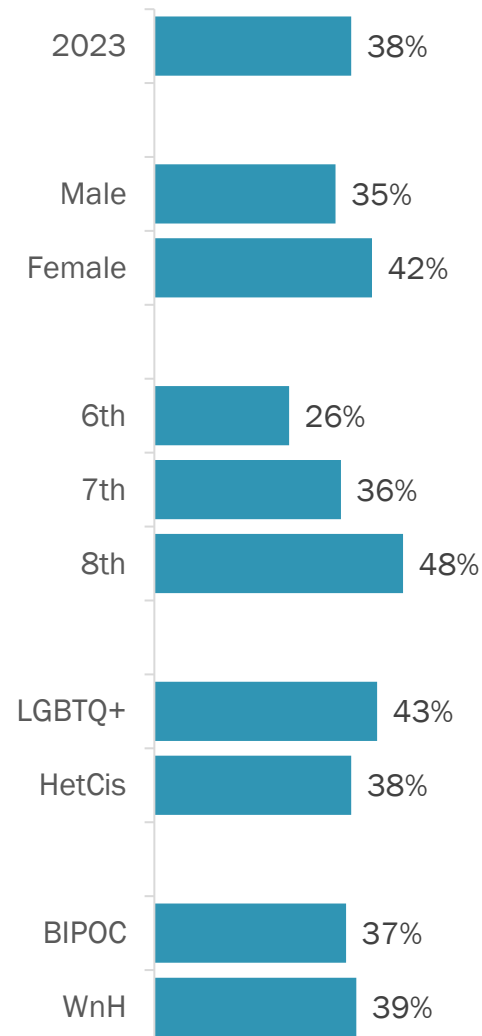
Nearly four in ten middle school students (38%) think it would sort of easy or very easy for them to access alcohol if they wanted it.

- Female students and LGBTQ+ students are statistically more likely to believe it would be easy to access alcohol if they wanted it.
- 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.

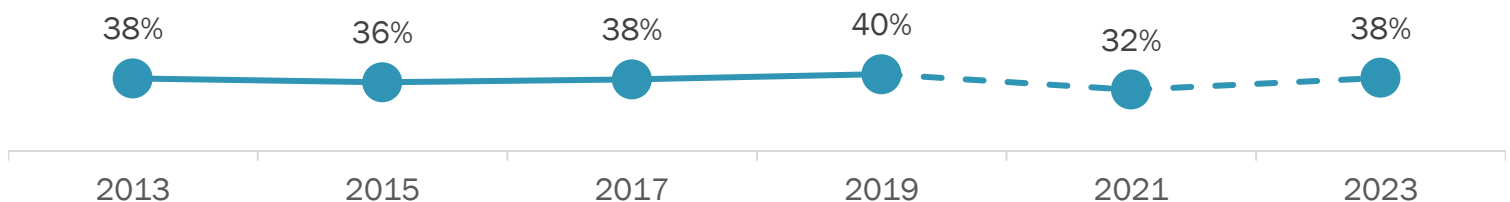
Compared to 2013, the percent of students who think it would be easy to access alcohol did not statistically change.

Between [2021\\*](#) and 2023, believing it would be easy to access alcohol statistically increased.

### Percent of middle school students who say it would be sort of or very easy to get alcohol if they wanted it.



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



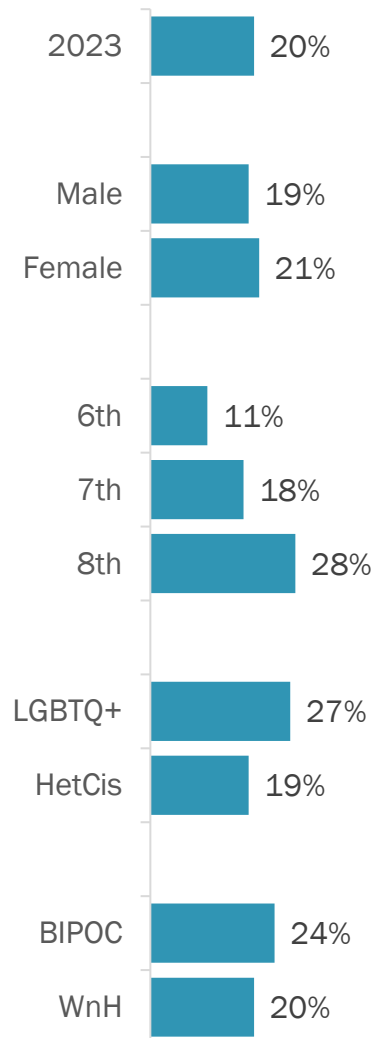
## Easy to Access Marijuana

One in five middle school students (20%) think it would sort of easy or very easy for them to access marijuana if they wanted it.

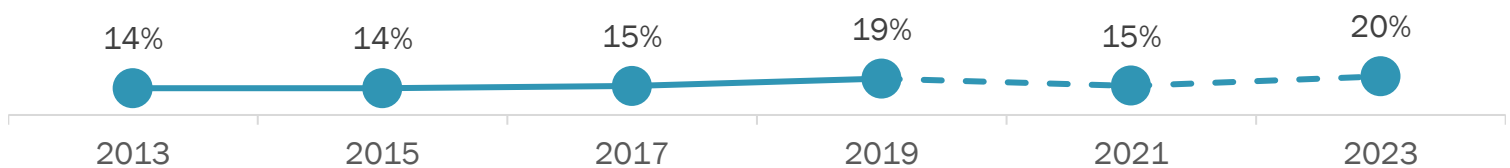
- LGBTQ+ students and BIPOC students are statistically more likely to believe it would be easy to access marijuana if they wanted it.
- Thinking it would be sort of easy or very easy to access marijuana statistically increases with each grade level.
- Thinking it would be sort of easy or very easy to access marijuana does not statistically differ by sex.

Compared to 2013 and between [2021\\*](#) and 2023, believing it would be easy to access marijuana statistically increased.

### Percent of middle school students who say it would be sort of or very easy to get marijuana if they wanted it.



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



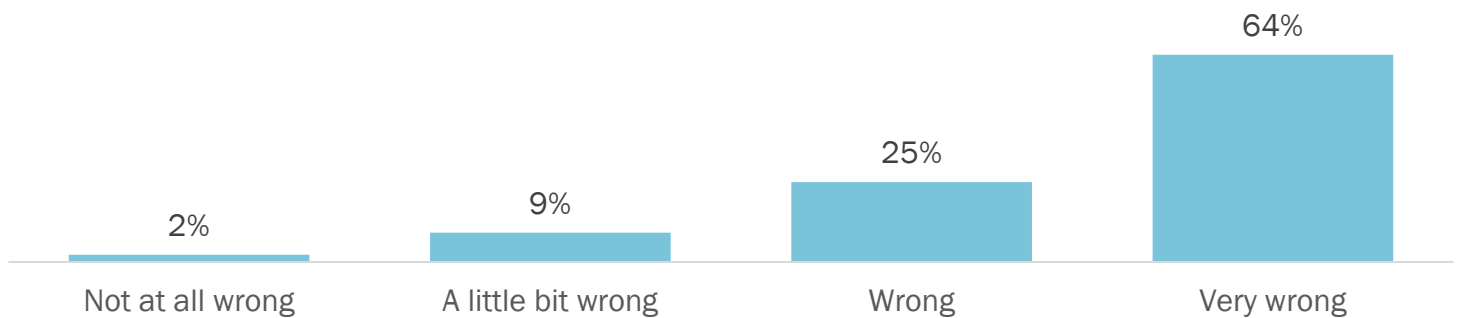


## Perceptions of Peer Use: Electronic Vapor Products

About one in ten middle school students (11%) believe it is not at all wrong or a little wrong for someone their age to use electronic vapor products.

Roughly two-thirds (64%) think it is very wrong for their peers to use electronic vapor products. A quarter (25%) think it is wrong of 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

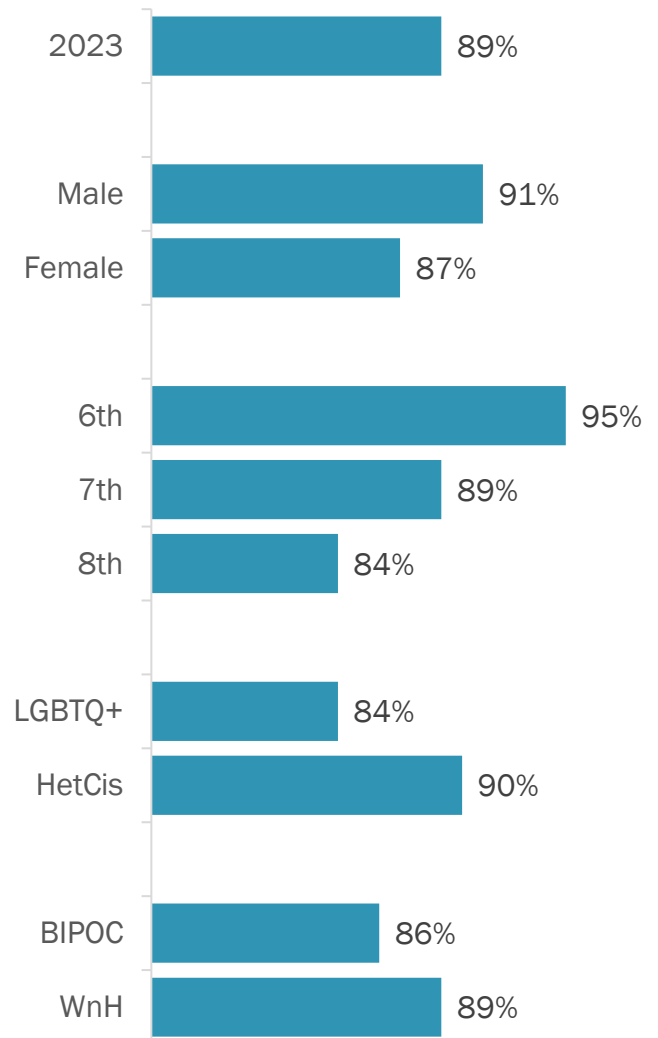
Nearly nine in ten middle school students (89%) believe it is wrong or very wrong for someone their age to use electronic vapor products.

- 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 EVP.
- Believing it is wrong or very wrong for peers to use EVP statistically decreases with each grade level.

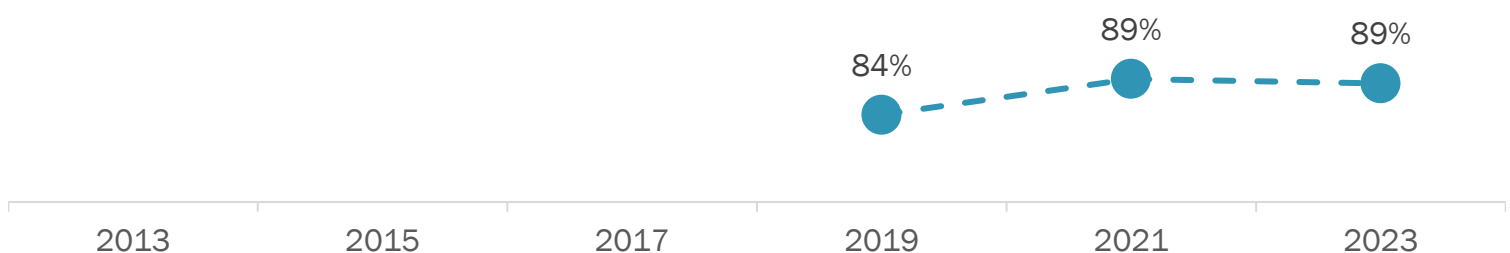
Since 2019, the percent of students who think it is wrong for someone their age to use electronic vapor products statistically increased.

Between [2021\\*](#) and 2023, perceptions around peer electronic vapor product use did not statistically change.

**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.**



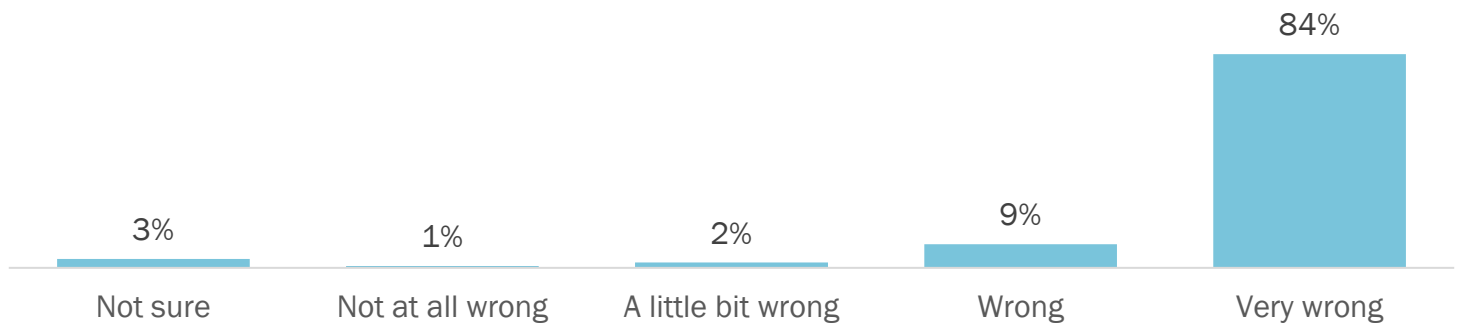
## Perceived Parental Beliefs Around Electronic Vapor Products, Alcohol, and Marijuana Use

More than eight in ten middle school students say their parents think it is very wrong for them to use electronic vapor products (84%) and marijuana (81%). About three in five (63%) say their parents think it is very wrong for them to drink alcohol.

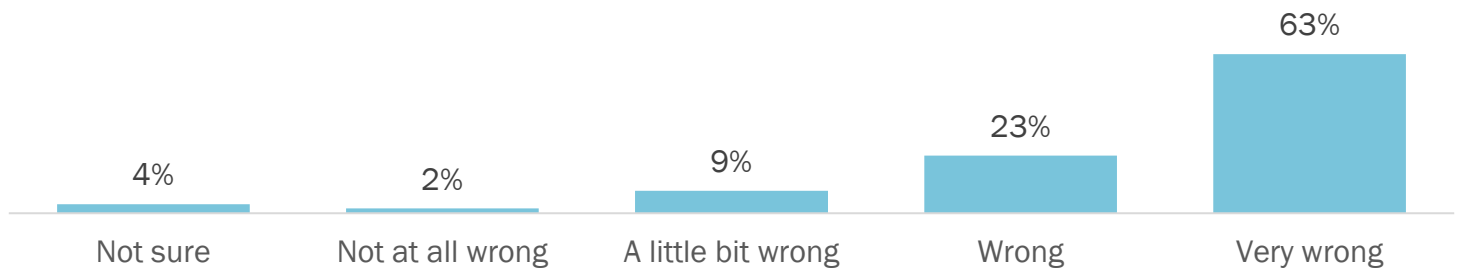
Around one in 25 (4%) are not sure what their parents think about them using alcohol. Slightly fewer are not sure what their parents think about them using electronic vapor products (3%) and marijuana (3%).

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

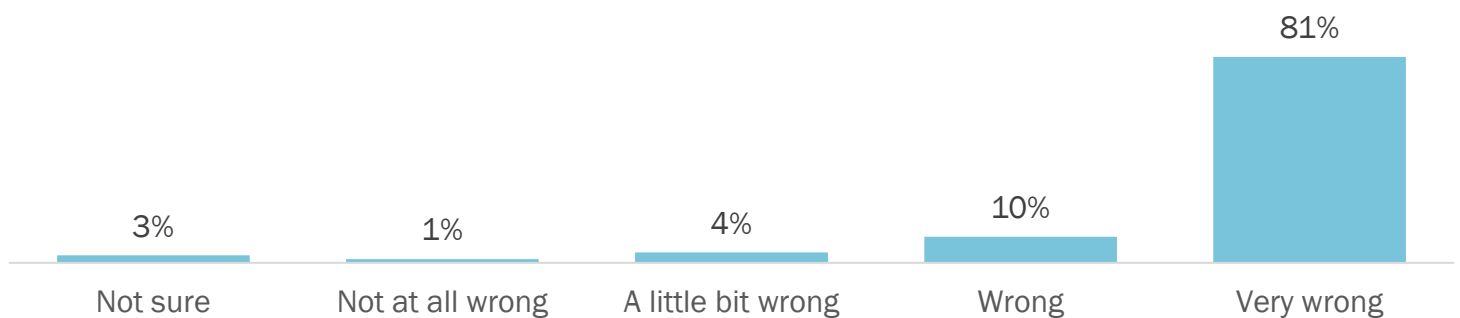
#### Electronic Vapor Products



#### Alcohol



#### Marijuana



## Parents Think It Is Wrong To Use Electronic Vapor Products

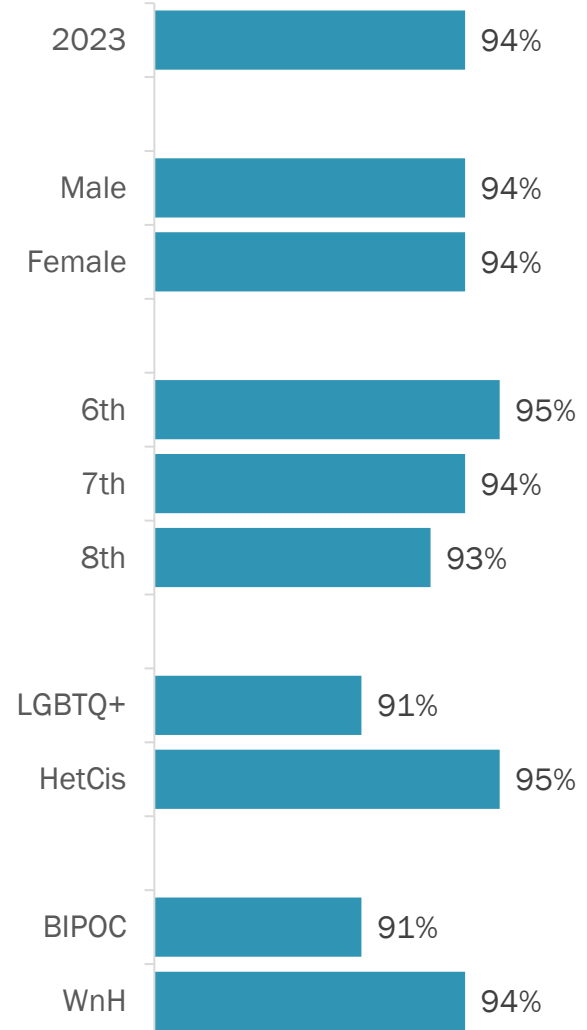
Nearly all middle school students (94%) believe their parents think it is wrong or very wrong for them to use electronic vapor products.

- 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 statistically decrease by grade.

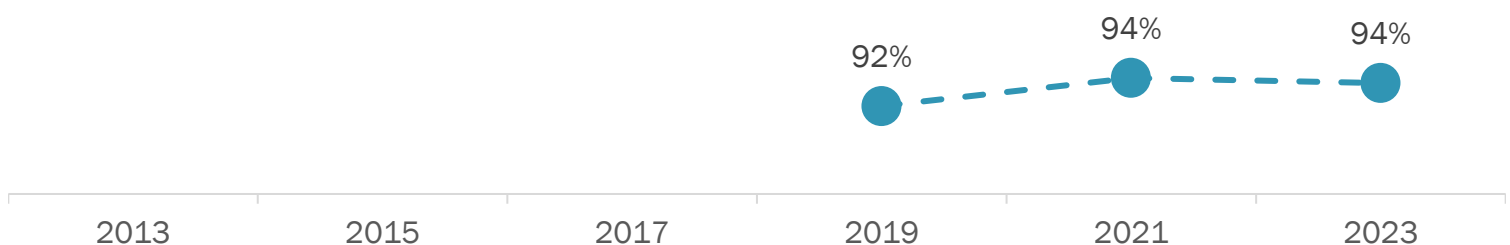
Compared to 2019, the percent of students who believe their parents think it is wrong for them to use electronic vapor products statistically increased.

Between [2021\\*](#) and 2023, believing their parents think it is wrong for them to use electronic vapor products did not statistically change.

**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.**



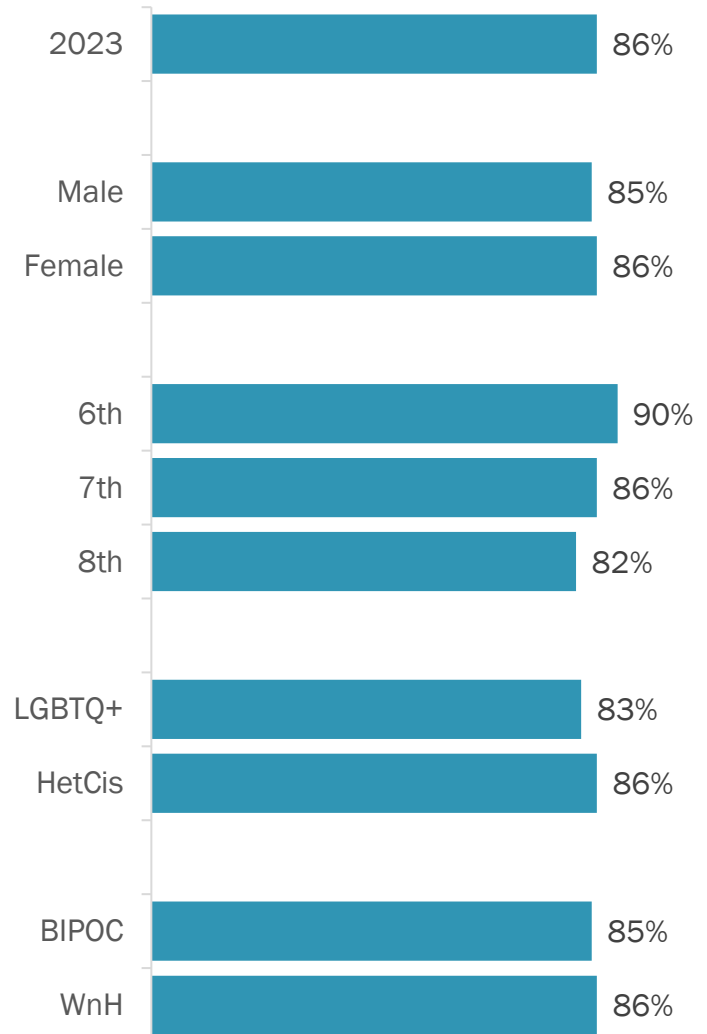
## Parents Think It Is Wrong To Use Alcohol

More than eight in ten middle school students (86%) believe their parents think it is wrong or very wrong for them to drink alcohol.

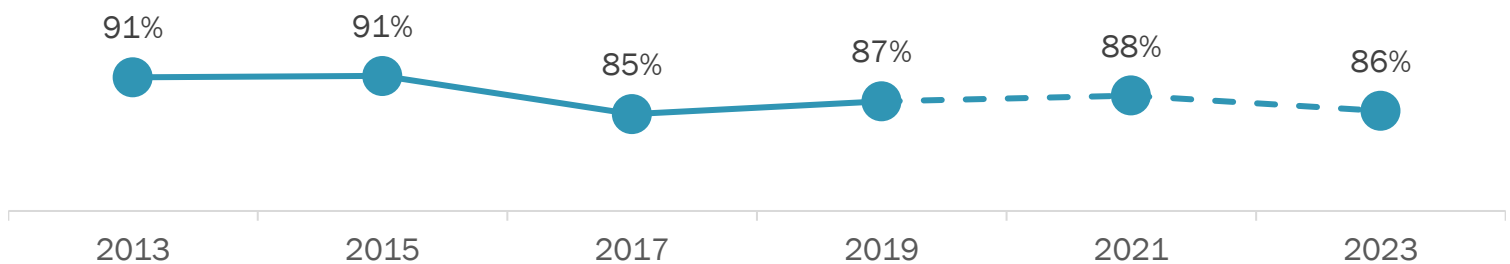
- Heterosexual cisgender students are statistically more likely to say their parents think it is wrong or very wrong for them to drink alcohol.
- Believing their parents think it is wrong or very wrong for them to drink alcohol statistically decreases with each grade.
- Believing their parents think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

Compared to 2013 and between [2021\\*](#) and 2023, the percent of students who believe their parents think it is wrong for them to use alcohol statistically decreased.

**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.**



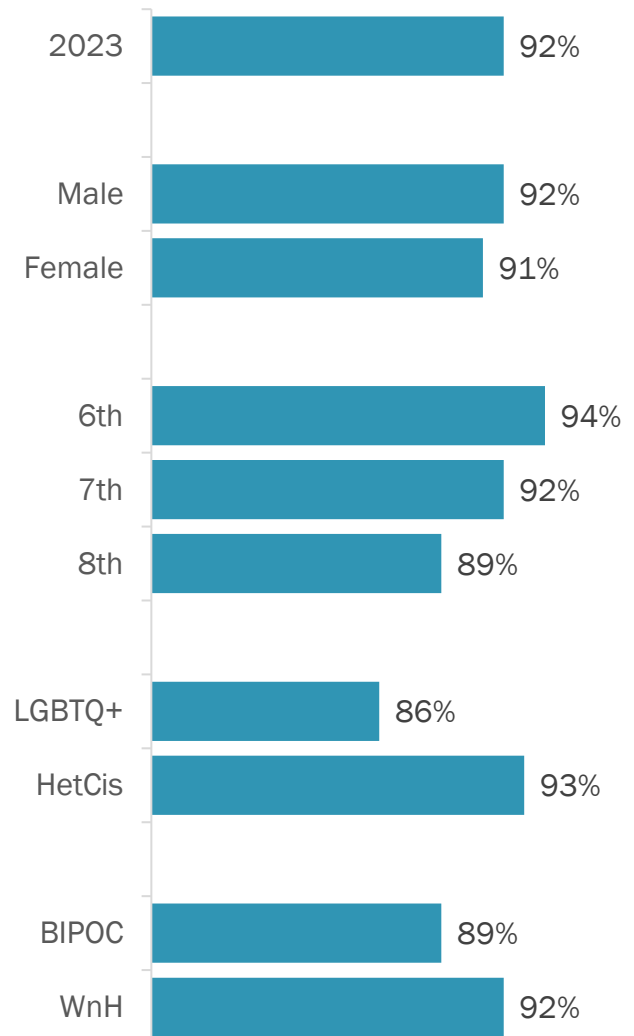
## Parents Think It Is Wrong To Use Marijuana

More than nine in ten middle school students (92%) believe their parents think it is wrong or very wrong for them to use marijuana.

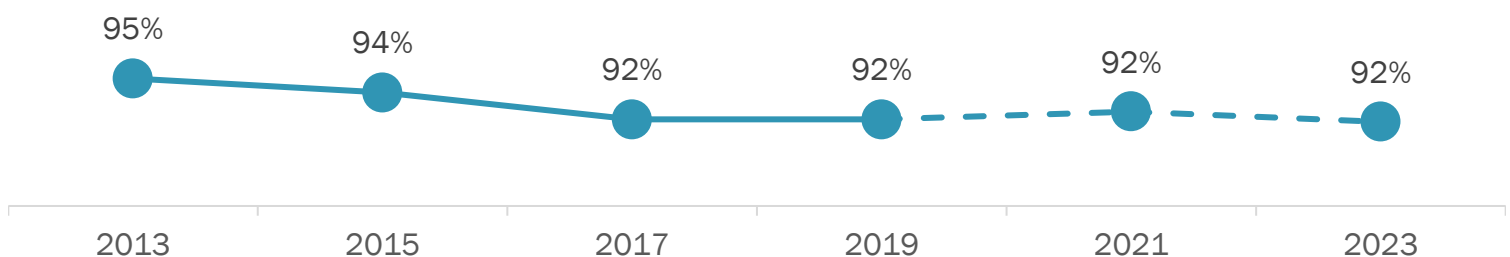
- Male students, heterosexual cisgender and white, non-Hispanic students are statistically more likely to say their parents think it is wrong or very wrong for them to use marijuana.
- Believing their parents think it is wrong or very wrong for them to use marijuana statistically decreases with each grade level.

Compared to 2013 and between [2021\\*](#) and 2023, the percent of students who believe their parents think it is wrong for them to use marijuana statistically decreased.

### 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.



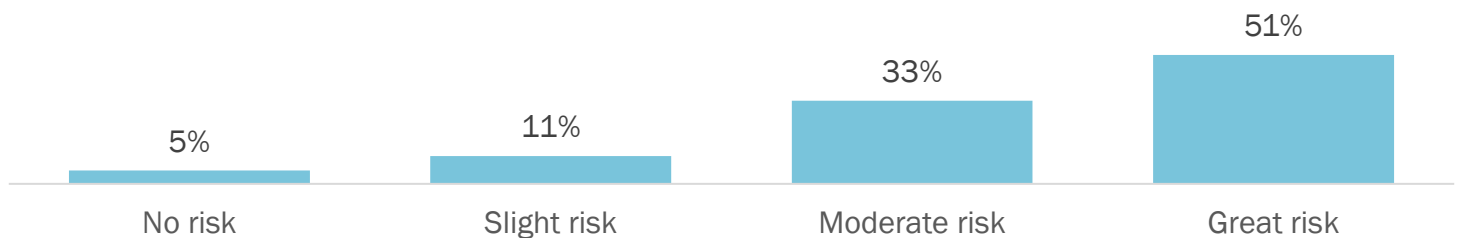
## Perceived Harm of Electronic Vapor Products, Alcohol, and Marijuana

Less than one in ten middle school students believe there is no risk of harm from regular use of electronic vapor products (5%), marijuana (8%), or from consuming five or more drinks in a row each weekend (5%).

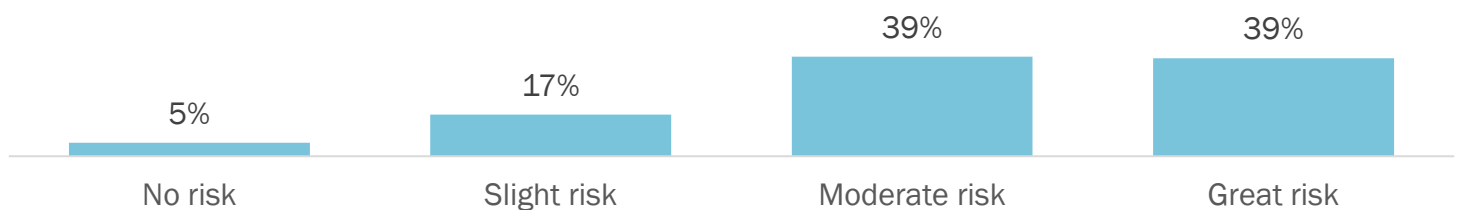
About half (51%) believe people greatly risk harming themselves if they use electronic vapor products regularly. Slightly fewer believe people who regularly use marijuana greatly risk harming themselves (48%). About two in five (39%) believe people who consume five or more drinks once or twice each weekend greatly risk harming themselves.

### Perceptions about how much people risk harming themselves if they:

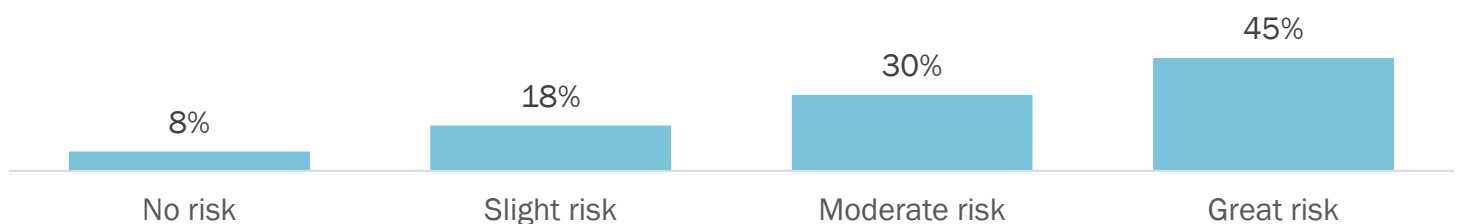
Use electronic vapor products regularly



Have five or more drinks once or twice each weekend



Use marijuana regularly





## Harm from Electronic Vapor Products

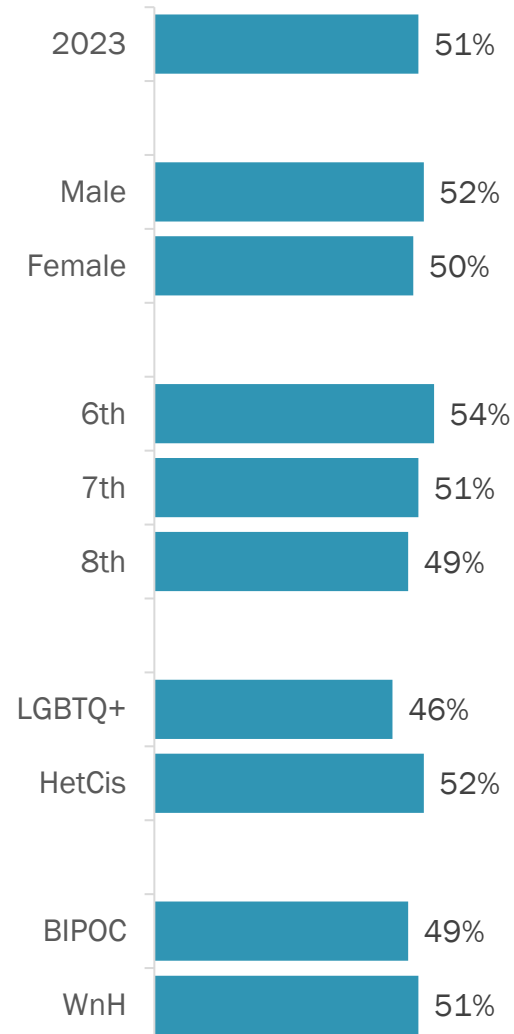
About half of all middle school students (51%) think people who use electronic vapor products regularly greatly risk harming themselves, physically or in other ways.

- Heterosexual cisgender 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, grade level, or race and ethnicity.

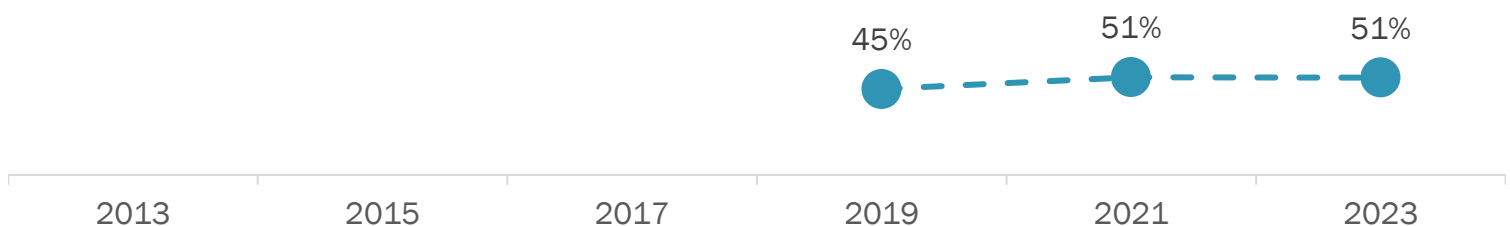
Since 2019, the percent of students who believe people risk great harm if they use electronic vapor products regularly statistically increased.

Between [2021\\*](#) and 2023, 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

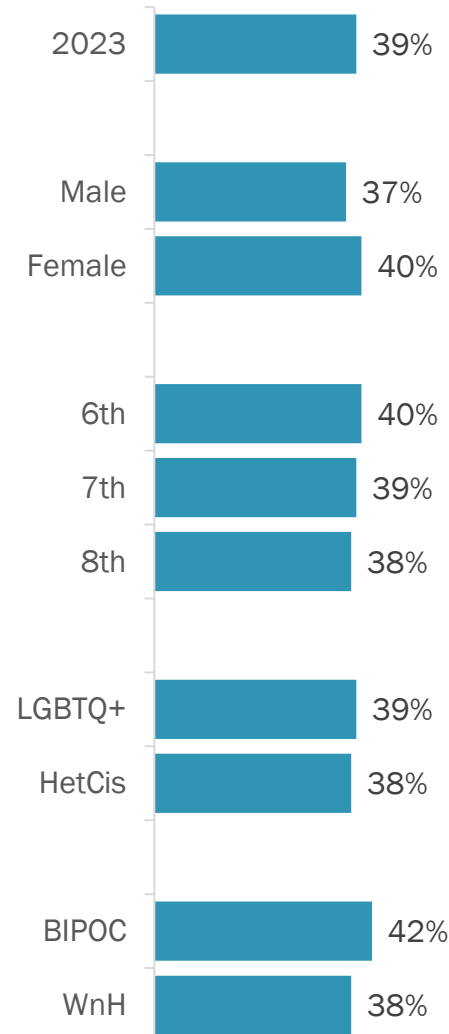
About two in five middle school students (39%) think people who have five or more drinks once or twice each weekend greatly risk harming themselves, physically or in other ways.

- Female students and BIPOC students are statistically more likely to believe people face a great risk of harm if they have five or more drinks once or twice each weekend.
- Believing people face a great risk of harm if they drink alcohol five or more times each weekend does not statistically differ by grade level, or sexual orientation and gender identity.

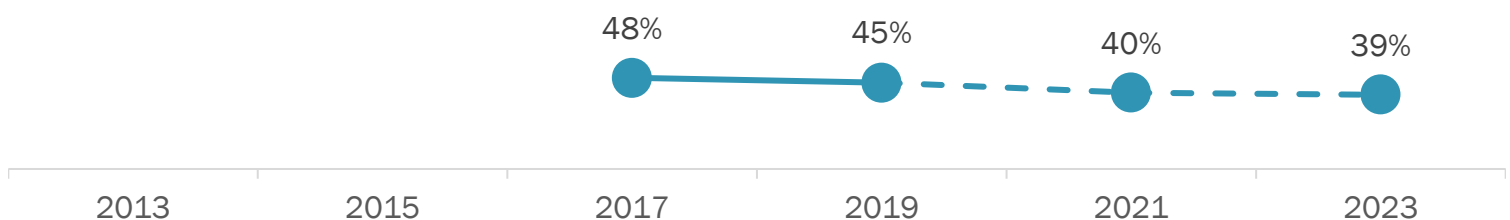
Since 2017, the percent of students who believe people risk great harm if they drink alcohol each weekend statistically decreased.

Between [2021\\*](#) and 2023, perceived harm from alcohol use did not statistically change.

### 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.



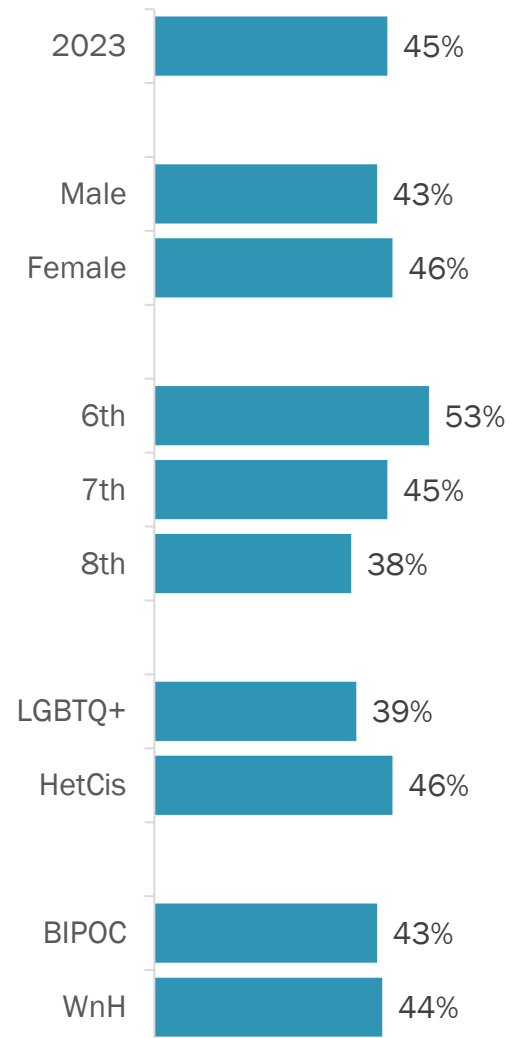
## Harm from Marijuana

More than four in ten middle school students (45%) think people who use marijuana regularly greatly risk harming themselves, physically or in other ways.

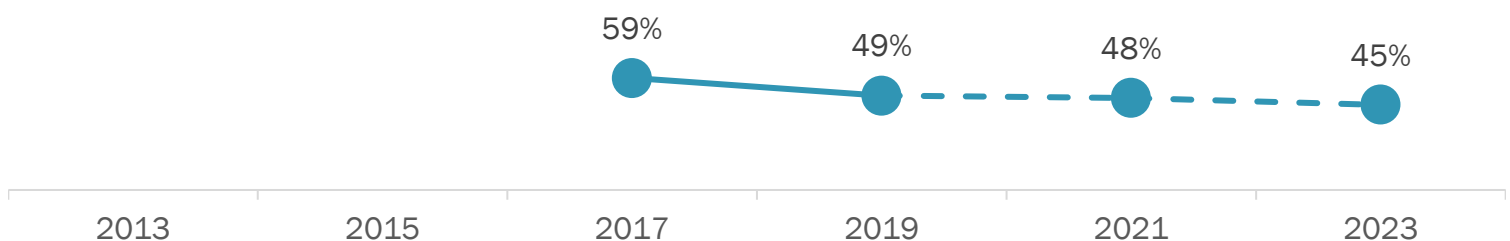
- Heterosexual cisgender students are statistically more likely to believe people face a great risk of harm if they use marijuana regularly.
- Believing people face a great risk of harm if they use marijuana regularly statistically decreases with each grade level.
- Believing people face a great risk of harm if they use marijuana regularly does not statistically differ by sex or race and ethnicity.

Since 2017 and between [2021\\*](#) and 2023, the percent of students who believe people risk great harm if they use marijuana regularly statistically decreased.

### 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

# Ever Had Sexual Intercourse

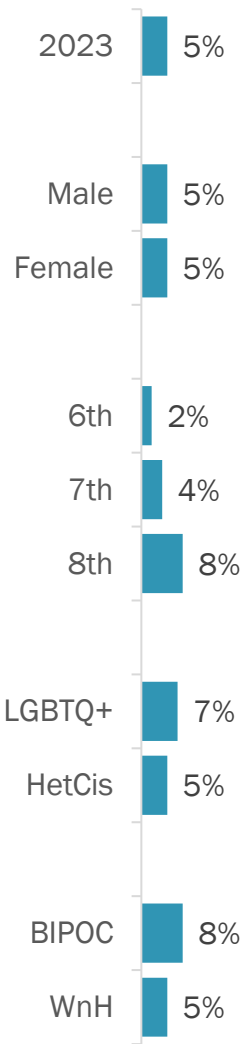
One in 20 middle school students (5%) report ever having sexual intercourse.

- 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, the percent of students having sexual intercourse did not statistically change.

Between [2021\\*](#) and 2023, ever having sexual intercourse statistically increased.

**Percent of middle school students who report having sexual intercourse.**



**Percent of middle school students having sexual intercourse over time.**



## Condom Use

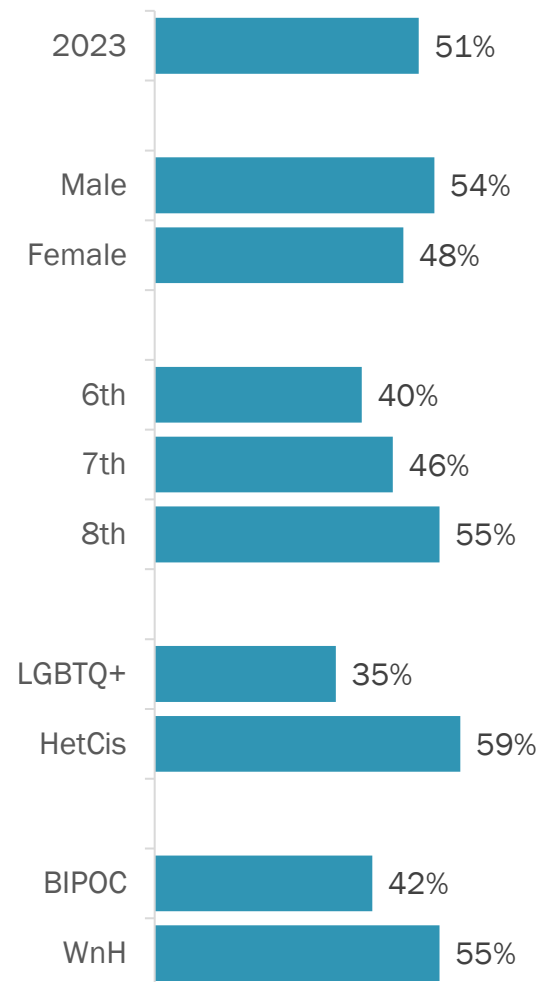
### Among students who ever had sexual intercourse

Among middle school students who report having sexual intercourse, half (51%) used a condom the last time they had intercourse.

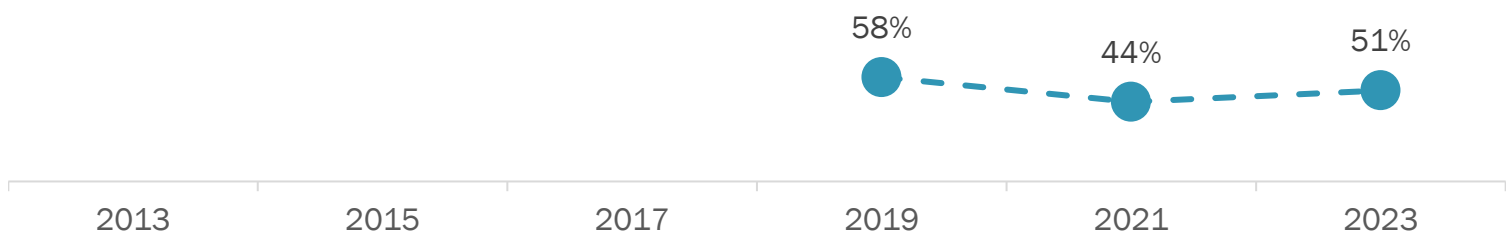
- Among middle school students who have had sexual intercourse, heterosexual cisgender students are statistically more likely to use a condom the last time they had sexual intercourse.
- Condom use among students who have had sexual intercourse does not statistically differ by sex, grade level, or race and ethnicity.

Compared to 2019 and between [2021\\*](#) and 2023, 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



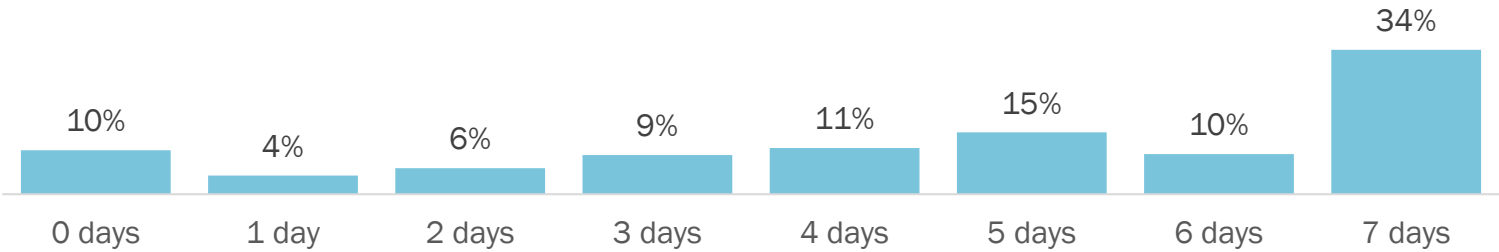
# Physical Activity, Past Week

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 ten (59%) report being physically active on five or more days during the past week.

One in ten (10%) report not being physically active for at least 60 minutes in the past week.

Physical Activity, Past Week



## Daily Physical Activity

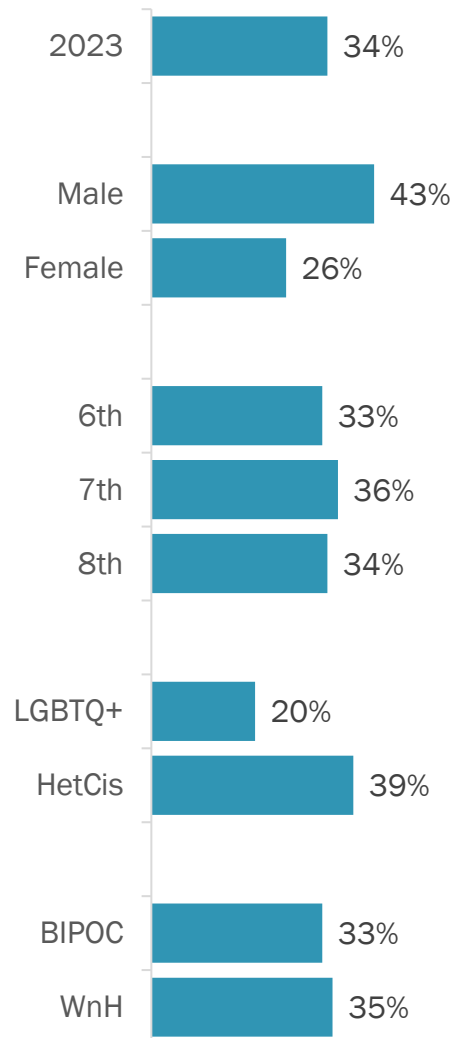
About a third of middle school students (34%) report being physically active for at least 60 minutes every day in the last week

- 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.

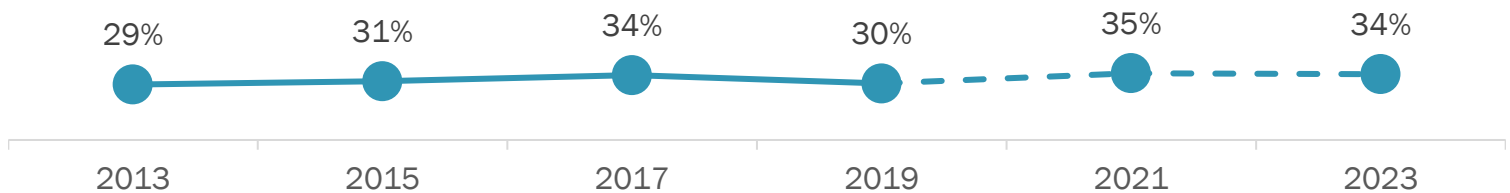
Compared to 2013, the percent of students who are physically active every day statistically increased.

Daily physical activity did not statistically change between [2021\\*](#) and 2023.

### 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.

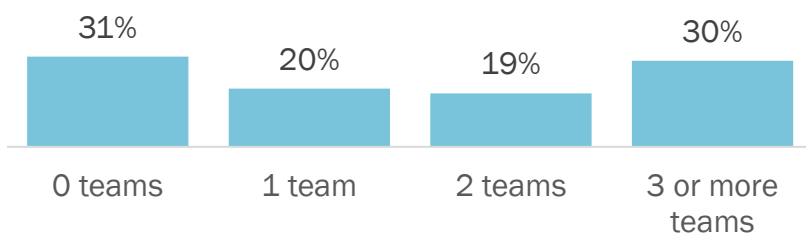


## Sport Team Participation

During the past year, about seven in ten middle school students (69%) report playing on at least one sports team run by their school or a community organization.

Nearly a third (31%) did not participate in any sport in the past year.

### Sport team participation, past year.

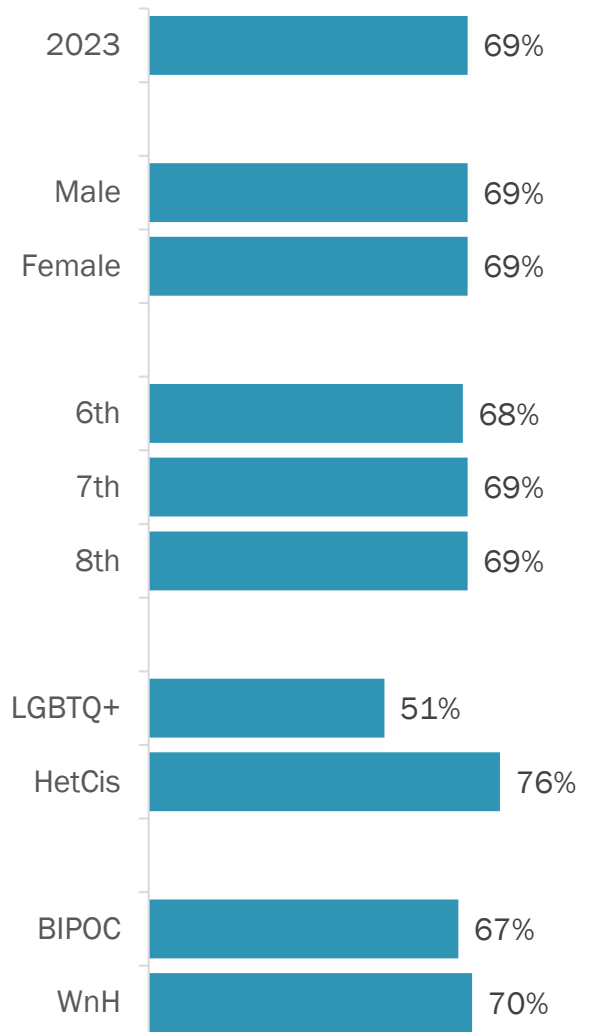


- Heterosexual cisgender students are statistically more likely to participate on one or more sport teams.

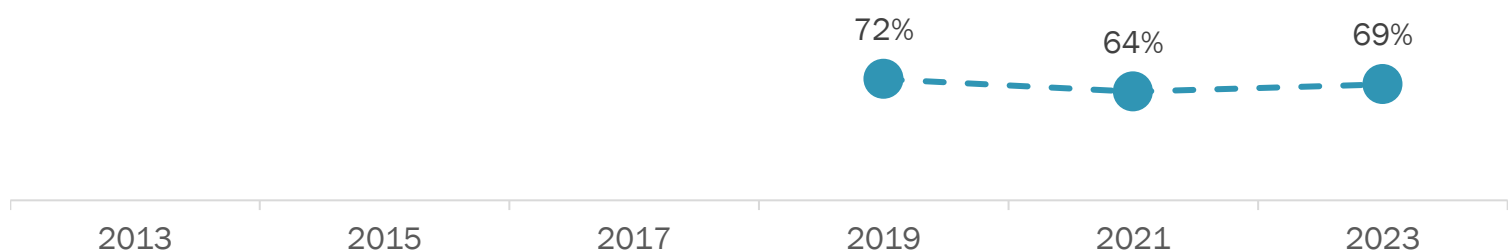
Compared to 2019, the percent of students participating on at least one sport team statistically decreased.

Between [2021\\*](#) and 2023, sport team participation statistically increased.

### Percent of middle school students who play on at least one sport team, past year.



### Percent of middle school students who participate on at least one sports team over time.



## Walk or Ride Bike to School

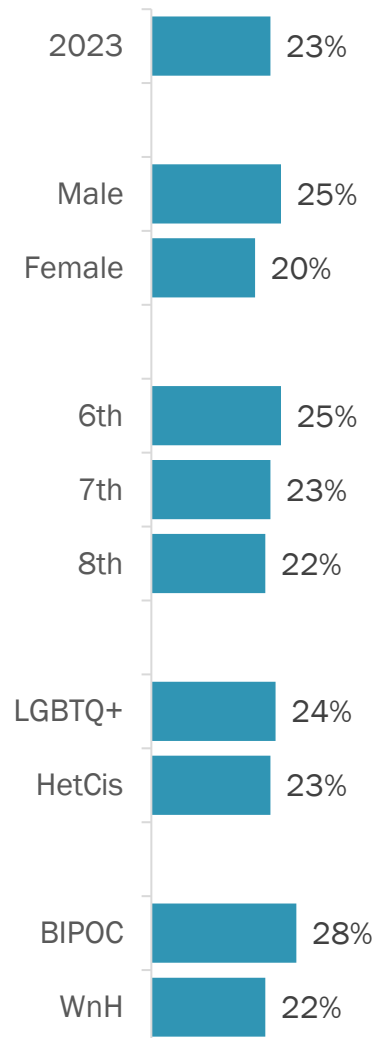
Nearly a quarter of middle school students (23%) walk or ride their bike to school at least once a week when weather permits. About one in ten (11%) walk or ride their bike every day.

- Male students and BIPOC students are statistically more likely to walk or ride their bike to school at least once a week when weather permits.
- Walking or riding a bike to school does not statistically decrease by grade level or differ by sexual orientation and gender identity.

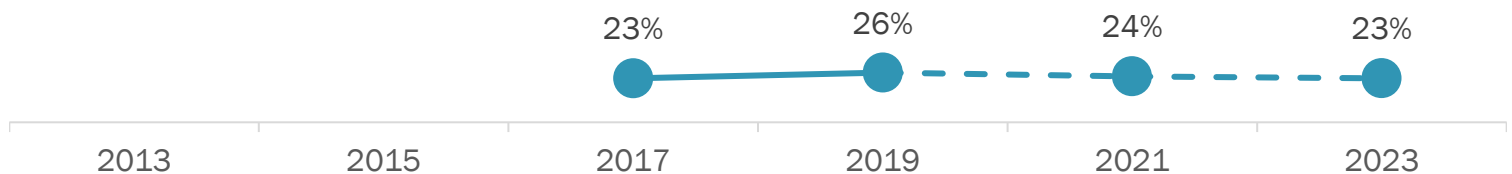
Compared to 2017, the percent of students who walk or ride a bike to school at least once a week did not statistically change.

Between [2021\\*](#) and 2023, walking or riding a bike to school statistically decreased.

**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 walk or ride a bike to school at least once a week over time.**





# Nutrition

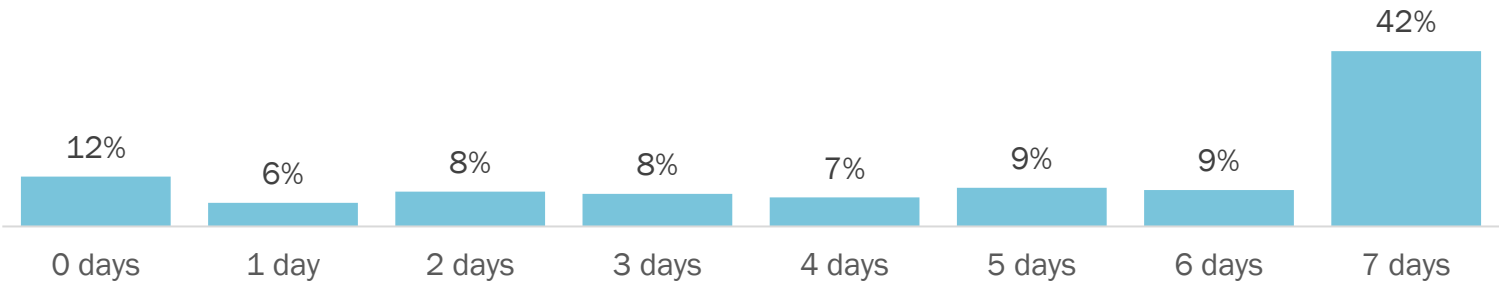
# Ate Breakfast, Past Week

About one in eight middle school students (12%) report not eating breakfast on any day during the previous week.

Six in ten (60%) report eating breakfast on five or more days during the previous week.

More than two in five (42%) report eating breakfast everyday.

## Ate Breakfast, Past Week



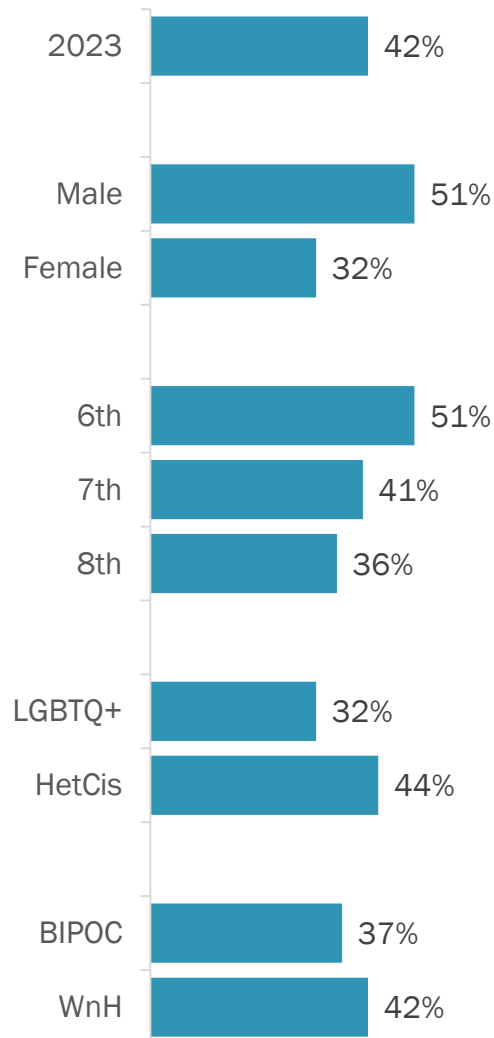
## Ate Breakfast Every Day

About four in ten middle school students report eating breakfast every day in the past week.

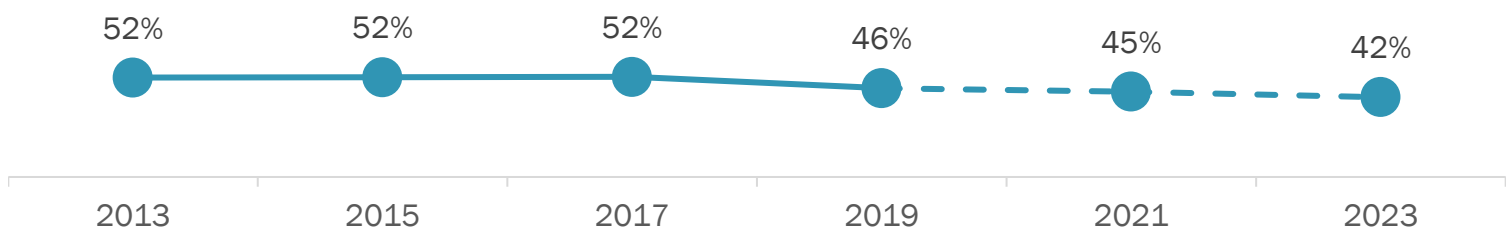
- Male students, heterosexual cisgender students, and white, non-Hispanic students are statistically more likely to eat breakfast every day.
- Eating breakfast every day statistically decreases with each grade level.

Compared to 2013 and between [2021\\*](#) and 2023, the percent of students who ate breakfast every day statistically decreased.

**Percent of middle school students who eat breakfast every day, past week.**



**Percent of middle school students who eat breakfast every day over time.**







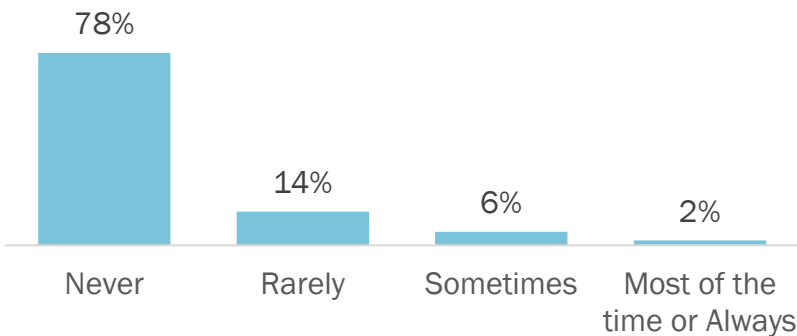
# Social Determinants of Health

## Food Insecurity

During the past 30 days, most middle school students never (78%) or rarely (14%) go hungry because there was not enough food in their home.

Few middle school students (2%) report going hungry most of the time or always. Six percent sometimes experienced hunger.

### Experiencing hunger, past 30 days.

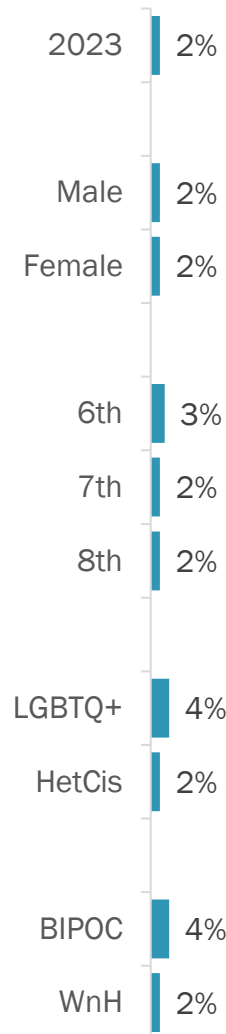


- LGBTQ+ students and BIPOC students are statistically more likely to go hungry, most of the time or always, during the past 30 days.

Compared to 2015, the percent of students who went hungry at least most of the time statistically decreased.

Between [2021\\*](#) and 2023, 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

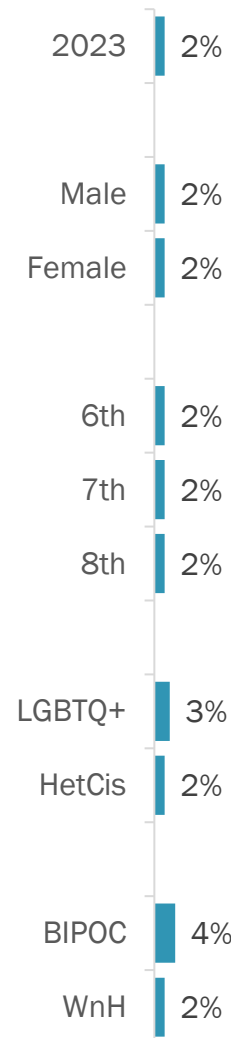
During the past 30 days, most middle school students (97%) slept in their parent's or guardian's home.

Few 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, 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 sleep.

- 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 sex or grade level.

Between [2021\\*](#) and 2023, experiencing housing insecurity 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.



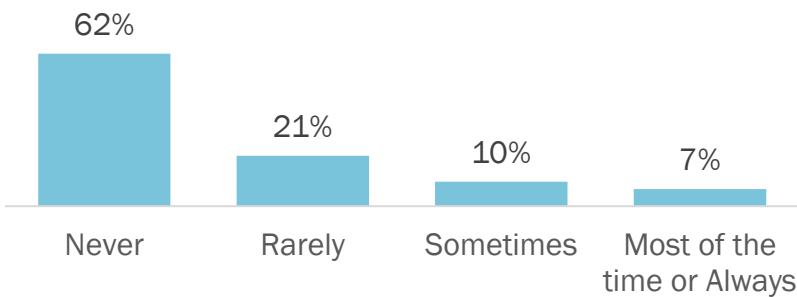
## Primary Language Spoken at Home

Most middle school students never (62%) or rarely (21%) live with people who 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.

One in ten (10%) live with people who sometimes speak a language other than English.

### How often a language other than English is spoken at home.



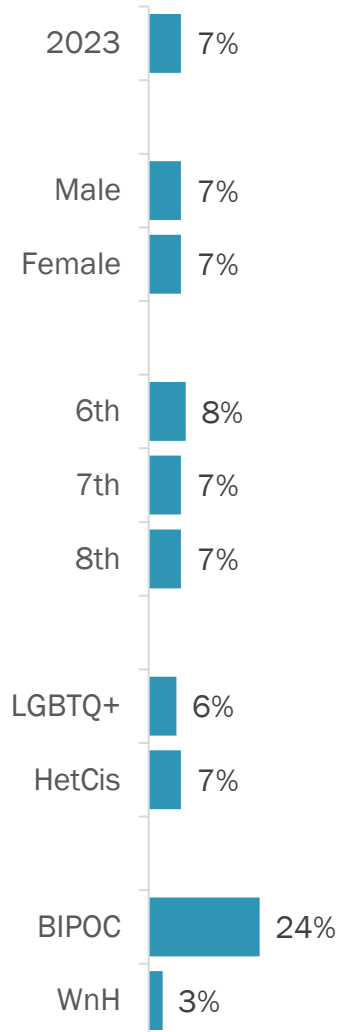
- BIPOC students are statistically more likely to report the people in their home most of the time or always speak a language other than English.

Compared to 2019 and between [2021\\*](#) and 2023, the percent of students did not statistically change.

### Percent of middle school students who primarily speak a language other than English over time.



### Percent of middle school students who live with people who most of the time or always speak a language other than English.







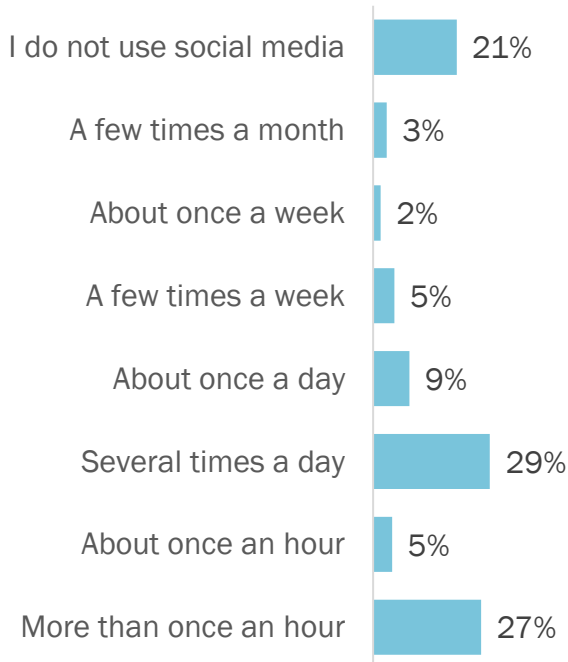
# Protective Factors

## Social Media Use

A majority of middle school students (60%) use social media multiple times a day. Twenty-nine percent say they use it several times a day, 5% check it once an hour, and 27% say they are on social media more than once an hour.

About one in ten (9%) use social media just once a day. Another 10% use it a few times per week (5%), once a week (2%), or a few times per month (3%). One in five middle school students (21%) do not use social media.

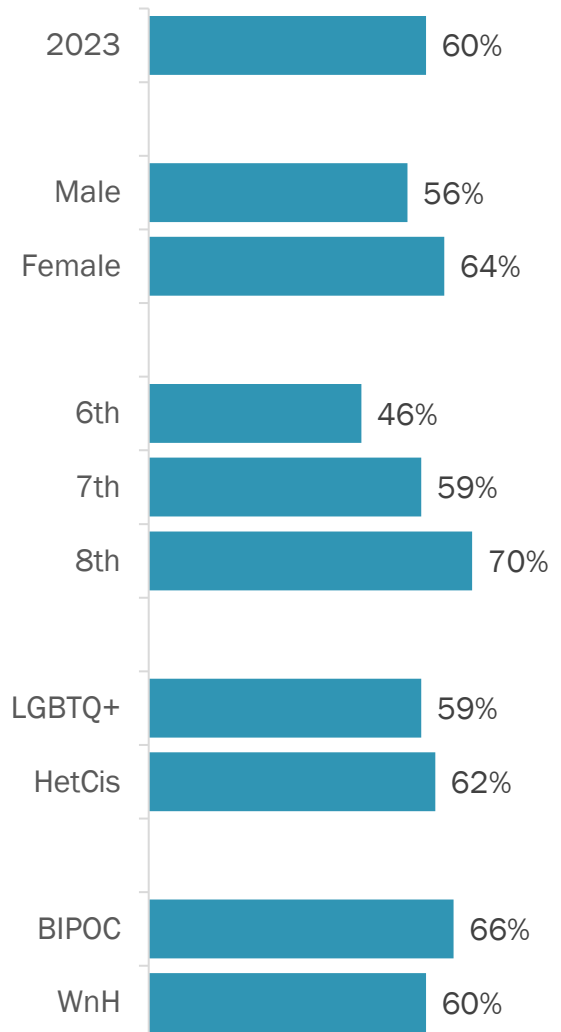
### Frequency of social media use.



- 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 multiple times a day increases with each grade level.

*Social media use was described to include Instagram, TikTok, SnapChat, and Twitter.*

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



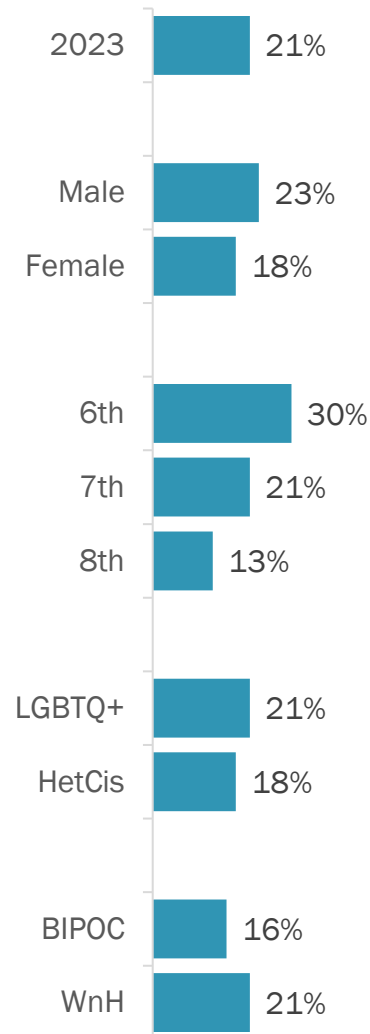
## Do Not Use Social Media

About one in five middle school students (21%) 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.

*Social media use was described to include Instagram, TikTok, SnapChat, and Twitter.*

### Percent of middle school students who do not use social media.



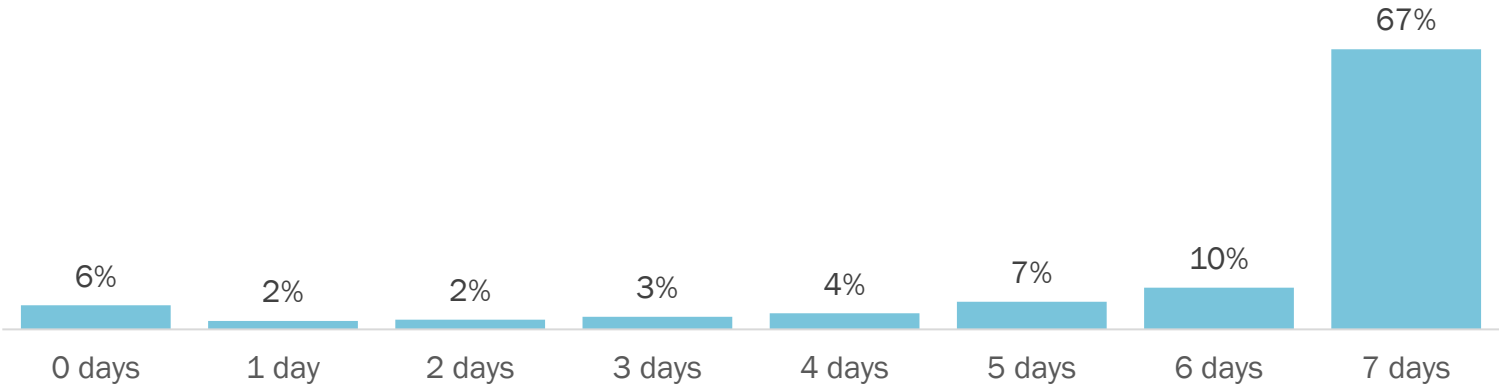


# Dinner with Parents or Guardians

Most middle school students (67%) report eating dinner with a parent or other adult family member every day during the past week. Nearly nine in ten (87%) report doing so four or more times.

One in ten (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.**



## Eat Dinner with Parent or Guardian, Past Week

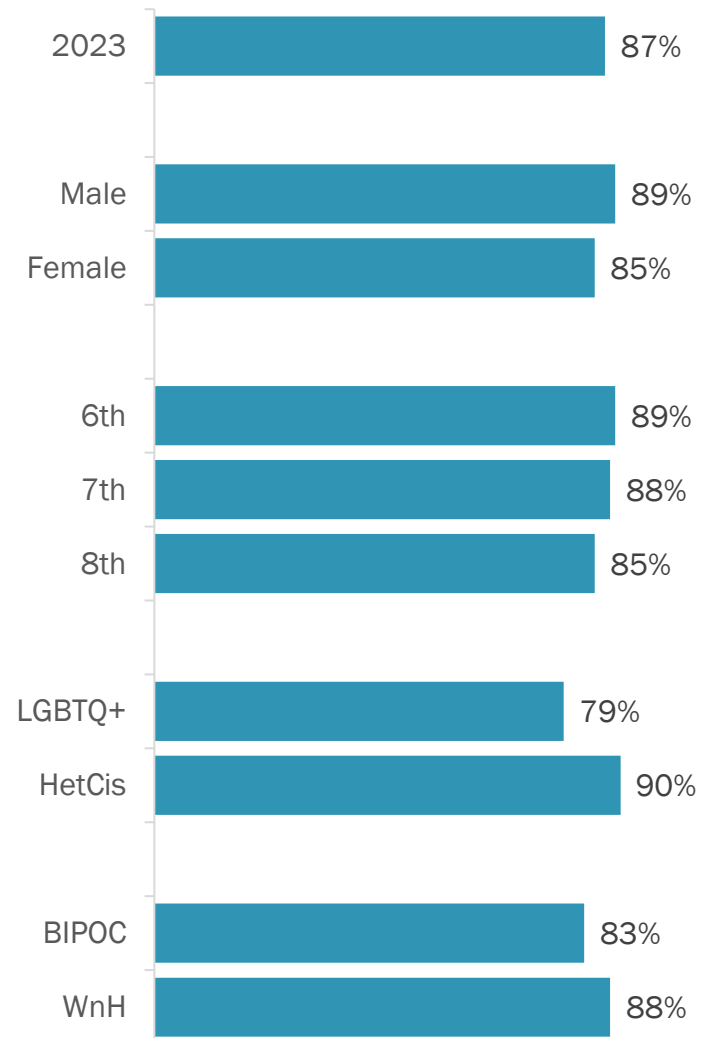
Nearly nine in ten middle school students (87%) report eating dinner with a parent or other adult family member at least four times during the past week.

- 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.
- Eighth grade students are statistically less likely to eat dinner at home with family four or more times.

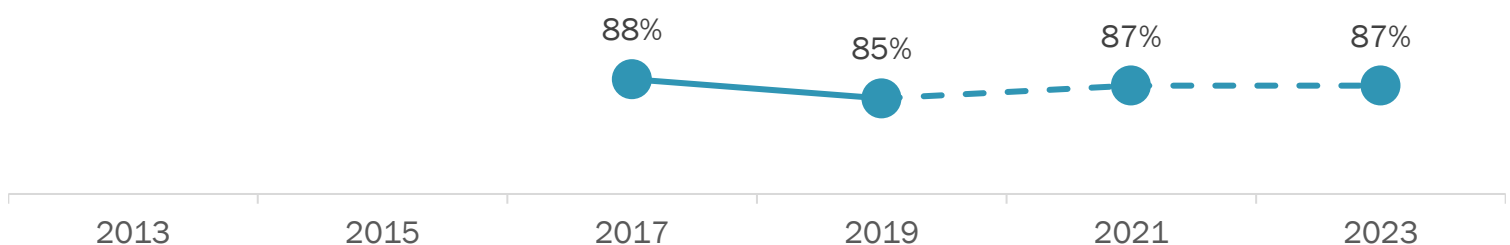
Compared to 2017, the percent of students who eat dinner with a parent or guardian at least four times during the previous week statistically decreased.

Between [2021\\*](#) and 2023, eating dinner with family 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 4+ times per week with a parent or guardian over time.



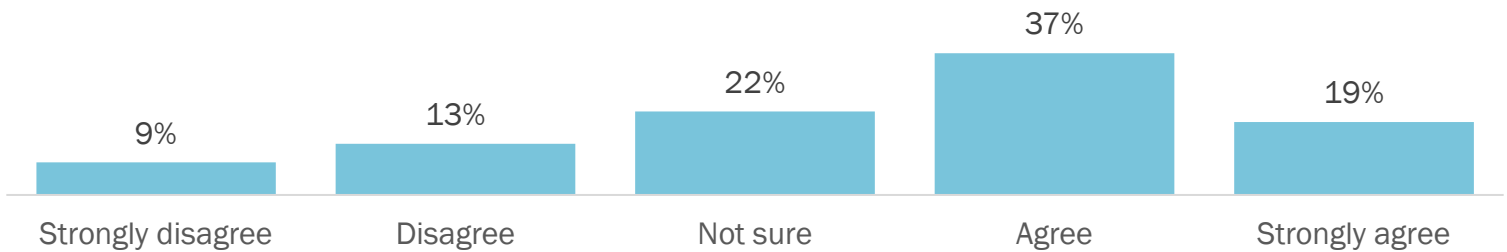
## School Has Clear Rules and Consequences

About half of all middle school students (56%) agree or strongly agree that their school has clear rules and consequences for behavior. About two in ten (22%) disagree or strongly disagree that their school has clear rules and consequence for behavior.

Specifically, nearly one in ten (9%) strongly disagree that their school has clear rules and consequences. One in eight (13%) disagree that their school has clear rules and consequences.

About two in ten (22%) are not sure if their school has clear rules and consequences for behavior.

### **School has clear rules and consequences for behavior.**



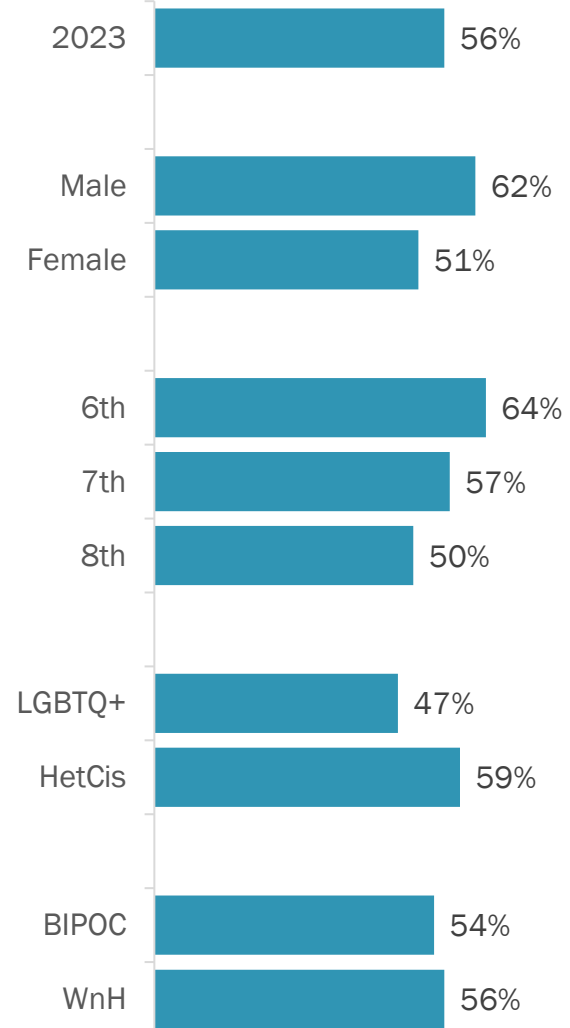
## School Has Clear Rules and Consequences

Just over half of all middle school students (56%) agree or strongly agree that their school has clear rules and consequences for behavior.

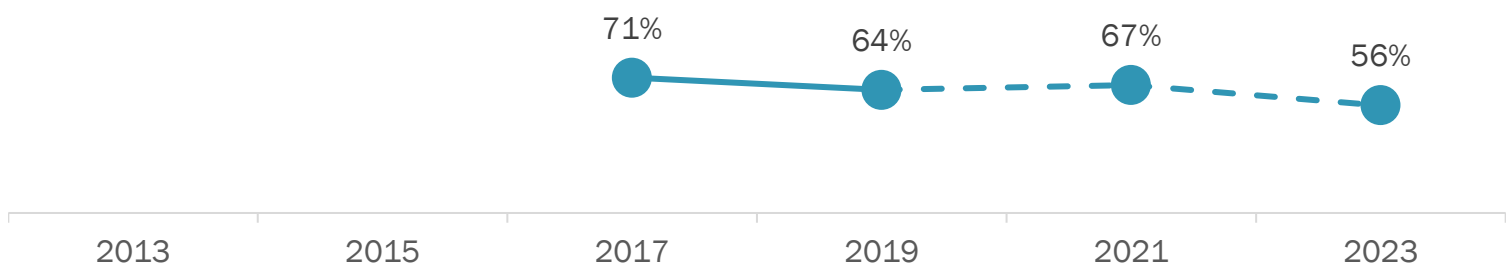
- Male students and heterosexual cisgender students were statistically more likely to agree or strongly agree that their school has clear rules and consequences for behavior.
- Agreeing or strongly agreeing that their school has clear rules and consequences statistically decreases with each grade level.
- Agreeing or strongly agreeing that their school has clear rules and consequences for behavior did not statistically differ by race and ethnicity.

Compared to 2017 and between [2021\\*](#) and 2023, the percent of students who believe their school has clear rules and consequences statistically decreased.

**Percent of middle school students who agree or strongly agree that 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.**

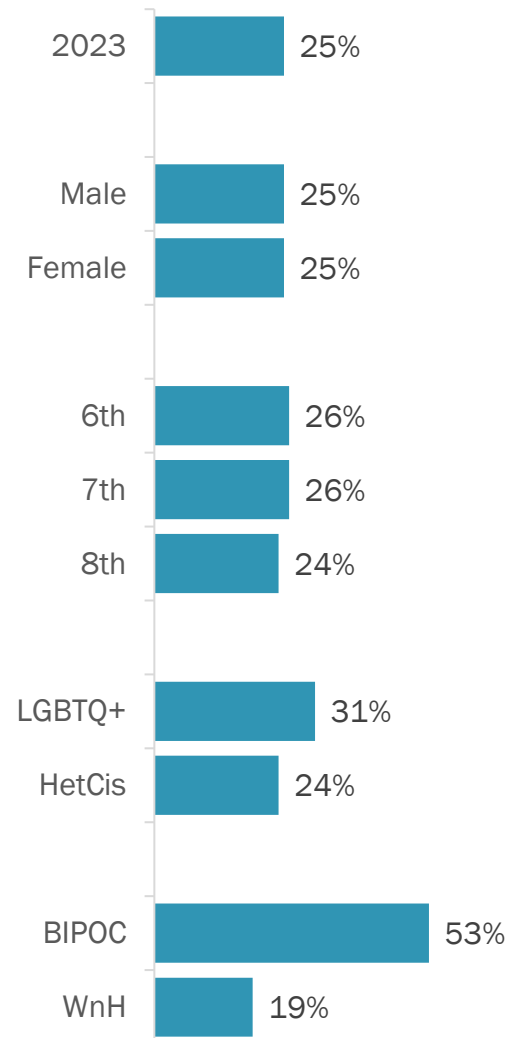


## Treated Unfairly at School

A quarter (25%) of middle school students believe they are treated badly or unfairly at school because of their race and 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 ever treated unfairly at school because of their race or ethnicity does not statistically differ by sex or grade level.

### Percent of middle school students who are treated badly or unfairly in school because of their race or ethnicity.



## Trusted Adult at School

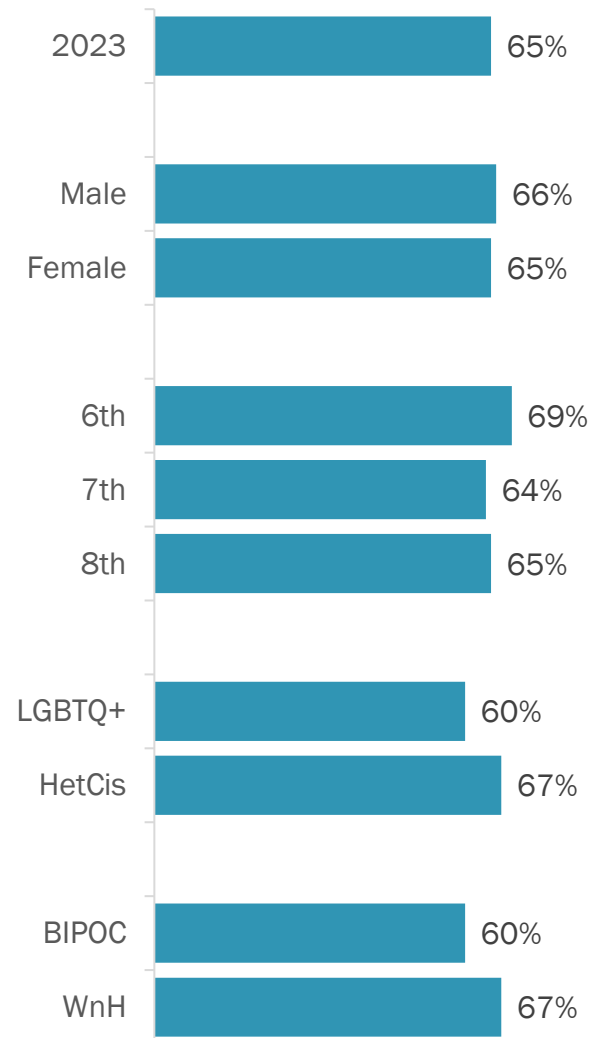
Two-thirds (65%) of middle school students have at least one teacher or adult at school they can talk to if they have a problem. Nearly one in five (18%) are not sure if they have an adult they can talk to at school.

- 6th grade students, heterosexual cisgender students, and white, non-Hispanic students are statistically more likely to report having a trusted adult at school who they can talk to if they have a problem.
- Having a trusted adult at school does not statistically differ by sex.

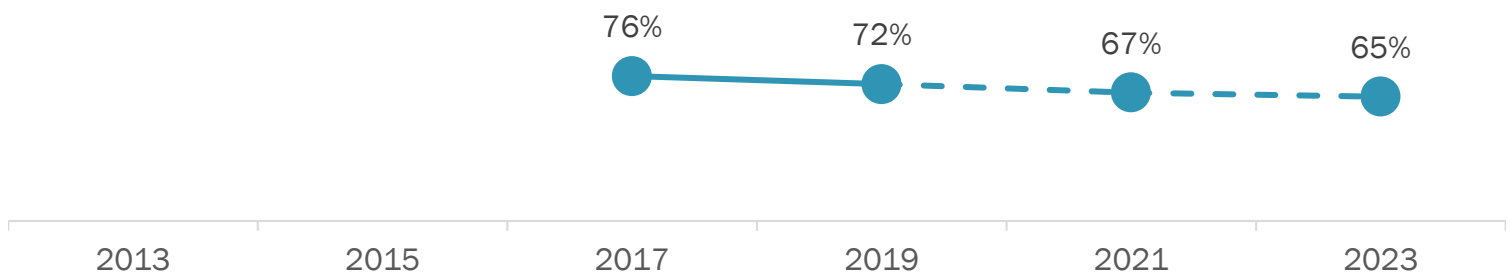
Compared to 2017, having a trusted adult at school statistically decreased.

Between [2021\\*](#) and 2023, having a trusted adult at school did not statistically change.

### 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.



# After School Activities

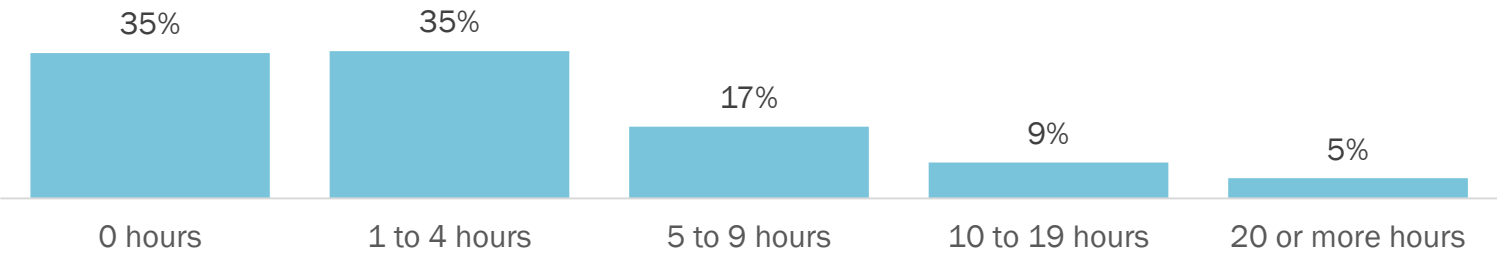
About a third of middle school students (35%) do not participate in any afterschool activities such as sports, band, drama, or clubs run by their school or community.

About a third participate in one to four hours (35%) of afterschool activities each week.

Nearly one in five (17%) participate in five to nine hours of afterschool activities each week.

One in eight (13%) participate in ten or more hours of afterschool activities each week.

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



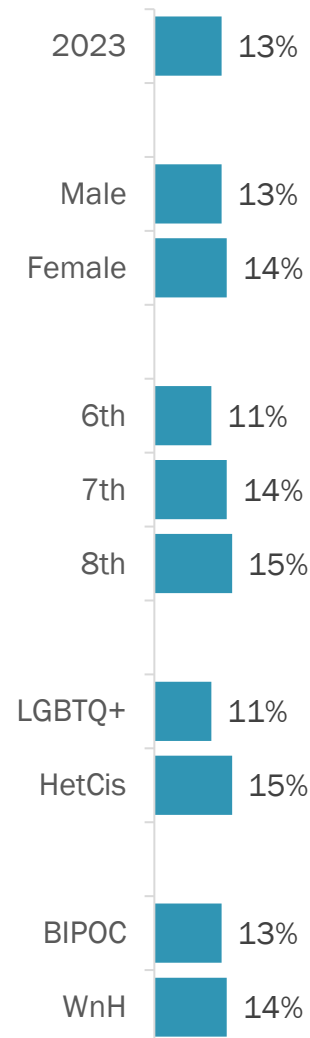


## After School Activities

One in eight middle school students (13%) participate in ten or more hours of afterschool activities such as sports, band, drama, or clubs run by their school or community during a typical school week.

- Heterosexual cisgender students are statistically more likely to participate in ten hours or more of afterschool activities during a typically week.
- 6th grade students are statistically less likely to participate in afterschool activities for ten hours or more each week.
- Participation in ten or more hours of extracurricular activities does not statistically differ by sex or race and ethnicity.

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



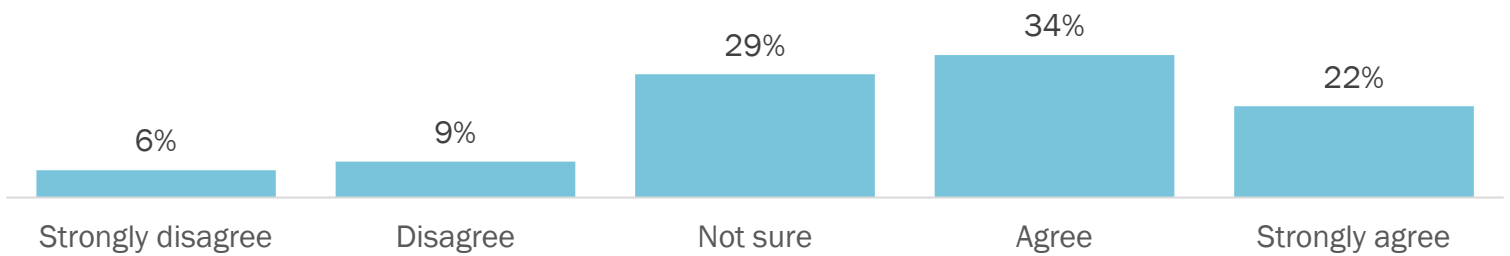
## Matter to People in Their Community

About half of all middle school students (56%) agree or strongly agree that they matter to people in their community.

Three in ten (29%) are not sure if they matter to people in their community.

Just over one in seven (15%) 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

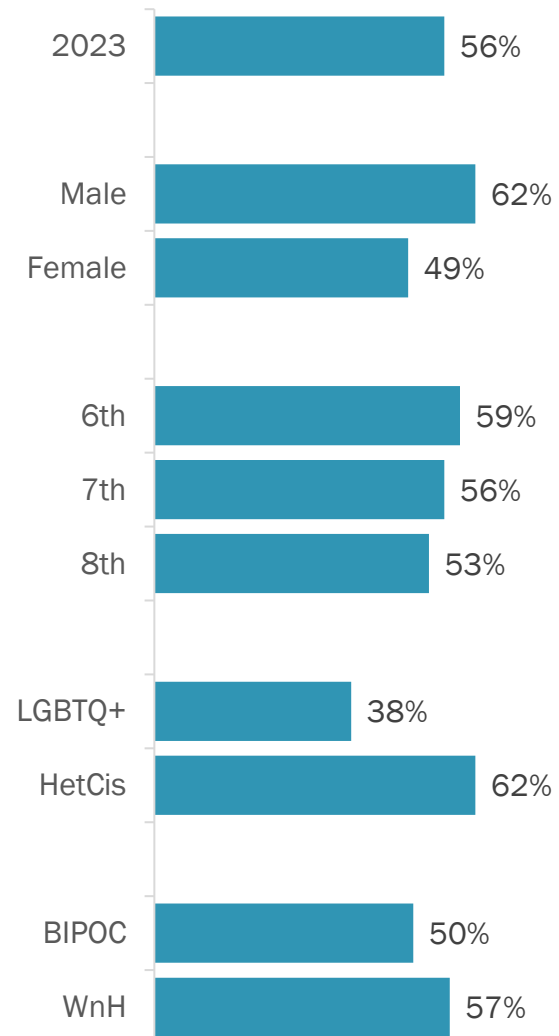
Just over half of all middle school students (56%) agree or strongly agree that they matter to people in their community.

- Less than two in five (38%) of LGBTQ+ students 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.
- 8th grade students are statistically less likely to agree or strongly agree that they matter to people in their community

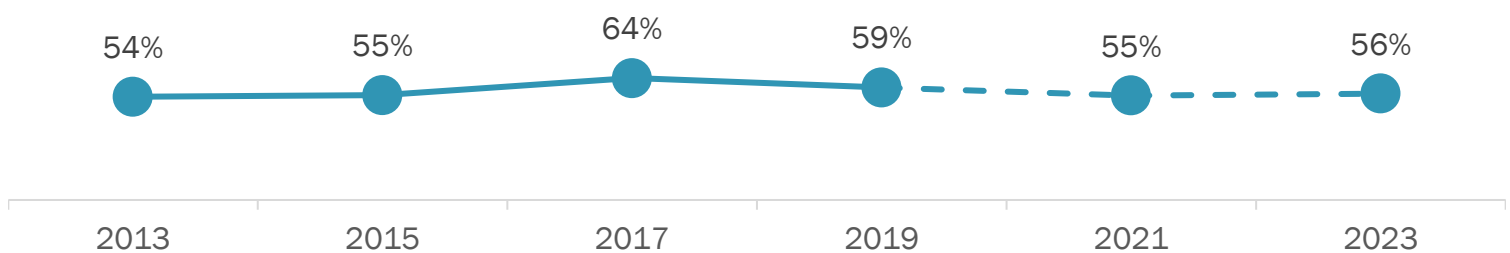
Compared to 2013, the percent of students who believe they matter to people in their community statistically increased.

Between [2021\\*](#) and 2023, believing they matter to people in their community did not statistically change.

### 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.



# 2023 Vermont Youth Risk Behavior Survey Statewide Report

The Vermont Youth Risk Behavior Survey is a collaborative project between the Vermont Department of Health and Agency of Education.

**Report Prepared By:**

Vermont Department of Health  
Division of Health Statistics and Informatics

**For more information:**

Visit: [www.health.gov/YRBS](http://www.health.gov/YRBS)

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