

YOUTH RISK BEHAVIOR SURVEY SUMMARY OF FINDINGS FOR 2024

Prepared For



Spring 2024

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Youth Risk Behavior Survey (YRBS)

2024 Emerson YRBS Overview

Since 1997, Emerson Hospital and select public school districts within Emerson Hospital's service area have collaborated to conduct the biannual **Emerson Youth Risk Behavior Survey (YRBS)**. The YRBS is a comprehensive survey of students in 6th grade, 8th grade, and 9th through 12th grade on topics ranging from mental health and resiliency to technology habits, stress, body image, social media, bullying, substance use and sexual activity.

2024 Participating School Districts

- Acton-Boxborough Regional School District
- Ayer Shirley Regional School District
- Bedford Public Schools
- Carlisle Middle School/Carlisle Public Schools
- Concord-Carlisle High School/Concord Public Schools
- Groton-Dunstable Regional School District
- The Bromfield School (Harvard Public Schools)
- Littleton High School/Littleton Public Schools
- Maynard Public Schools
- Nashoba Regional School District



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2024 Emerson YRBS Methodology

- Emerson YRBS strives to achieve a census of students in 6th grade, 8th grade, and high school. Ten public school districts participated in the 2024 survey, including 7,885 students in 6th grade, 8th grade and high school who completed an online survey in March, 2024.
- Questionnaires are age-appropriate and based on the Massachusetts YRBS and U.S. Centers for Disease Control and Prevention versions.
- Students participating in the Emerson YRBS are guaranteed confidentiality. Identifying information about students is not kept, and results are only reported in grouped form, with no way of identifying individuals.
- Of the 9,722 students enrolled in participating school districts in March, 2024, 81% responded to the survey. The remaining students were either absent on the days the surveys were conducted, their parents/guardians opted for them not to participate, they submitted a blank survey (indicating refusal to participate), or they did not submit a survey at all (student opted not to participate).

Students Participating in 2024 Emerson YRBS

	Total Surveyed	6th Grade	8th Grade	High School	Other
2024 TOTAL:	7,885	1,415	1,537	4,890	12
Acton-Boxborough Regional School District	2,213	366	394	1,450	3
Ayer Shirley Regional School District	198	106	91	0	1
Bedford Public Schools	1,005	198	177	629	1
Concord-Carlisle High School/Concord Public Schools	1,327	179	187	960	1
Carlisle Middle School/Carlisle Public Schools	113	59	53	0	1
Groton-Dunstable Regional School District	749	148	142	457	2
The Bromfield School (Harvard Public Schools)	426	82	80	264	0
Littleton High School/Littleton Public Schools	429	0	115	313	1
Maynard Public Schools	413	77	83	253	0
Nashoba Regional School District	982	200	215	564	3



Comparing 2024 and Previous Results for Emerson YRBS

Historical Comparisons

- In this report, we compare 2020, 2021, 2022, and 2024 results only for school districts that participated in each year and only for grades that were surveyed.

Census vs. Sample: What is the YRBS?

- A **census** is a survey that includes everyone in the population being surveyed (e.g., all 6th or 12th grade youth). A **sample** surveys some members of the population, but not everyone.
- Emerson YRBS is designed to be as close to a census of 6th grade, 8th grade, and high school youth as possible. There are, however, some youth who did not participate in the survey, so technically, the YRBS is a sample.
- Because the Emerson YRBS sample is so large, however, nearly all differences (including small differences) will register in statistical software as statistically “significant.” This does not necessarily mean all changes are meaningful.

How to Gauge Whether a Difference is Meaningful in the Emerson YRBS

- Substantial differences (5% or more) will be highlighted in red

Companion Document

Along with this report, Emerson Hospital has received **data tables** in Excel format that include:

- Comparable totals for 2020, 2021, 2022, 2024
- Breakdowns by grade for 2020, 2021, 2022, 2024
- Breakdowns for 2024 by selected student characteristics (e.g., gender, sexual orientation, race/ethnicity)

Questions

In this report, questions are referred to by number, e.g., “Q23” refers to Question 23 in the survey. Question numbers and exact question wording are also cross-referenced in the companion documents.



Previous Participation by School Districts

	2020 (pre-COVID)	2021	2022	2024
Acton-Boxborough	✓	✓	✓	✓
Ayer-Shirley	-	-	✓	✓
Carlisle Middle School	✓	-	✓	✓
Concord-Carlisle	✓	-	✓	✓
Groton-Dunstable	✓	✓	✓	✓
Harvard Bromfield	✓	-	✓	✓
Littleton	✓	-	✓	✓
Maynard	✓	✓	✓	✓
Nashoba	✓	-	✓	✓
Bedford		-	✓	✓

*Note: 2021 sampled a much smaller population (N=2,450) and may serve as less of a direct comparison to 2024 than other years.

Question numbers are included at the bottom of the slides throughout this report, to show the number, text, and years the question was asked of students.

Question #	Question Text	Years Question Was Asked			
Q38	During the past 12 months have YOU repeatedly threatened, humiliated, or harassed (bullied) someone in school?	2020		2022	2024

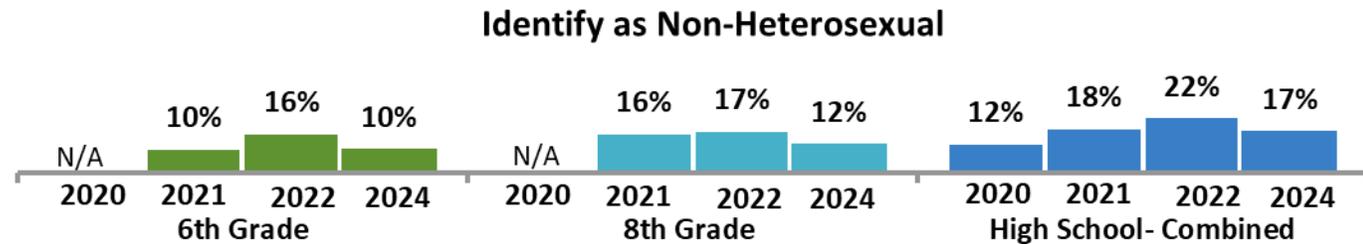


Student Demographic Profile

2024	6 TH Grade	8 th Grade	High School
Gender (Q3)*			
Female	46%	47%	48%
Male	51%	51%	49%
Non-binary	3%	2%	3%
Transgender (Q4)			
Yes	4%	3%	4%
No	92%	94%	94%
Not sure	4%	2%	2%
Sexual Orientation (Q5)			
Straight (heterosexual)	79%	84%	79%
Gay or lesbian (homosexual)	2%	2%	4%
Bisexual	5%	7%	10%
Another orientation (asexual, pansexual etc.)	3%	3%	3%
Not sure	11%	4%	4%
Race/Ethnicity- Select as many as apply (Q15)*			
American Indian or Alaska Native	4%	3%	2%
Asian American	17%	17%	21%
Black or African American	6%	5%	6%
Hispanic or Latino/Latina/Latinx/Latine	8%	11%	9%
Middle Eastern American	3%	3%	3%
Native Hawaiian or Pacific Islander	1%	1%	1%
Southeast Asian American	2%	2%	2%
White	63%	70%	71%
Don't Know	8%	3%	1%

**Note: Race and ethnicity percentages add to over 100% as students were allowed to select multiple options.

➤ While the proportion of those who identify as non-heterosexual increased from 2020 to 2022 for all three groups, all groups saw a drop in the proportion of those who identify as non-heterosexual for 2024.



Overall Summary of Findings

Compared to previous years, students show an increase in many positive attitudes and experiences, though rates of certain risk factors have also increased.

- While rates of being bullied have increased for all grades compared to previous years, rates of potentially protective factors against bullying (ability to handle difficult situations, having trusted adults at school, and feeling safe and supported by guardians) have also increased.



Positive behaviors and attitudes that demonstrate an overall increase compared to previous years

- **Feeling safe with and supported by family**
 - Both feelings of safety and support showed an increase among students of all grades compared to 2022.
- **Having guardians who monitor cell phone use**
 - Showed an increase among 6th and 8th grade students compared to all previous years and among high schoolers compared to 2022.
- **Having an adult at school they can talk to and being likely to seek them out if they have an issue**
 - Both showed an increase among all students compared to 2022.
- **Not experiencing difficulty handling stressful events**
 - Demonstrated an increase among all grades compared to 2022.



Negative behaviors and experiences that display an overall increase compared to previous years

- **Being bullied at school**
 - Showed an increase among students of all grades compared to all previous years.
- **Spending too much time on social media**
 - Showed an increase among 8th grade and high school students since 2022.
- **Being threatened or injured by someone with a weapon in the past 12 months**
 - For 6th grade students, rates of being threatened or injured doubled between 2020 and 2024 (3% and 6%, respectively). It remained stable for other grades.



Many risk behaviors and attitudes have decreased compared to prior years, including drug use in especially inappropriate locations or situations.

Rates of feeling depressed and considering suicide have decreased overall. However:

- Students with certain identities display disproportionate rates of feeling depressed or considering suicide.
- Those who feel depressed or consider suicide demonstrate a greater likelihood of engaging in a variety of other risk behaviors and attitudes.



Risk behaviors and attitudes that have decreased compared to previous years

- **Depression and suicide consideration**
 - Both depression and suicide consideration decreased for all grades between 2022 and 2024.
- **Using e-cigarettes or marijuana on school property**
 - Both showed a decrease among students of all grades compared to 2020, except for 6th grade students, who did not use marijuana on school property in either year.
- **Recently drinking alcohol**
 - Showed a decrease for all grades compared to all prior years.
- **Driving under the influence**
 - Rates of driving under the influence decreased among students who drive between 2020 and 2024.
- **Strong desire to be thinner**
 - Showed a decrease among students of all grades since 2022.

Those who feel depressed are at a greater risk in other ways, including:

- Be bullied (30%) or cyberbullied (21%)
- Self-harm (43%) or consider suicide (35%)
- Be sexually harassed (33%)
- Not feel adults at school can help with bullying (34%)
- Engage in unhealthy dieting (25%)
- Get 5 hours of sleep or less on average (26%)
- Recently drink alcohol (17%)

Similarly, those who consider suicide are also likely to:

- Be bullied (38%) or cyberbullied (26%)
- Be depressed (79%) or self-harm (69%)
- Not feel adults at school can help with bullying (41%)
- Be sexually harassed (38%)
- Engage in unhealthy dieting (31%)
- Recently drink alcohol (20%)



While overall rates of many risky behaviors have decreased over time, as students mature, they show a tendency to engage in more risky behaviors and have less parental involvement.

- As can be expected, there are stark differences in risky behaviors based on grade, with younger and older students dealing with different problems and finding different ways to cope.

Compared to students in higher grade levels, those in the 6th grade appear more likely to struggle with:

- Being bullied at school or cyberbullied
- Being threatened or injured by someone with a weapon at school
- Self-harm

However, 6th graders also report having more protection against certain risks including:

- Greater confidence in teachers to stop bullying
- Higher rates of feeling supported by friends or family
- More parental involvement in phone and social media use



Compared to lower grade levels, high school students are much more likely to engage in several risky behaviors, including:

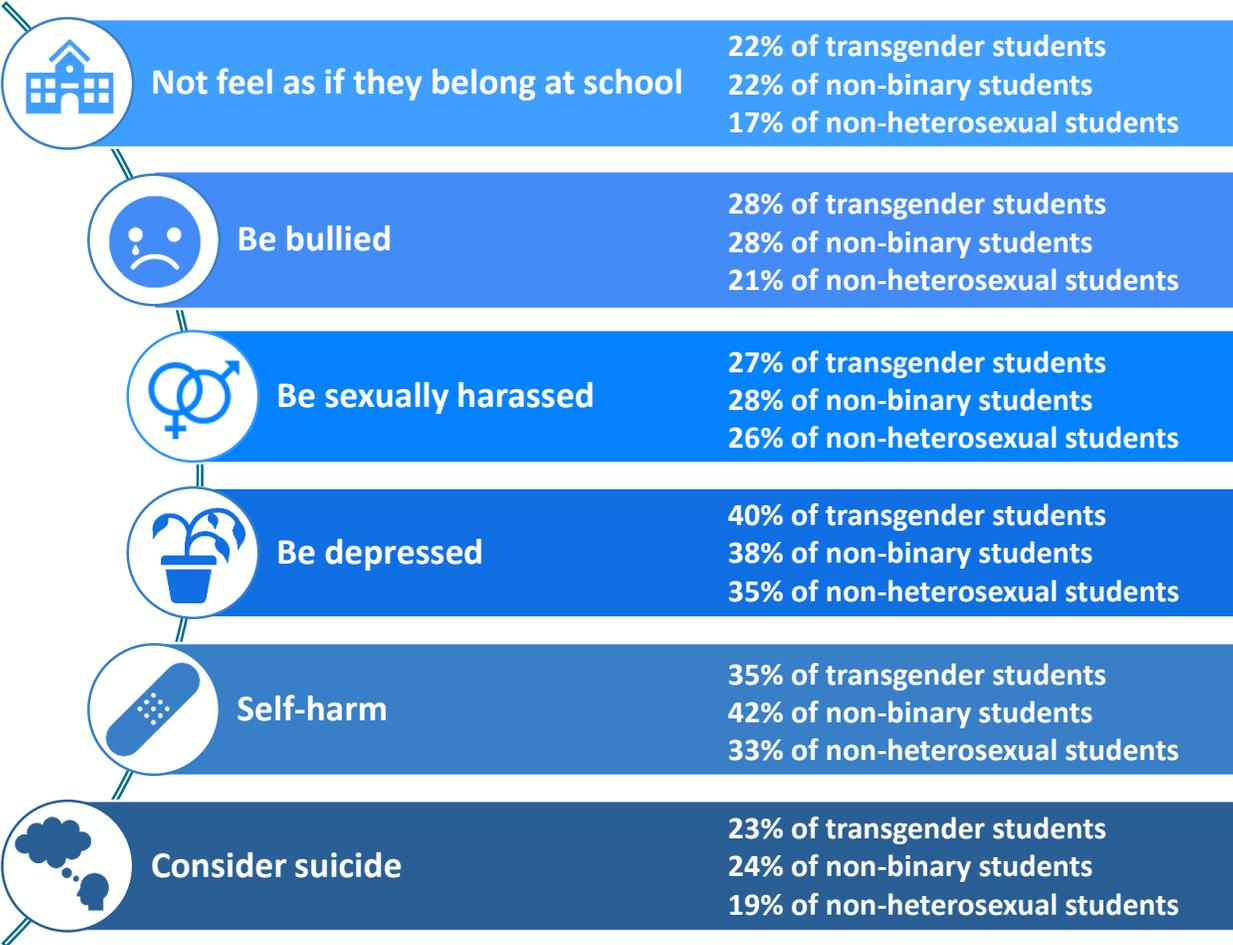
- Sexual messaging, sexual intercourse, and viewing pornography
- Being sexually harassed
- Alcohol, e-cigarette, and marijuana use
- Depression
- Unhealthy dieting
- Sleeping less than 7 hours each school night

Additionally, these students indicate being under more stress from their academic workload and events or pressure at home.



Students who identify as transgender, non-binary, or non-heterosexual are especially vulnerable.

Among other risk factors, those with non-traditional gender identities or sexual orientation are at an increased likelihood to:

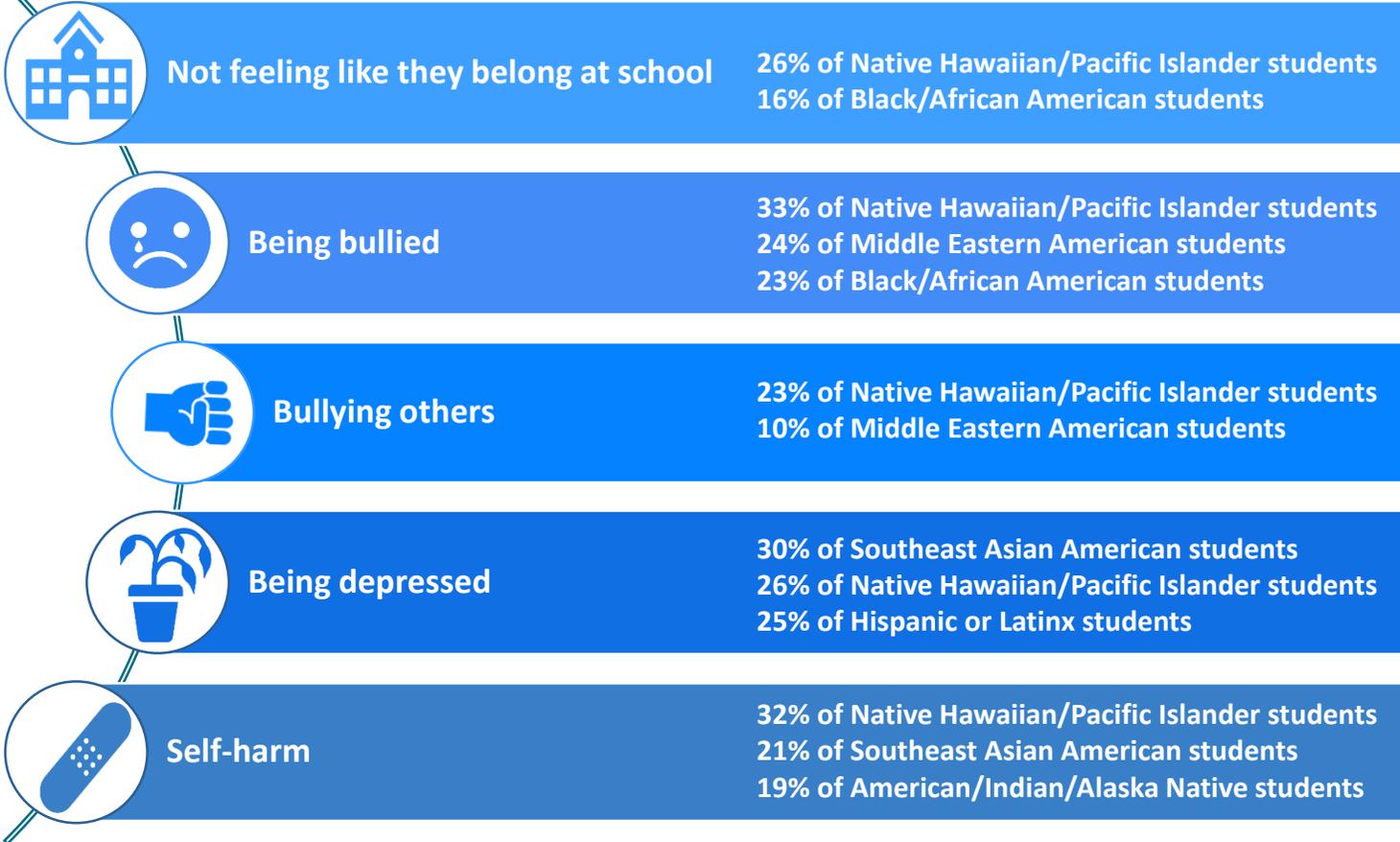


- Students who identify as transgender, non-binary, or non-heterosexual show a disproportionate rate of incidence for several risk factors.
- Notably, especially high proportions of these students indicate recently feeling depressed or engaging in self-harm.
- Most concerning, just under a quarter of students who identify as transgender or non-binary also indicate having considered suicide at some point in the last 12 months.
- These students who identify as non-binary or transgender are more than twice as likely to not know where to go or who to talk to if they had a serious problem, indicating that many suffer in silence.



Certain racial and ethnic groups also have an increased incidence of several risk factors or behaviors.

Certain racial and ethnic groups display an increased likelihood of substance use and other risks, including:



- While a variety of racial or ethnic groups show higher rates of risk factors and behaviors, this appears to be especially prevalent with Native Hawaiian or Pacific Islander students.
- Many of these groups also have greater rates of not having a trusted adult at school to talk to and not being willing to seek out an adult when they have a serious problem.
 - Given this, consider placing substantial efforts towards making non-white students feel as though they belong and are supported.

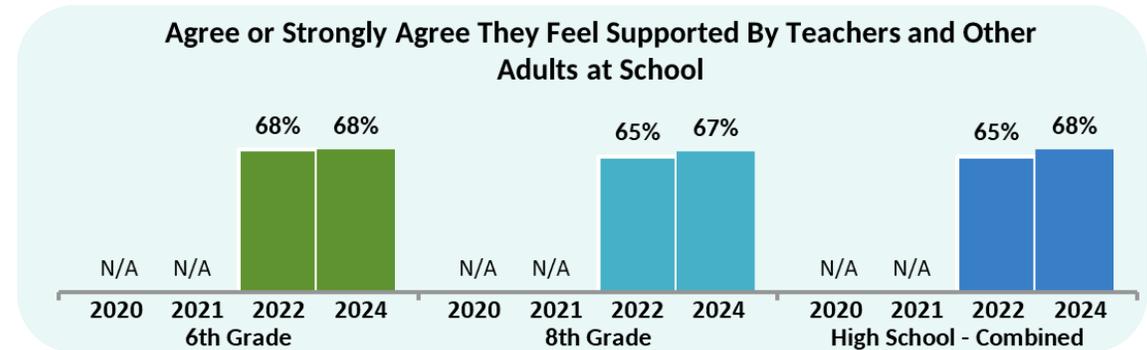
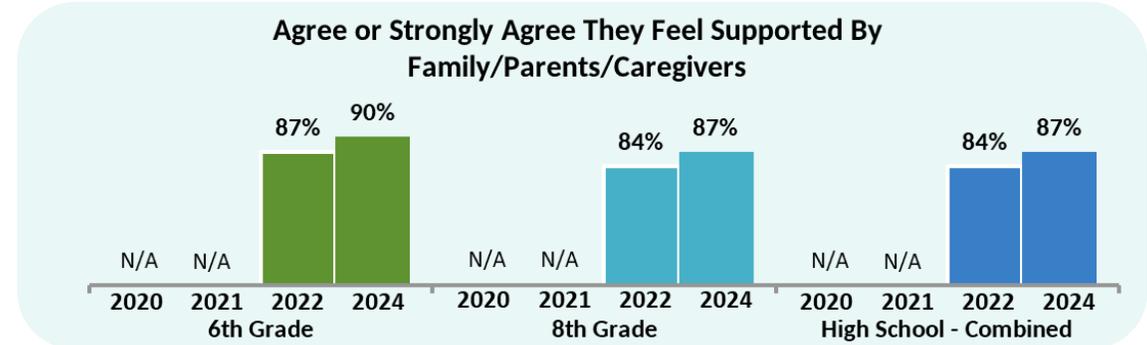
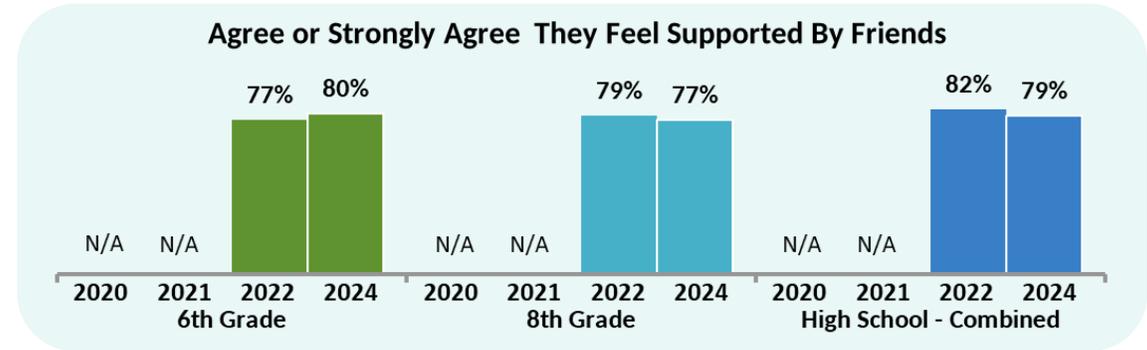
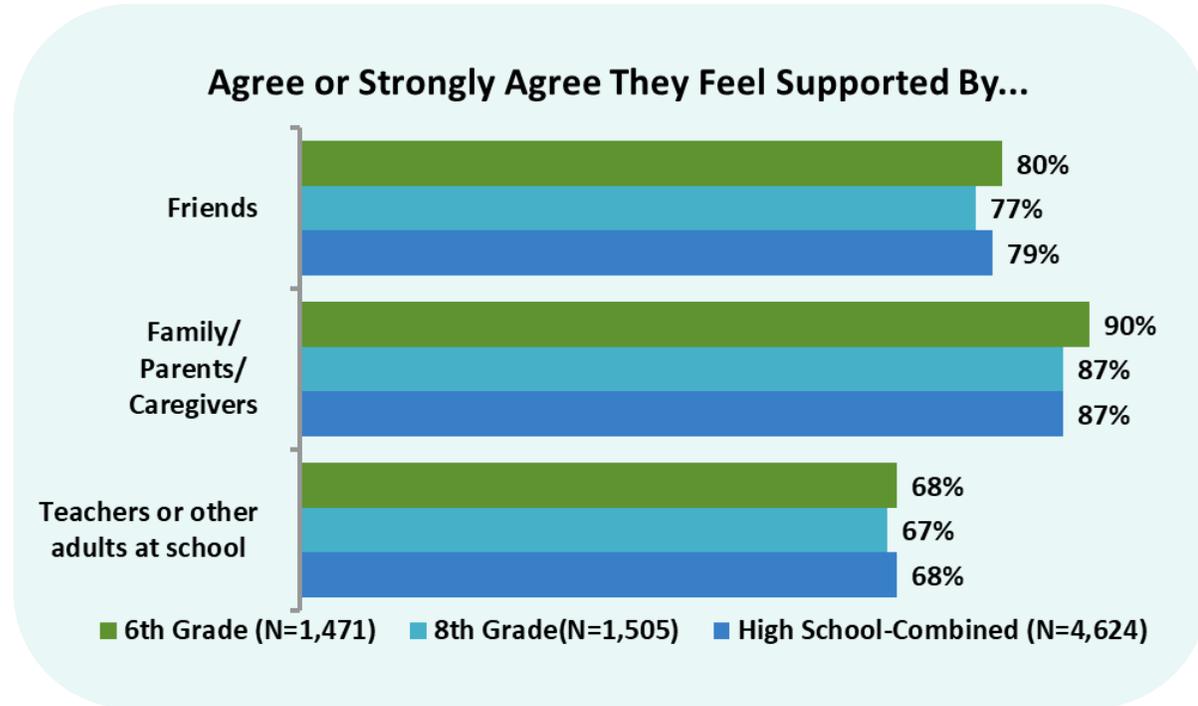


Detailed Findings

Trust and Belonging

Sources of Support

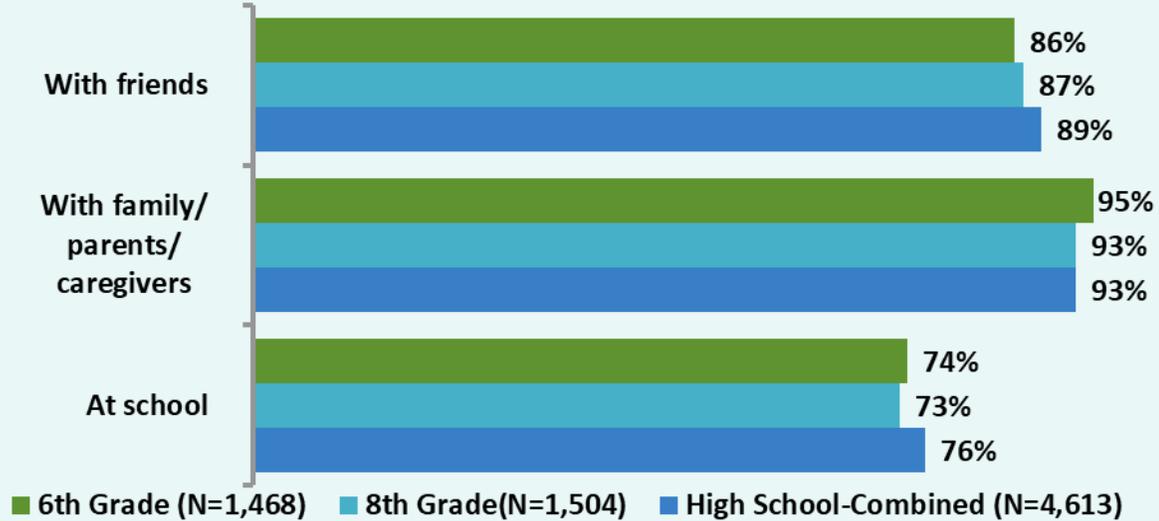
- Students feel most supported with their family and friends.
- Just over 2 in 3 students feel supported by teachers or other adults at school.
- These rates have remained quite stable between 2022 and 2024.



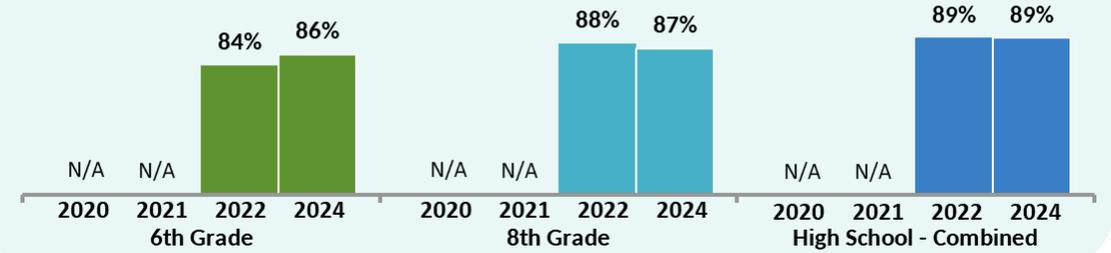
Sources of Safety

- While students largely feel safe with friends and family, just around 3 in 4 feel safe at school.
- Trends regarding feelings of safety remain relatively stable over time, though slightly more students in all grades appear to feel safe with family or caregivers in 2024 compared to 2022.

Agree or Strongly Agree They Feel Safe When...



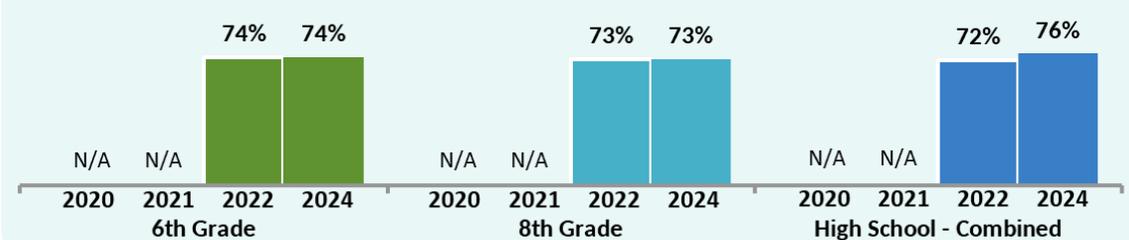
Agree or Strongly Agree They Feel Safe With Friends



Agree or Strongly Agree They Feel Safe With Family/Parents/Caregivers



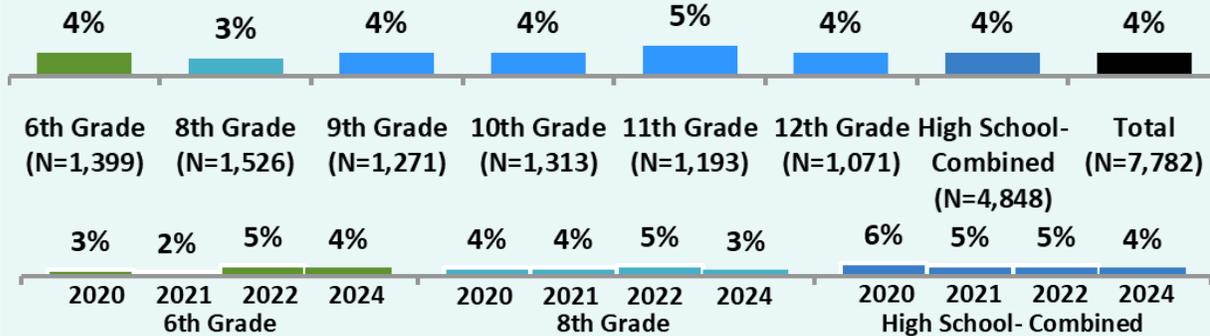
Agree or Strongly Agree They Feel Safe at School



Trusted Adults Outside of School

- Overall, 92% of students feel they have an adult outside of school that they can talk to if experiencing a problem.
- The proportion of those who feel they do not have a trusted adult is low and remains stable over the years.
- However, those who do not have an adult outside of school have an increased incidence of depression, self-harm, and suicide consideration.
- Additionally, half of those who report not having an adult outside of school to talk to also report not having an adult or teacher at school to talk to.

Do Not Have an Adult Outside of School to Talk to if There is a Problem



Additionally, **5% of 6th graders**, **5% of 8th graders**, and **4% of high schoolers** in 2024 were not sure if they had an adult outside of school they could talk to.

Demographics and behaviors associated with not having a trusted adult outside of school (4% of the population)

Demographics

- 18% of those who identify as Native Hawaiian or Pacific Islander
- 12% of those who identify as Southeast Asian American
- 10% of those who identify as American Indian or Alaska Native
- 10% of those who identify as transgender
- 7% of those who identify as non-binary

Those lacking a trusted adult outside of school are also likely to:

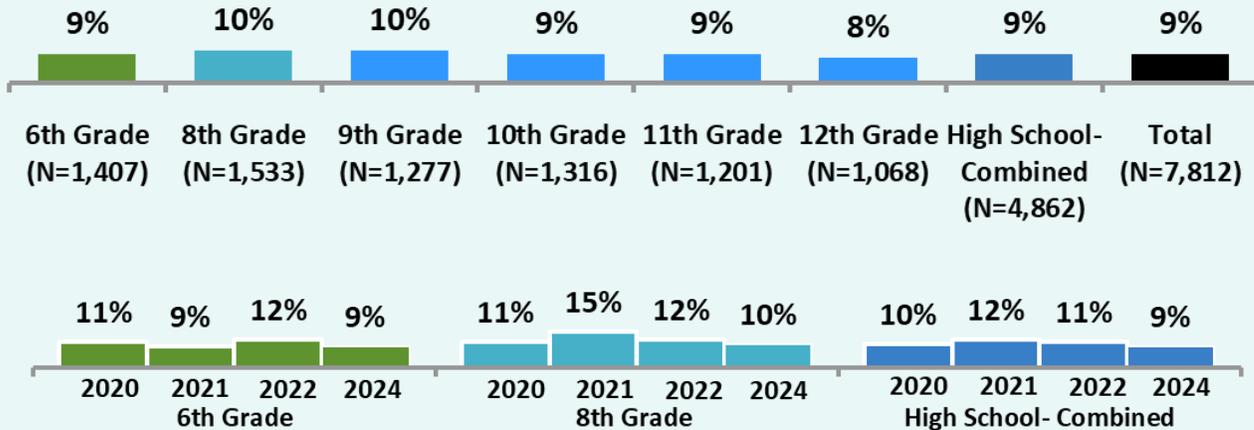
- Not have a trusted adult or teacher at school (50%)
- View pornography (40%)
- Feel depressed (39%), self-harm (32%), or consider suicide (25%)
- Be sexually harassed (26%)
- Have been bullied (25%) or cyberbullied (19%)
- Send or receive sexual messages (22%)
- Engage in unhealthy dieting (19%)
- Have sexual intercourse (16%)
- Bully (10%) or cyberbully others (8%)
- Use e-cigarettes (7%)



Trusted Adults at School

- Overall, 80% of students feel they have a teacher or adult at school they can talk to if they are experiencing a problem.
- The proportion of those who do not is small and relatively stable.
- Just over 1 in 5 (21%) of those who do not have a teacher or adult to talk to at school also indicate not having an adult outside of school.

Do Not Have a Teacher or Adult in School to Talk to if There is a Problem



Additionally, **14% of 6th graders**, **9% of 8th graders**, and **10% of high schoolers** in 2024 were **not sure** if they had a teacher or adult at school to talk to.

Demographics and behaviors associated with not having a trusted teacher or adult at school (9% of the population)

Demographics

- 19% of those who identify as Native Hawaiian or Pacific Islander
- 17% of those who identify as Southeast Asian American
- 15% of those who identify as American Indian or Alaska native
- 11% of those who identify as transgender

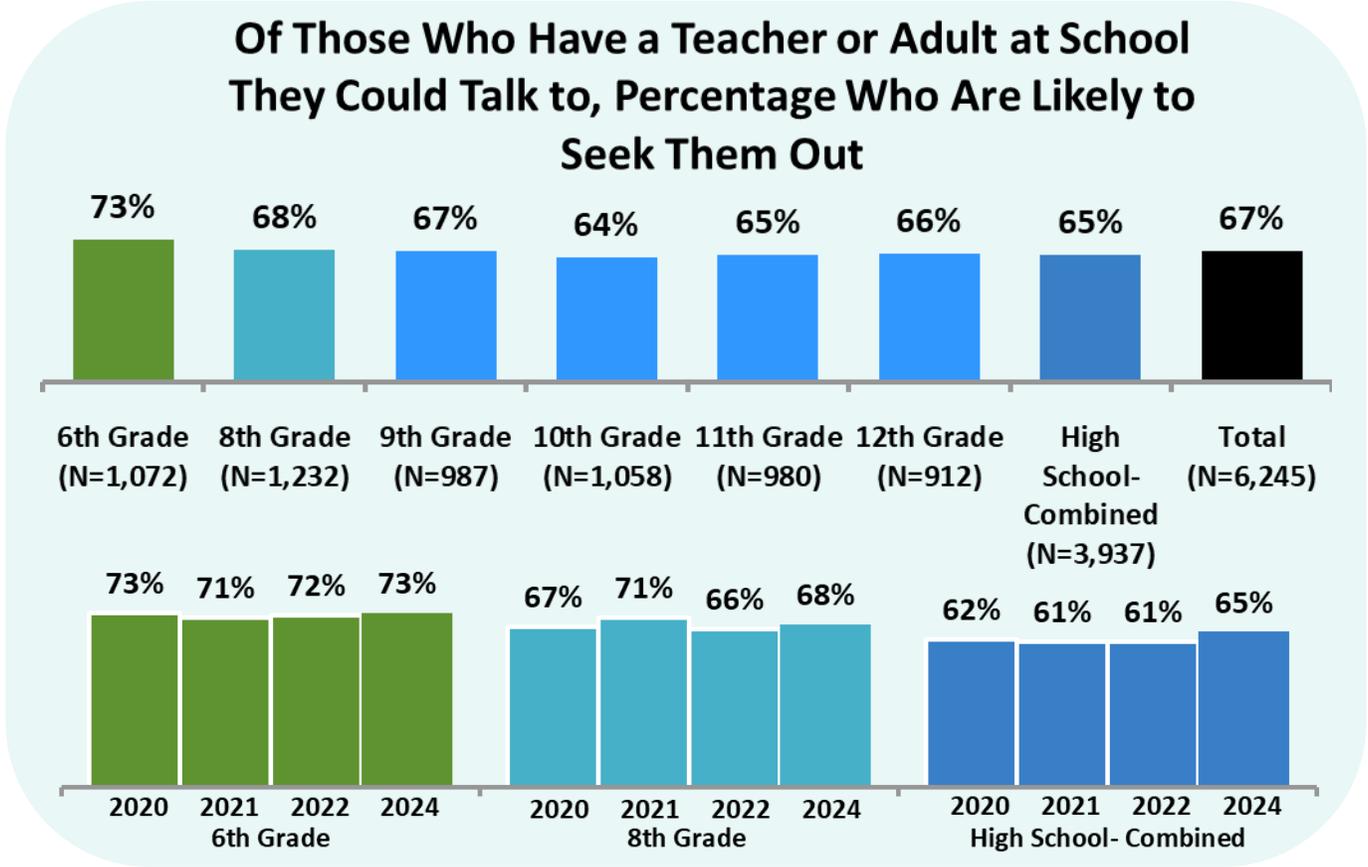
Those who don't have a teacher or adult at school are also more likely to:

- View pornography (36%)
- Feel depressed (23%), self-harm (20%), consider suicide (12%)
- Not have a trusted adult outside of school (21%)
- Have been bullied (18%) or cyberbullied (14%)
- Send or receive sexual messages (17%)
- Be sexually harassed (16%)



Seeking Out Adults at School

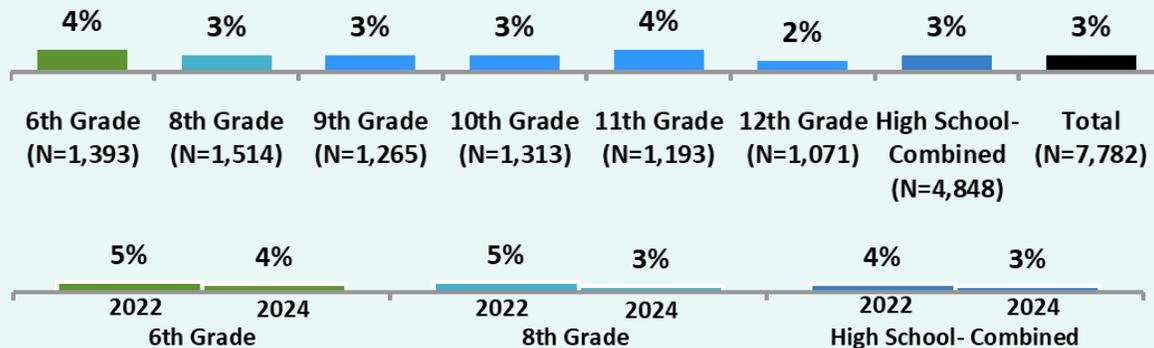
- However, having an adult at school doesn't mean students will utilize this resource.
 - Just over 2 in 3 (67%) of those who *have* a trusted adult at school say they are likely to seek them out.



Resources for Help

- Overall, 90% of students feel they know where to seek help or have someone they could talk to if they had a serious issue.
- While only 3% report not knowing where to go, an additional 6% of students report being not sure or uncertain.
- Those who identify as Native Hawaiian or Pacific Islander are less likely to have a place or person to seek out or talk to.
- Those without this resource are more likely to experience depression, self-harm, or consider suicide.

If you were having a serious problem and needed help, do you know where you could seek help or who you could talk to?



Additionally, **9% of 6th graders**, **6% of 8th graders**, and **6% of high schoolers** in 2024 were **not sure** if they had a teacher or adult at school to talk to.

Demographics and behaviors associated with not knowing where to go if having a serious problem (3% of the population)

Demographics

- 19% of those who identify as Native Hawaiian or Pacific Islander
- 11% of those who identify as Southeast Asian American
- 10% of those who identify as American Indian or Alaska Native
- 8% of those who identify as non-binary
- 8% of those who identify as transgender

Those who don't have a place or person to seek help from are also more likely to:

- Not have a trusted adult at school (49%)
- Not have a trusted adult outside of school (41%)
- Feel depressed (38%), self-harm (34%) consider suicide (24%)
- View pornography (38%)
- Have been bullied (32%) or cyberbullied (24%)
- Send or receive sexual messages (23%)
- Bully (11%) or cyberbully others (10%)
- Use e-cigarette products (6%) or marijuana (7%)



Sense of Belonging at School

- While overall 66% of students agree or strongly agree that they belong in school, the feeling of not belonging appears especially high in the last 2 years of high school.
- An especially high percentage of students who identify as transgender, non-binary or Native Hawaiian/Pacific Islander feel as if they don't belong at school.
- While feeling as if one does not belong at school is associated with many risk factors, depression, self-harm, and suicide consideration are especially high for these students.

Demographics and behaviors associated with not feeling as if one belongs at school (9% of the population)

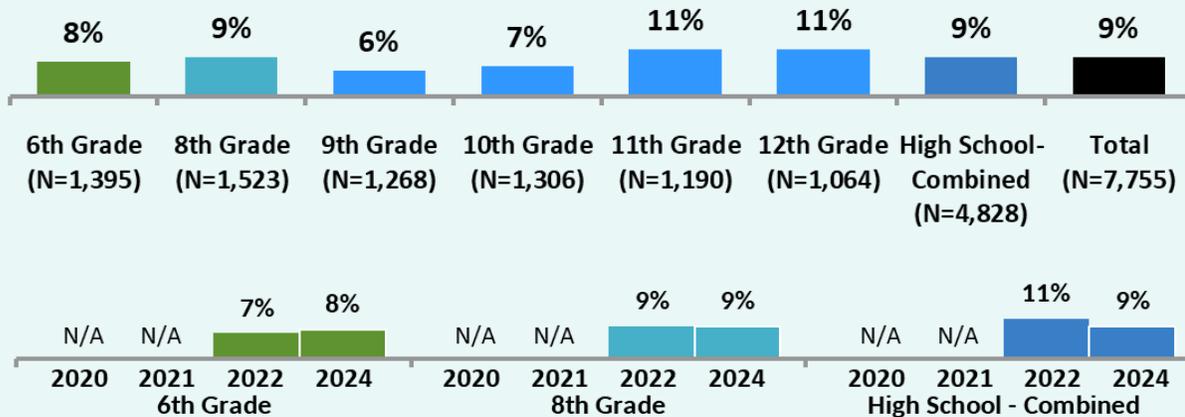
Demographics

- 26% of those who identify as Native Hawaiian or Pacific Islander
- 22% of those who identify as non-binary
- 22% of those who identify as transgender
- 17% of those who identify as non-heterosexual
- 16% of those who identify as Black or African American

Those who feel they don't belong at school are also more likely to:

- View pornography (44%)
- Feel depressed (42%), self-harm (34%), consider suicide (27%)
- Have been bullied (38%) or cyberbullied (21%)
- Send or receive sexual messages (26%)
- Have sexual intercourse (16%)
- Drink alcohol (14%)
- Bully (9%) or cyberbully others (7%)
- Use marijuana (9%)

Disagree or Strongly Disagree That They Belong at School

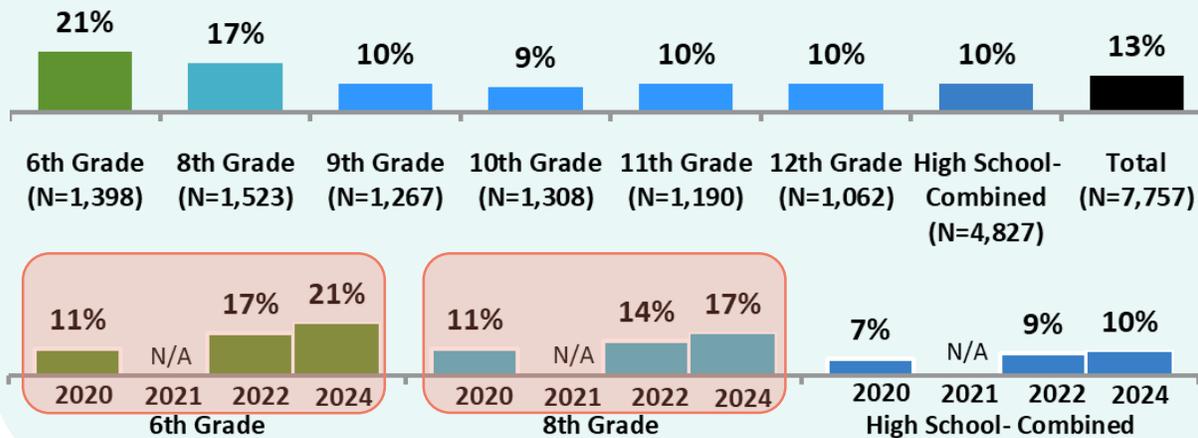


Bullying, Cyberbullying, Threats, and Injury

Being Bullied

- Being bullied is highest among 6th and 8th graders and decreases with subsequent grade levels.
- Additionally, there is an increase in the number of 6th and 8th graders who report being bullied at school since 2020.
- Nearly a third of students who identify as transgender or non-binary report being bullied.
- Students who identify as a race or ethnicity other than white or Asian American also report being bullied at a higher rate than their white or Asian American classmates.

Been Bullied in School in the Past 12 Months



Demographics and behaviors associated with being bullied (13% of the population)

Demographics

- 33% of those who identify as Native Hawaiian/Pacific Islander
- 28% of those who identify as non-binary
- 28% of those who identify as transgender
- 24% of those who identify as Middle Eastern American
- 23% of those who identify as Black or African American

Those who are bullied at school are also more likely to:

- View pornography (50%)
- Be cyberbullied (40%)
- Feel depressed (36%), self-harm (30%), consider suicide (20%)
- Be sexually harassed (30%)
- Send or receive sexual messages (27%)
- Bully (17%) or cyberbully others (12%)
- Drink alcohol (15%)
- Have sexual intercourse (15%)
- Use e-cigarettes (8%) or marijuana (9%)



Q37

During the past 12 months have you been repeatedly threatened, humiliated, or experienced hostile behaviors (bullied) from others in school?

2020

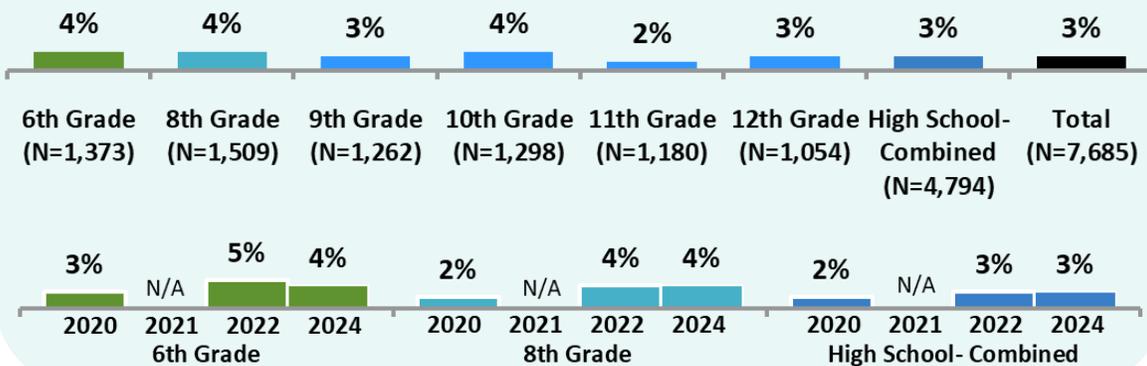
2022

2024

Bullying Others at School

- Rates of bullying others are low and stable over time.
- A large proportion of those who bully others also report being bullied or cyberbullied by others, indicating that bullying and being bullied are often linked.
- Native Hawaiian and Pacific Islander students show a much higher rate of bullying than other identities.
- Just over 2 in 5 students who bully at school also engage in cyberbullying.
- Students who bully others are also much more likely to engage in or experience several risk factors, including depression, self-harm, suicide consideration, sexual harassment, and sexual messaging.

Bullied Someone in School in the Past 12 Months



Demographics and behaviors associated with bullying others (3% of the population)

Demographics

- 23% of those who identify as Native Hawaiian or Pacific Islander
- 10% of those who identify as Middle Eastern American
- 9% of those who identify as Black or African American
- 9% of those who identify as American Indian or Alaska Native
- 9% of those who identify as transgender
- 7% of those who identify as non-binary

Those who have bullied someone at school are also more likely to:

- Have been bullied (73%) or cyberbullied (51%)
- View pornography (59%)
- Cyberbully others (42%)
- Send or receive sexual messages (37%)
- Feel depressed (36%), self-harm (31%), consider suicide (22%)
- Be sexually harassed (35%)
- Drink alcohol (29%)
- Have sexual intercourse (25%)
- Use e-cigarettes (17%) or marijuana (21%)

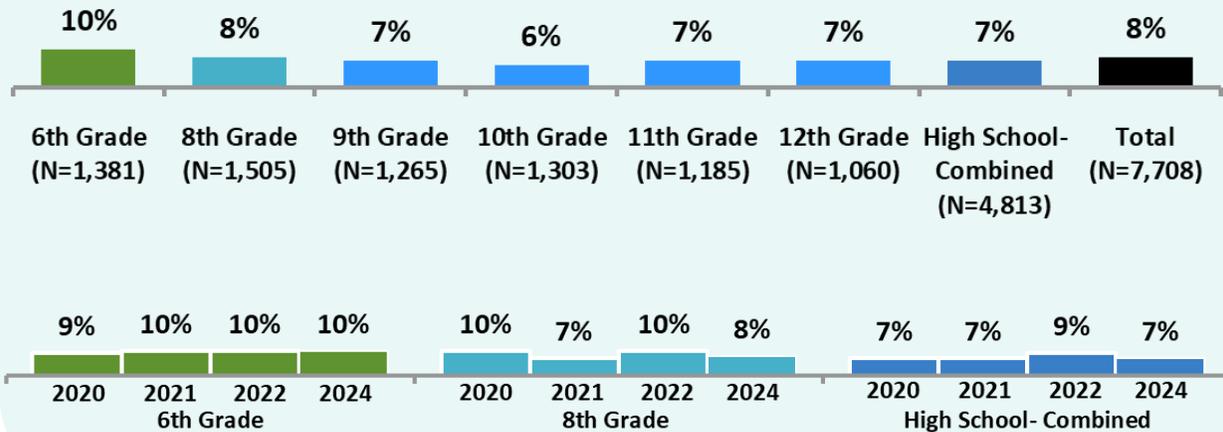


Cyberbullying

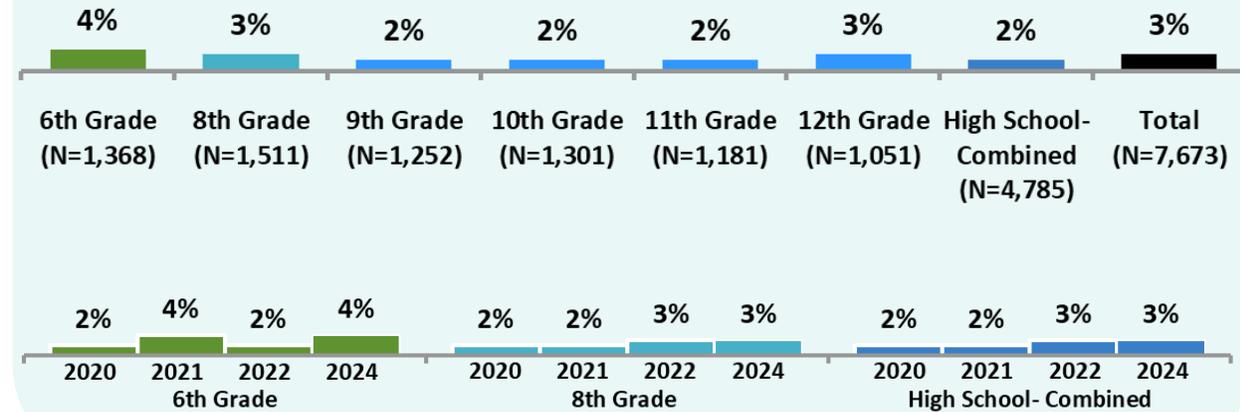
- Although Cyberbullying is less prevalent than bullying at school, this form of harassment affects nearly 1 in 10 students in 6th and 8th grade.
- Just under 7 in 10 students who report being cyberbullied, also indicate that they are bullied at school (68%).
- Cyber bullying appears stable over time.

- Very few students admit to cyberbullying others, and these rates have remained stable over time.
- Many of those who cyberbully also bully others at school (48%).
- Just over 2 in 5 (41%) of those who cyberbully also have social media accounts their parents don't know about.

Been Bullied Electronically in the Past 12 Months



Bullied Others Electronically in the Past 12 Months



Q39	During the past 12 months have you been repeatedly threatened humiliated or experienced hostile behaviors (bullied) from others electronically?	2020	2021	2022	2024
Q40	During the past 12 months have YOU repeatedly threatened humiliated or harassed (bullied) someone electronically?	2020	2021	2022	2024

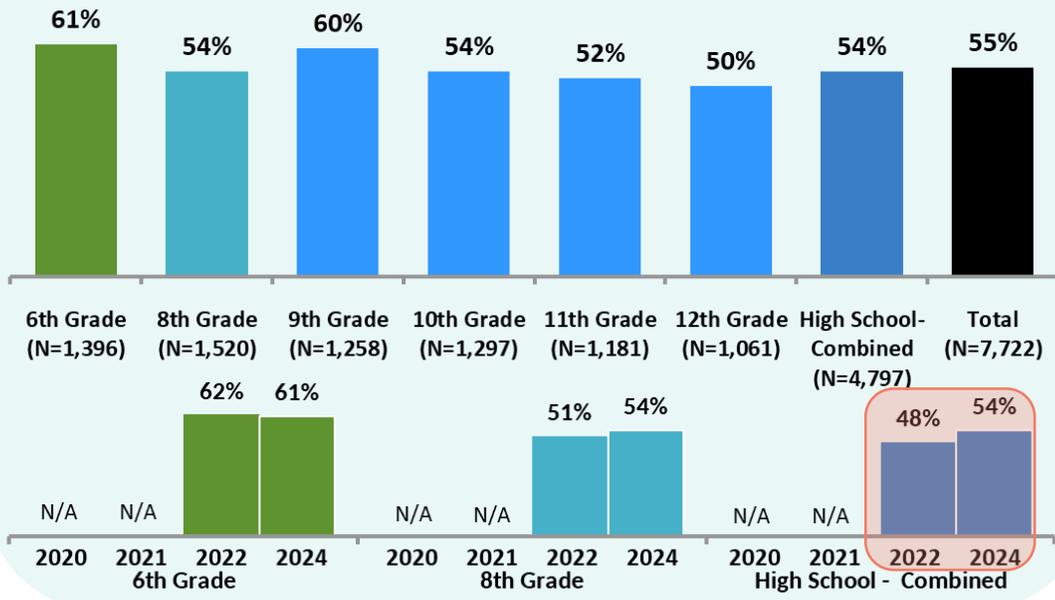
Coping with Bullying

6th Graders are among those most likely to help others who are being bullied and to believe adults can help them if they are bullied.

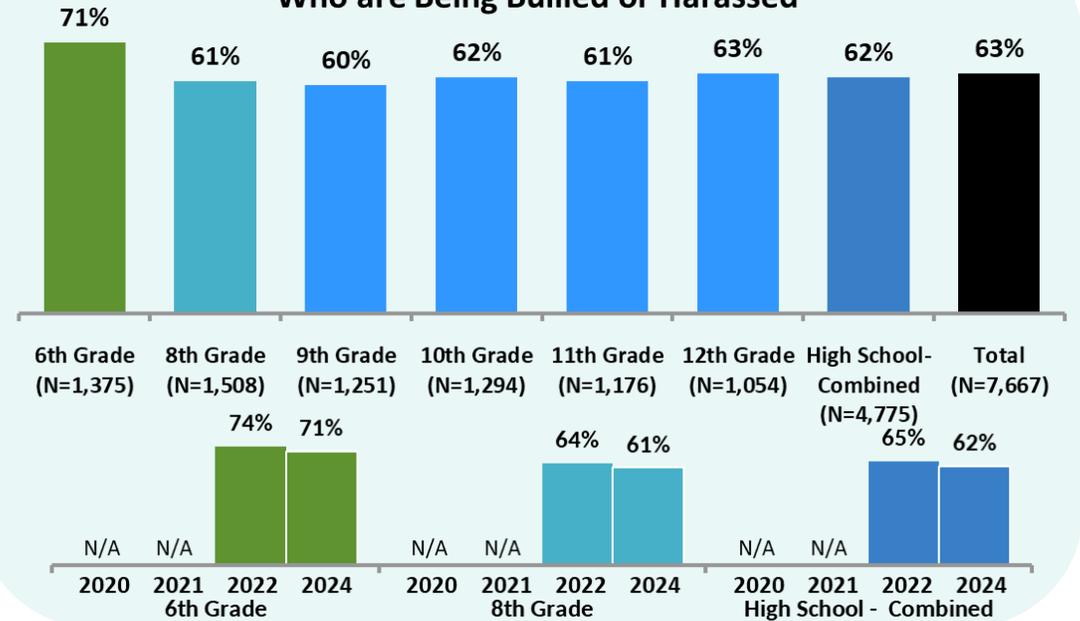
- Confidence in adults and teachers at school is highest among 6th and 9th graders.
- High schoolers, overall, show greater confidence in adults at school than in 2022.

- While nearly 7 in 10 6th graders say they try and help other students who are being bullied, the percentage of those who try is much lower in all subsequent grades.
- 6th graders' greater likelihood of helping could also be due to a higher prevalence of bullying at this grade level.

Are Confident Adults at School Can Help if Being Bullied



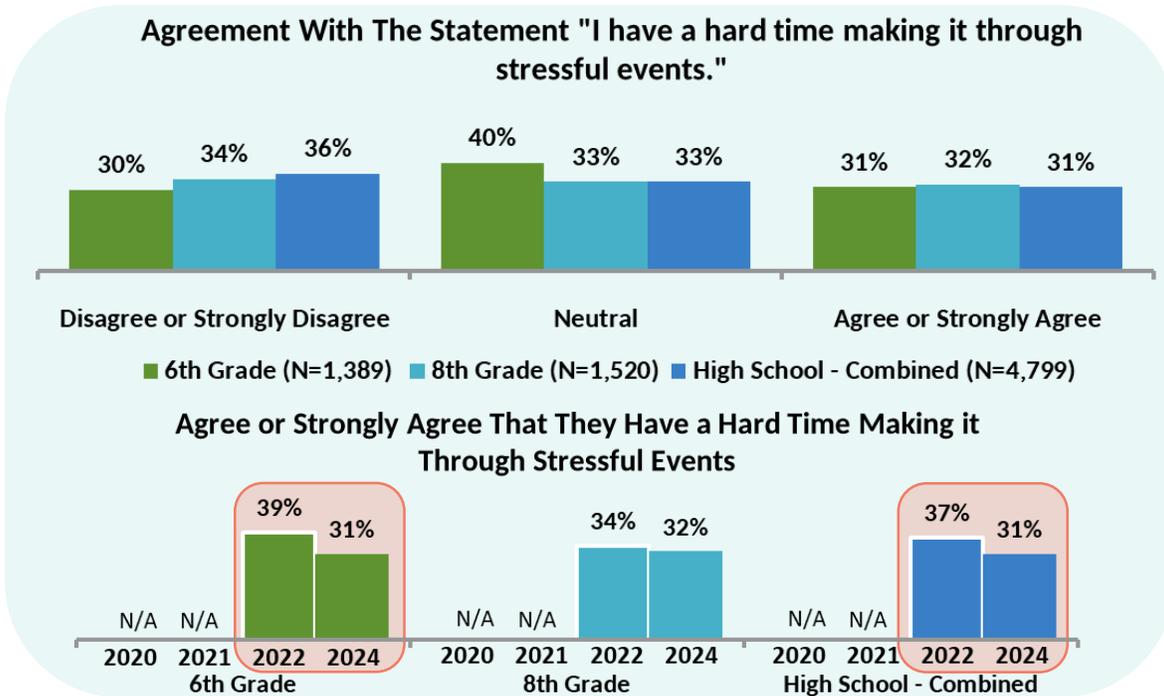
Usually Try to Help Other Students Who are Being Bullied or Harassed



Q34	If I am being bullied or harassed, I am confident adults at school can help me.			2022	2024
Q35	I usually try to help other students who are being bullied or harassed.			2022	2024

Handling Stressful Events

- Students are relatively evenly split on whether they agree, disagree, or feel neutral regarding the statement “I have a hard time making it through stressful events.”
- Compared to 2022, all grades show a decrease in having difficulty with navigating stressful events.
- As grade level increases, so too does the proportion of students who feel they can navigate stressful events with relative ease.



Demographics and behaviors associated with having a hard time making it through stressful events (31% of the population)

Demographics

- 53% of those who identify as non-binary
- 50% of those who identify as non-heterosexual
- 49% of those who identify as transgender or are not sure if they identify as transgender
- 37% of those who identify as female
- 35% of those who identify as Hispanic or Latino/Latina/Latinx/Latine

Those who have a hard time navigating stress are also more likely to:

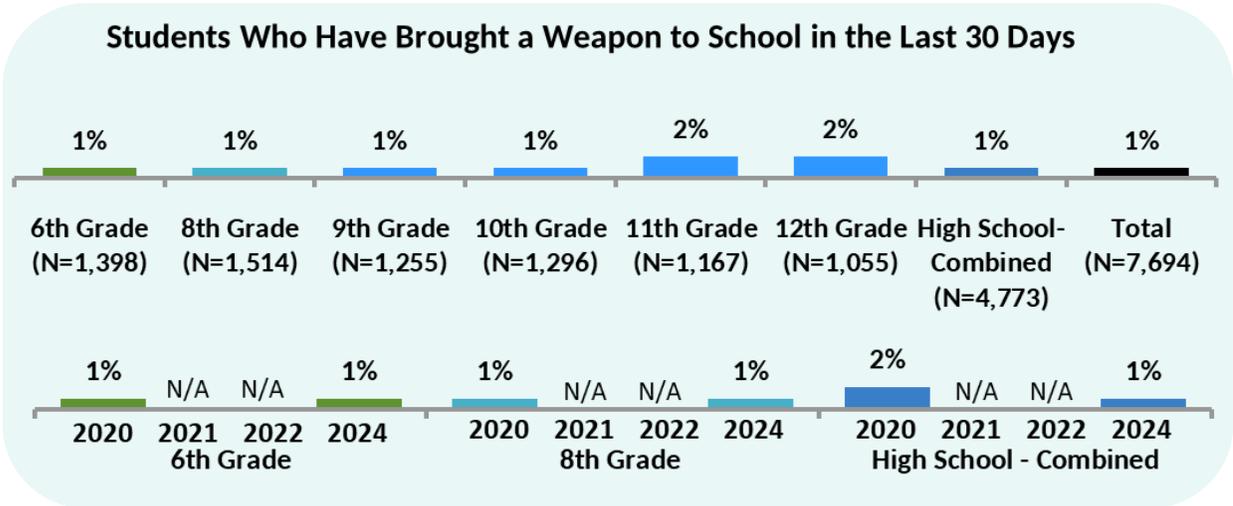
- Feel somewhat or very high stress from school workload (73%)
- Get 6 hours of sleep or less (42%)
- Feel somewhat or very high stress from pressures at home (39%)
- Feel depressed (28%), self-harm (20%), or consider suicide (12%)
- Be bullied (19%)
- Experience a risky/unwanted situation due to information they shared electronically (17%)
- Engage in unhealthy dieting (13%)
- Experience sexual assault (10%)
- Not feel safe at school (8%)



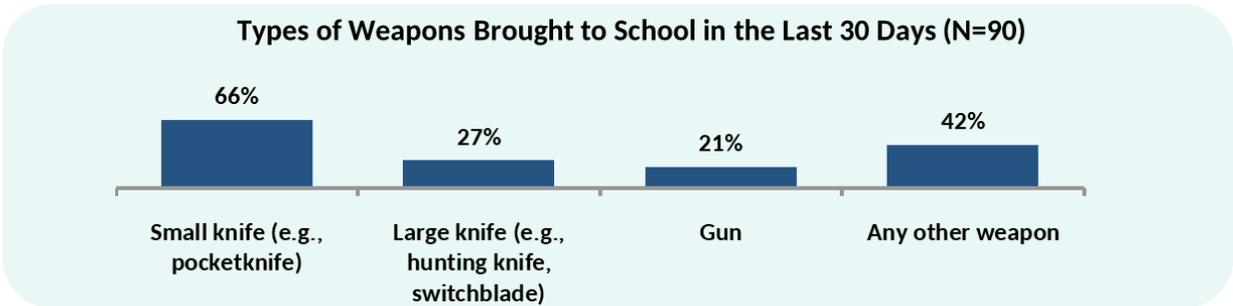
Weapons in School

- While 1% of the overall sample have brought a weapon to school in the last 30 days, 4% have brought a weapon to school at some point more than 30 days ago.
- Of the 90 students who have recently brought a weapon to school, most brought a pocketknife or a weapon **other than** a gun or knife (66% and 42%, respectively).
- Those who have brought a weapon to school are especially likely to feel unsafe there.

Demographics and behaviors associated with intentionally bringing a weapon to school at any point (4% of the population)



- Demographics**
- 15% of those who identify as Native Hawaiian/Pacific Islander
 - 13% of those who identify as non-binary students
 - 10% of those who identify as transgender
 - 10% of those who identify as Black or African American



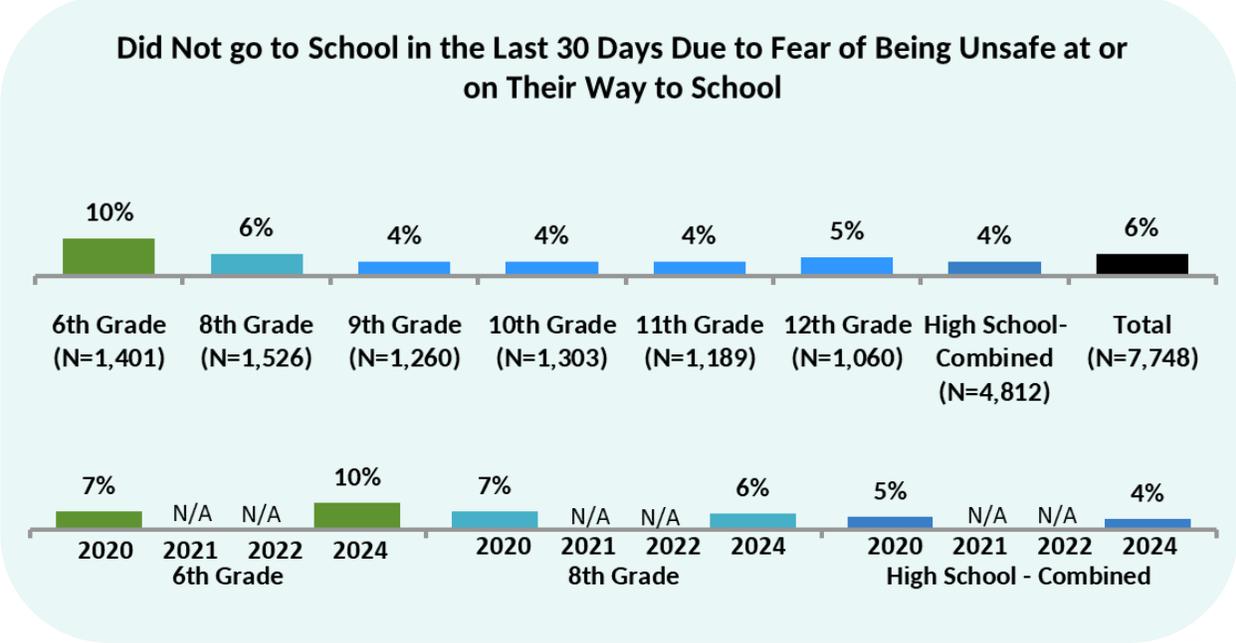
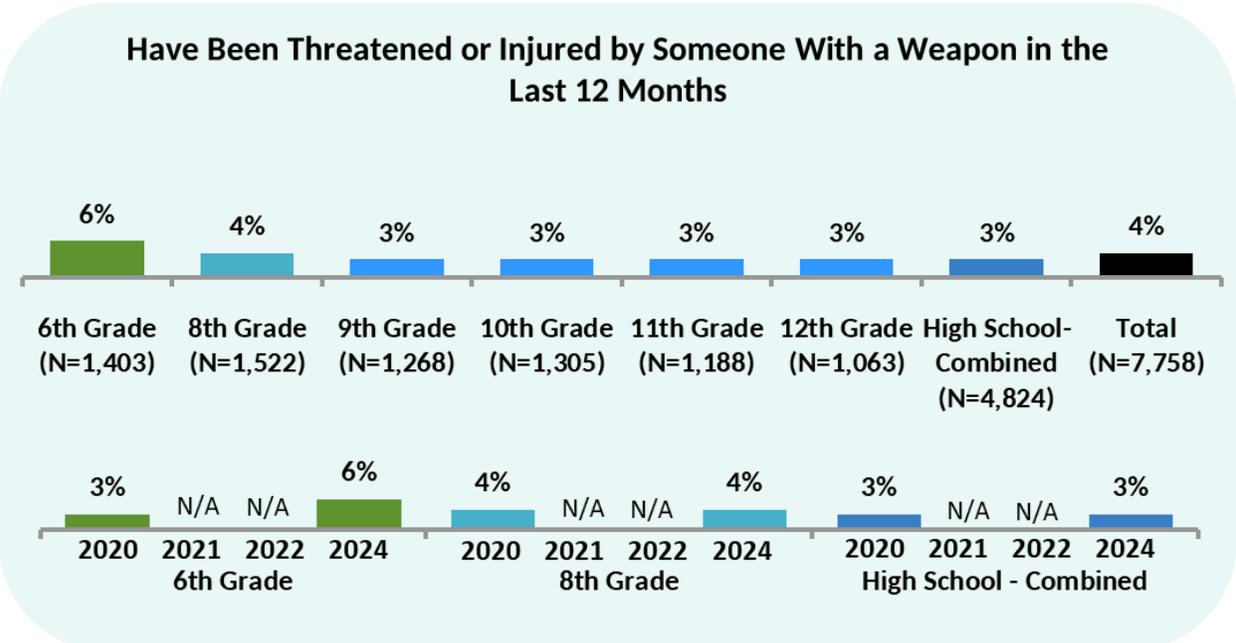
- Those who have brought a weapon to school are also more likely to:**
- Feel depressed (26%), self-harm (27%), consider suicide (17%)
 - Be bullied (24%) cyberbullied (20%)
 - Be sexually harassed (22%)
 - Not have a trusted adult to talk to at school (16%)
 - Be threatened or injured by someone with a weapon on school property (16%)
 - Not go to school due to feeling unsafe there (15%)
 - Not feel safe at school (14%) or with friends (10%)
 - Bully (13%) or cyberbully others (13%)
 - Not have a trusted adult outside of school to talk to (10%)



Threat, Injury, and Absence

- The proportion of 6th grade students who have been threatened or injured by someone with a weapon is twice as high in 2024 compared to 2020.
- Incidence of being threatened or injured by someone with a weapon appears to decrease as grade increases, with the proportion of high schoolers half that of 6th grade students.

- 6th grade students also report substantially higher rates of missing school due to fear of being unsafe at or on their way to school.
- While rates of missing school due to fear have decreased over time for high school and 8th grade students, it has increased for 6th grade students.



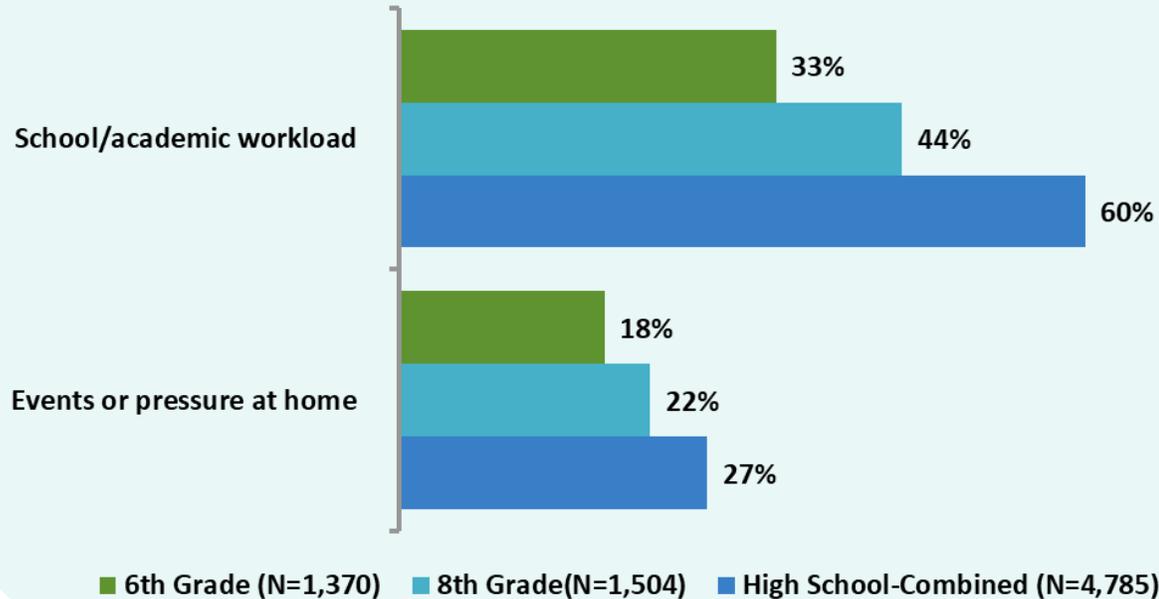
Stress, Depression, and Suicide

Sources of Stress

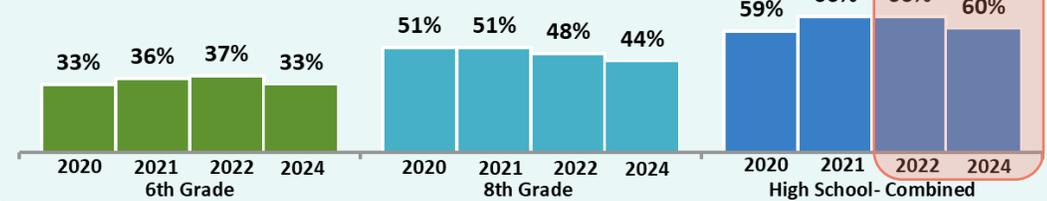
- School/academic workload remains the largest source of stress among students.
 - This appears especially impactful with high school students, as 3 in 5 feel stress due to academic workload.

- Stress from home appears to be returning to pre-pandemic rates.
 - Similar to stress from school or academic workload, high schoolers appear to experience more stress from events or pressure at home compared to younger students.

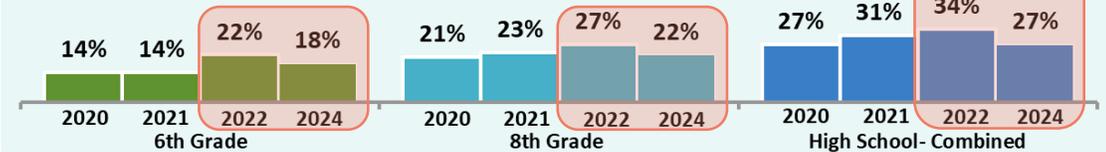
Experienced Somewhat or Very High Levels of Stress During the Past 12 Months as a Result of...



Experienced Somewhat or Very High Stress as a Result of School/Academic Workload



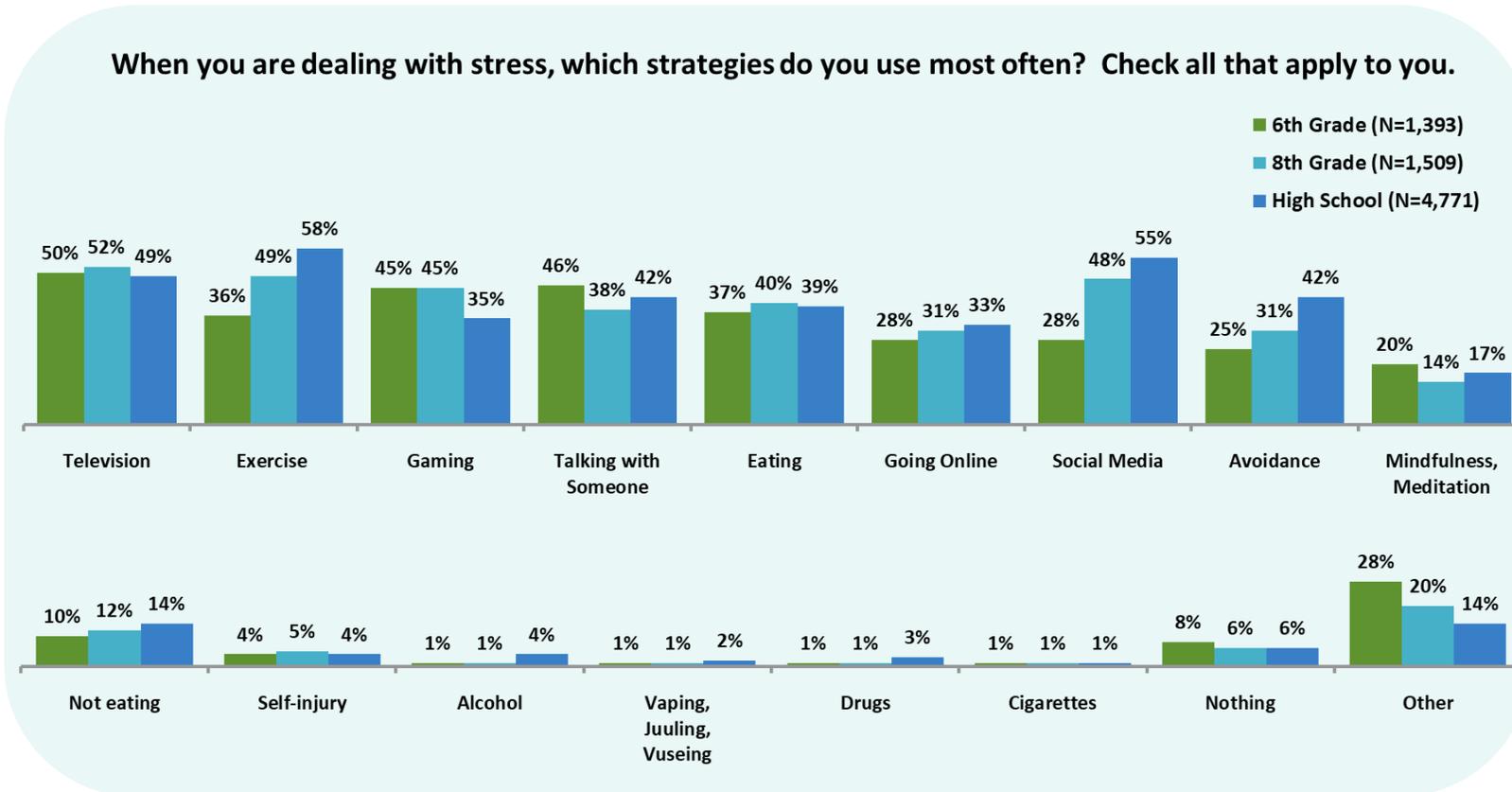
Experienced Somewhat or Very High Stress as a Result of Events or Pressure at Home



Q55	During the past 12 months what level of stress have you experienced as a result of your school/academic workload?	2020	2021	2022	2024
Q56	During the past 12 months what level of stress have you experienced as a result of events or pressure at home?		2021	2022	2024

Coping Mechanisms

- Overall, 8% of students report dealing with stress through drugs, alcohol, vaping, cigarettes, or self-harm.
- Additionally, nearly half of all students (46%) cope with stress through either eating or avoiding food.



* Note: Question changed in 2022, to include more coping behaviors.

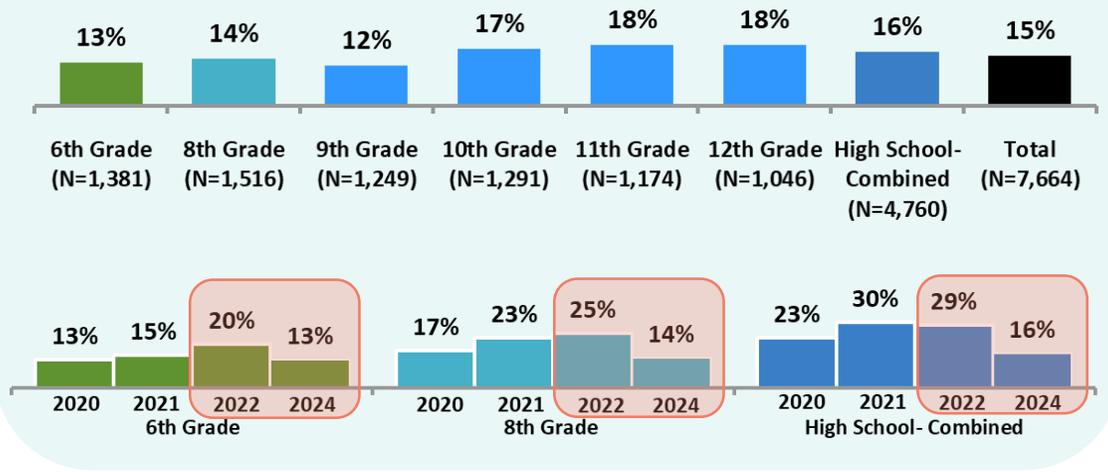
- For high schoolers, the 3 most common ways to cope with stress are:
 - Exercise
 - Social Media
 - Television
- For 8th graders, the 3 most common ways to cope with stress are:
 - Television
 - Social media
 - Gaming
- For 6th graders, the 3 most common ways to cope with stress are:
 - Television
 - Talking with someone
 - Gaming



Depression

- The proportion of students reporting depression has decreased substantially between 2022 and 2024 for all grades.
- Depression appears to increase with each subsequent grade level, with the exception of 9th grade (which dips below rates for 8th and 6th grades).
- Those with non-traditional gender identities or sexualities report feeling depressed over the past 12 months at especially high rates.
- Students who are depressed are at risk for a variety of risk factors, especially self-harm and suicide consideration.

Felt Depressed for Two Weeks or More in Past 12 Months



Demographics and behaviors associated with being depressed (15% of the population)

Demographics

- 40% of those who identify as transgender
- 38% of those who identify as non-binary
- 35% of those who identify as non-heterosexual
- 30% of those who identify as Southeast Asian American
- 26% of those who identify as Native Hawaiian or Pacific Islander
- 25% of those who identify as Hispanic, Latino/Latina/Latinx/Latine
- 18% of those who identify as female

Those who feel depressed are also more likely to:

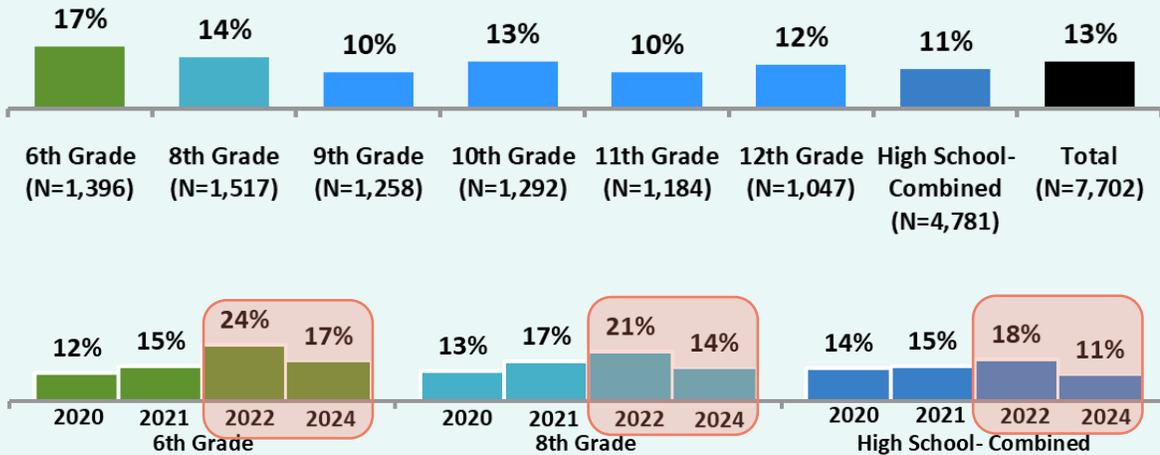
- Self-harm (43%) or consider suicide (35%)
- Not feel that adults at school can help with bullying (34%)
- Be sexually harassed (33%)
- Be bullied (30%) or cyberbullied (21%)
- Get 5 hours of sleep or less on average (26%)
- Engage in unhealthy dieting (25%)
- Drink alcohol (17%)
- Have sexual intercourse (14%)
- Use e-cigarettes (9%) or marijuana (11%)



Self-harm

- Rates of self-harm have decreased substantially for all grades between 2022 and 2024.
- Those in the 6th and 8th grade are most likely to engage in self-harm, with rates of self-harm leveling out in high school.
- Students with a non-traditional gender or sexual orientation have especially high rates of self-harm.
- Those who self-harm also display high rates of unhealthy eating, depression, and suicide consideration.

Injured or Hurt Self on Purpose in Past 12 Months



Demographics and behaviors associated with self-harm (13% of the population)

Demographics

- 42% of those who identify as non-binary
- 35% of those who identify as transgender
- 33% of those who identify as non-heterosexual
- 32% of those who identify as Native Hawaiian or Pacific Islander
- 21% of those who identify as Southeast Asian American

Those who self-harm are also more likely to:

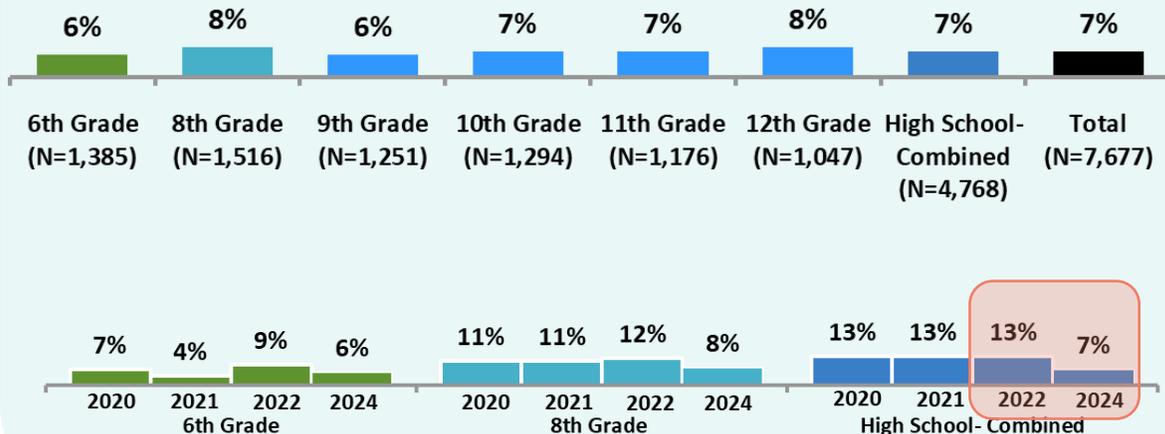
- Be depressed (52%) or consider suicide (38%)
- Not think adults at school can help with bullying (34%)
- Be sexually harassed (32%)
- Be bullied (31%) or cyberbullied (21%)
- Engage in unhealthy dieting (25%)
- Drink alcohol (16%)
- Have sexual intercourse (13%)
- Use e-cigarettes (9%) or marijuana (10%)



Suicide Consideration

- Rates of suicide consideration have decreased for all grades between 2022 and 2024, with a substantial drop among high schoolers.
- Those who do not identify with a traditional gender or sexuality are especially likely to consider suicide.
- Those who consider suicide also display high rates of depression, self-harm, and unhealthy dieting.

Seriously Considered Attempting Suicide in Past 12 Months



Demographics and behaviors associated with suicide consideration (7% of the population)

Demographics

- 24% of those who identify as non-binary
- 23% of those who identify as transgender
- 19% of those who identify as non-heterosexual
- 19% of those who identify as Native Hawaiian or Pacific Islander

Those who consider suicide are also more likely to:

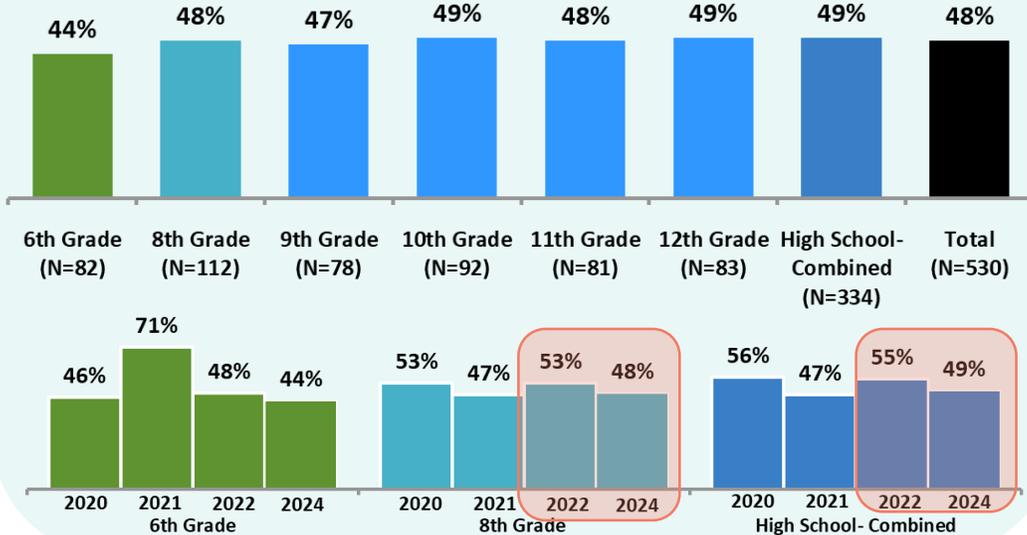
- Be depressed (79%) or self-harm (69%)
- Do not think adults at school can help with bullying (41%)
- Be bullied (38%) or cyberbullied (26%)
- Be sexually harassed (38%)
- Engage in unhealthy dieting (31%)
- Drink alcohol (20%)
- Have sexual intercourse (17%)
- Use e-cigarettes (14%) or marijuana (14%)
- Be threatened or injured with a weapon on school property (13%)



Suicide Planning and Attempts

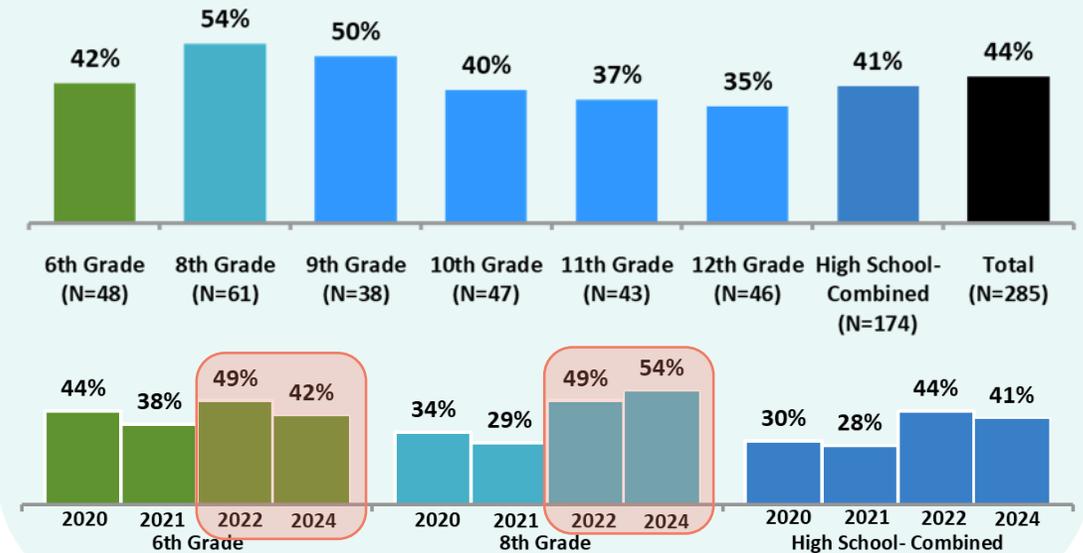
- Just under half (48%) of those who seriously considered suicide made a suicide plan in the past year.
- These levels are fairly stable compared to previous years, and 6th graders continue their return to levels seen before the pandemic.

Of Those Who Seriously Considered Suicide in the Past 12 Months, Percentage Who Made a Suicide Plan



- Of those who made a suicide plan, over 2 in 5 (44%) went through with an attempt.
- Just over 1 in 5 (21%) who made a suicide plan attempted suicide more than once.
- Compared to previous years, it appears that 8th grade students who made a suicide plan are substantially more likely to attempt suicide.

Of Those Who Made a Suicide Plan in the Past 12 Months, Percentage Who Attempted Suicide



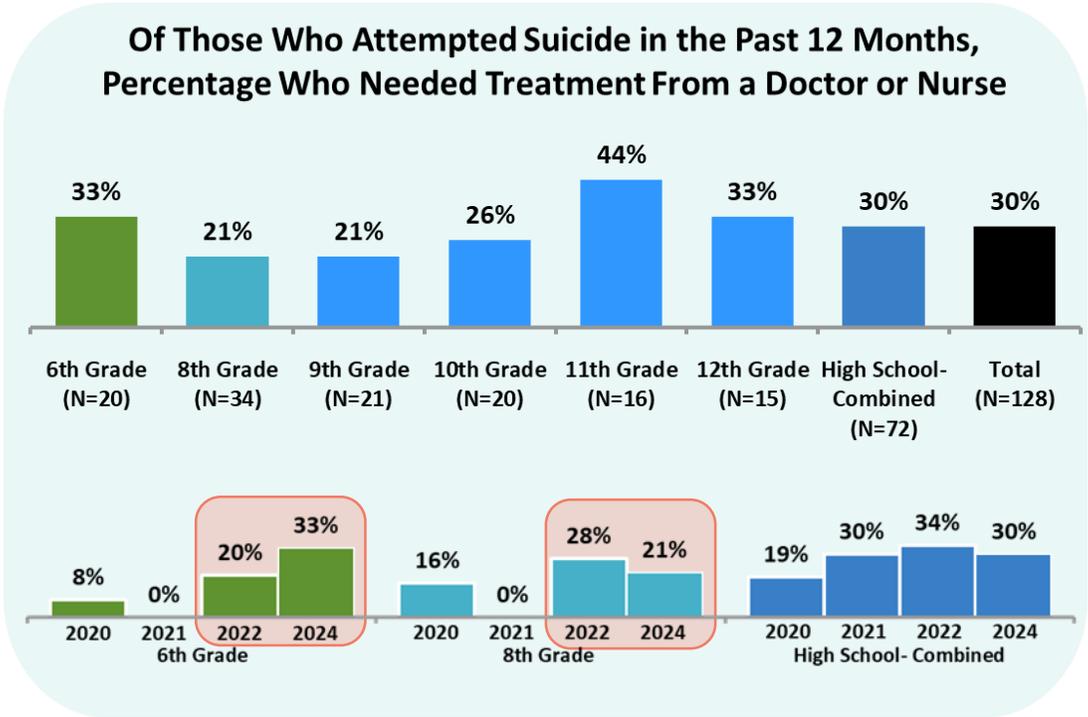
*Note, N=7 for 6th graders in 2021, and may not represent the population



Q76	During the past 12 months did you make a plan about how you would attempt suicide?	2020	2021	2022	2024
Q77	During the past 12 months how many times did you actually attempt suicide?	2020	2021	2022	2024

Suicide Injury

- Of those who made a suicide attempt, 28% needed medical treatment.
- Injurious attempts appear to have increased substantially over time for 6th grade students but are lower among 8th grade students.



*Note, Ns are small and may not represent trends in the population



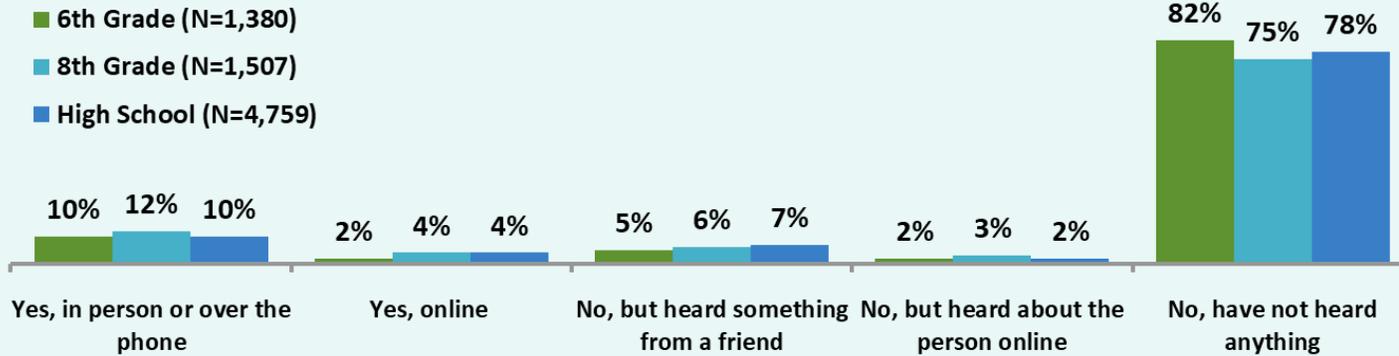
Q78

If you attempted suicide during the past 12 months did any attempt result in an injury poisoning or overdose that had to be treated by a doctor or nurse?

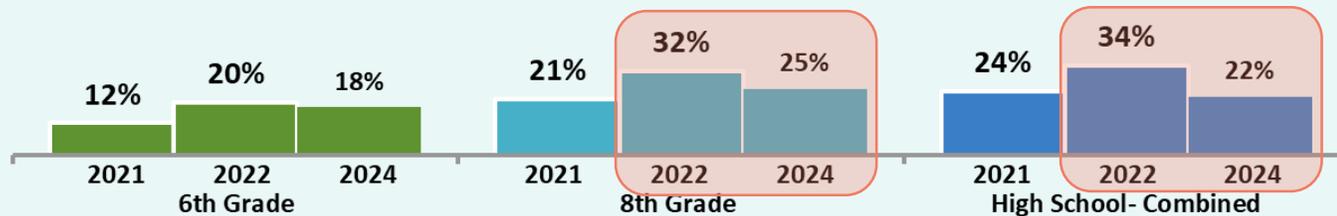
2020 2021 2022 2024

Hearing about Suicide

In the past 12 months has anyone you know from school told you they were thinking about hurting themselves or suicide?



Have Heard of Someone Thinking About Hurting Themselves or Suicide in Past 12 Months



- Overall, 13% of students report someone they know telling them they were thinking about hurting themselves or were contemplating suicide.
- The most common way students hear about suicide contemplation is through in-person conversation or over the phone.

- The proportion of students hearing about suicide or self-harm attempts directly, from friends, or online has decreased across all age groups between 2022 and 2024, with substantial declines among 8th graders and high schoolers.



Q79

In the past 12 months has anyone you know from school told you they were thinking about hurting themselves or suicide?

2021

2022

2024

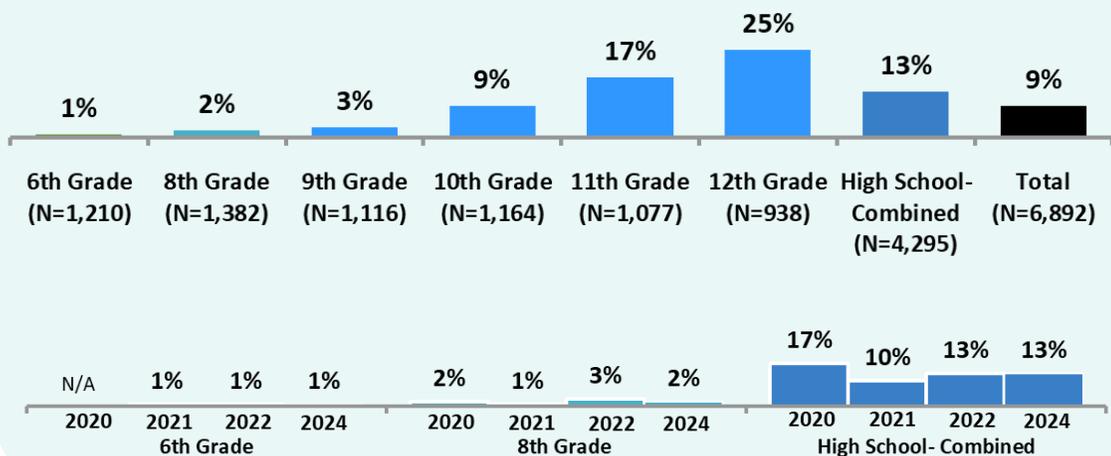
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Sexual Intercourse, Sexual Harassment, and Sexual Assault

Sexual Intercourse

- Rates of sexual intercourse increase with grade level, with over a quarter (25%) of 12th graders engaging in sexual activity in the past 3 months.
- Furthermore, 2% of students have had sexual intercourse with 3 or more people.
- Those who have had sexual intercourse in the past 3 months are also more likely to engage in or experience other sexual risk behaviors or experiences such as sexual messaging, being sexually harassed, and pornography.

Had Sexual Intercourse in the Past 3 Months



Demographics and Behaviors Associated with Recent Sexual Intercourse (9% of the population)

Demographics

- 26% of those who identify as Native Hawaiian or Pacific Islander
- 15% of those who identify as transgender
- 15% of those who identify as Black or African American
- 14% of those who identify as Hispanic or Latino/Latina/Latinx/Latine
- 14% of those who identify as Southeast Asian American
- 12% of those who identify as non-binary

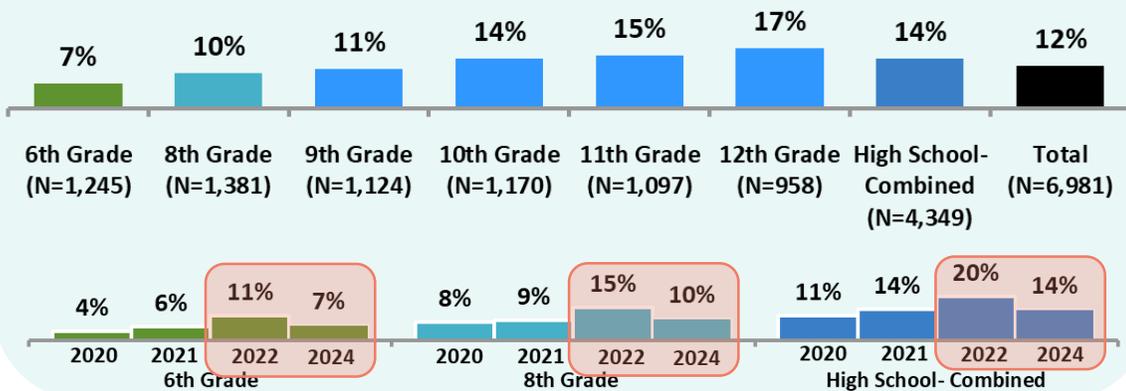
Those who recently had sexual intercourse are also more likely to:

- View pornography (61%)
- Send or receive sexual messages (47%)
- Drink alcohol (44%) or binge drink (40%)
- Be sexually harassed (28%)
- Be depressed (26%), self-harm (20%), or consider suicide (14%)
- Be sexually assaulted (23%)
- Be bullied (22%) or cyberbullied (17%)
- Use e-cigarettes (21%) or marijuana (24%)
- Engage in unhealthy dieting (20%)

Sexual Harassment

- Sexual harassment appears to have returned to near pre-pandemic levels, with substantial drops between this 2022 and 2024.
- Incidences of sexual harassment increase with age, with 12th graders being more than twice as likely to experience sexual harassment compared to 6th graders.
- Students indicate being sexually harassed in person slightly more than being sexually harassed online or in both settings (5%, 3%, and 3%, respectively).
- Students who identify as non-binary, transgender, or non-heterosexual are much more likely to experience sexual harassment.
- Sexually harassed students also show a greater likelihood of a variety of other risk factors, with especially high engagement in unhealthy eating.

Experienced Sexual Harassment Online or in Person in the Past 12 Months



* Note: Response options changed in 2021, to include sexual harassment online.

Demographics and behaviors associated with being sexually harassed (12% of the population)

Demographics

- 33% of those who identify as Native Hawaiian/Pacific Islander
- 28% of those who identify as non-binary students
- 27% of those who identify as transgender
- 26% of those who identify as non-heterosexual
- 22% of those who identify as Middle Eastern
- 22% of those who identify as Southeast Asian American
- 18% of those who identify as female

Those who are sexually harassed are also more likely to:

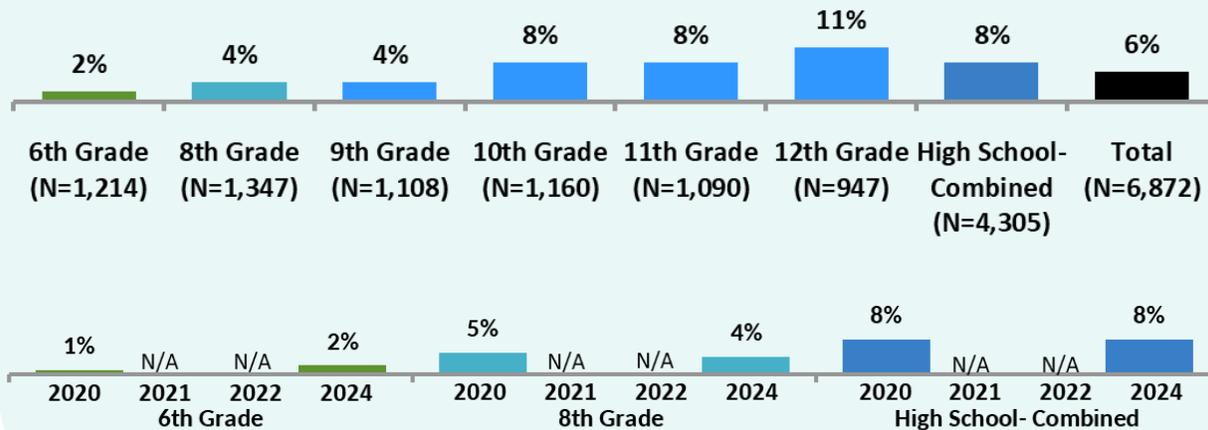
- View pornography (65%)
- Send or receive sexual messages (42%)
- Feel depressed (42%), self-harm (34%), consider suicide (22%)
- Be bullied (32%) cyberbullied (25%)
- Engage in unhealthy dieting (26%)
- Drink alcohol (24%)
- Have sexual intercourse (20%)
- Bully (9%) or cyberbully others (8%)



Nonconsensual Sexual Contact

- Those in 10th through 12th grade are twice as likely to experience nonconsensual sexual conduct as who are in 9th grade or middle school.
 - These rates have remained relatively constant over time.
- Overall, just over 2 in 5 (41%) of those who have experienced nonconsensual sexual contact experienced it within the last 12 months or both within the past 12 months and more than 12 months ago.
- Sexually assaulted students show a greater likelihood of a variety of risk factors, especially depression and self-harm.

Experienced Nonconsensual Sexual Contact at Some Point in Their Lives



Demographics and behaviors associated with experiencing nonconsensual sexual contact (6% of the population)

Demographics

- 21% of those who identify as non-binary students
- 19% of those who identify as transgender
- 18% of those who identify as Native Hawaiian/Pacific Islander
- 16% of those who identify as non-heterosexual
- 13% of those who identify as Southeast Asian American
- 8% of those who identify as female

Those who are sexually assaulted are also more likely to:

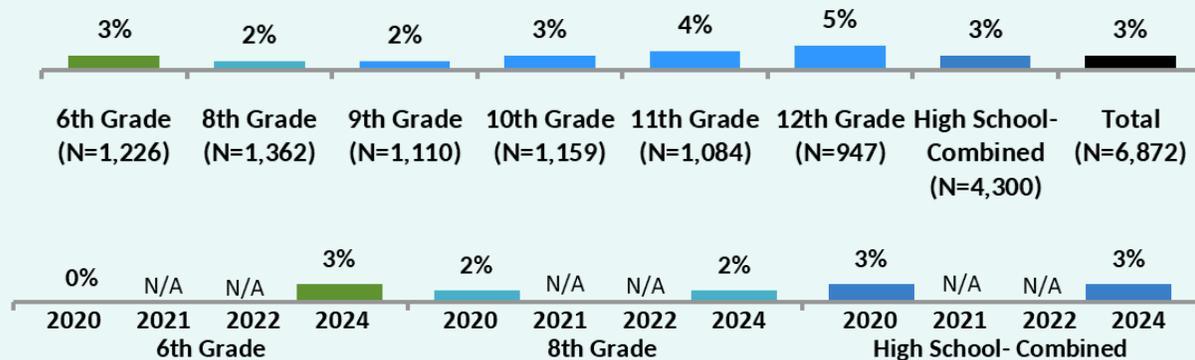
- View pornography (69%)
- Feel depressed (52%), self-harm (42%), consider suicide (30%)
- Send or receive sexual messages (48%)
- Be bullied (39%) cyberbullied (31%)
- Have sexual intercourse (33%)
- Drink alcohol (32%)
- Engage in unhealthy dieting (32%)
- Bully (11%) or cyberbully others (10%)



Sexual Coercion and Harm When Dating

- Very few students indicate being harmed physically or sexually by a date or someone they are going out with.
 - However, while still low, rates among 11th and 12th grade students are higher compared to lower grades.
- These rates have remained relatively constant over time.
- Students who have experienced coercion or being hurt by a date or long-term partner show a greater likelihood of a variety of other risk factors, including feeling depressed, self-harm, and drinking alcohol.

Have Been Hurt Physically, Sexually, or in Both Ways by a Date or Someone They Were Going Out With



Demographics and behaviors associated with experiencing harm or sexual coercion while dating (3% of the population)

Demographics

- 13% of those who identify as Native Hawaiian/Pacific Islander
- 9% of those who identify as transgender
- 8% of those who identify as non-binary students
- 7% of those who identify as non-heterosexual
- 7% of those who identify as Southeast Asian American
- 7% of those who identify as Black or African American
- 7% of those who identify as American Indian or Alaska Native

Those who are harmed or sexually coerced while dating are also more likely to:

- View pornography (68%)
- Send or receive sexual messages (57%)
- Feel depressed (52%), self-harm (43%), consider suicide (33%)
- Be bullied (48%) cyberbullied (40%)
- Have sexual intercourse (45%)
- Drink alcohol (39%)
- Engage in unhealthy dieting (36%)
- Bully (18%) or cyberbully others (20%)

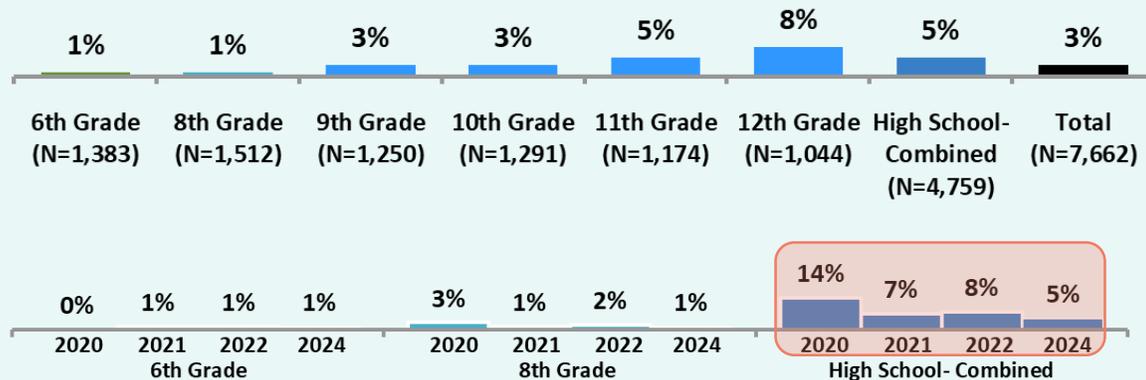


Drugs and Alcohol

E-Cigarette Usage

- While E-cigarette and vaping usage increases with grade level, it is showing an overall downward trend from 2020 to 2024.
- Students who identify as Native Hawaiian or Pacific Islander are especially likely to use e-cigarettes or vaping products.
- Those who use e-cigarettes have a high likelihood of also using marijuana and alcohol, along with a higher propensity for a variety of risk factors including depression, viewing pornography, sexual intercourse, and unhealthy dieting.
- Furthermore, 1% of students used an e-cigarette at least 10 days in the 30 days prior to the survey.

Used an E-Cigarette or Vaped in Past 30 Days



Demographics and Behaviors Associated with Recent E-Cigarette Use (3% of the population)

Demographics

- 20% of those who identify as Native Hawaiian or Pacific Islander
- 8% of those who identify as Black or African American
- 8% of those who identify as Middle Eastern American
- 8% of those who identify as American Indian or Alaska Native

Those who use E-cigarettes or vape are also more likely to:

- View pornography (74%)
- Drink alcohol (72%)
- Use marijuana (65%)
- Send or receive sexual messages (59%)
- Have sexual intercourse (53%)
- Be depressed (43%), self-harm (36%), or consider suicide (28%)
- Be sexually harassed (40%)
- Engage in unhealthy dieting (30%)
- Bully (16%) or cyberbully others (16%)



Q82

During the past 30 days on how many days did you use an electronic cigarette (e-cigarette) also called vaping juuling or vusing?

2020

2021

2022

2024

E-Cigarette Sources

- While the majority of students in all grades do not use e-cigarettes, for those who do, other minors are their main source for e-cigarettes.
- Most trends regarding sources for e-cigarettes have not changed substantially since 2020, though high school students appear less likely to have received an e-cigarette from an adult or parent in 2024.
 - Interpret findings related to source of e-cigarettes among 6th and 8th grade students with caution, as very few students in those grades use e-cigarettes.

Sources of E-Cigarettes For Those Who Have Used E-Cigarettes



*Note, Ns are small for 6th and 8th grades and may not be representative of the population

Sources of E-Cigarettes For Those Who Have Used E-Cigarettes:

Received the E-Cigarette(s) From a Peer Under 18 or in Some Other Way



Received the E-Cigarette(s) From an Adult or Parent



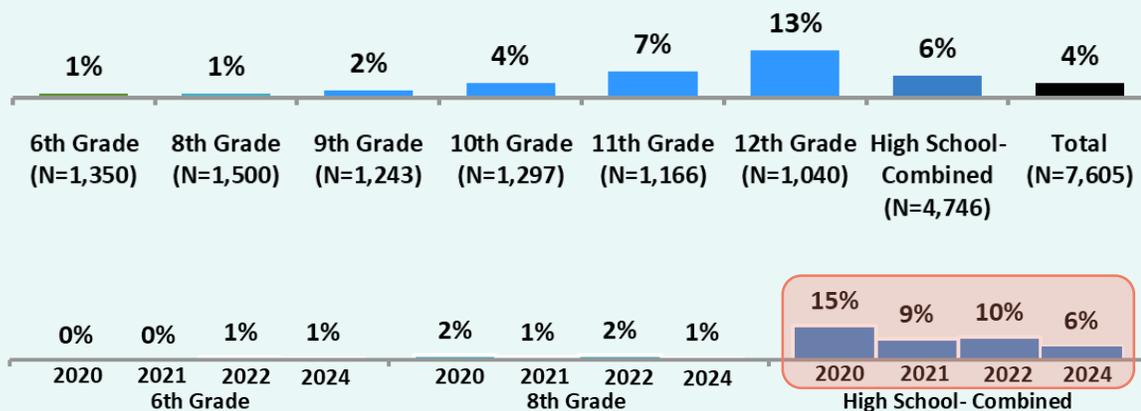
Bought the E-Cigarette(s) Themselves From a Store or Online



Marijuana Usage

- While marijuana usage shows a similar trend as e-cigarette use, it appears to be slightly more popular, with about 1 in 8 (13%) 12th graders using marijuana in the past 30 days.
- Students who use marijuana are especially likely to use other substances and have an increased rate of a variety of risky behaviors or experiences.
- Marijuana usage among high schoolers is less than half of what it was in 2020.

Used Marijuana or Marijuana-Related Products in the Past 3 Months



Demographics and Behaviors Associated with Recent Marijuana Use (4% of the population)

Demographics

- 25% of those who identify as Native Hawaiian or Pacific Islander
- 11% of those who identify as transgender
- 10% of those who identify as Middle Eastern American
- 10% of those who identify as American Indian or Alaska Native

Those who use marijuana are also more likely to:

- View pornography (78%)
- Drink alcohol (73%)
- Send or receive sexual messages (54%)
- Use e-cigarettes (50%)
- Have sexual intercourse (46%)
- Be depressed (41%), self-harm (30%), or consider suicide (23%)
- Be sexually harassed (35%)
- Be bullied (27%) or cyberbullied (20%)
- Engage in unhealthy dieting (22%)
- Bully (15%) or cyberbully others (14%)

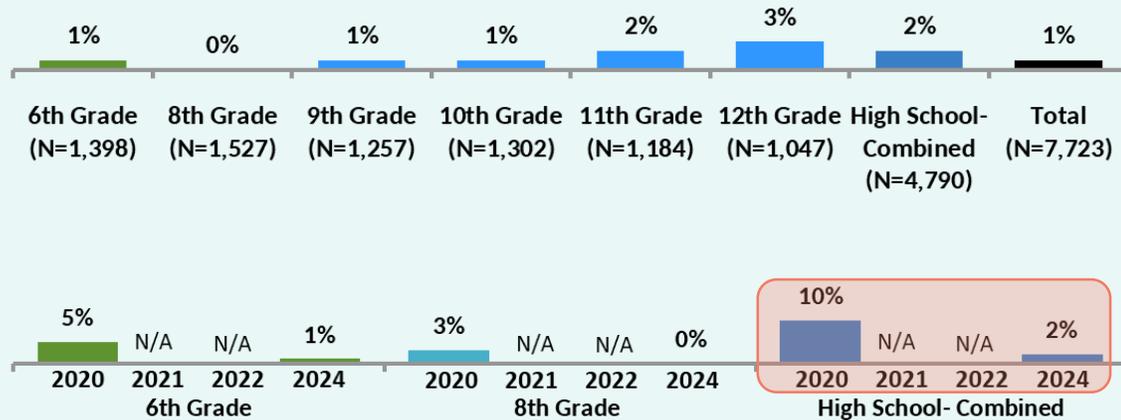


Drug Use on School Property

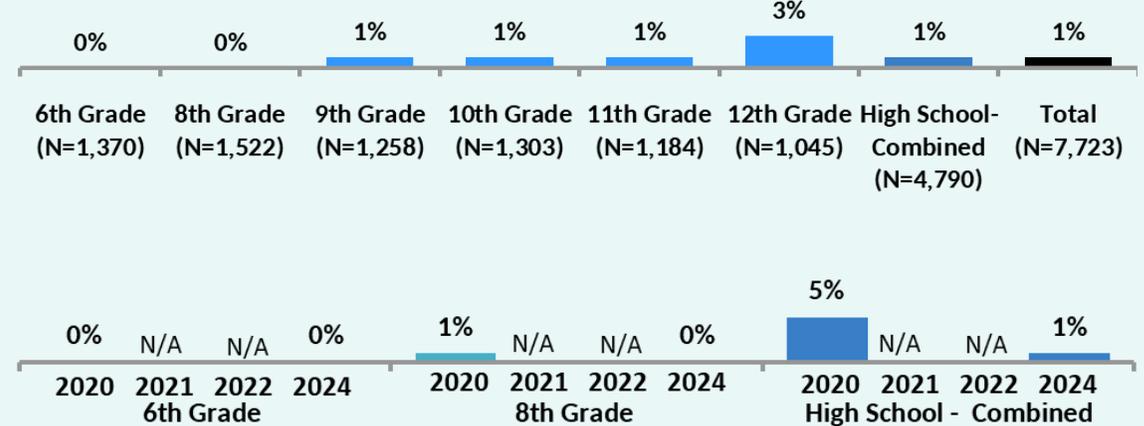
- While there are very low rates for students using e-cigarettes on school property, it is highest among 11th and 12th graders.
- Use of e-cigarettes on campus has decreased since 2020, especially for high school students.
- Of the students who have used e-cigarettes on school property recently, 62% have done so 10 or more times.

- Rates of using marijuana on school property are similarly low.
- Furthermore, rates of using marijuana on school property are lower than they were in 2020, especially for high school students.
- Of those who have used marijuana on school property recently, 57% have done so 10 or more times.

Used an E-Cigarette on School Property in the Last 30 Days



Used Marijuana or Marijuana-Related Products on School Property in the Last 30 Days



Q83
and
Q91

During the past 30 days how many times did you use an e-cigarette or vape on school property? ...marijuana or marijuana-related products on school property?

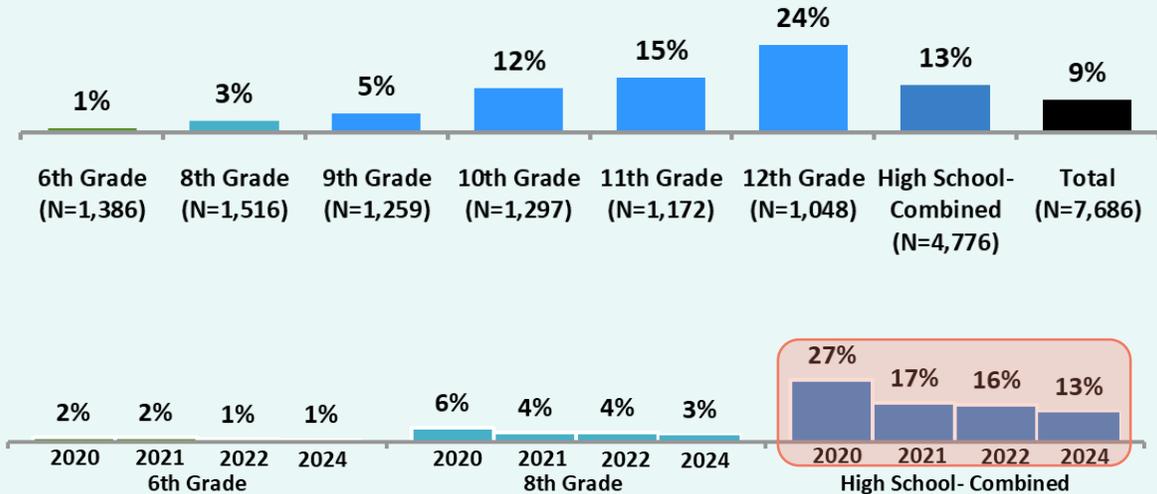
2020

2024

Alcohol consumption

- Alcohol consumption increases steadily with each grade level, with nearly a quarter (24%) of 12th graders reporting drinking in the past 30 days.
- Along with other risk factors, those who drink alcohol are especially likely to engage in risk behaviors like unhealthy dieting or viewing pornography.
- Rates of alcohol consumption are less than half of what they were in 2020.

Drank Alcohol in the Past 30 Days



Demographics and Behaviors Associated with Recent Alcohol Use (9% of the population)

Demographics

- 29% of those who identify as Native Hawaiian or Pacific Islander
- 13% of those who identify as Middle Eastern American
- 13% of those who identify as Hispanic, Latino, Latina, Latinx or Latine

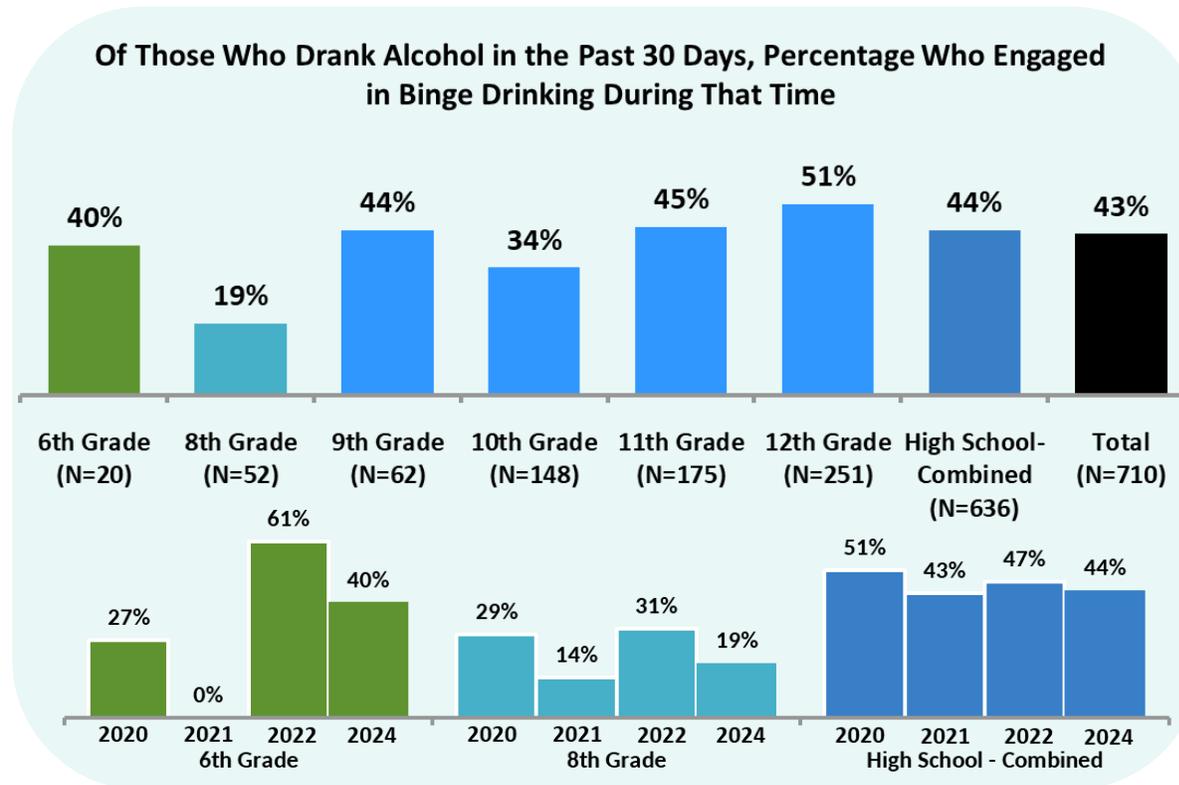
Those who recently drank alcohol are also more likely to:

- View pornography (68%)
- Send or receive sexual messages (43%)
- Have sexual intercourse (39%)
- Be sexually harassed (30%)
- Be depressed (28%), self-harm (22%), or consider suicide (15%)
- Use e-cigarettes (25%) or marijuana (33%)
- Be bullied (22%) or cyberbullied (15%)
- Engage in unhealthy dieting (20%)
- Bully (10%) or cyberbully others (10%)



Binge Drinking

- Overall, just over 1 in 5 of those who drank in the past 30 days also report binge drinking during that time.
- Rates of binge drinking among high schoolers remain fairly stable until 12th grade where the rate increases substantially.



*Note, only 20 6th graders responded to this question, so interpret the reported percentages with caution.



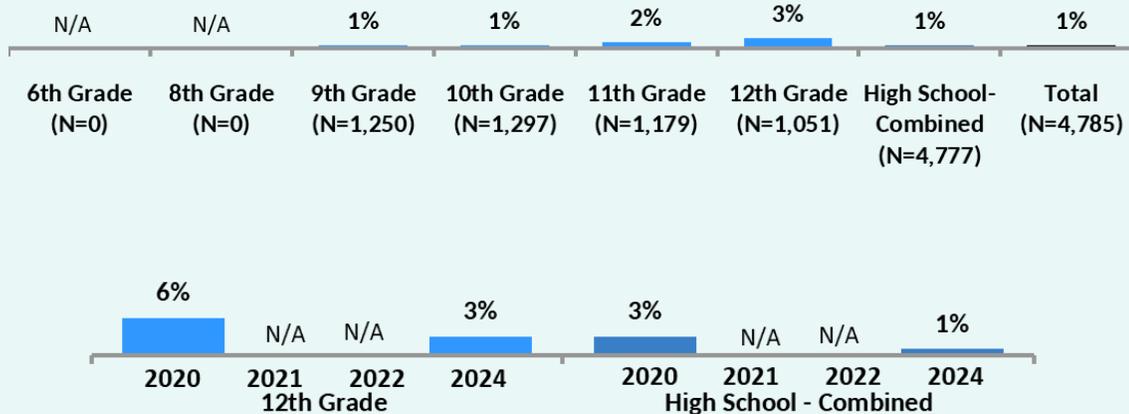
Unsafe Driving

Driving Under the Influence of Alcohol or Marijuana

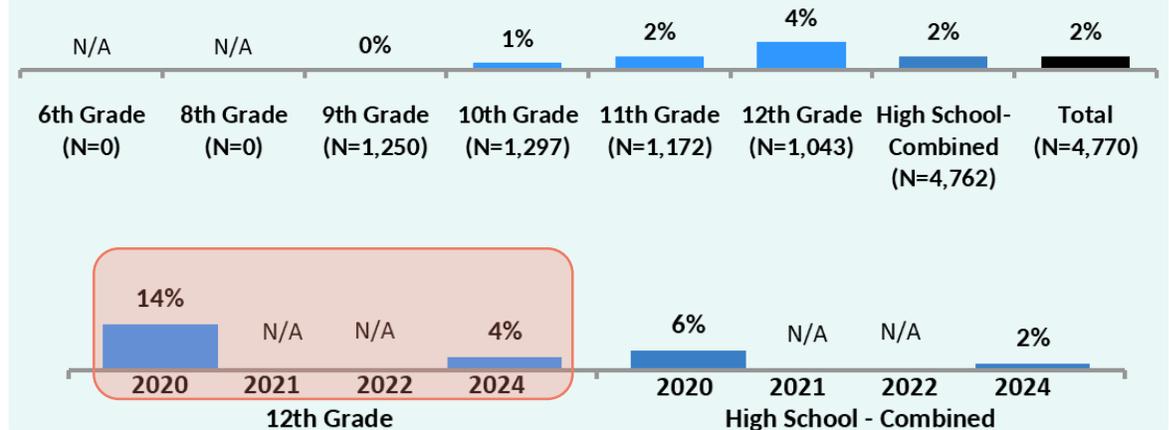
- While rates of driving while under the influence of alcohol are very low across the board, these rates slightly increase as grade level increases.
- Rates of driving under the influence of alcohol have decreased slightly since 2020.
- Those who binge drink are especially likely to drive while under the influence of alcohol (18%).

- While rates of driving while under the influence of marijuana are also very low, they are slightly higher than rates for driving after drinking.
 - Similarly, rates of driving under the influence of marijuana also increase alongside grade level.
- Rates of driving under the influence of marijuana have also decreased slightly since 2020.

Recently (In the Past 30 Days) Drove a Car After Drinking Alcohol



Recently (In the Past 30 Days) Drove a Car After Using Marijuana



*Note, these questions were not asked of 6th and 8th grade students.



Q94
and
Q95

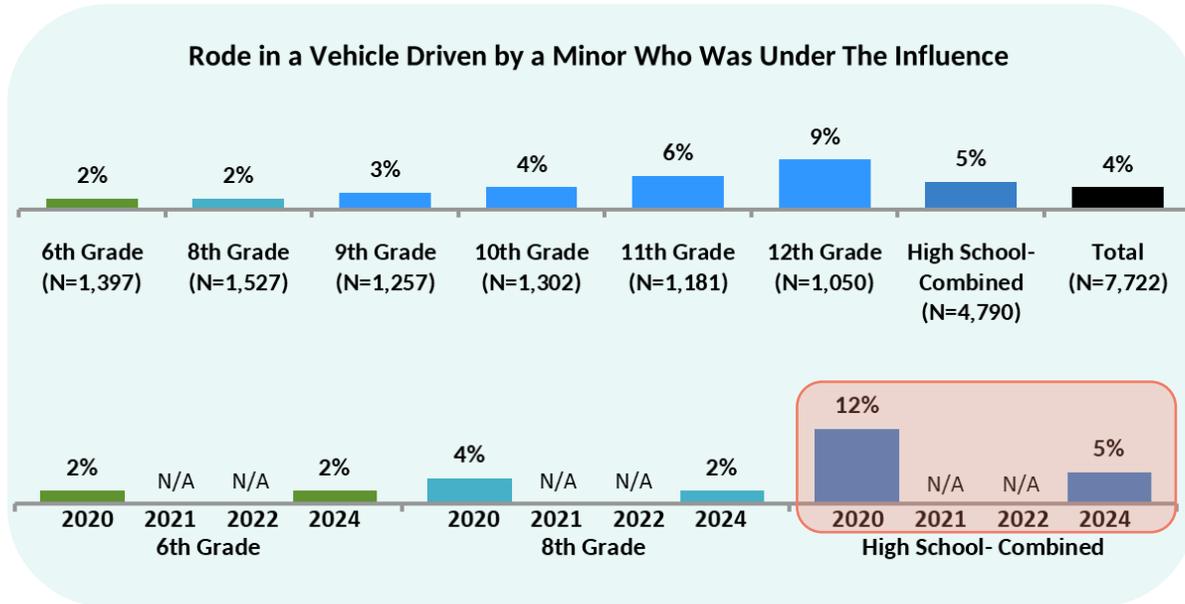
During the past 30 days how many times did YOU drive a car or other vehicle when you had been drinking alcohol?
...when you had been using marijuana?

2020

2024

Riding With Someone Under the Influence

- While low overall, rates for riding in a car with a driver who is under the influence are higher than rates for driving under the influence, which are shown on the previous slide.
- Rates for riding in a car with a driver who is under 18 and under the influence of drugs or alcohol have decreased moderately for 8th graders and substantially for high school students between 2020 and 2024.



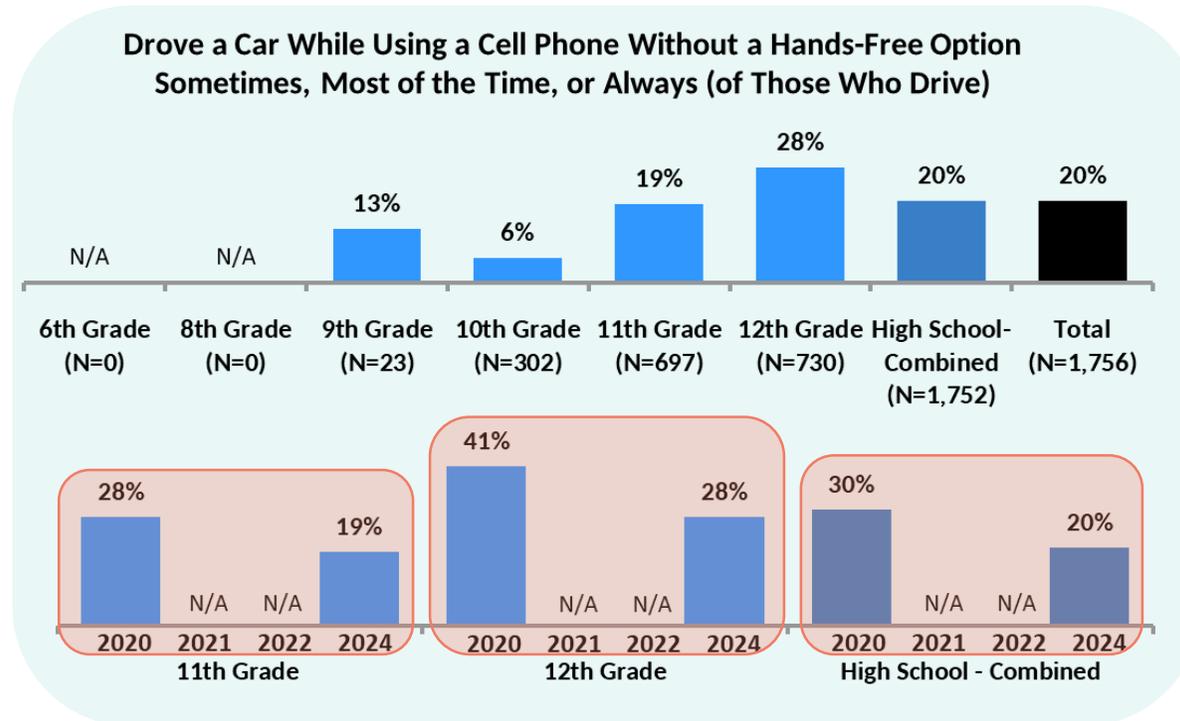
Those who are more likely to ride with a minor who is under the influence of alcohol or drugs include those who:

- Drink alcohol (57%)
- Binge drink alcohol (49%)
- Drive a car while using a cell phone without a hands-free option (18%)



Using Cell Phones While Driving

- Of those who drive, 1 in 5 drove while using a cell phone (without a hands-free option) sometimes, most of the time, or always.
 - Furthermore, 7% of those who drive use a cell phone without a hands-free option most of the time or always.
- Rates of driving while using a cell phone have decreased between 2020 and 2024.
- **Those who recently drove when they had been using marijuana and those who recently drove when they had been drinking are more likely to drive while using a cell phone without a hands-free option, which may suggest that unsafe driving behaviors sometimes go hand-in-hand.**

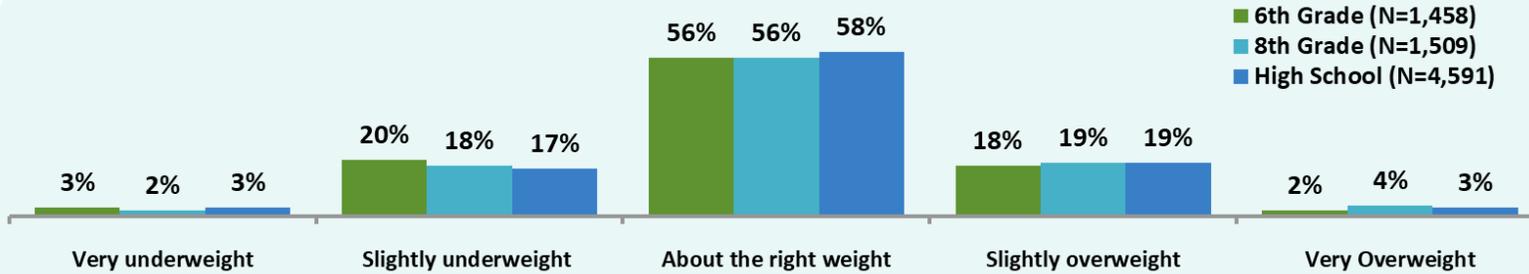


*Note, this question was not asked of 6th and 8th grade students.

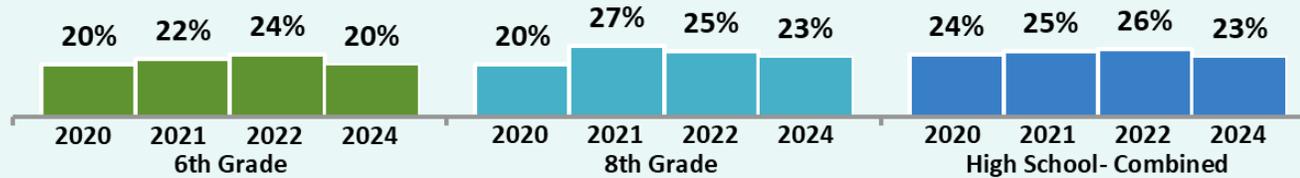
Body Image and Dieting

Body Image

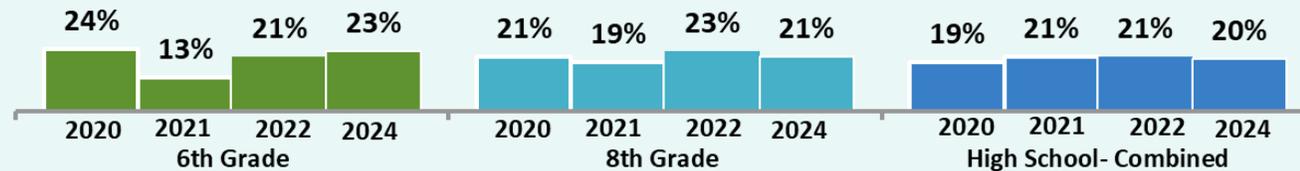
How would you describe your weight?



Percent who Identify as Very or Slightly Overweight



Percent who Identify as Very or Slightly Underweight

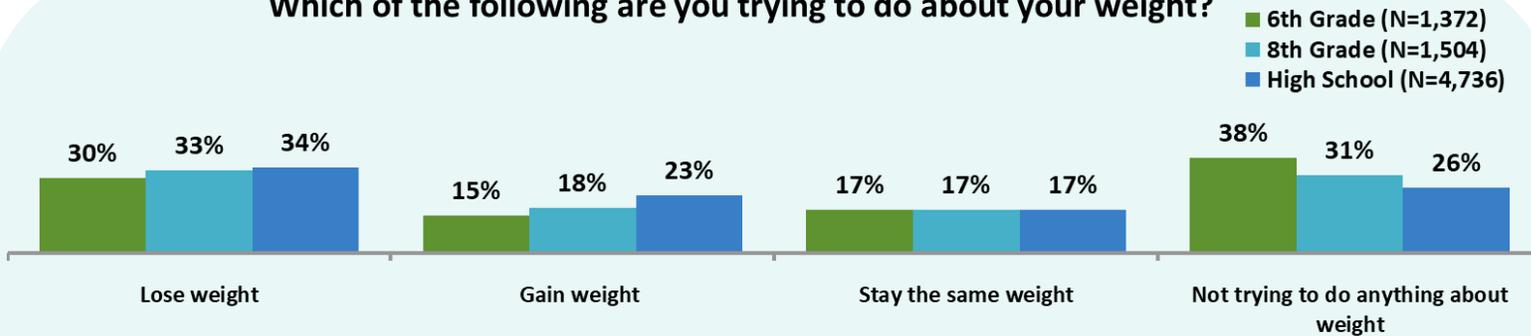


- Just over half of students feel that they are at about the right weight, with near equal proportions feeling that they are under or overweight.
- These rates have remained relatively stable over time.



Weight Goals

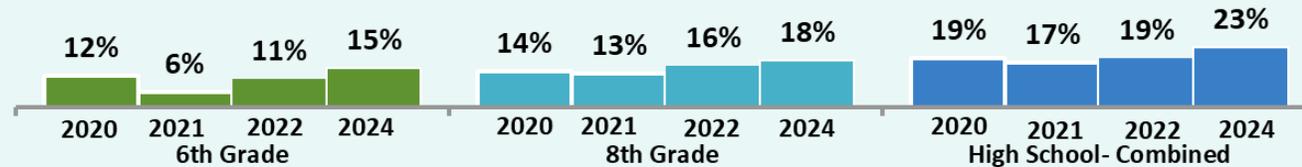
Which of the following are you trying to do about your weight?



Percent Trying to Lose Weight



Percent Trying to Gain Weight



- Although 22% of students, overall, said they felt they were overweight, 33% of all students indicated that they were trying to lose weight.
- 77% of students who said they were slightly or very overweight indicated they were trying to lose weight.
- 25% of those who thought they were about the right weight indicated wanting to lose weight.
- Most concerning, 7% of those who identified as underweight also indicated a desire to lose weight.
- However, the proportion of students looking to gain or lose weight is similar to previous years.

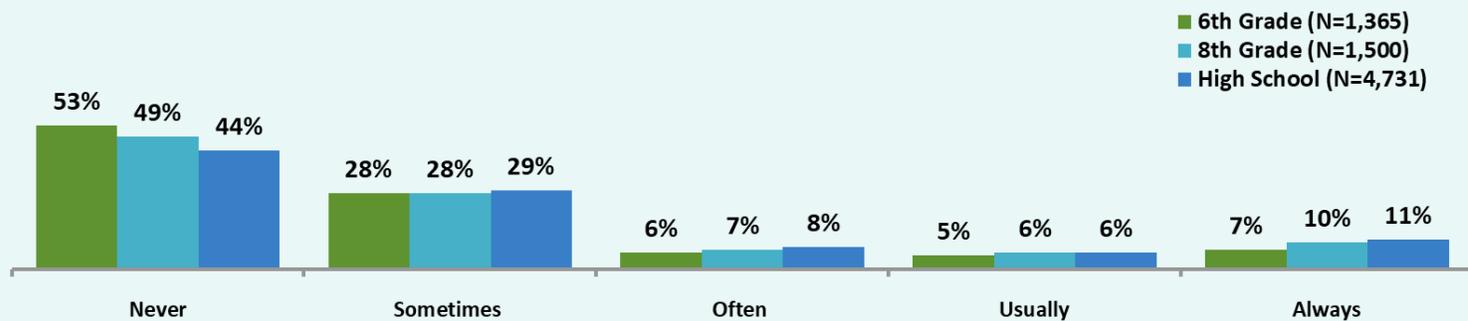
*Note: the same size of 6th graders in 2021 is small, and results may not be representative of all 6th grade students.



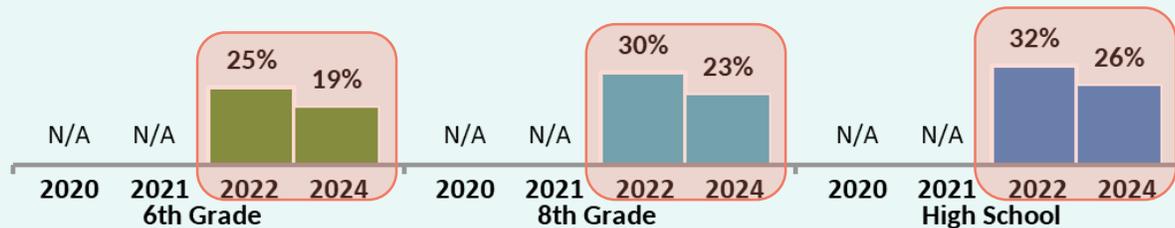
Desire to be Thinner

- While 56% of students who felt they were overweight indicated they often, usually, or always had a strong desire to be thinner, 37% of those who felt they were at the right weight, and 7% of those who identified as underweight also felt this way.
- Those who identify as non-heterosexual, female, or non-binary are especially likely to indicate a strong desire to be thinner.
- This desire to be thinner is fairly constant across grade levels, though it appears to be declining for all grade levels compared to 2022.

I have a strong desire to be thinner.



Often, Usually, or Always Have a Strong Desire to be Thinner



Demographics and Behaviors Associated with Often, Usually, or Always Having a Strong Desire to be Thinner (24% of the population)

Demographics

- 38% of those who identify as non-heterosexual
- 34% of those who identify as female
- 33% of those who identify as non-binary
- 33% of those who identify as transgender
- 33% of those who identify as Hispanic or Latinx
- 26% of those who identify as Middle Eastern American or Black or African American

Those who have a desire to be thinner are also more likely to:

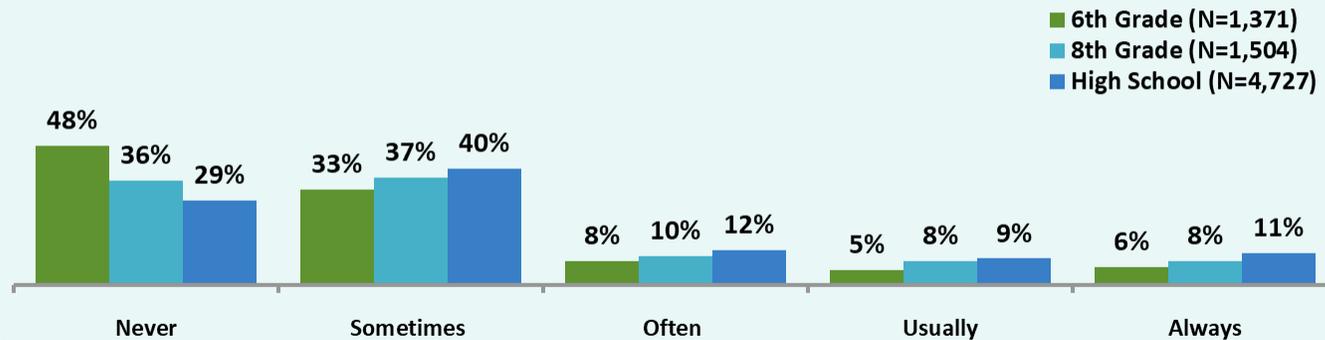
- Indicate their weight influences their self-image (77%)
- Consider themselves overweight (56%)
- Avoid food to cope with stress (48%)
- Eat to cope with stress (47%)
- Be depressed (30%), self-harm (26%), or consider suicide (15%)
- Be sexually harassed (24%)
- Be bullied (21%) or cyberbullied (13%)
- Engage in unhealthy dieting (15%)



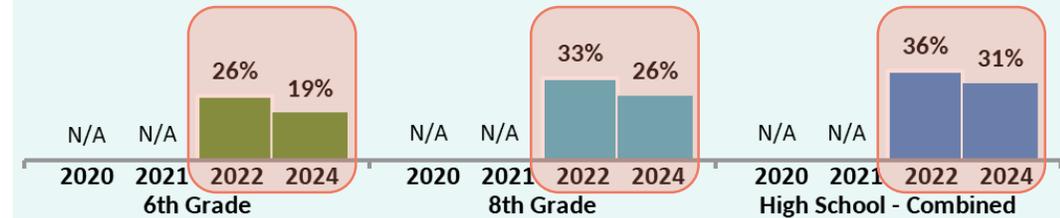
Body Image

- Just over a quarter (28%) of students, overall, said their weight often, usually, or always influences how they judge themselves.
 - This marks a notable decrease from 2022 when 33% of students overall said their weight often, usually, or always influences how they judge themselves.
- This was especially high among those who had a strong desire to be thinner (66%), identified as overweight (45%), or were trying to lose weight (65%).
- However, nearly half (48%) of 6th graders indicated that their weight never influences how they judge themselves.

My weight influences how I judge myself.

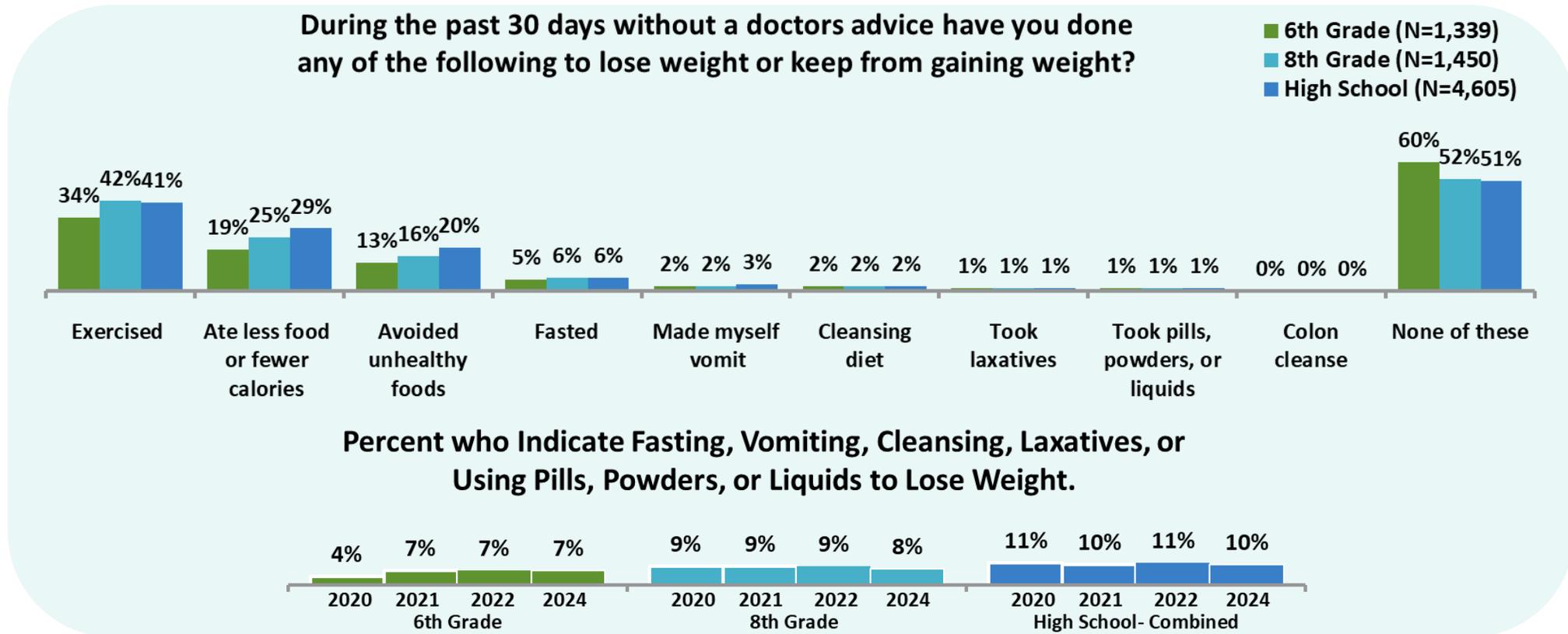


Proportion Who Indicate Their Weight Influences How They Judge Themselves Often, Usually, or Always



Unhealthy Dieting

- Overall, 9% of students engage in dangerous behaviors to lose weight.
- Moreover, 15% of those who have a strong desire to be thinner sometimes or more often indicate using these methods.
- Such behaviors were also high among those identified as overweight (21%) and were trying to lose weight (21%).
- The rate at which students use these methods has not changed much over the years.



Unhealthy Dieting (cont.)

Demographics and Behaviors Associated with Unhealthy Dieting (9% of the population)

Demographics

- 22% of those who identify as Native Hawaiian or Pacific Islander
- 21% of those who identify as non-binary
- 19% of those who identify as non-heterosexual
- 11% of those who identify as female

Those who engage in unhealthy dieting are also more likely to:

- Indicate trying to lose weight (78%)
- Often, usually, or always have a strong desire to be thinner (73%)
- Often, usually, or always feel their weight influences how they judge themselves (72%)
- Be depressed (43%), self-harm (36%), or consider suicide (24%)
- Be sexually harassed (36%)
- Be bullied (28%) or cyberbullied (21%)
- Drink alcohol (20%)
- Use e-cigarettes (11%)
- Use marijuana (11%)

Those who engage in unhealthy dieting show a greater likelihood of depression, self-harm, and suicide.

- Those most at risk for unhealthy dieting are those who have a non-traditional gender identity or sexuality and women.
- Additionally, those that engage in unhealthy dieting also have high rates of depression, self-harm, and feeling their weight influence their self-image.



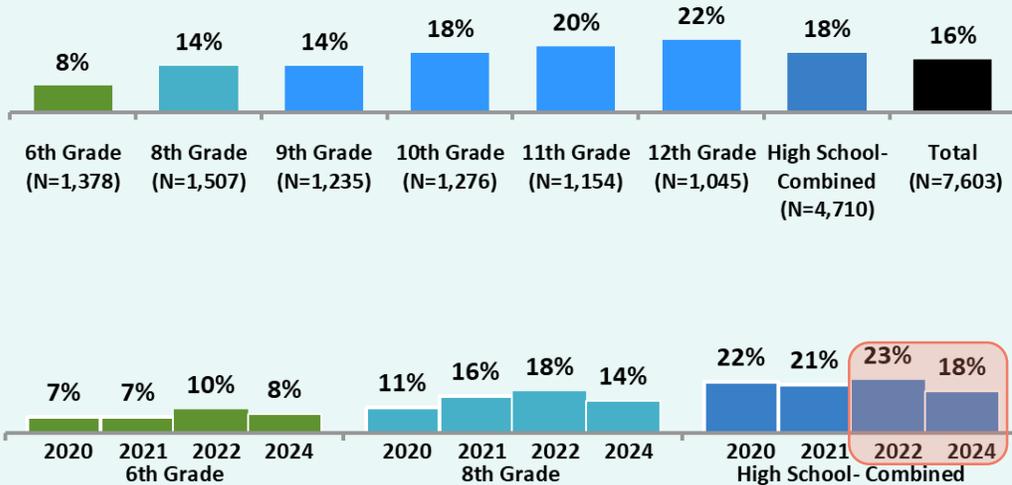
Social Media and Cellphone Use

Parental Involvement on Social Media

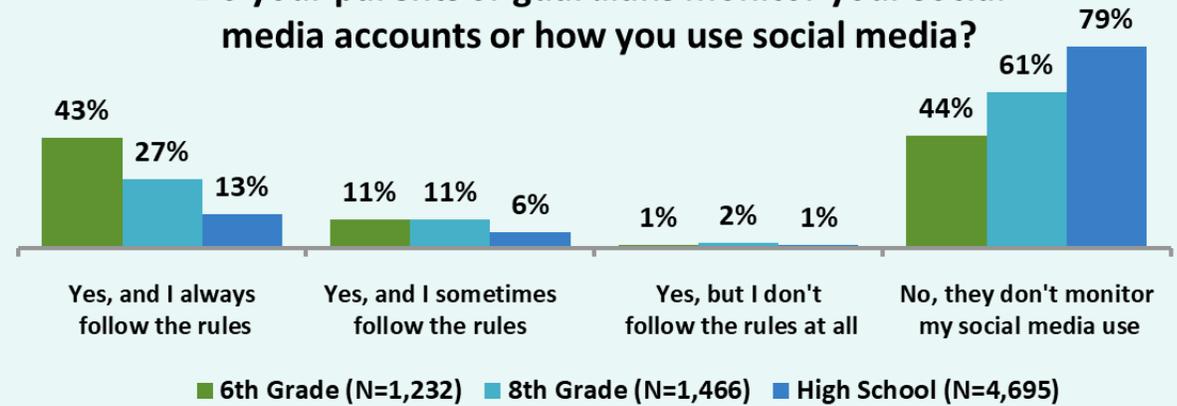
- Students are more likely to have a social media account their parents or guardians are unaware of as they age, with 11th and 12th graders being the most likely to have a secret social media account.

- Overall, parents are less likely to monitor social media for older students:
 - 56% of 6th graders have parents who monitor social media.
 - 39% of 8th graders have parents who monitor social media.
 - 21% of high schoolers have parents who monitor social media.
- However, 10% of those who say their parents monitor their social media, have an account of which their parents are unaware.

Have Social Media Account Parents or Guardians Don't Know About



Do your parents or guardians monitor your social media accounts or how you use social media?



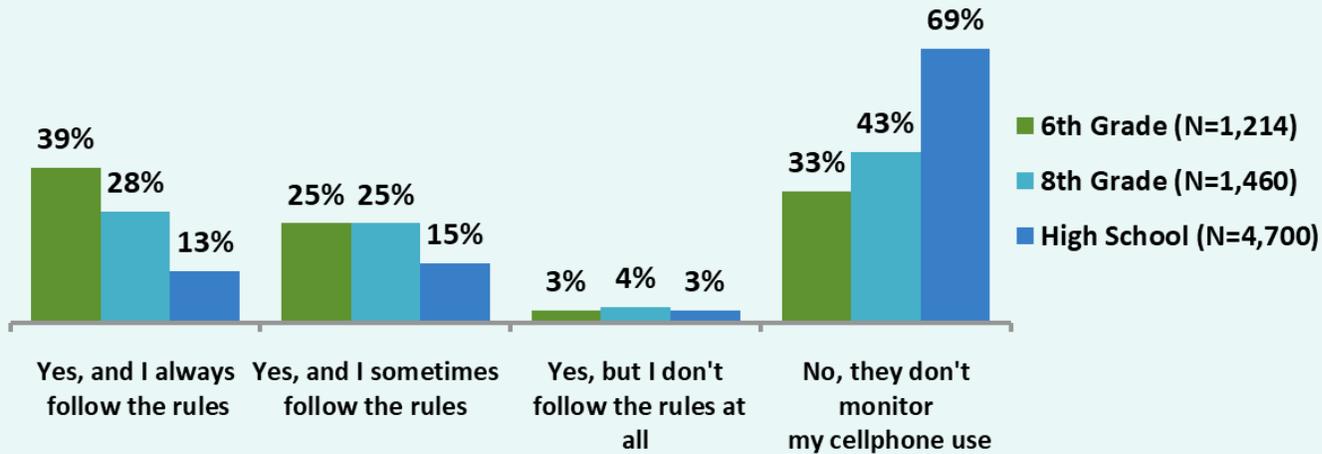
- 35% of those whose parents *do not* monitor their social media have viewed pornography in the past 30 days, compared to 28% of those whose parents monitor their accounts.
 - Otherwise, parental monitoring of social media does not seem to have a strong impact on youth risk behaviors.



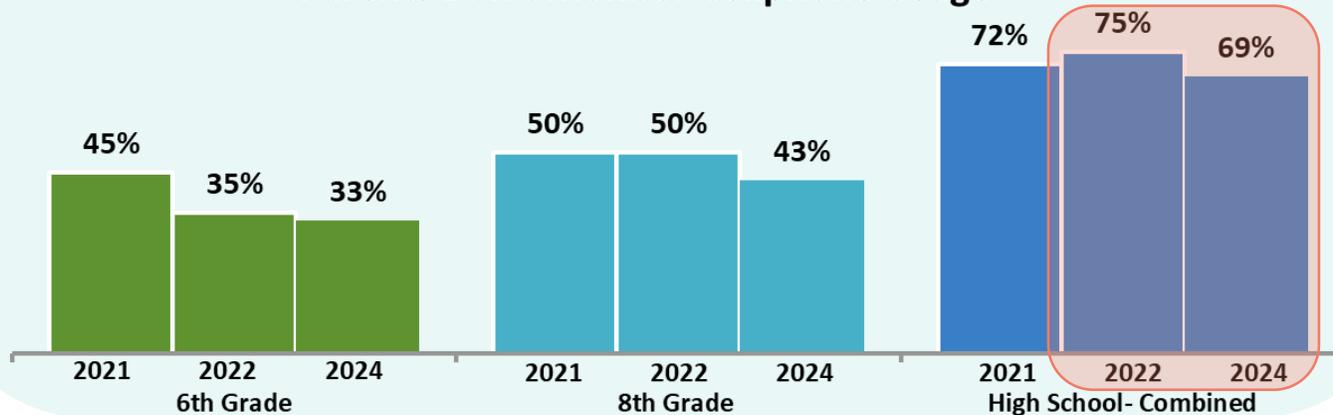
Q124	Do you have any social media accounts that your parents or guardians don't know about?	2020	2021	2022	2024
Q125	Do your parents or guardians monitor your social media accounts or how you use social media?			2022	2024

Parental Involvement in Cellphone Usage

Do your parents or guardians monitor your cellphone use?



Parents Don't Monitor Cellphone Usage



- Similar to social media use, parents are less likely to monitor cellphone use for older students:
 - 67% of 6th graders have parents who monitor their phone.
 - 57% of 8th graders have parents who monitor their phone.
 - 31% of high schoolers have parents who monitor their phone.
- For all grades, fewer students indicate their parents **not** monitoring their cell phones compared to 2021, though this is especially noticeable for 6th graders.
- Just over a third (36%) of those whose parents do not monitor their phones indicate looking at pornography in the past 30 days compared to those whose parents do (30%).
 - Otherwise, parental monitoring of cellphones does not seem to have a strong impact on youth risk behaviors.

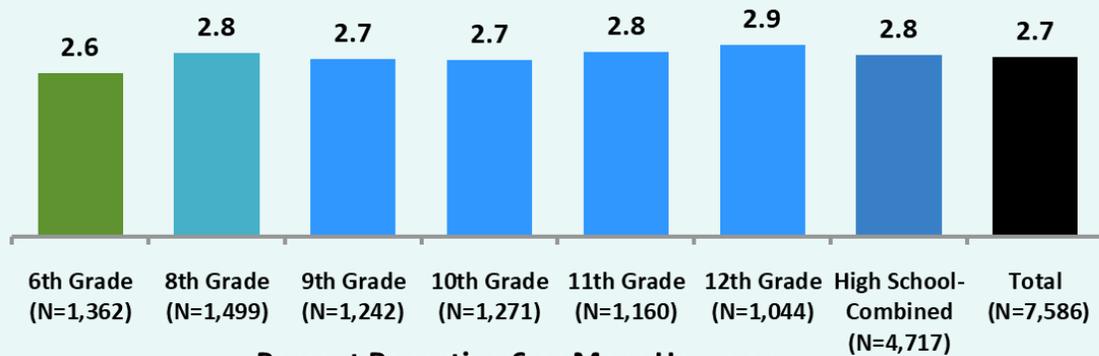


Screen Time and Social Media

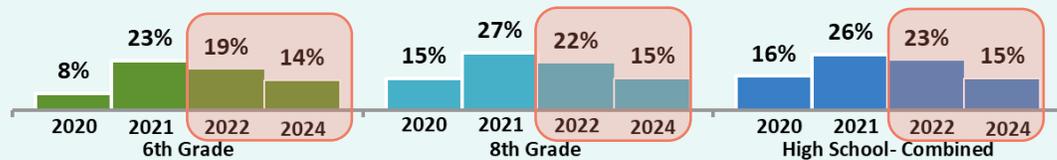
- Overall, students report spending a median time of 2.7 hours on electronic devices on weekdays for non-school related activities.
- However, the rates of students who spend 6 or more hours on visual media each weekday is continuing to return to pre-pandemic levels for most grades.

- Overall, students report spending a median time of 2.2 hours on social media on weekdays.
- Further, 1 in 5 (20%) students in the overall sample report spending 4 or more hours on social media each weekday.

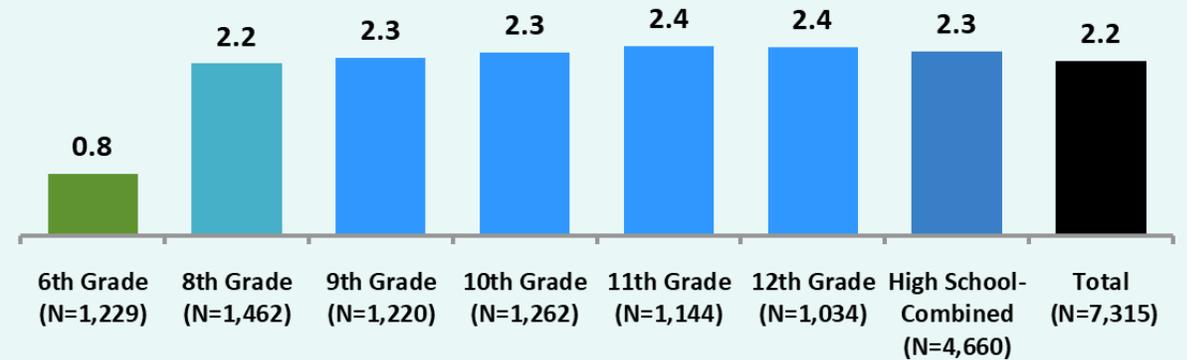
Median Hours Spent on Computers, Television, Phones, Game Consoles, or Other Visual Technology on Weekdays



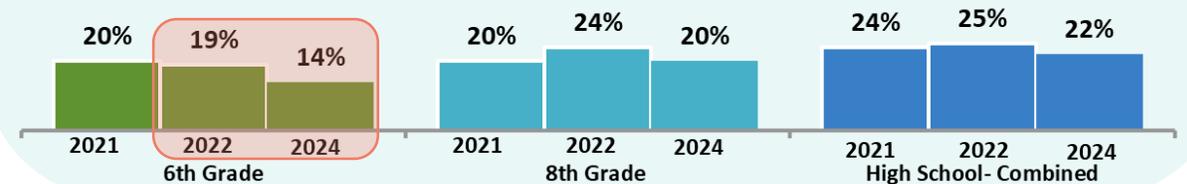
Percent Reporting 6 or More Hours on Visual Media Each Weekday



Median Hours Spent on Social Media on Weekdays



Percent Reporting 4 or More Hours on Social Media Each Weekday

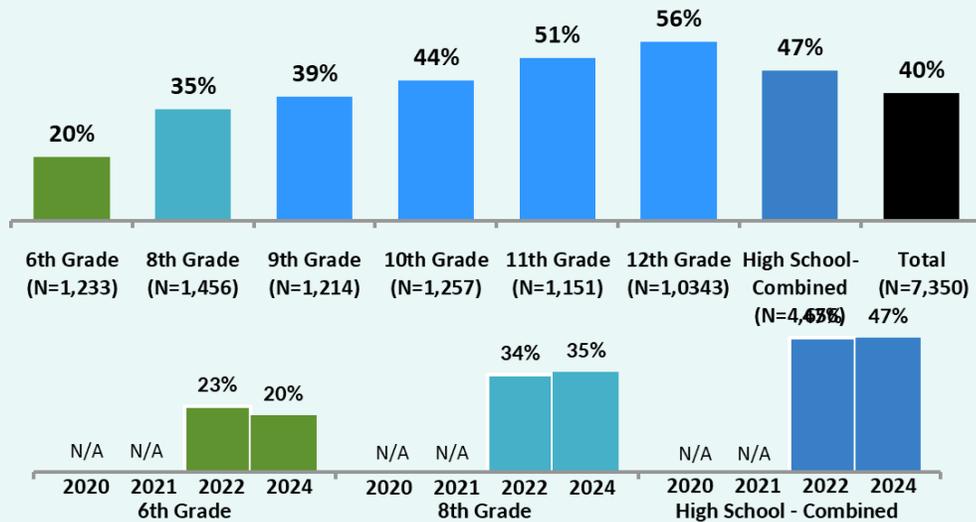


Q122	How much time do you spend weekdays after school using computers, television, phones, game consoles, or other visual technology for non-school related activities?	2020	2021	2022	2024
Q123	How much time do you spend weekdays on social media (e.g. Facebook, Twitter, Instagram, SnapChat, TikTok)?		2021	2022	2024

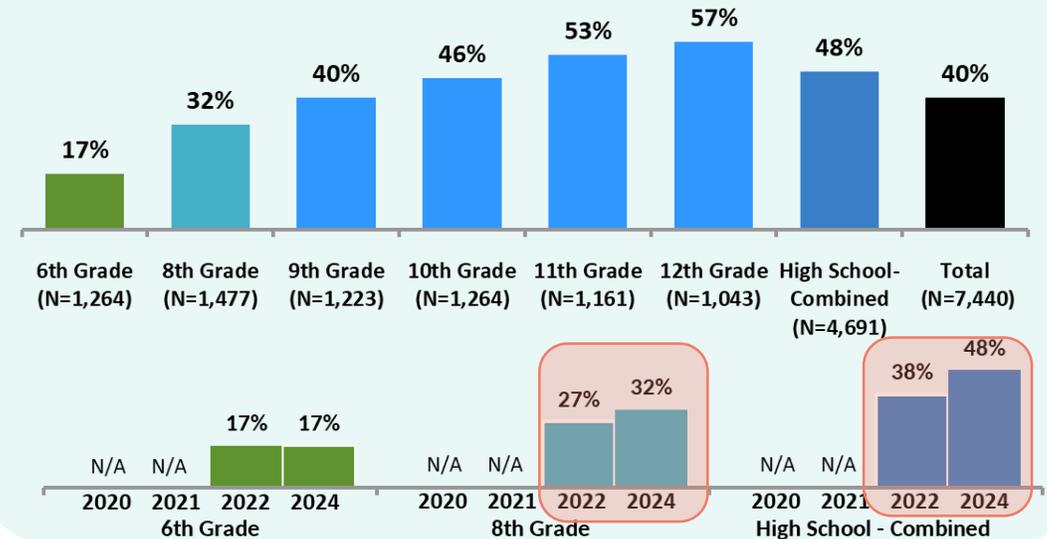
Perception of Time Spent on Cellphones and Social Media

- Overall, 40% of students feel they spend too much time on their phone and 40% feel they spend too much time on social media.
- The feeling that one spends too much time on these devices increases with each grade level, despite screen time and social media time not substantially changing with each grade.
 - This indicates that as students age, their perceptions of cellphone and social media use change.
- Rates of feeling they spend too much time on the phones is relatively consistent for students between 2022 and 2024.
 - For high schoolers and 8th graders, rates of feeling they spend too much time on social media have increased substantially since 2022.
- Students who identify as female are especially likely to feel they spend too much time on their phones or on social media (44% and 46%, respectively).
 - While students who identify as female spend more time on social media on average compared to students who identify as male (2 hours and 1 hour, respectively), they spend the same average amount of time on their phones (3 hours).

Feel They Spend too Much Time on Their Cellphone



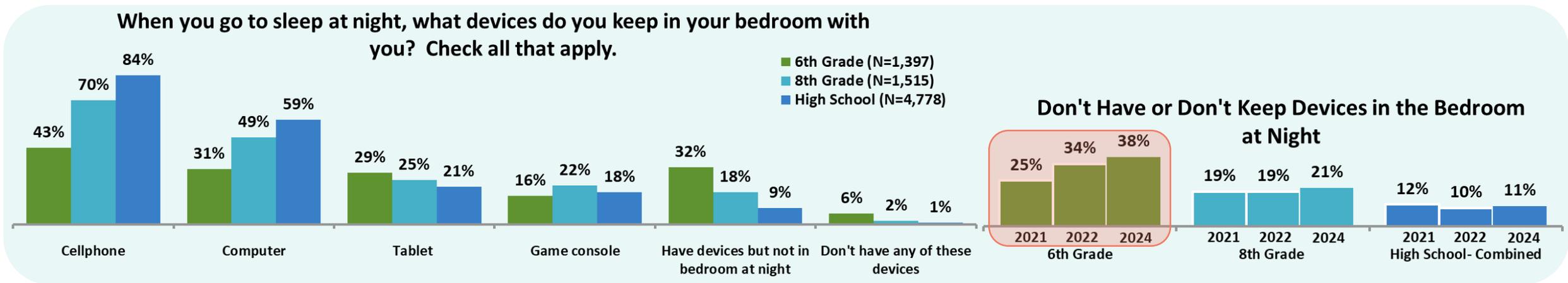
Feel They Spend too Much Time on Social Media



Q118	Do you think you spend too much time, about the right amount of time, or too little time on your cellphone?	2022	2024
Q119	Do you think you spend too much time, about the right amount of time, or too little time on social media?	2022	2024

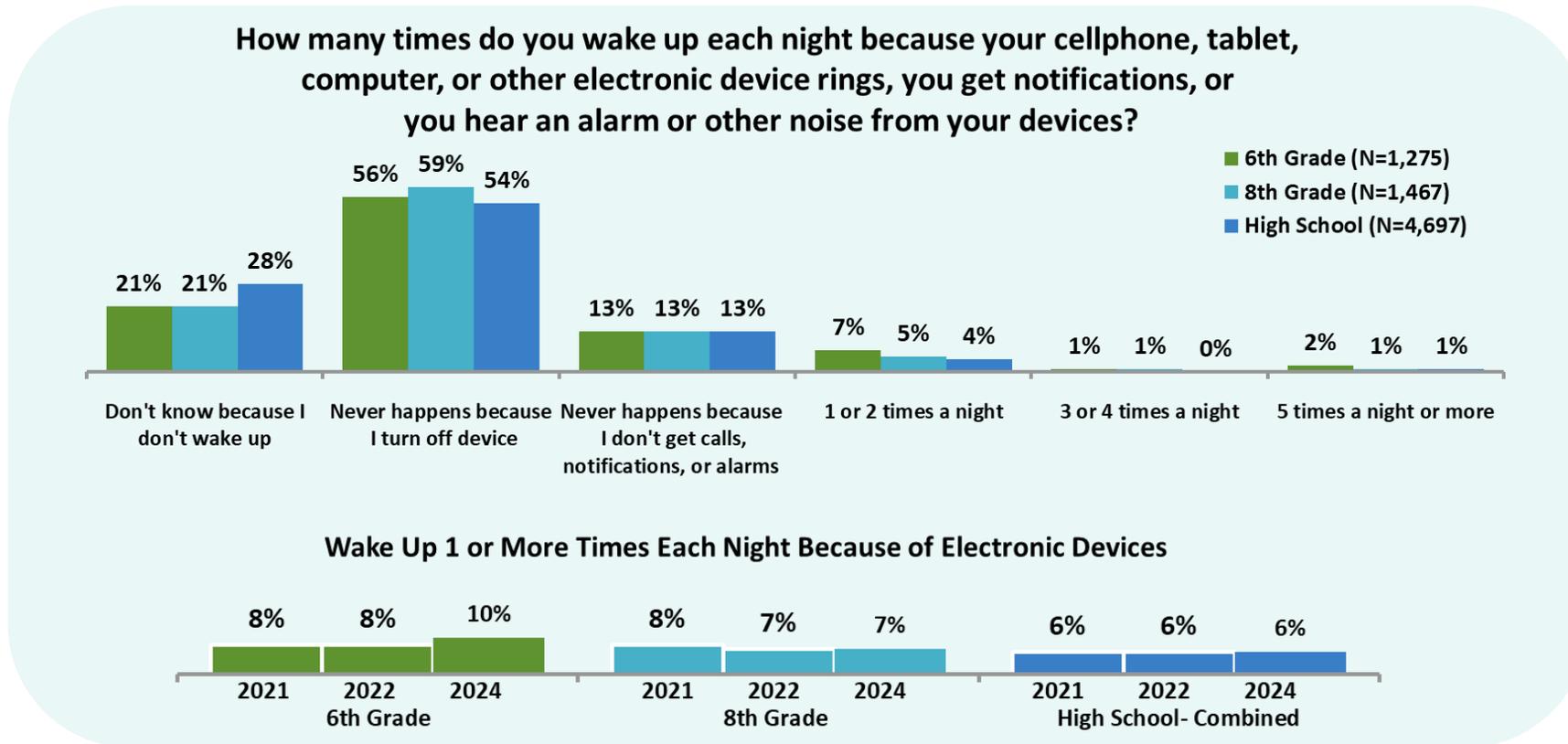
Electronic Devices in the Bedroom

- Cellphones are the most common devices students keep in the bedroom at night, followed by computers.
- High schoolers show a much greater tendency to keep their phone or their computer on in their bedroom at night compared to 6th and 8th graders.
- While those in 6th grade show greater rates of **not** keeping devices in their rooms at night since 2021, rates for those in 8th grade and high school have remained relatively stable since 2021.



Effect of Electronic Devices on Sleep

- Overall, 7% of students wake up at least once because of their cellphone at night.
- More than half of all 6th graders (56%) turn off their device at night.



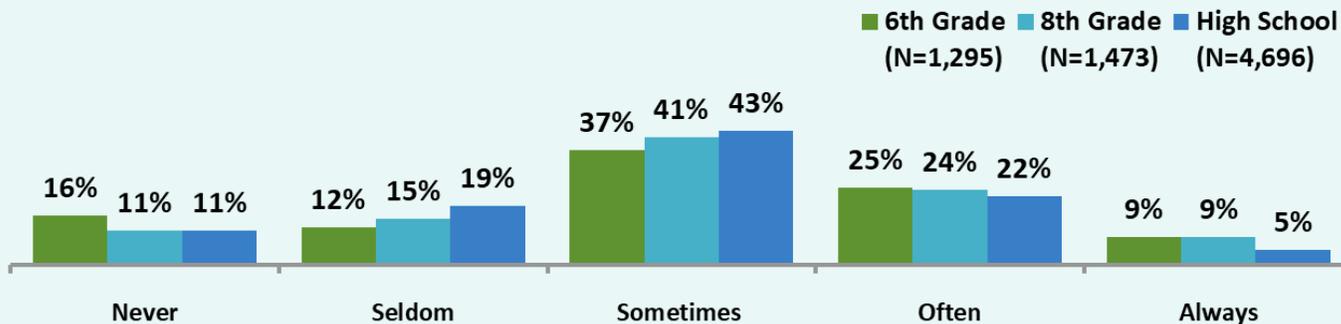
Cellphone Distraction: Notifications

- Overall, 30% of students feel they must immediately respond to messages often or always.
- This feeling appears to slightly decrease as grade level increases.
- Furthermore, this feeling has declined since 2022, with a substantial decrease among high schoolers.

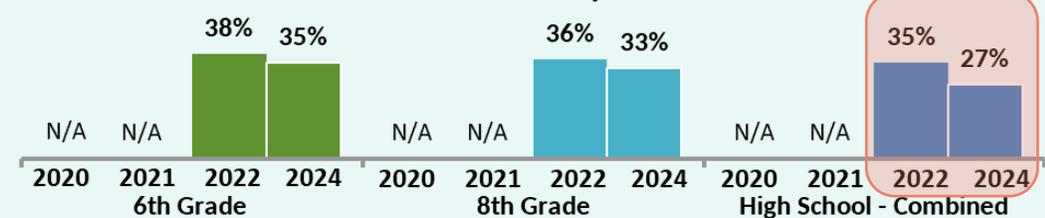
Those who often or always feel the need to respond to messages immediately are also more likely to:

- Have been in risky/unwanted situations due to information they shared online (18%)
- Have unwanted contact from someone they talked to online (17%)
- Experience difficulty leaving group chats or social media events that make them uncomfortable (17%)

How often do you feel as though you have to respond to messages from other people immediately?



Often or Always Feel The Need to Respond to Messages Immediately



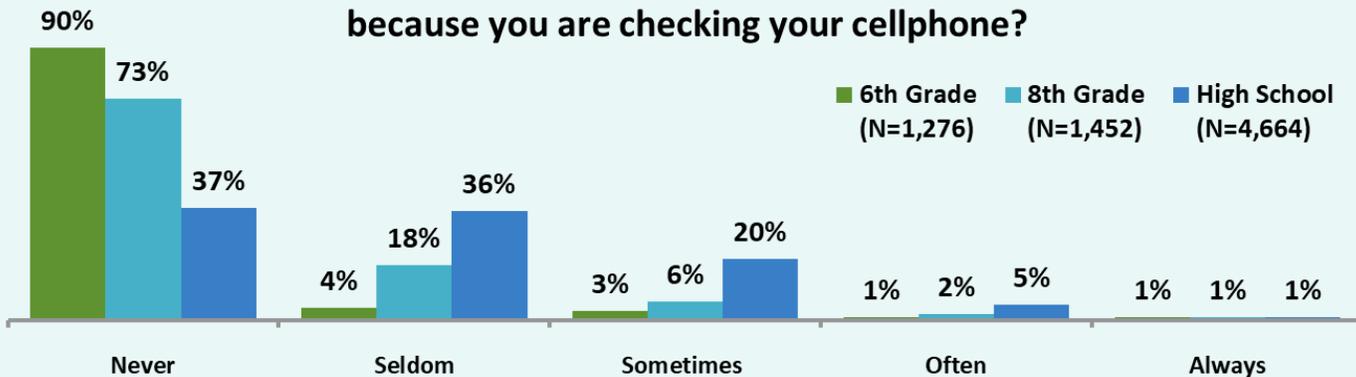
Cellphone Distraction: Focus in Class

- Overall, 5% of students indicate losing focus often or always due to checking their cellphone.
- High school students are especially likely to lose focus, with 6% saying they often or always lose focus in class due to their phone.
- Additionally, 10% of those who feel they must immediately respond to messages often or always indicate losing focus.

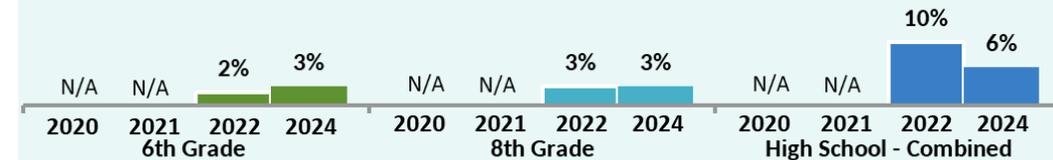
Those who often or always lose focus in class due to checking their phone are also more likely to:

- Have been in risky/unwanted situations due to information they shared online (27%)
- Have unwanted contact from someone they talked to online (30%)
- Experience difficulty leaving group chats or social media events that make them uncomfortable (22%)

How often do you lose focus in class or at school because you are checking your cellphone?



Often or Always Lose Focus in Class Due to Looking at Their Cell Phone

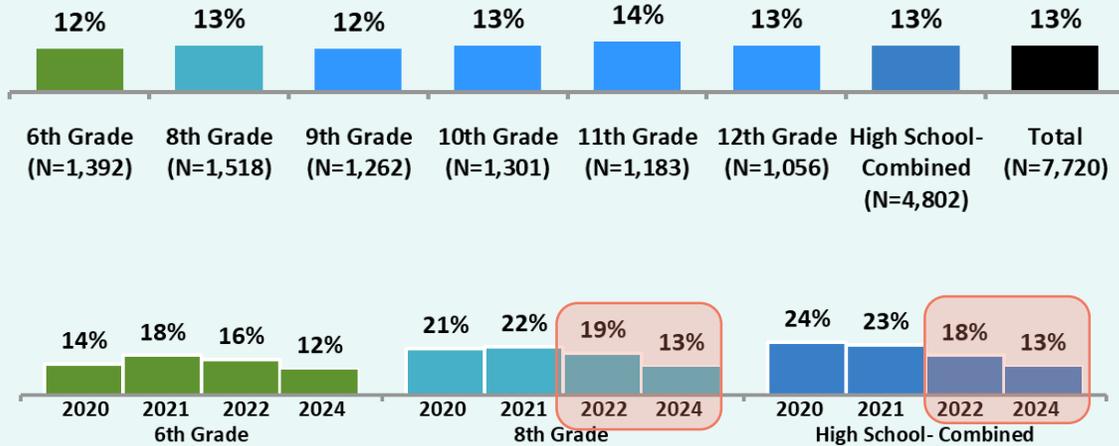


Risky Online Behaviors and Unwanted Contact

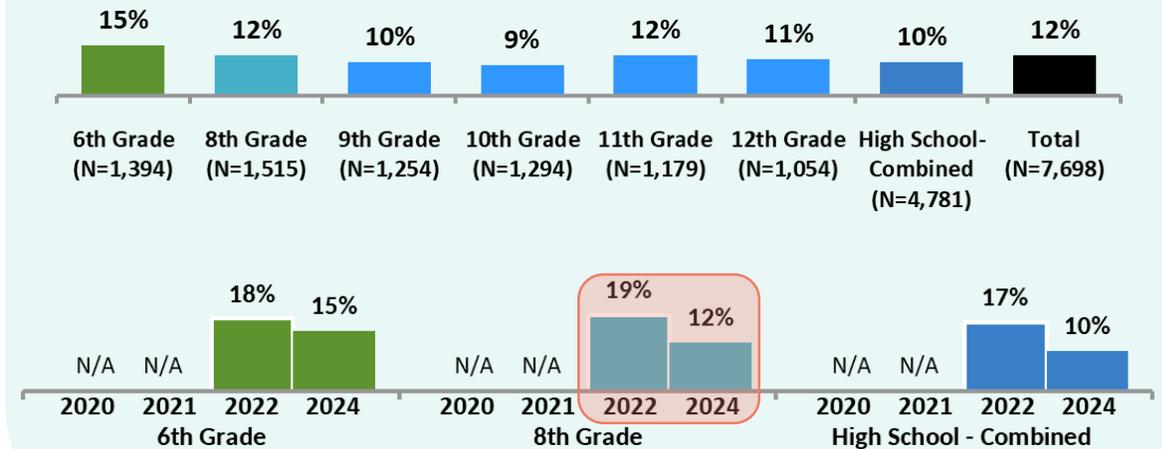
- The rate of students being in risky or unwanted situations due to information shared electronically is consistent regardless of grade.
- Over time, these levels are decreasing, particularly in 8th grade and high school.

- Likewise, students find themselves in uncomfortable digital conversations at similar rates regardless of grade.
- This is especially common for those who indicate they have been cyberbullied (41%).
- 6th grade students show a slight decrease in participation in uncomfortable chats over time, and 8th grade and high school students show substantial decreases since 2022.

Has Been in a Risky/Unwanted Situation Because of Information Shared Electronically

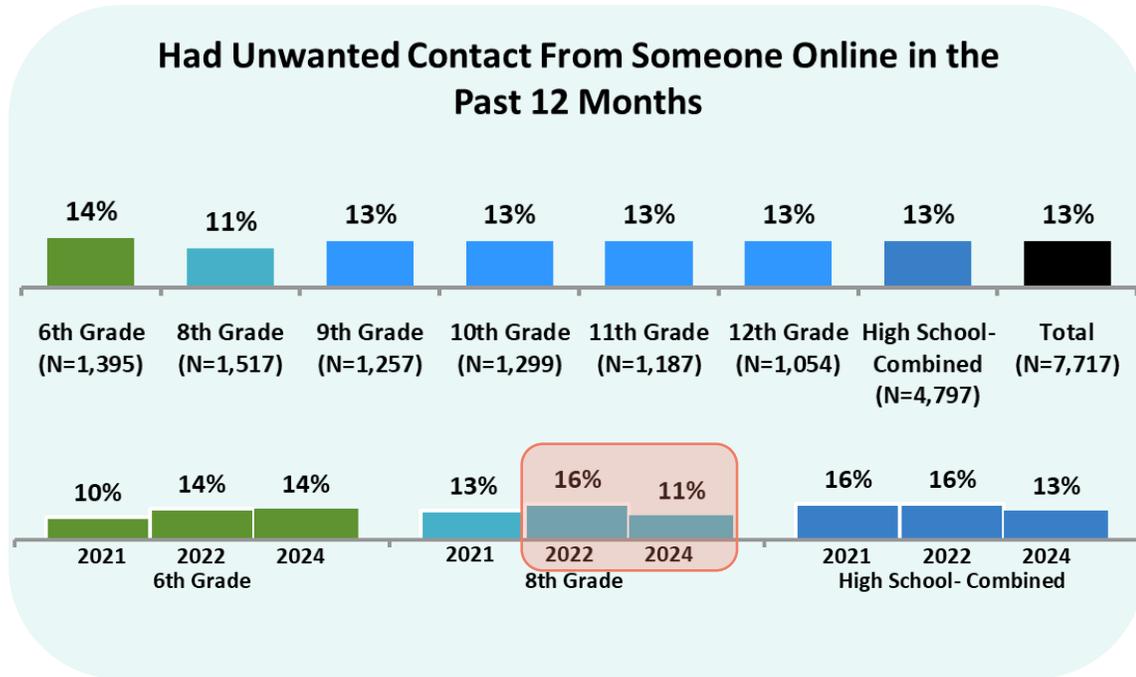


Participated in Uncomfortable Social Media Chats, Meetings, or Events but Had a Hard Time Leaving



Q49	Have you ever found yourself in a risky/unwanted situation because of information you shared electronically?	2020	2021	2022	2024
Q51	In the past 12 months have you participated in any group chats meetings or events on social media where the discussion made you uncomfortable but you had a hard time leaving?			2022	2024

Unwanted Online Contact



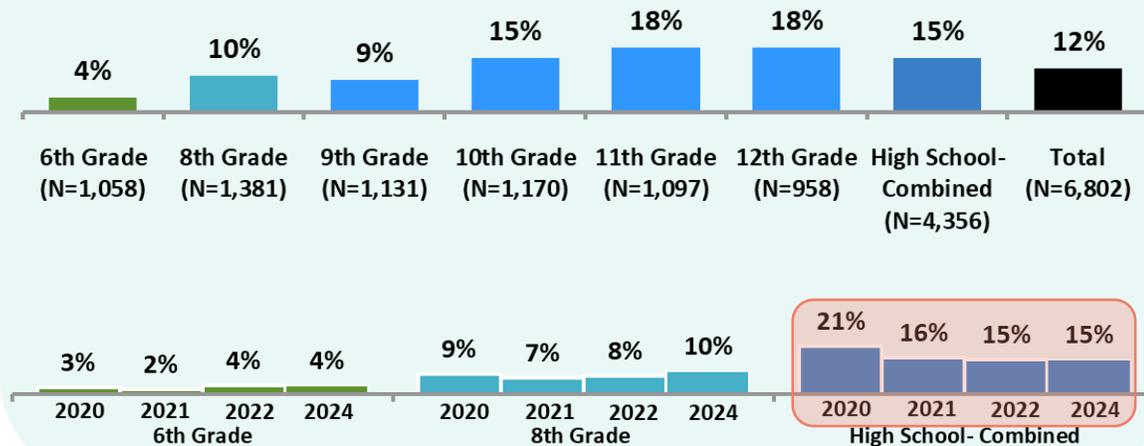
- While unwanted online contact appears fairly stable across grade levels, it shows a decrease in prevalence among those in 8th grade since 2022.
- This is especially common for those who indicate they have:
 - Been sexually harassed (39%)
 - Been bullied (33%)
 - Been cyberbullied (27%)
 - Sent or received sexually explicit messages (36%)



Sending or Receiving Sexually Explicit Messages

- Students are more likely to send and receive explicit messages with each grade, with nearly 1 in 5 (18%) engaging in this type of messaging by 12th grade.
- However, rates of sending and receiving such messages shows a downward trend among high schoolers through 2022, with rates stabilizing for 2024.
- Those who identify as transgender or Native Hawaiian or Pacific Islander have a much higher rate of sexually explicit messaging compared to the population.
- Those who send or receive sexually explicit messages are especially likely to be sexually harassed, to recently drink alcohol, and to view pornography.

Sent or Received Sexually Explicit Messages or Photos Electronically in the Past 12 Months



Demographics and Behaviors Associated with sending or receiving sexually explicit messages (12% of the population)

Demographics

- 27% of those who identify as Native Hawaiian or Pacific Islander
- 25% of those who identify as transgender
- 21% of those who identify as non-binary
- 19% of those who identify as Black or African American
- 18% of those who identify as non-heterosexual

Those who have sent or received sexual messages are more likely to:

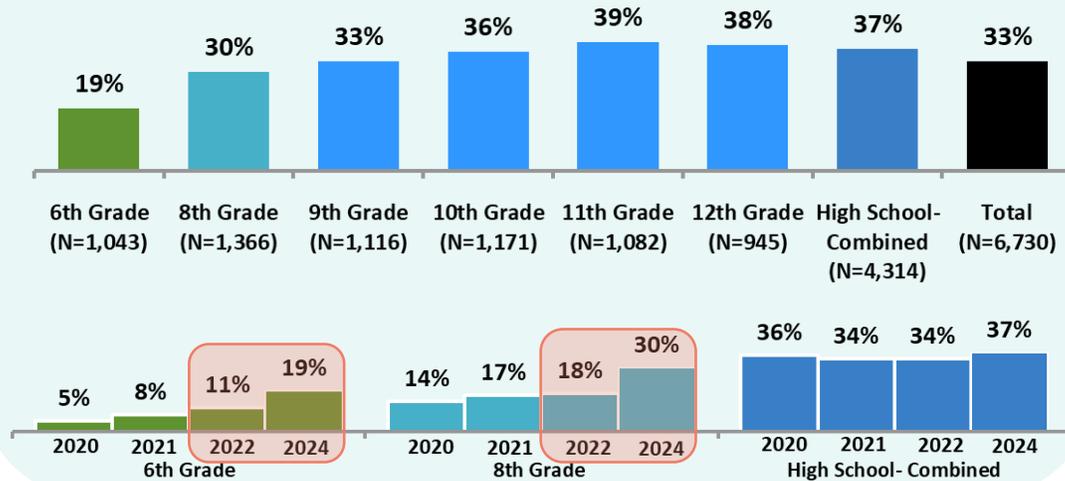
- View pornography (82%)
- Be sexually harassed (42%)
- Drink alcohol (35%)
- Be depressed (34%), self-harm (28%), or consider suicide (19%)
- Have sexual intercourse (32%)
- Be bullied (28%) or cyberbullied (20%)
- Engage in unhealthy dieting (22%)
- Use e-cigarettes (17%) or marijuana (20%)
- Bully (9%) or cyberbully others (10%)



Pornography

- Pornography viewing increases with each grade, with the exception of 12th grade, which slightly dips below the rates of pornography viewing in 11th grade.
- Rates of looking at pornography appear stable among high school students, while 6th and 8th graders appear to be displaying an upward trend over time.
 - However, question wording changed from previous years to describe pornography rather than using the term pornography. Given this, it is possible that exposure to pornography has not substantially increased for younger students, rather their understanding of the question improved compared to previous years.

Looked at Pornographic Material in the Past 30 Days



Demographics and Behaviors Associated with Recent Pornography viewing (33% of the population)

Demographics

- 47% of those who identify as non-binary
- 46% of those who identify as transgender
- 44% of those who identify as non-heterosexual
- 42% of those who identify as Middle Eastern American
- 41% of those who identify as Southeast Asian American
- 34% of those who identify as male

Those who have recently viewed pornography are also more likely to:

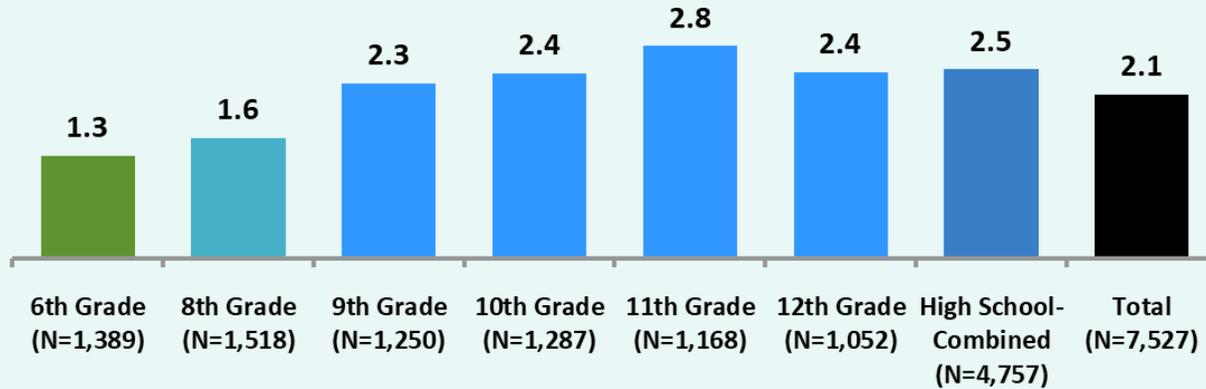
- Send or receive sexual messages (31%)
- Be sexually harassed (24%)
- Be depressed (24%), self-harm (22%), or consider suicide (13%)
- Drink alcohol (20%)
- Be bullied (19%) or cyberbullied (13%)
- Have sexual intercourse (16%)
- Engage in unhealthy dieting (14%)



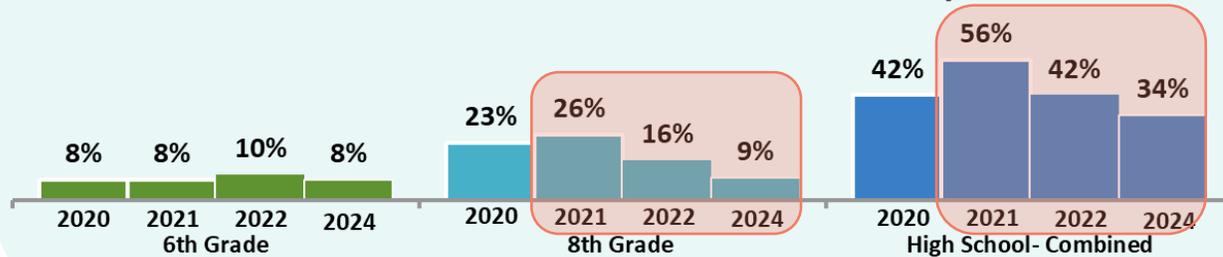
Lifestyle

Homework

Median Hours Spent Doing Homework Each Day



Does 3 or More Hours of Homework Each Day

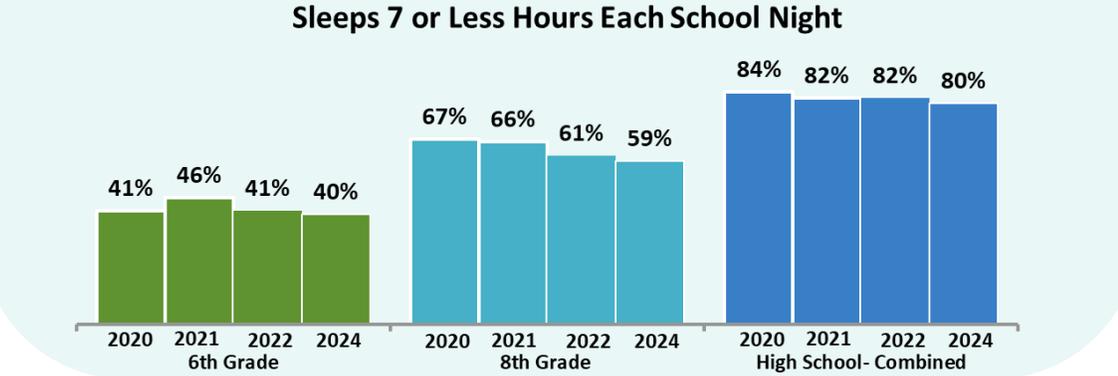
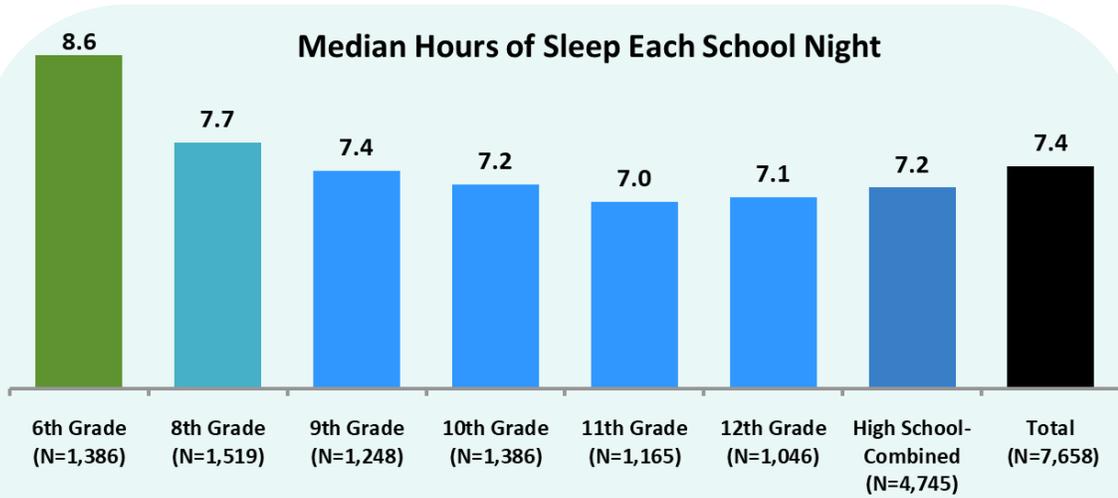


- While the median amount of time students spend on homework in 6th and 8th grade is 1 hour each day, this increases to 2 hours throughout high school.
- Those in the 8th grade and high school report substantially less homework compared to previous years.
- 75% of students who report 3 or more hours of homework each day also indicate that they have experienced somewhat high or very high levels of stress due to their academic course load.



Sleep

- Most 8-12th graders get less than 8 hours of sleep each night, with 33% of all students reporting 6 or fewer hours.
- Those with a non-traditional gender identity or sexual orientation and those who identify as Black or African American are among those most likely to get little sleep.



Demographics and Behaviors Associated with Getting 6 or Fewer Hours of Sleep Each Night (33% of the population)

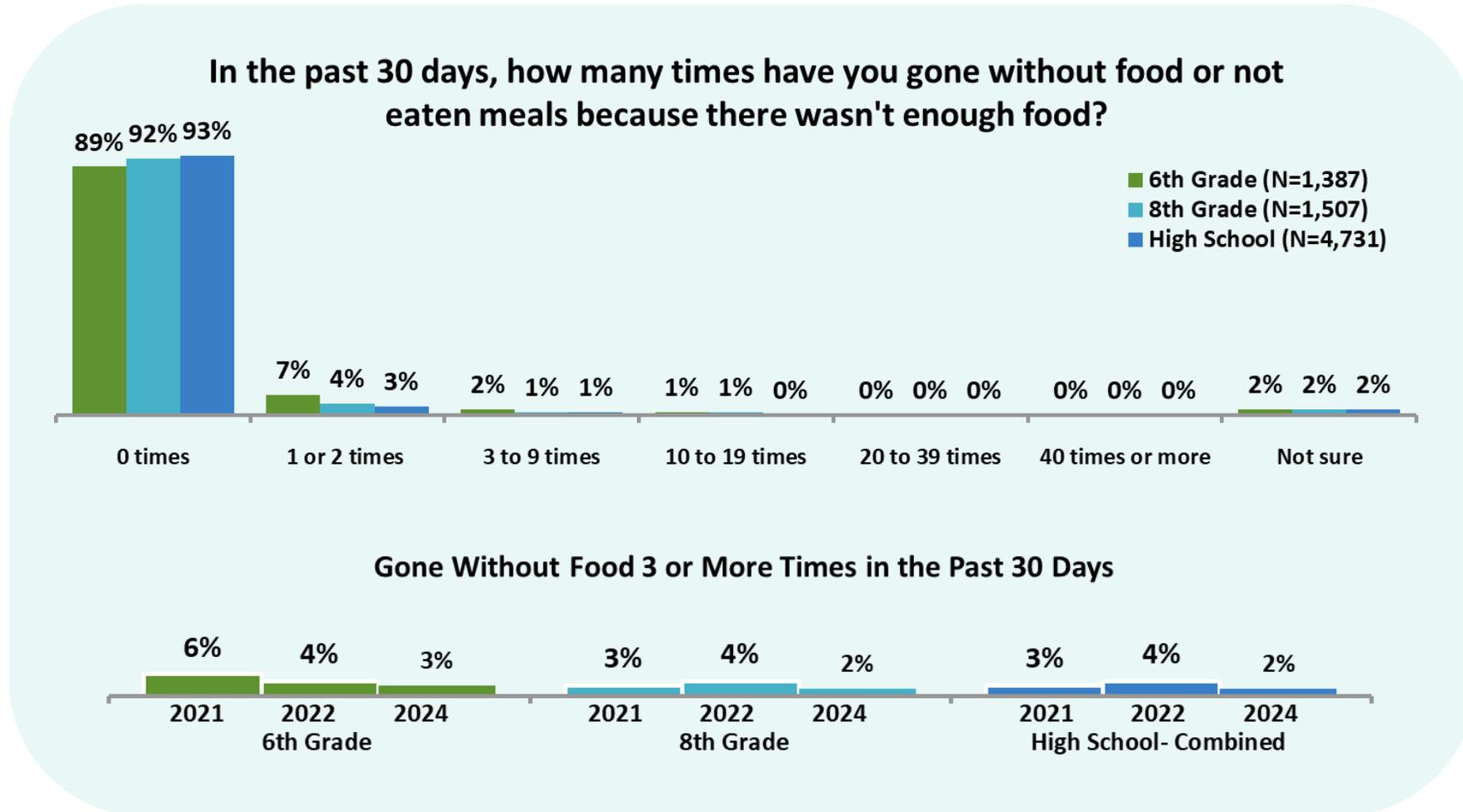
- Demographics**
- 51% of those who identify as non-binary
 - 50% of those who identify as non-heterosexual
 - 50% of those who identify as Black or African American
 - 46% of those who identify as Native Hawaiian or Pacific Islander
 - 46% of those who identify as transgender
 - 43% of those who identify as Hispanic or Latinx
 - 37% of those who identify as female

- Those who get 6 or fewer hours of sleep each night are more likely to:**
- Feel high levels of stress from academic workload (69%)
 - Have a hard time navigating stressful events (40%)
 - Feel high levels of stress from events or pressure at home (34%)
 - Be depressed (25%), self-harm (18%), or consider suicide (11%)



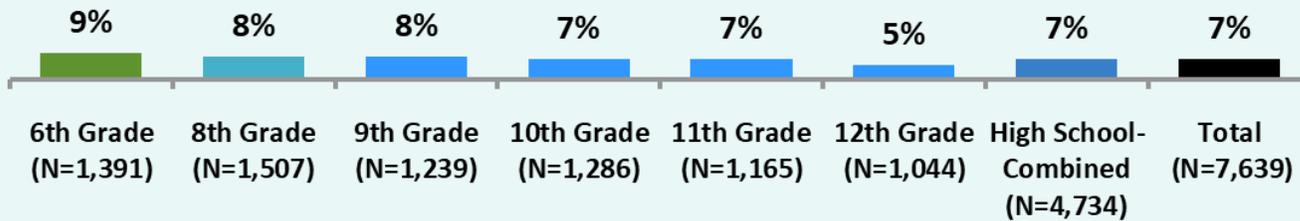
Going Without Food

- While the majority of students do not go without food, 2% of students have gone hungry 3 or more times in the 30 days prior to taking this survey.



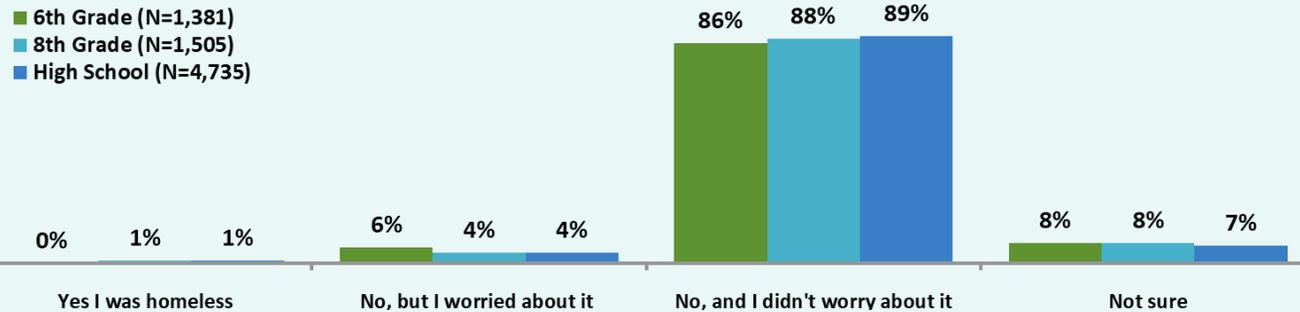
Moving and Homelessness

Moved to New Apartment or House in Past 30 Days



➤ Overall, 7% of students reported moving in the past 30 days, with 6th graders being nearly twice as likely to have moved than 12th graders.

At any point in the past 12 months, were you homeless or did you worry about being homeless?



➤ Although 1% of the student population was homeless in the past year, 6th graders indicated being nearly twice as likely to worry about homelessness compared to 8th graders and high schoolers.



Q127	In the past 12 months did you move to a new apartment or house?			2022	2024
Q128	At any point in the past 12 months were you homeless or did you worry about being homeless?			2022	2024

Appendix

Appendix A: Changes to Questionnaire

Questionnaire Differences in 2024

Questions that changed compared to previous years				
Q3	How do you identify yourself? • Female • Male • Something else (non-binary, etc)			How do you identify yourself? • Female • Male • Transgender • Other (Non-binary, etc)
		2024	2022	2021 2020
Q4	Do you identify as transgender, or identify with a different gender than the one you were assigned at birth?			Do you identify as transgender?
		2024		2022
Q5	How do you think of yourself? • Straight (attracted to people the opposite gender as you, also known as heterosexual) • Gay or lesbian (attracted to people the same gender as you, also known as homosexual) • Bisexual (attracted to people both the same and opposite gender as you) • Something else (asexual, pansexual, etc.) • Not sure			How do you think of yourself? • Straight (heterosexual) • Gay or lesbian (homosexual) • Bisexual • Something else (asexual, pansexual, etc.) • Not sure
		2024	2022	2021 2020
Q15-22	How do you describe yourself? – Hispanic or Latino/Latina/Latinx/Latine included instead of as a separate ethnicity question			How do you describe yourself? – asked if they identified as Hispanic or Latino/Latina/Latinx separately.
		2024	2022	2021 2020



* For 2021, some participating districts got different versions of this question

Questionnaire Differences in 2024

Questions that changed compared to previous years

Q 48	During the past 30 days, on how many days have you seen or heard pictures, stories, sounds, or actions that show nudity or sexual behavior, either in electronic or any other format? <ul style="list-style-type: none"> • I have not seen or heard any in the past 30 days • 1 or 2 days • 3 to 5 days • 6 to 9 days • 10 to 19 days • 20 to 29 days • All 30 days 			During the past 30 days, on how many days did you look at pornographic material, either in electronic or any other format? <ul style="list-style-type: none"> • I have not looked at pornographic material in the past 30 days • 1 or 2 days • 3 to 5 days • 6 to 9 days • 10 to 19 days • 20 to 29 days • All 30 days 		
	2024			2022	2021	2020
Q52	During the past 12 months, have you received unwelcome comments or actions of a sexual nature which made you uncomfortable (sexual harassment)? <ul style="list-style-type: none"> • Yes, this happened to me online • Yes, this happened to me in person • Yes, both online and in person • No, this hasn't happened to me 			During the past 12 months, have you received unwelcome comments or actions of a sexual nature which made you uncomfortable (sexual harassment) from others in school? <ul style="list-style-type: none"> • Yes • No 		
	2024	2022	2021	2020		
Q55	During the past 12 months, what level of stress have you experienced as a result of your school/academic workload?			During the past 12 months, what level of stress have you experienced as a result of your academic workload?		
	2024	2022	2021*	2021*	2020	



Questionnaire Differences in 2024

Questions that changed compared to previous years

Q56-71	<p>When you are dealing with stress, which strategies do you use most often? Check all that apply to you.</p> <ul style="list-style-type: none"> • Nothing • Exercise • Drinking alcohol • Doing drugs • Smoking cigarettes • Vaping/Juuling/Vuseing • Mindfulness/Mediation activities 	<p>Which of the following strategies do you use most frequently to deal with stress? (Choose all that apply)</p> <ul style="list-style-type: none"> • Nothing • Exercise • Drinking/drugs/smoking • Vaping/Juuling/Vuseing • Mediation/relaxation activities 		
	2024	2022	2021	2020
Q77	<p>If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse? (Asked only of those who attempted suicide)</p> <ul style="list-style-type: none"> • Yes • No 	<p>If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?</p> <ul style="list-style-type: none"> • I did not attempt suicide during the past 12 months • Yes • No 		
	2022	2021	2020	2018
Q78	<p>In the past 12 months, has anyone you know from school told you they were thinking about hurting themselves or suicide?</p> <ul style="list-style-type: none"> • Yes, they told me in person, on a phone/video call, or in a text • Yes, they told me online (direct messaging, email, in social media, etc) • No, but I saw or heard something about the person from a friend • No, but I saw or heard something about the person online • No, nobody at school has told me they were thinking about hurting themselves or suicide 	<p>In the past 12 months, has anyone at school told you they were thinking about hurting themselves or suicide, and did you tell an adult about it? (Not compared to new version)</p> <ul style="list-style-type: none"> • No one told me they wanted to hurt themselves, and I'm not worried about anyone • No one told me they wanted to hurt themselves, but I am worried about someone • Yes, someone told me, but I didn't tell an adult • Yes, someone told me, and I did tell an adult • Not sure 		
	2024	2022	2021	2020



Questionnaire Differences in 2024

Questions that changed compared to previous years

Intro for Q80	The next questions ask about your experiences with alcohol and other substances. Alcohol includes beer, wine, hard seltzers , and liquor such as rum, gin, vodka, or whiskey. For these questions, drinking alcohol does NOT include drinking a few sips of wine for religious purposes.		• The next questions ask about your experiences with alcohol and other substances. Alcohol includes beer, wine, wine coolers , and liquor such as rum, gin, vodka, or whiskey. For these questions, drinking alcohol does NOT include drinking a few sips of wine for religious purposes.		
	2024		2022	2021	2020
Q80	During the past 30 days, on how many days did you have at least one drink of alcohol? <ul style="list-style-type: none"> • I have never had a drink of alcohol other than a few sips • I have drunk alcohol (more than few sips) but not within the past 30 days • 1 or 2 days • 3 to 5 days • 6 to 9 days • 10 to 19 days • 20 to 29 days • All 30 days 		During the past 30 days, on how many days did you have at least one drink of alcohol? <ul style="list-style-type: none"> • 0 days • 1 or 2 days • 3 to 5 days • 6 to 9 days • 10 to 19 days • 20 to 29 days • All 30 days 		
Q81	During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row, that is, within a couple of hours? <ul style="list-style-type: none"> • I have never had 5 or more drinks in a row within a couple hours • I have had 5 or more dinks in a row within a couple of hours, but not within the past 30 days • 1 or 2 days • 3 to 5 days • 6 to 9 days • 10 to 19 days • 20 to 29 days • All 30 days 		During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row, that is, within a couple of hours? <ul style="list-style-type: none"> • 0 days • 1 or 2 days • 3 to 5 days • 6 to 9 days • 10 to 19 days • 20 to 29 days • All 30 days 		
	2024	2022	2021		2020



Questionnaire Differences in 2024

Questions that changed compared to previous years

		2024	2022	2021	2020
Q82	During the past 30 days, on how many days did you use an electronic e-cigarette*, also called vaping, juuling, or vusing?				
	<ul style="list-style-type: none"> • I have never used and e-cigarette or vaped • I have used an e-cigarette or vaped but not in the last 30 days • 1 or 2 days • 3 to 5 days • 6 to 9 days • 10 to 19 days • 20 to 29 days • All 30 days 			<ul style="list-style-type: none"> • 1 or 2 days • 3 to 5 days • 6 to 9 days • 10 to 19 days • 20 to 29 days • All 30 days 	
Q90	During the past 30 days, on how many days did you use marijuana or marijuana-related products (not including CBD oil)?				
	<ul style="list-style-type: none"> • I have never used marijuana or marijuana-related products • I have used marijuana or marijuana-related products but not in the past 30 days • 1 or 2 days • 3 to 5 days • 6 to 9 days • 10 to 19 days • 20 to 29 days • All 30 days 			<ul style="list-style-type: none"> • 0 times • 1 or 2 days • 3 to 5 days • 6 to 9 days • 10 to 19 days • 20 to 29 days • All 30 days 	



* Note in 2024 "Electronic cigarette (e-cigarette)" was shortened to just "e-cigarette".

Questionnaire Differences in 2024

Questions that changed compared to previous years

	2024	2022	2021	2020
Q101-109	<p>During the past 30 days, without a doctor's advice, have you done any of the following to lose weight or keep from gaining weight?</p> <ul style="list-style-type: none"> • Exercised to lose weight • Ate less food or fewer calories (dieted) • Went without food for 24 hours or more (also called fasting) • Went on a cleansing diet • Colon cleanse 	<ul style="list-style-type: none"> • Made myself vomit • Avoided unhealthy foods or foods that didn't fit in my diet • Took laxatives • Took diet pills, powders, or liquids • I did not do any of these 	<p>During the past 30 days, without a doctor's advice, have you done any of the following to lose weight or keep from gaining weight?</p> <ul style="list-style-type: none"> • Go without eating for 24 hours (also called fasting) • Go on a cleansing diet • Colon cleanse • Make myself vomit • Take laxatives 	<ul style="list-style-type: none"> • Take diet pills, powders, or liquids • None of these
Q125	<p>Do your parents or guardians monitor your social media accounts or how you use social media?</p> <ul style="list-style-type: none"> • Yes, they monitor my social media use and I always follow the rules • Yes, they monitor my social media use and I sometimes follow the rules • Yes, they monitor my social media use and I don't follow the rules at all • No, they don't monitor my social media use. 		<p>How do your parents or guardians monitor your social media accounts or how you use social media? Check all that apply:)</p> <ul style="list-style-type: none"> • They do not monitor my social media accounts or use • I don't know if they monitor my social media accounts or use • I have a contract and ground rules for my phone/tablet/computer • They follow my social media accounts weekly or more often • They use monitoring, blocking, or filtering software • They put parental controls on my phone/tablet/computer • I am only allowed to use my phone/tablet/computer at certain times • I am only allowed to use my phone/tablet/computer in certain places in our home • They monitor my social media accounts or use in some other way • I don't have any social media accounts, or I don't have a phone 	

