

YOUTH RISK BEHAVIOR SURVEY SUMMARY OF FINDINGS FOR 2024: Concord-Carlisle Regional School District

Prepared For



Spring 2024

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Youth Risk Behavior Survey (YRBS)

2024 Emerson YRBS Overview

Since 1997, Emerson Hospital and 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.

Concord-Carlisle Regional School District YRBS

Concord-Carlisle has participated in the Emerson YRBS since 2002 with the exception of 2021. This report presents findings for Concord-Carlisle Regional School District's 6th graders, 8th graders, and high school students. Concord-Carlisle's students from these grades are also included in the aggregate for all districts for 2024.



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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 1,677 students enrolled in Concord-Carlisle on March, 2024, 79% 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 the survey was not administered due to some technical challenges.

Throughout this report, “students” refers to Concord-Carlisle students unless otherwise specified (i.e., labeled “aggregate”).

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, 2022 and 2024 results for 6th graders, 8th graders, and high school students. We also include an aggregate for all districts combined for 2024, and Concord-Carlisle's students are represented in the aggregate.

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

- Statistically significant differences which also seem meaningful will be highlighted in red.

Companion Document

Along with this report, your district 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 (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	-	-	✓	✓
Bedford		-	✓	✓
Carlisle Middle School	✓	-	✓	✓
Concord-Carlisle	✓	-	✓	✓
Groton-Dunstable	✓	✓	✓	✓
Harvard Bromfield	✓	-	✓	✓
Littleton	✓	-	✓	✓
Maynard	✓	✓	✓	✓
Nashoba	✓	-	✓	✓

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.

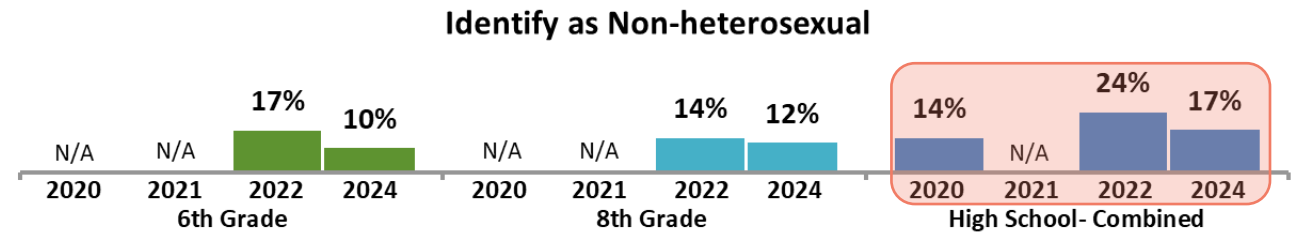
Question #	Question Text	Years Question Was Asked			
 Q38	 During the past 12 months have YOU repeatedly threatened, humiliated, or harassed (bullied) someone in school?	2020		2022	2024



Student Demographic Profile

2024	6 TH Grade	8 th Grade	High School
Gender (Q3)*			
Female	47%	42%	46%
Male	51%	56%	51%
Non-binary	2%	2%	3%
Transgender (Q4)			
Yes	4%	3%	4%
No	94%	94%	94%
Not sure	2%	3%	2%
Sexual Orientation (Q5)			
Straight (heterosexual)	80%	84%	78%
Gay or lesbian (homosexual)	2%	3%	3%
Bisexual	6%	7%	10%
Another orientation (asexual, pansexual etc.)	2%	3%	4%
Not sure	10%	4%	4%
Race/Ethnicity- Select as many as apply (Q15-22)*			
American Indian or Alaska Native	3%	1%	1%
Asian American	11%	11%	15%
Black or African American	10%	10%	7%
Hispanic or Latino/Latina/Latinx/Latine	8%	10%	8%
Middle Eastern American	3%	4%	4%
Native Hawaiian or Pacific Islander	0%	1%	1%
Southeast Asian American	1%	1%	1%
White	75%	78%	82%
Don't Know	4%	1%	1%

➤ The proportion of students who identify as non-heterosexual appears to decrease slightly among all grades between 2022 and 2024, significantly so among high school students.



* Question was changed from previous surveys

Overall Summary of Findings

Compared to 2022, students show an increase in some positive attitudes and experiences, though rates of certain risk factors have also increased.

While rates of being bullied increased, so to have rates for confidence in adults to help and feeling supported by adults at school compared to 2022.



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

- **Feeling safe with family**
 - Trending up among all students since 2022.
- **Confidence in adults to help with bullying**
 - Showed a substantial increase among 6th grade students and is trending up among older students since 2022.
- **Feeling supported by adults at school**
 - Increase among 6th grade and high school students since 2022.



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

- **Being bullied**
 - Increase among middle school students and is trending up for high school students since 2022.
- **Sending or receiving explicit media**
 - Increased among 8th grade and high school students and is trending up for 6th graders since 2022.
- **Viewing explicit media/pornographic materials**
 - Increased among all grades, though changes in question wording may account for much of this increase.

*Throughout this report, “students” refers to Concord-Carlisle students unless otherwise specified (i.e., labeled “aggregate”).



Many risky experiences and attitudes have decreased compared to prior years, including sexual harassment and e-cigarette use at school.

Rates of feeling depressed and self-harm have decreased overall. However:

- Students with certain identities display disproportionate rates of feeling depressed or self-harm.
- 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

- **Feeling depressed**
 - Decreased among 8th grade and high school students between 2022 and 2024.
- **Engaging in self-harm**
 - Decreased among all grades in 2024 compared to 2022.
- **Sexual harassment**
 - Decreased among high school students and is trending down for 8th grade students since 2022.
- **E-cigarette use at school**
 - Decreased among 6th grade and high school students and is trending down among 8th graders since 2022.
- **Having a hard time leaving uncomfortable chats online**
 - Decreased among 8th grade and high school students since 2022.

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

- Get 5 hours of sleep or less on average (56%)
- Self-harm (46%) or consider suicide (32%)
- Not feel adults at school can help with bullying (34%)
- Be bullied (31%) or cyberbullied (20%)
- Recently drink alcohol (23%)
- Engage in unhealthy dieting (19%)

Similarly, those who self-harm are also likely to:

- Be depressed (51%) or consider suicide (32%)
- Not feel adults at school can help with bullying (29%)
- Be bullied (26%) or cyberbullied (16%)
- Recently drink alcohol (23%)
- Engage in unhealthy dieting (20%)



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

➤ 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
- Missing school days due to safety concerns
- Feeling depressed
- Experiencing difficulty leaving uncomfortable online chats
- Not feeling supported by adults at school

However, 6th graders also appear to have more protection against certain risks including:

- Lower levels of stress due to academic workload
- Greater likelihood of trying to help other students being bullied
- Following the rules their parents set regarding social media use



Compared to lower grade levels, high school students appear more likely to engage in several risky experiences or behaviors, including:

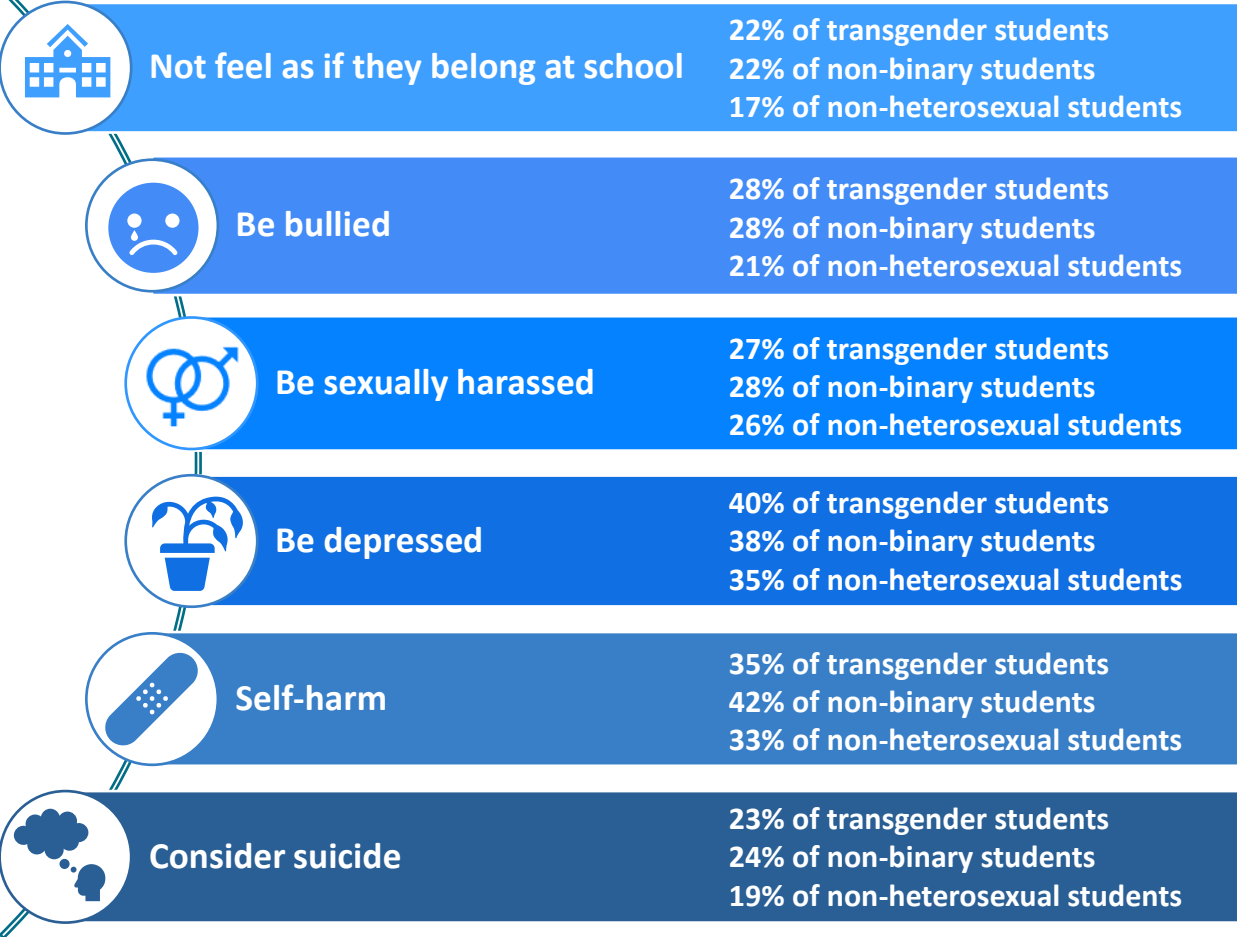
- Parents not monitoring phone or social media use
- Drinking alcohol
- Feeling their weight influences how they judge themselves
- Using e-cigarettes or marijuana
- Having sexual intercourse
- Sending or receiving explicit materials
- Sleeping less than 7 hours on average each night

Additionally, these students indicate being under more stress from their academic workload



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:



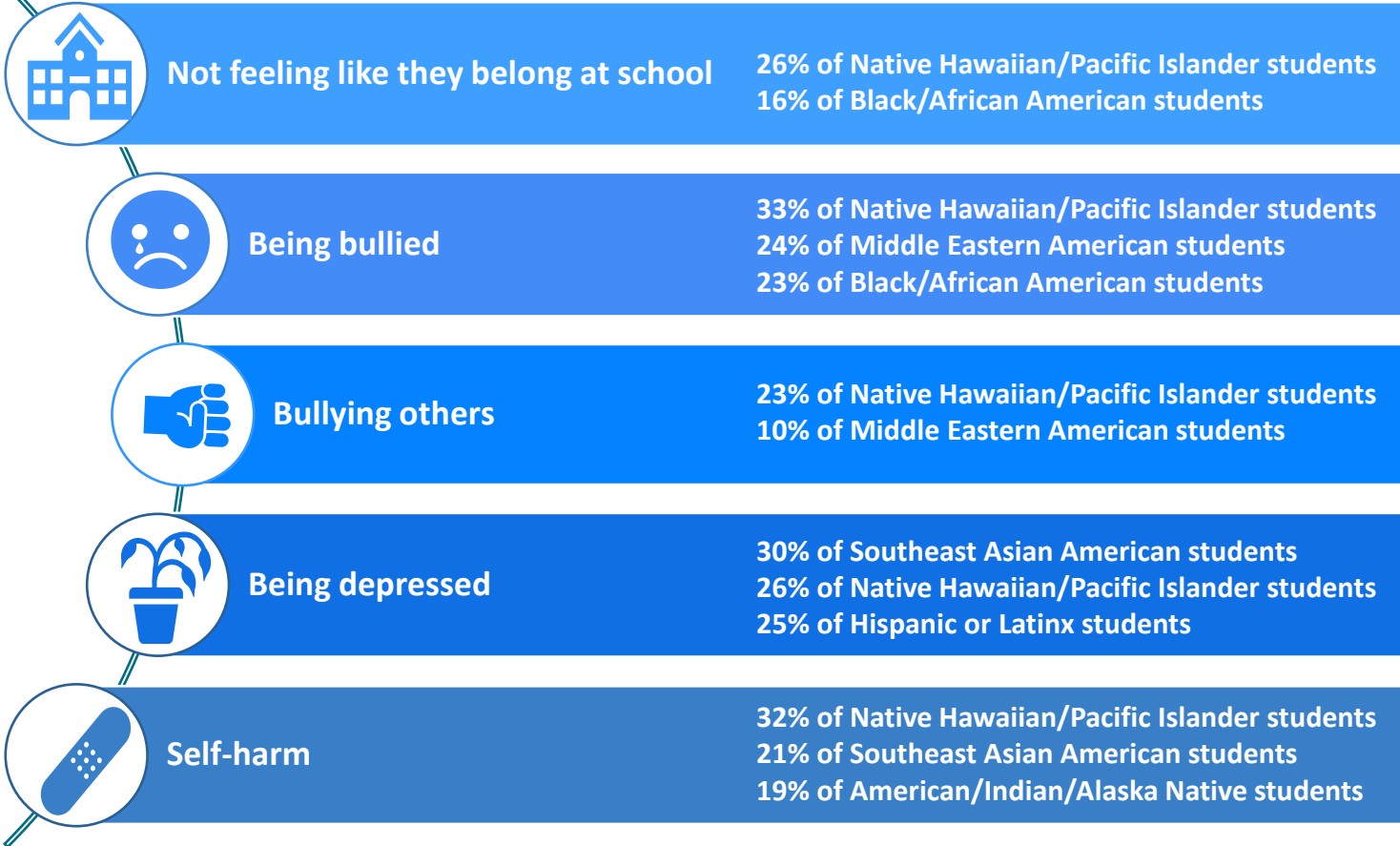
This slide only shows information from the aggregate sample, as Ns for certain racial and ethnic groups are small within the Concord-Carlisle district and may not be generalizable.

- 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.

Due to structural racism and other forms of systemic bias, certain racial and ethnic groups display an increased likelihood of substance use and other risks, including:



This slide only shows information from the aggregate sample, as Ns for certain racial and ethnic groups are small within the Concord-Carlisle district and may not be generalizable.

- 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 ensuring non-white students feel as though they belong and are supported.



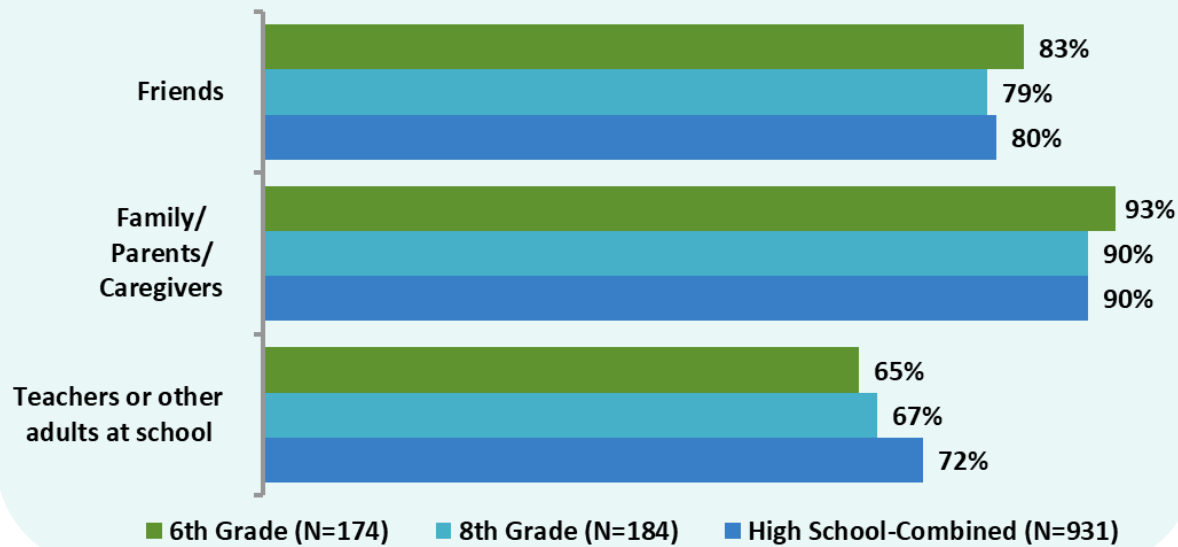
Detailed Findings

Trust and Belonging

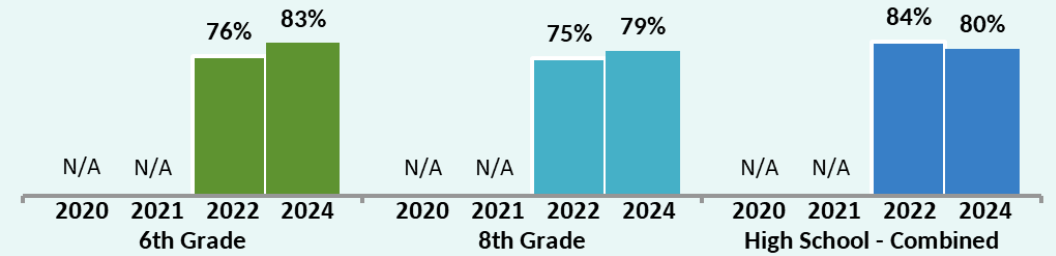
Sources of Support

- As grade level increases, the proportion of students who feel supported by adults at school also increases.
- Among 6th grade students, the proportion who agree they feel supported by friends, family, or teachers appears to be trending up since 2022.
- Rates of feeling supported by family have increased among high school students over time.

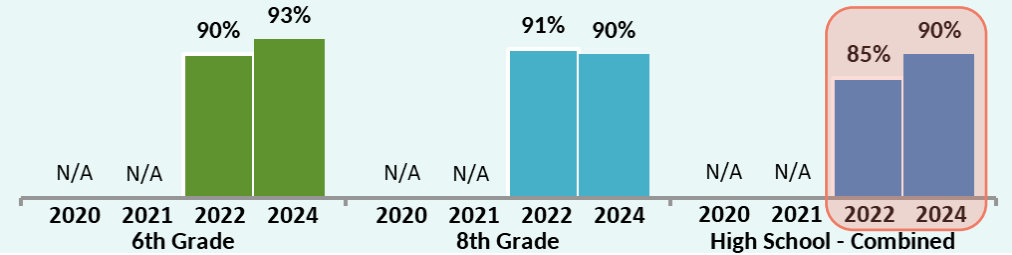
Agree or Strongly Agree They Feel Supported By...



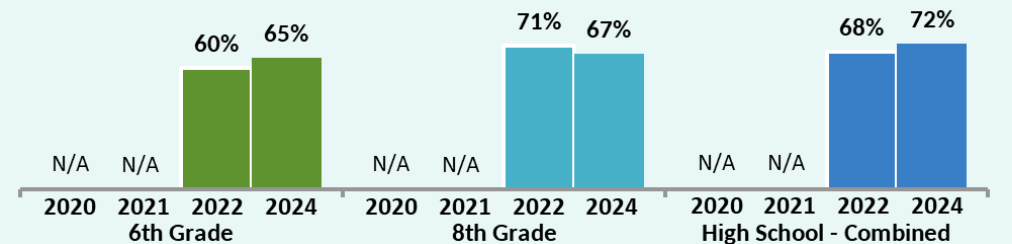
Agree or Strongly Agree They Feel Supported by Friends



Agree or Strongly Agree They Feel Supported by Family/Parents/Caregivers



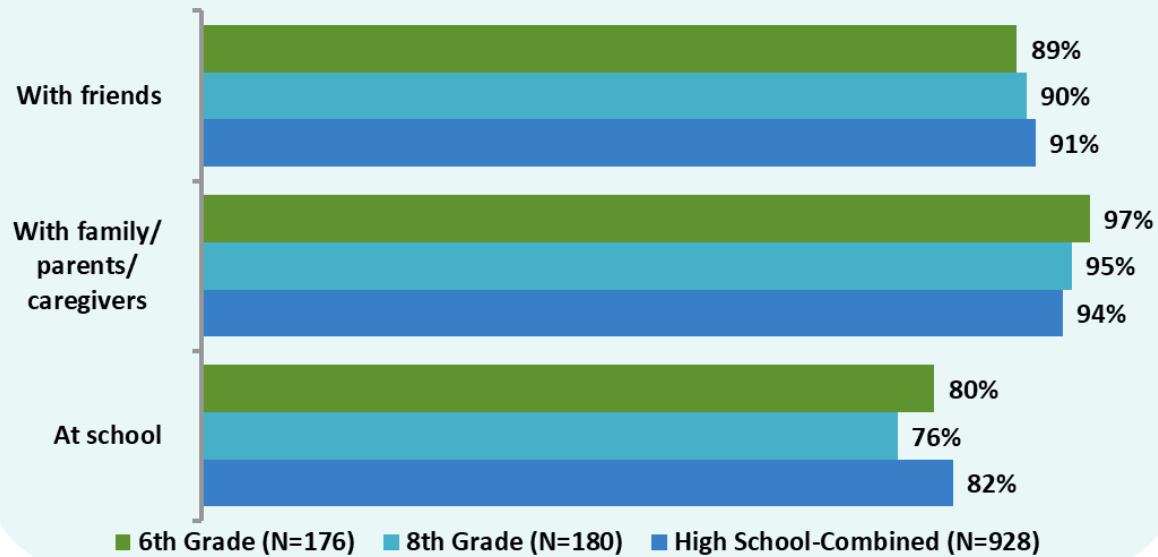
Agree or Strongly Agree They Feel Supported by Teachers or Other Adults at School



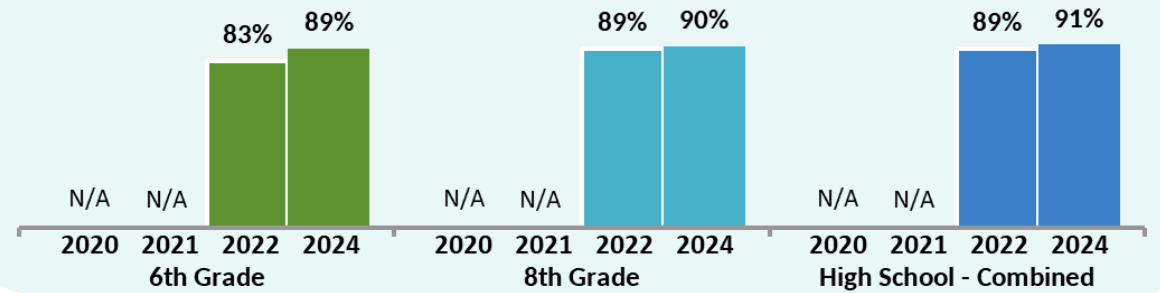
Sources of Safety

- Rates of feeling safe with family or caregivers, with friends, or at school are trending up among 6th grade students between 2022 and 2024.
- High school students show somewhat higher rates of feeling safe at school compared to younger students.
- On the other hand, 6th grade students show somewhat higher rates of feeling safe with family or caregivers compared to older students.

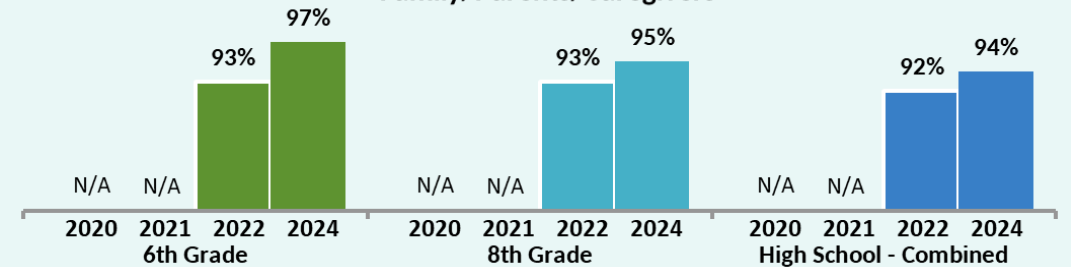
Agree or Strongly Agree They Feel Safe When...



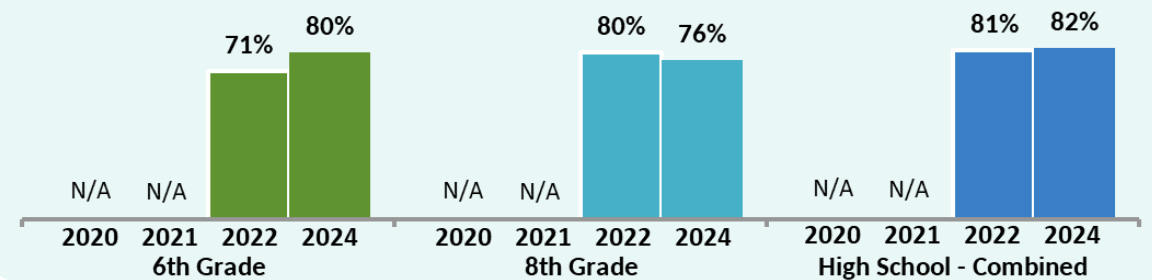
Agree or Strongly Agree They Feel Safe With Friends



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



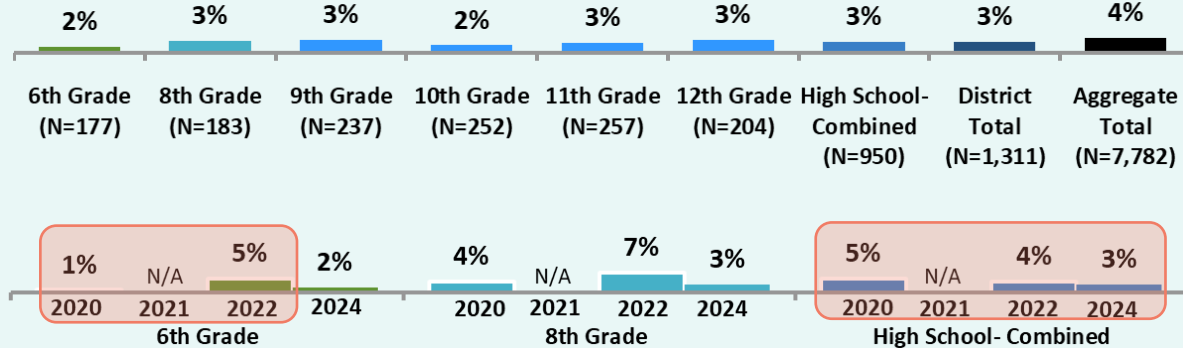
Agree or Strongly Agree They Feel Safe at School



Trusted Adults Outside of School

- Overall, 93% 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 appears to be trending down among high schoolers compared to 2022.
- In the aggregate sample, 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, **6% of 6th graders**, **4% of 8th graders**, and **5% of high schoolers** in 2024 were not sure if they had an adult outside of school they could talk to.

Aggregate 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:

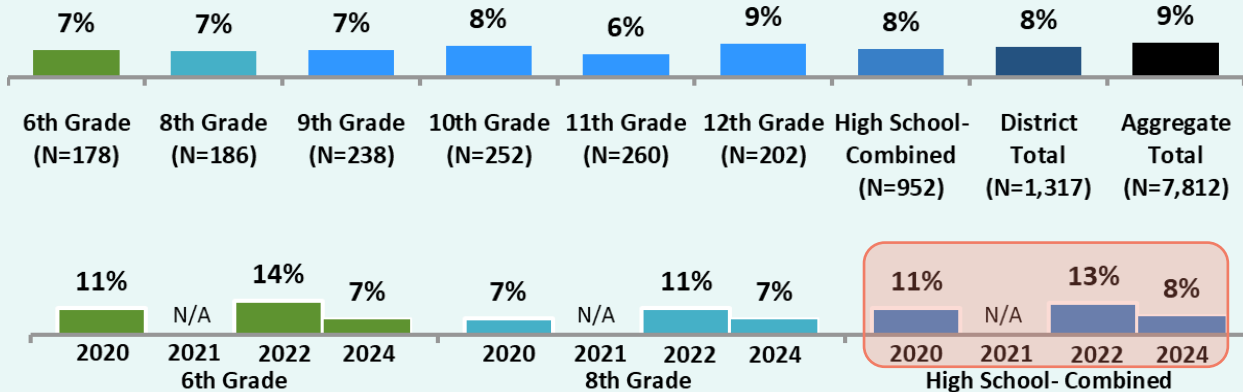
- Not have a trusted adult or teacher at school (50%)
- View pornography (40%)
- Feel depressed (39%), self-harm (32%), or consider suicide (25%)
- Be sexually harassed (26%)
- Have been bullied (25%) or cyberbullied (19%)
- Send or receive sexual messages (22%)
- Engage in unhealthy dieting (19%)
-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



Trusted Adults at School

- Overall, just over 4 in 5 students (82%) 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 has decreased since 2022 for all grade levels, significantly so among high schoolers.
- In the aggregate sample, 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, **17% of 6th graders**, **11% of 8th graders**, and **9% of high schoolers** in 2024 were **not sure** if they had a teacher or adult at school to talk to.

Aggregate 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

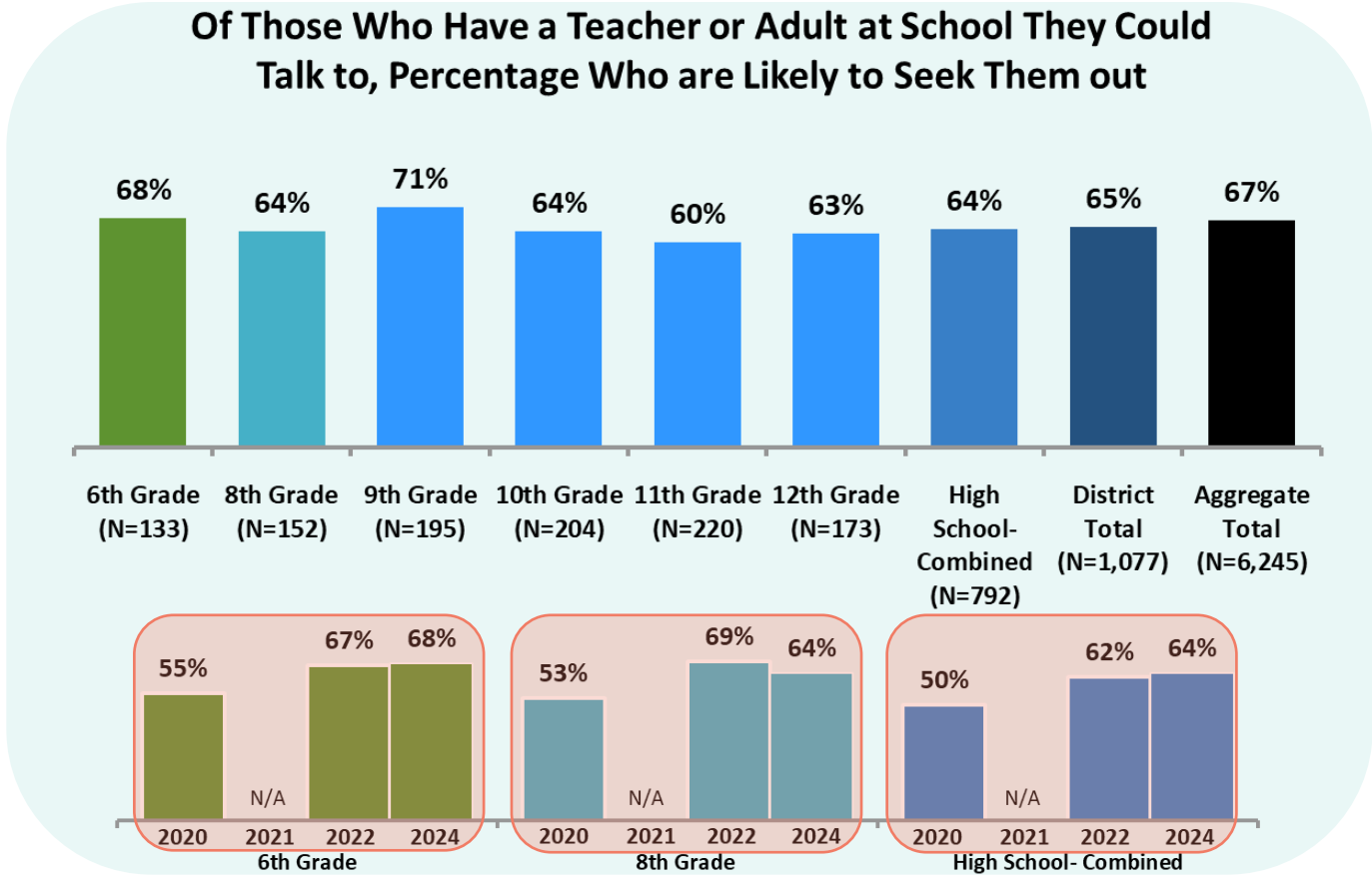
Those who don't have a teacher or adult at school are also more likely to:

- View pornography (36%)
- Feel depressed (23%), self-harm (20%), or 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

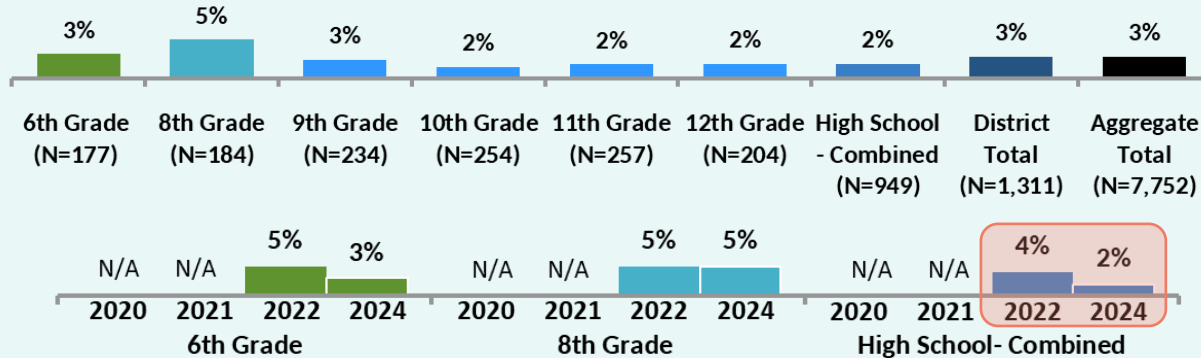
➤ All grades are more likely to seek out an adult at school for help compared to 2020.



Resources for Help

- Overall, 91% of students feel they know where to seek help or who to talk to if they had a serious issue.
- Rates of not knowing where to go or who to talk to appear highest in 8th grade.
- In the aggregate sample, 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.

Do Not Know Where They Could Seek Help or Who They Could Talk to if They Were Having a Serious Problem



Additionally, **8% of 6th graders**, **6% of 8th graders**, and **5% of high schoolers** in 2024 were **not sure** if they knew where to seek help.

Aggregate 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:

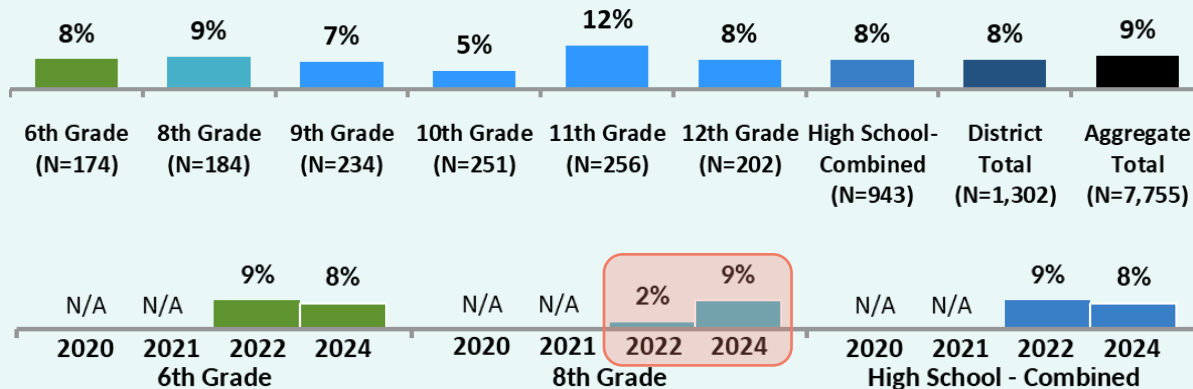
- Not have a trusted adult at school (49%)
- Not have a trusted adult outside of school (41%)
- Feel depressed (38%), self-harm (34%), or consider suicide (24%)
- View pornography (38%)
- Have been bullied (32%) or cyberbullied (24%)
- Send or receive sexual messages (23%)
- Bully (11%) or cyberbully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



Sense of Belonging at School

- While just over 2 in 3 students (69%) agree or strongly agree that they belong in school, the feeling of not belonging appears especially high in 11th grade. The proportion of 8th graders who feel as if they don't belong has increased significantly.
- In the aggregate sample, an especially high percentage of students who identify as transgender, non-binary or Native Hawaiian or 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.

Disagree or Strongly Disagree that They Belong at School



Aggregate 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%), or 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%)

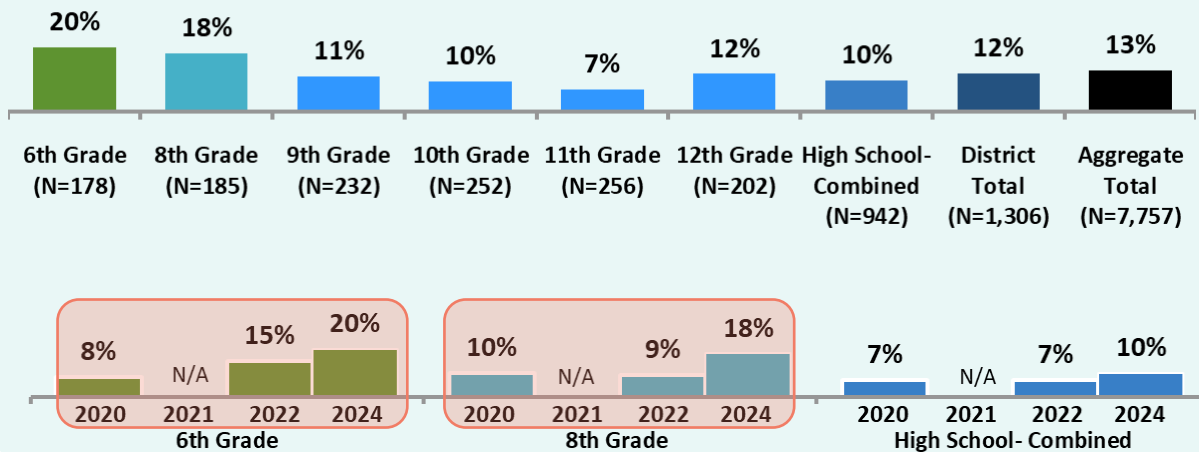


Bullying, Cyberbullying, Threats, and Injury

Being Bullied

- Rates of being bullied are highest among 6th and 8th graders.
- Furthermore, rates of bullying have increased among 6th and 8th graders between 2020 and 2024 and may be trending upwards among high school students.
- In the aggregate sample, 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



Aggregate Demographics and Behaviors Associated with Being Bullied (13% of the population)

Demographics

- 33% of those who identify as Native Hawaiian or 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%), or 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

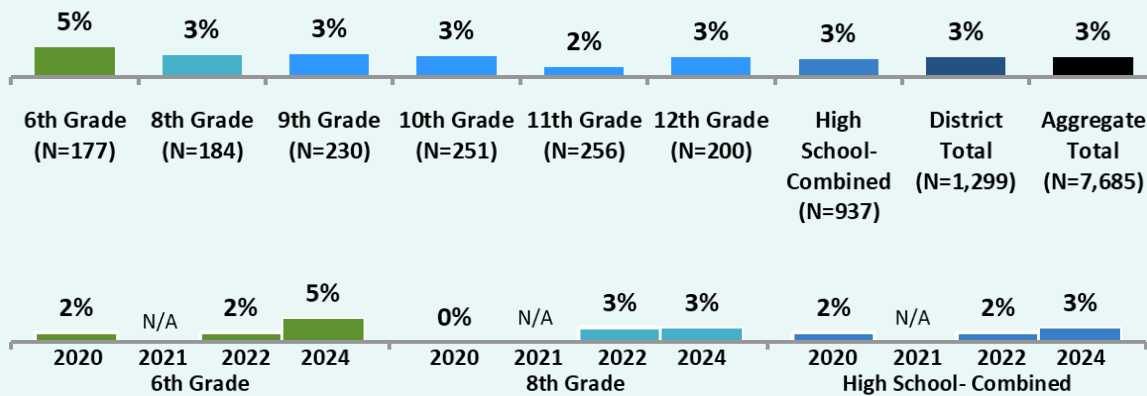
2022

2024

Bullying Others at School

- Rates of bullying others appear low across all grades.
- Rates among 8th grade and high school students are low and remain largely stable over time.
- In the aggregate sample, 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.
 - Furthermore, over half of those who bully others doubt that adults at school can help if they are being bullied or harassed, which may be leading them to “take matters into their own hands” so to speak.

Bullied Someone in School in the Past 12 Months



Aggregate 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:

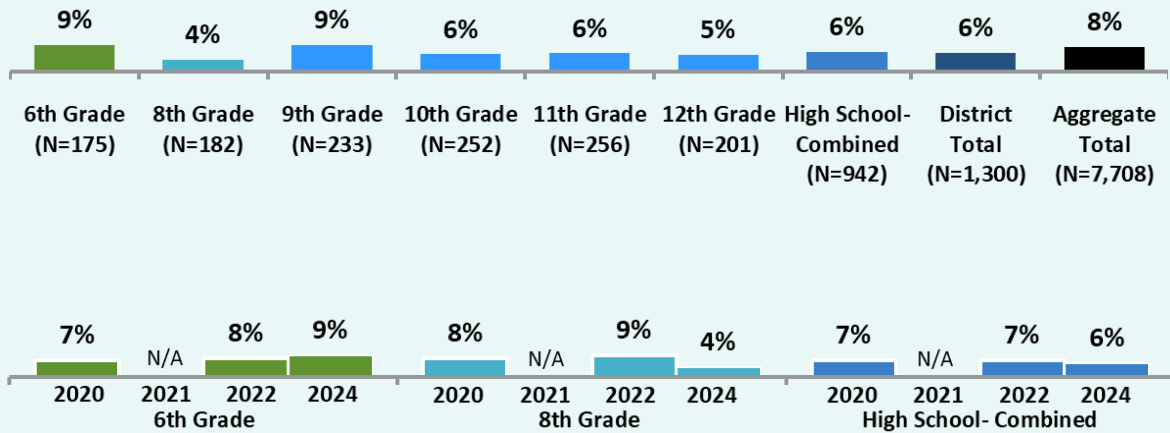
- Have been bullied (73%) or cyberbullied (51%)
- View pornography (59%)
- Don't think adults at school can help if they are being bullied (56%)
- Cyberbully others (42%)
- Send or receive sexual messages (37%)
- Feel depressed (36%), self-harm (31%), or consider suicide (22%)
- Be sexually harassed (35%)
- Drink alcohol (29%)
- Have sexual intercourse (25%)
- Use e-cigarettes (17%) or marijuana (21%)



Cyberbullying

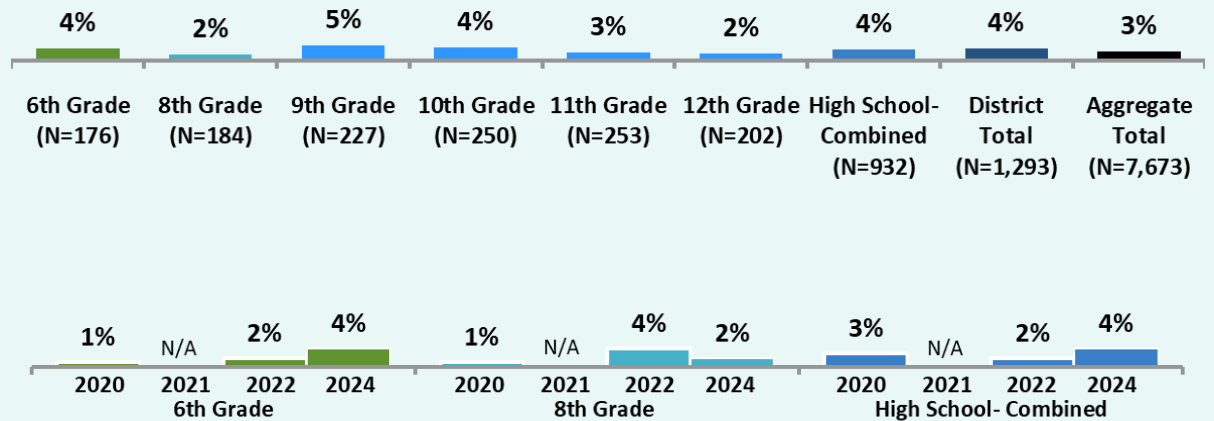
- Rates of being cyberbullied are lower than rates of being bullied at school.
- 2 in 3 students (66%) who report being cyberbullied, also indicate that they are bullied at school.
- Rates of cyber bullying remain somewhat low over time and may be trending down among 8th grade students since 2022.

Been Bullied Electronically in the Past 12 Months



- Very few students admit to cyberbullying others, and these rates have remained low over time.
- Nearly half of students who cyberbully also bully others at school (49%).
- 2 in 5 students (40%) who cyberbully also have social media accounts their parents don't know about.

Bullied Others Electronically in the Past 12 Months

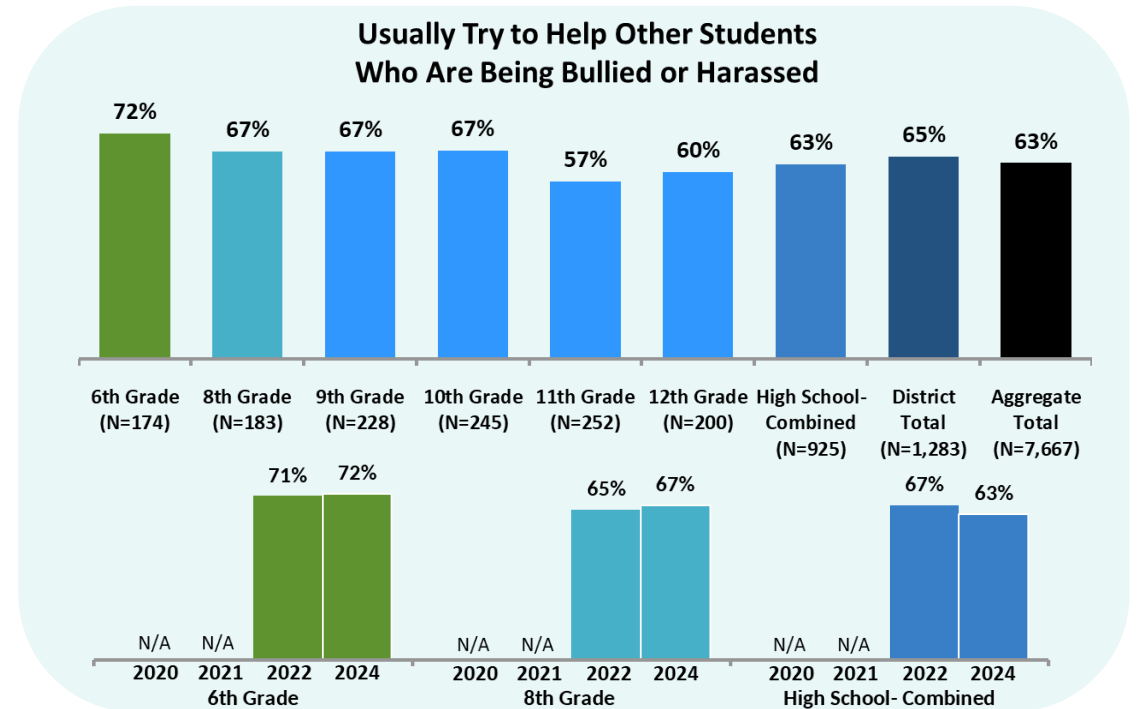
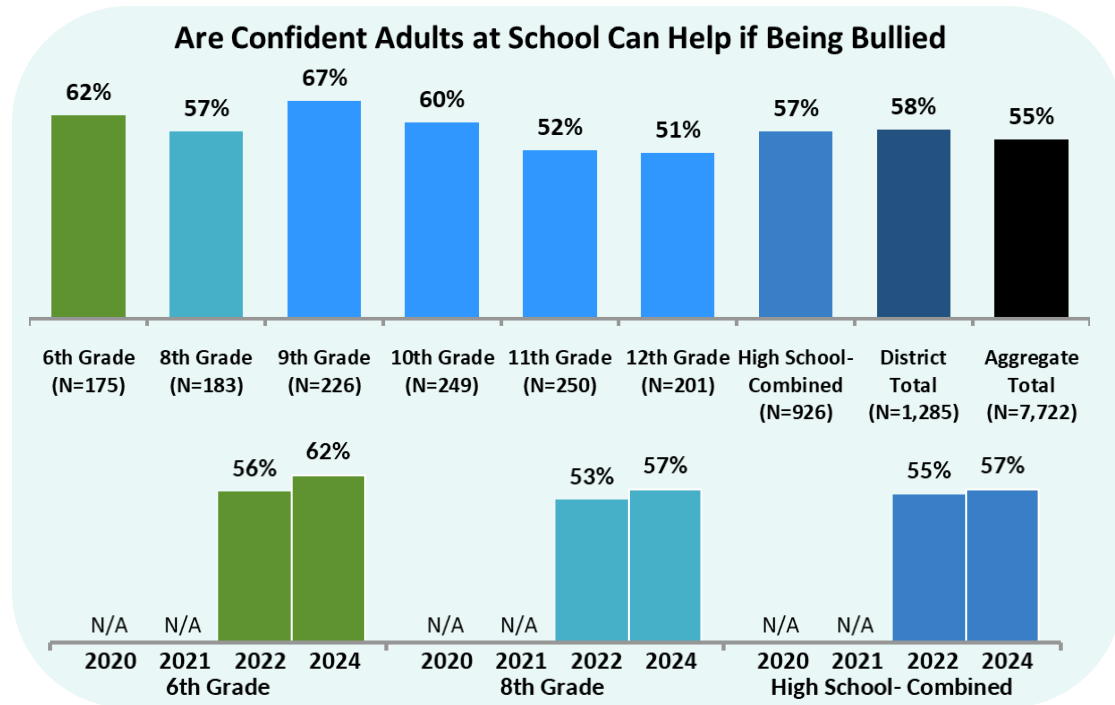


Q39	During the past 12 months have you been repeatedly threatened humiliated or experienced hostile behaviors (bullied) from others electronically?	2020	2021	2022	2024
Q40	During the past 12 months have YOU repeatedly threatened humiliated or harassed (bullied) someone electronically?	2020	2021	2022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

Coping with Bullying

- Confidence in adults and teachers at school appears highest among 9th graders.
- Confidence in adults at school appears to be trending up among all grades.

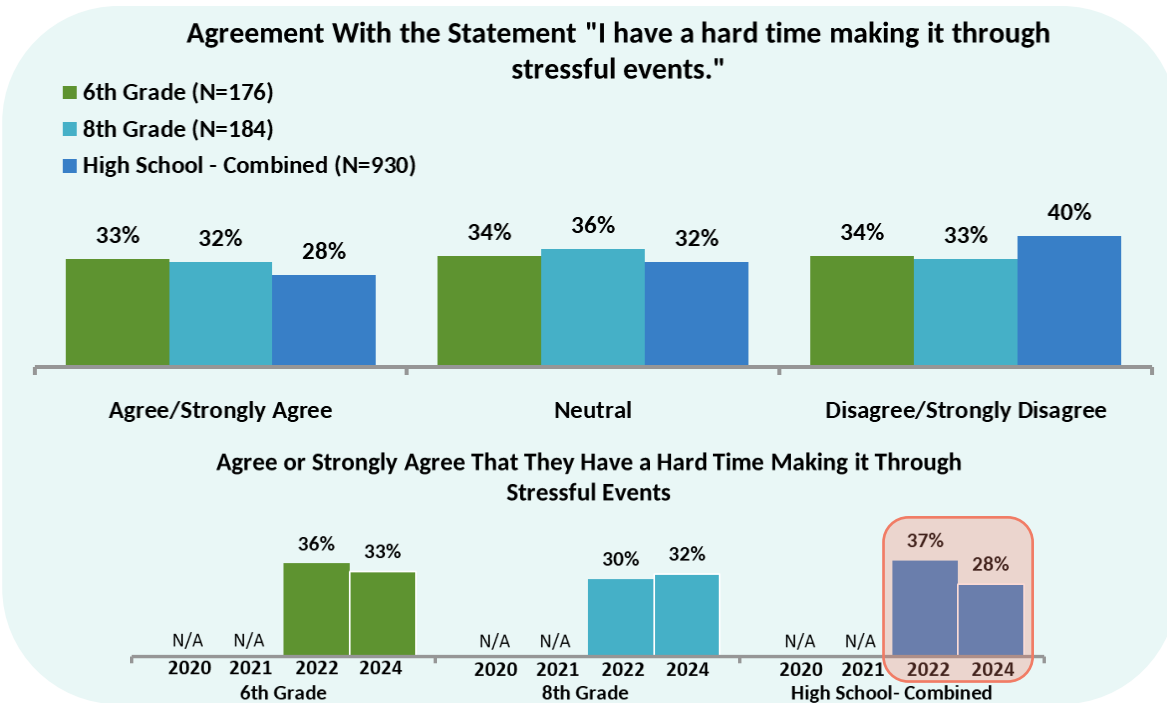
- Rates of trying to help others who are being bullied or harassed appear highest in younger grades.
- Compared to 2022, rates of trying to help others who are being bullied remained mostly stable.



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.”
- Rates of agreement among high school students decreased between 2022 and 2024.



Aggregate 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:

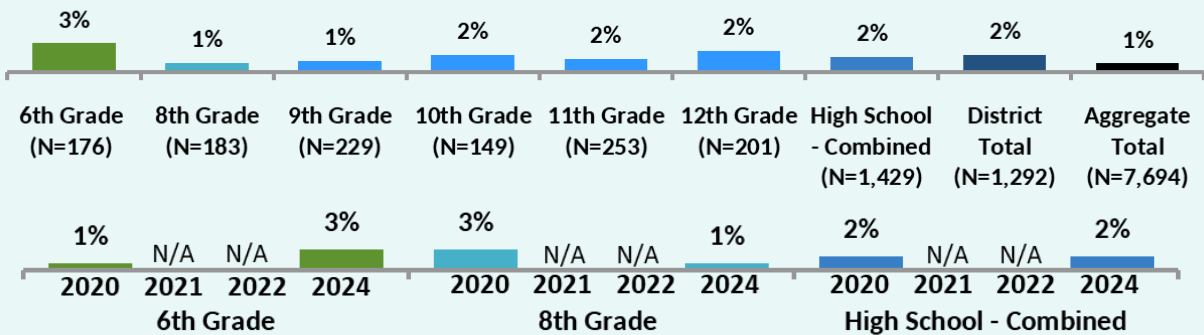
- Feel somewhat or very high stress from school workload (73%)
- Get 6 hours of sleep or less (42%)
- Feel somewhat or very high stress from pressures at home (39%)
- Feel depressed (28%), self-harm (20%), or consider suicide (12%)
- Be bullied (19%)
- Experience a risky/unwanted situation due to information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



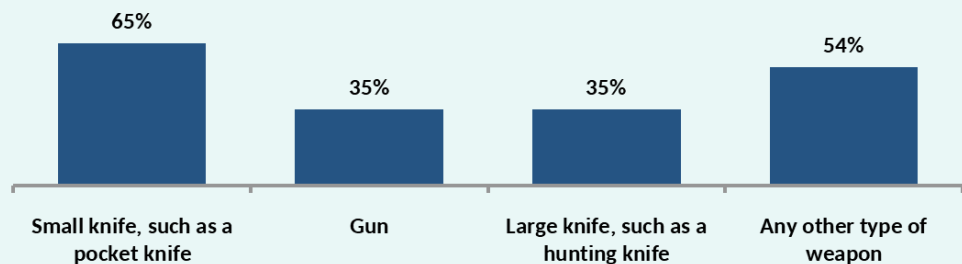
Weapons in School

- While 2% of the students have brought a weapon to school in the last 30 days, 3% have brought a weapon to school at some point more than 30 days ago.
- Of the 26 students who have brought a weapon to school in the past 30 days, most (17 students) brought a small knife, such as a pocketknife.
- Rates of bringing a weapon to school have remained relatively stable over time.

Proportion of Students Who Have Brought a Weapon to School in the Past 30 Days



Types of Weapons Brought to School in the Past 30 Days (N=26)



Aggregate 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 or 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:

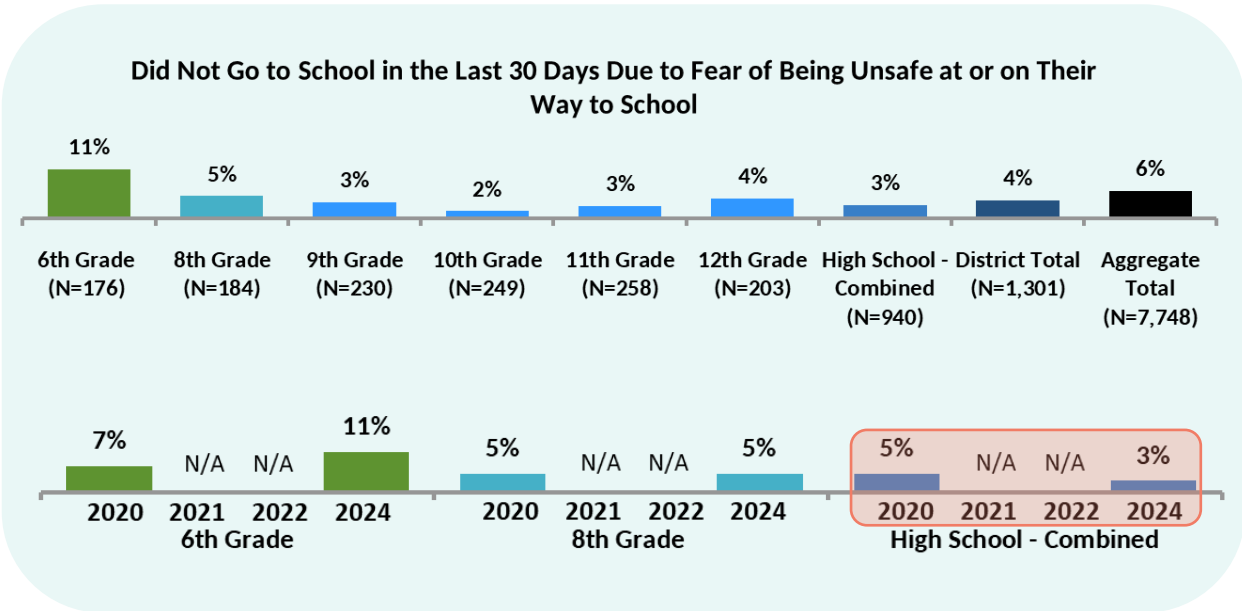
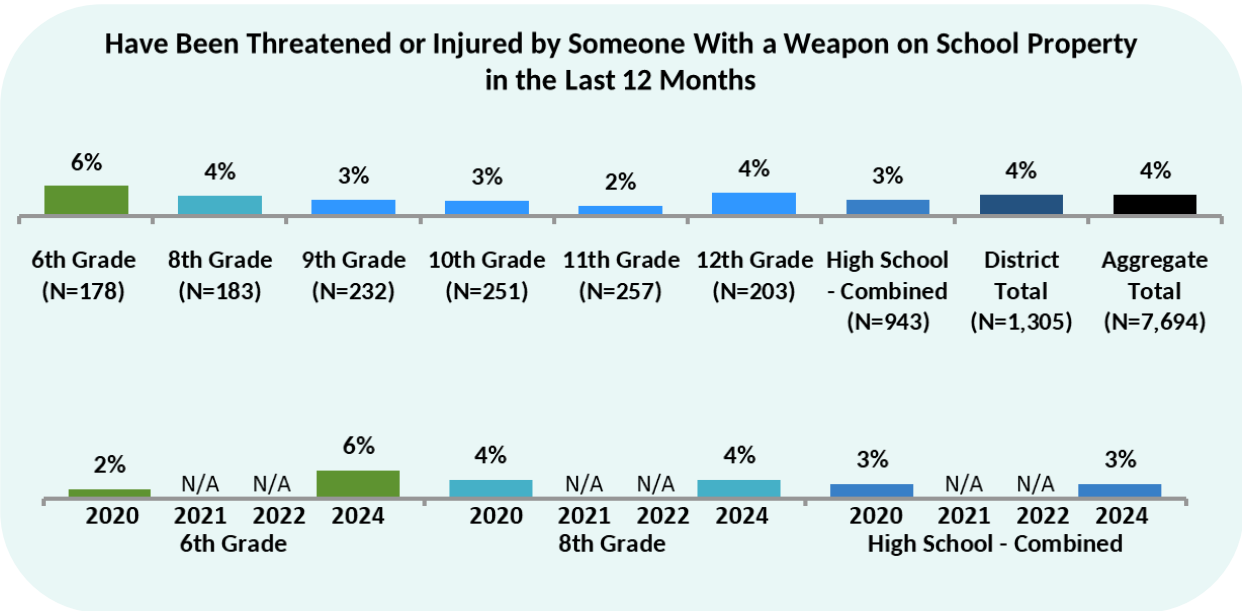
- Feel depressed (26%), self-harm (27%), or consider suicide (17%)
- Be bullied (24%) or cyberbullied (20%)
- Be sexually harassed (22%)
- Not have a trusted adult to talk to at school (16%)
- Be threatened or injured by someone with a weapon on school property (16%)
- Not go to school due to feeling 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

- Rates of being threatened or injured by someone with a weapon on school property are low across all grades but appear highest in 6th grade.
- Rates of being threatened or injured may be trending up among 6th grade students.

- Rates of missing 1 or more days of school in the 30 days leading up to the survey appear highest in 6th grade.
- Since 2020, rates of not going to school due to fear of being unsafe have decreased among high school students.



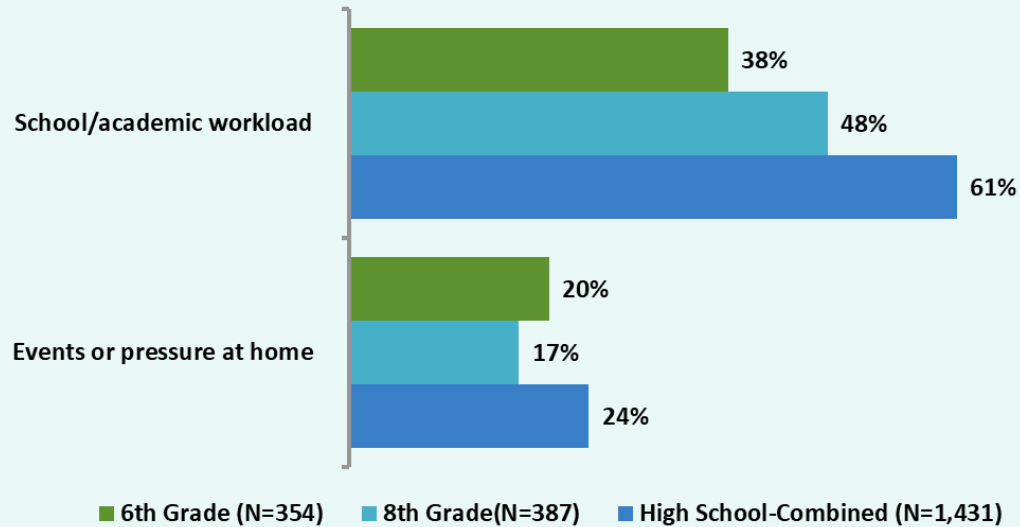
Stress, Depression, and Suicide

Sources of Stress

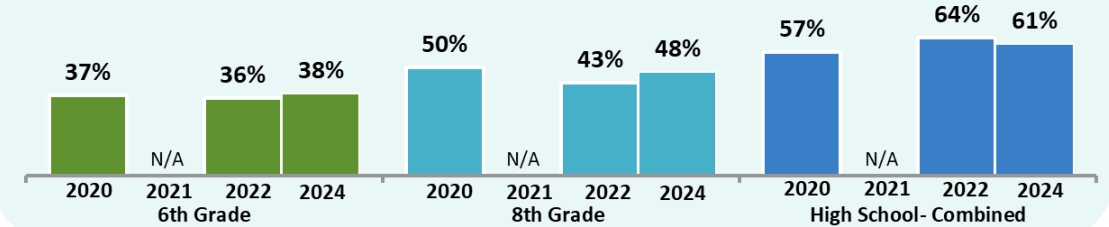
- School/academic workload remains the largest source of stress among students.
 - This appears especially impactful with high school students, as just over 3 in 5 (61%) feel high levels of stress due to academic workload.

- Stress from events or pressure at home decreased for 8th grade and high school students between 2022 and 2024. However, 6th grade students seem more likely to be experiencing stress from events or pressure at home compared to 2020.

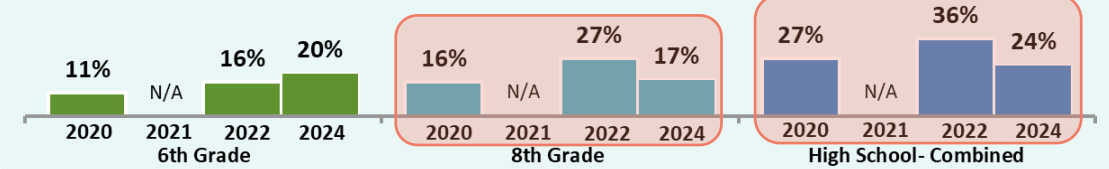
Experienced Somewhat or Very High Levels of Stress During the Past 12 Months as a Result of...



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

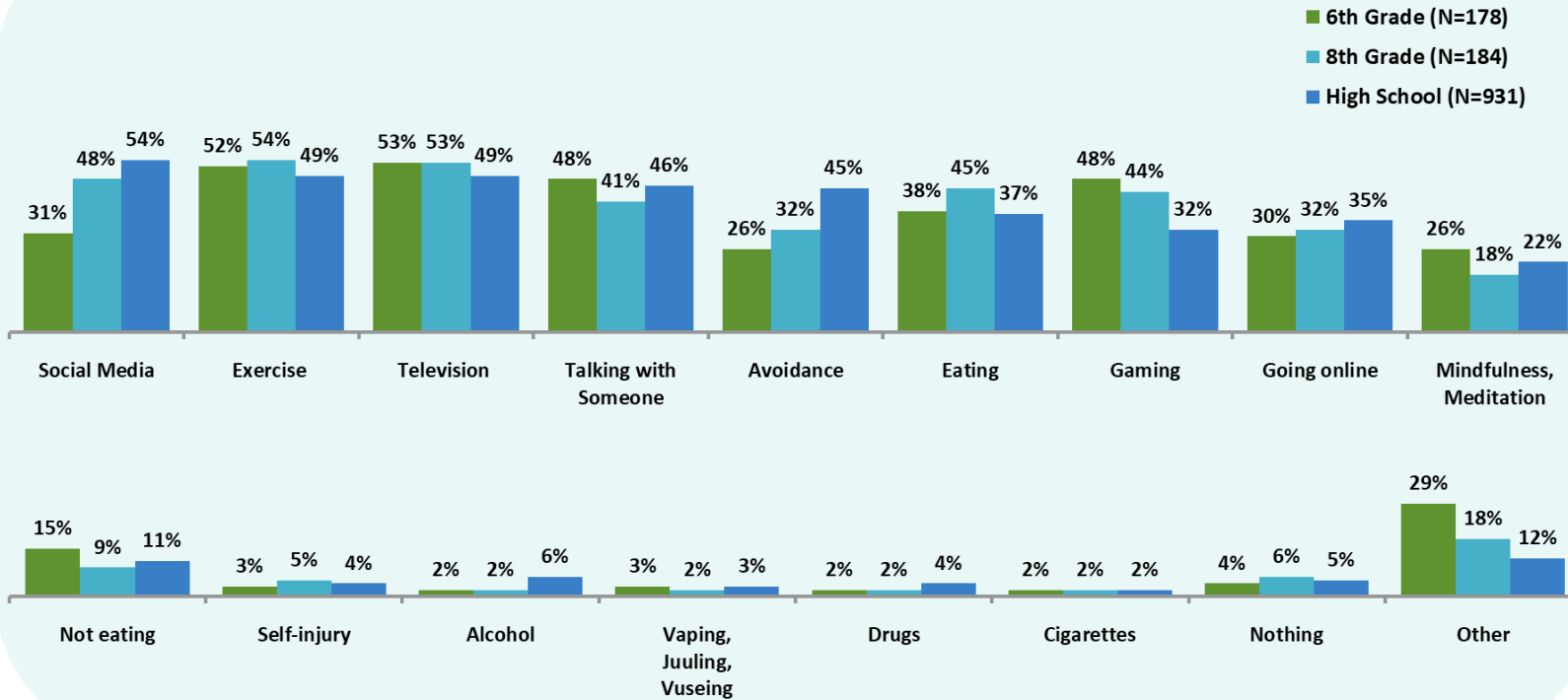


Q55	During the past 12 months what level of stress have you experienced as a result of your school/academic workload?	2020	2021	2022	2024
Q56	During the past 12 months what level of stress have you experienced as a result of events or pressure at home?		2021	2022	2024

Coping Mechanisms

- Overall, 9% of students report dealing with stress through drugs, alcohol, vaping, cigarettes, or self-harm.
- Additionally, over 2 in 5 students (44%) cope with stress through either eating or avoiding food.

When you are dealing with stress, which strategies do you use most often? Check all that apply to you.



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

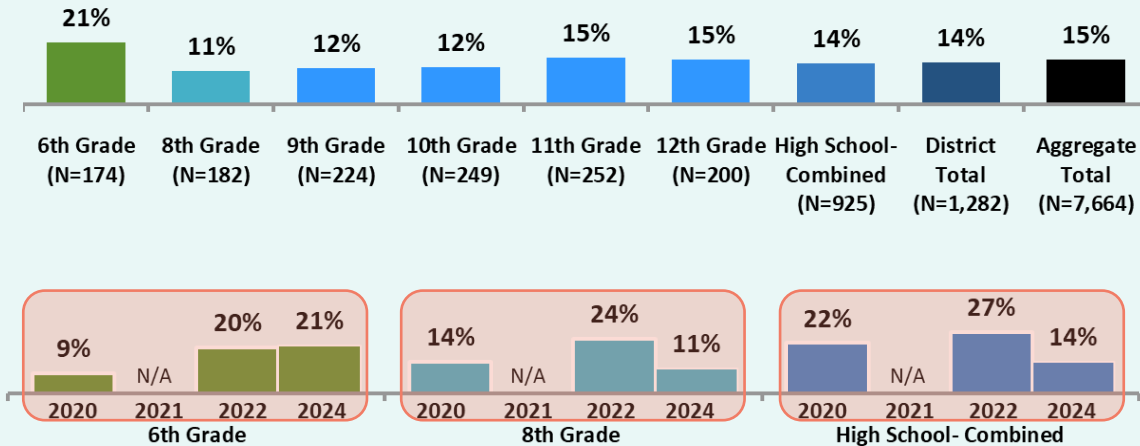
* Note: Question changed in 2022, to include more coping behaviors.



Depression

- The proportion of 8th grade and high school students reporting depression has decreased in 2024 compared to 2022.
- Rates of depression appear highest in 6th grade and in the last two years of high school.
- In the aggregate sample, 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



Aggregate 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%)



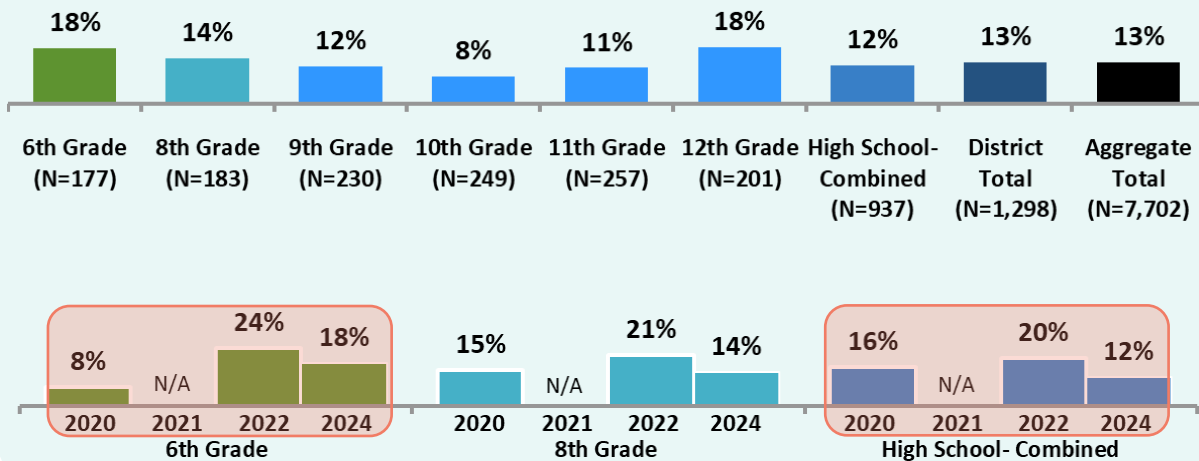
Q74 During the past 12 months did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?

2020	2021	2022	2024
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Self-harm

- Rates of self-harm have decreased for 6th grade and high school students between 2022 and 2024 and appear to be trending down among 8th graders.
- Those in the 6th and 12th grades appear most likely to engage in self-harm.
- In the aggregate sample, 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



Aggregate 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:

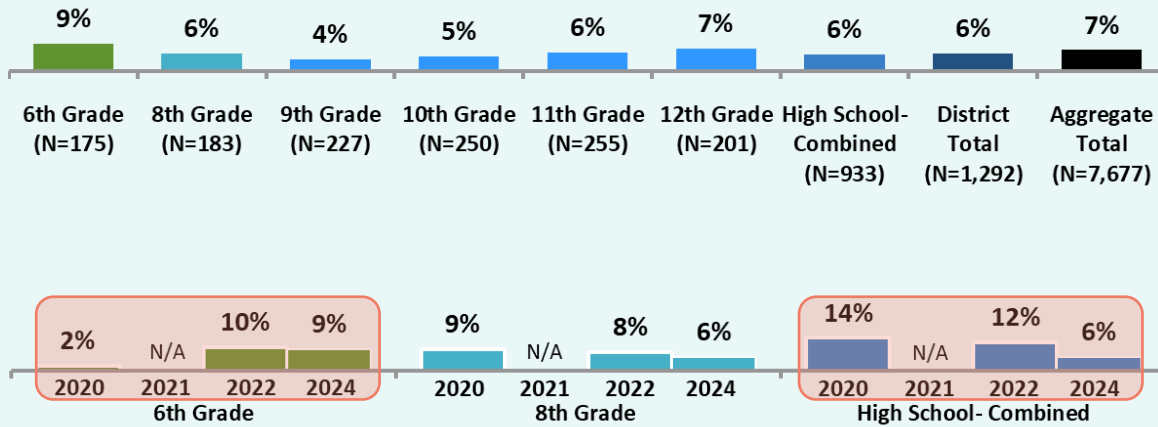
- Be depressed (52%) or consider suicide (38%)
- Not think adults at school can help with bullying (34%)
- Be sexually harassed (32%)
- Be bullied (31%) or cyberbullied (21%)
- Engage in unhealthy dieting (25%)
- Drink alcohol (16%)
- Have sexual intercourse (13%)
- Use e-cigarettes (9%) or marijuana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



Suicide Consideration

- Rates of suicide consideration decreased among high school students between 2020 and 2024 but increased among 6th graders in that timeframe.
- In the aggregate sample, 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



Aggregate 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%)

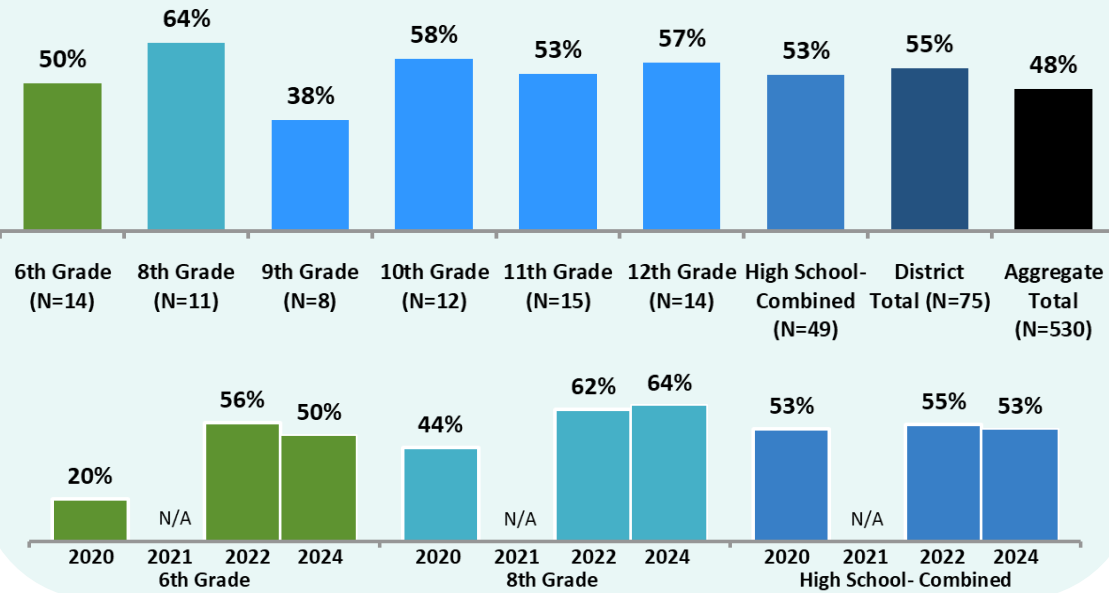


Suicide Planning and Attempts

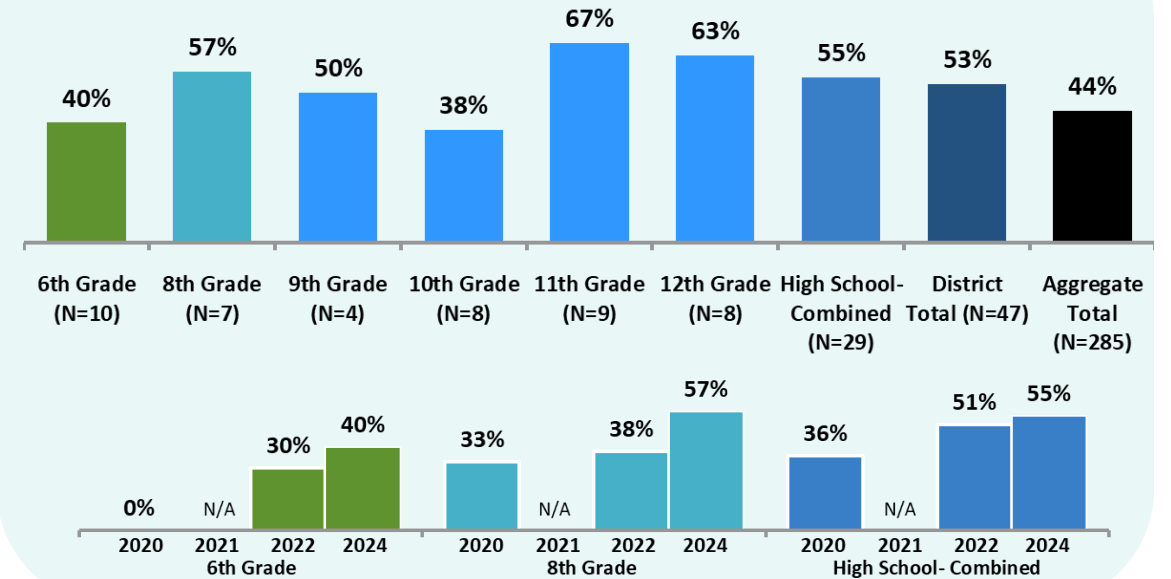
- Of those who seriously considered suicide (N=75), 55% made a suicide plan in the past year.
- While Ns are small and may not be generalizable, rates of making suicide plans appear to have decreased for 6th graders since 2022.

- Of those who made a suicide plan, over half (53%) went through with an attempt.
- Just under 1 in 3 (30%) who made a suicide plan attempted suicide more than once.
- While Ns are very small and may not be generalizable, rates of attempting suicide appear to have increased since 2022 among all grades.

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



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



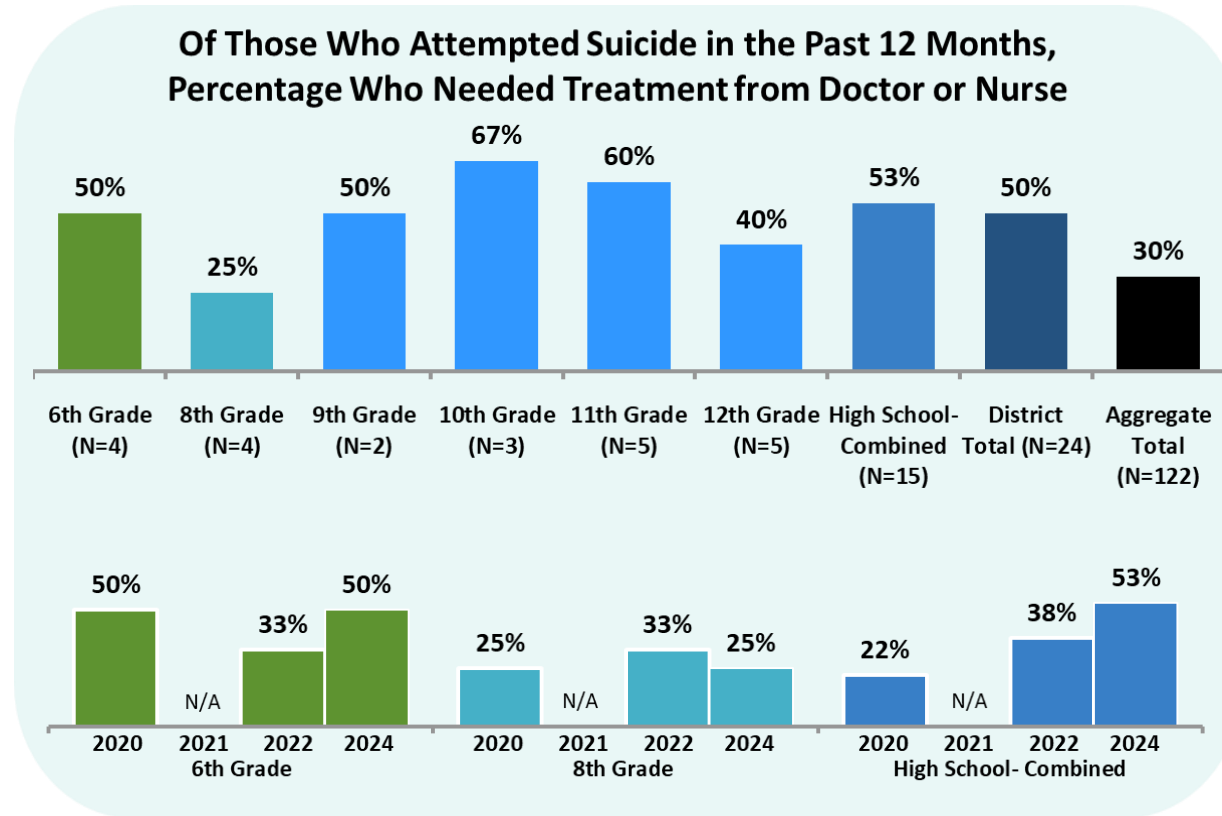
*Note, Ns are small and may not represent trends in the population.



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 the 24 students who made a suicide attempt, half needed medical treatment.
- Note that Ns are small and may not be generalizable.

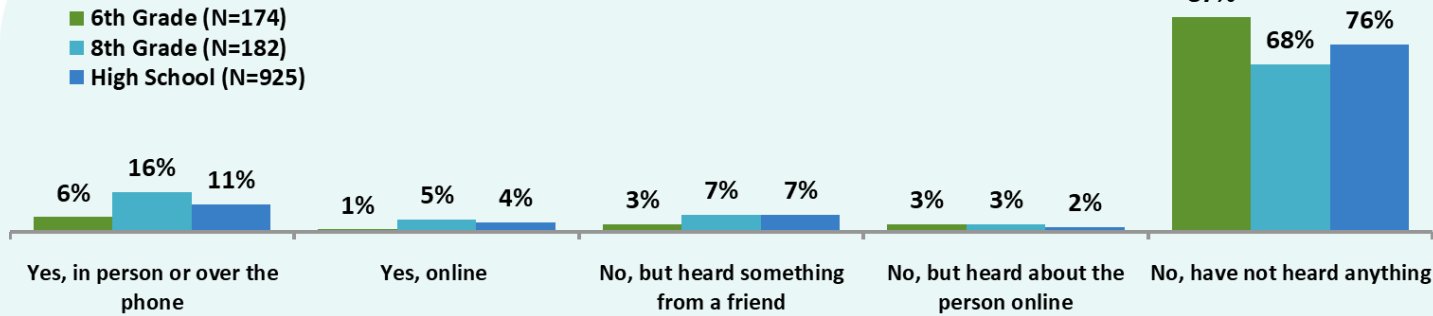


*Note, Ns are small and may not represent trends in the population.

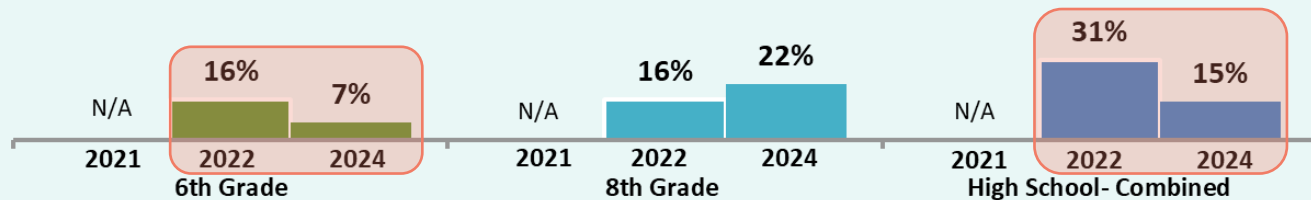


Hearing About Suicide

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



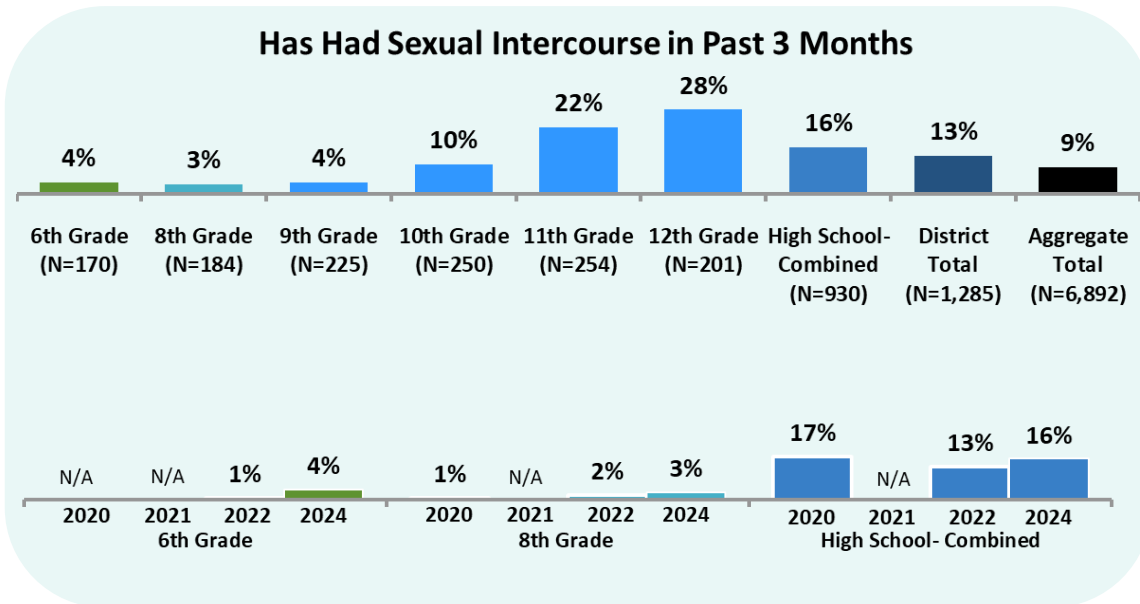
- Overall, 15% of students report someone they know telling them they were thinking about hurting themselves or were contemplating suicide.
- The most common way students hear about suicide contemplation is through in-person conversation or over the phone.
- The proportion of students hearing about suicide or self-harm attempts directly, from friends, or online has decreased for 6th grade and high school students between 2022 and 2024.
- However, rates of hearing about someone thinking of self-harm or suicide appear to be trending up among 8th grade students between 2022 and 2024.



Sexual Intercourse, Sexual Harassment, and Sexual Assault

Sexual Intercourse

- Rates of sexual intercourse increase alongside grade level within high school, with over a quarter (28%) of 12th graders engaging in sexual activity in the past 3 months.
- Furthermore, 3% of students have had sexual intercourse with 3 or more people.
- In the aggregate sample, 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.



Aggregate 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

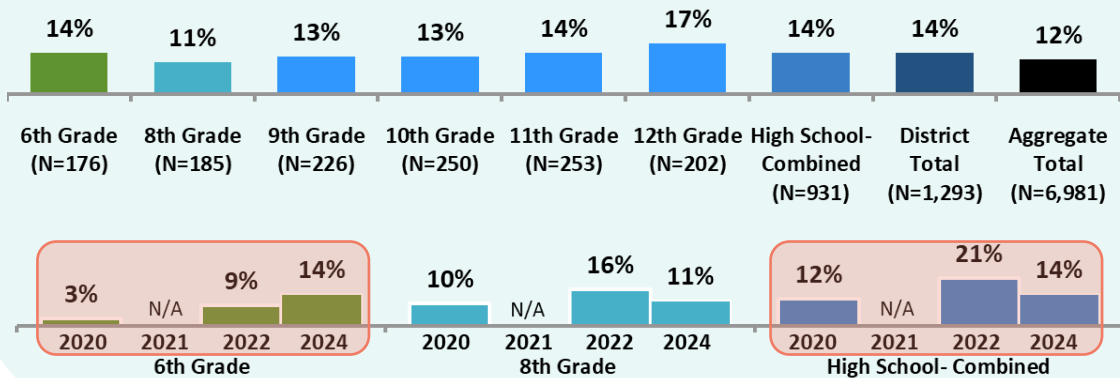
- Those who recently had sexual intercourse are also more likely to:**
- View pornography (61%)
 - Send or receive sexual messages (47%)
 - Drink alcohol (44%) or binge drink (40%)
 - Be sexually harassed (28%)
 - Be depressed (26%), self-harm (20%), or consider suicide (14%)
 - Be sexually assaulted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



Sexual Harassment

- Compared to 2022, rates of sexual harassment have decreased for high school students but have increased for 6th grade students.
- Students indicate being sexually harassed in person slightly more than being sexually harassed online or in both settings (7%, 4%, and 4%, respectively).
- In the aggregate sample, students who identify as 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, including feeling depressed and being bullied.

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



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

Aggregate Demographics and Behaviors Associated with Being Sexually Harassed (12% of the population)

Demographics

- 33% of those who identify as Native Hawaiian or 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%), or consider suicide (22%)
- Be bullied (32%) or cyberbullied (25%)
- Engage in unhealthy dieting (26%)
- Drink alcohol (24%)
- Have sexual intercourse (20%)
- Bully (9%) or cyberbully others (8%)



Nonconsensual Sexual Contact

- Overall, 1% of students experienced nonconsensual sexual contact in the last 12 months.
- Those in 12th grade are at least twice as likely to experience nonconsensual sexual contact as who are in 9th grade or middle school.
- In the aggregate sample, 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.

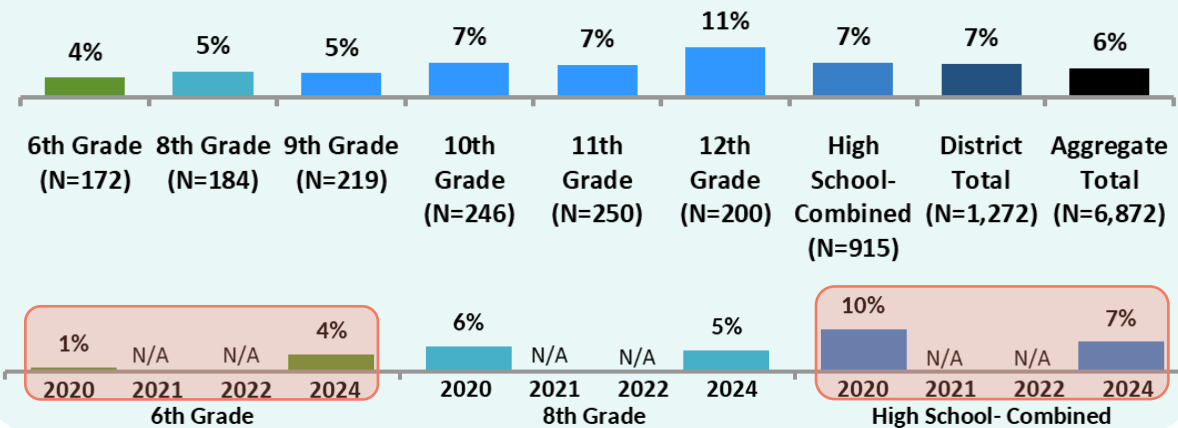
Aggregate Demographics and Behaviors Associated with Experiencing Nonconsensual Sexual Contact (6% of the population)

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 or 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%), or consider suicide (30%)
 - Send or receive sexual messages (48%)
 - Be bullied (39%) or cyberbullied (31%)
 - Have sexual intercourse (33%)
 - Drink alcohol (32%)
 - Engage in unhealthy dieting (32%)
 - Bully (11%) or cyberbully others (10%)

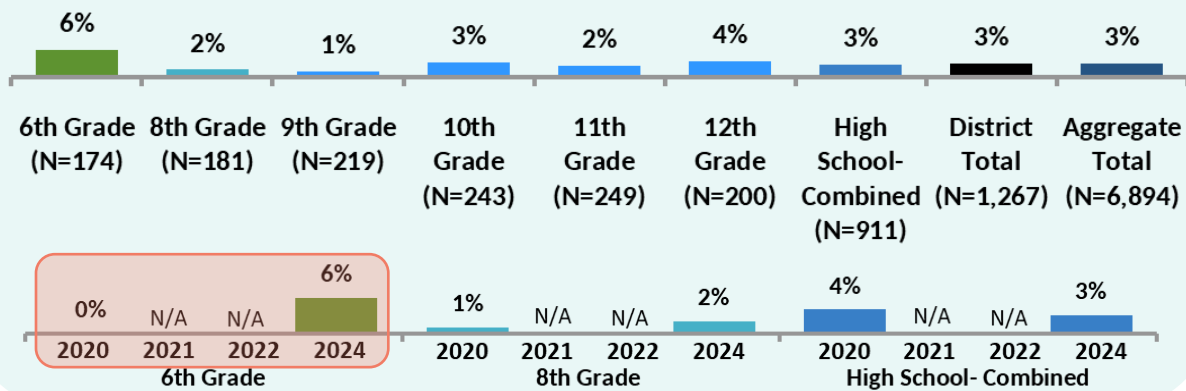
Experienced Nonconsensual Sexual Contact at Some Point in Their Lives



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 6th grade students appear especially high and have increased in 2024 compared to 2020.
- In the aggregate sample, 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



Aggregate 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 or 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%), or consider suicide (33%)
- Be bullied (48%) or cyberbullied (40%)
- Have sexual intercourse (45%)
- Drink alcohol (39%)
- Engage in unhealthy dieting (36%)
- Bully (18%) or cyberbully others (20%)

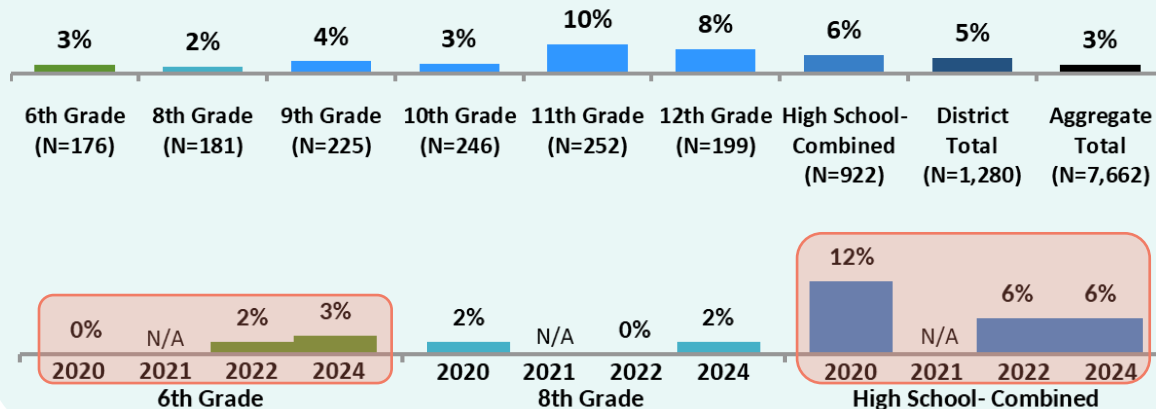


Drugs and Alcohol

E-Cigarette Usage

- Rates of e-cigarette usage among high school students is at least twice that of middle school students. However, e-cigarette use has dropped dramatically since 2020.
- Furthermore, 2% of students used an e-cigarette at least 10 days in the 30 days prior to the survey.
- In the aggregate sample, 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, high levels of stress, and being bullied.

Has Used an E-Cigarette or Vaped in Past 30 Days



Aggregate 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

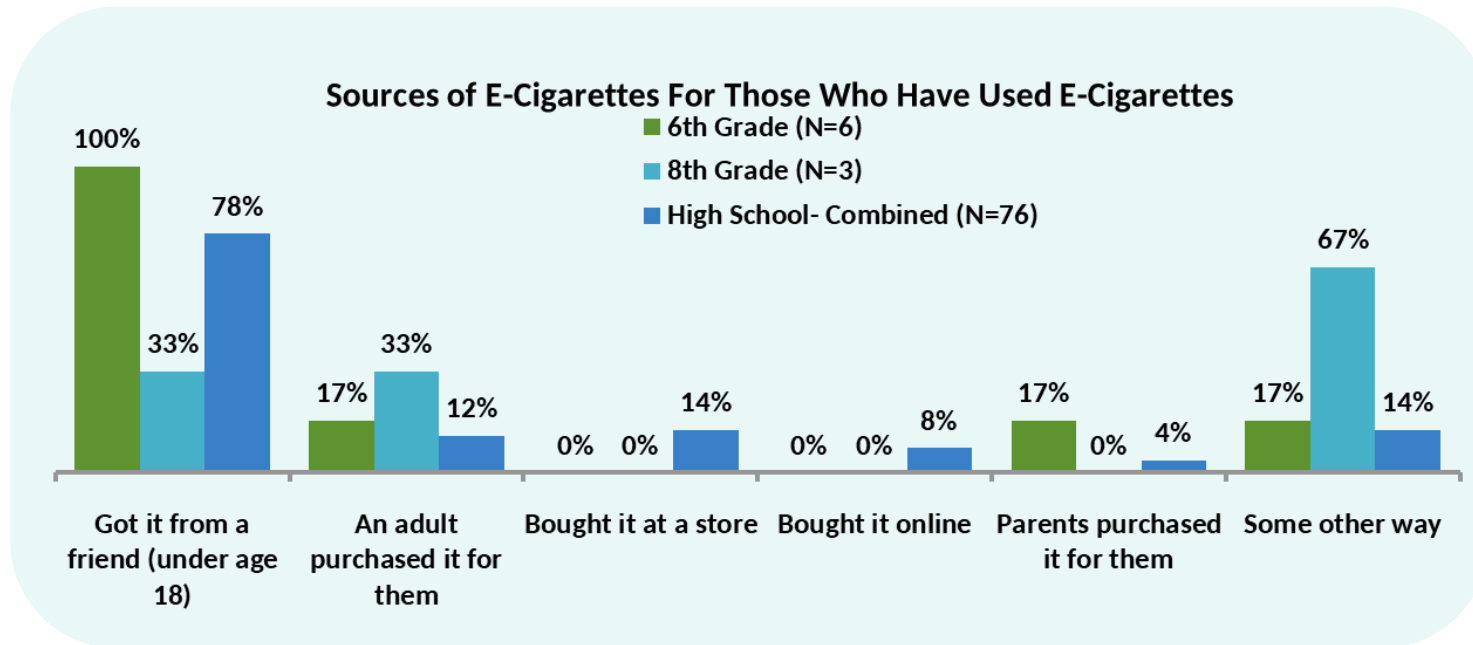
Those who use E-cigarettes or vape are also more likely to:

- 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%)
- Be bullied (33%) or cyberbullied (23%)
- Engage in unhealthy dieting (30%)
- Bully (16%) or cyberbully others (16%)



E-Cigarette Sources

- While the majority of students in all grades do not use e-cigarettes, for many of those who do, other minors are a main source for e-cigarettes.
- However, 1 in 3 8th grade students received the e-cigarette from an adult.
 - Interpret findings related to source of e-cigarettes among all students, but especially middle school students, with caution due to low Ns.



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



Q84
-89

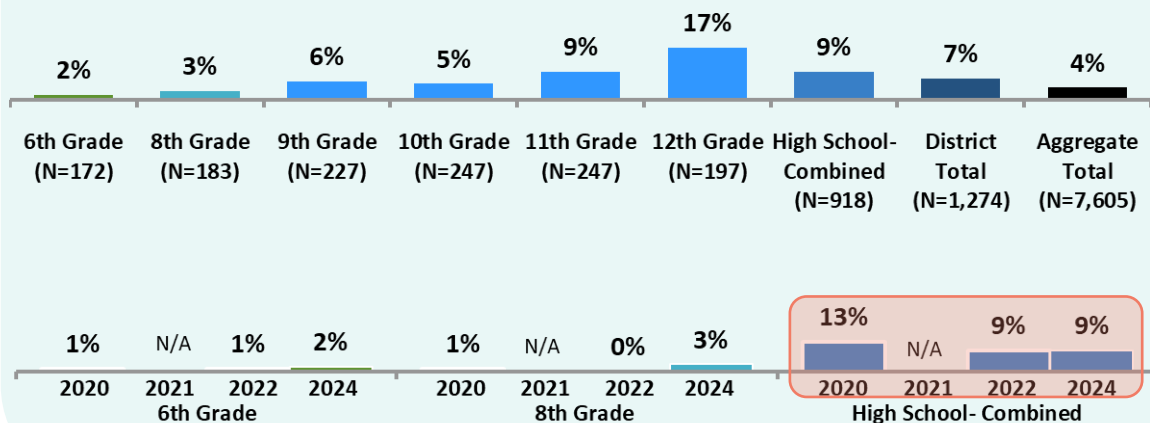
During the past 12 months how did you usually get e-cigarette or vaping products for your own use? (Choose all that apply)

2020			2024
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Marijuana Usage

- Rates of marijuana usage in high school are at least 3 times that of rates of marijuana usage in middle school.
- Rates of marijuana usage decreased for high school students in 2022 and 2024 compared to 2020.
- In the aggregate sample, students who use marijuana are especially likely to use other substances and have an increased rate of a variety of risky behaviors or experiences.

Has Used Marijuana or Marijuana-Related Products in the Past 30 Days



Aggregate 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%)

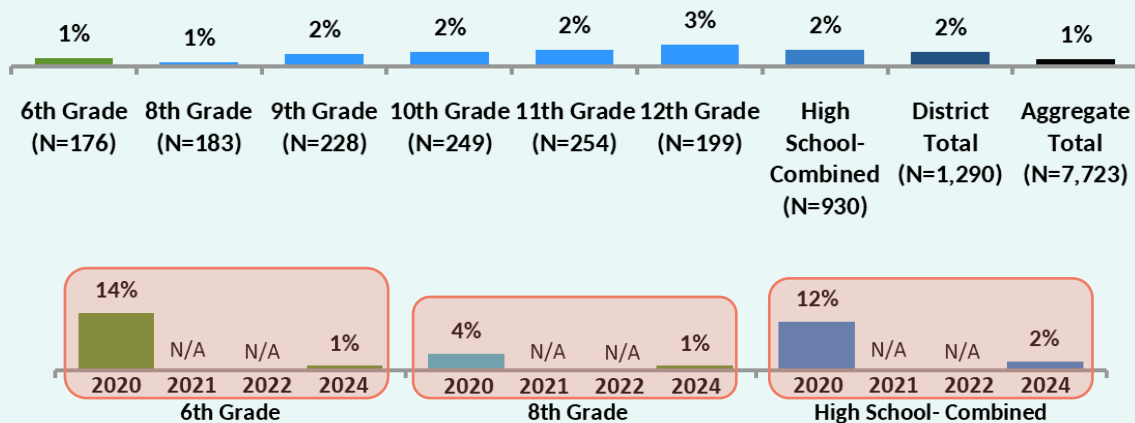


Drug Use on School Property

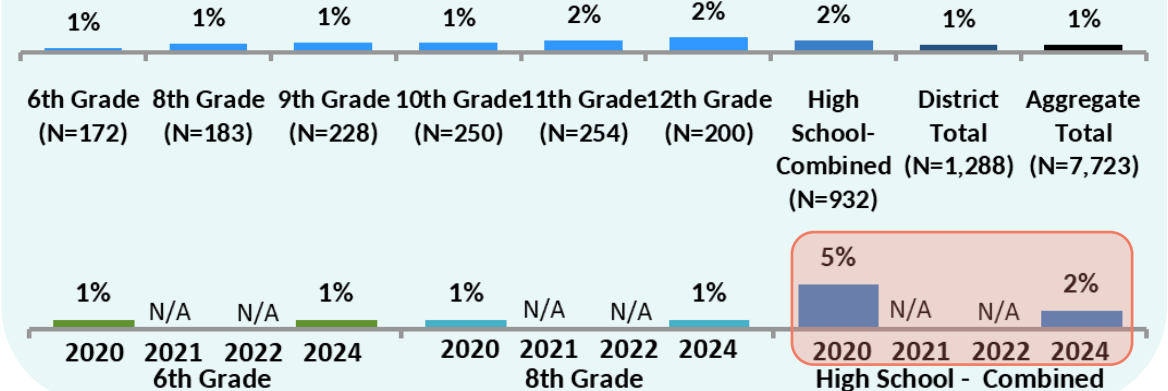
- Rates of using e-cigarettes on school property are very low across all grades.
- Furthermore, rates of e-cigarette use on school property decreased in all grades in 2024 compared to 2020.
- Of the few students who have used e-cigarettes on school property recently, 12 have done so 10 or more times.

- Rates of using marijuana on school property are similarly low, with 1% of students in most grades doing so in the 30 days prior to the survey.
- Of the few students who have used marijuana on school property recently, 11 have done so 10 or more times.

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



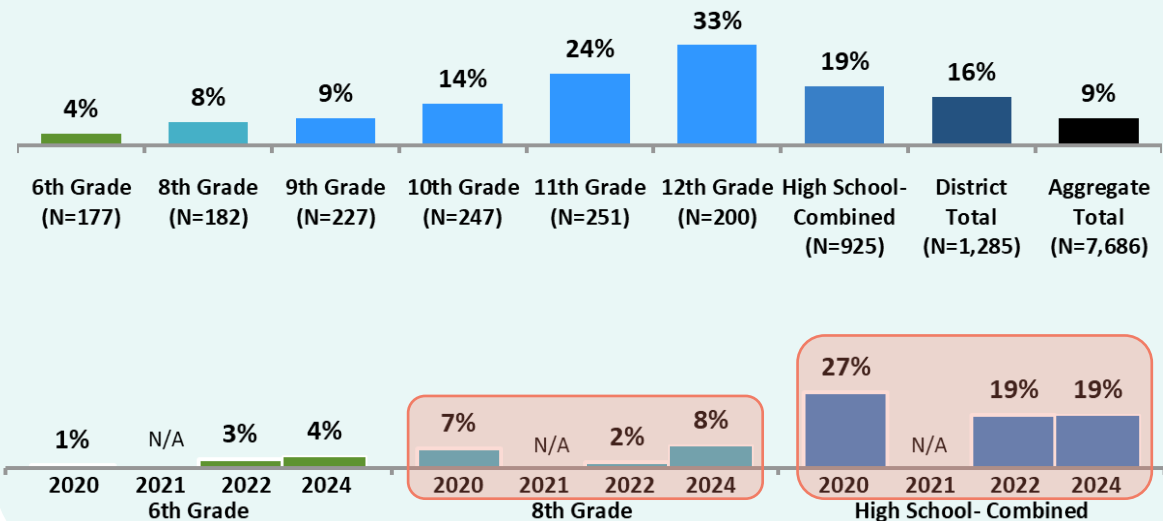
Used Marijuana or Marijuana-Related Products on School Property in the Last 30 Days



Alcohol Consumption

- Rates of alcohol consumption are more than twice as high in high school compared to 6th and 8th grade students.
- Rates of alcohol consumption have decreased among high school students in 2022 and 2024 compared to 2020.

Drank Alcohol in the Past 30 Days



Aggregate 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

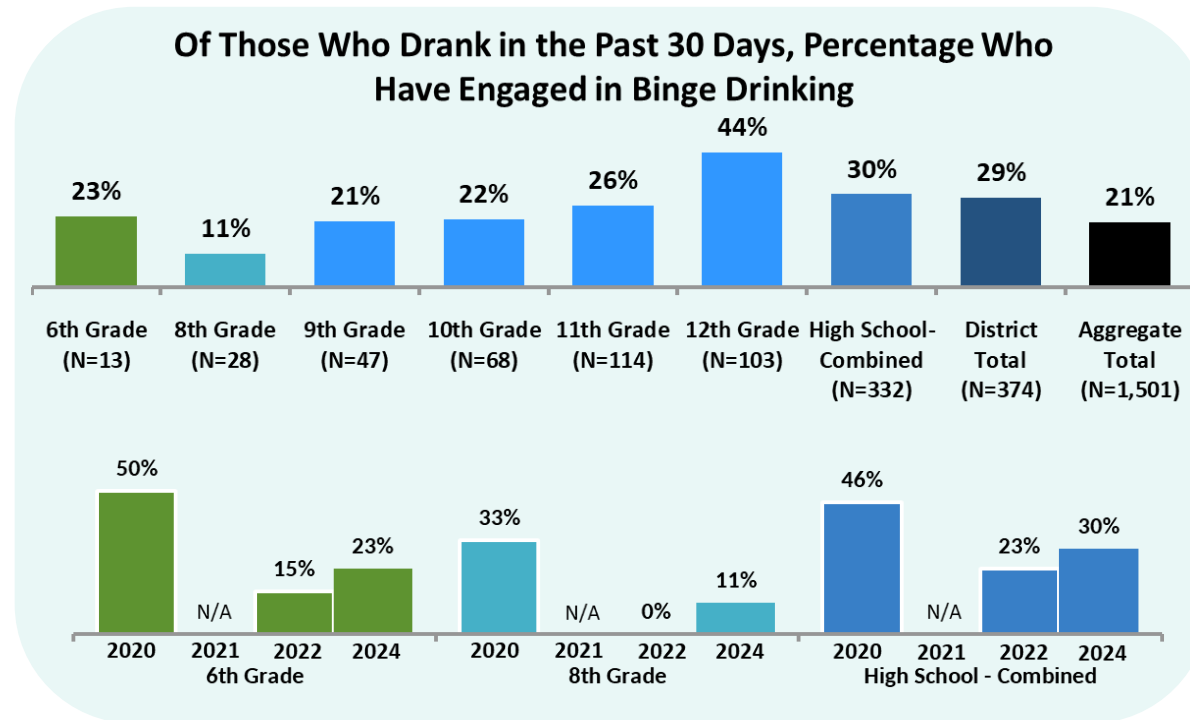
Those who recently drank alcohol are also more likely to:

- 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, 29% of those who drank in the 30 days leading up to the survey also report binge drinking during that time.
 - Furthermore, 4% binge drank 10 days or more in the 30 days leading up to the survey.



*Note, Ns, especially for 6th and 8th graders, are low, so results may not be generalizable.



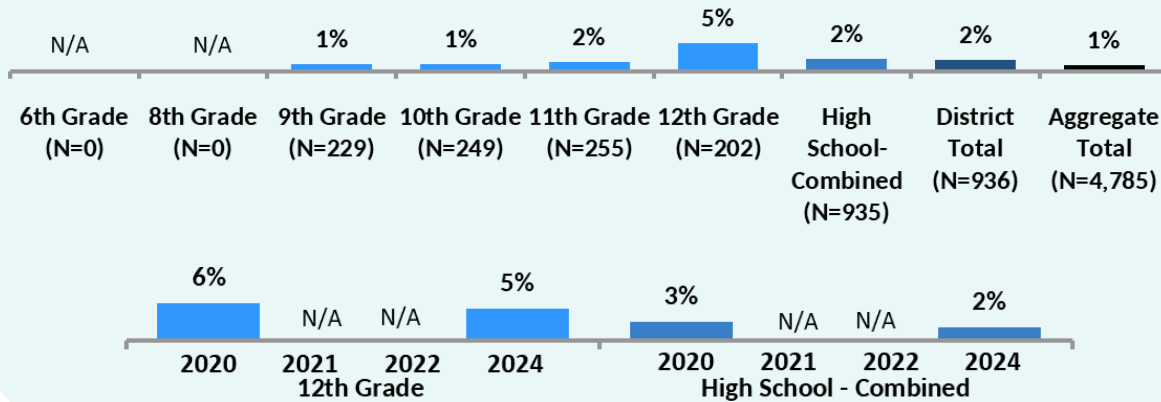
Unsafe Driving

Driving Under the Influence of Alcohol or Marijuana

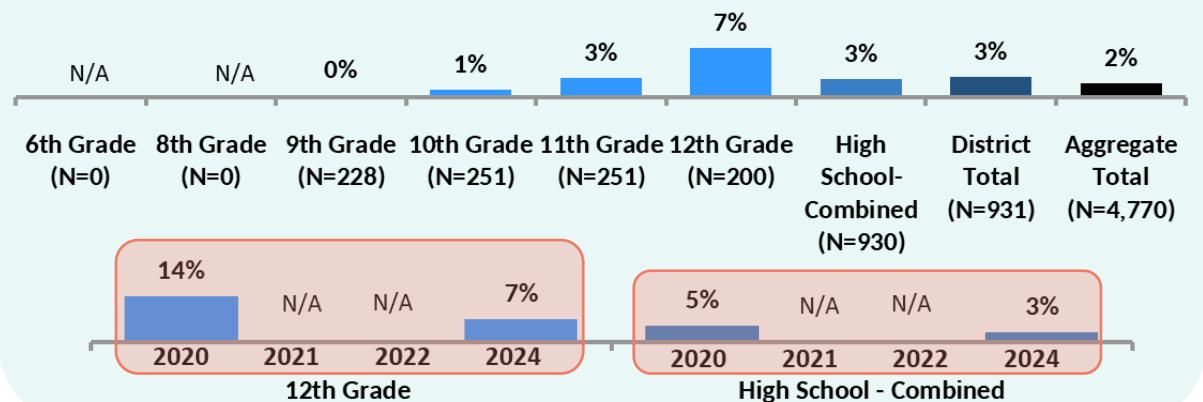
- Rates of driving while under the influence of alcohol are very low across grade levels but appear highest in 12th grade.

- Rates of driving while under the influence of marijuana are also very low.
- These rates have also decreased in 2024 compared to 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

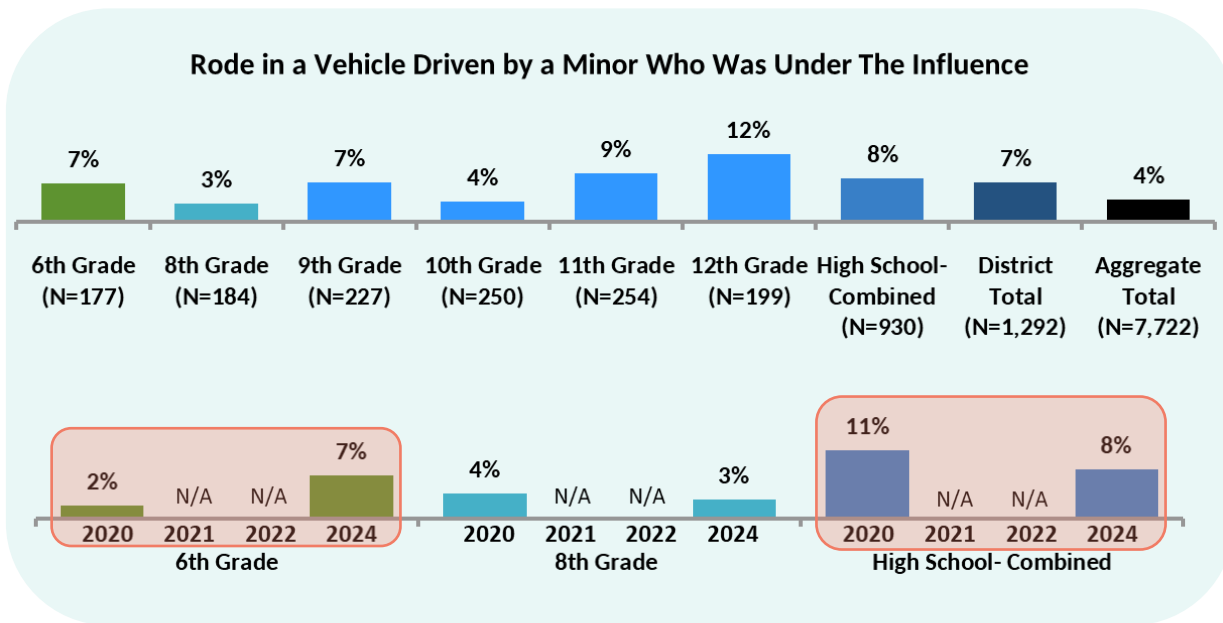
During the past 30 days how many times did YOU drive a car or other vehicle when you had been drinking alcohol?
...when you had been using marijuana?

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 of riding in a vehicle driven by a minor who is under the influence appear highest in 12th grade.
- While these rates have decreased among high schoolers over time, they have increased for 6th grade students.



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

- Most of the time or always drive a car while using a cell phone without a hands-free option (56%)
- Binge drink alcohol (33%)



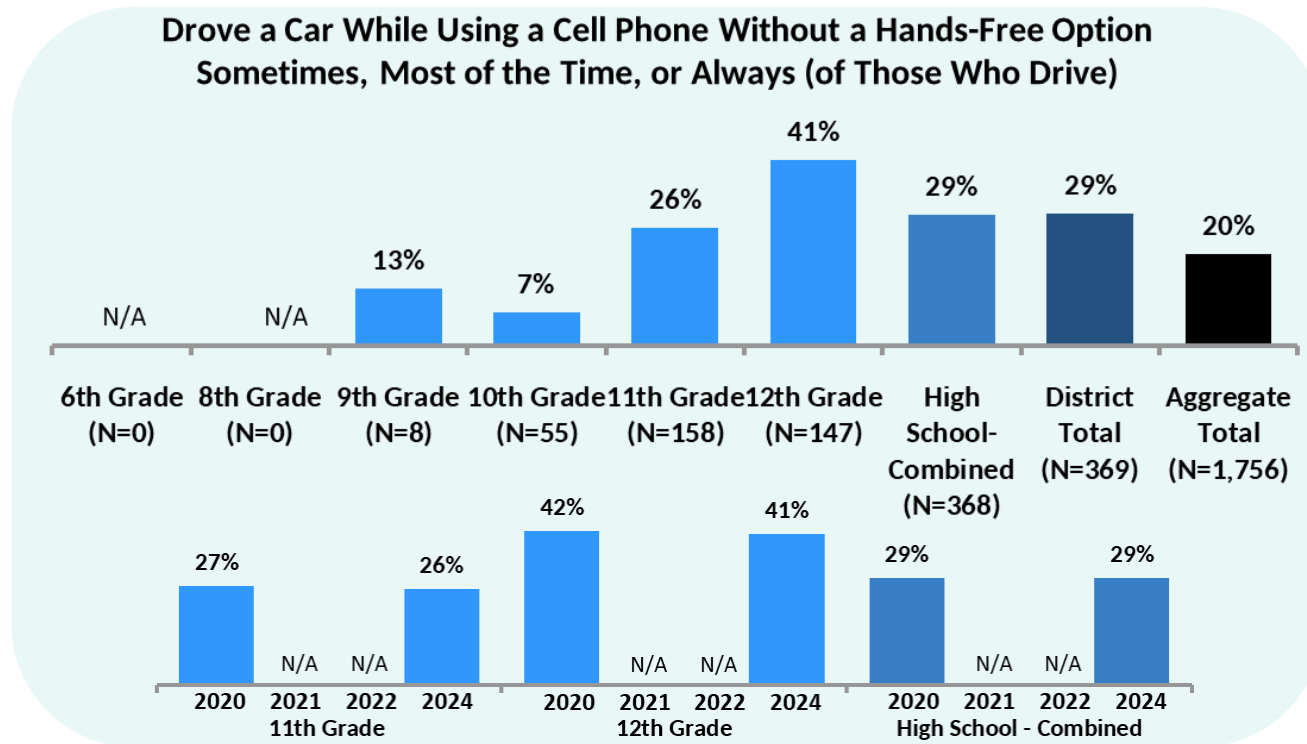
Q93

During the past 30 days how many times did you ride in a car or other vehicle driven by a minor (under the age of 21) who had been drinking alcohol or using other drugs?

2020			2022
------	--	--	------

Using Cell Phones While Driving

- Of those who drive, 29% drove while using a cell phone (without a hands-free option) sometimes, most of the time, or always.
 - Furthermore, 11% of those who drive use a cell phone without a hands-free option most of the time or always.



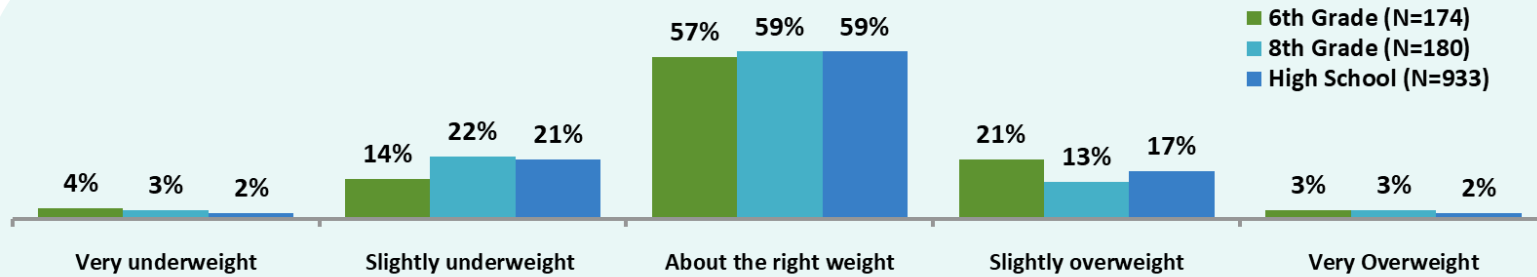
*Note, this question was not asked of 6th and 8th grade students.



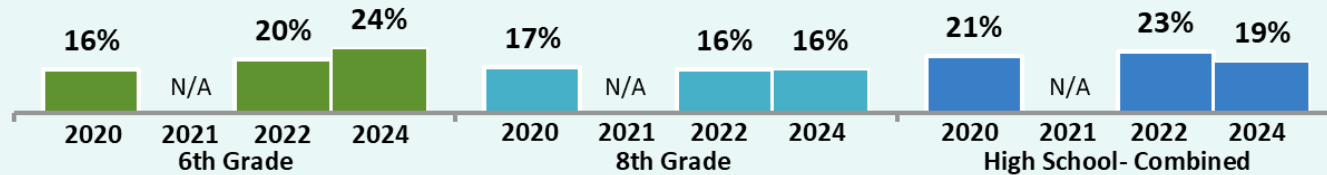
Body Image and Dieting

Body Image

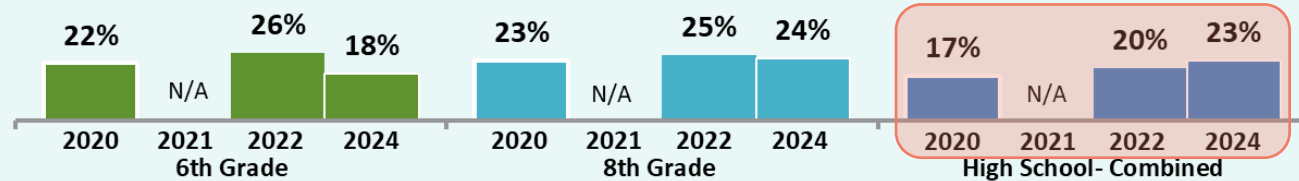
How would you describe your weight?



Percent who Identify as Very or Slightly Overweight



Percent who Identify as Very or Slightly Underweight

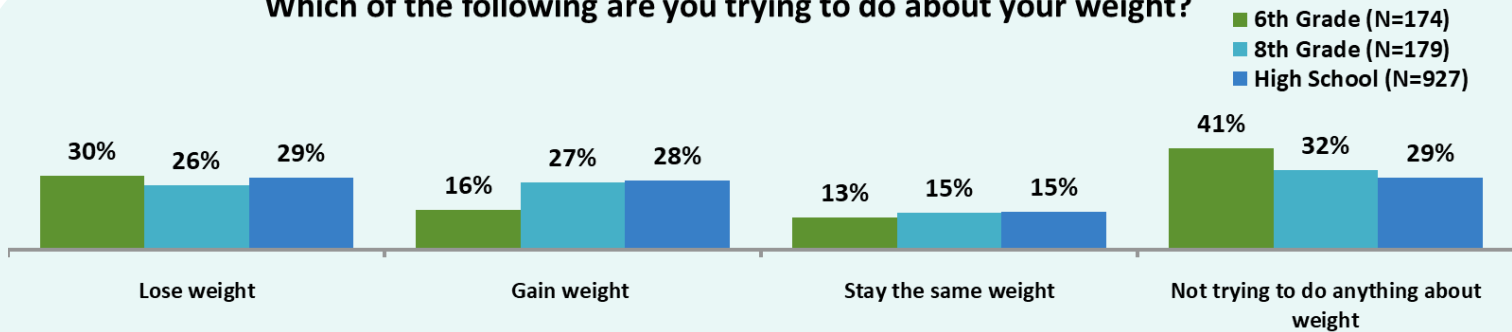


- Nearly 3 in 5 students feel that they are at about the right weight.
- While the proportions of those who feel they are underweight or overweight are similar, it appears that more 6th graders see themselves as overweight while more 8th grade (and slightly, high school) students see themselves as underweight.
- Though these rates have remained somewhat stable over time for most grades, rates of feeling underweight have increased among high schoolers between 2020 and 2024.

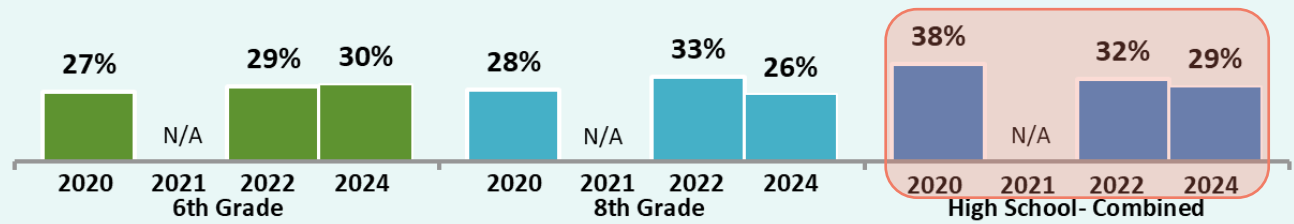


Weight Goals

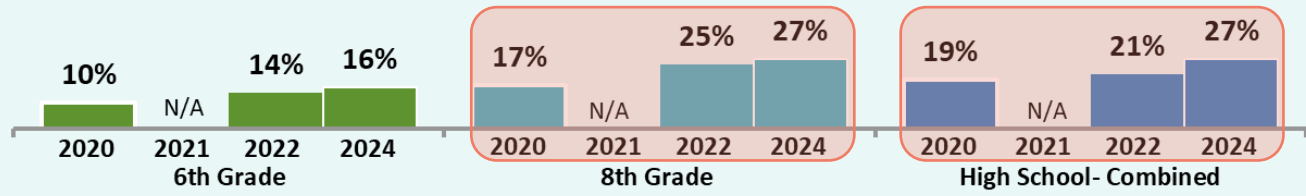
Which of the following are you trying to do about your weight?



Percent Trying to Lose Weight



Percent Trying to Gain Weight



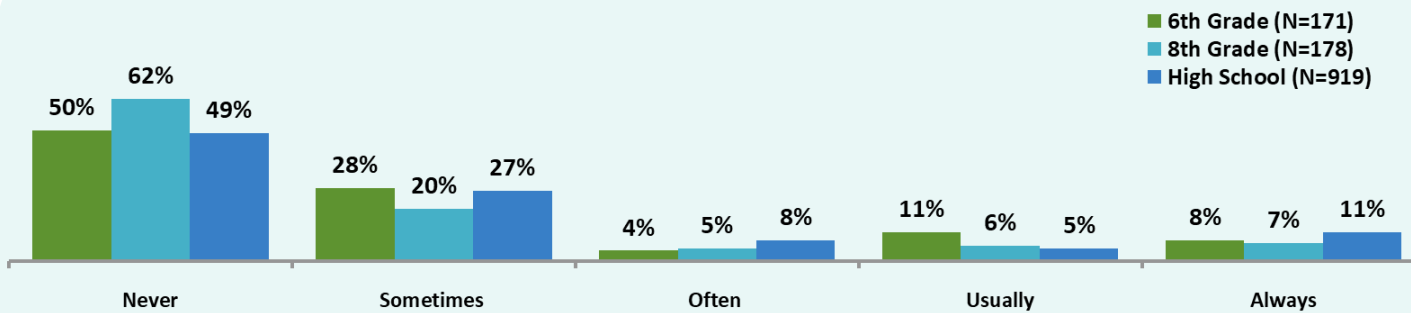
- Although 19% of students overall said they felt they were overweight, 28% of all students indicated that they were trying to lose weight.
- 3 in 4 students who said they were slightly or very overweight indicated they were trying to lose weight.
- 22% of those who thought they were about the right weight indicated wanting to lose weight.
- Most concerning, 6% of those who identified as underweight also indicated a desire to lose weight.
- While rates of trying to lose weight have remained relatively stable among 6th graders, rates have decreased or are trending down among high school students between 2020 and 2024.
- Rates of trying to gain weight have increased among 8th grade and high school students in 2024 compared to 2020.



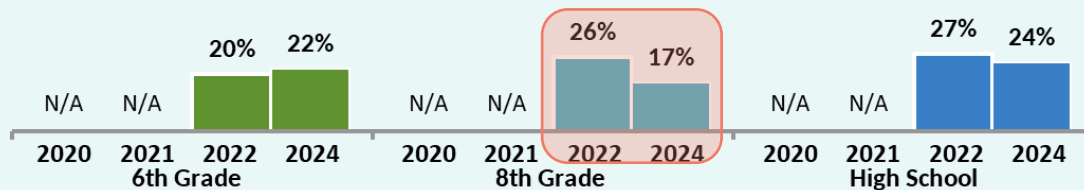
Desire to be Thinner

- While 65% of students who felt they were overweight indicated they often, usually, or always had a strong desire to be thinner, 15% of those who felt they were at the right weight, and 7% of those who identified as underweight also felt this way.
- This desire to be thinner is somewhat stable across grade levels, though it decreased for 8th graders compared to 2022.
- In the aggregate sample, those who identify as non-heterosexual, female, or non-binary are especially likely to indicate a strong desire to be thinner.

I have a strong desire to be thinner.



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



Aggregate 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:

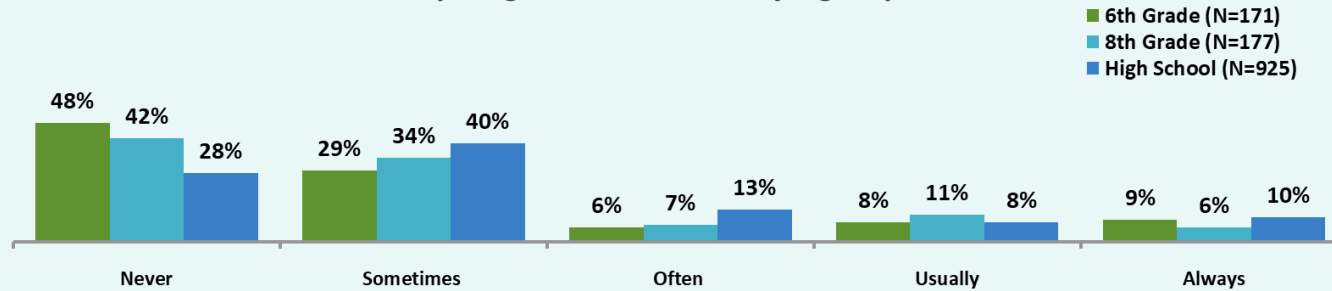
- Indicate their weight influences their self-image (77%)
- Consider themselves overweight (56%)
- Avoid food to cope with stress (48%)
- Eat to cope with stress (47%)
- Be depressed (30%), self-harm (26%), or consider suicide (15%)
- Be sexually harassed (24%)
- Be bullied (21%) or cyberbullied (13%)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



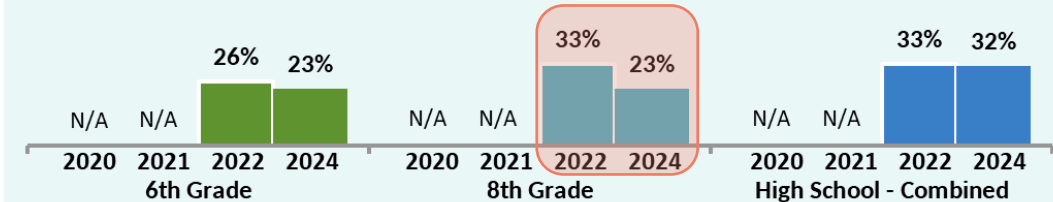
Body Image

- Just over 1 in 3 students (31%) overall said their weight often, usually, or always influences how they judge themselves.
- These rates have remained largely stable between 2022 and 2024 for 6th graders and high schoolers but decreased for 8th graders.
- This was especially high among those who had a strong desire to be thinner (76%), identified as overweight (62%), or were trying to lose weight (60%).
- Younger students appear least likely to judge themselves based on their weight, with nearly half (48%) of 6th graders indicating that their weight never influences how they judge themselves.

My weight influences how I judge myself.

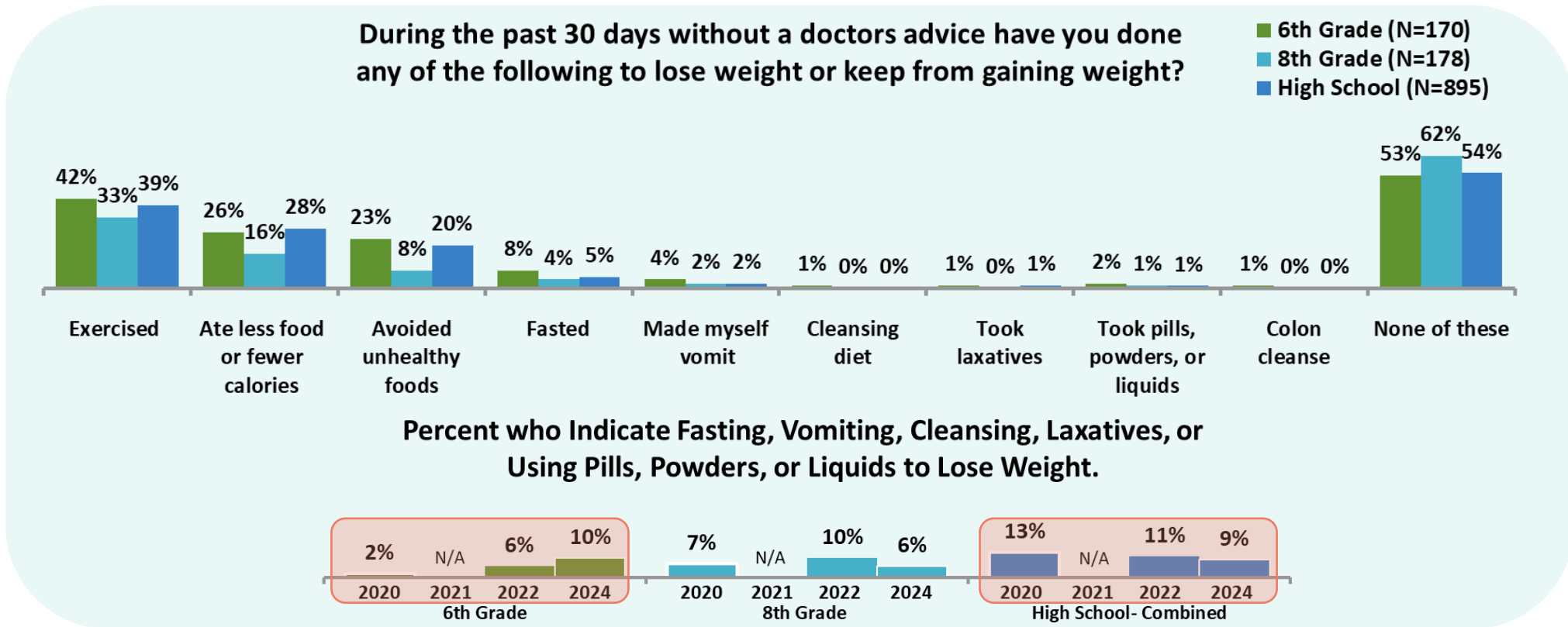


Proportion Who Indicate Their Weight Influences How They Judge Themselves Often, Usually, or Always



Unhealthy Dieting

- Overall, 8% of students engage in dangerous behaviors to lose weight.
- Moreover, 26% 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 who identified as overweight (24%) and those who were trying to lose weight (22%).
- The rate at which students use these methods appears to have remained low over time.



Unhealthy Dieting (cont.)

Aggregate 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%)

This slide only shows information from the aggregate sample, as Ns for certain racial and ethnic groups are small within the Concord-Carlisle district and may not be generalizable.

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 influences their self-image.



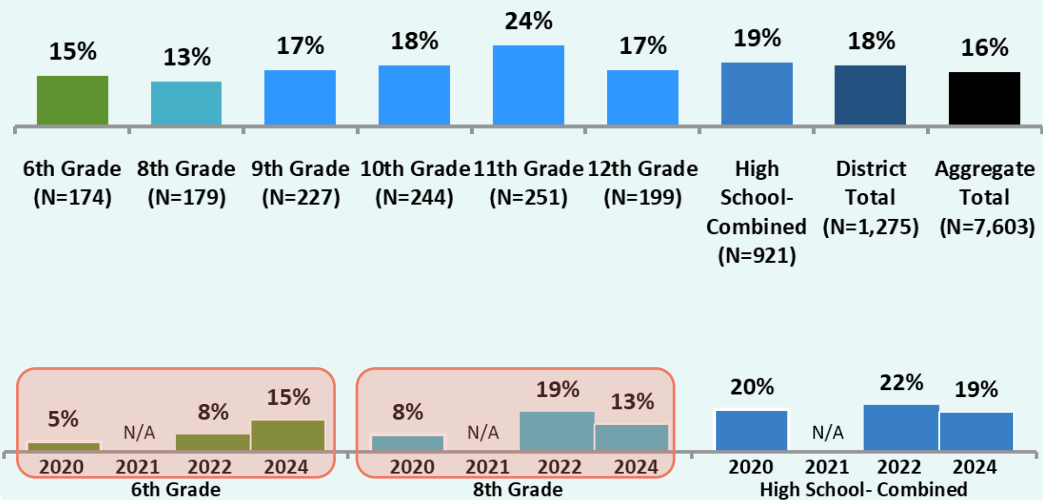
Social Media and Cellphone Use

Parental Involvement on Social Media

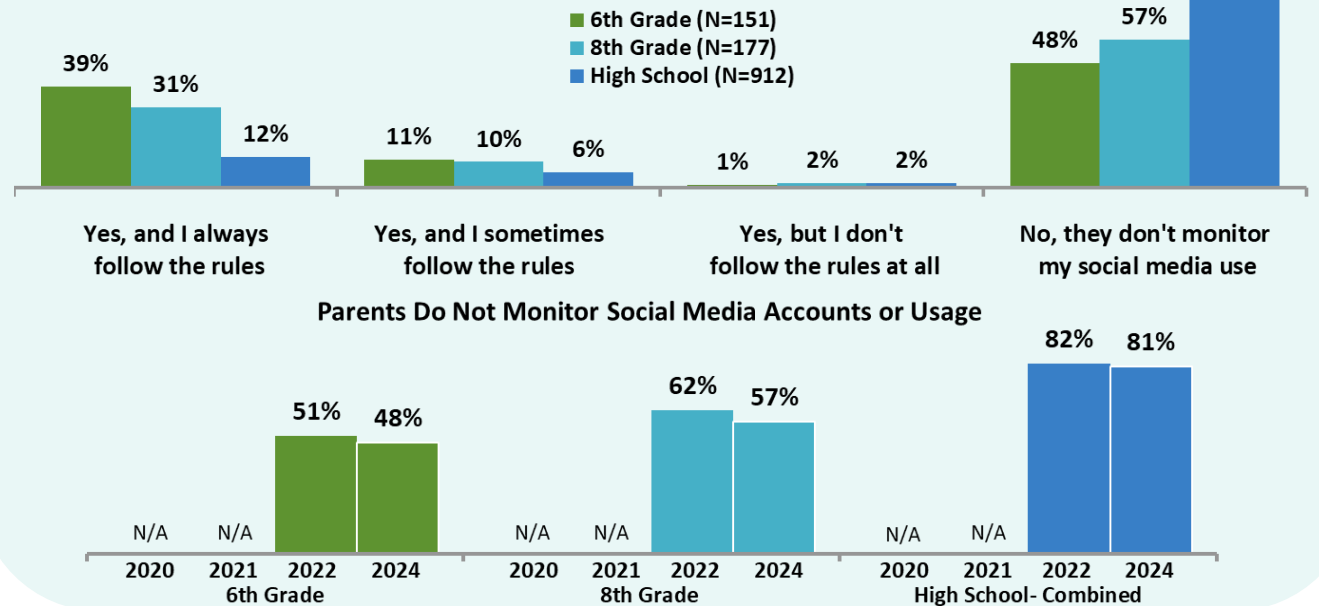
- Students in 11th grade appear to have the highest rates of having social media accounts their parents are not aware of.
- While 8th grade students report lower rates of having a social media account their parents are unaware of in 2024 compared to 2022, rates among 6th graders have increased.

- Overall, parents are less likely to monitor social media for older students:
 - 52% of 6th graders have parents who monitor social media.
 - 43% of 8th graders have parents who monitor social media.
 - 19% of high schoolers have parents who monitor social media.
- However, 14% 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



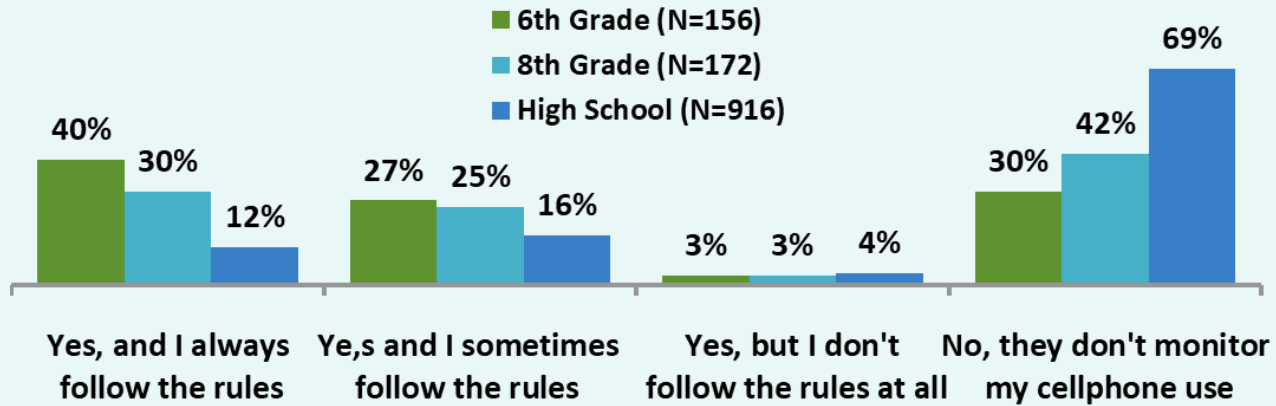
Do your parents or guardians monitor your social media accounts or how you use social media?



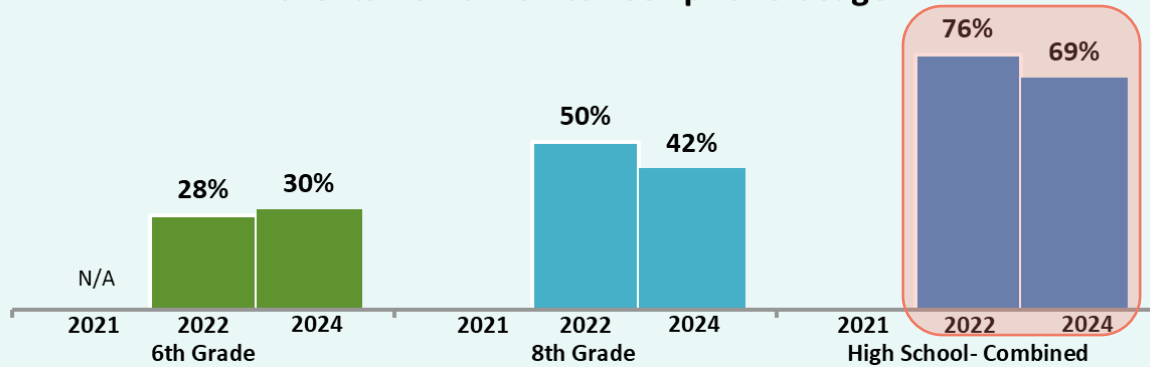
Q124	Do you have any social media accounts that your parents or guardians don't know about?	2020	2021	2022	2024
Q125	Do your parents or guardians monitor your social media accounts or how you use social media?			2022	2024

Parental Involvement in Cellphone Usage

Do your parents or guardians monitor your cellphone use?



Parents Don't Monitor Cell phone Usage



- Similar to social media use, parents are less likely to monitor cellphone use for older students:
 - 70% of 6th graders have parents who monitor their phone.
 - 58% of 8th graders have parents who monitor their phone.
 - 31% of high schoolers have parents who monitor their phone.
- For high school, fewer students indicate their parents **not** monitoring their cell phones between 2022 and 2024.

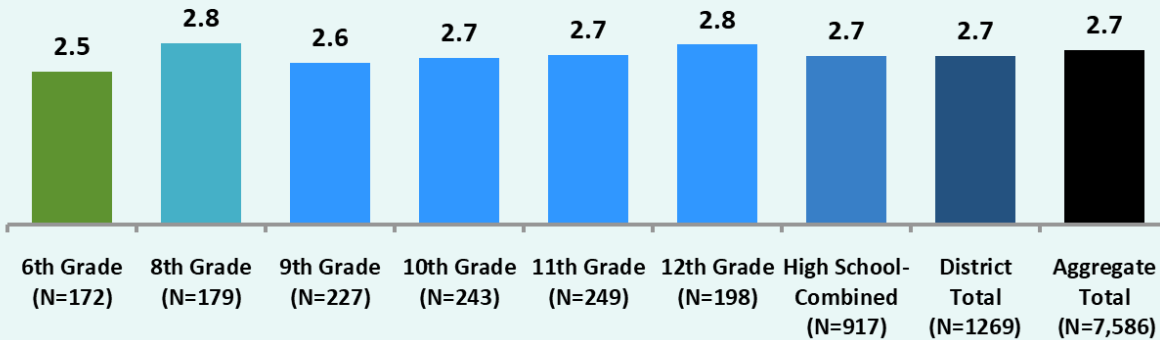


Screen Time and Social Media

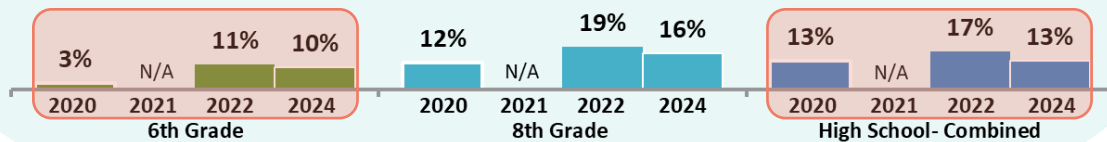
- Overall, students report spending a median of 2.7 hours on electronic devices on weekdays for non-school related activities.
- However, the rates of students who spend 6 or more hours on visual media each weekday appears to be trending down for most grades compared to 2022.

- Overall, students report spending a median of 2.2 hours on social media on weekdays.
- Further, just under 1 in 5 students (18%) report spending 4 or more hours on social media each weekday.

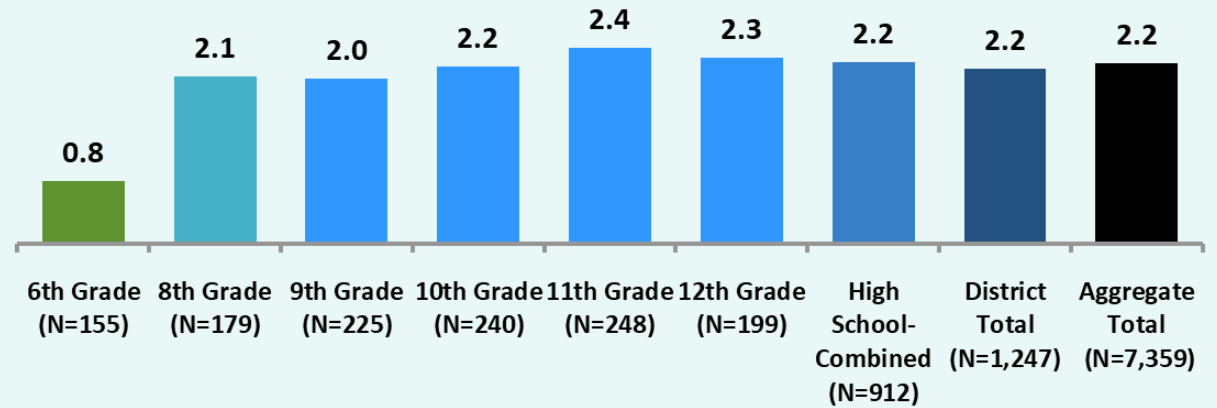
Median Time Spent on Computers, Television, Phones, Game consoles, or Other visual Technology on Weekdays



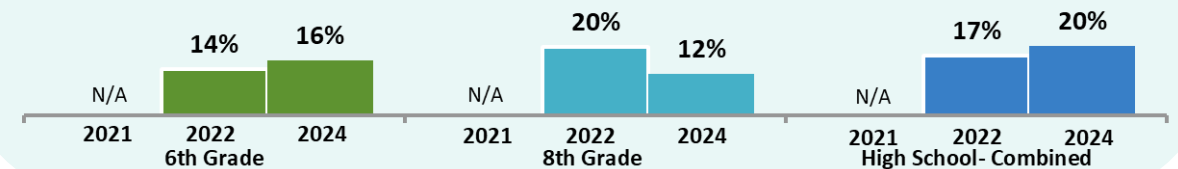
Percent Reporting 6 or More Hours on Visual Media Each Weekday



Median Time Spent on Social Media on Weekdays



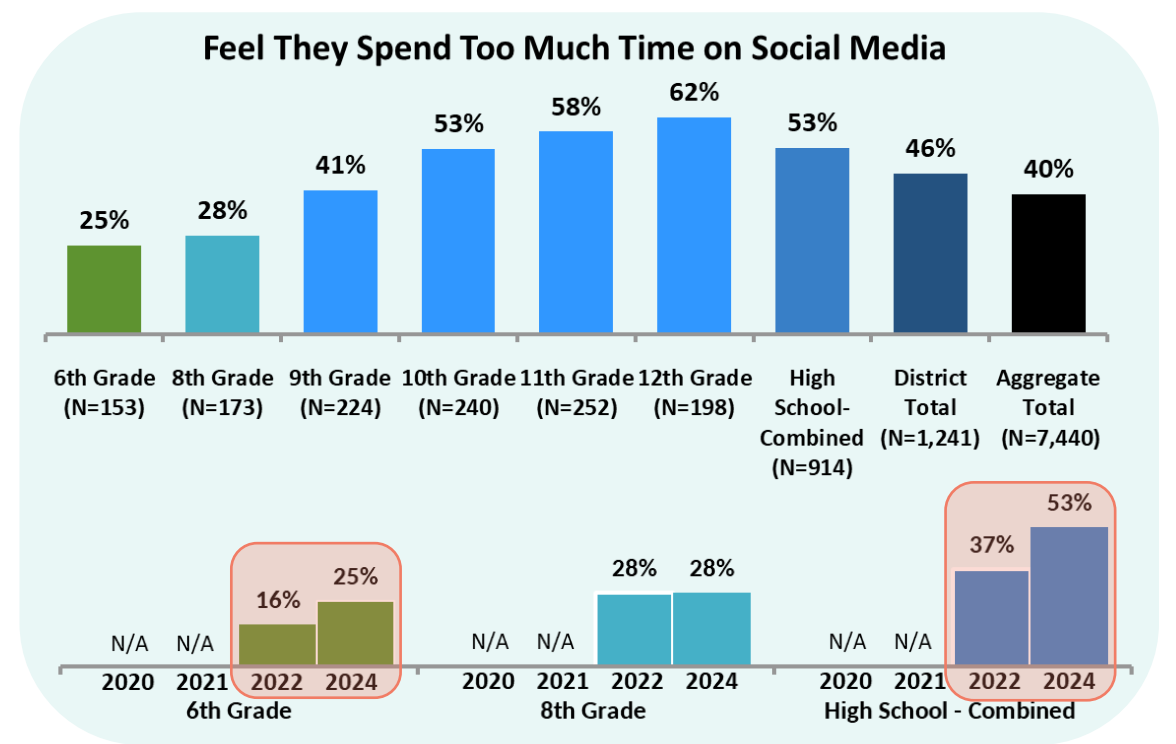
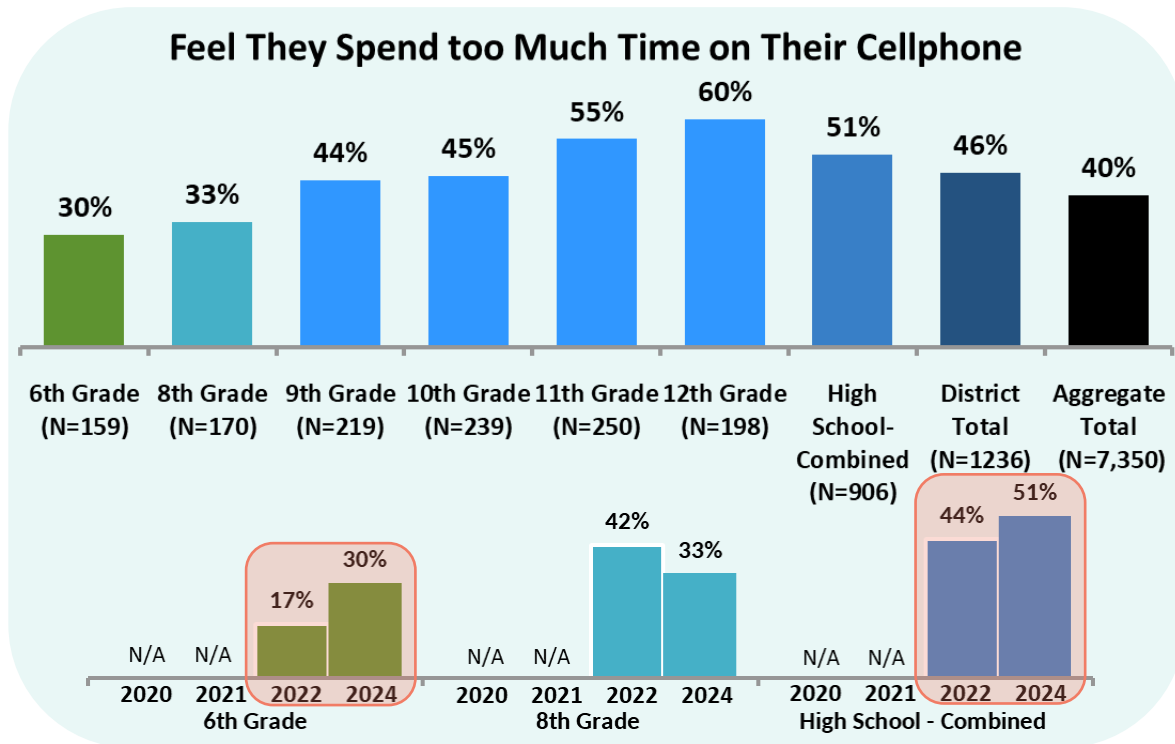
Percent Reporting 4 or More Hours on Social Media Each Weekday



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

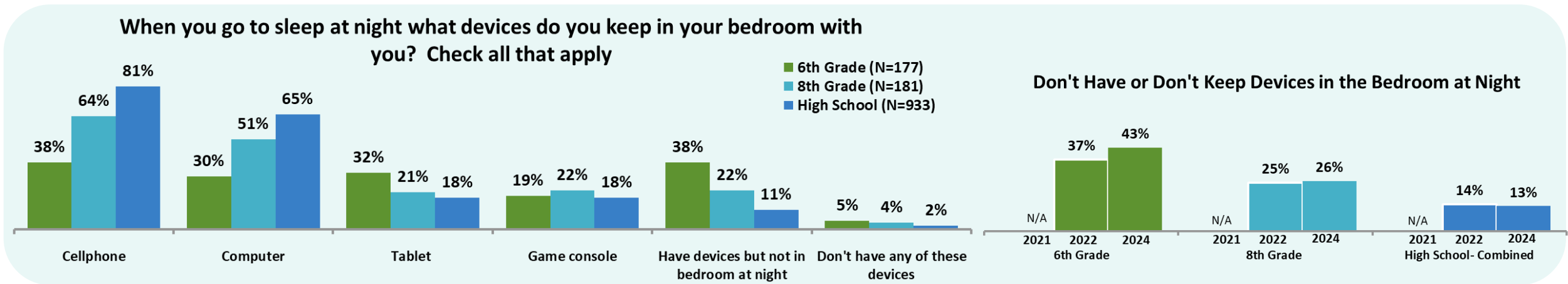
- Overall, just under half of students feel they spend too much time on their phones or on social media (46% and 46%, respectively).
- The feeling that one spends too much time on their phones or on social media appears much higher in older grades compared to 6th and 8th grades, despite screen time and social media time not substantially changing with each grade.
- Rates of feeling they spend too much time on cellphones or social media increased among 6th grade and high school students compared to 2022.
- In the aggregate report, rates of feeling they spend too much time on their phones or on social media are especially high among those who identify as female or non-heterosexual.



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

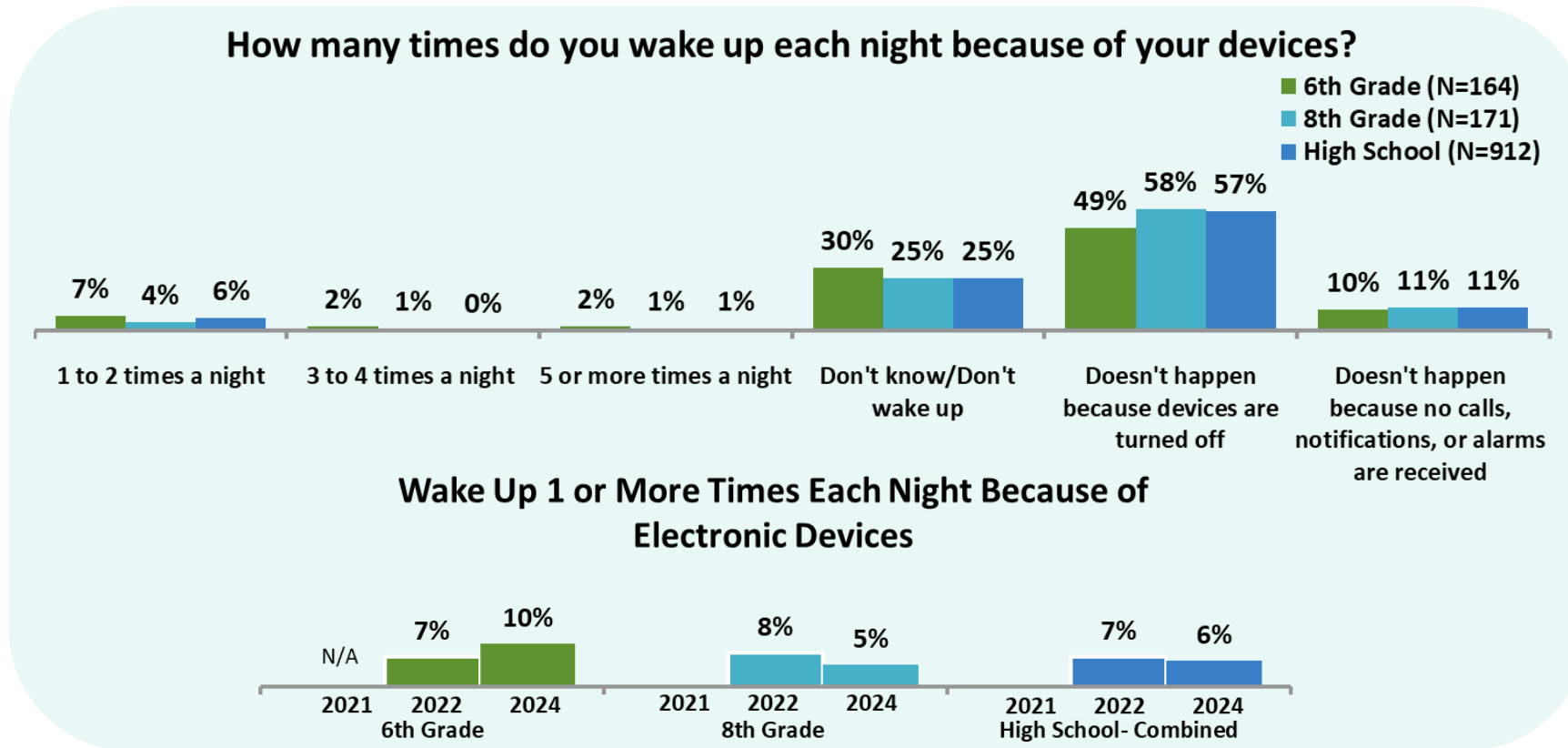
Electronic Devices in the Bedroom

- Cellphones are the most common devices students keep in the bedroom at night, followed by computers.
- High schoolers show a greater tendency to keep their cellphones and computers in their bedroom at night compared to 6th and 8th graders.
- Rates of not keeping devices in the bedroom at night may be trending up for 6th graders between 2022 and 2024.



Effect of Electronic Devices on Sleep

- Overall, 7% of students wake up at least once because of their devices at night.
- Just under half of 6th grade students and over half of older students turn their devices off at night.



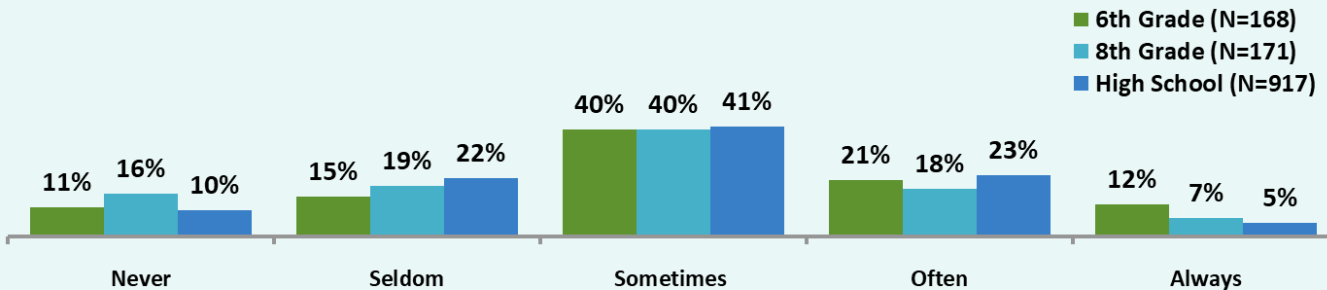
Cellphone Distraction: Notifications

- Overall, 28% of students feel they must immediately respond to messages often or always.
- Rates of feeling they must always respond to messages immediately appear to decrease with high school, compared to middle school.
- Furthermore, this feeling has decreased for high school students since 2022.

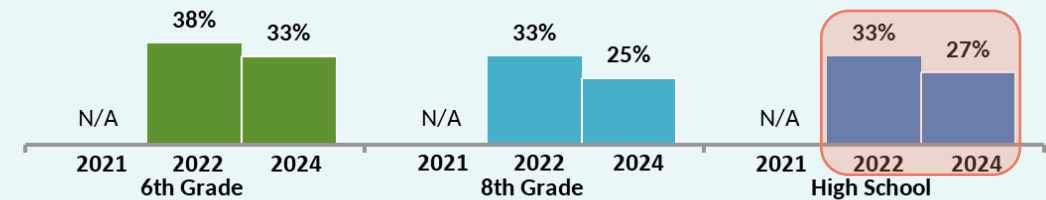
Those who often or always feel the need to respond to messages immediately are also more likely to:

- Have unwanted contact from someone they talked to online (18%)
- Have been in risky/unwanted situations due to information they shared online (17%)
- Experience difficulty leaving group chats or social media events that make them uncomfortable (15%)

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

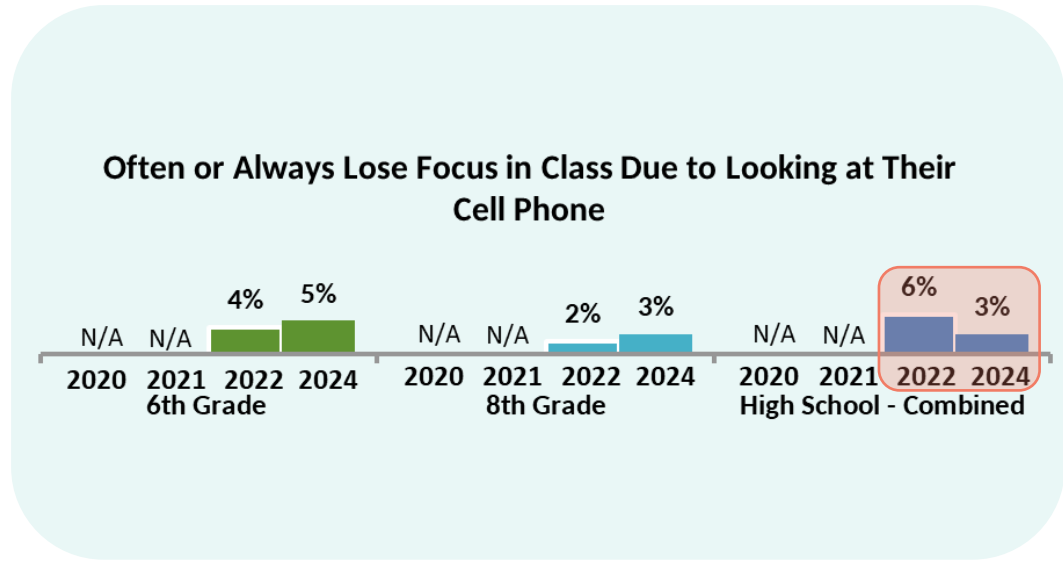
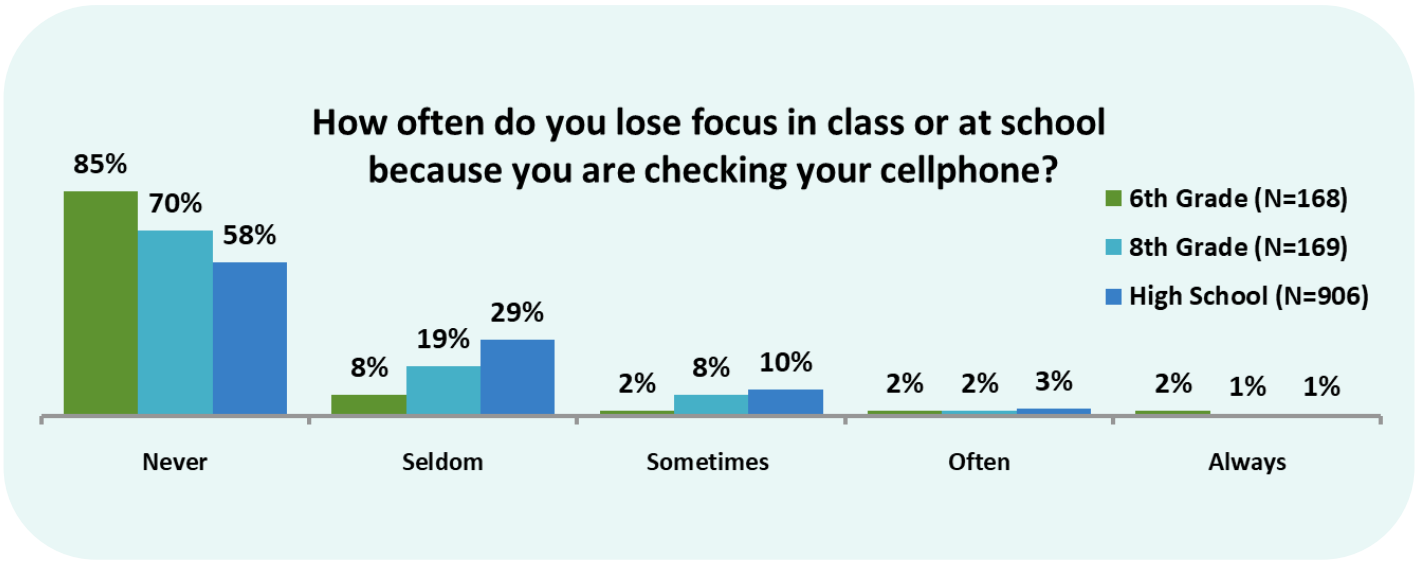


Cellphone Distraction: Focus in Class

- Overall, 4% of students indicate losing focus often or always due to checking their cellphone.
- Rates of feeling they never lose focus at school due to their phones decreases as grade levels increases.
- Additionally, 9% of those who often or always feel they must immediately respond to messages also 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:

- Feel they spend too much time on their phones (72%) or on social media (69%)
- Have unwanted contact from someone they talked to online (40%)

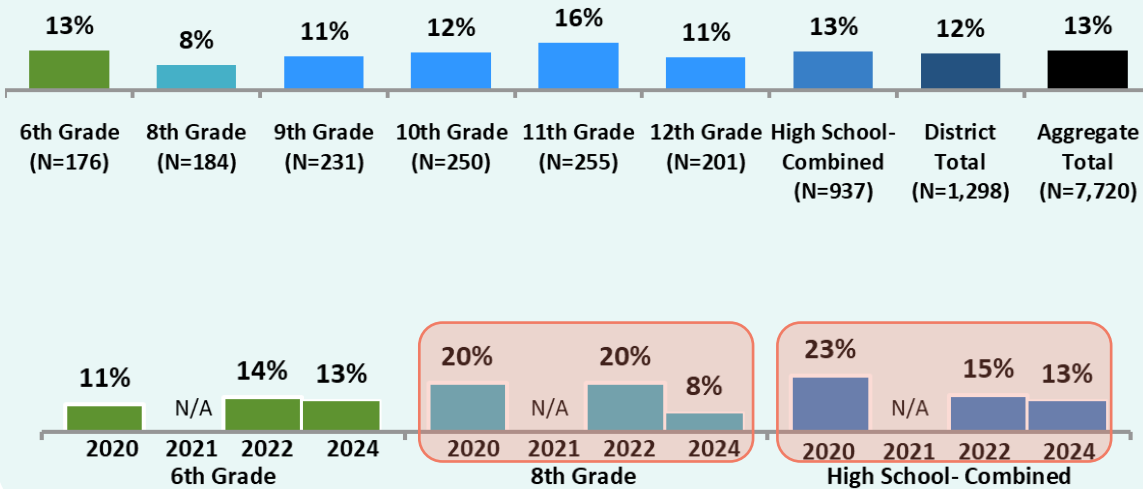


Risky Online Behaviors and Unwanted Contact

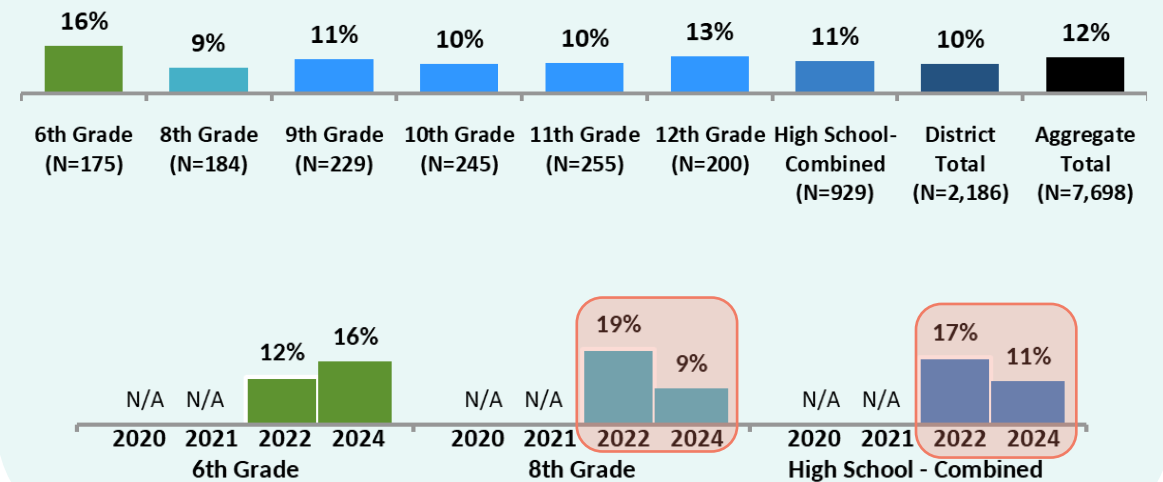
- The rate of students being in risky or unwanted situations due to information shared electronically appears to be highest in 6th and 11th grades.
- Between 2020 and 2024, these levels decreased for 8th grade and high school students.

- Rates of having a hard time leaving uncomfortable social media chats appear highest in 6th grade.
- These levels decrease between 2022 and 2024 for 8th grade and high school students but are trending up for 6th grade students.

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



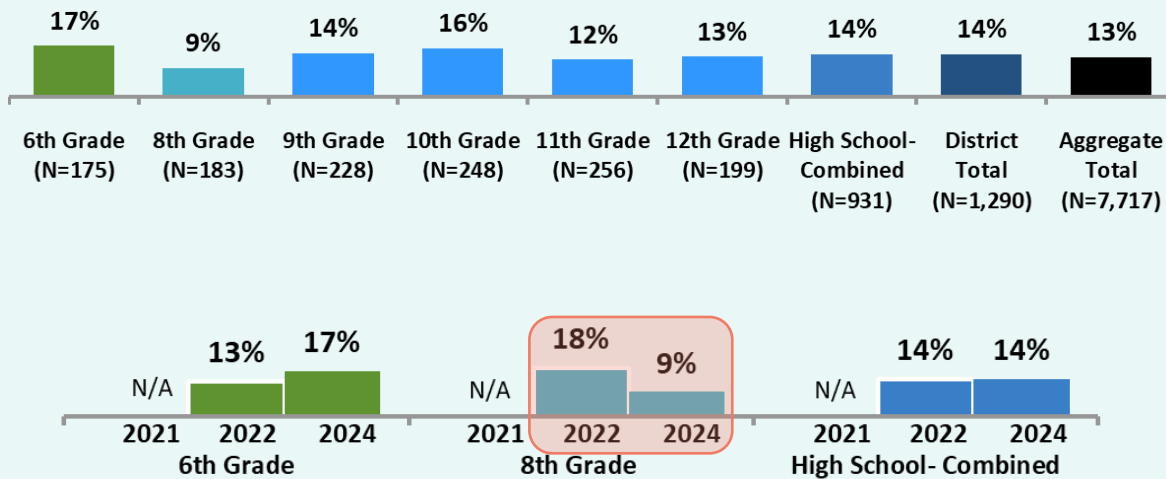
Participated in Uncomfortable Social Media Chats, Meetings, or Events but Had a Hard Time Leaving



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

Had Unwanted Contact from Someone Online in the Past 12 Months



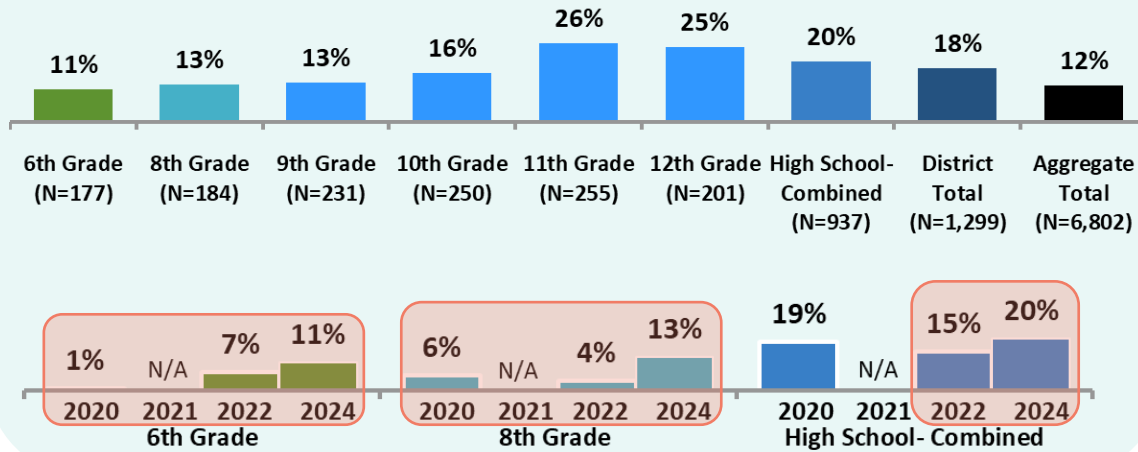
- Rates of unwanted online contact appear highest in 6th grade.
- This is especially common for those who indicate they have:
 - Been bullied (35%) or cyberbullied (49%)
 - Have social media accounts their parents or guardians don't know about (27%)



Sending or Receiving Sexually Explicit Messages

- Rates of sending or receiving sexually explicit messages are highest in the last 2 years of high school. Furthermore, these rates have increased for all grades between 2022 and 2024.
- In the aggregate sample, those who identify as transgender or Southeast Asian American 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 and to view pornography.

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



Aggregate 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

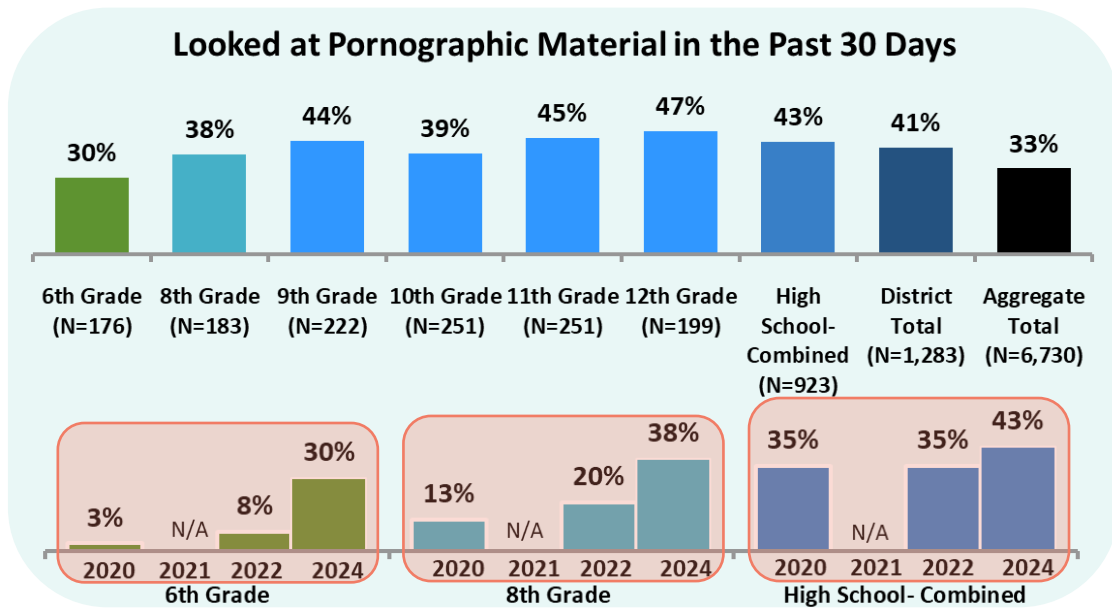
Those who have sent or received sexual messages are more likely to:

- 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

- Just under half of high school students have looked at pornographic materials in the 30 days leading up to the survey.
- Rates have increased among all grades since 2020.
 - 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.



Aggregate 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:

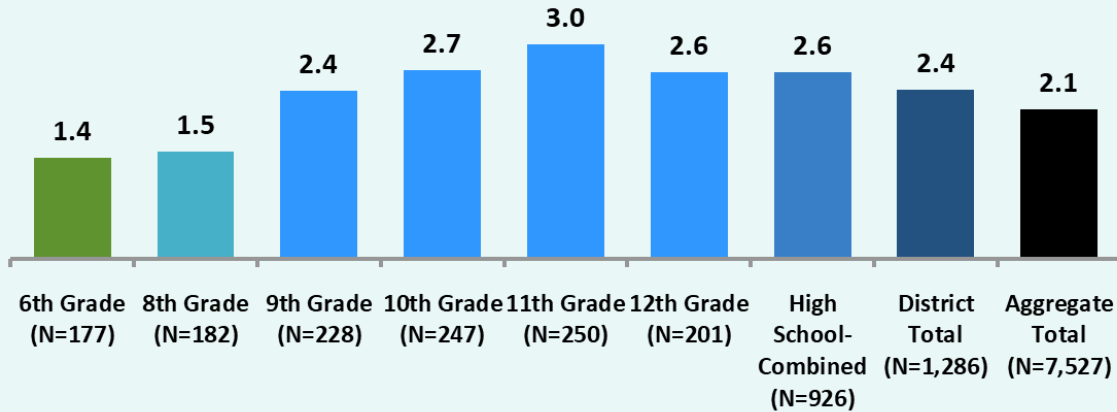
- Send or receive sexual messages (31%)
- Be sexually harassed (24%)
- Be depressed (24%), self-harm (22%), or consider suicide (13%)
- Drink alcohol (20%)
- Be bullied (19%) or cyberbullied (13%)
- Have sexual intercourse (16%)
- Engage in unhealthy dieting (14%)



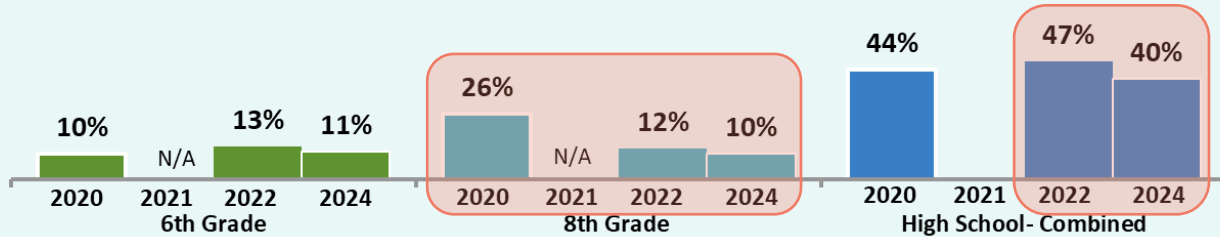
Lifestyle

Homework

Median Hours Spent Doing Homework Each Day



Does 3 or More Hours of Homework Each Day

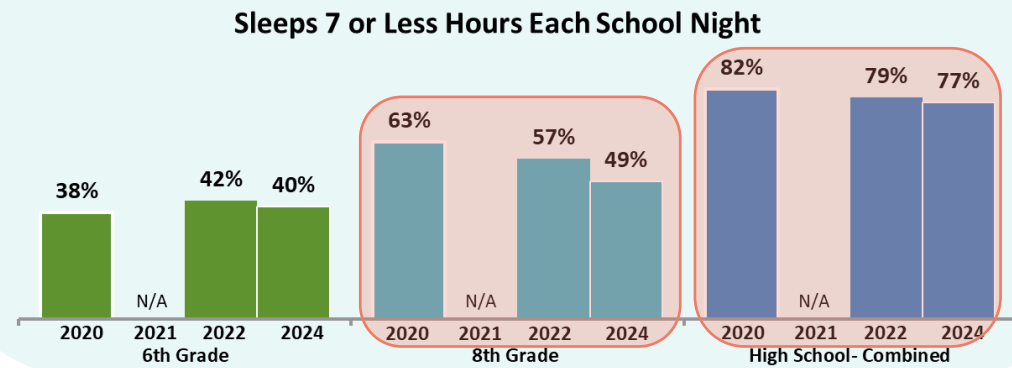
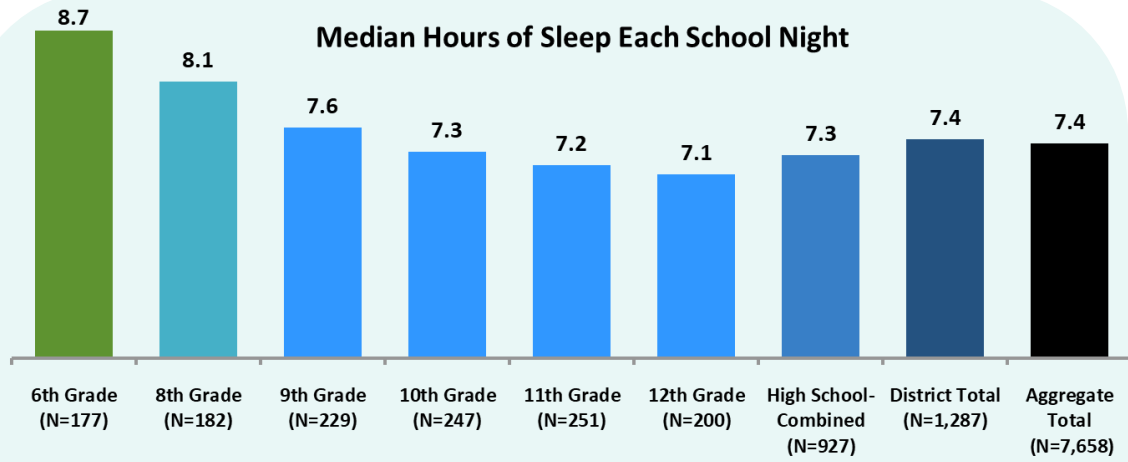


- While the median amount of time students spend on homework in 6th and 8th grade is under 2 hours each day, this increases to over 2 hours in high school.
- Rates of doing 3 or more hours of homework each day decreased or may be trending down for all grades between 2022 and 2024.
- 74% of students who 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 high school students get less than 8 hours of sleep each night, with 32% of all students reporting 6 or fewer hours.
- Within the aggregate sample, 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.



Aggregate 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

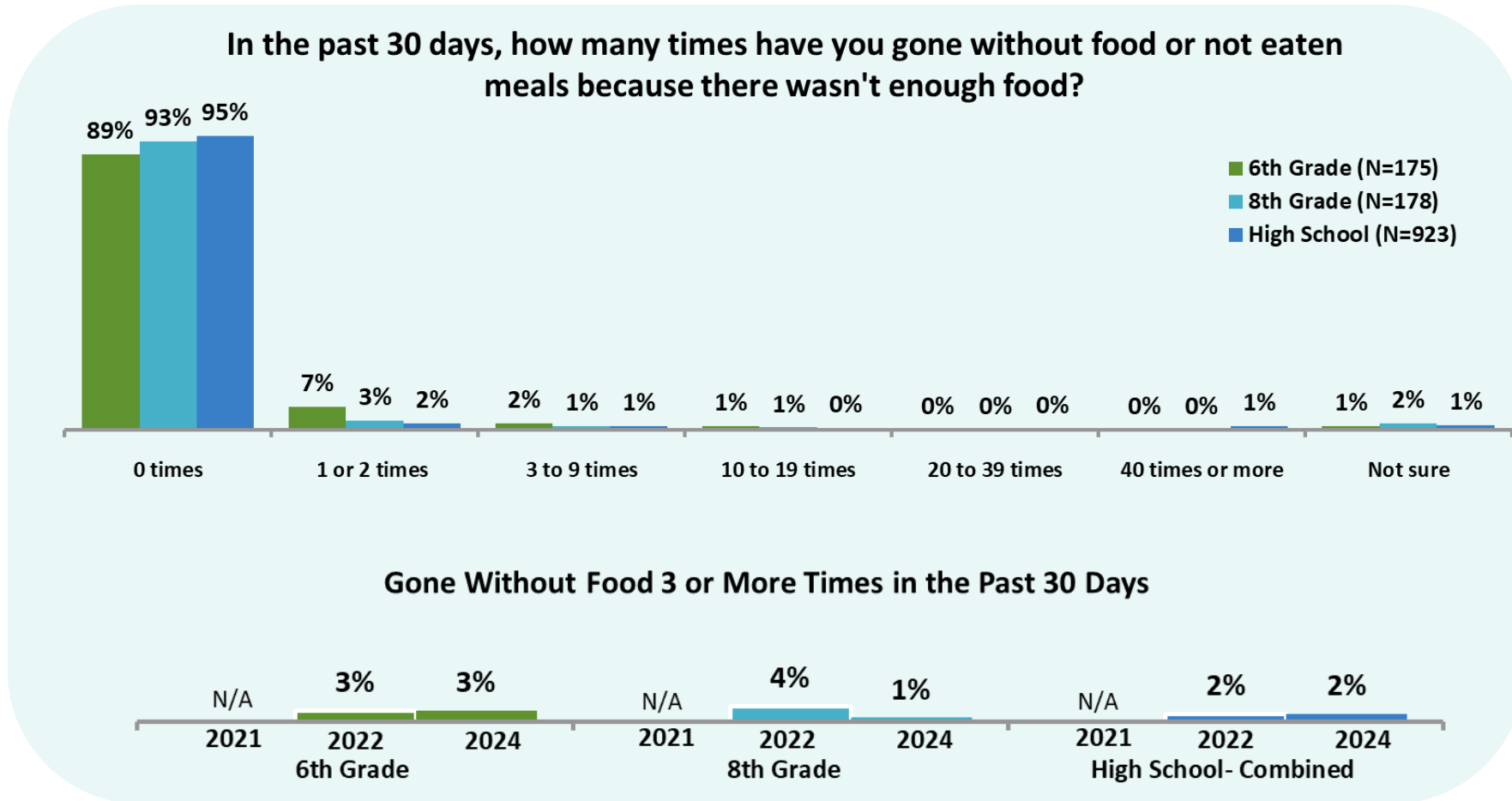
Those who get 6 or fewer hours of sleep each night are more likely to:

- 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%)



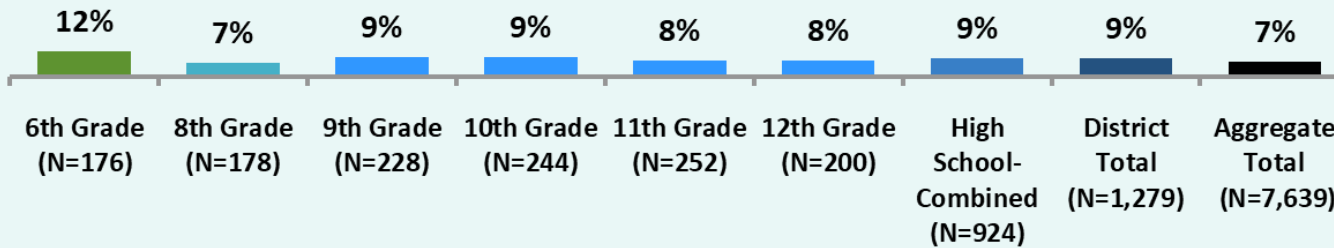
Going Without Food

- 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.
 - Rates of going without food have remained stable or are trending down between 2022 and 2024.



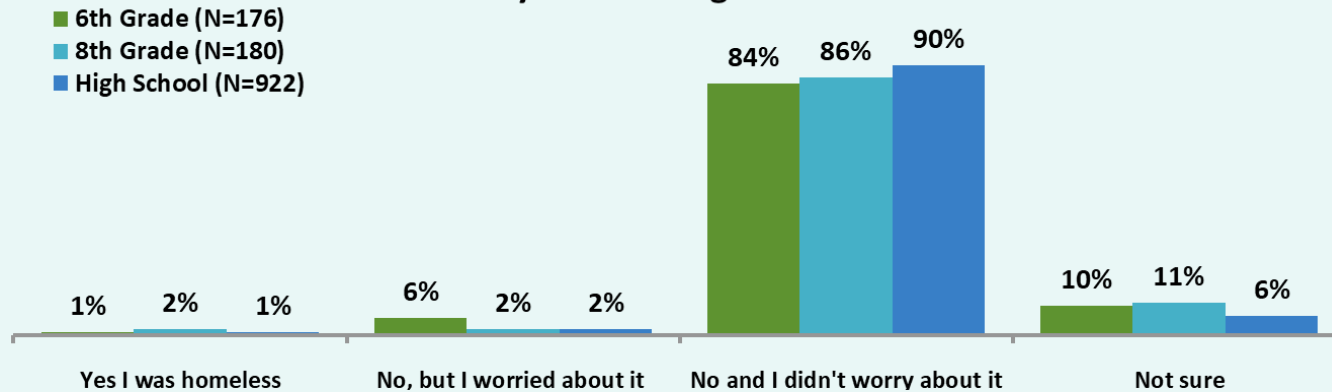
Moving and Homelessness

Moved to New Apartment or House in Past 30 Days



➤ Overall, 9% of students reported moving in the past 30 days.

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



➤ While low at 6%, 6th grade students appear to report higher rates of worry about being homeless compared to older students.



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? <ul style="list-style-type: none"> Female Male Something else (non-binary, etc) 			
		2024	2022	
Q4	Do you identify as transgender, or identify with a different gender than the one you were assigned at birth?			
		2024		2021
Q5	How do you think of yourself? <ul style="list-style-type: none"> 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 			
		2024	2022	2021
Q15-22	How do you describe yourself? – Hispanic or Latino/Latina/Latinx/Latine included instead of as a separate ethnicity question			
		2024	2022	2021



* 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 	

