

# YOUTH RISK BEHAVIOR SURVEY SUMMARY OF FINDINGS FOR 2022

Prepared For

 Emerson Hospital

Spring 2022

# Youth Risk Behavior Survey (YRBS)

## 2022 Emerson YRBS Overview

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

## 2022 Participating School Districts

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



For more information, please contact:

**Kelsey Magnuson**  
**Community Benefits and Events Coordinator**  
**Emerson Hospital**  
**310 Baker Ave**  
**Concord, MA 01742**  
**978.287.1193**



# 2022 Emerson YRBS Methodology

- Emerson YRBS strives to achieve a census of students in 6<sup>th</sup> grade, 8<sup>th</sup> grade, and high school. Ten public school districts participated in the 2022 survey, including 7,722 students in 6<sup>th</sup> grade, 8<sup>th</sup> grade and high school who completed an online survey in March, 2022.
- 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 10,021 students enrolled in participating school districts in March, 2022, 77% 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.

## Students Participating in 2022 Emerson YRBS

	Total Surveyed	6th Grade	8th Grade	High School
<b>2022 TOTAL:</b>	<b>7,722</b>	<b>1,498</b>	<b>1,527</b>	<b>4,684</b>
Acton-Boxborough Regional School District	1,848	384	322	1,139
Ayer Shirley Regional School District	421	95	123	202
Bedford Public Schools	1,115	180	191	744
Concord-Carlisle High School/Concord Public Schools	993	174	171	644
Carlisle Middle School/Carlisle Public Schools	128	53	75	0
Groton-Dunstable Regional School District	657	117	142	398
The Bromfield School (Harvard Public Schools)	442	74	82	285
Littleton High School/Littleton Public Schools	586	126	125	334
Maynard Public Schools	430	85	80	265
Nashoba Regional School District	1,102	210	216	673



# Comparing 2022 and Previous Results for Emerson YRBS

## Historical Comparisons

- In this report, we compare 2018, 2020, 2021, and 2022 results only for school districts that participated in each year and only for grades that were surveyed.

## Census vs. Sample: What is the YRBS?

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

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

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

## Companion Document

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

- Comparable totals for 2018, 2020, 2021, 2022
- Breakdowns by grade for 2018, 2020, 2021, 2022
- Breakdowns for 2022 by selected student characteristics (e.g., gender, sexual orientation, race/ethnicity)

## Questions

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



# Previous Participation by School Districts

	2018	2020 (pre-COVID)	2021	2022
Acton-Boxborough	☑	☑	☑	☑
Ayer-Shirley	☑	-	-	☑
Carlisle Middle School	-	☑	-	☑
Concord-Carlisle	☑	☑	-	☑
Groton-Dunstable	☑	☑	☑	☑
Harvard Bromfield	☑	☑	-	☑
Littleton	☑	☑	-	☑
Maynard	☑	☑	☑	☑
Nashoba	☑	☑	-	☑
Bedford	-		-	☑

\*Note: 2021 sampled a much smaller population (N=2,450) and may serve as less of a direct comparison to 2022 than other years.

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

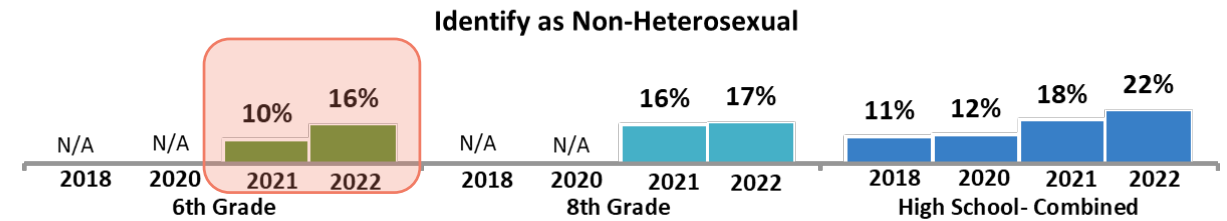
Question #	Question Text	Years Question Was Asked			
Q44	During the past 12 months have YOU repeatedly threatened humiliated or harassed (bullied) someone in school?	2018	2020		2022



# Student Demographic Profile

2022	6 <sup>TH</sup> Grade	8 <sup>th</sup> Grade	High School
<b>Gender (Q3)*</b>			
Female	44%	45%	48%
Male	50%	50%	47%
Non-binary	6%	5%	5%
<b>Transgender (Q4)**</b>			
Yes	2%	3%	3%
No	90%	94%	94%
Not sure	7%	3%	3%
<b>Sexual Orientation (Q5)</b>			
Straight (heterosexual)	65%	75%	72%
Gay or lesbian (homosexual)	3%	3%	5%
Bisexual	7%	8%	12%
Another orientation (asexual, pansexual etc.)	6%	6%	5%
Not sure	19%	8%	6%
<b>Identify as Hispanic/Latinx**</b>			
Yes	9%	8%	9%
No	91%	92%	91%
<b>Race/Ethnicity- Select as many as apply (Q16)*</b>			
American Indian or Alaska Native	5%	2%	1%
Southeast Asian American	2%	2%	2%
Middle Eastern American	3%	2%	3%
Asian American	17%	18%	19%
Black or African American	5%	6%	4%
Native Hawaiian or other Pacific Islander	1%	1%	1%
White	62%	74%	75%
Don't Know	18%	7%	4%

- Among high school students, the proportion who identify as non-heterosexual has steadily increased over the past 4 years.
- Additionally, there was a slight increase this year among 6<sup>th</sup> graders.



\* Question was changed from previous surveys  
 \*\* New Question

# Overall Summary of Findings

# As 2022 marks a return to the classroom after the pandemic, it also marks a return and increase of some risk behaviors and attitudes.

- This year posed unique challenges for students compared to previous years, as many students are returning to the classroom from the pandemic.
- As students readjust to interacting with their peers more frequently, they are also exhibiting increases in risk behaviors compared to previous years.

- 6<sup>th</sup> graders, in particular, exhibited many increases in risk behaviors compared to previous years.
- Many 6<sup>th</sup> graders are returning to school for the first time as middle schoolers, exposing them to a much different environment with a new set of challenges.



## Behaviors and attitudes that demonstrate an overall increase compared to previous years

- **Sexual harassment**
  - Showed an increase among 6<sup>th</sup>, 8<sup>th</sup>, and high school students compared to all previous years.
- **Depression**
  - For those in 8<sup>th</sup> grade and high school, depression has remained high over the past 2 years, most likely as a result of the pandemic. 6<sup>th</sup> graders showed a particularly large increase this year.
- **Follow through in suicide attempts**
  - Compared to previous years, the proportion of students who attempted suicide out of those who made a plan showed a substantial increase.



## Substantial changes among 6<sup>th</sup> graders

- **Being bullied at school**
  - 6<sup>th</sup> graders returning from the pandemic are 1.5 times more likely to experience bullying compared to 2020 (up from 11% to 17%)
- **Self-harm**
  - 6<sup>th</sup> graders are twice as likely to report injuring themselves on purpose compared to 2020 (up from 12% to 24%)
- **Stress from home**
  - 6<sup>th</sup> graders are also 1.5 times more likely to report stress from home compared to 2020 and 2021 (up from 14% to 22%)





# However, this year also saw some substantial decreases in risky attitudes and behaviors.

- Compared to previous years, students also exhibited a shift away from certain attitudes and behaviors.
- Most notably, older students are expressing less stress related to the pandemic, indicating a return to a sense of normalcy.



## Behaviors and attitudes that have decreased compared to previous years

- **Stress from the pandemic**
  - Compared to 2021, high schoolers showed a significant decrease in stress from the pandemic (down from 42% to 31%).
  - 8<sup>th</sup> graders also showed a substantial decrease from 28% to 23%.
- **E-cigarettes and vaping**
  - The proportion of high schoolers who vape has decreased from 14% in 2020 to 8% and appears to be on a downward trend.
- **Sending or receiving sexually explicit messages**
  - High schoolers also showed a decrease in sexual messaging, down from 21% in 2020 to 15%, continuing a downward trend.
- **Unmonitored cellphone use**
  - The number of 6<sup>th</sup> graders who say their parents don't monitor their cellphone use decreased from 45% to 35%.



# As students mature, they show a tendency to engage in more risky behaviors and have lower levels of parental involvement.

- As can be expected, there are stark differences in risky behavior based on grade, with younger and older students dealing with different problems and finding different ways to cope.
- For many of these risk behaviors, rate of incidence slowly increases between 6<sup>th</sup> and 9<sup>th</sup> grade and then undergoes a sizable increase around 10<sup>th</sup> grade, indicating that as students physically mature, they open themselves up to several more potentially harmful behaviors and stressors.

- Compared to students in higher grade levels, those in the 6<sup>th</sup> grade are more likely to struggle with:
  - Self-harm
  - Being bullied at school
- However, 6<sup>th</sup> graders also report having more protection against certain risks including:
  - Greater trust in teachers to stop bullying
  - More sleep at night
  - More parental involvement in phone and social media use

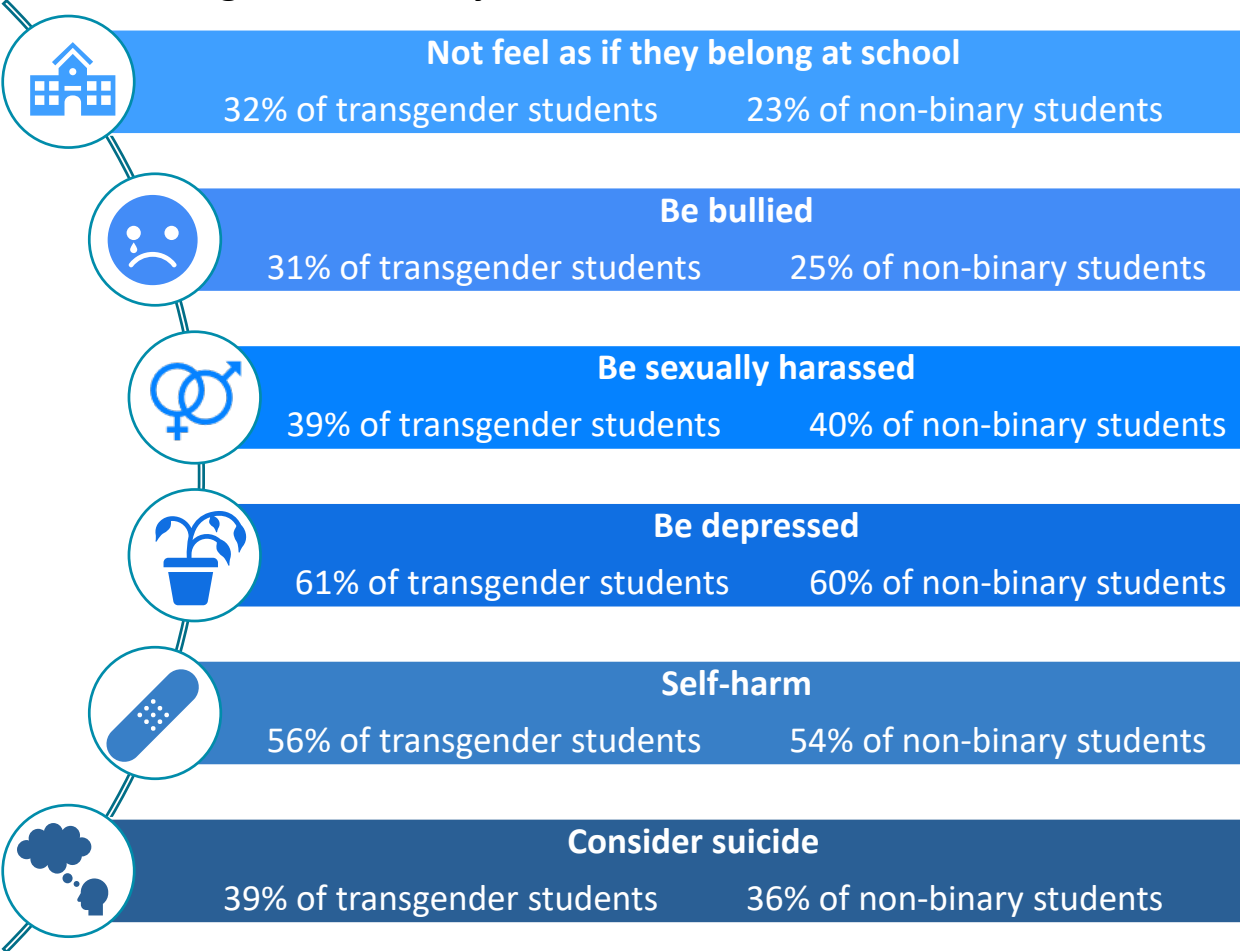


- As students reach higher grade levels, they are much more likely to engage in several risky behaviors, including:
  - Sexual harassment
  - Sexual messaging, sexual intercourse, and pornography
  - Alcohol, e-cigarette, and marijuana use
  - Depression
  - Suicide consideration
- Additionally, these students indicate being under more stress from their academic workload, the COVID-19 pandemic, and home



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

Among other risk-factors, those with a non-traditional gender identity are at an increased likelihood to:

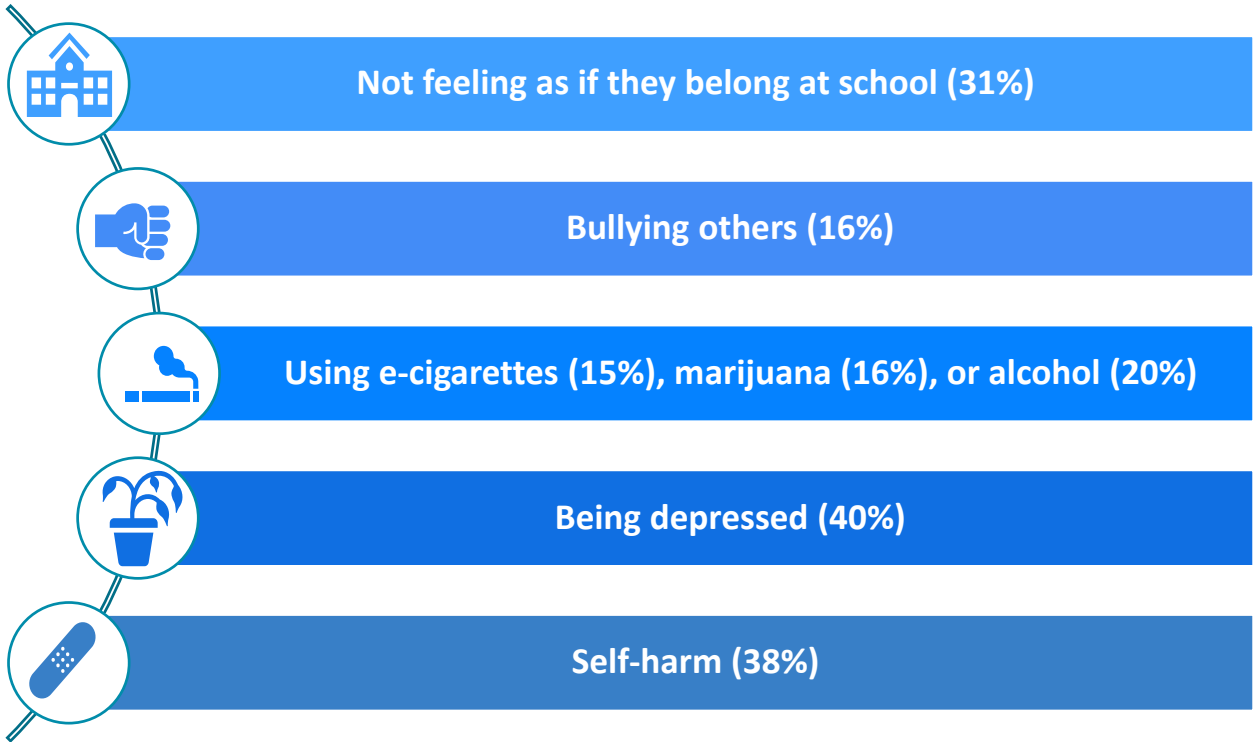


- Students who identify as transgender or non-binary show a disproportionate rate of incidence for several risk behaviors.
- Notably, over half of these students indicate recently feeling depressed or engaging in self-harm.
- Most concerning, over a third of students who identify as transgender or non-binary also indicate considering suicide at some point in the last 12 months.
- These students are more than 2x 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 behaviors.

➤ Although they only make up 1% of the population, students who identify as Native Hawaiian or Pacific Islander display an increased likelihood of substance use and other risks, such as:



Other racial and ethnic identities that show a particularly high prevalence of risk behaviors include:

- American Indian or Alaska Native
- Black or African American
- Southeast Asian American

➤ Likewise, many of these groups also display a high prevalence of not having trusted adults to speak to when they have a problem.

- As such, special effort should be taken to make sure minority students feel as if they belong at school and have individuals they can trust there.



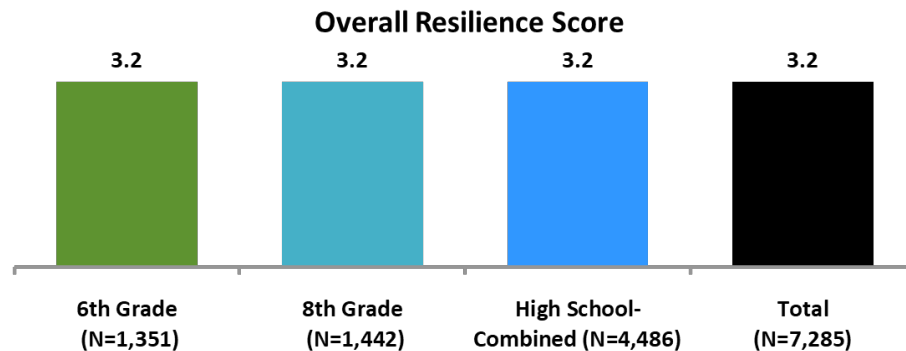
# Resilience, Trust, and Belonging

# Segmentation: Resilience

New to this year, students completed the 6-item Brief Resilience Questionnaire (Smith et al., 2008). Students indicated the extent to which they agreed with the following statements on a scale ranging from 1 (Strongly disagree) to 5 (Strongly agree):

1.	I tend to bounce back quickly after hard times.
2.	I have a hard time making it through stressful events.*
3.	It does not take me long to recover from a stressful event.
4.	It is hard for me to snap back when something wrong happens.*
5.	I usually come through difficult times with little trouble.
6.	I tend to take a long time to get over setbacks in my life.*

Students' overall score on this scale was consistent across grades.



Segmentation analysis revealed 3 distinct segments in the student population when it comes to resilience:

## High Resilience

- Had an average resilience score of 4.0.
- 28% of student population.

## Moderate Resilience

- Had an average resilience score of 3.1.
- 53% of student population.

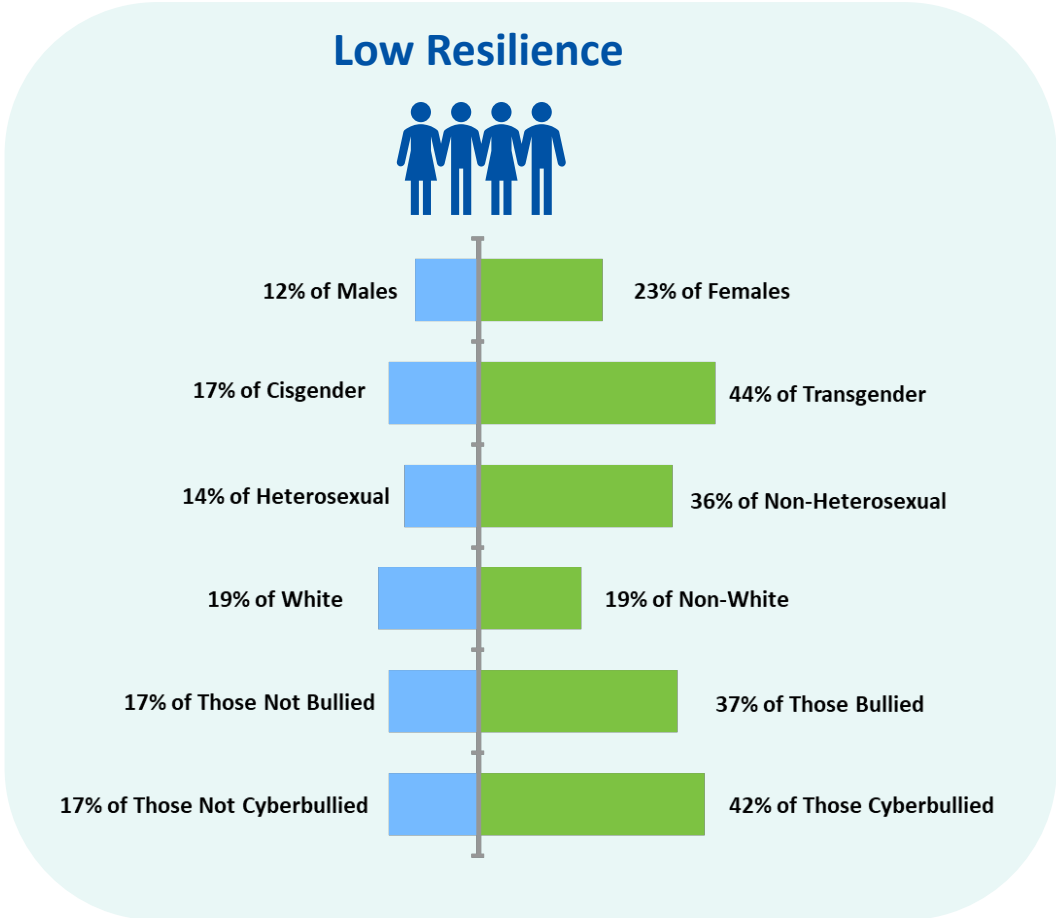
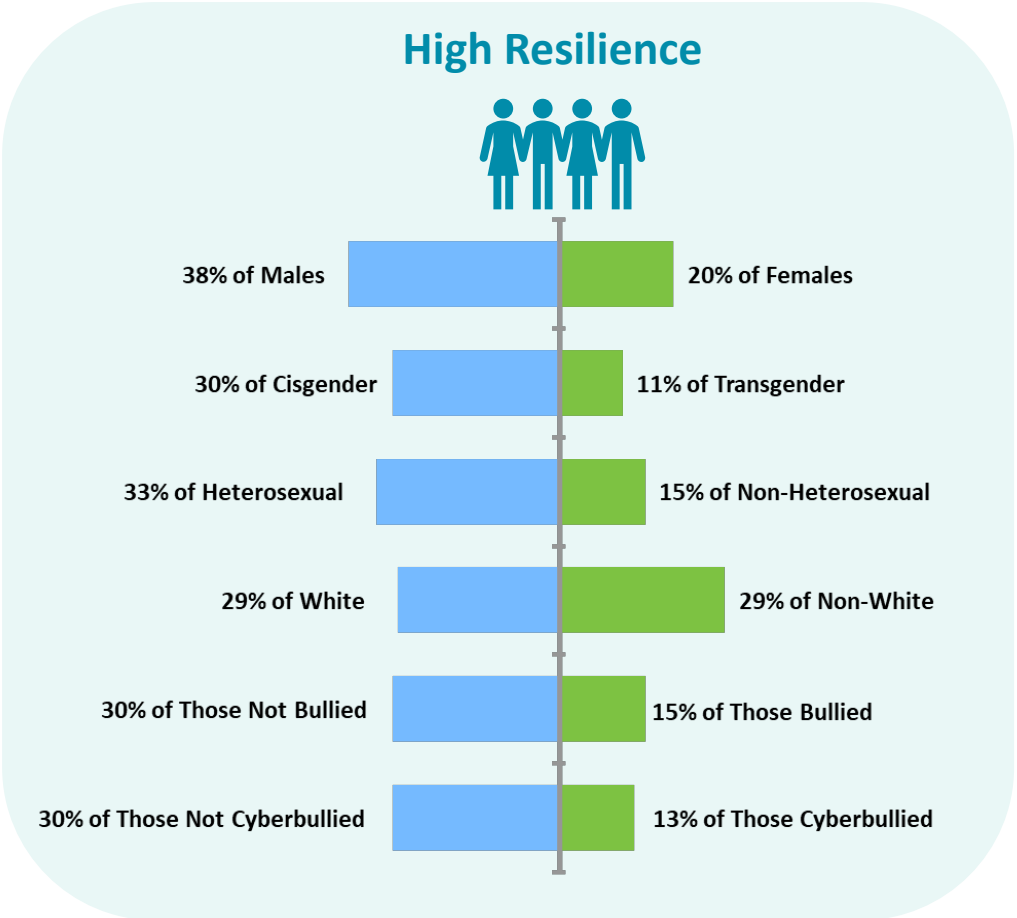
## Low Resilience

- Had an average resilience score of 2.1.
- 19% of student population.



# There is a strong gender and sexuality gap in resiliency.

- Those who identify as female, non-heterosexual and/or who have experienced bullying are more likely to be low in resilience.
- Males are nearly 2x more likely to be high in resilience compared to females.
- Students high in resilience are especially likely to be straight and to have NOT experienced bullying.

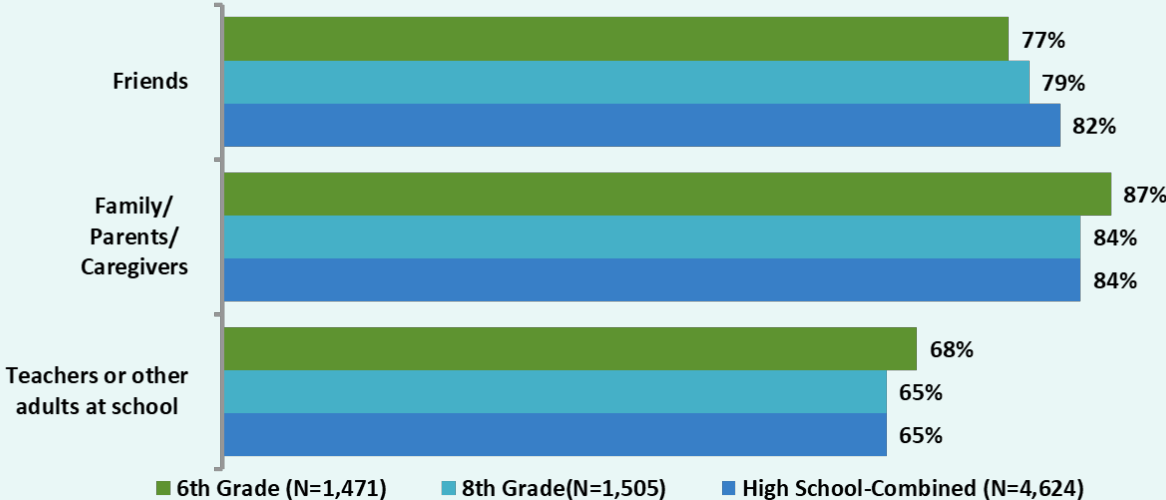


# Sources of Support and Safety

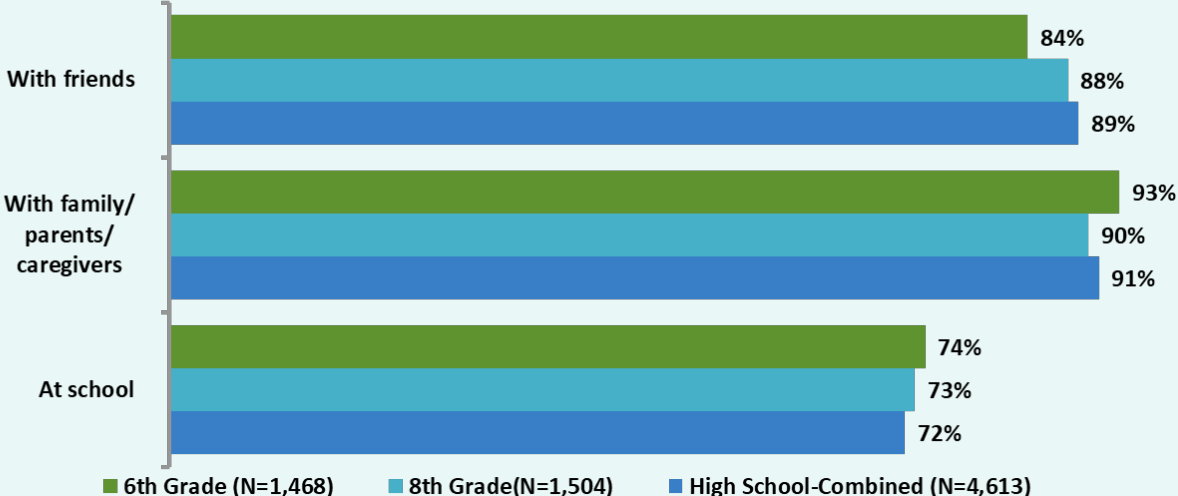
- Students feel most supported with their family and friends.
- Roughly 2 in 3 students feel supported by teachers or other adults at school.

- While the majority of students feel safe with friends and family, under 3 in 4 feel safe at school.

Agree or Strongly Agree They Feel Supported By...



Agree or Strongly Agree They Feel Safe When...



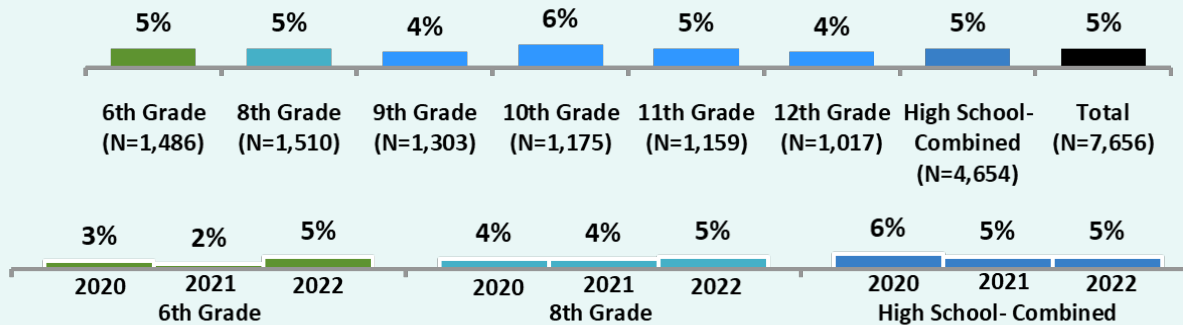
Q28, Q29, Q30	I feel Supported by ...my friends, ...my family/parents/caregivers, ...my teachers and other adults at school.				2022
Q32, Q33, Q34	I feel safe when I am ...with friends, ...with my family/parents/caregivers,... at school.				2022



# Trusted Adults Outside of School

- Overall, 88% of students feel they have an adult outside of school that they can talk to if experiencing a problem.
- The proportion of those who feel they do not have a trusted adult is low and remains stable over the years.
- However, those who do not have an adult outside of school have an increased incidence of depression, self-harm, and suicide consideration.
- Students who identify as transgender are especially at risk of not having a trusted adult.
- Additionally, over 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, **8% of 6<sup>th</sup> graders**, **7% of 8<sup>th</sup> graders**, and **6% of high schoolers** in 2022 were not sure if they had an adult outside of school they could talk to.

## Demographics and behaviors associated with not having a trusted adult outside of school (5% of the population)

### Demographics

- 11% of those who identify as non-binary
- 17% of those who identify as transgender
- 12% of those who identify as Southeast Asian American
- 12% of those who identify as American Indian or Alaska Native
- 13% of those who identify as Native Hawaiian or Pacific Islander

### Those who don't have an adult outside of school are also likely to:

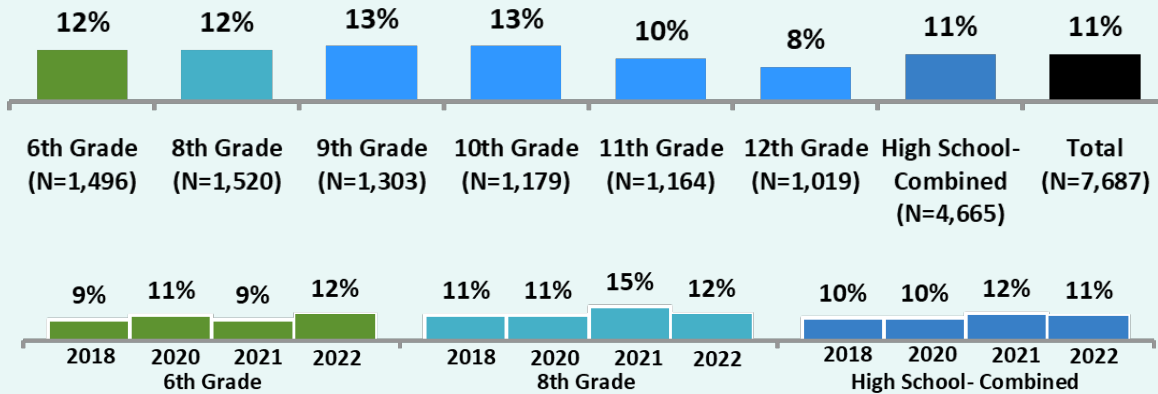
- Not have a trusted adult or teacher at school (55%)
- Have been bullied (26%) or cyberbullied (21%)
- Bully (10%) or cyberbully others (9%)
- Be sexually harassed (35%)
- Feel depressed (59%), self-harm (45%), or consider suicide (36%)
- Use e-cigarettes (12%)
- Have sexual intercourse (15%)
- View pornography (39%)
- Send or receive sexual messages (29%)
- Engage in unhealthy dieting (24%)
- Be in the "low resilience" segment (38%)



# Trusted Adults at School

- Overall, 72% of students feel they have a teacher or adult at school they can talk to if they are experiencing a problem.
- The proportion of those who do not is small and relatively stable.
- Just under a quarter (24%) of those who do not have a teacher or adult to talk to at school also indicate not having an adult outside of school.
- Southeast Asian Americans have an especially high likelihood of not feeling as if they have an adult inside of school that they trust.

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



Additionally, **22% of 6<sup>th</sup> graders**, **17% of 8<sup>th</sup> graders**, and **14% of high schoolers** in 2022 were **not sure** if they had a teacher or adult at school to talk to.

## Demographics and behaviors associated with not having a trusted teacher or adult at school (11% of the population)

### Demographics

- 18% of those who identify as transgender
- 21% of those who identify as Southeast Asian American
- 19% of those who identify as American Indian or Alaska native
- 19% of those who identify as Native Hawaiian or Pacific Islander

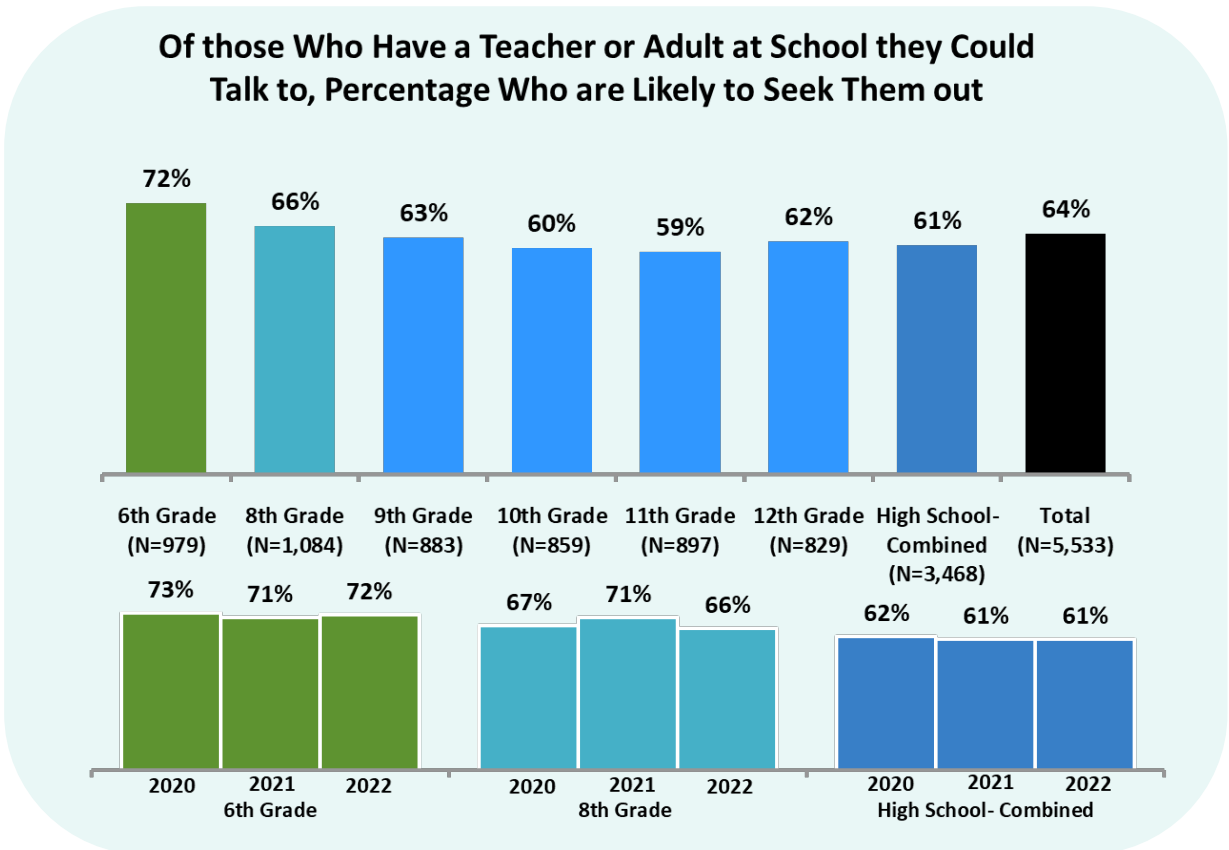
### Those who don't have a teacher or adult at school are also more likely to:

- Not have a trusted adult outside of school (24%)
- Have been bullied (18%) or cyberbullied (17%)
- Feel depressed (40%), self-harm (32%), consider suicide (23%)
- Be sexually harassed (25%)
- View pornography (35%)
- Send or receive sexual messages (18%)
- Be in the "low resilience" segment (26%)



# Seeking Out Adults at School

- However, having an adult at school doesn't mean students will utilize this resource.
  - Just under 2 in 3 (64%) of those who *have* a trusted adult at school say they are likely to seek them out.



# Resources for Help

- Overall, 86% of students feel they know where to seek help or have someone they could talk to if they had a serious issue.
- While only 4% report not having a place to go, an additional 1 in 10 students report not knowing if they have a place.
- Those with a non-traditional gender identity or who identify as Black or African American have a slightly greater rate of not having any resources to go to for help.
- Depression, self-harm, and suicide consideration are disproportionately high among this group.

## Demographics and behaviors associated with not knowing where to go if having a serious problem (4% of the population)

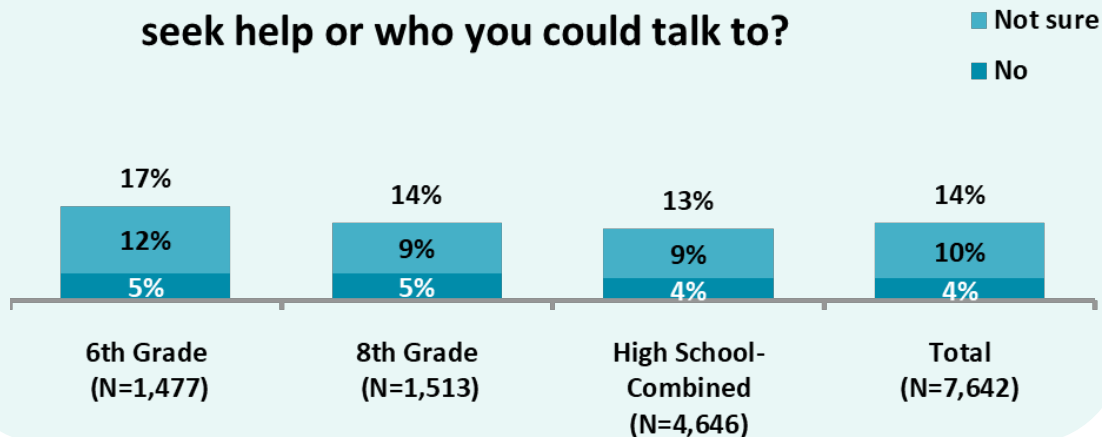
### Demographics

- 9% of those who identify as non-binary
- 11% of those who identify as transgender
- 10% of those who identify as Black or African American
- 9% of those who identify as Southeast Asian American
- 9% of those who identify as American Indian or Alaska Native

### 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 (51%)
- Not have a trusted adult outside of school (37%)
- Have been bullied (26%) or cyberbullied (26%)
- Bully (9%) or cyberbully others (9%)
- Feel depressed (58%), self-harm (44%) consider suicide (36%)
- Use e-cigarette products (11%) or marijuana (13%)
- View pornography (35%)
- Send or receive sexual messages (21%)
- Be in the "low resilience" segment (38%)

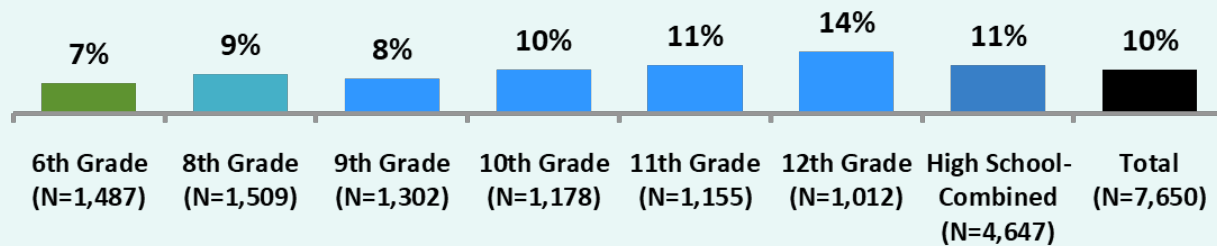
### If you were having a serious problem and needed help do you know where you could seek help or who you could talk to?



# Sense of Belonging at School

- While overall, 64% of students agree or strongly agree that they belong in school, the feeling of not belonging increases with grade level.
- An especially high percentage of students who identify as transgender or Native Hawaiian/Pacific Islander feel as if they don't belong at school.
- While feeling as if one does not belong at school is associated with many risk behaviors, depression, self-harm, and suicide consideration are especially high for these students.

**Disagree or Strongly Disagree that They Belong at School**



## Demographics and behaviors associated with not feeling as if one belongs at school (10% of the population)

### Demographics

- 23% of those who identify as non-binary
- 32% of those who identify as transgender
- 20% of those who identify as non-heterosexual
- 31% of those who identify as Native Hawaiian or Pacific Islander
- 25% of those who identify as Southeast Asian American

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

- Have been bullied (36%) or cyberbullied (27%)
- Bully (10%) or cyberbully others (7%)
- Feel depressed (58%), self-harm (45%), consider suicide (36%)
- Drink alcohol (19%)
- Use marijuana (17%)
- Have sexual intercourse (19%)
- View pornography (38%)
- Send or receive sexual messages (26%)

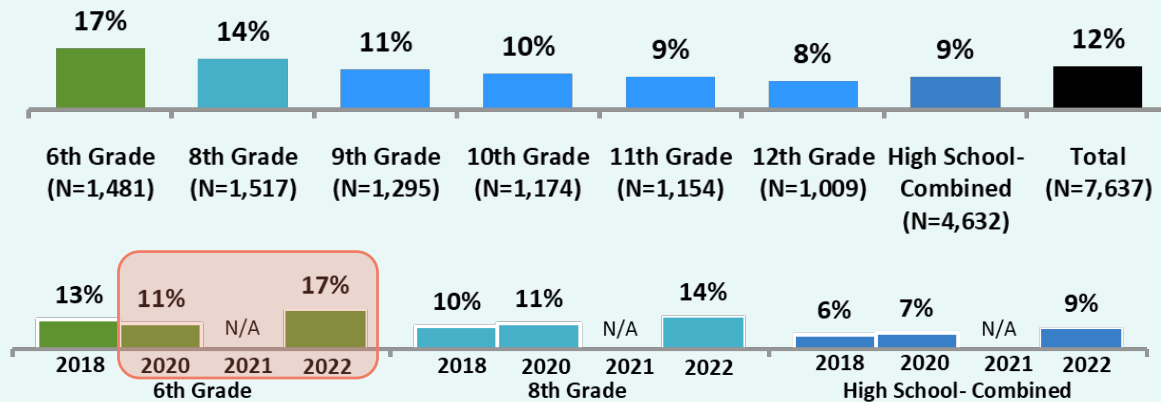


# Bullying, Cyberbullying, and Sexual Harassment

# Being Bullied

- Being bullied is highest among 6<sup>th</sup> graders and decreases with subsequent grade levels.
- Additionally, there is a moderate increase in the number of 6<sup>th</sup> graders who report being bullied at school since 2020.
- While non-binary and non-heterosexual students report high levels of bullying, nearly a third of students who identify as transgender report being bullied.
- Students being bullied are at a higher risk of feeling depressed, self-harming, and considering suicide, among other risk factors.
- Nearly half of all students bullied at school are also cyberbullied.

**Been Bullied in School in the Past 12 Months**



## Demographics and behaviors associated with being bullied (12% of the population)

### Demographics

- 25% of those who identify as non-binary
- 31% of those who identify as transgender
- 18% of those who identify as non-heterosexual
- 24% of those who identify as American Indian or Alaska Native

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

- Be cyberbullied (45%)
- Bully (21%) or cyberbully others (12%)
- Be sexually harassed (44%)
- Feel depressed (54%), self-harm (42%), consider suicide (32%)
- Drink alcohol (18%)
- Use e-cigarettes (13%) or marijuana (13%)
- Have sexual intercourse (18%)
- View pornography (35%)
- Send or receive sexual messages (27%)



Q43

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

2018

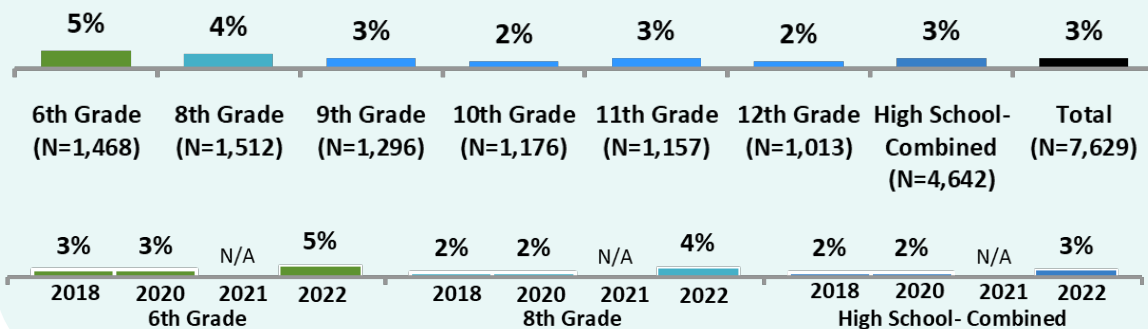
2020

2022

# Bullying Others at school

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

**Bullied Someone in School in the Past 12 Months**



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

### Demographics

- 7% of those who identify as non-binary
- 9% of those who identify as transgender
- 16% of those who identify as Native Hawaiian or Pacific Islander
- 13% of those who identify as American Indian or Alaska Native

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

- Have been bullied (74%) or cyberbullied (50%)
- Cyberbully others (41%)
- Be sexually harassed (50%)
- Feel depressed (55%), self-harm (42%), consider suicide (32%)
- Drink alcohol (33%)
- Use e-cigarettes (25%) or marijuana (28%)
- Have sexual intercourse (30%)
- View pornography (55%)
- Send or receive sexual messages (44%)



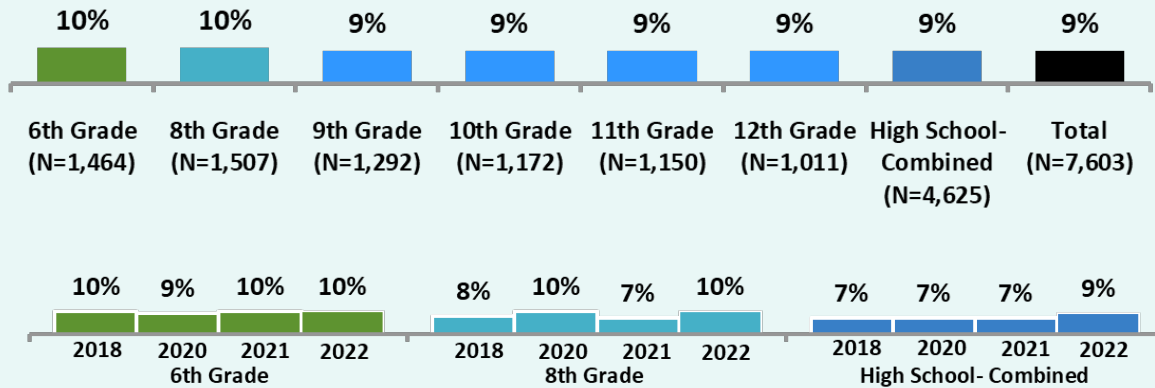


# Cyberbullying

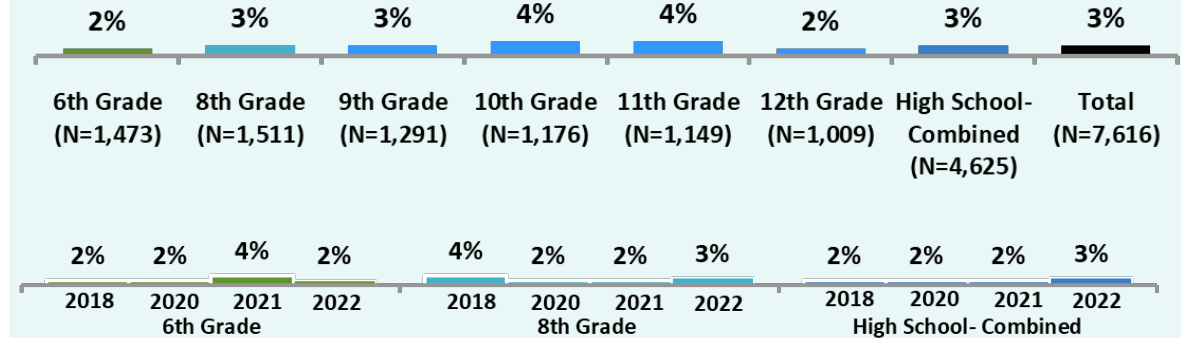
- Although Cyberbullying is less prevalent among 6<sup>th</sup> and 8<sup>th</sup> graders than bullying at school, this form of harassment affects nearly 1 in 10 students.
- Over half of students who report being cyberbullied, also indicate that they are bullied at school (57%).
- Cyber bullying appears stable over time.

- Very few students admit to cyberbullying others and these rates have remained stable over time.
- Many of those who cyberbully also bully others at school (42%).
- Just under half (48%) of those who cyberbully also have social media accounts their parents don't know about.

### Been Bullied Electronically in the Past 12 Months



### Bullied Others Electronically in the Past 12 Months



Q45	During the past 12 months have you been repeatedly threatened humiliated or experienced hostile behaviors (bullied) from others electronically?	2018	2020	2021	2022
Q46	During the past 12 months have YOU repeatedly threatened humiliated or harassed (bullied) someone electronically?	2018	2020	2021	2022

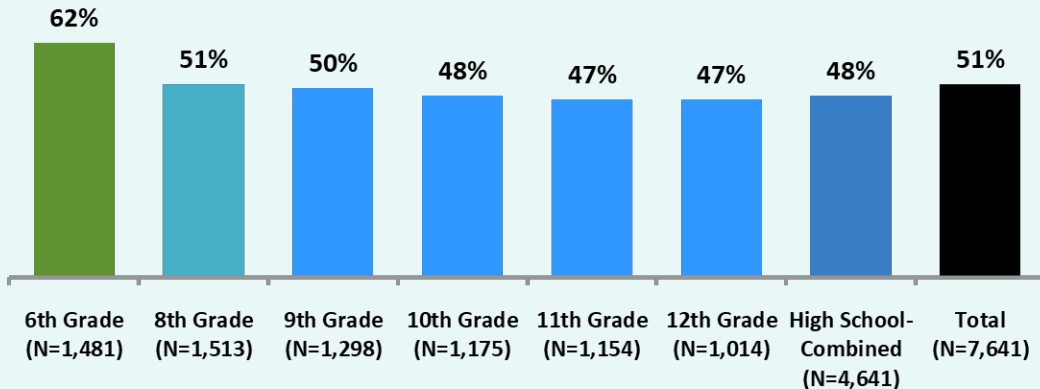
# Coping with Bullying

**6<sup>th</sup> Graders are most likely to help others who are being bullied and believe adults can help them if they are bullied.**

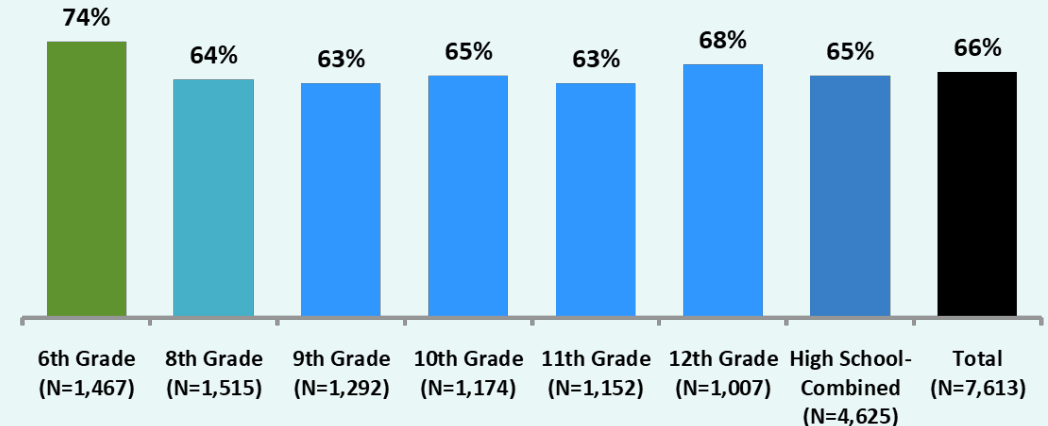
- Confidence in adults and teachers at school is highest among 6<sup>th</sup> graders.
- However, confidence in supportive adults drops substantially after 6<sup>th</sup> grade with around half of students feeling as if an adult at school can help.

- Similarly, while nearly 3 in 4 6<sup>th</sup> graders say they try and help other students who are being bullied, the percentage who tries to help drops substantially after 6<sup>th</sup> grade.
  - 6<sup>th</sup> graders' greater likelihood of helping could also be due to a higher prevalence of bullying at this grade level.

**Are Confident Adults at School Can Help if Being Bullied**



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

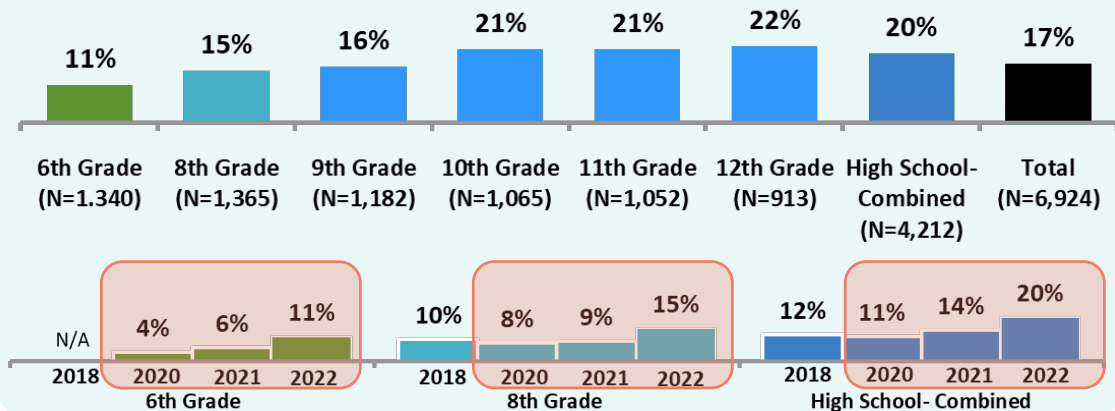


Q35	<i>If I am being bullied or harassed I am confident adults at school can help me.</i>				2022
Q36	<i>I usually try to help other students who are being bullied or harassed.</i>				2022

# Sexual harassment

- Sexual harassment appears to be on the rise among all grade levels.
- Incidence of sexual harassment increase steadily as students age, with 12<sup>th</sup> graders being twice as likely to experience sexual harassment compared to 6<sup>th</sup> graders.
- Students indicate being equally likely to be sexually harassed online (6%), in person (6%) or both (6%).
- Students who identify as non-binary, transgender, or non-heterosexual are much more likely to experience sexual harassment.
- Sexually harassed students also show a greater likelihood of a variety of other risk behaviors, with especially high depression rates.

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



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

## Demographics and behaviors associated with being sexually harassed (17% of the population)

### Demographics

- 40% of those who identify as non-binary students
- 25% of those who identify as female
- 39% of those who identify as transgender
- 38% of those who identify as non-heterosexual
- 25% of those who identify as Southeast Asian, Middle Eastern, or Native Hawaiian
- 25% of those who identify as Hispanic or Latinx Students

### Those who are sexually harassed are also more likely to:

- Be bullied (28%) cyberbullied (28%)
- Bully (10%) or cyberbully others (8%)
- Feel depressed (59%), self-harm (48%), consider suicide (32%)
- Drink alcohol (25%)
- Have sexual intercourse (21%)
- View pornography (39%)
- Send or receive sexual messages (36%)
- Engage in unhealthy dieting (29%)
- Be in the “low resilience” segment (39%)



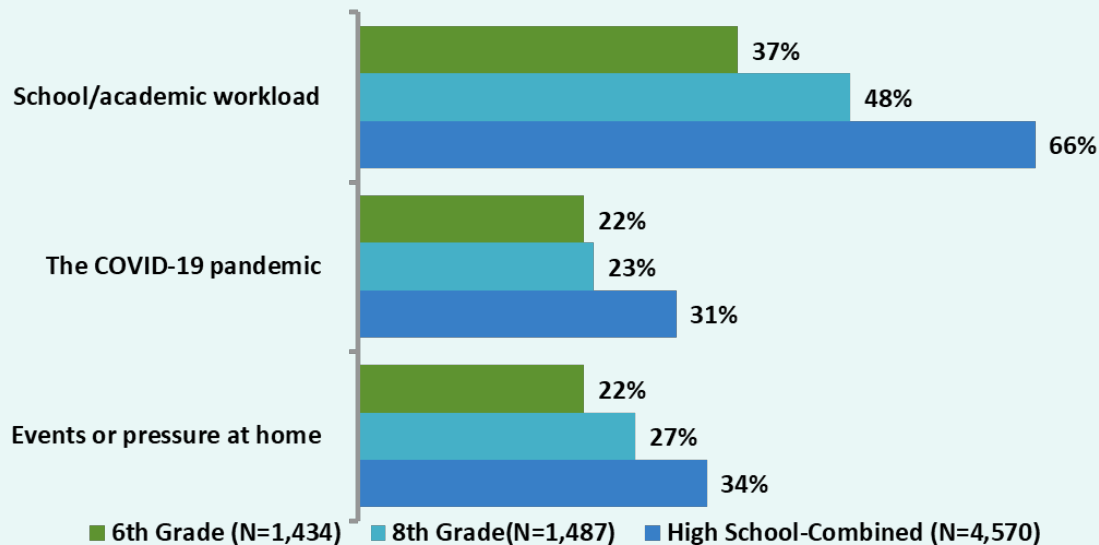
# Stress, Depression, and Suicide

# Sources of Stress

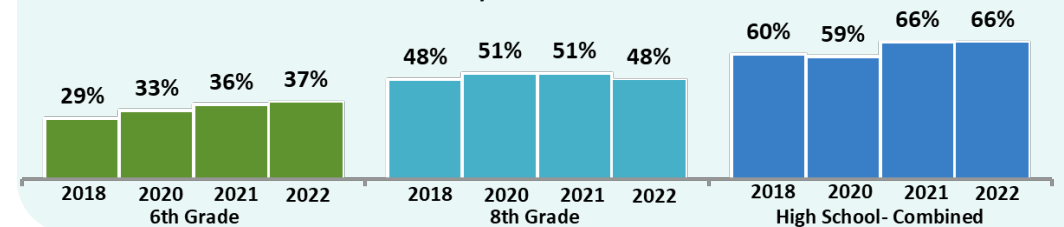
- School/academic workload remains the largest source of stress among students, with high schoolers finding more stress from this source than COVID-19 and home combined.

- Stress from home has increased substantially for 6<sup>th</sup> graders over time and has been steadily increasing for other grade levels.
- Stress related to COVID-19 decreased since 2021 for high schoolers and 8<sup>th</sup> graders, despite staying stable for 6<sup>th</sup> graders.

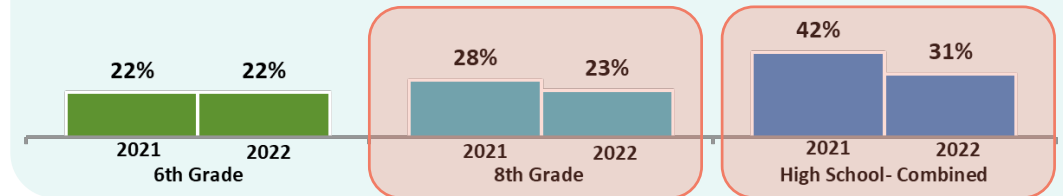
Experienced Somewhat or Very High Levels of Stress During the Past 12 Months as a Result of..



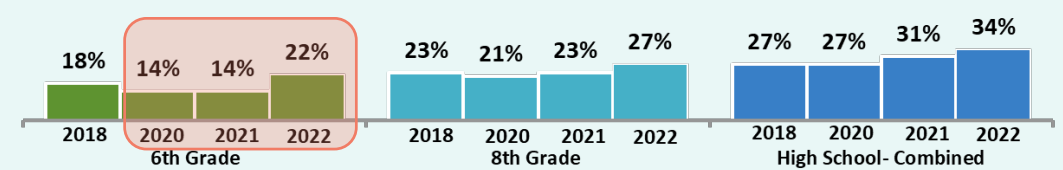
Experienced Somewhat or Very High Stress as a Result of School/Academic Workload



Experienced Somewhat or Very High Stress as a Result of the COVID-19 Pandemic



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



Q53, Q55

During the past 12 months what level of stress have you experienced as a result of... your school/academic workload? ...events or pressure at home?

2018

2020

2021

2022

Q54

During the past 12 months what level of stress have you experienced as a result of the COVID-19 (coronavirus) pandemic?

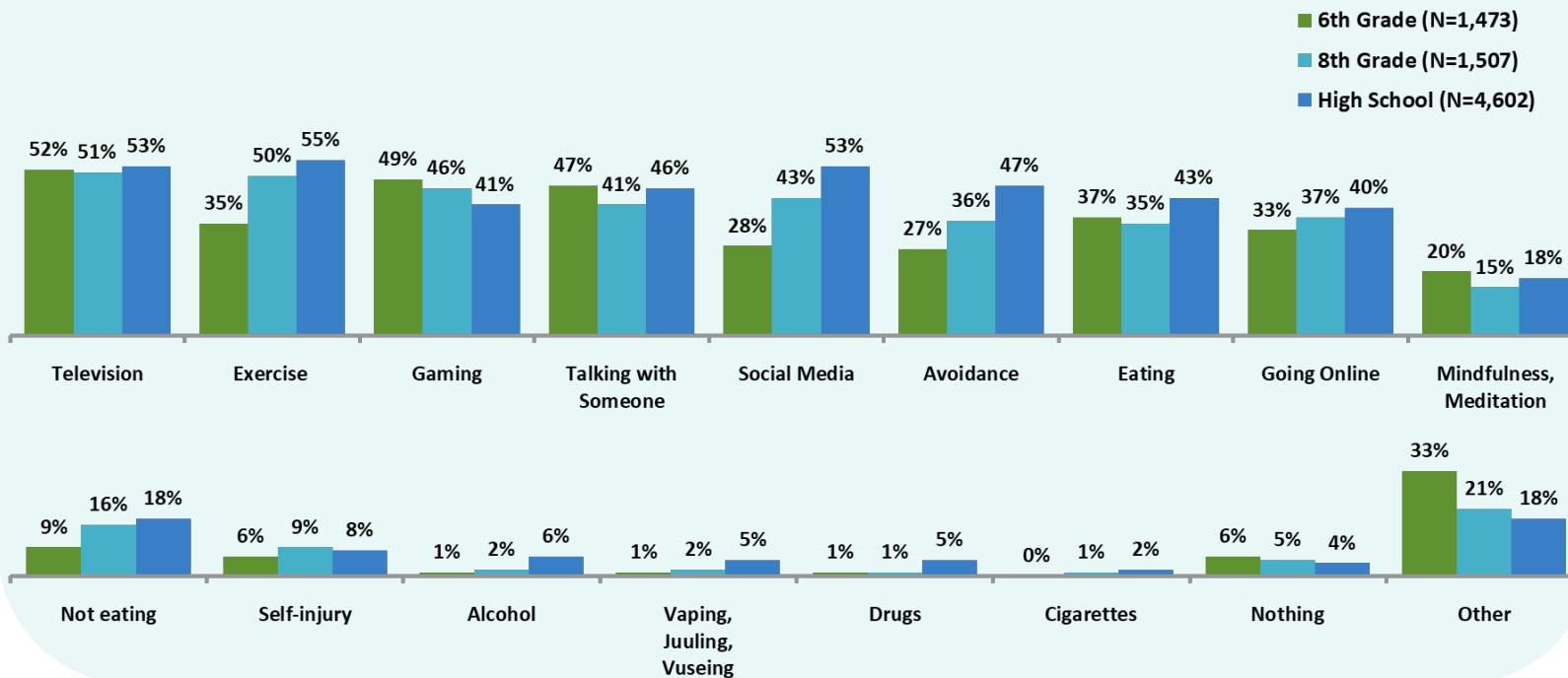
2021

2022

# Coping Mechanisms

- Overall, 12% of students report dealing with stress through drugs, alcohol, vaping, cigarettes, or self-harm.
- Additionally, nearly half of all students (49%) 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:
  - Exercise
  - Social Media
  - Television
- For 8<sup>th</sup> graders, the 3 most common ways to cope with stress are:
  - Television
  - Exercise
  - Gaming
- For 6<sup>th</sup> graders, the 3 most common ways to cope with stress are:
  - Television
  - Gaming
  - Talking with someone

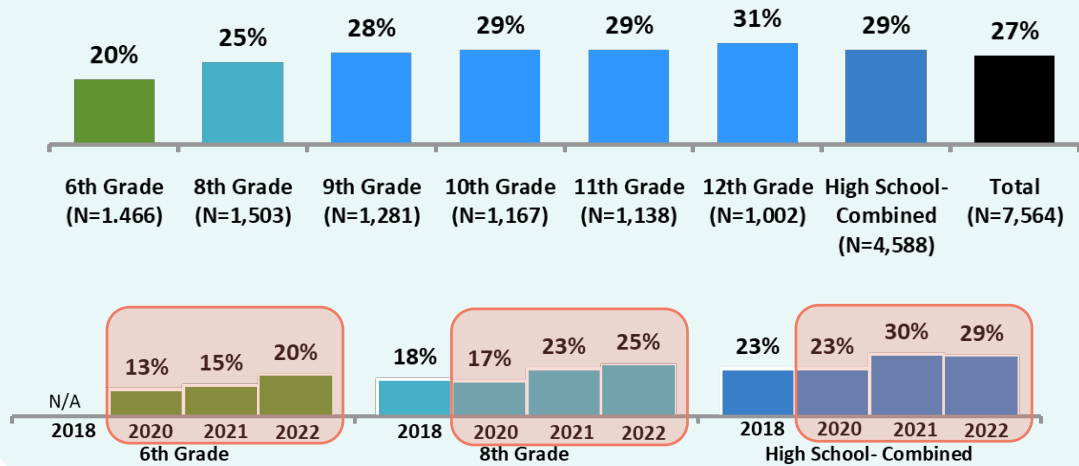
\* Note: Question changed in 2022, to include more coping behaviors.



# Depression

- Depression appears to increase with each subsequent grade level.
- Since the beginning of the pandemic, the proportion of students reporting depression has increased substantially, with 8<sup>th</sup> grade and high school students experiencing an increase over the past two years and 6<sup>th</sup> graders increasing since last year.
- Over half of all students who express a non-traditional gender identity or sexuality report feeling depressed over the past 12 months.
- Students who are depressed are at risk for a variety of risk behaviors, especially self-harm and suicide consideration.

**Felt Depressed for Two Weeks or More in Past 12 Months**



## Demographics and behaviors associated with being depressed (27% of the population)

### Demographics

- 60% of those who identify as non-binary
- 61% of those who identify as transgender
- 52% of those who identify as non-heterosexual
- 31% of those who identify as female
- 40% of those who identify as Native Hawaiian or Pacific Islander
- 40% of Hispanic or Latinx students

### Those who are Depressed are also more likely to:

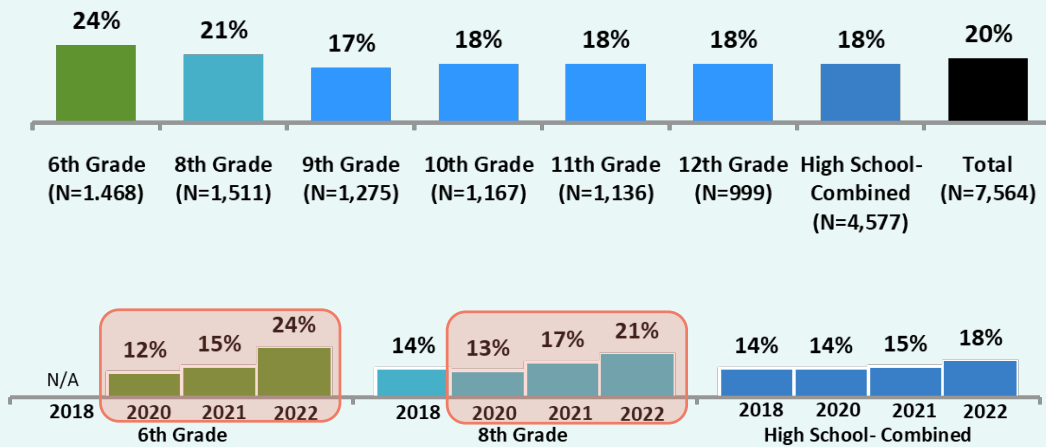
- Be bullied (24%) or cyberbullied (22%)
- Be sexually harassed (38%)
- Self-harm (47%) or consider suicide (38%)
- Drink alcohol (18%)
- Use e-cigarettes (12%) or marijuana (14%)
- Have sexual intercourse (16%)
- View pornography (37%)
- Send or receive sexual messages (24%)
- Engage in unhealthy dieting (24%)
- Be in the “low resilience” segment (42%)



# Self-harm

- Those in the 6<sup>th</sup> and 8<sup>th</sup> grade are most likely to engage in self-harm, with rates of self-harm leveling out in high school.
- Rates of self-harm have increased substantially for 6<sup>th</sup> graders in recent years and are also showing an upward trend for other grades.
- 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 depression, suicide consideration, and sexual harassment.

**Injured or Hurt Self on Purpose in Past 12 Months**



## Demographics and behaviors associated with self-harm (20% of the population)

### Demographics

- 54% of non-binary students
- 56% of transgender students
- 44% of non-heterosexual students
- 38% of Native Hawaiian or Pacific Islander students
- 28% of American Indian or Alaska Native students
- 27% of Southeast Asian students

### Those who self-harm are also more likely to:

- Be bullied (25%) or cyberbullied (23%)
- Be sexually harassed (41%)
- Be depressed (63%) or consider suicide (42%)
- Drink alcohol (17%)
- Use e-cigarettes (11%) or marijuana (14%)
- Have sexual intercourse (15%)
- View pornography (39%)
- Send or receive sexual messages (26%)
- Engage in unhealthy dieting (27%)
- Be in the “low resilience” segment (41%)

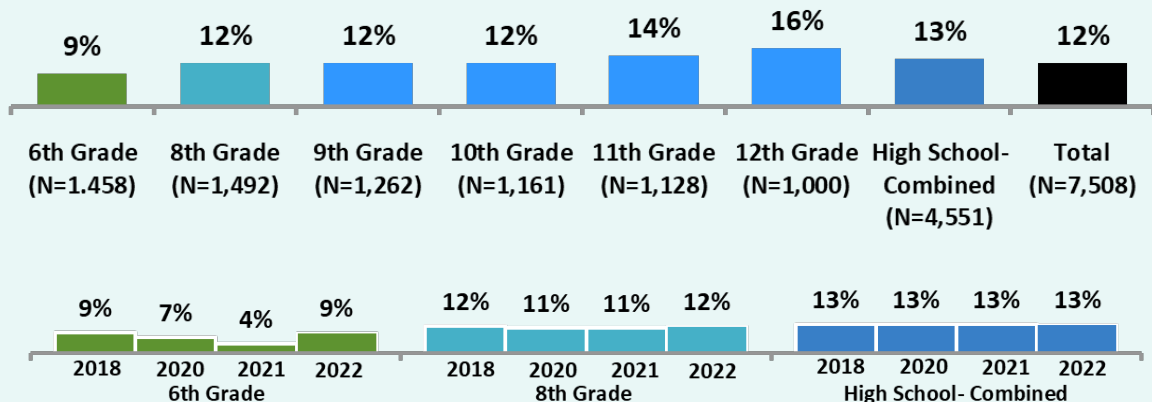




# Suicide Consideration

- Rates of considering suicide show a slight increase with each grade level.
- Suicide consideration remains relatively stable compared to recent years.
- Those who do not identify with a traditional gender or sexuality are nearly 3x as likely to consider suicide than the student population.
- Nearly 4 in 5 of those who consider suicide report being depressed in the last 12 months.

**Seriously Considered Attempting Suicide in Past 12 Months**



## Demographics and behaviors associated with suicide consideration (12% of the population)

### Demographics

- 36% of non-binary students
- 39% of transgender students
- 31% of non-heterosexual students
- 20% of Black or African American Students

### Those who consider suicide are also more likely to:

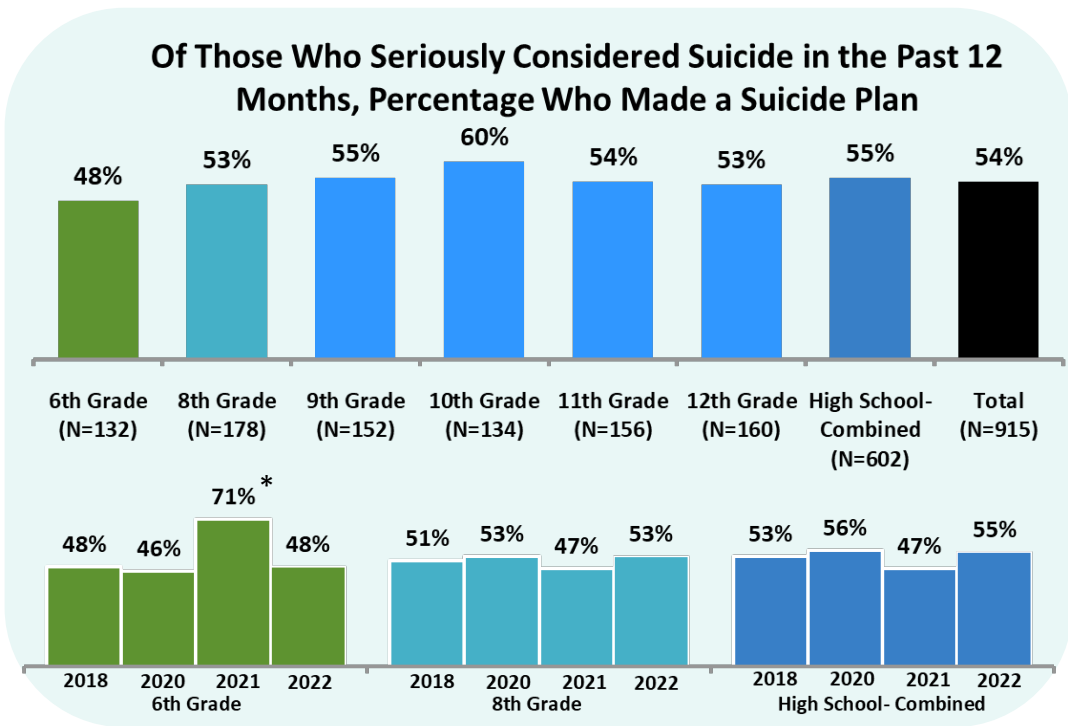
- Be bullied (30%) or cyberbullied (29%)
- Cyberbully others (9%)
- Be sexually harassed (45%)
- Be depressed (82%) or self-harm (68%)
- Drink alcohol (22%)
- Use e-cigarettes (16%) or marijuana (18%)
- Have sexual intercourse (20%)
- View pornography (46%)
- Send or receive sexual messages (30%)
- Engage in unhealthy dieting (33%)
- Be in the “low resilience” segment (49%)



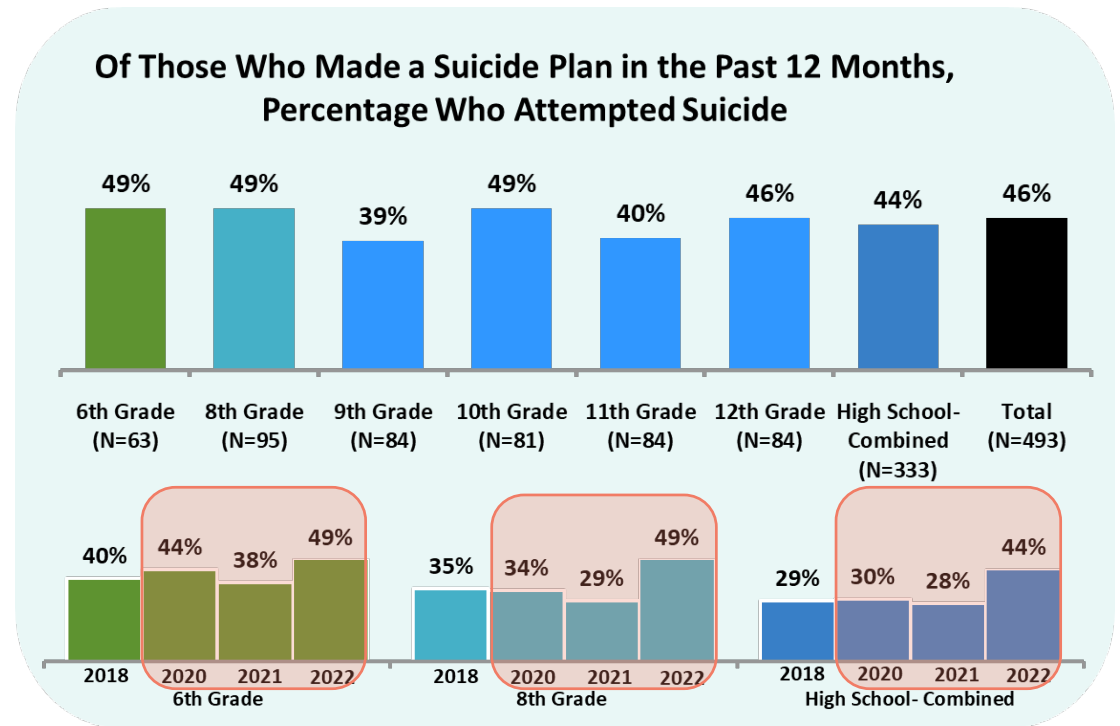
# Suicide Planning and Attempts

- Just over half (54%) of those who seriously considered suicide made a suicide plan in the past year.
- These levels are fairly stable compared to previous years, and 6<sup>th</sup> graders show a return to levels seen before the pandemic.

- Of those who made a suicide plan, nearly half (46%) went through with an attempt.
- Nearly 1 in 5 (22%) who made a suicide plan attempted suicide more than once.
- Compared to previous years, it appears that students are substantially more likely to follow through with their suicide attempt.



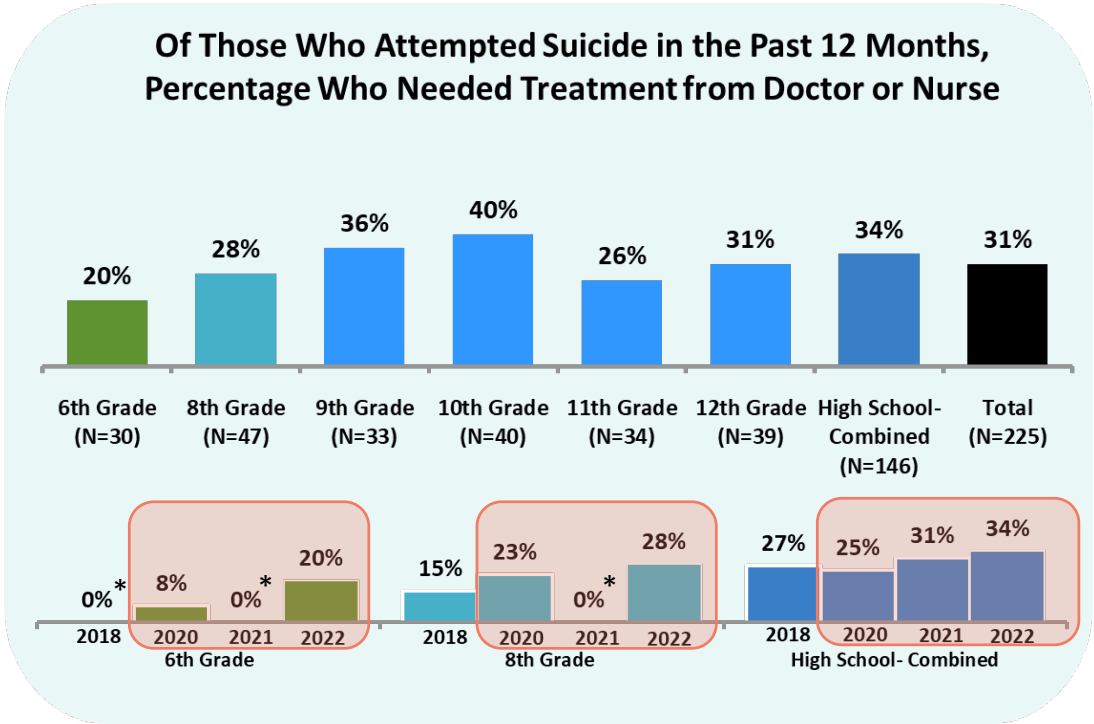
\*Note, N=7 for 6<sup>th</sup> graders in 2021, and may not represent the population



Q75	During the past 12 months did you make a plan about how you would attempt suicide?	2018	2020	2021	2022
Q76	During the past 12 months how many times did you actually attempt suicide?	2018	2020	2021	2022

# Suicide Injury

- Of those who made a suicide attempt, nearly a third (31%) needed medical treatment.
- Although numbers are small, injurious attempts appear to be growing over time.



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



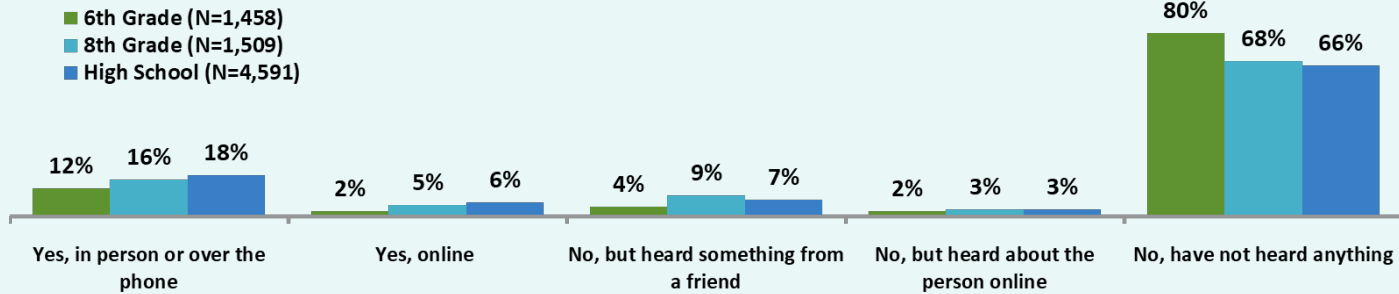
Q77

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?

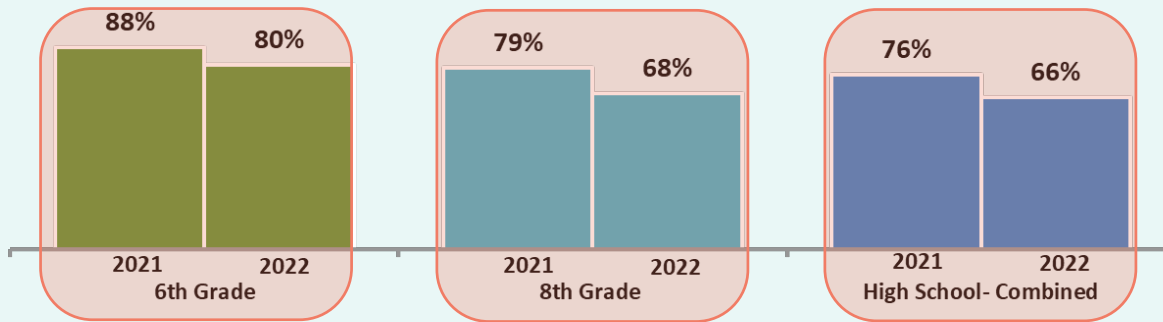
2018 2020 2021 2022

# 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 Not Heard of Anyone Thinking About Hurting Themselves or Suicide in Past 12 Months



- Overall, 21% of students report someone they know telling them they were thinking about hurting themselves or suicide.
- The most common way students hear about suicide contemplation is through in-person conversation or over the phone.

- The proportion of students not hearing about suicide or self-harm from anyone they know has dropped substantially across all age groups.

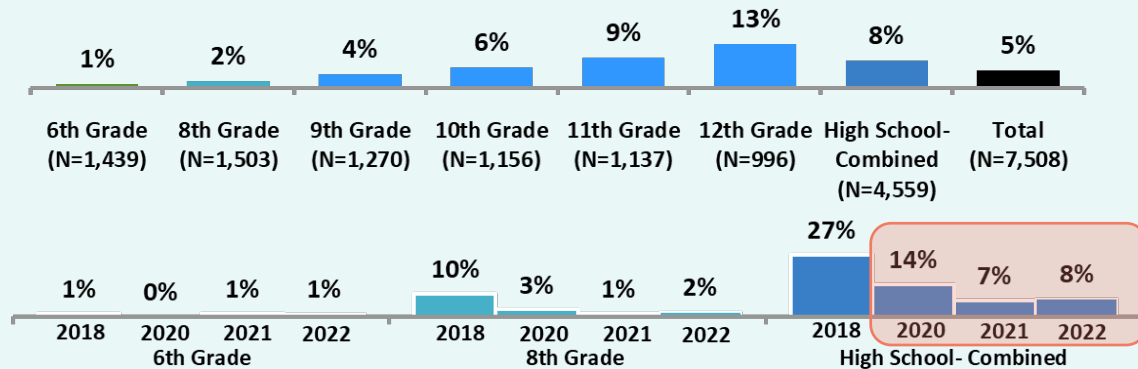


# Drugs, Alcohol, and Sex

# E-Cigarette Usage

- E-cigarette and vaping usage increases with each grade level but is largely showing a downward trend compared to 2018 and 2020.
- Students who identify as Native Hawaiian or Pacific Islander are nearly 3x as likely to use e-cigarettes or vaping products.
- Those who use e-cigarettes have a high likelihood of also using Marijuana and alcohol, along with a higher propensity for a variety of risk behaviors including depression, pornography, sexual intercourse, and sexual messaging.
- Furthermore, 3% of students have used an e-cigarette at least 10 days in the month of the survey.

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



## Demographics and Behaviors Associated with E-Cigarette Use (5% of the population)

### Demographics

- 15% of those who identify as Native Hawaiian or Pacific Islander

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

- Be bullied (30%) or cyberbullied (30%)
- Bully (15%) or cyberbully others (15%)
- Be sexually harassed (51%)
- Be depressed (58%), self-harm (41%), or consider suicide (36%)
- Drink alcohol (75%)
- Use marijuana (71%)
- Have sexual intercourse (54%)
- View pornography (68%)
- Send or receive sexual messages (54%)
- Engage in unhealthy dieting (33%)
- Be in the “low resilience” segment (36%)



Q81

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

2018

2020

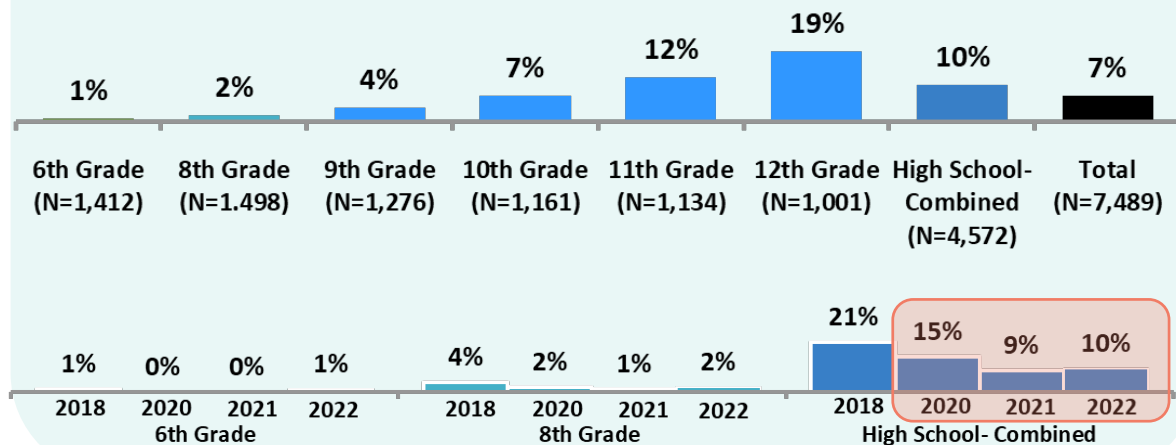
2021

2022

# Marijuana Usage

- While marijuana usage shows a similar trend as e-cigarette use, it appears to be slightly more popular, with nearly a fifth of 12<sup>th</sup> graders using marijuana in the past 3 months.
- Native Hawaiian and Pacific Islander students show an increased likelihood of using marijuana products.
- Students who use marijuana are especially likely to use other substances and have an increased rate of a variety of risky behaviors.
- Despite a slight increase from 2021, marijuana usage also appears to be decreasing over time.

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



## Demographics and Behaviors Associated with Marijuana Use (7% of the population)

### Demographics

- 16% of Native Hawaiian or Pacific Islander students

### Those who use marijuana are also more likely to:

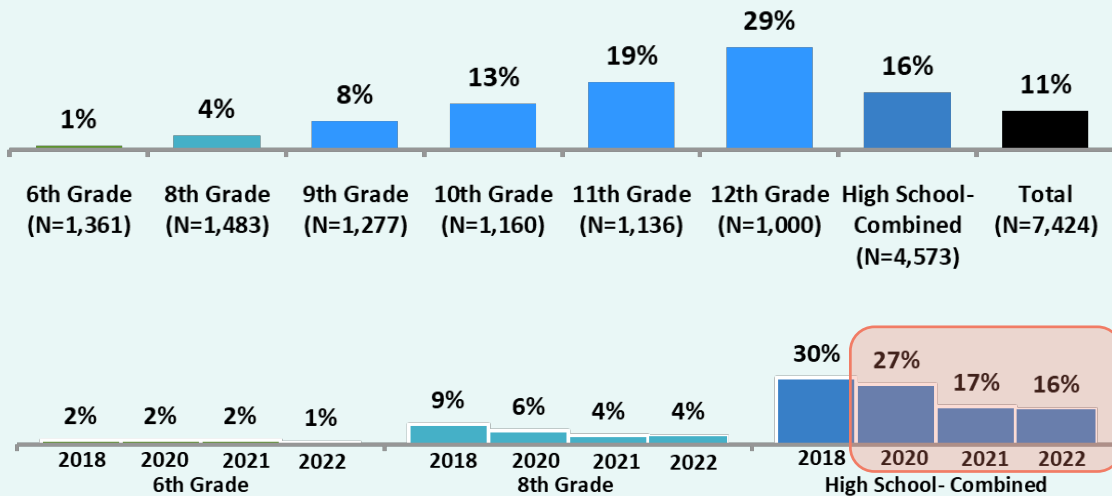
- Be bullied (24%) or cyberbullied (24%)
- Bully (14%) or cyberbully others (14%)
- Be sexually harassed (47%)
- Be depressed (56%), self-harm (40%), or consider suicide (34%)
- Drink alcohol (73%)
- Use e-cigarettes (58%)
- Have sexual intercourse (51%)
- View pornography (70%)
- Send or receive sexual messages (50%)
- Engage in unhealthy dieting (32%)
- Be in the “low resilience” segment (33%)



# Alcohol consumption

- Alcohol consumption increases steadily with each grade level, with nearly a third of 12<sup>th</sup> graders reporting drinking in the past 30 days.
- Along with other risk factors, those who drink alcohol are especially likely to use other substances such as e-cigarettes and marijuana.
- Since the pandemic, rates of alcohol consumption have shown a dramatic decrease among high schoolers.

**Drank Alcohol in the Past 30 Days**



## Demographics and Behaviors Associated with Recent Alcohol Use (11% of the population)

### Demographics

- 20% of Native Hawaiian or Pacific Islander students
- 16% of Middle Eastern Americans

### Those who recently drank alcohol are also more likely to:

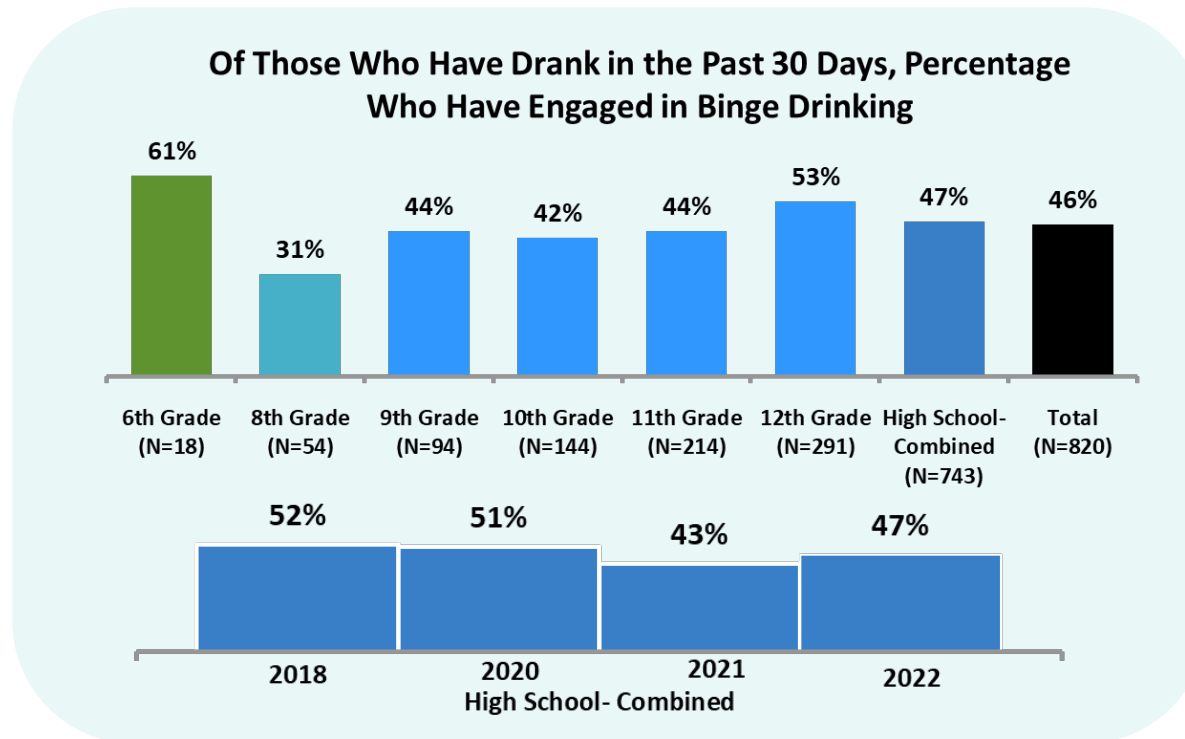
- Be bullied (20%) or cyberbullied (19%)
- Be sexually harassed (39%)
- Be depressed (42%), self-harm (31%), or consider suicide (24%)
- Use e-cigarettes (37%) or marijuana (44%)
- Have sexual intercourse (39%)
- View pornography (59%)
- Send or receive sexual messages (39%)
- Engage in unhealthy dieting (27%)
- Be in the “low resilience” segment (26%)





# Binge Drinking

- Overall, nearly half of those who drank in the past 30 days also report binge drinking during that time.
- Although alcohol consumption is rare among 6<sup>th</sup> graders, those who do drink may be especially prone to binge drinking.
- Rates of binge drinking among high schoolers remain fairly stable.



Q80

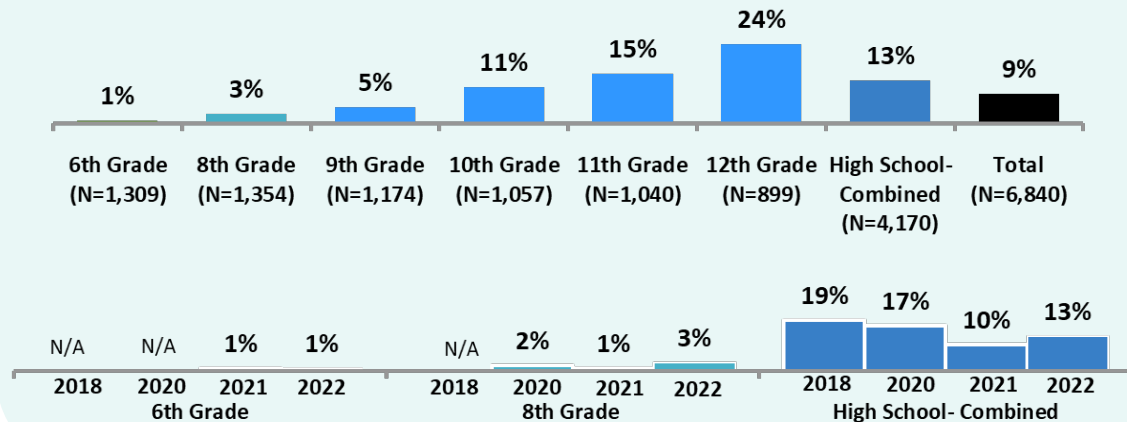
During the past 30 days on how many days did you have 5 or more drinks of alcohol in a row that is within a couple of hours?

2018 2020 2021 2022

# Sexual Intercourse

- Rates of sexual intercourse increase with grade level with nearly a quarter of 12<sup>th</sup> graders engaging in sexual activity in the past 3 months.
- Native Hawaiian and Pacific Islander students are especially likely to have sexual intercourse.
- Those who have had sexual intercourse in the past 3 months are also more likely to engage in other sexual risk behavior such as sexual messaging, sexual harassment, and pornography.
- Furthermore, 2% of students have had sexual intercourse with 3 or more people.

Has Had Sexual Intercourse in Past 3 Months



\* Note: A small population of 169 6<sup>th</sup> graders answered this question in 2021.

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

### Demographics

- 17% of those who identify as transgender
- 20% of those who identify as Native Hawaiian or Pacific Islander
- 17% of those who identify as Hispanic or Latinx

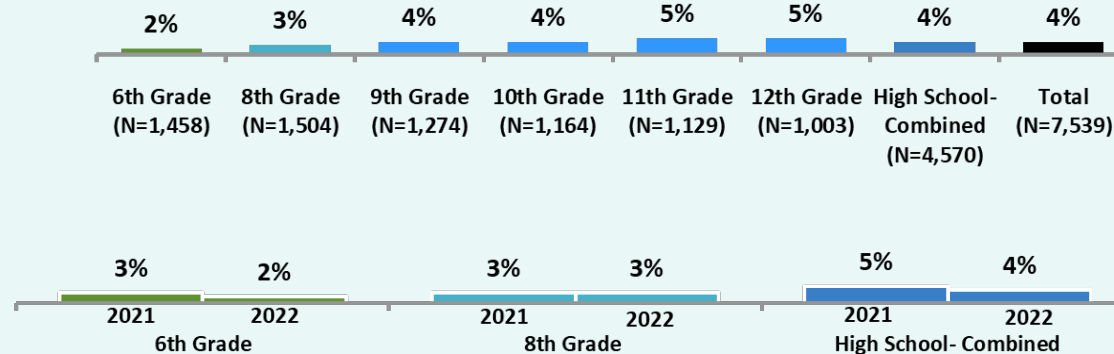
### Those who recently had sexual intercourse are also more likely to:

- Be bullied (23%) or cyberbullied (22%)
- Bully (12%)
- Be sexually harassed (42%)
- Be depressed (48%), self-harm (33%), or consider suicide (28%)
- Recently drink alcohol (50%)
- Use e-cigarettes (34%) or marijuana (38%)
- Have sexual intercourse (39%)
- View pornography (58%)
- Send or receive sexual messages (50%)
- Engage in unhealthy dieting (25%)
- Be in the “low resilience” segment (30%)

# Parties with Illegal Substances

- The proportion of students who have attended online parties where teens used alcohol, marijuana or other drugs remains low and stable compared to 2021.
- Those most likely to attend such parties are students who:
  - Recently used e-cigarettes: 22%
  - Recently used marijuana: 20%
  - Recently cyberbullied others: 22%

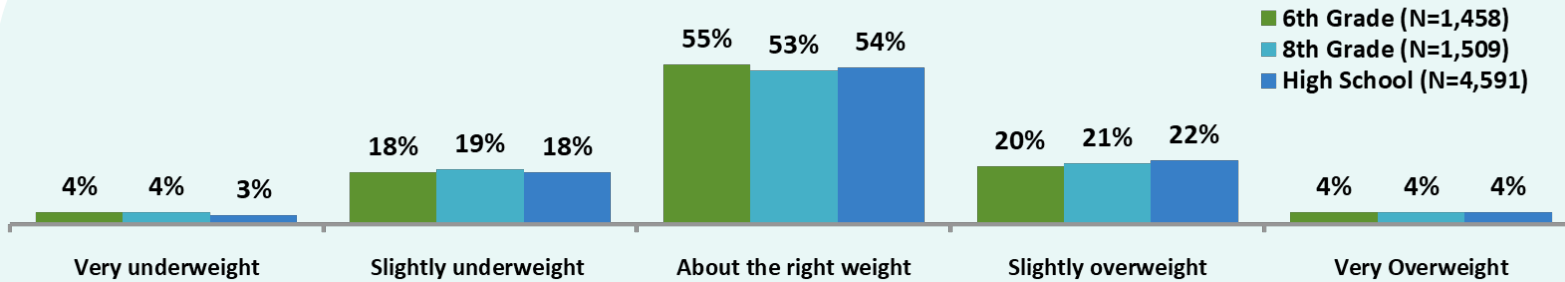
**Attended Online Parties where Teens Used Alcohol, Marijuana, or Other Drugs in the past 12 Months**



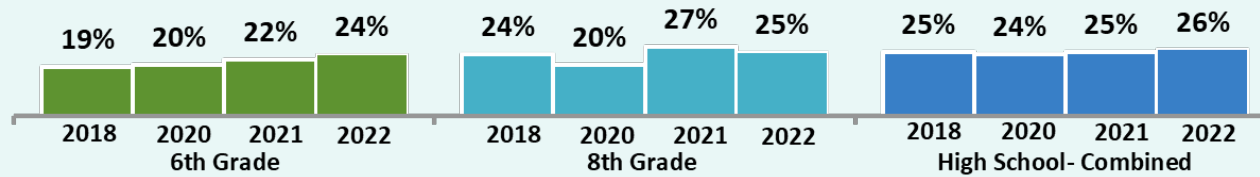
# Body Image and Dieting

# Body Image

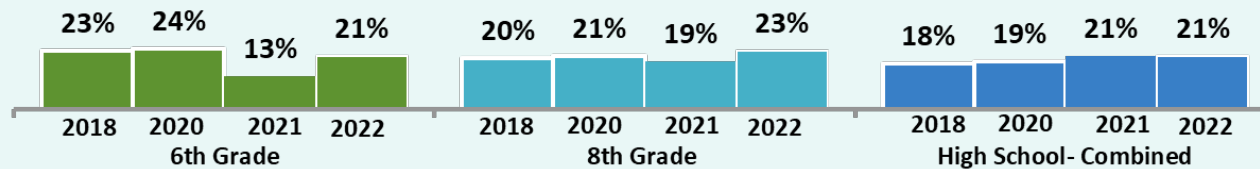
## How would you describe your weight?



## Percent who Identify as Very or Slightly Overweight



## Percent who Identify as Very or Slightly Underweight



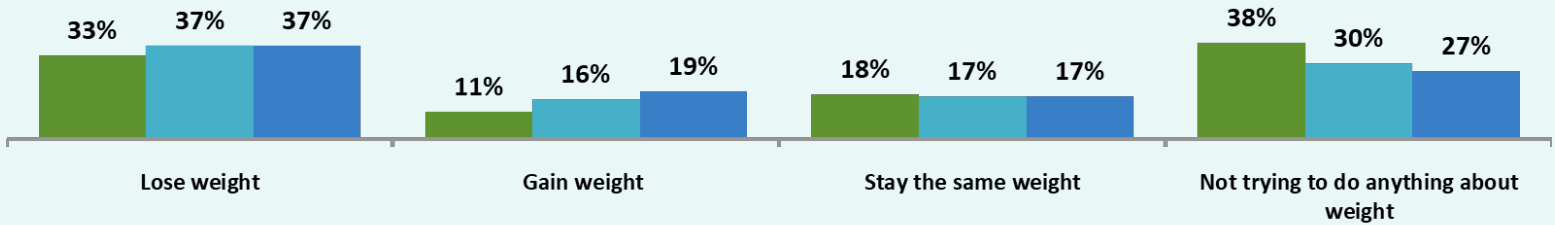
➤ Just over half of students feel that they are at about the right weight, with near equal proportions feeling that they are under or overweight.



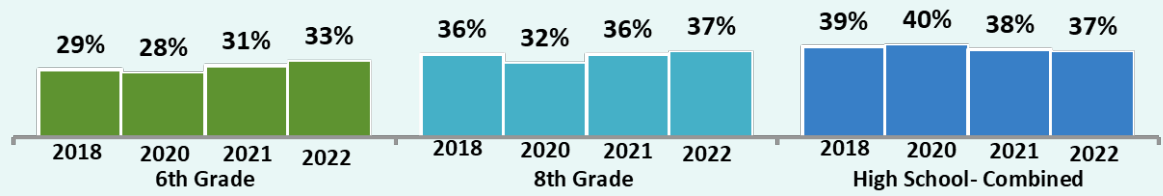
# Weight Goals

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

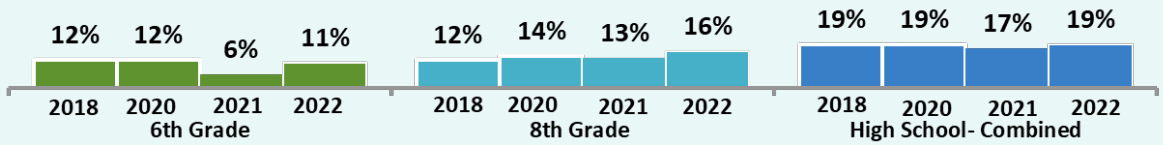
6th Grade (N=1,454)  
8th Grade (N=1,502)  
High School (N=4,579)



Percent Trying to Lose Weight



Percent Trying to Gain Weight



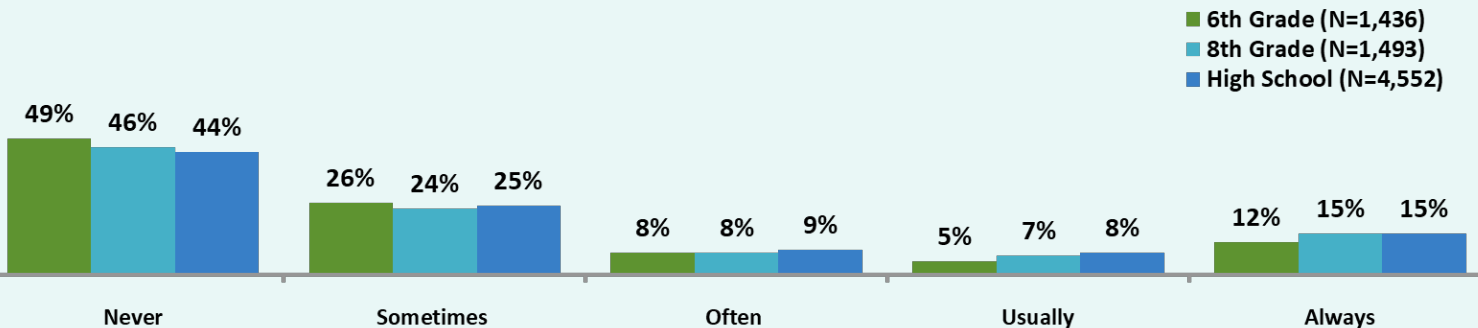
- Although 25% of students, overall, said they felt they were overweight, 36% indicated that they were trying to lose weight.
- 80% of students who said they were slightly or very overweight indicated they were trying to lose weight.
- 28% of those who thought they were about the right weight indicated wanting to lose weight.
- Most concerning, 7% of those who identified as underweight also indicated a desire to lose weight.
- However, the proportion of students looking to gain or lose weight is similar to previous years.



# Desire to be Thinner

- Similarly, while 65% of students who felt they were overweight indicated they often, usually, or always had a strong desire to be thinner, 21% of those who felt they were at the right weight, and 12% of those who identified as underweight also felt this way.
- Those who identify as non-heterosexual or Native Hawaiian/Pacific Islander are especially likely to indicate a strong desire to be thinner.
- This desire to be thinner is fairly constant across grade levels, indicating that the pressure to be thin may affect students regardless of age.

I have a strong desire to be thinner.



## Demographics and Behaviors Associated with Often, Usually, or Always Having a Strong Desire to be Thinner (30% of the population)

### Demographics

- 42% of those who identify as female
- 40% of those who identify as non-binary
- 39% of those who identify as transgender
- 45% of those who identify as non-heterosexual
- 44% of those who identify as Native Hawaiian or Pacific Islander
- 37% of those who identify as Hispanic or Latinx

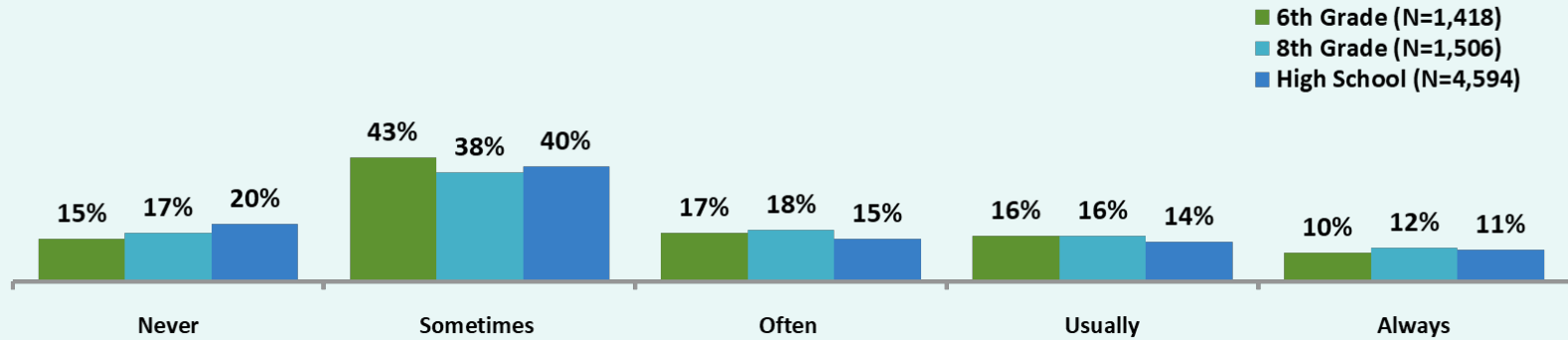
### Those who have a desire to be thinner are also more likely to:

- Be bullied (18%) or cyberbullied (15%)
- Be sexually harassed (30%)
- Be depressed (44%), self-harm (34%), or consider suicide (23%)
- Recently drink alcohol (16%)
- Send or receive sexual messages (18%)
- Engage in unhealthy dieting (25%)



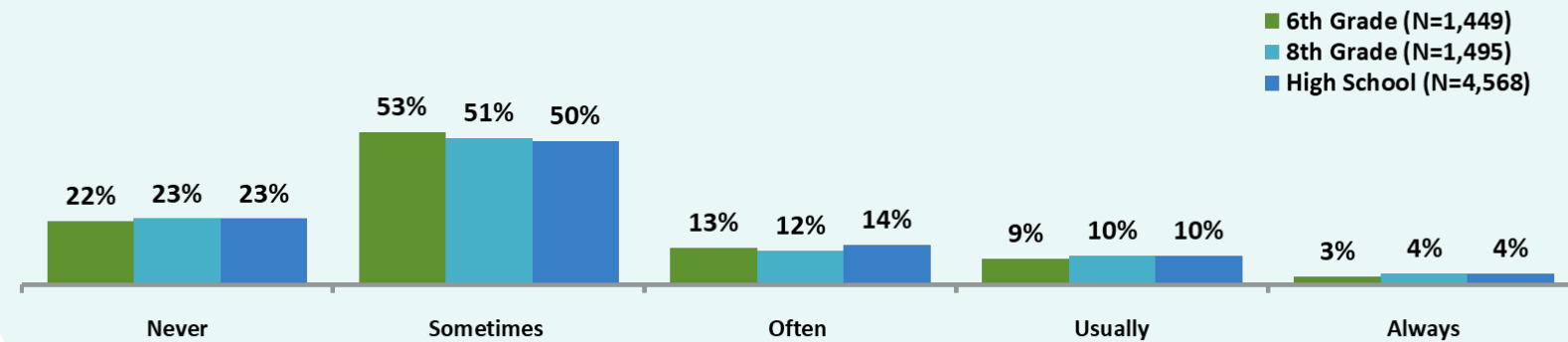
# Dieting

## I am aware of the caloric content of the foods I eat.



- Overall, 42% of students indicated they were often, usually, or always aware of their food's caloric content.
  - This was highest among those with a strong desire to be thinner (59%) and those trying to lose weight (54%).

## I avoid foods I think are unhealthy or don't fit in my diet.



- Overall, 27% of students indicated they often, usually, or always avoid unhealthy foods.
  - This was highest among those with a strong desire to be thinner (37%) and those trying to lose weight (34%).

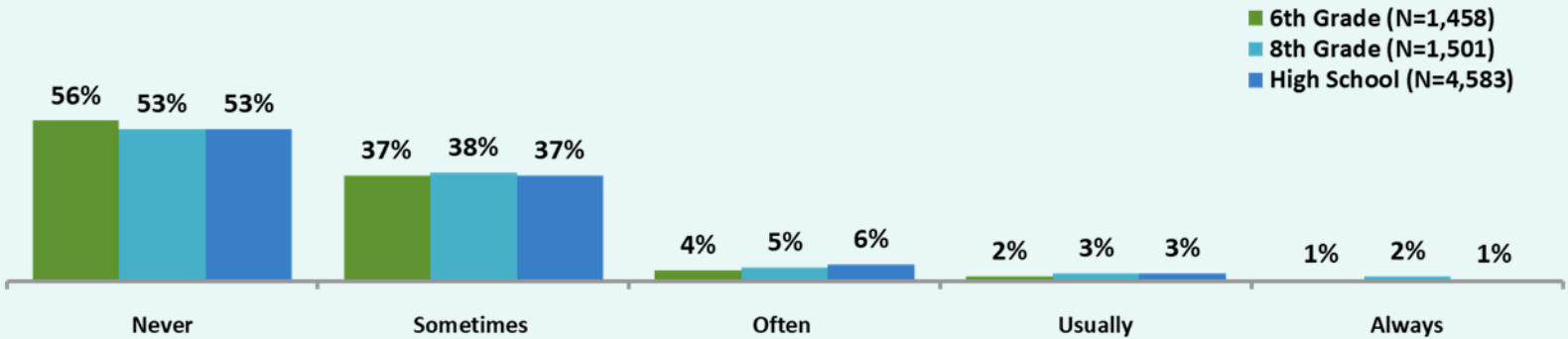


Q87	I am aware of the caloric content of foods that I eat.				2022
Q89	I avoid foods I think are unhealthy or don't fit in my diet.				2022



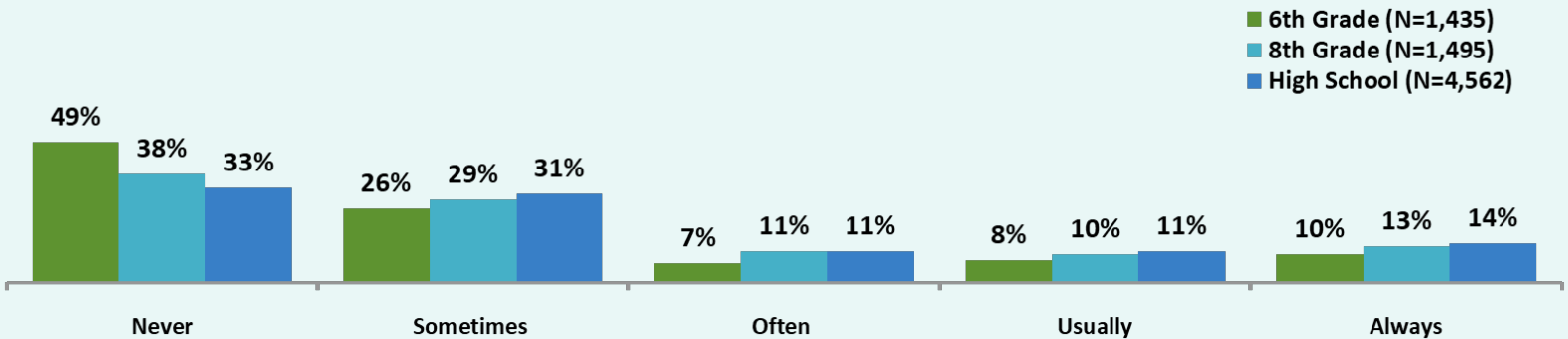
# Self-Inflicted Food Deprivation and Body Image

I avoid eating when I am hungry.



- Overall, 10% of students indicated they often, usually, or always avoided eating when hungry.
  - This was highest among those with a strong desire to be thinner (25%) and those trying to lose weight (19%).

My weight influences how I judge myself.



- A third (33%) of students, overall, said their weight often, usually, or always influences how they judge themselves.
- This was especially high among those who had a strong desire to be thinner (78%), identified as overweight (61%), or were trying to lose weight (61%).
- However, nearly half of 6<sup>th</sup> graders indicated that their weight never influences how they judge themselves.



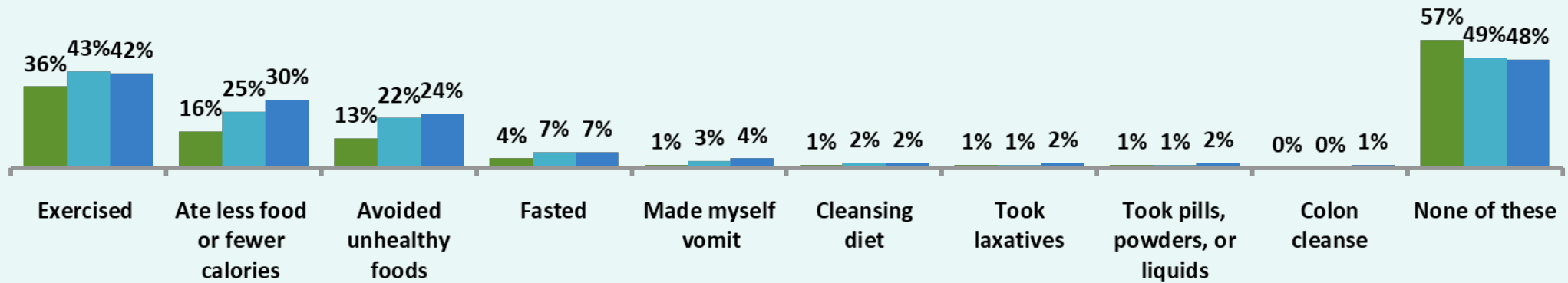
Q88	I avoid eating when I am hungry				2022
Q90	My weight influences how I judge myself.				2022

# Unhealthy Dieting

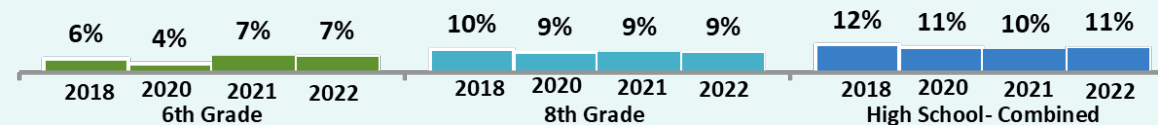
- Overall, 10% of students engage in dangerous behaviors to lose weight.
- However, a quarter (25%) of those who had a strong desire to be thinner indicated using these methods.
- Such behaviors were also high among those identified as overweight (20%) and were trying to lose weight (21%).
- The rate at which students use these methods has not changed much over the years

During the past 30 days without a doctors advice have you done any of the following to lose weight or keep from gaining weight?

■ 6th Grade (N=1,379)  
 ■ 8th Grade (N=1,451)  
 ■ High School (N=4,400)



Percent who Indicate Fasting, Vomiting, Cleansing, Laxatives, or Using Pills, Powders, or Liquids to Lose Weight.



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

Demographics and Behaviors Associated with Unhealthy Dieting (10% of the population)

Demographics

- 27% of those who identify as transgender
- 21% of those who identify as non-heterosexual
- 19% of those who identify as Black or African American

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

- Be bullied (32%) or cyberbullied (29%)
- Bully (10%)
- Be sexually harassed (51%)
- Be depressed (65%), self-harm (55%), or consider suicide (41%)
- Recently drink alcohol (30%)
- Use e-cigarettes (18%) or marijuana (21%)
- Have sexual intercourse (22%)
- View pornography (37%)
- Send or receive sexual messages (31%)
- Be in the “low resilience” category (40%)

- Those most at risk for unhealthy dieting are those who have a non-traditional gender identity or sexuality.
- Additionally, those that engage in unhealthy dieting are also highly likely to abuse their body through self-harm and have a high rate of depression, suicide consideration, and substance abuse.



Q92-100	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?	2018	2020	2021	2022
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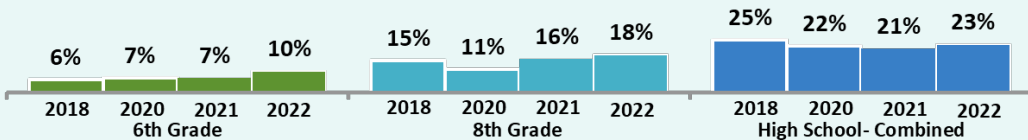
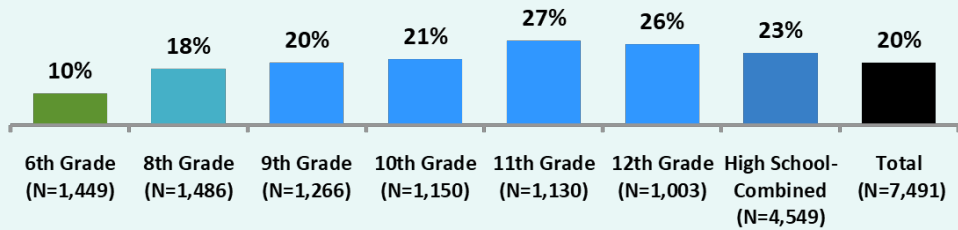
# Social Media and Cellphone Use

# Parental Involvement on Social Media

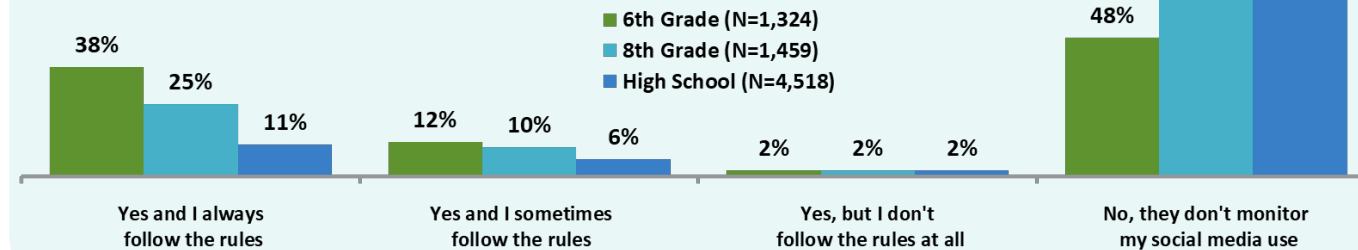
- Students are more likely to have a social media account their parents or guardians are unaware of as they age, with 11<sup>th</sup> and 12<sup>th</sup> graders being the most likely to have a secret social media account.

- Overall, parents are less likely to monitor social media for older students:
  - 52% of 6<sup>th</sup> graders have parents who monitor social media.
  - 37% of 8<sup>th</sup> graders have parents who monitor social media.
  - 19% of high schoolers have parents who monitor social media.
- However, 18% of those who say their parents monitor their social media, have an account they are unaware of.

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?



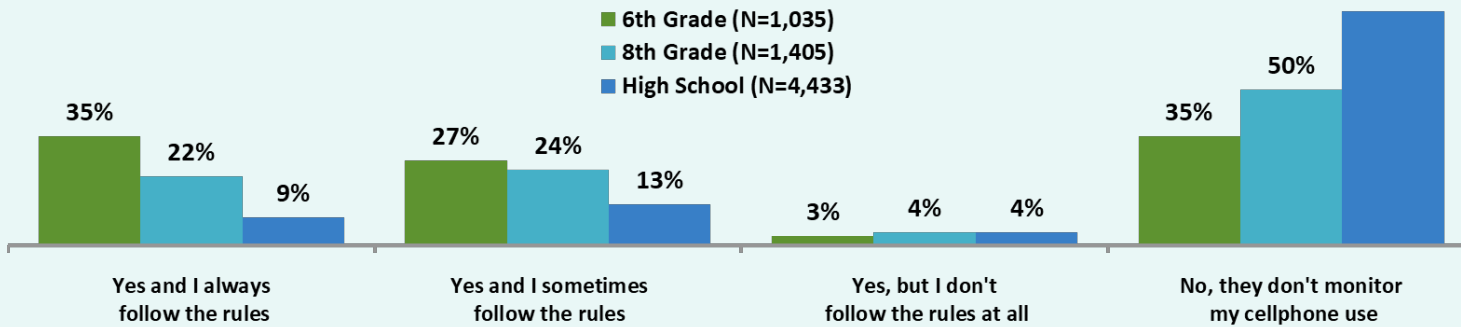
- 31% of those whose parents DO NOT monitor their social media, have viewed pornography in the past 30 days, compared to 18% of those whose parents monitor their accounts.
  - Otherwise, parental monitoring of social media does not seem to have a strong impact on youth risk behaviors.



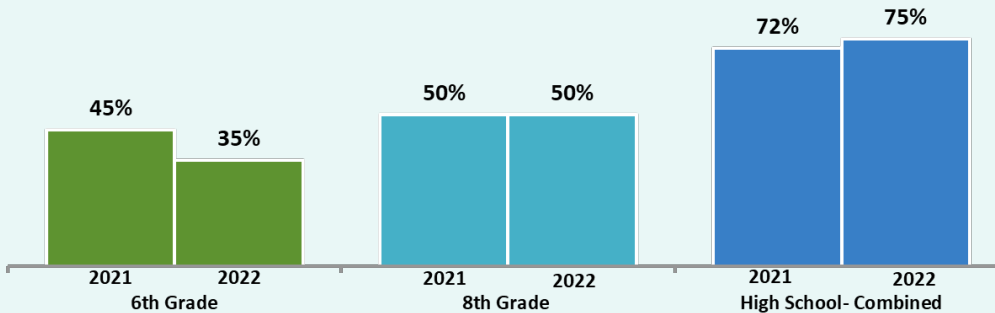
Q117	Do you have any social media accounts that your parents or guardians don't know about?	2018	2020	2021	2022
Q118	Do your parents or guardians monitor your social media accounts or how you use social media?				2022

# Parental Involvement on 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:
  - 55% of 6<sup>th</sup> graders have parents who monitor their phone.
  - 50% of 8<sup>th</sup> graders have parents who monitor their phone.
  - 28% of high schoolers have parents who monitor their phone.
- While these trends remain stable for 8<sup>th</sup> graders and high schoolers, substantially fewer 6<sup>th</sup> graders say their parents don't monitor their phones than in 2021.

➤ Similar to the trend associated with parental monitoring of social media, a third (33%) of those whose parents do not monitor their phones indicate looking at pornography in the past 30 days compared to those whose parents do (19%).

- Otherwise, parental monitoring of cellphones does not seem to have a strong impact on youth risk behaviors.

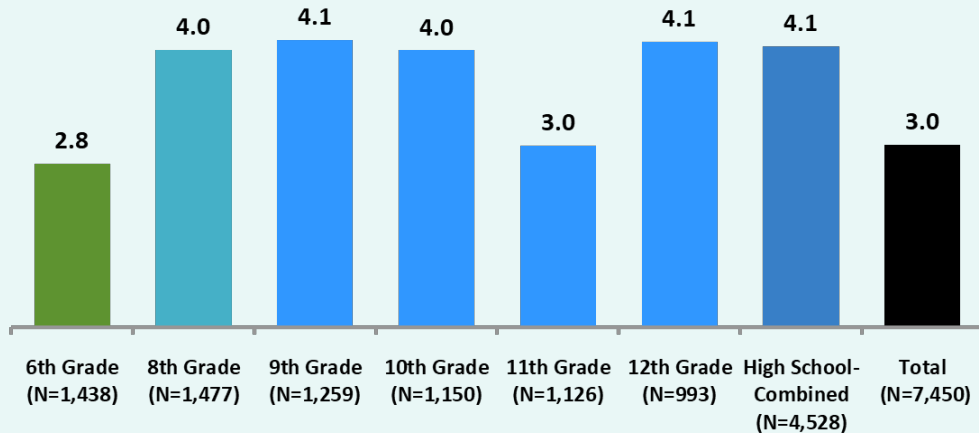


# Screen Time and Social Media

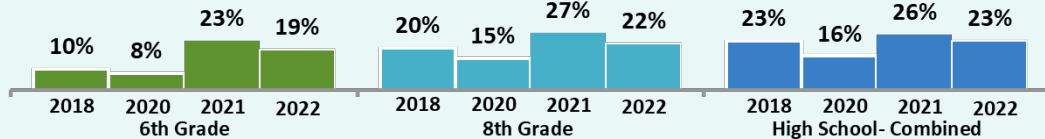
- Overall, students report spending a median time of 3 hours on electronic devices on weekdays for non-school related activities.
- Furthermore, 22% of students report 6 or more hours on electronic devices, coming down from a spike in 2021.

- Overall, students report spending a median time of 2 hours on social media on weekdays.
- Further, nearly a quarter (24%) report spending 4 or more hours on social media, consistent with 2021.

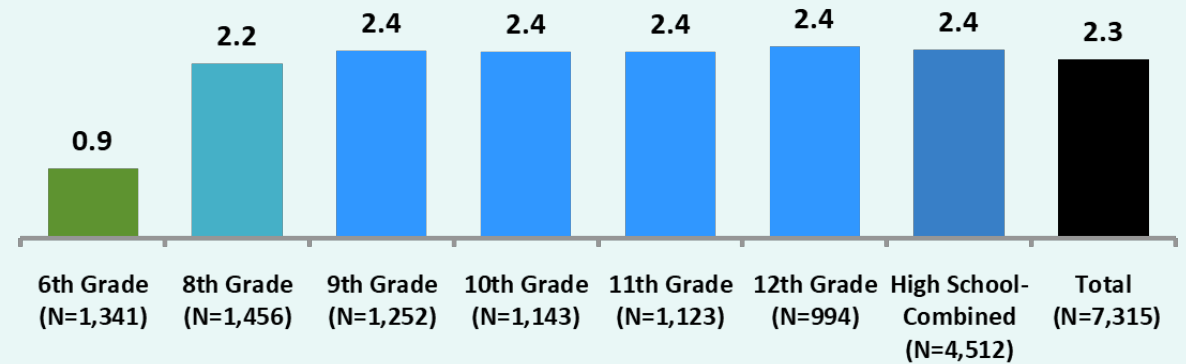
**Median Time Spent on Computers, Television, Phones, Game consoles, or Other visual Technology on Weekdays**



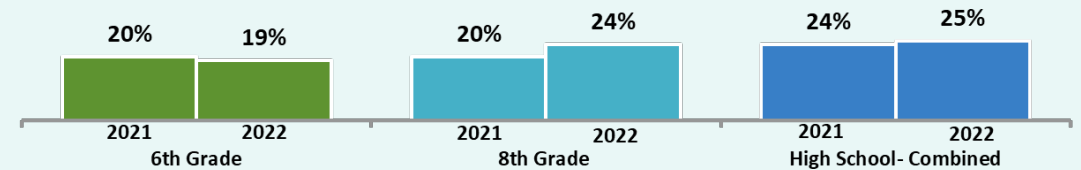
**Percent Reporting 6 or More Hours on Visual Media Each Weekday**



**Median Time Spent on Social Media on Weekdays**



**Percent Reporting 4 or More Hours on Social Media Each Weekday**

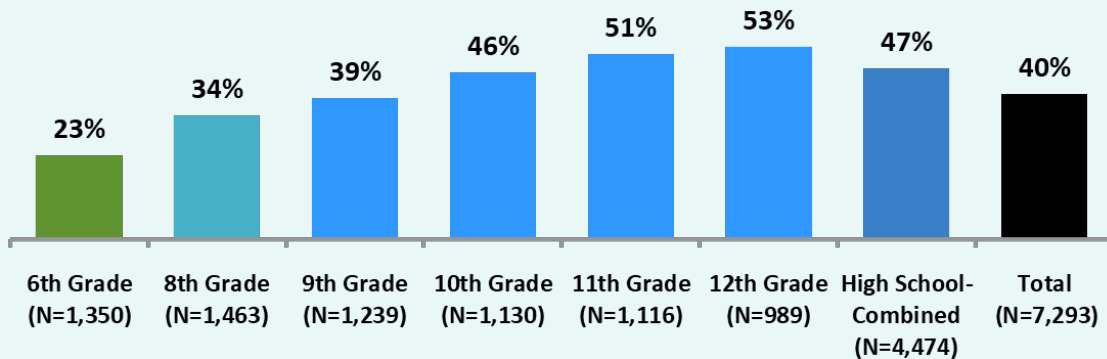


Q115	How much time do you spend weekdays after school using computers, television, phones, game consoles, or other visual technology for non-school related activities?	2018	2020	2021	2022
Q116	How much time do you spend weekdays on social media (e.g. Facebook, Twitter, Instagram, SnapChat, TikTok)?			2021	2022

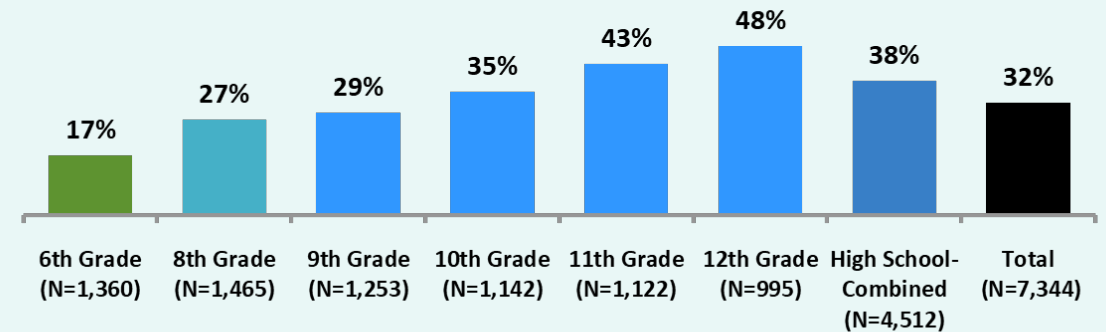
# Perception of Time Spent on Cellphones and Social Media

- Overall, 40% of students feel they spend too much time on their phone and 32% feel they spend too much time on social media.
- The feeling that one spends too much time on these devices increases with each grade level, despite screen time and social media time not substantially changing with each grade.
  - This indicates that as students age, their perceptions of cellphone and social media use change.

### Feel They Spend too Much Time on Their Cellphone



### Feel They Spend too Much Time on Social Media



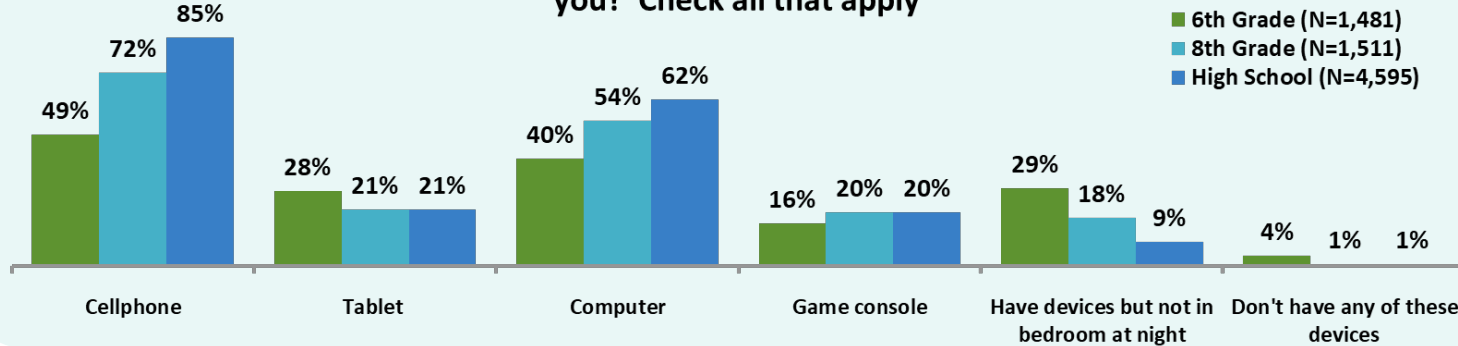
Q111	Do you think you spend too much time, about the right amount of time, or too little time on your cellphone?				2022
Q112	Do you think you spend too much time, about the right amount of time, or too little time on social media?				2022



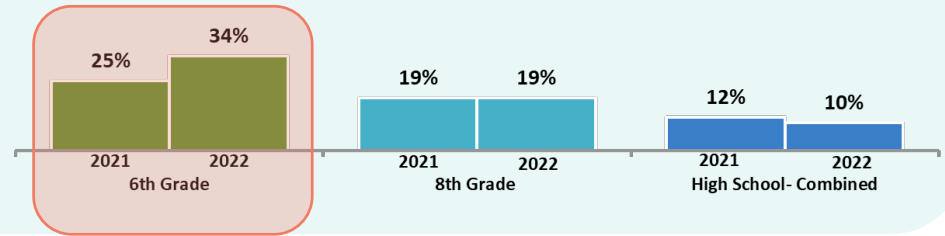
# Electronic Devices in the Bedroom

- Cellphones are the most common devices students keep in the bedroom at night, followed by computers.
- High schoolers show a much greater tendency to keep their phone on in their bedroom at night compared to 6<sup>th</sup> and 8<sup>th</sup> graders.
- However, those in 8<sup>th</sup> grade and high school also show an increased likelihood of keeping their phone on in the bedroom compared to 2021.

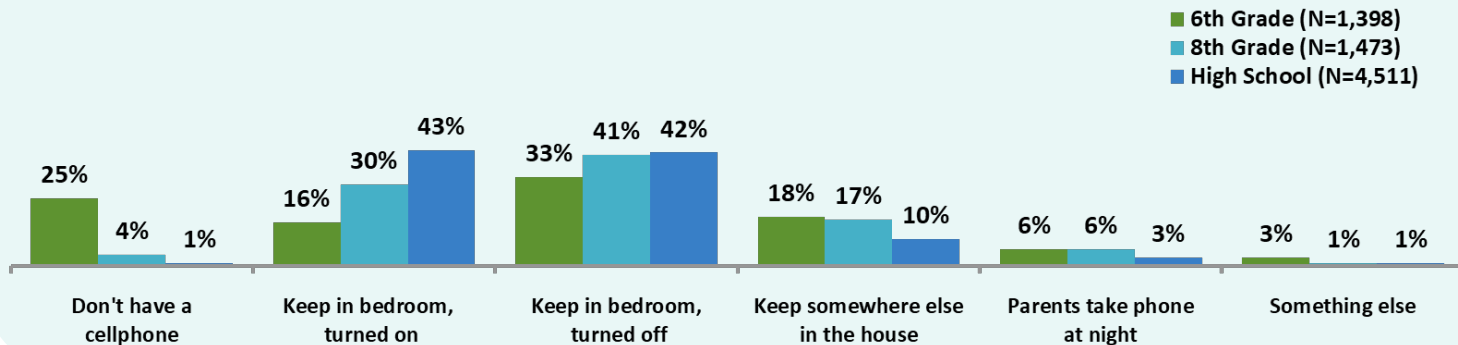
**When you go to sleep at night what devices do you keep in your bedroom with you? Check all that apply**



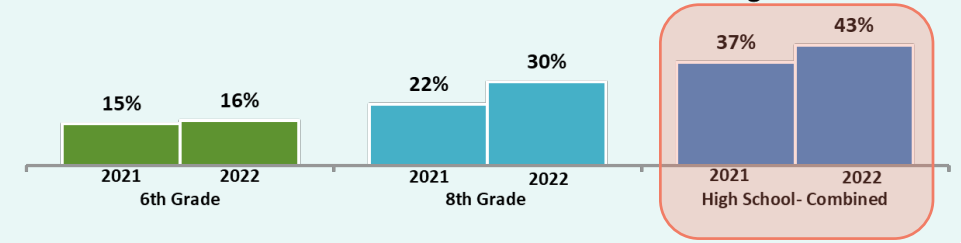
**Don't Have or Don't Keep Devices in the Bedroom at Night**



**When you go to sleep at night what do you do with your cellphone?**



**Leave Phone On in Bedroom at Night**

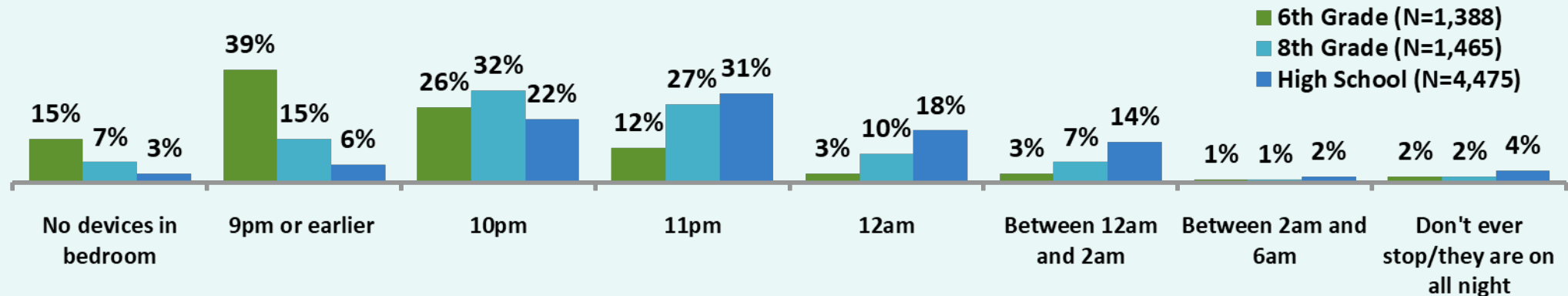


Q101-104	When you go to sleep at night, what devices do you keep in your bedroom with you? Check all that apply:			2021	2022
Q105	When you go to sleep at night, what do you do with your cell phone?			2021	2022

# Turning off Electronic Devices in the Bedroom

- Overall, 12% of students indicate using electronic devices after midnight.
  - For high schoolers, the most common time to turn off a cellphone at night is at 11pm (31%).
  - For 8<sup>th</sup> graders, the most common time to turn off a cellphone at night is at 10pm (32%).
  - For 6<sup>th</sup> graders, the most common time to turn off a cellphone at night is at 9pm (39%).

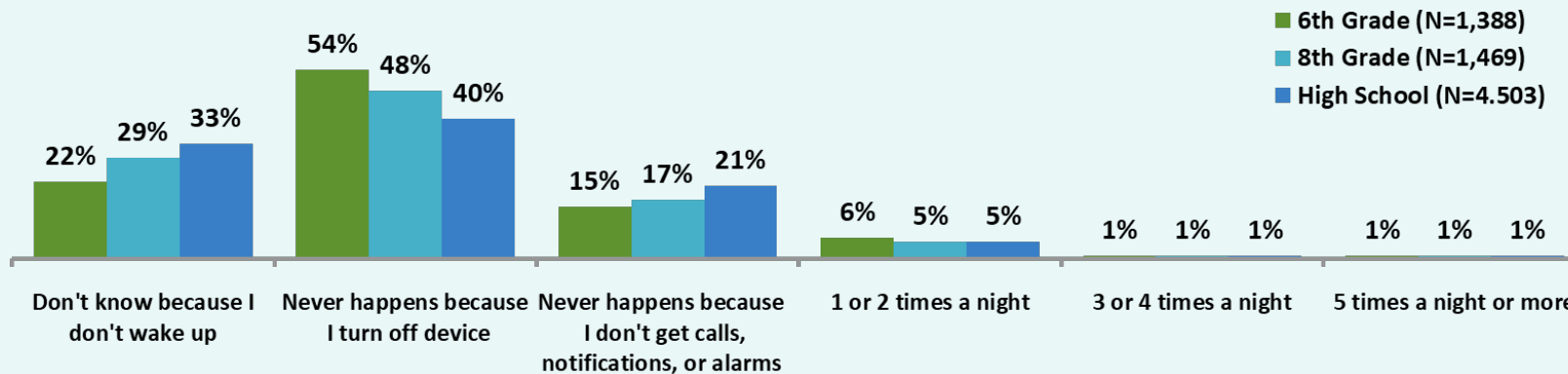
**What time do you usually stop using all of your electronic devices (cellphone, tablet, computer, game console) at night before going to sleep?**



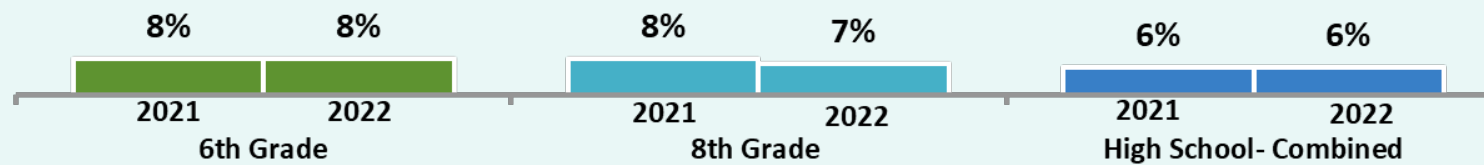
# Effect of Electronic Devices on Sleep

- Overall, 7% of students wake up at least once because of their cellphone at night.
- Although more than half of all 6<sup>th</sup> graders (54%) turn off their device at night, they are not much less likely to be woken up at night due to their phone, indicating those that leave their phone on are at a greater risk of being woken up.

**How many times do you wake up each night because your cellphone, tablet, computer, or other electronic device rings, you get notifications, or you hear an alarm or other noise from your devices?**

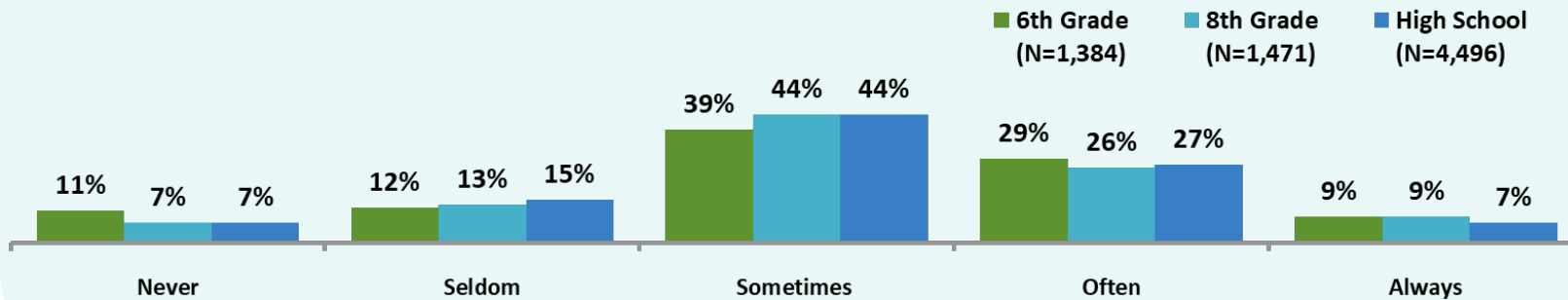


**Wake Up 1 or More Times Each Night Because of Electronic Devices**



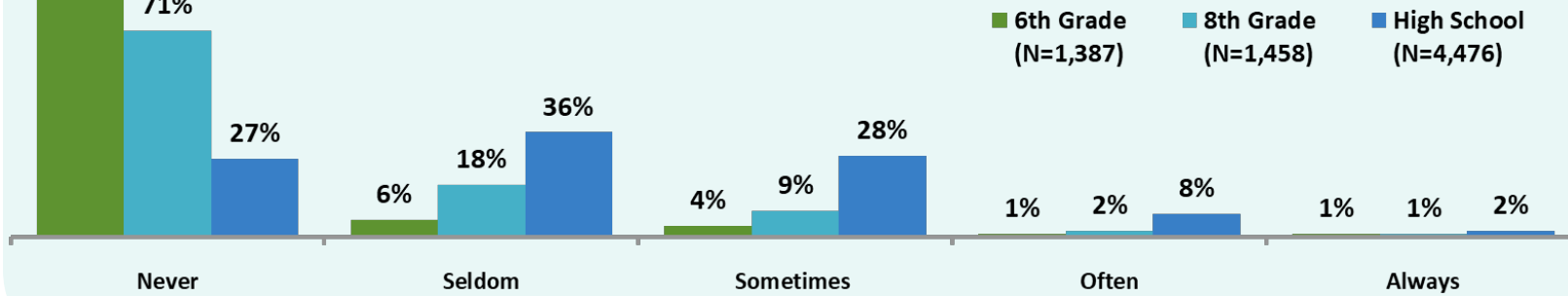
# Cellphone Distraction

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



- Overall, 36% of students feel they have to respond to messages often or always.
- This feeling is stable across grade levels.

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



- Overall, 7% of students indicate losing focus often or always due to checking their cellphone.
- High school students are especially likely to lose focus, with 1 in 10 saying they often or always lose focus in class due to their phone.
- Additionally, 11% of those who feel they have to immediately respond to messages often or always indicate losing focus.



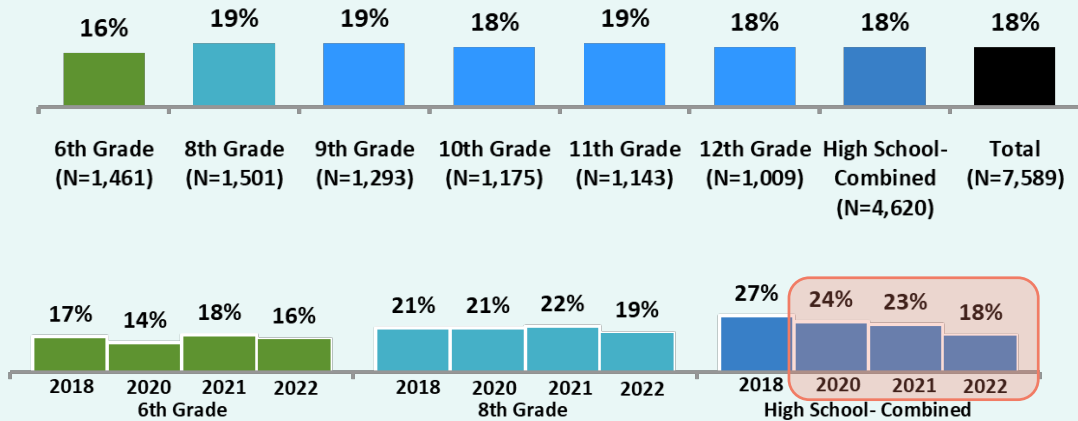
Q109	How often do you feel as though you have to respond to messages from other people immediately?				2022
Q110	How often do you lose focus in class or at school because you are checking your cellphone?				2022

# Risky Online Behaviors and Unwanted Contact

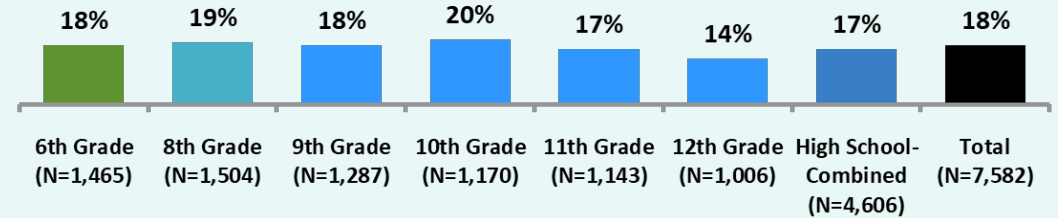
- The rate of students being in risky or unwanted situations due to information shared electronically is consistent regardless of grade.
- Over time, these levels are also fairly stable, with a slight downward trend among high schoolers.

- Likewise, students find themselves in uncomfortable digital conversations at similar rates regardless of grade.
- This is especially common for those who indicate they have been cyberbullied (54%).

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



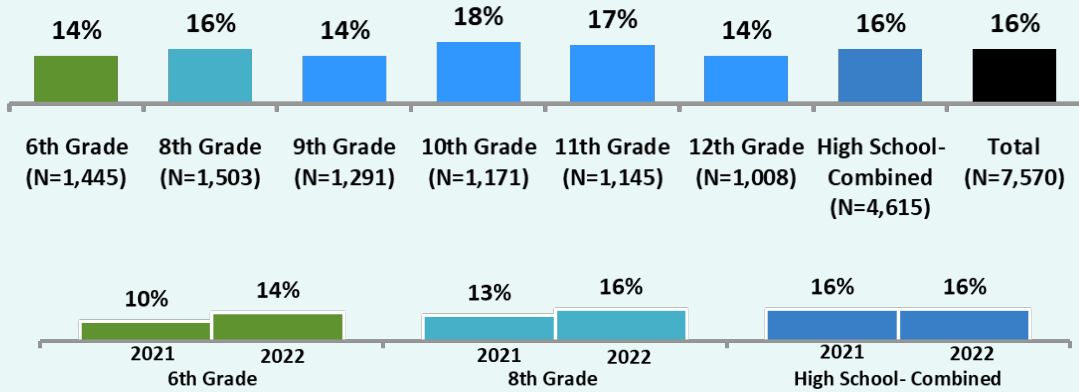
**Participated in Uncomfortable Social Media Chats, Meetings, or Events but Had a Hard Time Leaving**



Q49	Have you ever found yourself in a risky/unwanted situation because of information you shared electronically?	2018	2020	2021	2022
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

# Unwanted Online Contact

Had Unwanted Contact from Someone Online in the Past 12 Months



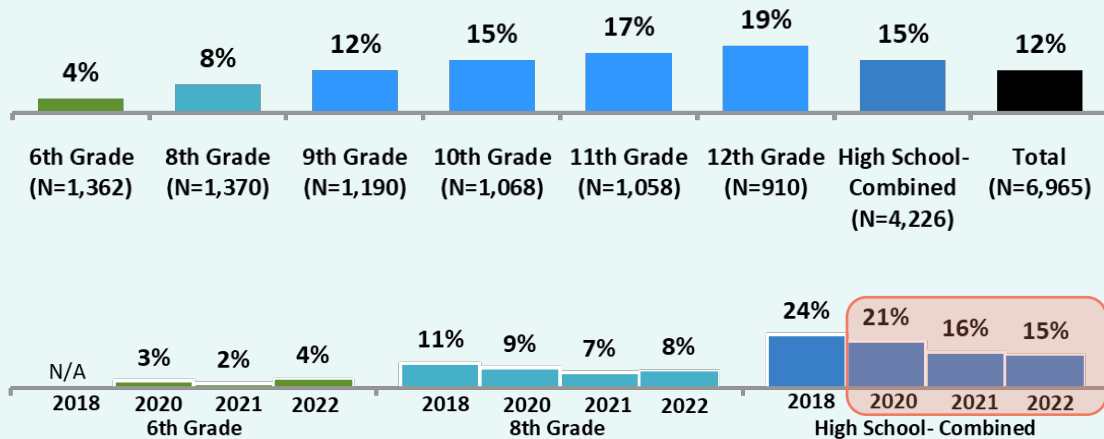
- While unwanted online contact appears fairly stable across grade levels, it shows slight increases in prevalence among those in 6<sup>th</sup> and 8<sup>th</sup> grade since 2021.
- This is especially common for those who indicate they have:
  - Been sexually harassed (44%)
  - Bullied others (48%)
  - Been cyberbullied (50%)
  - Cyberbullied others (47%)
  - Sent or received sexually explicit messages (43%)



# Sending or Receiving Sexually Explicit Messages

- Students are more likely to send and receive explicit messages with each grade, with nearly 1 in 5 engaging in this type of messaging by 12<sup>th</sup> grade.
- However, rates of sending and receiving such messages shows a slight downward trend among high schoolers.
- Those who identify as transgender or Native Hawaiian or Pacific Islander have a much higher rate of sexually explicit messaging compared to the population.
- Those who send or receive sexually explicit messages are especially likely to be sexually harassed, depressed, and view pornography.

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



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

### Demographics

- 26% of those who identify as transgender
- 20% of those who identify as non-heterosexual
- 26% of those who identify as Native Hawaiian or Pacific Islander
- 21% of those who identify as Middle Eastern American

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

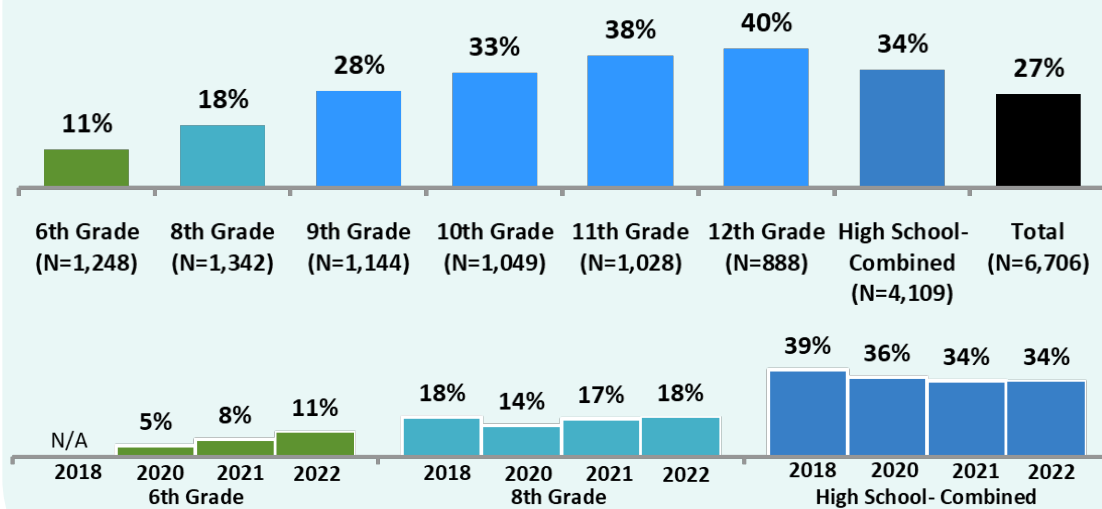
- Be bullied (26%) or cyberbullied (31%)
- Bully (13%) or cyberbully others (13%)
- Be sexually harassed (53%)
- Be depressed (54%), self-harm (45%), or consider suicide (31%)
- Recently drink alcohol (37%)
- Use e-cigarettes (25%) or marijuana (28%)
- Have sexual intercourse (37%)
- View pornography (64%)
- Engage in unhealthy dieting (26%)
- Be in the “low resilience” segment (33%)



# Pornography

- Pornography viewing increases with each grade, with 12<sup>th</sup> graders being nearly 4x as likely to have recently viewed pornography than 6<sup>th</sup> graders.
- Rates of looking at porn appear stable among students, although 6<sup>th</sup> graders may be displaying a slightly upward trend.
- A disproportionate number of students who identify as transgender indicate they have recently viewed pornography.

**Looked at Pornographic Material in the Past 30 Days**



## Demographics and Behaviors Associated with Recent Pornography viewing (27% of the population)

### Demographics

- 37% of males
- 38% of those who identify as non-binary
- 46% of those who identify as transgender
- 37% of those who identify as non-heterosexual
- 39% of those who identify as Native Hawaiian or Pacific Islander

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

- Be cyberbullied (15%)
- Cyberbully others (9%)
- Be sexually harassed (25%)
- Be depressed (37%), self-harm (29%), or consider suicide (21%)
- Recently drink alcohol (25%)
- Use e-cigarettes (14%) or marijuana (17%)
- Have sexual intercourse (19%)
- Send or receive sexual messages (29%)

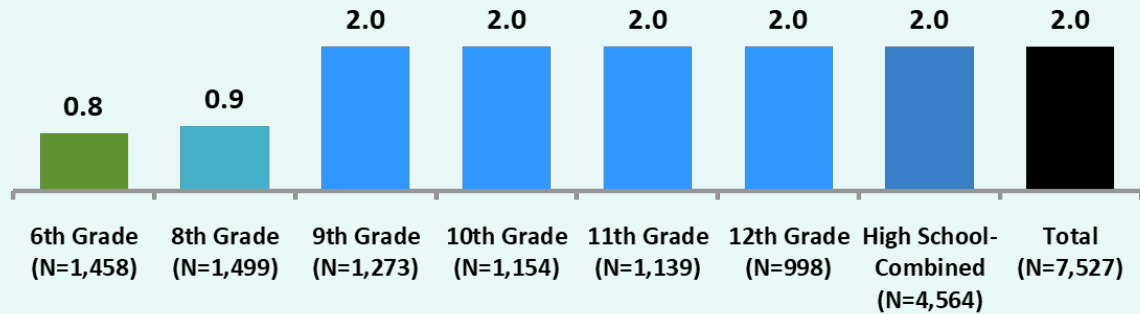




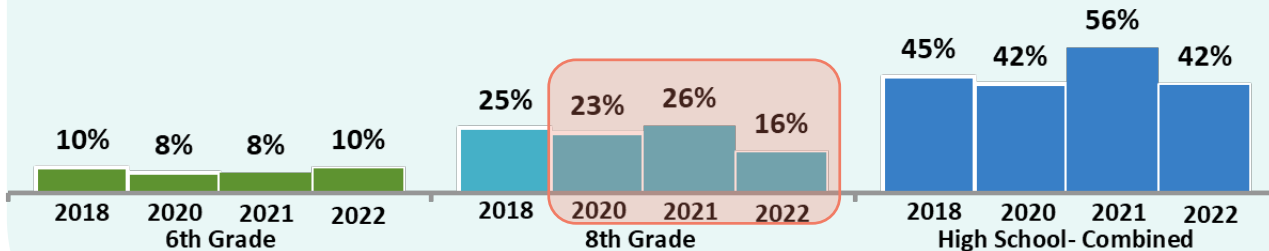
# Lifestyle

# 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 6<sup>th</sup> and 8<sup>th</sup> grade is 1 hour each day, this increases to 2 hours throughout high school.
- These rates indicate a return to normal from the pandemic for high schoolers, but those in the 8<sup>th</sup> grade report substantially less homework compared to previous years.
- 77% of students who report 3 or more hours of homework each day also indicate that they have experienced somewhat high or very high levels of stress due to their academic course load.



# Sleep

- Most 8-12<sup>th</sup> graders get 7 or less hours of sleep each night, with 35% of all students reporting 6 or less hours.
- Native Hawaiian or Pacific Islander students and those with a non-traditional gender identity or sexual orientation are among those most likely to get little sleep.

## Demographics and Behaviors Associated with Getting 6 or Less Hours of Sleep Each Night (12% of the population)

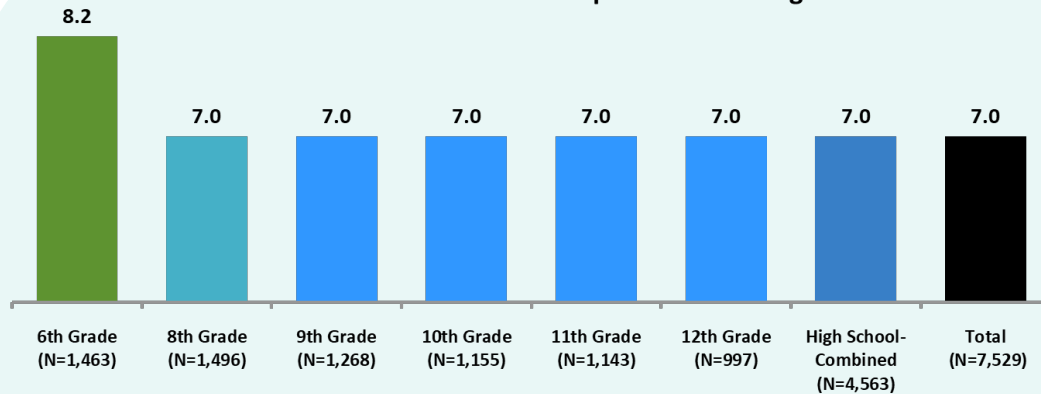
### Demographics

- 54% of those who identify as non-binary
- 54% of those who identify as transgender
- 51% of those who identify as non-heterosexual
- 58% of those who identify as Native Hawaiian or Pacific Islander
- 51% of those who identify as Black or African American
- 46% of those who identify as Hispanic or Latinx

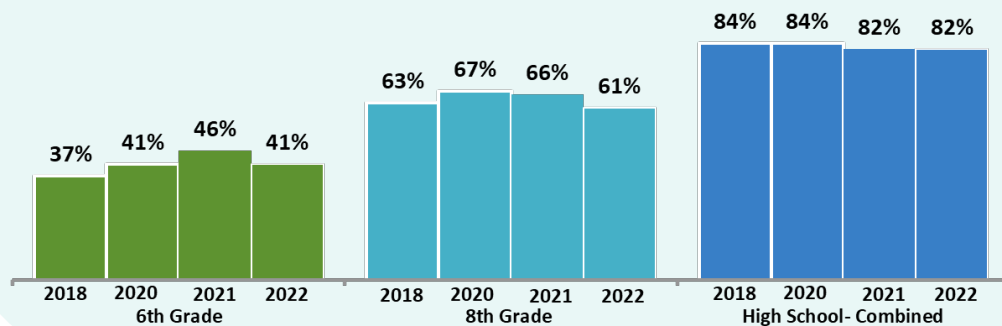
### Those who get 6 or less hours of sleep each night are more likely to:

- Be depressed (39%), self-harm (28%), or consider suicide (20%)
- Be sexually harassed (25%)
- Be in the “low resilience” segment (26%)

Median Hours of Sleep Each School Night

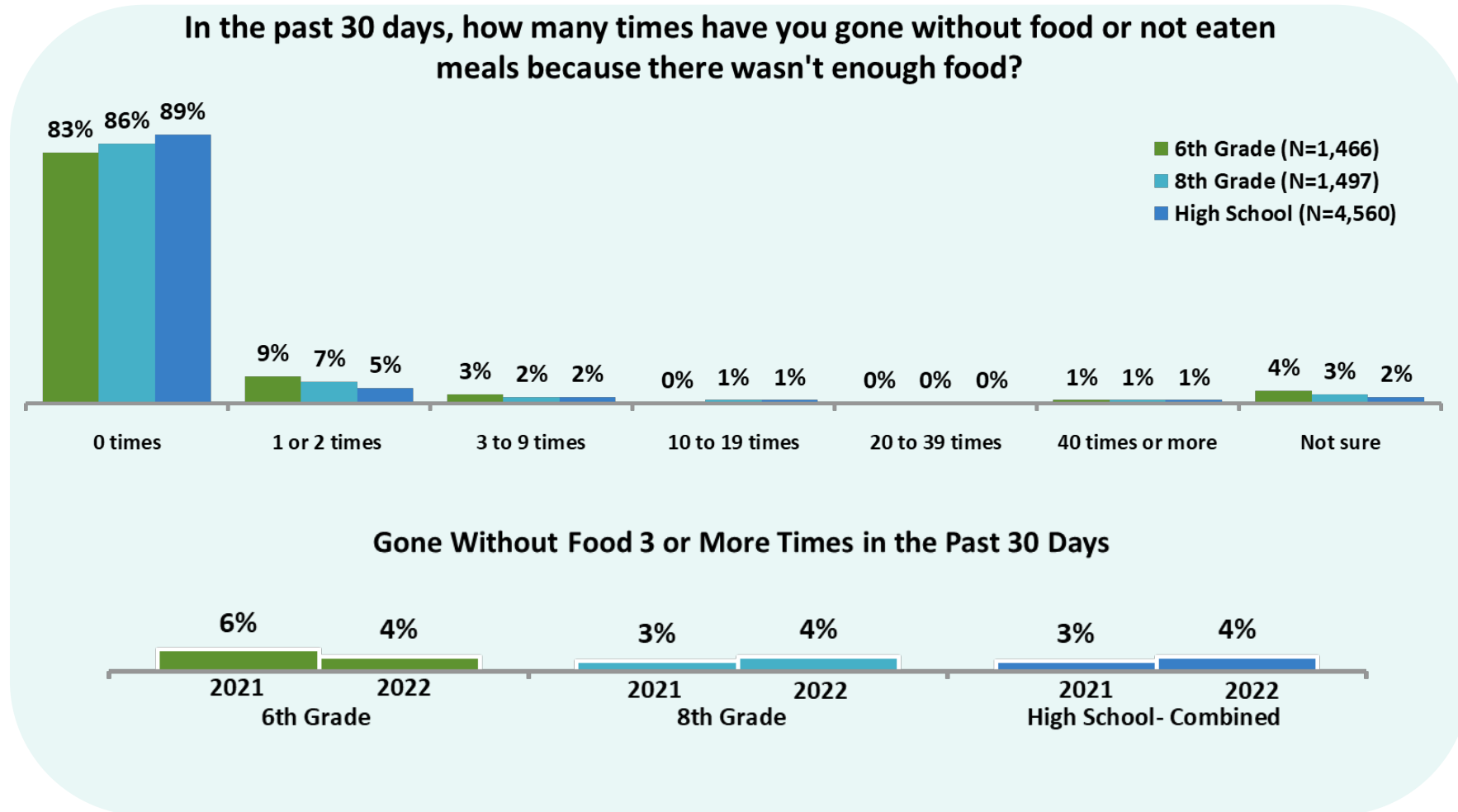


Sleeps 7 or Less Hours Each School Night



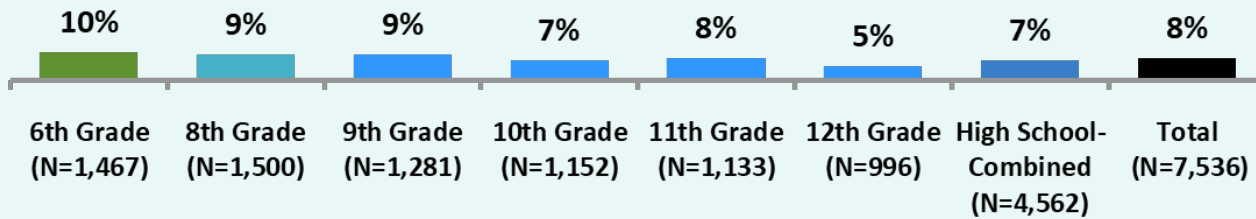
# Going Without Food

- While the majority of students do not go without food, 4% of students have gone hungry 3 or more times in the 30 days prior to taking this survey.



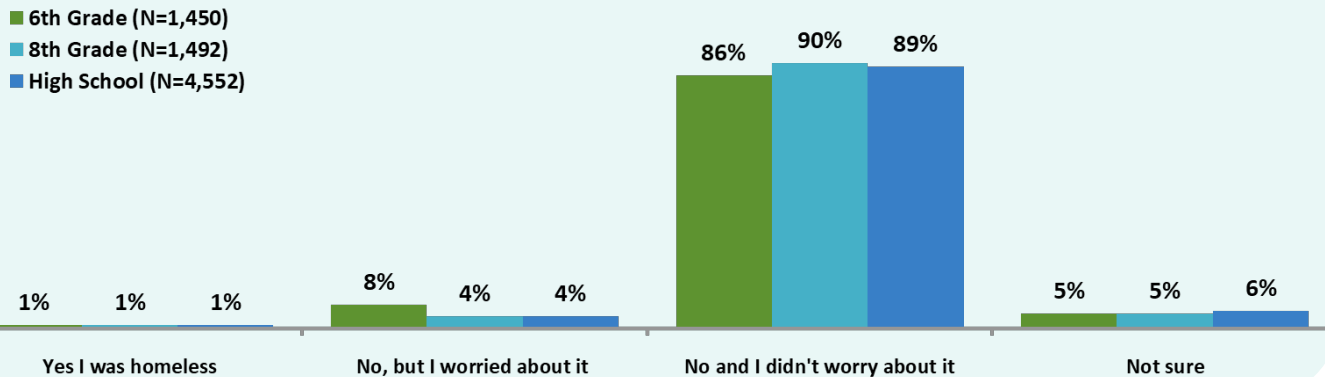
# Moving and Homelessness

Moved to New Apartment or House in Past 30 Days



➤ Overall, 8% of students reported moving in the past 30 days, with 6<sup>th</sup> graders being twice as likely to have moved than 12<sup>th</sup> graders.

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



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



Q120	In the past 12 months did you move to a new apartment or house?				2022
Q121	At any point in the past 12 months were you homeless or did you worry about being homeless?				2022

# Appendix A: Changes to Questionnaire

# Questionnaire Differences in 2022

Questions that changed compared to previous years				
Q3	How do you identify yourself? <ul style="list-style-type: none"> <li>Female</li> <li>Male</li> <li>Something else (non-binary, etc)</li> </ul>	How do you identify yourself? <ul style="list-style-type: none"> <li>Female</li> <li>Male</li> <li><b>Transgender</b></li> <li>Other (Non-binary, etc)</li> </ul>		
	2022	2021	2020	2018
Q16-23	How do you describe yourself? <b>Select as many as apply to you:</b>	How do you describe yourself? <b>(Select one or more responses.)</b>		
	2022	2021	2020	2018
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"> <li><b>Yes this happened to me online</b></li> <li><b>Yes this happened to me in person</b></li> <li><b>Yes both online and in person</b></li> <li><b>No, this hasn't happened to me</b></li> </ul>	During the past 12 months, have you received unwelcome comments or actions of a sexual nature which made you uncomfortable (sexual harassment) <b>from others in school?</b> <ul style="list-style-type: none"> <li>Yes</li> <li>No</li> </ul>		
	2022	2021	2020	2018
Q53	During the past 12 months, what level of stress have you experienced as a result of your <b>school</b> /academic workload?	During the past 12 months, what level of stress have you experienced as a result of your academic workload?		
	2022	2021*	2021*	2020



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

# Questionnaire Differences in 2022

## Questions that changed compared to previous years

Q56-71	<p><b>When you are dealing with stress, which strategies do you use most often? Check all that apply to you.</b></p> <ul style="list-style-type: none"> <li>• Nothing</li> <li>• Exercise</li> <li>• Drinking alcohol</li> <li>• <b>Doing drugs</b></li> <li>• Smoking cigarettes</li> <li>• Vaping/Juuling/Vuseing</li> <li>• Mindfulness/Mediation activities</li> <li>• Self-injury</li> <li>• Watching television</li> <li>• <b>Avoidance, ignoring the stress, walking away</b></li> <li>• Eating</li> <li>• <b>Gaming</b></li> <li>• <b>Social media</b></li> <li>• <b>Talking to someone I trust</b></li> <li>• <b>Not eating or avoiding food</b></li> <li>• Going online</li> <li>• Other</li> </ul>	<p><b>Which of the following strategies do you use most frequently to deal with stress? (Choose all that apply)</b></p> <ul style="list-style-type: none"> <li>• Nothing</li> <li>• Exercise</li> <li>• Drinking/drugs/smoking</li> <li>• Vaping/Julling/Vuseing</li> <li>• Mediation/ relaxation activities</li> <li>• Self-injury</li> <li>• Watching television</li> <li>• Eating</li> <li>• Other</li> </ul> <p>(Options listed are for 2020, which are different from previous years).</p>			
	2022		2021	2020	2018
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? <b>(Asked only of those who attempted suicide)</b></p> <ul style="list-style-type: none"> <li>• Yes</li> <li>• No</li> </ul>		<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"> <li>• <b>I did not attempt suicide during the past 12 months</b></li> <li>• Yes</li> <li>• No</li> </ul>		
	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? <b>Yes, they told me in person, on a phone/video call, or in a text</b></p> <ul style="list-style-type: none"> <li>• <b>Yes, they told me online (direct messaging, email, in social media, etc)</b></li> <li>• <b>No, but I saw or heard something about the person from a friend</b></li> <li>• <b>No, but I saw or heard something about the person online</b></li> <li>• <b>No, nobody at school has told me they were thinking about hurting themselves or suicide</b></li> </ul> <p><b>Not compared to previous versions</b></p>		<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? <b>(Not compared to new version)</b></p> <ul style="list-style-type: none"> <li>• No one told me they wanted to hurt themselves, and I'm not worried about anyone</li> <li>• No one told me they wanted to hurt themselves, but I am worried about someone</li> <li>• Yes, someone told me, but I didn't tell an adult</li> <li>• Yes, someone told me, and I did tell an adult</li> <li>• Not sure</li> </ul>		
	2022	2021	2020	2018	





# Questionnaire Differences in 2022

## Questions that changed compared to previous years

Q79	<p>During the past 30 days, on how many days did you have at least one drink of alcohol?</p> <ul style="list-style-type: none"> <li>• <b>I have never had a drink of alcohol other than a few sips</b></li> <li>• <b>I have drunk alcohol (more than few sips) but not within the past 30 days</b></li> <li>• 1 or 2 days</li> <li>• 3 to 5 days</li> <li>• 6 to 9 days</li> <li>• 10 to 19 days</li> <li>• 20 to 29 days</li> <li>• All 30 days</li> </ul>	<p>During the past 30 days, on how many days did you have at least one drink of alcohol?</p> <ul style="list-style-type: none"> <li>• 0 days</li> <li>• 1 or 2 days</li> <li>• 3 to 5 days</li> <li>• 6 to 9 days</li> <li>• 10 to 19 days</li> <li>• 20 to 29 days</li> <li>• All 30 days</li> </ul>			
<b>2022</b>		<b>2021</b>		<b>2020</b>	<b>2018</b>
Q80	<p>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?</p> <ul style="list-style-type: none"> <li>• <b>I have never had 5 or more drinks in a row within a couple hours</b></li> <li>• <b>I have had 5 or more dinks in a row within a couple of hours, but not within the past 30 days</b></li> <li>• 1 or 2 days</li> <li>• 3 to 5 days</li> <li>• 6 to 9 days</li> <li>• 10 to 19 days</li> <li>• 20 to 29 days</li> <li>• All 30 days</li> </ul>	<p>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?</p> <ul style="list-style-type: none"> <li>• 0 days</li> <li>• 1 or 2 days</li> <li>• 3 to 5 days</li> <li>• 6 to 9 days</li> <li>• 10 to 19 days</li> <li>• 20 to 29 days</li> <li>• All 30 days</li> </ul>			
<b>2022</b>		<b>2021</b>		<b>2020</b>	<b>2018</b>
Q81	<p>During the past 30 days, on how many days did you use an electronic cigarette (e-cigarette), also called vaping, juuling, or vusing?</p> <ul style="list-style-type: none"> <li>• <b>I have never used and e-cigarette or vaped</b></li> <li>• <b>I have used an e-cigarette or vaped but not in the last 30 days</b></li> <li>• 1 or 2 days</li> <li>• 3 to 5 days</li> <li>• 6 to 9 days</li> <li>• 10 to 19 days</li> <li>• 20 to 29 days</li> <li>• All 30 days</li> </ul>	<p>During the past 30 days, on how many days did you use an electronic cigarette (e-cigarette), also called vaping, juuling, or vusing?</p> <ul style="list-style-type: none"> <li>• 0 days</li> <li>• 1 or 2 days</li> <li>• 3 to 5 days</li> <li>• 6 to 9 days</li> <li>• 10 to 19 days</li> <li>• 20 to 29 days</li> <li>• All 30 days</li> </ul>			
<b>2022</b>		<b>2021</b>		<b>2020</b>	<b>2018</b>



# Questionnaire Differences in 2022

## Questions that changed compared to previous years

	2022	2021	2020	2018
Q82	<p>During the past 30 days, on how many days did you use marijuana or marijuana-related products (not including CBD oil)?</p> <ul style="list-style-type: none"> <li>• <b>I have never used marijuana or marijuana-related products</b></li> <li>• <b>I have used marijuana or marijuana-related products but not in the past 30 days</b></li> <li>• 1 or 2 days</li> <li>• 3 to 5 days</li> <li>• 6 to 9 days</li> <li>• 10 to 19 days</li> <li>• 20 to 29 days</li> <li>• All 30 days</li> </ul>			
Q92-100	<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"> <li>• <b>Exercised to lose weight</b></li> <li>• <b>Ate less food or fewer calories (dieted)</b></li> <li>• Went without food for 24 hours or more (also called fasting)</li> <li>• Went on a cleansing diet</li> <li>• Colon cleanse</li> <li>• Made myself vomit</li> <li>• Avoided unhealthy foods or foods that didn't fit in my diet</li> <li>• Took laxatives</li> <li>• Took diet pills, powders, or liquids</li> <li>• I did not do any of these</li> </ul>			

During the past 30 days, on how many days did you use marijuana or marijuana-related products (not including CBD oil)?

- 0 times
- 1 or 2 times
- 3 to 9 times
- 10 to 19 days
- 20 to 39 times
- 40 or more times

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?

- Go without eating for 24 hours (also called fasting)
- Go on a cleansing diet
- Colon cleanse
- Make myself vomit
- Take laxatives
- Take diet pills, powders, or liquids
- None of these



## Questions that changed compared to previous years

Q108	<p><b>What time do you usually stop using all of your electronic devices (cell phone, tablet, computer, game console) at night before going to sleep</b></p> <ul style="list-style-type: none"> <li>• I don't ever stop using my devices or they are on all night</li> <li>• I stop using my electronic devices at 9pm or earlier</li> <li>• I stop using my electronic devices by 10pm</li> <li>• I stop using my electronic devices by 11pm</li> <li>• I stop using my electronic devices by 12 midnight</li> <li>• I stop using my electronic devices between 12 midnight and 2am</li> <li>• I stop using my electronic devices between 2am and 6am</li> <li>• My electronic devices aren't in my bedroom or I keep them somewhere else at night</li> </ul> <p>Not compared to previous versions</p>		<p>What time do you usually shut your cell phone off on a school night before going to sleep?</p> <ul style="list-style-type: none"> <li>• I don't have a cell phone</li> <li>• I don't shut my cell phone off at night, or it is on all night</li> <li>• I shut it off before 9pm</li> <li>• I shut it off at 10pm</li> <li>• I shut it off at 11pm</li> <li>• I shut it off at 12 midnight</li> <li>• I shut it off between 12 midnight and 2am</li> <li>• I shut it off after 2am</li> </ul>		
	2022	2021	2020		
Q115	<p><b>How much time do you spend weekdays after school using computers, television, phones, game consoles, or other visual technology for non-school related activities?</b></p>		<p>On an average school day, how much time do you spend using computers, television, phones, or other visual technology?</p>		
	2022	2021	2020	2018	
Q118	<p><b>Do your parents or guardians monitor your social media accounts or how you use social media?</b></p> <ul style="list-style-type: none"> <li>• Yes, they monitor my social media use and I always follow the rules</li> <li>• Yes, they monitor my social media use and I sometimes follow the rules</li> <li>• Yes, they monitor my social media use and I don't follow the rules at all</li> <li>• No, they don't monitor my social media use.</li> </ul> <p>Not compared to version from previous versions</p>		<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"> <li>• They do not monitor my social media accounts or use</li> <li>• I don't know if they monitor my social media accounts or use</li> <li>• I have a contract and ground rules for my phone/tablet/computer</li> <li>• They follow my social media accounts weekly or more often</li> <li>• They use monitoring, blocking, or filtering software</li> <li>• They put parental controls on my phone/tablet/computer</li> <li>• I am only allowed to use my phone/tablet/computer at certain times</li> <li>• I am only allowed to use my phone/tablet/computer in certain places in our home</li> <li>• They monitor my social media accounts or use in some other way</li> <li>• I don't have any social media accounts, or I don't have a phone</li> </ul>		
	2022		2021	2020	2018



# Questionnaire Differences in 2022

## Questions that changed compared to previous years

Questions that changed compared to previous years				
Q118	<p><b>Do your parents or guardians monitor your social media accounts or how you use social media?</b></p> <ul style="list-style-type: none"> <li>• Yes, they monitor my social media use and I always follow the rules</li> <li>• Yes, they monitor my social media use and I sometimes follow the rules</li> <li>• Yes, they monitor my social media use and I don't follow the rules at all</li> <li>• No, they don't monitor my social media use.</li> </ul> <p>Not compared to version from previous versions</p>	<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"> <li>• They do not monitor my social media accounts or use</li> <li>• I don't know if they monitor my social media accounts or use</li> <li>• I have a contract and ground rules for my phone/tablet/computer</li> <li>• They follow my social media accounts weekly or more often</li> <li>• They use monitoring, blocking, or filtering software</li> <li>• They put parental controls on my phone/tablet/computer</li> <li>• I am only allowed to use my phone/tablet/computer at certain times</li> <li>• I am only allowed to use my phone/tablet/computer in certain places in our home</li> <li>• They monitor my social media accounts or use in some other way</li> <li>• I don't have any social media accounts, or I don't have a phone</li> </ul>		
	2022	2021	2020	2018

