



2023 Analytic Report

Sponsoring Washington State Agencies:
Health Care Authority - Division of Behavioral Health and Recovery
Department of Health
Office of Superintendent of Public Instruction
Liquor and Cannabis Board

Prepared by:
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July 2024

Washington State Healthy Youth Survey 2023

Analytic Report

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The Healthy Youth Survey was administered by the Washington State Health Care Authority Division of Behavioral Health and Recovery, the Department of Health, the Office of the Superintendent of Public Instruction, and the Liquor and Cannabis Board. The Healthy Youth Survey Planning Committee includes members of these state agencies and oversaw the implementation of the 2023 survey.

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Executive Summary

This report provides insight into a snapshot of topics from the 2023 Washington State Healthy Youth Survey (HYS 2023). It does not include all topics covered on the survey. Sponsored by multiple Washington State agencies, this survey represents an ongoing effort to inform public health initiatives and policies to improve youth wellbeing. The results of the survey will be used by partners and stakeholders at the state, county, district, school, and community levels to develop and improve prevention and intervention programs to better the lives of youth across the state.

Background

The Washington Healthy Youth Survey is a biennial survey administered to students in grades 6, 8, 10, and 12 across Washington State. It collects data on various aspects of youth health and behavior, including substance use, mental health, and risk and protective factors. Survey results have been used in a variety of ways including informing evaluations of the effectiveness of prevention and health promotion initiatives at the federal, state, and local levels; strategic planning for community-led public health efforts; and more.

The HYS represents a collaborative effort among the Washington State Health Care Authority Division of Behavioral Health and Recovery (HCA/DBHR); the Office of Superintendent of Public Instruction (OSPI); the Washington State Department of Health (DOH); the Washington State Liquor and Cannabis Board (LCB); and the contractor, Looking Glass Analytics, Inc. (LGAN). Representatives of these agencies served as members of the Healthy Youth Survey Planning Committee (HYSPC) which guided all aspects of survey development and implementation.

This report highlights select results from the 2023 administration of this statewide survey among Washington's students. This report includes comparisons by grade and sex assigned at birth for these topics as well as changes from the 2021 HYS and trends.

Special Considerations for Interpreting Results in the Context of the COVID-19 Pandemic

Due to the unexpected shift to primarily remote learning, the HYS was not administered in fall 2020, and delayed until fall 2021. The delay allowed for a transition to a fully online survey and establishment of new protocols to allow some remote survey administration to better meet the needs of potentially hybrid classrooms. Evaluating the impact of these process changes revealed that there may have been some small effects, but they were minimal compared to what appeared to be complex and substantial changes resulting from the pandemic itself.

When reviewed side by side, the 2021 and 2023 HYS results reflect the immense effects of the pandemic on students and families. Changes in historic trends that may have occurred regardless of the pandemic are difficult to tease out from those that are entirely pandemic related, but with more years of data, the reasons behind some of the changes we now see may become clearer. Until we better understand the long-term trajectory of youth well-being and the impact the pandemic has had on the survey, we are cautious when interpreting and presenting trends from year to year. It is

certainly acceptable to look at changes between years, but the explanations for those trends should not be immediately assumed. So, you will note that in some places we do not show trend lines connecting results from 2018 onward.

Participation

Washington State schools were randomly selected for the HYS 2023 statewide sample. Of the sampled schools asked to participate, about 86 percent of Grade 6 schools, 79 percent of Grade 8 schools, 84 percent of Grade 10 schools, and 84 percent of Grade 12 schools took part in the survey.

A total of 170 schools and 29,109 students contributed data to the statewide sample. In addition, 187,743 students in 811 schools participated in the survey as non-sampled schools. These additional schools received reports of their own results, but those results are not included in this statewide report because the schools were not part of the representative statewide sample.

Key Findings

Results from the 2023 HYS by grade are presented in this Analytic Report, along with any significant increases or decreases from 2021 to 2023. Overall, HYS 2023 results **must be interpreted with caution** in relation to prior survey years due to the impact of the pandemic on responses, as mentioned above. Presented here are highlights of the full results from select topics presented in the report:

Mental Health:

- **Depressive feelings:** Nearly one third of students in Grade 8, 10, and 12 reported experiencing depressive feelings during the last year, with Grade 12 students reporting the highest levels. This is a slight decrease compared to 2021 findings.
- **Anxiety:** Approximately one third of students in Grade 8, 10, and 12 reported high levels of anxiety. Students in each successive grade were more likely to report higher levels of anxiety compared to those in the previous grade.
- **Hope:** Nearly half of Grade 8, 10, and 12 students reported high levels of hope. There were no differences by grade, and no changes compared to 2021.
- 2023 HYS mental health data divert from national trends showing a rise in poor mental health outcomes among youth. Despite the promising youth mental health trends in Washington parents, providers, schools, and communities should not lose momentum in addressing mental health challenges among youth across age and other demographic groups.

Substance Use:

- **Overall:** In 2023, substance use among Grade 10 youth remains 50% lower than pre-pandemic (2018) levels. Additionally, past 30-day use for alcohol, marijuana, vaping, and cigarettes had no significant change from 2021 to 2023 among 10th graders.
- **Vaping:** While 30-day use of e-cigarettes or vapes remained steady, in 2023 nearly half of the Grade 8, 10, and 12 students who had reported vaping or e-cigarette use said they used liquid with THC (marijuana) in their vaping device. This is an increase from 2021.
- **Prescription Drugs:** In 2023, using non-prescribed prescription drugs in the past 30 days was reported by 3 percent of Grade 8, 10, and 12 students. This is an increase from 2021.

- 2023 HYS data on substance use aligns with the downward trends observed nationally that began prior to, and became more pronounced during, the pandemic. However, there are nuances that warrant further consideration, such as differences in substance use trends across the different substances; by sex assigned at birth and grade level; and mode of delivery device.

Adverse Childhood Experiences:

- Approximately two out of five Grade 8, 10, and 12 students reported 0 Adverse Childhood Experiences (ACEs) on the Washington HYS ACEs (WAH-ACEs) scale, while nearly one in five students in the same grades experienced 4 or more ACEs.
- For some grades, there were decreases in the levels of reported ACEs from 2021 to 2023, while for other grades there were increases.
- The WAH-ACEs scale was first introduced in 2021. In 2023, data continue to confirm national trends that show ACEs are more common among students who frequently face more barriers to well-being and ACEs are also associated with a range of risky behaviors.

Risk and Protective Factors:

- **Overall:** There is a clear, linear relationship between the number of risk and protective factors a student reports and their use of alcohol, cigarettes, and marijuana for students in Grade 8, 10, and 12. More risk factors are associated with greater prevalence of risky behaviors while more protective factors are associated with a lower prevalence of risky behaviors.
- **Support from adults:** In 2023, over three fourths of students in Grades 8, 10, and 12 reported that there are people at their school who will help if they need it. Approximately four in five students in Grades 6, 8, 10, and 12 felt they had an adult to turn to for help when feeling sad or hopeless. These levels increased from 2021 to 2023.

Purpose

The Washington State Healthy Youth Survey (HYS) measure health risk behaviors that contribute to morbidity, mortality, and social problems among youth in Washington State. These behaviors include alcohol, tobacco, and other drug use; behaviors that result in unintentional and intentional injuries (e.g., violence); dietary behaviors and physical activity; and related risk and protective factors. The survey produces estimates of the prevalence of major adolescent health risk behaviors and provides crucial information to school officials, health professionals, human service agencies, policymakers, and parents as they work together to ensure the optimum health of young people across the state. This report uses the survey results to estimate the current status of these health risk behaviors and examine trends in the behaviors over the past 20 years.

The survey results also provide important needs assessment data for program planning. They offer insight into the effectiveness of statewide prevention and health promotion initiatives designed to reach a range of education- and health-related goals at the federal, state, and local levels. Federal initiatives of interest to readers of this report include these:

- No Child Left Behind (DOE, 2001), which addresses the importance of school safety.
- High School Graduation Initiative (US DOE, 2002).
- The National Drug Control Strategy (The White House, 2014).
- Substance Abuse Prevention and Mental Health Promotion Five Year Strategic Plan (SAMHSA, 2023).
- The U.S. Department of Health and Human Services' Healthy People 2030 Health Promotion Objectives (U.S. Department of Health and Human Services).

State initiatives of interest to readers of this report include these:

- The Washington State Board of Health Strategic Plan 2009 (Washington State Board of Health, 2009).
- Graduation: A Team Effort (GATE) Initiative (OSPI, 2011).
- Washington State Suicide Prevention Plan 2015 (DOH, 2016)
- Washington State Substance Abuse Prevention and Mental Health Promotion Strategic Plan (Washington State Prevention Enhancement Policy Consortium, 2023).

The 2023 administration of the Healthy Youth Survey meets a wide variety of information needs by producing:

- Empirical needs assessment data necessary for planning substance misuse and other prevention and early intervention programs, including county-level strategic plans.
- Data for studying trends of student substance use and misuse, as well as associated risk and protective factors.
- Information to support monitoring of the Substance Abuse Prevention and Treatment Block Grant (SAPTBG) from the Substance Abuse and Mental Health Services Administration (SAMHSA).

- Needs assessment, evaluation, and monitoring of federal grants to prevent and reduce substance use such as the Reducing Underage Drinking Initiative and the evaluation of results from the Partnership for Success Grant.
- Information to support the evaluation of prevention and education programs funded under the federal Safe and Drug-Free Schools and Communities Act, the federal Tobacco Settlement, and the state Omnibus Controlled Substance and Alcohol Abuse Act.
- Data to measure the progress toward attainment of the state's goals for substance misuse prevention.
- Information on the progress of programs implemented pursuant to the state's Youth Violence Act (E2SHB 2319).
- Information on sexual education in schools used to help monitor implementation of the Healthy Youth Act.
- Needs assessment data used as part of the Comprehensive Needs Assessment for the Maternal and Child Health Block Grant.
- Data that can contribute information to local community profiles designed to help community stakeholders understand the importance of programs that support youth.
- Data to describe risk and protective factors that can be used by local school and community members as they plan or refine school- and community-based prevention and intervention programs.
- Data fulfilling the state youth survey requirement as specified in Initiative 502.
- Data to support community and state level grant applications.
- Data to support the Governor's Results Washington Initiative (<https://results.wa.gov/>)
- Data in response to SB 6191 focused on adverse childhood experiences measured among youth.

Survey Administration

Historical Youth Survey Administration in Washington

HYS 2023 is the most recent in a series of youth assessments conducted in Washington since 1988. The survey content and methodology have varied over time:

- The first two administrations in 1988 and 1990 included only questions about alcohol, tobacco, and other drug use and associated behaviors (Deck and Nickel, 1989; Gabriel, 1991).
- The 1992 and 1995 surveys asked additional questions that addressed other health risk behaviors (Einspruch and Pollard, 1993; Gabriel, Deck, Einspruch, and Nickel, 1995).
- The 1998 survey focused on alcohol, tobacco, and other drug use and related risk and protective factors (Einspruch, Gabriel, Deck, and Nickel, 1998).
- The 1999 survey (Bensley, VanEenwyk, Schoder, and Tollefsen, 2000) was based on the Centers for Disease Control and Prevention's Youth Risk Behavior Survey (Grunbaum et al., 2004).
- The 2000 survey was similar to the 1998 survey and focused on alcohol, tobacco, and other drug use and related risk and protective factors (Einspruch, Deck, Nickel, and Hyatt, 2001).

- Surveys since 2002 have included items related to health behaviors, substance use, and related risk and protective factors (Einspruch and Hyatt, 2004), (Einspruch, 2005, and 2007).
- HYS 2023 marked the first year of a fully online survey and introduced sexual orientation and gender identity as part of the main survey form for 8th-12th graders.

This report focuses on some trends and results from the 2023 Healthy Youth Survey. Results from previous surveys are available online and are included in prior Analytic Reports available at: <https://www.askhys.net/SurveyResults/OtherStateReports>.

Current Administration of Healthy Youth Survey

To adapt to the changing school environment due to COVID-19 and to take advantage of web-based survey technology, the 2023 HYS was offered only as an electronic survey (E-survey) for the first time.

The survey administration location and timeframe were expanded to allow schools to give the survey in-person or in remote synchronous classrooms and on multiple days. All survey iterations through 2018 were conducted only in physical classrooms using paper and pencil survey questionnaires on the same day. Paper and pencil questionnaires were available to schools on request in 2021, but only about 1% of students completed paper surveys that year, supporting the move to full online administration in 2023.

Washington public schools, except institutional/correctional schools, serving Grades 6, 8, 10, or 12 were invited to participate in the survey at the beginning of the 2023 calendar year. Schools that wished to participate registered between February through August 2023.

Each school designated a survey coordinator. Online training was provided to coordinators with the information necessary to successfully administer the survey. E-survey links and instructional materials were made available on the project website, www.AskHYS.net. Coordinators trained teachers in their school(s) who were to administer the survey to students (teacher training materials were provided to the coordinators). Each school also designated an IT support staff to help prepare for the E-survey administration and test the E-survey links.

The coordinators received materials to notify parents/caregivers and students prior to the survey administration. Parents/caregivers had an opportunity to opt their child out of participating, and students could also choose not to participate. Students who did not wish to participate were provided with alternative activities during survey administration. Teachers read standardized instructions and showed an instructional video to students before the start of the survey.

Participation

The Department of Health selected three simple random samples to constitute representative samples of schools serving Grade 6, Grade 8, and Grades 10 and 12 combined in Washington. One sample was drawn for Grade 6 and another sample for Grade 8. Grades 6 and 8 may be together in a middle school or separate in an elementary school and middle/junior high school. The third sample was drawn for Grades 10 and 12 because those grades usually are located together in a high school. Of those schools asked to participate in the survey, about 86 percent

of schools with Grade 6 students, 79 percent with Grade 8 students, 84 percent with Grade 10 students, and 84 percent with Grade 12 students took part in the survey.

Overall response rates were about 74 percent of the Grade 6 students, 74 percent of the Grade 8 students, 64 percent of the Grade 10 students, and 40 percent of the Grade 12 students. These percentages are based on the October 2023 enrollment in all sampled schools (including non-participating schools). Non-response is both a function of schools choosing not to participate AND students not participating. Student non-participation could be because of a number of reasons, including students being absent on the day of the survey, students opting themselves out, parents/caregivers opting their students out, and students not completing valid surveys. Although the Grade 10 and 12 participation rate is below 70 percent, these findings are expected to be representative of Washington youth in public schools, based on an extensive examination of bias conducted for previous HYS administrations.

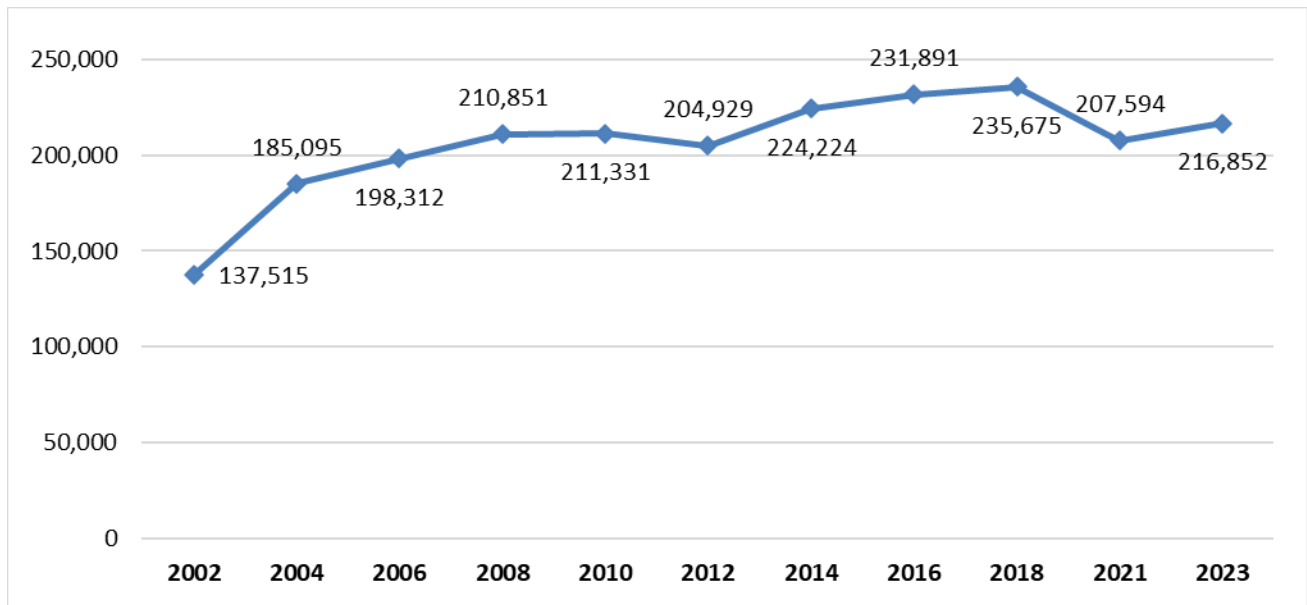
Only valid survey responses are included each cycle. A series of quality control steps were conducted to remove data that were incomplete, obviously inaccurate, or internally inconsistent (e.g., reporting no lifetime use of a substance and also reporting use of the same substance in the past 30 days). The results presented in this report are not perfect estimates. There are margins of error indicated by the confidence intervals.

A total of 29,109 students in 170 schools contributed data to the statewide results. In addition, 187,743 students in 811 schools participated in the survey as non-sampled schools. Non-sampled schools received reports of their own results, but those results are not included in this statewide report because the schools were not part of the representative statewide sample.

Most schools administered the E-survey in a physical classroom. Less than 1 percent of surveys collected were conducted in remote classrooms.

Over time, the number of students participating in the HYS grew, until the 2021 administration where participation slightly declined. The number of participating students did increase in 2023 again, but not to pre-pandemic levels.

Total Number of Survey Respondents by Year, 2002-2023



This chapter details the methodological considerations of HYS 2023. The chapter addresses the topics of sampling, survey administration, the questionnaires, translations, reliability and validity, data preparation and analysis, response rates, non-completion rates, and the characteristics of the students who completed the survey. The survey procedures were approved by the Washington State Institutional Review Board.

Sampling

The statewide results presented in this report are based on a statewide sample of all schools in the public-school system including tribal and charter schools serving the surveyed grades, with at least 15 students in each grade. For the statewide sample, Department of Health epidemiology staff drew three simple random samples of all public schools serving Grade 6, Grade 8, and Grades 10 and 12 together. This procedure was used because Grades 10 and 12 usually are located together within a single school, whereas Grades 6 and 8 may be located together in a middle school or separate in an elementary school and a middle school or junior high school. About 12 percent of the schools had fewer than 15 students per grade, but these schools accounted for less than 1 percent of the students. Consequently, excluding these schools from the statewide sample saves considerable effort in the recruitment and administration phase without biasing the final results.

To obtain a confidence interval of plus or minus 3 percent for statewide results at each grade, based on the intraclass correlations obtained in the 2000 Washington State Survey of Adolescent Health Behaviors (WSSAHB), we estimated that a sample size of about 5,335 students would be needed per grade. Using estimations of a 50 percent response rate for schools and a 90 percent response rate for students within the participating schools, and experience from the earlier survey administrations, the sample was drawn to include 88 schools serving Grade 6, 71 schools serving Grade 8, 595 schools serving Grades 10 and 12, 3 schools serving Grade 10 but not 12, and 5 schools serving Grade 12 but not 10.

The Department of Health also drew county samples in four large counties with thirty or more schools per grade. County samples were drawn for King, Pierce, Snohomish, and Spokane for Grade 6; King, Pierce, Snohomish, and Spokane for Grade 8; and King, Pierce, and Snohomish for Grades 10 and 12. Schools already selected for the state sample in those counties were also included in the county sample. Then additional schools were sampled to reach a total of 20 schools in each county/grade-level sample.

Schools not selected for the state or county samples were offered an opportunity to participate in the survey anyway. The data from these non-sampled schools, including those drawn for the county samples, are not included in the results presented in this report because they were not part of the state sample.

Questionnaires

The questions on HYS 2023 were derived primarily from the following sources: the Monitoring the Future Survey¹, the Youth Risk Behavior Surveillance System², the National Youth Tobacco Survey³, and the Communities that Care Survey⁴.

Prior to 2023, HYS used two questionnaires for grades 8-12: Forms A and B. The 6th grade questionnaire was a single version (Form C), with fewer questions. The 2023 HYS switched from using Forms A and B to a single Secondary survey that employed a Core/Bank model for grades 8-12. To manage the length of the survey with the breadth of information desired by partners, only a subset of “core” questions was asked of all students in grades 8-12. The remaining “bank” questions were randomized so that each student received about half of the questions. For 6th graders, the 2023 HYS switched from Form C to an Elementary survey that is a shorter survey with a single set of simplified questions.

Below is a description of some of the survey elements included in the 2023 HYS:

- Core questions: a standard set of questions that were asked of all students in 8th grade and older. A list of core questions is available on the last page of all 2023 frequency reports.
- Bank question: questions that were randomized so that approximately half of the students received each question.
- Core/Bank Randomization: not all questions were asked of all students. While core questions were asked of all students in grades 8-12, bank questions were randomized so that approximately half of the students in each grade received each bank question on their survey.
- Question Order Randomization: blocks of survey questions were randomized on the Elementary and Secondary survey so that students received the questions in a different order.
- Skip logic: allowed for students to be sent to a future point or end of the survey based on how they answered a question. For example, if a student responded they did not drink alcohol in the past 30 days, then they are not asked if they binge drank alcohol in the past two weeks.

The Secondary survey included six questions on sexual behavior and sexual violence. Schools that did not want to administer questions on either topic were required to seek an exemption from the Planning Committee. The Elementary survey included an optional gender question that schools could opt to include during the registration process.

¹ University of Michigan, Monitoring the Future Study. <https://monitoringthefuture.org/>

² U.S. Centers for Disease Control and Prevention, Youth Risk Behavior Surveillance System (YRBSS). <https://www.cdc.gov/healthyyouth/data/yrbs/index.htm>

³ U.S. Centers for Disease Control and Prevention, National Youth Tobacco Survey (NYTS). <https://www.cdc.gov/tobacco/about-data/surveys/national-youth-tobacco-survey.html>

⁴ University of Washington Center for Communities That Care. <https://www.communitiesthatcare.net/>

Summary of 2023 HYS Questionnaire Elements

Survey Element	Elementary Questionnaire	Secondary Questionnaire
Grades	Grade 6 (and grade 7 in small school districts)	Grades 8, 10, and 12 (and grades 9 and 11 in small districts)
Question Number and Type	116 questions	70 core and 183 bank questions
Skip Logic	Yes	Yes
Core/Bank Randomization	None	Yes, students received about ½ of the bank questions
Question Order Randomization	Yes	Yes
Exempt Questions	No	Yes, exemptions for 4 sexual behavior questions and/or 2 sexual violence questions
Removable Question	Yes, one question on gender	No

Translations

The survey was available in English, Spanish, Arabic, Chinese, Korean, Russian, Somali, Ukrainian, and Vietnamese. In the state sample, approximately 1.3% of students used Spanish and less than 1% of students use the other translated surveys.

2023 HYS Survey Translations

Grade	% State Sample Surveys	% Total Surveys
Arabic	0.02%	0.03%
Spanish	1.3%	1.2%
Chinese	0.1%	0.1%
Korean	0.05%	0.04%
Russian	0.2%	0.2%
Somali	0.00%	0.00%
Ukrainian	0.1%	0.2%
Vietnamese	0.04%	0.04%

Reliability and Validity

A survey item is *valid* if it accurately measures the concept it is intended to measure. A survey item is *reliable* if it consistently produces the same results under the same circumstances. Nearly all HYS 2023 questions were borrowed or derived from established surveys that have been used throughout the United States—some for more than 25 years. Each of these surveys has been subjected to scientific research regarding reliability and validity and has been field-tested extensively (Arthur et al., 1998; Eaton et al., 2006; Johnston et al., 1994). This field testing generally addresses such issues as the content and structure of the questions, the ordering of the questions, the types and ordering of the response options, and the survey length.

Bensley (1997) reviewed the reliability and validity of school-based surveys and found adequate reliability based on a large test–retest study as well as studies of interrelationships among the data (such as gender and age differences, and differences between dropouts and in-school youth). Bensley found that remaining questions about validity were based on differences among methodologies. School-based, self-administered surveys appeared to yield higher prevalence of socially disapproved behaviors than either telephone surveys or face-to-face interviews, but

lower prevalence than biochemical indicators of substance use or methods that provide even greater anonymity. Biochemical indicators, which provide the most objective comparison data, and low self-reported use of a fictitious drug suggest that most self-reported behaviors on school-based surveys are likely valid but some underreporting may occur. Underreporting of socially disapproved behaviors has been noted for both adults and youth, particularly when the possibility is greater that the responding individual is identifiable.

Data Preparation and Analysis

Electronic surveys were received, processed, and cleaned using a protocol designed to detect dishonest and inconsistent answers. Most data processing and analytic code were written using SAS analytic software.

SAS was used to create local reports with item-level frequency distributions and scale results for the participating schools, districts, counties, and ESDs. In all cases, a minimum of 15 valid, completed surveys were required at a given grade level for a grade level report to be produced. In addition, 70 percent or more of the students enrolled at a district, county, or ESD were required to have participated in the survey for a report of results to be produced at that level (if participation was between 40 and 69 percent, a “report of participating schools” was produced). An [Interpretive Guide](#) to aid recipients in reading their reports is available on the project web site, www.AskHYS.net. Statewide results were presented as comparative data in the local reports.

For this Analytic Report, STATA Statistical Software was used for determining significant differences by grade-level, sex assigned at birth, and change from 2021 to 2023. Joinpoint 4.2.0.2 was used to determine significant trends for HYS questions with at least five administrations.

Differences by Grade Level and Sex Assigned at Birth

A chi-square test of significance was used to compare 2023 results among grade levels and between sex assigned at birth. Comparisons with a p -value less than 0.05 were considered significant differences.

Differences Over Time

A chi-square test of significance was used to compare HYS 2021 results to HYS 2023 results. Comparisons with a p -value less than 0.05 were reported as significant differences.

Joinpoint analysis (National Cancer Institute, 2023) was used to examine trends over time back to 2002 for those questions that had been asked on five or more administrations of the survey. Differences in the linear trend of the time span of the question are reported for analyses in which the p -value was less than 0.05. Joinpoint analysis tested both whether there was a significant trend over time and whether there was a change in the trend over time (i.e., a change in inflection). The Joinpoint analysis allowed one change in trend if there were seven time points. Significant trends are reported for analyses in which the p -value was less than 0.05.

Washington data presented in this report include prior administrations of the HYS from 2002 through 2021. The table below provides details about how those surveys were administered and participation.

Previous HYS Administrations, 2002-2021

Year	Administration Time	Survey Method	State Sample Schools, N	State Sample Students and Participation*, N, %	Additional Students Participating, N
2002	Fall of 2002	Paper and pencil	171	24,685, 55%	112,650
2004	Fall of 2004	Paper and pencil	191	30,263, 65%	154,832
2006	Fall of 2006	Paper and pencil	203	32,531, 65%	165,781
2008	Fall of 2008	Paper and pencil	201	30,346, 66%	180,505
2010	Fall of 2010	Paper and pencil	212	34,069, 70%	177,262
2012	Fall of 2012	Paper and pencil	201	33,207, 69%	171,659
2014	Fall of 2014	Paper and pencil	192	35,262, 68%	188,962
2016	Fall of 2016	Paper and pencil	198	36,809, 69%	195,203
2018	Fall of 2018	Paper and pencil	182	32,271, 66%	202,423
2021	Fall of 2021	Mostly electronic, a few paper and pencil	169	31,167, 65%	176,427

**The state sample participation rate is the number of valid responses divided by the number of enrolled students. The estimate of enrolled students is based on figures from the 2023-24 school year, provided by OSPI.*

Calculating Confidence Intervals

Reports of results from previous Washington State surveys are available on www.AskHYS.net. Confidence intervals for the 2002, 2004, 2006, 2008, and 2010 data were obtained by analysis using SUDAAN. For 2012, 2014, 2016, 2018, 2021, and 2023, confidence intervals were obtained using SAS.

Response Rates

The overall response rates (the number of participating students who completed valid surveys divided by the total enrollment in schools asked to participate in the state sample) were 73 percent in Grade 6, 74 percent in Grade 8, 64 percent in Grade 10, and 40 percent in Grade 12. Participation rates presented here are based on the enrollment data from the Office of Superintendent of Public Instruction's Report Card Enrollment 2023-2024 School Year (retrieved from: <https://ospi.k12.wa.us/data-reporting/data-portal>). Although Grade 10 and 12 participation rates are below 70 percent, these findings are expected to be representative of most Washington youth in public schools based on an examination of bias conducted for previous HYS administrations, available at: <https://www.askhys.net/SurveyResults/OtherStateReports>.

The table below provides the response rates for schools calculated by dividing the number of participating schools by the number of schools asked to participate. Because some schools were selected for more than one sampled grade, the total number of schools is less than the sum of the number of schools at each grade.

State Sample School Response Rates in 2023

Grade	School Participated	Schools Asked to Participate	Response Rate
Grade 6	75	87	86%
Grade 8	55	70	79%

Grade	School Participated	Schools Asked to Participate	Response Rate
Grade 10	47	56	84%
Grade 12	49	58	84%

This table provides the percentage of valid surveys compared to total enrollment in sampled schools asked to participate.

Student Response Rates in 2023 (Valid Surveys)

Grade	Number of Valid Surveys	Enrollment in Schools Asked to Participate	Percent of Valid Surveys
Grade 6	9,696	13,212	73%
Grade 8	8,148	11,084	74%
Grade 10	7,105	11,188	64%
Grade 12	4,160	10,456	40%

Surveys submitted from all schools (sampled and non-sampled) went through the early pre-processing and data cleaning steps. These steps removed surveys with improbable dates and times, improbable survey completion times, and duplicate surveys. A total of 232,182 surveys made it through the initial cleaning steps. Then surveys went through a series of quality control checks to look for mostly blank surveys, dishonesty and inconsistent responses, and improbable patterns. A total of 10,073 surveys were removed for being mostly blank (less than 15 responses) and another 5,011 were removed for dishonest, inconsistent, and improbable answers.

The number of mostly blank surveys submitted in 2023 was higher than in 2021 when the survey was primarily given electronically and higher than in previous years when it was a paper and pencil survey. The percentage of surveys dropped for dishonesty, inconsistencies, and improbable patterns were similar to previous survey administrations, about 2%.

Non-completion Rates by Form

For past administrations, survey questions were asked in a specific order and analyses were conducted to determine the percentage of students who completed the survey. For 2023, questions were asked in randomized blocks, but the survey still ended with a question about answering the survey honestly. The rates at which valid respondents failed to complete the last honesty question on a survey by form type were:

- 21 percent of Grade 8, 22 percent of Grade 10, and 23 percent of Grade 12 students did not complete the last question on the Secondary survey.
- 14 percent of Grade 6 students did not complete the last question on the Elementary Survey.

Cautions

Readers should bear in mind several cautions when interpreting the survey results presented in this report. This section describes these cautions in detail.

Representativeness

Survey responses are often used to estimate the frequency of behaviors or other characteristics in a population larger than those who actually completed the survey. Thus, the results of the survey are used to characterize all Grade 6, 8, 10, and 12 students in Washington State, even though only a portion of public school students took the survey. This is possible only if the students who participated in the survey are not different from those who did not participate. If they are different, the survey is considered biased, and the results are limited in their ability to be generalized to all students. Bias represents systematic error and is different from the random fluctuation measured by confidence intervals.

Previous administrations of HYS have been reviewed for participation bias and have been found to be generalizable to the majority of youth in Washington State. Bias analyses for the 2021 HYS found that the results may underrepresent students attending alternative schools, schools with smaller enrollments, schools with higher percentages of highly mobile families, and schools with lower on-time graduation rates. HYS results may also not be representative of youth who attend private schools, Tribal schools, home school, or who have dropped out of school. Students who are also incarcerated are not eligible to participate in the survey due to special protections in place for incarcerated individuals with regard to research. So, the results are not necessarily representative of these youth either. Reports on previous HYS bias analysis are available at: <https://www.askhys.net/SurveyResults/OtherStateReports>. A report on the 2023 HYS bias analysis will be added in July 2024.

Changes in Survey Methodology

Due to the unexpected shift to primarily remote learning in 2020 because of the COVID-19 pandemic, the HYS was not administered in fall 2020 as it was originally intended. Instead, the HYS Planning Committee determined it would be best to delay the survey to fall 2021, thereby switching to an odd-year administration. The decision was made to expand e-survey/online survey administration across the state and in 2023, the survey was fully online. Changes to the survey years (even to odd), the shift to an online survey, and other methodologic changes in 2023 influence how we interpret data trends over time. Delaying the survey by a year changed the cohort of students being surveyed. HYS has historically been offered in Fall of even years to students in grades 6, 8, 10 and 12. So, roughly the same cohort of students were ultimately being surveyed every two years as they advanced. For 2021 and 2023 this cohort shifted. It is too soon to determine if this has had a measurable impact on the results and how this potential impact might interact with other survey changes.

The Planning Committee chose to halt plans for a more extensive evaluation of the e-survey mode compared to paper that was scheduled for HYS 2020. Instead, the shift to an e-survey

mode without the in-depth comparison makes it more difficult to determine whether the survey mode (paper vs e-survey) has an effect on how students answer questions. Only a very small number of schools elected to do the survey on paper in 2021 and the survey was fully online in 2023.

Schools were allowed to administer the e-survey remotely in Fall 2021 to accommodate students who may be doing hybrid or fully distanced learning. The vast majority of students took the survey in-person at school, though a small number did take the survey remotely. In 2023, online/virtual schools were permitted to administer the survey remotely as long as it was synchronous during a class period, but again, the vast majority of students took the survey in person. The potential impact of having students complete the survey remotely is still being assessed and will take additional years of data to fully understand.

While HYS 2021 was a particularly unique survey year, HYS 2023 is the beginning of a new survey era. Several methodologic changes have been put into place, including skip and display logic, a new survey platform, and more languages. As a result, the survey is becoming both more accessible to all students and the data it produces are more useful. However, the potential impact of these changes will take time to assess, and a single year of data is likely not enough to fully distinguish between true data trends and changes resulting from the methodology. As more data are collected, the Planning Committee will continue to evaluate and share recommendations on interpreting results.

Trends and Changes Over Time

Results for each year available are presented in charts and tables throughout the report. In comparing the results of the HYS 2023 survey to earlier surveys, readers should remember that certain factors may influence apparent changes and trends.

The COVID-19 pandemic led to massive changes in the lives of Washington youth. Changes in HYS 2021 and 2023 data may be more a reflection of the pandemic and its effect on the lives of youth than changes that would have happened if the pandemic had not occurred. This means that trend data from before the pandemic and during/after the height of the pandemic should be interpreted with tremendous caution. For example, a large decrease in one particular risk behavior on school property may be explained by a new school education campaign or program or it may be explained by the fact that students are doing more remote learning.

Due to concerns about the impacts of survey administration changes and COVID-19, trends were not analyzed with 2021 and 2023 HYS data. Trend results are only reported for the years 2002 through 2018. Changes from 2021 to 2023 are included in this report, but caution should be used in interpreting differences.

Rounding Differences

Results presented in this Analytic Report were calculated to two decimal points and then rounded to whole numbers. Results presented in the Appendix of this report and in the local reports prepared by Looking Glass Analytics were also calculated to two decimal points and then rounded to one decimal point. If the results ending in 0.5 in the Appendix or local reports were

rounded to whole numbers, those rounded results may be 1 percent different from the whole numbers presented in this report. For example, if a result in the Appendix is 8.5 percent, then you would round up to 9 percent. But that 8.5 percent could have originally been 8.49 percent - thus it was rounded down to 8 percent in this report.

School Dropouts

In interpreting differences between survey results for each grade level, readers should remember that some reported behaviors and risk factors may appear more prevalent in Grade 10 compared to Grade 12 because of increased rate of school dropout after age 16 (i.e., prior to Grade 12). It is generally accepted that the results for high school seniors in surveys such as this one are underestimates because many of the youth most likely to engage in risky behaviors may have dropped out of school (Johnston, O'Malley, and Bachman, 1994). Thus, the authors recommend interpreting results for high school seniors with some caution, particularly when their prevalences differ markedly from those of students in earlier grades.

The school dropout concern is not new and has existed in previous Washington surveys. Unless the characteristics of school dropouts have changed over time, the bias in Grade 12 estimates is likely similar to what it has been in the past. This means that although any given year's data on health risk behaviors among Grade 12 students may be an underestimate, the year-to-year comparisons are likely to be less affected by this bias (Johnston et al., 1994).

Developmental Changes

In interpreting differences between grade levels, readers should remember that developmental changes may influence students' perceptions and accuracy of reporting. These factors include the ability to read or accurately interpret the intention of survey questions, to accurately recall events during a specific time frame, or to have developed opinions about different topics.

Self-Report Data

The survey measures self-reports, which may be influenced by factors including problems in remembering, social desirability or the wish to present oneself in a positive manner, reading ability, and developmental changes. However, research indicates that these factors are not common.

Correlational Data

Interrelationships among the variables should not be interpreted as indicating that one variable caused the other. Although causal relationships might exist, the direction of the correlation may be the reverse of what is expected, or an apparent relationship might be due to some other measured or unmeasured cause.

Demographics

Respondent Characteristics

The findings of HYS 2023 presented in this report are based on the responses of 29,109 students in Grades 6, 8, 10, and 12. Schools were selected using a scientific sampling plan intended to represent the full population of public school students at these grade levels across the state. The table below provides details about the demographic characteristics of the participating students.

Respondent Characteristics in 2023, Percent of Students (and 95% CI)

	6th Grade % (±CI) (n=9618)	8th Grade % (±CI) (n=8123)	10th Grade % (±CI) (n=7080)	12th Grade % (±CI) (n=4142)
Age				
10 or younger	0.5% (±0.2)	**	**	**
11	77.2% (±1.2)	**	**	**
12	21.8% (±1.2)	0.7% (±0.2)	0.0% (±0.0)	0.0% (±0.0)
13	0.4% (±0.2)	75.8% (±1.4)	0.0% (±0.0)	0.0% (±0.0)
14	0.0% (±0.0)	23.2% (±1.4)	1.0% (±0.6)	0.0% (±0.0)
15	0.1% (±0.0)	0.3% (±0.2)	77.8% (±1.2)	0.2% (±0.2)
16	**	0.0% (±0.0)	20.4% (±1.2)	1.2% (±0.4)
17	**	0.0% (±0.0)	0.6% (±0.6)	75.7% (±1.8)
18	**	0.0% (±0.0)	0.1% (±0.0)	21.7% (±1.6)
19 or older	**	0.0% (±0.0)	0.1% (±0.0)	1.1% (±0.6)
Sex Assigned at Birth	(n=9603)	(n=8109)	(n=7078)	(n=4141)
Female	50.5% (±1.0)	50.6% (±1.0)	49.8% (±1.4)	48.2% (±1.8)
Male	49.5% (±1.0)	49.4% (±1.0)	50.2% (±1.4)	51.8% (±1.8)
Gender Identity*	(n=0)	(n=8070)	(n=7032)	(n=4120)
Boy/Man	**	49.0% (±1.0)	49.6% (±1.6)	50.4% (±1.8)
Girl/Woman	**	46.7% (±1.0)	45.6% (±1.4)	44.5% (±2.0)
Transgender boy/man	**	2.8% (±0.4)	2.8% (±0.4)	2.9% (±0.6)
Transgender girl/woman	**	1.2% (±0.2)	1.4% (±0.4)	1.7% (±0.4)
Questioning/not sure of my gender identity	**	3.2% (±0.6)	3.2% (±0.6)	3.1% (±0.6)
Something else fits better	**	3.2% (±0.4)	3.7% (±0.8)	4.8% (±1.0)
I do not know what this question is asking.	**	3.8% (±0.6)	3.4% (±0.6)	2.8% (±0.6)
Sexual Orientation*	(n=0)	(n=7666)	(n=6804)	(n=4023)
Heterosexual (straight)	**	71.6% (±1.8)	73.4% (±2.0)	70.9% (±2.9)
Gay or lesbian	**	4.4% (±0.6)	4.9% (±0.4)	5.5% (±0.8)
Bisexual	**	9.8% (±1.0)	12.8% (±1.6)	15.0% (±2.0)
Questioning/not sure	**	6.3% (±0.6)	5.4% (±0.8)	5.1% (±0.8)
Something else fits better	**	5.0% (±0.6)	6.5% (±0.8)	6.5% (±1.2)
I don't know what this question is asking.	**	10.8% (±1.2)	6.4% (±1.2)	5.4% (±1.0)
Race - Ethnic Group*	(n=8004)	(n=7472)	(n=9083)	(n=5590)
Hispanic or Latino/Latina	19.9% (±4.3)	24.5% (±5.9)	22.9% (±5.3)	24.4% (±7.1)
American Indian or Alaska Native	5.9% (±0.8)	5.9% (±0.8)	6.0% (±1.2)	6.2% (±1.6)
Asian or Asian American	16.9% (±4.5)	15.4% (±4.1)	14.6% (±5.3)	12.1% (±5.5)
Black or African-American	8.7% (±1.6)	10.4% (±2.2)	9.2% (±2.4)	8.5% (±2.0)
Middle Eastern or North African	2.0% (±0.4)	2.3% (±0.6)	1.7% (±0.4)	1.3% (±0.4)
Native Hawaiian or other Pacific Islander	3.7% (±0.8)	4.5% (±1.0)	3.6% (±1.0)	3.1% (±0.8)
White or Caucasian	50.5% (±4.9)	56.5% (±5.5)	65.1% (±6.5)	69.0% (±6.9)
Other	31.4% (±3.7)	28.0% (±5.1)	20.0% (±4.5)	17.3% (±5.7)
Language Spoken at Home	(n=9667)	(n=8126)	(n=7090)	(n=4146)
English	73.6% (±4.7)	77.7% (±3.9)	79.4% (±5.5)	79.8% (±6.5)
Spanish	11.0% (±3.5)	11.4% (±3.7)	11.6% (±4.5)	12.9% (±5.9)
Russian	0.8% (±0.2)	1.0% (±0.4)	0.7% (±0.2)	0.4% (±0.2)

	6th Grade % (±CI)	8th Grade % (±CI)	10th Grade % (±CI)	12th Grade % (±CI)
Vietnamese	0.8% (±0.4)	0.5% (±0.2)	0.7% (±0.4)	0.8% (±0.4)
Ukrainian	0.7% (±0.2)	0.5% (±0.2)	0.5% (±0.2)	0.2% (±0.2)
Arabic	0.6% (±0.2)	0.6% (±0.2)	0.3% (±0.2)	0.3% (±0.2)
Somali	0.4% (±0.2)	0.1% (±0.2)	0.2% (±0.2)	0.1% (±0.2)
Marshallse	0.2% (±0.2)	0.2% (±0.2)	0.2% (±0.2)	0.3% (±0.2)
Chinese	3.6% (±1.6)	0.5% (±0.4)	1.0% (±1.0)	1.0% (±1.4)
Korean	0.9% (±0.4)	0.7% (±0.4)	0.5% (±0.4)	0.6% (±0.4)
Punjabi	0.7% (±0.4)	0.3% (±0.2)	0.4% (±0.6)	0.2% (±0.2)
Other	6.6% (±1.4)	6.4% (±2.2)	4.6% (±2.0)	3.4% (±1.6)
Migrant Status	(n=9612)	(n=8099)	(n=7063)	(n=4130)
Non-migrant student	89.4% (±1.0)	90.7% (±1.2)	92.3% (±0.8)	94.0% (±1.0)
Migrant student	10.6% (±1.0)	9.3% (±1.2)	7.7% (±0.8)	6.0% (±1.0)
Disability	(n=0)	(n=7507)	(n=6468)	(n=3831)
Without disability	**	57.8% (±2.4)	53.7% (±2.7)	48.2% (±3.5)
With disability	**	42.2% (±2.4)	46.3% (±2.7)	51.8% (±3.5)
Sexual or Gender Diverse***	(n=0)	(n=6730)	(n=6284)	(n=3763)
Not Sexually or Gender Diverse	**	75.5% (±1.9)	73.7% (±2.3)	71.1% (±3.3)
Sexually or Gender Diverse	**	24.5% (±1.9)	26.3% (±2.3)	28.9% (±3.3)

Notes:

- ****** Indicates that categories in the demographic factor are presented alone or in combination with other categories of the same factor. Students who selected more than one response are shown under each response.
- ******* Indicates that the answer choice was not included on the survey.
- ****Sexually or gender diverse youth are defined as any student selecting transgender, "questioning/not sure", something else fits better, or multiple options for gender identity, or any student selecting "gay or lesbian", "bisexual", "questioning/not sure", "something else fits better", or multiple response options for sexual orientation.**

Survey Questions:

- **Age:** How old are you?
- **Sex Assigned at Birth:** What sex were you assigned at birth?
- **Gender Identity:** Below is a list of terms that people may use to describe their gender identity. Choose all that apply. And What is your gender?
- **Sexual Orientation:** Below is a list of terms that people often use to describe their sexuality or sexual orientation. Choose all that apply.
- **Race – Ethnicity Group:** How do you describe yourself? and How do you describe yourself? Choose all that apply.
- **Language Spoken at Home:** What language is usually spoken at home?
- **Migrant Status:** Have you or your family moved in the past 3 years to another school district for temporary or seasonal work in agriculture, dairy, or fishing?
- **Disability:** Do you have any of these conditions? Check all that you have., Are you limited in any activities because of a disability or long-term health problem including physical health, emotional, or learning problems expected to last 6 months or more?, and At school, do you have an Individualized Education Plan (IEP) or 504 accommodation to help you learn?

WA HYS Adverse Childhood Experiences (WAH-ACEs)

Adverse Childhood Experience (ACEs) are indicators of severe stressors that occur during a person's first 18 years of life. Research has shown that these adverse experiences can influence physical, mental, social, and behavioral health across the lifespan. The Washington HYS ACEs Score (WAH-ACEs) assesses 11 adverse experiences that youth may report on the HYS to better assess the burden of these experiences among our state's youth. WAH-ACEs can be used to understand the local levels of exposure to childhood adversity, and the relationships between these experiences and other questions on the survey. Detailed information about the development and interpretation of the score is available here - [WAH-ACEs Interpretive Guide](#).

In 2023, the frequency of WAH-ACEs reported:

- 0 WA-ACEs: 40 percent of Grade 8 students, 42 percent of Grade 10 students, and 41 percent of Grade 12 students.
- 1 WA-ACE : 23 percent of Grade 8 students, 23 percent of Grade 10 students, and 22 percent of Grade 12 students.
- 2 WA-ACEs : 13 percent of Grade 8, and 12 percent of Grade 10 students and Grade 12 students.
- 3 WA-ACEs: 7 percent of Grade 8, Grade 10, and Grade 12 students.
- 4 or more WA-ACEs: 17 percent of Grade 8 students, 16 percent of Grade 10 students, and 18 percent of Grade 12 students.

Differences by grade level:

- There were no differences in students reporting experiencing 4 or more WAH-ACEs by grade.

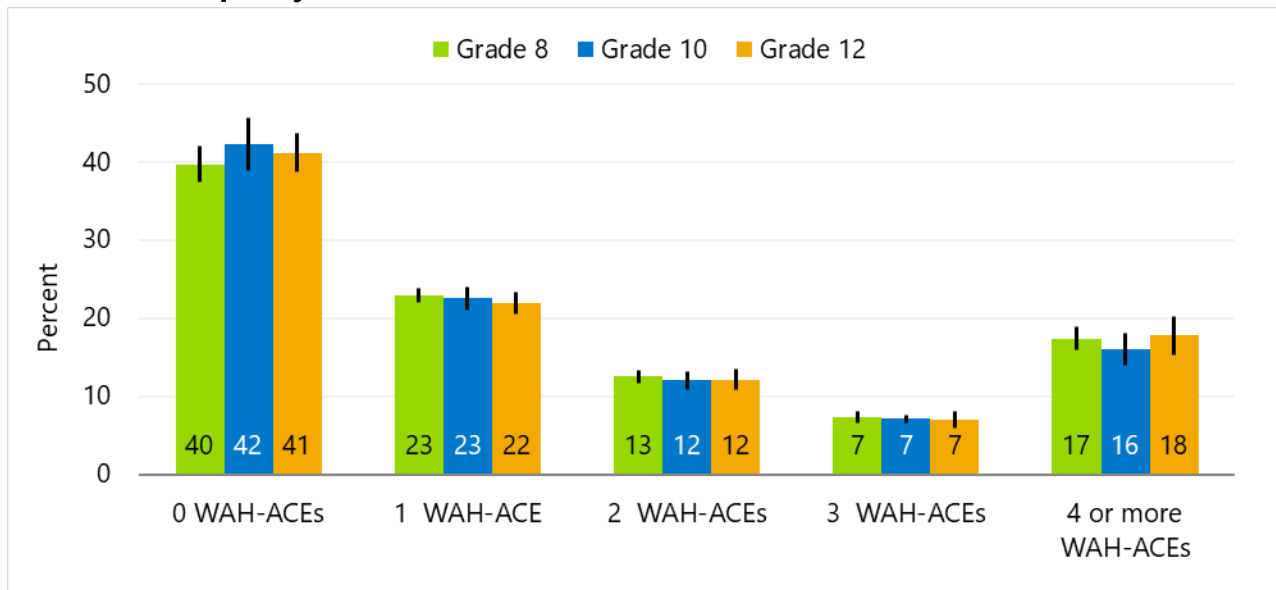
Differences by sex assigned at birth:

- Grades 8, 10, and 12 males were more likely than females to report experiencing 0 WAH-ACEs.
- Grade 12 males were more likely than females to report experiencing 1 WAH-ACE.
- Grade 8 females were more likely than males to report experiencing 3 WAH-ACEs.
- Grades 8, 10, and 12 females were more likely than males to report experiencing 4 or more WAH-ACEs.

Differences over time:

- Among Grade 8 there was a decrease and among Grade 12 there was an increase in experiencing 0 WA-ACEs, from 2021 to 2023.
- Among Grade 12 students, there was a decrease in experiencing 1 WA-ACE or 2 WA-ACEs, from 2021 to 2023.
- Among Grade 10 and 12 students, there were decreases in experiencing 3 WA-ACEs, from 2021 to 2023.
- Among Grade 8 and 10 students, there were increases in experiencing 4 or more WA-ACEs, from 2021 to 2023.

WAH-ACEs Frequency, Grades 8, 10, and 12 in 2023



Frequency	Grade 8	Grade 10	Grade 12
0 WAH-ACEs	39.8 ±2.3	42.3 ±3.4	41.2 ±2.5
1 WAH-ACE	23.0 ±0.9	22.5 ±1.5	21.9 ±1.4
2 WAH-ACEs	12.5 ±0.9	12.0 ±1.2	12.1 ±1.3
3 WAH-ACEs	7.3 ±0.8	7.1 ±0.5	7.0 ±1.0
4 or more WAH-ACEs	17.4 ±1.5	16.1 ±2.1	17.8 ±2.5

Survey Questions:

- I feel safe during school (NO!/no).
- During the past 30 days, on how many days did you not go to school because you felt you would be unsafe on your way to and from school? (Any days)
- Bullying is when one or more students threaten, spread rumors about, hit, shove, or otherwise hurt another student over and over again. It is not bullying when two students of about the same strength or power argue or fight or tease each other in a friendly way. In the last 30 days, how often have you been bullied? (Any days)
- During the past 12 months, did someone you were dating or going out with ever limit your activities, threaten you, or make you feel unsafe in any other way? (Yes)
- In the past 12 months, how many times did someone you were dating or going out with physically hurt you on purpose? (Count such things as being hit, slammed into something, or injured with an object or weapon.) (Any times)
- Have you ever been in a situation where someone made you engage in kissing, sexual touch or having sex when you did not want to? (Yes)
- Not counting TV, movies, video games, and sporting events, have you seen an adult hit, slap, punch, shove, kick, or otherwise physically hurt another adult more than one time? (Yes)
- Has an adult ever physically hurt you on purpose (like pushed, slapped, hit, kicked or punched you), leaving a mark, bruise or injury? (Yes)
- How often does a parent or adult in your home swear at you, insult you, put you down or humiliate you? (Sometimes, Often, Very often)
- Are your current living arrangements the result of losing your home because your family cannot afford housing? (Yes)
- How often in the past 12 months did you or your family have to cut meal size or skip meals because there wasn't enough money for food? (Any times)

Note. Percentages represent student's WAH-ACEs scores computed from eleven questions. For each question, a student was

assigned a value of 0 or 1 and these were added up to create their final score. Multiple imputation, taking into account mother's education, sex assigned at birth, and race/ethnicity, was used to account for students who did not answer all eleven questions on the survey.

Source: HYS 2023

Problematic Internet Use

With a rise in internet use among youth over the past several years, interest in the nature of that use and its effects on health and wellbeing has also grown. Problematic internet use (PIU) is use that is risky, excessive, or impulsive that can lead to adverse consequences in an individual's life, including physical, emotional, social, or functional impairment. (Moreno, 2012). The relationship between PIU and mental health is bidirectional – they affect each other. PIU has been linked to stress, fewer positive health behaviors, and poor academic performance. Since 2021, HYS has included a 3-item Problematic and Risky Internet Use Screen Scale (PRIUSS) to help assess risk for PIU among students (Moreno, 2016). Students who reported a score of three or more were categorized as "at risk" for PIU*.

In 2023, 40 percent of Grade 8 students, 47 percent of Grade 10 students, and 50 percent of Grade 12 students were at risk for problematic Internet use.

Differences by grade level:

- Grade 10 and 12 students were more likely than Grade 8 students to report problematic Internet use.

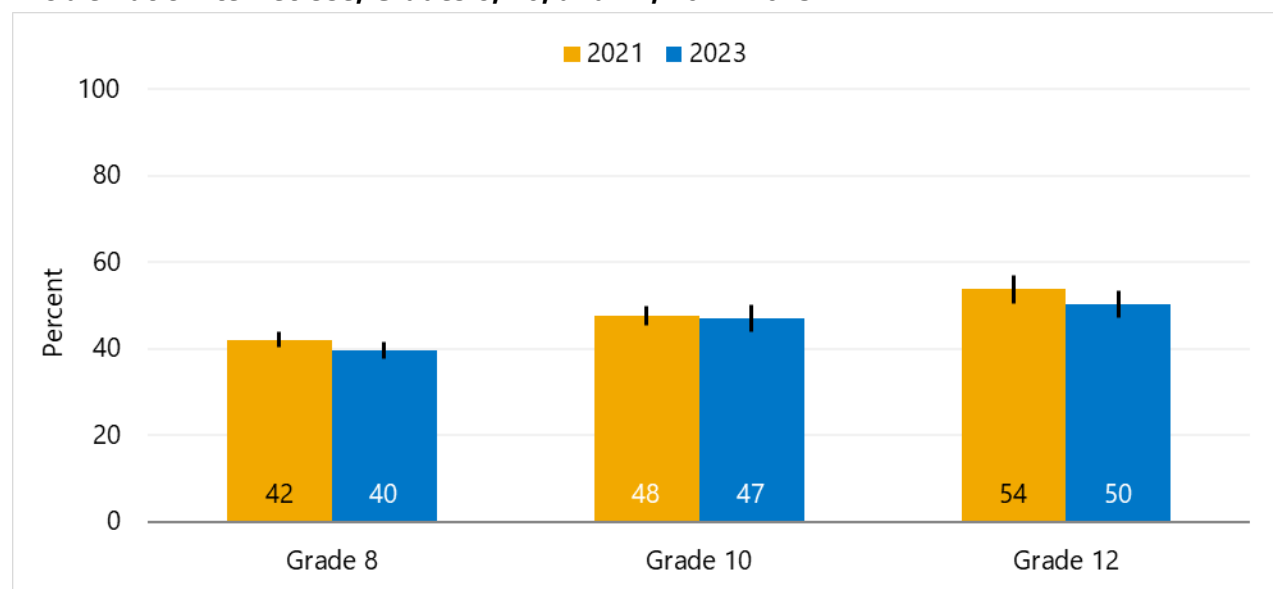
Differences by sex assigned at birth:

- Grades 8, 10, and 12 females were more likely than males to report experiencing problematic Internet use.

Differences over time:

- There were no changes in experiencing problematic Internet use from 2021 to 2023.

Problematic Internet Use, Grades 8, 10, and 12, 2021-2023



Grade	2021	2023
Grade 8	42.1 ±1.8	39.6 ±1.0

Grade	2021	2023
Grade 10	47.6 \pm 2.2	47.0 \pm -1.6
Grade 12	53.8 \pm 3.3	50.3 \pm -1.6

Survey Questions:

- *How often do you experience increased social anxiety due to your Internet use.*
- *How often do you feel withdrawal when away from the Internet.*
- *How often do you lose motivation to do other things that need to get done because of the Internet.*

**Note. Percentages represent students who answered all three Problematic Internet Use questions. Each response option has a value of 0-4. Students are given a total score based on the sum of their responses to the three questions (0-12). Scores of three or higher are considered at risk for problematic Internet use.*

Source: HYS 2021 and 2023

Worries Due to COVID-19

Youth experience the effects of the COVID-19 pandemic in several ways, including how it has influenced their family life. Three questions were used to assess to what degree youth reported feeling worried about the pandemic's impact on housing stability, food insecurity, and their parents' jobs. These questions help indicate if youth, or a subset of youth, were particularly worried about the effects of the pandemic.

In 2023, students reported being pretty worried or extremely worried about:

- Their parents losing their job(s) due to COVID: 22 percent of Grade 6, 13 percent of Grade 8 students, 9 percent of Grade 10 students, and 9 percent of Grade 12 students.
- Their family being unable to afford housing due to COVID: 28 percent of Grade 6, 15 percent of Grade 8 students, 11 percent of Grade 10 students, and 12 percent of Grade 12 students.
- Not having enough food to eat due to COVID: 24 percent of Grade 6, 12 percent of Grade 8 students, 8 percent of Grade 10 students, and 9 percent of Grade 12 students

Differences by grade level:

- Grade 6 students were more likely than Grade 8, 10 and 12 students and grade 8 students were more likely than Grade 10 and 12 students to report that they were worried about their parents losing their job(s), their family being unable to afford housing, and not having enough food to eat due to COVID.

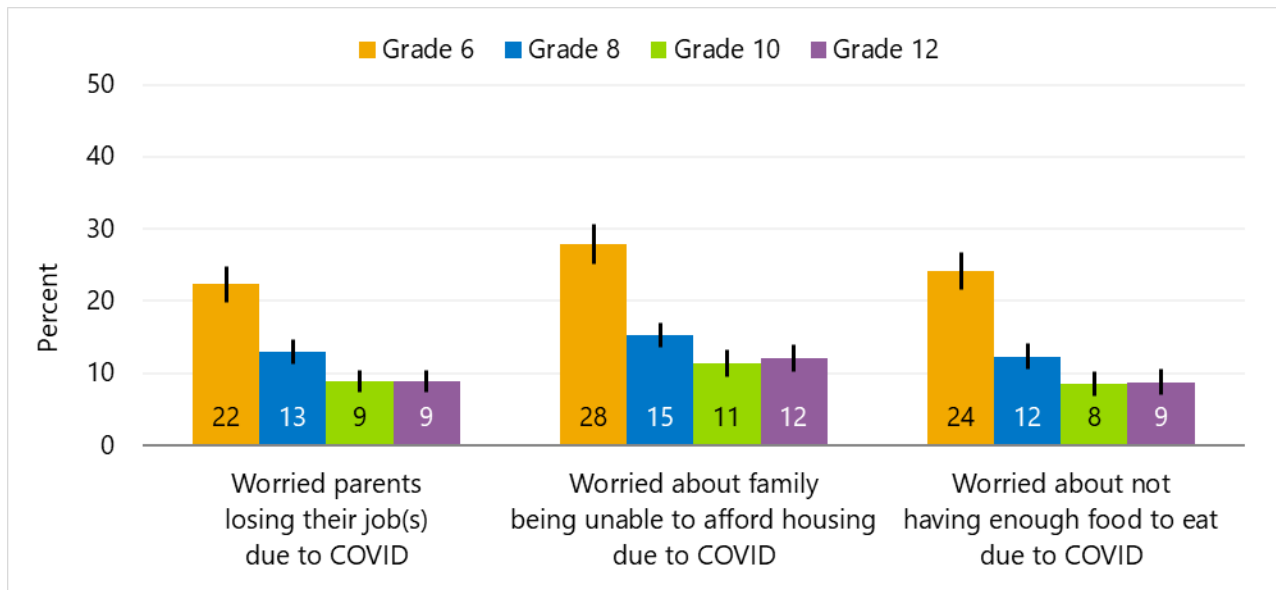
Differences by sex assigned at birth:

- Grade 10 females were more likely than males to report that they were worried about their parents losing their job(s) due to COVID.
- Grade 6, 8, and 10 females were more likely than males to report that they were worried about their family being unable to afford housing due to COVID.
- Grade 6 females were more likely than males to report that they were worried about not having enough food to eat due to COVID.

Differences over time:

- Among Grade 6, 8, 10, and 12 students, there were decreases in being worried about their parents losing their job(s) due to COVID.
- Among 6 and 10 students, there were decreases in being worried about their family being unable to afford housing due to COVID.
- Among 6 and 10 students, there were decreases in being worried about not having enough food to eat due to COVID.

Worries Due to COVID-19, Grades 8, 10, and 12 in 2023



Measure	Grade 6	Grade 8	Grade 10	Grade 12
Worried about parents losing their job(s) due to COVID	22.3 ±2.4	13.0 ±1.6	8.9 ±1.5	8.9 ±1.9
Worried about family being unable to afford housing due to COVID	27.9 ±2.7	15.4 ±1.7	11.4 ±1.9	12.1 ±2.5
Worried about not having enough food to eat due to COVID	24.2 ±2.6	12.3 ±1.7	8.5 ±1.7	8.8 ±2.1

Survey Questions:

- How much are you worried right now about the following things as a result of the COVID pandemic? Your parents or guardians losing their job(s)?
- How much are you worried right now about the following things as a result of the COVID pandemic? Your family being unable to afford rent or housing?
- How much are you worried right now about the following things as a result of the COVID pandemic? Not having enough food to eat?

Note. Percentages represent students who answered, "Pretty worried" or "Extremely worried".

Source: HYS 2023

Physical Activity and Dietary Behavior

Weight

The Body Mass Index (BMI) is a problematic and limited metric for assessing overall health of a community or individual. Increasingly, research is showing that addressing health behaviors and outcomes using a weight neutral approach has more benefits for wellbeing than focusing on BMI or “obesity” as the end outcome. Discussion of BMI and “obesity” should take a trauma-informed approach due to the potential harmful impacts on youth struggling with disordered eating and weight stigma.

In 2023, weight was reported according to four categories of BMI status:

- BMI status under 19.0 was reported by 34 percent of Grade 8 students, 18 percent of Grade 10 students, and 13 percent of Grade 12 students.
- BMI status from 19.0 to 24.9 was reported by 48 percent of Grade 8 students, 58 percent of Grade 10 students, and 56 percent of Grade 12 students.
- BMI status 25.0 to 29.9 was reported by 11 percent of Grade 8 students, 15 percent of Grade 10 students, and 18 percent of Grade 12 students.
- BMI status over 30.0 was reported by 6 percent of Grade 8 students, 9 percent of Grade 10 students, and 13 percent of Grade 12 students.

Differences by grade level:

- Among Grade 8, 10, and 12 students, as grade levels increase, each grade was less likely to report BMI status under 19.0.
- Grade 10 and Grade 12 students were more likely than Grade 8 students to report BMI status 19.0 to 24.9, BMI status 25.0 to 29.9, and BMI status 30.0 or higher.
- Among Grade 8, 10, and 12 students, as grade levels increase, each grade was more likely to report BMI status 25.0 to 29.9 and BMI status 30.0 or higher.

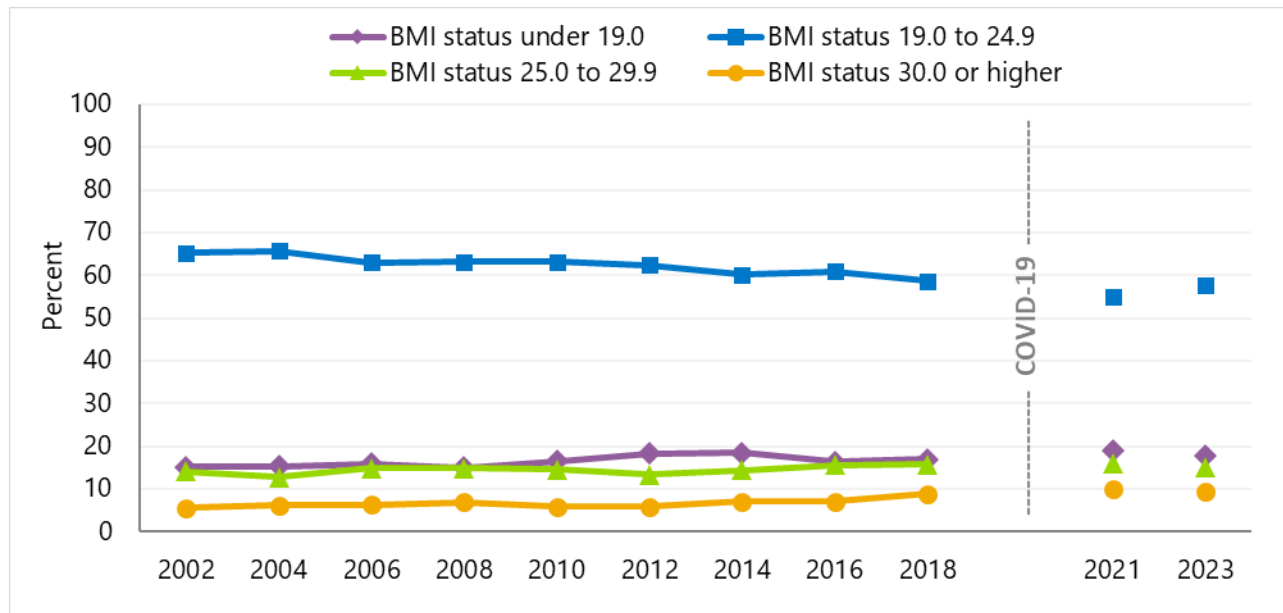
Differences by sex assigned at birth:

- Grade 10 and 12 females were more likely than males to report BMI status 19.0 to 24.9.
- Grade 10 males were more likely than females to report BMI status 30.0 or higher.

Differences over time:

- Among Grade 8 students, there was a decrease in reporting BMI status 25.0 to 29.9 from 2021 to 2023.

BMI Status, Grade 10, 2002-2023



BMI status under 19

Grade	2002	2004	2006	2008	2010	2012	2014	2016	2018	2021	2023
Grade 8	27.6 ±2.2	28.9 ±2.4	31.1 ±2.3	30.0 ±2.7	30.5 ±2.1	34.8 ±2.4	38.4 ±2.6	34.0 ±3.5	34.8 ±2.5	31.9 ±3.0	34.4 ±2.5
Grade 10	15.1 ±1.6	15.2 ±1.9	15.9 ±1.4	15.0 ±1.4	16.4 ±1.6	18.3 ±1.6	18.5 ±1.6	16.4 ±1.6	16.9 ±2.0	19.0 ±2.2	17.9 ±1.7
Grade 12	9.0 ±1.0	8.6 ±1.2	9.2 ±1.0	8.7 ±1.2	9.5 ±1.3	10.9 ±1.4	11.2 ±1.1	10.2 ±1.0	10.6 ±1.3	12.8 ±1.4	13.0 ±2.4

BMI status 19.0 to 24.9

Grade	2002	2004	2006	2008	2010	2012	2014	2016	2018	2021	2023
Grade 8	56.9 ±1.8	57.1 ±1.5	55.0 ±1.6	55.7 ±2.0	54.0 ±1.4	51.1 ±1.8	48.9 ±2.0	50.0 ±2.2	49.7 ±1.7	46.8 ±1.7	48.1 ±1.9
Grade 10	65.3 ±2.7	65.8 ±2.0	63.1 ±1.5	63.2 ±1.7	63.2 ±1.9	62.4 ±2.0	60.1 ±1.5	60.9 ±2.1	58.6 ±2.0	55.1 ±2.2	57.7 ±2.6
Grade 12	67.1 ±2.1	65.1 ±2.7	61.6 ±2.6	62.7 ±2.0	62.5 ±2.2	62.2 ±2.3	61.3 ±2.3	56.3 ±2.3	54.2 ±3.0	54.7 ±3.2	56.2 ±2.3

BMI status 25.0 to 29.9

Grade	2002	2004	2006	2008	2010	2012	2014	2016	2018	2021	2023
Grade 8	11.1 ±1.3	9.9 ±1.2	9.7 ±1.3	10.4 ±1.1	10.8 ±1.4	10.0 ±1.0	8.0 ±1.1	11.6 ±1.5	10.2 ±1.5	13.9 ±1.7	11.3 ±1.6
Grade 10	14.1 ±1.5	12.8 ±1.3	14.8 ±1.8	14.8 ±1.1	14.6 ±1.7	13.4 ±1.6	14.4 ±1.5	15.6 ±1.6	15.7 ±1.6	16.0 ±2.1	15.0 ±1.7
Grade 12	16.5 ±2.0	17.8 ±1.9	20.3 ±1.9	19.2 ±1.7	18.9 ±2.1	18.4 ±1.8	17.9 ±1.7	21.0 ±1.5	20.3 ±1.7	18.8 ±2.0	18.0 ±2.1

BMI status 30 or higher

Grade	2002	2004	2006	2008	2010	2012	2014	2016	2018	2021	2023
Grade 8	4.3 ±1.0	4.1 ±0.7	4.2 ±0.9	3.9 ±0.7	4.7 ±0.8	4.1 ±0.8	4.7 ±0.8	4.5 ±0.9	5.3 ±0.9	7.4 ±1.6	6.2 ±1.1
Grade 10	5.5 ±1.2	6.2 ±1.0	6.2 ±1.0	6.9 ±1.2	5.8 ±1.2	5.9 ±1.1	7.0 ±1.2	7.1 ±1.0	8.8 ±1.5	10.0 ±2.0	9.4 ±1.7
Grade 12	7.5 ±0.7	8.5 ±1.2	9.0 ±1.2	9.4 ±1.3	9.1 ±1.1	8.5 ±1.4	9.7 ±1.6	12.6 ±1.8	14.9 ±1.9	13.7 ±2.4	12.9 ±2.6

Survey Questions:

- How tall are you without your shoes on?
- How much do you weigh without your shoes on?

Source: HYS 2002, 2004, 2006, 2008, 2010, 2012, 2014, 2016, 2018, 2021, and 2023.

60 Minutes of Exercise Daily

The Centers for Disease Control and Prevention recommends that children and adolescents participate in at least 60 minutes of physical activity daily, and muscle strengthening 3 days a week.

In 2023, 27 percent of Grade 6 students, 29 percent of Grade 8 students, 25 percent of Grade 10 students, and 21 percent of Grade 12 students reported that they were physically active for at least 60 minutes, seven days a week.

Differences by grade level:

- Grade 8 students were more likely than Grade 10 students and Grade 6, 8, and 10 students were more likely than Grade 12 students, and to be physically active for 60 minutes, seven days a week.

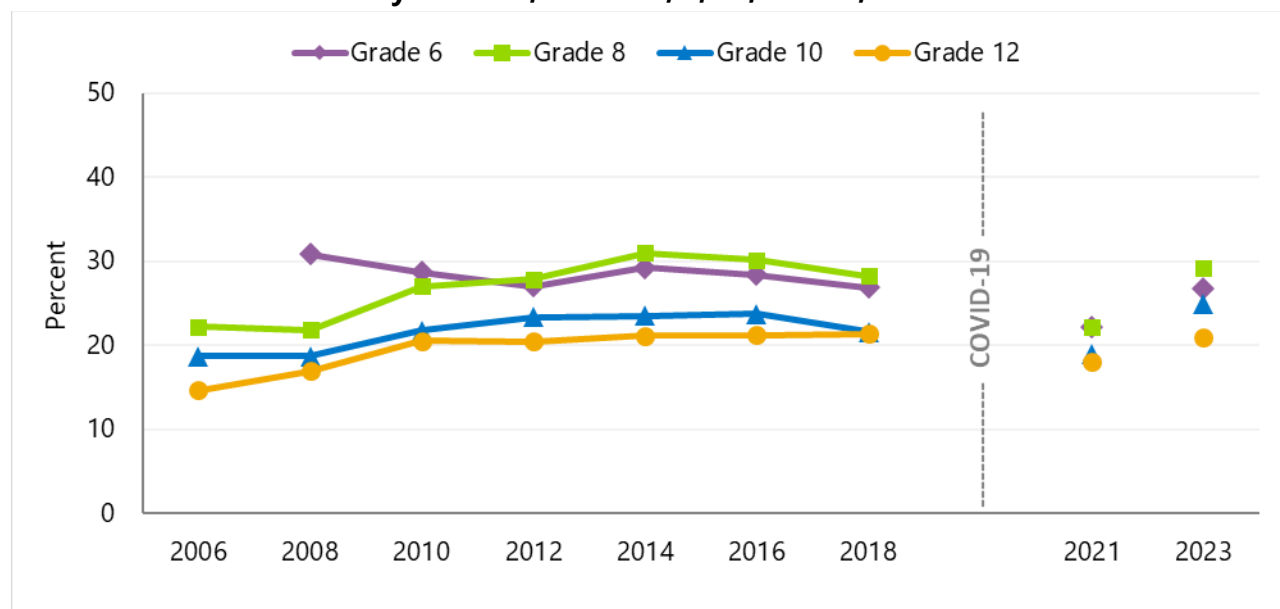
Differences by sex assigned at birth:

- Grades 6, 8, 10, and 12 males were more likely than females to be physically active for 60 minutes, seven days a week.

Differences over time:

- Among Grades 6, 8, 10, and 12 students, there were increases in being physically active for 60 minutes, seven days a week from 2021 to 2023.
- Among Grade 6 students, there was a decrease in being physically active for 60 minutes, seven days a week, from 2006 through 2018.
- Among Grade 8 and 12 students, there were increases in being physically active for 60 minutes, seven days a week, from 2006 through 2018.

60 Minutes of Exercise 7 Days a Week, Grades 6, 8, 10, and 12, 2006-2023



Grade	2006	2008	2010	2012	2014	2016	2018	2021	2023
Grade 6	NA	30.8 ±1.4	28.7 ±1.2	27.0 ±1.2	29.2 ±1.5	28.4 ±1.5	26.8 ±1.3	22.2 ±1.7	26.8 ±1.5
Grade 8	22.2 ±1.6	21.9 ±1.6	27.0 ±1.7	27.8 ±2.0	31.0 ±1.8	30.2 ±2.2	28.2 ±2.3	22.2 ±2.0	29.2 ±2.2
Grade 10	18.7 ±1.6	18.7 ±1.7	21.7 ±2.2	23.3 ±1.9	23.5 ±2.0	23.7 ±1.5	21.6 ±1.7	19.0 ±1.3	24.9 ±1.8
Grade 12	14.7 ±1.8	16.9 ±1.6	20.6 ±2.4	20.5 ±1.7	21.2 ±1.9	21.3 ±1.5	21.4 ±1.8	18.1 ±1.4	21.0 ±2.4

Survey Question: In the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? (Add up all the time you spent in any kind of physical activity that increases your heart rate or makes you breathe hard some of the time.)

Note. Percentages represent students who reported they were physically active for at least 60 minutes on 7 days in an average week.

Source: HYS 2006, 2008, 2010, 2012, 2014, 2016, 2018, 2021, and 2023

Screen Time

In 2023, about 51 percent of Grade 6 students, 64 percent of Grade 8 students, 70 percent of Grade 10 students, and 75 percent of Grade 12 students reported spending three or more hours on screens on an average school day. The American Academy of Pediatrics (AAP, 2024) encourages parents of youth over age two to create a Family Media Plan that can help families make informed decisions that take into account the health, education, and entertainment needs of individual children.

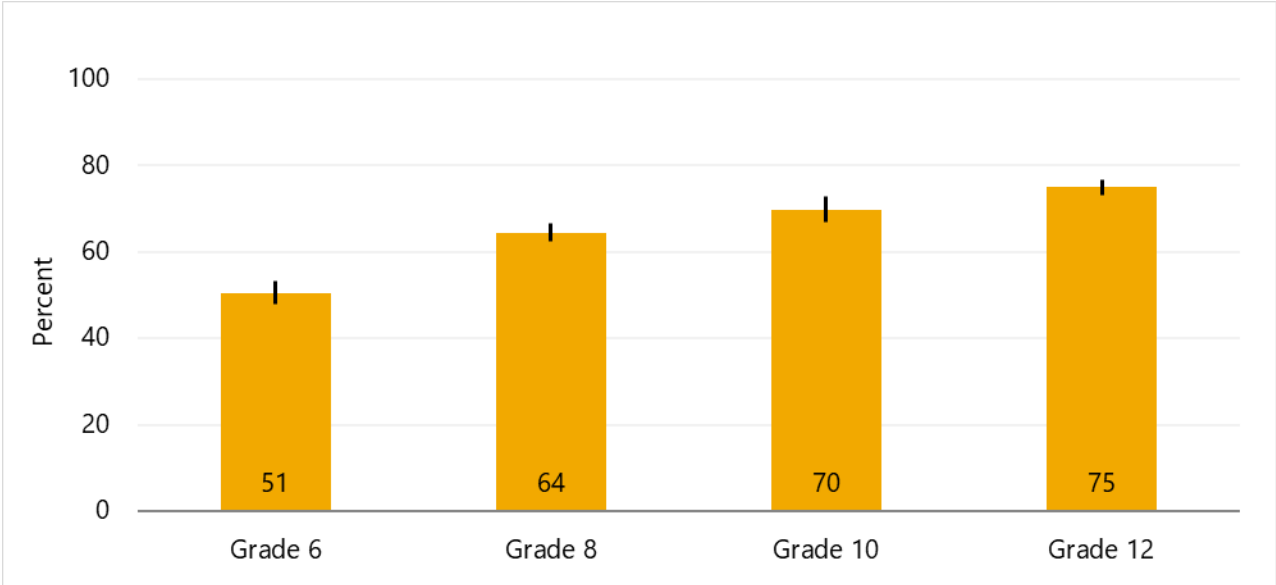
Differences by grade level:

- Among Grade 6, 8, 10, and 12 students, as grade levels increase, each grade was more likely to report three or more hours of screen time on a school day.

Differences by sex assigned at birth:

- Grade 6, 8, 10, and 12 females were more likely than males to report three or more hours of screen time on a school day.

Screen Time for Three or More Hours on an Average School Day, Grades 6, 8, 10, and 12 in 2023



Measure	Grade 6	Grade 8	Grade 10	Grade 12
3+ Hours Screen Time on a School Day	50.5 ±2.7	64.4 ±2.1	69.8 ±3.0	74.8 ±1.8

- Survey Questions:
- On an average school day, how many hours do you spend in front of a TV, computer, smart phone, or other electronic device watching shows or videos, playing games, accessing the Internet, or using social media (also called "screen time")? (Do not count time spent doing schoolwork.)

- Notes:
- Percentages represented students who reported spending 3 or more hours on screens on an average school day.
 - The question wording changed in 2023, making changes over time no longer comparable.

Source: HYS 2023.

Nutrition

Fruit and Vegetable Consumption

Youth need to eat a variety of fruits and vegetables every day to get essential vitamins and minerals, fiber, and other substances that are important for good health and to reduce the risk of obesity and chronic diseases. The 2020-2025 U.S. Dietary Guidelines for Americans recommend eating sufficient amounts of fruits and vegetables within caloric needs. The recommendation for fruit consumption for youth ages 9-18 ranges from 1.5-2.5 cups per day. The Healthy Youth Survey does not measure intake of fruits and vegetables relative to caloric need and age but in terms of number of times fruits and vegetables are eaten a day, which is consistent with the Youth Risk Behavior Survey. (U.S. Department of Health and Human Services, 2020)

Eating Fruit Less Than Once a Day

In 2023, 37 percent of Grade 8 students, 41 percent of Grade 10 students, and 45 percent of Grade 12 students ate fruit less than once a day.

Differences by grade level:

- Among Grade 8, 10, and 12 students, as grade levels increase, each grade was more likely to eat fruit less than once a day by grade.

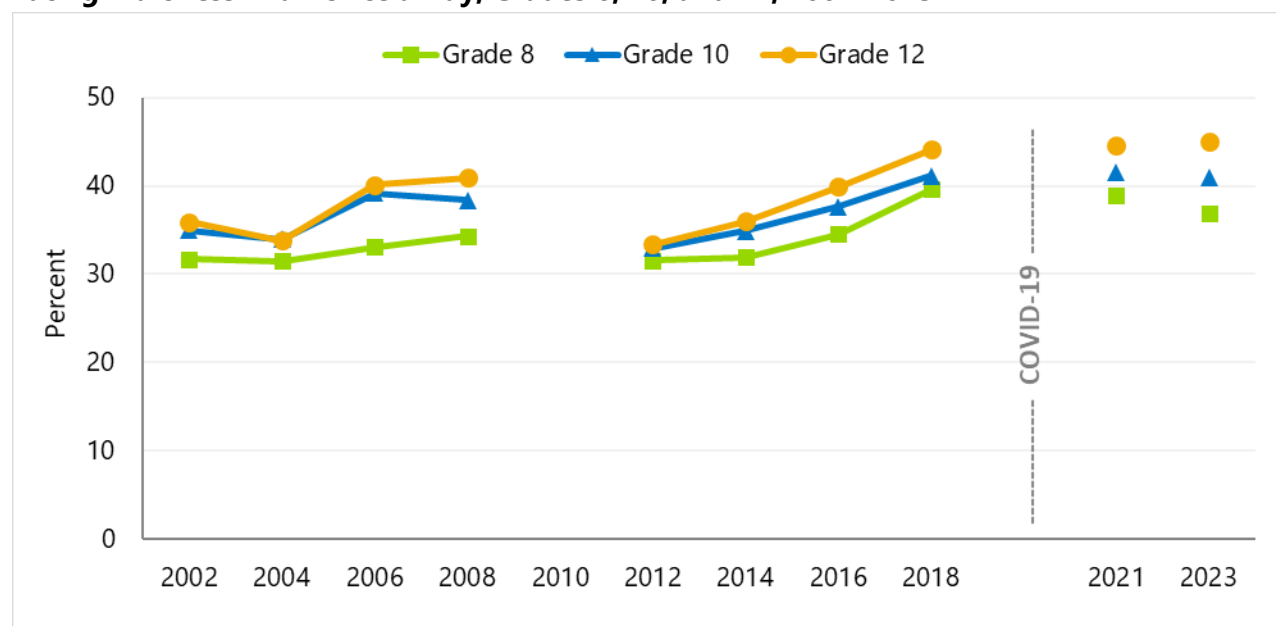
Differences by sex assigned at birth:

- Grades 8, 10, and 12 females were more likely than males to eat fruit less than once a day.

Differences over time:

- There were no changes in eating fruit less than once a day from 2021 to 2023.
- Among Grade 8 students, there was an increase in eating fruit less than once a day from 2002 through 2018.

Eating Fruit Less Than Once a Day, Grades 8, 10, and 12, 2002-2023



Grade	2002	2004	2006	2008	2010	2012	2014	2016	2018	2021	2023
Grade 8	31.7 ± 1.7	31.5 ± 1.8	33.1 ± 2.4	34.3 ± 2.0	NA	31.5 ± 2.0	31.9 ± 2.2	34.5 ± 1.5	39.6 ± 2.0	38.9 ± 2.5	36.9 ± 2.4
Grade 10	35.0 ± 1.8	34.0 ± 2.1	39.1 ± 2.4	38.4 ± 2.5	NA	32.9 ± 2.0	34.9 ± 2.2	37.7 ± 1.8	41.1 ± 2.1	41.5 ± 2.1	40.9 ± 2.5
Grade 12	35.9 ± 2.8	33.8 ± 1.9	40.1 ± 2.3	40.9 ± 2.8	NA	33.3 ± 2.3	36.0 ± 2.1	39.9 ± 2.4	44.1 ± 2.5	44.6 ± 2.1	45.0 ± 3.1

Survey Questions: During the past 7 days, how many times did you?:

- Drink 100% fruit juice such as orange juice, apple juice or grape juice? (Do not count punch, Kool-Aid, sports drinks, and other fruit-flavored drinks.)
- Eat fruit? (Do not count fruit juice.)

Note. Percentages are calculated from the questions above to represent students who reported eating fruit less than once a day

Source: HYS 2002, 2004, 2006, 2008, 2012, 2014, 2016, 2018, 2021, and 2023. Questions were not asked in 2010.

Eating Vegetables Less Than Once a Day

In 2023, 31 percent of Grade 8 students, 28 percent of Grade 10 students, and 30 percent of Grade 12 students ate vegetables less than once a day.

Differences by grade level:

- There were no differences in eating vegetables less than once a day by grade.

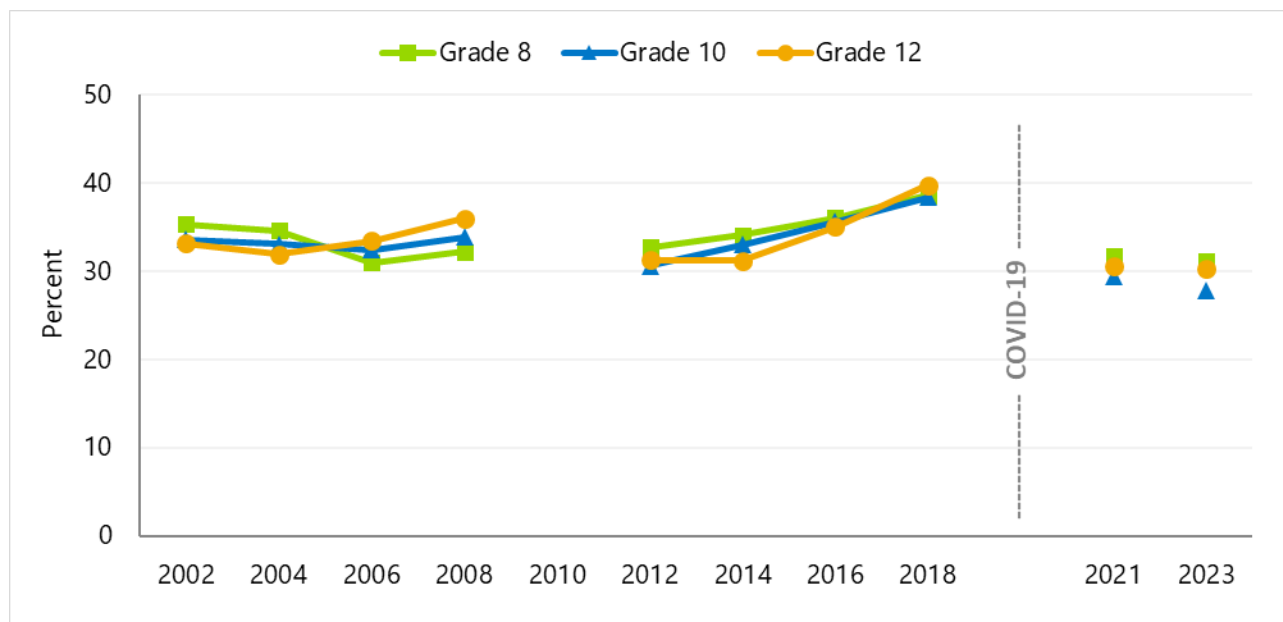
Differences by sex assigned at birth:

- Grades 10 females were more likely than males to eat vegetables less than once a day.

Differences over time:

- There were no changes in eating vegetables less than once a day from 2021 to 2023.
- Among Grade 8 students, there was an increase in eating vegetables less than once a day from 2006 through 2018.
- Among Grade 10 students, there was an increase in eating vegetables less than once a day from 2012 through 2018.

Eating Vegetables Less Than Once a Day, Grades 8, 10, and 12, 2002-2023



Grade	2002	2004	2006	2008	2010	2012	2014	2016	2018	2021	2023
Grade 8	35.3 ± 1.8	34.6 ± 2.1	31.0 ± 1.8	32.3 ± 2.1	NA	32.7 ± 2.2	34.1 ± 2.3	36.1 ± 2.3	38.6 ± 2.6	31.7 ± 2.8	31.2 ± 2.5
Grade 10	33.6 ± 2.3	33.1 ± 2.4	32.5 ± 2.1	33.9 ± 2.3	NA	30.7 ± 2.0	33.0 ± 2.7	35.7 ± 2.5	38.4 ± 2.1	29.5 ± 3.5	27.8 ± 3.0
Grade 12	33.2 ± 2.9	31.9 ± 2.2	33.5 ± 2.1	36.0 ± 2.5	NA	31.3 ± 2.4	31.2 ± 2.6	35.1 ± 2.7	39.8 ± 2.1	30.7 ± 2.8	30.3 ± 3.5

Survey Questions: During the past 7 days, how many times did you?:

- Eat green salad?
- Eat potatoes? (Do not count French fries, fried potatoes, or potato chips.)
- Eat carrots?
- Eat other vegetables? (Do not count green salad, potatoes, or carrots.)

Note. Percentages are calculated from the questions above to represent students who reported eating vegetables less than once a day

Source: HYS 2002, 2004, 2006, 2008, 2012, 2014, 2016, 2018, and 2021. Questions were not asked in 2010.

Eating Dinner with Family

In 2023, 76 percent of Grade 6 students, 68 percent of Grade 8 students, 59 percent of Grade 10 students, and 50 percent of Grade 12 students reported eating dinner with their family most of the time or always.

Differences by grade level:

- Among Grade 6, 8, 10, and 12 students, as grade levels increase, each grade was less likely to eat dinner with their family most of the time or always.

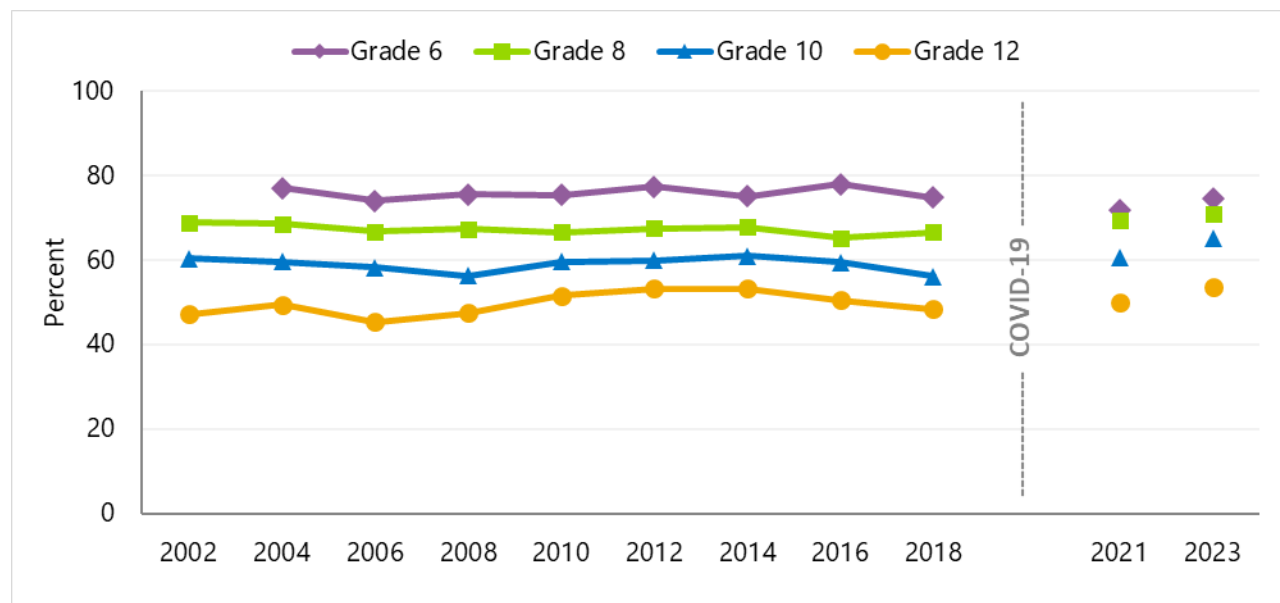
Differences by sex assigned at birth:

- Grade 6, 8, 10, and 12 males were more likely than females to eat dinner with their family most of the time or always.

Differences over time:

- Among Grade 10 students, there was an increase in eating dinner with the family from 2021 to 2023.
- Among Grade 8 students, there was a decrease in eating dinner with the family most of the time or always from 2002 through 2018.

Eating Family Dinners Most of the Time or Always, Grades 6, 8, 10, and 12, 2002-2023



Grade	2002	2004	2006	2008	2010	2012	2014	2016	2018	2021	2023
Grade 6	NA	77.1 ± 1.8	74.1 ± 2.1	75.6 ± 1.7	75.5 ± 1.8	77.5 ± 1.9	75.2 ± 1.5	78.1 ± 1.5	74.9 ± 2.0	72.0 ± 2.7	74.7 ± 1.8
Grade 8	68.9 ± 1.7	68.6 ± 2.2	66.8 ± 2.4	67.4 ± 2.6	66.7 ± 2.2	67.6 ± 1.7	67.8 ± 2.2	65.4 ± 2.6	66.6 ± 2.1	69.5 ± 2.6	70.9 ± 1.9
Grade 10	60.4 ± 2.0	59.6 ± 2.9	58.2 ± 2.3	56.4 ± 2.4	59.6 ± 2.8	60.0 ± 2.1	61.1 ± 2.5	59.5 ± 2.2	56.2 ± 2.5	60.7 ± 2.4	65.3 ± 2.4
Grade 12	47.2 ± 3.0	49.5 ± 2.7	45.4 ± 2.5	47.6 ± 3.0	51.6 ± 2.9	53.2 ± 2.6	53.3 ± 2.2	50.6 ± 2.1	48.4 ± 2.3	50.0 ± 2.9	53.7 ± 2.6

Survey Question: How often do you eat dinner with your family?

Note: Percentages represent students who reported that they ate dinner with their family most of the time or always.

Source: HYS 2002, 2004, 2006, 2008, 2010, 2012, 2014, 2016, 2018, 2021, and 2023.

Drinking Sweetened Beverages Daily

In 2023, 19 percent of Grade 8 students, 20 percent of Grade 10 students, and 25 percent of Grade 12 students reported drinking sweetened beverages once or more a day.

Drinking sugar-sweetened beverages can replace other nutrient dense foods needed for growth and development during adolescence. Sugar-sweetened beverages are also associated with increased risk of dental caries, insulin resistance, and higher overall caffeine intake. (Bleich, 2018)

Differences by grade level:

- Grade 12 students were more likely than Grade 8 and 10 students to report drinking sweetened beverages once or more per day.

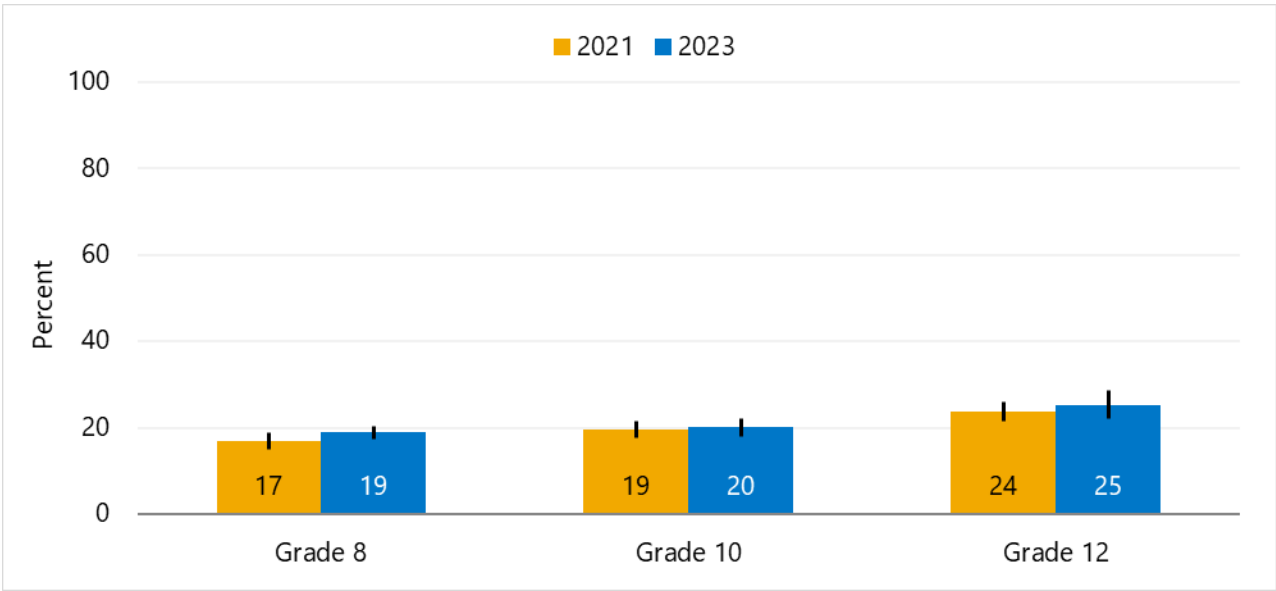
Differences by sex assigned at birth:

- There were no differences in drinking sweetened beverages once or more a day by sex assigned at birth.

Differences over time:

- There were no changes in drinking sweetened beverages once or more a day from 2021 to 2023.

Drinking Sweetened Beverages Daily, Grades 8, 10, and 12, 2021-2023



Grade	2021	2023
8th Grade	16.9 ±-1.0	18.8 ±-0.8
10th Grade	19.5 ±-1.0	20.0 ±-1.1
12th Grade	23.7 ±-1.2	25.3 ±-1.6

Survey Questions:

- *Drinking daily: During the past 7 days, how many times did you drink sugar-sweetened drinks like soda, sports drinks, energy drinks, coffee drinks, tea drinks, or other flavored sugar-sweetened drinks? Do not include diet, sugar-free or drinks with artificial sweetener.*
- *Drinking at school: During the past 7 days, how many times did you drink sugar-sweetened drinks like soda, sports drinks, energy drinks, coffee drinks, tea drinks, or other flavored sugar-sweetened drinks at school (including any after-school and weekend activities)? Do not include diet, sugar-free or drinks with artificial sweetener.*
- *Purchasing at school: During the past 7 days, where did you usually get the soda or other sugar-sweetened drinks that you drank at school? Choose only one answer.*

Note.

- *Percentages represent students who reported that they consumed one or more sweetened beverages daily.*
- *The question about drinking sugar-sweetened beverages changed in 2021 and is not comparable to previous years.*

Source: HYS 2021 and 2023.

Food Insecurity

In 2023, 7 percent of Grade 8 students, 9 percent of Grade 10 students, and 11 percent of Grade 12 students reported food insecurity.

Food insecurity has a substantial impact on children's current and future health. According to a 2020 review, food insecurity increases the risk of school absenteeism and poor school outcomes, as well as increasing children's risk of developing various chronic diseases. (Pai, S., & Bahadur, K. 2020)

Differences by grade level:

- Grade 10 and 12 students were more likely than Grade 8 students to report having to cut meal size or skip meals.

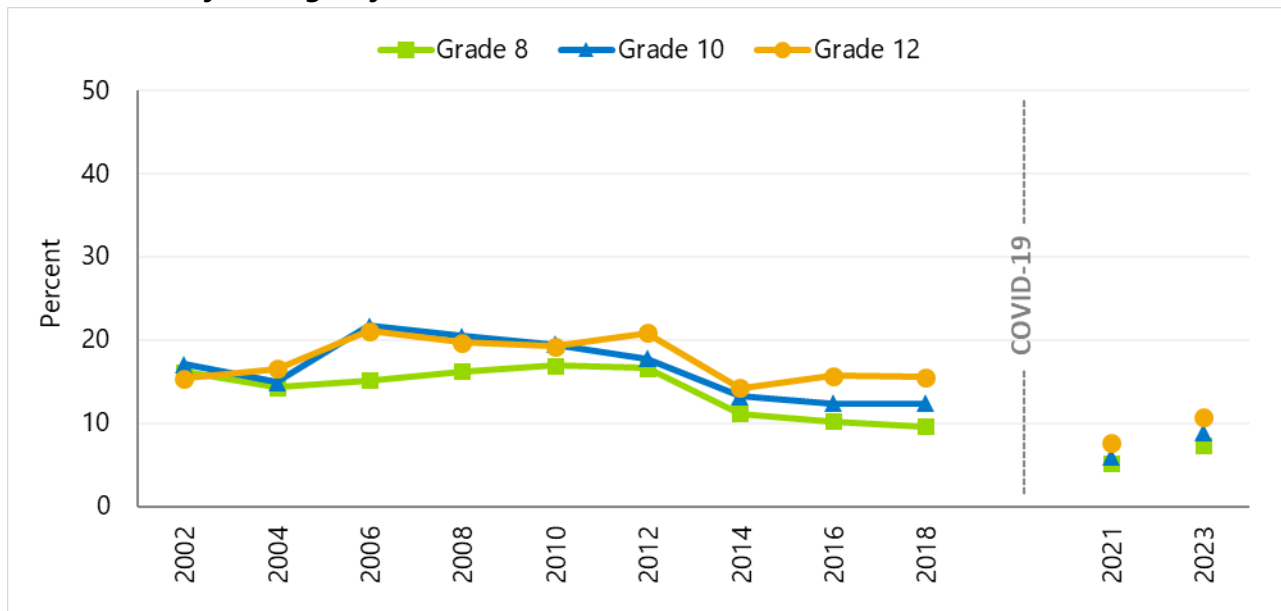
Differences by sex assigned at birth:

- Grade 8 and 10 females were more likely than males to report having to cut meal size or skip meals.

Differences over time:

- Among Grade 8, 10, and 12 students, there were increases in having to cut meal size or skip meals for any grade from 2021 to 2023.
- Among Grade 8 and 10 students, there were decreasing trends in having to cut meal size or skip meals from 2002 through 2018.

Food Insecurity During Any Months in the Past Year, Grades 8, 10, and 12, 2002-2023



Grade	2002	2004	2006	2008	2010	2012	2014	2016	2018	2021	2023
Grade 8	16.2 ± 2.3	14.3 ± 1.4	15.2 ± 2.6	16.2 ± 1.8	16.9 ± 1.8	16.6 ± 1.6	11.1 ± 1.3	10.3 ± 1.3	9.6 ± 1.0	5.2 ± 0.7	7.4 ± 1.0
Grade 10	17.1 ± 3.2	14.9 ± 2.2	21.7 ± 2.8	20.5 ± 1.9	19.5 ± 4.2	17.8 ± 1.9	13.2 ± 1.5	12.4 ± 1.2	12.4 ± 1.4	5.9 ± 1.0	8.9 ± 1.1
Grade 12	15.4 ± 2.1	16.5 ± 2.7	21.1 ± 2.9	19.7 ± 2.2	19.3 ± 2.5	20.9 ± 3.5	14.2 ± 2.0	15.7 ± 1.8	15.6 ± 1.6	7.6 ± 1.4	10.8 ± 1.6

Survey Question: How often in the past 12 months did you or your family have to cut meal size or skip meals because there wasn't enough money for food?

Notes:

- Percentages represent students who reported that their family cut meal size or skipped meals during any months in the past year due to lack of money for food.

Source: HYS 2002, 2004, 2006, 2008, 2010, 2012, 2014, 2016, 2018, 2021, and 2023.

Health Status and Health Care

Asthma

Lifetime Asthma

Lifetime asthma includes anyone who has ever been told by a doctor or nurse that they have asthma. In 2023, 10 percent of Grade 6 students, 13 percent of Grade 8 students, 17 percent of Grade 10 students, and 17 percent of Grade 12 students reported that they had been told they have asthma.

Differences by grade level:

- Grade 8, 10 and 12 students were more likely than Grade 6 students, and Grade 10 and 12 students were more likely than Grade 8 students to have been diagnosed with asthma in their lifetime.

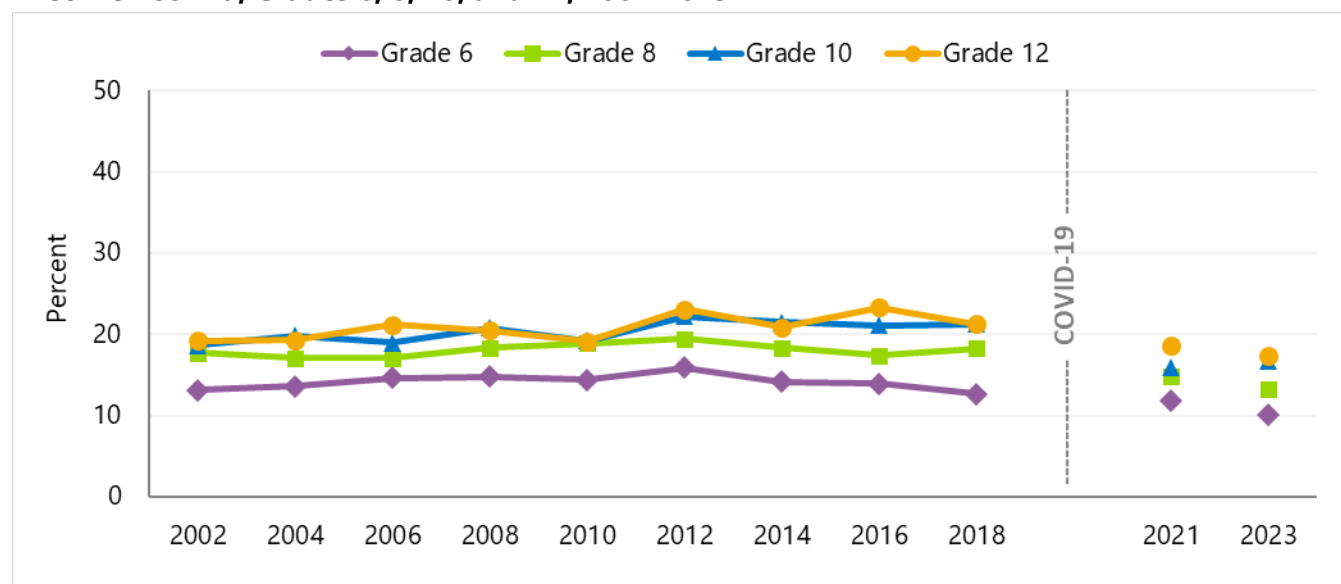
Differences by sex assigned at birth:

- Grade 6 males were more likely than females to have been diagnosed with asthma in their lifetime.

Differences over time:

- Among Grade 6 and 8 students, there were decreases in having been diagnosed with asthma in their lifetime from 2021 to 2023.
- Among Grade 10 students, there was an increase in having been diagnosed with asthma in their lifetime from 2002 through 2018.

Lifetime Asthma, Grades 6, 8, 10, and 12, 2002-2023



Grade	2002	2004	2006	2008	2010	2012	2014	2016	2018	2021	2023
Grade 6	13.2 ± 1.1	13.6 ± 0.9	14.7 ± 0.7	14.8 ± 0.8	14.4 ± 0.8	15.9 ± 0.9	14.1 ± 0.9	14.0 ± 0.8	12.7 ± 0.7	11.8 ± 0.9	10.1 ± 0.8
Grade 8	17.7 ± 1.5	17.1 ± 1.2	17.1 ± 1.3	18.3 ± 1.2	18.9 ± 1.2	19.5 ± 1.2	18.4 ± 1.1	17.4 ± 1.2	18.3 ± 1.3	14.8 ± 1.0	13.2 ± 1.1

Grade	2002	2004	2006	2008	2010	2012	2014	2016	2018	2021	2023
Grade 10	18.7 ±1.5	19.9 ±1.6	19.0 ±1.6	20.8 ±1.5	19.2 ±1.4	22.2 ±1.7	21.5 ±1.3	21.1 ±1.2	21.3 ±1.4	16.0 ±1.4	16.7 ±1.5
Grade 12	19.3 ±1.8	19.3 ±1.7	21.2 ±2.0	20.5 ±1.9	19.1 ±1.5	23.1 ±1.6	20.9 ±1.4	23.4 ±1.3	21.3 ±1.5	18.6 ±1.5	17.4 ±1.6

Survey Question: Has a doctor or nurse ever told you that you have asthma?

Note. Percentages represent students who reported that they were ever told they had asthma by a doctor or nurse in their life.

Source: HYS 2002, 2004, 2006, 2008, 2010, 2012, 2014, 2016, 2018, 2021, and 2023.

Current Asthma

Current asthma includes anyone who had ever been told they have asthma by a doctor or a nurse and also reports that they still have asthma. In 2023, 6 percent of Grade 6, 8 percent of Grade 8 students, 9 percent of Grade 10 students, and 9 percent of Grade 12 students reported that they were told they had asthma and that they still have asthma.

Differences by grade level:

- Grade 8, 10, and 12 students were more likely than Grade 6 students to report having current asthma.

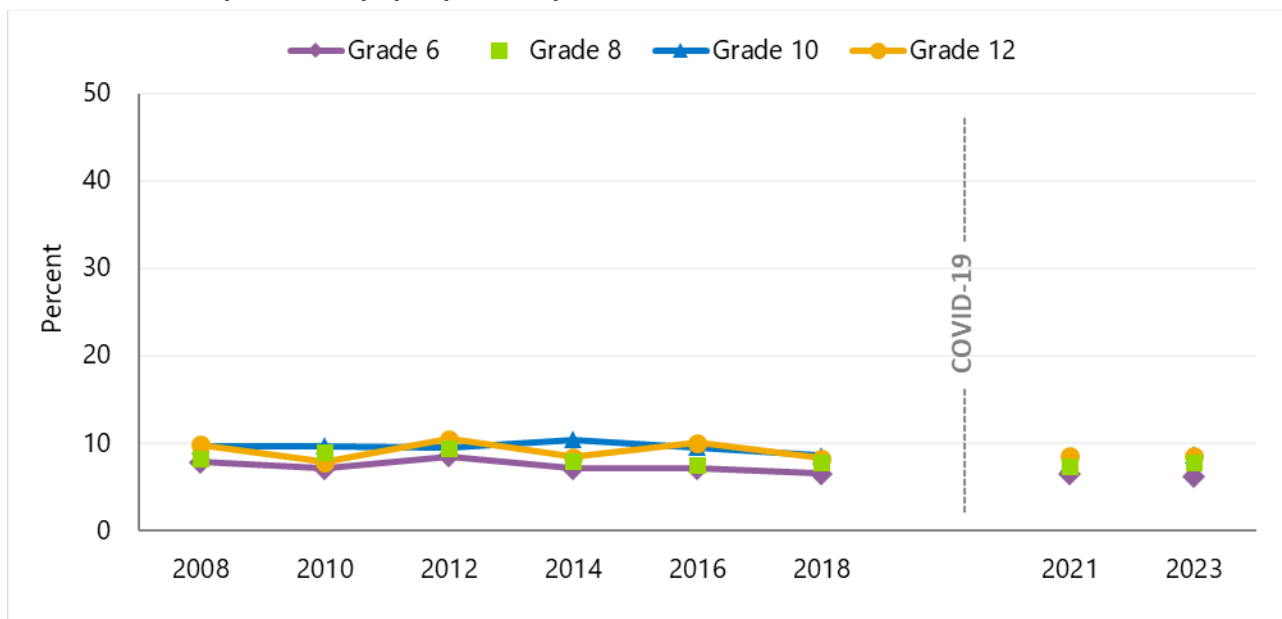
Differences by sex assigned at birth:

- Grade 10 and 12 females were more likely than males to report having current asthma.

Differences over time:

- There were no changes in having current asthma from 2021 to 2023.
- There were no trends in having current asthma for any grade from 2002 through 2018.

Current Asthma, Grades 6, 8, 10, and 12, 2008-2023



Grade	2008	2010	2012	2014	2016	2018	2021	2023
Grade 6	7.8 ±0.6	7.1 ±0.6	8.5 ±0.7	7.1 ±0.7	7.1 ±0.6	6.6 ±0.6	6.6 ±0.7	6.3 ±0.6
Grade 8	8.2 ±0.9	9.0 ±0.8	9.4 ±0.9	8.0 ±0.8	7.5 ±0.7	7.8 ±1.0	7.4 ±0.8	7.9 ±0.8

Grade	2008	2010	2012	2014	2016	2018	2021	2023
Grade 10	9.7 ±1.1	9.7 ±1.1	9.4 ±1.0	10.4 ±1.0	9.5 ±0.8	8.6 ±0.8	7.8 ±0.9	8.6 ±1.0
Grade 12	9.9 ±1.4	7.9 ±1.0	10.5 ±1.1	8.4 ±0.8	10.1 ±1.4	8.3 ±1.1	8.5 ±1.0	8.5 ±1.4

Survey Questions:

- *Has a doctor or nurse ever told you that you have asthma?*
- *Do you still have asthma?*

Notes:

- *Percentages represent students who reported that they were ever told by a doctor they had asthma and still have asthma.*
- *The definition of current asthma changed in 2008, so previous results for current asthma are not comparable. In the past, current asthma was defined as being diagnosed by a doctor and having an asthma attack in the past year.*

Source: HYS 2008, 2010, 2012, 2014, 2016, 2018, 2021, and 2023.

Access to Care

Access to a Dentist

Access to dental care is an important component of being a healthy adolescent and adult. In 2023, 77 percent of Grade 8 students, 79 percent of Grade 10 students, and 77 percent of Grade 12 students had seen a dentist in the past 12 months.

Differences by grade level:

- There were no differences in having seen a dentist in the past year by grade.

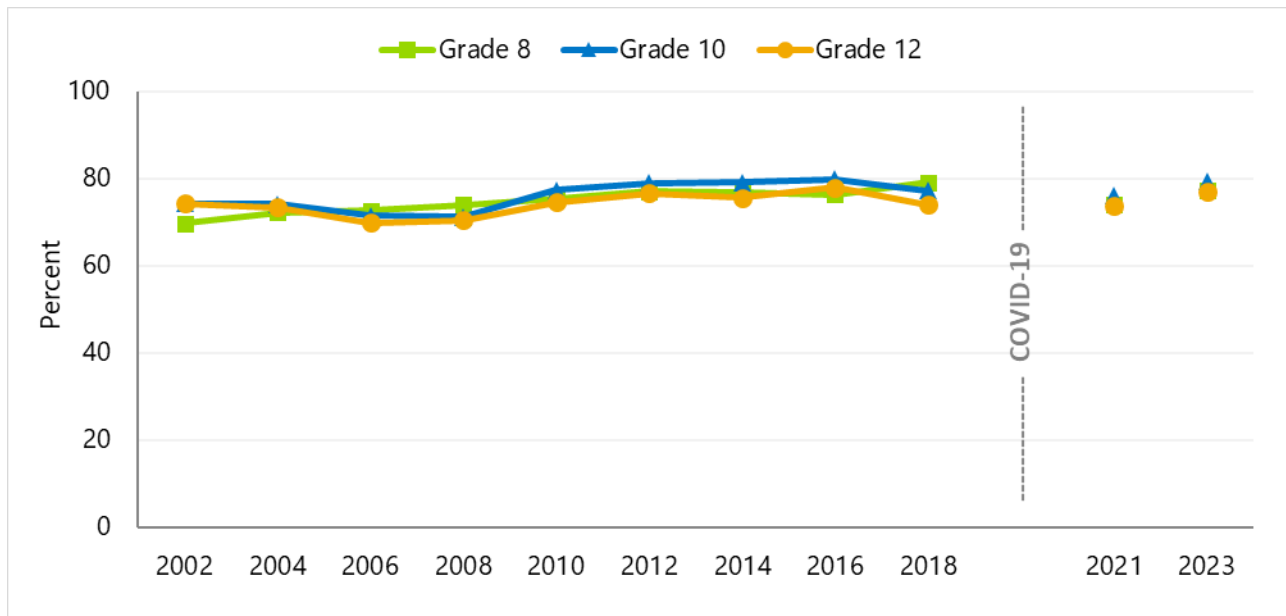
Differences by sex assigned at birth:

- There were no differences in having seen a dentist in the past year by sex assigned at birth.

Differences over time:

- Among Grade 8 students, there was an increase in seeing a dentist in the past year from 2021 to 2023.
- Among Grade 8 and 10 students, there were increases in seeing a dentist in the past year from 2002 through 2014.

Student Access to a Dentist in Past Year, Grade 8, 10, and 12, 2002-2023



Grade	2002	2004	2006	2008	2010	2012	2014	2016	2018	2021	2023
Grade 8	69.6 ± 3.0	72.2 ± 2.7	72.6 ± 3.0	73.9 ± 2.6	75.3 ± 2.3	77.0 ± 2.0	76.9 ± 2.3	76.3 ± 2.7	79.0 ± 2.3	73.9 ± 2.3	77.1 ± 2.1
Grade 10	74.3 ± 2.3	74.1 ± 2.6	71.5 ± 2.7	71.1 ± 2.6	77.3 ± 2.6	78.9 ± 2.1	79.1 ± 2.4	79.8 ± 1.8	77.2 ± 2.3	76.2 ± 2.7	79.4 ± 2.4
Grade 12	74.2 ± 2.3	73.3 ± 2.6	69.9 ± 2.5	70.5 ± 2.6	74.5 ± 2.2	76.6 ± 2.4	75.5 ± 2.5	77.8 ± 2.7	74.0 ± 2.6	73.8 ± 2.7	77.1 ± 2.7

Survey Question: When was the last time you saw a dentist for a check-up, exam, teeth cleaning, or other dental work?

Note:

- Percentages represent students who reported they saw a dentist in the past year.
- Students who reported "not sure" were not included in the results.

Source: HYS 2002, 2004, 2006, 2008, 2010, 2012, 2014, 2016, 2018, 2021, and 2023.

Access to a Doctor

In 2023, 65 percent of Grade 8 students, 67 percent of Grade 10 students, and 64 percent of Grade 12 students had seen a doctor in the past 12 months.

Differences by grade level:

- There were no differences in having seen a doctor in the past year by grade.

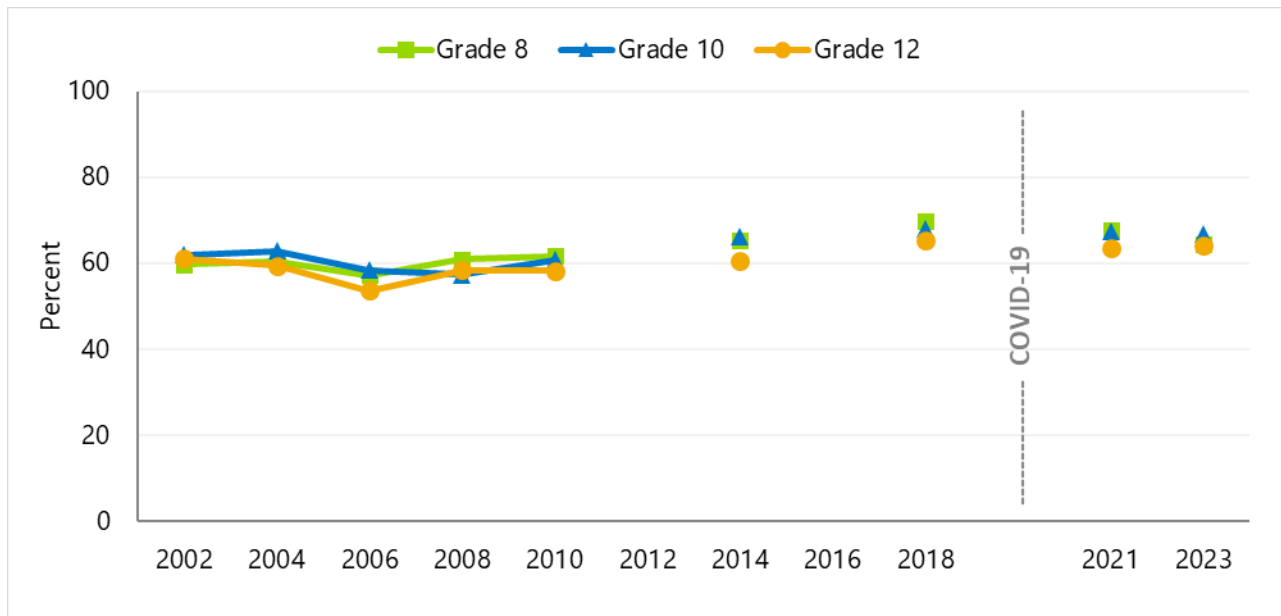
Differences by sex assigned at birth:

- Grade 12 females were more likely than males to have seen a doctor in the past year.

Differences over time:

- There were no changes in having seen a doctor in the past year from 2021 to 2023.
- Among Grade 8 students, there was an increase in having seen a doctor in the past year from 2002 through 2018.
- Among Grade 12 students, there was an increase in having seen a doctor in the past year from 2006 through 2018.

Student Access to a Doctor in Past Year, Grades 8, 10, and 12, 2002-2023



Grade	2002	2004	2006	2008	2010	2012	2014	2016	2018	2021	2023
Grade 8	59.8 ±2.5	60.4 ±2.2	57.3 ±2.5	61.0 ±2.3	61.6 ±2.1	NA	65.2 ±2.6	NA	69.9 ±2.2	67.7 ±2.7	64.5 ±2.5
Grade 10	62.0 ±3.1	62.9 ±2.5	58.4 ±2.3	57.4 ±2.3	60.7 ±3.0	NA	66.1 ±2.0	NA	68.1 ±2.3	67.4 ±2.5	66.7 ±2.1
Grade 12	61.1 ±3.2	59.5 ±2.3	53.7 ±1.9	58.4 ±1.7	58.2 ±2.4	NA	60.6 ±2.3	NA	65.3 ±1.9	63.5 ±2.1	64.0 ±2.5

Survey Question: When was the last time you saw a doctor or health care provider for a check-up or physical exam when you were not sick or injured?

Note:

- Percentages represent students who reported they saw a doctor in the past year.
- Students who reported "not sure" were not included in the results.

Source: HYS 2002, 2004, 2006, 2008, 2010, 2014, 2018, 2021, and 2023. Question was not asked in 2012 or in 2016.

Depressive Feelings

Students were asked, “During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?” Although this question is not sufficient to diagnose depression, it can be used as a surrogate measure for experiencing symptoms of depression (Merikangas, 2009).

In 2023, 27 percent of Grade 8 students, 30 percent of Grade 10 students, and 32 percent of Grade 12 students reported experiencing depressive feelings during the past year.

Differences by grade level:

- Grade 12 students were more likely than Grade 8 students to experience depressive feelings.

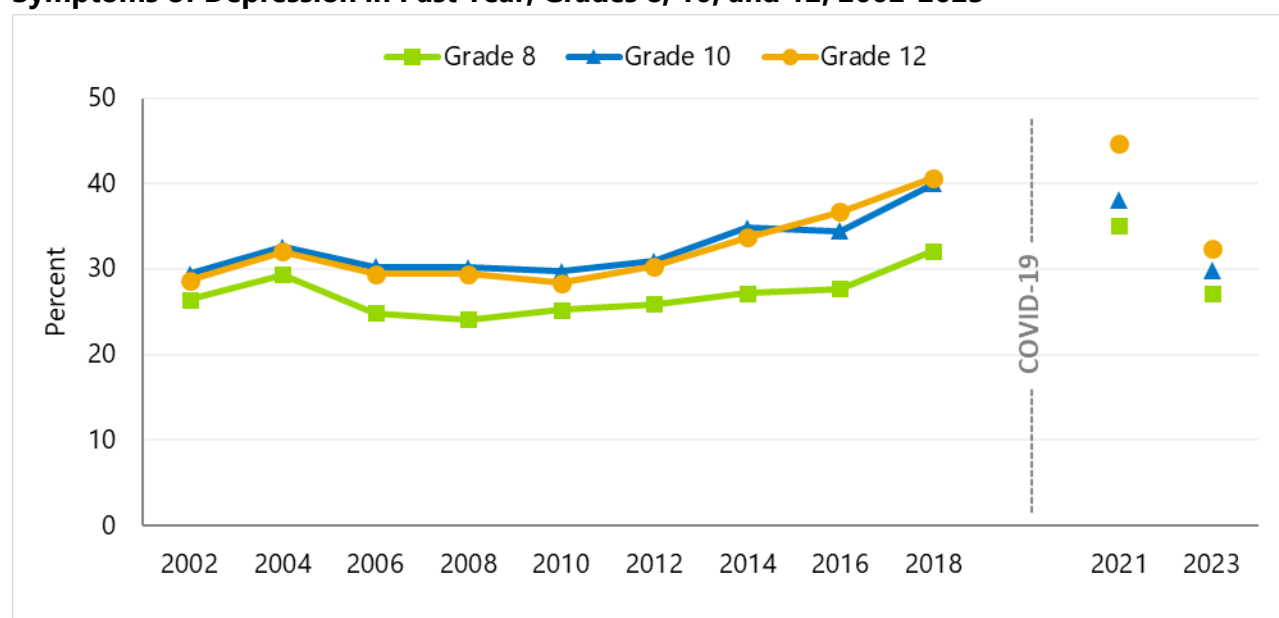
Differences by sex assigned at birth:

- Grade 8, 10, and 12 females were more likely than males to experience depressive feelings.

Differences over time:

- Among Grade 8, 10, and 12 students, there were decreases in experiencing depressive feelings from 2021 to 2023.
- Among Grade 10 and 12 students, there were increases in experiencing depressive feelings from 2002 through 2018.

Symptoms of Depression in Past Year, Grades 8, 10, and 12, 2002-2023



Grade	2002	2004	2006	2008	2010	2012	2014	2016	2018	2021	2023
Grade 8	26.5 ± 1.7	29.4 ± 1.6	24.8 ± 1.7	24.2 ± 1.6	25.2 ± 1.3	25.9 ± 1.5	27.2 ± 1.9	27.7 ± 1.5	32.2 ± 1.8	35.0 ± 2.0	27.1 ± 2.0

Grade	2002	2004	2006	2008	2010	2012	2014	2016	2018	2021	2023
Grade 10	29.5 ±1.2	32.6 ±1.4	30.3 ±1.3	30.2 ±1.7	29.8 ±1.3	30.9 ±1.2	34.9 ±2.0	34.5 ±1.5	40.0 ±1.8	38.1 ±1.7	29.9 ±3.2
Grade 12	28.7 ±2.0	32.0 ±1.3	29.5 ±1.4	29.4 ±1.9	28.4 ±1.4	30.4 ±1.6	33.7 ±2.0	36.7 ±1.9	40.7 ±2.3	44.7 ±2.3	32.4 ±2.9

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

Note: Percentages represent students who reported that, yes, they felt sad or hopeless for two weeks or more in the past year.

Source: HYS 2002, 2004, 2006, 2008, 2010, 2012, 2014, 2016, 2018, 2021, and 2023.

Anxiety

Students were asked two questions about anxiety: How often over the last 2 weeks were you bothered by 1) feeling nervous, anxious or on edge, and 2) not being able to stop or control worrying. These questions form the Generalized Anxiety Disorder (GAD)-2 scale. When added together as a 0-6 scale, a cutoff of 3 has been found to have acceptable properties in screening for GAD (Plummer, Manea, Trepel, and McMillan 2016). While this is not sufficient to diagnose an anxiety disorder among youth responding to the HYS, it can be used as an indicator of students experiencing a high level of anxiety.

In 2023, 27 percent of Grade 8 students, 31 percent of Grades 10 students, and 35 percent of Grade 12 students reported experiencing high levels of anxiety in the past two weeks.

Differences by grade level:

- Among Grade 8, 10, and 12 students, as grade levels increase, each grade was more likely to report experiencing high levels of anxiety in the past two weeks.

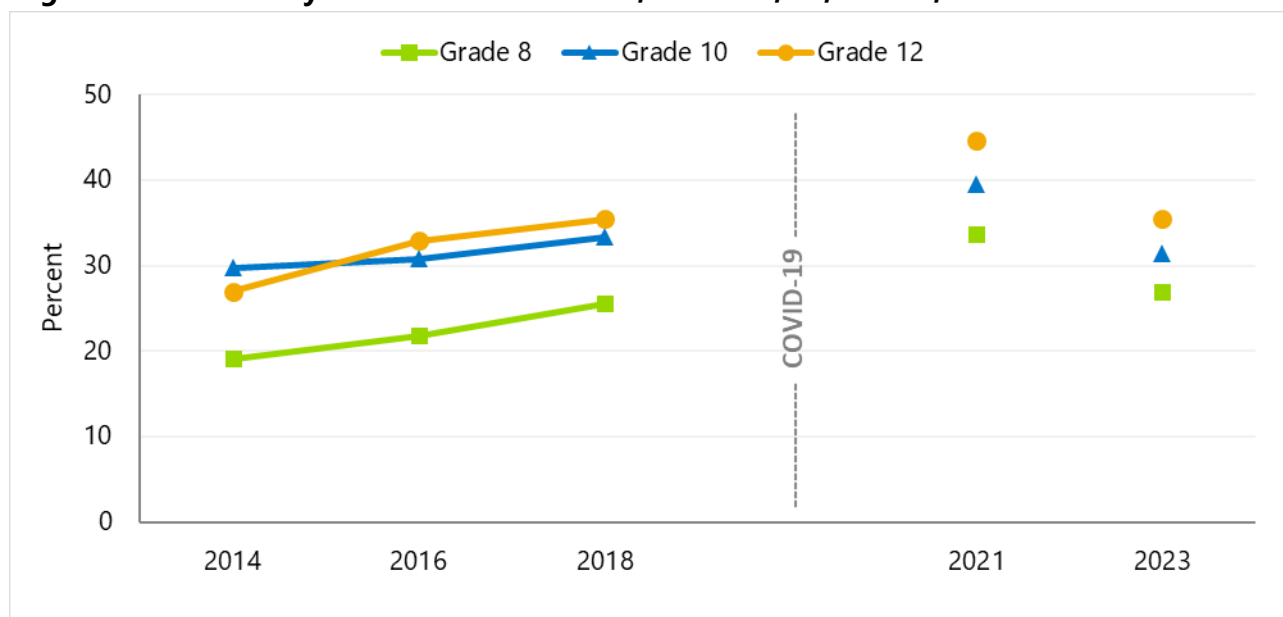
Differences by sex assigned at birth:

- Grade 8, 10, and 12 females were more likely than males to experience high levels of anxiety in the past two weeks.

Differences over time:

- Among Grade 8, 10, and 12 students, there were decreases in experiencing high levels of anxiety in the past two weeks from 2021 to 2023.

High Levels of Anxiety in the Past Two Weeks, Grades 8, 10, and 12, 2014-2023



Grade	2014	2016	2018	2021	2023
Grade 8	19.1 ± 1.1	21.8 ± 1.2	25.5 ± 1.1	33.8 ± 1.6	26.9 ± 1.5
Grade 10	29.7 ± 1.6	30.8 ± 1.3	33.3 ± 1.5	39.5 ± 1.9	31.5 ± 2.0
Grade 12	27.0 ± 1.2	32.9 ± 1.7	35.4 ± 1.5	44.6 ± 1.8	35.5 ± 2.1

Survey Questions:

- How often over the last 2 weeks were you bothered by: Feeling nervous, anxious or on edge?
- How often over the last 2 weeks were you bothered by: Not being able to stop or control worrying?

Note: Percentages represent students who reported that, they were feeling nervous or unable to stop worrying on at least several days and feeling nervous or unable to stop worrying on at least more than half of the days in the past two weeks, or that they were experiencing one of these concerns nearly every day.

Source: HYS 2014, 2016, 2018, 2021, and 2023.

Children's Hope Scale

Hope reflects a future orientated mindset and motivational process by which an individual has an expectation toward attaining a desirable goal. Research has linked hope with overall physical, psychological, and social well-being. The Children's Hope Scale is an assessment which measures the ability to initiate and sustain action towards goals (also known as pathways thinking) and the ability to find a way to carry out goals (i.e. agency thinking).

The Children's Hope Scale uses a six-point response scale with "none of the time" equating to the lowest value of one, and "all of the time" equating to the highest value of six. Adding the response values for pathway questions will provide a pathway score ranging from 2-12; higher scores reflect higher pathways thinking. Adding the response values for agency questions will provide an agency score ranging from 2-12; higher scores reflect higher agency thinking. Adding pathway and agency scores will provide an overall hope score (i.e., level of hope). Scores of 4-8 indicate no to very low hope, 9-12 indicate slightly hopeful, 13-16 indicate moderately hopeful, and 17-24 indicates highly hopeful.

In 2023, 44 percent of Grade 6 students, 42 percent of Grade 8 students, 43 percent of Grade 10 students, and 43 percent of Grade 12 students reported being “highly hopeful”.

Differences by grade level:

- There were no differences in reporting being highly hopeful by grade level.

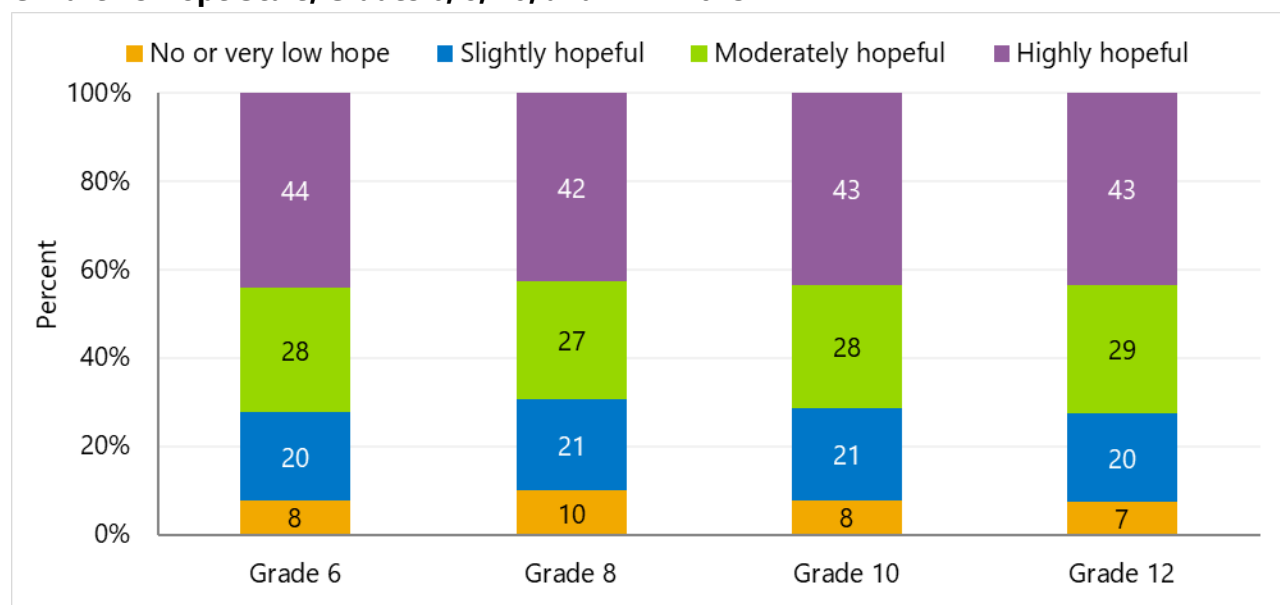
Differences by sex assigned at birth:

- Grade 6, 8, 10, and 12 males were more likely than females to report being highly hopeful.

Differences over time:

- There were no changes in experiencing being highly hopeful from 2021 to 2023.

Children’s Hope Scale, Grades 6, 8, 10, and 12 in 2023



Measure	Grade 6	Grade 8	Grade 10	Grade 12
No or very low hope	7.8 ±1.2	10.0 ±1.1	7.8 ±1.2	7.4 ±1.1
Slightly hopeful	20.0 ±1.6	20.7 ±1.2	21.0 ±1.8	20.1 ±1.7
Moderately hopeful	28.2 ±0.9	26.8 ±1.2	27.9 ±1.3	29.0 ±1.5
Highly hopeful	44.0 ±2.8	42.5 ±2.6	43.4 ±2.8	43.4 ±3.0

Survey Questions:

- I can think of many ways to get the things in life that are most important to me.*
- I am doing just as well as other kids my age*
- When I have a problem, I can come up with lots of ways to solve it.*
- I think the things I have done in the past will help me in the future.*

Note: Percentages represent students who answered all four Hope Scale questions. Scores of 4-8 indicate no to very low hope, 9-12 indicate slightly hopeful, 13-16 indicate moderately hopeful, and 17-24 indicates highly hopeful.

Source: HYS 2023.

Suicide

Suicide attempts and suicide ideation are associated with adverse childhood experiences (ACEs), a recent or serious loss (including divorce of parents or breakup with significant other), substance use disorders, struggling with sexual orientation, lack of social support, and stigma around help-seeking (Child Mind Institute, 2024). Prior suicide attempts increase risk for another suicide attempt. Loss of a loved one to suicide or family history of suicide also increases an individual's risk.

Key protective factors include problem-solving and conflict resolution skills, strong social connections, restricted access to highly lethal means of suicide, and access to evidence-based clinical interventions. In a research study, youth hospitalized for suicide risk chose four caring adults in their lives who then received suicide education (King, et.al, 2019). Empowering a youth's adult support network as part of a safety plan is a promising strategy.

In 2023, students reported the following suicide-related behaviors:

- Seriously considered attempting suicide in the past year: 15 percent of Grade 8, Grade 10, and Grade 12 students.
- Made a plan about how to attempt suicide in the past year: 13 percent of Grade 8 students and 12 percent of Grade 10 students and Grade 12 students.
- Attempted suicide: 9 percent of Grade 8 students, 7 percent of Grade 10 students, and 6 percent of Grade 12 students.
- Felt they did not have an adult to turn to for help when feeling sad or hopeless: 11 percent of Grade 6 and Grade 8 students, 12 percent of Grade 10 students, and 13 percent of Grade 12 students.

Differences by grade level:

- Grade 8 students were more likely than Grade 10 and Grade 12 students to have attempted suicide in the past year.

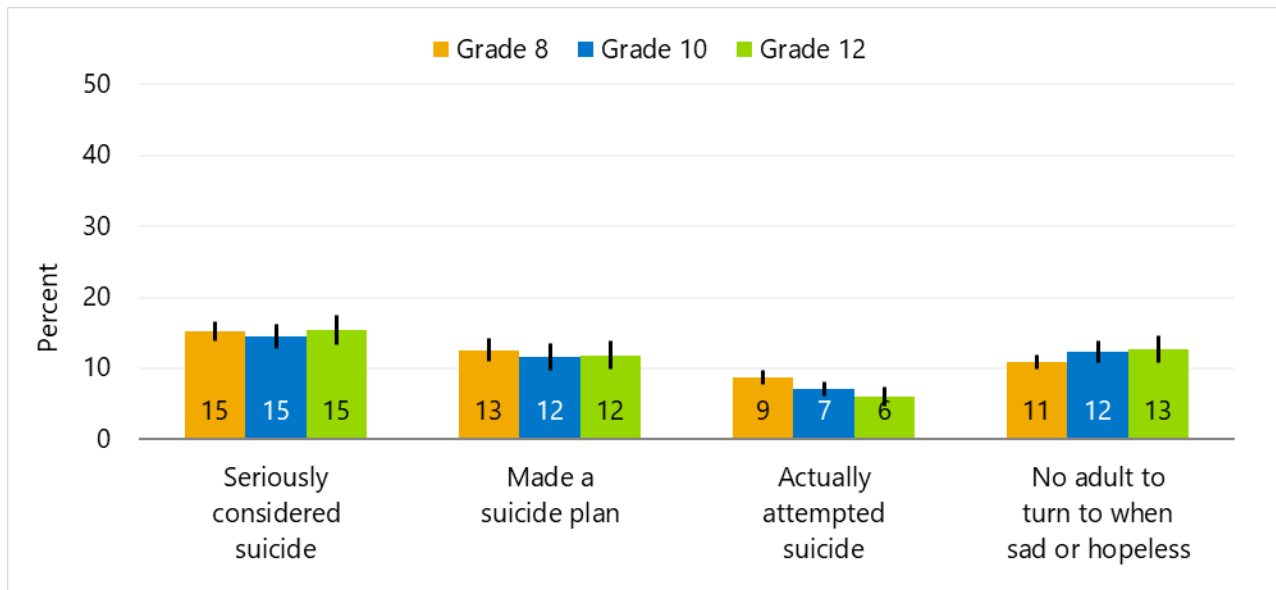
Differences by sex assigned at birth:

- Grade 8, 10, and 12 females were more likely than males to report seriously considering suicide, making a plan about how to attempt suicide, and to have made a suicide attempt in the past year.
- Grade 8 and 10 females were more likely than males to report that they felt they didn't have an adult to turn to for when feeling sad or hopeless.

Differences over time:

- Among Grade 8, 10, and 12 students, there were decreases in seriously considering suicide and making a plan about how to attempt suicide in the past year from 2021 to 2023.
- Among Grade 8 and 10 students, there were decrease in feeling like they did not have an adult to turn to when feeling sad or hopeless from 2021 to 2023.

Suicide-Related Behaviors, Grades 8, 10, and 12 in 2023



Measure	Grade 8	Grade 10	Grade 12
Seriously considered suicide	15.2 ±1.4	14.5 ±1.7	15.3 ±2.1
Made a suicide plan	12.6 ±1.7	11.6 ±1.9	11.8 ±2.0
Actually attempted suicide	8.7 ±1.0	7.1 ±1.0	6.0 ±1.3
No adult to turn to when sad or hopeless	10.9 ±1.0	12.3 ±1.5	12.8 ±1.9

Survey Questions:

- During the past 12 months, did you ever seriously consider attempting suicide?
- During the past 12 months, did you make a plan about how you would attempt suicide?
- During the past 12 months, how many times did you actually attempt suicide?
- When you feel sad or hopeless, are there adults that you can turn to for help?

Notes:

- Percentages represent students who seriously considered suicide, who made a plan to attempt suicide, or who attempted suicide any time in the past 12 months.
- Percentages for “no adult to turn to when sad or hopeless” represent students who said “no”.

Source: HYS 2023.

Suicide Attempts

The Healthy People 2030 objective is to reduce the percentage of adolescents in grades 9 through 12 who attempt suicide from 8.9 percent to 1.8 percent (Healthy People 2030).

In 2023, 9 percent of Grade 8 students, 7 percent of Grade 10 students, and 6 percent of Grade 12 students reported making a suicide attempt in the past year.

Differences by grade level:

- Grade 8 students were more likely than Grade 10 and Grade 12 students to have attempted suicide in the past year.

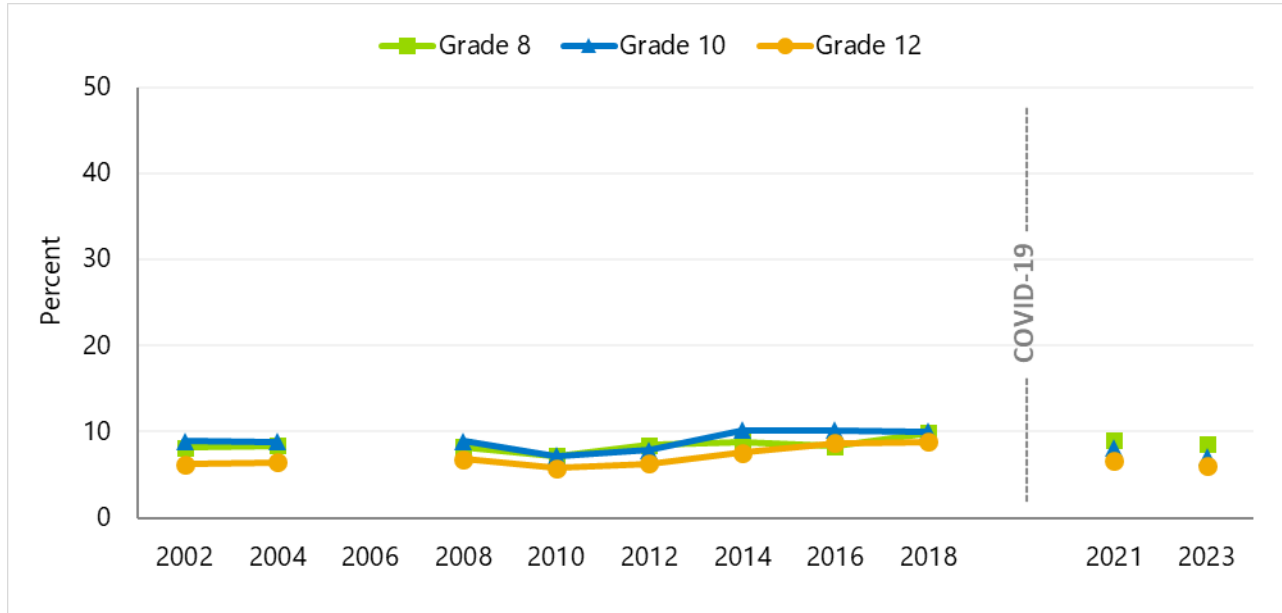
Differences by sex assigned at birth:

- Grade 8, 10, and 12 females were more likely than males to have attempted suicide in the past year.

Differences over time:

- There were no changes in attempting suicide in the past 12 months from 2021 to 2023.
- Among Grade 12 students, there was an increase in attempting suicide in the past 12 months from 2002 through 2018.

Students Who Attempted Suicide, Grades 8, 10, and 12, 2002-2023



Grade	2002	2004	2006	2008	2010	2012	2014	2016	2018	2021	2023
Grade 8	8.2 ±1.2	8.4 ±0.8	NA	8.2 ±1.0	7.2 ±0.8	8.4 ±0.9	8.9 ±1.1	8.3 ±1.0	9.9 ±1.0	9.1 ±1.3	8.7 ±1.0
Grade 10	8.9 ±1.2	8.9 ±0.8	NA	8.9 ±1.1	7.2 ±0.9	7.8 ±1.0	10.2 ±1.1	10.2 ±1.1	10.0 ±1.1	8.2 ±0.9	7.1 ±1.0
Grade 12	6.2 ±1.1	6.4 ±1.0	NA	6.8 ±1.0	5.8 ±1.1	6.3 ±1.0	7.6 ±1.0	8.7 ±1.1	8.8 ±1.1	6.7 ±1.1	6.0 ±1.3

Survey Question: During the past 12 months, how many times did you actually attempt suicide?

Notes:

- Percentages represent students who reported attempted suicide any time in the past 12 months.
- In 2006, the survey response options were changed from the number of times of attempted suicide to "yes" or "no" attempted suicide. 2006 survey results are not reported.

Source: HYS 2002, 2004, 2008, 2010, 2012, 2014, 2016, 2018, 2021, and 2023.

Physical, Emotional and Sexual Abuse

Physical, Emotional and Sexual Abuse

Intimate partner violence and sexual violence are serious, preventable public health issues that often begin in adolescence and affect every community in our state. Intimate partner violence experienced in adolescence is often referred to as teen dating violence (TDV).

Sexual violence can occur in any type of relationship or be perpetrated by a stranger. Most perpetrators of sexual violence are known to their victims, but the type of relationship varies. For example, acts of sexual violence are often perpetrated by acquaintances, intimate partners, or family members (CDC, 2020).

Intimate partner and sexual violence are associated with several risk factors and other forms of violence. Research shows that 1) children who are exposed to intimate partner violence between their parents or caregivers are more likely to experience intimate partner violence later in life and 2) youth who experience teen dating violence are at greater risk for suicidal ideation (Niolon, 2016). Additionally, victims of sexual violence have a higher prevalence of other health conditions, including asthma, frequent headaches, chronic pain, and difficulty sleeping (CDC, 2022).

Intimate partner violence and sexual violence are harmful to survivors, families, and communities. The effects of intimate partner violence and sexual violence can be long lasting, and negatively affect a person's quality of life physically, psychologically, and socially (Basile, 2016).

Witnessing Physical Abuse

In 2023, 22 percent of Grade 8 students, and 24 percent of Grade 10 students, and 26 percent Grade 12 students reported they'd seen an adult hurt another adult more than once.

Differences by grade level:

- There were no differences in seeing an adult hurt another adult more than once by grade level.

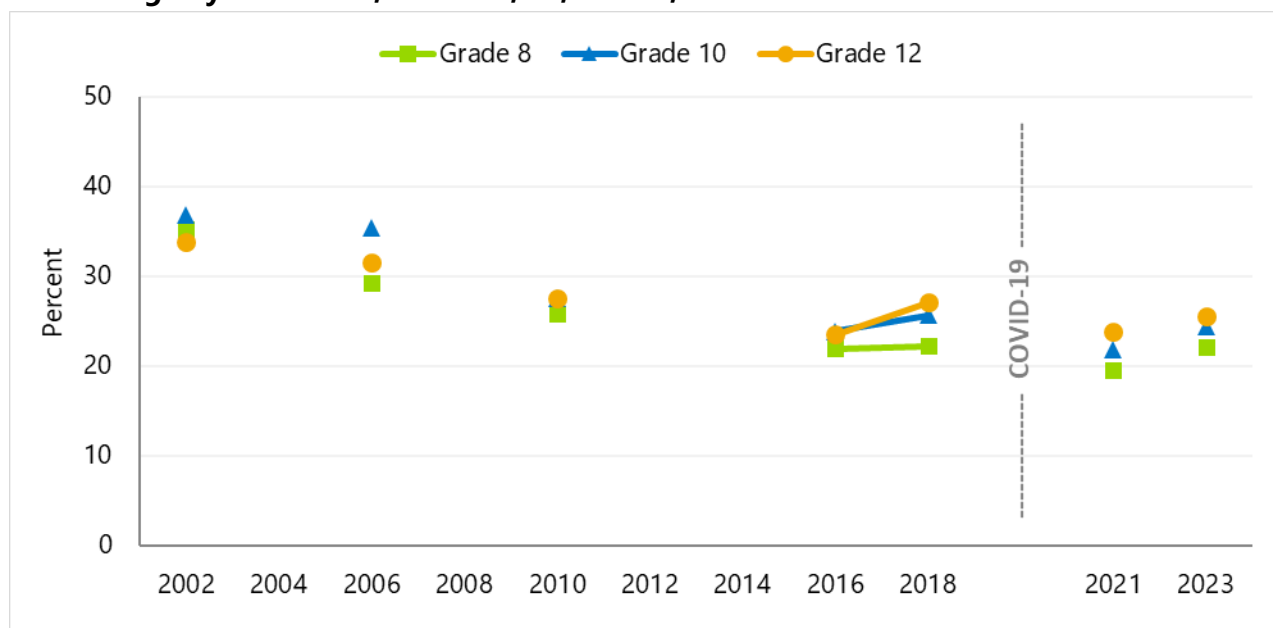
Differences by sex assigned at birth:

- Grade 8 females were more likely than males to have seen an adult hurt another adult more than once.

Differences over time:

- There were no changes in seeing an adult hurt another adult from 2021 to 2023.
- Among Grade 8 and 10 students, there were decreases seeing an adult hurt another adult from 2002 through 2018.

Witnessing Physical Abuse, Grades 8, 10, and 12, 2002-2023



Grade	2002	2004	2006	2008	2010	2012	2014	2016	2018	2021	2023
Grade 8	35.2 ± 3.0	NA	29.3 ± 2.9	NA	25.8 ± 2.0	NA	NA	22.0 ± 1.7	22.3 ± 1.7	19.6 ± 2.1	22.1 ± 1.6
Grade 10	36.9 ± 2.3	NA	35.5 ± 2.0	NA	27.6 ± 2.1	NA	NA	23.9 ± 1.5	25.7 ± 1.5	21.8 ± 2.0	24.5 ± 2.6
Grade 12	33.9 ± 3.5	NA	31.6 ± 2.1	NA	27.6 ± 2.3	NA	NA	23.6 ± 1.5	27.1 ± 2.0	23.8 ± 2.3	25.5 ± 3.1

Survey Question: Not counting TV, movies, video games, and sporting events, have you seen an adult hit, slap, punch, shove, kick, or otherwise physically hurt another adult more than one time?

Note: Percentages represent students who reported "yes" they had seen an adult hurt another adult.

Source: HYS 2002, 2006, 2010, 2016, 2018, 2021, and 2023. Question was not asked in 2008, 2012, and 2014.

Experiencing Physical Abuse

In 2023, 18 percent of Grade 8 students and 20 percent of Grade 10 students and Grade 12 students reported being ever physically hurt by an adult on purpose.

Differences by grade level:

- There were no differences in reporting ever being physically hurt by an adult on purpose by grade level.

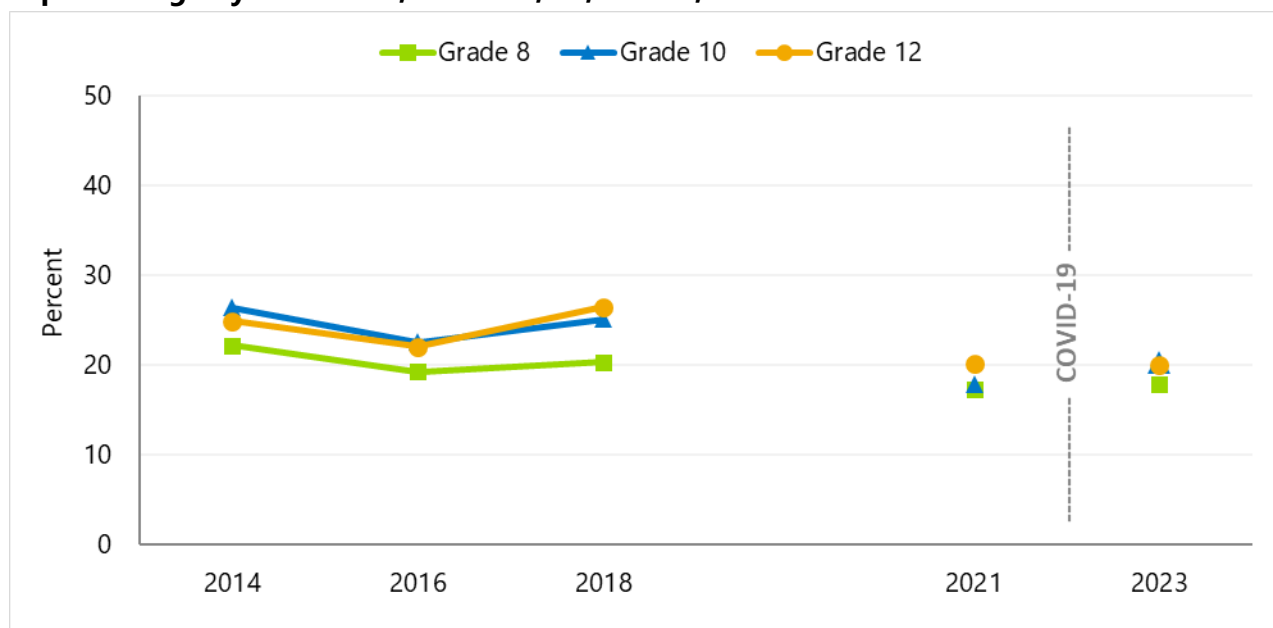
Differences by sex assigned at birth:

- Grade 8 and 10 females were more likely than males to report ever being physically hurt by an adult on purpose.

Differences over time:

- There were no changes in seeing in ever being physically hurt by an adult on purpose from 2021 to 2023.

Experiencing Physical Abuse, Grades 8, 10, and 12, 2014-2023



Grade	2014	2016	2018	2021	2023
Grade 8	22.2 ± 1.5	19.3 ± 1.6	20.4 ± 1.6	17.3 ± 2.1	18.0 ± 1.7
Grade 10	26.5 ± 1.8	22.6 ± 1.5	25.2 ± 1.9	18.0 ± 1.5	20.3 ± 2.4
Grade 12	24.9 ± 2.2	22.1 ± 1.9	26.5 ± 2.1	20.2 ± 2.0	20.0 ± 3.0

Survey Question: During the past 12 months, how many times were you in a physical fight? Has an adult ever physically hurt you on purpose (like pushed, slapped, hit, kicked or punched you), leaving a mark, bruise or injury?

Note: Percentages represent students who reported "yes" ever been physically hurt by an adult on purpose.

Source: HYS 2014, 2016, 2018, 2021, and 2023.

Emotional Abuse at Home

In 2023, 32 percent of Grade 8 and Grade 10 students, and 29 percent of Grade 12 students reported being sworn at, insulted, or humiliated by an adult at home.

Differences by grade level:

- There were no differences in being sworn at, insulted, or humiliated by an adult at home by grade level.

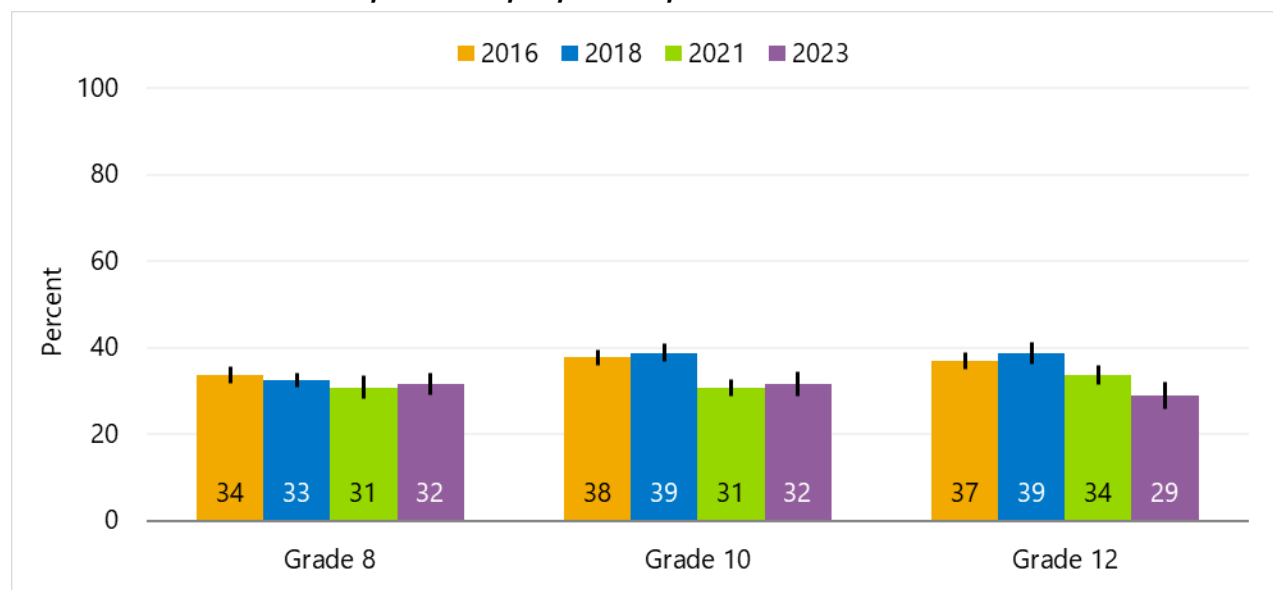
Differences by sex assigned at birth:

- Grade 8, 10, and 12 females were more likely than males to have been sworn at, insulted, or humiliated by an adult at home.

Differences over time:

- Among Grade 12, there was a decrease in being sworn at, insulted, or humiliated by an adult at home 2021 to 2023.

Emotional Abuse at Home, Grades 8, 10, and 12, 2016-2023



Grade	2016	2018	2021	2023
Grade 8	33.7 ±1.9	32.6 ±1.8	30.9 ±2.7	31.6 ±2.5
Grade 10	37.8 ±1.8	38.8 ±2.1	30.7 ±1.9	31.7 ±2.9
Grade 12	37.1 ±1.9	38.8 ±2.6	33.8 ±2.2	28.9 ±3.1

Survey Question: How often does a parent or adult in your home swear at you, insult you, put you down or humiliate you?

Note: Percentages represent students who reported "sometimes", "often", or "very often" being sworn at, insulted, or humiliated by an adult at home.

Source: HYS 2016, 2018, 2021, and 2023.

Emotional Dating Violence

In 2023, 11 percent of Grade 8, 14 percent of Grade 10 students, and 12 percent of Grade 12 students who had dated in the past year reported the person they were dating limited their activities, threatened or made them feel unsafe in any other way in the past year.

Differences by grade level:

- Grade 10 students were more likely than Grade 8 students to report ever being limited, threatened, or made to feel unsafe by the person they were dating in the past year.

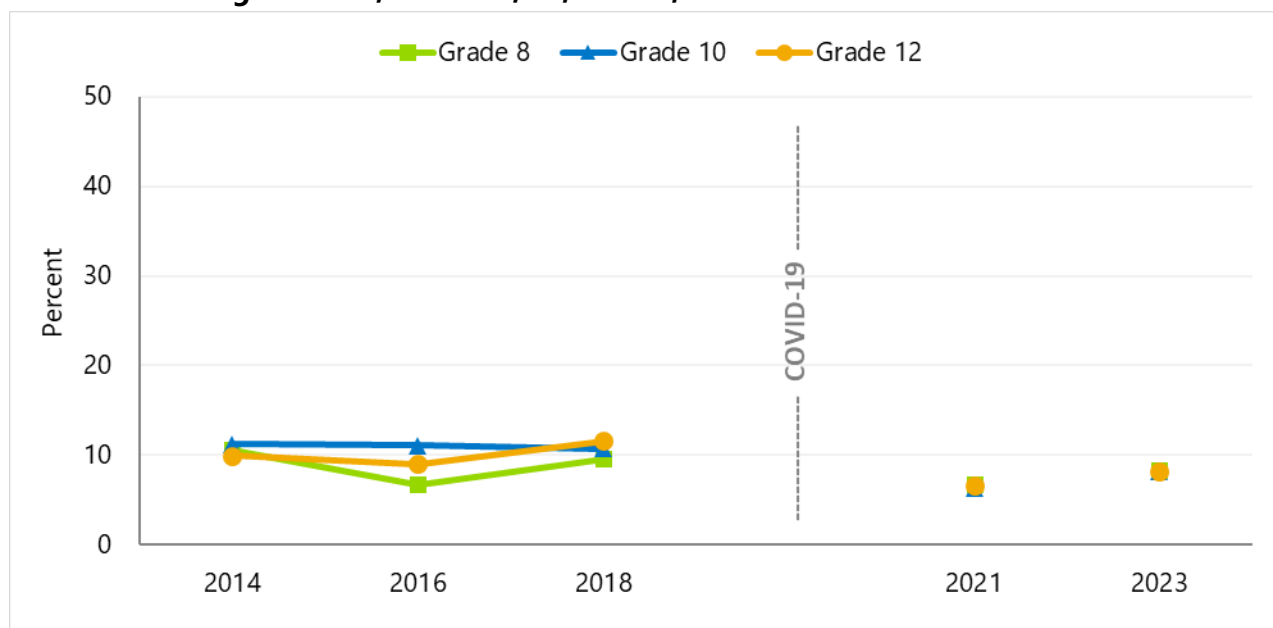
Differences by sex assigned at birth:

- Grade 8, 10, and 12 females were more likely than males to be ever limited, threatened, or made to feel unsafe by the person they were dating in the past year.

Differences over time:

- Among Grade 12 students, there was a decrease in being limited, threatened, or made to feel unsafe by the person they were dating in the past year from 2021 to 2023.

Emotional Dating Violence, Grades 8, 10, and 12, 2014-2023



Grade	2014	2016	2018	2021	2023
Grade 8	10.2 ± 1.6	10.6 ± 1.5	14.1 ± 1.7	12.5 ± 2.1	11.1 ± 1.8
Grade 10	15.7 ± 2.0	16.1 ± 1.3	18.5 ± 1.7	12.5 ± 1.5	13.8 ± 1.9
Grade 12	13.0 ± 1.4	14.2 ± 1.7	16.7 ± 1.8	15.1 ± 1.9	12.3 ± 1.8

Survey Question:

- During the past 12 months, did someone you were dating or going out with ever limit your activities, threaten you, or make you feel unsafe in any other way?

Notes:

- Percentages represent students who dated in the past 12 months and responded "yes" they were limited, threatened.
- Students who reported that they did not date or go out with anyone in the past 12 months were not included in the results. The sample sizes for the 2023 results in this chart are 1,502 Grade 8, 1,563 Grade 10, and 1,100 Grade 12 students.

Source: HYS 2014, 2016, 2018, 2021, and 2023.

Physical Dating Violence

In 2023, 8 percent of Grade 8, Grade 10, and Grade 12 students who had dated in the past year, reported the person they were dating physically hurt on purpose in the past year.

Differences by grade level:

- There were no differences in being physically hurt on purpose by the person they were dating in the past year by grade.

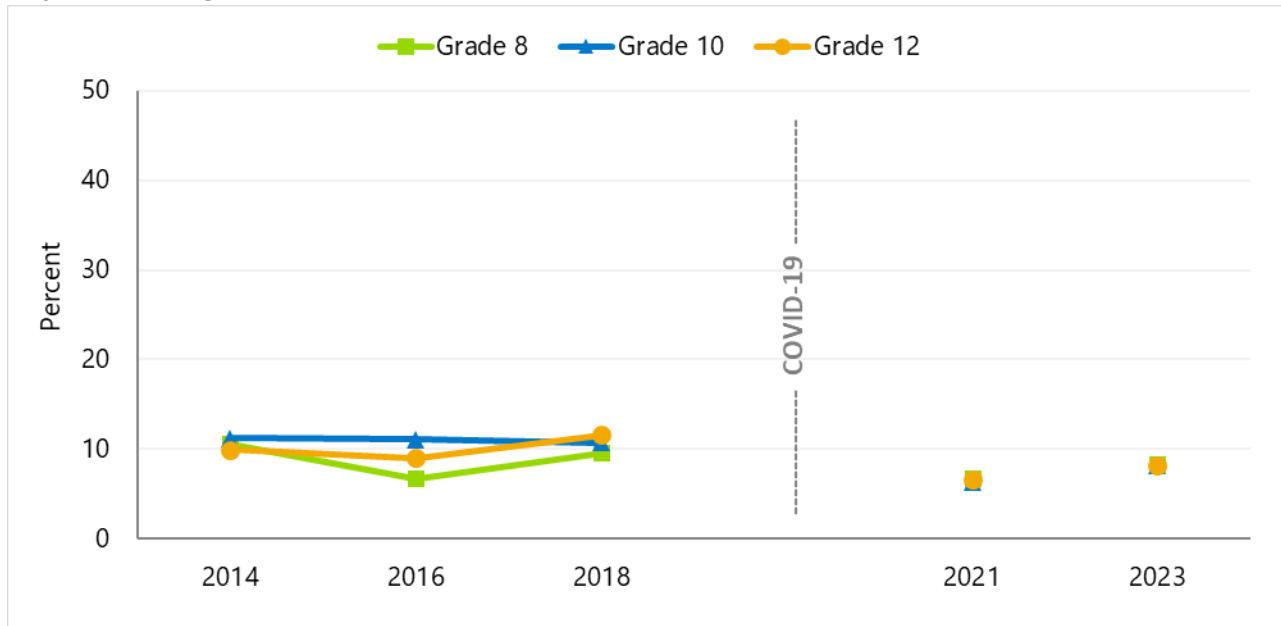
Differences by sex assigned at birth:

- There were no differences in being physically hurt on purpose by the person they were dating in the past year by sex assigned at birth.

Differences over time:

- Among Grade 10 students, there was an increase in being physically hurt on purpose by the person they were dating in the past year from 2021 to 2023.

Physical Dating Violence, Grades 8, 10, and 12, 2014-2023



Grade	2014	2016	2018	2021	2023
Grade 8	10.6 ± 1.7	6.8 ± 1.3	9.6 ± 1.5	6.8 ± 1.5	8.3 ± 1.7
Grade 10	11.3 ± 1.9	11.1 ± 1.6	10.8 ± 1.7	6.3 ± 1.1	8.3 ± 1.4
Grade 12	10.0 ± 1.6	9.0 ± 1.6	11.6 ± 1.7	6.6 ± 1.4	8.3 ± 2.0

Survey Question:

- *During the past 12 months, did someone you were dating or going out with ever limit your activities, threaten you, or make you feel unsafe in any other way?*
- *In the past 12 months, how many times did someone you were dating or going out with physically hurt you on purpose? (Count such things as being hit, slammed into something, or injured with an object or weapon.)*

Notes:

- Percentages represent students who dated in the past 12 months and responded "yes" they were physically hurt on purpose.
- Students who reported that they did not date or go out with anyone in the past 12 months were not included in the results. The sample sizes for the 2023 results in this chart are 1,373 Grade 8, 1,474 Grade 10, and 1,051 Grade 12 students.

Source: HYS 2014, 2016, 2018, 2021, and 2023.

Sexual Behavior

For 2023, schools could request an exemption to not ask the four questions on sexual behavior. About 80% of schools included in the state sample asked the sexual behavior questions. Engaging in sexual activities can result in unintended pregnancy and sexually transmitted diseases, including HIV.

Lifetime Sex

In 2023, 5 percent of Grade 8 students, 17 percent of Grade 10 students, and 40 percent of Grade 12 students reported they ever had sex.

Differences by grade level:

- Among Grade 8, 10, and 12 students, as grade levels increase, each grade was more likely to have ever had sex.

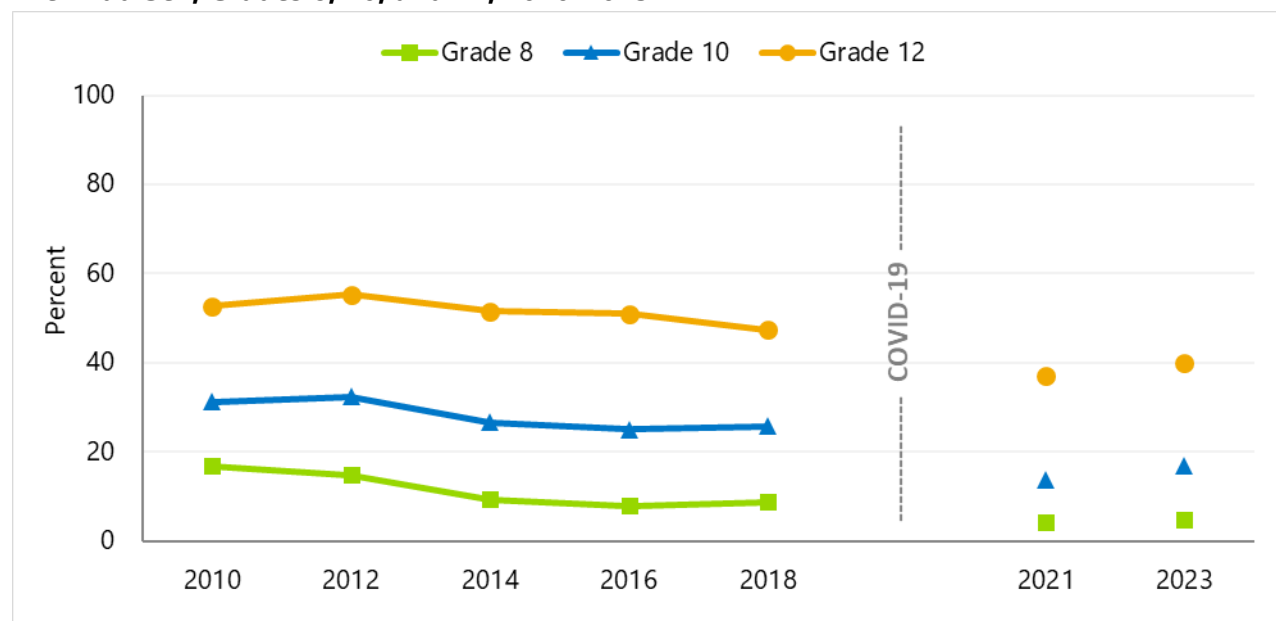
Differences by sex assigned at birth:

- Grade 8 males were more likely than females to report ever having sex.

Differences over time:

- There were no changes in ever having sex from 2021 to 2023.
- Among Grade 8 students, there were decreases in having sex from 2010 through 2018.

Ever Had Sex, Grades 8, 10, and 12, 2010-2023



Grade	2010	2012	2014	2016	2018	2021	2023
Grade 8	16.8 ± 3.0	14.8 ± 2.4	9.4 ± 3.6	7.9 ± 2.1	8.8 ± 1.4	4.1 ± 1.3	4.8 ± 1.1
Grade 10	31.2 ± 4.9	32.3 ± 4.6	26.6 ± 4.3	25.1 ± 3.1	25.8 ± 2.6	13.9 ± 2.5	17.0 ± 3.0
Grade 12	52.6 ± 4.6	55.3 ± 5.7	51.6 ± 3.5	51.0 ± 2.9	47.4 ± 4.2	37.1 ± 4.1	40.0 ± 4.7

Survey Question: How old were you when you had sex for the first time?

Notes:

- Percentages represent students who had ever had sex. In 2018, sex was defined as including oral, vaginal, and/or anal sex.
- The questions on sexual behavior are removable for schools. The proportion of schools administering the questions each year has changed over time. School participation was about 40% from 2010 through 2014, increased to about 80% in 2016 and 2018, dropped to about 60% in 2021, and increased to 80% again in 2023.

Source: HYS 2010, 2012, 2014, 2016, 2018, 2021, and 2023.

More information: Information about the exempt questions and their generalizability are available in Bias Analysis reports, found at: <https://www.askhys.net/SurveyResults/OtherStateReports>.

Sexual Behaviors Among Those Who Have Had Sex

Sexual behaviors reported among those who have ever had sex:

- Fourteen percent of Grade 10 students and 6 percent of Grade 12 had sex before the age of 13.
- Fourteen percent of Grade 10 students and 19 percent of Grade 12 students had sex with four or more partners in their lifetime.

Differences by grade level:

- Grade 10 students were more likely than Grade 12 students to have had sex before age 13.

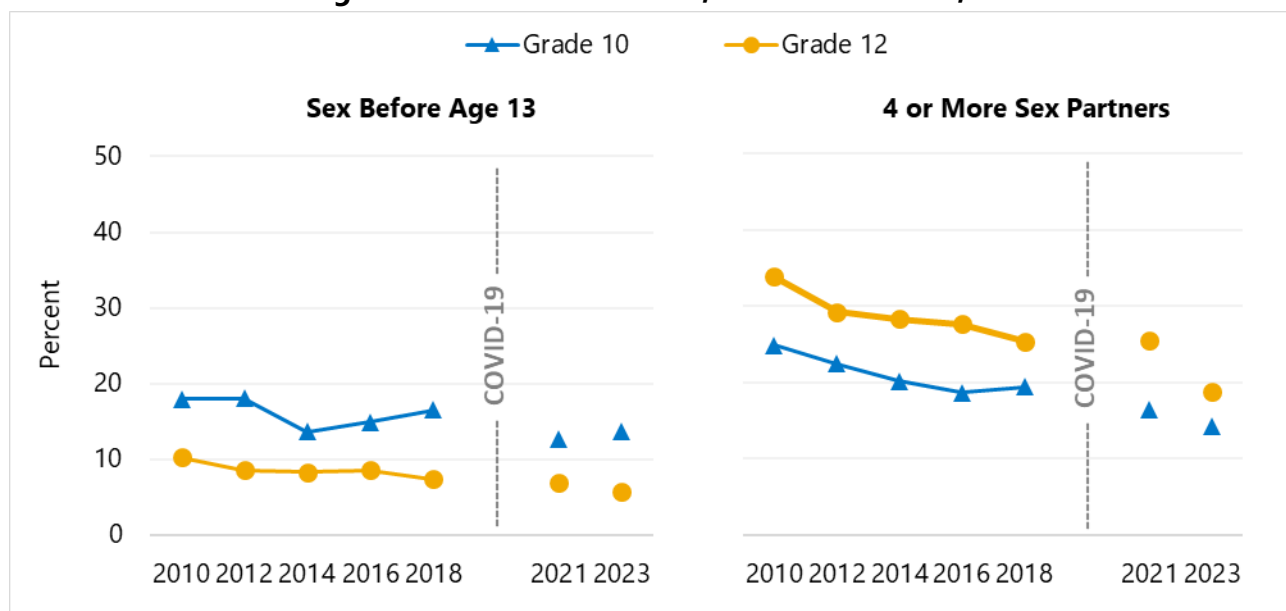
Differences by sex assigned at birth:

- Grade 12 males were more likely than females to have had sex before age 13.

Differences over time:

- Among Grade 12 students, there was a decrease in having four or more partners for any grade from 2021 to 2023.
- Among Grade 12 students, there was a decrease in having four or more partners from 2010 through 2018.

Sexual Behaviors Among Those Who Ever Had Sex, Grades 10 and 12, 2010-2023



Sex before age 13

Grade	2010	2012	2014	2016	2018	2021	2023
Grade 10	17.9 ± 6.4	18.0 ± 3.8	13.7 ± 3.5	14.9 ± 2.5	16.5 ± 3.2	12.7 ± 3.9	13.6 ± 2.0
Grade 12	10.3 ± 3.3	8.6 ± 2.6	8.3 ± 2.3	8.6 ± 2.0	7.4 ± 1.6	7.0 ± 2.5	5.8 ± 2.6

4 or more sex partners

Grade	2010	2012	2014	2016	2018	2021	2023
Grade 10	24.8 ± 6.6	22.5 ± 4.4	20.2 ± 3.7	18.7 ± 2.5	19.5 ± 3.2	16.5 ± 4.0	14.3 ± 3.8
Grade 12	33.8 ± 3.3	29.3 ± 5.3	28.4 ± 4.6	27.7 ± 2.7	25.4 ± 2.7	25.5 ± 3.6	18.7 ± 3.8

Survey Questions:

- Have you ever had sex?
- How old were you when you had sex for the first time?
- With how many people have you ever had sex?

Notes:

- Percentages represent students who had ever had sex who reported having had sex before age 13, and having had 4 or more sexual partners.
- The questions on sexual behavior are removable for schools. The proportion of schools administering the questions each year has changed over time. School participation was about 40% from 2010 through 2014, increased to about 80% in 2016 and 2018, dropped to about 60% in 2021, and increased to 80% again in 2023.
- Students who reported that they had not had sex in their lifetime were not included in the results. The sample size for the 2023 sex before age 13 results in this chart are 374 Grade 10 and 486 Grade 12 students and 2023 4 or more partner results in this chart are 365 Grade 10 and 470 Grade 12 students
- The results for Grade 8 are not reported.

Source: HYS 2010, 2012, 2014, 2016, 2018, 2021, and 2023.

Pregnancy and STI Prevention Methods Among Those Who Had Sex

In 2023, during last sex, the following methods were used among those who had sex and their sexual partner to prevent pregnancy and sexually transmitted infections (STI):

- Nineteen percent of Grade 10 and Grade 12 students reported that they or their partner didn't use any pregnancy or STI prevention method.
- Twenty-six percent of Grade 10 students and 33 percent of Grade 12 students reported that they or their partner used birth control pills for pregnancy prevention.
- Seventy-two percent of Grade 10 students and 64 percent of Grade 12 students reported that they or their partner used condoms for pregnancy or STI prevention.
- One percent of Grade 10 and Grade 12 students reported that they or their partner had a dental dam for pregnancy prevention.
- Ten percent of Grade 10 students and 17 percent of Grade 12 students reported that they or their partner had an IUD or implant for pregnancy prevention.
- Four percent of Grade 10 students and 3 percent of Grade 12 students reported that they or their partner had a shot for pregnancy prevention.
- Three percent of Grade 10 and Grade 12 students reported that they or their partner used a patch or birth control ring for pregnancy prevention.
- Twelve percent of Grade 10 students and 14 percent of Grade 12 students reported that they or their partner used withdrawal for pregnancy prevention.
- Six percent of Grade 10 students and 4 percent of Grade 12 students reported that they or their partner used another method to pregnancy or STI prevention.
- Five percent of Grade 10 students and 4 percent of Grade 12 students were not sure if they or their partner used a pregnancy or STI prevention method.

Differences by grade level:

- Grade 10 students were more likely than Grade 12 students to report that they or their partner use condoms for pregnancy or STI prevention.
- Grade 12 students were more likely than Grade 10 students to report that they or their partner use birth control pills or use an IUD or implant for pregnancy prevention.

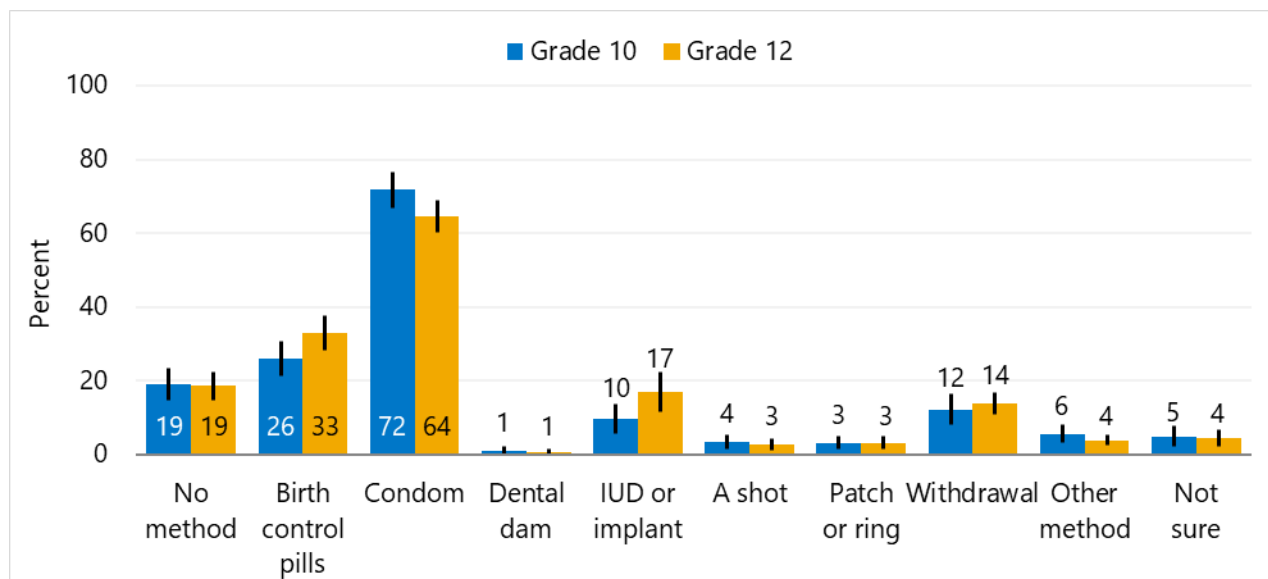
Differences by sex assigned at birth:

- Grade 10 and 12 males were more likely than females to report that they or their partner use condoms for pregnancy or STI prevention.
- Grade 10 females were more likely than males to report that they or their partner use an IUD or implant for pregnancy prevention.

Differences over time:

- Among Grade 10 and 12 students, there were increases in using condoms for pregnancy or STI prevention.

Pregnancy and STI Prevention Methods Among Those Who Had Sex, Grades 10 and 12 in 2023



Measure	Grade 10	Grade 12
No method	19.1 ±4.3	18.6 ±3.9
Birth control pills	25.9 ±4.7	33.1 ±4.7
Condom	71.8 ±4.9	64.5 ±4.3
Dental dam	1.1 ±1.0	0.8 ±0.7
IUD or implant	9.7 ±4.0	17.1 ±5.3
A shot	3.5 ±2.0	2.9 ±1.5
Patch or ring	3.2 ±1.8	3.3 ±1.8
Withdrawal	12.3 ±4.1	13.8 ±2.9
Some other method	5.6 ±2.4	4.0 ±1.5
Not sure	5.0 ±2.7	4.4 ±2.3

Question: The last time you had sex, what method(s) did you or your partner use to prevent pregnancy and/or sexually transmitted infections? Select all that you used. I have never had sex.; No method was used; Birth control pills; Condoms; Dental dam; An IUD or implant (such as Mirena or ParaGard; Implanon or Nexplanon); A shot (such as Depo-Provera); Patch or birth control ring (such as Xulane; NuvaRing); Withdrawal; Some other method; Not sure

Notes:

- Percentages represent students who had ever had sex and they or their partners used a method to prevent pregnancy or sexually transmitted infections the last time they had sex.
- The questions on sexual behavior are removable for schools. The proportion of schools administering the questions each year has changed over time. School participation was about 40% from 2010 through 2014, increased to about 80% in 2016 and 2018, dropped to about 60% in 2021, and increased to 80% again in 2023.
- Students who reported that they had not had sex in their lifetime were not included in the results. The sample sizes for the 2021 results in this chart are 340 Grade 10 and 456 Grade 12 students.
- The results for Grade 8 are not reported.
- Question wording has changed diseases/STDs to infections/STI in 2023.

Source: HYS 2023

School Safety, Bullying, and Harassment

RCW 28A.320.185 requires all public school districts and public schools to have current safety plans and procedures in place. State legislators, the Governor, the state education agency, local schools and communities, and parents recognize that students must feel safe at school to be successful learners. Effective school safety plans that include bullying and harassment prevention programs challenge traditional cultural norms that might condone bullying as a normal part of growing up.

Feeling Safe During School

When students feel safe during school, they are more likely to make better grades compared to those students who do not feel safe during school (Dilley 2009). In 2023, 84 percent of Grade 6 students, 80 percent of Grade 8 students, and 8 percent of Grade 10 and Grade 12 students felt safe at school.

Differences by grade level:

- Grade 6 students were more likely than Grade 8 students to report feeling safe during school.

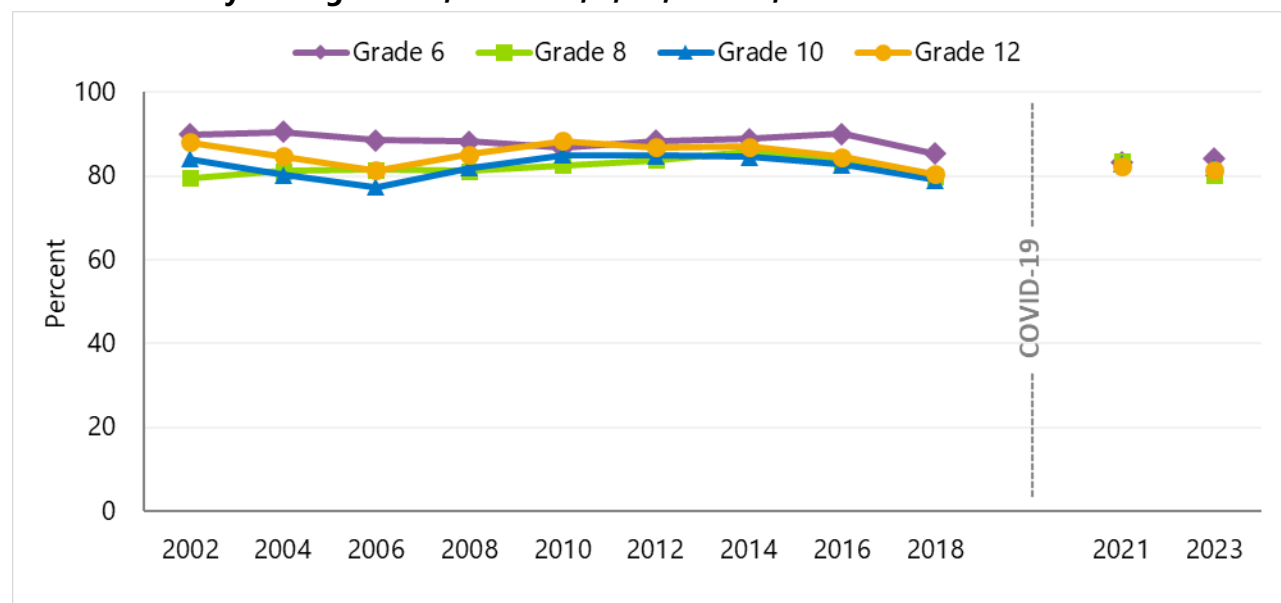
Differences by sex assigned at birth:

- Grade 6, 8, 10, and 12 males were more likely than females to feel safe during school.

Differences over time:

- Among Grade 8 students, there was a decrease in feeling safe during school from 2021 to 2023.
- Among Grade 8 students, there was an increase from 2002 through 2014 and a decrease from 2014 to 2018 in feeling safe during school.
- Among Grade 8 and 10 students, there were increases in feeling safe during school from 2021 to 2023.

Perceived Safety During School, Grades 6, 8, 10, and 12, 2002-2023



Survey Question: *I feel safe at my school.*

Note: Percentages represent students who reported yes or YES! that they felt safe during school.

Source: HYS 2002, 2004, 2006, 2008, 2010, 2012, 2014, 2016, 2018, 2021, and 2023.

People From School Who Help

In 2023, 77 percent of Grade 8 and Grade 10 students, and 79 percent of Grade 12 students reported there are people at their school who will help if they need it.

Differences by grade level:

- There were no differences in having people at their school who will help if they need it by grade level.

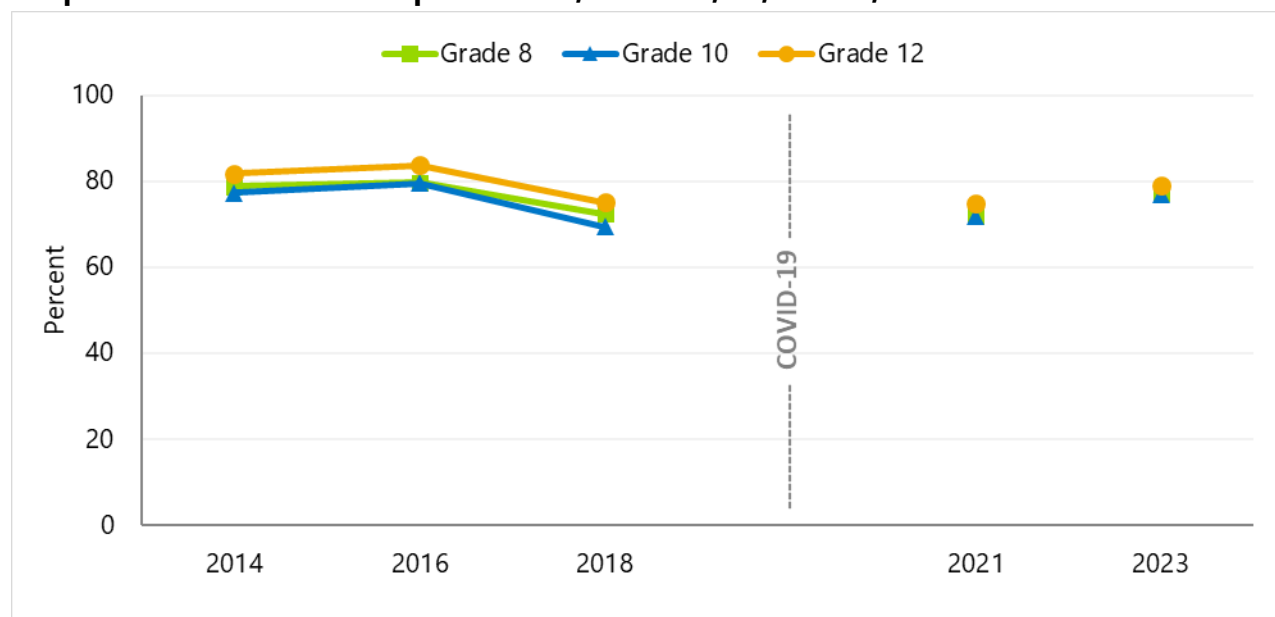
Differences by sex assigned at birth:

- Grades 8 males were more likely than females to report having people at their school who will help if they need it.

Differences over time:

- Among Grade 8, 10, and 12 students, there were increases in having people at their school who will help if they need it from 2021 to 2023.

People From School Who Help If Needed, Grades 8, 10, and 12, 2014-2023



Grade	2014	2016	2018	2021	2023
Grade 8	78.8 ± 1.9	79.7 ± 1.7	72.5 ± 2.1	72.0 ± 2.2	77.4 ± 1.8
Grade 10	77.3 ± 1.0	79.5 ± 0.9	69.4 ± 1.2	71.9 ± 1.1	76.8 ± 0.9
Grade 12	81.8 ± 1.4	83.7 ± 1.3	75.1 ± 2.6	75.0 ± 2.1	79.1 ± 2.9

Survey Question: There are people from my school who will help me if I need it.

Note. Percentages represent students who report "Yes" there are people from school who will help.

Source: HYS 2014, 2016, 2018, 2021, and 2023

Bullied at School

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

Students who are bullied at school are more likely to get lower grades compared to those who are not bullied. Creating a safe environment is critical for students' academic achievement. Research has identified best practice support programs that address school harassment and bullying and build positive school culture (Smith, Pepler, and Rigby, 2004). In 2023, 33 percent of Grade 6 students, 28 percent of Grade 8 students, and 17 percent of Grade 10 students, and 13 percent of Grade 12 students reported being bullied at school in the last 30 days.

Differences by grade level:

- Among Grade 6, 8, 10, and 12 students, as grade levels increase, each grade was less likely to have been bullied.

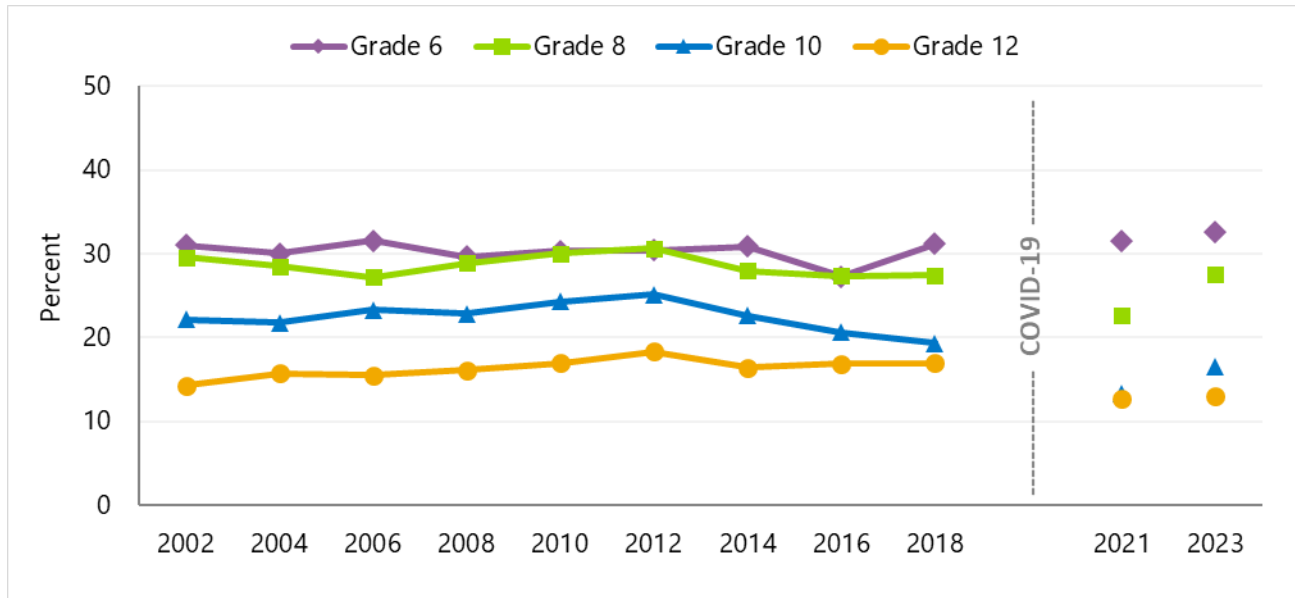
Differences by sex assigned at birth:

- Grade 6, 8, 10, and 12 females were more likely than males to have been bullied.

Differences over time:

- Among Grade 8 and 10 students, there were increases in bullying from 2021 to 2023.
- Among Grade 10 students, there was an increase from 2002 through 2012 and a decrease from 2012 through 2018 in bullying.
- Among Grade 12 students, there was an increase in bullying from 2002 through 2018.

Bullied at School, Grades 6, 8, 10, and 12, 2002-2023



Grade	2002	2004	2006	2008	2010	2012	2014	2016	2018	2021	2023
Grade 6	31.0 ± 1.4	30.1 ± 1.5	31.6 ± 1.5	29.7 ± 1.4	30.4 ± 1.4	30.4 ± 1.7	30.9 ± 1.8	27.3 ± 1.8	31.2 ± 1.8	31.6 ± 2.1	32.6 ± 2.0
Grade 8	29.6 ± 1.8	28.6 ± 1.5	27.2 ± 1.6	28.9 ± 1.6	30.1 ± 1.2	30.7 ± 1.5	28.0 ± 1.7	27.4 ± 1.6	27.4 ± 1.7	22.8 ± 1.8	27.6 ± 1.9
Grade 10	22.2 ± 1.6	21.8 ± 1.9	23.3 ± 1.2	22.8 ± 1.2	24.3 ± 1.3	25.1 ± 1.4	22.6 ± 1.3	20.7 ± 1.2	19.3 ± 1.3	13.3 ± 1.4	16.6 ± 2.1
Grade 12	14.3 ± 1.2	15.8 ± 1.3	15.6 ± 1.3	16.1 ± 1.4	17.0 ± 1.2	18.4 ± 1.1	16.4 ± 1.2	16.9 ± 1.1	16.9 ± 1.4	12.7 ± 1.2	13.0 ± 1.7

Survey Question: "Bullying" is when one or more students threaten, spread rumors about, hit, shove, or otherwise hurt another student over and over again. It is not bullying when two students of about the same strength or power argue or fight or tease each other in a friendly way. In the last 30 days, how often have you been bullied?

Note:

- Percentages represent students who reported they were bullied on any days in the last 30 days.
- The definition of bullying was updated in 2018.

Source: HYS 2002, 2004, 2006, 2008, 2010, 2012, 2014, 2016, 2018, 2021, and 2023.

Social Media Bullying and Receipt of Sexually Explicit Messages

Many schools have modified their policy and procedures to specifically address harassment, and computer or cell phone harassment is included in bullying and harassment policies and procedures.

In 2023, 20 percent of Grade 8 students, 14 percent of Grade 10 students, and 12 percent of Grade 12 students reported being bullied through social media in the past 30 days. In 2023, 13 percent of Grade 8 students, 18 percent of Grade 10 students, and 19 percent of Grade 12

students reported receiving sexually explicit messages, images, photos or videos via text, app, or social media in the past 30 days.

Differences by grade level:

- Grade 8 students were more likely than Grade 10 and 12 students to be bullied through social media in the past 30 days.
- Grade 10 and 12 students were more likely than Grade 8 students to report receiving sexually explicit messages, images, photos or videos via text, app, or social media in the past 30 days.

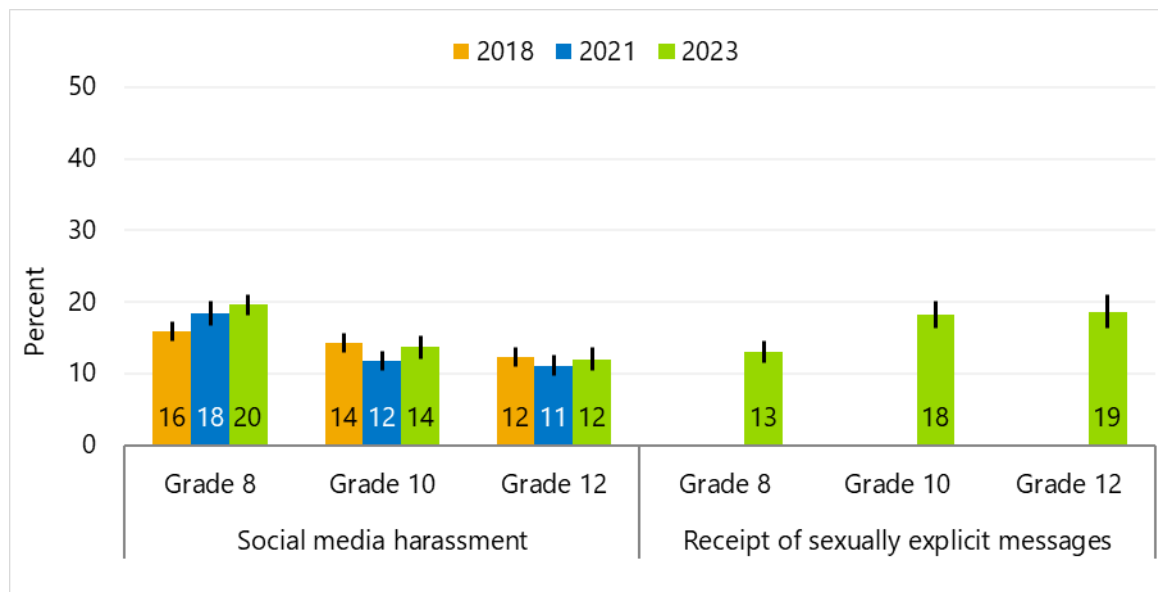
Differences by sex assigned at birth:

- Grade 8 and 10 females were more likely than males to be bullied through social media in the past 30 days.
- Grade 8 females were more likely than males to receive sexually explicit messages, images, photos or videos via text, app, or social media in the past 30 days.

Differences over time:

- There were no differences in being bullied through social media in the past 30 days from 2021 to 2023.

Social Media Harassment and Receipt of Sexually Explicit Messages, Grades 8, 10, and 12, 2018-2023



Social media bullying

Grade	2018	2021	2023
Grade 8	15.8 ±1.4	18.4 ±1.7	19.6 ±1.5
Grade 10	14.3 ±1.3	11.7 ±1.3	13.7 ±1.6
Grade 12	12.4 ±1.3	11.1 ±1.4	12.0 ±1.6

Receipt of sexually explicit messages

Grade	2018	2021	2023
Grade 8	n/a	n/a	13.0 ±1.5

Grade	2018	2021	2023
Grade 10	n/a	n/a	18.2 ±1.9
Grade 12	n/a	n/a	18.6 ±2.4

Survey Questions:

- *Harassed through social media: In the past 30 days, how often have you been bullied by someone using social media, a phone, or video games?*
- *Sexting: During the past 30 days, have you received messages, images, photos, or videos via text, app, or social media that are sexual?*

Notes:

- *Percentages represent students who were bullied by someone using social media, a phone, or video game in the past 30 days and students who received messages, images, photos or video that are sexual in the past 30 days.*
- *The receipt of sexually explicit messages question changed in 2023 and may no longer be comparable to 2018 and 2021.*

Source: HYS 2018, 2021, and 2023

Harassment Due to Perceived Sexual Orientation and Race/Ethnicity

In 2023, 17 percent of Grade 8 students, 13 percent of Grade 10 students, and 12 percent of Grade 12 students reported being harassed in the past 30 days due to their perceived sexual orientation. In 2023, 19 percent of Grade 8 students, 13 percent of Grade 10 students, and 11 percent of Grade 12 students reported being harassed in the past 30 days due to their perceived race, ethnicity, or national origin.

Differences by grade level:

- Grade 8 students were more likely than Grade 10 and 12 students to be harassed due to perceived sexual orientation
- Among Grade 8, 10, and 12 students, as grade levels increase, each grade was more likely to be harassed due to race, ethnicity, or national origin.

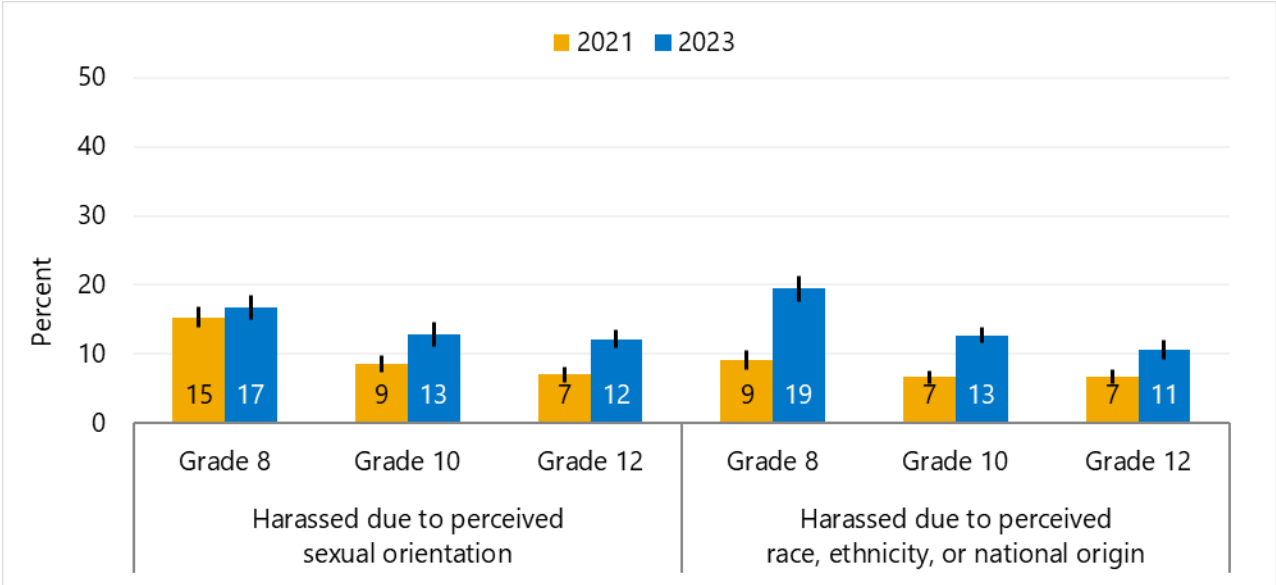
Differences by sex assigned at birth:

- Grade 8 and 10 females were more likely than males to be harassed due to perceived sexual orientation.
- Grade 8 females were more likely than males to be harassed due to perceived race, ethnicity, or national origin.

Differences over time:

- Among Grade 10 and 12 students, there were increases in being harassed due to perceived sexual orientation.
- Among Grade 8, 10, and 12 students, there were increases in being harassed due to race, ethnicity, or national origin.

Harassment Due to Perceived Sexual Orientation and Race/Ethnicity, Grades 8, 10, and 12, 2021-2023



Harassed due to perceived sexual orientation

Grade	2021	2023
Grade 8	15.3 ±1.5	16.8 ±1.8
Grade 10	8.6 ±1.2	12.9 ±1.7
Grade 12	7.1 ±1.1	12.2 ±1.3

Harassed due to perceived race, ethnicity, or national origin

Grade	2021	2023
Grade 8	9.1 ±1.4	19.5 ±1.8
Grade 10	6.7 ±0.9	12.8 ±1.2
Grade 12	6.7 ±1.0	10.6 ±1.4

Survey Questions:

- In the past 30 days, how often were you bullied, harassed, or intimidated because someone thought you were gay, lesbian, or bisexual (whether you are or are not)?
- In the past 30 days, how often were you bullied, harassed, or intimidated because of your race, ethnicity, or national origin or what someone thought it was?

Notes:

- Percentages represent students who reported being harassed on any days in the past 30 days.
- Prior to 2021, these questions about harassment specified harassment at school or on your way to or from school.

Source: HYS 2021 and 2023.

Weapon Carrying at School

School safety requires the commitment of staff members, students, parents, and the community. Creating a safe and supportive learning environment is critical for student academic success (Dilley, 2009). In 2023, 1 percent of Grade 6 students, 2 percent of Grade 8 and 10 students, and 3 percent of Grade 12 students reported weapon carrying at school in the past 30 days.

Differences by grade level:

- Grade 10 and 12 students were more likely than Grade 6 students, and Grade 12 students were more likely than Grade 8 students to carry a weapon at school in the past 30 days.

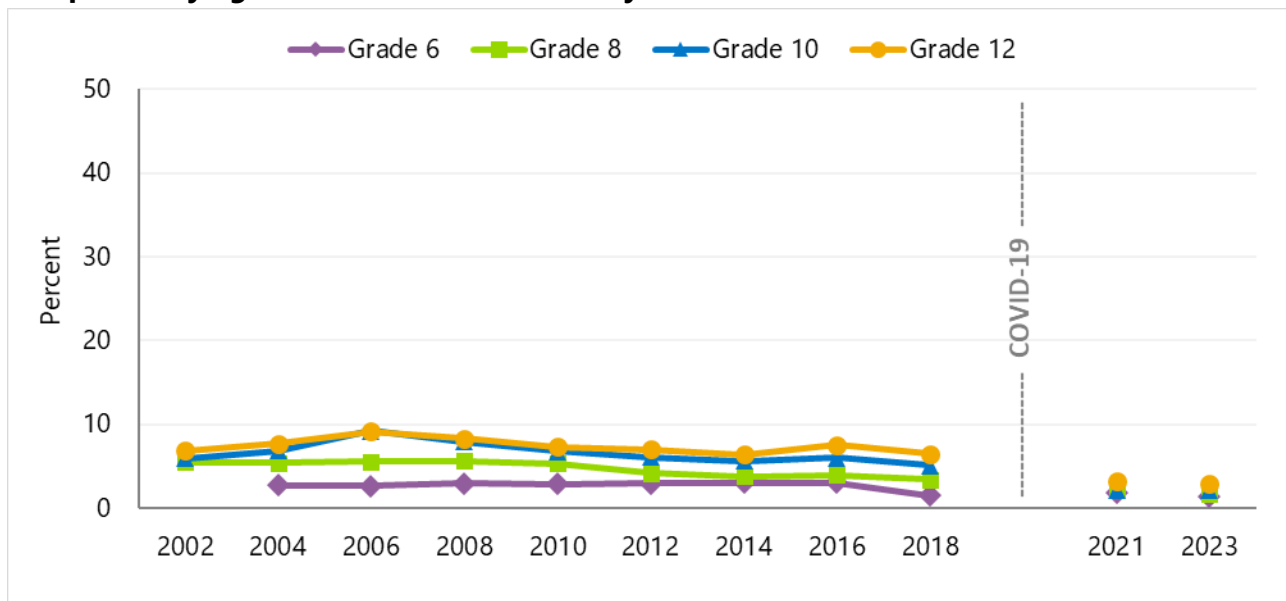
Differences by sex assigned at birth:

- Grade 10 and 12 males were more likely than females to carry a weapon at school in the past 30 days.

Differences over time:

- There were no changes in weapon carrying at school from 2021 to 2023.
- Among Grade 6 students, there was an increase from 2004 through 2014 and a decrease from 2014 through 2018 in weapon carrying at school.
- Among Grade 8 students, there was a decrease in weapon carrying at school from 2002 to 2018.
- Among Grade 10 students, there was a decrease in weapon carrying at school from 2006 to 2018.

Weapon Carrying at School in the Past 30 Days, Grades 6, 8, 10, and 12, 2002-2023



Survey Question: During the past 30 days, on how many days did you carry a weapon on school property (such as a gun, knife, or other weapon)?

Notes:

- Percentages represent students who reported any weapon carrying at school in the past 30 days.

- Grade 6 students were asked if they carried a weapon at school, “yes” or “no.”
- Grade 8, 10, and 12 students were asked the number of times they carried a weapon.
- In 2006, the response options were reduced from 5 different numbers of times options to 3 different numbers of times. In 2021, a response option for not being on school property in the past 30 days was added.

Source: HYS 2002, 2004, 2006, 2008, 2010, 2012, 2014, 2016, 2018, 2021, and 2023.

Substance Use at School

The use of substances at school significantly affects student learning and compromises the school environment. Substance use and misuse are closely correlated with violent behavior (Office of National Drug Control Policy, 2007). Prevention, early intervention, treatment, and other related efforts that reduce the number of students engaging in these behaviors and coming to school drunk or high enhances school safety and increases student potential for academic success.

Alcohol or Other Drug Use While Participating in School

The National Center for Education Statistics (2013) tracks alcohol and marijuana use as Indicators of School Crime and Safety relying on data collected from the Youth Risk Behavior Surveillance System (YRBS). In 2018, 6 percent of students surveyed in grades 9–12 reported using marijuana on school property while 3 percent reported using alcohol on school property during the past 30 days.

In 2023, 5 percent of Grade 8 students, 8 percent of Grade 10 students, and 11 percent of Grade 12 students reported being drunk or high while participating in school in the past year.

Differences by grade level:

- Among Grade 8, 10, and 12 students, as grade levels increase, each grade was more likely to be drunk or high while participating in school in the past year.

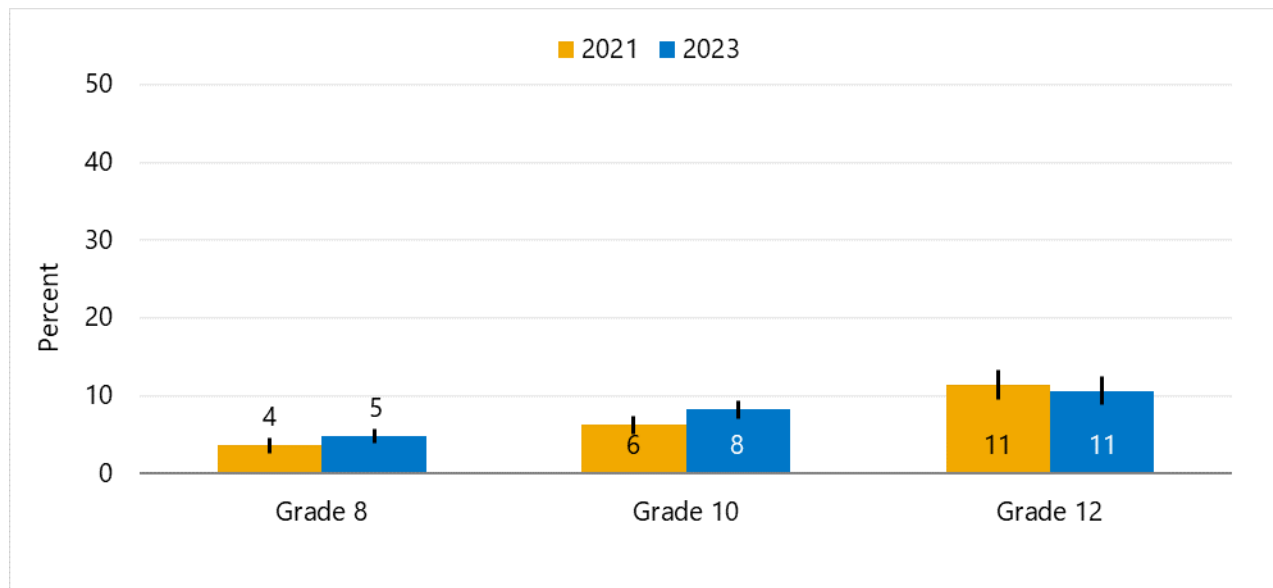
Differences by sex assigned at birth:

- Grade 8 and 10 females were more likely than males to report being drunk or high while participating in school in the past year.

Differences over time:

- Among Grade 10 students, there was an increase in being drunk or high while participating in school in the past year from 2021 to 2023.

Drunk or High While Participating in School in the Past Year, Grades 8, 10, and 12, 2021-2023



Grade	2021	2023
Grade 8	3.6 ±1.0	4.8 ±0.9
Grade 10	6.2 ±1.1	8.3 ±1.1
Grade 12	11.4 ±1.9	10.7 ±1.8

Survey Question: How many times in the past year (12 months) have you been drunk or high while participating in school?

Notes:

- Percentages represent students who reported being drunk or high any times while participating in school in the past year.
- In prior years this question asked about being drunk or high at school instead of while participating in school.

Source: HYS 2021 and 2023.

Tobacco, E-cigarette/Vape, Marijuana, and Alcohol Use on School Property

In 2023, less than 1 percent of Grade 8 and 10 students and 1 percent of Grade 12 students reported using tobacco at school in the past 30 days. Two percent of Grade 8 students, 4 percent of Grade 10 students, and 6 percent of Grade 12 students reported using e-cigarettes at school. One percent of Grade 8 students, 3 percent of Grade 10 students, and 4 percent of Grade 12 students reported using marijuana at school. One percent of Grade 8 and 12 students and 2 percent of Grade 10 students reported using alcohol at school.

Differences by grade level:

- Among Grade 8, 10, and 12 students, as grade levels increase, each grade was more likely to use tobacco and vape at school.
- Grade 10 and 12 students were more likely than Grade 8 students to use marijuana at school.
- Grade 10 students were more likely than Grade 8 students to drink alcohol at school.

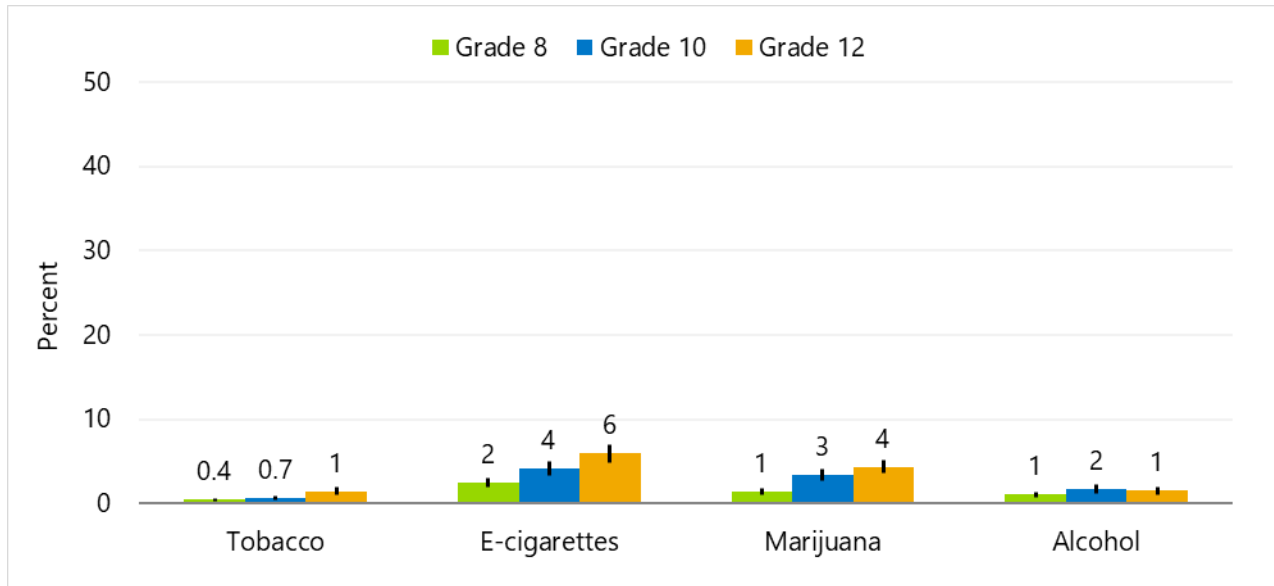
Differences by sex assigned at birth:

- Grade 12 males were more likely than females to use tobacco at school in the past 30 days.
Grade 8 and 10 females were more likely than males to vape at school in the past 30 days.
- Grade 8 females were more likely than males to use marijuana and drinking alcohol at school in the past 30 days.

Differences over time:

- Among Grade 12 students, there was an increase in using tobacco at school in the past 30 days from 2021 to 2023.
- Among Grade 8 and 10 students, there was an increase in using marijuana and drinking alcohol at school in the past 30 days from 2021 to 2023.

Tobacco, E-cigarette, Marijuana, and Alcohol Use on School Property in the Past 30 Days, Grades 8, 10, and 12 in 2023



Measure	Grade 8	Grade 10	Grade 12
Tobacco	0.4 ±0.1	0.7 ±0.2	1.5 ±0.5
E-cigarettes	2.4 ±0.5	4.2 ±0.8	6.0 ±1.1
Marijuana	1.5 ±0.4	3.3 ±0.7	4.3 ±0.8
Alcohol	1.0 ±0.3	1.7 ±0.5	1.5 ±0.5

Survey Question: During the past 30 days, which of the following did you use on school property? Choose all that apply. I have not been on school property in the past 30 days.; I didn't use any of these on school property; Tobacco (cigarettes, cigars, or chew/dip; Electronic cigarette, also called e-cigs, JUUL, or vape pens; Marijuana; Alcohol (at least one drink)

Notes: Percentages represent students who reported using a substance on school property on any days in the past 30 days.

Source: HYS 2023

Availability of School Staff to Discuss Substance-Related Problems

Students who have opportunities for interaction with school staff, especially in times of crisis, are more likely to be connected to school and academically successful (Catalano, Haggerty, Oesterle, Fleming, and Hawkins, 2004). In 2023, 60 percent of Grade 8 students, 61 percent of Grade 10 students, and 57 percent of Grade 12 students reported having someone at school with whom to discuss substance-related problems.

Differences by grade level:

- There were no differences in someone at school with whom to discuss substance-related problems by grade level.

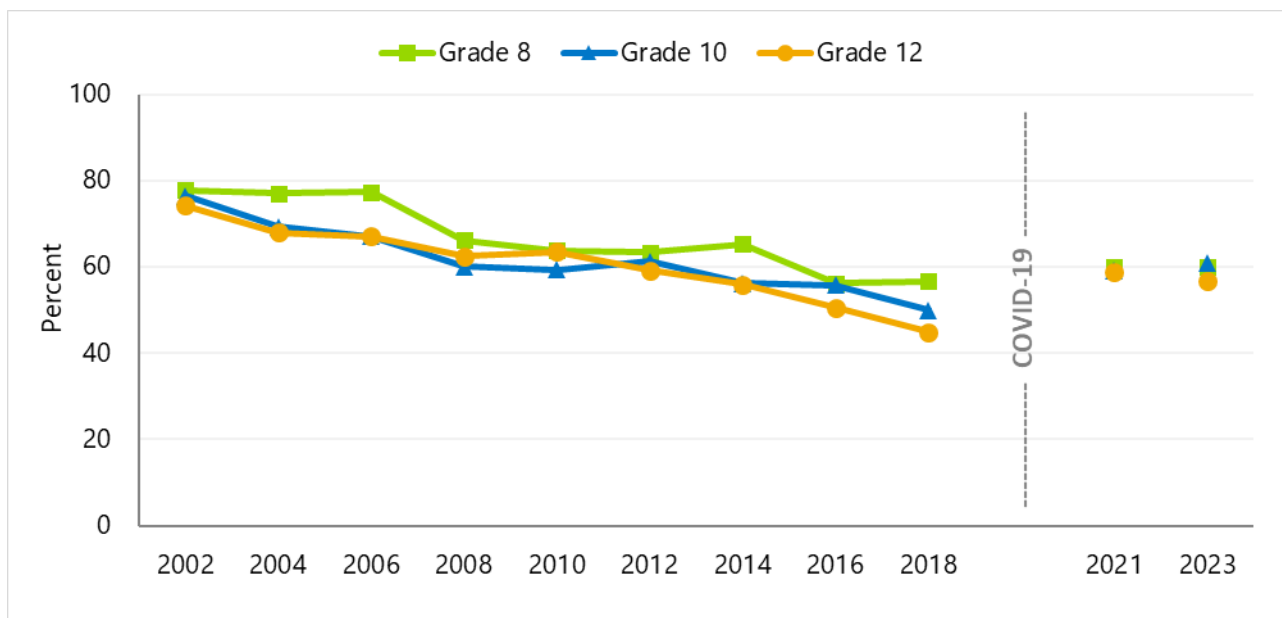
Differences by sex assigned at birth:

- Grade 10 males were more likely than females to have someone at school to discuss substance-related problems.

Differences over time:

- There were no differences in having someone at school with whom to discuss substance-related problems from 2021 to 2023.
- Among Grade 8, 10, and 12 students, there were decreases in having someone at school with whom to discuss substance-related problems from 2002 through 2018.

Availability of School Staff to Discuss Substance-Related Problems, Grades 8, 10, and 12, 2002-2023



Grade	2002	2004	2006	2008	2010	2012	2014	2016	2018	2021	2023
Grade 8	77.9 ± 2.2	77.1 ± 2.7	77.3 ± 2.5	66.2 ± 3.5	63.7 ± 2.2	63.4 ± 2.6	65.2 ± 3.6	56.2 ± 3.4	56.6 ± 3.5	59.9 ± 3.6	59.9 ± 3.6
Grade 10	76.4 ± 2.8	69.3 ± 2.2	67.0 ± 2.9	60.1 ± 3.9	59.4 ± 3.7	61.3 ± 3.4	56.2 ± 5.0	55.7 ± 4.4	49.9 ± 4.8	59.0 ± 3.4	60.8 ± 3.4
Grade 12	74.2 ± 2.8	68.0 ± 3.4	67.1 ± 4.1	62.4 ± 5.2	63.6 ± 4.3	59.2 ± 2.9	55.9 ± 6.7	50.5 ± 4.8	44.8 ± 4.7	58.8 ± 4.7	56.8 ± 4.0

Survey Question: Does your school provide a staff member (such as a nurse, counselor, intervention specialist) for students to discuss problems with alcohol, tobacco, or other drugs?

Notes:

- Percentages represent students who were aware of having someone at school with whom they could discuss substance-related problems. Those who answered “I’m not sure” were considered not aware.
- Question wording has changed slightly over time.

Source: HYS 2002, 2004, 2006, 2008, 2010, 2012, 2014, 2016, 2018, 2021, and 2023.

School Absence

In 2023, 20 percent of Grade 6 students, 25 percent of Grade 8 students, 26 percent of Grade 10 students, and 32 percent of Grade 12 students were absent from school for any reason on three or more days in the past 30 days.

Differences by grade level:

- Grade 12 students were more likely than Grade 6, 8, and 10 students to report being absent from school for any reason on three or more days in the past 30 days.
- Grade 8 and 10 students were more likely than Grade 6 students to report being absent from school for any reason on three or more days in the past 30 days.

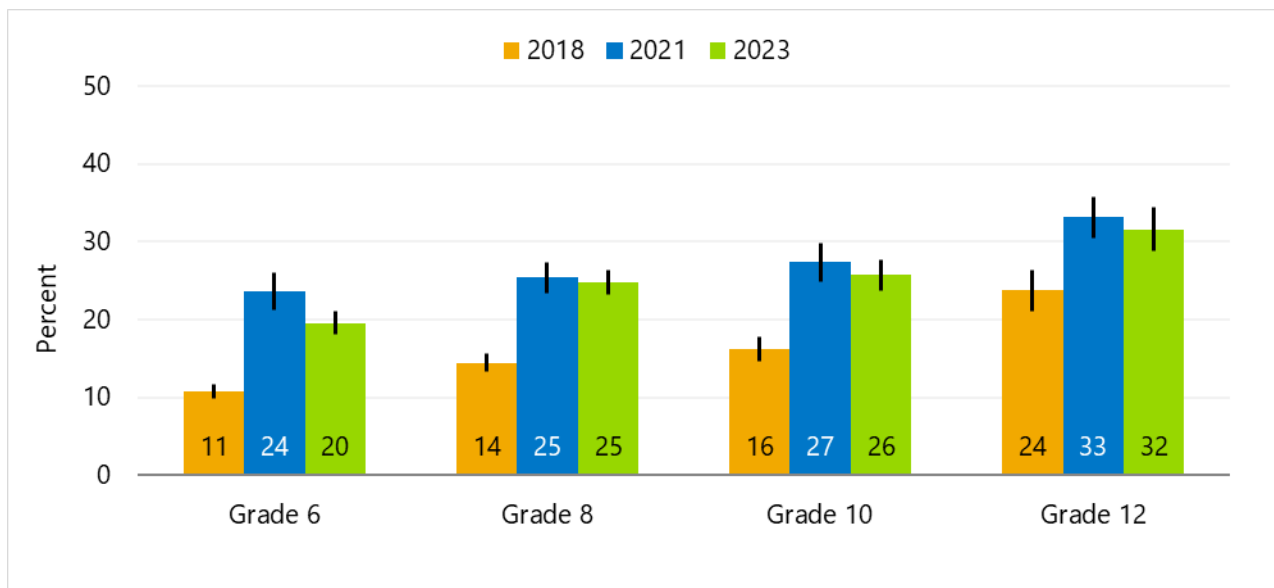
Differences by sex assigned at birth:

- Grade 8, 10, and 12 females were more likely than males to report being absent from school for any reason on three or more days in the past 30 days.

Differences over time:

- Among Grade 6 students, there was a decrease in being absent from school for any reason on three or more days in the past 30 days from 2021 to 2023.

Absent from School Three or More Days in the Past Month, Grades 6, 8, 10, and 12, 2018-2023



Grade	2018	2021	2023
Grade 6	10.8 ±0.9	23.7 ±2.4	19.6 ±1.5

Grade	2018	2021	2023
Grade 8	14.5 ±1.1	25.4 ±2.0	24.8 ±1.6
Grade 10	16.3 ±1.6	27.4 ±2.5	25.7 ±2.0
Grade 12	23.8 ±2.6	33.1 ±2.6	31.6 ±2.8

Survey Question: During the past 30 days, on how many days have you been absent from school for any reason? Include any day that you missed at least half of the school days.

Note. Percentages represent students were absent 3 or more days.

Source: HYS 2018, 2021, and 2023

Skiping or Cutting School

In 2023, 26 percent of Grade 6 students, 21 percent of Grade 8 students, and 20 percent of Grade 10 students, and 29 percent of Grade 12 students reported skipping or cutting at least one day of school in the past 30 days.

Differences by grade level:

- Grade 6 students were more likely than Grade 8 and 10 students to skip or cut a whole day of school in the past 30 days.
- Grade 12 students were more likely than Grade 8 and 10 students to skip or cut a whole day of school in the past 30 days.

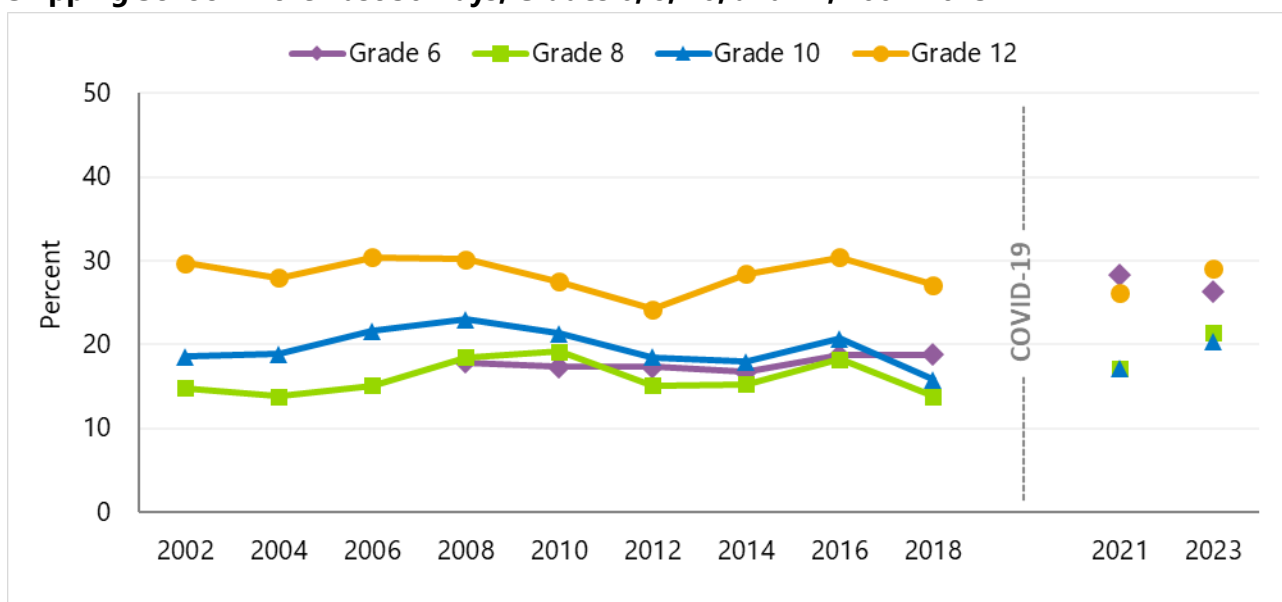
Differences by sex assigned at birth:

- Grade 8, 10, and 12 females were more likely than males to skip or cut a whole day of school in the past 30 days.

Differences over time:

- Among Grade 8 students, there was an increase in skipping school from 2021 to 2023.
- There were no trends in skipping school for any grade from 2002 through 2018.

Skiping School in the Past 30 Days, Grades 6, 8, 10, and 12, 2002-2023



Grade	2002	2004	2006	2008	2010	2012	2014	2016	2018	2021	2023
Grade 6	NA	NA	NA	17.9 ±1.3	17.4 ±1.1	17.3 ±1.6	16.8 ±1.4	18.8 ±1.4	18.8 ±1.6	28.3 ±2.2	26.3 ±2.1
Grade 8	14.9 ±1.3	13.8 ±1.3	15.1 ±1.6	18.5 ±1.7	19.2 ±1.3	15.1 ±1.5	15.3 ±1.4	18.3 ±2.0	13.8 ±1.4	17.2 ±1.9	21.4 ±2.2
Grade 10	18.6 ±2.4	18.9 ±2.1	21.6 ±2.2	23.0 ±2.7	21.4 ±2.7	18.5 ±2.5	18.0 ±1.8	20.7 ±2.7	15.8 ±1.7	17.2 ±2.3	20.4 ±2.5
Grade 12	29.8 ±3.0	28.0 ±2.6	30.5 ±2.5	30.2 ±2.3	27.5 ±3.0	24.3 ±2.2	28.4 ±3.1	30.4 ±3.3	27.1 ±2.4	26.2 ±2.7	29.1 ±3.1

Survey Question: During the LAST 4 WEEKS, how many whole days of school have you missed because you skipped or "cut"?

Notes:

- Percentages represent students who reported that they skipped or cut any days of school in the past 4 weeks.
- This question was not asked of Grade 6 students in 2002, 2004, and 2006, but was added back on the survey in 2008.

Source: HYS 2002, 2004, 2006, 2008, 2010, 2012, 2014, 2016, 2018, 2021, and 2023.

Enjoying School

Students who report a positive attitude toward school are more likely to be academically successful (Catalano, Haggerty, Oesterle, Fleming, and Hawkins, 2004). In 2023, 19 percent of Grade 6 students, 9 percent of Grade 8 students, and 6 percent of Grade 10 and Grade 12 students reported almost always enjoying school over the past year.

Differences by grade level:

- Grade 6 students are more likely than Grade 8, 10, and 12 students to report they almost always enjoy school. Grade 8 students are more likely than Grade 10 and 12 students to report they almost always enjoy school.

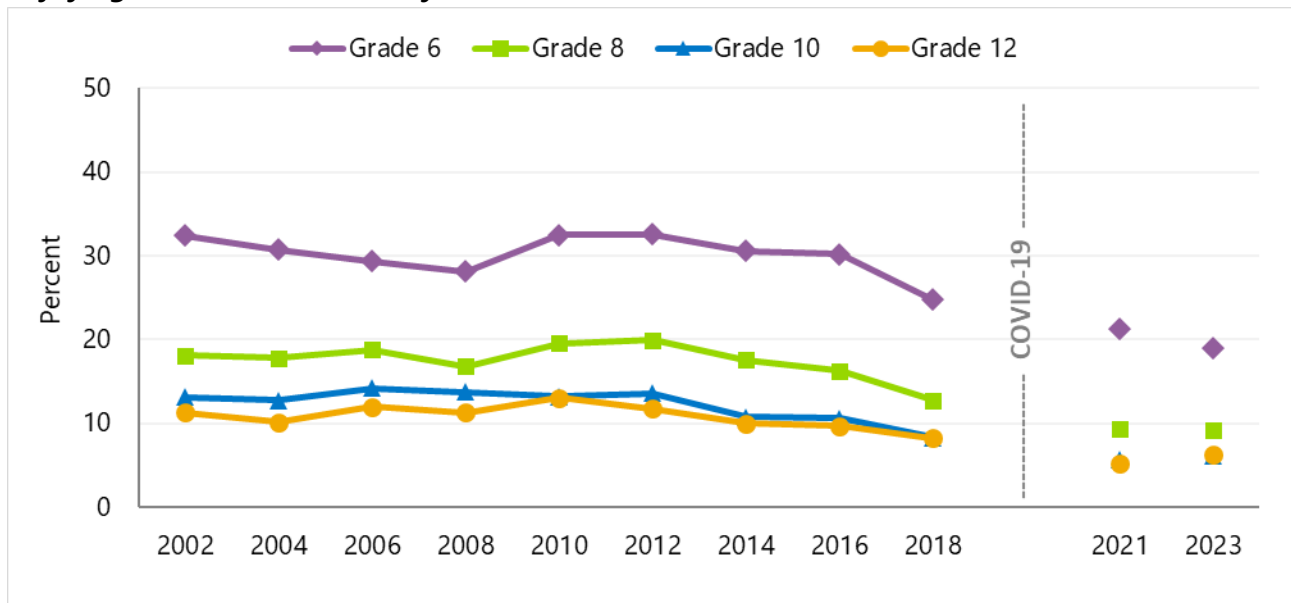
Differences by sex assigned at birth:

- Grade 6 females were more likely than males to report almost always enjoying school. Grade 10 and 12 males were more likely than females to report almost always enjoying school.

Differences over time:

- Among Grade 6 students, there was a decrease in reporting almost always enjoying school from 2021 to 2023.
- Among Grade 10 students, there was a decrease in reporting almost always enjoying school from 2002 through 2018.
- Among Grade 12 students, there was a decrease in reporting almost always enjoying school from 2010 through 2018.

Enjoying School (Almost Always), Grades 6, 8, 10, and 12, 2002-2023



Survey Question: Think back over the past year in school. How often did you enjoy school?

Note: Percentages represent students who reported that they almost always enjoyed school over the past year.

Source: HYS 2002, 2004, 2006, 2008, 2010, 2012, 2014, 2016, 2018, 2021, and 2023.

Unintentional Injury Behaviors

Motor Vehicle Safety

Riding With a Drinking Driver

Impaired driving is a strong risk factor for a fatal crash. At all levels of blood alcohol concentration (BAC), the risk of involvement in a motor vehicle crash is greater for teens than for older drivers. Among drivers between 15 and 20 years of age who were involved in fatal crashes in 2012, 23% had been drinking (National Highway Traffic Safety Administration, 2012).

In 2023, 8 percent of Grade 6 students, and 12 percent of Grade 8, 10, and 12 students reported riding in a car in the last 30 days which was driven by someone who had been drinking alcohol.

Differences by grade level:

- Grade 8, 10, and 12 students were more likely than Grade 6 students to report riding in a vehicle driven by someone who had been drinking alcohol.

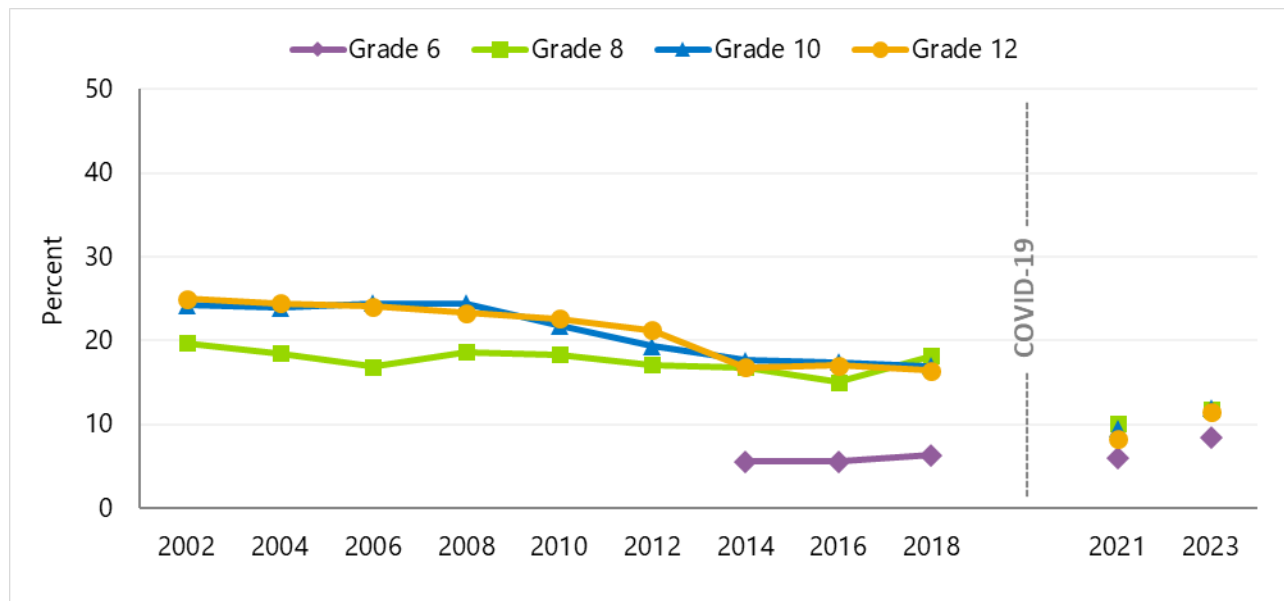
Differences by sex assigned at birth:

- Grade 6, 8, 10, and 12 females were more likely than males to report riding in a vehicle driven by someone who had been drinking alcohol.

Differences over time:

- Among Grade 6, 10, and 12 students, there were increases in riding in a vehicle driven by someone who had been drinking alcohol from 2021 to 2023.
- Among Grade 10 and 12 students, there were decreases in riding in a vehicle driven by someone who had been drinking alcohol from 2002 through 2018.

Riding in a Vehicle Driven by Someone Who Had Been Drinking Alcohol, Grades 6, 8, 10, and 12, 2002-2023



Grade	2002	2004	2006	2008	2010	2012	2014	2016	2018	2021	2023
Grade 6	NA	NA	NA	NA	NA	NA	5.6 ± 0.5	5.6 ± 0.6	6.3 ± 0.5	6.0 ± 0.6	8.4 ± 0.7
Grade 8	19.7 ± 1.7	18.5 ± 1.6	16.9 ± 1.6	18.6 ± 1.2	18.4 ± 1.3	17.2 ± 1.3	16.8 ± 1.9	15.0 ± 1.5	18.2 ± 1.6	10.2 ± 0.9	11.8 ± 1.4
Grade 10	24.2 ± 2.0	23.9 ± 1.8	24.5 ± 1.7	24.4 ± 2.0	21.8 ± 1.6	19.4 ± 1.3	17.7 ± 1.2	17.5 ± 1.5	17.0 ± 1.5	9.6 ± 1.1	11.9 ± 1.5
Grade 12	25.0 ± 2.7	24.5 ± 2.0	24.1 ± 1.6	23.3 ± 1.8	22.6 ± 1.7	21.3 ± 1.7	16.8 ± 1.4	17.1 ± 1.7	16.5 ± 1.2	8.3 ± 0.8	11.5 ± 1.7

Survey Questions:

- For Grade 8, 10, and 12 students: During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been drinking alcohol?
- For Grade 6 students: In the last 30 days, have you ridden in a car driven by someone who had been drinking alcohol?

Note: Percentages represent students who reported that they rode in a vehicle in the last 30 days whose driver had been drinking alcohol.

Source: HYS 2002, 2004, 2006, 2008, 2010, 2012, 2014, 2016, 2018, 2021, and 2023.

Riding With a Marijuana User

Research indicates impairment in driving after recent smoking of marijuana or with blood THC serum concentrations 2-5 ng/mL, particularly for infrequent users of cannabis (Skopp, 2003; Hartman, 2013; Hammond, 2014). In addition, there is a higher risk of auto accidents for drivers under the influence of both alcohol and marijuana than under the influence of one substance alone (Dubois, 2015).

In 2023, 8 percent of Grade 8 students, 11 percent of Grade 10 students, and 15 percent of Grade 12 students reported riding in a vehicle in the past 30 days with someone who had been using marijuana.

Differences by grade level:

- Among Grade 8, 10, and 12 students, as grade levels increase, each grade was more likely to report riding with a driver who used marijuana.

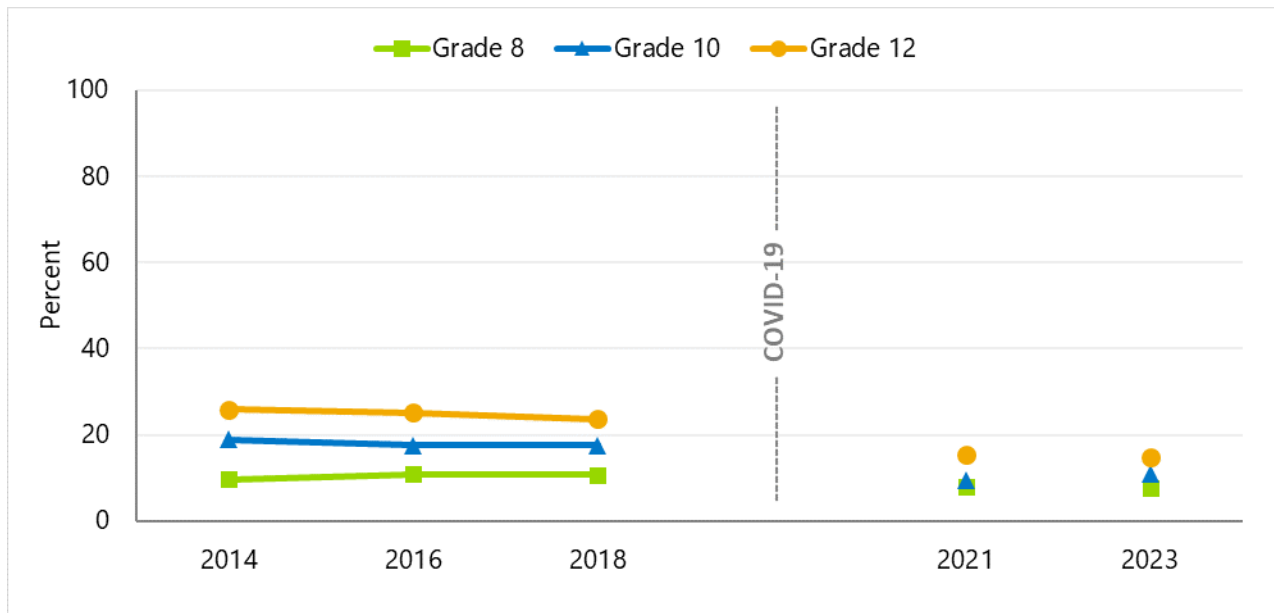
Differences by sex assigned at birth:

- Grade 8, 10, and 12 females were more likely than males to report riding with a driver who used marijuana.

Differences over time:

- There were no changes in riding with a driver who used marijuana from 2021 to 2023.

Riding in a Vehicle Driving by Someone Who Had Been Using Marijuana, Grades 8, 10, and 12, 2014-2023



Grade	2014	2016	2018	2021	2023
Grade 8	9.6 ± 1.4	10.8 ± 1.7	10.8 ± 1.6	7.9 ± 1.2	7.7 ± 1.1
Grade 10	19.0 ± 1.6	17.6 ± 1.9	17.6 ± 2.1	9.4 ± 1.4	11.0 ± 1.9
Grade 12	25.9 ± 2.5	25.2 ± 1.8	23.7 ± 2.3	15.4 ± 2.1	14.7 ± 2.0

Survey Questions:

- During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been using marijuana?

Notes:

- Percentages represent students who reported having ridden in a vehicle in the past 30 days which was driven by someone who had been using marijuana.

Source: HYS 2014, 2016, 2018, 2021, and 2023.

Driving After Using Alcohol, Marijuana, or Both

In 2023, 2 percent of Grade 10 students and 4 percent of Grade 12 students reported driving after drinking alcohol.

In 2023, 4 percent of Grade 10 students and 8 percent of Grade 12 students reported driving

within three hours after using marijuana.

In 2023, 2 percent of Grade 10 students and 3 percent of Grade 12 students reported driving after drinking alcohol and using marijuana at the same time.

Differences by grade level:

- Grade 12 students were more likely than Grade 10 students to report driving after drinking alcohol and driving within three hours after using marijuana.

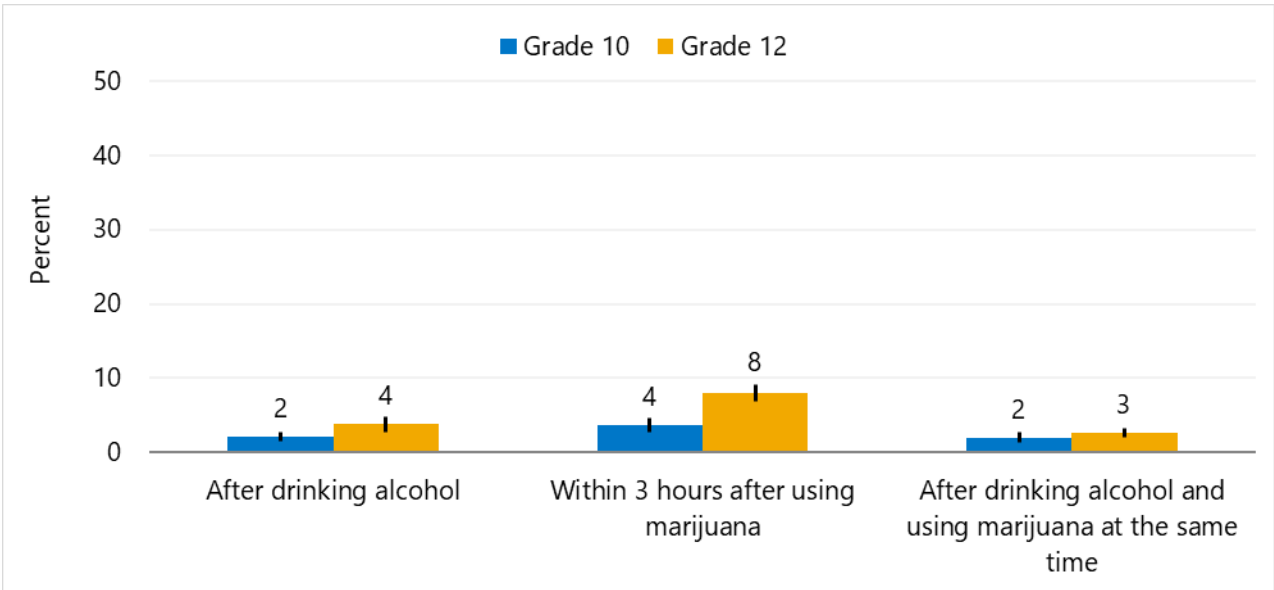
Differences by sex assigned at birth:

- Grade 10 males were more likely than females to report driving after drinking alcohol and using marijuana at the same time.

Differences over time:

- Among Grade 10 students, there were increases in driving after drinking and in driving within three hours after using marijuana from 2021 to 2023.
- Among Grade 12 students, there was a decrease in driving after drinking alcohol and using marijuana at the same time from 2021 to 2023.

Driving a Vehicle After Using Alcohol, Marijuana, or Both, Grades 10 and 12 in 2023



Measure	Grade 10	Grade 12
After drinking alcohol	2.2 ±0.6	3.8 ±1.0
Within 3 hours after using marijuana	3.6 ±1.0	8.0 ±1.1
After drinking alcohol and using marijuana at the same time	2.0 ±0.6	2.6 ±0.6

Survey Questions:

- During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol?
- During the past 30 days, how many times did you drive a car or other vehicle within three hours after using marijuana?
- During the past 30 days, how many days did you drive a car or other vehicle when you had been drinking alcohol and using marijuana at the same time?

Notes:

- Percentages represent students who reported having driven in the past 30 days.
- Students responding “I did not drive a car or other vehicle during the past 30 days” were not included. The sample sizes for the 2023 results in this chart are:
 - 2,559 Grade 10 and 2,413 Grade 12 students for drinking and driving.
 - 2,560 Grade 10 and 2,420 Grade 12 students for marijuana use and driving.
 - 2,551 Grade 10 and 2,404 Grade 12 students for using both alcohol and marijuana and driving.
- The results for Grade 8 students are not reported due to the fact that most are not old enough to drive (NR, not reported).

Source: 2023.

Texting or Emailing – Riding and Driving

In 2023, 41 percent of Grade 6 students reported riding in a vehicle with someone who was texting or emailing while driving in the past 30 days.

In 2023, among those who reported driving, 16 percent of Grade 10 students and 50 percent of Grade 12 students report driving while texting or emailing in the past 30 days.

Differences by grade level:

- Grade 12 students were more likely than Grade 10 students to drive while texting or emailing in the past 30 days.

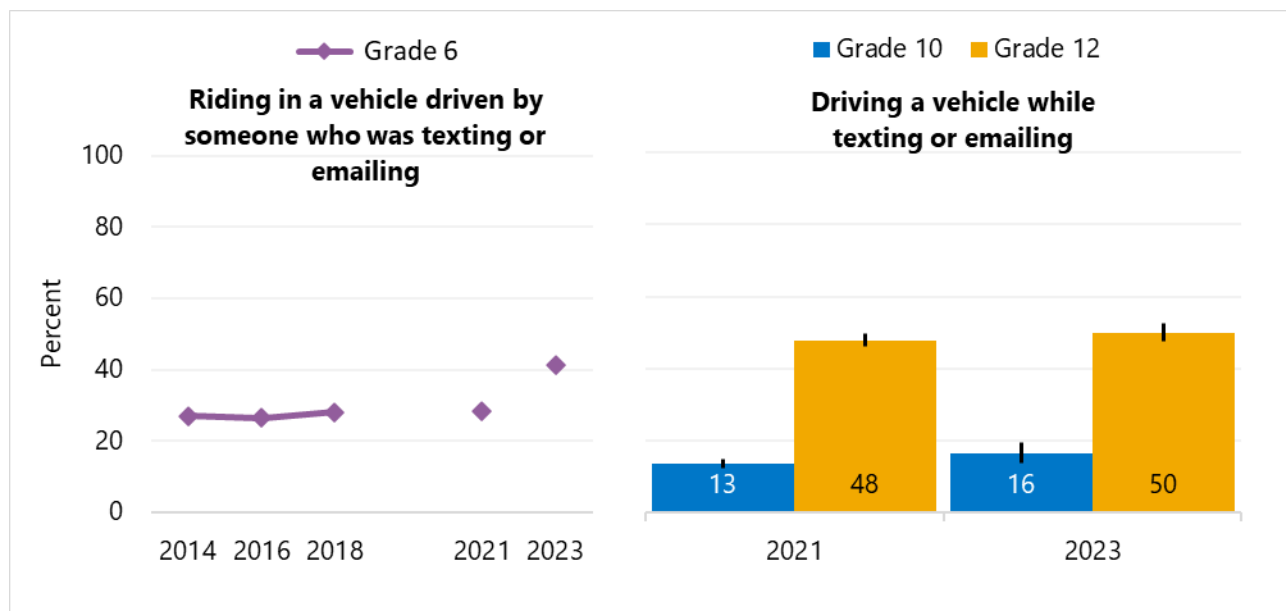
Differences by sex assigned at birth:

- Grade 6 females were more likely than males to report riding in a vehicle with someone who was texting or emailing while driving in the past 30 days.
- Grade 10 males were more likely than females to drive while texting or emailing in the past 30 days.

Differences over time:

- Among Grade 6 students, there an increase in riding with someone who was texting or emailing in the past 30 days from 2021 to 2023.
- Among Grade 10 students, there were increases in driving while texting or emailing in the past 30 days from 2021 to 2023.

Texting - Riding and Driving, Grades 6 from 2014-2023, and Grades 10 and 12 from 2021-2023



Riding in a vehicle driven by someone who was texting or emailing

Grade	2014	2016	2018	2021	2023
Grade 6	27.0 ± 1.8	26.4 ± 1.3	28.0 ± 1.5	28.4 ± 1.8	41.3 ± 2.0

Driving a vehicle while texting or emailing

Grade	2014	2016	2018	2021	2023
Grade 10	NA	NA	NA	13.4 ± 1.3	16.4 ± 1.7
Grade 12	NA	NA	NA	47.8 ± 2.9	49.9 ± 2.5

Survey Questions:

- During the past 30 days, did you ride in a car or other vehicle driven by someone who was texting or emailing?
- During the past 30 days, how many days did you text or email while driving a car or other vehicle?

Notes:

- Percentages represent students who reported riding with a texting or emailing driver in the past 30 days.
- Percentages represent students who reported driving while texting or emailing in the past 30 days. Students responding "I did not drive a car or other vehicle during the past 30 days" were not included. The sample sizes for the 2023 results in this chart are 2,911 Grade 10 and 2,662 Grade 12.
- The results for Grade 8 students are not reported due to the fact that most are not old enough to drive.

Source: HYS 2014, 2016, 2018, 2021, and 2023.

Swimming Safety

Taken Formal Swim Lessons

A study shows that swimming lessons reduce drowning risk (Brenner, 2009).

In 2023, 55 percent of Grade 6 and Grade 8 students, and 58 percent of Grade 10 and Grade 12 students had taken formal swimming lessons.

Differences by grade level:

- There were no differences in taking formal swim lessons by grade level.

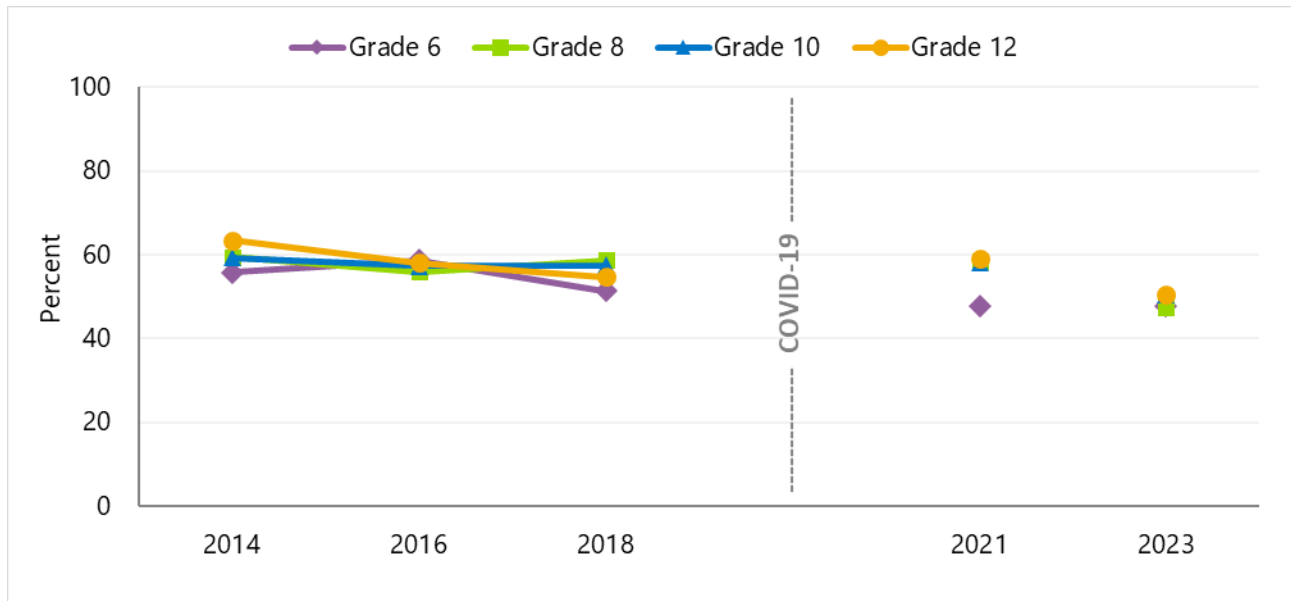
Differences by sex assigned at birth:

- There were no differences in taking formal swim lessons by sex assigned at birth.

Differences over time:

- There were no changes in having taken formal swim lessons for any grade from 2021 to 2023.

Taken Formal Swim Lessons, Grades 6, 8, 10, and 12, 2014-2023



Grade	2014	2016	2018	2021	2023
Grade 6	55.8 ± 3.7	58.8 ± 4.2	51.3 ± 5.3	47.9 ± 5.7	54.7 ± 4.9
Grade 8	59.5 ± 4.8	56.0 ± 5.3	58.8 ± 5.1	58.5 ± 5.3	55.1 ± 5.3
Grade 10	59.3 ± 5.6	57.3 ± 6.0	57.6 ± 5.3	58.3 ± 7.3	58.0 ± 5.5
Grade 12	63.5 ± 5.6	58.1 ± 6.2	54.8 ± 5.6	59.1 ± 8.3	58.0 ± 7.4

Survey Question: Have you ever taken formal swimming lessons?

Note: Percentages represent students who reported “yes” they had formal swim lessons.

Source: HYS 2014, 2016, 2018, 2021, and 2023.

Good Swimmer

In 2023, 48 percent of Grade 6 and Grade 8 students, and 51 percent of Grade 10 and Grade 12 students felt they were good swimmers.

Differences by grade level:

- There were no differences in feeling like a good swimmer by grade level.

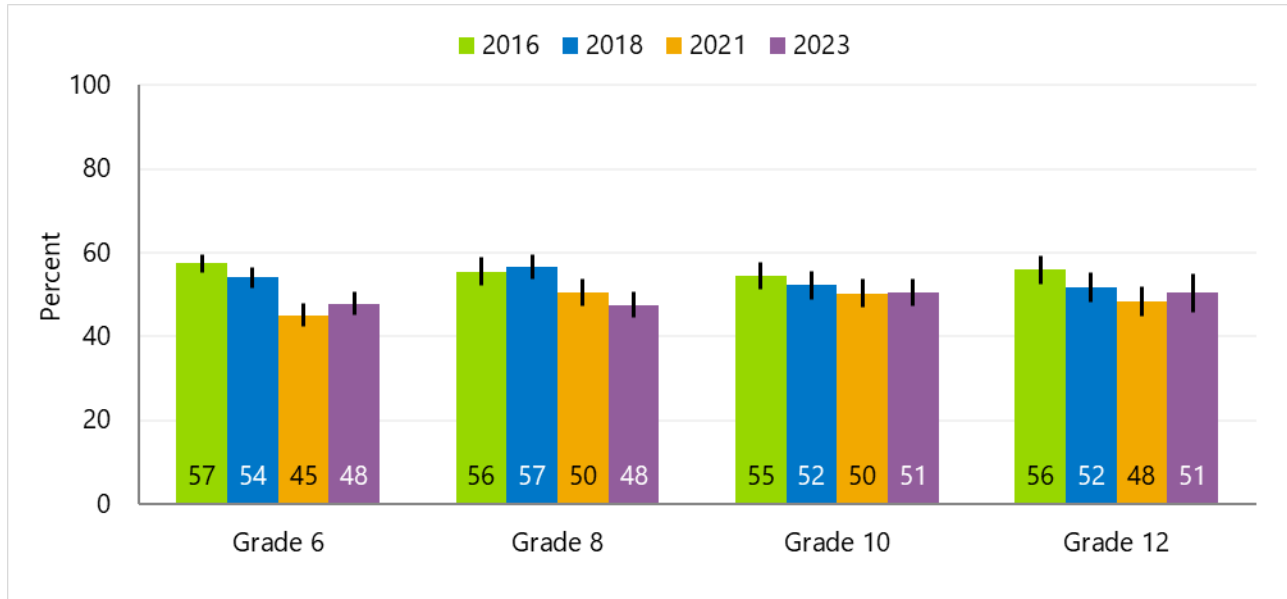
Differences by sex assigned at birth:

- Grade 8 and 10 males were more likely than females to report feeling like a good swimmer.

Differences over time:

- There were no changes in feeling like good swimmers from 2021 to 2023.

Good Swimmer, Grades 6, 8, 10, and 12, 2016-2023



Grade	2016	2018	2021	2023
Grade 6	57.5 ±2.2	54.2 ±2.5	45.1 ±2.8	48.0 ±2.6
Grade 8	55.6 ±3.4	56.7 ±2.8	50.5 ±3.3	47.6 ±3.1
Grade 10	54.6 ±3.3	52.3 ±3.4	50.3 ±3.4	50.5 ±3.2
Grade 12	56.0 ±3.3	51.8 ±3.5	48.4 ±3.5	50.5 ±4.6

Survey Question: How good a swimmer do you think you are? (Good, So-So, Not good, Can't swim)

Note: Percentages represent students who reported that they are "good" swimmers.

Source: HYS 2016, 2018, 2021, and 2023.

Bicycle Safety

Wearing a helmet while riding a bicycle reduces the risk for head injuries. One study performed an analysis of the 2012 National Trauma Data Bank and found that helmeted bicycle riders had 51% reduced odds of severe TBI and reduced the odds of facial fractures by 31% (Joseph, et al., 2016). Washington adolescents have a low prevalence of wearing a bicycle helmet. In 2023, 55 percent of the Grade 6 students who rode a bicycle in the past year wore a helmet always or most of the time.

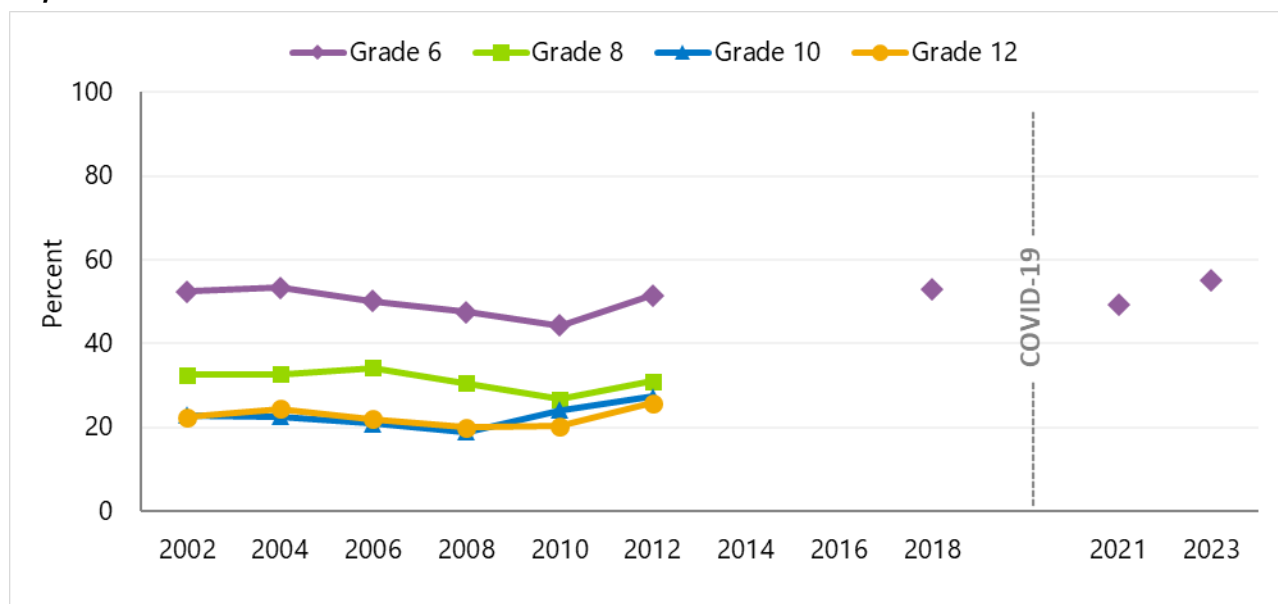
Differences by sex assigned at birth:

- There were no differences in wearing a helmet always or most of the time when bicycling by sex assigned at birth.

Differences over time:

- Among Grade 6 students, there was no change in wearing helmets always or most of the time when bicycling from 2021 to 2023.
- There was no trend among Grade 6 students wearing helmets always or most of the time when bicycling from 2002 through 2018.

Helmet Wearing When Riding a Bicycle (Most of the Time or Always), Grades 6, 8, 10, and 12, 2002-2023



Grade	2002	2004	2006	2008	2010	2012	2014	2016	2018	2021	2023
Grade 6	52.5 ± 4.8	53.4 ± 4.6	50.2 ± 3.6	47.6 ± 4.4	44.4 ± 4.8	51.6 ± 5.6	NA	NA	52.9 ± 6.1	49.4 ± 7.1	55.2 ± 5.7
Grade 8	32.6 ± 3.4	32.7 ± 4.4	34.2 ± 4.5	30.5 ± 4.2	26.7 ± 3.3	31.1 ± 4.7	NA	NA	NA	NA	NA
Grade 10	22.9 ± 3.5	22.6 ± 3.3	21.0 ± 3.9	18.9 ± 3.4	24.1 ± 4.1	27.4 ± 5.0	NA	NA	NA	NA	NA
Grade 12	22.4 ± 2.6	24.5 ± 3.6	22.1 ± 4.2	20.1 ± 2.9	20.4 ± 3.5	25.8 ± 5.3	NA	NA	NA	NA	NA

Survey Questions:

- For Grade 6 - When you ride a bicycle, how often do you wear a helmet?
- For Grade 8, 10, and 12 – When you rode a bicycle in the past 12 months, how often did you wear a helmet?

Notes:

- Percentages represent students who reported that they rode a bicycle in the past 12 months and wore a helmet most of the time or always.
- Students who reported that they "did not ride a bicycle" were not included in the results. The sample size for the 2023 result in this figure is 7,732.

Source: HYS 2002, 2004, 2006, 2008, 2010, 2012, 2014, 2016, 2018, 2021, and 2023. Question was not asked in 2014 or 2016. It was only asked of Grade 6 in since 2018.

Intentional Injury Behaviors

Physical Fighting

Physical fighting, a common form of interpersonal violence among teens, is a public health concern both because of the potential for fight-related injuries and its association with participation in many other health risk behaviors.

In 2023, 33 percent of Grade 6 students, 23 percent of Grade 8 students, 16 percent of Grade 10 students, and 12 percent of Grade 12 students reported being in a physical fight in the past year.

The Healthy People 2030 objective is to reduce physical fighting in the past year among adolescents in grades 9 through 12 to 28.4 percent.

Differences by grade level:

- Among Grade 6, 8, 10, and 12 students, as grade levels increase, each grade was less likely to be in a physical fight in the past year.

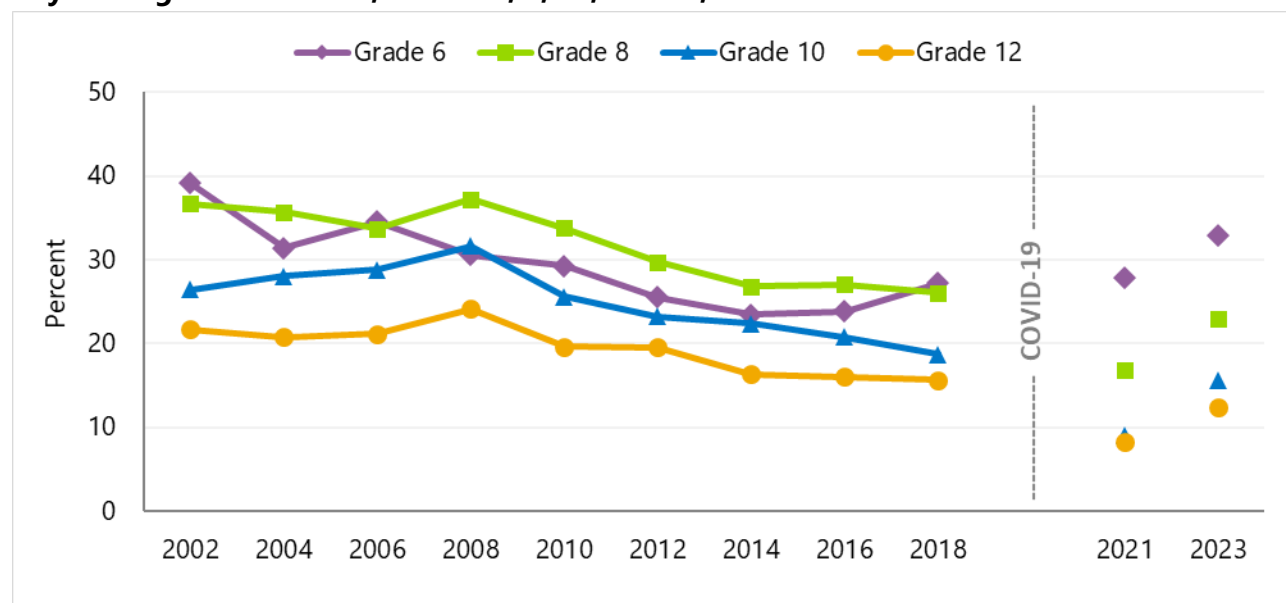
Differences by sex assigned at birth:

- Grade 6, 8, 10, and 12 males were more likely than females to be in a physical fight in the past year.

Differences over time:

- Among Grade 6, 8, 10, and 12 students, there were increases in physical fighting in the past year from 2021 to 2023.
- Among Grade 6, 8, 10, and 12 students, there were decreases in physical fighting in the past year from 2002 through 2018.

Physical Fight in Past Year, Grades 6, 8, 10, and 12, 2002-2023



Grade	2002	2004	2006	2008	2010	2012	2014	2016	2018	2021	2023
Grade 6	39.1 ± 7.3	31.5 ± 1.7	34.6 ± 1.6	30.6 ± 1.5	29.3 ± 1.4	25.6 ± 1.8	23.4 ± 1.3	23.9 ± 1.4	27.3 ± 1.5	27.9 ± 2.0	32.9 ± 1.5
Grade 8	36.8 ± 1.8	35.7 ± 1.7	33.8 ± 2.0	37.2 ± 1.6	33.8 ± 1.7	29.8 ± 1.4	26.8 ± 1.5	27.1 ± 1.5	26.1 ± 1.3	16.9 ± 1.3	22.9 ± 1.3
Grade 10	26.5 ± 1.3	28.1 ± 1.3	28.9 ± 1.5	31.7 ± 1.5	25.6 ± 1.7	23.3 ± 1.4	22.4 ± 1.1	20.8 ± 1.2	18.8 ± 1.4	9.0 ± 0.9	15.7 ± 1.5
Grade 12	21.7 ± 1.5	20.8 ± 1.2	21.2 ± 1.6	24.2 ± 1.6	19.6 ± 1.6	19.6 ± 1.4	16.4 ± 1.8	16.1 ± 1.4	15.7 ± 1.0	8.3 ± 1.3	12.4 ± 1.4

Survey Question: During the past 12 months, how many times were you in a physical fight?

Note: Percentages represent students who reported being in any number of physical fights in the past year.

Source: HYS 2002, 2004, 2006, 2008, 2010, 2012, 2014, 2016, 2018, 2021, and 2023.

Gang Membership

Youth gangs are responsible for a substantial portion of serious violence in the United States and commit a disproportionate share of offenses (Egley et al., 2012). In schools and neighborhoods where gangs are active, gangs create a climate of fear and increase the amount of violence and criminal behavior.

In 2023, 2 percent of Grade 8, 10, and 12 students reported being in a gang in the past year.

Differences by grade level:

- There were no differences in reporting gang membership in the past year by grade.

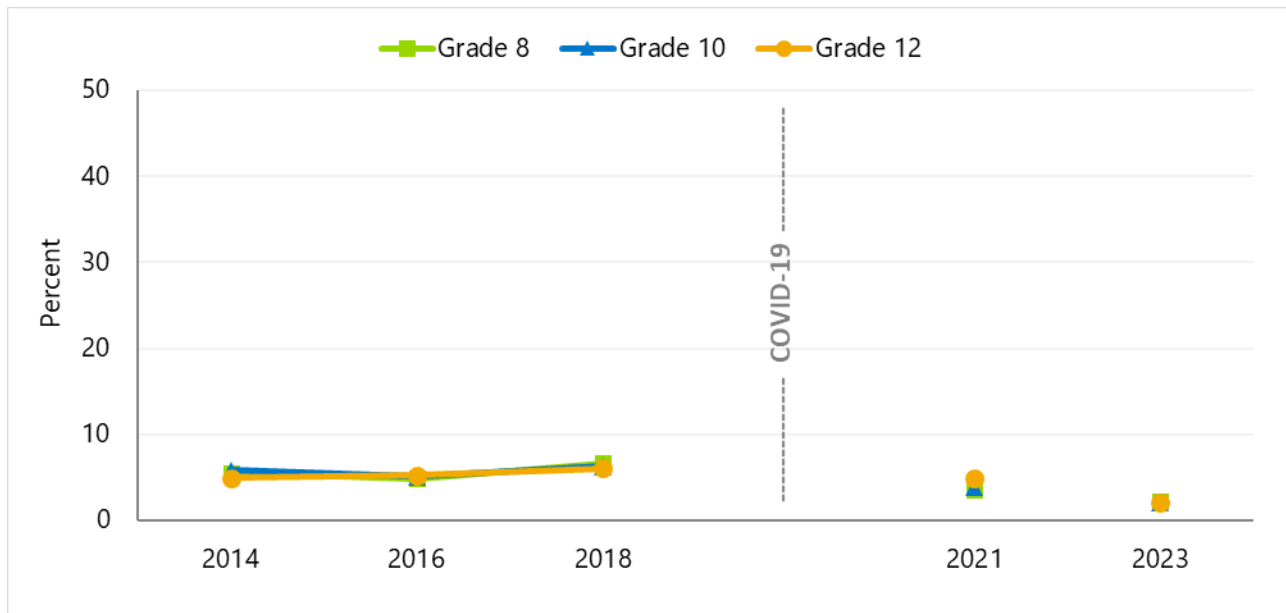
Differences by sex assigned at birth:

- Grade 8, 10, and 12 males were more likely than females to have been a gang member in the past year.

Differences over time:

- Among Grade 8, 10, and 12 students, there were decreases in gang membership from 2021 to 2023.

Gang Membership, Grades 8, 10, and 12, 2014-2023



Grade	2014	2016	2018	2021	2023
Grade 8	5.5 ± 0.6	4.9 ± 0.6	6.7 ± 0.6	3.6 ± 0.5	2.2 ± 0.4
Grade 10	5.9 ± 0.5	5.1 ± 0.5	6.2 ± 0.5	3.9 ± 0.5	2.1 ± 0.5
Grade 12	5.0 ± 0.6	5.2 ± 0.5	6.1 ± 0.9	4.8 ± 0.6	2.1 ± 0.5

Survey Question: During the past 12 months, have you been a member of a gang?

Note: Percentages represent students who reported "yes" they were a member of a gang in the past 12 months.

Source: HYS 2014, 2016, 2018, 2021, and 2023.

Gangs at School

In 2023, 12 percent of Grade 8 students, 15 percent of Grade 10 students, and 14 percent of Grade 12 students reported that there are gangs at their school.

Differences by grade level:

- There were no differences in reporting gangs at their school by grade level.

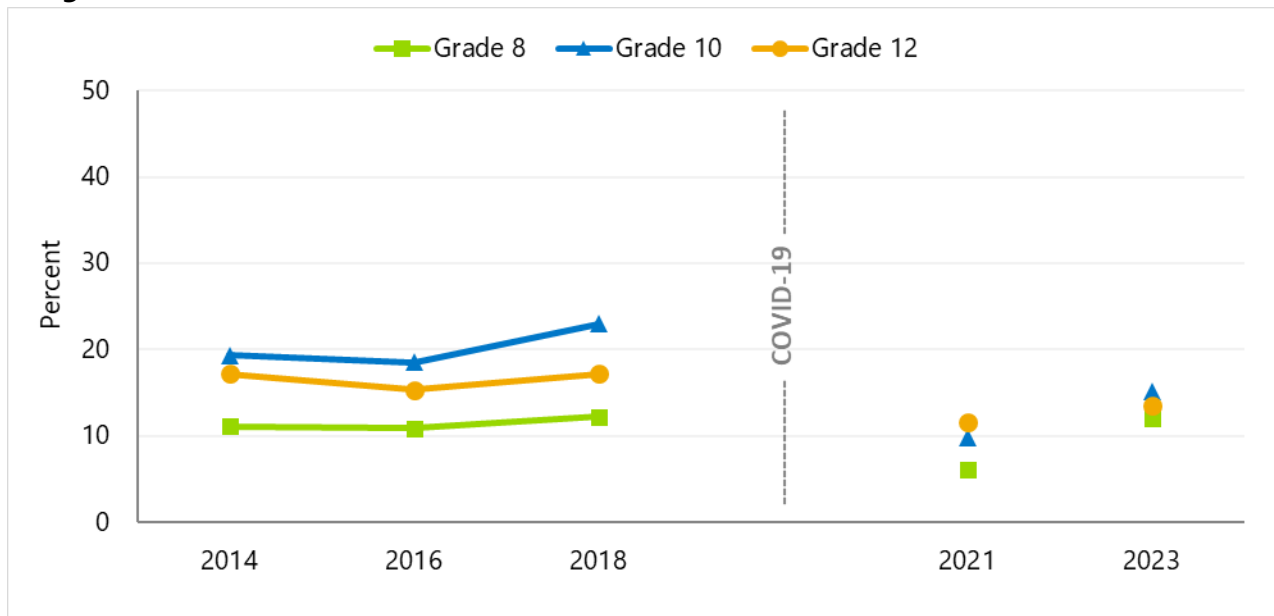
Differences by sex assigned at birth:

- Grade 8, 10, and 12 males were more likely than females to report gangs at their school.

Differences over time:

- Among Grade 8 and 10, there were increases in reporting gangs at their school from 2021 to 2023.

Gangs at School, Grades 8, 10, and 12, 2014-2023



Grade	2014	2016	2018	2021	2023
Grade 8	11.1 ± 1.4	10.9 ± 2.1	12.3 ± 1.5	6.2 ± 1.3	12.0 ± 2.2
Grade 10	19.4 ± 3.2	18.6 ± 2.4	23.0 ± 4.2	9.8 ± 2.4	15.2 ± 3.9
Grade 12	17.2 ± 3.5	15.3 ± 2.7	17.2 ± 4.4	11.5 ± 4.0	13.6 ± 4.0

Survey Question: Are there gangs at your school?

Note: Percentages represent students who reported "yes" there are gangs at their school.

Source: HYS 2014, 2016, 2018, 2021, and 2023.

Alcohol, Tobacco, and Other Drug Use

Lifetime Substance Use

Lifetime prevalence is the percentage of students who had ever tried a substance, *even if on only one occasion*. This section presents lifetime substance use results by grade from 2002 to 2023. Lifetime prevalence trends reflect experimental use, and thus are especially relevant to efforts that aim to delay youths' initiation of substance use.

Lifetime Substance Use, Grades 6, 8, 10, and 12, 2002-2023

Measure	Grade	2002	2004	2006	2008	2010	2012	2014	2016	2018	2021	2023
Alcohol	Grade 6	32.7 ±2.0	30.3 ±1.3	30.9 ±1.5	29.2 ±1.4	26.3 ±1.2	23.0 ±1.5	21.2 ±1.3	21.2 ±1.3	24.3 ±1.1	21.3 ±1.6	16.6 ±1.2
	Grade 8	44.2 ±1.9	42.0 ±2.1	37.6 ±2.7	39.4 ±2.3	39.0 ±2.1	35.4 ±1.7	29.0 ±1.8	27.9 ±2.2	31.7 ±1.9	20.8 ±1.7	29.0 ±1.8
	Grade 10	60.0 ±2.5	60.4 ±1.8	61.2 ±2.0	60.6 ±2.2	57.1 ±2.3	52.2 ±2.9	50.1 ±2.1	47.6 ±2.1	49.1 ±2.6	31.6 ±2.7	39.8 ±2.8
	Grade 12	74.9 ±2.0	72.6 ±1.9	72.2 ±1.5	72.4 ±1.8	70.6 ±2.0	68.0 ±1.9	66.2 ±2.1	63.8 ±2.1	62.8 ±2.8	49.7 ±3.1	52.5 ±3.1
Cigarette (whole)	Grade 6	6.3 ±0.9	5.4 ±0.8	4.9 ±0.8	3.8 ±0.6	NA	NA	NA	NA	NA	NA	NA
Cigarette (just a puff)	Grade 8	28.6 ±2.4	23.9 ±2.7	19.8 ±2.6	20.1 ±2.5	17.6 ±2.0	14.7 ±1.9	11.8 ±1.6	11.4 ±1.5	11.4 ±1.5	8.7 ±1.5	7.9 ±1.0
	Grade 10	39.0 ±3.5	35.1 ±2.9	35.5 ±2.7	33.0 ±2.5	29.2 ±2.9	23.9 ±2.6	22.0 ±2.6	19.2 ±1.7	17.2 ±2.2	13.0 ±2.0	10.8 ±1.3
	Grade 12	52.1 ±3.1	47.5 ±3.5	45.0 ±2.8	44.3 ±3.1	40.8 ±3.6	36.6 ±2.5	31.5 ±3.0	28.7 ±2.5	25.0 ±2.4	19.9 ±2.3	17.6 ±2.4
Marijuana	Grade 6	3.4 ±0.6	3.0 ±0.5	3.2 ±0.5	2.7 ±0.5	3.9 ±0.6	2.9 ±0.5	3.1 ±0.5	2.4 ±0.4	3.8 ±0.5	3.7 ±0.6	1.5 ±0.3
	Grade 8	15.7 ±1.6	14.0 ±1.8	10.7 ±1.6	11.9 ±1.4	13.2 ±1.6	13.7 ±1.4	10.4 ±1.5	10.0 ±1.5	10.8 ±1.3	6.4 ±1.0	8.0 ±1.1
	Grade 10	32.4 ±2.5	29.5 ±2.0	30.8 ±2.2	30.8 ±1.9	30.9 ±2.5	29.3 ±2.4	29.4 ±2.4	27.8 ±2.4	29.3 ±2.6	15.9 ±2.0	17.2 ±2.1
	Grade 12	48.0 ±2.4	41.1 ±3.1	43.1 ±2.7	44.6 ±2.7	45.7 ±2.4	45.6 ±2.2	45.7 ±3.1	45.3 ±2.3	43.0 ±3.0	33.7 ±3.4	31.1 ±3.3
Inhalants	Grade 6	3.6 ±0.6	3.7 ±0.5	3.7 ±0.5	2.9 ±0.4	3.5 ±0.5	2.4 ±0.5	2.3 ±0.4	2.0 ±0.4	2.9 ±0.4	NA	NA
	Grade 8	0.0 ±0.0	0.0 ±0.0	5.7 ±1.0	6.1 ±1.1	5.8 ±0.7	6.1 ±0.9	4.5 ±0.7	4.8 ±0.6	6.4 ±0.9	NA	NA
	Grade 10	0.0 ±0.0	0.0 ±0.0	10.7 ±1.3	8.9 ±1.1	9.2 ±1.0	9.2 ±1.0	7.6 ±0.9	7.6 ±1.0	8.2 ±0.9	NA	NA
	Grade 12	0.0 ±0.0	0.0 ±0.0	9.4 ±1.6	9.7 ±1.5	10.7 ±1.5	9.7 ±1.2	8.0 ±1.2	7.4 ±0.8	8.0 ±1.1	NA	NA
Other illegal drugs	Grade 6	3.3 ±0.6	2.9 ±0.3	3.3 ±0.4	3.8 ±0.5	2.3 ±0.4	2.0 ±0.4	2.5 ±0.4	2.0 ±0.3	2.6 ±0.4	3.3 ±0.2	0.9 ±0.1
E-cigarette /vape	Grade 8	NA	NA	NA	NA	NA	NA	NA	NA	18.5 ±2.0	10.1 ±1.8	12.0 ±1.7
	Grade 10	NA	NA	NA	NA	NA	NA	NA	NA	35.0 ±3.1	18.5 ±2.4	18.6 ±2.5
	Grade 12	NA	NA	NA	NA	NA	NA	NA	NA	47.4 ±3.5	31.8 ±3.0	29.0 ±3.1
Meth	Grade 8	2.5 ±0.5	3.3 ±0.7	1.9 ±0.5	2.8 ±0.5	2.4 ±0.5	3.3 ±0.7	2.6 ±0.5	2.9 ±0.5	1.6 ±0.4	0.5 ±0.2	0.9 ±0.3

Measure	Grade	2002	2004	2006	2008	2010	2012	2014	2016	2018	2021	2023
Cocaine	Grade 10	4.5 ±0.7	5.1 ±0.9	5.9 ±0.9	4.7 ±0.7	4.8 ±1.2	5.2 ±1.0	4.1 ±0.8	4.1 ±0.6	2.8 ±0.7	0.9 ±0.3	1.2 ±0.4
	Grade 12	7.2 ±1.6	6.3 ±1.2	7.1 ±1.3	5.6 ±1.2	4.8 ±0.9	5.6 ±1.1	3.8 ±0.8	4.8 ±0.9	3.4 ±0.7	1.2 ±0.4	1.7 ±0.5
	Grade 8	3.1 ±0.5	3.4 ±0.6	2.4 ±0.5	3.2 ±0.6	2.6 ±0.5	3.8 ±0.7	2.9 ±0.5	3.0 ±0.6	1.9 ±0.5	NA	NA
	Grade 10	5.4 ±0.8	6.0 ±1.1	7.3 ±1.1	7.0 ±0.9	6.1 ±1.0	6.1 ±1.0	4.2 ±0.7	5.0 ±0.8	3.9 ±1.0	NA	NA
	Grade 12	8.3 ±1.4	8.3 ±1.7	9.8 ±1.5	10.5 ±1.9	8.9 ±1.5	8.1 ±1.3	6.5 ±0.9	6.9 ±1.1	5.8 ±1.2	NA	NA
	Grade 8	0.0 ±0.0	2.4 ±0.6	1.6 ±0.5	2.8 ±0.5	2.2 ±0.5	3.0 ±0.6	2.6 ±0.5	2.9 ±0.6	1.5 ±0.5	0.4 ±0.2	0.6 ±0.3
Heroin	Grade 10	0.0 ±0.0	3.4 ±0.7	4.7 ±1.0	4.4 ±0.9	3.5 ±0.9	4.2 ±0.7	3.4 ±0.7	3.6 ±0.7	2.8 ±0.8	0.5 ±0.2	0.8 ±0.3
	Grade 12	0.0 ±0.0	3.2 ±0.7	4.7 ±0.9	4.6 ±0.9	4.1 ±0.9	5.1 ±1.2	3.2 ±0.8	3.7 ±0.7	2.9 ±0.6	0.8 ±0.4	0.7 ±0.4
	Grade 8	3.1 ±0.5	1.6 ±0.4	1.9 ±0.4	NA	2.4 ±0.5	3.0 ±0.7	2.4 ±0.5	3.1 ±0.6	1.6 ±0.4	NA	NA
	Grade 10	2.9 ±0.4	2.8 ±0.5	3.2 ±0.5	NA	3.5 ±0.9	4.2 ±0.7	3.2 ±0.6	3.6 ±0.7	2.6 ±0.7	NA	NA
	Grade 12	4.2 ±0.6	2.5 ±0.5	3.9 ±0.7	NA	3.5 ±1.0	4.6 ±1.0	3.3 ±0.8	3.7 ±0.6	3.0 ±0.8	NA	NA
	Grade 8	1.6 ±0.3	1.4 ±0.4	1.7 ±0.4	1.6 ±0.2	NA	NA	NA	NA	NA	NA	NA
Steroids	Grade 10	2.1 ±0.4	1.8 ±0.6	2.5 ±0.4	2.2 ±0.3	NA	NA	NA	NA	NA	NA	NA
	Grade 12	2.1 ±0.5	1.8 ±0.4	2.9 ±0.7	2.3 ±0.4	NA	NA	NA	NA	NA	NA	NA
	Grade 12	2.1 ±0.5	1.8 ±0.4	2.9 ±0.7	2.3 ±0.4	NA	NA	NA	NA	NA	NA	NA
Illegal injection drugs	Grade 8	1.6 ±0.3	1.4 ±0.4	1.7 ±0.4	1.6 ±0.2	NA	NA	NA	NA	NA	NA	NA
	Grade 10	2.1 ±0.4	1.8 ±0.6	2.5 ±0.4	2.2 ±0.3	NA	NA	NA	NA	NA	NA	NA
	Grade 12	2.1 ±0.5	1.8 ±0.4	2.9 ±0.7	2.3 ±0.4	NA	NA	NA	NA	NA	NA	NA

Notes:

- NA indicate a substance was not represented on that particular year's survey.
- In 2010, the description "(coke, rock, snow)" was dropped from the cocaine question.

Source: HYS 2002, 2004, 2006, 2008, 2010, 2012, 2014, 2016, 2018, 2021, and 2023.

Current Substance Use

Student responses to questions about substance use in the past 30 days are indicators of their current substance use. This section presents current (30-day) prevalence results by grade from 2002 to 2023. Binge drinking in the past 2 weeks is also included in these tables. Detailed results for individual substances appear in subsequent sections.

Current (30-Day) Substance Use, Grades 6, 8, 10, and 12, 2002-2023

Measure	Grade	2002	2004	2006	2008	2010	2012	2014	2016	2018	2021	2023
Alcohol	Grade 6	3.8 ±0.7	4.4 ±0.5	4.3 ±0.6	3.5 ±0.5	3.8 ±0.5	2.5 ±0.5	2.1 ±0.4	1.8 ±0.4	2.4 ±0.4	2.2 ±0.4	1.2 ±0.3
	Grade 8	17.8 ±1.5	18.1 ±1.7	15.4 ±1.8	16.1 ±1.5	14.4 ±1.3	11.9 ±1.2	8.1 ±0.9	7.6 ±1.1	8.4 ±0.9	3.6 ±0.6	4.2 ±0.6
	Grade 10	29.3 ±1.6	32.6 ±1.6	32.8 ±1.6	31.7 ±1.6	27.7 ±1.9	23.3 ±1.6	20.6 ±1.5	20.4 ±1.4	18.5 ±1.6	8.4 ±1.6	9.1 ±1.5
	Grade 12	42.8 ±2.5	42.6 ±2.4	42.1 ±2.1	40.8 ±2.4	40.0 ±2.2	36.1 ±2.2	32.9 ±2.5	32.0 ±2.3	27.9 ±2.3	20.0 ±3.6	18.4 ±2.4
Binge	Grade 6	NA	NA	NA	3.0 ±0.5	3.7 ±0.6	2.4 ±0.5	2.3 ±0.5	1.3 ±0.3	1.9 ±0.4	1.9 ±0.5	2.1 ±0.4

Measure	Grade	2002	2004	2006	2008	2010	2012	2014	2016	2018	2021	2023
	Grade 8	10.0 ±1.2	10.2 ±1.3	8.6 ±1.6	9.1 ±1.1	8.1 ±0.9	7.1 ±0.8	4.5 ±0.6	4.0 ±0.7	4.6 ±0.6	2.8 ±0.5	1.9 ±0.4
	Grade 10	18.7 ±1.6	18.7 ±1.5	19.6 ±1.8	18.4 ±1.4	16.2 ±1.9	14.3 ±1.3	10.6 ±1.1	10.9 ±1.0	9.6 ±1.1	5.5 ±1.1	4.2 ±0.8
	Grade 12	27.3 ±2.5	25.8 ±2.4	26.1 ±2.0	25.9 ±2.1	24.9 ±2.2	21.8 ±1.7	19.2 ±1.9	18.0 ±1.6	15.2 ±1.6	12.4 ±2.2	8.7 ±1.4
	Grade 6	2.2 ±0.4	2.0 ±0.4	1.9 ±0.4	1.4 ±0.3	1.7 ±0.4	1.2 ±0.3	1.1 ±0.3	0.5 ±0.2	1.0 ±0.3	0.8 ±0.2	0.4 ±0.2
Cigarettes	Grade 8	9.2 ±1.0	7.8 ±1.1	6.4 ±1.2	7.3 ±1.0	6.6 ±0.9	5.1 ±0.7	4.0 ±0.6	3.1 ±0.5	2.7 ±0.5	1.3 ±0.4	1.5 ±0.3
	Grade 10	15.0 ±1.4	13.0 ±1.4	14.9 ±1.4	14.4 ±1.6	12.7 ±1.7	9.6 ±1.2	7.9 ±1.1	6.3 ±0.7	5.0 ±0.7	1.9 ±0.4	2.2 ±0.4
	Grade 12	22.7 ±2.2	19.7 ±2.1	20.0 ±1.8	20.0 ±2.7	19.6 ±2.4	15.6 ±1.8	13.1 ±1.5	11.0 ±1.5	8.0 ±1.2	3.8 ±0.8	4.6 ±0.9
	Grade 6	1.0 ±0.3	1.0 ±0.2	1.2 ±0.3	1.1 ±0.2	1.0 ±0.3	1.0 ±0.2	1.2 ±0.3	0.5 ±0.2	1.0 ±0.3	0.6 ±0.2	4.0 ±0.5
Tobacco, chewing	Grade 8	2.7 ±0.5	2.8 ±0.5	2.8 ±0.6	3.4 ±0.5	3.0 ±0.5	2.6 ±0.4	1.3 ±0.4	1.6 ±0.4	1.4 ±0.4	0.5 ±0.3	2.5 ±0.5
	Grade 10	4.8 ±0.7	4.9 ±0.6	6.4 ±1.1	6.7 ±1.3	6.2 ±1.4	4.6 ±0.9	3.7 ±0.6	3.0 ±0.8	2.4 ±0.6	0.6 ±0.2	3.4 ±0.9
	Grade 12	7.5 ±1.3	7.6 ±1.1	8.9 ±1.7	8.6 ±1.2	8.9 ±1.6	7.7 ±1.4	5.1 ±1.0	5.5 ±0.8	3.7 ±1.1	0.9 ±0.4	6.0 ±1.4
	Grade 6	NA	NA	NA	NA	NA	NA	NA	1.2 ±0.3	3.0 ±0.5	3.0 ±0.6	1.8 ±0.5
E-cigarettes /vape	Grade 8	NA	NA	NA	NA	NA	1.7 ±0.4	8.5 ±1.2	6.2 ±1.4	10.5 ±1.4	4.9 ±1.0	5.0 ±0.8
	Grade 10	NA	NA	NA	NA	NA	3.9 ±1.0	18.0 ±1.5	12.7 ±1.8	21.2 ±2.6	7.6 ±1.2	7.7 ±1.4
	Grade 12	NA	NA	NA	NA	NA	6.7 ±2.0	23.1 ±2.2	19.9 ±2.3	29.6 ±2.8	15.1 ±1.9	13.6 ±1.8
	Grade 6	NA	NA	NA	NA	NA	NA	NA	NA	NA	3.8 ±0.7	2.5 ±0.5
Heated tobacco products	Grade 10	NA	NA	NA	NA	NA	NA	NA	NA	NA	4.5 ±0.7	3.2 ±0.7
	Grade 12	NA	NA	NA	NA	NA	NA	NA	NA	NA	5.1 ±0.9	5.0 ±1.0
	Grade 8	8.3 ±1.3	6.4 ±1.1	6.9 ±1.4	8.3 ±1.4	4.3 ±0.7	2.9 ±0.5	1.9 ±0.5	1.2 ±0.4	1.5 ±0.4	0.8 ±0.3	1.1 ±0.4
Cigars	Grade 10	11.4 ±1.5	11.4 ±1.5	16.9 ±2.4	16.0 ±1.8	8.5 ±1.3	6.9 ±1.2	5.1 ±0.6	4.1 ±0.7	3.2 ±0.7	1.1 ±0.3	1.1 ±0.5
	Grade 12	15.2 ±1.7	18.4 ±1.7	24.3 ±2.5	20.9 ±2.3	17.4 ±2.5	13.7 ±1.7	10.2 ±1.4	8.9 ±1.4	6.7 ±1.1	2.0 ±0.5	2.2 ±1.0
	Grade 8	NA	NA	NA	6.1 ±1.0	NA	4.1 ±0.5	4.7 ±0.8	2.4 ±1.0	1.9 ±0.5	1.6 ±0.5	1.5 ±0.4
Tobacco in a hookah	Grade 10	NA	NA	NA	10.0 ±1.1	NA	9.0 ±1.2	10.0 ±1.3	4.9 ±1.0	3.2 ±0.6	2.3 ±0.5	1.4 ±0.5
	Grade 12	NA	NA	NA	13.1 ±1.8	NA	16.7 ±2.0	14.9 ±1.6	7.0 ±0.9	4.4 ±0.9	2.8 ±0.7	3.3 ±1.0
	Grade 6	1.3 ±0.4	1.7 ±0.3	1.5 ±0.3	1.2 ±0.3	1.6 ±0.4	1.2 ±0.4	1.3 ±0.4	0.8 ±0.2	1.3 ±0.3	0.9 ±0.3	0.5 ±0.2
Marijuana	Grade 8	10.4 ±1.1	9.2 ±1.2	7.0 ±1.3	8.3 ±1.1	9.5 ±1.1	9.4 ±1.0	7.3 ±1.0	6.4 ±1.1	7.2 ±1.0	2.8 ±0.6	3.7 ±0.6
	Grade 10	18.3 ±1.8	17.1 ±1.3	18.3 ±1.4	19.1 ±1.2	20.0 ±1.8	19.3 ±1.6	18.1 ±1.6	17.2 ±1.6	17.9 ±1.6	7.2 ±1.2	8.4 ±1.3
	Grade 12	24.7 ±1.7	19.5 ±2.2	21.6 ±1.9	23.4 ±2.3	26.3 ±2.0	26.7 ±1.4	26.7 ±2.2	26.5 ±1.8	26.2 ±2.1	15.9 ±2.7	16.3 ±2.4
	Grade 6	1.3 ±0.4	1.7 ±0.3	1.5 ±0.3	1.2 ±0.3	1.6 ±0.4	1.2 ±0.4	1.3 ±0.4	0.8 ±0.2	1.3 ±0.3	0.9 ±0.3	0.5 ±0.2

Measure	Grade	2002	2004	2006	2008	2010	2012	2014	2016	2018	2021	2023
Marijuana & alcohol, simultaneous	Grade 8	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	0.8 ±0.3
	Grade 10	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	1.9 ±0.4
	Grade 12	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	5.0 ±1.2
Other illegal drugs** (not alcohol, tobacco, or marijuana)	Grade 6	NA	NA	NA	NA	0.9 ±0.2	0.8 ±0.2	0.6 ±0.2	0.6 ±0.2	0.9 ±0.3	1.1 ±0.2	0.4 ±0.1
	Grade 8	NA	3.3 ±0.5	3.0 ±0.6	3.4 ±0.5	3.0 ±0.4	2.8 ±0.5	1.9 ±0.3	2.7 ±0.5	3.4 ±0.7	1.2 ±0.4	1.3 ±0.4
	Grade 10	NA	5.7 ±0.7	7.2 ±0.8	7.0 ±0.7	6.5 ±1.2	5.1 ±0.6	4.4 ±0.5	5.6 ±0.9	5.9 ±0.9	1.1 ±0.3	2.0 ±0.6
	Grade 12	NA	6.8 ±0.9	8.6 ±1.1	8.1 ±1.2	7.5 ±0.9	7.3 ±0.9	6.6 ±1.0	8.5 ±1.3	6.8 ±1.2	2.8 ±0.8	2.9 ±0.8
Pain killers to get high	Grade 8	NA	NA	3.6 ±0.7	4.3 ±0.9	4.3 ±0.5	3.2 ±0.4	2.3 ±0.4	2.1 ±0.3	2.4 ±0.4	1.0 ±0.3	1.7 ±0.4
	Grade 10	NA	NA	10.1 ±1.2	9.5 ±1.2	8.3 ±1.3	6.0 ±0.8	4.7 ±0.6	4.4 ±0.6	3.6 ±0.6	1.0 ±0.2	1.6 ±0.4
	Grade 12	NA	NA	11.6 ±2.0	12.0 ±1.6	7.9 ±1.2	7.5 ±1.0	5.6 ±0.9	5.4 ±0.8	3.8 ±0.7	1.3 ±0.3	1.7 ±0.5
Prescription drugs, not prescribed	Grade 8	NA	NA	NA	NA	NA	NA	4.2 ±0.6	5.2 ±0.9	5.5 ±0.8	1.4 ±0.4	2.8 ±0.6
	Grade 10	NA	NA	NA	NA	NA	NA	7.6 ±0.8	7.9 ±0.9	6.8 ±1.0	1.5 ±0.3	2.9 ±0.6
	Grade 12	NA	NA	NA	NA	NA	NA	9.0 ±1.3	8.8 ±1.2	6.6 ±1.1	1.9 ±0.5	3.0 ±0.9
Fentanyl	Grade 8	NA	NA	NA	NA	NA	NA	NA	NA	1.6 ±0.4	0.9 ±0.3	0.5 ±0.2
	Grade 10	NA	NA	NA	NA	NA	NA	NA	NA	2.4 ±0.5	0.7 ±0.3	0.8 ±0.3
	Grade 12	NA	NA	NA	NA	NA	NA	NA	NA	2.7 ±0.6	0.8 ±0.3	0.8 ±0.4
Stimulant, like Adderall or Ritalin	Grade 8	NA	2.8 ±0.4	2.0 ±0.5	2.8 ±0.5	9.4 ±1.1	10.4 ±0.9	NA	NA	0.8 ±0.3	0.4 ±0.2	0.7 ±0.3
	Grade 10	NA	4.2 ±0.6	5.0 ±0.9	4.9 ±0.8	11.5 ±1.5	10.5 ±1.1	NA	NA	2.1 ±0.5	0.7 ±0.2	0.8 ±0.4
	Grade 12	NA	3.6 ±0.8	5.2 ±1.0	5.4 ±1.1	9.8 ±1.1	11.7 ±1.9	NA	NA	2.3 ±0.6	1.0 ±0.4	1.8 ±0.5
Painkiller, like Vicodin, OxyContin, or Percocet	Grade 8	NA	NA	NA	NA	NA	NA	NA	NA	1.6 ±0.4	0.9 ±0.3	1.1 ±0.4
	Grade 10	NA	NA	NA	NA	NA	NA	NA	NA	2.4 ±0.5	0.7 ±0.3	0.8 ±0.4
	Grade 12	NA	NA	NA	NA	NA	NA	NA	NA	2.7 ±0.6	0.8 ±0.3	0.6 ±0.3
Tranquilizer, like Valium or Xanax	Grade 8	NA	NA	NA	NA	NA	NA	NA	NA	0.9 ±0.3	0.2 ±0.2	0.3 ±0.2
	Grade 10	NA	NA	NA	NA	NA	NA	NA	NA	1.5 ±0.4	0.3 ±0.2	0.2 ±0.2
	Grade 12	NA	NA	NA	NA	NA	NA	NA	NA	1.6 ±0.5	0.3 ±0.2	0.7 ±0.4
Another kind of prescription drug	Grade 8	NA	NA	NA	NA	NA	NA	NA	NA	1.7 ±0.4	0.9 ±0.3	2.2 ±0.5
	Grade 10	NA	NA	NA	NA	NA	NA	NA	NA	2.0 ±0.5	0.9 ±0.3	1.8 ±0.5
	Grade 12	NA	NA	NA	NA	NA	NA	NA	NA	1.7 ±0.5	1.1 ±0.4	2.1 ±0.7

Measure	Grade	2002	2004	2006	2008	2010	2012	2014	2016	2018	2021	2023
Over-the-counter drug	Grade 8	NA	NA	NA	NA	NA	NA	NA	NA	6.2 ±0.9	2.7 ±0.7	5.7 ±0.7
	Grade 10	NA	NA	NA	NA	NA	NA	NA	NA	5.0 ±1.1	2.8 ±0.6	4.9 ±0.7
	Grade 12	NA	NA	NA	NA	NA	NA	NA	NA	3.7 ±0.8	2.5 ±0.7	4.8 ±0.8
Something but don't know what it was	Grade 8	NA	NA	NA	NA	NA	NA	NA	NA	NA	1.0 ±0.3	2.7 ±0.7
	Grade 10	NA	NA	NA	NA	NA	NA	NA	NA	NA	0.7 ±0.2	1.0 ±0.4
	Grade 12	NA	NA	NA	NA	NA	NA	NA	NA	NA	0.5 ±0.3	1.0 ±0.5
Marijuana (hemp-derived) products, like Delta-8	Grade 8	NA	NA	NA	NA	NA	NA	NA	NA	0.9 ±0.3	0.2 ±0.2	1.5 ±0.4
	Grade 10	NA	NA	NA	NA	NA	NA	NA	NA	1.5 ±0.4	0.3 ±0.2	2.0 ±0.5
	Grade 12	NA	NA	NA	NA	NA	NA	NA	NA	1.6 ±0.5	0.3 ±0.2	5.1 ±1.2
Synthetic products (K2, spice, Mr. Happy, Kronic)	Grade 8	NA	NA	NA	NA	NA	NA	NA	NA	1.7 ±0.4	0.9 ±0.3	0.7 ±21.6
	Grade 10	NA	NA	NA	NA	NA	NA	NA	NA	2.0 ±0.5	0.9 ±0.3	0.4 ±0.2
	Grade 12	NA	NA	NA	NA	NA	NA	NA	NA	1.7 ±0.5	1.1 ±0.4	0.6 ±0.3
Kratom	Grade 8	NA	NA	NA	NA	NA	NA	NA	NA	6.2 ±0.9	2.7 ±0.7	0.5 ±0.2
	Grade 10	NA	NA	NA	NA	NA	NA	NA	NA	5.0 ±1.1	2.8 ±0.6	0.3 ±0.2
	Grade 12	NA	NA	NA	NA	NA	NA	NA	NA	3.7 ±0.8	2.5 ±0.7	0.3 ±0.3
Bath salts (Bliss, Blue Silk, Purple Wave, Lunar Wave, Vanilla Sky)	Grade 8	NA	NA	NA	NA	NA	NA	NA	NA	NA	1.0 ±0.3	0.5 ±0.3
	Grade 10	NA	NA	NA	NA	NA	NA	NA	NA	NA	0.7 ±0.2	0.4 ±0.2
	Grade 12	NA	NA	NA	NA	NA	NA	NA	NA	NA	0.5 ±0.3	0.3 ±0.2
Psilocybin, magic mushrooms ("shrooms")	Grade 8	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	1.0 ±0.3
	Grade 10	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	1.3 ±0.4
	Grade 12	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	1.9 ±0.7
Tobacco in a pipe	Grade 8	5.6 ±1.1	4.0 ±0.8	3.7 ±1.0	5.1 ±1.0	NA	NA	NA	NA	NA	NA	NA
	Grade 10	5.9 ±1.9	5.6 ±1.2	10.1 ±1.8	7.1 ±0.9	NA	NA	NA	NA	NA	NA	NA
	Grade 12	5.0 ±1.5	5.0 ±1.0	9.1 ±1.9	6.8 ±0.9	NA	NA	NA	NA	NA	NA	NA
Bidis	Grade 8	6.8 ±1.4	5.3 ±1.0	4.5 ±1.1	6.3 ±1.3	NA	NA	NA	NA	NA	NA	NA
	Grade 10	8.0 ±2.4	8.1 ±1.3	12.7 ±1.9	10.4 ±1.0	NA	NA	NA	NA	NA	NA	NA
	Grade 12	8.3 ±1.7	8.3 ±1.6	11.8 ±1.7	10.1 ±1.1	NA	NA	NA	NA	NA	NA	NA
Cloves	Grade 8	5.0 ±1.3	3.6 ±0.8	3.2 ±1.0	4.0 ±1.0	NA	NA	NA	NA	NA	NA	NA

Measure	Grade	2002	2004	2006	2008	2010	2012	2014	2016	2018	2021	2023
	Grade 10	6.3 ±2.4	5.5 ±1.0	9.5 ±1.8	6.7 ±1.0	NA	NA	NA	NA	NA	NA	NA
	Grade 12	5.5 ±1.7	5.5 ±1.0	8.9 ±1.8	7.0 ±1.2	NA	NA	NA	NA	NA	NA	NA
Dissolvable tobacco	Grade 8	NA	NA	NA	NA	NA	NA	NA	NA	0.9 ±0.3	NA	NA
	Grade 10	NA	NA	NA	NA	NA	NA	NA	NA	1.1 ±0.3	NA	NA
	Grade 12	NA	NA	NA	NA	NA	NA	NA	NA	1.5 ±0.5	NA	NA
Inhalants	Grade 8	5.0 ±0.6	NA	5.0 ±0.8	6.4 ±1.1	NA	NA	NA	NA	NA	NA	NA
	Grade 10	3.8 ±0.5	NA	5.7 ±0.6	5.6 ±1.0	NA	NA	NA	NA	NA	NA	NA
	Grade 12	3.0 ±0.6	NA	3.5 ±0.6	4.5 ±0.9	NA	NA	NA	NA	NA	NA	NA
Cocaine or Crack	Grade 8	2.4 ±0.5	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
	Grade 10	2.7 ±0.5	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
	Grade 12	4.4 ±0.7	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
Methamphetamines	Grade 8	2.1 ±0.4	1.9 ±0.3	1.3 ±0.3	2.1 ±0.5	NA	NA	NA	NA	NA	NA	NA
	Grade 10	2.9 ±0.6	2.9 ±0.5	2.9 ±0.5	3.6 ±0.7	NA	NA	NA	NA	NA	NA	NA
	Grade 12	3.4 ±0.7	2.8 ±0.5	2.7 ±0.6	3.8 ±1.1	NA	NA	NA	NA	NA	NA	NA
Ecstasy or MDMA Use	Grade 8	2.4 ±0.4	2.1 ±0.3	NA	NA	NA	NA	NA	NA	NA	NA	NA
	Grade 10	3.2 ±0.8	2.7 ±0.5	NA	NA	NA	NA	NA	NA	NA	NA	NA
	Grade 12	3.6 ±0.7	2.7 ±0.5	NA	NA	NA	NA	NA	NA	NA	NA	NA
Psychedelics (angel dust, LSD, acid, microdot, PCP, magic mushroom)	Grade 8	3.0 ±0.5	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
	Grade 10	4.0 ±0.7	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
	Grade 12	5.1 ±1.2	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA

Notes:

- NA indicate a substance was not represented on that particular year's survey.
- Binge drinking in the past two weeks (not in the past 30 days)
- In 2014, the question for electronic cigarettes (e-cigs), added the language "or vape pens". In 2021, "JUUL" was added to the description.
- In 2014, the description of marijuana was changed from "grass, hash, pot" to "weed, hash, pot". In 2021, "weed, hash, pot" was dropped.
- The questions on stimulant use have changed over time:
 - During the past 30 days, on how many days did you: use Ritalin without a doctor's orders? (2004, 2006, 2008)
 - Some kids take a medicine prescribed by their doctor to help with hyperactivity or focus (ADD). Some names for this medicine are Ritalin, Adderall, or Concerta. In the past 30 days have you taken one of these drugs? (2010, 2012)
 - During the past 30 days, which of the following have you used for non-medical reasons? Choose all that apply. I used a stimulant, like Adderall or Ritalin. (2021)

Source: HYS 2002, 2004, 2006, 2008, 2010, 2012, 2014, 2016, 2018, 2021, and 2023.

Alcohol Use

Alcohol has been consistently reported as the substance most frequently used by Washington's youth. However, the prevalence of past 30-day use of alcohol has steadily declined nationally (Monitoring the Future, 2016) and in Washington State since 2000. As age-specific survey data illustrate, the number of youth using alcohol increases sharply with each grade. The number of Grade 6 and 8 students who report any lifetime use is of particular concern because of the strong association between age of initiation and subsequent alcohol misuse and dependence.

Lifetime Alcohol Use

In 2023, 17 percent of Grade 6, 29 percent of Grade 8 students, 40 percent of Grade 10 students, and 53 percent of Grade 12 students reported having tried more than a sip or two of alcohol sometime in their lives (lifetime use).

Differences by grade level:

- Among Grade 6, 8, 10, and 12 students, as grade levels increase, each grade was more likely to report drinking more than a sip or two of alcohol in their lifetime.

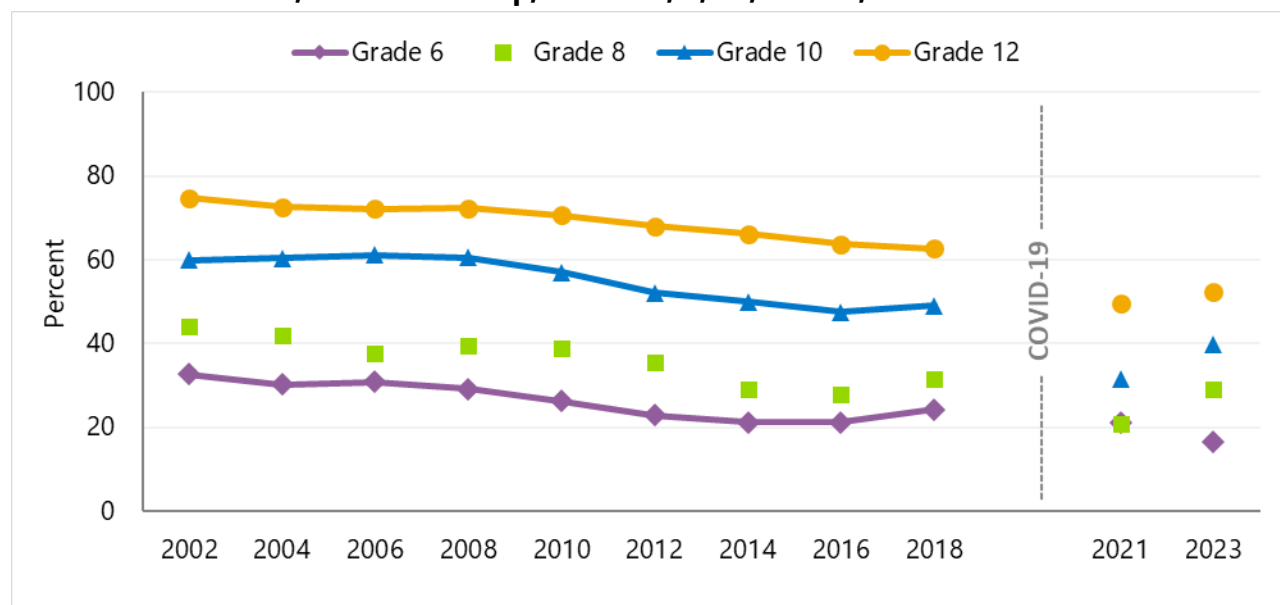
Differences by sex assigned at birth:

- Grade 6 males were more likely than females to report they drank more than a sip or two of alcohol in their lifetime.
- Grade 8 and 12 females were more likely than males to report they drank more than a sip or two of alcohol in their lifetime.

Differences over time:

- Among Grade 6 students, there was a decrease in lifetime alcohol use from 2021 to 2023.
- Among Grade 8 and 10 students, there were increases in lifetime alcohol use from 2021 to 2023.
- Among Grade 6, 8, 10, and 12 students, there were decreases in lifetime alcohol use from 2002 through 2018.

Lifetime Alcohol Use, More than a Sip, Grades 6, 8, 10, and 12, 2002-2023



Grade	2002	2004	2006	2008	2010	2012	2014	2016	2018	2021	2023
Grade 6	32.7 ± 2.0	30.3 ± 1.3	30.9 ± 1.5	29.2 ± 1.4	26.3 ± 1.2	23.0 ± 1.5	21.2 ± 1.3	21.2 ± 1.3	24.3 ± 1.1	21.3 ± 1.6	16.6 ± 1.2
Grade 8	44.2 ± 1.9	42.0 ± 2.1	37.6 ± 2.7	39.4 ± 2.3	39.0 ± 2.1	35.4 ± 1.7	29.0 ± 1.8	27.9 ± 2.2	31.7 ± 1.9	20.8 ± 1.7	29.0 ± 1.8
Grade 10	60.0 ± 2.5	60.4 ± 1.8	61.2 ± 2.0	60.6 ± 2.2	57.1 ± 2.3	52.2 ± 2.9	50.1 ± 2.1	47.6 ± 2.1	49.1 ± 2.6	31.6 ± 2.7	39.8 ± 2.8
Grade 12	74.9 ± 2.0	72.6 ± 1.9	72.2 ± 1.5	72.4 ± 1.8	70.6 ± 2.0	68.0 ± 1.9	66.2 ± 2.1	63.8 ± 2.1	62.8 ± 2.8	49.7 ± 3.1	52.5 ± 3.1

Survey Questions:

- How old were you the first time you: Had more than a sip or two of beer, wine, or hard liquor (for example: vodka, whiskey, or gin)?
- Have you ever, even once in your lifetime: Had more than a sip or two of beer, wine, or hard liquor (for example: vodka, whiskey, or gin)?

Note: Percentages represent students who had ever had more than a sip of alcohol at any age in their life (Grades 8, 10 and 12) or had ever had a sip of alcohol in their life (Grade 6).

Source: HYS 2002, 2004, 2006, 2008, 2010, 2012, 2014, 2016, 2018, 2021, and 2023.

30-Day Alcohol Use

In 2023, 1 percent of Grade 6 students, 4 percent of Grade 8 students, 9 percent of Grade 10 students, and 18 percent of Grade 12 students reported drinking alcohol in the past 30 days.

Differences by grade level:

- Among Grade 6, 8, 10, and 12 students, as grade levels increase, each grade was more likely to have used alcohol in the past 30 days.

Differences by sex assigned at birth:

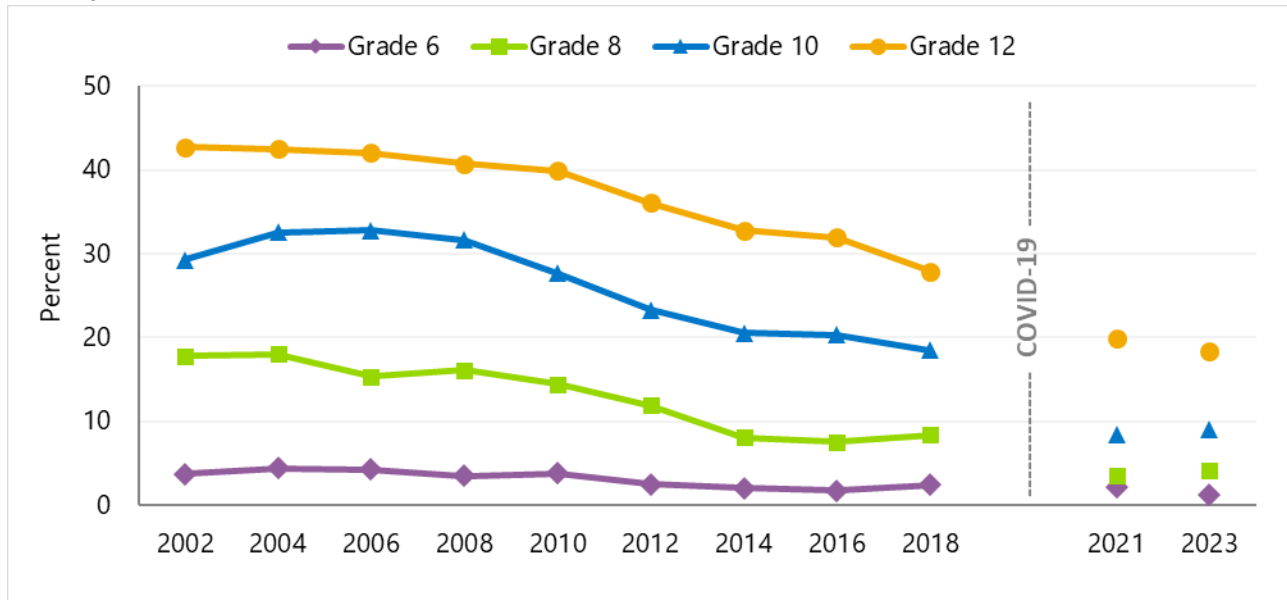
- Grade 8 and 12 females were more likely than males to have used alcohol in the past 30 days.

Differences over time:

- Among Grade 6 students, there was a decrease in 30-day alcohol use from 2021 to 2023.

- Among Grade 6, 8, 10, and 12 students, there were decreases in 30-day alcohol use from 2002 through 2018.

30-Day Alcohol Use, Grades 6, 8, 10, and 12, 2002-2023



Grade	2002	2004	2006	2008	2010	2012	2014	2016	2018	2021	2023
Grade 6	3.8 ± 0.7	4.4 ± 0.5	4.3 ± 0.6	3.5 ± 0.5	3.8 ± 0.5	2.5 ± 0.5	2.1 ± 0.4	1.8 ± 0.4	2.4 ± 0.4	2.2 ± 0.4	1.2 ± 0.3
Grade 8	17.8 ± 1.5	18.1 ± 1.7	15.4 ± 1.8	16.1 ± 1.5	14.4 ± 1.3	11.9 ± 1.2	8.1 ± 0.9	7.6 ± 1.1	8.4 ± 0.9	3.6 ± 0.6	4.2 ± 0.6
Grade 10	29.3 ± 1.6	32.6 ± 1.6	32.8 ± 1.6	31.7 ± 1.6	27.7 ± 1.9	23.3 ± 1.6	20.6 ± 1.5	20.4 ± 1.4	18.5 ± 1.6	8.4 ± 1.6	9.1 ± 1.5
Grade 12	42.8 ± 2.5	42.6 ± 2.4	42.1 ± 2.1	40.8 ± 2.4	40.0 ± 2.2	36.1 ± 2.2	32.9 ± 2.5	32.0 ± 2.3	27.9 ± 2.3	20.0 ± 3.6	18.4 ± 2.4

Survey Question: During the past 30 days, on how many days did you: Drink a glass, can or bottle of alcohol (beer, wine, wine coolers, hard liquor)?

Note: Percentages represent students who reported that they drank alcohol on any days in the past 30 days.

Source: HYS 2002, 2004, 2006, 2008, 2010, 2012, 2014, 2016, 2018, 2021, and 2023.

Binge Drinking

The survey question on binge drinking (framed as five or more drinks in a row during the previous two weeks) may underestimate excessive alcohol consumption. Low-weight and inexperienced drinkers suffer negative effects from fewer than five drinks, and students may underestimate the amount of alcohol they consume in a "drink." In addition, the new recommended measurement of binge drinking for women is 4 drinks or more in one occasion (Chavez, 2011).

In 2023, 2 percent of Grade 6 and Grade 8 students, 4 percent of Grade 10 students, and 9 percent of Grade 12 students reported binge drinking in the past two weeks.

Differences by grade level:

- Grade 10 students were more likely than Grade 6 and 8 students to report binge drinking. Grade 12 students were more likely than Grade 6, 8, and 10 students to report binge drinking.

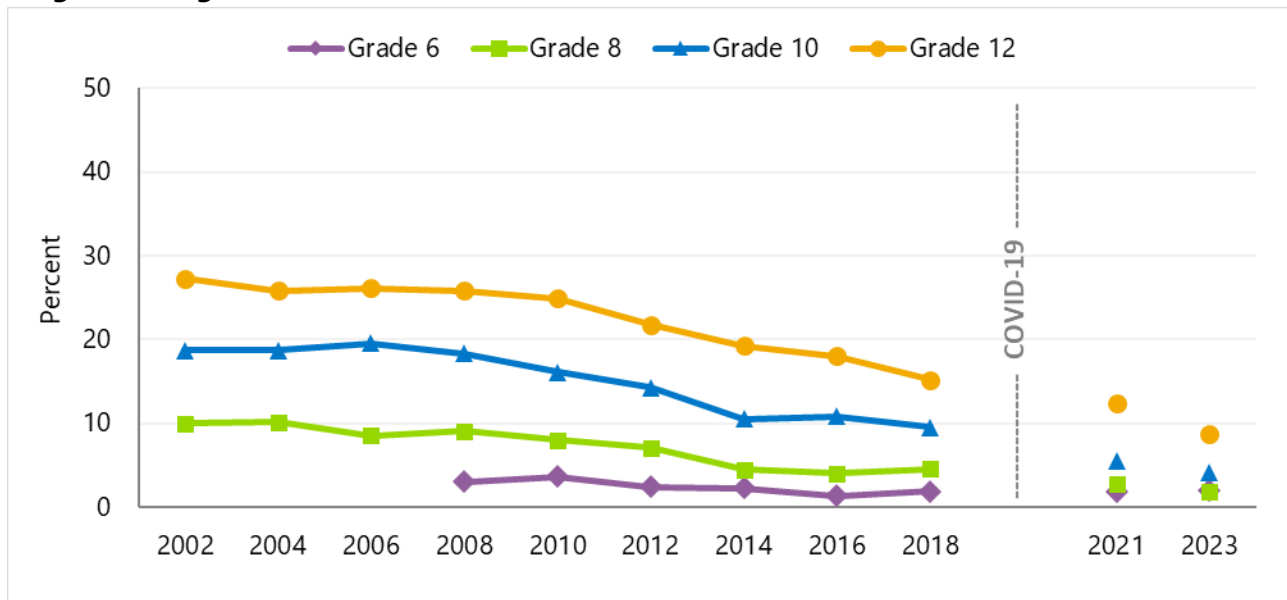
Differences by sex assigned at birth:

- Grade 8 and 12 females were more likely than males to report binge drinking.

Differences over time:

- Among Grade 8 and 12 students, there were decreases in binge drinking from 2021 to 2023.
- Among Grade 6, 8, 10, and 12 students, there were decreases in binge drinking from 2002 through 2018.

Binge Drinking, Grades 6, 8, 10, and 12, 2002-2023



Grade	2002	2004	2006	2008	2010	2012	2014	2016	2018	2021	2023
Grade 6	NA	NA	NA	3.0 ± 0.5	3.7 ± 0.6	2.4 ± 0.5	2.3 ± 0.5	1.3 ± 0.3	1.9 ± 0.4	1.9 ± 0.5	2.1 ± 0.4
Grade 8	10.0 ± 1.2	10.2 ± 1.3	8.6 ± 1.6	9.1 ± 1.1	8.1 ± 0.9	7.1 ± 0.8	4.5 ± 0.6	4.0 ± 0.7	4.6 ± 0.6	2.8 ± 0.5	1.9 ± 0.4
Grade 10	18.7 ± 1.6	18.7 ± 1.5	19.6 ± 1.8	18.4 ± 1.4	16.2 ± 1.9	14.3 ± 1.3	10.6 ± 1.1	10.9 ± 1.0	9.6 ± 1.1	5.5 ± 1.1	4.2 ± 0.8
Grade 12	27.3 ± 2.5	25.8 ± 2.4	26.1 ± 2.0	25.9 ± 2.1	24.9 ± 2.2	21.8 ± 1.7	19.2 ± 1.9	18.0 ± 1.6	15.2 ± 1.6	12.4 ± 2.2	8.7 ± 1.4

Survey Question: Think back over the last 2 weeks. How many times have you had five or more drinks in a row? (A drink is a glass of wine, a bottle of beer, a shot glass of liquor, or a mixed drink.)

Note: Percentages represent students who reported that they had five or more drinks in a row any number of times in the past two weeks.

Source: HYS 2002, 2004, 2006, 2008, 2010, 2012, 2014, 2016, 2018, 2021, and 2023.

Average Age of First Alcohol Use

Some youth begin experimenting with alcohol and other drugs at an early age. Early (age 12-14) and late (age 15-17) adolescence initiation and use of alcohol are associated with alcohol

related problems in adulthood (Buchman, 2009; McCambridge, 2011). The younger the age of drinking onset, the greater the chance that an individual will develop a clinically-defined alcohol disorder at some point in their life (National Center on Addiction and Substance Abuse, 2011).

In 2023, among Grade 10 students who have had more than a sip or two of beer, wine, or hard liquor, the average age of first use was 12.3 years.

Average Age of First Use of Alcohol in 2023

Grade	2023
Grade 8	11.0 (\pm 0.1)
Grade 10	12.3 (\pm 0.1)
Grade 12	13.8 (\pm 0.2)

Survey Question: How old were you the first time you had more than a sip or two of beer, wine, or hard liquor (for example: vodka, whiskey, or gin)?

Note: Age of first use is calculated by excluding students who responded that they "never had" drank alcohol, and calculating the mean age of first use among those who drank at any age.

Source: HYS 2023.

Levels of Problem Drinking: Composite Scale

The level of drinking is an important consideration in the design of prevention and intervention strategies. The definitions of experimental, heavy, and problem drinking combine frequency of drinking and episodes of binge drinking (see Notes below) (Courtney et al., 2009). Students reported the following levels of drinking in 2023:

- Experimental drinking: 2 percent of Grade 8, 4 percent of Grade 10 students, and 7 percent of Grade 12 students.
- Heavy drinking: 1 percent of Grade 8, and 2 percent of Grade 10, and 5 percent of Grade 12 students.
- Problem drinking: 2 percent of Grade 8, 3 percent of Grade 10, and 6 percent of Grade 12 students.

Differences by grade level:

- Among Grade 8, 10, and 12 students, as grade levels increase, each grade was more likely to report experimental drinking, heavy drinking, and problem drinking.

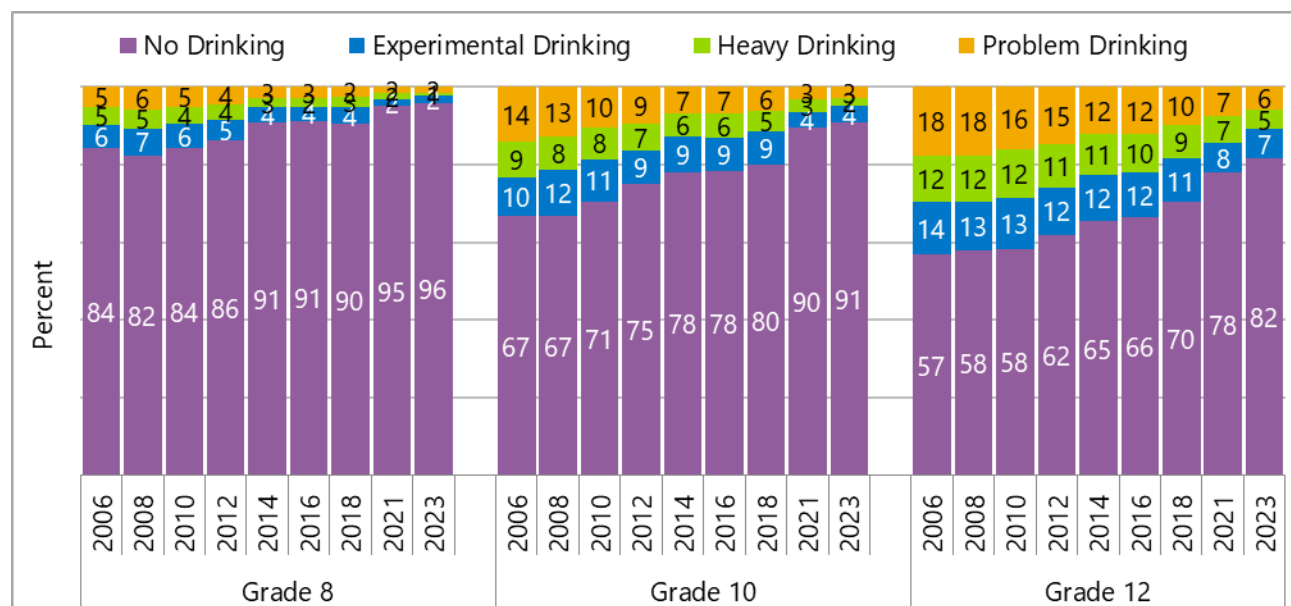
Differences by sex assigned at birth:

- Grade 8 females were more likely than males to report experimental drinking and heavy drinking.

Differences over time:

- Among Grade 8, 10, and 12 students, there were decreases in heavy drinking from 2021 to 2023.
- Among Grade 8, 10, and 12 students, there were decreases in experimental, heavy, and problem drinking from 2006 to 2018.

Levels of Problem Drinking, Grades 8, 10, and 12, 2006-2023



Grade 8

Measure	2006	2008	2010	2012	2014	2016	2018	2021	2023
No Drinking	84.3 ±2.1	82.4 ±1.7	84.3 ±1.4	86.4 ±1.3	90.8 ±1.0	91.3 ±1.1	90.5 ±1.0	95.0 ±0.6	95.9 ±0.6
Experimental Drinking	5.8 ±0.9	6.9 ±0.7	6.2 ±0.5	5.3 ±0.5	3.9 ±0.5	3.6 ±0.5	4.3 ±0.5	1.7 ±0.3	1.8 ±0.4
Heavy Drinking	4.7 ±0.8	4.9 ±0.6	4.3 ±0.5	4.0 ±0.5	2.6 ±0.4	2.2 ±0.3	2.8 ±0.4	1.6 ±0.3	0.7 ±0.3
Problem Drinking	5.2 ±1.1	5.8 ±0.8	5.3 ±0.8	4.4 ±0.6	2.8 ±0.5	2.9 ±0.6	2.5 ±0.5	1.7 ±0.4	1.6 ±0.3

Grade 10

Measure	2006	2008	2010	2012	2014	2016	2018	2021	2023
No Drinking	66.7 ±2.1	66.8 ±1.7	70.6 ±2.2	75.0 ±1.7	78.1 ±1.6	78.3 ±1.5	80.0 ±1.8	89.6 ±1.8	91.0 ±1.5
Experimental Drinking	10.2 ±1.1	12.0 ±0.9	10.9 ±0.7	8.5 ±0.6	9.2 ±0.9	8.7 ±0.7	8.7 ±0.7	3.8 ±0.7	4.0 ±0.8
Heavy Drinking	9.0 ±1.1	8.4 ±0.8	8.2 ±0.7	7.1 ±0.7	5.9 ±0.7	6.2 ±0.5	5.2 ±0.8	3.4 ±0.6	2.2 ±0.5
Problem Drinking	14.1 ±1.4	12.8 ±0.9	10.4 ±1.6	9.4 ±1.0	6.9 ±0.8	6.8 ±0.8	6.2 ±0.8	3.2 ±0.6	2.8 ±0.6

Grade 12

Measure	2006	2008	2010	2012	2014	2016	2018	2021	2023
No Drinking	56.8 ±2.5	57.8 ±2.4	58.4 ±2.3	61.9 ±2.1	65.4 ±2.5	66.5 ±2.2	70.3 ±2.3	77.9 ±3.5	81.7 ±2.4
Experimental Drinking	13.6 ±1.4	12.6 ±0.9	13.1 ±1.2	12.3 ±1.0	11.7 ±0.9	11.6 ±0.9	11.3 ±1.0	7.7 ±1.4	7.4 ±1.3
Heavy Drinking	12.1 ±1.1	11.9 ±1.0	12.5 ±0.8	11.0 ±0.9	10.8 ±1.3	9.9 ±1.0	8.6 ±0.8	7.0 ±1.5	4.9 ±1.0
Problem Drinking	17.6 ±2.0	17.7 ±1.7	16.1 ±2.1	14.8 ±1.5	12.1 ±1.3	12.0 ±1.1	9.9 ±1.5	7.5 ±1.3	6.0 ±1.0

Survey Questions:

- During the past 30 days, on how many days did you: Drink a glass, can or bottle of alcohol?
- Think back over the last 2 weeks. How many times have you had five or more drinks in a row?

Notes:

- Experimental drinking represents drinking 1–2 times in the past 30 days and no binge drinking in the past two weeks.
- Heavy drinking represents drinking 3–5 times in the past 30 days and/or binge drinking 1 time in the past two weeks.

- Problem drinking represents drinking 6 or more times in the past 30 days and/or binge drinking 2 or more times in the past two weeks.

Source: HYS 2006, 2008, 2010, 2012, 2014, 2016, 2018, 2021, and 2023.

Perception of Access to Alcohol

In spite of the laws that seek to prevent underage drinking, a high percentage of youth do not find it hard to obtain alcohol. The perception of easy access to alcohol is lower among Washington State youth than the national average (Johnston, 2015).

In 2023, 72 percent of Grade 6 students, 50 percent of Grade 8 students, 36 percent of Grade 10 students, and 28 percent of Grade 12 students reported that alcohol would be very hard to get.

Differences by grade level:

- Among Grade 6, 8, 10, and 12 students, as grade levels increase, each grade was less likely to perceive that alcohol would be very hard to get.

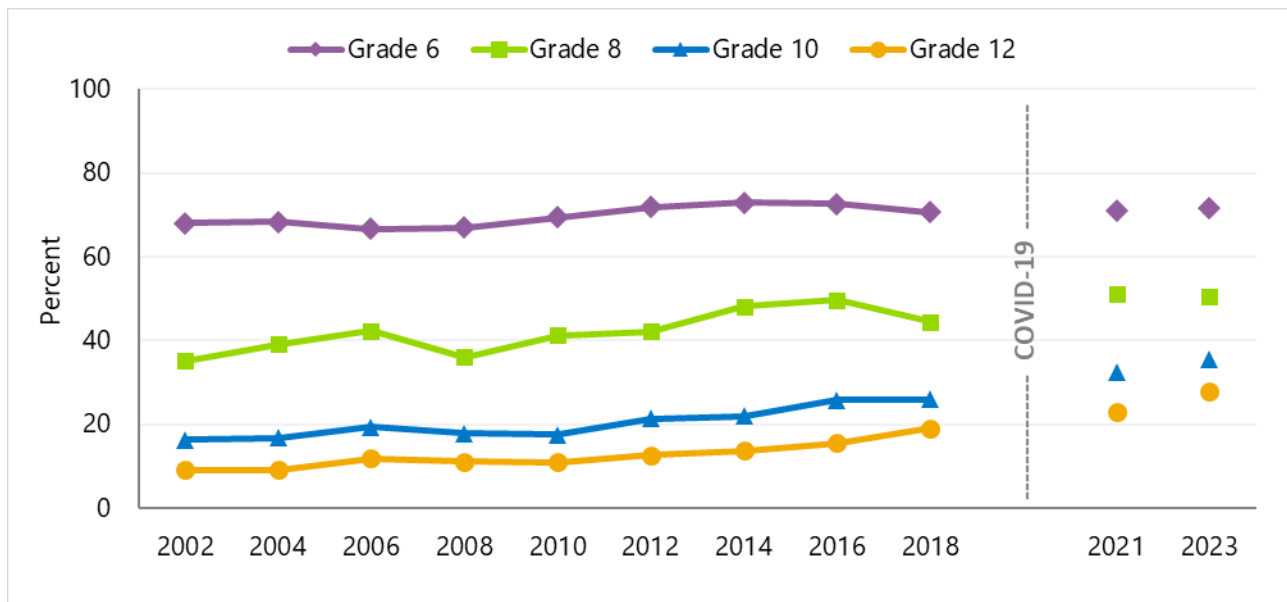
Differences by sex assigned at birth:

- Grade 8 males were more likely than females to perceive that alcohol would be very hard to get.

Differences over time:

- Among Grade 12 students, there was an increase in the perception that alcohol would be very hard to get from 2021 to 2023.
- Among Grade 6, 8, 10, and 12 students, there were increases in the perception that alcohol would be very hard to get from 2002 through 2018.

Perception That Access to Alcohol is Very Hard, Grades 6, 8, 10, and 12, 2002-2023



Grade	2002	2004	2006	2008	2010	2012	2014	2016	2018	2021	2023
Grade 6	68.1 ± 1.4	68.4 ± 1.2	66.6 ± 1.3	67.0 ± 1.3	69.5 ± 1.2	72.0 ± 1.3	73.0 ± 1.1	72.7 ± 1.1	70.7 ± 1.5	71.0 ± 1.5	71.6 ± 1.6
Grade 8	35.2 ± 1.7	39.1 ± 1.8	42.4 ± 1.9	36.2 ± 1.9	41.3 ± 1.6	42.2 ± 1.6	48.2 ± 1.8	49.7 ± 1.7	44.6 ± 2.2	51.3 ± 2.0	50.4 ± 2.4

Grade	2002	2004	2006	2008	2010	2012	2014	2016	2018	2021	2023
Grade 10	16.3 ±2.2	16.8 ±1.9	19.4 ±1.5	17.9 ±1.7	17.6 ±1.5	21.4 ±1.8	22.0 ±1.6	25.8 ±2.3	26.0 ±1.4	32.4 ±2.8	35.5 ±3.1
Grade 12	9.1 ±1.6	9.2 ±1.2	11.9 ±1.9	11.1 ±1.7	10.9 ±1.5	12.7 ±1.5	13.8 ±1.6	15.6 ±1.5	19.1 ±2.2	23.0 ±2.9	27.8 ±2.7

Survey Question: If you wanted to get some beer, wine, or hard liquor (for example: vodka, whiskey, or gin), how easy would it be for you to get some?

Note: Percentages represent students who reported it would be "very hard" to get alcohol if they wanted some.

Source: HYS 2002, 2004, 2006, 2008, 2010, 2012, 2014, 2016, 2018, 2021, and 2023.

Sources of Alcohol

The following chart represents where they usually obtained alcohol, among students who got alcohol in the past 30 days.

Differences by grade level:

- Grade 10 and 12 students were more likely than Grade 8 students to get alcohol from friends, at a party, from someone who sold it, and by giving money to someone.
- Grade 8 and 10 students were more likely than Grade 12 students to steal alcohol from a store and to get it from home without parental permission.

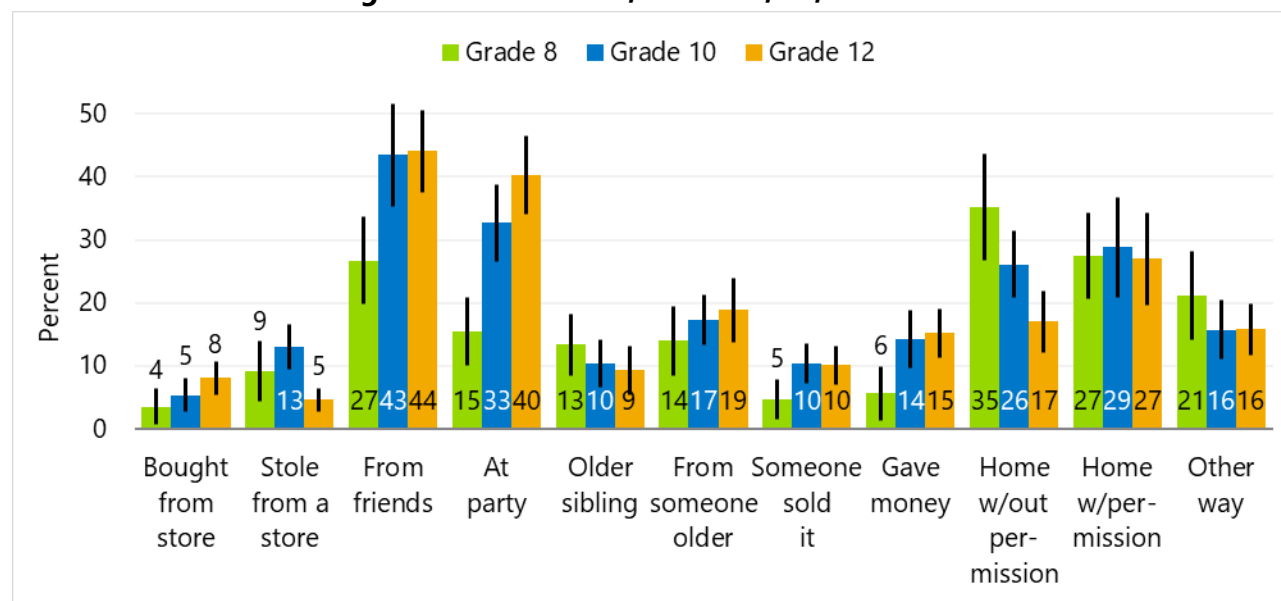
Differences by sex assigned at birth:

- Grade 8 males were more likely than females to get alcohol from someone who sold it and by giving money to someone.
- Grade 10 males were more likely than females to get alcohol from someone who sold it and some other way.
- Grade 12 females were more likely than males to get alcohol from friends and at a party.

Differences over time:

- Among Grade 8 and 10 students, there were increases in getting alcohol by stealing it from a store 2021 to 2023.
- Among Grade 8 students, there was an increase in getting alcohol at home with parental permission from 2008 through 2018.
- Among Grade 10 students, there was a decrease in getting alcohol by giving someone money from 2008 through 2018.
- Among Grade 12 students, there was an increase in getting alcohol at home without permission from 2008 through 2018.

Sources of Alcohol Among Those Who Got It, Grades 8, 10, and 12 in 2023



Grade	Bought from store	Stole from a store	From friends	At party	Older sibling	From someone older	Someone sold it	Gave money to someone	Home w/out permis.	Home w/ permis.	Other way
Grade 8	3.5 ± 2.8	9.2 ± 4.8	26.8 ± 6.9	15.5 ± 5.4	13.4 ± 4.9	14.0 ± 5.5	4.7 ± 3.2	5.6 ± 4.3	35.2 ± 8.4	27.5 ± 6.8	21.1 ± 7.0
Grade 10	5.4 ± 2.7	13.1 ± 3.6	43.5 ± 8.2	32.7 ± 6.2	10.4 ± 3.7	17.3 ± 3.9	10.3 ± 3.2	14.2 ± 4.6	26.2 ± 5.3	28.9 ± 7.9	15.8 ± 4.8
Grade 12	8.1 ± 2.6	4.7 ± 1.9	44.1 ± 6.5	40.4 ± 6.2	9.3 ± 3.8	18.8 ± 5.0	10.1 ± 3.1	15.2 ± 3.8	17.1 ± 4.9	27.0 ± 7.3	15.8 ± 4.1

Survey Question: During the past 30 days, if you used alcohol, how did you get it? Choose all that apply. I did not get alcohol in the past 30 days.; I bought it from a store.; I stole it from a store.; I got it from friends/someone my age.; I got it at a party.; I got it from an older sibling.; I got it from someone older who I'm not related to.; Someone sold it to me.; I gave money to someone to get it for me.; I took it from home without a parent/guardian's permission.; I got it from home with a parent/guardian's permission.; I got it some other way.

Notes: Students could check multiple responses.

- Stealing alcohol from a store was not asked until 2014.
- Students could check multiple responses.
- Proportions represent students who got alcohol in the past 30 days and where they got alcohol.
- Who Students who reported that they "did not get alcohol in the past 30 days" were not included in the results.
- The sample sizes for the 2023 results in these charts are 112 Grade 8; 234 Grade 10; and 277 Grade 12 students.

Source: HYS 2023.

Perception of Risk from Daily Alcohol Consumption

Because alcohol use is so widely accepted in our culture, it is not surprising that youth do not appreciate the possible harmful effects of alcohol consumption.

In 2023, 42 percent of Grade 6 students, 47 percent of Grade 8 students, and 51 percent of Grade 10 and Grade 12 students perceived "great risk" in having one or two drinks of an alcoholic beverage every day.

Differences by grade level:

- Grade 8, 10, and 12 students were more likely than Grade 6 students to perceive great risk in having one or two drinks of alcohol every day. Grade 10 and 12 students were more likely than Grade 8 students to perceive great risk in having one or two drinks of alcohol every day.

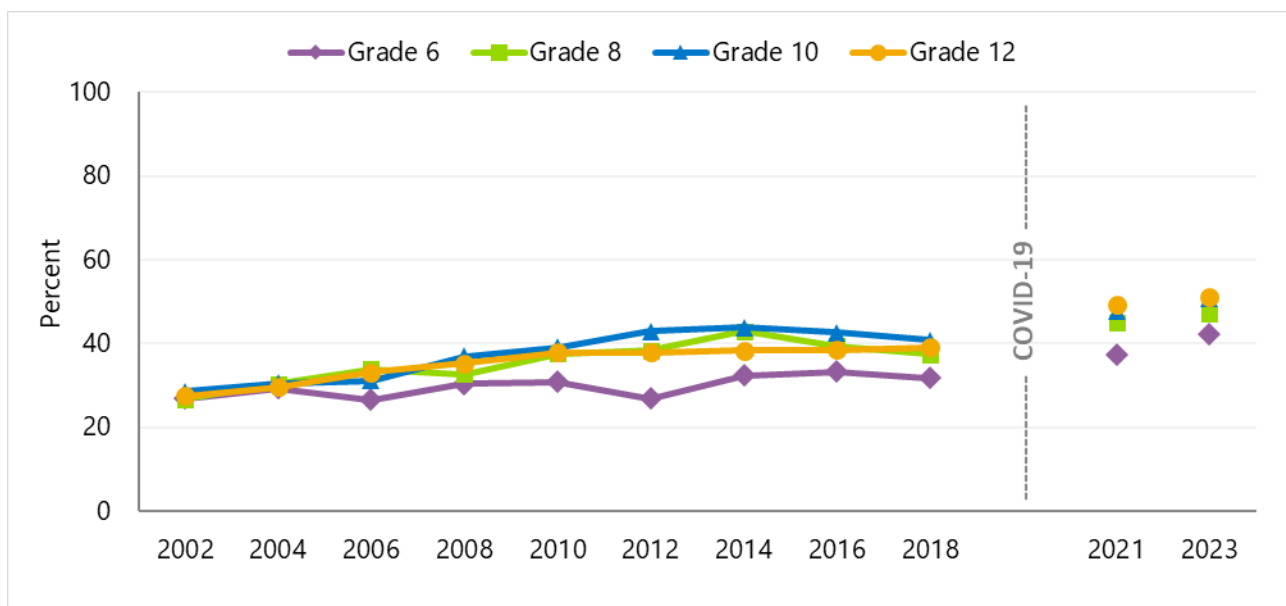
Differences by sex assigned at birth:

- Grade 8, 10, and 12 females were more likely than males to perceive great risk in having more than one or two drinks of alcohol every day.

Differences over time:

- Among Grade 6 students, there was an increase in the perception of great risk in having one or two drinks of alcohol every day from 2021 to 2023.
- Among Grade 6, 8, 10, and 12 students, there were increases in the perception of great risk in having one or two drinks of alcohol every day from 2002 through 2018.

Perception of Great Risk From Daily Alcohol Consumption, Grades 6, 8, 10, and 12, 2002-2023



Grade	2002	2004	2006	2008	2010	2012	2014	2016	2018	2021	2023
Grade 6	26.9 ± 1.6	29.3 ± 1.4	26.6 ± 1.2	30.5 ± 1.5	30.8 ± 1.5	26.9 ± 1.8	32.4 ± 1.6	33.3 ± 1.7	31.9 ± 1.5	37.3 ± 2.0	42.3 ± 2.0
Grade 8	26.7 ± 1.8	30.5 ± 1.8	33.9 ± 2.6	32.7 ± 2.2	37.6 ± 1.9	38.4 ± 2.3	42.9 ± 2.6	39.5 ± 2.2	37.4 ± 1.9	45.1 ± 1.9	47.3 ± 2.4
Grade 10	28.6 ± 1.9	30.6 ± 1.8	31.2 ± 2.1	37.1 ± 2.3	39.2 ± 3.3	43.0 ± 2.2	43.8 ± 2.7	42.6 ± 1.7	40.8 ± 2.4	47.8 ± 3.0	50.9 ± 2.4
Grade 12	27.5 ± 1.8	29.7 ± 2.1	33.2 ± 3.2	35.3 ± 2.3	37.9 ± 2.5	37.9 ± 2.0	38.4 ± 2.6	38.5 ± 2.1	39.2 ± 2.3	49.3 ± 2.3	51.1 ± 2.4

Survey Question: How much do you think people risk harming themselves if they take one or two drinks of an alcoholic beverage (wine, beer, a shot of liquor) nearly every day?

Note: Percentages represent students who reported that there is great risk from daily alcohol consumption.

Source: HYS 2002, 2004, 2006, 2008, 2010, 2012, 2014, 2016, 2018, 2021, and 2023.

Tobacco Use

Historically, cigarettes have been the most popular tobacco product used by youth. After peaking in the late 1990s, youth cigarette smoking rates have declined significantly. Despite this progress, tobacco use remains the leading cause of preventable death in Washington State. Each year, approximately 8,300 adults in Washington die from smoking and approximately 104,000 youth living in Washington today will die prematurely from smoking (Campaign for Tobacco-Free Kids, 2022).

Starting in 2014, electronic delivery systems (ENDS) replaced combustible cigarettes as the most used tobacco product among youth. In 2021, 1 out of 9 high school students (11%) living in the United States (U.S.) reported e-cigarette use in the past 30 days. According to the World Health Organization (WHO), the majority of e-cigarettes contain toxic chemicals, including heavy metals and substances that can cause cancer. The use of END products are associated with increased risk of cardiovascular diseases, lung disorders and adverse effects on developing fetuses during pregnancy; furthermore, nicotine exposure among children and adolescents has been found to negatively affect brain development and lead to nicotine addiction (WHO, 2020).

Lifetime Cigarette Smoking

In 2023, 8 percent of Grade 8 students, 11 percent of Grade 10 students, and 18 percent of Grade 12 students reported ever having smoked a cigarette, even just a puff.

Differences by grade level:

- Among Grade 8, 10, and 12 students, as grade levels increase, each grade was more likely to have ever smoked a cigarette, even just a puff.

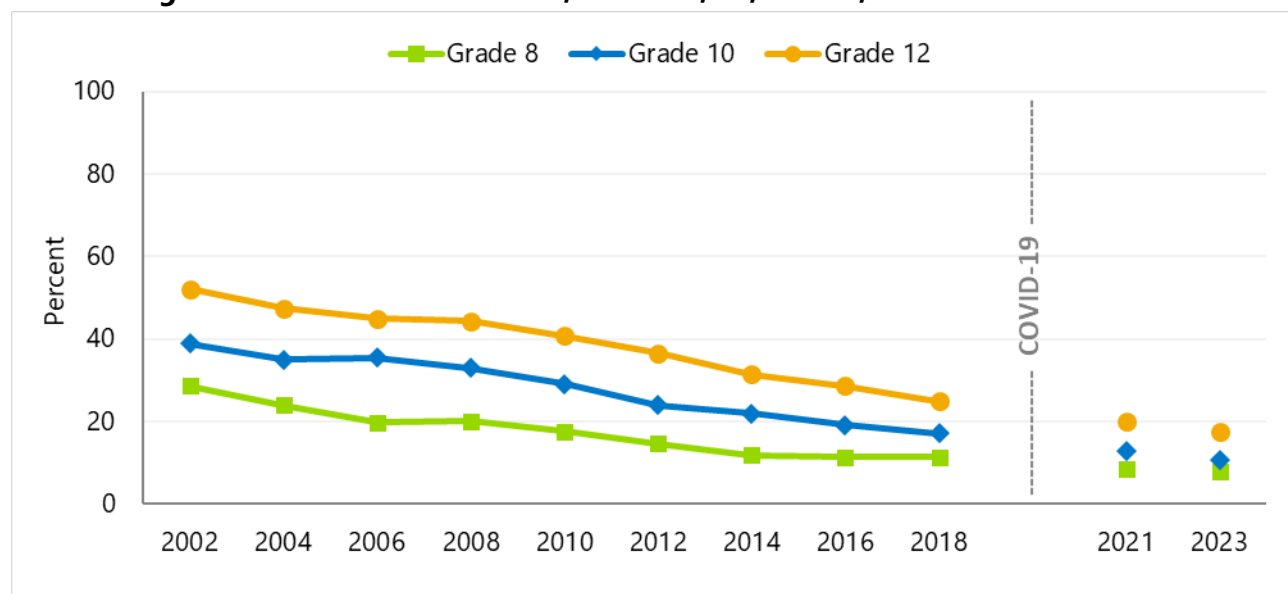
Differences by sex assigned at birth:

- Grade 8, 10, and 12 females were more likely than males to have ever smoked a cigarette, even just a puff.

Differences over time:

- There were no changes in ever smoking a cigarette from 2021 to 2023.
- Among Grade 8, 10, and 12 students, there were decreases in ever smoking a cigarette from 2002 through 2018.

Lifetime Cigarette Use - Even Just a Puff, Grades 8, 10, and 12, 2002-2023



Grade	2002	2004	2006	2008	2010	2012	2014	2016	2018	2021	2023
Grade 8	28.6 ± 2.4	23.9 ± 2.7	19.8 ± 2.6	20.1 ± 2.5	17.6 ± 2.0	14.7 ± 1.9	11.8 ± 1.6	11.4 ± 1.5	11.4 ± 1.5	8.7 ± 1.5	7.9 ± 1.0
Grade 10	39.0 ± 3.5	35.1 ± 2.9	35.5 ± 2.7	33.0 ± 2.5	29.2 ± 2.9	23.9 ± 2.6	22.0 ± 2.6	19.2 ± 1.7	17.2 ± 2.2	13.0 ± 2.0	10.8 ± 1.3
Grade 12	52.1 ± 3.1	47.5 ± 3.5	45.0 ± 2.8	44.3 ± 3.1	40.8 ± 3.6	36.6 ± 2.5	31.5 ± 3.0	28.7 ± 2.5	25.0 ± 2.4	19.9 ± 2.3	17.6 ± 2.4

Survey Question: How old were you the first time you smoked a cigarette, even just a puff?

Note: Lifetime percentages represent students who had ever smoked even just a puff of a cigarette at any age in their life.

Source: HYS 2002, 2004, 2006, 2008, 2010, 2012, 2014, 2016, 2018, 2021, and 2023.

30-Day Cigarette Smoking

In 2023, less than 1 percent of Grade 6 students, 2 percent of Grade 8 and Grade 10 students, and 5 percent of Grade 12 students reported smoking a cigarette in the past 30 days.

Differences by grade level:

- Among Grade 6, 8, 10, and 12 students, as grade levels increase, each grade was more likely to have smoked cigarettes in the past 30 days.

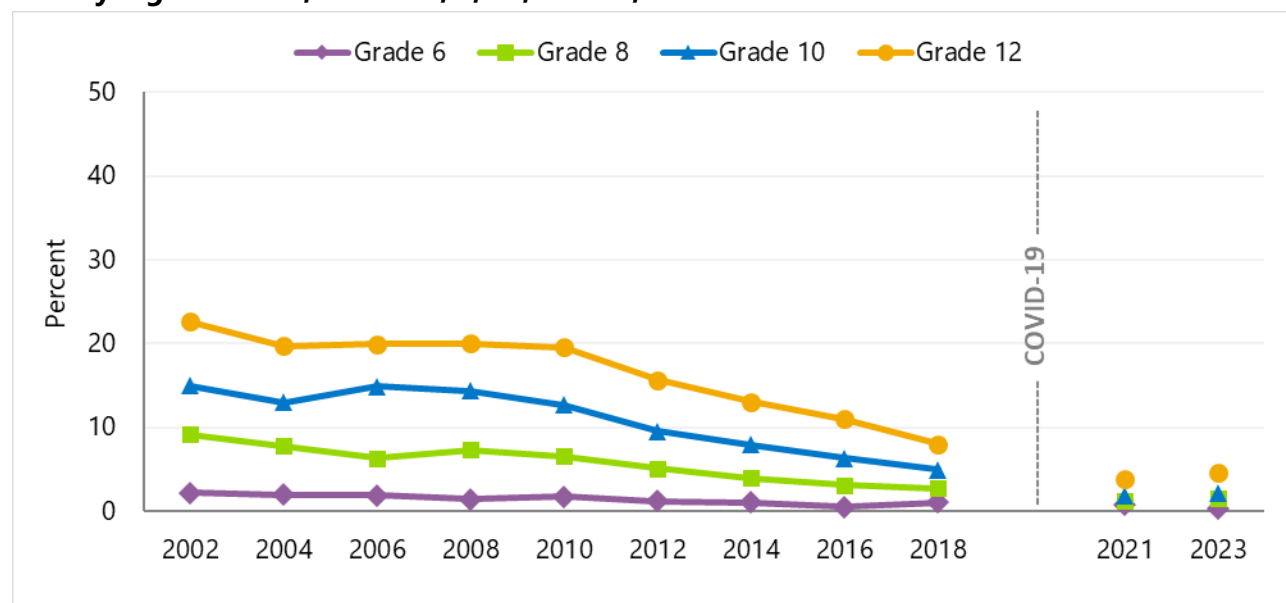
Differences by sex assigned at birth:

- Grade 6 females were more likely than males to have smoked cigarettes in the past 30 days.

Differences over time:

- Among Grade 6 students, there was a decrease in 30-day cigarette smoking from 2021 to 2023
- Among Grade 6, 8, 10 and 12 students, there were decreases in 30-day cigarette smoking from 2002 through 2018.

30-Day Cigarette Use, Grades 6, 8, 10, and 12, 2002-2023



Grade	2002	2004	2006	2008	2010	2012	2014	2016	2018	2021	2023
Grade 6	2.2 ±0.4	2.0 ±0.4	1.9 ±0.4	1.4 ±0.3	1.7 ±0.4	1.2 ±0.3	1.1 ±0.3	0.5 ±0.2	1.0 ±0.3	0.8 ±0.2	0.4 ±0.2
Grade 8	9.2 ±1.0	7.8 ±1.1	6.4 ±1.2	7.3 ±1.0	6.6 ±0.9	5.1 ±0.7	4.0 ±0.6	3.1 ±0.5	2.7 ±0.5	1.3 ±0.4	1.5 ±0.3
Grade 10	15.0 ±1.4	13.0 ±1.4	14.9 ±1.4	14.4 ±1.6	12.7 ±1.7	9.6 ±1.2	7.9 ±1.1	6.3 ±0.7	5.0 ±0.7	1.9 ±0.4	2.2 ±0.4
Grade 12	22.7 ±2.2	19.7 ±2.1	20.0 ±1.8	20.0 ±2.7	19.6 ±2.4	15.6 ±1.8	13.1 ±1.5	11.0 ±1.5	8.0 ±1.2	3.8 ±0.8	4.6 ±0.9

Survey Question: During the past 30 days, on how many days did you: Smoke cigarettes?

Note: Percentages represent students who smoked cigarettes on any days in the past 30 days.

Source: HYS 2002, 2004, 2006, 2008, 2010, 2012, 2014, 2016, 2018, 2021, and 2023.

Average Age of First Cigarette Smoking

The table below shows the average age of first use for students who had ever tried a cigarette, even just a puff.

The earlier youth begin smoking cigarettes, the more likely they are to become strongly addicted to nicotine. About nine out of ten adult smokers began smoking when they were teens or earlier (Surgeon General Report 2012).

In 2023, among Grade 10 students who have smoked at least a puff of a cigarette, the average age of first use was 12.5 years.

Average Age of First Cigarette Use in 2023

Grade	2023
Grade 8	11.5 (± 0.1)
Grade 10	12.5 (± 0.2)
Grade 12	13.9 (± 0.3)

Survey Question: How old were you the first time you smoked a cigarette, even just a puff?

Note: Age of first use is calculated by excluding students who responded that they "never had" smoked a puff of a

cigarette and calculating the mean age of use among those who smoked at any age.

Source: HYS 2023.

30-Day Chewing Tobacco or Smokeless Nicotine Product Use

Using chewing tobacco represents a significant health risk and is not a safe substitute for smoking cigarettes. Risks associated with chewing tobacco include nicotine addiction, cancers of the mouth and pancreas, increased risk of adverse pregnancy outcomes and cardiovascular disease, gum recession, and nicotine poisoning among children (CDC, 2020).

In 2023, use of chewing tobacco or smokeless nicotine products in the past 30 days was reported by 4 percent of Grade 6 students, 3 percent of Grade 8 and 10 students, and 6 percent of Grade 12 students.

Differences by grade level:

- Grade 6 students were more likely than Grade 8 students to use chewing tobacco or smokeless nicotine products in the past 30 day. Grade 12 students were more likely than Grade 6, 8, and 10 students to use chewing tobacco or smokeless nicotine products in the past 30 day.

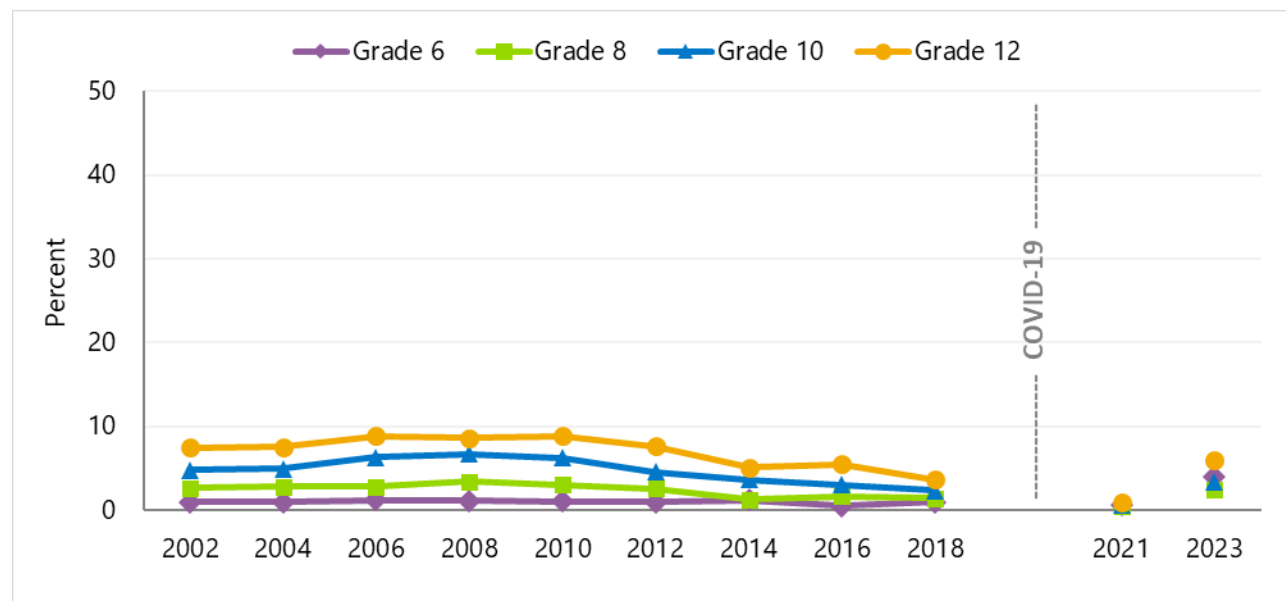
Differences by sex assigned at birth:

- Grade 8 females were more likely than males to have used chewing tobacco or smokeless nicotine products in the past 30 days.

Differences over time:

- Among Grade 6, 8, 10, and 12 students, there were increases in 30-day chewing tobacco or smokeless nicotine products use from 2021 to 2023.
- Among Grade 10 and 12 students, there were decreases in 30-day chewing tobacco use from 2002 through 2018.

30-Day Chewing Tobacco Use or Smokeless Nicotine Products, Grades 6, 8, 10, and 12, 2002-2023



Grade	2002	2004	2006	2008	2010	2012	2014	2016	2018	2021	2023
Grade 6	1.0 ± 0.3	1.0 ± 0.2	1.2 ± 0.3	1.1 ± 0.2	1.0 ± 0.3	1.0 ± 0.2	1.2 ± 0.3	0.5 ± 0.2	1.0 ± 0.3	0.6 ± 0.2	4.0 ± 0.5
Grade 8	2.7 ± 0.5	2.8 ± 0.5	2.8 ± 0.6	3.4 ± 0.5	3.0 ± 0.5	2.6 ± 0.4	1.3 ± 0.4	1.6 ± 0.4	1.4 ± 0.4	0.5 ± 0.3	2.5 ± 0.5
Grade 10	4.8 ± 0.7	4.9 ± 0.6	6.4 ± 1.1	6.7 ± 1.3	6.2 ± 1.4	4.6 ± 0.9	3.7 ± 0.6	3.0 ± 0.8	2.4 ± 0.6	0.6 ± 0.2	3.4 ± 0.9
Grade 12	7.5 ± 1.3	7.6 ± 1.1	8.9 ± 1.7	8.6 ± 1.2	8.9 ± 1.6	7.7 ± 1.4	5.1 ± 1.0	5.5 ± 0.8	3.7 ± 1.1	0.9 ± 0.4	6.0 ± 1.4

Survey Question:

During the past 30 days, on how many days did you use chewing tobacco, snuff, dip, or smokeless nicotine products (for example: pouches, lozenges, gum, or toothpicks)?

Note:

- Percentages represent students who reported that they had used chewing tobacco or smokeless nicotine products on any days in the past 30 days.
- The wording for this question changed in 2023 to specify smokeless nicotine products. Prior to 2023, the question was asked as: During the past 30 days, on how many days did you: Use chewing tobacco, snuff, or dip?

Source: HYS 2002, 2004, 2006, 2008, 2010, 2012, 2014, 2016, 2018, 2021, and 2023.

30-Day Cigar, Cigarillo or Little Cigar Smoking

In 2023, cigar smoking in the past 30 days was reported by 1 percent of Grade 8 and 10 students, and 2 percent of Grade 12 students.

Differences by grade level:

- Grade 12 students were more likely than Grade 8 and 10 students to have smoked cigars in the past 30 days.

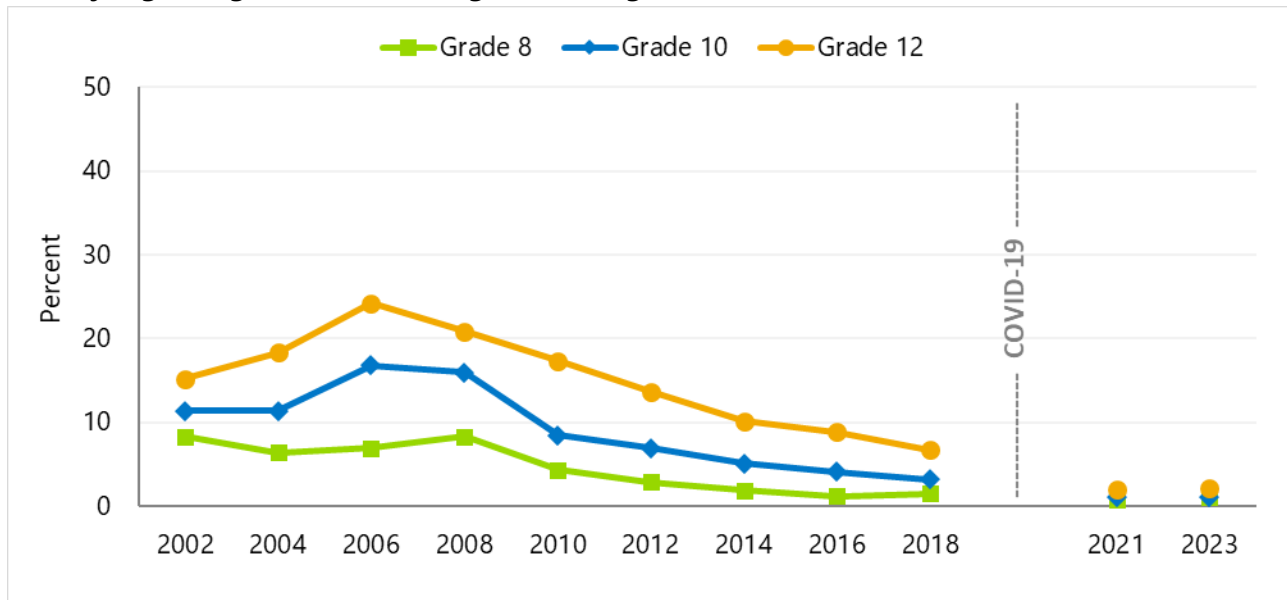
Differences by sex assigned at birth:

- Grade 12 males were more likely than females to smoke cigars in the past 30 days.

Differences over time:

- There were no changes in 30-day cigar smoking from 2021 to 2023.
- Among Grade 8, 10, and 12 students, there were decreases in 30-day cigar smoking from 2002 through 2018.

30-Day Cigar, Cigarillo or Little Cigar Smoking, Grades 8, 10, and 12, 2002-2023



Grade	2002	2004	2006	2008	2010	2012	2014	2016	2018	2021	2023
Grade 8	8.3 ± 1.3	6.4 ± 1.1	6.9 ± 1.4	8.3 ± 1.4	4.3 ± 0.7	2.9 ± 0.5	1.9 ± 0.5	1.2 ± 0.4	1.5 ± 0.4	0.8 ± 0.3	1.1 ± 0.4
Grade 10	11.4 ± 1.5	11.4 ± 1.5	16.9 ± 2.4	16.0 ± 1.8	8.5 ± 1.3	6.9 ± 1.2	5.1 ± 0.6	4.1 ± 0.7	3.2 ± 0.7	1.1 ± 0.3	1.1 ± 0.5
Grade 12	15.2 ± 1.7	18.4 ± 1.7	24.3 ± 2.5	20.9 ± 2.3	17.4 ± 2.5	13.7 ± 1.7	10.2 ± 1.4	8.9 ± 1.4	6.7 ± 1.1	2.0 ± 0.5	2.2 ± 1.0

Survey Question: During the past 30 days, on how many days did you: Smoke cigars, cigarillos or little cigars?

Notes:

- Percentages represent students who reported that they had smoked cigars on any days in the past 30 days.
- In 2006 and 2008 HYS administrations, the question about cigar use was asked on the removable portion of the survey.

Source: HYS 2002, 2004, 2006, 2008, 2010, 2012, 2014, 2016, 2018, 2021, and 2023.

30-Day Electronic Cigarettes, E-cigs or Vape Pen Use

In 2023, e-cig or vape pen use in the past 30 days was reported by 2 percent of Grade 6 students, 5 percent of Grade 8 students, 8 percent of Grade 10 students, and 14 percent of Grade 12 students.

Differences by grade level:

- Among Grade 6, 8, 10, and 12 students, as grade levels increase, each grade was more likely to have used an e-cig or vape pen in the past 30 days.

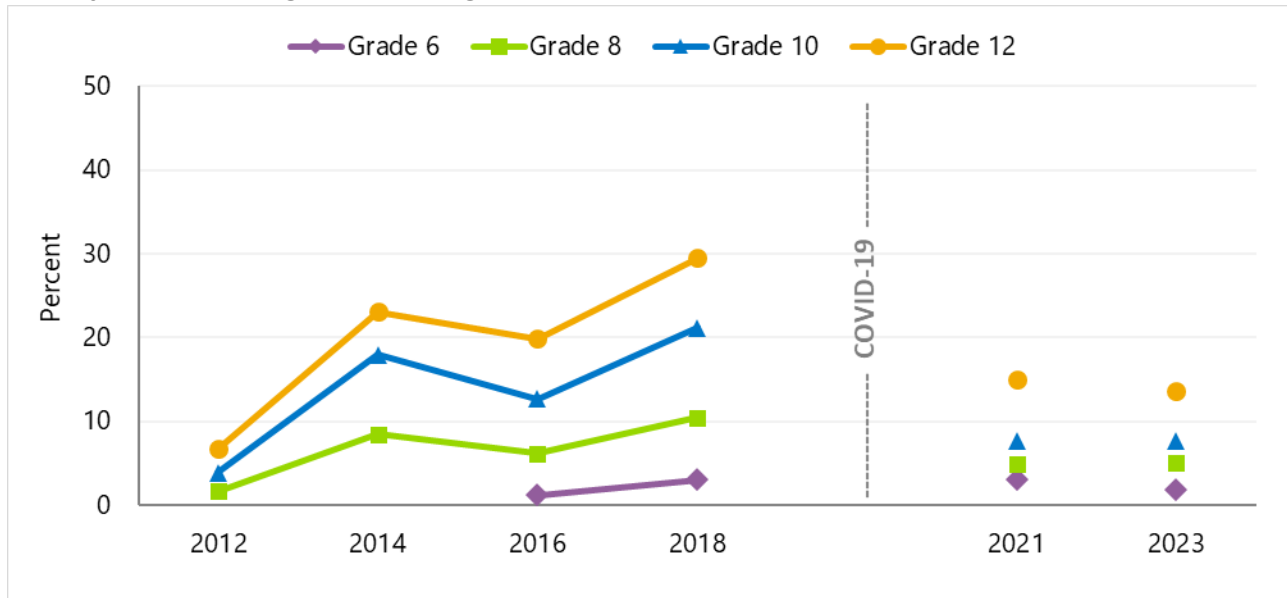
Differences by sex assigned at birth:

- Grade 6, 8, 10, and 12 females were more likely than males to have used an e-cig or vape pen in the past 30 days.

Differences over time:

- Among Grade 6 students, there was a decrease in 30-day e-cig or vape pen use from 2021 to 2023.

30-Day Electronic Cigarettes, E-cigs, or Vape Pen Use, Grades 6, 8, 10, and 12, 2012-2023



Grade	2012	2014	2016	2018	2021	2023
Grade 6	NA	NA	1.2 ± 0.3	3.0 ± 0.5	3.0 ± 0.6	1.8 ± 0.5
Grade 8	1.7 ± 0.4	8.5 ± 1.2	6.2 ± 1.4	10.5 ± 1.4	4.9 ± 1.0	5.0 ± 0.8
Grade 10	3.9 ± 1.0	18.0 ± 1.5	12.7 ± 1.8	21.2 ± 2.6	7.6 ± 1.2	7.7 ± 1.4
Grade 12	6.7 ± 2.0	23.1 ± 2.2	19.9 ± 2.3	29.6 ± 2.8	15.1 ± 1.9	13.6 ± 1.8

Survey Question: During the past 30 days, on how many days did you: Use an electronic cigarette, also called e-cigs, or vape pens?

Notes:

- Percentages represent students who reported that they had used an electronic cigarette, also called e-cigs, or vape pens, on any days in the past 30 days.
- A question about 30-day electronic cigarettes and e-cigs was asked in 2012, but the question did not include the term "vape pens."
- More response options were added in 2016.

Source: HYS 2012, 2014, 2016, 2018, 2021, and 2023.

30-Day Heated Tobacco Product Use

In 2023, heated tobacco products (which heat a liquid to produce vapor) were used by 3 percent of Grade 8 and Grade 10 students, and 5 percent of Grade 12 students.

Differences by grade level:

- Grade 12 students were more likely than Grade 8 and 10 students to have used heated tobacco products in the past 30 days.

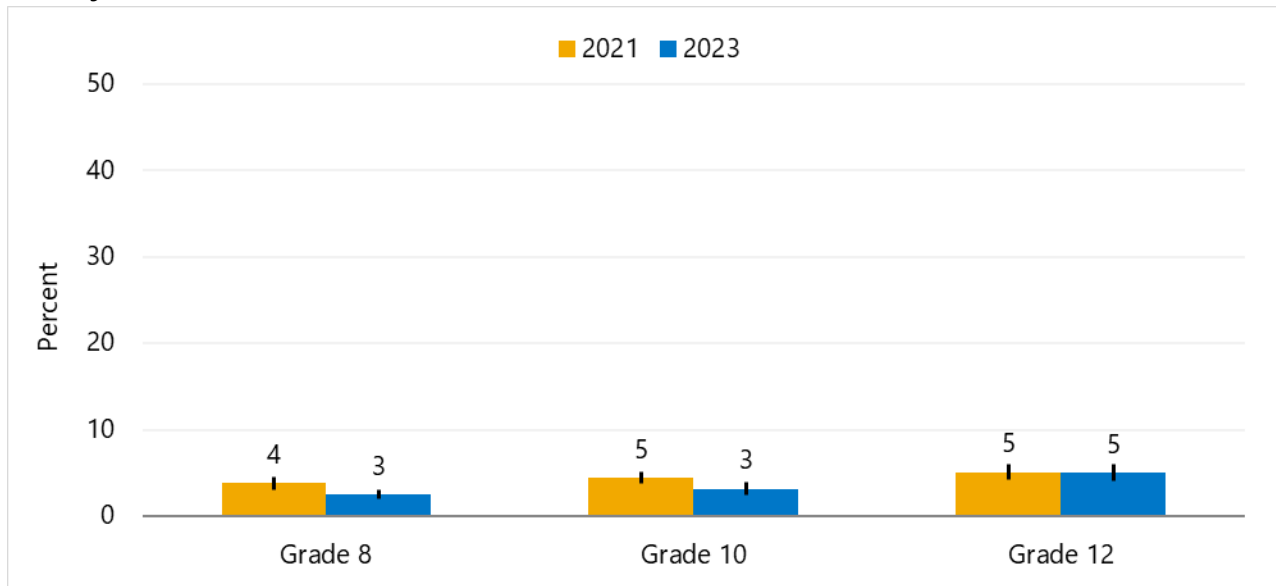
Differences by sex assigned at birth:

- There were no differences in using heated tobacco products in the past 30 days by sex assigned at birth.

Differences over time:

- Among Grade 8 and 10 students, there were decrease in using heated tobacco products in the past 30 days from 2021 to 2023.

30-Day Heated Tobacco Product Use, Grades 8, 10, and 12, 2021-2023



Grade	2021	2023
Grade 8	3.8 ±0.7	2.5 ±0.5
Grade 10	4.5 ±0.7	3.2 ±0.7
Grade 12	5.1 ±0.9	5.0 ±1.0

Survey Question: During the past 30 days, did you use a heated tobacco product? (Heated tobacco products are different from e-cigarettes, which heat a liquid to produce vapor. Some brands of heated tobacco products include iQOS, glo and Eclipse.)

Note: Percentages represent students who reported that they had used heated tobacco products, on any days in the past 30 days.

Source: HYS 2021 and 2023.

Secondhand Smoke Exposure

There is no risk-free level of exposure to secondhand smoke. According to the American Lung Association, secondhand smoke contains hundreds of chemicals known to be toxic or carcinogenic such as formaldehyde, benzene, vinyl chloride, arsenic ammonia and hydrogen cyanide and causes approximately 7,330 deaths from lung cancer and 33,950 deaths from heart disease each year (ALA, 2020).

In 2023, 18 percent of Grade 6 students, 21 percent of Grade 8 students, 22 percent of Grade 10 students, and 23 percent of Grade 12 students reported being exposed to secondhand smoke in a room in the past week.

Differences by grade level:

- Grade 8, 10, and 12 students were more likely than Grade 6 students to have been exposed to secondhand smoke in a room in the past week by grade.

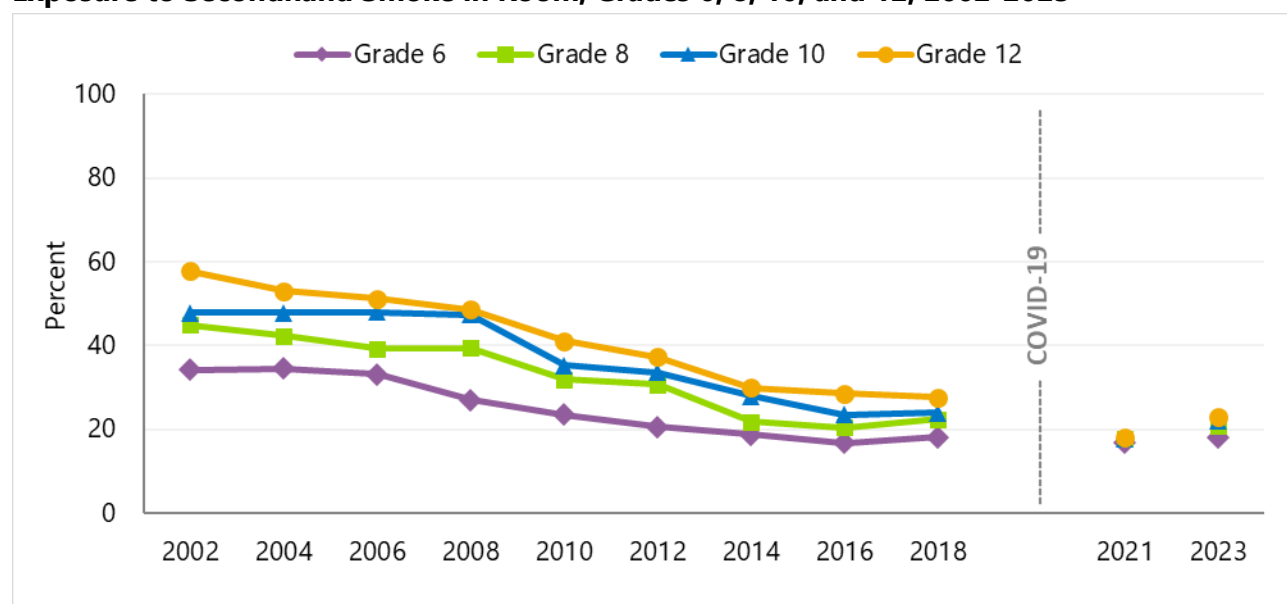
Differences by sex assigned at birth:

- Grade 6, 8 and 10 females were more likely than males to have been exposed to secondhand smoke in a room in the past week.

Differences over time:

- Among Grade 8, 10, and 12 students, there were increases in exposure to secondhand smoke in a room in the past week from 2021 to 2023.
- Among Grade 6, 8, 10, and 12 students, there were decreases in exposure to secondhand smoke in a room in the past week from 2002 through 2018.

Exposure to Secondhand Smoke in Room, Grades 6, 8, 10, and 12, 2002-2023



Survey Question: During the past 7 days, on how many days were you in the same room with someone who was smoking cigarettes?

Note: Percentages represent students who reported they had been exposed to secondhand smoke in a room in the past week.

Source: HYS 2002, 2004, 2006, 2008, 2010, 2012, 2014, 2016, 2018, 2021, and 2023.

Perception of Access to Cigarettes

There is strong evidence that community mobilization, along with additional interventions such as strong local laws for tobacco retailers, active enforcement of retailer sales laws, and retailer education helps reduce youth tobacco use by restricting access to tobacco products from commercial sources (North Dakota Department of Human Services, 2018).

In 2023, 83 percent of Grade 6 students, 69 percent of Grade 8 students, 55 percent of Grade 10 students, and 43 percent of Grade 12 students reported that it would be very hard to get cigarettes.

Differences by grade level:

- Among Grade 6, 8, 10, and 12 students, as grade levels increase, each grade was less likely to perceive that cigarettes would be very hard to get.

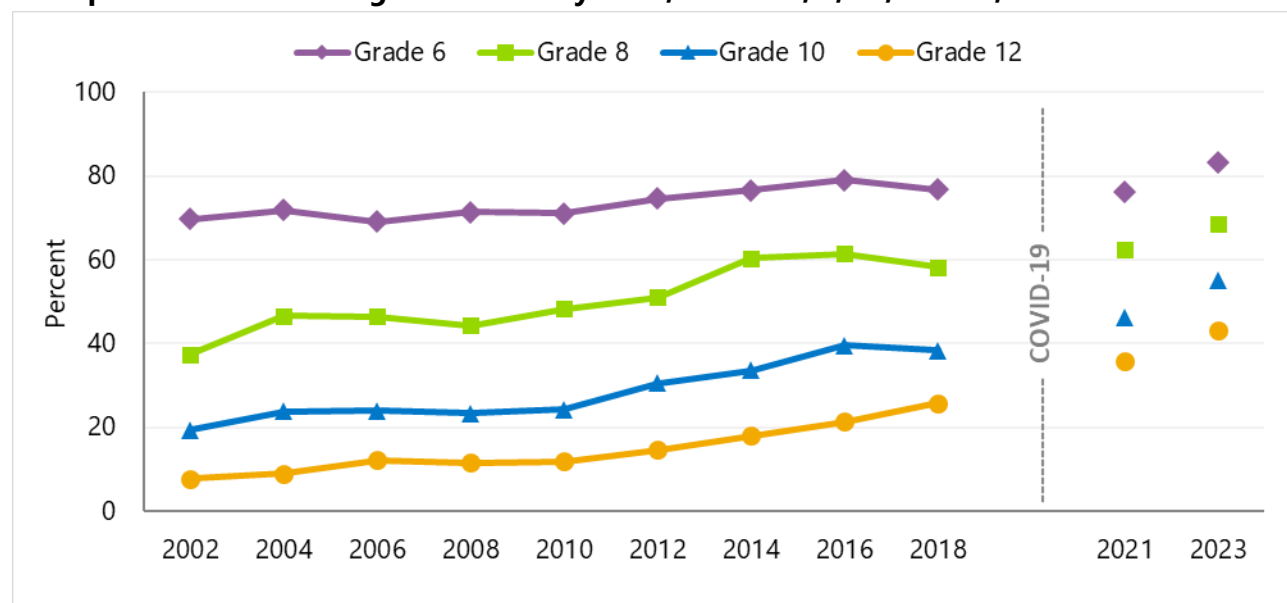
Differences by sex assigned at birth:

- There were no differences in perceiving that cigarettes are very hard to get by sex assigned at birth.

Differences over time:

- Among Grade 6, 8, 10, and 12 students, there were increases in the perception that it would be very hard to get cigarettes from 2021 to 2023.
- Among Grade 6, 8, 10, and 12 students, there were increases in the perception that it would be very hard to get cigarettes from 2002 through 2018.

Perception of Access to Cigarettes as Very Hard, Grades 6, 8, 10, and 12, 2002-2023



Survey Question: If you wanted to get some cigarettes, how easy would it be for you to get some?

Note: Percentages represent students who reported it would be "very hard" to get cigarettes if they wanted some.

Source: HYS 2002, 2004, 2006, 2008, 2010, 2012, 2014, 2016, 2018, 2021, and 2023.

Perception of Risk From Heavy Cigarette Smoking (Pack or More Daily)

In 2023, 61 percent of Grade 6 students, 68 percent of Grade 8 students, 73 percent of Grade 10 students, and 72 percent of Grade 12 students reported there was great risk in smoking a pack or more of cigarettes a day.

Differences by grade level:

- Grade 8, 10, and 12 students were more likely than Grade 6 students to perceive great risk in smoking a pack or more of cigarettes a day. Grade 10 and 12 students were more likely than 8 Grade students to perceive great risk in smoking a pack or more of cigarettes a day.

Differences by sex assigned at birth:

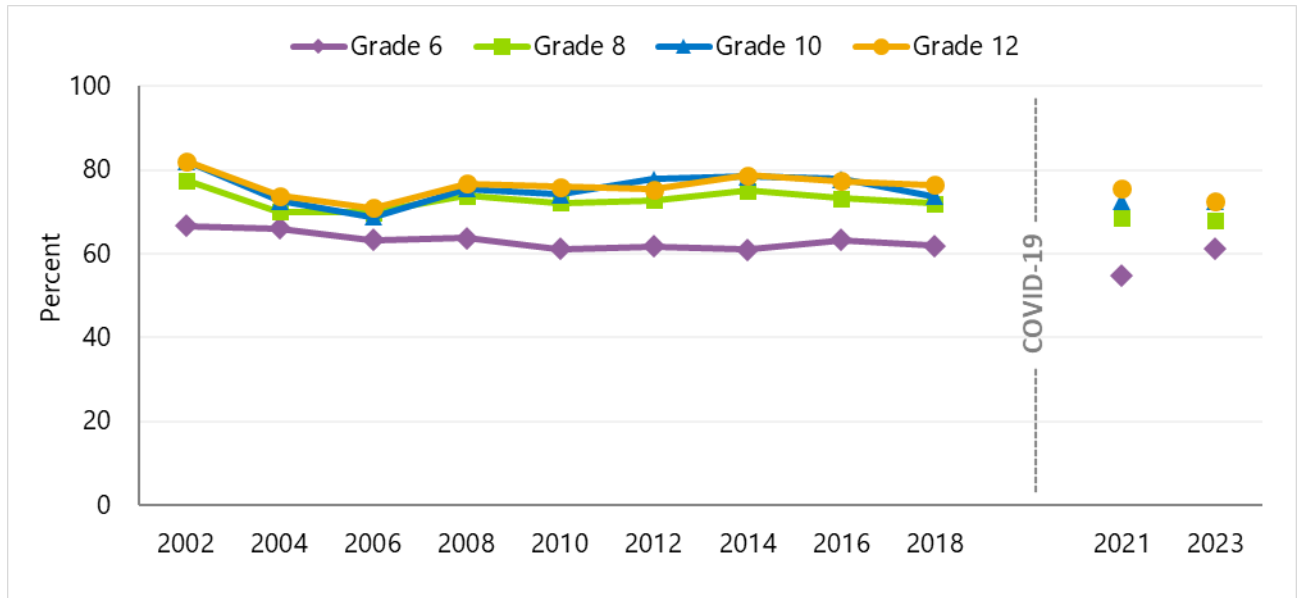
- Grade 10 and 12 females were more likely than males to perceive great risk in smoking a pack or more of cigarettes a day.

Differences over time:

- Among Grade 6 students, there was an increase in the perception of great risk from smoking a pack of cigarettes or more a day from 2021 to 2023.

- Among Grade 12 students, there was a decrease in the perception of great risk from smoking a pack of cigarettes or more a day from 2021 to 2023
- Among Grade 6 students, there was a decrease in the perception of great risk from smoking a pack of cigarettes or more a day from 2002 through 2018.

Perception of Great Risk from Heavy Cigarette Smoking, Grades 6, 8, 10, and 12, 2002-2023



Grade	2002	2004	2006	2008	2010	2012	2014	2016	2018	2021	2023
Grade 6	66.6 ± 2.2	66.0 ± 1.7	63.4 ± 1.6	63.8 ± 2.2	61.3 ± 2.4	61.7 ± 2.6	61.1 ± 2.3	63.3 ± 2.2	62.0 ± 2.1	55.0 ± 2.9	61.3 ± 2.3
Grade 8	77.6 ± 1.9	70.1 ± 2.1	70.0 ± 2.8	73.9 ± 2.2	72.2 ± 2.4	72.8 ± 2.0	75.2 ± 2.5	73.2 ± 2.5	72.1 ± 2.3	68.8 ± 2.0	67.9 ± 2.4
Grade 10	82.1 ± 2.1	72.7 ± 2.1	68.9 ± 1.8	75.5 ± 2.2	74.2 ± 3.1	77.9 ± 2.4	78.5 ± 1.8	77.9 ± 2.0	73.7 ± 2.2	72.6 ± 2.3	72.7 ± 2.3
Grade 12	82.2 ± 1.7	73.9 ± 2.5	71.0 ± 2.8	76.8 ± 2.5	76.0 ± 2.6	75.4 ± 2.8	78.9 ± 2.0	77.4 ± 1.8	76.5 ± 2.3	75.5 ± 1.8	72.5 ± 2.5

Survey Question: How much do you think people risk harming themselves if they: Smoke one or more packs of cigarettes per day?

Note: Percentages represent students who reported there is "great risk" from smoking a pack or more of cigarettes a day.

Source: HYS 2002, 2004, 2006, 2008, 2010, 2012, 2014, 2016, 2018, 2021, and 2023.

Perception of Risk From Electronic Cigarettes (Almost Daily)

In 2023, 57 percent of Grade 8 and 10 students, and 52 percent of Grade 12 students reported there was great risk in using an electronic cigarette almost daily.

Differences by grade level:

- There were no differences in the perception of great risk in almost daily electronic cigarette use by grade.

Differences by sex assigned at birth:

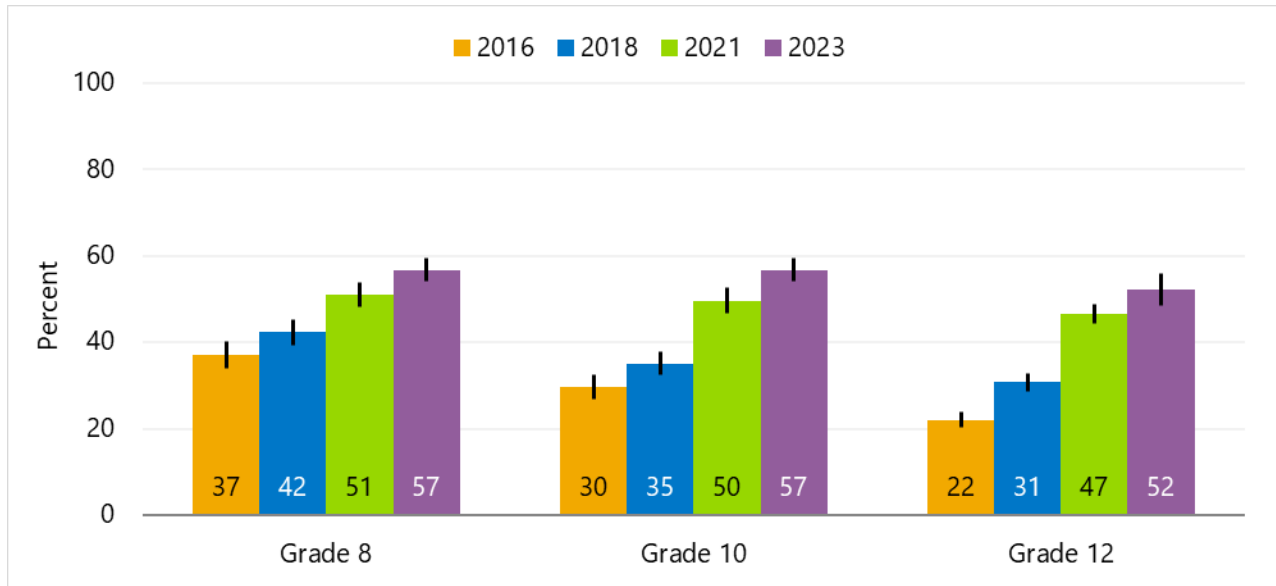
- Grade 8 males were more likely than females to perceive great risk in almost daily electronic cigarette use.

- Grade 12 females were more likely than males to perceive great risk in almost daily electronic cigarette use.

Differences over time:

- Among Grade 8, 10, and 12 students, there were increases the perception of great risk from daily electronic cigarette use from 2016 to 2023.

Perception of Great Risk From Almost Daily Electronic Cigarette Use, Grades 8, 10, and 12, 2016-2023



Grade	2016	2018	2021	2023
Grade 8	37.0 ±3.2	42.3 ±2.9	51.0 ±2.8	56.7 ±2.6
Grade 10	29.7 ±2.7	35.1 ±2.7	49.6 ±3.0	56.7 ±2.6
Grade 12	22.1 ±1.8	30.7 ±2.1	46.5 ±2.2	52.2 ±3.8

Survey Question: How much do you think people risk harming themselves if they use electronic cigarettes, also called e-cigs, device pens, or vape pens regularly (almost daily)?

Note:

- Percentages represent students who reported there is great risk from almost daily electronic cigarette use.
- Question wording has changed slightly over time.

Source: HYS 2016, 2018, 2021, and 2023.

Sources of Tobacco or E-cigarette/Vaping Products

Despite laws restricting access to tobacco, youth still obtain it from a variety of sources. Younger youth who are experimenting with tobacco usually get it from friends or parents. Older, more addicted youth usually purchase their tobacco or ask friends over 18 to buy it for them (Tanski, 2019).

Differences by grade level:

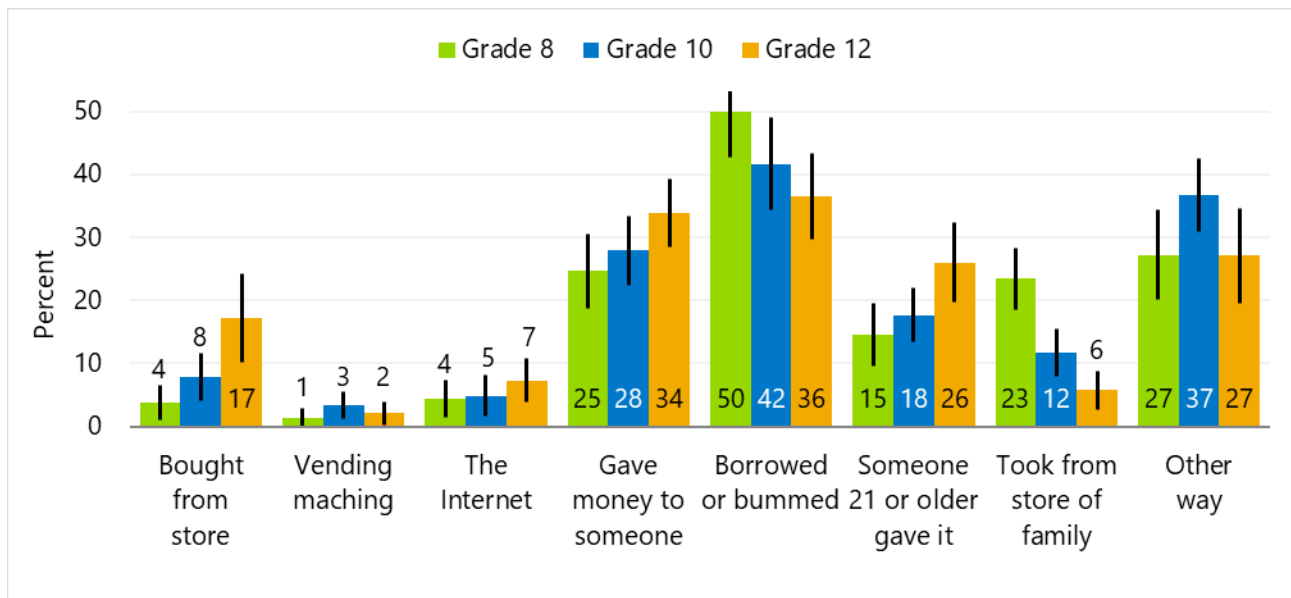
- Among Grade 8, 10, and 12 students, as grade levels increase, each grade was less likely to take tobacco or e-cigarette/vaping products from a store or family.

- Grade 12 students were more likely than Grade 8 and 10 students to buy tobacco or e-cigarette/vaping products from a store.
- Grade 12 students were more likely than Grade 8 students to give money to someone to get tobacco or e-cigarette/vaping products.
- Grade 8 students were less likely than Grade 12 students to borrow or bum tobacco or e-cigarette/vaping products.
- Grade 12 students were more likely than Grade 8 and 10 students to get tobacco or e-cigarette/vaping products from someone 21 or older.

Differences by sex assigned at birth:

- Grade 8 and 12 males were more likely than females to purchase tobacco or e-cigarette/vaping products from the Internet.
- Grade 8 males were more likely than females to give money to someone for tobacco or e-cigarette/vaping products. Grade 12 females were more likely than males to give money to someone for tobacco or e-cigarette/vaping products.
- Grade 10 females were more likely than males to borrow or bum tobacco.

Sources of Tobacco or E-cigarette/Vape Products Among Those Who Got It, Grades 8, 10, and 12 in 2023



Grade	Bought from store	Vending machine	The Internet	Gave money to someone	Borrowed or bumed	Someone 21 or older gave it	Took from store of family	Other way
Grade 8	3.8 ±2.7	1.3 ±1.7	4.4 ±2.9	24.7 ±5.9	50.0 ±7.4	14.6 ±5.0	23.4 ±4.8	27.2 ±7.1
Grade 10	7.8 ±3.8	3.4 ±2.2	4.9 ±3.2	27.9 ±5.5	41.7 ±7.4	17.7 ±4.3	11.8 ±3.7	36.8 ±5.8
Grade 12	17.2 ±7.0	2.1 ±1.8	7.3 ±3.4	33.9 ±5.4	36.5 ±6.8	26.0 ±6.4	5.7 ±3.0	27.1 ±7.5

Survey Question: During the past 30 days, if you used tobacco or e-cigarettes/vaping products, how did you get it?
Choose all that apply.

Notes:

- Students could check multiple responses.
- Proportions represent students who got tobacco or e-cigarette/vaping products in the past 30 days and where they

got tobacco or products.

- *Students who reported that they “did not get tobacco or e-cigarette/vaping products in the past 30 days” were not included in the results.*
- *The sample sizes for the 2023 results in this figure are 158 for Grade 8, 204 for Grade 10, and 192 for Grade 12 students.*

Source: HYS 2023.

Type of Substance Used in an Electronic Cigarette

In 2023, students were asked if they used an electronic cigarette and what type of substance they used in it during the past 30 days. Among those who said they used an electronic cigarette:

- 63 percent of Grade 8 students, 71 percent of Grade 10 students, and 68 percent of Grade 12 students used liquid with nicotine.
- 41 percent of Grade 8 students, 47 percent of Grade 10, and 56 percent of Grade 12 students used liquid with THC (marijuana).
- 20 percent of Grade 8 students, 16 percent of Grade 10, and 13 percent of Grade 12 students used liquid with both nicotine and THC (marijuana).
- 7 percent of Grade 8 students, 5 percent of Grade 10 students, and 3 percent of Grade 12 students used liquid with neither nicotine or THC.
- 24 percent of Grade 8 students, 14 percent of Grade 10 students, and 9 percent of Grade 12 students did not know what type of substance they used.

Differences by grade level:

- Grade 12 students were more likely than Grade 8 and 10 students to use liquid with THC.
- Grade 8 students were more likely than Grade 12 students to use liquid with both nicotine and THC.
- Grade 8 and 10 students were more likely than Grade 12 students to use liquid with neither nicotine nor THC.
- Among Grade 8, 10, and 12 students, as grade levels increase, each grade was less likely to not know what type of substance they used.

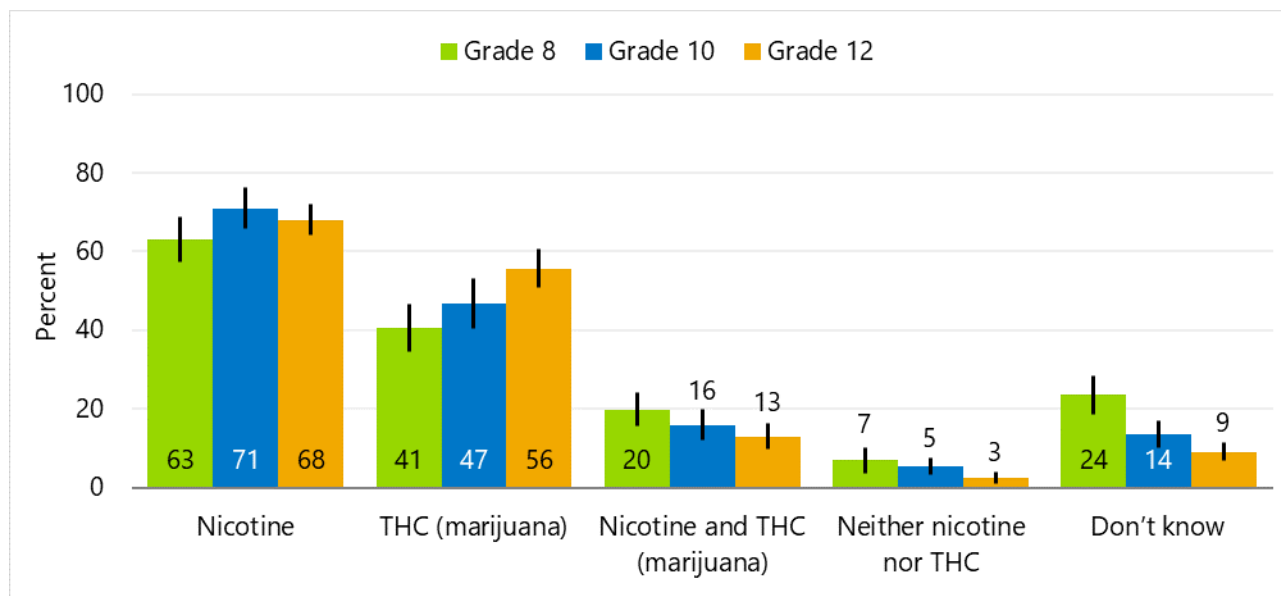
Differences by sex assigned at birth:

- Grade 8 females were more likely than males to use liquid with both nicotine and THC.
- Grade 8 males were more likely than females to use liquid with neither nicotine nor TCH.

Differences over time:

- Among Grade 8 and 10 students, there were increases in using liquid with nicotine from 2021 to 2023.
- Among Grade 8, 10, and 12 students, there were increases in using liquid with THC from 2021 to 2023.
- Among Grade 8, 10, and 12 students, there were increases in using liquid with both nicotine and THC from 2021 to 2023.
- Among Grade 8, 10, and 12 students, there were decreases in not knowing what type of substances they used from 2021 to 2023.

Type of Substance Use in an Electronic Cigarette Among Those Who Vaped, Grades 8, 10, and 12 in 2023



Grade	Nicotine	THC (marijuana)	Nicotine and THC (marijuana)	Neither nicotine nor THC	Don't know
8th Grade	63.1 ±5.7	40.7 ±6.0	19.9 ±4.2	6.9 ±3.3	23.7 ±4.9
10th Grade	71.0 ±5.3	46.7 ±6.3	16.0 ±3.9	5.4 ±2.1	13.7 ±3.3
12th Grade	68.1 ±4.0	55.7 ±4.9	13.1 ±3.2	2.6 ±1.5	9.2 ±2.3

Survey Question: During the past 30 days, which of the following e-cig or vaping products did you use? Choose all that apply. I did not use any e-cig or vaping products in the past 30 days.; Liquid with nicotine in it; Liquid with THC (marijuana) in it; Liquid with nicotine and THC (marijuana) in it; Liquid with neither nicotine nor THC; Don't know

Notes:

- Percentages represent students who reported that they used any type of substance(s) in an electronic cigarette.
- Students who reported "did not use an electronic cigarette in the past 30 days" were not included in the results.
- The sample sizes for the 2023 results in this figure are 317 Grade 8, 424 Grade 10, and 458 Grade 12 students.

Source: HYS 2023

30-Day Flavored Tobacco or Marijuana Product Use

In 2023, less than 1 percent of Grade 8 students, 1 percent of Grade 10 students, and 2 percent of Grade 12 students reported that they used cigars, little cigars, hookah, or other smoked tobacco that were flavored. Less than one percent of Grade 8 and 10 students and 1 percent of Grade 12 students reported that they used chewing tobacco, dissolvables, snus, or other smokeless tobacco that were flavored. Two percent of Grade 8 students, 4 percent of Grade 10 students, and 9 percent of Grade 12 students reported that they used joints, bongos, pipes, blunts, or other smoked marijuana products that were flavored.

Differences by grade level:

- Grade 10 and 12 students were more likely than Grade 8 students to use flavored cigars, little cigars, hookah, or other smoked tobacco products in the past 30 days.

- Grade 12 students were more likely than Grade 8 and 10 students to use flavored chewing tobacco, dissolvables, snus, or other smokeless tobacco in the past 30 days.
- Among Grade 8, 10, and 12 students, as grade levels increase, each grade was more likely to have used flavored joints, bongs, pipes, blunt, or other smoked marijuana products in the past 30 days.

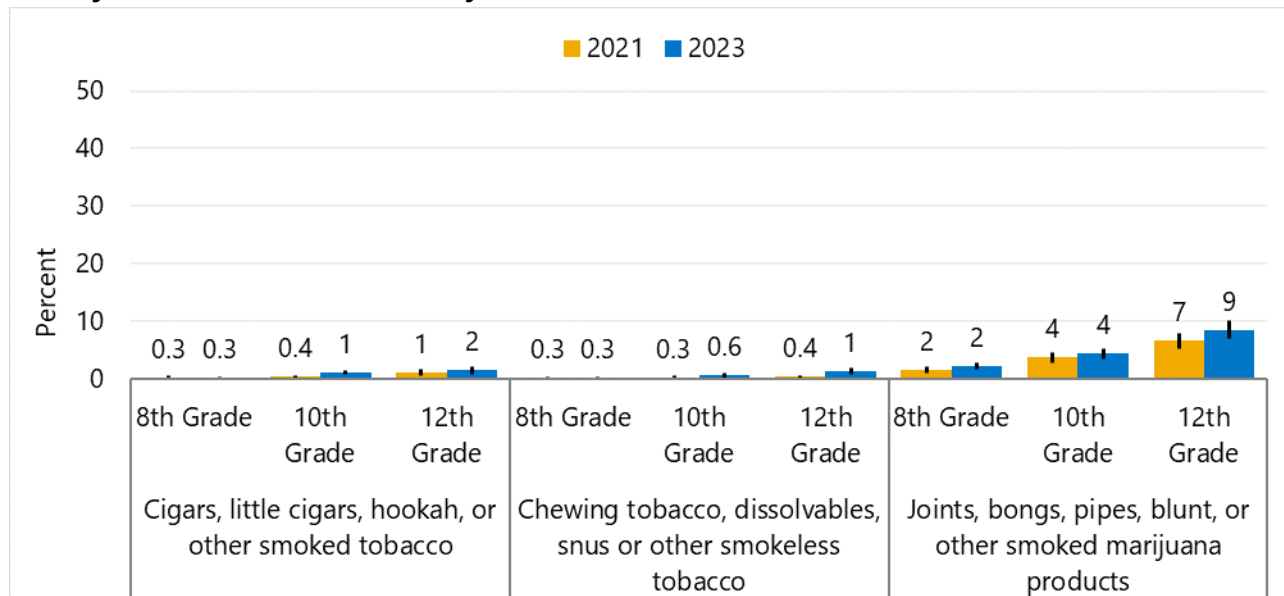
Differences by sex assigned at birth:

- Grade 8 females were more likely than males to use flavored joints, bongs, pipes, blunt, or other smoked marijuana products in the past 30 days.
- Grade 12 males were more likely than females to use flavored chewing tobacco, dissolvables, snus, or other smokeless tobacco in the past 30 days.

Differences over time:

- Among Grade 10 students, there was an increase in using in using flavored cigars, little cigars, hookah, or other smoked tobacco products in the past 30 days from 2021 to 2023.
- Among Grade 12 students, there was an increase in using in using flavored chewing tobacco, dissolvables, snus, or other smokeless tobacco in the past 30 days from 2021 to 2023.

30-Day Flavored Tobacco or Marijuana Product Use, Grades 8, 10, and 12, 2021-2023



Cigars, little cigars, hookah, or other smoked tobacco

Grade	2021	2023
Grade 8	0.3 ±0.2	0.3 ±0.2
Grade 10	0.4 ±0.2	1.1 ±0.3
Grade 12	1.2 ±0.5	1.5 ±0.6

Chewing tobacco, dissolvables, snus or other smokeless tobacco

Grade	2021	2023
Grade 8	0.3 ±0.2	0.3 ±0.2

Grade	2021	2023
Grade 10	0.3 ±0.2	0.6 ±0.4
Grade 12	0.4 ±0.2	1.5 ±0.6

Joint, bong, pipe, blunt, or other smoked marijuana products

Grade	2021	2023
Grade 8	1.6 ±0.5	2.3 ±0.6
Grade 10	3.8 ±0.9	4.5 ±0.9
Grade 12	6.7 ±1.3	8.6 ±1.6

Survey Question: During the past 30 days, which of the following tobacco or marijuana products that you used were flavored to taste like menthol (mint), candy, fruit, or any other flavors? Choose all that apply? I did not use any flavored tobacco or marijuana products in the past 30 days.; Cigars, little cigars, hookah, or other smoked tobacco; Chewing tobacco, dissolvables, snus or other smokeless tobacco; Joints, bong, pipes, blunt, or other smoked marijuana products; I do not know.

Note: Percentages represent students who flavored tobacco or marijuana products in the past 30 days.

Source: HYS 2021 and 2023.

Marijuana Use

Marijuana has been the most widely used drug since the state's first survey of youth substance use in 1988. It is also by far the primary drug used by youth entering treatment. National trends in use have been associated with youth perception of the risk of marijuana use—that is, as perception of risk declined during the 1990s, the prevalence of marijuana use grew.

Lifetime Marijuana Use

In 2023, 1 percent of Grade 6 students, 8 percent of Grade 8 students, 17 percent of Grade 10 students, and 31 percent of Grade 12 students reported having used marijuana at some time in their life.

Differences by grade level:

- Among Grade 6, 8, 10, and 12 students, as grade levels increase, each grade was more likely to have used marijuana in their lifetime.

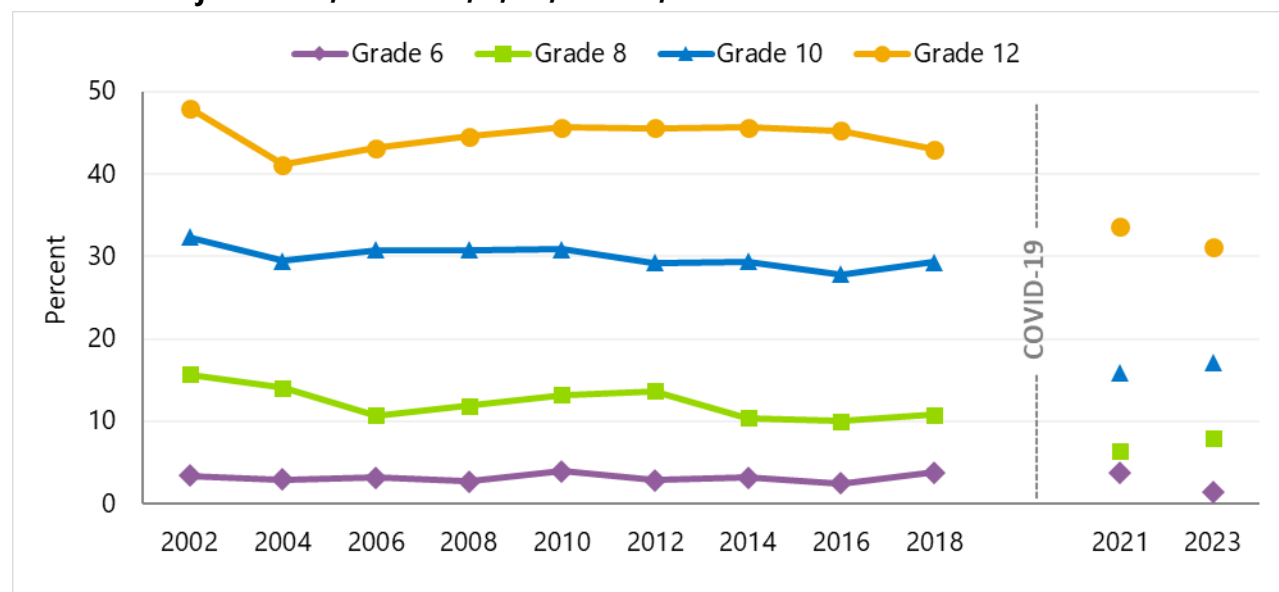
Differences by sex assigned at birth:

- Grade 6, 8, 10, and 12 females were more likely than males to have used marijuana in their lifetime.

Differences over time:

- Among Grade 6 students, there was a decrease in lifetime marijuana use from 2021 to 2023.
- Among Grade 8 students, there was an increase in lifetime marijuana use from 2021 to 2023.
- Among Grade 8 and 10 students, there were decreases in lifetime marijuana use from 2002 through 2016.

Lifetime Marijuana Use, Grades 6, 8, 10, and 12, 2002-2023



Grade	2002	2004	2006	2008	2010	2012	2014	2016	2018	2021	2023
Grade 6	3.4 ± 0.6	3.0 ± 0.5	3.2 ± 0.5	2.7 ± 0.5	3.9 ± 0.6	2.9 ± 0.5	3.1 ± 0.5	2.4 ± 0.4	3.8 ± 0.5	3.7 ± 0.6	1.5 ± 0.3
Grade 8	15.7 ± 1.6	14.0 ± 1.8	10.7 ± 1.6	11.9 ± 1.4	13.2 ± 1.6	13.7 ± 1.4	10.4 ± 1.5	10.0 ± 1.5	10.8 ± 1.3	6.4 ± 1.0	8.0 ± 1.1
Grade 10	32.4 ± 2.5	29.5 ± 2.0	30.8 ± 2.2	30.8 ± 1.9	30.9 ± 2.5	29.3 ± 2.4	29.4 ± 2.4	27.8 ± 2.4	29.3 ± 2.6	15.9 ± 2.0	17.2 ± 2.1
Grade 12	48.0 ± 2.4	41.1 ± 3.1	43.1 ± 2.7	44.6 ± 2.7	45.7 ± 2.4	45.6 ± 2.2	45.7 ± 3.1	45.3 ± 2.3	43.0 ± 3.0	33.7 ± 3.4	31.1 ± 3.3

Survey Question:

- How old were you the first time you: Used marijuana?
- Have you ever, even once in your lifetime: Used marijuana?

Notes:

- Percentages represent students who had ever used marijuana at any age in their life (Grades 8, 10, and 12) or had ever used marijuana in their life (Grade 6).
- For both questions, the word "smoked" was changed to "used" in 2014.

Source: HYS 2002, 2004, 2006, 2008, 2010, 2012, 2014, 2016, 2018, 2021, and 2023.

30-Day Marijuana Use

In 2023, less than 1 percent of Grade 6 students, 4 percent of Grade 8 students, 8 percent of Grade 10 students, and 16 percent of Grade 12 students reported using marijuana in the past 30 days.

Differences by grade level:

- Among Grade 6, 8, 10, and 12 students, as grade levels increase, each grade was more likely to have used marijuana in the past 30 days.

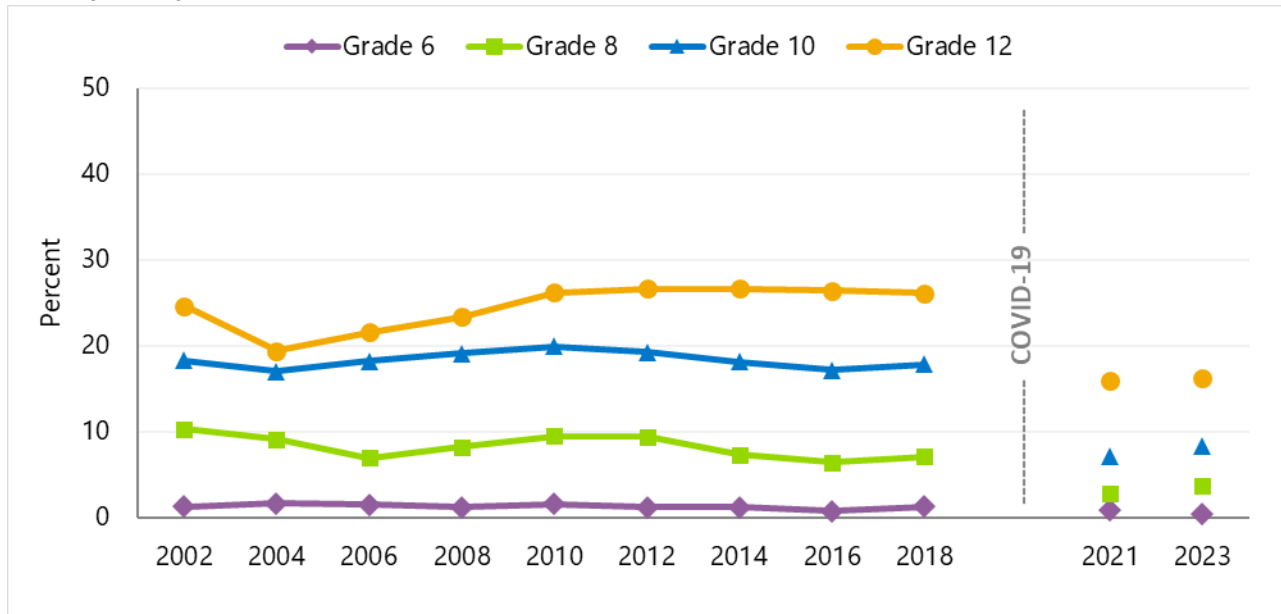
Differences by sex assigned at birth:

- Grade 8 and 12 females were more likely than males to have used marijuana in the past 30 days.

Differences over time:

- Among Grade 6 students, there was a decrease in 30-day marijuana use from 2021 to 2023.
- Among Grade 6 and 8 students, there were decreases in 30-day marijuana use from 2002 through 2018.

30-Day Marijuana Use, Grades 6, 8, 10, and 12, 2002-2023



Grade	2002	2004	2006	2008	2010	2012	2014	2016	2018	2021	2023
Grade 6	1.3 ± 0.4	1.7 ± 0.3	1.5 ± 0.3	1.2 ± 0.3	1.6 ± 0.4	1.2 ± 0.4	1.3 ± 0.4	0.8 ± 0.2	1.3 ± 0.3	0.9 ± 0.3	0.5 ± 0.2
Grade 8	10.4 ± 1.1	9.2 ± 1.2	7.0 ± 1.3	8.3 ± 1.1	9.5 ± 1.1	9.4 ± 1.0	7.3 ± 1.0	6.4 ± 1.1	7.2 ± 1.0	2.8 ± 0.6	3.7 ± 0.6
Grade 10	18.3 ± 1.8	17.1 ± 1.3	18.3 ± 1.4	19.1 ± 1.2	20.0 ± 1.8	19.3 ± 1.6	18.1 ± 1.6	17.2 ± 1.6	17.9 ± 1.6	7.2 ± 1.2	8.4 ± 1.3
Grade 12	24.7 ± 1.7	19.5 ± 2.2	21.6 ± 1.9	23.4 ± 2.3	26.3 ± 2.0	26.7 ± 1.4	26.7 ± 2.2	26.5 ± 1.8	26.2 ± 2.1	15.9 ± 2.7	16.3 ± 2.4

Survey Question: During the past 30 days, on how many days did you: Use marijuana or hashish (weed, hash, pot)?

Notes:

- Percentages represent students who used marijuana on any days in the past 30 days.
- In 2014, "smoked marijuana" was changed to "used marijuana".
- The description of marijuana changed from "grass, hash, pot" to "weed, hash, pot" in 2014.
- More response options were added in 2016.

Source: HYS 2002, 2004, 2006, 2008, 2010, 2012, 2014, 2016, 2018, 2021, and 2023.

Average Age of First Marijuana Use

Some students begin experimenting with marijuana at an early age. Early (12-14 years of age) initiation of drug use, such as marijuana, is associated with a greater risk of developing an addiction and drug misuse problem than initiation during adulthood (Chen, 2009).

In 2023, among Grade 10 students who reported having ever used marijuana, the average age of first use was 13.4 years.

Average Age of First Marijuana Use in 2023

Grade	2023
Grade 8	12.0 (± 0.1)
Grade 10	13.4 (± 0.2)
Grade 12	14.6 (± 0.1)

Survey Question: How old were you the first time you used marijuana?

Note: Age of first use is calculated by excluding students who responded that they “never had” used marijuana and calculating the mean age of use among those who used marijuana at any age.

Source: HYS 2023.

Perception of Access to Marijuana

A study based on a national survey (Caulkins and Pacula, 2006) found that among people of all ages, most marijuana users obtain the drug for free (59 percent), from a friend or relative (88 percent), and through indoor transactions (87 percent). Only 6 percent reported purchasing marijuana from a stranger. The perceived ease of availability of marijuana among Washington State youth has been consistently below the national average (Monitoring the Future).

In 2023, 89 percent of Grade 6 students, 72 percent of Grade 8 students, 51 percent of Grade 10 students, and 38 percent of Grade 12 students reported that it would be very hard to get marijuana.

Differences by grade level:

- Among Grade 6, 8, 10, and 12 students, as grade levels increase, each grade was less likely to perceive that marijuana would be very hard to get.

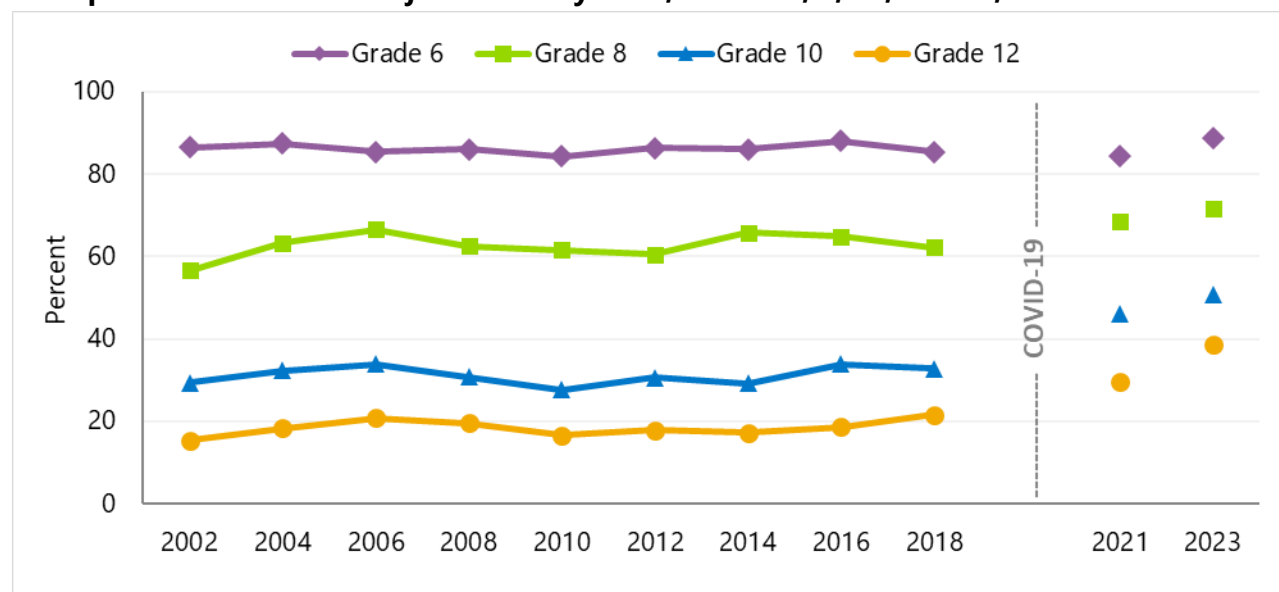
Differences by sex assigned at birth:

- Grade 8 males were more likely than females to perceive that marijuana would be very hard to get.

Differences over time:

- Among Grade 6, 8, and 12 students, there were increases in the perception that getting marijuana would be very hard from 2021 to 2023.
- There were no trends in the perception that getting marijuana would be very hard for any grade from 2002 through 2018.

Perception of Access to Marijuana as Very Hard, Grades 6, 8, 10, and 12, 2002-2023



Grade	2002	2004	2006	2008	2010	2012	2014	2016	2018	2021	2023
Grade 6	86.5 ±1.4	87.5 ±1.2	85.4 ±1.2	86.0 ±1.2	84.3 ±1.4	86.3 ±1.4	86.0 ±1.4	88.1 ±1.2	85.4 ±1.2	84.5 ±1.3	88.8 ±1.1
Grade 8	56.6 ±2.8	63.4 ±2.9	66.6 ±3.4	62.5 ±2.5	61.5 ±2.8	60.5 ±2.8	65.8 ±2.8	64.8 ±2.4	62.2 ±2.6	68.4 ±1.9	71.8 ±2.3
Grade 10	29.4 ±2.7	32.3 ±2.1	33.9 ±2.4	30.8 ±2.3	27.7 ±2.1	30.7 ±2.4	29.1 ±2.3	33.8 ±2.7	32.7 ±2.1	46.1 ±2.8	50.9 ±3.9
Grade 12	15.4 ±2.0	18.3 ±1.9	20.7 ±2.3	19.5 ±2.2	16.6 ±1.7	17.9 ±2.2	17.2 ±1.5	18.6 ±1.5	21.6 ±2.4	29.4 ±2.7	38.5 ±3.9

Survey Question: If you wanted to get some marijuana, how easy would it be for you to get some?

Note: Percentages represent students who reported that it would be "very hard" to get marijuana if they wanted some.

Source: HYS 2002, 2004, 2006, 2008, 2010, 2012, 2014, 2016, 2018, 2021, and 2023.

Perception of Risk From Regular Marijuana Use

Long-term trend data from Monitoring the Future suggests that perceived risk of marijuana use is a leading indicator of actual use. That is, during the 1970s, and again in the 1990s, as the perception of risk fell, the use of marijuana rose (Johnston, O'Malley, Bachman, and Schulenberg, 2007).

In 2023, 50 percent of Grade 6, 49 percent of Grade 8 students, 41 percent of Grade 10 students, and 27 percent of Grade 12 students reported there was great risk in using marijuana regularly.

Differences by grade:

- Grade 6 and 8 students were more likely than Grade 10 and 12 students to perceive great risk in regular marijuana use. Grade 10 students were more likely than Grade 12 students to perceive great risk in regular marijuana use.

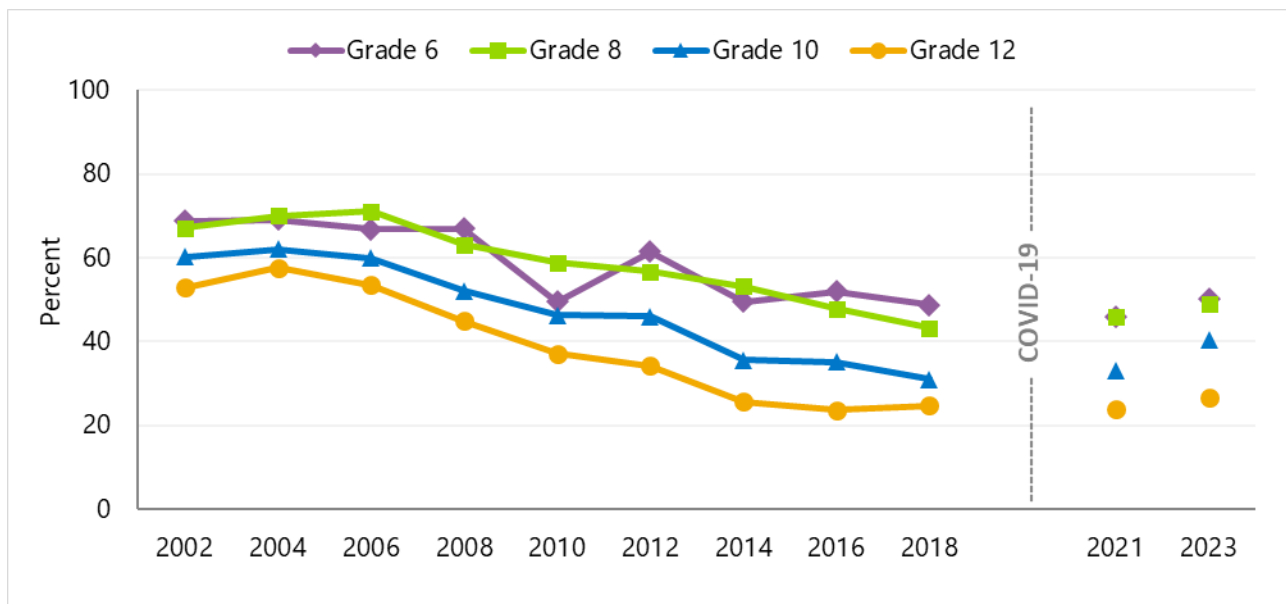
Differences by sex assigned at birth:

- Grade 8, 10, and 12 females were more likely than males to perceive great risk in regular marijuana use.

Differences over time:

- Among Grade 6 and 10 students, there were increases in the perception of great risk from using marijuana regularly from 2021 to 2023.
- Among Grade 6, 8, 10, and 12 students, there were decreases in the perception of great risk from using marijuana regularly from 2002 through 2018.

Perception of Great Risk From Regular Marijuana Smoking, Grades 6, 8, 10, and 12, 2002-2023



Grade	2002	2004	2006	2008	2010	2012	2014	2016	2018	2021	2023
Grade 6	68.9 ±2.3	69.2 ±2.0	66.9 ±2.0	67.0 ±2.6	49.5 ±2.7	61.5 ±2.9	49.6 ±2.5	52.0 ±2.5	48.8 ±2.5	46.0 ±3.0	50.1 ±2.6
Grade 8	67.2 ±2.2	70.1 ±2.8	71.2 ±3.0	63.2 ±2.7	59.0 ±3.2	56.7 ±3.2	53.2 ±3.7	47.8 ±3.2	43.3 ±3.1	45.9 ±2.5	49.1 ±2.8
Grade 10	60.2 ±2.5	62.2 ±2.5	59.9 ±1.8	52.2 ±2.6	46.4 ±3.1	46.0 ±3.0	35.6 ±2.7	35.2 ±2.8	31.1 ±2.6	33.1 ±3.0	40.5 ±2.9
Grade 12	53.0 ±2.9	57.7 ±2.7	53.5 ±3.2	44.9 ±2.9	37.2 ±2.8	34.3 ±2.5	25.7 ±2.1	23.7 ±1.8	24.8 ±1.9	24.0 ±2.7	26.8 ±3.3

Survey Question: How much do you think people risk harming themselves if they: Use marijuana regularly? (at least once or twice a week)

Notes:

- Percentages represent students who reported there is "great risk" from regular marijuana use.
- The word "smoke" was changed to "use" in 2014.

Source: HYS 2002, 2004, 2006, 2008, 2010, 2012, 2014, 2016, 2018, 2021, and 2023.

Sources of Marijuana

Most students got marijuana from friends. Younger students are more likely to get marijuana from home, while older students are more likely to get marijuana from a store or by giving money to someone to buy it for them. The following chart represents where they obtained marijuana, among students who got marijuana in the past 30 days.

Differences by grade level:

- Grade 12 students were more likely than Grade 8 students to buy marijuana from a store and to give money to someone to get it.
- Among Grade 8, 10, and 12 students, as grade levels increase, each grade was less likely to get marijuana from home without parental permission.

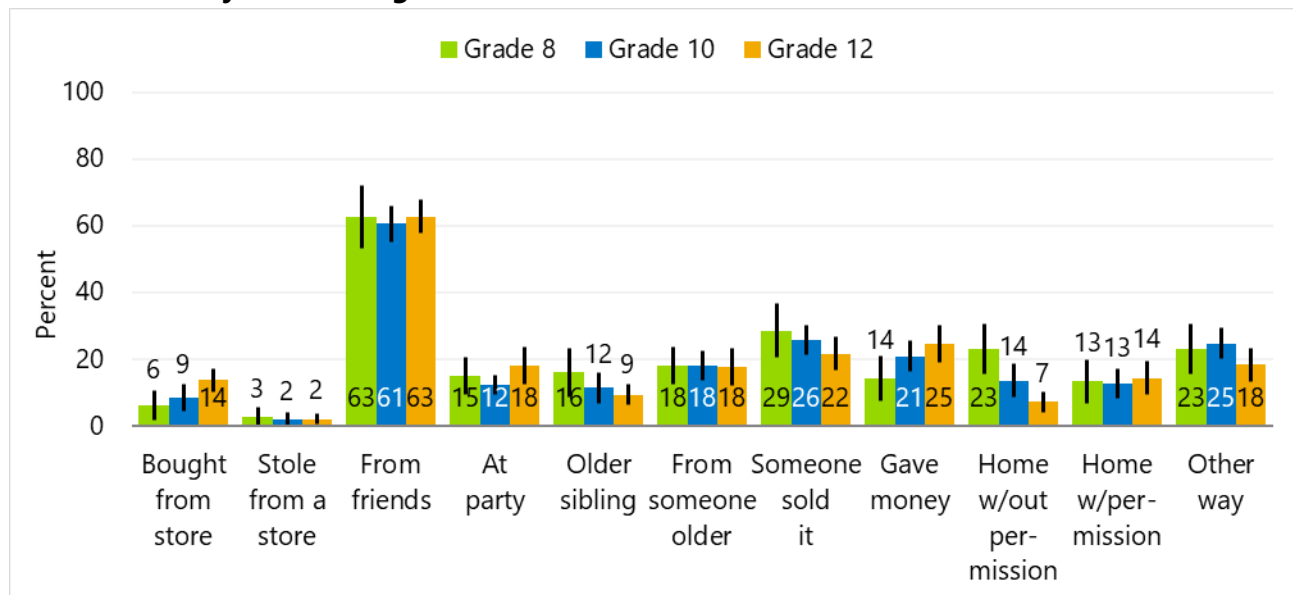
Differences by sex assigned at birth:

- Grade 8 males were more likely than females to get marijuana from someone who sold it and to get it some other way.

Differences over time:

- Among Grade 8 students, there was a decrease in giving money to someone to get marijuana from 2021 to 2023.
- Among Grade 10 students, there was an increase in getting marijuana from home without parental permission from 2021 to 2023.

Sources of Marijuana Among Those Who Got It, Grades 8, 10, and 12 in 2023



Grade	Bought from store	Stole from a store	From friends	At party	Older sibling	From someone older	Someone sold it	Gave money to someone	Home w/out permis.	Home w/permis.	Other way
Grade 8	6.3 ±4.4	2.7 ±2.8	62.5 ±9.4	15.2 ±5.6	16.1 ±7.2	18.3 ±5.6	28.6 ±8.1	14.3 ±6.8	23.2 ±7.5	13.4 ±6.5	23.2 ±7.4
Grade 10	8.6 ±4.1	2.1 ±2.0	60.7 ±5.4	12.4 ±3.0	11.5 ±4.6	18.0 ±4.5	25.9 ±4.4	20.9 ±4.7	13.7 ±4.9	12.8 ±4.4	24.8 ±4.5
Grade 12	13.7 ±3.4	2.2 ±1.7	62.8 ±5.1	18.1 ±5.6	9.4 ±3.2	17.7 ±5.4	21.6 ±5.0	24.6 ±5.6	7.2 ±3.1	14.4 ±5.0	18.4 ±5.0

Survey Question: During the past 30 days, if you used marijuana, how did you get it? Choose all that apply. I did not get marijuana in the past 30 days.; I bought it from a store.; I stole it from a store.; I got it from friends/someone my age.; I got it at a party.; I got it from an older sibling.; I got it from someone older who I'm not related to.; Someone sold it to me.; I gave money to someone to get it for me.; I took it from home without a parent/guardian's permission.; I got it from home with a parent/guardian's permission.; I got it some other way..

Notes:

- Students could check multiple responses.
- Proportions represent students who got marijuana in the past 30 days and where they got marijuana.

- Students who reported that they “did not get marijuana in the past 30 days” were not included in the results.
- The sample sizes for the 2023 results in this figure are 112 Grade 8, 234 Grade 10, and 277 Grade 12 students.

Source: HYS 2023.

Type of Marijuana

In 2023, students were asked if they used marijuana, and how they used it. Among those who said they used marijuana in the past 30 days:

- 60 percent of Grade 8 students, 68 percent of Grade 10 students, and 67 percent of Grade 12 students smoked it.
- 30 percent of Grade 8 students, 34 percent of Grade 10 students, and 31 percent of Grade 12 students ate it.
- 12 percent of Grade 8 students, 10 percent of Grade 10 students, and 9 percent of Grade 12 students drank it.
- 71 percent of Grade 8, 72 percent of Grade 10 students, and 68 percent of Grade 12 students vaped it.
- 26 percent of Grade 8, 25 percent of Grade 10 students, and 26 percent of Grade 12 students dabbed it.
- 6 percent of Grade 8 students, 7 percent of Grade 10 students, and 5 percent of Grade 12 students used it some other way.

Differences by grade level:

- There were no differences in the types of marijuana used by students in the past 30 days by grade level.

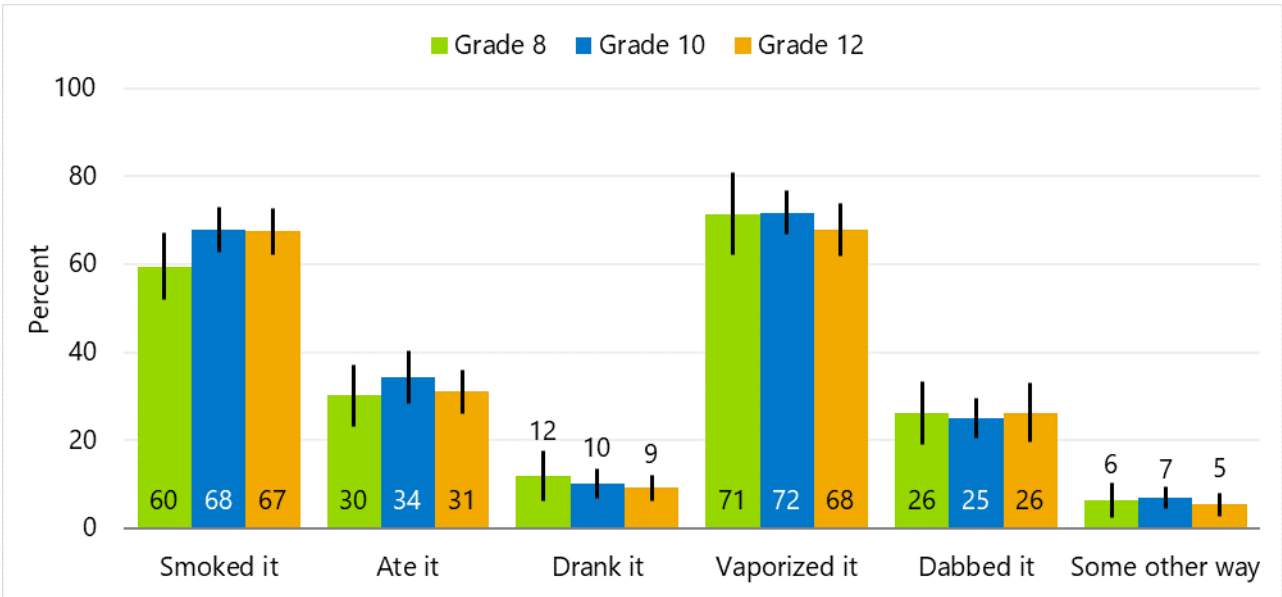
Differences by sex assigned at birth:

- Grade 8 females were more likely than males to vape marijuana.
- Grade 12 males were more likely than females to use marijuana some other way.

Differences over time:

- Among Grade 8 students, there was a decrease in using marijuana by smoking it from 2021 to 2023.
- Among Grade 8 and 12 students, there increases in using marijuana by drinking it from 2021 to 2023.
- Among Grade 8, 10, and 12 students, there were increases in using marijuana by vaping it from 2021 to 2023.
- Among Grade 10 students, there was a decrease in using marijuana by dabbing it from 2021 to 2023.

Type of Marijuana Used Among Marijuana Users in Past 30 Days, Grades 8, 10, and 12 in 2023



Grade	Smoked it	Ate it	Drank it	Vaporized it	Dabbed it	Some other way
Grade 8	59.5 ±7.6	30.2 ±7.1	11.9 ±5.5	71.4 ±9.2	26.2 ±7.1	6.4 ±3.9
Grade 10	67.8 ±5.2	34.4 ±6.0	10.1 ±3.4	71.7 ±5.1	25.0 ±4.5	6.9 ±2.5
Grade 12	67.4 ±5.1	31.0 ±5.0	9.2 ±2.9	67.7 ±6.0	26.3 ±6.7	5.4 ±2.5

Survey Question: During the past 30 days, if you used marijuana, how did you use it? Choose all that apply.? I did not use marijuana during the past 30 days.; Smoked it (in a joint, bong, pipe, blunt).; Ate it (in brownies, cakes, cookies, candy).; Drank it (tea, cola, alcohol).; Vaporized it (e-cig, JUUL, or vape pen).; Dabbed it.; Used it some other way.

- Notes:
- Percentages represent students who reported that they used marijuana in one of the specified ways.
 - Students who reported that they “did not use marijuana in the past 30 days” were not included in the results. The sample sizes for the 2023 results in this figure are: 126 Grade 8; 276 Grade 10; and 316 Grade 12 students.
 - The question changed from usual method of marijuana use to “Choose all that apply” in 2021.

Source: HYS 2023.

Other Drugs Not Including Alcohol, Tobacco, or Marijuana

The Healthy Youth Survey also tracks drugs that are less common than alcohol, tobacco, and marijuana. The drugs that are included in the survey can change over time. For instance, early surveys included prescription drugs, but they were eliminated as concerns about party drugs grew. In 2016, several new questions regarding prescription drug misuse were added in response to heightened national and local awareness of this issue among youth.

30-Day Other Drug Use (Not Including Alcohol, Tobacco, or Marijuana)

In 2023, less than 1 percent of Grade 6 students, 1 percent of Grade 8 students, 2 percent of Grade 10 students, and 3 percent of Grade 12 students reported using an illegal drug other than alcohol, tobacco, or marijuana in the past 30 days.

Differences by grade level:

- Grade 8 students were more likely than Grade 6 students to use other illegal drugs in the past 30 days.
- Grade 10 and 12 students were more likely than Grade 6 and 8 students to use other illegal drugs in the past 30 days.

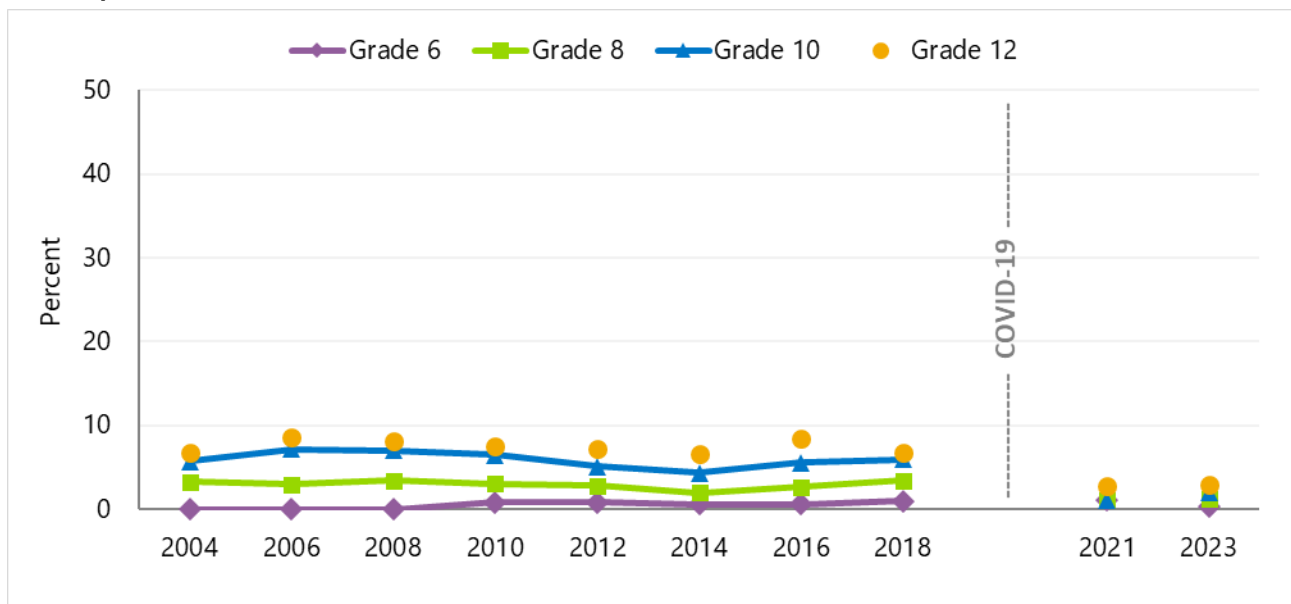
Differences by sex assigned at birth:

- Grade 12 males were more likely than females to use other illegal drugs in the past 30 days.

Differences over time:

- Among Grade 6 students, there was a decrease in using other illegal drug use in the past 30 days from 2021 to 2023.
- Among Grade 12 students, there was an increase in using other illegal drug use in the past 30 days from 2021 to 2023.

30-Day Other Drug Use (Not Including Alcohol, Tobacco, or Marijuana), Grades 6, 8, 10, and 12, 2004-2023



Grade	2004	2006	2008	2010	2012	2014	2016	2018	2021	2023
Grade 6	NA	NA	NA	0.9 ± 0.2	0.8 ± 0.2	0.6 ± 0.2	0.6 ± 0.2	0.9 ± 0.3	1.1 ± 0.2	0.4 ± 0.1
Grade 8	3.3 ± 0.5	3.0 ± 0.6	3.4 ± 0.5	3.0 ± 0.4	2.8 ± 0.5	1.9 ± 0.3	2.7 ± 0.5	3.4 ± 0.7	1.2 ± 0.4	1.3 ± 0.4
Grade 10	5.7 ± 0.7	7.2 ± 0.8	7.0 ± 0.7	6.5 ± 1.2	5.1 ± 0.6	4.4 ± 0.5	5.6 ± 0.9	5.9 ± 0.9	1.1 ± 0.3	2.0 ± 0.6
Grade 12	6.8 ± 0.9	8.6 ± 1.1	8.1 ± 1.2	7.5 ± 0.9	7.3 ± 0.9	6.6 ± 1.0	8.5 ± 1.3	6.8 ± 1.2	2.8 ± 0.8	2.9 ± 0.8

Survey Question: During the past 30 days, on how many days did you use an illegal drug? Not counting alcohol, tobacco, or marijuana.

Note: Percentages represent students who used other illegal drugs on any days in the past 30 days.

Source: HYS 2004, 2006, 2008, 2010, 2012, 2014, 2016, 2018, 2021, and 2023.

Opiate (Painkiller) Use

Awareness and concern are growing regarding the use of painkillers by young people to get high. Using painkillers (namely for nonmedical reasons, i.e., to get high) puts adolescents at risk for various dangers directly related to the drugs themselves, such as overdose and death.

Furthermore, prescription opioid use (and misuse) is a risk-factor for heroin initiation among adolescents (Palamar, 2016). This can lead to heroin dependency, which not only carries its own risks of overdose and death, but of contracting Hepatitis C and HIV/AIDS, among other issues.

In 2023, painkiller use “to get high” in the past 30 days was reported by 2 percent of Grade 8, 10, and 12 students.

Differences by grade level:

- There were no differences in using painkillers to get high in the past 30 days by grade level.

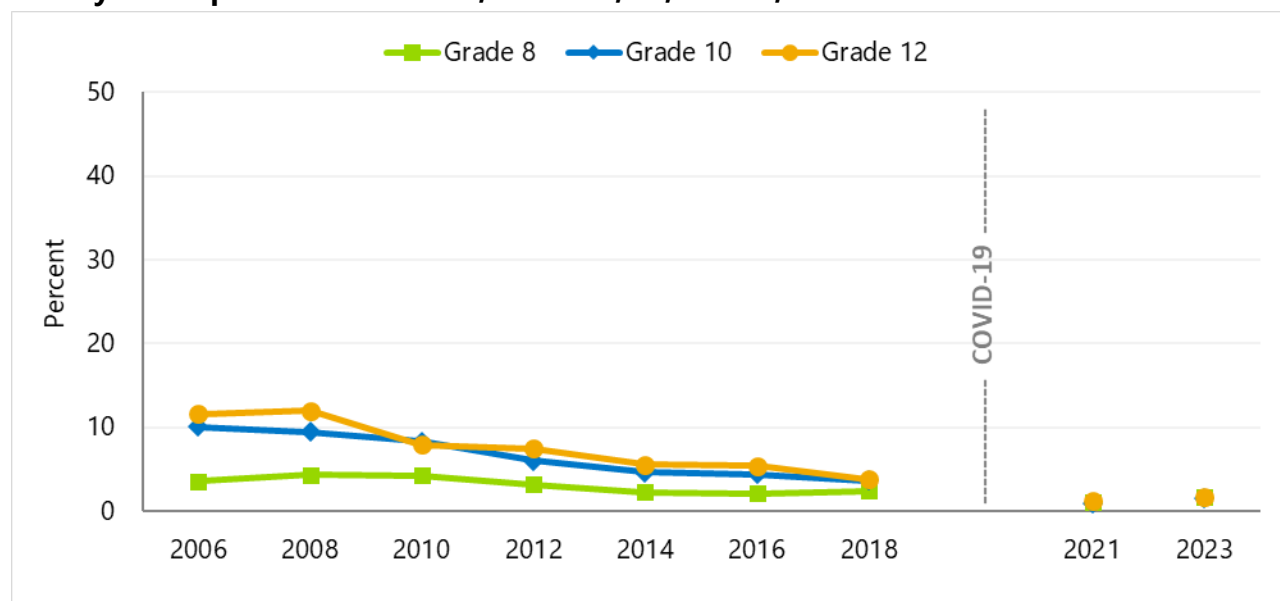
Differences by sex assigned at birth:

- There were no differences in using painkillers to get high in the past 30 days by sex assigned at birth.

Differences over time:

- Among Grade 8 and 10 students, there were increases in using painkillers to get high in the past 30 days from 2021 to 2023.
- Among Grade 8, 10, and 12 students, there were decreases in using painkillers to get high in the past 30 days from 2006 through 2018.

30-Day Prescription Painkiller Use, Grades 8, 10, and 12, 2006-2023



Grade	2006	2008	2010	2012	2014	2016	2018	2021	2023
Grade 8	3.6 ± 0.7	4.3 ± 0.9	4.3 ± 0.5	3.2 ± 0.4	2.3 ± 0.4	2.1 ± 0.3	2.4 ± 0.4	1.0 ± 0.3	1.7 ± 0.4
Grade 10	10.1 ± 1.2	9.5 ± 1.2	8.3 ± 1.3	6.0 ± 0.8	4.7 ± 0.6	4.4 ± 0.6	3.6 ± 0.6	1.0 ± 0.2	1.6 ± 0.4
Grade 12	11.6 ± 2.0	12.0 ± 1.6	7.9 ± 1.2	7.5 ± 1.0	5.6 ± 0.9	5.4 ± 0.8	3.8 ± 0.7	1.3 ± 0.3	1.7 ± 0.5

Survey Question: During the past 30 days, on how many days did you: Use a pain killer to get high, like Vicodin, OxyContin (sometimes called Oxy or OC) or Percocet (sometimes called Percs)?

Note: Percentages represent students who reported using painkillers to get high on any days in the past 30 days.

Source: HYS 2006, 2008, 2010, 2012, 2014, 2016, 2018, 2021, and 2023.

Prescription Drug Misuse

In 2023, using non-prescribed prescription drugs in the past 30 days was reported by 3 percent of Grade 8, 10, and 12 students.

Differences by grade level:

- There were no differences in using non-prescribed prescription drugs in the past 30 days by grade level.

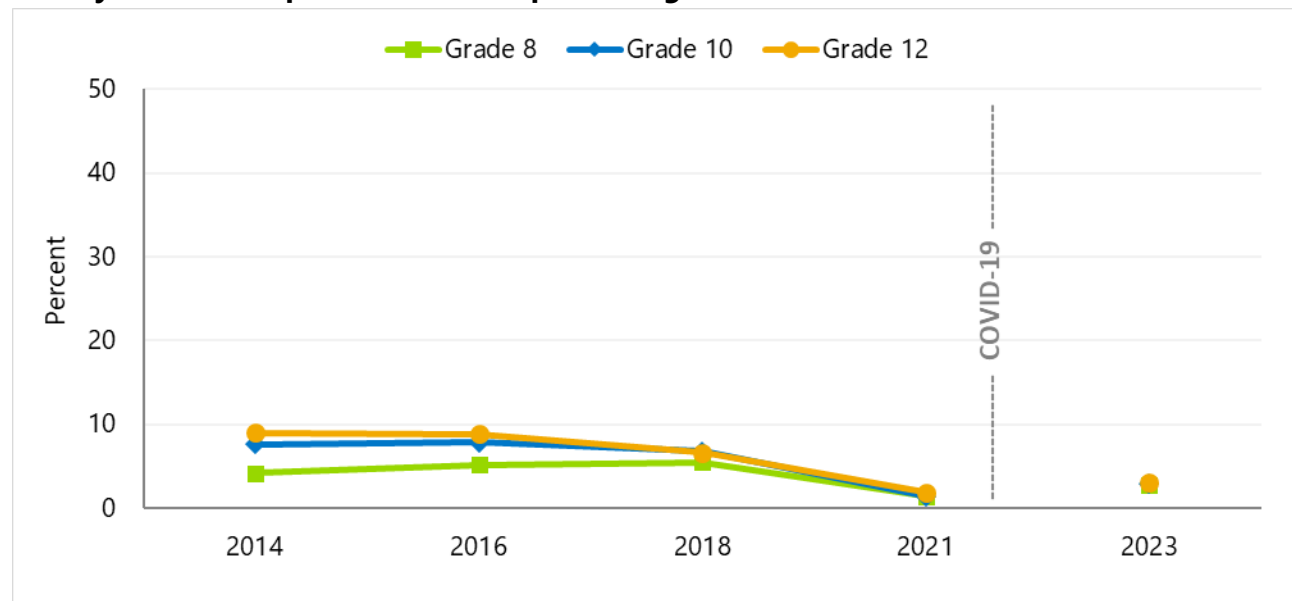
Differences by sex assigned at birth:

- Grade 10 females were more likely than males to use non-prescribed prescription drugs in the past 30 days.

Differences over time:

- Among Grade 8, 10, and 12 students, there were increases in using non-prescribed prescription drugs in the past 30 days from 2021 to 2023.

30-Day Use of Non-prescribed Prescription Drugs, Grades 8, 10, and 12, 2014-2023



Grade	2014	2016	2018	2021	2023
Grade 8	4.2 ± 0.6	5.2 ± 0.9	5.5 ± 0.8	1.4 ± 0.4	2.8 ± 0.6
Grade 10	7.6 ± 0.8	7.9 ± 0.9	6.8 ± 1.0	1.5 ± 0.3	2.9 ± 0.6
Grade 12	9.0 ± 1.3	8.8 ± 1.2	6.6 ± 1.1	1.9 ± 0.5	3.0 ± 0.9

Survey Question: During the past 30 days, on how many days did you: Use prescription drugs not prescribed to you?

Note: Percentages represent students who reported using non-prescribed prescription drugs on any days in the

past 30 days.

Source: HYS 2014, 2016, 2018, 2021, and 2023.

Lifetime Methamphetamine Use

Methamphetamine, a subclass of amphetamines, was at one time called “speed.” During the past several years, media reports have sometimes referred to methamphetamine use as an epidemic. This reflects the environmental and familial consequences of methamphetamine production. Nationally, methamphetamine use has been declining, including most recently among young adults (Substance Abuse and Mental Health Services Administration, 2009).

In 2023, Less than one percent of Grade 8 students, 1 percent of Grade 10 students, and 2 percent of Grade 12 students reported having used methamphetamine at least once in their lifetime.

Differences by grade level:

- Grade 12 students were more likely than Grade 8 students to have used methamphetamines in their lifetime.

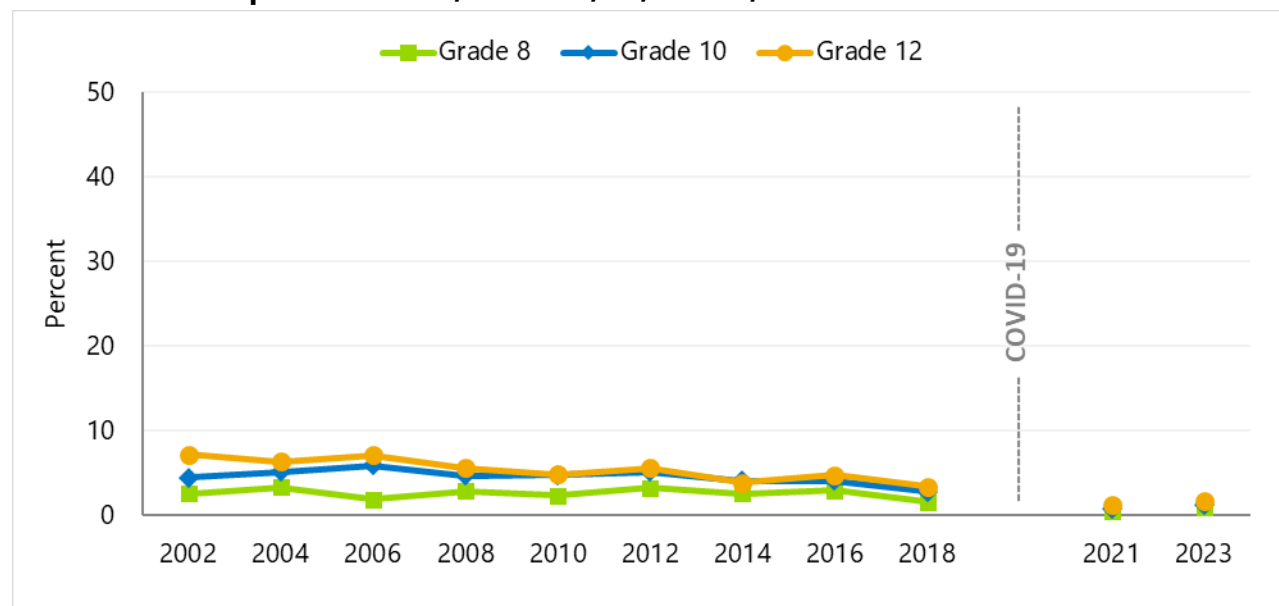
Differences by sex assigned at birth:

- There were no differences in lifetime methamphetamine use by sex assigned at birth.

Differences over time:

- Among Grade 8 students, there was an increase in lifetime methamphetamine use from 2021 to 2023.
- Among Grade 12 students, there was a decrease in lifetime methamphetamine use from 2002 through 2018.

Lifetime Methamphetamine Use, Grades 8, 10, and 12, from 2002-2023



Grade	2002	2004	2006	2008	2010	2012	2014	2016	2018	2021	2023
Grade 8	2.5 ± 0.5	3.3 ± 0.7	1.9 ± 0.5	2.8 ± 0.5	2.4 ± 0.5	3.3 ± 0.7	2.6 ± 0.5	2.9 ± 0.5	1.6 ± 0.4	0.5 ± 0.2	0.9 ± 0.3

Grade	2002	2004	2006	2008	2010	2012	2014	2016	2018	2021	2023
Grade 10	4.5 ±0.7	5.1 ±0.9	5.9 ±0.9	4.7 ±0.7	4.8 ±1.2	5.2 ±1.0	4.1 ±0.8	4.1 ±0.6	2.8 ±0.7	0.9 ±0.3	1.2 ±0.4
Grade 12	7.2 ±1.6	6.3 ±1.2	7.1 ±1.3	5.6 ±1.2	4.8 ±0.9	5.6 ±1.1	3.8 ±0.8	4.8 ±0.9	3.4 ±0.7	1.2 ±0.4	1.7 ±0.5

Survey Question: Have you ever, even once in your lifetime, used any of the following drugs? Methamphetamines (meth, crystal meth, ice, crank) Do not include other types of amphetamines.

Notes: Percentages represent students who had ever used methamphetamines in their life.

Source: HYS 2002, 2004, 2006, 2008, 2010, 2012, 2014, 2016, 2018, 2021, and 2023.

Lifetime Heroin Use

In 2023, less than 1 percent of Grade 8, 10, and 12 students reported having used heroin at least once in their lifetime.

Differences by grade level:

- There were no differences in lifetime heroin use by grade level.

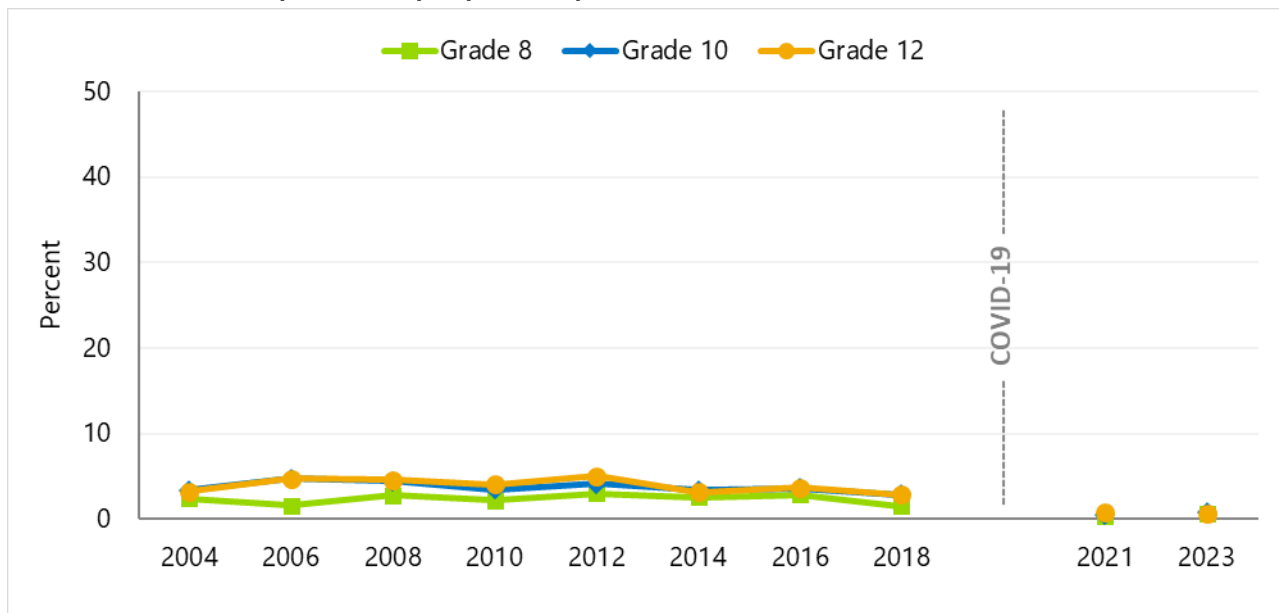
Differences by sex assigned at birth:

- There were no differences in lifetime heroin use by sex assigned at birth.

Differences over time:

- There were no changes in lifetime heroin use from 2021 to 2023.
- There were no trends in lifetime heroin use for any grade from 2004 through 2018.

Lifetime Heroin Use, Grades 8, 10, and 12, 2004-2023



Survey Question: Have you ever, even once in your lifetime, used any of the following drugs: Heroin?

Note: Percentages represent students who had ever used heroin in their life.

Source: HYS 2004, 2006, 2008, 2010, 2012, 2014, 2016, 2018, 2021, and 2023.

30-Day Prescription Drug Use for Non-Medical Use

In 2023, an additional question about using different types of prescription drugs for non-medical use found that in the past 30 days:

- Less than 1 percent of Grade 8 and 10 students and 2 percent of Grade 12 students used a non-prescribed stimulant, like Adderall or Ritalin.
- One percent of Grade 8 students and less than one percent of Grade 10 and 12 students used a non-prescribed painkiller, like Vicodin, OxyContin, or Percocet
- Less than 1 percent of Grade 8, 10, and 12 students used a non-prescribed tranquilizer, like Valium or Xanax.
- Two percent of Grade 8, 10, and 12 students, used another kind of non-prescribed prescription drug.
- Six percent of Grade 8 students and 5 percent of Grade 10 and 12 students used an over-the-counter drug, like cough syrup or cold medicine.
- Three percent of Grade 8 students and 1 percent of Grade 10 and 12 students used something, but they did not know what it was.

Differences by grade level:

- Grade 12 students were more likely than Grade 8 and 10 students to have used non-prescribed stimulant, like Adderall or Ritalin in the past 30 days or to have used a non-prescribed tranquilizer, like Valium or Xanax
- Grade 8 students were more likely than Grade 10 and 12 students to have used something, but they did not know what it was in the past 30 days.

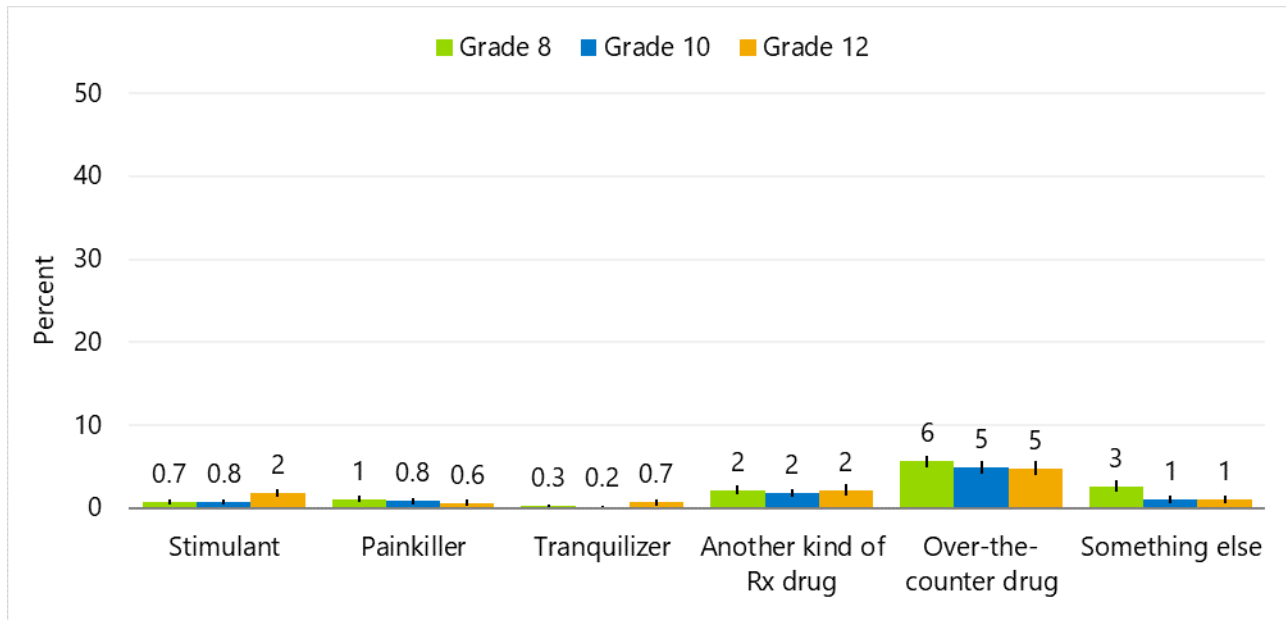
Differences by sex assigned at birth:

- Grade 8 females were more likely than males to have used a non-prescribed painkiller, like Vicodin, OxyContin, or Percocet, and to have used something, but they did not know what it was in the past 30 days in the past 30 days.
- Grade 10 females were more likely than males to have used another kind of non-prescribed prescription drug and over-the counter drugs in the past 30 days.

Differences over time:

- Among Grade 8, 10, and 12 students, there were increases in using another kind of non-prescribed prescription drug and over-the-counter drugs in the past 30 days from 2021 to 2023.
- Among Grade 12 students, there was an increase in using non-prescribed stimulants, like Adderall or Ritalin from 2021 to 2023.
- Among Grade 8 and 12 students, there were increases in using something, but they did not know what it was, in the past 30 days from 2021 to 2023.

30-Day Prescription Drug Use for Non-Medical Reasons by Type of Drug, Grades 8, 10, and 12 in 2023



Grade	Stimulant	Painkiller	Tranquilizer	Another kind of Rx drug	Over-the-counter drug	Something else
Grade 8	0.7 ±0.3	1.1 ±0.4	0.3 ±0.2	2.2 ±0.5	5.7 ±0.7	2.7 ±0.7
Grade 10	0.8 ±0.4	0.8 ±0.4	0.2 ±0.2	1.8 ±0.5	4.9 ±0.7	1.0 ±0.4
Grade 12	1.8 ±0.5	0.6 ±0.3	0.7 ±0.4	2.1 ±0.7	4.8 ±0.8	1.0 ±0.5

Survey Question: During the past 30 days, which of the following have you used for non-medical reasons? Select all that apply. Response options: I did not take any of these for non-medical reasons; I used a stimulant, like Adderall or Ritalin; I used a painkiller, like Vicodin, OxyContin, or Percocet; I used a tranquilizer, like Valium or Xanax; I used another kind of prescription drug; I used an over-the-counter drug, like cough syrup or cold medicine; I took something, but I don't know what it was.

Note: Percentages represent students who used prescription drugs for non-medical use.

Source: HYS 2023.

Risk and Protective Factors

This chapter covers a broad set of questions about health behaviors and about the risk factors and protective factors associated with them. Risk factors are characteristics of individuals and their families, schools, and communities that make them more vulnerable to ill health and poor lifestyle choices. Similarly, protective factors exert a positive influence or buffer against the negative influence of risk in these social environments. The Healthy Youth Survey includes many questions directly related to health, but most of the risk and protective factors measured in the survey are associated with behaviors such as substance use, violence, and dropping out of school. The presence of multiple risk factors predicts an increased likelihood that an individual will engage in these behaviors, whereas the presence of protective factors helps to diminish the effect of risk factors and increase the individual's resilience.

Research over several decades has identified risk factors that are associated with increased likelihood of health risk behaviors including alcohol, tobacco, and other drug use (Dryfoos, 1991; Hawkins et al., 1992; Kandel, Daview, Karus, and Yamagucchi, 1986); violence and delinquent behaviors (Bensley, Speicher, VanEenwyk, and Schoder, 1999; Brewer, Hawkins, Catalano, and Beckerman, 1995; Hereinto, Chung, and Catalano, 2004; Wasserman et al., 2003); and driving after drinking (Sabel, Bensley, and VanEenwyk, 2004).

Another body of research has focused on young people's ability to overcome the odds that challenge them (Werner and Smith, 1989) and to succeed despite high levels of risk in their environments. Benard (1991) summarized this literature on protective factors, citing the longitudinal research of Werner and Smith and Rutter (1979) in the formulation of a construct termed resilience. Resnick et al. (1997), found that parent-family connectedness and perceived school connectedness were protective against every health risk behavior measured in their study except history of pregnancy. Parental expectations regarding school achievement and school connectedness were also associated with lower levels of health risk behaviors (except in the case of suicide, in which only parent-family connectedness was protective).

Using these multiple strands of research, researchers at the University of Washington's Social Development Research Group developed a theoretical framework called the Social Development Strategy (SDS). The SDS recognizes that adolescents generally make decisions based on values learned from their community, family, or school; giving adolescents opportunities for engagement, the ability to learn and use skills, and recognizing their actions will promote bonding to their community. When adolescents are bonded to a healthy community, they make healthy decisions and grow into healthy adults; conversely, if youth are disconnected from community or bonded to an unhealthy community, they are more likely to develop unhealthy behaviors (Cambron, et al., 2019). By addressing risk and protective factors, families, schools, and communities can help promote positive social development. Early and sustained intervention through the elementary grades can help to put children on a developmental trajectory leading to more positive outcomes and fewer problem behaviors over the long term. These risk and protective factors represent promising inputs for prevention and intervention programs and policies.

The data presented in this chapter represent Washington State as a whole. The level of these indicators of risk and protection likely vary by community. Communities can compare community-level data to state-level data—and to county-level data, where available—to determine which risk and protective factors are priorities for their communities to address. Communities can then implement prevention services for specific populations or geographical areas where risk exposure is high and protection is low.

The 2002 through 2021 , and 2023 survey administrations in Washington included substantial coverage of risk and protective factors using standardized assessment tools developed by the Social Development Research Group (Arthur et al., 1998; Arthur, Hawkins, Pollard, Catalano, and Baglioni, 2002) and published in their *Communities That Care* survey. These risk and protective factors are organized into four domains of influence: community, school, peer-individual, and family.

For more information on the risk and protective factors, see the *What are Risk and Protective Factors?* fact sheet at: <https://www.askhys.net/FactSheets>

HYS 2023 assessed six risk factors among students in Grade 6, and 11 risk factors among students in Grades 8, 10, and 12, and assessed four protective factors among students in Grade 6 and five protective factors among students in Grades 8, 10, and 12

Risk and Protective Factors Included in 2023

Domain	Risk Factor	Protective Factor
Community	Laws and norms favorable toward drug use ^E Perceived availability of drugs Perceived availability of handguns ^S Low neighborhood attachment ^S	Opportunities for prosocial involvement ^S Rewards for prosocial involvement ^E
School	Academic failure Low commitment to school	Opportunities for prosocial involvement ^S Rewards for prosocial involvement
Peer-Individual	Perceived risk of drug use Early initiation of drug use ^S Favorable attitudes toward drug use Friends' use of drugs ^S	Social skills ^S
Family	Poor family management ^S Parental attitudes favorable towards drug use ^S	Opportunities for prosocial involvement Rewards for prosocial involvement ^E

^S Included only on the survey for Grades 8, 10, and 12 students.

^E Included only on the survey for Grade 6 students.

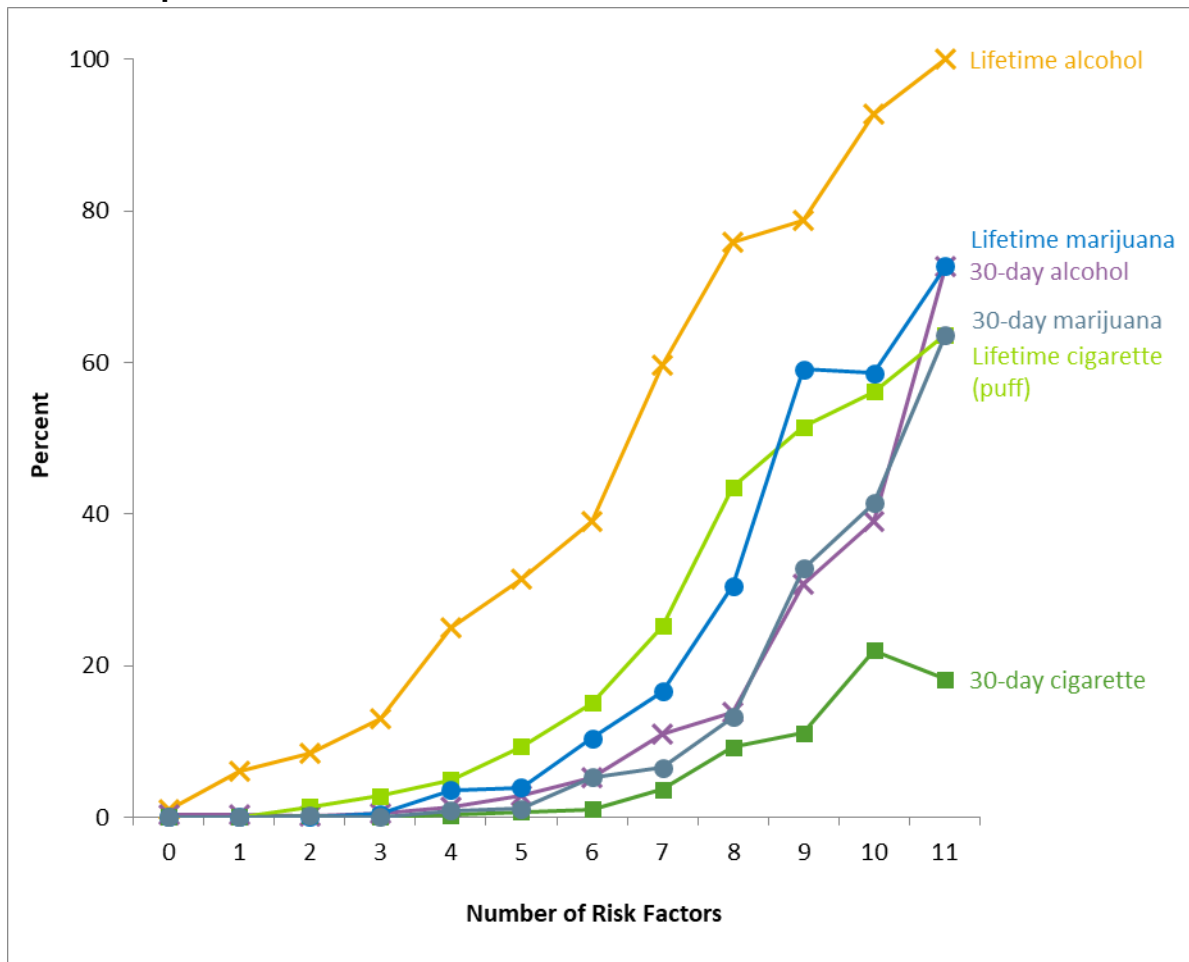
This chapter presents HYS 2023 results for the assessment of risk and protection factors at each grade level in the peer-individual, family, school, and community domains. The relationships between risk and protective factors and the major health risk behaviors of substance use and violent and delinquent behavior are also presented. Readers should remember that all results are based on student self-report and therefore represent perceptions of risk and protection which might not be accurate. Furthermore, the statistical relationships between risk and protective factors and health risk behaviors are not necessarily causal. Rather, the statistical relationships indicate an association or co-occurrence of these factors and behaviors. Both the risk factor and the behavior may be associated with a third factor such as poverty or other

factors that were not addressed in this study. Each risk and protective factor scale is calculated as the average score of the students' responses to one or more questions. Students whose scores placed them above a cut point, determined by the Social Development Research Group's research, were considered "at risk" on a given risk factor, or "resilient" on a given protective factor.

Research has also suggested a cumulative effect in the influence of risk and protection on these health risk behaviors (Bry, McKeon, and Pandina, 1982; Newcomb, Maddahian, and Skager, 1987; Werner and Smith, 1989). In addition to examining the specific influence of a given risk or protective factor, examining the relationship between multiple risk or protective factors and these behaviors is important. This examination helps illustrate whether students who are at high risk on more risk factors are more likely to engage in health risk behaviors than students who are at high risk on fewer factors. An examination of the relationship between multiple risk or protective factors and health risk behaviors also helps show whether students who are well protected are less likely to engage in these behaviors than students who are less protected.

The following chart shows the relationship between the number of risk factors present and the use of alcohol, cigarettes, and marijuana for Grade 8 students. This relationship also holds true for Grade 10 and 12 students. The most obvious interpretation is the clear, linear relationship between the number of risk factors present and the prevalence of lifetime and 30-day alcohol, cigarette, and marijuana use. As the number of risk factors for individual students increased, so did the likelihood that they would use alcohol, cigarettes, and marijuana. These findings are consistent with the findings from the previous survey administrations.

Relationship Between Substance Use and Number of Risk Factors, Grade 8 in 2023

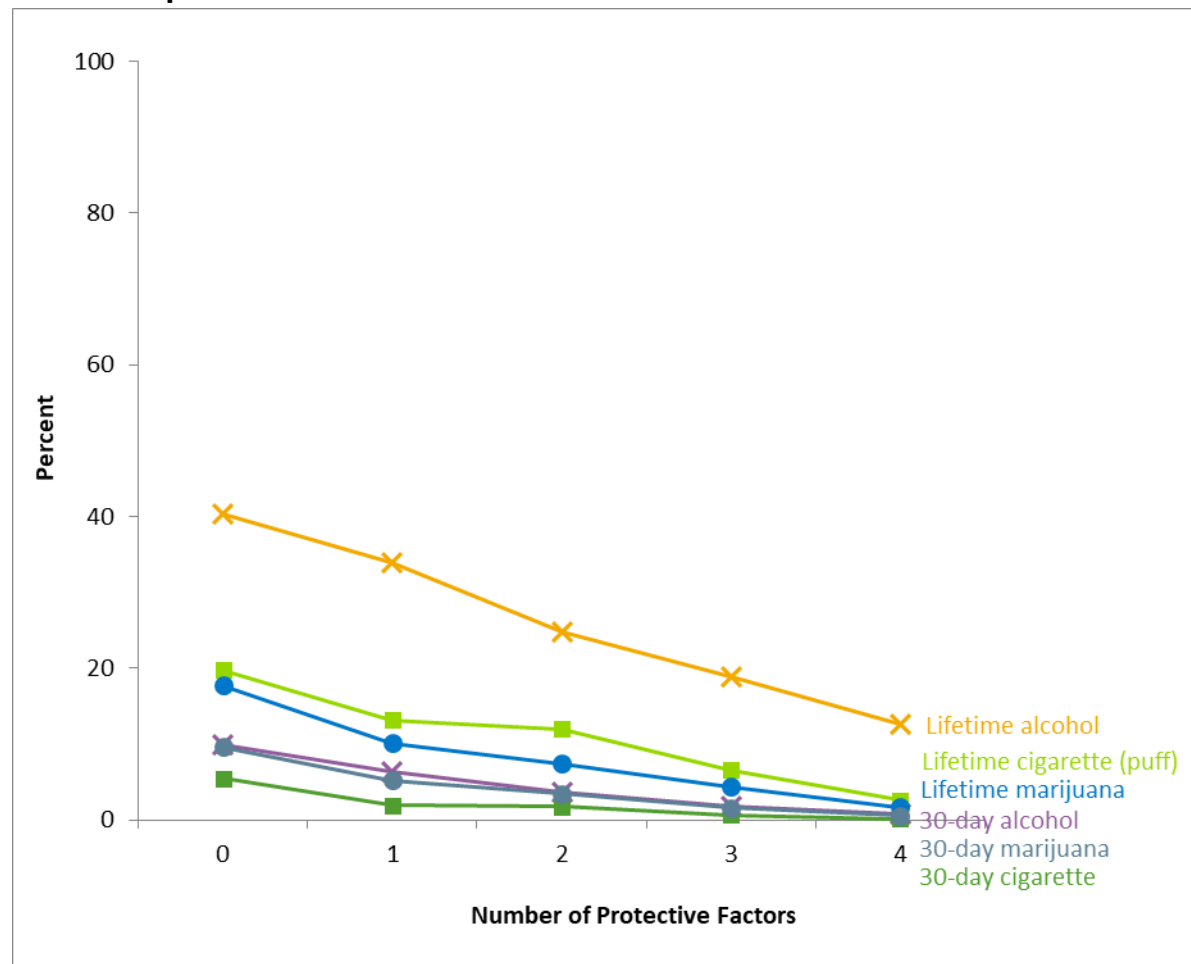


Note: Percentages represent students who reported using alcohol, cigarettes, or marijuana in their lifetime or in the past 30 days according to each number of risk factors (0 through 11).

Source: HYS 2023.

The following chart is a similar display, relating the presence of protective factors to the use of alcohol, cigarettes, and marijuana for Grade 8 students. This relationship also holds true for Grade 10 and 12 students. Again, the overall relationship is strong: increased levels of protection were clearly associated with lower rates of alcohol, cigarette, and marijuana use. Protective factors have also been found to have a buffering effect on the presence of risk factors (DeWit, Silverman, Goodstadt, and Stoduto, 1995; Gabriel, Deck, Einspruch, and Nickel, 1997; Jessor, Van den Bos, Vanderryn, Costa, and Trubin, 1995). These findings are consistent with the findings from previous survey administrations.

Relationship Between Substance Use and Number of Protective Factors, Grade 8 in 2021



Note: Percentages represent students who reported using alcohol, cigarettes, or marijuana in their lifetime or in the past 30 days according to each number of protective factors (0 through 5).

Source: HYS 2023.

Community Domain: Risk Factors

HYS 2023 assessed four risk factors in the community domain:

- *Laws and norms favorable toward drug use.* The policies a community holds in relation to health and problem behaviors are communicated through laws, social practices, and expectations, and are related to drug use.
 - There were no changes in laws and norms favorable towards drug use from 2021 to 2023.
 - Among Grade 6 students, there was a decrease in laws and norms favorable towards drug use from 2002 through 2014.
 - Among Grade 8, 10, and 12 students, there were decreases in laws and norms favorable towards drug use from 2002 through 2018.
- *Perceived availability of drugs.* Perceptions of the availability of alcohol and other drugs have been shown to predict use of these substances.
 - Among Grade 6 students, there was a decrease in the perceived availability of drugs from 2021 to 2023.
 - Among Grade 6, 8, 10, and 12 students, there were decreases in the perceived availability of drugs from 2002 through 2018.
- *Perceived availability of handguns.*
 - Among Grade 8, 10, and 12 students, there were increases in the perceived availability of handguns from 2021 to 2023.
- *Low neighborhood attachment.*
 - There were no changes in low neighborhood attachment from 2021 to 2023.

Profile of Community Risk Factors, Percent of Youth at Risk, Grades 6, 8, 10, and 12, 2002-2023

Laws and norms favorable to drug use

Grade	2002	2004	2006	2008	2010	2012	2014	2016	2018	2021	2023
Grade 6	37.1 ±1.8	37.1 ±1.6	37.0 ±1.8	35.9 ±1.6	36.5 ±1.6	34.5 ±1.8	33.9 ±1.7	34.0 ±1.9	36.6 ±1.7	40.9 ±2.6	40.4 ±2.2
Grade 8	33.0 ±1.7	29.8 ±2.7	28.2 ±3.1	28.3 ±2.5	27.7 ±2.2	26.4 ±2.2	23.1 ±2.1	23.7 ±2.0	24.3 ±2.2	NA	25.5 ±1.6
Grade 10	38.7 ±3.6	40.1 ±3.2	39.1 ±3.1	36.7 ±2.8	34.5 ±3.1	31.4 ±2.8	31.7 ±3.0	28.0 ±2.3	29.6 ±1.8	NA	28.5 ±2.1
Grade 12	39.3 ±1.7	37.3 ±3.0	35.8 ±3.8	34.4 ±2.5	32.5 ±2.6	32.4 ±2.3	31.2 ±2.4	30.2 ±2.1	28.0 ±2.1	NA	22.3 ±2.7

Perceived availability of drugs

Grade	2002	2004	2006	2008	2010	2012	2014	2016	2018	2021	2023
Grade 6	23.6 ±1.8	22.5 ±1.5	24.6 ±1.4	23.5 ±1.3	22.6 ±1.3	19.5 ±1.6	18.7 ±1.3	16.4 ±1.2	19.4 ±1.1	18.8 ±1.5	15.4 ±1.1
Grade 8	29.3 ±2.0	23.0 ±2.3	20.9 ±2.1	24.8 ±2.1	24.1 ±2.2	22.8 ±2.1	17.1 ±1.7	16.4 ±1.7	17.9 ±1.6	13.9 ±1.4	13.1 ±1.6
Grade 10	35.5 ±2.5	31.8 ±2.3	32.7 ±2.0	34.2 ±2.8	34.4 ±2.8	28.4 ±1.8	26.5 ±2.1	22.9 ±2.1	22.3 ±2.0	13.2 ±1.2	12.1 ±1.5

Grade	2002	2004	2006	2008	2010	2012	2014	2016	2018	2021	2023
Grade 12	45.2 ±3.7	40.5 ±3.2	38.1 ±2.9	39.4 ±2.3	38.1 ±2.5	36.0 ±1.9	31.7 ±2.1	30.2 ±2.1	27.2 ±2.5	17.6 ±1.8	14.7 ±2.3

Perceived availability of handguns

Grade	2002	2004	2006	2008	2010	2012	2014	2016	2018	2021	2023
Grade 8	36.4 ±2.5	34.4 ±2.6	31.6 ±2.6	34.9 ±2.5	31.3 ±2.3	32.6 ±2.1	NA	NA	26.3 ±2.0	25.8 ±2.1	35.0 ±2.4
Grade 10	21.9 ±2.4	21.0 ±1.9	21.5 ±2.0	20.7 ±1.5	18.2 ±2.4	17.4 ±1.9	NA	NA	13.4 ±1.8	12.1 ±1.4	18.8 ±2.5
Grade 12	26.2 ±1.9	26.6 ±2.3	25.5 ±3.0	24.4 ±2.0	22.6 ±2.6	20.3 ±2.6	NA	NA	18.0 ±1.6	13.5 ±2.1	24.0 ±2.7

Low neighborhood attachment

Grade	2002	2004	2006	2008	2010	2012	2014	2016	2018	2021	2023
Grade 8	41.1 ±2.2	NA	36.6 ±2.6	34.5 ±2.3	33.9 ±2.1	NA	NA	NA	NA	32.0 ±2.5	32.2 ±2.8
Grade 10	45.0 ±2.3	NA	47.9 ±2.8	44.8 ±2.5	41.9 ±3.0	NA	NA	NA	NA	40.3 ±3.4	41.9 ±4.0
Grade 12	46.9 ±3.4	NA	50.2 ±2.7	53.3 ±3.3	50.2 ±2.4	NA	NA	NA	NA	53.9 ±3.9	51.5 ±3.9

Notes:

- Percentages represent students who are at risk based upon their risk factor scale scores.
- Changes that are statistically significant at the 95 percent confidence level from the previous year are bolded.

Source: HYS 2002, 2004, 2006, 2008, 2010, 2012, 2014, 2016, 2018, 2021, and 2023.

Community Domain: Protective Factors

HYS 2023 assessed two protective factors in the community domain.

- Opportunities for prosocial involvement.* Youth need opportunities to participate meaningfully in activities in the community.
 - There were no changes in opportunities for prosocial involvement from 2021 to 2023
 - There were no trends in opportunities for prosocial involvement for any grade from 2002 to 2018
- Rewards for prosocial involvement.* Youth need rewards for positive participation in prosocial activities.
 - Among Grade 6 students, there was an increase in rewards for prosocial involvement from 2021 to 2023.
 - Among Grade 6 students, there was a decrease in rewards for prosocial involvement from 2002 through 2018.

Profile of Community Protective Factors, Percent of Youth Protected, Grades 6, 8, 10, and 12, 2002-2023

Opportunities for prosocial involvement

Grade	2002	2004	2006	2008	2010	2012	2014	2016	2018	2021	2023
Grade 8	50.7 ±1.7	72.3 ±2.3	69.2 ±2.5	66.6 ±2.9	67.5 ±3.0	73.2 ±2.3	75.3 ±3.1	72.3 ±3.0	72.4 ±3.4	58.7 ±3.8	63.1 ±3.0

Grade	2002	2004	2006	2008	2010	2012	2014	2016	2018	2021	2023
Grade 10	46.6 ±3.1	72.4 ±2.7	66.1 ±3.1	69.2 ±3.3	71.1 ±3.2	75.2 ±3.7	75.4 ±3.1	75.9 ±3.3	71.3 ±3.7	59.7 ±5.2	66.0 ±3.7
Grade 12	42.7 ±3.8	70.9 ±2.8	69.3 ±3.0	71.3 ±4.0	76.0 ±2.8	76.3 ±3.9	77.7 ±3.6	76.6 ±3.3	73.6 ±3.1	61.8 ±6.1	68.7 ±4.4

Rewards for prosocial involvement

Grade	2002	2004	2006	2008	2010	2012	2014	2016	2018	2021	2023
Grade 6	48.0 ±1.7	38.7 ±1.1	37.9 ±1.3	36.4 ±1.4	35.9 ±1.3	37.4 ±1.3	36.9 ±1.7	34.6 ±1.4	30.2 ±1.9	31.6 ±2.5	39.9 ±2.2
Grade 8	54.9 ±1.8	56.6 ±2.0	54.0 ±2.3	54.0 ±2.3	NA	NA	NA	NA	NA	NA	39.6 ±2.6
Grade 10	60.3 ±2.4	60.4 ±2.3	56.2 ±2.4	62.2 ±2.6	NA	NA	NA	NA	NA	NA	45.3 ±3.4
Grade 12	55.1 ±3.9	56.6 ±2.5	56.8 ±2.4	62.0 ±2.9	NA	NA	NA	NA	NA	NA	46.7 ±3.4

Notes:

- Percentages represent students who are protected based upon their protective factor scale scores.
- Dashes (–) indicate that the protective factor was not included in the survey that year.
- Changes that are statistically significant at the 95 percent confidence level from the previous year are bolded.

Source: HYS 2002, 2004, 2006, 2008, 2010, 2012, 2014, 2016, 2018, 2021, and 2023.

School Domain: Risk Factors

HYS 2023 assessed two risk factors in the school domain.

- Academic failure.** Children fail in school for many reasons, but research indicates that the very experience of failure—regardless of whether the failure is linked to the students’ abilities—places them at higher risk for negative behavior.
 - Among grade 6, 8, and 10 students, there were decreases in academic failure from 2021 to 2023.
 - Among Grade 8 students, there was a decrease in academic failure from 2002 through 2018.
- Low commitment to school.** When young people cease to see the school role as viable, they are at higher risk of engaging in the health risk behaviors.
 - Among Grade 6 students, there was an increase in low commitment to school from 2021 to 2023.
 - Among Grade 10, and 12 students, there were decreases in low commitment to school from 2021 to 2023.
 - There were no trends for low commitment to school for any grade from 2002 through 2018.

Profile of School Risk Factors, Percent of Youth at Risk, Grades 6, 8, 10, and 12, 2002-2023

Academic failure

Grade	2002	2004	2006	2008	2010	2012	2014	2016	2018	2021	2023
Grade 6	41.2 ±2.0	40.6 ±1.8	41.5 ±1.8	42.4 ±2.0	41.9 ±2.0	37.8 ±2.1	39.5 ±1.9	38.3 ±1.8	43.6 ±2.2	45.0 ±2.7	39.8 ±2.4
Grade 8	47.3 ±1.7	48.2 ±2.1	45.9 ±2.4	47.5 ±2.1	46.8 ±2.2	45.3 ±2.3	43.9 ±2.2	45.4 ±2.3	44.8 ±2.5	47.6 ±2.7	40.8 ±2.6

Grade 10	46.8 ±2.6	47.2 ±2.5	50.7 ±2.0	48.2 ±1.6	47.4 ±2.3	45.3 ±2.4	46.1 ±2.6	47.4 ±2.4	47.9 ±2.0	48.3 ±3.8	43.6 ±2.6
Grade 12	48.5 ±2.1	46.7 ±2.3	50.1 ±2.4	51.4 ±2.3	49.1 ±2.2	47.5 ±2.5	49.2 ±2.8	51.4 ±2.3	50.8 ±2.6	47.4 ±3.8	45.8 ±3.6

Low commitment to school

Grade	2002	2004	2006	2008	2010	2012	2014	2016	2018	2021	2023
Grade 6	40.5 ±1.3	44.4 ±1.6	52.0 ±1.5	43.0 ±1.8	38.9 ±1.5	36.9 ±1.8	38.1 ±1.9	40.6 ±1.4	50.5 ±1.5	58.1 ±2.0	61.5 ±1.8
Grade 8	34.4 ±1.8	37.1 ±1.8	36.2 ±2.2	38.6 ±2.2	35.6 ±1.7	31.8 ±1.7	31.9 ±1.8	35.1 ±2.0	43.2 ±2.2	58.7 ±2.2	56.1 ±2.2
Grade 10	37.3 ±2.8	40.7 ±2.2	39.9 ±1.8	38.2 ±1.8	37.8 ±2.8	33.1 ±1.9	38.3 ±2.7	39.2 ±2.1	44.4 ±2.2	56.6 ±2.5	51.7 ±2.9
Grade 12	37.6 ±2.7	42.2 ±2.5	40.8 ±2.5	41.4 ±2.1	36.5 ±2.2	36.1 ±2.3	40.4 ±2.6	41.4 ±2.4	41.7 ±2.3	55.2 ±3.1	49.6 ±3.8

Notes:

- Percentages represent students who are at risk based upon their risk factor scale scores.
- Changes that are statistically significant at the 95 percent confidence level from the previous year are bolded.

Source: HYS 2002, 2004, 2006, 2008, 2010, 2012, 2014, 2016, 2018, 2021, and 2023.

School Domain: Protective Factors

HYS 2023 assessed two protective factors in the school domain.

- Opportunities for prosocial involvement.* When young people are given more opportunities to participate meaningfully in important activities at school, they are less likely to engage in problem behaviors.
 - There were no changes in opportunities for prosocial involvement for any grade from 2021 to 2023.
 - Among Grade 8, 10, and 12 students, there were increases in opportunities for prosocial involvement from 2002 through 2018.
- Rewards for prosocial involvement.* When young people are recognized and rewarded for their contributions at school, they are less likely to be involved in health risk behaviors.
 - Among Grade 6, 8, and 12 students, there were increases in rewards for prosocial involvement from 2021 to 2023.
 - Among Grade 6 and 12 students, there was a decrease in rewards for prosocial involvement from 2002 through 2018.

Profile of School Protective Factors, Percent of Youth Protected, Grades 6, 8, 10, and 12, 2002-2023

Opportunities for prosocial involvement

Grade	2002	2004	2006	2008	2010	2012	2014	2016	2018	2021	2023
Grade 8	62.6 ±2.1	62.2 ±1.8	64.0 ±2.8	59.8 ±2.4	62.6 ±2.3	65.7 ±1.9	70.0 ±2.3	69.6 ±2.2	67.1 ±2.7	71.6 ±1.9	70.7 ±1.8
Grade 10	59.6 ±2.4	58.5 ±2.7	57.7 ±2.2	59.0 ±2.2	61.8 ±2.5	66.5 ±2.1	65.2 ±2.6	67.5 ±2.4	63.9 ±2.7	69.8 ±2.3	70.4 ±2.1
Grade 12	63.5 ±2.3	61.2 ±3.0	61.6 ±2.6	60.7 ±3.1	64.0 ±3.4	65.5 ±3.0	68.3 ±3.1	67.8 ±2.7	68.5 ±3.2	70.1 ±3.0	71.8 ±3.1

Rewards for prosocial involvement

Grade	2002	2004	2006	2008	2010	2012	2014	2016	2018	2021	2023
Grade 6	50.5 ±2.1	52.3 ±1.6	52.8 ±1.8	49.8 ±1.6	49.5 ±1.6	49.7 ±2.1	44.9 ±1.9	45.2 ±1.9	37.8 ±1.8	38.5 ±1.9	48.5 ±2.3
Grade 8	52.1 ±2.4	53.4 ±2.4	56.6 ±2.2	53.1 ±2.2	49.0 ±2.3	51.1 ±2.5	52.8 ±2.8	52.3 ±2.6	47.8 ±2.7	55.4 ±2.0	59.2 ±2.7
Grade 10	61.4 ±2.7	61.3 ±2.3	61.1 ±1.8	63.5 ±2.2	58.4 ±2.7	60.1 ±2.0	57.5 ±2.5	58.2 ±2.1	52.7 ±2.8	62.7 ±2.2	65.1 ±3.3
Grade 12	45.8 ±3.9	44.6 ±2.7	45.4 ±2.5	46.8 ±3.2	45.3 ±3.4	46.2 ±2.6	43.3 ±2.6	42.7 ±3.2	39.9 ±3.5	47.1 ±3.3	54.6 ±2.6

Notes:

- Percentages represent students who are protected based upon their protective factor scale scores.
- Dashes (–) indicate that the protective factor was not included in the survey that year.
- Changes that are statistically significant at the 95 percent confidence level from the previous year are bolded.

Source: HYS 2002, 2004, 2006, 2008, 2010, 2012, 2014, 2016, 2018, 2021, and 2023.

Peer-Individual Domain: Risk Factors

HYS 2023 assessed four risk factors in the peer-individual domain.

- Perceived risk of use.** Young people who do not perceive a risk in using alcohol, tobacco, and other drugs are at higher risk of engaging in substance use.
 - Among Grade 6, 8, and 10 students, there were decreases in perceived risk of drug use from 2021 to 2023.
 - Among Grade 6, 8, 10, and 12 students, there were increases in perceived risk of drug use from 2002 through 2018.
- Early initiation of drug use.** Research shows that the earlier an individual begins using alcohol, tobacco, and other drugs, the more likely he or she is to develop drug use problems as an adult.
 - Among Grade 8 students, there was an increase in early initiation of drug use from 2021 to 2023.
 - Among Grade 8, 10, and 12 students, there were decreases in early initiation of drug use from 2002 through 2018.
- Favorable attitudes toward drug use.** Young people who have positive or accepting attitudes toward drug use are more likely to engage in a variety of health risk behaviors.
 - Among Grade 10 and 12 students, there were decreases in favorable attitudes towards drug use from 2021 to 2023.
 - Among Grade 6 students, there was an increase in favorable attitudes towards drug use from 2014 through 2018.
 - Among Grade 10 students, there was a decrease in favorable attitudes towards drug use from 2002 through 2018.
- Friends' use of drugs.** Young people whose friends use drugs are more likely to engage in health risk behaviors.
 - Among Grade 8 students, there was an increase in friends' use of drugs from 2021 to 2023.

- Among Grade 8, 10, and 12 students, there were decreases in friends' use of drugs from 2002 through 2018.

Profile of Peer-Individual Risk Factors, Percent of Youth at Risk, Grades 6, 8, 10, and 12, 2002-2023

Perceived Risk of Drug Use

Grade	2002	2004	2006	2008	2010	2012	2014	2016	2018	2021	2023
Grade 6	32.3 ±2.1	30.4 ±1.8	32.7 ±1.5	31.9 ±2.2	40.3 ±2.4	37.7 ±2.8	40.7 ±2.4	40.2 ±2.4	43.1 ±2.2	44.6 ±3.1	38.8 ±2.6
Grade 8	38.3 ±2.0	35.1 ±2.3	33.0 ±2.9	33.9 ±2.5	37.7 ±2.6	39.2 ±2.9	37.9 ±3.4	42.3 ±3.3	46.9 ±2.9	45.0 ±2.3	40.6 ±2.7
Grade 10	34.8 ±2.0	33.7 ±2.0	35.0 ±2.1	35.6 ±2.2	39.1 ±2.7	38.1 ±2.6	41.2 ±2.8	41.3 ±2.7	43.8 ±3.1	37.7 ±2.9	32.7 ±2.4
Grade 12	43.4 ±2.4	38.4 ±2.4	40.6 ±3.6	43.3 ±2.7	48.0 ±2.3	49.4 ±2.5	52.8 ±2.4	52.9 ±2.2	52.7 ±2.7	49.0 ±3.5	44.6 ±3.2

Early Initiation of Drug Use

Grade	2002	2004	2006	2008	2010	2012	2014	2016	2018	2021	2023
Grade 8	27.4 ±2.4	24.6 ±2.7	19.8 ±2.6	20.8 ±2.6	20.1 ±2.2	18.2 ±2.0	13.7 ±1.9	14.2 ±2.1	15.3 ±1.7	18.0 ±2.0	22.8 ±1.8
Grade 10	32.5 ±3.2	29.2 ±2.9	31.4 ±2.4	29.3 ±2.3	26.6 ±2.9	22.2 ±2.3	20.5 ±2.3	18.9 ±1.8	18.0 ±2.3	13.5 ±2.0	13.5 ±1.8
Grade 12	37.5 ±1.8	33.0 ±3.6	32.9 ±2.9	32.3 ±2.9	27.9 ±3.1	26.4 ±3.0	22.8 ±2.7	22.4 ±2.0	19.0 ±2.1	21.3 ±2.4	23.2 ±2.6

Favorable Attitudes Towards Drug Use

Grade	2002	2004	2006	2008	2010	2012	2014	2016	2018	2021	2023
Grade 6	22.6 ±1.4	22.2 ±1.5	21.4 ±1.3	20.9 ±1.2	20.9 ±1.5	18.3 ±1.6	19.6 ±1.3	18.9 ±1.4	24.1 ±1.5	23.2 ±2.1	23.4 ±1.6
Grade 8	27.8 ±2.2	27.2 ±2.4	22.9 ±2.5	24.8 ±2.4	24.5 ±1.9	26.6 ±2.1	23.8 ±2.3	24.8 ±2.3	28.7 ±2.2	25.5 ±1.8	23.1 ±1.8
Grade 10	37.6 ±3.1	35.0 ±1.9	37.2 ±1.8	37.2 ±2.3	36.7 ±2.5	37.0 ±2.2	41.0 ±2.2	38.7 ±2.5	39.1 ±2.4	38.9 ±3.0	29.1 ±2.8
Grade 12	40.8 ±3.0	36.8 ±2.8	34.9 ±2.8	37.7 ±2.3	37.9 ±2.5	40.0 ±2.3	39.9 ±2.8	39.5 ±2.6	34.9 ±2.1	40.8 ±4.3	27.4 ±3.3

Friends' Use of Drugs

Grade	2002	2004	2006	2008	2010	2012	2014	2016	2018	2021	2023
Grade 8	28.5 ±2.4	27.2 ±2.9	22.8 ±3.0	25.6 ±2.9	24.1 ±2.1	23.2 ±2.2	15.3 ±2.3	15.3 ±2.3	19.9 ±1.7	11.8 ±1.6	16.6 ±2.0
Grade 10	30.7 ±2.4	27.6 ±2.6	29.7 ±2.3	28.8 ±1.8	29.0 ±2.0	25.1 ±2.0	23.0 ±2.1	18.6 ±2.0	22.2 ±2.4	13.8 ±1.8	16.9 ±2.7
Grade 12	36.9 ±2.5	25.9 ±3.5	26.5 ±2.9	27.2 ±3.0	28.5 ±2.5	25.5 ±1.9	22.5 ±2.3	20.5 ±2.3	20.8 ±1.7	19.0 ±3.0	19.0 ±2.5

Notes:

- Percentages represent students who are at risk based upon their risk factor scale scores.
- Dashes (–) indicate that the risk factor was not included in the survey that year.
- Changes that are statistically significant at the 95 percent confidence level from the previous year are bolded.

Source: HYS 2002, 2004, 2006, 2008, 2010, 2012, 2014, 2016, 2018, 2021, and 2023.

Family Domain: Risk Factors

HYS 2023 assessed two risk factors in the family domain.

- *Poor family management.*
 - There were no changes in poor family management from 2021 to 2023.
 - Among Grade 8, 10, and 12 students, there were decreases in poor family management from 2002 through 2018.
- *Parental attitudes favorable towards drug use.*
 - Among Grade 8 and 12 students, there were decreases in parental attitudes favorable towards drug use from 2021 to 2023.
 - There were no trends in parental attitudes favorable towards drug use for any grade from 2004 through 2016.

Profile of Family Risk Factors, Percent of Youth at Risk, Grades 6, 8, 10, and 12, 2002-2023

Poor family management

Grade	2002	2004	2006	2008	2010	2012	2014	2016	2018	2021	2023
Grade 8	39.2 ±2.8	38.4 ±2.0	37.4 ±3.1	39.2 ±2.5	36.0 ±2.2	33.7 ±1.9	30.6 ±2.4	33.4 ±2.2	34.6 ±2.1	34.5 ±2.0	34.0 ±2.3
Grade 10	36.6 ±5.7	38.7 ±2.1	42.5 ±2.6	42.8 ±2.6	39.3 ±3.0	32.3 ±2.1	32.8 ±2.1	31.8 ±1.7	34.1 ±2.0	24.4 ±2.1	25.9 ±2.2
Grade 12	43.8 ±3.9	42.6 ±2.4	43.4 ±2.7	43.5 ±2.2	38.8 ±2.9	38.2 ±2.3	34.4 ±2.4	34.8 ±2.0	32.5 ±2.3	25.0 ±2.0	26.5 ±3.3

Parental attitudes favorable towards drug use

Grade	2002	2004	2006	2008	2010	2012	2014	2016	2018	2021	2023
Grade 8	NA	31.2 ±2.6	NA	26.6 ±2.5	21.5 ±1.4	23.9 ±1.6	22.2 ±2.0	24.0 ±1.9	25.3 ±1.9	32.0 ±1.9	27.2 ±1.6
Grade 10	NA	41.8 ±2.4	NA	44.4 ±2.1	36.8 ±2.3	37.1 ±2.1	40.5 ±2.2	38.4 ±2.2	38.9 ±2.1	43.1 ±2.9	42.3 ±3.0
Grade 12	NA	41.7 ±3.3	NA	44.2 ±2.7	36.4 ±2.9	41.2 ±1.8	41.3 ±2.7	42.3 ±2.4	39.6 ±2.6	46.5 ±3.6	40.4 ±3.7

Notes:

- The family domain was measured on the removable portion of the survey prior to the 2014 HYS. Not all of the participating schools asked these questions, and the number of students who answered the questions in this domain was smaller than the numbers of respondents for the other domains from 2002 to 2012.
- Percentages represent students who are at risk based upon their risk factor scale scores.
- Dashes (–) indicate that the risk factor was not included in the survey that year.
- Changes that are statistically significant at the 95 percent confidence level from the previous year are bolded.

Source: HYS 2002, 2004, 2006, 2008, 2010, 2012, 2014, 2016, 2018, 2021, and 2023.

Family Domain: Protective Factors

HYS 2023 assessed two protective factors in the family domain.

- *Opportunities for prosocial involvement.*
 - Among Grade 6 students, there was a decrease in opportunities for prosocial involvement from 2021 to 2023.

- Among Grade 10 and 12 students, there were increases in opportunities for prosocial involvement from 2021 to 2023.
- Among Grade 6 students, there was a decrease in opportunities for prosocial involvement from 2002 through 2018.
- *Rewards for prosocial involvement.*
 - Among Grade 6 students, there was a decrease in prosocial involvement from 2021 to 2023.
 - Among Grade 6 students, there was a decrease in prosocial involvement from 2002 to 2018.

Profile of Family Protective Factors, Percent of Youth Protected, Grades 6, 8, 10, and 12, 2002-2023

Opportunities for prosocial involvement

Grade	2002	2004	2006	2008	2010	2012	2014	2016	2018	2021	2023
Grade 6	58.1 ±2.4	58.5 ±2.2	54.2 ±2.1	54.8 ±1.9	53.2 ±1.9	55.6 ±2.2	52.6 ±2.1	54.1 ±1.9	50.5 ±2.4	44.6 ±3.3	49.2 ±2.6
Grade 8	63.3 ±2.2	NA	66.6 ±3.0	61.3 ±2.3	63.6 ±2.1	66.3 ±1.8	68.5 ±2.1	67.2 ±2.1	65.7 ±2.4	64.1 ±2.0	68.1 ±1.8
Grade 10	56.7 ±3.2	NA	53.5 ±2.8	51.7 ±2.9	55.6 ±3.0	58.7 ±2.2	57.8 ±2.5	59.1 ±2.0	53.4 ±2.4	61.0 ±2.3	66.2 ±2.6
Grade 12	56.7 ±3.1	NA	53.6 ±2.1	53.4 ±2.5	53.7 ±2.9	55.8 ±2.1	57.8 ±2.5	55.3 ±2.4	54.1 ±2.2	61.6 ±3.0	64.0 ±2.9

Rewards for prosocial involvement

Grade	2002	2004	2006	2008	2010	2012	2014	2016	2018	2021	2023
Grade 6	62.2 ±2.9	62.5 ±2.0	58.2 ±2.2	58.6 ±2.1	56.8 ±2.1	57.4 ±2.0	53.6 ±2.3	56.4 ±1.7	52.3 ±2.2	45.9 ±2.6	53.9 ±2.2

Notes:

- The family domain was measured on the removable portion of the survey prior to the 2014 HYS. Not all of the participating schools asked these questions, and the number of students who answered the questions in this domain was smaller than the numbers of respondents for the other domains from 2002 to 2012.
- The Rewards for prosocial involvement scale included four questions from 2002 through 2021. In 2023, the scale was computed from only three questions and may not be comparable to previous years.
- Percentages represent students who are protected based upon their protective factor scale scores.
- Dashes (–) indicate that the protective factor was not included in the survey that year.
- Changes that are statistically significant at the 95 percent confidence level from the previous year are bolded.

Source: HYS 2002, 2004, 2006, 2008, 2010, 2012, 2014, 2016, 2018, 2021, and 2023.

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Appendix: Healthy Youth Survey Statewide Results, Grades 6, 8, 10, and 12



Healthy Youth Survey 2023

Report of Results

Statewide Results
Grades 6, 8, 10 and 12

February 15, 2024

Looking Glass Analytics
101 Capital Way N, Suite 203
Olympia, WA 98501

More information about the Healthy Youth Survey is available at www.AskHYS.net

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For a detailed list of all of the survey questions by topic - please use the Questions by Topic section in the back of this report.

Statewide Results

Grades 6, 8, 10 and 12

Introduction and Overview

This report presents results from the fall 2023 Healthy Youth Survey in Washington State. This survey was sponsored by the Health Care Authority (HCA), the Department of Health (DOH), the Office of Superintendent of Public Instruction (OSPI), and the Liquor and Cannabis Board (LCB) in partnership with schools throughout the state of Washington.

This Multiple Grade Report does not provide comparisons to the state. To compare local results to the state sample, see the Multiple Grade State Sample Report for grades 6, 8, 10 and 12. This report is available at: <https://www.askhys.net/SurveyResults/FrequencyReports>

Survey questions covering the same topics are grouped together when possible. Use the Questions by Topic index for related questions when searching for information on a specific topic. The numbering in this report is not the same as the question order on the survey itself.

The dot points and graphs included at the beginning of this report highlight selected findings. Additional information may be found in the *HYS Interpretive Guide* posted to the Healthy Youth Survey web site under Data Resources: <https://www.askhys.net/Resources/Data>.

Survey Participation in this Report

	Grade 6	Grade 8	Grade 10	Grade 12
Number of students surveyed:	9,833	8,329	7,272	4,263
Number of valid responses:	9,696	8,148	7,105	4,160
Number of enrolled students*:	13,212	11,084	11,188	10,456
Local survey participation rate**:	73%	74%	64%	40%

* The estimate of enrolled students is based on figures from the 2023-24 school year, provided by OSPI.

** The survey participation rate is the number of valid responses divided by the number of enrolled students.

Caution about Participation Rates and Bias

Please use the following guidance when reviewing results:

- **70% or greater participation** - Results are *likely representative* of students in this grade.
- **40–69% participation** - Results *may be representative* of students in this grade.
- **Less than 40% participation** - Results are *likely not representative* of students in this grade but do reflect students who completed the survey.

There may be limitations to the results, even with a high participation rate. For instance, a particular group of students (e.g., the school orchestra) may have been away from school the day of the survey, and that could bias the results. It is important to acknowledge the potential limitations when using the results in this report. For reports summarizing results at the county or school district level, you should also consider whether the schools that participated represent all students in that area.

Small Numbers: Caution about Number of Students Participating

Results based on small numbers of students answering a question are unstable---that is, they could easily change with the absence from school of only a couple of students. This is especially the case when only a few students choose a particular answer option. Also, in this situation, the reported 95% confidence interval (CI) might be too wide. Thus, use caution if fewer than 30 students answered a question and fewer than 5 students selected a given response option.

For example, if 20 students answered a question and of those 20 only 3 students answered “Yes”, the estimate is unreliable.

See the Understanding Results section later in this report for a discussion of “confidence intervals” to help guide your interpretation of the results.

Special Considerations for HYS 2023, Methodologic Changes, and the COVID-19 Pandemic

- 1) Due to the unexpected shift to primarily remote learning in 2020 as a result of the COVID-19 pandemic, the HYS was not administered in fall 2020 as it was originally intended. Instead, the HYS Planning Committee determined it would be best to delay the survey to fall 2021, thereby switching to an odd-year administration. The decision was made to expand e-survey/online survey administration across the state and in 2023, the survey was fully online. Changes to the survey years (even to odd), the shift to an online survey, and other methodologic changes in 2023 influence how we interpret data trends over time. Delaying the survey by a year changed the cohort of students being surveyed. HYS has historically been offered in Fall of even years to students in grades 6, 8, 10 and 12. So, roughly the same cohort of students were ultimately being surveyed every two years as they advanced. For 2021 and 2023 this cohort shifted. It is too soon to determine if this has had a measurable impact on the results and how this potential impact might interact with other survey changes.
- 2) The Planning Committee chose to halt plans for a more extensive evaluation of the e-survey mode compared to paper that was scheduled for HYS 2020. Instead, the shift to an e-survey mode without the in-depth comparison makes it more difficult to determine whether the survey mode (paper vs e-survey) has an effect on how students answer questions. Only a very small number of schools elected to do the survey on paper in 2021 and the survey was fully online in 2023.
- 3) Schools were allowed to administer the e-survey remotely in Fall 2021 to accommodate students who may be doing hybrid or fully distanced learning. The vast majority of students took the survey in-person at school, though a small number did take the survey remotely. In 2023, online/virtual schools were permitted to administer the survey remotely, but again, the vast majority of students took the survey in person. The potential impact of having students complete the survey remotely is still being assessed and will take additional years of data to fully understand.
- 4) The pandemic itself has led to massive changes in the lives of Washington youth. Changes in HYS 2021 and 2023 data may be more a reflection of the pandemic and its effect on the lives of youth than changes that would have happened if the pandemic had not occurred. This means that trend data from before the pandemic and during/after the height of the pandemic should be interpreted with tremendous caution. For example, a large decrease in one particular risk behavior on school property may be explained by a new school education campaign or program or it may be explained by the fact that students are doing more remote learning.
- 5) While HYS 2021 was a particularly unique survey year, HYS 2023 is the beginning of a new survey era. Several methodologic changes have been put into place, include skip and display logic, a new survey platform, and more languages. As a result, the survey is becoming both more accessible to all students and the data it produces are more useful. However, the potential impact of these changes will take time to assess and a single year of data is likely not enough to fully distinguish between true data trends and changes resulting from the methodology. As more data are collected, the Planning Committee will continue to evaluate and share recommendations on interpreting results.

Key to the Notes

Two versions of the survey, Elementary and Secondary, were used in the administration of the 2023 HYS. The Secondary survey was given to students in grades 8, 10, and 12 (and in grades 9 and 11 in some small school districts). The Secondary survey included six questions on sexual behavior and sexual violence. Schools that did not want to administer these questions were required to seek an exemption from the Planning Committee. The Elementary survey was given to elementary students in grade 6 (and in grade 7 in some small school districts). The survey for secondary students included questions on sexual orientation and gender identity. In prior years these questions were removable. The Elementary survey included an optional gender question that schools could opt to include during the registration process.

Questions on the Secondary survey were randomized. Some questions were asked of all secondary students, others were only asked of about half the students. A list of the topics asked and their location in the report are provided in the Questions by Topic section at the end of this report. "Core" questions were asked of all secondary students. A list of Core Questions is also found at the end of this report.

The following notation is used throughout this report to indicate the questions that schools could choose not to administer by requesting an exemption. Information about the exemption process for 2023 is available at: <https://www.askhys.net/Hys/Exemptions>.

† = exempt questions

A double asterisk is used throughout this report to indicate that a question was not asked of a grade level.

** = not asked of the grade level

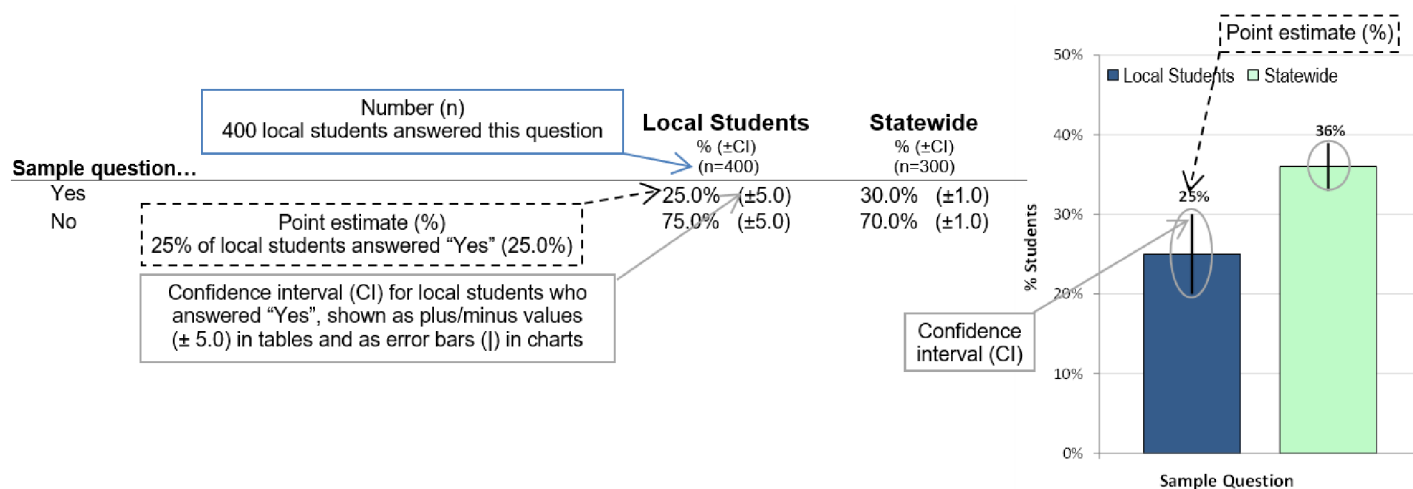
Legal requirements: Federal and Washington State regulations prohibit discrimination against Limited English Proficiency individuals and/or individuals who are Deaf, DeafBlind, Hard of Hearing, or visually impaired. Read [HCA Policy 01-27 Language Access Services](#) and [Policy 01-30 Equal Access to Services for Individuals with Disabilities](#) for more information. If you have a question about an accommodation, please contact the Healthy Youth Survey study Principal Investigator, at Healthy.Youth@doh.wa.gov or call toll free (877-HYS-7111).

Understanding Results

N's

In this report “n” is shorthand for “number”, the number of students who took this survey or who answered a survey question. N's are important! We also report the point estimates (%), and the 95% confidence intervals (CI).

Here is an example of how results are displayed in the report tables and charts.



How many students took this survey?

Look on page 2, under Survey Participation. The “number of students surveyed” is the number of surveys that we received. We have careful procedures for “cleaning” to remove surveys with many inconsistent or false answers – the “clean” surveys are the “number of valid surveys”. Only valid surveys are presented in this report.

How many students answered each survey question?

The n's for each question vary. Why? There are a few reasons:

- For students in grades 8, 10, and 12, the survey has core and non-core questions. The n's for core questions are about the same as the number of valid surveys. The n's for non-core questions will be about half, or less.
- Some schools chose to administer the questions about sexual behavior and sexual violence. Schools that chose to not ask those additional questions will have no responses for those questions. (District and county reports may include some schools that DID ask those questions and some that DID NOT.)
- Students may decide to skip questions.

Here are examples from a district with 400 valid surveys --- notice how the n's change with each question type.

Have you ever, even once in your life used marijuana?			(n=398)	(n=4,000)	N for a core question (almost all students)
No	80.0% (±3.0)	83.0% (±1.0)			
Yes	20.0% (±3.0)	17.0% (±1.0)			
Did you eat breakfast today?			(n=200)	(n=2,000)	N for a non-core question (about half the students)
Yes	55.0% (±4.0)	57.0% (±2.0)			
No	44.0% (±4.0)	43.0% (±2.0)			
Have you ever been in a situation where someone made you engage in, kissing, sexual touch or having sex when you did not want to? ⁱ			(n=100)	(n=1,500)	N for a sexual behavior or sexual violence question (about half, or less if some schools chose not to ask those questions)
Yes	10.0% (±8.0)	15.0% (±4.0)			
No	90.0% (±2.0)	85.0% (±1.0)			

Confidence Intervals

It is unlikely that the point estimate (%) reported for each question is exactly the same as the “true” value for all local students. This report includes 95% confidence intervals (CI) to describe this uncertainty. If there is no bias in the data, then there is a 95% chance that the CI will include the true value. So, for example, if the point estimate and CI are 51.5% ($\pm 1.5\%$), then there is a 95% chance that the true percentage is between 50.0% and 53.0%.

The size of CIs depends in part on the n for each question – as more students answer a question, the point estimate is likely to be closer to the “true” value. If the group of students is small, then the CIs will be large. The CI does not account for the participation rate – in other words, a low participation rate can create bias which will not be reflected in the CI.

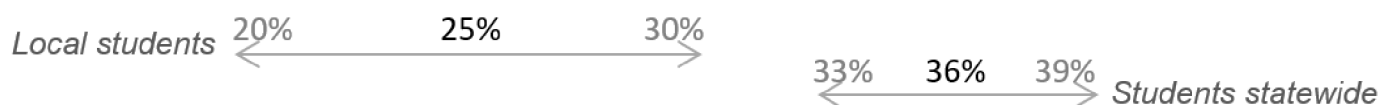
How can confidence intervals be “used” ?

CIs help decide if the differences between local results and the statewide results are statistically significant.

For an example, students report 25% $\pm 5\%$. That means that the CI is between 20% and 30% Here is the math: 25% - 5% = 20%, and 25% + 5% = 30%

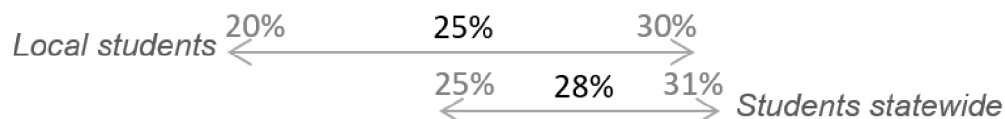
1. A significant difference:

- Local students report 25% $\pm 5\%$. The point estimate is 25% and the CI is 20% to 30%
- Statewide, students report 36% $\pm 3\%$. The point estimate is 36% and the CI is 33% to 39%
- The CIs don't overlap. The difference is significant



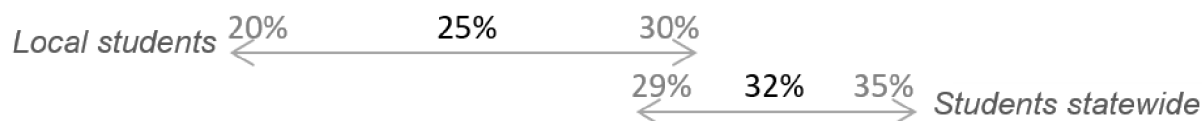
2. Not a significant difference:

- Local students report 25% $\pm 5\%$. The point estimate is 25% and the CI is 20% to 30%
- Statewide, students report 28% $\pm 3\%$. The point estimate is 28% and the CI is 25% to 31%
- The CI for local students overlaps the point estimate for students statewide. The difference is not significant



3. Not sure if there is a difference:

- Local students report 25% $\pm 5\%$. The point estimate is 25% and the CI is 20% to 30%
- Statewide, students report 32% $\pm 3\%$. The point estimate is 32% and the CI is 29% to 35%
- The CIs overlap, but don't include the two point estimate. It is uncertain to determine significance and will require further testing. A significance testing tool is available on the Healthy Youth Survey web site under Data Resources: <https://www.askhys.net/Resources/Data>

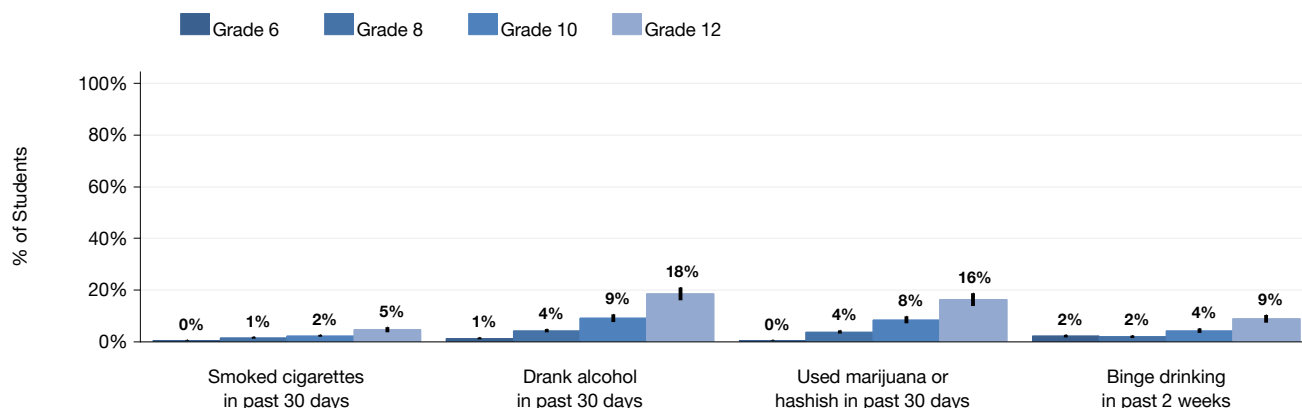


More information about interpreting CIs is available on the Healthy Youth Survey web site under Data Resources: <https://www.askhys.net/Resources/Data>, including past HYS training materials and a “Tool for Determining HYS Statistical Significance”. Use the “tool” to find out if local results are significantly different.

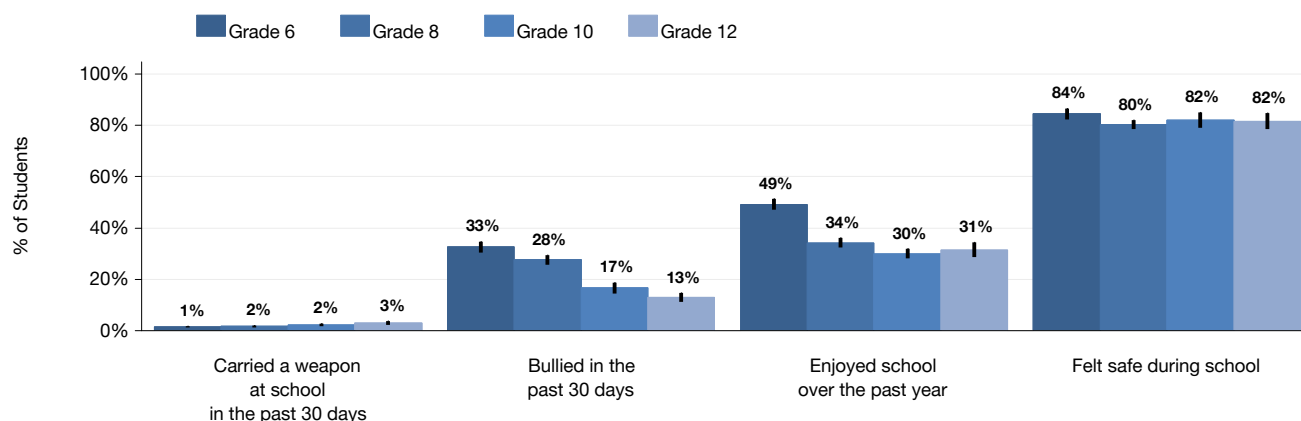
Highlights of the Local Results

Local students reported the following behaviors and attitudes:

	Grade 6	Grade 8	Grade 10	Grade 12
Substance Use	% (± CI)	% (± CI)	% (± CI)	% (± CI)
Smoked cigarettes in past 30 days	0.4% (±0.2)	1.5% (±0.3)	2.2% (±0.4)	4.6% (±1.0)
Drank alcohol in past 30 days	1.2% (±0.3)	4.2% (±0.6)	9.1% (±1.5)	18.4% (±2.5)
Used marijuana or hashish in past 30 days	0.5% (±0.2)	3.7% (±0.7)	8.4% (±1.3)	16.3% (±2.5)
Binge drinking in past 2 weeks	2.1% (±0.4)	1.9% (±0.4)	4.2% (±0.8)	8.7% (±1.5)



	Grade 6	Grade 8	Grade 10	Grade 12
Bullying and School Climate	% (± CI)	% (± CI)	% (± CI)	% (± CI)
Carried a weapon at school in the past 30 days	1.5% (±0.3)	1.7% (±0.3)	2.2% (±0.5)	2.9% (±0.7)
Bullied in the past 30 days	32.6% (±2.1)	27.6% (±1.9)	16.6% (±2.2)	13.0% (±1.7)
Enjoyed school over the past year	49.2% (±2.1)	34.3% (±1.9)	30.0% (±1.9)	31.5% (±2.8)
Felt safe during school	84.4% (±2.0)	80.3% (±1.8)	82.0% (±3.1)	81.6% (±3.2)



For more information on specific HYS topics, see the Fact Sheets at www.AskHYS.net, under HYS Results – Fact Sheets

Frequency Results

Demographics and General Information

	Grade 6	Grade 8	Grade 10	Grade 12
	% (± CI) (n=9,695)	% (± CI) (n=8,148)	% (± CI) (n=7,105)	% (± CI) (n=4,160)
1. Where are you taking this survey?				
On school property	99.5% (±0.2)	99.5% (±0.1)	99.4% (±0.2)	98.7% (±0.6)
Not on school property	0.5% (±0.2)	0.5% (±0.1)	0.6% (±0.2)	1.3% (±0.6)
2. How old are you?	(n=0)	(n=8,123)	(n=7,080)	(n=4,142)
12 or younger	**	0.7% (±0.2)	0.0% (±0.1)	0.0% (±0.0)
13	**	75.8% (±1.4)	0.0% (±0.0)	0.0% (±0.1)
14	**	23.2% (±1.4)	1.0% (±0.5)	0.0% (±0.0)
15	**	0.3% (±0.1)	77.8% (±1.3)	0.2% (±0.2)
16	**	0.0% (±0.1)	20.4% (±1.2)	1.2% (±0.4)
17	**	0.0% (±0.0)	0.6% (±0.5)	75.7% (±1.9)
18	**	0.0% (±0.0)	0.1% (±0.1)	21.7% (±1.6)
19 or older	**	0.0% (±0.0)	0.1% (±0.1)	1.1% (±0.7)
3. How old are you?	(n=9,618)	(n=0)	(n=0)	(n=0)
10 or younger	0.5% (±0.1)	**	**	**
11	77.2% (±1.2)	**	**	**
12	21.8% (±1.1)	**	**	**
13	0.4% (±0.2)	**	**	**
14	0.0% (±0.0)	**	**	**
15 or older	0.1% (±0.1)	**	**	**
4. What sex were you assigned at birth?	(n=9,603)	(n=8,109)	(n=7,078)	(n=4,141)
Female	50.5% (±0.9)	50.6% (±1.0)	49.8% (±1.5)	48.2% (±1.9)
Male	49.5% (±0.9)	49.4% (±1.0)	50.2% (±1.5)	51.8% (±1.9)
5. What is your gender? †	(n=5,375)	(n=0)	(n=0)	(n=0)
Boy	49.7% (±1.3)	**	**	**
Girl	46.6% (±1.2)	**	**	**
Something else fits better	3.7% (±1.0)	**	**	**

Gender Identity and Sexual Orientation

The next four items display data on gender identity and sexual orientation of participating students. There are different ways to look at these data. Items 5 and 7 show mutually exclusive categories. This means that every student is counted only one time. If a student indicated more than one identity, they are included in the bottom row (more than one identity marked). These items have been reported in prior HYS reports. Items 6 and 8 are new this year and show the data in non-mutually exclusive categories. This means that each student is counted for every identity they indicated. Each category displays the number of students who indicated they are of that particular sexual orientation or gender identity, either alone or in combination with another. Because these are not mutually exclusive categories the total will be more than 100%. The HYS continues to evolve, as do our reporting practices, to focus more on highlighting student identity and limiting erasure of students with multiple identities.

6. Below is a list of terms that people may use to describe their gender identity. Choose all that apply. <i>These are mutually exclusive categories.</i>	Grade 6	Grade 8	Grade 10	Grade 12
	% (± CI) (n=0)	% (± CI) (n=8,070)	% (± CI) (n=7,032)	% (± CI) (n=4,120)
Boy/Man	**	44.9% (±1.0)	45.6% (±1.6)	46.4% (±1.9)
Girl/Woman	**	42.3% (±1.0)	41.9% (±1.6)	40.9% (±1.9)
Transgender boy/man	**	1.0% (±0.3)	1.0% (±0.3)	0.8% (±0.2)
Transgender girl/woman	**	0.1% (±0.1)	0.2% (±0.1)	0.3% (±0.2)
Questioning/not sure of my gender identity	**	1.1% (±0.2)	1.0% (±0.2)	0.8% (±0.3)
Something else fits better	**	1.7% (±0.4)	1.9% (±0.4)	2.7% (±0.6)
I do not know what this question is asking	**	2.7% (±0.4)	2.2% (±0.5)	1.9% (±0.5)
More than one response selected	**	6.3% (±0.7)	6.3% (±0.7)	6.3% (±0.9)

7. Below is a list of terms that people may use to describe their gender identity. <i>These are not mutually exclusive categories. Each row shows the number of students who indicate that gender identity alone or in combination with other gender identities.</i>	(n=0)	(n=8,070)	(n=7,032)	(n=4,120)
Boy/Man	**	49.0% (±0.9)	49.6% (±1.7)	50.4% (±1.8)
Girl/Woman	**	46.7% (±1.0)	45.6% (±1.4)	44.5% (±2.0)
Transgender boy/man	**	2.8% (±0.4)	2.8% (±0.5)	2.9% (±0.6)
Transgender girl/woman	**	1.2% (±0.3)	1.4% (±0.3)	1.7% (±0.4)
Questioning/not sure of my gender identity	**	3.2% (±0.6)	3.2% (±0.5)	3.1% (±0.6)
Something else fits better	**	3.2% (±0.5)	3.7% (±0.7)	4.8% (±0.9)
I do not know what this question is asking	**	3.8% (±0.5)	3.4% (±0.6)	2.8% (±0.7)

8. Below is a list of terms that people often use to describe their sexuality or sexual orientation. Choose all that apply. <i>These are mutually exclusive categories.</i>	(n=0)	(n=7,666)	(n=6,804)	(n=4,023)
Heterosexual/Straight	**	68.4% (±1.7)	69.9% (±2.1)	67.8% (±3.0)
Gay or lesbian	**	2.5% (±0.5)	2.6% (±0.5)	3.5% (±0.6)
Bisexual	**	7.1% (±1.0)	9.1% (±1.4)	11.5% (±1.8)
Questioning/Not sure of my sexual orientation	**	3.7% (±0.4)	2.7% (±0.5)	2.4% (±0.6)
Something else fits better	**	3.5% (±0.5)	4.1% (±0.6)	4.6% (±0.9)
I do not know what this question is asking.	**	9.5% (±1.0)	5.4% (±1.0)	4.6% (±1.0)
More than one response selected	**	5.3% (±0.6)	6.2% (±0.7)	5.6% (±0.8)

9. Below is a list of terms that people often use to describe their sexuality or sexual orientation. Choose all that apply. <i>These are not mutually exclusive categories. Each row shows the number of students who indicate that sexual orientation alone or in combination with other sexual orientations.</i>	(n=0)	(n=7,666)	(n=6,804)	(n=4,023)
Heterosexual/Straight	**	71.6% (±1.8)	73.4% (±2.1)	70.9% (±3.0)
Gay or lesbian	**	4.4% (±0.6)	4.9% (±0.5)	5.5% (±0.8)
Bisexual	**	9.8% (±1.1)	12.8% (±1.7)	15.0% (±2.1)
Questioning/Not sure of my sexual orientation	**	6.3% (±0.7)	5.4% (±0.8)	5.1% (±0.8)
Something else fits better	**	5.0% (±0.6)	6.5% (±0.8)	6.5% (±1.1)
I do not know what this question is asking.	**	10.8% (±1.2)	6.4% (±1.2)	5.4% (±1.1)

Race and Ethnicity

The next three items display data on the race and ethnicity of participating students. In the past, HYS asked students about race and Hispanic/Latino/Latina ethnicity with a single question. In 2023, Hispanic/Latino/Latina ethnicity was asked separately from race. Item 10 shows results for Hispanic/Latino/Latina ethnicity. Item 11 shows results for race with mutually exclusive categories. This means that every student is counted only one time. If a student indicated more than one race, they are included in the bottom row (more than one race marked). Item 12 shows the data in non-mutually exclusive categories for both race and ethnicity. This means that each student is counted for every race or ethnicity they indicated. Each category displays the number of youth who indicated they are of that particular race or ethnicity, either alone or in combination with others. Because these are not mutually exclusive categories the total will be more than 100%. HYS continues to evolve, as do our reporting practices, to focus more on highlighting student identity and limiting erasure of students with multiple identities.

	Grade 6	Grade 8	Grade 10	Grade 12
	% (± CI)	% (± CI)	% (± CI)	% (± CI)
	(n=9,239)	(n=7,778)	(n=6,913)	(n=4,099)
10. How do you describe yourself?				
Of Hispanic/Latino/ Spanish Origin	19.9% (±4.4)	24.5% (±6.1)	22.9% (±5.6)	24.4% (±7.3)
Not of Hispanic/Latino/Latina/Spanish Origin	42.9% (±4.0)	54.3% (±5.5)	64.2% (±5.7)	66.2% (±7.1)
Not sure	37.3% (±2.7)	21.2% (±2.1)	12.9% (±1.7)	9.4% (±1.4)
11. How do you describe yourself? These are mutually exclusive categories. Those who selected more than one are captured in the bottom row of the table.				
	(n=9,398)	(n=7,967)	(n=6,925)	(n=4,076)
American Indian or Alaskan Native	2.5% (±0.4)	1.8% (±0.4)	1.9% (±0.8)	2.1% (±0.9)
Asian or Asian American	11.9% (±4.1)	9.5% (±3.7)	9.0% (±4.8)	7.4% (±5.1)
Black or African-American	5.4% (±1.0)	5.1% (±1.4)	4.4% (±1.4)	3.9% (±1.1)
Middle Eastern of North African	0.9% (±0.2)	1.1% (±0.5)	0.5% (±0.2)	0.5% (±0.2)
Native Hawaiian or other Pacific Islander	1.6% (±0.5)	1.6% (±0.5)	1.2% (±0.4)	0.7% (±0.4)
White or Caucasian	38.6% (±4.4)	42.3% (±4.9)	51.5% (±6.4)	57.2% (±6.5)
Other	23.2% (±4.1)	20.4% (±5.4)	15.0% (±4.5)	14.5% (±5.7)
More than one race/ethnicity marked	16.0% (±1.3)	18.2% (±1.8)	16.4% (±2.0)	13.8% (±1.9)
12. How do you describe yourself? These are <u>not</u> mutually exclusive categories. Each row shows the number of students who indicate that race/ethnicity alone or in combination with other race/ethnicities.				
	(n=9,398)	(n=7,967)	(n=6,925)	(n=4,088)
American Indian or Alaskan Native AOIC*	5.9% (±0.8)	5.9% (±0.7)	6.0% (±1.3)	6.2% (±1.6)
Asian or Asian American AOIC*	16.9% (±4.6)	15.4% (±4.2)	14.6% (±5.4)	12.1% (±5.7)
Black or African-American AOIC*	8.7% (±1.5)	10.4% (±2.2)	9.2% (±2.4)	8.5% (±2.1)
Hispanic or Latino/Latina AOIC*	20.2% (±4.4)	24.7% (±6.1)	23.0% (±5.6)	24.5% (±7.3)
Middle Eastern or Northern African AOIC*	2.0% (±0.3)	2.3% (±0.6)	1.7% (±0.4)	1.3% (±0.4)
Native Hawaiian or other Pacific Islander AOIC*	3.7% (±0.9)	4.5% (±1.0)	3.6% (±1.1)	3.1% (±0.8)
White or Caucasian AOIC*	50.5% (±5.1)	56.5% (±5.7)	65.1% (±6.8)	69.0% (±7.0)
Other AOIC*	31.4% (±3.9)	28.0% (±5.4)	20.0% (±4.6)	17.3% (±5.8)

*AOIC = Alone or in combination with other race/ethnicities.

	Grade 6	Grade 8	Grade 10	Grade 12
	% (± CI) (n=9,667)	% (± CI) (n=8,126)	% (± CI) (n=7,090)	% (± CI) (n=4,146)
13. What language is usually spoken at home?				
English	73.6% (±4.8)	77.7% (±4.1)	79.4% (±5.7)	79.8% (±6.6)
Spanish	11.0% (±3.6)	11.4% (±3.8)	11.6% (±4.8)	12.9% (±6.2)
Russian	0.8% (±0.3)	1.0% (±0.4)	0.7% (±0.3)	0.4% (±0.3)
Vietnamese	0.8% (±0.4)	0.5% (±0.2)	0.7% (±0.5)	0.8% (±0.5)
Ukrainian	0.7% (±0.3)	0.5% (±0.3)	0.5% (±0.3)	0.2% (±0.1)
Arabic	0.6% (±0.2)	0.6% (±0.3)	0.3% (±0.2)	0.3% (±0.2)
Somali	0.4% (±0.3)	0.1% (±0.1)	0.2% (±0.2)	0.1% (±0.2)
Marshallese	0.2% (±0.1)	0.2% (±0.2)	0.2% (±0.1)	0.3% (±0.2)
Chinese	3.6% (±1.7)	0.5% (±0.3)	1.0% (±1.0)	1.0% (±1.4)
Korean	0.9% (±0.4)	0.7% (±0.4)	0.5% (±0.3)	0.6% (±0.5)
Punjabi	0.7% (±0.4)	0.3% (±0.2)	0.4% (±0.5)	0.2% (±0.2)
Other	6.6% (±1.4)	6.4% (±2.2)	4.6% (±2.0)	3.4% (±1.6)
14. Are you limited in any activities because of a disability or long-term health problem including physical health, emotional, or learning problems expected to last 6 months or more?	(n=0)	(n=7,905)	(n=6,816)	(n=3,981)
Yes	**	4.8% (±0.5)	5.5% (±0.8)	7.8% (±1.2)
No	**	83.7% (±1.1)	84.8% (±1.2)	83.7% (±1.5)
Not sure	**	11.4% (±0.9)	9.7% (±1.0)	8.4% (±1.1)
15. Do you have any of these conditions? Check all that you have.	(n=0)	(n=7,632)	(n=6,578)	(n=3,885)
Developmental or intellectual disability (down syndrome, autism, ADHD, or other things like that)	**	19.0% (±1.8)	19.5% (±2.0)	23.2% (±3.0)
Learning disability (dyslexia, dyscalculia, or other things like that)	**	5.5% (±0.9)	8.2% (±1.4)	8.8% (±1.2)
Mental health condition (depression, anxiety, bipolar, schizophrenia, or other things like that)	**	23.3% (±1.9)	27.8% (±2.4)	32.5% (±3.1)
Mobility disability (use a wheelchair, walker, cane, prosthetic, or other things like that)	**	0.6% (±0.2)	1.0% (±0.2)	1.2% (±0.3)
Sensory disability (blindness, low-vision, deaf, hard-of-hearing, DeafBlind, or other things like that)	**	4.9% (±0.6)	5.0% (±0.7)	5.4% (±0.7)
Other health condition (HIV/AIDS, cancer, diabetes, epilepsy, or other things like that)	**	2.9% (±0.4)	3.6% (±0.6)	4.3% (±0.7)
None	**	62.9% (±2.4)	59.2% (±2.8)	53.6% (±3.6)
16. At school, do you have an Individualized Education Plan (IEP) or 504 accommodation to help you learn?	(n=0)	(n=7,878)	(n=6,809)	(n=3,977)
Yes	**	12.3% (±1.1)	15.4% (±1.3)	18.7% (±2.2)
No	**	58.7% (±2.3)	64.0% (±2.6)	67.1% (±3.6)
Not sure	**	29.1% (±2.4)	20.6% (±2.8)	14.3% (±3.5)
17. How far did your mother get in school?	(n=0)	(n=7,958)	(n=6,906)	(n=4,019)
Did not finish high school	**	6.1% (±1.3)	9.1% (±2.3)	11.4% (±3.6)
Graduated from high school or GED	**	15.0% (±1.6)	18.1% (±2.9)	19.6% (±3.3)
Had some college or technical training after high school	**	12.4% (±0.9)	16.8% (±2.2)	17.6% (±2.5)
Graduated from a 4-year college	**	20.3% (±2.1)	22.5% (±2.9)	23.1% (±3.5)
Earned an advanced graduate degree	**	13.5% (±2.5)	15.6% (±4.6)	15.2% (±4.4)
Don't know	**	31.0% (±2.2)	16.5% (±2.0)	11.4% (±1.7)
Does not apply	**	1.7% (±0.3)	1.4% (±0.4)	1.7% (±0.6)

	Grade 6	Grade 8	Grade 10	Grade 12
	% (± CI) (n=0)	% (± CI) (n=8,065)	% (± CI) (n=7,037)	% (± CI) (n=4,107)
18. Who did you live with most of the time in the last 30 days?				
Parent(s), step-parent(s), or legal guardian	**	95.5% (±0.7)	95.7% (±1.1)	93.9% (±1.1)
Relatives like a grandparent, an aunt, an older brother - but NOT your parents	**	1.9% (±0.4)	2.1% (±0.7)	2.6% (±0.6)
Foster care parent(s)	**	0.6% (±0.2)	0.5% (±0.3)	0.4% (±0.2)
Adults who are not your parents, relatives, or foster parents	**	0.2% (±0.1)	0.4% (±0.1)	1.0% (±0.3)
Friends of yours with no adults present	**	0.2% (±0.1)	0.1% (±0.1)	0.3% (±0.2)
On your own	**	0.4% (±0.2)	0.4% (±0.1)	0.7% (±0.3)
Other	**	1.2% (±0.3)	0.9% (±0.3)	1.1% (±0.4)
19. Where did you live most of the time in the last 30 days?	(n=0)	(n=8,043)	(n=7,002)	(n=4,094)
In a own house or apartment that my family rents or owns	**	94.1% (±0.8)	94.6% (±0.9)	93.1% (±1.2)
In a house or apartment that a relative rents or owns	**	3.1% (±0.5)	2.9% (±0.6)	3.3% (±0.6)
In a house or apartment with someone who is not a relative	**	0.5% (±0.2)	0.5% (±0.2)	1.7% (±0.5)
In a shelter	**	0.1% (±0.1)	0.1% (±0.1)	0.1% (±0.1)
In a car or RV, park, or campground	**	0.2% (±0.1)	0.4% (±0.2)	0.3% (±0.2)
In a motel/hotel	**	0.1% (±0.1)	0.1% (±0.1)	0.0% (±0.0)
On the street	**	0.3% (±0.1)	0.3% (±0.1)	0.3% (±0.2)
Moved from place to place	**	0.5% (±0.2)	0.3% (±0.1)	0.1% (±0.1)
Other	**	1.1% (±0.3)	0.7% (±0.2)	1.0% (±0.4)
20. Are your current living arrangements the result of losing your home because your family cannot afford housing?	(n=0)	(n=7,989)	(n=6,945)	(n=4,059)
No	**	87.2% (±1.2)	90.5% (±1.4)	90.7% (±1.2)
Yes	**	2.5% (±0.4)	2.7% (±0.5)	3.6% (±0.7)
Not sure	**	10.4% (±1.1)	6.8% (±1.0)	5.7% (±0.9)
21. Do you receive free or reduced price lunches at school?	(n=0)	(n=4,233)	(n=3,614)	(n=2,108)
No	**	39.8% (±8.3)	47.2% (±8.7)	49.6% (±9.0)
Yes	**	40.7% (±7.3)	38.1% (±7.6)	39.4% (±8.0)
Not sure	**	19.5% (±1.7)	14.7% (±1.9)	11.0% (±1.8)
22. Has your parent(s) or guardian(s) served in the military (Army, Navy, Air Force, Marines, Coast Guard, National Guard, or Reserves)?	(n=9,572)	(n=4,238)	(n=3,617)	(n=2,109)
Yes, currently serving or No, not serving now	25.4% (±2.6)	29.5% (±2.9)	29.1% (±4.1)	27.0% (±4.1)
No, have never served	58.6% (±3.0)	54.6% (±3.5)	61.9% (±4.3)	66.5% (±4.5)
I don't know	16.0% (±1.7)	15.9% (±2.0)	9.0% (±1.2)	6.4% (±1.3)
23. Have you or your family moved in the past 3 years to another school district or city for temporary or seasonal work in agriculture, dairy, or fishing?	(n=9,612)	(n=8,099)	(n=7,063)	(n=4,130)
No	70.1% (±2.5)	79.7% (±2.2)	86.9% (±1.4)	90.5% (±1.6)
Yes	10.6% (±1.1)	9.3% (±1.2)	7.7% (±0.8)	6.0% (±1.0)
I do not know.	19.4% (±1.7)	11.0% (±1.4)	5.5% (±0.8)	3.6% (±1.0)

	Grade 6	Grade 8	Grade 10	Grade 12
24. During your last school year, how many times did you change schools for reasons other than moving up a grade?	% (± CI) (n=9,598)	% (± CI) (n=8,016)	% (± CI) (n=6,938)	% (± CI) (n=4,048)
I did not change schools	79.2% (±1.7)	86.6% (±1.4)	88.6% (±1.4)	90.8% (±1.7)
Once	13.1% (±0.9)	9.9% (±1.0)	8.6% (±1.1)	6.9% (±1.3)
Twice	3.8% (±0.6)	1.9% (±0.4)	1.6% (±0.4)	1.3% (±0.4)
Three or more times	3.9% (±0.7)	1.5% (±0.3)	1.3% (±0.3)	0.9% (±0.4)
25. During the past 30 days, on how many days have you been absent from school for any reason? Include any day that you missed at least half of the school day.	(n=9,549)	(n=7,992)	(n=6,929)	(n=4,034)
0 days	41.6% (±2.3)	34.1% (±1.9)	32.5% (±2.7)	28.8% (±2.7)
1 or 2 days	38.7% (±1.3)	41.0% (±1.3)	41.7% (±1.5)	39.6% (±2.0)
3 or more days	19.6% (±1.5)	24.8% (±1.6)	25.7% (±2.1)	31.6% (±2.9)
26. How honest were you in filling out this survey?	(n=8,344)	(n=6,404)	(n=5,540)	(n=3,190)
I was very honest.	80.4% (±1.2)	75.0% (±1.5)	75.1% (±1.1)	74.3% (±1.8)
I was honest most of the time.	17.5% (±1.0)	21.6% (±1.1)	21.6% (±1.2)	22.4% (±1.7)
I was honest some of the time	2.1% (±0.4)	3.4% (±0.6)	3.3% (±0.7)	3.2% (±0.7)
I was honest once in a while.		surveys pulled		
I was not honest at all.		surveys pulled		

Alcohol, Tobacco and Other Drug Use

Alcohol, tobacco, and other drug (ATOD) use has been a major concern in this country for many years. The consequences of ATOD use are well known. In the short term, ATOD use interferes with positive physical, emotional, and social development. In the long term, ATOD use is associated with delinquency and criminal activity, unintended injuries, and a variety of health complications including shorter life expectancy. Tobacco use is the world's leading cause of preventable death, disease, and disability. This section provides information about lifetime ATOD use (which in part reflects experimental use), use in the past 30 days (i.e., current use), and other tobacco-, alcohol-, and drug-related issues.

Lifetime Use

Have you ever, even once in your life:

27. Smoked a cigarette, even just a puff? (Computed from question 246)	(n=0)	(n=7,190)	(n=6,123)	(n=3,533)
No	**	92.1% (±1.0)	89.2% (±1.4)	82.5% (±2.4)
Yes	**	7.9% (±1.0)	10.8% (±1.4)	17.5% (±2.4)
28. Used an electronic cigarette, also called e-cigs, device pens, or vape pens? (Computed from question 54)	(n=0)	(n=7,167)	(n=6,045)	(n=3,546)
No	**	88.0% (±1.7)	81.4% (±2.6)	71.0% (±3.2)
Yes	**	12.0% (±1.7)	18.6% (±2.6)	29.0% (±3.2)
29. Drank more than a sip or two of beer, wine, or hard liquor? (Computed from question 29 or 247)	(n=9,013)	(n=7,147)	(n=6,083)	(n=3,533)
No	83.4% (±1.2)	71.0% (±1.9)	60.2% (±2.9)	47.5% (±3.3)
Yes	16.6% (±1.2)	29.0% (±1.9)	39.8% (±2.9)	52.5% (±3.3)

	Grade 6	Grade 8	Grade 10	Grade 12
	% (± CI) (n=9,040)	% (± CI) (n=7,132)	% (± CI) (n=6,118)	% (± CI) (n=3,525)
30. Used marijuana? (Computed from question 30 or 245)				
No	98.5% (±0.3)	92.0% (±1.1)	82.9% (±2.2)	68.9% (±3.4)
Yes	1.5% (±0.3)	8.0% (±1.1)	17.1% (±2.2)	31.1% (±3.4)
31. Used heroin? Choose all that apply.	(n=0)	(n=3,933)	(n=3,364)	(n=1,993)
No, I've never used it	**	99.4% (±0.3)	99.2% (±0.4)	99.3% (±0.4)
Yes, within the past year	**	0.3% (±0.2)	0.5% (±0.3)	0.5% (±0.4)
Yes, over a year ago	**	0.3% (±0.2)	0.4% (±0.2)	0.3% (±0.2)
32. Used methamphetamines (speed, meth, crystal meth, ice, crank)? Do not include other types of amphetamines. Choose all that apply.	(n=0)	(n=3,944)	(n=3,382)	(n=1,922)
No, I've never used it	**	99.1% (±0.3)	98.8% (±0.4)	98.3% (±0.6)
Yes, within the past year	**	0.7% (±0.2)	0.8% (±0.3)	0.8% (±0.4)
Yes, over a year ago	**	0.4% (±0.2)	0.4% (±0.2)	0.9% (±0.4)
33. Used other illegal drugs?	(n=9,033)	(n=0)	(n=0)	(n=0)
Yes	0.9% (±0.2)	**	**	**
No	99.1% (±0.2)	**	**	**

30-Day Use (Use in the Past 30 Days)

34. During the past 30 days, on how many days did you smoke cigarettes?	(n=9,022)	(n=7,143)	(n=6,082)	(n=3,527)
None	99.6% (±0.2)	98.5% (±0.3)	97.8% (±0.4)	95.4% (±1.0)
1-2 days	0.2% (±0.1)	0.7% (±0.2)	1.0% (±0.3)	2.2% (±0.5)
3-5 days	0.1% (±0.1)	0.2% (±0.1)	0.3% (±0.1)	0.6% (±0.3)
6-9 days	0.0% (±0.0)	0.2% (±0.1)	0.2% (±0.2)	0.4% (±0.2)
10-19 days	0.0% (±0.0)	0.1% (±0.1)	0.1% (±0.1)	0.6% (±0.3)
20-29 days	0.0% (±0.0)	0.0% (±0.0)	0.1% (±0.1)	0.1% (±0.1)
All 30 days	0.0% (±0.0)	0.3% (±0.1)	0.4% (±0.1)	0.7% (±0.3)
Any use in past 30 days	0.4% (±0.2)	1.5% (±0.3)	2.2% (±0.4)	4.6% (±1.0)
35. During the past 30 days, on how many days did you use chewing tobacco, snuff, dip, or smokeless nicotine products (for example: pouches, lozenges, gum, or toothpicks)?	(n=8,986)	(n=3,460)	(n=2,998)	(n=1,752)
None	96.0% (±0.5)	97.5% (±0.5)	96.6% (±0.9)	94.0% (±1.4)
1-2 days	2.0% (±0.3)	1.1% (±0.3)	1.4% (±0.6)	1.5% (±0.6)
3-5 days	0.9% (±0.2)	0.3% (±0.2)	0.6% (±0.3)	0.7% (±0.4)
6-9 days	0.4% (±0.2)	0.2% (±0.2)	0.4% (±0.3)	0.3% (±0.2)
10-19 days	0.3% (±0.1)	0.3% (±0.2)	0.2% (±0.2)	0.7% (±0.4)
20-29 days	0.1% (±0.1)	0.1% (±0.1)	0.2% (±0.2)	0.8% (±0.5)
All 30 days	0.3% (±0.1)	0.5% (±0.2)	0.7% (±0.3)	1.9% (±0.7)
Any use in past 30 days	4.0% (±0.5)	2.5% (±0.5)	3.4% (±0.9)	6.0% (±1.4)

	Grade 6	Grade 8	Grade 10	Grade 12
36. During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars?	% (± CI) (n=0)	% (± CI) (n=3,454)	% (± CI) (n=2,993)	% (± CI) (n=1,761)
None	**	98.9% (±0.4)	98.9% (±0.5)	97.8% (±1.0)
1-2 days	**	0.5% (±0.3)	0.5% (±0.3)	1.4% (±0.7)
3-5 days	**	0.1% (±0.1)	0.1% (±0.1)	0.2% (±0.2)
6-9 days	**	0.0% (±0.1)	0.1% (±0.1)	0.2% (±0.2)
10-19 days	**	0.1% (±0.1)	0.1% (±0.1)	0.2% (±0.2)
20-29 days	**	0.0% (±0.0)	0.1% (±0.1)	0.0% (±0.0)
All 30 days	**	0.3% (±0.2)	0.2% (±0.2)	0.3% (±0.2)
<i>Any use in past 30 days</i>	**	1.1% (±0.4)	1.1% (±0.5)	2.2% (±1.0)
37. During the past 30 days, on how many days did you use an electronic cigarette, also called e-cigs, device pens, or vape pens?	(n=8,988)	(n=7,121)	(n=6,021)	(n=3,531)
None	98.2% (±0.5)	95.0% (±0.9)	92.3% (±1.4)	86.4% (±1.9)
1-2 days	1.2% (±0.3)	2.0% (±0.4)	2.3% (±0.5)	3.2% (±0.5)
3-5 days	0.3% (±0.1)	0.9% (±0.2)	1.1% (±0.3)	1.5% (±0.5)
6-9 days	0.1% (±0.1)	0.5% (±0.2)	0.8% (±0.2)	1.0% (±0.3)
10-19 days	0.1% (±0.1)	0.6% (±0.2)	0.7% (±0.2)	1.7% (±0.5)
20-29 days	0.0% (±0.0)	0.3% (±0.1)	0.8% (±0.2)	1.4% (±0.5)
All 30 days	0.1% (±0.1)	0.8% (±0.2)	1.9% (±0.6)	4.9% (±1.1)
<i>Any use in past 30 days</i>	1.8% (±0.5)	5.0% (±0.9)	7.7% (±1.4)	13.6% (±1.9)
38. During the past 30 days, on how many days did you smoke tobacco or flavored tobacco in a hookah, even just a puff?	(n=0)	(n=3,447)	(n=2,986)	(n=1,751)
None	**	98.5% (±0.4)	98.6% (±0.5)	96.7% (±1.0)
1-2 days	**	0.6% (±0.3)	0.6% (±0.2)	1.4% (±0.6)
3-5 days	**	0.1% (±0.1)	0.3% (±0.2)	0.5% (±0.3)
6-9 days	**	0.3% (±0.2)	0.1% (±0.1)	0.2% (±0.2)
10-19 days	**	0.1% (±0.1)	0.0% (±0.1)	0.3% (±0.3)
20-29 days	**	0.1% (±0.1)	0.0% (±0.1)	0.1% (±0.1)
All 30 days	**	0.4% (±0.2)	0.3% (±0.2)	0.9% (±0.5)
<i>Any use in past 30 days</i>	**	1.5% (±0.4)	1.4% (±0.5)	3.3% (±1.0)
39. During the past 30 days, did you use a heated tobacco product? (Heated tobacco products are different from e-cigarettes, which heat a liquid to produce vapor. Some brands of heated tobacco products include IQOS, glo and Eclipse.)	(n=0)	(n=3,584)	(n=2,983)	(n=1,793)
Yes	**	2.5% (±0.6)	3.2% (±0.8)	5.0% (±1.0)
No	**	81.4% (±1.5)	85.1% (±1.5)	84.9% (±2.0)
I don't know what this is.	**	16.1% (±1.6)	11.7% (±1.4)	10.0% (±1.7)
40. During the past 30 days, which of the following tobacco or marijuana products that you used were flavored to taste like menthol(mint), candy, fruit, or any other flavors? Choose all that apply.	(n=0)	(n=3,328)	(n=2,908)	(n=1,714)
I did not use any flavored tobacco or marijuana products in the past 30 days.	**	89.4% (±1.7)	88.7% (±1.5)	83.7% (±2.4)
Cigars, little cigars, hookah, or other smoked tobacco	**	0.3% (±0.2)	1.1% (±0.3)	1.5% (±0.7)
Chewing tobacco, dissolvables, snus or other smokeless tobacco	**	0.3% (±0.2)	0.6% (±0.4)	1.5% (±0.6)
Joints, bongs, pipes, blunt, or other smoked marijuana products	**	2.3% (±0.6)	4.5% (±0.9)	8.6% (±1.6)
I do not know.	**	8.2% (±1.4)	6.3% (±1.2)	6.1% (±1.5)

	Grade 6	Grade 8	Grade 10	Grade 12
41. During the past 30 days, on how many days did you drink a glass, can or bottle of alcohol?	% (± CI) (n=9,003)	% (± CI) (n=7,147)	% (± CI) (n=6,075)	% (± CI) (n=3,535)
None	98.8% (±0.3)	95.8% (±0.6)	90.9% (±1.5)	81.6% (±2.5)
1-2 days	1.0% (±0.3)	2.7% (±0.5)	5.7% (±1.0)	10.9% (±1.6)
3-5 days	0.1% (±0.1)	0.4% (±0.2)	1.6% (±0.4)	3.9% (±1.0)
6-9 days	0.0% (±0.0)	0.3% (±0.1)	0.6% (±0.2)	1.7% (±0.5)
10-19 days	0.1% (±0.1)	0.3% (±0.1)	0.6% (±0.3)	1.1% (±0.4)
20-29 days	0.0% (±0.0)	0.1% (±0.1)	0.1% (±0.1)	0.3% (±0.2)
All 30 days	0.0% (±0.0)	0.4% (±0.2)	0.4% (±0.2)	0.5% (±0.3)
<i>Any use in past 30 days</i>	1.2% (±0.3)	4.2% (±0.6)	9.1% (±1.5)	18.4% (±2.5)
42. During the past 30 days, on how many days did you use marijuana or hashish?	(n=9,019)	(n=7,077)	(n=6,060)	(n=3,505)
None	99.5% (±0.2)	96.3% (±0.7)	91.6% (±1.3)	83.7% (±2.5)
1-2 days	0.2% (±0.1)	1.5% (±0.3)	3.3% (±0.7)	5.1% (±1.1)
3-5 days	0.1% (±0.1)	0.8% (±0.3)	1.2% (±0.3)	2.4% (±0.7)
6-9 days	0.0% (±0.0)	0.4% (±0.1)	0.8% (±0.2)	2.0% (±0.5)
10-19 days	0.0% (±0.0)	0.5% (±0.2)	1.0% (±0.3)	1.9% (±0.4)
20-29 days	0.0% (±0.0)	0.2% (±0.1)	0.9% (±0.3)	1.5% (±0.6)
All 30 days	0.0% (±0.0)	0.4% (±0.1)	1.2% (±0.4)	3.4% (±1.0)
<i>Any use in past 30 days</i>	0.5% (±0.2)	3.7% (±0.7)	8.4% (±1.3)	16.3% (±2.5)
43. During the past 30 days, on how many days did you use an illegal drug? Not counting alcohol, tobacco, or marijuana.	(n=9,018)	(n=3,820)	(n=3,335)	(n=1,926)
None	99.6% (±0.1)	98.7% (±0.5)	98.0% (±0.6)	97.1% (±0.8)
1-2 days	0.2% (±0.1)	0.5% (±0.3)	0.8% (±0.3)	1.0% (±0.5)
3-5 days	0.1% (±0.1)	0.2% (±0.1)	0.4% (±0.3)	0.5% (±0.3)
6-9 days	0.0% (±0.0)	0.1% (±0.1)	0.1% (±0.1)	0.3% (±0.3)
10-19 days	0.0% (±0.0)	0.0% (±0.1)	0.1% (±0.1)	0.2% (±0.2)
20-29 days	0.0% (±0.0)	0.0% (±0.0)	0.1% (±0.1)	0.1% (±0.1)
All 30 days	0.0% (±0.0)	0.4% (±0.2)	0.4% (±0.3)	0.8% (±0.4)
<i>Any use in past 30 days</i>	0.4% (±0.1)	1.3% (±0.5)	2.0% (±0.6)	2.9% (±0.8)
44. During the past 30 days, on how many days did you use any illegal drug, including marijuana? (Computed from questions 42 and 43)	(n=8,976)	(n=3,624)	(n=3,175)	(n=1,842)
None	99.4% (±0.2)	96.0% (±0.8)	91.2% (±1.5)	83.7% (±2.6)
1 or more days	0.6% (±0.2)	4.0% (±0.8)	8.8% (±1.5)	16.3% (±2.6)
45. During the past 30 days, on how many days did you use a pain killer TO GET HIGH, like Vicodin, OxyContin (sometimes called Oxy or OC) or Percocet (sometimes called Percs)?	(n=0)	(n=7,006)	(n=6,056)	(n=3,500)
None	**	98.3% (±0.4)	98.4% (±0.4)	98.3% (±0.5)
1-2 days	**	0.8% (±0.2)	0.7% (±0.3)	0.9% (±0.3)
3-5 days	**	0.1% (±0.1)	0.2% (±0.1)	0.2% (±0.2)
6-9 days	**	0.2% (±0.1)	0.2% (±0.1)	0.2% (±0.2)
10-19 days	**	0.1% (±0.1)	0.1% (±0.1)	0.1% (±0.1)
20-29 days	**	0.1% (±0.1)	0.1% (±0.1)	0.0% (±0.1)
All 30 days	**	0.4% (±0.2)	0.3% (±0.1)	0.4% (±0.2)
<i>Any use in past 30 days</i>	**	1.7% (±0.4)	1.6% (±0.4)	1.7% (±0.5)

	Grade 6	Grade 8	Grade 10	Grade 12
46. During the past 30 days, on how many days did you use prescription drugs not prescribed to you?	% (± CI) (n=0)	% (± CI) (n=3,819)	% (± CI) (n=3,337)	% (± CI) (n=1,925)
None	**	97.3% (±0.6)	97.1% (±0.6)	97.0% (±0.9)
1-2 days	**	1.4% (±0.3)	1.6% (±0.4)	1.3% (±0.5)
3-5 days	**	0.5% (±0.2)	0.4% (±0.3)	0.6% (±0.4)
6-9 days	**	0.1% (±0.1)	0.2% (±0.2)	0.3% (±0.2)
10-19 days	**	0.2% (±0.2)	0.1% (±0.1)	0.3% (±0.2)
20-29 days	**	0.0% (±0.1)	0.0% (±0.1)	0.1% (±0.1)
All 30 days	**	0.5% (±0.3)	0.4% (±0.2)	0.4% (±0.3)
<i>Any use in past 30 days</i>	**	2.7% (±0.6)	2.9% (±0.6)	3.0% (±0.9)

47. During the past 30 days, on how many days did you use Fentanyl?	(n=0)	(n=3,809)	(n=3,333)	(n=1,923)
None	**	99.5% (±0.2)	99.2% (±0.4)	99.2% (±0.4)
1-2 days	**	0.2% (±0.1)	0.2% (±0.2)	0.2% (±0.2)
3-5 days	**	0.1% (±0.1)	0.1% (±0.1)	0.1% (±0.1)
6-9 days	**	0.0% (±0.0)	0.1% (±0.1)	0.1% (±0.1)
10-19 days	**	0.0% (±0.0)	0.0% (±0.1)	0.1% (±0.1)
20-29 days	**	0.0% (±0.1)	0.0% (±0.0)	0.0% (±0.0)
All 30 days	**	0.3% (±0.2)	0.3% (±0.2)	0.5% (±0.4)
<i>Any use in past 30 days</i>	**	0.5% (±0.2)	0.8% (±0.4)	0.8% (±0.4)

48. During the past 30 days, which of the following have you used for non-medical reasons? Choose all that apply.	(n=0)	(n=3,740)	(n=3,258)	(n=1,894)
I did not take any of these for non-medical reasons.	**	92.2% (±1.1)	93.4% (±1.0)	92.7% (±0.8)
I used a stimulant, like Adderall or Ritalin.	**	0.7% (±0.3)	0.7% (±0.4)	1.8% (±0.5)
I used a painkiller, like Vicodin, OxyContin, or Percocet.	**	1.1% (±0.4)	0.8% (±0.4)	0.6% (±0.3)
I used a tranquilizer, like Valium or Xanax.	**	0.2% (±0.2)	0.2% (±0.2)	0.7% (±0.4)
I used another kind of prescription drug.	**	2.2% (±0.6)	1.7% (±0.5)	2.1% (±0.7)
I used an over-the-counter drug, like cough syrup or cold medicine.	**	5.6% (±0.7)	4.9% (±0.8)	4.8% (±0.9)
I took something, but I don't know what it was.	**	2.6% (±0.7)	1.0% (±0.4)	1.0% (±0.5)

49. During the past 30 days, which of the following have you used to get high? Choose all that apply.	(n=0)	(n=3,416)	(n=2,973)	(n=1,773)
None of these	**	97.7% (±0.6)	97.1% (±0.7)	93.6% (±1.4)
Marijuana (hemp-derived) products, like Delta-8 (D8), Delta-10 (D10), Moon Rocks, or THCO	**	1.5% (±0.4)	2.0% (±0.6)	5.1% (±1.3)
Synthetic products, also known as K2, spice, Mr. Happy, Kronik, etc.	**	0.7% (±0.2)	0.4% (±0.2)	0.6% (±0.3)
Kratom	**	0.5% (±0.2)	0.3% (±0.2)	0.3% (±0.3)
Bath salts, also known as Bliss, Blue Silk, Purple Wave, Lunar Wave, Vanilla Sky, etc.	**	0.5% (±0.3)	0.4% (±0.2)	0.3% (±0.2)
Psilocybin, also known as magic mushrooms ("shrooms")	**	1.0% (±0.3)	1.3% (±0.4)	1.9% (±0.7)

Other Tobacco-Related Questions

50. Are the cigarettes that you usually smoke menthol cigarettes?	(n=0)	(n=7,092)	(n=6,027)	(n=3,433)
I do not smoke cigarettes.	**	99.4% (±0.2)	98.9% (±0.3)	98.5% (±0.6)
Yes	**	0.3% (±0.1)	0.5% (±0.2)	0.7% (±0.4)
No	**	0.3% (±0.1)	0.6% (±0.2)	0.8% (±0.3)

	Grade 6	Grade 8	Grade 10	Grade 12
51. During the past 7 days, on how many days were you in the same room with someone who was smoking cigarettes?	% (± CI) (n=8,986)	% (± CI) (n=3,543)	% (± CI) (n=3,037)	% (± CI) (n=1,707)
0 days	81.8% (±1.5)	79.0% (±2.0)	77.9% (±2.6)	77.1% (±2.8)
1-2 days	11.0% (±0.8)	12.2% (±1.5)	13.1% (±1.4)	14.3% (±2.2)
3-4 days	2.7% (±0.5)	3.0% (±0.7)	4.0% (±0.9)	3.3% (±0.8)
5-6 days	1.0% (±0.2)	1.4% (±0.4)	1.4% (±0.5)	1.6% (±0.8)
7 days	3.4% (±0.6)	4.3% (±0.7)	3.6% (±1.1)	3.7% (±1.0)
52. How wrong do your friends feel it would be for you to: Use tobacco?	(n=0)	(n=3,548)	(n=3,023)	(n=1,731)
Very wrong	**	62.0% (±2.6)	50.1% (±3.5)	41.5% (±3.7)
Wrong	**	25.3% (±1.9)	29.7% (±2.2)	28.3% (±2.5)
A little bit wrong	**	9.0% (±1.1)	12.9% (±1.7)	18.1% (±2.0)
Not at all wrong	**	3.8% (±0.8)	7.3% (±1.2)	12.1% (±1.8)

Other Electronic Cigarette- and Vaping-Related Questions

53. During the past 12 months, did you ever try to quit using all products that contain nicotine, including cigarettes, e-cigarettes (e-cigs, vape pens, device pens), cigars, smokeless tobacco, shisha and hookah tobacco?	(n=0)	(n=3,560)	(n=3,024)	(n=1,797)
I did not use any products that contain nicotine during the past 12 months.	**	84.9% (±1.6)	82.7% (±2.0)	77.7% (±2.9)
Yes	**	5.9% (±1.1)	8.2% (±1.6)	9.9% (±1.9)
No	**	9.2% (±1.0)	9.1% (±0.9)	12.4% (±1.8)
54. How old were you the first time you used an electronic cigarette, also called e-cigs, device pens, or vape pens?	(n=0)	(n=7,167)	(n=6,045)	(n=3,546)
Never have	**	88.0% (±1.7)	81.4% (±2.6)	71.0% (±3.2)
10 or younger	**	2.0% (±0.4)	1.7% (±0.4)	1.6% (±0.4)
11	**	2.8% (±0.6)	1.5% (±0.3)	1.0% (±0.5)
12	**	4.0% (±0.7)	2.4% (±0.6)	2.4% (±0.7)
13	**	2.9% (±0.5)	4.3% (±0.8)	4.4% (±0.9)
14	**	0.3% (±0.1)	5.1% (±0.7)	4.9% (±0.8)
15	**	0.0% (±0.0)	3.3% (±0.6)	4.7% (±0.8)
16	**	0.0% (±0.0)	0.2% (±0.1)	6.4% (±1.0)
17 or older	**	0.1% (±0.1)	0.1% (±0.1)	3.7% (±0.6)
55. During the past 30 days, which of the following e-cig or vaping products did you use? Choose all that apply.	(n=0)	(n=7,127)	(n=6,024)	(n=3,530)
I did not use any e-cig or vaping products in the past 30 days.	**	95.6% (±0.8)	93.0% (±1.3)	87.0% (±1.9)
Liquid with nicotine in it	**	2.8% (±0.6)	5.0% (±1.1)	8.8% (±1.5)
Liquid with THC (marijuana) in it	**	1.8% (±0.4)	3.3% (±0.8)	7.2% (±1.3)
Liquid with nicotine and THC (marijuana) in it	**	0.9% (±0.2)	1.1% (±0.3)	1.7% (±0.5)
Liquid with neither nicotine nor THC	**	0.3% (±0.1)	0.4% (±0.2)	0.3% (±0.2)
Don't know	**	1.1% (±0.3)	1.0% (±0.3)	1.2% (±0.3)

56. During the past 30 days, which of the following e-cig or vaping products that you used were flavored? Choose all that apply.	Grade 6	Grade 8	Grade 10	Grade 12
	% (± CI) (n=0)	% (± CI) (n=6,929)	% (± CI) (n=5,761)	% (± CI) (n=3,298)
I did not use any flavored e-cig or vaping products in the past 30 days	**	97.8% (±0.4)	96.8% (±0.6)	93.1% (±1.3)
Flavored liquid with nicotine	**	1.6% (±0.4)	2.5% (±0.5)	5.3% (±1.1)
Flavored liquid with THC (marijuana)	**	0.7% (±0.2)	1.2% (±0.3)	2.8% (±0.6)
Flavored liquid with nicotine and THC (marijuana)	**	0.3% (±0.2)	0.4% (±0.2)	0.9% (±0.3)
Flavored liquid with neither nicotine nor THC	**	0.2% (±0.1)	0.1% (±0.1)	0.2% (±0.2)
Don't know	**	0.3% (±0.1)	0.3% (±0.2)	0.8% (±0.3)

57. During the past 30 days, if you used tobacco or e-cigarettes/vaping products, how did you get it? Choose all that apply.

	(n=0)	(n=6,938)	(n=5,788)	(n=3,266)
I did not get any tobacco or e-cigarette/vaping products during the past 30 days.	**	97.7% (±0.6)	96.5% (±0.9)	94.1% (±0.9)
I bought it in a store such as a convenience store, supermarket, discount store, gas station, or tobacco shop or vape shop.	**	0.1% (±0.1)	0.3% (±0.1)	1.0% (±0.4)
I bought it from a vending machine.	**	0.0% (±0.0)	0.1% (±0.1)	0.1% (±0.1)
I got them from the internet.	**	0.1% (±0.1)	0.2% (±0.1)	0.4% (±0.2)
I gave someone else money to buy them for me.	**	0.6% (±0.2)	1.0% (±0.3)	2.0% (±0.5)
I borrowed (or bummed) them from someone else.	**	1.1% (±0.3)	1.5% (±0.5)	2.1% (±0.5)
A person 21 years old or older gave them to me.	**	0.3% (±0.1)	0.6% (±0.2)	1.5% (±0.5)
I took them from a store or a family member.	**	0.5% (±0.2)	0.4% (±0.2)	0.3% (±0.2)
I got them some other way.	**	0.6% (±0.2)	1.3% (±0.4)	1.6% (±0.5)

58. How much do you think people risk harming themselves if they use electronic cigarettes, also called e-cigs, device pens, or vape pens regularly (almost daily)?

	(n=0)	(n=3,472)	(n=3,047)	(n=1,737)
No risk	**	5.3% (±0.9)	5.3% (±0.9)	5.9% (±1.1)
Slight risk	**	6.4% (±1.0)	6.8% (±1.1)	8.3% (±1.5)
Moderate risk	**	23.3% (±1.4)	26.3% (±1.9)	28.9% (±2.3)
Great risk	**	56.7% (±2.7)	56.6% (±2.7)	52.2% (±3.9)
Not sure	**	8.3% (±1.2)	5.0% (±1.0)	4.7% (±1.2)

Other Alcohol-Related Questions

59. Think back over the last 2 weeks. How many times have you had five or more drinks in a row? (A drink is a glass of wine, a bottle of beer, a shot glass of liquor, or a mixed drink.)

	(n=9,034)	(n=7,167)	(n=6,093)	(n=3,536)
None	97.9% (±0.4)	98.1% (±0.4)	95.8% (±0.8)	91.3% (±1.5)
Once	1.4% (±0.3)	0.7% (±0.2)	2.0% (±0.5)	3.9% (±0.8)
Twice	0.3% (±0.1)	0.5% (±0.2)	0.8% (±0.3)	2.4% (±0.6)
3-5 times	0.2% (±0.1)	0.3% (±0.1)	0.8% (±0.2)	1.4% (±0.5)
6-9 times	0.1% (±0.1)	0.2% (±0.1)	0.2% (±0.1)	0.4% (±0.2)
10 or more times	0.1% (±0.1)	0.2% (±0.1)	0.4% (±0.2)	0.6% (±0.2)

60. Drinking Categories Variable (Computed from questions 41 and 59)

	(n=8,897)	(n=7,142)	(n=6,071)	(n=3,531)
None, no drinking past 30 days and no binge past 2 weeks	97.5% (±0.5)	95.9% (±0.7)	91.0% (±1.5)	81.7% (±2.5)
Experimental, 1-2 days drinking past 30 days and no binge past 2 weeks	0.5% (±0.1)	1.8% (±0.4)	4.0% (±0.8)	7.4% (±1.3)
Heavy, 3-5 days drinking past 30 days and/or 1 binge past 2 weeks	1.3% (±0.3)	0.7% (±0.3)	2.2% (±0.5)	4.9% (±1.0)
Problem, 6+ days drinking past 30 days and/or 2+ binge past 2 weeks	0.6% (±0.2)	1.6% (±0.4)	2.8% (±0.7)	6.0% (±1.1)

	Grade 6	Grade 8	Grade 10	Grade 12
	% (± CI) (n=0)	% (± CI) (n=7,007)	% (± CI) (n=5,820)	% (± CI) (n=3,246)
61. During the past 30 days, if you used alcohol, what type of alcohol did you usually drink?				
I did not drink alcohol during the past 30 days.	**	98.0% (±0.4)	95.3% (±0.9)	89.4% (±1.6)
I do not have a usual type.	**	0.2% (±0.1)	0.4% (±0.3)	1.1% (±0.5)
Beer	**	0.3% (±0.2)	0.7% (±0.3)	1.3% (±0.5)
Flavored malt beverages, such as Smirnoff Ice, Bacardi Silver, or hard lemonade	**	0.2% (±0.1)	0.9% (±0.3)	2.1% (±0.7)
Wine	**	0.2% (±0.1)	0.3% (±0.1)	0.6% (±0.3)
Hard liquor (such as vodka, rum, tequila, gin, or whiskey) alone or mixed in a drink	**	0.9% (±0.3)	2.1% (±0.5)	4.7% (±0.9)
I drank alcohol but am unsure of what type	**	0.2% (±0.1)	0.2% (±0.1)	0.2% (±0.2)
Some other type	**	0.1% (±0.1)	0.1% (±0.1)	0.5% (±0.2)
62. During the past 30 days, if you used alcohol, how did you get it? Choose all that apply.	(n=0)	(n=7,016)	(n=5,821)	(n=3,260)
I did not get alcohol in the past 30 days.	**	98.0% (±0.3)	95.5% (±0.9)	90.1% (±1.8)
I bought it from a store.	**	0.1% (±0.1)	0.2% (±0.1)	0.8% (±0.3)
I stole it from a store.	**	0.2% (±0.1)	0.6% (±0.2)	0.5% (±0.2)
I got it from friends/someone my age.	**	0.5% (±0.2)	1.9% (±0.6)	4.4% (±1.2)
I got it at a party.	**	0.3% (±0.1)	1.5% (±0.4)	4.0% (±1.0)
I got it from an older sibling.	**	0.3% (±0.1)	0.5% (±0.2)	0.9% (±0.4)
I got it from someone older who I'm not related to.	**	0.3% (±0.1)	0.8% (±0.3)	2.0% (±0.6)
Someone sold it to me.	**	0.1% (±0.1)	0.5% (±0.2)	1.1% (±0.4)
I gave money to someone to get it for me.	**	0.1% (±0.1)	0.6% (±0.2)	1.5% (±0.5)
I took it from home without my parents' permission.	**	0.7% (±0.2)	1.2% (±0.3)	1.7% (±0.5)
I got it at home with my parents' permission.	**	0.6% (±0.2)	1.3% (±0.4)	2.7% (±0.9)
I got it some other way.	**	0.4% (±0.1)	0.7% (±0.2)	1.6% (±0.4)
63. NOT including talks on drinking and driving, in the past year have your parent(s) or guardian(s) talked to you about why you should not drink alcohol?	(n=0)	(n=4,022)	(n=3,494)	(n=1,999)
Yes, a number of times	**	35.4% (±1.6)	38.8% (±1.7)	36.4% (±2.5)
Yes, once	**	20.7% (±1.2)	19.6% (±1.1)	19.0% (±1.5)
No	**	24.1% (±1.8)	28.1% (±1.8)	33.3% (±2.9)
I don't remember.	**	19.8% (±1.2)	13.5% (±1.0)	11.3% (±1.5)
64. How wrong does your parent or guardian feel it would be for you to have one or two drinks of an alcoholic beverage nearly every day?	(n=0)	(n=3,956)	(n=3,376)	(n=2,005)
Very wrong	**	82.7% (±1.7)	77.8% (±1.8)	73.4% (±2.5)
Wrong	**	12.8% (±1.4)	16.6% (±1.7)	18.9% (±2.0)
A little bit wrong	**	3.5% (±0.7)	4.3% (±0.7)	5.4% (±1.2)
Not wrong at all	**	1.0% (±0.3)	1.3% (±0.4)	2.3% (±0.7)
65. How wrong do your friends feel it would be for you to have one or two drinks of an alcoholic beverage nearly every day?	(n=0)	(n=4,031)	(n=3,400)	(n=1,994)
Very wrong	**	61.1% (±2.2)	51.5% (±3.2)	44.3% (±3.1)
Wrong	**	26.3% (±1.4)	30.3% (±1.9)	31.2% (±2.5)
A little bit wrong	**	9.5% (±1.1)	13.0% (±1.8)	16.5% (±2.0)
Not at all wrong	**	3.2% (±0.5)	5.2% (±0.9)	7.9% (±1.7)

	Grade 6	Grade 8	Grade 10	Grade 12
66. How do you feel about someone your age having one or two drinks of an alcoholic beverage nearly every day?	% (± CI) (n=0)	% (± CI) (n=3,997)	% (± CI) (n=3,487)	% (± CI) (n=1,999)
Neither approve nor disapprove	**	17.7% (±1.5)	21.3% (±2.1)	22.4% (±2.6)
Somewhat disapprove	**	16.3% (±1.1)	20.8% (±1.9)	23.4% (±2.0)
Strongly disapprove	**	54.2% (±2.7)	49.6% (±3.1)	45.3% (±3.4)
Don't know or can't say	**	11.8% (±1.5)	8.3% (±1.4)	8.9% (±1.6)
67. How much do you think people risk harming themselves if they have 5 or more drinks of an alcoholic beverage once or twice a week?	(n=0)	(n=4,047)	(n=3,465)	(n=2,022)
No risk	**	5.4% (±0.8)	4.8% (±0.9)	4.8% (±1.1)
Slight risk	**	11.4% (±0.9)	10.7% (±1.5)	11.4% (±1.6)
Moderate risk	**	32.1% (±1.9)	32.7% (±1.9)	32.8% (±2.2)
Great risk	**	41.0% (±2.7)	45.5% (±2.7)	46.0% (±2.6)
Not sure	**	10.1% (±1.2)	6.2% (±1.4)	4.9% (±1.2)

Other Marijuana-Related Questions

68. During the past 30 days, if you used marijuana, how did you use it? Choose all that apply.	(n=0)	(n=6,953)	(n=5,843)	(n=3,259)
I did not use marijuana during the past 30 days.	**	98.2% (±0.4)	95.3% (±0.9)	90.3% (±1.8)
Smoked it (in a joint, bong, pipe, blunt).	**	1.1% (±0.3)	3.2% (±0.6)	6.5% (±1.3)
Ate it (in brownies, cakes, cookies, candy).	**	0.5% (±0.2)	1.6% (±0.4)	3.0% (±0.7)
Drank it (tea, cola, alcohol).	**	0.2% (±0.1)	0.5% (±0.2)	0.9% (±0.4)
Vaporized it (e-cig, device pens, or vape pen).	**	1.3% (±0.4)	3.4% (±0.7)	6.6% (±1.3)
Dabbed it.	**	0.5% (±0.2)	1.2% (±0.3)	2.5% (±0.7)
Used it some other way.	**	0.1% (±0.1)	0.3% (±0.2)	0.5% (±0.3)
69. If you use marijuana or hashish how long do you usually stay high?	(n=0)	(n=6,958)	(n=5,824)	(n=3,234)
I don't use marijuana.	**	98.1% (±0.5)	95.4% (±0.8)	91.0% (±1.6)
I usually don't get high.	**	0.2% (±0.1)	0.5% (±0.2)	0.6% (±0.3)
1 to 2 hours	**	0.7% (±0.2)	2.1% (±0.5)	3.9% (±0.9)
3 to 4 hours	**	0.6% (±0.3)	1.4% (±0.3)	3.5% (±0.9)
5 to 6 hours	**	0.2% (±0.1)	0.3% (±0.1)	0.6% (±0.3)
7 to 8 hours	**	0.0% (±0.0)	0.0% (±0.0)	0.1% (±0.1)
9 or more hours	**	0.1% (±0.1)	0.2% (±0.1)	0.4% (±0.2)
70. During the past 30 days, if you used marijuana, how did you get it? Choose all that apply.	(n=0)	(n=6,961)	(n=5,827)	(n=3,256)
I did not get marijuana in the past 30 days.	**	98.4% (±0.4)	96.0% (±0.7)	91.4% (±1.6)
I bought it from a store.	**	0.1% (±0.1)	0.3% (±0.2)	1.2% (±0.4)
I stole it from a store.	**	0.0% (±0.0)	0.1% (±0.1)	0.2% (±0.1)
I got it from friends/someone my age.	**	1.0% (±0.3)	2.4% (±0.5)	5.4% (±1.2)
I got it at a party.	**	0.2% (±0.1)	0.5% (±0.2)	1.5% (±0.6)
I got it from an older sibling.	**	0.3% (±0.1)	0.5% (±0.2)	0.8% (±0.3)
I got it from someone older who I'm not related to.	**	0.3% (±0.1)	0.8% (±0.3)	1.7% (±0.5)
Someone sold it to me.	**	0.5% (±0.2)	1.1% (±0.3)	2.0% (±0.6)
I gave money to someone to get it for me.	**	0.2% (±0.1)	0.8% (±0.3)	2.1% (±0.6)
I took it from home without my parents' permission.	**	0.4% (±0.1)	0.6% (±0.2)	0.6% (±0.3)
I got it at home with my parents' permission.	**	0.2% (±0.1)	0.5% (±0.2)	1.2% (±0.5)
I got it some other way.	**	0.4% (±0.1)	1.0% (±0.2)	1.6% (±0.5)

	Grade 6	Grade 8	Grade 10	Grade 12
71. In the past year, have your parent(s) or guardian(s) talked to you about why you should not use marijuana?	% (± CI) (n=0)	% (± CI) (n=4,113)	% (± CI) (n=3,493)	% (± CI) (n=2,016)
Yes, a number of times	**	33.8% (±2.0)	36.2% (±1.9)	32.3% (±2.6)
Yes, once	**	20.5% (±1.3)	20.5% (±1.3)	17.5% (±1.6)
No	**	27.3% (±2.0)	30.6% (±2.0)	40.3% (±2.2)
I don't remember.	**	18.5% (±1.4)	12.8% (±1.1)	9.9% (±1.3)
72. Does anyone who lives with you now use marijuana?	(n=0)	(n=3,997)	(n=3,438)	(n=1,959)
No	**	84.0% (±2.0)	80.5% (±2.7)	76.6% (±3.3)
Yes	**	16.0% (±2.0)	19.5% (±2.7)	23.4% (±3.3)
73. How wrong do your friends feel it would be for you to use marijuana?	(n=0)	(n=4,027)	(n=3,471)	(n=1,994)
Very wrong	**	61.1% (±2.5)	41.5% (±4.4)	26.8% (±3.4)
Wrong	**	22.9% (±1.5)	26.0% (±1.7)	20.1% (±2.3)
A little bit wrong	**	10.6% (±1.3)	18.1% (±1.8)	22.4% (±2.3)
Not at all wrong	**	5.4% (±0.9)	14.5% (±2.3)	30.7% (±3.9)

Other Alcohol- and Drug-Related Questions

74. How many times in the past year (12 months) have you been drunk or high while participating in school?	(n=0)	(n=3,906)	(n=3,309)	(n=1,949)
Never	**	95.2% (±0.9)	91.7% (±1.2)	89.3% (±1.8)
1 - 2 times	**	2.6% (±0.6)	3.3% (±0.5)	4.7% (±1.0)
3 - 5 times	**	0.8% (±0.3)	1.3% (±0.4)	1.3% (±0.5)
6 - 9 times	**	0.3% (±0.2)	0.7% (±0.2)	0.9% (±0.5)
10 or more times	**	1.0% (±0.4)	2.9% (±0.8)	3.7% (±1.1)
75. During the past 30 days, which of the following did you use on school property? Choose all that apply.	(n=0)	(n=6,909)	(n=5,951)	(n=3,456)
I have not been on school property in the past 30 days.	**	4.2% (±0.7)	3.2% (±0.7)	3.3% (±0.8)
I didn't use any of these on school property.	**	93.9% (±0.9)	92.0% (±1.1)	89.6% (±1.3)
Tobacco (cigarettes, cigars, or chew/dip)	**	0.4% (±0.1)	0.7% (±0.2)	1.4% (±0.5)
Electronic cigarette, also called e-cigs, device pens, or vape pens	**	2.4% (±0.5)	4.2% (±0.9)	6.0% (±1.1)
Marijuana	**	1.5% (±0.4)	3.3% (±0.7)	4.3% (±0.8)
Alcohol (at least one drink)	**	1.0% (±0.3)	1.7% (±0.5)	1.5% (±0.5)
76. When you used marijuana during the past 30 days, did you ever drink alcohol at the same time?	(n=0)	(n=6,958)	(n=5,845)	(n=3,245)
I have not used marijuana in the past 30 days	**	98.1% (±0.5)	95.1% (±0.9)	90.7% (±1.8)
Yes, most of the time	**	0.1% (±0.1)	0.4% (±0.2)	0.6% (±0.2)
Yes, some of the time	**	0.2% (±0.1)	0.5% (±0.2)	1.6% (±0.7)
Yes, rarely	**	0.4% (±0.2)	1.0% (±0.3)	2.7% (±0.7)
No	**	1.1% (±0.3)	3.0% (±0.6)	4.3% (±1.1)
77. During the past year in school, how many times did you get information in classes about reasons not to use alcohol or drugs?	(n=8,878)	(n=3,928)	(n=3,357)	(n=1,889)
Never	35.6% (±2.7)	25.3% (±2.9)	22.5% (±2.7)	35.6% (±3.6)
Once	21.1% (±1.4)	23.4% (±2.0)	23.1% (±1.5)	28.2% (±2.3)
2-3 times	23.8% (±1.6)	31.6% (±2.6)	33.2% (±2.2)	25.1% (±2.3)
4 or more times	19.5% (±3.0)	19.7% (±3.5)	21.3% (±2.4)	11.1% (±2.2)

	Grade 6	Grade 8	Grade 10	Grade 12
78. How wrong does your parent or guardian feel it would be for you to use prescription drugs not prescribed to you?	% (± CI) (n=0)	% (± CI) (n=3,910)	% (± CI) (n=3,358)	% (± CI) (n=1,954)
Very wrong	**	83.1% (±1.3)	80.1% (±1.3)	79.6% (±1.9)
Wrong	**	13.3% (±1.3)	15.1% (±1.0)	14.4% (±1.3)
A little bit wrong	**	2.5% (±0.5)	3.3% (±0.6)	3.9% (±0.9)
Not at all wrong	**	1.1% (±0.3)	1.4% (±0.5)	2.0% (±0.6)
79. How wrong do your friends feel it would be for you to use prescription drugs not prescribed to you?	(n=0)	(n=3,823)	(n=3,369)	(n=1,945)
Very wrong	**	63.0% (±2.0)	58.1% (±2.5)	57.2% (±3.3)
Wrong	**	27.2% (±1.9)	30.0% (±1.8)	28.1% (±2.4)
A little bit wrong	**	7.8% (±0.9)	8.9% (±1.2)	11.0% (±1.8)
Not at all wrong	**	2.0% (±0.5)	3.1% (±0.5)	3.8% (±0.8)
80. How much do you think people risk harming themselves if they use prescription drugs that are not prescribed to them?	(n=0)	(n=3,924)	(n=3,399)	(n=1,909)
No risk	**	4.1% (±0.8)	3.6% (±0.8)	3.9% (±1.1)
Slight risk	**	6.0% (±0.8)	5.3% (±0.7)	6.0% (±1.0)
Moderate risk	**	22.4% (±1.3)	23.9% (±1.8)	20.8% (±2.9)
Great risk	**	56.5% (±1.9)	61.6% (±2.4)	64.3% (±3.3)
Not sure	**	11.0% (±1.3)	5.6% (±1.2)	4.9% (±1.3)
81. How much do you think people risk harming themselves if they use marijuana (hemp-derived) products, like Delta-8 (D8), Delta-10 (D10), Moon Rocks, or THCO regularly (at least once or twice a week).	(n=0)	(n=3,433)	(n=2,996)	(n=1,773)
No risk	**	7.2% (±1.3)	7.6% (±1.1)	9.8% (±1.6)
Slight risk	**	5.1% (±0.8)	9.4% (±1.4)	13.1% (±2.1)
Moderate risk	**	16.9% (±1.6)	19.7% (±2.0)	20.7% (±2.1)
Great risk	**	30.4% (±1.8)	31.6% (±2.1)	26.9% (±2.9)
Not sure	**	40.4% (±1.8)	31.7% (±2.2)	29.4% (±2.7)
82. During the past 30 days, if you used hemp-derived products, synthetic products, kratom, bath salts, or psilocybin to get high, how did you get it? Choose all that apply.	(n=0)	(n=3,441)	(n=3,001)	(n=1,783)
I did not get hemp-derived products, synthetic products, kratom, bath salts, or psilocybin in the past 30 days.	**	98.5% (±0.5)	97.8% (±0.6)	94.6% (±1.3)
I bought it from a store.	**	0.2% (±0.1)	0.3% (±0.2)	0.6% (±0.3)
I stole it from a store.	**	0.2% (±0.2)	0.3% (±0.2)	0.3% (±0.2)
I got it from friends/someone my age.	**	0.7% (±0.3)	1.0% (±0.4)	2.9% (±0.9)
I got it at a party.	**	0.3% (±0.2)	0.4% (±0.2)	0.8% (±0.5)
I got it from an older sibling.	**	0.3% (±0.2)	0.2% (±0.2)	0.3% (±0.3)
I got it from someone older who I'm not related to.	**	0.3% (±0.2)	0.4% (±0.2)	1.0% (±0.5)
Someone sold it to me.	**	0.4% (±0.3)	0.4% (±0.2)	1.1% (±0.4)
I gave money to someone to get it for me.	**	0.2% (±0.2)	0.3% (±0.2)	1.1% (±0.5)
I took it from home without a parent/guardian's permission.	**	0.4% (±0.2)	0.4% (±0.2)	0.4% (±0.3)
I got it from home with a parent/guardian's permission.	**	0.1% (±0.1)	0.2% (±0.1)	0.7% (±0.4)
I got it some other way.	**	0.5% (±0.3)	0.7% (±0.4)	1.3% (±0.5)

Other Health Concerns

Nutrition and Fitness

This section provides results regarding other health concerns including nutrition and fitness, health conditions and health care, safety, behaviors related to intentional injury, and depression. Exercise, nutrition, and access to preventative health care are important components of a healthy life. Safety-related behaviors can profoundly influence the outcome of an accident. Injury is the leading cause of death for adolescents aged 10 to 19, and violence contributes to injury-related deaths. People who are depressed experience a range of symptoms, and depression is associated with suicidal behavior.

The Body Mass Index (BMI) compares a person's height and weight. Lower BMI scores do not necessarily mean better health and higher scores do not necessarily mean worse health. The BMI was designed to look at trends in the population. It is not a great measure of health in adults or children. It is still used in some clinical settings to look at how children develop over time.

	Grade 6	Grade 8	Grade 10	Grade 12
83. BMI status. (Computed from numeric responses to "How tall are you without your shoes on?" and "How much do you weigh without your shoes on?")	% (± CI) (n=0)	% (± CI) (n=3,615)	% (± CI) (n=3,300)	% (± CI) (n=1,950)
Under 19	**	34.4% (±2.6)	17.9% (±1.8)	13.0% (±2.4)
19.0 - 24.9	**	48.0% (±2.0)	57.7% (±2.7)	56.2% (±2.4)
25.0 - 29.9	**	11.3% (±1.6)	15.0% (±1.8)	17.9% (±2.2)
30.0 or higher	**	6.2% (±1.1)	9.4% (±1.8)	12.9% (±2.7)
84. How often do you eat dinner with your family?	(n=9,137)	(n=3,636)	(n=3,080)	(n=1,780)
Never	2.1% (±0.4)	3.2% (±0.6)	4.4% (±0.7)	5.6% (±1.1)
Rarely	8.6% (±0.8)	9.4% (±1.0)	10.5% (±1.4)	16.7% (±2.2)
Sometimes	14.5% (±1.1)	16.4% (±1.3)	19.8% (±1.4)	24.0% (±1.9)
Most of the time	32.5% (±1.3)	35.0% (±2.0)	38.4% (±2.0)	35.3% (±2.6)
Always	42.3% (±1.3)	36.0% (±1.8)	26.9% (±2.2)	18.4% (±2.3)
85. How often in the past 12 months did you or your family have to cut meal size or skip meals because there wasn't enough money for food?	(n=0)	(n=7,997)	(n=6,934)	(n=4,053)
Almost every month	**	1.4% (±0.2)	1.8% (±0.4)	2.7% (±0.6)
Some months but not every month	**	3.4% (±0.6)	4.3% (±0.7)	5.5% (±1.1)
Only 1-2 months	**	2.6% (±0.4)	2.8% (±0.5)	2.6% (±0.6)
Did not have to skip or cut the size of meals.	**	92.6% (±1.0)	91.1% (±1.2)	89.2% (±1.7)
86. Did you eat breakfast today?	(n=9,063)	(n=3,318)	(n=2,828)	(n=1,661)
Yes	67.9% (±2.9)	59.6% (±3.0)	56.7% (±4.9)	52.4% (±4.2)
No	32.1% (±2.9)	40.4% (±3.0)	43.3% (±4.9)	47.6% (±4.2)
87. Number of servings of fruits and vegetables eaten per day (Computed from FV1 - FV6)	(n=0)	(n=3,323)	(n=2,765)	(n=1,625)
Less than 1	**	14.1% (±1.6)	11.4% (±2.0)	14.0% (±2.1)
1 to less than 3	**	34.4% (±2.0)	40.9% (±2.0)	44.0% (±2.7)
3 to less than 5	**	20.9% (±1.5)	23.1% (±2.5)	21.7% (±2.1)
5 or more	**	30.6% (±2.2)	24.6% (±2.6)	20.4% (±3.2)

88. During the past 7 days, how many times did you drink sugar-sweetened drinks like soda, sports drinks, energy drinks, coffee drinks, tea drinks, or other flavored sugar-sweetened drinks? Do not include diet, sugar-free or drinks with artificial sweetener.

	Grade 6	Grade 8	Grade 10	Grade 12
	% (± CI) (n=0)	% (± CI) (n=3,566)	% (± CI) (n=3,029)	% (± CI) (n=1,759)
0 times	**	15.2% (±1.8)	13.8% (±1.7)	13.5% (±2.0)
1 - 3 times	**	50.9% (±1.5)	49.8% (±2.4)	43.7% (±3.0)
4 - 6 times	**	15.1% (±1.3)	16.4% (±1.6)	17.5% (±1.9)
1 time per day	**	8.7% (±1.1)	10.4% (±1.1)	11.5% (±1.8)
2 times per day	**	4.9% (±0.7)	5.6% (±1.0)	8.2% (±1.7)
3 times per day	**	2.0% (±0.5)	1.8% (±0.5)	2.6% (±0.9)
4 or more times per day	**	3.2% (±0.6)	2.2% (±0.6)	3.0% (±0.9)

89. How many sugar-sweetened drinks (such as sodas, sports drinks, energy drinks, coffee drinks, or tea drinks) did you drink yesterday?

	(n=9,117)	(n=0)	(n=0)	(n=0)
None	42.3% (±2.3)	**	**	**
1	37.1% (±1.1)	**	**	**
2	14.2% (±1.5)	**	**	**
3	3.4% (±0.5)	**	**	**
4 or more	2.9% (±0.6)	**	**	**

90. In the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? (Add up all the time you spent in any kind of physical activity that increases your heart rate or makes you breathe hard some of the time.)

	(n=8,828)	(n=3,501)	(n=3,021)	(n=1,748)
0 days	11.1% (±1.4)	12.3% (±1.9)	10.9% (±1.8)	13.7% (±1.7)
1 day	7.2% (±0.8)	5.2% (±0.8)	4.9% (±0.8)	6.3% (±1.0)
2 days	9.1% (±0.9)	7.3% (±1.1)	7.9% (±1.3)	9.1% (±1.1)
3 days	11.0% (±0.9)	9.5% (±1.1)	11.4% (±1.4)	11.6% (±1.4)
4 days	11.0% (±0.8)	9.9% (±0.9)	10.0% (±1.2)	10.5% (±1.8)
5 days	14.8% (±1.0)	17.6% (±1.2)	18.6% (±1.7)	18.6% (±2.1)
6 days	9.1% (±1.1)	9.0% (±1.1)	11.4% (±1.4)	9.2% (±1.4)
7 days	26.8% (±1.5)	29.2% (±2.3)	24.9% (±1.9)	21.0% (±2.4)

91. On how many of the past 7 days did you do exercises to strengthen or tone your muscles, such as push-ups, sit-ups, or weight lifting?

	(n=0)	(n=3,478)	(n=3,011)	(n=1,728)
0 days	**	21.6% (±2.0)	26.1% (±2.7)	31.9% (±2.5)
1 day	**	9.2% (±1.2)	7.3% (±1.2)	8.6% (±1.4)
2 days	**	11.6% (±1.3)	10.6% (±1.7)	9.7% (±1.4)
3 days	**	14.0% (±1.2)	12.1% (±2.1)	11.3% (±1.7)
4 days	**	9.3% (±1.1)	8.8% (±1.2)	9.5% (±1.5)
5 days	**	13.9% (±1.7)	16.4% (±2.0)	13.3% (±2.0)
6 days	**	4.8% (±0.8)	5.8% (±0.9)	4.2% (±1.1)
7 days	**	15.6% (±1.3)	12.9% (±1.6)	11.5% (±2.0)

92. On average, how many days a week do you walk to or from school?

	(n=8,878)	(n=3,488)	(n=3,010)	(n=1,720)
In an average week, I don't normally travel to school.	8.3% (±0.7)	10.3% (±1.0)	7.8% (±1.1)	7.2% (±1.4)
Never	62.6% (±3.9)	58.2% (±3.0)	61.5% (±4.0)	73.5% (±3.8)
1 - 2 days	8.1% (±1.1)	11.4% (±1.4)	11.6% (±1.9)	7.0% (±1.4)
3 - 4 days	5.6% (±1.0)	5.0% (±0.9)	5.2% (±1.4)	3.0% (±0.8)
I walk every day.	15.4% (±2.6)	15.1% (±2.0)	14.0% (±2.2)	9.4% (±2.6)

	Grade 6	Grade 8	Grade 10	Grade 12
93. On average, how many days a week do you ride a bicycle to or from school?	% (± CI) (n=8,628)	% (± CI) (n=3,439)	% (± CI) (n=2,973)	% (± CI) (n=1,707)
In an average week, I don't normally travel to school.	9.4% (±0.8)	13.4% (±1.2)	9.2% (±1.3)	8.2% (±1.6)
Never	85.3% (±1.2)	81.1% (±1.9)	86.5% (±1.7)	89.6% (±1.7)
1 - 2 days	2.3% (±0.6)	2.2% (±0.8)	1.7% (±0.4)	1.0% (±0.6)
3 - 4 days	1.0% (±0.3)	0.9% (±0.5)	0.5% (±0.3)	0.5% (±0.3)
I bike every day.	2.0% (±0.4)	2.4% (±0.7)	2.1% (±0.6)	0.7% (±0.4)
94. On an average school day, how many hours do you spend in front of a TV, computer, smart phone, or other electronic device watching shows or videos, playing games, accessing the Internet, or using social media (also called "screen time")? (Do not count time spent doing schoolwork.)	(n=8,905)	(n=3,468)	(n=2,995)	(n=1,736)
0 hours per day	3.0% (±0.4)	2.2% (±0.7)	2.0% (±0.7)	2.3% (±0.7)
Less than 1 hour per day	10.3% (±1.0)	4.9% (±0.6)	3.7% (±0.9)	2.4% (±0.7)
1 hour per day	14.3% (±1.3)	8.4% (±1.0)	6.2% (±1.3)	5.4% (±0.9)
2 hours per day	21.9% (±1.1)	20.1% (±1.9)	18.3% (±1.8)	15.1% (±1.5)
3 hours per day	18.5% (±0.9)	21.5% (±1.3)	22.5% (±1.6)	21.1% (±2.4)
4 hours per day	12.0% (±0.9)	16.1% (±1.2)	18.3% (±1.3)	20.7% (±1.7)
5 or more hours per day	19.9% (±1.9)	26.8% (±1.7)	29.0% (±2.5)	33.0% (±2.6)
95. The next question asks about social media, such as Instagram, TikTok, Snapchat, and Twitter. How often do you use social media?	(n=9,005)	(n=3,492)	(n=3,003)	(n=1,733)
I do not use social media	40.0% (±2.9)	24.4% (±2.2)	12.7% (±1.5)	8.4% (±1.8)
A few times a month	5.8% (±0.5)	3.6% (±0.7)	2.6% (±0.6)	2.8% (±0.6)
About once a week	2.7% (±0.3)	2.0% (±0.5)	1.7% (±0.5)	0.9% (±0.6)
A few times a week	7.0% (±0.6)	6.2% (±0.9)	4.5% (±0.8)	5.8% (±1.1)
About once a day	8.0% (±0.6)	7.7% (±1.1)	8.7% (±1.2)	6.8% (±1.2)
Several times a day	17.5% (±1.4)	30.5% (±2.0)	40.6% (±1.6)	45.1% (±2.8)
About once an hour	3.6% (±0.5)	5.0% (±0.7)	7.9% (±1.0)	9.3% (±1.4)
More than once an hour	15.3% (±1.7)	20.6% (±1.8)	21.2% (±2.4)	20.9% (±3.0)
96. During the average week, on how many days do you participate in supervised after-school activities either at school or away from school? Include activities such as sports, art, music, dance, drama, or community service, religious, cultural, or club activities.	(n=8,945)	(n=7,108)	(n=6,121)	(n=3,546)
0 days	35.8% (±2.8)	38.2% (±2.4)	36.3% (±3.9)	38.7% (±4.1)
1-2 days	26.5% (±1.6)	21.7% (±1.7)	23.4% (±1.5)	24.8% (±2.3)
3 or more days	37.7% (±3.0)	40.2% (±2.4)	40.3% (±4.4)	36.5% (±3.8)

Health Conditions and Health Care

97. When was the last time you saw a doctor or health care provider for a check-up or physical exam when you were not sick or injured?	(n=0)	(n=3,698)	(n=3,172)	(n=1,835)
During the past 12 months	**	64.5% (±2.6)	66.7% (±2.2)	64.0% (±2.6)
Between 12 and 24 months ago	**	11.4% (±1.2)	13.1% (±1.3)	15.8% (±2.1)
More than 24 months ago	**	3.6% (±0.7)	5.0% (±0.8)	7.8% (±1.3)
Never	**	2.9% (±0.7)	3.0% (±0.6)	3.2% (±1.0)
Not sure	**	17.6% (±1.8)	12.2% (±1.7)	9.2% (±1.7)

	Grade 6	Grade 8	Grade 10	Grade 12
	% (± CI) (n=9,088)	% (± CI) (n=4,225)	% (± CI) (n=3,675)	% (± CI) (n=2,134)
98. Has a doctor or nurse ever told you that you have asthma?				
Yes	10.1% (±0.8)	13.2% (±1.2)	16.7% (±1.5)	17.4% (±1.7)
No	76.6% (±1.3)	78.1% (±1.6)	78.2% (±1.8)	78.8% (±1.8)
Not sure	13.3% (±1.0)	8.7% (±1.1)	5.1% (±0.9)	3.8% (±0.8)
99. Do you still have asthma?	(n=9,061)	(n=4,229)	(n=3,686)	(n=2,135)
I have never had asthma.	80.2% (±1.2)	80.1% (±1.4)	79.5% (±1.6)	79.5% (±1.7)
Yes	6.6% (±0.7)	8.2% (±0.9)	8.8% (±1.1)	8.5% (±1.4)
No	3.4% (±0.4)	3.9% (±0.6)	5.2% (±0.7)	6.1% (±1.0)
Not sure	9.8% (±0.8)	7.9% (±1.0)	6.5% (±1.0)	5.9% (±1.0)
100. When was the last time you saw a dentist for a check-up, exam, teeth cleaning, or other dental work?	(n=0)	(n=3,687)	(n=3,163)	(n=1,837)
During the past 12 months	**	77.1% (±2.1)	79.4% (±2.5)	77.1% (±2.8)
Between 12 and 24 months ago	**	7.4% (±0.8)	7.3% (±1.4)	9.4% (±1.3)
More than 24 months ago	**	3.2% (±0.7)	4.3% (±0.8)	6.4% (±1.6)
Never	**	1.1% (±0.4)	1.0% (±0.3)	0.9% (±0.5)
Not sure	**	11.2% (±1.5)	8.0% (±1.2)	6.3% (±1.2)
101. During the past 12 months, how many days did you miss some school because of toothache? (Do not include toothache due to braces or injury.)	(n=0)	(n=3,679)	(n=3,153)	(n=1,834)
None	**	89.1% (±1.4)	91.7% (±1.5)	91.6% (±2.0)
1-4 days	**	4.9% (±0.9)	3.4% (±0.8)	4.0% (±1.2)
5 days or more	**	1.2% (±0.4)	1.3% (±0.5)	1.1% (±0.6)
Not sure	**	4.9% (±0.9)	3.7% (±0.7)	3.3% (±1.0)
102. During the past year, did you miss any time from school because of toothache? (Do not include toothache due to braces or an injury.)	(n=9,039)	(n=0)	(n=0)	(n=0)
Yes	8.6% (±1.0)	**	**	**
No	80.5% (±1.9)	**	**	**
Not sure	10.9% (±1.2)	**	**	**
103. On an average school night how many hours do you sleep?	(n=0)	(n=3,712)	(n=3,179)	(n=1,844)
5 hours or less	**	13.4% (±1.6)	15.7% (±2.5)	18.0% (±3.1)
About 6 hours	**	15.8% (±1.4)	24.0% (±1.8)	28.9% (±2.8)
About 7 hours	**	26.3% (±1.8)	30.0% (±1.5)	32.1% (±3.3)
About 8 hours	**	31.7% (±1.7)	25.0% (±2.5)	18.2% (±2.9)
9 hours or more	**	12.8% (±1.5)	5.2% (±1.0)	2.8% (±0.7)

Disordered Eating and Weight Stigma

Adolescents are exposed to a variety of messaging about body, weight, fitness, and health. This messaging combined with the experiences of each youth can lead to dangerous disordered behaviors with regard to food and body. Sometimes this can result in diagnosed eating disorders and other times these behaviors go undiagnosed and untreated. The following questions assess disordered behaviors and exposure to harmful interactions with others that can affect body acceptance among youth.

	Grade 6	Grade 8	Grade 10	Grade 12
	% (± CI) (n=0)	% (± CI) (n=3,504)	% (± CI) (n=2,991)	% (± CI) (n=1,742)
104. During the past year, did you: (Choose all that apply)				
Exercise to lose weight or to keep from gaining weight?	**	61.8% (±2.3)	60.6% (±2.7)	61.6% (±3.3)
Eat less food, fewer calories or foods low in fat or carbohydrates to lose weight or to keep from gaining weight?	**	46.1% (±2.4)	48.9% (±3.1)	51.9% (±3.2)
Intentionally go without eating for 12 hours or more (also called fasting) to lose weight or to keep from gaining weight?	**	26.5% (±2.0)	27.4% (±3.3)	29.8% (±3.3)
Take any diet pills, powders, teas, juice cleanses or other liquids without a doctor's advice to lose weight or to keep from gaining weight?	**	6.9% (±1.0)	7.5% (±1.3)	7.4% (±1.4)
Vomit, use laxatives, or eat certain foods or liquids intentionally (such as foods that cause stomach pain or nausea) to lose weight or to keep from gaining weight?	**	7.7% (±1.0)	8.7% (±1.7)	8.7% (±1.5)
Eat so much food in a short period of time that you would be embarrassed if others saw you?	**	26.1% (±1.9)	27.7% (±2.6)	25.1% (±2.4)
105. How often do family, friends, peers or others do or say things about your body or the food you eat that make you feel bad?				
	(n=0)	(n=3,548)	(n=3,012)	(n=1,748)
Never	**	51.5% (±2.0)	47.3% (±2.4)	47.4% (±2.8)
Less than once a year	**	12.4% (±1.2)	12.8% (±1.5)	13.2% (±1.9)
A few times a year	**	15.6% (±1.1)	18.3% (±1.8)	18.7% (±1.5)
A few times a month	**	11.6% (±1.2)	12.7% (±1.7)	13.2% (±1.6)
A few times a week	**	8.9% (±1.0)	8.9% (±1.4)	7.6% (±1.2)

Sexual Behavior

106. Have you ever had sex? †	(n=0)	(n=2,738)	(n=2,197)	(n=1,215)
Yes	**	4.7% (±1.1)	17.0% (±3.1)	40.0% (±4.9)
No	**	95.3% (±1.1)	83.0% (±3.1)	60.0% (±4.9)
107. How old were you when you had sex for the first time? †	(n=0)	(n=2,738)	(n=2,197)	(n=1,215)
I have never had sex.	**	95.3% (±1.1)	83.0% (±3.1)	60.0% (±4.9)
11 years old or younger	**	1.4% (±0.5)	1.7% (±0.6)	1.6% (±0.9)
12 years old	**	1.1% (±0.4)	0.6% (±0.3)	0.7% (±0.5)
13 years old	**	1.7% (±0.7)	1.8% (±0.6)	3.0% (±1.0)
14 years old	**	0.2% (±0.2)	5.5% (±1.5)	4.0% (±1.2)
15 years old	**	0.1% (±0.1)	6.6% (±1.3)	8.6% (±1.9)
16 years old	**	0.1% (±0.1)	0.6% (±0.4)	12.8% (±2.0)
17 years old or older	**	0.2% (±0.2)	0.3% (±0.3)	9.3% (±1.7)
108. With how many people have you ever had sex? †	(n=0)	(n=2,749)	(n=2,206)	(n=1,209)
I have never had sex.	**	95.5% (±1.1)	83.5% (±3.0)	61.1% (±4.9)
1 person	**	2.3% (±0.7)	9.9% (±1.9)	20.2% (±3.4)
2 people	**	0.9% (±0.4)	3.0% (±1.0)	7.5% (±1.7)
3 people	**	0.5% (±0.2)	1.2% (±0.3)	3.9% (±1.2)
4 people	**	0.2% (±0.2)	0.6% (±0.4)	2.1% (±0.9)
5 people	**	0.0% (±0.1)	0.3% (±0.3)	0.7% (±0.4)
6 or more people	**	0.5% (±0.3)	1.5% (±0.5)	4.5% (±1.5)

	Grade 6	Grade 8	Grade 10	Grade 12
109. During your life, with whom have you had sexual contact? Choose all that apply. †	% (± CI) (n=0)	% (± CI) (n=2,748)	% (± CI) (n=2,214)	% (± CI) (n=1,210)
I have never had sexual contact	**	95.3% (±1.1)	82.9% (±3.1)	60.8% (±4.8)
Females	**	3.2% (±0.9)	10.3% (±2.1)	24.3% (±3.5)
Males	**	1.9% (±0.6)	8.4% (±1.6)	18.9% (±3.0)
Other	**	0.2% (±0.2)	0.8% (±0.5)	1.5% (±0.7)
110. The last time you had sex, what method(s) did you or your partner use to prevent pregnancy and/or sexually transmitted infections (STIs)? Choose all that you used. †	(n=0)	(n=2,744)	(n=2,203)	(n=1,213)
I have never had sex.	**	96.0% (±1.1)	84.4% (±2.9)	61.7% (±5.1)
No method was used	**	1.2% (±0.5)	3.0% (±1.0)	7.1% (±1.5)
Birth control pills	**	0.4% (±0.2)	4.0% (±1.1)	12.7% (±2.5)
Condoms	**	2.4% (±0.8)	11.2% (±2.1)	24.7% (±3.9)
Dental dam	**	0.1% (±0.1)	0.2% (±0.2)	0.3% (±0.3)
An IUD or implant (such as Mirena or ParaGard; Implanon or Nexplanon)	**	0.1% (±0.1)	1.5% (±0.7)	6.5% (±2.4)
A shot (such as Depo-Provera)	**	0.1% (±0.1)	0.5% (±0.3)	1.1% (±0.6)
Patch or birth control ring (such as Xulane; NuvaRing)	**	0.1% (±0.1)	0.5% (±0.3)	1.3% (±0.7)
Withdrawal	**	0.3% (±0.2)	2.0% (±0.8)	5.4% (±1.3)
Some other method	**	0.3% (±0.2)	0.9% (±0.4)	1.6% (±0.7)
Not sure	**	0.6% (±0.4)	0.8% (±0.5)	1.7% (±1.0)

Behaviors Related to Unintentional Injury

111. When you ride a bicycle, how often do you wear a helmet?	(n=9,063)	(n=0)	(n=0)	(n=0)
I do not ride a bicycle	14.7% (±1.5)	**	**	**
Never wear a helmet	16.4% (±3.1)	**	**	**
Rarely wear a helmet	10.7% (±1.2)	**	**	**
Sometimes wear a helmet	11.2% (±1.1)	**	**	**
Most of the time wear a helmet	17.5% (±1.8)	**	**	**
Always wear a helmet	29.6% (±4.1)	**	**	**
112. How often do you wear a helmet when skating, skateboarding or riding a scooter?	(n=9,038)	(n=0)	(n=0)	(n=0)
Always	21.1% (±2.6)	**	**	**
Most of the time	15.2% (±1.4)	**	**	**
Sometimes	16.7% (±1.0)	**	**	**
Never	21.3% (±3.2)	**	**	**
I don't do any of those activities	25.7% (±1.2)	**	**	**
113. Have you ever had a bump, hit, or jolt to the head that made it difficult to study or complete school work?	(n=0)	(n=3,497)	(n=2,989)	(n=1,743)
Yes	**	24.8% (±2.2)	23.7% (±1.9)	22.4% (±1.9)
No	**	75.2% (±2.2)	76.3% (±1.9)	77.6% (±1.9)
114. How good a swimmer do you think you are?	(n=9,093)	(n=3,549)	(n=3,024)	(n=1,749)
Good	47.9% (±2.7)	47.6% (±3.2)	50.5% (±3.3)	50.5% (±4.7)
So-so	32.0% (±1.4)	33.1% (±1.8)	32.7% (±1.7)	30.9% (±2.5)
Not good	10.7% (±1.1)	9.9% (±1.1)	8.2% (±1.3)	9.3% (±1.4)
Can't swim	9.3% (±1.3)	9.4% (±1.7)	8.5% (±2.0)	9.3% (±2.8)

	Grade 6	Grade 8	Grade 10	Grade 12
	% (± CI) (n=9,099)	% (± CI) (n=3,563)	% (± CI) (n=3,039)	% (± CI) (n=1,758)
115. Have you ever taken formal swimming lessons?				
Yes	54.7% (±5.0)	55.1% (±5.4)	58.0% (±5.7)	58.0% (±7.7)
No	38.1% (±4.8)	40.6% (±5.3)	38.2% (±5.6)	39.1% (±7.4)
Not sure	7.2% (±0.5)	4.4% (±0.7)	3.8% (±0.9)	2.8% (±0.8)
116. During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been drinking alcohol?	(n=0)	(n=3,554)	(n=2,939)	(n=1,754)
0 times	**	88.2% (±1.5)	88.1% (±1.6)	88.5% (±1.8)
1 time	**	5.5% (±0.9)	5.3% (±0.8)	5.9% (±1.2)
2-3 times	**	3.7% (±0.7)	4.3% (±0.9)	4.1% (±1.1)
4-5 times	**	0.9% (±0.3)	0.9% (±0.3)	0.5% (±0.3)
6 or more times	**	1.7% (±0.4)	1.5% (±0.6)	1.0% (±0.5)
117. Who was driving?	(n=0)	(n=3,533)	(n=2,929)	(n=1,750)
I did not ride in a car/vehicle with someone who had been drinking alcohol in the past 30 days.	**	89.3% (±1.4)	89.0% (±1.5)	88.8% (±1.7)
My parent/guardian	**	6.7% (±1.1)	4.9% (±1.0)	3.2% (±0.8)
My sibling	**	0.4% (±0.2)	0.5% (±0.3)	0.5% (±0.4)
Other family member	**	1.4% (±0.5)	0.9% (±0.4)	0.7% (±0.4)
Friend/acquaintance	**	0.8% (±0.4)	2.2% (±0.6)	4.7% (±1.2)
Coworker	**	0.1% (±0.1)	0.1% (±0.1)	0.1% (±0.2)
Other	**	1.1% (±0.3)	2.4% (±0.5)	1.9% (±0.7)
118. In the last 30 days, have you ridden in a car driven by someone who had been drinking alcohol?	(n=8,956)	(n=0)	(n=0)	(n=0)
Yes	8.4% (±0.8)	**	**	**
No	76.8% (±1.2)	**	**	**
Not sure	14.8% (±0.9)	**	**	**
119. During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol?	(n=0)	(n=7,125)	(n=6,102)	(n=3,539)
I did not drive a car or other vehicle during the past 30 days.	**	88.8% (±1.5)	58.1% (±2.9)	31.8% (±3.2)
0 times	**	10.6% (±1.4)	41.0% (±2.9)	65.6% (±3.2)
1 time	**	0.2% (±0.1)	0.3% (±0.1)	1.2% (±0.5)
2 - 3 times	**	0.1% (±0.1)	0.2% (±0.1)	0.9% (±0.3)
4 - 5 times	**	0.1% (±0.1)	0.1% (±0.1)	0.2% (±0.2)
6 or more times	**	0.2% (±0.1)	0.3% (±0.2)	0.3% (±0.2)
120. During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been using marijuana?	(n=0)	(n=3,552)	(n=2,920)	(n=1,745)
0 times	**	92.3% (±1.2)	89.0% (±1.9)	85.3% (±2.0)
1 time	**	2.3% (±0.5)	3.7% (±0.8)	4.2% (±0.9)
2-3 times	**	2.5% (±0.6)	3.1% (±0.6)	4.2% (±1.0)
4-5 times	**	0.7% (±0.3)	1.0% (±0.4)	1.6% (±0.5)
6 or more times	**	2.3% (±0.7)	3.2% (±1.1)	4.7% (±1.2)

	Grade 6	Grade 8	Grade 10	Grade 12
	% (± CI) (n=0)	% (± CI) (n=3,543)	% (± CI) (n=2,907)	% (± CI) (n=1,742)
121. Who was driving?				
I did not ride in a car/vehicle with someone who had been using marijuana in the past 30 days.	**	92.6% (±1.1)	89.7% (±1.9)	85.6% (±2.0)
My parent/guardian	**	3.6% (±0.7)	3.2% (±1.2)	2.2% (±0.7)
My sibling	**	1.0% (±0.4)	1.0% (±0.4)	1.0% (±0.5)
Other family member	**	1.2% (±0.3)	0.7% (±0.3)	0.6% (±0.3)
Friend/Acquaintance	**	0.6% (±0.3)	3.0% (±0.7)	7.6% (±1.5)
Coworker	**	0.1% (±0.1)	0.1% (±0.1)	0.1% (±0.2)
Other	**	0.9% (±0.3)	2.2% (±0.7)	2.8% (±0.9)
122. During the past 30 days, how many times did you drive a car or other vehicle within three hours after using marijuana?	(n=0)	(n=7,119)	(n=6,095)	(n=3,533)
I did not drive a car or other vehicle during the past 30 days.	**	88.9% (±1.5)	58.0% (±3.0)	31.5% (±3.2)
0 times	**	10.5% (±1.4)	40.5% (±2.9)	63.0% (±3.2)
1 time	**	0.2% (±0.1)	0.5% (±0.1)	1.7% (±0.4)
2 - 3 times	**	0.1% (±0.1)	0.4% (±0.2)	1.4% (±0.4)
4 - 5 times	**	0.1% (±0.1)	0.1% (±0.1)	0.5% (±0.2)
6 or more times	**	0.2% (±0.1)	0.5% (±0.2)	1.8% (±0.5)
123. During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol and using marijuana at the same time?	(n=0)	(n=7,112)	(n=6,095)	(n=3,534)
I did not drive a car or other vehicle during the past 30 days.	**	89.0% (±1.5)	58.1% (±3.0)	32.0% (±3.2)
0 times	**	10.6% (±1.4)	41.0% (±2.9)	66.3% (±3.1)
1 time	**	0.2% (±0.1)	0.2% (±0.1)	0.8% (±0.3)
2 - 3 times	**	0.1% (±0.1)	0.2% (±0.1)	0.5% (±0.2)
4 - 5 times	**	0.0% (±0.1)	0.1% (±0.1)	0.0% (±0.1)
6 or more times	**	0.2% (±0.1)	0.3% (±0.2)	0.5% (±0.2)
124. During the past 30 days, did you ride in a car or other vehicle driven by someone who was texting or emailing?	(n=8,971)	(n=0)	(n=0)	(n=0)
Yes	34.5% (±1.8)	**	**	**
No	49.1% (±1.8)	**	**	**
Not sure	16.4% (±1.0)	**	**	**
125. During the past 30 days, how many times did you text or email while driving a car or other vehicle?	(n=0)	(n=7,158)	(n=6,138)	(n=3,554)
I did not drive a car or other vehicle during the past 30 days.	**	82.4% (±2.0)	52.6% (±3.0)	25.1% (±3.0)
0 times	**	14.0% (±1.5)	39.6% (±2.7)	37.5% (±1.9)
1 time	**	1.2% (±0.3)	3.2% (±0.5)	8.3% (±0.9)
2 - 3 times	**	0.9% (±0.3)	2.4% (±0.4)	11.4% (±1.0)
4 - 5 times	**	0.2% (±0.1)	0.5% (±0.1)	4.2% (±0.7)
6 or more times	**	1.2% (±0.3)	1.8% (±0.4)	13.5% (±1.9)

Behaviors Related to Intentional Injury

	Grade 6	Grade 8	Grade 10	Grade 12
126. During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club on school property?	% (± CI) (n=9,049)	% (± CI) (n=7,214)	% (± CI) (n=6,148)	% (± CI) (n=3,565)
0 days	98.1% (±0.3)	97.8% (±0.4)	97.4% (±0.6)	96.8% (±0.7)
1 - 5 days	1.2% (±0.3)	1.0% (±0.3)	1.2% (±0.4)	1.2% (±0.4)
6 or more days	0.3% (±0.1)	0.7% (±0.2)	1.0% (±0.3)	1.7% (±0.6)
I have not been on school property in the past 30 days.	0.4% (±0.1)	0.5% (±0.1)	0.4% (±0.2)	0.3% (±0.1)
127. During the past 12 months, how many times were you in a physical fight?	(n=8,987)	(n=7,215)	(n=6,146)	(n=3,578)
0 times	67.1% (±1.6)	77.1% (±1.3)	84.3% (±1.5)	87.6% (±1.5)
1 time	15.7% (±1.0)	12.3% (±0.9)	8.2% (±1.0)	6.5% (±0.9)
2-3 times	10.2% (±0.8)	7.2% (±0.7)	4.6% (±0.7)	4.0% (±0.8)
4-5 times	2.3% (±0.4)	1.3% (±0.3)	1.0% (±0.2)	0.6% (±0.3)
6 or more times	4.7% (±0.6)	2.0% (±0.3)	1.9% (±0.4)	1.3% (±0.4)
128. A gang is a group of people with a leader who act together often for violent or illegal activities. During the past 12 months, have you been a member of a gang?	(n=0)	(n=7,188)	(n=6,140)	(n=3,556)
No	**	97.8% (±0.4)	97.9% (±0.5)	97.9% (±0.5)
Yes	**	2.2% (±0.4)	2.1% (±0.5)	2.1% (±0.5)
129. Are there gangs at your school?	(n=0)	(n=7,233)	(n=6,158)	(n=3,564)
No	**	31.5% (±3.4)	25.0% (±4.2)	34.5% (±5.5)
Yes	**	12.0% (±2.3)	15.2% (±4.0)	13.6% (±4.2)
Don't know	**	56.4% (±1.8)	59.8% (±3.8)	51.9% (±4.1)

Physical, Emotional and Sexual Abuse

130. Not counting TV, movies, video games, and sporting events, have you seen an adult hit, slap, punch, shove, kick, or otherwise physically hurt another adult more than one time?	(n=0)	(n=3,490)	(n=3,017)	(n=1,761)
No	**	77.9% (±1.7)	75.5% (±2.7)	74.5% (±3.2)
Yes	**	22.1% (±1.7)	24.5% (±2.7)	25.5% (±3.2)
131. Has an adult ever physically hurt you on purpose (like pushed, slapped, hit, kicked or punched you), leaving a mark, bruise or injury?	(n=0)	(n=3,471)	(n=2,981)	(n=1,751)
No	**	82.1% (±1.8)	79.7% (±2.5)	80.0% (±3.1)
Yes	**	17.9% (±1.8)	20.3% (±2.5)	20.0% (±3.1)
132. How often does a parent or adult in your home swear at you, insult you, put you down or humiliate you?	(n=0)	(n=3,493)	(n=3,012)	(n=1,764)
Never or almost never	**	68.4% (±2.5)	68.3% (±3.0)	71.1% (±3.3)
Sometimes	**	21.4% (±1.7)	21.6% (±2.0)	19.6% (±2.2)
Often	**	6.5% (±0.9)	5.8% (±0.9)	5.3% (±1.5)
Very often	**	3.7% (±0.8)	4.3% (±1.0)	4.1% (±1.0)

133. Sometimes kids are in a position where they really need money for food or a place to stay. Have you ever traded sex for money, drugs, a place to stay, a cell phone, or something else that you needed?	Grade 6	Grade 8	Grade 10	Grade 12
	% (± CI) (n=0)	% (± CI) (n=3,468)	% (± CI) (n=2,985)	% (± CI) (n=1,752)
Yes	**	1.3% (±0.4)	1.9% (±0.5)	2.0% (±0.6)
No	**	91.1% (±1.3)	94.1% (±1.2)	95.6% (±0.9)
Unsure	**	1.7% (±0.5)	1.4% (±0.5)	1.0% (±0.4)
I don't know what this question is asking.	**	5.8% (±0.9)	2.5% (±0.8)	1.4% (±0.6)
134. During the past 12 months, did someone you were dating or going out with ever limit your activities, threaten you, or make you feel unsafe in any other way?	(n=0)	(n=3,515)	(n=3,020)	(n=1,769)
I did not date or go out with anyone during the past 12 months.	**	57.3% (±2.8)	48.2% (±2.7)	37.8% (±4.2)
No	**	38.0% (±2.7)	44.6% (±2.1)	54.6% (±3.5)
Yes	**	4.7% (±0.8)	7.1% (±1.2)	7.6% (±1.4)
135. In the past 12 months, how many times did someone you were dating or going out with physically hurt you on purpose? (Count such things as being hit, slammed into something, or injured with an object or weapon.)	(n=0)	(n=3,505)	(n=3,022)	(n=1,760)
I did not date or go out with anyone during the past 12 months.	**	60.8% (±2.7)	51.2% (±2.7)	40.3% (±4.2)
0 times	**	35.9% (±2.7)	44.7% (±2.4)	54.8% (±3.4)
1 time	**	1.3% (±0.4)	1.5% (±0.4)	1.5% (±0.6)
2 or 3 times	**	0.9% (±0.3)	1.3% (±0.5)	1.6% (±0.9)
4 or 5 times	**	0.3% (±0.2)	0.4% (±0.3)	0.4% (±0.3)
6 or more times	**	0.7% (±0.3)	0.9% (±0.3)	1.4% (±0.5)
136. Have you ever seen someone about your age pressure someone else to kiss, touch, or have sex when they did not want to? †	(n=0)	(n=3,101)	(n=2,488)	(n=1,431)
Yes	**	18.5% (±1.7)	19.6% (±2.3)	19.0% (±2.0)
No	**	81.5% (±1.7)	80.4% (±2.3)	81.0% (±2.0)
137. Have you ever been in a situation where someone made you engage in kissing, sexual touch or having sex when you did not want to? †	(n=0)	(n=3,081)	(n=2,487)	(n=1,438)
Yes	**	10.8% (±1.5)	15.0% (±2.3)	18.6% (±2.5)
No	**	89.2% (±1.5)	85.0% (±2.3)	81.4% (±2.5)

Mental Health

138. During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?	(n=0)	(n=7,062)	(n=6,046)	(n=3,504)
Yes	**	27.1% (±2.1)	29.9% (±3.3)	32.4% (±3.0)
No	**	72.9% (±2.1)	70.1% (±3.3)	67.6% (±3.0)
139. During the past 12 months, did you ever seriously consider attempting suicide?	(n=0)	(n=7,021)	(n=6,015)	(n=3,495)
Yes	**	15.2% (±1.4)	14.5% (±1.7)	15.3% (±2.1)
No	**	84.8% (±1.4)	85.5% (±1.7)	84.7% (±2.1)

	Grade 6	Grade 8	Grade 10	Grade 12
140. During the past 12 months, did you make a plan about how you would attempt suicide?	% (± CI) (n=0)	% (± CI) (n=3,518)	% (± CI) (n=3,041)	% (± CI) (n=1,750)
Yes	**	12.6% (±1.7)	11.6% (±2.0)	11.8% (±2.1)
No	**	87.4% (±1.7)	88.4% (±2.0)	88.2% (±2.1)
141. During the past 12 months, how many times did you actually attempt suicide?	(n=0)	(n=3,581)	(n=3,034)	(n=1,794)
0 times	**	91.3% (±1.1)	92.9% (±1.1)	94.0% (±1.4)
1 time	**	4.9% (±0.7)	4.6% (±0.7)	3.5% (±1.0)
2-3 times	**	2.3% (±0.5)	1.7% (±0.6)	1.8% (±0.7)
4-5 times	**	0.8% (±0.4)	0.3% (±0.2)	0.3% (±0.2)
6 or more times	**	0.7% (±0.3)	0.5% (±0.3)	0.3% (±0.3)
142. Have you ever seriously thought about killing yourself?	(n=8,669)	(n=0)	(n=0)	(n=0)
Yes	20.3% (±1.8)	**	**	**
No	79.7% (±1.8)	**	**	**
143. Have you ever tried to kill yourself?	(n=8,781)	(n=0)	(n=0)	(n=0)
Yes	6.8% (±1.0)	**	**	**
No	93.2% (±1.0)	**	**	**
144. How often over the last 2 weeks, were you bothered by feeling nervous, anxious or on edge?	(n=0)	(n=7,098)	(n=6,091)	(n=3,525)
Not at all	**	45.4% (±1.9)	38.3% (±2.1)	33.3% (±2.3)
Several days	**	29.3% (±1.3)	31.1% (±1.7)	32.1% (±1.9)
More than half the days	**	11.5% (±0.7)	14.7% (±1.0)	16.2% (±1.3)
Nearly every day	**	13.8% (±1.3)	15.9% (±1.7)	18.4% (±1.7)
145. How often over the last 2 weeks, were you bothered by not being able to stop or control worrying?	(n=0)	(n=7,054)	(n=6,074)	(n=3,516)
Not at all	**	57.0% (±2.0)	51.0% (±2.4)	44.7% (±2.5)
Several days	**	21.6% (±1.0)	24.0% (±1.3)	27.0% (±1.7)
More than half the days	**	9.8% (±0.7)	12.6% (±0.9)	13.6% (±1.2)
Nearly every day	**	11.6% (±1.1)	12.5% (±1.4)	14.7% (±1.4)
146. When you feel sad or hopeless, are there adults that you can turn to for help?	(n=8,946)	(n=3,554)	(n=2,957)	(n=1,746)
I never feel sad or hopeless.	12.3% (±0.8)	18.6% (±1.7)	16.1% (±1.8)	13.6% (±1.9)
Yes	62.2% (±2.1)	57.3% (±2.1)	59.4% (±2.7)	61.7% (±3.3)
No	11.2% (±1.1)	10.9% (±1.0)	12.3% (±1.6)	12.8% (±2.0)
Not sure	14.2% (±1.0)	13.2% (±1.2)	12.3% (±1.4)	11.9% (±1.7)

	Grade 6	Grade 8	Grade 10	Grade 12
147. If you feel sad or hopeless almost every day for two weeks or more in a row, to whom would you most likely turn for help? Choose all that apply.	% (± CI) (n=0)	% (± CI) (n=3,472)	% (± CI) (n=3,001)	% (± CI) (n=1,719)
Sibling or cousin	**	31.0% (±1.9)	32.0% (±2.2)	32.6% (±2.4)
Teacher, school counselor, or other adult in my school	**	14.7% (±1.6)	12.2% (±1.5)	15.7% (±2.6)
Friend or peer	**	45.1% (±2.4)	51.4% (±2.4)	54.3% (±3.1)
Parent/Guardian	**	46.2% (±1.9)	45.1% (±2.4)	44.4% (±3.2)
Religious/faith leader	**	7.2% (±0.9)	6.6% (±1.4)	5.8% (±1.2)
Coach	**	6.6% (±0.9)	7.3% (±1.2)	5.5% (±1.4)
Other adult that's not my parent	**	10.8% (±1.3)	11.2% (±1.8)	12.1% (±1.8)
I don't have anyone I would talk to.	**	10.5% (±1.2)	10.4% (±1.6)	10.2% (±1.4)
I have not felt sad or hopeless for two weeks or more in a row.	**	34.4% (±1.9)	30.7% (±2.8)	25.4% (±2.3)
148. Last year, did you hear or see information at your school about the warning signs of suicide and how to get help for yourself or a friend?	(n=0)	(n=3,489)	(n=3,092)	(n=1,767)
Yes	**	53.3% (±5.5)	56.1% (±5.2)	52.2% (±5.5)
No	**	24.8% (±3.7)	24.8% (±3.6)	29.6% (±4.1)
Not sure	**	21.9% (±2.5)	19.1% (±2.1)	18.2% (±2.3)
149. How often do you experience increased social anxiety due to your Internet use.	(n=0)	(n=3,484)	(n=2,984)	(n=1,687)
Never	**	56.5% (±2.0)	52.2% (±3.3)	46.9% (±2.6)
Rarely	**	22.8% (±1.5)	26.1% (±2.4)	25.7% (±1.6)
Sometimes	**	12.6% (±1.0)	13.5% (±1.9)	17.6% (±2.0)
Often	**	5.1% (±0.7)	5.9% (±1.1)	6.5% (±1.3)
Very often	**	3.1% (±0.8)	2.3% (±0.5)	3.2% (±0.8)
150. How often do you feel withdrawal when away from the Internet.	(n=0)	(n=3,464)	(n=2,979)	(n=1,691)
Never	**	58.2% (±2.1)	53.6% (±2.8)	50.7% (±2.8)
Rarely	**	21.5% (±1.5)	25.8% (±1.7)	25.6% (±1.9)
Sometimes	**	13.2% (±1.3)	13.9% (±1.5)	16.3% (±2.2)
Often	**	4.7% (±0.9)	4.6% (±0.9)	4.8% (±1.2)
Very often	**	2.5% (±0.6)	2.1% (±0.6)	2.5% (±0.9)
151. How often do you lose motivation to do other things that need to get done because of the Internet.	(n=0)	(n=3,476)	(n=2,985)	(n=1,692)
Never	**	50.4% (±2.0)	40.3% (±3.4)	37.7% (±3.2)
Rarely	**	20.1% (±1.4)	22.1% (±1.7)	21.2% (±1.9)
Sometimes	**	16.3% (±1.3)	21.7% (±1.8)	22.3% (±3.0)
Often	**	8.7% (±0.8)	10.9% (±1.7)	12.6% (±1.8)
Very often	**	4.5% (±0.7)	5.0% (±0.9)	6.1% (±1.3)

COVID-19

Students were asked about three strategies to prevent the spread of COVID. They were also asked if they have worries related to how the pandemic might affect their lives.

There are things we can all do to stop the spread of certain illnesses like the flu, colds and COVID. Please rate how often you usually:

	Grade 6	Grade 8	Grade 10	Grade 12
	% (± CI) (n=9,019)	% (± CI) (n=3,500)	% (± CI) (n=2,922)	% (± CI) (n=1,725)
152. Wash your hands or use hand sanitizer between activities.				
Never	3.4% (±0.5)	4.2% (±0.7)	4.6% (±0.9)	4.8% (±1.3)
Only some of the time	13.1% (±1.0)	13.9% (±1.3)	14.7% (±1.7)	16.2% (±2.2)
About half of the time	17.2% (±1.0)	16.6% (±1.2)	19.4% (±1.3)	17.6% (±2.0)
Most of the time	37.5% (±1.2)	36.4% (±1.7)	35.8% (±1.7)	35.7% (±2.5)
All the time	28.9% (±1.6)	28.9% (±1.9)	25.6% (±2.4)	25.7% (±2.6)

153. Wear a mask when you are near people you don't live with.

	(n=8,962)	(n=3,485)	(n=2,913)	(n=1,725)
Never	43.7% (±2.3)	54.9% (±2.8)	60.5% (±3.5)	60.6% (±4.1)
Only some of the time	23.4% (±1.6)	19.7% (±1.8)	18.0% (±2.9)	20.3% (±3.4)
About half of the time	7.2% (±0.7)	5.5% (±0.8)	5.1% (±0.9)	6.0% (±1.1)
Most of the time	10.1% (±0.8)	7.9% (±1.0)	6.8% (±0.9)	6.3% (±1.3)
All the time	15.5% (±1.1)	12.1% (±1.3)	9.6% (±1.4)	6.7% (±1.1)

154. Stay home if you feel sick.

	(n=8,988)	(n=3,492)	(n=2,921)	(n=1,734)
Never	4.0% (±0.7)	4.5% (±0.9)	4.8% (±0.7)	6.3% (±1.4)
Only some of the time	13.4% (±1.0)	16.6% (±1.3)	21.6% (±2.0)	20.5% (±2.2)
About half of the time	13.7% (±0.9)	15.5% (±1.2)	17.4% (±1.9)	17.8% (±1.5)
Most of the time	34.9% (±1.4)	36.2% (±2.3)	33.3% (±2.8)	33.7% (±3.1)
All the time	34.0% (±1.6)	27.3% (±2.0)	22.9% (±1.8)	21.7% (±2.6)

How much are you worried right now about the following things as a result of the COVID pandemic?

	(n=8,890)	(n=3,468)	(n=2,889)	(n=1,718)
155. Your parents or guardians losing their job(s)?				
Not at all worried	57.7% (±3.0)	70.2% (±2.4)	75.0% (±2.9)	73.1% (±3.6)
A little worried	20.0% (±1.0)	16.8% (±1.5)	16.1% (±1.9)	18.1% (±2.3)
Pretty worried	12.2% (±1.3)	7.5% (±1.0)	5.5% (±0.9)	5.7% (±1.4)
Extremely worried	10.1% (±1.4)	5.5% (±1.0)	3.3% (±0.9)	3.1% (±0.9)

156. Your family being unable to afford rent or housing?

	(n=8,834)	(n=3,457)	(n=2,889)	(n=1,716)
Not at all worried	54.5% (±3.3)	69.1% (±2.6)	73.3% (±3.2)	71.8% (±4.0)
A little worried	17.6% (±1.1)	15.6% (±1.4)	15.3% (±1.6)	16.1% (±2.5)
Pretty worried	12.1% (±1.3)	8.1% (±1.2)	7.1% (±1.3)	7.6% (±1.8)
Extremely worried	15.8% (±1.8)	7.3% (±1.3)	4.2% (±1.1)	4.5% (±1.2)

157. Not having enough food to eat?

	(n=8,837)	(n=3,461)	(n=2,886)	(n=1,715)
Not at all worried	62.3% (±3.3)	75.2% (±2.4)	80.2% (±3.2)	77.2% (±4.1)
A little worried	13.5% (±1.0)	12.5% (±1.5)	11.3% (±1.7)	14.0% (±2.9)
Pretty worried	9.1% (±1.2)	6.2% (±1.1)	4.8% (±1.0)	5.4% (±1.4)
Extremely worried	15.1% (±1.7)	6.2% (±1.2)	3.7% (±1.1)	3.4% (±1.2)

Gambling

158. "Gambling" means betting money or possessions either in person or online, including video poker, phone apps, e-sports, etc. In the past 12 months, has YOUR gambling ever caused you problems at home, school or with your friends?

	Grade 6 % (± CI) (n=0)	Grade 8 % (± CI) (n=4,239)	Grade 10 % (± CI) (n=3,654)	Grade 12 % (± CI) (n=2,130)
No, I have not gambled.	**	89.1% (±1.1)	90.0% (±1.0)	86.8% (±1.4)
No, I have gambled but it has not caused problems.	**	10.0% (±1.1)	8.8% (±0.9)	11.8% (±1.4)
Yes, I have gambled and it has caused problems.	**	0.9% (±0.3)	1.2% (±0.4)	1.4% (±0.5)

School Climate

In the past few years Washington State has given increased attention to supportive learning environments. Students need a safe, nurturing, healthy, and civil learning environment if they are to be successful in school. This section provides information about student perceptions of school climate.

159. "Bullying" is when one or more students threaten, spread rumors about, hit, shove, or otherwise hurt another student over and over again. It is not bullying when two students of about the same strength or power argue or fight or tease each other in a friendly way. In the last 30 days, how often have you been bullied?

	(n=9,030)	(n=7,185)	(n=6,130)	(n=3,555)
I have not been bullied.	67.4% (±2.1)	72.4% (±1.9)	83.4% (±2.2)	87.0% (±1.7)
Once	14.7% (±0.9)	11.1% (±0.8)	7.3% (±0.9)	5.8% (±1.0)
2 - 3 times	9.4% (±1.0)	8.0% (±0.8)	4.9% (±1.1)	4.1% (±0.9)
About once a week	3.6% (±0.5)	3.5% (±0.5)	2.0% (±0.4)	1.4% (±0.4)
Several times a week	4.9% (±0.6)	4.9% (±0.8)	2.5% (±0.5)	1.8% (±0.4)

160. In the past 30 days, how often have you been bullied by someone using social media, a phone, or video games?

	(n=0)	(n=3,570)	(n=3,034)	(n=1,753)
I have not been bullied.	**	80.4% (±1.5)	86.3% (±1.7)	88.0% (±1.7)
Once	**	9.3% (±0.9)	7.1% (±0.9)	5.9% (±1.0)
2 - 3 times	**	5.8% (±0.8)	3.7% (±0.8)	3.9% (±0.9)
About once a week	**	2.0% (±0.5)	1.0% (±0.4)	0.7% (±0.5)
Several times a week	**	2.5% (±0.5)	1.9% (±0.5)	1.5% (±0.6)

161. In the past 30 days, how often were you bullied, harassed, or intimidated because of your race, ethnicity, or national origin or what someone thought it was?

	(n=0)	(n=3,567)	(n=3,044)	(n=1,776)
0 times	**	80.5% (±1.9)	87.3% (±1.2)	89.4% (±1.5)
1 time	**	8.8% (±1.0)	5.8% (±0.8)	5.3% (±1.0)
2 - 3 times	**	5.4% (±0.9)	3.7% (±0.7)	3.0% (±0.7)
About once a week	**	1.9% (±0.5)	1.2% (±0.5)	0.9% (±0.5)
Several times a week or more	**	3.3% (±0.8)	2.1% (±0.6)	1.3% (±0.5)

162. In the past 30 days, how often were you bullied, harassed, or intimidated because someone thought you were LGBTQ+ (whether you are or are not)?

	(n=0)	(n=3,528)	(n=3,011)	(n=1,770)
0 times	**	83.2% (±1.8)	87.1% (±1.7)	87.9% (±1.3)
1 time	**	7.5% (±1.1)	6.2% (±1.0)	5.7% (±1.1)
2 - 3 times	**	4.6% (±0.9)	4.0% (±0.7)	3.8% (±0.8)
About once a week	**	1.7% (±0.4)	1.0% (±0.4)	0.7% (±0.3)
Several times a week or more	**	2.9% (±0.7)	1.7% (±0.5)	1.9% (±0.6)

	Grade 6	Grade 8	Grade 10	Grade 12
163. When a student is being bullied, how often do teachers or other adults at school try to put a stop to it?	% (± CI) (n=0)	% (± CI) (n=3,503)	% (± CI) (n=2,965)	% (± CI) (n=1,707)
Almost always	**	25.3% (±2.3)	19.3% (±2.1)	20.0% (±2.7)
Often	**	25.3% (±1.7)	24.4% (±1.9)	25.5% (±2.7)
Sometimes	**	23.2% (±1.7)	25.9% (±1.9)	25.8% (±2.9)
Once in a while	**	14.3% (±1.2)	17.3% (±1.8)	15.0% (±2.1)
Almost never	**	11.9% (±1.7)	13.2% (±1.8)	13.6% (±2.0)
164. If you see bullying or have been bullied during school do you know how to report it?	(n=0)	(n=3,559)	(n=3,022)	(n=1,738)
Yes	**	74.1% (±2.7)	69.5% (±3.4)	73.7% (±3.2)
No	**	12.1% (±1.8)	14.4% (±2.1)	11.4% (±2.0)
Not sure	**	13.9% (±1.3)	16.1% (±2.4)	14.9% (±1.9)
165. During school, how often have you felt that you were treated badly or unfairly because of your race or ethnicity?	(n=0)	(n=3,580)	(n=3,065)	(n=1,776)
Never	**	69.3% (±2.4)	75.6% (±2.7)	76.5% (±2.2)
Rarely	**	18.0% (±1.6)	14.5% (±2.1)	13.8% (±1.5)
Sometimes	**	9.1% (±1.2)	7.3% (±1.3)	7.5% (±1.4)
Most of the time	**	1.9% (±0.5)	1.4% (±0.5)	1.2% (±0.5)
Always	**	1.7% (±0.5)	1.2% (±0.4)	0.9% (±0.5)
166. During the past 30 days, have you received messages, images, photos, or videos via text, app, or social media that are sexual?	(n=0)	(n=3,529)	(n=3,005)	(n=1,737)
Yes	**	12.9% (±1.6)	18.2% (±2.0)	18.6% (±2.4)
No	**	87.1% (±1.6)	81.8% (±2.0)	81.4% (±2.4)
167. During the past 30 days, on how many days did you not go to school because you felt you would be unsafe on your way to and from school?	(n=0)	(n=3,578)	(n=3,053)	(n=1,776)
0 days	**	90.9% (±1.9)	93.9% (±1.3)	93.9% (±1.4)
1 day	**	5.1% (±1.4)	2.8% (±0.8)	2.9% (±1.0)
2 or 3 days	**	2.3% (±0.6)	1.9% (±0.5)	1.9% (±0.7)
4 or 5 days	**	0.7% (±0.3)	0.4% (±0.2)	0.5% (±0.3)
6 or more days	**	0.7% (±0.2)	0.7% (±0.3)	0.6% (±0.4)
I did not travel to school in the past 30 days.	**	0.3% (±0.2)	0.3% (±0.2)	0.2% (±0.2)
168. During the past 30 days, on how many days did you not participate in school activities because you felt unsafe?	(n=0)	(n=3,556)	(n=3,032)	(n=1,746)
0 days	**	91.4% (±1.1)	92.8% (±1.4)	94.1% (±1.5)
1 day	**	4.7% (±0.8)	3.4% (±0.8)	2.3% (±0.8)
2 or 3 days	**	2.4% (±0.5)	1.9% (±0.4)	2.2% (±0.6)
4 or 5 days	**	0.5% (±0.2)	0.8% (±0.4)	0.7% (±0.4)
6 or more days	**	1.0% (±0.3)	1.0% (±0.4)	0.7% (±0.5)
169. Does your school provide a staff member (such as a nurse, counselor, intervention specialist) for students to discuss problems with alcohol, tobacco, or other drugs?	(n=0)	(n=3,532)	(n=3,022)	(n=1,795)
No	**	8.1% (±1.3)	6.6% (±1.1)	9.5% (±1.6)
Yes	**	59.9% (±3.7)	60.8% (±3.5)	56.8% (±4.2)
Not sure	**	32.0% (±3.3)	32.6% (±3.3)	33.8% (±3.3)

170. In the last year, did you have any contact with a school support personnel (such as a school counselor, nurse, social worker, intervention specialist, mental health counselor, therapist)?	Grade 6	Grade 8	Grade 10	Grade 12
	% (± CI) (n=0)	% (± CI) (n=3,407)	% (± CI) (n=2,955)	% (± CI) (n=1,766)
Yes	**	36.3% (±2.3)	32.5% (±2.1)	39.5% (±3.2)
No, I was referred to someone but did not meet with them.	**	4.1% (±0.8)	4.6% (±0.9)	3.4% (±0.7)
No, we don't have anyone in that role at my school.	**	1.6% (±0.4)	1.9% (±0.6)	2.4% (±0.9)
No, I did not want/need to contact someone in this role.	**	58.0% (±2.4)	61.0% (±2.2)	54.7% (±2.7)
171. There are people from my school who will help me if I need it?	(n=0)	(n=3,459)	(n=2,978)	(n=1,772)
Yes	**	77.4% (±1.9)	76.8% (±1.9)	79.1% (±3.0)
No	**	6.1% (±0.9)	5.5% (±1.1)	4.9% (±1.3)
Not sure	**	16.5% (±1.6)	17.7% (±1.7)	16.0% (±2.5)
172. Last year in school, were you taught about abstinence (not having sex) to prevent sexually transmitted infections (STIs) and pregnancy?	(n=0)	(n=3,440)	(n=3,044)	(n=1,749)
Yes	**	62.1% (±7.4)	69.0% (±7.3)	40.9% (±7.8)
No	**	22.5% (±5.7)	21.5% (±5.3)	46.8% (±7.2)
Not sure	**	15.4% (±2.7)	9.5% (±2.4)	12.3% (±2.1)
173. Last year in school, were you taught about ways other than abstinence to prevent sexually transmitted infections (STIs) and pregnancy?	(n=0)	(n=3,423)	(n=3,036)	(n=1,746)
Yes	**	59.1% (±7.5)	70.3% (±7.4)	44.2% (±7.8)
No	**	22.9% (±6.0)	19.5% (±5.2)	43.4% (±6.9)
Not sure	**	18.0% (±2.8)	10.2% (±2.7)	12.4% (±1.9)
174. Last year in school, were you taught about affirmative consent and healthy relationships?	(n=0)	(n=3,417)	(n=3,031)	(n=1,745)
Yes	**	58.8% (±5.8)	75.5% (±4.8)	53.0% (±7.7)
No	**	21.0% (±3.9)	15.6% (±3.4)	35.8% (±6.7)
Not sure	**	20.3% (±2.8)	9.0% (±2.0)	11.2% (±2.1)

Children's Hope Scale

Hope reflects a future orientated mindset and motivational process by which an individual has an expectation toward attaining a desirable goal. Research has linked hope with overall physical, psychological, and social well-being. This section introduces the Children's Hope Scale, an assessment of agency (ability to initiate and sustain action towards goals) and pathways (capacity to find a means to carry out goals).

175. Children's Hope Scale (Computed from questions 176 to 179)	(n=8,480)	(n=6,795)	(n=5,841)	(n=3,384)
No or very low hope	7.8% (±1.2)	10.0% (±1.2)	7.8% (±1.2)	7.4% (±1.1)
Slightly hopeful	20.0% (±1.6)	20.7% (±1.2)	21.0% (±1.9)	20.1% (±1.8)
Moderately hopeful	28.2% (±0.9)	26.8% (±1.3)	27.9% (±1.3)	29.0% (±1.6)
Highly hopeful	44.0% (±2.8)	42.5% (±2.7)	43.3% (±2.9)	43.4% (±3.1)

	Grade 6	Grade 8	Grade 10	Grade 12
	% (± CI) (n=8,653)	% (± CI) (n=6,895)	% (± CI) (n=5,967)	% (± CI) (n=3,476)
176. I can think of many ways to get the things in life that are most important to me.				
None of the time	4.3% (±0.6)	5.8% (±0.9)	4.6% (±0.9)	4.7% (±0.9)
A little of the time	10.7% (±1.2)	9.8% (±1.1)	8.5% (±1.2)	8.5% (±1.3)
Some of the time	27.7% (±1.5)	26.2% (±1.3)	25.4% (±1.6)	24.2% (±1.4)
A lot of the time	20.1% (±1.1)	20.9% (±1.0)	24.6% (±1.3)	25.7% (±1.4)
Most of the time	22.8% (±1.8)	21.7% (±1.9)	22.6% (±2.0)	22.3% (±1.7)
All of the time	14.3% (±1.2)	15.6% (±1.4)	14.3% (±1.1)	14.6% (±1.9)
177. I am doing just as well as other kids my age.	(n=8,713)	(n=6,917)	(n=5,964)	(n=3,471)
None of the time	5.8% (±0.8)	7.2% (±0.9)	6.1% (±0.9)	7.3% (±1.2)
A little of the time	10.9% (±1.2)	11.4% (±1.0)	12.1% (±1.8)	12.2% (±1.3)
Some of the time	17.4% (±1.5)	19.1% (±1.1)	21.4% (±1.1)	23.0% (±1.6)
A lot of the time	15.4% (±0.7)	16.5% (±1.0)	17.5% (±1.1)	18.6% (±1.5)
Most of the time	25.9% (±1.8)	23.1% (±1.5)	23.3% (±1.8)	21.7% (±1.6)
All of the time	24.5% (±1.6)	22.8% (±2.1)	19.6% (±1.5)	17.2% (±2.1)
178. When I have a problem, I can come up with lots of ways to solve it.	(n=8,697)	(n=6,894)	(n=5,903)	(n=3,417)
None of the time	6.8% (±1.0)	7.2% (±1.0)	4.9% (±1.0)	4.2% (±0.9)
A little of the time	16.0% (±1.4)	15.3% (±1.2)	11.8% (±1.6)	9.9% (±1.4)
Some of the time	24.8% (±0.8)	24.1% (±1.3)	26.2% (±1.4)	24.5% (±2.0)
A lot of the time	17.7% (±1.0)	18.5% (±0.9)	20.4% (±1.3)	22.7% (±1.6)
Most of the time	21.4% (±1.4)	20.9% (±1.6)	22.2% (±1.9)	24.0% (±2.1)
All of the time	13.3% (±0.9)	14.0% (±1.2)	14.5% (±1.3)	14.7% (±1.9)
179. I think the things I have done in the past will help me in the future.	(n=8,665)	(n=6,900)	(n=5,962)	(n=3,464)
None of the time	9.5% (±1.2)	10.8% (±1.0)	8.3% (±1.2)	7.9% (±1.2)
A little of the time	12.7% (±1.1)	13.8% (±0.9)	12.9% (±1.4)	11.5% (±1.5)
Some of the time	22.2% (±1.0)	22.6% (±1.2)	23.2% (±1.4)	22.4% (±1.8)
A lot of the time	15.3% (±0.8)	15.6% (±0.8)	17.9% (±1.0)	18.9% (±1.9)
Most of the time	22.1% (±1.4)	19.6% (±1.4)	20.9% (±1.8)	21.4% (±1.9)
All of the time	18.2% (±1.1)	17.7% (±1.3)	16.8% (±1.3)	18.1% (±2.4)

Washington Healthy Youth Survey – Adverse Childhood Experiences Scale (WAH-ACEs)

Eleven questions from the HYS were selected to be included in the WAH-ACEs score based on review of public health, social work, and psychology literature on adverse experiences among children, youth and young adults and the association with short and long-term effects on their health and wellbeing. These questions addressed the topics identified in the literature review, including intimate partner violence, physical or sexual abuse by an adult, safety in school, bullying, and financial hardship, among other topics. Some adverse experiences identified in the literature were not captured in HYS questions and could therefore not be included in WAH-ACEs (e.g., neglect).

For each question, a student could get a value of 0 or 1 and these were added up to create their final score. Sometimes students did not answer all questions on the survey; the WAH-ACEs score accounts for any missing answers to give schools and districts a more precise picture of what their students are experiencing. For more information about the WAH-ACEs, please see [WAH-ACEs Interpretive Guide](#).

	Grade 6	Grade 8	Grade 10	Grade 12
	% (± CI) (n=0)	% (± CI) (n=6,250)	% (± CI) (n=5,082)	% (± CI) (n=2,933)
180. Adverse Childhood Experiences Scale (WAH-ACEs)				
0 ACEs	**	39.8% (±2.4)	42.3% (±3.6)	41.2% (±2.6)
1 ACEs	**	23.0% (±0.9)	22.5% (±1.5)	21.9% (±1.5)
2 ACEs	**	12.5% (±0.9)	12.0% (±1.2)	12.1% (±1.4)
3 ACEs	**	7.3% (±0.8)	7.1% (±0.6)	7.0% (±1.1)
4 or more ACEs	**	17.4% (±1.6)	16.1% (±2.2)	17.8% (±2.6)

Social & Emotional Learning

Social Emotional Learning (SEL) is broadly understood as a process through which individuals build awareness and skills in managing emotions, setting goals, establishing relationships, and making responsible decisions that support success in school and in life.

181. I know how to disagree without starting a fight or argument.

	(n=0)	(n=3,630)	(n=3,089)	(n=1,836)
Strongly agree	**	24.8% (±2.1)	31.2% (±2.5)	38.0% (±2.8)
Agree	**	56.4% (±1.8)	55.4% (±2.5)	51.4% (±2.8)
Disagree	**	14.4% (±1.6)	10.2% (±1.3)	8.1% (±1.3)
Strongly disagree	**	4.4% (±0.9)	3.2% (±0.6)	2.5% (±0.9)

182. When I have problems at school, I am good at finding ways to solve them.

	(n=0)	(n=3,611)	(n=3,088)	(n=1,838)
Strongly agree	**	20.4% (±2.2)	23.1% (±2.7)	26.9% (±3.1)
Agree	**	54.9% (±1.8)	59.3% (±2.3)	59.0% (±2.7)
Disagree	**	20.0% (±1.4)	14.6% (±1.9)	11.7% (±1.7)
Strongly disagree	**	4.8% (±0.7)	3.0% (±0.7)	2.4% (±0.7)

183. When I make a decision, I think about what might happen afterward.

	(n=0)	(n=3,607)	(n=3,075)	(n=1,836)
Strongly agree	**	22.1% (±1.7)	26.1% (±2.1)	32.7% (±2.0)
Agree	**	50.4% (±1.8)	53.2% (±2.4)	50.7% (±2.1)
Disagree	**	21.5% (±1.5)	16.5% (±1.8)	13.2% (±2.1)
Strongly disagree	**	6.0% (±1.0)	4.2% (±0.6)	3.4% (±0.9)

184. I try to understand how other people feel and think.

	(n=0)	(n=3,604)	(n=3,074)	(n=1,830)
Strongly agree	**	36.3% (±2.4)	39.5% (±2.6)	45.0% (±2.6)
Agree	**	50.3% (±2.2)	49.3% (±2.2)	47.1% (±2.7)
Disagree	**	9.3% (±0.9)	8.4% (±1.4)	5.8% (±1.2)
Strongly disagree	**	4.1% (±0.7)	2.8% (±0.6)	2.1% (±0.7)

Risk and Protective Factors

Decades of research have shown that certain risk factors are associated with increased likelihood of health risk behaviors including alcohol, tobacco, and other drug (ATOD) use, violence, and delinquent behaviors. Similarly, research from the University of Washington Social Development Research Group has shown that protective factors exert a positive influence against the negative influence of risk factors. The premise of the risk reduction and protective factor enhancement approach to prevention is that preventing a problem before it occurs requires addressing the factors that predict the problem. Ideally, this strategy entails discovering the causes of the problem behavior and influencing those causes. Many of the survey questions were used to assess students' status on risk and protective factors in the community, school, family, and peer-individual domains. Composite scales were computed for each of these domains for program planning. For more information on risk and protective factors, please see the HYS fact sheet "What Are Risk and Protective Factors?" at: <https://www.askhys.net/SurveyResults/FactSheets>.

Risk and Protective Factor Graph of All Scale Results

For each risk factor scale, the percentage of students who are at risk (i.e., who agreed with statements that predict ATOD use or other problem behaviors) is reported; higher percentages indicate that more students are likely to engage in problem behaviors. For each protective factor scale, the percentage of students who are resilient (i.e., who agreed with statements that predict the ability to resist ATOD use or other problem behaviors) is reported; higher percentages indicate that fewer students are likely to engage in problem behaviors. These percentages are based on computational methods provided by the University of Washington's Social Development Research Group.

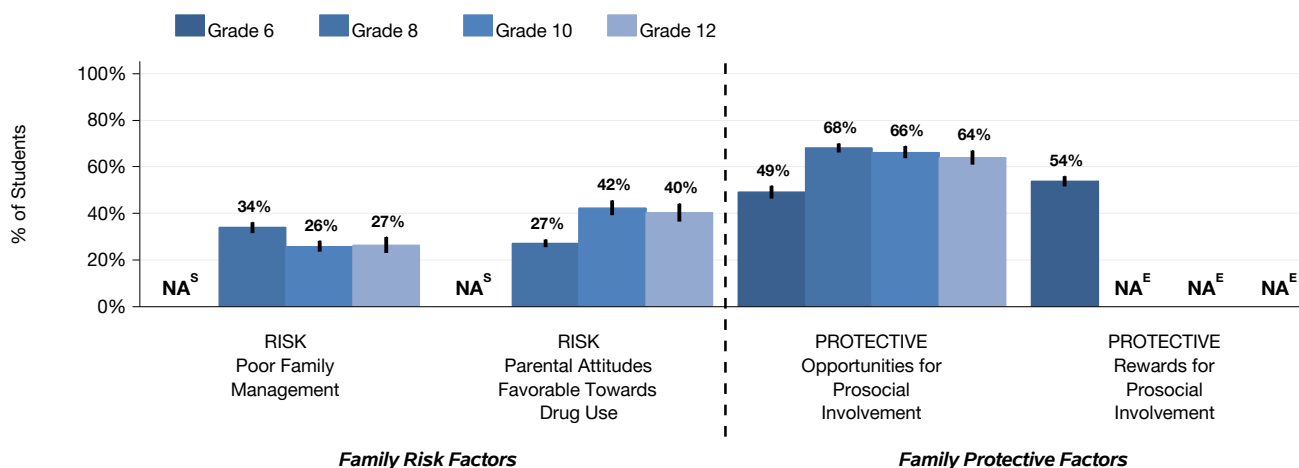
Family Domain

Risk Factors

	Grade 6 % (±CI)	Grade 8 % (±CI)	Grade 10 % (±CI)	Grade 12 % (±CI)
Poor Family Management (Questions 206-213)	NA ^S	(n=3,469) 34.0% (±2.4)	(n=2,990) 25.9% (±2.3)	(n=1,747) 26.5% (±3.5)
Parental Attitudes Favorable Towards Drug Use (Questions 220-222)	NA ^S	(n=3,519) 27.2% (±1.7)	(n=3,054) 42.3% (±3.1)	(n=1,748) 40.4% (±3.8)

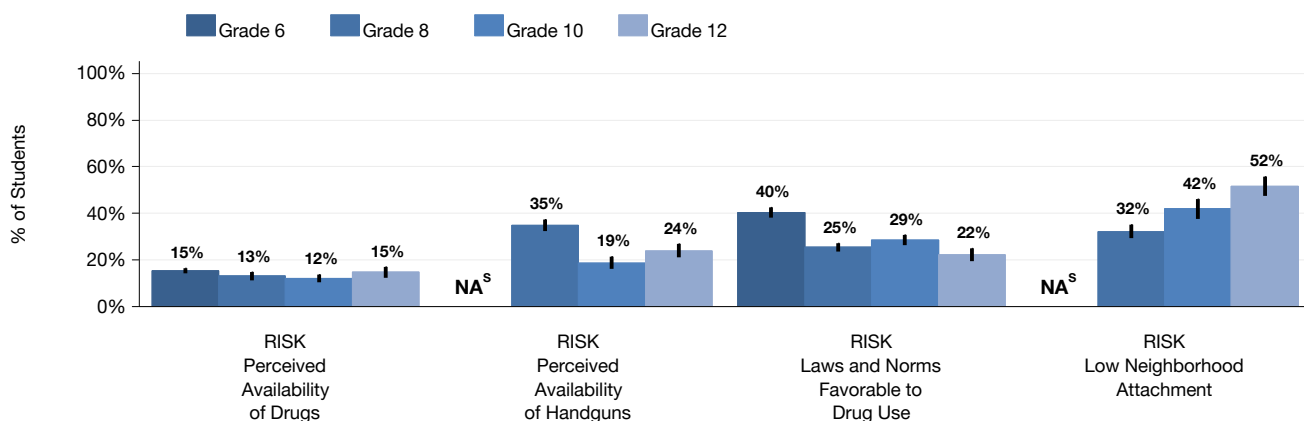
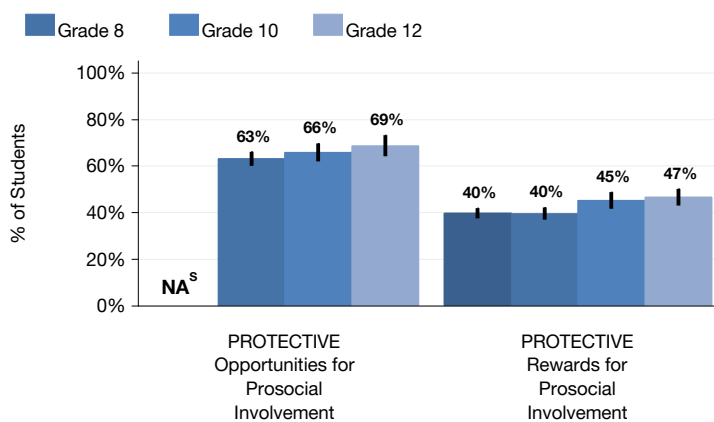
Protective Factors

Opportunities for Prosocial Involvement (Questions 214-216)	(n=8,957) 49.2% (±2.7)	(n=3,509) 68.1% (±1.9)	(n=3,048) 66.2% (±2.7)	(n=1,742) 63.9% (±3.0)
Rewards for Prosocial Involvement (Questions 217-219)	(n=8,808) 53.9% (±2.2)	NA ^E	NA ^E	NA ^E



Community Domain**Risk Factors**

	Grade 6 % (±CI)	Grade 8 % (±CI)	Grade 10 % (±CI)	Grade 12 % (±CI)
Perceived Availability of Drugs (Questions 185-188)	(n=8,527) 15.4% (±1.2)	(n=3,568) 13.1% (±1.7)	(n=3,078) 12.1% (±1.6)	(n=1,815) 14.7% (±2.4)
Perceived Availability of Hand Guns (Question 189)	NA ^S	(n=4,198) 35.0% (±2.4)	(n=3,575) 18.8% (±2.6)	(n=2,066) 24.0% (±2.8)
Laws and Norms Favorable to Drug Use (Questions 190-195)	(n=8,848) 40.4% (±2.2)	(n=3,587) 25.5% (±1.7)	(n=3,068) 28.5% (±2.2)	(n=1,741) 22.3% (±2.8)
Low Neighborhood Attachment (Questions 196-198)	NA ^S	(n=3,525) 32.2% (±2.8)	(n=3,047) 41.9% (±4.2)	(n=1,727) 51.5% (±4.1)
Protective Factors				
Opportunities for Prosocial Involvement (Questions 199-202)	NA ^S	(n=3,467) 63.1% (±3.1)	(n=2,942) 66.0% (±3.8)	(n=1,738) 68.7% (±4.6)
Rewards for Prosocial Involvement (Questions 203-205)	(n=8,839) 39.9% (±2.2)	(n=3,533) 39.6% (±2.6)	(n=2,952) 45.3% (±3.5)	(n=1,727) 46.7% (±3.5)

**Community Risk Factors****Community Protective Factors**

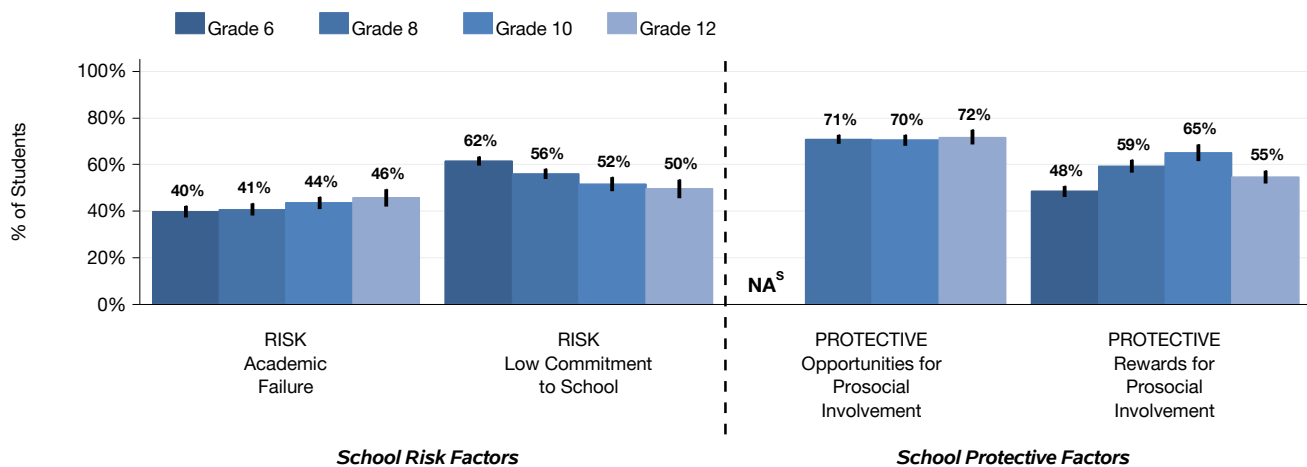
Note: NA^S = included only on the secondary version; NA^E = included only on the elementary version.

School Domain**Risk Factors**

	Grade 6	Grade 8	Grade 10	Grade 12
	% (±CI)	% (±CI)	% (±CI)	% (±CI)
Academic Failure Questions (Questions 223-224)	(n=8,484)	(n=4,020)	(n=3,490)	(n=2,001)
	39.8% (±2.5)	40.8% (±2.7)	43.6% (±2.7)	45.8% (±3.7)
Low Commitment to School (Questions 224-231)	(n=9,020)	(n=3,560)	(n=3,051)	(n=1,803)
	61.5% (±1.9)	56.1% (±2.2)	51.7% (±3.1)	49.6% (±4.0)

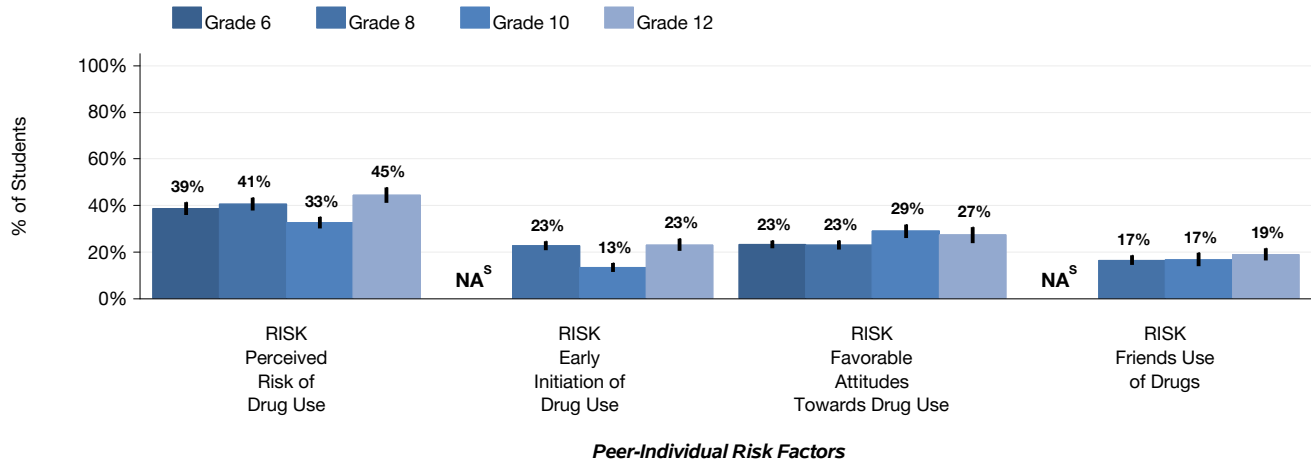
Protective Factors

Opportunities for Prosocial Involvement (Questions 232-236)		(n=3,504)	(n=3,030)	(n=1,699)
	NA ^s	70.7% (±1.9)	70.4% (±2.2)	71.7% (±3.2)
Rewards for Prosocial Involvement (Questions 237-240)	(n=8,821)	(n=3,510)	(n=2,968)	(n=1,768)
	48.5% (±2.3)	59.2% (±2.8)	65.1% (±3.5)	54.6% (±2.7)



Peer-Individual Domain**Risk Factors**

	Grade 6	Grade 8	Grade 10	Grade 12
	% (±CI)	% (±CI)	% (±CI)	% (±CI)
Perceived Risk of Drug Use (Questions 241-244)	(n=7,816) 38.8% (±2.7)	(n=3,206) 40.6% (±2.8)	(n=3,011) 32.6% (±2.5)	(n=1,746) 44.6% (±3.3)
Early Initiation of Drug Use (Questions 245-247)	NA ^s	(n=6,603) 22.7% (±1.9)	(n=5,684) 13.5% (±1.9)	(n=3,287) 23.2% (±2.7)
Favorable Attitudes Toward Drug Use (Questions 248-251)	(n=8,943) 23.4% (±1.6)	(n=3,682) 23.1% (±1.8)	(n=3,176) 29.1% (±2.9)	(n=1,829) 27.4% (±3.5)
Friends Use Drugs (Questions 252-255)	NA ^s	(n=3,636) 16.6% (±2.1)	(n=3,070) 16.9% (±2.8)	(n=1,806) 19.0% (±2.6)



Risk and Protective Factors: Individual Question Results

The remainder of the report provides results for the individual survey questions used to compute the risk and protective factors.

Community Domain

Perceived Availability of Drugs (Questions 185-188)

	Grade 6	Grade 8	Grade 10	Grade 12
	% (± CI) (n=8,597)	% (± CI) (n=3,574)	% (± CI) (n=3,073)	% (± CI) (n=1,820)
185. If you wanted to get some beer, wine, or hard liquor, how easy would it be for you to get some?				
Very hard	71.6% (±1.6)	50.4% (±2.5)	35.5% (±3.3)	27.8% (±2.8)
Sort of hard	15.4% (±1.0)	21.7% (±1.4)	24.6% (±1.8)	22.0% (±2.3)
Sort of easy	7.8% (±0.8)	17.0% (±1.5)	22.6% (±1.7)	26.2% (±2.4)
Very easy	5.1% (±0.6)	10.9% (±1.3)	17.3% (±1.8)	24.1% (±1.9)
186. If you wanted to get some cigarettes, how easy would it be for you to get some?	(n=8,535)	(n=3,569)	(n=3,072)	(n=1,814)
Very hard	83.2% (±1.3)	68.6% (±2.1)	55.2% (±3.7)	43.3% (±3.8)
Sort of hard	9.3% (±0.9)	16.4% (±1.0)	23.0% (±2.4)	24.4% (±1.9)
Sort of easy	4.3% (±0.5)	9.7% (±1.1)	12.5% (±1.5)	17.6% (±2.3)
Very easy	3.2% (±0.5)	5.3% (±1.1)	9.3% (±1.1)	14.7% (±2.4)
187. If you wanted to get some marijuana, how easy would it be for you to get some?	(n=8,492)	(n=3,556)	(n=3,064)	(n=1,806)
Very hard	88.8% (±1.1)	71.8% (±2.4)	50.8% (±4.0)	38.5% (±4.1)
Sort of hard	6.2% (±0.7)	12.7% (±1.2)	18.4% (±1.9)	19.0% (±2.4)
Sort of easy	2.9% (±0.4)	8.7% (±1.5)	15.5% (±1.7)	19.5% (±2.3)
Very easy	2.2% (±0.4)	6.8% (±1.2)	15.3% (±2.0)	23.0% (±3.2)
188. If you wanted to get a drug like cocaine, LSD, or amphetamines, how easy would it be for you to get some?	(n=8,500)	(n=3,562)	(n=3,070)	(n=1,811)
Very hard	93.5% (±0.8)	87.6% (±1.4)	80.0% (±2.2)	73.2% (±2.8)
Sort of hard	3.9% (±0.5)	8.0% (±1.1)	12.4% (±1.6)	15.0% (±2.2)
Sort of easy	1.4% (±0.3)	2.6% (±0.6)	4.6% (±0.9)	7.0% (±1.1)
Very easy	1.2% (±0.3)	1.9% (±0.6)	3.0% (±0.6)	4.8% (±1.0)

Perceived Availability of Hand Guns (Question 189)

	(n=0)	(n=4,198)	(n=3,575)	(n=2,066)
189. If you wanted to get a handgun, how easy would it be for you to get one?				
Very hard	**	65.0% (±2.4)	55.7% (±3.5)	49.2% (±3.5)
Sort of hard	**	21.8% (±1.4)	25.5% (±1.9)	26.8% (±2.4)
Sort of easy	**	9.2% (±1.2)	12.5% (±2.0)	15.6% (±1.9)
Very easy	**	4.0% (±0.8)	6.3% (±1.3)	8.3% (±1.7)

Laws and Norms Favorable to Drug Use (Questions 190-195)

How wrong would most adults in your neighborhood or community think it was for kids your age:

	Grade 6	Grade 8	Grade 10	Grade 12
	% (± CI) (n=8,742)	% (± CI) (n=3,547)	% (± CI) (n=3,041)	% (± CI) (n=1,724)
190. To use marijuana?				
Very wrong	88.4% (±1.1)	74.4% (±2.4)	58.0% (±3.4)	43.6% (±3.9)
Wrong	8.5% (±0.8)	18.7% (±1.9)	28.4% (±2.2)	35.0% (±1.9)
A little bit wrong	1.9% (±0.3)	5.3% (±0.8)	10.7% (±1.5)	16.6% (±2.5)
Not wrong at all	1.1% (±0.2)	1.6% (±0.4)	2.9% (±0.7)	4.8% (±1.2)
191. To drink alcohol?	(n=8,729)	(n=3,545)	(n=3,040)	(n=1,725)
Very wrong	80.0% (±1.3)	68.5% (±2.2)	52.4% (±3.3)	39.9% (±3.5)
Wrong	13.9% (±0.9)	22.4% (±1.6)	31.5% (±2.1)	34.4% (±2.1)
A little bit wrong	4.4% (±0.6)	7.1% (±0.9)	13.1% (±1.7)	20.3% (±3.1)
Not wrong at all	1.6% (±0.3)	2.0% (±0.5)	3.0% (±0.7)	5.4% (±1.1)
192. To smoke cigarettes?	(n=8,692)	(n=3,542)	(n=3,036)	(n=1,720)
Very wrong	85.4% (±1.2)	75.9% (±1.9)	65.0% (±3.0)	55.4% (±2.2)
Wrong	10.6% (±0.9)	18.5% (±1.5)	27.4% (±2.3)	33.4% (±2.0)
A little bit wrong	2.6% (±0.4)	4.2% (±0.7)	5.9% (±0.9)	9.0% (±1.7)
Not wrong at all	1.4% (±0.3)	1.4% (±0.4)	1.7% (±0.7)	2.2% (±0.6)
193. If a kid drank some beer, wine, or hard liquor in your neighborhood or community, would they be caught by the police?	(n=8,607)	(n=3,474)	(n=2,990)	(n=1,707)
NO!	17.2% (±1.3)	14.0% (±1.3)	16.5% (±1.3)	19.3% (±2.0)
No	28.2% (±1.3)	38.2% (±2.1)	47.1% (±3.0)	46.7% (±3.1)
yes	31.6% (±1.2)	32.8% (±1.7)	26.7% (±2.1)	26.4% (±3.1)
YES!	23.0% (±1.2)	15.1% (±1.5)	9.7% (±1.8)	7.6% (±1.5)
194. If a kid carried a handgun in your neighborhood or community, would they be caught by the police?	(n=8,609)	(n=3,469)	(n=2,985)	(n=1,699)
NO!	15.3% (±1.5)	10.9% (±1.2)	10.2% (±1.3)	11.0% (±1.6)
No	12.9% (±1.1)	17.4% (±1.6)	23.7% (±1.7)	24.7% (±3.1)
yes	29.7% (±1.1)	38.2% (±2.1)	39.2% (±2.0)	41.0% (±2.5)
YES!	42.1% (±2.0)	33.5% (±2.0)	26.9% (±2.2)	23.3% (±2.1)
195. If a kid used marijuana in your neighborhood or community, would they be caught by the police?	(n=8,515)	(n=3,458)	(n=2,983)	(n=1,702)
NO!	16.3% (±1.4)	13.6% (±1.3)	17.8% (±1.7)	20.8% (±2.4)
No	18.8% (±1.1)	31.6% (±2.1)	43.2% (±3.0)	45.0% (±3.5)
yes	33.6% (±1.3)	35.1% (±2.0)	27.3% (±1.8)	24.9% (±3.1)
YES!	31.3% (±1.4)	19.7% (±1.9)	11.6% (±2.2)	9.3% (±1.7)

Low Neighborhood Attachment (Questions 196-198)

196. I'd like to get out of my neighborhood or community.	(n=0)	(n=3,521)	(n=3,044)	(n=1,727)
NO!	**	35.9% (±2.8)	27.7% (±2.6)	18.7% (±2.4)
No	**	45.6% (±2.4)	45.7% (±2.6)	39.9% (±2.1)
yes	**	13.6% (±1.3)	18.8% (±2.7)	28.3% (±2.7)
YES!	**	4.9% (±0.8)	7.9% (±1.4)	13.1% (±1.7)

	Grade 6	Grade 8	Grade 10	Grade 12
197. If I had to move, I would miss the neighborhood or community I now live in.	% (± CI) (n=0)	% (± CI) (n=3,527)	% (± CI) (n=3,044)	% (± CI) (n=1,724)
NO!	**	7.2% (±1.0)	7.9% (±1.2)	8.9% (±1.3)
No	**	19.5% (±1.8)	25.1% (±2.7)	25.4% (±2.6)
yes	**	41.4% (±1.6)	43.7% (±2.0)	47.3% (±2.4)
YES!	**	31.8% (±2.6)	23.3% (±2.2)	18.4% (±2.3)
198. I like my neighborhood / community.	(n=0)	(n=3,517)	(n=3,042)	(n=1,721)
NO!	**	3.8% (±0.7)	5.2% (±1.1)	5.0% (±1.0)
No	**	13.2% (±1.6)	15.5% (±1.9)	16.5% (±2.4)
yes	**	52.8% (±1.8)	57.6% (±2.3)	60.1% (±2.5)
YES!	**	30.2% (±2.6)	21.7% (±2.3)	18.4% (±2.5)

Opportunities for Prosocial Involvement (Questions 199-202)

199. There are adults in my neighborhood or community I could talk to about something important.	(n=0)	(n=3,705)	(n=3,084)	(n=1,795)
NO!	**	10.9% (±1.2)	11.3% (±1.3)	9.7% (±1.6)
No	**	22.3% (±1.6)	23.1% (±1.7)	22.4% (±2.8)
yes	**	44.6% (±2.1)	46.0% (±1.8)	47.0% (±2.5)
YES!	**	22.2% (±2.1)	19.6% (±2.0)	20.8% (±3.3)

Which of the following activities for people your age are available in your neighborhood or community?

200. Sports teams and recreation	(n=0)	(n=3,608)	(n=3,068)	(n=1,794)
Yes	**	79.8% (±2.0)	81.6% (±3.0)	84.7% (±2.7)
No	**	20.2% (±2.0)	18.4% (±3.0)	15.3% (±2.7)
201. Scouts, Camp Fire, 4-H Clubs, cultural activities, or other service clubs	(n=0)	(n=3,535)	(n=3,000)	(n=1,772)
Yes	**	58.8% (±3.4)	66.6% (±4.0)	70.3% (±4.1)
No	**	41.2% (±3.4)	33.4% (±4.0)	29.7% (±4.1)
202. Boys and Girls Club, YMCA, or other activity clubs	(n=0)	(n=3,563)	(n=3,029)	(n=1,773)
Yes	**	69.1% (±3.8)	70.5% (±4.5)	71.1% (±5.4)
No	**	30.9% (±3.8)	29.5% (±4.5)	28.9% (±5.4)

Rewards for Prosocial Involvement (Questions 203-205)

203. My neighbors notice when I am doing a good job and let me know.	(n=8,889)	(n=3,543)	(n=2,952)	(n=1,728)
NO!	29.1% (±1.6)	28.1% (±2.1)	31.9% (±2.7)	35.4% (±1.7)
No	42.9% (±1.4)	44.9% (±2.1)	44.0% (±2.3)	42.1% (±2.3)
yes	22.9% (±1.4)	21.6% (±1.7)	20.1% (±1.9)	18.6% (±1.8)
YES!	5.0% (±0.5)	5.4% (±0.9)	4.0% (±0.9)	3.9% (±1.0)

	Grade 6	Grade 8	Grade 10	Grade 12
204. There are people in my neighborhood or community who encourage me to do my best.	% (± CI) (n=8,839)	% (± CI) (n=3,517)	% (± CI) (n=2,952)	% (± CI) (n=1,725)
NO!	21.2% (±1.6)	21.9% (±1.9)	24.6% (±2.4)	25.8% (±2.6)
No	31.5% (±1.4)	32.2% (±1.9)	33.3% (±2.4)	31.5% (±1.9)
yes	35.7% (±2.0)	35.0% (±2.2)	33.6% (±3.0)	35.0% (±3.4)
YES!	11.5% (±0.9)	10.9% (±1.3)	8.5% (±1.5)	7.7% (±1.5)
205. There are people in my neighborhood or community who are proud of me when I do something well.	(n=8,814)	(n=3,518)	(n=2,940)	(n=1,724)
NO!	22.1% (±1.5)	22.1% (±2.0)	24.4% (±2.1)	25.5% (±2.3)
No	33.1% (±1.3)	33.5% (±2.0)	33.2% (±2.3)	30.3% (±2.7)
yes	34.2% (±1.8)	33.8% (±2.3)	33.8% (±2.9)	35.7% (±3.8)
YES!	10.6% (±0.9)	10.6% (±1.3)	8.6% (±1.4)	8.5% (±1.9)

Family Domain

Poor Family Management (Questions 206-213)

206. My parent or guardian asks if I've gotten my homework done.	(n=0)	(n=3,563)	(n=3,070)	(n=1,780)
NO!	**	2.8% (±0.7)	4.7% (±0.8)	8.6% (±1.5)
No	**	10.4% (±1.7)	12.4% (±1.4)	18.7% (±2.2)
yes	**	43.7% (±2.7)	45.6% (±2.3)	45.8% (±2.2)
YES!	**	43.1% (±3.6)	37.2% (±3.3)	26.9% (±2.9)
207. Would your parent or guardian know if you did not come home on time?	(n=0)	(n=3,548)	(n=3,048)	(n=1,783)
NO!	**	1.9% (±0.5)	2.1% (±0.5)	3.8% (±0.8)
No	**	8.5% (±1.0)	8.4% (±1.0)	10.4% (±1.5)
yes	**	39.3% (±1.9)	44.0% (±2.3)	46.1% (±2.9)
YES!	**	50.4% (±2.3)	45.5% (±2.8)	39.8% (±3.0)
208. When I am not at home, one of my parents or guardians knows where I am and who I am with.	(n=0)	(n=3,540)	(n=3,042)	(n=1,772)
NO!	**	1.7% (±0.5)	1.5% (±0.4)	3.1% (±0.8)
No	**	6.5% (±0.9)	7.5% (±1.1)	9.8% (±1.9)
yes	**	40.8% (±1.9)	45.9% (±2.3)	51.9% (±2.3)
YES!	**	51.0% (±2.3)	45.1% (±2.6)	35.3% (±2.6)
209. The rules in my family are clear.	(n=0)	(n=3,531)	(n=3,041)	(n=1,762)
NO!	**	1.7% (±0.5)	2.0% (±0.4)	2.7% (±0.8)
No	**	9.1% (±1.1)	9.6% (±1.1)	11.2% (±1.7)
yes	**	46.0% (±2.1)	49.2% (±2.4)	51.5% (±2.6)
YES!	**	43.1% (±2.5)	39.2% (±2.7)	34.6% (±2.9)
210. My family has clear rules about alcohol and drug use.	(n=0)	(n=3,528)	(n=3,041)	(n=1,773)
NO!	**	2.1% (±0.5)	2.0% (±0.4)	3.2% (±0.7)
No	**	5.9% (±0.8)	8.6% (±1.3)	10.8% (±2.0)
yes	**	26.7% (±1.9)	35.7% (±2.7)	40.8% (±2.9)
YES!	**	65.4% (±2.5)	53.7% (±3.4)	45.1% (±3.7)

	Grade 6	Grade 8	Grade 10	Grade 12
211. If you drank some beer, wine, or liquor without your parent's or guardian's permission, would you be caught by them?	% (± CI) (n=0)	% (± CI) (n=3,462)	% (± CI) (n=2,983)	% (± CI) (n=1,744)
NO!	**	6.6% (±1.0)	8.3% (±1.0)	10.5% (±1.4)
No	**	19.2% (±1.6)	31.1% (±2.9)	40.5% (±4.6)
yes	**	33.1% (±1.9)	34.5% (±1.9)	29.5% (±2.9)
YES!	**	41.1% (±2.2)	26.1% (±3.1)	19.4% (±2.8)
212. If you carried a handgun without your parent's or guardian's permission, would you be caught by them?	(n=0)	(n=3,446)	(n=2,980)	(n=1,740)
NO!	**	4.9% (±0.9)	4.1% (±0.7)	5.2% (±0.9)
No	**	7.9% (±1.1)	12.0% (±1.2)	16.5% (±2.5)
yes	**	28.0% (±1.7)	34.2% (±2.3)	35.1% (±3.4)
YES!	**	59.2% (±2.3)	49.7% (±2.6)	43.2% (±3.2)
213. If you skipped school, would you be caught by your parent(s)/guardian(s)?	(n=0)	(n=3,484)	(n=2,993)	(n=1,753)
NO!	**	3.8% (±0.8)	3.2% (±0.6)	3.5% (±0.8)
No	**	6.0% (±1.0)	7.4% (±1.4)	10.7% (±1.6)
yes	**	27.3% (±1.6)	34.8% (±2.3)	39.5% (±2.1)
YES!	**	62.9% (±2.3)	54.7% (±2.9)	46.3% (±2.7)

Opportunities for Prosocial Involvement (Questions 214-216)

214. If I had a personal problem, I could ask my parent or guardian for help.	(n=8,974)	(n=3,518)	(n=3,046)	(n=1,739)
NO!	5.0% (±0.7)	6.1% (±1.0)	5.4% (±0.8)	6.1% (±1.3)
No	10.2% (±1.0)	12.9% (±1.0)	13.3% (±1.4)	12.7% (±2.0)
yes	40.4% (±1.3)	41.3% (±2.2)	44.9% (±1.7)	46.9% (±2.3)
YES!	44.4% (±2.4)	39.8% (±2.4)	36.4% (±2.0)	34.3% (±2.3)
215. My parent or guardian gives me lots of chances to do fun things with them.	(n=8,942)	(n=3,497)	(n=3,035)	(n=1,736)
NO!	2.6% (±0.4)	2.7% (±0.6)	3.2% (±0.7)	4.1% (±1.2)
No	11.5% (±1.0)	12.1% (±1.3)	14.2% (±2.0)	18.4% (±2.1)
yes	43.8% (±1.3)	46.5% (±1.9)	49.9% (±1.9)	46.1% (±2.1)
YES!	42.1% (±2.1)	38.7% (±2.2)	32.7% (±2.2)	31.3% (±2.1)
216. My parent or guardian asks me what I think before most family decisions affecting me are made.	(n=8,780)	(n=3,487)	(n=3,033)	(n=1,734)
NO!	7.2% (±0.9)	8.1% (±1.0)	8.7% (±1.6)	10.1% (±1.6)
No	24.2% (±1.5)	22.6% (±1.6)	21.1% (±1.8)	22.2% (±2.5)
yes	44.0% (±1.3)	43.8% (±1.7)	45.5% (±1.8)	42.8% (±2.7)
YES!	24.6% (±1.6)	25.5% (±1.6)	24.7% (±2.2)	24.8% (±2.4)

Rewards for Prosocial Involvement (Questions 217-219)

	Grade 6	Grade 8	Grade 10	Grade 12
217. My parent or guardian notices when I am doing a good job and let me know about it.	% (± CI) (n=9,034)	% (± CI) (n=0)	% (± CI) (n=0)	% (± CI) (n=0)
Never or almost never	6.0% (±0.7)	**	**	**
Sometimes	26.8% (±1.7)	**	**	**
Often	37.1% (±1.4)	**	**	**
All the time	30.0% (±1.7)	**	**	**
218. How often do your parent or guardian tell you they're proud of you for something you've done?	(n=9,036)	(n=0)	(n=0)	(n=0)
Never or almost never	6.9% (±0.9)	**	**	**
Sometimes	24.7% (±1.8)	**	**	**
Often	35.4% (±1.4)	**	**	**
All the time	32.9% (±1.8)	**	**	**
219. Do you enjoy spending time with your parents or guardians?	(n=8,912)	(n=0)	(n=0)	(n=0)
NO!	1.8% (±0.4)	**	**	**
no	3.8% (±0.5)	**	**	**
yes	30.1% (±1.2)	**	**	**
YES!	64.3% (±1.5)	**	**	**
Does not apply	0.0% (±0.0)	**	**	**

Parental Attitudes Favorable Towards Drug Use (Questions 220-222)

How wrong does your parent or guardian feel it would be for you to:

220. Drink beer, wine, or hard liquor regularly (at least once or twice a month)?	(n=0)	(n=3,519)	(n=3,047)	(n=1,748)
Very wrong	**	76.6% (±1.6)	63.5% (±3.0)	52.2% (±3.6)
Wrong	**	15.2% (±1.4)	21.8% (±2.0)	25.8% (±2.3)
A little bit wrong	**	5.9% (±0.9)	10.6% (±1.6)	15.7% (±1.9)
Not wrong at all	**	2.3% (±0.5)	4.2% (±0.9)	6.4% (±1.3)
221. Smoke cigarettes?	(n=0)	(n=3,515)	(n=3,055)	(n=1,748)
Very wrong	**	88.8% (±1.1)	84.5% (±2.0)	79.7% (±2.8)
Wrong	**	8.3% (±1.0)	12.2% (±1.4)	16.1% (±2.4)
A little bit wrong	**	1.8% (±0.4)	2.2% (±0.7)	2.9% (±0.8)
Not wrong at all	**	1.0% (±0.3)	1.0% (±0.3)	1.3% (±0.4)
222. Use marijuana?	(n=0)	(n=3,512)	(n=3,052)	(n=1,744)
Very wrong	**	86.2% (±1.7)	75.1% (±2.8)	62.6% (±4.6)
Wrong	**	9.2% (±1.4)	15.3% (±1.7)	21.0% (±2.5)
A little bit wrong	**	2.9% (±0.7)	7.0% (±1.4)	11.4% (±2.8)
Not wrong at all	**	1.7% (±0.5)	2.7% (±0.7)	5.0% (±1.0)

School Domain**Academic Failure Questions (Questions 223-224)**

	Grade 6	Grade 8	Grade 10	Grade 12
	% (± CI) (n=8,846)	% (± CI) (n=7,221)	% (± CI) (n=6,173)	% (± CI) (n=3,572)
223. Putting them all together, what were your grades like last year?				
Mostly As	51.5% (±3.1)	48.6% (±3.9)	46.4% (±5.4)	45.5% (±6.9)
Mostly Bs	34.7% (±1.9)	31.2% (±2.5)	28.9% (±2.3)	27.5% (±3.2)
Mostly Cs	10.2% (±1.3)	13.9% (±1.8)	15.3% (±2.1)	17.7% (±3.0)
Mostly Ds	2.2% (±0.4)	3.7% (±0.7)	5.8% (±1.2)	6.9% (±1.8)
Mostly Fs	1.3% (±0.4)	2.6% (±0.8)	3.5% (±1.0)	2.3% (±0.7)
224. Are your school grades better than the grades of most students in your class?				
	(n=8,775)	(n=4,212)	(n=3,651)	(n=2,096)
NO!	5.4% (±0.8)	6.4% (±0.9)	6.8% (±1.2)	8.0% (±1.0)
No	31.1% (±1.7)	29.9% (±2.0)	31.8% (±1.6)	31.7% (±2.5)
yes	51.0% (±1.9)	48.9% (±1.8)	46.9% (±1.8)	43.7% (±2.2)
YES!	12.5% (±0.8)	14.8% (±1.8)	14.5% (±1.5)	16.6% (±2.2)

Low Commitment to School (Questions 225-231)

225. How often do you feel the schoolwork you are assigned is meaningful and important?	(n=9,029)	(n=3,570)	(n=3,075)	(n=1,808)
Almost always	20.7% (±1.1)	10.6% (±1.0)	6.9% (±1.1)	5.9% (±1.3)
Often	32.8% (±1.4)	24.6% (±1.8)	20.4% (±2.1)	18.6% (±1.7)
Sometimes	30.9% (±1.2)	36.5% (±1.6)	40.8% (±1.9)	43.7% (±2.9)
Seldom	9.4% (±0.7)	18.9% (±1.5)	21.5% (±2.1)	23.0% (±3.2)
Never	6.1% (±0.7)	9.4% (±1.1)	10.3% (±1.5)	8.9% (±1.6)
226. How interesting are most of your courses to you?	(n=8,778)	(n=3,561)	(n=3,064)	(n=1,805)
Very interesting and stimulating	9.3% (±0.8)	5.4% (±0.8)	5.5% (±0.9)	7.4% (±1.3)
Quite interesting	33.1% (±1.6)	23.1% (±1.8)	23.0% (±2.0)	27.4% (±2.8)
Fairly interesting	39.1% (±1.3)	37.8% (±1.5)	40.3% (±2.6)	39.0% (±2.3)
Slightly dull	13.7% (±1.1)	23.8% (±1.6)	22.8% (±2.3)	19.6% (±2.7)
Very dull	4.8% (±0.6)	9.8% (±1.2)	8.4% (±1.2)	6.6% (±1.4)
227. How important do you think the things you are learning in school are going to be for you later in life?	(n=8,981)	(n=3,536)	(n=3,045)	(n=1,793)
Very important	26.6% (±1.7)	13.3% (±1.5)	8.9% (±1.3)	9.1% (±1.8)
Quite important	31.5% (±1.0)	23.2% (±1.7)	21.7% (±2.2)	20.2% (±1.9)
Fairly important	25.3% (±1.3)	32.3% (±1.5)	33.8% (±1.7)	37.4% (±3.1)
Slightly important	13.0% (±0.9)	24.3% (±1.6)	27.1% (±2.3)	25.9% (±2.4)
Not at all important	3.5% (±0.5)	7.0% (±1.1)	8.5% (±1.0)	7.3% (±1.0)

Think back over the past year in school. How often did you:

228. Enjoy school?	(n=9,108)	(n=7,226)	(n=6,181)	(n=3,588)
Never	8.1% (±1.0)	11.2% (±1.1)	11.2% (±1.4)	9.7% (±1.2)
Seldom	9.1% (±0.6)	14.4% (±0.9)	15.6% (±1.1)	16.3% (±1.2)
Sometimes	33.6% (±1.4)	40.1% (±1.5)	43.2% (±1.3)	42.5% (±2.3)
Often	30.2% (±1.7)	25.0% (±1.3)	23.8% (±1.5)	25.2% (±2.4)
Almost always	19.0% (±1.1)	9.2% (±1.1)	6.2% (±0.8)	6.3% (±0.9)

	Grade 6	Grade 8	Grade 10	Grade 12
	% (± CI) (n=9,059)	% (± CI) (n=3,585)	% (± CI) (n=3,074)	% (± CI) (n=1,810)
229. Dislike school?				
Never	9.7% (±0.9)	6.2% (±1.0)	5.5% (±1.4)	5.1% (±1.1)
Seldom	20.4% (±1.5)	14.3% (±1.4)	13.7% (±1.6)	16.9% (±2.2)
Sometimes	34.2% (±1.1)	35.9% (±1.8)	36.5% (±1.7)	37.5% (±2.5)
Often	22.6% (±1.1)	23.9% (±1.3)	26.6% (±2.1)	25.1% (±3.0)
Almost always	13.1% (±1.4)	19.7% (±1.7)	17.7% (±2.1)	15.3% (±2.3)
230. Try to do your best work in school?	(n=9,066)	(n=3,590)	(n=3,078)	(n=1,811)
Never	1.1% (±0.3)	1.8% (±0.4)	1.9% (±0.4)	2.0% (±0.7)
Seldom	2.5% (±0.3)	4.5% (±0.9)	4.5% (±0.7)	6.0% (±0.9)
Sometimes	11.2% (±1.1)	16.0% (±1.4)	19.5% (±2.0)	20.5% (±2.1)
Often	27.9% (±1.2)	36.0% (±1.5)	36.0% (±1.7)	38.2% (±2.7)
Almost always	57.2% (±1.7)	41.8% (±1.8)	38.1% (±2.1)	33.4% (±2.9)
231. During the LAST 4 WEEKS, how many whole days of school have you missed because you skipped or "cut"?	(n=8,964)	(n=3,536)	(n=3,032)	(n=1,792)
0 days	73.7% (±2.1)	78.6% (±2.2)	79.6% (±2.6)	70.9% (±3.2)
1 day	11.6% (±1.0)	7.6% (±0.9)	7.9% (±1.2)	9.4% (±1.6)
2 days	5.9% (±0.7)	5.2% (±0.9)	4.8% (±1.0)	7.1% (±1.1)
3 days	3.9% (±0.6)	3.4% (±0.7)	2.8% (±0.6)	5.4% (±1.0)
4-5 days	3.2% (±0.5)	2.7% (±0.5)	3.0% (±0.7)	4.0% (±1.0)
6-10 days	1.2% (±0.2)	1.7% (±0.5)	1.0% (±0.3)	2.0% (±0.8)
11 or more days	0.6% (±0.2)	0.8% (±0.4)	0.9% (±0.4)	1.3% (±0.7)

Opportunities for Prosocial Involvement (Questions 232-236)

232. In my school, students have lots of chances to help decide things like class activities and rules.	(n=0)	(n=3,521)	(n=3,044)	(n=1,708)
NO!	**	9.2% (±1.3)	8.8% (±1.5)	9.5% (±1.7)
No	**	29.1% (±1.9)	27.6% (±1.9)	27.3% (±2.9)
yes	**	52.3% (±2.0)	53.9% (±2.1)	51.6% (±2.9)
YES!	**	9.5% (±1.1)	9.6% (±1.3)	11.5% (±2.1)
233. There are lots of chances for students in my school to talk with a teacher one-on-one.	(n=0)	(n=3,506)	(n=3,024)	(n=1,692)
NO!	**	4.4% (±0.7)	3.4% (±0.8)	4.3% (±1.1)
No	**	15.0% (±1.8)	16.4% (±1.8)	13.4% (±1.9)
yes	**	58.7% (±2.0)	60.2% (±1.9)	57.9% (±2.4)
YES!	**	21.9% (±2.3)	19.9% (±2.1)	24.5% (±3.2)
234. Teachers ask me to work on special class projects.	(n=0)	(n=3,470)	(n=2,997)	(n=1,683)
NO!	**	11.3% (±1.4)	12.5% (±1.9)	11.8% (±1.9)
No	**	44.6% (±1.7)	49.6% (±2.4)	44.9% (±3.0)
yes	**	37.3% (±2.1)	32.7% (±2.2)	36.9% (±2.5)
YES!	**	6.8% (±0.9)	5.2% (±1.1)	6.4% (±1.5)

	Grade 6	Grade 8	Grade 10	Grade 12
235. There are lots of chances for students in my school to get involved in sports, clubs, and other school activities outside of class.	% (± CI) (n=0)	% (± CI) (n=3,499)	% (± CI) (n=3,016)	% (± CI) (n=1,693)
NO!	**	2.6% (±0.6)	2.4% (±0.7)	3.2% (±0.8)
No	**	4.8% (±0.8)	4.7% (±1.1)	6.7% (±1.9)
yes	**	46.8% (±2.3)	48.2% (±2.6)	45.4% (±2.8)
YES!	**	45.8% (±2.4)	44.7% (±2.9)	44.7% (±3.7)

236. I have lots of chances to be part of class discussions or activities.	(n=0)	(n=3,491)	(n=3,027)	(n=1,697)
NO!	**	3.6% (±0.6)	2.9% (±0.8)	3.5% (±0.9)
No	**	10.3% (±1.4)	8.7% (±1.0)	8.5% (±1.9)
yes	**	60.4% (±2.4)	65.3% (±1.8)	61.2% (±2.9)
YES!	**	25.8% (±2.6)	23.1% (±2.0)	26.8% (±3.5)

Rewards for Prosocial Involvement (Questions 237-240)

237. My teacher(s) notices when I am doing a good job and lets me know about it.	(n=8,874)	(n=3,525)	(n=2,973)	(n=1,770)
NO!	4.1% (±0.6)	5.2% (±0.8)	6.8% (±1.2)	7.1% (±1.5)
No	21.9% (±1.9)	21.9% (±1.7)	28.6% (±2.3)	23.1% (±1.8)
yes	56.0% (±1.4)	59.4% (±1.9)	54.8% (±2.7)	57.9% (±1.9)
YES!	18.0% (±1.5)	13.5% (±1.4)	9.8% (±1.5)	12.0% (±1.9)

238. The school lets my parent(s)/guardian(s) know when I have done something well.	(n=8,755)	(n=3,506)	(n=2,966)	(n=1,763)
NO!	7.9% (±0.8)	10.4% (±1.3)	15.9% (±2.0)	16.8% (±1.6)
No	32.9% (±1.5)	38.0% (±2.0)	44.4% (±2.5)	43.6% (±1.9)
yes	42.1% (±1.4)	40.0% (±2.2)	31.9% (±1.9)	33.1% (±2.4)
YES!	17.1% (±1.3)	11.6% (±1.2)	7.9% (±1.0)	6.5% (±1.4)

239. I feel safe during school.	(n=8,929)	(n=7,197)	(n=6,153)	(n=3,556)
NO!	3.4% (±0.7)	4.0% (±0.6)	3.7% (±0.8)	4.7% (±1.1)
no	12.3% (±1.4)	15.6% (±1.4)	14.3% (±2.4)	13.7% (±2.6)
yes	58.7% (±1.4)	65.8% (±1.2)	67.8% (±1.8)	65.4% (±1.8)
YES!	25.7% (±2.1)	14.6% (±1.9)	14.1% (±2.5)	16.2% (±2.8)

240. My teachers praise me when I work hard in school.	(n=8,707)	(n=3,487)	(n=2,961)	(n=1,769)
NO!	7.9% (±0.9)	8.2% (±1.0)	10.4% (±1.8)	9.4% (±1.8)
No	32.1% (±1.8)	34.7% (±1.9)	41.3% (±2.3)	35.3% (±2.5)
yes	45.8% (±1.4)	46.2% (±2.0)	40.8% (±3.1)	45.9% (±2.4)
YES!	14.2% (±1.3)	10.9% (±1.3)	7.4% (±1.0)	9.4% (±1.7)

Peer and Individual Domain

Perceived Risk of Drug Use (Questions 241-244)

How much do you think people risk harming themselves if they:

	Grade 6	Grade 8	Grade 10	Grade 12
	% (± CI) (n=8,860)	% (± CI) (n=3,447)	% (± CI) (n=3,128)	% (± CI) (n=1,808)
241. Smoke one or more packs of cigarettes per day?				
No risk	8.0% (±1.2)	4.8% (±1.0)	4.4% (±0.9)	4.6% (±1.0)
Slight risk	5.7% (±0.8)	5.2% (±0.8)	5.2% (±0.9)	4.5% (±0.9)
Moderate risk	18.7% (±1.0)	16.3% (±1.4)	14.1% (±1.3)	15.2% (±1.9)
Great risk	61.3% (±2.4)	67.9% (±2.5)	72.7% (±2.4)	72.5% (±2.6)
Not sure	6.3% (±0.7)	5.9% (±0.7)	3.6% (±0.8)	3.2% (±0.9)
242. Try marijuana once or twice?	(n=8,783)	(n=3,441)	(n=3,128)	(n=1,808)
No risk	13.0% (±1.4)	15.1% (±1.3)	24.0% (±2.1)	37.6% (±3.1)
Slight risk	23.5% (±1.5)	29.3% (±2.0)	32.1% (±2.0)	31.7% (±2.7)
Moderate risk	25.3% (±1.0)	25.1% (±1.4)	20.9% (±1.7)	14.0% (±2.0)
Great risk	26.2% (±1.8)	23.4% (±2.3)	19.1% (±2.3)	13.3% (±2.4)
Not sure	11.9% (±1.0)	7.3% (±0.8)	3.9% (±0.8)	3.4% (±0.9)
243. Use marijuana regularly (at least once or twice a week)?	(n=8,756)	(n=3,426)	(n=3,101)	(n=1,788)
No risk	9.1% (±1.3)	6.2% (±1.0)	8.8% (±1.6)	12.5% (±1.9)
Slight risk	8.1% (±1.0)	11.5% (±1.3)	16.9% (±1.4)	26.3% (±3.1)
Moderate risk	21.2% (±1.2)	26.0% (±1.7)	29.9% (±2.3)	31.2% (±2.1)
Great risk	50.1% (±2.7)	49.1% (±2.9)	40.5% (±3.0)	26.8% (±3.5)
Not sure	11.6% (±1.1)	7.3% (±0.8)	3.9% (±0.7)	3.1% (±0.8)
244. Take one or two drinks of an alcoholic beverage nearly every day?	(n=8,787)	(n=3,434)	(n=3,129)	(n=1,802)
No risk	10.0% (±1.3)	5.9% (±1.1)	6.2% (±1.2)	5.1% (±1.1)
Slight risk	13.6% (±0.8)	12.1% (±1.2)	11.9% (±1.5)	13.0% (±1.4)
Moderate risk	26.2% (±1.2)	27.6% (±1.7)	27.1% (±1.7)	27.6% (±2.6)
Great risk	42.3% (±2.1)	47.3% (±2.5)	50.9% (±2.4)	51.1% (±2.5)
Not sure	7.9% (±0.7)	7.0% (±0.8)	3.9% (±0.8)	3.2% (±0.8)

Early Initiation of Drug Use (Questions 245-247)

How old were you the first time you:

	(n=0)	(n=7,132)	(n=6,118)	(n=3,525)
245. Used marijuana?				
Never have	**	92.0% (±1.1)	82.9% (±2.2)	68.9% (±3.4)
10 or younger	**	1.2% (±0.3)	1.5% (±0.5)	1.2% (±0.3)
11	**	1.1% (±0.4)	0.8% (±0.3)	0.9% (±0.4)
12	**	2.7% (±0.5)	1.9% (±0.4)	2.0% (±0.6)
13	**	2.6% (±0.5)	3.5% (±0.6)	4.0% (±0.9)
14	**	0.2% (±0.1)	5.1% (±0.7)	4.9% (±0.9)
15	**	0.0% (±0.0)	4.0% (±0.8)	6.1% (±1.0)
16	**	0.0% (±0.0)	0.3% (±0.1)	7.2% (±1.0)
17 or older	**	0.1% (±0.1)	0.2% (±0.1)	4.8% (±0.9)

	Grade 6	Grade 8	Grade 10	Grade 12
	% (± CI) (n=0)	% (± CI) (n=7,190)	% (± CI) (n=6,123)	% (± CI) (n=3,533)
246. Smoked a cigarette, even just a puff?				
Never have	**	92.1% (±1.0)	89.2% (±1.4)	82.5% (±2.4)
10 or younger	**	2.3% (±0.4)	2.4% (±0.5)	2.8% (±0.9)
11	**	1.6% (±0.4)	1.2% (±0.4)	0.7% (±0.3)
12	**	2.0% (±0.4)	1.5% (±0.3)	1.6% (±0.4)
13	**	1.6% (±0.3)	1.7% (±0.3)	1.8% (±0.5)
14	**	0.3% (±0.1)	2.2% (±0.4)	2.7% (±0.5)
15	**	0.0% (±0.0)	1.6% (±0.4)	2.1% (±0.6)
16	**	0.0% (±0.0)	0.2% (±0.1)	2.9% (±0.7)
17 or older	**	0.1% (±0.1)	0.1% (±0.1)	2.9% (±0.7)

	(n=0)	(n=7,147)	(n=6,083)	(n=3,533)
247. Had more than a sip or two of beer, wine, or hard liquor?				
Never have	**	71.0% (±1.9)	60.2% (±2.9)	47.5% (±3.3)
10 or younger	**	14.7% (±1.3)	13.3% (±1.5)	10.8% (±1.4)
11	**	4.5% (±0.5)	3.0% (±0.4)	2.4% (±0.5)
12	**	4.7% (±0.6)	4.4% (±0.8)	3.2% (±0.6)
13	**	4.6% (±0.6)	5.5% (±0.6)	5.2% (±0.8)
14	**	0.5% (±0.1)	6.4% (±0.8)	6.1% (±0.8)
15	**	0.0% (±0.0)	6.6% (±1.1)	8.1% (±1.1)
16	**	0.0% (±0.0)	0.4% (±0.2)	9.3% (±1.2)
17 or older	**	0.1% (±0.1)	0.2% (±0.2)	7.4% (±1.1)

Favorable Attitudes Toward Drug Use (Questions 248-251)

How wrong do YOU think it is for someone your age to:

	(n=8,957)	(n=3,685)	(n=3,179)	(n=1,828)
248. Drink beer, wine, or hard liquor regularly?				
Very wrong	82.0% (±1.3)	67.9% (±2.2)	51.4% (±3.6)	38.2% (±3.6)
Wrong	13.1% (±0.9)	22.7% (±1.9)	30.1% (±2.0)	31.9% (±2.5)
A little bit wrong	3.9% (±0.6)	7.8% (±0.9)	15.4% (±2.1)	23.7% (±2.5)
Not wrong at all	0.9% (±0.2)	1.6% (±0.5)	3.2% (±0.6)	6.2% (±1.6)

	(n=8,918)	(n=3,675)	(n=3,167)	(n=1,823)
249. Smoke cigarettes?				
Very wrong	86.6% (±1.1)	74.5% (±1.7)	61.3% (±3.8)	51.0% (±3.8)
Wrong	10.8% (±0.7)	19.9% (±1.4)	29.1% (±2.8)	32.0% (±2.3)
A little bit wrong	2.0% (±0.4)	4.2% (±0.6)	7.8% (±1.2)	12.3% (±1.7)
Not wrong at all	0.6% (±0.2)	1.4% (±0.4)	1.9% (±0.6)	4.7% (±0.9)

	(n=8,884)	(n=3,675)	(n=3,167)	(n=1,823)
250. Use marijuana?				
Very wrong	88.4% (±1.2)	72.1% (±2.3)	50.1% (±4.0)	34.0% (±4.4)
Wrong	8.9% (±0.8)	17.6% (±1.6)	26.4% (±2.1)	26.3% (±2.3)
A little bit wrong	2.0% (±0.5)	7.8% (±1.0)	17.1% (±2.3)	26.7% (±2.8)
Not wrong at all	0.8% (±0.2)	2.5% (±0.6)	6.4% (±0.9)	13.1% (±2.4)

	(n=8,935)	(n=3,675)	(n=3,173)	(n=1,821)
251. Use LSD, cocaine, amphetamines, or another illegal drug?				
Very wrong	94.2% (±0.8)	87.6% (±1.4)	83.7% (±1.8)	79.8% (±3.1)
Wrong	4.4% (±0.6)	9.4% (±1.1)	12.6% (±1.6)	13.8% (±2.4)
A little bit wrong	0.8% (±0.2)	1.9% (±0.4)	2.4% (±0.5)	3.7% (±1.2)
Not wrong at all	0.6% (±0.2)	1.2% (±0.4)	1.3% (±0.3)	2.7% (±1.1)

Friends Use Drugs (Questions 252-255)

Think of your four closest friends. In the past year (12 months), how many of your closest friends have...

	Grade 6	Grade 8	Grade 10	Grade 12
	% (± CI) (n=0)	% (± CI) (n=3,636)	% (± CI) (n=3,068)	% (± CI) (n=1,803)
252. Smoked cigarettes?				
None of my friends	**	85.3% (±1.9)	79.6% (±2.6)	72.9% (±3.2)
1 of my friends	**	8.0% (±1.2)	10.0% (±1.4)	11.8% (±1.5)
2 of my friends	**	3.2% (±0.7)	4.4% (±1.0)	7.2% (±1.8)
3 of my friends	**	1.4% (±0.4)	2.6% (±0.7)	2.3% (±0.7)
4 of my friends	**	2.1% (±0.6)	3.4% (±0.7)	5.9% (±1.2)
253. Tried beer, wine, or hard liquor when their parent(s) didn't know about it?	(n=0)	(n=3,635)	(n=3,068)	(n=1,802)
None of my friends	**	76.6% (±2.3)	61.5% (±4.1)	48.4% (±3.3)
1 of my friends	**	10.5% (±1.3)	13.3% (±1.3)	14.6% (±2.0)
2 of my friends	**	5.6% (±1.0)	9.9% (±1.3)	11.6% (±1.8)
3 of my friends	**	2.8% (±0.6)	5.8% (±1.2)	6.7% (±1.3)
4 of my friends	**	4.5% (±0.9)	9.5% (±2.0)	18.8% (±2.7)
254. Used marijuana?	(n=0)	(n=3,630)	(n=3,054)	(n=1,786)
None of my friends	**	81.3% (±2.4)	63.4% (±3.7)	49.8% (±3.9)
1 of my friends	**	8.3% (±1.1)	13.5% (±1.1)	14.6% (±1.7)
2 of my friends	**	3.8% (±0.8)	7.4% (±1.0)	10.5% (±1.9)
3 of my friends	**	2.0% (±0.6)	5.6% (±1.0)	7.1% (±1.4)
4 of my friends	**	4.6% (±1.0)	10.1% (±1.7)	18.0% (±2.3)
255. Used LSD, cocaine, amphetamines, or other illegal drugs?	(n=0)	(n=3,626)	(n=3,066)	(n=1,799)
None of my friends	**	93.6% (±1.2)	90.6% (±1.6)	87.7% (±1.8)
1 of my friends	**	3.5% (±0.7)	4.7% (±1.1)	6.1% (±1.3)
2 of my friends	**	1.4% (±0.5)	2.1% (±0.6)	2.8% (±0.8)
3 of my friends	**	0.4% (±0.2)	0.8% (±0.4)	0.8% (±0.5)
4 of my friends	**	1.1% (±0.3)	1.8% (±0.4)	2.7% (±0.6)

Questions by Topics

Questions about a single topic are not always grouped together in this report. For example, some questions about alcohol are presented in the Alcohol, Tobacco, and Other Drug (ATOD) Use section and others are presented in the Risk and Protective Factor section. The following list, groups the questions by topic so you can easily locate them in this report.

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Core Questions

“Core” questions asked of all secondary students are listed below. All other questions on the Secondary survey are only asked of about half the students. All Elementary students received the same survey which had some of the core questions from the Secondary survey.

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***For more information on which survey forms each question was on,
see the Survey Crosswalk at www.AskHYS.net, under HYS Results - QxQ***