

2026

Cambridge Public Schools Teen Health Survey Full Report



Cambridge
Public Health
Department



CAMBRIDGE
PUBLIC SCHOOLS

In partnership with JSI Research & Training Institute, Inc.

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About the Teen Health Survey

The Cambridge Public Health Department (CPHD), in collaboration with Cambridge Public Schools (CPS), conducted a survey to capture vital information related to health status and certain behaviors that have been deemed as putting the health of students at-risk. A version of this survey has been administered bi-annually to high school students since 1992 and upper school students since 1997. The 2026 Teen Health Survey marks the fourth consecutive time that CPHD has engaged JSI Research & Training Institute, Inc. (JSI), a public health consulting firm, to support this initiative. JSI worked with CPHD and CPS to refine the survey instrument based on the United States Centers for Disease Control and Prevention (CDC) Youth Risk Behavior Survey (YRBS) and the Massachusetts Department of Public Health's Youth Health Survey (YHS). These national and state instruments, as well as the THS, are updated every two years in response to emerging health issues.

SURVEY ADMINISTRATION & CONSENT PROCESS

CPHD, CPS, and JSI designed a self-administered, online survey using a nationally recognized, specialized survey platform called Alchemer. In addition to English, the survey was translated into Amharic, Arabic, Bengali, Haitian Creole and Spanish. CPS developed a standard survey administration plan and schedule unique to each upper school and the high school. Survey administration occurred during the students' regular class time.

Prior to administration, Cambridge was provided additional, tailored assistance with respect to implementing the student opt-out process, confidentiality practices, and other procedures to ensure the quality and integrity of the data collection process. Schools obtained passive parental permission. An explanation was provided to parents around the purpose of the survey and they were given the opportunity to have their child "opt out" of taking it. Individual student surveys are never shared, but are combined to create school-specific datasets.

DATA CLEANING

Online administration of the survey allowed for results to be immediately transferred to JSI's secure computer servers, where the data were aggregated and analyzed using SAS 9.4 (SAS Institute Inc., Cary, NC). The raw data set was reviewed for completeness and the amount of time students took to respond to the questions. Records where a student started but did not complete any of the survey questions, completed less than 50% of the questions, or had a high rate of response but took less than 50% of the average time to complete the survey were marked as incomplete and excluded from the analysis.

Reporting on the Youth Health Survey

The purpose of this report is to highlight key high school and upper school findings for eleven domains: mental health, personal experiences, discrimination, bullying, substance use, violence-related behaviors, safety, sexual behaviors, physical activity, nutrition, and screen time. Data are reported and analyzed for all students in Cambridge, as well as by grade, gender identity, sexual orientation, race, ethnicity, and IEP Status.

The information provided is meant to highlight key themes and provide a perspective on how the district-specific data compares to the prior year and Massachusetts benchmark data. Confidence intervals were used to test for the significance of the findings within each demographic category. Of note, while statistical differences are highlighted throughout the report, there are areas where *substantive* differences may exist but were underpowered (i.e., small sample size) to detect and note *statistically significant* differences. Cambridge has been provided detailed data outputs and raw reports that allow them to look more carefully at data from each question on the survey, including information that allows the school districts to analyze their data by specific demographic cohorts.

KEY TERMS AND ACRONYMS

Term	Description
THS	Teen Health Survey
CPS	Cambridge Public Schools Data
MA	Massachusetts Survey Data
6	6th grade
7	7 th grade
8	8 th grade
9	9 th grade
10	10 th grade
11	11 th grade
12	12 th grade
M	Male
F	Female
TGD	Transgender and Gender Diverse (non-binary, genderfluid, genderqueer, transgender, questioning, etc.)
HS	Heterosexual
LGBQ+	Lesbian, gay, bisexual, another sexual orientation, questioning, etc.
MR	Multi-Racial
HL	Hispanic or Latino/a
IEP	Individualized education plan
EVP	Electronic vapor product
PD	Prescription drug

2026

Cambridge Public Schools Teen Health Survey

High School Results

High School Student Characteristics

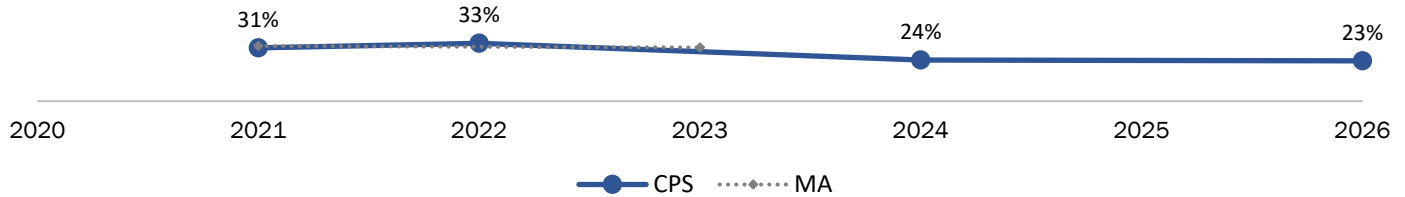
In 2026, 1,789 high school students participated in the Cambridge Teen Health Survey. Among the students that participated, 130 were marked as incomplete and excluded from the final data set used in the analysis. **This resulted in a sample of 1,659 students.** The table below shows a distribution of accepted survey respondents by grade, gender identity, sexual orientation, race, ethnicity, and IEP status.

High School Student Characteristics	N	%
Total	1659	80%
Grade		
9 th	465	28%
10 th	433	26%
11 th	410	25%
12 th	335	20%
Gender Identity		
Woman or girl	776	47%
Man or boy	771	47%
TGD	80	5%
Did not understand/Chose not to respond	16	1%
Sexual Orientation		
Heterosexual	1181	72%
LGBQ+	353	22%
Did not understand /Chose not to respond	99	6%
Race		
Asian	209	13%
Black	417	27%
White	630	40%
Another race	82	5%
Multi-racial	233	15%
Ethnicity		
HL	291	18%
Not HL	1333	82%
IEP Status		
IEP	299	18%
Not IEP	1233	75%

Mental Health

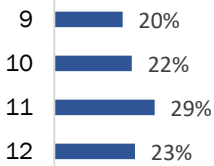
GENERAL

Overall, 23% of high school students reported that their mental health was not good most of the time or always.

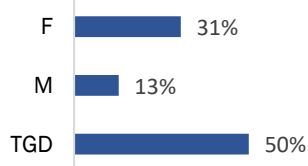


The graphs below show a breakdown of 2026 data by different demographic groups.

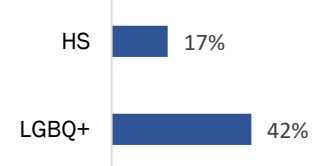
Grade



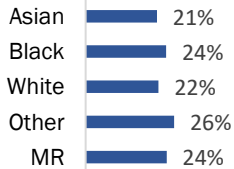
Gender



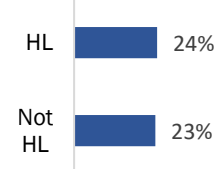
Sexual Orientation



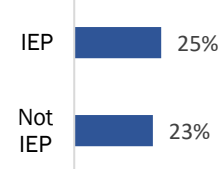
Race



Ethnicity



IEP Status



Gender: Female and TGD students were significantly more likely than the average high school student to struggle with their mental health most of the time or always in the past 30 days, and male students were significantly less likely.

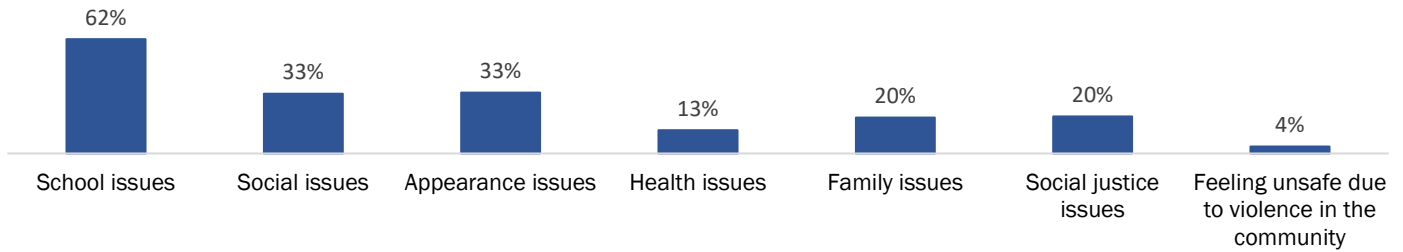
Sexual Orientation: LGBQ+ students were significantly more likely than the average high school student to struggle with their mental health most of the time or always in the past 30 days, and HS students were significantly less likely.

Q: During the past 30 days, how often did you struggle with your mental health?

Mental Health

STRESS

Overall, high school students were most likely to worry fairly or very often about school issues (62%), followed by social issues (33%), appearance issues (33%), family issues (20%), social justice issues (20%), health issues (13%), and feeling unsafe due to community violence (4%). *There is no statewide comparison data.*



Q: During the past 30 days, how often did you worry about the following issues?

Mental Health

STRESS ABOUT SCHOOL ISSUES

Overall, 62% of high school students reported worrying fairly often or very often about school issues in the past 30 days. *There is no statewide comparison data.*

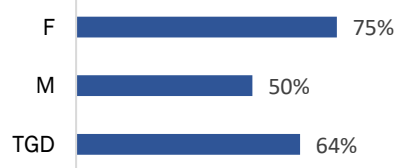


The graphs below show a breakdown of 2026 data by different demographic groups.

Grade



Gender



Sexual Orientation



Race



Ethnicity



IEP Status



Grade: Students in 11th grade were significantly more likely than the average high school student to worry fairly often or very often about school issues in the past 30 days.

Gender: Female students were significantly more likely than the average high school student to worry fairly often or very often about school issues in the past 30 days, and male students were significantly less likely.

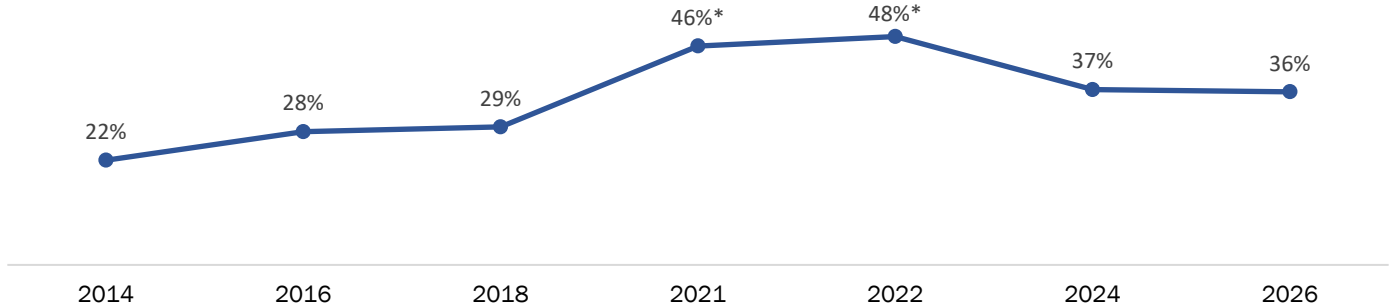
Sexual Orientation: LGBQ+ students were significantly more likely than the average high school student to worry fairly often or very often about school issues in the past 30 days.

Q: During the past 30 days, how often did you worry about the following issues?

Mental Health

ANXIETY

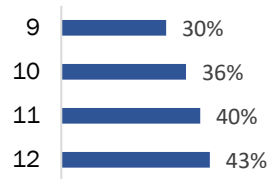
Overall, 36% of high school students felt tense, nervous, or worried every day for two or more weeks in a row that they stopped doing some usual activities (i.e., experienced anxiety) in the past 30 days. *There is no statewide comparison data.*



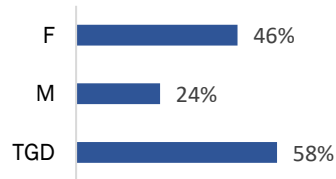
*Note that these questions were asked about experienced anxiety in the past 12 months and comparisons to other years should be made with caution.

The graphs below show a breakdown of 2025 data by different demographic groups.

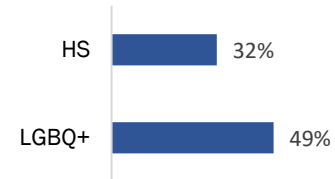
Grade



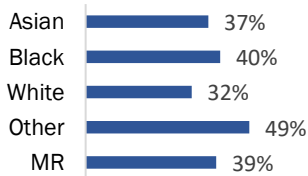
Gender



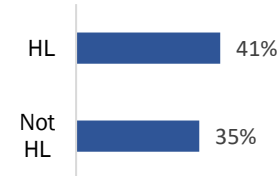
Sexual Orientation



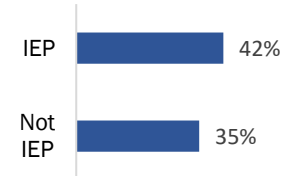
Race



Ethnicity



IEP Status



Gender: Female and TGD students were significantly more likely than the average high school student to experience anxiety in the past 30 days, and male students were significantly less likely.

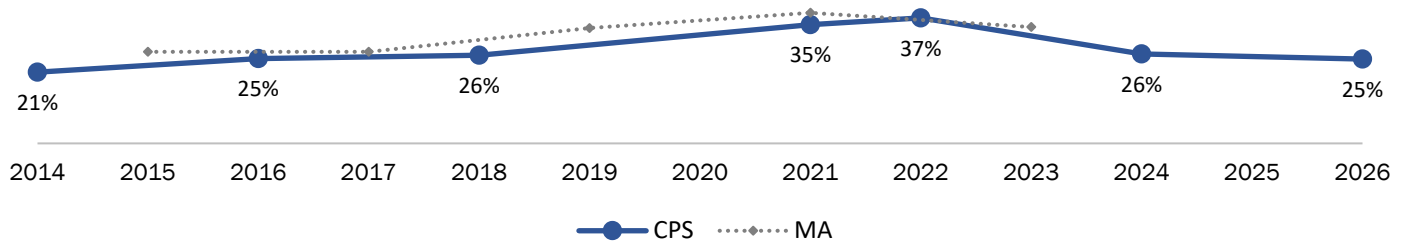
Sexual Orientation: LGBQ+ students were significantly more likely than the average high school student to experience anxiety in the past 30 days.

Q: During the past 30 days, did you feel tense, nervous, or worried every day for two or more weeks in a row?

Mental Health

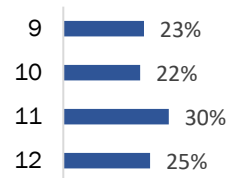
DEPRESSION

Overall, 25% of high school students felt sad or hopeless almost every day for two or more weeks in a row that they stopped doing some of their usual activities (i.e., experienced depression) in the past 12 months.

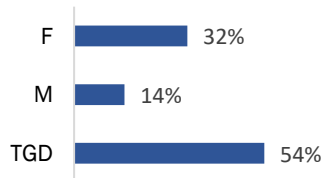


The graphs below show a breakdown of 2026 data by different demographic groups.

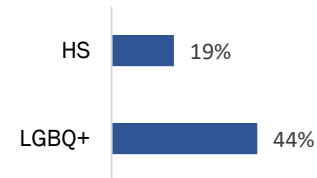
Grade



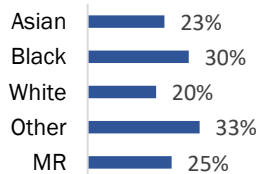
Gender



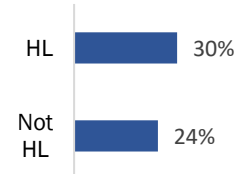
Sexual Orientation



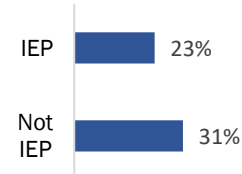
Race



Ethnicity



IEP Status



Gender: Female and TGD students were significantly more likely than the average high school student to experience depression in the past 12 months, and male students were significantly less likely.

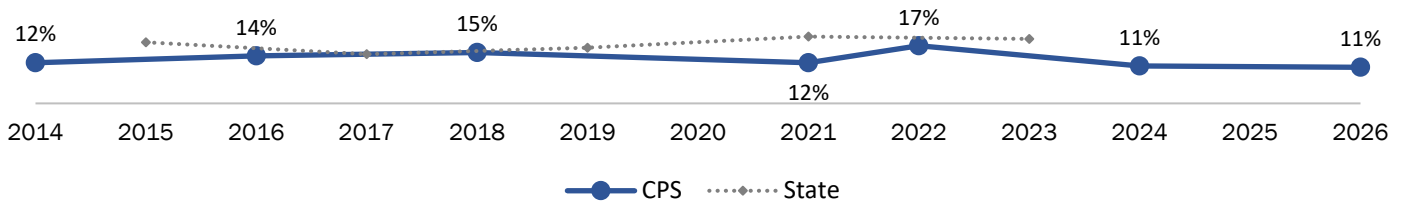
Sexual Orientation: LGBQ+ students were significantly more likely than the average high school student to experience depression in the past 12 months, and HS students were significantly less likely.

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

Mental Health

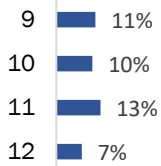
SELF-HARM

Overall, 11% of high school students hurt or injured themselves on purpose without wanting to die (i.e., engaged in self-harm) in the past 12 months.

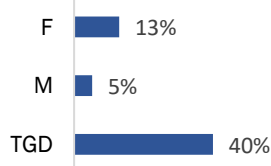


The graphs below show a breakdown of 2026 data by different demographic groups.

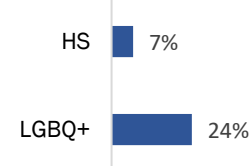
Grade



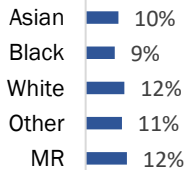
Gender



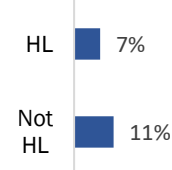
Sexual Orientation



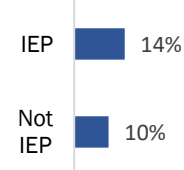
Race



Ethnicity



IEP Status



Gender: TGD students were significantly more likely than the average high school student to engage in self-harm in the past 12 months, and male students were significantly less likely.

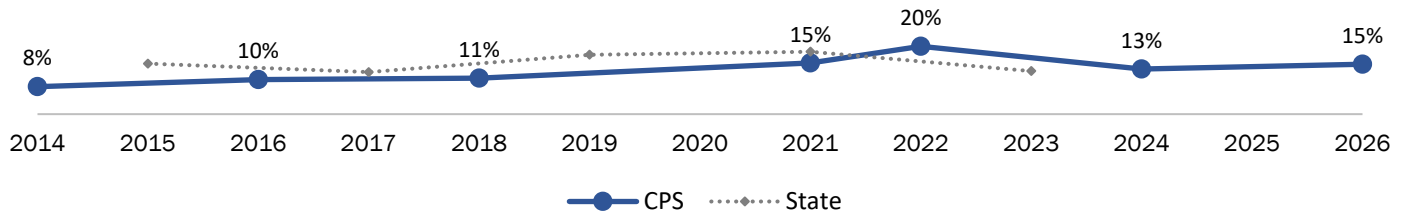
Sexual Orientation: LGBQ+ students were significantly more likely than the average high school student to engage in self-harm in the past 12 months, and HS students were significantly less likely.

Q: During the past 12 months, did you do something to purposely hurt yourself without wanting to die, such as cutting or burning yourself on purpose?

Mental Health

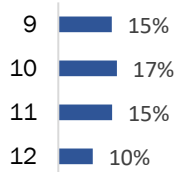
CONSIDERED ATTEMPTING SUICIDE

Overall, 15% of high school students considered attempting suicide during the past 12 months.

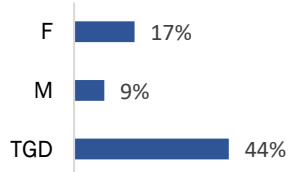


The graphs below show a breakdown of 2026 data by different demographic groups.

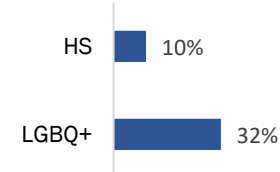
Grade



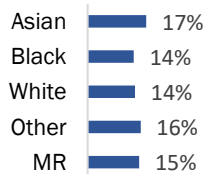
Gender



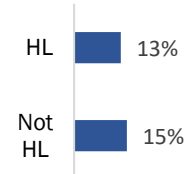
Sexual Orientation



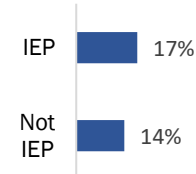
Race



Ethnicity



IEP Status



Gender: TGD students were significantly more likely than the average high school student to consider attempting suicide in the past 12 months, and male students were significantly less likely.

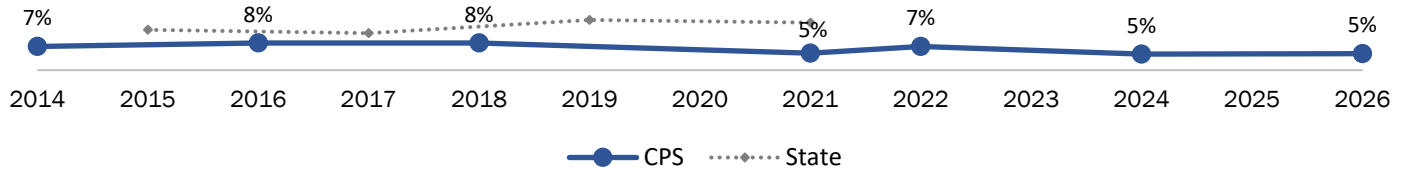
Sexual Orientation: LGBQ+ students were significantly more likely than the average high school student to consider attempting suicide in the past 12 months, and HS students were significantly less likely.

Q: During the past 12 months, did you consider attempting suicide?

Mental Health

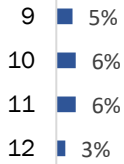
MADE A SUICIDE PLAN

Overall, 5% of high school students made a suicide plan during the past 12 months.

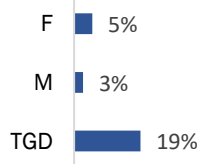


The graphs below show a breakdown of 2026 data by different demographic groups.

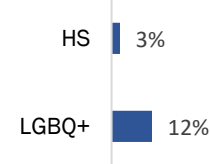
Grade



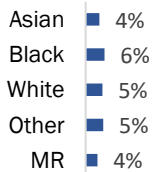
Gender



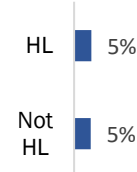
Sexual Orientation



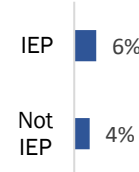
Race



Ethnicity



IEP Status



Gender: TGD students were significantly more likely than the average high school student to make a suicide plan in the past 12 months.

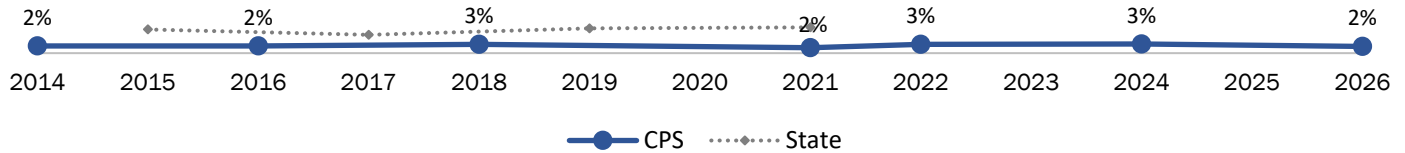
Sexual Orientation: LGBQ+ students were significantly more likely than the average high school student to make a suicide plan in the past 12 months, and HS students were significantly less likely.

Q: During the past 12 months, did you make a suicide plan?

Mental Health

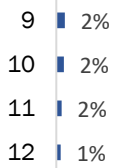
ATTEMPTED SUICIDE

Overall, 2% of high school students attempted suicide during the past 12 months.

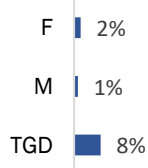


The graphs below show a breakdown of 2026 data by different demographic groups.

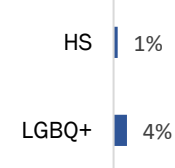
Grade



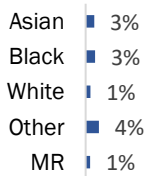
Gender



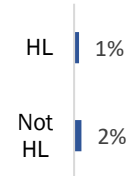
Sexual Orientation



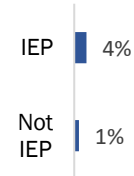
Race



Ethnicity



IEP Status



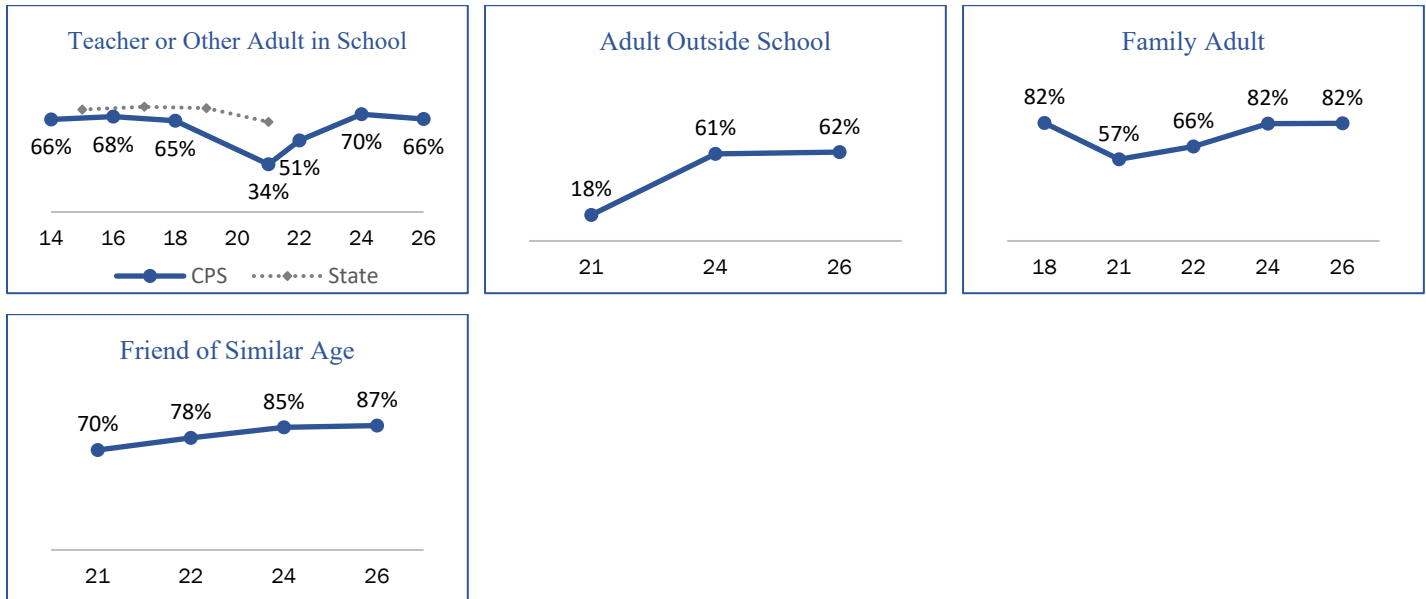
There were no statistically significant differences within demographic groups.

Q: During the past 12 months, did you attempt suicide?

Personal Experiences

CONNECTEDNESS

Overall, when asked about individuals whom they could talk to about a problem, 66% of high students reported having at least one teacher or other adult in this school, 62% reported having at least one adult outside of school who is not in their family, 82% reported having at least one family adult, and 87% reported having a friend of similar age. *There is no statewide comparison data for connections to adults outside of school, family adults, and friends of similar age.*



Below is a breakdown of 2026 data by different demographic groups.

Grade				Gender			Sexual Orientation		Race					Ethnicity		Special Education	
9 th	10 th	11 th	12 th	F	M	TGD	HS	LGBQ+	Asian	Black	White	Other	MR	HL	Not HL	IEP	Not IEP
Teacher or other adult in school																	
60%	64%	66%	78%^	67%	67%	57%	68%	66%	67%	63%	70%	58%	66%	66%	69%	74%	66%
Adult outside of school																	
59%	59%	62%	69%^	61%	64%	47% ^v	65%	56%	57%	60%	65%	54%	62%	62%	64%	63%	63%
Family adult																	
82%	80%	81%	86%	80%	86%	67% ^v	85%	74% ^v	74% ^v	78%	89%^	74%	83%	83%	79%	79%	83%
Friend of similar age																	
87%	86%	86%	89%	89%	85%	85%	86%	90%	87%	79% ^v	91%^	88%	90%	87%	85%	83%	88%

^ indicates that students in this demographic group are significantly **more** likely than the average high school student to have someone to talk to.

^v indicates that students in this demographic group are significantly **less** likely than the average high school student to have someone to talk to.

Q: Is there at least one teacher or other adult in this school that you can talk to if you have a problem?

Q: Is there at least one adult outside of school who is not in your family that you can talk to if you have a problem?

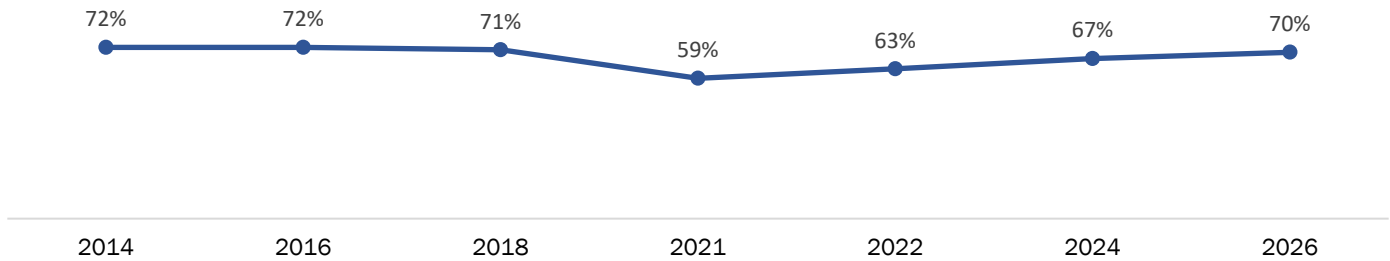
Q: Is there at least one adult in your family that you can talk to if you have a problem?

Q: Is there at least one friend similar in age to you that you can talk to if you have a problem?

Personal Experiences

FRIENDSHIP

Overall, 70% of high school students reported having three or more close friends. *There is no statewide comparison data.*



The graphs below show a breakdown of 2026 data by different demographic groups.

Grade



Gender



Sexual Orientation



Race



Ethnicity



IEP Status



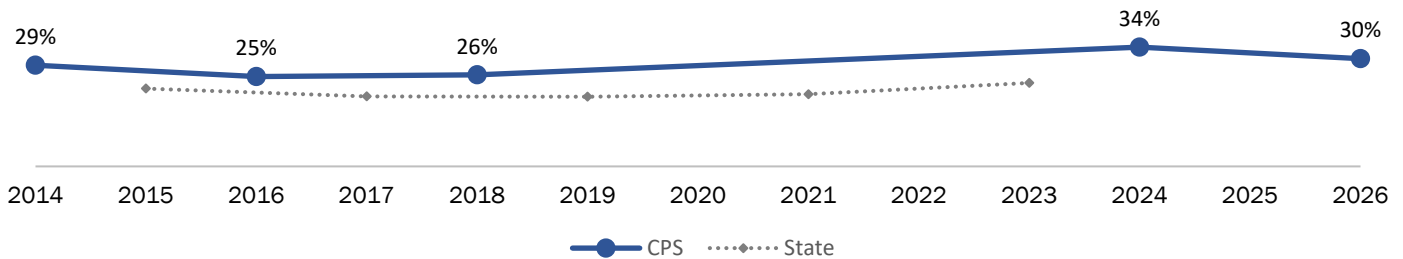
Race: Black students were significantly less likely than the average high school student to have 3 or more close friends, and White students were significantly more likely.

Q: How many close friends do you have?

Personal Experiences

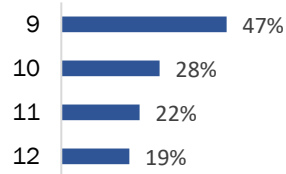
SLEEP

Overall, 30% of high school students reported sleeping 8 or more hours on an average school night.

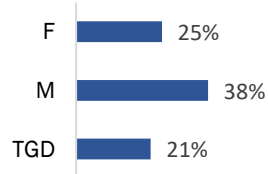


The graphs below show a breakdown of 2026 data by different demographic groups.

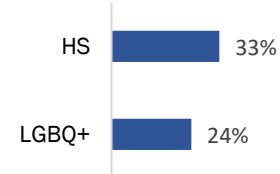
Grade



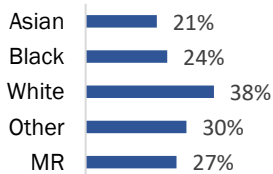
Gender



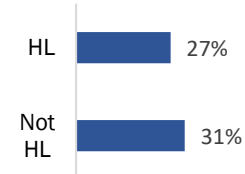
Sexual Orientation



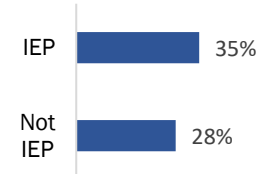
Race



Ethnicity



IEP Status



Grade: Students in 11th and 12th grade were significantly less likely than the average high school student to sleep 8 or more hours on an average school day, and students in 9th grade were significantly more likely.

Gender: Female students were significantly less likely than the average high school student to sleep 8 or more hours on an average school day, and male students were significantly more likely.

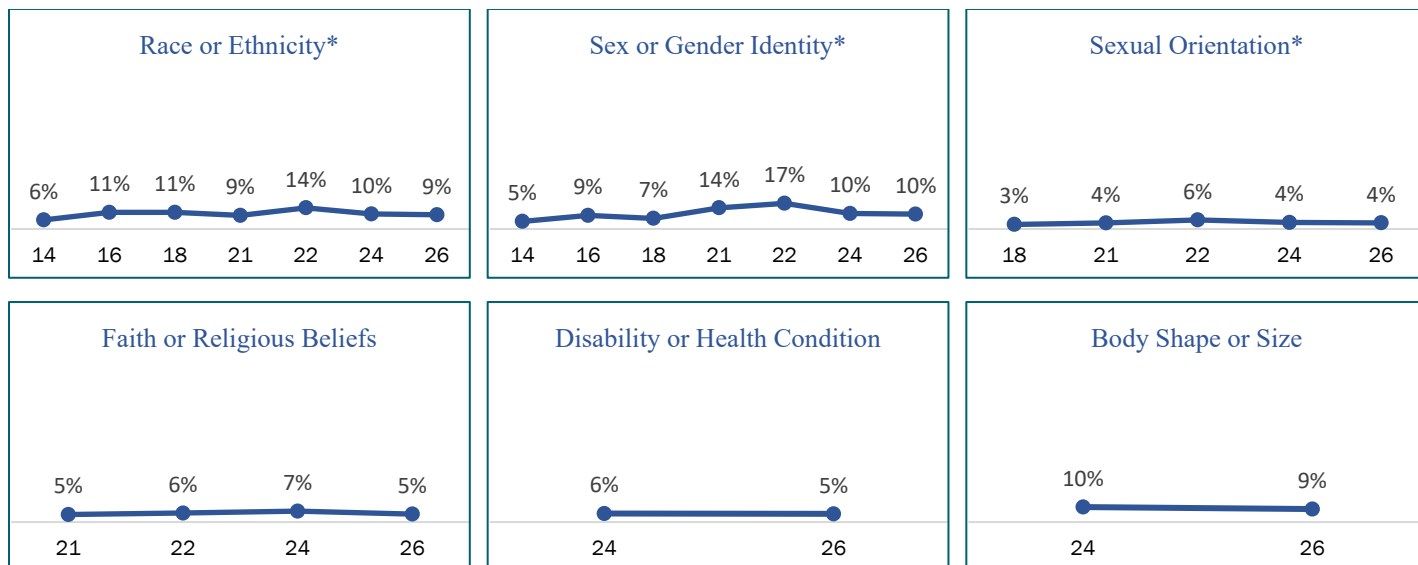
Race: White students were significantly more likely than the average high school student to sleep 8 or more hours on an average school day.

Q: On an average school night, how many hours of sleep do you get?

Discrimination

EXPERIENCED DISCRIMINATION

Overall, 9% of high school students reported that they were sometimes, most of the time, or always treated badly or unfairly in school in the past 12 months because of their race or ethnicity, 10% because of their gender identity, 4% because of their sexual orientation, 5% because of their faith or religious beliefs, 5% because of a disability or health condition, and 9% because of their body shape or size. *There is no statewide comparison data.*



*Prior to survey year 2021, data shows students who reported experiencing unfair treatment at least one time in the past 12 months. Comparisons to data from 2021 and onward should be made with caution.

Below is a breakdown of 2026 data by different demographic groups.

Grade				Gender			Sexual Orientation		Race					Ethnicity		Special Education	
9 th	10 th	11 th	12 th	F	M	TGD	HS	LGBQ+	Asian	Black	White	Other	MR	HL	Not HL	IEP	Not IEP
Race or ethnicity																	
9%	10%	10%	8%	12%	7%	5%	9%	10%	16%^	15%^	3%^v	10%	9%	9%	9%	11%	9%
Sex or gender identity																	
10%	11%	9%	9%	14%^	4%^v	28%^	7%	19%^	10%	7%	11%	6%	13%	7%	11%	9%	10%
Sexual orientation																	
5%	4%	3%	4%	4%	2%	18%^	2%^v	11%^	4%	4%	4%	4%	4%	5%	4%	4%	4%
Faith or religious beliefs																	
4%	6%	6%	5%	6%	4%	3%	5%	5%	10%	5%	4%	5%	5%	4%	6%	5%	5%
Disability or health condition																	
3%	7%	7%	5%	5%	5%	14%	4%	9%	8%	5%	5%	6%	5%	5%	6%	11%^	4%^v
Body shape or size																	
9%	10%	7%	8%	10%	7%	17%	7%	13%	8%	13%	5%	8%	11%	12%	8%	12%	7%

^ indicates that students in this demographic group are significantly **more** likely than the average high school student to experience the form of discrimination.

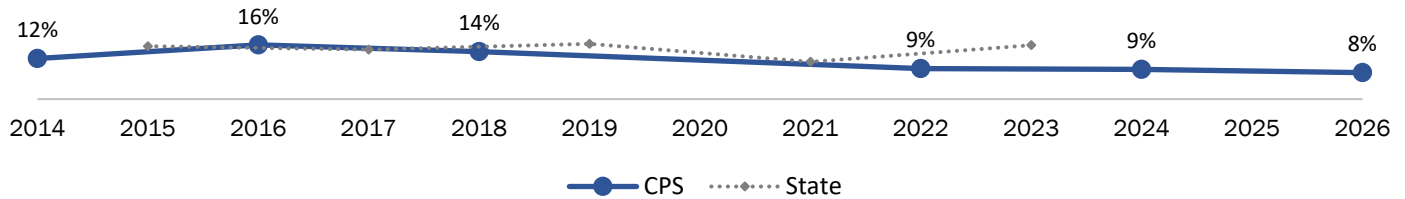
v indicates that students in this demographic group are significantly **less** likely than the average high school student to experience the form of discrimination.

Q: During the past 12 months, how often have you felt that you were treated badly or unfairly in school because of your race or ethnicity?
 Q: During the past 12 months, how often have you felt that you were treated badly or unfairly in school because of your gender identity?
 Q: During the past 12 months, how often have you felt that you were treated badly or unfairly in school because of your sexual orientation?
 Q: During the past 12 months, how often have you felt that you were treated badly or unfairly in school because of your religion?
 Q: During the past 12 months, how often have you felt that you were treated badly or unfairly in school because of a disability or health condition?
 Q: During the past 12 months, how often have you felt that you were treated badly or unfairly in school because of your body shape or size?

Bullying

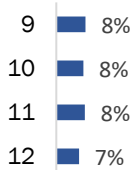
BULLYING ON SCHOOL PROPERTY

Overall, 8% of high school students were bullied on school property in the past 12 months.

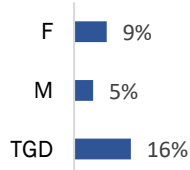


The graphs below show a breakdown of 2026 data by different demographic groups.

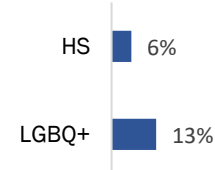
Grade



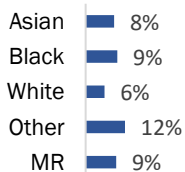
Gender



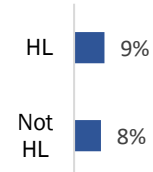
Sexual Orientation



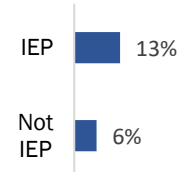
Race



Ethnicity



IEP Status



Sexual Orientation: LGBTQ+ students were significantly more likely than the average high school student to be bullied on school property in the past 12 months.

IEP Status: Students with an IEP were significantly more likely than the average high school student to be bullied on school property in the past 12 months.

Q: During the past 12 months, have you been bullied at school?

The 2026 THS defined bullying as when one or more students tease, threaten, or spread rumors about another student, or if they hit, shove, or hurt them over and over again, it is bullying. When two students of about the same strength or power argue, fight, or tease each other in a friendly way, it is not bullying. Bullying can take place in person or over digital devices like cell phones, computers, and tablets. When one or more students tease, threaten, or spread rumors about another student in text messages or online, it is called "cyberbullying." When these messages appear on social media websites, many people can view or share the messages. They can even join the cyberbullying.

Bullying

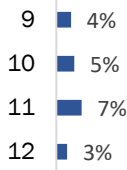
BULLYING OUTSIDE OF SCHOOL

Overall, 5% of high school students were bullied outside of school in the past 12 months. *There is no statewide comparison data.*

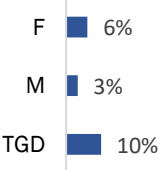


The graphs below show a breakdown of 2026 data by different demographic groups.

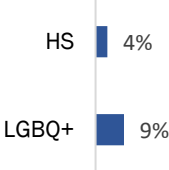
Grade



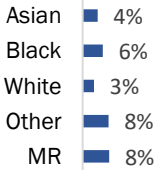
Gender



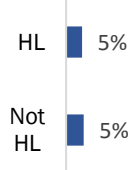
Sexual Orientation



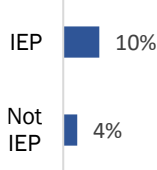
Race



Ethnicity



IEP Status



IEP Status: Students with an IEP were significantly more likely than the average high school student to be bullied outside of school in the past 12 months.

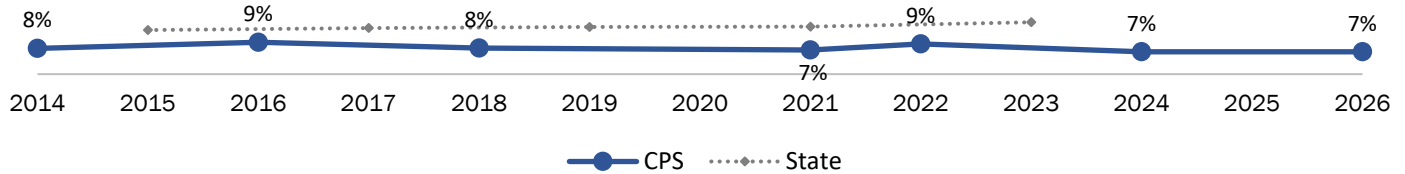
Q: During the past 12 months, have you been bullied outside of school?

The 2026 THS defined bullying as when one or more students tease, threaten, or spread rumors about another student, or if they hit, shove, or hurt them over and over again, it is bullying. When two students of about the same strength or power argue, fight, or tease each other in a friendly way, it is not bullying. Bullying can take place in person or over digital devices like cell phones, computers, and tablets. When one or more students tease, threaten, or spread rumors about another student in text messages or online, it is called “cyberbullying.” When these messages appear on social media websites, many people can view or share the messages. They can even join the cyberbullying.

Bullying

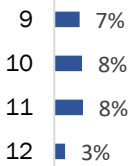
ELECTRONIC BULLYING

Overall, 7% of high school students were electronically bullied in the past 12 months.

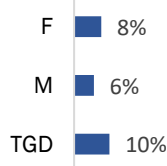


The graphs below show a breakdown of 2026 data by different demographic groups.

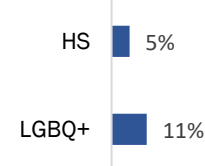
Grade



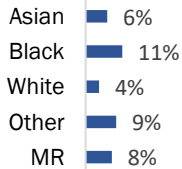
Gender



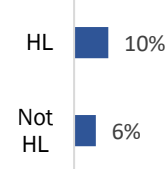
Sexual Orientation



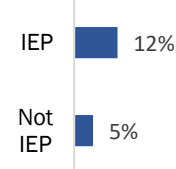
Race



Ethnicity



IEP Status



Grade: Students in 12th grade were significantly less likely than the average high school student to be bullied electronically in the past 12 months.

Race: White students were significantly less likely than the average high school student to be bullied electronically in the past 12 months.

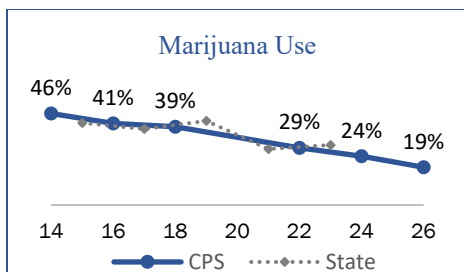
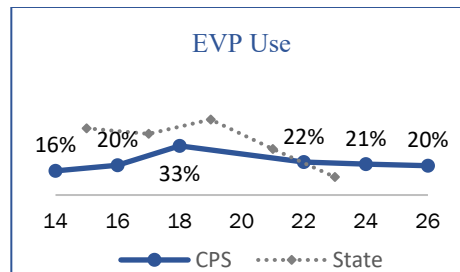
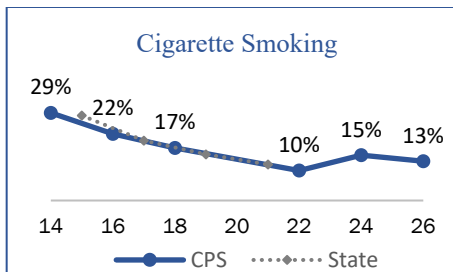
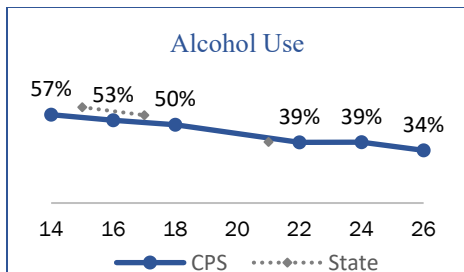
IEP Status: Students with an IEP were significantly more likely than the average high school student to be bullied electronically in the past 12 months.

Q: During the past 12 months, have you been bullied electronically?

The 2026 THS defined bullying as when one or more students tease, threaten, or spread rumors about another student, or if they hit, shove, or hurt them over and over again, it is bullying. When two students of about the same strength or power argue, fight, or tease each other in a friendly way, it is not bullying. Bullying can take place in person or over digital devices like cell phones, computers, and tablets. When one or more students tease, threaten, or spread rumors about another student in text messages or online, it is called “cyberbullying.” When these messages appear on social media websites, many people can view or share the messages. They can even join the cyberbullying.

Lifetime Substance Use

Cambridge high school students were asked if they had ever used a variety of substances. Overall, 34% reported ever drinking alcohol, 20% reported ever using electronic vapor products, 19% reported ever using marijuana, and 13% reported ever smoking cigarettes.



Below is a breakdown of 2026 data by different demographic groups.

Grade				Gender			Sexual Orientation		Race					Ethnicity		Special Education	
9 th	10 th	11 th	12 th	F	M	TGD	HS	LGBQ+	Asian	Black	White	Other	MR	HL	Not HL	IEP	Not IEP
Alcohol use																	
15% ^v	30%	39%	58% [^]	36%	31%	41%	31%	45% [^]	17% ^v	26% ^v	43% [^]	34%	35%	38%	33%	34%	35%
Cigarette smoking																	
4% ^v	12%	18%	21% [^]	12%	13%	19%	12%	16%	9%	8% ^v	17%	24%	10%	15%	12%	12%	12%
EVP use																	
8% ^v	19%	26%	30% [^]	22%	17%	23%	20%	23%	12% ^v	21%	19%	27%	20%	25%	19%	23%	19%
Marijuana use																	
4% ^v	15%	23%	40% [^]	20%	17%	27%	17%	30% [^]	6% ^v	15%	23%	24%	22%	23%	18%	21%	19%

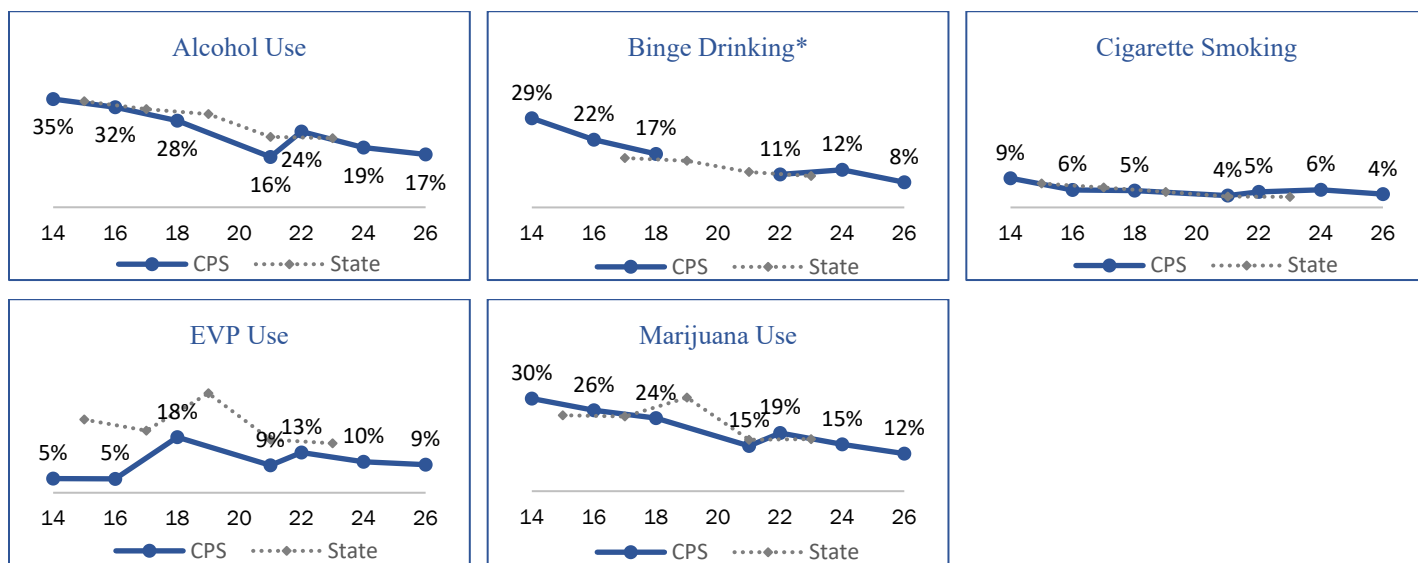
[^] indicates that students in this demographic group are significantly **more** likely than the average high school student to have ever used the substance.

^v indicates that students in this demographic group are significantly **less** likely than the average high school student to have ever used the substance.

Q: How old were you when you had your first drink of alcohol (more than a few sips)?
 Q: How old were you when you used an electronic vapor product (vape) for the first time?
 Q: How old were you when you tried marijuana for the first time?
 Q: How old were you when you first tried cigarette smoking, even one or two puffs?

Current Substance Use

Cambridge high school students were asked if they used a variety of substances in the past 30 days (currently). Overall, 17% reported currently drinking alcohol, 8% reported currently binge drinking (5 or more drinks of alcohol within a couple of hours), 9% reported currently using electronic vapor products, 12% reported currently using marijuana, and 4% reported currently smoking cigarettes.



*Note that the state of MA defines binge drinking as Four or more drinks of alcohol in a row if they are female or five or more drinks of alcohol in a row if they are male, within a couple of hours.

Below you will find a breakdown of 2026 data by different demographic groups.

Grade				Gender			Sexual Orientation		Race					Ethnicity		Special Education	
9 th	10 th	11 th	12 th	F	M	TGD	HS	LGBQ+	Asian	Black	White	Other	MR	HL	Not HL	IEP	Not IEP
Alcohol use																	
4% ^v	14%	18%	38% [^]	19%	15%	23%	15%	24% [^]	7% ^v	10% ^v	23% [^]	16%	20%	22%	16%	18%	17%
Binge drinking																	
1% ^v	6%	8%	20% [^]	8%	7%	15%	8%	11%	5%	4% ^v	12% [^]	6%	9%	9%	8%	8%	8%
Cigarette smoking																	
1% ^v	3%	5%	9% [^]	4%	4%	10%	3%	7%	2%	2% ^v	7%	7%	4%	4%	4%	5%	4%
EVP use																	
3% ^v	9%	13%	13%	11%	8%	5%	9%	11%	4% ^v	8%	11%	14%	9%	12%	8%	8%	9%
Marijuana use																	
2% ^v	9%	13%	30% [^]	12%	11%	24% [^]	10%	20% [^]	4% ^v	7% ^v	16%	14%	15%	15%	11%	14%	12%

[^] indicates that students in this demographic group are significantly **more** likely than the average high school student to currently use the substance.

^v indicates that students in this demographic group are significantly **less** likely than the average high school student to currently use the substance.

Q: During the past 30 days, on how many days did you have at least one drink of alcohol (more than a few sips)?

Q: During the past 30 days, on how many days did you have at least one drink of alcohol (more than a few sips)?

Q: During the past 30 days, on how many days did you use vape product?

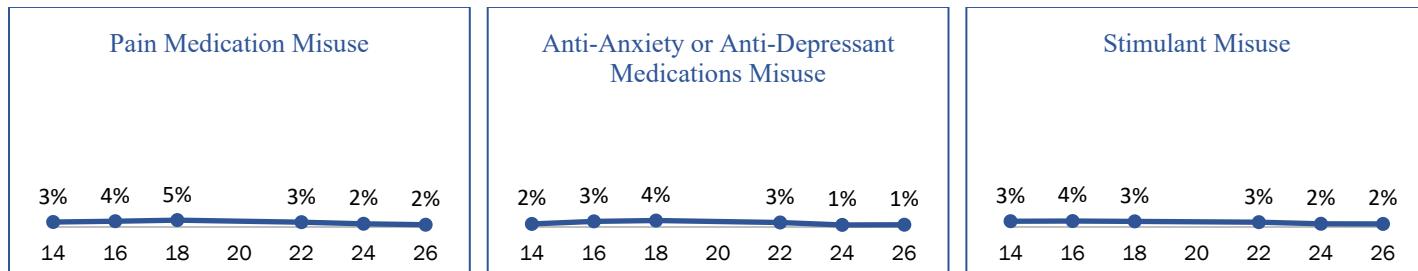
Q: During the past 30 days, how many times did you use marijuana?

Q: During the past 30 days, on how many days did you smoke cigarettes?

Current Substance Use

CURRENT PD MISUSE

Cambridge high school students were asked if they had currently used a variety of prescription medications without a doctor's prescription or differently than how a doctor told them to use it. Overall, 2% reported currently misusing prescription pain medication, 1% reported currently misusing anti-anxiety or anti-depressant medication, and 2% reported currently misusing stimulants. *There is no statewide comparison data.*



Below is a breakdown of 2026 data by different demographic groups.

Grade				Gender			Sexual Orientation		Race					Ethnicity		Special Education	
9 th	10 th	11 th	12 th	F	M	TGD	HS	LGBQ+	Asian	Black	White	Other	MR	HL	Not HL	IEP	Not IEP
Prescription pain medication																	
1%	2%	2%	1%	1%	2%	3%	1%	1%	2%	2%	1%	4%	<1%	3%	1%	3%	1%
Anti-anxiety or anti-depressant medications																	
1%	1%	2%	2%	1%	1%	8%	1%	2%	1%	1%	1%	3%	1%	1%	1%	2%	1%
Stimulants																	
1%	1%	2%	3%	2%	2%	4%	2%	2%	1%	1%	2%	4%	1%	2%	2%	3%	2%

^ indicates that students in this demographic group are significantly **more** likely than the average high school student to have ever used the substance.

v indicates that students in this demographic group are significantly **less** likely than the average high school student to have ever used the substance.

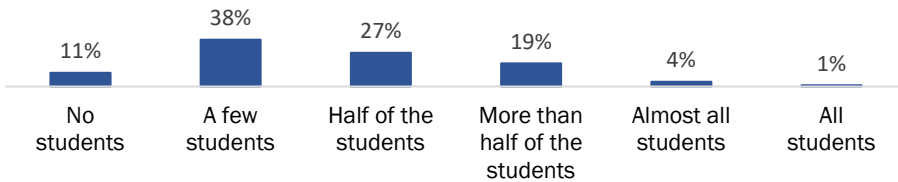
Q: During the past 30 days, on how many days did you take prescription pain/anti-anxiety or anti-depressant/stimulants/other medication without a doctor's prescription or differently than how a doctor told you to use it?

Perceptions About Substance Use

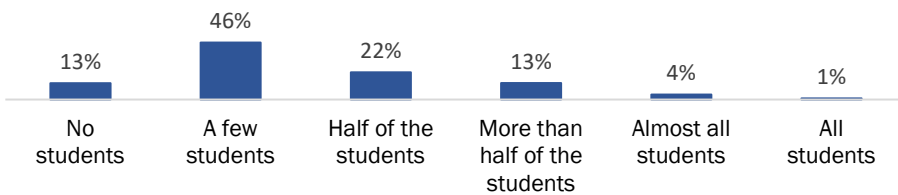
PERCEIVED PEER USE

High school students were asked how many students in their grade drank alcohol or used marijuana in the past 30 days. Below are the results. Note that 17% of students have had at least one drink of alcohol in the past 30 days and 12% of students have used marijuana in the past 30 days. *There is no statewide comparison data.*

Perceived Peer Use of Alcohol



Perceived Peer Use of Marijuana



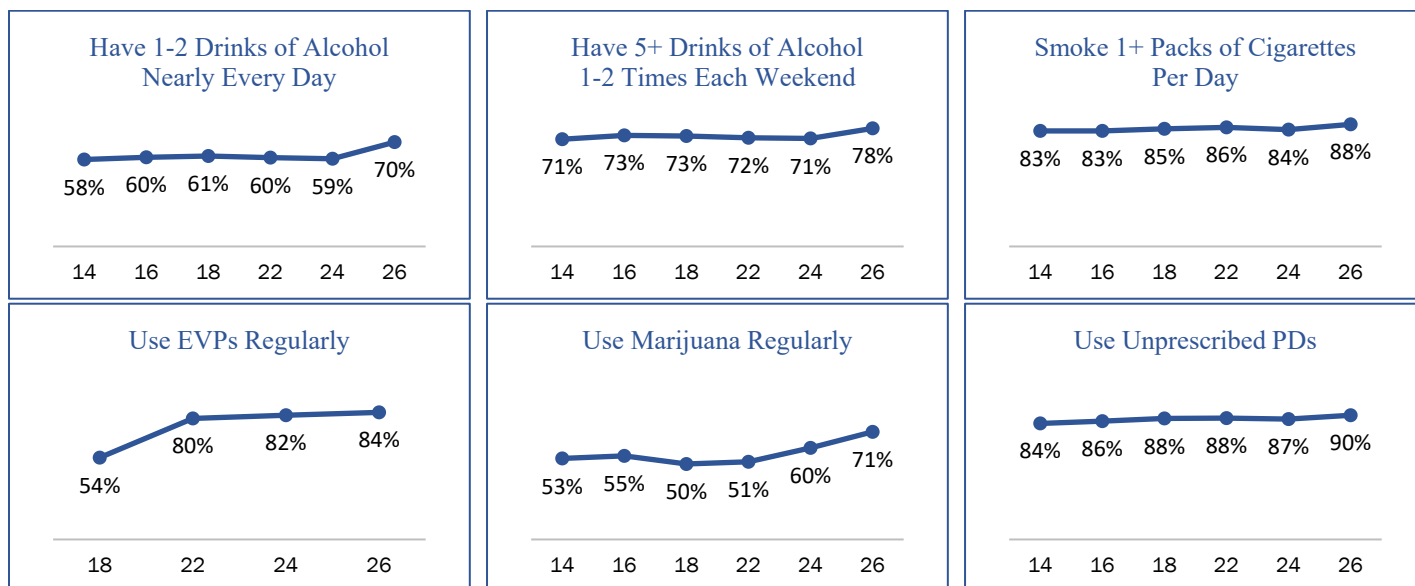
Q: How many of the students in your grade do you think drank alcohol in the past 30 days?

Q: How many of the students in your grade do you think used marijuana in the past 30 days?

Perceptions About Substance Use

PERCEIVED RISK OF HARM

Overall, high school students were most likely to perceive misusing prescription drugs as having moderate or great risk of harm (90%), and least likely to perceive having 1-2 drinks of alcohol nearly every day as having moderate or great risk of harm (70%). *There is no statewide comparison data.*



Below is a breakdown of 2026 data by different demographic groups.

Grade				Gender			Sexual Orientation		Race					Ethnicity		Special Education	
9 th	10 th	11 th	12 th	F	M	TGD	HS	LGBQ+	Asian	Black	White	Other	MR	HL	Not HL	IEP	Not IEP
Have 1 or 2 drinks of alcohol nearly every day																	
72%	67%	71%	71%	74%	65%	79%	68%	77%^	76%	66%	73%	66%	69%	66%	71%	61% ^v	74%
Have 5 or more drinks of alcohol once or twice each weekend																	
83%	77%	75%	77%	80%	75%	89%^	77%	82%	83%	78%	78%	71%	78%	76%	79%	73%	80%
Smoke 1 or more packs of cigarettes per day																	
89%	86%	89%	88%	92%^	83% ^v	91%	87%	93%^	88%	83%	92%	82%	89%	88%	88%	83%	90%
Use electronic vapor products regularly																	
86%	81%	85%	83%	87%	80%	91%	83%	87%	84%	78% ^v	89%	77%	86%	82%	84%	77%	86%
Use marijuana regularly																	
82%	66%	70%	63%	76%	67%	61%	73%	65%	83%^	73%	67%	68%	71%	72%	71%	65%	72%
Use prescription drugs not prescribed to them																	
92%	86%	93%	91%	93%	87%	97%^	90%	95%^	93%	84% ^v	95%	85%	91%	90%	91%	88%	92%

^ indicates that students in this demographic group are significantly **more** likely than the average high school student to perceive use of the substance as having moderate or great risk of harm.

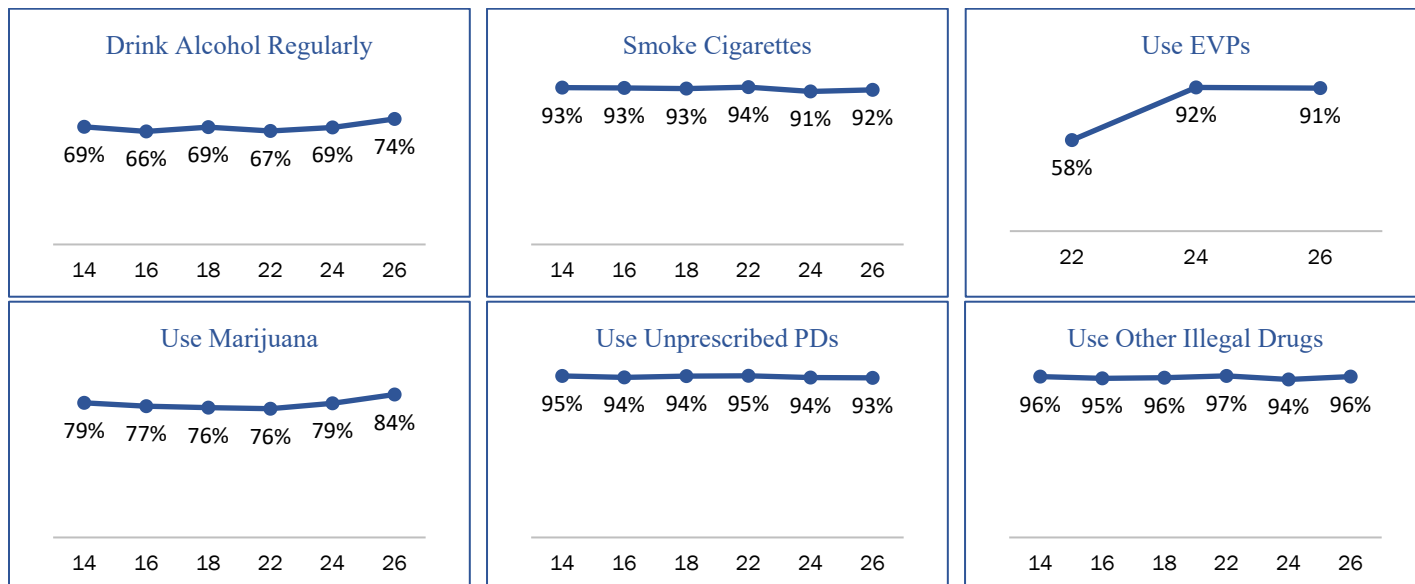
^v indicates that students in this demographic group are significantly **less** likely than the average high school student to perceive use of the substance as having moderate or great risk of harm.

Q: How much do you think people risk harming themselves if they have one or two drinks of alcohol nearly every day?
 Q: How much do you think people risk harming themselves if they have five or more drinks of alcohol once or twice each weekend?
 Q: How much do you think people risk harming themselves if they use a vape product?
 Q: How much do you think people risk harming themselves if they use marijuana regularly?
 Q: How much do you think people risk harming themselves if they smoke one or more packs of cigarettes nearly every day?
 Q: How much do you think people risk harming themselves if they use prescription drugs that are not prescribed to them?

Perceptions About Substance Use

PARENT/GUARDIAN/CAREGIVER PERCEPTIONS

Overall, high school students were most likely to think their parents/guardians/caregivers think using other illegal drugs as wrong or very wrong (96%), and least likely to think their parents/guardians/caregivers think drinking alcohol is wrong or very wrong (74%). *There is no statewide comparison data.*



Below is a breakdown of 2026 data by different demographic groups.

Grade				Gender			Sexual Orientation		Race					Ethnicity		Special Education	
9 th	10 th	11 th	12 th	F	M	TGD	HS	LGBQ+	Asian	Black	White	Other	MR	HL	Not HL	IEP	Not IEP
Drink alcohol regularly																	
84%	75%	74%	58%	75%	73%	74%	76%	67%	84%^	82%^	66% ^v	80%	71%	77%	73%	69%	74%
Smoke cigarettes																	
96%	92%	91%	89%	94%	90%	93%	92%	93%	93%	91%	93%	89%	93%	91%	92%	88%	93%
Use EVPs																	
95%	91%	90%	89%	93%	80%	96%	92%	93%	93%	88%	94%	83%	92%	89%	92%	87%	93%
Use marijuana																	
93%	85%	83%	71%	86%	82%	80%	86%	79%	91%^	85%	82%	81%	82%	84%	84%	78%	85%
Use prescription medications not prescribed to them																	
94%	92%	94%	94%	96%	91%	97%	93%	96%	91%	90%	97%^	88%	95%	92%	94%	90%	94%
Use other illegal drugs																	
96%	96%	97%	96%	98%	94%	99%	96%	100%^	95%	94%	98%^	94%	97%	97%	96%	93%	97%

^ indicates that students in this demographic group are significantly **more** likely than the average high school student to think their parents/guardians/caregivers think use of the substance is wrong or very wrong.

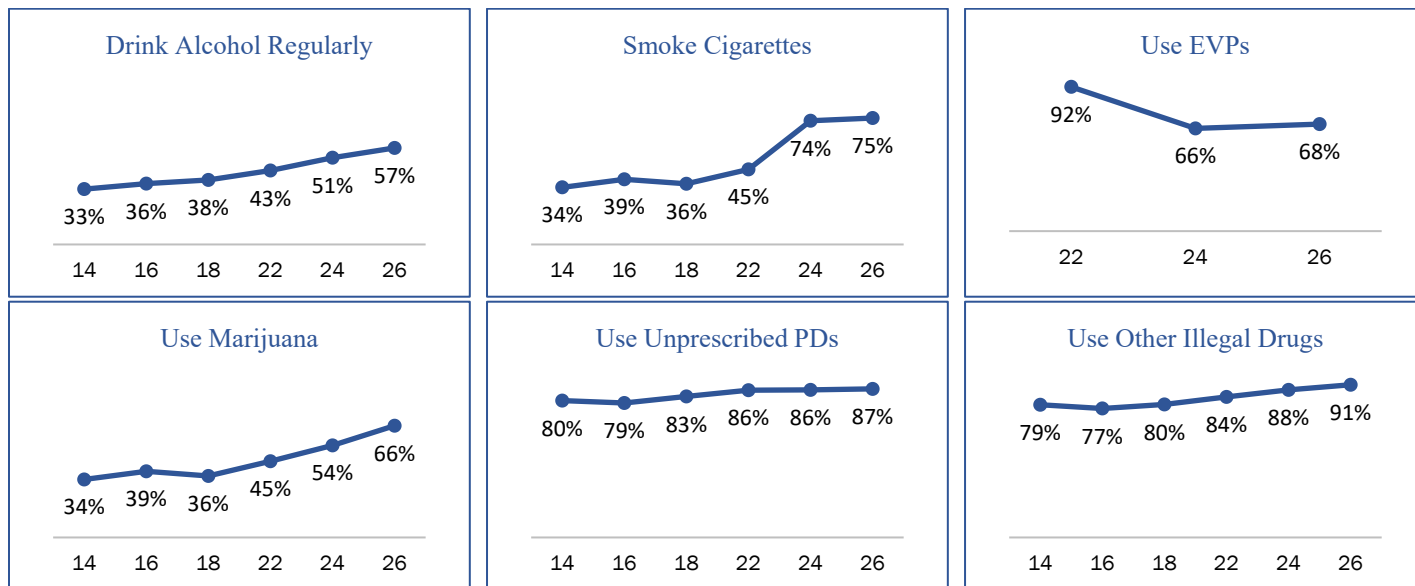
^v indicates that students in this demographic group are significantly **less** likely than the average high school student to think their parents/guardians/caregivers think use of the substance is wrong or very wrong.

Q: How wrong do your parents/guardians/caregivers feel it would be for you to drink alcohol?
 Q: How wrong do your parents/guardians/caregivers feel it would be for you to use vape products?
 Q: How wrong do your parents/guardians/caregivers feel it would be for you to use marijuana?
 Q: How wrong do your parents/guardians/caregivers feel it would be for you to smoke cigarettes?
 Q: How wrong do your parents/guardians/caregivers feel it would be for you to use prescription medications not prescribed to you?

Perceptions About Substance Use

PERCEPTIONS OF FRIENDS

Overall, high school students were most likely to think their friends think using other illegal drugs is wrong or very wrong (91%), and least likely to think their friends think using alcohol is wrong or very wrong (57%). *There is no statewide comparison data.*



Below is a breakdown of 2026 data by different demographic groups.

Grade				Gender			Sexual Orientation		Race					Ethnicity		Special Education	
9 th	10 th	11 th	12 th	F	M	TGD	HS	LGBQ+	Asian	Black	White	Other	MR	HL	Not HL	IEP	Not IEP
Drink alcohol regularly																	
75%	60%	51%	34%	55%	59%	48%	60%	45% ^v	73% [^]	66% [^]	48% ^v	61%	52%	56%	57%	56%	56%
Smoke cigarettes																	
89%	77%	72%	58%	76%	76%	66%	78%	67% ^v	82%	83% [^]	71%	73%	74%	75%	75%	75%	75%
Use EVPs																	
82%	68%	64%	54%	68%	70%	61%	70%	61%	76%	67%	70%	64%	66%	65%	69%	64%	69%
Use marijuana																	
87%	71%	57%	40%	66%	67%	48% ^v	69%	52% ^v	83% [^]	69%	60%	61%	62%	64%	66%	60%	66%
Use prescription medications not prescribed to them																	
90%	85%	85%	87%	90%	86%	73% ^v	88%	86%	86%	87%	89%	79%	86%	87%	87%	84%	89%
Use other illegal drugs																	
95%	90%	89%	91%	94%	89%	86%	92%	92%	93%	93%	92%	85%	90%	89%	92%	86%	93%

[^] indicates that students in this demographic group are significantly **more** likely than the average high school student to think their close friends think use of the substance is wrong or very wrong.

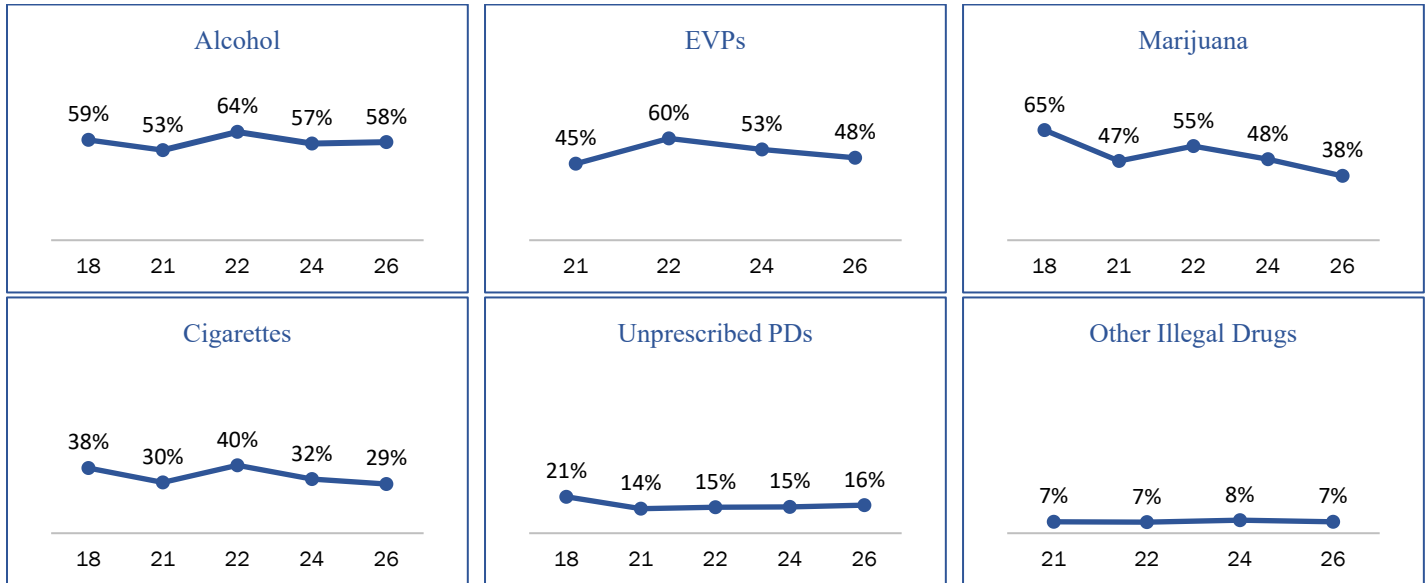
^v indicates that students in this demographic group are significantly **less** likely than the average high school student to think their close friends think use of the substance is wrong or very wrong.

Q: How wrong do your close friends feel it would be for you to drink alcohol?
 Q: How wrong do your close friends feel it would be for you to use vape products?
 Q: How wrong do your close friends feel it would be for you to use marijuana?
 Q: How wrong do your close friends feel it would be for you to smoke cigarettes?
 Q: How wrong do your close friends feel it would be for you to use prescription medications not prescribed to you?

Perceptions About Substance Use

PERCEIVED ACCESS

Overall, high school students were most likely to think alcohol was easy or very easy to access (58%), and least likely to think other illegal drugs were easy or very easy to access (7%). *There is no statewide comparison data.*



Below is a breakdown of 2026 data by different demographic groups.

Grade				Gender			Sexual Orientation		Race					Ethnicity		Special Education	
9 th	10 th	11 th	12 th	F	M	TGD	HS	LGBQ+	Asian	Black	White	Other	MR	HL	Not HL	IEP	Not IEP
Alcohol																	
48%	59%	60%	67%	60%	54%	69%	55%	70%^	48%	43% ^v	68%^	43% ^v	65%	58%	57%	49% ^v	69%
Cigarettes																	
16%	30%	30%	44%	27%	31%	31%	30%	30%	31%	24%	30%	31%	27%	29%	29%	28%	30%
EVPs																	
35%	51%	53%	59%	49%	48%	51%	48%	55%	42%	47%	50%	46%	51%	53%	48%	49%	49%
Marijuana																	
20%	38%	44%	56%	35%	39%	54%^	36%	48%^	28% ^v	32%	41%	41%	44%	41%	37%	43%	38%
Prescription medications not prescribed to them																	
16%	18%	19%	12%	14%	18%	30%^	16%	20%	19%	16%	17%	21%	13%	16%	17%	18%	16%
Other illegal drugs																	
6%	6%	8%	7%	4%	9%	5%	8%	5%	7%	7%	6%	12%	6%	6%	7%	10%	6%

^ indicates that students in this demographic group are significantly **more** likely than the average high school student to think it is easy or very easy to get a substance.

^v indicates that students in this demographic group are significantly **less** likely than the average high school student to think it is easy or very easy to get a substance.

Q: If you wanted to get the following substances, how easy would it be for you to get alcohol?

Q: If you wanted to get the following substances, how easy would it be for you to get vape products?

Q: If you wanted to get the following substances, how easy would it be for you to get marijuana?

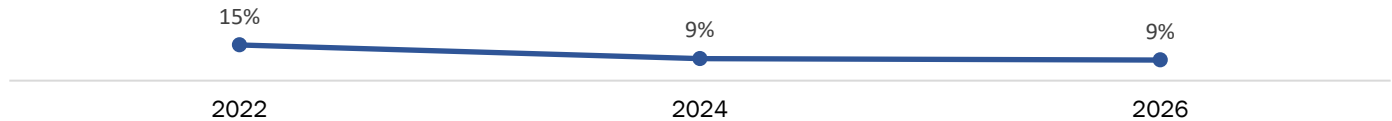
Q: If you wanted to get the following substances, how easy would it be for you to get cigarettes?

Q: If you wanted to get the following substances, how easy would it be for you to get prescription medications not prescribed to you?

Sexual Violence

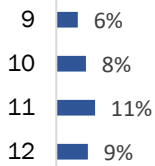
LIFETIME

Overall, 9% of high school students have had someone do sexual things to them or forced them to do sexual things that they did not want to do. *There is no statewide comparison data.*

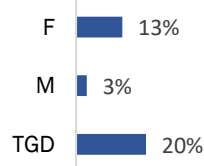


The graphs below show a breakdown of 2026 data by different demographic groups.

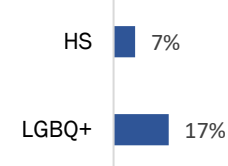
Grade



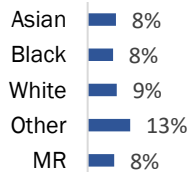
Gender



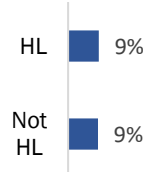
Sexual Orientation



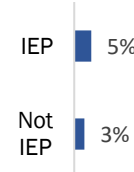
Race



Ethnicity



IEP Status



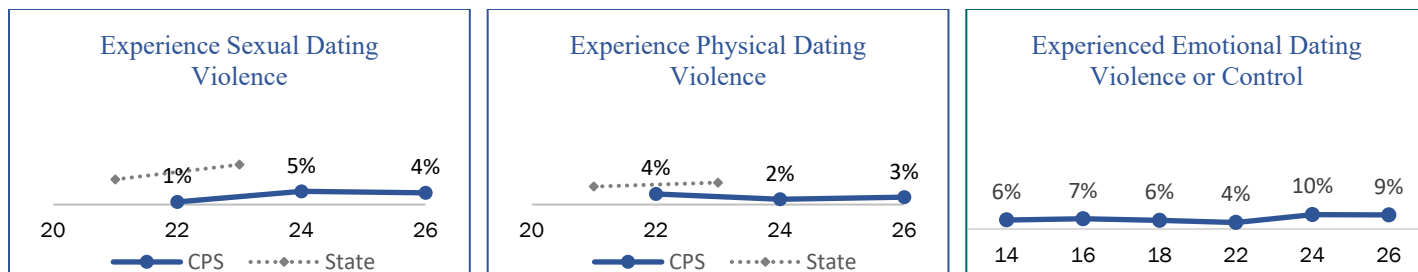
Gender: Female and TGD students were significantly more likely than the average high school student to experience sexual violence, male students were significantly less likely.

Sexual Orientation: LGBQ+ students were significantly more likely than the average high school student to experience sexual violence.

Q: Has anyone ever done sexual things to you or forced you to do sexual things that you did not want?

Dating Violence

Overall, 4% of high school students have been hurt sexually by someone they were dating or going out with in the past 12 months, 3% have been hurt physically, and 9% have been emotionally hurt or controlled. *There is no statewide comparison data for experience of emotional dating violence or control.*



Below is a breakdown of 2026 4 data by different demographic groups.

Grade				Gender			Sexual Orientation		Race					Ethnicity		Special Education	
9 th	10 th	11 th	12 th	F	M	TGD	HS	LGBQ+	Asian	Black	White	Other	MR	HL	Not HL	IEP	Not IEP
Experienced sexual dating violence																	
4%	5%	3%	6%	6%	2% ^v	11%	4%	7%	2%	4%	4%	3%	7%	5%	4%	6%	4%
Experienced physical dating violence																	
3%	3%	3%	3%	2%	3%	8%	3%	3%	2%	3%	3%	6%	2%	5%	2%	4%	3%
Experienced emotional dating violence or control																	
9%	10%	10%	8%	11%	7%	16%	9%	12%	8%	8%	9%	10%	10%	13%	9%	11%	9%

[^] indicates that students in this demographic group are significantly **more** likely than the average high school student to experience the form of dating violence.

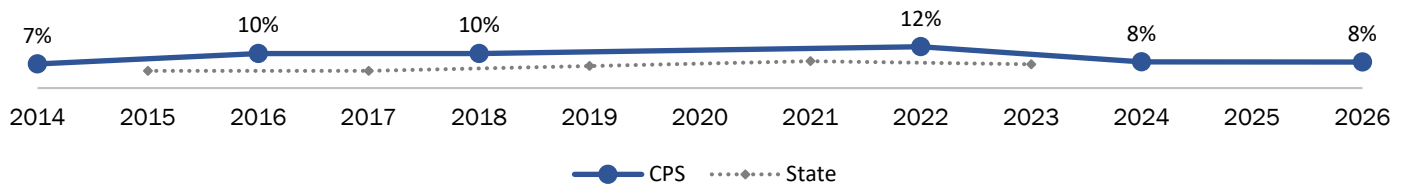
^v indicates that students in this demographic group are significantly **less** likely than the average high school student to experience the form of dating violence.

Q: During the past 12 months, how many times did someone you were dating or going out with force you to do sexual things that you did not want to do?
 Q: During the past 12 months, how many times did someone you were dating or going out with physically hurt you?
 Q: During the past 12 months, how many times did someone you were dating or going out with purposely try to control you or emotionally hurt you?

Safety

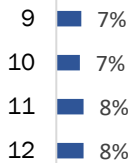
IN OR TRAVELING TO OR FROM SCHOOL

Overall, 8% of high school students skipped school because they felt unsafe at school or on their way to or from school in the past 30 days.

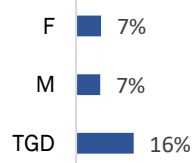


The graphs below show a breakdown of 2026 data by different demographic groups.

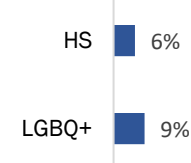
Grade



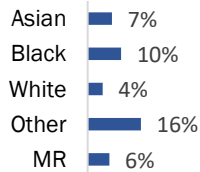
Gender



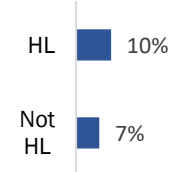
Sexual Orientation



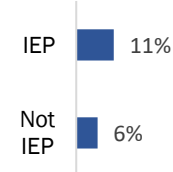
Race



Ethnicity



IEP Status



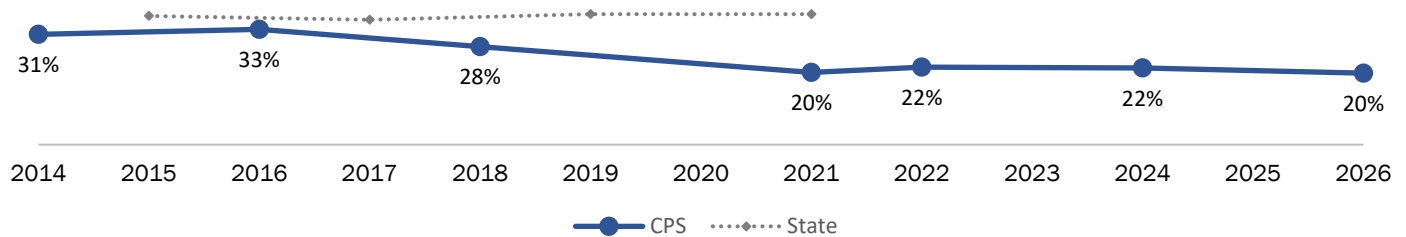
There were no statistically significant differences within demographic groups.

Q: During the past 30 days, on how many days did you not go to school because you felt you would be unsafe at school or on your way to or from school?

Sexual Behaviors

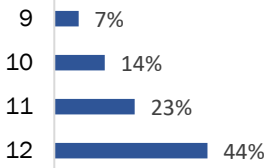
EVER HAD CONSENSUAL SEXUAL INTERCOURSE

Overall, 20% of high school students have ever had consensual sexual intercourse. Note that the word “consensual” was added to the THS question in 2021. It is not included in the statewide comparison data.

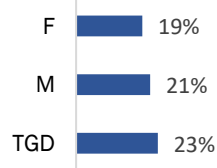


The graphs below show a breakdown of 2026 data by different demographic groups.

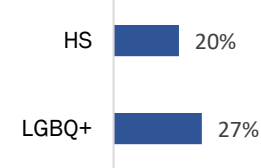
Grade



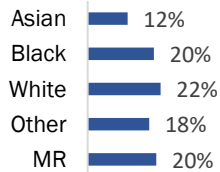
Gender



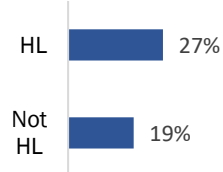
Sexual Orientation



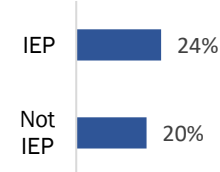
Race



Ethnicity



IEP Status



Grade: Students in 9th and 10th grade were significantly less likely than the average high school student to have ever had sexual intercourse, and students in 12th grade were significantly more likely.

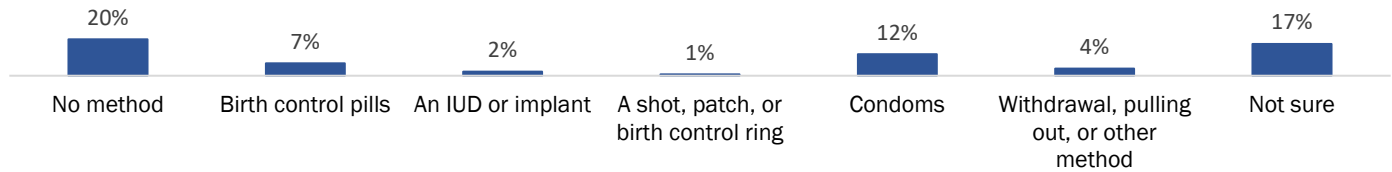
Race: Asian students were significantly less likely than the average high school student to have ever had sexual intercourse.

Q: Have you ever had consensual sexual intercourse?

Sexual Behaviors

METHODS TO DECREASE RISK OF UNWANTED PREGNANCY AND/OR STIS

High school students were asked which methods they used to decrease the risk of unwanted pregnancy and/or sexually transmitted infections (STIs) the last time they had consensual sexual activity. Overall, students were most likely to report that they did not use any method to decrease the risk of unwanted pregnancy and/or STIs (20%) or they were unsure if they had used a method (17%).

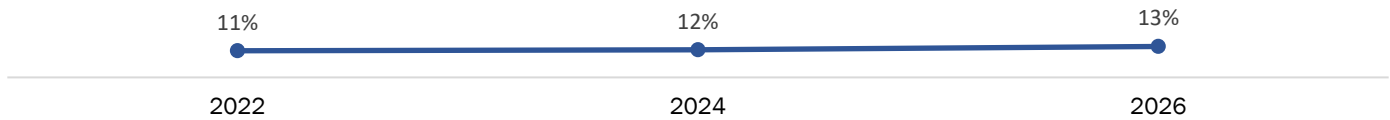


Q: The last time you had consensual sexual activity, what method(s) did you use to decrease the risk of unwanted pregnancy and/or sexually transmitted infections (STIs)?

Sexual Behaviors

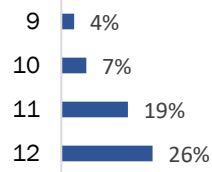
STI TESTING

Overall, 13% of high school students have ever been tested for an STI. *There is no statewide comparison data.*

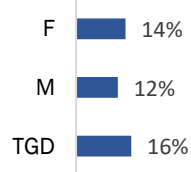


The graphs below show a breakdown of 2026 data by different demographic groups.

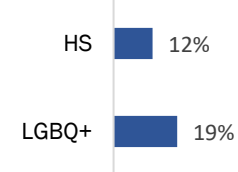
Grade



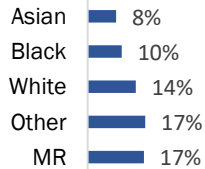
Gender



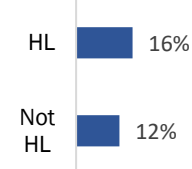
Sexual Orientation



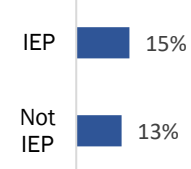
Race



Ethnicity



IEP Status



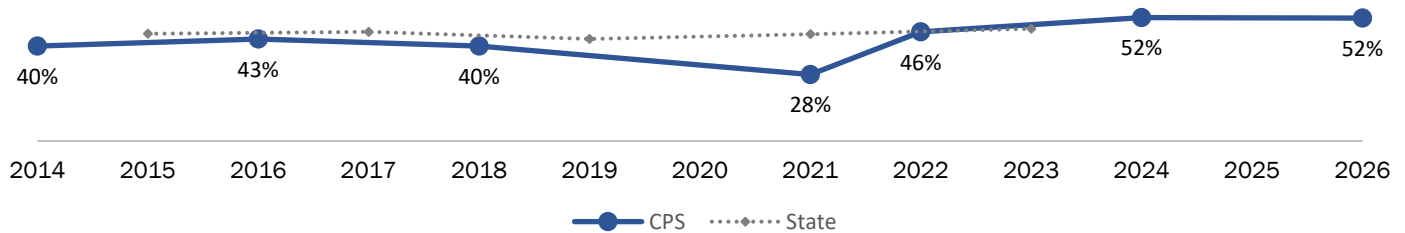
Grade: Students in 9th and 10th grade were significantly less likely than the average high school student to ever get tested for an STI, and students in 11th and 12th grade were significantly more likely.

Sexual Orientation: LGBQ+ students were significantly more likely than the average high school student to ever get tested for an STI.

Q: Have you ever been tested for any sexually transmitted infection, such as HIV, gonorrhea, or chlamydia?

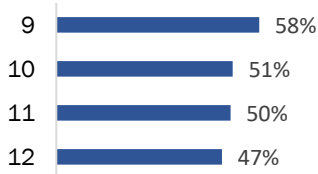
Physical Activity

Overall, 52% of high school students engaged in 60 or more minutes of physical activity on at least 5 of the past 7 days.

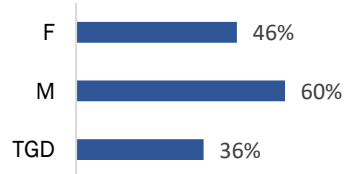


The graphs below show a breakdown of 2026 data by different demographic groups.

Grade



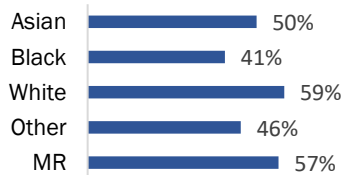
Gender



Sexual Orientation



Race



Ethnicity



IEP Status



Gender: Male students were significantly more likely than the average high school student to be active for 60 or more minutes on 5 of the past 7 days, and TGD students were significantly less likely.

Sexual Orientation: LGBQ+ students were significantly less likely than the average high school student to be active for 60 or more minutes on 5 of the past 7 days.

Race: Black students were significantly less likely than the average high school student to be active for 60 or more minutes on 5 of the past 7 days.

Q: During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day?

Nutrition

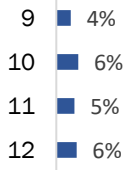
FOOD INSECURITY

Overall, 5% of high school students went to bed hungry sometimes, most of the time, or always in the past 30 days because there was not enough food in their home. *There is no statewide comparison data.*

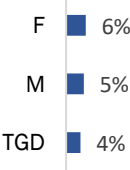


The graphs below show a breakdown of 2026 data by different demographic groups.

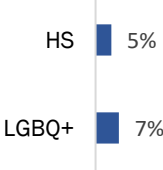
Grade



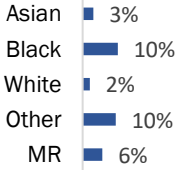
Gender



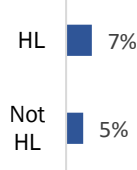
Sexual Orientation



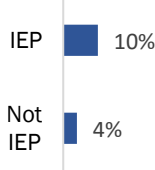
Race



Ethnicity



IEP Status



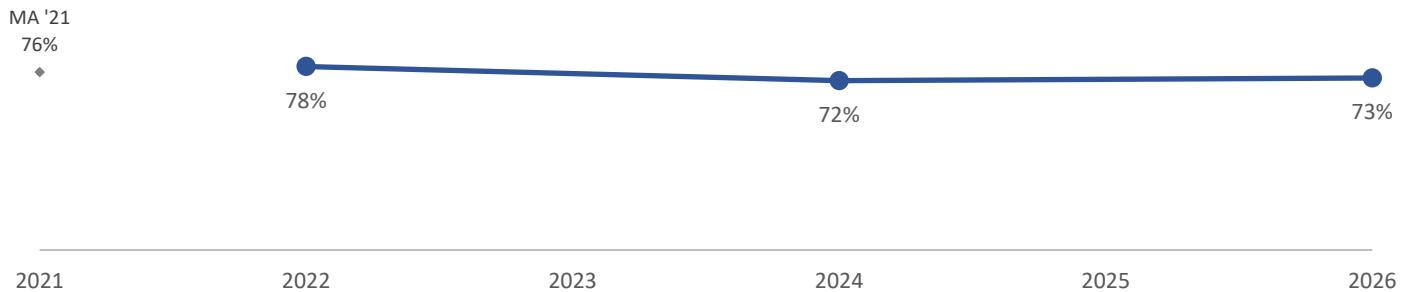
Race: Black students were significantly more likely than the average high school student to go to bed hungry because there was not enough food in their home in the past 30 days, and White students were significantly less likely.

Q: During the past 30 days, how often did you go to bed hungry because there was not enough food in your home?

Screen Time

GENERAL

Overall, 73% of high school students have 3 or more hours of screen time on an average school day not including time spent doing schoolwork. *There is no statewide comparison data.*



The graphs below show a breakdown of 2026 data by different demographic groups.

Grade



Gender



Sexual Orientation



Race



Ethnicity



IEP Status



Grade: Students in 12th grade were significantly more likely than the average high school student to have 3 or more hours of screen time on an average school day.

Race: Black students were significantly more likely than the average high school student to have 3 or more hours of screen time on an average school day.

Q: On an average school day, how many hours do you spend in front of a TV, computer, phone, or other electronic device watching shows or videos, playing games, going online, or using social media (also called "screen time")?

Screen Time

SOCIAL MEDIA

Overall, 71% of high school students used social media at least several times a day. This is the first year this question was asked on the THS, so there is no trend data. In comparison, 80% of high school students in Massachusetts used social media at least several times a day.

The graphs below show a breakdown of 2026 data by different demographic groups.

Grade



Gender



Sexual Orientation



Race



Ethnicity



IEP Status



Grade: Students in 9th grade were significantly less likely than the average high school student to use social media at least several times a day, and students in 12th grade were significantly more likely.

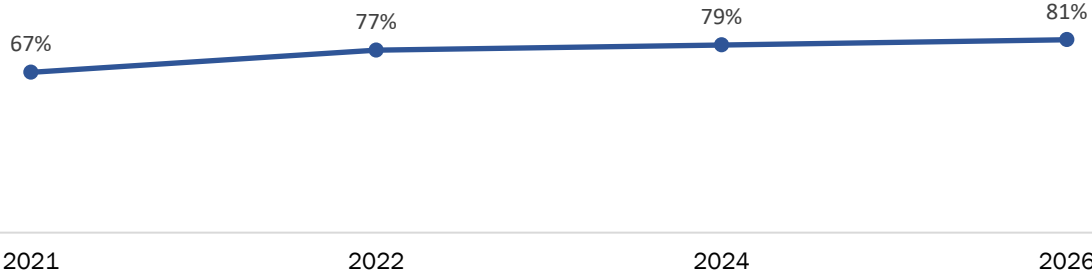
Race: Black students were significantly more likely than the average high school student to use social media at least several times a day, and White students were significantly less likely.

Q: How often do you use social media, such as Instagram, TikTok, Snapchat, and X (formerly known as Twitter)?

Out of School Time Activities

PARTICIPATION

Overall, 81% of high school students participated in an out of school time activity at least one day a week during this school year. *There is no statewide comparison data.*



The graphs below show a breakdown of 2026 data by different demographic groups.

Grade



Gender



Sexual Orientation



Race



Ethnicity



IEP Status



Race: Black students and students of another race were significantly less likely than the average high school student to participate in out of school programs this school year, and White students were significantly more likely.

Ethnicity: HL students were significantly less likely than the average high school student to participate in out of school programs this school year.

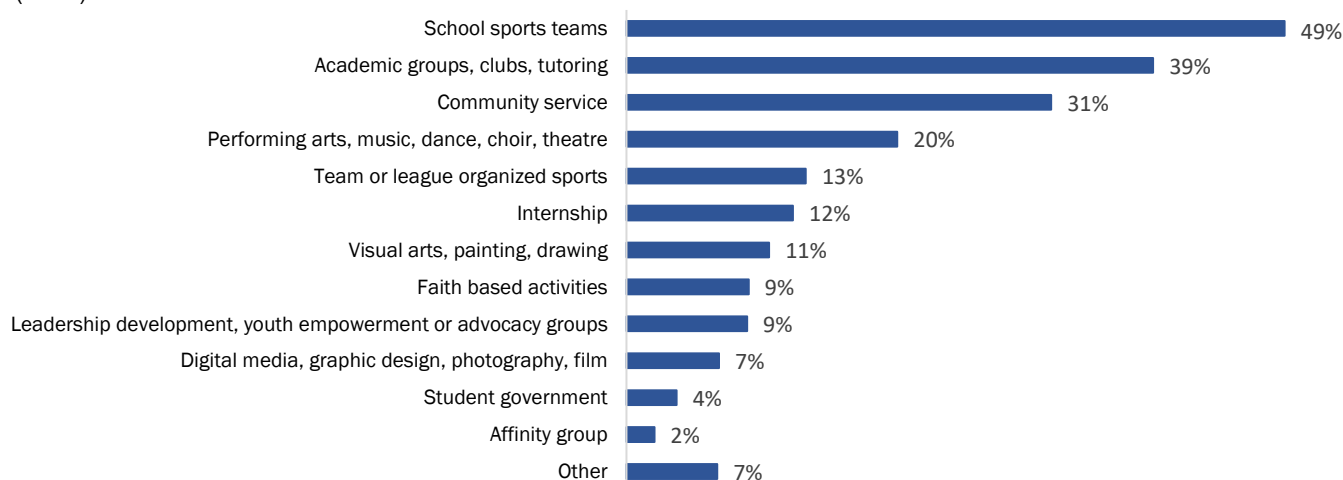
IEP: Students with an IEP were significantly less likely than the average high school student to participate in out of school programs this school year.

Q: During this school year (since September), how many days per week did you typically participate in out of school time programs such as afterschool program, youth center, club, arts, sports, tutoring, etc.? Participation could be in-person or virtual.

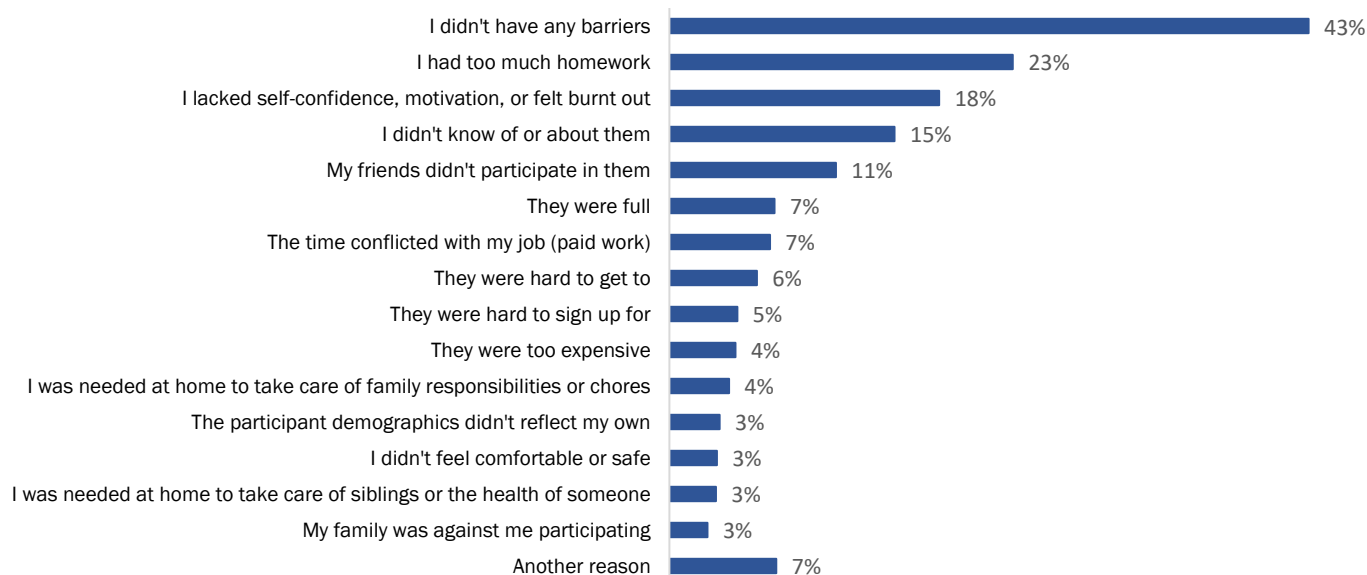
Out of School Time Activities

INVOLVEMENT AND BARRIERS

High school students were asked about their extracurricular involvement this school year. The top five programs, teams, and activities reported include: school sports teams (49%); academic groups, clubs, or tutoring (39%); community service (31%); performing arts, music, dance, choir, or theatre (20%); and team or league organized sports (13%).



High school students were also asked about barriers to extracurricular involvement. Almost half of students (43%) reported that they did not have any barriers to participation. The top five barriers reported include: having too much homework (23%); lacking self-confidence, motivation, or felt burnt out (18%); not knowing of or about them (15%); friends did not participate in them (11%); and they were full or the time conflicted with a paid job (7%, respectively).



Q: During this school year (since September), which programs, teams, or activities did you participate in? Participation could be in-person or virtual.
 Q: During this school year (since September), which if any of the following barriers kept you from accessing or participating in an afterschool

2026

Cambridge Public Schools Teen Health Survey

Upper School Results

Upper School Student Characteristics

In 2026, 1,272 upper school students participated in Cambridge Teen Health Survey. Among the students that participated, 86 were marked as incomplete and excluded from the final data set used in the analysis. **This resulted in a sample of 1,186 students.** The table below shows a distribution of accepted survey respondents by grade, gender identity, sexual orientation, race, ethnicity, and IEP status.

Upper School Student Characteristics	N	%
Total	1186	91%
Grade		
6 th	382	33%
7 th	402	34%
8 th	387	33%
Gender Identity		
Woman or girl	546	47%
Man or boy	554	47%
TGD	57	5%
Did not understand/Chose not to respond	11	1%
Sexual Orientation		
Heterosexual	750	68%
LGBQ+	219	19%
Did not understand /Chose not to respond	155	13%
Race		
Asian	123	11%
Black	243	22%
White	383	35%
Another race	157	14%
Multi-racial	201	18%
Ethnicity		
HL	214	19%
Not HL	928	81%
IEP Status		
IEP	164	14%
Not IEP	787	68%

Mental Health

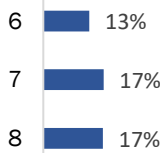
GENERAL

Overall, 16% of upper school students reported that their mental health was not good most of the time or always. *There is no statewide comparison data.*

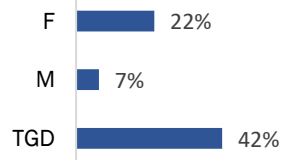


The graphs below show a breakdown of 2026 data by different demographic groups.

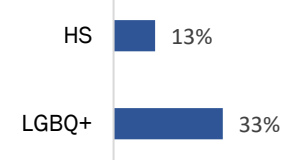
Grade



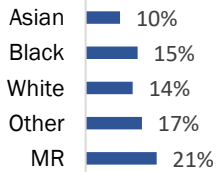
Gender



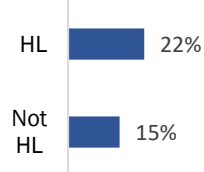
Sexual Orientation



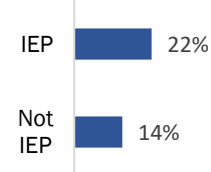
Race



Ethnicity



IEP Status



Gender: Female and TGD students were significantly more likely than the average upper school student to report that their mental health was not good most of the time or always in the past 30 days, and male students were significantly less likely.

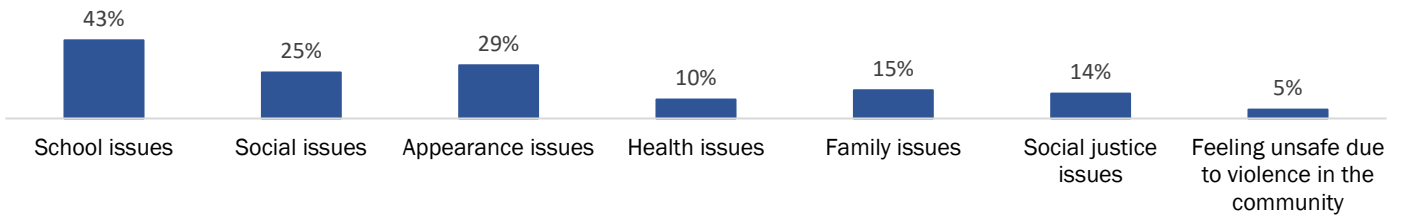
Sexual Orientation: LGBTQ+ students were significantly more likely than the average upper school student to report that their mental health was not good most of the time or always in the past 30 days.

Q: During the past 30 days, how often did you struggle with your mental health?

Mental Health

STRESS

Overall, upper school students were most likely to worry fairly or very often about school issues (43%), followed by appearance issues (29%), social issues (25%), family issues (15%), social justice issues (14%), health issues (10%), and community violence (5%). *There is no statewide comparison data.*

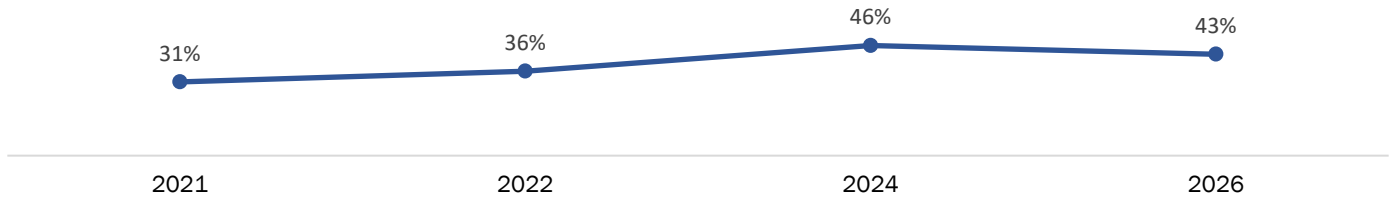


Q: During the past 30 days, how often did you worry about the following issues?

Mental Health

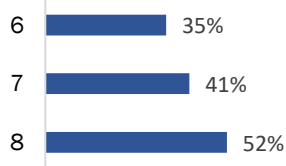
STRESS ABOUT SCHOOL ISSUES

Overall, 43% of upper school students reported worrying fairly often or very often about school issues in the past 30 days. *There is no statewide comparison data.*

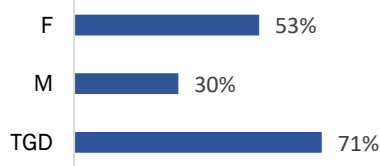


The graphs below show a breakdown of 2026 data by different demographic groups.

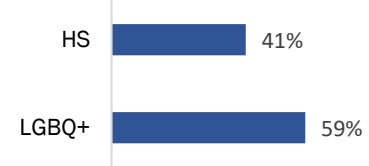
Grade



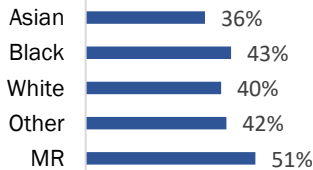
Gender



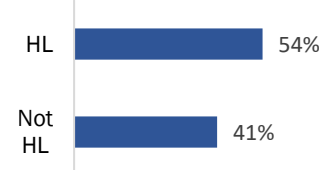
Sexual Orientation



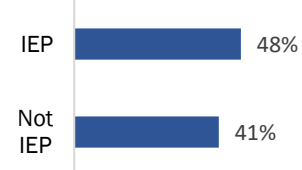
Race



Ethnicity



IEP Status



Grade: Students in 8th grade were significantly more likely than the average upper school student to worry fairly or very often about school issues in the past 30 days, and students in 6th grade were significantly less likely.

Gender: Female and TGD students were significantly more likely than the average upper school student to worry fairly or very often about school issues in the past 30 days, and male students were significantly less likely.

Sexual Orientation: LGBTQ+ students were significantly more likely than the average upper school student to worry fairly or very often about school issues in the past 30 days.

Ethnicity: HL students were significantly more likely than the average upper school student to worry fairly or very often about school issues in the past 30 days.

Q: During the past 30 days, how often did you worry about the following issues?

Mental Health

ANXIETY

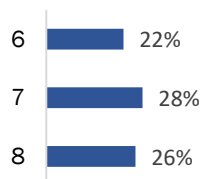
Overall, 25% upper school students felt tense, nervous, or worried every day for two or more weeks in a row that they stopped doing some usual activities (i.e., experienced anxiety) in the past 30 days. *There is no statewide comparison data.*



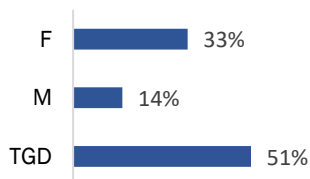
*Note that these questions were asked about experienced anxiety in the past 12 months and comparisons to other years should be made with caution.

The graphs below show a breakdown of 2026 data by different demographic groups.

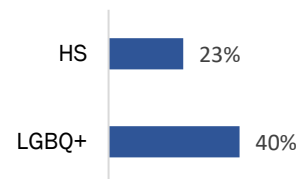
Grade



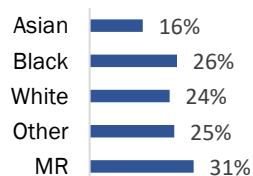
Gender



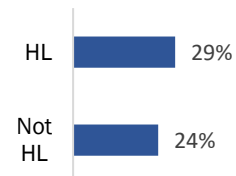
Sexual Orientation



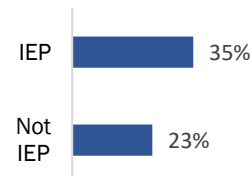
Race



Ethnicity



IEP Status



Gender: Female and TGD students were significantly more likely than the average upper school student to experience anxiety in the past 30 days, and male students were significantly less likely.

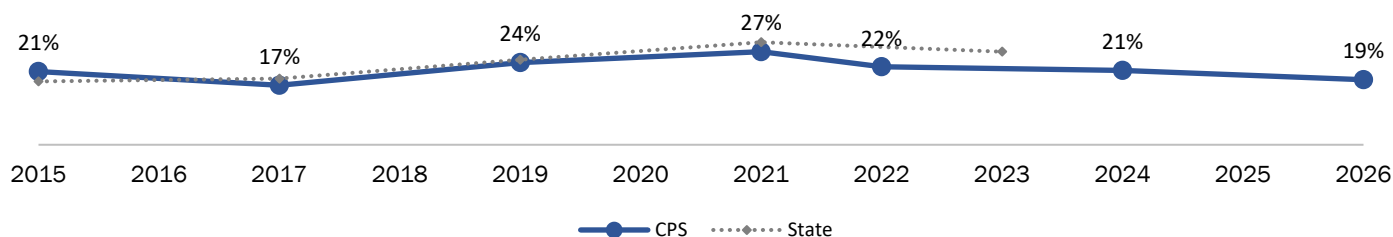
Sexual Orientation: LGBQ+ students were significantly more likely than the average upper school student to experience anxiety in the past 30 days.

Q: During the past 30 days, did you feel tense, nervous, or worried every day for two or more weeks in a row?

Mental Health

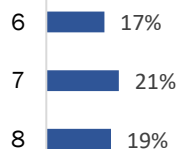
DEPRESSION

Overall, 19% of upper school students felt sad or hopeless almost every day for two or more weeks in a row that they stopped doing some of their usual activities (i.e., experienced depression) in the past 12 months.

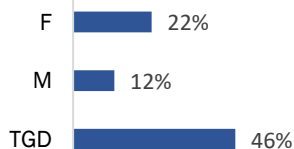


The graphs below show a breakdown of 2026 data by different demographic groups.

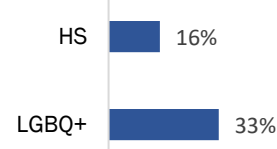
Grade



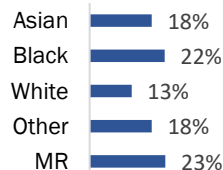
Gender



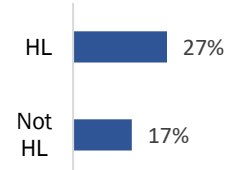
Sexual Orientation



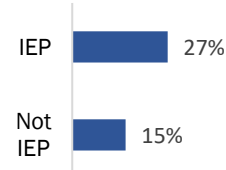
Race



Ethnicity



IEP Status



Gender: TGD students were significantly more likely than the average upper school student to experience depression in the past 12 months, and male students were significantly less likely.

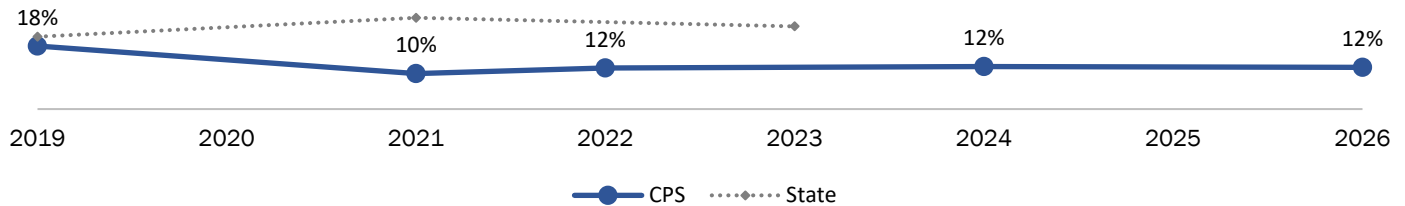
Sexual Orientation: LGBQ+ students were significantly more likely than the average upper school student to experience depression in the past 12 months.

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

Mental Health

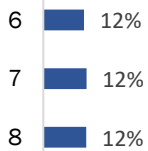
SELF-HARM

Overall, 12% of upper school students hurt or injured themselves on purpose without wanting to die (i.e., engaged in self-harm) in the past 12 months.

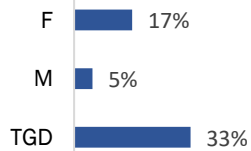


The graphs below show a breakdown of 2026 data by different demographic groups.

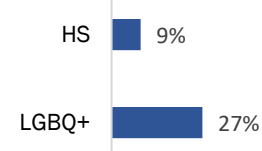
Grade



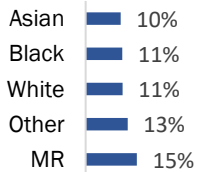
Gender



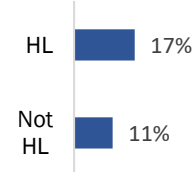
Sexual Orientation



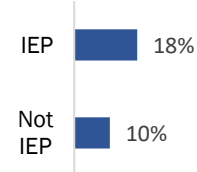
Race



Ethnicity



IEP Status



Gender: TGD students were significantly more likely than the average upper school student to engage in self-harm in the past 12 months, and male students were significantly less likely.

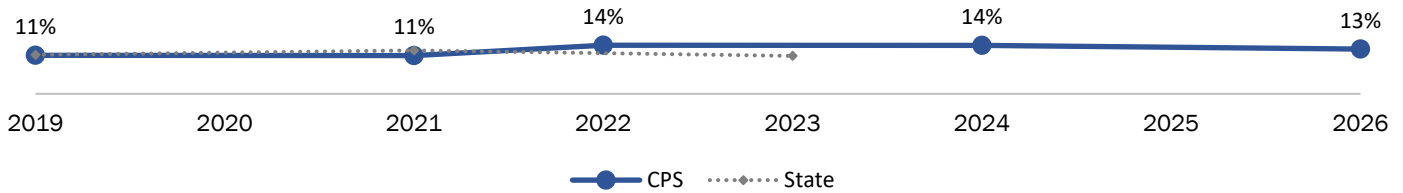
Sexual Orientation: LGBQ+ students were significantly more likely than the average upper school student to engage in self-harm in the past 12 months.

Q: During the past 12 months, did you do something to purposely hurt yourself without wanting to die, such as cutting or burning yourself on purpose?

Mental Health

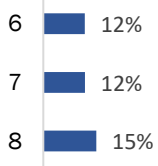
CONSIDERED ATTEMPTING SUICIDE

Overall, 13% of upper school students considered attempting suicide during the past 12 months.

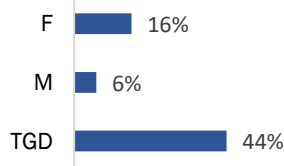


The graphs below show a breakdown of 2026 data by different demographic groups.

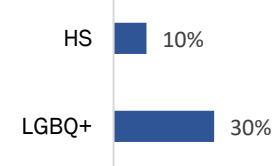
Grade



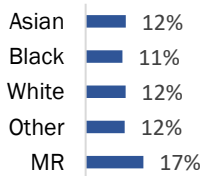
Gender



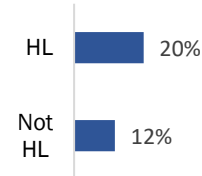
Sexual Orientation



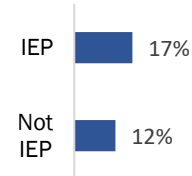
Race



Ethnicity



IEP Status



Gender: TGD students were significantly more likely than the average upper school student to consider attempting suicide in the past 12 months, and male students were significantly less likely.

Sexual Orientation: LGBQ+ students were significantly more likely than the average upper school student to consider attempting suicide in the past 12 months.

Q: During the past 12 months, did you consider attempting suicide?

Mental Health

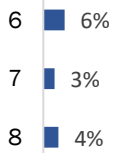
MADE A SUICIDE PLAN

Overall, 5% of upper school students made a suicide plan during the past 12 months. *There is no statewide comparison data.*

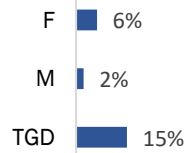


The graphs below show a breakdown of 2026 data by different demographic groups.

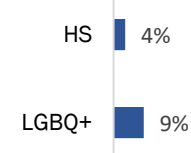
Grade



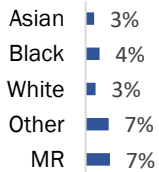
Gender



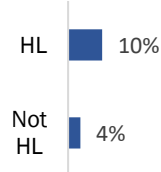
Sexual Orientation



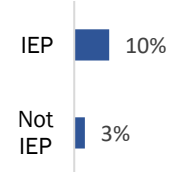
Race



Ethnicity



IEP Status



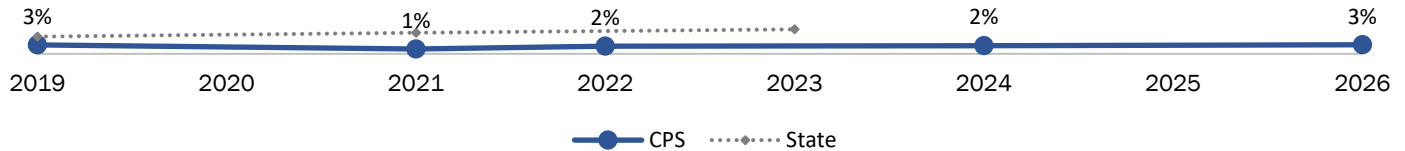
There were no statistically significant differences within demographic groups.

Q: During the past 12 months, did you make a suicide plan?

Mental Health

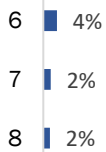
ATTEMPTED SUICIDE

Overall, 3% of upper school students attempted suicide during the past 12 months.

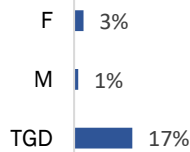


The graphs below show a breakdown of 2026 data by different demographic groups.

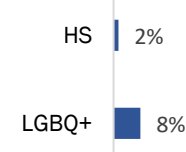
Grade



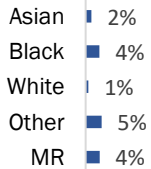
Gender



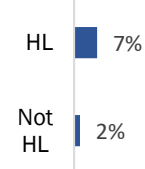
Sexual Orientation



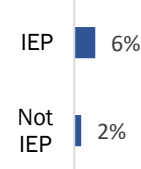
Race



Ethnicity



IEP Status



Gender Identity: TGD students were significantly more likely than the average upper school student to attempt suicide in the past 12 months.

Sexual Orientation: LGBTQ+ students were significantly more likely than the average upper school student to attempt suicide in the past 12 months.

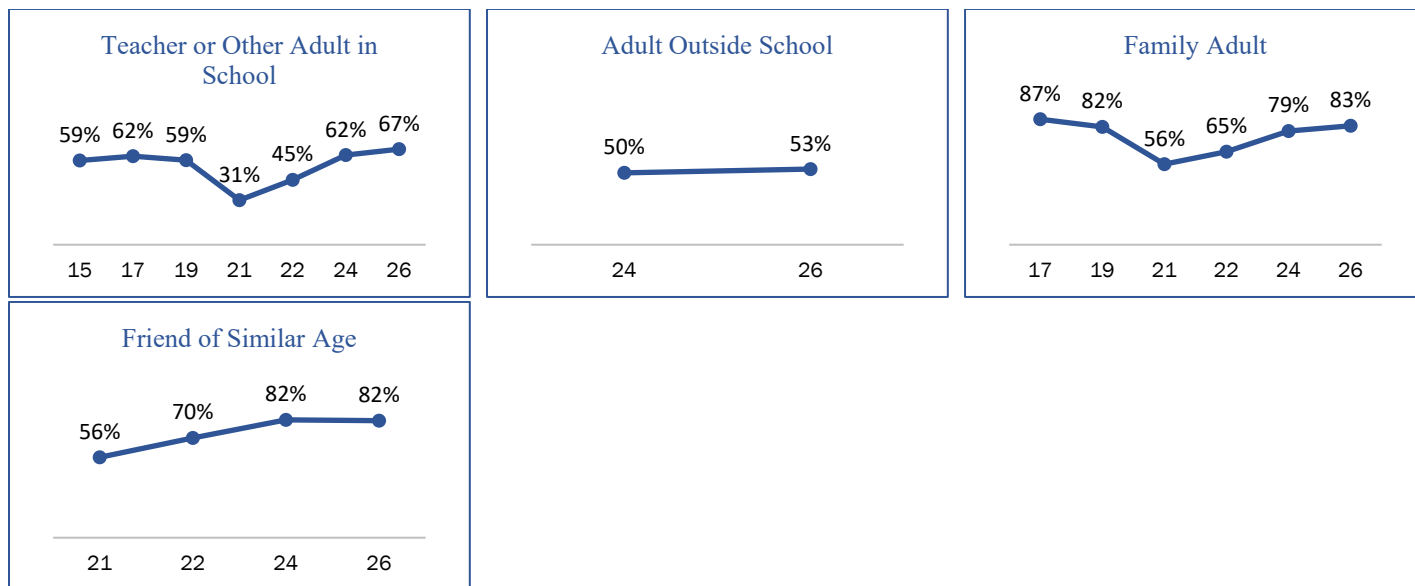
Race: White students were significantly less likely than the average upper school student to attempt suicide in the past 12 months.

Q: During the past 12 months, did you attempt suicide?

Personal Experiences

CONNECTEDNESS

Overall, when asked about individuals whom they could talk to about a problem, 67% of upper school students reported having at least one teacher or other adult in this school, 53% reported having at least one adult outside of school who is not in their family, 83% reported having at least one family adult, and 82% reported having a friend of similar age. *There is no statewide comparison data.*



Below is a breakdown of 2026 data by different demographic groups.

Grade			Gender			Sexual Orientation		Race					Ethnicity		Special Education	
6 th	7 th	8 th	F	M	TGD	HS	LGBQ+	Asian	Black	White	Other	MR	HL	Not HL	IEP	Not IEP
Teacher or other adult in school																
64%	63%	72%	68%	67%	57%	69%	62%	65%	53%	74%	55% ^v	67%	69%	66%	71%	67%
Adult outside of school																
51%	51%	56%	51%	55%	42%	55%	50%	51%	48%	63% [^]	42%	51%	50%	54%	53%	54%
Family adult																
83%	81%	84%	80%	88%	71%	85%	77%	80%	78%	90% [^]	74%	84%	81%	83%	78%	85%
Friend of similar age																
78%	81%	85%	85%	79%	76%	84%	79%	86%	75%	86%	73%	83%	82%	81%	77%	84%

[^] indicates that students in this demographic group are significantly **more** likely than the average upper school student to have someone to talk to.

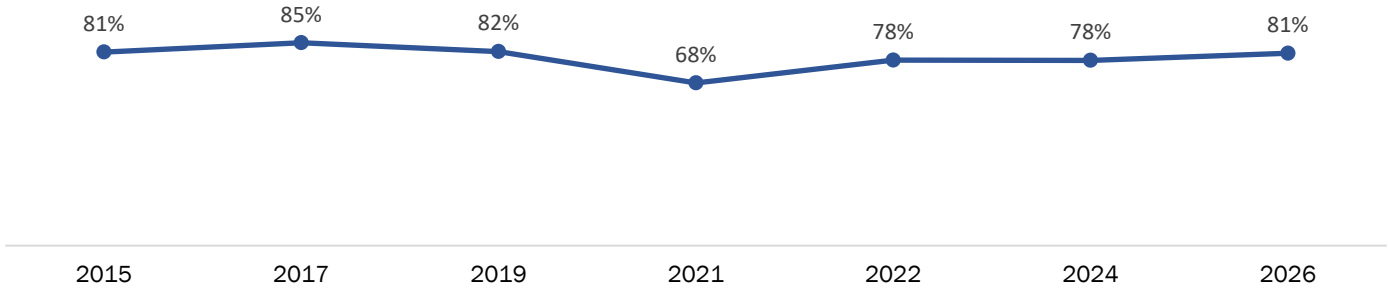
^v indicates that students in this demographic group are significantly **less** likely than the average upper school student to have someone to talk to.

Q: Is there at least one teacher or other adult in this school that you can talk to if you have a problem?
 Q: Is there at least one adult outside of school who is not in your family that you can talk to if you have a problem?
 Q: Is there at least one adult in your family that you can talk to if you have a problem?
 Q: Is there at least one friend similar in age to you that you can talk to if you have a problem?

Personal Experiences

FRIENDSHIP

Overall, 81% of upper school students reported having three or more close friends. *There is no statewide comparison data.*



The graphs below show a breakdown of 2026 data by different demographic groups.

Grade



Gender



Sexual Orientation



Race



Ethnicity



IEP Status



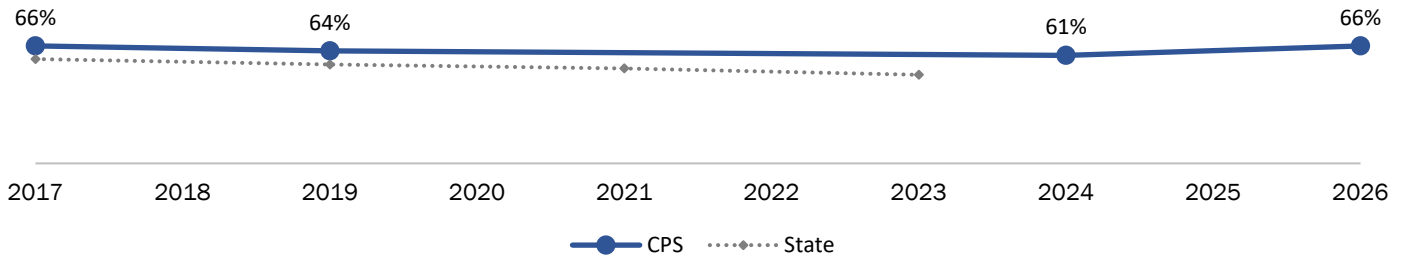
Race: White students were significantly more likely than the average upper school student to have three or more close friends.

Q: How many close friends do you have?

Personal Experiences

SLEEP

Overall, 66% of upper school students reported sleeping 8 or more hours on an average school night.

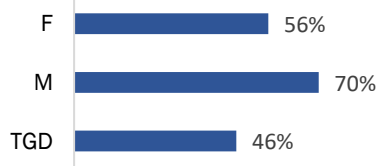


The graphs below show a breakdown of 2026 data by different demographic groups.

Grade



Gender



Sexual Orientation



Race



Ethnicity



IEP Status



Grade: Students in 6th grade were significantly more likely than the average upper school student to sleep 8 or more hours on an average school night.

Gender: TGD students were significantly less likely than the average upper school student to sleep 8 or more hours on an average school night, and male students were significantly more likely.

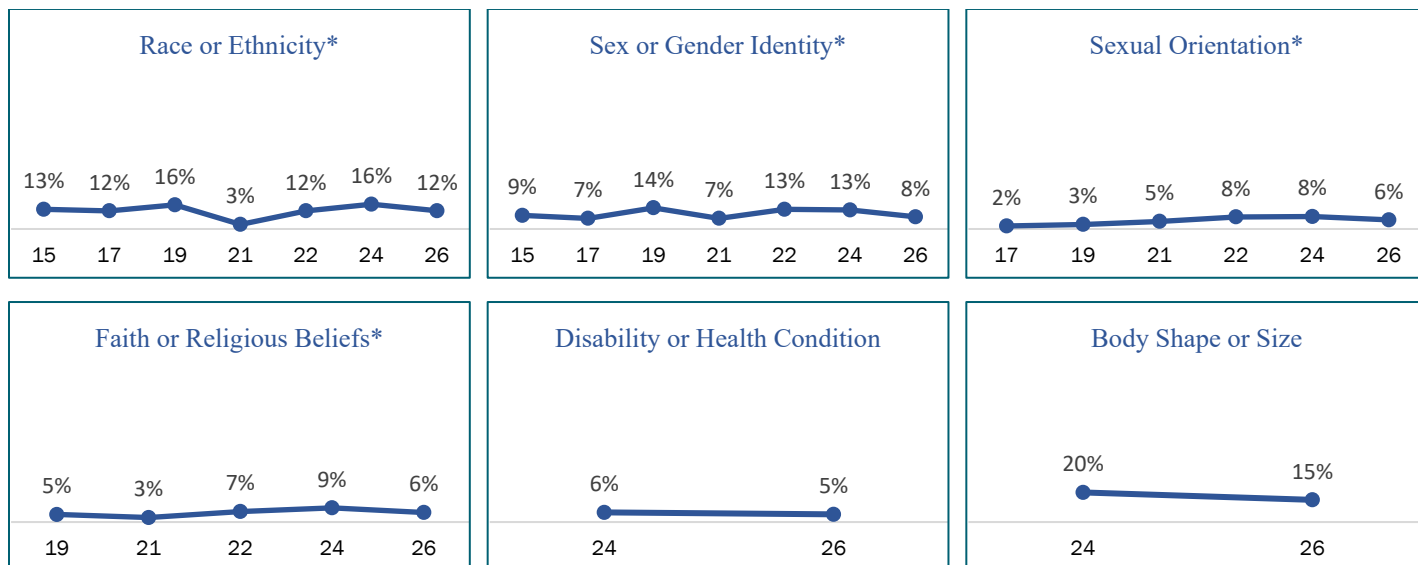
Race: Black students were significantly less likely than the average upper school student to sleep 8 or more hours on an average school night.

Q: On an average school night, how many hours of sleep do you get?

Discrimination

EXPERIENCED DISCRIMINATION

Overall, 12% of upper school students reported that they were sometimes, most of the time, or always treated badly or unfairly in school in the past 12 months because of their race or ethnicity, 8% because of their sex or gender identity, 6% because of their sexual orientation, 6% because of their faith or religious beliefs, 5% because of a disability or health condition, and 15% because of their body shape or size. *There is no statewide comparison data.*



*Prior to survey year 2021, data shows students who reported experiencing unfair treatment at least one time in the past 12 months. Comparisons to data from 2021 and onward should be made with caution.

Below is a breakdown of 2026 data by different demographic groups.

Grade			Gender			Sexual Orientation		Race					Ethnicity		Special Education	
6 th	7 th	8 th	F	M	TGD	HS	LGBQ+	Asian	Black	White	Other	MR	HL	Not HL	IEP	Not IEP
Race or ethnicity																
11%	16%	10%	12%	12%	13%	11%	14%	14%	16%	5% ^v	18%	13%	16%	11%	21% [^]	9%
Gender identity																
6%	8%	10%	10% ^v	4%	25% [^]	6%	19% [^]	5%	8%	10%	5%	9%	11%	8%	11%	8%
Sexual orientation																
6%	6%	6%	5%	5%	29% [^]	3% ^v	19% [^]	2% ^v	5%	6%	7%	8%	7%	6%	13%	4%
Faith or religious beliefs																
4%	8%	8%	4%	7%	21% [^]	4%	15% [^]	2% ^v	4%	5%	9%	13% [^]	6%	6%	9%	5%
Disability or health condition																
5%	5%	5%	4%	4%	19% [^]	3%	12% [^]	2%	4%	5%	7%	5%	8%	5%	18% [^]	2% ^v
Body shape or size																
15%	15%	15%	14%	14%	25%	14%	19%	13%	18%	11%	16%	15%	22%	13%	20%	13%

[^] indicates that students in this demographic group are significantly **more** likely than the average upper school student to experience the form of discrimination.

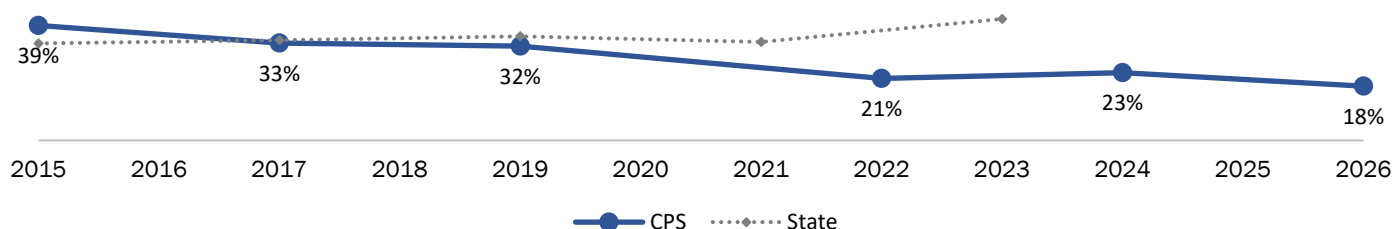
^v indicates that students in this demographic group are significantly **less** likely than the average upper school student to experience the form of discrimination.

Q: During the past 12 months, how often have you felt that you were treated badly or unfairly in school because of your race or ethnicity?
 Q: During the past 12 months, how often have you felt that you were treated badly or unfairly in school because of your gender identity?
 Q: During the past 12 months, how often have you felt that you were treated badly or unfairly in school because of your sexual orientation?
 Q: During the past 12 months, how often have you felt that you were treated badly or unfairly in school because of your religion?
 Q: During the past 12 months, how often have you felt that you were treated badly or unfairly in school because of a disability or health condition?
 Q: During the past 12 months, how often have you felt that you were treated badly or unfairly in school because of your body shape or size?

Bullying

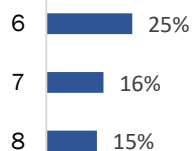
BULLYING ON SCHOOL PROPERTY

Overall, 18% of upper school students were bullied on school property in the past 12 months.

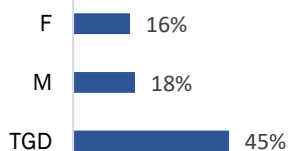


The graphs below show a breakdown of 2026 data by different demographic groups.

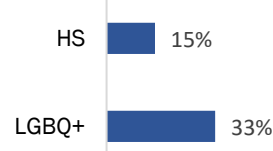
Grade



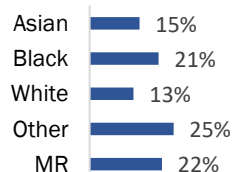
Gender



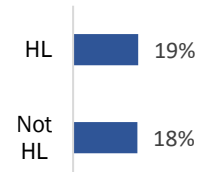
Sexual Orientation



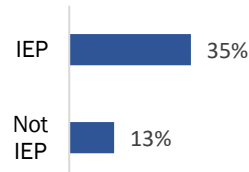
Race



Ethnicity



IEP Status



Gender: TGD students were significantly more likely than the average upper school student to be bullied on school property in the past 12 months.

Sexual Orientation: LGBTQ+ students were significantly more likely than the average upper school student to be bullied on school property in the past 12 months.

IEP Status: Students with an IEP were significantly more likely than the average upper school student to be bullied on school property in the past 12 months, and students without an IEP were significantly less likely.

Q: During the past 12 months, have you been bullied at school?

The 2026 THS defined bullying as when one or more students tease, threaten, or spread rumors about another student, or if they hit, shove, or hurt them over and over again, it is bullying. When two students of about the same strength or power argue, fight, or tease each other in a friendly way, it is not bullying. Bullying can take place in person or over digital devices like cell phones, computers, and tablets. When one or more students tease, threaten, or spread rumors about another student in text messages or online, it is called "cyberbullying." When these messages appear on social media websites, many people can view or share the messages. They can even join the cyberbullying.

Bullying

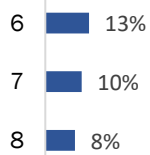
BULLYING OUTSIDE OF SCHOOL

Overall, 10% of upper school students were bullied outside of school in the past 12 months. *There is no statewide comparison data.*

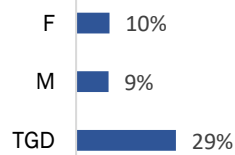


The graphs below show a breakdown of 2026 data by different demographic groups.

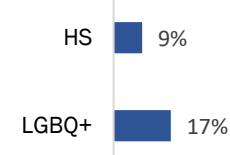
Grade



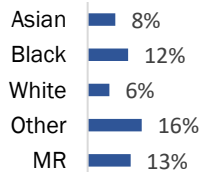
Gender



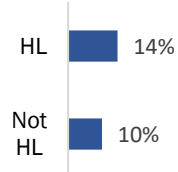
Sexual Orientation



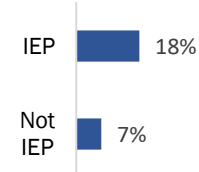
Race



Ethnicity



IEP Status



Gender: TGD students were significantly more likely than the average upper school student to be bullied outside of school in the past 12 months.

Sexual Orientation: LGBQ+ students were significantly more likely than the average upper school student to be bullied outside of school in the past 12 months.

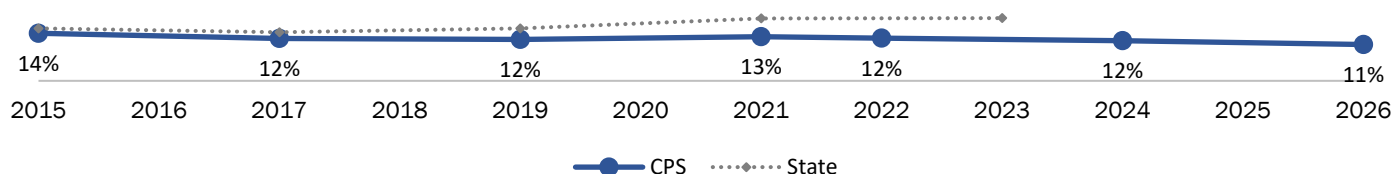
Q: During the past 12 months, have you been bullied outside of school?

The 2026 THS defined bullying as when one or more students tease, threaten, or spread rumors about another student, or if they hit, shove, or hurt them over and over again, it is bullying. When two students of about the same strength or power argue, fight, or tease each other in a friendly way, it is not bullying. Bullying can take place in person or over digital devices like cell phones, computers, and tablets. When one or more students tease, threaten, or spread rumors about another student in text messages or online, it is called "cyberbullying." When these messages appear on social media websites, many people can view or share the messages. They can even join the cyberbullying.

Bullying

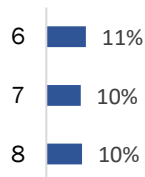
ELECTRONIC BULLYING

Overall, 11% of upper school students were electronically bullied in the past 12 months.

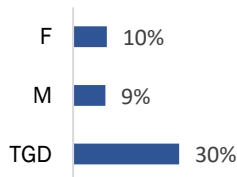


The graphs below show a breakdown of 2026 data by different demographic groups.

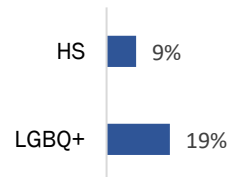
Grade



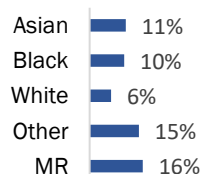
Gender



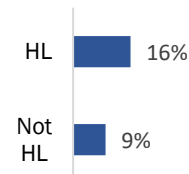
Sexual Orientation



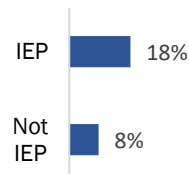
Race



Ethnicity



IEP Status



Gender: TGD students were significantly more likely than the average upper school student to be electronically bullied in the past 12 months.

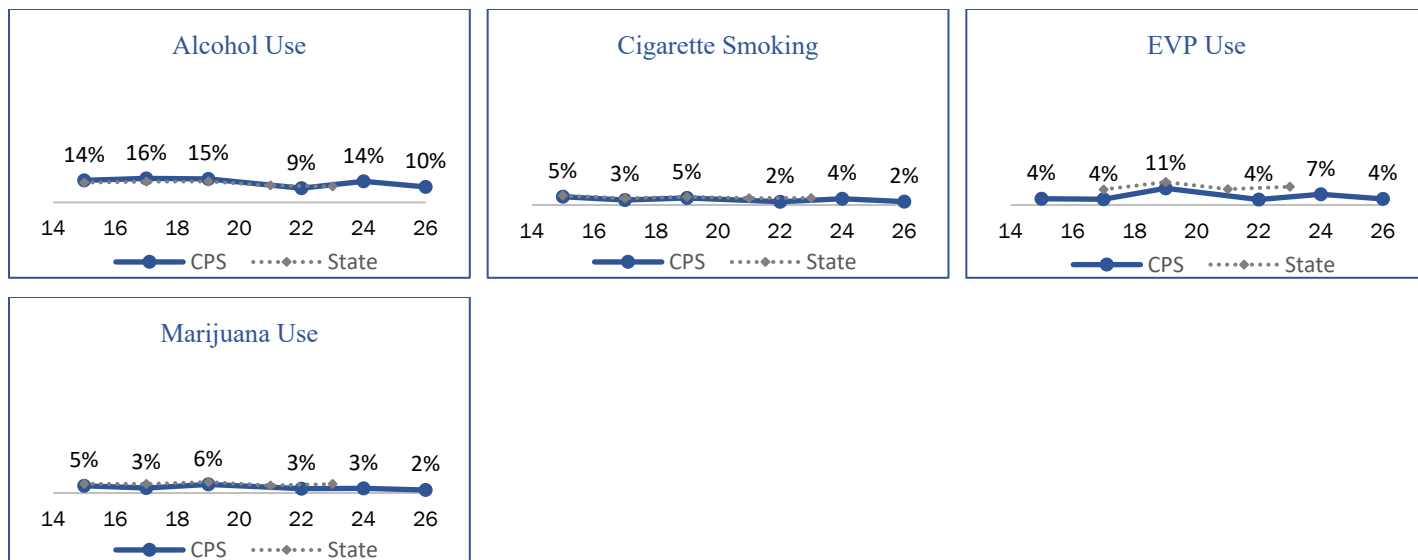
Sexual Orientation: LGBQ+ students were significantly more likely than the average upper school student to be electronically bullied in the past 12 months.

Q: During the past 12 months, have you been bullied electronically?

The 2026 THS defined bullying as when one or more students tease, threaten, or spread rumors about another student, or if they hit, shove, or hurt them over and over again, it is bullying. When two students of about the same strength or power argue, fight, or tease each other in a friendly way, it is not bullying. Bullying can take place in person or over digital devices like cell phones, computers, and tablets. When one or more students tease, threaten, or spread rumors about another student in text messages or online, it is called “cyberbullying.” When these messages appear on social media websites, many people can view or share the messages. They can even join the cyberbullying.

Lifetime Substance Use

Cambridge upper school students were asked if they had ever used a variety of substances. Overall, 10% reported ever drinking alcohol, 4% reported ever using electronic vapor products, 2% reported ever using marijuana, and 2% reported ever smoking cigarettes.



Below is a breakdown of 2026 data by different demographic groups.

Grade			Gender			Sexual Orientation		Race					Ethnicity		Special Education	
6 th	7 th	8 th	F	M	TGD	HS	LGBQ+	Asian	Black	White	Other	MR	HL	Not HL	IEP	Not IEP
Alcohol use																
9%	8%	13%	11%	9%	16%	10%	11%	8%	12%	9%	13%	9%	14%	9%	18%	9%
Cigarette smoking																
2%	2%	3%	2%	1%	11%	2%	4%	1%	3%	<1%	4%	3%	7%^	1%	9%^	1%
EVP use																
3%	4%	5%	6%	2%^	9%	4%	5%	1%^	6%	1%	7%	7%	9%	3%	8%	3%
Marijuana use																
2%	1%	2%	2%	1%	7%	2%	3%	1%	3%	<1%^	1%	4%	5%	1%	6%	1%

^ indicates that students in this demographic group are significantly **more** likely than the average upper school student to have ever used the substance.

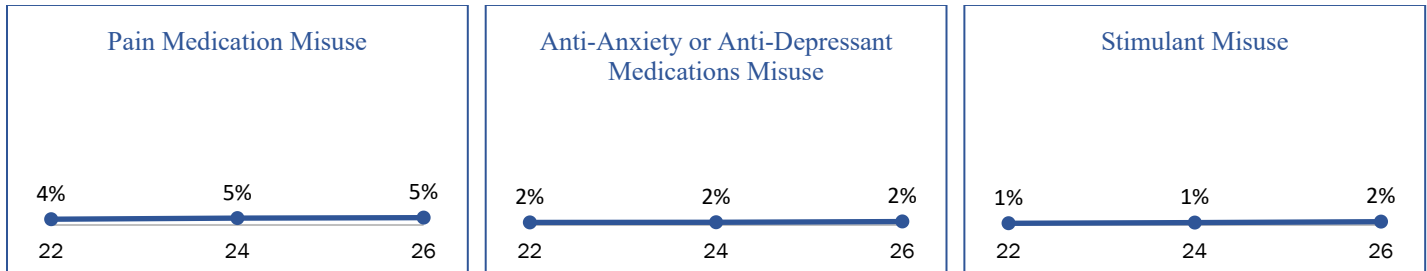
^v indicates that students in this demographic group are significantly **less** likely than the average upper school student to have ever used the substance.

Q: How old were you when you had your first drink of alcohol (more than a few sips)?
 Q: How old were you when you used an electronic vapor product (vape) for the first time?
 Q: How old were you when you tried marijuana for the first time?
 Q: How old were you when you first tried cigarette smoking, even one or two puffs?

Lifetime Substance Use

LIFETIME PD MISUSE

Cambridge upper school students were asked if they had ever used a variety of prescription medications without a doctor's prescription or differently than how a doctor told them to use it. Overall, 5% reported currently misusing prescription pain medication, 2% reported currently misusing anti-anxiety or anti-depressant medication, and 2% reported currently misusing stimulants. *There is no statewide comparison data.*



Below is a breakdown of 2026 data by different demographic groups.

Grade			Gender			Sexual Orientation		Race					Ethnicity		Special Education	
6 th	7 th	8 th	F	M	TGD	HS	LGBQ+	Asian	Black	White	Other	MR	HL	Not HL	IEP	Not IEP
Prescription pain medication																
6%	4%	5%	5%	4%	13%	5%	7%	3%	4%	4%	10%	5%	10%	4%	9%	4%
Anti-anxiety or anti-depressant medications																
3%	1%	2%	2%	1%	13%^	1%	6%	1%	1%	2%	1%	3%	3%	2%	6%	1%
Stimulants																
2%	2%	2%	2%	2%	6%	2%	3%	0%	1%	2%	3%	2%	5%	1%	3%	2%

^ indicates that students in this demographic group are significantly **more** likely than the average upper school student to have ever used the substance.

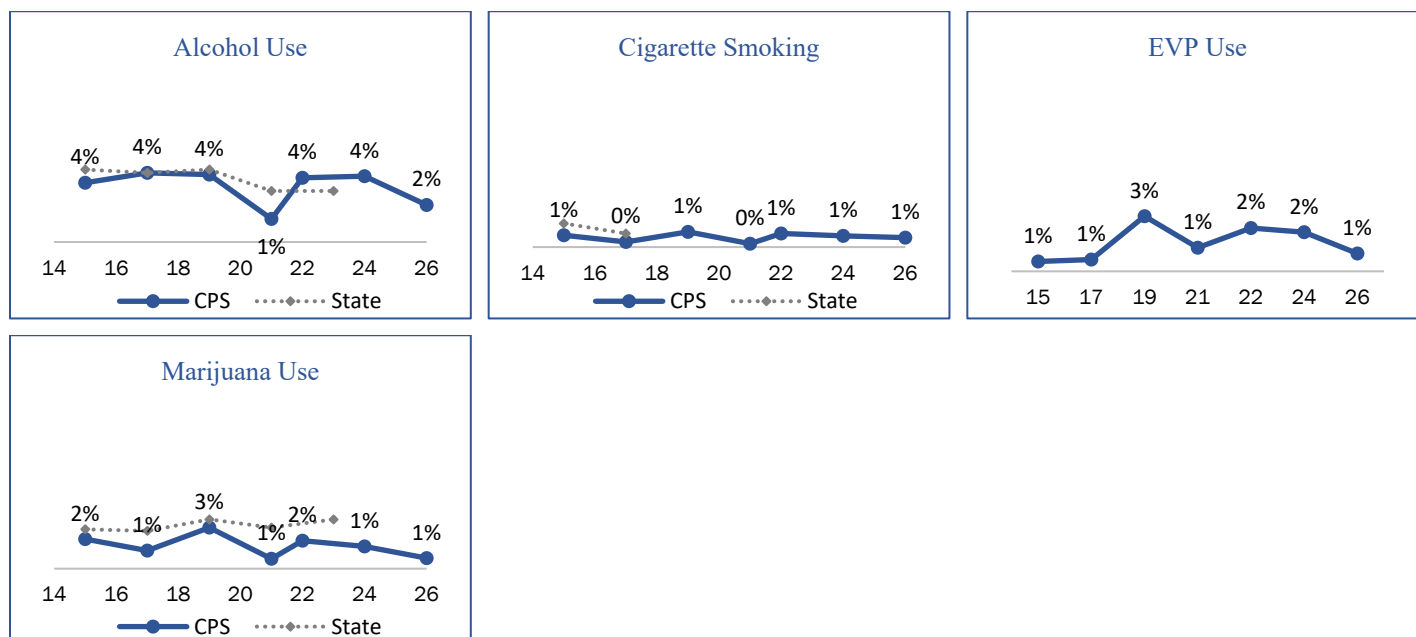
^ indicates that students in this demographic group are significantly **less** likely than the average upper school student to have ever used the substance.

Q: During your lifetime, have you taken prescription pain/anti-anxiety or anti-depressant/stimulants/other medication without a doctor's prescription or differently than how a doctor told you to use it?

Current Substance Use

Cambridge upper school students were asked if they used a variety of substances in the past 30 days (currently). Overall, 4% reported currently drinking alcohol, 1% reported currently binge drinking, 2% reported currently using electronic vapor products, 1% reported currently using marijuana, and 1% reported currently smoking cigarettes.

There is no statewide comparison data for current EVP use.



Below you will find a breakdown of 2026 data by different demographic groups.

Grade			Gender			Sexual Orientation		Race					Ethnicity		Special Education	
6th	7th	8th	F	M	TGD	HS	LGBQ+	Asian	Black	White	Other	MR	HL	Not HL	IEP	Not IEP
Alcohol use																
2%	2%	3%	3%	1%	7%	2%	4%	3%	1%	2%	5%	2%	5%	2%	5%	2%
Cigarette smoking																
1%	0%	<1%	<1%	0%	8%	<1%	2%	1%	0%	0%	0%	2%	2%	<1%	4%	<1%
EVP use																
1%	1%	1%	1%	<1%	6%	1%	1%	0%	1%	<1%	1%	2%	4%	<1%	2%	1%
Marijuana use																
1%	<1%	<1%	<1%	<1%	6%	1%	1%	1%	1%	0%	1%	1%	1%	<1%	3%	<1%

^ indicates that students in this demographic group are significantly **more** likely than the average upper school student to currently use the substance.

v indicates that students in this demographic group are significantly **less** likely than the average upper school student to currently use the substance.

Q: During the past 30 days, did you have at least one drink of alcohol (more than a few sips)?

Q: During the past 30 days, did you use vape product?

Q: During the past 30 days, did you use marijuana?

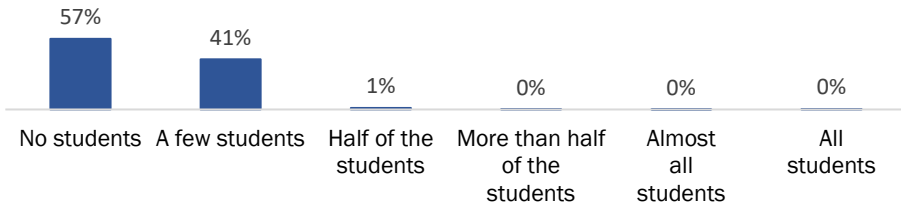
Q: During the past 30 days, did you smoke cigarettes?

Perceptions About Substance Use

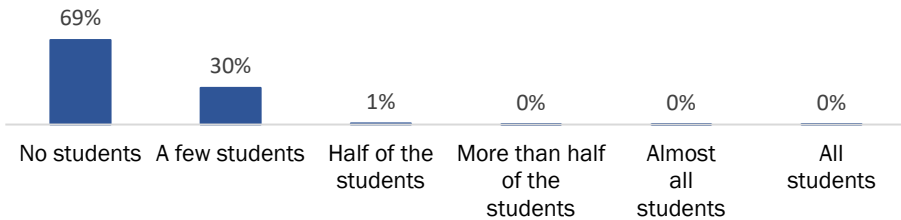
PERCEIVED PEER USE

Upper school students were asked how many students in their grade drank alcohol or used marijuana in the past 30 days. Below are the results. Note that 2% of students have had at least one drink of alcohol in the past 30 days and 1% of students have used marijuana in the past 30 days. *There is no statewide comparison data.*

Perceived Peer Use of Alcohol



Perceived Peer Use of Marijuana



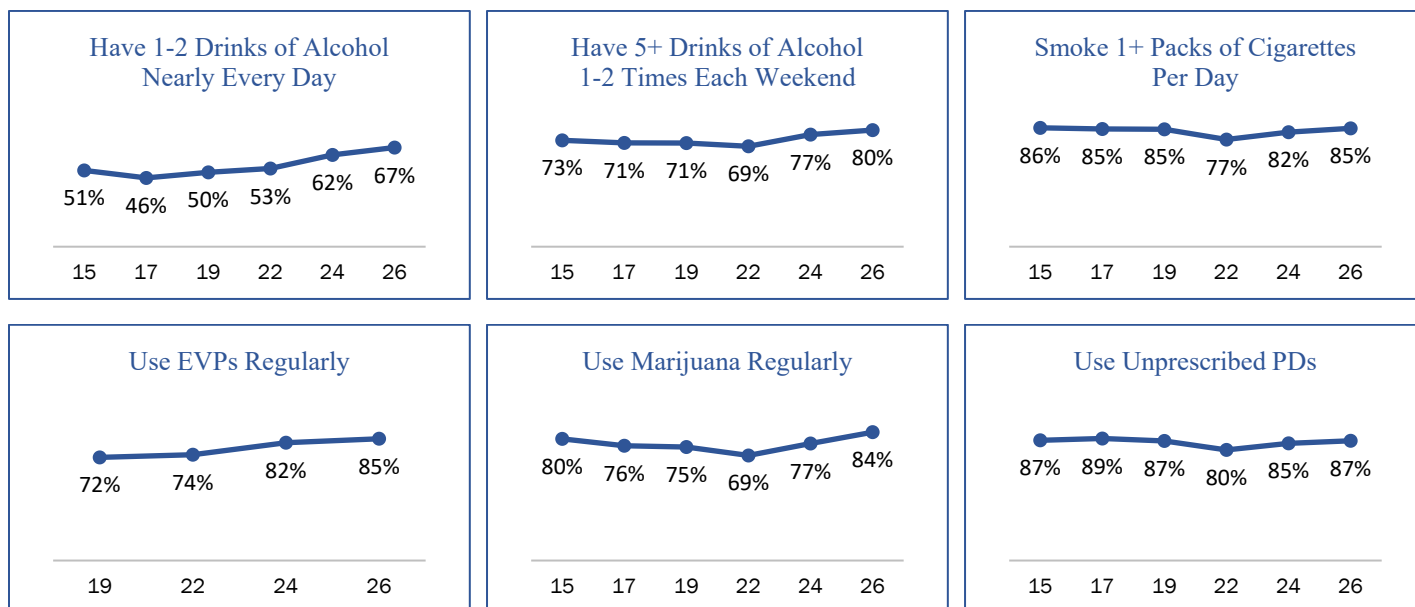
Q: How many of the students in your grade do you think drank alcohol in the past 30 days?

Q: How many of the students in your grade do you think used marijuana in the past 30 days?

Perceptions About Substance Use

PERCEIVED RISK OF HARM

Overall, upper school students were most likely to perceive misusing prescription drugs as the having moderate or great risk of harm (87%), and least likely to perceive having 1-2 drinks of alcohol nearly every day (67%). *There is no statewide comparison data.*



Below is a breakdown of 2026 data by different demographic groups.

Grade			Gender			Sexual Orientation		Race					Ethnicity		Special Education	
6 th	7 th	8 th	F	M	TGD	HS	LGBQ+	Asian	Black	White	Other	MR	HL	Not HL	IEP	Not IEP
Have 1 or 2 drinks of alcohol nearly every day																
66%	64%	70%	67%	66%	63%	68%	63%	70%	62%	69%	56%	74%	63%	68%	57%	71%
Have 5 or more drinks of alcohol once or twice each weekend																
77%	81%	81%	81%	79%	77%	81%	75%	85%	74%	83%	71%	82%	77%	81%	75%	83%
Smoke 1 or more packs of cigarettes per day																
82%	85%	89%	86%	84%	83%	85%	84%	83%	77% ^v	92% [^]	76%	88%	80%	87%	76%	88%
Use electronic vapor products																
81%	85%	88%	86%	83%	85%	85%	84%	84%	78%	90% [^]	75%	86%	80%	86%	73% ^v	88%
Use marijuana regularly																
83%	86%	85%	85%	84%	81%	85%	81%	85%	82%	88%	75%	85%	80%	86%	76%	87%
Use prescription drugs not prescribed to them																
83%	87%	90%	89%	85%	84%	88%	85%	86%	80%	93% [^]	78%	87%	84%	88%	78%	90%

[^] indicates that students in this demographic group are significantly **more** likely than the average upper school student to perceive use of the substance as having moderate or great risk of harm.

^v indicates that students in this demographic group are significantly **less** likely than the average upper school student to perceive use of the substance as having moderate or great risk of harm.

Q: How much do you think people risk harming themselves if they have one or two drinks of alcohol nearly every day?

Q: How much do you think people risk harming themselves if they have five or more drinks of alcohol once or twice each weekend?

Q: How much do you think people risk harming themselves if they use a vape product?

Q: How much do you think people risk harming themselves if they use marijuana regularly?

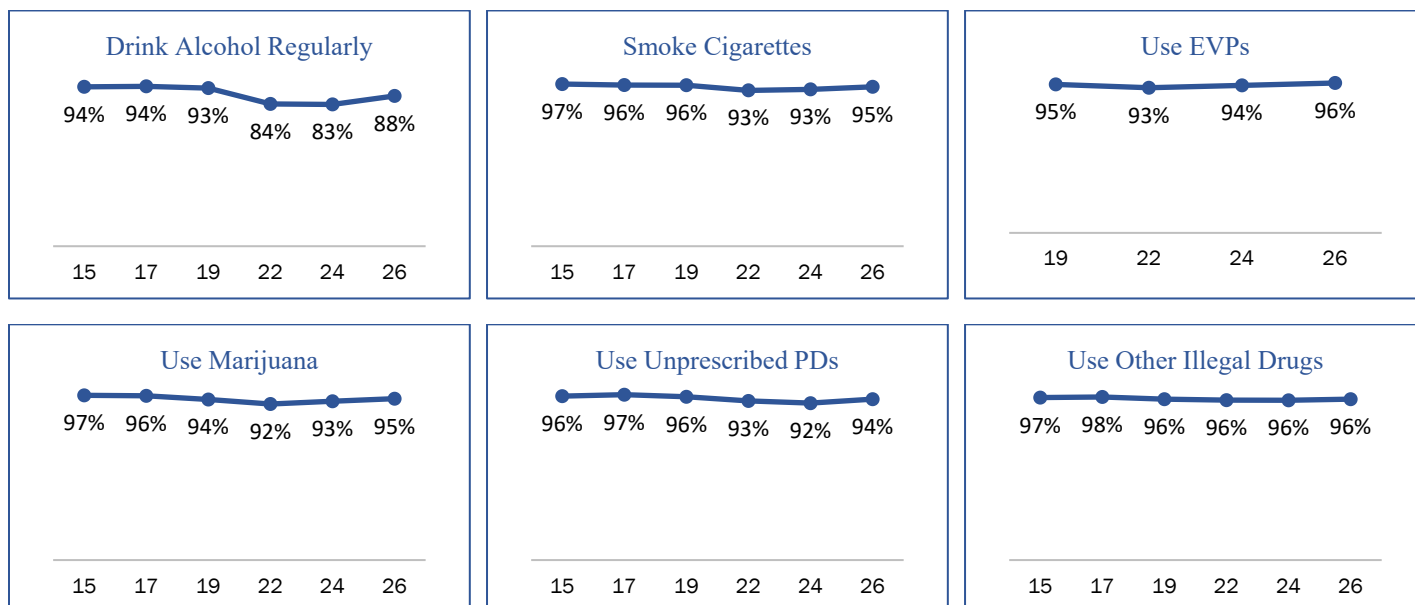
Q: How much do you think people risk harming themselves if they smoke one or more packs of cigarettes nearly every day?

Q: How much do you think people risk harming themselves if they use prescription drugs that are not prescribed to them?

Perceptions About Substance Use

PARENT/GUARDIAN/CAREGIVER PERCEPTIONS

Overall, upper school students are similarly likely to think their parents/guardians/caregivers think it is wrong of very wrong to use a variety of substances. *There is no statewide comparison data.*



Below is a breakdown of 2026 data by different demographic groups.

Grade			Gender			Sexual Orientation		Race					Ethnicity		Special Education	
6 th	7 th	8 th	F	M	TGD	HS	LGBQ+	Asian	Black	White	Other	MR	HL	Not HL	IEP	Not IEP
Drink alcohol regularly																
89%	88%	88%	88%	89%	83%	90%	84%	88%	89%	89%	87%	86%	85%	89%	85%	90%
Smoke cigarettes																
94%	94%	96%	96%	94%	90%	96%	93%	95%	93%	98%^	90%	94%	93%	96%	90%	96%
Use EVPs																
95%	95%	97%	96%	95%	92%	97%	94%	97%	94%	98%	89%	96%	93%	96%	90%	97%
Use marijuana																
95%	93%	96%	95%	95%	86%	96%	91%	98%	93%	97%	89%	93%	91%	95%	90%	96%
Use prescription medications not prescribed to them																
93%	94%	95%	95%	94%	87%	96%	92%	95%	93%	97%^	86% ^v	93%	91%	95%	87%	96%
Use other illegal drugs																
95%	96%	98%	97%	96%	92%	97%	94%	99%^	93%	98%	91%	96%	94%	97%	92%	97%

^ indicates that students in this demographic group are significantly **more** likely than the average upper school student to think their parents/guardians/caregivers think use of the substance is wrong or very wrong.

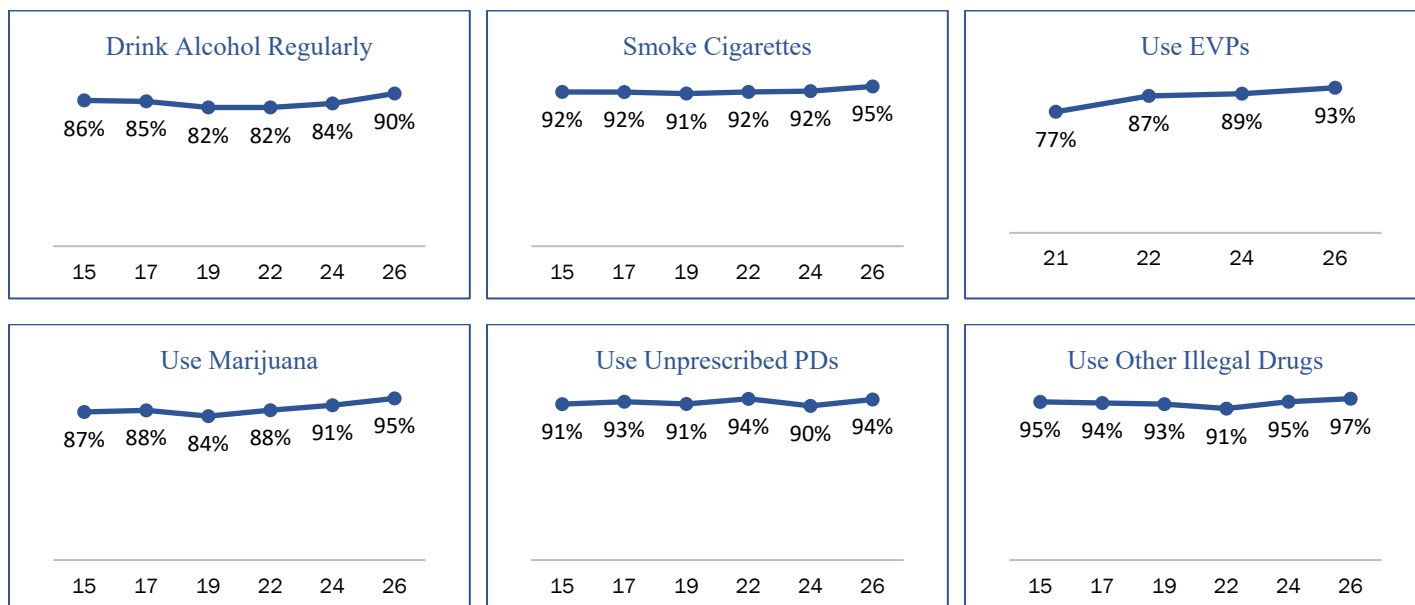
^v indicates that students in this demographic group are significantly **less** likely than the average upper school student to think their parents/guardians/caregivers think use of the substance is wrong or very wrong.

Q: How wrong do your parents/guardians/caregivers feel it would be for you to drink alcohol?
 Q: How wrong do your parents/guardians/caregivers feel it would be for you to use vape products?
 Q: How wrong do your parents/guardians/caregivers feel it would be for you to use marijuana?
 Q: How wrong do your parents/guardians/caregivers feel it would be for you to smoke cigarettes?
 Q: How wrong do your parents/guardians/caregivers feel it would be for you to use prescription medications not prescribed to you?

Perceptions About Substance Use

PERCEPTIONS OF FRIENDS

Overall, upper school students are similarly likely to think their friends think it is wrong of very wrong to use a variety of substances. *There is no statewide comparison data.*



Below is a breakdown of 2026 data by different demographic groups.

Grade			Gender			Sexual Orientation		Race					Ethnicity		Special Education	
6 th	7 th	8 th	F	M	TGD	HS	LGBQ+	Asian	Black	White	Other	MR	HL	Not HL	IEP	Not IEP
Drink alcohol regularly																
91%	90%	88%	91%	89%	86%	90%	88%	91%	87%	92%	91%	88%	89%	90%	89%	91%
Smoke cigarettes																
96%	94%	95%	96%	95%	90%	96%	91%	97%	90%	98%^	93%	94%	97%	95%	92%	96%
Use EVPs																
95%	91%	92%	93%	93%	88%	93%	90%	97%	88%	96%	90%	91%	89%	94%	88%	94%
Use marijuana																
95%	94%	95%	96%	95%	86%	96%	91%	98%	92%	98%^	94%	91%	93%	95%	92%	96%
Use prescription medications not prescribed to them																
95%	94%	93%	95%	94%	88%	95%	91%	97%	91%	98%^	91%	92%	94%	94%	89%	95%
Use other illegal drugs																
95%	97%	98%	98%	96%	90%	98%	93%	98%	92%	99%^	95%	95%	97%	97%	94%	98%

^ indicates that students in this demographic group are significantly **more** likely than the average upper school student to think their close friends think use of the substance is wrong or very wrong.

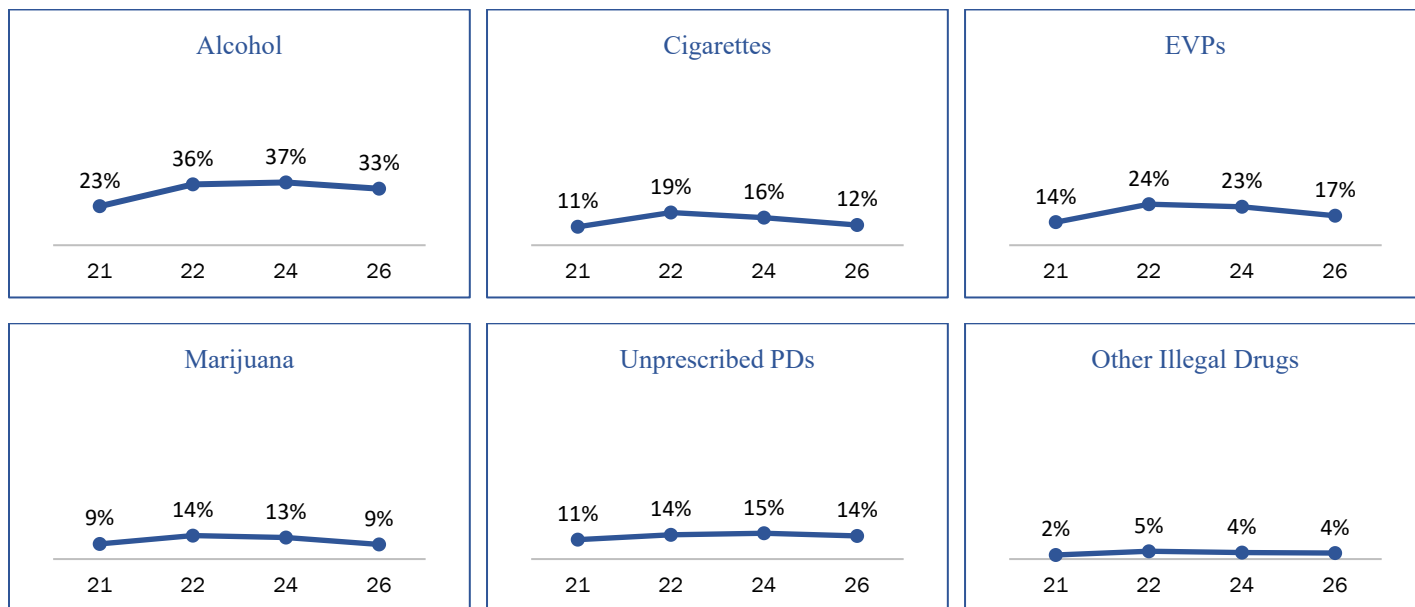
v indicates that students in this demographic group are significantly **less** likely than the average upper school student to think their close friends think use of the substance is wrong or very wrong.

Q: How wrong do your close friends feel it would be for you to drink alcohol?
 Q: How wrong do your close friends feel it would be for you to use vape products?
 Q: How wrong do your close friends feel it would be for you to use marijuana?
 Q: How wrong do your close friends feel it would be for you to smoke cigarettes?
 Q: How wrong do your close friends feel it would be for you to use prescription medications not prescribed to you?

Perceptions About Substance Use

PERCEIVED ACCESS

Overall, upper school students were most likely to think alcohol was easy or very easy to access (33%), and least likely to think other illegal drugs were easy or very easy to access (4%). *There is no statewide comparison data.*



Below is a breakdown of 2026 data by different demographic groups.

Grade			Gender			Sexual Orientation		Race					Ethnicity		Special Education	
6 th	7 th	8 th	F	M	TGD	HS	LGBQ+	Asian	Black	White	Other	MR	HL	Not HL	IEP	Not IEP
Alcohol																
24% ^v	33%	42% [^]	35%	32%	33%	32%	42%	26%	23% ^v	45% [^]	25%	29%	31%	34%	31%	35%
Cigarettes																
8%	12%	16%	11%	13%	14%	12%	12%	16%	17%	9%	10%	10%	13%	12%	13%	12%
EVPs																
10% ^v	16%	25% [^]	16%	19%	18%	19%	14%	14%	22%	14%	17%	20%	19%	17%	22%	17%
Marijuana																
3% ^v	7%	14% [^]	8%	9%	10%	9%	8%	5%	12%	6%	10%	10%	9%	8%	16%	8%
Prescription medications not prescribed to them																
11%	13%	17%	13%	14%	14%	13%	17%	10%	14%	14%	12%	15%	12%	14%	12%	13%
Other illegal drugs																
3%	3%	4%	3%	4%	6%	3%	3%	3%	8%	1%	4%	4%	2%	4%	6%	3%

[^] indicates that students in this demographic group are significantly **more** likely than the average upper school student to think it is easy or very easy to get a substance.

^v indicates that students in this demographic group are significantly **less** likely than the average upper school student to think it is easy or very easy to get a substance.

Q: If you wanted to get the following substances, how easy would it be for you to get alcohol?

Q: If you wanted to get the following substances, how easy would it be for you to get vape products?

Q: If you wanted to get the following substances, how easy would it be for you to get marijuana?

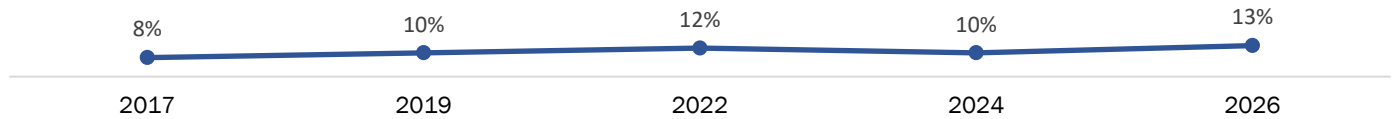
Q: If you wanted to get the following substances, how easy would it be for you to get cigarettes?

Q: If you wanted to get the following substances, how easy would it be for you to get prescription medications not prescribed to you?

Safety

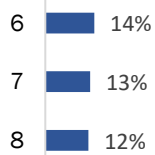
IN OR TRAVELING TO OR FROM SCHOOL

Overall, 13% of upper school students skipped school because they felt unsafe at school or on their way to or from school in the past 30 days. *There is no statewide comparison data.*

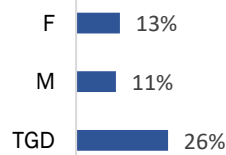


The graphs below show a breakdown of 2026 data by different demographic groups.

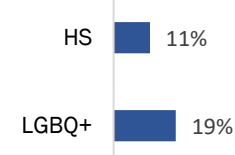
Grade



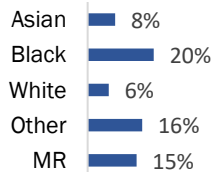
Gender



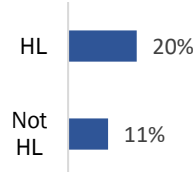
Sexual Orientation



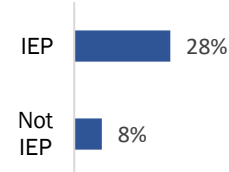
Race



Ethnicity



IEP Status



Gender: TGD students were significantly more likely than the average upper school student to skip school because they felt unsafe at school or on their way to or from school in the past 30 days.

Race: Black students were significantly more likely than the average upper school student to skip school because they felt unsafe at school or on their way to or from school in the past 30 days, and White students were significantly less likely.

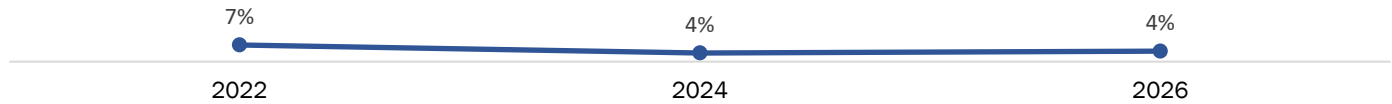
IEP Status: Students with an IEP were significantly more likely than the average upper school student to skip school because they felt unsafe at school or on their way to or from school in the past 30 days, and students without an IEP were significantly less likely.

Q: During the past 30 days, on how many days did you not go to school because you felt you would be unsafe at school or on your way to or from school?

Sexual Violence

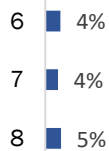
LIFETIME

Overall, 4% of upper school school students have had someone do sexual things to them or forced them to do sexual things that they did not want to do. *There is no statewide comparison data.*

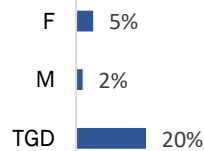


The graphs below show a breakdown of 2026 data by different demographic groups.

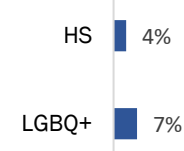
Grade



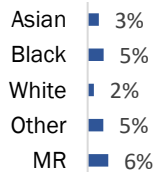
Gender



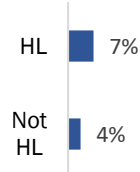
Sexual Orientation



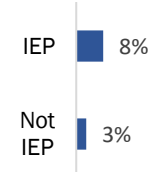
Race



Ethnicity



IEP Status



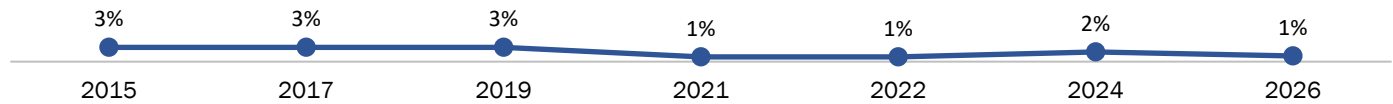
Gender: TGD students were significantly more likely than the average upper school student to ever experience sexual violence.

Q: Has anyone ever done sexual things to you or forced you to do sexual things that you did not want?

Sexual Behaviors

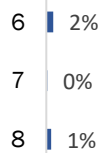
EVER HAD SEXUAL INTERCOURSE

Overall, 1% of upper school students have ever had sexual intercourse with consent. Note that the word “consensual” was added to the THS question in 2021. *There is no statewide comparison data.*

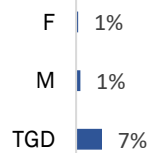


The graphs below show a breakdown of 2026 data by different demographic groups.

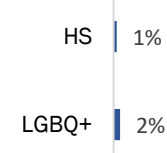
Grade



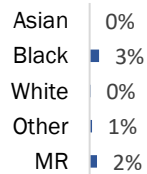
Gender



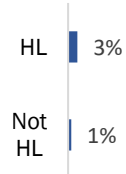
Sexual Orientation



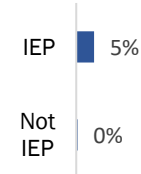
Race



Ethnicity



IEP Status

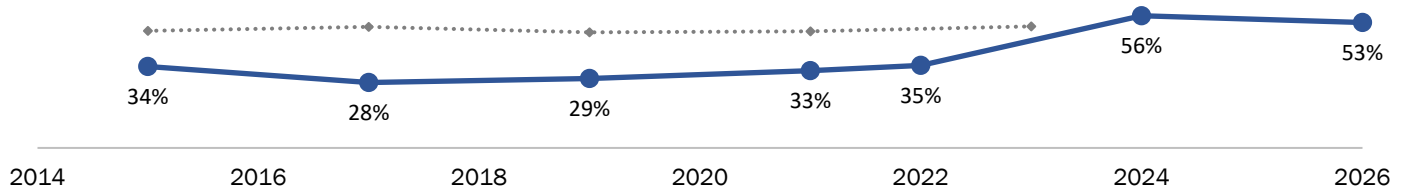


There were no statistically significant differences within demographic groups.

Q: Have you ever had sex with consent?

Physical Activity

Overall, 53% of upper school students engaged in 60 or more minutes of physical activity on at least 5 of the past 7 days.

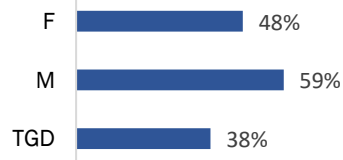


The graphs below show a breakdown of 2026 data by different demographic groups.

Grade



Gender



Sexual Orientation



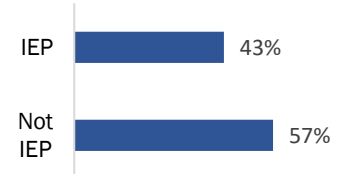
Race



Ethnicity



IEP Status



There were no statistically significant differences within demographic groups.

Q: During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day?

Nutrition

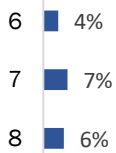
FOOD INSECURITY

Overall, 6% of upper school students went to bed hungry sometimes, most of the time, or always in the past 30 days because there was not enough food in their home. *There is no statewide comparison data.*

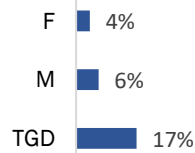


The graphs below show a breakdown of 2026 data by different demographic groups.

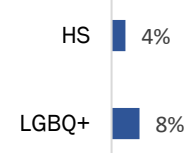
Grade



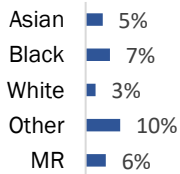
Gender



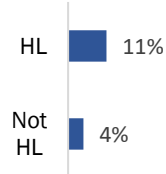
Sexual Orientation



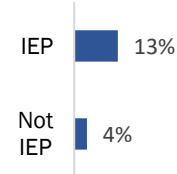
Race



Ethnicity



IEP Status



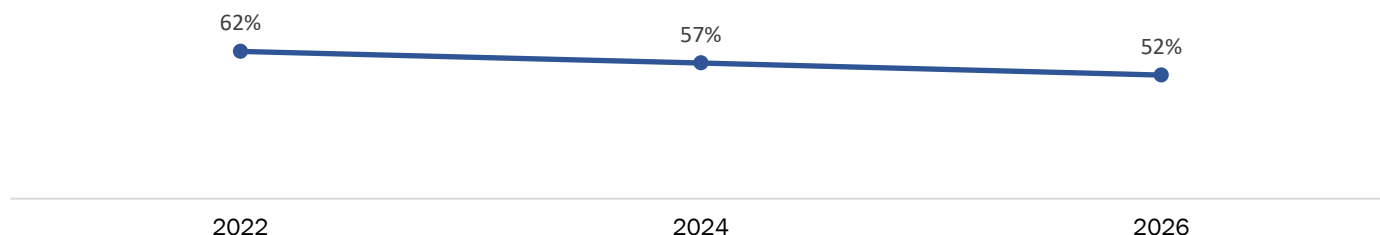
There were no statistically significant differences within demographic groups.

Q: During the past 30 days, how often did you go to bed hungry because there was not enough food in your home?

Screen Time

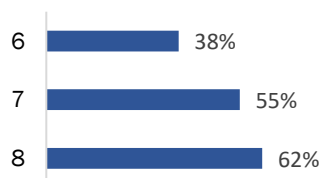
GENERAL

Overall, 52% of upper school students have 3 or more hours of screen time on an average school day not including time spent doing schoolwork. *There is no statewide comparison data.*



The graphs below show a breakdown of 2026 data by different demographic groups.

Grade



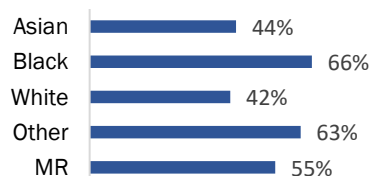
Gender



Sexual Orientation



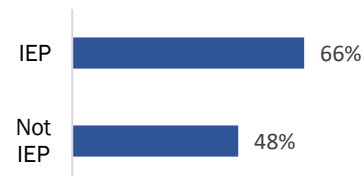
Race



Ethnicity



IEP Status



Grade: Students in 8th grade were significantly more likely than the average upper school student to have 3 or more hours of screen time on an average school day, and students in 6th grade were significantly less likely.

Race: Black students were significantly more likely than the average upper school student to have 3 or more hours of screen time on an average school day, and White students were significantly less likely.

IEP Status: Students with an IEP were significantly more likely than the average upper school student to have 3 or more hours of screen time on an average school day.

Q: On an average school day, how many hours do you spend in front of a TV, computer, phone, or other electronic device watching shows or videos, playing games, going online, or using social media (also called "screen time")?

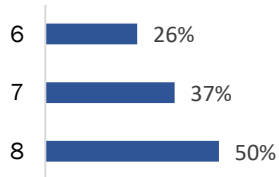
Screen Time

SOCIAL MEDIA

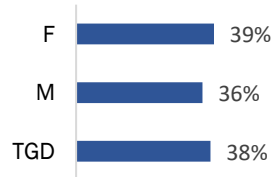
Overall, 38% of upper school students used social media at least several times a day. This is the first year this question was asked on the THS, so there is no trend data.

The graphs below show a breakdown of 2026 data by different demographic groups.

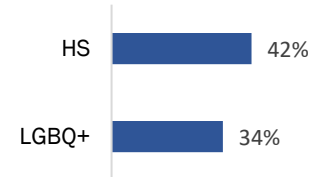
Grade



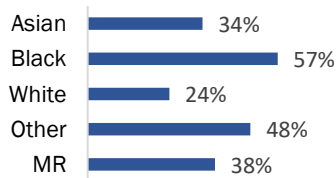
Gender



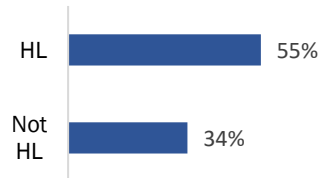
Sexual Orientation



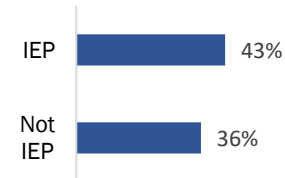
Race



Ethnicity



IEP Status



Grade: Students in 6th grade were significantly less likely than the average upper school student to use social media at least several times a day, and students in 8th grade were significantly more likely.

Race: Black students were significantly more likely than the average upper school student to use social media at least several times a day, and White students were significantly less likely.

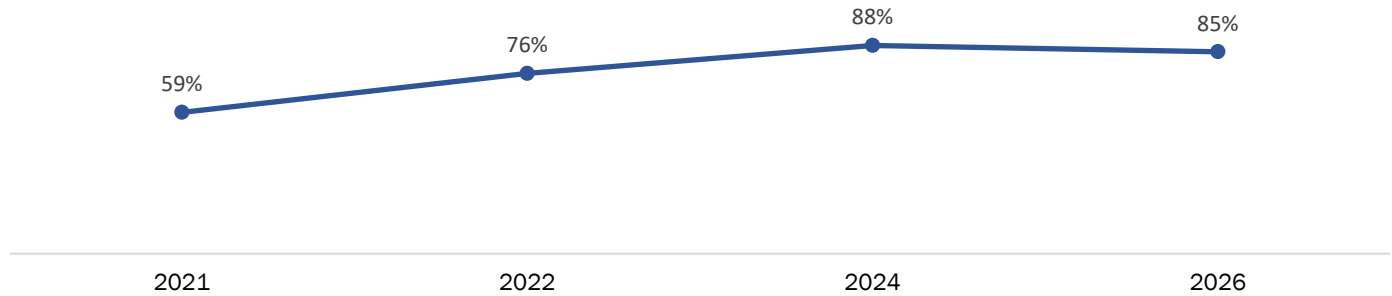
Ethnicity: HL students were significantly more likely than the average upper school student to use social media at least several times a day.

Q: How often do you use social media, such as Instagram, TikTok, Snapchat, and X (formerly known as Twitter)?

Out of School Time Activities

PARTICIPATION

Overall, 85% of upper school students participated in an out of school time activity at least one day a week during this school year. *There is no statewide comparison data.*



The graphs below show a breakdown of 2026 data by different demographic groups.

Grade



Gender



Sexual Orientation



Race



Ethnicity



IEP Status



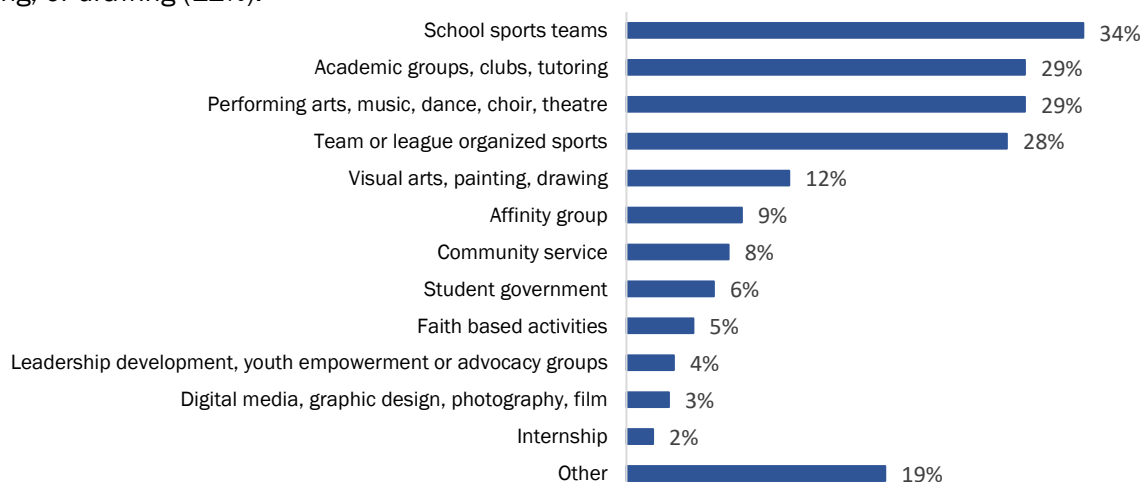
Race: Black students were significantly less likely than the average upper school student to participate in out of school programs this school year, and White students were significantly more likely.

Q: During this school year (since September), how many days per week did you typically participate in out of school time programs such as afterschool program, youth center, club, arts, sports, tutoring, etc.? Participation could be in-person or virtual.

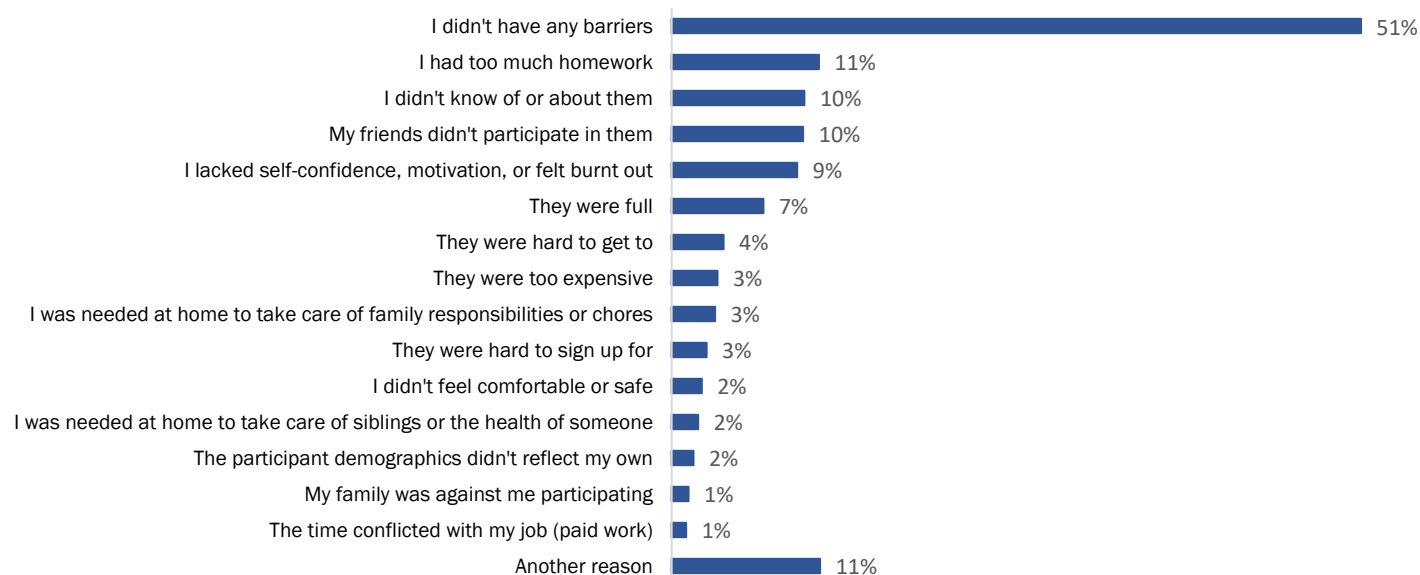
Out of School Time Activities

INVOLVEMENT AND BARRIERS

Upper school students were asked about their extracurricular involvement this school year. The top five programs, teams, and activities reported include: school sports teams (34%); academic groups, clubs, or tutoring (29%); performing arts, music, dance, choir, or theatre (29%); team or league organized sports (28%); and visual arts, painting, or drawing (12%).



Upper school students were also asked about barriers to extracurricular involvement. About half of students (51%) reported that they did not have any barriers to participation. The top five barriers reported include: having too much homework (11%); not knowing of or about them (10%); friends did not participate in them (10%); lacking self-confidence, motivation, or felt burnt out (9%); and they were full (7%).



Q: During this school year (since September), which programs, teams, or activities did you participate in? Participation could be in-person or virtual.
 Q: During this school year (since September), which if any of the following barriers kept you from accessing or participating in an afterschool

High School Data Tables

	High School Trend Data (%)																	
	'92	'94	'96	'98	'00	'02	'04	'06	'08	'10	'12	'14	'16	'18	'21	'22	'24	'26
Lifetime Substance Use																		
Alcohol	73.4	76.0	77.9	82.3	-	-	-	64.9	62.0	60.1	61.8	56.5	52.9	50.1	-	38.8	39.0	33.7
Cigarettes	49.5	47.3	46.9	53.1	50.2	40.0	35.3	33.6	28.1	31.6	27.1	28.7	21.8	17.2	-	9.8	14.9	12.9
Electronic vapor products*	-	-	-	-	-	-	-	-	-	-	-	16.2	20.0	33.0	-	22.1	20.7	19.7
Marijuana	26.1	33.0	43.6	49.2	-	-	-	40.7	40.1	40.4	40.8	45.6	40.7	39.0	-	28.5	24.3	18.8
Cocaine	4.1	3.2	3.8	4.0	-	-	-	-	-	2.2	1.9	2.3	2.1	1.8	-	-	-	-
Ecstasy	-	-	-	-	-	-	-	-	-	3.1	1.7	2.9	2.1	1.7	-	-	-	-
Heroin	2.5	1.5	3.1	2.3	-	-	-	-	-	0.6	0.2	0.8	0.6	0.8	-	-	-	-
Methamphetamines	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Prescription drug (w/o prescription)	-	-	-	-	-	-	-	-	-	-	-	6.7	7.8	8.0	-	-	-	-
Pain medication (w/o prescription)	-	-	-	-	-	-	-	-	-	-	-	3.3	3.9	4.6	-	3.2	4.7	3.5
Anti-anxiety or depressant medication (w/o prescription)	-	-	-	-	-	-	-	-	-	-	-	1.8	3.3	3.8	-	2.6	3.2	3.2
Stimulants (w/o prescription)	-	-	-	-	-	-	-	-	-	-	-	3.4	3.5	3.3	-	2.8	3.0	3.5
Other (w/o prescription)	-	-	-	-	-	-	-	-	-	-	-	0.8	1.2	0.7	-	-	6.0	5.7
Current Substance Use																		
Alcohol	32.8	39.1	41.9	49.5	45.1	36.3	39.1	41.9	41.6	38.3	39.6	34.6	32.0	27.7	16.1	24.2	19.1	16.9
Binge alcohol	18.4	20.8	24.9	26.8	28.2	19.8	19.0	21.3	24.2	20.6	20.0	18.5	15.6	13.2	-	10.6	12.1	8.1
Cigarettes	11.3	12.6	16.4	20.5	17.8	11.9	12.4	12.6	9.8	11.9	8.7	9.4	5.6	5.4	3.8	5.0	5.7	4.3
Electronic vapor product*	-	-	-	-	-	-	-	-	-	-	-	4.6	4.5	18.0	8.9	13.0	10.2	9.1
Marijuana	13.0	19.9	26.3	30.0	27.7	20.7	21.2	26.1	27.7	28.8	25.7	29.9	26.1	23.6	14.6	18.8	15.1	12.1
Smoked it (of those who reported current use)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	91.6	85.4	78.3
Ate it (of those who reported current use)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	31.9	40.2	36.0
Drank it (of those who reported current use)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	3.8	6.4	4.2
Vaped it (of those who reported current use)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	25.6	42.5	46.0
Dabbed it (of those who reported current use)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	19.8	13.7	6.4
Used it another way (of those who reported current use)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	2.9	3.7	2.7
Inhalants	3.1	1.9	3.1	3.4	2.1	1.6	1.9	1.5	1.9	2.2	1.3	1.9	1.4	1.6	-	0.9	1.3	0.8
Cocaine	1.7	1.2	2.0	1.6	1.1	1.3	1.9	2.4	2.8	1.3	0.8	1.1	1.0	0.8	-	0.3	1.0	0.8
Ecstasy	-	-	-	-	-	-	-	-	-	1.7	0.8	1.6	0.8	1.0	-	0.2	1.1	0.7
Heroin	1.6	0.9	1.9	1.1	0.7	0.5	0.7	0.6	1.6	0.5	0.1	0.7	0.3	0.7	-	0.2	1.0	0.7
Prescription drug (w/o prescription)	-	-	-	-	-	-	-	-	-	-	-	1.7	3.1	1.6	2.1	-	-	-
Pain medication (w/o prescription)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1.6	2.3	1.5
Anti-anxiety or depressant medication (w/o prescription)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.9	1.2	1.4
Stimulants (w/o prescription)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1.5	1.9	1.8
Over-the-Counter Medication (to get high)	-	-	-	-	-	-	-	-	-	-	-	2.3	2.9	2.0	-	0.9	2.1	1.6
Access to Substances																		
Alcohol (among those who ever used)																		
Bought it from a supermarket or a convenience store	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	9.5	10.8
Bought it from a liquor store or package store	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	6.3	11.0
Bought it from bars or clubs or restaurants	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	6.1	5.4
Has someone else buy it for them	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	29.9	30.2
Got it through my friends	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	46.8	52.1
Got it at home	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	35.4	35.6
Got it at parties	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	53.4	53.2
Tobacco and Electronic Vapor Products (30 days)																		
Bought them in a store	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	3.1	1.0
Bought them from a smoking bar	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.4	0.1
Bought them from another state	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.7	0.4

	High School Trend Data (%)																	
	'92	'94	'96	'98	'00	'02	'04	'06	'08	'10	'12	'14	'16	'18	'21	'22	'24	'26
Got someone else money to buy them	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	2.1	1.7
Got them from a friend or I used a friend's	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	8.8	8.0
Got them from a family member	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1.1	0.9
Got them online	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.7	1.1
Got them some other way	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	2.3	3.2
Marijuana (among those who currently use)																		
Bought it from a store	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	9.6	6.4
Bought it from someone else	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	43.8	43.4
Got it at home with permission from a caregiver/family member 21+	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	10.5	14.8
Took it from home without permission from a caregiver/family member 21+	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	7.3	7.4
Took it from some other place without permission	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	5.0	6.4
Got it from friends	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	64.8	61.9
Got it at parties	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	34.3	32.8
Got it some other way	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	17.4	18.0
Prescription Drugs (among those who ever used)																		
Got or bought them from a friend, family member, or someone else	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	36.8	20.3	39.3
Bought them on the Internet	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	7.9	14.9	3.3
Took them from a family member	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	10.5	36.5	19.7
Took them from another person	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	7.9	4.1	4.9
Got them in some other way	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	36.8	24.3	32.8
Other Drugs (among those who ever used)																		
Got or bought them from a friend, family member, or someone else	-	-	-	-	-	-	-	-	-	-	-	-	-	-	72.7	33.3	42.3	15.6
Bought them on the Internet	-	-	-	-	-	-	-	-	-	-	-	-	-	-	18.2	0.0	19.2	6.3
Took them from a family member	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.0	8.3	15.4	9.4
Took them from another person	-	-	-	-	-	-	-	-	-	-	-	-	-	-	9.1	16.7	11.5	12.5
Got them in some other way	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.0	41.7	11.5	56.3
Perceptions of Substance Use																		
Perception of Harm of Use ("Moderate" or "Great")																		
Drink one or two drinks of alcohol nearly every day	-	-	-	-	-	-	-	68.4	68.5	58.8	60.8	58.4	59.9	60.7	-	59.7	58.9	70.1
Drink five or more drinks of alcohol once or twice each weekend	-	-	-	-	-	-	-	76.7	73.1	71.9	75.2	70.9	73.4	73.0	-	71.8	71.4	78.1
Smoke one or more packs of cigarettes per day	-	-	-	-	-	-	-	87.9	84.6	85.1	86.5	83.2	83.2	84.7	-	85.7	84.1	87.9
Use electronic vapor products regularly	-	-	-	-	-	-	-	-	-	-	-	-	-	53.9	-	79.7	81.8	83.7
Use marijuana regularly	-	-	-	-	-	-	-	73.9	70.2	65.6	62.9	53.3	55.0	49.7	-	51.1	60.3	70.9
Use prescription drugs that are not prescribed to them	-	-	-	-	-	-	-	-	-	-	-	84.1	85.8	87.7	-	88.0	87.3	90.4
Caregiver Perception of Substance Use ("Wrong" or "Very Wrong")																		
Drink alcohol regularly	-	-	-	-	-	-	-	72.2	70.0	70.4	72.8	69.1	66.4	68.9	-	66.7	68.8	73.7
Smoke cigarettes	-	-	-	-	-	-	-	90.8	90.1	91.2	93.7	93.4	93.2	92.8	-	93.7	91.1	92.1
Use electronic vapor products	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	92.1	91.8	91.4
Use marijuana	-	-	-	-	-	-	-	86.1	82.5	80.3	82.7	78.9	77.0	76.1	-	75.5	78.6	83.8
Use prescription drugs that are not prescribed to them	-	-	-	-	-	-	-	-	-	-	-	94.5	93.7	94.4	-	94.6	93.6	93.4
Use illegal drugs other than marijuana	-	-	-	-	-	-	-	95.7	93.9	96.5	97.0	96.2	95.1	95.5	-	96.6	87.6	96.2
Friends' Perception of Substance Use ("Wrong" or "Very Wrong")																		
Drink alcohol regularly	-	-	-	-	-	-	-	34.7	33.3	33.4	31.0	32.5	35.7	37.9	-	43.4	51.0	56.7
Smoke cigarettes	-	-	-	-	-	-	-	66.7	67.1	67.8	71.2	69.1	75.4	77.9	-	73.6	73.7	75.3
Use electronic vapor products	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	58.1	65.6	68.3
Use marijuana	-	-	-	-	-	-	-	48.5	46.1	41.2	40.3	34.0	38.8	36.1	-	44.7	53.9	65.5
Use prescription drugs not prescribed to them	-	-	-	-	-	-	-	-	-	-	-	80.1	78.7	82.5	-	86.2	86.4	87.0

	High School Trend Data (%)																	
	'92	'94	'96	'98	'00	'02	'04	'06	'08	'10	'12	'14	'16	'18	'21	'22	'24	'26
Use illegal drugs other than marijuana	-	-	-	-	-	-	-	81.1	76.9	84.4	84.9	79.3	77.1	79.5	-	84.0	88.2	91.3
Perception of Ease of Access ("Very Easy" or "Sort of Easy")																		
Alcohol	-	-	-	-	-	-	-	-	-	-	-	-	-	58.9	52.9	63.6	56.7	57.6
Cigarettes	-	-	-	-	-	-	-	-	-	-	-	-	-	38.3	29.8	39.9	31.8	28.9
Electronic vapor products	-	-	-	-	-	-	-	-	-	-	-	-	-	-	44.9	59.8	53.3	48.5
Marijuana	-	-	-	-	-	-	-	-	-	-	-	-	-	64.7	46.5	55.3	47.6	37.8
Prescription drugs that are not prescribed to them	-	-	-	-	-	-	-	-	-	-	-	-	-	21.4	14.4	15.3	15.4	16.4
Illegal drugs other than marijuana	-	-	-	-	-	-	-	-	-	-	-	-	-	-	6.7	6.7	7.7	6.7
Perceived Ease of Obtaining Alcohol ("Very Easy, Sort of Easy")																		
From a liquor store, bar, or restaurant	-	-	-	-	-	-	-	-	-	21.2	19.4	19.2	16.1	15.9	-	-	-	-
From home	-	-	-	-	-	-	-	-	-	46.5	48.1	49.2	52.0	51.7	-	-	-	-
From an adult 21 years of age or older	-	-	-	-	-	-	-	-	-	57.2	56.3	49.0	46.3	41.9	-	-	-	-
From someone less than 21 years of age	-	-	-	-	-	-	-	-	-	54.5	50.1	48.9	51.7	48.2	-	-	-	-
Substance Use in Household																		
Live with someone who drinks alcohol	-	-	-	-	-	-	-	-	-	-	-	-	-	-	40.9	56.2	56.6	53.5
Live with someone who uses electronic vapor products	-	-	-	-	-	-	-	-	-	-	-	-	-	-	5.5	8.4	8.9	9.6
Live with someone who uses marijuana	-	-	-	-	-	-	-	-	-	-	-	-	-	-	11.7	18.3	15.9	8.3
Live with someone who smokes cigarettes	-	-	37.9	33.5	29.6	25.6	25.0	23.4	21.9	26.9	23.1	20.0	18.1	16.1	9.4	11.4	10.6	14.2
Live with someone who abuses prescription medication	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.1	1.7	2.0	1.9
Live with someone who uses other illegal drugs	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.6	1.0	1.3	1.0
Alcohol and Other Drug-Related Issues																		
Ever injected illegal drugs	2.8	1.9	2.4	1.4	1.8	1.1	1.0	1.1	1.2	0.6	0.3	0.7	0.8	0.6	-	-	-	-
Talked with parents about alcohol or other drugs (12 months)	-	-	55.0	52.4	47.7	44.6	44.1	49.7	49.6	53.5	57.9	54.6	55.9	52.9	-	60.9	-	-
Influence of parents on decisions about whether or not to use alcohol or other drugs (fairly/very important)	-	-	-	-	-	-	-	-	-	-	-	55.8	58.1	62.7	-	65.1	69.8	70.2
Had a problem with alcohol or drugs (12 months)	6.4	6.7	8.3	11.4	10.2	7.6	5.6	5.7	6.4	6.5	5.9	6.5	4.8	4.8	-	-	-	-
Ever helped or treated for alcohol or drug use	4.2	3.1	3.1	3.0	3.5	3.8	2.5	3.1	2.6	3.4	2.8	4.0	2.7	2.8	-	2.6	2.6	3.5
Family member had substance use problem (12 months)	14.4	14.0	13.5	13.9	12.2	12.3	10.1	11.1	12.8	11.1	10.1	9.5	9.5	10.2	-	-	-	-
Attended class within 1 hour of alcohol, pot, or drug use (30 days)	-	-	-	-	15.5	10.6	9.7	12.1	11.6	12.2	8.9	11.3	9.1	9.1	-	7.2	-	5.9
Offered, sold, or given drugs on school property (12 months)	-	-	-	-	-	-	-	-	-	22.8	20.0	19.5	18.7	19.9	-	15.4	17.8	11.6
Decisions About Marijuana Use																		
What parents would think	-	-	-	-	-	-	-	-	-	61.1	63.0	52.1	55.3	56.9	-	-	-	-
What friends would think	-	-	-	-	-	-	-	-	-	40.9	41.6	35.5	37.1	38.6	-	-	-	-
Potential legal penalties	-	-	-	-	-	-	-	-	-	64.5	66.0	60.3	63.4	66.1	-	-	-	-
Potential school penalties	-	-	-	-	-	-	-	-	-	67.1	66.9	62.7	64.1	64.6	-	-	-	-
How it might affect health	-	-	-	-	-	-	-	-	-	68.7	71.1	65.4	69.4	70.7	-	-	-	-
Safety																		
General																		
Skipped school due to feelings unsafe at school or on the way to or from school	-	-	-	-	-	-	8.2	7.0	9.6	6.3	5.0	7.2	9.5	9.5	-	11.9	7.7	7.6
Biking**																		
Has not ridden a bike	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	18.9	13.8	35.9
Fell off their bike while riding on a road	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	49.1	27.3	11.7
Was in a bike crash with a car or other vehicle	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	8.8	7.1	3.3
Was in a bike crash with another bike	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	12.1	8.1	3.0
Was in a bike crash with a pedestrian	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	7.3	5.4	1.9
Car Safety (30 days)																		
Drove after drinking alcohol	3.7	4.0	3.6	5.3	3.6	2.9	3.2	3.7	3.4	2.8	1.7	1.7	1.6	1.4	-	1.3	1.6	2.0

	High School Trend Data (%)																	
	'92	'94	'96	'98	'00	'02	'04	'06	'08	'10	'12	'14	'16	'18	'21	'22	'24	'26
Rode with drinking driver	-	-	-	-	-	-	-	-	-	12.9	11.7	9.1	9.2	7.5	-	10.3	6.5	7.2
Drove after using marijuana	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	2.2	2.6	2.4
Rode with a driver who had used marijuana	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	11.1	9.1	6.7
Internet Safety**																		
Spoke on phone with adult stranger met online	-	-	-	-	-	-	-	-	-	-	-	-	13.1	14.1	-	18.6	20.0	8.5
Texted an adult stranger met online	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	27.8	13.3
Connected with an adult stranger met online through social media or a gaming platform	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	36.6	18.9
Met in person with adult stranger met online	-	-	-	-	-	-	-	-	-	-	-	-	7.5	6.7	-	4.5	8.4	3.5
Discrimination																		
Treated Unfairly in School at Least Once (past 12 months)																		
Treated unfairly because of race/ethnicity	-	-	-	-	-	-	9.1	8.9	6.2	9.7	7.5	6.4	10.6	10.9	-	-	-	-
Treated unfairly because of sex or gender identity	-	-	-	-	-	-	4.6	4.1	5.0	6.1	4.4	4.7	9.4	7.4	-	-	-	-
Treated unfairly because of sexual orientation	-	-	-	-	-	-	-	-	-	-	-	-	-	3.2	-	-	-	-
Treated Unfairly in School Sometimes/ Most of the Time/ Always (past school year)																		
Treated unfairly because of race/ethnicity	-	-	-	-	-	-	-	-	-	-	-	-	-	-	8.7	14.0	10.0	9.4
Treated unfairly because of sex or gender identity	-	-	-	-	-	-	-	-	-	-	-	-	-	-	14.4	17.5	10.3	9.9
Treated unfairly because of sexual orientation	-	-	-	-	-	-	-	-	-	-	-	-	-	-	4.0	5.6	4.3	4.0
Treated unfairly because of faith or religious beliefs	-	-	-	-	-	-	-	-	-	-	-	-	-	-	4.6	5.8	7.2	5.3
Treated unfairly because of a disability or health condition	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	5.7	5.5
Treated unfairly because of body shape or size	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	9.9	8.6
Witnessed Discrimination by a Student (past school year)																		
Because of race/ethnicity	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	41.1	34.8
Because of sex or gender identity	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	40.8	36.4
Because of sexual orientation	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	37.2	33.5
Because of faith or religious beliefs	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	28.8	21.3
Because of a disability or health condition	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	37.0	35.4
Because of body shape or size	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	49.7	46.8
Witnessed Discrimination by School Staff (past school year)																		
Because of race/ethnicity	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	18.3	15.2
Because of sex or gender identity	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	12.8	12.7
Because of sexual orientation	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	5.6	4.4
Because of faith or religious beliefs	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	10.2	6.3
Because of a disability or health condition	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	8.5	9.6
Because of body shape or size	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	8.2	6.1
Violence-Related Behaviors and Experiences																		
Weapons & Law Involvement (past 12 months)																		
Carried a weapon to school such as a gun, knife, or stick	-	-	-	-	-	-	-	-	-	-	-	-	-	2.5	-	-	-	-
Carried a weapon in neighborhood	-	-	-	-	-	-	-	-	-	-	-	-	-	3.8	-	-	-	-
Arrested	-	-	-	-	-	-	-	-	-	-	-	-	-	1.5	-	-	-	-
Sexual Violence																		
Forced sexual activity (ever)	-	-	-	-	-	-	-	13.3	10.3	9.7	8.7	9.1	11.1	10.5	-	15.1	9.2	8.7
Forced sexual activity (12 months)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	5.4	5.8	2.9	2.9
Forced or tricked to have sex (ever)	8.5	7.6	-	7.8	-	-	5.1	7.0	5.8	4.0	4.6	3.5	3.3	4.3	-	-	-	-
Had rude sexual comments directed at them	-	-	-	-	-	-	-	-	-	-	-	-	-	18.1	-	-	-	-
Were touched, pinched, grabbed, or patted in a sexual way against their will	-	-	-	-	-	-	-	-	-	-	-	-	-	10.5	5.4	-	-	-

	High School Trend Data (%)																	
	'92	'94	'96	'98	'00	'02	'04	'06	'08	'10	'12	'14	'16	'18	'21	'22	'24	'26
Experienced sexual harassment by a student	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	9.2	6.8	4.4
Experienced sexual harassment by school staff	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1.5	0.9	0.7
Reporting Sexual Harassment to an Adult at School (if experienced)																		
I did not report it	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	75.6	61.4	70.9
I reported it to a teacher, counselor, or another adult at school	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	12.5	14.1	9.4
I reported it through Speakfully	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.0	4.9	3.4
I reported it to someone else	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	11.4	6.8	8.6
Dating Violence (past 12 months)																		
Verbally or emotionally abused by person you were dating	-	-	-	-	-	-	-	-	-	7.5	6.0	6.0	6.8	5.7	-	4.3	9.5	4.5
Experienced physical dating violence	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.9	2.0	2.8
Experienced sexual dating violence	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	4.3	4.8	9.3
Physical Fighting (past 12 months)																		
In a physical fight (not including fights with family)	-	-	-	-	-	-	-	-	-	-	-	-	-	4.2	-	-	-	-
In a physical fight when in school	-	-	-	-	-	-	-	5.6	6.1	7.0	3.4	3.8	1.7	3.0	-	-	-	-
In a physical fight when NOT in school	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Threatening Behavior (past 12 months)																		
Threatened with a knife or gun - outside of school	-	10.0	8.4	8.9	7.1	4.8	3.6	4.6	4.6	5.2	4.1	3.1	3.4	3.6	-	-	-	-
Threatened with a knife or gun - in school	-	3.1	2.6	3.4	1.7	1.2	1.2	0.6	1.4	1.1	1.0	1.3	0.9	1.5	-	-	-	-
Other Violence-Related Experiences (past 12 months)																		
Witnessed violence in family	-	-	8.6	8.8	6.1	6.5	7.5	7.9	9.6	9.6	7.9	6.5	6.5	6.6	-	-	-	-
Witnessed violence in neighborhood	-	-	-	-	-	-	23.8	26.4	24.4	20.3	12.4	11.1	10.3	9.5	-	-	-	-
Beaten or physically hurt by an adult in your home	5.4	3.9	5.0	5.1	4.5	3.6	3.9	3.5	3.9	3.6	3.6	2.7	4.3	4.2	-	-	-	-
Beaten or physically hurt (not by a family member or date)	4.5	3.9	4.9	4.7	3.7	2.9	2.7	2.7	3.6	2.4	2.0	1.7	2.2	2.3	-	-	-	-
Verbally or emotionally abused by someone in your family	16.5	17.7	19.9	21.3	18.2	15.3	15.5	15.2	15.4	15.3	14.6	14.5	14.7	16.5	-	-	-	-
Property stolen or deliberately damaged on school property	-	-	-	-	-	-	-	-	28.6	29.2	27.5	16.6	15.8	14.2	-	7.8	8.2	-
Were a member of a gang	-	8.6	7.0	6.8	4.5	2.0	4.3	5.1	3.9	2.6	1.5	1.6	1.2	1.3	-	-	-	-
Bullying																		
General (12 months)																		
Was bullied while at school	-	-	-	-	-	-	-	-	-	-	13.5	12.2	15.6	13.8	-	8.5	8.8	7.8
Was bullied when not at school	-	-	-	-	-	-	-	-	-	-	9.4	9.0	11.4	10.8	-	5.9	5.5	5.0
Was electronically bullied (cyber bullied)	-	-	-	-	-	-	-	-	-	-	7.6	7.6	9.4	7.7	7.9	8.9	6.6	7.0
Bullied, threatened or pushed other kids around in school	-	-	-	-	-	-	-	-	-	-	-	-	-	3.7	-	-	-	-
Intentionally used social media to hurt others feelings	-	-	-	-	-	-	-	-	-	-	-	-	-	3.7	-	-	-	-
Mistreated by someone who thought you were not masculine/feminine enough	-	-	5.0	6.1	5.0	3.7	3.4	4.6	3.8	5.1	4.2	4.2	5.4	6.8	-	-	-	-
Reactions to Being Bullied at School (last time)																		
I didn't do anything	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	52.3	46.9	47.2
I told a teacher, counselor, or another adult at school and the bullying stopped	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	7.9	15.6	15.5
I told a teacher, counselor, or another adult at school, but the bullying continued	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	9.6	19.5	16.3
I took some other action and the bullying stopped	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	24.7	12.5	15.5
I took some other action, but the bullying continued	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	5.6	5.5	5.7
Mental Health																		
General (30 days)																		
Struggled with their mental health most of the time or always	-	-	-	-	-	-	-	-	-	-	-	-	-	-	30.7	33.3	23.7	23.2
Struggled with their mental health sometimes, most of the time, or always	-	-	-	-	-	-	-	-	-	-	-	-	-	-	64.6	63.2	54.4	53.6

	High School Trend Data (%)																	
	'92	'94	'96	'98	'00	'02	'04	'06	'08	'10	'12	'14	'16	'18	'21	'22	'24	'26
Worried (fairly often, very often) (30 days)																		
School issues (grades, homework, tests, etc.)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	62.2	64.5	62.4	62.3
Social issues (friendship, dating, teasing, etc.)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	24.6	38.0	29.4	32.6
Appearance issues	-	-	-	-	-	-	-	-	-	-	-	-	-	-	34.9	39.1	32.3	33.2
Health issues	-	-	-	-	-	-	-	-	-	-	-	-	-	-	19.2	20.1	13.5	12.7
Family issues	-	-	-	-	-	-	-	-	-	-	-	-	-	-	22.4	26.1	19.5	19.5
Social justice issues	-	-	-	-	-	-	-	-	-	-	-	-	-	-	34.8	29.7	19.3	20.2
Violence in your neighborhood	-	-	-	-	-	-	10.4	12.2	10.6	8.8	4.5	4.0	4.8	4.0	5.1	6.4	3.4	3.8
Worried (fairly often, very often) (12 months)																		
Physical health problems	-	-	-	-	-	-	17.0	18.3	18.2	17.7	15.9	15.3	12.3	16.4	-	-	-	-
Weight problems (too heavy or thin)	-	-	-	-	-	-	25.6	25.4	23.7	26.1	26.2	26.4	25.8	27.6	-	-	-	-
Sexually transmitted infection (STI), including HIV/AIDS	-	-	-	-	-	-	-	-	-	-	-	-	-	2.8	-	-	-	-
Becoming or getting someone pregnant	-	-	-	-	-	-	9.5	11.1	8.1	7.6	6.4	6.2	3.7	4.3	-	-	-	-
Sexual orientation	-	-	-	-	-	-	5.2	4.1	4.5	4.5	4.6	4.7	4.3	5.4	-	-	-	-
Gender identity	-	-	-	-	-	-	-	-	-	-	-	-	-	3.5	-	-	-	-
School failure or poor grades	-	-	-	-	-	-	40.6	33.0	34.6	39.3	35.7	39.3	36.2	36.9	-	-	-	-
Standardized Tests (MCAS, SAT, ACT, etc.)	-	-	-	-	-	-	-	-	-	-	-	-	-	35.9	-	-	-	-
Your social status (popularity)	-	-	-	-	-	-	-	-	-	-	-	-	11.7	15.7	-	-	-	-
How others perceive you on social media	-	-	-	-	-	-	-	-	-	-	-	-	12.0	15.3	-	-	-	-
Sexual assault, abuse, or harassment	-	-	-	-	-	-	-	-	-	-	-	-	-	6.6	-	-	-	-
Your immigration status or the status of your family	-	-	-	-	-	-	-	-	-	-	-	-	-	3.5	-	-	-	-
Drug or alcohol use in your family	-	-	-	-	-	-	5.7	6.9	8.2	6.8	6.4	4.8	5.2	6.1	-	-	-	-
Your own drug or alcohol use	-	-	-	-	-	-	4.8	6.3	5.1	5.1	5.9	5.5	3.6	3.9	-	-	-	-
Arguing at home	-	-	-	-	-	-	20.3	20.6	19.4	23.8	20.5	19.4	16.5	18.5	-	-	-	-
Physical fights at home	-	-	-	-	-	-	-	3.7	5.3	5.0	2.2	2.9	2.9	3.5	-	-	-	-
Drugs in your neighborhood	-	-	-	-	-	-	-	-	-	-	-	3.8	3.8	4.9	-	-	-	-
Physical fights at school	-	-	-	-	-	-	-	5.6	6.1	7.0	3.4	3.8	1.7	3.0	-	-	-	-
Other kids bringing weapons to school	-	-	-	-	-	-	11.8	5.1	6.4	4.7	3.3	5.1	4.0	7.1	-	-	-	-
Your family not having enough money to get by	-	-	-	-	-	-	10.9	13.1	11.7	13.5	11.4	11.2	9.0	14.5	-	-	-	-
Your family not having a place to live	-	-	-	-	-	-	3.3	3.8	4.7	3.9	3.8	3.6	2.8	3.6	-	-	-	-
Anxiety, Self-Harm, Depression, and Suicide (12 months)																		
Felt tense, nervous, or worried every day for 2+ weeks in a row (30 days)***	-	-	-	-	-	-	22.0	23.6	24.6	24.0	21.9	27.5	28.8	33.7	46.2	48.2	36.9	36.4
Felt sad/hopeless every day for 2+ weeks in a row that stopped doing usual activities	-	-	-	-	-	-	-	-	-	22.4	19.8	21.0	25.0	26.3	34.7	37.1	26.4	24.9
Hurt self on purpose without wanting to die	-	-	-	-	-	-	8.6	8.7	9.6	11.4	10.4	12.1	14.2	15.1	11.9	16.6	11.1	10.6
Seriously considered suicide	8.9	7.7	8.1	10.7	9.6	9.2	6.7	5.3	7.0	6.5	8.0	8.1	10.2	10.6	15.1	20.0	13.3	14.7
Made a suicide plan	7.9	7.2	7.6	10.3	9.2	6.9	5.5	4.0	6.2	5.3	6.5	6.9	7.8	7.8	5.5	7.3	4.7	4.9
Attempted suicide	8.2	6.6	6.8	7.7	7.5	5.3	2.3	1.3	2.6	1.8	2.2	2.1	2.1	2.6	1.6	2.6	2.7	2.0
Protective Factors																		
Personal Experiences																		
A teacher in your school to talk to	-	-	-	-	-	-	-	-	-	-	-	-	-	-	25.7	42.8	-	-
Teacher or other adult at school to talk to	-	-	-	-	-	-	62.9	60.3	63.7	63.2	64.4	66.4	67.8	64.6	-	51.2	69.7	66.3
Other adult in your school	-	-	-	-	-	-	-	-	-	-	-	-	-	-	18.1	34.8	-	-
Adult after school to talk to	-	-	-	-	-	-	-	-	-	-	-	-	-	46.1	6.8	20.0	-	-
Adult in the community to talk to	-	-	-	-	-	-	-	-	-	-	-	-	-	47.2	12.1	29.2	-	-
Adult outside of school to talk to	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	18.0	60.7	61.9
Adult in family to talk to	-	-	-	-	-	-	-	-	-	-	-	-	-	82.2	56.9	65.8	81.8	81.9

	High School Trend Data (%)																	
	'92	'94	'96	'98	'00	'02	'04	'06	'08	'10	'12	'14	'16	'18	'21	'22	'24	'26
Friend similar in age to talk to	-	-	-	-	-	-	-	-	-	-	-	-	-	-	69.6	78.1	85.4	86.6
Have three or more close friends	72.9	69.8	72.1	74.8	75.9	72.5	68.1	68.9	71.2	75.2	74.7	71.5	71.6	70.8	59.3	62.9	67.3	69.9
Talk with caregivers about what you are doing in school (1 or more times per month)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	90.4	90.3
Had a conversation with caregivers about sexuality or gender identity (12 months)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	29.2	18.6	14.2
Had conversation with caregivers about sex (12 months)	-	-	-	32.7	38.7	34.2	30.5	33.5	34.8	35.7	38.0	34.0	36.6	33.6	-	37.1	32.9	25.8
Regularly participate in church, synagogue, mosque, or other faith community	-	-	-	-	35.1	38.3	38.4	36.7	33.8	33.8	29.1	25.1	27.9	29.4	-	-	-	-
Counseling & Medication (past 12 months)																		
Met with school counselor for mental health/behavior issue	-	-	-	-	-	-	-	-	-	-	-	9.4	11.0	11.9	10.1	14.0	10.5	11.1
Met with Teen Health Center counselor	-	-	-	-	-	24.1	26.0	25.7	20.8	18.7	13.7	9.6	7.9	8.3	3.3	4.8	5.4	4.6
Met with therapist without or without family present	-	-	-	-	-	15.5	16.4	14.9	17.2	16.4	18.3	18.6	19.2	19.2	22.6	25.0	18.9	18.7
Took medication for mental health or behavioral issue	-	-	-	-	-	6.5	7.9	8.1	8.3	8.8	9.6	8.2	11.2	11.7	11.5	14.7	13.1	11.7
Access to Healthcare																		
Saw a doctor or nurse (12 months)	59.8	65.0	70.4	79.5	79.8	78.1	81.0	81.6	80.7	84.9	85.8	86.8	87.3	86.7	-	-	-	-
Saw a dentist (12 months)	-	-	-	65.4	69.9	68.4	68.9	73.7	75.7	77.5	80.4	79.7	82.6	83.5	-	-	-	-
Family has health insurance	72.7	68.6	68.9	77.3	81.7	82.0	79.8	84.2	84.2	84.6	85.8	86.9	85.3	84.1	-	-	-	-
Accessed the Teen Health Center																		
Went in the past 12 months	-	-	-	-	-	-	-	-	-	-	47.4	50.2	44.2	39.6	-	44.6	43.4	-
Went for birth control/condoms	-	-	-	-	-	-	-	-	-	-	12.5	18.6	16.7	12.1	-	14.6	15.1	-
Went for HIV/STI testing	-	-	-	-	-	-	-	-	-	-	7.8	5.6	4.5	5.1	-	3.9	4.7	-
Went for a physical exam	-	-	-	-	-	-	-	-	-	-	8.2	10.9	8.0	10.4	-	9.7	-	-
Went for counseling	-	-	-	-	-	-	-	-	-	-	6.0	5.8	4.2	5.4	-	8.4	5.8	-
Went for an immunization/vaccine	-	-	-	-	-	-	-	-	-	-	5.6	10.4	8.6	6.2	-	18.4	16.0	-
Went for a sports physical	-	-	-	-	-	-	-	-	-	-	-	12.1	11.4	13.0	-	10.7	21.0	-
Went for a pregnancy test	-	-	-	-	-	-	-	-	-	-	-	5.1	4.4	4.1	-	4.6	3.9	-
Sexual Behavior																		
General																		
Ever had consensual sexual activity	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	28.0	28.6	-
Ever had consensual sexual intercourse****	49.4	47.7	43.7	42.8	39.6	37.4	42.3	49.5	44.2	37.6	34.9	31.2	32.6	27.7	20.4	21.9	21.7	20.2
Has had consensual sexual intercourse with more than three people	-	-	-	-	-	-	-	-	-	-	-	-	-	-	15.8	14.6	19.9	16.2
Condom/protective barrier at last intercourse	-	-	-	-	-	-	-	-	-	-	-	-	-	59.1	66.2	55.3	52.9	61.2
Condom/protective barrier at last consensual sexual activity	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	17.3
Alcohol/drugs at last intercourse	13.5	13.9	17.9	23.8	22.1	14.8	12.8	15.3	16.7	19.7	21.7	22.7	19.5	20.8	15.8	14.3	18.5	9.8
Ever been/gotten someone pregnant	7.0	6.8	6.4	6.5	5.1	3.7	4.0	4.9	3.5	3.4	2.4	1.7	0.5	1.2	-	-	-	-
Sexual Education/Treatment																		
More careful about sexual behavior due to health class	-	-	-	-	67.0	62.3	68.6	74.6	72.0	70.1	70.5	66.5	66.7	66.3	-	76.3	-	-
Ever tested for STIs (any)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	11.2	11.6	13.0
Ever tested for HIV	-	-	-	-	-	-	-	-	-	-	12.8	11.0	10.4	10.0	-	-	-	-
Ever tested for other STIs	-	-	-	-	-	-	-	-	-	-	13.1	11.2	12.8	13.1	-	-	-	-
Ever told by doctor/nurse you have HIV or any other STI	-	-	-	-	-	-	-	-	-	-	1.6	1.9	1.0	1.3	-	0.8	0.9	2.8
Nutrition																		
General																		
Eat breakfast 6-7 days a week	40.7	36.8	38.9	34.9	34.3	31.0	33.5	38.3	37.8	39.4	42.7	42.8	45.5	44.5	-	42.8	43.5	44.3
Taught in school how to eat healthy	-	-	-	-	-	-	-	-	-	-	-	-	69.5	68.8	-	68.5	-	-
Hungry in because there was not enough money at home to buy food (12 months)	5.7	6.3	7.0	9.5	8.3	8.0	8.7	9.2	10.1	10.6	9.0	8.5	9.0	10.4	1.40	1.6	-	-

	High School Trend Data (%)																	
	'92	'94	'96	'98	'00	'02	'04	'06	'08	'10	'12	'14	'16	'18	'21	'22	'24	'26
Went to bed hungry because not enough food in home (sometimes, most of the time, always) (30 days)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	6.9	5.4
Family received any public assistance (TANF, SSI, SNAP)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	14.8	15.6	13.1
Consumed Yesterday																		
Ate fruit	-	-	-	62.3	65.2	59.8	60.9	65.3	72.7	74.6	75.7	77.1	80.1	77.8	75.0	78.7	81.8	79.9
Ate green salad or raw vegetables	-	-	-	52.3	53.3	50.0	47.9	54.5	58.2	59.9	61.3	62.3	63.1	64.6	64.3	59.3	57.7	62.1
Ate cooked vegetables	-	-	-	51.9	49.6	47.5	45.9	50.7	59.6	60.1	61.0	62.3	63.2	63.8	66.8	65.6	62.4	65.0
Drank 100% fruit juice	-	-	-	-	-	-	63.4	63.8	66.8	67.0	58.3	54.7	48.0	38.4	34.9	33.5	41.4	37.1
Drank regular soda (not diet)	-	-	-	-	-	-	57.1	54.0	49.1	53.9	45.2	41.7	33.6	32.9	22.3	23.5	26.5	24.5
Drank diet or artificially sweetened drinks	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	19.3	23.3
Drank sweetened drinks	-	-	-	-	-	-	-	-	-	-	-	54.6	46.6	45.4	31.6	38.4	40.8	38.2
Drank caffeine	-	-	-	-	-	-	-	-	-	-	-	51.3	47.3	46.7	42.3	41.8	42.8	42.0
Drank energy drinks	-	-	-	-	-	-	-	-	-	-	-	9.0	11.1	8.6	6.7	10.8	12.2	16.1
Drank sports drinks	-	-	-	-	-	-	-	-	-	-	-	-	-	-	16.9	21.5	23.4	23.2
Drank plain (not flavored) bottled water	-	-	-	-	-	-	-	-	-	-	67.7	49.8	61.6	57.1	51.3	54.8	58.7	55.9
Drank tap water	-	-	-	-	-	-	-	-	-	-	69.0	76.4	76.3	82.2	70.7	76.1	74.1	77.3
Physical Activity																		
Participated in physical activity for at least 60 minutes at least one day in the past 7 days	-	-	-	-	-	-	-	-	-	78.7	78.0	75.2	77.6	78.7	84.5	91.4	86.7	88.2
Participated in physical activity for at least 60 minutes on 5 or more days in the past 7 days	-	-	-	-	-	-	-	-	-	41.3	42.7	40.3	42.8	40.2	27.8	40.0	52.0	51.8
Participated in physical activity for at least 60 minutes on all 7 days in the past 7 days	-	-	-	-	-	-	-	-	-	19.0	17.1	17.9	17.1	12.7	-	14.8	24.1	20.7
Exercised to strengthen or tone muscles at least one day in the past 7 days	-	-	-	-	-	-	-	-	-	-	-	-	68.6	68.0	-	67.5	-	-
Taught in school how to follow a personal fitness plan	-	-	-	-	-	-	-	-	-	-	-	-	50.2	52.6	-	53.5	-	-
Had a concussion from playing with a sports team (12 months)	-	-	-	-	-	-	-	-	-	-	-	-	-	14.0	-	11.0	7.6	6.5
Concussion (last time)																		
Continued playing sports that day	-	-	-	-	-	-	-	-	-	-	-	-	50.0	50.0	-	36.4	29.3	27.1
Stopped playing sports that day and got checked by a healthcare provider	-	-	-	-	-	-	-	-	-	-	-	-	42.9	42.9	-	44.6	52.8	55.2
Stopped playing sports that day but did not get checked by a healthcare provider	-	-	-	-	-	-	-	-	-	-	-	-	7.1	7.1	-	19.1	17.9	17.7
Body Weight																		
Describe self as slightly/very overweight	-	-	-	-	-	-	26.6	35.4	23.1	23.2	26.7	25.5	25.1	27.0	-	-	-	-
Trying to lose weight	38.7	37.7	-	-	-	-	41.7	40.3	40.9	40.4	41.9	39.8	39.5	42.9	-	-	-	-
Weight Loss or Maintenance Activities (past 30 days)																		
Exercise	-	-	-	-	-	66.6	65.3	69.5	65.8	71.6	69.9	68.0	68.4	69.3	-	-	-	-
Take diet pills, powders, or liquids	-	-	-	-	-	4.1	3.2	3.1	2.9	5.2	4.1	4.4	5.3	4.5	-	-	-	-
Eat less food, fewer calories, or avoid foods that you think are bad for you	-	-	-	-	-	-	-	-	-	-	-	-	-	46.2	-	-	-	-
Go without eating for 24 hours or more (fasting)	-	-	-	-	-	-	-	4.9	5.9	6.1	6.1	6.0	8.0	7.4	-	-	-	-
Vomited	-	-	-	-	-	-	-	-	-	-	-	-	-	3.5	-	-	-	-
Took laxatives	-	-	-	-	-	-	-	-	-	-	-	-	-	2.2	-	-	-	-
Body Image (past 30 days)																		
Terrified to gain weight	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	29.4	31.1
Urge to be thinner	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	33.6	32.7
Thought about burning calories every time they exercise	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	32.7	34.7
Felt uncomfortable eating foods containing sugar, fat, or carbs	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	30.9	32.8

[illegible]

[illegible]

	High School Trend Data (%)																	
	'92	'94	'96	'98	'00	'02	'04	'06	'08	'10	'12	'14	'16	'18	'21	'22	'24	'26
Caregiver or another adult they live with swore at them, insulted the, put them down, or humiliated them (ever)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	12.8	15.6
Physically hurt by an adult in their home (ever)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	5.7	6.7
Had serious financial problem (ever)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	10.1	7.5	-	-
Family moved because of financial problems (ever)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1.2	-	-	-
Family member had a serious illness (ever)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	17.8	22.6	-	-
Other																		
Gambled (12 months)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	8.1	-	-	-

*Question was changed from “electronic cigarettes” to “electronic vapor products” in 2021.

**Question was changed from experiences in the “ever” to “in the past 12 months” in 2026.

***Question was changed from feelings in the “past 30 days” to the “past 12 months” in 2021 and 2022.

****Question was changed to “consensual” sexual relations in 2021.

Upper School Data Tables

[illegible]

	Upper School Trend Data (%)															
	'97	'99	'01	'03	'05	'07	'09	'11	'13	'15	'17	'19	'21	'22	'24	'26
Got it at home	-	-	-	-	-	-	-	-	-	-	-	-	-	-	46.0	36.4
Got it at parties	-	-	-	-	-	-	-	-	-	-	-	-	-	-	21.9	25.0
Tobacco and Electronic Vapor Products (30 days)																
Bought them in a store	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.6	0.4
Bought them from a smoking bar	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.4	0.4
Bought them from another state	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.4	0.3
Got someone else money to buy them	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.5	0.4
Got them from a friend or I used a friend's	-	-	-	-	-	-	-	-	-	-	-	-	-	-	2.0	1.1
Got them from a family member	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1.2	0.5
Got them online	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.4	0.3
Got them some other way	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1.0	0.6
Marijuana (among those who currently use)																
Bought it from a store	-	-	-	-	-	-	-	-	-	-	-	-	-	-	28.6	28.6
Bought it from someone else	-	-	-	-	-	-	-	-	-	-	-	-	-	-	28.6	28.6
Got it at home with permission from a caregiver/family member 21+	-	-	-	-	-	-	-	-	-	-	-	-	-	-	35.7	28.6
Took it from home without permission from a caregiver/family member 21+	-	-	-	-	-	-	-	-	-	-	-	-	-	-	28.6	28.6
Took it from some other place without permission	-	-	-	-	-	-	-	-	-	-	-	-	-	-	21.4	28.6
Got it from friends	-	-	-	-	-	-	-	-	-	-	-	-	-	-	57.1	71.4
Got it at parties	-	-	-	-	-	-	-	-	-	-	-	-	-	-	35.7	28.6
Got it some other way	-	-	-	-	-	-	-	-	-	-	-	-	-	-	28.6	57.1
Prescription Drugs (among those who ever used)																
Got or bought them from a friend, family member, or someone else	-	-	-	-	-	-	-	-	-	-	-	-	-	-	31.8	27.6
Bought them on the Internet	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.0	3.7
Took them from a family member	-	-	-	-	-	-	-	-	-	-	-	-	-	-	27.3	31.0
Took them from another person	-	-	-	-	-	-	-	-	-	-	-	-	-	-	4.6	1.2
Got them in some other way	-	-	-	-	-	-	-	-	-	-	-	-	-	-	36.4	41.4
Other Drugs (among those who ever used)																
Got or bought them from a friend, family member, or someone else	-	-	-	-	-	-	-	-	-	-	-	-	-	-	27.8	30.8
Bought them on the Internet	-	-	-	-	-	-	-	-	-	-	-	-	-	-	11.1	23.1
Took them from a family member	-	-	-	-	-	-	-	-	-	-	-	-	-	-	5.6	15.4
Took them from another person	-	-	-	-	-	-	-	-	-	-	-	-	-	-	5.6	7.7
Got them in some other way	-	-	-	-	-	-	-	-	-	-	-	-	-	-	50.0	23.1
Perceptions of Substance Use																
Perception of Harm of Use ("Moderate" or "Great")																
Drink one or two drinks of alcohol nearly every day	-	-	-	-	-	61.7	64.0	65.8	46.6	51.2	46.2	50.0	-	52.5	61.7	66.6
Drink five or more drinks of alcohol once or twice each weekend	-	-	-	-	-	-	-	-	72.6	72.9	71.1	71.0	-	68.8	76.8	79.9
Smoke one or more packs of cigarettes per day	-	-	-	-	-	78.3	81.5	80.7	83.9	85.6	84.8	84.6	-	77.2	82.5	85.2
Use electronic vapor products regularly	-	-	-	-	-	-	-	-	-	-	-	71.7	-	73.5	81.9	84.6
Use marijuana regularly	-	-	-	-	-	79.6	80.8	79.5	77.2	80.1	75.6	74.7	-	69.2	77.0	84.5
Use prescription drugs that are not prescribed to them	-	-	-	-	-	-	-	-	-	87.2	88.5	86.7	-	80.2	84.9	86.8
Caregiver Perception of Substance Use ("Wrong" or "Very Wrong")																
Drink beer, wine, or hard liquor regularly	-	-	-	-	-	89.6	93.0	93.8	90.8	93.6	93.9	92.9	-	83.6	83.3	88.3
Smoke cigarettes	-	-	-	-	-	93.6	95.8	96.3	95.1	96.6	96.9	95.9	-	92.8	93.5	94.9
Use electronic vapor products	-	-	-	-	-	-	-	-	-	-	-	94.8	-	92.7	94.2	95.7
Use marijuana	-	-	-	-	-	93.9	95.7	95.9	94.3	96.6	96.3	94.2	-	91.5	93.1	94.6

	Upper School Trend Data (%)															
	'97	'99	'01	'03	'05	'07	'09	'11	'13	'15	'17	'19	'21	'22	'24	'26
Use prescription drugs that are not prescribed to them	-	-	-	-	-	-	-	-	-	96.0	96.8	95.6	-	93.1	91.9	94.2
Use illegal drugs other than marijuana	-	-	-	-	-	94.8	96.6	96.3	95.9	97.2	97.5	96.2	-	95.6	95.6	96.3
Friends' Perception of Substance Use ("Wrong" or "Very Wrong")																
Drink alcohol regularly	-	-	-	-	-	74.6	81.9	80.6	80.2	85.6	85.1	81.5	-	81.5	83.8	89.7
Smoke cigarettes	-	-	-	-	-	83.4	88.8	87.8	88.8	91.9	91.8	90.9	-	91.9	92.3	95.2
Use electronic vapor products	-	-	-	-	-	-	-	-	-	-	-	77.3	-	87.4	88.9	92.7
Use marijuana	-	-	-	-	-	84.0	88.4	85.6	83.2	86.8	87.8	84.4	-	87.9	90.8	94.8
Use prescription drugs not prescribed to them	-	-	-	-	-	-	-	-	-	91.3	92.7	91.4	-	90.6	90.2	94.0
Use illegal drugs other than marijuana	-	-	-	-	-	88.2	92.6	93.0	93.1	94.6	93.9	93.2	-	94.4	94.7	96.5
Perception of Ease of Access ("Very Easy" or "Sort of Easy")																
Alcohol	-	-	-	-	-	-	-	-	-	-	-	-	22.9	35.7	36.9	33.2
Cigarettes	-	-	-	-	-	-	-	-	-	-	-	-	10.8	19.2	16.2	11.9
Electronic vapor products	-	-	-	-	-	-	-	-	-	-	-	-	13.5	24.1	22.6	17.3
Marijuana	-	-	-	-	-	-	-	-	-	-	-	-	8.9	13.8	12.7	8.6
Prescription drugs that are not prescribed to them	-	-	-	-	-	-	-	-	-	-	-	-	11.4	14.3	15.2	13.6
Illegal drugs other than marijuana	-	-	-	-	-	-	-	-	-	-	-	-	2.4	4.6	3.8	3.5
Perceived Ease of Obtaining Alcohol ("Very Easy, Sort of Easy")																
Liquor store, bar, or restaurant (30 days)	-	-	-	-	-	-	7.0	7.4	12.4	9.9	8.8	10.1	-	-	-	-
Home (30 days)	-	-	-	-	-	-	37.2	35.7	34.4	34.9	34.4	35.8	-	-	-	-
Adult 21 years of age or older (30 days)	-	-	-	-	-	-	17.1	17.6	18.0	18.8	15.6	15.4	-	-	-	-
Someone less than 21 years of age (30 days)	-	-	-	-	-	-	27.3	26.5	26.9	22.8	22.3	24.4	-	-	-	-
Substance Use in Household																
Live with someone who drinks alcohol	-	-	-	-	-	-	-	-	-	-	-	-	30.8	45.9	62.0	46.1
Live with a cigarette smoker	34.9	31.0	29.4	30.1	28.4	26.8	-	-	22.0	19.6	16.7	15.8	8.0	8.0	9.4	8.7
Live with someone who uses electronic vapor products	-	-	-	-	-	-	-	-	-	-	-	-	3.9	6.4	8.2	6.6
Live with someone who uses marijuana	-	-	-	-	-	-	-	-	-	-	-	-	5.9	7.9	7.2	6.7
Live with someone who abuses prescription medication	-	-	-	-	-	-	-	-	-	-	-	-	0.0	8.7	2.5	1.2
Live with someone who uses other illegal drugs	-	-	-	-	-	-	-	-	-	-	-	-	0.0	0.7	0.6	0.5
Alcohol and Other Drug-Related Issues																
Talked with parents about alcohol or other drugs (12 months)	52.8	57.5	57.2	50.8	49.0	45.6	42.5	40.3	37.5	39.4	33.9	42.1	-	44.9	-	-
Influence of parents on decisions about whether or not to use alcohol or other drugs (fairly/very important)	-	-	-	-	-	-	-	-	-	85.2	83.3	82.5	-	83.8	88.0	88.1
Had a problem with alcohol or drugs (12 months)	4.4	3.2	2.7	3.4	2.8	2.5	1.9	1.7	1.6	1.8	0.8	1.2	-	-	-	-
Family member had substance use problem (12 months)	11.6	9.9	9.5	9.8	10.4	10.5	9.7	8.7	7.9	7.7	7.5	7.4	-	-	-	-
Think at least half of students drank alcohol in the past 30 days	-	-	-	-	-	-	-	-	-	-	-	-	-	2.0	4.2	2.0
Think at least half of students used marijuana in the past 30 days	-	-	-	-	-	-	-	-	-	-	-	-	-	2.8	3.0	1.5
Attended class within 1 hour of alcohol, pot, or drug use (30 days)	-	-	-	-	-	-	-	-	2.0	0.8	0.7	2.4	-	0.9	-	-
Offered, sold, or given drugs on school property (12 months)	-	-	-	6.6	4.9	3.6	3.9	4.7	3.5	4.3	3.1	4.5	-	2.8	3.5	2.5
Safety																
General																
Skipped school due to feelings unsafe at school or on the way to or from school	-	-	-	-	-	-	-	-	-	-	8.4	9.5	-	12.4	10.0	13.1
Biking (12 months)**																
Has not ridden a bike	-	-	-	-	-	-	-	-	-	-	-	-	-	18.4	11.8	26.6
Fell off their bike while riding on a road	-	-	-	-	-	-	-	-	-	-	-	-	-	43.3	23.1	8.9
Was in a bike crash with a car or other vehicle	-	-	-	-	-	-	-	-	-	-	-	-	-	3.7	2.7	1.3
Was in a bike crash with another bike	-	-	-	-	-	-	-	-	-	-	-	-	-	13.6	9.0	3.0

	Upper School Trend Data (%)															
	'97	'99	'01	'03	'05	'07	'09	'11	'13	'15	'17	'19	'21	'22	'24	'26
Was in a bike crash with a pedestrian	-	-	-	-	-	-	-	-	-	-	-	-	-	6.5	3.7	1.3
Car Safety (30 days)																
Rode with drinking driver	-	-	-	-	-	-	-	4.9	4.8	3.6	5.4	3.9	-	7.2	7.1	5.5
Rode with a driver who had used marijuana	-	-	-	-	-	-	-	-	-	-	-	-	-	3.6	4.0	3.1
Internet Safety**																
Ever spoke on phone with adult stranger met online	-	-	-	-	-	-	-	-	-	-	-	-	-	9.5	8.4	4.1
Ever texted an adult stranger met online	-	-	-	-	-	-	-	-	-	-	-	-	-	-	12.0	6.7
Ever connected with an adult stranger met online through social media or a gaming platform	-	-	-	-	-	-	-	-	-	-	-	-	-	-	23.3	11.2
Ever met in person with adult stranger met online	-	-	-	-	-	-	-	-	-	-	-	-	-	0.4	3.0	2.5
Discrimination																
Treated Unfairly in School At Least Once (past 12 months)																
Treated unfairly because of race/ethnicity	-	-	-	8.2	8.8	10.0	6.1	6.8	8.0	12.7	11.9	16.1	-	-	-	-
Treated unfairly because of sex or gender identity	-	-	-	7.0	6.1	8.6	5.1	4.8	4.5	9.1	7.2	14.0	-	-	-	-
Treated unfairly because of sexual orientation	-	-	-	-	-	-	-	-	-	-	1.6	3.2	-	-	-	-
Treated unfairly because of faith or religious beliefs	-	-	-	-	-	-	-	-	-	-	-	4.5	-	-	-	-
Treated Badly or Unfairly in School Sometimes/Most of the Time/ Always (past school year)																
Treated unfairly because of race/ethnicity	-	-	-	-	-	-	-	-	-	-	-	-	12.3	12.3	16.4	12.1
Treated unfairly because of sex or gender identity	-	-	-	-	-	-	-	-	-	-	-	-	12.8	12.8	12.6	8.3
Treated unfairly because of sexual orientation	-	-	-	-	-	-	-	-	-	-	-	-	7.9	7.9	8.3	6.0
Treated unfairly because of faith or religious beliefs	-	-	-	-	-	-	-	-	-	-	-	-	7.0	7.0	9.4	6.4
Treated unfairly because of a disability or health condition	-	-	-	-	-	-	-	-	-	-	-	-	-	-	6.4	5.1
Treated unfairly because of body shape or size	-	-	-	-	-	-	-	-	-	-	-	-	-	-	19.6	14.7
Witnessed Discrimination by a Student (past school year)																
Because of race/ethnicity	-	-	-	-	-	-	-	-	-	-	-	-	-	-	54.4	41.8
Because of sex or gender identity	-	-	-	-	-	-	-	-	-	-	-	-	-	-	51.2	33.1
Because of sexual orientation	-	-	-	-	-	-	-	-	-	-	-	-	-	-	47.0	33.7
Because of faith or religious beliefs	-	-	-	-	-	-	-	-	-	-	-	-	-	-	31.2	19.5
Because of a disability or health condition	-	-	-	-	-	-	-	-	-	-	-	-	-	-	44.2	34.0
Because of body shape or size	-	-	-	-	-	-	-	-	-	-	-	-	-	-	63.9	57.7
Witnessed Discrimination by School Staff (past school year)																
Because of race/ethnicity	-	-	-	-	-	-	-	-	-	-	-	-	-	-	17.1	9.6
Because of sex or gender identity	-	-	-	-	-	-	-	-	-	-	-	-	-	-	11.3	9.1
Because of sexual orientation	-	-	-	-	-	-	-	-	-	-	-	-	-	-	5.4	3.7
Because of faith or religious beliefs	-	-	-	-	-	-	-	-	-	-	-	-	-	-	5.4	5.2
Because of a disability or health condition	-	-	-	-	-	-	-	-	-	-	-	-	-	-	6.4	4.9
Because of body shape or size	-	-	-	-	-	-	-	-	-	-	-	-	-	-	7.6	6.0
Violence-Related Behaviors and Experiences																
Weapons & Law Involvement (past 12 months)																
Carried a weapon to school such as a gun, knife, or stick	9.3	5.4	3.9	4.5	4.7	3.1	2.4	1.8	1.3	1.9	1.4	1.7	-	-	-	-
Carried a weapon in neighborhood	-	-	-	9.4	8.2	7.2	5.5	3.1	3.2	2.8	2.9	2.3	-	-	-	-
Sexual Violence																
Forced sexual activity (ever)	-	-	-	-	-	-	-	-	-	-	-	-	-	6.6	3.6	4.1
Forced sexual activity (12 months)	-	-	-	-	-	-	-	-	-	-	-	-	0.9	2.9	1.2	1.6
Forced or tricked to have sex (ever)	-	-	-	-	2.1	1.9	1.6	1.4	1.0	1.0	0.6	0.7	-	-	-	-
Forced, tricked, or pressured someone into having sex with you	2.1	2.0	1.7	2.0	1.6	1.3	0.2	0.5	0.6	0.6	0.3	0.7	-	-	-	-

	Upper School Trend Data (%)															
	'97	'99	'01	'03	'05	'07	'09	'11	'13	'15	'17	'19	'21	'22	'24	'26
Had rude sexual comments directed at them	-	-	-	-	-	11.1	10.6	9.9	12.8	12.7	9.5	13.9	-	-	-	-
Were touched, pinched, grabbed, or patted in a sexual way against their will	-	-	-	-	-	8.2	8.2	8.2	9.5	7.5	6.9	7.4	-	-	-	-
Experienced sexual harassment by a student	-	-	-	-	-	-	-	-	-	-	-	-	-	5.7	5.8	5.0
Experienced sexual harassment by school staff	-	-	-	-	-	-	-	-	-	-	-	-	-	1.2	0.7	1.2
Reporting Sexual Harassment to an Adult at School (if experienced)																
I did not report it	-	-	-	-	-	-	-	-	-	-	-	-	-	24.1	50.4	47.5
I reported it to a teacher, counselor, or another adult at school	-	-	-	-	-	-	-	-	-	-	-	-	-	13.1	14.2	25.4
I reported it through Speakfully	-	-	-	-	-	-	-	-	-	-	-	-	-	1.1	3.9	4.1
I reported it to someone else	-	-	-	-	-	-	-	-	-	-	-	-	-	7.9	11.8	8.2
Dating Violence (past 12 months)																
Experienced physical dating violence	-	-	-	-	-	-	-	-	-	-	-	-	-	2.2	1.7	1.4
Experienced sexual dating violence	-	-	-	-	-	-	-	1.3	0.8	1.4	1.2	1.0	-	0.9	1.2	1.1
Verbally or emotionally abused by person you were dating	-	-	-	-	-	-	-	-	-	-	2.2	-	-	1.4	3.2	3.3
Experienced physical or sexual dating violence	-	-	-	-	-	-	-	-	-	-	-	-	1.1	-	-	-
Physical Fighting (past 12 months)																
In a physical fight (not including fights with family)	25.4	21.7	15.3	18.7	16.8	16.3	13.3	7.7	10.6	8.8	7.8	10.1	-	-	-	-
In a physical fight when in school	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
In a physical fight when NOT in school	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Threatening Behavior (past 12 months)																
Threatened with a knife or gun – any location	5.6	5.3	4.3	4.6	4.5	5.3	4.9	1.5	2.7	1.8	2.2	2.8	-	-	-	-
Other Violence-Related Experiences (past 12 months)																
Witnessed violence in family	10.1	6.3	7.5	6.5	8.6	8.3	7.8	6.7	8.7	6.7	6.2	8.2	-	-	-	-
Witnessed violence in neighborhood	-	-	-	19.9	21.1	18.0	17.0	14.7	15.8	12.9	9.8	11.8	-	-	-	-
Beaten or physically hurt by an adult in your home	6.4	4.5	6.2	5.3	4.9	4.2	4.3	4.7	5.3	5.3	4.8	5.5	-	-	-	-
Beaten or physically hurt (not by a family member or date)	4.8	3.1	4.1	2.8	4.0	3.6	3.3	2.8	3.8	4.1	3.8	3.7	-	-	-	-
Verbally or emotionally abused by someone in your family	-	-	-	-	-	-	-	-	-	-	7.2	11.0	-	-	-	-
Property stolen or deliberately damaged on school property	-	-	-	-	-	-	-	-	22.6	21.9	24.8	22.3	-	14.2	15.9	-
Bullying																
General (12 months)																
Was bullied while at school	-	-	-	-	-	-	-	-	35.7	38.6	32.5	32.4	-	21.4	23.0	18.4
Was bullied when not at school	-	-	-	-	-	-	-	-	16.8	17.0	18.2	16.1	-	9.0	10.4	10.4
Was electronically bullied (cyber bullied)	-	-	-	-	-	-	-	-	11.3	13.8	12.3	12.0	12.8	12.4	11.6	10.5
Received mean or threatening e-mail, texts, or chats	-	-	-	-	-	-	-	-	-	-	9.8	-	-	-	-	-
Bullied, threatened or pushed other kids around in school	17.6	16.4	12.2	13.4	13.6	13.1	10.1	7.6	4.8	5.3	3.9	4.8	-	-	-	-
Intentionally used social media to hurt others feelings	-	-	-	-	-	-	-	-	-	-	2.4	3.7	-	-	-	-
Treated unfairly in school because of perceived masculinity or femininity	-	-	-	-	-	-	-	-	-	-	-	6.1	-	-	-	-
Reactions to Being Bullied at School (last time)																
I didn't do anything	-	-	-	-	-	-	-	-	-	-	-	-	-	47.0	40.8	43.6
I told a teacher, counselor, or another adult at school and the bullying stopped	-	-	-	-	-	-	-	-	-	-	-	-	-	19.0	13.1	11.3
I told a teacher, counselor, or another adult at school, but the bullying continued	-	-	-	-	-	-	-	-	-	-	-	-	-	8.6	18.0	16.7
I took some other action and the bullying stopped	-	-	-	-	-	-	-	-	-	-	-	-	-	16.0	14.7	14.7
I took some other action, but the bullying continued	-	-	-	-	-	-	-	-	-	-	-	-	-	9.5	13.5	13.7
Mental Health																

	Upper School Trend Data (%)															
	'97	'99	'01	'03	'05	'07	'09	'11	'13	'15	'17	'19	'21	'22	'24	'26
General (30 days)																
Struggled with their mental health most of the time or always	-	-	-	-	-	-	-	-	-	-	-	-	15.8	20.3	17.7	15.8
Struggled with their mental health sometimes, most of the time, or always	-	-	-	-	-	-	-	-	-	-	-	-	40.4	44.5	44.2	41.2
Worried (fairly often, very often) (30 days)																
School issues (grades, homework, tests, etc.)	-	-	-	-	-	-	-	-	-	-	-	-	31.0	35.5	46.3	42.6
Social issues (friendship, dating, teasing, etc.)	-	-	-	-	-	-	-	-	-	-	-	-	19.9	28.3	28.9	25.1
Appearance issues	-	-	-	-	-	-	-	-	-	-	-	-	25.4	31.4	29.7	29.0
Health issues	-	-	-	-	-	-	-	-	-	-	-	-	10.6	10.0	11.9	10.4
Family issues	-	-	-	-	-	-	-	-	-	-	-	-	12.9	15.1	15.8	15.4
Social justice issues	-	-	-	-	-	-	-	-	-	-	-	-	24.7	16.2	13.8	13.6
Violence in your neighborhood	-	-	-	-	10.4	11.7	10.5	6.9	7.3	6.0	4.2	4.6	4.0	6.1	5.5	4.8
Worried (fairly often, very often) (12 months)																
Physical health problems	-	-	-	-	9.0	9.7	8.7	6.5	8.6	11.5	9.1	10.8	-	-	-	-
Weight problems (too heavy or thin)	-	-	-	-	19.2	17.8	20.5	19.5	21.8	22.8	19.1	23.6	-	-	-	-
Sexually transmitted infection (STI), including HIV/AIDS	-	-	-	-	-	-	-	-	-	-	-	1.1	-	-	-	-
Sexual abuse	-	-	-	-	2.8	3.2	1.8	2.1	2.0	2.3	1.0	2.7	-	-	-	-
Becoming or getting someone pregnant	-	-	-	-	2.8	3.5	2.4	2.4	2.9	1.4	1.0	1.6	-	-	-	-
Gender identity	-	-	-	-	-	-	-	-	-	-	-	5.0	-	-	-	-
School failure or poor grades	-	-	-	-	20.3	21.2	24.8	22.5	29.3	33.3	28.4	32.2	-	-	-	-
Standardized tests (MCAS, SAT, ACT, etc.)	-	-	-	-	-	-	-	-	-	23.4	25.8	30.8	-	-	-	-
Your social status (popularity)	-	-	-	-	-	-	-	-	-	-	13.6	16.3	-	-	-	-
How others perceive you on social media	-	-	-	-	-	-	-	-	-	-	9.8	9.5	-	-	-	-
Drug or alcohol use in family	-	-	-	-	4.5	5.5	5.3	4.9	3.1	4.7	5.2	5.0	-	-	-	-
Arguing at home	-	-	-	-	-	-	-	-	16.3	16.8	15.4	17.5	-	-	-	-
Physical fights at home	-	-	-	-	3.7	4.7	4.2	3.3	3.0	4.4	3.4	4.3	-	-	-	-
Physical fights at school	-	-	-	-	5.9	5.9	4.5	3.3	4.5	4.0	3.6	4.6	-	-	-	-
Being treated unfairly because of race or ethnicity	-	-	-	-	8.2	9.1	4.8	4.8	4.5	8.1	8.7	9.0	-	-	-	-
Sexual orientation	-	-	-	-	3.6	3.7	2.6	1.5	2.5	2.9	3.9	7.3	-	-	-	-
Drugs in your neighborhood	-	-	-	-	8.8	7.5	8.7	6.6	7.5	4.8	3.9	5.0	-	-	-	-
Violence in neighborhood	-	-	-	-	10.4	11.7	10.5	6.9	7.3	6.0	4.2	4.6	-	-	-	-
Your family not having enough money	-	-	-	-	-	6.7	9.3	6.7	6.6	9.3	10.2	11.7	-	-	-	-
Your family not having a place to live	-	-	-	-	-	3.7	3.4	1.9	2.5	3.1	2.7	2.9	-	-	-	-
Your immigration status or the status of your family	-	-	-	-	-	-	-	-	-	-	3.6	3.3	-	-	-	-
Anxiety, Self-Harm, Depression, and Suicide (12 months)																
Felt tense, nervous, or worried every day for 2+ weeks in a row (30 days)***	-	-	-	-	-	-	-	-	-	-	18.6	27.0	31.1	34.0	31.6	25.0
Felt sad/hopeless every day for 2+ weeks in a row that stopped doing usual activities	-	-	-	-	-	-	-	20.1	22.4	20.9	17.0	23.5	26.6	22.3	21.2	18.6
Hurt self on purpose without wanting to die	-	-	-	-	-	-	-	-	-	-	-	18.3	10.3	11.9	12.4	12.1
Seriously considered suicide	-	-	-	-	-	-	-	-	-	-	-	11.2	11.1	14.1	14.1	13.0
Made a suicide plan	-	-	-	-	-	-	-	-	-	-	-	8.7	4.6	5.4	6.5	4.5
Attempted suicide	-	-	-	-	-	-	-	-	-	-	-	2.6	1.4	2.2	2.4	2.6
Protective Factors																
Personal Experiences																
A teacher in your school to talk to	-	-	-	-	-	-	-	-	-	-	-	-	22.2	-	-	-
Teacher or other adult at school to talk to	-	-	-	60.9	58.9	60.5	57.1	64.4	62.0	58.7	61.6	58.9	31.0	45.2	62.4	66.6

	Upper School Trend Data (%)															
	'97	'99	'01	'03	'05	'07	'09	'11	'13	'15	'17	'19	'21	'22	'24	'26
Other adult in your school to talk to	-	-	-	-	-	-	-	-	-	-	-	-	16.8	32.4	-	-
Adult after school to talk to	-	-	-	-	-	-	-	-	-	-	36.7	31.1	-	-	-	-
Adult in the community to talk to	-	-	-	-	-	-	-	-	-	-	41.3	38.5	9.7	25.0	-	-
Adult outside of school to talk to	-	-	-	-	-	-	-	-	-	-	-	-	-	-	50.1	52.7
Have an adult in an afterschool program to talk to	-	-	-	-	-	-	-	-	-	-	-	-	4.2	13.6	-	-
Adult in family to talk to	-	-	-	-	-	-	-	-	-	-	87.4	82.1	56.1	64.8	79.2	82.8
Friend similar in age to talk to	-	-	-	-	-	-	-	-	-	-	-	-	56.0	69.5	82.1	81.5
Have three or more close friends	84.2	81.9	83.0	85.8	84.1	84.3	83.4	83.7	84.5	81.4	85.3	81.6	68.4	78.0	77.9	80.9
Talk with caregivers about what you are doing in school (1 or more times per month)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	91.2	91.5
Had conversation with parents about sex (12 months)	34.3	30.6	32.9	31.8	33.4	28.5	32.2	31.9	28.2	27.6	25.0	26.2	-	34.0	31.6	17.5
Had conversation with parents about sexuality or gender identity	-	-	-	-	-	-	-	-	-	-	16.4	20.3	-	34.2	15.7	8.7
Regularly participate in church, synagogue, mosque, or other faith community	-	-	51.1	47.0	46.1	44.4	41.4	40.0	40.9	40.9	38.4	33.5	-	-	-	-
Counseling & Medication (past 12 months)																
Met with school counselor for mental health/behavior issue	-	-	-	-	-	-	-	-	-	14.4	16.1	19.8	9.2	13.6	15.2	15.5
Met with therapist without or without family present	-	-	-	-	-	-	-	-	-	15.3	14.8	17.7	14.0	14.6	14.9	15.4
Took medication for mental health or behavioral issue	-	-	-	-	-	-	-	-	-	8.7	10.1	10.1	4.5	6.2	4.8	6.2
Access to Healthcare																
Saw a doctor or nurse (12 months)	63.7	63.4	62.0	62.6	63.3	68.0	74.8	76.3	78.9	76.6	78.1	79.6	-	-	-	-
Saw a dentist (12 months)	70.6	70.6	69.4	70.0	70.6	74.0	76.2	77.1	77.2	79.3	80.2	83.0	-	-	-	-
Sexual Behavior																
Ever had consensual sexual activity****	-	-	-	-	-	-	-	-	-	-	-	-	-	2.6	4.7	-
Ever had consensual sexual intercourse****	9.7	8.9	7.4	11.1	12.5	8.2	6.8	5.8	5.9	3.2	3.2	2.6	1.2	0.8	2.0	1.2
Condom/protective barrier at last intercourse	-	-	-	-	-	-	-	-	-	-	-	-	0.0	28.6	-	-
Alcohol/drugs at last intercourse	-	-	-	-	-	-	-	-	-	-	-	-	18.2	25.0	-	-
Nutrition																
General																
Eat breakfast 6-7 days a week	51.7	50.2	50.6	50.3	51.9	55.8	52.3	54.3	54.8	57.2	59.8	56.7	-	55.7	56.6	57.2
Ate dinner with family (5 or more days a week)	-	-	-	-	-	69.9	59.8	66.9	64.9	67.8	67.0	64.5	-	-	-	-
Taught in school how to eat healthy	-	-	-	-	-	-	-	-	-	-	81.9	-	-	69.6	-	-
Hungry in because there was not enough money at home to buy food (12 months)	4.5	5.1	4.6	4.3	5.3	5.3	4.9	4.2	5.6	6.1	5.3	5.7	1.5	-	-	-
Went to bed hungry because not enough food in home (sometimes, most of the time, always) (30 days)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	6.9	5.7
Family received any public assistance (TANF, SSI, SNAP)	-	-	-	-	-	-	-	-	-	-	-	-	-	9.0	12.7	8.4
Consumed Yesterday																
Ate fruit	-	-	-	72.2	71.1	79.5	80.9	82.8	81.3	82.2	85.7	84.1	82.1	81.6	87.5	89.4
Ate green salad or raw vegetables	-	-	-	51.6	50.0	54.9	54.7	59.7	56.6	57.7	61.8	62.1	62.4	63.6	67.4	64.8
Ate cooked vegetables	-	-	-	47.7	52.5	55.0	56.9	60.5	59.9	57.4	61.4	59.2	63.5	60.9	68.0	70.0
Drank 100% fruit juice	-	-	-	71.6	68.7	71.2	69.0	68.4	63.0	58.6	47.1	47.6	39.5	40.0	50.5	44.3
Drank regular soda (not diet)	-	-	-	-	-	-	-	37.5	36.2	33.1	29.9	27.5	25.3	25.6	29.0	28.4
Drank diet or artificially sweetened drinks	-	-	-	-	-	-	-	-	-	-	-	8.6	-	-	22.5	22.0
Drank sweetened drinks	-	-	-	-	-	-	-	-	-	-	-	42.3	38.5	36.5	38.7	36.4
Drank caffeine	-	-	-	-	-	-	-	-	-	33.8	31.5	30.6	30.4	31.0	34.1	34.3
Drank energy drinks	-	-	-	-	-	-	-	-	-	7.6	5.3	5.6	7.4	7.9	10.1	11.7
Drank sports drinks	-	-	-	-	-	-	-	-	-	-	-	25.8	24.0	22.0	29.6	26.3

	Upper School Trend Data (%)															
	'97	'99	'01	'03	'05	'07	'09	'11	'13	'15	'17	'19	'21	'22	'24	'26
Drank plain (not flavored) bottled water	-	-	-	-	-	-	-	-	66.4	65.9	59.9	60.9	87.5	55.9	64.5	63.3
Drank tap water	-	-	-	-	-	-	-	-	66.9	69.9	73.4	80.3	69.5	77.9	76.4	76.0
Physical Activity (past 7 days)																
Did not participate in physical activity for at least 60 minutes at least one day	-	-	-	-	-	-	-	22.4	18.2	15.9	21.7	19.0	11.8	15.5	7.6	7.7
Participated in physical activity for at least 60 minutes on 5 or more days	-	-	-	-	-	-	-	29.2	29.0	34.2	27.5	29.2	32.5	35.8	55.6	52.7
Participated in physical activity for at least 60 minutes on all 7 days	-	-	-	-	-	-	-	14.5	14.1	16.6	12.2	11.0	-	17.8	27.1	25.2
Physically active at least 30 minutes per day on 5 or more days	-	-	-	-	-	-	-	-	-	-	44.9	47.8	-	54.4	-	-
Participated in muscle strengthening activities on 3 or more days	-	-	-	-	-	-	-	-	43.6	42.2	37.0	36.4	-	40.2	-	-
Taught in school how to follow a personal fitness plan (ever)	-	-	-	-	-	-	-	-	-	-	43.1	38.4	-	39.3	-	-
Had a concussion from playing with a sports team (12 months)	-	-	-	-	-	-	-	-	-	-	14.1	-	-	10.4	6.1	5.3
Concussion (last time)																
Continued playing sports that day	-	-	-	-	-	-	-	-	-	-	-	-	-	40.0	35.4	23.5
Stopped playing sports that day and got checked by a healthcare provider	-	-	-	-	-	-	-	-	-	-	-	-	-	38.6	47.9	64.7
Stopped playing sports that day but did not get checked by a healthcare provider	-	-	-	-	-	-	-	-	-	-	-	-	-	21.4	16.7	11.8
Body Weight																
Describe self as slightly/very overweight	-	-	-	27.0	27.2	26.5	27.8	27.2	24.9	26.4	22.8	23.6	-	-	-	-
Trying to lose weight	-	-	-	-	42.0	42.4	37.4	38.8	37.6	41.0	37.4	39.2	-	-	-	-
Weight Loss or Maintenance Activities (past 30 days)																
Exercise	-	-	-	-	-	57.5	69.5	72.1	73.0	76.4	74.2	73.0	-	-	-	-
Take diet pills, powders, or liquids	-	-	-	-	-	2.5	2.1	2.4	3.4	2.5	3.5	2.4	-	-	-	-
Eat less food, fewer calories, or avoid foods that you think are bad for you	-	-	-	-	-	-	-	-	-	-	-	39.3	-	-	-	-
Go without eating for 24 hours or more (fasting)	-	-	-	-	-	5.4	6.4	5.8	7.6	8.3	6.9	6.9	-	-	-	-
Vomited or took laxatives	-	-	-	-	-	2.3	2.0	2.0	2.2	2.7	2.4	1.4	-	-	-	-
Body Image (past 30 days)																
Terrified to gain weight	-	-	-	-	-	-	-	-	-	-	-	-	-	-	29.0	24.9
Urge to be thinner	-	-	-	-	-	-	-	-	-	-	-	-	-	-	31.0	29.4
Thought about burning calories every time they exercise	-	-	-	-	-	-	-	-	-	-	-	-	-	-	33.6	32.8
Felt uncomfortable eating foods containing sugar, fat, or carbs	-	-	-	-	-	-	-	-	-	-	-	-	-	-	25.0	22.4
Avoided eating food when hungry	-	-	-	-	-	-	-	-	-	-	-	-	-	-	24.7	19.8
Counted calories of all eaten food	-	-	-	-	-	-	-	-	-	-	-	-	-	-	15.8	11.8
Urge to vomit after eating	-	-	-	-	-	-	-	-	-	-	-	-	-	-	6.8	6.6
Went on eating binges feeling unable to stop	-	-	-	-	-	-	-	-	-	-	-	-	-	-	11.5	11.5
Exercised for more than 60 minutes per day	-	-	-	-	-	-	-	-	-	-	-	-	-	-	29.5	28.5
Used laxatives, water pills, or diet pills	-	-	-	-	-	-	-	-	-	-	-	-	-	-	2.2	2.3
Screen Time																
Watched TV or used electronic devices 3 or more hours per day	-	-	-	-	-	-	-	-	-	-	-	-	-	61.9	57.0	52.0
Has own cell phone or smartphone	-	-	-	-	-	-	-	-	-	84.0	84.5	85.2	-	-	-	-
Used social media at least several times a day	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	37.9
Keep phone on at night or check phone after getting into bed to go to sleep (regular school night)	-	-	-	-	-	-	-	-	-	-	-	-	53.2	40.1	34.1	-
Use phone more than 30 minutes after getting into bed to go to sleep (regular school night)	-	-	-	-	-	-	-	-	-	-	-	-	-	39.9	71.3	29.7
Caregivers limit amount of screen time per day	-	-	-	-	-	-	-	-	-	-	55.6	59.3	-	54.7	60.9	-

	Upper School Trend Data (%)															
	'97	'99	'01	'03	'05	'07	'09	'11	'13	'15	'17	'19	'21	'22	'24	'26
Family can send email or access Internet from home	-	-	-	-	-	-	-	-	-	94.0	94.7	94.0	-	-	-	-
Has Internet access on cell phone or smartphone	-	-	-	-	-	-	-	-	-	71.8	77.8	79.4	-	-	-	-
Out of School Time Program Participation (this school year)																
Participate in extracurricular activities outside of school at least 1 day a week during a typical week	-	-	-	-	-	-	-	-	-	-	-	-	59.4	75.8	87.5	84.9
Participate in extracurricular activities outside of school at least 3 days a week during a typical week	-	-	-	-	-	-	-	-	-	-	61.7	61.4	29.2	38.4	51.5	50.9
Spend 2 or more hours on an average school day studying or completing homework outside of school hours	-	-	-	-	-	-	-	44.3	38.8	48.8	40.1	32.6	-	-	-	-
Participated in the Following Activities (this school year)																
Academic groups, clubs, or student government	-	-	-	-	42.2	36.0	42.0	40.9	50.8	48.7	51.6	50.4	-	-	-	-
Academic groups, clubs, tutoring	-	-	-	-	-	-	-	-	-	-	-	-	25.2	22.6	32.8	29.4
Student government	-	-	-	-	-	-	-	-	-	-	-	-	3.9	8.1	7.1	6.5
Music, band, choir, arts, theatre, or dance	-	-	-	-	44.7	47.2	54.7	61.4	56.3	57.8	65.6	70.7	18.0	25.9	26.3	29.4
Visual arts, painting, drawing	-	-	-	-	-	-	-	-	-	-	-	-	10.8	15.1	11.7	12.0
Digital media, graphic design, photography, film	-	-	-	-	-	-	-	-	-	-	-	-	4.8	5.7	4.1	3.1
Community service, in or out of school	-	-	-	-	24.1	27.9	31.4	35.2	27.5	26.3	28.3	35.7	3.0	4.8	7.7	7.5
School organized or interscholastic sports	-	-	-	-	-	-	-	-	42.5	48.3	42.6	42.1	4.2	34.9	38.5	33.8
Community organized youth sports	-	-	-	-	-	41.7	40.4	39.9	51.8	46.1	43.7	41.6	21.4	26.5	31.3	28.1
Leadership development, youth empowerment or advocacy groups	-	-	-	-	-	-	-	-	-	-	-	-	3.6	3.4	3.1	3.5
Internship	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1.7	2.0
Faith-based activities	-	-	-	-	-	-	-	-	-	-	-	-	4.6	4.6	5.4	4.9
Affinity group	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	8.5
Other out of school time program or activity	-	-	-	-	-	-	-	-	-	-	-	-	-	13.5	19.7	19.1
Barriers to Participation in Activities (this school year)																
No barriers	-	-	-	-	-	-	-	-	-	-	-	-	62.1	57.0	50.8	51.3
I did not know of or about them	-	-	-	-	-	-	-	-	-	-	-	-	14.4	7.4	8.0	9.9
They were full	-	-	-	-	-	-	-	-	-	-	-	-	4.3	6.2	7.5	6.8
They were too expensive	-	-	-	-	-	-	-	-	-	-	-	-	2.6	3.3	3.2	3.4
They were hard to get to	-	-	-	-	-	-	-	-	-	-	-	-	3.0	3.3	4.0	3.9
They were hard to sign up for	-	-	-	-	-	-	-	-	-	-	-	-	2.1	1.9	2.5	2.6
I had too much homework	-	-	-	-	-	-	-	-	-	-	-	-	7.5	5.5	10.7	11.0
The time conflicted with my job (paid work)	-	-	-	-	-	-	-	-	-	-	-	-	15.0	0.7	0.4	1.1
I was needed at home	-	-	-	-	-	-	-	-	-	-	-	-	3.7	5.1	4.2	-
Needed at home to take care of younger siblings or health of someone in the home	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	2.0
Needed at home to take care of family responsibilities or chores	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	3.2
My family was against me participating in them	-	-	-	-	-	-	-	-	-	-	-	-	1.6	2.2	2.0	1.3
I lacked self-confidence, motivation, or felt burnt out	-	-	-	-	-	-	-	-	-	-	-	-	-	-	10.3	9.3
My friends did not participate in them	-	-	-	-	-	-	-	-	-	-	-	-	5.3	7.8	10.8	9.8
The participant demographics didn't reflect my own	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1.3	1.6
I didn't feel comfortable or safe	-	-	-	-	-	-	-	-	-	-	-	-	-	-	2.6	2.2
Other reason	-	-	-	-	-	-	-	-	-	-	-	-	-	11.4	9.1	11.0
Leisure/Family Activities																
Read (not required for school)	73.5	68.0	69.0	69.2	72.1	74.0	79.5	79.1	77.8	73.8	76.1	69.9	-	-	-	-
Took care of family responsibilities or chores	82.2	79.4	80.6	78.6	81.5	84.4	82.1	84.8	82.5	85.6	89.2	86.1	-	-	-	-
Took care of younger siblings or health of someone at home	-	-	-	-	-	-	-	-	-	-	41.9	38.9	-	-	-	-

	Upper School Trend Data (%)															
	'97	'99	'01	'03	'05	'07	'09	'11	'13	'15	'17	'19	'21	'22	'24	'26
Participated in after-school, youth, church, or teen center programs	-	-	-	-	52.2	55.7	51.9	56.2	59.8	53.1	62.9	54.2	67.3	-	-	-
Engaged in enjoyable activities/interests during own time	-	-	-	-	-	-	-	-	-	93.4	92.9	91.7	-	-	-	-
Sleep																
Usually get 8 or more hours of sleep on a regular school night	-	-	-	-	-	-	-	-	-	-	66.4	63.6	29.6	-	61.1	66.4
Usually slept in a parent's/guardian's/caregiver's home	-	-	-	-	-	-	-	-	-	-	-	-	87.4	86.3	96.8	98.1
Usually slept in with others because home was lost or cannot afford housing	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.8	0.5
Usually slept in a shelter or emergency housing	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.8	0.1
Usually slept in a hotel, motel, car, park, campground, or other public place	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.1	0.2
Usually slept in a foster home or residential placement	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.1	0.0
Usually slept in from place to place	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.2	0.4
Usually slept somewhere else	-	-	-	-	-	-	-	-	-	-	-	-	1.1	2.2	1.3	0.7
Other Health-Related Activities																
Most Common Way Traveled to School (30 days)																
Walk	-	-	-	-	-	-	-	-	-	-	-	-	-	38.1	39.3	38.8
Bike, skateboard, scooter	-	-	-	-	-	-	-	-	-	-	-	-	-	5.2	3.7	4.2
School bus	-	-	-	-	-	-	-	-	-	-	-	-	-	31.7	35.3	30.6
Rode in a vehicle with family members	-	-	-	-	-	-	-	-	-	-	-	-	-	20.0	15.5	19.4
Rode in a vehicle with children or adults from other families (carpool)	-	-	-	-	-	-	-	-	-	-	-	-	-	1.5	0.4	1.0
Public transit (city bus, subway, other public transportation)	-	-	-	-	-	-	-	-	-	-	-	-	-	2.7	1.9	2.5
Other way	-	-	-	-	-	-	-	-	-	-	-	-	-	0.9	3.0	3.5
Scholastic																
Received mostly A's or B's in school	-	-	-	-	73.5	73.8	71.7	73.1	73.0	73.4	79.3	80.4	-	-	-	-
Had one or more failing grades on a report card	30.6	28.4	27.3	26.9	24.0	21.5	25.5	21.6	25.4	26.6	26.5	24.8	-	-	-	-
Skipped or cut school	14.3	12.6	11.1	12.0	7.9	7.9	6.5	6.0	6.0	5.4	5.5	7.8	-	-	-	-
Suspended from school	11.9	10.0	10.7	11.7	12.2	14.9	10.7	10.4	8.6	7.7	5.3	6.1	-	-	-	-
Have an Individualized Education Plan (IEP)	-	-	-	-	-	-	-	-	-	-	-	-	10.4	9.7	12.7	14.1
ACES																
Divorce or separation in family (12 months)	11.0	10.7	12.2	10.6	13.4	11.2	9.3	10.9	10.0	9.8	9.7	9.7	-	4.0	-	-
Family moved (12 months)	17.1	14.5	14.8	12.8	15.7	18.7	13.1	11.8	13.4	13.3	13.8	15.5	-	9.5	-	-
Ran away from home (12 months)	3.7	3.0	3.1	3.0	4.2	2.7	2.9	2.8	3.9	2.0	2.2	2.7	-	-	-	-
Family member or close friend died (12 months)	40.9	41.9	41.3	39.0	38.6	41.7	40.3	39.6	41.0	39.4	31.5	33.7	22.1	19.5	-	-
Divorce or separation in family (ever)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	18.6	17.8
Caregiver died (ever)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	3.5	4.0
Caregiver was in jail or prison (ever)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	2.5	2.8
Lived with an adult who had a mental illness (ever)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	7.2	6.2
Caregiver or another adult they live with swore at them, insulted the, put them down, or humiliated them (ever)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	10.0	11.0
Physically hurt by an adult in their home (ever)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	5.4	4.8
Had serious financial problem (ever)	-	-	-	-	-	-	-	-	-	-	-	-	5.1	-	-	-
Family moved because of financial problems (ever)	-	-	-	-	-	-	-	-	-	-	-	-	1.2	-	-	-
Family member had a serious illness (ever)	-	-	-	-	-	-	-	-	-	-	-	-	13.8	-	-	-
Other																
Stole or shoplifted from a store	-	22.7	17.6	14.1	14.0	9.9	11.9	7.9	6.4	7.3	7.5	8.7	-	-	-	-

*Question was changed from "electronic cigarettes" to "electronic vapor products" in 2021.

**Question was changed from experiences in the “ever” to “past 12 months” in 2026.

***Question was changed from feelings in the “past 30 days” to the “past 12 months” in 2021 and 2022.

****Question was changed to “consensual” sexual relations in 2021.