2026 Teen Health Survey

High School Executive Summary

The Cambridge Teen Health Survey was administered in March 2026 to high school students in grades 9, 10, 11, and 12. Overall, 1,659 student surveys were included in the final analysis, representing 80% of the total high school population. The following are select findings organized by key topic areas. Statistically significant differences within demographic groups are noted. In these instances, a positive or negative result (percentage) is unlikely to be explained solely by chance or random factors.

MENTAL HEALTH (anxiety, depression, stress, self-harm, and suicide)

General. In 2026, the percentage of high school students who reported that their mental health was not good most of the time or always in the past 30 days was 23%. This is similar to the percentage reported in 2024 (24%), and lower than what was reported in 2022 (33%) and 2021 (31%).

There were several statistically significant differences within demographic groups:

- **Gender**: Female students (31%) and transgender and gender diverse (TGD) students (50%) 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 (13%) were significantly less likely.
- **Sexual Orientation**: LGBQ+ students (42%) 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 heterosexual (HS) students (17%) were significantly less likely.

Stress About School. In 2026, the percentage of high school students who reported that they worried fairly or very often about school issues in the past 30 days was 62%. This is relatively unchanged from 2024 (62%), 2022 (65%), and 2021 (63%).

There were several statistically significant differences within demographic groups:

- **Grade**: Students in 11th grade (71%) 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 (75%) 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 (50%) were significantly less likely.
- **Sexual Orientation**: LGBQ+ students (72%) 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.

Anxiety. In 2026, the percentage of high school students who reported feeling tense, nervous, or worried every day for two or more weeks in a row that they stopped doing some usual activities in the past 30 days was 36%. This represents a slight decrease from 2024 (37%), and a continued decrease since it reached its peak in 2022 (48%). It is still higher than the lowest reported percentage in 2014 (22%). Note that the 2022 percentage measured anxiety over the past 12 months and comparisons to 2026 and 2014 should be made with caution.

There were several statistically significant differences within demographic groups:

- **Gender**: TGD students (58%) and female students (46%) were significantly more likely than the average high school student to experience anxiety in the past 30 days, and male students (24%) were significantly less likely.
- **Sexual Orientation**: LGBQ+ students (49%) were significantly more likely than the average high school student to experience anxiety in the past 30 days.

Depression. In 2026, the percentage of high school students who reported experiencing depression in the past 12 months was 25%. This is the second year in a row this percentage has decreased. While it is lower than the peak percentage in 2022 (37%), it is still higher than the lowest reported percentage in 2014 (21%).

There were several statistically significant differences within demographic groups:

- **Gender**: Female students (32%) and TGD students (54%) were significantly more likely than the average high school student to experience depression in the past 12 months, and male students (14%) were significantly less likely.
- **Sexual Orientation**: LGBQ+ students (44%) were significantly more likely than the average high school student to experience depression in the past 12 months, and heterosexual students (19%) were significantly less likely.

Self-Harm. In 2026, the percentage of high school students who engaged in self-harm during the past 12 months was 11%. This is unchanged to the percentage reported in 2024 (11%), and relatively similar to those reported in prior years.

There were several statistically significant differences within demographic groups:

- Gender: TGD students (40%) were significantly more likely than the average high school student to engage in self-harm in the past 12 months, and male students (5%) were significantly less likely.
- Sexual Orientation: LGBQ+ students (24%) were significantly more likely than the average high school student to engage in self-harm in the past 12 months, and heterosexual students (7%) were significantly less likely.

Suicidal Ideation. In 2026, the percentage of high school students who considered attempting suicide in the past 12 months was 15%. This percentage had continually increased to its peak in 2022 (20%) before decreasing for the first time in 2024 (13%). This year represents an increase back to the percentage reported in 2021 (15%).

There were several statistically significant differences within demographic groups:

- **Gender**: TGD students (44%) were significantly more likely than the average high school student to consider attempting suicide in the past 12 months, and male students (9%) were significantly less likely.
- **Sexual Orientation**: LGBQ+ students (32%) were significantly more likely than the average high school student to consider attempting suicide in the past 12 months, and heterosexual students (10%) were significantly less likely.

PERSONAL EXPERIENCES

Family Support. In 2026, the percentage of high school students who reported that they had a family adult to talk to about a problem was 82%. This continues the return to levels reported prior to the COVID-19 pandemic.

There were several statistically significant differences within demographic groups:

- **Gender**: TGD students (67%) were significantly less likely than the average high school student to have a family adult to talk to about a problem.
- **Sexual Orientation**: LGBQ+ students (74%) were significantly less likely than the average high school student to have a family adult to talk to about a problem.
- **Race**: Asian students (74%) were significantly less likely than the average high school student to have a family adult to talk to about a problem, and White students (89%) were significantly more likely.

Friends and Friendship. In 2026, the percentage of high school students who reported having a friend of similar age to talk to about a problem was 87%. This percentage has increased steadily since 2021 (70% in 2021, 78% in 2022, 85% in 2024).

There were statistically significant differences between student reported racial groups:

- **Race**: Black students (79%) were significantly less likely than the average high school student to have a friend to talk to about a problem, and White students (91%) were significantly more likely.

The percentage of high school students having three or more close friends was 70%. This percentage has increased steadily since 2021 (59% in 2021, 63% in 2022, 67% in 2024).

There were statistically significant differences between student reported racial categories:

- **Race**: Black students (64%) were significantly less likely than the average high school student to have three or more close friends, and White students (77%) were significantly more likely.

Teacher/School Adult Support. In 2026, the percentage of high school students who reported having a teacher or other adult at school to talk to about a problem was 66%. This is a decrease from 2024 (70%) but is similar to percentages reported in 2014 (66%), 2016 (68%), and 2018 (65%), and greater than percentages reported in 2021 (34%) and 2022 (51%).

There was a statistically significant difference between grade levels:

- **Grade**: Students in 12th grade (78%) were significantly more likely to have a teacher or other adult in school to talk to about a problem.

Sleep. In 2026, the percentage of high school students who reported sleeping 8 or more hours on a regular school night was 30%. This is similar to percentages reported in 2024 (34%), 2018 (26%), 2016 (25%), and 2014 (29%).

There were several statistically significant differences within demographic groups:

- **Grade**: Students in 11th and 12th grade (22% and 19%, respectively) 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 (47%) were significantly more likely.
- **Gender**: Female students (25%) were significantly less likely than the average high school student to sleep 8 or more hours on an average school day, and male students (38%) were significantly more likely.
- **Race**: White students (38%) were significantly more likely than the average high school student to sleep 8 or more hours on an average school day.

DISCRIMINATION IN SCHOOL

In this section we define discrimination as being treated badly or unfairly sometimes, most of the time, or always in the past 12 months. Note that prior to 2021, students reported experiencing unfair treatment at least one time in the past 12 months. Comparisons between data collected prior to 2021 and onward should be made with caution.

Race/Ethnicity. In 2026, the percentage of high school students that reported experiencing discrimination because of their race/ethnicity was 9%. This is similar to prior year percentages.

There were statistically significant differences between student reported racial groups:

- **Race**: Asian students (16%) and Black students (15%) were significantly more likely than the average high school student to experience discrimination because of their race or ethnicity in school, and White students (3%) were significantly less likely.

Sex/Gender Identity. In 2026, the percentage of high school students that reported experiencing discrimination because of their sex/gender identity was 10%. This is unchanged from the percentage reported in 2024 (10%) and less than the highest percentage which was reported in 2022 (17%).

There were several statistically significant differences within demographic groups:

- **Gender**: Female students (14%) and TGD students (28%) were significantly more likely than the average high school student to experience discrimination because of their sex/gender identity, and male students (4%) were significantly less likely.
- **Sexual Orientation**: LGBQ+ students (19%) were significantly more likely than the average high school student to experience discrimination because of their sex/gender identity.

Sexual Orientation. In 2026, the percentage of high school students that reported experiencing discrimination because of their sexual orientation was 4%. This is similar to prior year percentages.

There were several statistically significant differences within demographic groups:

- **Gender**: TGD students (18%) were significantly more likely than the average high school student to experience discrimination because of their sexual orientation.
- **Sexual Orientation**: LGBQ+ students (11%) were significantly more likely than the average high school student to experience discrimination because of their sexual orientation.

BULLYING

Bullying In School. In 2026, the percentage of high school students that were bullied on school property in the past 12 months was 8%. This is similar to the percentages reported in 2022 and 2024 (9%, respectively), and lower than percentages reported in 2018 (14%), 2016 (16%), and 2014 (12%).

There were several statistically significant differences within demographic groups:

- **Sexual Orientation**: LGBQ+ students (13%) 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 individualized education plan (13%) were significantly more likely than the average high school student to be bullied on school property in the past 12 months.

While not statistically significant, 16% of TGD students and 12% of students of another race reported being bullied on school property in the past 12 months.

Electronic Bullying. In 2026, the percentage of high school students that were electronically bullied in the past 12 months was 7%. This is similar to percentages reported in prior years.

There were several statistically significant differences within demographic groups:

- **Grade**: Students in 12th grade (3%) were significantly less likely than the average high school student to be bullied electronically in the past 12 months.
- **Race**: White students (4%) were significantly less likely than the average high school student to be bullied electronically in the past 12 months.
- **IEP Status**: Students with an individualized education plan (12%) were significantly more likely than the average high school student to be bullied electronically in the past 12 months.

SUBSTANCE USE

Lifetime Substance Use. High school students were asked if they had ever used a variety of substances. In 2026, 34% reported ever drinking alcohol, 20% reported ever using electronic vapor products (EVPs), 19% reported ever using marijuana, and 13% reported ever smoking cigarettes.

Alcohol use, EVP use, and marijuana use have remained consistent or decreased since 2014. Lifetime cigarette smoking decreased consistently from its peak in 2014 (29%), but increased for the first time in 2024 from 10% in 2022 to 15% in 2024. The 13% reported this year marked a slight decrease.

Current Substance Use. High school students were asked if they used a variety of substances in the past 30 days (currently). In 2026, 17% reported currently drinking alcohol, 8% reported currently binge drinking (5 or more drinks within a few hours), 9% reported currently using EVPs, 12% reported currently using marijuana, and 4% reported currently smoking cigarettes.

Current use of all substances has remained consistent or decreased since 2014.

VIOLENCE AND SAFETY

Sexual Violence. In 2026, the percentage of high school students who reported ever experiencing sexual violence was 9%. This is unchanged from 2024.

There were several statistically significant differences within demographic groups:

- **Gender**: Female students (13%) and TGD students (20%) were significantly more likely than the average high school student to experience sexual violence, male students (3%) were significantly less likely.
- **Sexual Orientation**: LGBQ+ students (17%) were significantly more likely than the average high school student to experience sexual violence.

Dating Violence. In 2026, the percentage of high school students who experienced emotional dating violence or control in the past 12 months was 9%. This was a slight decrease from 2024 (10%), but higher than reported percentages from 2014 to 2022 (ranged from 4 to 7%). There were no statistically significant differences within demographic groups.

Safety Traveling To/In School. In 2026, the percentage of high school students who reported skipping school for fear of their safety was 8%. This is unchanged from 2024 (8%). There were no statistically significant differences within demographic groups.

PHYSICAL ACTIVITY

Physical Activity per Day. In 2026, the percentage of high school students who engaged in 60 or more minutes of physical activity on at least 5 of the past 7 days was 52%. This is unchanged from 2024 (52%) and is the highest reported percentage since 2014.

There were several statistically significant differences within demographic groups:

- **Gender**: Male students (60%) 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 (36%) were significantly less likely.
- **Sexual Orientation**: LGBQ+ students (42%) 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 (41%) 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.

NUTRITION

Food Insecurity. In 2026, the percentage of high school students that 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 was 5%. This is a slight decrease from 2024 (7%).

There were statistically significant differences between student reported racial groups:

- **Race**: Black students (10%) 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 (2%) were significantly less likely.

SOCIAL MEDIA

Social Media Use. In 2026, the percentage of high school students that used social media at least several times a day was 71%. This is the first time this question was asked so there is no trend data.

There were several statistically significant differences within demographic groups:

- **Grade**: Students in 9th grade (59%) 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 (79%) were significantly more likely.
- **Race**: Black students (81%) were significantly more likely than the average high school student to use social media at least several times a day, and White students (63%) were significantly less likely.

2026 Teen Health Survey

Upper Grades Executive Summary

The Cambridge Teen Health Survey was administered in March 2026 to upper grades students in grades 6, 7, and 8. Overall, 1,186 student surveys were included in the final analysis, representing 91% of the total upper grades population. The following are select findings organized by key topic areas. Statistically significant differences within demographic groups are noted. In these instances, a positive or negative result (percentage) is unlikely to be explained solely by chance or random factors.

MENTAL HEALTH (anxiety, depression, stress, self-harm, and suicide)

General. In 2026, the percentage of upper grades students who reported that their mental health was not good most of the time or always in the past 30 days was 16%. This is similar to percentages reported in 2021 (16%), 2022 (20%), and 2024 (18%).

There were several statistically significant differences within demographic groups:

- **Gender**: Female students (22%) and transgender and gender diverse (TGD) students (42%) were significantly more likely than the average upper grades student to struggle with their mental health most of the time or always in the past 30 days, and male students (7%) were significantly less likely.
- **Sexual Orientation**: LGBQ+ students (33%) were significantly more likely than the average upper grades student to struggle with their mental health most of the time or always in the past 30 days.

Stress About School. In 2026, the percentage of upper grades students who reported that they worried fairly or very often about school issues in the past 30 days was 43%. This is slightly lower than 2024 (46%), but higher than what was reported in 2022 (36%) and 2021 (31%).

There were several statistically significant differences within demographic groups:

- **Grade**: Students in 8th grade (52%) were significantly more likely than the average upper grades student to worry fairly or very often about school issues in the past 30 days, and students in 6th grade (35%) were significantly less likely.
- **Gender**: Female students (53%) and TGD students (71%) were significantly more likely than the average upper grades student to worry fairly or very often about school issues in the past 30 days, and male students (30%) were significantly less likely.
- **Sexual Orientation**: LGBQ+ students (59%) were significantly more likely than the average upper grades student to worry fairly or very often about school issues in the past 30 days.
- **Ethnicity**: Hispanic/Latino/a (HL) students (54%) were significantly more likely than the average upper grades student to worry fairly or very often about school issues in the past 30 days.

Anxiety. In 2026, the percentage of upper grades students who reported feeling tense, nervous, or worried every day for two or more weeks in a row that they stopped doing some usual activities in the past 30 days was 25%. This is the second year in a row this percentage has decreased. While it is lower than the peak percentage in 2022 (34%), it is still slightly higher than the lowest reported percentage in 2017 (19%). Note that the 2022 percentage measured anxiety over the past 12 months and comparisons to 2026 and 2017 should be made with caution.

There were several statistically significant differences within demographic groups:

- **Gender**: TGD students (51%) and female students (33%) were significantly more likely than the average upper grades student to experience anxiety in the past 30 days, and male students (14%) were significantly less likely.
- **Sexual Orientation**: LGBQ+ students (40%) were significantly more likely than the average upper grades student to experience anxiety in the past 30 days.

Depression. In 2026, the percentage of upper grades students who reported experiencing depression in the past 12 months was 19%. This is the third year in a row this percentage has decreased. While it is lower than the peak percentage in 2021 (27%), it is still slightly higher than the lowest reported percentage in 2017 (17%).

There were several statistically significant differences within demographic groups:

- **Gender**: TGD students (46%) were significantly more likely than the average upper grades student to experience depression in the past 12 months, and male students (12%) were significantly less likely.
- **Sexual Orientation**: LGBQ+ students (33%) were significantly more likely than the average upper grades student to experience depression in the past 12 months.

Self-Harm. In 2026, the percentage of upper grades students who engaged in self-harm during the past 12 months was 12%. This is unchanged to the percentage reported in 2024 and 2022 (12%, respectively).

There were several statistically significant differences within demographic groups:

- **Gender**: TGD students (33%) were significantly more likely than the average upper grades student to engage in self-harm in the past 12 months, and male students (5%) were significantly less likely.
- **Sexual Orientation**: LGBQ+ students (27%) were significantly more likely than the average upper grades student to engage in self-harm in the past 12 months.

Suicidal Ideation. In 2026, the percentage of upper grades students who considered attempting suicide in the past 12 months was 13%. This percentage is slightly less than percentages reported in 2022 and 2024 (14%) and slightly higher than percentages reported in 2019 and 2021 (11%, respectively).

There were several statistically significant differences within demographic groups:

- **Gender**: TGD students (44%) were significantly more likely than the average upper grades student to consider attempting suicide in the past 12 months, and male students (6%) were significantly less likely.
- **Sexual Orientation**: LGBQ+ students (30%) were significantly more likely than the average upper grades student to consider attempting suicide in the past 12 months.

PERSONAL EXPERIENCES

Family Support. In 2026, the percentage of upper grades students who reported that they had a family adult to talk to about a problem was 83%. This percentage has steadily increased since 2021 and has returned to pre-COVID-19 pandemic levels.

There was a statistically significant difference between student reported racial groups:

- **Race**: White students (90%) were significantly more likely than the average upper grades student to have a family adult to talk to about a problem.

Friends and Friendship. In 2026, the percentage of upper grades students who reported having a friend of similar age to talk to about a problem was 82%. This percentage steadily increased from 2021 to 2024. The percentage reported from 2024 to 2026 was unchanged (82%, respectively). There were no statistically significant differences within demographic groups.

The percentage of upper grades students having three or more close friends was 81%. This percentage has rebounded from its lowest reported percentage in 2021 (68%).

There was a statistically significant difference between student reported racial categories:

- **Race**: White students (87%) were significantly more likely than the average upper grades student to have three or more close friends.

Teacher/School Adult Support. In 2026, the percentage of upper grades students who reported having a teacher or other adult at school to talk to about a problem was 67%. This is the highest percentage reported since this question was first asked in 2015.

There was a statistically significant difference between student reported racial categories:

- **Race**: Students of another race (55%) were significantly less likely to have a teacher or other adult in school to talk to about a problem.

Sleep. In 2026, the percentage of upper grades students who reported sleeping 8 or more hours on a regular school night was 66%. This is higher than the percentage reported in 2024 (61%), but similar to those reported in 2017 (66%) and 2019 (64%).

There were several statistically significant differences within demographic groups:

- **Grade**: Students in 6th grade (75%) were significantly more likely than the average upper grades student to sleep 8 or more hours on an average school night.
- **Gender**: TGD students (46%) were significantly less likely than the average upper grades student to sleep 8 or more hours on an average school night, and male students (70%) were significantly more likely.
- **Race**: Black students (53%) were significantly less likely than the average upper grades student to sleep 8 or more hours on an average school night.

DISCRIMINATION IN SCHOOL

In this section we define discrimination as being treated badly or unfairly sometimes, most of the time, or always in the past 12 months. Note that prior to 2021, students reported experiencing unfair treatment at least one time in the past 12 months. Comparisons between data collected prior to 2021 and onward should be made with caution.

Race/Ethnicity. In 2026, the percentage of upper grades students that reported experiencing discrimination because of their race/ethnicity was 12%. This is similar to prior year percentages.

There were statistically significant differences between student reported racial groups:

- **Race**: White students (5%) were significantly less likely than the average upper grades student to experience discrimination because of their race or ethnicity in school.
- **IEP Status**: Students with an individualized education plan (21%) were significantly more likely than the average upper grades student to experience discrimination because of their race or ethnicity in school.

Sex/Gender Identity. In 2026, the percentage of upper grades students that reported experiencing discrimination because of their sex/gender identity was 8%. This is similar to prior year percentages.

There were several statistically significant differences within demographic groups:

- **Gender**: Female students (10%) and TGD students (25%) were significantly more likely than the average upper grades student to experience discrimination because of their sex/gender identity.
- **Sexual Orientation**: LGBQ+ students (19%) were significantly more likely than the average upper grades student to experience discrimination because of their sex/gender identity.

Sexual Orientation. In 2026, the percentage of upper grades students that reported experiencing discrimination because of their sexual orientation was 6%. This is similar to prior year percentages.

There were several statistically significant differences within demographic groups:

- **Gender**: TGD students (29%) were significantly more likely than the average upper grades student to experience discrimination because of their sexual orientation.
- **Sexual Orientation**: LGBQ+ students (19%) were significantly more likely than the average upper grades student to experience discrimination because of their sexual orientation, and heterosexual students were significantly less likely.
- **Race**: Asian students (2%) were significantly less likely than the average upper grades student to experience discrimination because of their sexual orientation.

BULLYING

Bullying In School. In 2026, the percentage of upper grades students that were bullied on school property in the past 12 months was 11%. This is the lowest percentage ever reported and continues the relative downward trend since 2015.

There were several statistically significant differences within demographic groups:

- **Gender**: TGD students (45%) were significantly more likely than the average upper grades student to be bullied on school property in the past 12 months.
- **Sexual Orientation**: LGBQ+ students (33%) were significantly more likely than the average upper grades student to be bullied on school property in the past 12 months.
- **IEP Status**: Students with an individualized education plan (35%) were significantly more likely than the average upper grades student to be bullied on school property in the past 12 months, and students without a plan (13%) were significantly less likely.

Electronic Bullying. In 2026, the percentage of upper grades students that were electronically bullied in the past 12 months was 11%. This is similar to prior year percentages.

There were several statistically significant differences within demographic groups:

- **Gender**: TGD students (30%) were significantly more likely than the average upper grades student to be bullied electronically in the past 12 months.
- **Sexual Orientation**: LGBQ+ students (19%) were significantly more likely than the average upper grades student to be bullied electronically in the past 12 months.

SUBSTANCE USE

Lifetime Substance Use. Upper grades students were asked if they had ever used a variety of substances. In 2026, 10% reported ever drinking alcohol, 4% reported ever using electronic vapor products (EVPs), 2% reported ever using marijuana, and 2% reported ever smoking cigarettes.

Lifetime substance use has been relatively unchanged since 2015 across all substances.

Current Substance Use. Upper grades students were asked if they used a variety of substances in the past 30 days (currently). In 2026, 2% reported currently drinking alcohol, 1% reported currently using EVPs, 1% reported currently using marijuana, and 1% reported currently smoking cigarettes.

Current substance use has been relatively unchanged since 2015 across all substances.

VIOLENCE AND SAFETY

Sexual Violence. In 2026, the percentage of upper grades students who reported ever experiencing sexual violence was 4%. This is unchanged from 2024. Additional survey years will inform this trend more fully.

There was a statistically significant difference between reported genders:

- **Gender**: TGD students (20%) were significantly more likely than the average upper grades student to experience sexual violence.

Safety Traveling To/In School. In 2026, the percentage of upper grades students who reported skipping school for fear of their safety was 13%. This is a slight increase from 2024 (10%).

There were several statistically significant differences between reported genders:

- **Gender**: TGD students (26%) were significantly more likely than the average upper grades 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 (20%) were significantly more likely than the average upper grades 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 (6%) were significantly less likely.
- **IEP Status**: Students with an individualized education plan (28%) were significantly more likely than the average upper grades 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 individualized education plan (8%) were significantly less likely.

PHYSICAL ACTIVITY

Physical Activity per Day. In 2026, the percentage of upper grades students who engaged in 60 or more minutes of physical activity on at least 5 of the past 7 days was 53%. This is slightly lower than the percentage reported in 2024 (56%), but higher than those reported from 2015 to 2022 (ranged from 28 to 35%). There were no statistically significant differences within demographic groups.

NUTRITION

Food Insecurity. In 2026, the percentage of upper grades students that 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 was 6%. This is a slight decrease from 2024 (7%). There were no statistically significant differences within demographic groups.

SOCIAL MEDIA

Social Media Use. In 2026, the percentage of upper grades students that used social media at least several times a day was 38%. This is the first time this question was asked so there is no trend data.

There were several statistically significant differences within demographic groups:

- **Grade**: Students in 6th grade (26%) were significantly less likely than the average upper grades student to use social media at least several times a day, and students in 8th grade (50%) were significantly more likely.
- **Race**: Black students (57%) were significantly more likely than the average upper grades student to use social media at least several times a day, and White students (24%) were significantly less likely.
- **Ethnicity**: Hispanic/Latino/a students (55%) were significantly more likely than the average upper grades student to use social media at least several times a day.