

2025 Ludlow Youth Health Survey of 10th/12th Grade Students – Frequency Tables

Number of participants: 299

Estimated participation rate: 82.1%

Estimated participation rate, 10th grade: 84.7%

Estimated participation rate, 12th grade: 79.8%

Background

The Ludlow Youth Health Survey (YHS) was administered to students in the Ludlow Public Schools as part of the Youth Health Survey Initiative. The survey was administered collaboratively by the Public Health Institute of Western Massachusetts and the Ludlow Public Schools.

Methods

Survey Design and Administration

The survey is a modified version of the MDPH/DESE/CDC YRBS, adapted based on local needs and priorities.

The YRBS is administered biannually by the Massachusetts Departments of Public Health (MDPH) and Elementary and Secondary Education (MDESE) to Massachusetts' public school students to develop MA-wide prevalence estimates. It is also conducted nationwide by the Centers for Disease Control and Prevention (CDC). The YRBS includes questions about general health, eating habits, mental health, physical safety, other health issues, as well as risk and protective factors. The survey was administered in April 2025 (4/14/25-4/18/25) to 10th and 12th grade students enrolled in Ludlow Public Schools. Students took the survey online during school hours using the Alchemer software platform. The schools had the discretion to determine when to administer the survey within a given time frame. Some schools chose to administer the survey on a single day and others chose to administer over multiple days. A total of 149 10th graders and 150 12th graders (299 students total) completed the survey. The participation rate was estimated to be 75.1% using school enrollment to estimate total potential number of students who could complete the survey. Guardians were able to opt out through a passive consent process. Students also had the ability to opt out of the survey on the day of administration. Some students were absent during the survey period, which may bias the results if these students are significantly different from their peers.

Data cleaning

Surveys that were blank or less than 5% complete (n=21) were excluded from data analysis.

The survey results presented in this document have not been evaluated for logical consistency. Logical consistency means that responses to related questions - such as drinking behaviors - match or make sense logically. For example, if a student reported never drinking in the last 30 days in the core module, they should have also reported that they did not engage in binge drinking in the last 30 days in the

module. Results presented are based on how the students responded and may include inconsistent reporting.

Notes on Interpreting the Data:

- Denominators for Questions with Skip Logic: Some questions used skip logic. This means that students were only asked some questions depending on how they responded to a previous question. If there was skip logic, the total number of respondents may be different because only some students got that question. Where applicable, denominators are explicitly stated and should be interpreted accordingly.
- Missing Data: Not all students answered all questions so total number of respondents may vary for each question. In addition, some students were absent during the surveying period which may bias the results if these students are systematically different from their peers.
- Small Numbers: For some questions, there are few respondents for a given response category. Caution should be exercised when interpreting data based on small numbers.

How to read these tables

The “Freq.” column refers to the number of students who selected a given answer for the question indicated, while the “Percent” column displays that number as a percentage of all respondents. Visit our website for information on survey background, methodology, and more:

(<https://www.publichealthwm.org/youth-health-survey-initiative>).

A “<5” indicates that the response has been suppressed due to low counts. A “*” indicates that the response has been suppressed to prevent calculation of suppressed cells using other cells.

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Frequency Tables

Demographics

Age:

1. How old are you?

	Frequency	Percent
15 years old	55	18.4%
16 years old	87	29.1%
17 years old	53	17.7%
18 years old	104	34.8%
Total	299	100.0%

Grade:

2. What grade are you in?

	Frequency	Percent
10 th grade	149	49.8%
12 th grade	150	50.2%
Total	299	100.0%

Survey language:

3. Survey language

	Frequency	Percent
English	*	*
Spanish	<5	--
Total	299	100.0%

Race/ethnicity:

4a. What is your race/ethnicity? (Select all responses that you identify with.)

	Frequency	Percent
American Indian or Alaska Native	<5	--
Asian	8	2.7%
Black or African American	16	5.4%
Hispanic/Latino	40	13.5%
Native Hawaiian/Other Pacific Islander	0	0%
White	252	84.9%
Other Race/Ethnicity	17	5.7%

Note: Respondents were able to select more than one response option. **Total number of respondents: 297**

4b. What is your race/ethnicity? (Mutually exclusive categories)

	Frequency	Percent
American Indian or Alaska Native, Non-Hispanic	<5	--
Asian, Non-Hispanic	8	2.7%
Black, Non-Hispanic	11	3.7%
Hispanic/Latino	40	13.5%
White, Non-Hispanic	228	76.8%
Other Race/Ethnicity, Non-Hispanic	<5	--
Total	297	100.0%

4c. Person of color (derived from race/ethnicity)

	Frequency	Percent
No	228	76.8%
Yes	69	23.2%
Total	297	100.0%

Gender:

5. What is your gender?

	Frequency	Percent
Female	*	*
Male	150	50.2%
Nonbinary/Other	<5	*
Total	299	100.0%

Disability:

6a. Do you have any of the following disabilities or chronic conditions? (select all that apply)

	Frequency	Percent
ADHD	41	16.9%
Autism	10	4.1%
Blind or visually impaired	13	5.4%
Deaf or Hard of Hearing	<5	--
Health-related disability	7	2.9%
Learning disability	21	8.7%
Mental health condition	40	16.5%
Mobility-related disability (this may include using a wheelchair, crutches, or needing to limit your time running/walking)	<5	--
Speech-related disability	6	2.5%
Other (please specify, optional)	11	4.6%
I do not have a disability or chronic condition	143	59.1%
Note: Respondents were able to select more than one response option. Total number of respondents: 242		

6b. Do you have any of the following disabilities or chronic conditions? (mutually exclusive categories)

	Frequency	Percent
ADHD	16	6.6%
Autism	<5	--
Blind or visually impaired	8	3.3%
Health-related disability	<5	--
Learning disability	14	5.8%
Mental health condition	36	14.9%
Mobility-related disability (this may include using a wheelchair, crutches, or needing to limit your time running/walking)	<5	--
Speech-related disability	6	2.5%
Other (please specify, optional)	11	4.5%
I do not have a disability or chronic condition	143	59.1%
Total	242	100.0%

6c. Any disability (derived from question 6a)

	Frequency	Percent
No	142	58.7%
Yes	100	41.3%
Total	242	100.0%

Physical activity:

7. During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? (Add up all the time you spent in any kind of physical activity that increased your heart rate and made you breathe hard some of the time.)

	Frequency	Percent
0 days	162	5.4%
1 day	21	7.0%
2 days	21	7.0%
3 days	30	10.1%
4 days	38	12.8%
5 days	52	17.4%
6 days	39	13.1%
7 days	81	27.2%
Total	298	100.0%

Diet: Vegetable consumption

8. During the past 7 days, how many times did you eat vegetables? (Count all cooked and uncooked)

	Frequency	Percent
I did not eat vegetables during the past 7 days	18	6.0%
1 to 3 times during the past 7 days	95	31.9%
4 to 6 times during the past 7 days	69	23.2%
1 time per day	39	13.1%
2 times per day	48	16.1%
3 times per day	11	3.7%
4 or more times per day	18	6.0%
Total	298	100.0%

Diet: Fruit consumption:

9. During the past 7 days, how many times did you eat fruit? (Do NOT count fruit juice)

	Frequency	Percent
I did not eat fruit during the past 7 days	28	9.4%
1 to 3 times during the past 7 days	67	22.6%
4 to 6 times during the past 7 days	65	21.9%
1 time per day	39	13.1%
2 times per day	51	17.2%
3 times per day	19	6.4%
4 or more times per day	28	9.4%
Total	297	100.0%

Diet: Energy drink consumption:

10. In the past 7 days, how many times did you drink a can, bottle, or glass of an energy drink? (For example, Red Bull, Monster, Alani Nu, or Celsius)

	Frequency	Percent
I did not [drink] any energy drinks during the past 7 days	197	65.9%
1 to 3 times during the past week	55	18.4%
4 to 6 times during the past week	25	8.4%
1 time per day	13	4.3%
2 or more times per day	9	3.0%
Total	299	100.0%

Diet: Breakfast:

11. During the past 7 days, how many days did you eat breakfast?

	Frequency	Percent
0 days	58	19.5%
1 day	25	8.4%
2 days	56	18.8%
3 days	25	8.4%
4 days	24	8.1%
5 days	27	9.1%
6 days	17	5.7%
7 days	66	22.1%
Total	298	100.0%

Sleep:

12. On an average school night, how many hours of sleep do you get?

	Frequency	Percent
4 or less hours	24	8.2%
5 hours	51	17.5%
6 hours	78	26.8%
7 hours	74	25.4%
8 or more hours	64	22.0%
Total	291	100.0%

Sense of belonging:

13a. The next set of questions ask about feelings of belonging at school. How strongly do you agree or disagree with the following statements about this school? **I feel like I belong at this school.**

	Frequency	Percent
Strongly agree	40	13.5%
Agree	196	66.2%
Disagree	42	14.2%
Strongly disagree	18	6.1%
Total	296	100.0%

Sense of closeness:

13b. The next set of questions ask about feelings of belonging at school. How strongly do you agree or disagree with the following statements about this school? **I feel close to the people at my school.**

	Frequency	Percent
Strongly agree	37	12.5%
Agree	178	60.3%
Disagree	57	19.3%
Strongly disagree	23	7.8%
Total	295	100.0%

Sense of representation:

13c. The next set of questions ask about feelings of belonging at school. How strongly do you agree or disagree with the following statements about this school? **My identities are represented in the things I learn at school.**

	Frequency	Percent
Strongly agree	25	8.5%
Agree	154	52.6%
Disagree	87	29.7%
Strongly disagree	27	9.2%
Total	293	100.0%

Things that keep you up at night:

14a. During the past 12 months, how often were you so worried about each of the following issues that you could not sleep at night? **Climate change (increasing number of hotter days, flooding, extreme weather events, etc.**

	Frequency	Percent
Never	185	63.6%
Rarely	51	17.5%
Sometimes	40	13.7%
Most of the time	8	2.7%
Always	7	2.4%
Total	291	100.0%

14b. During the past 12 months, how often were you so worried about each of the following issues that you could not sleep at night? **Discrimination against immigrants**

	Frequency	Percent
Never	180	61.9%
Rarely	47	16.2%
Sometimes	43	14.8%
Most of the time	12	4.1%
Always	9	3.1%
Total	291	100.0%

14c. During the past 12 months, how often were you so worried about each of the following issues that you could not sleep at night? **Gun violence**

	Frequency	Percent
Never	155	53.3%
Rarely	60	20.6%
Sometimes	50	17.2%
Most of the time	19	6.5%
Always	7	2.4%
Total	291	100.0%

14d. During the past 12 months, how often were you so worried about each of the following issues that you could not sleep at night? **Policing (presence of police officers in your neighborhood, police acting unfairly or violently, etc.)**

	Frequency	Percent
Never	201	69.3%
Rarely	52	17.9%
Sometimes	27	9.3%
Most of the time	5	1.7%
Always	5	1.7%
Total	290	100.0%

14e. During the past 12 months, how often were you so worried about each of the following issues that you could not sleep at night? **War/global conflict**

	Frequency	Percent
Never	162	56.6%
Rarely	47	16.4%
Sometimes	53	18.5%
Most of the time	10	3.5%
Always	14	4.9%
Total	286	100.0%

14f. During the past 12 months, how often were you so worried about each of the following issues that you could not sleep at night? **Racial/social injustice (unfair treatment of people based on their race, ethnicity, gender identity, or other identity/background)**

	Frequency	Percent
Never	161	56.7%
Rarely	48	16.9%
Sometimes	44	15.5%
Most of the time	20	7.0%
Always	11	3.9%
Total	284	100.0%

Person you could talk to about a problem:

15a. Do you feel like you could talk to the following people if you needed help with a personal problem?
Adult in my home

	Frequency	Percent
No	30	10.3%
Yes	260	89.7%
Total	290	100.0%

15b. Do you feel like you could talk to the following people if you needed help with a personal problem?
School psychologist, school counselor, or school nurse

	Frequency	Percent
No	130	44.8%
Yes	160	55.2%
Total	290	100.0%

15c. Do you feel like you could talk to the following people if you needed help with a personal problem?
Teacher or other adult at school not mentioned above

	Frequency	Percent
No	119	40.9%
Yes	172	59.1%
Total	291	100.0%

15d. Do you feel like you could talk to the following people if you needed help with a personal problem?
Psychologist, therapist, counselor, doctor, or nurse (not school employees)

	Frequency	Percent
No	99	34.4%
Yes	189	65.6%
Total	288	100.0%

15e. Do you feel like you could talk to the following people if you needed help with a personal problem?
Adult in the community

	Frequency	Percent
No	160	55.2%
Yes	130	44.8%
Total	290	100.0%

15f. Do you feel like you could talk to the following people if you needed help with a personal problem?
Friend or non-adult family member (e.g. cousin, sibling)

	Frequency	Percent
No	33	11.3%
Yes	258	88.7%
Total	291	100.0%

15g. Do you feel like you could talk to the following people if you needed help with a personal problem?

Friend online

	Frequency	Percent
No	160	55.4%
Yes	129	44.6%
Total	289	100.0%

15h. Do you feel like you could talk to the following people if you needed help with a personal problem?

Other person

	Frequency	Percent
No	128	49.6%
Yes	130	50.4%
Total	258	100.0%

15i. Have any person to talk to about a problem

	Frequency	Percent
No	5	1.7%
Yes	287	98.3%
Total	292	100.0%

Note: This variable was calculated based on students' responses to question 15a through 15h. If a student responded "yes" to any of these, they were categorized as having a person to talk to about a problem. If they did not respond "yes" to any of these, they were categorized as not having anyone to talk to about a problem.

Comfort talking about mental health:

16a. How comfortable would you be talking about your mental health and emotional wellbeing with each of the following? **Friends**

	Frequency	Percent
Not at all comfortable	19	6.6%
Not too comfortable	31	10.8%
Somewhat comfortable	97	33.7%
Very comfortable	76	26.4%
Extremely comfortable	65	22.6%
Total	288	100.0%

16b. How comfortable would you be talking about your mental health and emotional wellbeing with each of the following? **Family**

	Frequency	Percent
Not at all comfortable	30	10.5%
Not too comfortable	45	15.7%
Somewhat comfortable	71	24.8%
Very comfortable	76	26.6%
Extremely comfortable	64	22.4%
Total	286	100.0%

16c. How comfortable would you be talking about your mental health and emotional wellbeing with each of the following? **Adults at school**

	Frequency	Percent
Not at all comfortable	78	27.1%
Not too comfortable	90	31.2%
Somewhat comfortable	93	32.3%
Very comfortable	20	6.9%
Extremely comfortable	7	2.4%
Total	288	100.0%

16d. How comfortable would you be talking about your mental health and emotional wellbeing with each of the following? **Adults in the community**

	Frequency	Percent
Not at all comfortable	115	40.1%
Not too comfortable	93	32.4%
Somewhat comfortable	61	21.3%
Very comfortable	<5	--
Extremely comfortable	<5	--
Total	287	100.0%

Needed to talk to someone, past year:

17. During the past 12 months, have you felt you needed to talk to someone about how you were feeling, how things were going in your life, or problems you might have had?

	Frequency	Percent
No	97	33.7%
Yes	191	66.3%
Total	288	100.0%

Loneliness:

18. During the past 12 months, how often did you feel lonely?

	Frequency	Percent
Rarely	94	32.8%
Sometimes	122	42.5%
Most of the time	55	19.2%
Always	16	5.6%
Total	287	100.0%

Anxiety:

19. How often over the last 2 weeks were you bothered by: Feeling anxious, nervous, or on edge?

	Frequency	Percent
Never	44	16.9%
For several days	103	39.5%
For more than half the days	52	19.9%
Nearly every day	62	23.8%
Total	261	100.0%

Worry:

20. How often over the last 2 weeks were you bothered by: Not being able to stop or control worrying?

	Frequency	Percent
Never	90	35.3%
For several days	80	31.4%
For more than half the days	49	19.2%
Nearly every day	36	14.1%
Total	255	100.0%

Resilience:

21. Rank your agreement with the following statement: 'I tend to bounce back or recover quickly after hard or stressful times.'

	Frequency	Percent
Strongly agree	53	18.8%
Agree	159	56.4%
Disagree	58	20.6%
Strongly disagree	12	4.3%
Total	282	100.0%

Poor mental health:

22. During the past 30 days, how often was your mental health not good? (Poor mental health includes stress, anxiety, and depression.)

	Frequency	Percent
Never	48	16.7%
Rarely	79	27.5%
Sometimes	96	33.4%
Most of the time	51	17.8%
Always	13	4.5%
Total	287	100.0%

Self-harm:

23. During the past 12 months, how many times did you do something to purposely hurt yourself without wanting to die, such as cutting, burning, or bruising yourself on purpose?

	Frequency	Percent
0 times	244	85.9%
1 time	14	4.9%
2 or 3 times	13	4.6%
4 or 5 times	5	1.8%
6 or more times	8	2.8%
Total	284	100.0%

Feeling depressed or sad:

24. In the past year, have you felt depressed or sad MOST days, even if you felt okay sometimes?

	Frequency	Percent
NO!	67	23.3%
no	119	41.5%
yes	78	27.2%
YES!	23	8.0%
Total	287	100.0%

Suicide:

25. During the past 12 months, did you ever seriously consider attempting suicide?

	Frequency	Percent
No	251	88.7%
Yes	32	11.3%
Total	283	100.0%

26. During the past 12 months, how many times did you actually attempt suicide?

	Frequency	Percent
0 times	275	96.8%
1 or more times	9	3.2%
Total	284	100.0%

27. If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?

Skip logic: Hidden unless #26 was answered with 1 or more times

	Frequency	Percent
No	*	*
Yes	*	*
Total	<30	--

28a. If you attempted suicide during the past 12 months, did you ask for help from someone such as a doctor, counselor, or hotline at any of these times? **BEFORE my attempt**

Skip logic: Hidden unless #26 was answered with 1 or more times

	Frequency	Percent
No	*	*
Yes	*	*
Total	<30	--

28b. If you attempted suicide during the past 12 months, did you ask for help from someone such as a doctor, counselor, or hotline at any of these times? **AFTER my attempt**

Skip logic: Hidden unless #26 was answered with 1 or more times

	Frequency	Percent
No	*	*
Yes	*	*
Total	<30	--

Bullying:

29. During the past 12 months, have you ever been bullied at school or on your way to or from school?

	Frequency	Percent
No	244	84.7%
Yes	44	15.3%
Total	288	100.0%

30. During the past 12 months, have you ever been electronically bullied? This includes being bullied through texting, online gaming, Instagram, Facebook, or other social media.

	Frequency	Percent
No	251	87.2%
Yes	37	12.8%
Total	288	100.0%

Gambling

Lottery tickets:

31a. During the past 12 months how many times have you done any of the following for money or anything of value? **Played lottery or scratch tickets**

	Frequency	Percent
0 times	184	63.4%
1-5 times	78	26.9%
6-10 times	10	3.4%
More than 10 times	18	6.2%
Total	290	100.0%

Casino gambling:

31b. During the past 12 months how many times have you done any of the following for money or anything of value? **Gambled at a casino**

	Frequency	Percent
0 times	275	95.2%
1-5 times	7	2.4%
6-10 times	<5	--
More than 10 times	<5	--
Total	289	100.0%

Fantasy sports:

31c. During the past 12 months how many times have you done any of the following for money or anything of value? **Participated in fantasy sports**

	Frequency	Percent
0 times	228	79.4%
1-5 times	33	11.5%
6-10 times	9	3.1%
More than 10 times	17	5.9%
Total	287	100.0%

Other gambling:

31d. During the past 12 months how many times have you done any of the following for money or anything of value? **Engaged in one of these other activities: Betting on sporting events, games of personal skill (pool, bowling, dominoes, or darts), dice games, horse or animal races, video poker or other gambling machines; Playing cards or bingo for money or prizes; Gambling on the Internet**

	Frequency	Percent
0 times	214	73.5%
1-5 times	38	13.1%
6-10 times	17	5.8%
More than 10 times	22	7.6%
Total	291	100.0%

Sexual activity and sexual violence

Age at first sexual encounter:

32. How old were you when you had sexual intercourse for the first time?

	Frequency	Percent
13 years old or younger	9	3.2%
14 years old	11	3.9%
15 years old	34	12.0%
16 years old	23	8.1%
17 years old or older	22	7.8%
I have never had sexual intercourse	184	65.0%
Total	283	100.0%

Number of people:

33. During your life, with how many people have you had sexual intercourse?

	Frequency	Percent
1 person	52	18.4%
2 people	19	6.7%
3 people	11	3.9%
4 people	8	2.8%
5 or more people	10	3.6%
I have never had sexual intercourse	182	64.5%
Total	282	100.0%

Substance use before sex:

34. Did you drink alcohol or use drugs before you had sexual intercourse the last time?

	Frequency	Percent
No	87	30.9%
Yes	18	6.4%
I have never had sexual intercourse	177	62.8%
Total	282	100.0%

Condom use:

35. The last time you had sexual intercourse, did you or your partner use a condom?

	Frequency	Percent
No	36	12.8%
Yes	62	22.0%
I have never had sexual intercourse	184	65.2%
Total	282	100.0%

Birth control methods:

36. The last time you had sexual intercourse with an opposite-sex partner, what method(s) did you or your partner use to prevent pregnancy? (Select ALL methods that you or your partner used.)

	Frequency	Percent
I have never had sexual intercourse with an opposite-sex partner	173	62.9%
No method was used to prevent pregnancy	8	2.9%
Birth control pills (do not account emergency contraception such as Plan B or the "morning after" pill)	43	15.6%
Condoms	58	21.1%
An IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon)	7	2.6%
A shot (such as Depo-Provera), patch (such as Ortho Evra), or birth control ring (such as NuvaRing)	6	2.2%
Withdrawal or some other method	19	6.9%
Not sure	9	3.3%
Note: Respondents were able to select more than one response option. Total number of respondents: 275		

Pregnancy:

37. How many times have you been pregnant or gotten someone pregnant?

	Frequency	Percent
0 times	95	96.0%
1 time	<5	--
Not sure	<5	--
Total	99	100.0%

Parent expectations:

38. Have your parents, guardians, or other adults in your family ever talked to you about what they expect you to do or not to do when it comes to sex?

	Frequency	Percent
No	83	29.0%
Yes	173	60.5%
Not sure	30	10.5%
Total	286	100.0%

Sexual violence:

39. Have you ever been physically forced, pressured, or coerced to have sex or engage in other sexual activities when you did not want to?

	Frequency	Percent
No	244	84.7%
Yes	28	9.7%
Don't know	16	5.6%
Total	288	100.0%

Dating in past year:

40. Have you dated or gone out with anyone during the past 12 months?

	Frequency	Percent
No	123	42.4%
Yes	167	57.6%
Total	290	100.0%

Dating violence:

(for question 41): Hidden unless students responded “yes” to question 40

41a. In the past 12 months, has someone you were dating or going out with ever...**tried to control what you wore, who you spoke to or spent time with, or kept track of your activity?**

	Frequency	Percent
No	125	78.6%
Yes	34	21.4%
Total	159	100.0%

Note: “I don’t know” responses omitted due to low number of responses.

41b. In the past 12 months, has someone you were dating or going out with ever...**insulted, humiliated, or made fun of you in front of others?**

	Frequency	Percent
No	132	82.5%
Yes	28	17.5%
Total	160	100.0%

Note: “I don’t know” responses omitted due to low number of responses.

41c. In the past 12 months, has someone you were dating or going out with ever...**slapped, pushed, shook, punched, kicked, beat you with an object, choked, burned you intentionally, threw something at you to hurt you, or used or threatened you with any sharp object or weapon?**

	Frequency	Percent
No	150	91.5%
Yes	14	8.5%
Total	164	100.0%

Note: “I don’t know” responses omitted due to low number of responses.

41d. In the past 12 months, has someone you were dating or going out with ever...**forced or pressured you to do sexual things that you did not want to do? (count such things as kissing, touching, or being physically forced to have sexual intercourse)**

	Frequency	Percent
No	145	90.6%
Yes	15	9.4%
Total	160	100.0%

Note: “I don’t know” responses omitted due to low number of responses.

Social Media

Use frequency:

42. How often do you use social media such as Instagram, Facebook, Snapchat, and TikTok?

	Frequency	Percent
I do not use social media	12	4.2%
A few times a month	<5	--
About once a week	<5	--
A few times a week	11	3.8%
About once a day	14	4.8%
Several times a day	116	40.1%
About once an hour	28	9.7%
More than once an hour	104	36.0%
Total	289	100.0%

Risky/unwanted situations:

43. Have you ever found yourself in a risky/unwanted situation because of information you shared electronically? (Please include communication by texting, online gaming, Instagram, Facebook, or other social media)

	Frequency	Percent
No	235	81.6%
Yes	53	18.4%
Total	288	100.0%

Feelings about social media:

44a. In general, does what you see on social media make you feel **worse about your own life?**

	Frequency	Percent
No	182	63.0%
Yes, a little	79	27.3%
Yes, a lot	14	4.8%
Don't know	14	4.8%
Total	289	100.0%

44b. In general, does what you see on social media make you feel **more connected to what's going on in your friends' lives?**

	Frequency	Percent
No	60	20.8%
Yes, a little	143	49.5%
Yes, a lot	75	26.0%
Don't know	11	3.8%
Total	289	100.0%

44c. In general, does what you see on social media make you feel **more accepted?**

	Frequency	Percent
No	122	42.8%
Yes, a little	108	37.9%
Yes, a lot	32	11.2%
Don't know	23	8.1%
Total	285	100.0%

44d. In general, does what you see on social media make you feel **overwhelmed by what you see/hear?**

	Frequency	Percent
No	170	59.6%
Yes, a little	78	27.4%
Yes, a lot	23	8.1%
Don't know	14	4.9%
Total	285	100.0%

44e. In general, does what you see on social media make you feel **like you have people who can support you through tough times?**

	Frequency	Percent
No	105	36.3%
Yes, a little	114	39.4%
Yes, a lot	44	15.2%
Don't know	26	9.0%
Total	289	100.0%

Emotions when using social media:

45. What emotions do you experience when using social networking/social media apps? (Select ALL that apply)

	Frequency	Percent
Rejection	42	15.5%
Happiness	221	81.6%
Boost self-esteem	94	34.7%
Jealousy	106	39.1%
Motivation	184	67.9%
Inspiration	193	71.2%
Fear of missing out	113	41.7%
Lower self-esteem	74	27.3%
Sense of belonging	79	29.2%
Note: Respondents were able to select more than one response option. Total number of respondents: 271		

Parent Guardian Supervision:

46. How do your parents or guardians monitor your social media accounts or how you use devices (devices include phones, tablets, or computers)? (SELECT ALL THAT APPLY)

	Frequency	Percent
They don't monitor my social media use	246	86.3%
Following accounts weekly or more often	18	6.3%
Requiring a contract and ground rules for devices	8	2.8%
Requiring that you use devices only at certain times	6	2.1%
Using parental controls on devices	13	4.6%
Using monitoring, blocking, or filtering software	6	2.1%
Requiring that you use devices only in certain places in the home	<5	--
They don't allow me to use social media	5	1.8%
Note: Respondents were able to select more than one response option. Total number of respondents: 285		

News sources

47. How do you usually get your news or learn about what's going on? Select your top three.

	Frequency	Percent
Facebook	22	7.8%
Instagram	198	69.7%
News websites (for example, cnn.com, bbc.com)	54	19.0%
Newspaper (paper or online)	7	2.5%
Podcasts	13	4.6%
Radio	11	3.9%
Reddit	9	3.2%
Talking to people you know (including text, WhatsApp, or other messaging services)	120	42.3%
Television	55	19.4%
TikTok	186	65.5%
Twitter	26	9.2%
YouTube	85	30.0%
Note: Respondents were able to select more than one response option (up to three). Total number of respondents: 284		

Participation in extracurricular activities/community engagement:

48a. Do you participate in any of the following activities after school OR on the weekends? **Organized sports (e.g. basketball, soccer, martial arts, cheerleading, football)**

	Frequency	Percent
No	112	39.0%
Yes	175	61.0%
Total	287	100.0%

48b. Do you participate in any of the following activities after school OR on the weekends? **Clubs (e.g. drama, debate, 4H, teen/peer groups)**

	Frequency	Percent
No	185	66.5%
Yes	93	33.5%
Total	278	100.0%

48c. Do you participate in any of the following activities after school OR on the weekends? **Music program (e.g. band, orchestra, choir, music lessons)**

	Frequency	Percent
No	244	89.1%
Yes	30	10.9%
Total	274	100.0%

48d. Do you participate in any of the following activities after school OR on the weekends? **Art program (e.g. dance class, painting class)**

	Frequency	Percent
No	257	93.5%
Yes	18	6.5%
Total	275	100.0%

48e. Do you participate in any of the following activities after school OR on the weekends? **Volunteering**

	Frequency	Percent
No	175	62.5%
Yes	105	37.5%
Total	280	100.0%

48f. Do you participate in any of the following activities after school OR on the weekends? **Employment**

	Frequency	Percent
No	135	48.2%
Yes	145	51.8%
Total	280	100.0%

48g. Any extracurricular activities (derived from 47a-47f):

	Frequency	Percent
No	41	14.2%
Yes	248	85.8%
Total	289	100.0%

Plans after high school:

49. Which of the following are you most likely to do after you complete high school?

	Frequency	Percent
Attend a 4-year college	172	59.7%
Attend community college	34	11.8%
Attend a technical school	17	5.9%
Join the military	6	2.1%
Work a full-time job only	21	7.3%
Something else	7	2.4%
Not sure	31	10.8%
Total	288	100.0%

Experiencing and witnessing violence

Carrying a weapon:

50. During the past 30 days, on how many days did you carry a weapon such as a gun or a knife?

	Frequency	Percent
0 days	266	93.0%
1 day	8	2.8%
2 or 3 days	<5	--
4 or 5 days	<5	--
6 or more days	5	1.7%
Total	286	100.0%

Felt unsafe at school or on way to/from school:

51. 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?

	Frequency	Percent
0 days	273	95.1%
1 day	9	3.1%
2 or more days	5	1.7%
Total	287	100.0%

Threatened or injured on school property:

52. During the past 12 months, how many times has someone threatened or injured you with a weapon such as a gun, knife, or other weapon on school property?

	Frequency	Percent
0 times	275	95.8%
1 time	<5	--
2 or 3 times	7	2.4%
4 or more times	<5	--
Total	287	100.0%

Fights:

53. During the past 12 months, how many times were you in a physical fight?

	Frequency	Percent
0 times	267	93.4%
1 time	10	3.5%
2 or more times	9	3.1%
Total	286	100.0%

Neighborhood violence:

54. Have you ever seen someone get physically attacked, beaten, stabbed, or shot in your neighborhood?

	Frequency	Percent
No	242	84.3%
Yes	45	15.7%
Total	287	100.0%

School absence

55a. Please rate each statement as being Never, Rarely, Sometimes, or Usually the reasons you miss school. **I was sick**

	Frequency	Percent
Never	13	4.6%
Rarely	70	24.6%
Sometimes	91	31.9%
Usually	111	38.9%
Total	285	100.0%

55b. Please rate each statement as being Never, Rarely, Sometimes, or Usually the reasons you miss school. **I had an appointment (doctor, dentist, counselor, etc.)**

	Frequency	Percent
Never	28	10.0%
Rarely	82	29.2%
Sometimes	112	39.9%
Usually	59	21.0%
Total	281	100.0%

55c. Please rate each statement as being Never, Rarely, Sometimes, or Usually the reasons you miss school. **Transportation challenges (car troubles, missed the bus, etc.)**

	Frequency	Percent
Never	205	73.2%
Rarely	48	17.1%
Sometimes	19	6.8%
Usually	8	2.9%
Total	280	100.0%

55d. Please rate each statement as being Never, Rarely, Sometimes, or Usually the reasons you miss school. **I did not feel safe on the way to or from school**

	Frequency	Percent
Never	265	93.0%
Rarely	13	4.6%
Sometimes	*	*
Usually	<5	--
Total	285	100.0%

55e. Please rate each statement as being Never, Rarely, Sometimes, or Usually the reasons you miss school. **I did not want to see another student(s) because of drama or conflict.**

	Frequency	Percent
Never	221	77.8%
Rarely	38	13.4%
Sometimes	17	6.0%
Usually	8	2.8%
Total	284	100.0%

55f. Please rate each statement as being Never, Rarely, Sometimes, or Usually the reasons you miss school. **I did not want to go to a class**

	Frequency	Percent
Never	140	49.1%
Rarely	67	23.5%
Sometimes	40	14.0%
Usually	38	13.3%
Total	285	100.0%

55g. Please rate each statement as being Never, Rarely, Sometimes, or Usually the reasons you miss school. **I did not feel safe**

	Frequency	Percent
Never	267	94.0%
Rarely	10	3.5%
Sometimes	<5	--
Usually	<5	--
Total	284	100.0%

55h. Please rate each statement as being Never, Rarely, Sometimes, or Usually the reasons you miss school. **I was too depressed or anxious/upset to come to school**

	Frequency	Percent
Never	176	62.2%
Rarely	47	16.6%
Sometimes	39	13.8%
Usually	21	7.4%
Total	283	100.0%

55i. Please rate each statement as being Never, Rarely, Sometimes, or Usually the reasons you miss school. **I had to take care of or help a family member**

	Frequency	Percent
Never	221	77.8%
Rarely	47	16.5%
Sometimes	*	*
Usually	<5	--
Total	284	100.0%

Substance use

Age smoked first cigarette:

56. How old were you when you first smoked a cigarette, even one or two puffs?

	Frequency	Percent
11 years old or younger	*	*
13 or 14 years old	9	3.2%
15 or 16 years old	15	5.3%
17 years old or older	<5	--
I have never smoked a cigarette, even one or two puffs	251	88.4%
Total	284	100.0%

Cigarette smoking frequency:

57. During the past 30 days, on how many days did you smoke cigarettes?

Skip logic: Hidden unless student reported having smoked a cigarette in question 56

	Frequency	Percent
0 days	23	69.7%
1 or more days	10	30.3%
Total	33	100.0%

Ever used electronic nicotine vapor product:

58. Have you ever used an electronic nicotine vapor product, such as JUUL, Vuse, NJOY, Puff Bar, blu, or Bidi Stick? (Electronic vapor products include e-cigarettes, vapes, mods, e-cigs, e-hookahs, or vape pens.)

	Frequency	Percent
No	213	75.5%
Yes	69	24.5%
Total	282	100.0%

Electronic nicotine vapor product use frequency:

59. During the past 30 days, on how many days did you use an electronic nicotine vapor product, such as JUUL, Vuse, NJOY, Puff Bar, blu, or Bidi Stick? (Electronic vapor products include e-cigarettes, vapes, mods, e-cigs, e-hookahs, or vape pens.)

Skip logic: Hidden unless student reported having used an electronic nicotine vapor product in question 58

	Frequency	Percent
0 days	31	44.9%
1 or 2 days	12	17.4%
3 to 5 days	<5	--
6 to 9 days	<5	--
10 to 19 days	5	7.2%
20 to 29 days	<5	--
All 30 days	15	21.7%
Total	69	100.0%

Frequency of using dissolvable tobacco products:

59. During the past 30 days, on how many days did you use nicotine pouches, snus, or dissolvable tobacco products, such as Zyn, Copenhagen, Grizzly, Skoal, Camel Snus, on! or Velo (Do not count any electronic vapor products.)

	Frequency	Percent
0 days	274	96.5%
1 or 2 days	6	2.1%
3 to 5 days	<5	--
All 30 days	<5	--
Total	284	100.0%

Age at first drink of alcohol:

60. How old were you when you had your first drink of alcohol other than a few sips?

	Frequency	Percent
8 years old or younger	12	4.2%
9 or 10 years old	6	2.1%
11 or 12 years old	9	3.2%
13 or 14 years old	26	9.2%
15 or 16 years old	58	20.4%
17 years old or older	20	7.0%
I have never had a drink of alcohol OR I have only had a few sips in my life	153	53.9%
Total	284	100.0%

Frequency of alcohol use:

61. During the past 30 days, how many days have you had at least one alcoholic drink? This includes drinking beer, wine, wine coolers, hard lemonade, hard cider, jello shots, and liquor such as rum, gin, vodka, or whiskey.

Skip logic: Hidden unless students reported having had a drink of alcohol in question 60

	Frequency	Percent
0 days	63	48.5%
1 or 2 days	40	30.8%
3 to 5 days	12	9.2%
6 to 9 days	12	9.2%
10 to 19 days	<5	--
All 30 days	<5	--
Total	130	100.0%

Age at first marijuana use:

62. How old were you when you tried marijuana for the first time?

	Frequency	Percent
8 years old or younger	<5	--
9 or 10 years old	<5	--
11 or 12 years old	6	2.1%
13 or 14 years old	18	6.3%
15 or 16 years old	34	12.0%
17 years old or older	13	4.6%
I have never tried marijuana	211	74.3%
Total	284	100.0%

Frequency of marijuana use:

63. During the past 30 days, how many times did you use marijuana or cannabis products? Marijuana is also called grass, hashish, herb, joint, pot, weed, reefer. Include blunts and cigars filled with marijuana; vape cartridges with THC, and edibles or drinks with THC.

Skip logic: Hidden unless students reported marijuana use in question 62

	Frequency	Percent
0 times	32	44.4%
1 or 2 times	11	15.3%
3 to 9 times	9	12.5%
10 to 19 times	9	12.5%
20 to 39 times	5	6.9%
40 or more times	6	8.3%
Total	72	100.0%

Marijuana advertisement:

64a. During the past 30 days, have you seen an advertisement for marijuana products or stores: **In a magazine or newspaper?**

	Frequency	Percent
No	176	62.0%
Yes	51	18.0%
Don't know/Not sure	57	20.1%
Total	284	100.0%

64b. During the past 30 days, have you seen an advertisement for marijuana products or stores: **On a storefront (such as a sign posted in the window of a store)?**

	Frequency	Percent
No	63	22.2%
Yes	191	67.3%
Don't know/Not sure	30	10.6%
Total	284	100.0%

64c. During the past 30 days, have you seen an advertisement for marijuana products or stores: **Online on your cell phone, tablet, or computer through email, websites, or social media?**

	Frequency	Percent
No	91	32.0%
Yes	156	54.9%
Don't know/Not sure	37	13.0%
Total	284	100.0%

64d. During the past 30 days, have you seen an advertisement for marijuana products or stores: **On a billboard?**

	Frequency	Percent
No	64	22.6%
Yes	190	67.1%
Don't know/Not sure	29	10.2%
Total	283	100.0%

64a. During the past 30 days, have you seen an advertisement for marijuana products or stores: **On the sidewalk (like signs or people wearing or waving signs)?**

	Frequency	Percent
No	186	66.0%
Yes	54	19.1%
Don't know/Not sure	42	14.9%
Total	282	100.0%

Prescription drug use:

65a. During the past 30 days, have you taken any of the following prescription drugs that were not your own OR used your own prescription drugs in a way that your doctor did not prescribe (such as taking more than directed)? **Narcotics (such as Methadone, Opium, Morphine, Codeine, OxyContin, Percodan)**

	Frequency	Percent
No	*	*
Yes	<5	--
Total	282	100.0%

65b. During the past 30 days, have you taken any of the following prescription drugs that were not your own OR used your own prescription drugs in a way that your doctor did not prescribe (such as taking more than directed)? **Ritalin (also called vitamin R, R-ball, diet coke, skittles), Adderall (also called addys, uppers, beams)**

	Frequency	Percent
No	277	98.2%
Yes	5	1.8%
Total	282	100.0%

65c. During the past 30 days, have you taken any of the following prescription drugs that were not your own OR used your own prescription drugs in a way that your doctor did not prescribe (such as taking more than directed)? **Steroids (body building hormones in the form of pills or shots)**

	Frequency	Percent
No	*	*
Yes	<5	--
Total	282	100.0%

65d. During the past 30 days, have you taken any of the following prescription drugs that were not your own OR used your own prescription drugs in a way that your doctor did not prescribe (such as taking more than directed)? **Other prescription drugs**

	Frequency	Percent
No	267	95.0%
Yes	14	5.0%
Total	281	100.0%