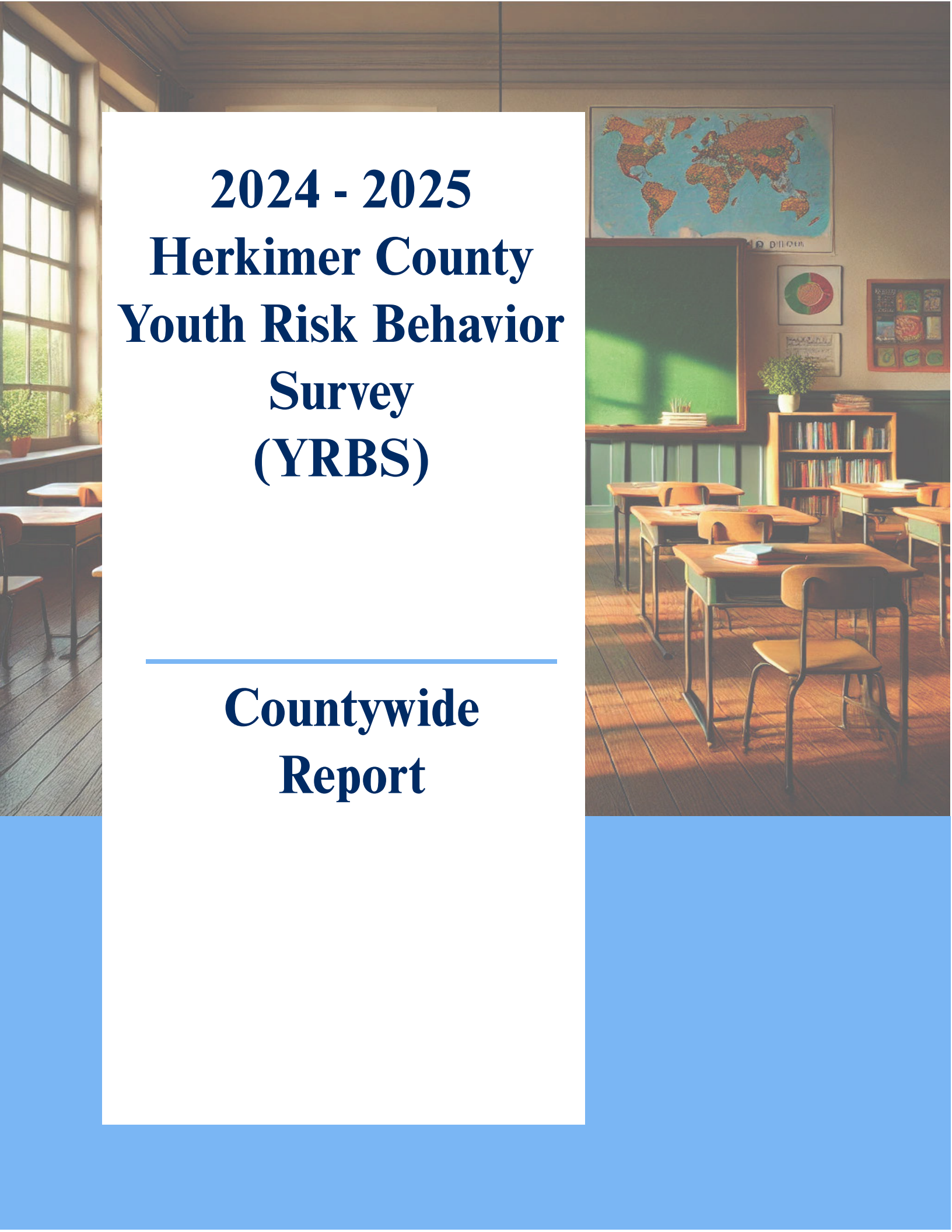


The background of the cover is a photograph of a classroom. On the left, there is a large window with multiple panes, letting in bright light. In the foreground and middle ground, there are several wooden desks and chairs arranged in rows. On the right wall, there is a large world map, a green chalkboard, a bookshelf filled with books, and some smaller framed pictures or posters. The floor is made of wooden planks.

2024 - 2025 Herkimer County Youth Risk Behavior Survey (YRBS)

Countywide Report

Contents

Acknowledgements.....	4
Overview and Methodology	5
Participating Schools.....	7
Demographics.....	8
Topic One: Substance Use – Overview	12
Topic One: Substance Use – Alcohol	14
Topic One: Substance Use – Tobacco	17
Topic One: Substance Use – Vaping.....	19
Topic One: Substance Use – Marijuana.....	22
Topic One: Substance Use – Prescription Drugs.....	25
Topic One: Substance Use – Other Drug Trends	27
Topic One: Substance Use – Major Takeaways	30
Topic Two: Sexual Health and Safety - Overview	32
Topic Two: Sexual Health and Safety – Sexual Activity Patterns.....	33
Topic Two: Sexual Health and Safety – Risky Sexual Behaviors.....	34
Topic Two: Sexual Health and Safety – Sexual Violence	36
Topic Two: Sexual Health and Safety – Major Takeaways	37
Topic Three: Youth Violence and Bullying – Overview	38
Topic Three: Youth Violence and Bullying – Bullying.....	40
Topic Three: Youth Violence and Bullying – Perception of Safety	41
Topic Three: Youth Violence and Bullying – Physical Violence	42
Topic Three: Youth Violence and Bullying – Relationship Violence	45
Topic Three: Youth Violence and Bullying – Major Takeaways.....	46
Topic Four: Mental Health – Overview.....	48
Topic Four: Mental Health – Anxiety & Stress.....	50
Topic Four: Mental Health – Depression.....	51
Topic Four: Mental Health – Self-Harm & Suicide	52
Topic Four: Mental Health – Major Takeaways	54

Topic Five: Adverse Home Environments – Overview.....	55
Topic Five: Adverse Home Environments – Homelessness & Food Insecurity	57
Topic Five: Adverse Home Environments – Home Conditions	60
Topic Five: Adverse Home Environments – Major Takeaways	63
Topic Six: Academic Success & Engagement – Overview	64
Topic Six: Academic Success & Engagement – Student Success	66
Topic Six: Academic Success & Engagement – Major Takeaways	69
Conclusion	70
APPENDIX A: 2024-2025 YRBS INSTRUMENT.....	71

Acknowledgements

The creation, administration, and analysis of this survey represent a dedicated and collaborative effort involving a wide range of organizations, agencies, and school districts. Together, we are committed to gaining deeper insights into the health and well-being of our youth, fostering a data-driven approach to addressing their needs. This collective effort not only enhances our understanding but also strengthens our capacity to implement meaningful changes within our community.

We extend our heartfelt gratitude to the following contributors:

- ❖ **Herkimer County System of Care and SAMHSA**
 - Christina Cain, Primary Investigator
 - Katherine Driscoll, Project Director
 - System of Care (SOC) Planning Team
- ❖ **Herkimer-Fulton-Hamilton-Otsego BOCES**
 - DJ Shepardson, Superintendent
- ❖ **Participating Herkimer County School Districts**

Overview and Methodology

The Herkimer County System of Care team administered the 2024-2025 Youth Risk Behavior Survey (YRBS) to local high school students. A total of 1357 students in grades 9-12 participated across eight different school districts.

The survey was distributed to students during their regular class time via SurveyMonkey or sent home with the students as a homework assignment. To ensure comfort and encourage participation, students were informed at the beginning of the survey that their participation was voluntary and that there would be no penalties for answering only some or none of the questions. The survey tool was designed to allow students to skip questions they did not wish to answer, with two exceptions:

1. District and Demographic Questions: Students were required to identify their school district and provide demographic information. This data was essential for analyzing district-specific trends and understanding the demographics of survey participants and non-participants.
2. Screening Questions: Students were required to answer screening questions that prompted follow-up questions. However, for such questions, students had the option to select "Prefer not to answer."

The survey instrument was adapted from a modified version of the CDC's YRBS, tailored by the state of Vermont, and included additional items on protective factors, risk perception, and topics relevant to local needs. Key focus areas include mental health, bullying, and substance use to provide a comprehensive understanding of youth experiences and behaviors.

Every effort was made to achieve a representative sample of students in each participating school district. However, certain groups, such as students in alternative education settings, home-schooled students, and private school students, were not included. Basic statistical summaries and interpretations were generated using SurveyMonkey data to provide a clear overview of trends and responses. To ensure confidentiality, data points representing fewer than five individuals were suppressed.

Throughout this report, any reference to, "significant", a "significant increase", or a "significant decrease" refers to statistical significance, unless otherwise noted. Statistical significance is determined using a 95% confidence interval, based on analyses conducted in SPSS software and/or SurveyMonkey. Summary statistics and data trends were derived from responses collected through SurveyMonkey and reflect statistically valid interpretations unless explicitly stated as anecdotal or observational.

While the survey findings provide important insights, several limitations should be considered when interpreting the results. First, some school districts that participated in 2024 did not participate in 2025. This change in participation may have altered the demographic composition of the sample, meaning that some year-to-year shifts could reflect differences in who was surveyed rather than true changes in student behaviors or experiences.

Second, wording for certain survey questions was modified in 2025. For these items, historical data were not analyzed to avoid invalid comparisons across survey years. As a result, trend analysis is not available for all indicators.

Finally, the mechanism by which students could opt out of answering a question was adjusted in 2025. This change may have influenced response patterns, as some students who previously might have left a question blank could now respond differently, potentially affecting overall response rates and distribution of answers. Together, these factors introduce limitations to direct year-over-year comparisons and should be considered when drawing conclusions from the data.

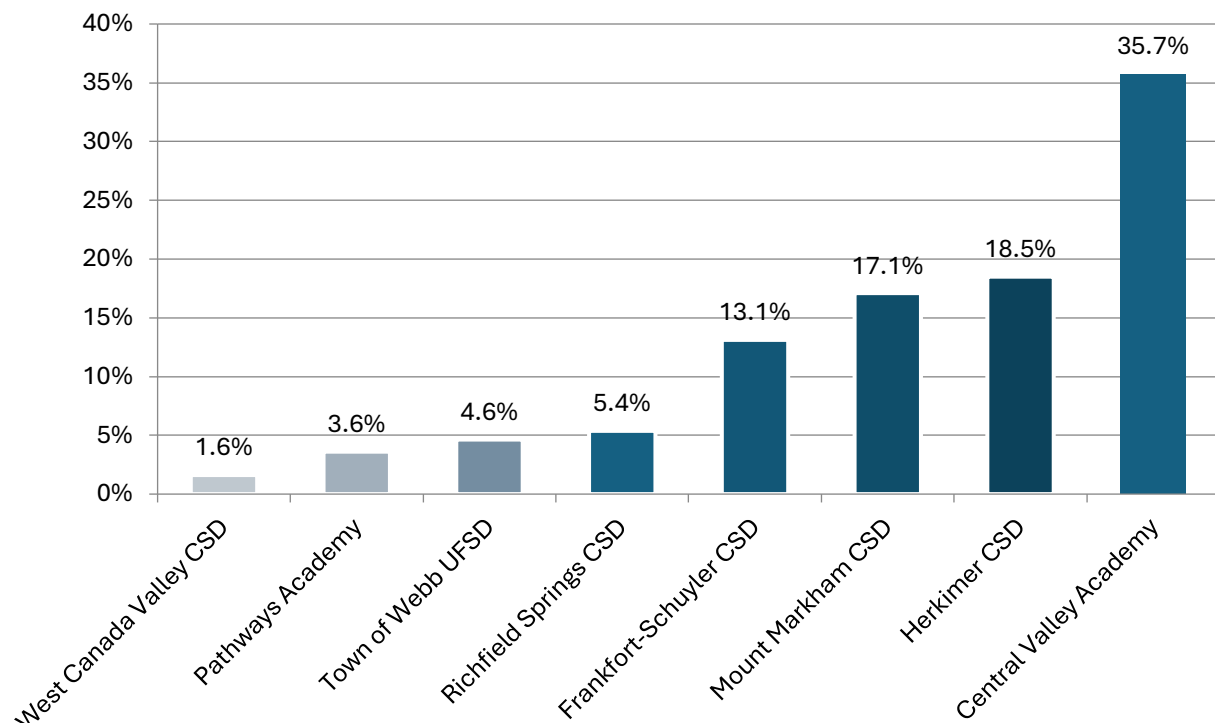
Schools are encouraged to engage with their students, particularly those who feel disconnected or marginalized, to better understand the underlying reasons behind observed behaviors. Insights from this survey are intended to support both countywide and district-specific efforts in youth programming, health promotion, and resource allocation.

Participating Schools

All school districts in Herkimer County were invited to participate in the 2024-2025 YRBS. This year, eight districts participated in the survey.

Overall, 1357 students completed the survey, with varying student participation rates and sample sizes across school districts. We extend our sincere gratitude to district superintendents, building principals, and school staff who supported the survey process and encouraged student participation.

YRBS Participating Districts

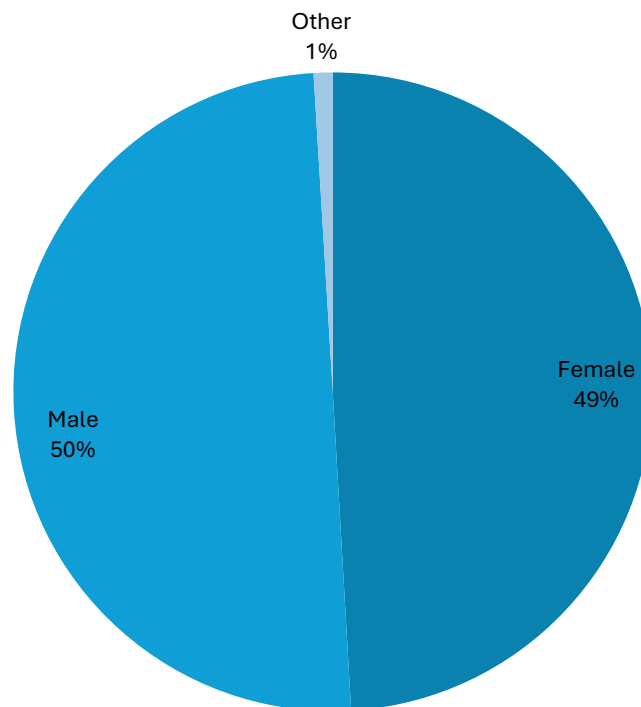


Demographics

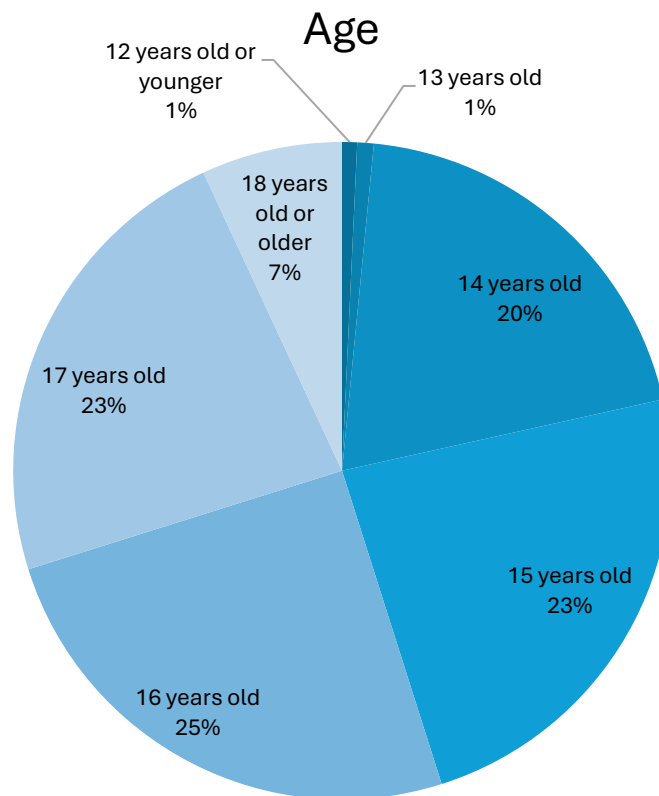
In the Demographics section of the Youth Risk Behavior Survey (YRBS), students were asked a series of questions to better understand the composition of the survey population. These questions included age, sex assigned at birth, Hispanic origin, race, sexual orientation, and whether the student was transgender. A total of 1,357 responses were collected across all questions in this section, providing the basis for the demographic breakdowns that follow.

The 2024-2025 YRBS was taken by a balanced representation of students from all grades and a balanced gender representation of males and females.

Sex Assigned at Birth

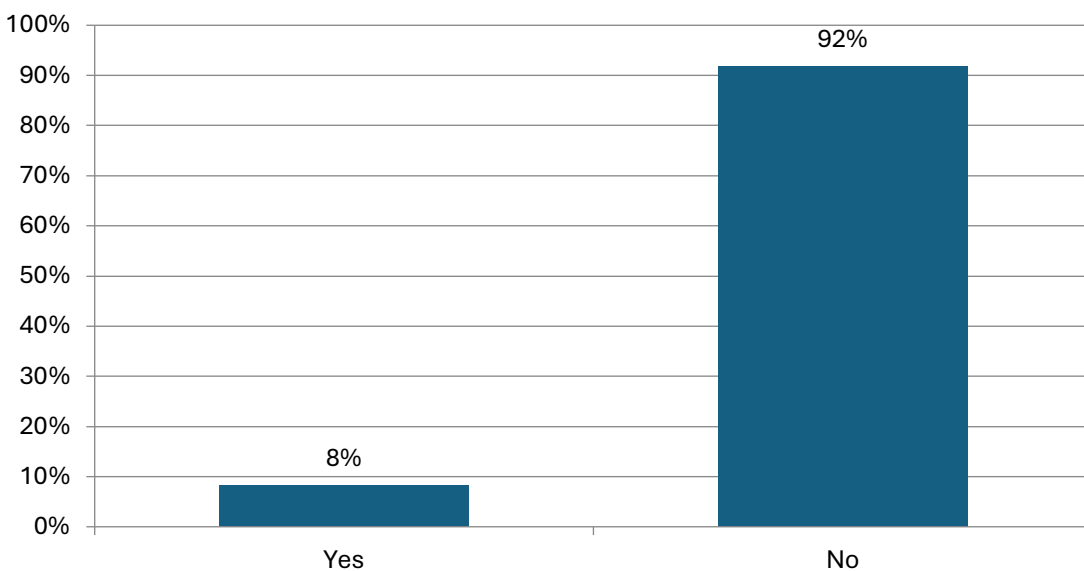


The majority of respondents were between 14 and 17 years old, with each grade level from 9th through 12th grade contributing proportionally to the overall sample. This distribution ensures that the survey results capture the perspectives of students across the full range of high school, rather than being concentrated within a single age group.



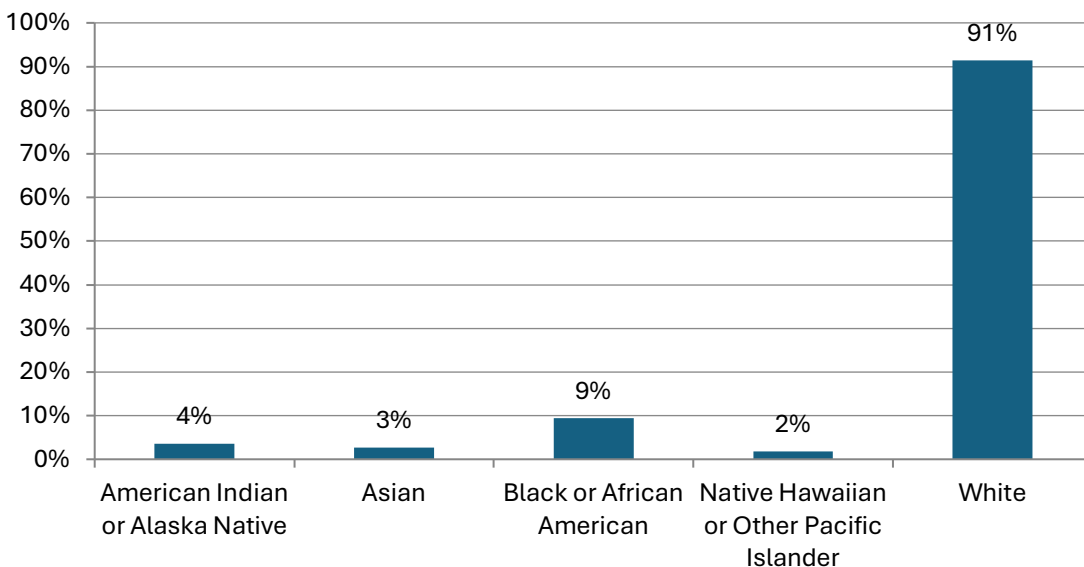
Regarding racial and ethnic diversity, the demographics are representative of the larger Herkimer County population. 8% of student identified as Hispanic or Latino, demonstrating a less than a 1% increase compared to 2024.

Hispanic or Latino



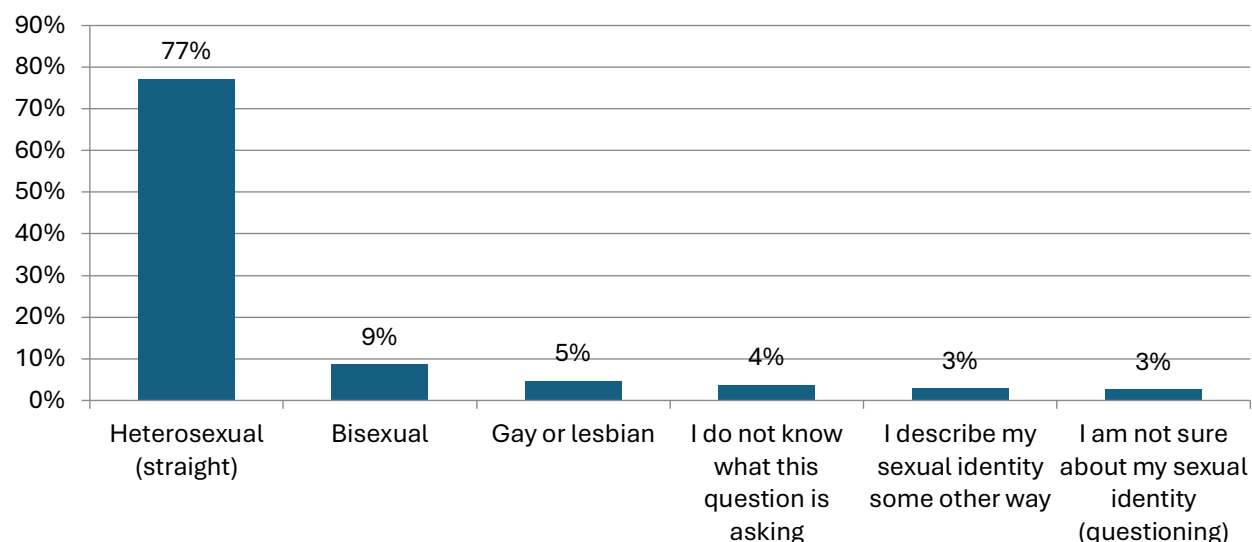
The vast majority (91%) of survey respondents self-identified as white. Due to some students identifying as two or more races, these results exceed 100%.

Race

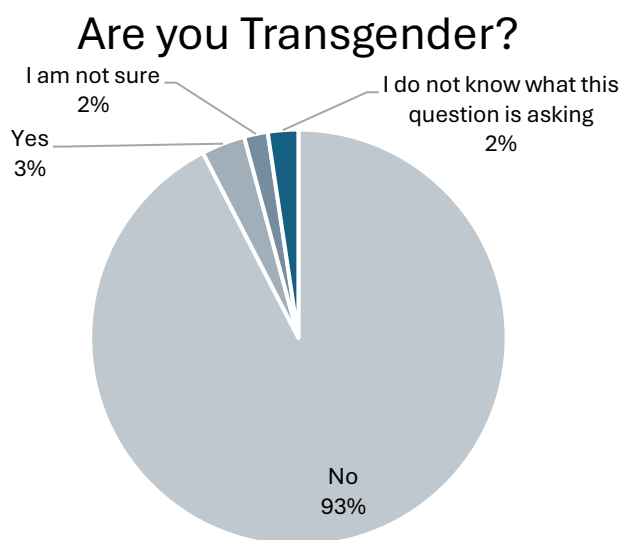


Finally, students were asked about their sexual orientation and whether they identified as transgender. 17% of students identify as gay, lesbian, or bisexual, a consistent finding when compared to the 2024 YRBS, while another 7% of students were unsure or did not understand the question.

Sexual Orientation



Students were provided the following definition for being transgender: *“When a person’s sex at birth does not match the way they think or feel about their gender.”* and were then asked if they identified as transgender, to which 3% of respondents answered “yes.”



Topic One: Substance Use – Overview

Substance use among students continues to be a significant area of concern, with notable differences by sex and age as well as shifts in trends compared to prior survey years.

Alcohol remains the most widely used substance, with 7% more students reporting ever drinking compared to 2024, returning to 2023 levels. Nearly half (43%) of students who had ever consumed alcohol reported drinking in the past 30 days, most often on only one or two occasions. Females were more likely to report ever drinking, while males showed higher-risk patterns: they were 20% more likely to report binge drinking and nearly four times more likely to consume 10 or more drinks in a sitting. Driving under the influence of alcohol also showed increases, with males 8% more likely to report this behavior, and most who reported doing so indicated it occurred four or more times in the past month.

Marijuana use continues to rise, with lifetime use up 2.3% from 2024. Most students first tried marijuana at ages 13–14 and use increases steadily with age. While lifetime use showed no significant sex differences, males were 12% more likely than females to report past 30-day use, and 17-year-olds were the most likely to be habitual users. Among those who reported use in the past 30 days, 21% indicated use on 40 or more occasions. Driving under the influence of marijuana also increased by 1.2% from 2024, though rates remain below 2023 levels. Smoking is still the most common method of use, though vaping marijuana has declined compared to previous years.

Misuse of prescription medications has risen sharply, nearly doubling since 2024 for both pain medications and stimulants. Fourteen-year-olds reported the highest rates of pain medication misuse (15.6%), typically on only one or two occasions, while 16-year-olds were the most likely to report stimulant misuse (10.3%). Males reported higher rates of misuse for both categories, and while some use appeared experimental, a notable portion of students reported repeated, habitual misuse.

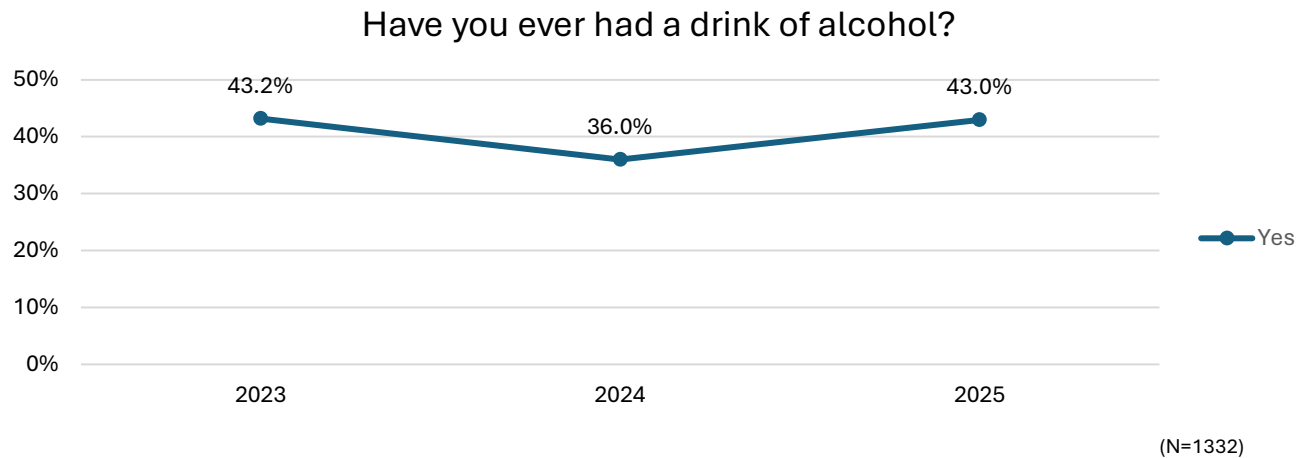
Use of other illicit drugs such as heroin, cocaine, inhalants, methamphetamines, and ecstasy was reported at lower levels. Lifetime use of these substances has decreased by a quarter of what was reported in 2023, with inhalants (4.4%) and cocaine (3.9%) being the most commonly reported. Seventeen-year-olds were most likely to report use of cocaine and ecstasy, and 2.3% of students reported ever injecting illegal drugs. Related risk behaviors at school were also documented: 4% more males than females reported attending school under the influence of alcohol or drugs, and 17-year-olds were the most likely group to do so, with more than 10% reporting intoxication while at school. Eleven percent of students reported being offered an illegal drug on school property, representing a 2% increase from 2024.

Traditional tobacco use continues to decline overall, particularly in cigarette smoking, which has reached its lowest levels since 2023. Experimentation with cigarettes often begins at a young age, with many students first trying cigarettes around ages 11–12, and initiation peaking at ages 13–14. Despite this early experimentation, the percentage of students who continue smoking into later adolescence is falling steadily. While fewer students are smoking cigarettes, cigar and chewing tobacco use show a slightly different trend. These products are more common among males and older students, with use ticking up modestly compared to last year. Still, most students who have ever tried tobacco report not using it within the past year, and among recent users, many expressed attempts to quit. This suggests a gradual cultural and behavioral shift away from traditional tobacco products, even as some forms persist among specific demographic groups.

Vaping, however, remains a more widespread and persistent behavior. Historical use of electronic vapor products increased slightly since 2024, though levels remain below those of 2023. Usage increases with age, peaking among 17-year-olds, and females are significantly more likely than males to report ever vaping. Among those who have ever vaped (26.5%), more than half report current use, with a concerning subset engaged in daily, habitual vaping. Access to vaping products continues to occur primarily through social networks rather than direct purchase, with friends, family, or acquaintances being the most common sources. Motivations for vaping remain consistent: students most often cite influence from peers or family, stress and anxiety management, or curiosity. While curiosity-driven use has declined compared to 2024, vaping's normalization among peers and its perceived role in managing stress remain strong drivers of use.

Together, these findings suggest that while some categories of substance use remain stable or declining, high-risk behaviors are becoming more entrenched in specific areas. Binge drinking, frequent marijuana use, and prescription drug misuse are rising, while traditional tobacco use declines. At the same time, vaping remains a particularly concerning trend, fueled by easy social access and persistent links to stress relief and peer influence.

Topic One: Substance Use – Alcohol



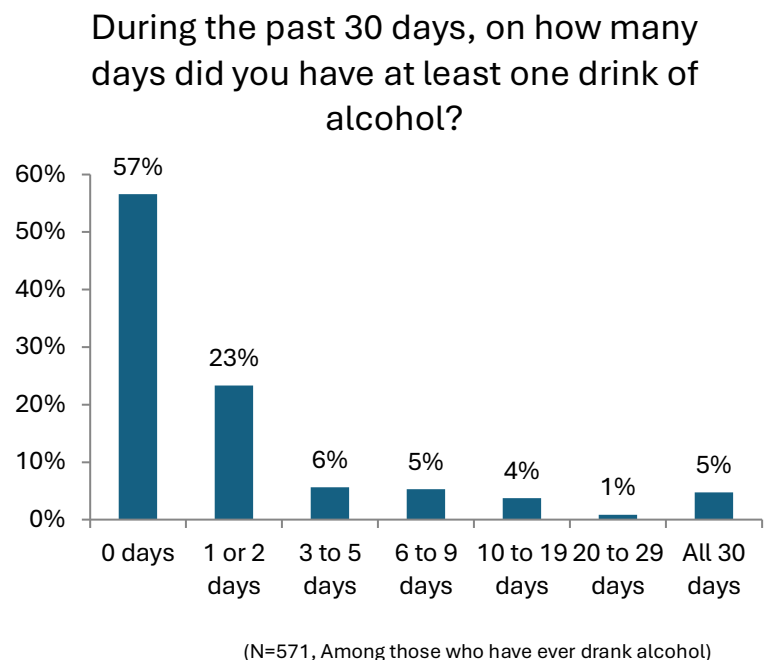
Demographic Results

Sex: Females were significantly more likely to have ever had a drink of alcohol compared to males, with females being 8% more likely than males to have ever had a drink of alcohol.

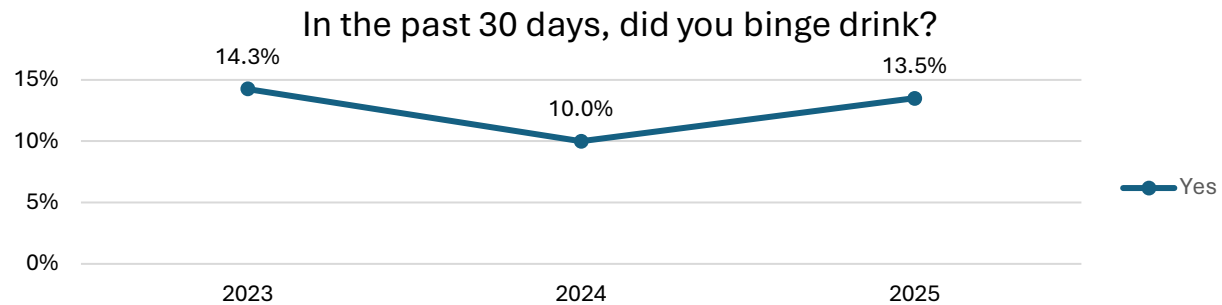
Age: While expected that the proportion of students who have ever drunk increases steadily with age, most students (28%) began drinking between the ages of 13 and 16 years old.

Key Observations

- The percentage of students who reported ever having a drink of alcohol increased significantly by 7%, returning to levels last observed in 2023.
- Among the 571 students who reported ever drinking alcohol, 43% (248 students) indicated they had at least one drink in the past 30 days.
- Most students who reported drinking in the past 30 days indicated that they drank on only 1 or 2 days.



Topic One: Substance Use – Alcohol



(N=568, Among those who have ever drank alcohol)

Demographic Results

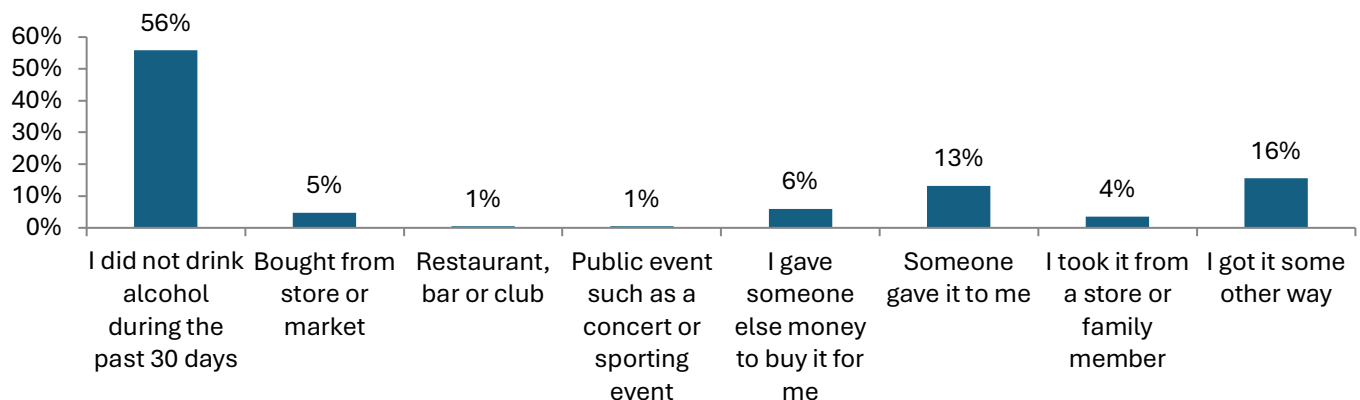
Sex: Males were significantly more likely than females to have engaged in binge drinking in the past 30 days, reporting rates that were 20% higher. Similarly, males were nearly four times more likely than females to report consuming 10 or more drinks in a single sitting.

Age: Age was strongly correlated with the likelihood of binge drinking. As students get older, the probability of binge drinking increases. Among 17-year-old students who reported ever drinking alcohol, 40% reported binge drinking in the past 30 days.

Key Observations

- Among students who reported ever drinking alcohol, 13.5% indicated they had engaged in binge drinking in the past 30 days, nearing levels last observed in 2023.
- Most students who reported ever drinking alcohol obtained it from someone else or through a source not specifically identified in the YRBS instrument.

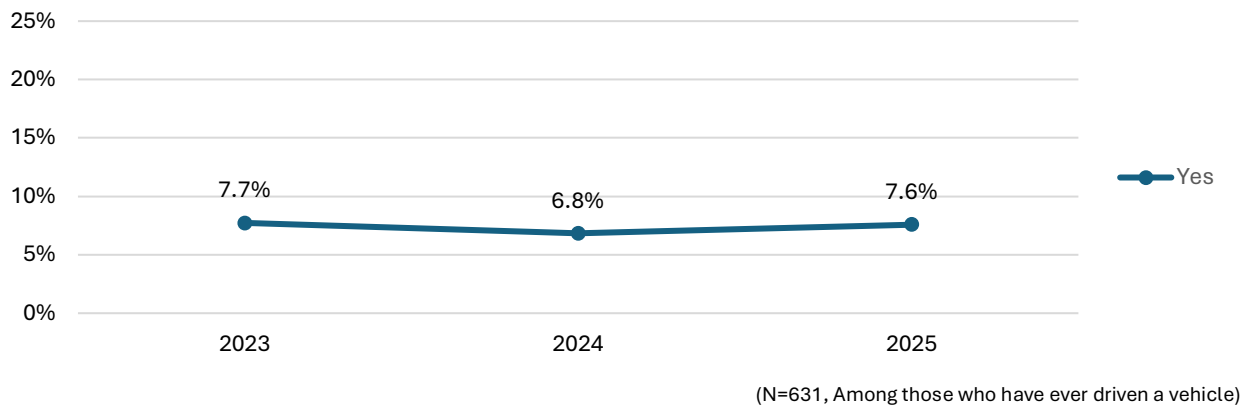
During the past 30 days, how did you usually get the alcohol you drank?



(N=566, Among those who have ever drank alcohol)

Topic One: Substance Use – Alcohol

During the past 30 days, did you drive a car or other vehicle when you had been drinking alcohol?



Demographic Results

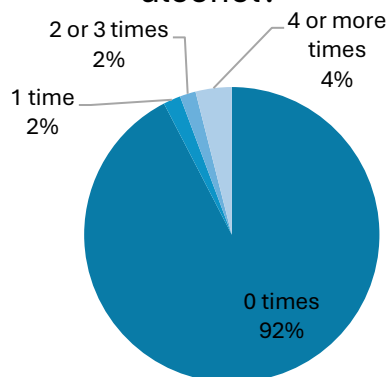
Sex: Males were 8% more likely than females to have driven a car while under the influence of alcohol, a statistically significant difference.

Age: There was no significant difference between the percentage of differing age groups who reported driving a car while under the influence of alcohol.

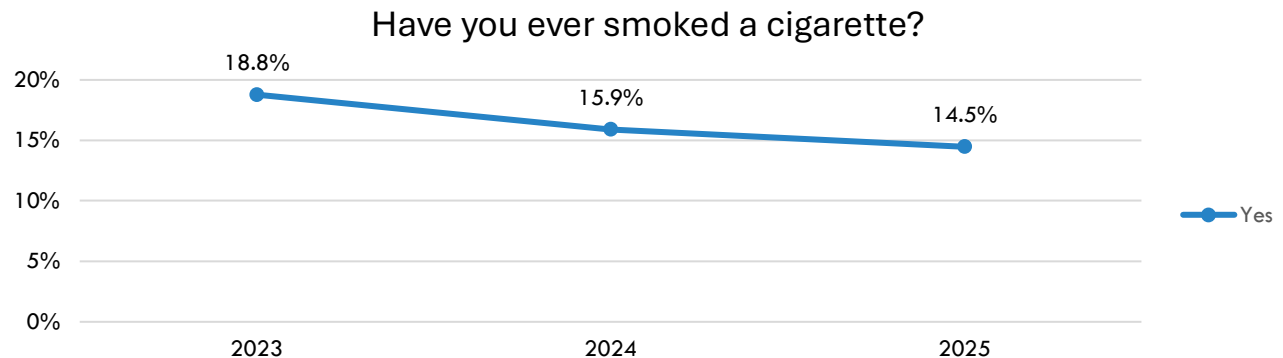
Key Observations

- Among students who have ever driven a vehicle, there is a .8% increase in those who have driven a car under the influence of alcohol in the last 30 days, returning to numbers last seen in 2023.
- The majority of students who have driven under the influence of alcohol in the last 30 days have reported doing so four or more times in the last month.

During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol?



Topic One: Substance Use – Tobacco



(N=1265)

Demographic Results

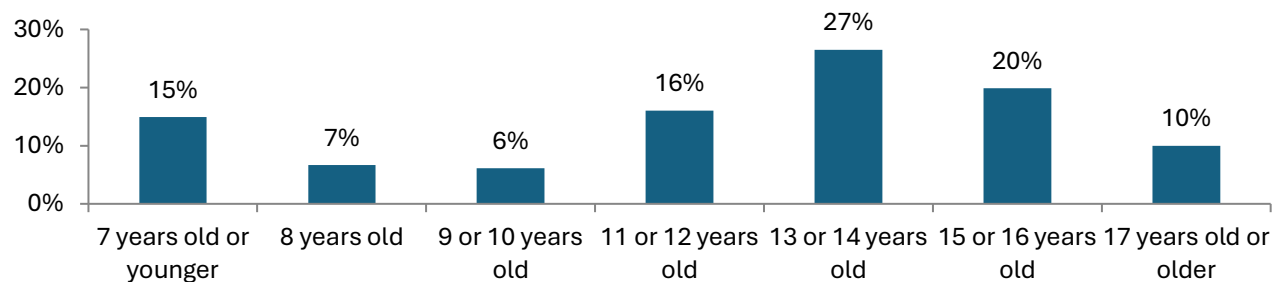
Sex: There was no significant difference between males and females in lifetime cigarette use, but males were significantly more likely to have smoked in the last 30 days.

Age: Seventeen-year-olds were significantly more likely, by a margin of 7–16%, to have ever smoked compared to all other age groups.

Key Observations

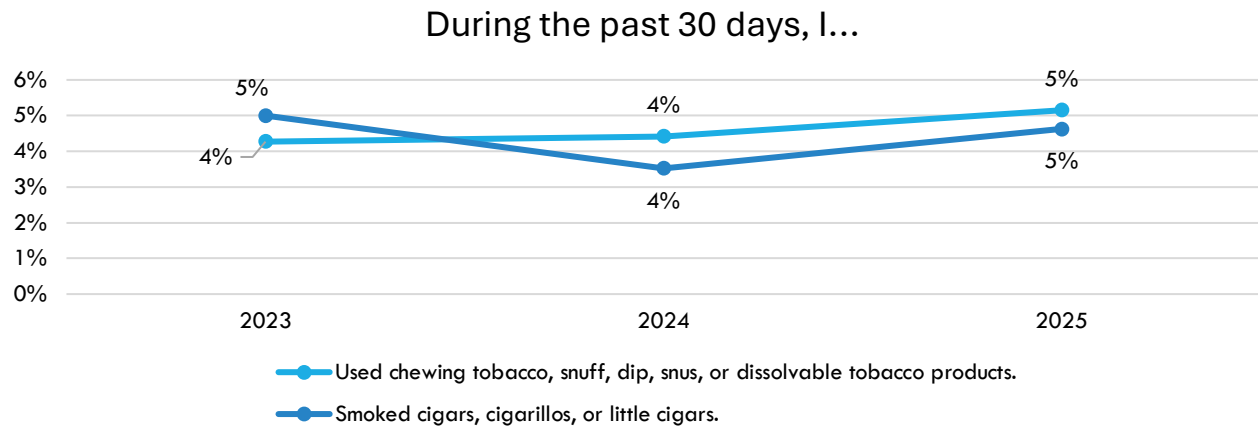
- The percentage of students who have ever smoked continues to decline by an average of 2.2% per year, reaching the lowest levels since 2023.
- Among those who ever smoked, 31% reported smoking in the last 30 days: 17% smoked only one cigarette or part of one, while 14% smoked multiple cigarettes.
- Of students who have ever smoked, many first experimented with cigarettes around ages 11–12, with initiation rates peaking at ages 13–14.

How old were you when you first tried cigarette smoking, even one or two puffs?



(N=181, Among those who have ever smoked)

Topic One: Substance Use – Tobacco



(N=1259)

Demographic Results

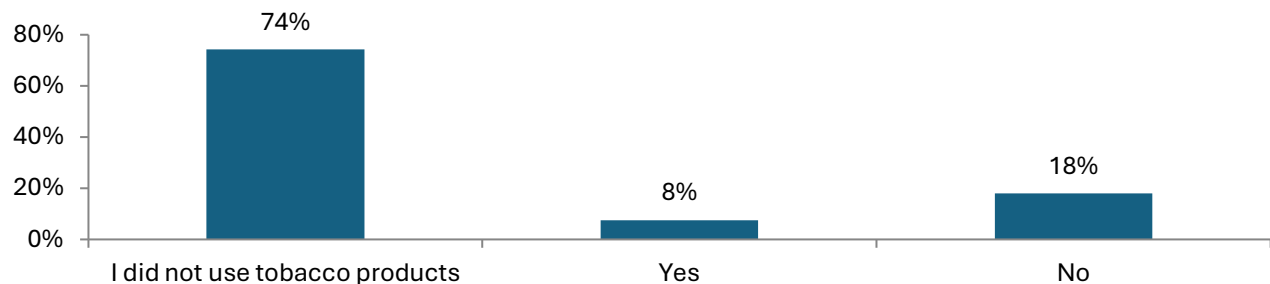
Sex: Males were significantly more likely than females, by an average margin of 5%, to have smoked cigars or used chewing tobacco in the past 30 days.

Age: Similar to cigarette use, chewing tobacco and cigar use increased steadily with age.

Key Observations

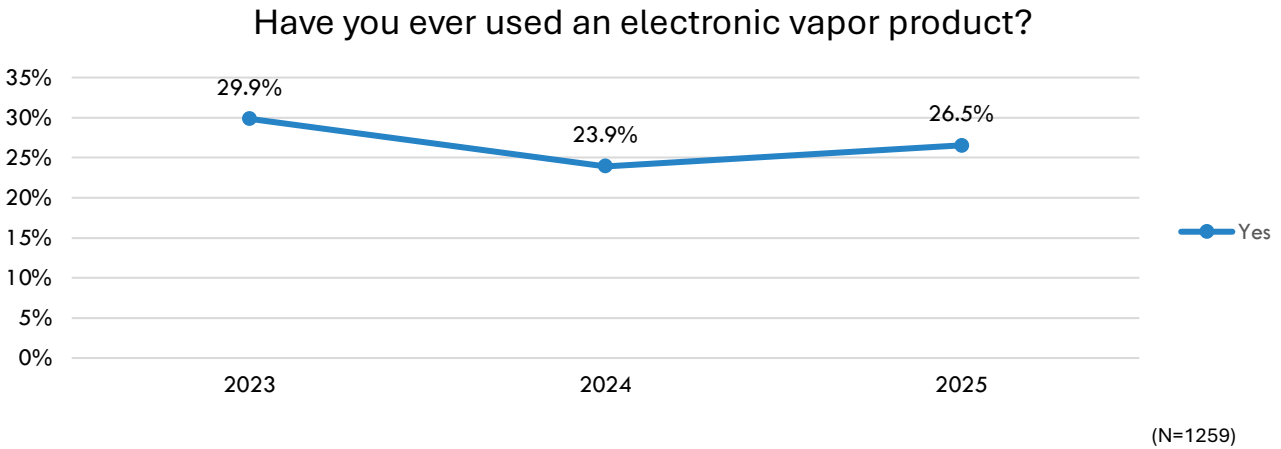
- The percentage of students who smoked a cigar or used chewing tobacco in the past 30 days increased by 1%, returning to or slightly exceeding 2023 levels.
- Among students who have ever used tobacco, nearly three-quarters (74%) had not used it in the past 12 months. Of those who had used it (26%), nearly one-third reported attempting to quit.

During the past 12 months, did you ever try to quit using all tobacco products?



(N=1261)

Topic One: Substance Use – Vaping



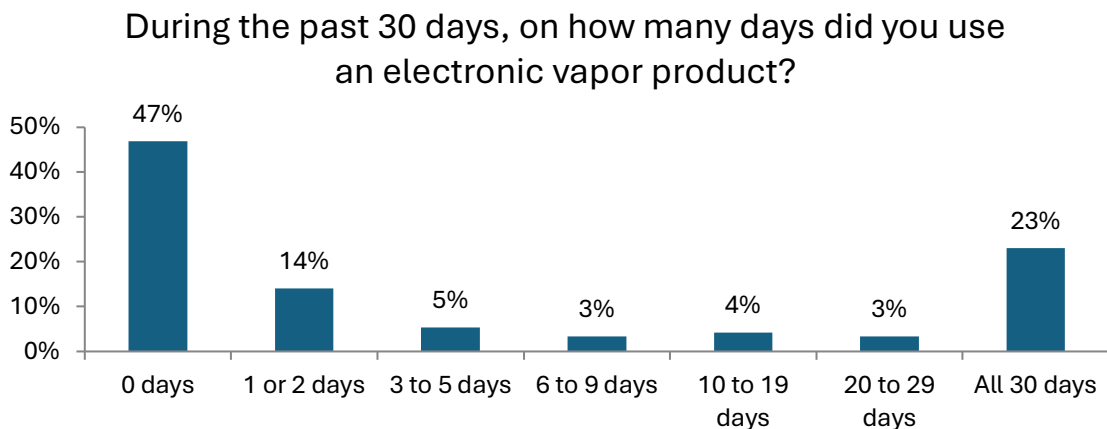
Demographic Results

Sex: Females were significantly more likely than males, by a margin of 10%, to have ever used an electronic vapor product.

Age: Historical use increased with age, peaking at 17, where 40% report having ever vaped.

Key Observations

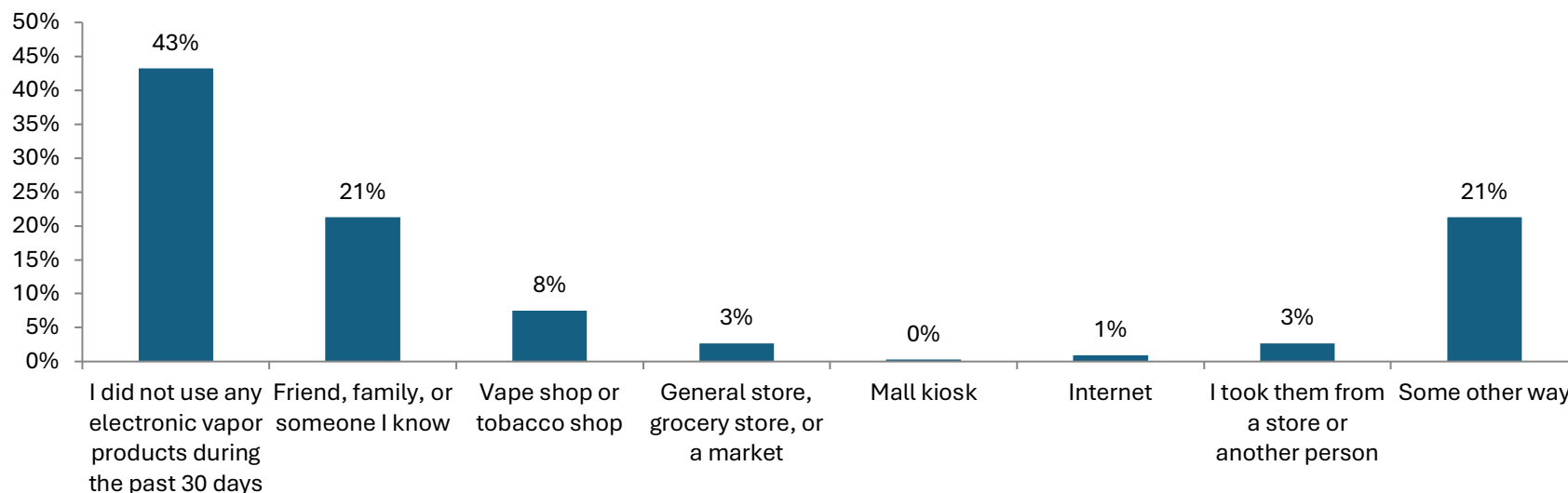
- Reports of ever vaping increased by 2.6% since 2024 but remain below 2023 levels.
- Among those who have ever vaped, just over half (53%) reported vaping in the last 30 days.
- Of current users, 23% reported vaping every day of the past month, while 14% reported use only once or twice.



(N=335, Among those who have ever vaped)

Topic One: Substance Use – Vaping

During the past 30 days, how did you usually get your electronic vapor products?



(N=333, Among those who have ever vaped)

Demographic Results

Sex: There were no significant differences between males and females in where products were obtained.

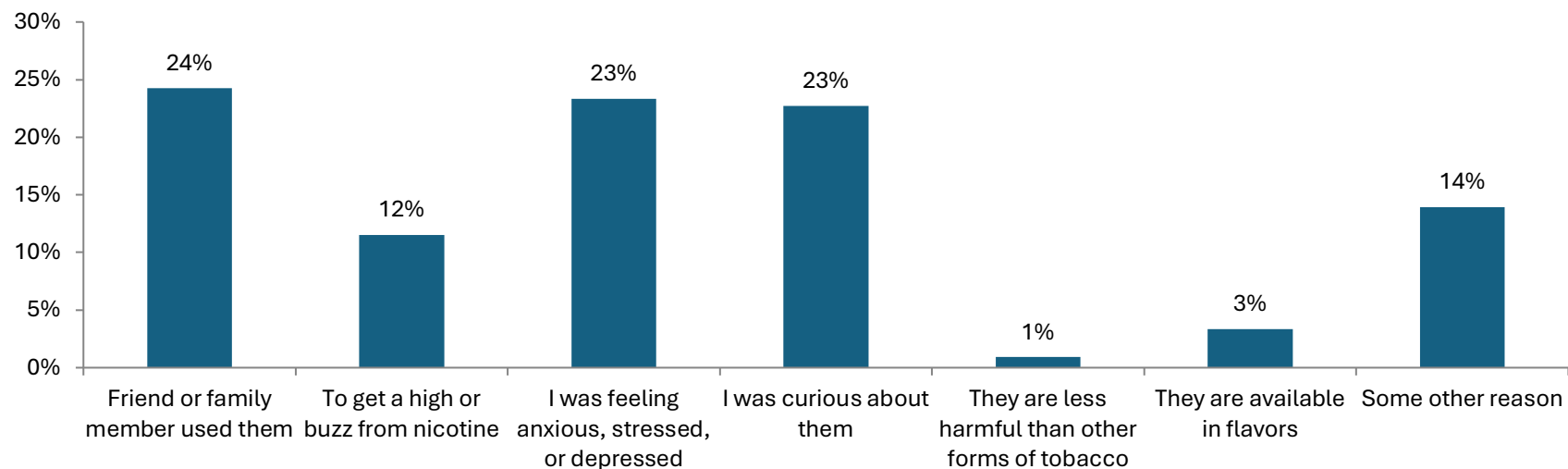
Age: There were no significant differences among age groups in sources of products.

Key Observations

- Among students who vaped in the past 30 days, 21% obtained products from family, friends, or acquaintances, while another 21% obtained it some other way.
- Only 11% were able to purchase vaping products in stores, despite being underage.

Topic One: Substance Use – Vaping

What is the main reason you have used electronic vapor products?



(N=330, Among those who have ever vaped)

Demographic Results

Sex: Females were significantly more likely than males to vape because a family member, friend, or acquaintance also vaped.

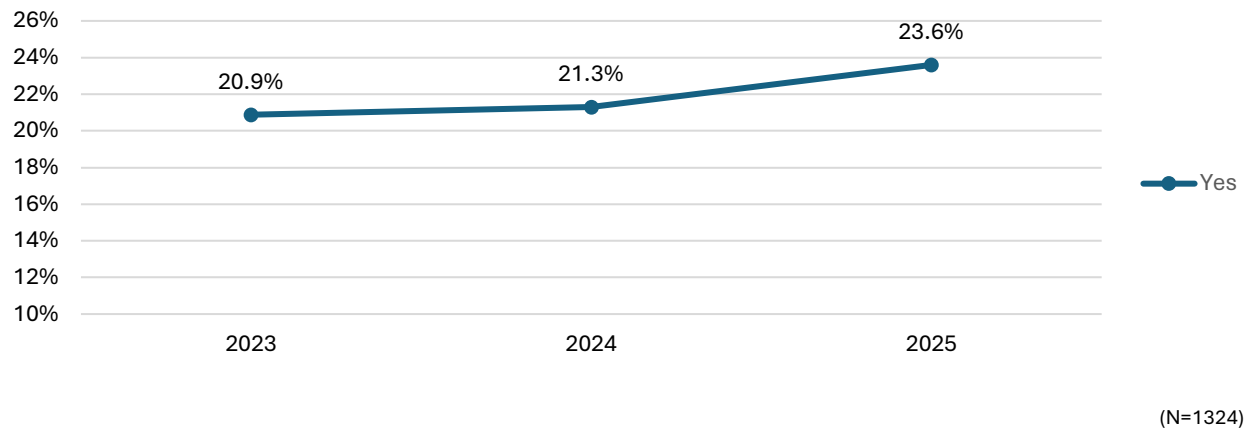
Age: There were no significant differences between age groups regarding reasons for vaping.

Key Observations

- Most students reported vaping because a family or friend used them, to cope with anxiety, stress, or depression, or out of curiosity.
- Compared to 2024, reasons for students vaping have remained stable overall, but curiosity as a motivation has declined.

Topic One: Substance Use – Marijuana

Have you ever tried marijuana?



Demographic Results

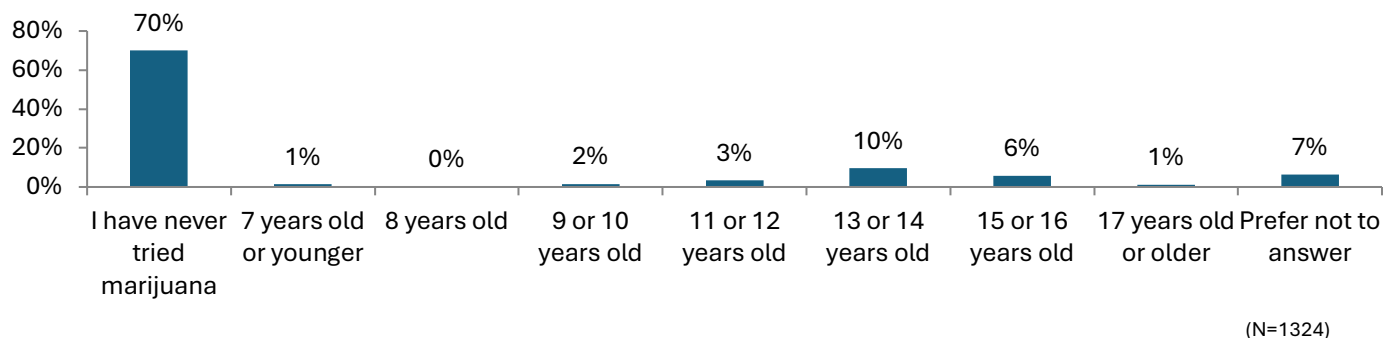
Sex: There was no significant difference between the percentage of males and females who reported ever using marijuana.

Age: In a similar trend to students who have ever consumed alcohol, the total percentage of students who have ever used marijuana increases steadily with age.

Key Observations

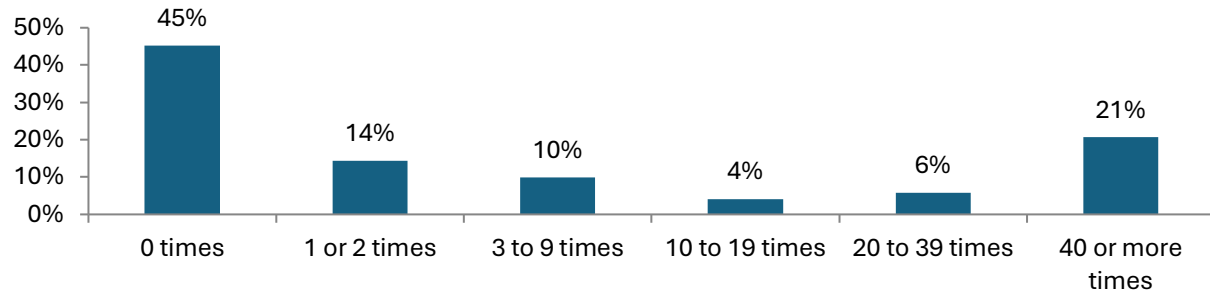
- The percentage of students who have tried marijuana continues to trend upward since 2023, with a 2.3% increase in the last year.
- Among those who have tried marijuana, most (9.7%) first tried marijuana at the age of 13 or 14 years old.

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



Topic One: Substance Use – Marijuana

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



(N=314, Among those who have ever used marijuana)

Demographic Results

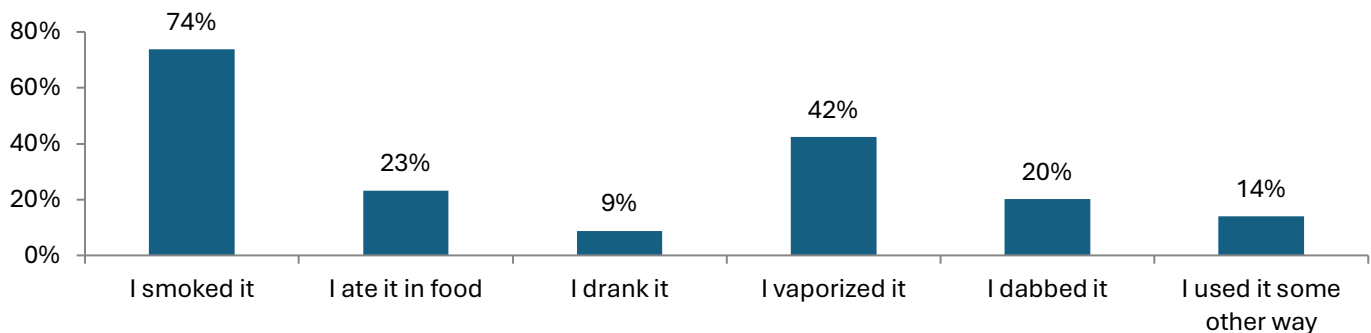
Sex: Males were 12% more likely than females to have used marijuana in the past 30 days.

Age: Among students who reported ever using marijuana, 13-year-olds were the most likely to report use in the past 30 days, though typically only once or twice. By contrast, 17-year-olds, or students in 12th grade, were the most likely to report habitual use.

Key Observations

- Among those who have smoked marijuana and did so in the last 30 days, most indicated that they were habitual users, with 21% using marijuana 40 or more times.
- Smoking continues to be the dominant method in which students use marijuana, with vaporizing it and eating it being the second and third most prevalent method respectively. The use of marijuana through vaporizing has decreased in popularity compared to 2023 and 2024.

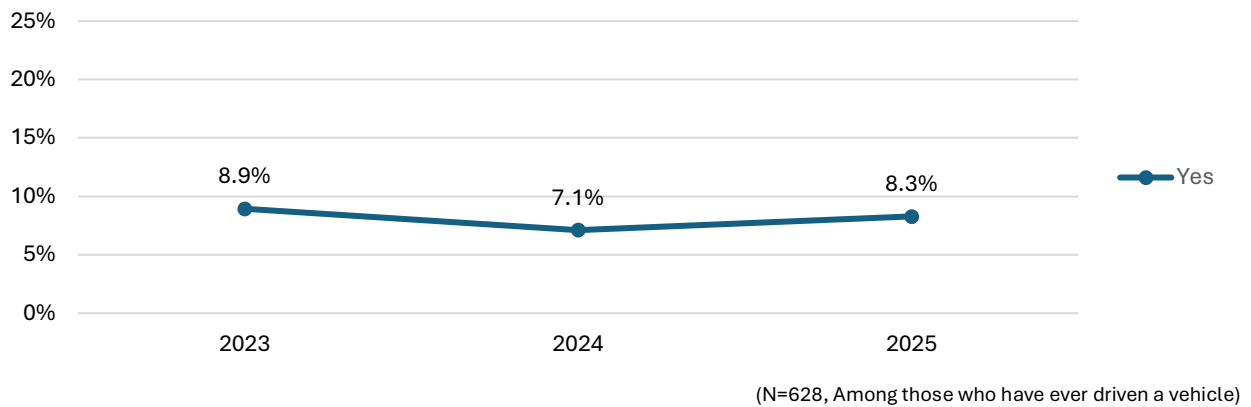
During the past 30 days, how did you usually use marijuana?



(N=229, Among those who have ever used marijuana and have smoked in the last 30 days)

Topic One: Substance Use – Marijuana

During the past 30 days, did you drive a car or other vehicle when you had been using marijuana?



Demographic Results

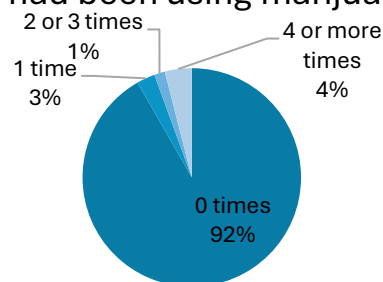
Sex: Males were 4% more likely than females to have driven a vehicle under the influence of marijuana in the past 30 days.

Age: Comparing responses from driving age (16+) students, 17-year-olds were most likely to have driven a vehicle under the influence of marijuana. However, this difference is likely because many 16-year-olds are unable to drive a vehicle without an accompanying licensed driver.

Key Observations

- The percentage of students who have driven a vehicle under the influence of marijuana has increased by 1.2% since 2024 but remain below figures seen in 2023.
- The majority of students who have driven under the influence of marijuana in the last 30 days have reported doing so four or more times in the last month.

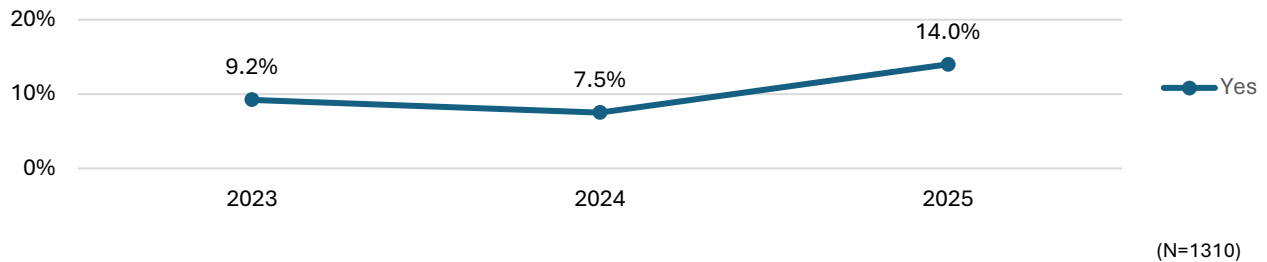
During the past 30 days, how many times did you drive a car or other vehicle when you had been using marijuana?



(N=628, Among those who have ever driven a vehicle)

Topic One: Substance Use – Prescription Drugs

Have you ever taken prescription pain medicine without a doctor's prescription or differently than how a doctor told you to use it?



Demographic Results

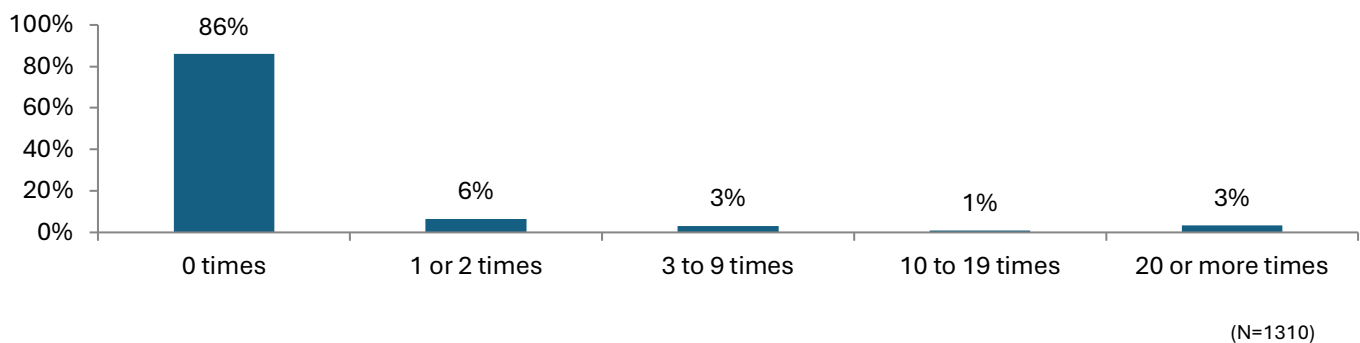
Sex: Males were 6% more likely than females to have ever taken prescription pain medication without a doctor's prescription or in a way other than prescribed, a statistically significant difference.

Age: Fourteen-year-olds reported the highest rate of non-prescribed pain medication use (15.6%) and were significantly more likely than other age groups to report using it only once or twice.

Key Observations

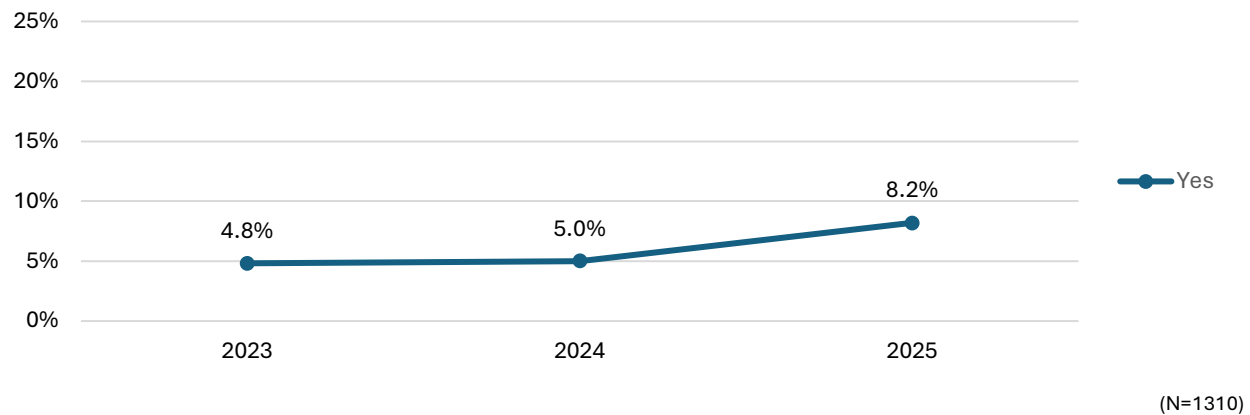
- The percentage of students who reported ever taking prescription pain medication without a prescription or differently than prescribed has increased significantly, nearly doubling since 2024.
- Among students who reported misuse, nearly half (6.5%) said they had done so only once or twice.

During your life, how many times have you taken prescription pain medicine without a doctor's prescription?



Topic One: Substance Use – Prescription Drugs

Have you ever taken prescription stimulants without a doctor's prescription?



Demographic Results

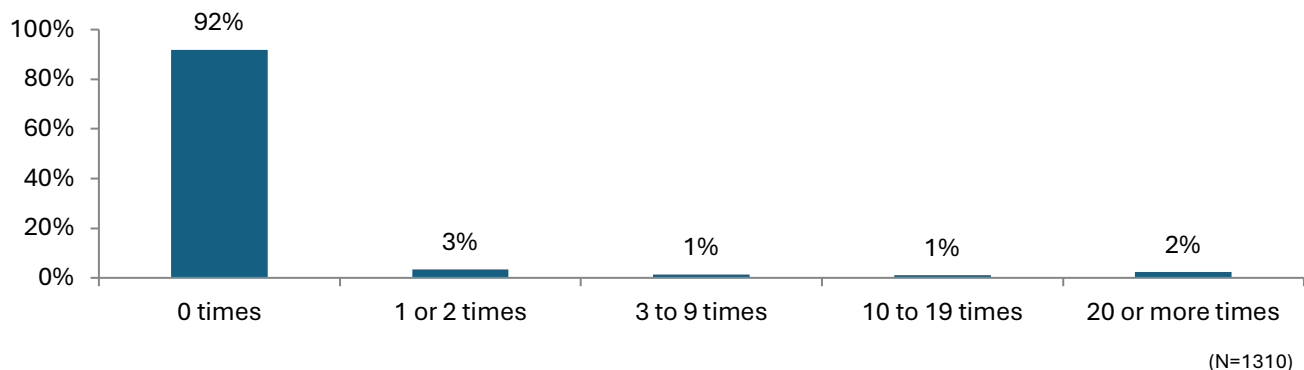
Sex: Males were 4% more likely than females to have ever taken a prescription stimulant without a prescription, a statistically significant difference.

Age: Sixteen-year-olds reported the highest rates of non-prescribed stimulant use (10.3%), while 15-year-olds were significantly less likely to report use (4.9%) compared to other age groups.

Key Observations

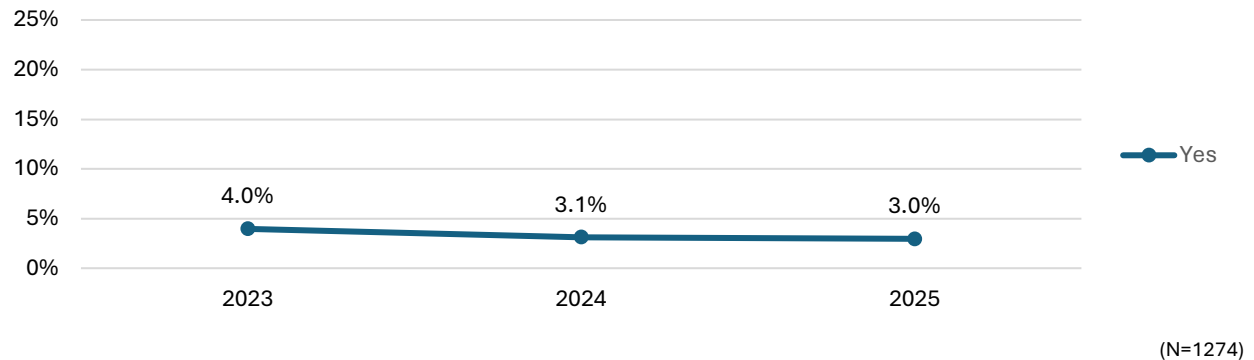
- The percentage of students who reported ever taking prescription stimulants without a prescription has risen since 2023, nearly doubling over the last two years.
- Among all students, 3.4% reported using prescription stimulants only once or twice, while 4.7% reported more frequent or habitual use.

During your life, how many times have you taken prescription stimulants without a doctor's prescription?



Topic One: Substance Use – Other Drug Trends

Have you ever used any of the following substances: cocaine, inhalants (glue, paint, or aerosol cans), heroin, methamphetamines, or ecstasy?



Demographic Results

Sex: Males were 3% more likely than females to report ever using substances such as heroin, cocaine, inhalants, meth, or ecstasy. However, due to the low number of students reporting use, statistical significance cannot be determined.

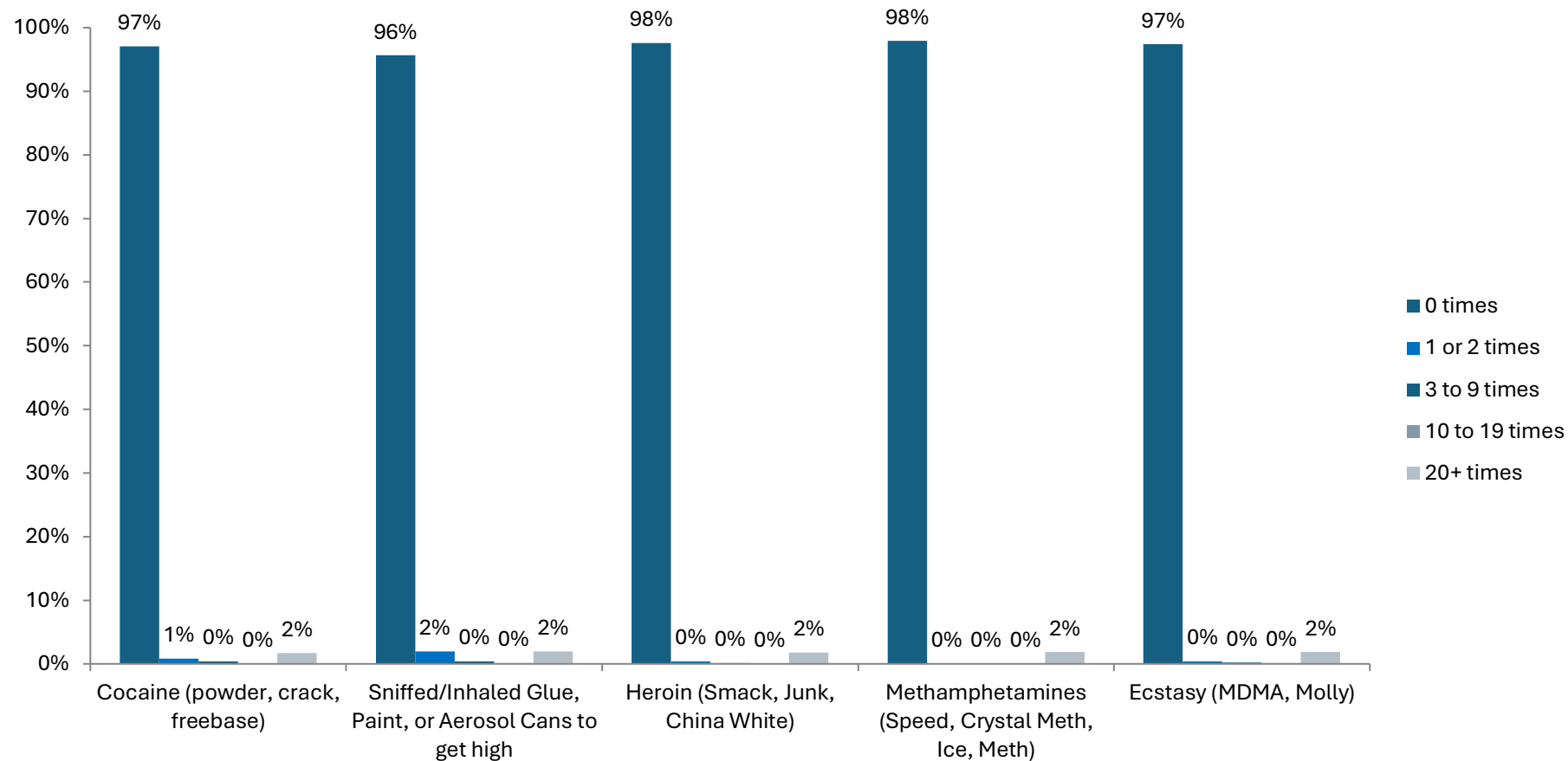
Age: Overall, rates of use for substances other than alcohol or marijuana were similar across age groups. Seventeen-year-olds were more likely than their peers to report having ever used cocaine or ecstasy.

Key Observations

- The percentage of students who reported using substances other than alcohol or marijuana decreased by a quarter since 2023.
- While none of the substances listed above indicate relatively high levels of use, the most common substances being use by students include inhalants (4.4%) and cocaine (3.9%).
- No significant differences were observed in frequency of use, though response bias may understate actual usage levels.
- A small proportion of students (2.3%) reported using a needle to inject illegal substances.

Topic One: Substance Use – Other Drug Trends

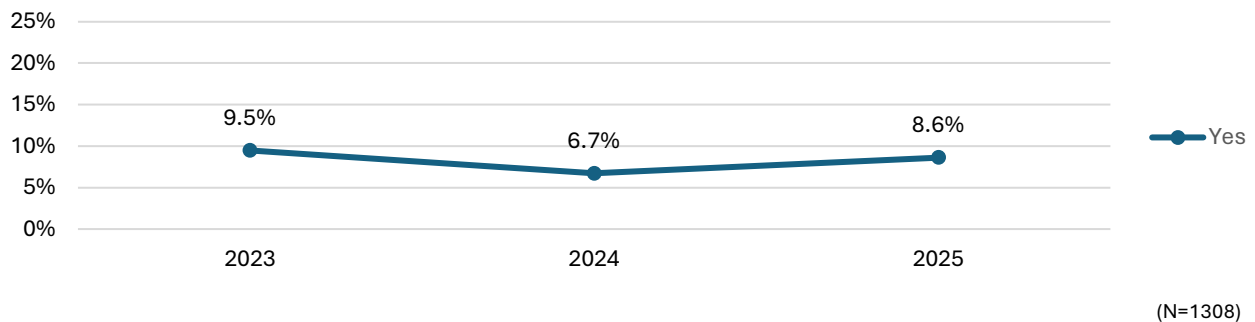
During your life, how many times have you used the following:



(N=1306)

Topic One: Substance Use – Other Drug Trends

During the past 12 months, did you attend school under the influence of alcohol or other illegal drugs?



Demographic Results

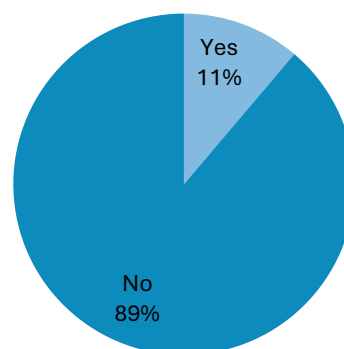
Sex: Males were 4% more likely than females to attend school under the influence of alcohol or other illegal drugs, a statistically significant difference.

Age: Seventeen-year-olds were significantly more likely than all other age groups to attend school under the influence, with rates averaging above 10% higher than other ages.

Key Observations

- The percentage of students attending school under the influence increased by 1.9% since 2024, though it remains lower than the rate reported in 2023.
- This rise correlates with increases in marijuana, alcohol, and prescription drug use among adolescents.
- 11% of students reported being offered an illegal drug on school property, a 2% increase from the previous year.

During the past 12 months, has anyone offered, sold, or given you an illegal drug on school property?



(N=1303)

Topic One: Substance Use – Major Takeaways

Alcohol

- Alcohol use has returned to 2023 levels after a decline in 2024.
- Nearly half of students who ever drank reported alcohol use in the past 30 days.
- Males are at significantly higher risk: 20% more likely to binge drink and nearly four times more likely to consume 10+ drinks in a sitting.
- Driving under the influence of alcohol increased, with most instances reported as four or more times in the past month.

Tobacco Products

- Cigarette use continues to decline by an average of 2.2% per year, reaching its lowest level since 2023.
- Early experimentation is common, with many students trying cigarettes at ages 11–12, peaking at 13–14 years old.
- Males are more likely than females to report recent use of cigars or chewing tobacco, by about 5%.
- Cigar and chewing tobacco use has increased by 1% since 2024, returning to 2023 levels.
- Among students who have ever used tobacco, 74% have not used it in the past year, and among recent users, nearly a third tried to quit.

Vaping Products

- Historical use of vaping products has increased by 2.6% since 2024, though still below 2023 levels.
- Females are significantly more likely than males to report ever vaping.
- Access is primarily through family, friends, or acquaintances (21%), with only 11% reporting store purchases.
- Main reasons for vaping:
 - Influence from peers or family.
 - Coping with stress, anxiety, or depression.
 - Curiosity, though this reason has declined compared to 2024.

Marijuana

- Lifetime marijuana use increased 2.3% from 2024.
- First use most commonly occurs at ages 13–14, with prevalence rising sharply by age.
- Males are 12% more likely than females to report past-30-day use.
- Frequent use is a concern: 1 in 5 past-month users reported use on 40+ occasions.

- Driving under the influence of marijuana increased slightly from 2024, though rates remain lower than in 2023.

Prescription Drugs

- Misuse of prescription medications nearly doubled from 2024 to 2025.
- Pain medication misuse was highest among 14-year-olds (15.6%).
- Stimulant misuse was highest among 16-year-olds (10.3%).
- Males report higher misuse rates than females, with concerning signs of repeated, habitual use.

Other Illicit Drugs

- Use of substances such as heroin, cocaine, inhalants, meth, and ecstasy decreased by a quarter since 2023.
- Inhalants (4.4%) and cocaine (3.9%) remain the most common substances used in this category.
- Seventeen-year-olds are the most likely to report cocaine and ecstasy use.
- 2.3% of students reported injecting illegal drugs.

School-Related Risk Behaviors

- Males are 4% more likely than females to attend school under the influence of alcohol or drugs.
- Seventeen-year-olds are most at risk, with more than 10% reporting intoxication at school.
- 11% of students reported being offered an illegal drug on school property, a 2% increase from 2024.

Topic Two: Sexual Health and Safety - Overview

Sexual health and safety among students reflects both positive shifts and emerging risks. Overall, 2% more males than females reported ever having had sexual intercourse, though this difference was not statistically significant. The likelihood of sexual activity increases steadily with age, with the largest jump occurring between ages 14 and 15. Since 2024, the percentage of students who have had sexual intercourse has risen by 2.2%, though it remains more than one point lower than 2023 levels. Among students who reported sexual activity, 42% had done so with one partner, one-third with two to three partners, and one-quarter with four or more. More than three-quarters (76%) of these students said they were sexually active in the past three months.

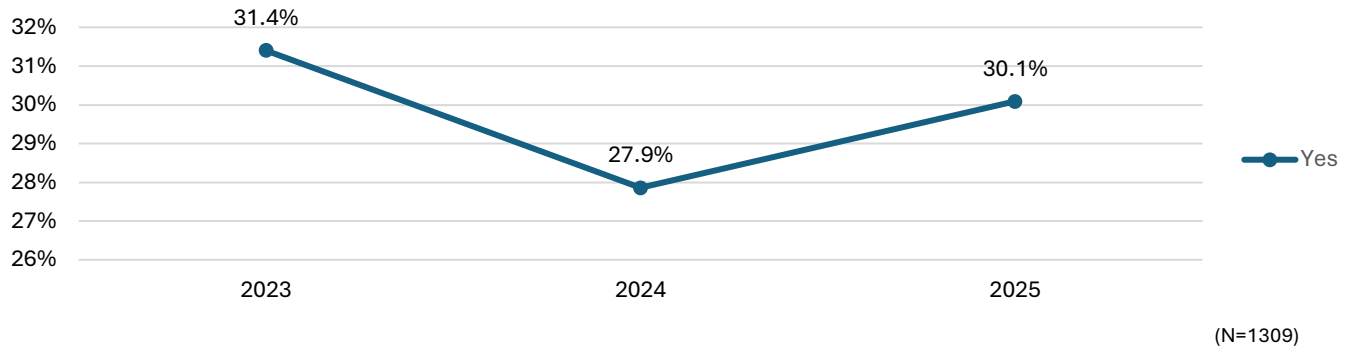
Contraceptive use shows concerning trends. Overall, condom use has declined steadily since 2023, dropping by roughly 3% per year. While condoms remain the most frequently reported method of contraception, they are followed by birth control and then withdrawal or other methods. Nearly one-quarter (24%) of sexually active students reported that no method was used, or that they were unsure whether one was used, though changes in the survey instrument prevented this measure from being compared across years. Risk factors also intensified: more than one in five (21%) students reported being under the influence of alcohol or drugs before intercourse, a 5% increase from 2024, heightening the likelihood of unsafe sexual behavior.

Experiences of sexual violence highlight serious concerns, particularly for female students. Females were more than 21% more likely than males to report at least one non-consensual sexual encounter, with many males expressing uncertainty in interpreting the question, suggesting that the definition of consent may be unclear for some. Encouragingly, among students who have ever had sex, the percentage reporting that all encounters were consensual has grown steadily since 2023, rising by an average of 3.1% per year. However, a separate question asked of all students revealed troubling increases in unwanted sexual advances outside of intercourse, more than one in five (22%) reported such an experience, representing a 5% increase since the prior year.

Together, these results show steady rates of sexual activity alongside declining condom use, increasing impairment-related risks, and persistent concerns with consent and unwanted advances. While trends toward more consistent consent within sexual relationships are encouraging, the overall picture underscores growing vulnerabilities in adolescent sexual health and safety.

Topic Two: Sexual Health and Safety – Sexual Activity Patterns

Have you ever had sexual intercourse?



Demographic Results

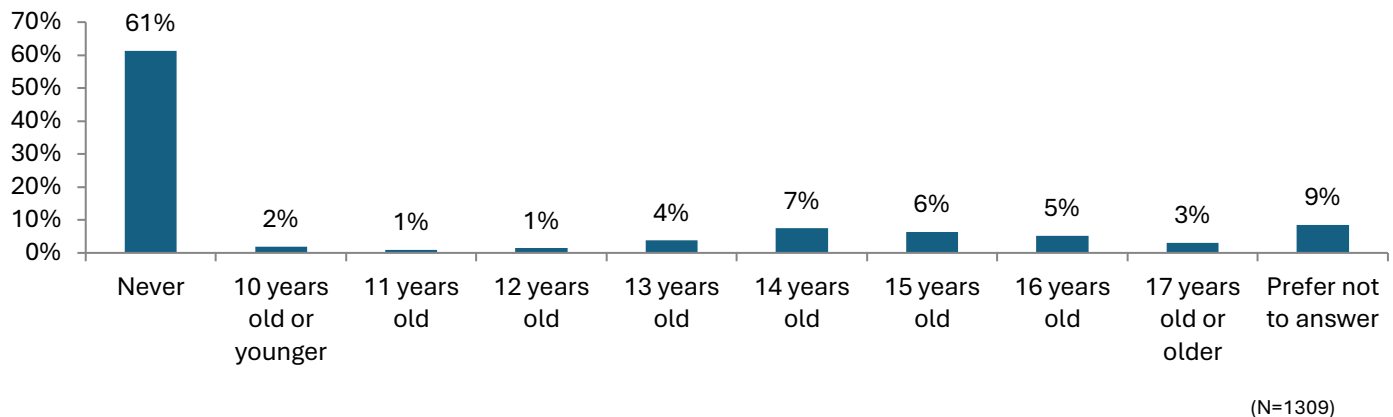
Sex: Two percent more males than females reported ever having had sexual intercourse; however, this difference was not statistically significant.

Age: The percentage of adolescents who have ever had sexual intercourse increases steadily with age, with the largest jumps occurring between ages 14 and 15.

Key Observations

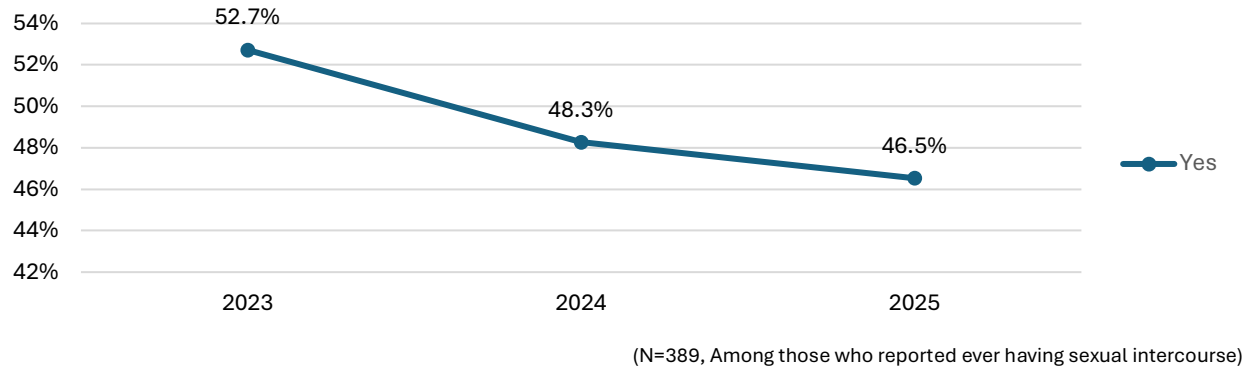
- The percentage of students who have had sexual intercourse has increased by 2.2% since 2024 but remains more than one percentage point below 2023 levels.
- Among students who had sexual intercourse, 42% said they had done so with one person, one-third with two to three people, and one-quarter with four or more people.
- Of those who have had sexual intercourse, more than three-quarters (76%) reported being sexually active in the past three months.

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



Topic Two: Sexual Health and Safety – Risky Sexual Behaviors

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



Demographic Results

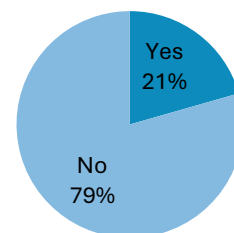
Sex: A notable disconnect exists between the percentage of females who reported that their partner used a condom and the percentage of males who reported using one during their last sexual intercourse, with females 7% more likely to report condom use.

Age: There were no significant differences by age in condom use during the last sexual intercourse.

Key Observations

- Condom use during sexual intercourse has declined significantly since 2023, with an average decrease of 3% per year.
- Despite this decline, condoms remain the most commonly used form of contraception among students, followed by birth control and then withdrawal or other methods.
- Nearly one-quarter (24%) of students who have ever had sexual intercourse reported that no method was used, or that they were unsure whether a method had been used.
- More than one in five students (21%) who have ever had sexual intercourse reported being under the influence of alcohol or drugs beforehand, a 5% increase since 2024, increasing the likelihood of engaging in risky sexual behaviors.

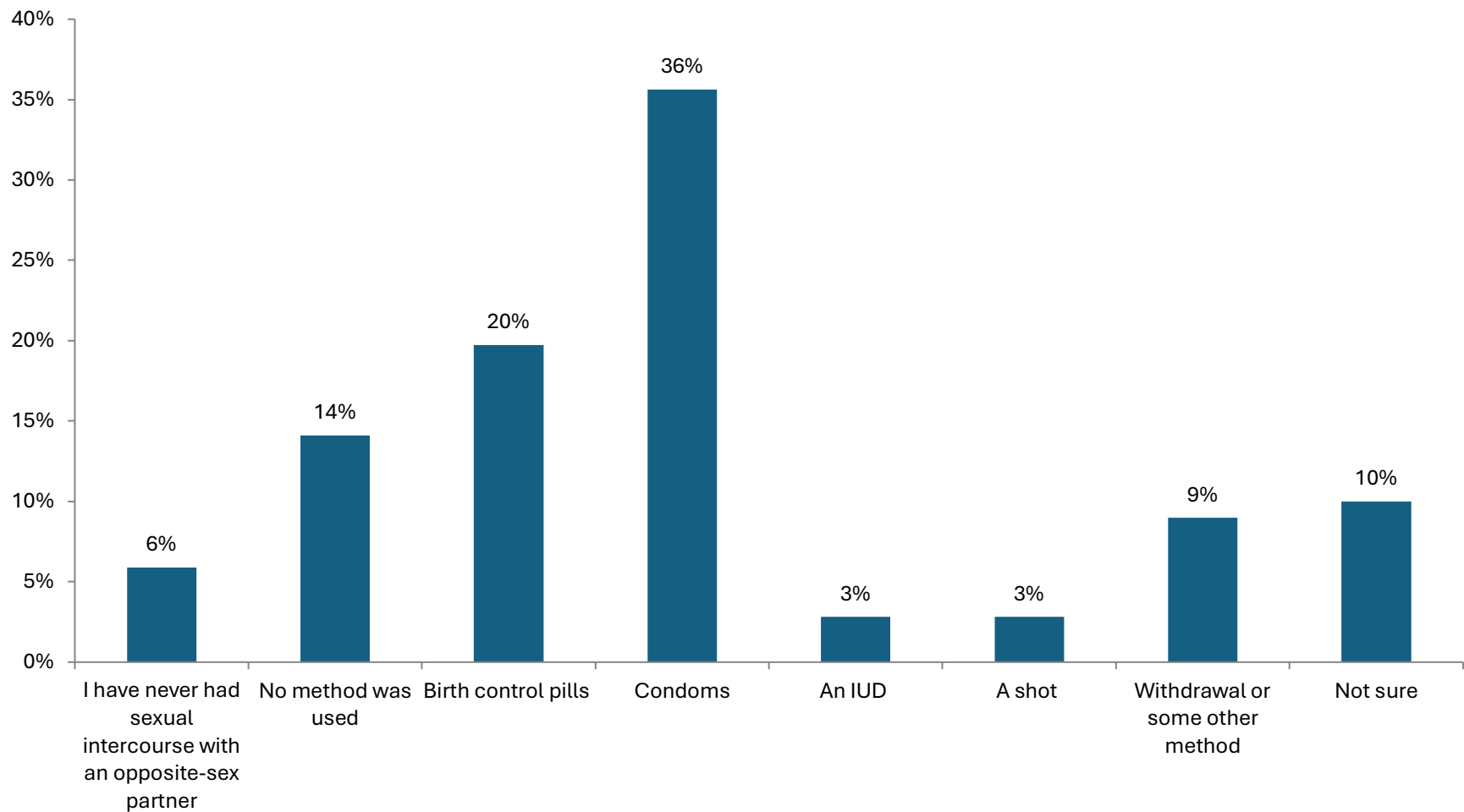
Did you drink alcohol or use drugs before you had sexual intercourse the last time?



(N=389, Among those who reported ever having sexual intercourse)

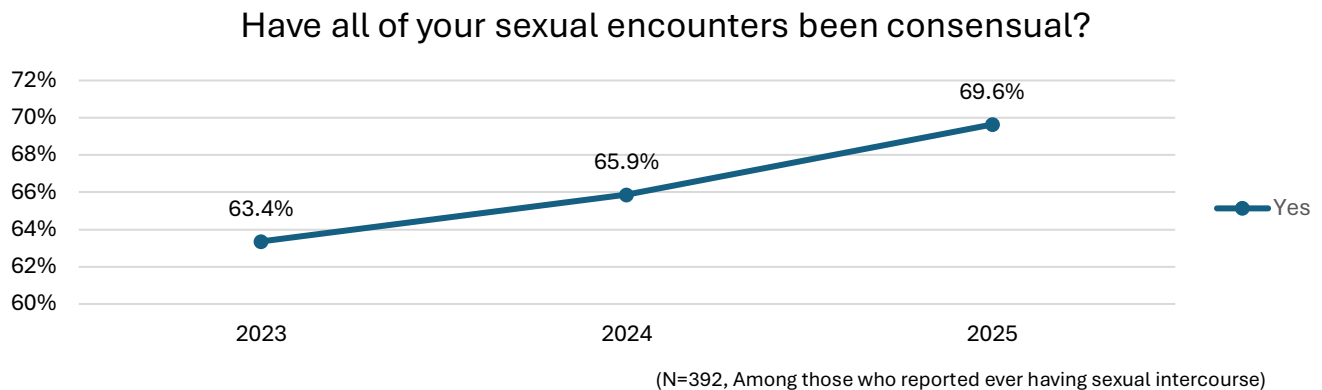
Topic Two: Sexual Health and Safety – Risky Sexual Behaviors

The last time you had sexual intercourse with an opposite-sex partner, what one method did you or your partner use to prevent pregnancy?



(N=390, Among those who reported ever having sexual intercourse)

Topic Two: Sexual Health and Safety – Sexual Violence



Demographic Results

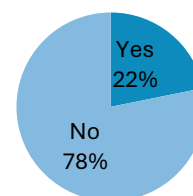
Sex: Female students were significantly more likely than males, by a margin of more than 21%, to report experiencing at least one non-consensual sexual encounter. Notably, a significant number of male students indicated they were unsure how to interpret this question.

Age: Fourteen-year-olds were the most likely to report experiencing at least one non-consensual sexual encounter. However, due to the relatively small sample size for this age group, the difference was not statistically significant compared to other age groups.

Key Observations

- Among students who have ever had sex, the percentage reporting that all of their sexual encounters were consensual has steadily increased since 2023, rising by an average of 3.1% per year.
- A separate survey question asked all students, regardless of whether they had ever had sexual intercourse, about unwanted sexual experiences. More than one in five (22%) reported that someone had engaged in sexual activity with them that they did not want, representing a 5% increase from the previous year. This indicates that while consent during intercourse has improved, unwanted sexual advances outside of intercourse have become more common.

Has anyone ever done sexual things to you that you did not want?



(N=1283)

Topic Two: Sexual Health and Safety – Major Takeaways

Sexual Activity Patterns

- Sexual activity among students is increasing modestly, with 2.2% more reporting intercourse since 2024, though rates remain lower than in 2023.
- By age, sexual initiation rises steadily, with the largest jumps occurring between 14 and 15 years old.
- Among sexually active students, 42% reported only one partner, one-third reported 2–3 partners, and one-quarter reported four or more.
- More than three-quarters (76%) of sexually active students reported intercourse in the past three months, suggesting ongoing activity once initiated.

Risky Sexual Behavior

- Condom use has declined significantly since 2023, falling about 3% per year, despite condoms remaining the most common contraceptive method.
- Nearly one-quarter (24%) of students who have had intercourse reported that no method was used, or that they were unsure whether one was used.
- Over one in five (21%) students reported being under the influence of alcohol or drugs before intercourse, a 5% increase from 2024, heightening risk.
- Females were 7% more likely than males to report condom use at last intercourse, showing a perception gap between partners.

Sexual Violence

- Female students were over 21% more likely than males to report at least one non-consensual sexual encounter.
- Among those who have had sex, reports of all encounters being consensual have risen steadily since 2023, by about 3.1% per year.
- A separate question revealed that 22% of all students, regardless of sexual history, reported unwanted sexual experiences, a 5% increase from the prior year.

Topic Three: Youth Violence and Bullying – Overview

Findings from the most recent YRBS highlight ongoing challenges related to student safety, bullying, and exposure to violence in school, relationships, and the broader community. Several concerning patterns have emerged, including increases in reported bullying, relationship violence, and feelings of being unsafe at school, even as some indicators of physical violence remain stable or have declined compared to prior years.

Bullying continues to affect a significant portion of students. Female students were more than 12% more likely than males to report being victims, though both sexes reported similar likelihoods of engaging in bullying behaviors. While age differences were not statistically significant, younger students were generally more vulnerable to bullying, whereas 16–17-year-olds were more likely to report bullying others. Overall, the percentage of students reporting being bullied has increased significantly since 2024, surpassing 2023 levels. Reflecting this trend, the share of students who admitted to bullying others also rose, increasing by 3% to reach 15% in 2025. Closely related to bullying are identity-based experiences of harassment: 15.5% of students reported being treated unfairly due to their race, ethnicity, or cultural practices, and 15.1% due to sexual orientation or gender identity. Encouragingly, both of these measures declined slightly from 2024 but remain a persistent concern for student well-being.

Perceptions of safety at school have worsened. Although there are no significant differences by sex or age, the percentage of students who reported feeling unsafe at school or while traveling to and from and while at school rose by 3.6% since 2024. Most students who felt unsafe indicated that this occurred on only one to three days in the past month, suggesting that the issue may be episodic for many, though still impactful.

In terms of physical violence, males were significantly more likely than females to report being in a physical fight in the past 12 months, by a margin of 10%. Despite this disparity, the overall percentage of students involved in physical fights decreased between 2023 and 2024 (down 2.5%) and remained steady into 2025. Among the 15.9% of students who reported fighting, most had been involved only once or a few times, with just 3% reporting more than five incidents. Fights on school property were less common, with 8% of students reporting this, a rate consistent with the previous year.

Weapons on school property remain a concern, though overall levels are relatively low. Males were 5% more likely than females to report carrying a weapon at school in the past 30 days or a gun in the past year. While 3.8% of students said they had brought a weapon to school, about half of those reported doing so on six or more days in the past month, though

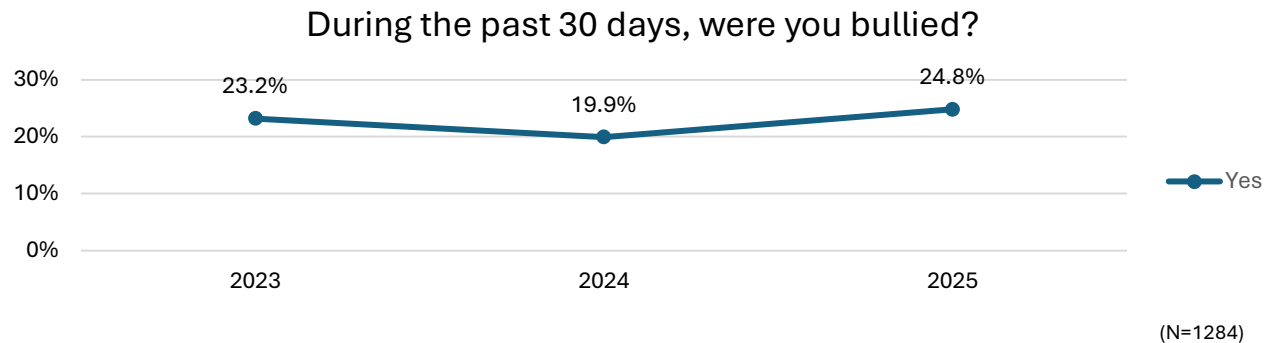
the small sample size prevents statistical conclusions. Overall, the percentage of students bringing weapons to school increased slightly from 2024 but remains lower than 2023. Four percent reported carrying a gun for non-sport reasons, consistent with prior years.

Community-level violence also impacts students. The percentage of students who reported witnessing physical violence in their neighborhood, including violence involving deadly weapons, rose by 2.2% since 2024 but remains below 2023 levels. Importantly, while the number of students carrying weapons to school has increased slightly, reports of being the victim of weapon-involved violence decreased by 1.6%.

Finally, relationship violence shows some of the most troubling shifts in recent years. Female students were significantly more likely than males to report experiencing emotional abuse (14% higher) and sexual abuse (12% higher) from someone they dated in the past 12 months. Seventeen-year-olds were the most likely age group to report sexual abuse. Across all categories, emotional, sexual, and physical abuse, the rates of relationship violence have increased significantly, now exceeding any levels reported since 2023. Among students who reported abuse, recurring experiences were common: 38% of emotionally abused students, 24% of sexually abused students, and 27% of physically abused students said the abuse occurred six or more times in the past year, although most victims in each category reported experiencing abuse only once or twice.

Taken together, these findings point to a complex safety landscape for students. While some indicators of physical violence, such as fighting and victimization by weapons, have stabilized or declined, bullying, relationship violence, and perceptions of being unsafe at school have intensified.

Topic Three: Youth Violence and Bullying – Bullying



Demographic Results

Sex: Female students were significantly more likely than males to be victims of bullying, with a difference of more than 12%. There were no significant differences between males and females in the likelihood of reporting bullying others.

Age: While there were no statistically significant differences in bullying victimization by age group, younger students are generally more likely to be bullied. In contrast, students aged 16–17 are typically the most likely to engage in bullying behavior.

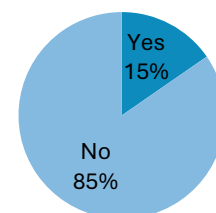
Key Observations

- The percentage of students who reported being bullied has increased significantly by nearly 5% since 2024, surpassing levels last seen in 2023.
- In line with this trend, the percentage of students who reported bullying others also rose, increasing by 3% to reach 15% in 2025.
- While there is no single factor that determines whether a student will experience bullying, some students reported being treated badly or unfairly at school for reasons related to their identity. For the purposes of this report, these experiences are included alongside bullying measures, as they represent closely related forms of harassment that impact student safety and well-being.

Reported reasons include:

- Race, Ethnicity, or Cultural Practices (15.5%) – 4.0% decreased since 2024
- Sexual Orientation or Gender Identity (15.1%) – 1.7% decrease since 2024

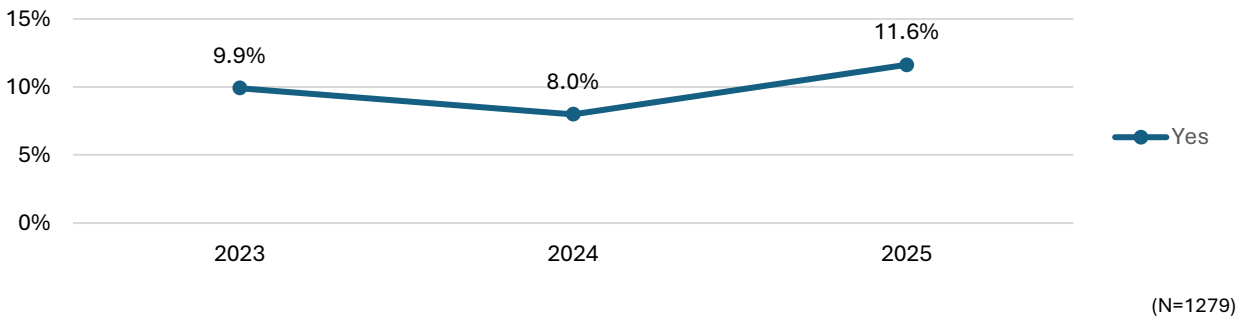
During the past 30 days, did you bully someone?



(N=1282)

Topic Three: Youth Violence and Bullying – Perception of Safety

In the past 30 days, did you not go to school because you felt you would be unsafe at school or on your way to or from school?



Demographic Results

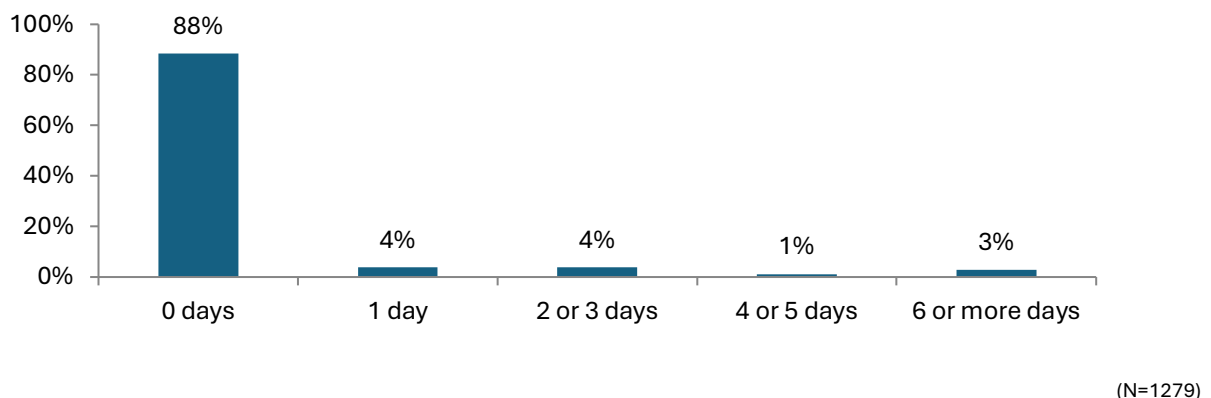
Sex: There were no significant difference between males and females in their perception of safety at or traveling to school.

Age: There were no significant differences in perceived safety at or traveling to school among different age groups.

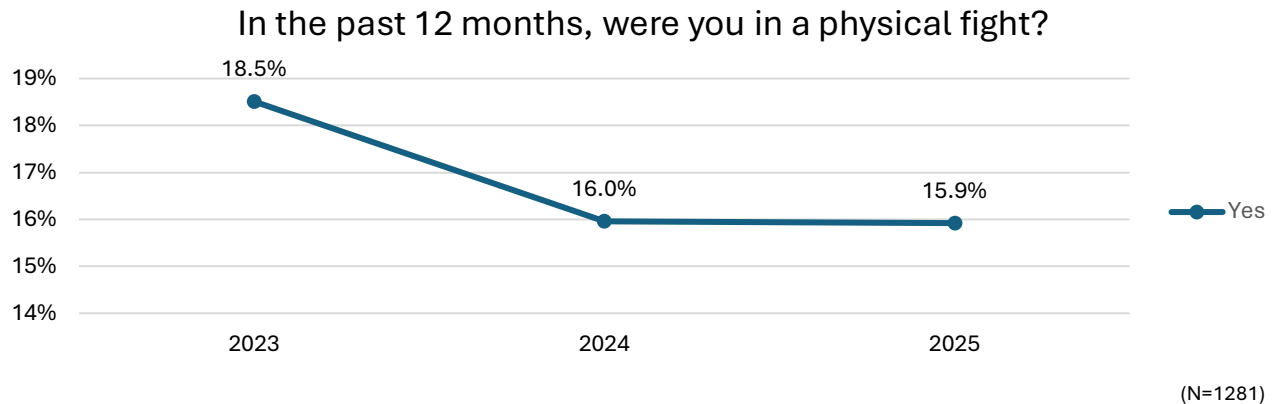
Key Observations

- The percentage of students who reported feeling unsafe at school or while traveling to and from school increased significantly, rising by 3.6% since 2024.
- Among students who reported feeling unsafe in the past 30 days, most indicated that this occurred on only 1–3 days.

During the past 30 days, on how many days did you not go to school because you felt you would be unsafe at or going to school?



Topic Three: Youth Violence and Bullying – Physical Violence



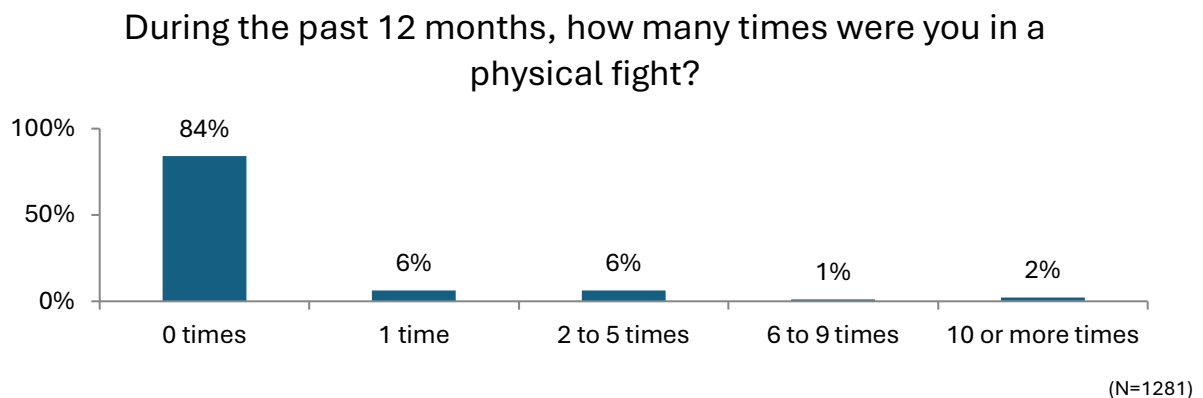
Demographic Results

Sex: Males were significantly more likely than females to have engaged in a physical fight in the past 12 months, by a margin of 10%.

Age: There were no significant differences across age groups in the percentage of students who reported being in a physical fight in the past 12 months.

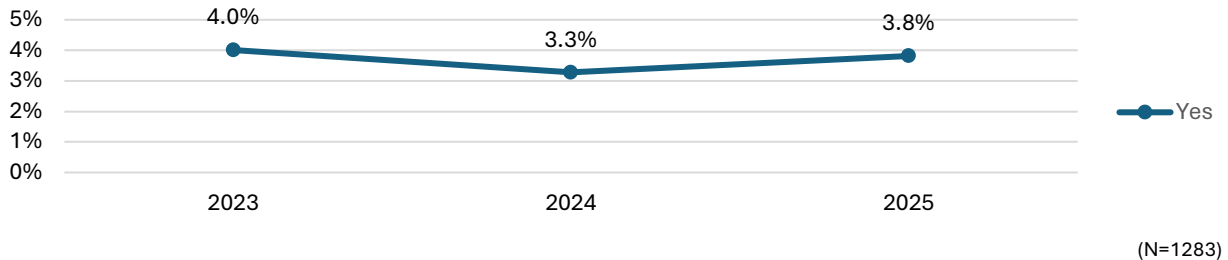
Key Observations

- The percentage of students involved in a physical fight decreased significantly between 2023 and 2024 (down 2.5%) and remained stable in 2025.
- Among students who reported being in a fight in the past 12 months (15.9%), 6% were in a fight only once, another 6% were in two to five fights, and 3% were in more than five fights.
- While 15.9% of students reported being in a fight in the past 12 months, only 8% reported that the fight occurred on school property, consistent with 2024 levels.



Topic Three: Youth Violence and Bullying – Physical Violence

In the past 30 days, did you carry a weapon such as a gun, knife, or club on school property?



Demographic Results

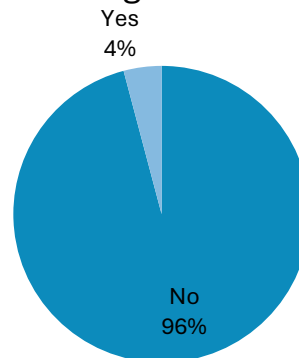
Sex: Males were significantly more likely than females to have carried a weapon on school property in the past 30 days, as well as to have carried a gun in the past 12 months, by a margin of 5%.

Age: There was no significant difference across age groups in the percentage of students who reported bringing a weapon onto school property in the past 30 days.

Key Observations

- The percentage of students who reported carrying a weapon on school property increased by 0.5% compared to 2024, though this figure remains below the level reported in 2023.
- Among students who carried a weapon on school property in the last 30 days (3.8%), about half (1.9%) reported doing so on six or more days. However, the sample size for this subgroup is too small to determine statistical significance.
- Four percent of students reported carrying a gun in the past 12 months for reasons other than sport, consistent with 2024 results.

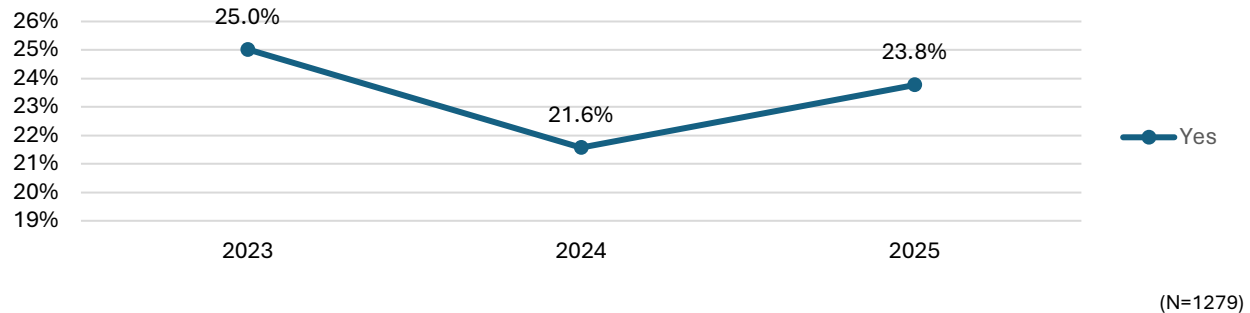
During the past 12 months, did you carry a gun?



(N=1282)

Topic Three: Youth Violence and Bullying – Physical Violence

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



Demographic Results

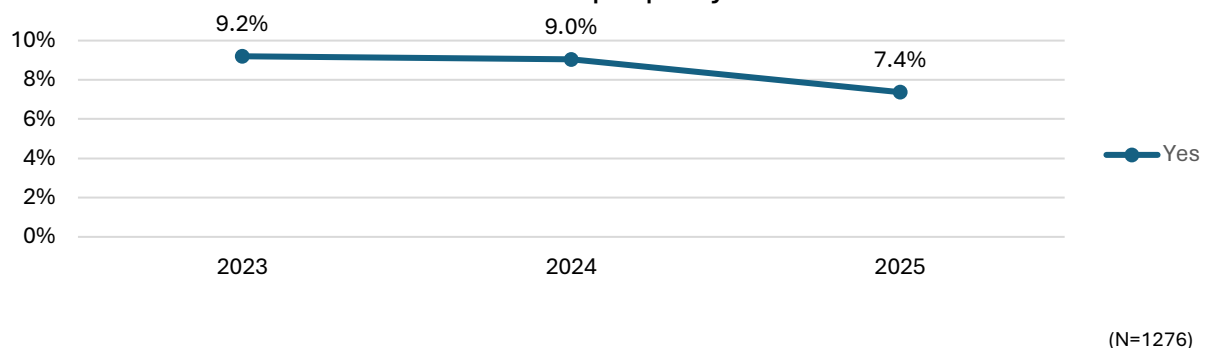
Sex: There was no significant difference between males and females in the percentage who have ever witnessed acts of violence in their neighborhood.

Age: There was no significant difference across age groups in the percentage of students who have ever witnessed neighborhood violence.

Key Observations

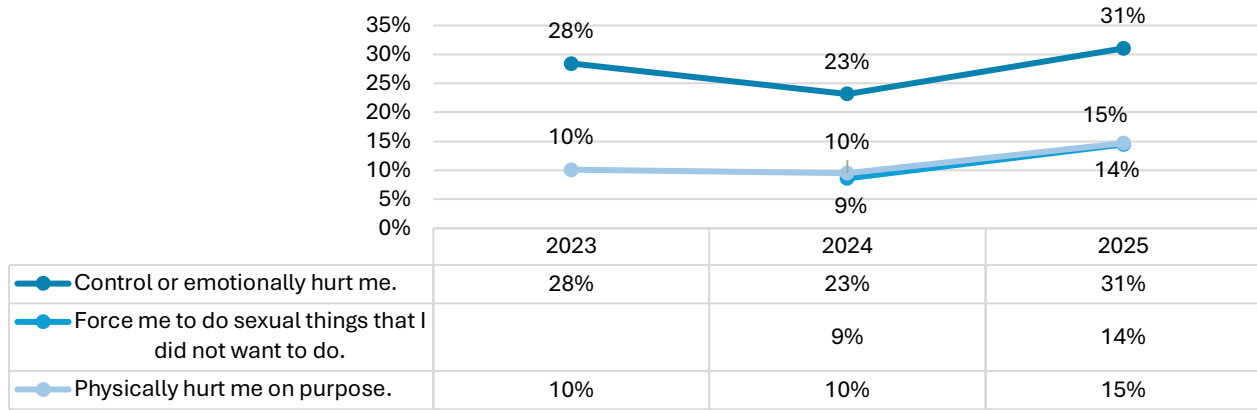
- The percentage of students who have witnessed physical violence, including violence involving a deadly weapon, in their neighborhood has increased by 2.2% since 2024. However, this rate remains lower than the levels reported in 2023.
- While there has been a slight increase in the number of students carrying weapons onto school property, the percentage of students reporting that they have been victims of weapon-involved violence has decreased by 1.6%.

During the past 12 months, has someone threatened or injured you with a weapon such as a gun, knife, or club on school property?



Topic Three: Youth Violence and Bullying – Relationship Violence

During the past 12 months, someone I was dating or going out with purposely tried to...



(N=780, Among those who ever dated)

Demographic Results

Sex: Female students were significantly more likely than males to report emotional abuse (14% higher) and sexual abuse (12% higher) in the past 12 months by someone they dated.

Age: Seventeen-year-olds were significantly more likely to report sexual abuse by someone they dated compared to all other age groups.

Key Observations

- All measures of relationship violence recorded by the YRBS indicate significant increases in emotional, sexual, and physical abuse, with current rates exceeding any levels reported since 2023.
- More than one-third (38%) of students who reported emotional abuse indicated that it occurred six or more times in the past 12 months.
- Among students who reported sexual abuse, 24% indicated it occurred six or more times in the past 12 months. Similarly, 27% of students who reported physical abuse indicated it happened six or more times, although in each category, most reported being abused only once or twice.

Topic Three: Youth Violence and Bullying – Major Takeaways

Bullying

- Female students were over 12% more likely than males to report being bullied.
- There were no significant sex differences in reporting bullying others.
- Younger students are more likely to be bullied, while 16–17-year-olds are the most likely to bully others.
- Bullying victimization has increased significantly since 2024, surpassing 2023 levels.
- Reports of bullying others also rose, increasing by 3% to 15% in 2025.

Perception of Safety

- There were no significant sex or age differences in perceived safety at or traveling to school.
- The percentage of students who felt unsafe at or traveling to/from school increased by 3.6% since 2024.
- Most students who felt unsafe experienced it on only 1–3 days in the past 30 days.

Physical Violence

- Males were 10% more likely than females to report being in a physical fight in the past year.
- Overall fighting decreased by 2.5% between 2023 and 2024 and remained steady in 2025.
- 8% reported fighting on school property, consistent with 2024.
- 3.8% reported carrying a weapon at school in the past 30 days, about half of whom did so six or more times.
- Males were 5% more likely than females to report carrying a weapon at school or a gun in the past year.
- 4% carried a gun for non-sport reasons, consistent with 2024.
- Witnessing neighborhood violence rose by 2.2% since 2024, though still below 2023 levels.

- Reports of being a victim of weapon-involved violence decreased by 1.6%.

Relationship Violence

- Female students were 14% more likely to report emotional abuse and 12% more likely to report sexual abuse by someone they dated.
- Seventeen-year-olds were most likely to report sexual abuse.
- All forms of relationship violence (emotional, sexual, physical) have increased significantly, now at their highest levels since 2023.
- Abuse is often recurring:
 - 38% of emotional abuse victims experienced it six or more times in the past year.
 - 24% of sexual abuse victims and 27% of physical abuse victims experienced six or more incidents, though most reported only one or two.

Topic Four: Mental Health – Overview

The data on student mental health paints a complex picture that blends signs of progress with evidence of worsening challenges. Taken together, the results on anxiety, depression, self-harm, and suicide illustrate how deeply emotional well-being impacts the student population.

Overall, female students remain consistently more likely than their male peers to report adverse mental health outcomes across nearly every measure. This disparity is striking, ranging from an 11% higher rate of self-harm to a 25% higher likelihood of reporting stress, anxiety, or depression. Age, however, does not appear to be a meaningful differentiator, as most measures reveal consistent patterns across grade levels. This suggests that mental health challenges cut across developmental stages, affecting students broadly and persistently throughout adolescence.

Encouragingly, some indicators suggest that overall prevalence of stress and anxiety is trending downward. Reports of stress, anxiety, or depression in the past 30 days have decreased steadily since 2023, with an average annual reduction of 4%. Among the students who continue to experience anxiety, 68% indicated that these feelings disrupted their daily lives at some point in the past year, highlighting that even when symptoms are less constant, their impact can still be profound.

Depression and hopelessness remain equally concerning. The percentage of students who reported feeling sad or hopeless for two or more consecutive weeks increased by 1.9% since 2024, though it remains slightly below 2023 levels. This uptick, coupled with the finding that many of these students also reported experiencing loneliness, suggests that emotional well-being cannot be separated from the quality or frequency of students' social connections. Feelings of isolation appear to intensify hopelessness, while those who disagreed with statements about loneliness expressed a stronger sense of resilience and emotional stability.

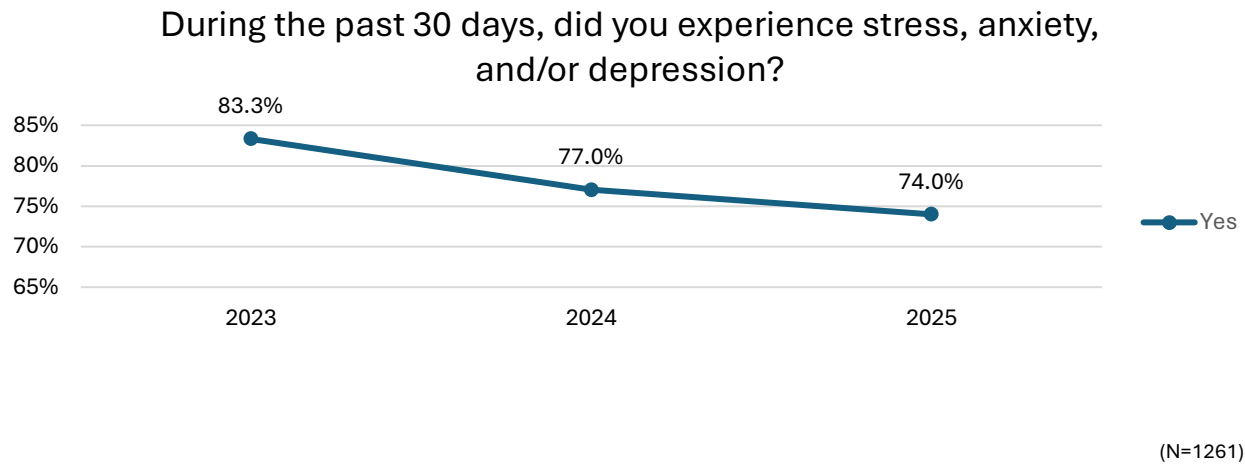
The most troubling results emerge in the areas of self-harm and suicide. Intentional self-harm rose by 3.8% over the past year, reaching its highest point since 2023. Among students who reported negative emotions, many indicated that they rarely or never receive the help they need, with only 6% stating that they consistently have access to adequate support. This disconnect between need and access is a critical point of concern, as it leaves large numbers of students struggling without meaningful pathways to care. Suicide-related behaviors are also trending upward. The percentage of students who made a suicide plan increased by 5% since 2024, closely mirroring rises in prolonged hopelessness. Most alarming, 8% of students reported attempting suicide in the past year,

a 2% increase over the previous cycle. Nearly one in five of these attempts required medical treatment, underscoring both the severity and immediacy of the risks facing students today.

Taken together, these findings suggest a dual reality. On one hand, there are encouraging signs that fewer students are reporting anxiety symptoms overall, pointing to progress in certain areas of mental health. On the other, the rising prevalence of hopelessness, loneliness, self-harm, and suicide-related behaviors indicates a deepening crisis that cannot be overlooked. The gender disparities add another layer of urgency, as female students consistently report higher levels of distress across multiple measures.

The data points to a clear conclusion that mental health remains one of the most pressing issues affecting students' lives, with consequences that extend beyond emotional well-being to academic success, social development, and long-term health.

Topic Four: Mental Health – Anxiety & Stress



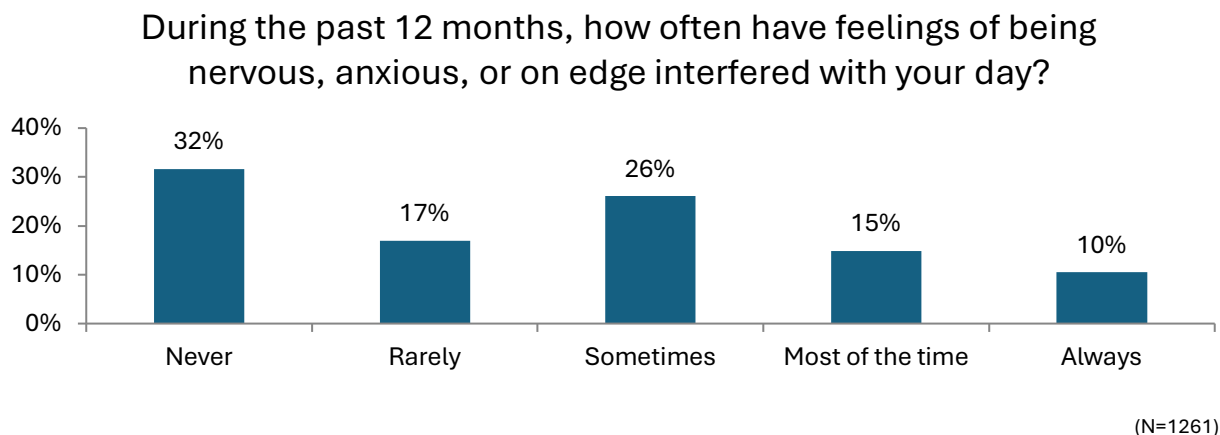
Demographic Results

Sex: Females were significantly more likely than males to report experiencing stress, anxiety, and/or depression in the past 30 days, with a 25% margin.

Age: There were no significant differences across age groups in the percentage of students who reported stress, anxiety, and/or depression in the past 30 days.

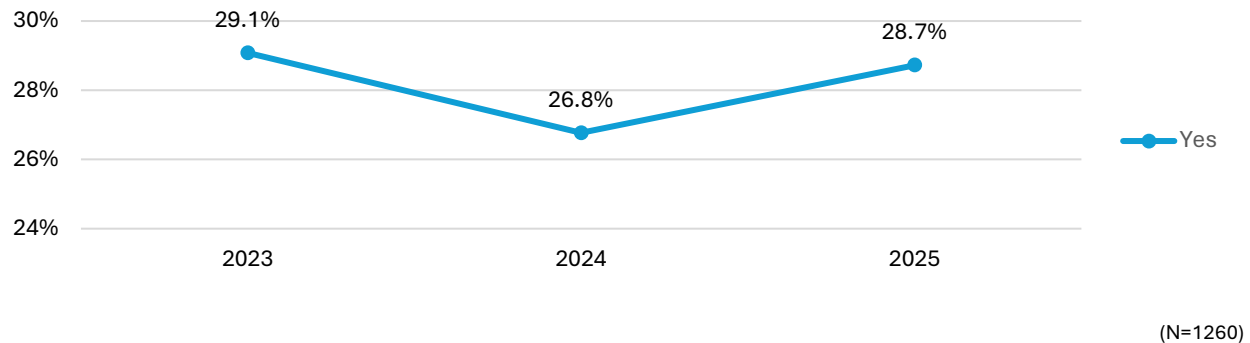
Key Observations

- The percentage of students experiencing stress, anxiety, or depression in the past 30 days has continued to decline since 2023, decreasing by an annual average of 4%.
- Among students who reported these experiences, most (26%) indicated that they felt this way “sometimes.”
- Nearly seven in ten students (68%) reported that feelings of anxiety interfered with their daily lives at some point in the past 12 months.



Topic Four: Mental Health – Depression

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



Demographic Results

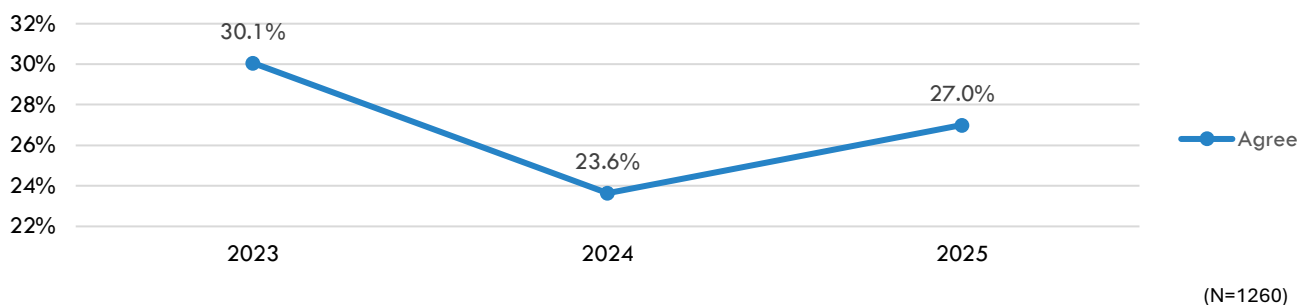
Sex: Females were significantly more likely than males to report experiencing hopelessness for at least two consecutive weeks in the past 12 months, with an 18% margin.

Age: There were no significant differences across age groups in the percentage of students who felt sad or hopeless for two or more consecutive weeks in the past year.

Key Observations

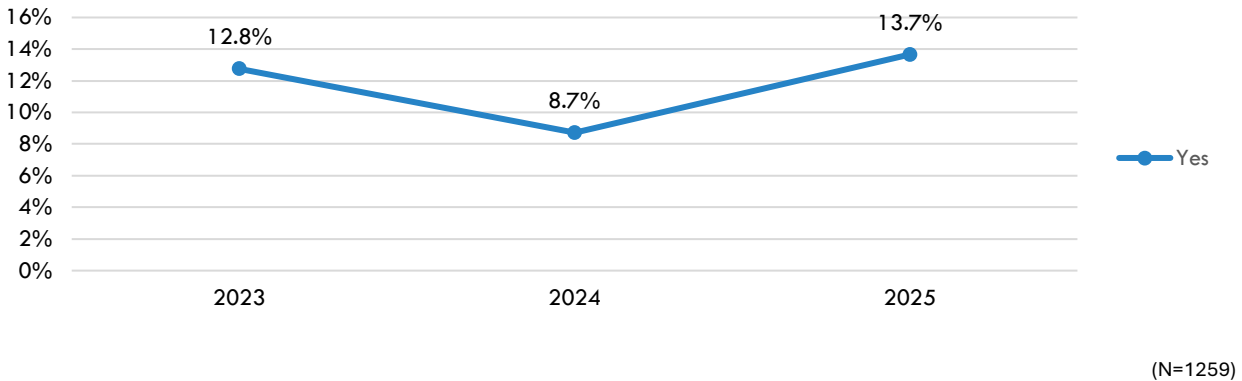
- The percentage of students who felt sad or hopeless for two or more weeks increased by 1.9% since 2024, though levels remain below those reported in 2023.
- Closely correlated with the rise in hopelessness, there has also been a notable increase in students reporting feelings of loneliness.
- Despite the uptick in loneliness, a greater share of students who disagreed with feeling lonely expressed strong confidence by selecting “Strongly Disagree” in their response.

Respond to the following statement, "You feel alone in your life."



Topic Four: Mental Health – Self-Harm & Suicide

During the past 12 months, did you make a plan about how you would attempt suicide?



Demographic Results

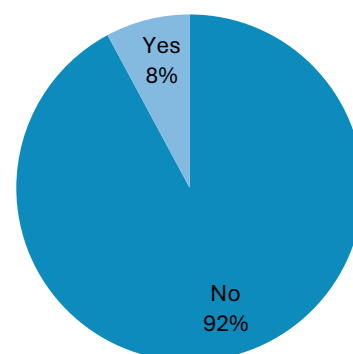
Sex: Females were significantly more likely than males to report making a suicide plan in the last 12 months, with a 5% margin.

Age: There were no significant differences across age groups in the percentage of students who made a suicide plan in the last 12 months.

Key Observations

- Consistent with increases in feelings of hopelessness, the percentage of students who made a suicide plan rose significantly by 5% in the past 12 months.
- In the past year, 8% of students reported attempting suicide, marking a 2% increase from 2024.
- Among those who attempted suicide (8%), nearly one in five (19%) required treatment by a doctor or nurse.

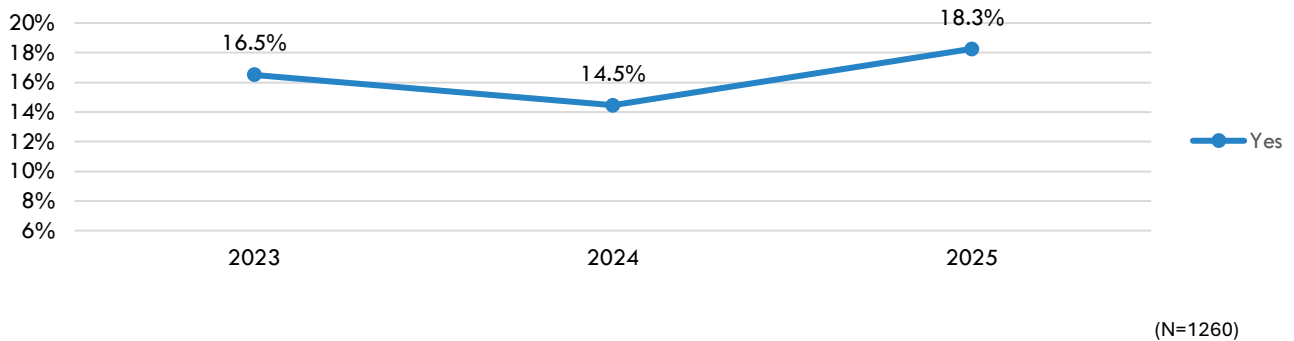
During the past 12 months, did you actually attempt suicide?



(N=1263)

Topic Four: Mental Health – Self-Harm & Suicide

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?



Demographic Results

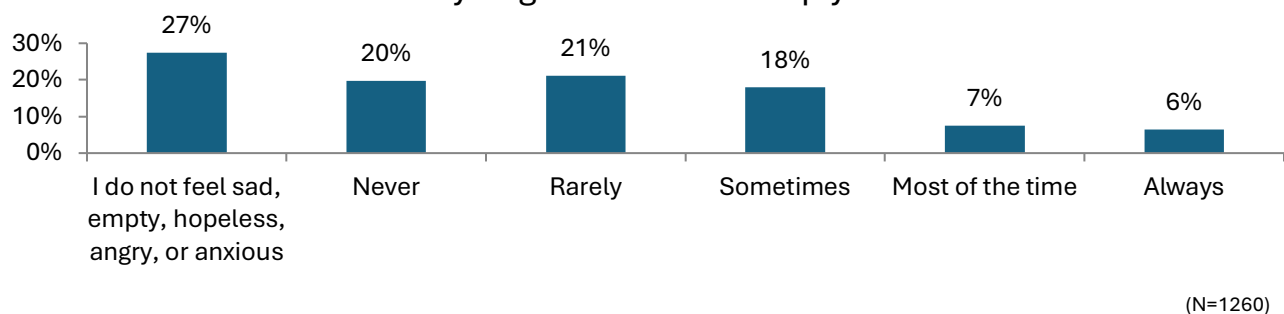
Sex: Females were significantly more likely than males to report engaging in intentional self-harm, with an 11% margin.

Age: There were no significant differences across age groups in the percentage of students who reported intentional self-harm in the last 12 months.

Key Observations

- The percentage of students engaging in self-harm in the past 12 months increased by 3.8%, reaching the highest levels since 2023.
- Among students who reported experiencing negative emotions, most indicated they either never or rarely received the help they needed, with only 6% reporting they always received adequate support.
- The number of students who indicated that they couldn't talk to their parents about their feelings increased by 4% since 2024 to 18.8%.

When you feel sad, empty, hopeless, angry, or anxious, how often do you get the kind of help you need?



Topic Four: Mental Health – Major Takeaways

Anxiety

- Females were 25% more likely than males to report stress, anxiety, or depression in the last 30 days.
- Reports of stress, anxiety, or depression have decreased by an average of 4% annually since 2023.
- Among students who reported stress, anxiety, or depression, most (26%) said they experienced it “sometimes.”
- 68% of students indicated these feelings interfered with their daily life at some point in the past year.

Depression

- Females were 18% more likely than males to report feeling hopeless for two weeks or more in the last 12 months.
- Reports of feeling sad or hopeless for two weeks or more increased by 1.9% since 2024 but remain below 2023 levels.
- Increases in hopelessness are closely tied to increases in reported loneliness.
- Students who disagreed with statements about loneliness tended to express stronger emotional resilience.

Self-Harm & Suicide

- Females were 11% more likely than males to report intentional self-harm and 5% more likely to report making a suicide plan.
- Self-harm increased by 3.8% in the past year, reaching its highest levels since 2023.
- Most students experiencing negative emotions rarely or never get the help they need; only 6% consistently reported receiving adequate support.
- Suicide planning increased by 5% since 2024.
- 8% of students reported attempting suicide in the past 12 months, a 2% increase from 2024.
- Nearly 1 in 5 suicide attempts required medical treatment.

Topic Five: Adverse Home Environments – Overview

The data on adverse home environments underscores a complex mixture of progress and ongoing challenges in students' experiences of stability, safety, and basic needs. On one hand, indicators such as reports of physical abuse by parents or other adults have continued to decline modestly since 2023, pointing to incremental improvements in certain aspects of home safety. On the other, several measures, including household instability, food insecurity, and displacement from home, highlight persistent and in some cases worsening hardships that can disrupt students' well-being and development.

Physical and relational safety within households shows mixed results. Reports of physical abuse continue to trend downward overall, though 17-year-old students remain significantly more likely than younger peers to report having experienced abuse, raising concerns about the cumulative risks faced by older adolescents. Meanwhile, witnessing violence between parents was reported by 17% of students, a slight but notable increase since 2024, suggesting that while direct abuse may be declining, exposure to domestic conflict remains an issue. Household instability linked to substance use, mental illness, or incarceration also contributes to adverse conditions, with females more likely to report such circumstances. While most indicators of these challenges have remained stable or decreased since 2023, incarceration of a parent or guardian has risen.

Basic needs support further highlights disparities in household environments. Male students are 15% more likely than females to report that their basic needs were “never” met, and older students tend to report higher prevalence of unmet needs. Even more concerning, the share of students indicating that an adult consistently tried to meet their basic needs has been falling sharply, at an average of 7.4% per year, reflecting an erosion of consistent caregiving support. These responses are highly polarized, with many students reporting either continuous support or continuous neglect.

Homelessness and food insecurity present additional vulnerabilities. Reports of students sleeping away from home within the past 30 days increased by 2.2% since 2024, reaching their highest level since 2023. While prevalence remains relatively low at 7%, the fact that most of these students stayed with another family member, friend, or acquaintance suggests that displacement often presents as unstable or temporary living arrangements, or “couch surfing” rather than absolute homelessness. Still, concerns about supervision and safety emerge, as 16% of students reported that their parents never know where they are, despite most (76%) indicating that parents usually do.

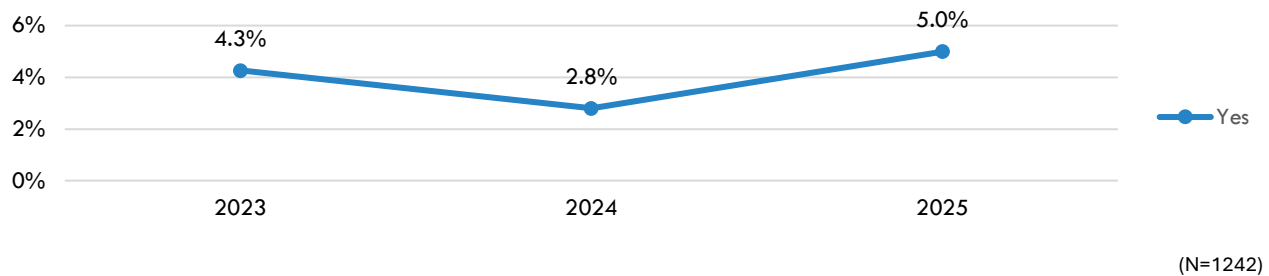
Food insecurity has also worsened slightly, with 2.8% more students reporting going hungry in the last 30 days due to lack of food at home. Female students were more likely to

experience hunger than males, though the gap was relatively small (4%). Encouragingly, most students who reported going hungry described the experience as acute, with only 2% facing chronic food shortages “most of the time.” While rates remain below 2023 levels, the increase suggests ongoing fragility in families’ ability to consistently provide food security.

Taken together, the findings on adverse home environments paint a picture of incremental progress in some areas, such as reductions in physical abuse, but also reveal widening cracks in household stability and support systems. Rising reports of parental incarceration, increased displacement from the home, and growing numbers of students without consistent caregiving highlight opportunities for improved support.

Topic Five: Adverse Home Environments – Homelessness & Food Insecurity

During the past 30 days, did you ever sleep away from your parents or guardians because you were kicked out, ran away, or were abandoned?



Demographic Results

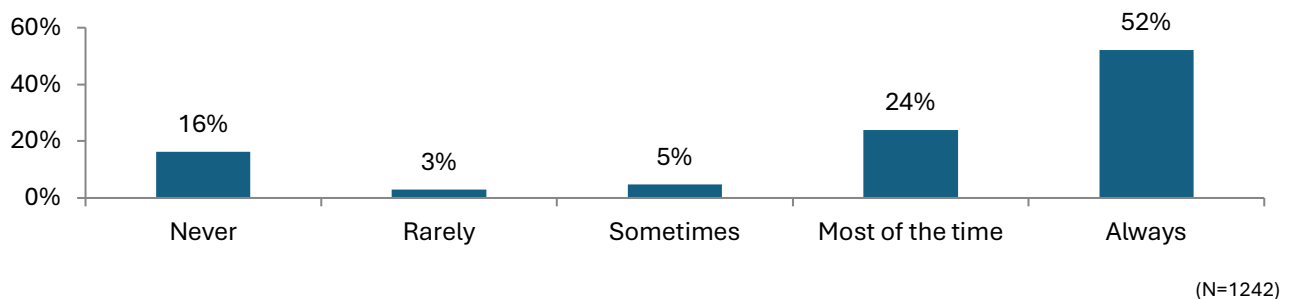
Sex: There were no significant differences between males and females in the percentage of students who slept away from their home in the last 30 days.

Age: There were no significant differences between age groups in the percentage of students who slept away from their home in the last 30 days.

Key Observations

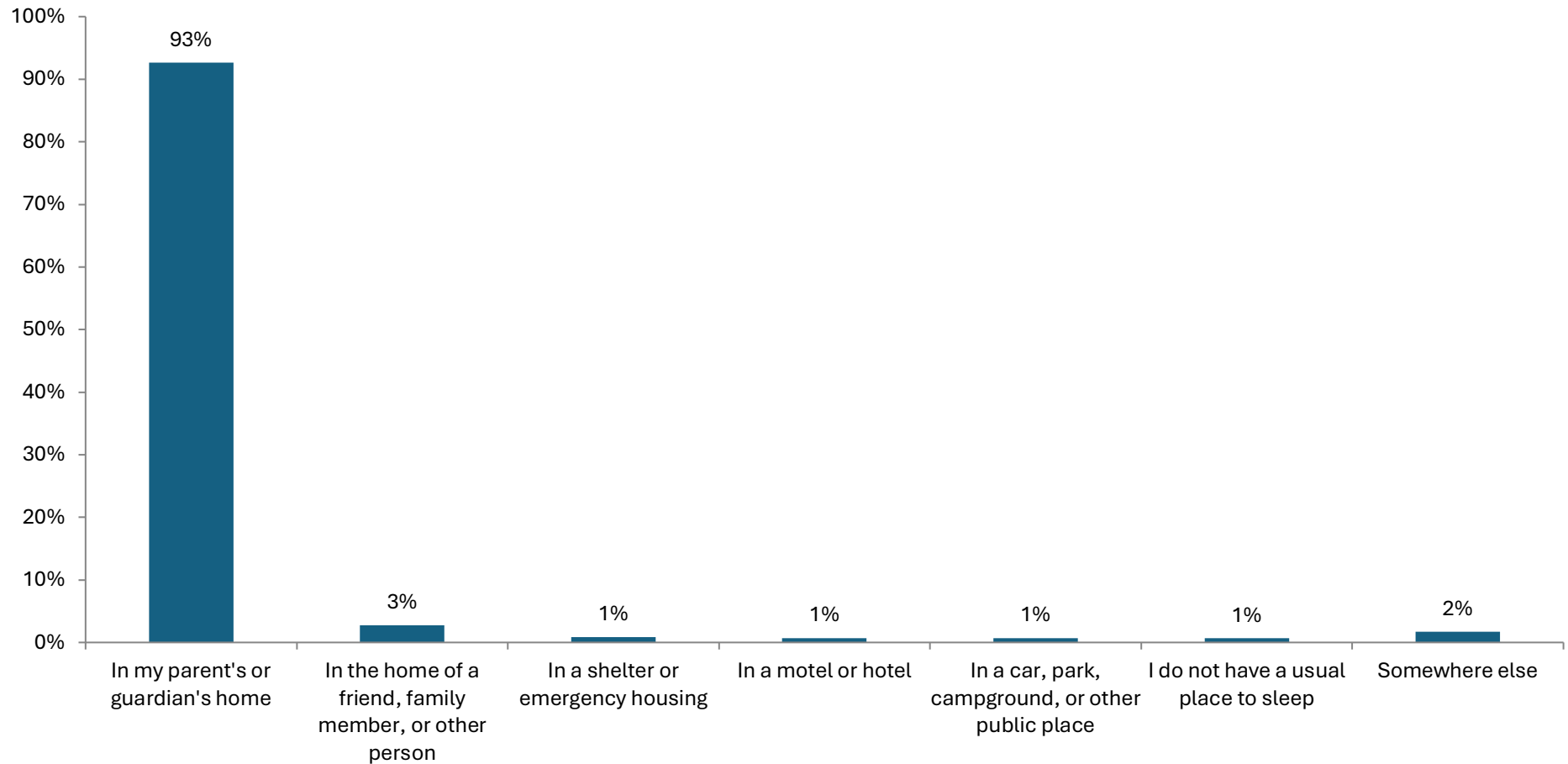
- The percentage of students who slept away from their home in the last 30 days has increased by 2.2% since 2024, reaching its highest level since 2023.
- While 76% of students report that their parents usually know where they are or with whom they will be, 16% say their parents never know.
- Seven percent of students reported sleeping away from home in the last 30 days, most commonly (3%) with another family member, friend, or acquaintance.

How often do your parents or other adults in your family know where you are going or with whom you will be?



Topic Five: Adverse Home Environments – Homelessness & Food Insecurity

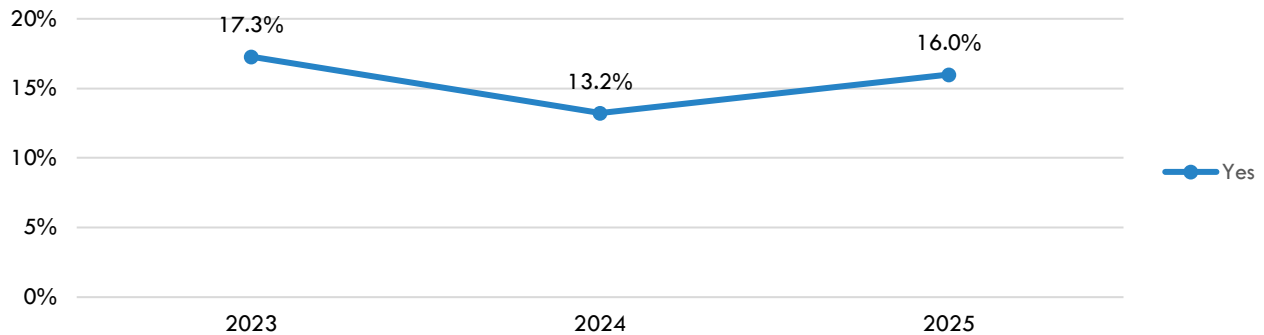
During the past 30 days, where did you usually sleep?



(N=1245)

Topic Five: Adverse Home Environments – Homelessness & Food Insecurity

During the past 30 days, did you go hungry because there was not enough food in your home?



(N=1245)

Demographic Results

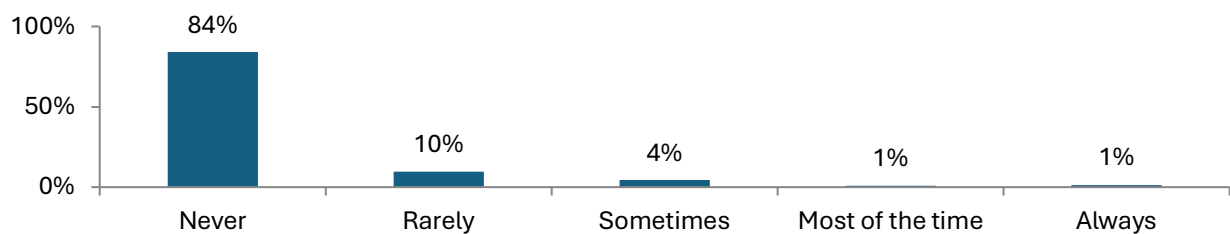
Sex: Females were significantly more likely than males, by a margin of 4%, to report going hungry in the last 30 days because of a lack of food at home.

Age: There were no significant difference across age groups in the percentage of students who reported going hungry in the last 30 days due to insufficient food at home.

Key Observations

- The percentage of students who went hungry in the last 30 days increased by 2.8% but remains below 2023 levels.
- Among students who reported going hungry, most indicated that the issue was acute, with only 2% experiencing chronic food insecurity at least “most of the time.”

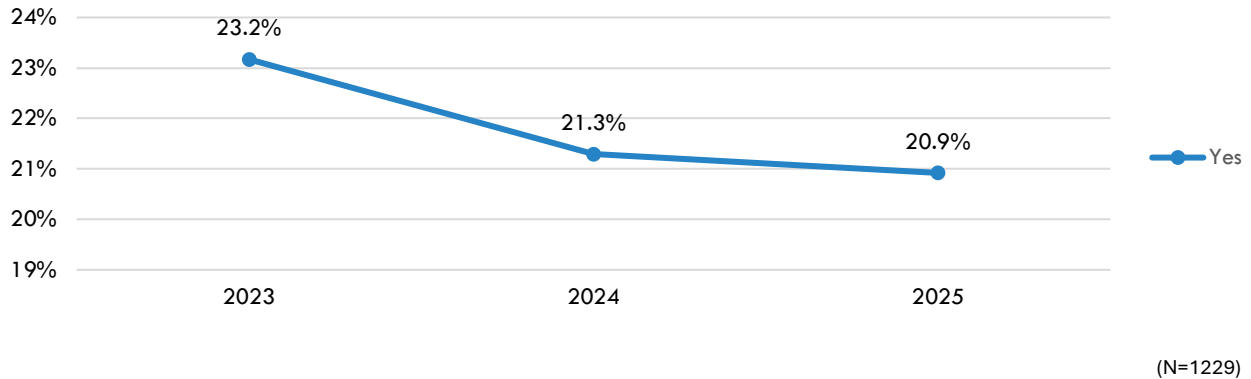
During the past 30 days, how often did you go hungry because there was not enough food in your home?



(N=1245)

Topic Five: Adverse Home Environments – Home Conditions

During your life, has a parent or other adult in your home hit, beat, kicked, or physically hurt you in any way?



Demographic Results

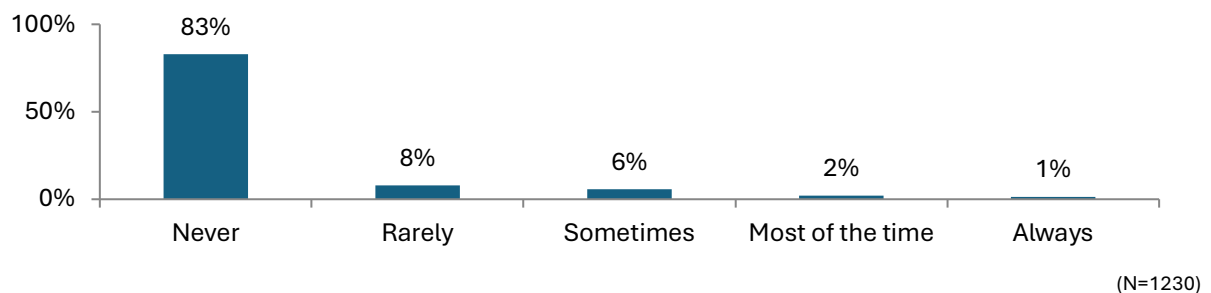
Sex: There were no significant differences between males and females in the percentage of students who have ever been physically abused by their parent or another adult.

Age: Seventeen-year-olds were significantly more likely than younger age groups to report physical abuse at some point in their lives.

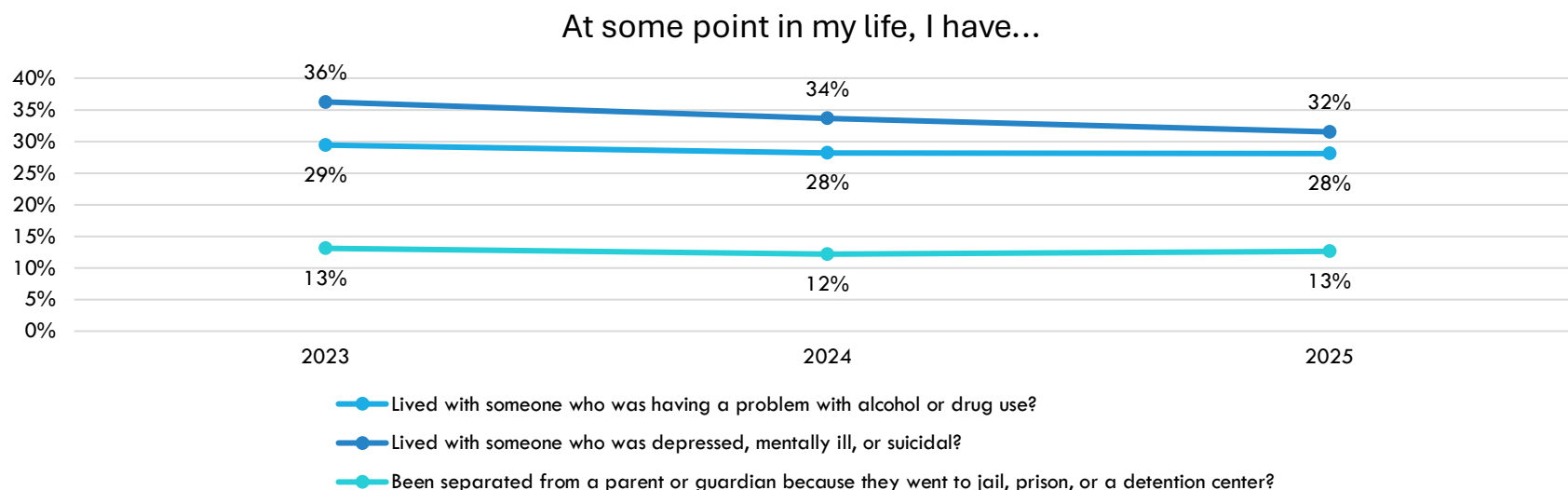
Key Observations

- The percentage of students who have ever experienced physical abuse by a parent or adult in their home continues to decline since 2023, with an average decrease of 1.2% per year.
- Regarding physical violence between parents, 17% of students have reported witnessing this, a one-percent increase from 2024, though it occurs with relatively rare frequency.

During your life, how often have your parents or adults in your home beat each other up?



Topic Five: Adverse Home Environments – Home Conditions



(N=1225)

Demographic Results

Sex: Females were significantly more likely, by an average margin of 10%, to report living in a household with someone who has a substance use disorder, mental illness, or who is incarcerated.

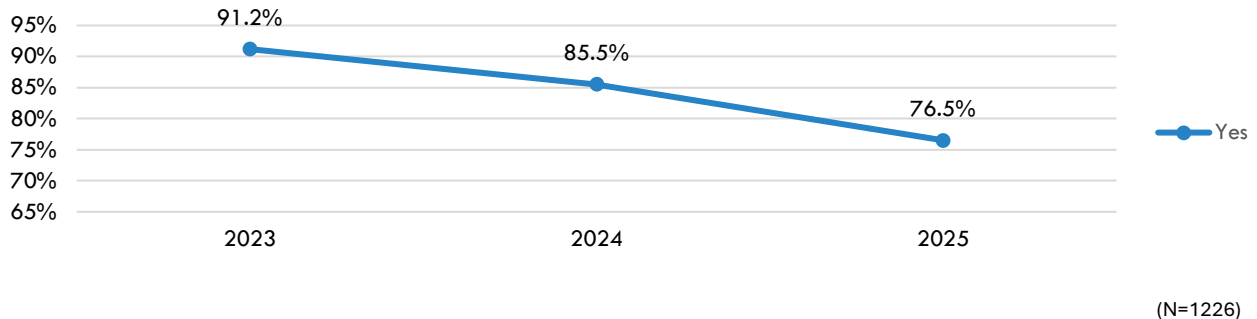
Age: While there were no significant age differences among students reporting these household conditions, the prevalence tends to increase as students get older.

Key Observations

- Most indicators of household stability and safety have remained stable or decreased since 2023, with the exception of reports of parents or guardians being incarcerated, which have risen since 2024.

Topic Five: Adverse Home Environments – Home Conditions

During your life, has there been an adult in your household who tried hard to make sure your basic needs were met?



Demographic Results

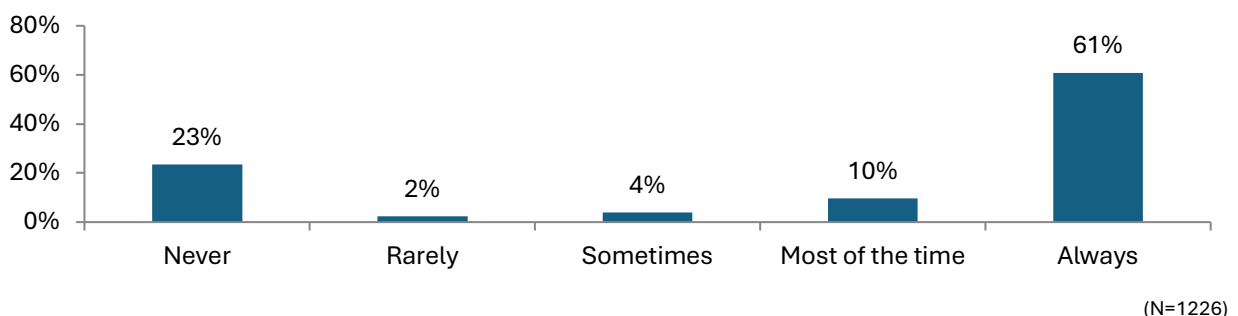
Sex: Males were significantly more likely, by a margin of 15%, to report that their basic needs were “never” being met during their lives.

Age: There were no significant age differences among students who felt their basic needs were never met, but prevalence tends to trend higher among older students.

Key Observations

- The percentage of students who indicated that an adult had ever tried hard to meet their basic needs continues to decline at a significant rate, averaging a 7.4% decrease per year.
- Responses to this question were highly polarized, with most students reporting that support had either been consistently present or consistently absent throughout their lives.

During your life, how often has there been an adult in your household who tried hard to make sure your basic needs were met?



Topic Five: Adverse Home Environments – Major Takeaways

Housing Instability / Homelessness

- 7% of students reported sleeping away from home in the last 30 days, the highest level since 2023 (+2.2% from 2024).
- Most students stayed with family, friends, or acquaintances rather than being fully homeless.
- 16% of students reported their parents never know where they are, raising safety and supervision concerns.

Food Insecurity

- Reports of going hungry due to lack of food increased by 2.8% since 2024, though levels remain below 2023.
- Females were 4% more likely than males to experience hunger.
- Most hunger was reported as acute or occasional, with only 2% of students facing chronic food shortages “most of the time.”

Adverse Living Conditions

- Reports of physical abuse by a parent/adult continue to decline since 2023, averaging a 1.2% annual decrease.
- Older students (age 17) are significantly more likely to report having experienced abuse.
- 17% of students reported witnessing violence between parents, up 1% from 2024.
- Females are ~10% more likely than males to report living with someone experiencing these issues.
- Most indicators are stable or declining since 2023, except parental incarceration, which increased since 2024.
- Males are 15% more likely to report their basic needs were “never” met.
- Older students are more likely to report unmet needs compared to younger peers.
- Reports of an adult consistently trying to meet students’ basic needs have declined significantly, at an average of 7.4% per year.

Topic Six: Academic Success & Engagement – Overview

The data on academic success and engagement provides insight into both the strengths and challenges shaping student experiences in school. Teacher encouragement, academic performance, and attendance all present nuanced patterns that shed light on student engagement and preparedness for postsecondary pathways.

Student perceptions of teacher support remain generally positive, with most reporting that they feel encouraged and cared for by their teachers. Although this figure declined slightly by 1.7% compared to 2024, it remains above 2023 levels, suggesting that strong teacher-student relationships continue to be a meaningful factor in students' academic lives. Age plays a notable role in shaping this perception, seventeen-year-olds were significantly more likely than younger students to affirm that their teachers care about them.

Importantly, these perceptions appear connected to postsecondary aspirations: nearly half (47%) of students plan to attend a four-year college, while another share plan for other forms of higher education. At the same time, one in five students, primarily younger ones, remain undecided about their next steps.

Academic performance data reflects a broadly positive picture, with 72% of students reporting A's or B's as their typical grades. This indicates that most students are maintaining good academic standing. Females report significantly higher rates of earning A's compared to males, while males are more likely to report D's. Once again, older students, specifically seventeen-year-olds, are more likely to report stronger academic performance than their younger peers. Although the share of students earning top grades has declined slightly since 2024, the change is not statistically significant, suggesting that overall academic achievement has remained relatively stable in recent years.

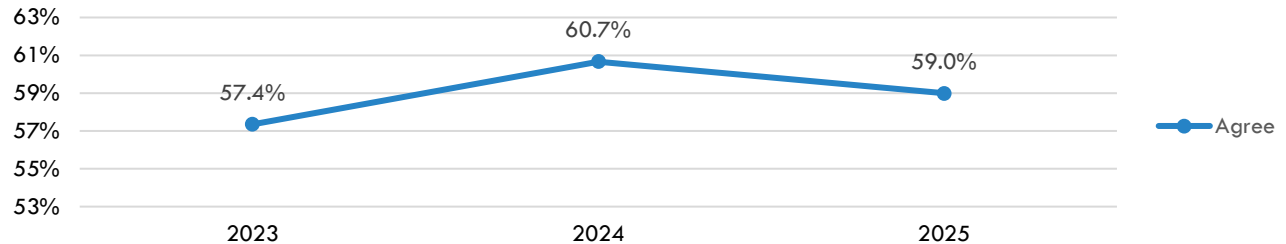
Attendance data, however, paints a more concerning picture. Unexcused absences have risen consistently since 2023, with an average increase of 1.5% per year. Currently, 26.6% of students report missing class or school without permission within the past 30 days. For most students (14%), these absences were limited to one or two days, but a smaller portion (4%) reported missing ten or more days, which equates to roughly one-third of a school month. Age again emerges as a factor, with seventeen-year-olds being more likely than younger students to report unexcused absences. These patterns suggest that while academic performance remains relatively strong overall, growing attendance challenges may threaten student success.

Taken together, the findings on academic success and engagement reveal a mix of stability and emerging risks. Strong academic performance and high postsecondary aspirations suggest that most students remain on track academically. However, rising absenteeism

and the small but significant share of students without clear postsecondary plans highlight areas where additional support could improve outcomes.

Topic Six: Academic Success & Engagement – Student Success

Respond to the following statement, "Your teachers really care about you and give you a lot of encouragement."



(N=1231)

Demographic Results

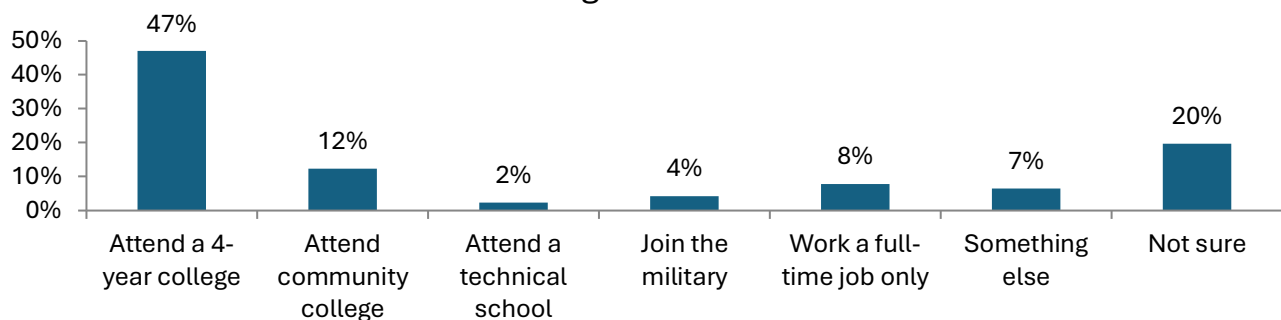
Sex: There were no significant differences that existed between males and females regarding their perception of encouragement from teachers.

Age: Seventeen-year-olds were significantly more likely to agree or strongly agree that their teachers care about them and provide encouragement.

Key Observations

- The percentage of students who believe their teachers care about them or encourage them declined slightly by 1.7% from 2024, though levels remain above those reported in 2023.
- The majority of students plan to pursue postsecondary education after graduation, with most (47%) aiming for a four-year institution. Roughly 20%, primarily younger students, report not yet having a post-graduation plan.

Which of the following are you planning to do after you complete high school?



(N=1230)

Topic Six: Academic Success & Engagement – Student Success

Demographic Results

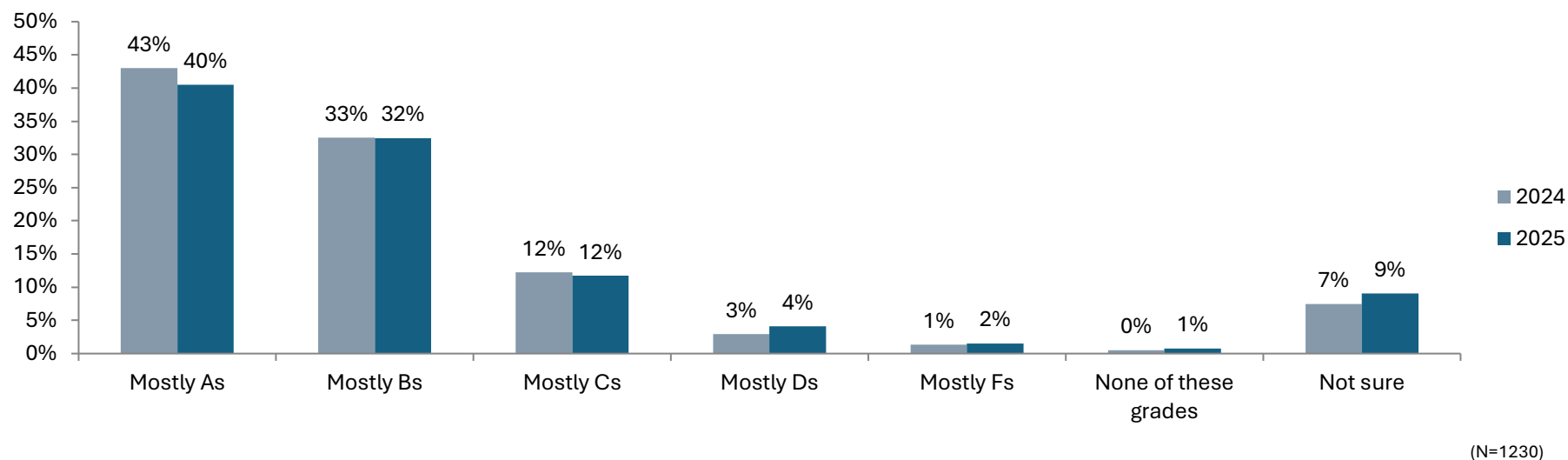
Sex: Female students were significantly more likely than males to report receiving A's, while males were more likely to report earning D's.

Age: Seventeen-year-olds were significantly more likely than other age groups to report receiving A's or B's.

Key Observations

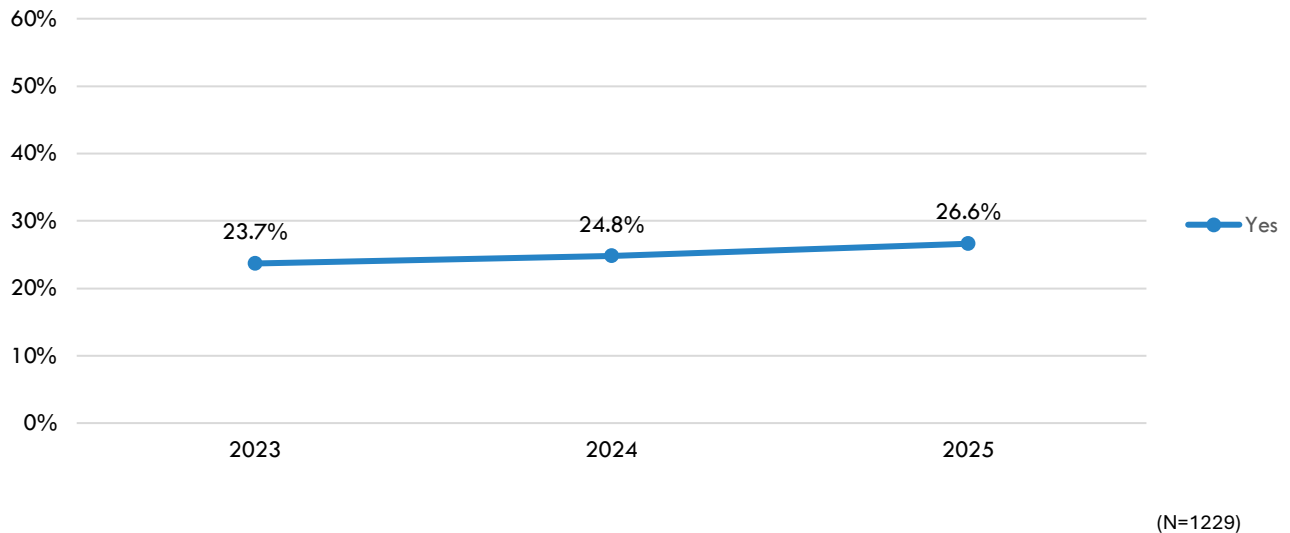
- The majority of students (72%) described their grades as A's or B's, placing them in generally strong academic standing.
- The proportion of students reporting A's or B's declined slightly from 2024, though not at a statistically significant level, and remains consistent with prior years.

During the past 12 months, how would you describe your grades in school?



Topic Six: Academic Success & Engagement – Student Success

During the past 30 days, did you miss classes or school without permission?



Demographic Results

Sex: No significant differences existed between males and females in the percentage reporting unexcused absences from class or school in the past 30 days.

Age: Seventeen-year-olds were significantly more likely to report missing class or school without permission in the past 30 days.

Key Observations

- The percentage of students missing class or school without permission has risen steadily since 2023, increasing by an average of 1.5% annually.
- Among the 26.6% of students who reported unexcused absences in the past 30 days, most (14%) missed only 1–2 days, while 4% reported missing 10 or more days, equivalent to roughly one-third of the month.

Topic Six: Academic Success & Engagement – Major Takeaways

Teacher Encouragement & Postsecondary Plans

- Overall perceptions of teacher care and encouragement remain strong, though slightly declined by 1.7% from 2024.
- Seventeen-year-olds are most likely to feel supported by teachers.
- Nearly half (47%) of students plan to attend a four-year college; 20%—primarily younger students—do not yet have a plan.

Academic Performance

- A majority (72%) of students report A's and B's, suggesting overall strong academic standing.
- Female students are more likely to report earning A's, while males are more likely to report D's.
- Seventeen-year-olds are significantly more likely to report stronger grades than younger peers.
- The share of students earning A's and B's has dipped slightly since 2024, but not at a statistically significant level.

School Attendance

- Unexcused absences have steadily increased since 2023, rising by about 1.5% per year.
- Over one in four students (26.6%) reported missing school without permission in the past 30 days.
- Most absences were limited (1–2 days), but 4% of students reported missing 10 or more days—a third of a school month.
- Seventeen-year-olds are more likely than younger students to report unexcused absences.

Conclusion

The 2024–2025 Youth Risk Behavior Survey provides a meaningful snapshot of the health, safety, and well-being of high school students in Herkimer County. The data reflect the wide range of challenges and experiences that shape adolescent life, while also capturing important differences across sex and age groups. Together, these findings illustrate the complexity of factors influencing youth development and underscore the importance of monitoring these patterns over time.

As with any survey, results must be considered within the context of its limitations, including changes in participating school districts, survey wording, and response options. Even so, the trends observed offer valuable insight into both areas of progress and those where risks remain elevated. This report contributes to a clearer understanding of the experiences of young people in the county and serves as an important resource for tracking shifts in health and behavior across survey years.

Ultimately, these findings highlight that the experiences of adolescents cannot be defined by a single trend or issue, but rather by an interconnected set of factors spanning substance use, mental health, school safety, relationships, and home environments. By capturing these diverse perspectives, the survey provides a broad foundation for understanding the lives of students today and for recognizing the challenges and strengths that will continue to shape the county's youth in years to come.

APPENDIX A: 2024-2025 YRBS INSTRUMENT



HERKIMER COUNTY SYSTEM OF CARE

2024-2025 Herkimer County Youth Risk Behavior Survey

This survey is about health behavior. It has been developed so you can tell us what you do that may affect your health. The information you give will be used to improve health education for young people like yourself.

The answers you give will be kept private. No one will know your personal responses. Answer the questions based on what you really know, think, and do.

Completing the survey is voluntary. Whether or not you answer the questions will not affect your grade in this class. If you are not comfortable answering a question, simply skip over that question or choose the 'Prefer not to answer' option if one is available.

While we do not require you to answer questions about your personal choices and behaviors, we do ask that you answer all questions about your background on the first page. The questions that ask about your background will be used only to describe the types of students completing this survey. The information will not be used to find out your name. No names will ever be reported.

Make sure to read every question. When you are finished, take a screenshot of the Thank You page and email it to your teacher.

Thank you very much for your help!

* 1. How old are you?

- ☐ 12 years old or younger
- ☐ 13 years old
- ☐ 14 years old
- ☐ 15 years old
- ☐ 16 years old
- ☐ 17 years old
- ☐ 18 years old or older

* 2. What is your sex assigned at birth?

☐ Female

☐ Male

☐ Other

* 3. In what grade are you?

☐ 9th grade

☐ 10th grade

☐ 11th grade

☐ 12th grade

☐ Ungraded or other grade

* 4. Which school are you currently enrolled in?

☐ Pathways Academy

☐ Dolgeville School

☐ Frankfort-Schuyler School

☐ Herkimer School

☐ Little Falls School

☐ Mount Markham School

☐ Owen D. Young School

☐ Central Valley Academy

☐ Poland Central School

☐ Richfield Springs School

☐ Town of Webb School

☐ West Canada Valley School

* 5. Are you Hispanic or Latino?

☐ Yes

☐ No

* 6. What is your race? (Select one or more responses.)

☐ American Indian or Alaska Native

☐ Asian

☐ Black or African American

☐ Native Hawaiian or Other Pacific Islander

☐ White

* 7. Which of the following best describes you?

☐ Heterosexual (straight)

☐ Gay or lesbian

☐ Bisexual

☐ I describe my sexual identity some other way

☐ I am not sure about my sexual identity (questioning)

☐ I do not know what this question is asking

* 8. Some people describe themselves as transgender when their sex at birth does not match the way they think or feel about their gender. Are you transgender?

☐ No, I am not transgender

☐ Yes, I am transgender

☐ I am not sure if I am transgender

☐ I do not know what this question is asking



HERKIMER COUNTY SYSTEM OF CARE

2024-2025 Herkimer County Youth Risk Behavior Survey

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

- ☐ I have never had a drink of alcohol other than a few sips
- ☐ 7 years old or younger
- ☐ 8 years old
- ☐ 9 or 10 years old
- ☐ 11 or 12 years old
- ☐ 13 or 14 years old
- ☐ 15 or 16 years old
- ☐ 17 years old or older
- ☐ Prefer not to answer



HERKIMER COUNTY SYSTEM OF CARE

2024-2025 Herkimer County Youth Risk Behavior Survey

The next questions ask about drinking alcohol. This includes drinking beer, wine, flavored alcoholic beverages, and liquor such as rum, gin, vodka, or whiskey. For these questions, drinking alcohol does not include drinking a few sips of wine for religious purposes.

10. During the past 30 days, on how many days did you have at least one drink of alcohol?

- ☐ 0 days
- ☐ 1 or 2 days
- ☐ 3 to 5 days
- ☐ 6 to 9 days
- ☐ 10 to 19 days
- ☐ 20 to 29 days
- ☐ All 30 days

11. During the past 30 days, on how many days did you have 4 or more drinks of alcohol in a row, that is, within a couple of hours (if you are female) or 5 or more drinks of alcohol in a row, that is, within a couple of hours (if you are male)?

- ☐ 0 days
- ☐ 1 day
- ☐ 2 days
- ☐ 3 to 5 days
- ☐ 6 to 9 days
- ☐ 10 to 19 days
- ☐ 20 or more days

12. During the past 30 days, what is the largest number of alcoholic drinks you had in a row, that is, within a couple of hours?

- ☐ I did not drink alcohol during the past 30 days
- ☐ 1 or 2 drinks
- ☐ 3 drinks
- ☐ 4 drinks
- ☐ 5 drinks
- ☐ 6 or 7 drinks
- ☐ 8 or 9 drinks
- ☐ 10 or more drinks

13. During the past 30 days, how did you **usually** get the alcohol you drank?

- ☐ I did not drink alcohol during the past 30 days
- ☐ I bought it in a store such as a liquor store, convenience store, supermarket, discount store, or gas station
- ☐ I bought it at a restaurant, bar or club
- ☐ I bought it at a public event such as a concert or sporting event
- ☐ I gave someone else money to buy it for me
- ☐ Someone gave it to me
- ☐ I took it from a store or family member
- ☐ I got it some other way



HERKIMER COUNTY SYSTEM OF CARE

2024-2025 Herkimer County Youth Risk Behavior Survey

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

- ☐ I have never tried marijuana
- ☐ 7 years old or younger
- ☐ 8 years old
- ☐ 9 or 10 years old
- ☐ 11 or 12 years old
- ☐ 13 or 14 years old
- ☐ 15 or 16 years old
- ☐ 17 years old or older
- ☐ Prefer not to answer



HERKIMER COUNTY SYSTEM OF CARE

2024-2025 Herkimer County Youth Risk Behavior Survey

The next questions ask about marijuana use. Marijuana also is called pot or weed. For these questions, do not count CBD-only or hemp products, which come from the same plant as marijuana, but do not cause a high when used alone.

15. During the past 30 days, how many times did you use marijuana?

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

16. During the past 30 days, how did you usually use marijuana? (Check all that apply.)

- ☐ I smoked it in a joint, bong, pipe, or blunt
- ☐ I ate it in food such as brownies, cakes, cookies, or candy
- ☐ I drank it in tea, cola, alcohol, or other drinks
- ☐ I vaporized it
- ☐ I dabbed it using waxes or concentrates
- ☐ I used it some other way



HERKIMER COUNTY SYSTEM OF CARE

2024-2025 Herkimer County Youth Risk Behavior Survey

The next question asks about the use of prescription pain medicine without a doctor's prescription or differently than how a doctor told you to use it. For this question, count drugs such as **Codeine**, **Vicodin**, **OxyContin**, **Hydrocodone**, and **Percocet**.

17. During your life, how many times have you taken prescription pain medicine without a doctor's prescription or differently than how a doctor told you to use it?

- ☐ 0 times
- ☐ 1 or 2 times
- ☐ 3 to 9 times
- ☐ 10 to 19 times
- ☐ 20 or more times

The next question asks about using prescription stimulants without a doctor's prescription or differently than how a doctor told you to use them. For this question, count such drugs as **Adderall** or **Ritalin**.

18. During your life, how many times have you taken prescription stimulants without a doctor's prescription or differently than how a doctor told you to use it?

- ☐ 0 times
- ☐ 1 or 2 times
- ☐ 3 to 9 times
- ☐ 10 to 19 times
- ☐ 20 or more times

The next question asks about using any prescription medication without a doctor's prescription or differently than how a doctor told you to use them. For this question, count drugs such as **Codeine, Vicodin, OxyContin, Hydrocodone, Percocet, Adderall** or **Ritalin**.

19. During the past 30 days, how many times have you taken any prescription medication without a doctor's prescription or differently than how a doctor told you to use it?

- ☐ 0 times
- ☐ 1 or 2 times
- ☐ 3 to 9 times
- ☐ 10 to 19 times
- ☐ 20 or more times



HERKIMER COUNTY SYSTEM OF CARE

2024-2025 Herkimer County Youth Risk Behavior Survey

The next questions ask about other drugs.

20. During your life, how many times have you used the following:

	0 times	1 or 2 times	3 to 9 times	10 to 19 times	20+ times
Cocaine (powder, crack, freebase)	☐	☐	☐	☐	☐
Sniffed/Inhaled Glue, Paint, or Aerosol Cans to get high	☐	☐	☐	☐	☐
Heroin (Smack, Junk, China White)	☐	☐	☐	☐	☐
Methamphetamines (Speed, Crystal Meth, Ice, Meth)	☐	☐	☐	☐	☐
Ecstasy (MDMA, Molly)	☐	☐	☐	☐	☐

21. During your life, how many times have you used a needle to inject any **illegal** drug into your body?

- ☐ 0 times
- ☐ 1 time
- ☐ 2 or more times

22. During the past 12 months, has anyone offered, sold, or given you an illegal drug on school property?

☐ Yes

☐ No

23. During the past 12 months, how many times did you attend school under the influence of alcohol or other illegal drugs, such as marijuana or cocaine?

☐ 0 times

☐ 1 or 2 times

☐ 3 to 9 times

☐ 10 to 19 times

☐ 20 to 39 times

☐ 40 or more times



HERKIMER COUNTY SYSTEM OF CARE

2024-2025 Herkimer County Youth Risk Behavior Survey

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

- ☐ I have never had sexual intercourse
- ☐ 10 years old or younger
- ☐ 11 years old
- ☐ 12 years old
- ☐ 13 years old
- ☐ 14 years old
- ☐ 15 years old
- ☐ 16 years old
- ☐ 17 years old or older
- ☐ Prefer not to answer



HERKIMER COUNTY SYSTEM OF CARE

2024-2025 Herkimer County Youth Risk Behavior Survey

The next questions ask about sexual behavior.

25. Have all of your sexual encounters been consensual?
(consent is defined as an affirmative, conscious, and voluntary agreement to engage in sexual activity.)

- ☐ Yes
- ☐ No
- ☐ Unsure
- ☐ I don't know what this question is asking

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

- ☐ 1 person
- ☐ 2 people
- ☐ 3 people
- ☐ 4 or more people

27. During the past 3 months, with how many people did you have sexual intercourse?

- ☐ I have had sexual intercourse, but not during the past 3 months
- ☐ 1 person
- ☐ 2 people
- ☐ 3 people
- ☐ 4 or more people

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

☐ Yes

☐ No

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

☐ Yes

☐ No

30. The last time you had sexual intercourse with an opposite-sex partner, what one method did you or your partner use to prevent pregnancy? (Select only **one** response)

☐ I have never had sexual intercourse with an opposite-sex partner

☐ No method was used to prevent pregnancy

☐ Birth control pills (Do not count emergency contraception such as Plan B or the "morning after" pill.)

☐ Condoms

☐ An IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon)

☐ A shot (such as Depo-Provera), patch (such as Ortho Evra), or birth control ring (such as NuvaRing)

☐ Withdrawal or some other method

☐ Not sure



HERKIMER COUNTY SYSTEM OF CARE

2024-2025 Herkimer County Youth Risk Behavior Survey

* 31. In the past 30 days, have you **driven** a vehicle?

☐ Yes

☐ No

☐ Prefer not to answer



HERKIMER COUNTY SYSTEM OF CARE

2024-2025 Herkimer County Youth Risk Behavior Survey

32. During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol?

- ☐ 0 times
- ☐ 1 time
- ☐ 2 or 3 times
- ☐ 4 or more times

33. During the past 30 days, how many times did you drive a car or other vehicle when you had been using marijuana (also called pot or weed)?

- ☐ 0 times
- ☐ 1 time
- ☐ 2 or 3 times
- ☐ 4 or more times

34. During the past 30 days, on how many days did you text or e-mail while driving a car or other vehicle?

- ☐ 0 days
- ☐ 1 or 2 days
- ☐ 3 to 9 days
- ☐ 10 to 19 days
- ☐ 20 to 29 days
- ☐ All 30 days



HERKIMER COUNTY SYSTEM OF CARE

2024-2025 Herkimer County Youth Risk Behavior Survey

35. How often do you wear a seat belt when riding in a car driven by someone else?

- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☐ Most of the time
- ☐ Always

36. During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been drinking alcohol?

- ☐ 0 times
- ☐ 1 time
- ☐ 2 or 3 times
- ☐ 4 or more times

37. During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been using marijuana (also called pot or weed)?

- ☐ 0 times
- ☐ 1 time
- ☐ 2 or 3 times
- ☐ 4 or more times



HERKIMER COUNTY SYSTEM OF CARE

2024-2025 Herkimer County Youth Risk Behavior Survey

The next questions ask about violence-related behaviors and experiences.

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

- ☐ 0 days
- ☐ 1 day
- ☐ 2 or 3 days
- ☐ 4 or 5 days
- ☐ 6 or more days

39. 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?

- ☐ 0 days
- ☐ 1 day
- ☐ 2 or 3 days
- ☐ 4 or 5 days
- ☐ 6 or more days

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

- ☐ 0 times
- ☐ 1 time
- ☐ 2 to 5 times
- ☐ 6 to 9 times
- ☐ 10 or more times

41. During the past 12 months, on how many days did you carry a gun? (Do not count the days when you carried a gun only for hunting or for a sport, such as target shooting).

- ☐ 0 days
- ☐ 1 day
- ☐ 2 or 3 days
- ☐ 4 or 5 days
- ☐ 6 or more days

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

- ☐ 0 times
- ☐ 1 time
- ☐ 2 to 5 times
- ☐ 6 to 9 times
- ☐ 10 or more times

43. During the past 12 months, how many times were you in a physical fight **on school property**?

- ☐ 0 times
- ☐ 1 time
- ☐ 2 to 5 times
- ☐ 6 to 9 times
- ☐ 10 or more times

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

- ☐ Yes
- ☐ No

45. The next questions ask about bullying. Bullying is when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again. It is not bullying when 2 students of about the same strength or power argue or fight or tease each other in a friendly way.

During the past 30 days, were you bullied?

- ☐ Yes
- ☐ No

46. During the past 30 days, did you bully someone?

- ☐ Yes
- ☐ No



HERKIMER COUNTY SYSTEM OF CARE

2024-2025 Herkimer County Youth Risk Behavior Survey

47. Has anyone ever done sexual things to you that you did not want? (Count such things as kissing, touching or sexual intercourse.)

☐ Yes

☐ No

* 48. Have you dated or gone out with someone in the last 12 months?

☐ Yes

☐ No

☐ Prefer not to answer



HERKIMER COUNTY SYSTEM OF CARE

2024-2025 Herkimer County Youth Risk Behavior Survey

49. 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? (Count such things as being told who you could and could not spend time with, being humiliated in front of others, or being threatened if you didn't do what they wanted.)

- ☐ 0 times
- ☐ 1 time
- ☐ 2 or 3 times
- ☐ 4 or 5 times
- ☐ 6 or more times

50. 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? (Count things such as kissing, touching, or being physically forced to have sexual intercourse)

- ☐ 0 times
- ☐ 1 time
- ☐ 2 or 3 times
- ☐ 4 or 5 times
- ☐ 6 or more times

51. During the past 12 months, how many times did someone you were dating or going out with physically hurt you on purpose? (Count such things as being hit, slammed into something, or injured with an object or weapon.)

- ☐ 0 times
- ☐ 1 time
- ☐ 2 or 3 times
- ☐ 4 or 5 times
- ☐ 6 or more times



HERKIMER COUNTY SYSTEM OF CARE

2024-2025 Herkimer County Youth Risk Behavior Survey

The next question ask about times that you felt you were treated badly or unfairly.

52. During your life, how often have you felt that you were treated badly or unfairly **in school** because of your **race** or **ethnicity**?

- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☐ Most of the Time
- ☐ Always

53. In your day to day life, how often are you treated badly or unfairly because of your race, ethnicity, or cultural practices?

- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☐ Most of the time
- ☐ Always

54. In your day to day life, how often are you treated badly or unfairly because of your sexual orientation or gender identity?

- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☐ Most of the time
- ☐ Always



HERKIMER COUNTY SYSTEM OF CARE

2024-2025 Herkimer County Youth Risk Behavior Survey

These question ask about your mental health.

55. During the past 30 days, how often did you experience stress, anxiety, and/or depression?

- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☐ Most of the time
- ☐ Always

56. During the past 12 months, how often have feelings of being nervous, anxious, or on edge interfered with your day or your activities?

- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☐ Most of the time
- ☐ Always

57. When you feel sad, empty, hopeless, angry, or anxious, how often do you get the kind of help you need?

- ☐ I do not feel sad, empty, hopeless, angry, or anxious
- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☐ Most of the time
- ☐ Always

58. Respond to the following statement, "You feel alone in your life."

- ☐ Strongly agree
- ☐ Agree
- ☐ Not sure
- ☐ Disagree
- ☐ Strongly disagree

59. Respond to the following statement, "You feel good about yourself."

- ☐ Strongly agree
- ☐ Agree
- ☐ Not sure
- ☐ Disagree
- ☐ Strongly disagree

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

- ☐ 0 times
- ☐ 1 time
- ☐ 2 or 3 times
- ☐ 4 or 5 times
- ☐ 6 or more times

The next questions ask about sad feelings and attempted suicide. Sometimes people feel so depressed about the future that they may consider attempting suicide, that is, taking some action to end their own life.

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

- ☐ Yes
- ☐ No

62. During the past 12 months, did you make a plan about how you would attempt suicide?

- ☐ Yes
- ☐ No

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

- ☐ 0 times
- ☐ 1 time
- ☐ 2 or 3 times
- ☐ 4 or more times

64. **If you have 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?

☐ I did not attempt suicide during the past 12 months

☐ Yes

☐ No



HERKIMER COUNTY SYSTEM OF CARE

2024-2025 Herkimer County Youth Risk Behavior Survey

The next questions ask about cigarette smoking.

* 65. Have you **ever** smoked a cigarette?

☐ Yes

☐ No

☐ Prefer not to answer



HERKIMER COUNTY SYSTEM OF CARE

2024-2025 Herkimer County Youth Risk Behavior Survey

66. How old were you when you first tried cigarette smoking, even one or two puffs?

- ☐ 7 years old or younger
- ☐ 8 years old
- ☐ 9 or 10 years old
- ☐ 11 or 12 years old
- ☐ 13 or 14 years old
- ☐ 15 or 16 years old
- ☐ 17 years old or older

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

- ☐ 0 days
- ☐ 1 or 2 days
- ☐ 3 to 5 days
- ☐ 6 to 9 days
- ☐ 10 to 19 days
- ☐ 20 to 29 days
- ☐ All 30 days

68. During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?

- ☐ I did not smoke cigarettes during the past 30 days
- ☐ Less than 1 cigarette per day
- ☐ 1 cigarette per day
- ☐ 2 to 5 cigarettes per day
- ☐ 6 to 10 cigarettes per day
- ☐ 11 to 20 cigarettes per day
- ☐ More than 20 cigarettes per day



HERKIMER COUNTY SYSTEM OF CARE

2024-2025 Herkimer County Youth Risk Behavior Survey

The next questions ask about all tobacco products. Please consider cigarettes, electronic vapor products, smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products), cigars (including little cigars or cigarillos), shisha or hookah tobacco, and pipe tobacco when answering these questions.

69. During the past 30 days, on how many days did you use chewing tobacco, snuff, dip, snus, or dissolvable tobacco products, such as Copenhagen, Grizzly, Skoal, or Camel Snus? (Do not count any electronic vapor products.)

- ☐ 0 days
- ☐ 1 or 2 days
- ☐ 3 to 5 days
- ☐ 6 to 9 days
- ☐ 10 to 19 days
- ☐ 20 to 29 days
- ☐ All 30 days

70. During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars?

- ☐ 0 days
- ☐ 1 or 2 days
- ☐ 3 to 5 days
- ☐ 6 to 9 days
- ☐ 10 to 19 days
- ☐ 20 to 29 days
- ☐ All 30 days

71. During the past 12 months, did you ever try to quit using all tobacco products?

- ☐ I did not use cigarettes, electronic vapor products, smokeless tobacco, cigars, shisha or hookah tobacco, or pipe tobacco during the past 12 months
- ☐ Yes
- ☐ No



HERKIMER COUNTY SYSTEM OF CARE

2024-2025 Herkimer County Youth Risk Behavior Survey

The next questions ask about electronic vapor products, such as JUUL, SMOK, Suorin, Vuse, and blu. Electronic vapor products include e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods.

* 72. Have you ever used an electronic vapor product?

☐ Yes

☐ No

☐ Prefer not to answer



HERKIMER COUNTY SYSTEM OF CARE

2024-2025 Herkimer County Youth Risk Behavior Survey

73. During the past 30 days, on how many days did you use an electronic vapor product?

- ☐ 0 days
- ☐ 1 or 2 days
- ☐ 3 to 5 days
- ☐ 6 to 9 days
- ☐ 10 to 19 days
- ☐ 20 to 29 days
- ☐ All 30 days

74. During the past 30 days, how did you usually get your electronic vapor products?

- ☐ I did not use any electronic vapor products during the past 30 days
- ☐ I got or bought them from a friend, family member, or someone else
- ☐ I bought them myself in a vape shop or tobacco shop
- ☐ I bought them myself in a convenience store, supermarket, discount store, or gas station
- ☐ I bought them myself at a mall or shopping center kiosk or stand
- ☐ I bought them myself on the Internet, such as from a product website, vape store website, or other website like eBay, Amazon, Facebook Marketplace, or Craigslist
- ☐ I took them from a store or another person
- ☐ I got them in some other way

75. What is the main reason you have used electronic vapor products?

- ☐ Friend or family member used them
- ☐ To get a high or buzz from nicotine
- ☐ I was feeling anxious, stressed, or depressed
- ☐ I was curious about them
- ☐ They are less harmful than other forms of tobacco
- ☐ They are available in flavors, such as mint, candy, fruit, or chocolate
- ☐ I used them for some other reason

76. During the past 30 days, which type of electronic vapor product did you usually use?
(Check all that apply.)

- ☐ I did not use any electronic vapor products during the past 30 days
- ☐ JUUL or other rechargeable device that uses pods
- ☐ Vape pen or rechargeable e-cigarette (Do not count JUUL.)
- ☐ Disposable e-cigarette or vaping device (non-rechargeable)
- ☐ Mods or a modular device with a tank that you refill with liquids or e-juice
- ☐ Some other type of electronic vapor product
- ☐ Not sure



HERKIMER COUNTY SYSTEM OF CARE

2024-2025 Herkimer County Youth Risk Behavior Survey

The next questions ask about physical activity.

77. 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.)

- ☐ 0 days
- ☐ 1 day
- ☐ 2 days
- ☐ 3 days
- ☐ 4 days
- ☐ 5 days
- ☐ 6 days
- ☐ 7 days

The next question asks about concussions. A concussion is when a blow or jolt to the head causes problems such as headaches, dizziness, being dazed or confused, difficulty remembering or concentrating, vomiting, blurred vision, or being knocked out.

78. During the past 12 months, how many times did you have a concussion from playing a sport or being physically active?

- ☐ 0 times
- ☐ 1 time
- ☐ 2 times
- ☐ 3 times
- ☐ 4 or more times

The next question asks about social media, such as Instagram, Tik Tok, Snapchat, and Twitter.

79. How often do you use social media?

- ☐ I do not use social media
- ☐ A few times a month
- ☐ About once a week
- ☐ A few times a week
- ☐ About once a day
- ☐ Several times a day
- ☐ About once an hour
- ☐ More than once an hour

The next questions ask about other health-related topics.

80. Do you have a disability or long-term health problem that keeps you from doing everyday activities such as bathing, getting dressed, doing school work, playing sports, or being with friends?

- ☐ Yes
- ☐ No
- ☐ Not sure

81. During the past 30 days, did you ever sleep away from your parents or guardians because you were kicked out, ran away, or were abandoned?

☐ Yes

☐ No

82. During the past 30 days, where did you usually sleep?

☐ In my parent's or guardian's home

☐ In the home of a friend, family member, or other person because I had to leave my home or my parent or guardian cannot afford housing

☐ In a shelter or emergency housing

☐ In a motel or hotel

☐ In a car, park, campground, or other public place

☐ I do not have a usual place to sleep

☐ Somewhere else

83. During the past 30 days, how often did you go hungry because there was not enough food in your home?

☐ Never

☐ Rarely

☐ Sometimes

☐ Most of the time

☐ Always

84. How often do your parents or other adults in your family know where you are going or with whom you will be?

- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☐ Most of the time
- ☐ Always

85. Respond to the following statement, "You feel like you matter within your community."

- ☐ Strongly agree
- ☐ Agree
- ☐ Not sure
- ☐ Disagree
- ☐ Strongly disagree

86. During your life, how often have you felt that you were able to talk to an adult in your family or another caring adult about your feelings?

- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☐ Most of the time
- ☐ Always



HERKIMER COUNTY SYSTEM OF CARE

2024-2025 Herkimer County Youth Risk Behavior Survey

The next questions ask about Adverse Childhood Experiences. Adverse Childhood Experiences, or ACEs, are potentially traumatic events that occur in childhood (0-17 years). For example: experiencing violence, abuse, or neglect, or witnessing violence in the home or community.

87. During your life, how often has a parent or other adult in your home sworn at you, insulted you, or put you down?

- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☐ Most of the time
- ☐ Always

88. During your life, how often has a parent or other adult in your home hit, beat, kicked, or physically hurt you in any way?

- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☐ Most of the time
- ☐ Always

89. During your life, how often has there been an adult in your household who tried hard to make sure your basic needs were met, such as looking after your safety and making sure you had clean clothes and enough to eat?

- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☐ Most of the time
- ☐ Always

90. During your life, how often have your parents or other adults in your home slapped, hit, kicked, punched, or beat each other up?

- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☐ Most of the time
- ☐ Always

91. Have you ever lived with someone who was having a problem with alcohol or drug use?

- ☐ Yes
- ☐ No

92. Have you ever lived with someone who was depressed, mentally ill, or suicidal?

- ☐ Yes
- ☐ No

93. Have you ever been separated from a parent or guardian because they went to jail, prison, or a detention center?

☐ Yes

☐ No

The next questions are about your experiences in school.

94. During the past 12 months, how would you describe your grades in school?

☐ Mostly As

☐ Mostly Bs

☐ Mostly Cs

☐ Mostly Ds

☐ Mostly Fs

☐ None of these grades

☐ Not sure

95. In an average week when you are in school, how many total hours do you participate in afterschool activities such as sports, band, drama, or clubs run by your school or community groups?

☐ 0 hours

☐ 1 to 4 hours

☐ 5 to 9 hours

☐ 10 to 19 hours

☐ 20 or more hours

96. Do you receive Special Education services through an Individualized Education Plan (IEP) or 504 plan?

- ☐ Yes, I do
- ☐ Not anymore, but I used to
- ☐ No, and I never have
- ☐ Not sure

97. Respond to the following statement, " Your teachers really care about you and give you a lot of encouragement."

- ☐ Strongly agree
- ☐ Agree
- ☐ Not sure
- ☐ Disagree
- ☐ Strongly disagree

98. During the past 30 days, on how many days did you miss classes or school without permission?

- ☐ 0 days
- ☐ 1 or 2 days
- ☐ 3 to 5 days
- ☐ 6 to 9 days
- ☐ 10 or more days

99. Which of the following are you planning to do after you complete high school?
(Select only one response.)

- ☐ Attend a 4-year college
- ☐ Attend community college
- ☐ Attend a technical school
- ☐ Join the military
- ☐ Work a full-time job only
- ☐ Something else
- ☐ Not sure

The next questions ask about your attitudes and beliefs about yourself.

100. Respond to the following statement, "You can resist peer pressure."

- ☐ Strongly agree
- ☐ Agree
- ☐ Not sure
- ☐ Disagree
- ☐ Strongly disagree



HERKIMER COUNTY SYSTEM OF CARE

2024-2025 Herkimer County Youth Risk Behavior Survey

THANK YOU!

Thank you for participating in the 2024-2025 Herkimer County Youth Risk Behavior Survey. Please take a screenshot of this page and email it to your teacher so you may get credit for this assignment.

If you have any questions or concerns about this survey, please reach out to Katherine Driscoll, Project Director for the Herkimer County System of Care. kdriscoll@ican.family

For more information about Herkimer County System of Care, visit our website at hcsoc.org or call us at **315.801.7360**!

Are you in a crisis and looking for extra support?

Keep these resources handy:

Suicide & Crisis Lifeline

Call/Text: 988

Chat: www.988lifeline.org

Available 24/7

Mobile Crisis Assessment Team (MCAT)

Call: 315.732.6228

Available 24/7

For a Life-Threatening Emergency, Call 9-1-1

Be prepared to provide:

Your Phone Number

Location of the Emergency

Nature of the Emergency

and as many details as possible.