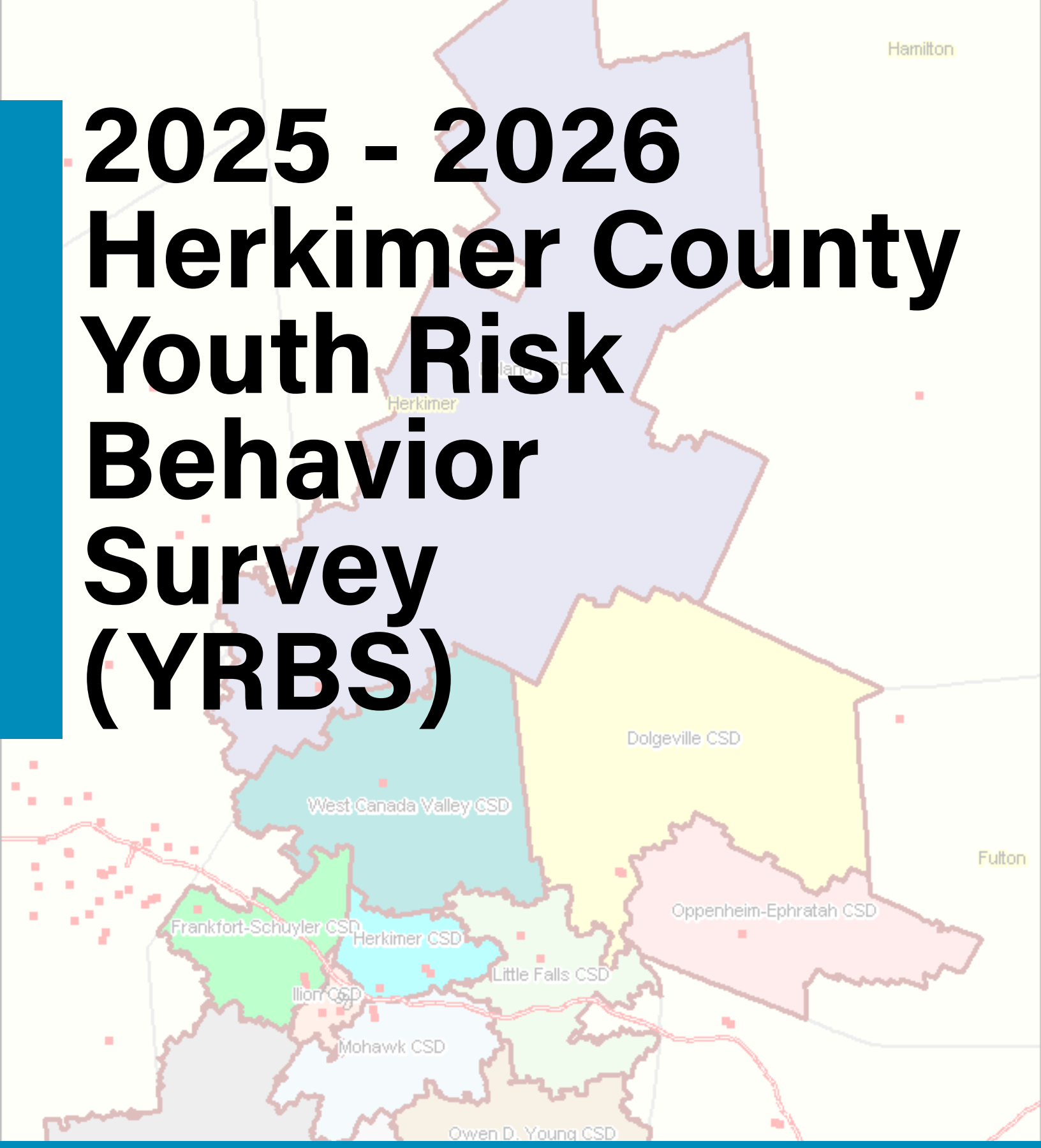
2025 - 2026 Herkimer County Youth Risk Behavior Survey (YRBS)



Countywide Report

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The 2025-2026 YRBS for Herkimer County was prepared by Aaron Fried, Ed.D.

DoctorProfessorAF.com



Acknowledgments

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 2025-2026 Youth Risk Behavior Survey (YRBS) to local high school students. A total of 1,692 students in grades 9 through 12 participated across 11 school districts, although one district only had 27 students respond (West Canada Valley) and three only had one student respond (Poland, Richfield Springs, and Town of Webb).

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 Centers for Disease Control and Prevention (CDC) YRBS, tailored by the state of Vermont. It included additional items on protective factors, risk perception, and topics relevant to local needs. Key focus areas included mental health, bullying, and substance use, providing a comprehensive picture 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, students who are home-schooled, and students in private schools, 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.

An important consideration in evaluating any survey is how well the data represents the actual population being served. To determine that this sample population resembles the actual population of students in grades 9 through 12 in Herkimer County, two steps were taken:

Overview and Methodology

1. School district enrollment data were obtained from the New York Education Department (NYSED) Data Site (https://data.nysed.gov). Because data availability lags by one year, the projected 2025-2026 population of students in grades 9 through 12 was estimated using each district's 2024-2025 enrollment in grades 8 through 11, assuming the students would progress to grades 9 through 12 in 2025-2026.
2. The estimated population was used to calculate the survey's margin of error using a tool from SurveyMonkey (https://www.surveymonkey.com/learn/research-and-analysis/margin-of-error-calculator/). The confidence interval used for the calculation was 95%.

The results of the margin of error testing are displayed below. Margin of error is an important measure of survey reliability. It indicates how closely survey results are expected to reflect the overall population.

The margin of error for the entire survey population is 1% at a 95% confidence interval. Data in this report representing all Herkimer County students in grades 9 through 12 can be interpreted as estimates within one percentage point of the broader student population. For example, in 2026, 20.5% of the 1,692 students who responded to Question 100 strongly agreed with the statement, “I feel like I matter within my community.” With a margin of error of 1% at a 95% confidence interval, the estimated percentage for the population of all 2,607 students would be between 19.5% and 21.5%. In sociological research, a margin of error of 3% to 5% is considered acceptable. Most survey results have margins of error between 1% and 6%, with one notable exception.

According to NYSED data, White students make up 91.1% of Herkimer County's student population. Non-White groups represent relatively small numbers of students: 12 Asian or Asian American, 43 Black or African American, 92 Hispanic or Latino, and 71 students identified as more than one race/ethnicity. Race/ethnicity data were collected through two questions: one asked if students identified as Hispanic or Latino, and another allowed students to select all applicable categories, which align with those used by NYSED: American Indian, Asian or Asian American, Black or African American, Native Hawaiian or Other Pacific Islander, and White. Except for White, all categories had more respondents than were represented in NYSED data.

Two steps were taken to clarify these responses. First, responses from both questions were consolidated into one race/ethnicity category, allowing Hispanic/Latino responses to be considered alongside racial categories. Second, race/ethnicity data were reported using two approaches. In the demographic section, tallies were recorded for every box a student checked. For a clearer picture of race/ethnicity, a second version was also reported and is used throughout this report. Any student who reported more than one race/ethnicity was condensed into a new category called “More than one.”

Overview and Methodology

This data are summarized below. There were still more respondents in each category except White and Hispanic/Latino, which is why there is no calculation for those categories. Because the populations for these groups are small, margin-of-error estimates would have limited reliability and are not reported. The main practical effect is that White students are under-counted by about 10.4%. However, the margin of error for White students is 2%, indicating that reporting in that category is representative of the population.

Population Verification

	Participant Description	Actual High School Population	Variation	Margin of Error
Female	49.6%	49.0%	0.6%	2.0%
Male	49.5%	50.9%	−1.4%	2.0%
Other	0.9%	0.1%	0.8%	
American Indian or Alaska Native	1.0%	0.0%	1.0%	
Asian or Asian American	1.2%	0.5%	0.7%	
Black or African American	3.0%	1.6%	1.4%	
Hispanic/Latino	4.2%	3.3%	0.9%	6.0%
White	80.9%	91.2%	−10.4%	2.0%
More than one	9.8%	3.0%	6.8%	
9th Grade	26.7%	25.5%	1.2%	2.0%
10th Grade	25.6%	25.0%	0.6%	3.0%
11th Grade	22.3%	24.2%	−1.9%	3.0%
12th Grade	25.1%	25.3%	−0.2%	3.0%
Students with Disability	17.1%	16.7%	0.4%	4.0%

Source: Herkimer County 2026 YRBS, Data.NYSED.gov

Overview and Methodology

Margin of Error by School District

Data	2026 Participants	Head Count	% of Population	Margin of Error
PATHWAYS ACADEMY	3	n/a	n/a	n/a
CENTRAL VALLEY CSD	452	608	74.3%	2%
DOLGEVILLE CSD	116	237	48.9%	7%
FRANKFORT-SCHUYLER CSD	262	285	91.9%	2%
HERKIMER CSD	285	314	90.8%	2%
LITTLE FALLS CITY SD	286	323	88.5%	2%
MOUNT MARKHAM CSD	228	276	82.6%	3%
OWEN D YOUNG CSD	1	42	2.4%	98%
POLAND CSD	30	130	23.1%	16%
RICHFIELD SPRINGS CSD	1	123	0.8%	98%
TOWN OF WEBB UFSD	1	69	1.4%	98%
WEST CANADA VALLEY CSD	27	200	13.5%	18%

Source: Herkimer County 2026 YRBS, data.nysed.gov

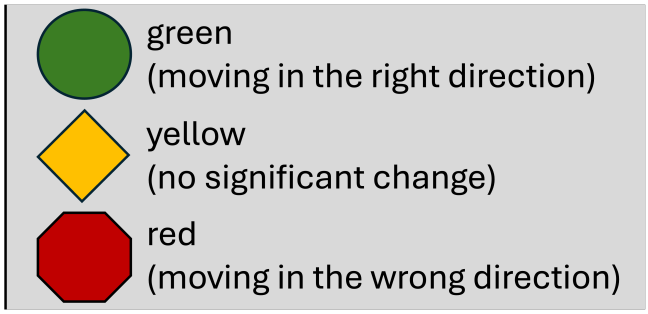
Overview and Methodology

While the survey findings provide important insights, several limitations should be considered when interpreting the results. The districts that participated previously have changed over the past four years. This change in participation altered the quality of inferences that can be made about those specific districts. This year, for example, results for Poland Central School District (CSD), Richfield Springs CSD, Town of Webb Union Free School District (UFSD), and West Canada Valley CSD have little inferential value. However, given the strength of the size of this sample, it is likely that the margin of error for this year's survey means that the generalizable inferences still provide some benefit to each district.

Next, wording for certain survey questions was modified in 2025 and the questions asked in 2025 and 2026 are more consistent than in previous years. However, in many cases, trend data is reported but limitations may be mentioned in the context of the how the questions changed. 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.

This year's version of the YRBS report comes with a new quick method for understanding changes in trends. Three familiar-colored symbols will accompany descriptions of trends. Starting in the middle, trends that show no significant changes will be accompanied by a yellow diamond. Because most margins of error were 2% or under, changes within ± 2% would fall into this range. Trends that are moving in the right direction will be accompanied by a green circle and trends that are moving in the wrong direction will be accompanied by a red octagon.



Organization

The 2025-2026 Herkimer County YRBS Report is organized into six topical areas listed below. Like any survey of this magnitude, the topics are not completely discrete areas, but every attempt has been made to keep responses in the areas where they make the most sense to report.

Topics

1. **Topic 1: Substance Use**
   - Alcohol
   - Tobacco
   - Vaping
   - Marijuana
   - Other
2. **Topic 2: Sexual Health and Safety**
3. **Topic 3: Violence**
   - Safety
   - Physical Violence
   - Bullying
   - Relationship Violence
4. **Topic 4: Mental Health**
   - Stressors
   - Anxiety and Depression
5. **Topic 5: Home Environment**
   - Housing and Food Insecurity
   - Relationships with Parents, Guardians, and/or Other Adults
6. **Topic 6: Academics**

Disaggregation Category Information

Race/Ethnicity

As previously described, race will be described several different ways in this report. Regardless, the most commonly used way race will be used for disaggregating this data is using the ***unduplicated*** version of race/ethnicity. The ***unduplicated race/ethnicity*** category was created by counting students who only selected one race into one of five categories and students who selected multiple races into the ***More than one*** category. That means there are six race/ethnicity categories:

- ***American Indian or Alaska Native***
- ***Asian or Asian American***
- ***Black or African American***
- ***Hispanic***
- ***White***
- ***More than one***

Sexual and Gender Identity

There are two combined categories that may appear in descriptions within this report.

1. ***Cisgender and heterosexual.*** This group includes students who answered that they (1) are not transgender and (2) describe themselves as heterosexual (straight).
2. ***LGBTQ+***. This group includes students who answered that they (1) are transgender or are not sure if they are transgender or (2) describe themselves as lesbian, gay, bisexual, questioning, or some other way.

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Topic 3 - Experiencing Violence **41**

Topic 4 - Mental Health **59**

Topic 5 - Home Environment **76**

Topic 6 - Academics **85**

2026 Herkimer County YRBS Form. **90**

Demographics



In the Demographics section of the Youth Risk Behavior Survey (YRBS), students were asked a series of questions to provide a better understanding of 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 1,692 responses were collected across all questions in this section, providing the basis for the demographic breakdowns that follow.

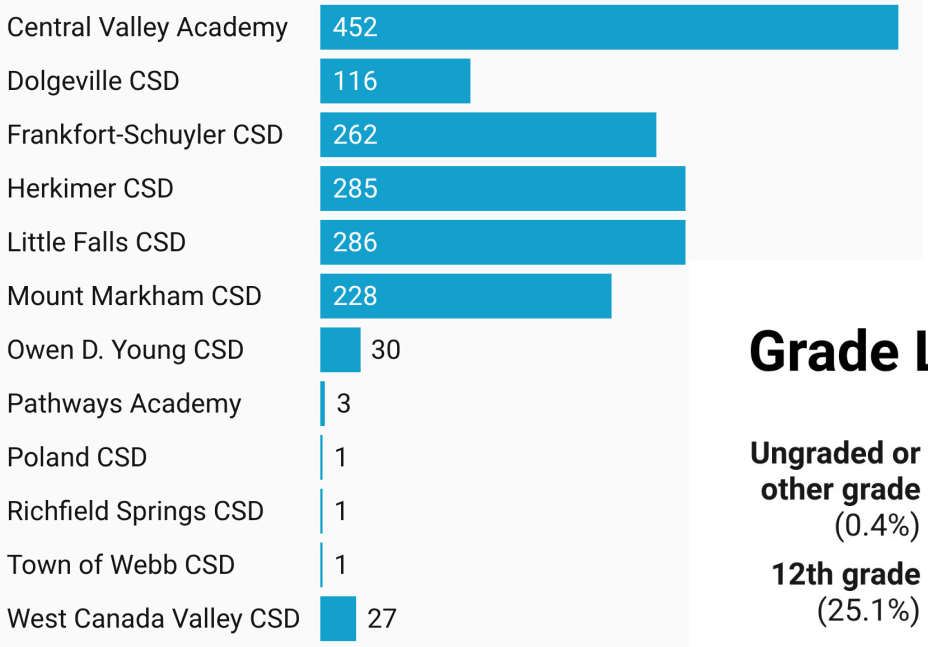
Participating Schools

All school districts in Herkimer County were invited to participate in the 2025-2026 YRBS. This year, 11 districts participated in the survey.

Overall, 1,692 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.

Demographics

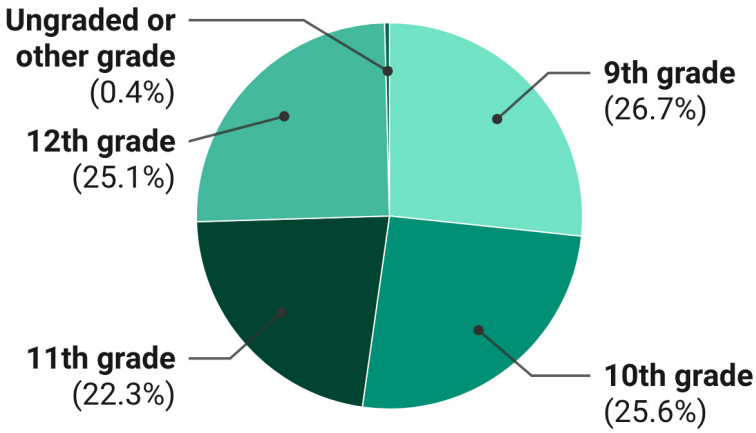
Participants by School District



Source: Herkimer County 2026 YRBS

The 2025-2026 YRBS was taken by students from all grades and representation of males and females.

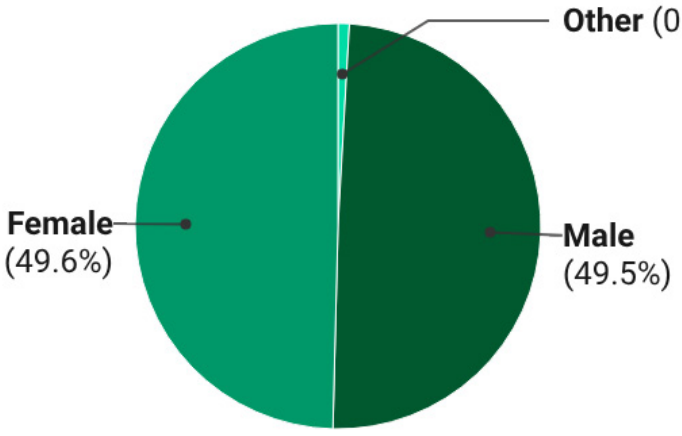
Grade Level



Source: Herkimer County 2026 YRBS

Sex Assigned at Birth

2026 Herkimer County YRBS

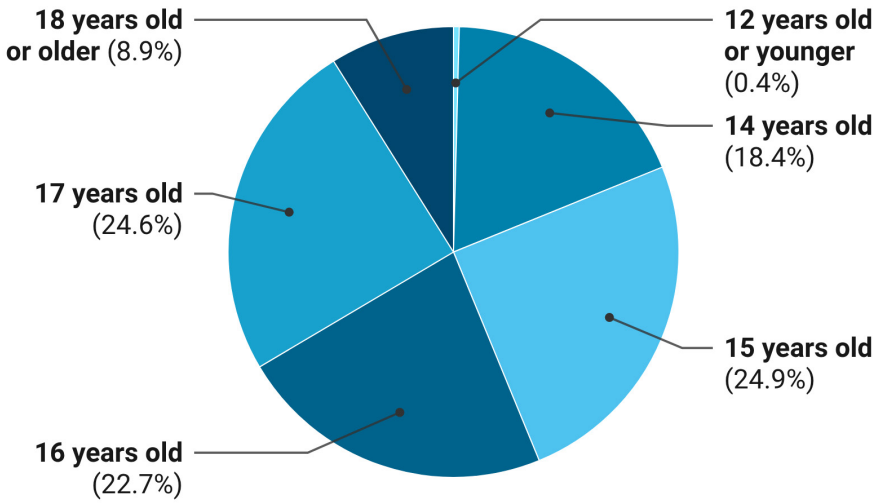


Source: Herkimer County 2026 YRBS

Demographics

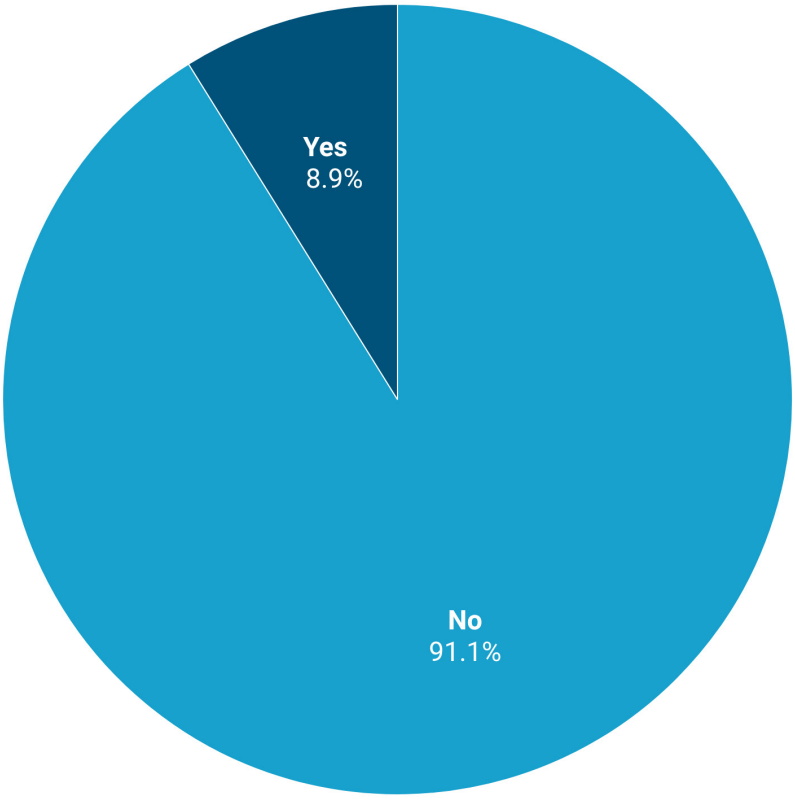
The majority of respondents were between 14 and 17 years old, with each grade level from 9 through 12 contributing proportionally to the overall sample. This distribution ensures that the survey results capture the perspectives of students across the full range of high school, rather than being concentrated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

Age of Participants



Source: Herkimer County 2026 YRBS

Hispanic/Latino



Source: Herkimer County 2026 YRBS

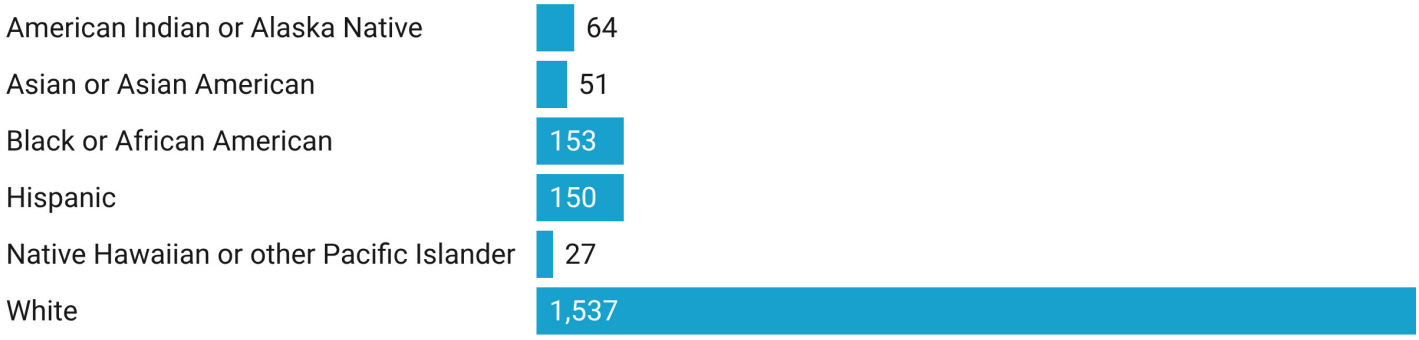
Regarding racial and ethnic diversity, the demographics are representative of the larger Herkimer County population. 8% of students identified as Hispanic or Latino, this is no change compared to 2025.

Demographics

Race/Ethnicity

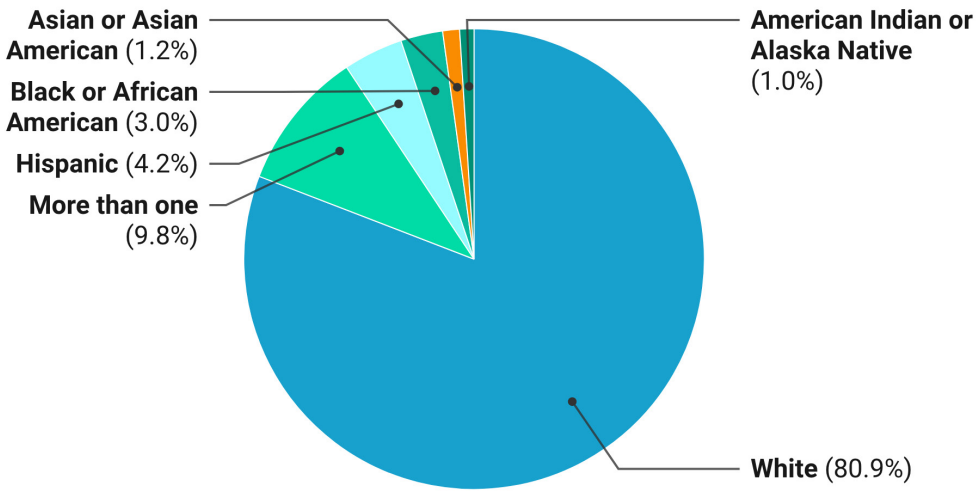
Race/Ethnicity is represented two ways. When students answered a question about their race, they could select as many options as applied to them. The first charts shows all of the individual selections for race.

Race/Ethnicity (all possible selections)



Source: Herkimer County 2026 YRBS

Race/Ethnicity (Unduplicated count)



Source: Herkimer County 2026 YRBS

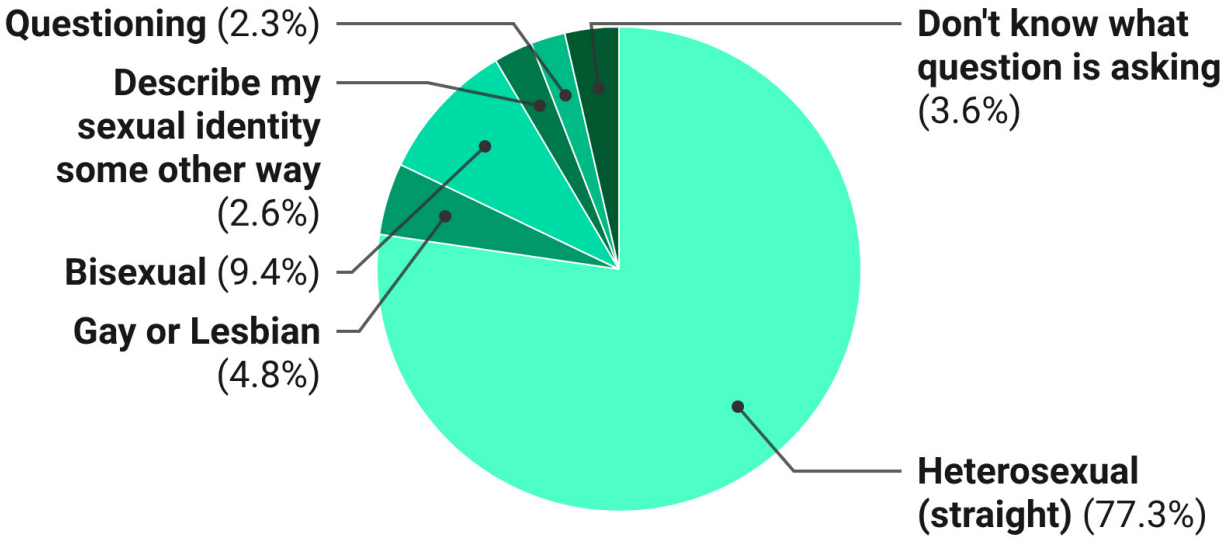
For a more accurate accounting of ***Race/Ethnicity***, students who selected more than one race were condensed into the ***Race/Ethnicity (Unduplicated count)*** category. This most accurately matches the NYSED county-wide enrollment data and will be used throughout the rest of the report.

Demographics

Sexual Identity and Transgender Identification

The following graphs summarize the sexual identities of students and their transgender identification.

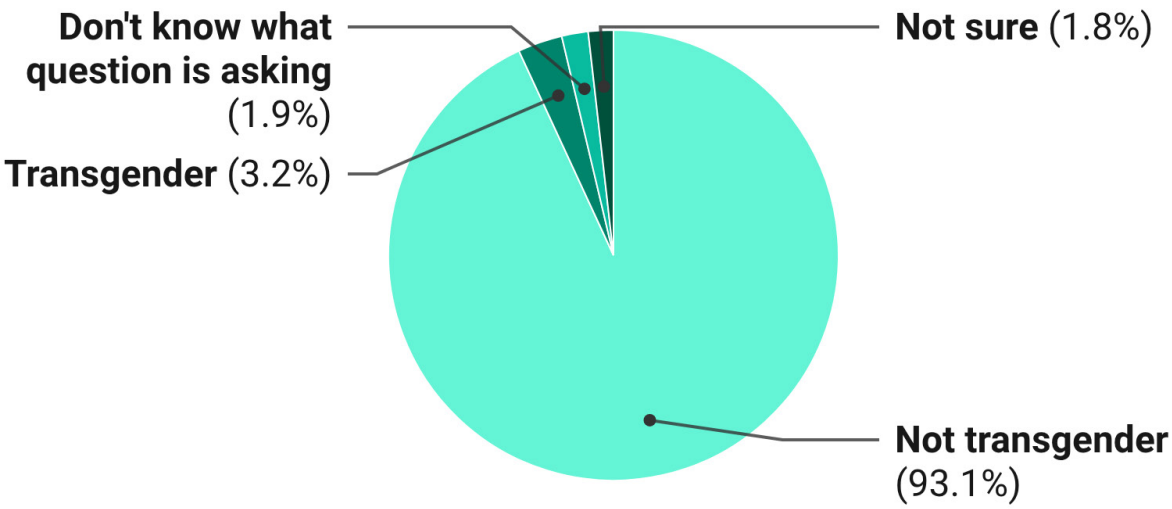
Sexual Identity



Source: Herkimer County 2026 YRBS

Both charts are unchanged from last year.

Transgender



Herkimer County - 2025-2026 YRBS

Source: Herkimer County 2026 YRBS

Executive Summary

Key Trends in Herkimer County

Reported use of most substances, including ***cigarettes***, ***vapes***, ***marijuana*** is down over the past 4 years. ***Alcohol*** use is up 3% and prescription pain med abuse is up 4%.

Reported use of alcohol in Herkimer county is 8% higher than the national average. Compared to the New York State averages, females drink at a 3% higher rate and males drink at a 7% higher rate.

Illicit drug use, including cocaine, inhalants, heroin and methamphetamines, is low in Herkimer County and trending down.

The rate of students reporting having sex in Herkimer County is lower compared to the national average.

There has been a 5.7% increase in condom use. That is offset by a 16.5% decrease in effective chemical birth control.

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Executive Summary

Disparities in Herkimer County

1 in 5 students who have smoked a cigarette had their ***first cigarette*** before age 7.

Female students in Herkimer County use chemical birth control 4% less than the national average and use of chemical birth control is down 16.5% over 4 years.

LGBTQ+ students are 14% more likely to miss school because of safety concerns than the national average and 23% more likely compared to the local average.

Non-White students are more than 3 times as likely to be treated unfairly because of race/ethnicity/cultural beliefs than White students.

LGBTQ+ students are almost 18 times as likely to be treated unfairly because of their sexual orientation/gender identity than cisgender/heterosexual students.

Black students (2 times) and multiracial students (3 times) are more likely to attempt suicide compared to White students.

LGBTQ+ students are almost 4 times as likely to attempt suicide as cisgender/heterosexual students.

1 in 5 multiracial students and 1 in 5 LGBTQ+ students experience unstable housing.

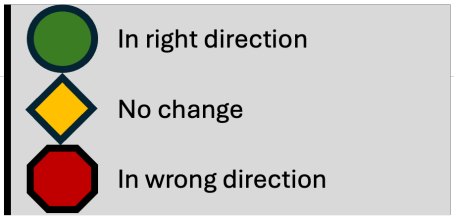
Substance Use

Quick Glance

The data from the past four years show a variety of changing trends in high school **Substance Use**. Five categories of substance use were examined: **alcohol, tobacco, vaping, marijuana, and other substances.** National data from 2013-2023 show mostly decreasing use of substances across all categories. In Herkimer County, however, the results are more mixed. Alcohol and prescription pain medication abuse are increasing, and marijuana use is not changing. Vaping and cigarette use are both trending downward.

	2023	2024	2025	2026	Trend	2-Year Change
Alcohol	38%	36%	43%	41%		
Cigarettes	17%	16%	15%	13%		
Vaping	27%	24%	27%	25%		
Marijuana	21%	21%	24%	22%		
Prescription Pain Meds	9%	8%	14%	13%		

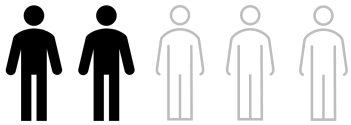
Source: Herkimer County 2026 YRBS



Substance Use

Key Findings - 2026

2 in 5 Students report **drinking alcohol**.





1 in 4 students using any tobacco product have attempted to quit in the last year.

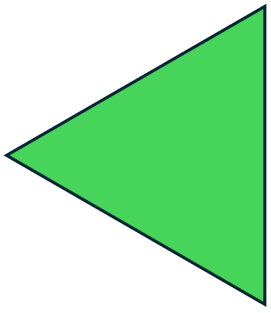


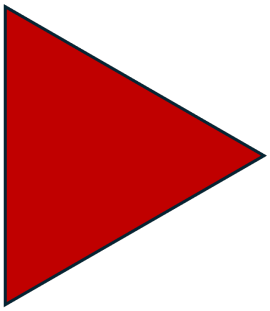
More than **1 in 5** students use marijuana.

1 in 4 students **used a vapor product** in the last year.

Two Trends - 2026

There has been a 3.8% decrease in **smoking** over 4 years.





There has been a 5.7% increase in **binge drinking** over 4 years.

Herkimer County - 2025-2026 YRBS

Substance Use

Topic 1 - Substance Use

A Alcohol 11

B Tobacco 16

C Vaping 18

D Marijuana 21

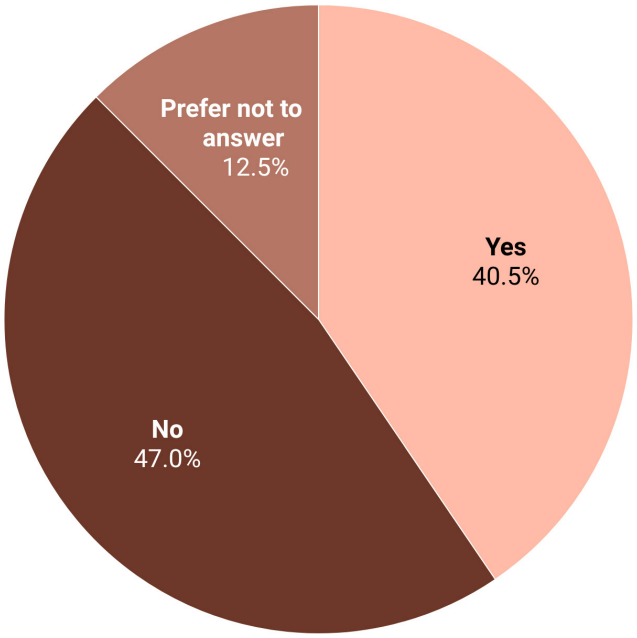
E Other Substances 25

F Correlations 27

Substance Use

Alcohol

Have you ever had a drink of alcohol?



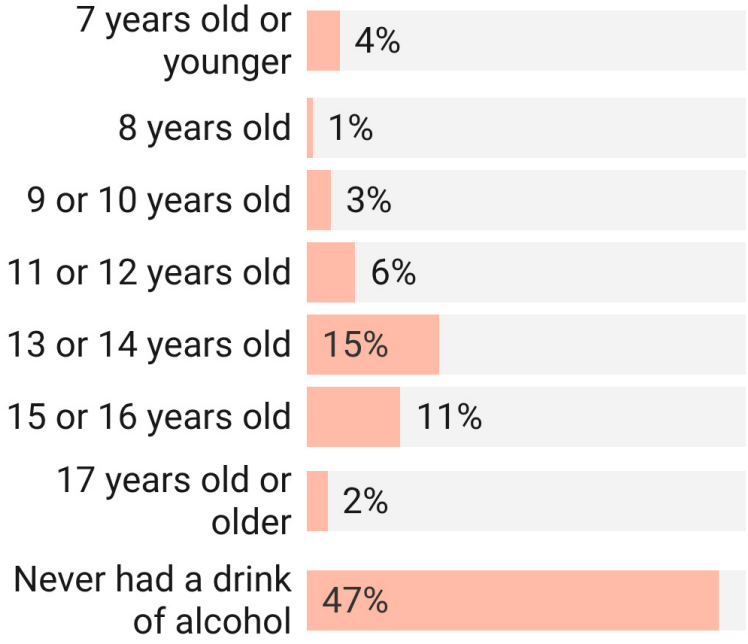
Source: Herkimer County YRBS 2026

About 41% of students in Herkimer County report ever ***having a drink of alcohol***.

Compared to four years ago, the percentage of students drinking is up 2.6%. However, the two-year trend shows a 2.2% decrease.

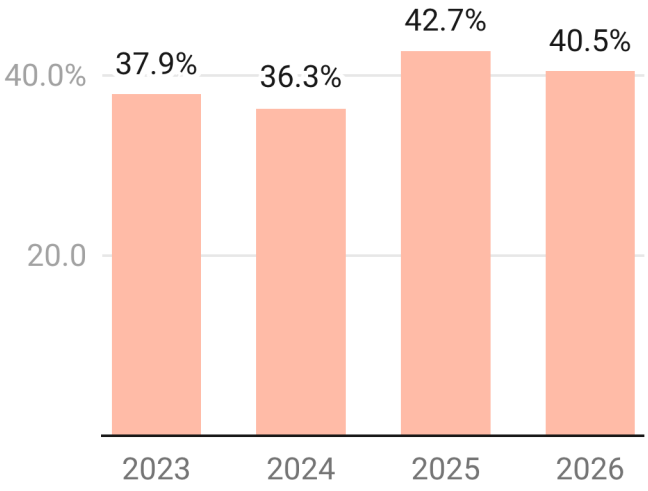
Students most commonly report having their first drink between ages 13 and 14. This trend has been consistent for the past four years.

Age of First Drink



Source: Herkimer County 2026 YRBS

Ever drank alcohol



Source: Herkimer County YRBS

Substance Use

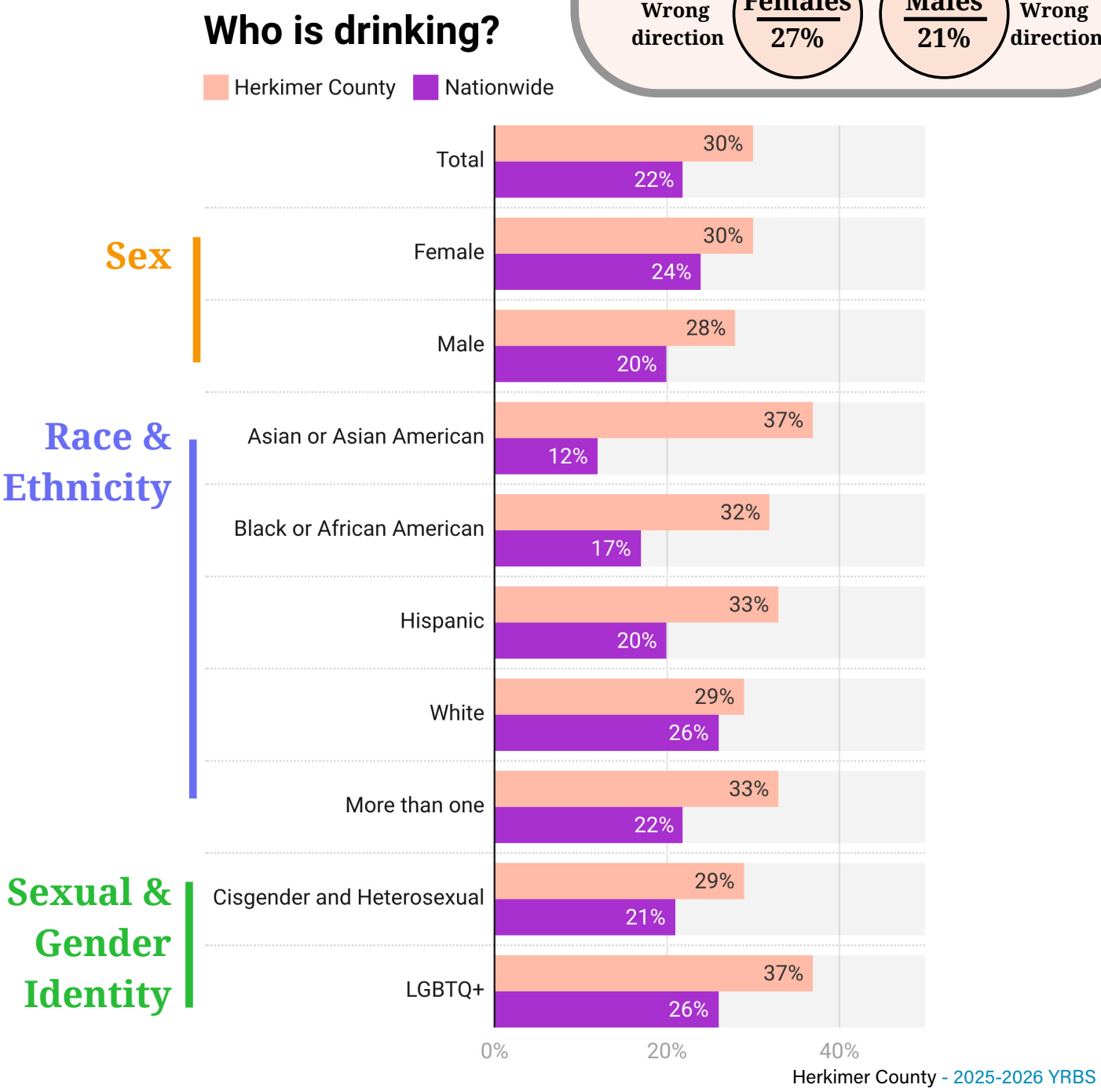
Alcohol

Who is drinking in Herkimer County?

Compared with nationwide averages, students in Herkimer County report higher rates of drinking across every demographic category. **Wrong direction**

The 2023 New York YRBS showed the following averages for this question:

Wrong direction — **Females** 27% — **Males** 21% — Wrong direction



Past 30 days

Source: Herkimer County 2026 YRBS

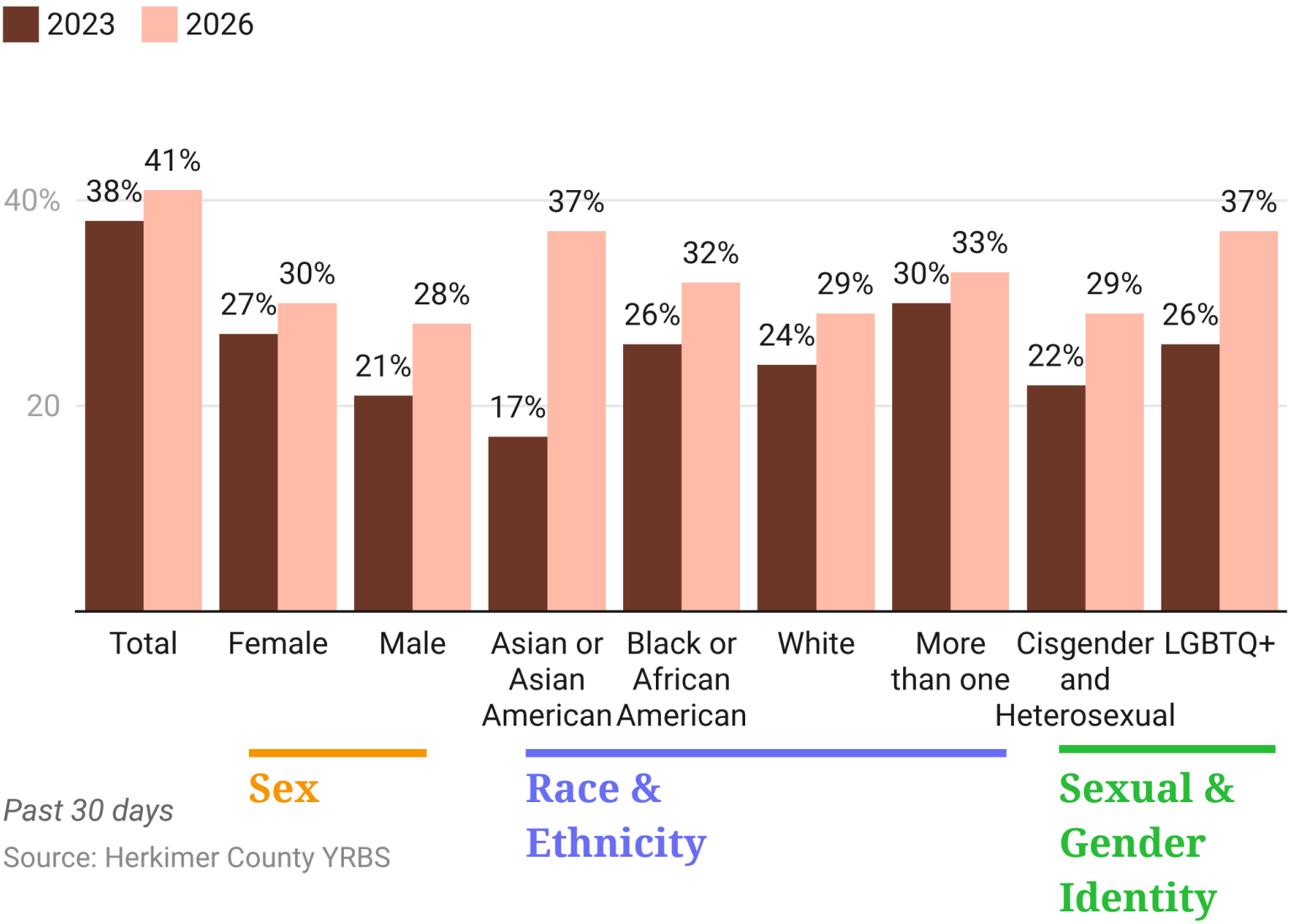
Substance Use

Alcohol

Looking back over the past four years, all demographic categories in Herkimer County show higher rates of alcohol use.

Wrong direction

Who Is Drinking



Past 30 days

Source: Herkimer County YRBS

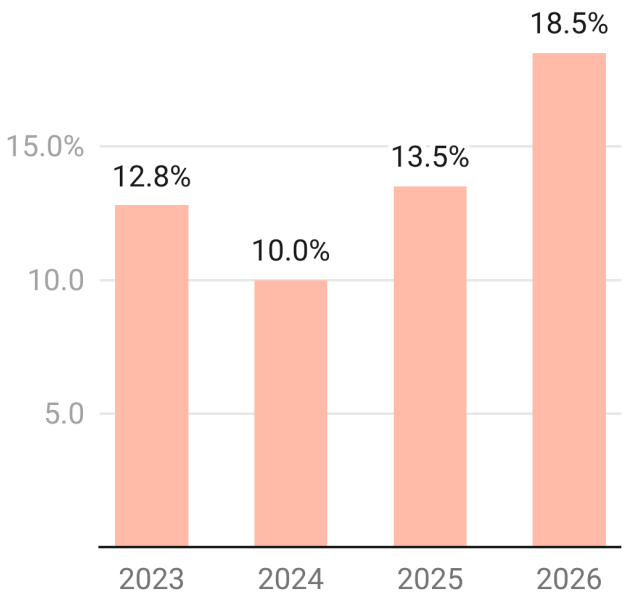
Substance Use

Alcohol

Binge drinking is defined as consuming more than four drinks in a row. After a drop in 2024, the percentage of Herkimer County students reporting ***binge drinking*** has increased 5.7%.

Wrong direction

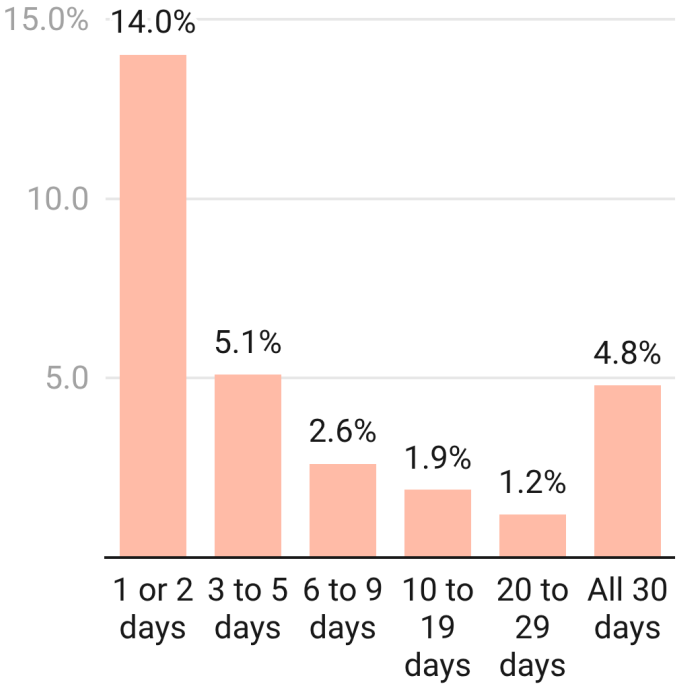
Binge Drinking



Last 30 days

Source: Herkimer County YRBS

Number of Days Having at Least One Drink



Last 30 days

Source: Herkimer County 2026 YRBS

The pattern in the number of days students report drinking at least one beer per day has remained similar over the past four years, although the percentages have gradually increased to the values shown above.

Substance Use

Alcohol Source

3 Year Trend

Source	2024	2025	2026	
A public event such as a concert or sporting event	3.8%	1.2%	1.7%	- 2.1% Decrease
Liquor store, convenience store, supermarket, discount store, or gas station	13.3%	10.8%	11.5%	- 1.8% Decrease
Restaurant, bar or club	2.5%	1.2%	2.4%	- 0.1% Decrease
Someone else bought it for me	12.7%	13.6%	14.0%	+ 1.3% Increase
Some other way	13.3%	35.2%	30.1%	+ 16.8% Increase
I took it from a store or family member	15.8%	8.0%	11.2%	- 4.6% Decrease
Someone gave it to me	38.6%	30.0%	29.0%	- 9.6% Decrease

Heat Map Legend

8% 13% 29% 35%

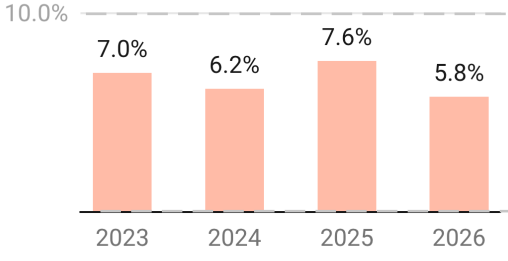
Source: Herkimer County 2026 YRBS

Alcohol

Where are students getting alcohol? Looking back over three years, the most common response is that students rely on someone else to get alcohol for them. The largest increase during this period, almost 17%, was among students responding with **"*Some other way*."**

Drinking Alcohol and Vehicles

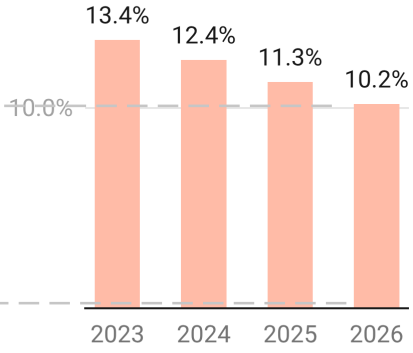
Have you driven a vehicle after drinking alcohol?



Last 30 days

Source: Herkimer Count YRBS

Have you been a passenger in a vehicle when the driver had been drinking alcohol?



Last 30 days

Source: Herkimer County YRBS

Looking back over four years, whether a student ***drives a vehicle after drinking alcohol*** or whether a student is a ***passenger in a vehicle when the driver has been drinking*** has decreased.

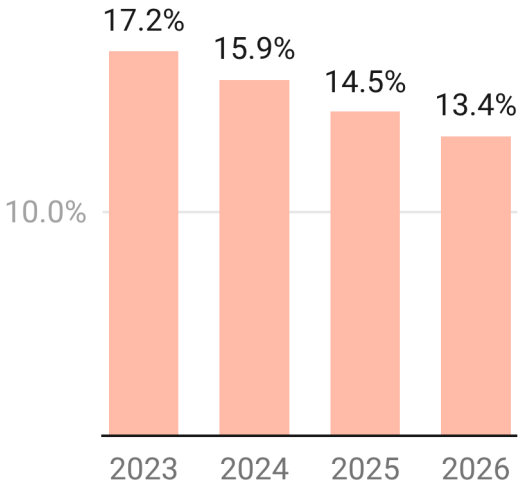
Right direction

Herkimer County - 2025-2026 YRBS

Substance Use

Tobacco

Ever smoked a cigarette

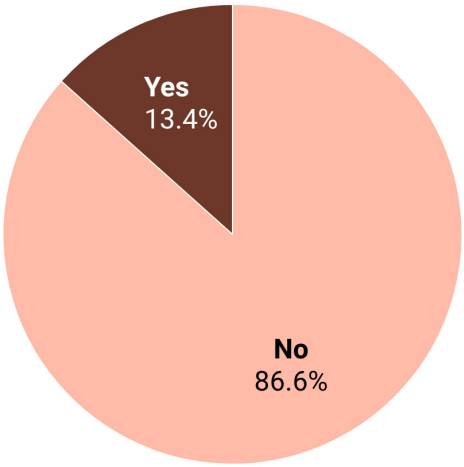


Source: Herkimer County YRBS

For the fourth year in a row, there is a decrease in the percentage of students who report ***smoking***.

In 2026, 13.4% of the students report ***ever smoking a cigarette***.

Have you ever smoked a cigarette?

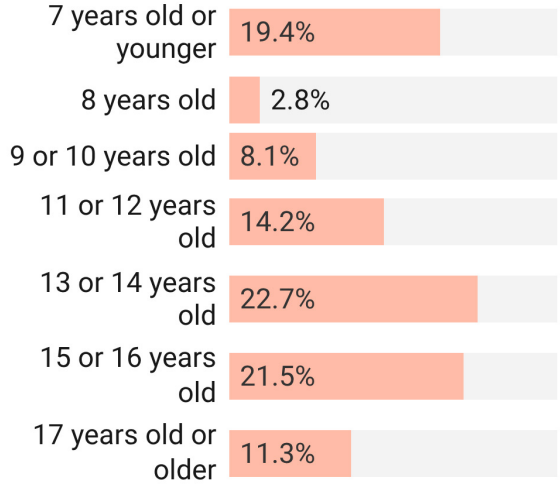


Source: Herkimer County 2026 YRBS

Over four years, there has been a 3.8% reduction in the number of students who ***report ever smoking a cigarette***.

Right direction

Age of first cigarette



Source: Herkimer County 2026 YRBS

Compared to last year, smoking rates decreased across most age groups ...

Right direction

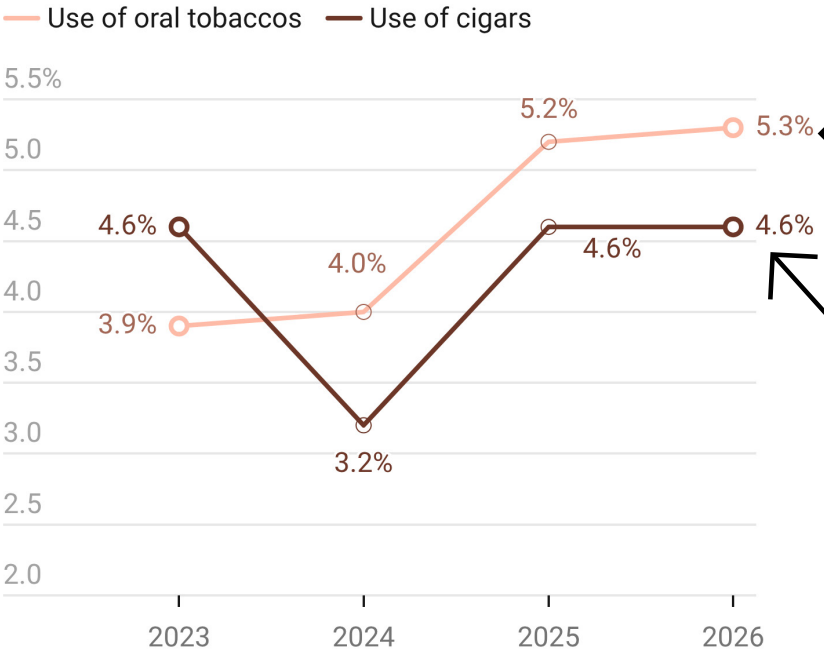
... with increases among students ages 17 and older (1%), ages 9 or 10 (3%), and ages 7 or younger (3.4%).

Wrong direction

Substance Use

Tobacco

Alternative Tobacco Use Over Time



Source: Herkimer County YRBS

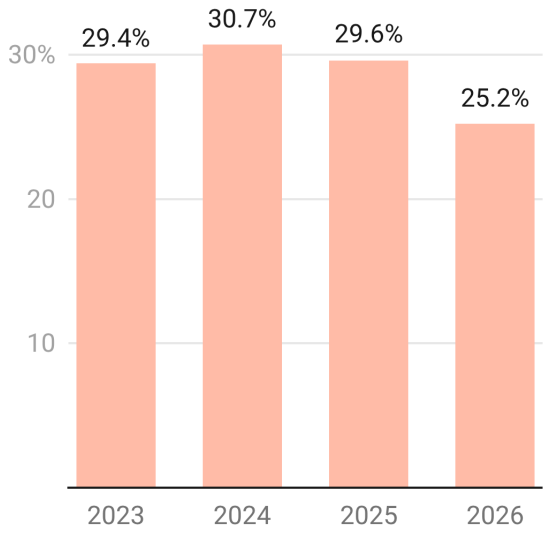
Over four years, the percentage of students who report using oral tobacco like ***snuff, dip, snus, or chewing or dissolvable tobacco*** has increased by 1.4%.

Wrong direction

Over four years, the percentage of students who report ***smoking cigars, cigarillos, or little cigars*** is unchanged.

No change

Cessation attempts over time



Source: Herkimer County YRBS

Over four years, there has been a 4.4% reduction in the number of students who report an ***attempt to quit smoking***.

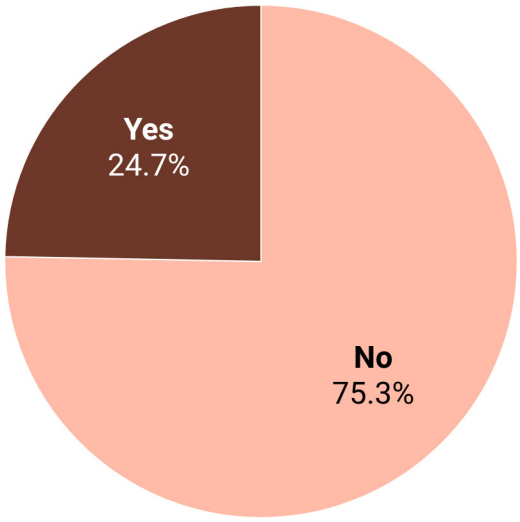
Wrong direction

Substance Use

Vaping

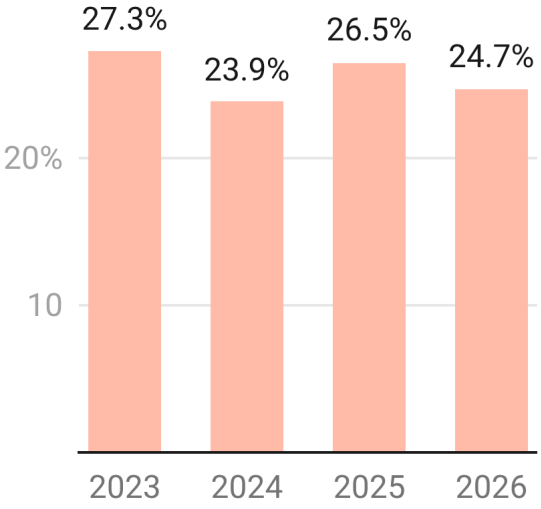
In 2026, 24.7% of students report ever having ***used a vapor product***.

Have you ever used vapor products?



Source: Herkimer County 2026 YRBS

Use of vapor products



Source: Herkimer County YRBS

Over four years, there has been a 2.6% reduction in the number of students who report ***ever using a vapor product***.

Right direction

Substance Use

Vaping

Comparing the four-year change in vaping across demographics, all categories reported a decrease in vaping between 2% and 18% except two groups:

Asian or Asian Americans, + 11%

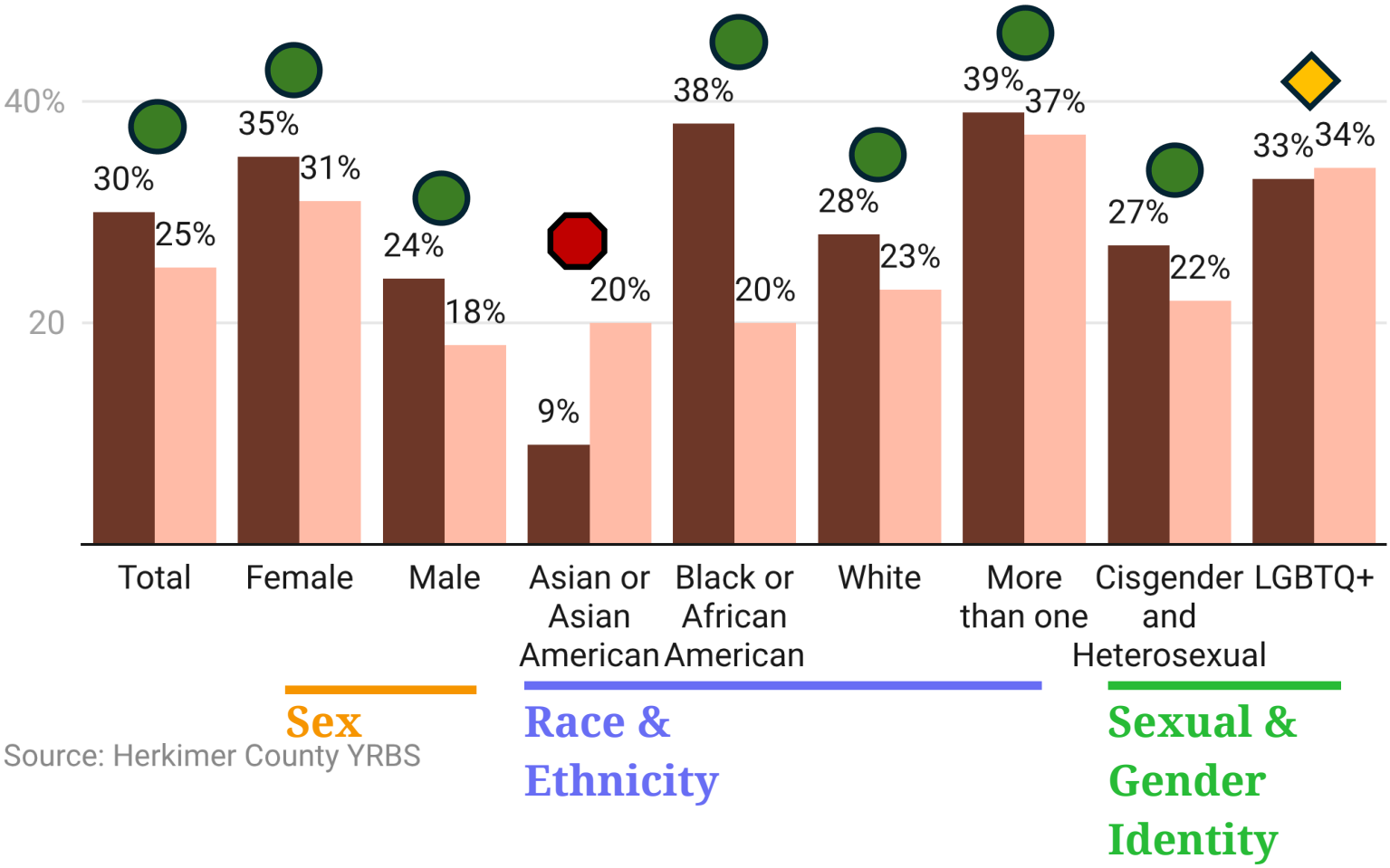
LGBTQ+, + 1%

Right direction

Wrong direction

No change

Who Is Vaping



Source: Herkimer County YRBS

Herkimer County - 2025-2026 YRBS

Substance Use

Vaping

The decrease in the use of vapor products is apparent in the four-year trends ***for reasons for using vapor products*** and ***type of vapor products***.

Reasons for Using Vapor Products *

Reason for Vape Use	2023	2024	2025	2026
Friend or family use	41%	37%	24%	20%
Get nicotine buzz	36%	28%	12%	13%
Stress, anxiety, depression	48%	38%	23%	23%
Curiosity	50%	46%	23%	24%
They are less harmful	12%	9%	1%	1%
Available in flavors	23%	20%	3%	4%
Other reason	18%	11%	14%	15%

Heat Map Legend

9% 18% 36% 46%

Source: Herkimer County YRBS

What Type of Vapor Product Do You Use? *

Over four years, there has been a 2.6% reduction in the number of students who report ***ever using a vapor product***.

Right direction

Vapor Product Use	2023	2024	2025	2026
JUUL that uses pods	27%	22%	8%	9%
Rechargeable pen	58%	59%	34%	36%
Disposable vaping device	39%	29%	14%	10%
Modular device with refillable tank	18%	9%	5%	7%
Other type	27%	17%	11%	10%
Not sure	27%	17%	16%	18%

Heat Map Legend

16% 27% 37% 48%

Last 30 Days

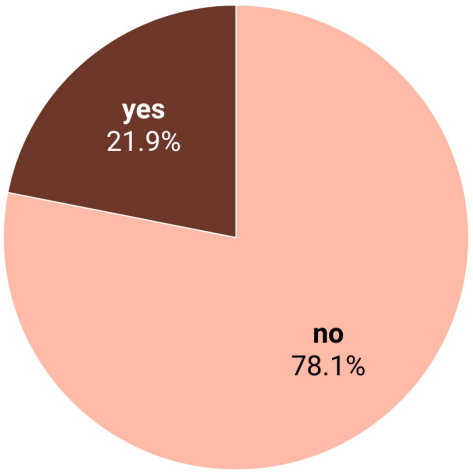
Source: Herkimer County YRBS

***These questions have been asked in a format of select one choice or select multiple choices. Overall trend data is. not available because of those discrepancies.**

Substance Use

Marijuana

Have you ever used marijuana?



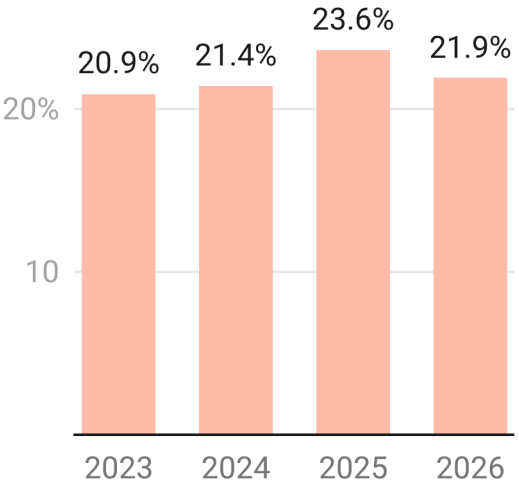
Source: Herkimer County 2026 YRBS

21.9% of students report having ***used marijuana*** in their lifetime.

Despite a slight increase in reported use last year, overall, students ***using marijuana*** has remained consistent over the past four years.

No change

Marijuana Use



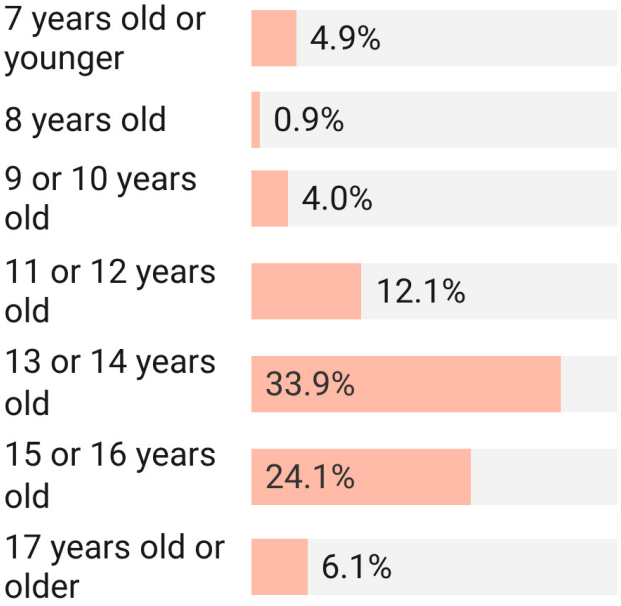
Source: Herkimer County YRBS

The average age when most students report having tried marijuana for the first time is 13 to 14 years old.

This trend is consistent over the past four years, but it is also the only age group where the reported use of marijuana is significantly higher than four years ago.

Wrong direction

Age of First Marijuana Use



Source: Herkimer County 2026 YRBS

Over the past four years, students ages 17 or older report 2.1% higher marijuana use than four years ago.

No change

Every other age group reports less marijuana each year over the past four years.

Right direction

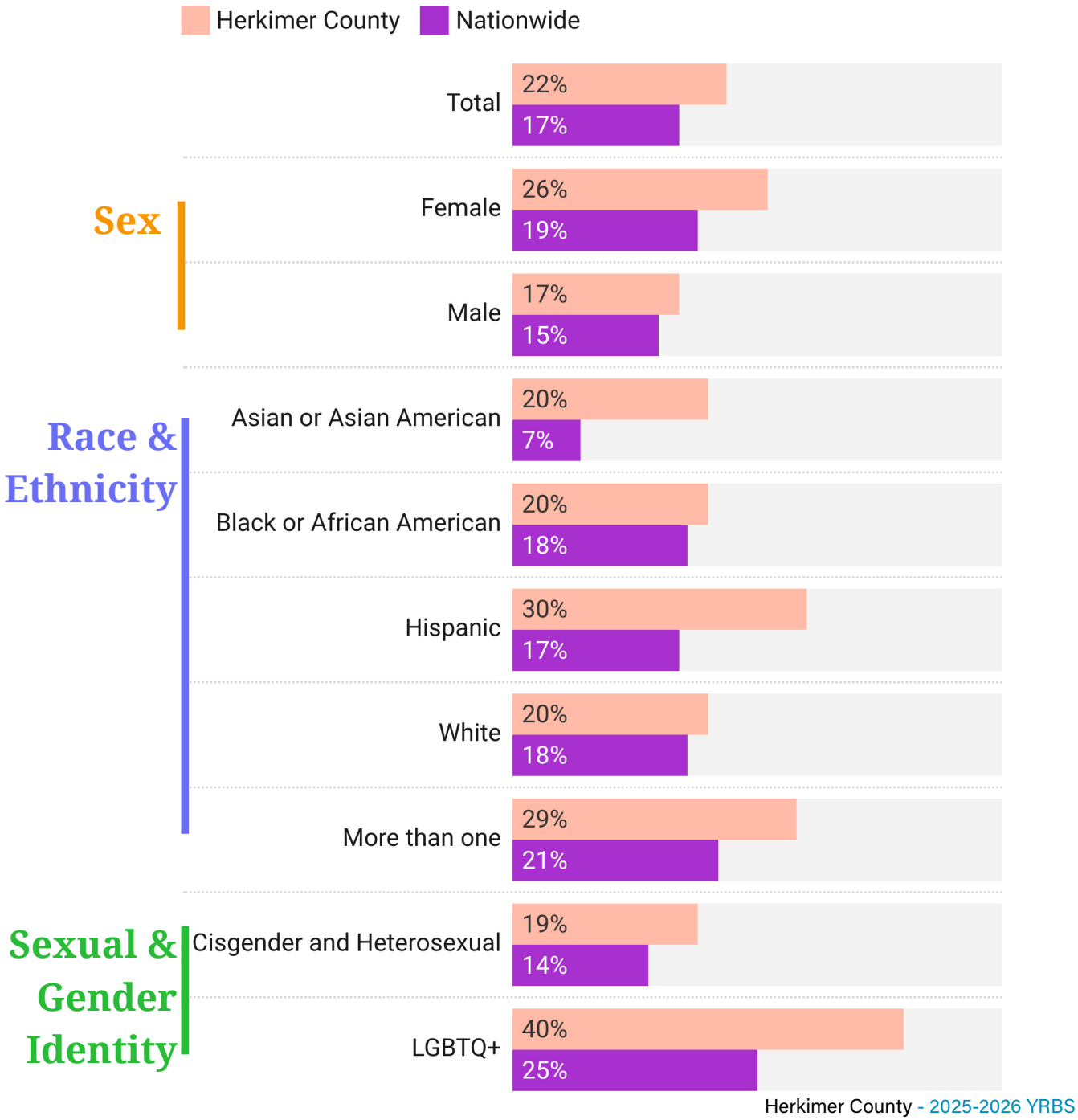
Substance Use

Marijuana

Compared to national YRBS data, every demographic category reports higher ***marijuana use*** with gaps ranging from as small as 2% to as large as 15%.

Wrong direction

Who is using marijuana



Herkimer County - 2025-2026 YRBS

Source: Herkimer County 2026 YRBS

Substance Use

When looking at the demographic trends over four years, however, reported ***marijuana use*** is only higher in *females* and the *LGBTQ+* population.

Marijuana

Wrong direction

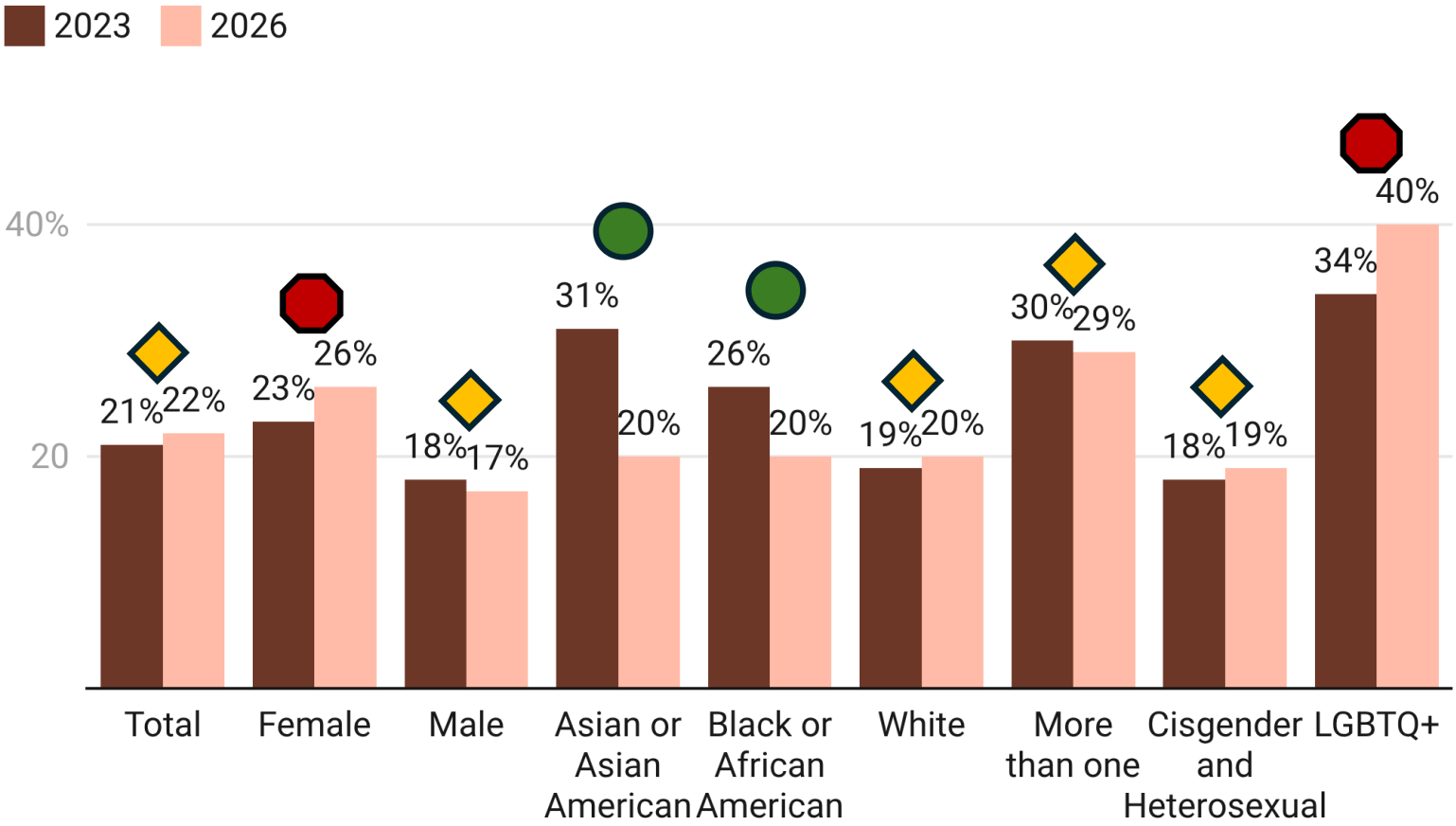
The total reported use and reported use by *males* and *White students* is unchanged.

No change

All other demographic groups are trending toward lower usage.

Right direction

Who Is Using Marijuana



Source: Herkimer County YRBS

Herkimer County - 2025-2026 YRBS

Substance Use

Marijuana

Another consistent set of trends can be seen in the ***method of marijuana consumption***.

Over the past four years, every method of consumption is down except for ***other***.

Right direction

Method of Marijuana Use Over Time

Method	2023	2024	2025	2026	Trend
Smoked it	87%	78%	74%	58%	
Ate it	41%	28%	23%	26%	
Drank it	13%	10%	9%	9%	
Vaped it	57%	53%	42%	46%	
Dabbed it	35%	33%	20%	16%	
Other method	14%	11%	14%	18%	

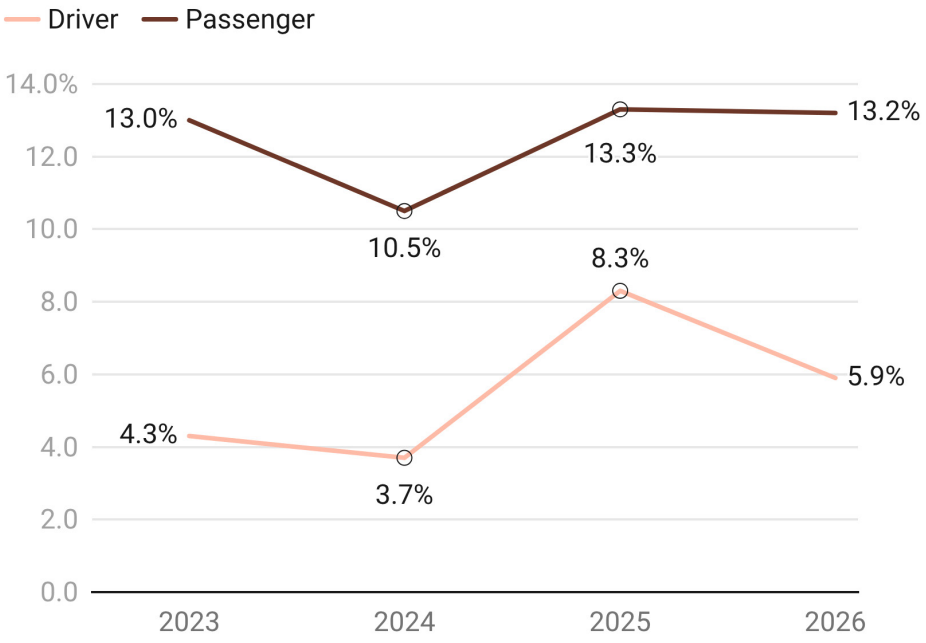
Heat Map Legend

28% 48% 68%

Last 30 days, selections were no mutually exclusive

Source: Herkimer County YRBS

Have you been the driver or passenger of a vehicle after you or the driver used marijuana?



Past 30 days

Source: Herkimer County YRBS

Riding in a car with a driver who has used marijuana has not changed over the past four years.

No change

Despite a significant drop from last year, ***driving after marijuana use*** is up 1.6% from four years ago.

Wrong direction

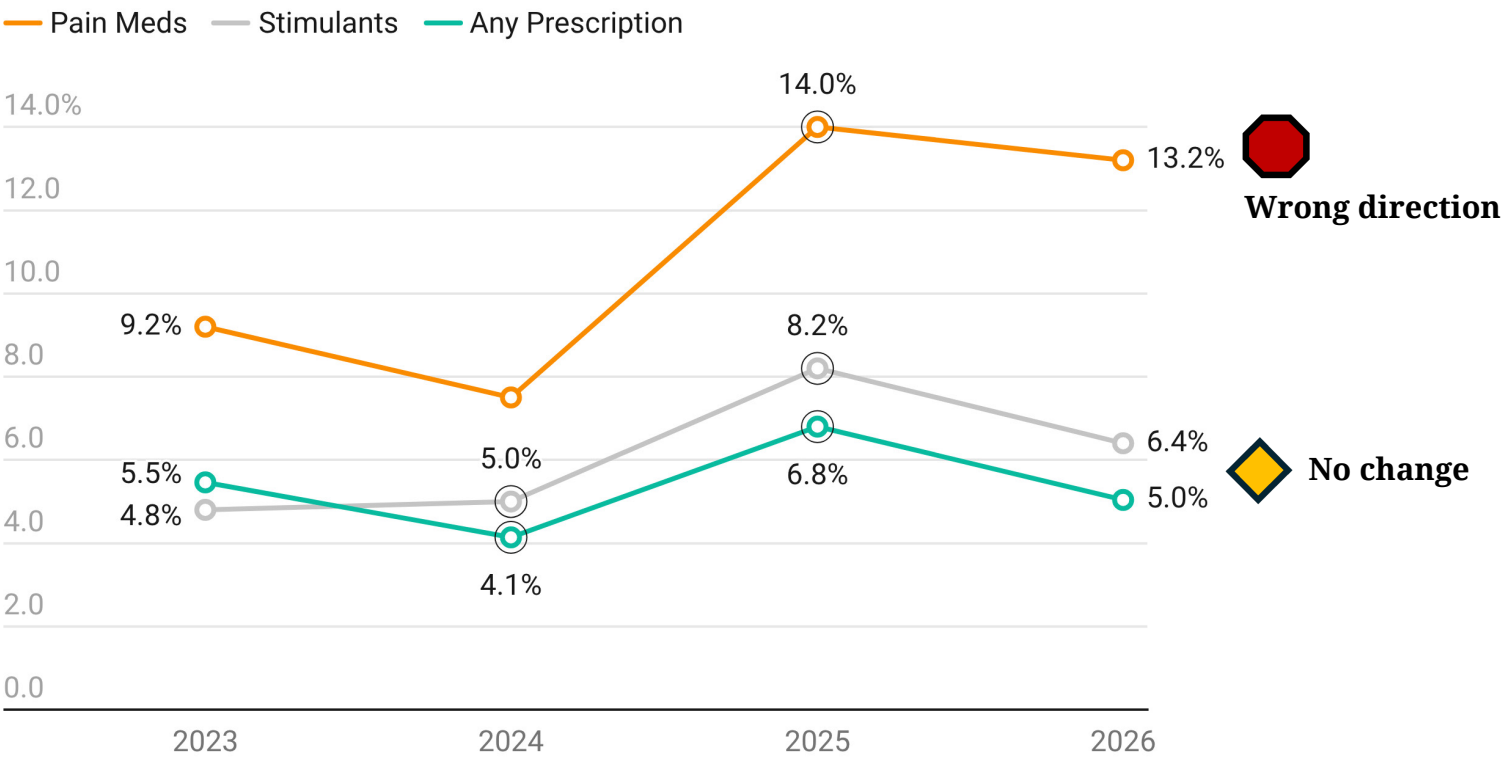
Substance Use

There is relatively low reported ***abuse of prescription stimulants and other types of prescriptions***, and there is no real change in their abuse over four years.

Other

For ***prescription pain medications***, despite a decrease from last year, there has been a 4% increase in their abuse over the past four years.

4 Year Trend in Prescription Drug Abuse



Lifetime

Source: Herkimer County YRBS

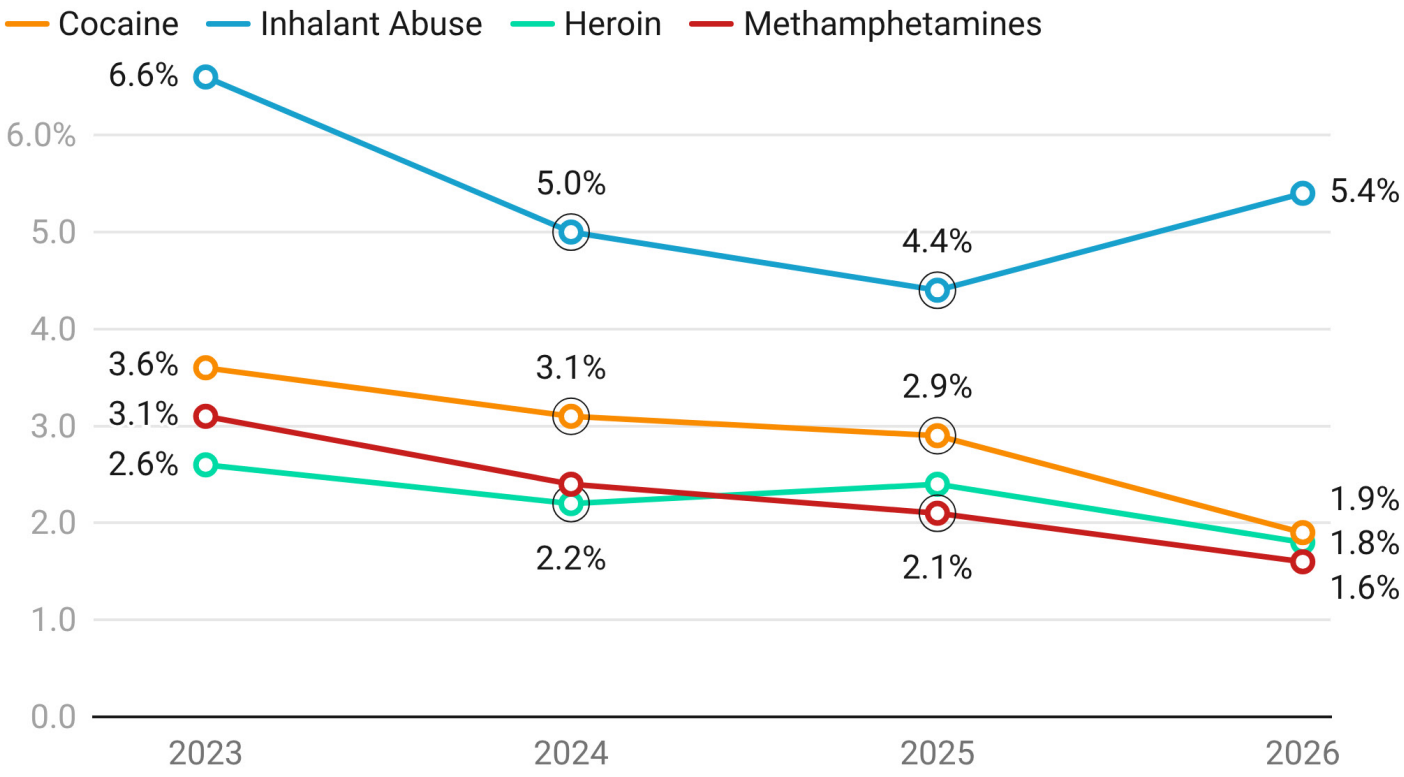
Substance Use

Other

Despite an increase over last year for ***inhalant abuse,*** the use of select ***illicit drugs*** is trending down.

Right direction

4 Year Trend in Select Illicit Drug Use



Lifetime

Source: Herkimer County YRBS

Substance Use

Correlations

Many of the variables within the **Substance Use** portion of the YRBS had potential correlations with other variables. The data were entered into JASP for correlation analysis. Within this student population, there were several moderate correlations* that are worth noting. As with any correlational relationship, no direction or causation is implied by these relationships.

Alcohol, Cigarettes, Vaping, and Marijuana

(relationships listed from strongest to weakest)

Vaping is correlated with ***Marijuana use*** - $r = 0.598$, $p < .001$
Smoking cigarettes is correlated with ***Marijuana use*** - $r = 0.546$, $p < .001$
Drinking alcohol is correlated with ***Marijuana use*** - $r = 0.527$, $p < .001$
Drinking alcohol is correlated with ***Vaping*** - $r = 0.485$, $p < .001$

Marijuana

(relationships listed from strongest to weakest)
Driving after marijuana use is correlated with **Attending school under the influence**
$r = 0.668$, $p < .001$
Driving after marijuana use is correlated with **Riding with a driver who just used marijuana -** $r = 0.528$, $p < .001$
Riding with a driver who just used marijuana is correlated with **Attending school under the influence -** $r = 0.467$, $p < .001$
Marijuana use is correlated with **Attending school under the influence** - $r = 0.461$, $p < .001$
Marijuana use is correlated with **Riding with a driver who just used marijuana**
$r = 0.408$, $p < .001$

- It is generally accepted that moderate correlations (Pearson's *r* value) are between 0.4 and 0.69. Strong correlations would have an *r* value over 0.7.

Sexual Behavior, Health and Safety

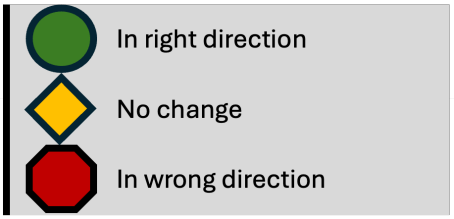
Quick Glance

The following data examine **Sexual Behavior, Health, and Safety** among high school students in Herkimer County in three parts. **Sexual behavior** will look at the data regarding sexual activity within the population. **Sexual health** will look at the use of contraception during sexual activity. Finally, **sexual safety** describes sexual violence within the population. Below is a quick glance at several main trends in sexual behavior, health, and safety.

Percentage of students who:	2023	2024	2025	2026	Trend	2 Year Change
Ever had sex*	27%	28%	30%	28%	◆	●
Had 4 or More Partners, Lifetime	26%	21%	25%	17%	●	●
Currently Sexually Active, Last 30 Days	21%	21%	23%	21%	◆	●
Used a condom, Last Sexual Encounter	38%	41%	41%	44%	◆	■
Use Effective Hormonal Birth Control	40%	35%	25%	24%	■	■

** - Percentages in the first row are compared to the entire group of participants. Each other list the percentage of participants who who ever reported having sex.*

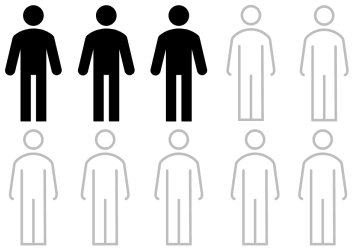
Source: Herkimer County YRBS



Sexual Behavior, Health and Safety

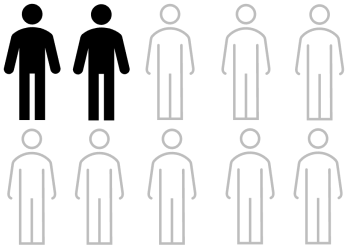
Key Findings - 2026

Just under **3 in 10** high school students had **ever had sex.**





1 in 4 sexually active students **used effective chemical birth control** last time they had sex.



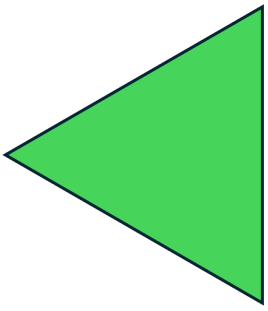
2 in 10 were **currently sexually active.**

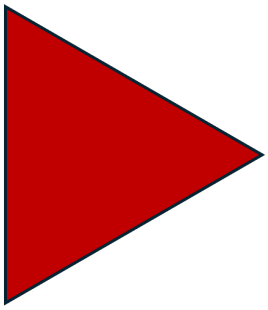
1 in 2 sexually active students **used a condom** last time they had sex.



Two Trends - 2026

Students reporting having **4 or more sexual partners** in their lifetime is down 16%.





Students reporting using **effective chemical birth control** is down 11.4%.

Sexual Behavior, Health and Safety

Topic 2 - Sexual Behavior, Health, and Safety

A Sexual Behavior **31**

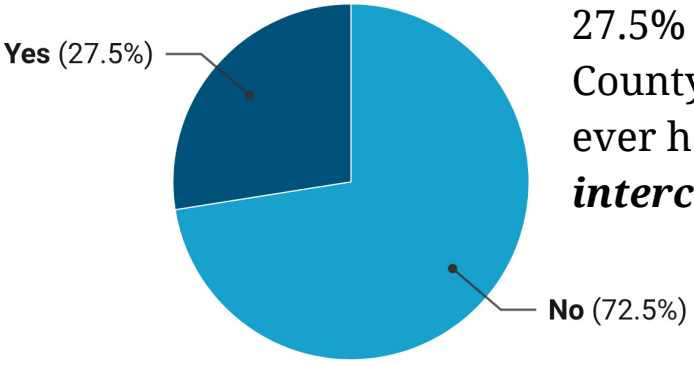
B Sexual Health **36**

C Sexual Safety **40**

Sexual Behavior, Health and Safety

Have you ever had sexual intercourse?

Sexual Behavior



27.5% of Herkimer County students report ever having had ***sexual intercourse***.

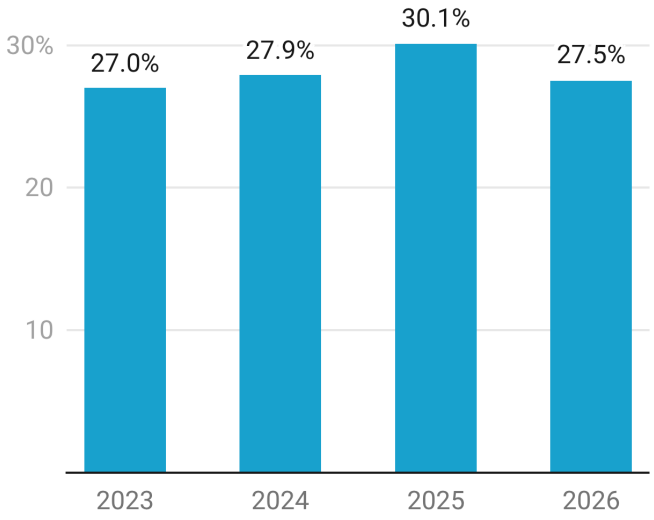
Lifetime

Source: Herkimer County 2026 YRBS

That number is down 2.6% from 2025.

The four-year trend, however, is unchanged.

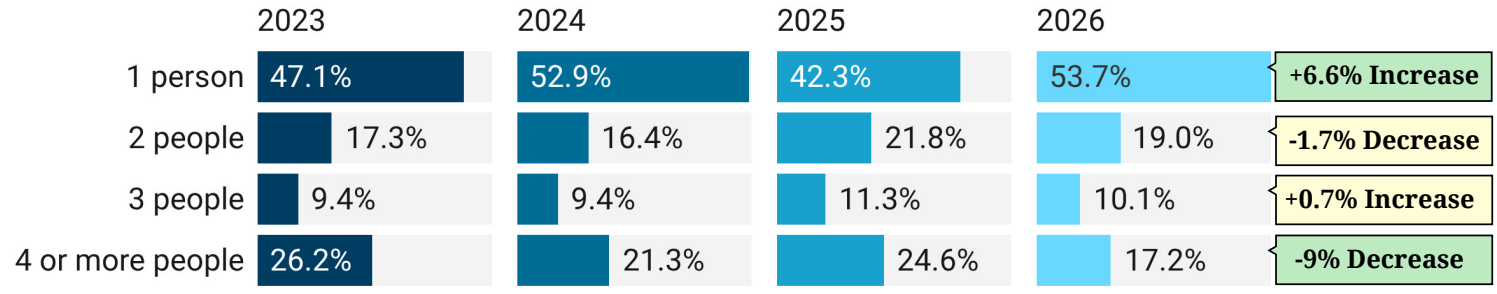
Reported Sexual Intercourse 4 Year Trend



Lifetime

Source: Herkimer County YRBS

Number of Sexual Partners 4 Year Trend



Lifetime

Source: Herkimer County YRBS

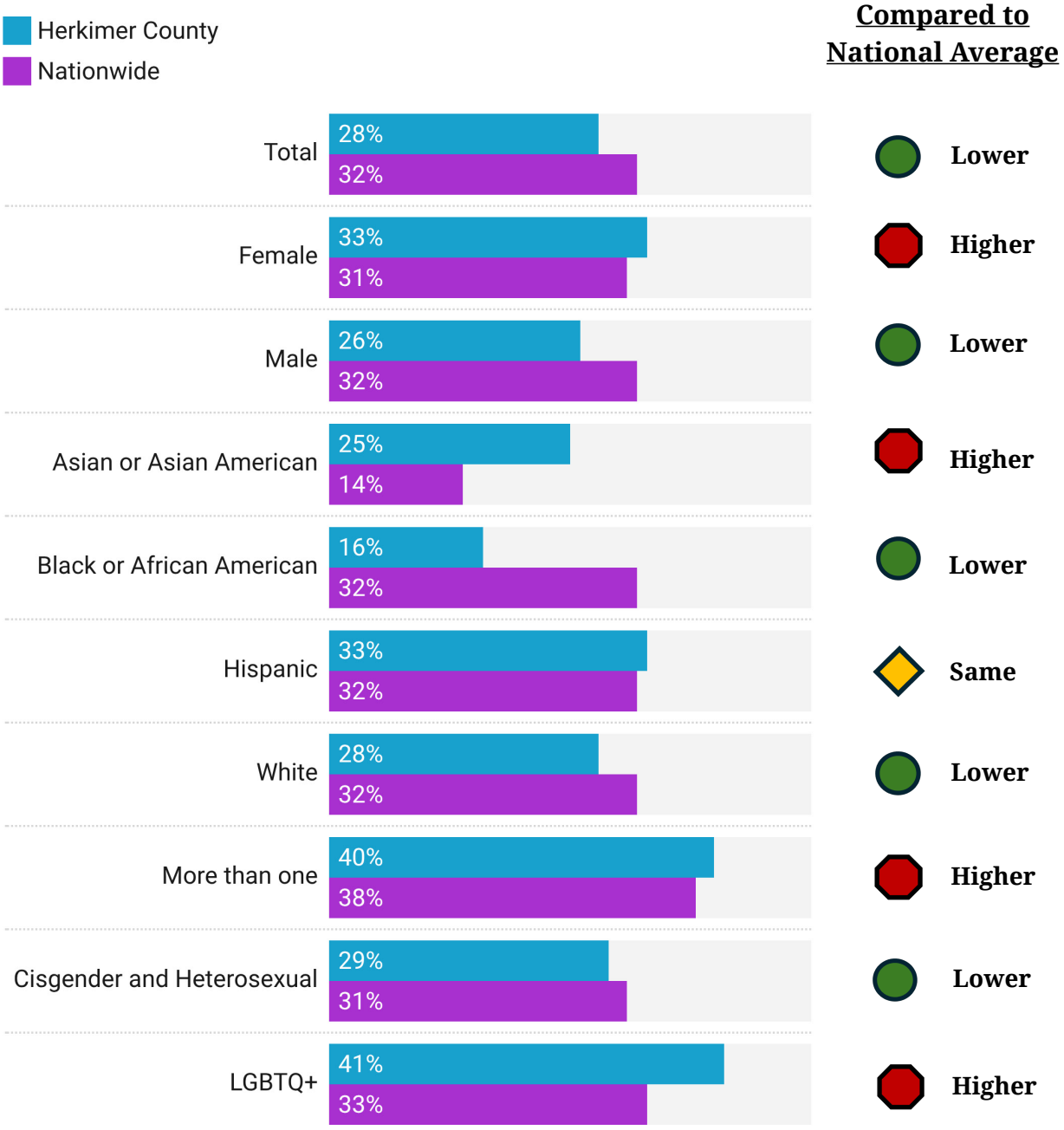
The majority of students who have had sex report having one partner.

Sexual Behavior, Health and Safety

Sexual Behavior

The chart shows differences between Herkimer County and the nationwide YRBS data in students reporting ***having sexual intercourse***. The trends are labeled below.

Who is Reporting Having Sexual Intercourse



Lifetime

Herkimer County - 2025-2026 YRBS

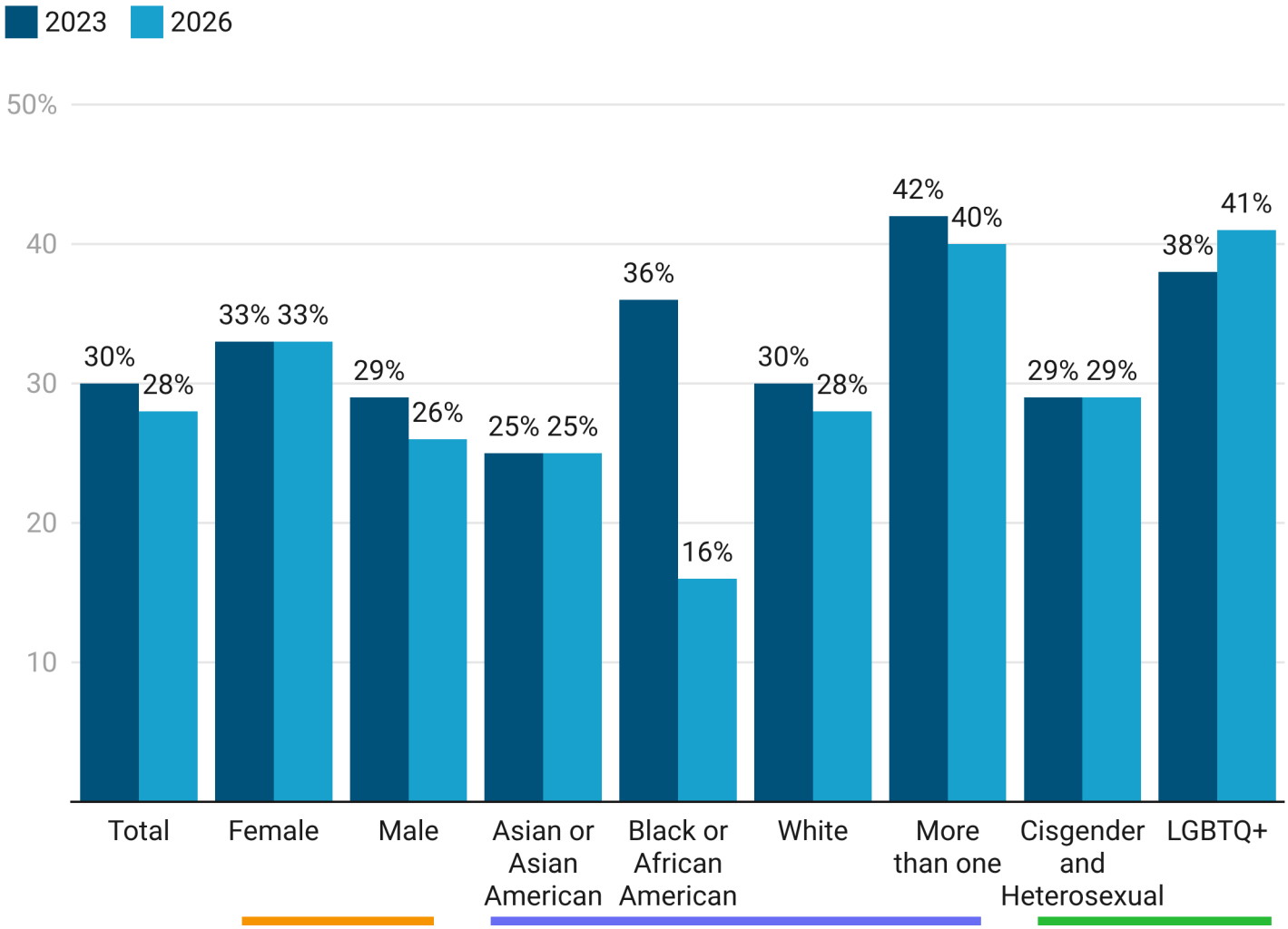
Source: Herkimer County YRBS, CDC

Sexual Behavior, Health and Safety

Sexual Behavior

Shown below is the four-year change in demographic categories reporting having had ***sexual intercourse***.

Who is Reporting Having Sexual Intercourse



Lifetime

Source: Herkimer County YRBS

Herkimer County - 2025-2026 YRBS

Sexual Behavior, Health and Safety

Sexual Behavior

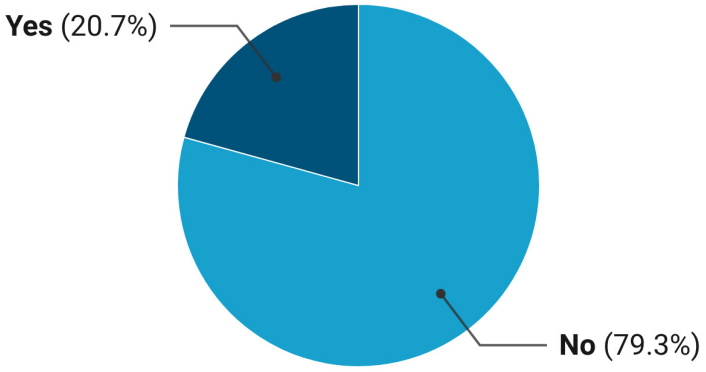
Over the past four years, most students report having sex for the first time at an age between 14 and 15 years old.

Age - First Time Having Sexual Intercourse

Age	2023	2024	2025	2026
10 years old or younger	11%	7%	6%	9%
11 years old	3%	2%	3%	3%
12 years old	6%	7%	5%	4%
13 years old	10%	8%	13%	12%
14 years old	21%	18%	25%	22%
15 years old	20%	25%	21%	26%
16 years old	19%	23%	17%	17%
17 years old or older	10%	10%	10%	7%

Source: Herkimer County YRBS

Currently Sexually Active

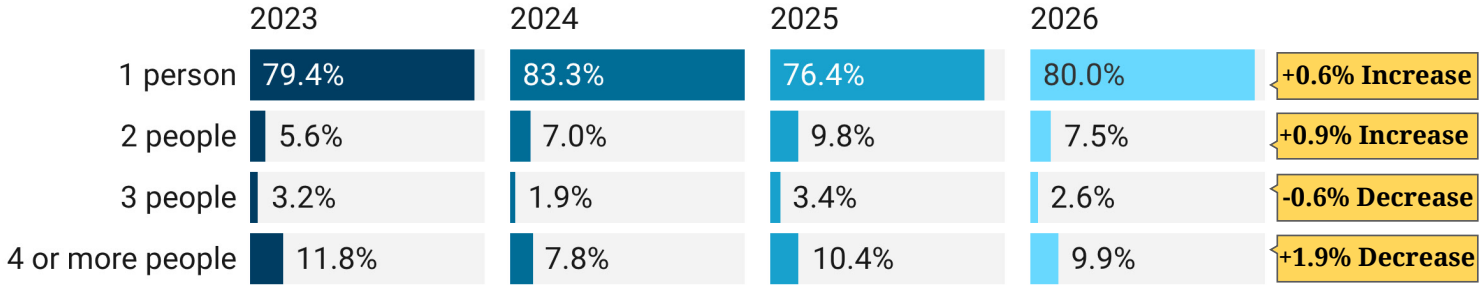


In 2026, 20.7% of students in Herkimer County reported being ***sexually active*** in the last 30 days. Over the past four years, students who have had sex in the last 30 days have had only one partner.

Last 30 Days

Source: Herkimer County 2026 YRBS

Recent Number of Sexual Partners, Last 30 Days



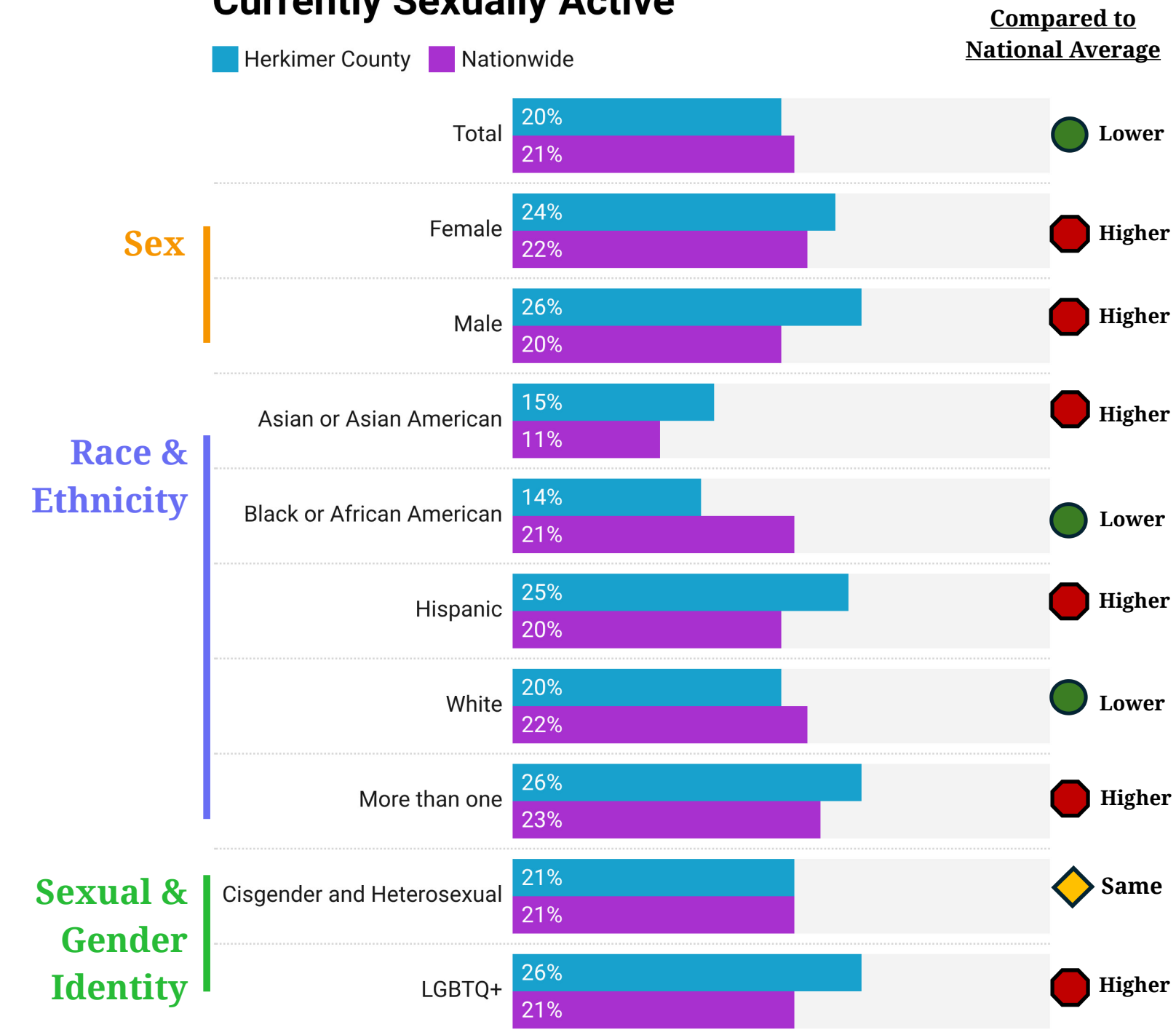
Source: Herkimer County YRBS

Sexual Behavior, Health and Safety

This graph shows the demographic breakdown for Herkimer County compared to the national averages for ***current sexual activity***.

Sexual Behavior

Currently Sexually Active



Past 30 Days

Source: Herkimer County 2026 YRBS, CDC

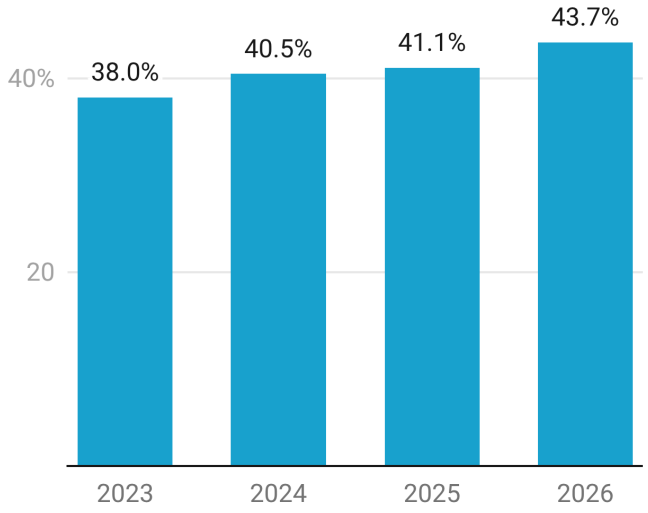
Herkimer County - 2025-2026 YRBS

Sexual Behavior, Health and Safety

Sexual Health

Over the past four years, ***condom use*** increased through 2026. Over the four years there was an increase of 5.7% in reported use of condoms.

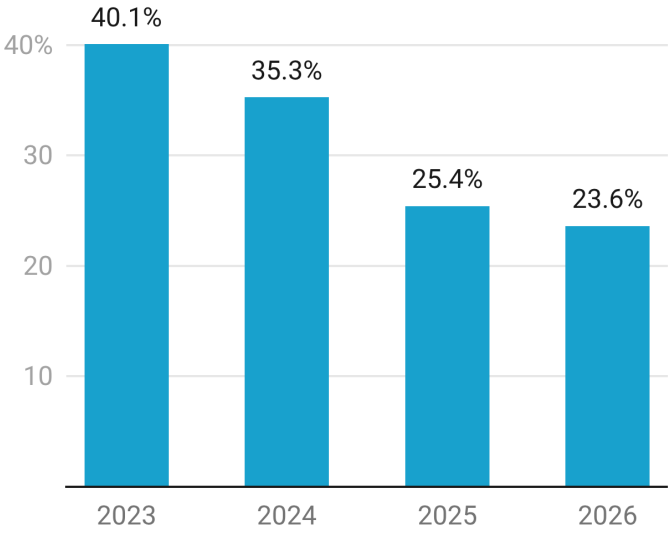
Condom Use With Last Sexual Partner, 4 Year Trend



Lifetime

Source: Herkimer County YRBS

Use of Effective Chemical Birth Control, 4 Year Trend



Lifetime

Source: Herkimer County YRBS

Effective chemical birth control* includes three possible answers: Birth control pills, IUDs, and shots, patches, or rings. There has been a 1.9% drop in chemical birth control over the last two years and a decrease of 16.5% over four years. This category does not include the morning after pill.

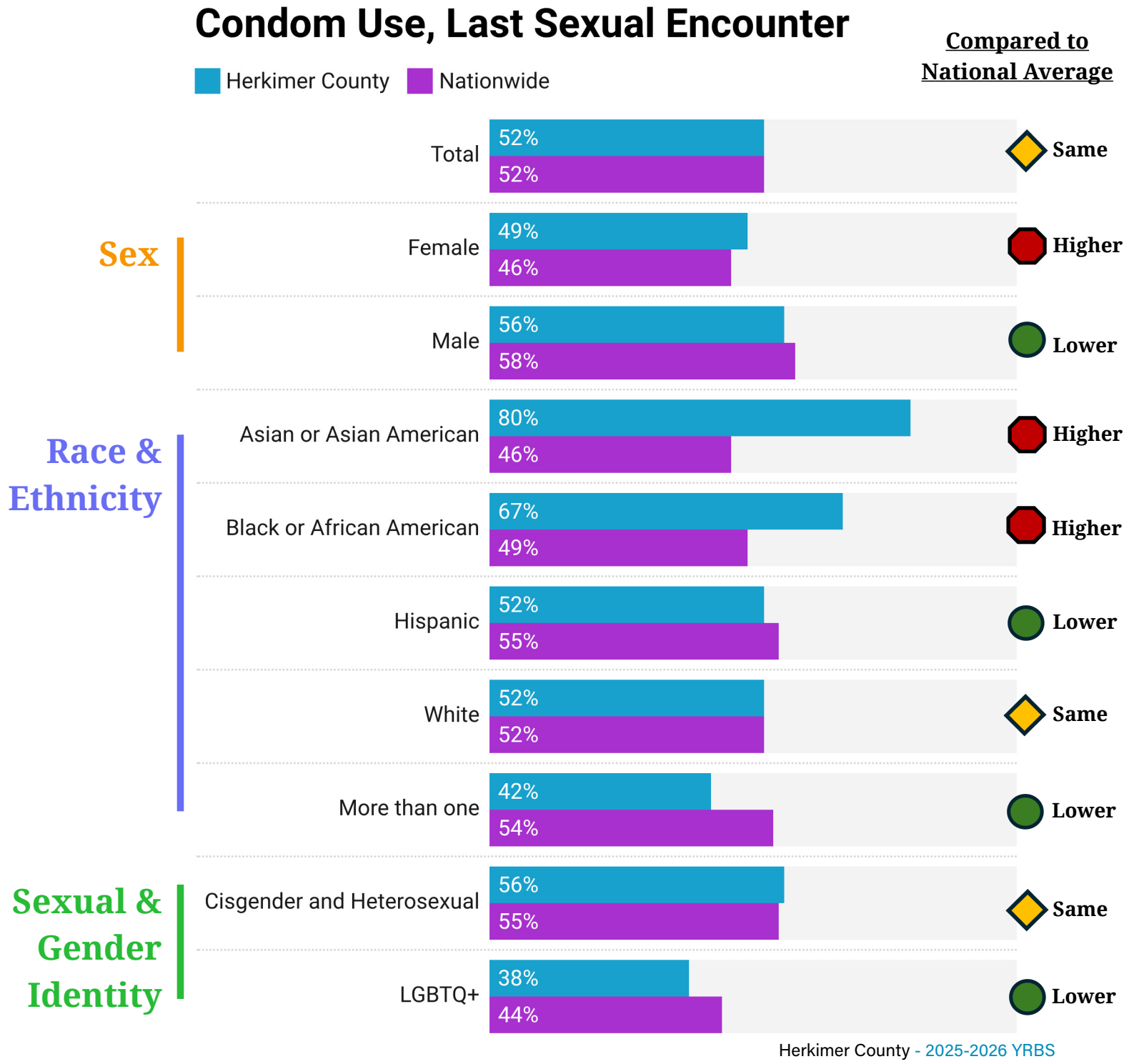
Considering these forms of birth control, the 5.7% increase in condom use is offset by a 16.5% decrease in effective chemical birth control.

* The CDC defines **effective birth control** as ***birth control pills, an IUD or implant***, or ***a shot, patch, or birth control ring***.

Sexual Behavior, Health and Safety

Sexual Health

This graph shows the demographic breakdown for Herkimer County compared to the national averages for most recent ***condom use***.

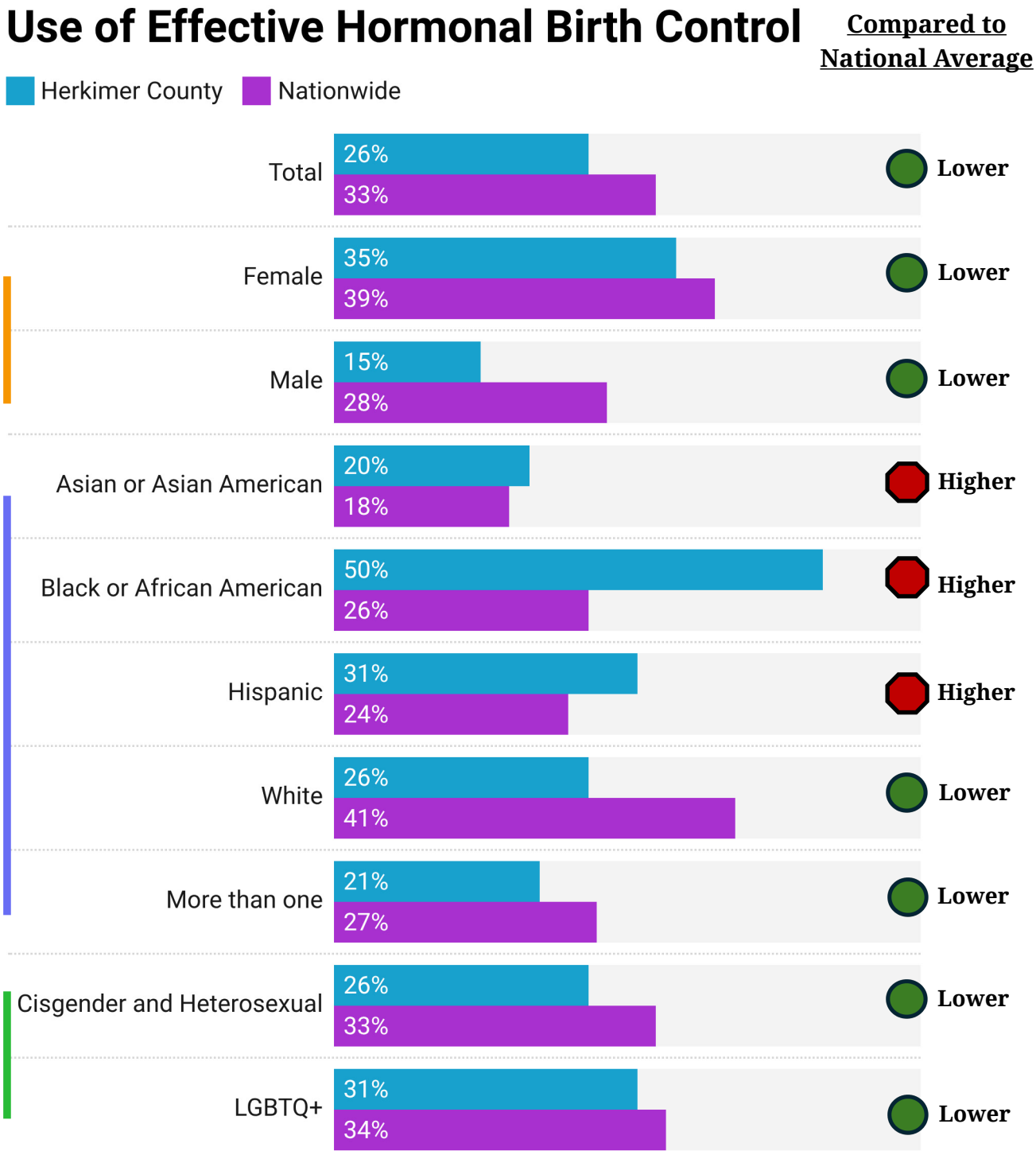


Source: Herkimer County 2026 YRBS, CDC

Sexual Behavior, Health and Safety

Sexual Health

This graph shows the demographic breakdown for Herkimer County compared to the national averages for most recent ***effective hormonal birth control use***. *



Herkimer County - 2025-2026 YRBS

Last Sexual Encounter

Source: Herkimer County 2026 YRBS, CDC

* The CDC defines **effective birth control** as ***birth control pills, an IUD or implant***, or ***a shot, patch, or birth control ring***.

Sexual Behavior, Health and Safety

Sexual Health

The chart below shows the four-year trend for ***birth control use*** of any kind among Herkimer County students in grades 9 through 12.

4 Year Trend in Birth Control Use

	2023	2024	2025	2026	
No method to prevent pregnancy	12.6%	13.1%	14.1%	12.8%	
Birth control pills	12.6%	25.9%	19.7%	18.3%	
Condoms #	23.3%	32.8%	35.6%	35.5%	
An IUD or implant	3.4%	5.6%	2.8%	2.9%	
A shot, patch, or birth control ring	1.3%	3.7%	2.8%	2.4%	
Withdrawal or some other method	5.2%	6.6%	9.0%	6.4%	
Not sure	6.3%	4.6%	10.0%	13.3%	7% Increase
More than one *	2.9%	0.0%	0.0%	0.0%	
More than one including chemical birth control *	22.9%	0.0%	0.0%	0.0%	
Effective Chemical Birth Control	**40.1%**	**35.3%**	**25.4%**	**23.6%**	16.5% Decrease
Chemical Birth Control and Condom Use	**63.5%**	**68.0%**	**61.0%**	**59.0%**	

*# - These numbers for condom use will not match the previous data on condom use. The previous question asked only about Condom Use. * - The 2023 survey allowed respondents to select more than one answer. To compare across all years, anyone who selected more than one answer was sorted into two categories based on whether at least one of the answers selected included chemical birth control.*

Source: Herkimer County YRBS

The CDC defines **effective birth control** as ***birth control pills***, ***an IUD or implant***, or ***a shot, patch, or birth control ring***.

Sexual Behavior, Health and Safety

Sexual Safety

Below is Herkimer County data for questions related to safety that potentially affect student sexual health.

Percentage of Students Who:	2023	2024	2025	2026	Trend	2 Year Change
Used Drugs or Alcohol Use Before Sexual Intercourse	20%	14%	21%	14%		
Had Non-consensual Sex	33%	29%	26%	29%		
Had Sexual Things Done To Them That They Did Not Want	17%	15%	22%	20%		

Source: Herkimer County YRBS

There was a 6% drop in students reporting ***using drugs or alcohol before sexual intercourse***.

The number of students reporting ***non-consensual sex*** has dropped 4% over the past four years, however, the two-year change shows a 3% increase in students reporting ***non-consensual sex*** over the past two years.

Although students reporting having ***sexual things done to them that they did not want*** increased 3% over the last four years, it is down 2% from last year.

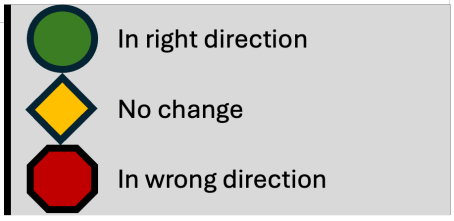
Experiencing Violence

Quick Glance

The following data examine how high school students in Herkimer County **Experiencing Violence** in four parts. **Safety** examines experiences related to driving and attending school. **Physical violence** examines experiences related to threats and those with physical altercations. **Bullying** describes reports of bullying and being bullied. Finally, **relationship violence** looks at the experience of violence within romantic relationships. Below is a quick glance at several main trends in how students are experiencing violence.

	2023	2024	2025	2026	Trend	2 Year Change
Texted or emailed while driving	11%	12%	23%	25%		
Did not go to school, worried about safety	9%	7%	12%	10%		
Was in a physical fight	12%	10%	16%	15%		
Was bullied	21%	18%	25%	23%		
Experienced physical violence in an intimate relationship	10%	10%	15%	8%		

Source: Herkimer County YRBS



Experiencing Violence

Key Findings - 2026

Females, Multi-racial, and LGBTQ+ students are most likely to ***miss school because of safety***, ***experience bullying***, ***be threatened with a weapon at school***, and ***be the victim of sexual violence***.

1 in 4 students Report having witnessed violence in their neighborhood.

1 in 4 students report **emailing or texting while driving**.

1 in 2 LGBTQ+ students **experienced bullying** last year.

Two Trends - 2026

Students reporting having **4 or more sexual partners** in their lifetime is down 16%.

Students reporting using **effective chemical birth control** is down 11.4%.

Herkimer County - 2025-2026 YRBS

Experiencing Violence

Topic 3 - Experiencing Violence

A Safety 44

B Physical Violence 48

C Bullying 52

D Relationship Violence 54

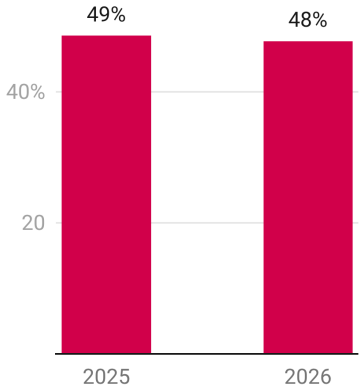
E Correlations 57

Experiencing Violence

Safety

Between 47% and 48% of students report ***driving a vehicle*** over the past two years.

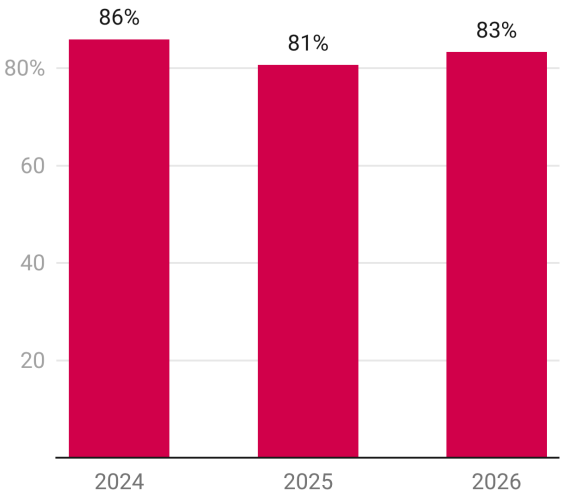
Drives a vehicle



Last 30 Days - Question was not asked in 2023 and 2024

Source: Herkimer County YRBS

Wears a Seatbelt



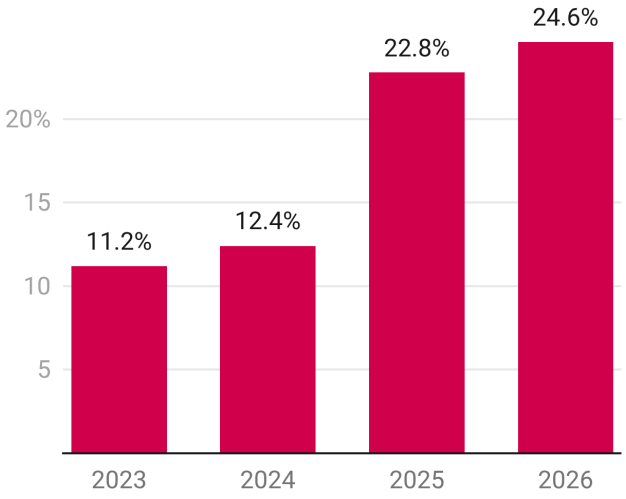
Question was not asked in 2023

Source: Herkimer County YRBS

Students reporting that they wear a seatbelt ***always*** or ***most of the time*** is down 3% over the last three years.

Wrong direction

Has emailed or texted while driving



Herkimer County - 2025-2026 YRBS

Source: Herkimer County YRBS

The number of students who report ***emailing or texting while driving*** has increased 13.4% in the past four years.

Wrong direction

Experiencing Violence

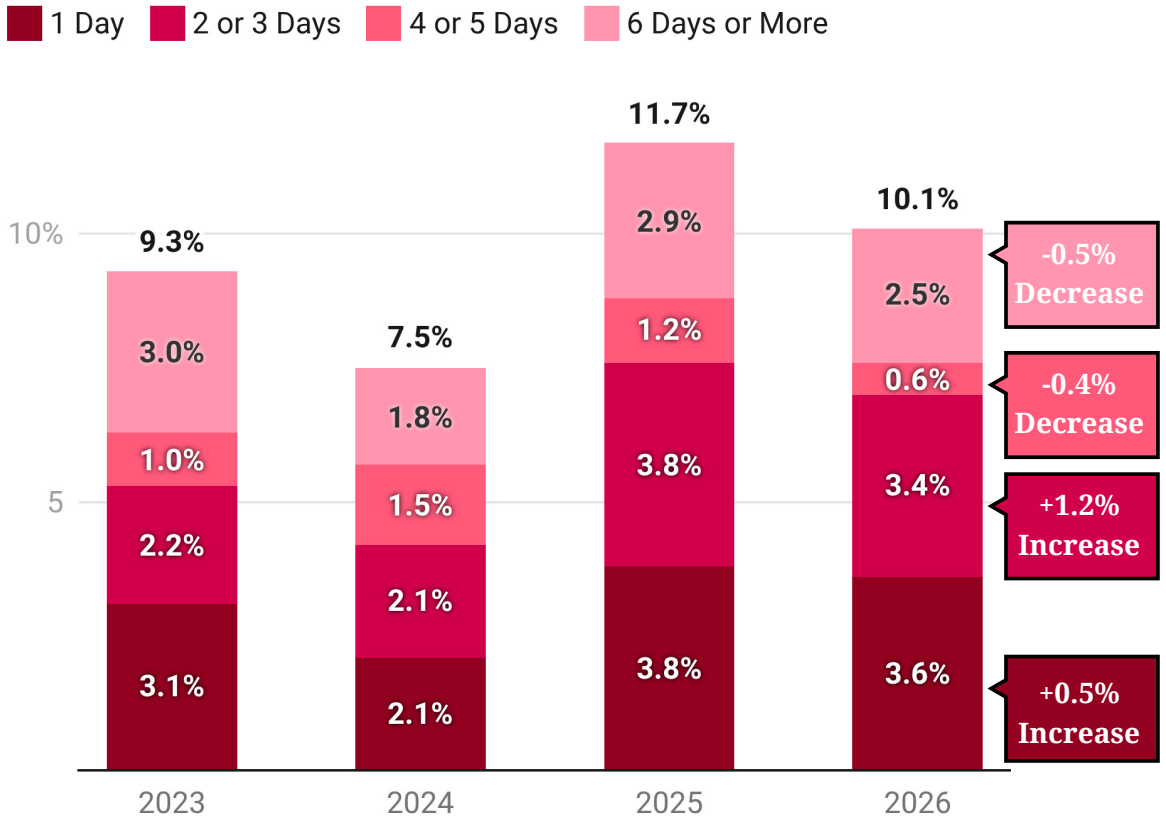
Safety

This graph shows the number of days students report ***missing school because they had concerns about their safety*** either on their way to and from school or during school over the past 30 days.

The two-year change is down 1.6% and the four-year change is up 0.8%.

No change

Did Not Go to School Because of Safety Concerns



Past 30 Days

Source: Herkimer County YRBS

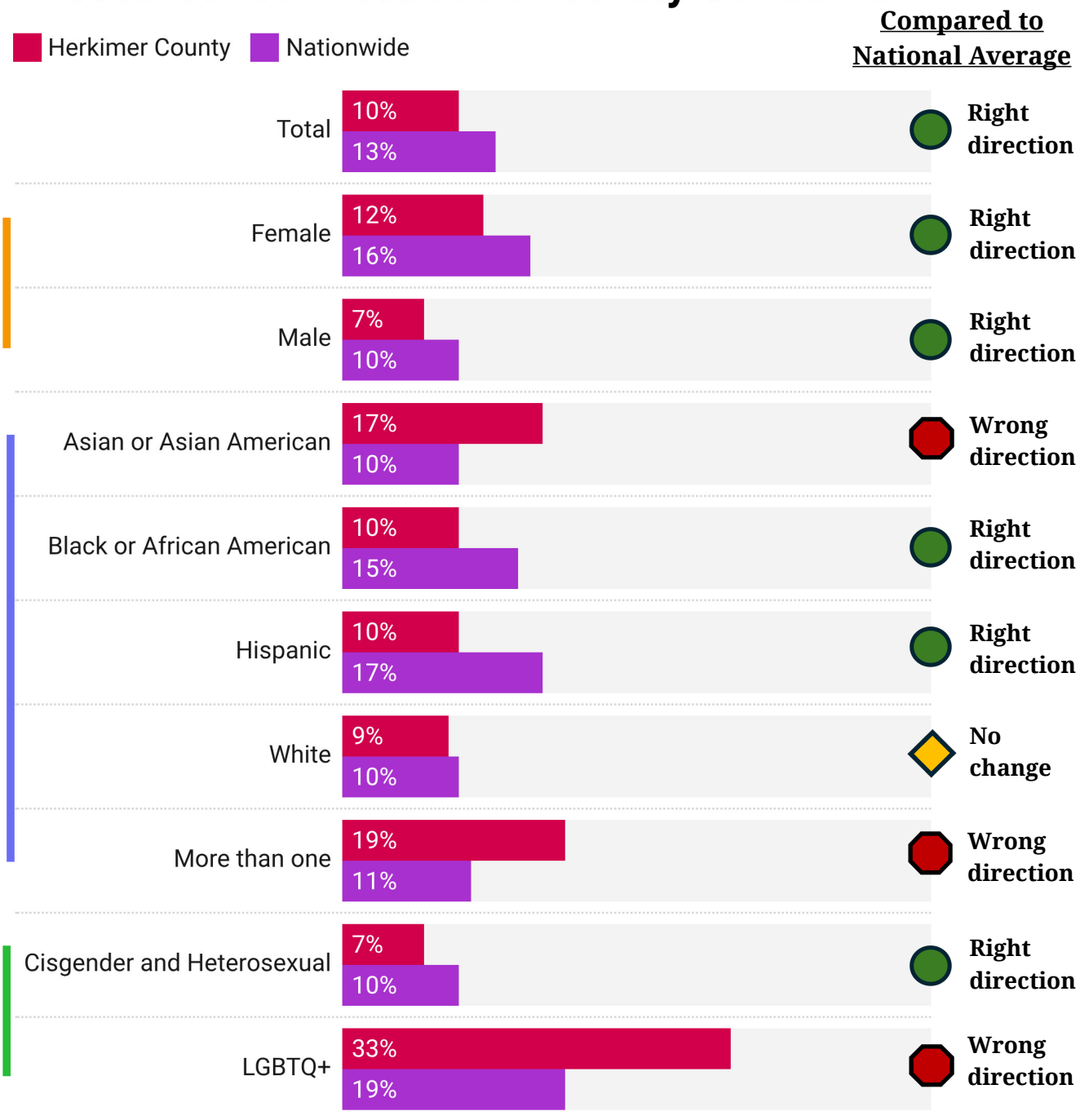
Herkimer County - 2025-2026 YRBS

Experiencing Violence

Safety

This graph shows differences between Herkimer County and nationwide YRBS data in who reports ***missing school days because they had concerns about their safety*** either on their way to and from school or during school in the past 30 days. The trends are labeled below.

Missed School Because of Safety Concerns



Herkimer County - 2025-2026 YRBS

Last 30 Days

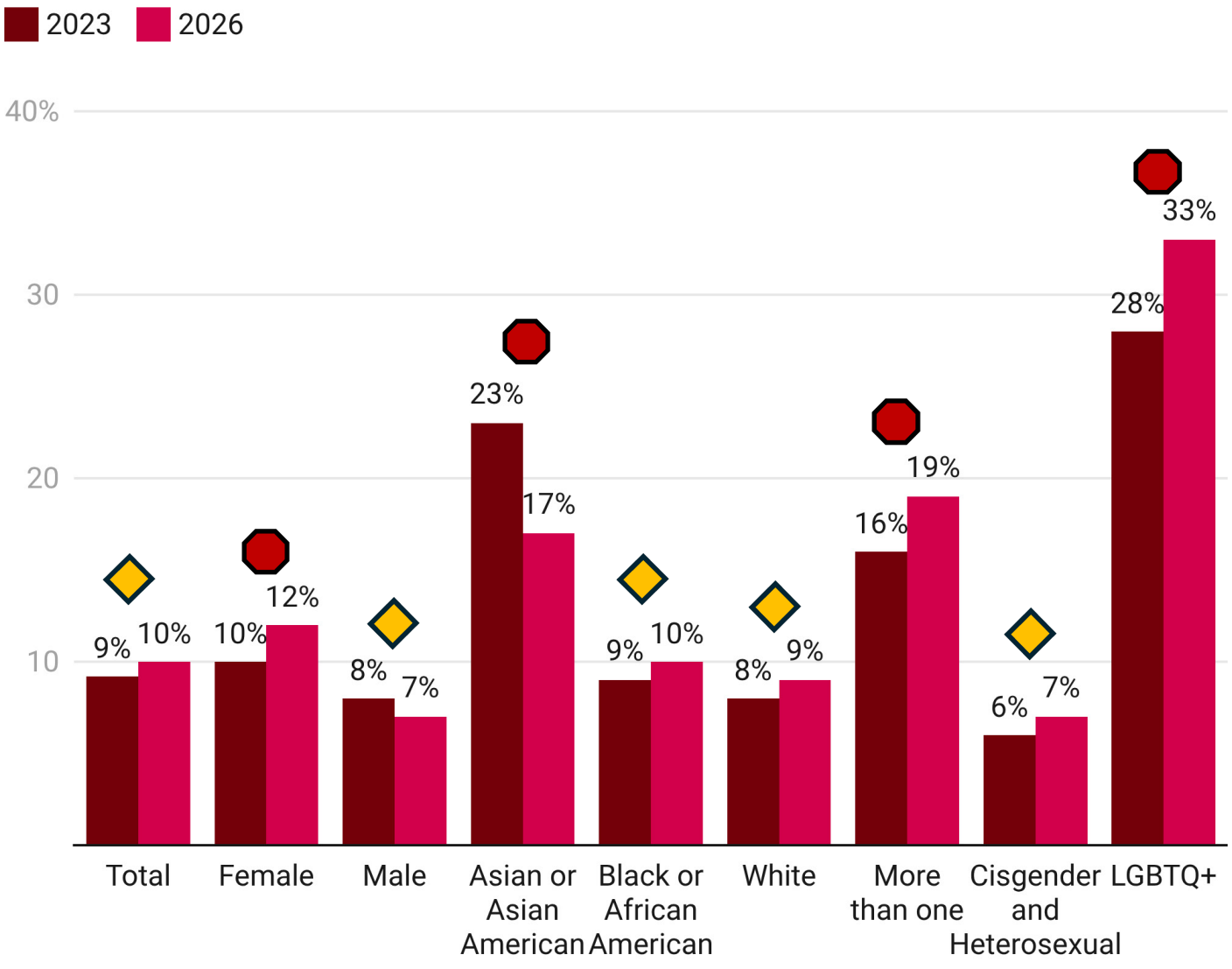
Source: Herkimer County 2026 YRBS, CDC

Experiencing Violence

Safety

This graph shows the four-year trend of who reported ***missing school because they had concerns about their safety*** either on their way to and from school or during school in the past 30 days.

Who Is Reporting Missing School



Last 30 Days

Source: Herkimer County YRBS

Sex

Race & Ethnicity

Sexual & Gender Identity

Herkimer County - 2025-2026 YRBS

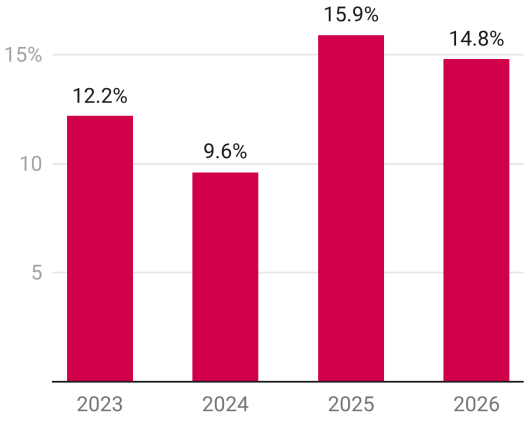
Experiencing Violence

Physical Violence

The number of students reporting ***being involved in a physical fight*** is up 2.6% over four years.

Wrong direction

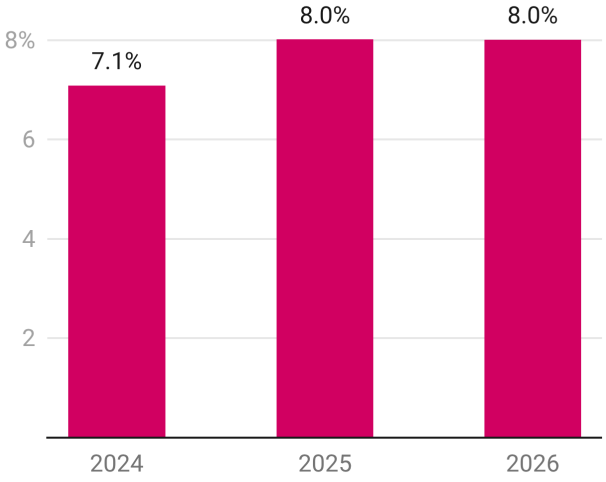
Have Ever Been in a Physical Fight



Past 12 Months

Source: Herkimer County YRBS

Have You Ever Been in a Physical Fight at School



Last 12 Months, This question was not asked in 2023

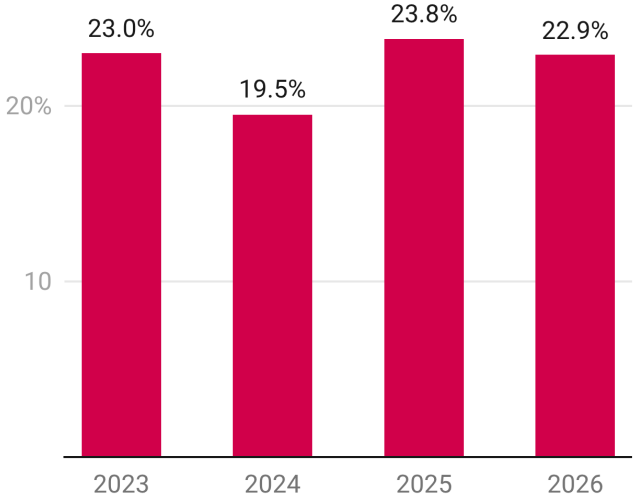
Source: Herkimer County YRBS

The number of students reporting they have been in a ***fight at school*** is up 0.9% over three years.

No change

Have You Witnessed Violence in Your Neighborhood

Someone was physically attacked, beaten, stabbed, or shot



Source: Herkimer County YRBS

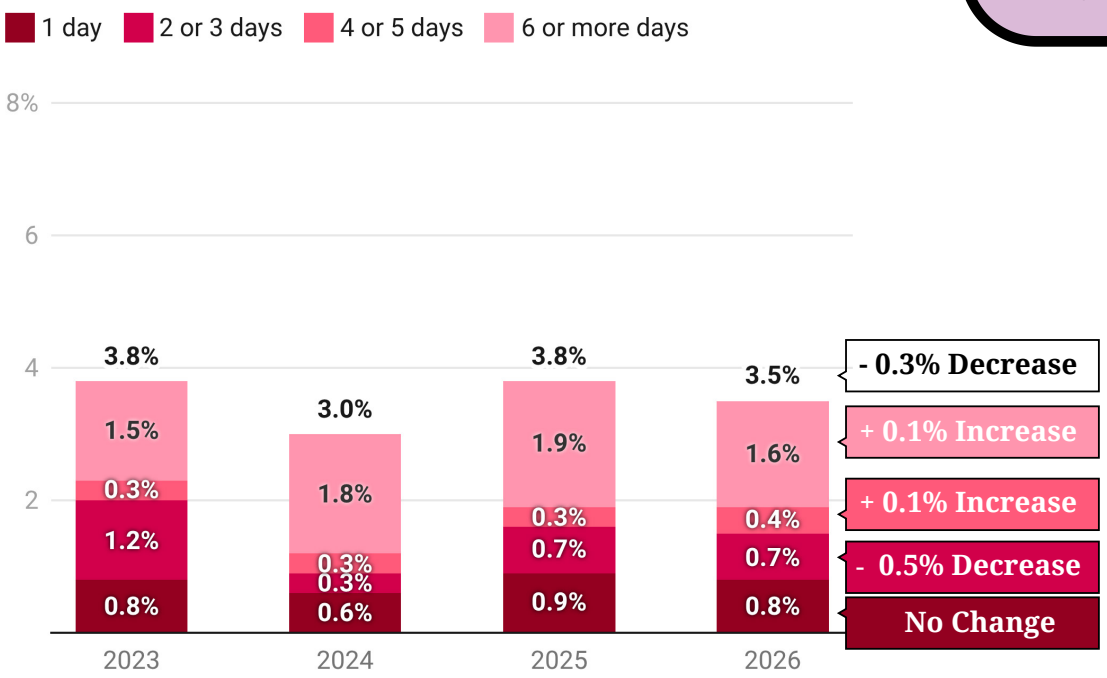
The number of students who report ***witnessing violence in their neighborhoods*** has remained constant, only decreasing 0.1% in four years.

No change

Experiencing Violence

I carried a weapon on school property

Weapon such as a gun, knife, or club



Past 30 Days

Source: Herkimer County YRBS

Physical Violence

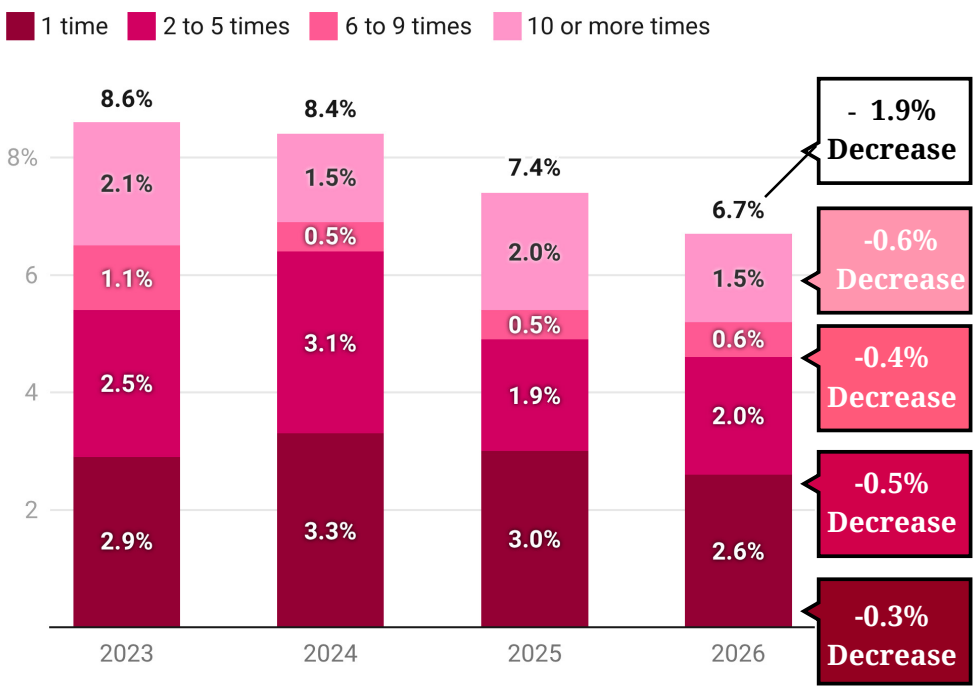
This graph shows the number of days students reported ***carrying a weapon at school*** in the past 30 days.

The four-year change is down 0.3%.

No change

Someone threatened or injured me with a weapon on school property

Weapon such as a gun, knife, or club



Past 12 Months

Source: Herkimer County YRBS

This graph shows the number of times students reported being ***threatened with a weapon at school*** in the past 30 days.

The overall trend shows these events are down 1.9% over four years.

Right direction

Of note: Reports of threats happening only one time (bottom of each column) remained statistically the same (down 0.3%).

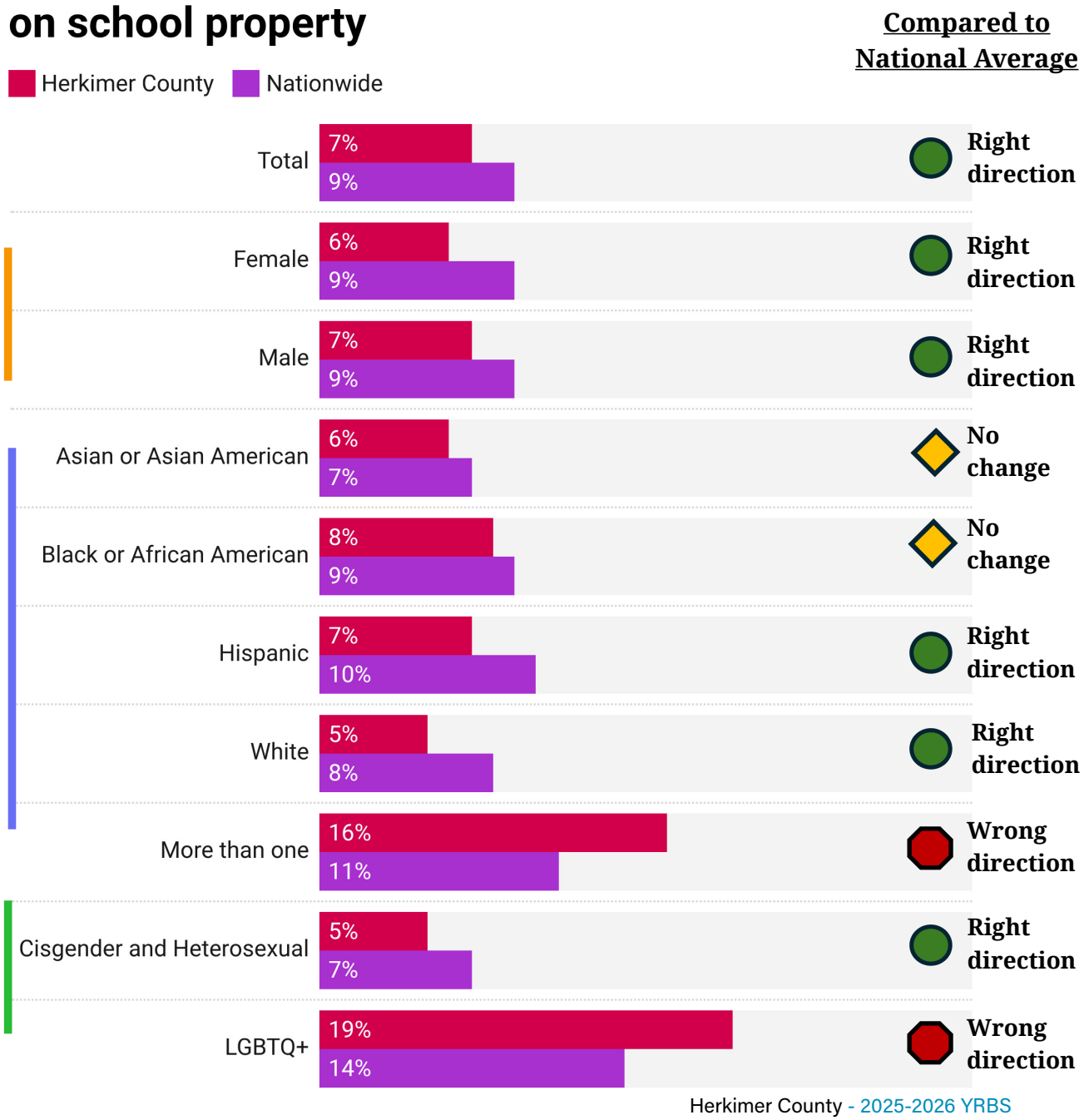
No change

Experiencing Violence

Physical Violence

This graph shows differences between Herkimer County and the nationwide YRBS data in who reports being ***threatened with a weapon at school***. The trends are labeled below.

Someone threatened or injured me with a weapon on school property



Herkimer County - 2025-2026 YRBS

Past 12 Months

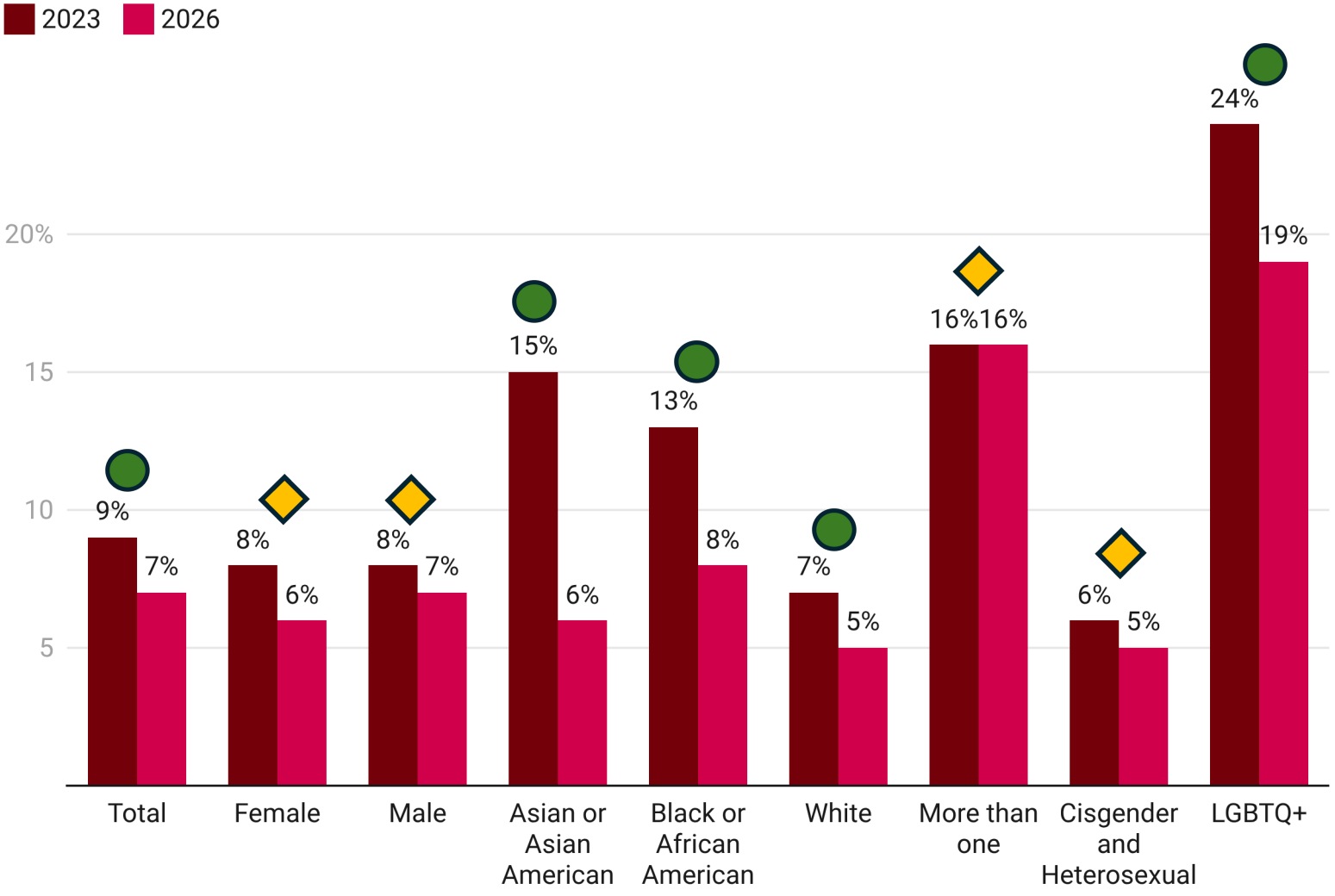
Source: Herkimer County 2026 YRBS, CDC

Experiencing Violence

Physical Violence

This graph shows the four-year trend of who reports being ***threatened with a weapon at school***.

Someone threatened or injured me with a weapon on school property



Lsat 12 Months

Source: Herkimer County YRBS

Sex

Race & Ethnicity

Sexual & Gender Identity

Herkimer County - 2025-2026 YRBS

Experiencing Violence

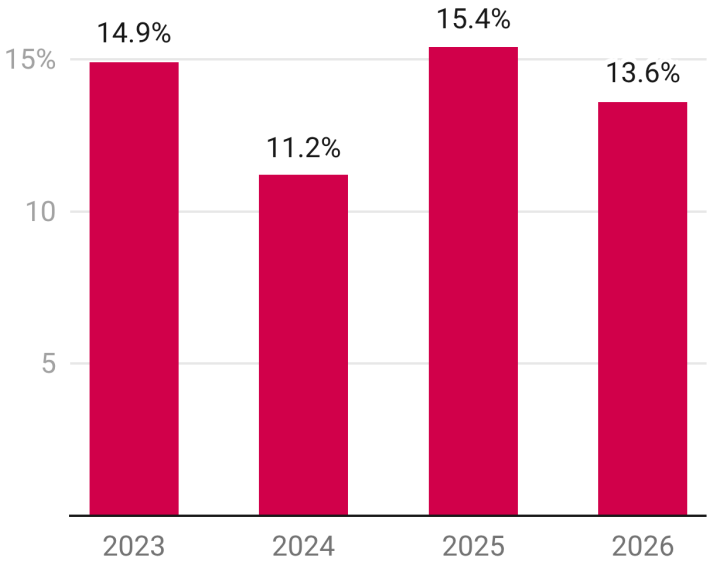
Bullying

In 2026, 13.6% of students report ***bullying someone else***.

This is a decrease of 1.3% over four years.

No change

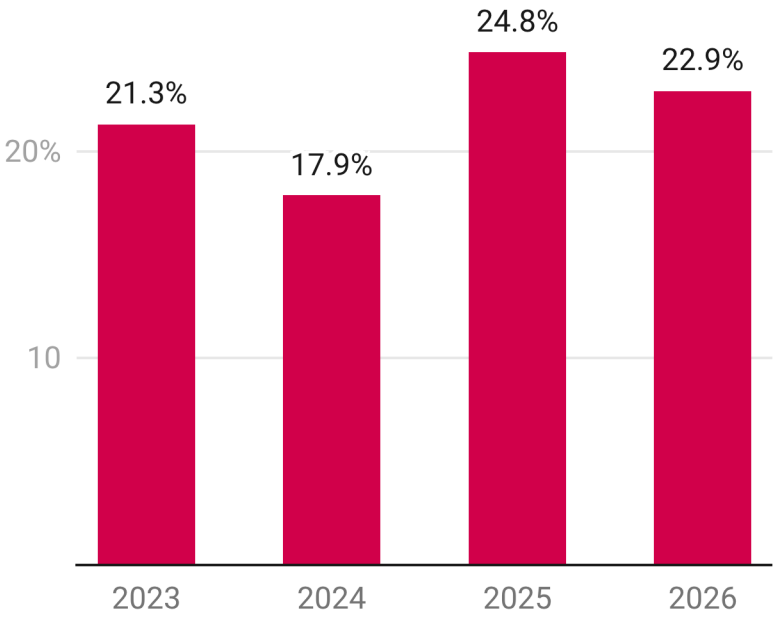
Bullied Someone Else



Past 30 Days

Source: Herkimer County YRBS

Experienced Being Bullied



Last 30 Days

Source: Herkimer County YRBS

In 2026, 22.9% of students report ***being bullied***.

This is an increase of 1.6% over four years.

No change

Experiencing Violence

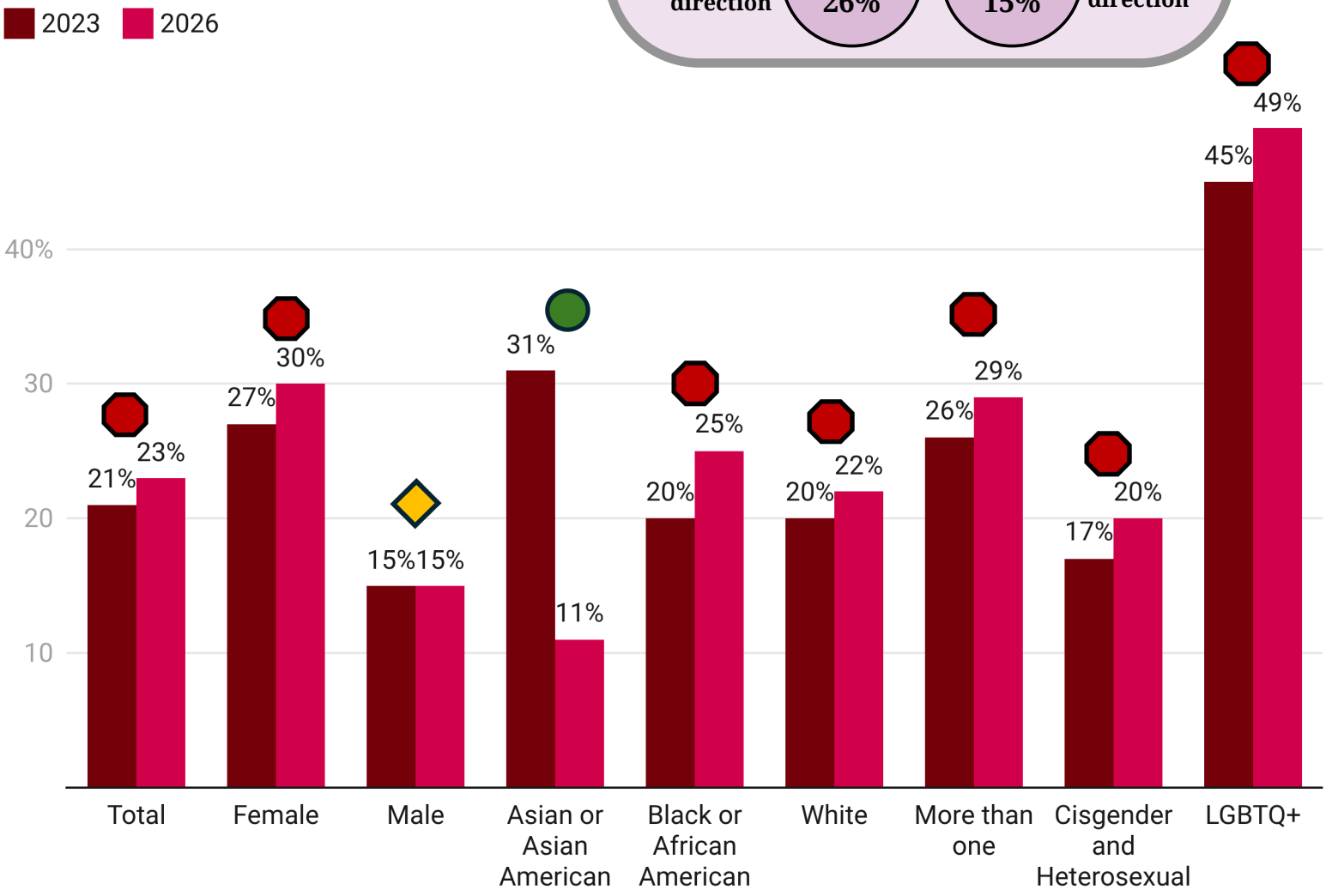
This graph shows differences between Herkimer County and nationwide YRBS data in who reports being threatened with a weapon at school. The trends are labeled below.

Bullying

The 2023 New York YRBS showed the following averages for this question:

Wrong direction — **Females 26%** — **Males 15%** — Right direction

Experienced Being Bullied



Sex | **Race & Ethnicity** | **Sexual & Gender Identity**

Last 30 Days

Source: Herkimer County YRBS

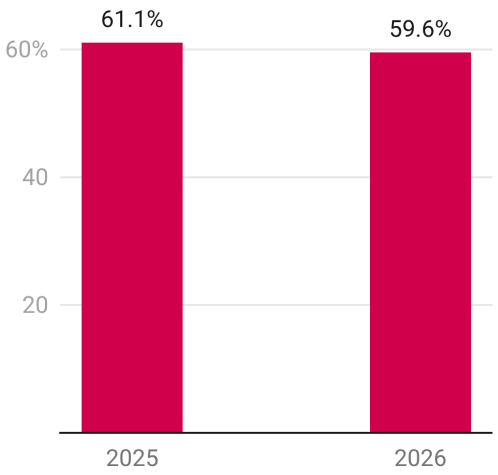
Herkimer County - 2025-2026 YRBS

Experiencing Violence

Relationship Violence

About 60% to 61% of students report ***dating or going out with someone*** over the past two years.

Dated or Gone Out with Someone

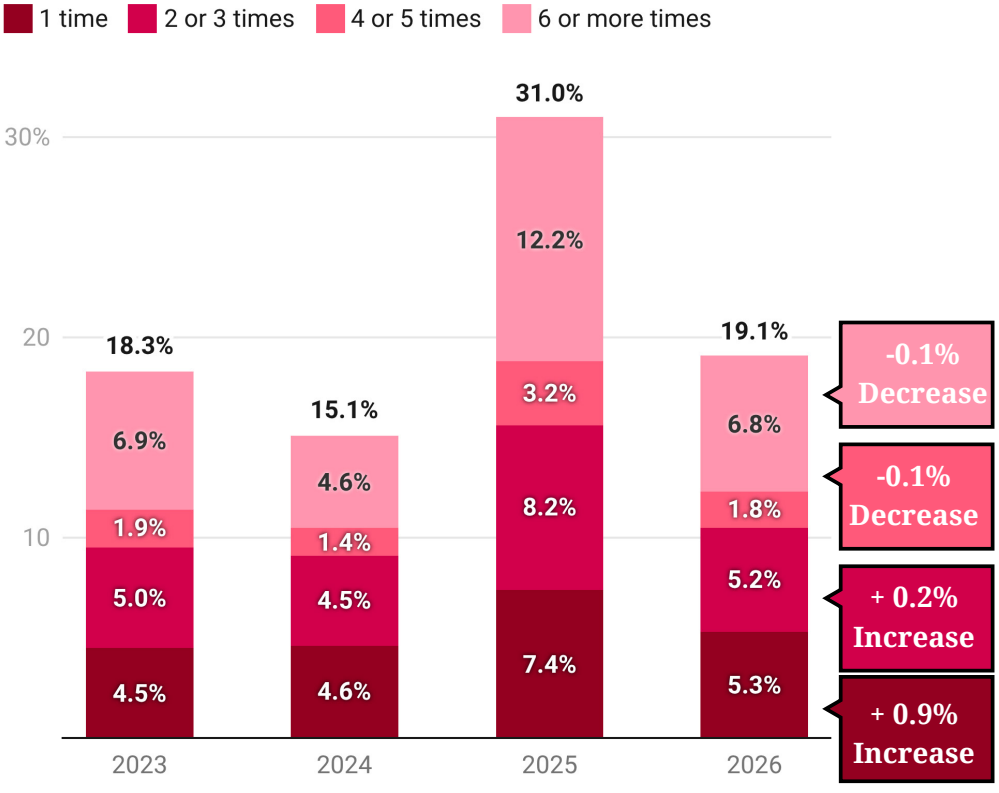


Last 12 Months - This question was not asked in 2023 or 2024

Source: Herkimer COunty YRBS

Number of times someone I was dating or going out with purposely try to control or emotionally hurt me

Examples: 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



Last 12 Months

Source: Herkimer County YRBS

The graph show the number of times students report ***being controlled within those relationships***.

Over four years, there is no change in these reports (up 0.8%) despite a very large increase in 2025.

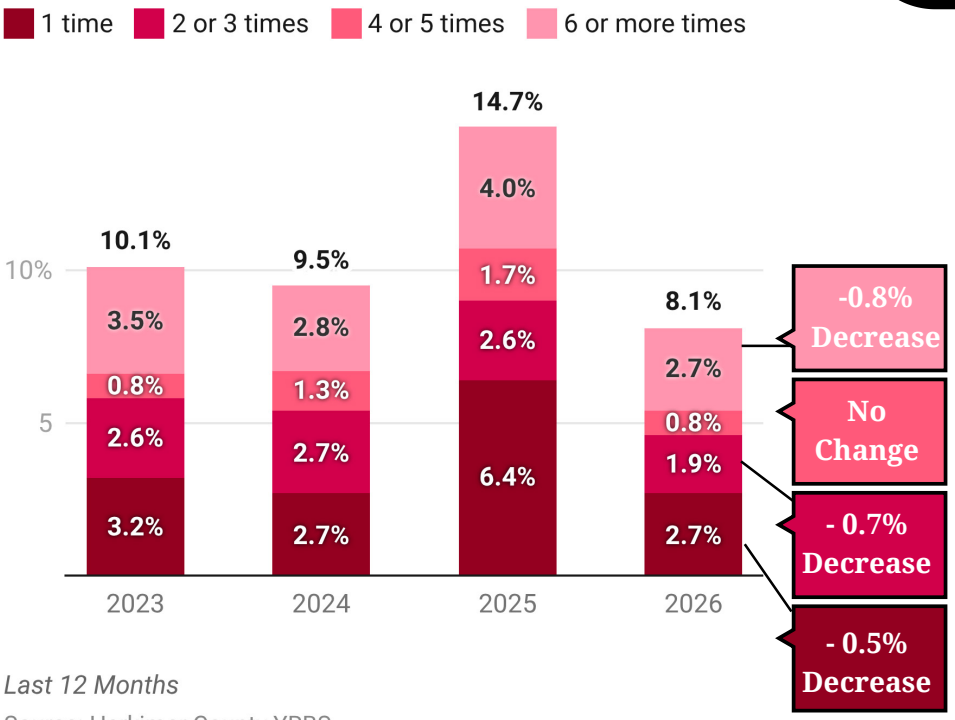
No change

Herkimer County - 2025-2026 YRBS

Experiencing Violence

Experienced relationship violence

Examples: being hit, slammed into something, or injured with an object or weapon



Last 12 Months

Source: Herkimer County YRBS

Relationship Violence

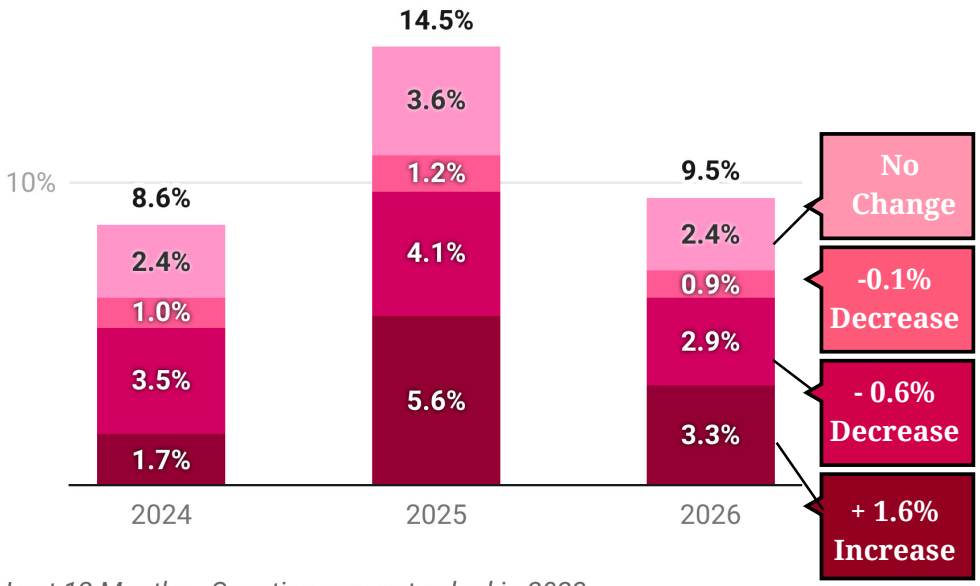
This graph shows the reports of students who were ***physically harmed by a significant other***.

The four-year trend shows a decline of 2%.

Right direction

Experienced sexual violence

Examples: kissing, touching, or being physically forced to have sexual intercourse



Last 12 Months - Question was not asked in 2023

Source: Herkimer County YRBS

This graph shows the reports of students who ***forced sexual violence***.

The three-year trend shows an increase of 0.9%.

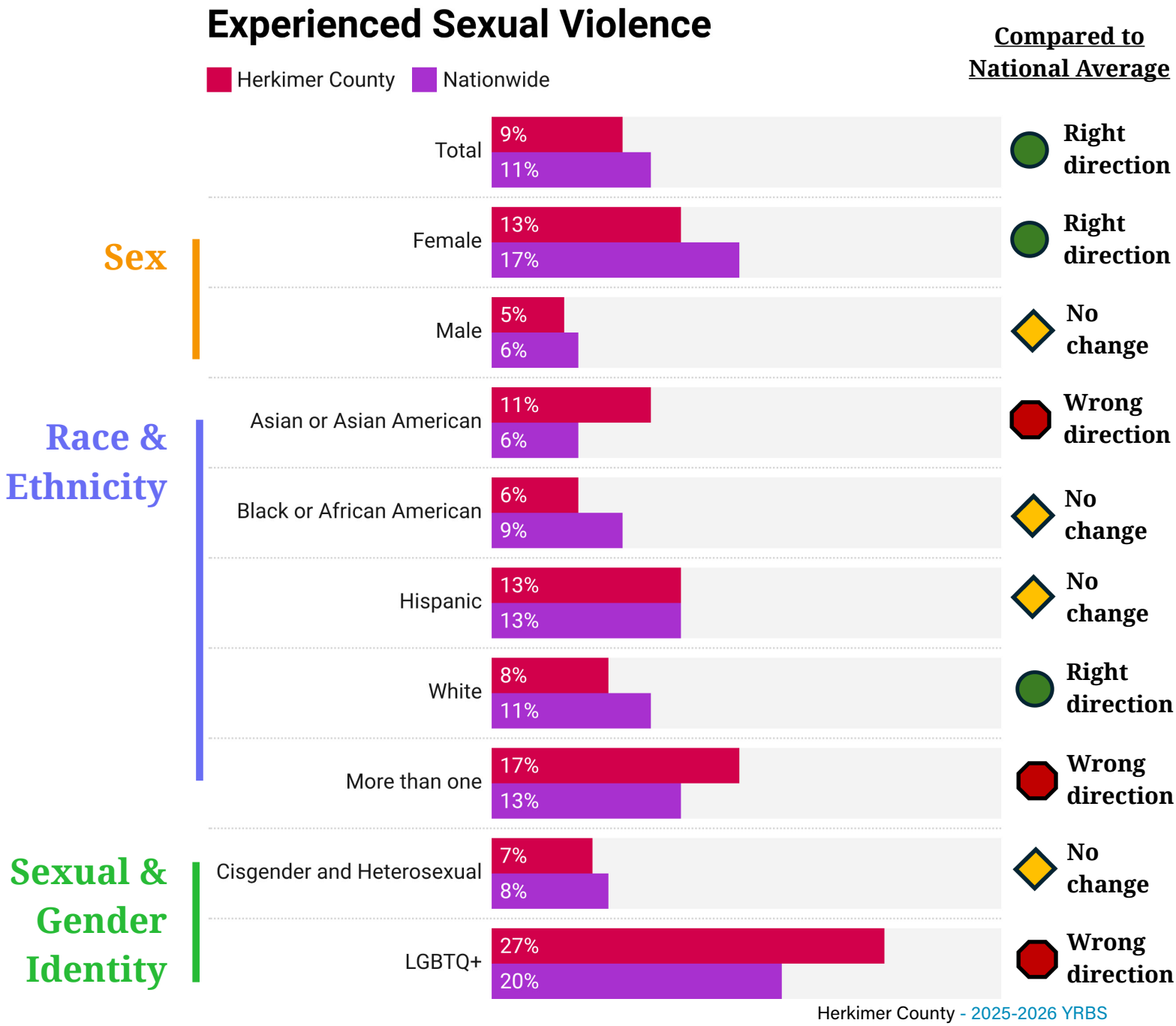
No change

Experiencing Violence

Relationship Violence

This graph shows differences between Herkimer County and the nationwide YRBS data in who reports ***forced sexual violence***. The trends are labeled below.

This question was not asked in 2023, so there is no four-year trend to report.



Last 12 Months

Source: Herkimer County 2026 YRBS, CDC

Experiencing Violence

Many of the variables within the **Experiencing Violence** portion of the YRBS had potential correlations with other variables. The data was entered into JASP for correlation analysis. Within this population of students, there were strong and moderate correlations* that are worth noting. As with any correlational relationship, no direction or causation is implied by these relationships *(relationships listed from strongest to weakest by first variable).*

Correlations

In a physical fight at school is correlated with
- ***In a physical fight*** - *r = 0.643, p < .001*
- ***Carried a gun*** - *r = 0.583, p < .001*
- ***Carried a weapon to school*** - *r = 0.479, p < .001*
- ***Threatened with a weapon at school*** - *r = 0.471, p < .001*

Carried a weapon to school is correlated with
- ***Carried a gun*** - *r* = 0.537, p < .001
- ***Threatened with a weapon at school*** - *r = 0.455, p < .001*

Threatened with a weapon at school is correlated with
- ***In a physical fight*** - *r* = 0.470, p < .001
- ***Carried a gun*** - *r = 0.413, p < .001*

Carried a gun is correlated with
- ***In a physical fight*** - *r = 0.491, p < .001*

Someone I was dating tried to control or emotionally hurt me is correlated with
- ***Someone I was dating forced me to do sexual things*** - *r = 0.548, p < .001*
- ***Someone I was dating physically hurt me*** - *r = 0.505, p < .001*

All of my sexual encounters were consensual # is correlated with
- ***Someone did sexual things to me I didn't want*** - *r = 0.541, p < .001*

Someone I was dating physically hurt me is correlated with
- ***Someone I was dating forced me to do sexual things*** - *r = 0.621, p < .001*

Binge drinking is correlated with
- ***Drank alcohol or did drugs before last sexual encounter*** - *r = 0.404, p < .001*

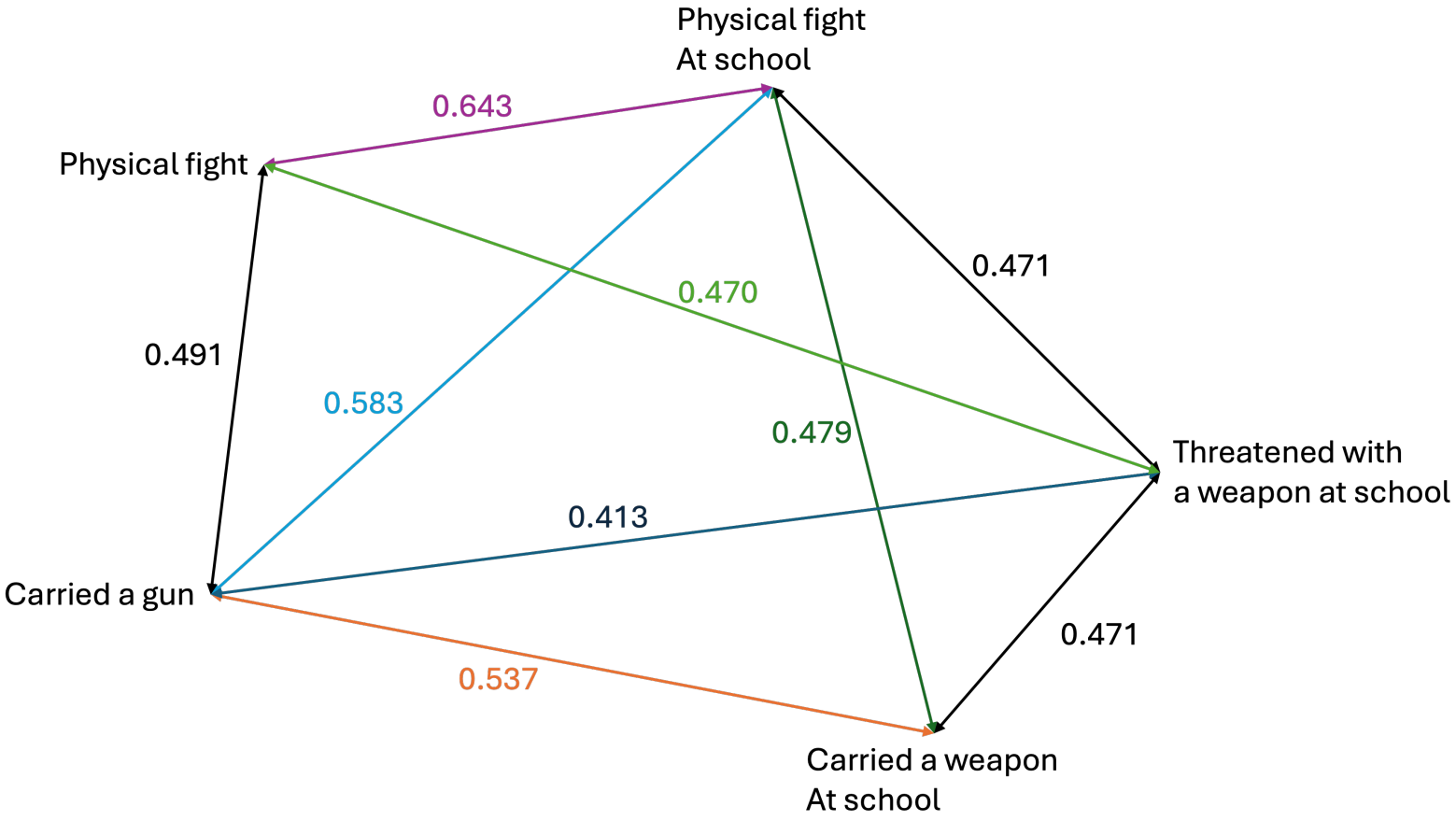
*# **"All of my sexual encounters were consensual"** was reversed scored for these correlation analyses. A higher score means **not** consensual.*

**It is generally accepted that moderate correlations (Pearson's r value) are between 0.4 and 0.69. Strong correlations would have an r value over 0.7.*

Correlations

Correlation Map

This correlation map shows relationships among the variables within the ***Experiencing Violence*** portion of the YRBS. Each arrow is bi-directional. This map is not intended to serve as the basis for a multivariate model of the variables. Instead, it provides a visual model of the variables with the strongest correlations within this group. The Pearson correlation coefficient is displayed with each arrow for each correlation. For each correlation shown, $p < 0.001$.



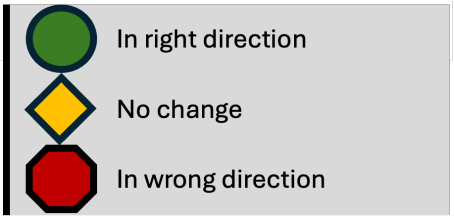
Mental Health

Quick Glance

The following data examine how high school students in Herkimer County describe their **Mental Health** in three parts. **Stressors** include events, situations, or environmental stimuli that test a person's mental and emotional coping resources. **Anxiety and depression** looks at how students report their levels of different variables related to anxiety and depression. **Suicide** documents a range of self-harm measures.

	2023	2024	2025	2026	Trend	2 Year Change
Most or All of the Time I feel Sad, Anxious, or Depressed	39%	37%	36%	36%		
Rarely or Never Get the Help I Need	37%	31%	41%	38%		
Experienced Persistent Feelings of Sadness or Hopelessness	26%	24%	29%	27%		
Made a Suicide Plan	11%	8%	14%	11%		
Attempted Suicide	8%	6%	8%	8%		
Were Injured in a Suicide Attempt		2%	4%	3%		

Source: Herkimer County YRBS



Mental Health

Key Findings - 2026

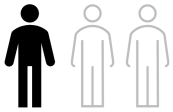
Asian or Asian American students had a 9% higher rate for ***having a suicide plan*** and a 7% higher rate for ***suicide attempts*** than the national average.

BUT

Their ***suicide attempt rate*** was down 14% in four years and one of the attempts ***led to hospitalizations.***



1 in 3 students reports **using social media** more than once an hour.

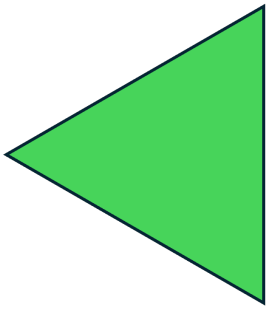


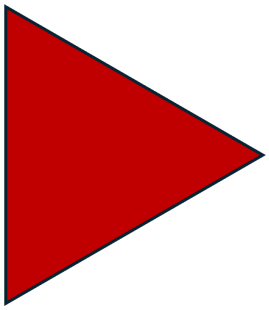
1 in 3 students made a suicide plan during the past 12 months.

1 in 2 LGBTQ+  students **has been treated unfairly** because of their sexual orientation or gender identity.

Two Trends - 2026

For ***experiencing persistent feelings of sadness or hopelessness***, every demographic group was 7% to 13% lower than national averages.





For ***suicide attempt that led to an injury***, every demographic group was 3% to 30% higher than the national averages except Asian or Asian Americans.

Herkimer County - 2025-2026 YRBS

Mental Health

Topic 4 - Mental Health

A Stressors 62

B Anxiety & Depression 63

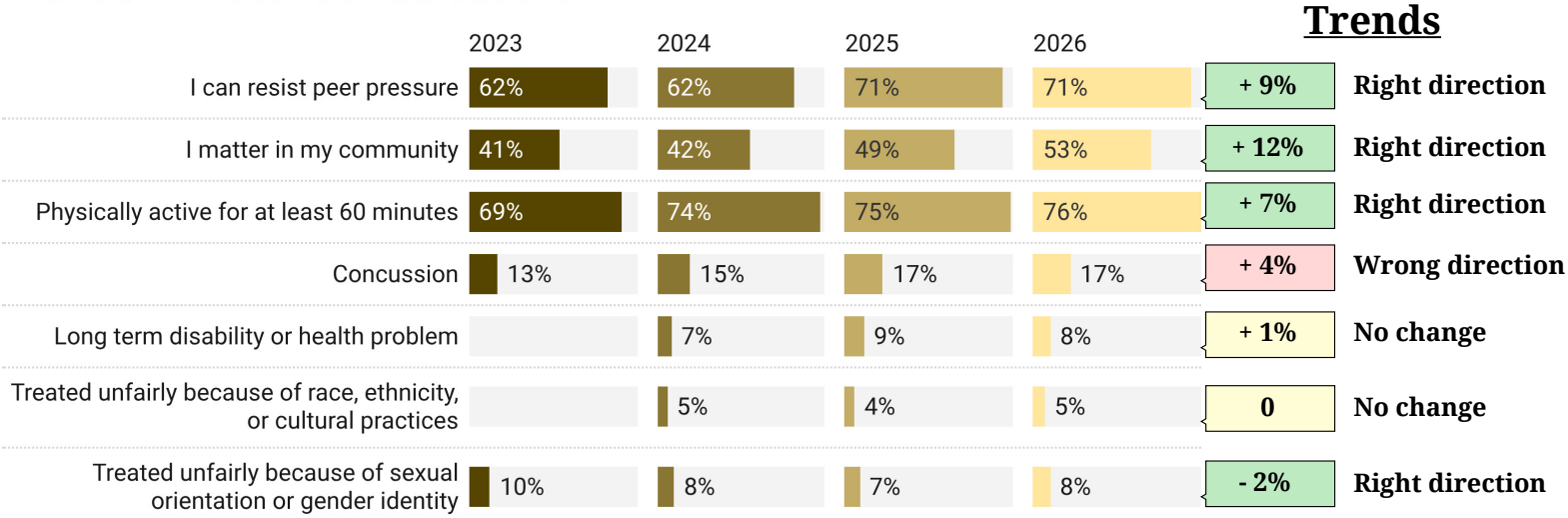
C Suicide 68

Mental Health

Stressors

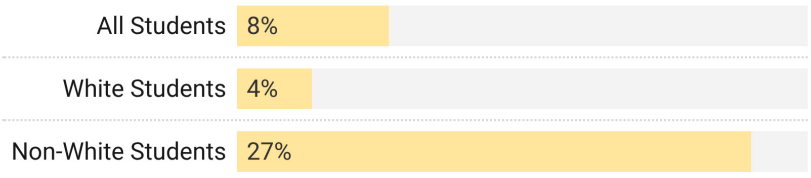
Below are four-year trends in areas related to potential ***stressors*** for students. The four-year trends are listed at the end of the graph.

Trends in Potential Stressors



I am treated badly or unfairly because of my race, ethnicity, or cultural practices

Includes: Sometimes, Most of the Time, and Always Responses



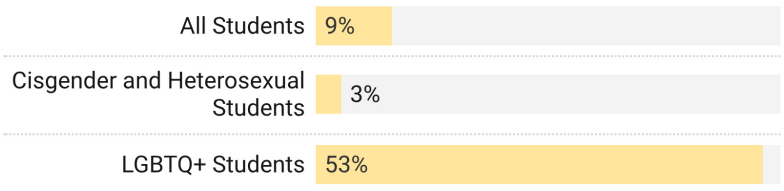
Source: Herkimer County 2026 YRBS

When asked about ***being treated badly, race/ethnicity/culture*** was broken down by White versus Non-White students, and a large gap emerged. This issue affects Non-White students 23% more than White students.

Wrong direction

I am treated badly or unfairly because of my sexual orientation or gender identity

Includes: Sometimes, Most of the Time, and Always Responses



Source: Herkimer County 2026 YRBS

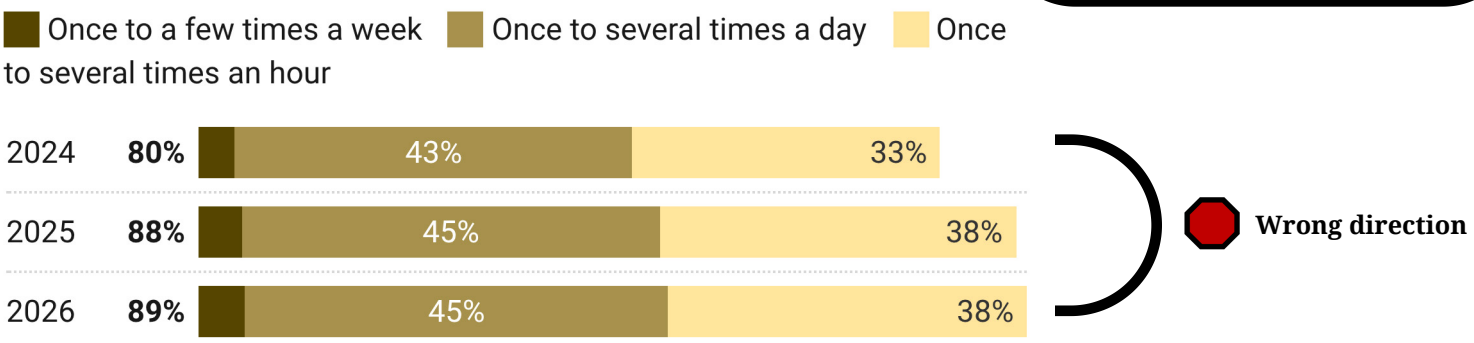
When asked about ***being treated badly, sexual orientation/gender identity*** was broken down by Cisgender, Heterosexual versus LGBTQ+ students, and a large gap emerged. This issue affects LGBTQ+ students 50% more than Cisgender, Heterosexual students.

Wrong direction

Mental Health

Stressors

Reported Social Media Usage



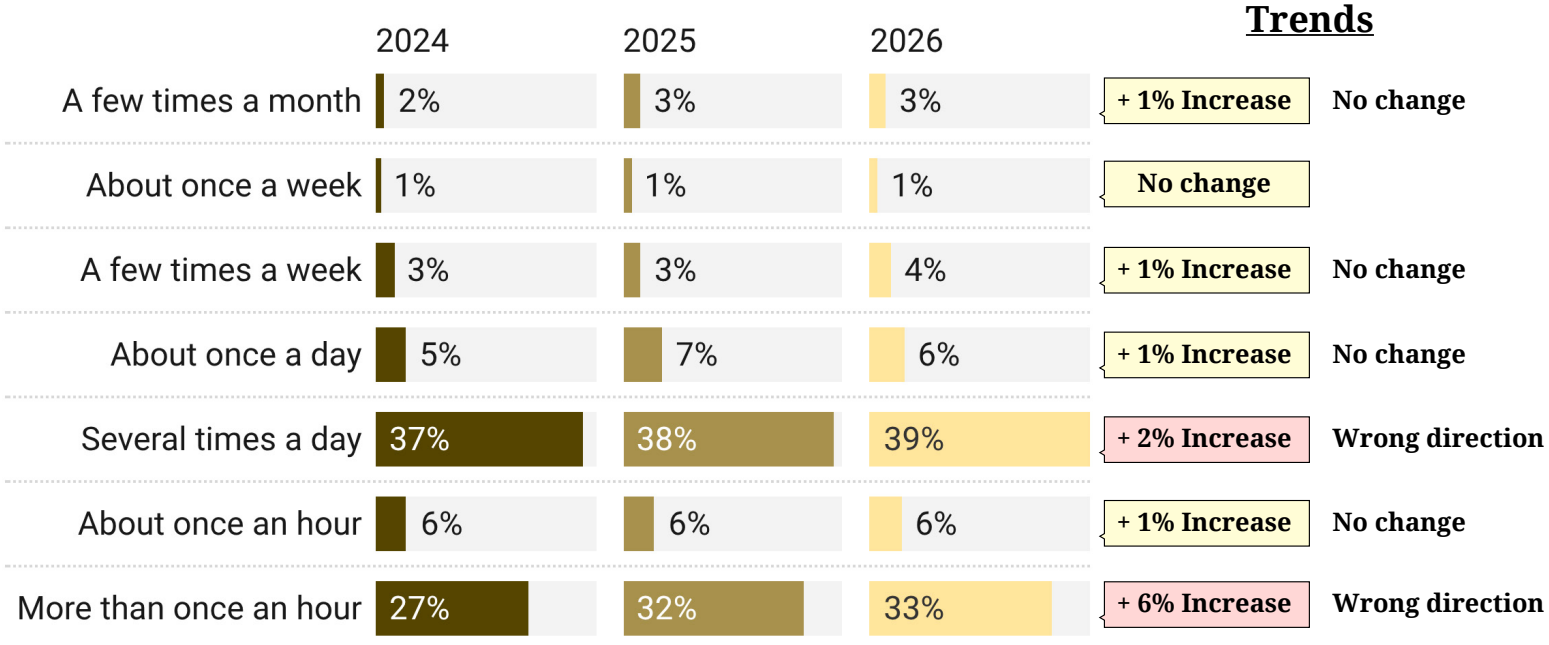
Source: Herkimer County 2026 YRBS

These graphs show reported ***social media usage*** over the previous three years. Trends are labeled.

Overall ***social media use*** is up 9% over three years. **Wrong direction**

Use of social media *several times a day* (2%) and *more than once an hour* (6%) are both up over three years. **Wrong direction**

Reported Social Media Usage



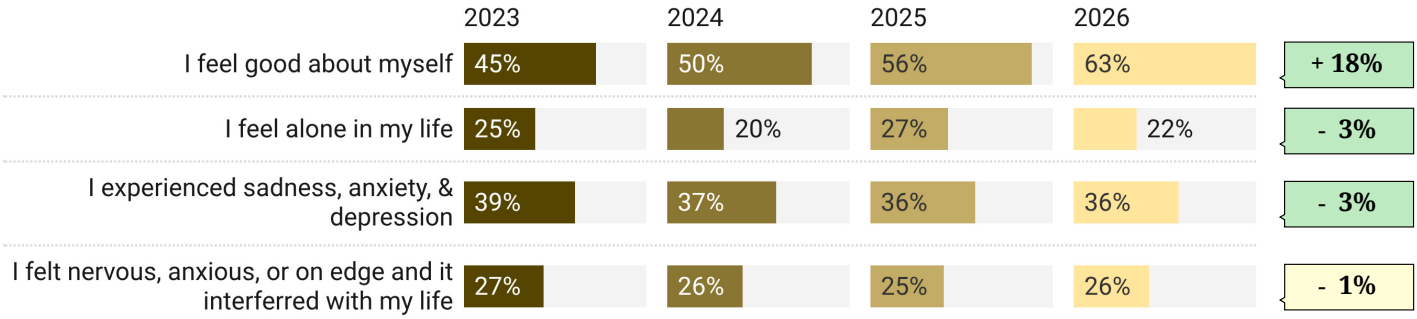
Source: Herkimer County YRBS 2026

Herkimer County - 2025-2026 YRBS

Mental Health

Anxiety & Depression

Below are four-year trends in areas related to potential ***stressors*** for students. The four-year trends are listed at the end of the graph.

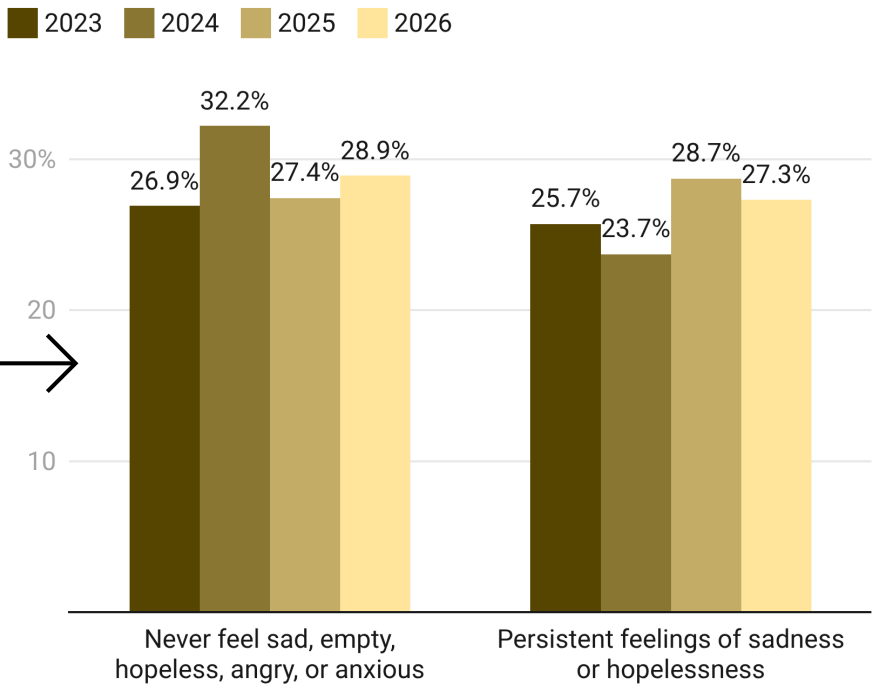


Includes agree and strongly agree answers

Source: Herkimer County YRBS

In 2026, almost 30% of students report ***never feeling sad, empty, hopeless, angry, or anxious***, an increase of 2% over four years.

Right direction



Source: Herkimer County YRBS

However, in 2026, over 27% of students report ***persistent feelings of sadness or hopelessness***. That is a 1.8% increase over four years.

No change

Mental Health

This graph shows differences between Herkimer County and the nationwide YRBS data in students who report ***experiencing persistent feelings of sadness or hopelessness***.

Responses for every demographic group were less than the national average (between 7% and 13% lower).

Right direction

Anxiety & Depression

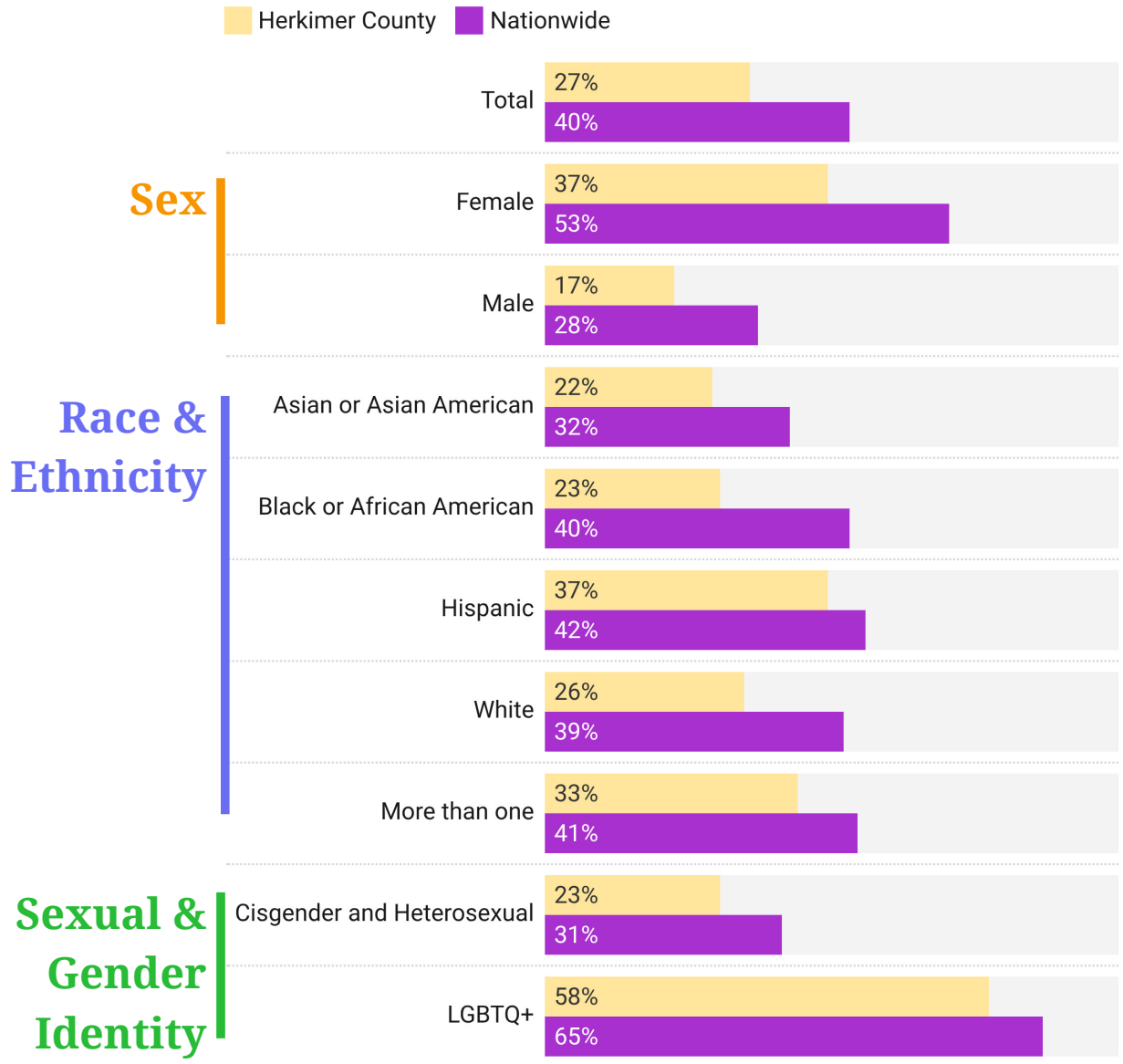
The 2023 New York YRBS showed the following averages for this question:

Females 44%

Males 26%

Right direction

Experienced Persistent Feelings of Sadness or Hopelessness



Past 12 Months

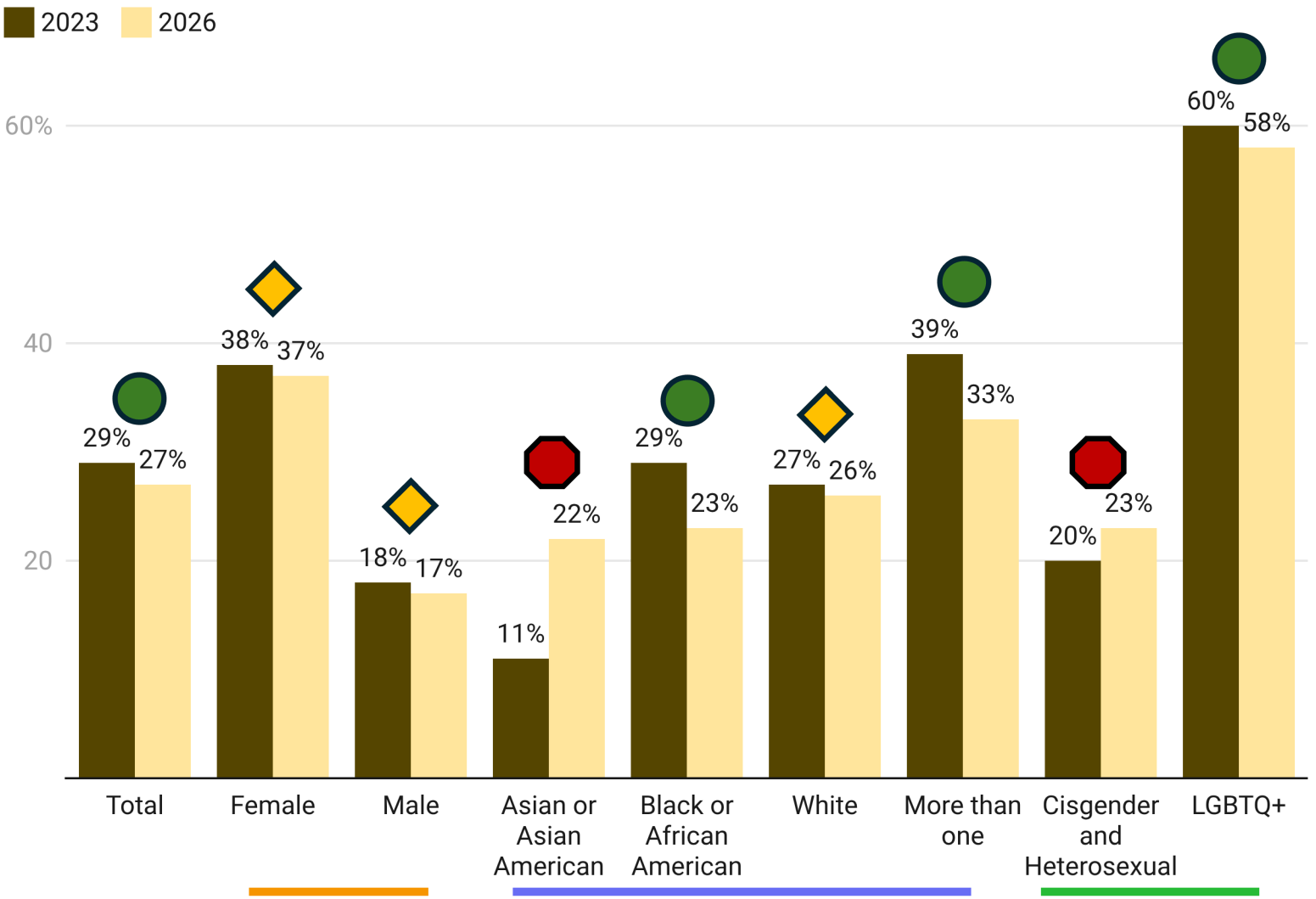
Source: Herkimer County 2026 YRBS, CDC

Mental Health

Anxiety & Depression

Below are four-year demographic trends in students ***experiencing persistent feelings of sadness or hopelessness***.

Experienced Persistent Feelings of Sadness or Hopelessness



Past 12 Months

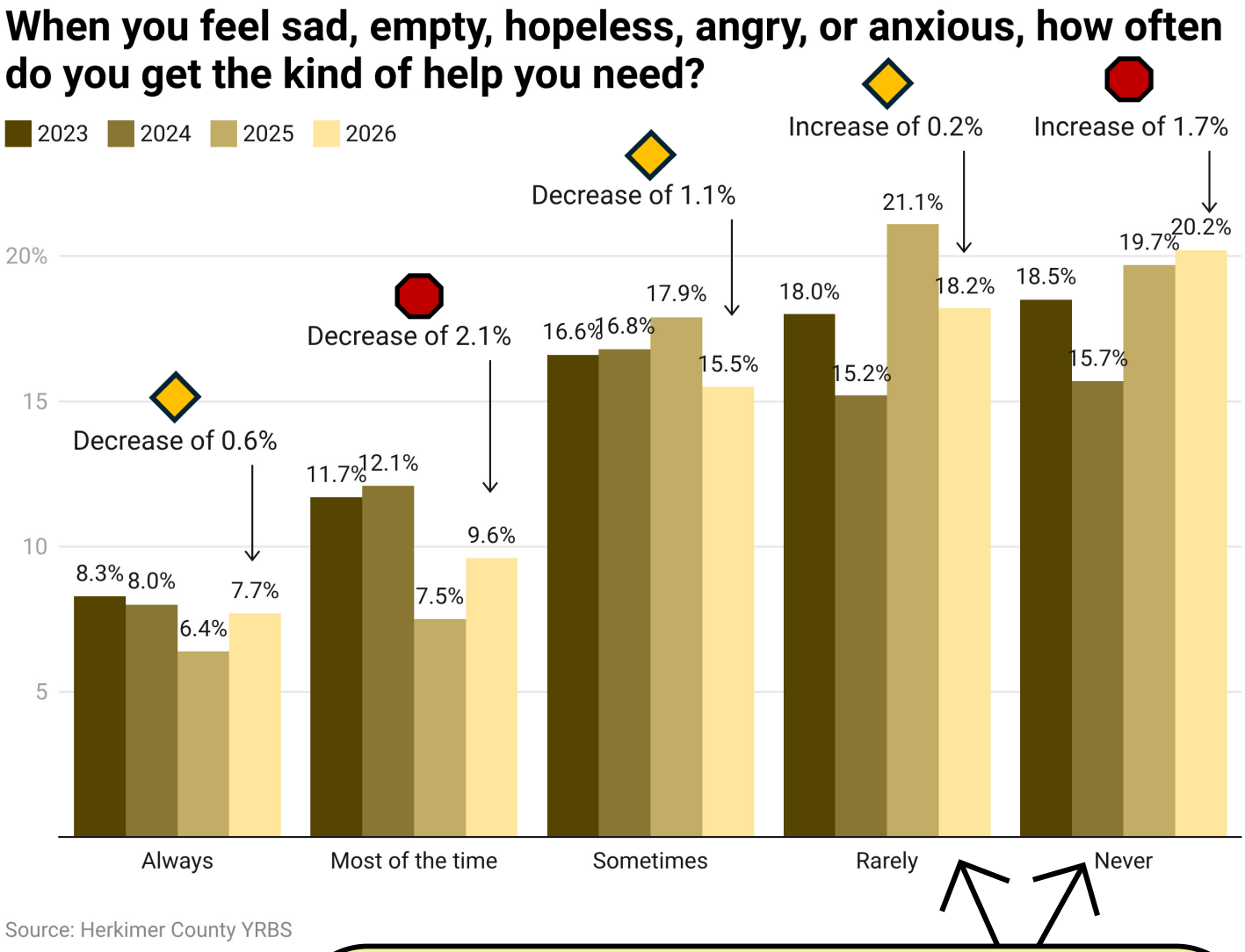
Source: Herkimer County YRBS

Herkimer County - 2025-2026 YRBS

Mental Health

Below is the four-year trend for every answer to the the question "***When you feel sad, empty, hopeless, angry, or anxious, how often do you get the kind of help you need***?" with trend information by answer.

Anxiety & Depression



Source: Herkimer County YRBS

Average of Rarely and Never Get Help They Need = 36.6%
Average of Never Get Sad, Empty, Hopeless, Angry, or Anxious = 28.9% (page 64)

Overall, this data supports two conclusions:

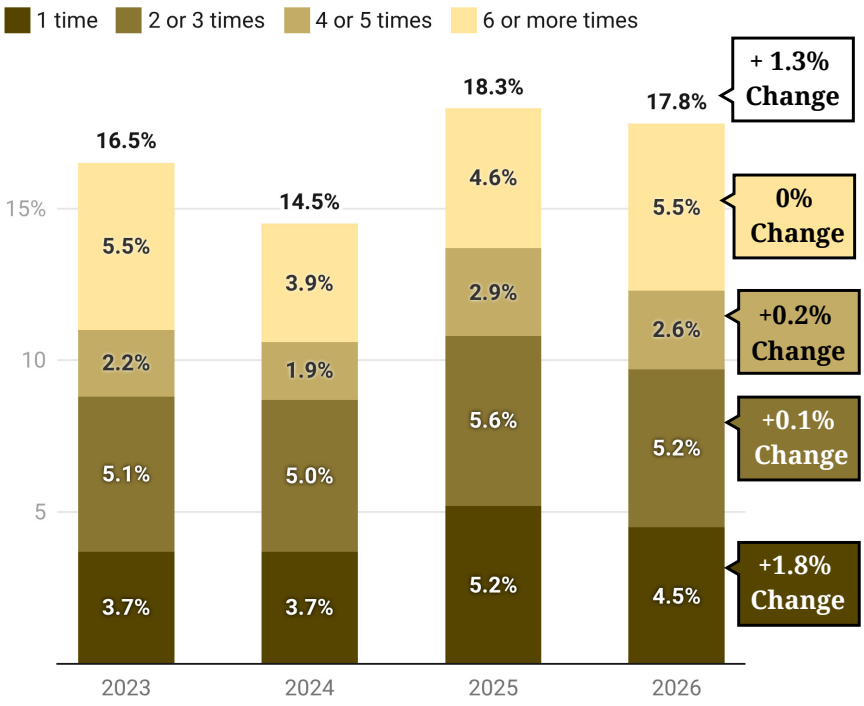
1 - Overall, more students feel like **help is not available** than students who never have a problem at all.

2 - The trend of ***not being able to get help when you need it*** appears to be moving in the wrong direction.

Mental Health

Suicide

Purposely hurt myself without wanting to die



Source: Herkimer County YRBS

A potential concern for students ***experiencing persistent feelings of sadness or hopelessness*** is the future potential of suicidal thoughts, plans, and actions.

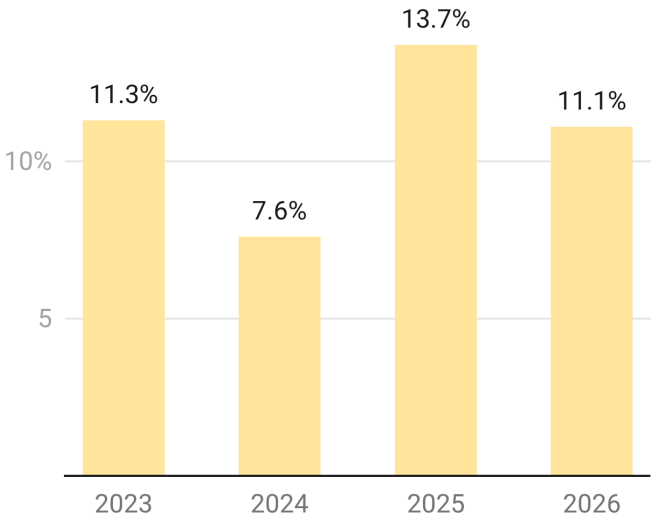
In 2026, 17.8% of students report ***wanting to hurt themselves***. That is 1.3% higher than four years ago.

No change

In 2026, 11.1% of students report ***making a plan for suicide***. That is 0.2% lower than four years ago.

No change

Made a Suicide Plan



Last 12 Months Herkimer County - 2025-2026 YRBS

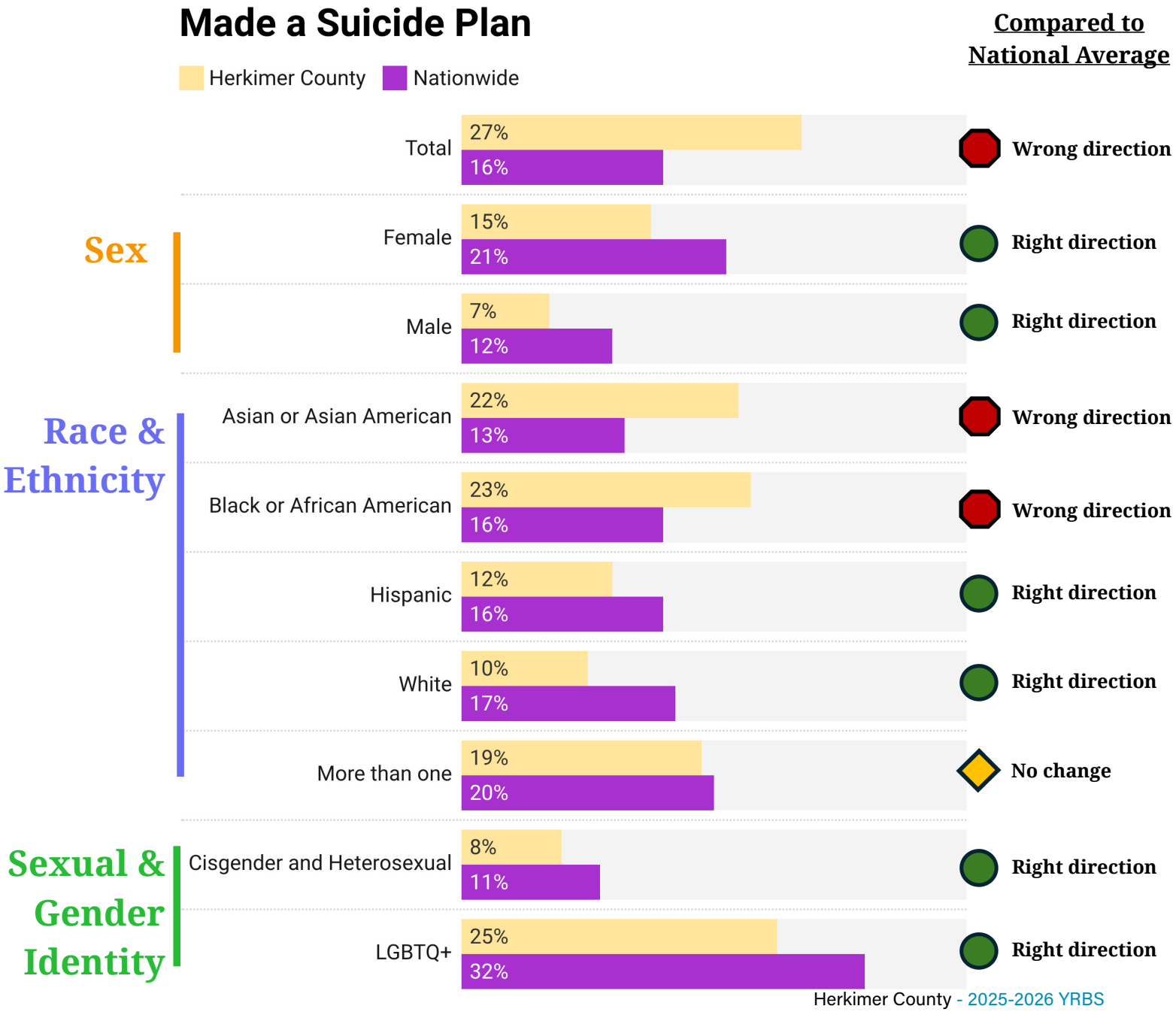
Source: Herkimer County YRBS

Mental Health

Suicide

This graph shows differences between Herkimer County and the nationwide YRBS data in students who report ***making a plan for suicide.*** While many demographic groups are lower than the national average, the county has a 9% higher average than the national number.

Trends are labeled below.



Past 12 Months

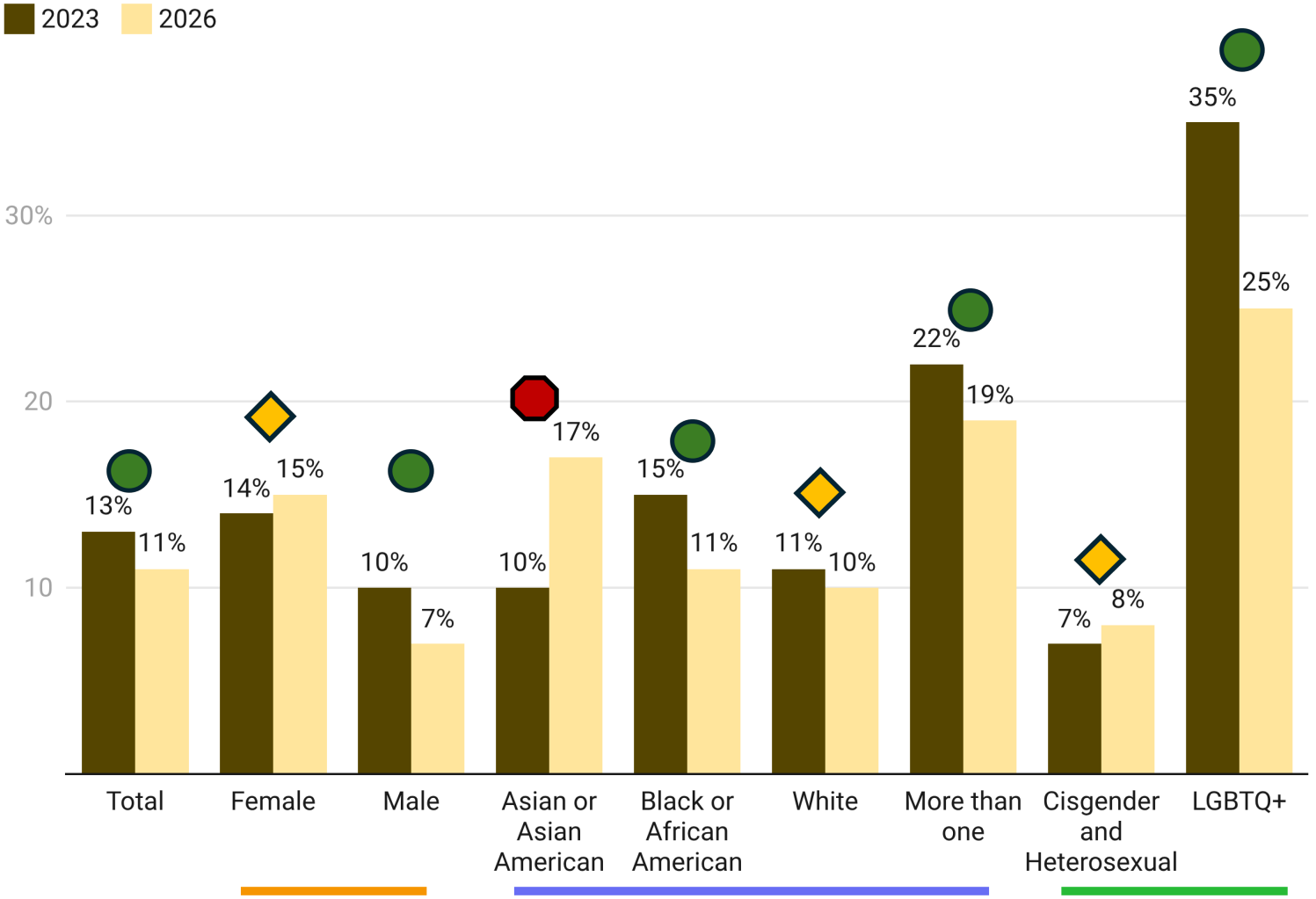
Source: Herkimer County 2026 YRBS, CDC

Mental Health

Suicide

Below are four-year demographic trends in students ***making a suicide plan.***
The four-year trends are displayed.

Made a Suicide Plan



Past 12 Months

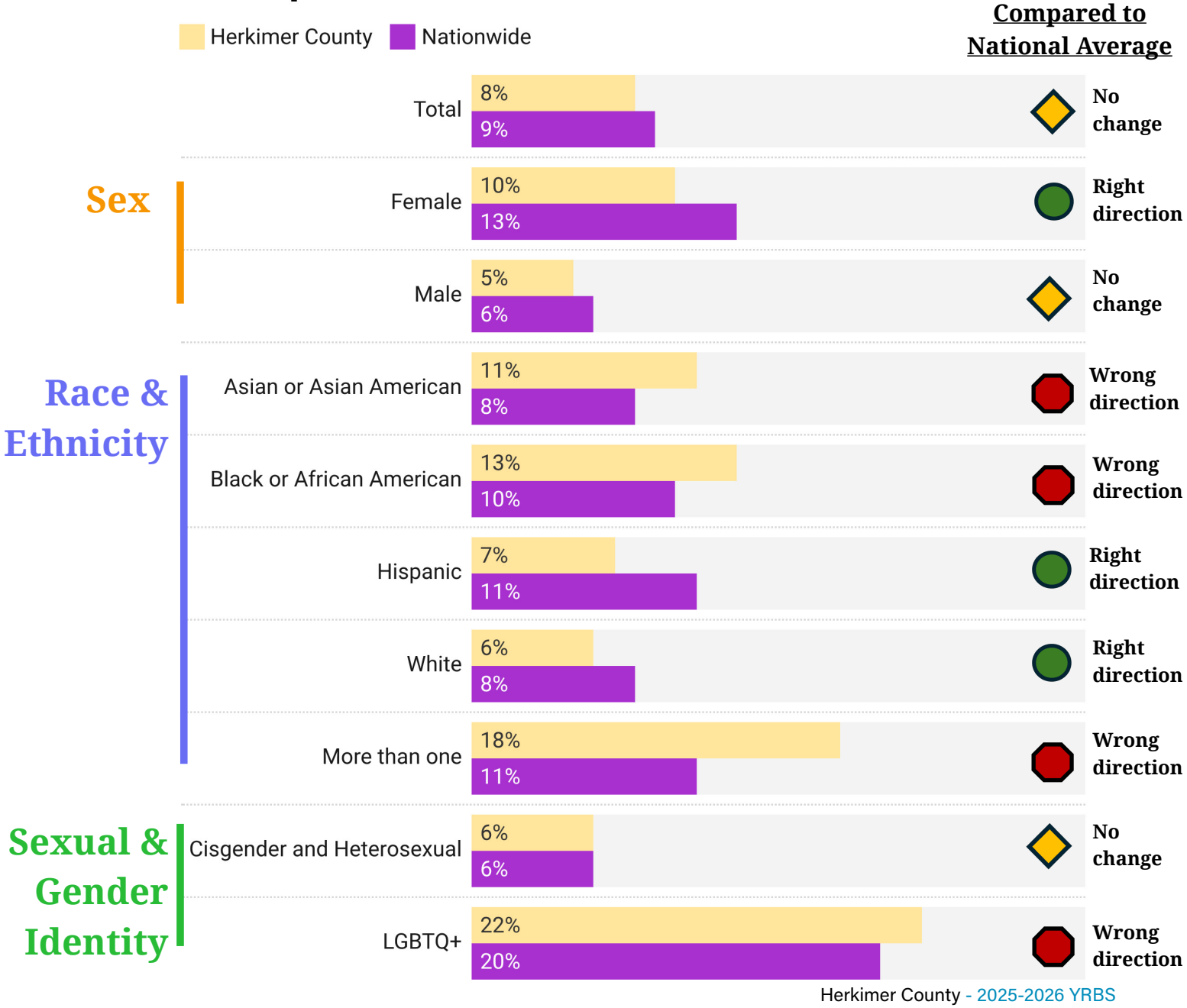
Source: Herkimer County YRBS

Mental Health

Suicide

This graph shows differences between Herkimer County and the nationwide YRBS data in students who reported ***a suicide attempt.*** The percentage of suicide attempts is consistent with the national data. However, Asian or Asian American (3%), Black or African American (3%), Multiracial (7%), and LGBTQ+ (2%) students all report ***suicide attempts*** at higher than the national average.

Attempted Suicide



Herkimer County - 2025-2026 YRBS

Past 12 Months

Source: Herkimer County 2026 YRBS, CDC

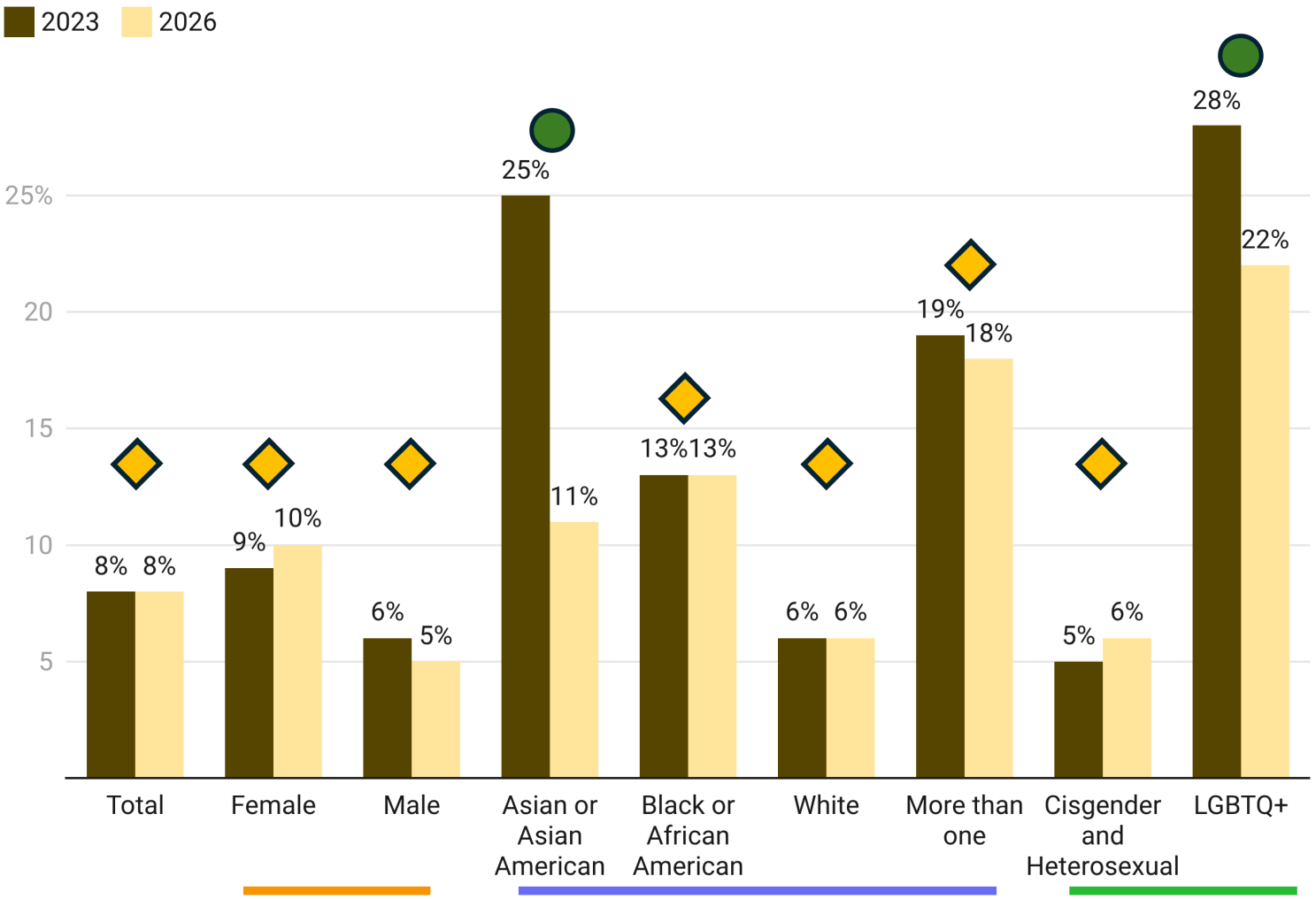
Mental Health

Suicide

Below are four-year demographic trends in students who ***attempted suicide.*** All groups had no statistical change over four years except for Asian or Asian American (14%) and LGBTQ+ (6%) students, who saw a decrease in ***suicide attempts***.

The four-year trends are displayed.

Attempted Suicide



Past 12 Months

Source: Herkimer County YRBS

Herkimer County - 2025-2026 YRBS

Mental Health

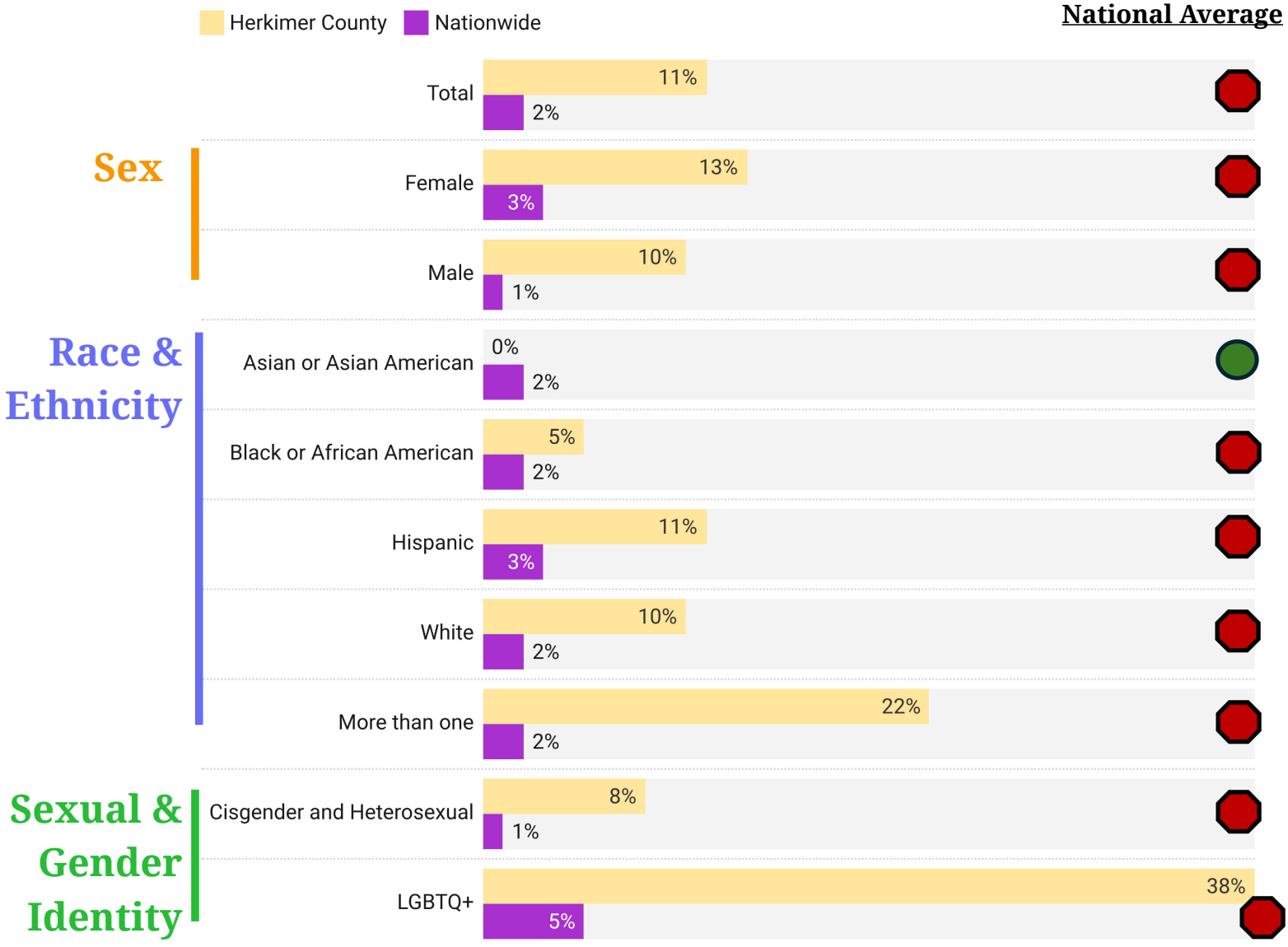
This graph shows differences between Herkimer County and the nationwide YRBS data in students who reported ***a suicide attempt that led to an injury.*** All groups except for Asian or Asian American students are between 3% and 33% higher than the national average.

Suicide

Wrong direction

This data is probably inflated because of the very small number of people who fit into this category compared to the much larger sample size of the national data. This question was not asked in 2023 so there is no four-year trend comparison available.

Were Injured in a Suicide Attempt



Past 12 Months

Source: Herkimer County YRBS

Herkimer County - 2025-2026 YRBS

Mental Health

Correlations

Many of the variables within the **Mental Health** portion of the YRBS had potential correlations with other variables. The data was entered into JASP for correlation analysis. Within this population of students, there were strong and moderate correlations* that are worth noting. As with any correlational relationship, no direction or causation is implied by these relationships *(relationships listed from strongest to weakest by first variable).*

Feelings of stress, anxiety, and/or depression is correlated with

- ***Feeling nervous, anxious, or on edge & interfered with day or activities*** - *r = 0.836, p < .001*
- ***Felt so sad or helpless almost every day for two weeks, stopped doing usual activities*** - *r = 0.497, p < .001*
- ***I feel alone in my life*** - *r = 0.484, p < .001*
- ***I get the help I need#*** - *r = 0.484, p < .001*

Feeling nervous, anxious, or on edge & interfered with day or activities is correlated with ***Felt so sad or helpless almost every day for two weeks, stopped doing usual activities*** - *r* = 0.479, p < .001

- ***I feel alone in my life*** - *r = 0.479, p < .001*
- ***Purposely hurt myself*** - *r = 0.429, p < .001*
- ***I get the help I need#*** - *r = 0.400, p < .001*

Felt so sad or helpless almost every day for two weeks, stopped doing usual activities is correlated with ***I feel alone in my life*** - *r* = 0.534, p < .001

- ***Purposely hurt myself*** - *r = 0.457, p < .001*
- ***Made a suicide plan*** - *r = 0.453, p < .001*

Made a suicide plan is correlated with

- ***Purposely hurt myself*** - *r = 0.511, p < .001*
- ***Suicide attempt*** - *r = 0.478, p < .001*

Suicide attempt is correlated with

- ***Purposely hurt myself*** - *r = 0.545, p < .001*
- ***Suicide attempt lead to treatment*** - *r = 0.451, p < .001*

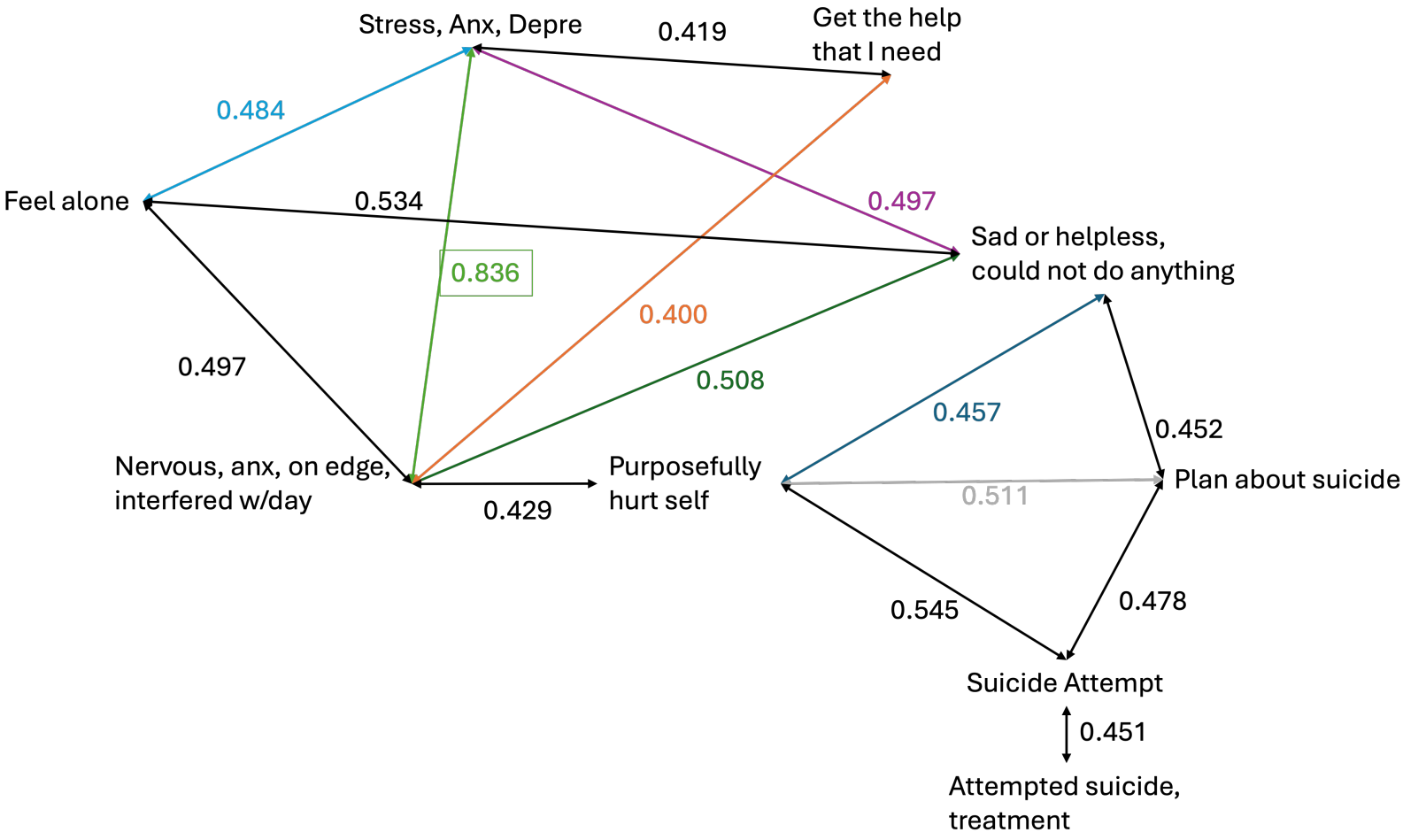
*# **"I get the help I need"** was reversed scored for these correlation analyses. A higher score means **not** getting the help they need.*

**It is generally accepted that moderate correlations (Pearson's r value) are between 0.4 and 0.69. Strong correlations would have an r value over 0.7.*

Correlations

Correlation Map

This correlation map show variables from within the ***Mental Health*** portion of the YRBS. Each arrow is bi-directional. This map is not intended to serve as the basis for a multivariate model of the variables. Instead, it provides a visual model of the variables with the strongest correlations within this group. The Pearson correlation coefficient is displayed with each arrow for each correlation. For each correlation shown, $p < 0.001$.



Herkimer County - 2025-2026 YRBS

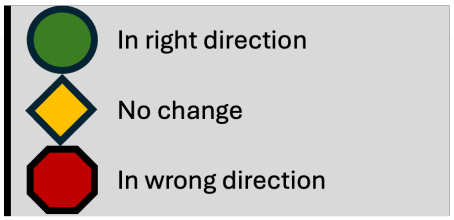
Home Environment

Quick Glance

The following data examine how high school students in Herkimer County describe their **Home Environment** in two parts. **Housing and food insecurity** examines questions related to how students' basic needs are being met. **Relationships with parents, guardians, and/or other adults** examines how students live with adults in their home environments.

	2023	2024	2025	2026	Trend	2 Year Change
Basic Needs Never or Rarely are Met	8.8%	13.6%	25.8%	24.0%		
Experience Food Insecurity Most to All of the time	2.7%	1.6%	2.2%	2.7%		
Adult Verbally Abuses Me	15.6%	14.3%	15.8%	12.9%		
Adult Physically Abuses Me	3.5%	2.5%	2.6%	2.9%		

Source: Herkimer County YRBS



Home Environment

Key Findings - 2026

Every demographic of students except Asian and Asian Americans is experiencing unstable housing between 3% and 15% more than the national average.

1 in 3 students does not have an adult with whom they can share their feelings.

1 in 4 students reports having an **adult who is making sure that their basic needs are met.**

1 in 5 LGBTQ+ students experienced unstable housing last year. That's 5 times the national average.

Two Trends - 2026

24% of students report Rarely or Never ***having an adult who is making sure that their basic needs are met***. That number is up 15.2% over four years.

Students experience ***unstable housing*** at a rate 5% higher than the national average.

Home Environment

Topic 5 - Home Environment

A Housing and Food Insecurity 79

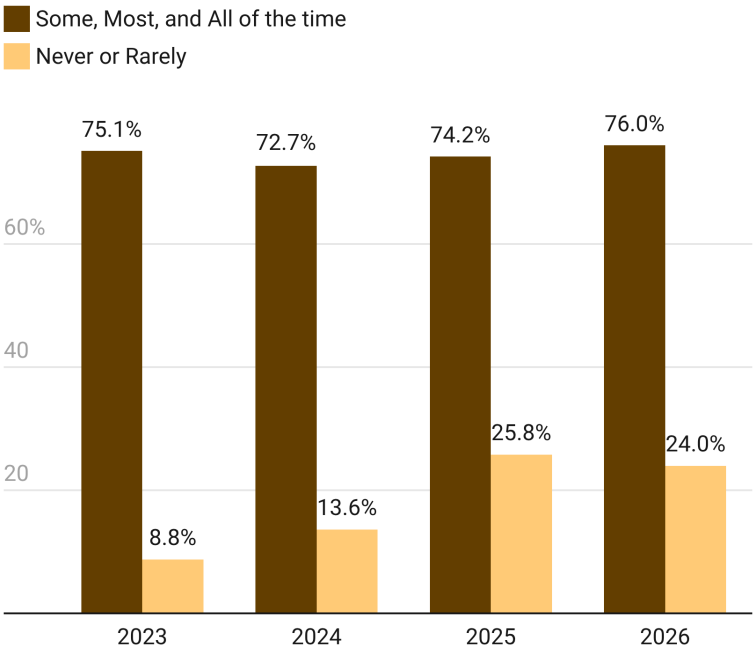
B Relationships with Parents, Guardians, and/or Other Adults 83

C Correlations 84

Home Environment

Housing and Food Insecurity

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



Source: Herkimer County YRBS

In 2026, 76% of students report having ***an adult who is making sure that their basic needs are met***. That number is up 0.9% over four years.

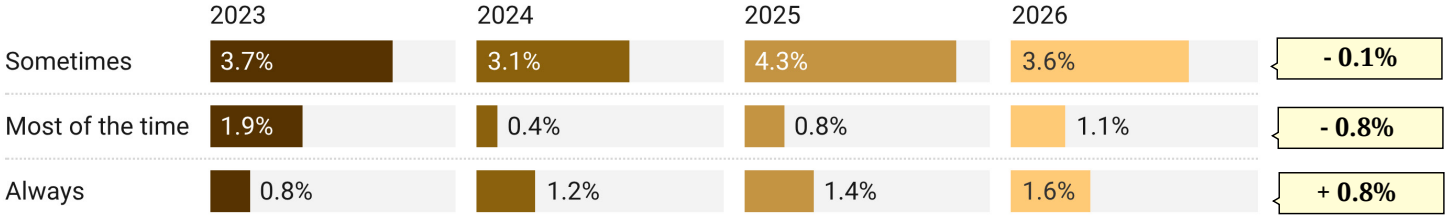
No change

In 2026, 24% of students report Rarely or Never having ***an adult who is making sure that their basic needs are met***. That number is up 15.2% over four years.

Wrong direction

In 2026, 94% of students report Rarely or Never ***go hungry because there is not enough food in their house***. The graph below shows the percentages of students who do go hungry. While these percentages are statistically unchanged over four years, the percentage of students who always go hungry has doubled in four years.

How often did you go hungry because there was not enough food in your home?



Past 30 Days

Source: Herkimer County YRBS

Herkimer County - 2025-2026 YRBS

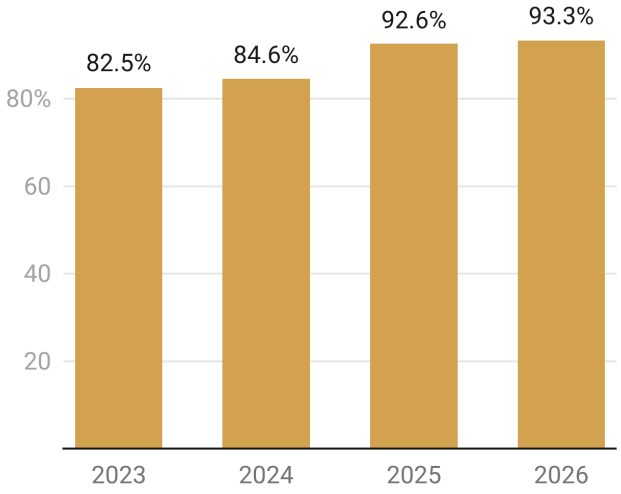
Home Environment

Housing and Food Insecurity

In 2026, 94% of students report having ***stable housing***. That number is up 10.5% over four years.

Right direction

Has Stable Housing

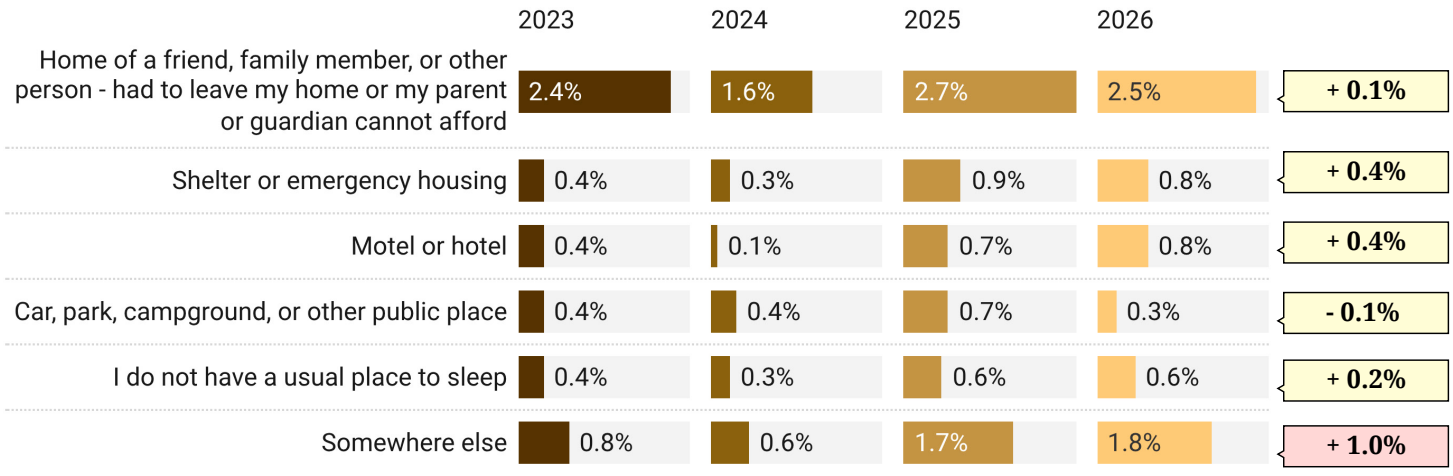


Parent or Guardian's House, Last 30 Days

Source: Herkimer County YRBS

For students who do experience ***unstable housing***, most of the alternative places for housing have not changed over the past four years except for *Somewhere else*, which is up 1%.

Where did you sleep?



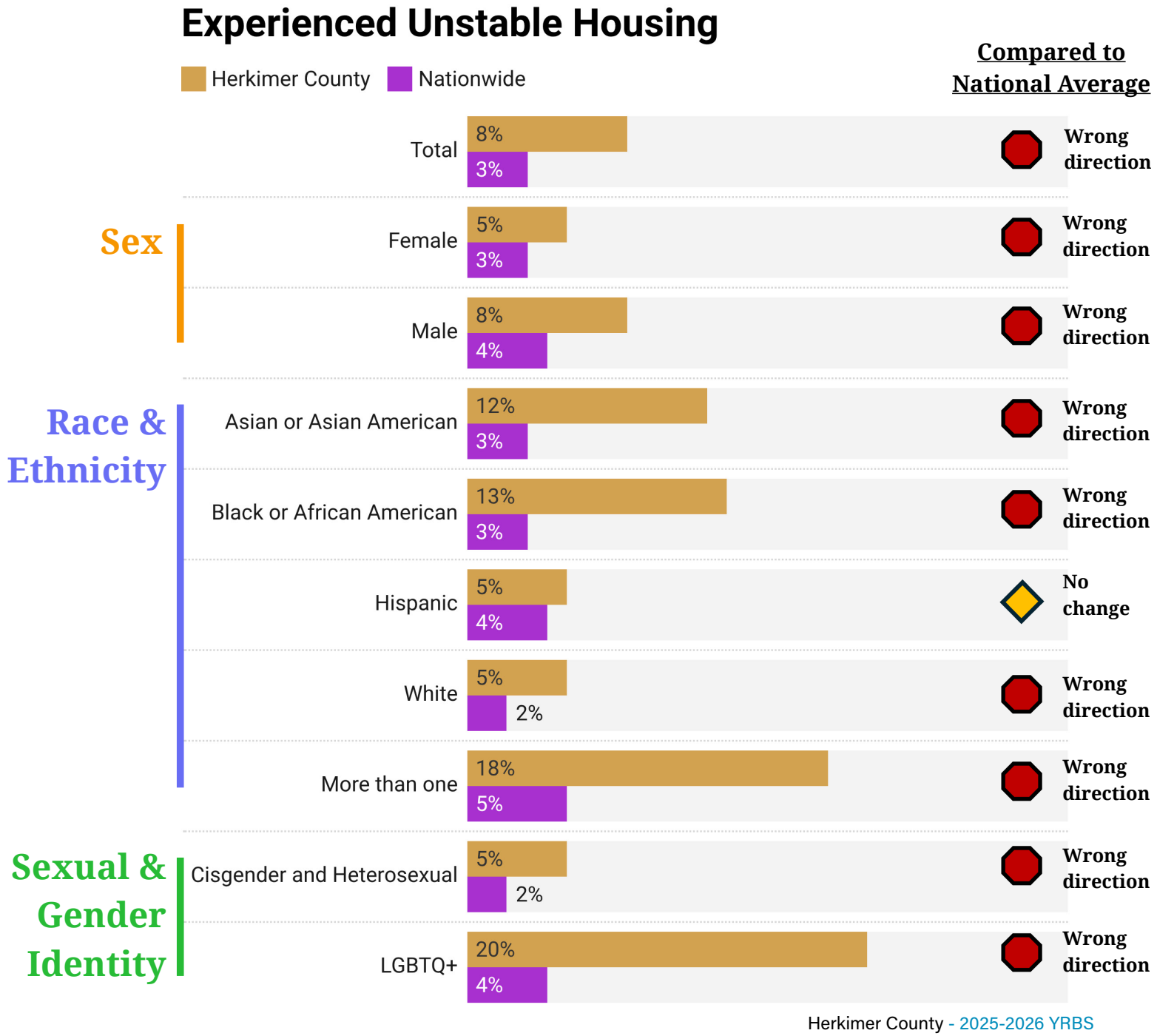
Last 30 Days

Source: Herkimer County YRBS

Home Environment

Housing and Food Insecurity

Below is the demographic breakdown of students who experience ***unstable housing***. All demographics in Herkimer County have higher percentages than the national averages.

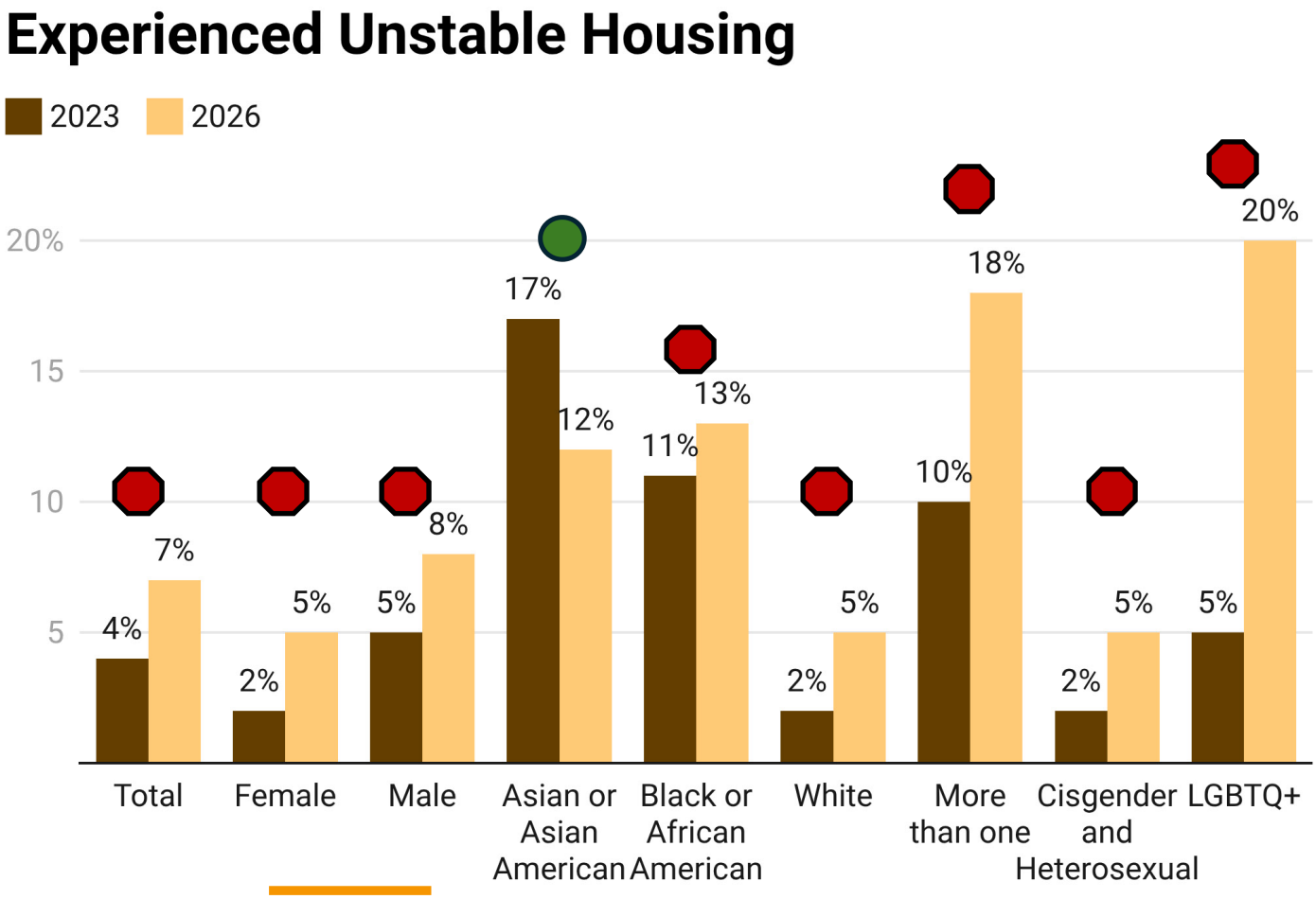


Home Environment

Housing and Food Insecurity

The four-year trends show every demographic of students except Asian and Asian Americans (down 5%) has an increasing amount of ***unstable housing*** with increases ranging from 3% to 15%.

Trends are labeled below. Students with more than one race (+8%) and LGBTQ+ (+15%) report the biggest increases in unstable housing.



Past 30 Days - 4 Year Trend

Source: Herkimer County YRBS

Herkimer County - 2025-2026 YRBS

Home Environment

Relationships with Adults

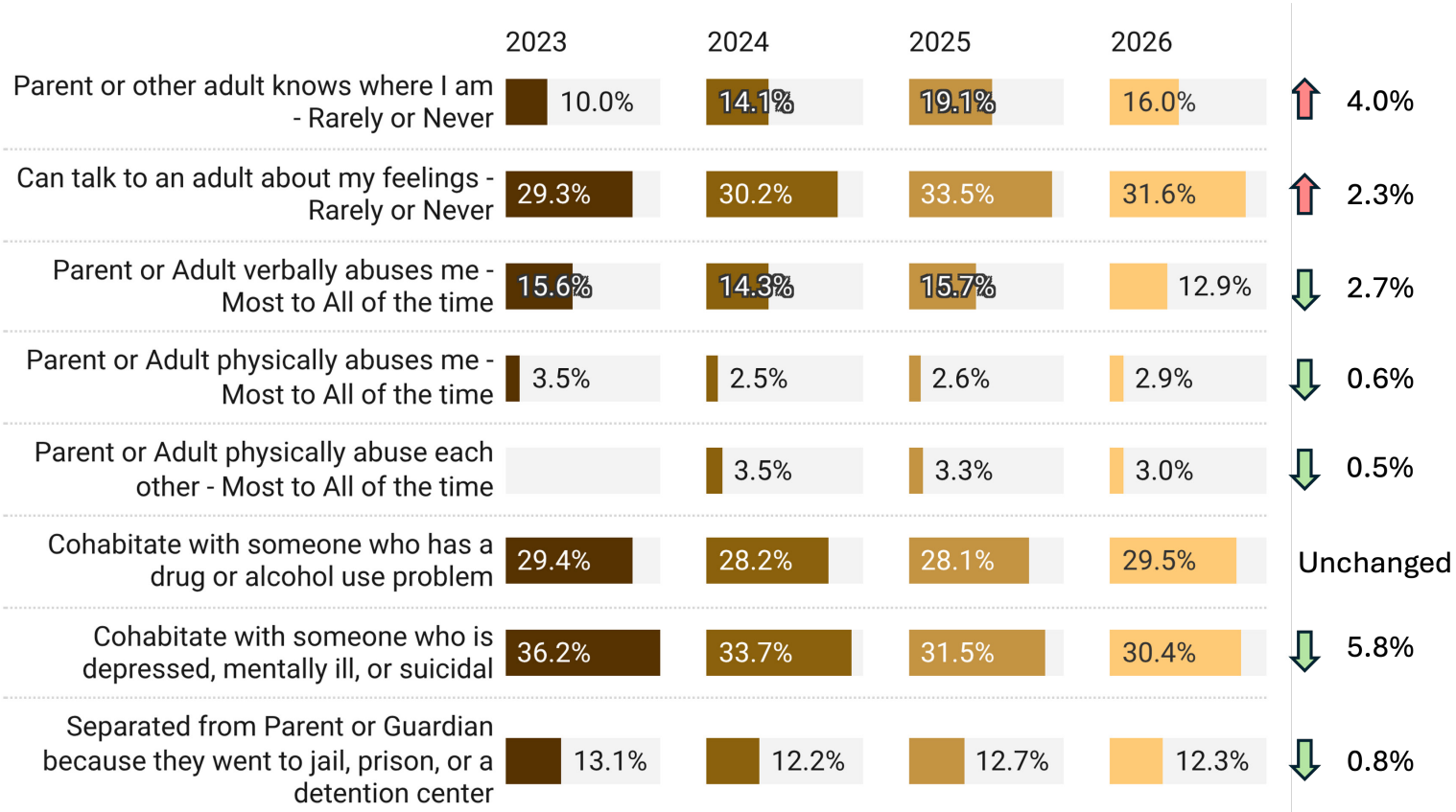
Below is the four-year trend data for questions about relationships students have with parents, guardians, and other adults in their life. Many of these are moving in the right direction for students, with two exceptions.

There is a 4% increase in students reporting ***parents and other adults rarely or never know where they are***.

Wrong direction

There is a 2.3% increase in students reporting that ***they have an adult who they can talk about their feelings with***.

Wrong direction



Source: Herkimer County YRBS

Home Environment

Correlations

Many of the variables within the **Home Environment** portion of the YRBS had potential correlations with other variables. The data was entered into JASP for correlation analysis. Within this population of students, there were strong and moderate correlations* that are worth noting. As with any correlational relationship, no direction or causation is implied by these relationships. *(relationships listed from strongest to weakest by first variable)*

Purposely hurt myself is correlated with

Target of parent/adult's verbal abuse

- *r = 0.415, p < .001*

Target of parent/adult's physical abuse - *r = 0.412, p < .001*

Living with someone with mental health problems is correlated with

Living with someone with drug or alcohol problems - *r* = 0.527, p < .001

Target of parent/adult's verbal abuse - *r = 0.410, p < .001*

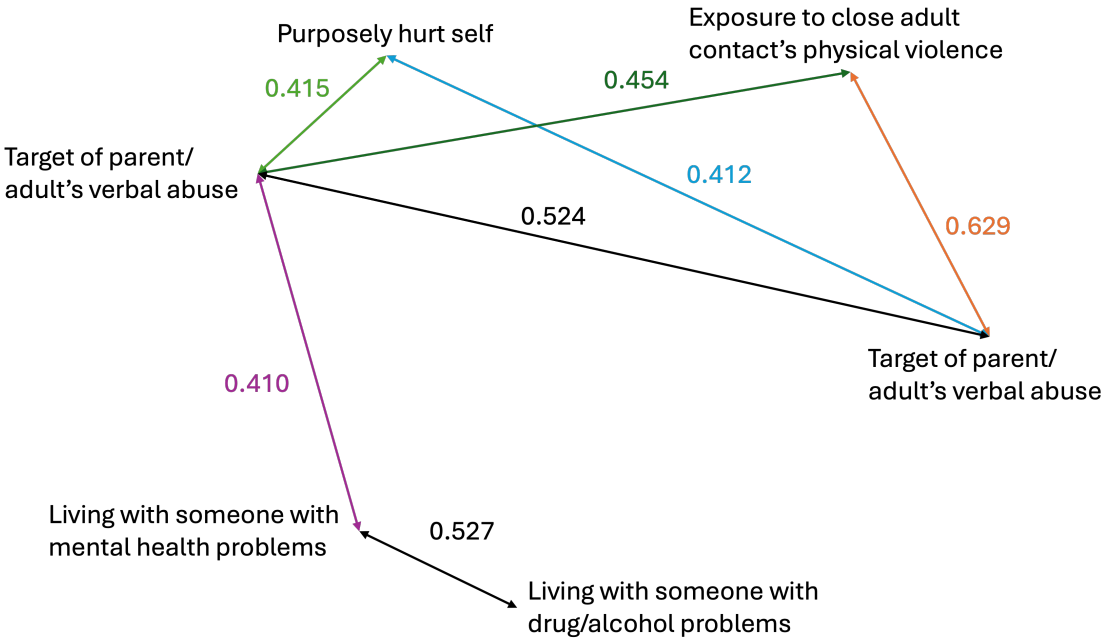
Target of parent/adult's verbal abuse is correlated with

Target of parent/adult's physical abuse - *r* = 0.524, p < .001

Exposure to close adult contact's physical violence - *r = 0.454, p < .001*

Exposure to close adult contact's physical violence is correlated with

Target of parent/adult's verbal abuse- *r = 0.629, p < .001*



This correlation map show variables from within the ***Home Environment*** portion of the YRBS. Each arrow is bi-directional. This map is not intended to serve as the basis for a multivariate model of the variables. Instead, it provides a visual model of the variables with the strongest correlations within this group. The Pearson correlation coefficient is displayed with each arrow for each correlation. For each correlation shown, $p < 0.001$.

**It is generally accepted that moderate correlations (Pearson's r value) are between 0.4 and 0.69. Strong correlations would have an r value over 0.7.*

Academics

Quick Glance

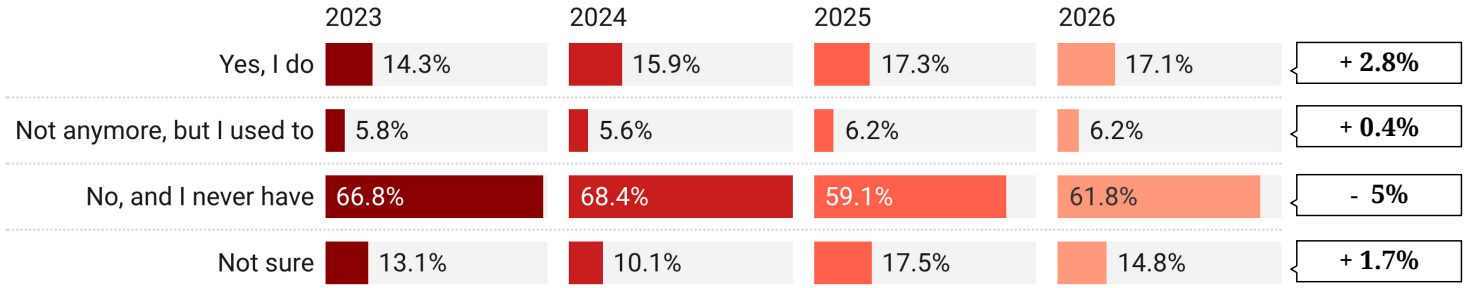
This final topic, **Academics**, examines a few questions related to time in school, extracurricular activities, and future plans.

Topic 6 - Academics

A School and Future Plans **86**

Academics

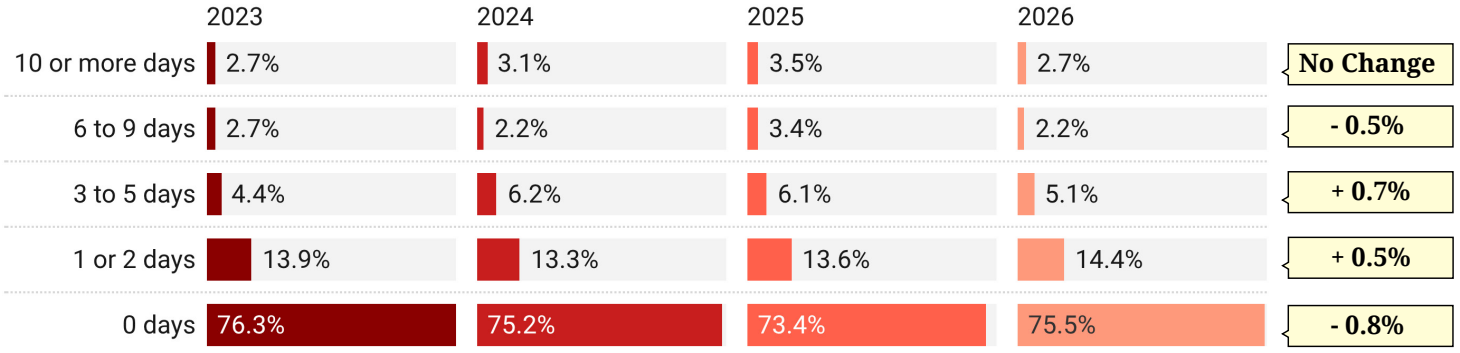
Receive Special Education services through an Individualized Education Plan (IEP) or 504 plan



Source: Herkimer County YRBS

There are two significant trends in students reporting ***IEP or 504 plans***. The number of students with IEP or 504 plans has increased 2.8% over four years. Students without an IEP or 504 plan has decreased 5% over four years.

Missed or Classes Without Permission



Past 30 Days

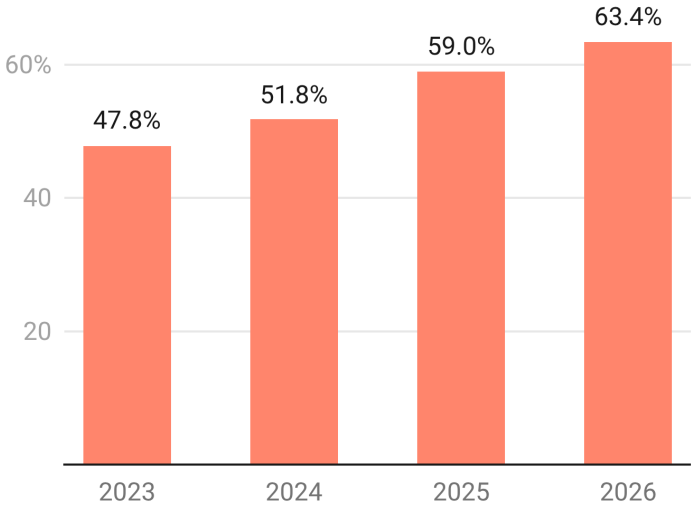
Source: Herkimer County YRBS

The number of students reporting ***missing school without permission*** has not changed in a statistically significant way over four years.

No change

Academics

Teachers care about me and give me a lot of encouragement

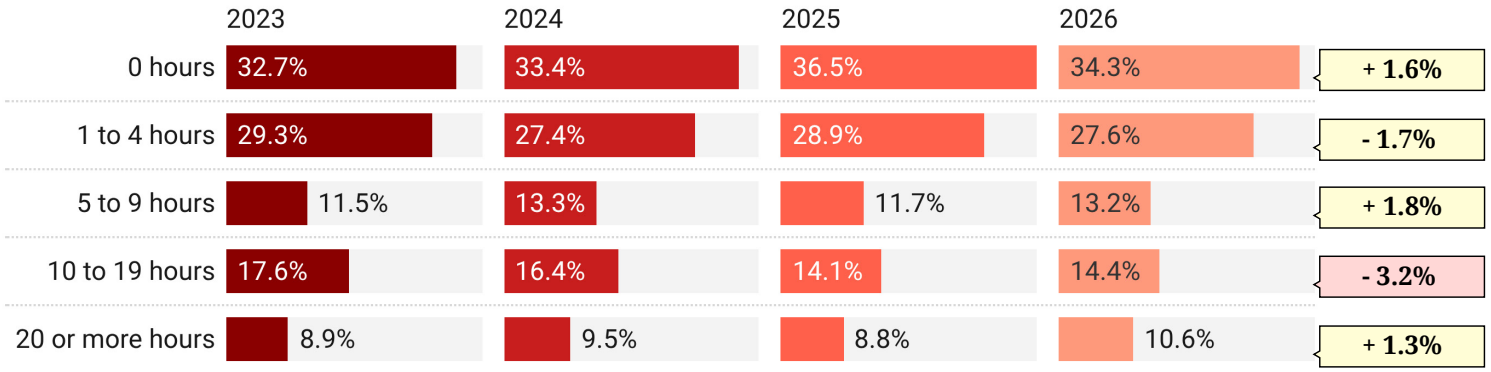


The percentage of students reporting that their ***teachers care about them and give them lots of encouragement*** has increased 15.6% over the past four years.

Right direction

Source: Herkimer County YRBS

Participation in afterschool activities



Average Week

Source: Herkimer County YRBS

The number of students reporting ***participation in after school activities*** has changed over four years. Although not statistically significant, more students are reporting no participation (up 1.6%) and less students are reporting one to four hours of participation (down 1.7%). Students reporting 10 to 19 hours of participation is down 3.2%. Students reporting five to nine hours or 20 or more hours both increased (1.8% and 1.3%, respectively), but this was not statistically significant.

Academics

Below is a chart with students' ***post-graduation plans*** along with two- year changes and four-year trends.

Post Graduation Plans

	2023	2024	2025	2026	Trend	2 Year Change
Attend a 4-year college	46.3%	47.6%	47.0%	45.6%	⇩ 0.7%	⇩ 1.4%
Attend community college	11.6%	12.4%	12.3%	11.3%	⇩ 0.3%	⇩ 1.0%
Attend a technical school	2.5%	2.6%	2.3%	2.7%	⇧ 0.2%	⇧ 0.5%
Some sort of post-secondary	**60.4%**	**62.5%**	**61.5%**	**59.6%**	**⇩ 0.8%**	**⇩ 1.9%**
Join the military	4.2%	3.0%	4.3%	5.3%	⇧ 1.1%	⇧ 1.0%
Work a full-time job only	9.3%	8.6%	7.9%	8.0%	⇩ 1.3%	⇧ 0.1%
Something else	6.4%	7.0%	6.6%	7.2%	⇧ 0.8%	⇧ 0.6%
Not sure	19.8%	18.9%	19.7%	19.9%	⇧ 0.1%	⇧ 0.2%

Source: Herkimer County YRBS

Although none of the four-year changes are significant, combining all post-secondary options is closest with a 1.9% combined decrease over four years.

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2025-2026 Herkimer County Youth Risk Behavior Surveillance (YRBS) 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. What grade are you in?

- ◯ 9th grade
- ◯ 10th grade
- ◯ 11th grade
- ◯ 12th grade
- ◯ Ungraded or other grade

* 4. Which school are you currently enrolled in?

- ◯ Pathways Academy
- ◯ Central Valley Academy
- ◯ Dolgeville CSD
- ◯ Frankfort-Schuyler CSD
- ◯ Herkimer CSD
- ◯ Little Falls CSD
- ◯ Mount Markham CSD
- ◯ Owen D. Young CSD
- ◯ Poland CSD
- ◯ Richfield Springs CSD
- ◯ Town of Webb CSD
- ◯ West Canada Valley CSD

* 5. Are you Hispanic or Latino?

- ◯ Yes
- ◯ No

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

- ☐ American Indian or Alaska Native
- ☐ Asian or Asian American
- ☐ 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



2025-2026 Herkimer County Youth Risk Behavior Surveillance (YRBS) 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



2025-2026 Herkimer County Youth Risk Behavior Surveillance (YRBS) 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



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* 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



2025-2026 Herkimer County Youth Risk Behavior Surveillance (YRBS) 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 some 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
- ☐ II ate it in food such as brownies, cakes, cookies, or candy
- ☐ III drank it in tea, cola, alcohol, or other drinks
- ☐ IV vaporized it
- ☐ V dabbed it using waxes or concentrates
- ☐ VI used it some other way

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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 such drugs 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

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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
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



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* 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

2025-2026 Herkimer County Youth Risk Behavior Surveillance (YRBS) 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



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

- ◯ Yes
- ◯ No
- ◯ Prefer not to answer



2025-2026 Herkimer County Youth Risk Behavior Surveillance (YRBS) 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



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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



2025-2026 Herkimer County Youth Risk Behavior Surveillance (YRBS) 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

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, fight, or tease each other in a friendly way.

45. During the past 30 days, were you bullied?

- ◯ Yes
- ◯ No

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

- ◯ Yes
- ◯ No

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

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 one out with someone in the last 12 months?

- ◯ Yes
- ◯ No
- ◯ Prefer not to answer

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2025-2026 Herkimer County Youth Risk Behavior Surveillance (YRBS) Survey

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

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



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The next questions 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 unfair **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

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These questions 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, "I feel alone in my life."

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

59. 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.

60. 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

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

- ◯ Yes
- ◯ No

62. 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

63. **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



2025-2026 Herkimer County Youth Risk Behavior Surveillance (YRBS) Survey

The next questions ask about cigarette smoking.

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

- ◯ Yes
- ◯ No
- ◯ Prefer not to answer



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The next questions ask about cigarette smoking.

65. 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

66. 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

67. 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
- ◯ 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



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.

68. During the past 30 days, on how many days did you use chewing tobacco, snuff, dip, snus, or dissolvable tobacco products, such as Copenhagen, Grizzley, 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 30days

69. 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

70. During the past 12 months, did you ever try to quit using all tobacco products such as cigarettes, electronic vapor products, smokeless tobacco, cigars, shisha or hookah tobacco, or pipe tobacco?

- ◯ I did not use any tobacco products in the past 12 months
- ◯ Yes
- ◯ No



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.

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

- ◯ Yes
- ◯ No
- ◯ Prefer not to answer



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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. 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

73. 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 e Bay, Amazon, Facebook Marketplace, or Craigslist
- ◯ I took them from a store or another person
- ◯ I got them in some other way

74. 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 chocoalte
- ◯ I used them for some other reason

75. 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



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The next questions ask about physical activity.

76. 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.

77. 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, TikTok, Snapchat, and Twitter

78. 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.

79. 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

80. 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

81. 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/guardian could not 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

82. 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

83. 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

84. 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



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

85. 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

86. 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

87. 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

88. 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

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

- ◯ Yes
- ◯ No

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

- ◯ Yes
- ◯ No

91. 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.

92. 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

93. In an average school week, 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

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

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

95. Respond to the following statement, "My teachers really care about me and give me a lot of encouragement."

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

96. 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

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

- ◯ Attend a 4-year college
- ◯ Attend community college
- ◯ Attend a technical school
- ◯ Join the military
- ◯ Join the workforce full-time
- ◯ Something else
- ◯ Not sure

The next question asks about your attitudes and beliefs about yourself.

98. Respond to the following statement, "I can resist peer pressure."

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

99. Respond to the following statement, "I feel good about myself."

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

100. Respond to the following statement, "I feel like I matter within my community."

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

HERKIMER COUNTY
SYSTEM OF CARE

2025-2026 Herkimer County Youth Risk Behavior Surveillance (YRBS) Survey

THANK YOU!

Thank you for participating in the 2025-2026 Herkimer County Youth Risk Behavior Surveillance (YRBS) 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 our
Herkimer County System of Care Project Director, Katherine Driscoll, at **kdriscoll@ican.family**.

For more information about Herkimer County System of Care,
find us on **Facebook & Instagram @herkimercountysoc**
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 a possible.