

Youth Risk Behavior Survey 2026

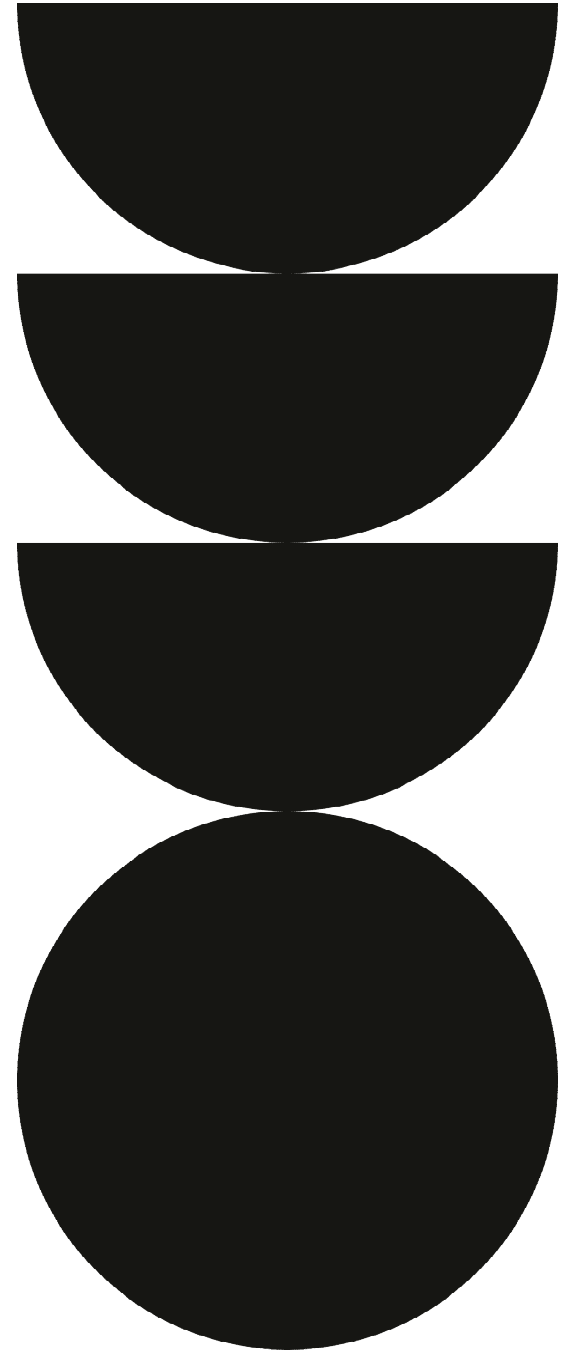
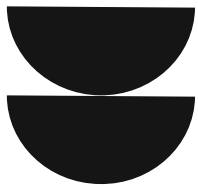


Table of Contents



Summary

6

Social Support

14

Bullying, Threats, & Injury

22

Stress, Anxiety, Depression, & Suicide

30

Sexual Experiences

43

Drugs & Alcohol

48

Unsafe Driving

56

Social Media & Cellphone Use

60

Body Image & Dieting

71

Lifestyle

77

Appendix

82

Study Overview



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Since 1997, Emerson Health and select public school districts within Emerson Health's service area have collaborated to conduct the biannual Emerson Youth Risk Behavior Survey (YRBS). The YRBS is a comprehensive survey of students in 6th grade, 8th grade, and 9th through 12th grade on topics ranging from mental health and resiliency to technology habits, stress, body image, social media, bullying, substance use, and sexual activity.

2026 Participating School Districts

- Acton-Boxborough Regional School District
- Carlisle Middle School/Carlisle Public Schools
- Concord-Carlisle High School/Concord Public Schools
- Groton-Dunstable Regional School District
- The Bromfield School (Harvard Public Schools)
- Maynard Public Schools

Methodology

- Questionnaires are age-appropriate and based on the Massachusetts YRBS and U.S. Centers for Disease Control and Prevention versions.
- Students participating in the Emerson YRBS are guaranteed confidentiality. Identifying information about students is not kept, and results are only reported in grouped form, with no way of identifying individuals.

Methodology

- Emerson YRBS strives to achieve a census of students in 6th grade, 8th grade, and high school. Six public school districts participated in the 2026 survey, including 4,429 students in 6th grade, 8th grade and high school who completed an online survey in March 2026.
- Of the 5,619 students enrolled in participating school districts in March 2026, 81% responded to the survey. The remaining students were either absent on the days the surveys were conducted, their parents/guardians opted for them not to participate, they submitted a blank survey (indicating refusal to participate), or they did not submit a survey at all (student opted not to participate).

Students Participating in 2026 Emerson YRBS**

	Total Surveyed	6th Grade	8th Grade	High School
2026 TOTAL:	4,429	894	946	2,584
Acton-Boxborough Regional School District	1,789	345	384	1,058
Carlisle Middle School/Carlisle Public Schools	108	50	58	0
Concord-Carlisle High School/Concord Public Schools	1,097	194	200	702
Groton-Dunstable Regional School District	663	151	151	359
The Bromfield School (Harvard Public Schools)	384	72	73	239
Maynard Public Schools	388	82	80	226

Navigating the Report and Interpreting Data

Comparisons Over Time

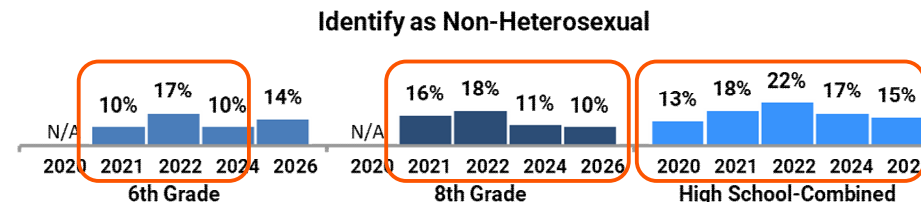
- In this report, we compare 2020, 2021, 2022, 2024, and 2026 results only for school districts that participated in each year and only for grades that were surveyed.
- 2026 sampled a smaller population compared to prior years when more districts participated, so prior year totals in this report will not match totals for the 2024 aggregate report.

Meaningful Differences

- Because the Emerson YRBS sample is so large, nearly all differences (including small differences) will register in statistical software as statistically “significant.” This does not necessarily mean all changes are meaningful.
- Substantial differences (5%+) in this report will be highlighted in orange (see the example below).
- Similarly, substantial differences (5%+ compared to the overall total) based on student characteristics will be shown in tan boxes on some slides.

Navigation & Other Documents

- You can find the question and years it was asked at the bottom of each slide throughout the main report.
- Questions are referred to by number, e.g., “Q23” refers to Question 23 in the survey. Question numbers and exact question wording are also cross-referenced in the companion documents.
- Along with this report, Emerson Health and participating districts received data tables in Excel format that include:
 - Comparable totals for 2020, 2021, 2022, 2024, 2026
 - Breakdowns by grade for 2020, 2021, 2022, 2024, 2026
 - Breakdowns for 2026 by selected student characteristics (e.g., gender, sexual orientation, race/ethnicity)



Summary

Students are showing many positive shifts in experiences and attitudes compared to prior years.

Support & Seeking Help

The following rates increased over time:

- **Feeling supported by friends**
 - Among middle school students
- **Feeling safe at school**
 - Among 8th grade and high school students
- **Having an adult at school they can talk to**
 - Among 8th grade and high school students
- **Seeking out an adult if they need help**
 - Among all students
- **Confidence in adults' ability to help**
 - Among 8th grade and high school students

Family Involvement & Social Media

The following rates increased over time:

- **Feeling supported by family**
 - Among 8th grade students
- **Parents monitoring cellphone use**
 - Among all students
- **Parents monitoring social media use**
 - Among all students
- **NOT feeling they spend too much time on their phones**
 - Among middle school students
- **Not keeping electronic devices in the bedroom at night**
 - Among all students

Unsafe Driving Experiences

The following rates **decreased** over time:

- **Driving a car when they had been drinking or using marijuana**
 - Among high school students
- **Riding in a vehicle driven by a minor who was under the influence**
 - Among high school students
- **Driving while using a phone without a hands-free option**
 - Among high school students

While younger students have more interpersonal challenges, older students report higher rates of stress or mental health struggles.



- Younger students report higher rates of interpersonal issues, including:
 - Being bullied or cyberbullied
 - Being threatened with or injured by a weapon on school property
 - *Not feeling safe at school*

- While older students show higher rates of **stress** and **anxiety**, rates of stress have decreased for them over the past few years (past surveys did not ask about anxiety).
- Older students also report sleeping less, doing more homework, and engaging in more risky behaviors around sex and alcohol/drugs compared to younger students, which may have some impact on their stress or anxiety levels.

Mental health is very important, and those who face mental health challenges report higher rates of other potentially harmful experiences.

- **Those who felt anxious or depressed reported higher rates of many adverse conditions or experiences,** many of which are noted below.
- Anxiety and depression are often comorbid; half of those who felt anxious also felt depressed.
- Those who experience anxiety or depression report higher rates of:
 - **Lack of support**
 - Not having adults in their lives (in or outside of school) to talk to if they have a problem
 - Not feeling supported by friends or family
 - Not feeling they belong at their school
 - **Low sense of safety**
 - Being bullied or cyberbullied
 - Thinking it would be easy to acquire weapons
 - Missing school due to safety fears
 - **Other adverse experiences**
 - Being sexually harassed
 - Experiencing high stress levels from school or home life
 - Judging themselves based on their weight
 - Sleeping 5 hours or less per night

In 2026, we dove deeper into some aspects of student and school life, including expanding mental health questions.



Feeling Anxious

- Overall, nearly 1 in 5 students felt anxious for at least 6 days out of the 30 days leading up to the survey.
- Of those who felt anxious, most reported those feelings being quite strong.



Weapon Accessibility

- While most students do not think it would be easy to get any type of weapon, the easiest type of weapon for them to obtain would be a small knife.
- The top source students think they can get a weapon from is their home.



Leaving Situations

- Most students feel they can “often” or “always” get away from uncomfortable situations.



Cellphone Policies

- Students tend to be aware of cellphone policies, with most middle school students thinking phones must be off, silenced, or put away during school hours, and most high school students thinking they can only use their phones between classes or at lunch.

Certain groups of students are especially at-risk and may benefit from more support.

Students in the following groups show higher rates of the listed experiences compared to the overall total:

Race and Ethnicity

- **Southeast Asian American students:**
 - Lacking support from adults, having a hard time getting out of uncomfortable situations, self-harming, experiencing sexual harassment, lacking parental involvement in cellphone use, and not getting enough sleep
- **Native Hawaiian or Pacific Islander students:**
 - Being bullied, having a hard time escaping uncomfortable situations, feeling depressed, and self-harming
- **Middle Eastern American students:**
 - Lacking support from adults at school, having a hard time escaping uncomfortable situations, and not getting enough sleep
- **Black or African American students:**
 - Not knowing who or where to go to for help, having a hard time escaping uncomfortable situations, and not getting enough sleep
- **American Indian or Alaska Native students:**
 - Being bullied, feeling depressed, and doing 3+ hours of homework per night
- **Hispanic/Latino/a students:**
 - Being bullied, having a hard time handling stressful events, feeling depressed, and lacking parental involvement in cellphone use

Similarly, students in certain groups defined by gender or sexuality may benefit from additional support.

Students within these groups show higher rates of the listed experiences compared to the overall total:

Sexuality

- **Non-heterosexual students:**

- Feeling they don't belong at their school, lacking confidence in adults' ability to help, having a hard time handling stressful events, feeling anxious, feeling depressed, self-harming, doing 3+ hours of homework per night, and not getting enough sleep

Gender

- **Non-binary students:**

- Not knowing where to go for help, feeling they don't belong at their school, being bullied, having a hard time escaping uncomfortable situations, feeling anxious, feeling depressed, self-harming, being sexually harassed, having a strong desire to be thinner, and not getting enough sleep

- **Transgender students:**

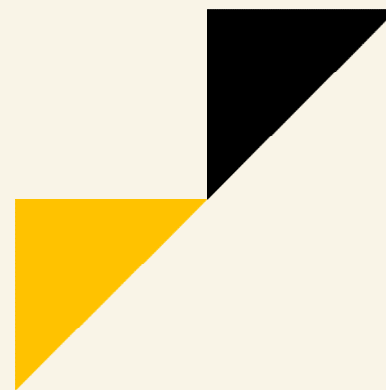
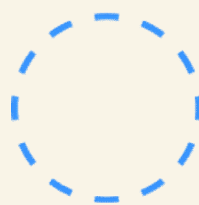
- Lacking confidence in adults' ability to help, having a hard time escaping uncomfortable situations, having a hard time handling stressful events, feeling anxious, feeling depressed, self-harming, being sexually harassed, having a strong desire to be thinner, and not getting enough sleep

- **Female students:**

- Having a hard time handling stressful events, feeling anxious, being sexually harassed, having a strong desire to be thinner, doing 3+ hours of homework per night

Youth Risk Behavior Survey 2026 Results

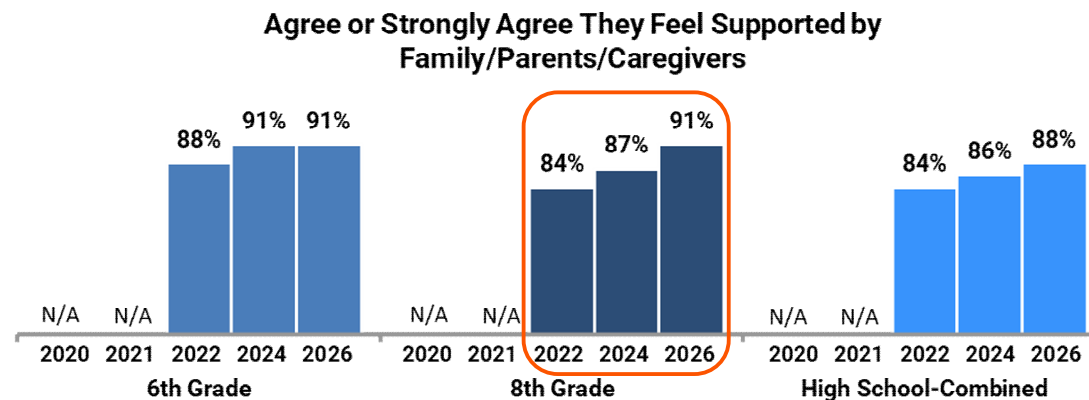
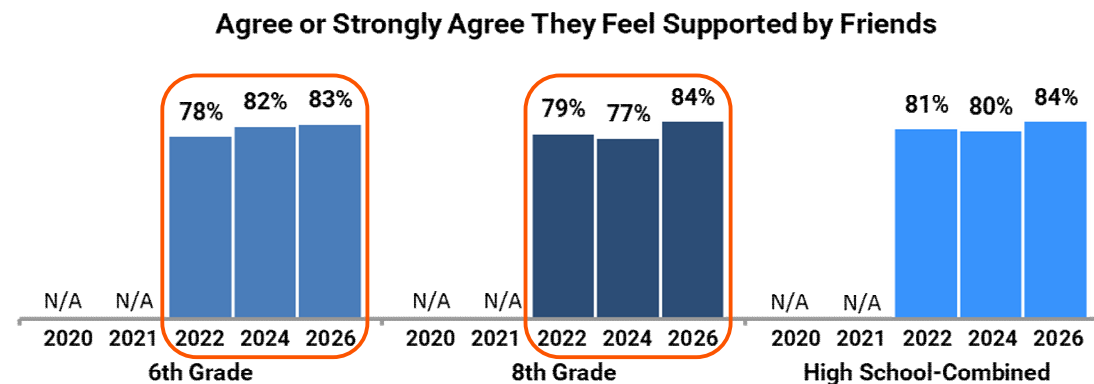
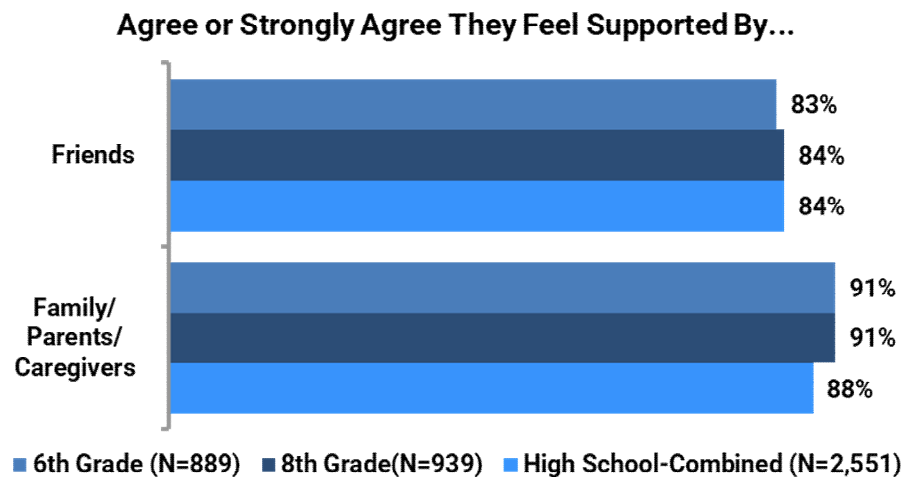
Social Support



- Students continue to feel safer and more supported over time.
- Further, students are more likely to reach out to an adult if they need support compared to prior years.
- Some of the students who may need help the most, like those who are stressed, anxious, or being bullied, are less likely to have support from adults or friends compared to others.

Sources of Support

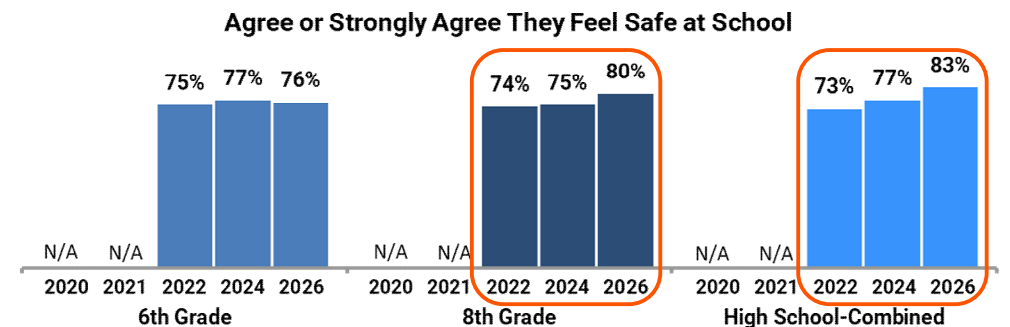
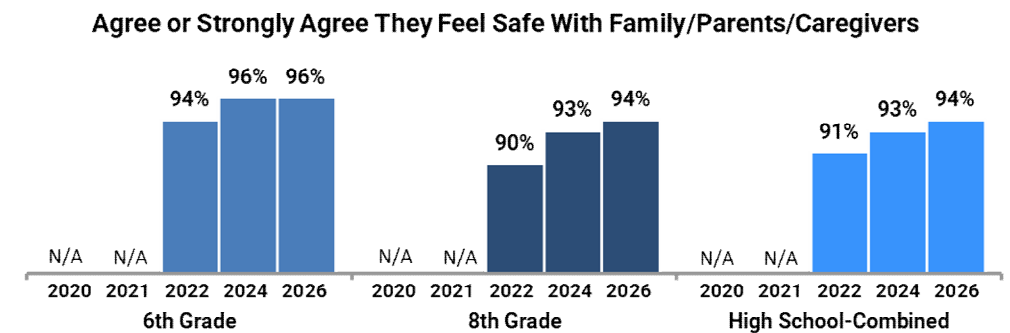
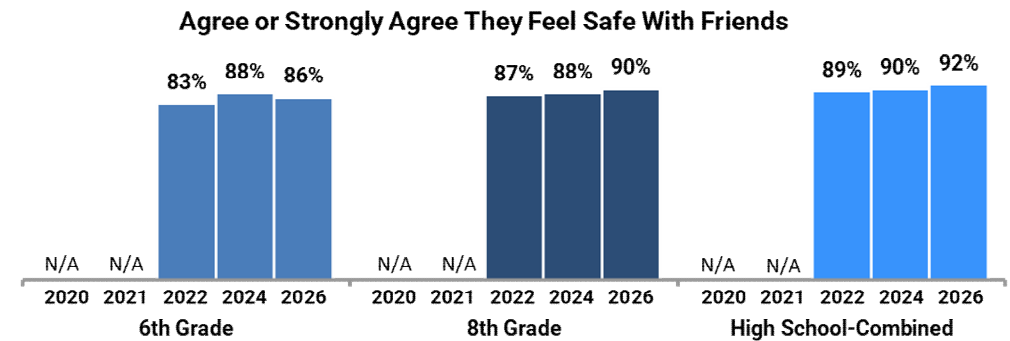
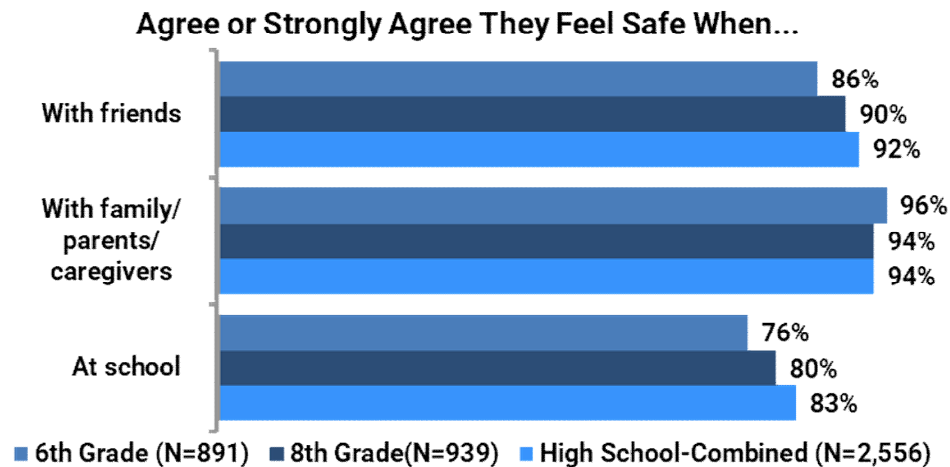
- Most students feel supported by their family and friends.
- Rates of feeling supported by friends have increased over time among middle school students, and 8th grade students are more likely to feel supported by family compared to prior years.



2020	2021	2022	2024	2026
-	-	✓	✓	✓

Safety

- Rates of feeling safe with family or friends are higher than rates of feeling safe at school.
- However, rates of feeling safe at school have increased over time for 8th grade and high school students.

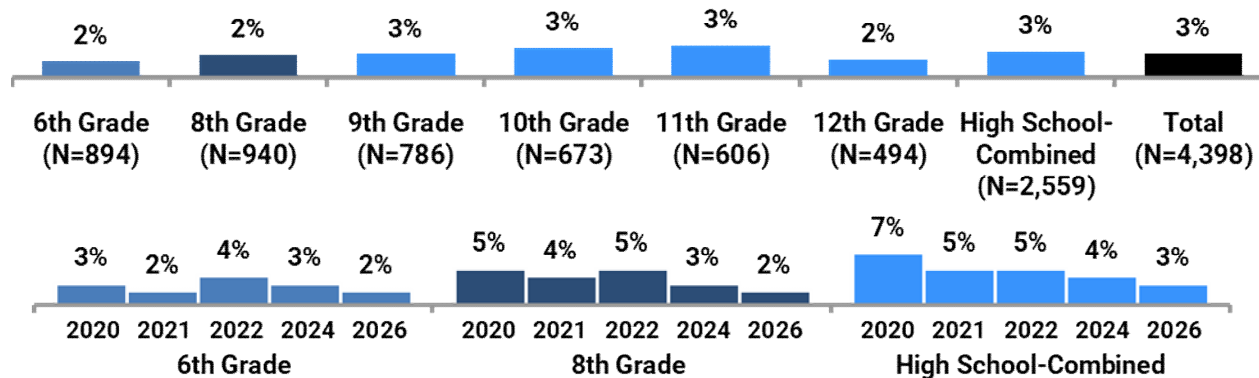


2020	2021	2022	2024	2026
-	-	✓	✓	✓

Adult Outside of School

- Most students have an adult outside of school to talk to if there is a problem, and rates of **not** having an adult outside of school to talk to have decreased slightly over time.

Do Not Have an Adult Outside of School to Talk to if There is a Problem



Characteristics associated with not having a trusted adult outside of school (3% overall):

Behavioral Characteristics

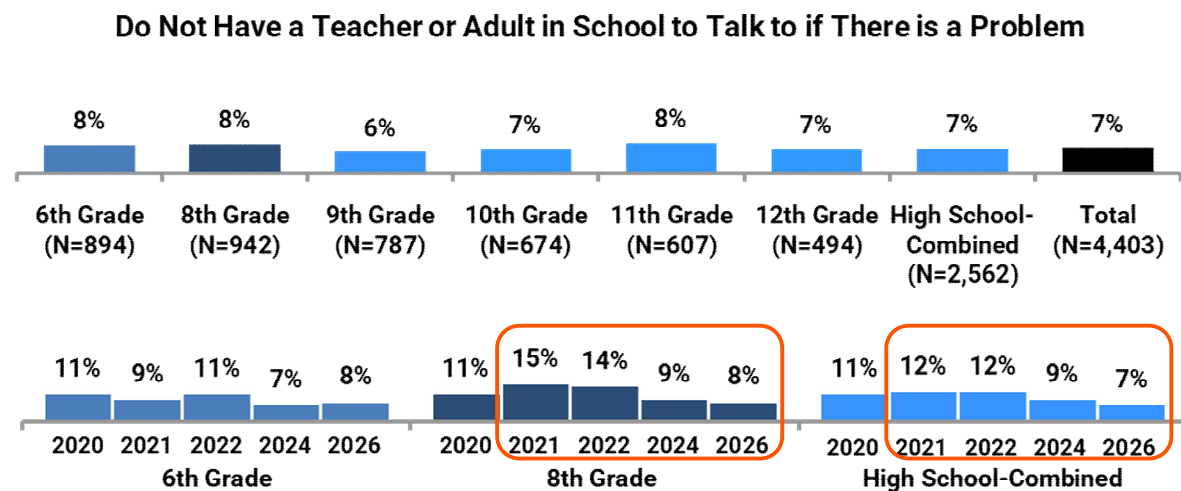
- Feeling very high/high stress levels from events or pressure at home (8%)
- Feeling anxious (7%)

Demographic Characteristics

- Southeast Asian (9%) and Native Hawaiian or Pacific Islander (7%) students
- Non-binary, not exclusively male or female students (7%)

Adult at School

- Most students have at least one adult at school they can talk to if there is a problem.
- Rates of not having an adult at school they can talk to if there is a problem have decreased over the past few years for 8th grade and high school students.



Characteristics associated with not having a trusted adult at school (7%):

Behavioral Characteristics

- Not having an adult outside of school to talk to (49%)
- Not feeling they belong at school (23%)
- Never/rarely being able to get out of uncomfortable situations (16%)
- Being bullied (12%)

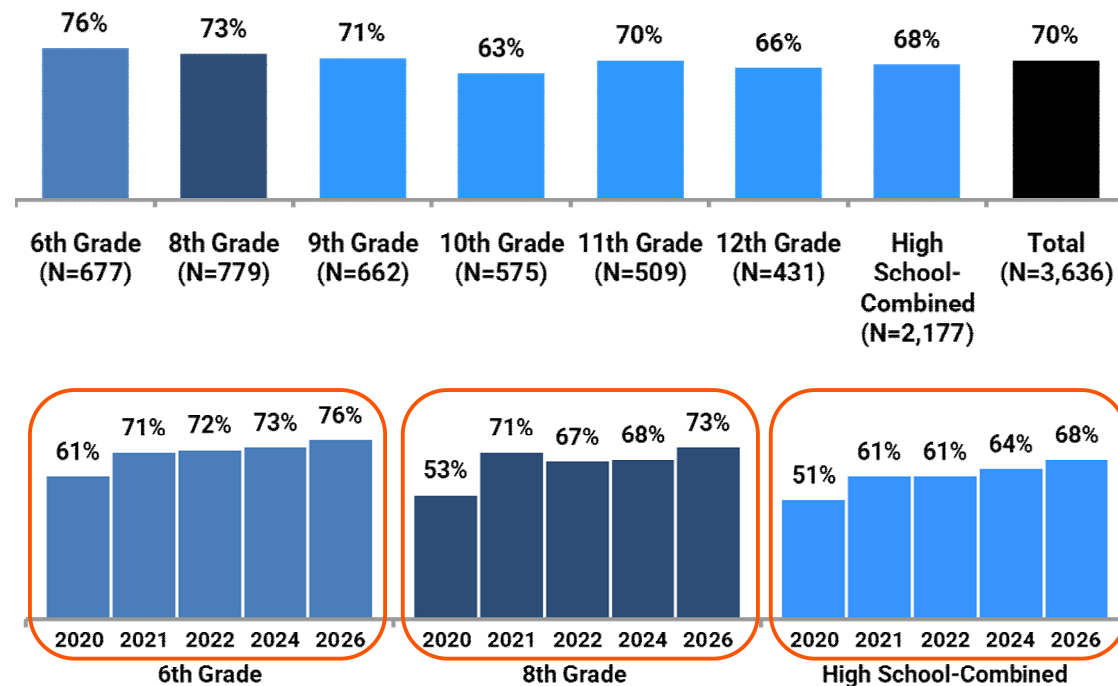
Demographic Characteristics

- Middle Eastern American or Southeast Asian American students (15%)

Seeking Out an Adult

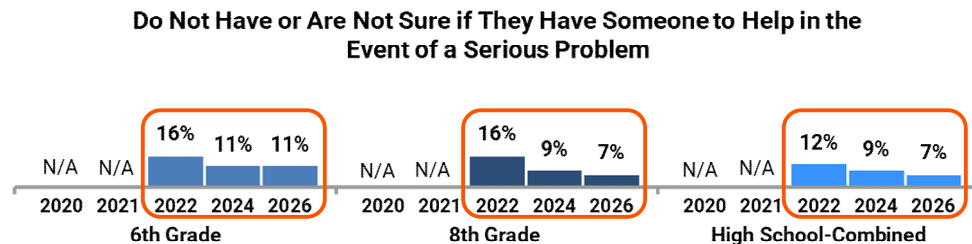
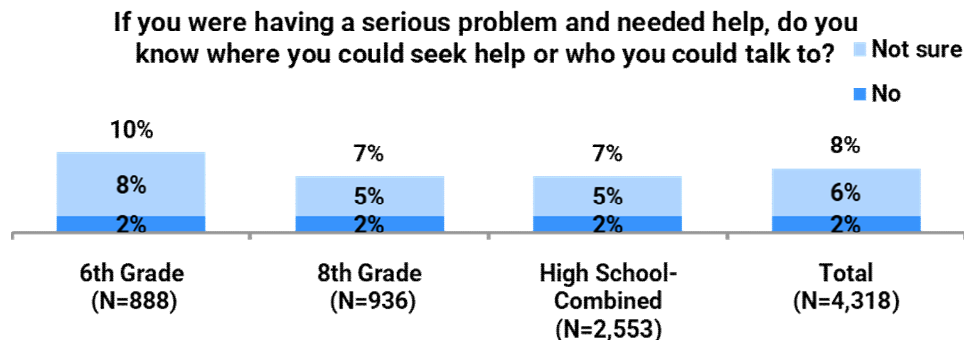
- Overall, 7 in 10 students who have an adult to talk to at school would seek them out if there was a problem.
- Rates of being willing to seek out a trusted adult at school have increased for all grades over the past few years.
- However, some students report lower rates of being willing to seek out an adult, including those who:
 - Are non-binary (61%)
 - Feel they don't belong at school (59%)
 - Aren't confident that adults at school can help if they have a problem (54%)

Of Those Who Have a Teacher or Adult at School They Could Talk to, Percentage Who Are Likely to Seek Them Out



Knowing Where to Go for Help

- Most students know where to go if they have a serious problem and need help.
- Rates of not knowing or not being sure of where or who to go to if they need help for a serious problem have decreased over the past four years.



Characteristics associated with not having or not being sure if they have someone to help in the event of a problem (8%):

Behavioral Characteristics

- Not feeling safe at school (22%)
- Using unhealthy coping mechanisms like alcohol or self-harm (15%)
- Having a hard time making it through stressful events (14%)

Demographic Characteristics

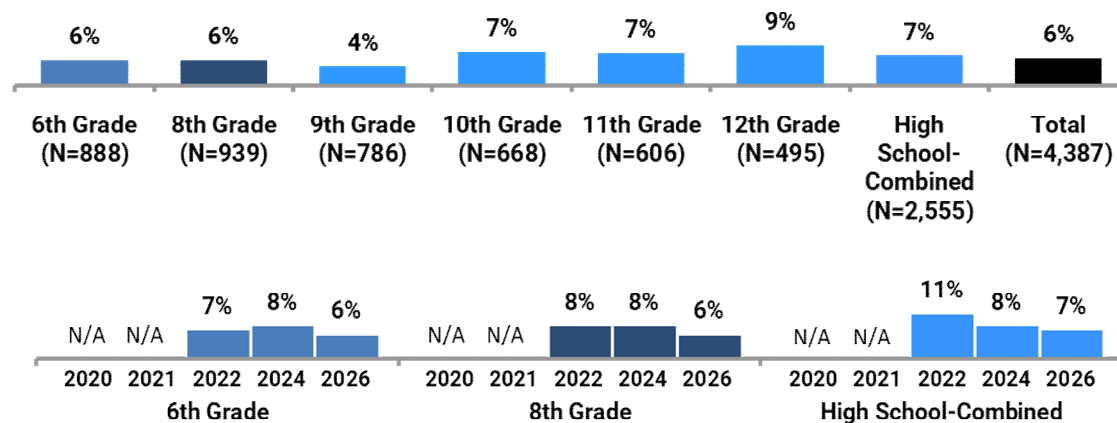
- Southeast Asian American (16%) and Black or African American (14%) students
- Non-binary students (18%)

2020	2021	2022	2024	2026
-	-	✓	✓	✓

Feelings of Belonging at School

- Most students (72%) agree that they belong at school, while 22% felt neutral about the idea of belonging at school.
- Those with adverse experiences at school, like not feeling safe with their friends or being bullied, show higher rates of feeling they don't belong at school.

Disagree or Strongly Disagree That They Belong at School



Characteristics associated with not having a sense of belonging at school (6%):

Behavioral Characteristics

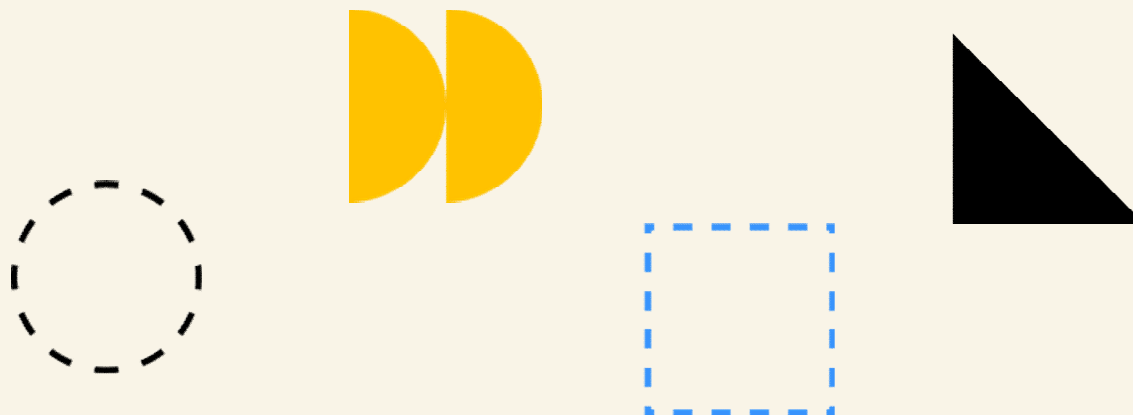
- Not feeling safe with their friends (67%) or at school (60%)
- Being bullied (20%) or cyberbullied (22%)
- Feeling depressed (19%) or anxious (19%)
- Those who lose focus in class due to checking their phone "sometimes" or more often (15%)

Demographic Characteristics

- Non-binary, not exclusively male or female students (22%)
- Non-heterosexual students (15%)

2020	2021	2022	2024	2026
-	-	✓	✓	✓

Bullying, Threats, & Injury

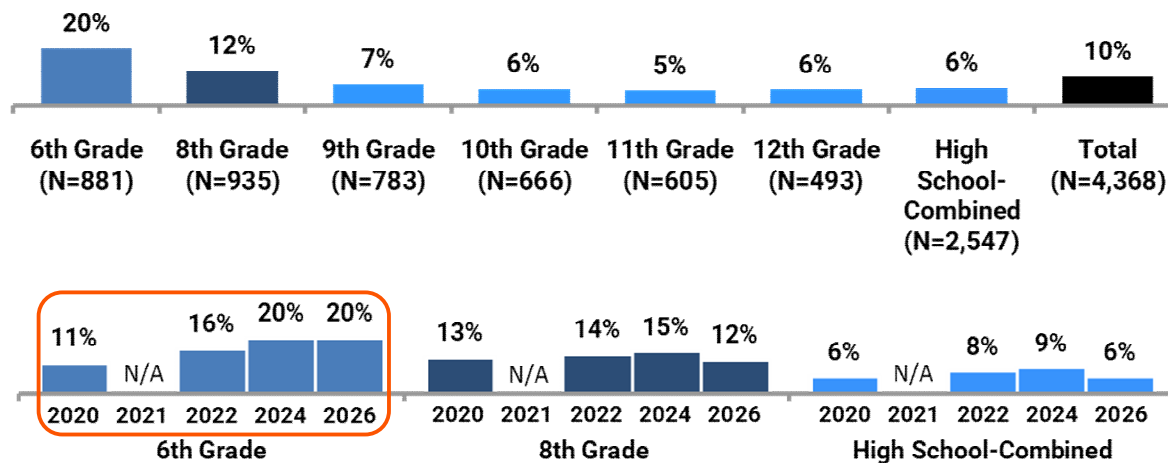


- **Experiences with bullying and support differ between older and younger students:** 6th grade students are more likely to be bullied compared to older students, while older students are more likely to think adults can help in cases of bullying compared to 6th grade students.
 - Further, 6th grade students are more likely to say they've been threatened with or injured by a weapon on school property compared to older students.
- Weapons are relatively easy to access at home for most students.

Being Bullied at School

- Rates of being bullied are higher among younger students compared to high school students.
- Further, rates of being bullied have increased among 6th graders since 2020.

Been Bullied in School in the Past 12 Months



Characteristics associated with being bullied (10%):

Behavioral Characteristics

- Not feeling safe at school (38%) or with friends (32%)
- Not having an adult at school (17%) or outside of school (26%) to talk to if they have a problem
- Feel their weight influences how they judge themselves "often" or more frequently (19%)

Demographic Characteristics

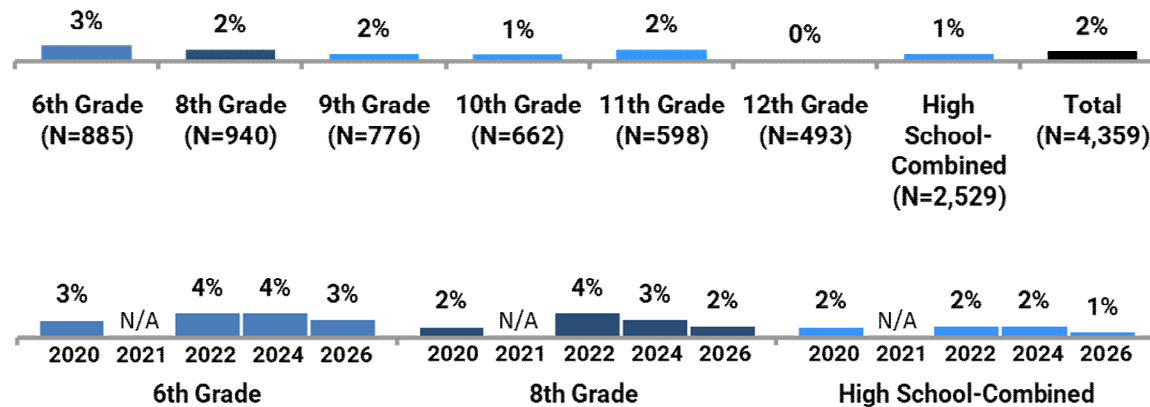
- American Indian or Alaska Native (23%), Native Hawaiian or Pacific Islander (19%), and Hispanic or Latino/a students (14%)
- Non-binary, not exclusively male or female students (23%)

2020	2021	2022	2024	2026
✓	-	✓	✓	✓

Bullying Others

- Very few students admit to bullying others at school, and this has remained consistent over time.
- Those who do not feel safe at school or have had adverse experiences at school (being bullied, instances with weapons) report higher rates of bullying others.

Bullied Someone in School in the Past 12 Months



Characteristics associated with bullying others (2%):

Behavioral Characteristics

- Having been bullied (13%) or cyberbullied (14%) themselves
- Not feeling safe with (12%) or supported by (9%) caregivers
- Having been threatened with or injured by a weapon on school property (12%)
- Not having an adult outside of school to talk to if they have a problem (11%)
- Not feeling safe at school (9%)
- Not feeling they belong at school (7%)

Demographic Characteristics

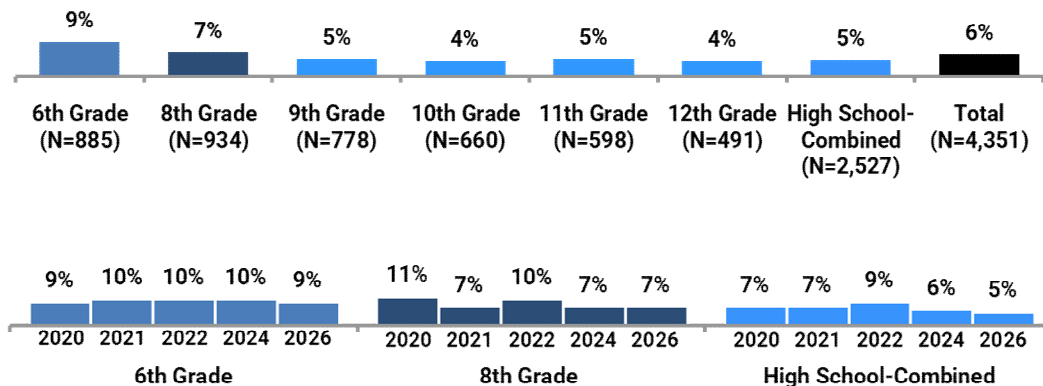
- Black or African American students (7%)

2020	2021	2022	2024	2026
✓	-	✓	✓	✓

Cyberbullying

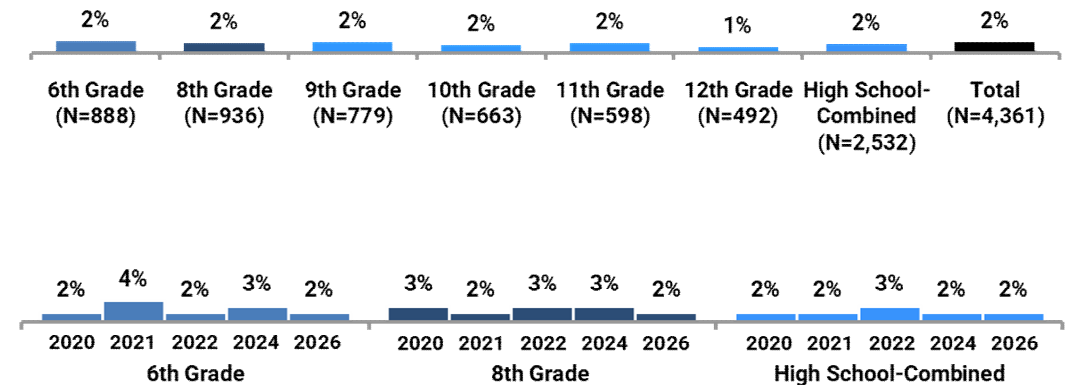
- Rates of being cyberbullied are low and have remained relatively stable over time.
- Those who show higher rates of being cyberbullied share many traits with those who report higher rates of being bullied at school (not feeling safe at school or with friends, not having adults to talk to, etc.).

Been Bullied Electronically in the Past 12 Months



- Similarly, rates of cyberbullying others are low and have remained relatively stable over time.
- Those who show higher rates of cyberbullying others share many traits with those who report higher rates of bullying others at school (not feeling safe at school, being bullied or cyberbullied themselves, etc.).

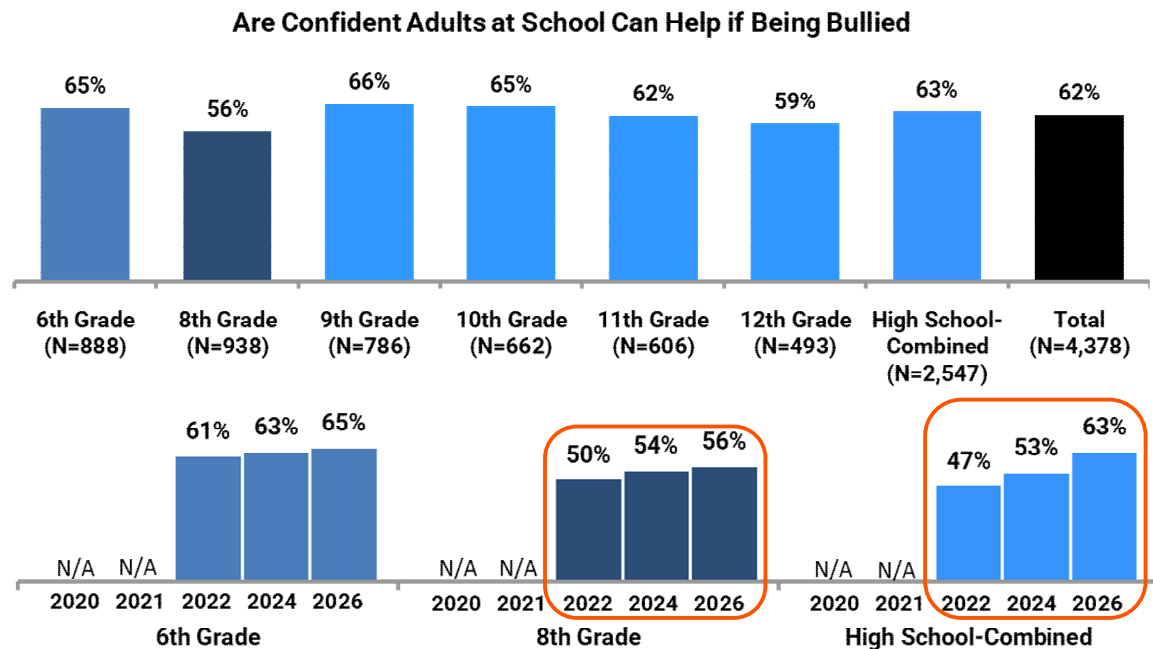
Bullied Others Electronically in the Past 12 Months



2020	2021	2022	2024	2026
✓	✓	✓	✓	✓
✓	✓	✓	✓	✓

Confidence in Adults' Ability to Help

- Just under 2 in 3 students overall feel confident that adults at school can help them if they're being bullied or harassed.
- Confidence in adults at school has increased among 8th grade and high school students over the past four years.



Characteristics associated with not having confidence that adults at school can help in the event of bullying (13%):

Behavioral Characteristics

- Not feeling safe at school (59%)
- Not having an adult to talk to outside of school (45%)
- Being bullied (35%)
- Using unhealthy coping strategies like alcohol or self-harm (26%)

Demographic Characteristics

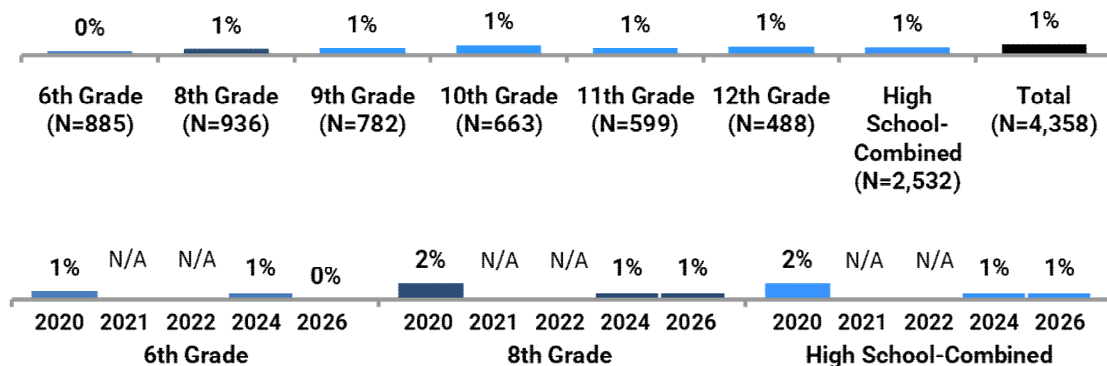
- Transgender students (37%)
- Non-binary students (35%)
- Non-heterosexual students (29%)

2020	2021	2022	2024	2026
-	-	✓	✓	✓

Weapons at School

- Very few students have brought a weapon to school recently, and these rates have remained stable over time.
- Of those who did bring a weapon to school recently, most brought a small knife.

Students Who Have Brought a Weapon to School in the Last 30 Days

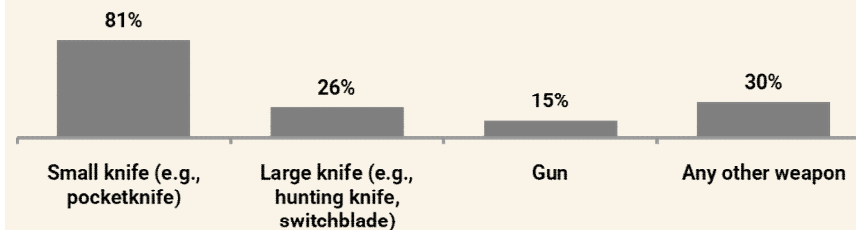


Characteristics associated with bringing a weapon to school recently (1%):

Behavioral Characteristics

- Bullying others (8%)
- Not having someone to talk to if they have a serious problem (7%)
- Having been threatened with a weapon on school property (6%)

Types of Weapons Brought to School in the Last 30 Days (N=27)

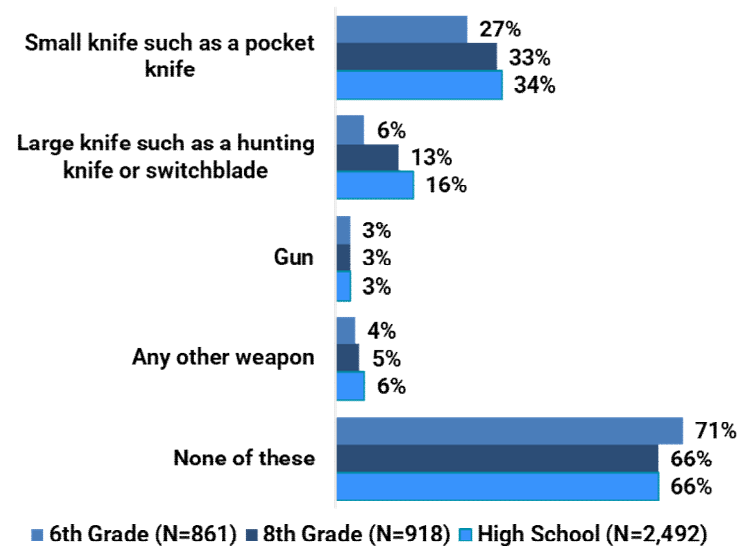


2020	2021	2022	2024	2026
-	-	✓	✓	✓

Obtaining Weapons

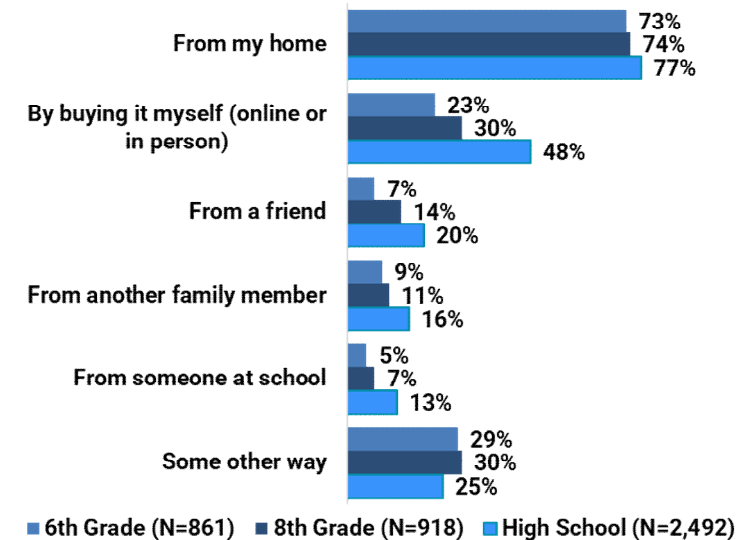
- Most students do not think it would be easy to acquire weapons.
- Small knives are more accessible to students than other types of weapons.

If you really wanted to, would it be easy for you to get any of the following weapons?



- If students were compelled to get a weapon, most would get it from home.
- High school students are more likely to think they can buy a weapon compared to younger students.

If you really wanted to, how do you think you could get a weapon?

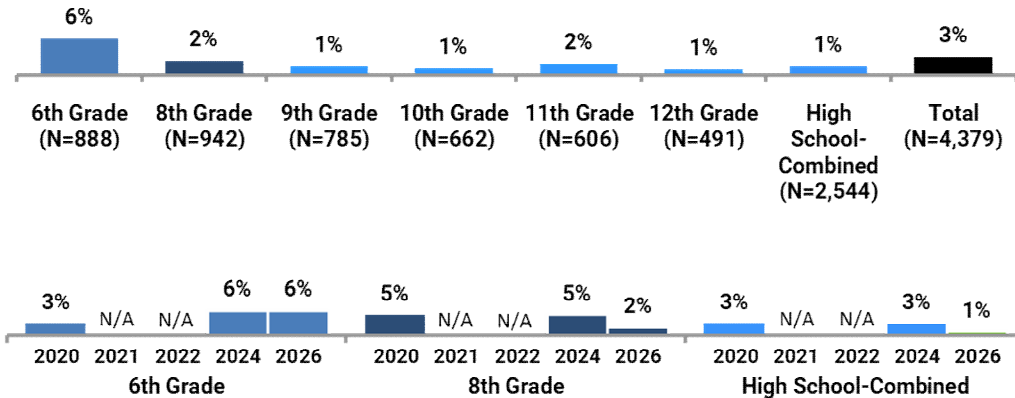


2020	2021	2022	2024	2026
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-	-	-	-	✓

Threat, Injury, & Absence

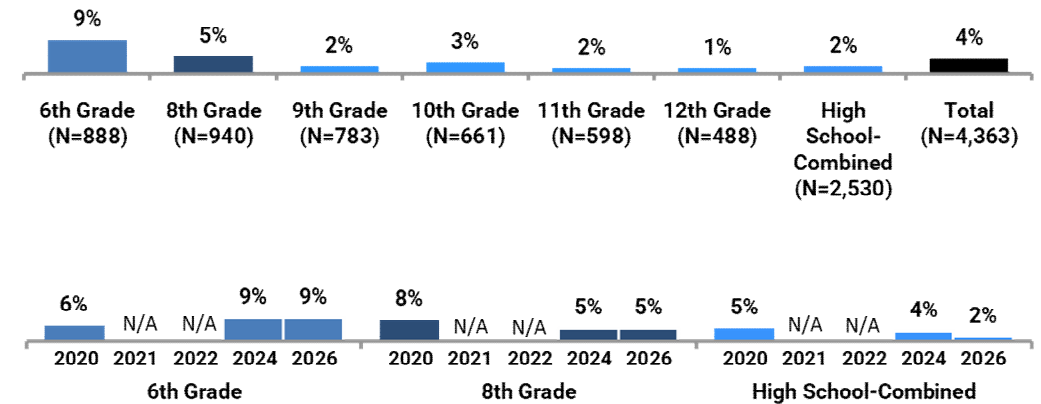
- Overall, 3% of students have been threatened with or injured by a weapon on school property, and this is consistent with prior years.
- While rates are low, 6th grade students are three times more likely to say they were threatened with or injured by a knife compared to older students.

Have Been Threatened or Injured by Someone With a Weapon in the Last 12 Months



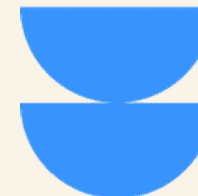
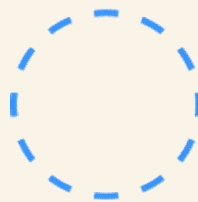
- Overall, 4% of students did not go to school in the month leading up to the survey due to fear of being unsafe.
- 6th grade students are more likely to miss school due to safety fears compared to older students.

Did Not go to School in the Last 30 Days Due to Fear of Being Unsafe at or on Their Way to School



2020	2021	2022	2024	2026
✓	-	-	✓	✓
✓	-	-	✓	✓

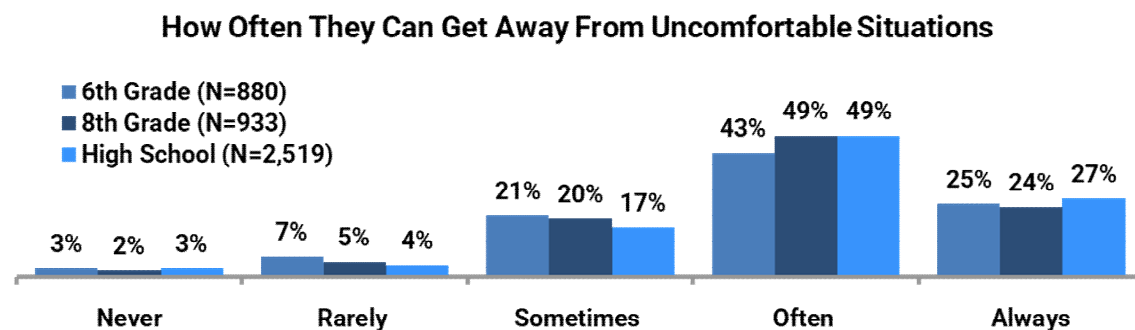
Stress, Anxiety, Depression, & Suicide



- Students may be becoming more resilient to stress over time; rates of experiencing stress from school or home life have decreased for most over time, as have rates of having a hard time making it through stressful events.
- High school students are more likely to feel anxious compared to younger students, while younger students are slightly more likely to engage in self-harm compared to older students.

Getting Away from Uncomfortable Situations

- Most students feel they can “often” or “always” get away from uncomfortable situations.
- Some students, like those who often feel anxious or have been bullied, show higher rates of “rarely” or “never” being able to get out of uncomfortable situations.



Characteristics associated with rarely or never being able to get away from uncomfortable situations (7%):

Behavioral Characteristics

- Often feeling anxious (10+ days out of 30, 16%)
- Being bullied (15%)
- Having a hard time making it through stressful events (12%)

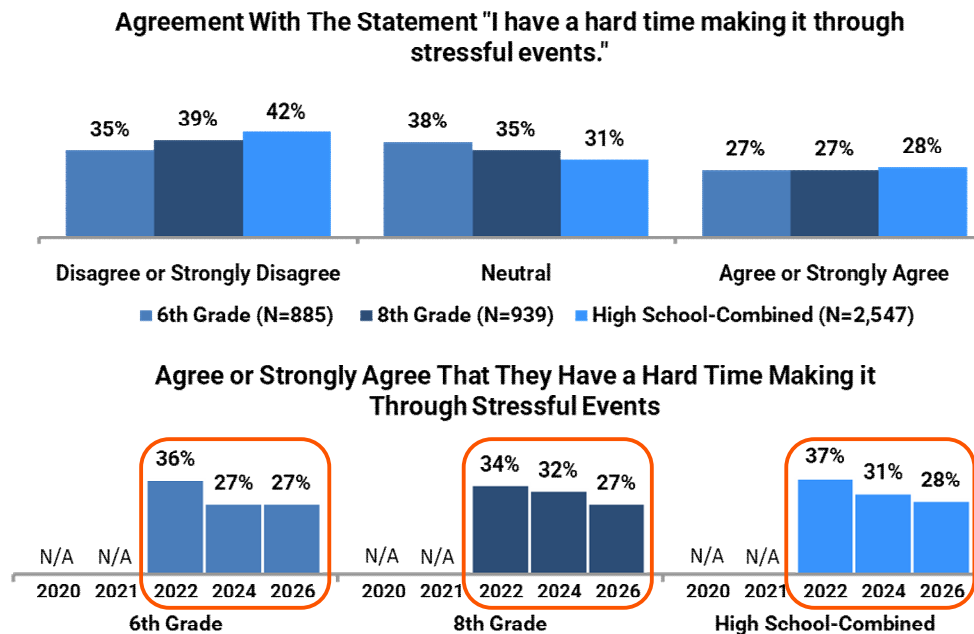
Demographic Characteristics

- Native Hawaiian or Pacific Islander (20%), Southeast Asian American (16%), Middle Eastern American (13%), and Black or African American (12%) students
- Non-binary students (16%)
- Transgender students (16%)

2020	2021	2022	2024	2026
-	-	-	-	✓

Handling Stressful Events

- Rates of having a hard time making it through stressful events have decreased over the past four years.
- As students get older, they show higher rates of **not** having a hard time making it through stressful events.



Characteristics associated with having a hard time making it through stressful events (27%):

Behavioral Characteristics

- Often feeling anxious (10+ days out of 30, 68%)
- Feeling depressed (58%)
- Using unhealthy coping strategies like alcohol or self-harm (52%)

Demographic Characteristics

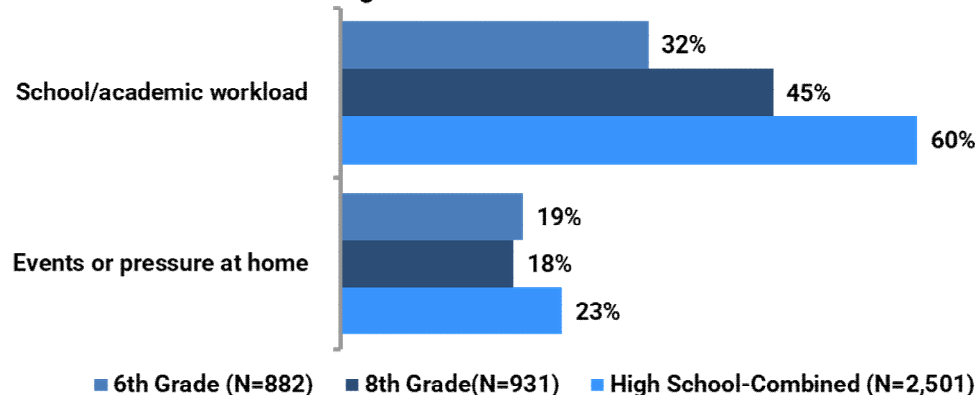
- Transgender students (58%)
- Non-heterosexual students (48%)
- Non-binary (52%) and female (33%) students
- Hispanic or Latino/a students (33%)

2020	2021	2022	2024	2026
-	-	✓	✓	✓

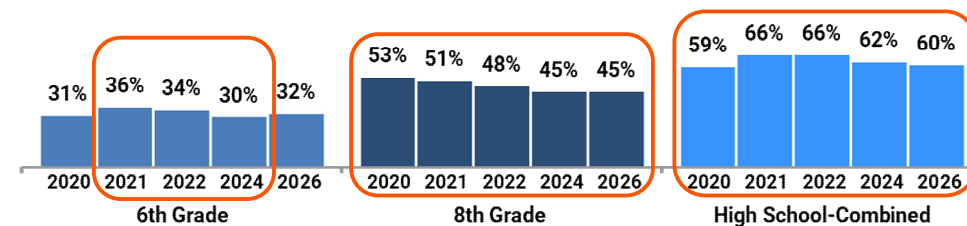
Sources of Stress

- As students get older, school/academic workload causes them more stress.
- Rates of feeling high stress from school or events or pressure at home have decreased for 8th grade and high school students over time.

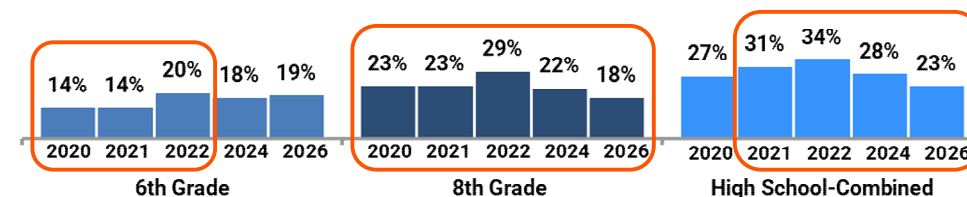
Experienced Somewhat or Very High Levels of Stress During the Past 12 Months as a Result of...



Experienced Somewhat or Very High Stress as a Result of Academic Workload



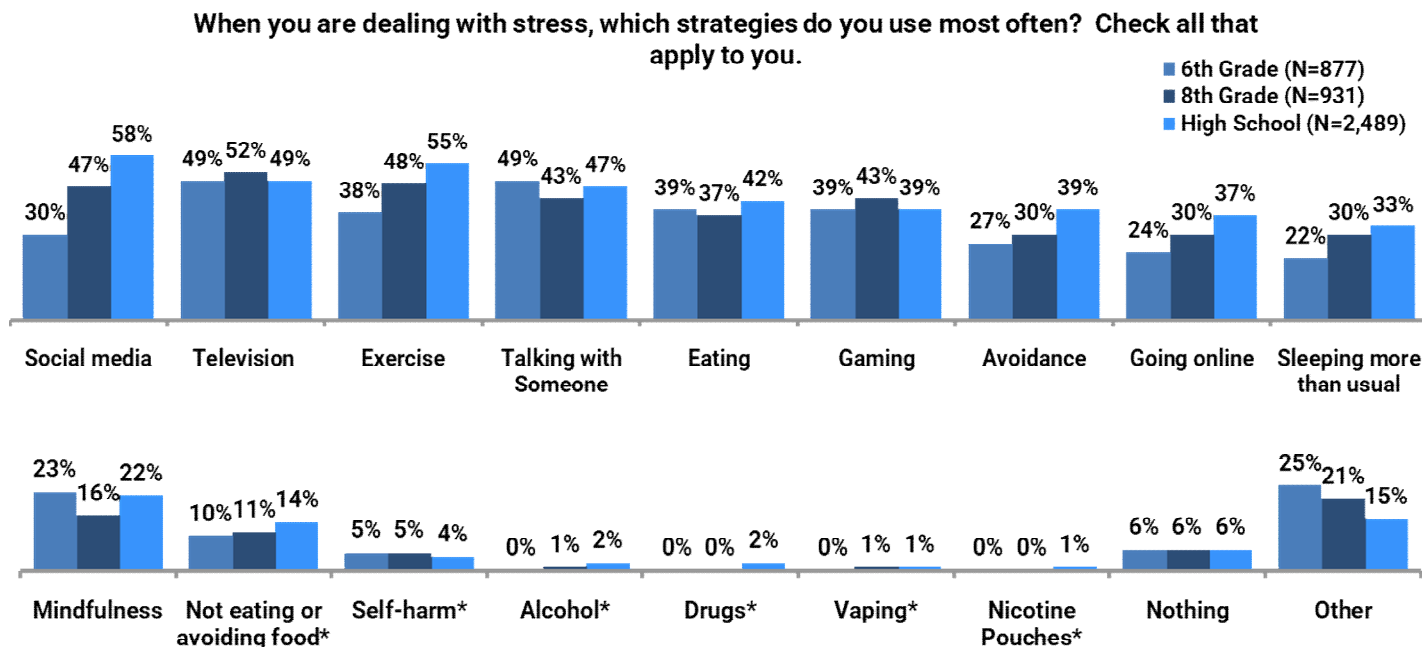
Experienced Somewhat or Very High Stress as a Result of Events or Pressure at Home



2020	2021	2022	2024	2026
✓	✓	✓	✓	✓
-	✓	✓	✓	✓

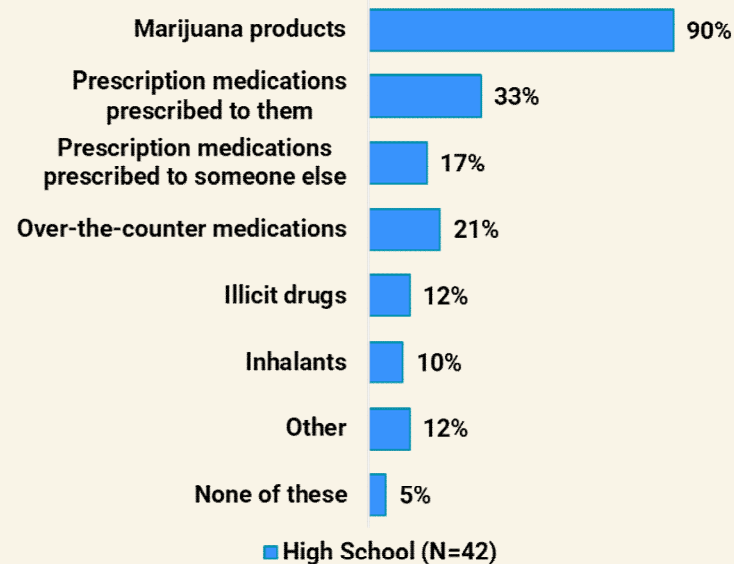
Coping Strategies

- Using or watching digital media (social media, TV, gaming, and going online) is the most popular way to deal with stress among students.
- Overall, 16% of students use harmful coping strategies (*marked with * in the chart below*).



- Of the very few students who use drugs to help them deal with stress, most use marijuana products.

What types of drugs do you use to help you deal with stress?

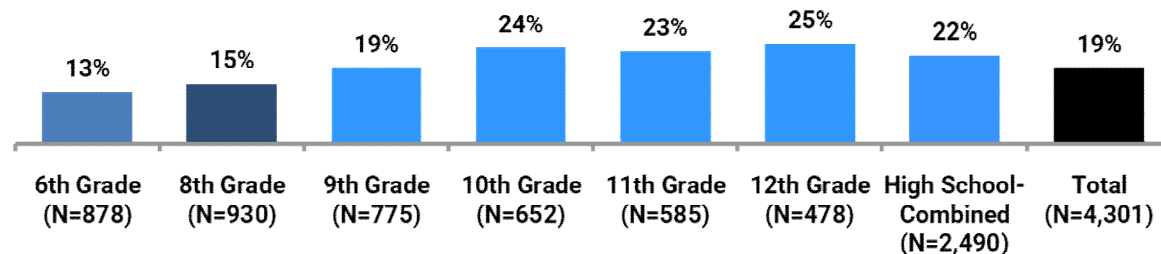


2020	2021	2022	2024	2026
✓	✓	✓	✓	✓
-	-	-	-	✓

Anxiety

- Rates of feeling anxious are higher among older students compared to middle school students.
- Those who show higher rates of feeling anxious include those who feel depressed, don't feel supported, and don't feel safe at school.
- LGBTQ+ students show higher rates of feeling anxious compared to the overall total.

Felt Anxious for 6+ Days During the Past 30 Days



Characteristics associated with feeling anxious (6+ days out of 30, 19%):

Behavioral Characteristics

- Feeling depressed (56%)
- Not feeling safe at school (50%)
- Not knowing who to talk to if they need help (40%)
- Not feeling supported by friends (38%)

Demographic Characteristics

- Transgender students (50%)
- Non-binary (46%) and female (25%) students
- Non-heterosexual students (45%)

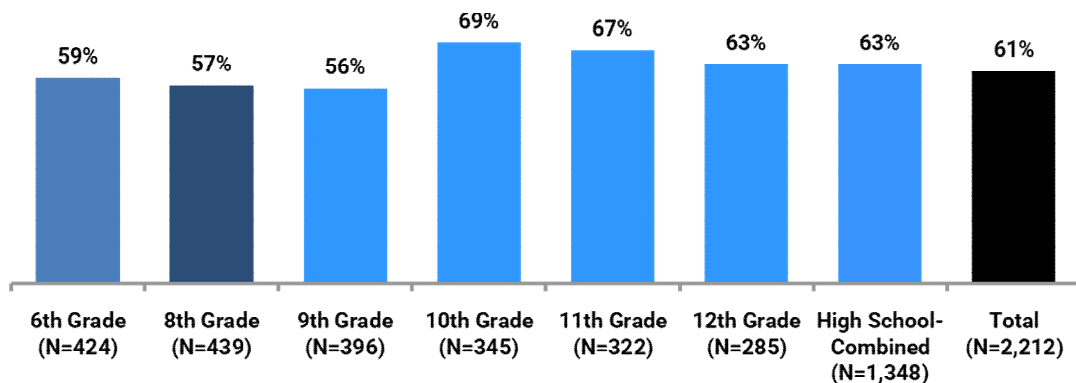
2020	2021	2022	2024	2026
-	-	-	-	✓

Intensity of Anxiety

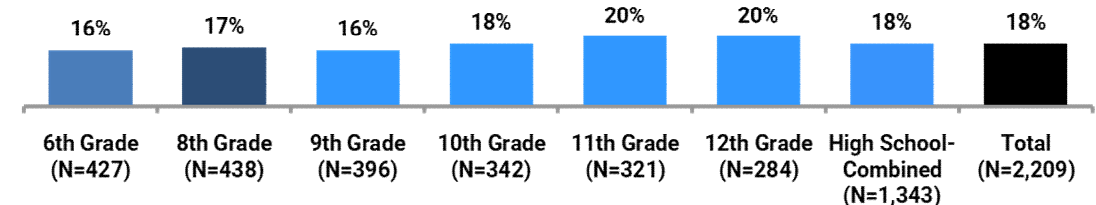
- Among those who felt anxiety recently, most said those feelings were strong.

- Nearly 1 in 5 students (18%) who felt anxious missed at least one day of school due to their anxious feelings.

Felt Strong Anxiety in the Past 30 Days (Among Those Who Felt Anxious)



Missed School in the Past 30 Days Due to Feeling Worried or Nervous About Things That Might Happen (Among Those Who Felt Anxious)

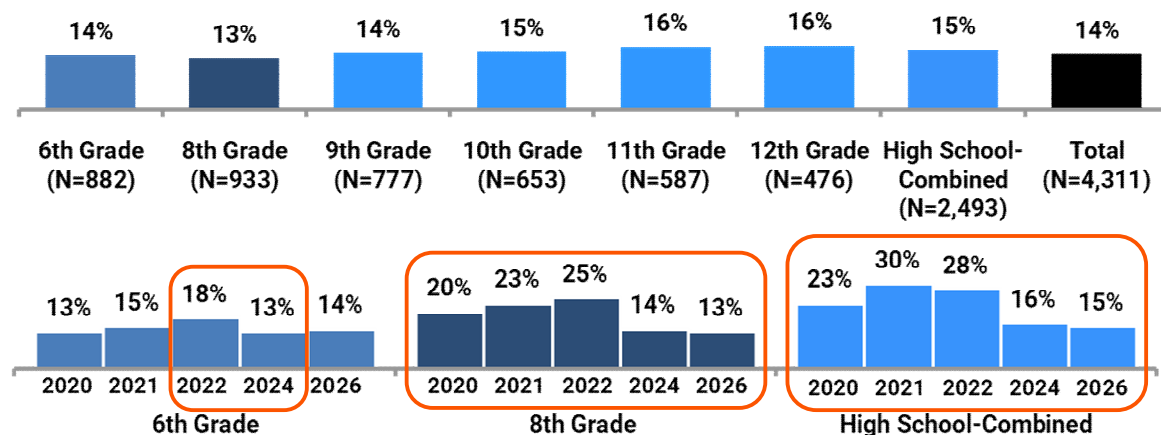


2020	2021	2022	2024	2026
-	-	-	-	✓
-	-	-	-	✓

Depression

- Rates of feeling depressed decreased between 2022 and 2024 and have remained lower since then.
- Those who feel a lack of support or who feel anxious report higher rates of feeling depressed.

Felt Depressed for Two Weeks or More in Past 12 Months



Characteristics associated with feeling depressed (14%):

Behavioral Characteristics

- Often feeling anxious (10+ days out of 30, 50%)
- Not feeling supported by friends (38%) or family (38%)
- Not knowing who to go to if they need help (32%)

Demographic Characteristics

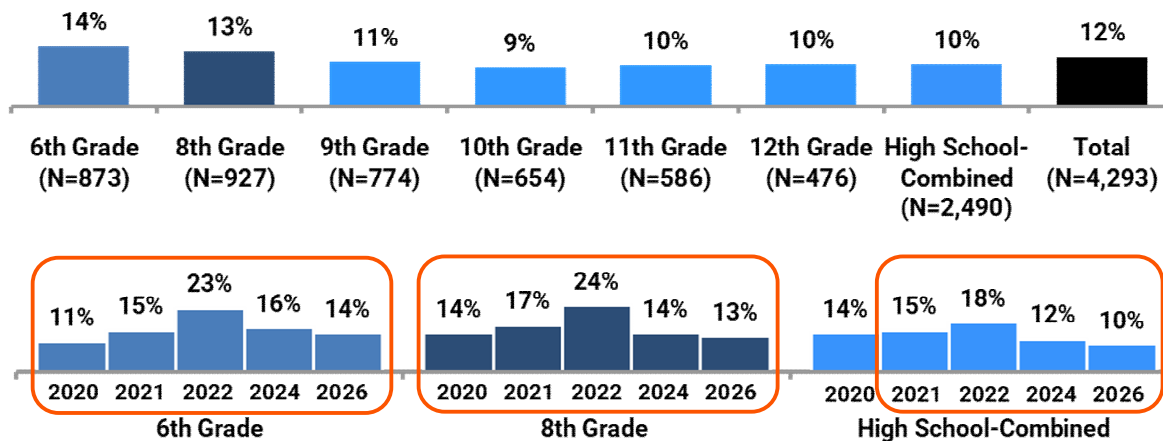
- Transgender students (44%)
- Non-binary students (38%)
- Non-heterosexual students (33%)
- American Indian or Alaska Native (27%), Black or African American (26%), and Native Hawaiian or Pacific Islander (23%) students

2020	2021	2022	2024	2026
✓	✓	✓	✓	✓

Self-Harm

- Over 1 in 10 students have hurt or injured themselves on purpose in the last year.
- Rates of self-harm decreased between 2022 and 2024 and have remained lower since then.

Injured or Hurt Self on Purpose in Past 12 Months



Characteristics associated with injuring themselves on purpose (12%):

Behavioral Characteristics

- Feeling depressed (43%)
- Not knowing who to go to if they need help (31%)
- Not feeling supported by family (35%) or friends (26%)

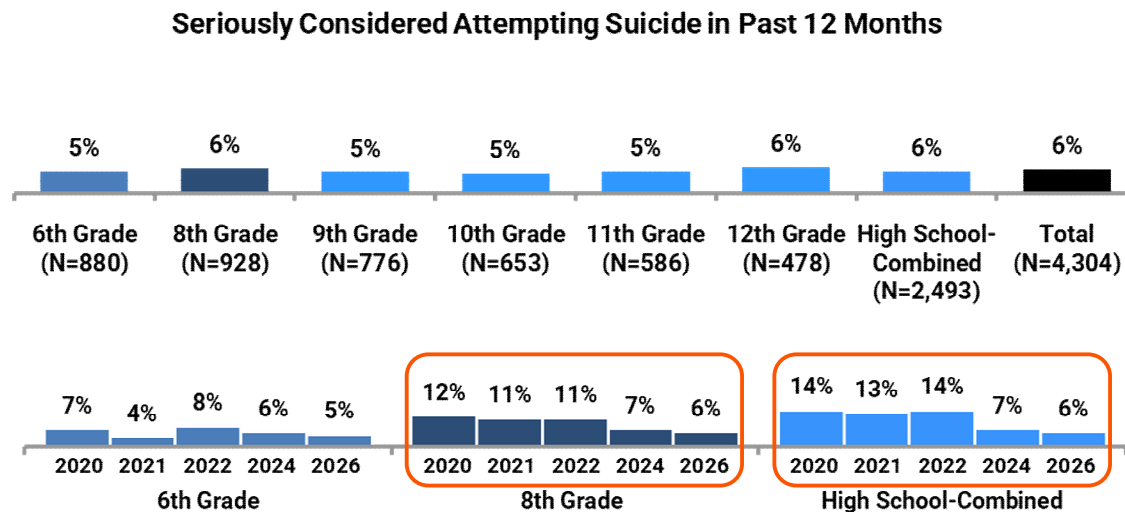
Demographic Characteristics

- Non-binary (44%) and transgender (40%) students
- Non-heterosexual students (33%)
- Native Hawaiian or Pacific Islander (30%) and Southeast Asian American (20%) students

2020	2021	2022	2024	2026
✓	✓	✓	✓	✓

Considering Suicide

- Rates of considering suicide have decreased over the past few years, particularly among 8th grade and high school students.
- Those who lack support (don't feel supported by family or friends, don't know who or where to go to if they need help) report higher rates of suicide consideration.



Characteristics associated with considering suicide (6%):

Behavioral Characteristics

- Feeling depressed (29%)
- Not feeling supported by family (23%) or friends (16%)
- Not knowing who to go to if they need help (17%)

Demographic Characteristics

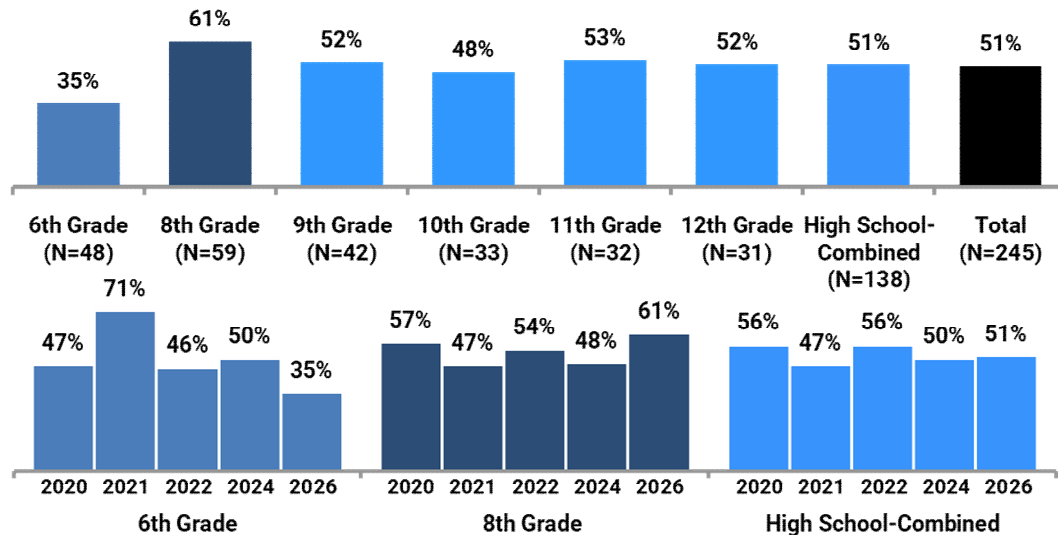
- Transgender (28%) and non-binary (24%) students
- Non-heterosexual students (17%)
- Native Hawaiian or Pacific Islander students (13%)

2020	2021	2022	2024	2026
✓	✓	✓	✓	✓

Attempting & Planning Suicide

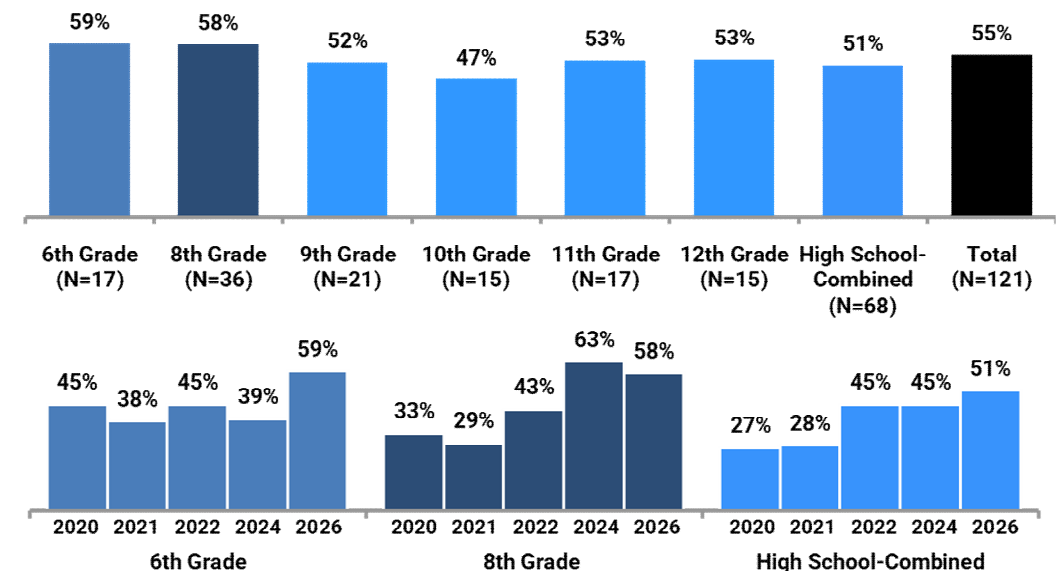
- Of those who seriously considered suicide in the past year, just over half made a suicide plan.
- Year-to-year rates vary due to few students considering suicide.

Of Those Who Seriously Considered Suicide in the Past 12 Months, Percentage Who Made a Suicide Plan



- Of the few who made a suicide plan, over half attempted suicide.
- Year-to-year rates vary due to very few students planning suicide.

Of Those Who Made a Suicide Plan in the Past 12 Months, Percentage Who Attempted Suicide



Youth Risk Behavior Survey 2026

Q102 During the past 12 months, did you make a plan about how you would attempt suicide?

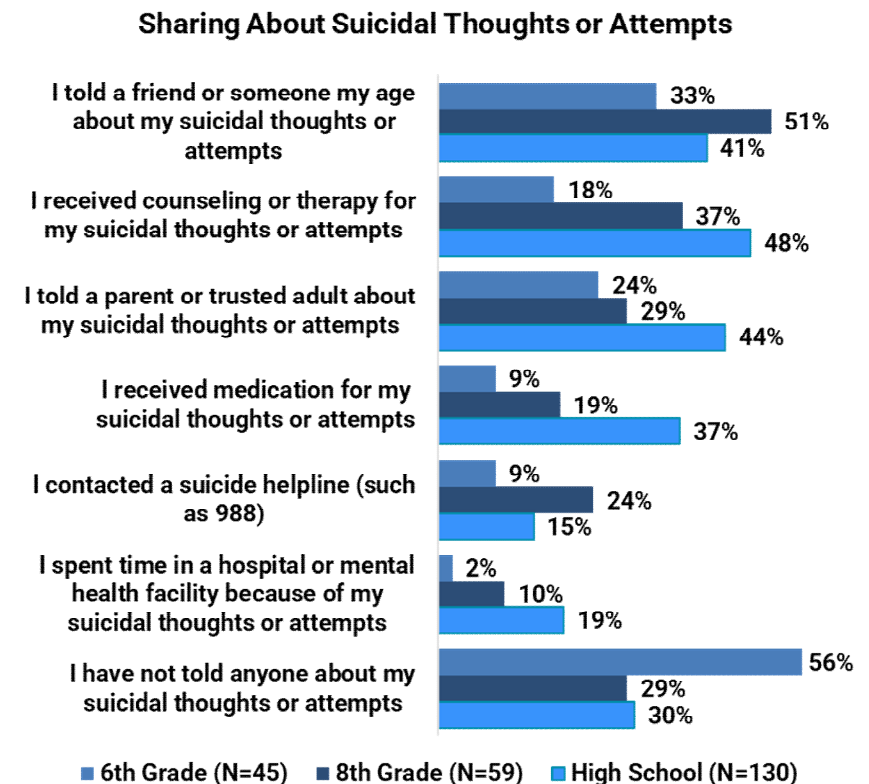
Q103 During the past 12 months, how many times did you actually attempt suicide?

*Note. Year-to-year differences are not highlighted due to low Ns.

2020	2021	2022	2024	2026
✓	✓	✓	✓	✓
✓	✓	✓	✓	✓

Seeking Support for Suicidal Thoughts or Suicide Attempts

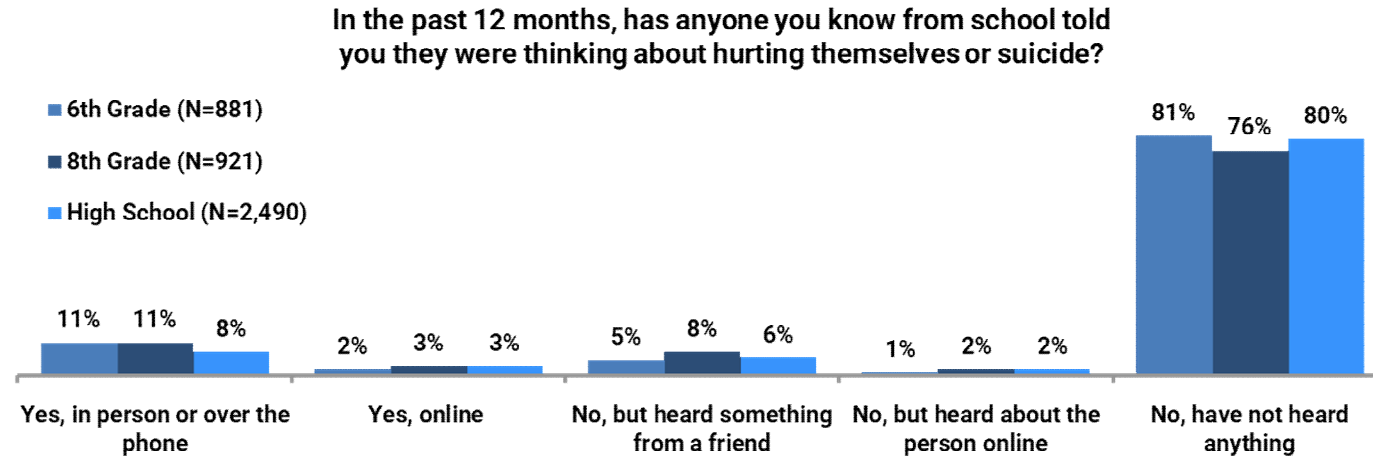
- Of those who considered suicide, most reached out to someone about their thoughts or attempts.
- 6th grade students are less likely to share their thoughts or attempts compared to older students.
- Older students are more likely to receive professional support for their suicidal thoughts, like therapy or medication, compared to younger students.



2020	2021	2022	2024	2026
-	-	-	-	✓

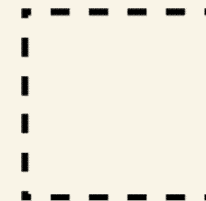
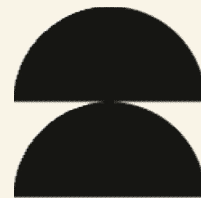
Talking About Self-Harm or Suicide

- Most students have not heard anything about someone thinking about self-harm or suicide.
- Of those who have, most heard it in person or on the phone.



2020	2021	2022	2024	2026
-	✓	✓	✓	✓

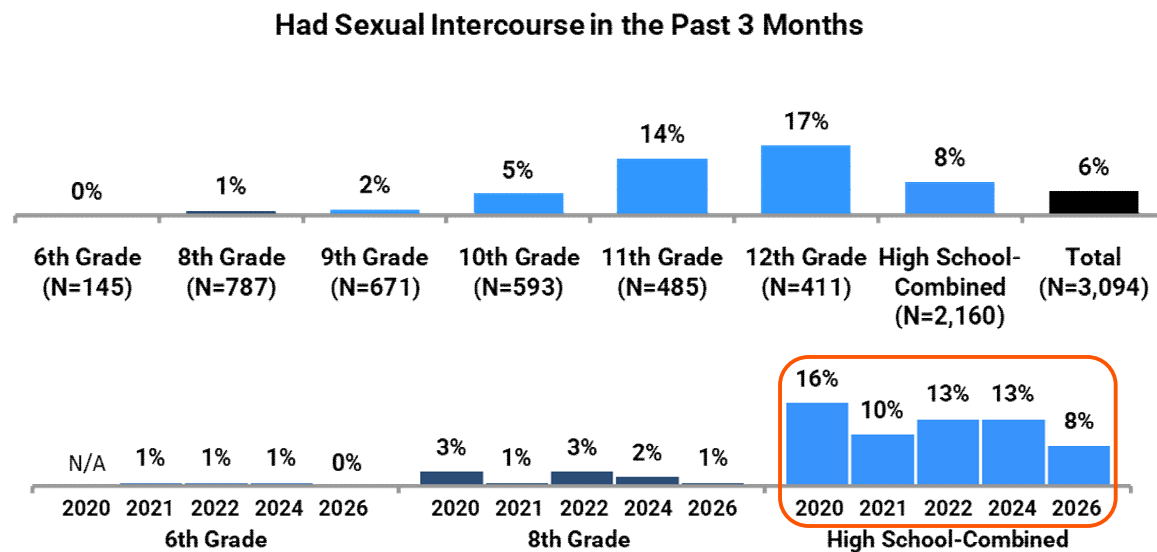
Sexual Experiences



- Rates of having sexual intercourse or being sexually harassed have decreased since 2022.
- As students get older, they show higher rates of having experienced non-consensual sexual contact at some point in their lives.

Sexual Intercourse

- Rates of having sexual intercourse remained stable for middle school students and decreased among high school students between 2020 and 2026.
- Nearly 1 in 10 high school students have had sexual intercourse in the past 3 months.



Characteristics associated with recently having sexual intercourse (6%):

Behavioral Characteristics

- Experiencing dating violence (32%)
- Experiencing sexual harassment (16%)
- Feeling depressed (11%)
- Usually or always having a strong desire to be thinner (11%)
- Getting 5 hours of sleep or less (11%)

Demographic Characteristics

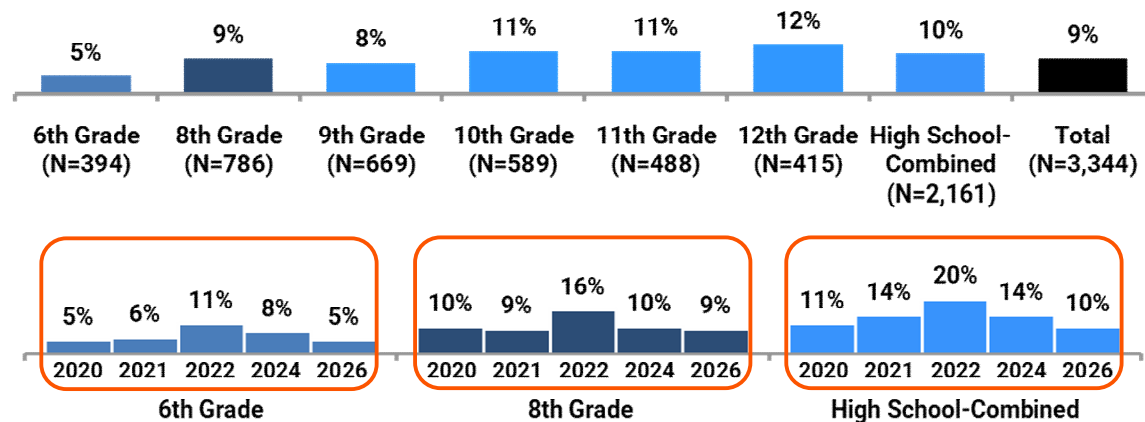
- Non-binary students (14%)
- Non-heterosexual students (11%)

2020	2021	2022	2024	2026
✓	✓	✓	✓	✓

Sexual Harassment

- 1 in 10 high school students have been sexually harassed in the past year.
- Rates of experiencing sexual harassment have decreased since 2022.
- Some students, like those who have been bullied or LGBTQ+ students, show higher rates of experiencing sexual harassment.

Experienced Sexual Harassment Online or in Person in the Past 12 Months



Characteristics associated with having been sexually harassed (9%):

Behavioral Characteristics

- Feeling depressed (28%)
- Often feeling anxious (10+ days out of 30, 26%)
- Being bullied (24%)
- Never/rarely able to get away from uncomfortable situations (16%)

Demographic Characteristics

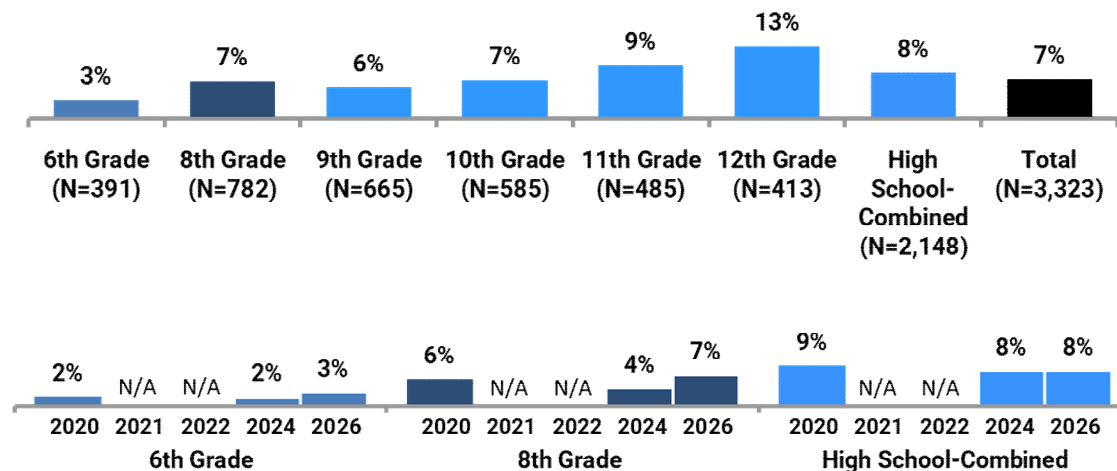
- Transgender students (25%)
- Non-binary (23%) or female (13%) students
- Non-heterosexual students (22%)
- Southeast Asian American students (15%)

2020	2021	2022	2024	2026
✓	✓	✓	✓	✓

Nonconsensual Sexual Contact

- Nearly 1 in 10 high school students have experienced nonconsensual sexual contact at some point in their lives.
- Those who don't feel safe and LGBTQ+ students are some of the groups that show higher rates of experiencing nonconsensual sexual contact.

Experienced Nonconsensual Sexual Contact at Some Point in Their Lives



Characteristics associated with having experienced nonconsensual sexual contact (7%):

Behavioral Characteristics

- Not feeling safe with family (23%) or friends (20%)
- Being bullied (20%)
- Not knowing who to go to if they need help with a serious problem (14%)

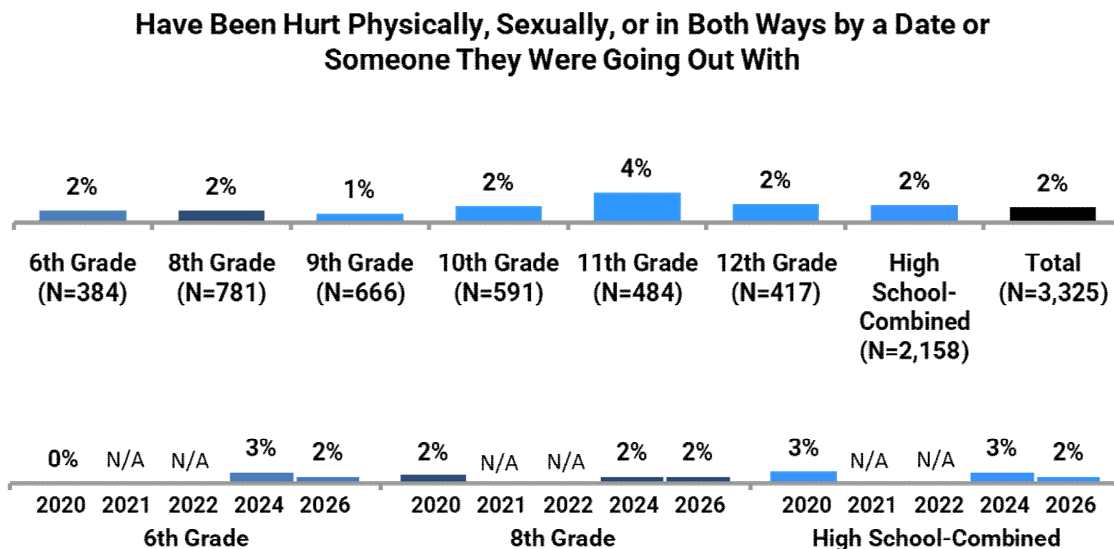
Demographic Characteristics

- Non-binary students (23%)
- Non-heterosexual students (19%)
- Transgender students (17%)

2020	2021	2022	2024	2026
✓	-	-	✓	✓

Sexual Coercion or Physical Harm With Dating

- Overall, 2% of students have been hurt physically and/or sexually by a date or someone they're going out with.
- Rates of sexual coercion or physical harm when dating have remained stable over time.



Characteristics associated with having been sexually coerced or hurt by a date (2%):

Behavioral Characteristics

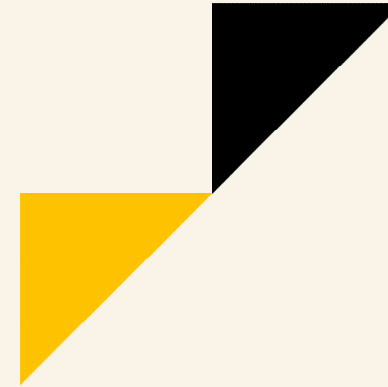
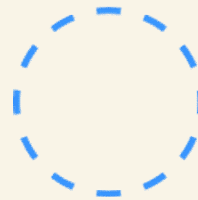
- Not going to school due to safety concerns (16%)
- Experiencing sexual harassment (11%)
- Being bullied (8%)
- Feeling anxious (7%)
- Feeling their weight often/always influences how they judge themselves (7%)

Demographic Characteristics

- Transgender students (7%)

2020	2021	2022	2024	2026
✓	-	-	✓	✓

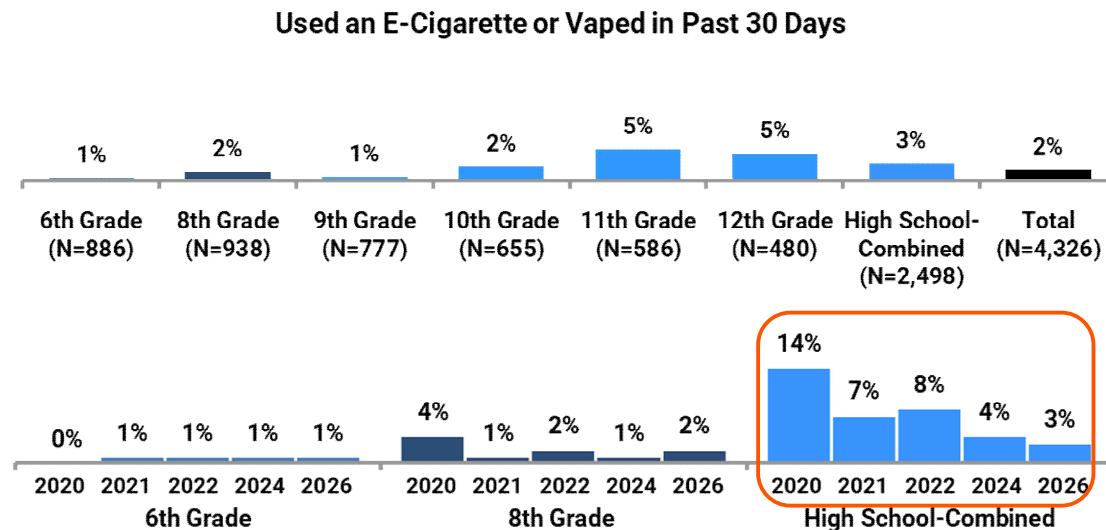
Drugs & Alcohol



- Rates of using alcohol, marijuana, or nicotine have decreased over time.
- Alcohol remains the most popular drug; total rates of alcohol use are at least twice as great as rates of using other drugs.

Vaping Nicotine

- Rates of vaping have decreased substantially among high school students since 2020.
- Students who have used other types of drugs (alcohol, marijuana, tobacco) report higher rates of vaping.



Characteristics associated with recently vaping (2%):

Behavioral Characteristics

- Recently using tobacco or nicotine products (80%)
- Recently using marijuana (46%)
- Recently drinking alcohol (24%)
- Not feeling supported by friends (9%)
- Feeling anxious (7%) or depressed (7%)

Demographic Characteristics

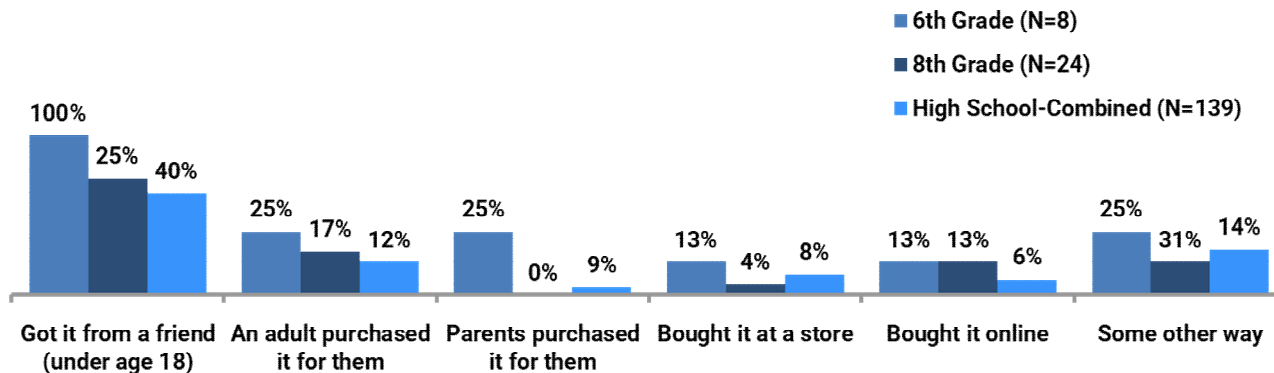
- Native Hawaiian or Pacific Islander (10%) and Hispanic or Latino/a (6%) students

2020	2021	2022	2024	2026
✓	✓	✓	✓	✓

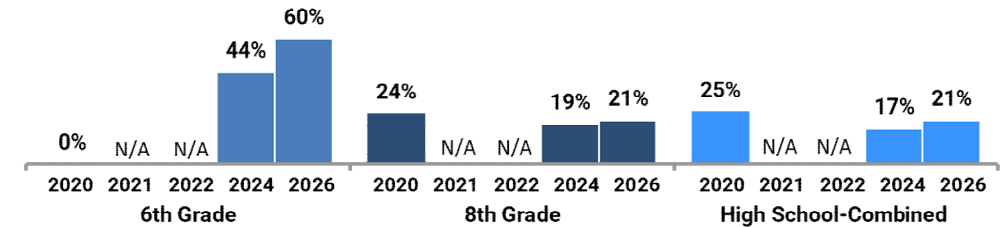
E-Cigarette Sources

- Most of those who have vaped got the e-cigarette from a friend.
- Given the low number of students vaping, year-to-year rates for sources of e-cigarettes vary greatly.

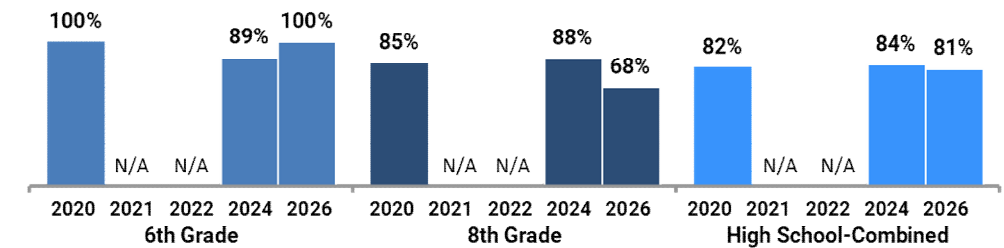
Sources of E-Cigarettes For Those Who Have Used E-Cigarettes



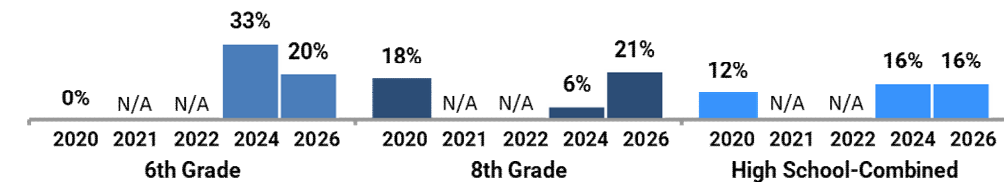
Received the E-Cigarette(s) From an Adult or Parent



Received the E-Cigarette(s) From a Peer Under 18 or in Some Other Way



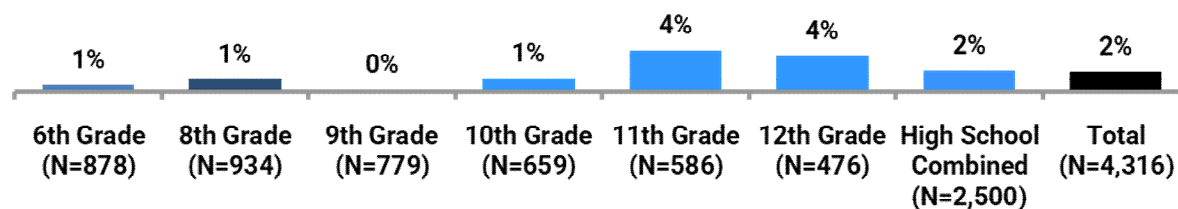
Bought the E-Cigarette(s) Themselves From a Store or Online



Nicotine

- Overall, 2% of students have used a nicotine product in the month leading up to the survey.
- Students who have used other types of drugs (alcohol, marijuana) report higher rates of using nicotine.

Used Any Nicotine Product in the Last 30 Days



Characteristics associated with using nicotine (2%):

Behavioral Characteristics

- Recently using vaping products (61%)
- Recently using marijuana products (37%)
- Recently drinking alcohol (19%)
- Not feeling supported by friends (7%)
- Feeling depressed (5%)

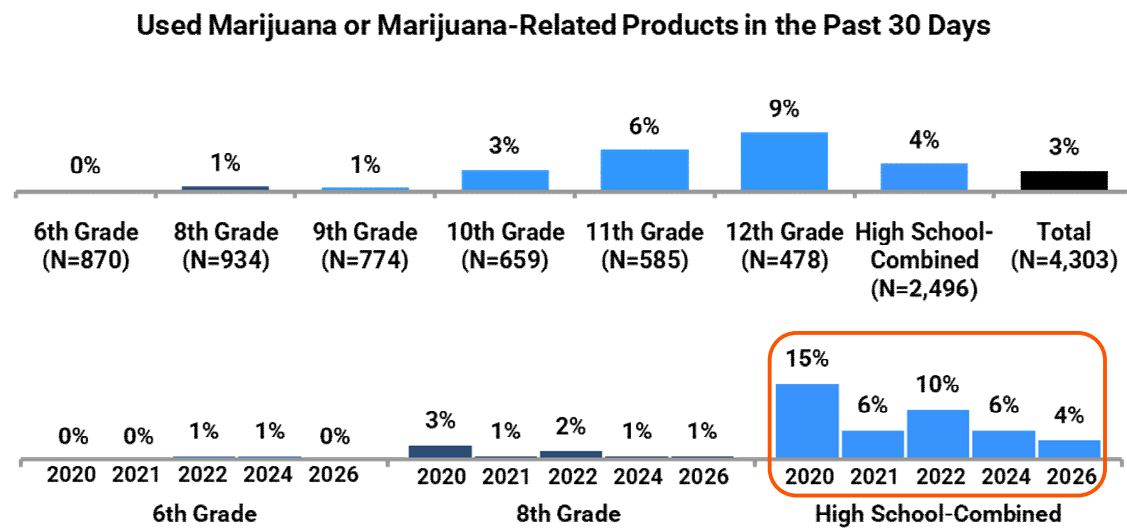
Demographic Characteristics

- N/A

2020	2021	2022	2024	2026
✓	✓	✓	✓	✓

Marijuana

- Marijuana use has decreased substantially among high school students over time.
- Students who have used other types of drugs (alcohol, tobacco) report higher rates of using marijuana.



Characteristics associated with using marijuana (3%):

Behavioral Characteristics

- Recently using tobacco or nicotine products (57%)
- Recently using vaping products (55%)
- Recently drinking alcohol (32%)
- Not feeling supported by friends (8%)

Demographic Characteristics

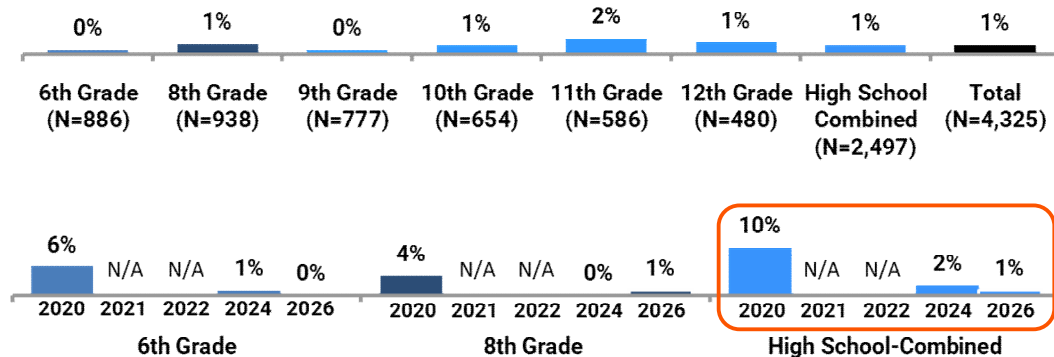
- Native Hawaiian or Pacific Islander students (13%)

2020	2021	2022	2024	2026
✓	✓	✓	✓	✓

Drug Use on School Property

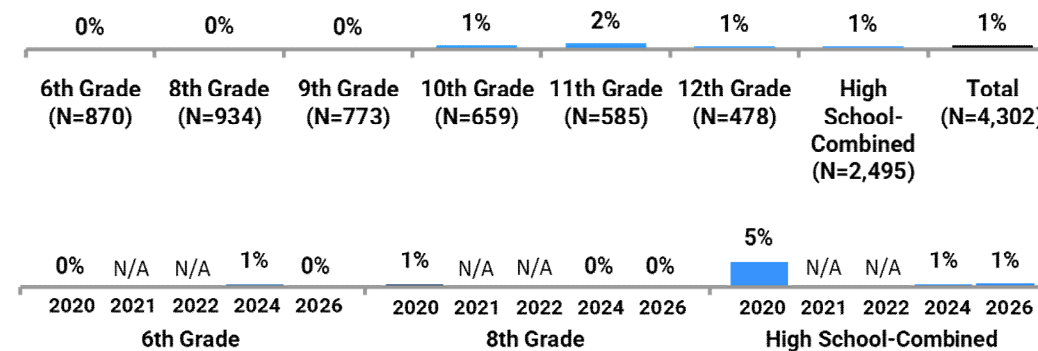
- Very few students have used a vape on school property recently.
- Rates of using a vape on school property decreased substantially between 2020 and 2026 among high school students.

Used an E-Cigarette on School Property in the Last 30 Days



- Very few students have used marijuana on school property recently.
- Rates of using marijuana on school property decreased somewhat among high school students over time.

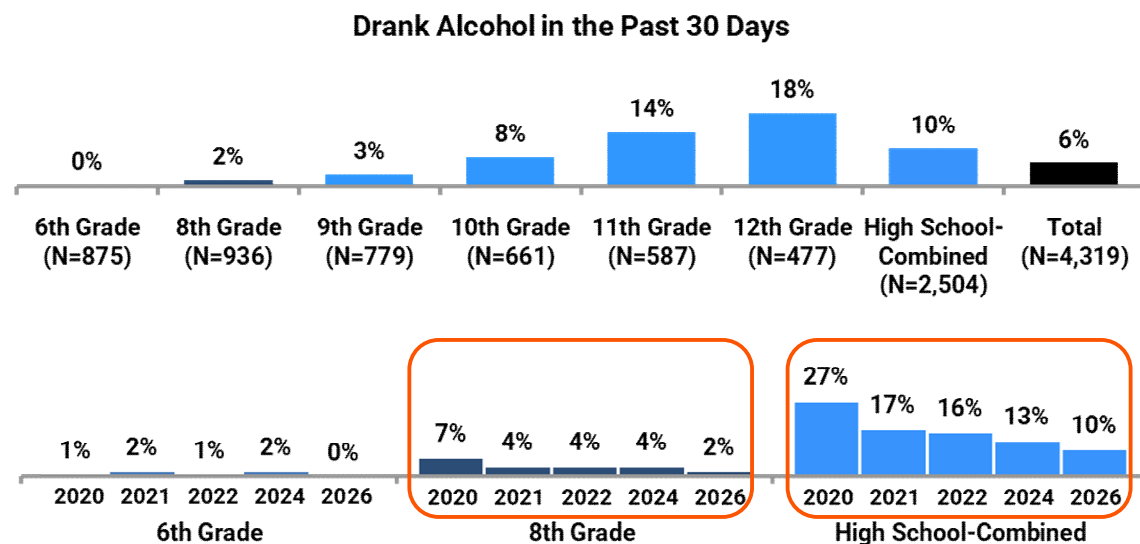
Used Marijuana or Marijuana-Related Products on School Property in the Last 30 Days



2020	2021	2022	2024	2026
✓	-	-	✓	✓
✓	-	-	✓	✓

Alcohol

- 1 in 10 high school students recently drank alcohol, which is a lower rate compared to prior years.
- Rates of recently drinking alcohol decreased over time among 8th grade students as well.



Characteristics associated with recently drinking alcohol (6%):

Behavioral Characteristics

- Recently using marijuana (73%)
- Recently using tobacco or nicotine products (69%)
- Recently using vaping products (66%)
- Not feeling supported by friends (11%)

Demographic Characteristics

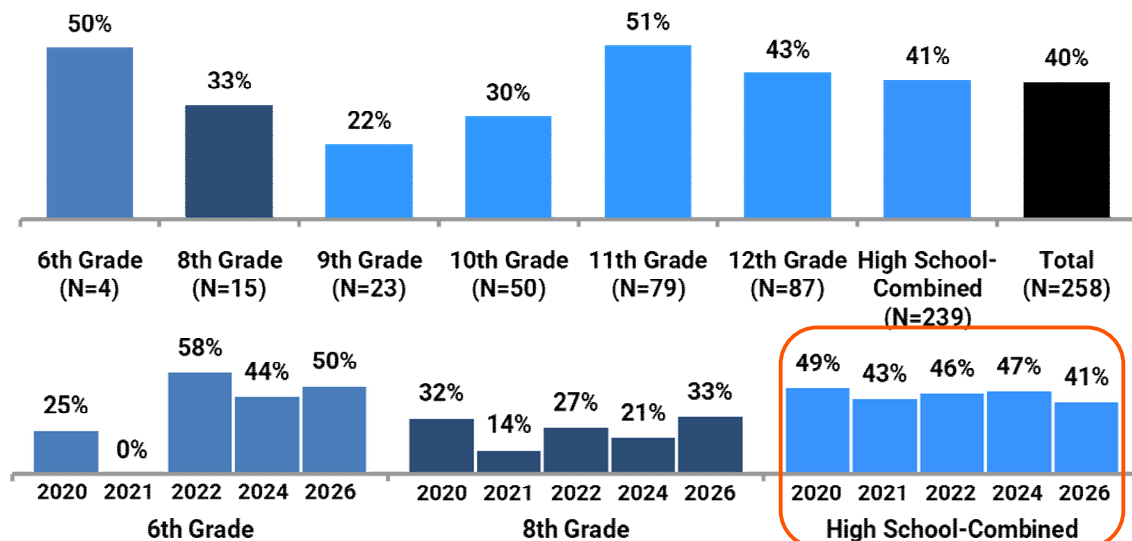
- Native Hawaiian or Pacific Islander students (13%)
- Non-heterosexual students (13%)
- Male students (10%)

2020	2021	2022	2024	2026
✓	✓	✓	✓	✓

Binge Drinking

- Among those who recently drank alcohol, 4 in 10 had 5 or more drinks of alcohol in a row within a couple of hours.
- Rates of binge drinking have decreased among high school students over time.
- Rates among middle school students will vary greatly over time due to few middle school students drinking alcohol.

Of Those Who Drank Alcohol in the Past 30 Days, Percentage Who Engaged in Binge Drinking During That Time



Characteristics associated with recently binge drinking among those who drank alcohol recently (40%):

Behavioral Characteristics

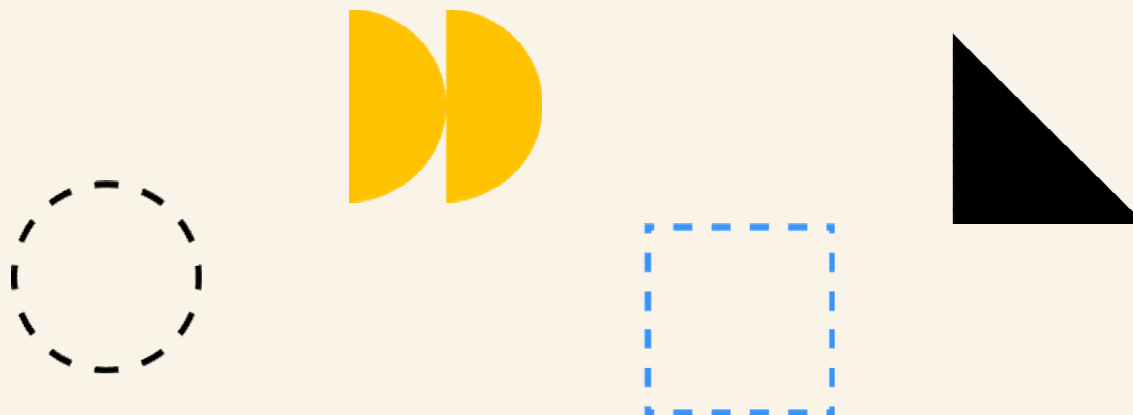
- Recently using tobacco or nicotine products (79%)
- Recently using vaping products (74%)
- Recently using marijuana (70%)
- Using unhealthy coping mechanisms like drinking alcohol or self-harm (53%)

Demographic Characteristics

- N/A

2020	2021	2022	2024	2026
✓	✓	✓	✓	✓

Unsafe Driving

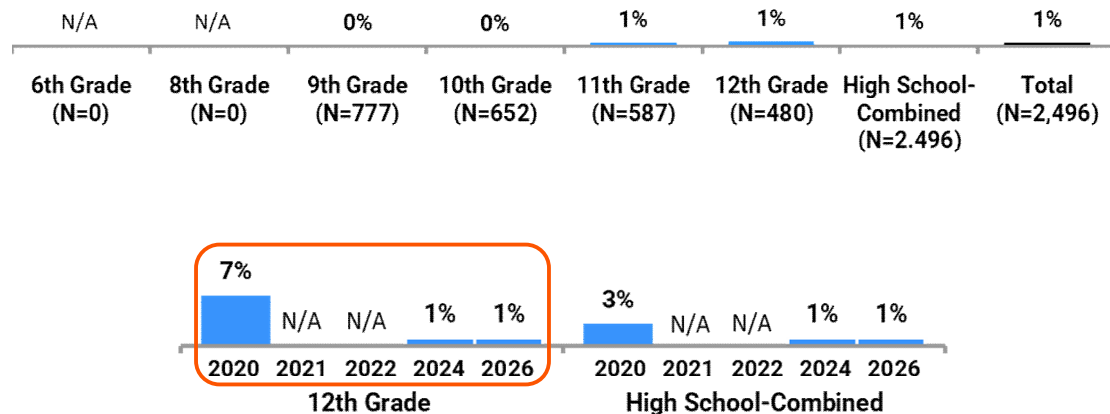


- **High school students are less likely to be in risky situations around driving** (e.g., driving under the influence, riding with someone under the influence, using their phone (not hands-free) while driving) compared to prior years.

Driving Under the Influence

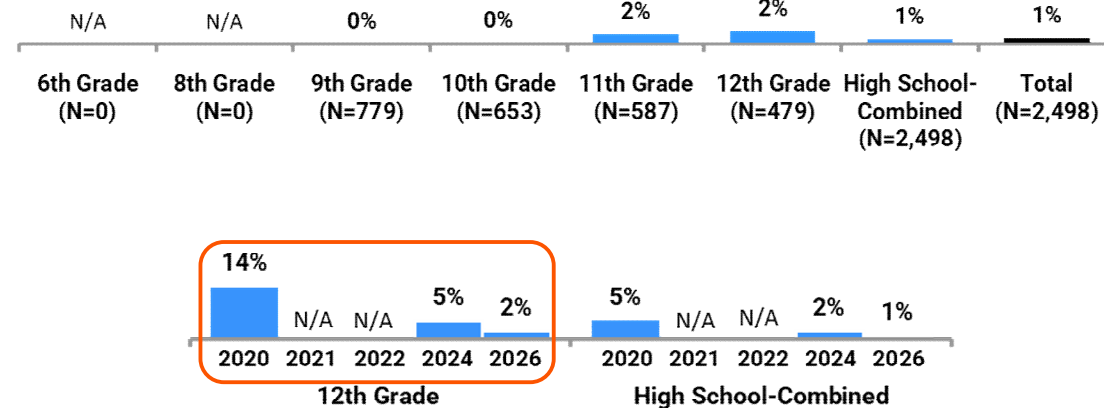
- Very few students recently drove a car after drinking alcohol, and rates decreased substantially for 12th grade students between 2020 and 2026.

Recently (In the Past 30 Days) Drove a Car After Drinking Alcohol



- Very few students recently drove a car after drinking marijuana, and rates decreased substantially for 12th grade students between 2020 and 2026.

Recently (In the Past 30 Days) Drove a Car After Using Marijuana



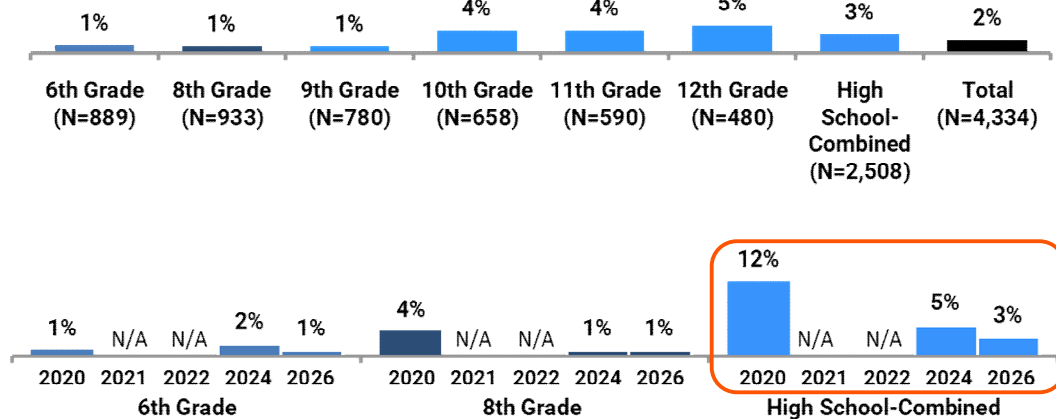
2020	2021	2022	2024	2026
✓	-	-	✓	✓
✓	-	-	✓	✓

Riding in a Vehicle Driven by Someone Who Was Under the Influence

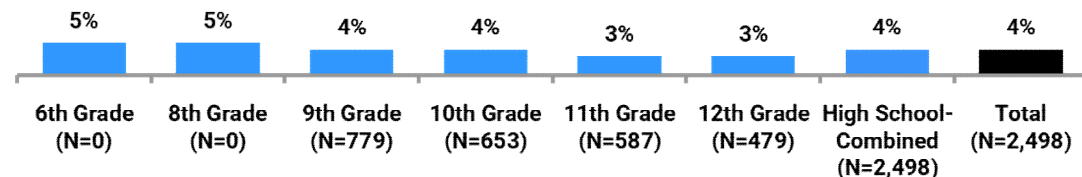
- Very few students rode in a vehicle driven by a minor who was under the influence, and rates have decreased over time among high school students.

- Overall, 4% of students rode in a car driven by an adult who was under the influence.
- Of those students, most were riding with a parent or guardian.

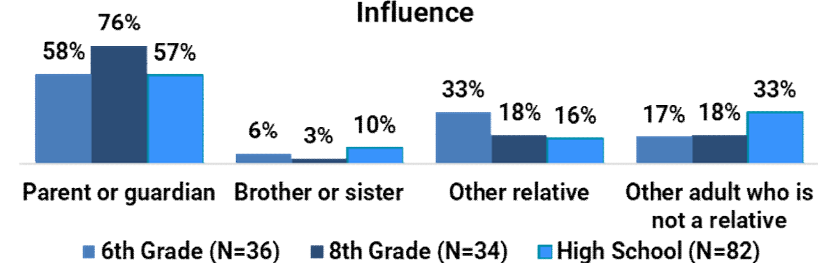
Rode in a Vehicle Driven by a Minor Who Was Under The Influence



Rode in a Vehicle Driven by an Adult Who Was Under The Influence



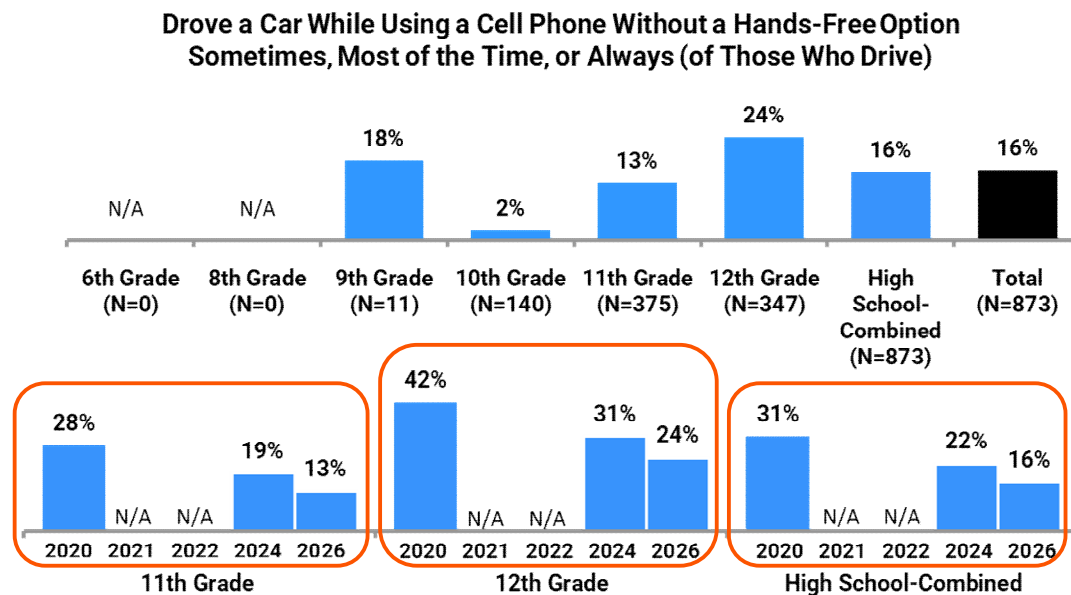
Adults Who Drove Them in a Car While Under The Influence



2020	2021	2022	2024	2026
✓	-	-	✓	✓
-	-	-	-	✓

Drove a Car While Using a Phone

- Overall, 16% of students recently drove a car while using their phone without a hands-free option.
- However, rates of doing so have decreased over time.



Characteristics associated with driving while using a phone “sometimes” or more often (16%):

Behavioral Characteristics

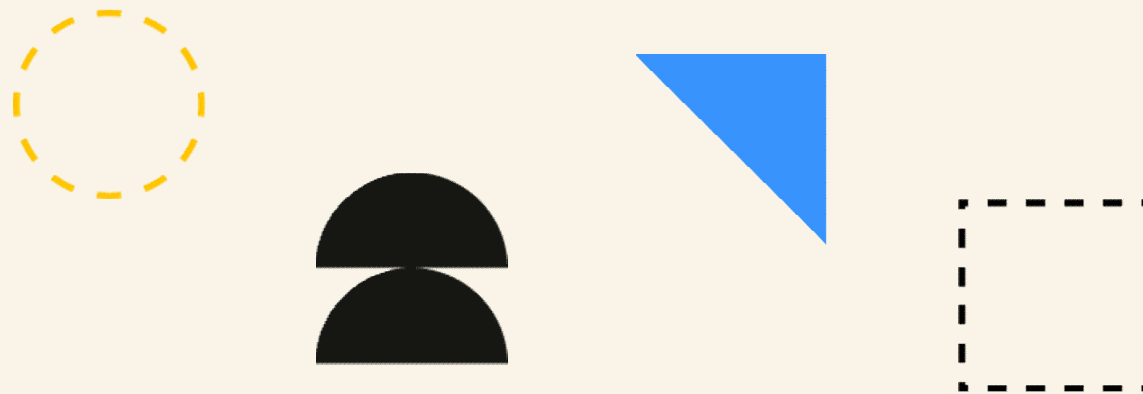
- Witnessing unsafe driving behaviors (riding in a car driven by either a minor (50%) or an adult (38%) who had been drinking alcohol or using other drugs)
- Often or always feeling they need to respond to messages immediately (22%)
- Often feeling anxious (10+ days out of 30, 21%)
- Spending 6+ hours on weekdays after school on visual technology (21%)

Demographic Characteristics

- N/A

2020	2021	2022	2024	2026
✓	-	-	✓	✓

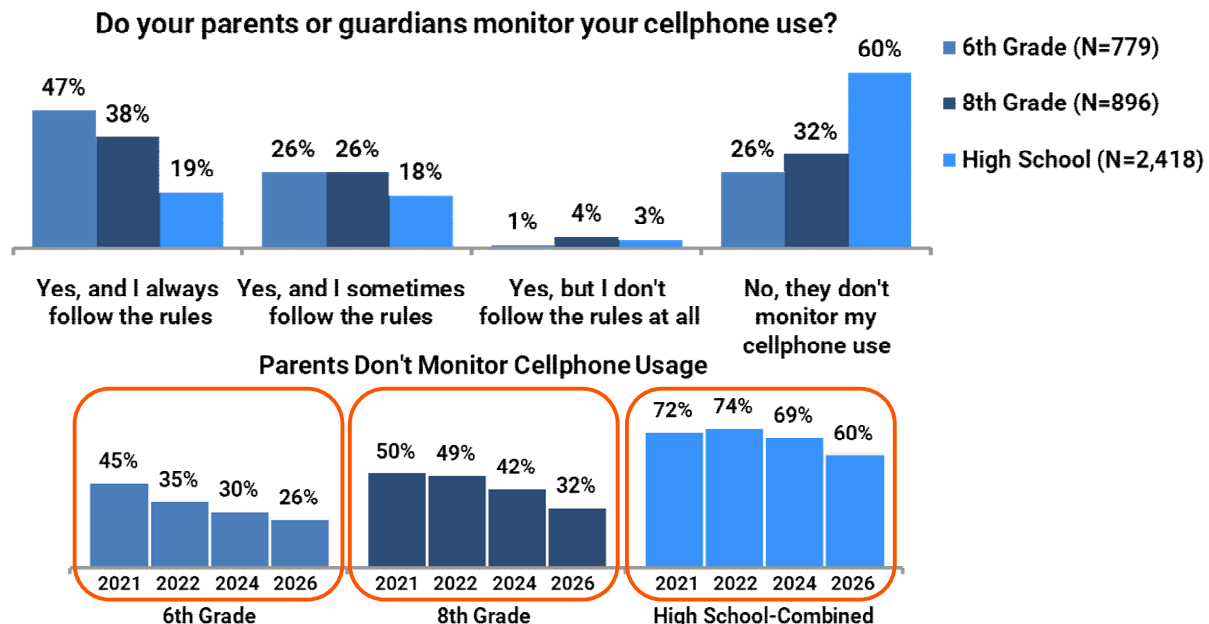
Social Media & Cellphone Use



- Parental involvement in phone or social media use has increased among most grades over time, which may correspond to the other positive changes noted below.
- Students are less likely to experience pressure to respond to notifications immediately, unwanted contact, and being in risky situations because of information shared online compared to prior years.

Parental Involvement in Cellphone Use

- Of those with parents who monitor cellphone use, most “always” or “sometimes” follow the rules, with younger students being more likely to always follow the rules.
- Rates of parents monitoring cellphone use have increased over time.



Characteristics associated with parents not monitoring cellphone use (48%):

Behavioral Characteristics

- Using their phone while driving “sometimes” or more often (81%)
- Feeling they spend too much time on social media (59%) or their phone (58%)
- Not feeling supported by parents or caregivers (58%)
- Seeing sexually explicit material, electronic or otherwise (55%)

Demographic Characteristics

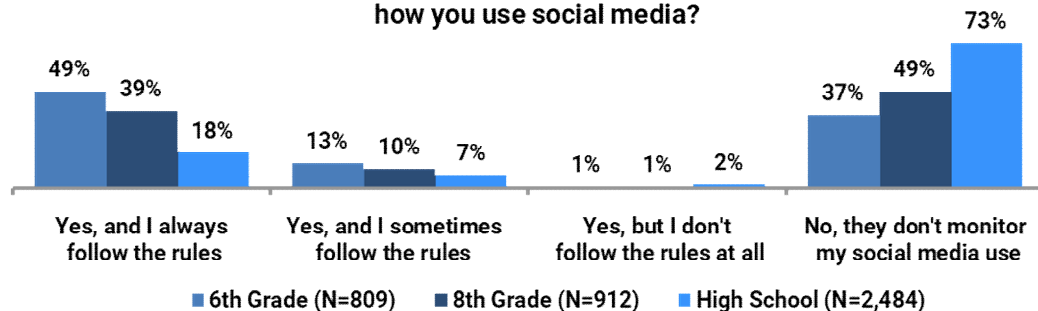
- Hispanic or Latino/a (56%) and Southeast Asian American (54%) students

2020	2021	2022	2024	2026
-	✓	✓	✓	✓

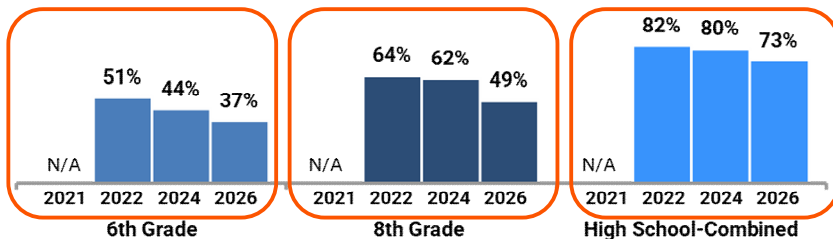
Parental Involvement in Social Media Use

- Of those with parents who monitor social media use, most follow the rules.
- Over time, rates of parents monitoring social media use have increased.

Do your parents or guardians monitor your social media accounts or how you use social media?

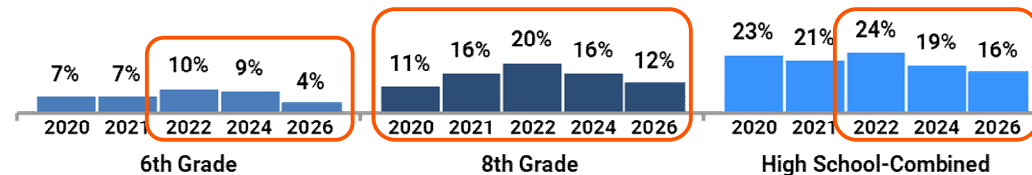
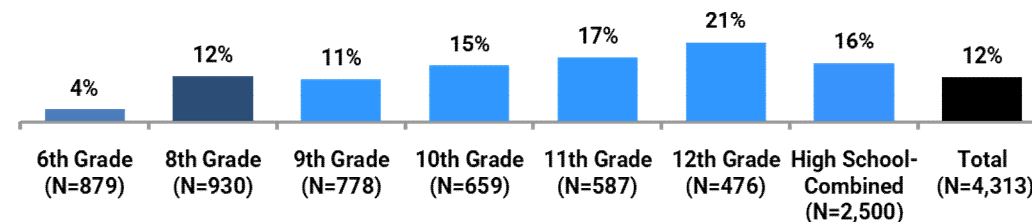


Parents Don't Monitor Social Media Usage



- As students get older, they are more likely to have social media accounts their parents do not know about, but this may be related to parents monitoring social media use less as students get older.

Have Social Media Account Parents or Guardians Don't Know About

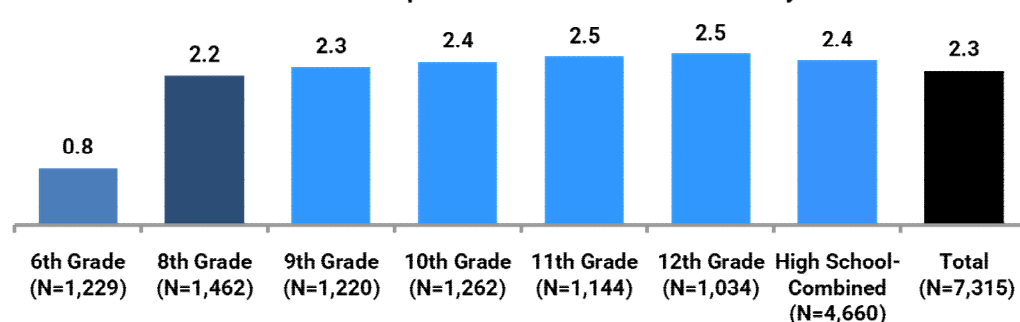


2020	2021	2022	2024	2026
✓	✓	✓	✓	✓
-	-	✓	✓	✓

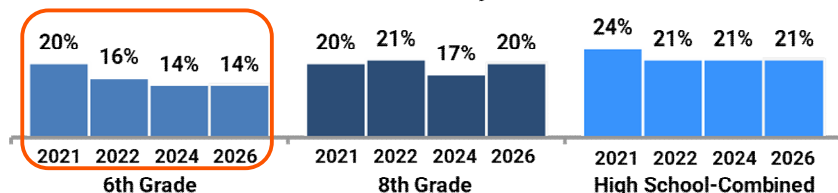
Time Spent on Social Media or Electronics

- Most students spend just over two hours a day on social media.
- Rates of excessive social media use have decreased over time among 6th grade students.
- Over time, rates of spending excessive amounts of time on visual technology decreased among all students.

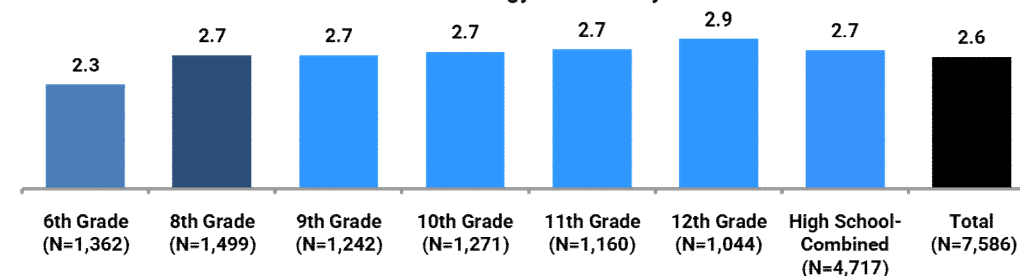
Median Hours Spent on Social Media on Weekdays



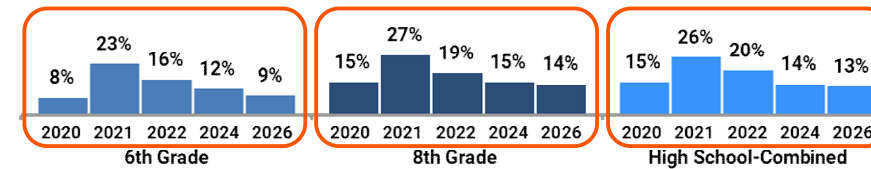
Percent Reporting 4 or More Hours on Social Media Each Weekday



Median Hours Spent on Computers, Television, Phones, Game Consoles, or Other Visual Technology on Weekdays



Percent Reporting 6 or More Hours on Visual Media Each Weekday



Youth Risk Behavior Survey 2026

Q164 How much time do you spend weekdays after school using computers, television, phones, game consoles, or other visual technology for non-school related activities?

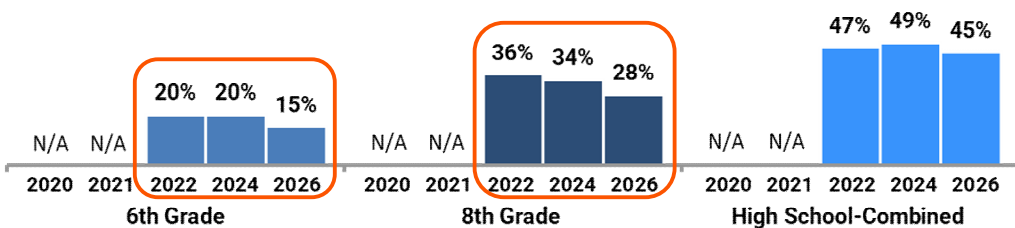
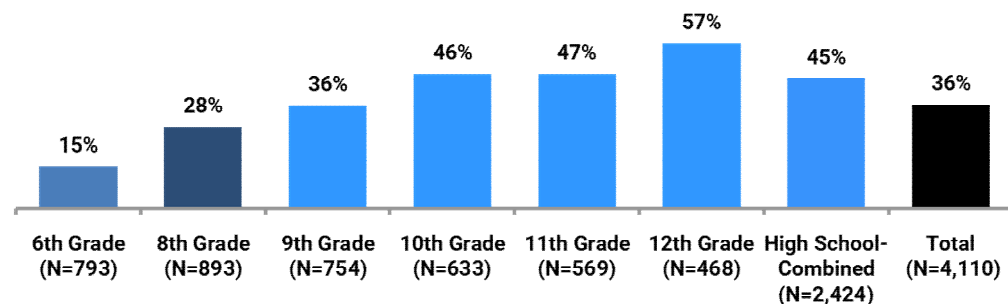
Q165 How much time do you spend weekdays on social media (e.g., TikTok, Instagram, YouTube, Snapchat, Discord, Reddit, or Twitch)?

2020	2021	2022	2024	2026
✓	✓	✓	✓	✓
-	✓	✓	✓	✓

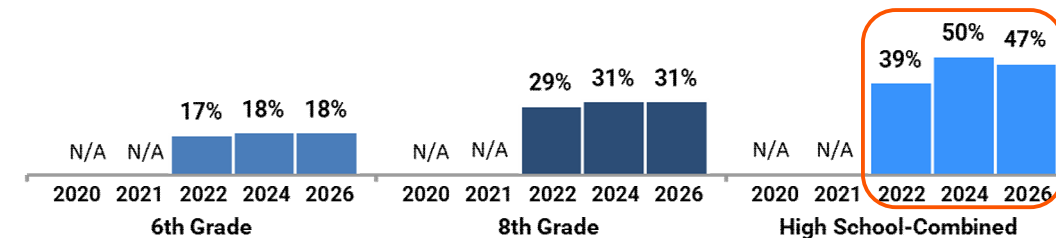
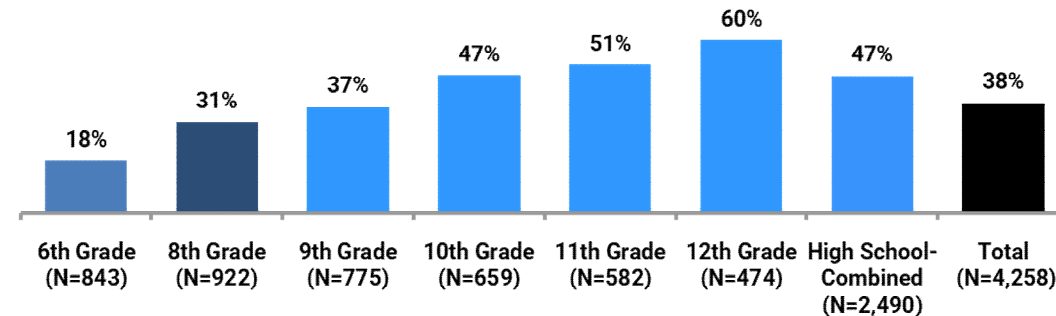
Perceptions of Time Spent on Social Media or Phones

- As students get older, they show higher rates of spending more time on their phones and feeling they spend too much time on their phones.
- Similarly, older students show higher rates of spending more time on social media and feeling they spend too much time on social media.

Feel They Spend too Much Time on Their Cellphone



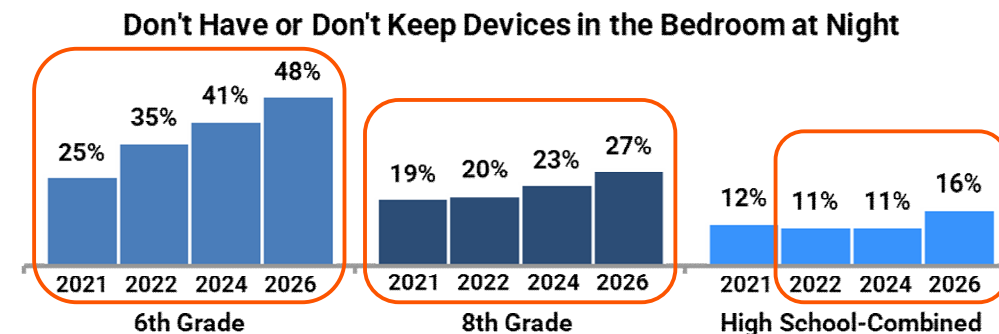
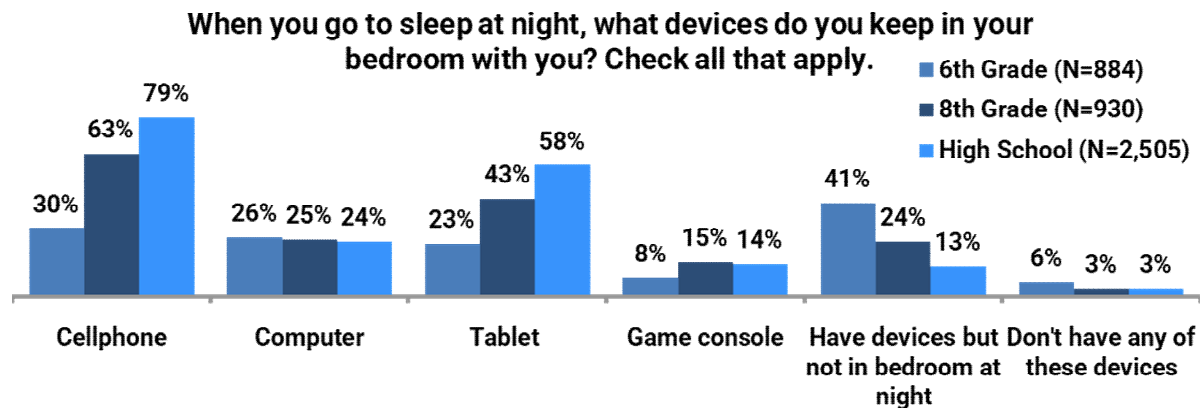
Feel They Spend too Much Time on Social Media



2020	2021	2022	2024	2026
-	-	✓	✓	✓
-	-	✓	✓	✓

Electronic Devices in the Bedroom

- As students get older, they show lower rates of keeping electronic devices in their bedrooms at night.
- Over time, students show lower rates of keeping electronics in their bedrooms at night.

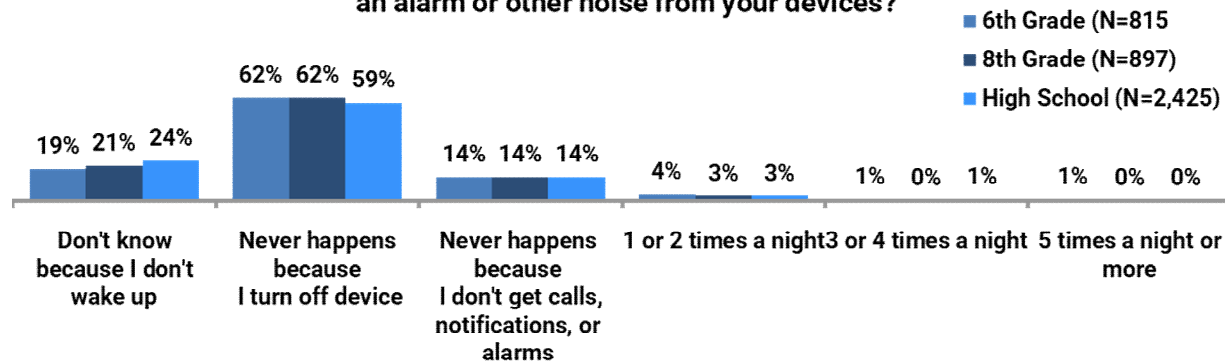


2020	2021	2022	2024	2026
-	✓	✓	✓	✓

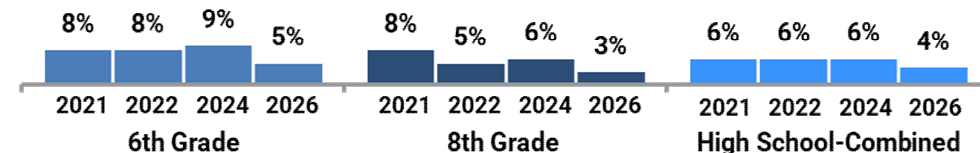
Waking up at Night Because of Devices

- Overall, 4% of students wake up at night because of their electronic devices.
- Most are not woken up because they turn off their devices, but some just do not wake up to the notifications or other sounds.

How many times do you wake up each night because your cellphone, tablet, computer, or other electronic device rings, you get notifications, or you hear an alarm or other noise from your devices?



Wake Up 1 or More Times Each Night Because of Electronic Devices

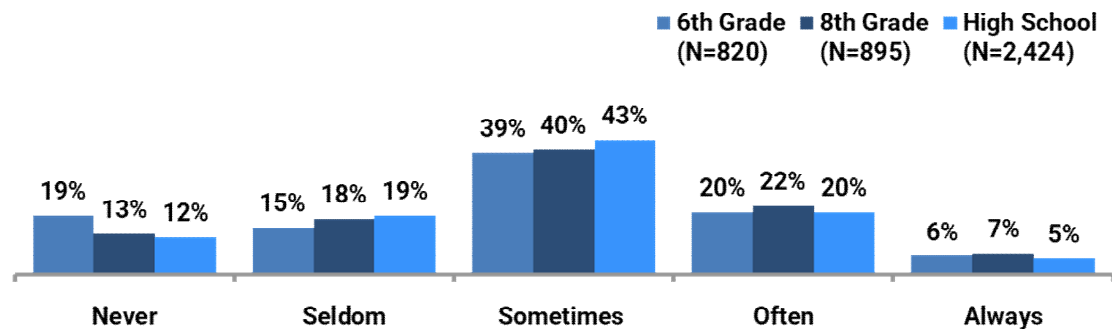


2020	2021	2022	2024	2026
-	✓	✓	✓	✓

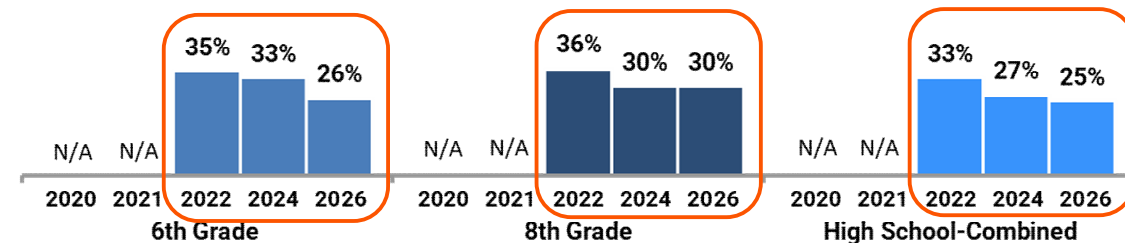
Notifications and Messages

- Overall, 26% of students “often” or “always” feel the need to respond to messages from other people immediately.
- However, rates of feeling this pressure have decreased over time.

How often do you feel as though you have to respond to messages from other people immediately?

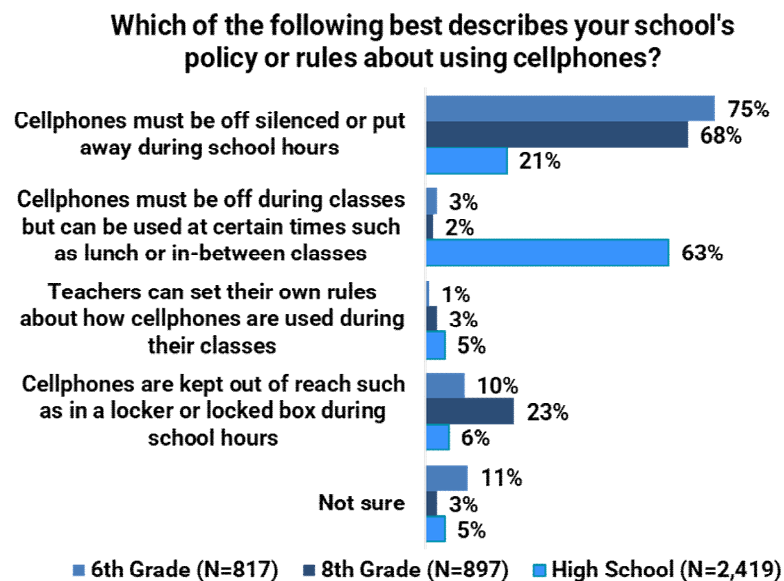


Often or Always Feel The Need to Respond to Messages Immediately

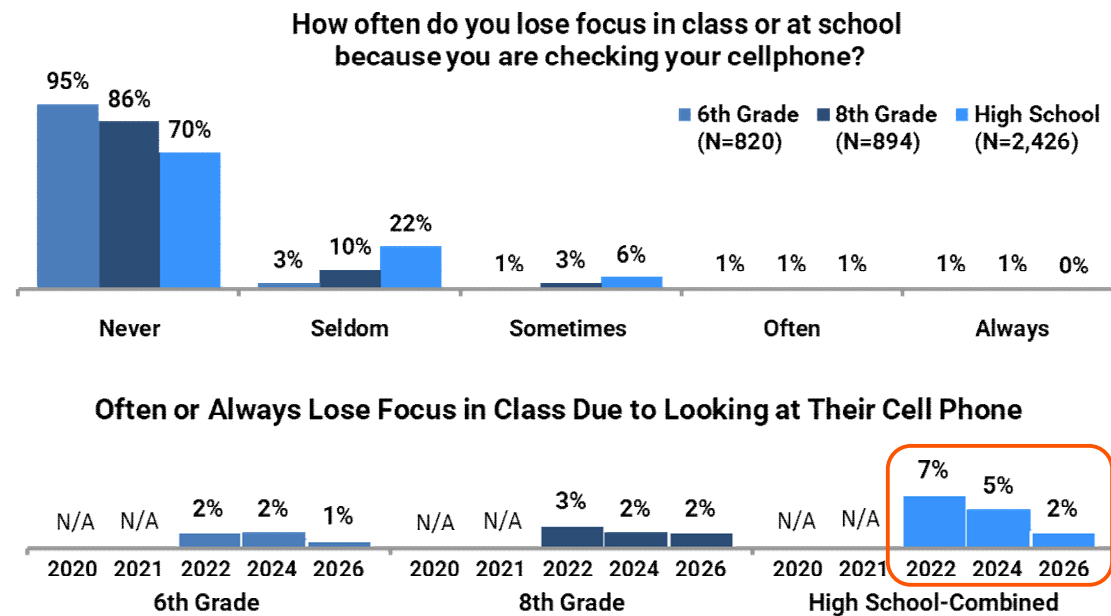


Cellphone Use at School

- Most middle school students think phones must be off, silenced, or put away during school hours, while most high school students think they can use their phones at lunch or between classes.



- Rates of losing focus in class decreased over time among high school students and remained low over time for middle school students.

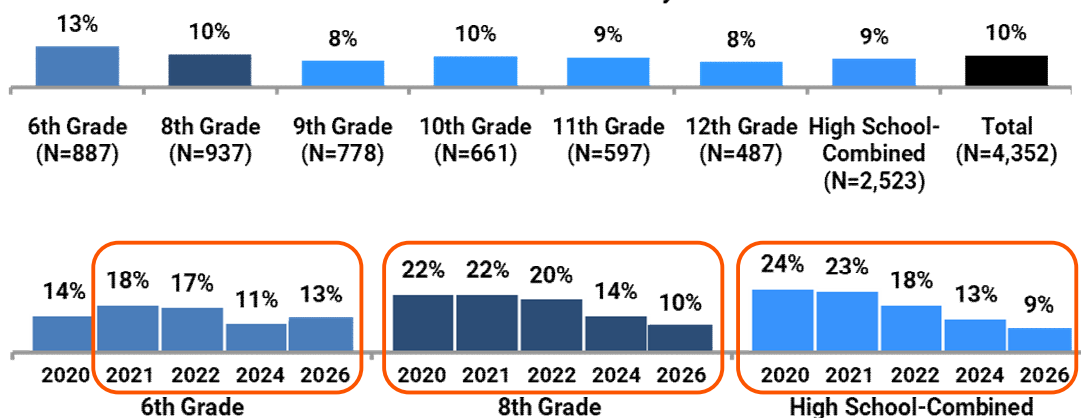


2020	2021	2022	2024	2026
-	-	-	-	✓
-	-	✓	✓	✓

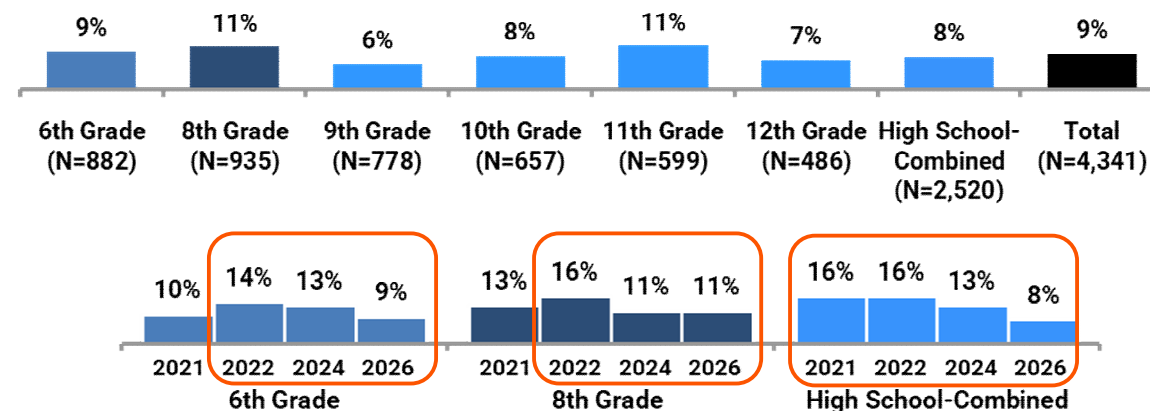
Risky Online Behavior and Unwanted Contact

- Overall, 1 in 10 students have been in risky or unwanted situations because of information shared electronically.
- Rates of experiencing this have decreased over time.
- Nearly 1 in 10 students have had unwanted contact from someone online in the year leading up to the survey, and these rates have decreased over time.

Has Been in a Risky/Unwanted Situation Because of Information Shared Electronically



Had Unwanted Contact From Someone Online in the Past 12 Months



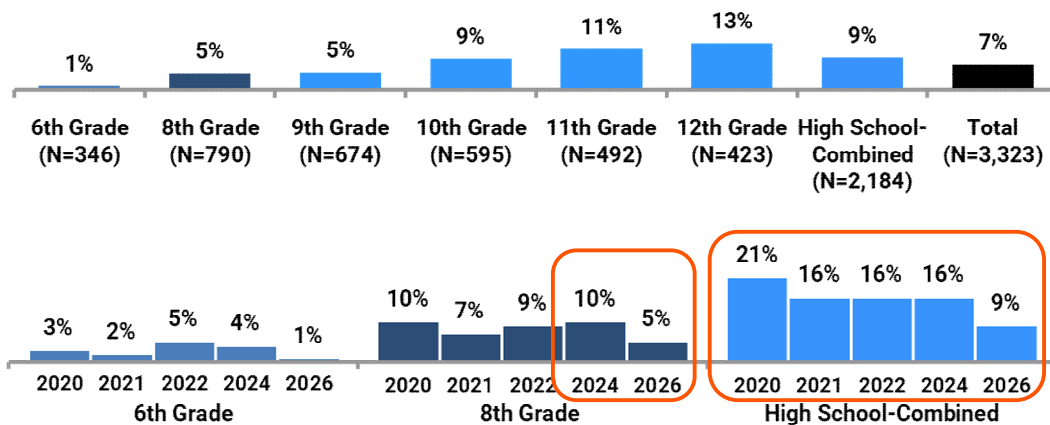
2020	2021	2022	2024	2026
✓	✓	✓	✓	✓
-	-	✓	✓	✓

Sexually Explicit Material

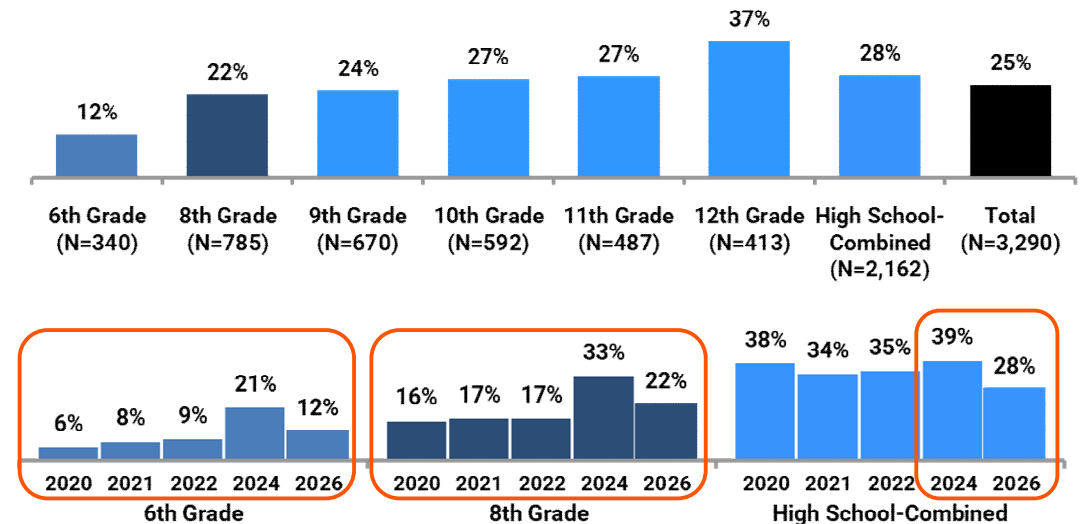
- Rates of sending or receiving sexually explicit messages or photos decreased, particularly among 8th grade and high school students between 2024 and 2026.

- 1 in 4 students have looked at pornographic material in the month leading up to the survey.
- However, these rates decreased between 2024 and 2026.

Sent or Received Sexually Explicit Messages or Photos Electronically in the Past 12 Months

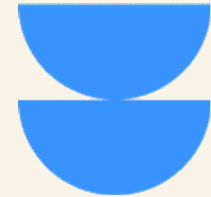


Looked at Pornographic Material in the Past 30 Days



2020	2021	2022	2024	2026
✓	✓	✓	✓	✓
✓	✓	✓	✓	✓

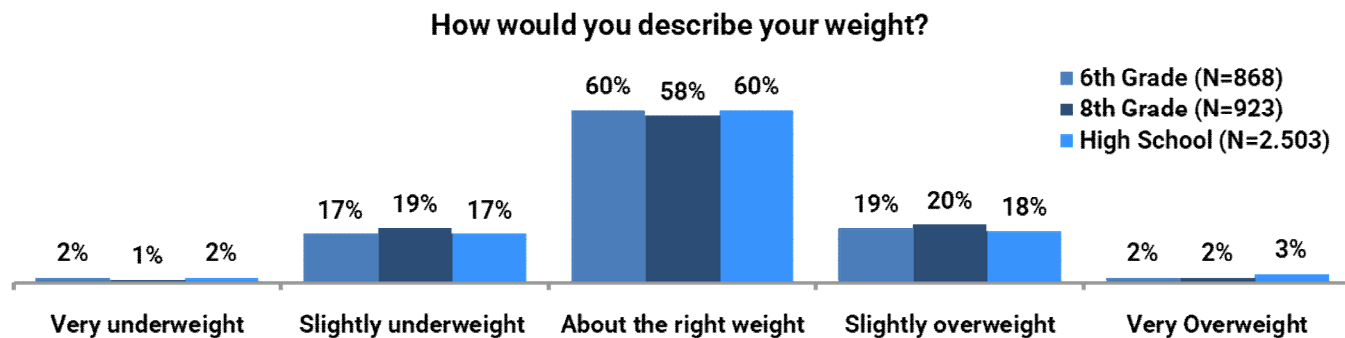
Body Image & Dieting



- Students are less likely to have a strong desire to be thinner or to have their weight influence how they think about themselves compared to prior years.
- Those who show high rates of being unhappy with their bodies (wanting to be thinner, judging themselves based on weight, unhealthy dieting) also show high rates of anxiety and depression.

Perceived Weight

- Most students think they are about the right weight, with nearly equal proportions thinking they are underweight or overweight.
- For most grades, these rates have remained stable over time.

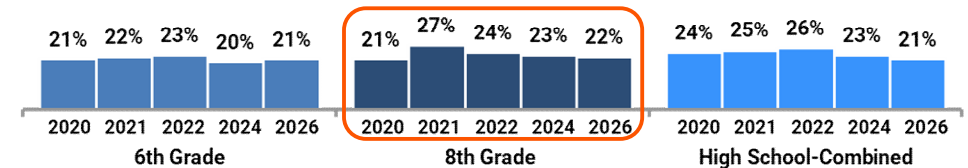


Characteristics associated with feeling overweight (22%):

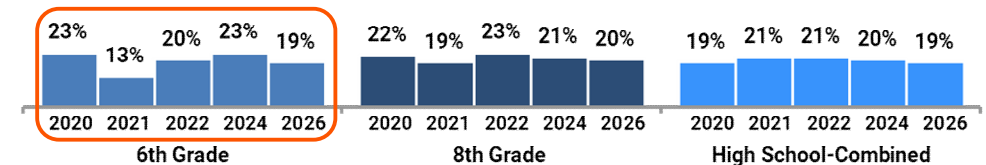
Behavioral/Demographic Characteristics

- Feeling their weight influences how they judge themselves “usually” or “often” (56%)
- Using unhealthy dieting methods like vomiting or taking laxatives (48%)
- Black or African American (33%), Middle Eastern American (29%), and Hispanic or Latino/a (28%) students
- Non-binary (35%) and non-heterosexual (32%) students

Percent who Identify as Very or Slightly Overweight

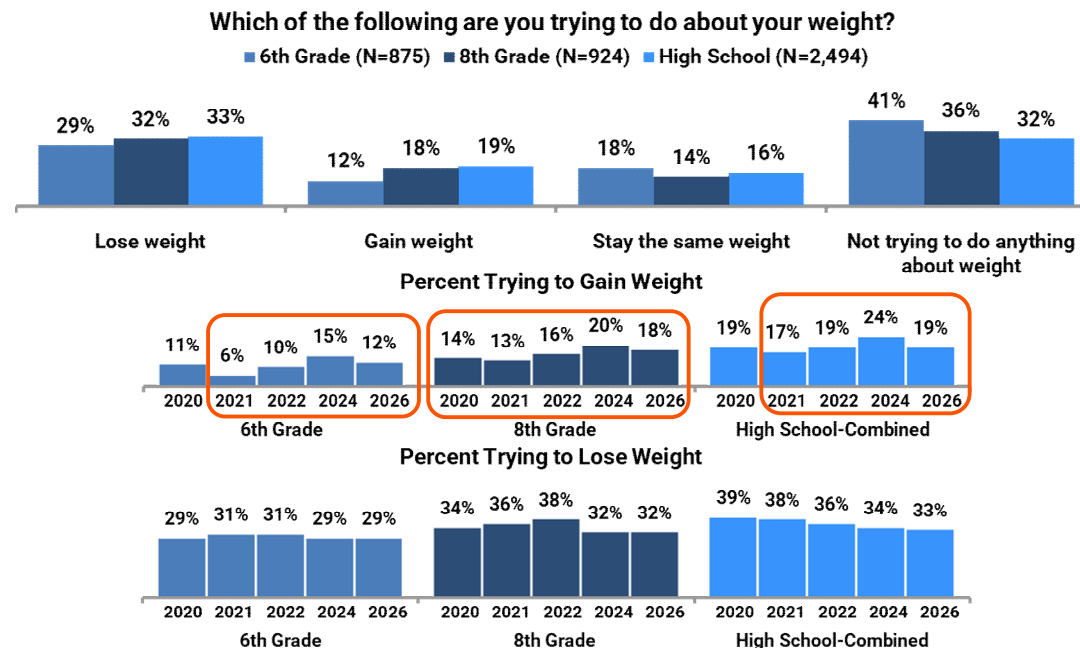


Percent who Identify as Very or Slightly Underweight

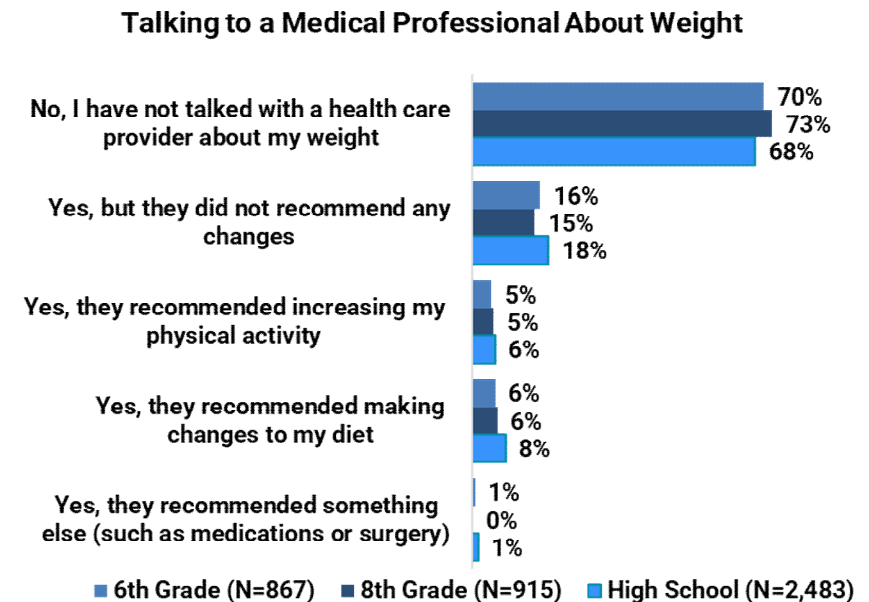


Weight Goals (General and Medical)

- While 22% of students think they are overweight, 32% are trying to lose weight.
- Specifically, 6% who are *underweight* are trying to lose weight, 23% who are *about the right weight* want to lose weight, and 79% who are *overweight* are trying to lose weight.



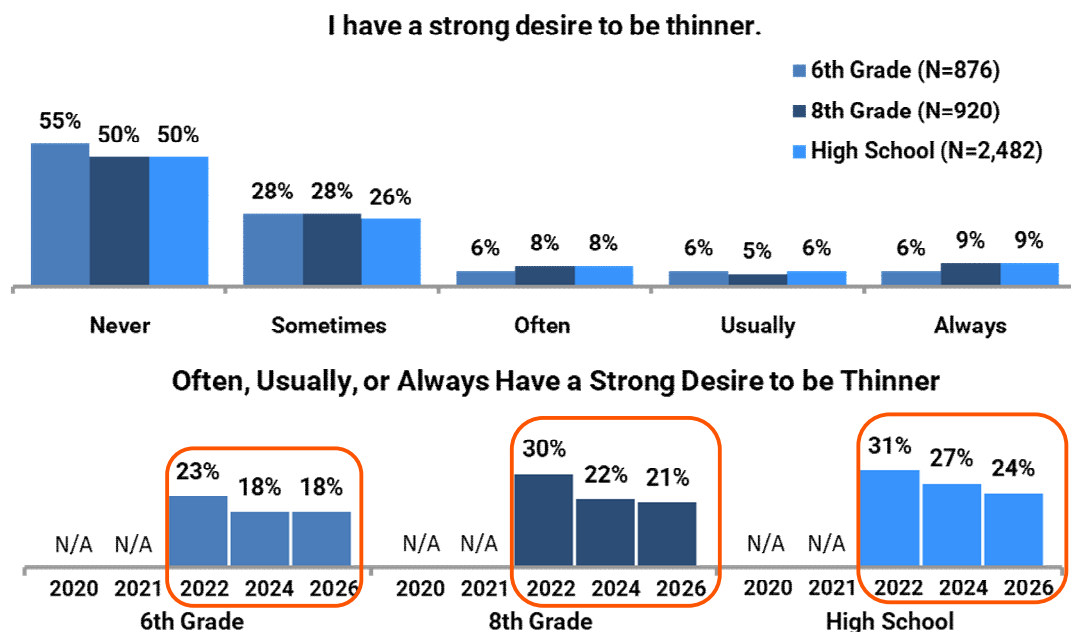
- Most students have not talked to a medical professional about their weight.
- Of those who did, most say the medical professional did not recommend any changes.



2020	2021	2022	2024	2026
✓	✓	✓	✓	✓

Desire to be Thinner

- Rates of having a strong desire to be thinner have decreased over time.
- Those whose weight influences how they judge themselves show higher rates of having a strong desire to be thinner, alongside female and LGBTQ+ students.



Characteristics associated with having a strong desire to be thinner “often” or more frequently (22%):

Behavioral Characteristics

- Feeling their weight influences how they judge themselves “often” or more frequently (72%)
- Using unhealthy dieting methods like vomiting or taking laxatives (72%)
- Often feeling anxious (49%)
- Being bullied (38%) or cyberbullied (44%)

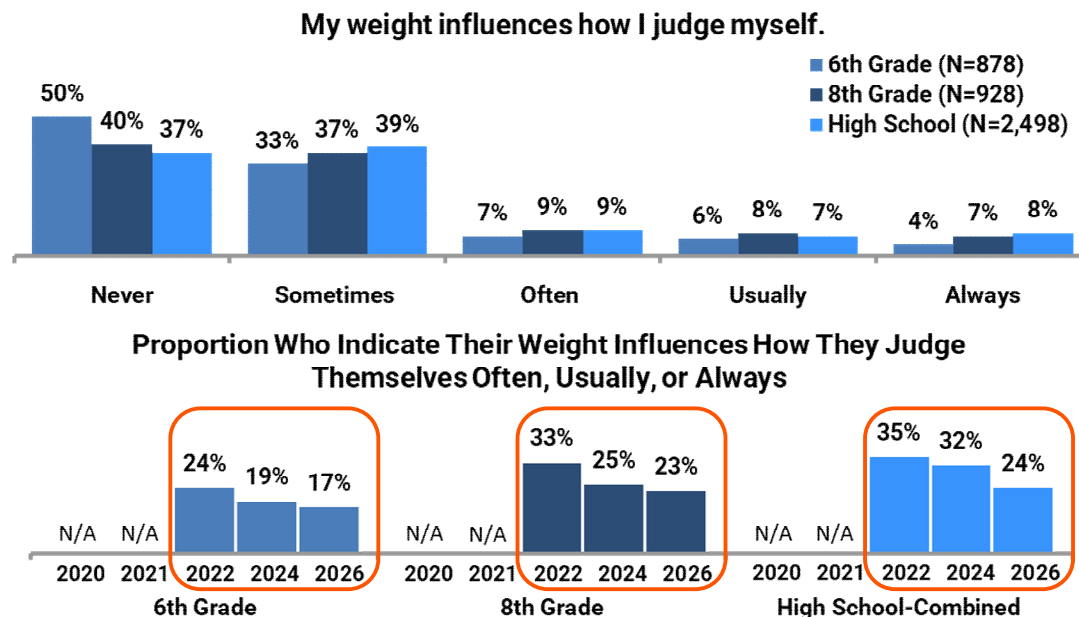
Demographic Characteristics

- Transgender students (38%)
- Non-heterosexual students (35%)
- Non-binary (33%) or female (30%) students

2020	2021	2022	2024	2026
-	-	✓	✓	✓

Body Image

- Rates of their weight influencing how they judge themselves have decreased over time.
- Those who have a strong desire to be thinner or who use unhealthy dieting methods show higher rates of judging themselves based on their weight.



Characteristics associated with feeling their weight influences how they judge themselves “often” or more frequently (22%):

Behavioral Characteristics

- Having a strong desire to be thinner “often” or more frequently (74%)
- Using unhealthy dieting methods like vomiting or taking laxatives (73%)
- Often feeling anxious (53%)
- Being bullied (42%) or cyberbullied (47%)

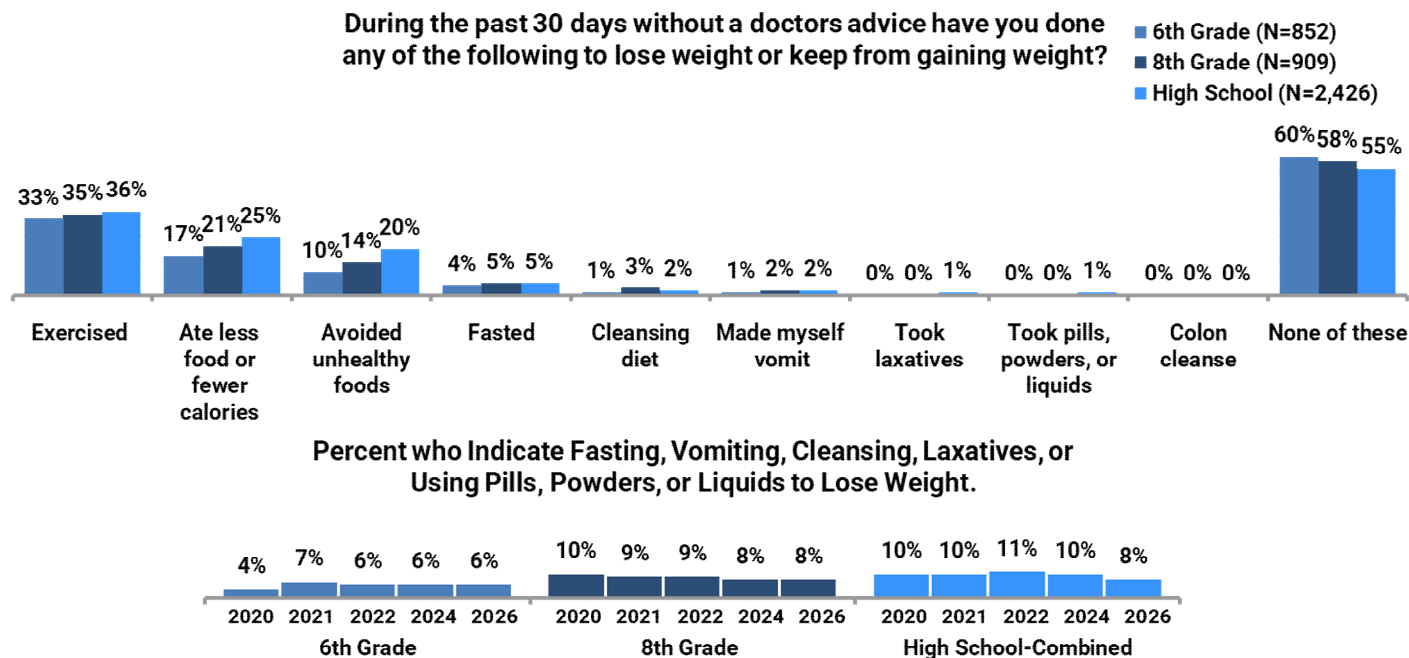
Demographic Characteristics

- Transgender students (37%)
- Non-heterosexual students (36%)
- Non-binary (36%) or female (30%) students

2020	2021	2022	2024	2026
-	-	✓	✓	✓

Unhealthy Dieting

- Most who are trying to lose or maintain weight turn to exercise or eating less food/fewer calories.
- Those with body image challenges show higher rates of engaging in unhealthy dieting.



Characteristics associated with unhealthy dieting (8%):

Behavioral Characteristics

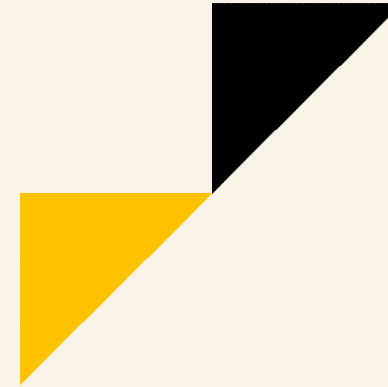
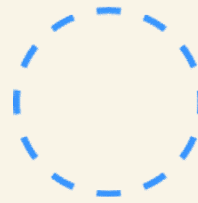
- Feeling depressed (25%) or anxious (20%)
- Having a strong desire to be thinner “often” or more frequently (23%)
- Feeling their weight influences how they judge themselves “often” or more frequently (23%)

Demographic Characteristics

- Middle Eastern American (16%) and Black or African American (15%) students (mostly fasting, consider religious reasons)
- Non-binary (14%) or transgender (14%) students
- Non-heterosexual students (14%)

2020	2021	2022	2024	2026
✓	✓	✓	✓	✓

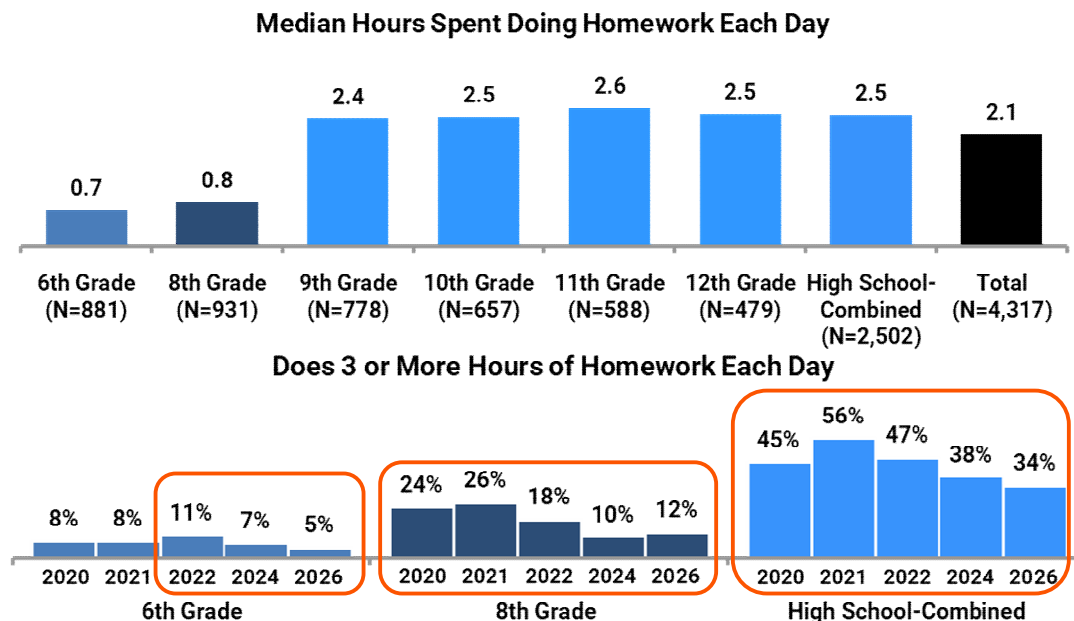
Lifestyle



- Students are less likely to get enough sleep compared to prior years.
- Also, students are less likely to do excessive amounts of homework (3+ hours) each night compared to prior years.

Homework

- High school students do over two hours of homework each day on average.
- Rates of doing three or more hours of homework each day have decreased over time.



Characteristics associated with doing 3+ hours of homework each day (23%):

Behavioral Characteristics

- Feeling high amounts of stress from school/academic workload (33%) or events or pressure at home (29%)
- Using unhealthy coping mechanisms like alcohol or self-harm (28%)
- Not feeling they belong at school (28%)
- Getting 5 hours of sleep or less per night (38%)

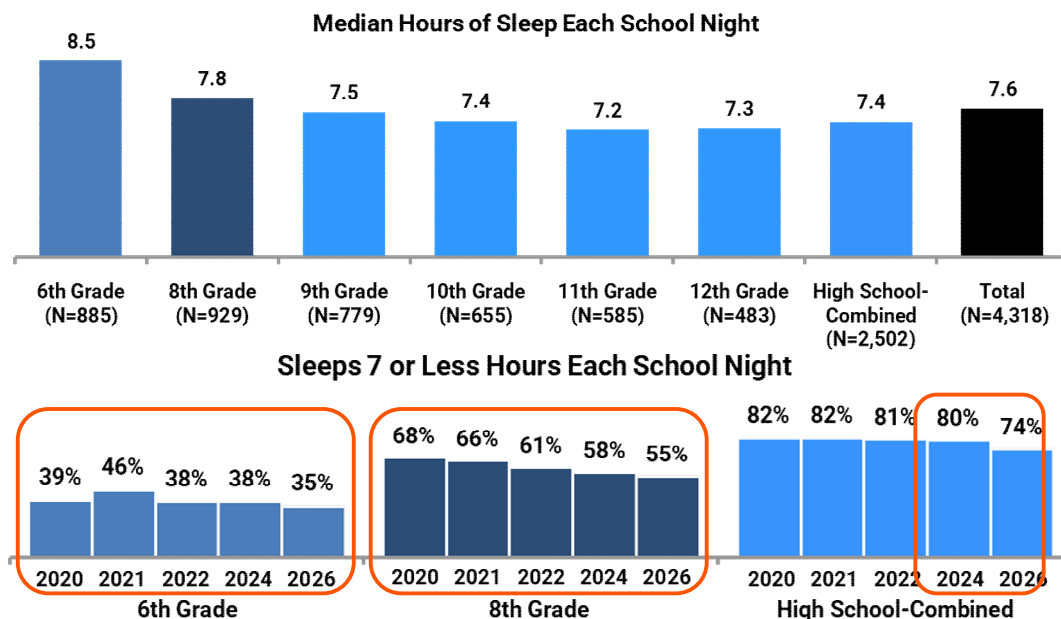
Demographic Characteristics

- Asian American (34%), Southeast Asian American (29%), and American Indian or Alaska Native (29%) students
- Female students (30%)
- Non-heterosexual students (28%)

2020	2021	2022	2024	2026
✓	✓	✓	✓	✓

Sleep

- Overall, students get over seven hours of sleep on school nights on average.
- Rates of not getting enough sleep have decreased over time.



Characteristics associated with not getting enough sleep (5 hours or less per night, 9%):

Behavioral Characteristics

- Feeling depressed (23%) or anxious (22%)
- Feeling high stress levels from events or pressure at home (18%)
- Having a hard time making it through stressful events (15%)

Demographic Characteristics

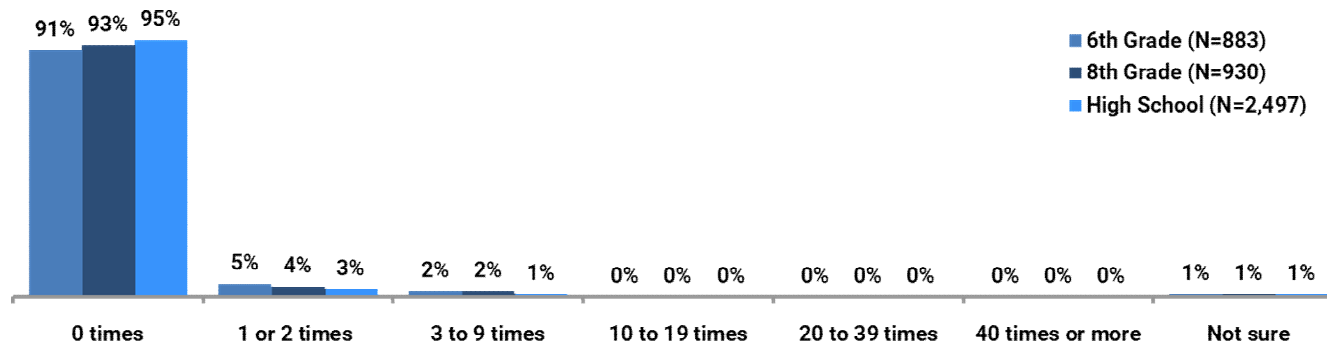
- Non-binary (22%) and transgender (20%) students
- Non-heterosexual students (17%)
- Native Hawaiian or Pacific Islander (20%), Middle Eastern American (16%), Black or African American (15%), and Southeast Asian American (14%) students

2020	2021	2022	2024	2026
✓	✓	✓	✓	✓

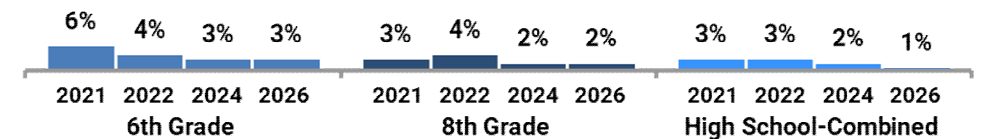
Going Without Food

- Overall, 5% of students have gone without food because there wasn't enough.
- Rates of going without food have remained relatively stable over time.

In the past 30 days, how many times have you gone without food or not eaten meals because there wasn't enough food?



Gone Without Food 3 or More Times in the Past 30 Days



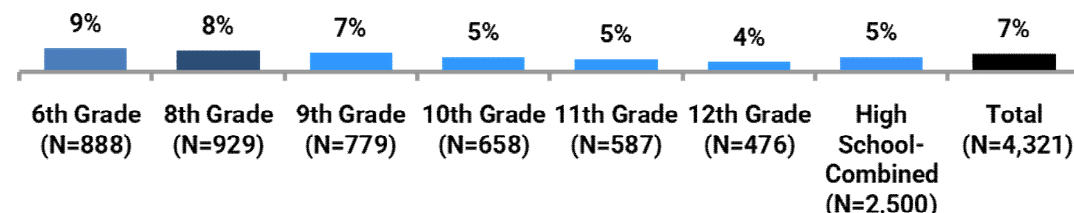
2020	2021	2022	2024	2026
-	✓	✓	✓	✓

Moving Homes and Homelessness

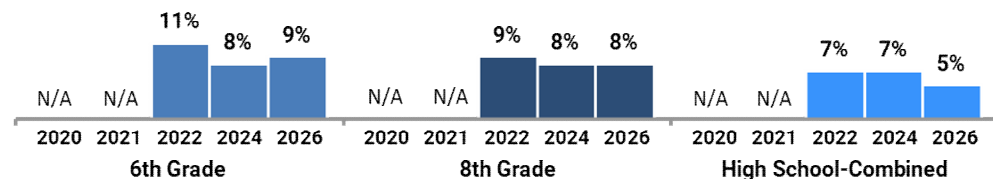
- Overall, 7% of students moved to a new home in the month leading up to the survey.

- Most students were not homeless and did not worry about that in the year leading up to the survey, though 1% were homeless and 3% worried about it overall.

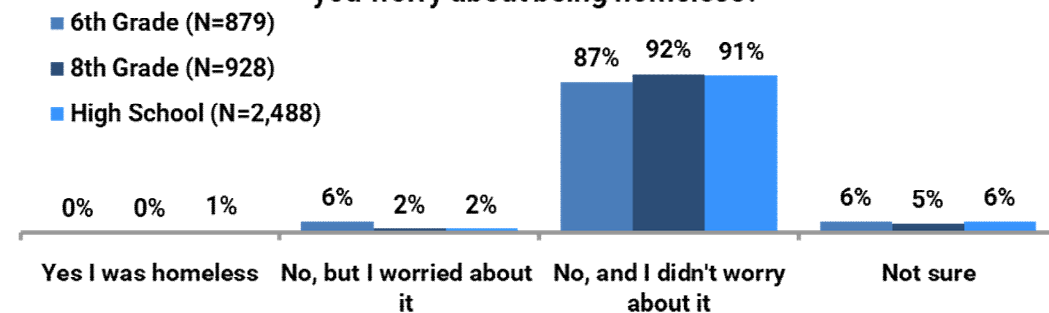
Moved to New Apartment or House in Past 30 Days



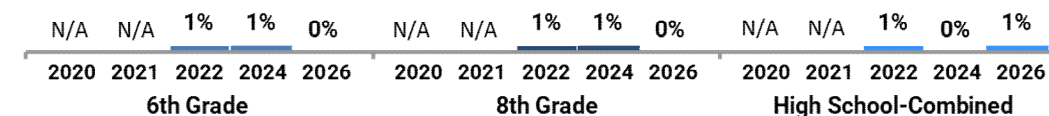
Moved to New Apartment or House in Past 30 Days



At any point in the past 12 months, were you homeless or did you worry about being homeless?



Homeless in the Past 12 Months



2020	2021	2022	2024	2026
-	-	✓	✓	✓
-	-	✓	✓	✓

Appendix

School District Participation Over Time

Census vs. Sample

- A census is a survey that includes everyone in the population being surveyed (e.g., all 6th or 12th grade youth). A sample surveys some members of the population, but not everyone.
- Emerson YRBS is designed to be as close to a census of 6th grade, 8th grade, and high school youth as possible. There are, however, some youth who did not participate in the survey, so technically, the YRBS is a sample.

	2020 (pre-COVID)	2021	2022	2024	2026
Acton-Boxborough	☑	☑	☑	☑	☑
Carlisle Middle School	☑	-	☑	☑	☑
Concord-Carlisle	☑	-	☑	☑	☑
Groton-Dunstable	☑	☑	☑	☑	☑
Harvard Bromfield	☑	-	☑	☑	☑
Maynard	☑	☑	☑	☑	☑

Student Demographic Characteristics

2026	6 th Grade	8 th Grade	High School
Gender (Q4)			
Female	49%	46%	51%
Male	48%	52%	47%
Non-binary	3%	2%	2%
Transgender (Q5)			
Yes	3%	3%	3%
No	92%	96%	95%
Not sure	5%	2%	2%
Sexual Orientation (Q6)			
Straight (heterosexual)	76%	86%	81%
Gay or lesbian (homosexual)	3%	3%	3%
Bisexual	7%	5%	8%
Another orientation (asexual, pansexual etc.)	4%	3%	4%
Not sure	11%	4%	4%

2026	6 th Grade	8 th Grade	High School
Race/Ethnicity (Q11-18)*			
American Indian or Alaska Native	3%	2%	1%
Asian American	20%	20%	23%
Black or African American	6%	6%	4%
Hispanic or Latino/Latina/Latinx/Latine	8%	11%	8%
Middle Eastern American	4%	3%	3%
Native Hawaiian or other Pacific Islander	1%	1%	1%
Southeast Asian American	2%	1%	2%
White	60%	66%	68%
Don't Know	9%	4%	2%

Student Demographic Characteristics (Cont.)

2026	6 th Grade	8 th Grade	High School
Languages (Q20)			
Speak a language other than English at home	33%	32%	31%
Only speak English at home	64%	66%	67%
Prefer not to answer	3%	2%	1%
Languages (Q21-27)			
ASL (American Sign Language)	1%	1%	1%
Cantonese	2%	2%	2%
Haitian Creole	3%	2%	1%
Mandarin	2%	1%	2%
Portuguese	16%	16%	19%
Spanish	13%	13%	11%
Other	62%	57%	28%
Prefer not to answer	4%	5%	5%

2026	6 th Grade	8 th Grade	High School
Religion (Q19)			
Agnostic	8%	9%	13%
Atheist	9%	14%	15%
Buddhist	1%	1%	1%
Hindu	10%	9%	7%
Jewish	4%	4%	4%
Mormon	0%	0%	0%
Muslim	2%	3%	2%
Orthodox	1%	2%	2%
Protestant Christian	16%	16%	16%
Catholic	9%	13%	14%
Something else	6%	4%	3%
Not sure	13%	6%	4%
Nothing in particular	12%	14%	13%
Prefer not to answer	8%	5%	6%