



Cougar Mountain Middle School (Issaquah School District)

Highlights from the 2021 Healthy Youth Survey
(March 1, 2022)

Student Participation

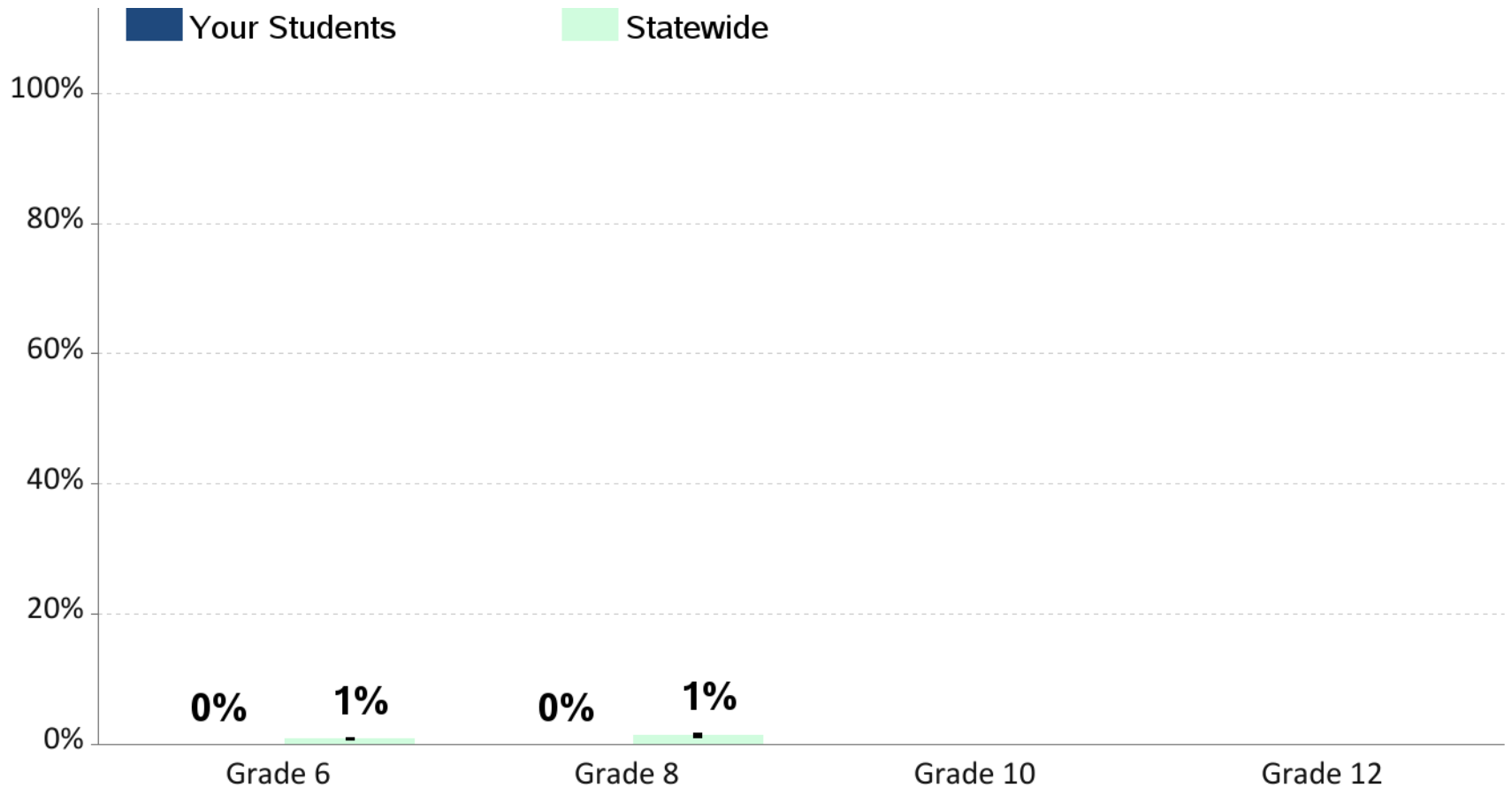
Cougar Mountain Middle School

(Issaquah School District)

- 177 (76%) of Grade 6 students
- 204 (88%) of Grade 8 students
- Not Reported: Grade 10 students
- Not Reported: Grade 12 students

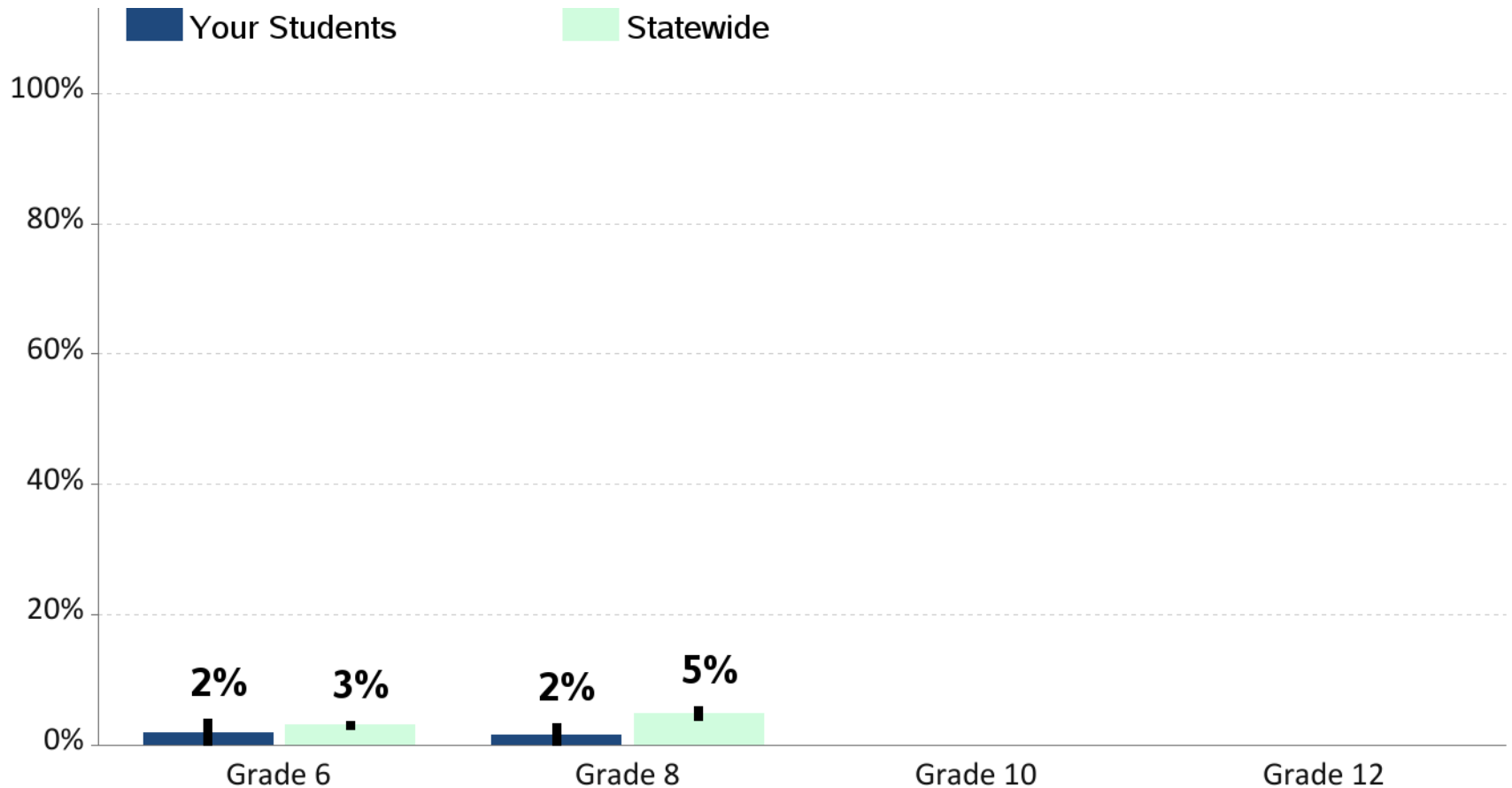
Current Cigarette Smoking

Percent of students who report smoking cigarettes
in the past 30 days



Current E-Cigarette Smoking or Vaping

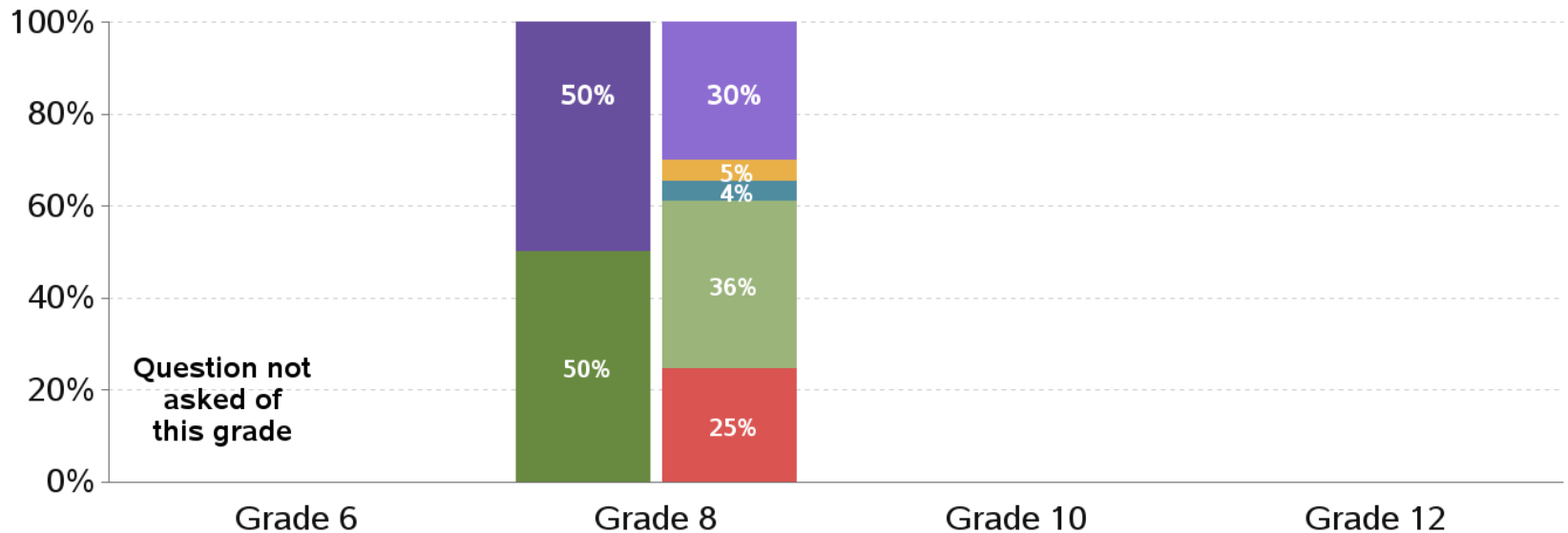
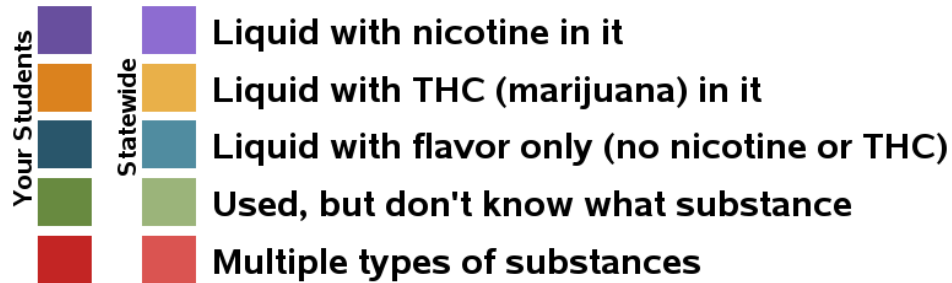
Percent of students who report using an electronic cigarette, e-cig, JUUL, or vape pen in the past 30 days



Cougar Mountain Middle School (Issaquah School District)
- Source: 2021 Healthy Youth Survey

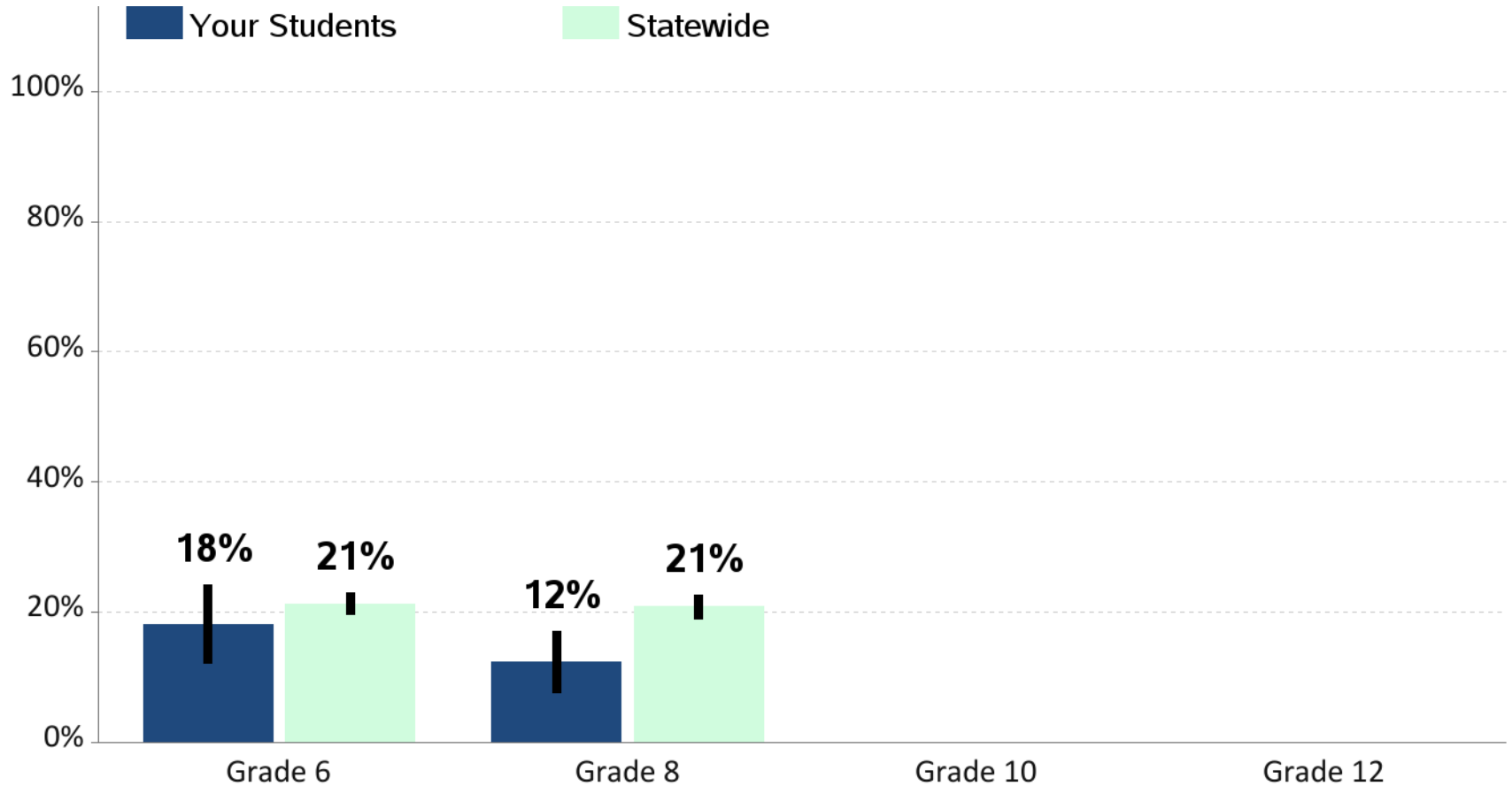
Type of Substance Used in E-Cigarette or Vaped in Past 30 Days

Percentages are of students who used e-cigarettes in the past 30 days



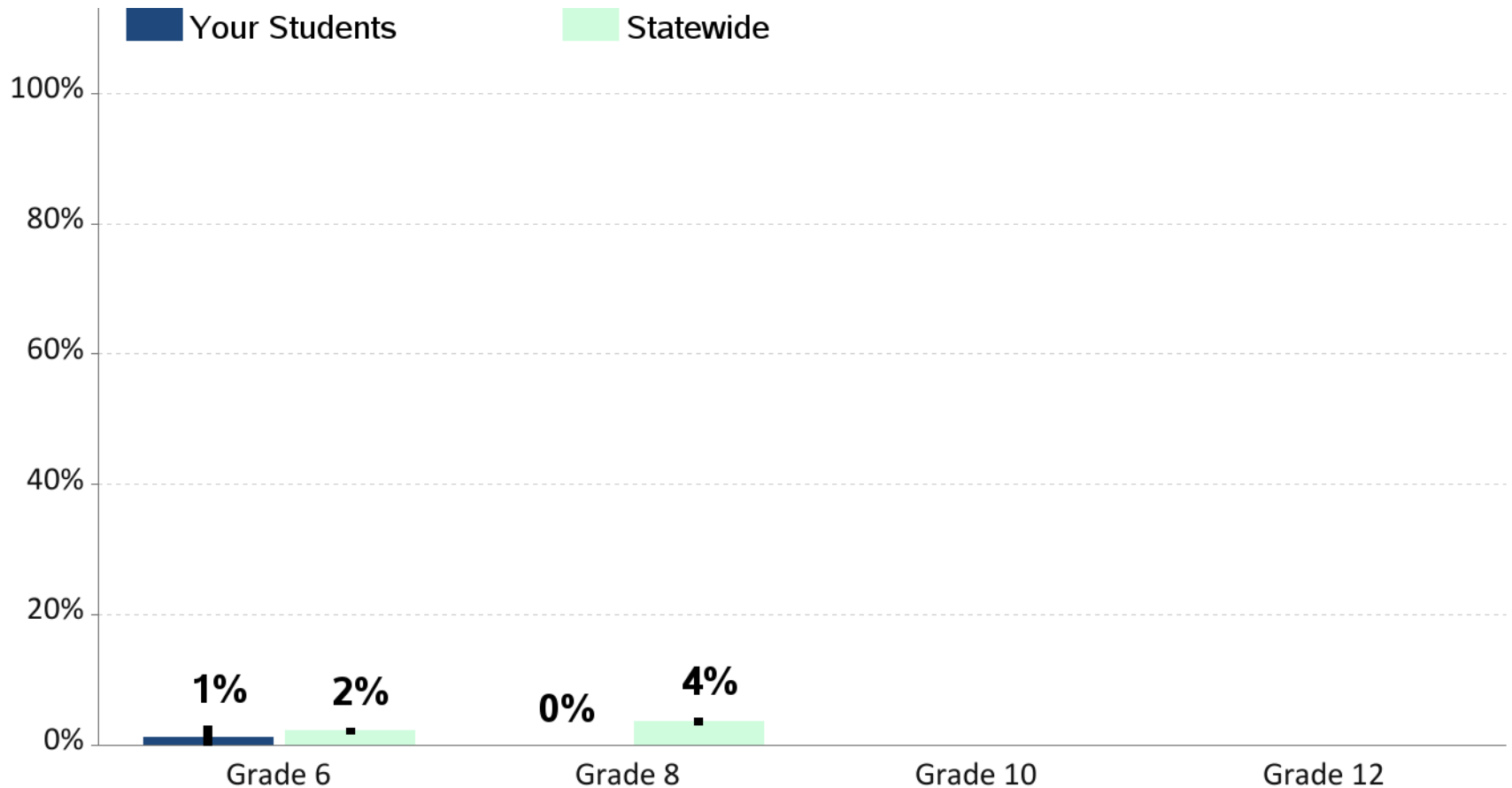
Lifetime Alcohol Use

Percent of students who report having ever drunk more than a sip of alcohol



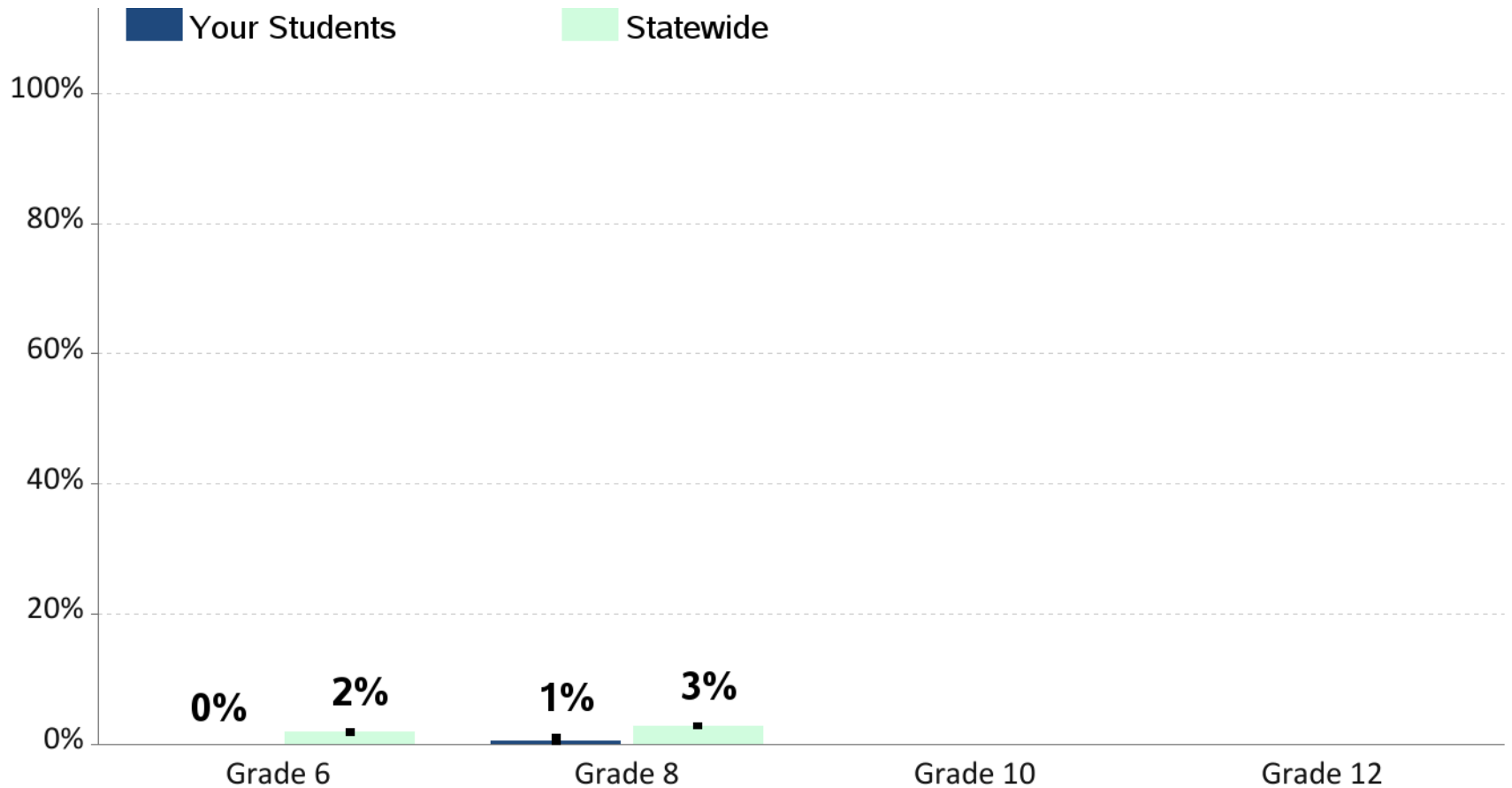
Current Alcohol Use

Percent of students who report having drunk a glass, can or bottle of alcohol in the past 30 days

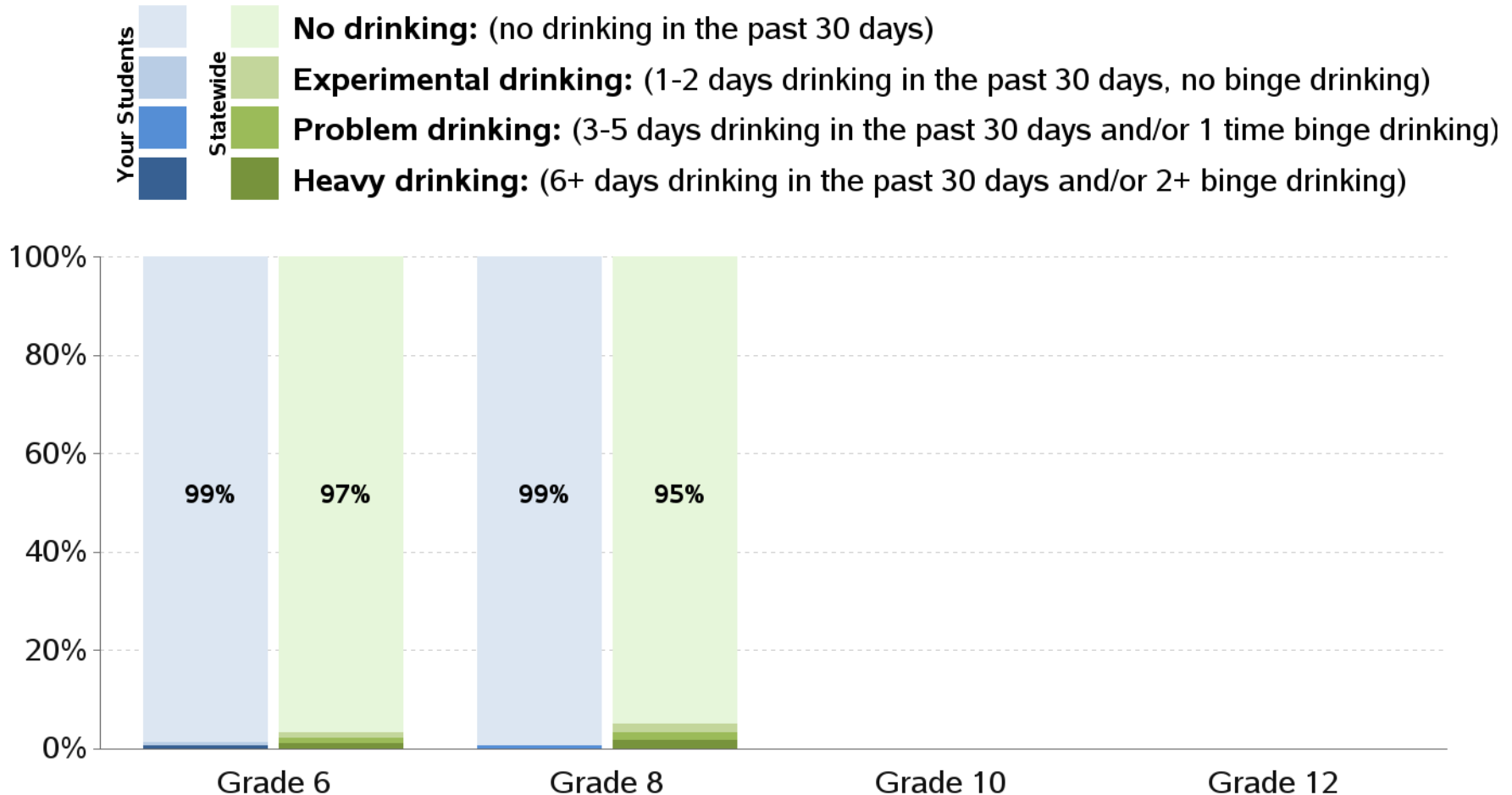


Current Binge Drinking

Percent of students who report having drunk 5 or more drinks
in a row in the past 2 weeks

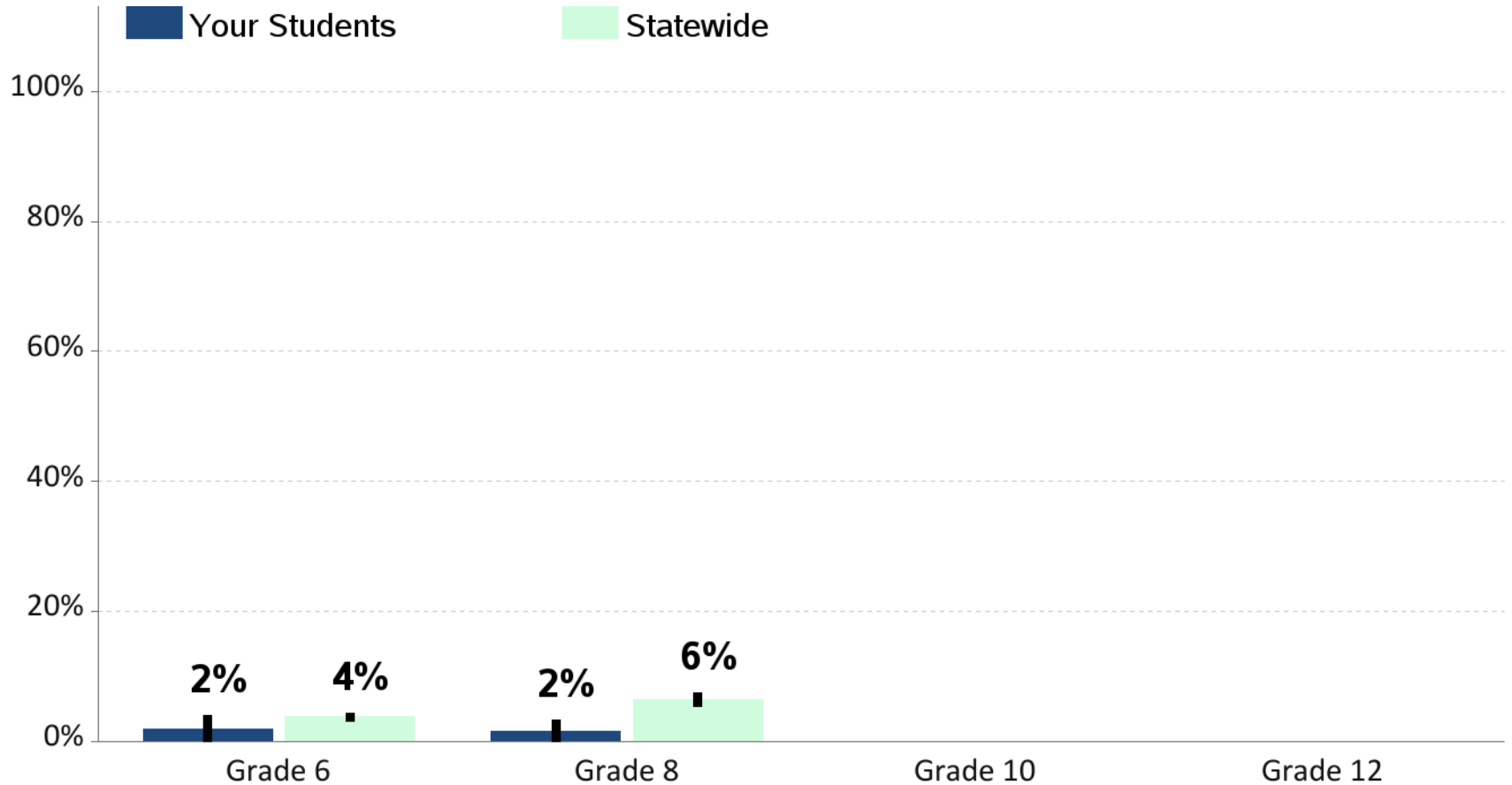


Levels of Alcohol Use



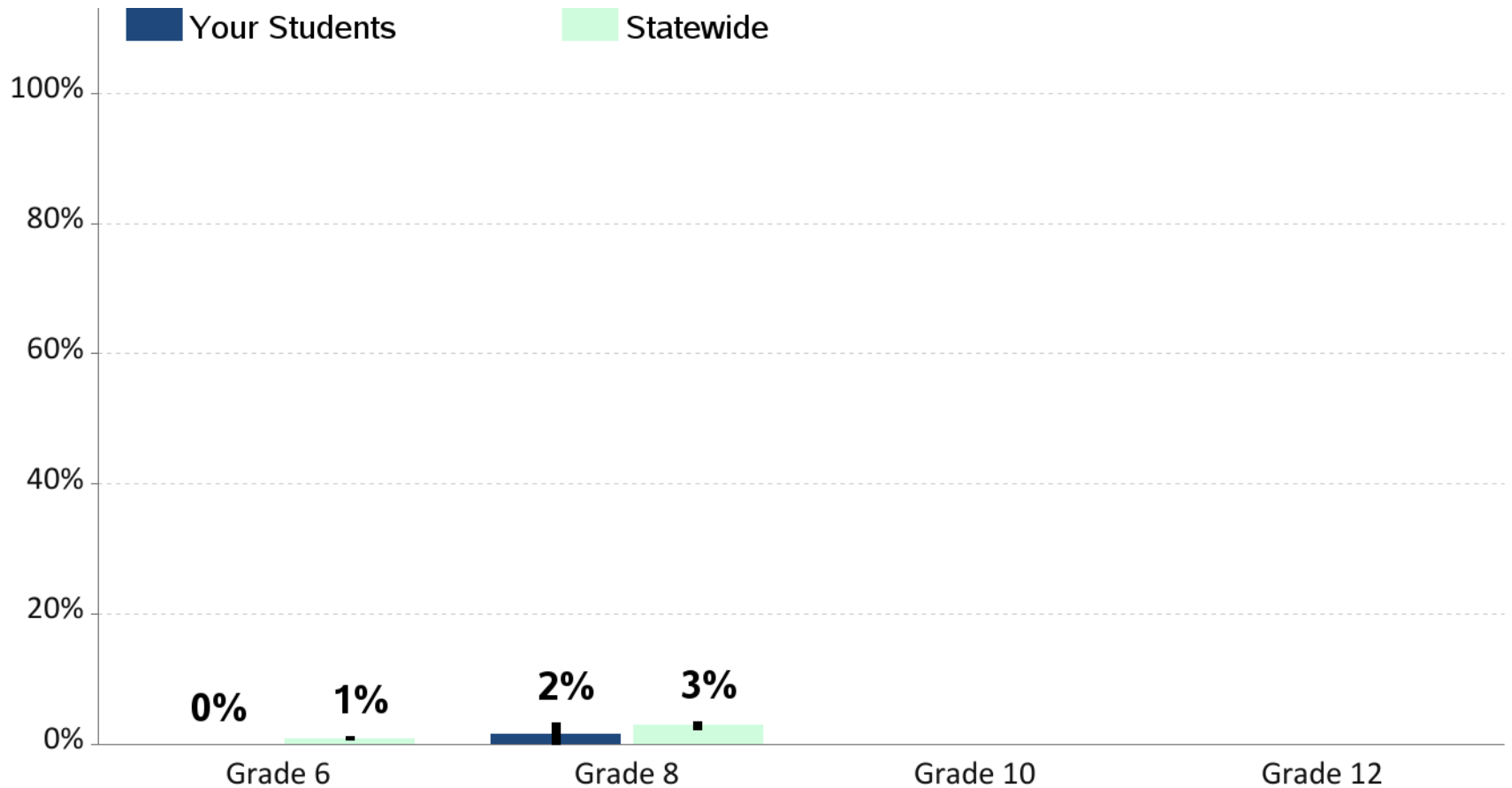
Lifetime Marijuana Use

Percent of students who report having ever used marijuana



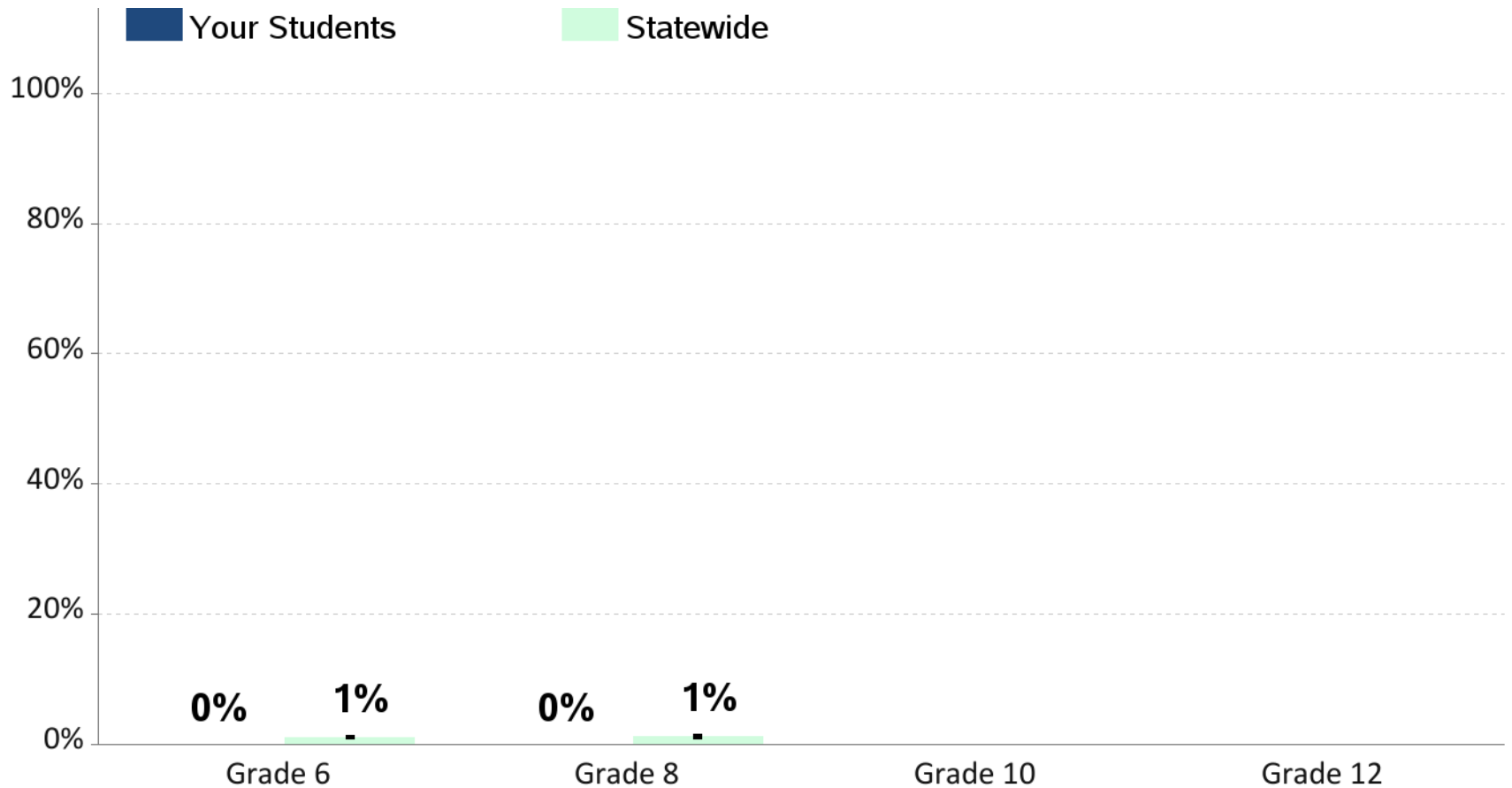
Current Marijuana Use

Percent of students who report using marijuana
in the past 30 days



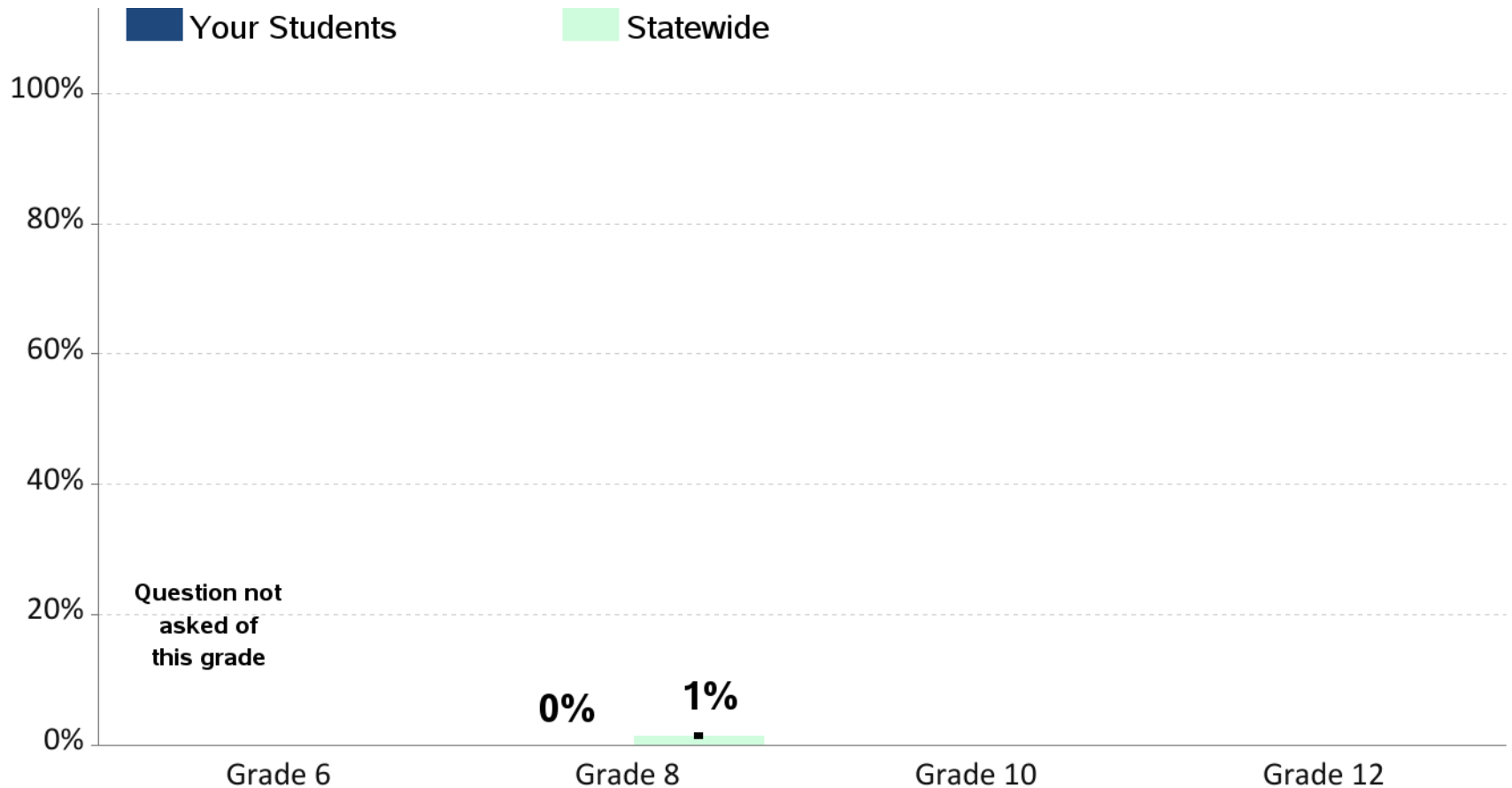
Current Illegal Drug Use

Percent of students who report using illegal drugs
in the past 30 days (not including alcohol, tobacco or marijuana)



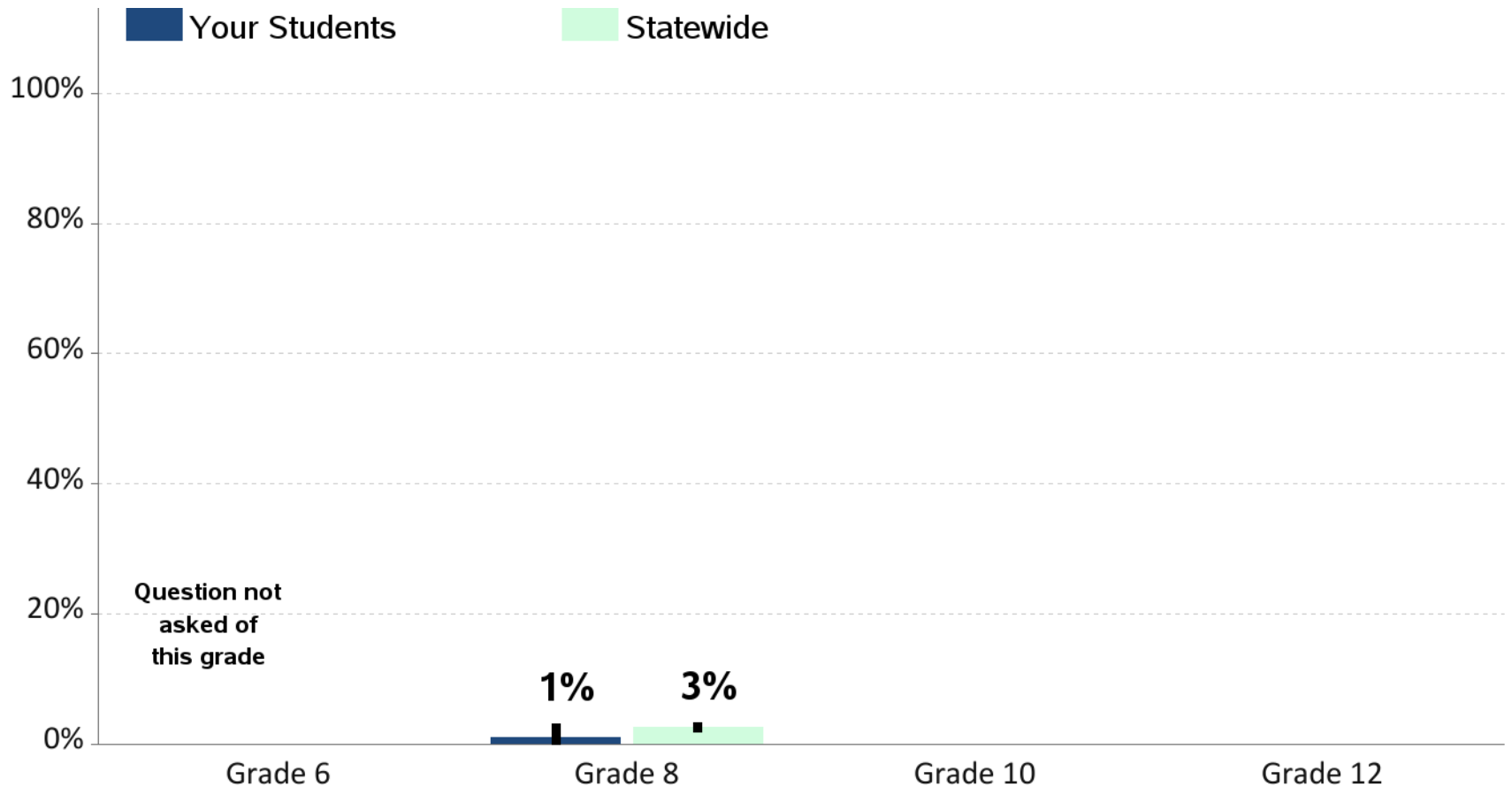
Current Prescription Drug Use

Percent of students who report using prescription drugs
not prescribed to them in the past 30 days



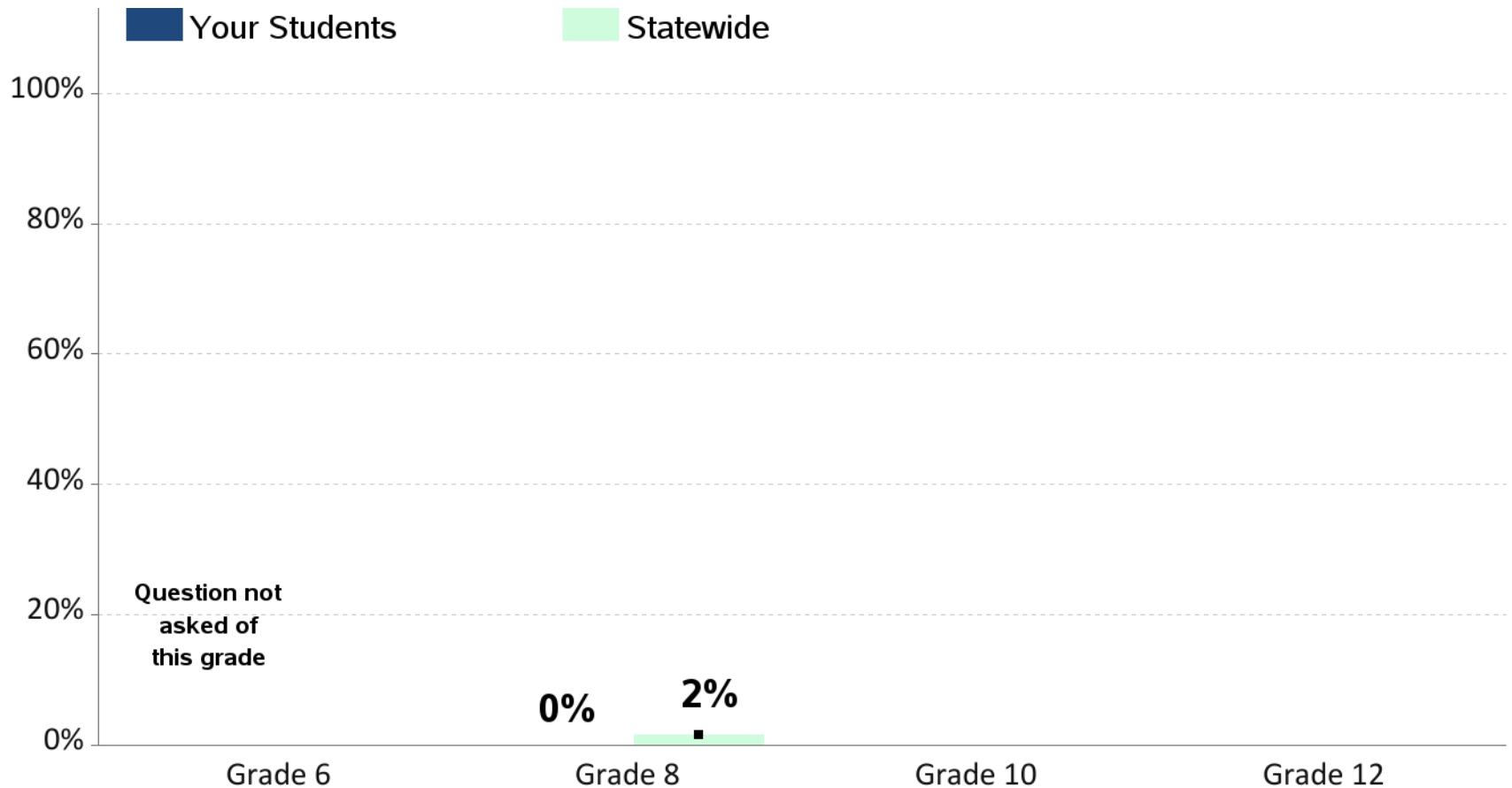
Current Over-the-Counter Drug Use

Percent of students who report using over-the-counter drugs, like cough syrup or cold medicine for non-medical purposes in the past 30 days



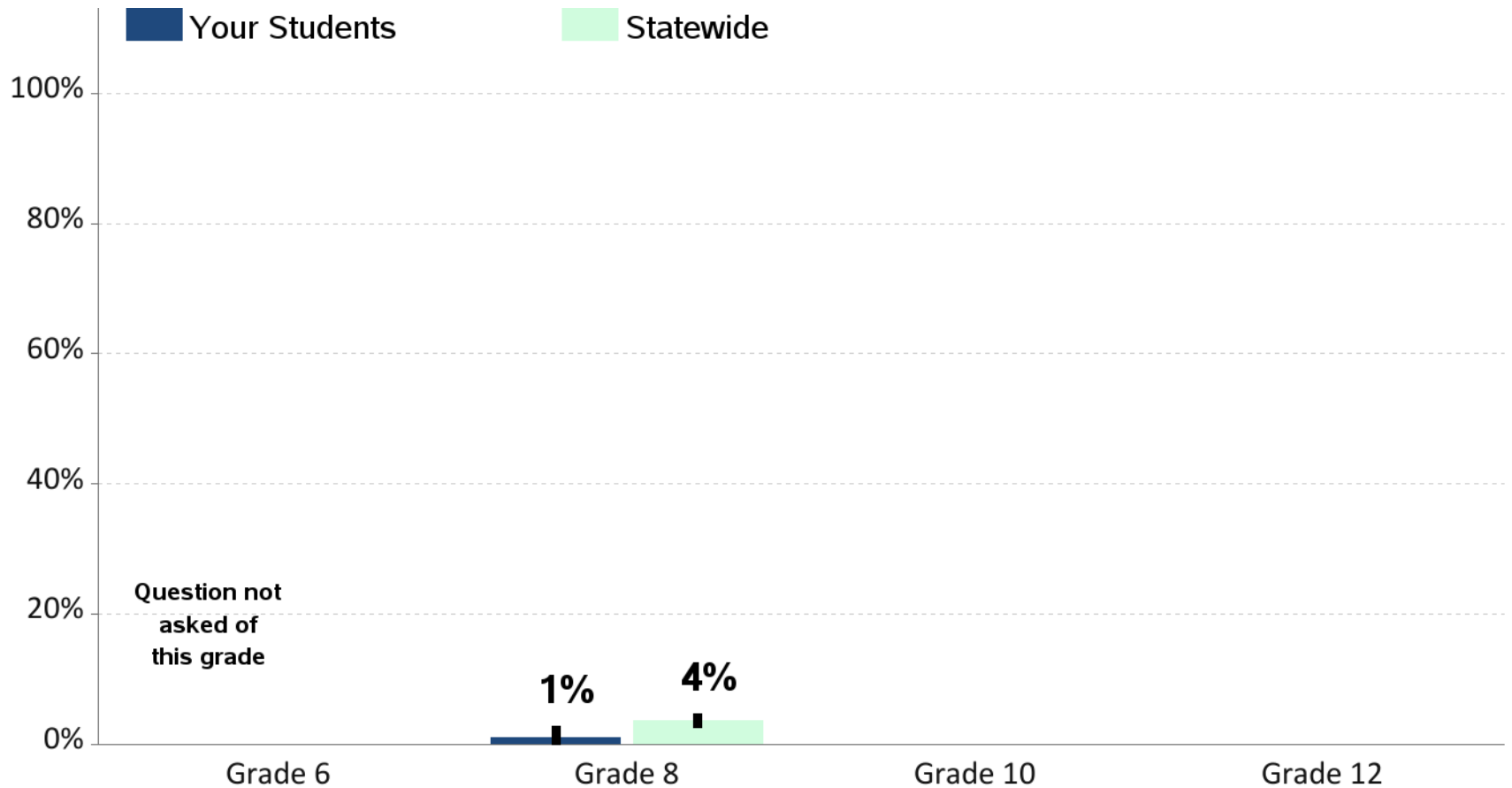
Alcohol Drinking while Using Marijuana

Percent of students who report drinking alcohol at the same time they were using marijuana in the past 30 days



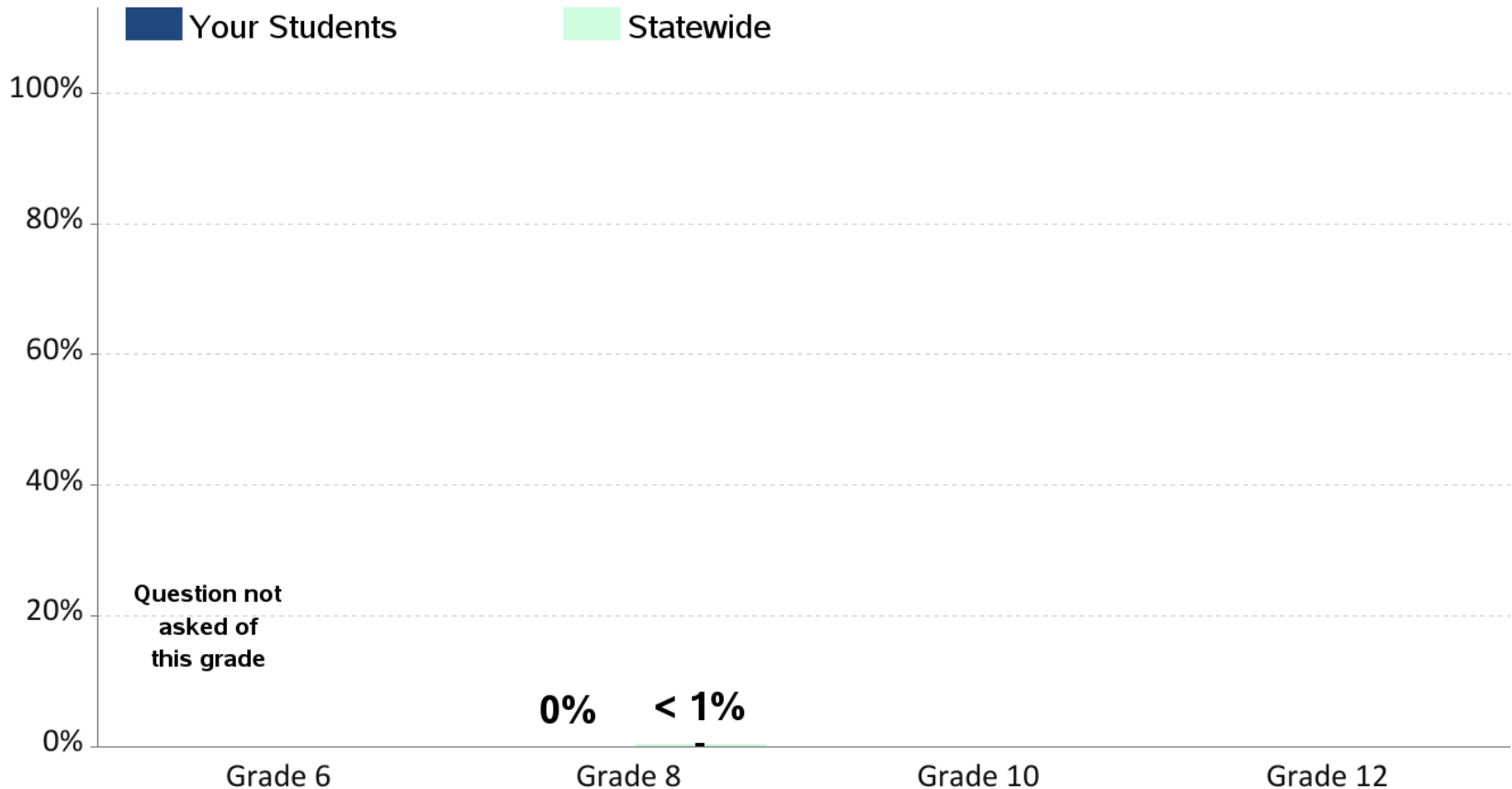
Substance Use at School

Percent of students who report being drunk or high while participating in school in the past year



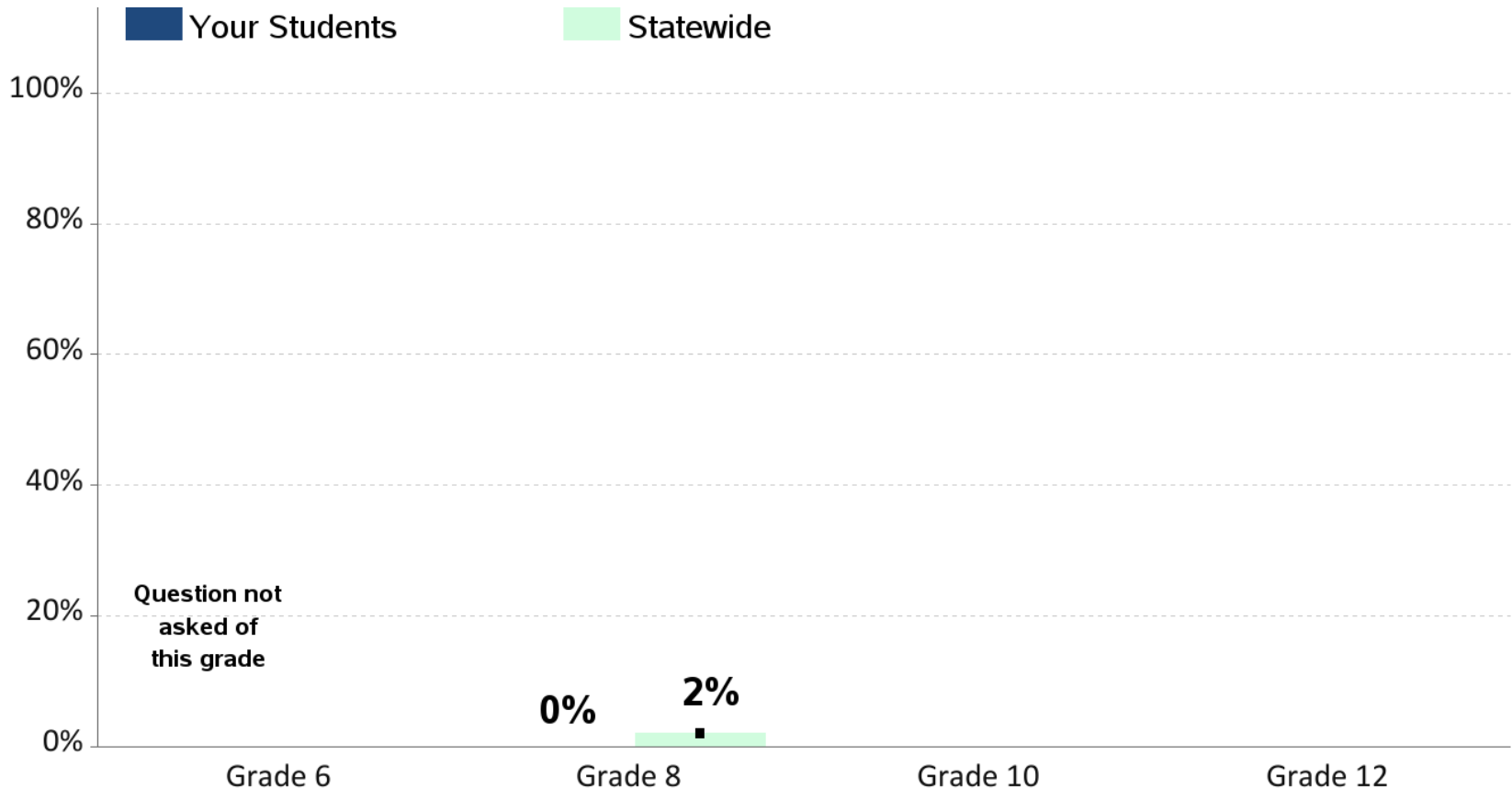
Tobacco Use on School Property

Percent of students who report using cigarettes, cigars, or chew/dip
on school property in the past 30 days
(among those on school property in the past 30 days)



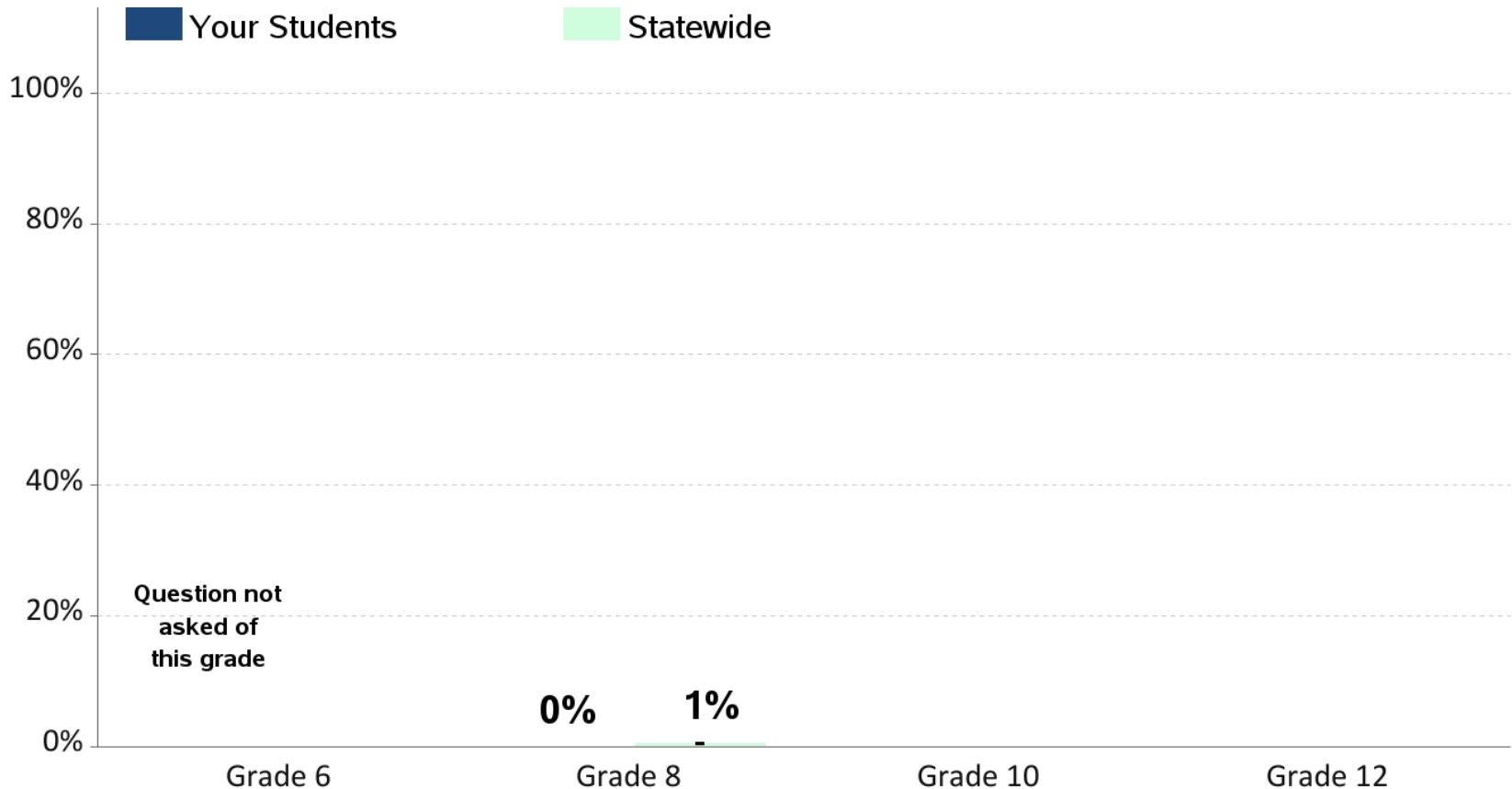
E-Cigarette Use on School Property

Percent of students who report using an electronic cigarette, e-cig, JUUL, or vape pen on school property in the past 30 days
(among those on school property in the past 30 days)



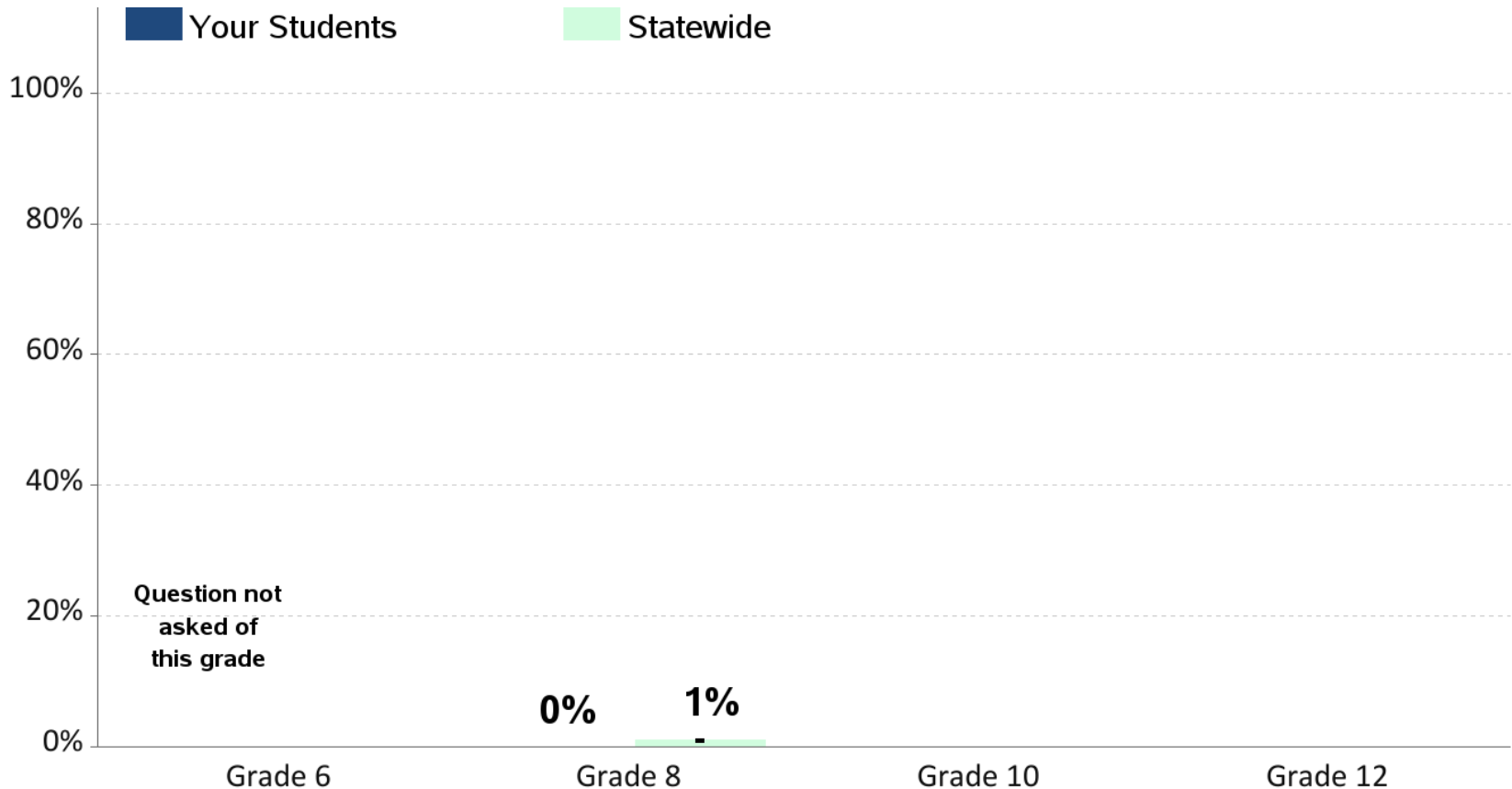
Alcohol Use on School Property

Percent of students who report having at least one drink of alcohol
on school property in the past 30 days
(among those on school property in the past 30 days)



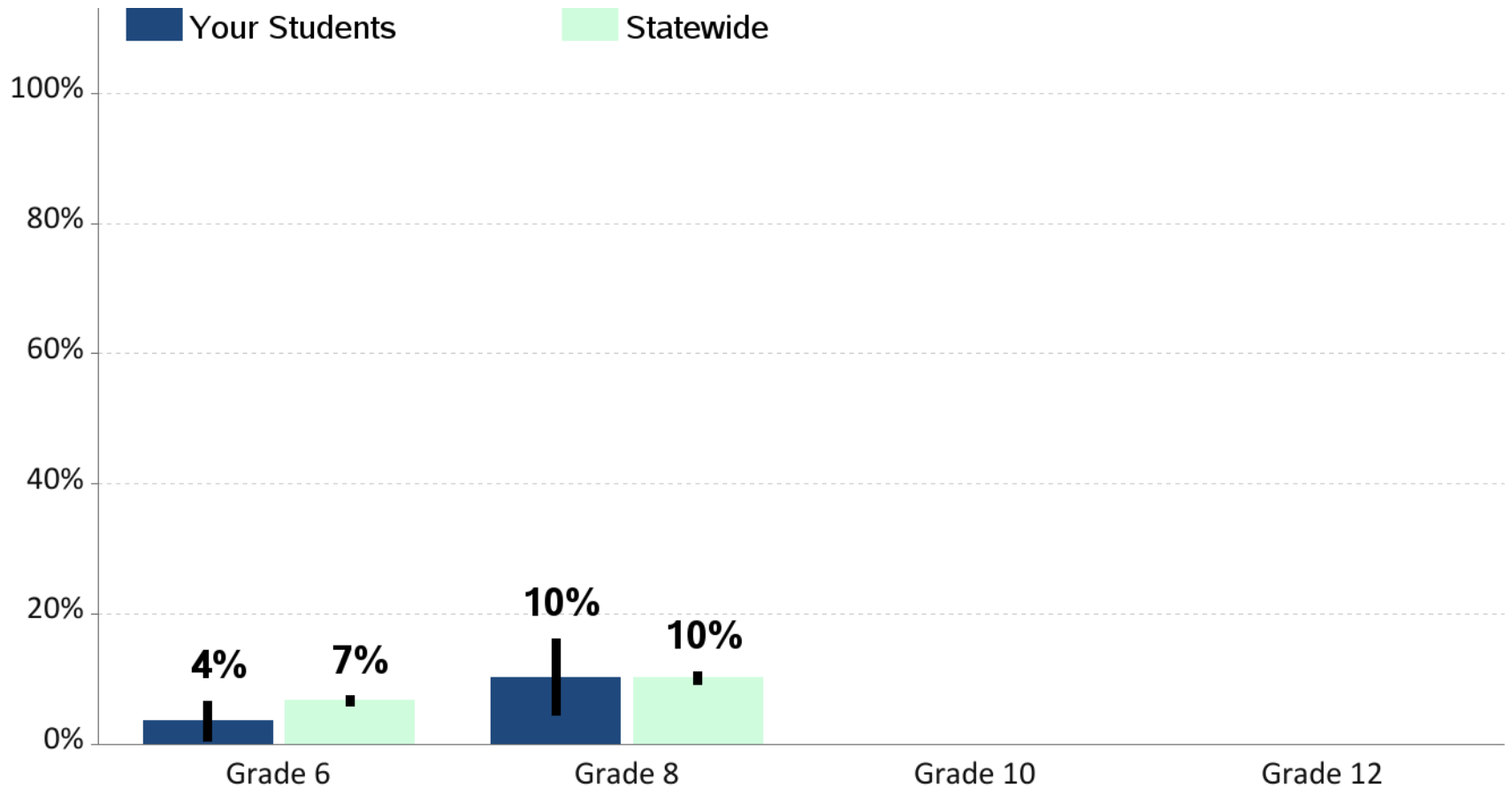
Marijuana Use on School Property

Percent of students who report using marijuana
on school property in the past 30 days
(among those on school property in the past 30 days)



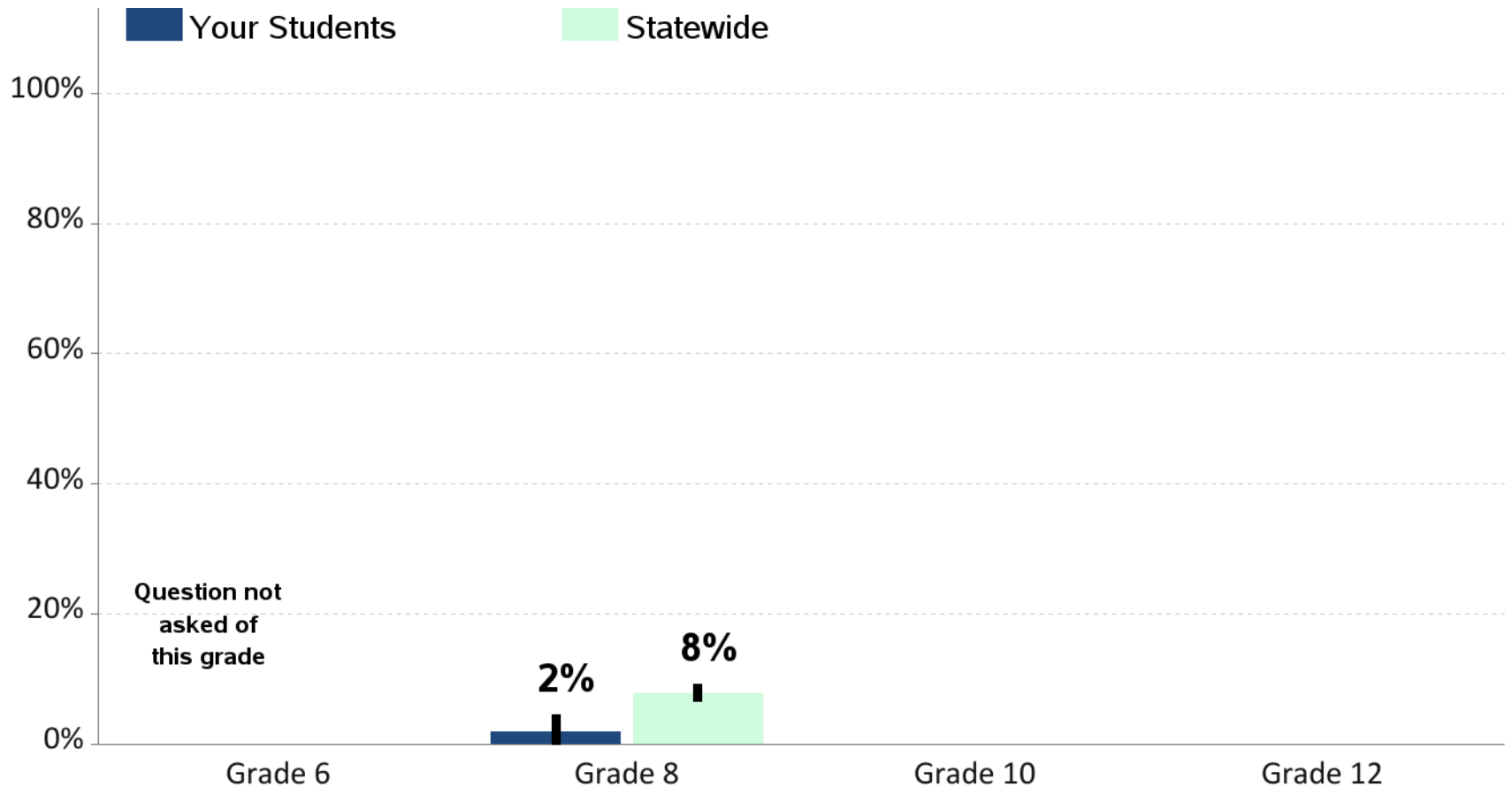
Riding with a Drinking Driver

Percent of students who report having ridden in the past 30 days
with a driver who had been drinking alcohol



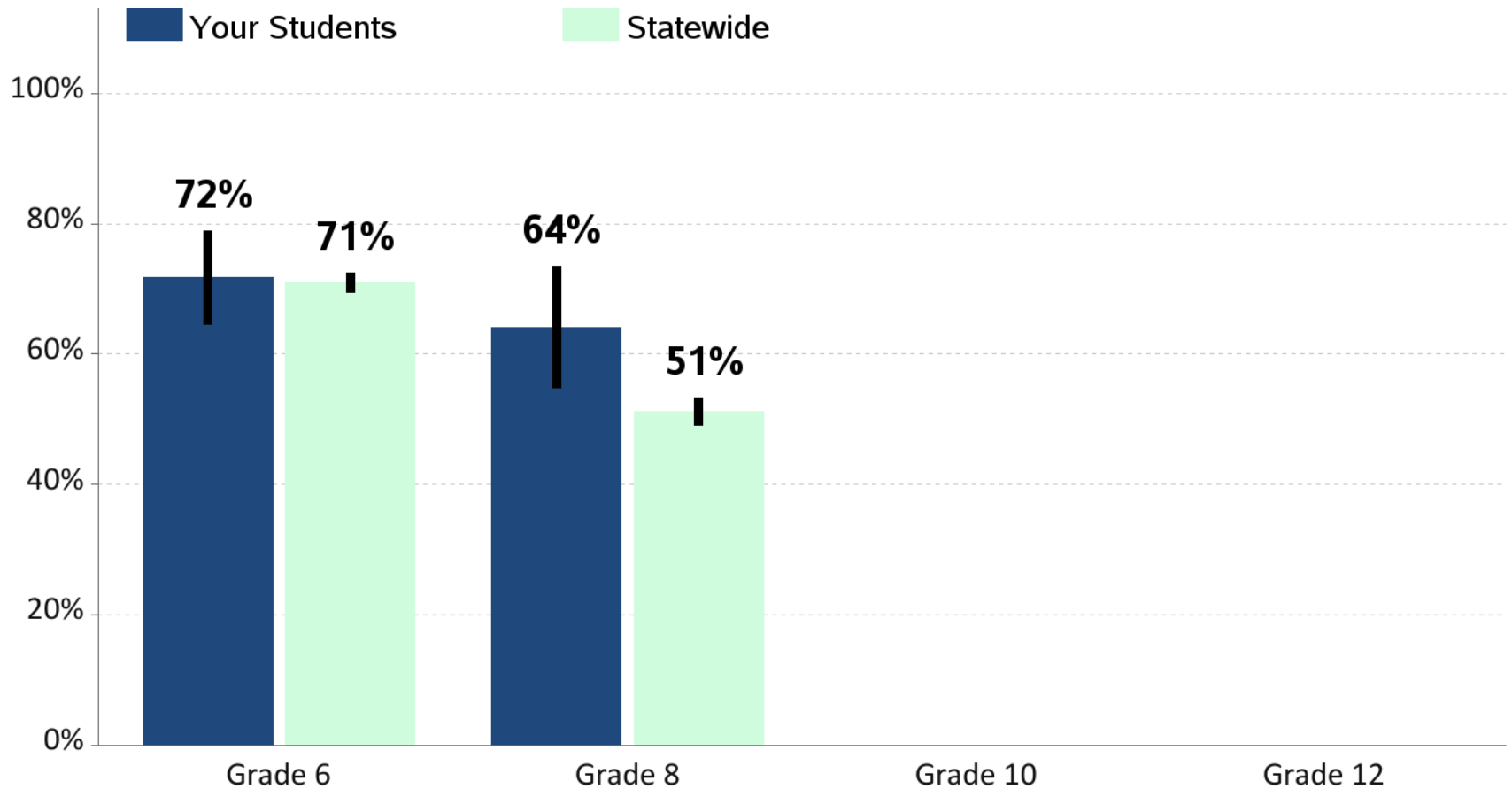
Riding With a Recent Marijuana User

Percent of students who report having ridden in the past 30 days
with a driver who had been using marijuana



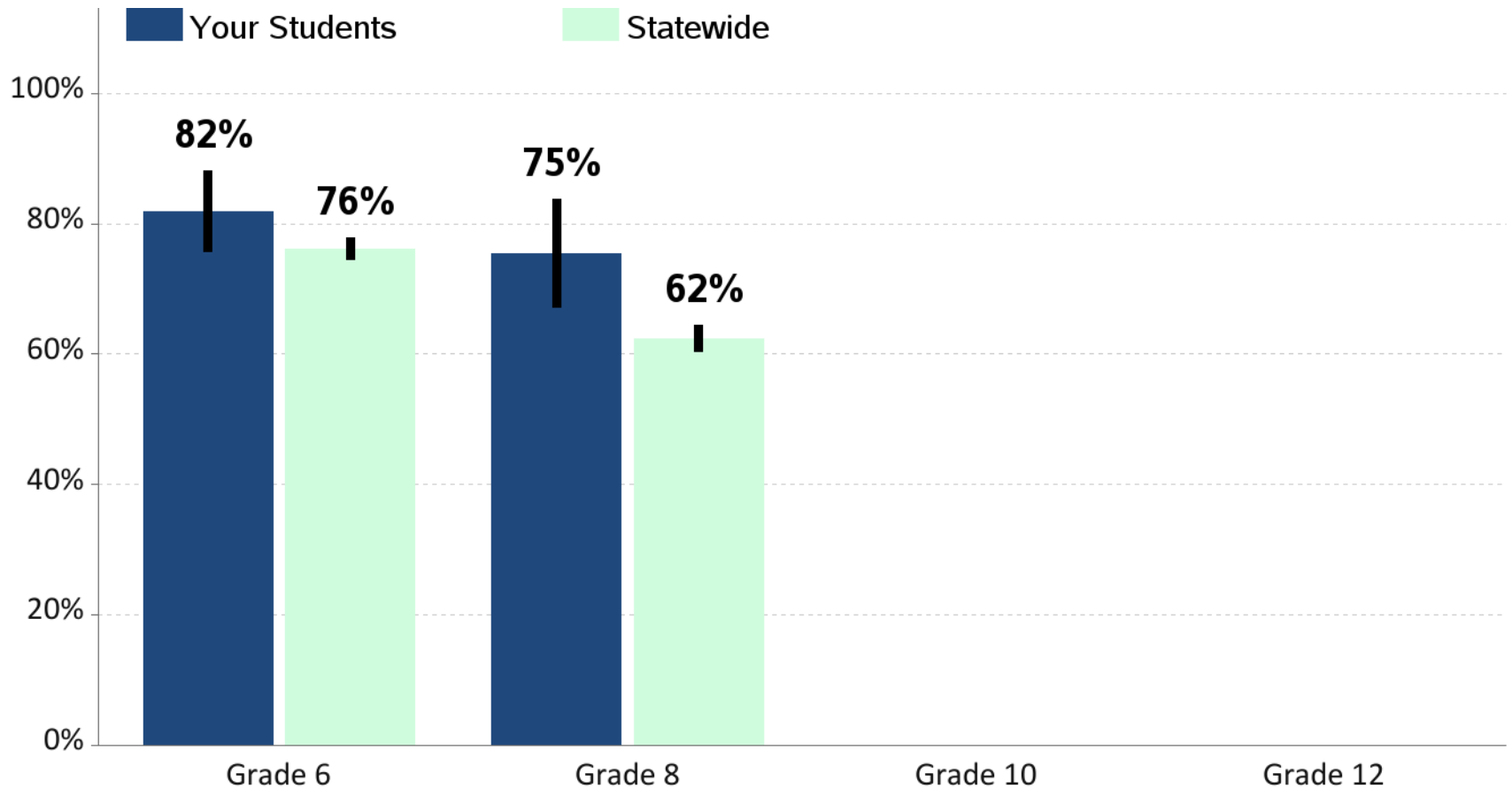
Perceived Availability of Alcohol

Percent of students who report alcohol would be "very hard" to get



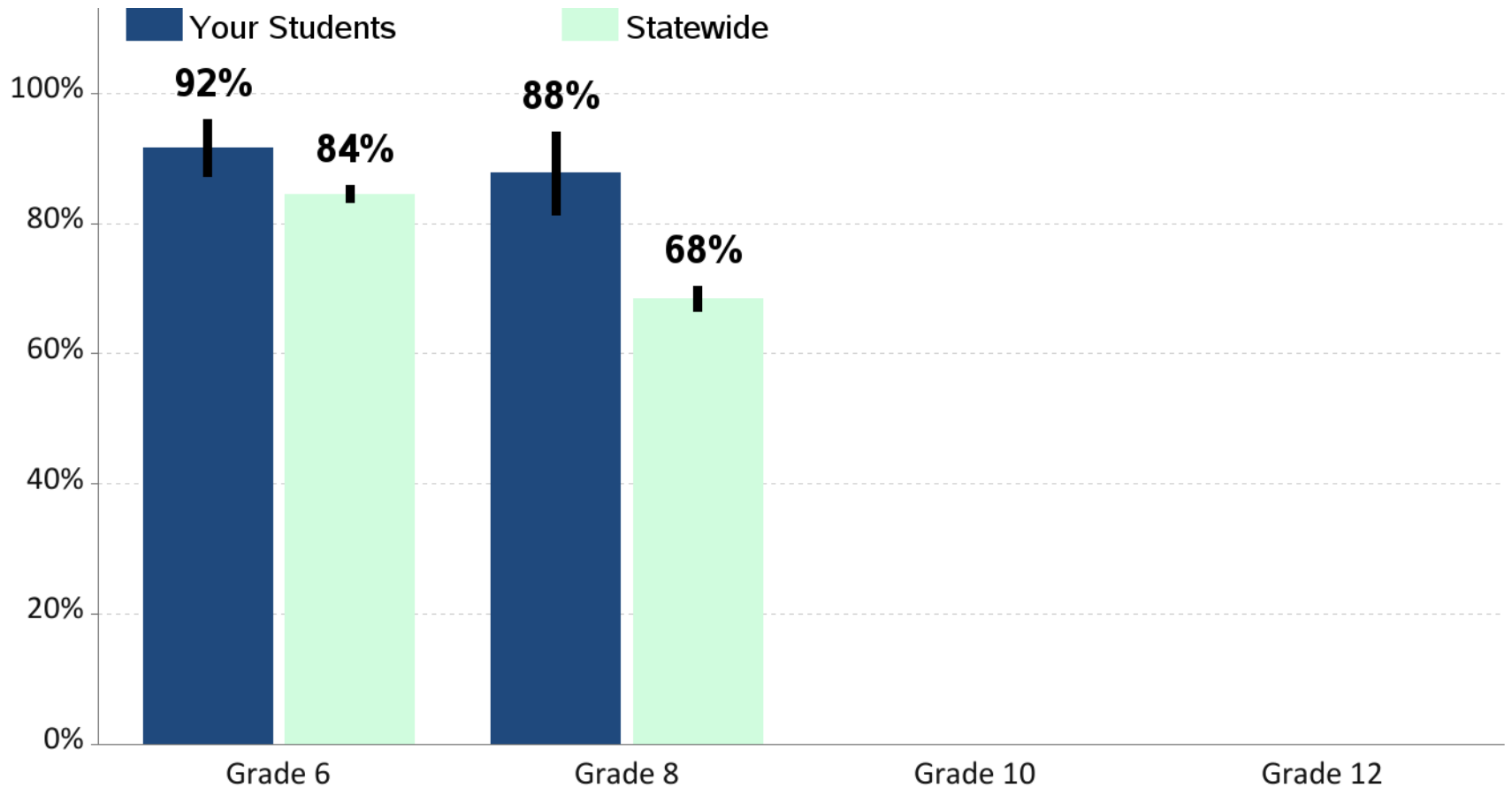
Perceived Availability of Cigarettes

Percent of students who report cigarettes would be "very hard" to get



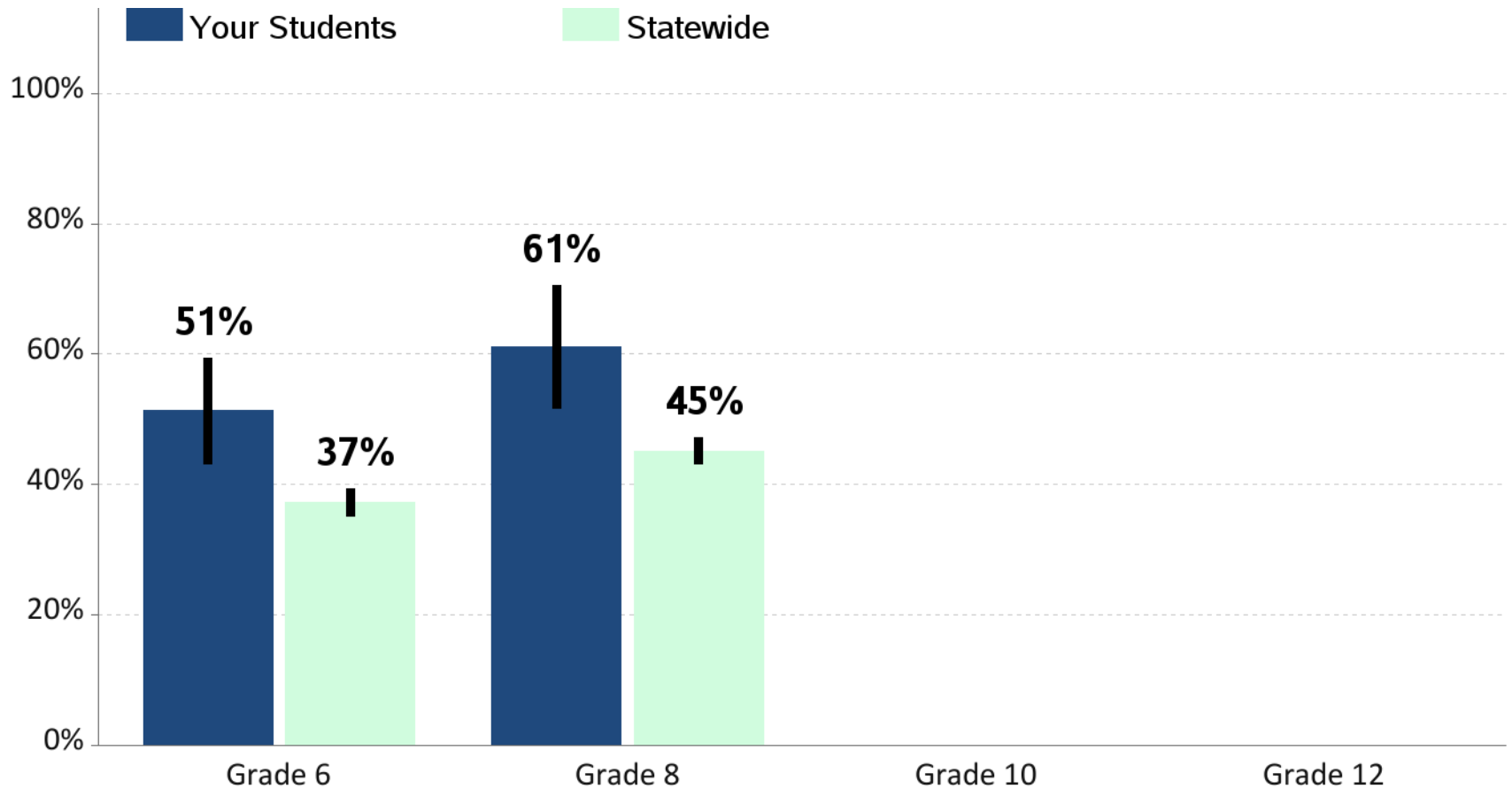
Perceived Availability of Marijuana

Percent of students who report marijuana would be "very hard" to get



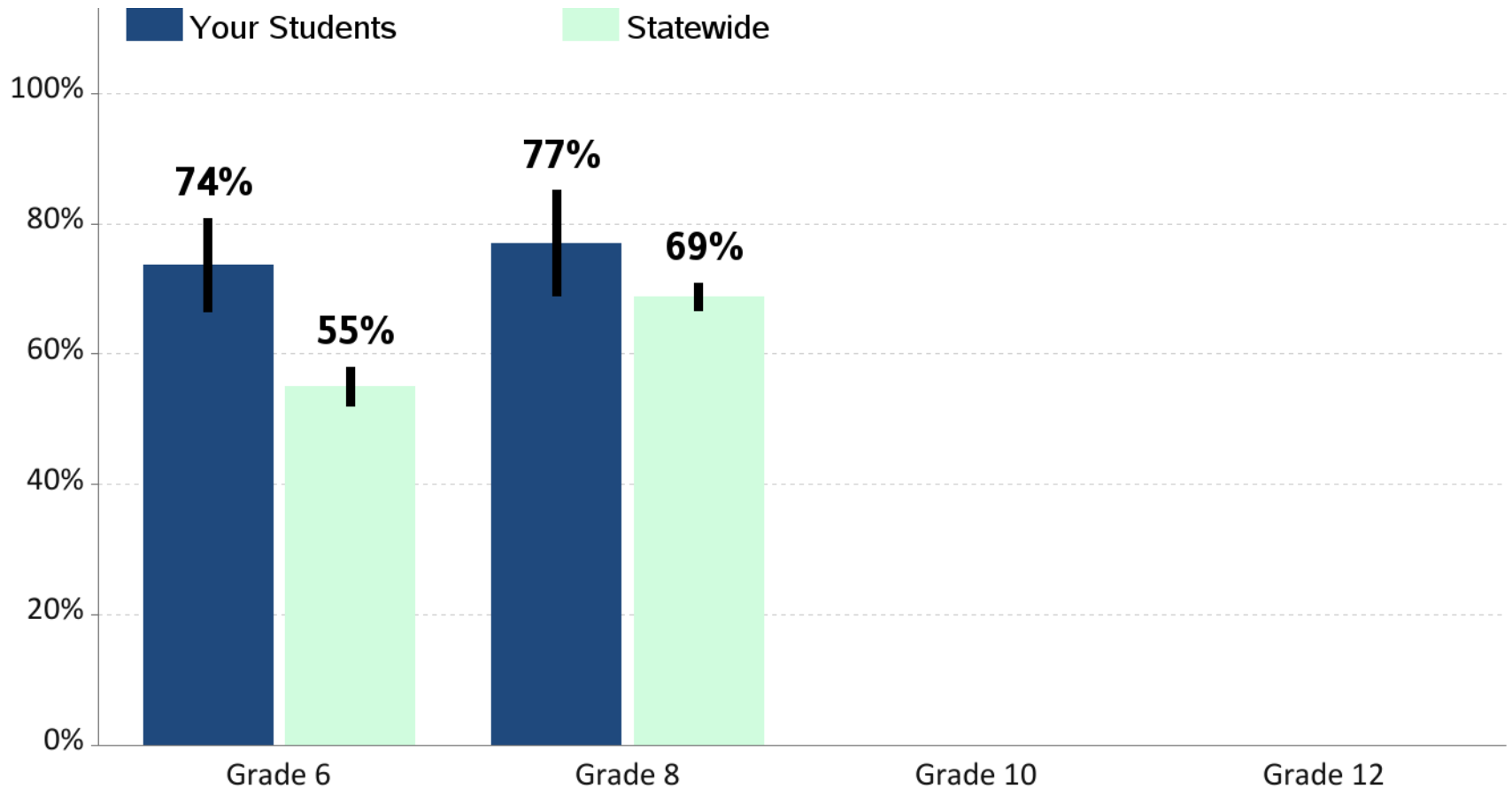
Perceived Risk of Regular Alcohol Use

Percent of students who report "great risk" of harm from drinking alcohol daily



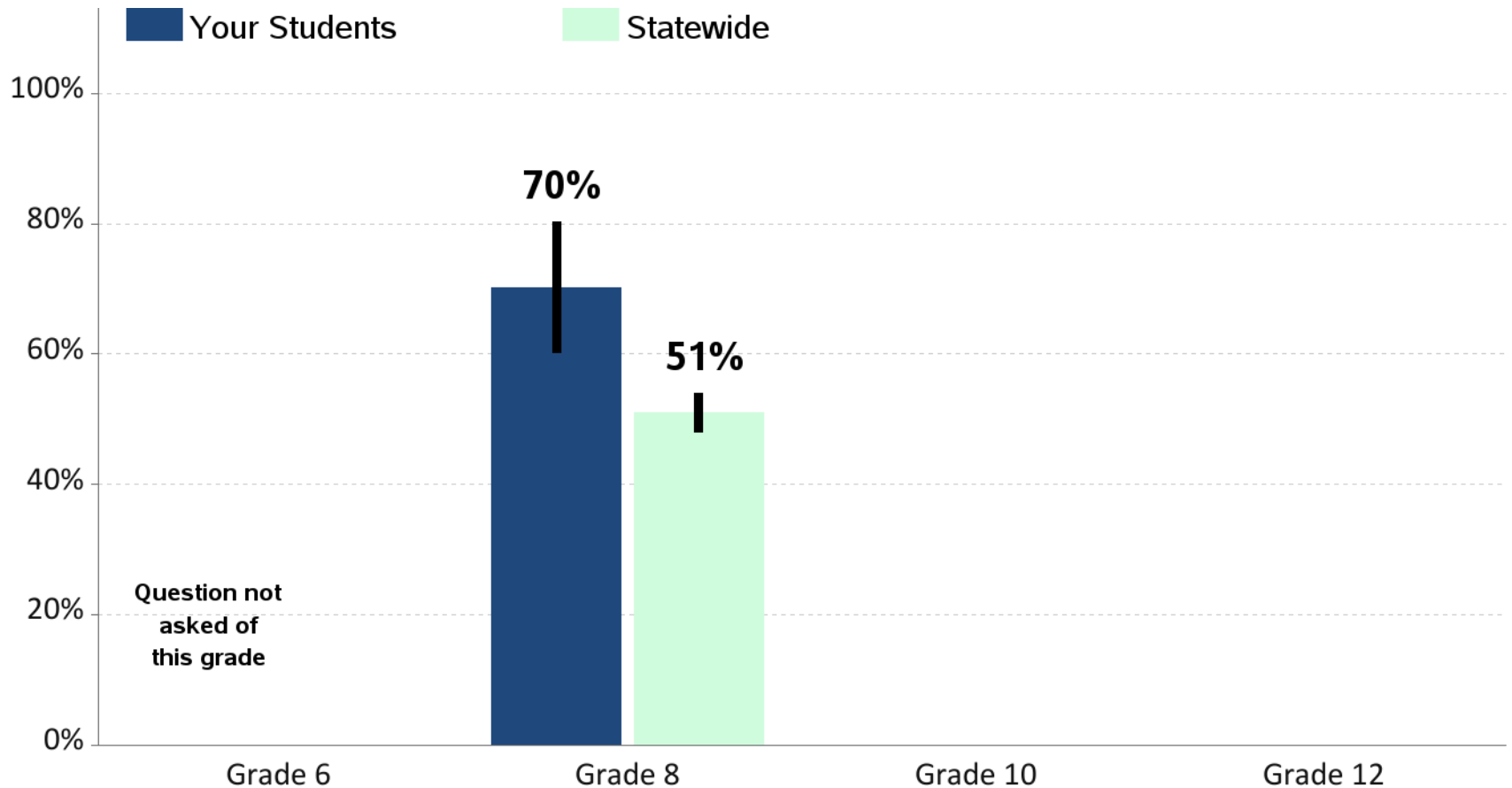
Perceived Risk of Regular Cigarette Smoking

Percent of students who report "great risk" of harm
from smoking a pack or more a day



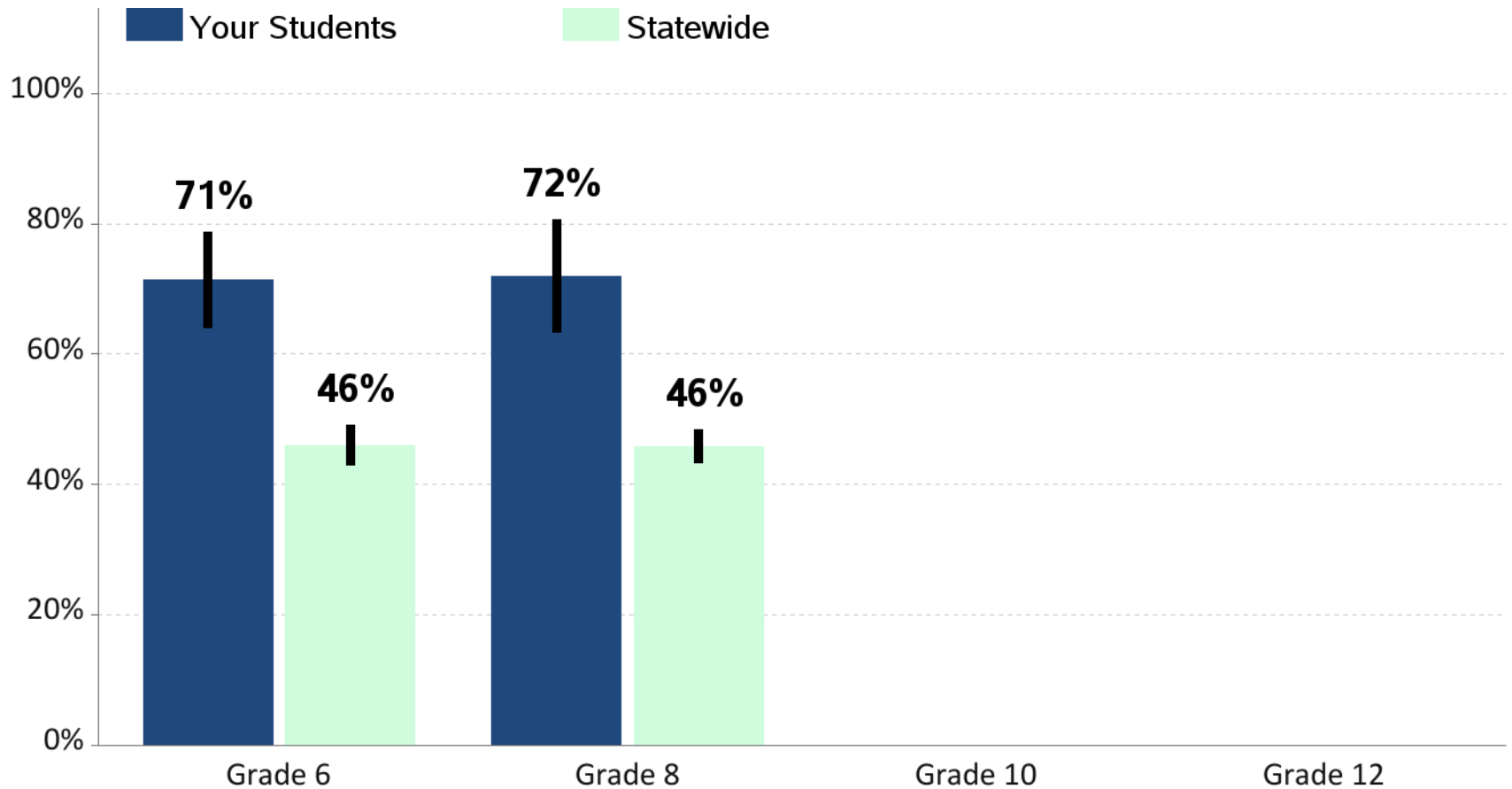
Perceived Risk of E-Cigarette Smoking or Vaping

Percent of students who report "great risk" of harm from using e-cigarette, JUUL, or vape pen regularly (almost daily)



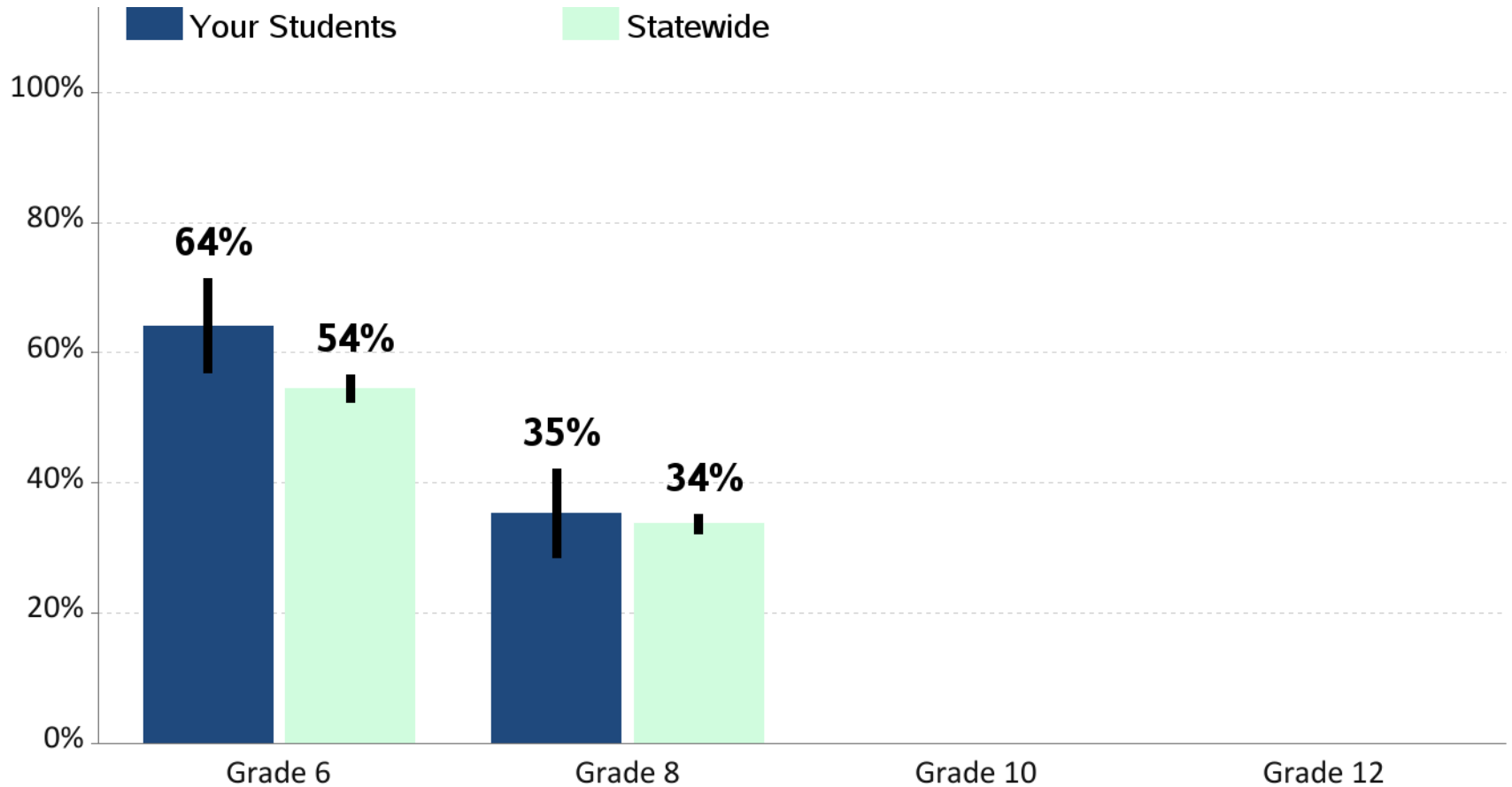
Perceived Risk of Regular Marijuana Use

Percent of students who report "great risk" of harm from using marijuana at least once or twice a week



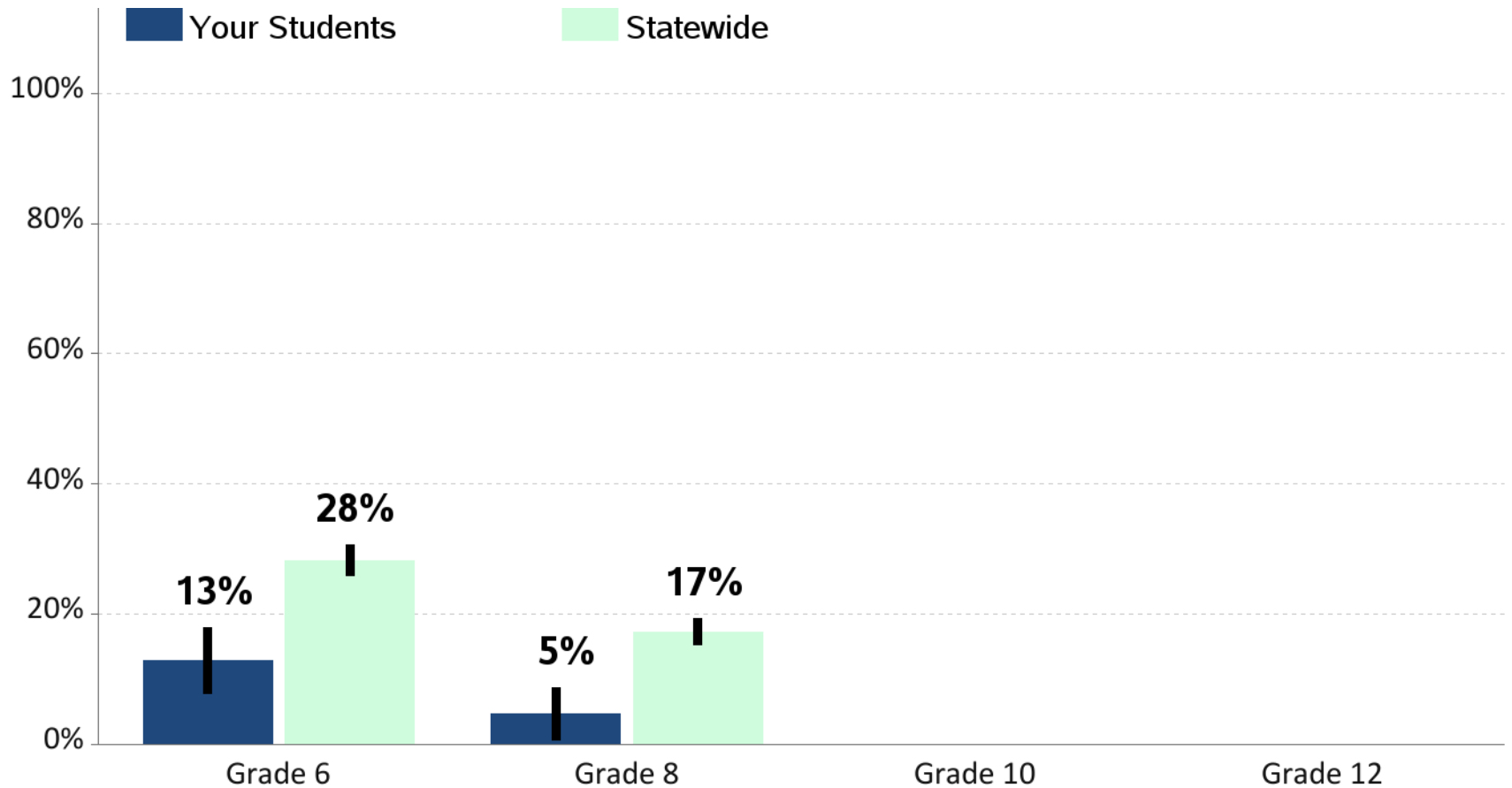
Enjoyment of School

Percent of students who report "often" or "almost always" enjoying school in the past year



Skipping School

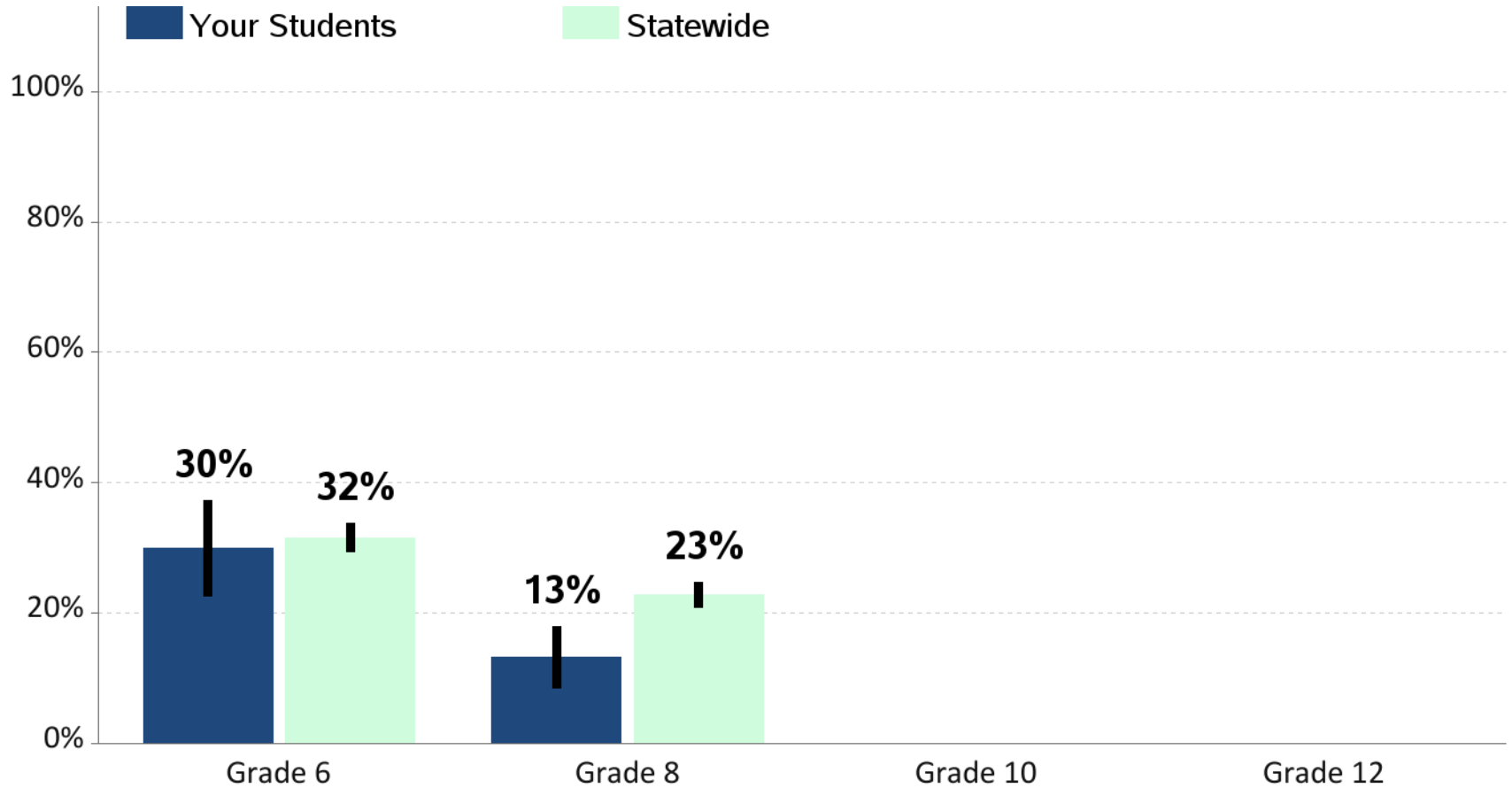
Percent of students who report skipping
1 or more whole days of school in the past 4 weeks



Bullying

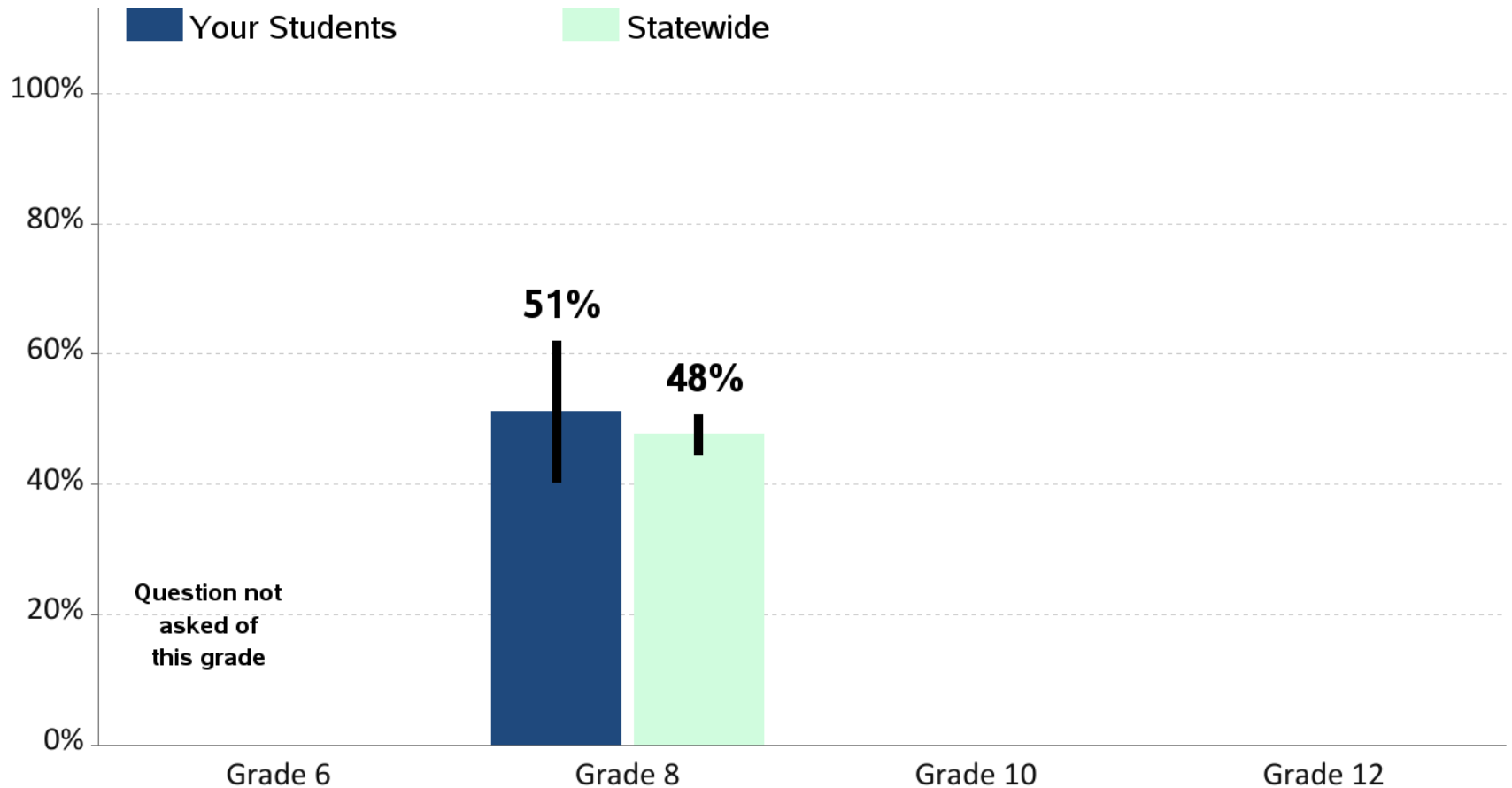
Percent of students who report being bullied in the past 30 days

Bullying is when one or more students threaten, spread rumors about, hit, shove, or otherwise hurt another student over and over again.



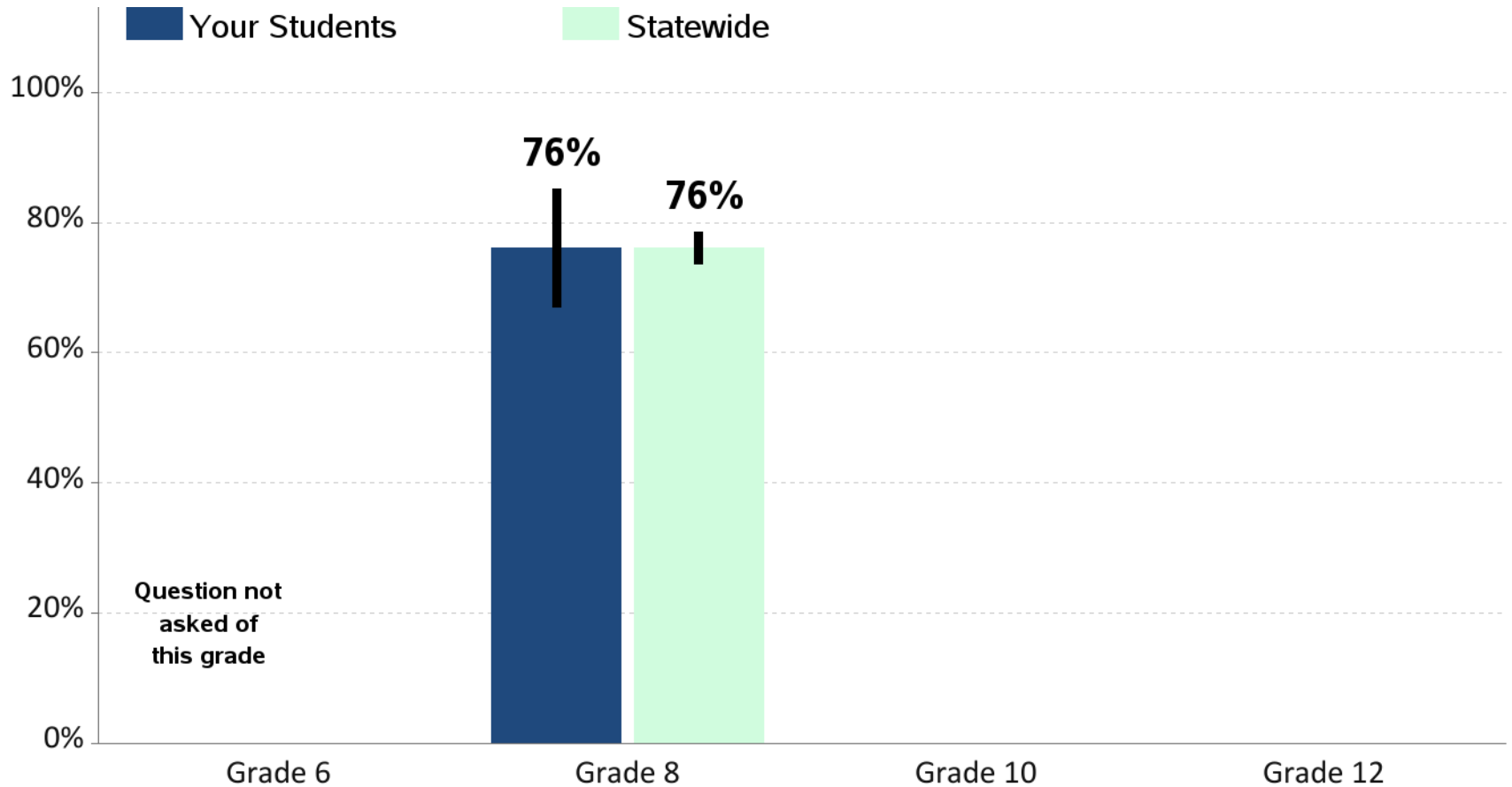
School Tries to Stop Bullying

Percent of students who report teachers or other adults from school
"almost always" or "often" try to stop bullying



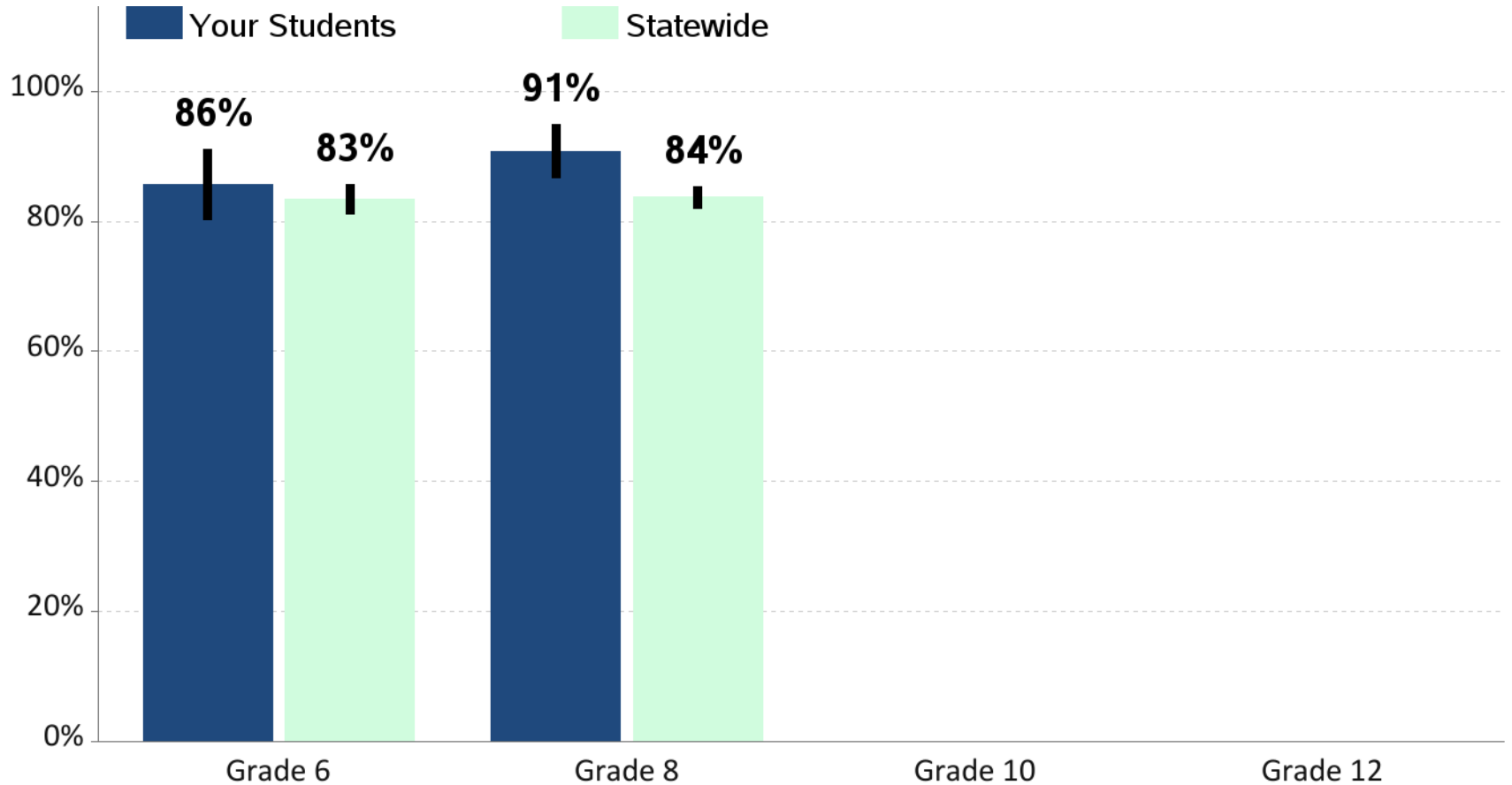
Students Know How to Report Bullying

Percent of students who report they know how to report bullying during school



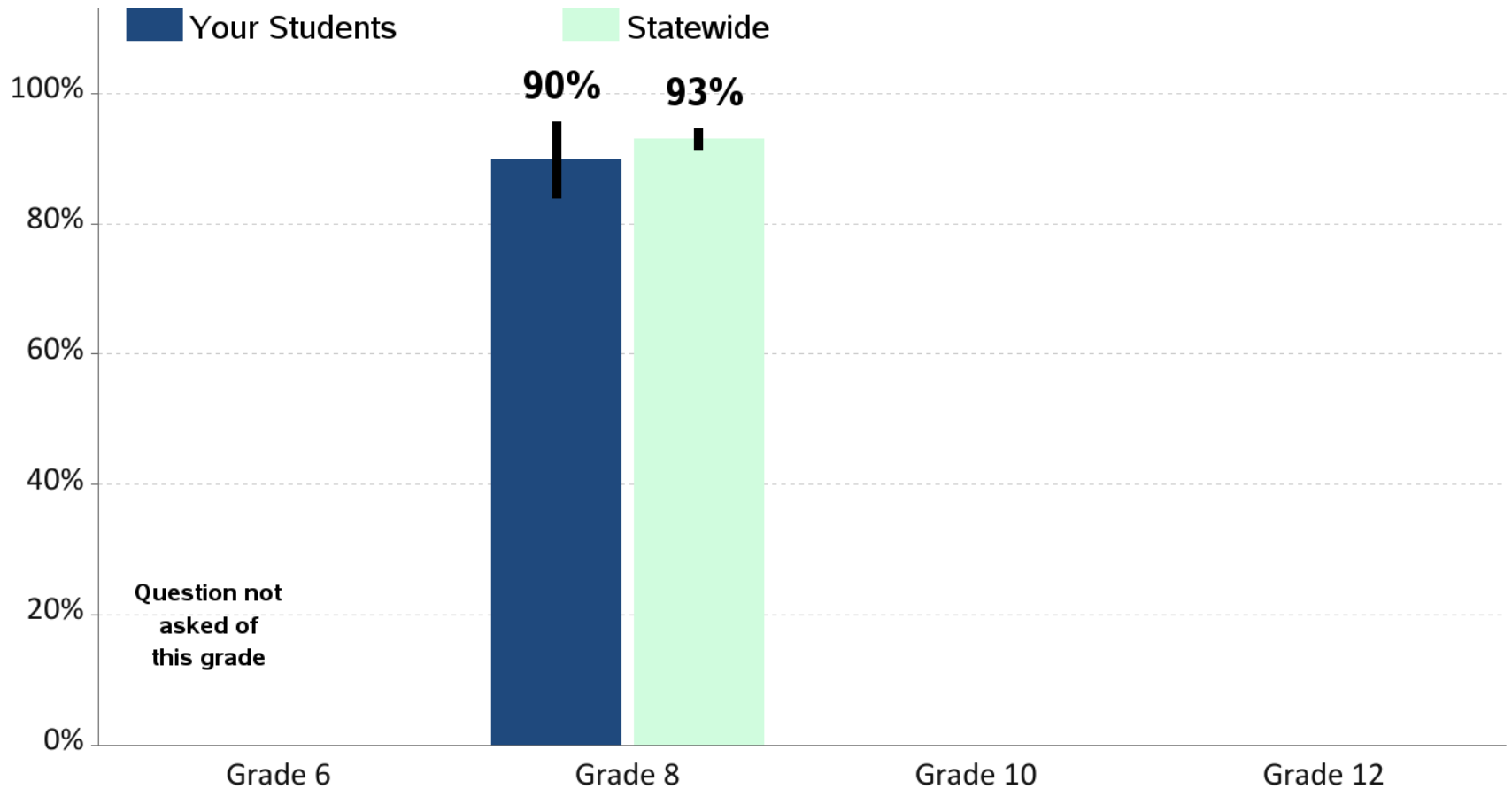
Feeling Safe During School

Percent of students who report that they feel safe during school



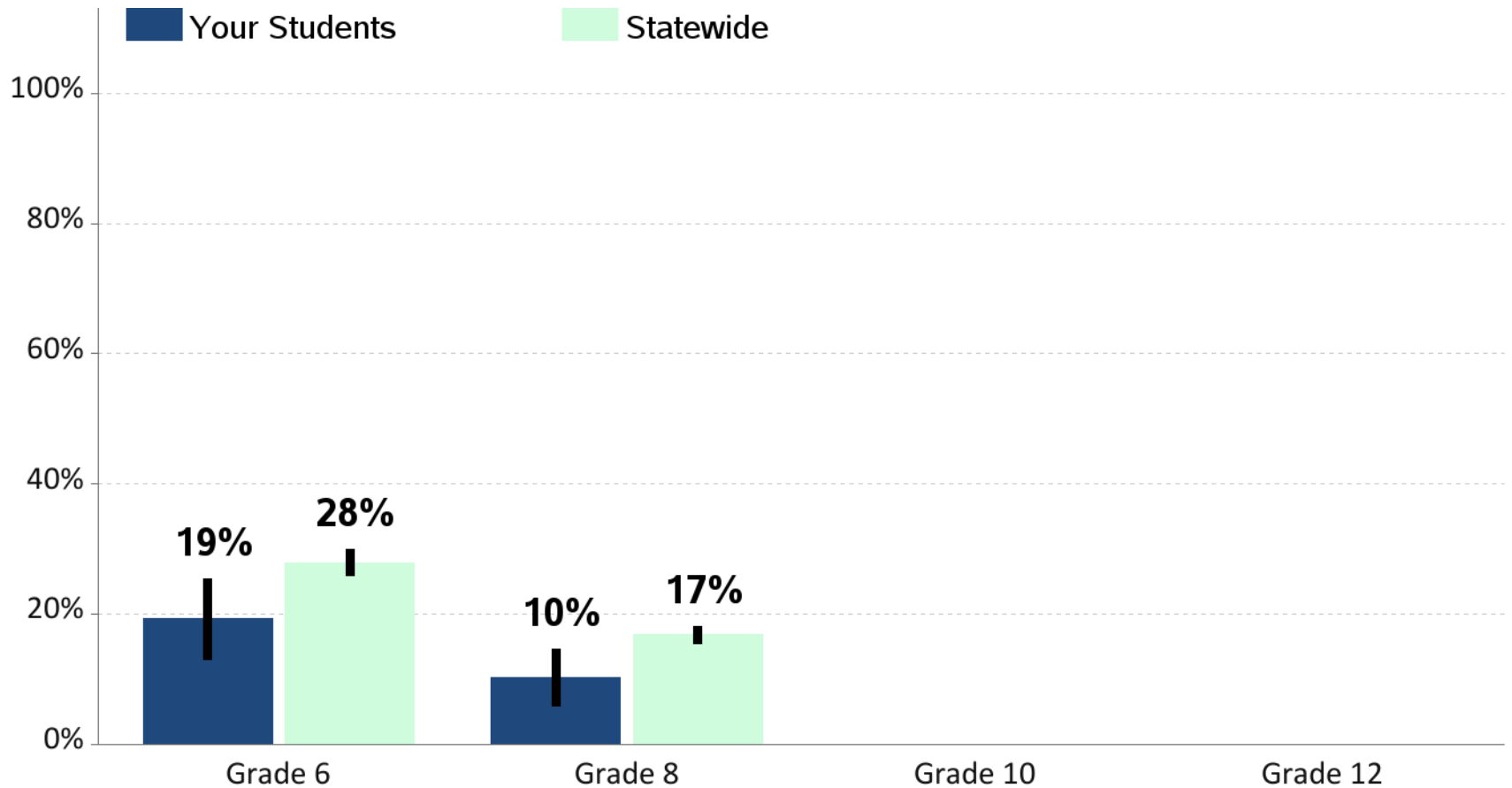
Opportunities for School Involvement

Percent of students who report that they have lots of chances
for involvement in school activities



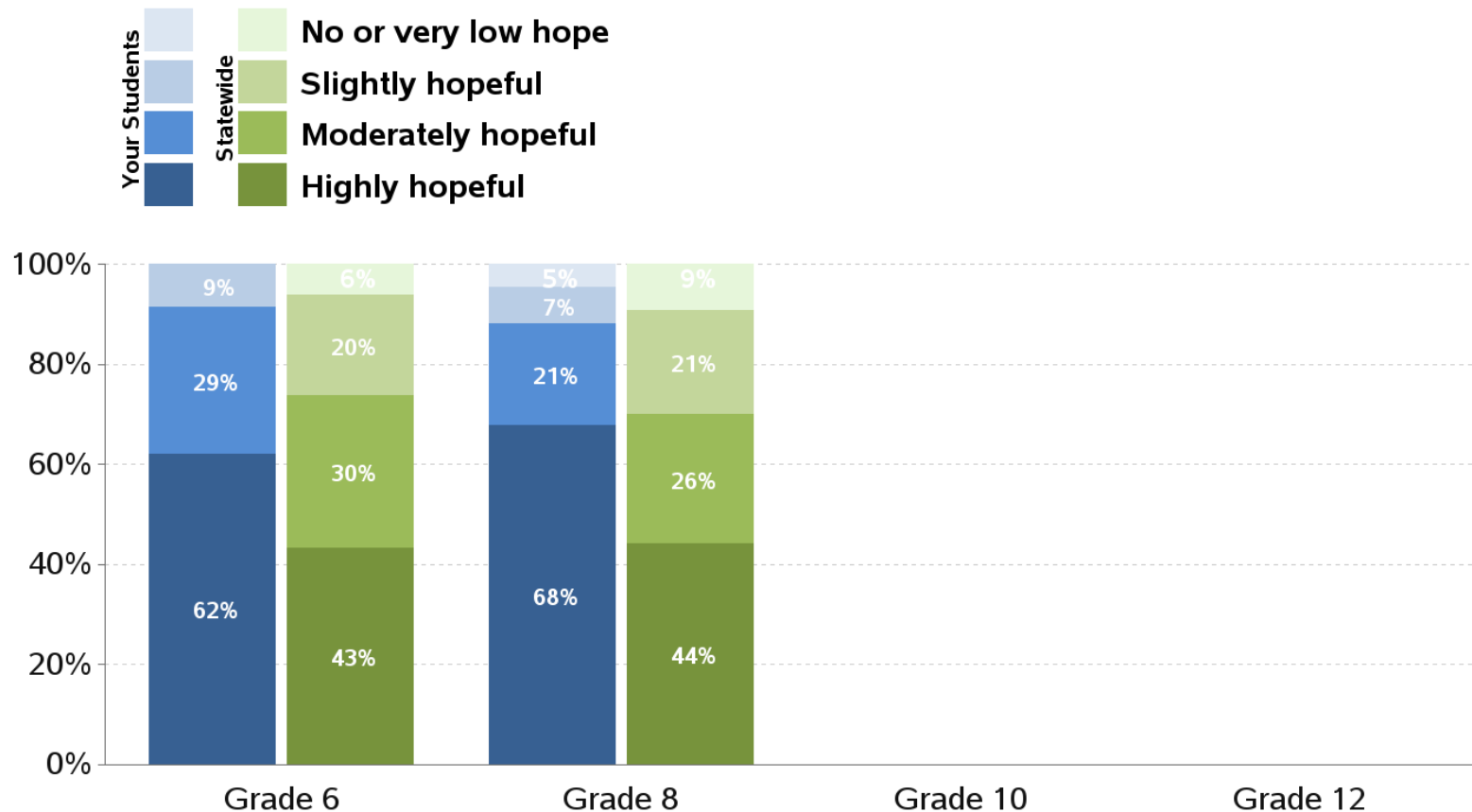
Physical Fighting

Percent of students who report being in a physical fight
in the past year



Children's Hope Scale

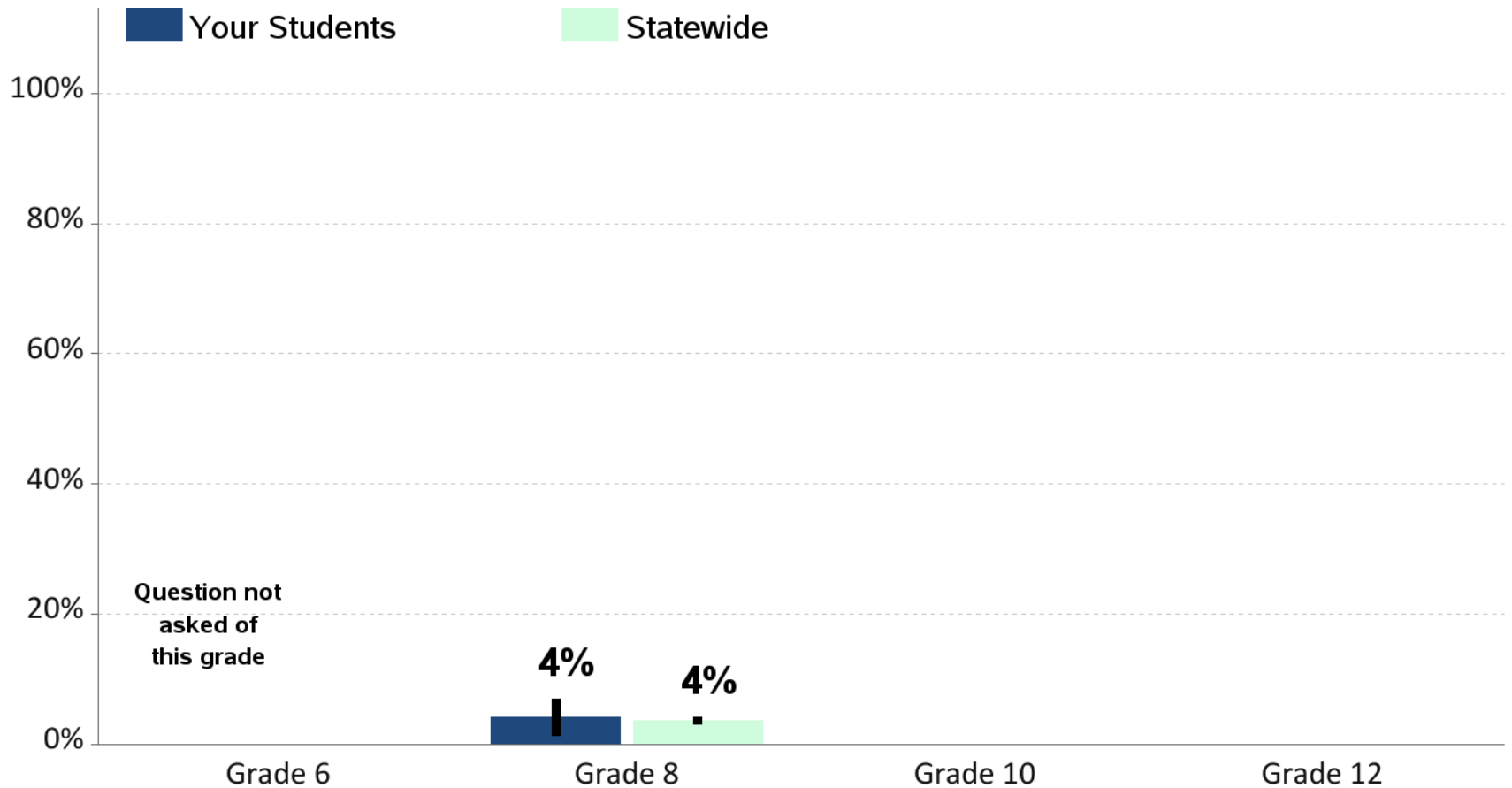
Hope reflects a future orientated mindset and motivational process toward attaining a desirable goal. Research has linked hope with overall physical, psychological, and social well-being.



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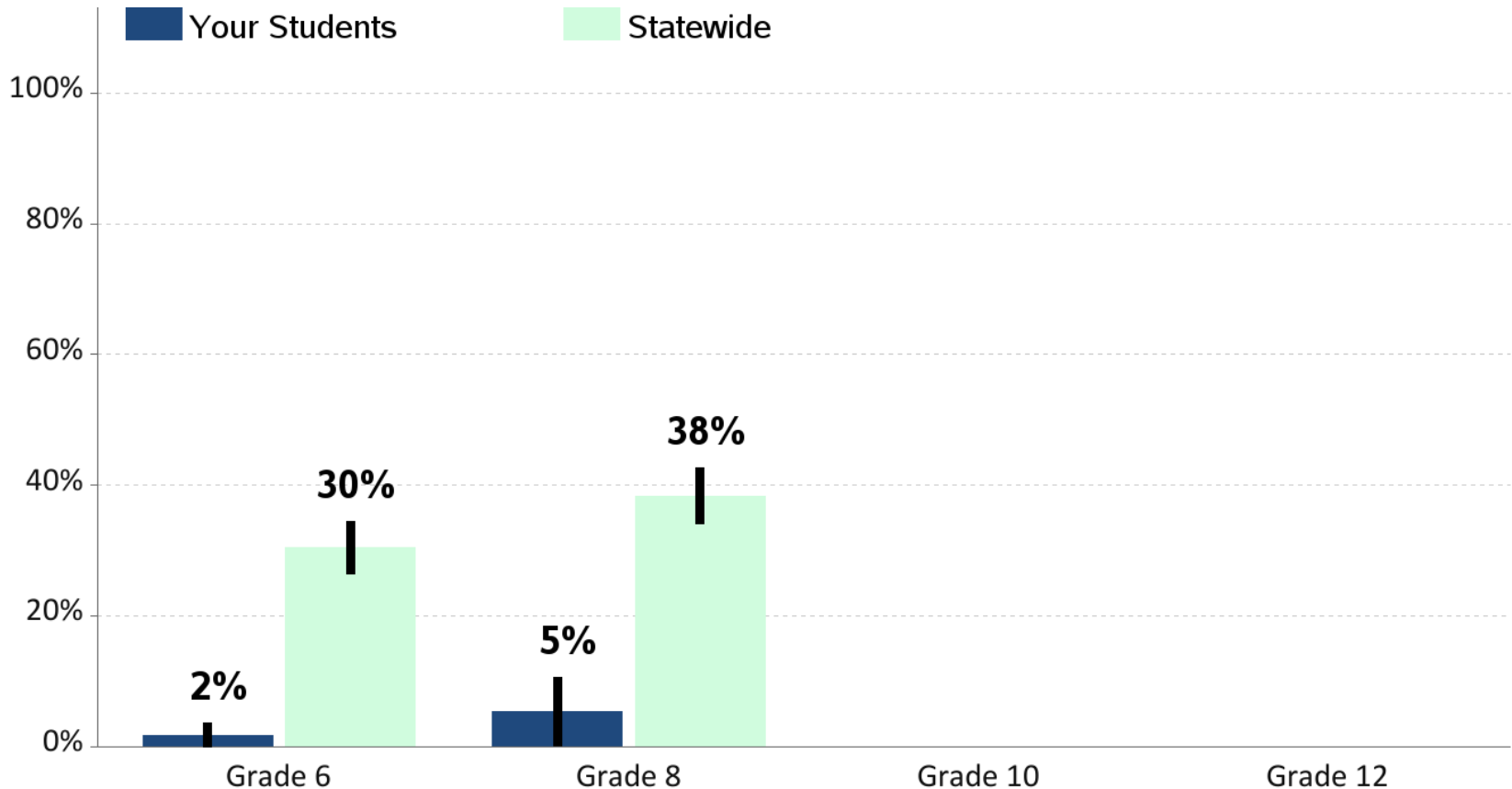
Gang Membership

Percent of students who report being members of a gang
in the past year



Walking/Biking To or From School

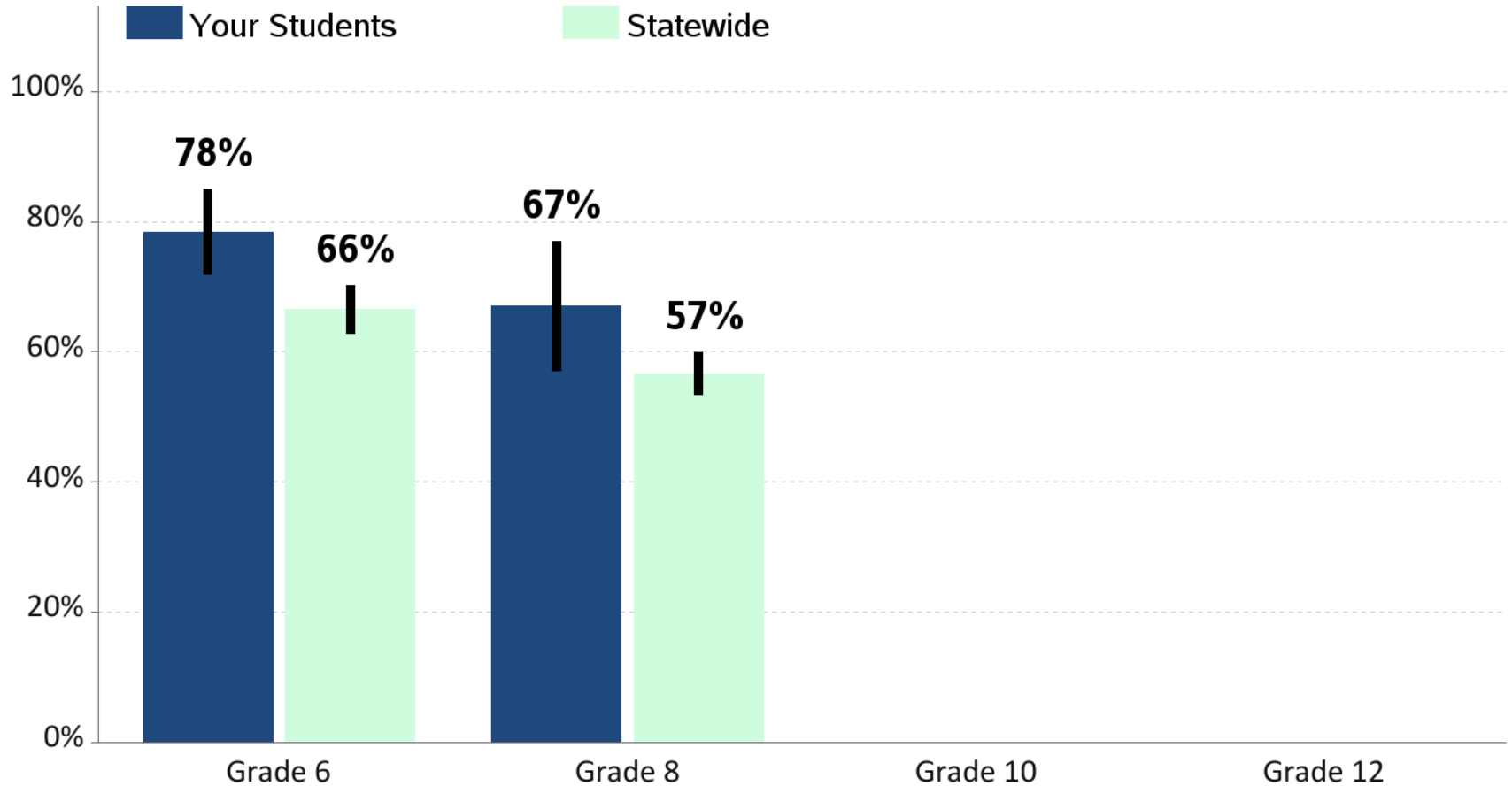
Percent of students who report walking or riding a bicycle to or from school during an average week (among those who normally travel to school)



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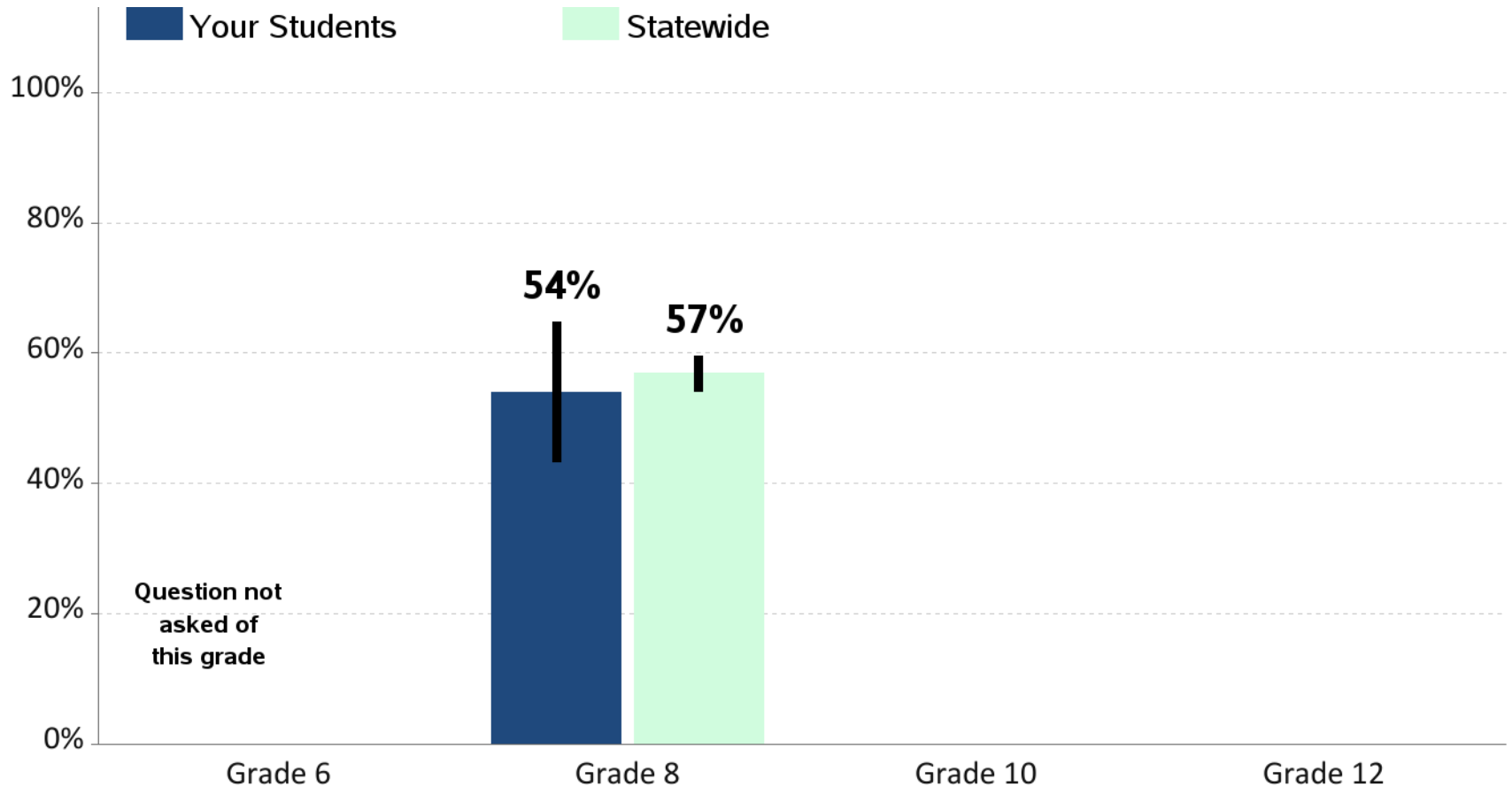
Eating Breakfast

Percent of students who report eating breakfast



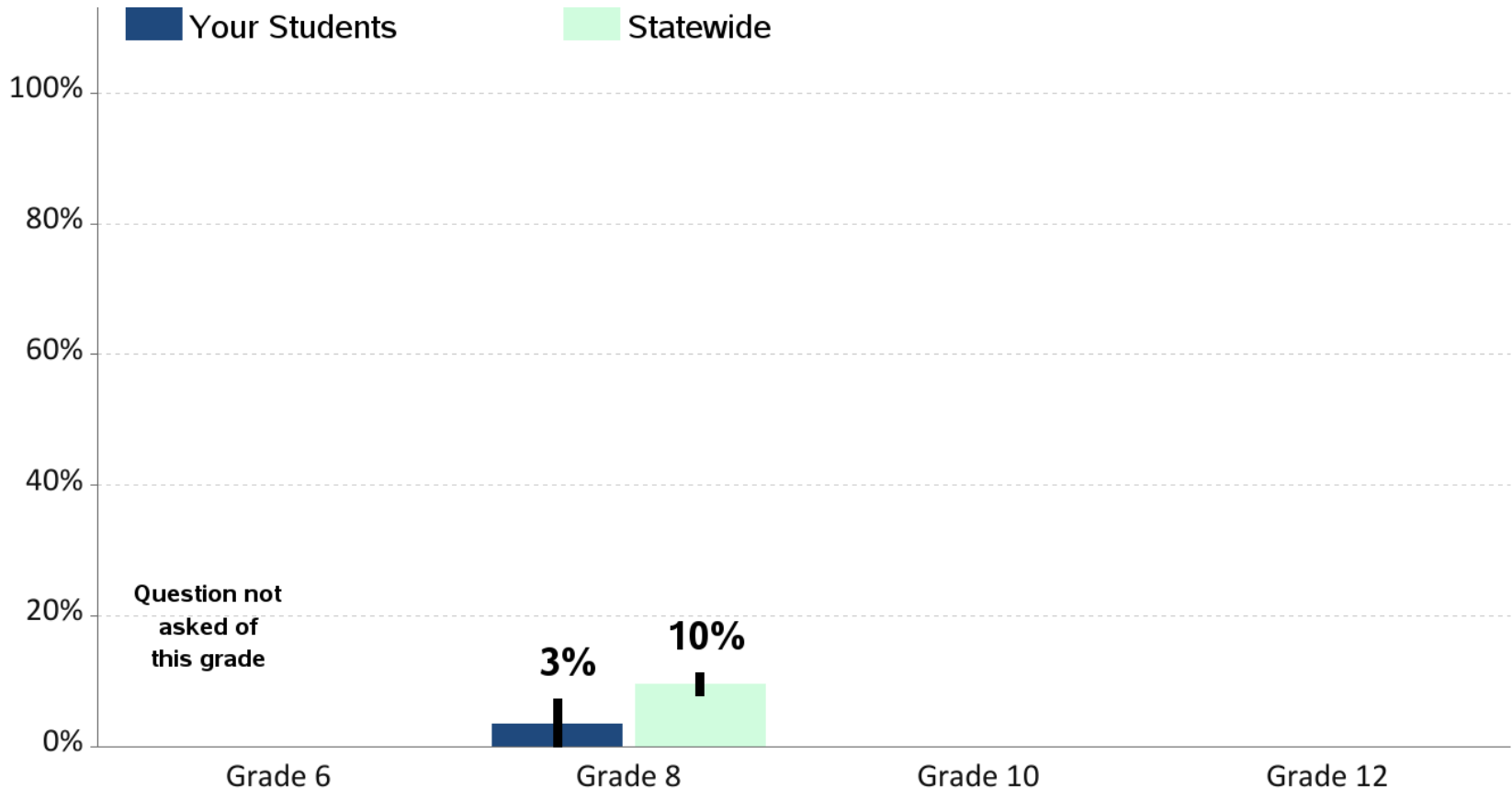
Sleep on a School Night

Percent of students who report sleeping less than 8 hours
on an average school night



Sugar Sweetened Beverages Consumption

Percent of students who report drinking sugar sweetened drinks
(not including diet, sugar-free or drinks with artificial sweeteners)
2 or more times a day

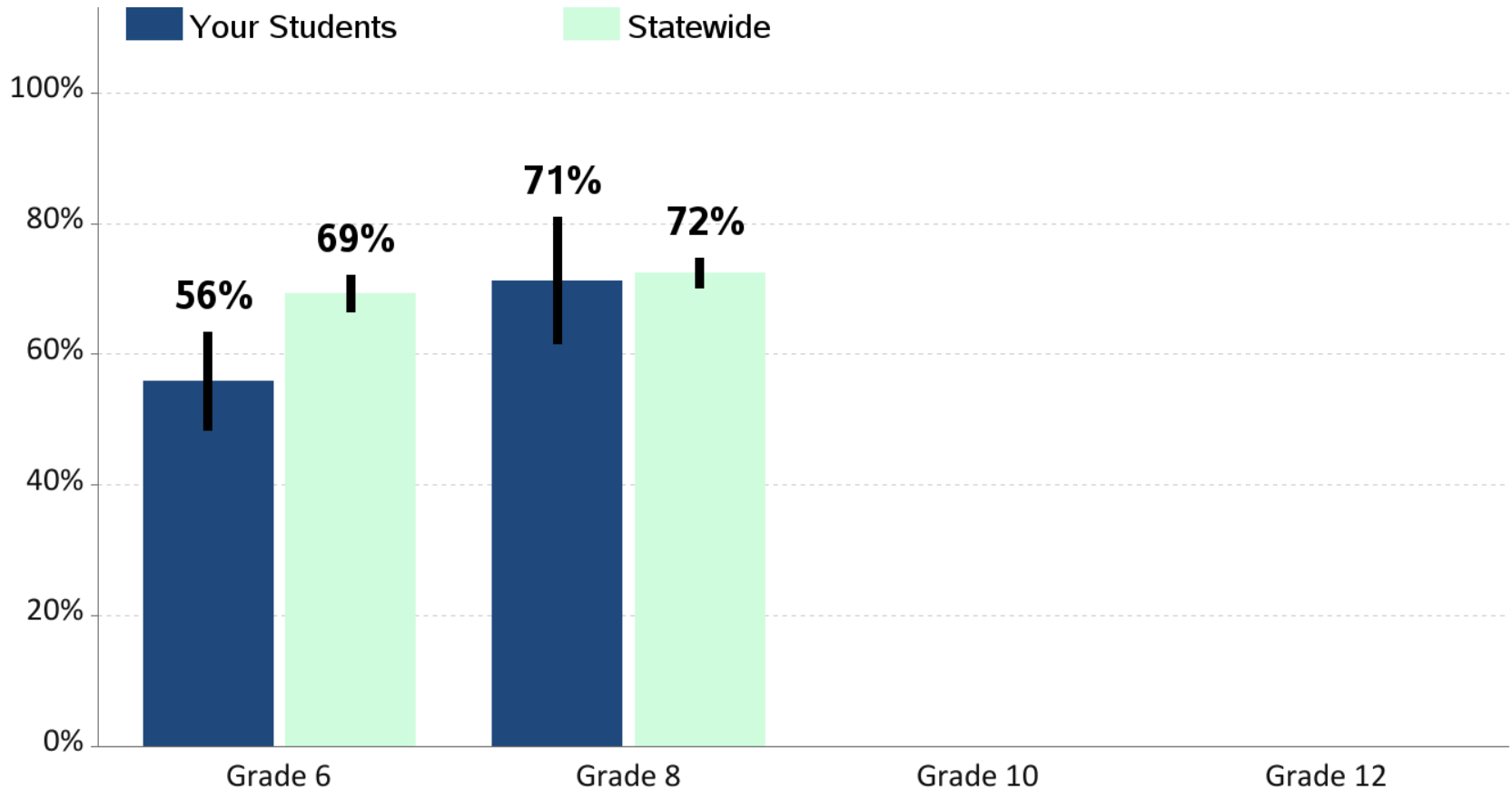


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Excessive Television/Video Game Use

Percent of students who report 3 or more hours watching television, playing video games or using the computer for fun on an average school day

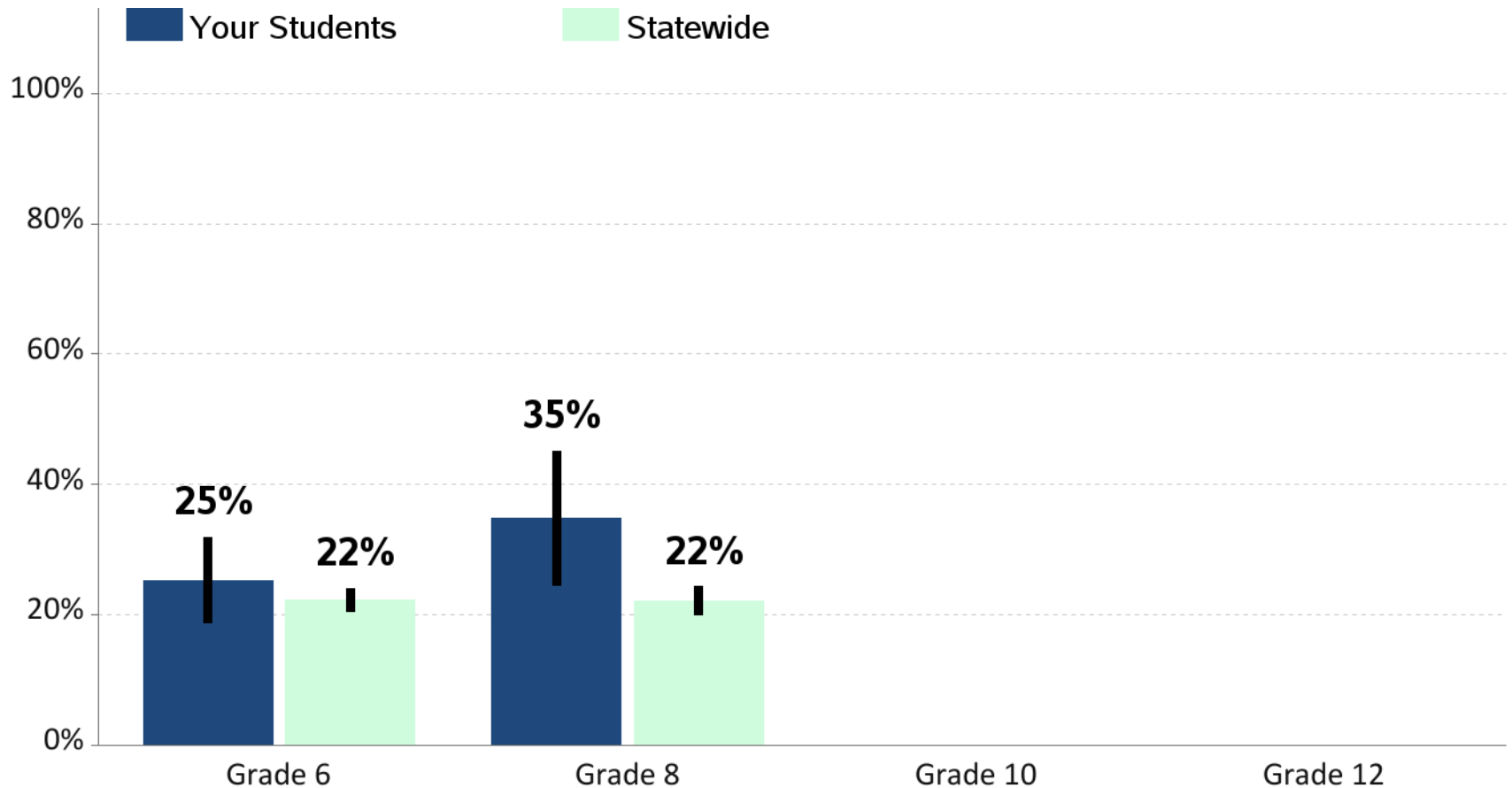
(TV includes movies or stream videos on any electronic device. Video games includes tablets, smartphone, social media)



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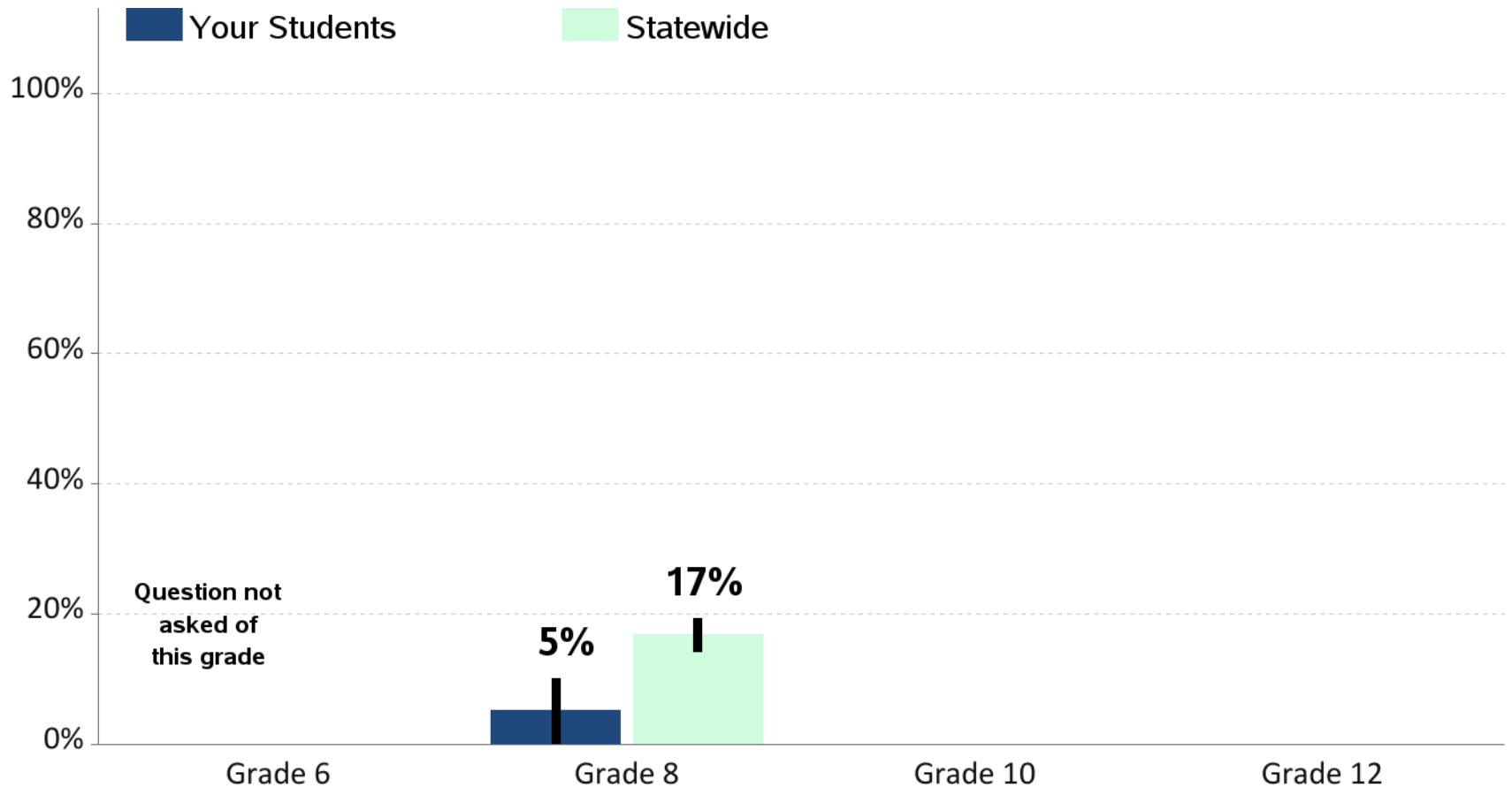
60 Minutes of Physical Activity per Day

Percent of students who report being physically active
60 minutes per day, 7 days a week



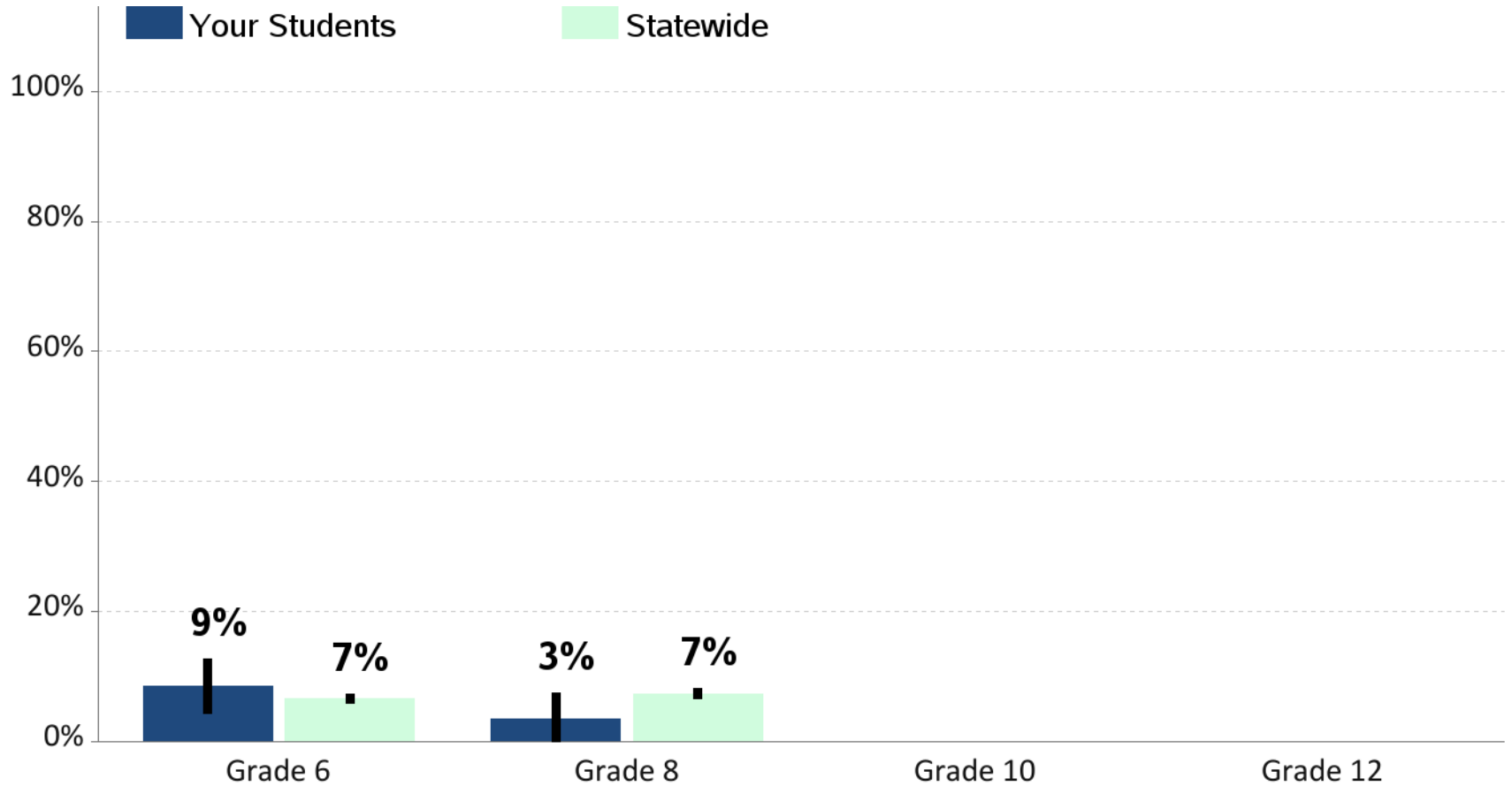
Obesity

Percent of students who are obese
(according to reported height and weight)



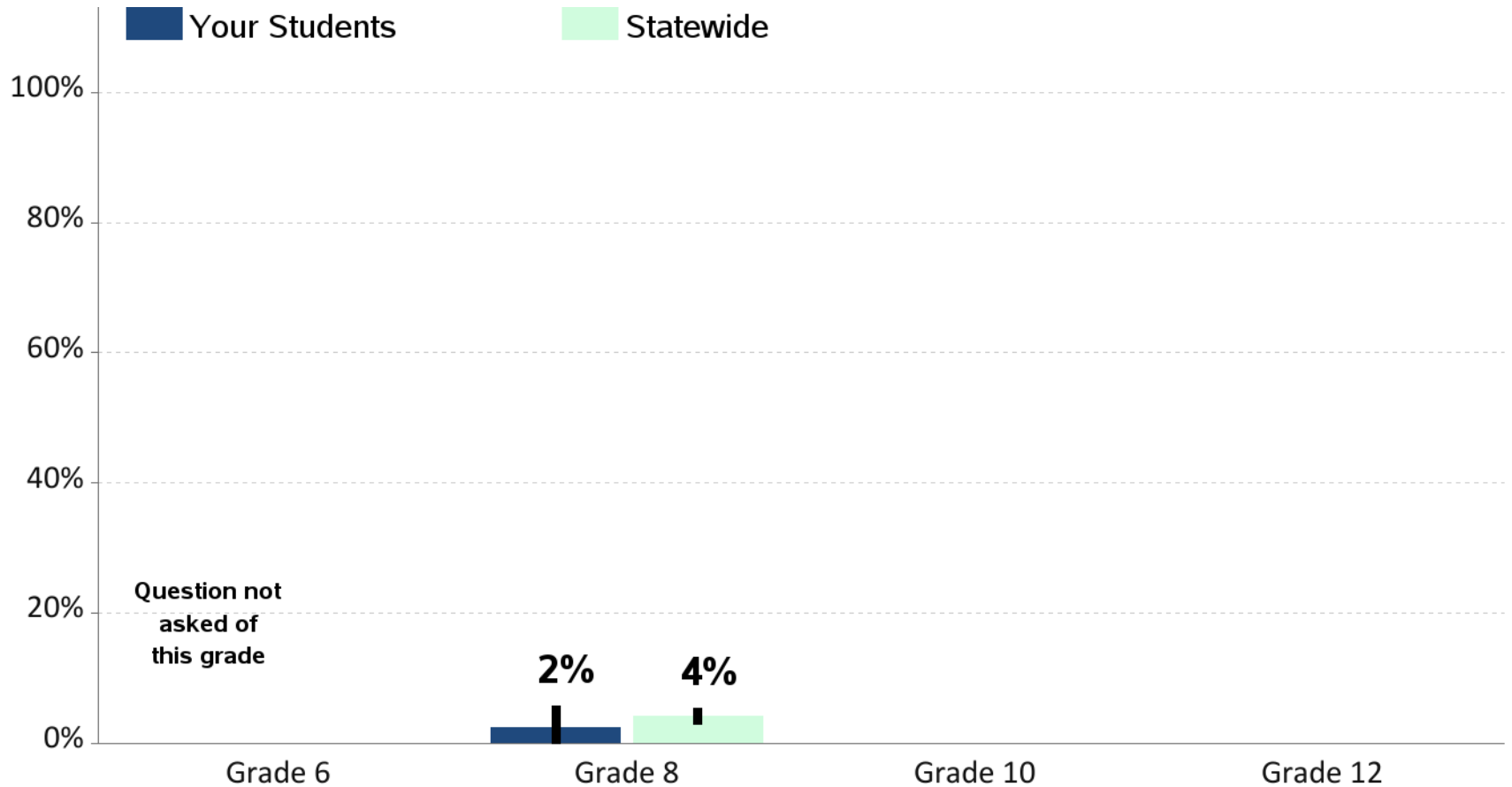
Current Asthma

Percent of students who currently have asthma

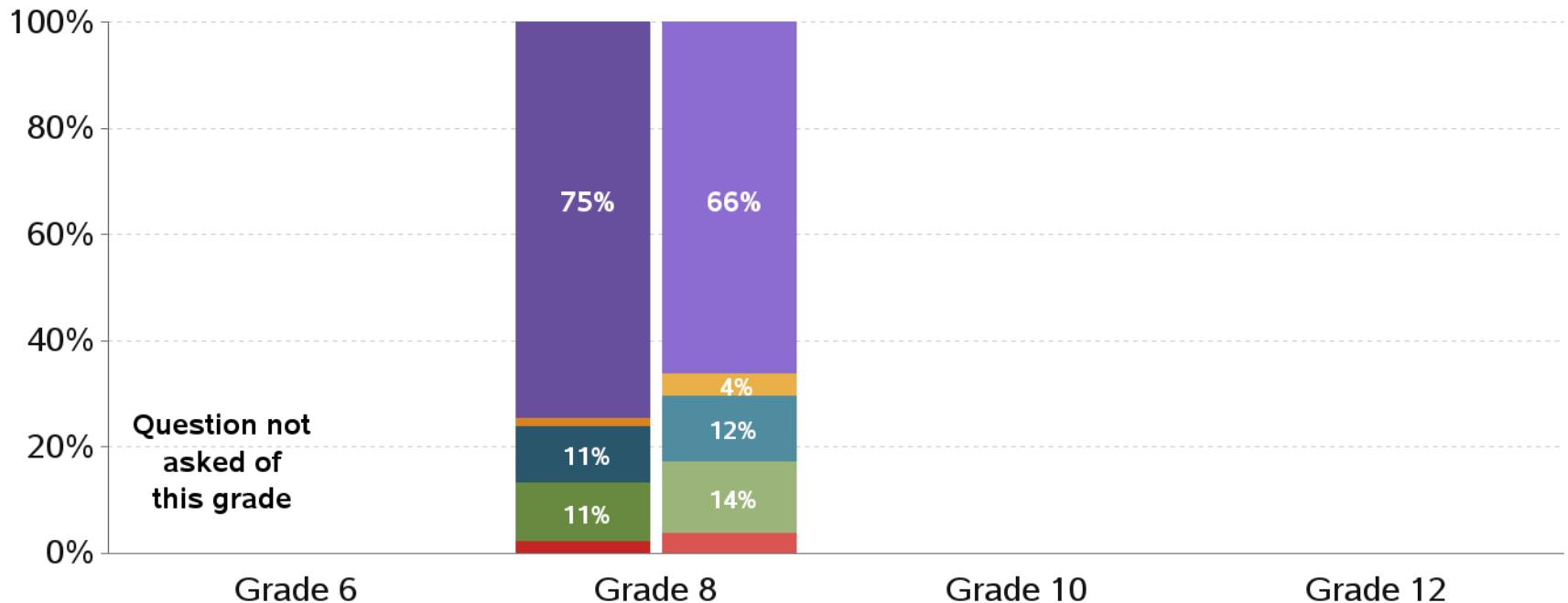
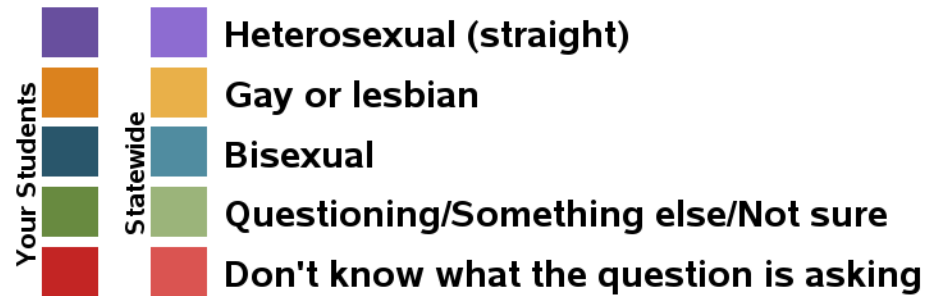


Lifetime Sex

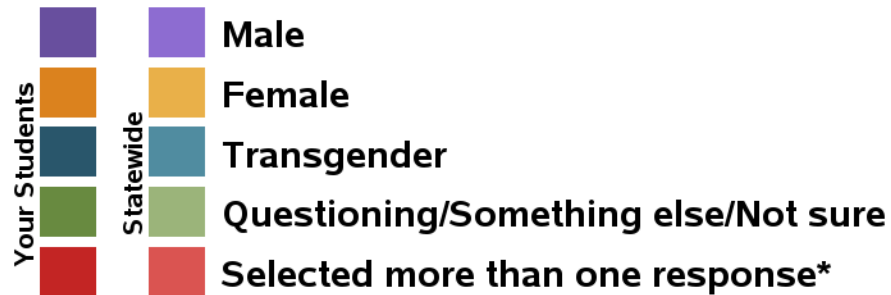
Percent of students who report ever having sex
in their lifetime



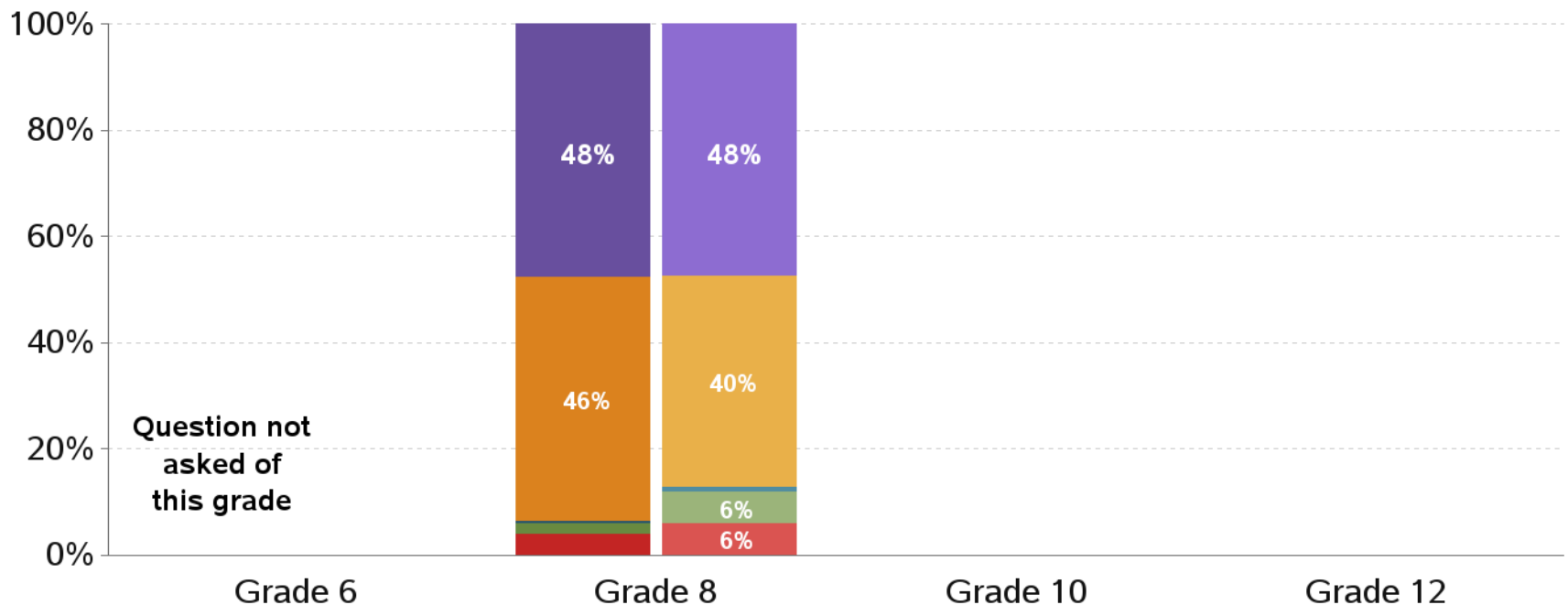
Sexual Orientation



Gender Identity

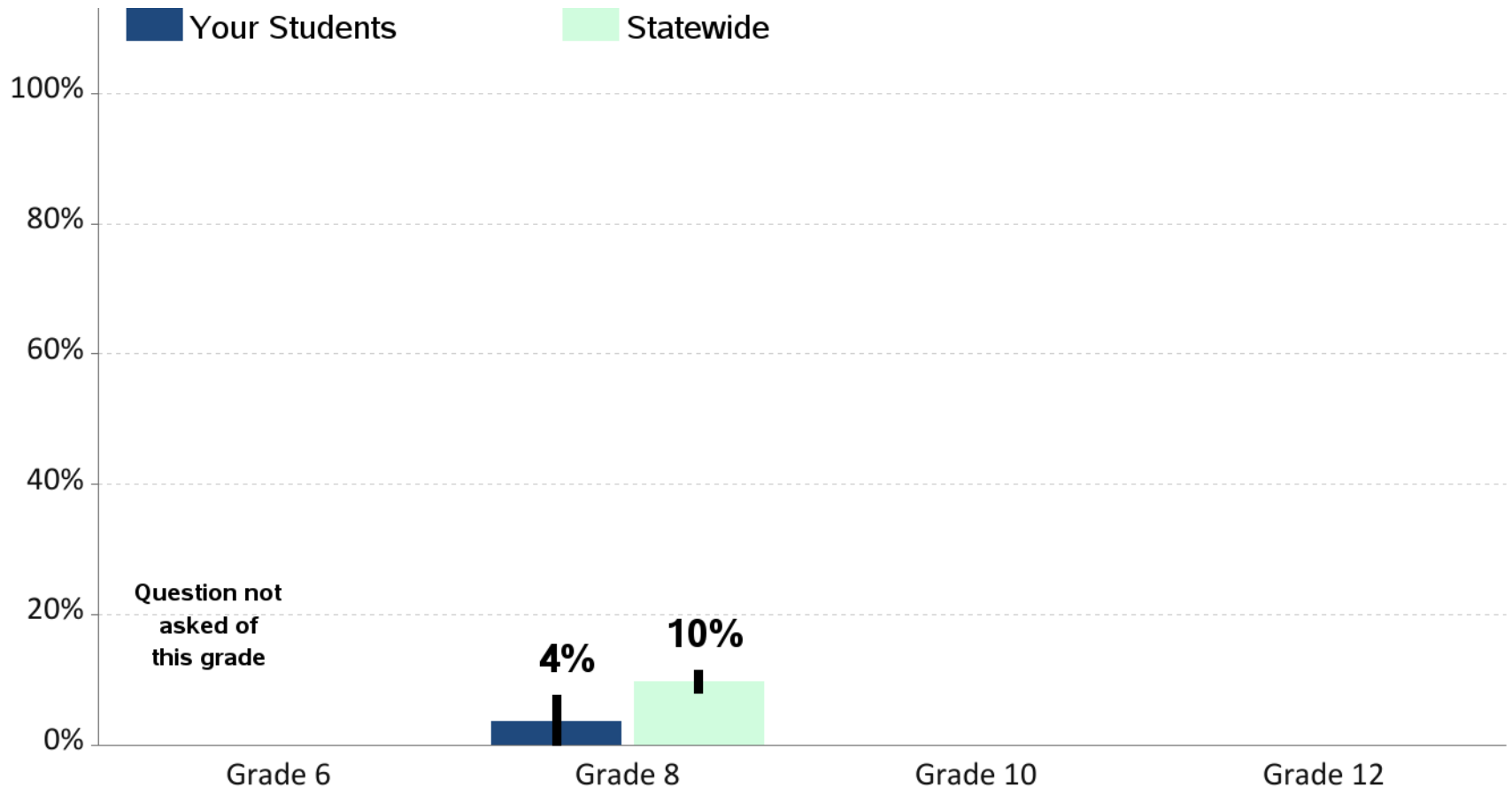


*Some students may select multiple answers to this question so that their response is consistent with how they identify. For example, a student who identifies as a transgender woman may select both female and transgender. This type response is represented in the 'selected more than one response' category.



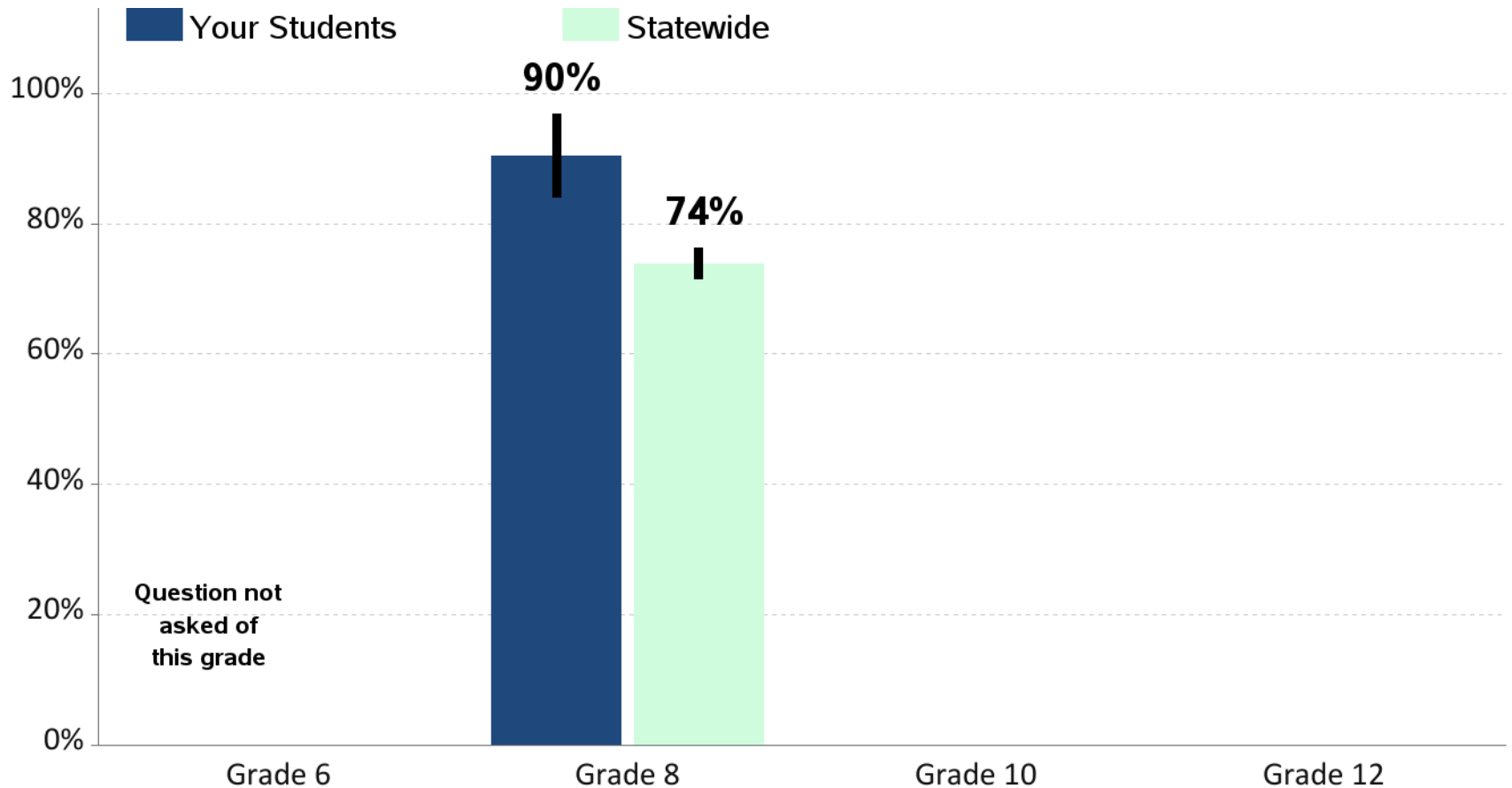
Lifetime Sexual Abuse

Percent of students who report having ever been in a situation where someone made them engage in kissing, sexual touch or sexual intercourse when they did not want to



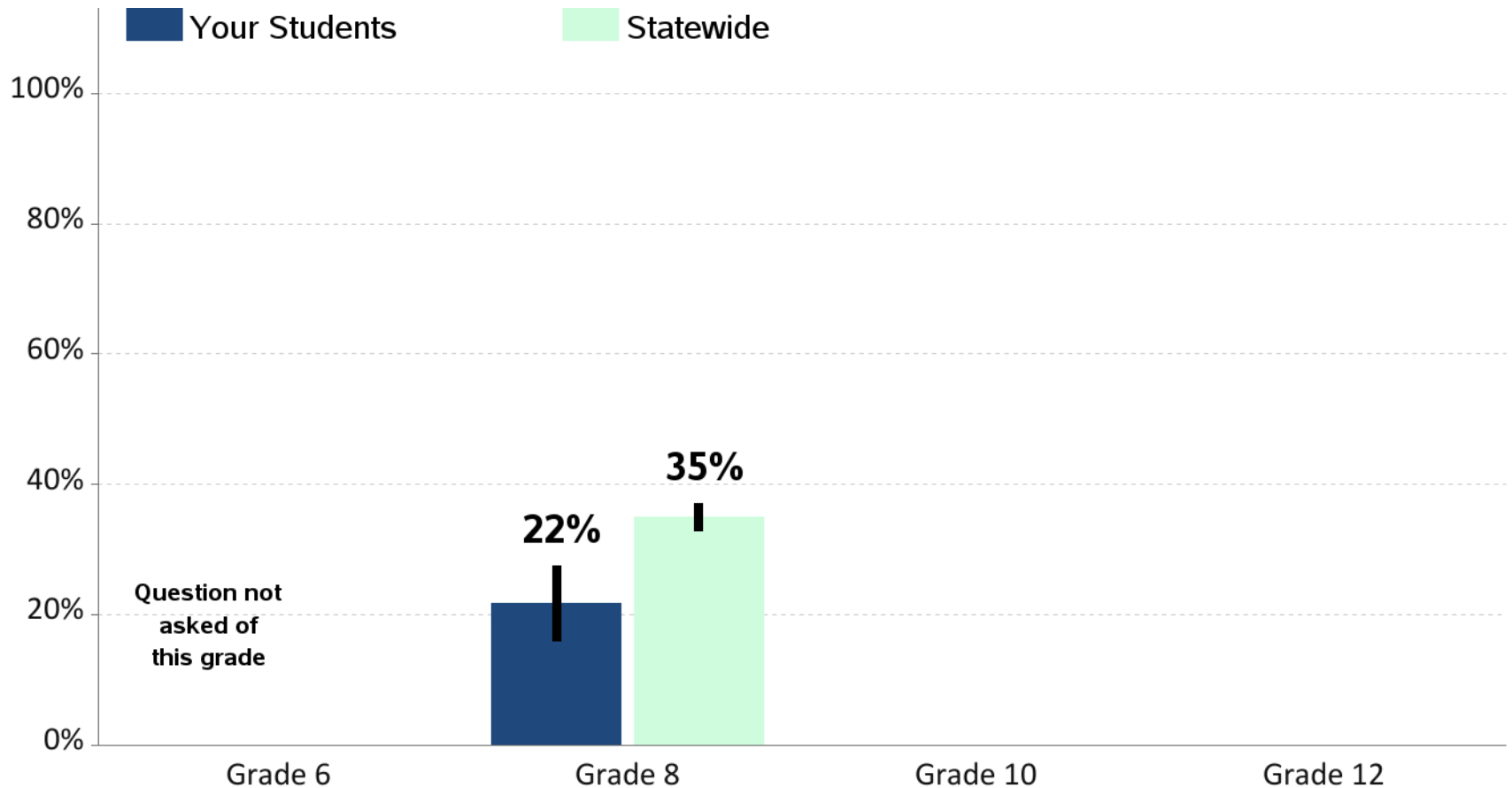
Access to Dental Care

Percent of students who report visiting a dentist for a routine checkup
in the past year



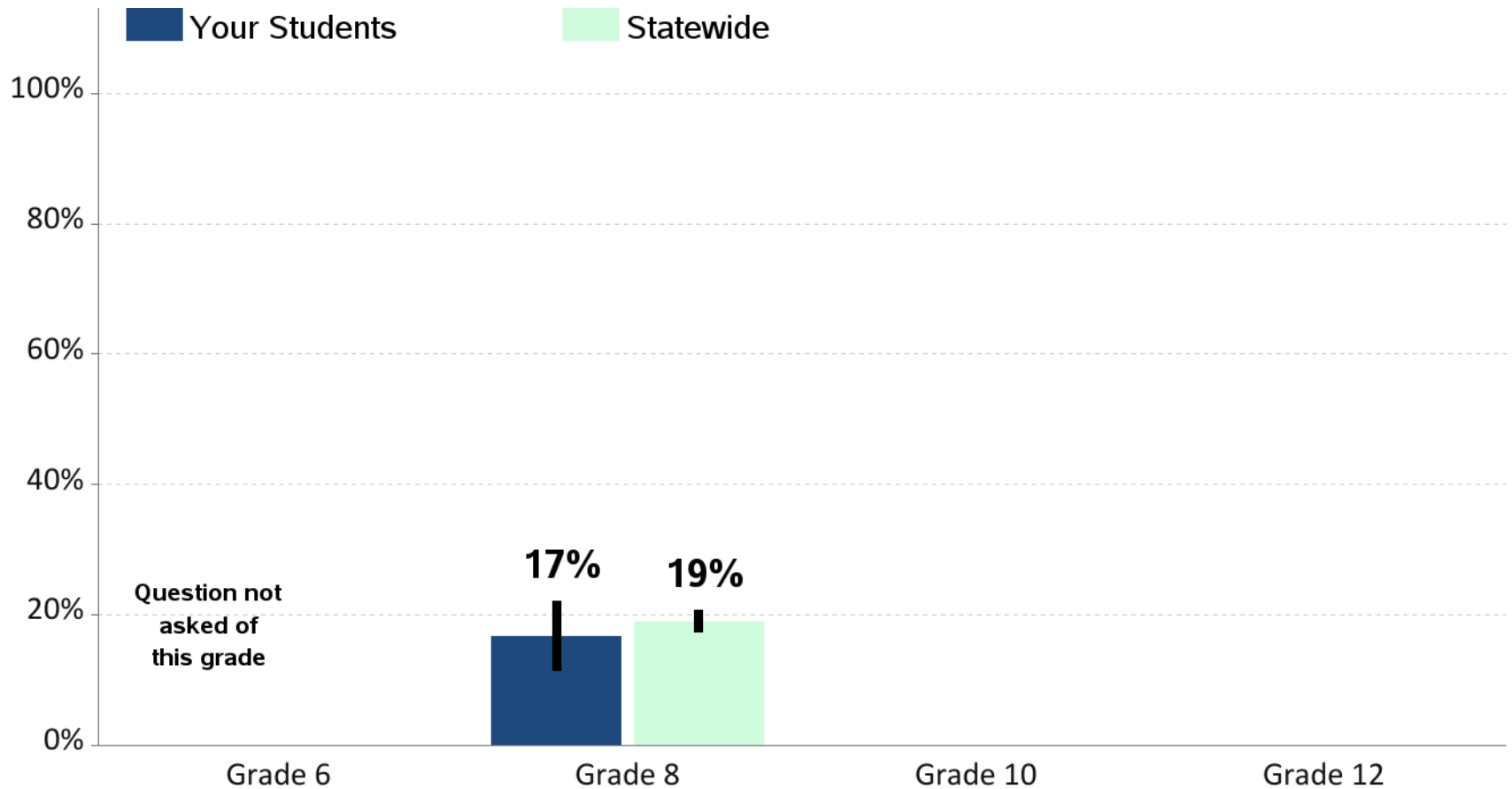
Depression

Percent of students who report feeling so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities in the past year.



Contemplation of Suicide

Percent of students who report having seriously considered suicide
in the past year



Someone in Community to Talk To

Percent of students who report having an adult in their neighborhood or community they can talk to about something important

