



# **Cougar Mountain Middle School (Issaquah School Dis**

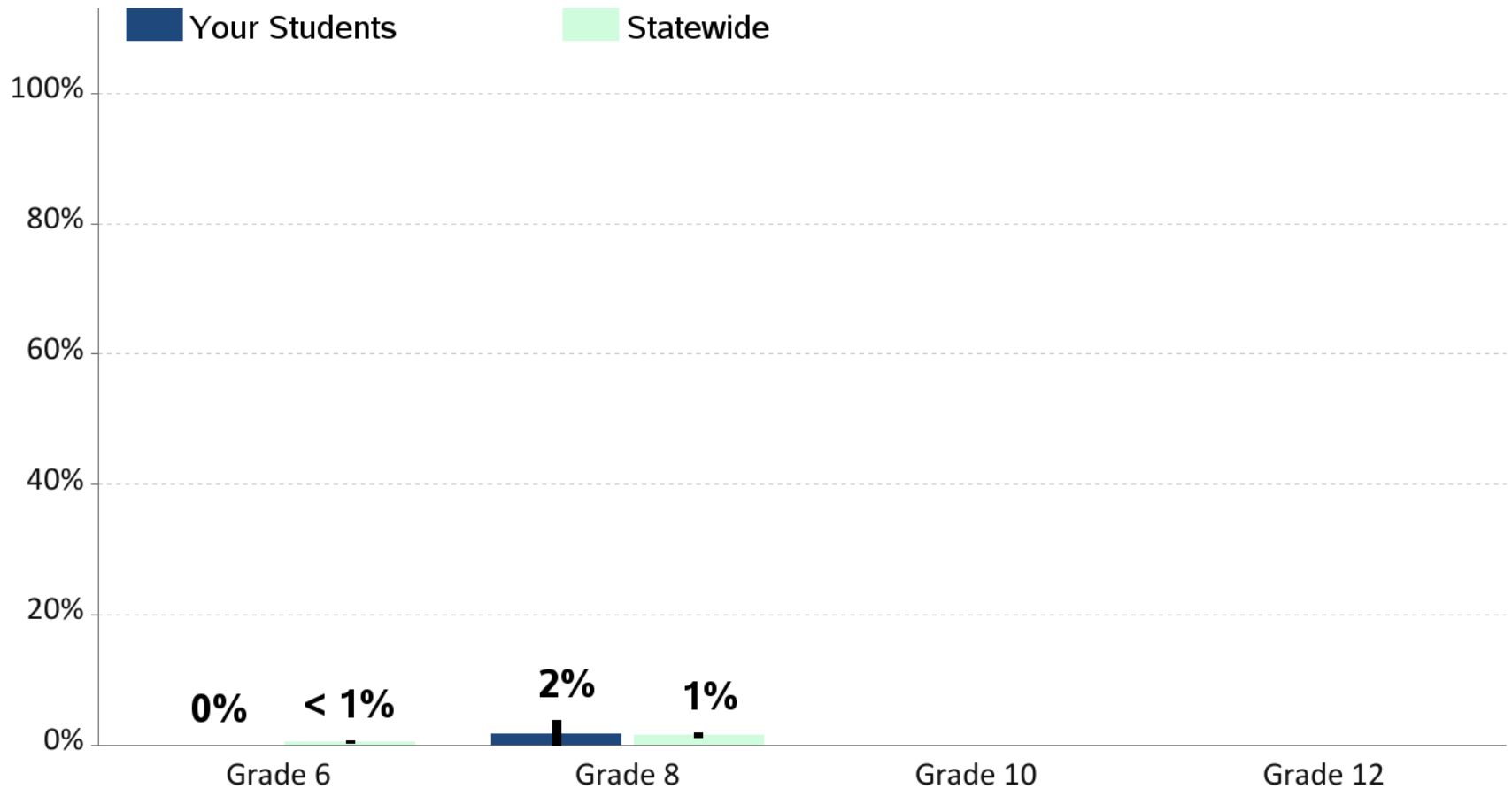
Highlights from the 2023 Healthy Youth Survey  
(February 15, 2024)

# **Student Participation Cougar Mountain Middle School (Issaquah School Dis**

- 192 (91%) of Grade 6 students
- 182 (87%) of Grade 8 students
- Not Reported: Grade 10 students
- Not Reported: Grade 12 students

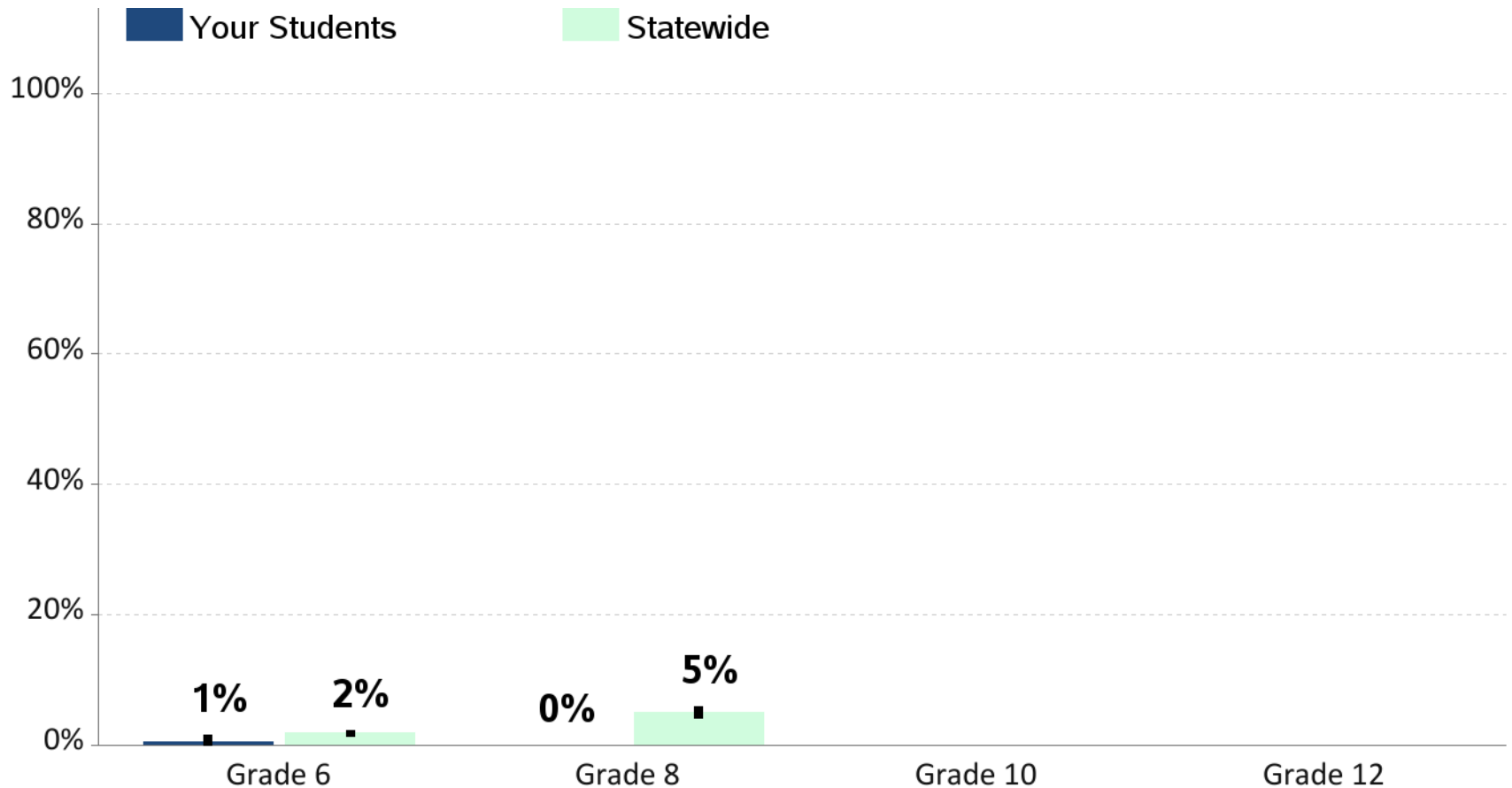
# Current Cigarette Smoking

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



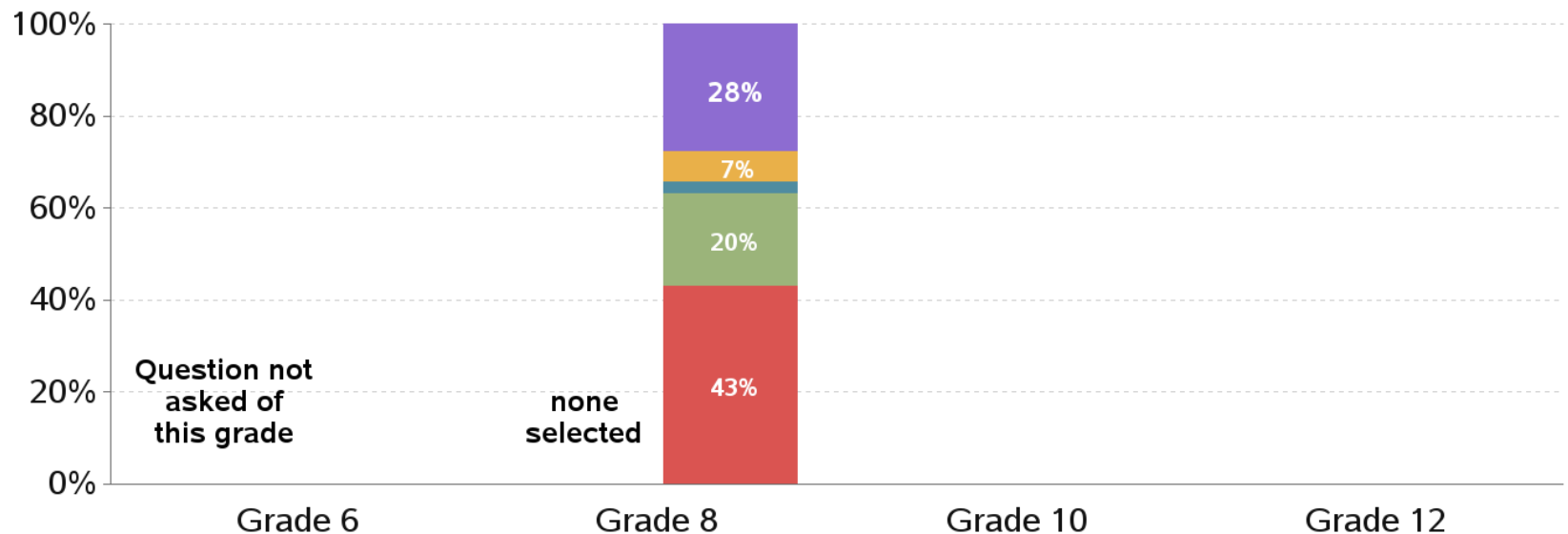
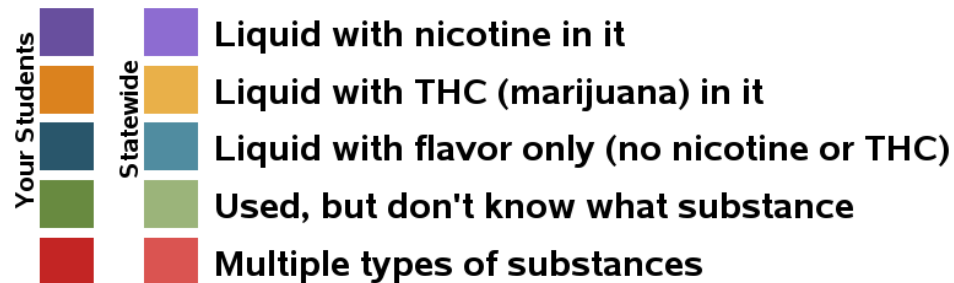
# Current E-Cigarette Smoking or Vaping

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



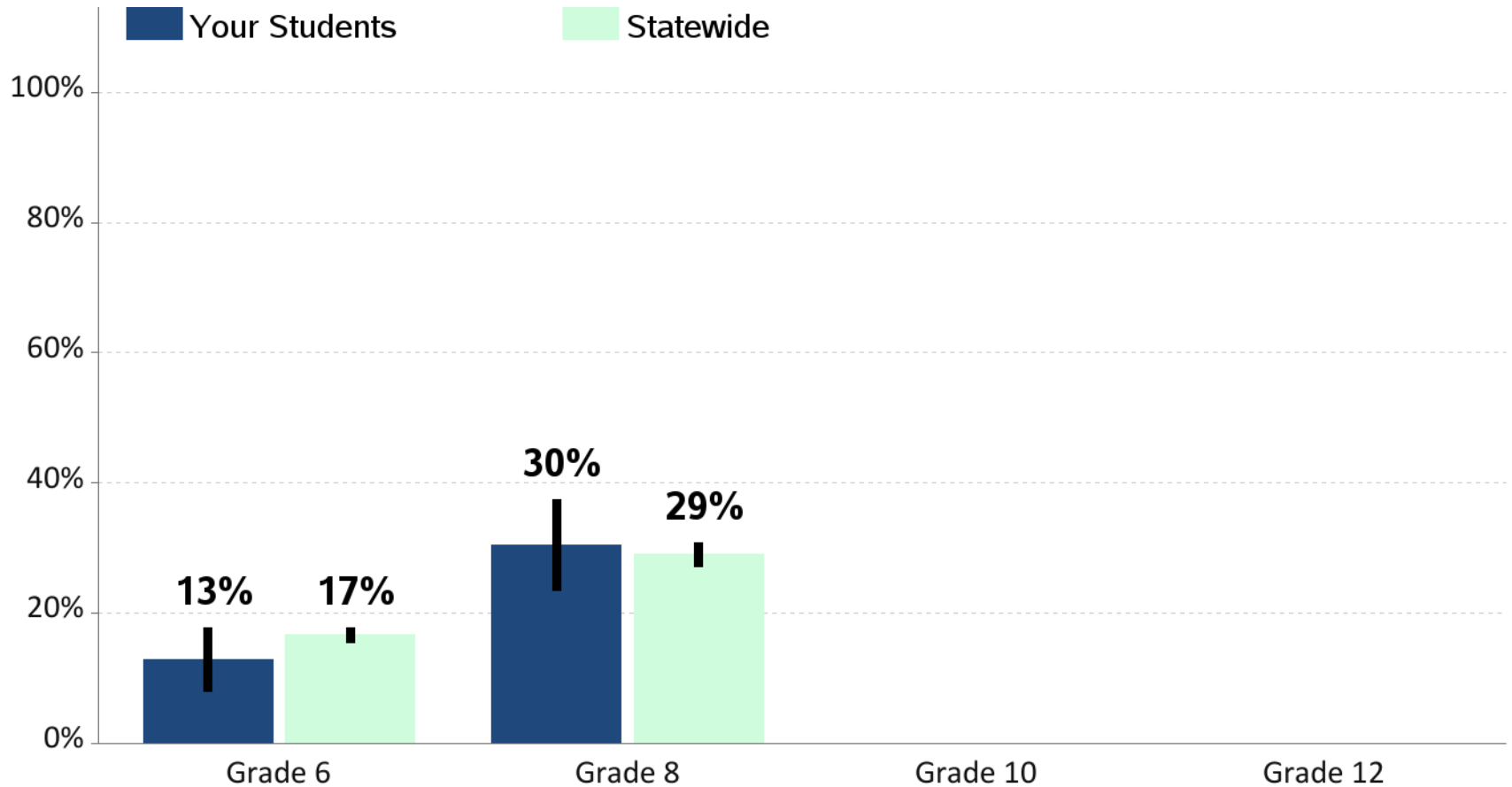
# Type of Substance Used in E-Cigarette or Vaped in Past 30 Days

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



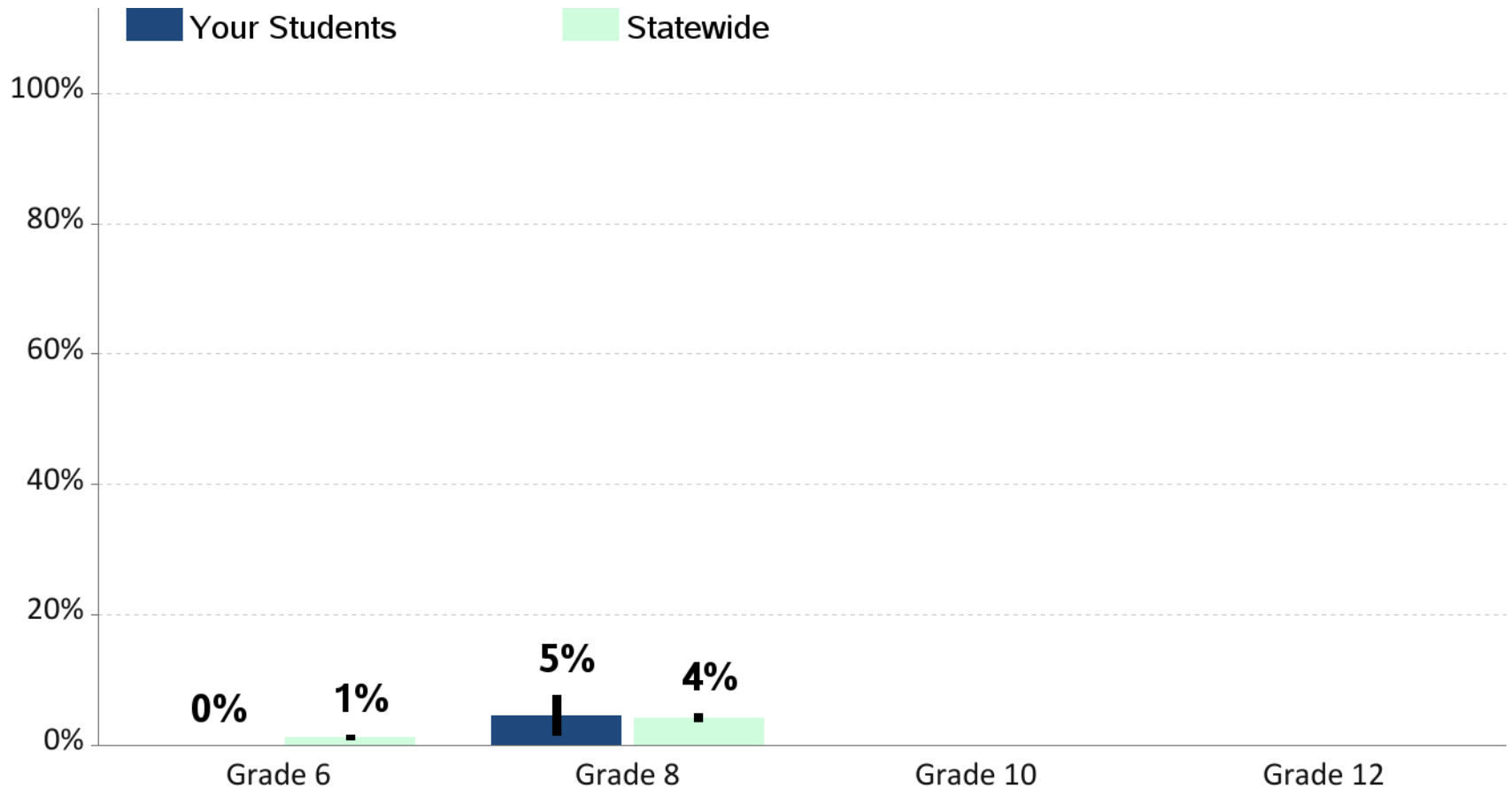
# Lifetime Alcohol Use

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



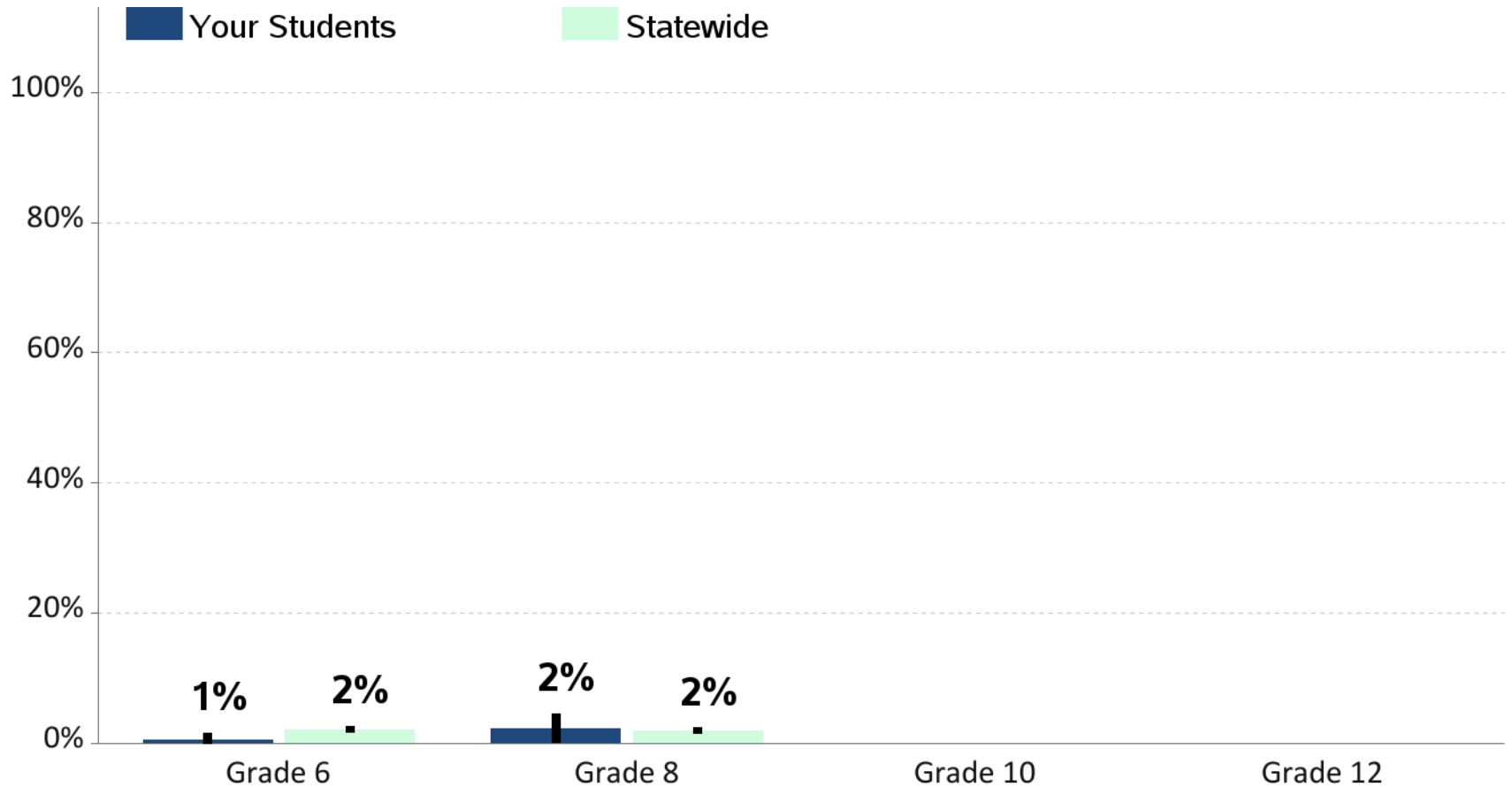
# Current Alcohol Use

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



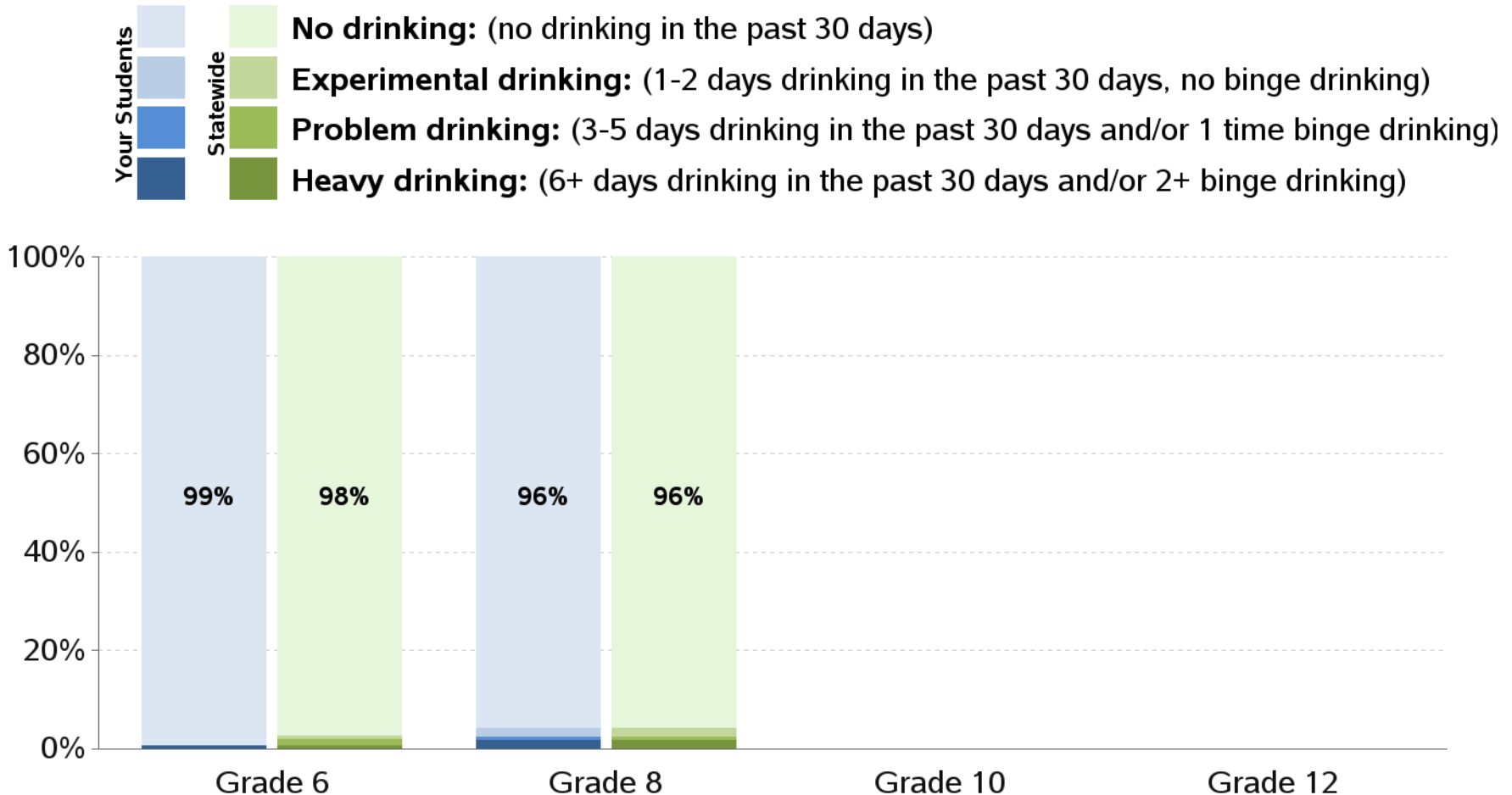
# Current Binge Drinking

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



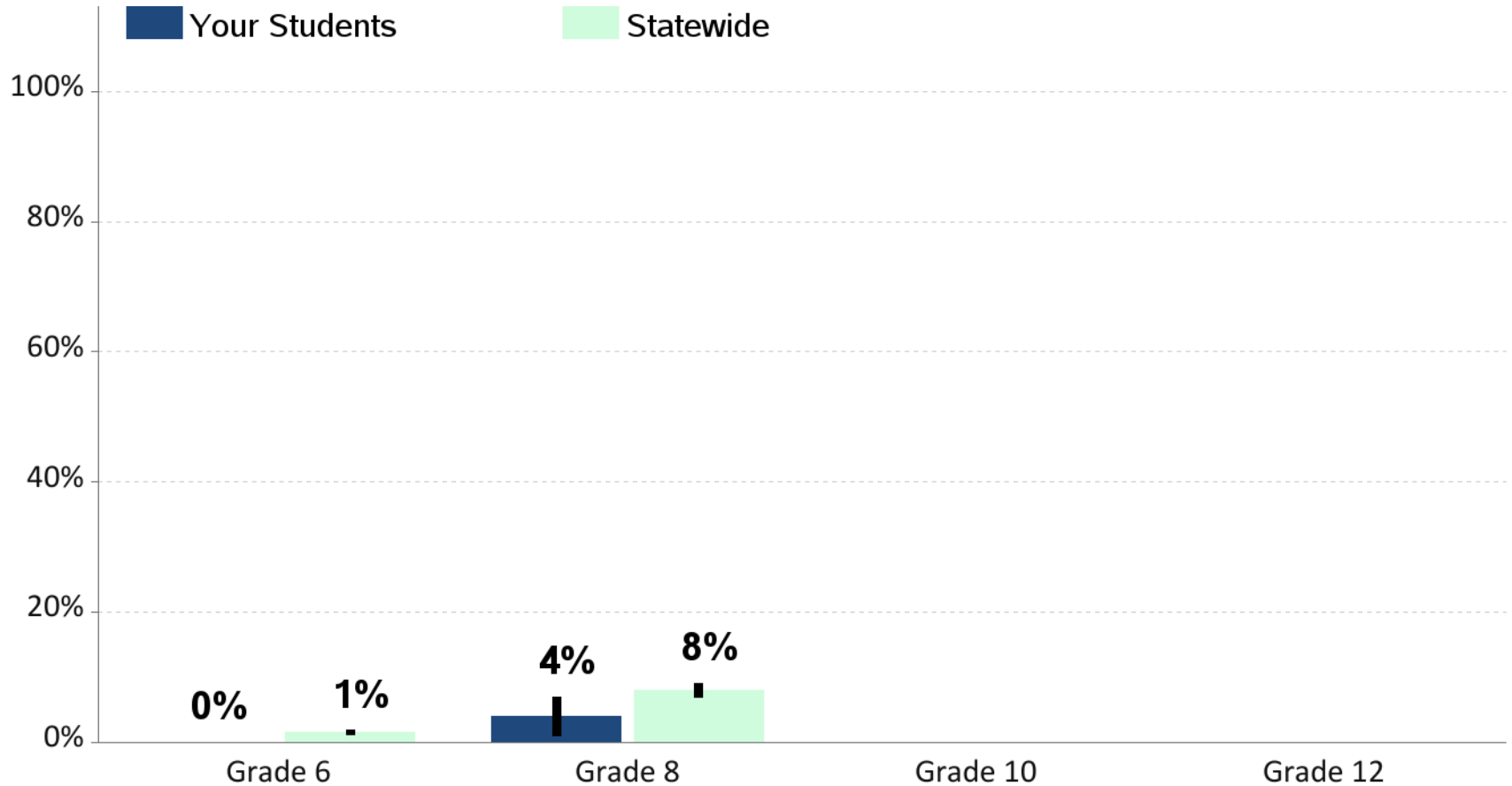


# Levels of Alcohol Use



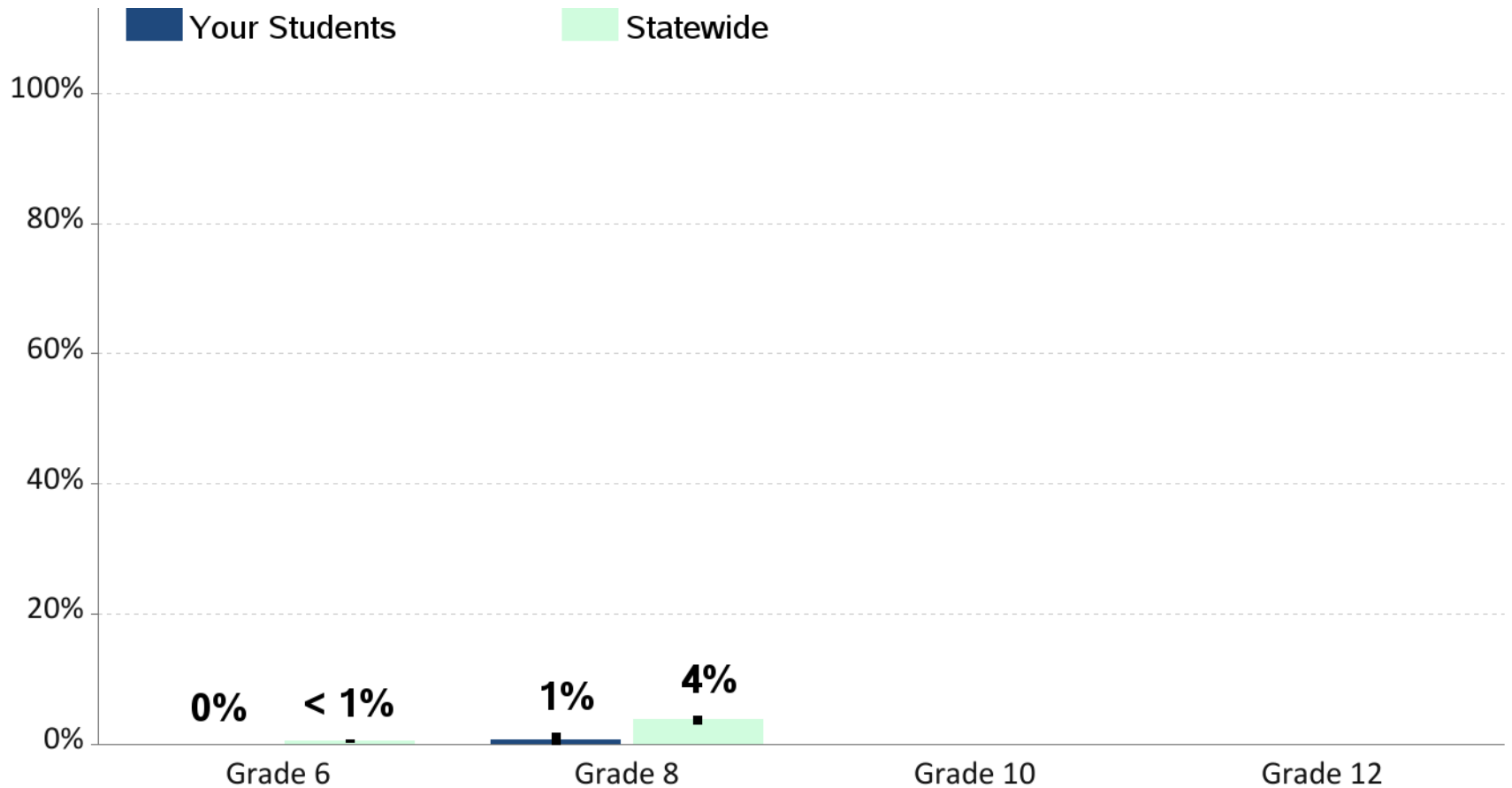
# Lifetime Marijuana Use

Percent of students who report having ever used marijuana



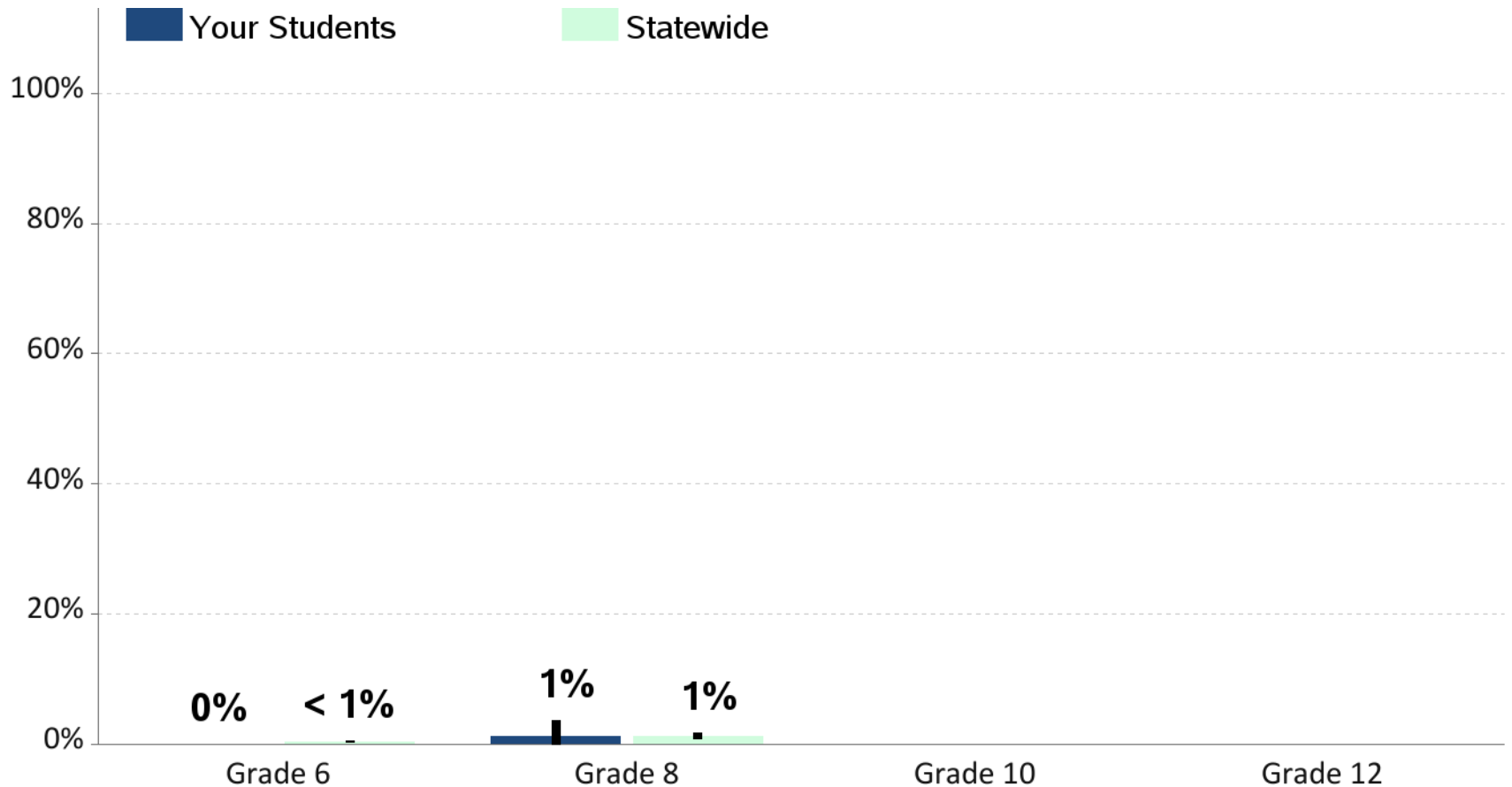
# Current Marijuana Use

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



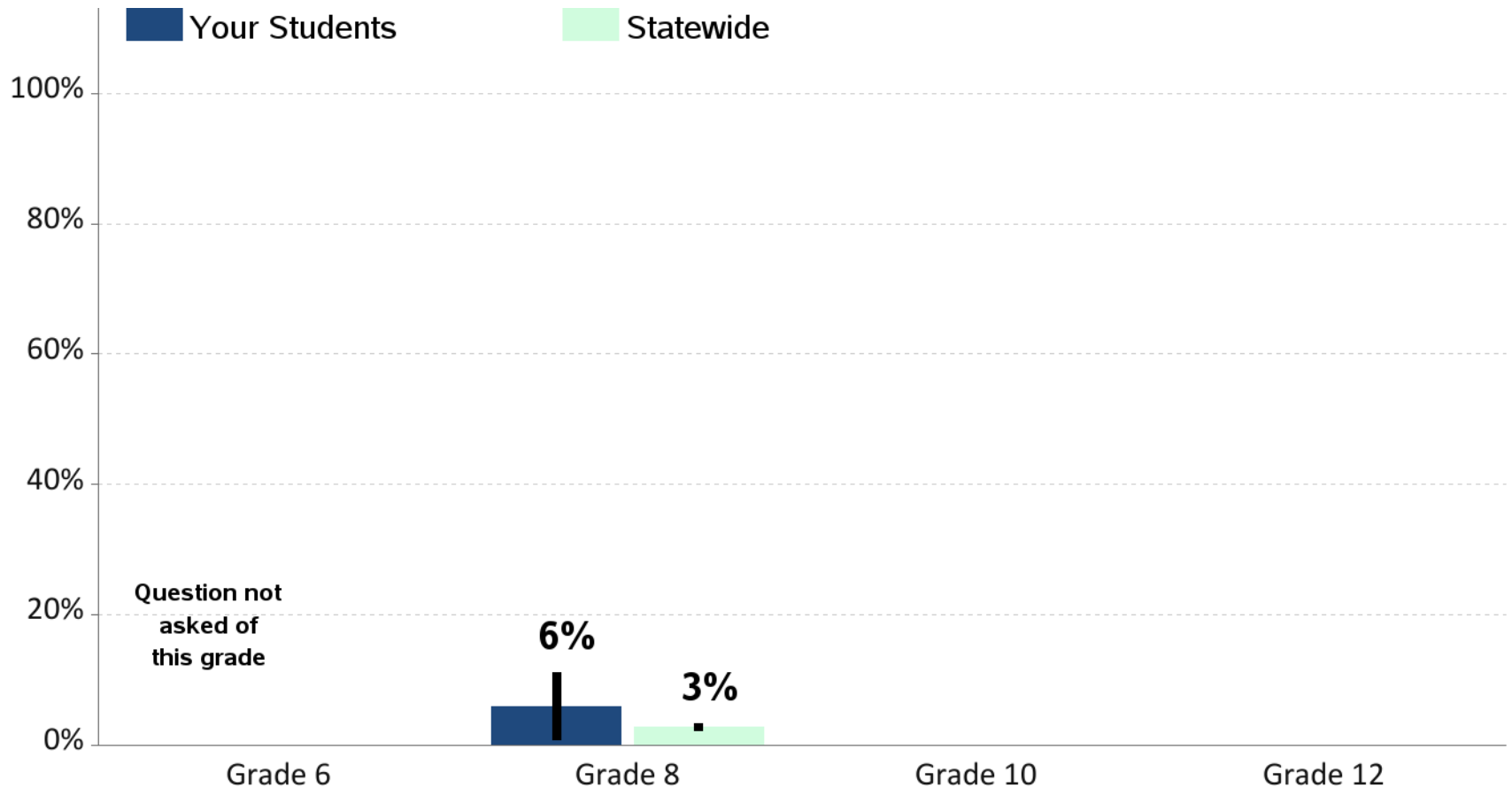
# Current Illegal Drug Use

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



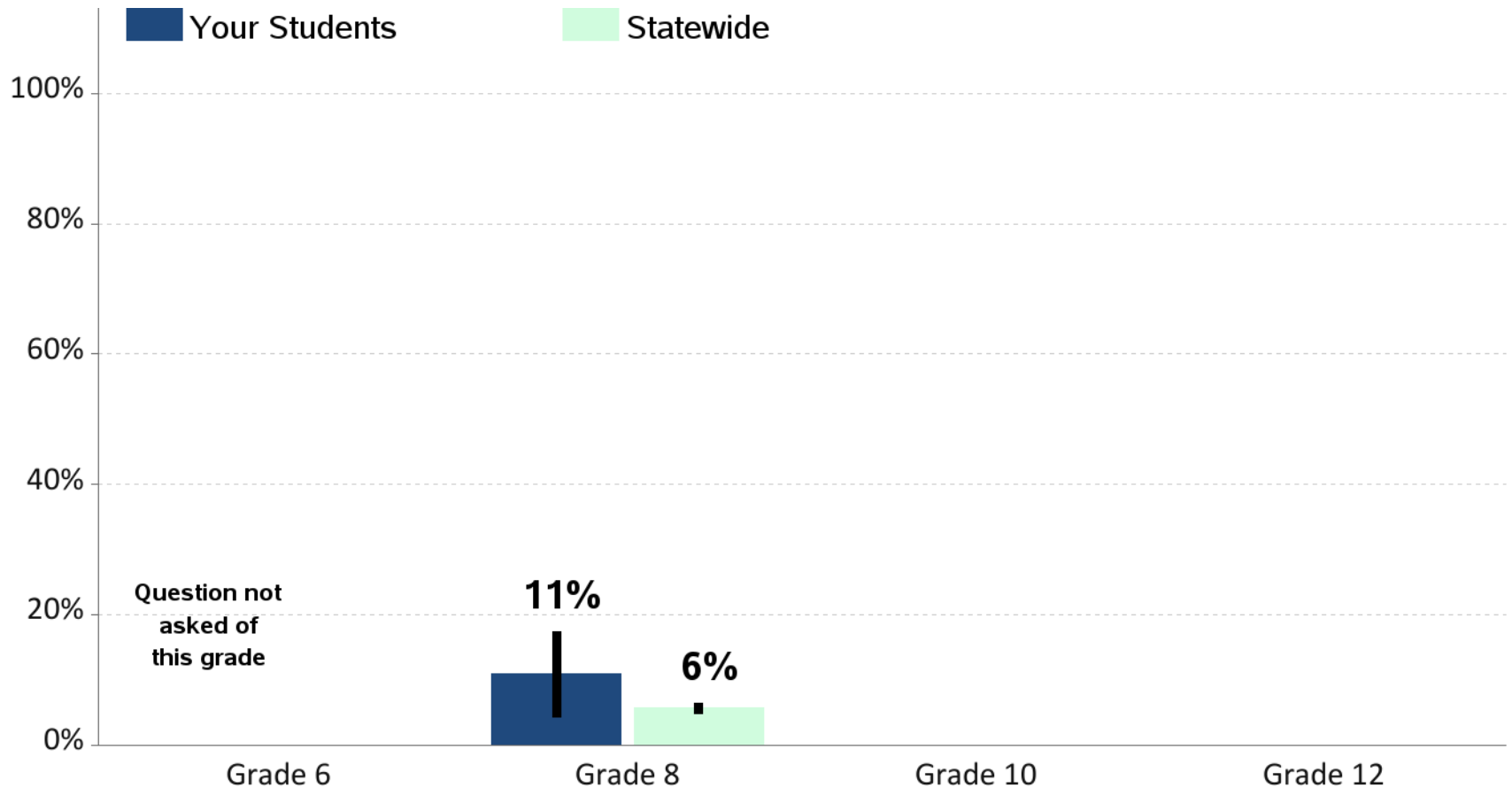
# Current Prescription Drug Use

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



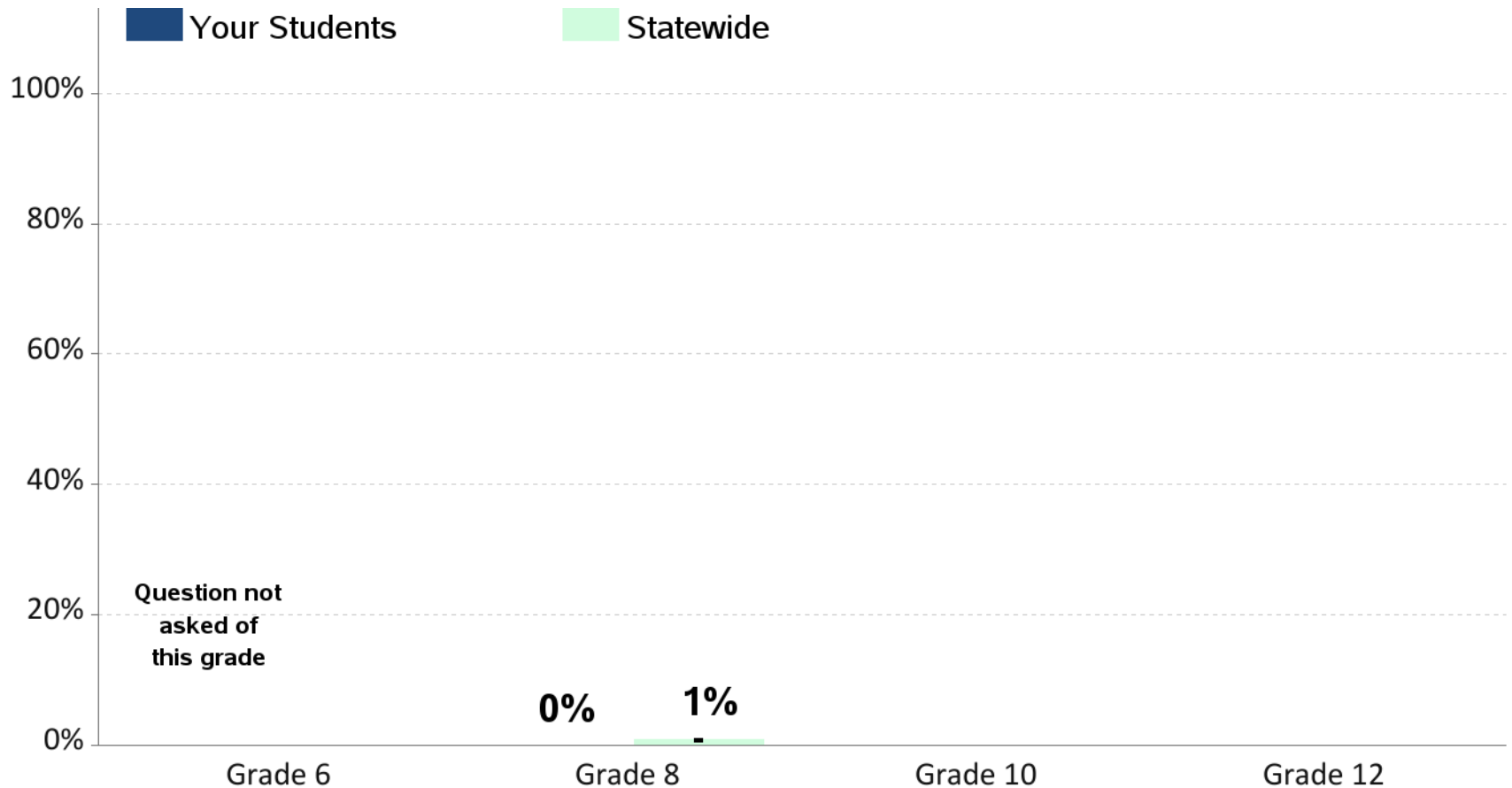
## Current Over-the-Counter Drug Use

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



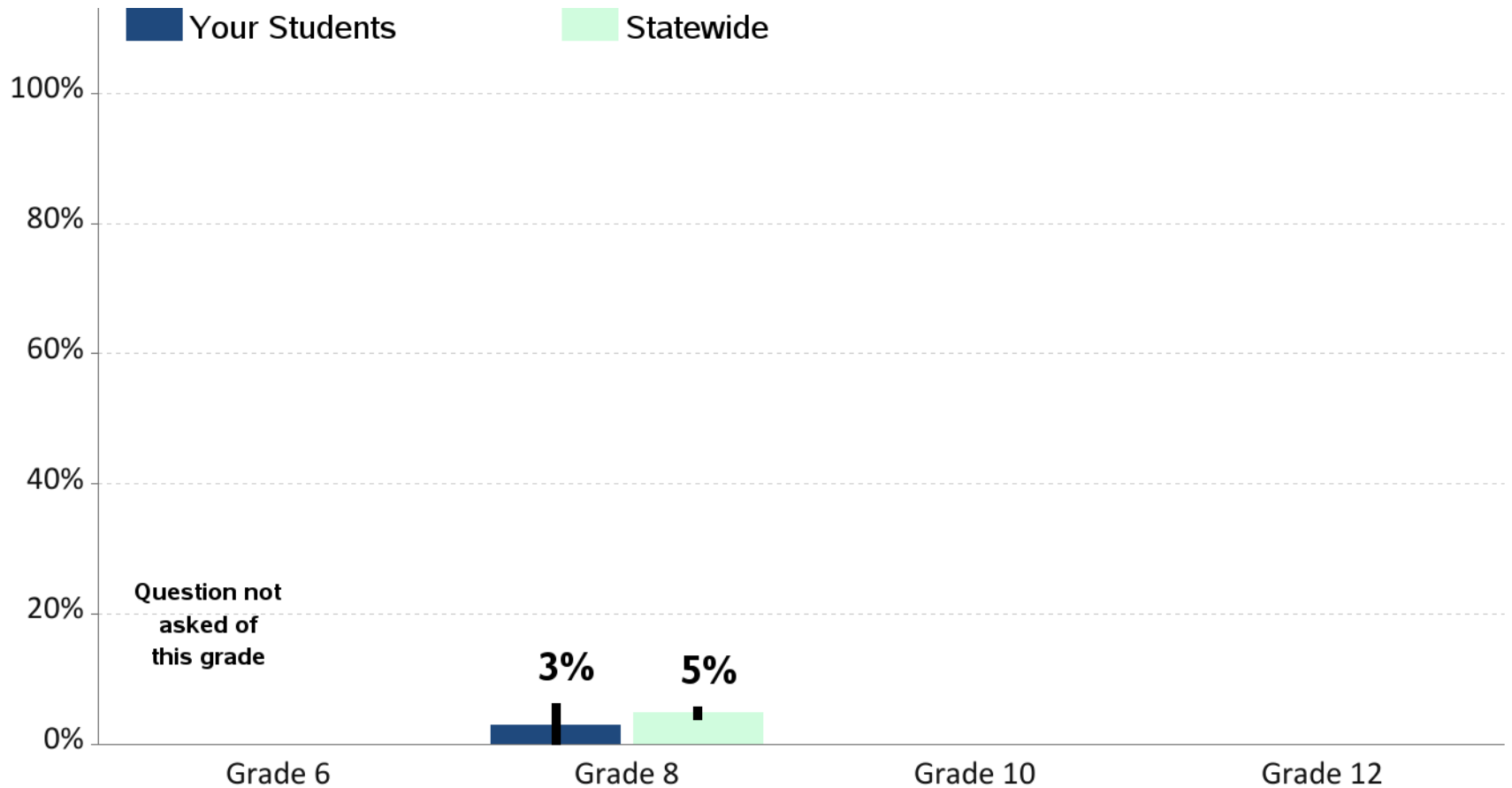
# Alcohol Drinking while Using Marijuana

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



# Substance Use at School

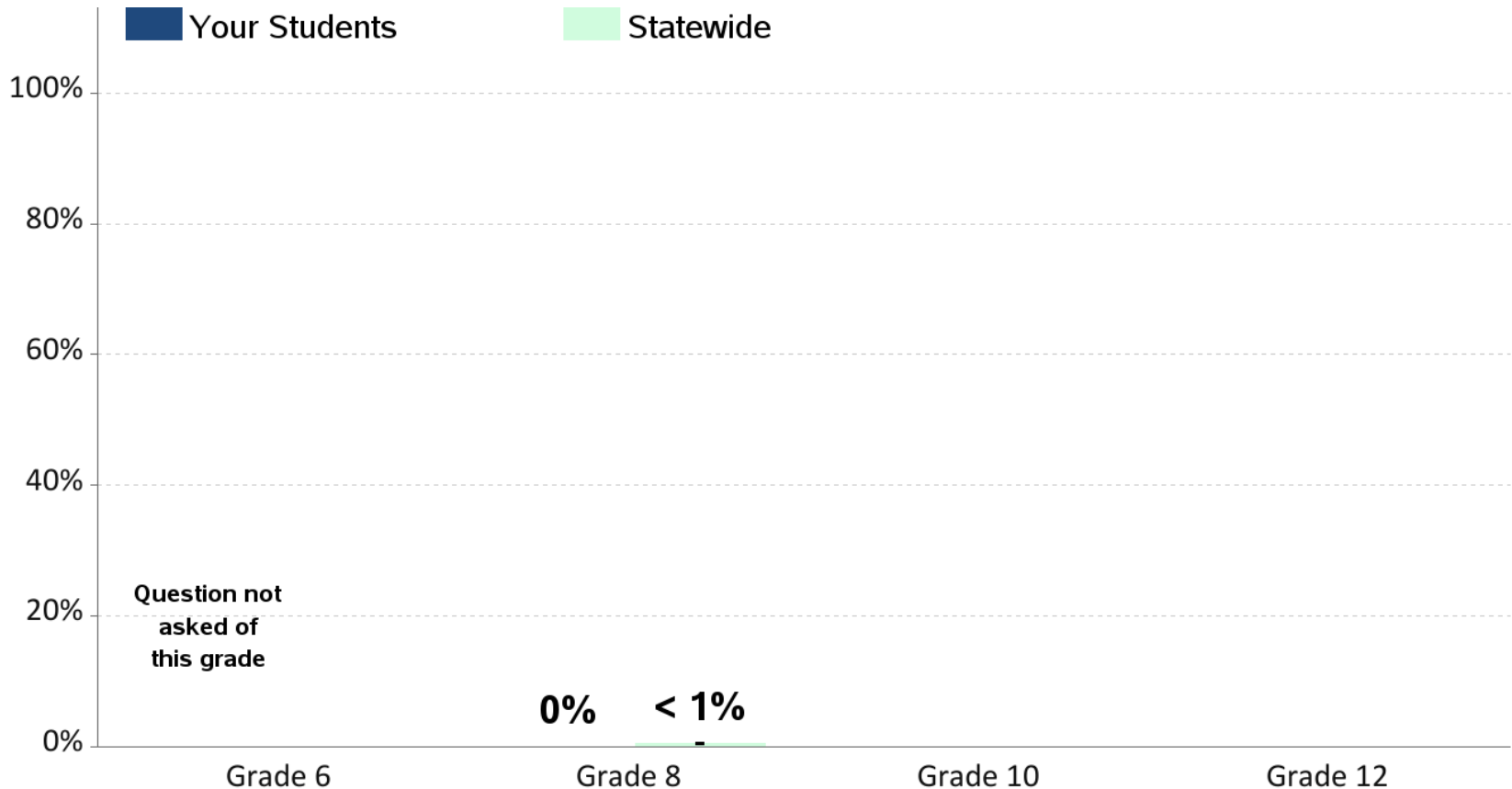
Percent of students who report being drunk or high while participating in school in the past year





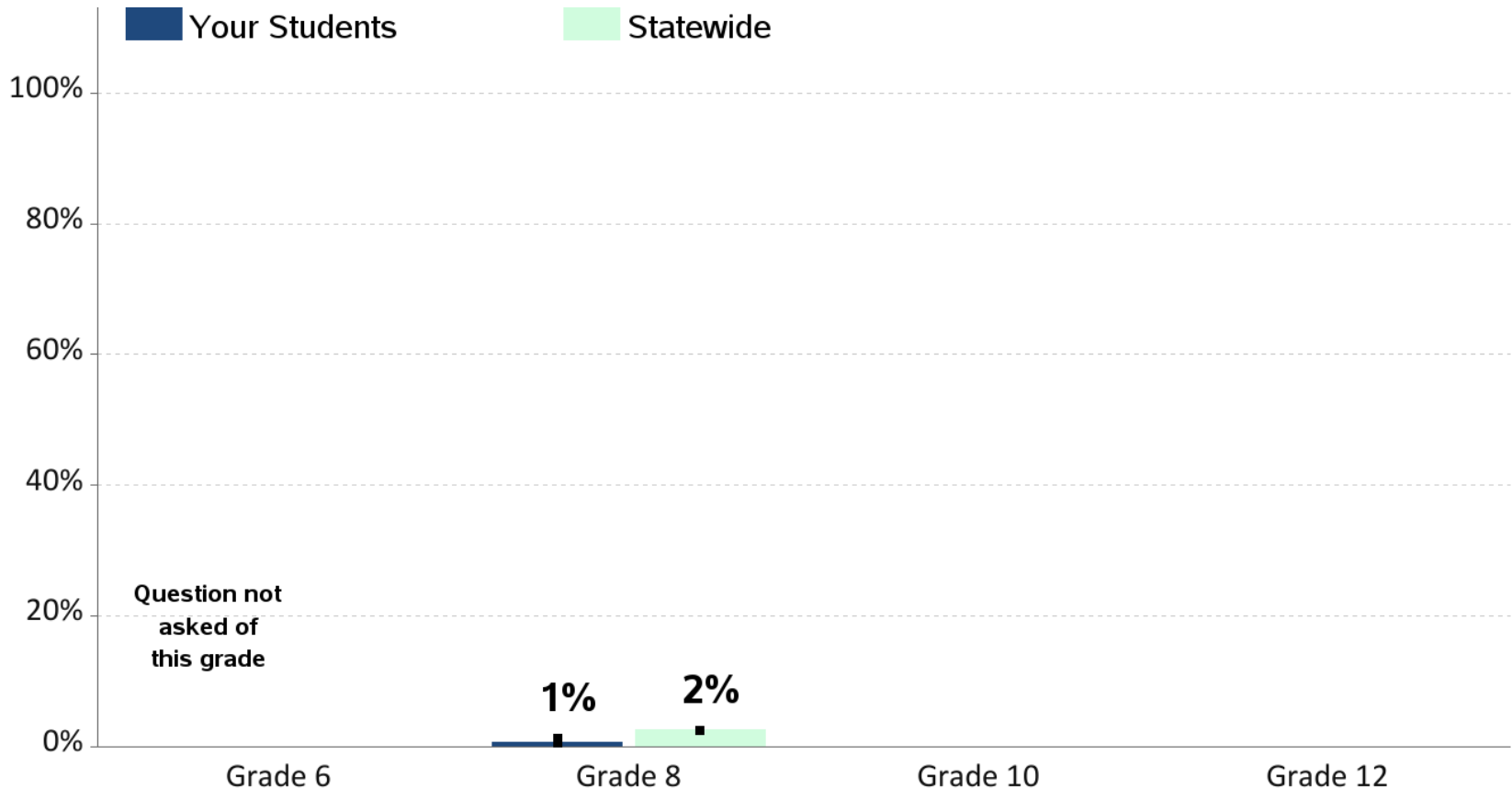
# Tobacco Use on School Property

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)



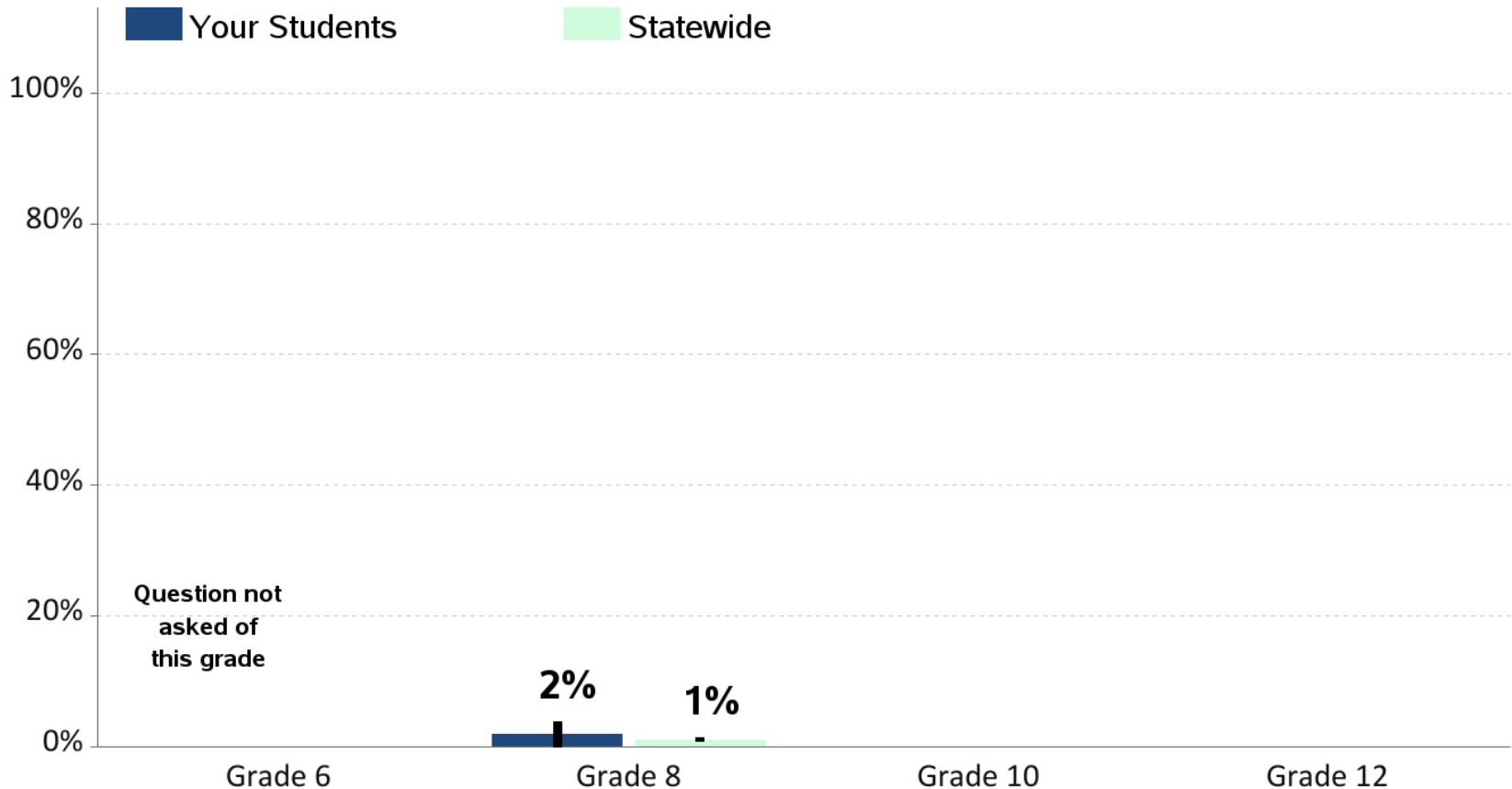
# E-Cigarette Use on School Property

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)



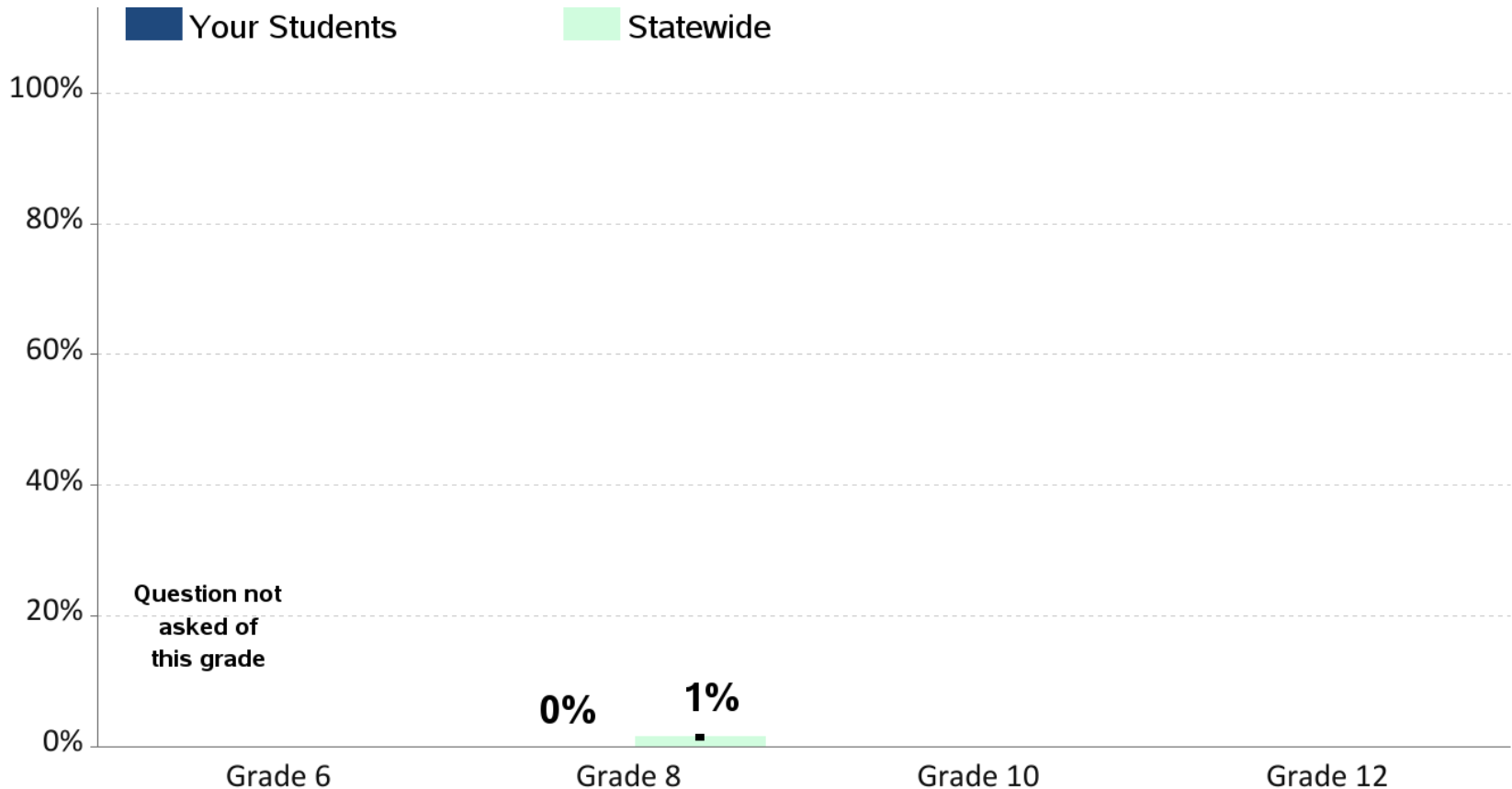
# Alcohol Use on School Property

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)



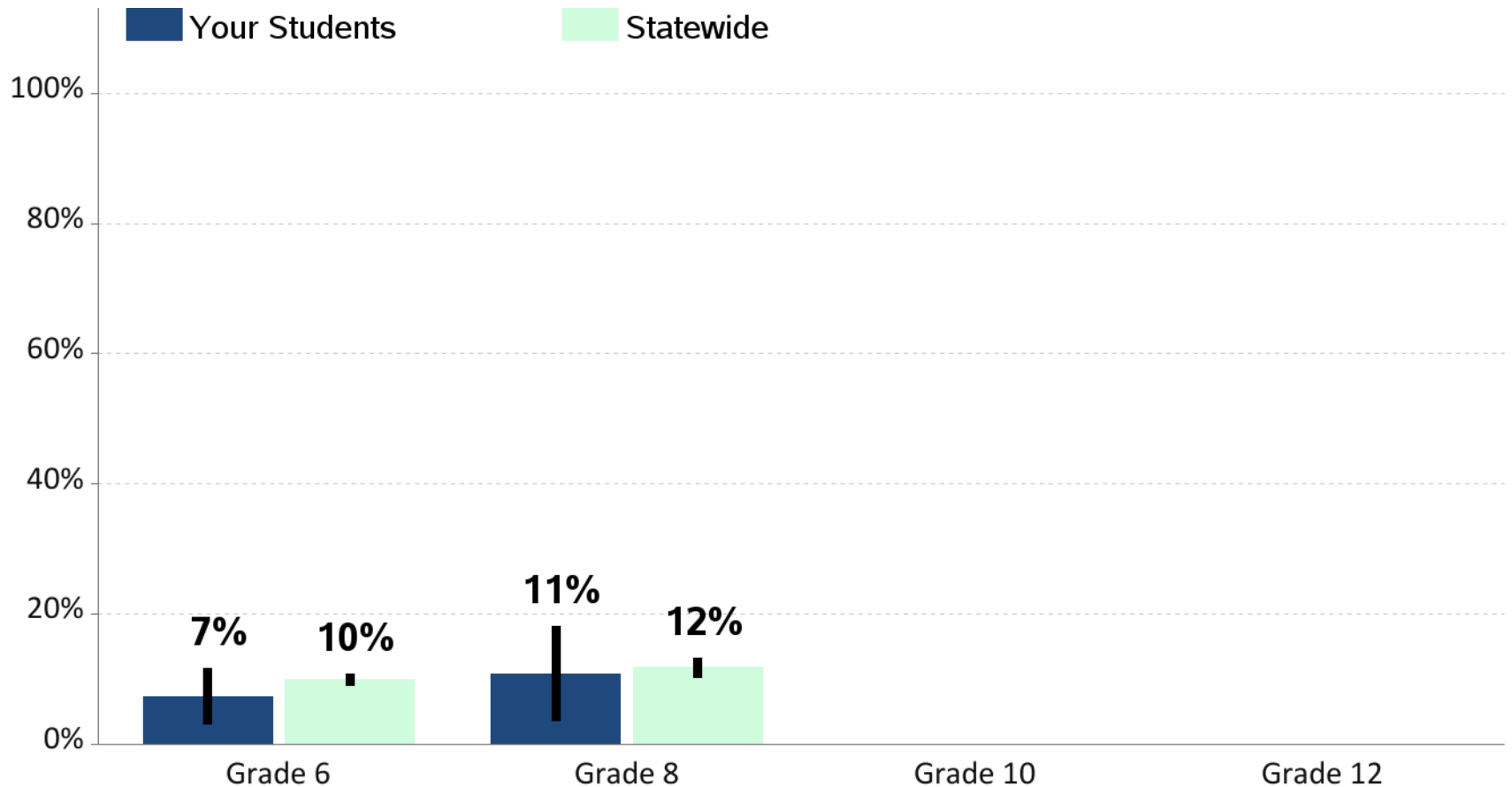
# Marijuana Use on School Property

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)



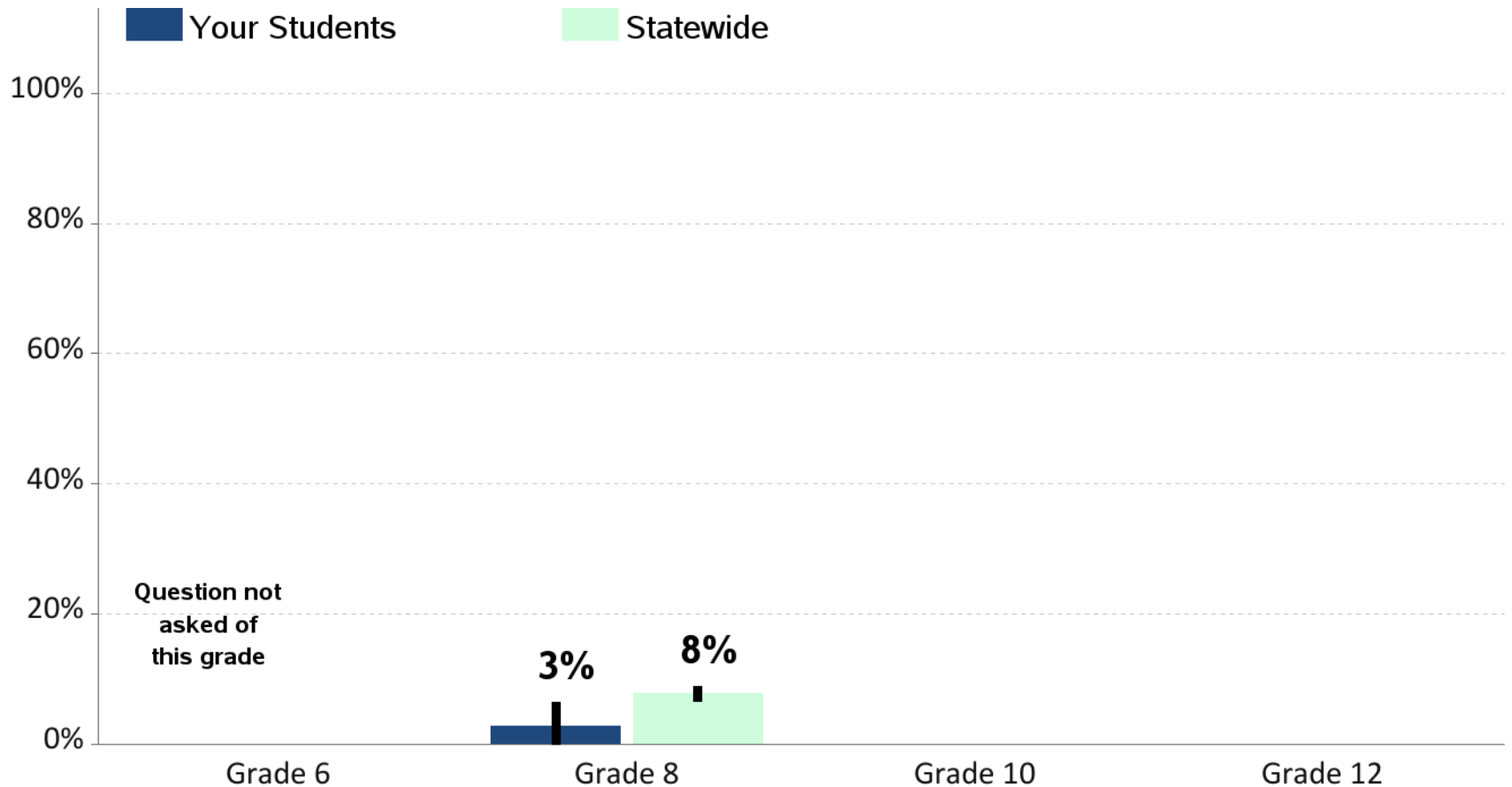
# Riding with a Drinking Driver

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



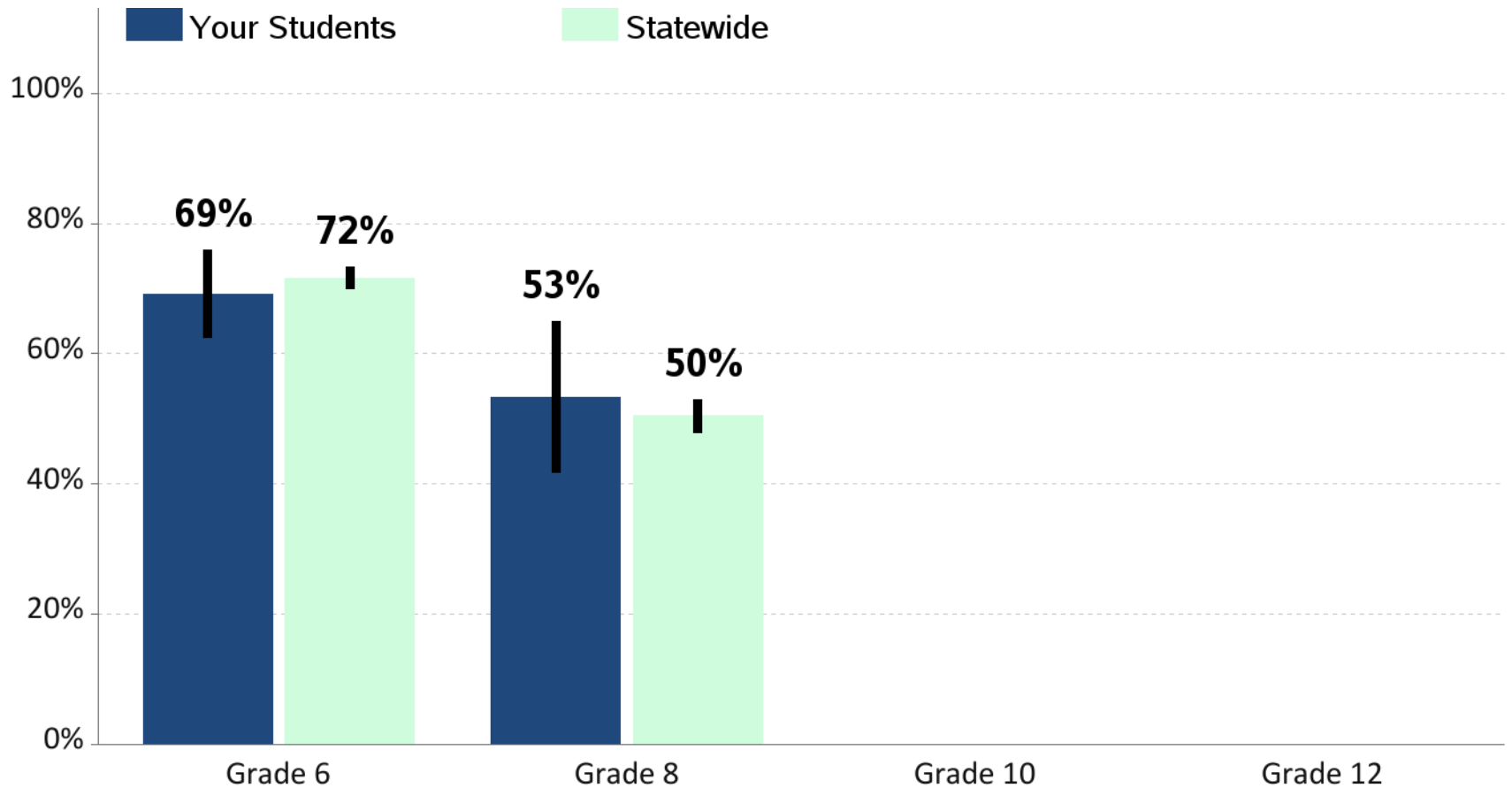
# Riding With a Recent Marijuana User

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



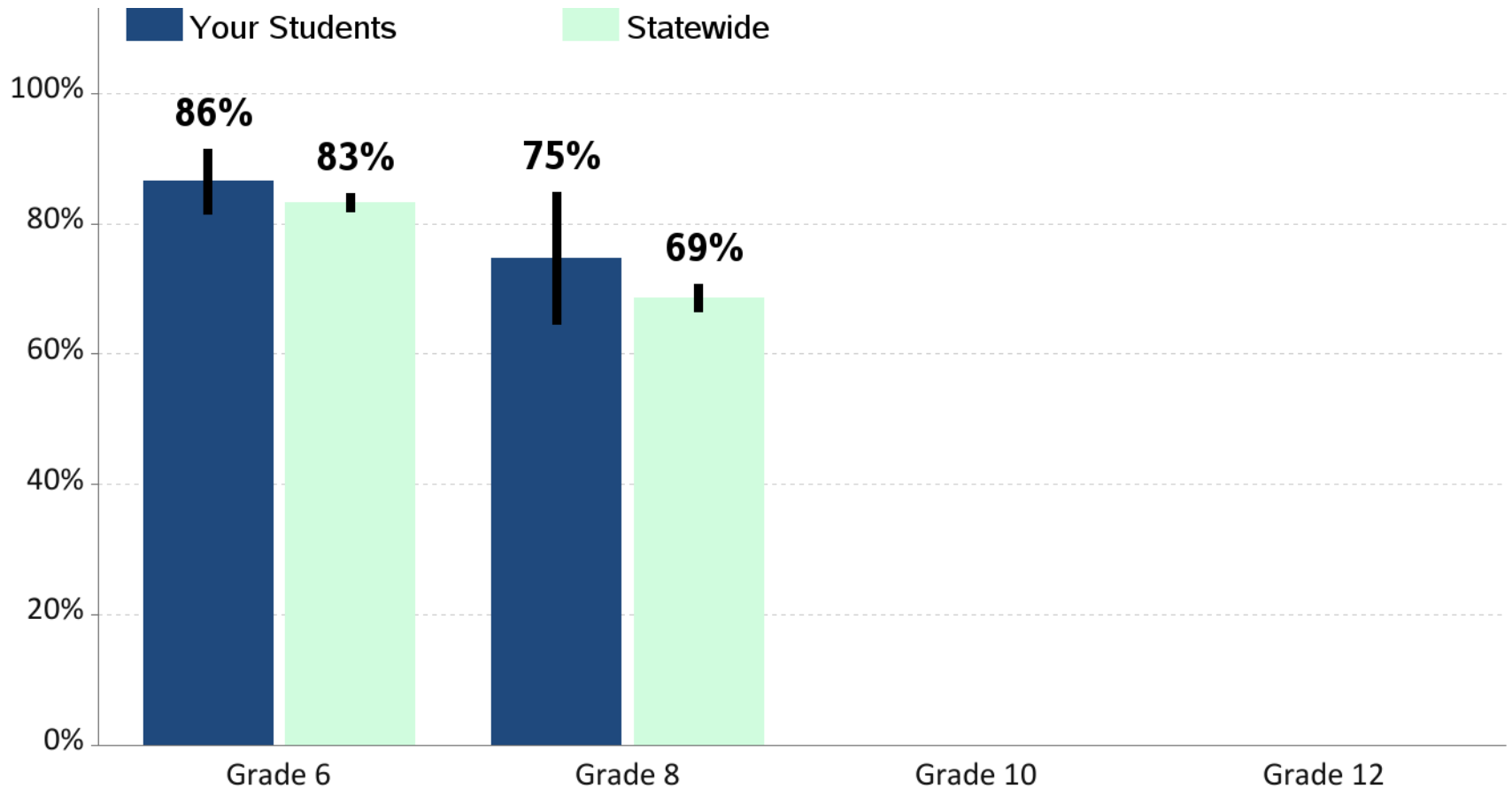
# Perceived Availability of Alcohol

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



# Perceived Availability of Cigarettes

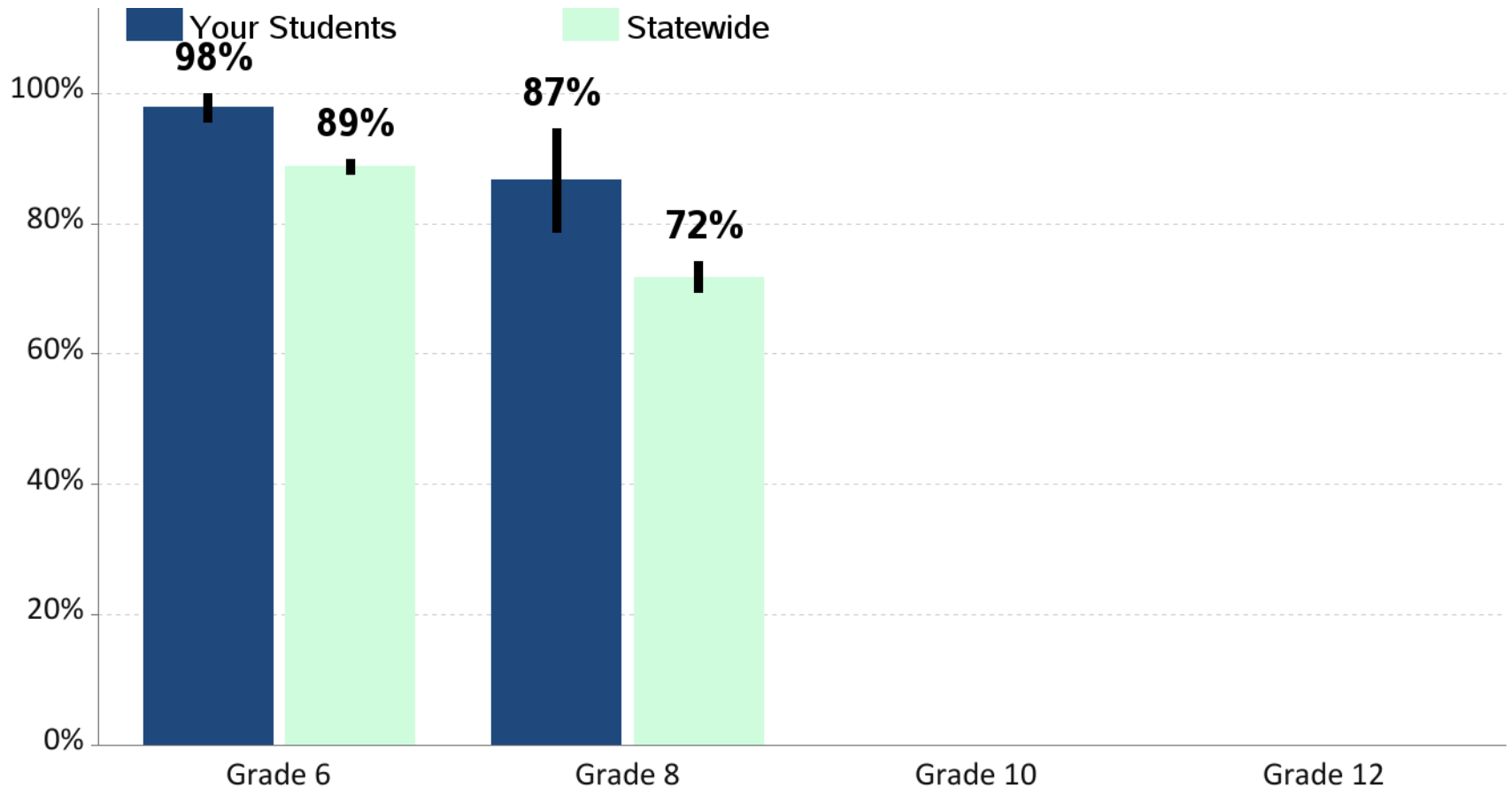
Percent of students who report cigarettes would be "very hard" to get





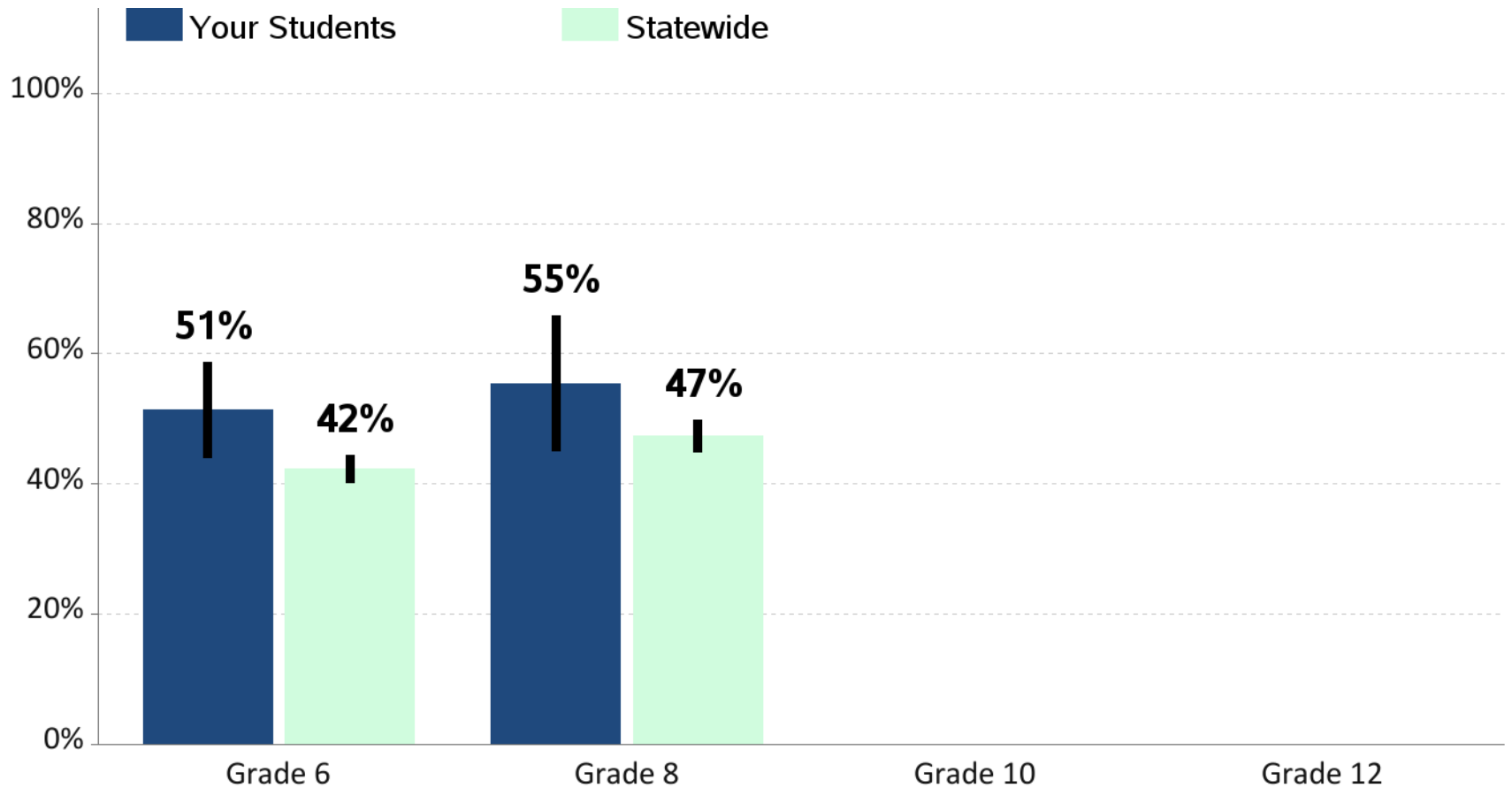
# Perceived Availability of Marijuana

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



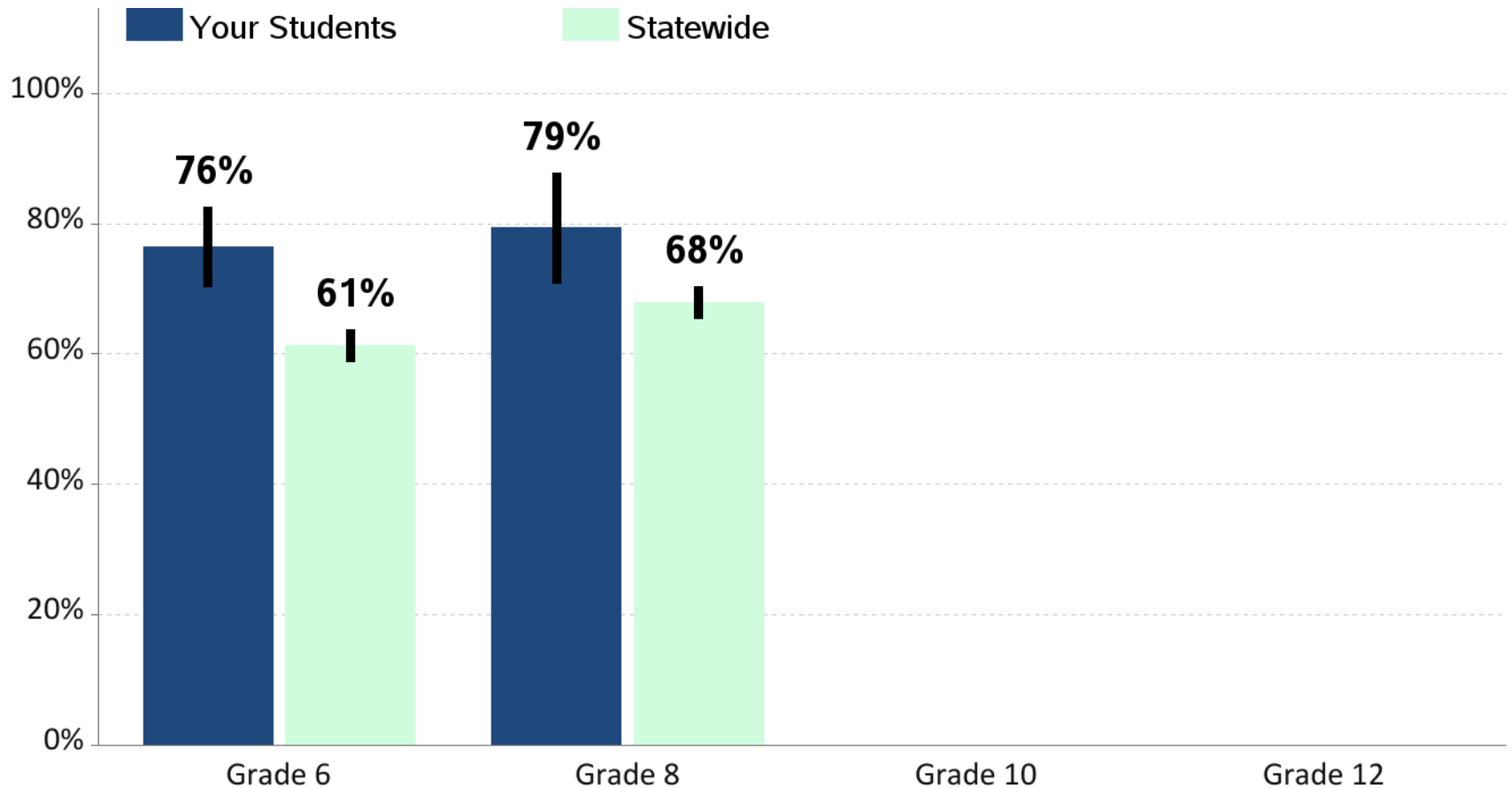
# Perceived Risk of Regular Alcohol Use

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



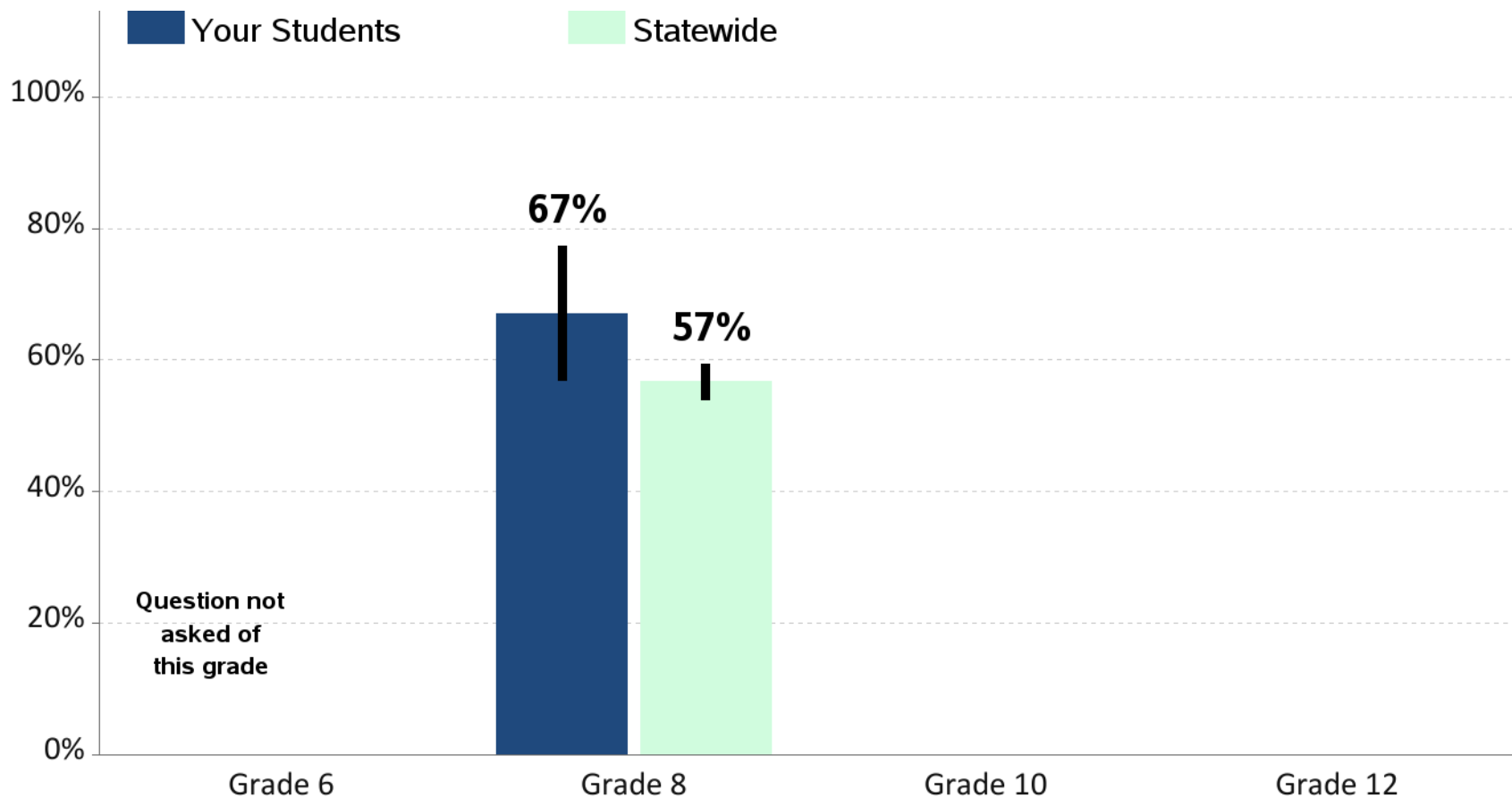
# Perceived Risk of Regular Cigarette Smoking

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



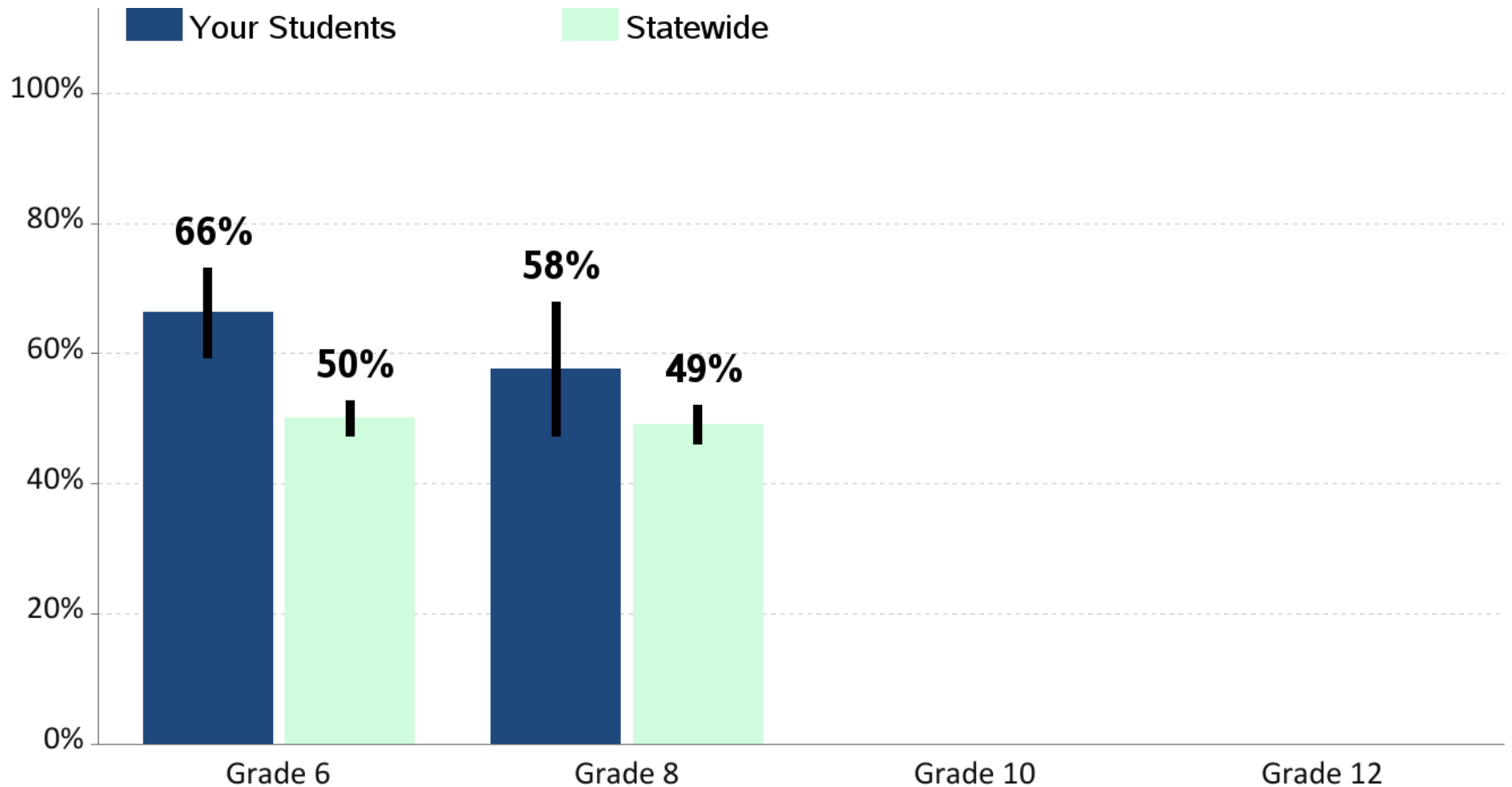
# Perceived Risk of E-Cigarette Smoking or Vaping

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



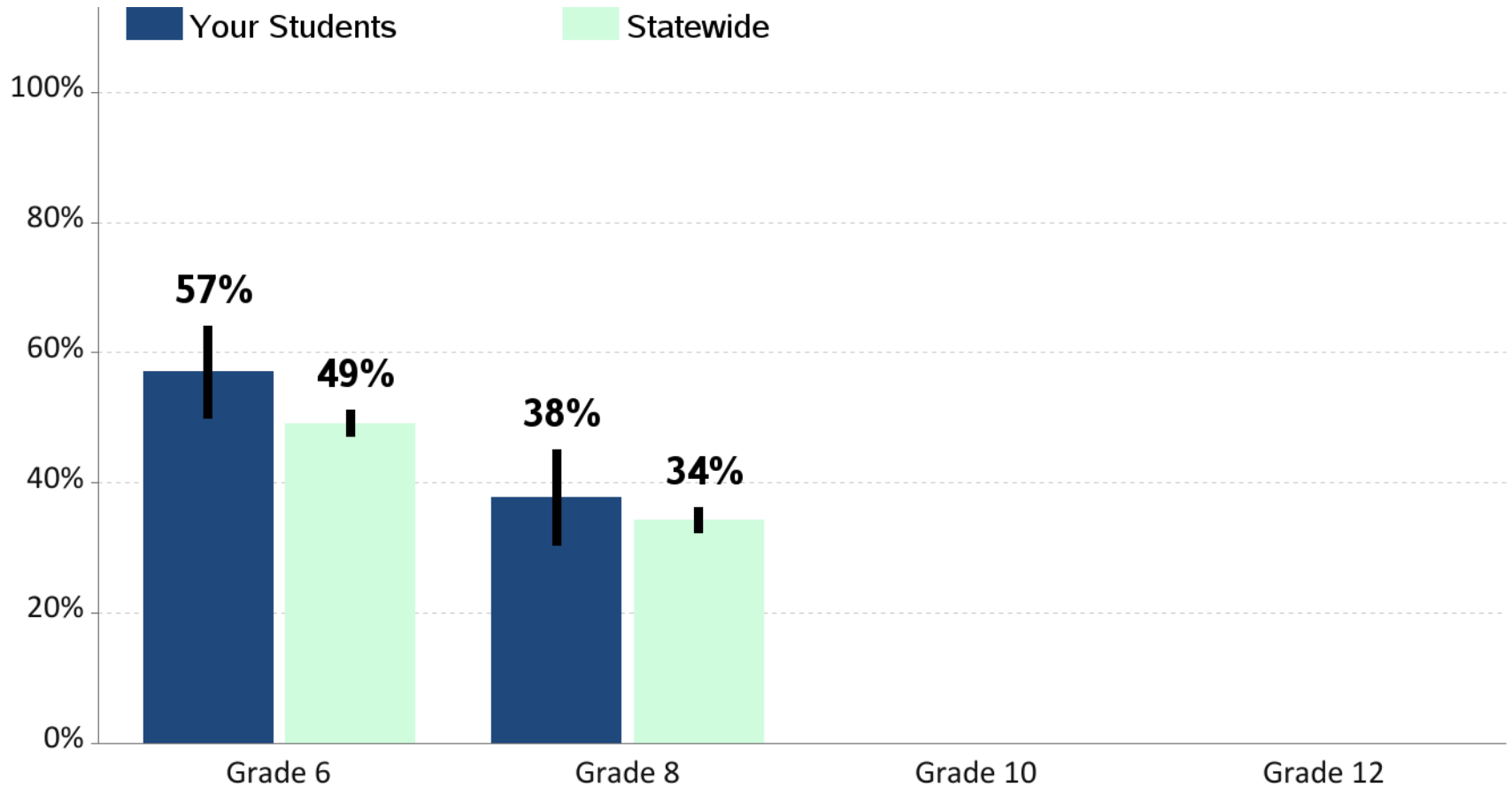
## Perceived Risk of Regular Marijuana Use

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



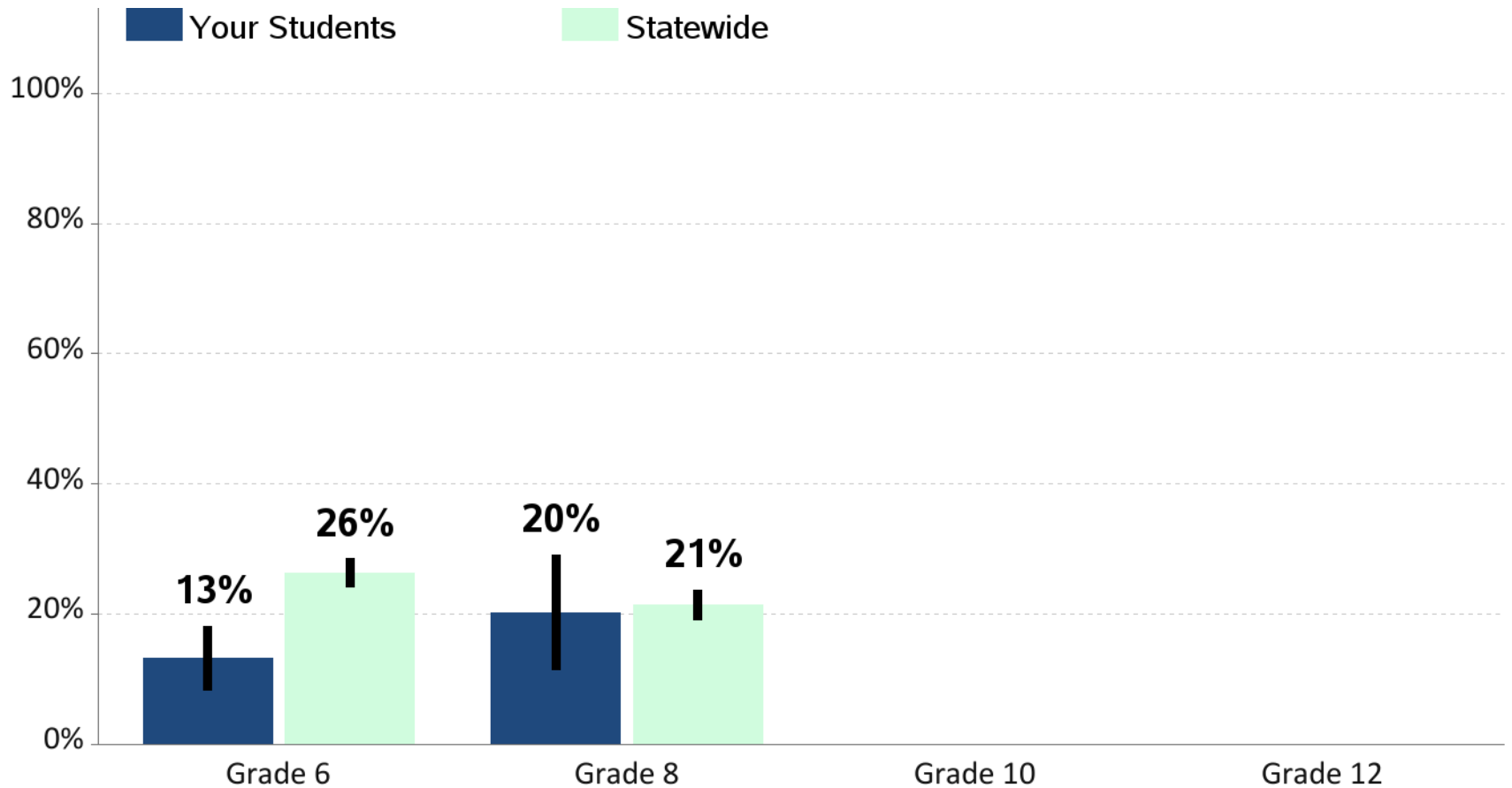
# Enjoyment of School

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



# Skiping School

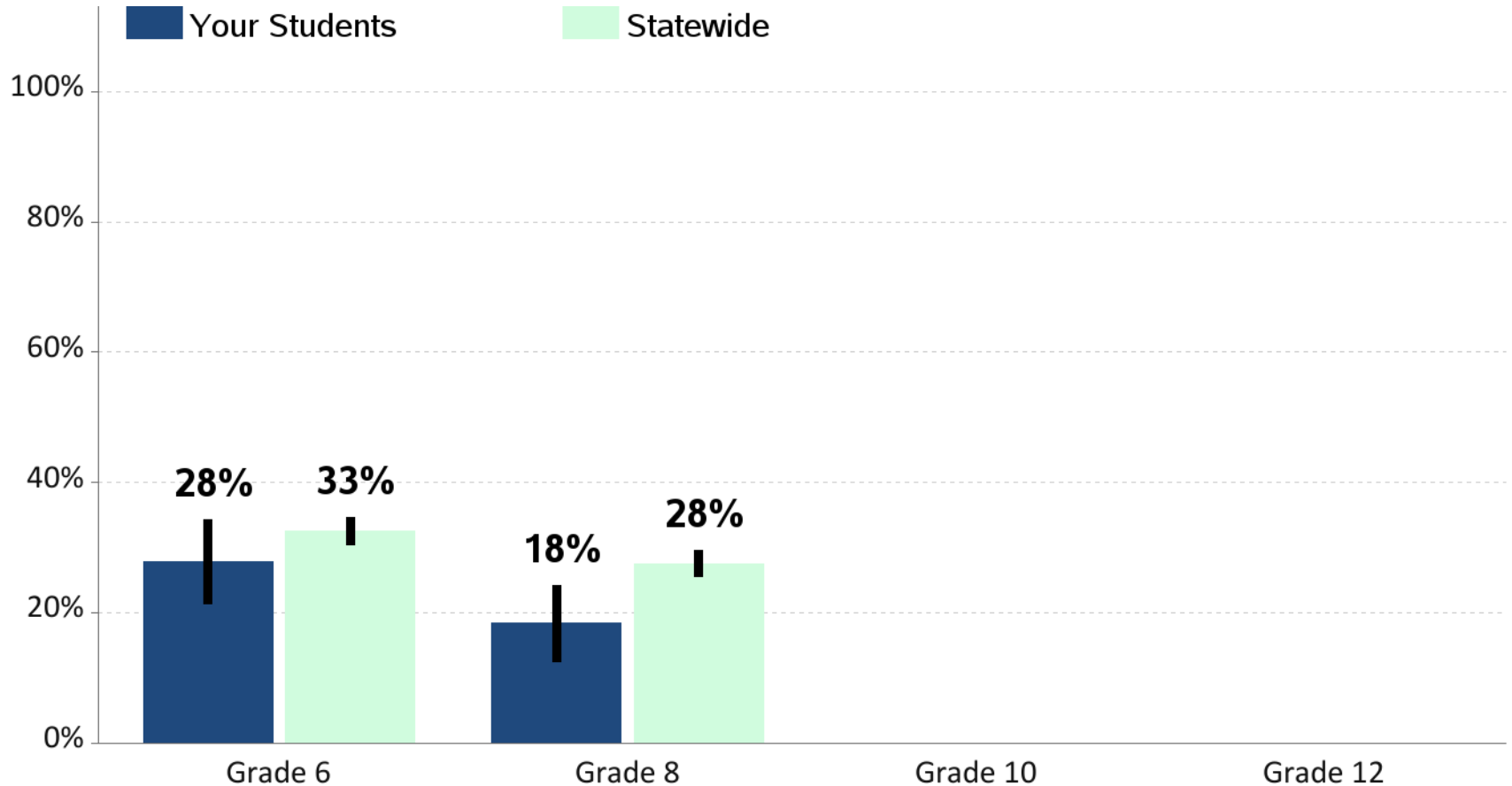
Percent of students who report skipping  
1 or more whole days of school in the past 4 weeks



# Bullying

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

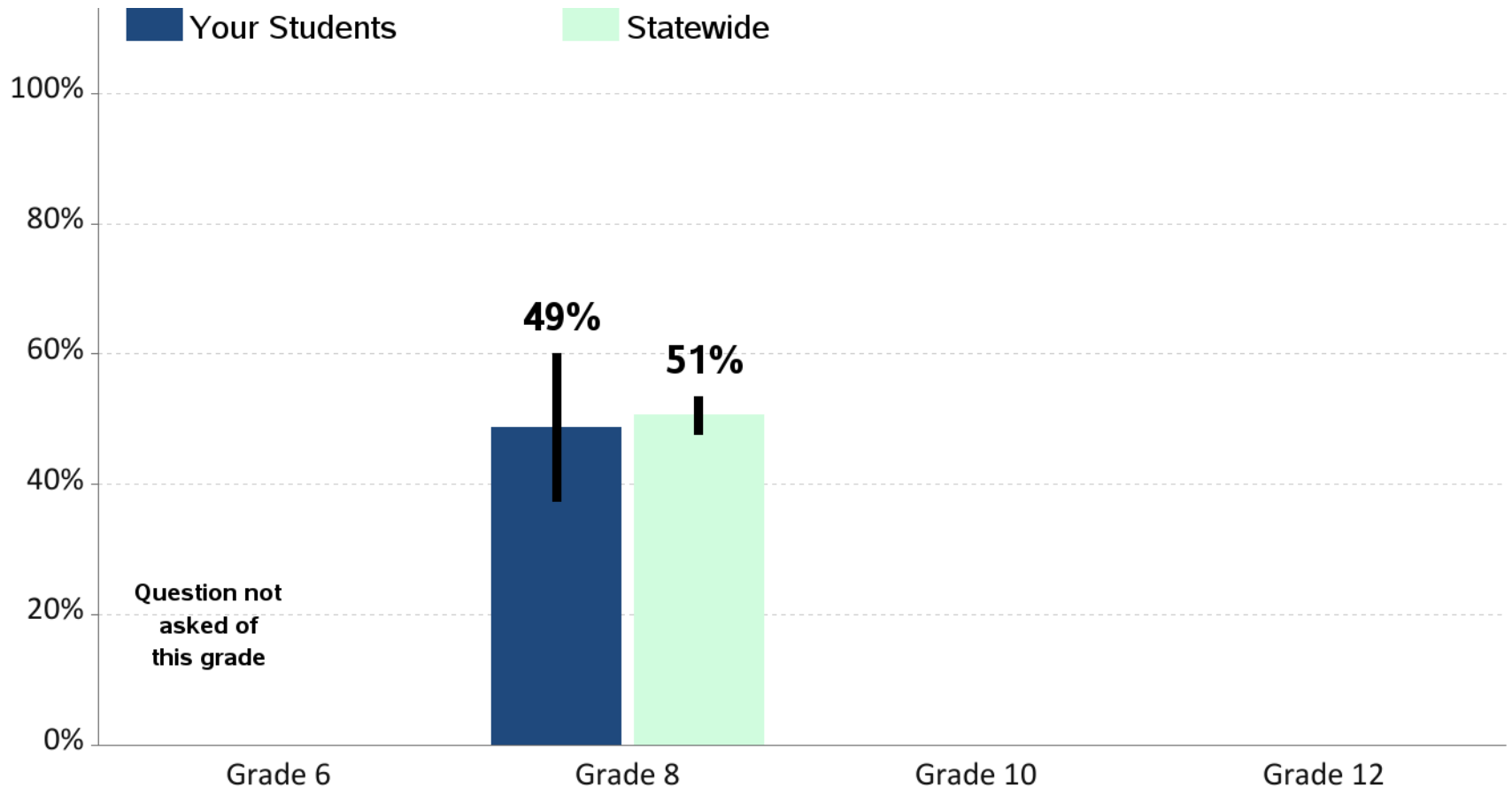
*Bullying is when one or more students threaten, spread rumors about, hit, shove, or otherwise hurt another student over and over again.*





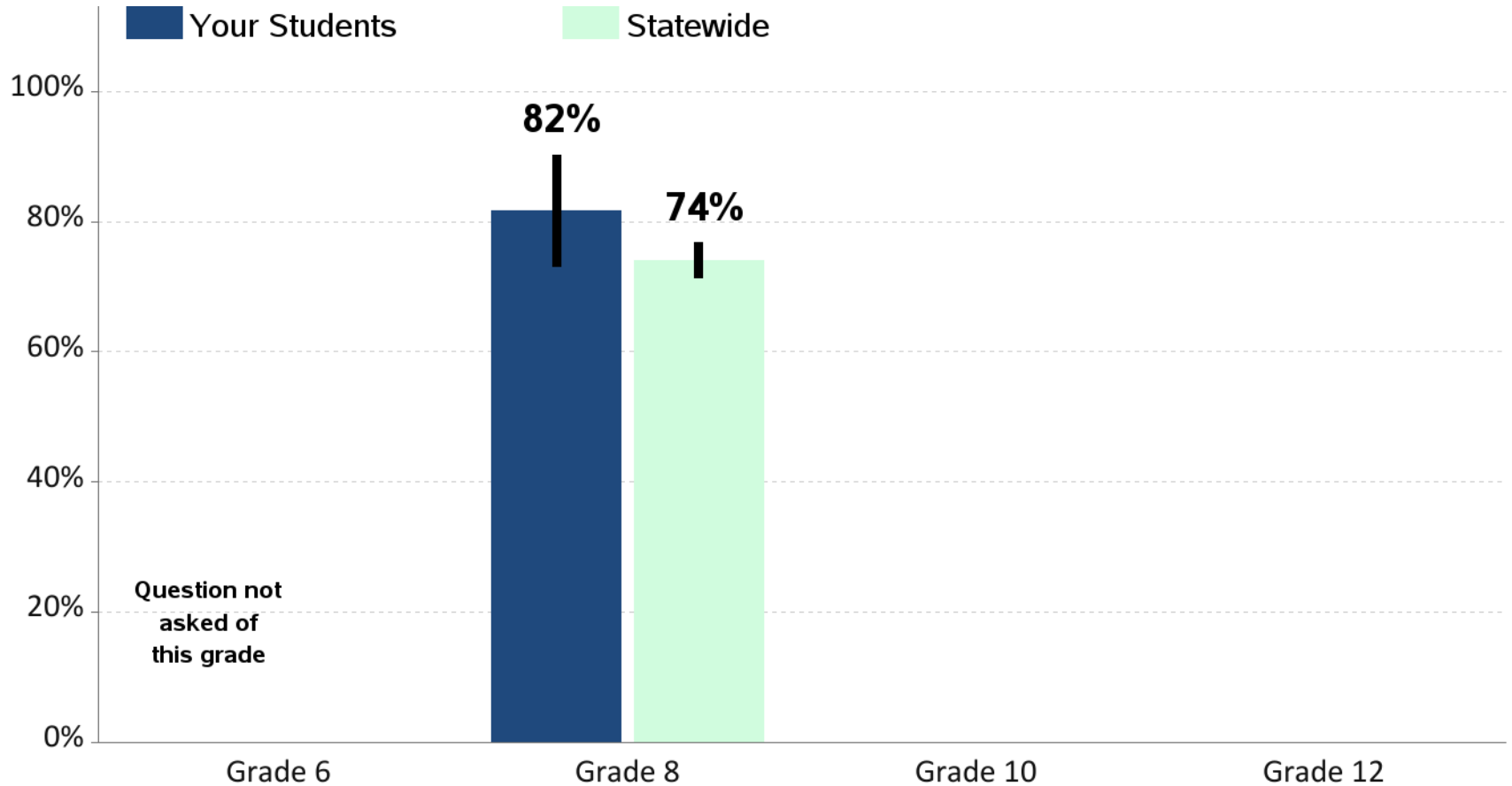
# School Tries to Stop Bullying

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



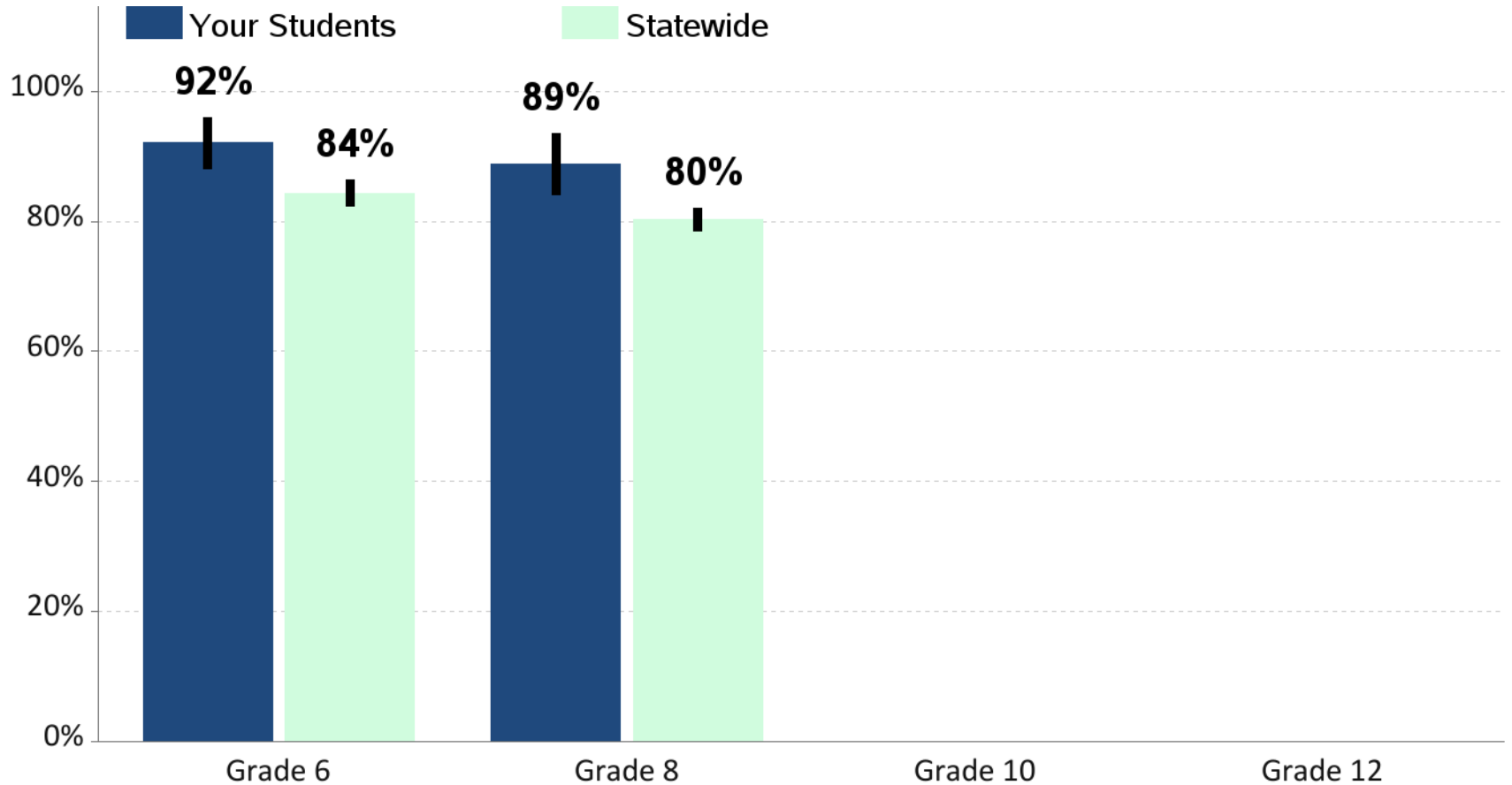
# Students Know How to Report Bullying

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



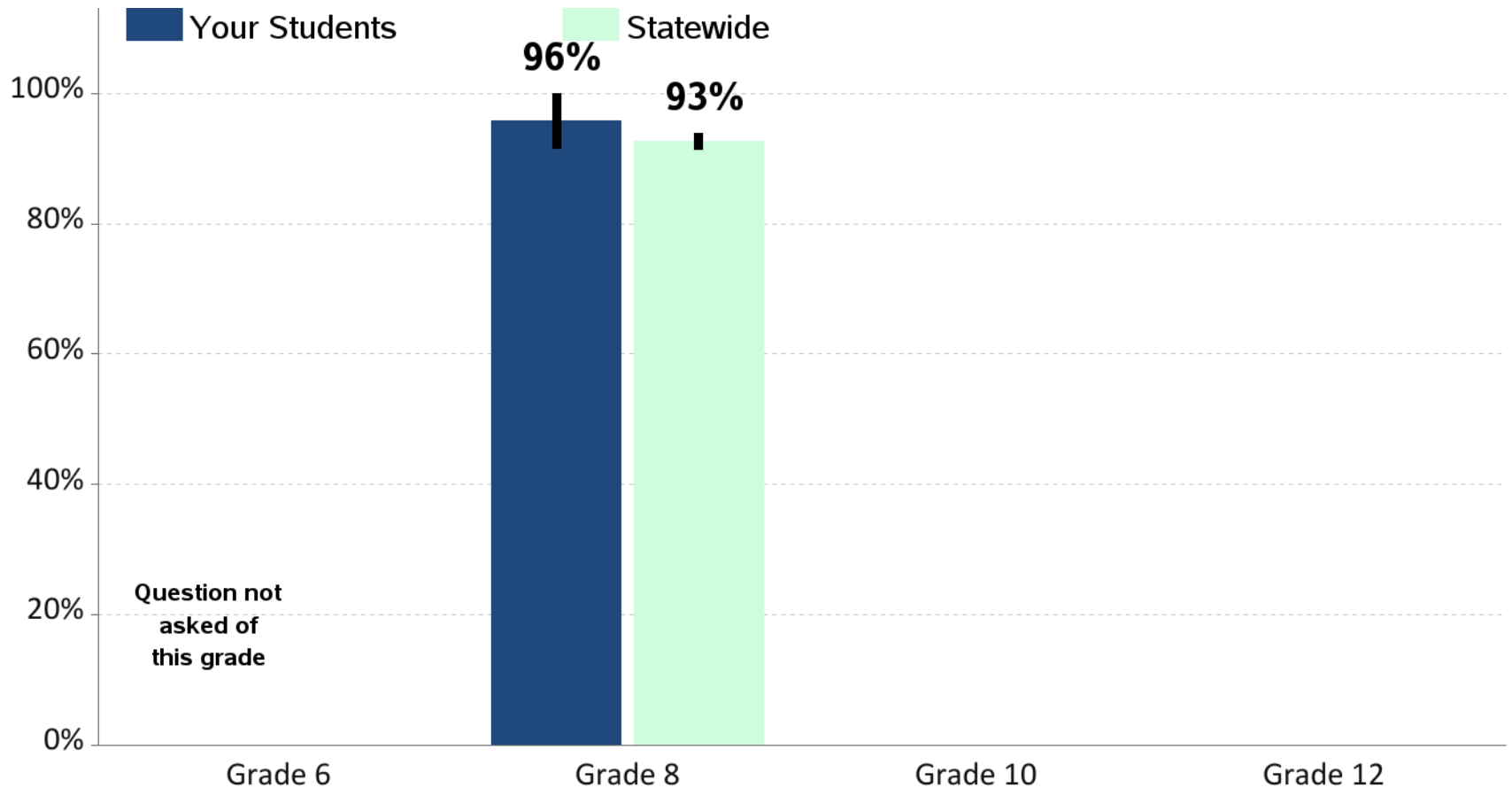
# Feeling Safe During School

Percent of students who report that they feel safe during school



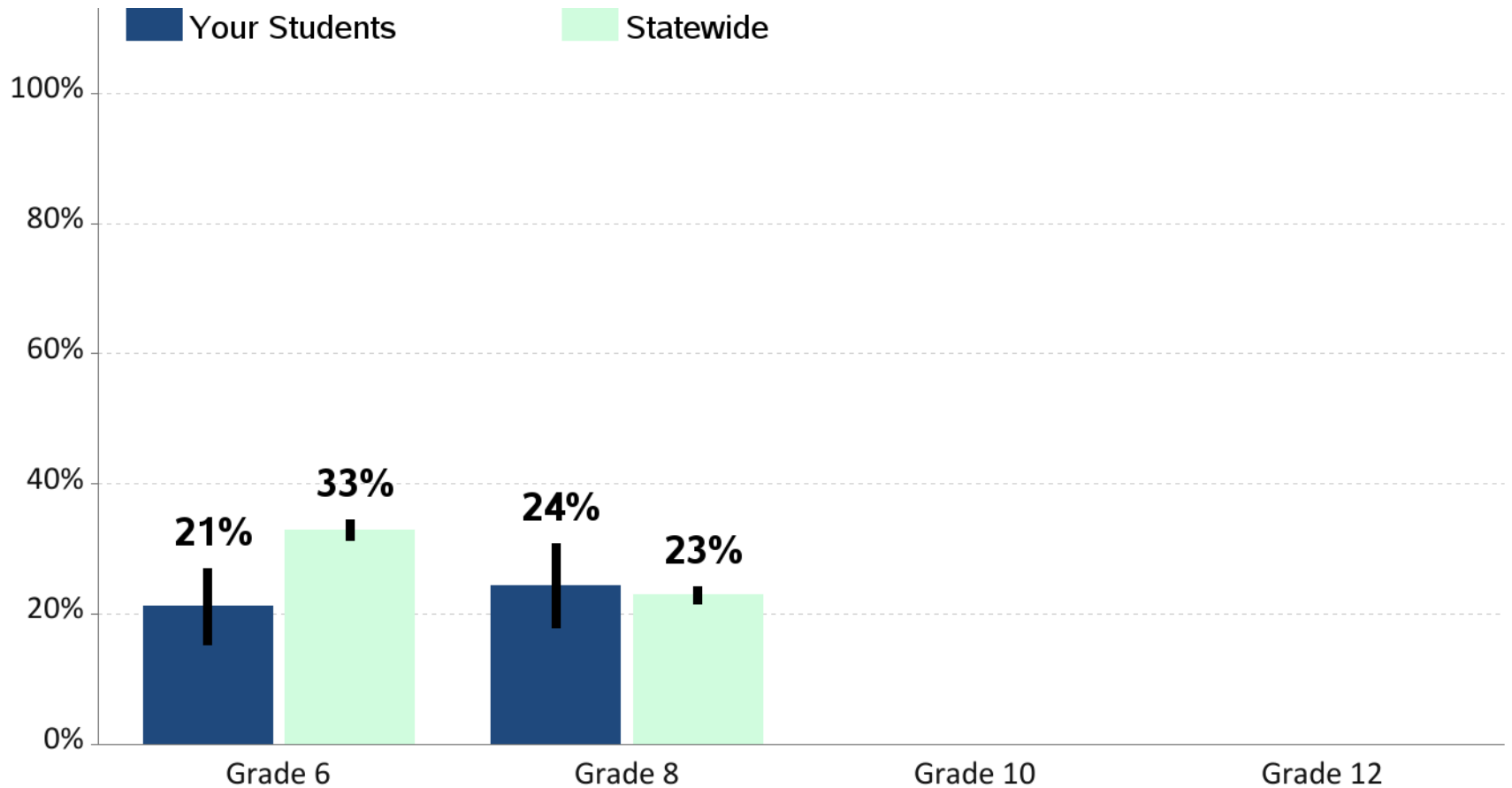
# Opportunities for School Involvement

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



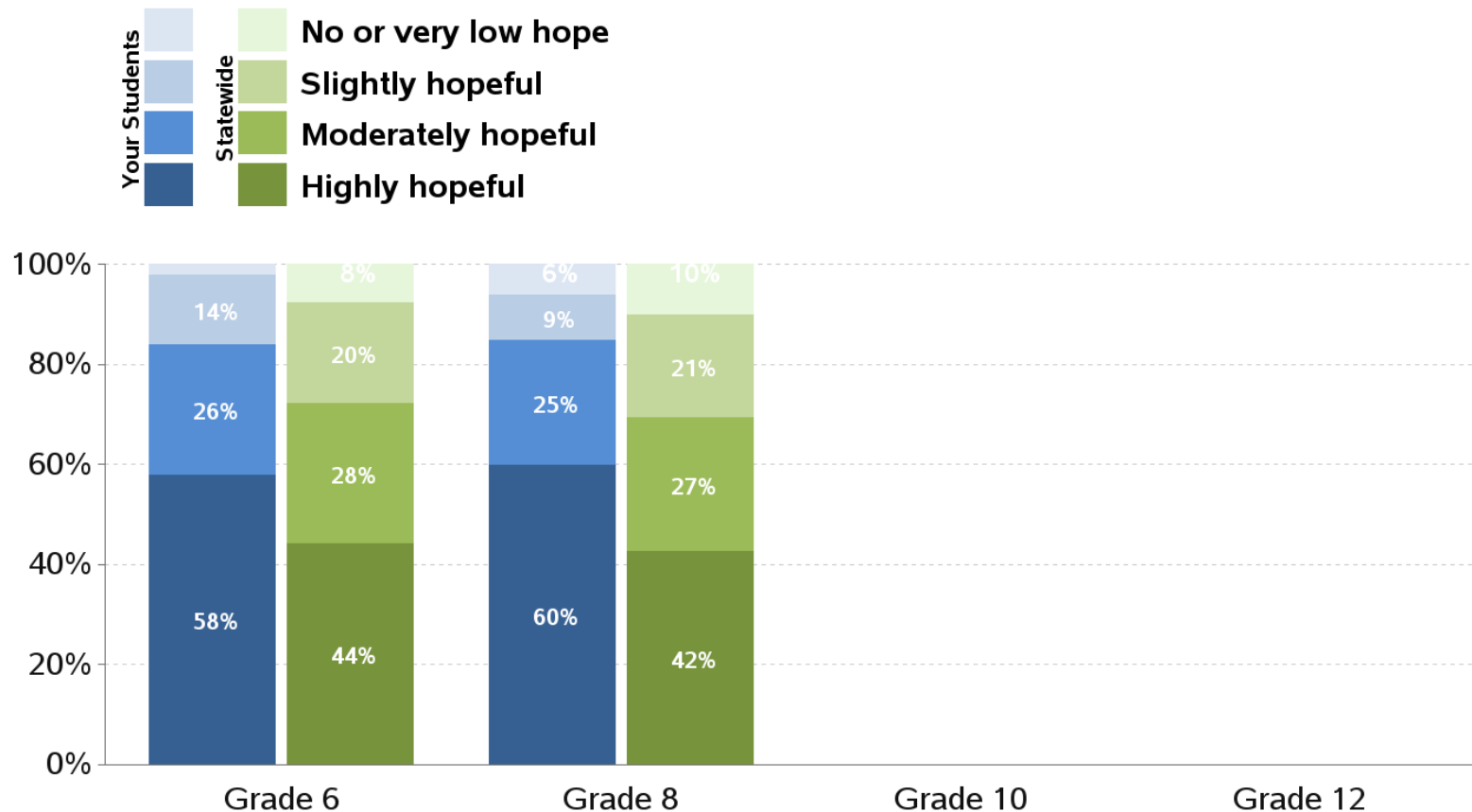
# Physical Fighting

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



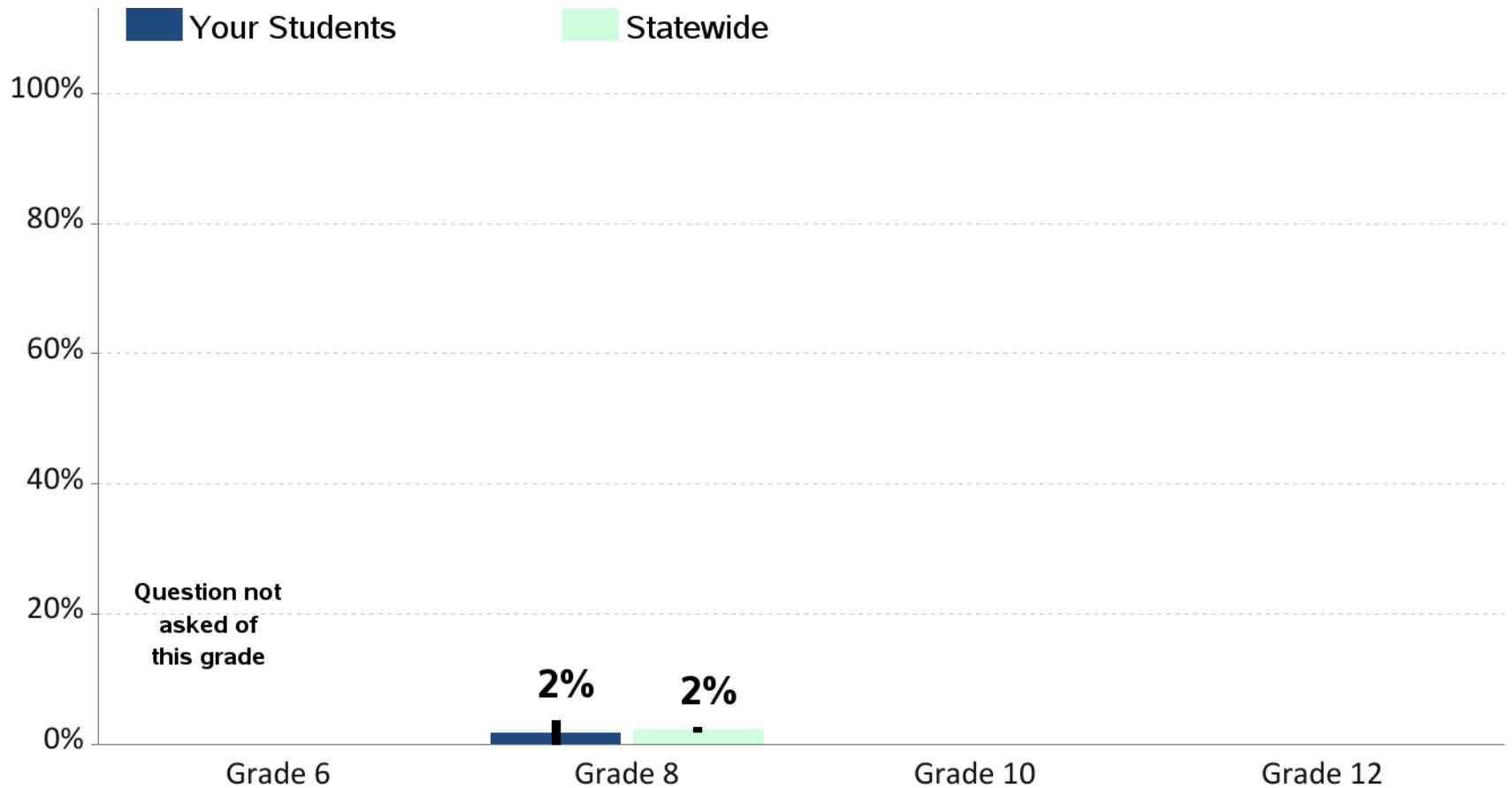
# Children's Hope Scale

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.



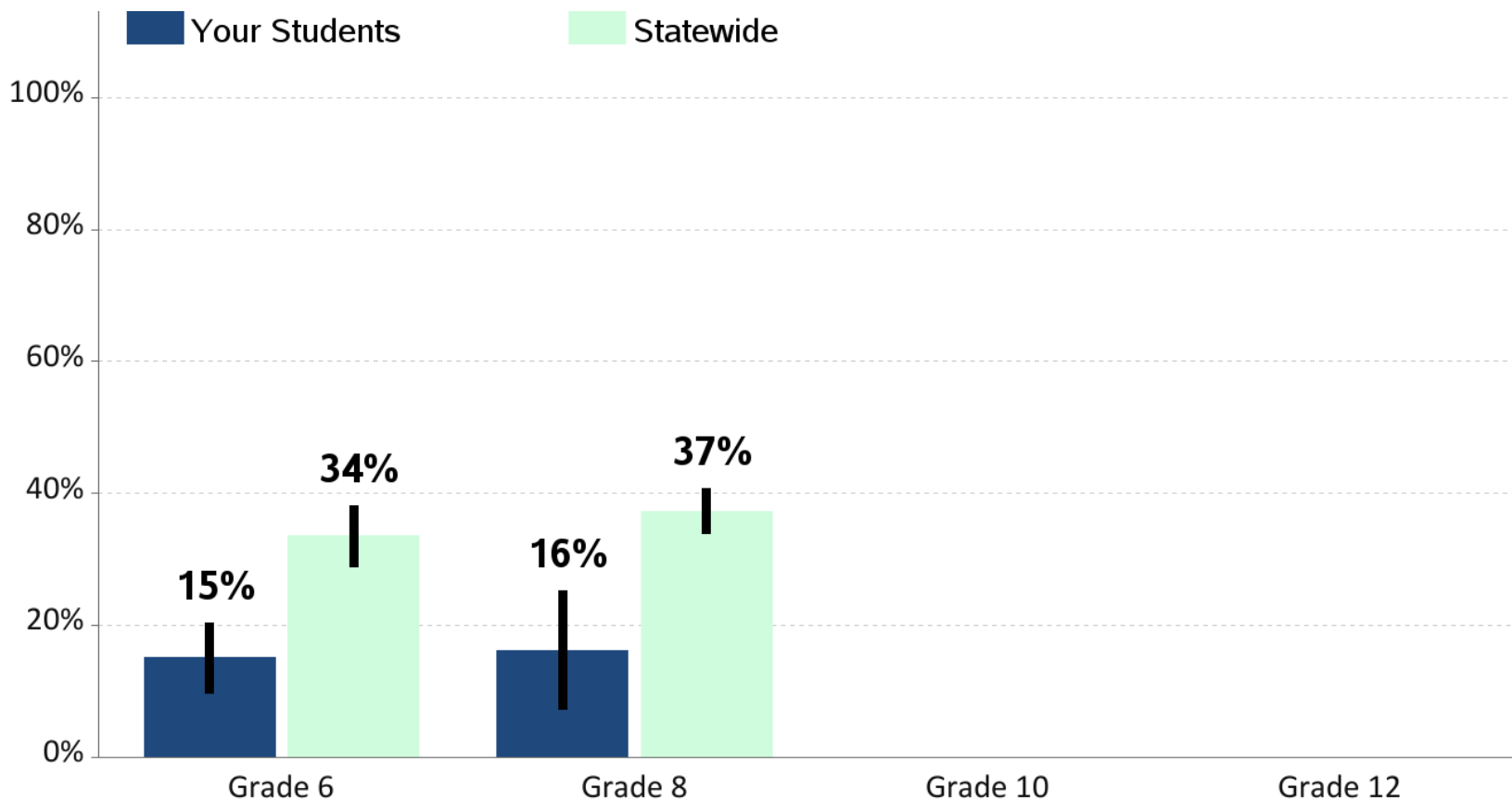
# Gang Membership

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



# Walking/Biking To or From School

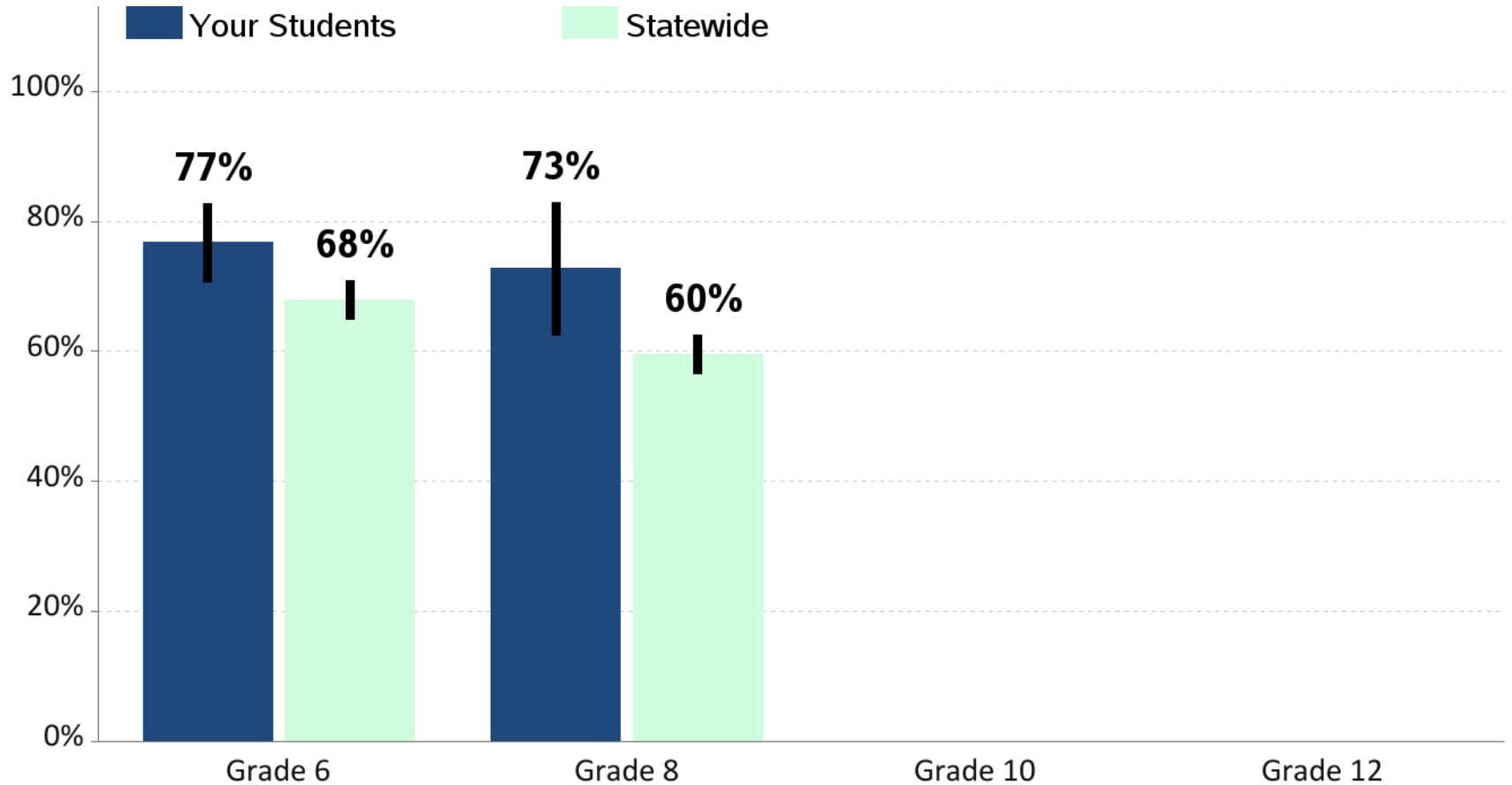
Percent of students who report walking or riding a bicycle to or from school during an average week (among those who normally travel to school)





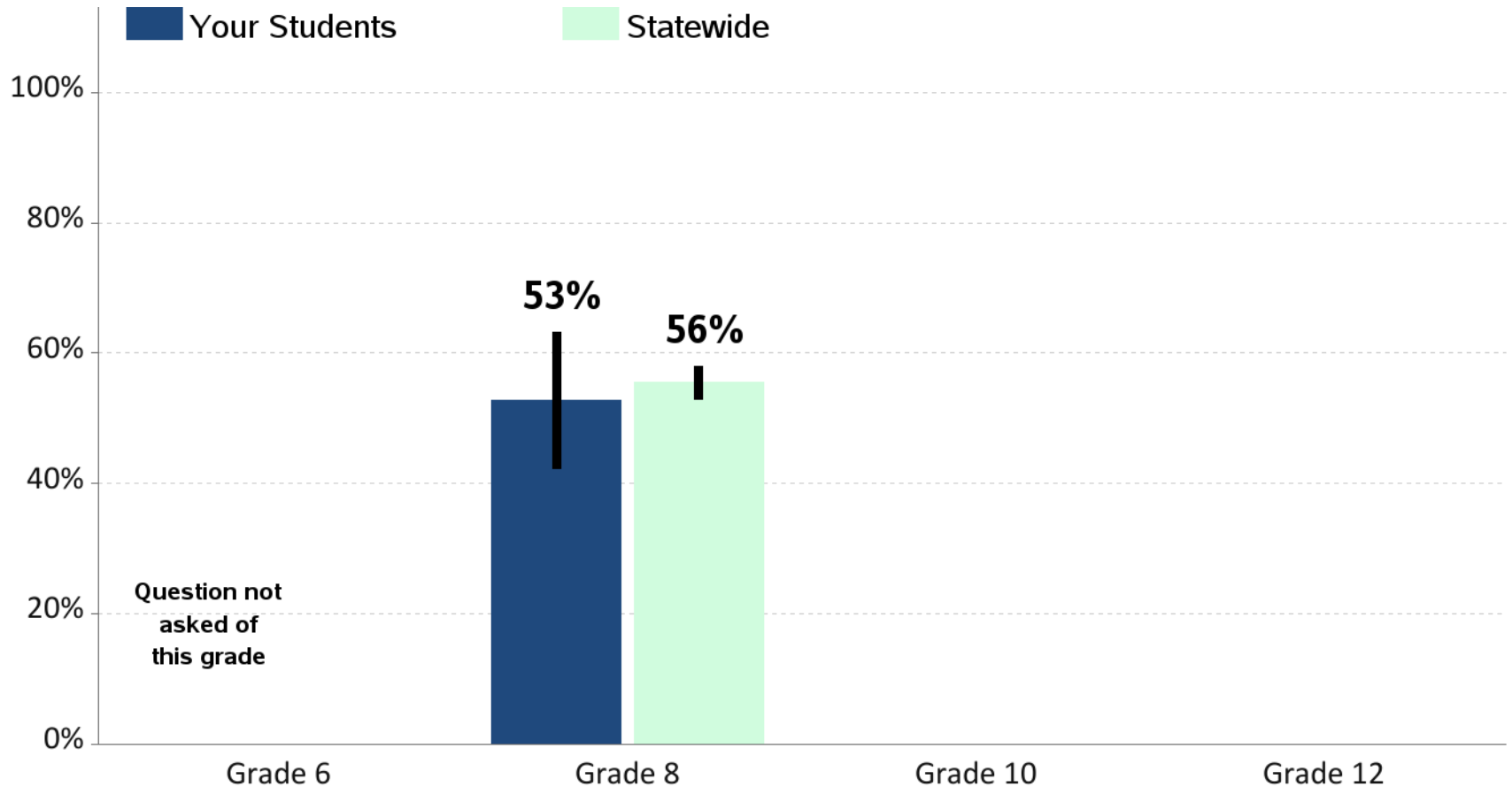
# Eating Breakfast

Percent of students who report eating breakfast



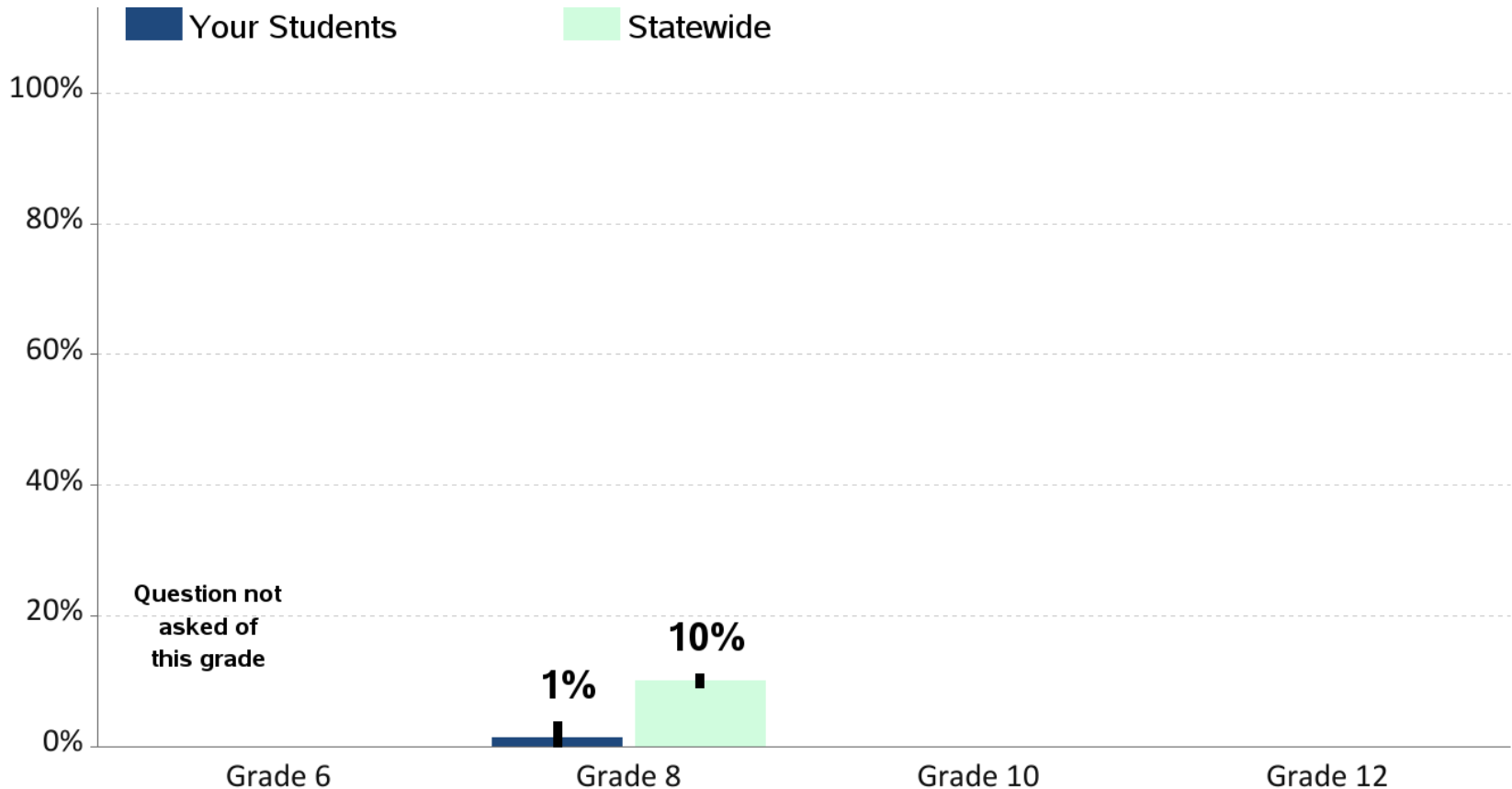
# Sleep on a School Night

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



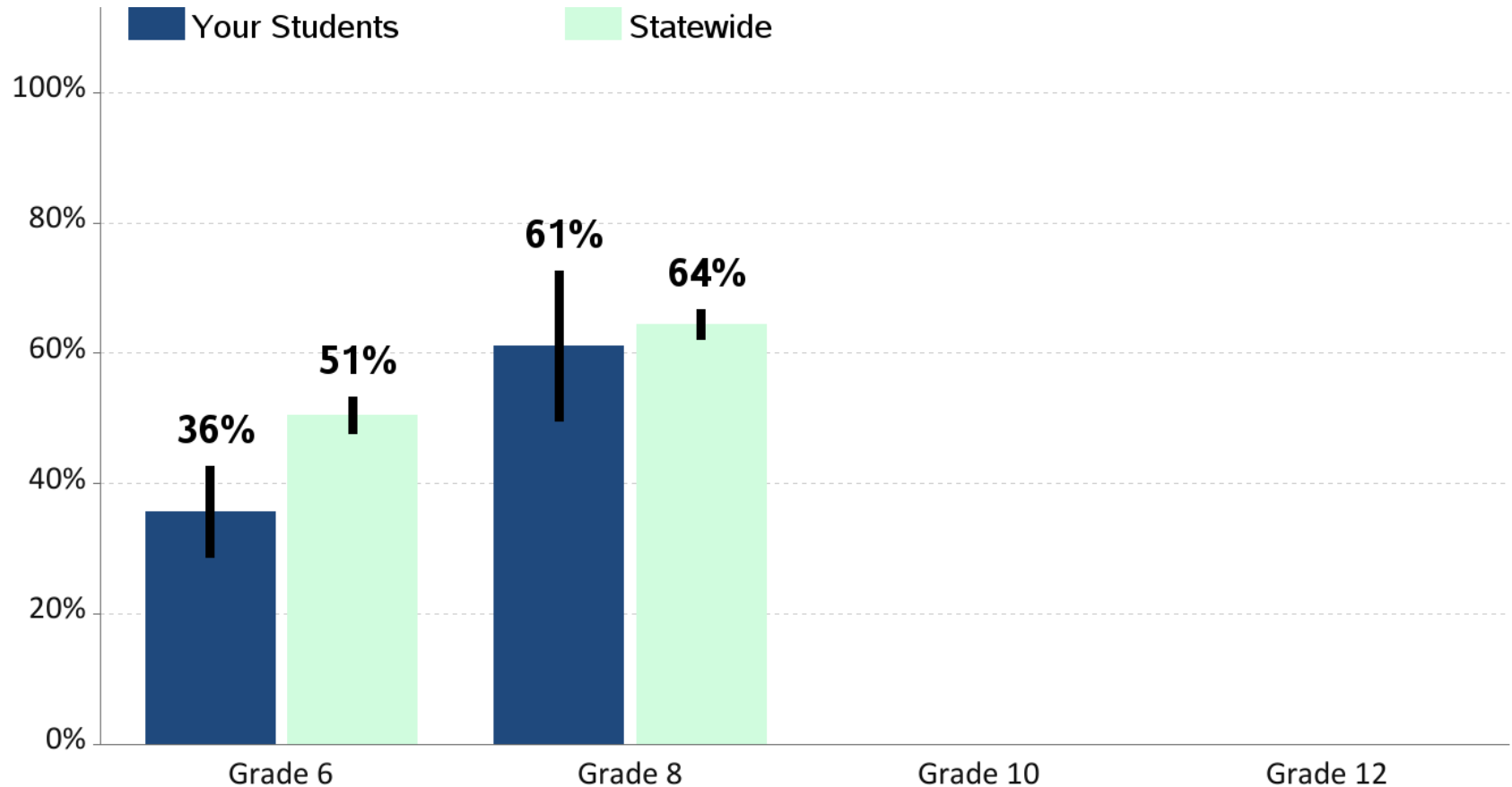
# Sugar Sweetened Beverages Consumption

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



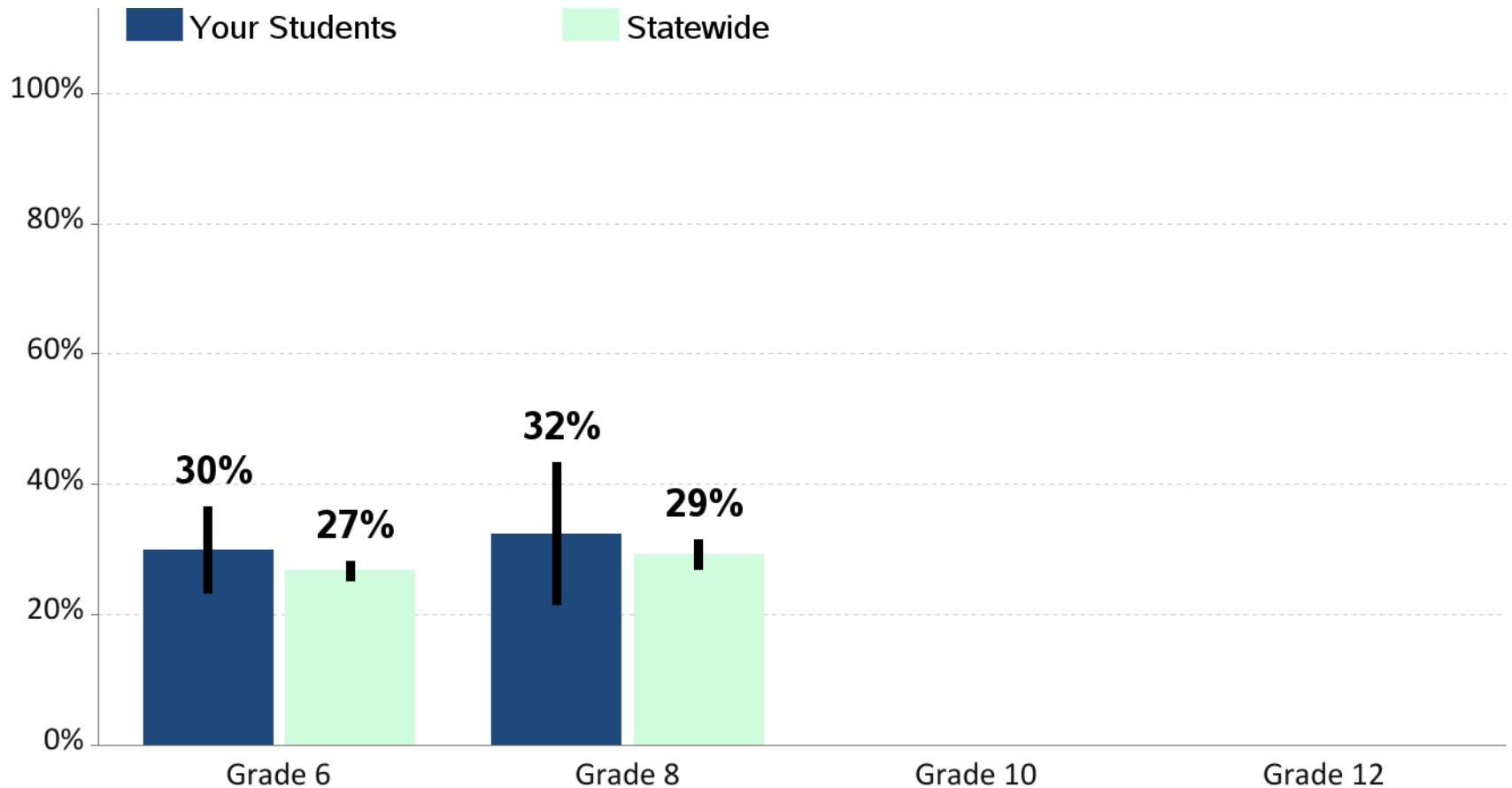
# Excessive Screen Time

Percent of students who report 3 or more hours of screen time on an average school day  
(time spent in front of a TV, computer, smart phone, or other electronic device watching shows or videos,  
playing games, accessing the Internet, or using social media)



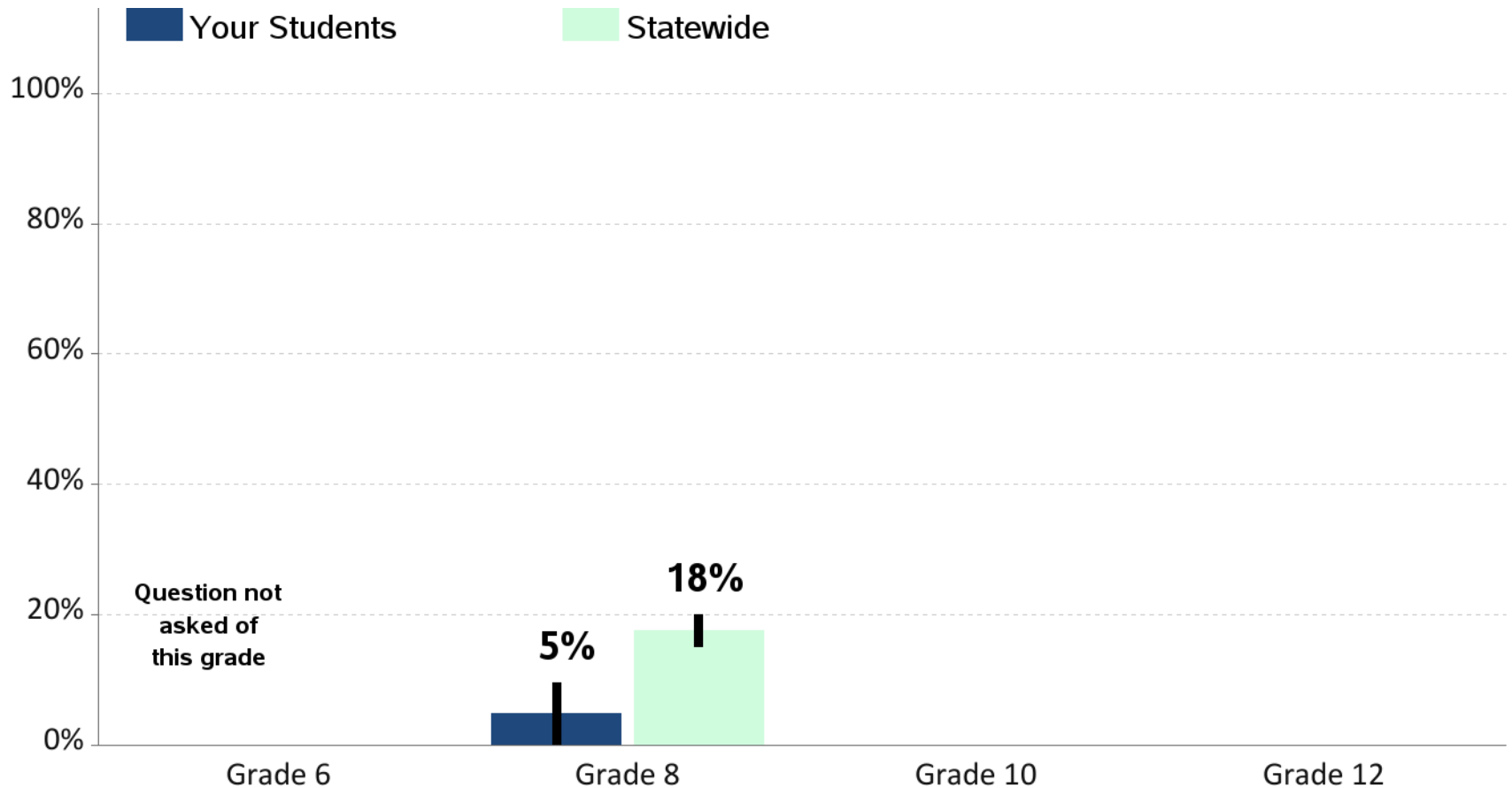
# 60 Minutes of Physical Activity per Day

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



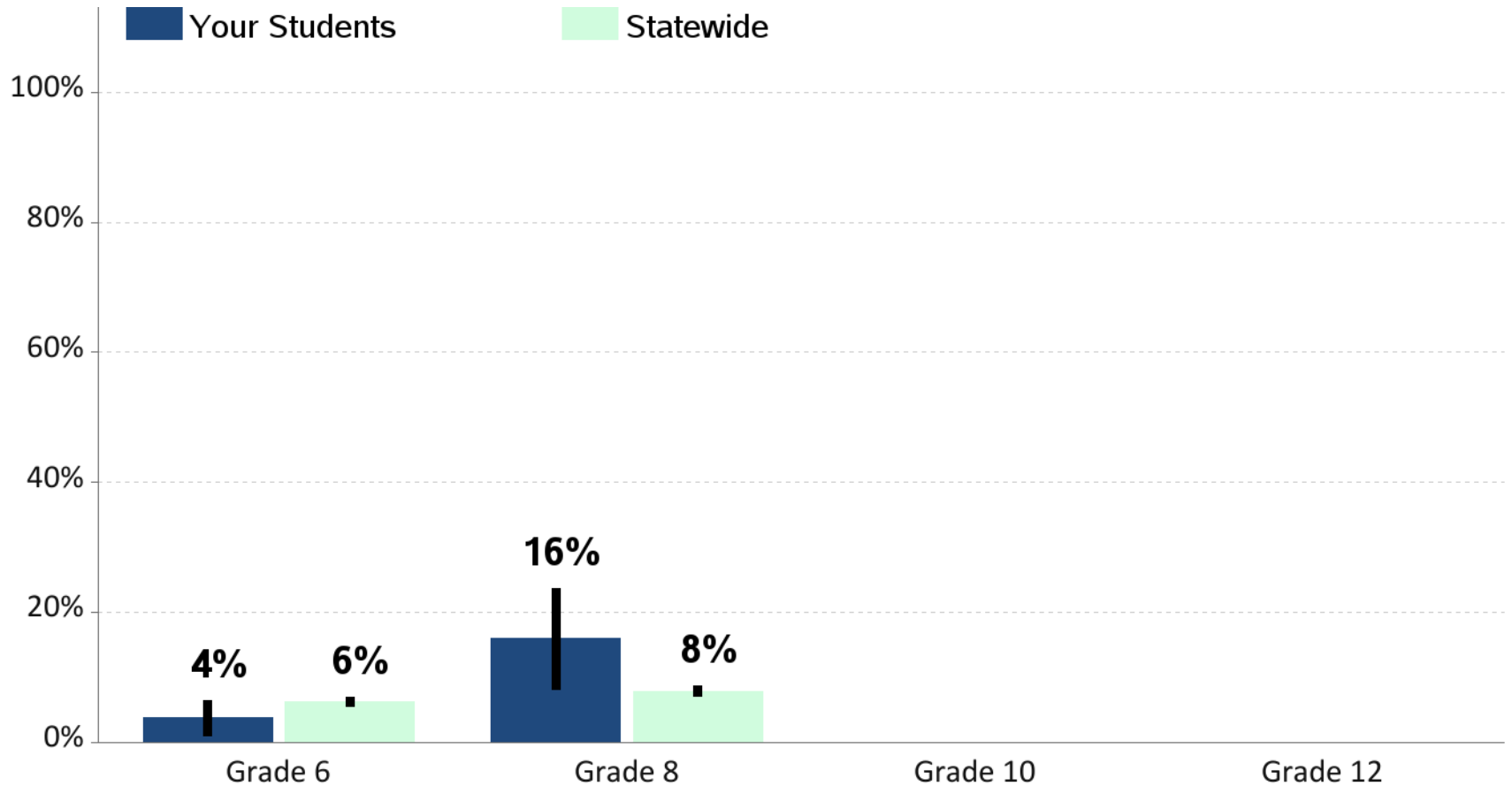
# Body Mass Index (BMI) Over 25.0

Percent of students who report a BMI over 25.0  
(according to reported height and weight)



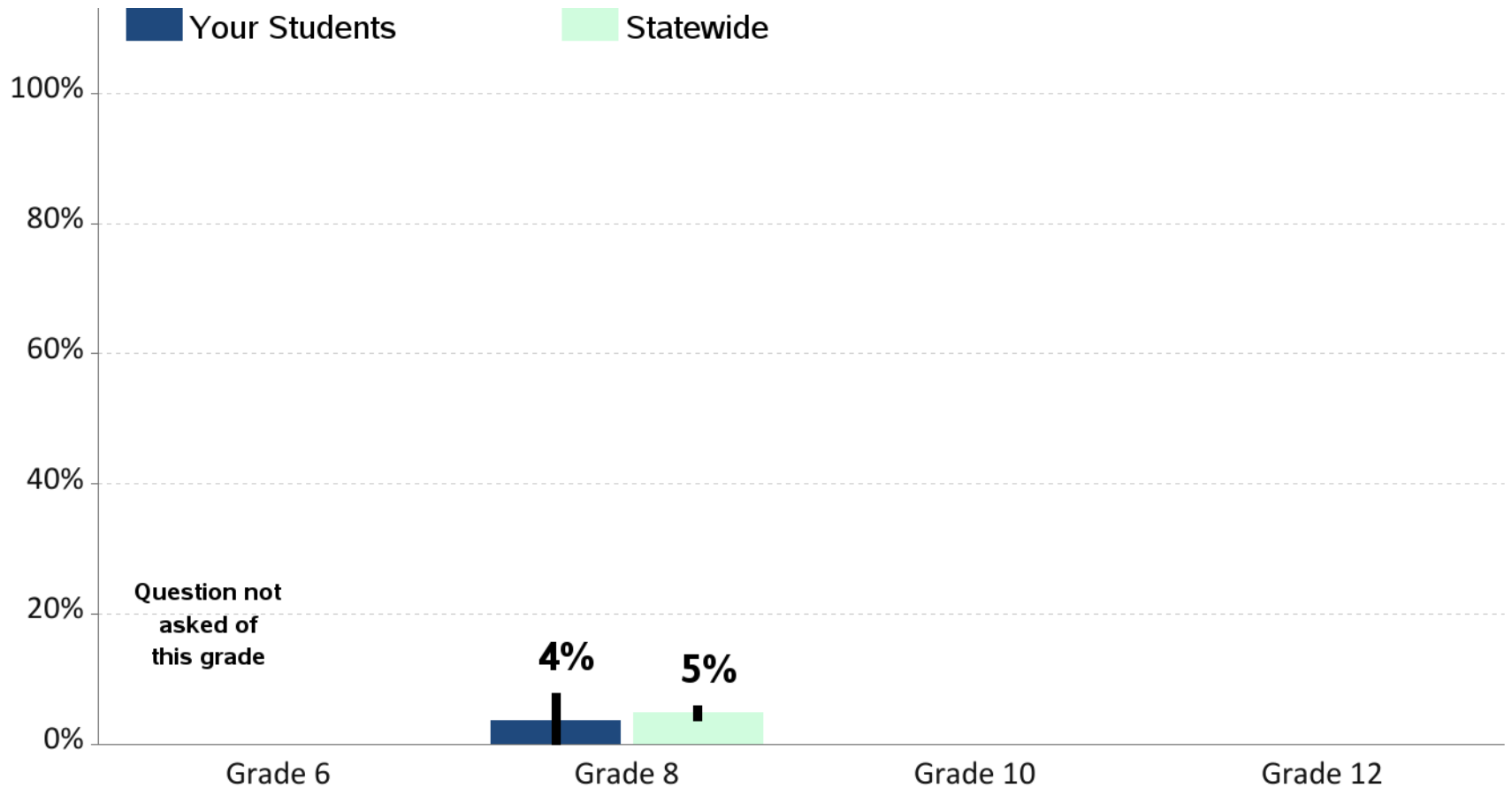
# Current Asthma

Percent of students who currently have asthma



# Lifetime Sex

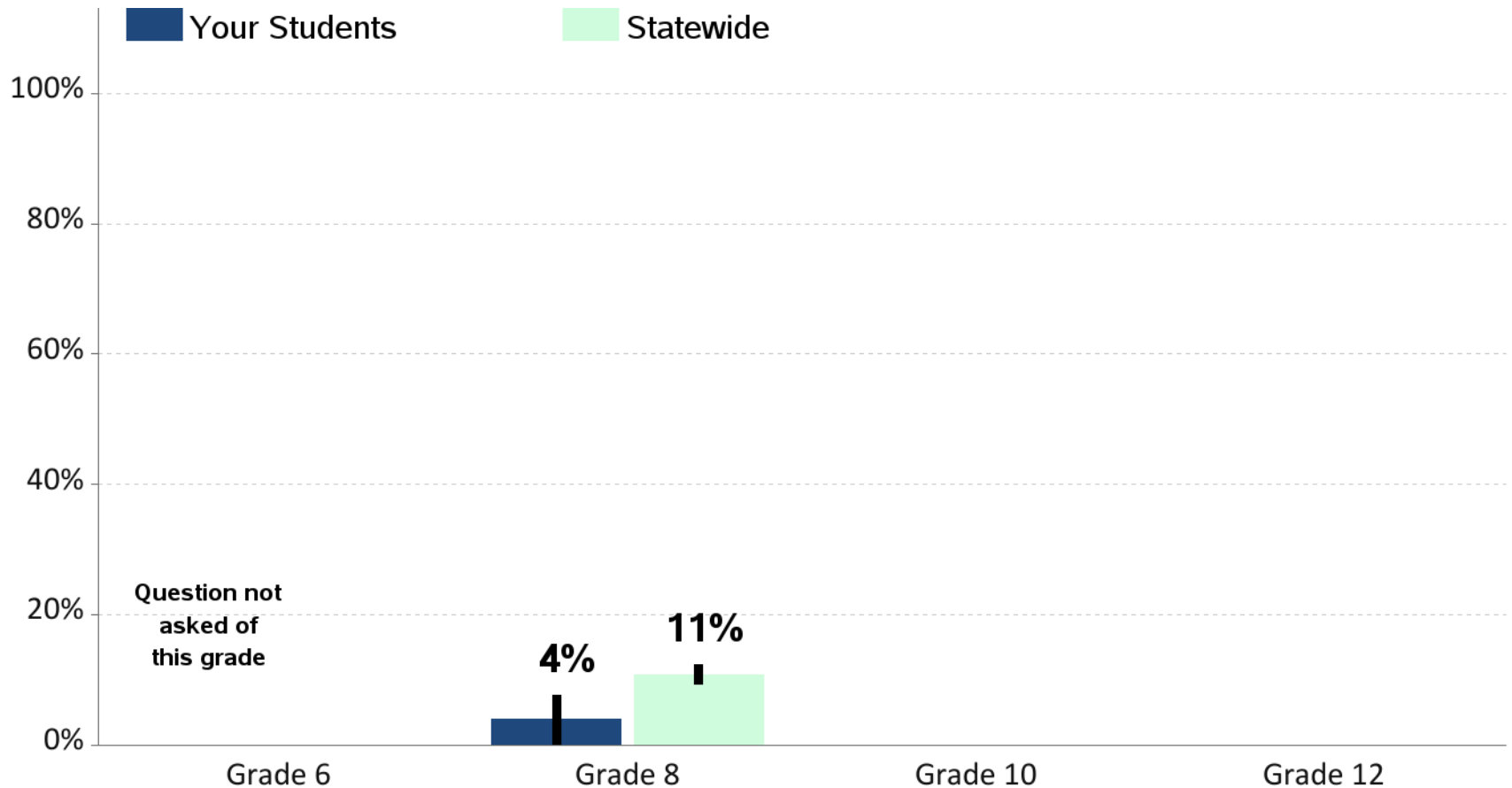
Percent of students who report ever having sex  
in their lifetime





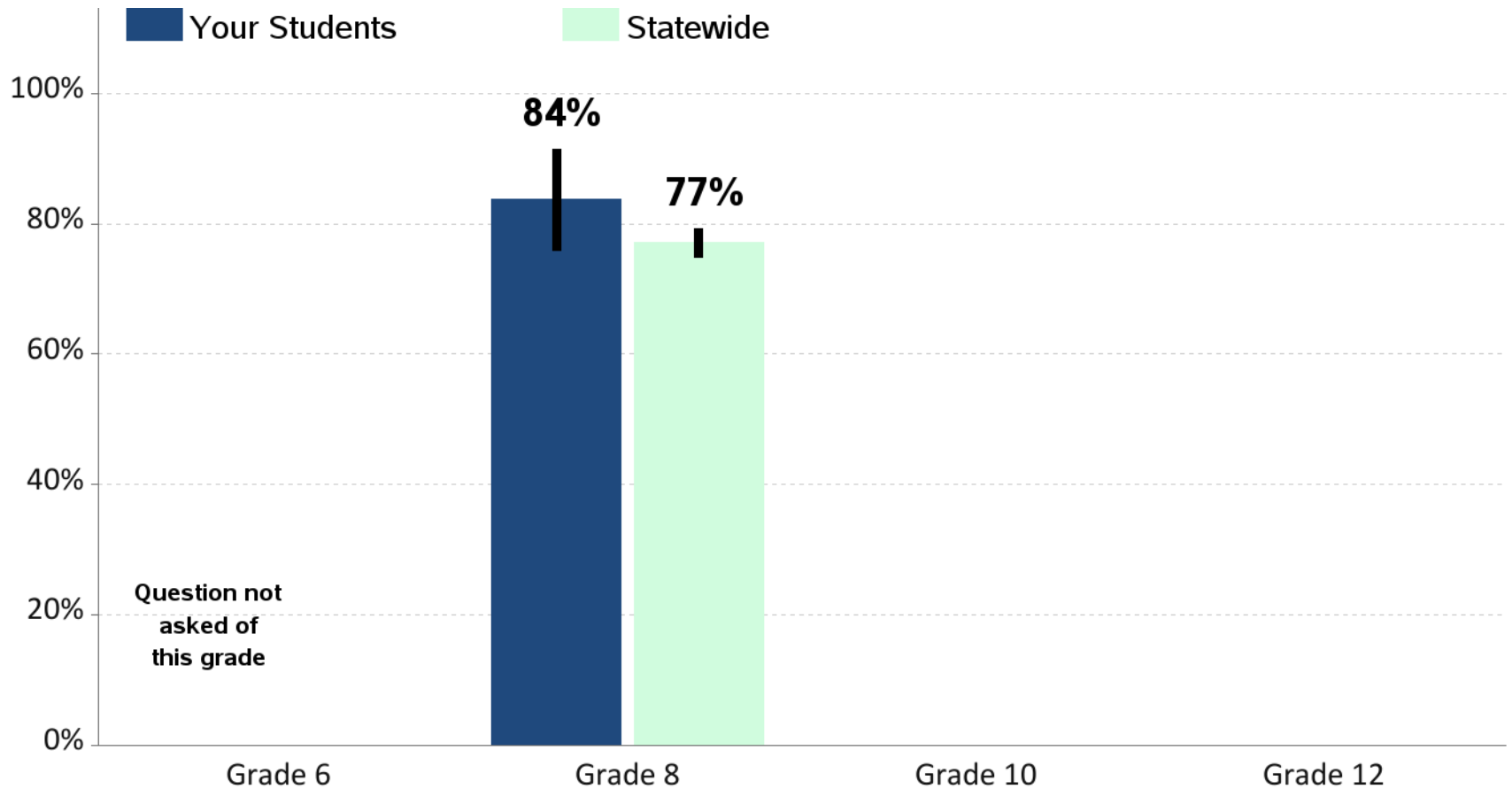
# Lifetime Sexual Abuse

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



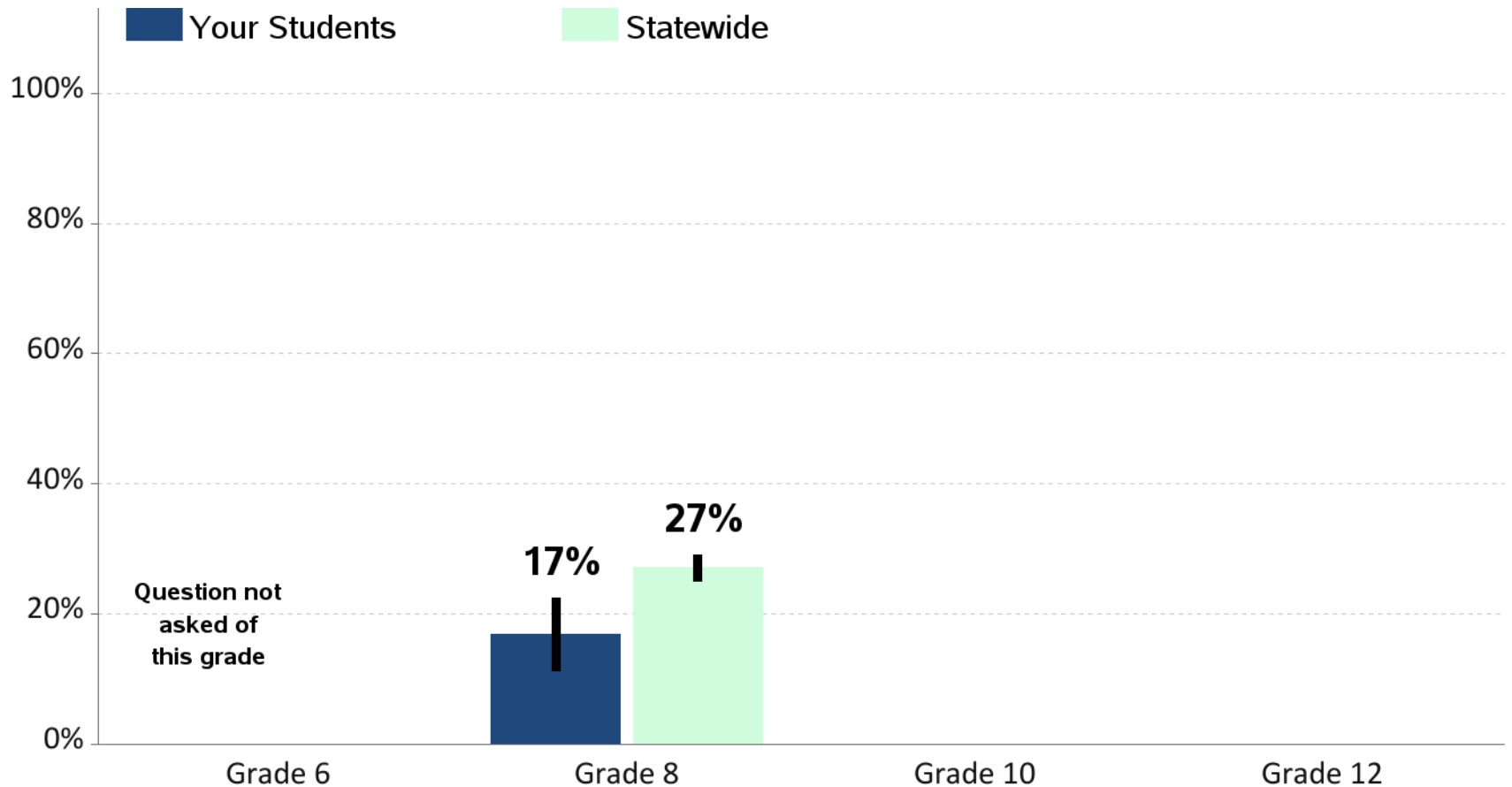
# Access to Dental Care

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



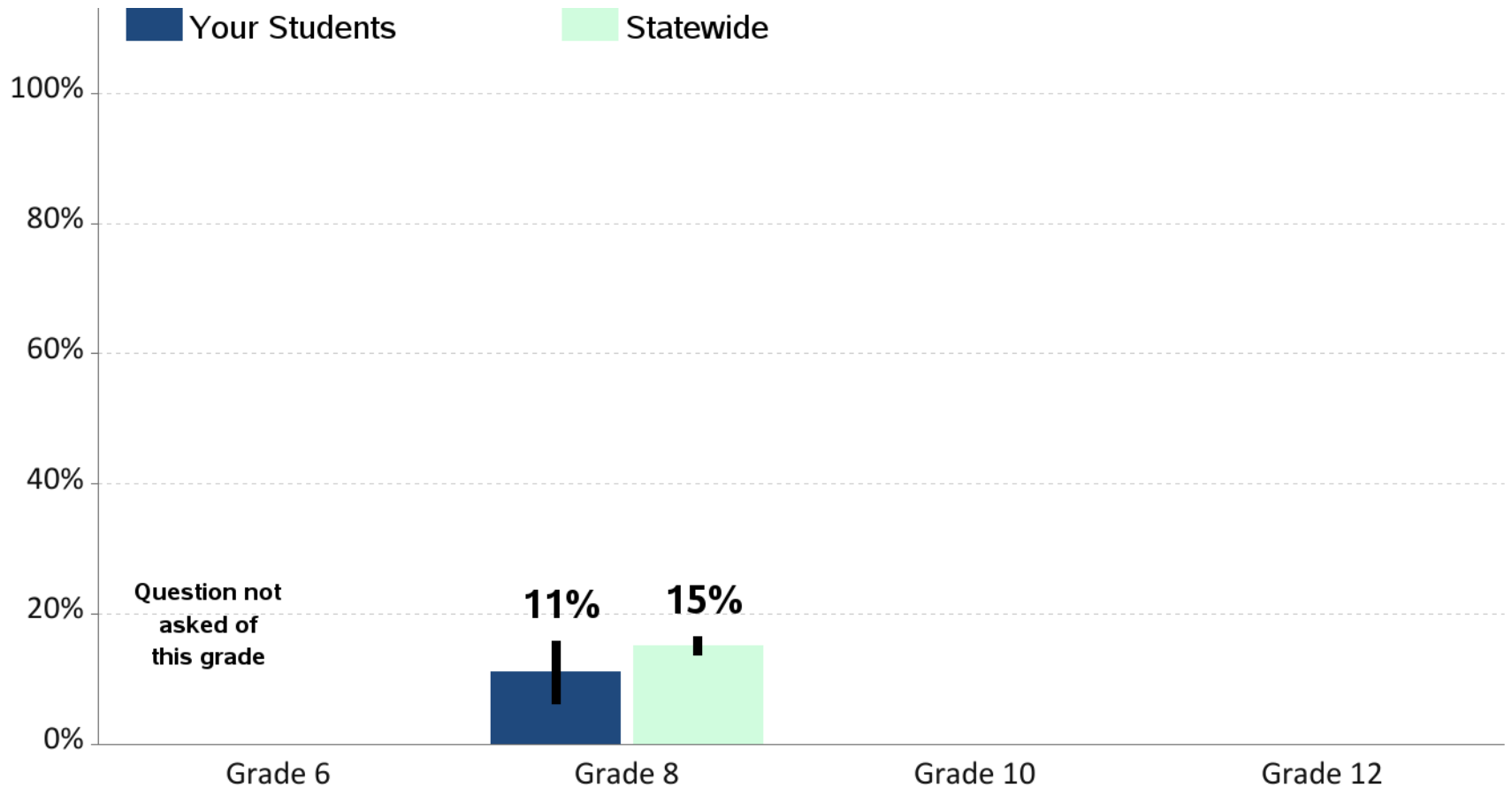
# Depression

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

