MERSD

Youth Risk Behavior Survey Analysis

Survey Date: April 2025

What is YRBS?

The Youth Risk Behavior Survey (YRBS) is a nationwide survey developed by the Centers for Disease Control and Prevention (CDC). It is given to middle and high school students across the United States to learn more about the choices and challenges young people face today.

The purpose of the survey is to gather anonymous information about student behaviors that can affect health and well-being, such as:

- Nutrition and physical activity
- Safety practices (seatbelt use, texting and driving, etc.)
- Mental health and stress
- Substance use (alcohol, vaping, tobacco, etc.)
- Bullying and violence
- Risk of injuries

Why it matters:
The results help schools, communities, and public health leaders better understand what students are experiencing so they can provide the right resources, programs, and supports to keep youth safe and healthy.

What families should know:

- The survey is **anonymous and voluntary**. No student names are collected.
- Students may skip any question they do not want to answer.
- Results are reported as group data, not individual responses.

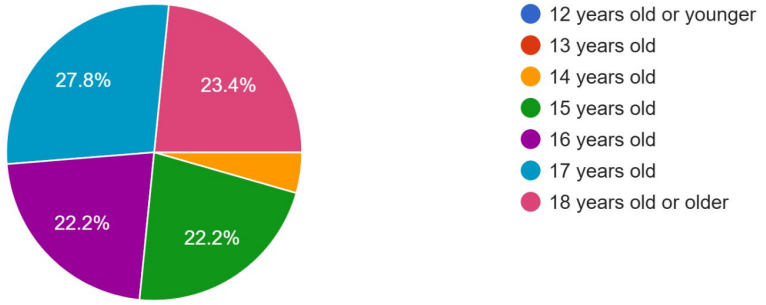
By taking part in the YRBS, students help provide important insights that can improve health programs, support services, and education for all young people.

Who was surveyed?

MERHS

How old are you?

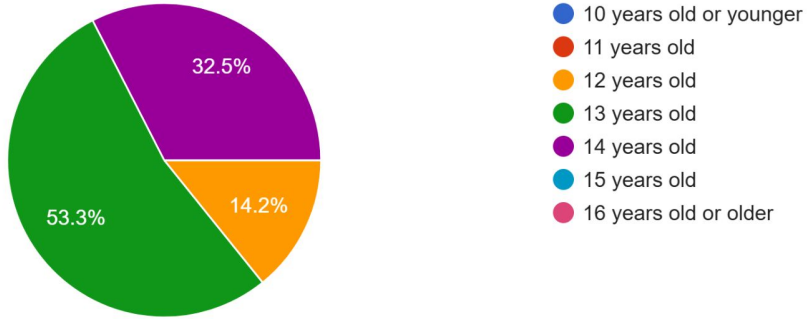
158 responses



MERMS

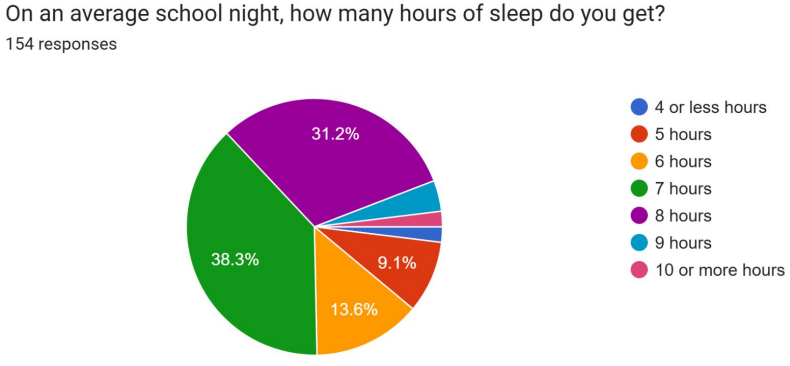
How old are you?

169 responses

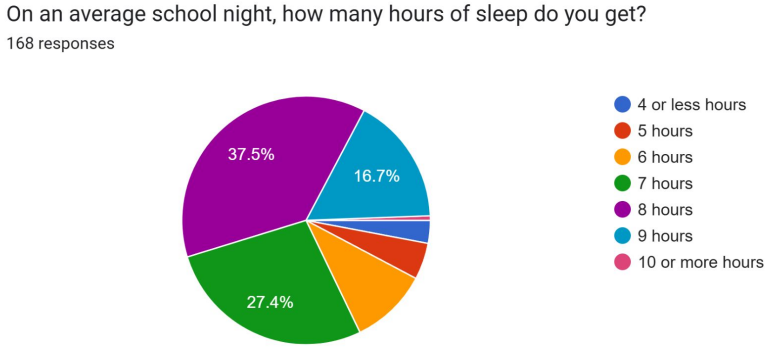


Sleep

MERHS



MERMS

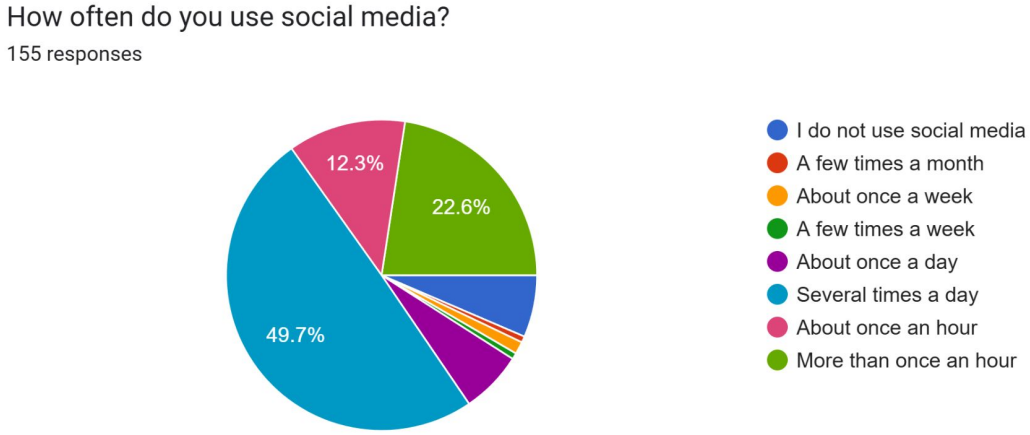


On average, 75.3% of high school students get an average of 7 or more hours of sleep per night

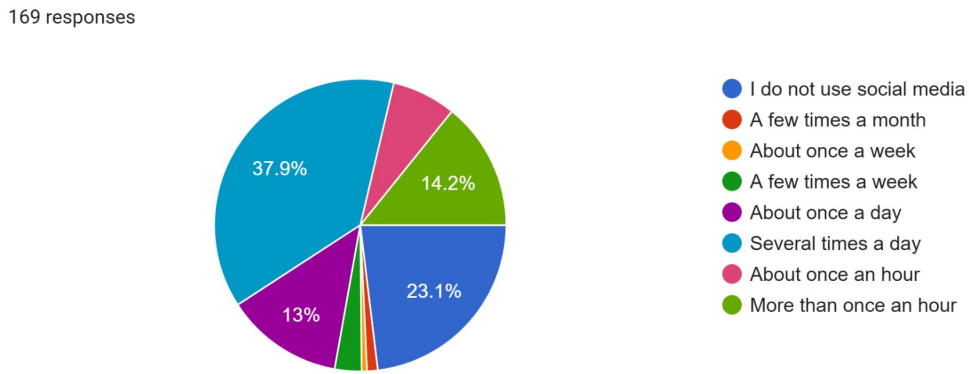
On average, 82.6% of middle school students get an average of 7 or more hours of sleep per night

Social Media

MERHS



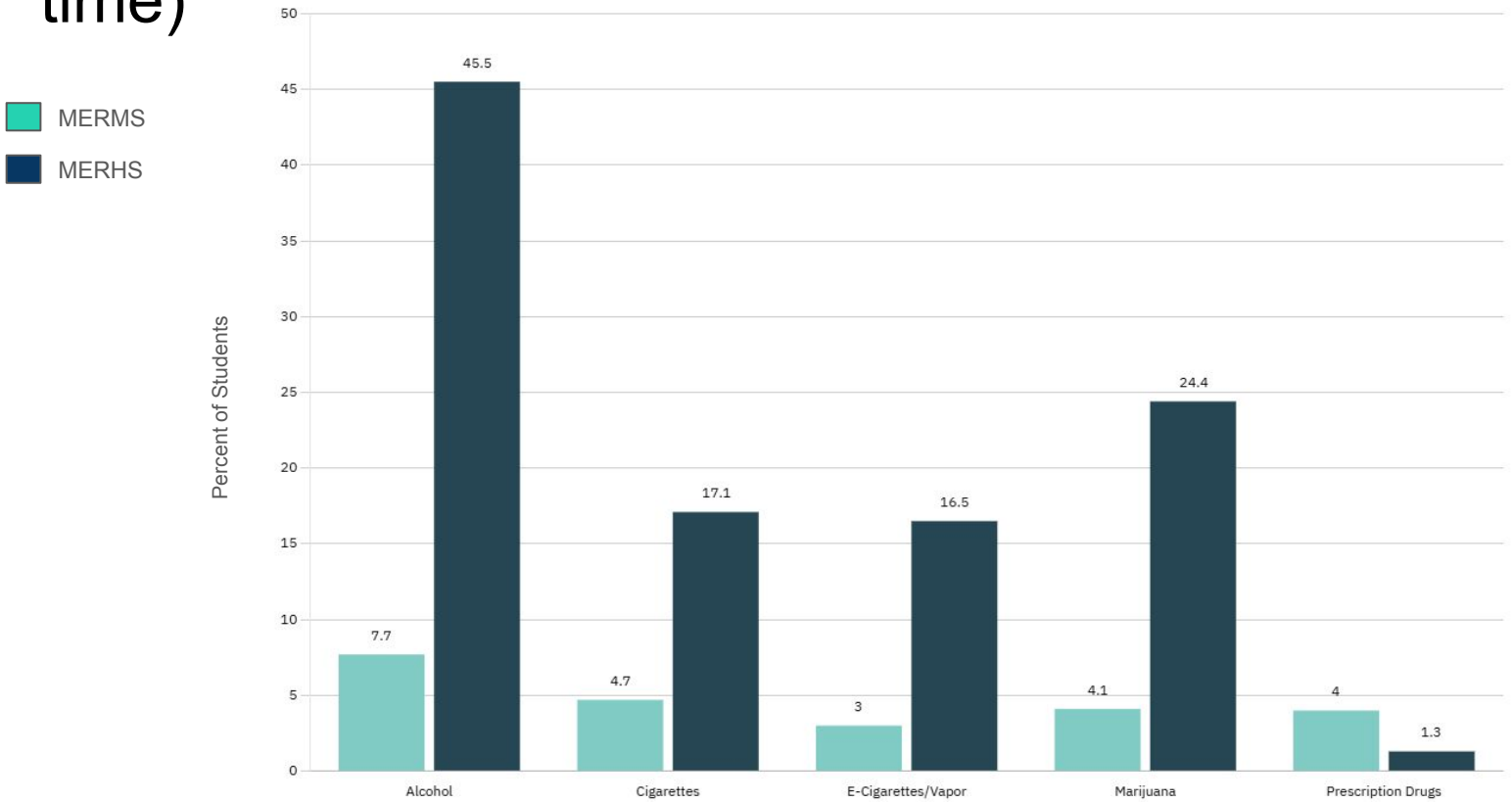
MERMS



On average, 49.7% of high school students are accessing social media multiple times during a 24 hour period

On average, 37.9% of middle school students are accessing social media multiple times during a 24 hour period

Substance Use Prevalence by School (tried at least one time)

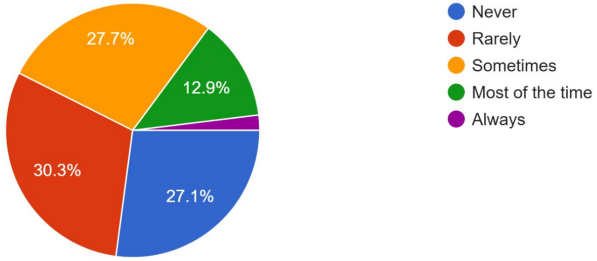


Mental Health

MERHS

During the past 30 days, how often was your mental health not good? (Poor mental health includes stress, anxiety, and depression.)

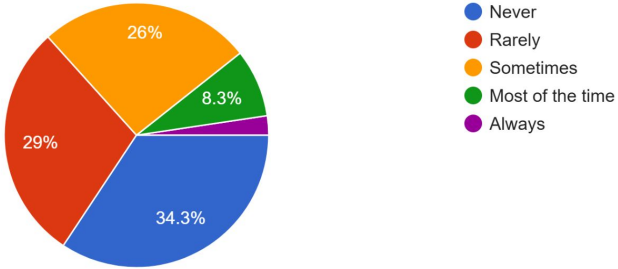
155 responses



MERMS

During the past 30 days, how often was your mental health not good? (Poor mental health includes stress, anxiety, and depression.)

169 responses



Comparable Data

MERSD Data Compared to State and National Surveys

Car Related Behavior

MERHS	2018	2022	2025	MA (2021)	National (2021)
Wore a seatbelt most or all of the time	N/A	93.5%	93.7%	N/A	60.1%
In car with driver under influence	21%	9.75%	8.9%	11.2%	14.1%
Drove after drinking	7.9%	3%	2.5%	3%	4.6%
Did text and drive	45%	24.5%	30.6%	27.3%	36.1%
MERMS	2018	2022	2025		National (2021)
Wore a seatbelt most or all of the time	84.3%		97%		60.1%
In car with driver under influence	24.1%		11.8%		14.1%

Mental Health

MERHS	2018	2022	2025	MA (2021)	National (2021)
Feeling sad for 2 weeks in the past 12 months	22.6%	30.5%	14%	38.5%	42.3%
Considered suicide in last 12 months	11.3%	13.8%	3.8%	18.4%	22.2%
Did you make a plan about how to commit suicide in the last 12 months	8.8%	8.8%	2.5%	14%	17.6%
Attempted suicide during last 12 months	10.3%	11.3%	1.3%	7.6%	10.2%
MERMS	2018	2022	2025		National (2021)
Considered suicide in last 12 months	12%		7.7%		22.2%
Did you make a plan about how to commit suicide in the last 12 months	8.4%		5.4%		17.6%
Attempted suicide during last 12 months	2.4%		1.8%		10.2%

Smoking Comparison

MERHS	2018	2022	2025	MA (2021)	National (2021)
Ever smoked cigarettes	7.5%	5%	17.1%	3.5%	17.8%
Ever used other tobacco products	4%	2.5%	5.1%	N/A	2.5%
Ever smoked a Cigar	5.8%	3.4%		N/A	3.1%
Ever used an electronic vapor products	40%	37.4%	16.5%	31%	36.2%
MERMS	2018	2022	2025		National (2021)
Ever smoked cigarettes	4.8%		4.7%		17.8%
Ever used other tobacco products			0.6%		2.5%
Ever smoked a Cigar			1.8%		3.1%
Ever used an electronic vapor products*	9.6%		3%		36.2%

Alcohol Use

MERHS	2018	2022	2025	MA (2021)	National (2021)
Drank alcohol in the last 30 days	43%	36%	27.1%	22.5%	22.7%
Drank 4-5 drinks or more in 2-hour period (considered binge drinking)	23.9%	20.4%	14.7%	11.4%	10.5%
MERMS	2018	2022	2025		National (2021)
Have you ever had a drink of alcohol, other than a few sips?	13.9%		7.7%		15%

Marijuana Comparison

MERHS	2018	2022	2025	MA (2021)	National (2021)
Smoked at least one time	43%	31%	24.4%	N/A	27.8%
Smoked in last 30 days	26.5%	21%	12.8%	16.6%	15.8%
MERMS	2018	2022	2025		National (2021)
Smoked at least one time	3.6%		4.1%		27.8%

Other Drugs

MERHS	2018	2022	2025	MA (2021)	National (2021)
Prescription Drugs	5%	4.4%	1.3%	N/A	12.2%
Methamphetamines	0.8%	0.1%	0.6%	0.8%	1.8%
Heroin	0.5%	0.1%	0.6%	0.6%	1.3%
MERMS	2018	2022	2025		National (2021)
Prescription Drugs	4.8%		2.4%		12.2%
Sniffed glue, spray cans, inhaled paint to get high	3%		2.4%		8.1%

Violence Related Behavior

MERHS	2018	2022	2025	MA (2021)	National (2021)
Carried a weapon at school during last 30 days	N/A	1%	0.6%	N/A	3.1%
Did not attend school due to concern for safety	N/A	3%	1.9%	7.8%	8.6%
Had a fight on school property	5.3%	2%	2.5%	3.5%	5.8%
Forced by date to take part in sexual activity they did not want to (kissing, touching, sexual intercourse	8.6%	11%	3.2%	9.5%	9.7%

Mental Health and Sleep

MERHS	2018	2022	2025	MA (2021)	National (2021)
Poor mental health during the past 30 days (stress, anxiety, and depression	N/A	N/A	14.8%	31.87%	29.3%
Average number of less than 8 hours of sleep	70%	71%	63%	79.6%	77.3%
MERMS	2018	2022	2025		National (2021)
Poor mental health during the past 30 days (stress, anxiety, and depression	72.9%		65.7%		29.3%
Average number of less than 8 hours of sleep	67.2%		45.2%		22.7%

Bullying

MERHS	2018	2022	2025	MA (2021)	National (2021)
Bullied at School	12%	8%	7.6%	11.2%	15%
Bullied Electronically	9.8%	9%	3.2%	14.1%	15.9%
MERMS	2018	2022	2025		National (2021)
Bullied at School	27.7%		25.4%		15%
Bullied Electronically	19.9%		15.8%		15.9%