Cougar Mountain Middle School

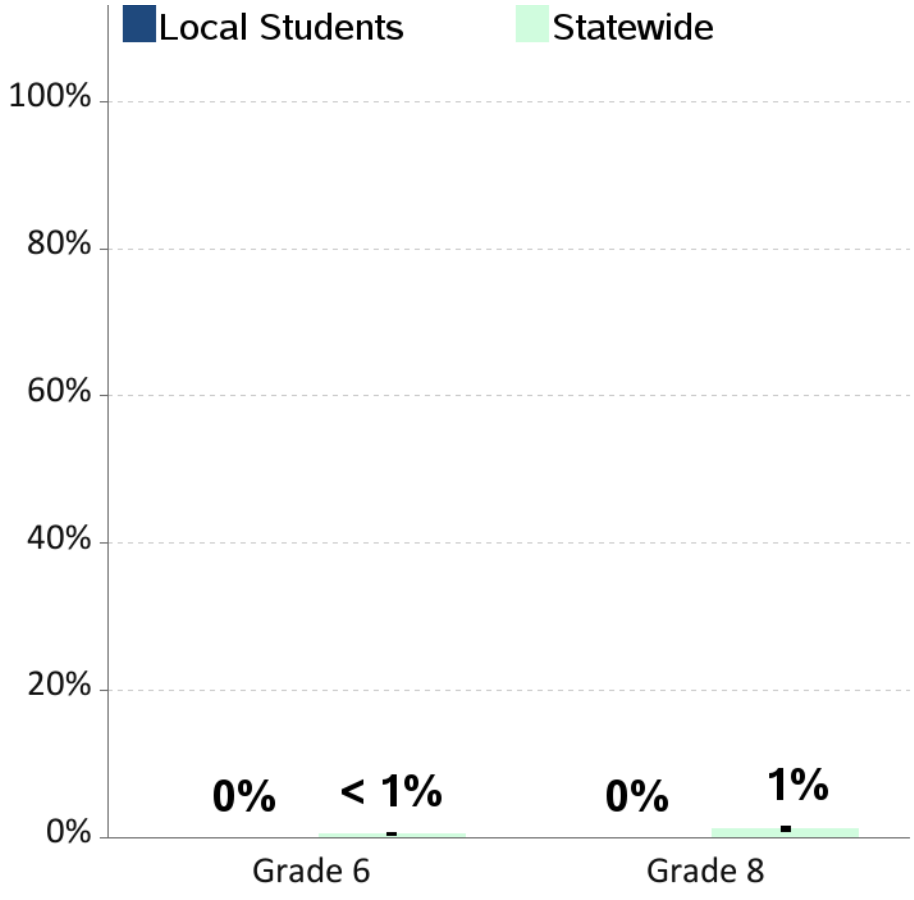
Highlights from the 2025 Healthy Youth Survey
(March 1, 2026)

Student Participation
Cougar Mountain Middle School

- 132 (83%) of Grade 6 students
- 181 (85%) of Grade 8 students

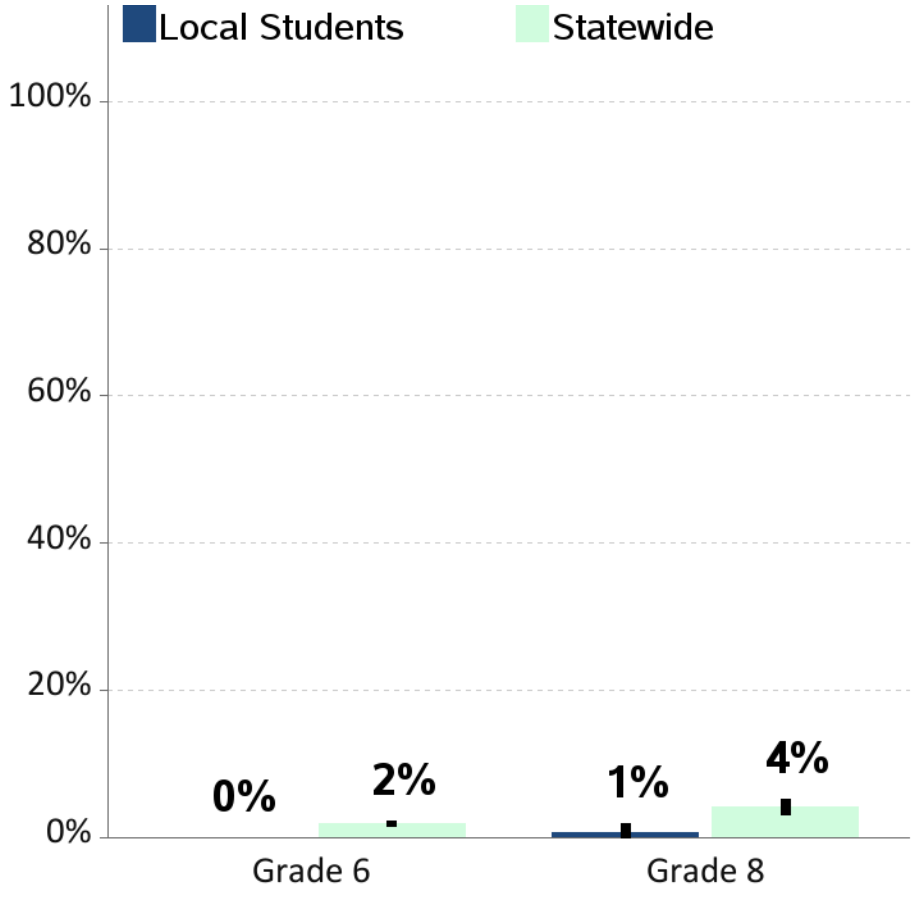
Current Cigarette Smoking

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



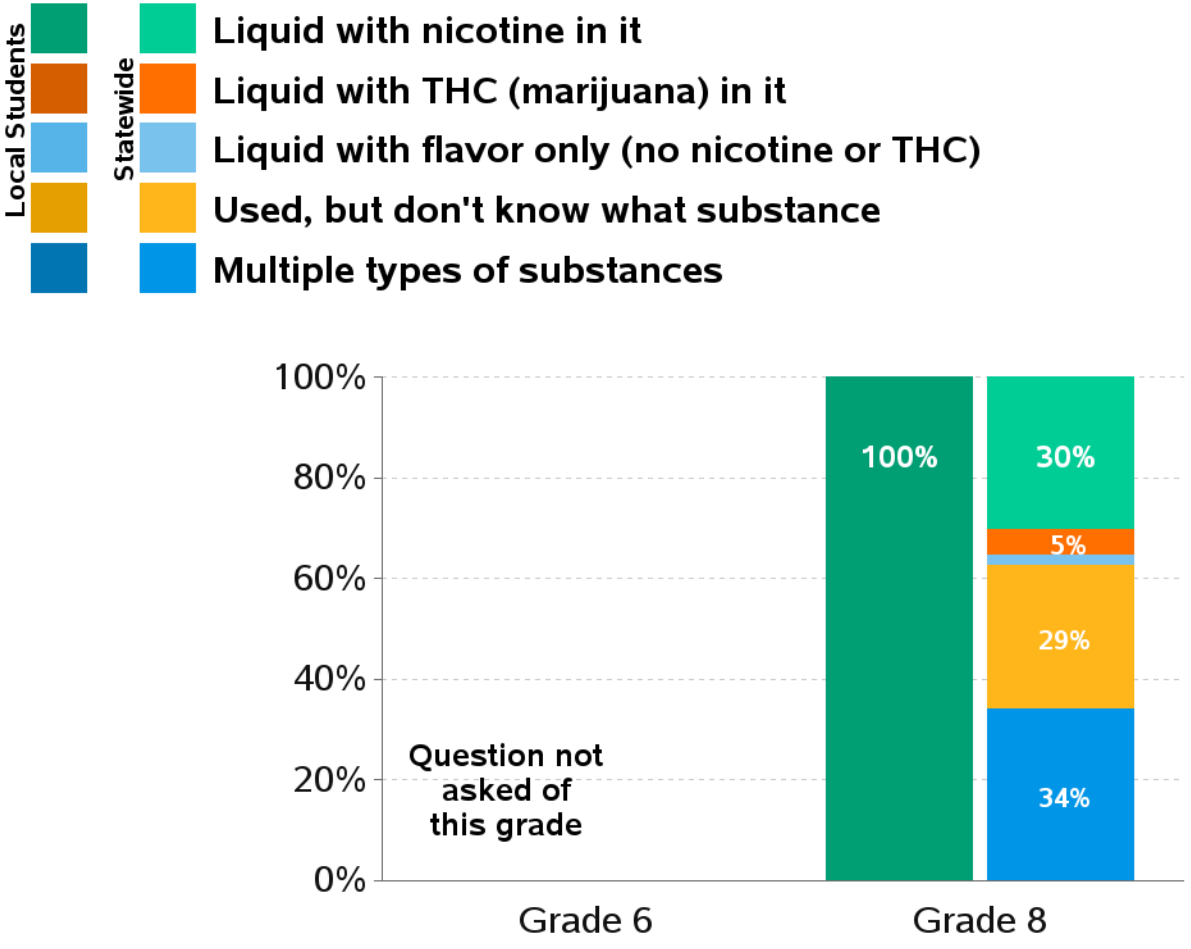
Current E-Cigarette Smoking or Vaping

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



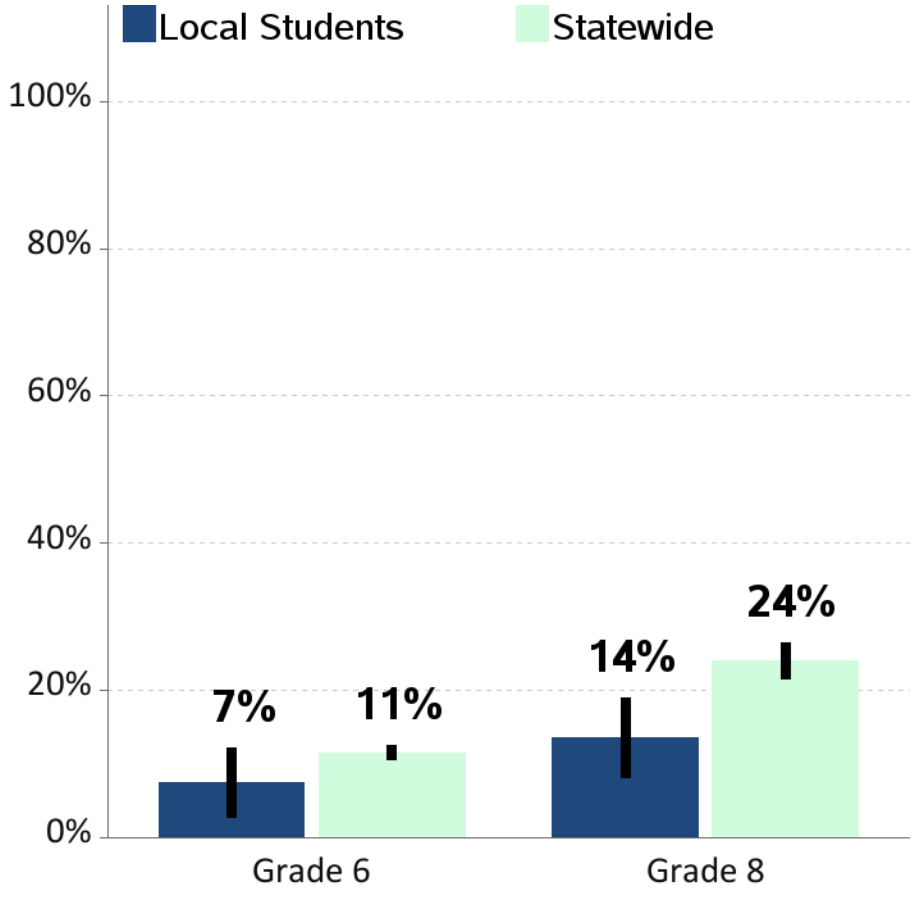
Type of Substance Used in E-Cigarette or Vaped in Past 30 Days

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



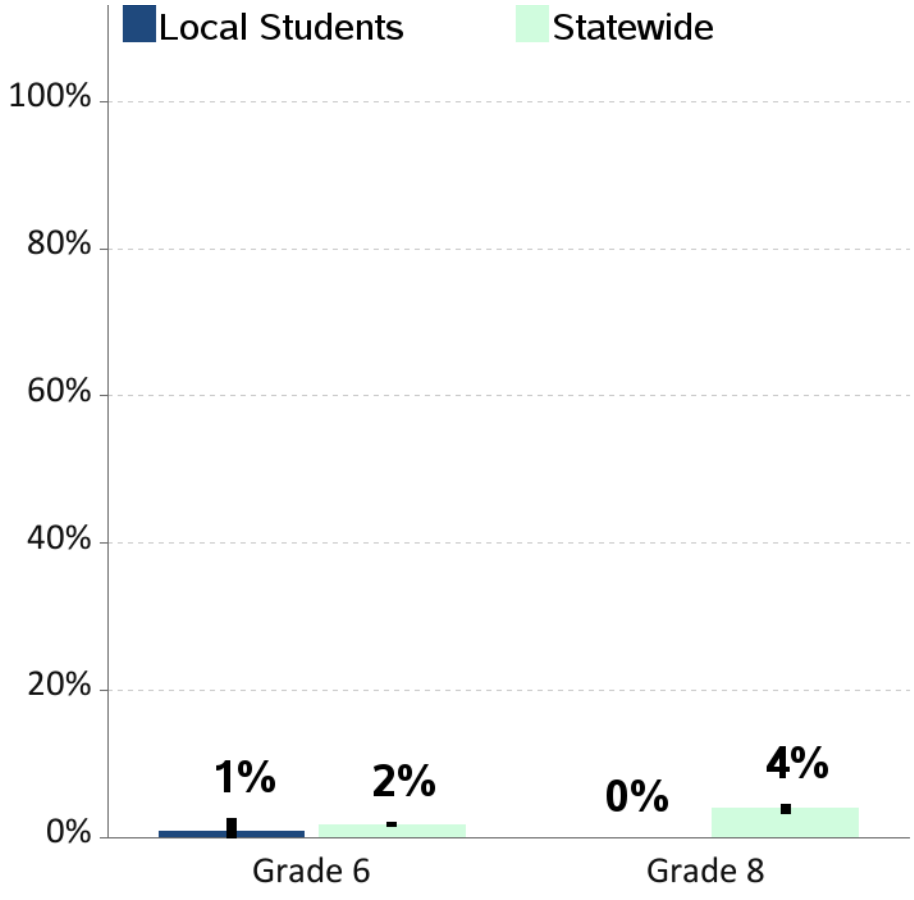
Lifetime Alcohol Use

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



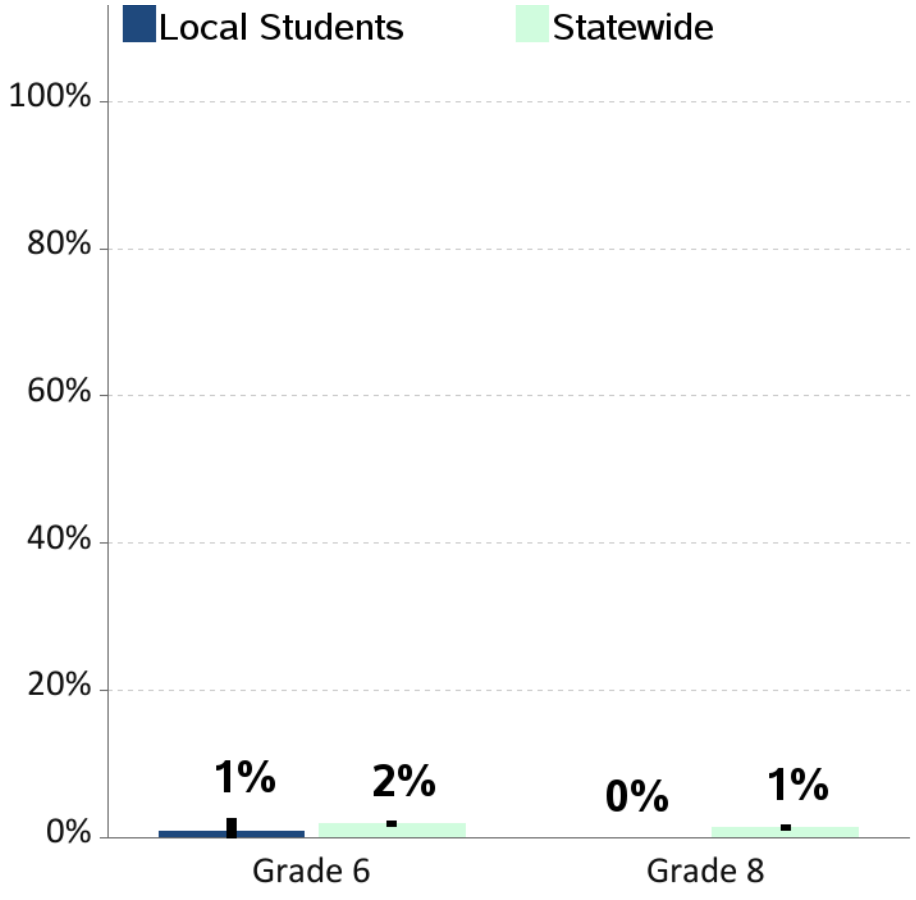
Current Alcohol Use

Percent of students who report having an alcoholic drink in the past 30 days.
A drink is a glass of wine, a bottle or can of beer, a shot glass of liquor, a mixed drink, etc.



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

Local Students

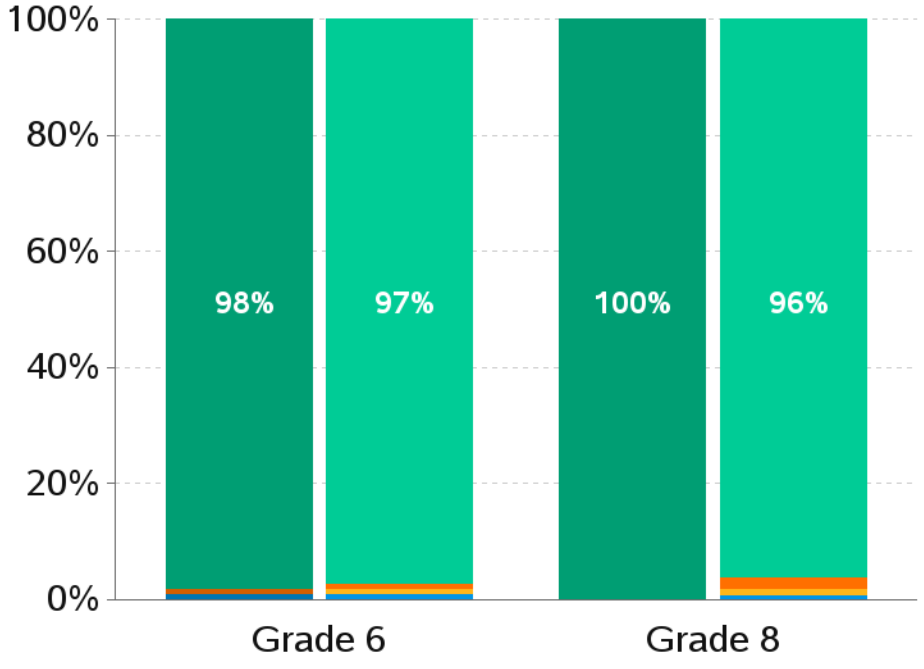
Statewide

No drinking: (no drinking in the past 30 days)

Experimental drinking: (1-2 days drinking in the past 30 days, no binge drinking)

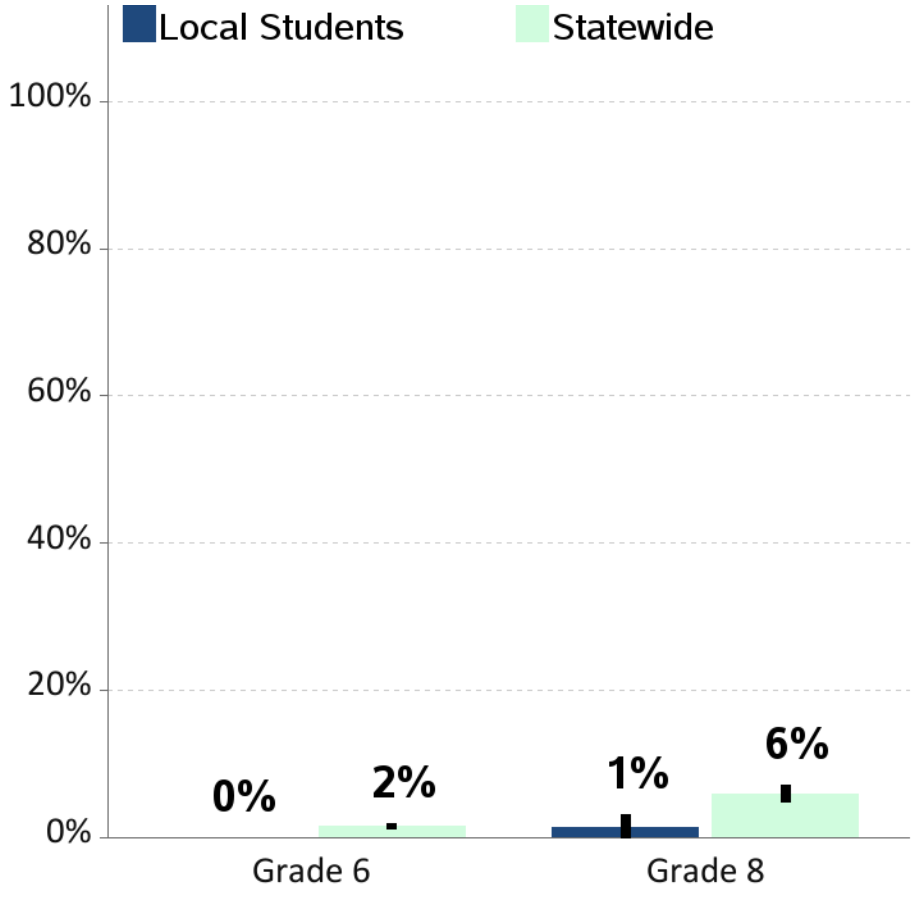
Problem drinking: (3-5 days drinking in the past 30 days and/or 1 time binge drinking)

Heavy drinking: (6+ days drinking in the past 30 days and/or 2+ binge drinking)



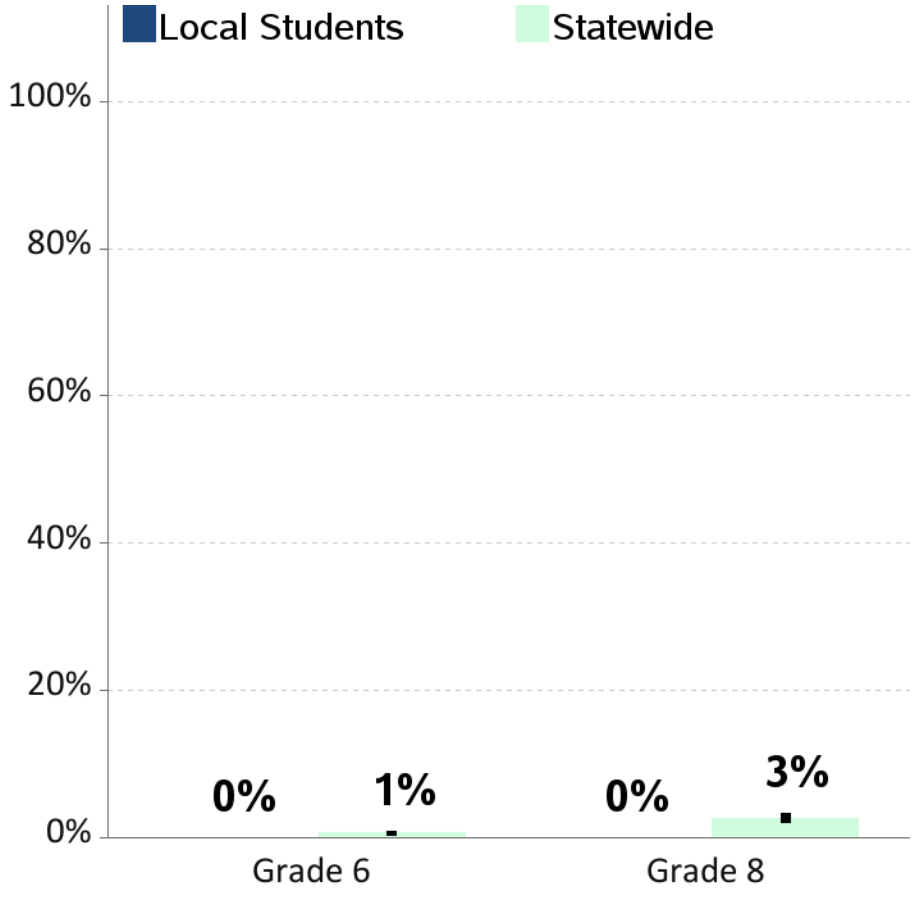
Lifetime Marijuana Use

Percent of students who report having ever used marijuana



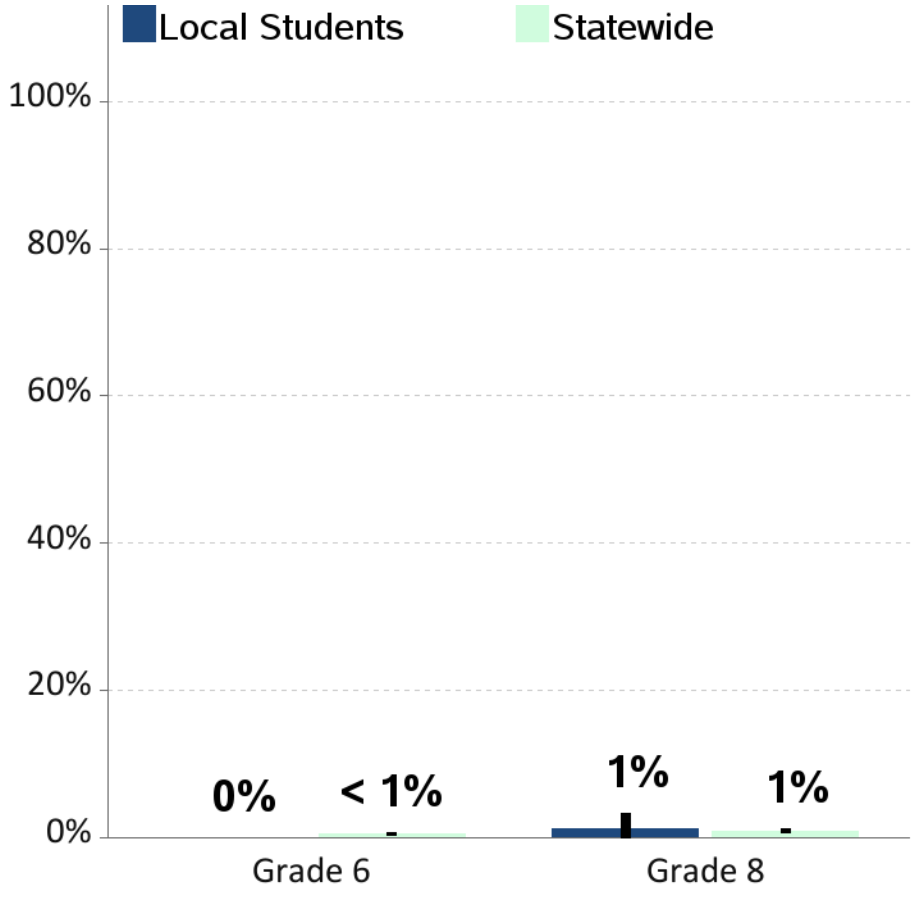
Current Marijuana Use

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



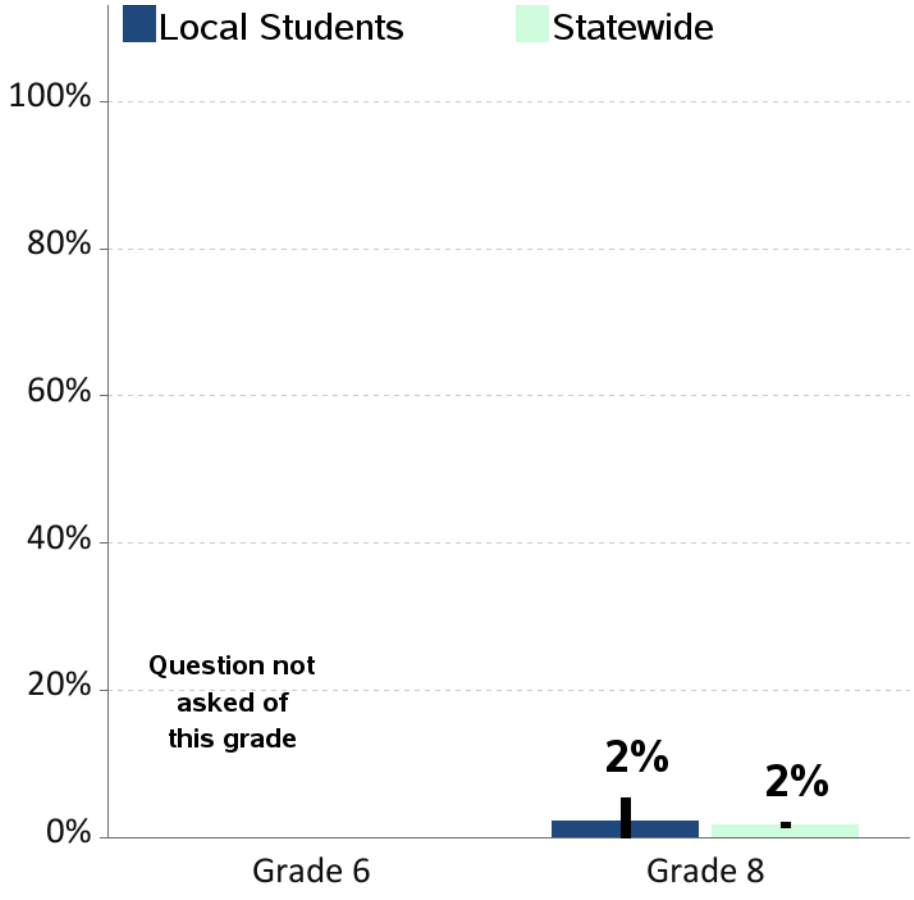
Current Illegal Drug Use

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



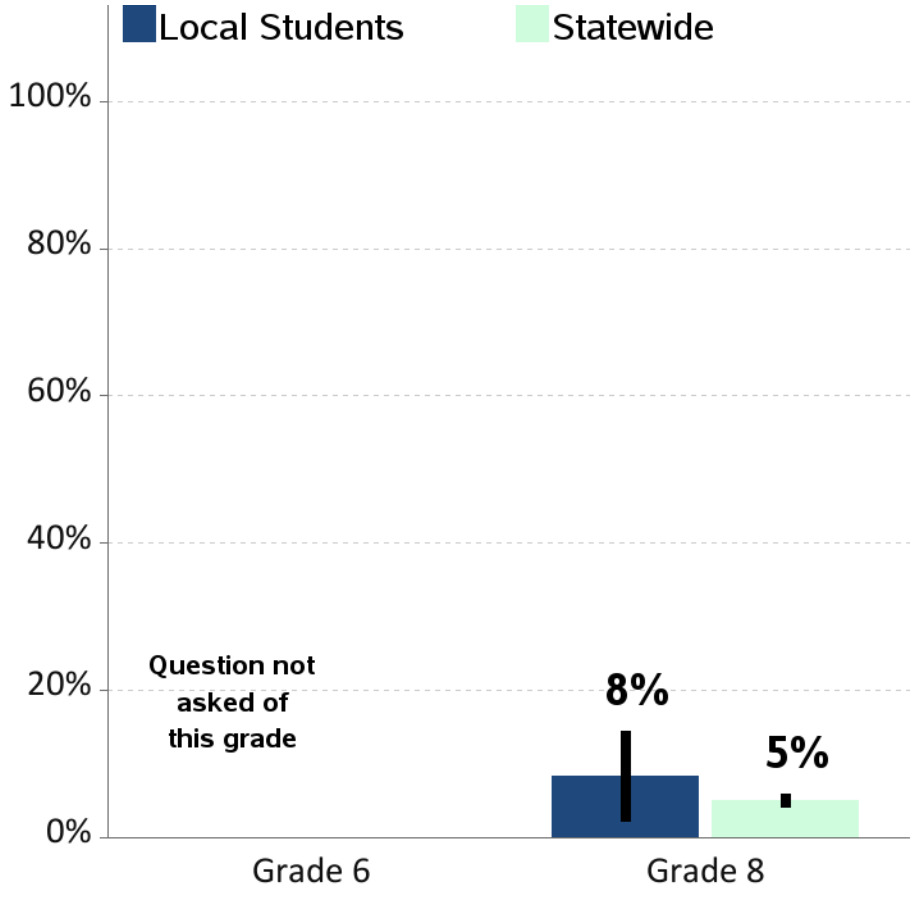
Current Prescription Drug Use

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



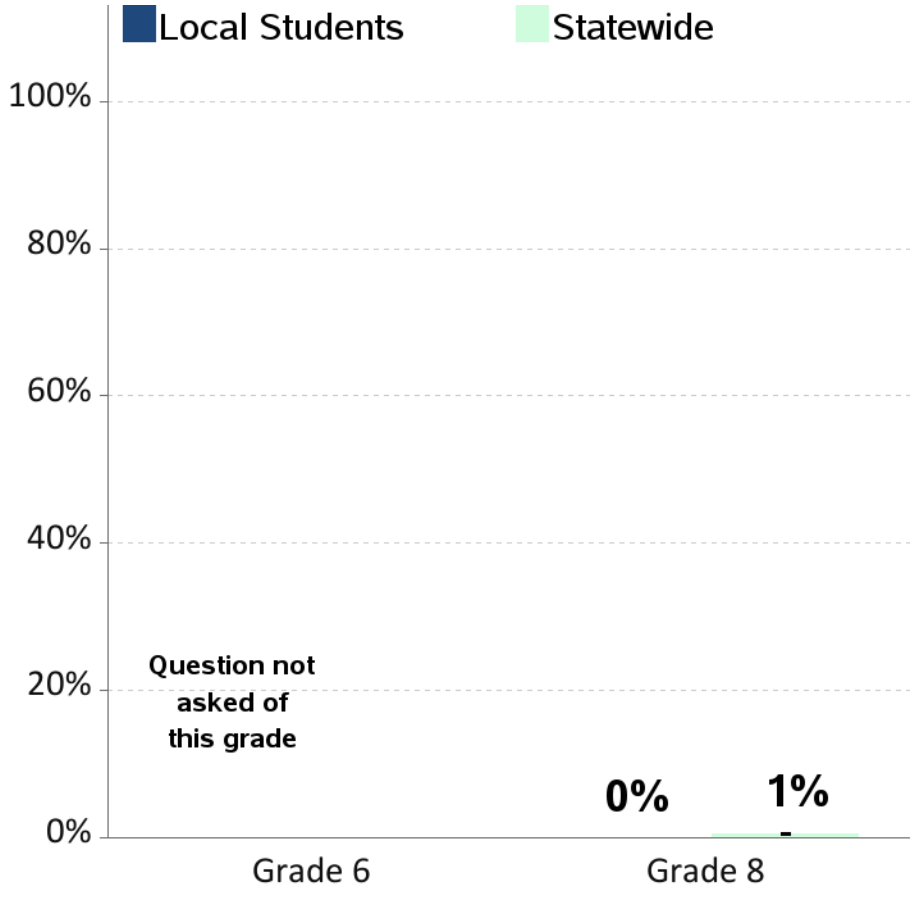
Current Over-the-Counter Drug Use

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



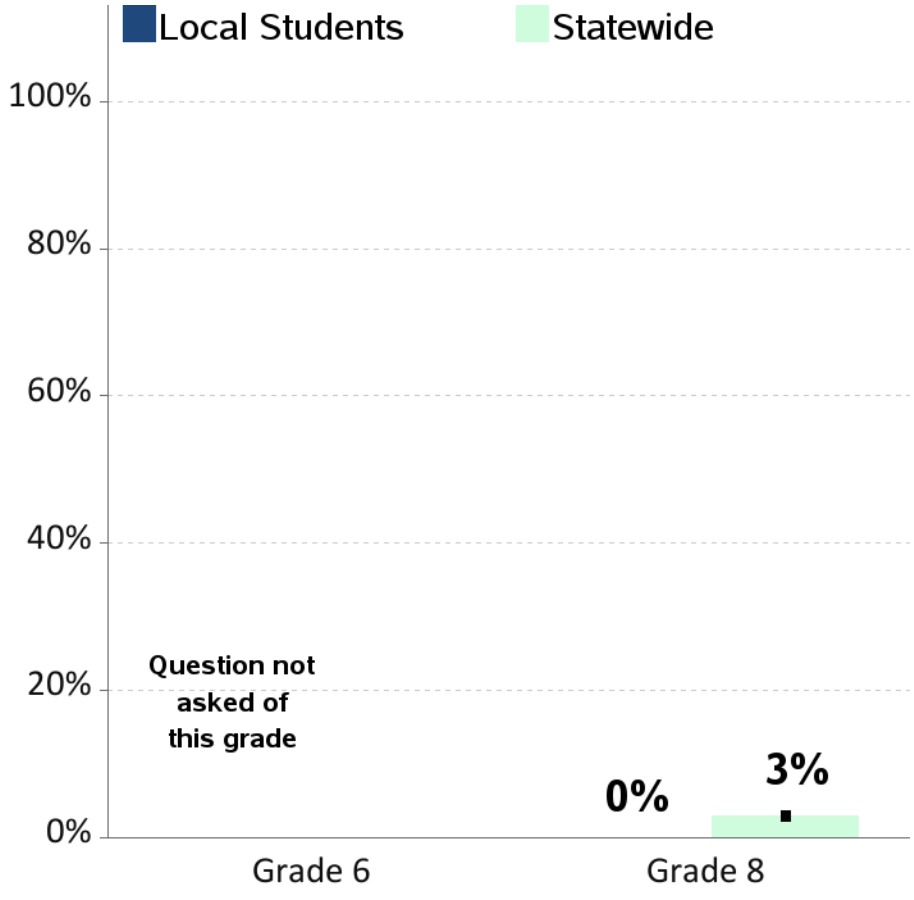
Alcohol Drinking while Using Marijuana

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



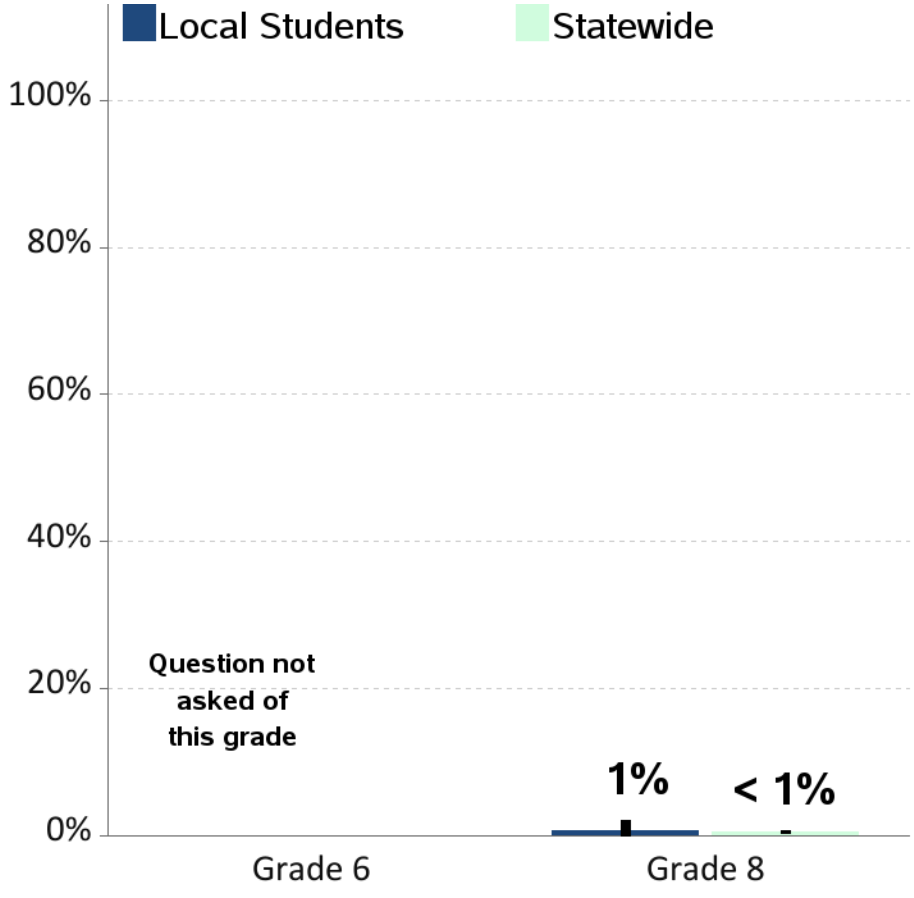
Substance Use at School

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



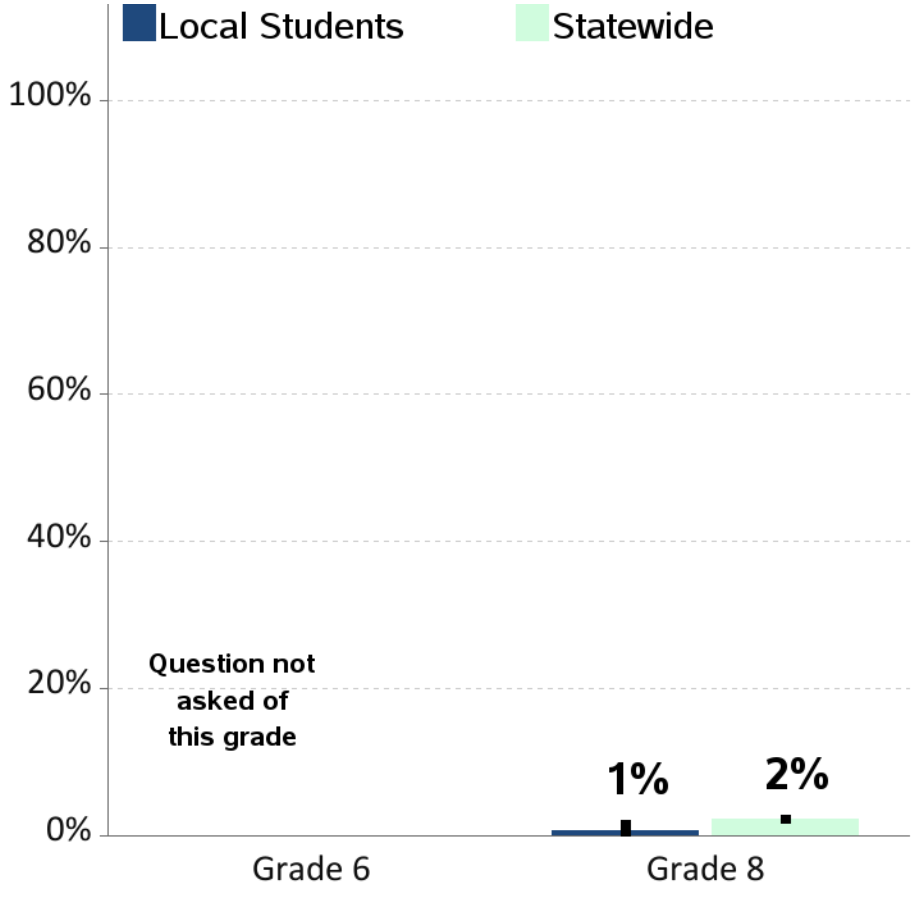
Tobacco Use on School Property

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)



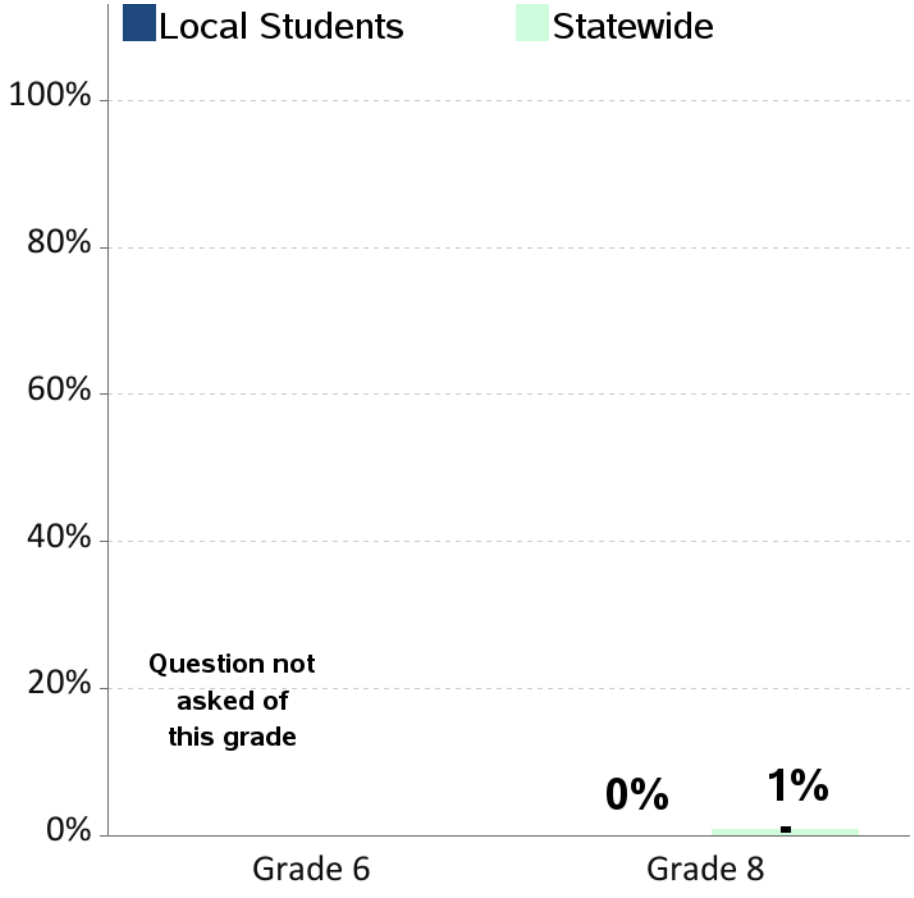
E-Cigarette Use on School Property

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



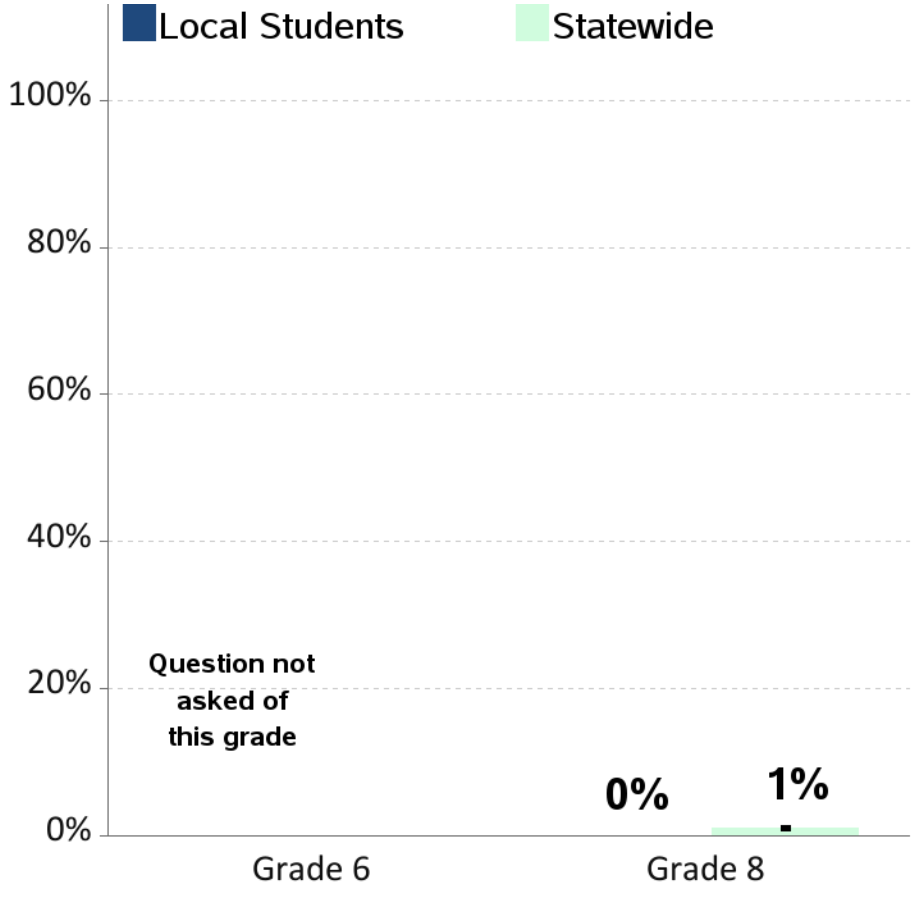
Alcohol Use on School Property

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)



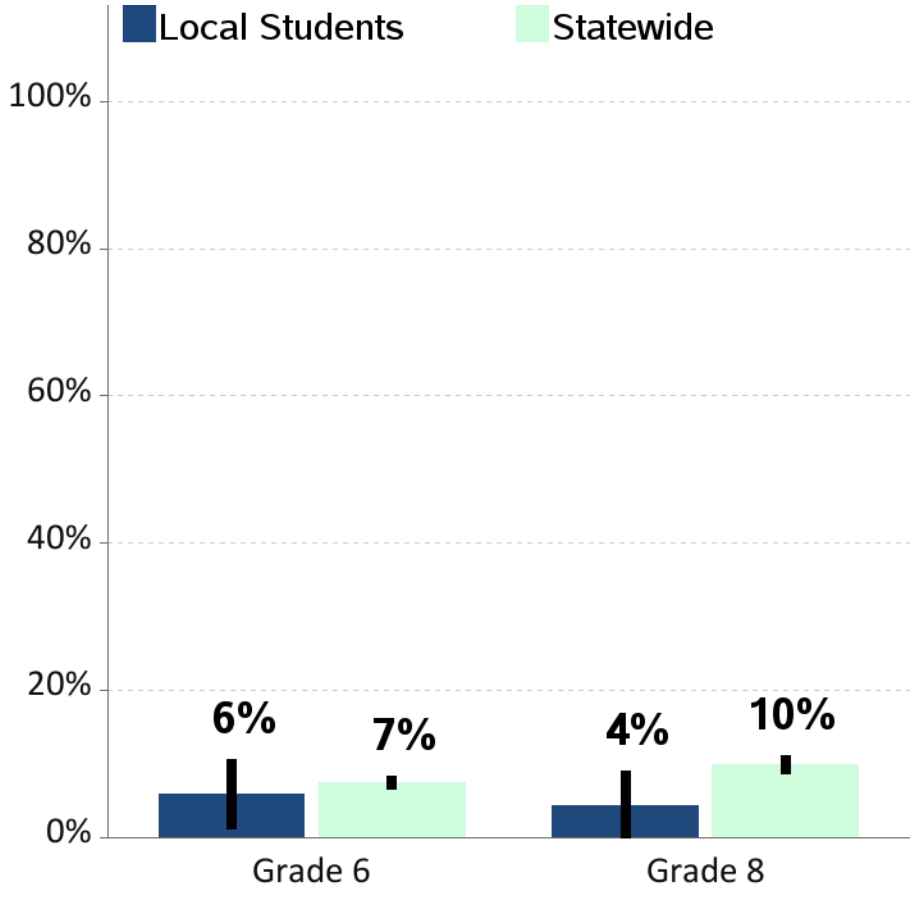
Marijuana Use on School Property

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)



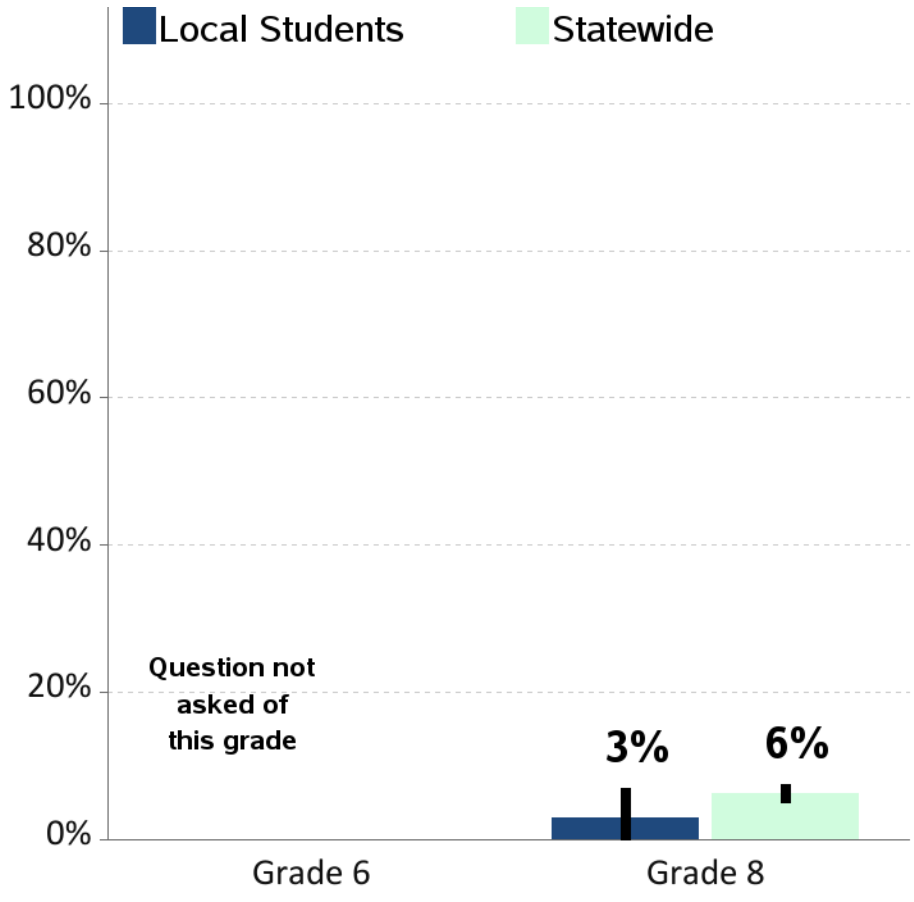
Riding with a Drinking Driver

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



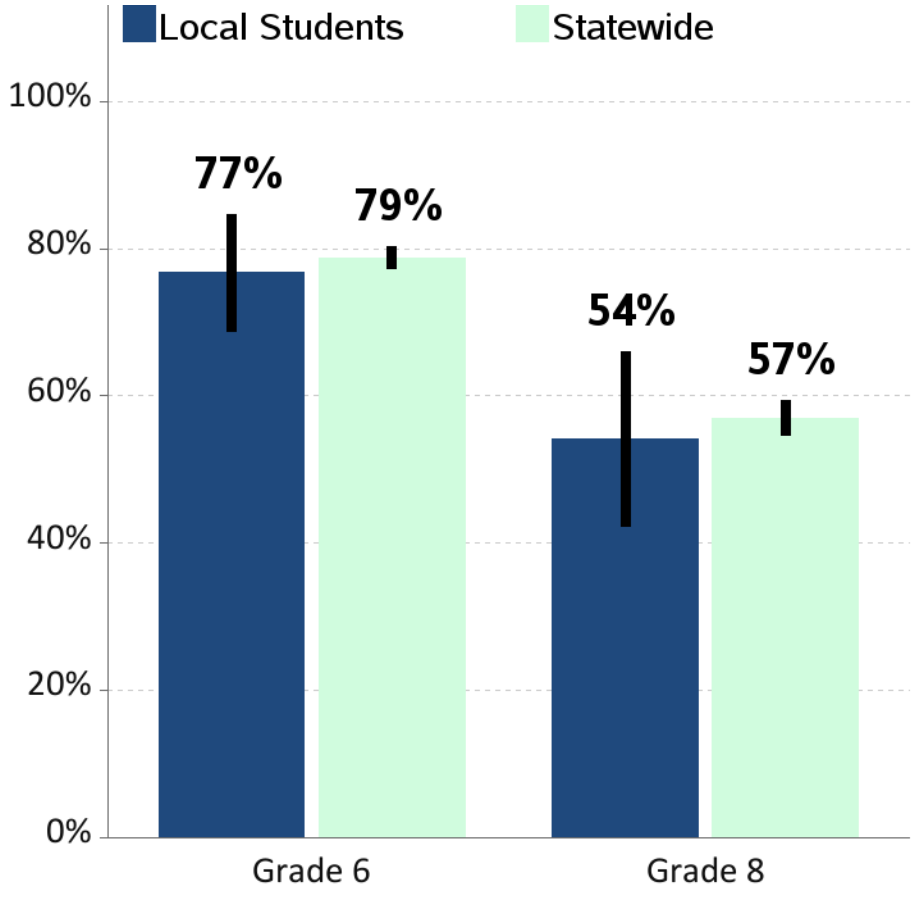
Riding With a Recent Marijuana User

Percent of students who in the past 30 days
report riding with someone who recently consumed marijuana



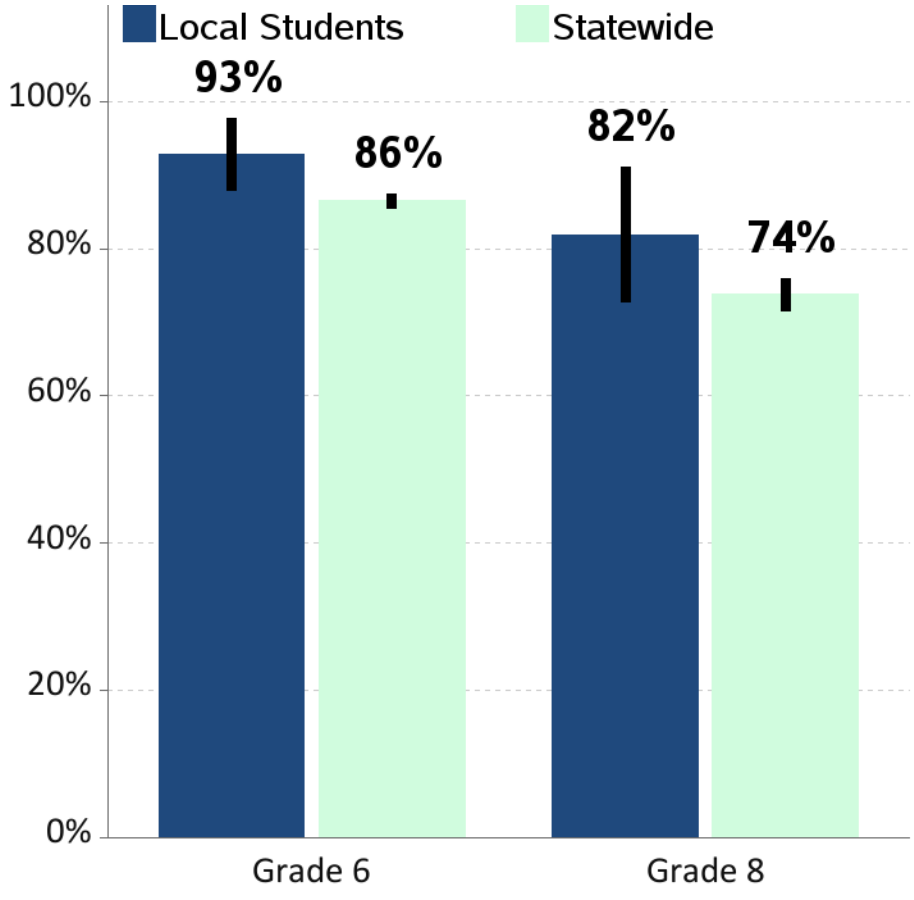
Perceived Availability of Alcohol

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



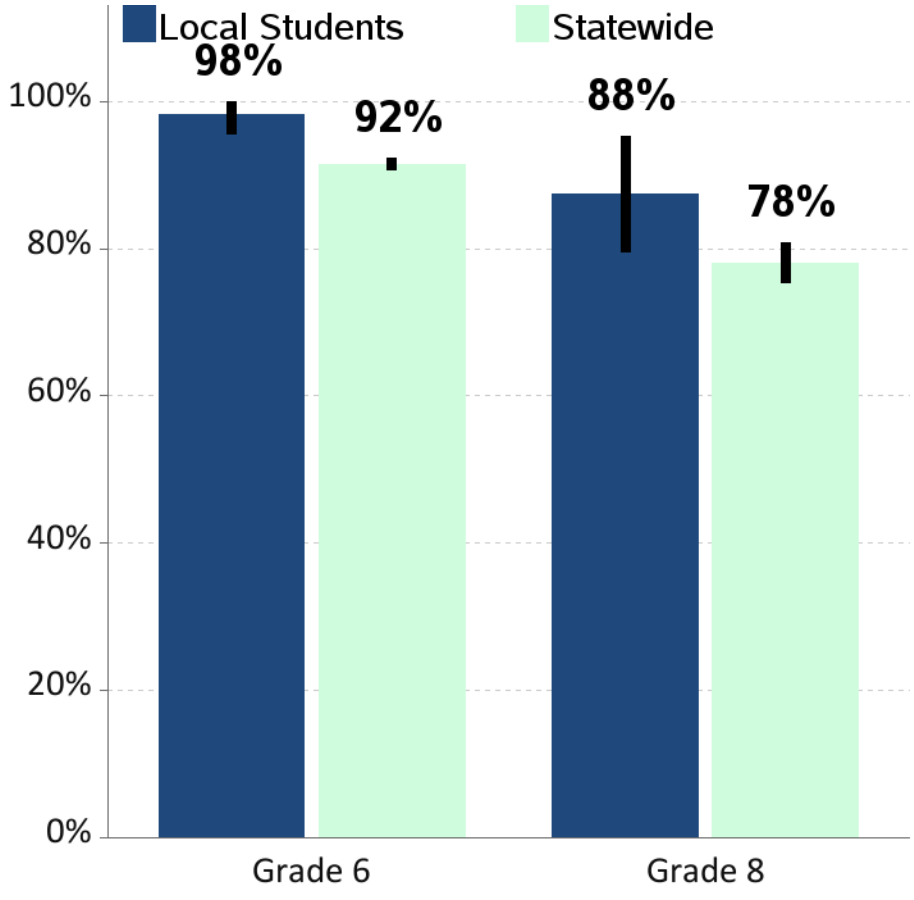
Perceived Availability of Cigarettes

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



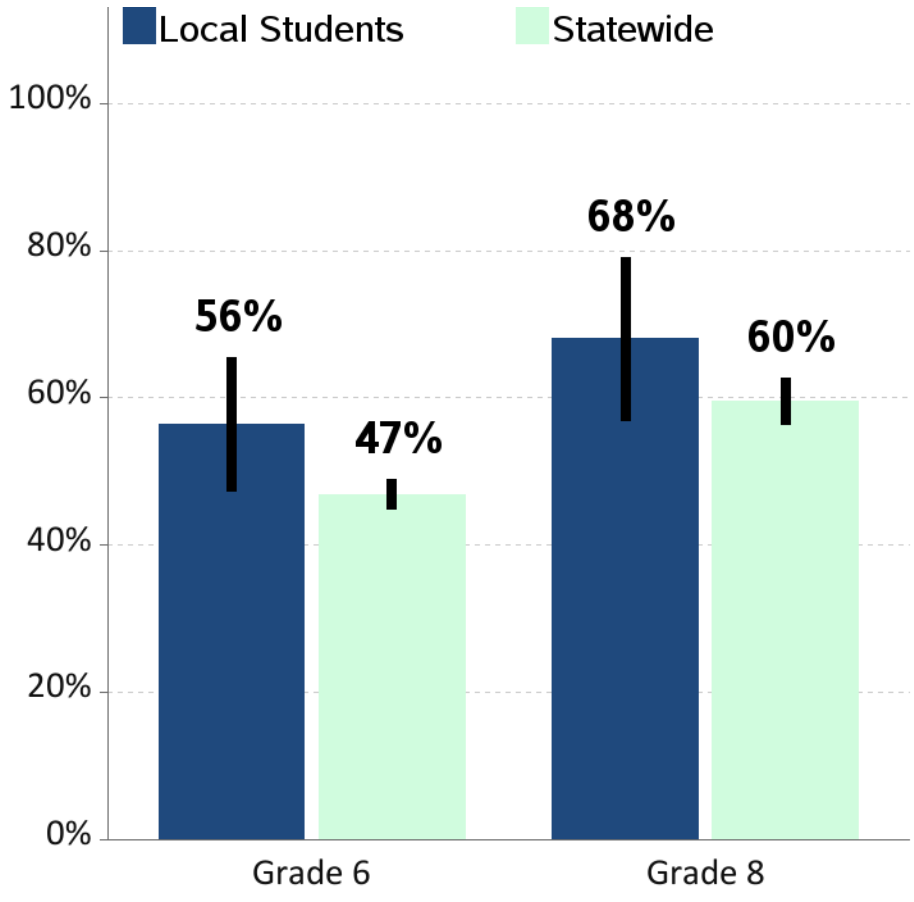
Perceived Availability of Marijuana

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



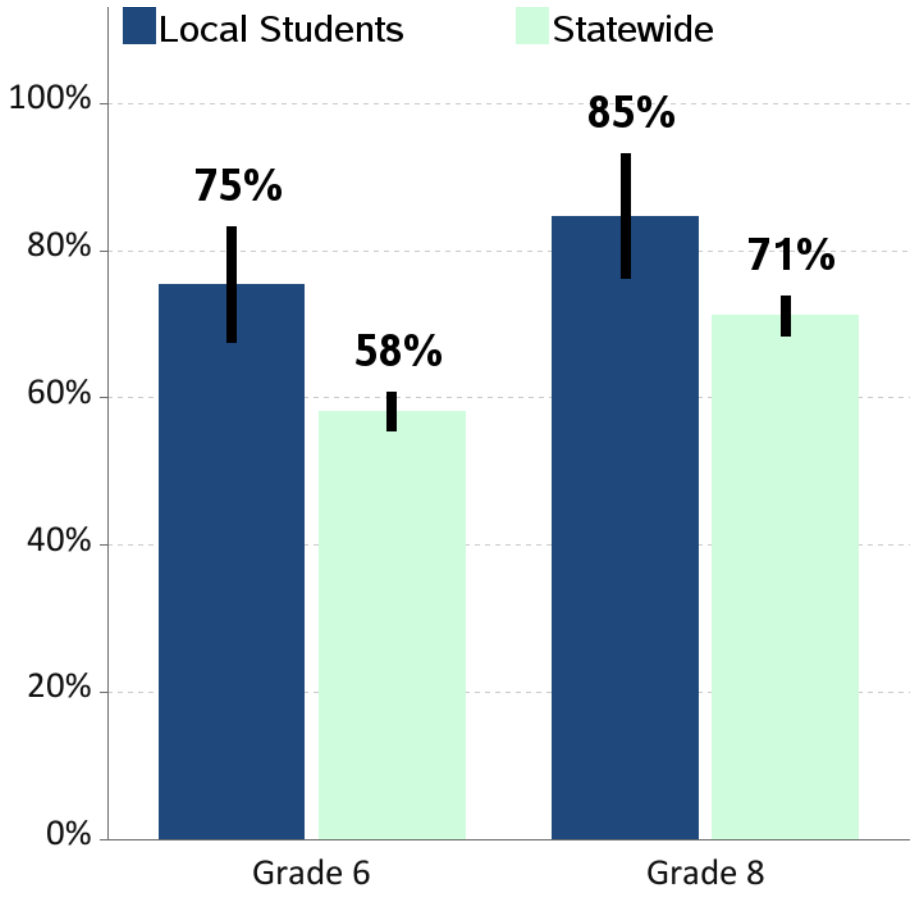
Perceived Risk of Regular Alcohol Use

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



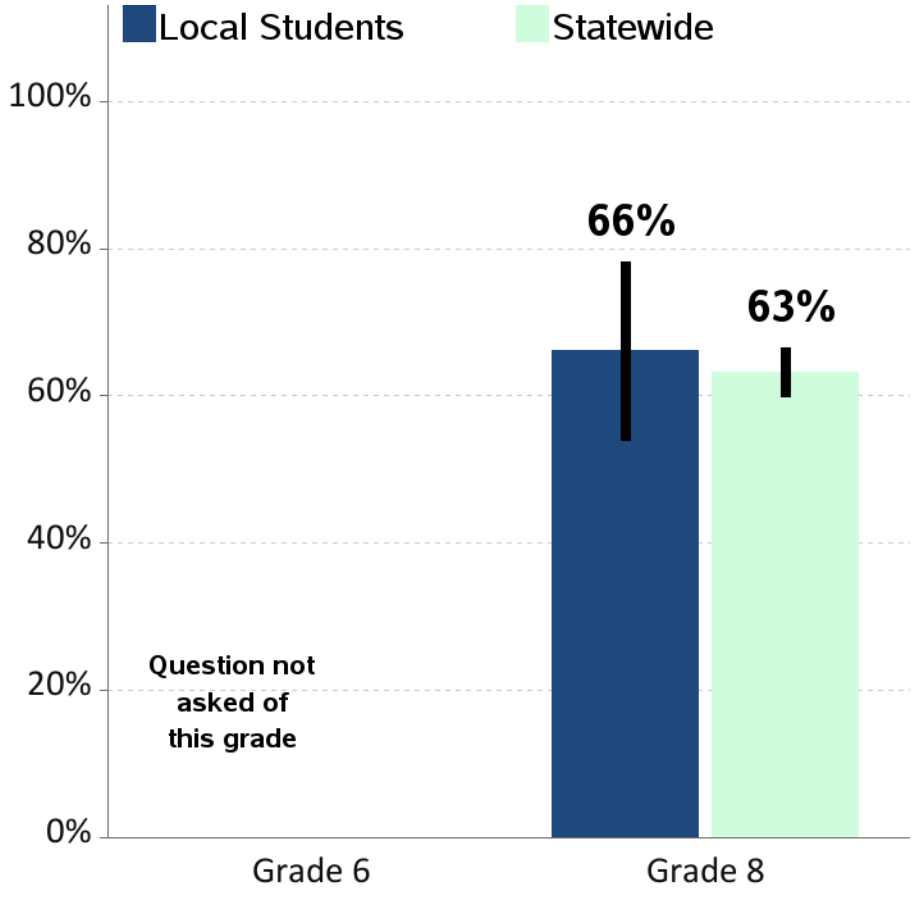
Perceived Risk of Regular Cigarette Smoking

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



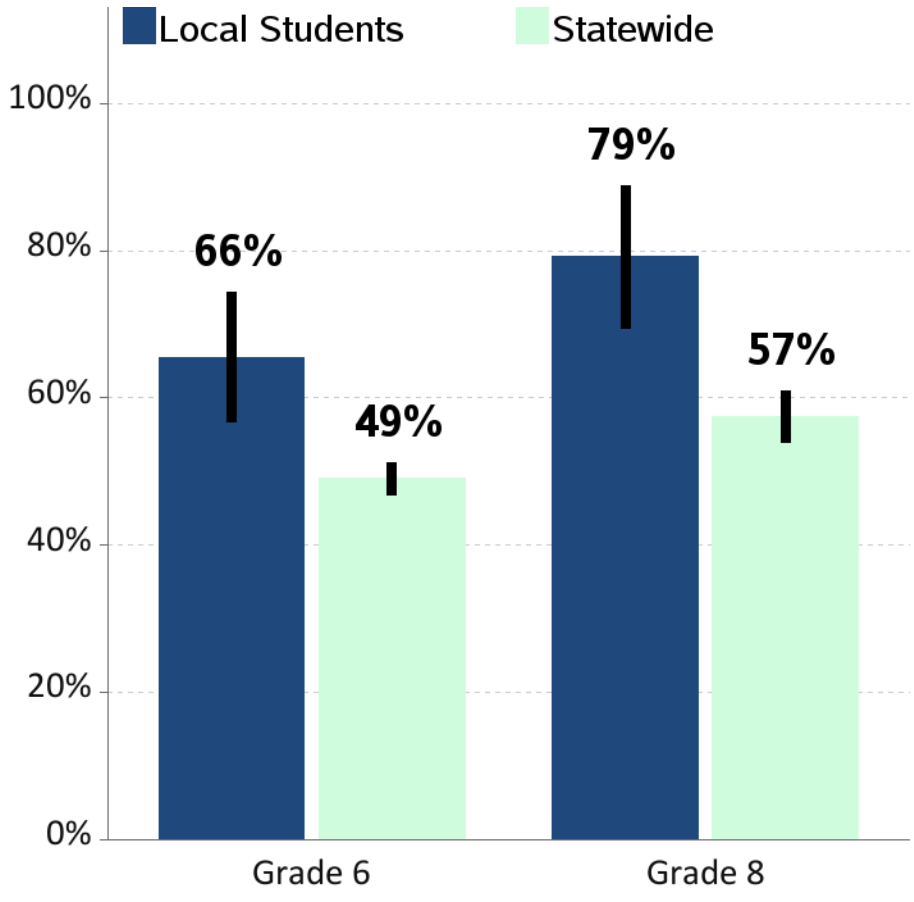
Perceived Risk of E-Cigarette Smoking or Vaping

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



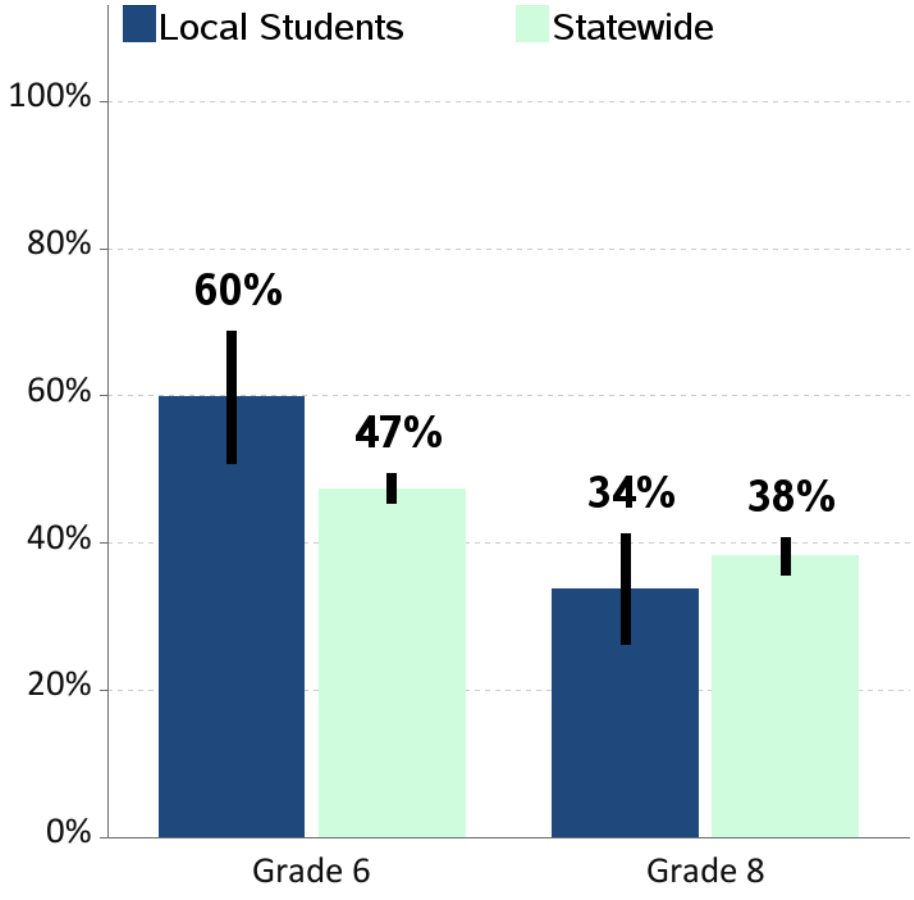
Perceived Risk of Regular Marijuana Use

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



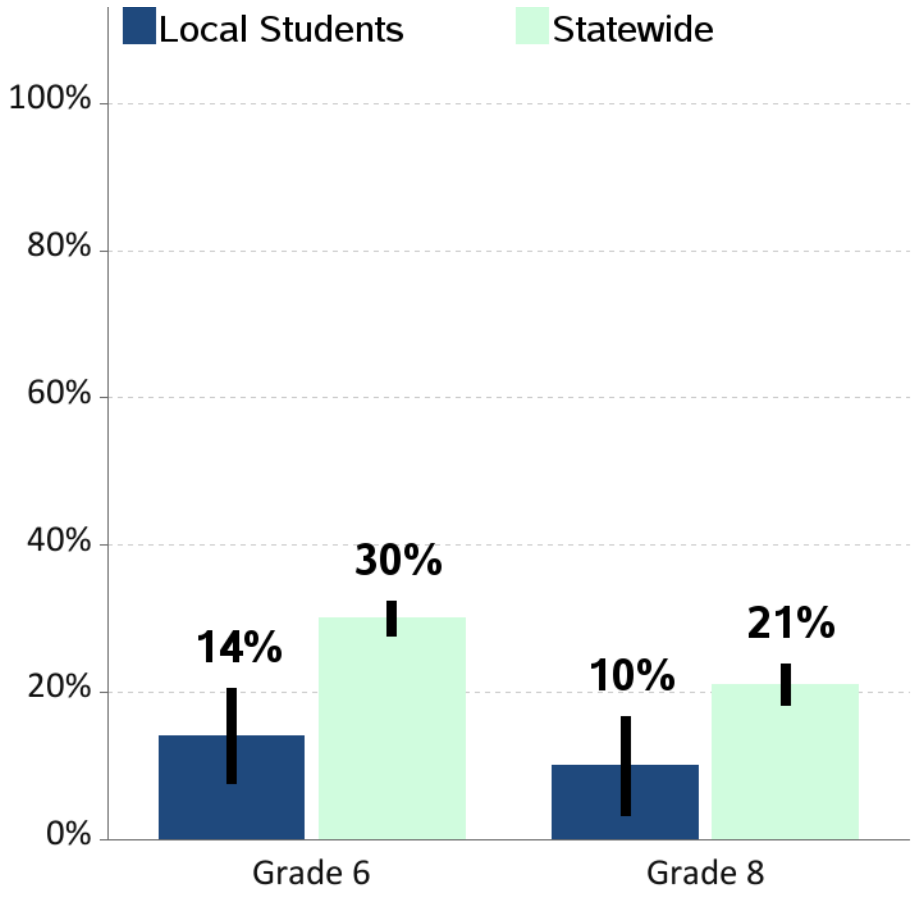
Enjoyment of School

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



Skipping School

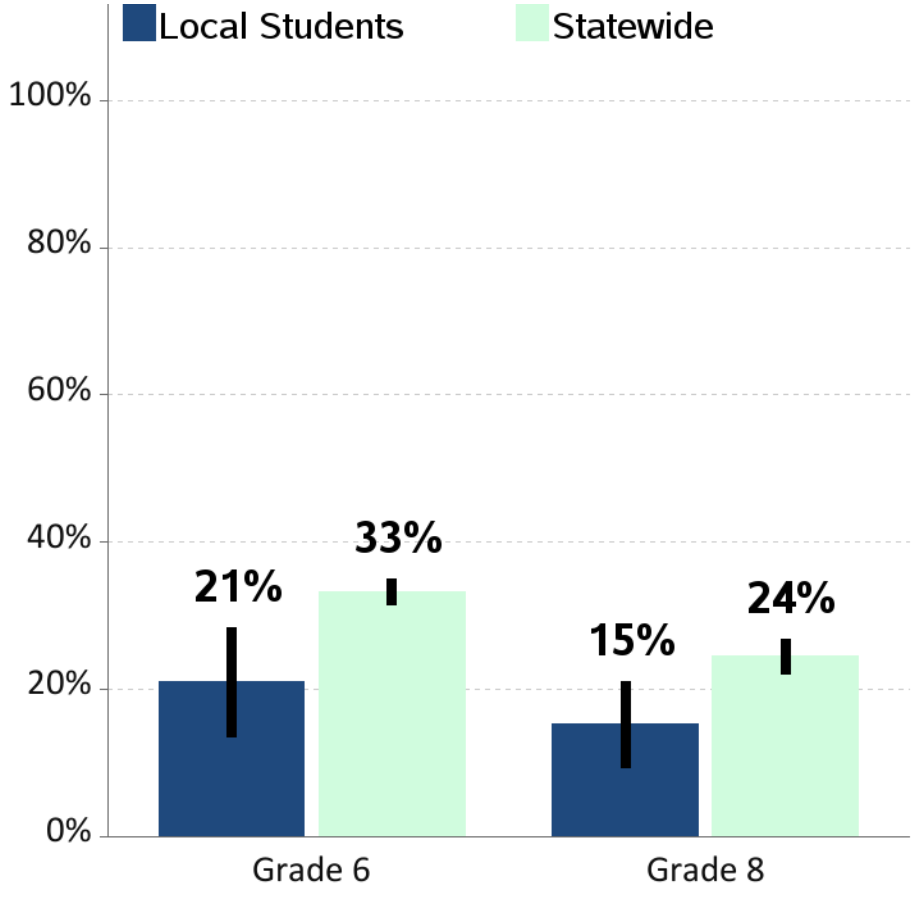
Percent of students who report skipping
1 or more whole days of school in the past 4 weeks



Bullying

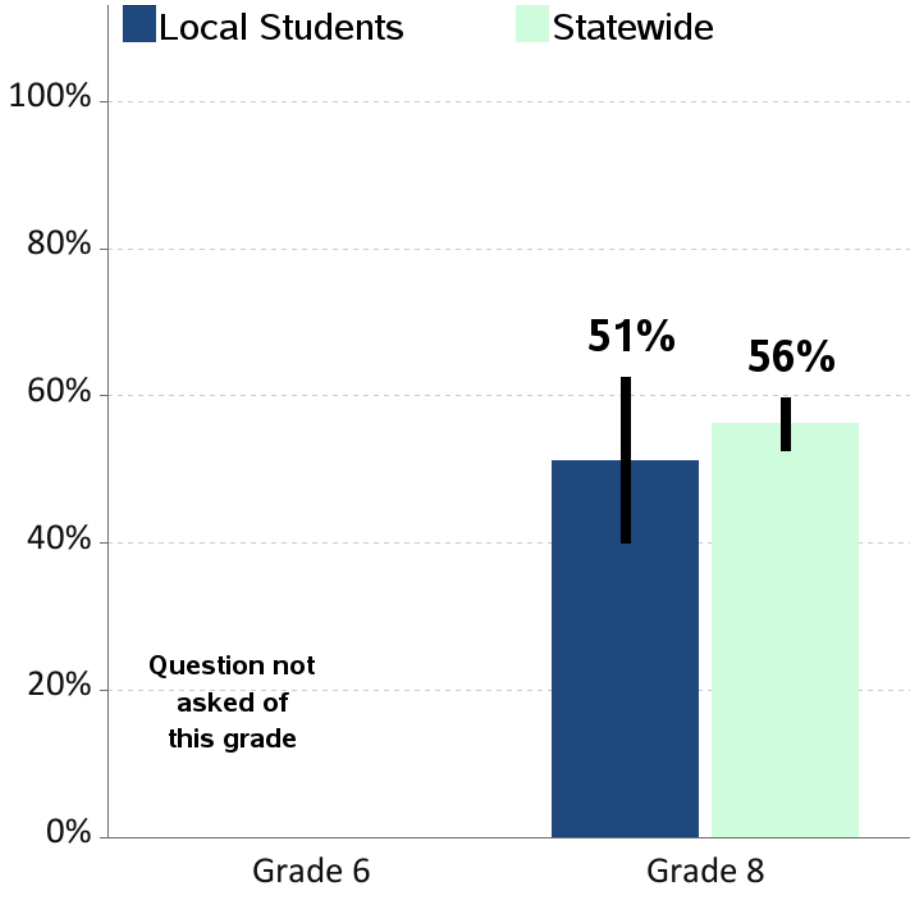
Percent of students who report being bullied in the past 30 days

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



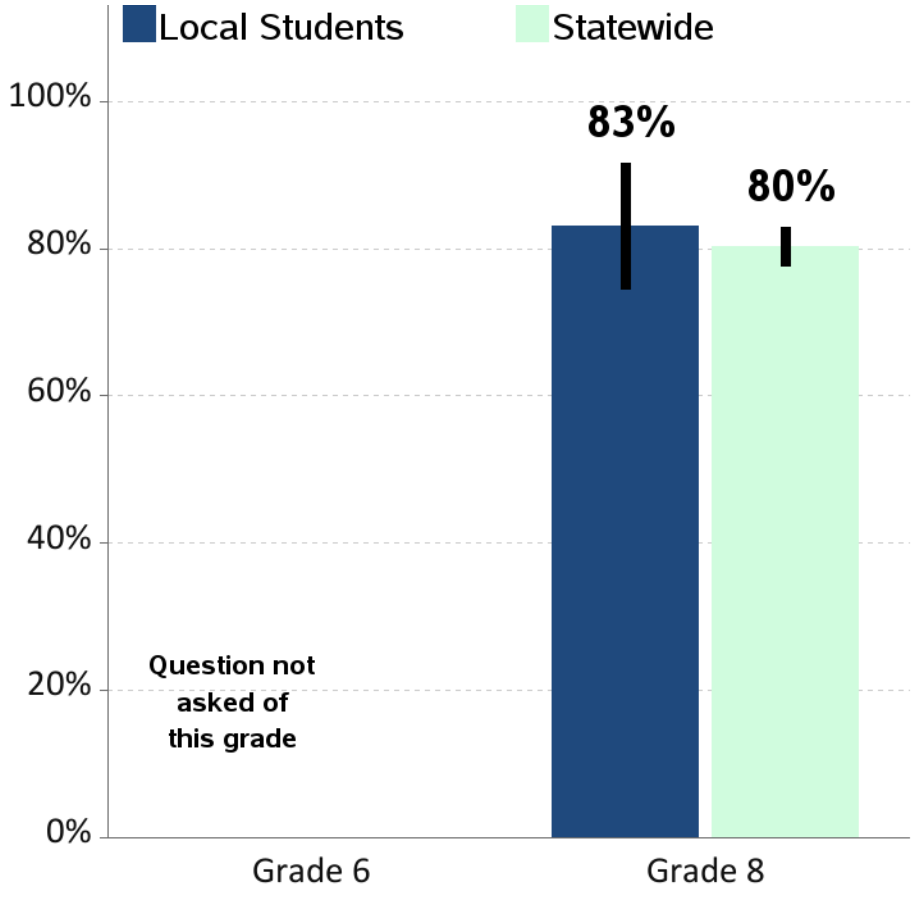
Adults from School Try to Stop Bullying

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



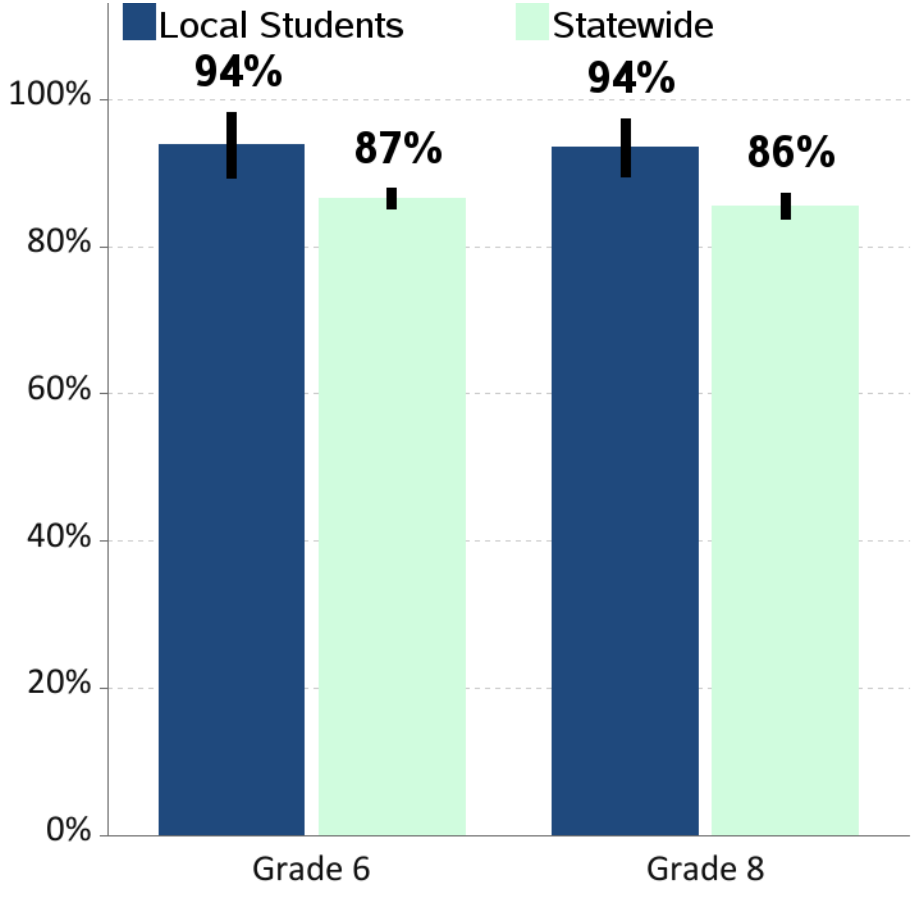
Students Know How to Report Bullying

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



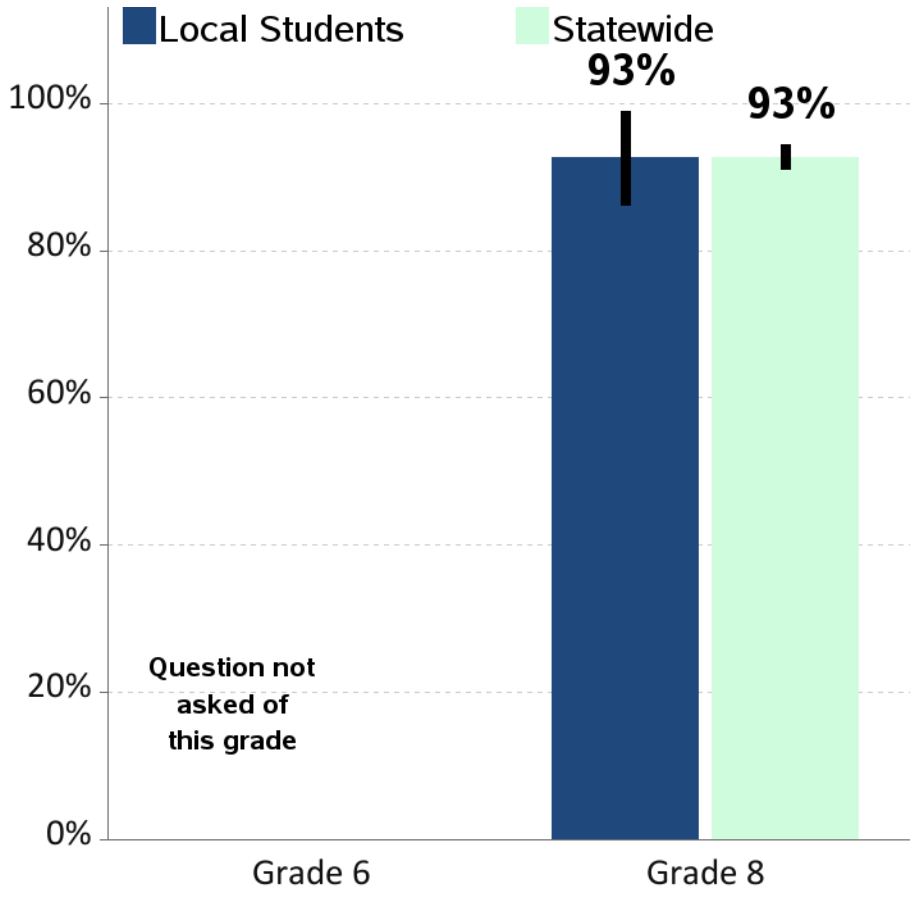
Feeling Safe During School

Percent of students who report that they feel safe during school



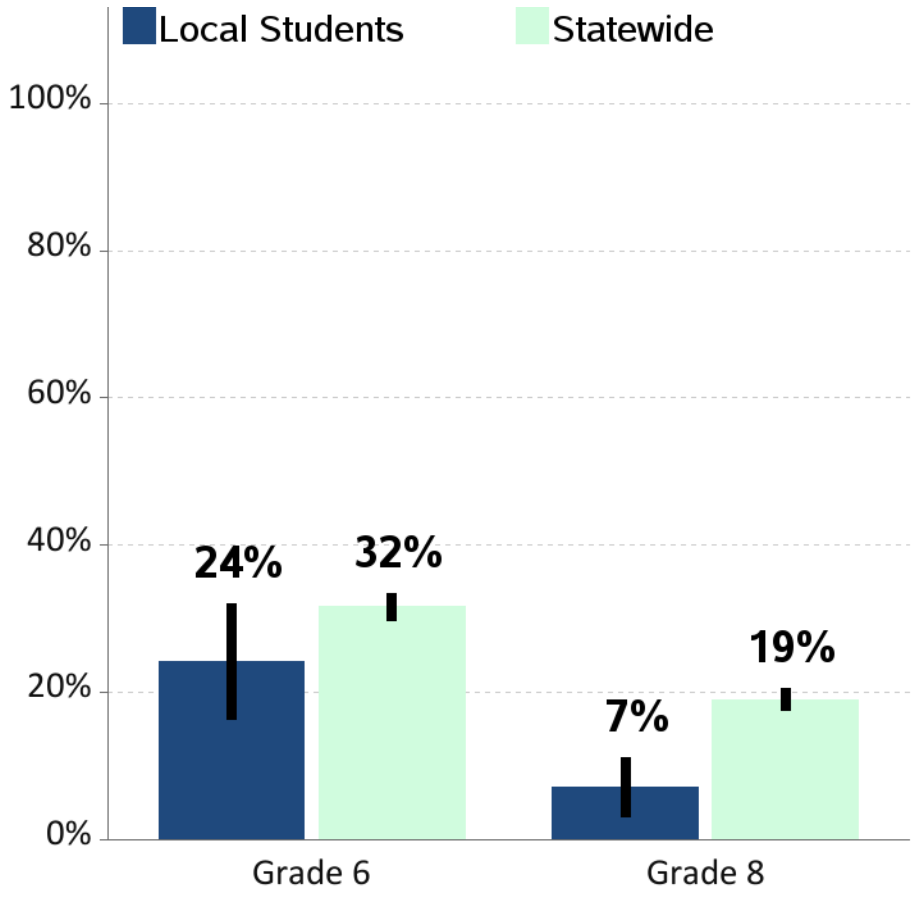
Opportunities for School Involvement

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



Physical Fighting

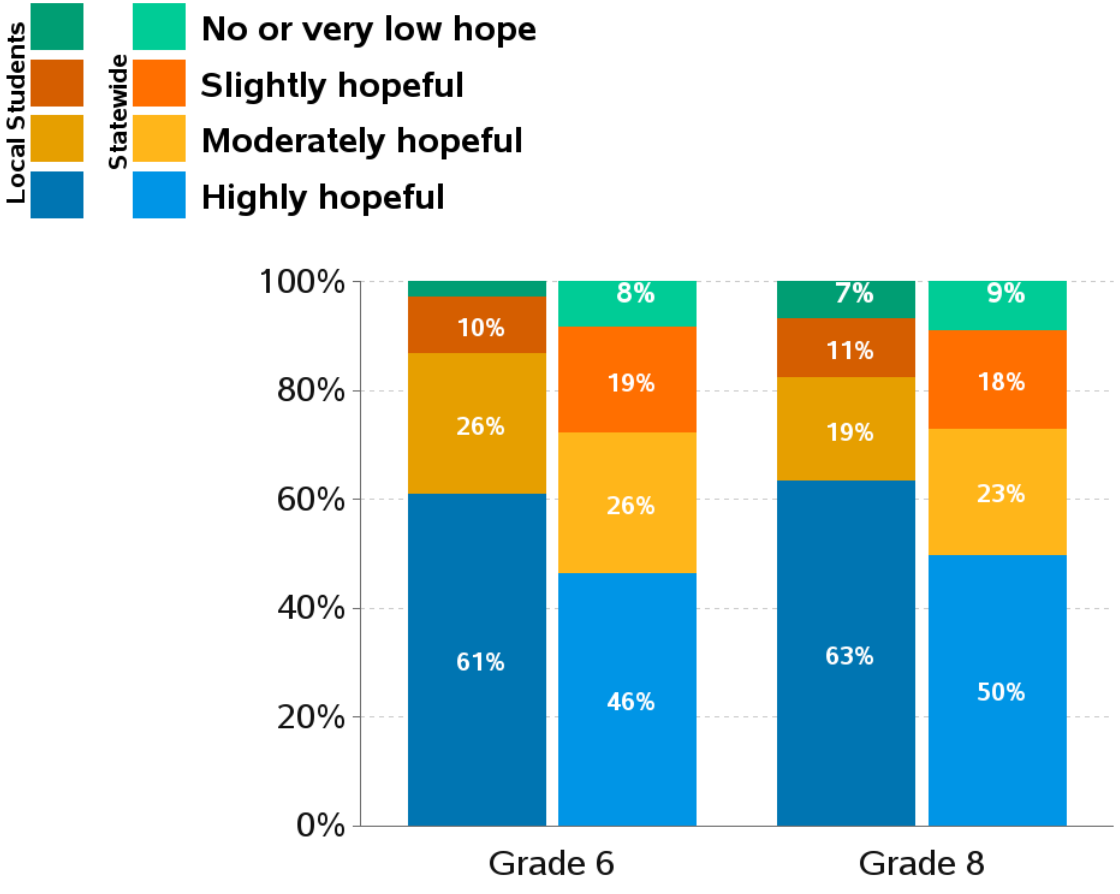
Percent of students who report being in a physical fight in the past year



Children's Hope Scale

Hope reflects a future orientated mindset and
motivational process toward attaining a desirable goal.

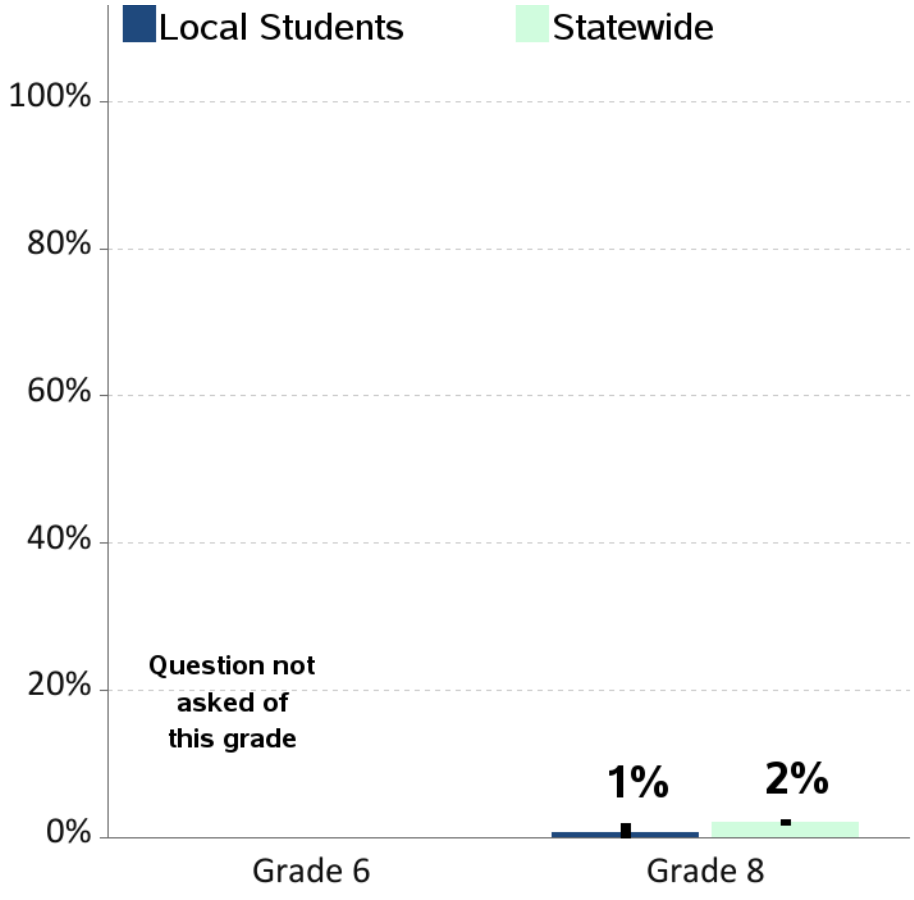
Research has linked hope with overall physical, psychological, and social well-being.



Cougar Mountain Middle School - Source: 2025 Healthy Youth Survey

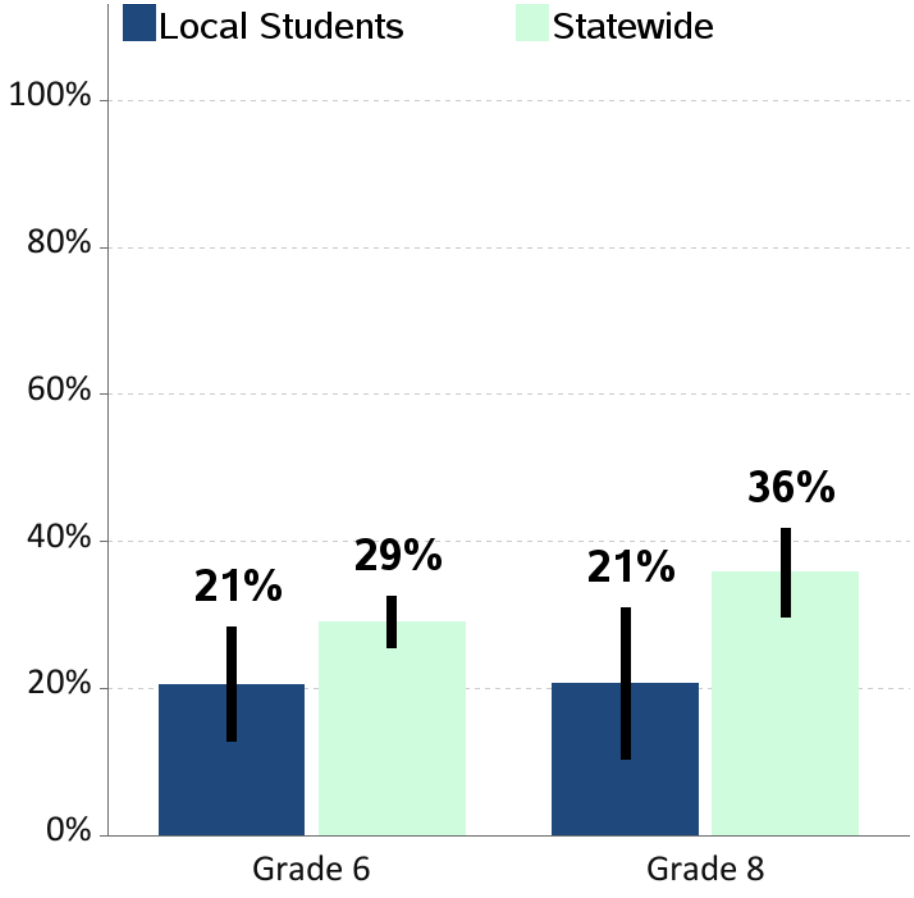
Gang Membership

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



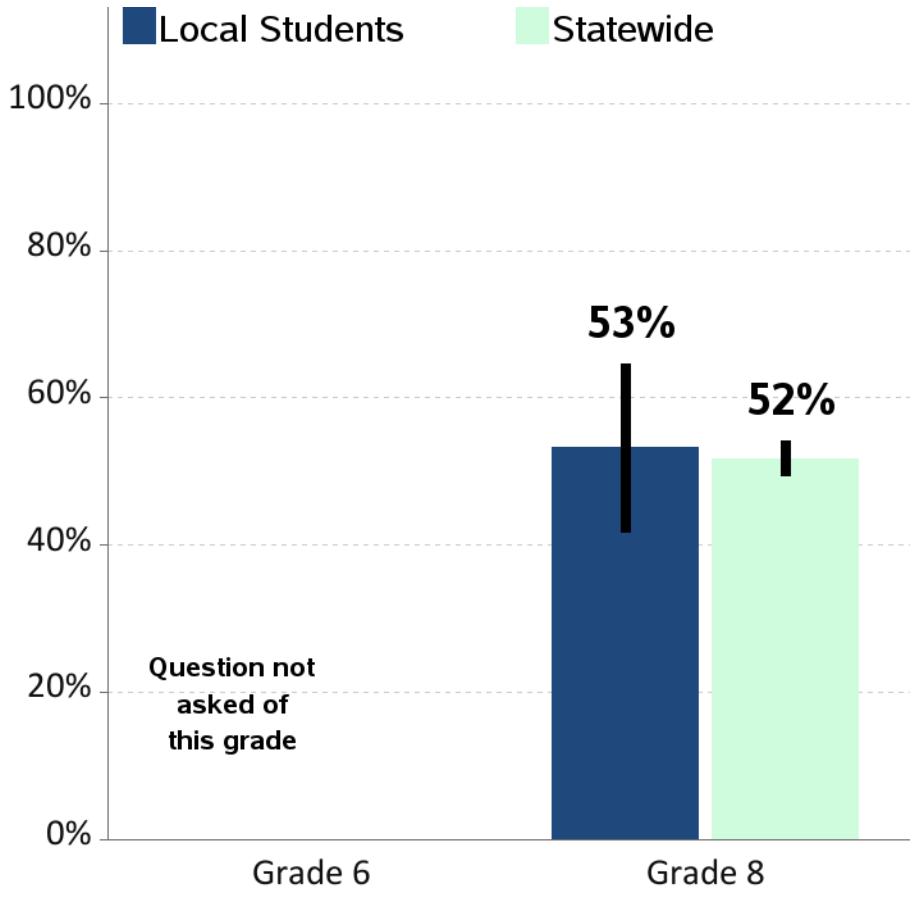
Walking/Biking To or From School

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)



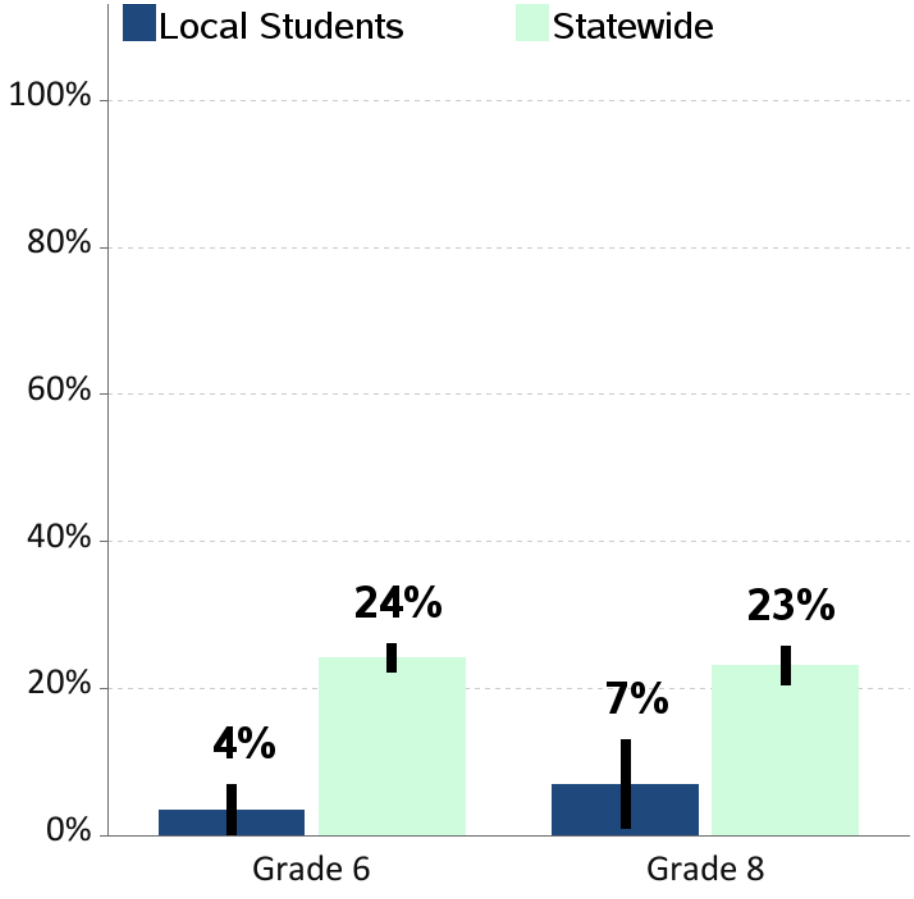
Sleep on a School Night

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



Sugar Sweetened Beverages Consumption

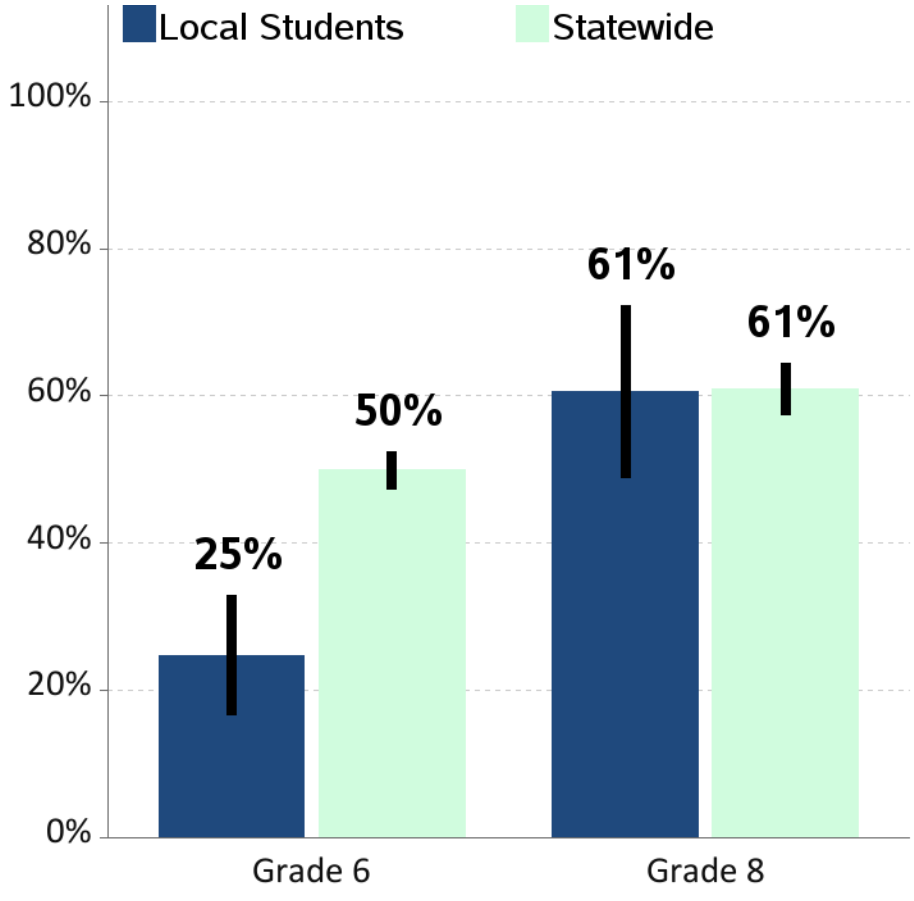
Percent of students who report drinking sugar sweetened drinks
(not including diet, sugar-free or drinks with artificial sweeteners)
2 or more times yesterday



Excessive Screen Time

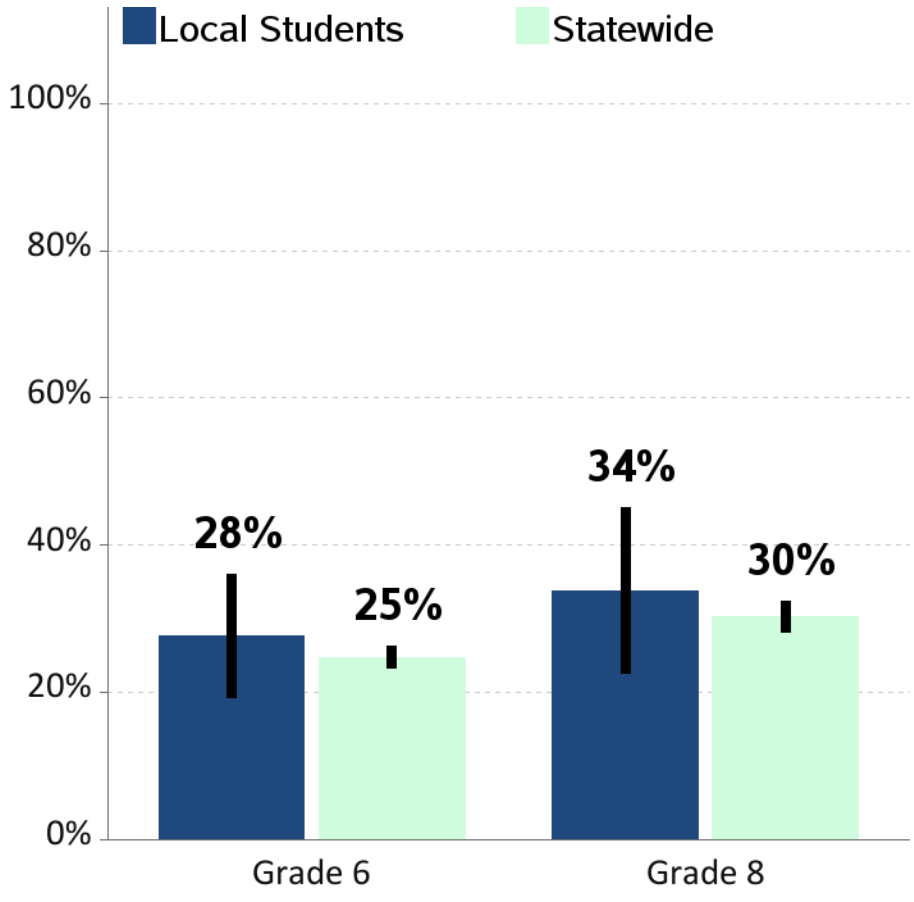
Percent of students who report 3+ hours of screen time on an average school day

(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)



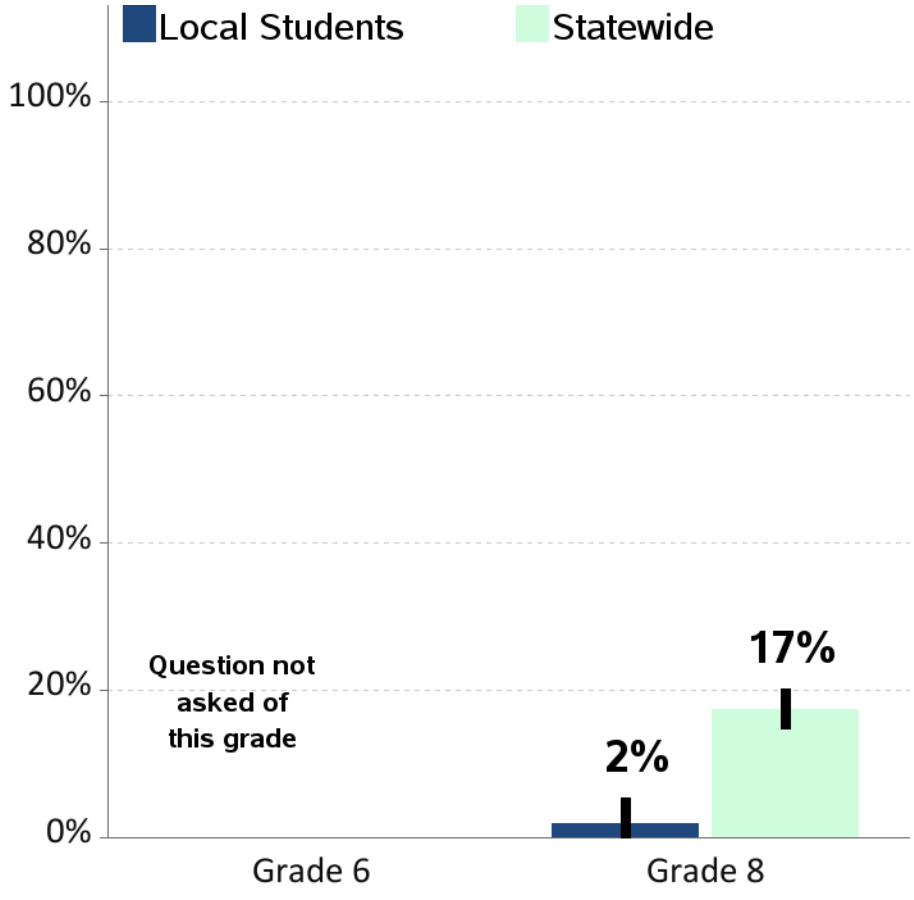
60 Minutes of Physical Activity per Day

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



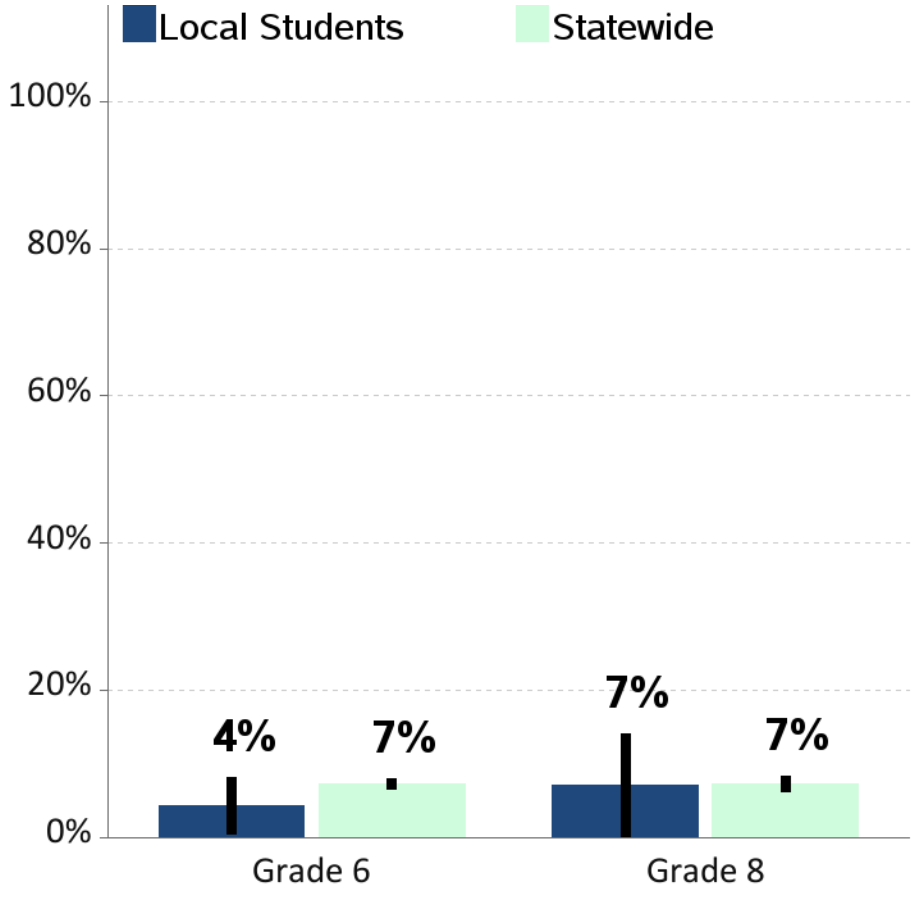
Body Mass Index (BMI) Over 25.0

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



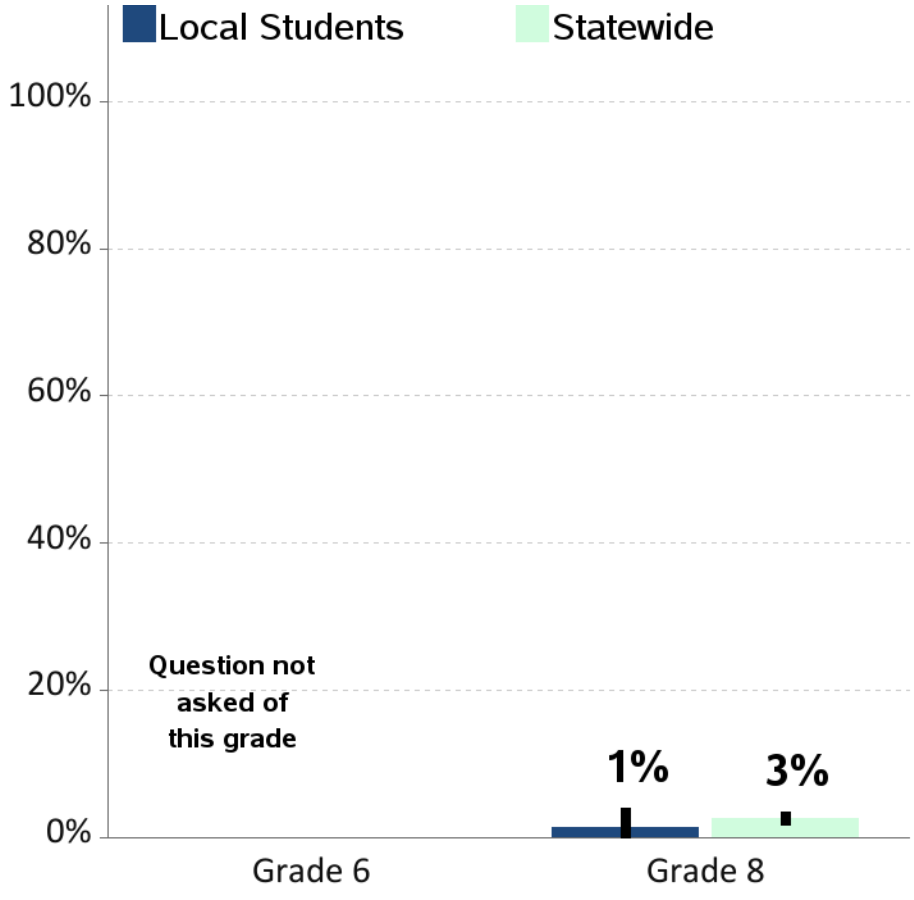
Current Asthma

Percent of students who report they currently have asthma



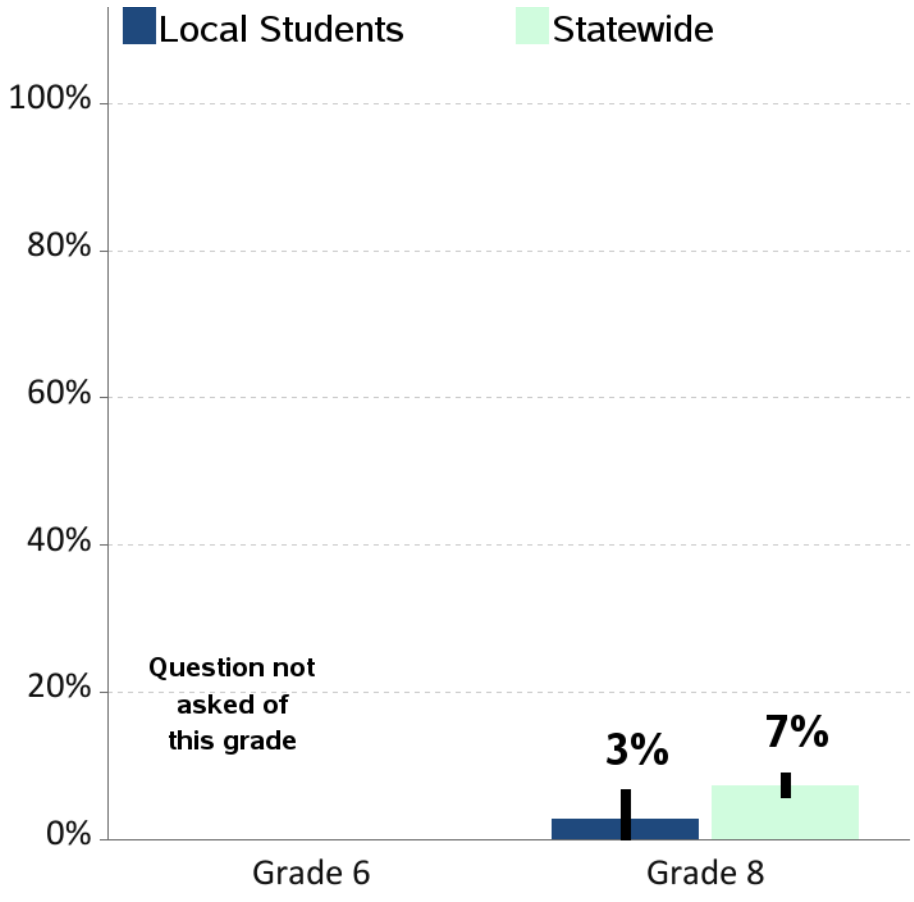
Lifetime Sex

Percent of students who report ever having sex in their lifetime



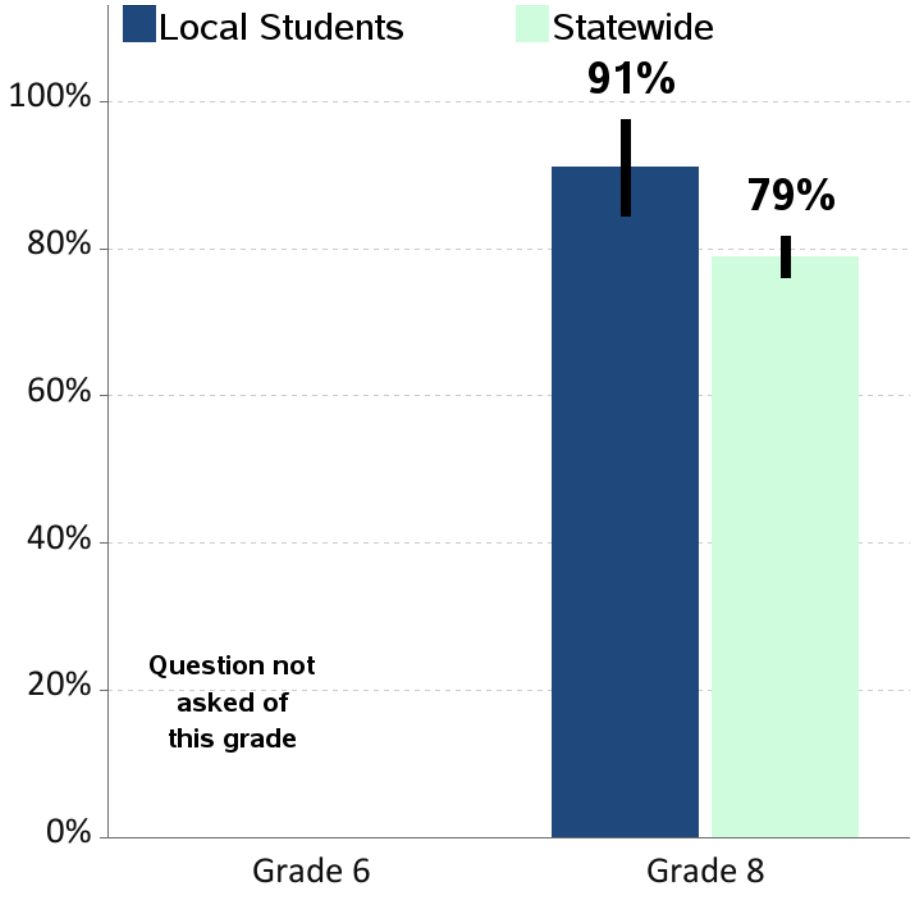
Lifetime Sexual Violence

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



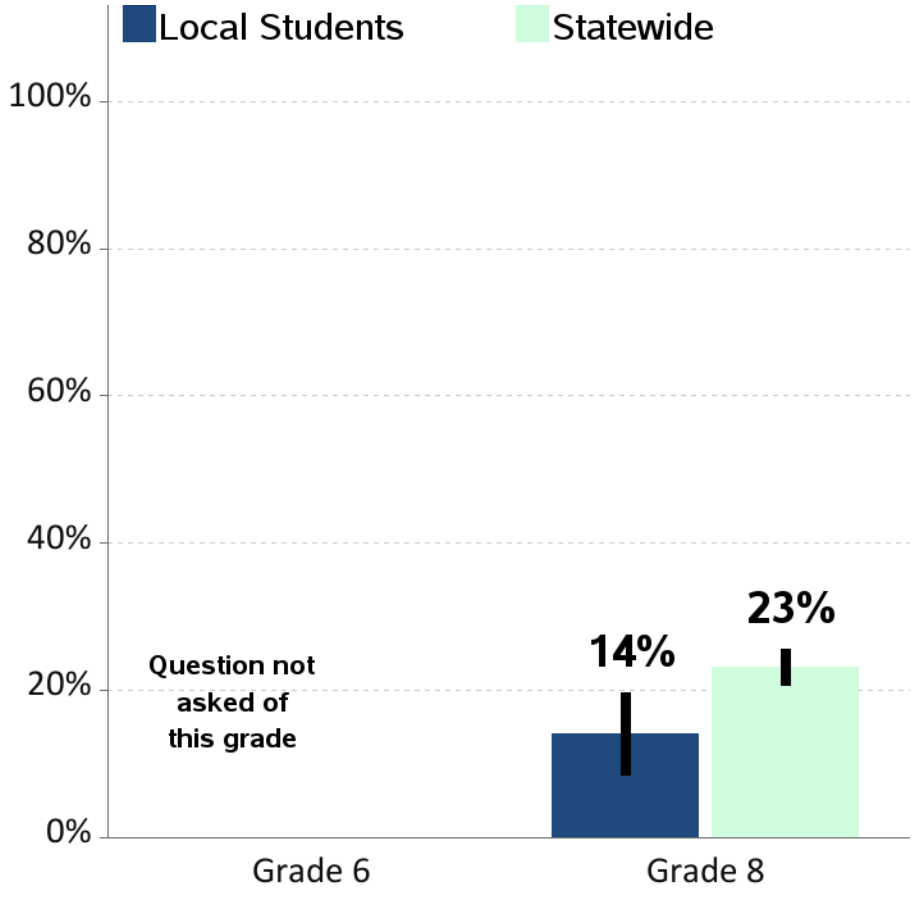
Access to Dental Care

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



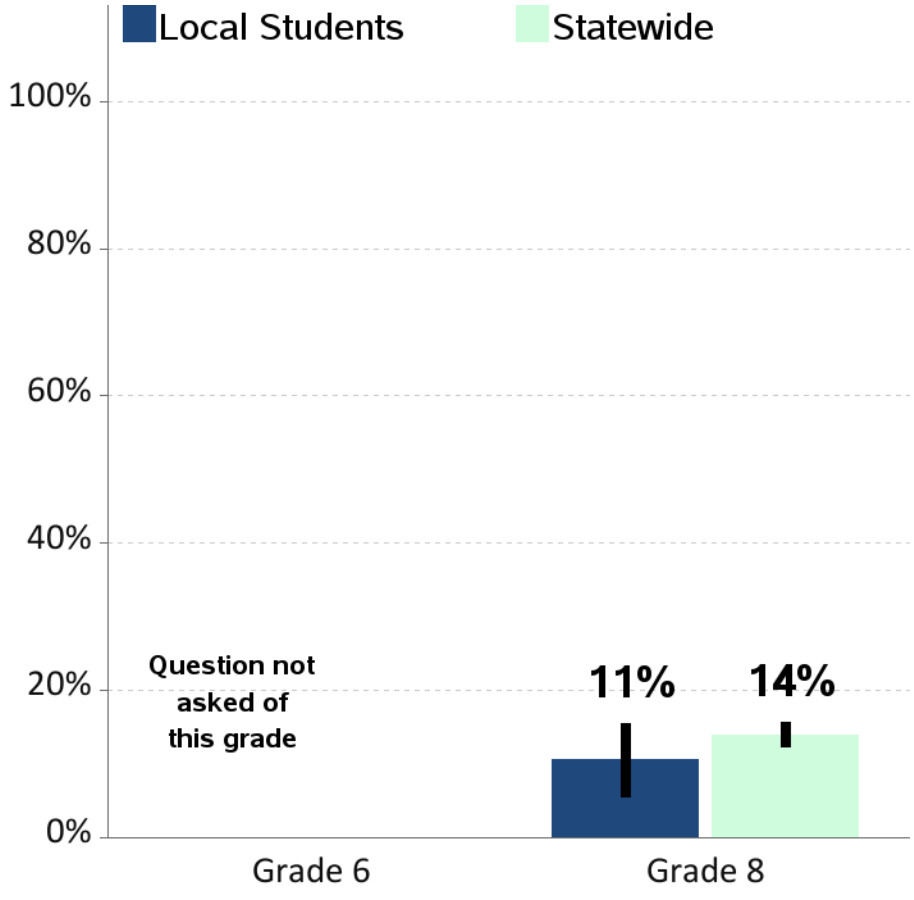
Depressive Feelings

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.



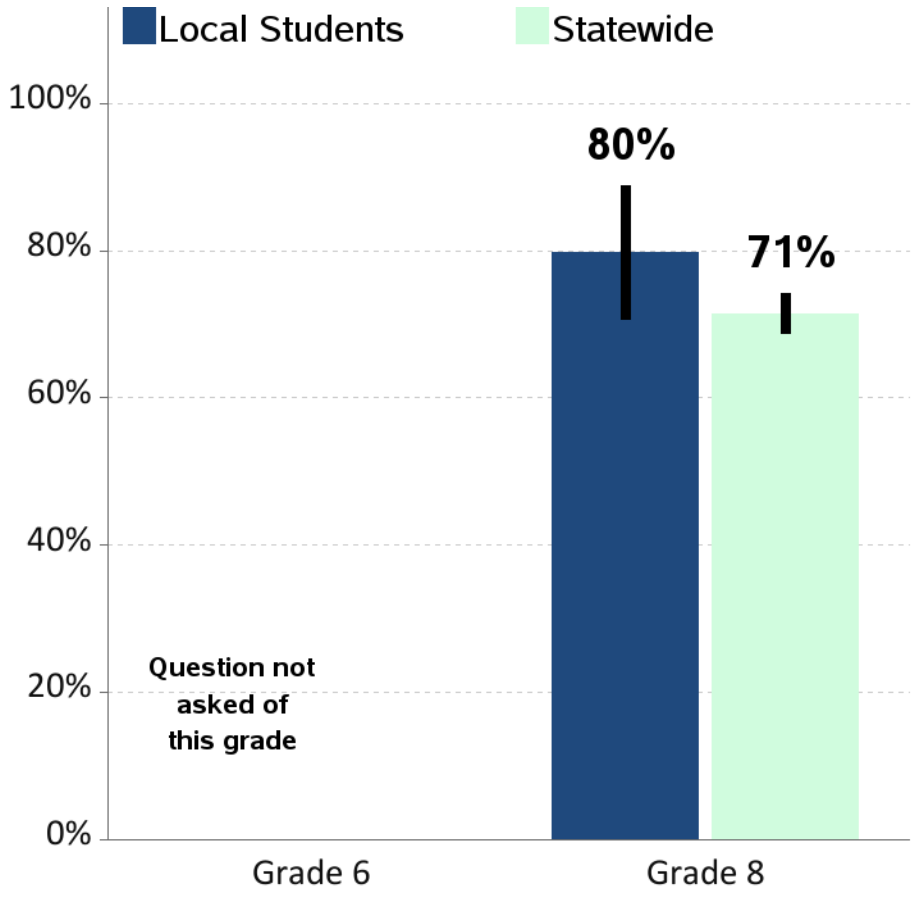
Contemplation of Suicide

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



Technical Notes for HYS PowerPoint Slides

Please see the [HYS Interpretive Guide]() for more information about how to interpret your results.

Caution About Participation Rates and Bias

Please use the following guidance when reviewing results:

- 70% or greater participation - Results are likely representative of students in this grade.
- 40–69% participation - Results may be representative of students in this grade.
- Less than 40% participation - Results are likely not representative of students in this grade but do reflect students who completed the survey.

Small Numbers: Caution about Number of Students Participating:

Results based on small numbers of students answering a question are unstable and should be interpreted with caution. A small sample size does NOT mean that the results are "wrong." However, estimates based on small numbers tend to be unreliable. This means they could easily change with the absence from school of only a couple of students. This is especially the case when only a few students choose a particular answer option. Also, in this situation, the reported 95% confidence interval (CI) might be too wide. Use caution if fewer than 30 students answered a question and/or fewer than 5 students selected a given response option.

Technical Notes for HYS PowerPoint Slides

Data Notes

In this slide deck, we report a point estimate (%) and 95% confidence interval (CI) for each question response among local students and statewide. The 95% CIs are shown as error bars. The point estimate is our “best guess” of the true value based on the information collected in the survey. A CI gives the estimated range of values that is likely to include the true population value based on survey results. Calculated proportions are based on number of non-missing answers.

The 95% CIs presented in this report are calculated using SAS (SAS Institute Inc.) and the default options for the PROC SURVEYFREQ command. This relies on Taylor Series linearization to generate a symmetrical CI that accounts for the survey sampling design and clustering. Note that in this report, CIs are not bounded by zero and lower limits might be negative. Please use caution when interpreting lower confidence limits that cross zero. SAS Institute Inc. provides more information on the calculations used in this report here: https://support.sas.com/documentation/cdl/en/statug/63033/HTML/default/viewer.htm#statug_surveyfreq_sect004.htm