



2025 Brookline Youth Health Survey

A Report on Student Health and Well-Being

Prepared in partnership by
The Public Schools of Brookline
and

**The Brookline Department of Public Health &
Human Services**

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The Brookline Youth Health Survey (BYHS)

The youth risk behavior survey (YRBS) was developed by the Centers for Disease Control and Prevention (CDC) to monitor behaviors that contribute to child and adolescent wellness and the leading causes of death, disease, injury, and social problems among youth. For similar purposes, the Massachusetts Department of Elementary and Secondary Education, in collaboration with the Centers for Disease Control and Prevention and the Massachusetts Department of Public Health (DPH), conducts the Massachusetts Youth Risk Behavior Survey (MYRBS) in randomly selected public middle and high schools in every odd-numbered year. Many school districts and municipalities, like Brookline, conduct their own administration of surveys like MYRBS in order to gather a deeper understanding of the needs of their community.

The Public Schools of Brookline and the Department of Public Health partnered to develop the 2025 Brookline Youth Health Survey (BYHS). This survey included many questions from the YRBS, as well as additional items that were developed based on the needs and wellness goals of the Brookline community. The BYHS measured the following areas:

- Mental Health and Wellness
- Technology and Social Media Use
- Substance Use
- Safety and Violence-Related Behavior*

Once completed, the BYHS provides important information that can be used by the school district, town, and Department of Public Health to:

- Understand the current prevalence of risk-taking behaviors and protective factors in youth;
- Understand trends across time in risk-taking behaviors and protective factors in youth;
- Compare their current prevalence and trend data to local, state, and national data sets;
- Inform, design, and refine programming that supports student wellness.

A full list of items can be accessed [here](#)

*Questions regarding sexual behavior were only presented to Brookline High School students.

Administration of the BYHS

In April 2025, a BYHS introduction letter was sent to all PSB families who had a student in grades 6 to 12. This letter described the purpose of the BYHS, how the BYHS would be administered, access to the full list of BYHS questions, and opt-out information. Following this letter, 65 total students (less than 2% of students eligible) were opted out of the survey by their guardians. It is important to note that students also had the opportunity to opt out of the survey at the point of administration.

In April and May 2025, the BYHS was administered to students in grades 6 to 12. Students in grade 6 completed the survey during an advisory period or a core academic block, students in grades 7 and 8 completed the survey during a Health class, and students in grades 9 to 12 completed the survey during an Advisory period. All educators administering the survey were provided administration materials and guidance.

The surveys were administered using Qualtrix. Translations were available to students in Arabic, Chinese, Hebrew, Japanese, Korean, Russian, Spanish, and Russian. All surveys were anonymous and students could not be linked to their responses.

Reporting on the BYHS

The purpose of this report is to provide detailed information regarding students' engagement in behaviors that impact their wellness. This report will organize these data into four core domains:

- Mental Health and Wellness
- Technology and Social Media Use
- Substance Use
- Safety and Violence-Related Behavior

Please note that the Sexual Behavior section of this report will not include analyses for middle school students, as they were not asked questions in this area. Within each domain, data will be reported for all students in PSB and, when meaningful, will also be disaggregated by race/ethnicity, sexual identity, gender identity, IEP status, 504 status, participation in METCO, and participation in Steps to Success. When disaggregating data based on sexual identity and gender identity, the nominal category “other” is used to describe students who reported that they used some other description than what was provided to describe their sexual identity or gender identity.

For context, a similar survey was administered to PSB students in 2013, 2015, 2017, 2021 (the 2021 administration includes students in grades 7 to 12), and 2023. For questions that were administered in the 2025 BYHS and one or more of the previous administrations in Brookline, comparison data will be provided. However, because previous reports did not consistently disaggregate responses based on the same demographic data, trend data will only include aggregated data. For comparative purposes, state-wide middle school and high school data from the [2023 Massachusetts Youth Risk Health Survey executive summary](#) and national high school data from the [2013 to 2023 Data and Trends Report published by the CDC](#) will be presented to help contextualize PSB student responses and experiences in relation to state and national trends.

Sample and Demographics

In April and May 2024, 2,418 PSB students in grades 6 to 12 participated in the BYHS. Please note that some students did not answer all questions on the survey. A total of 1,070 students reported that they were in middle school (approximately a 71% participation rate) and 1,196 reported that they were in high school (approximately a 60% participation rate). The relatively lower completion rate in grades 9 to 12 was the result of students opting out of the survey during its administration. The BHS participation rate was somewhat higher than that obtained during the 2023 administration of the BYHS, but lower than the participation rate obtained during the 2017, 2015, and 2013 administrations.

In order to understand the degree to which the 2023 MYRBS data are generalizable to the whole population of PSB students in grades 6 to 12, the demographics of students who completed the survey were compared to the demographics data of all students in PSB.

Table 1 provides demographic data for students who completed the 2025 BHYS. Please note that students self-reported on all demographic questions. Table 2 compares the race/ethnicity data for all students who completed the 2025 BHYS to the race/ethnicity of all students in PSB. In reviewing the grade level of respondents, of the 2,266 students who reported their grade level, 13.2% reported that they were in 6th grade, 16.7% in 7th grade, 17.3% in 8th grade, 19.1% in 9th grade, 15.5% in 10th grade, 10.2% in 11th grade, and 7.9% in 12th grade. As a result, 11th and 12th graders are underrepresented within the sample.

The race/ethnicity data provided by students who completed the 2025 BHYS was generally consistent with the race/ethnicity data of the full population of students who attend PSB. Due to the limited number of students who identified as American Indian, Native American, Indigenous, Alaska Native or Native Hawaiian/Pacific Islander, extreme caution should be used in interpreting disaggregated data for these students.

Table 1. Demographic Data for PSB Students Who Completed the 2025 BYHS

Demographics	All Students	High School	Middle School
Sex Assigned at Birth			
Female	50.0%	52.0%	49.0%
Male	50.0%	48.0%	51.0%
Gender Identity			
Female (Cisgender)	46.0%	46.0%	46.0%
Male (Cisgender)	46.0%	44.0%	48.0%
Transgender	2.0%	2.0%	1.0%
Non-binary, agender, gender fluid, or genderqueer	4.0%	5.0%	3.0%
I describe my gender identity in some other way	2.0%	2.0%	2.0%
Sexual Identity			
Heterosexual (straight)	72.0%	72.0%	71.0%
Gay or lesbian	4.0%	5.0%	3.0%
Bisexual	7.0%	9.0%	5.0%
Questioning	7.0%	4.0%	9.0%
I describe my sexual identity in some other way	6.0%	9.0%	5.0%
I do not know what this question is asking	4.0%	1.0%	7.0%
IEP ^a	7.0%	7.0%	8.0%
504 Accommodations	5.0%	7.0%	3.0%
METCO	3.0%	2.0%	4.0%
Steps to Success	1.0%	2.0%	1.0%

Table 2. Race/Ethnicity Data for All PSB Students and Students Completing BYHS

Race/Ethnicity	2023-2024 DESE ^a	2025 BYHS ^{b, c}
African American/Black	6.3%	8.7%
Asian	23.7%	26.7%
Hispanic/Latine	13.3%	12.9%
Multi-Race Non-Hispanic	11.1%	12.9%
Native Hawaiian/Pacific Islander	0.0%	0.0%
Native American	0.0%	2.3%
White	47.6%	61.5%
^a Data from DESE District profile reflects grades PK-12. ^b BYHS data was collected from students in grades 6-12. ^c Students could select more than one category		

2025 Data Summary and Trends Report

Mental Health & Wellness

- **Persistent hopelessness/sadness:** 15% of high school and 13% of middle school students reported persistent feelings of hopelessness or sadness. Rates have declined since 2023 and are lower than state and national averages.
- **Difficulty concentrating:** 21% of high school and 16% of middle school students reported significant difficulty concentrating due to mental health symptoms. This is a decline from 2023 for BHS students.
- **Self-injury:** 12% of high school and 16% of middle school students reported engaging in self-injury in the past year. Rates have declined since 2023 and are lower than state-level data.
- **Suicidality:** 12% of high school and 8% of middle school students reported seriously considering suicide, and 1.6% of high school and 3% of middle school students reported attempting. The percentage of BHS students considering suicide has declined since 2023.
- **Protective relationships:** 71% of high school and 72% of middle school students could identify a safe adult at school; 92% had one outside school. These rates have increased since 2023.
- **Supports:** About 1 in 5 students reported accessing mental health services in the past year. 41% of these students reported primarily accessing mental health care at school.
- **Sleep:** Most students reported insufficient sleep; only 6% of high schoolers reported getting nine or more hours per night.

Social Media & Technology

- **Frequency of use:** 78% of BHS students and 51% of middle school students reported using social media at least several times a day. Among students endorsing depressive symptoms on the PHQ-4, 50% reported using social media at least once an hour.
- **Hours of use per day:** Among BHS students who use social media daily, 20% reported 1 hour per day, 44% reported 2 hours, 25% reported 4 hours, and 12% reported 6 or more hours. Among middle school daily users, 36% reported 1 hour per

day, 36% reported 2 hours, 18% reported 4 hours, and 11% reported 6 or more hours. Across all students, 28% of those endorsing depressive symptoms reported using social media 6 or more hours per day.

- **Feelings about use:** 3% of BHS students and 6% of middle school students reported they do not use social media enough. 23% of BHS and 45% of middle school students reported using social media the right amount. 57% of BHS and 41% of middle school students reported using social media a little too much, and 17% of BHS and 7% of middle school students reported using it way too much. Among students endorsing depressive symptoms, 31% reported using social media way too much.
- **Peer comparison:** 11% of BHS and 19% of middle school students reported using social media a lot less than their peers; 34% reported a little less; 37% of BHS and 27% of middle school students reported the same amount; 13% reported a little more; and 5% of BHS and 7% of middle school students reported a lot more.
- **Interference with activities:** 56% of students reported that social media interfered with homework, 55% with sleep, 38% with family time, and 27% reported that it made them feel their life was worse than others’.
- **Social connections:** 88% of students reported that social media helps with their social connections.
- **Family rules:** 30% of students reported family rules about places where they can use phones, 27% reported rules about times when they cannot use phones, 23% reported rules about how much time they can spend on phones, and 19% reported rules about the content they are allowed to view.

Substance Use

- In 2025, 35% of BHS students and 12% of middle school students reported using alcohol at least once in their lifetime.
- In 2025, 48% of BHS students and 42% of middle school students believe binge drinking has a great risk. 36% of BHS students and 37% of middle school students believe binge drinking has a moderate risk. 13% of BHS students and 14% of middle school students believe binge drinking has a slight risk. 3% of BHS students and 7% of middle school students believe binge drinking has no risk.
- In 2025, 12% of BHS students and 1% of middle school students reported using marijuana at least once in their lifetime.
- In 2025, 20% of BHS students and 16% of middle school students reported using an electronic vapor in the last 30 days.

Safety & Violence

- **Bullying:** 33% of student reported being bullied in their lifetime; LGBTQ+ students were disproportionately affected. Among students who reported having been bullied in their lifetime:
 - 16% were electronically bullied in the past year.
 - 30% were bullied on school property
 - 17% were bullied because of race/ethnicity
- **Discrimination:** Students of color and LGBTQ+ youth reported higher levels of unfair treatment and derogatory remarks at school and outside of school. 28% of students reported at least some unfair treatment due to their race/ethnicity, 23% reported at least some unfair treatment due to their gender or sexual identity, 15% reported at least some unfair treatment due to their religion, and 6% reported at least some unfair treatment related to their citizenship status.
- **Safety:** 4% of students reported having missed school due to feeling unsafe.

Mental Health and Protective Factors

Mental Health and Wellness

- **Persistent Hopelessness:** 15% of BHS students and 13% of middle school students reported that in the last year, they felt so sad or hopeless every day for at least two weeks that they stopped doing some usual activities. Students who identified as LGBTQ+, female, Black/African American, and students who reported being in special education, having a 504 accommodation plan, or participating in the METCO program were more likely to report persistent feelings of sadness or hopelessness. **Relative to 2023, far fewer students in Brookline report persistent feelings of sadness or hopelessness and fewer students in Brookline report persistent feelings of sadness or hopelessness as compared to national and state data from 2023.**
- **Difficulty Concentrating:** 21% of BHS students and 16% of middle school students reported that because of a physical, mental, or emotional problem, they were having serious difficulty concentrating, remembering, or making decisions. Students who identified as LGBTQ+, female, Black/African American, Hispanic/Latine, or Multi-Race Non-Hispanic, and students who reported being in special education, having a 504 accommodation plan, participating in METCO, or participating in the Steps to Success program were more likely to report difficulty concentrating, remembering, or making decisions due to mental health symptoms. **Relative to 2023, far fewer students in Brookline report difficulty concentrating, remembering, or making decisions due to mental health symptoms.**
- **PHQ-4:** Approximately 9.1% of BHS students and approximately 6.6% of middle school students endorsed moderate concerns related to anxiety and depressive symptoms on the PHQ-4. Approximately 4.3% of BHS students and approximately 3.3% of middle school students endorsed significant concerns related to anxiety and depressive symptoms on the PHQ-4.
- **Self-Injury:** 12% of BHS students and 16% of middle school students reported engaging in self-injury on purpose without wanting to die in the past year. Students who identified as LGBTQ+ and students who reported being in special education, having a 504 accommodation plan, or reporting being in METCO were more likely to report engaging in self-injury in the last year. In 2023, 19% of high school students and 24% of middle school students in MA reported engaging in self-injury in the last year on the MYRBS. **Relative to 2023, fewer students in Brookline reported having engaged in self-injury**

during the past year.

- **Seriously Considering Suicide:** 12% of BHS students and 8% of middle school students reported seriously considering suicide in the past year. Students who identified as LGBTQ+, Hispanic/Latine, and students who reported being in special education, having a 504 accommodation plan, participating in the Steps to Success program, or participating in the METCO program were more likely to report seriously considering suicide in the past year. **Relative to 2023, fewer BHS students and a similar percentage of middle school students reported seriously considering suicide in the past year.** In 2023, 13% of high school students and 11% of middle school students in MA reported seriously considering suicide on YRBS. In 2023, 20% of high school students nationally reported seriously considering suicide in the past year on the YRBS.
- **Making a Suicide Plan:** 4% of BHS students and 6% of middle school students reported making a suicide plan during the past year. Students who identified as LGBTQ+, and students who reported being in special education, having a 504 accommodation plan, or participating in METCO were more likely to have made a suicide plan in the last year. **Relative to 2023, fewer BHS students reported making a suicide plan in the past year** (2023 comparison data for middle school students is not available). In 2023, 16% of high school students nationally reported to have made a suicide plan in the past year.
- **Attempting Suicide:** Approximately 1.6% of BHS students and 3% of middle school students reported attempting suicide in the past year. Of the reported attempts, approximately 17% of students reported requiring medical treatment. **From 2013 to 2025, the percentage of BHS and middle school students who report having attempted suicide in the past year has remained stable and lower than national data.**
- **Stress:** When asked what has contributed to their experiences of stress over the past 30 days, 29% of BHS and middle school students identified school work, 17% identified thinking about the future, 10% identified their self-esteem, 10% identified body image, 10% identified peer issues, 9% identified family issues, and 3% identified bullying or intolerance.
- **Peer Stress:** When asked what percentage of their peers experienced stress, anxiety, or depression that interfered with their ability to do schoolwork, get along with friends, or do activities, 15% of students reported less than 10% of peers, 20%

reported 11 to 25% of peers, 26% reported 25 to 49% of peers, 23% reported 50 to 75% of peers, and 16% reported more than 75% of peers.

Protective Factors

- **Safe Adult at School:** 71% of BHS students and 72% of middle school students reported that there was at least one adult at school they could go to if they were having a problem. Students who identified as Black/African American, described their sexual identity using a descriptor not provided on the survey, and students who reported having a 504 accommodation plan or participating in the METCO program were less likely to be able to identify a safe adult at school. **Relative to 2013 to 2023, more students at BHS are currently able to identify a safe adult at school.**
- **Safe Adult Outside of School:** Across all BHS and middle school students, 92% of students reported having an adult outside of school they could talk to if they were having a problem.
- **Accessing Mental Health Support:** 23% of BHS students and 21% of middle school students reported having accessed mental health support in the previous year. Students who identified as LGBTQ+, Hispanic/Latine, and students who reported being in special education or having a 504 accommodation plan were more likely to report having accessed mental health support in the previous year.
- **Physical Activity:** 68% of BHS students and 74% of middle school students reported being physically active for at least 60 minutes at least 4 days a week.
- **Sleep:** In regard to nightly sleep, 1% of BHS students and 5% of middle school students reported getting 10 or more hours of sleep each night, 5% of BHS students and 27% of middle school students reported getting 9 hours of sleep each night, 28% of BHS students and 33% of middle school students reported getting 8 hours of sleep each night, 37% of BHS students and 20% of middle school students reported getting 7 hours of sleep each night, 20% of BHS students and 10% of middle school students reported getting 6 hours of sleep each night, and 9% of BHS students and 5% of middle school students reported getting 5 or fewer hours of sleep each night.
- **Weight:** Across all BHS and middle school students, 35% of students reported that they were not trying to do anything

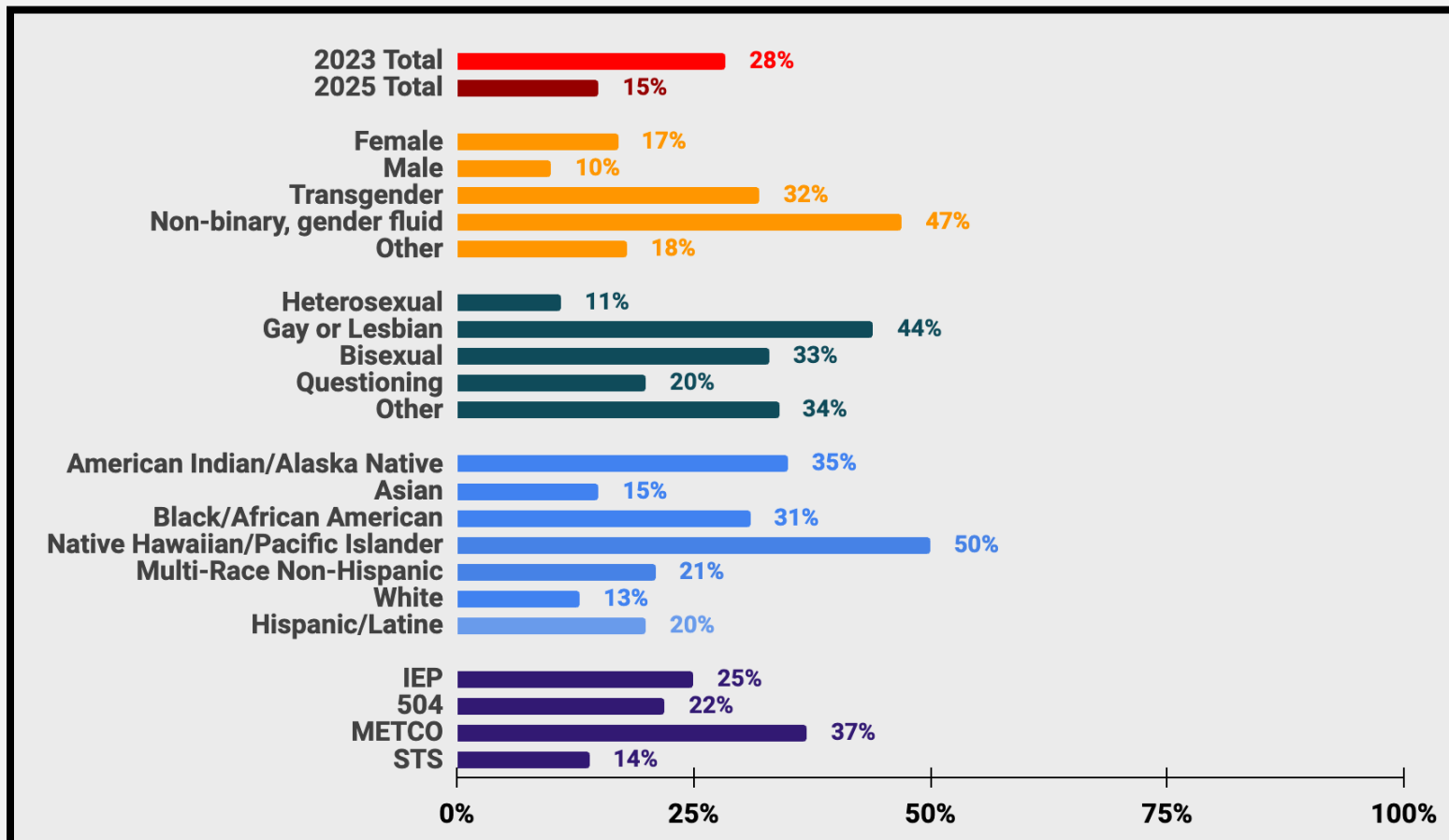
about their weight, 30% of students reported that they were trying to lose weight, 18% reported that they were trying to gain weight, and 16% reported that they were trying to stay the same weight.

- **Body Image:** Across all BHS and middle school students, 17% of students reported feeling very satisfied with their body image, 31% reported feeling somewhat satisfied with their body image, 27% reported feeling neutral about their body image, 20% reported feeling somewhat dissatisfied with their body image, and 6% reported feeling very dissatisfied with their body image.

Persistent feelings of sadness or hopelessness

In 2025, 15% of BHS students reported that in the last year, they felt so sad or hopeless every day for at least two weeks that they stopped doing some usual activities. **This represents a meaningful decline since 2023.** Students who identified as female, LGBTQ+, Black/African American, and students who reported being in special education, having a 504 accommodation plan, or being in METCO were more likely to report persistent feelings of sadness or hopelessness in the past year. In 2023, 34% of students in MA reported persistent feelings of sadness or hopelessness.

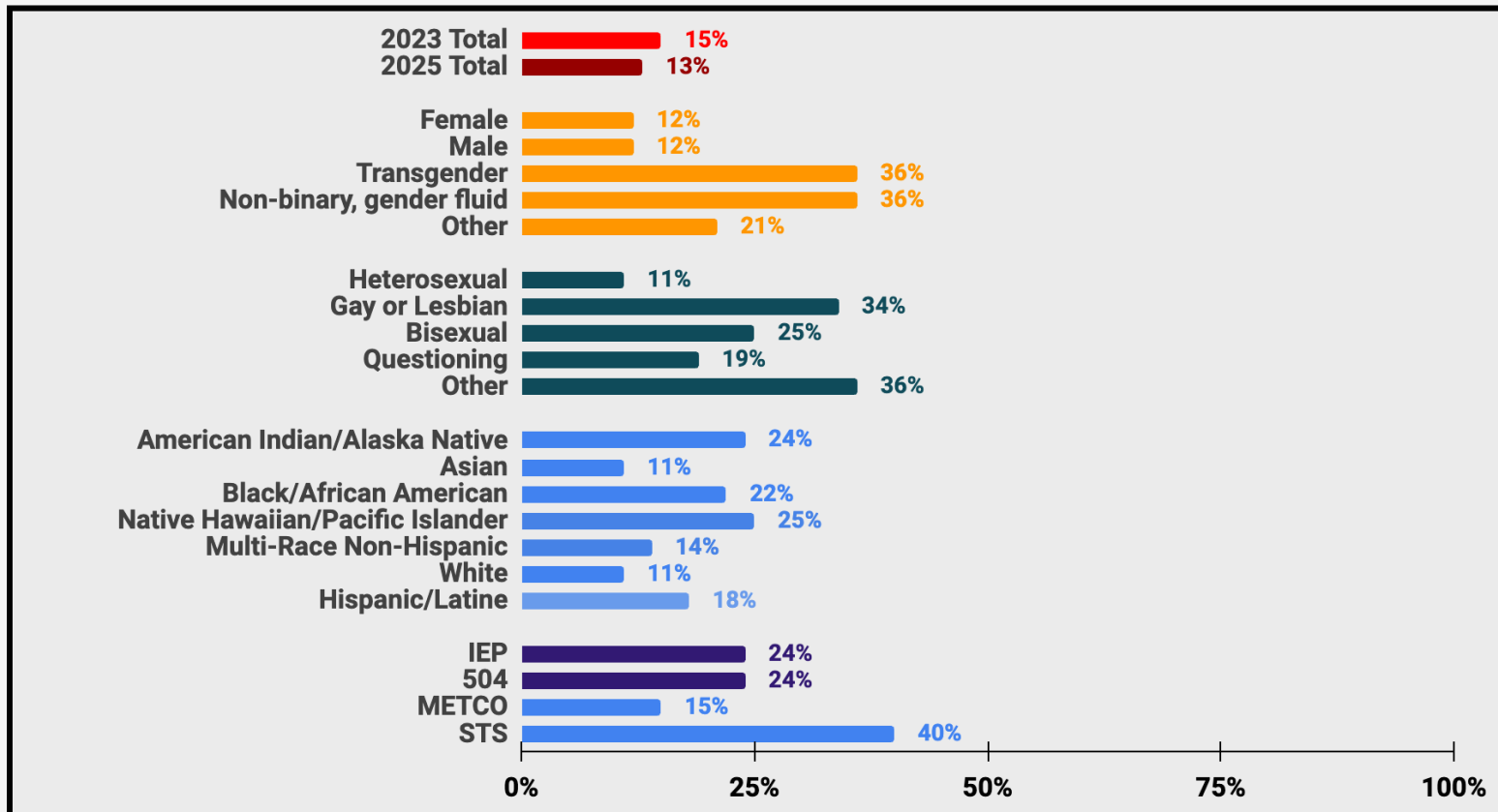
Percentage of BHS students who reported that in the last year, they felt so sad or hopeless every day for at least two weeks that they stopped doing some usual activities.



**Persistent
feelings of
sadness or
hopelessness**

In 2025, 13% of middle school students reported that in the last year, they felt so sad or hopeless every day for at least two weeks that they stopped doing some usual activities. **This is a similar percentage to 2023.** Students who identified as LGBTQ+, Black/African American, or Hispanic/Latine, and students who reported being in special education, having a 504 accommodation plan, or participating in STS were more likely to report persistent feelings of sadness or hopelessness. In 2023, 27% of middle school students in MA reported persistent feelings of sadness and hopelessness.

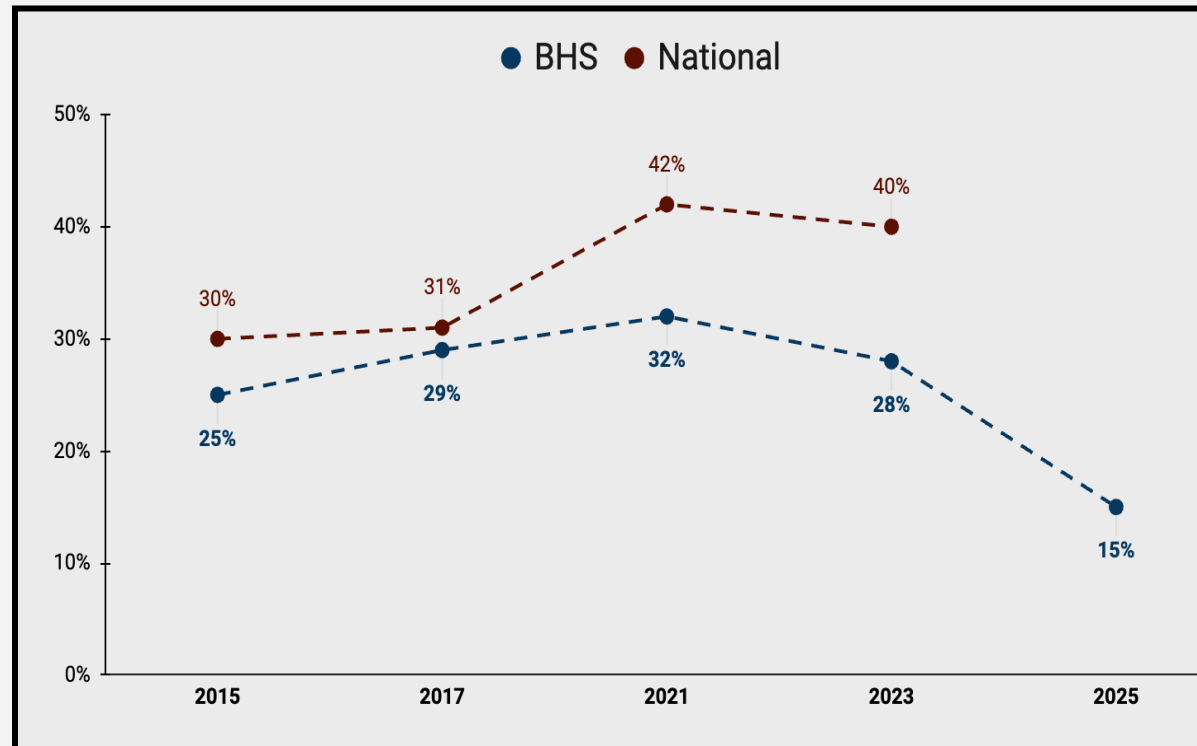
Percentage of middle school students who reported that in the last year, they felt so sad or hopeless every day for at least two weeks that they stopped doing some usual activities.



**Persistent
feelings of
sadness or
hopelessness**

Trends in the percentage of BHS students who reported that in the last year, they felt so sad or hopeless every day for at least two weeks that they stopped doing some usual activities (2015 - 2025).

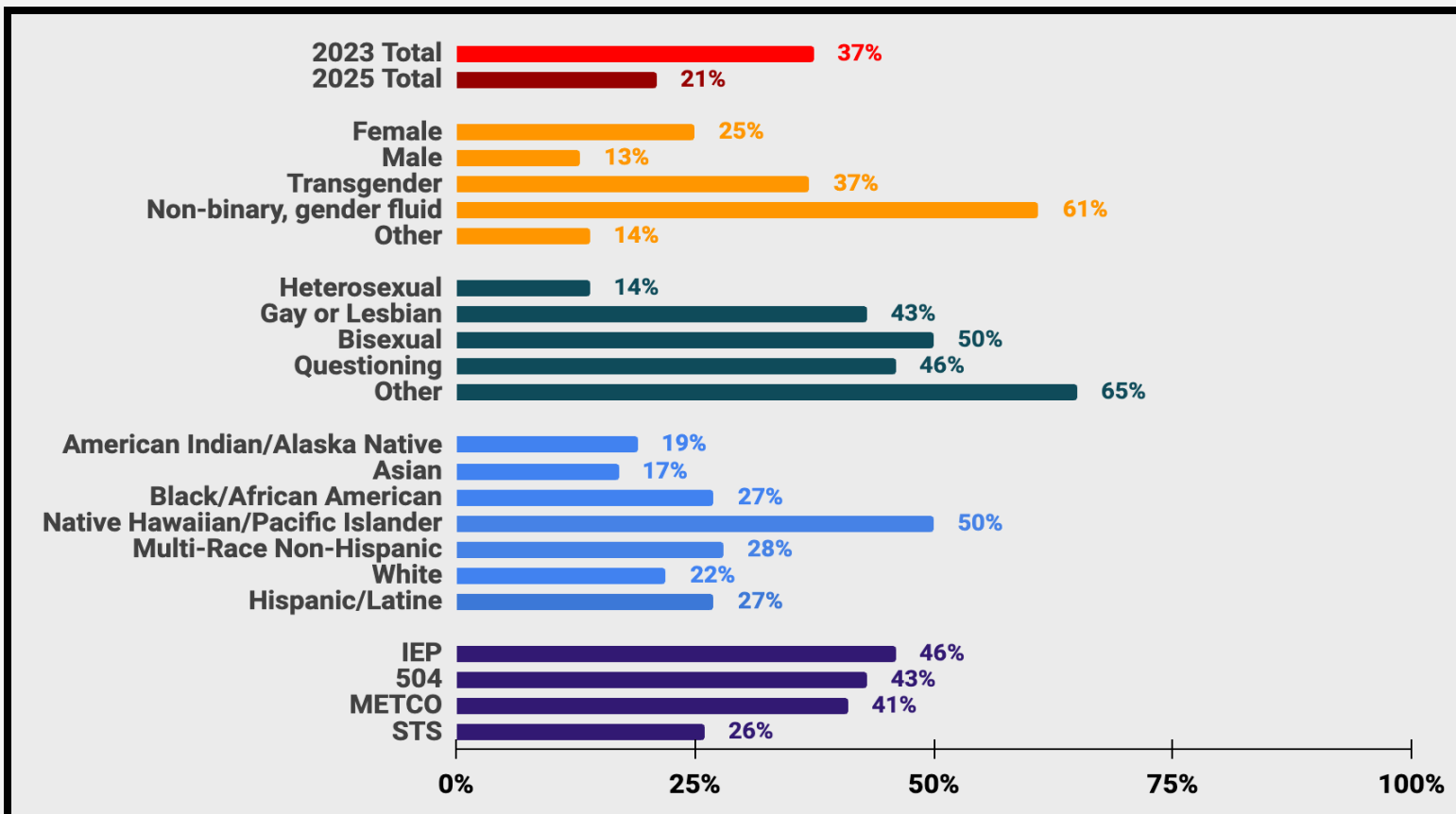
**Relative to
2015 to
2023, fewer
students
report
persistent
feelings of
sadness or
hopelessness.**



**Difficulty
concentrating,
remembering,
or making
decisions**

In 2025, 21% of BHS students reported that due to mental health symptoms, they have had difficulty concentrating, remembering, or making decisions. **This represents a meaningful decline since 2023.** Students who identified as female, LGBTQ+, Black/African American, Hispanic/Latine, Multi-Race Non-Hispanic, and students who report being in special education, having a 504 accommodation plan, being in METCO, or being in STS were more likely to report difficulty concentrating, remembering, or making decisions due to mental health symptoms.

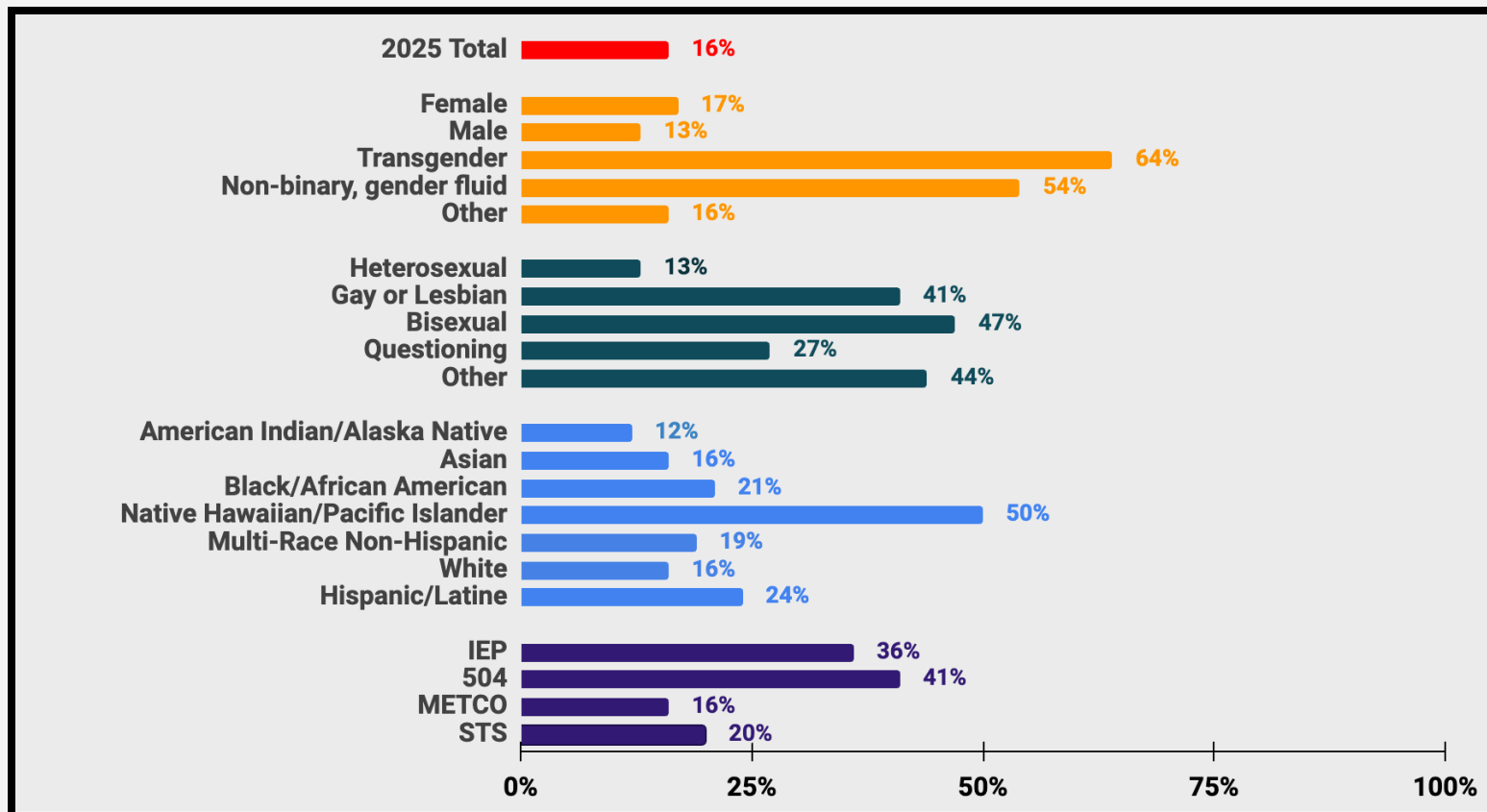
Percentage of BHS students who reported that due to a physical, mental, or emotional problem, they have had difficulty concentrating, remembering, or making decisions.



**Difficulty
concentrating,
remembering,
or making
decisions**

In 2025, 16% of middle school students reported that due to mental health symptoms, they have had difficulty concentrating, remembering, or making decisions. Students who identified as LGBTQ+, and students who reported being in special education or having a 504 accommodation plan were more likely to report difficulty concentrating, remembering, or making decisions due to mental health symptoms.

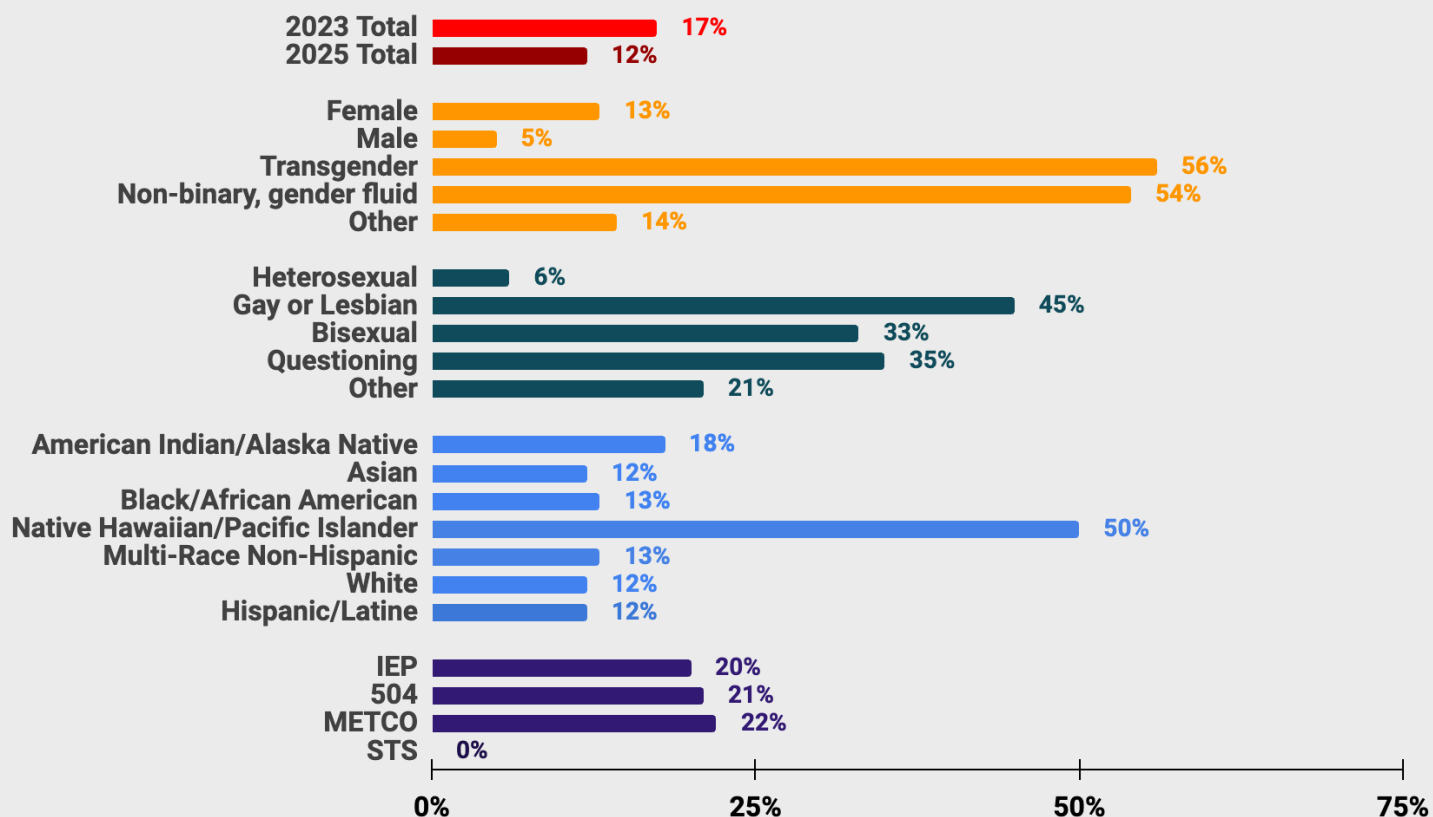
Percentage of middle school students who reported that due to a physical, mental, or emotional problem, they have had difficulty concentrating, remembering, or making decisions.



Engaged in self-injury

In 2025, 12% of BHS students reported engaging in self-injury on purpose without wanting to die in the past year. **This is a decline from 2023.** Students who identified as LGBTQ+, and students who reported being in special education, having a 504 accommodation plan, or participating in METCO were more likely to report having engaged in self-injury in the last year. In 2023, 19% of high school students in MA reported engaging in self-injury in the last year.

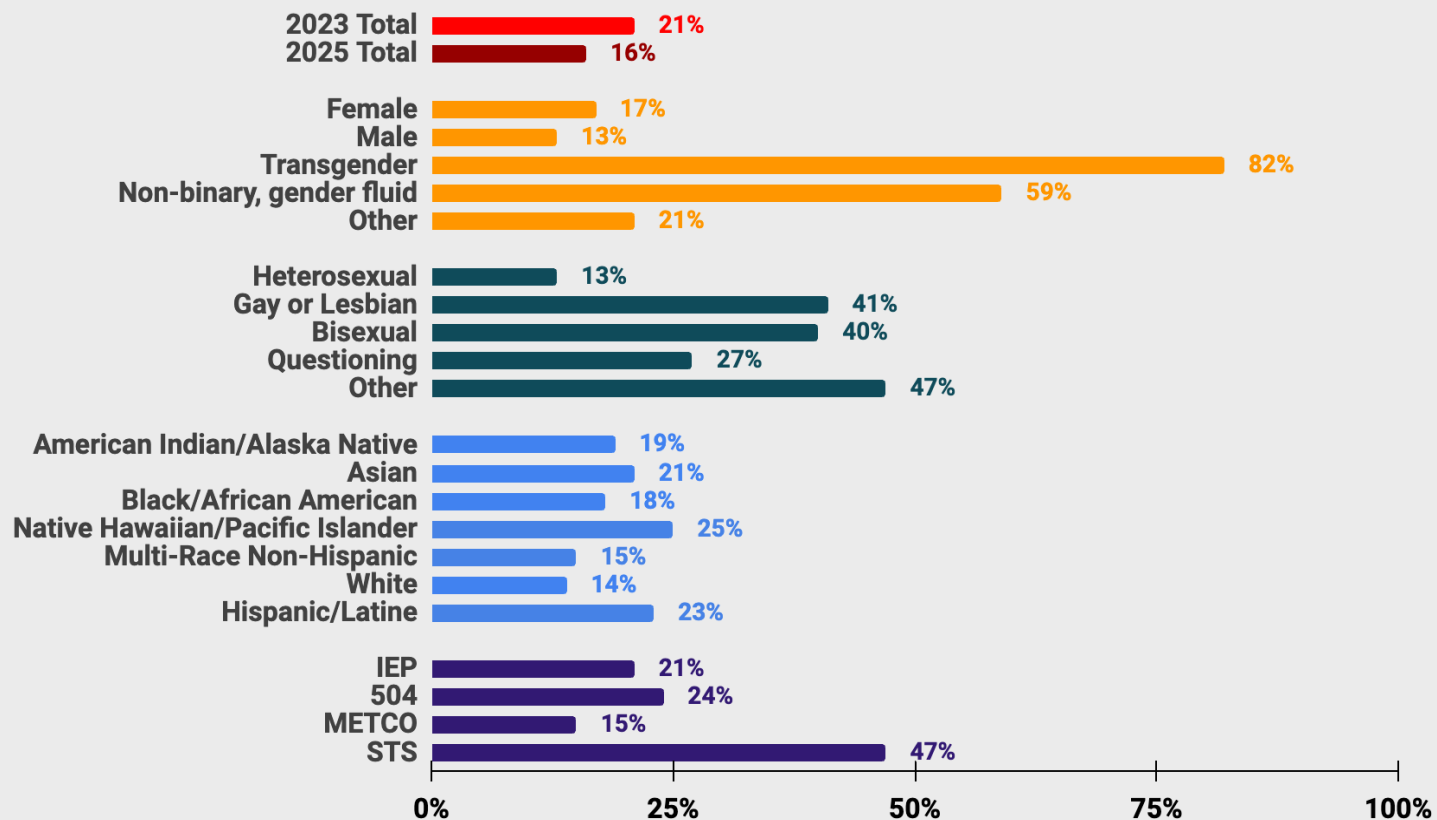
Percentage of BHS students who reported engaging in self-injury on purpose without wanting to die in the past year.



Engaged in self-injury

In 2025, 16% of middle school students reported engaging in self-injury on purpose without wanting to die in the past year. **This is a decline from 2023.** Students who identified as LGBTQ+, and students who reported being in special education, having a 504 accommodation plan, or participating in STS were more likely to engage in self-injury in the last year. In 2023, 24% of middle school students in MA reported engaging in self-injury in the last year.

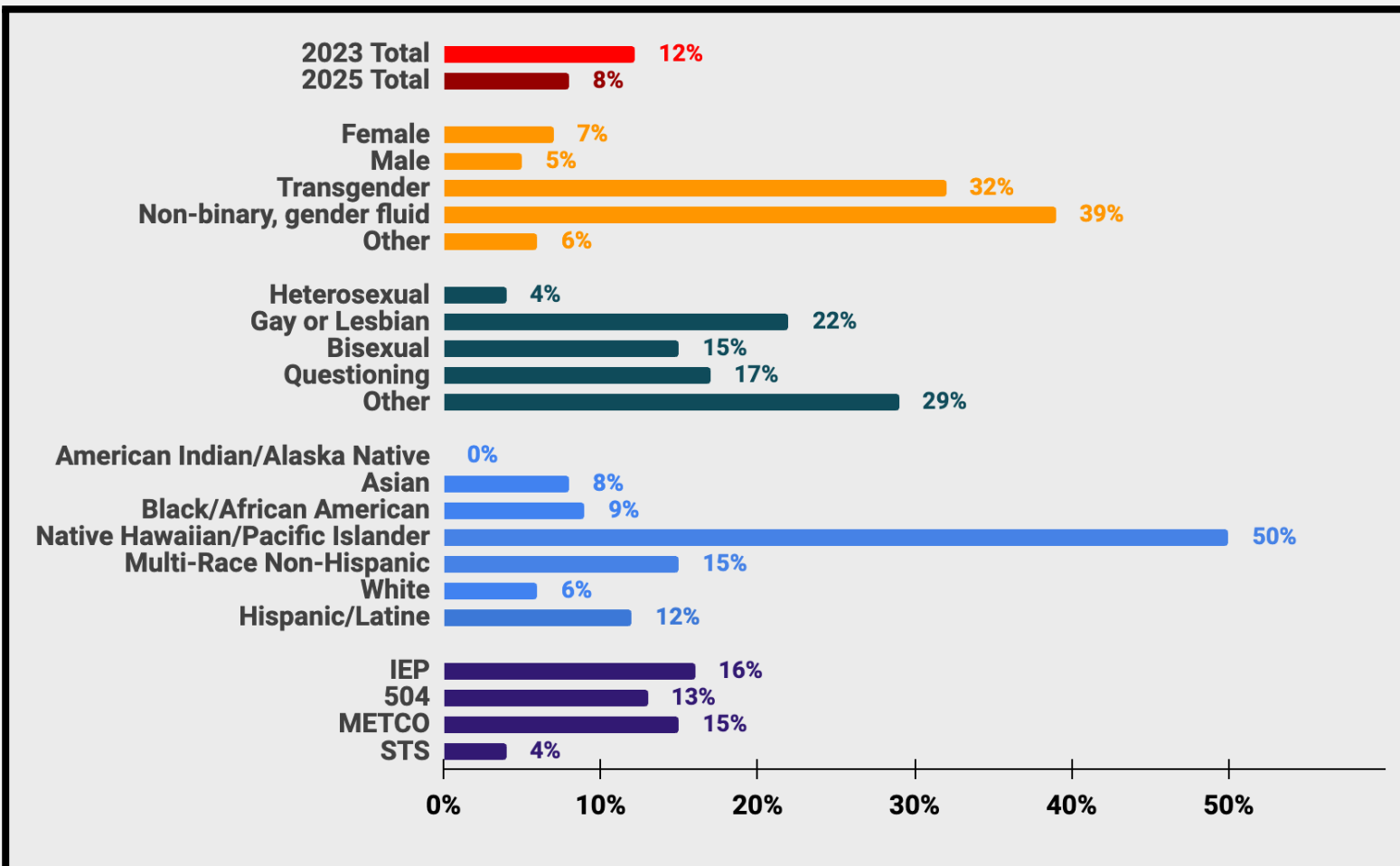
Percentage of middle school students who reported engaging in self-injury on purpose without wanting to die in the past year.



Seriously considered suicide

In 2025, 8% of BHS students reported seriously considering suicide in the past year. **This represents a decline from 2023.** Students who identified as LGBTQ+, students who reported being Multi-Race Non-Hispanic, and students who reported having an IEP, 504 Accommodation plan, or participating in METCO were more likely to report seriously considering suicide in the past year.

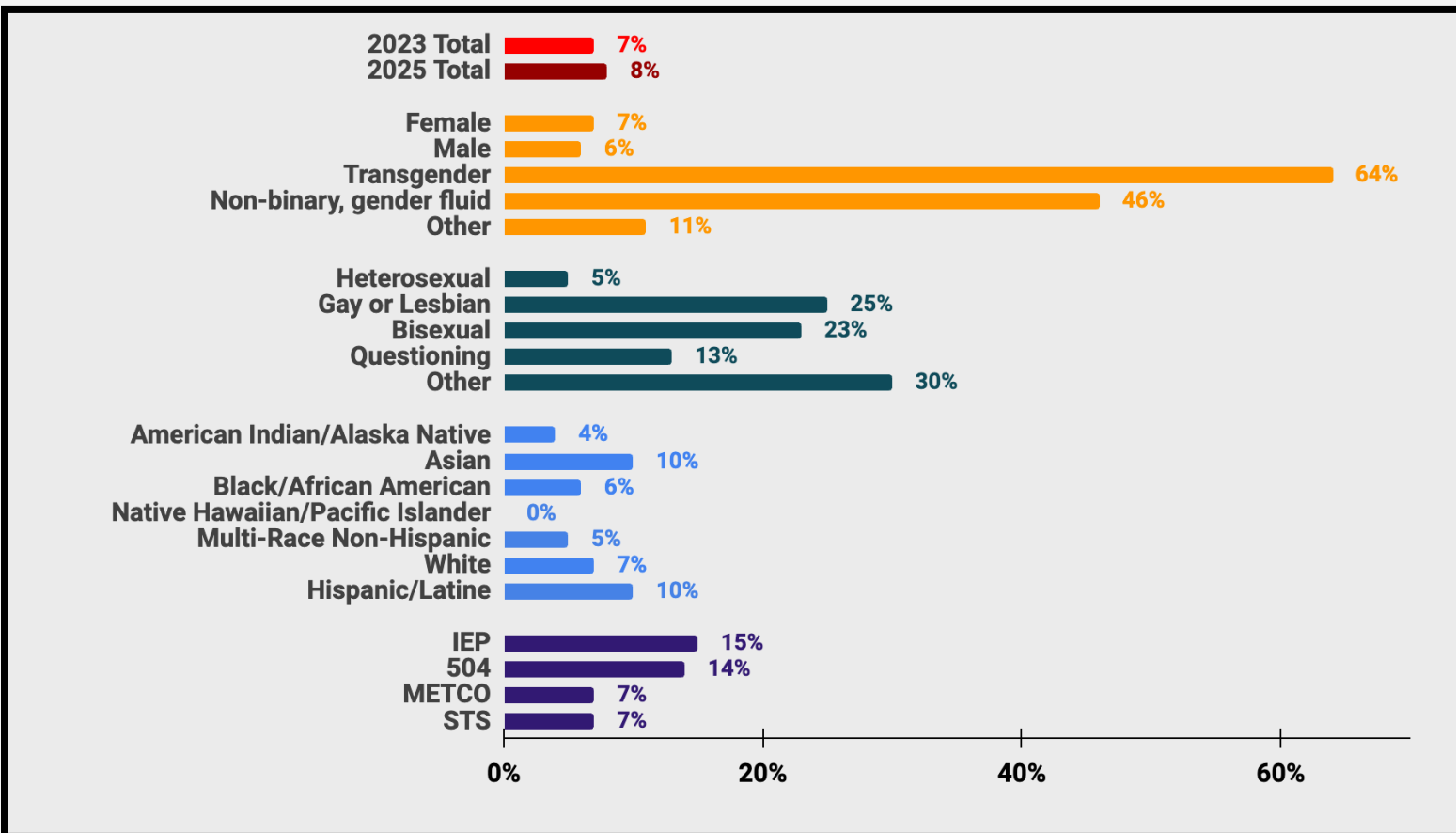
Percentage of BHS students who reported seriously considering suicide in the past year.



Seriously considered suicide

In 2025, 8% of middle school students reported seriously considering suicide in the past year. **This is a similar percentage to 2023.** Students who identified as LGBTQ+, and students who reported having an IEP or 504 accommodation plan were more likely to report seriously considering suicide in the past year.

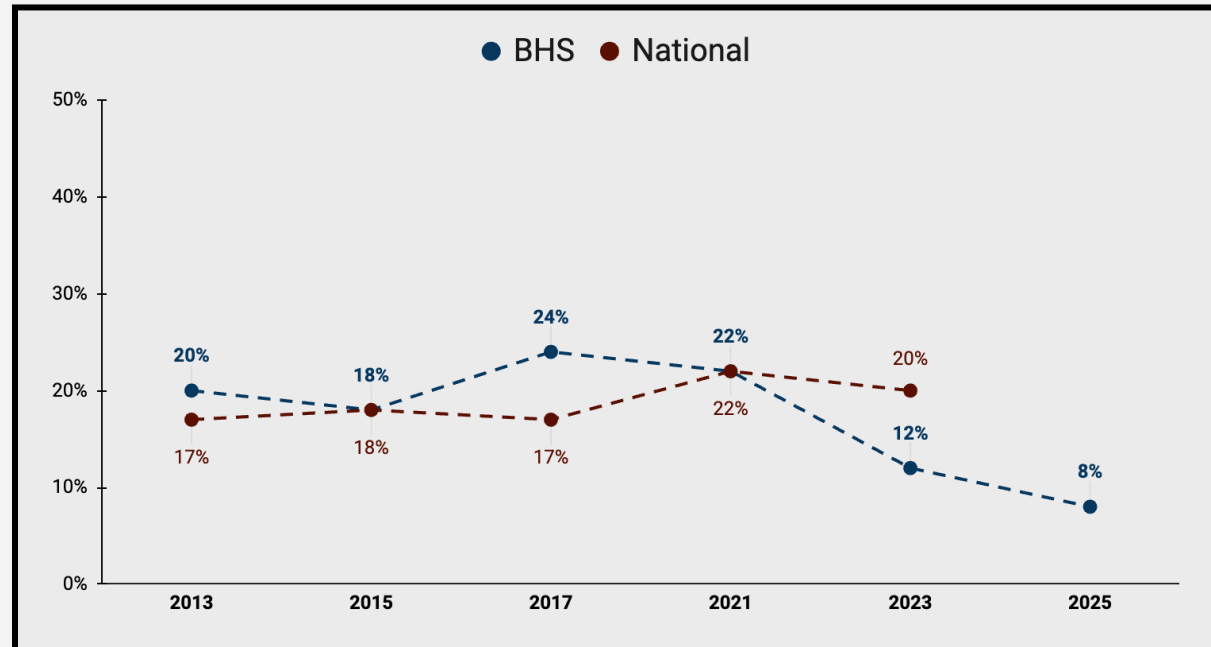
Percentage of middle school students who reported seriously considering suicide in the past year.



**Seriously
considered
suicide**

**Trends in the percentage of BHS students who reported
seriously considering suicide in the past year.**

**Relative to
2013 to 2023,
far fewer BHS
students
reported
seriously
considering
suicide in the
past year.**

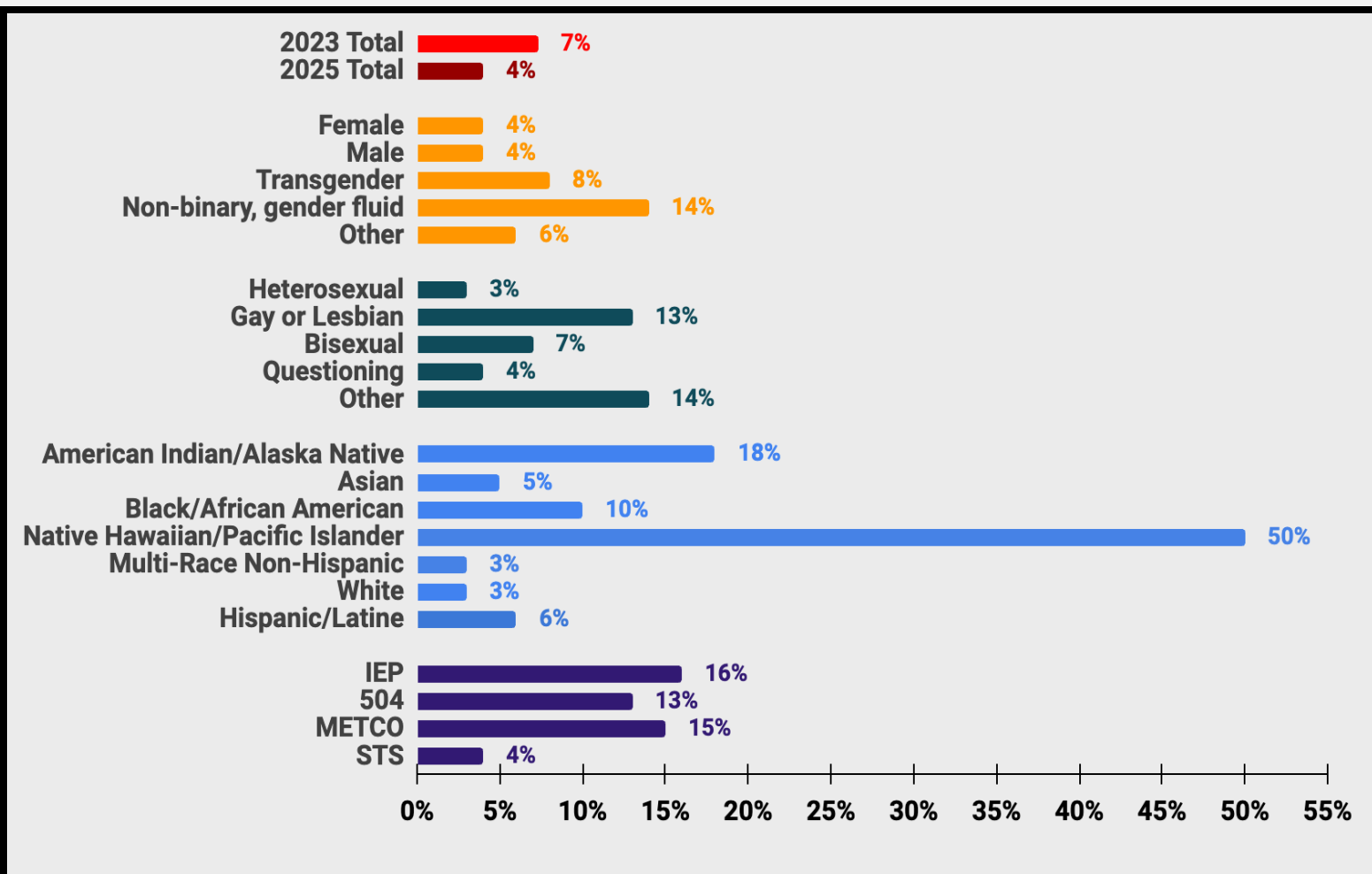


**In 2023, 16 % of high school students in MA reported seriously considering
suicide on YRBS.**

Made a suicide plan

In 2025, 4% of BHS students reported making a suicide plan during the past year. **This represents a decline from 2023.** Students who identified as LGBTQ+, and students who reported having an IEP or 504 accommodation plan, and students who reported participating in METCO were more likely to have made a suicide plan in the last year.

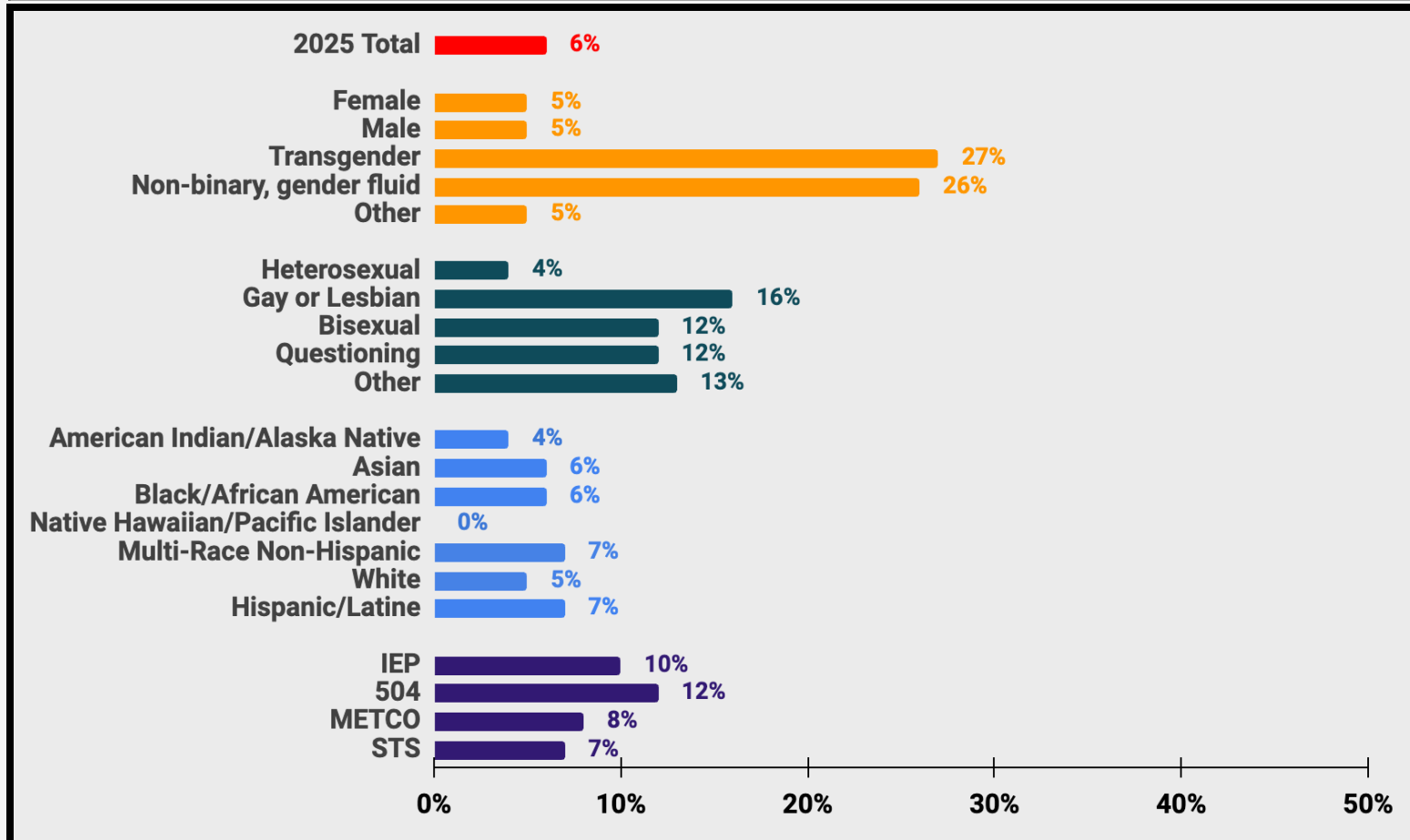
Percentage of BHS students who reported making a suicide plan in the past year.



Made a suicide plan

In 2025, 6% of middle school students reported making a suicide plan during the past year. Students who identified as LGBTQ+, and students who reported having an IEP or 504 accommodation plan were more likely to have made a suicide plan in the last year.

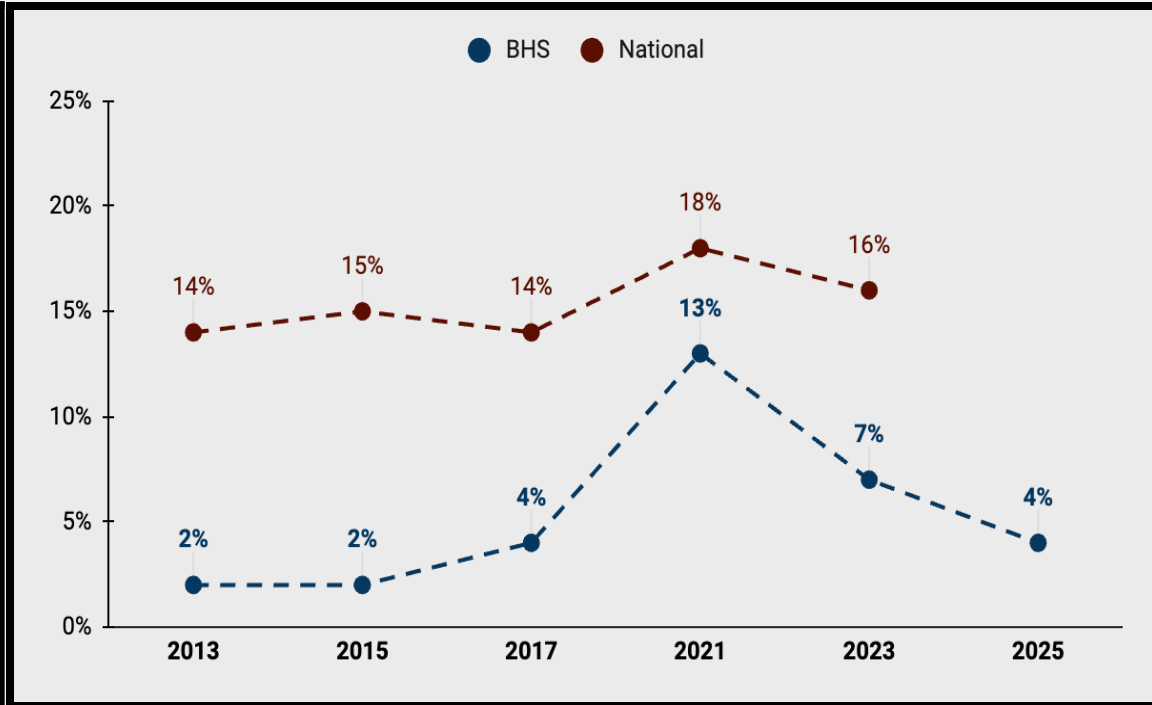
Percentage of middle school students who reported making a suicide plan in the past year.



Made a suicide plan

Trends in the percentage of BHS students who made a suicide plan in the past year.

Relative to 2021 and 2023, fewer BHS students reported making a suicide plan in the past year. Relative to 2013 to 2017, a similar BHS students reported making a suicide plan in the past year.

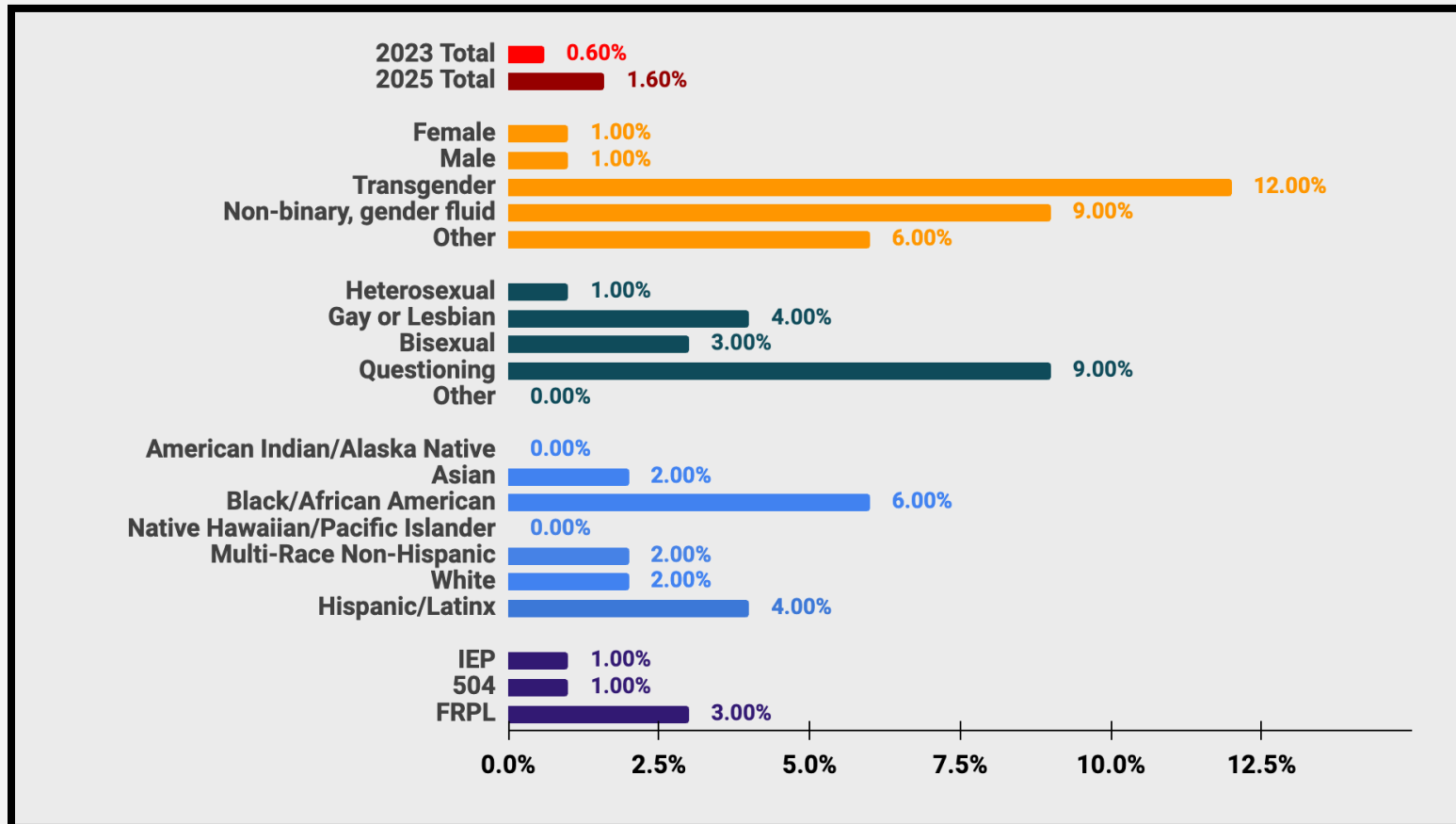


In 2023, 16% of high school students nationally and 12% in MA reported making a suicide plan on the YRBS.

Attempted Suicide

In 2025, 1.6% of BHS students reported attempting suicide in the past year. This data indicates that it is rare for students at BHS to report attempting suicide (across all respondents, 16 students reported making a suicide attempt in the past year).

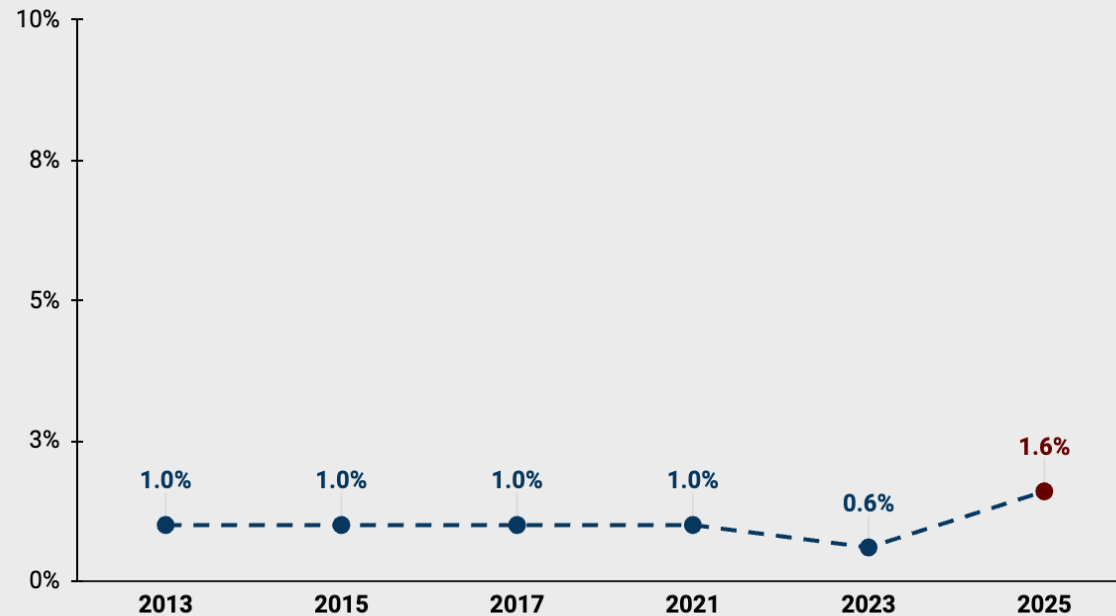
Percentage of BHS students who reported making a suicide attempt in the past year.



Attempted Suicide

Trends in the percentage of BHS students who attempted suicide in the past year.

From 2013 to 2025, the percentage of BHS students who report having attempted suicide in the past year has remained low and stable.

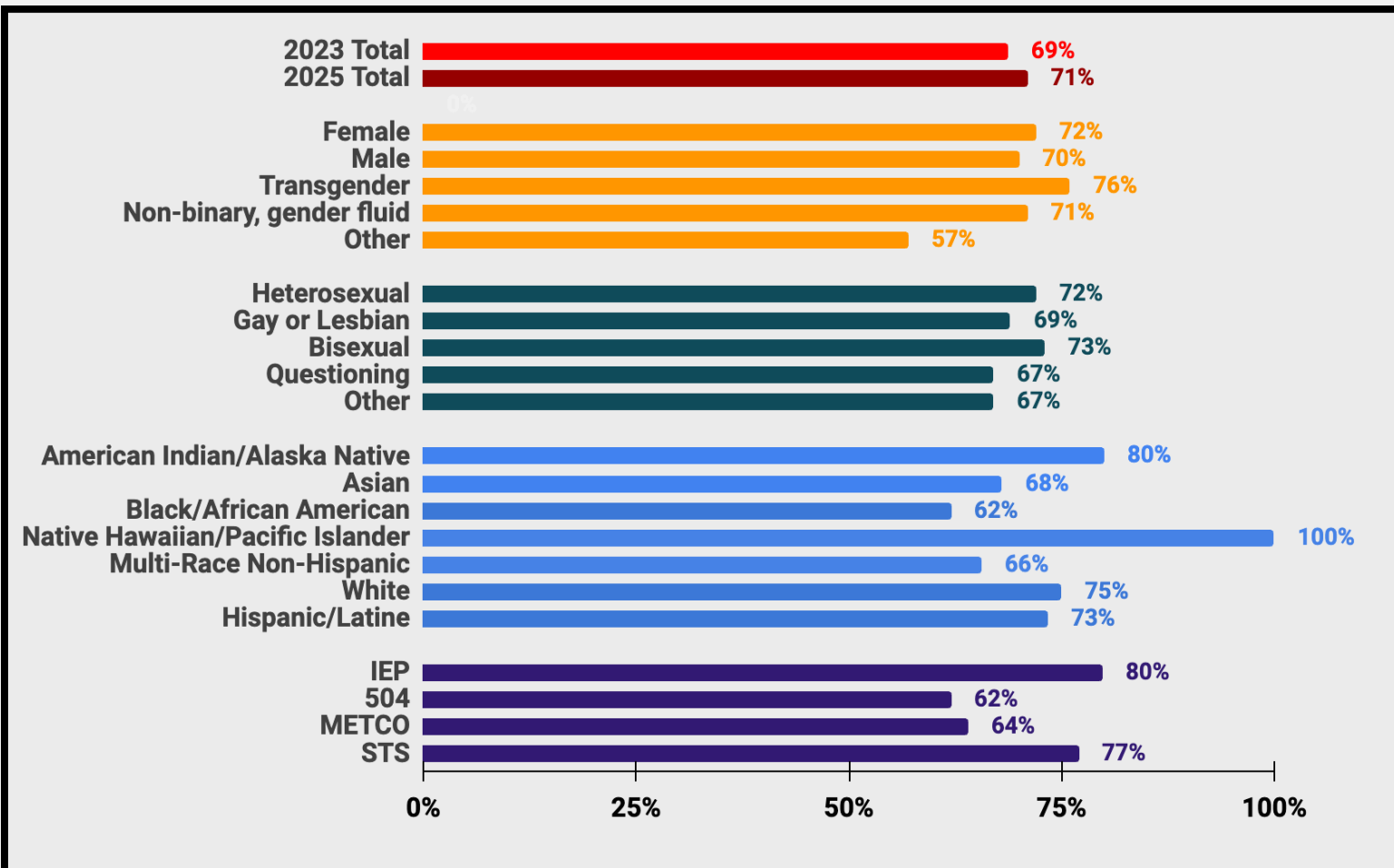


In 2023, 9% of high school students nationally and 7% in MA reported attempting suicide on the YRBS.

Identified a safe adult at school

71% of BHS students reported that there was at least one adult at school they could go to if they were having a problem. Students who identified their gender identity as something other than the response options provided, students who reported being Black/African American, students who report participating in METCO, and students who report having a 504 plan were less likely to identify a safe adult at school.

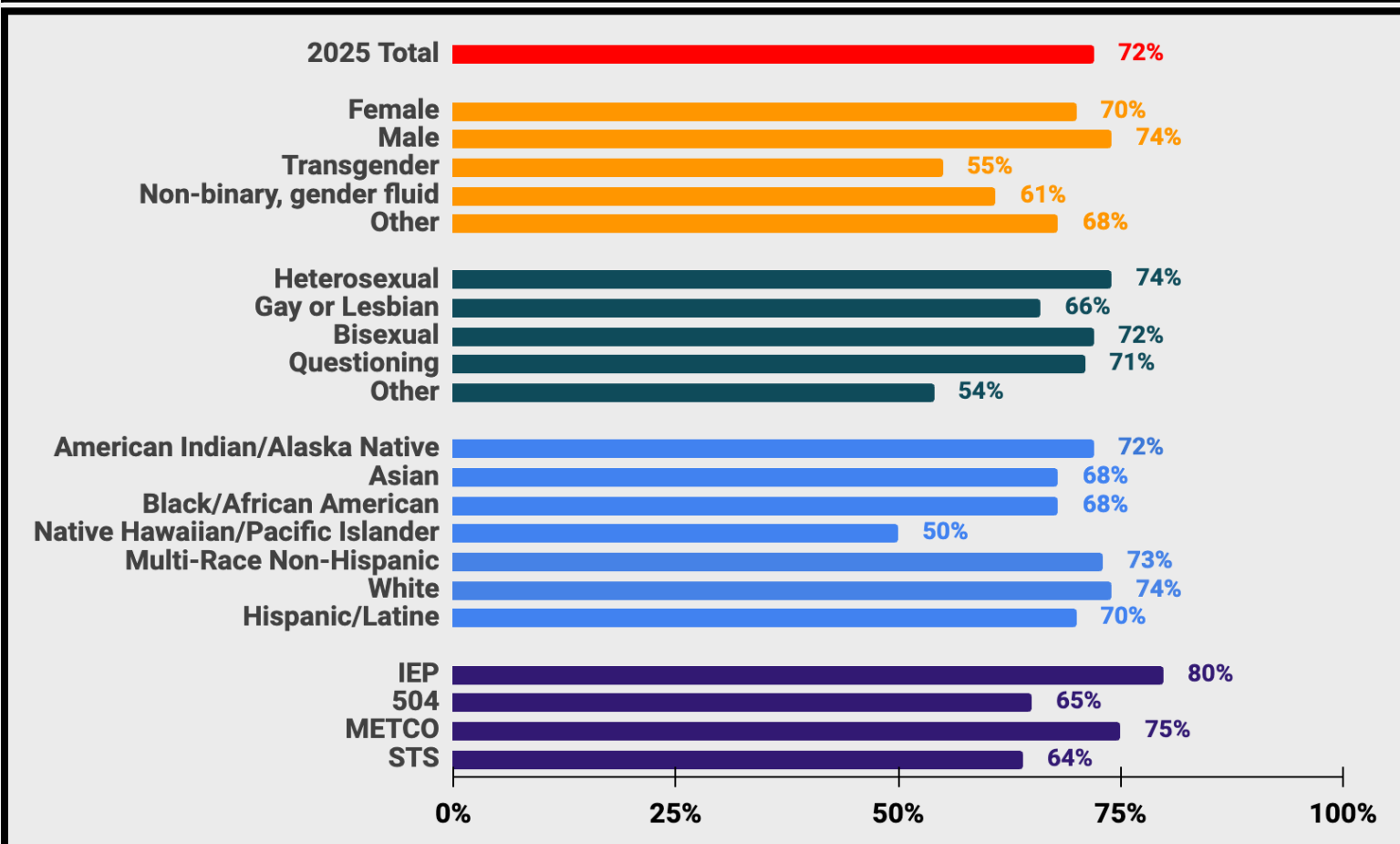
Percentage of BHS students who reported having at least one adult at school they could go to if they were having a problem.



Identified a safe adult at school

72% of middle school students reported that there was at least one adult at school they could go to if they were having a problem. Students who identified their gender identity as something other than the response options provided, students who identify as transgender, students who identify as non-binary, students who participate in STS, and students who report having a 504 accommodation plan were less likely to be able to identify a safe adult at school.

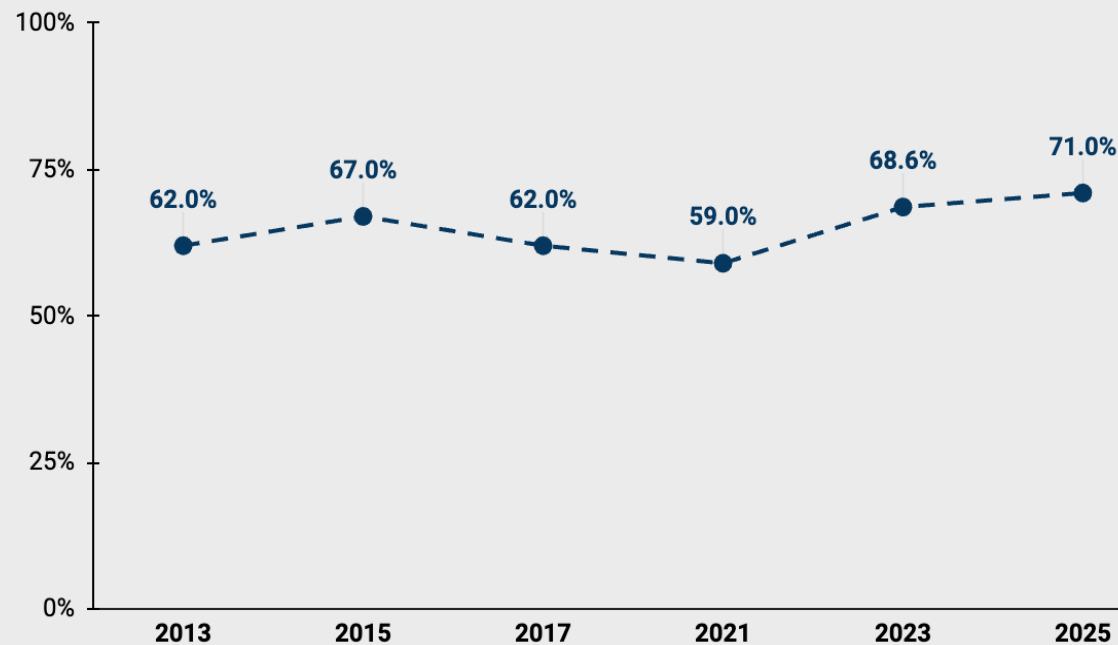
Percentage of middle school students who reported having at least one adult at school they could go to if they were having a problem.



**Identified a
safe adult at
school**

**Trends in the percentage of BHS students who have at least
one adult at school they can go to if they are having a problem
(2013-2025).**

**Relative to
2013 to
2023, more
students at
BHS are
currently
able to
identify a
safe adult at
school.**



PHQ-4

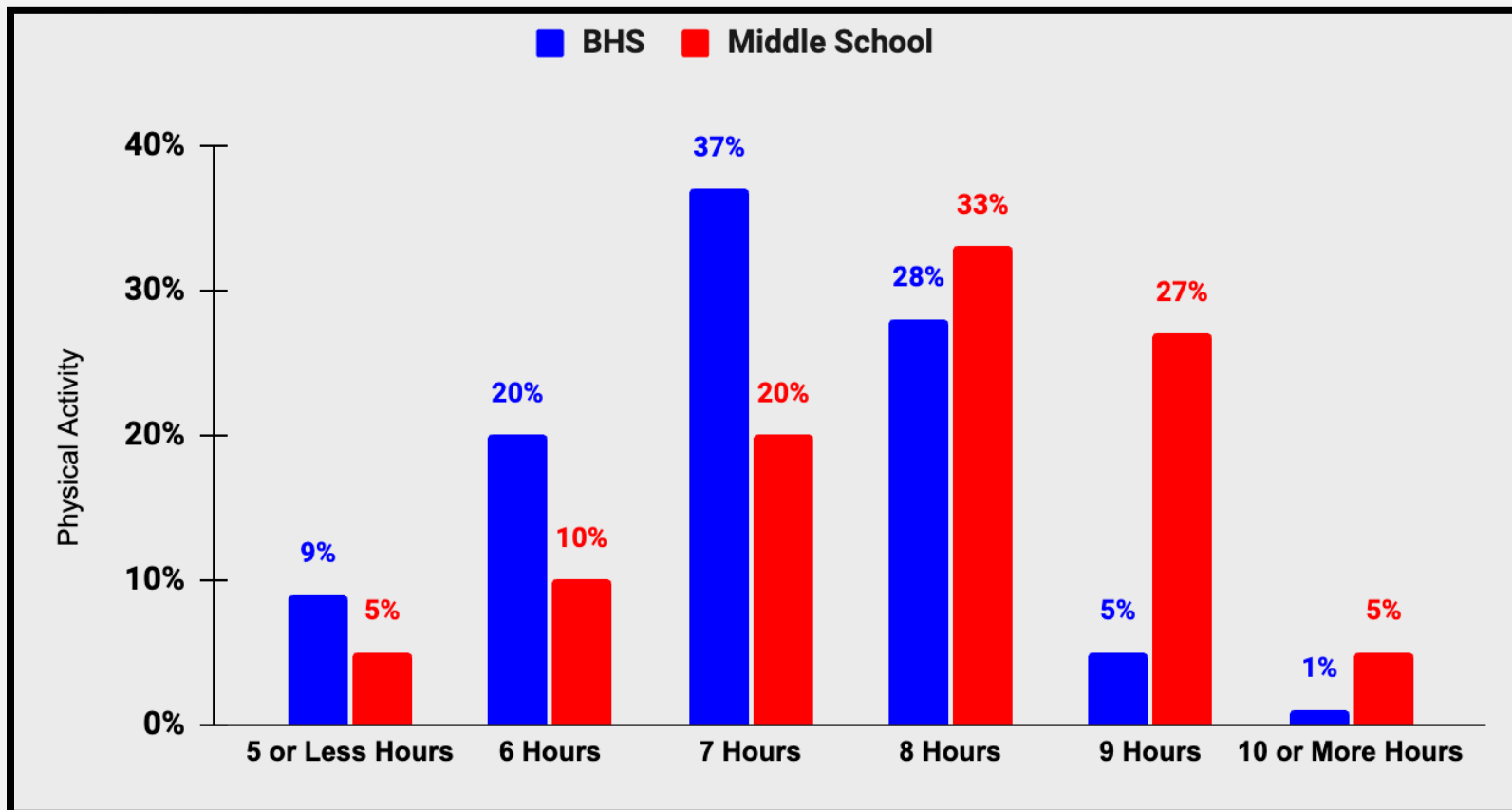
In 2025, 21.2% of BHS and middle school students endorsed potential mental health concerns on the PHQ-4, 7.9% endorsed moderate concerns, 3.8% endorsed significant concerns, and 67.1% endorsed no concerns. We may need to edit this table as it is in a weird order.

School Level	No Concern	Moderate Concern	Potential Concern	Significant Concern
BHS	64.2%	9.1%	22.4%	4.3%
Middle School	70.4%	6.6%	19.7%	3.3%
Total	67.1%	7.9%	21.2%	3.8%

Sleep

1% of BHS students and 5% of middle school students reported getting 10 or more hours of sleep each night, 5% of BHS students and 27% of middle school students reported getting 9 hours of sleep each night, 28% of BHS students and 33% of middle school students reported getting 8 hours of sleep each night, 37% of BHS students and 20% of middle school students reported getting 7 hours of sleep each night, 20% of BHS students and 10% of middle school students reported getting 6 hours of sleep each night, and 9% of BHS students and 5% of middle school students reported getting 5 or fewer hours of sleep each night.

On an average school night, how many hours of sleep do you get?



Social Media and Technology Use

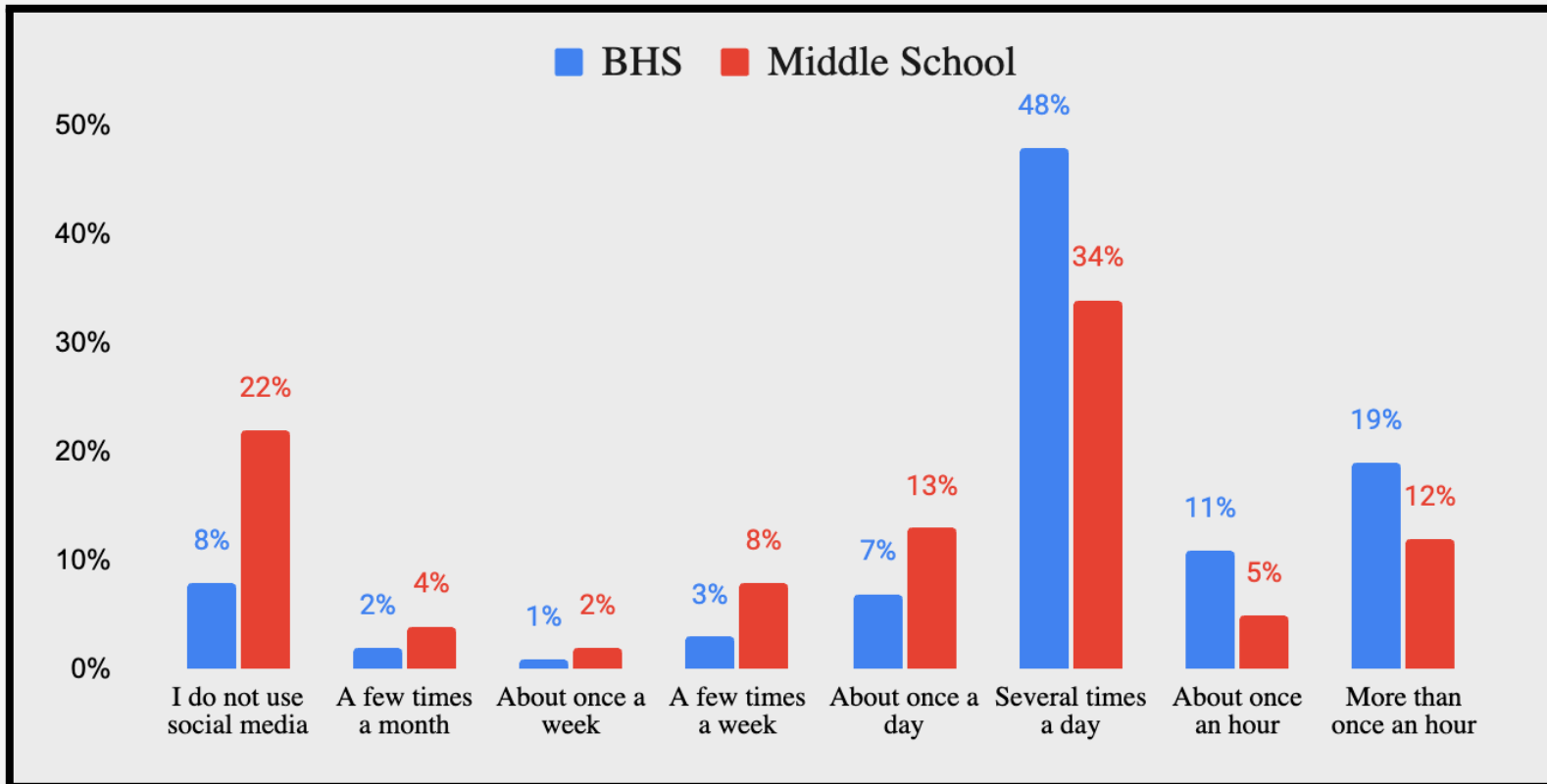
Social Media and Technology Use

- **Frequency of Use:** 78% of BHS students and 51% of middle school students reported using social media at least several times a day. 50% of all students who endorsed symptoms of depression on the PHQ-4 reported using social media at least once an hour.
- **Hours of Use Per Day:** For BHS students who reported using social media at least every day, 20% reported using social media for 1 hour per day, 44% reported using social media for 2 hours per day, 25% reported using social media for 4 hours per day, and 12% reported using social media for 6 or more hours per day. For middle school students who reported using social media at least every day, 36% reported using social media for 1 hour per day, 36% reported using social media for 2 hours per day, 18% reported using social media for 4 hours per day, and 11% reported using social media for 6 or more hours per day. 28% of students who endorsed symptoms of depression on the PHQ-4 reported using social media for 6 or more hours a day.
- **Feelings About Use:** In regard to feelings about their use of social media, 3% of BHS students and 6% of middle school students reported that they do not use social media enough, 23% of BHS students and 45% of middle school students reported using social media just the right amount, 57% of BHS students and 41% of middle school students reported using social media a little too much, and 17% of BHS students and 7% of middle school students reported using social media way too much. 31% of students who endorsed symptoms of depression on the PHQ-4 reported using social media way too much.
- **Peer Comparison:** 11% of BHS students and 19% of middle school students reported using social media a lot less than their peers, 34% of high school students and middle school students reported using social media a little less than their peers, 37% of BHS students and 27% of middle school students reported using social media the same amount as their peers, 13% of BHS and middle school students reported using social media a little more than their peers, and 5% of BHS students and 7% of middle school students reported using social media a lot more than their peers.
- **Interference with Activities:** Across all BHS and middle school students, 56% reported that social media use interfered with their completion of homework; 55% reported that that social media use interfered with their sleep; 38% reported that social media use interfered with family time; and 27% of students reported that their use of social media results in them feeling like their life is worse than other peoples’.
- **Social Connections:** Across all BHS and middle school students, 88% reported that social media helps with their social connections.
- **Family Rules:** Across all BHS and middle school students, 30% of students reported that they have family rules about places they can use their phone, 27% reported that they have families rules about times they can’t use their phone, 23% reported that they have family rules about how much time they can spend on their phones, and 19% reported that they have family rules about the content they are allowed to look at on their phones.

Social media use

78% of BHS students and 51% of middle school students reported using social media at least several times a day. 50% of all students who endorsed symptoms of depression on the PHQ-4 reported using social media at least once an hour.

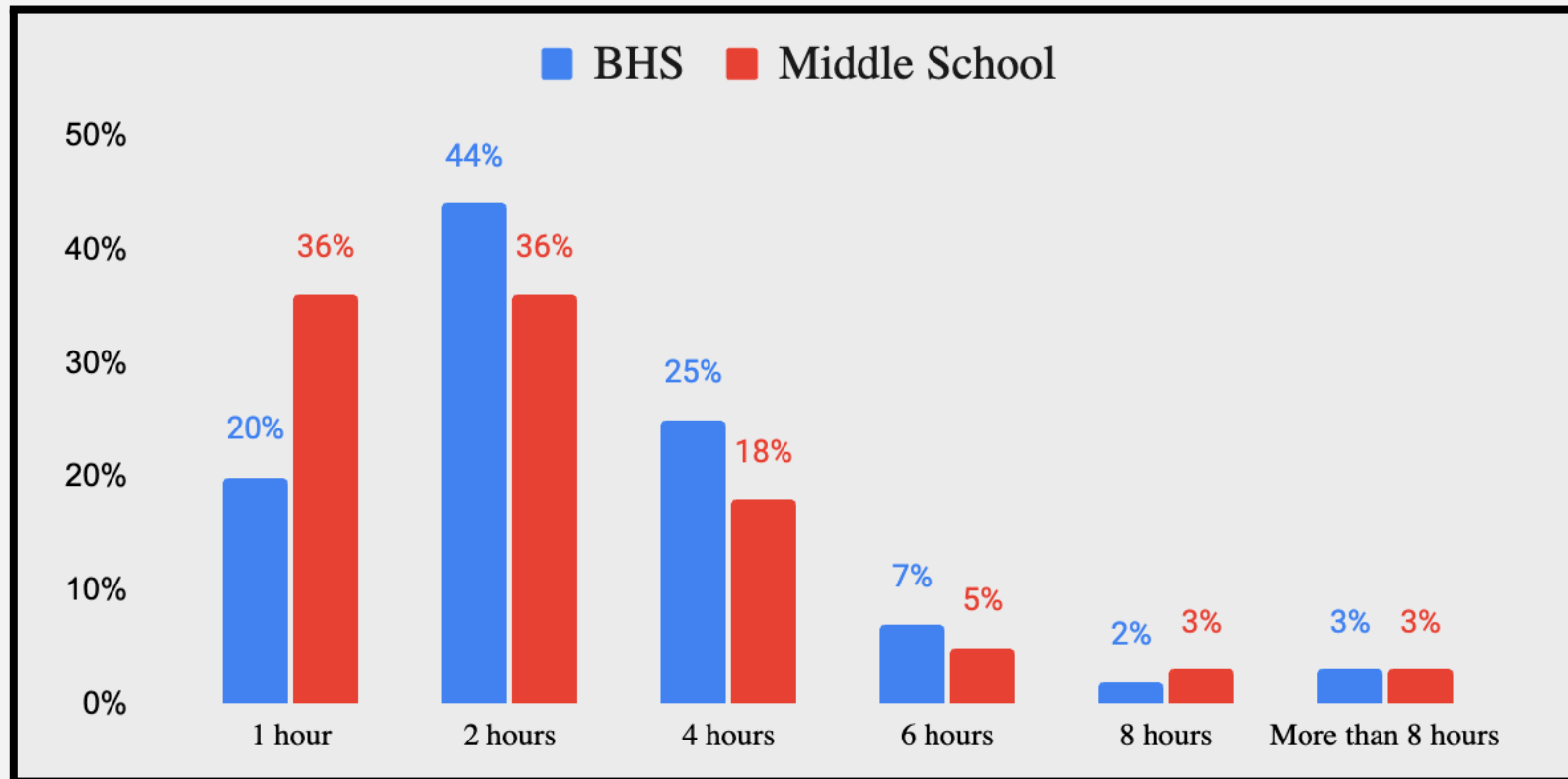
How often do you use social media?



Social media use

For BHS students who reported using social media at least every day, 25% reported using social media for 4 hours per day and 12% reported using social media for 6 or more hours per day. For middle school students who reported using social media at least every day, 18% reported using social media for 4 hours per day and 11% reported using social media for 6 or more hours per day. Across all students, 28% of students who endorsed symptoms of depression on the PHQ-4 reported using social media for 6 or more hours a day.

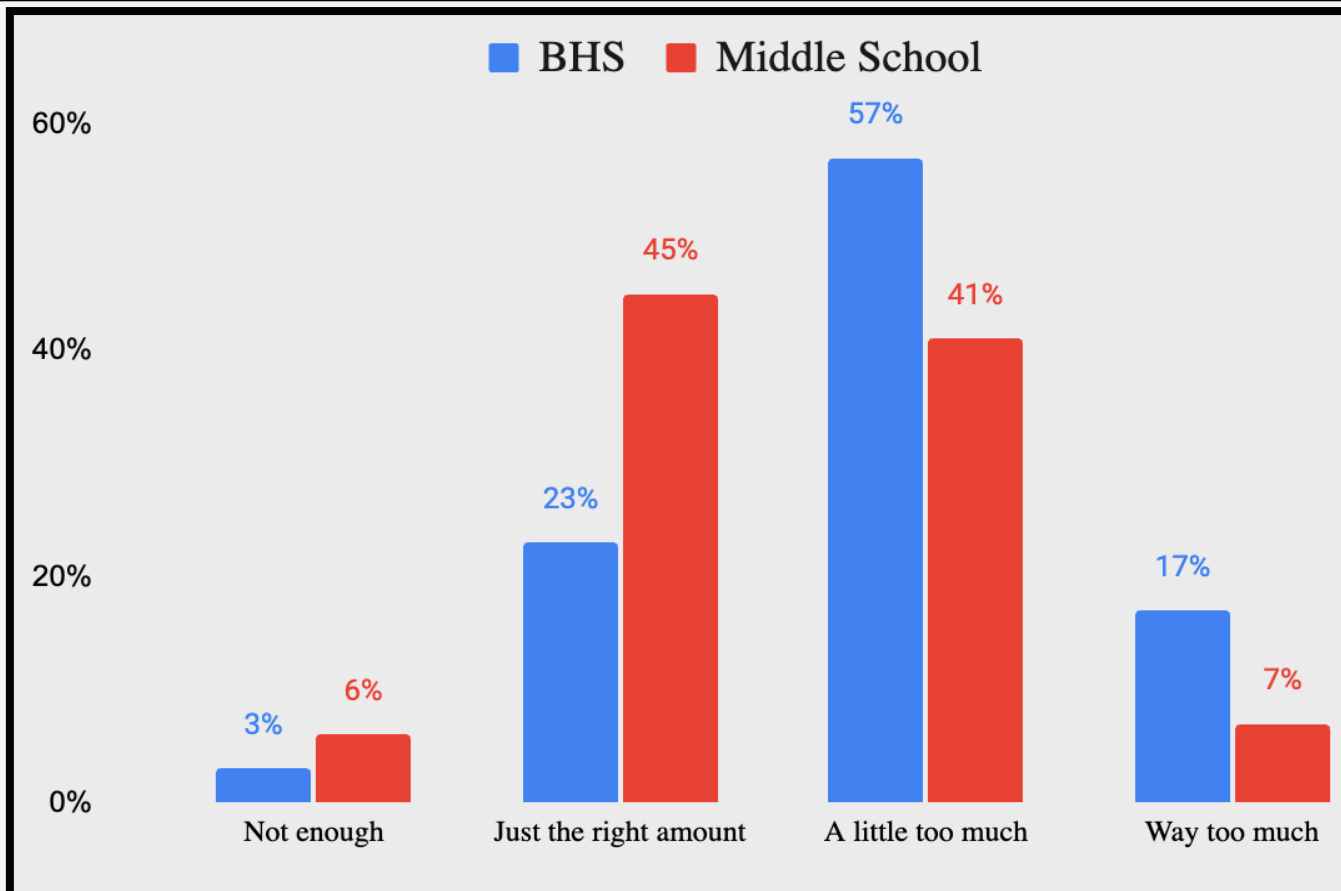
On the days you use social media, on average, how many hours do you spend using social media?



Social media use

3% of BHS students and 6% of middle school students reported that they do not use social media enough, 23% of BHS students and 45% of middle school students reported using social media just the right amount, 57% of BHS students and 41% of middle school students reported using social media a little too much, and 17% of BHS students and 7% of middle school students reported using social media way too much. Across all students, 31% of students who endorsed symptoms of depression on the PHQ-4 reported using social media way too much.

How do you feel about the amount of time you spend using screen media?



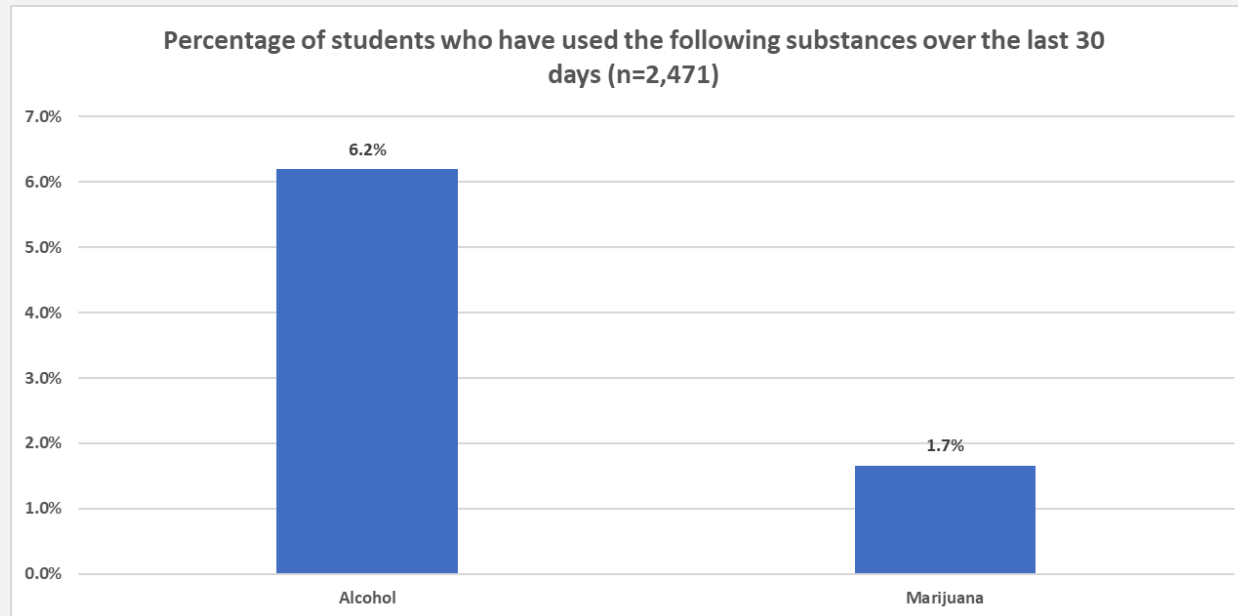
How do you think your screen media use compares to your peers?

	BHS	Middle School
A lot less	11%	19%
A little less	34%	34%
Same amount	37%	27%
A little more	13%	13%
A lot more	5%	7%

Substance Use

Substance Use

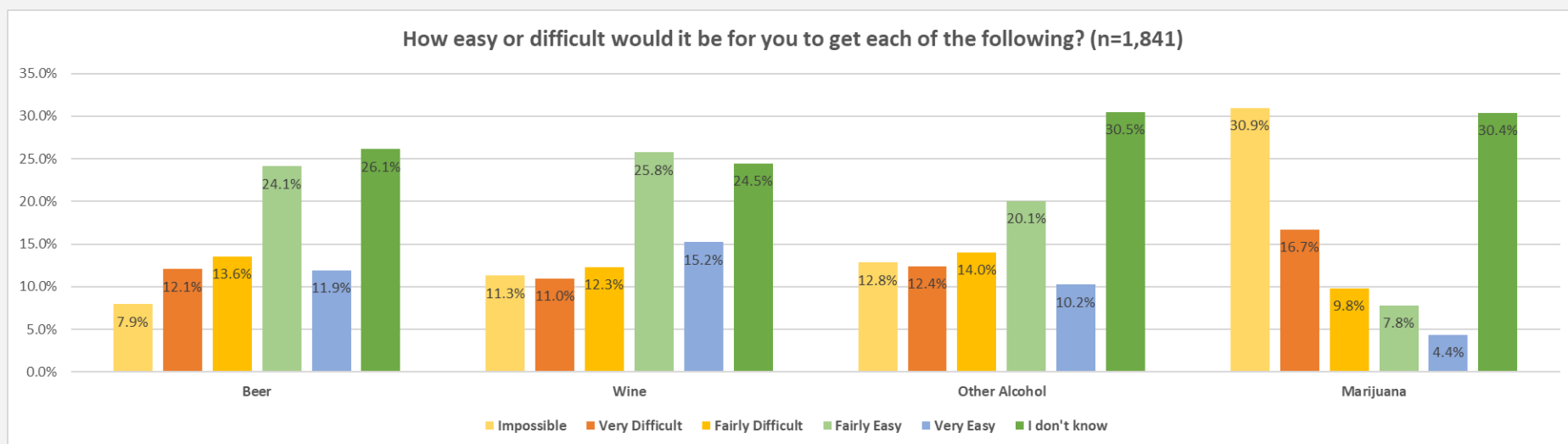
The data for substance use was generally sorted by grade so that programming could be targeted for prevention. Any data results with a small number that could make students identifiable are marked with an asterisk (*) rather than a number. The primary substances of use identified by students were alcohol, cannabis and nicotine. Descriptions of students' use of alcohol, marijuana, and nicotine is described in detail below.



Alcohol Use

Alcohol is the most common substance used by respondents to the survey, and use increases substantially as students progress in school. Lifetime use rises from 8.7% in 6th to 39% in 12th grade, while past 30-day use increases from 1% in 8th grade to 20% in 12th grade. Female students report higher rates of use than male students. The biggest jump in usage is between 10th and 12th grade. Nine percent of 12th graders report binge drinking (more than 5 drinks at a time) at least once in the past year, but most students see binge drinking as a risky behavior. A majority of students perceive driving after using alcohol as posing a moderate or great risk, and none see it as risk-free. Students also underestimate the number of students who have had a drink in the past month.

Students have a wide variety of responses regarding the ease of accessing alcohol and where they access it.



Age at First Use:

Among respondents who reported ever consuming more than a few sips of alcohol, the most common age at first drink was 15 years (20.6%), followed by 14 years (18.7%) and 10 years or younger (15.4%). Overall, approximately 41% reported having their first drink by age 13 or younger, indicating that alcohol initiation occurred at relatively young ages for many respondents.

How old were you when you had your first drink of alcohol - other than a few sips?	
Age	%
10 years old or younger	15.4%
11 years old	6.1%
12 years old	6.6%
13 years old	13.0%
14 years old	18.7%

15 years old	20.6%
16 years old	13.7%
17 years old	3.8%
18 + years	2.1%

Lifetime Use/Past 30 Days:

Overall, 17.6% of respondents reported ever using alcohol, while 6.4% reported alcohol use in the past 30 days and 2.8% reported binge drinking. Alcohol use was higher among females than males for both lifetime (20.9% vs. 16.7%) and past 30-day use (8.2% vs. 5.5%). Alcohol use increased steadily with grade level, with lifetime use rising from 8.1% in 6th grade to 39.1% in 12th grade, past 30-day use increasing from 1.0% to 20.1%, and binge drinking (drinking more than 5 drinks at time) reaching 8.9% among 12th graders.

Lifetime use	17.58%
Lifetime use by sex	
Male	16.7%
Female	20.9%
Lifetime use by grade level	
6th	8.11%
7th	9.52%
8th	9.49%
9th	18.06%
10th	26.78%

11th	33.77%
12th	39.11%
Past 30 day use	6.41%
Past 30 day use by sex	
Male	5.5%
Female	8.2%
Past 30 day use by grade level	
6th	1.01%
7th	2.12%
8th	2.31%
9th	6.48%
10th	9.69%
11th	15.15%
12th	20.11%
Binge Drinking (more than 5 drinks)	2.77%
Binge drinking by grade level	

6th	0%
7th	0.26%
8th	0.77%
9th	3.47%
10th	4.84%
11th	5.63%
12th	8.94%

Past 30 Day Perception of Peer Alcohol Use:

More than half of respondents (55.4%) believed that fewer than 10% of their school peers had consumed alcohol in the past 30 days. Another 18.2% estimated that 10%–25% of peers had consumed alcohol, while fewer than 11% believed that more than half of their peers had done so. These findings suggest that most youth perceive alcohol use among their peers to be relatively uncommon.

During the past 30 days, what percent of your school peers do you think have had at least one drink of alcohol in the past 30 days?		
	n	%
Less than 10%	1037	55.4%
10% - 25%	340	18.2%
25% - 50%	296	15.8%
50% - 75%	153	8.2%
More than 75%	47	2.5%

Perceived Risk of Binge Drinking:

Nearly half of respondents (45.2%) perceived having five or more alcoholic drinks in one sitting as a great risk, while 37.0% viewed it as a moderate risk. Smaller proportions perceived slight risk (13.3%) or no risk (4.5%), indicating that most youth recognize binge drinking as a harmful behavior.

How much do you think people risk harming themselves (physically or in other ways) if they have 5 OR MORE ALCOHOLIC DRINKS IN ONE SITTING?		
	n	%
Great risk	843	45.2%
Moderate risk	690	37.0%
Slight risk	249	13.3%
No risk	84	4.5%

Perceived Risk of Drinking and Driving:

Most respondents perceived driving after consuming 1–2 alcoholic drinks within an hour as risky. The percentage reporting great risk increased with grade level, from 49.0% of 7th graders to 66.9% of 12th graders. Across all grades, about one-quarter to one-third perceived moderate risk, while relatively few viewed this behavior as posing slight or no risk.

How much do you think people risk harming themselves (physically or in other ways) if they DRIVE: AFTER DRINKING 1-2 DRINKS OF ALCOHOL IN AN HOUR? (n=1221)				
	Great risk	Moderate risk	Slight risk	No risk
7th grade	49.0%	31.7%	15.4%	*
8th grade	48.1%	33.3%	13.9%	*

9th grade	60.9%	27.1%	10.7%	*
10th grade	58.2%	32.7%	7.8%	*
11th grade	66.8%	18.9%	9.5%	*
12th grade	66.9%	23.7%	*	*

Ease of Accessing Alcohol:

Perceived access to alcohol was relatively high, with about one-third of respondents reporting that beer (36.0%) and wine (41.0%) would be fairly or very easy to obtain. However, approximately one-quarter to one-third of youth selected "I don't know", suggesting that many were uncertain about availability or had limited awareness of access.

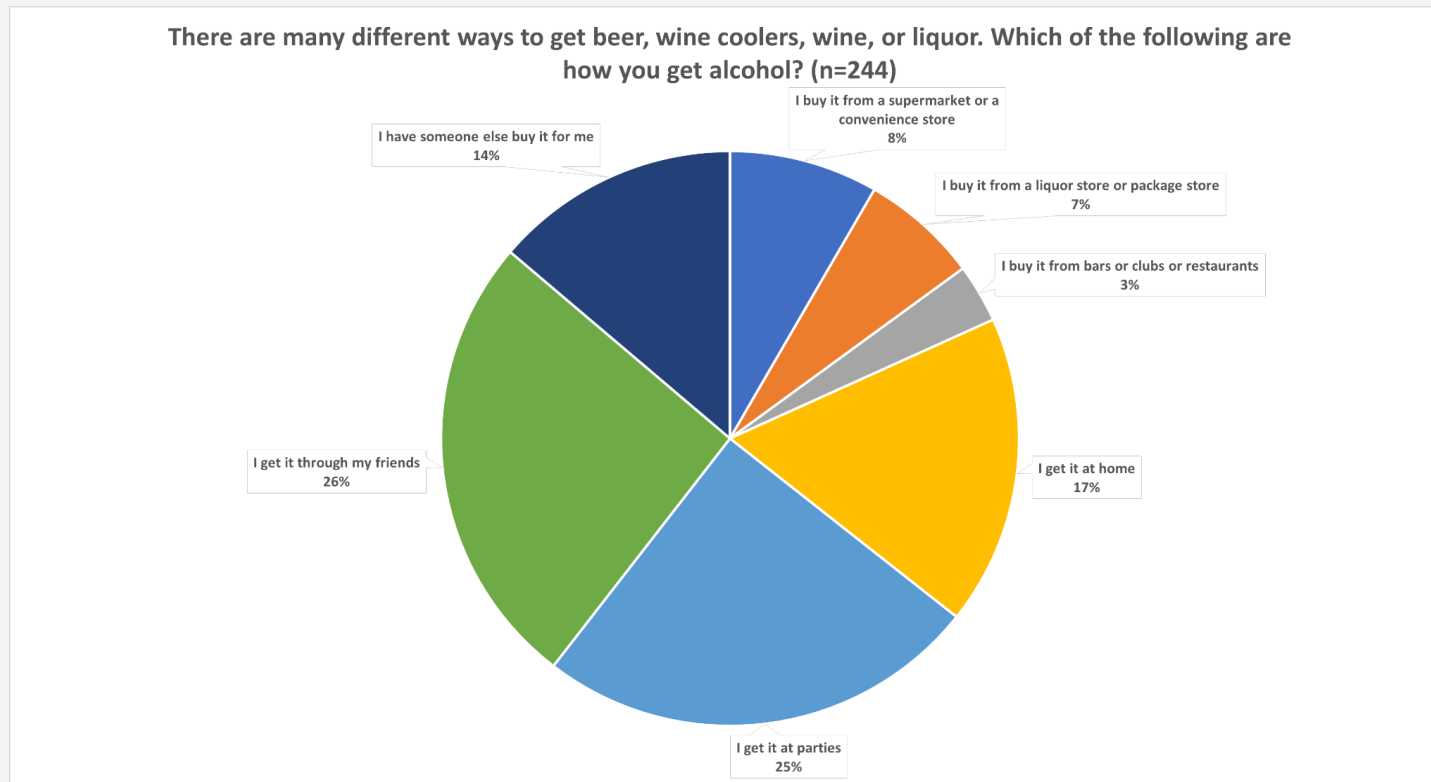
How easy or difficult would it be for you to get each of the following?						
	Impossible	Very Difficult	Fairly Difficult	Fairly Easy	Very Easy	I don't know
Beer	7.9%	12.1%	13.6%	24.1%	11.9%	26.1%
Wine	11.3%	11.0%	12.3%	25.8%	15.2%	24.5%
Other Alcohol	12.8%	12.4%	14.0%	20.1%	10.2%	30.5%

This data reflects both Middle and High School responses.

Methods of Accessing Alcohol:

Of the youth who reported drinking alcohol, the most commonly reported methods of obtaining alcohol through social sources rather than purchasing it directly. Friends (26%) and parties (25%) were the primary sources, followed by getting alcohol at home (17%) or having someone else buy it for them (14%), while relatively few reported buying alcohol themselves from convenience stores (8%), liquor stores (7%), or bars and restaurants (3%). These findings suggest that social access and availability within homes are the primary pathways through which youth obtain alcohol.

****This data reflects both Middle and High School responses.*

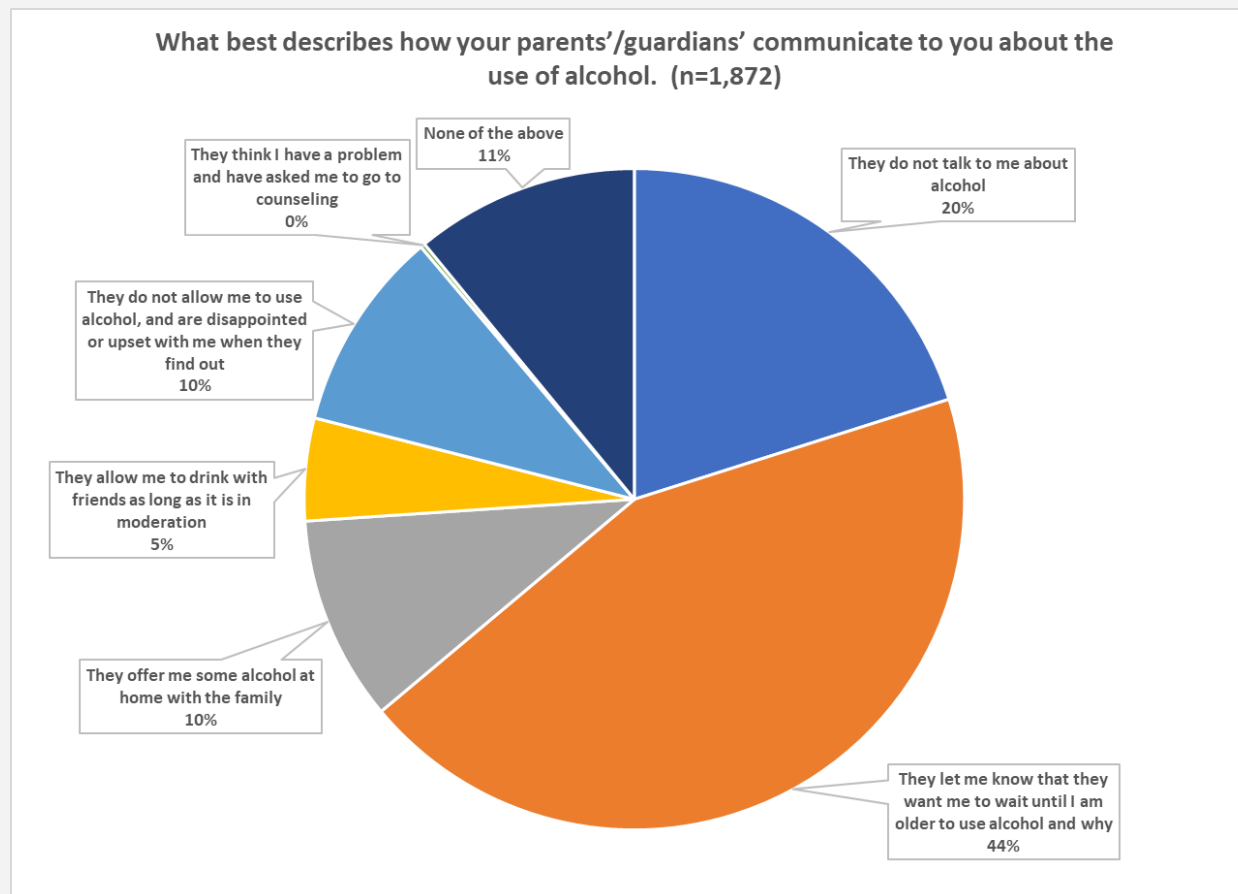


Family Rules:

Family rules are important in influencing students in their drinking behaviors. Most respondents (44%) reported that their parents or guardians encourage them to wait until they are older to use alcohol and explain the reasons why. However, 20% indicated that alcohol is not discussed at home.

Smaller proportions reported more permissive messages, including being offered alcohol at home with family (10%) or being allowed to drink with friends in moderation (5%), while 10% said their parents clearly prohibit alcohol use and express disappointment if they find out they have been drinking.

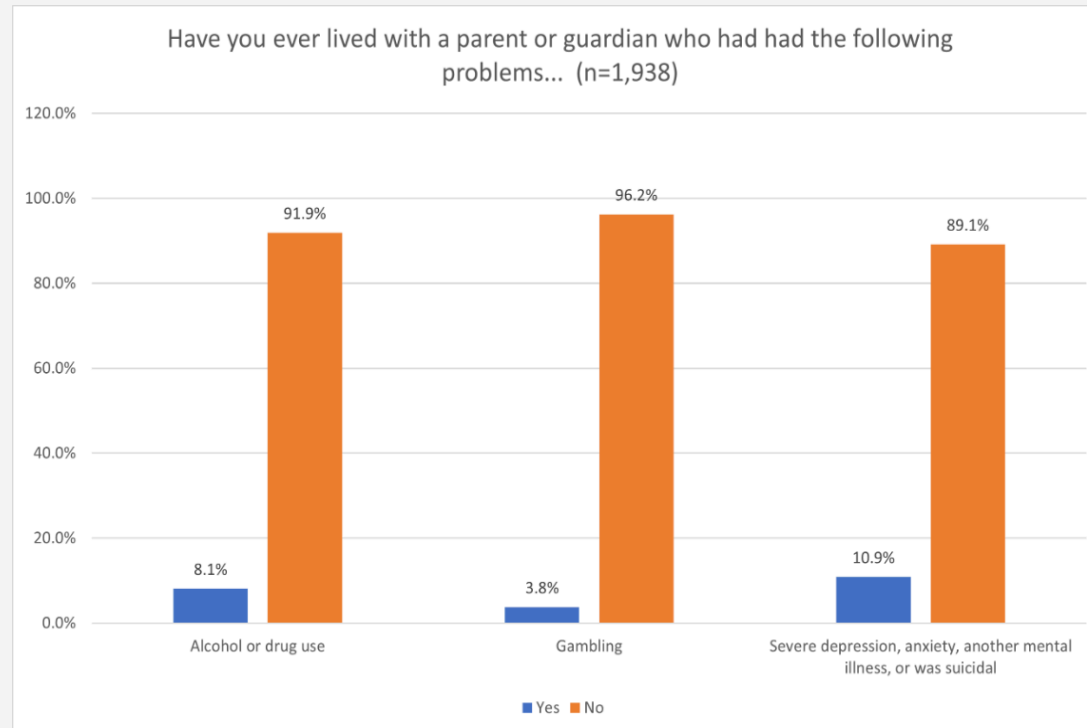
These findings suggest that although many youth receive prevention-oriented messages about alcohol from their caregivers, a substantial proportion experience limited or mixed communication regarding alcohol use. ****This data reflects both Middle and High School responses.*



Living with a Parent/Guardian with Health Challenges:

Most respondents had not lived with a parent or guardian experiencing the listed problems. Among those who had, 10.9% reported severe depression, anxiety, another mental illness, or suicidality, 8.1% reported alcohol or drug use problems, and 3.8% reported gambling problems. These findings show that a notable proportion of youth have experienced adverse household circumstances.

****This data reflects both Middle and High School responses.*



Cannabis/Marijuana Use

Marijuana use is less common than alcohol use but increases substantially among older students. Lifetime use rises from 0% in 6th and 7th grade to 21.8% in 12th grade, while past 30-day use increases from near zero in middle school to 8.9% in 12th grade. Female students report slightly higher rates of use than male students. The biggest jump in usage is between 11th and 12th grade. Most students perceive driving after using marijuana as posing a moderate or great risk.

<u>Marijuana</u>	
Lifetime use	4.8%
Lifetime use by sex	
Male	4.4%
Female	5.6%
Lifetime use by grade level	
6th	0.00%
7th	0.00%
8th	2.05%
9th	3.70%
10th	6.27%
11th	11.69%
12th	21.79%

Past 30 day use	1.70%
Past 30 day use by sex	
Male	1.6%
Female	2.0%
Past 30 day use by grade level	
6th	0.00%
7th	0.00%
8th	0.26%
9th	1.39%
10th	1.14%
11th	5.63%
12th	8.94%

Age at first use:

How old were you when you tried marijuana for the first time?		
	n	%
13 or younger	20	17.9%
14 years old	38	33.9%
15 years old	25	22.3%

16 years old	15	13.4%
17 years or older	14	12.5%

Risk Perception:

Youth perceived greater risk from more frequent marijuana use. Nearly two-thirds (61.9%) believed using marijuana every day or almost every day poses a great risk of harm, compared with 14.5% who viewed smoking marijuana once or twice a week as a great risk. For weekly use, most respondents perceived slight (38.6%) or moderate (37.2%) risk, suggesting that regular but less frequent marijuana use is viewed as less harmful than daily use.

How much do you think people risk harming themselves (emotionally, physically, psychologically or in other ways) if they are Regularly smoking marijuana...				
	No risk	Slight risk	Moderate risk	Great risk
Once or twice a week	9.6%	38.6%	37.2%	14.5%
Every day or almost every day	4.2%	9.0%	25.0%	61.9%

Perceived Risk of Driving After Marijuana Use:

Across all grade levels, most students recognized that driving within a few hours of smoking marijuana poses a moderate or great risk of harm. The percentage perceiving great risk ranged from 31.5% among 8th graders to 48.4% among 9th graders, while approximately 76%–82% of students in each grade reported either moderate or great risk.

Very few students perceived no risk, indicating broad awareness that driving after marijuana use is unsafe, although many viewed the risk as moderate rather than great.

How much do you think people risk harming themselves (physically or in other ways) if they DRIVE: Within a few hours AFTER SMOKING MARIJUANA? (n=1219)				
	Great risk	Moderate risk	Slight risk	No risk
7th grade	41.3%	40.4%	17.3%	*
8th grade	31.5%	50.0%	13.0%	*
9th grade	48.4%	35.9%	13.0%	*
10th grade	41.5%	41.5%	14.3%	*
11th grade	40.0%	36.3%	18.9%	*
12th grade	36.0%	46.0%	15.1%	*

Parent/Guardian Awareness of Marijuana Use:

Most respondents reported that they do not currently use marijuana (39.8%) or had tried it but no longer use it (21.1%).

Among youth who reported current marijuana use, about one-quarter (25.9%) indicated that their parents or guardians were unaware of their use, while a smaller proportion (7.8%) said their parents knew they used marijuana but not the extent of their use.

These findings suggest that a substantial share of youth who use marijuana may do so without their parents' or guardians' knowledge.

Are your parents/guardians aware that you use marijuana?		
	n	%
I do not use marijuana	66	39.8%
I have tried marijuana, but I no longer use it	35	21.1%

No, they do not know I use marijuana	43	25.9%
Yes, they know I use marijuana, and they know how much	*	*
Yes, they know I use marijuana, but not how much	13	7.8%

Perceived Family Approval of Marijuana Use:

The majority of respondents (90.0%) believed that their parents or other adults in their family would disapprove if they smoked marijuana. Only 7.0% were unsure how their family would feel, and 2.5% reported that their family would not care. These findings indicate that perceived family disapproval of marijuana use is a strong and widely recognized social norm among youth.

How would your parents or other adults in your family feel if you smoked marijuana?		
	n	%
Approve	*	*
Disapprove	1682	90.0%
Not sure	130	7.0%
Would not care	47	2.5%

Perceived Peer Marijuana Use:

Most students (66.2%) estimated that fewer than 10% of their school peers had used marijuana in the past 30 days. Nearly one in five respondents (19.6%) believed that 10%–25% of peers had used marijuana, while only a small percentage perceived marijuana use among half or more of their peers (3.9%). These findings suggest that most youth perceive current marijuana use among their peers as relatively uncommon.

During the past 30 days, what percent of your school peers do you think have used marijuana?		
	n	%
Less than 10%	1207	66.2%
10% - 25%	358	19.6%
25% - 50%	186	10.2%
50% - 75%	57	3.1%
More than 75%	14	0.8%

Parent/Caregiver Use of Marijuana:

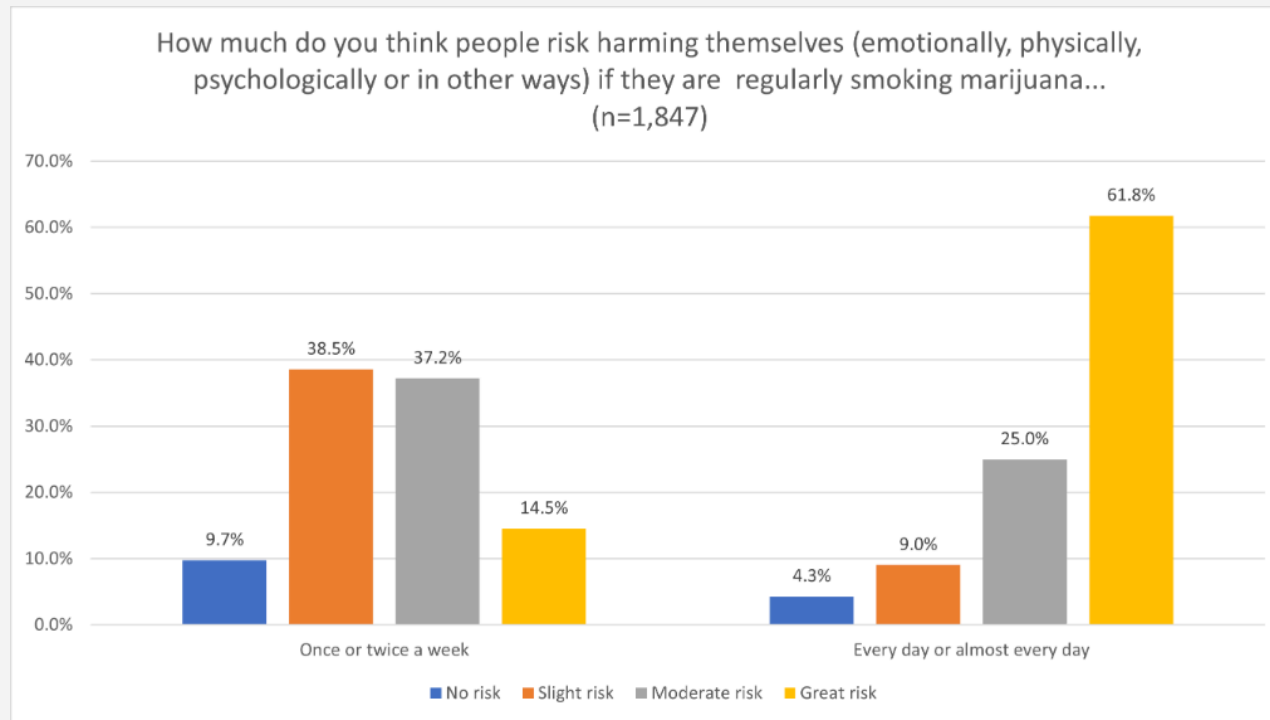
Do your parents use marijuana?		
	n	%
No	1654	94.6%
Yes	94	5.4%

Perceived Risk After Marijuana Use:

Youth perceive regular marijuana use as carrying greater risks when use is more frequent. Most respondents viewed the risk of smoking once or twice a week as slight risk (38.5%) or moderate risk (37.2%), while 14.5% believed there was a great risk. In contrast, youth who reported marijuana use every day or almost every day were much more likely to perceive it as a great risk (61.8%).

The results suggest that youth recognize a stronger connection between frequent marijuana use and potential emotional, physical, or psychological harm.

****This data reflects both Middle and High School responses.*



Ease of Accessing Marijuana:

12.2% of students reported that marijuana was easy to access (12.2%). Approximately 30% youth selected "I don't know," suggesting that many were uncertain about availability or had limited awareness of access.

How easy or difficult would it be for you to get each of the following?						
	Impossible	Very Difficult	Fairly Difficult	Fairly Easy	Very Easy	I don't know
Marijuana	30.9%	16.7%	9.8%	7.8%	4.4%	30.4%

Nicotine, Tobacco and Vaping

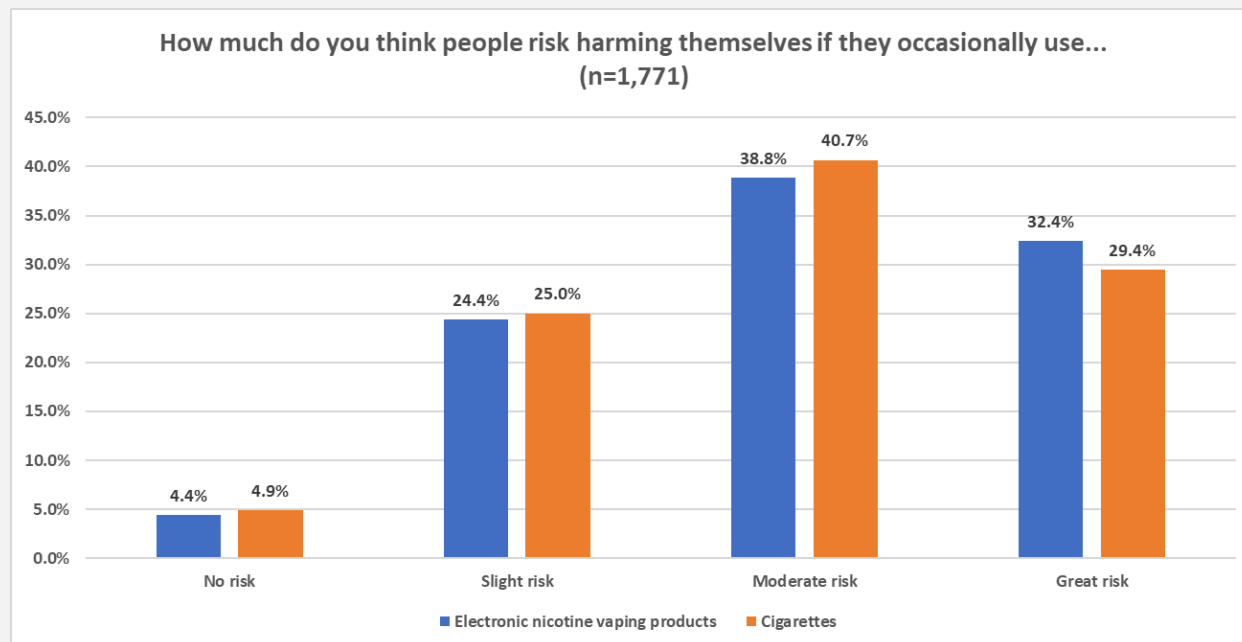
Nicotine use remains relatively low overall. Past 30-day use is reported by 1.8% of students and increases gradually from 0% in 6th and 7th grade to 5.0% in 12th grade. Female students report somewhat higher rates of nicotine use than male students. As with alcohol and marijuana, use is more common among older students than younger students.

Nicotine Use	
Lifetime use by sex	
Male	3.2%
Female	3.6%
Past 30 day use	1.82%
Past 30 day use by sex	
Male	1.4%
Female	2.3%
Past 30 day use by grade level	
6th	0.00%
7th	0.00%
8th	0.77%
9th	2.55%
10th	3.13%
11th	4.33%
12th	5.03%

Perceived Risk of Occasional Nicotine Product Use:

Most students recognized that occasional use of electronic nicotine vaping products and cigarettes carries a risk of harm. For vaping products, 71.2% of respondents perceived a moderate or great risk, compared with 70.1% for cigarettes. Perceptions of great risk were slightly higher for vaping products (32.4%) than for cigarettes (29.4%), suggesting that youth generally view occasional nicotine use as harmful, with similar levels of concern across both products.

How much do you think people risk harming themselves if they occasionally use...				
	No risk	Slight risk	Moderate risk	Great risk
Electronic nicotine vaping products	4.4%	24.4%	38.8%	32.4%
Cigarettes	4.9%	25.0%	40.7%	29.4%



Substances Used in Vape Products:

Most respondents (87.6%) reported that they had not used any of the listed substances in a vape product during the past 30 days. Among those who reported vaping substances, caffeine was the most commonly reported substance (8.2%), followed by nicotine (2.8%) and marijuana or marijuana-related products (2.6%). Smaller percentages reported using essential oils (1.3%) or CBD (0.7%), indicating that recent use of substances in vape products was relatively uncommon among surveyed youth, with caffeine being the most frequently reported substance.

During the past 30 days, have you used any of the following substances in a vape product?		
	n	%
Nicotine	44	2.8%
Marijuana (concentrates, waxes, THC, delta-8 THC, or hash oils)	41	2.6%
CBD	11	0.7%
Essential Oils	20	1.3%
Caffeine	129	8.2%
Other substance	*	*
Not sure	25	1.6%
None of the above	1378	87.6%
Total	1573	

Safety and Violence-Related Behavior

Safety and Violence-Related Behavior

- **Bullying (Lifetime):** Across all BHS and middle school students, 33% reported having been bullied in their lifetime. 68% of students who identified as LGBTQ+ reported having been bullied in their lifetime.
 - Across all BHS and middle school students who reported having been bullied in their lifetime, 16% reported having been electronically bullied in the past 12 months.
 - Across all BHS and middle school students who reported having been bullied in their lifetime, 30% of students reported having been bullied on school property in the past 12 months. Of the students who reported having been bullied in their lifetime, 43% of students who identified as LGBTQ+ reported having been bullied on school property in the past 12 months. **These percentages are similar to data collected from the 2023 BYHS.**
 - Across all BHS and middle school students who reported having been bullied in their lifetime, 17% reported having been bullied because of their race or ethnicity. Across all BHS and middle school students who reported having been bullied in their lifetime and identify as AAPI, African American/Black, Hispanic/Latine, or Multi-Race Non-Hispanic, 35% reported having been bullied because of their race or ethnicity.
- **Family Rules:** When BHS and middle school students were asked if their parents or other adults in their family have clear rules and consequences for their behavior, 50% of students agreed, 26% of students strongly agreed, 16% of students reported not being sure, 5% of students disagreed, and 2% of students strongly disagreed.
- **Insulted:** When BHS and middle school students were asked if parents or other adults in their family have insulted them, 55% of students reported never, 26% of students reported rarely, 14% of students reported sometimes, 3% of students reported most of the time, and 1% of students reported always.
- **Physical Aggression:** When BHS and middle school students were asked if parents or other adults in their family have ever hit them, 88% of students reported never, 9% of students reported rarely, and 3% of students reported sometimes.
- **Parent Challenges:** Across all BHS and middle school students, 8% of students reported living with a parent or adult who had problems with alcohol or drug use, 4% of students reported living with a parent or adult who had problems with gambling, and 11% of students reported living with a parent or adult who had problems with depression, anxiety or another mental illness, including suicidality.

- **Poor Treatment at School (race/ethnicity):** When BHS and middle school students were asked how often they felt they were treated badly or unfairly at school because of their race/ethnicity, 72% of students reported never, 17% of students reported rarely, 8% of students reported sometimes, 2% of students reported often, and 1% of students reported always.
- **Poor Treatment Outside of School (race/ethnicity):** When BHS and middle school students were asked how often they felt they were treated badly or unfairly outside of school because of their race/ethnicity, 75% of students reported never, 14% of students reported rarely, 9% of students reported sometimes, 2% of students reported often, and 1% of students reported always.
- **Poor Treatment at School (sexual and gender identity):** When BHS and middle school students were asked how often they felt they were treated badly or unfairly at school because of their gender or sexual identity, 77% of students reported never, 13% of students reported rarely, 8% of students reported sometimes, 2% of students reported often, and 1% of students reported always.
- **Poor Treatment Outside of School (sexual and gender identity):** When BHS and middle school students were asked how often they felt they were treated badly or unfairly outside of school because of their gender or sexual identity 79% of students reported never, 10% of students reported rarely, 8% of students reported sometimes, 2% of students reported often, and 1% of students reported always.
- **Poor Treatment at School (religion):** When BHS and middle school students were asked how often they felt they were treated badly or unfairly at school because of their religion, 84% of students reported never, 10% of students reported rarely, 4% of students reported sometimes, 1% of students reported often, and less than 1% of students reported always.
- **Poor Treatment Outside of School (religion):** When BHS and middle school students were asked how often they felt they were treated badly or unfairly outside of school because of their religion, 83% of students reported never, 10% of students reported rarely, 5% of students reported sometimes, 1% of students reported often, and 1% of students reported always.
- **Poor Treatment at School (citizenship status):** When BHS and middle school students were asked how often they felt they were treated badly or unfairly at school because of their citizenship status, 94% of students reported never, 4% of students reported rarely, 2% of students reported sometimes, 1% of students reported always, and less than 1% of students reported often.
- **Poor Treatment Outside of School (citizenship status):** When BHS and middle school students were asked how often they felt they were treated badly or unfairly outside of school because of their citizenship status, 94% of students reported never, 4% of students reported rarely, 1% of students reported sometimes, 1% of students reported always, and less than 1% of students reported often.

- **Derogatory Remarks (race/ethnicity):** When BHS and middle school students were asked how often they have heard derogatory remarks about racial or ethnic groups, 34% of students reported sometimes, 21% of students reported rarely, 21% of students reported often, 19% of students reported never, and 5% of students reported always.
- **Derogatory Remarks (religious groups):** When BHS and middle school students were asked how often they have heard derogatory remarks about religious groups, 31% of students reported never, 27% of students reported rarely, 26% of students reported sometimes, 12% of students reported often, and 3% of students reported always.
- **Derogatory Remarks (LGBTQ+):** When BHS and middle school students were asked how often they have heard derogatory remarks about people who are LGBTQ+, 30% of students reported sometimes, 27% of students reported often, 18% of students reported never, 18% of students reported rarely, and 7% of students reported always.
- **Derogatory Remarks (political groups):** When BHS and middle school students were asked how often they have heard derogatory remarks about political groups, 25% of students reported never, 25% of students reported sometimes, 23% of students reported often, 19% of students reported rarely, and 7% of students reported always.
- **Derogatory Remarks (disability):** When BHS and middle school students were asked how often they have heard derogatory remarks about people who have a disability, 30% of students reported never, 27% of students reported rarely, 23% of students reported sometimes, 15% of students reported often, and 5% of students reported always.
- **Feeling Unsafe:** When BHS and middle school students were asked how often they missed school because they felt unsafe at school or on their way to or from school, 96% of students reported missing 0 days of school, 1% of students reported missing 1 days of school, 1% of students reported missing 2 or 3 days of school, 1% of students reported missing 6 or more days of school, and less than 1% of students reported missing 4 or 5 days of school.
- **Physical Fights:** When BHS and middle school students were asked how often they were in a physical fight within the last 12 months, 86% of students reported no physical fights, 8% of students reported 1 physical fight, 4% of students reported 2 to 3 physical fights, and 3% of students reported more than 3 physical fights.
- **Sex:** 13.5% of BHS students reported having had sexual intercourse in their lifetime.
- **Sexual Harassment:** 11.7% of BHS students reported having experienced sexual harassment at school in the past year and 17.2% of BHS students reported experiencing sexual harassment outside of school in the past year. 15.1% of BHS students who identified

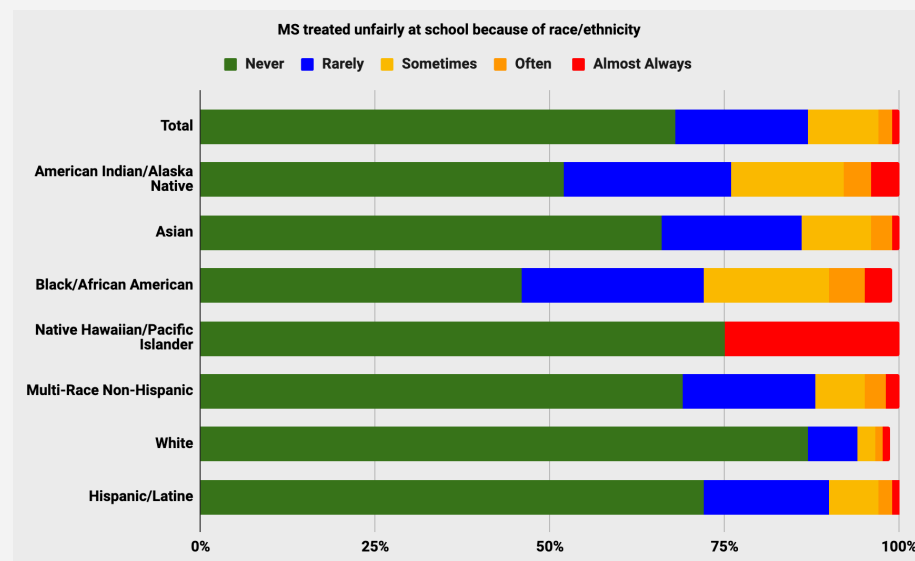
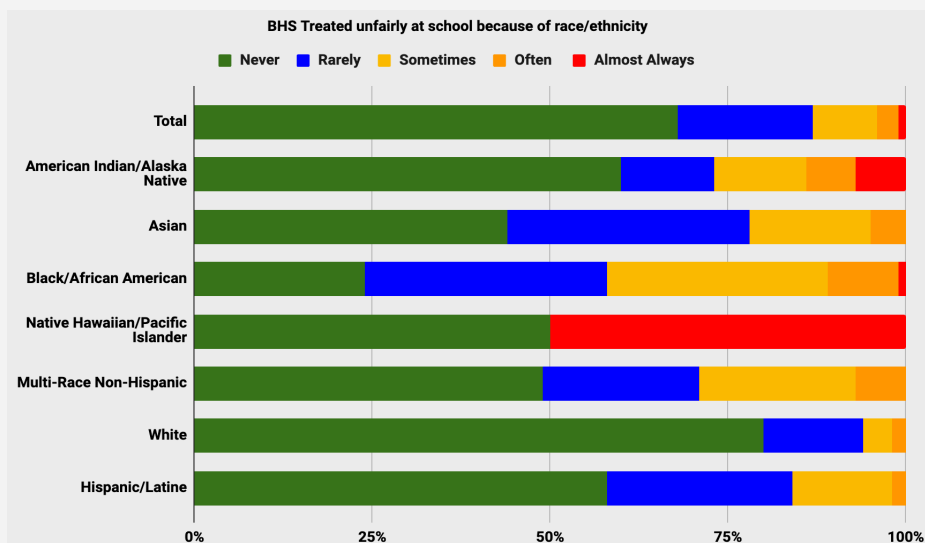
as female and 45.7% of BHS students who identified as LGBTQ+ reported having experienced sexual harrassment at school in the past year. 24.5% of BHS students who identified at female and 48.6% of BHS students who identified as LGBTQ+ reported having experienced sexual harrassment outside of school in the past year.

- **Sexual Violence:** 4.8% of BHS students reported having been physically forced to have sexual intercourse when they did not want to in the past year and 4.1% of BHS students reported that someone they were dating or going out with forced them to do sexual things that they did not want to do in the past year. 5.2% of BHS students who identified as female and 17.4% of BHS students who identified as LGBTQ+ reported having been physically forced to have sexual intercourse when they did not want to in the past year and 5.0% of BHS students who identified as female and 9.3% of BHS student who identified as LGBTQ+ reported that someone they were dating or going out with forced them to do sexual things that they did not want to do in the past year. 2.9% of BHS students reported that an adult or person at least 5 years older than them had made them do sexual things they did not want to do. 2.7% of BHS students who identified as female and 9.3% of BHS students who identified as LGBTQ+ reported that an adult or person at least 5 years older than them had made them do sexual things they did not want to do.
- **Dating Violence.** 4.0% of BHS students reported that in the past year, someone they were dating physically hurt them on purpose. 4.9% of BHS students who identified as female and 9.3% of BHS students who identified as LGBTQ+ reported that in the past year, someone they were dating physically hurt them on purpose.
- **Driven a Car.** 27.2% of BHS students reported having driven a car in the past 30 days.
- **Texting or Emailing While Driving.** Of the BHS students who reported having driven a car in the past 30 days, 23.6% reported texting or emailing while driving.
- **Wearing a Seat Belt.** Of the BHS students who reported having driven a car in the past 30 days, 18.6% reported not always wearing a seat belt while driving.

Given the relatively low incidence of these behaviors and experiences, caution should be taken in interpreting discrepancies between student groups (i.e., discrepancies often reflect the experiences and behaviors of only a few students).

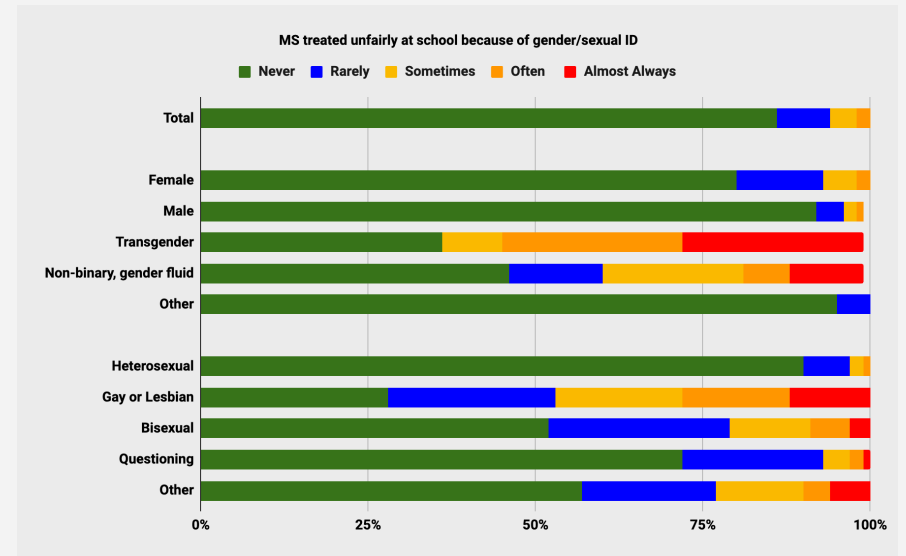
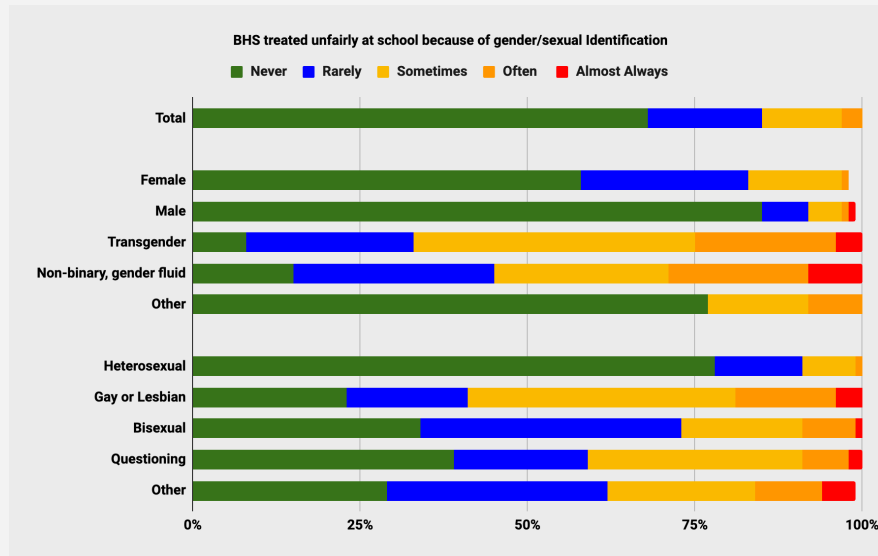
Questions Measuring Safety at School

- Treatment based on Race:** Students who identified as Black/African American, AAPI, Multi-Race Non-Hispanic, and Hispanic/Latine, were more likely to report having been treated unfairly at school because of their race or ethnicity.



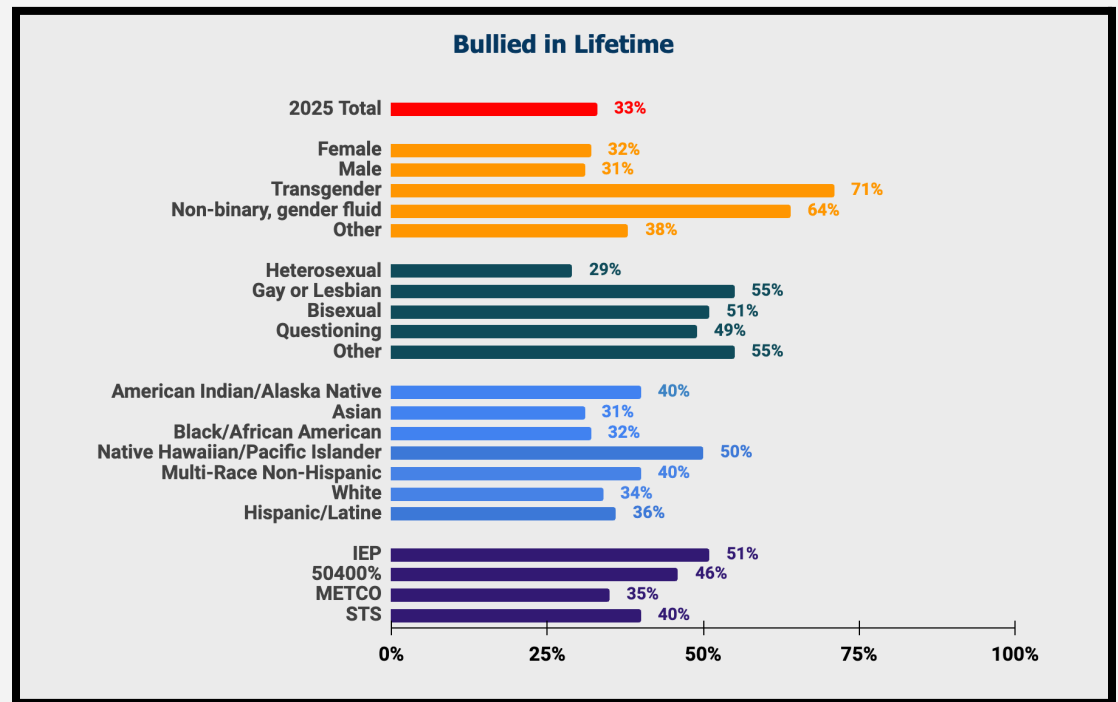
- Treatment based on Religion:** When BHS and middle school students were asked how often they felt they were treated badly or unfairly at school because of their religion, 84% of students reported never, 10% of students reported rarely, 4% of students reported sometimes, 1% of students reported often, and less than 1% of students reported always.

- **Treatment based on Sexual or Gender Identity:** Students who identified as female or LGBTQ+ were more likely to report having been treated unfairly at school because of their sexual or gender identity.

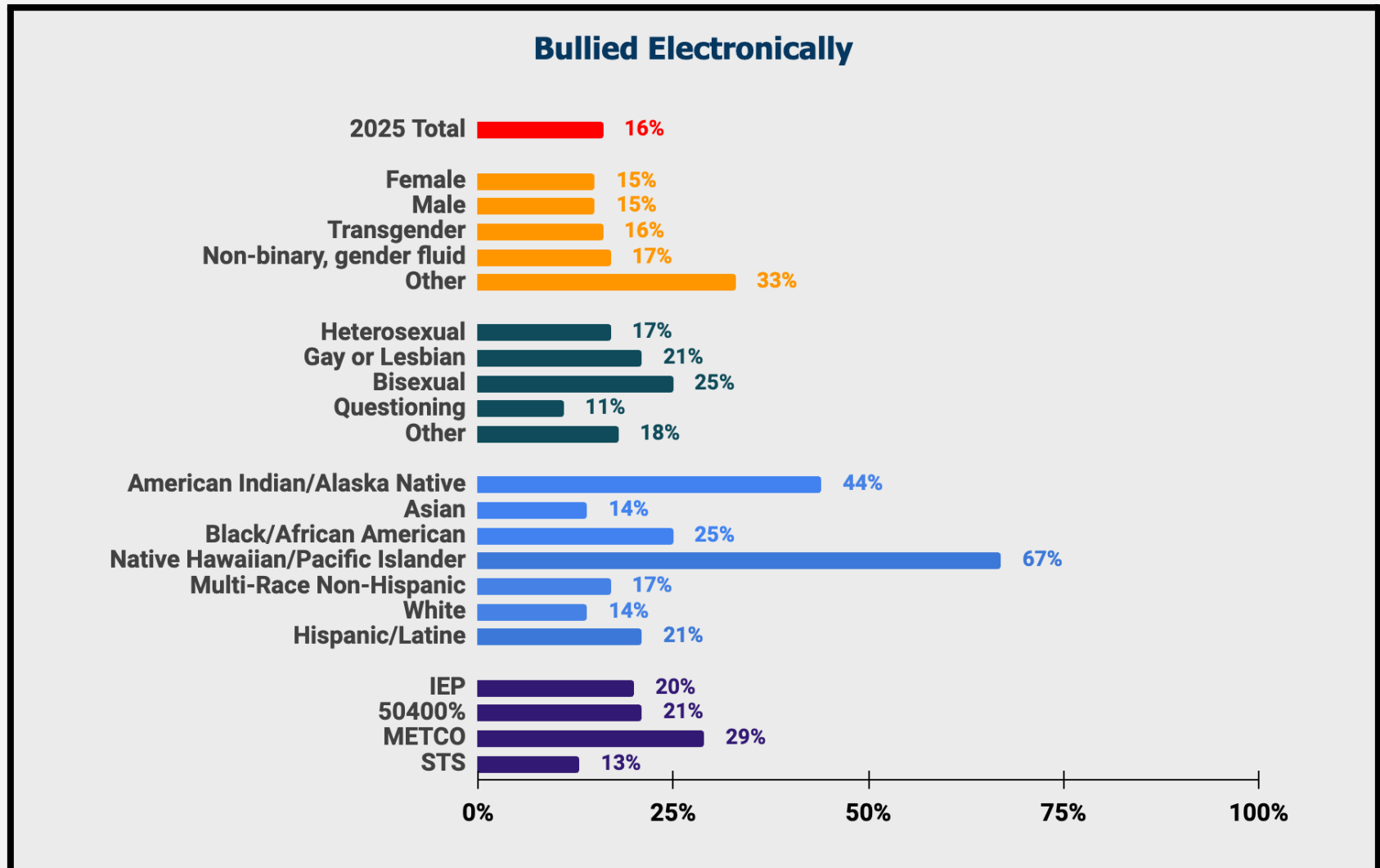


Questions Measuring Bullying Behavior

- Bullying:** Across all BHS and middle school students, 33% reported having been bullied in their lifetime. 68% of students who identified as LGBTQ+ reported having been bullied in their lifetime.
 - 9.4% of students reported having been bullied in the past year.
 - Across all BHS and middle school students who reported having been bullied in their lifetime, 30% of students reported having been bullied on school property in the past 12 months. Of the students who reported having been bullied in their lifetime, 43% of students who identified as LGBTQ+ reported having been bullied on school property in the past 12 months.
 - Across all BHS and middle school students who reported having been bullied in their lifetime, 17% reported having been bullied because of their race or ethnicity. Across all BHS and middle school students who reported having been bullied in their lifetime and identify as AAPI, African American/Black, Hispanic/Latine, or Multi-Race Non-Hispanic, 35% reported having been bullied because of their race or ethnicity.



- **Electronically bullied.** Across all BHS and middle school students, 5.3% of students reported having been electronically bullied in their lifetime. When measuring students who reported having been bullied in their lifetime, 16% reported having been electronically bullied in the past 12 months (see graph below).



Questions Measuring Dating and Sexual Violence

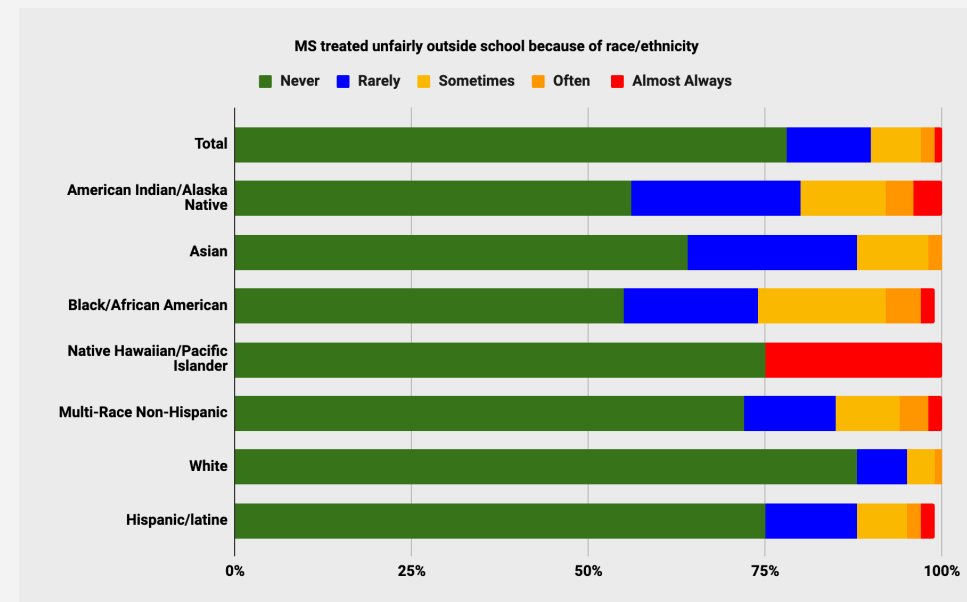
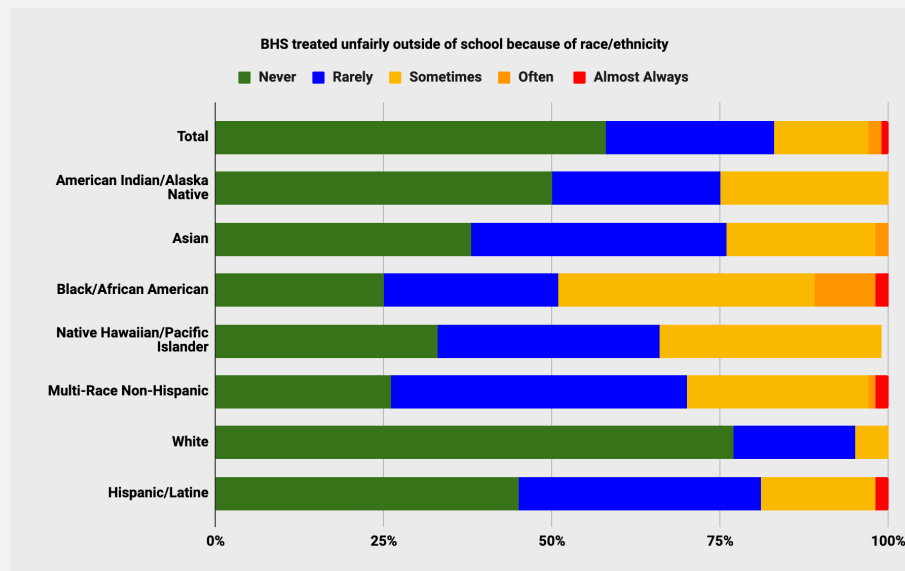
- **Forced to have sexual intercourse.** In 2025, 5% of BHS students reported having been physically forced to have sexual intercourse when they did not want to during their lifetime.
 - In 2023, 3% of BHS students reported having had sexual contact against their will during their lifetime. In 2013, 2015, 2017, and 2021, 7%, 8%, 6%, and 10% of students reported having had sexual contact against their will during their lifetime, respectively.
 - In 2025, 11% of BHS students who identified as non-binary, 13% of students who identified as something other than female, male, transgender, or non-binary, 7% of students who identified as gay or lesbian, 10% of students who identified as bisexual, 11% of students who reported participating in special education, and 7% of students who reported having a 504 accommodation plan reported having been physically forced to have sexual intercourse when they did not want to during their lifetime.
- **Forced to have sexual intercourse within a dating relationship.** In 2025, 4% of BHS students reported that during the past 12 months, someone they were dating or going out with forced them to do sexual things they did not want to. In 2023, 6% of BHS students reported that they had sexual contact with a boyfriend or girlfriend against their will.
 - In 2025, 5% of BHS students who identified as female, 2% of students who identified as male, 9% of students who identified as non-binary, 13% of students who identified as something other than male, female, transgender, or non-binary, 7% of students who reported being in special education, and 6% of students who reported having a 504 accommodation plan reported that during the past 12 months, someone they were dating or going out with forced them to do sexual things they did not want to.
- **Being hurt on purpose.** In 2025, 4% of BHS students reported that during the past 12 months, someone they were dating or going out with physically hurt them on purpose. In 2023, 2% of BHS students reported that a boyfriend or girlfriend hit, slapped, or physically hurt them on purpose in the past 12 months. In 2013, 2015, 2017, and 2021, 5%, 5%, 1%, and 2% of BHS students reported that a boyfriend or girlfriend physically hurt them on

purpose in the past 12 months

- In 2025, 4% of BHS students who identified as transgender, 9% of students who identified as non-binary, 13% of students who identified as something other than male, female, transgender, or non-binary reported that a boyfriend or girlfriend hit, slap, or physically hurt them on purpose in the past 12 months.
- **Forced sexual contact with a person at least 5 years older.** In 2025, 3% of BHS students reported that a person at least 5 years older than them had previously made them do sexual things that they did not want to do.
 - 7% of students who identified as gay or lesbian, 7% of students who identified as questioning, and 6% of students who reported being in special education reported that a person at least 5 years older than them had previously made them do sexual things that they did not want to do.

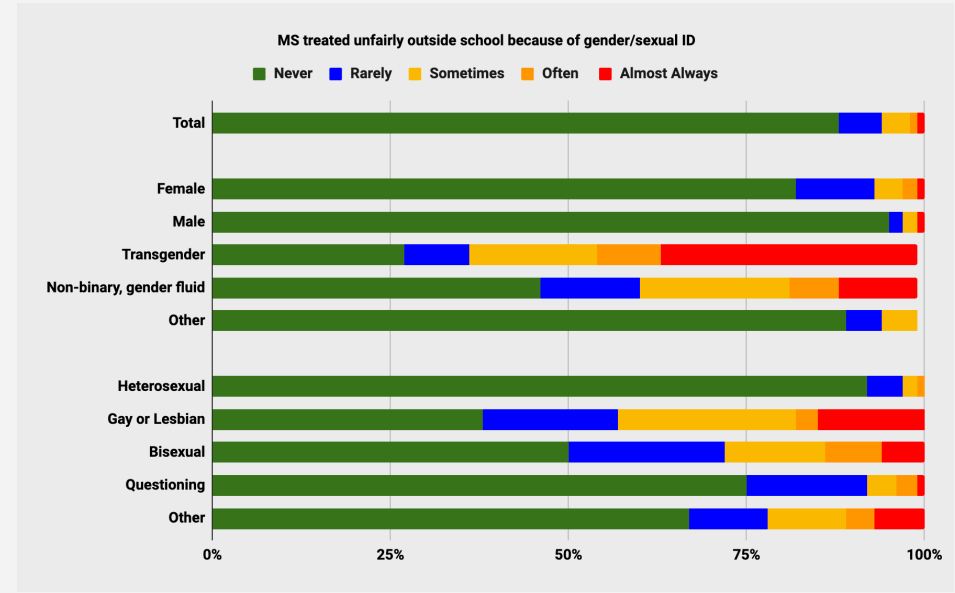
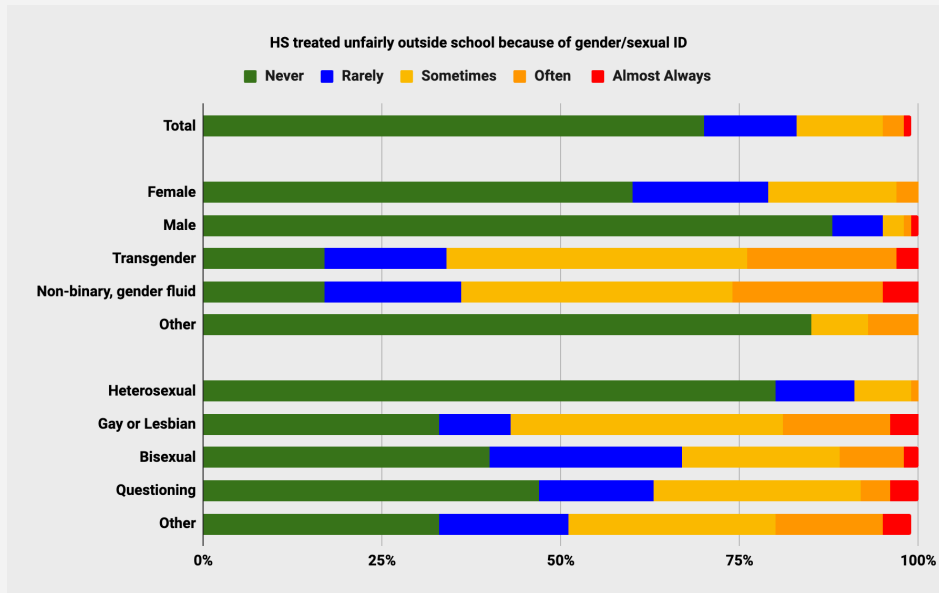
Questions Measuring Poor Treatment Outside of School

- Poor treatment based on race.** Students who identified as Black/African American, AAPI, Multi-Race Non-Hispanic, and Hispanic/Latine were more likely to report having been treated unfairly outside of their school because of their race or ethnicity.



- Poor treatment based on religion.** When BHS and middle school students were asked how often they felt they were treated badly or unfairly outside of school because of their religion, 83% of students reported never, 10% of students reported rarely, 5% of students reported sometimes, 1% of students reported often, and 1% of students reported always.

- **Poor treatment based on Sexual or Gender Identity.** Students who identified as female or LGBTQ+ were more likely to report having been treated unfairly outside school because of their sexual or gender identity.



- **Insulted by Parent or Caregiver:** When BHS and middle school students were asked if parents or other adults in their family have insulted them, 55% of students reported never, 26% of students reported rarely, 14% of students reported sometimes, 3% of students reported most of the time, and 1% of students reported always.
- **Physical Aggression from Parent or Adult:** When BHS and middle school students were asked if parents or other adults in their family have ever hit them, 87% of students reported never, 9% of students reported rarely, and 3% of students reported sometimes.

Summary and Future Directions

The 2025 Brookline Youth Health Survey provides a comprehensive picture of the health, well-being, and experiences of PSB students in grades 6 to 12. The survey examined four primary areas: mental health and wellness, technology and social media use, substance use, and safety and violence-related behaviors. The results provide PSB and the Brookline Department of Public Health & Human Services (BPHHS) with important information for identifying areas of strength and concern, monitoring trends over time, understanding differences in student experiences, and informing prevention and intervention efforts.

Overall, the 2025 findings identify several encouraging trends. Reports of persistent sadness and hopelessness, self-injury, and several indicators of suicidality have declined, particularly among high school students. In addition, approximately 7 in 10 students reported having an adult at school they could turn to when experiencing a problem, and 92% reported having a supportive adult outside of school. At the same time, the findings identify areas that warrant continued attention. Some students continue to experience significant mental health concerns, inadequate sleep is common, social media frequently interferes with activities such as homework and sleep, and alcohol, marijuana, nicotine, and vaping remain important areas for prevention. The data also demonstrate that students do not experience these risks and protective factors equally, with meaningful differences across several student groups.

As PSB and the BPHHS prepare for future administrations of the BYHS, there are opportunities to strengthen the survey itself. Future revisions will seek to improve the consistency and comprehensiveness of the information collected while maintaining the ability to examine trends over time. Priorities include:

- Expanding questions related to vaping and nicotine use. The 2025 survey provides important information about vaping prevalence, but future surveys could examine vaping in greater depth, including frequency of use, age of initiation, access, perceptions of risk, and family attitudes and awareness.
- Standardizing questions across substances. Whenever appropriate, alcohol, marijuana, vaping/nicotine, and other substance-use sections should use parallel questions and response options. This would allow for clearer comparisons across substances in areas such as lifetime and recent use, age of initiation, perceived risk, ease of access, and family attitudes.

- Expanding the assessment of protective factors. Although the current survey assesses important protective relationships, including access to supportive adults, future administrations should more comprehensively examine factors that may promote student well-being and reduce risk. These could include school belonging, community belonging, peer connectedness, supportive relationships, family connectedness, hope, engagement in school and community activities, and access to trusted adults.
- Balancing the assessment of risk and resilience. Expanding protective-factor questions would allow the BYHS to move beyond identifying the prevalence of concerning outcomes and provide a fuller understanding of the conditions and experiences associated with students thriving.
- Increasing consistency across administrations. Where possible, core items should remain stable to preserve the ability to examine trends over time, while targeted revisions and additions can address emerging issues and changing community priorities.

Together, these refinements would strengthen the BYHS as a tool not only for identifying areas of concern, but also for understanding the individual, relational, school, and community factors that support healthy development and student well-being. This broader perspective can help PSB and its community partners make increasingly targeted, data-informed decisions about prevention, grants and funding, programming, and student support.