

What Youth Are Saying About MENTAL HEALTH

PAYS 2025 Data

What is PAYS?

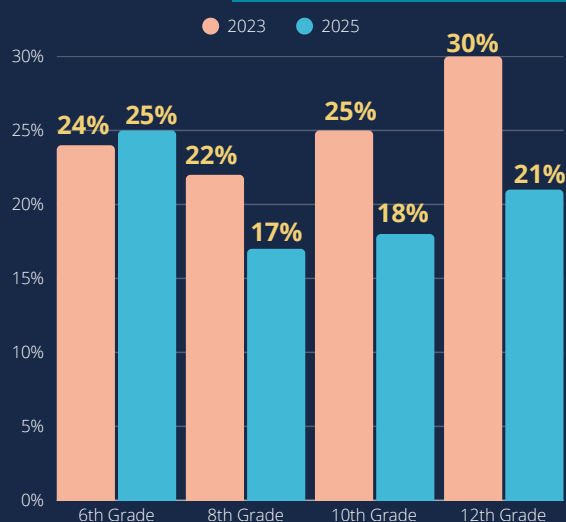
The Pennsylvania Youth Survey (PAYS) is a student survey administered in odd-numbered years (e.g. 2021, 2023, 2025) to youth in 6th, 8th, 10th, and 12th grades in participating schools throughout the state. The questions asked in the survey cover many types of attitudes, knowledge, behaviors, and experiences.

2025 DASD PAYS Participation

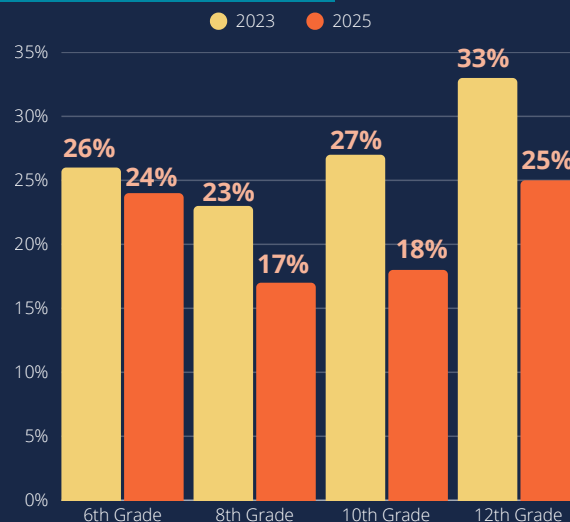
6th	924
8th	842
10th	798
12th	544

Total student participation:
3,108

DASD Youth Reported They:



Felt depressed or sad MOST days in the past 12 months.



At times, think that they are no good at all.

One in three U.S. high school students reported their mental health was not good most of the time or always during the past 30 days (U.S. Department of Health and Human Services, 2023). Effective treatments for mental health disorders, especially if they begin soon after symptoms appear, can help reduce its impact on an adolescent's life.

Warning Signs:



Social
Withdrawal



Major Change in
Sleeping Habits

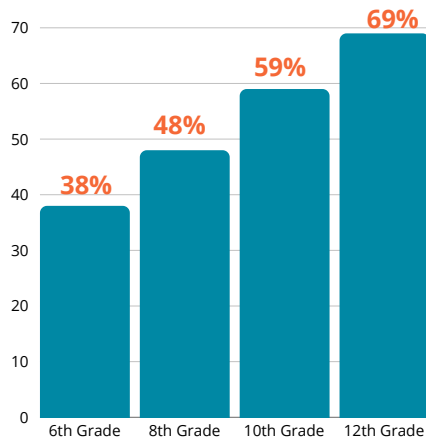


Persistent irritability
or anger

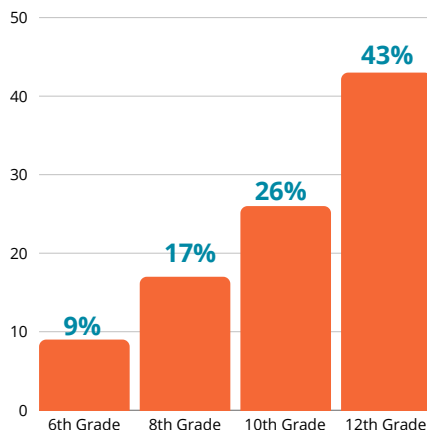


Major Change in
Eating Habits

DASD Youth Reported They:



felt tired or sleepy during the day “every day” or “several times” during the past two weeks.



on average, are sleeping less than 7 hours a night on school nights.



Among students who reported being hurt or abused by another person in the past 12 months, the top ways they were hurt were:

1. Emotional abuse, insults, name calling
2. Physical injury
3. Threats

Creating safe supportive schools is essential to ensuring students' academic and social success. School climate and safety are measured in four ways: commitment and involvement at school, involvement in after-school and community programs, violence (actual and threatened), and bullying.

Learn more about youth mental health on our website (www.dtownctc.org - scan QR) & follow us on social media:



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CTC is funded in part by the Chester County Department of Drug & Alcohol Services.