OKLAHOMA
Mental Health &
Substance Abuse

OPNA SURVEY • 2025–2026 SCHOOL YEAR

Okmulgee

County Report

Prepared by
Oklahoma Department of Mental Health and Substance Abuse Services, Decision Support Services and Prevention Services

Questions about this report or the OPNA Survey?
Visit:
https://oklahoma.gov/odmhsas/prevention/schools/opna.html or
email: OPNA@odmhsas.org

Generated on October 26, 2026 • This report contains longitudinal data with results from the 2021-2022, 2023-2024, and 2025-2026 Oklahoma Prevention Needs Assessment (OPNA) Survey.

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About this report

This report presents findings from the 2025-2026 school year Oklahoma Prevention Needs Assessment (OPNA) Survey, a biennial survey of school students in grades 6, 8, 10, and 12.

Organization of this report

The report is organized into six sections:

1. **Background**
2. **Definitions of key measures**
3. **How to read this report**
4. **Figures** showing trend data (where available) for the past three OPNA Survey administrations (2021-2022, 2023-2024, 2025-2026)
5. **Data tables** showing 2025-2026 school year OPNA Survey results, a comparison to the statewide 2025-2026 data, and trend data for prior OPNA Survey administrations (where available)
6. **Appendix**

OPNA Survey background

75	340	763	76,467	38.0%
counties	districts	schools	responses	state participation rate

The OPNA Survey has been administered by the Oklahoma Department of Mental Health and Substance Abuse Services (ODMHSAS) since 2004. The purpose of the survey is to identify substance use and mental health patterns;[1] capture risk and protection of problem behaviors (drivers); and provide critical data for planning, such as selection of evidence-based practices, evaluating progress, and resource allocation at the school district and community levels.

Many of the survey questions are based on the Communities That Care (CTC) Youth Survey developed by the University of Washington Social Development Group to identify a community's risks and strengths so the appropriate prevention strategies can be implemented. Risk and protective factors are characteristics of school, community, and family environments, as well as perceptions and behaviors of students and their peers. Risk factors predict increased likelihood of drug use, delinquency, school dropout, and violent behaviors among youth, while protective factors exert a positive influence and buffer against the negative influence of risk, thus reducing the likelihood that adolescents will engage in problem behaviors.

The 2025-2026 OPNA Survey was administered from December 2025 to March 2026. Valid responses were received from 340 districts composed of 763 schools. The survey was administered by at least 1 district in all 77 counties except for Blaine and Marshall counties. The 2025-2026 OPNA

[1] Please note that mental health and substance use scales referred to in this report (such as the K6 and treatment need scales) are measures designed to indicate symptom levels across student populations, not clinical diagnoses.

Survey responses are anonymous. The data presented in this report reflect overall patterns in the student body, not individual responses. There were 76,467 total responses across the state after data cleaning, for a total state participation rate of 38.0%.

Revision to 2023-24 results. After earlier data were released, we found that a data processing issue had excluded some 2023-24 6th grade student records from the analysis (approximately 1% of all student records; the share varies by district). The issue has been corrected, and this report includes these students. As a result, 2023-24 percentages and sample sizes for 6th graders in this report may not match previously released data.

Definitions of key measures

Lifetime and 30-day substance use

- **Lifetime alcohol use** in 2025-2026 was calculated as students answering more than 0 times to the question: *How many times (if any) have you had beer, wine, liquor (such as vodka, rum, or whiskey), or another drink containing alcohol to drink in your lifetime?*
- **Lifetime use of other substances** was based on students answering something other than "Never" to the question: *How old were you when you first (even if only one time) used…?*
- **Past 30-day use** for all substances was calculated using the question *How many times in the past 30 days have you …?*

Treatment needs

Need for alcohol and/or drug treatment follows a definition developed by Bach Harrison, LLC. Students are classified as needing treatment if they reported using alcohol 10 or more times or any drugs in their lifetime *and* marked at least three of the following items specific to their drug or alcohol use in the past year:

- Spent more time using than intended
- Neglected some of your usual responsibilities because of use
- Wanted to cut down on use
- Others objected to your use
- Frequently thought about using
- Used alcohol or drugs to relieve feelings such as sadness, anger, or boredom

Sources of alcohol, marijuana,* nonmedical prescription drugs, and vapes/e-cigs

Students who indicated they had used alcohol at least once in their lifetime were asked where they usually got alcohol in the past 12 months. They could select one or more options. Students who indicated that they had used marijuana or vapes/e-cigs at some time in their lives were asked about their usual source of getting these substances in the past 12 months. All students in grades 8, 10, and 12 were asked about their usual source of prescription drugs for the purpose of getting high. The sample size for these questions is shown in the tables.

*__A note on terminology:__ Current best practice is to refer to this substance as "cannabis." This report uses the term "marijuana" because it matches the wording of the OPNA survey questions, which are quoted or closely paraphrased throughout. Future OPNA surveys and reports will use "cannabis."

Mental health

The psychological distress and depressive symptoms scales are composed of several questions asking students about their thoughts and feelings. More information about these scales and how they are calculated can be found in the **Appendix**. Students were also asked questions related to suicidal ideation and suicide attempts.

Risk and protective factors

Risk factors put students at risk for future problem behaviors, while protective factors buffer against developing problem behaviors. The risk and protective factor scales presented in this report are composed of two or more questions in four domains: peer/individual, family, school, and community. Students are classified as at high risk or low risk based on responses to the applicable questions, or at high protection or low protection. Data for individual questions making up the scale are also shown in some cases. The survey items for each scale are listed in the **Appendix**.

Data for other risk and protective factors not included in the scales include items like number of times students have been bullied in the past 30 days, perception of risk of harm of individual substances, and having an adult they can share their thoughts and feelings with.

How to read this report

A note on the "All Grades" column

The county-level "All Grades" column combines results for every grade surveyed by participating districts in your county, while the statewide "All Grades" column combines grades 6, 8, 10, and 12. Because rates of substance use tend to be higher among older students, a county where only some of these grades were surveyed may not have a directly comparable "All Grades" result. In that case, we recommend comparing grade-level results to the state rather than comparing the "All Grades" columns.

Two symbols to know

-- Fewer than 10 valid surveys were available for that grade, so results are not shown to protect student privacy. When one grade in a table is hidden, a second grade may also be hidden so that the first can't be calculated from the totals.

n/a Not available: fewer than 2 school districts in the county participated that survey year, or the question was not asked that year. Results for a year with only one participating district are not shown, to protect the privacy of that district.

Survey years and trends

Results are shown for each OPNA Survey administration (i.e., 2021-2022, 2023-2024, 2025-2026) in which your county participated. Reports for counties with only one administration of data will not include trend figures. Results for questions asked in prior years but not asked in the 2025-2026 school year survey are not included in this report.

Participation and weighting

Participation tables show the actual (unweighted) number of students surveyed and the participation rate. County percentages are unweighted; state results use state weights (see **Weighting procedures** in the Appendix for more information). For weighted percentages, the data may not match a hand calculation from the counts shown. A participation rate of 60% is generally considered to be representative of the population. A lower rate may be representative depending on factors such as whether respondent characteristics match those of the population being surveyed, whether all eligible schools within a school district participated, etc.

Questions and changes across years

Not all questions were asked of every grade (for example, grade 6 was not asked about prescription drug sources). Where a grade wasn't asked a question, it will be omitted from the table, and a note will indicate the omission. The number of students answering each question varies because students may skip questions or not complete the survey.

Some survey questions or scoring changed across administrations. For example, in 2025-2026, the depressive symptoms items used a new response scale (Strongly Disagree to Strongly Agree), so changes over time for this measure should be interpreted with caution. These changes will be indicated by a note in the report.

Please email OPNA@odmhsas.org for questions about this report or the OPNA Survey in general.

1 Survey participation summary

1.1 Demographic characteristics of survey sample

	County 2021-2022		County 2023-2024		County 2025-2026		Statewide 2025-2026	
Students by grade								
6	96	33.2%	232	26.1%	93	27.1%	23,705	31.0%
8	59	20.4%	266	29.9%	96	28.0%	21,968	28.7%
10	85	29.4%	273	30.7%	87	25.4%	18,661	24.4%
12	49	17.0%	118	13.3%	67	19.5%	12,133	15.9%
Total	289	100.0%	889	100.0%	343	100.0%	76,467	100.0%
Students by sex								
Male	151	52.2%	446	50.2%	191	55.7%	38,441	50.3%
Female	134	46.4%	441	49.6%	152	44.3%	37,457	49.0%
Missing / No Response	4	1.4%	2	0.2%	0	0.0%	569	0.7%
Students by race/ethnicity*								
American Indian or Alaska Native	109	37.7%	358	40.3%	134	39.1%	14,999	19.6%
Asian	–	–	22	2.5%	–	–	3,937	5.1%
Black, or African American	81	28.0%	133	15.0%	40	11.7%	9,259	12.1%
Hispanic or Latino	41	14.2%	133	15.0%	39	11.4%	16,701	21.8%
Middle Eastern**	n/a	n/a	n/a	n/a	–	–	1,005	1.3%
Native Hawaiian or Pacific Islander	–	–	18	2.0%	–	–	1,038	1.4%
White	159	55.0%	638	71.8%	255	74.3%	50,794	66.4%

*Since students are able to select more than one race or ethnicity, the sum of students of individual categories may exceed the total number of students surveyed. Because not all students answer all of the questions, the total count of students by sex (and less frequently, students by ethnicity) may be less than the reported total students.
**"Middle Eastern" was not included as a category before the 25-26 survey.
*** Counts under 10 students were suppressed to protect privacy (indicated by "–"). An additional value may be suppressed to prevent calculation of a suppressed group.
n/a = fewer than 2 districts participated, or question not asked that year.

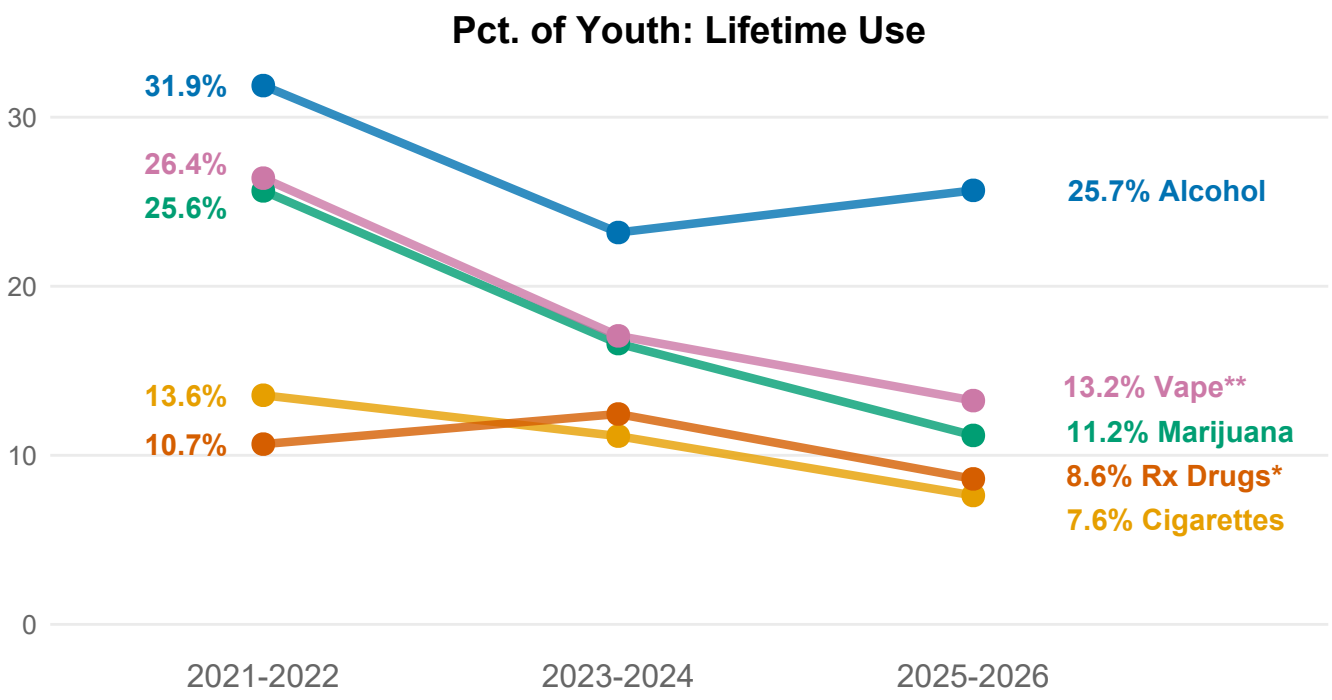
1.2 Participation rate

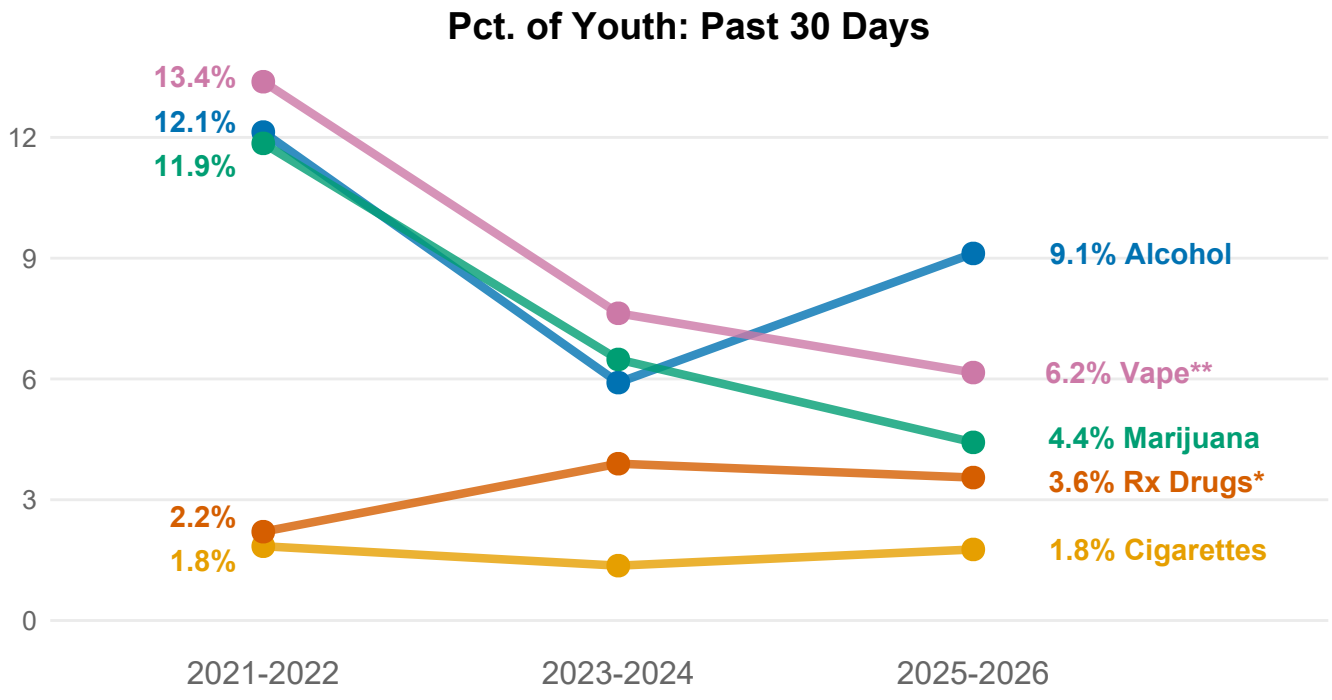
Grade	County 2025-2026			State 2025-2026		
	Surveyed	Enrolled*	Particip. Rate	Surveyed	Enrolled*	Particip. Rate
6	93	418	22.2%	23,705	50,137	47.3%
8	96	417	23.0%	21,968	50,022	43.9%
10	87	402	21.6%	18,661	52,381	35.6%
12	67	416	16.1%	12,133	48,455	25.0%
Total	**343**	**1,653**	**20.8%**	**76,467**	**200,995**	**38.0%**

*Enrolled counts are based on enrollment data for all public schools in the county (county columns) or the state (state columns), including districts that did not participate in the survey.
**The presence of a "–" indicates that the grade had insufficient participation for grade-level reporting (fewer than 10 valid surveys). Additional grades, or the total, may be suppressed to prevent calculation of a suppressed grade. A total of fewer than 10 students is suppressed.

2 Results summary figures

2.1 Substance use prevalence trends (across all grades)





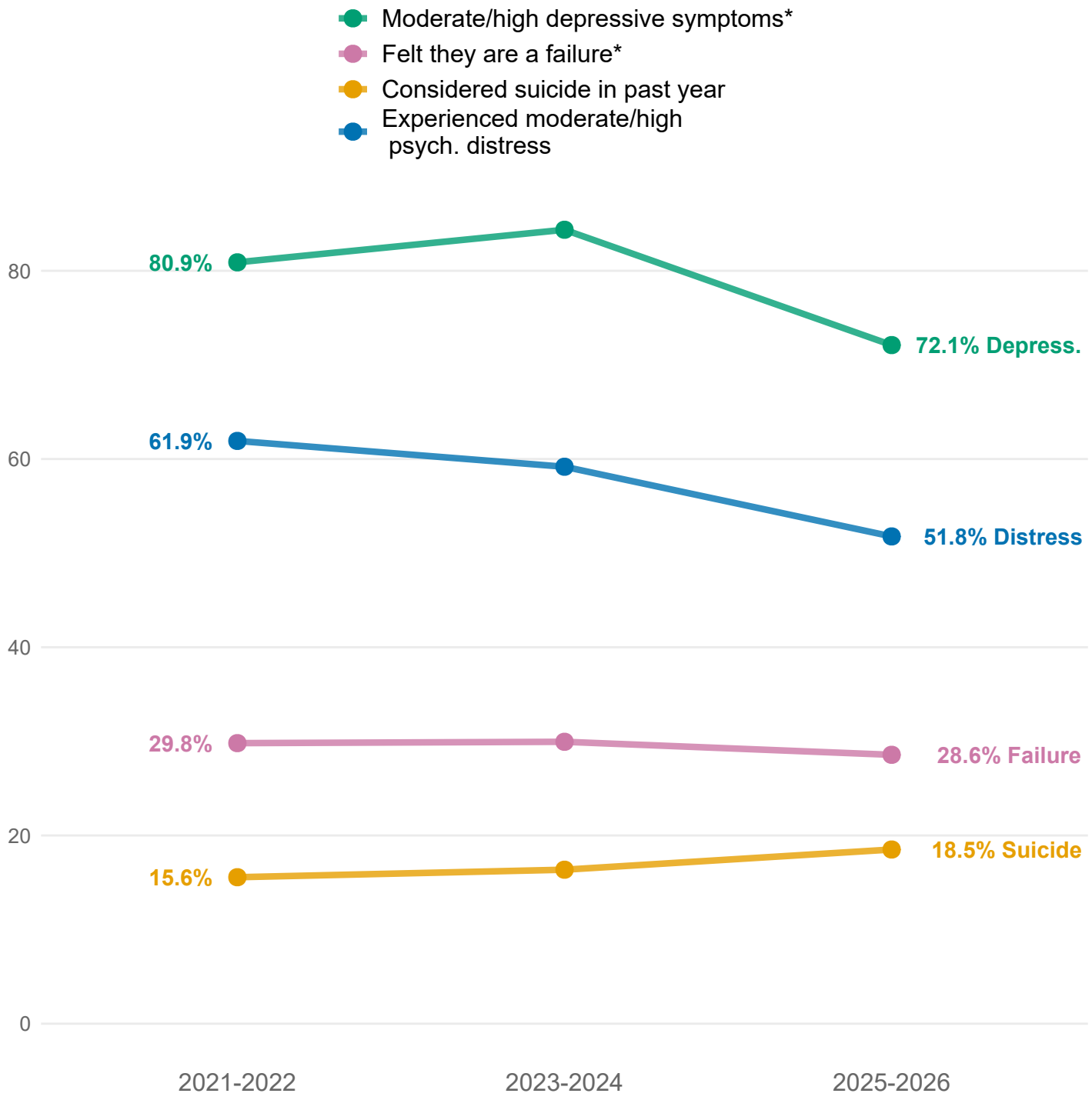
Results with fewer than 10 valid responses are suppressed and not shown.

*Non-medical usage of prescription drugs

**Includes e-cigs

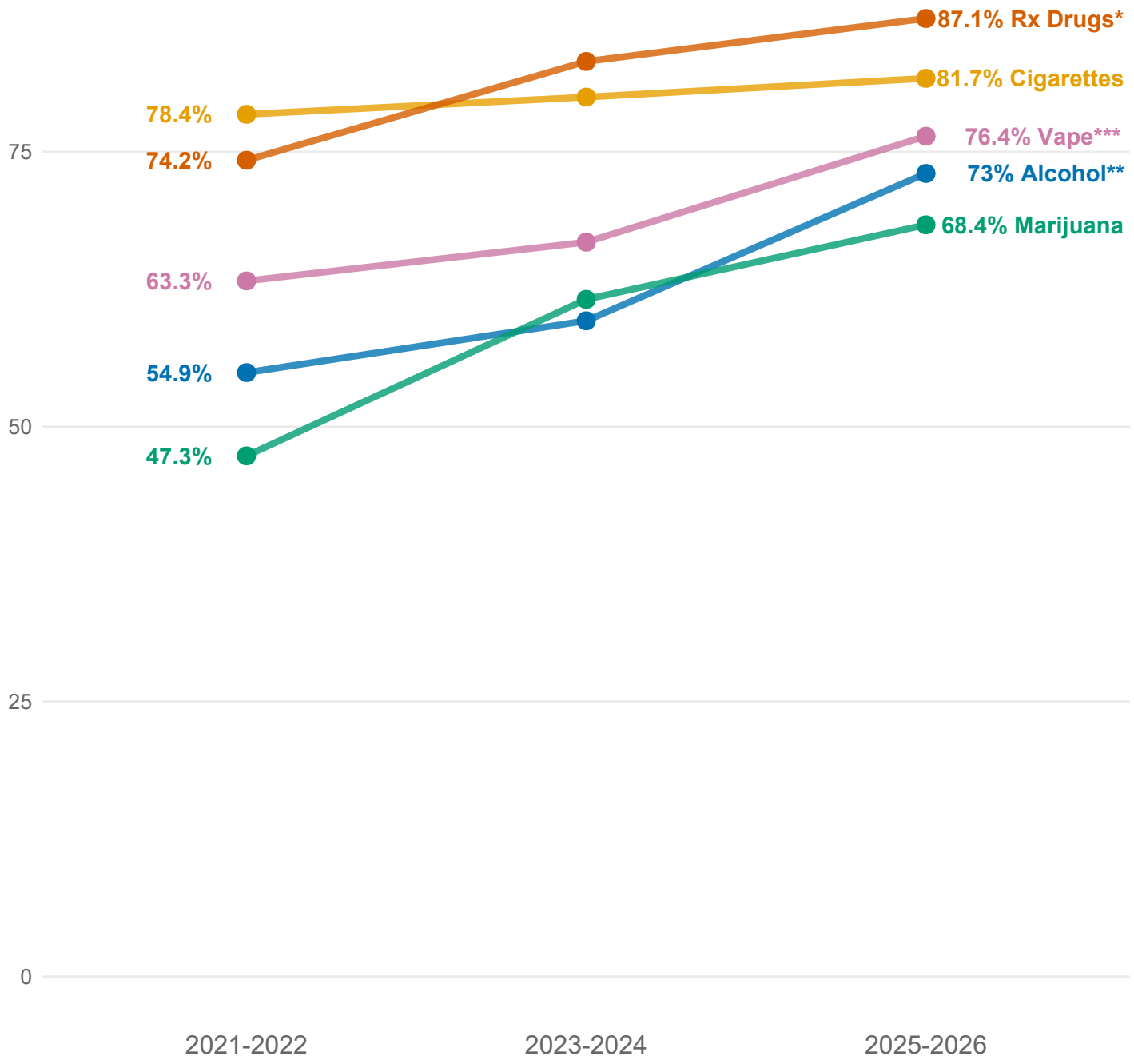
2.2 Psychological distress & harm (across all grades)

If you or a student you know is thinking about suicide or is in emotional distress, **call or text 988** (Suicide & Crisis Lifeline) to reach a trained crisis counselor at any time. If someone is in immediate danger, call 911.



Results with fewer than 10 valid responses are suppressed and not shown.
*In 2025-2026, the depressive symptoms items were scored on a new response scale (Strongly Disagree to Strongly Agree) instead of NO!, no, yes, YES!, so changes from 2023-2024 to 2025-2026 for these measures should be interpreted with caution.

2.3 Percentage that view using this substance as a risky behavior (across all grades)



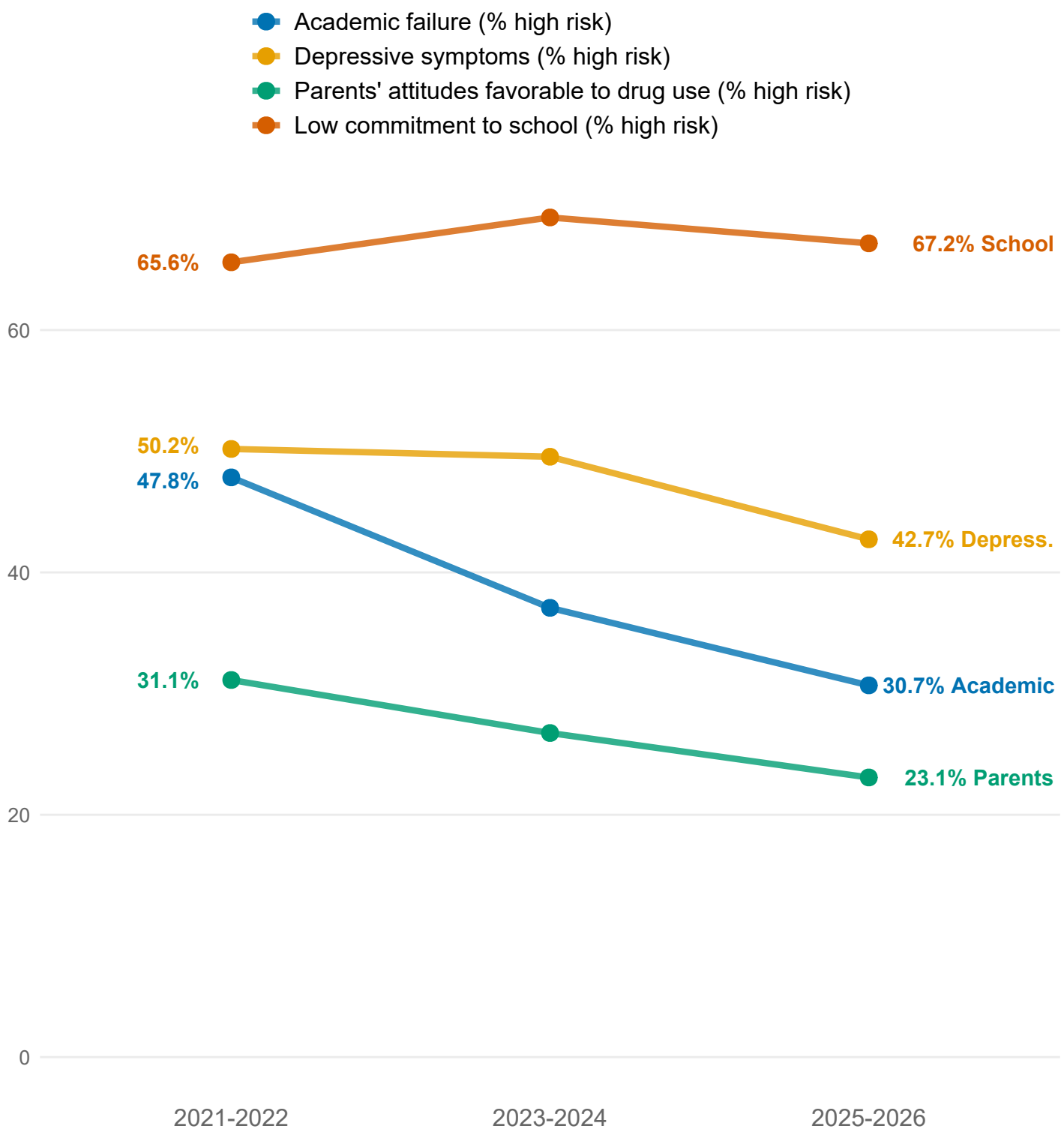
Results with fewer than 10 valid responses are suppressed and not shown.

*Non-medical usage of prescription drugs

**Indicates 1-2 drinks daily

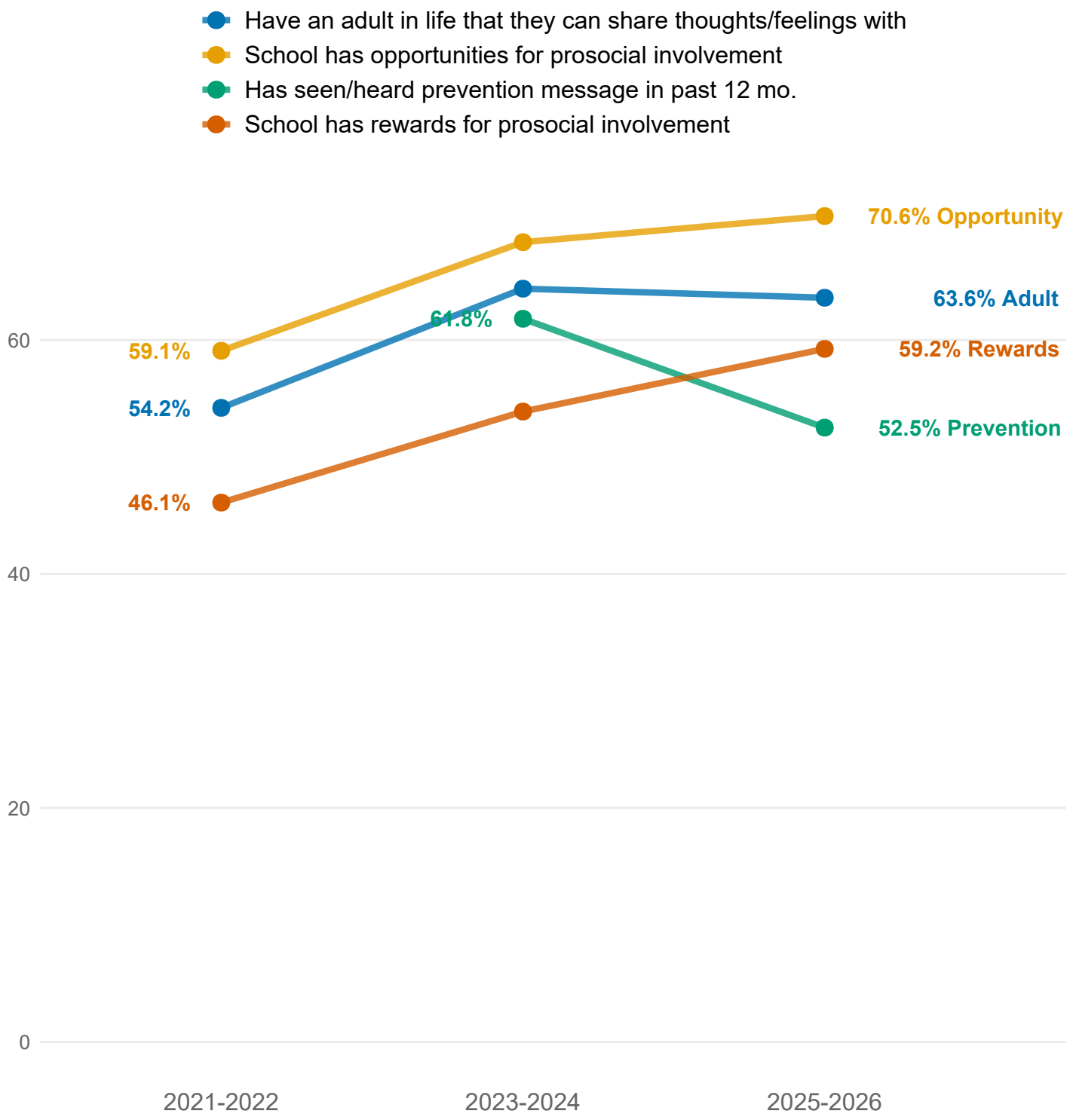
***Includes e-cigs

2.4 Substance use risk factors (across all grades)



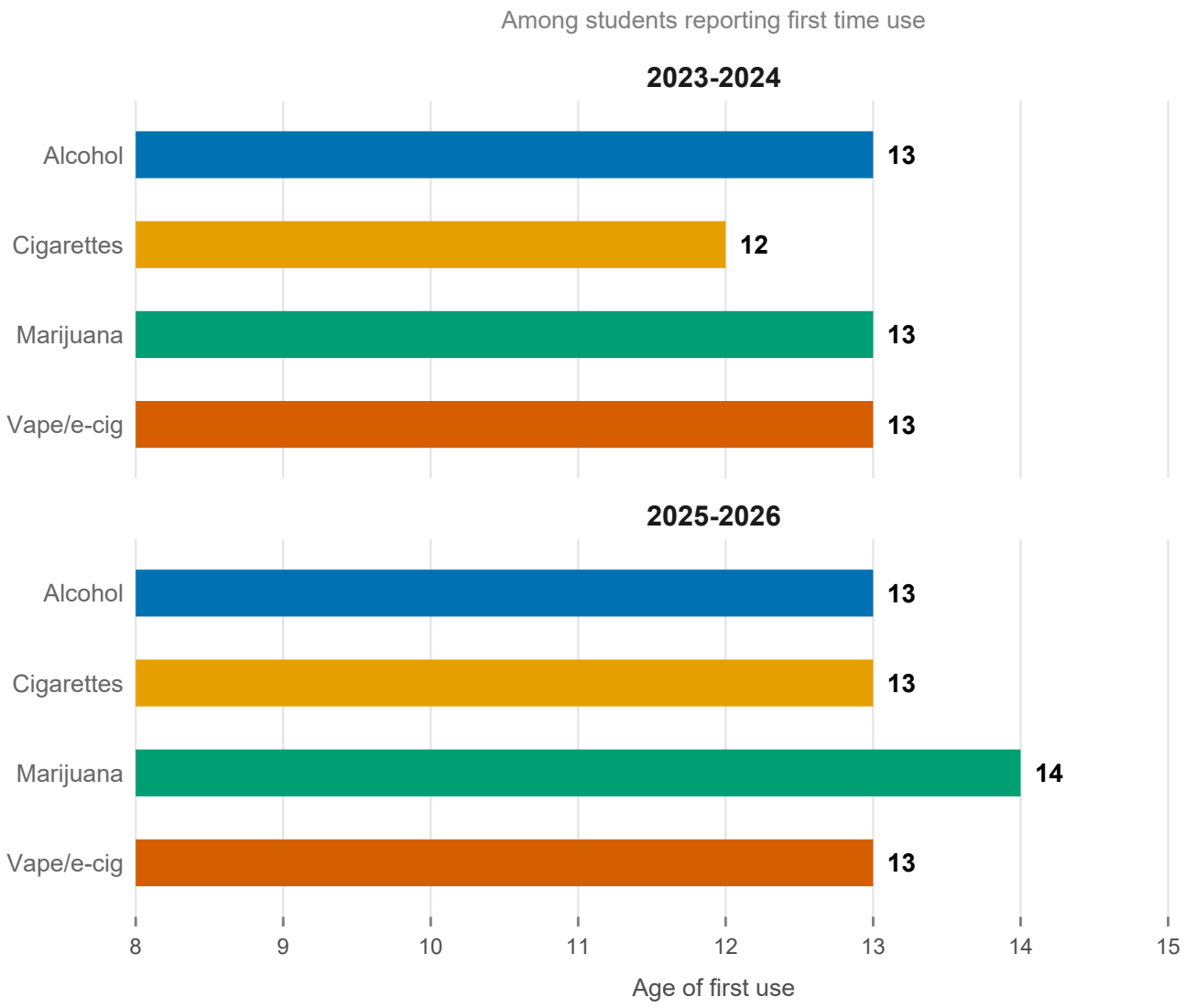
Results with fewer than 10 valid responses are suppressed and not shown.

2.5 Protective factors summary (across all grades)



Results with fewer than 10 valid responses are suppressed and not shown.
Suppressed: Prevention (2021-2022).

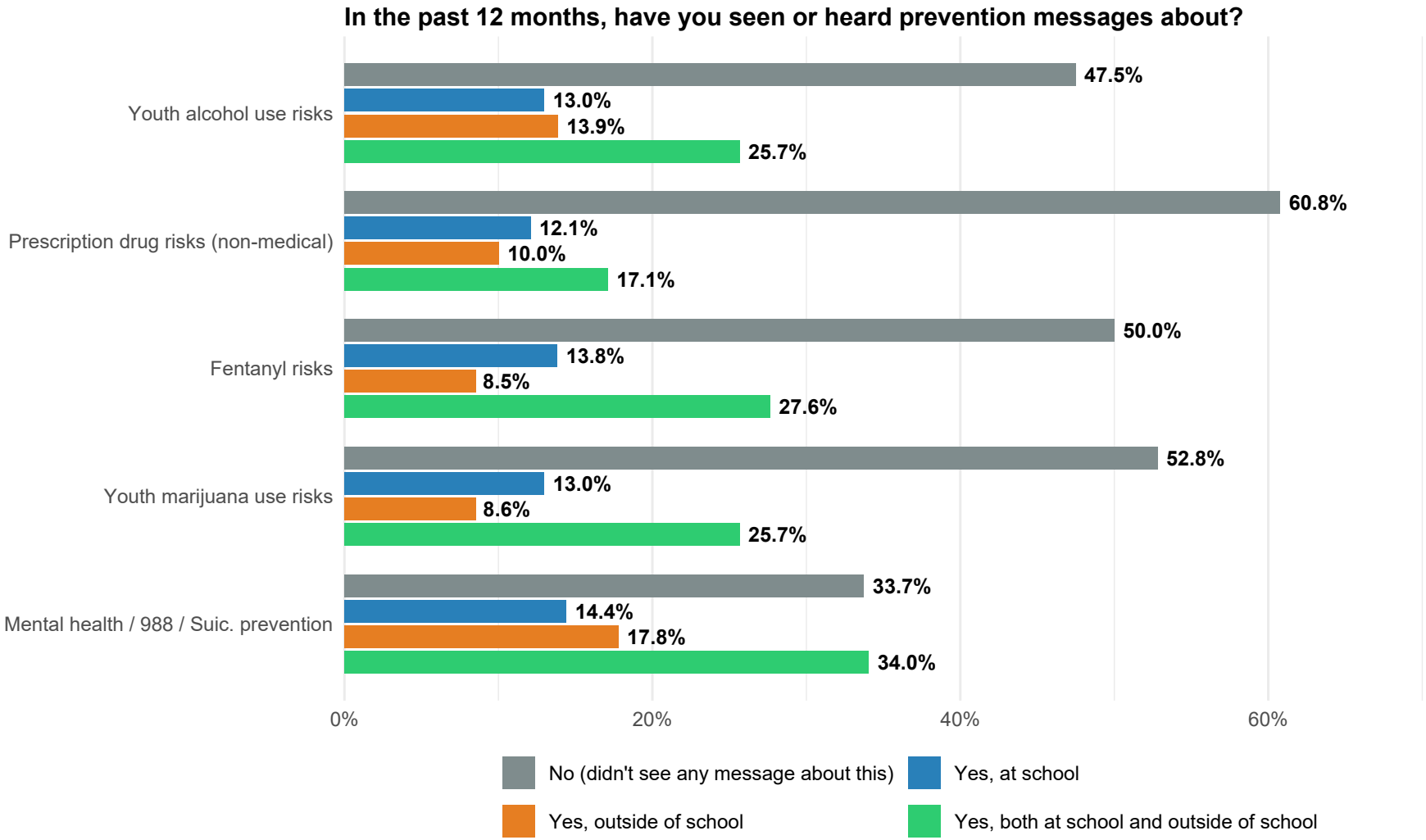
2.6 Median* age of first substance use (all grades)



Results for groups with sample sizes under 10 students are suppressed (--)

*Median was calculated by truncating end point categories (age 10 or under treated as 10, 17 or above treated as 17).

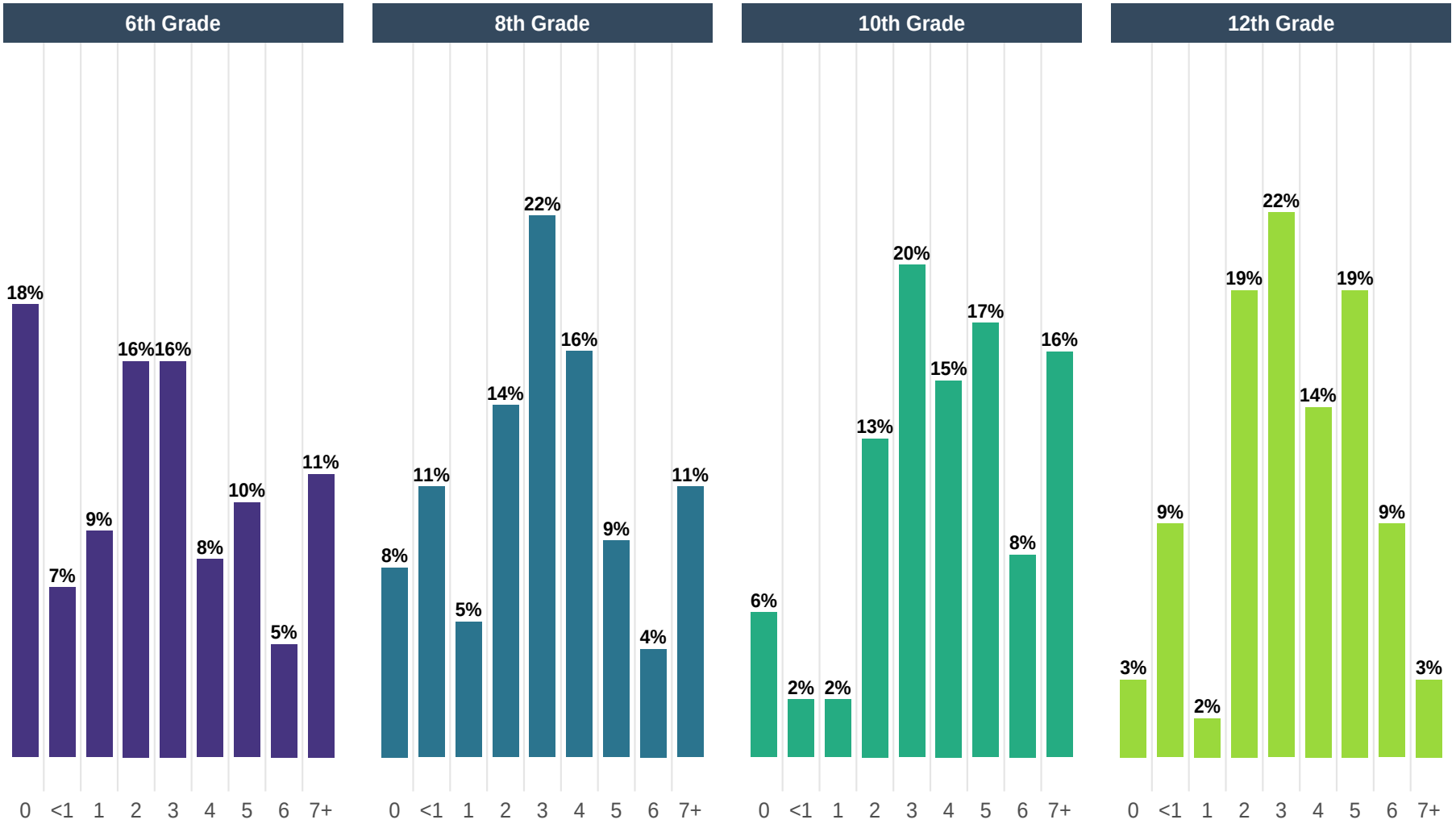
2.7 Prevention messages summary (all grades)



Results with fewer than 10 valid responses are suppressed (--).

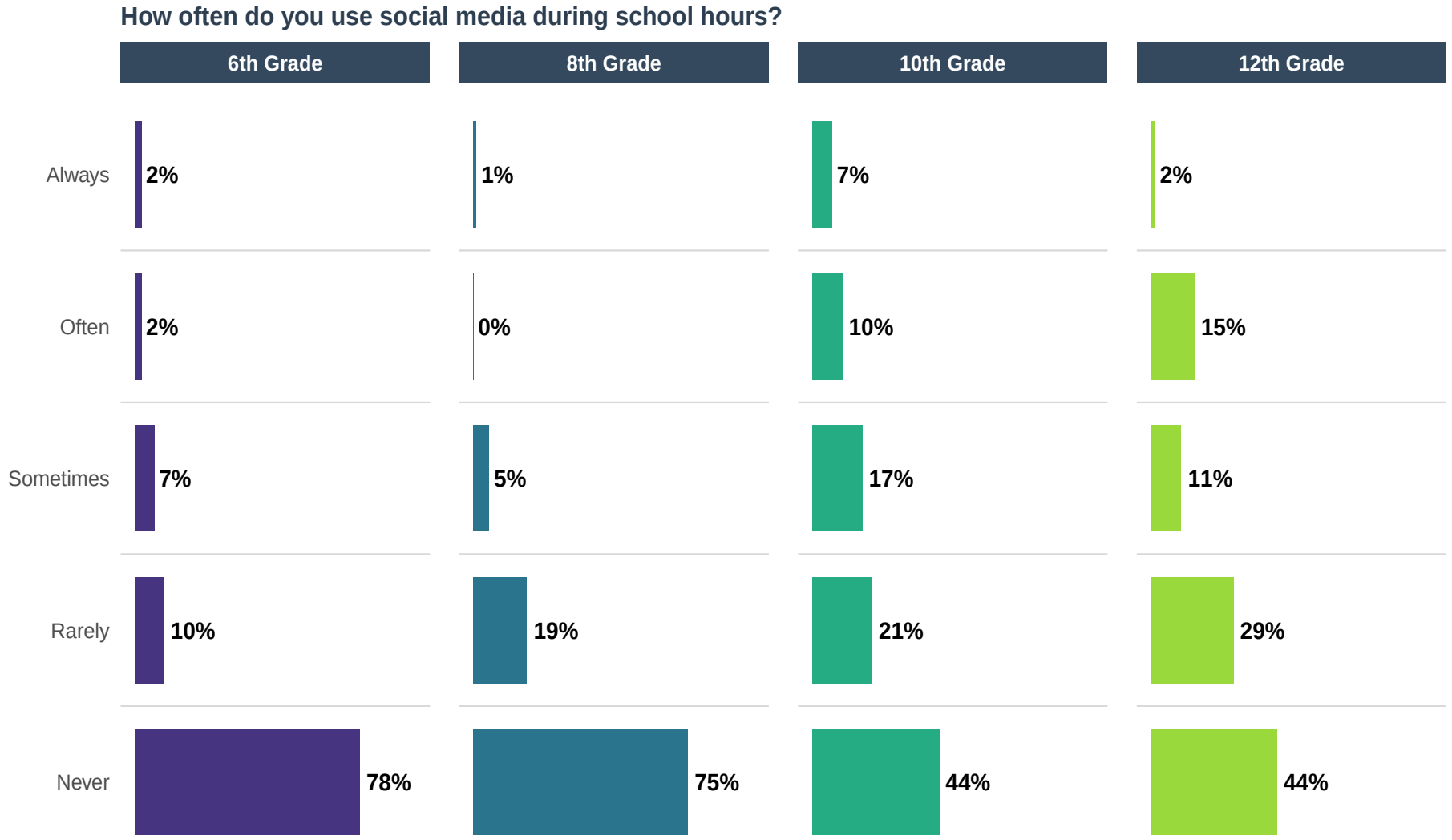
2.8 Social media- free time on social media (OPNA Survey 25-26 results)

How many hours a day, during free time, do you usually use social media?



Results for grades with fewer than 10 valid responses are suppressed (−−).

2.9 Social media- use at school (OPNA Survey 25-26 results)



Results for grades with fewer than 10 valid responses are suppressed (−−).

3 Survey tables- Substance use trends and behaviors

3.1 Students' lifetime Alcohol, Tobacco, and Other Drugs (ATOD) usage

	Cty. 21-22	Cty. 23-24	Cty. 25-26	Statewide 25-26
Grade 6				
Alcohol	21.3%	9.4%	11.8%	14.5%
Cigarette	7.9%	3.1%	5.4%	2.7%
Marijuana	15.7%	6.1%	5.4%	3.4%
Vape/e-cig	16.1%	6.6%	8.7%	6.0%
Prescription pain relievers	4.5%	9.3%	5.4%	5.5%
Prescription stimulants	2.2%	2.7%	4.3%	1.9%
Prescription sedatives	4.5%	7.5%	6.5%	6.4%
Prescription drugs*	6.8%	13.7%	12.1%	11.1%
Grade 8				
Alcohol	18.2%	23.7%	21.5%	23.6%
Cigarette	16.7%	14.0%	3.1%	5.4%
Marijuana	20.4%	15.8%	5.2%	7.5%
Vape/e-cig	24.5%	18.2%	8.3%	12.2%
Prescription pain relievers	3.7%	8.6%	4.2%	5.0%
Prescription stimulants	0.0%	4.5%	4.2%	2.3%
Prescription sedatives	5.6%	8.0%	5.3%	5.7%
Prescription drugs*	9.3%	14.7%	8.4%	10.0%
Grade 10				
Alcohol	52.5%	26.6%	31.4%	28.5%
Cigarette	13.6%	11.9%	8.1%	7.3%
Marijuana	34.6%	21.2%	14.0%	11.9%
Vape/e-cig	36.2%	20.0%	17.4%	15.4%
Prescription pain relievers	4.9%	3.7%	4.7%	4.3%
Prescription stimulants	4.9%	3.7%	2.4%	2.0%
Prescription sedatives	7.4%	4.4%	2.3%	4.1%
Prescription drugs*	12.3%	8.9%	7.1%	7.9%
Grade 12				
Alcohol	32.7%	40.0%	44.4%	37.8%
Cigarette	20.4%	18.8%	16.7%	12.2%
Marijuana	34.7%	28.4%	24.2%	20.2%
Vape/e-cig	30.6%	28.4%	21.2%	22.0%
Prescription pain relievers	10.2%	7.0%	4.5%	3.9%
Prescription stimulants	10.2%	4.4%	3.0%	2.4%
Prescription sedatives	8.2%	7.0%	1.5%	3.4%
Prescription drugs*	16.3%	13.2%	6.1%	7.0%
All grades				
Alcohol	31.9%	23.2%	25.7%	26.0%
Cigarette	13.6%	11.1%	7.6%	6.9%
Marijuana	25.6%	16.6%	11.2%	10.7%
Vape/e-cig	26.4%	17.1%	13.2%	13.9%
Prescription pain relievers	5.5%	7.1%	4.7%	4.7%
Prescription stimulants	4.0%	3.8%	3.5%	2.2%
Prescription sedatives	6.2%	6.6%	4.1%	4.9%
Prescription drugs*	10.7%	12.4%	8.6%	9.0%

Results for groups under 10 surveys received are suppressed (–). n/a = fewer than 2 districts participated, or question not asked that year.

*"Prescription drugs" is a calculated measure: students are counted if they reported using any of the three prescription drug types above (pain relievers, stimulants, or sedatives) without a prescription.

3.2 Students' Alcohol, Tobacco, and Other Drugs (ATOD) usage in past 30 days

	Cty. 21-22	Cty. 23-24	Cty. 25-26	Statewide 25-26
Grade 6				
Alcohol	7.9%	2.2%	4.3%	3.1%
Cigarette	0.0%	0.0%	2.2%	0.2%
Marijuana	5.6%	1.7%	3.3%	0.8%
Vape/e-cig	7.9%	0.9%	3.2%	2.0%
Chewing tobacco	1.1%	0.5%	1.1%	0.9%
Prescription pain relievers	0.0%	2.7%	2.2%	1.9%
Prescription stimulants	0.0%	0.9%	1.1%	0.4%
Prescription sedatives	0.0%	1.8%	2.2%	2.0%
Prescription drugs*	0.0%	4.5%	4.4%	3.7%
Grade 8				
Alcohol	3.8%	6.1%	8.4%	5.8%
Cigarette	2.0%	1.1%	0.0%	0.6%
Marijuana	7.7%	6.4%	2.1%	2.6%
Vape/e-cig	5.9%	8.7%	3.1%	4.9%
Chewing tobacco	2.0%	3.8%	1.1%	1.6%
Prescription pain relievers	0.0%	4.5%	1.0%	1.7%
Prescription stimulants	0.0%	1.5%	0.0%	0.6%
Prescription sedatives	1.9%	2.6%	1.1%	1.7%
Prescription drugs*	1.9%	5.7%	2.1%	3.3%
Grade 10				
Alcohol	19.8%	4.8%	10.5%	8.4%
Cigarette	2.5%	2.2%	1.2%	0.8%
Marijuana	18.8%	7.1%	4.7%	4.5%
Vape/e-cig	22.2%	9.6%	5.8%	6.7%
Chewing tobacco	3.7%	1.5%	2.3%	2.5%
Prescription pain relievers	1.2%	1.5%	4.7%	1.2%
Prescription stimulants	1.2%	0.7%	2.3%	0.5%
Prescription sedatives	2.5%	1.1%	0.0%	1.1%
Prescription drugs*	4.9%	2.2%	4.7%	2.2%
Grade 12				
Alcohol	16.3%	15.5%	15.2%	13.6%
Cigarette	4.1%	2.6%	4.5%	2.0%
Marijuana	16.3%	14.7%	9.1%	8.0%
Vape/e-cig	16.7%	13.8%	15.2%	10.2%
Chewing tobacco	6.1%	3.5%	7.6%	4.0%
Prescription pain relievers	2.0%	1.7%	1.5%	0.9%
Prescription stimulants	2.0%	0.0%	1.5%	0.4%
Prescription sedatives	2.0%	1.7%	0.0%	0.7%
Prescription drugs*	2.0%	2.6%	3.0%	1.5%
All grades				
Alcohol	12.1%	5.9%	9.1%	7.7%
Cigarette	1.8%	1.4%	1.8%	0.9%
Marijuana	11.9%	6.5%	4.4%	4.0%
Vape/e-cig	13.4%	7.6%	6.2%	5.9%
Chewing tobacco	3.0%	2.2%	2.6%	2.3%
Prescription pain relievers	0.7%	2.7%	2.3%	1.4%
Prescription stimulants	0.7%	0.9%	1.2%	0.5%
Prescription sedatives	1.5%	1.8%	0.9%	1.4%
Prescription drugs*	2.2%	3.9%	3.6%	2.7%

Results for groups under 10 surveys received are suppressed (–). n/a = fewer than 2 districts participated, or question not asked that year.

*"Prescription drugs" is a calculated measure: students are counted if they reported using any of the three prescription drug types above (pain relievers, stimulants, or sedatives) without a prescription.

3.3 Students' perception of risk of substances (% indicating moderate or great risk)

	Cty. 21-22	Cty. 23-24	Cty. 25-26	Statewide 25-26
Grade 6				
Alcohol (1-2 drinks daily)	51.2%	64.5%	70.8%	65.3%
Alcohol (5+ drinks at least once a week)	71.1%	78.1%	77.5%	78.4%
Cigarettes	78.6%	79.9%	70.0%	76.0%
Marijuana	63.1%	71.5%	68.9%	72.8%
Vape/e-cig	59.5%	71.6%	71.1%	71.5%
(Non-medical) Prescription Drugs	73.5%	81.1%	79.8%	78.8%
Grade 8				
Alcohol (1-2 drinks daily)	54.0%	57.4%	75.0%	69.4%
Alcohol (5+ drinks at least once a week)	68.0%	73.4%	84.9%	83.2%
Cigarettes	72.0%	80.2%	88.0%	82.2%
Marijuana	58.0%	63.5%	78.5%	74.4%
Vape/e-cig	68.0%	66.2%	81.7%	75.3%
(Non-medical) Prescription Drugs	68.0%	82.8%	90.3%	84.9%
Grade 10				
Alcohol (1-2 drinks daily)	59.3%	59.9%	75.9%	70.5%
Alcohol (5+ drinks at least once a week)	70.4%	76.8%	84.9%	82.3%
Cigarettes	85.2%	80.2%	84.7%	82.2%
Marijuana	37.0%	58.2%	67.4%	67.4%
Vape/e-cig	64.2%	66.3%	74.4%	75.4%
(Non-medical) Prescription Drugs	76.5%	86.5%	88.4%	85.3%
Grade 12				
Alcohol (1-2 drinks daily)	55.1%	54.4%	69.7%	68.9%
Alcohol (5+ drinks at least once a week)	67.3%	72.6%	84.8%	79.4%
Cigarettes	73.5%	78.9%	84.8%	80.3%
Marijuana	26.5%	45.1%	54.5%	57.0%
Vape/e-cig	63.3%	59.6%	78.8%	72.7%
(Non-medical) Prescription Drugs	78.3%	80.7%	90.9%	84.5%
All grades				
Alcohol (1-2 drinks daily)	54.9%	59.6%	73.0%	68.5%
Alcohol (5+ drinks at least once a week)	69.6%	75.5%	82.9%	80.8%
Cigarettes	78.4%	80.0%	81.7%	80.2%
Marijuana	47.3%	61.6%	68.4%	67.8%
Vape/e-cig	63.3%	66.8%	76.4%	73.7%
(Non-medical) Prescription Drugs	74.2%	83.2%	87.1%	83.4%

Results for groups under 10 surveys received are suppressed (–).
n/a = fewer than 2 districts participated, or question not asked that year.

3.4 Percentage of students with problem ATOD usage

	6th grade				8th grade				10th grade				12th grade				All grades			
	Cty. 21-22	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 21-22	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 21-22	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 21-22	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 21-22	Cty. 23-24	Cty. 25-26	State 25-26
Alcohol and driving																				
Have you driven a car when you had been drinking alcohol?	–	–	–	–	1.9%	0.4%	0.0%	0.3%	0.0%	0.7%	1.2%	0.6%	4.1%	0.9%	3.0%	1.5%	1.6%	0.6%	1.2%	0.8%
Have you ridden in a car driven by someone drinking alcohol?	17.2%	18.9%	11.8%	12.4%	5.9%	18.6%	12.6%	12.8%	16.2%	15.1%	9.3%	9.3%	8.2%	6.1%	7.6%	7.9%	13.1%	15.9%	10.6%	10.6%
Problem use																				
In the past 2 weeks, did you have 5+ alcoholic drinks in a row?	1.1%	1.3%	2.2%	0.7%	1.9%	3.0%	4.2%	1.6%	6.2%	3.0%	1.2%	2.8%	10.2%	6.9%	4.5%	5.6%	4.4%	3.1%	2.9%	2.7%
In the past 30 days, did you smoke at least 1/2 a pack of cigarettes a day?	0.0%	0.0%	1.1%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.7%	1.2%	0.1%	0.0%	0.9%	0.0%	0.1%	0.0%	0.3%	0.6%	0.1%
Treatment needs*																				
Needs alcohol treatment	0.0%	0.4%	0.0%	0.2%	0.0%	1.9%	0.0%	0.7%	4.9%	0.0%	0.0%	1.4%	4.1%	0.9%	4.5%	2.3%	2.2%	0.8%	0.9%	1.2%
Needs drug treatment	1.1%	1.3%	1.1%	0.4%	0.0%	3.4%	1.1%	1.8%	7.5%	2.6%	1.2%	2.5%	10.2%	5.2%	1.5%	3.5%	4.4%	2.9%	1.2%	2.0%
Needs alcohol and/or drug treatment	1.1%	1.8%	1.1%	0.6%	0.0%	4.2%	1.1%	2.3%	8.8%	2.6%	1.2%	3.4%	12.2%	6.1%	6.1%	5.0%	5.2%	3.3%	2.1%	2.8%

Results for groups under 10 surveys received are suppressed (–). n/a = fewer than 2 districts participated, or question not asked that year.

*"Problem alcohol, tobacco, or drug (ATOD) usage" is defined as students who have used alcohol on 10 or more occasions in their lifetime or used any drugs in their lifetime and marked 3 or more of the following 6 items related to their past year drug or alcohol use: 1) spent more time using than intended, 2) neglected some of your usual responsibilities because of use, 3) wanted to cut down on use, 4) others objected to your use, 5) frequently thought about using, 6) used alcohol or drugs to relieve feelings such as sadness, anything, or boredom.

3.5 Sources of alcohol usage

	6th grade				8th grade				10th grade				12th grade				All grades			
	Cty. 21-22	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 21-22	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 21-22	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 21-22	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 21-22	Cty. 23-24	Cty. 25-26	State 25-26
Methods to obtain alcohol																				
Fake ID	–	0.0%	–	0.3%	–	0.0%	–	0.6%	3.4%	0.0%	0.0%	1.2%	–	4.0%	0.0%	2.0%	4.3%	1.0%	0.0%	1.3%
Without fake ID	–	0.0%	–	0.7%	–	0.0%	–	1.0%	0.0%	0.0%	0.0%	3.4%	–	4.0%	13.3%	7.7%	2.1%	1.0%	4.5%	4.5%
Someone 21 or older	–	6.7%	–	28.1%	–	25.9%	–	26.6%	20.7%	45.9%	21.4%	30.9%	–	60.0%	66.7%	39.8%	25.5%	38.5%	47.7%	33.5%
Someone under 21	–	13.3%	–	5.8%	–	18.5%	–	12.0%	10.3%	27.0%	21.4%	17.7%	–	20.0%	20.0%	18.7%	10.6%	21.2%	13.6%	15.9%
Brother/Sister	–	73.3%	–	7.5%	–	3.7%	–	7.9%	3.4%	13.5%	14.3%	9.5%	–	12.0%	6.7%	9.1%	6.4%	19.2%	6.8%	8.8%
Home (WITH parent's permission)	–	80.0%	–	57.2%	–	44.4%	–	48.6%	20.7%	32.4%	42.9%	41.4%	–	16.0%	26.7%	36.6%	25.5%	38.5%	43.2%	42.3%
Home (WITHOUT parent's permission)	–	0.0%	–	14.0%	–	22.2%	–	21.1%	20.7%	32.4%	7.1%	18.3%	–	12.0%	6.7%	10.5%	14.9%	20.2%	11.4%	15.2%
Another relative	–	6.7%	–	15.8%	–	18.5%	–	15.0%	0.0%	18.9%	14.3%	15.6%	–	12.0%	6.7%	10.5%	2.1%	15.4%	15.9%	13.4%
Friend's parents/guardians	–	6.7%	–	4.9%	–	7.4%	–	9.9%	3.4%	16.2%	0.0%	11.1%	–	12.0%	13.3%	11.6%	8.5%	11.5%	6.8%	10.5%
Stranger	–	0.0%	–	1.3%	–	7.4%	–	2.3%	0.0%	5.4%	7.1%	3.9%	–	4.0%	6.7%	4.6%	2.1%	4.8%	4.5%	3.6%
Stole from a store/shop	–	0.0%	–	1.4%	–	11.1%	–	3.3%	0.0%	5.4%	0.0%	3.2%	–	4.0%	6.7%	2.2%	0.0%	5.8%	2.3%	2.6%
Stole from somewhere else**	–	0.0%	n/a	n/a	–	0.0%	n/a	n/a	3.4%	0.0%	n/a	n/a	–	0.0%	n/a	n/a	4.3%	0.0%	n/a	n/a
From bar/restaurant	–	0.0%	–	1.7%	–	11.1%	–	1.3%	0.0%	5.4%	7.1%	2.2%	–	4.0%	0.0%	2.8%	2.1%	5.8%	2.3%	2.2%
At a party***	n/a	n/a	–	6.4%	n/a	n/a	–	14.2%	n/a	n/a	14.3%	25.3%	n/a	n/a	53.3%	33.0%	n/a	n/a	22.7%	24.6%
Obtained from other source***	n/a	n/a	–	14.2%	n/a	n/a	–	11.9%	n/a	n/a	0.0%	9.5%	n/a	n/a	6.7%	9.1%	n/a	n/a	2.3%	10.3%
Sample size*	–	15	–	1238	–	27	–	2325	29	37	14	2872	–	25	15	2811	47	104	44	9246

*Sample size represents the number of youth who obtained alcohol from at least one source. Results for groups with sample sizes under 10 students are suppressed (–). n/a = fewer than 2 districts participated, or question not asked that year.
**"Stole from somewhere else" was only asked on the 2021-2022 and 2023-2024 surveys.
***Item only asked on the 2025-2026 survey.

3.6 Alcohol usage at school

	6th grade				8th grade				10th grade				12th grade				All grades			
	Cty. 21-22	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 21-22	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 21-22	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 21-22	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 21-22	Cty. 23-24	Cty. 25-26	State 25-26
Alcohol use at school (past 12 months)																				
At a school dance, a game, or other event	3.4%	2.6%	1.1%	1.8%	1.9%	2.7%	2.1%	2.2%	6.3%	2.6%	4.7%	2.4%	4.1%	4.3%	0.0%	3.4%	4.1%	2.8%	2.1%	2.4%
At school during the day	1.1%	2.2%	0.0%	0.7%	3.8%	1.5%	1.0%	1.0%	3.8%	1.5%	1.2%	1.3%	2.1%	2.6%	0.0%	1.3%	2.6%	1.8%	0.6%	1.1%

Results for groups under 10 surveys received are suppressed (–). n/a = fewer than 2 districts participated, or question not asked that year.

3.7 Ease of obtaining substances

	8th grade				10th grade				12th grade				All grades			
	Cty. 21-22	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 21-22	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 21-22	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 21-22	Cty. 23-24	Cty. 25-26	State 25-26
If you wanted to get some, how easy would it be for you to get:*																
Cigarettes?	20.5%	26.0%	16.7%	15.9%	40.7%	31.4%	29.4%	24.6%	34.7%	46.4%	43.1%	34.4%	33.9%	31.8%	28.3%	25.1%
A vaping product containing nicotine (a vape or e-cig)?	27.3%	34.5%	24.4%	23.3%	46.9%	42.5%	45.9%	35.5%	42.9%	56.4%	56.9%	44.1%	40.8%	41.6%	40.8%	34.5%
Beer, wine, liquor (such as vodka, rum, or whiskey), or other drinks containing alcohol?	20.5%	29.5%	23.6%	25.5%	49.4%	37.5%	40.0%	36.7%	30.6%	48.2%	47.7%	44.4%	36.8%	36.0%	36.0%	35.7%
Marijuana? (This includes smoking marijuana, vaping marijuana, using a dab pen, or eating...)	22.7%	27.9%	18.0%	14.0%	50.6%	41.5%	23.5%	25.4%	49.0%	53.6%	40.0%	35.7%	43.1%	38.0%	25.9%	25.2%
Prescription drugs not prescribed to you?	18.2%	21.8%	13.3%	14.8%	21.0%	21.0%	22.6%	17.9%	28.6%	29.1%	21.5%	19.4%	22.4%	22.8%	18.8%	17.4%

Results for groups under 10 surveys received are suppressed (–). n/a = fewer than 2 districts participated, or question not asked that year.
*Percent responding "Sort of easy" or "Very easy." Item wording differed slightly in 2021-2022.
**This question block (ease of obtaining substances) not administered to 6th grade.

3.8 Median age of first substance use by grade (among students that have tried substance)

	6th grade			8th grade			10th grade			12th grade			All grades		
	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 23-24	Cty. 25-26	State 25-26
Median age when student first:															
Used marijuana	11	–	≤10	12	–	12	14	14	14	15	15	15	13	14	14
Drank alcohol	≤10	≤10	≤10	11	12	11	13	15	13	15	13	15	13	13	13
Smoked a cigarette	–	–	≤10	11	–	12	12	–	13	12	13	14	12	13	13
Used a vaping/e-cig product	≤10	–	11	12	–	12	13	14	13	15	13	15	13	13	13

Results for groups under 10 surveys received are suppressed (–). n/a = fewer than 2 districts participated, or question not asked that year.
*Among students who reported ever using each substance.
**Median was calculated by truncating end point categories (age 10 or under treated as 10, 17 or above treated as 17).

3.9 Pct. indicating that student (self), parents or peers think it is "wrong" or "very wrong" to use specified substance

	6th grade				8th grade				10th grade				12th grade				All grades			
	Cty. 21-22	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 21-22	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 21-22	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 21-22	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 21-22	Cty. 23-24	Cty. 25-26	State 25-26
You (student taking survey) think it is "wrong" or "very wrong" to:																				
drink beer, wine, liquor, or another drink containing alcohol regularly	95.5%	96.5%	95.7%	96.5%	86.8%	86.8%	95.8%	91.5%	61.7%	83.5%	88.2%	85.2%	73.5%	77.6%	75.8%	79.2%	79.7%	87.1%	90.0%	88.1%
smoke cigarettes	96.6%	98.3%	94.6%	98.0%	92.5%	91.7%	96.8%	95.0%	87.7%	91.9%	88.4%	91.8%	87.8%	86.2%	78.8%	86.9%	91.5%	92.7%	90.6%	92.9%
use a vaping product containing nicotine (a vape or e-cig)	90.9%	97.0%	95.7%	96.3%	86.8%	89.1%	94.7%	91.9%	71.6%	84.9%	84.9%	87.9%	81.6%	82.8%	75.8%	82.6%	82.7%	89.0%	88.8%	89.7%
use marijuana	94.3%	96.5%	95.6%	97.5%	81.1%	84.9%	96.8%	92.8%	63.0%	76.0%	81.4%	85.5%	67.3%	69.8%	69.7%	75.4%	77.5%	83.2%	87.3%	87.8%
use prescription drugs not prescribed to you	96.6%	94.3%	93.4%	95.2%	94.2%	93.2%	96.8%	94.2%	91.2%	94.9%	93.0%	93.6%	93.6%	89.6%	90.9%	93.6%	94.0%	93.5%	93.8%	94.2%
Parents would think it is "wrong" or "very wrong" to:																				
have 1 to 2 alcoholic beverages nearly every day	94.6%	96.4%	96.6%	97.0%	94.9%	96.5%	94.4%	96.4%	88.8%	93.4%	94.0%	93.5%	95.8%	87.0%	89.2%	89.9%	92.9%	94.3%	93.8%	94.1%
smoke cigarettes	100.0%	97.3%	100.0%	98.1%	97.4%	97.2%	98.9%	98.2%	98.8%	97.6%	97.6%	97.3%	97.9%	91.7%	95.4%	95.5%	98.8%	96.7%	98.1%	97.3%
use a vaping product containing nicotine (a vape or e-cig)	98.6%	96.0%	96.6%	97.4%	94.9%	96.9%	96.6%	97.0%	93.8%	94.5%	91.7%	95.5%	89.6%	88.9%	90.8%	92.9%	94.6%	94.9%	94.2%	95.7%
use marijuana	95.9%	95.6%	100.0%	98.2%	97.4%	93.8%	98.8%	97.0%	78.8%	89.5%	92.9%	94.1%	83.3%	81.5%	89.2%	88.9%	88.0%	91.4%	95.7%	94.5%
use prescription drugs not prescribed to you	98.6%	96.4%	92.0%	97.3%	97.4%	96.5%	100.0%	97.6%	96.2%	96.1%	97.6%	97.1%	97.9%	95.2%	93.8%	96.5%	97.5%	96.2%	96.0%	97.1%
Peers would think it is "wrong" or "very wrong" to:																				
have one or two alcoholic beverages nearly every day	97.4%	95.6%	94.4%	95.0%	93.2%	87.5%	92.4%	90.7%	78.8%	89.9%	87.2%	85.8%	85.7%	77.2%	74.2%	80.8%	88.4%	89.0%	88.0%	88.0%
smoke cigarettes	97.4%	96.5%	97.8%	96.9%	93.2%	91.2%	95.7%	93.7%	82.7%	89.5%	84.5%	90.0%	83.7%	81.6%	78.8%	84.5%	89.3%	90.8%	90.0%	91.2%
use marijuana	92.2%	96.1%	97.8%	96.8%	86.4%	83.3%	94.6%	91.5%	55.6%	74.5%	81.4%	84.3%	67.3%	69.9%	74.2%	75.1%	74.5%	82.2%	88.0%	86.9%
use prescription drugs not prescribed to you	94.9%	95.6%	95.5%	96.0%	95.5%	93.2%	96.7%	95.2%	88.9%	92.5%	94.2%	94.1%	95.9%	88.6%	95.5%	93.5%	93.3%	93.0%	95.5%	94.7%

Results for groups under 10 surveys received are suppressed (–). n/a = fewer than 2 districts participated, or question not asked that year.

3.10 Student (non-medical) prescription drug use by source

	8th grade				10th grade				12th grade				All grades			
	Cty. 21-22	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 21-22	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 21-22	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 21-22	Cty. 23-24	Cty. 25-26	State 25-26
Source of Prescription Drugs																
Doctor/Pharmacy	–	16.7%	–	29.0%	–	–	–	24.4%	–	–	–	24.7%	–	25.0%	–	25.9%
Family/Relatives	–	33.3%	–	18.7%	–	–	–	20.3%	–	–	–	21.7%	–	25.0%	–	20.3%
Friends	–	66.7%	–	34.4%	–	–	–	31.7%	–	–	–	37.5%	–	50.0%	–	34.6%
Home (e.g., Medicine Cabinet)	–	33.3%	–	33.2%	–	–	–	31.0%	–	–	–	27.0%	–	37.5%	–	30.2%
Outside the U.S. (e.g., Mexico, Canada)	–	0.0%	–	4.4%	–	–	–	5.4%	–	–	–	7.3%	–	4.2%	–	5.8%
Over the Internet	–	8.3%	–	7.0%	–	–	–	8.6%	–	–	–	9.6%	–	8.3%	–	8.5%
Parties	–	16.7%	–	13.5%	–	–	–	16.7%	–	–	–	19.0%	–	16.7%	–	16.5%
School	–	16.7%	–	13.4%	–	–	–	13.2%	–	–	–	13.6%	–	20.8%	–	13.4%
Other	–	0.0%	–	12.2%	–	–	–	15.6%	–	–	–	12.8%	–	8.3%	–	13.6%
Sample size*	–	12	–	645	–	–	–	543	–	–	–	405	–	24	–	1593

Results for groups with sample sizes under 10 students are suppressed (–). An additional grade may be suppressed to prevent calculation of a suppressed group. n/a = fewer than 2 districts participated, or question not asked that year.
*Sample size represents the number of youth who obtained prescription drugs from at least one source.
**This question block (source of prescription drugs) not asked of 6th graders.

3.11 Student vape/e-cig use by source

	6th grade		8th grade		10th grade		12th grade		All grades	
	County 25–26	State 25–26	County 25–26	State 25–26	County 25–26	State 25–26	County 25–26	State 25–26	County 25–26	State 25–26
Methods to obtain vapes/e-cigs										
I bought them myself with a fake ID	–	1.4%	–	1.1%	0.0%	1.3%	–	3.0%	0.0%	1.9%
I bought them myself without a fake ID	–	1.4%	–	3.4%	8.3%	9.7%	–	22.1%	16.7%	12.2%
From someone I know age 21 or older	–	10.2%	–	16.6%	25.0%	28.0%	–	37.6%	26.7%	27.3%
From someone I know under age 21	–	33.0%	–	45.3%	41.7%	45.1%	–	30.5%	43.3%	38.4%
I got them from my parents/guardians with their permission	–	6.2%	–	4.1%	0.0%	6.0%	–	7.0%	0.0%	6.0%
I got them from my parents/guardians without their permission	–	23.4%	–	16.1%	16.7%	9.6%	–	4.1%	6.7%	10.3%
I got them from my brother or sister	–	22.2%	–	14.8%	8.3%	11.5%	–	10.0%	13.3%	12.7%
I got them from another relative	–	12.5%	–	12.4%	0.0%	10.8%	–	9.3%	3.3%	10.8%
I got them from my friend's parents/guardians	–	8.6%	–	10.7%	16.7%	11.2%	–	7.1%	10.0%	9.3%
A stranger bought them for me	–	2.2%	–	5.0%	0.0%	7.5%	–	7.3%	0.0%	6.4%
I stole them from a store or shop	–	1.8%	–	2.2%	0.0%	1.5%	–	1.7%	3.3%	1.8%
I got them some other way	–	23.2%	–	20.4%	8.3%	15.3%	–	13.7%	3.3%	16.6%
Sample size*	–	627	–	1427	12	1485	–	1334	30	4873

Results for groups with sample sizes under 10 students are suppressed (–). An additional grade may be suppressed to prevent calculation of a suppressed group.
*Sample size represents the number of youth who obtained vaping products containing nicotine from at least one source.

3.12 Student marijuana use by source

	6th grade			8th grade			10th grade			12th grade			All grades		
	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 23-24	Cty. 25-26	State 25-26
Methods to obtain marijuana															
I took it from a friend/relative without asking	–	–	24.3%	14.3%	–	27.6%	13.2%	–	15.9%	–	–	8.1%	13.1%	11.8%	14.5%
It was given to me for free by a friend/relative or I bought it from a friend/relative	–	–	48.9%	61.9%	–	59.6%	63.2%	–	66.7%	–	–	61.8%	58.3%	76.5%	62.3%
I bought it myself with my own medical marijuana card	–	–	4.2%	14.3%	–	3.4%	5.3%	–	6.2%	–	–	14.7%	10.7%	0.0%	9.7%
I bought it with someone else's medical marijuana card	–	–	3.7%	9.5%	–	1.8%	13.2%	–	4.9%	–	–	8.7%	9.5%	5.9%	6.2%
I got it from someone who is not a friend or relative	–	–	12.0%	19.0%	–	14.6%	15.8%	–	16.9%	–	–	15.8%	16.7%	5.9%	15.7%
I got it some other way	–	–	31.5%	9.5%	–	17.9%	10.5%	–	17.1%	–	–	14.8%	11.9%	5.9%	16.7%
Sample size*	–	–	221	21	–	876	38	–	1222	–	–	1343	84	17	3662

Results for groups with sample sizes under 10 students are suppressed (–). An additional grade may be suppressed to prevent calculation of a suppressed group. n/a = fewer than 2 districts participated, or question not asked that year.
*Sample size represents the number of youth who obtained marijuana from at least one source.

3.13 Reasons for using marijuana

	6th grade			8th grade			10th grade			12th grade			All grades		
	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 23-24	Cty. 25-26	State 25-26
Reasons for Using Marijuana															
To experiment - to see what it's like	0.0%	–	30.7%	32.0%	–	35.9%	34.1%	–	30.8%	25.0%	–	24.8%	27.6%	26.3%	28.8%
To relax or reduce stress	16.7%	–	53.5%	68.0%	–	61.0%	65.9%	–	67.1%	85.0%	–	72.9%	64.3%	63.2%	68.3%
To feel good or get high	75.0%	–	39.6%	24.0%	–	49.0%	46.3%	–	49.6%	60.0%	–	47.4%	46.9%	42.1%	48.0%
To fit in with a group I like	0.0%	–	17.9%	16.0%	–	9.2%	0.0%	–	8.1%	15.0%	–	5.5%	7.1%	5.3%	7.4%
To get away from my problems or troubles	75.0%	–	48.0%	60.0%	–	53.6%	31.7%	–	44.3%	50.0%	–	33.1%	48.0%	36.8%	40.7%
Because of anger or frustration	8.3%	–	29.9%	56.0%	–	38.7%	34.1%	–	35.0%	40.0%	–	28.8%	37.8%	26.3%	32.4%
To help manage pain or other issues	25.0%	–	33.7%	52.0%	–	37.3%	29.3%	–	31.9%	50.0%	–	34.6%	38.8%	26.3%	34.2%
To increase the effects of some other drug(s) or decrease the effect of some other drug(s)	0.0%	–	2.7%	0.0%	–	1.9%	2.4%	–	2.8%	5.0%	–	2.6%	2.0%	0.0%	2.6%
Because I am hooked - I have to have it	0.0%	–	4.9%	4.0%	–	4.6%	4.9%	–	4.4%	0.0%	–	4.1%	3.1%	0.0%	4.3%
To cope with problems with my emotions, anxiety, depression, or other mental health issue	16.7%	–	47.8%	48.0%	–	56.7%	43.9%	–	52.4%	55.0%	–	45.1%	43.9%	36.8%	49.4%
Sample size*	12	–	234	25	–	952	41	–	1299	20	–	1420	98	19	3905

Results for groups with sample sizes under 10 students are suppressed (–). An additional grade may be suppressed to prevent calculation of a suppressed group. n/a = fewer than 2 districts participated, or question not asked that year.
*Sample size represents the number of youth who indicated using marijuana in the past 12 months for at least one reason.

3.14 Student marijuana use by method

	6th grade			8th grade			10th grade			12th grade			All grades		
	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 23-24	Cty. 25-26	State 25-26
Methods of using marijuana															
Smoked it (for example, in a joint, bong, pipe, or blunt)	–	–	41.3%	73.9%	–	53.2%	60.5%	–	60.7%	–	–	66.6%	67.9%	72.2%	61.5%
Smoked using an Electronic Nicotine Device (for example vape, pen, Juul, or e-cig)	–	–	53.5%	47.8%	–	71.3%	60.5%	–	69.1%	–	–	67.9%	63.1%	61.1%	68.2%
Eaten it (for example in brownies, cakes, cookies, or candy)	–	–	32.2%	43.5%	–	34.0%	42.1%	–	34.9%	–	–	39.8%	50.0%	22.2%	37.0%
Drank it (for example in tea, cola, or alcohol)	–	–	12.6%	4.3%	–	4.9%	2.6%	–	6.2%	–	–	7.7%	4.8%	0.0%	7.0%
Dabbed it (for example, using waxes or concentrates)	–	–	9.9%	30.4%	–	11.9%	18.4%	–	20.3%	–	–	23.6%	27.4%	11.1%	20.1%
Used it some other way**	–	n/a	n/a	0.0%	n/a	n/a	0.0%	n/a	n/a	–	n/a	n/a	1.2%	n/a	n/a
Sample size*	–	–	236	23	–	888	38	–	1246	–	–	1375	84	18	3745

Results for groups with sample sizes under 10 students are suppressed (–). An additional grade may be suppressed to prevent calculation of a suppressed group. n/a = fewer than 2 districts participated, or question not asked that year.
*Sample size represents the number of youth who indicated using marijuana in the past 12 months by at least one method.
**Used it some other way was only asked on the 2023-2024 survey.

4 Survey tables- Psychological distress & mental health

4.1 Percentage of students reporting psychological distress

4.1.1 Psychological distress scale

	6th grade				8th grade				10th grade				12th grade				All grades			
	Cty. 21-22	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 21-22	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 21-22	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 21-22	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 21-22	Cty. 23-24	Cty. 25-26	State 25-26
Psychological Distress*																				
High psychological distress	38.3%	26.5%	17.4%	19.7%	24.5%	28.4%	21.3%	22.0%	37.0%	30.1%	31.4%	21.7%	28.6%	28.9%	19.7%	19.6%	33.5%	28.5%	22.5%	20.8%
Moderate psychological distress	30.9%	25.2%	29.3%	28.9%	20.4%	30.7%	25.5%	28.7%	28.4%	33.5%	31.4%	30.4%	32.7%	35.1%	31.8%	31.5%	28.5%	30.7%	29.3%	29.9%
Low psychological distress	30.9%	48.3%	53.3%	51.3%	55.1%	40.9%	53.2%	49.3%	34.6%	36.4%	37.2%	47.9%	38.8%	36.0%	48.5%	48.9%	38.1%	40.8%	48.2%	49.3%

Results for groups under 10 surveys received are suppressed (–). n/a = fewer than 2 districts participated, or question not asked that year.
*This scale is calculated from student responses to specific questions (seen in the subsequent table on next page). See Appendix for further explanation on how the scale is scored.

4.1.2 Specific psychological distress items

	6th grade				8th grade				10th grade				12th grade				All grades			
	Cty. 21-22	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 21-22	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 21-22	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 21-22	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 21-22	Cty. 23-24	Cty. 25-26	State 25-26
During the past 30 days, how often did you:																				
Feel nervous?																				
All of the time	30%	12%	7%	11%	12%	17%	16%	12%	22%	17%	20%	13%	20%	15%	9%	12%	22%	15%	13%	12%
Most of the time	20%	20%	17%	16%	18%	23%	20%	20%	21%	23%	19%	20%	16%	21%	24%	19%	19%	22%	20%	19%
Some of the time	27%	30%	35%	33%	18%	33%	30%	35%	22%	38%	29%	36%	29%	31%	35%	36%	24%	33%	32%	35%
A little of the time	14%	24%	33%	29%	27%	19%	22%	24%	21%	13%	19%	20%	20%	18%	24%	20%	20%	19%	25%	23%
None of the time	10%	13%	9%	11%	24%	8%	12%	10%	14%	9%	14%	11%	14%	16%	8%	13%	15%	11%	11%	11%
Feel hopeless?																				
All of the time	19%	11%	8%	7%	4%	10%	5%	6%	14%	6%	8%	5%	12%	6%	3%	5%	13%	8%	6%	6%
Most of the time	9%	8%	10%	8%	10%	9%	6%	9%	9%	15%	13%	8%	12%	11%	8%	7%	10%	11%	9%	8%
Some of the time	22%	17%	18%	17%	16%	20%	19%	18%	19%	21%	28%	20%	16%	23%	17%	20%	19%	20%	21%	19%
A little of the time	15%	24%	21%	23%	20%	23%	18%	24%	27%	25%	16%	24%	27%	24%	29%	24%	22%	24%	20%	24%
None of the time	35%	40%	43%	46%	49%	38%	51%	44%	32%	34%	35%	43%	33%	37%	44%	43%	36%	37%	43%	44%
Feel restless or fidgety?																				
All of the time	26%	17%	15%	16%	10%	20%	19%	17%	28%	19%	20%	16%	16%	18%	9%	13%	22%	19%	16%	15%
Most of the time	21%	18%	8%	17%	10%	19%	15%	19%	20%	23%	24%	19%	18%	21%	18%	18%	18%	20%	16%	18%
Some of the time	20%	20%	22%	21%	16%	22%	13%	22%	22%	24%	19%	24%	24%	25%	30%	25%	21%	23%	20%	23%
A little of the time	12%	22%	23%	21%	14%	20%	27%	21%	14%	17%	13%	20%	20%	17%	21%	21%	15%	19%	21%	21%
None of the time	21%	22%	32%	26%	49%	19%	26%	22%	16%	17%	24%	21%	20%	19%	21%	23%	25%	19%	26%	23%
Feel so depressed that nothing could cheer you up?																				
All of the time	11%	7%	1%	4%	6%	5%	2%	3%	16%	4%	8%	3%	10%	6%	3%	3%	12%	6%	4%	3%
Most of the time	9%	10%	12%	6%	4%	9%	6%	6%	4%	8%	9%	5%	6%	4%	8%	5%	6%	8%	9%	6%
Some of the time	19%	12%	11%	12%	16%	18%	15%	13%	20%	20%	16%	14%	18%	23%	14%	15%	19%	18%	14%	14%
A little of the time	16%	15%	12%	18%	22%	20%	16%	18%	27%	21%	20%	19%	20%	23%	20%	19%	22%	19%	17%	19%
None of the time	45%	56%	63%	60%	51%	48%	61%	59%	33%	47%	47%	58%	45%	45%	56%	58%	42%	49%	57%	59%
Feel that everything was an effort?																				
All of the time	24%	11%	9%	8%	8%	9%	5%	7%	20%	10%	15%	7%	16%	11%	12%	7%	18%	10%	10%	7%
Most of the time	18%	18%	9%	13%	12%	16%	9%	12%	17%	16%	7%	12%	18%	14%	8%	12%	17%	16%	8%	12%
Some of the time	21%	20%	20%	22%	24%	26%	22%	22%	26%	28%	19%	23%	27%	27%	18%	23%	24%	25%	20%	23%
A little of the time	19%	18%	25%	23%	14%	21%	26%	24%	20%	21%	22%	24%	14%	22%	30%	23%	17%	20%	25%	24%
None of the time	19%	33%	37%	34%	41%	28%	38%	34%	17%	24%	37%	34%	24%	26%	32%	34%	24%	28%	36%	34%
Feel worthless?																				
All of the time	18%	13%	9%	6%	6%	6%	4%	6%	16%	6%	10%	5%	12%	8%	5%	4%	14%	8%	7%	5%
Most of the time	11%	8%	7%	7%	14%	12%	7%	7%	6%	10%	14%	7%	10%	9%	8%	6%	10%	10%	9%	7%
Some of the time	19%	10%	8%	11%	8%	16%	11%	13%	9%	17%	15%	14%	18%	17%	14%	14%	14%	15%	12%	13%
A little of the time	10%	18%	19%	17%	16%	17%	15%	18%	28%	18%	16%	18%	14%	17%	23%	19%	17%	18%	18%	18%
None of the time	42%	51%	58%	58%	55%	48%	63%	56%	41%	48%	44%	57%	45%	49%	52%	57%	45%	49%	54%	57%

Results for groups under 10 surveys received are suppressed (–). n/a = fewer than 2 districts participated, or question not asked that year.

4.2 Percent of students reporting depression and suicidality

4.2.1 Depression-related items

> If you or a student you know is thinking about suicide or is in emotional distress, **call or text 988** (Suicide & Crisis Lifeline) to reach a trained crisis counselor at any time. If someone is in immediate danger, call 911.

	6th grade				8th grade				10th grade				12th grade				All grades			
	Cty. 21-22	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 21-22	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 21-22	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 21-22	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 21-22	Cty. 23-24	Cty. 25-26	State 25-26
Depressive symptoms scale:																				
No depression	17.2%	17.1%	29.3%	25.7%	20.0%	15.5%	25.8%	27.3%	17.3%	13.0%	29.1%	30.8%	24.5%	19.1%	27.3%	34.8%	19.1%	15.6%	27.9%	29.6%
Moderate depression	71.3%	76.8%	67.4%	69.1%	74.0%	78.4%	71.0%	67.8%	69.1%	81.4%	60.5%	65.4%	69.4%	76.5%	68.2%	61.8%	70.8%	78.7%	66.8%	66.0%
High depression	11.5%	6.1%	3.3%	5.2%	6.0%	6.1%	3.2%	4.9%	13.6%	5.6%	10.5%	3.9%	6.1%	4.3%	4.5%	3.4%	10.1%	5.7%	5.3%	4.3%
Individual depression items*:																				
Sometimes I think that life is not worth it.	44.8%	30.4%	25.0%	23.5%	24.0%	31.1%	25.8%	24.9%	45.0%	30.1%	33.7%	22.4%	29.2%	28.7%	28.8%	20.9%	38.1%	30.3%	28.2%	22.9%
At times I think I am no good at all.	54.0%	46.9%	38.7%	39.9%	36.0%	45.8%	43.0%	38.7%	51.9%	42.7%	51.2%	34.6%	36.7%	43.5%	39.4%	31.0%	46.8%	44.9%	43.2%	36.0%
All in all, I am inclined to think that I am a failure.	37.6%	32.6%	22.8%	25.9%	18.0%	32.6%	27.7%	26.0%	32.1%	25.7%	36.0%	23.5%	24.5%	28.7%	28.1%	21.1%	29.8%	30.0%	28.6%	24.1%
In the past year, have you felt depressed or sad MOST days...?	47.1%	47.1%	35.9%	34.1%	50.0%	50.0%	34.4%	33.5%	55.6%	48.1%	39.5%	30.7%	40.8%	39.8%	34.8%	27.3%	49.1%	47.4%	36.2%	31.4%

Note: In 2025-2026, the depressive symptoms items were scored on a new response scale (Strongly Disagree to Strongly Agree) instead of NO!, no, yes, and YES! Changes from 2023-2024 to 2025-2026 for this scale and its items should be interpreted with caution. Results for groups under 10 surveys received are suppressed (–). n/a = fewer than 2 districts participated, or question not asked that year.
*Percentage answering "yes" or "YES!" (2021-2022 and 2023-2024) or "Agree" or "Strongly Agree" (2025-2026).

4.2.2 Suicide-related items:

> If you or a student you know is thinking about suicide or is in emotional distress, **call or text 988** (Suicide & Crisis Lifeline) to reach a trained crisis counselor at any time. If someone is in immediate danger, call 911.

	6th grade				8th grade				10th grade				12th grade				All grades			
	Cty. 21-22	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 21-22	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 21-22	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 21-22	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 21-22	Cty. 23-24	Cty. 25-26	State 25-26
Suicide-related items*:																				
During the past 12 months, did you ever seriously consider attempting suicide?	17.7%	12.7%	18.0%	13.1%	6.1%	19.3%	12.8%	14.6%	22.2%	16.4%	26.7%	12.3%	10.4%	16.8%	16.7%	10.8%	15.6%	16.4%	18.5%	12.6%
During the past 12 months, did you make a plan about how you would attempt suicide?	17.9%	10.9%	10.1%	9.9%	8.2%	16.3%	10.6%	11.5%	18.5%	14.2%	19.8%	9.3%	8.3%	15.9%	13.6%	7.8%	14.5%	14.2%	13.4%	9.6%
During the past 12 months, how many times did you attempt suicide?	12.5%	7.4%	9.0%	7.3%	4.1%	13.7%	4.3%	8.0%	14.8%	5.6%	16.3%	5.2%	10.2%	8.9%	7.6%	3.7%	11.2%	8.9%	9.3%	6.0%

Results for groups under 10 surveys received are suppressed (–). n/a = fewer than 2 districts participated, or question not asked that year.
*Percentage answering "yes" to the first two items, and percentage reporting one or more attempts in the past 12 months for the third.

5 Survey tables- Risk & protective factors

5.1 Percentage of students reporting risk

	6th grade				8th grade				10th grade				12th grade				All grades			
	Cty. 21-22	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 21-22	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 21-22	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 21-22	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 21-22	Cty. 23-24	Cty. 25-26	State 25-26
Family																				
High family conflict	48.8%	36.3%	31.8%	34.0%	20.9%	34.9%	32.6%	29.6%	43.2%	42.6%	32.6%	30.0%	33.3%	41.8%	35.4%	29.9%	39.3%	38.5%	32.9%	30.8%
Parental attitudes favor drug use	25.7%	16.4%	17.2%	15.4%	20.5%	27.7%	16.9%	18.6%	43.8%	30.9%	27.4%	26.9%	27.1%	36.1%	33.8%	27.7%	31.1%	26.7%	23.1%	22.3%
School																				
Academic failure	55.6%	30.9%	25.3%	33.6%	40.4%	40.1%	30.2%	36.8%	45.1%	40.7%	29.1%	34.7%	46.9%	34.2%	40.9%	35.6%	47.8%	37.1%	30.7%	35.2%
Low commitment to school	78.9%	74.1%	82.8%	74.3%	63.8%	74.8%	68.8%	69.6%	65.9%	67.0%	51.2%	60.1%	42.9%	52.5%	63.6%	56.3%	65.6%	69.3%	67.2%	65.0%
Peer and individual																				
Antisocial peers	42.7%	30.9%	40.9%	41.5%	34.5%	27.1%	13.5%	20.8%	23.5%	21.0%	18.6%	17.1%	20.4%	22.0%	13.6%	16.1%	31.4%	25.5%	22.3%	23.9%
Attitudes favorable to antisocial behavior	55.1%	54.3%	55.4%	60.3%	37.0%	47.0%	40.0%	38.7%	51.2%	45.6%	44.2%	41.2%	32.7%	44.4%	47.0%	40.7%	46.3%	48.1%	46.6%	45.3%
Depressive symptoms*	54.0%	47.8%	34.8%	39.6%	38.0%	51.1%	46.2%	40.4%	58.0%	50.6%	48.8%	37.4%	42.9%	47.0%	40.9%	33.9%	50.2%	49.5%	42.7%	37.8%
Early initiation of antisocial behavior	29.2%	24.8%	18.3%	24.3%	27.8%	37.1%	30.5%	27.7%	37.0%	33.9%	22.1%	26.6%	28.6%	38.3%	30.3%	25.5%	31.1%	33.1%	25.0%	26.0%
Early initiation of drug use	28.1%	11.0%	15.2%	14.5%	20.4%	22.3%	12.5%	16.1%	23.5%	14.4%	11.6%	10.2%	16.3%	20.7%	19.7%	14.7%	23.1%	16.7%	14.4%	13.8%
Intention to use drugs	48.1%	36.7%	41.6%	42.4%	26.5%	32.7%	21.5%	23.0%	46.9%	34.3%	29.1%	27.9%	38.8%	34.2%	40.9%	32.7%	41.9%	34.4%	32.6%	31.5%
Perceived risk of drug use	64.2%	56.1%	56.7%	58.3%	61.2%	56.7%	43.0%	50.0%	71.6%	63.4%	52.9%	54.5%	69.4%	61.4%	50.0%	49.5%	66.9%	59.2%	50.6%	53.2%

Results for groups under 10 surveys received are suppressed (–). n/a = fewer than 2 districts participated, or question not asked that year.
Community risk factors are not included in this table because not all of the survey items making up those scales were asked in the 2025-2026 survey.
*In 2025-2026, the depressive symptoms items were scored on a new response scale (Strongly Disagree to Strongly Agree) instead of NO!, no, yes, YES!, so changes from 2023-2024 to 2025-2026 for these measures should be interpreted with caution.

5.2 Percentage of students reporting protection

	6th grade				8th grade				10th grade				12th grade				All grades			
	Cty. 21-22	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 21-22	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 21-22	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 21-22	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 21-22	Cty. 23-24	Cty. 25-26	State 25-26
Community																				
Community opportunities for prosocial involvement	–	–	–	–	51.2%	50.6%	52.7%	61.6%	53.8%	52.9%	57.6%	61.8%	47.9%	51.3%	58.5%	62.1%	51.5%	51.7%	56.0%	61.8%
Family																				
Family opportunities for prosocial involvement*	34.7%	39.7%	45.5%	45.8%	50.0%	50.4%	64.0%	62.4%	42.0%	48.6%	64.0%	60.2%	39.6%	54.6%	63.1%	60.8%	40.7%	47.6%	58.8%	57.4%
School																				
School opportunities for prosocial involvement*	43.5%	53.7%	55.9%	60.5%	65.5%	69.2%	83.2%	77.3%	68.3%	76.9%	74.4%	77.1%	65.3%	75.4%	68.2%	79.2%	59.1%	68.4%	70.6%	73.5%
School rewards for prosocial involvement*	31.2%	50.9%	54.8%	53.6%	48.3%	44.7%	58.3%	58.0%	58.5%	59.7%	62.8%	68.4%	51.0%	66.9%	62.1%	59.9%	46.1%	53.9%	59.2%	60.1%
Peer-individual																				
Interaction with prosocial peers	21.3%	35.4%	35.5%	39.4%	38.2%	46.2%	63.5%	58.2%	40.0%	49.8%	65.1%	61.2%	40.8%	50.8%	60.6%	53.8%	33.7%	45.1%	55.7%	53.2%
Prosocial involvement with peers	34.8%	39.2%	41.9%	44.1%	24.1%	50.9%	48.4%	55.0%	37.0%	48.7%	58.1%	52.4%	38.8%	46.9%	53.0%	48.0%	34.1%	46.7%	50.0%	49.9%
Rewards for prosocial involvement with peers	22.2%	39.0%	37.1%	39.2%	34.7%	39.9%	48.4%	51.4%	48.1%	51.5%	53.5%	56.7%	44.9%	55.3%	56.1%	56.5%	36.9%	45.2%	48.2%	51.0%

Results for groups under 10 surveys received are suppressed (–). n/a = fewer than 2 districts participated, or question not asked that year.
*In 2025-2026, the items in this scale were answered on a Strongly Disagree to Strongly Agree scale instead of NO!, no, yes, YES!. Compare results across years with caution.

6 Survey tables- Bullying & social media

6.1 Bullying and cyberbullying

	6th grade				8th grade				10th grade				12th grade				All grades			
	Cty. 21-22	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 21-22	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 21-22	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 21-22	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 21-22	Cty. 23-24	Cty. 25-26	State 25-26
Bullying and Cyberbullying																				
Been bullied in the last 30 days*	37.9%	37.2%	33.3%	41.0%	37.9%	37.9%	29.5%	30.9%	29.3%	23.8%	22.1%	20.4%	20.8%	17.8%	9.1%	14.7%	32.4%	30.7%	24.7%	26.7%
Think bullying is a problem at school**	64.0%	55.6%	62.4%	62.1%	53.4%	55.6%	52.6%	52.7%	46.3%	43.0%	46.5%	42.9%	61.2%	37.3%	39.4%	38.6%	56.1%	49.3%	51.2%	49.1%
Think cyberbullying is a problem at school**	41.6%	39.7%	41.9%	41.7%	25.9%	46.6%	30.5%	37.5%	41.5%	41.5%	39.5%	36.9%	71.4%	40.7%	31.8%	37.3%	43.5%	42.5%	36.2%	38.4%

Results for groups under 10 surveys received are suppressed (–). n/a = fewer than 2 districts participated, or question not asked that year.
*Percent responding 1 or more times in the past 30 days.
**In 2025-2026, these statements were answered on a Strongly Disagree to Strongly Agree scale instead of NO!, no, yes, YES!. Percentages show "Agree" or "Strongly Agree" in 2025-2026 and "yes" or "YES!" in earlier years. Compare across years with caution.

6.2 Social Media Use (Free Time Hours & School Hours Frequency)

	6th grade			8th grade			10th grade			12th grade			All grades		
	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 23-24	Cty. 25-26	State 25-26
How many hours a day, during free time, do you usually use social media?															
0*	n/a	18.2%	17.3%	n/a	7.6%	9.8%	n/a	5.8%	6.6%	n/a	3.1%	5.9%	n/a	9.1%	9.8%
<1	21.7%	6.8%	10.4%	15.5%	10.9%	6.8%	11.6%	2.3%	5.2%	11.7%	9.4%	5.2%	15.4%	7.3%	6.9%
1	15.4%	9.1%	10.7%	6.2%	5.4%	8.9%	11.2%	2.3%	8.2%	9.9%	1.6%	7.7%	10.6%	4.8%	8.9%
2	16.7%	15.9%	16.1%	17.1%	14.1%	16.5%	15.4%	12.8%	17.4%	14.4%	18.8%	18.7%	16.1%	15.2%	17.2%
3	11.3%	15.9%	13.9%	17.1%	21.7%	17.1%	15.1%	19.8%	19.4%	17.1%	21.9%	20.1%	15.0%	19.7%	17.7%
4	12.7%	8.0%	9.9%	15.1%	16.3%	13.6%	12.7%	15.1%	15.3%	16.2%	14.1%	16.6%	13.9%	13.3%	13.9%
5	8.1%	10.2%	6.6%	12.4%	8.7%	9.0%	10.8%	17.4%	10.3%	8.1%	18.8%	10.0%	10.2%	13.3%	9.0%
6	3.2%	4.5%	3.4%	3.9%	4.3%	5.0%	6.6%	8.1%	5.5%	5.4%	9.4%	5.7%	4.7%	6.4%	4.9%
7+	10.9%	11.4%	11.7%	12.8%	10.9%	13.4%	16.6%	16.3%	12.0%	17.1%	3.1%	10.1%	14.0%	10.9%	11.8%
How often do you use social media during school hours?															
Never	54.0%	78.4%	77.5%	33.7%	74.7%	63.7%	22.4%	44.2%	44.3%	26.5%	43.9%	40.9%	34.6%	61.6%	56.3%
Rarely	29.2%	10.2%	13.5%	29.1%	18.7%	21.8%	19.4%	20.9%	28.0%	18.6%	28.8%	28.4%	24.8%	19.0%	23.0%
Sometimes	11.1%	6.8%	5.7%	20.3%	5.5%	9.9%	30.4%	17.4%	17.3%	24.8%	10.6%	18.4%	21.6%	10.0%	13.0%
Often	5.3%	2.3%	2.3%	13.0%	0.0%	3.4%	22.1%	10.5%	7.4%	21.2%	15.2%	9.1%	14.8%	6.3%	5.6%
Always	0.4%	2.3%	0.9%	3.8%	1.1%	1.3%	5.7%	7.0%	2.9%	8.8%	1.5%	3.2%	4.2%	3.0%	2.1%
How often do you use social media as a way to escape from problems or stress?															
Never	32.5%	38.2%	33.7%	22.5%	29.7%	24.8%	16.5%	21.2%	22.0%	21.1%	10.6%	21.7%	23.1%	26.0%	25.5%
Rarely	18.0%	14.6%	17.3%	14.9%	14.3%	18.1%	20.3%	9.4%	18.4%	20.2%	13.6%	18.7%	18.0%	13.0%	18.2%
Sometimes	12.3%	18.0%	18.4%	22.5%	14.3%	21.4%	19.2%	29.4%	23.4%	28.1%	36.4%	25.2%	19.5%	23.6%	22.1%
Often	24.1%	18.0%	17.2%	25.6%	24.2%	20.8%	25.2%	24.7%	22.1%	16.7%	25.8%	21.9%	23.9%	23.0%	20.5%
Always	13.2%	11.2%	13.3%	14.5%	17.6%	14.9%	18.8%	15.3%	14.1%	14.0%	13.6%	12.5%	15.4%	14.5%	13.7%

Results for groups under 10 surveys received are suppressed (–). n/a = fewer than 2 districts participated, or question not asked that year.
*"0" was not included as a response option on the 23-24 survey.

6.3 Students' feelings towards social media

	6th grade			8th grade			10th grade			12th grade			All grades		
	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 23-24	Cty. 25-26	State 25-26
In general, does social media make you feel:															
More connected to information about what's going on in your friends' lives	50.7%	47.2%	51.4%	61.4%	63.0%	65.2%	69.5%	67.4%	70.0%	66.7%	69.2%	69.6%	61.7%	61.1%	64.2%
Worse about your own life because of what you see from other friends on social media	16.9%	15.9%	15.2%	18.1%	18.5%	16.5%	21.8%	21.2%	16.1%	21.2%	10.8%	16.5%	19.3%	17.0%	16.1%

Percent of students answering "Yes."
Results for groups under 10 surveys received are suppressed (–). n/a = fewer than 2 districts participated, or question not asked that year.

7 Survey tables- Prevention Planning & Community Factors

7.1 Communication with adults

	6th grade				8th grade				10th grade				12th grade				All grades			
	Cty. 21-22	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 21-22	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 21-22	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 21-22	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 21-22	Cty. 23-24	Cty. 25-26	State 25-26
During the past 12 months, have you talked with at least one of your parents/guardians about the dangers of:																				
Tobacco?	24.4%	39.5%	34.4%	37.8%	33.3%	31.5%	33.0%	37.5%	19.8%	33.2%	30.1%	38.0%	38.8%	31.2%	40.6%	36.7%	27.3%	34.1%	34.1%	37.5%
Alcohol?	16.3%	32.7%	30.0%	35.7%	19.6%	27.7%	30.8%	36.8%	17.3%	29.3%	26.5%	38.9%	20.4%	19.6%	31.2%	36.9%	18.0%	28.4%	29.6%	37.1%
Drug use?	25.6%	36.4%	26.7%	38.8%	21.6%	30.4%	44.0%	41.4%	23.5%	30.9%	33.7%	41.5%	22.4%	23.2%	39.1%	38.4%	23.6%	31.1%	35.7%	40.0%
Is there an adult in your life you could...*																				
share your thoughts and feelings with?	51.8%	69.4%	70.7%	70.2%	46.9%	61.0%	61.7%	67.1%	56.8%	65.8%	61.6%	67.5%	61.2%	58.8%	59.1%	69.9%	54.2%	64.4%	63.6%	68.7%
ask for help if you had a problem?	73.2%	86.5%	82.6%	84.1%	71.4%	79.9%	83.0%	80.9%	77.8%	77.3%	74.4%	79.8%	73.5%	71.1%	84.6%	81.5%	74.3%	79.7%	81.0%	81.6%

Results for groups under 10 surveys received are suppressed (–). n/a = fewer than 2 districts participated, or question not asked that year.
*In 2025-2026, these statements were answered on a Strongly Disagree to Strongly Agree scale instead of NO!, no, yes, YES!. Percentages show "Agree" or "Strongly Agree" in 2025-2026 and "yes" or "YES!" in earlier years. Compare across years with caution.

7.2 School safety and interpersonal violence

	Response:	6th grade				8th grade				10th grade				12th grade				All grades			
		Cty. 21-22	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 21-22	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 21-22	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 21-22	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 21-22	Cty. 23-24	Cty. 25-26	State 25-26
Safety																					
I feel safe at my school.*	Agree/Strongly agree	59.1%	85.3%	87.1%	82.4%	72.4%	70.7%	86.5%	80.3%	65.4%	78.0%	76.2%	80.3%	55.1%	83.1%	81.8%	83.1%	63.0%	78.4%	83.2%	81.5%
I feel safe in my neighborhood.*	Agree/Strongly agree	–	–	–	–	71.1%	76.1%	80.2%	84.3%	75.3%	75.0%	69.4%	83.2%	60.4%	73.5%	81.5%	82.3%	70.1%	75.2%	76.8%	83.2%
Verbal and Physical Violence																					
What are the chances you would be seen as cool if you defended someone who was being verbally abused at school?	No or very little chance	32.1%	18.4%	11.4%	16.1%	36.7%	19.0%	12.9%	15.7%	25.9%	20.9%	18.6%	18.4%	26.5%	25.4%	18.2%	19.5%	30.0%	20.3%	15.0%	17.5%
How wrong do you think it is for someone your age to pick a fight with someone?	Not wrong at all	5.6%	3.5%	3.3%	3.0%	7.5%	3.4%	5.3%	3.3%	4.9%	4.4%	1.2%	3.1%	8.2%	4.3%	4.5%	2.6%	6.2%	3.8%	3.5%	3.0%
How wrong do you think it is for someone your age to attack someone with the idea of seriously hurting them?	Not wrong at all	1.1%	2.2%	1.1%	1.2%	3.8%	0.4%	1.1%	1.2%	2.5%	1.8%	0.0%	1.1%	2.0%	1.7%	1.5%	1.1%	2.2%	1.5%	0.9%	1.1%

Results for groups under 10 surveys received are suppressed (–). n/a = fewer than 2 districts participated, or question not asked that year.
*In 2025-2026, these items were scored on a new response scale (Strongly Disagree to Strongly Agree) instead of NO!, no, yes, and YES! Percentages show "Agree" or "Strongly Agree" in 2025-2026 and "yes" or "YES!" in earlier years. Changes from earlier survey years to 2025-2026 for items in this table should be interpreted with caution.

7.3 Prevention messages

	6th grade			8th grade			10th grade			12th grade			All grades		
	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 23-24	Cty. 25-26	State 25-26	Cty. 23-24	Cty. 25-26	State 25-26
During the past 12 months, have you seen or heard prevention messages about:*															
Alcohol use risks among youth	61.0%	41.9%	34.0%	64.0%	58.5%	50.7%	62.3%	55.8%	54.4%	57.4%	54.5%	51.6%	61.8%	52.5%	47.7%
Risks of using prescription drugs not prescribed to you	52.9%	24.7%	24.1%	56.3%	51.1%	39.9%	52.8%	39.5%	42.6%	50.9%	42.4%	42.6%	53.6%	39.2%	37.3%
Marijuana use risks among youth	59.9%	36.6%	26.7%	62.6%	54.3%	46.5%	58.0%	43.0%	50.5%	50.4%	57.6%	49.6%	58.9%	47.2%	43.3%
Risks of using fentanyl**	n/a	–	–	n/a	54.3%	40.1%	n/a	43.0%	47.0%	n/a	53.0%	48.6%	n/a	50.0%	45.4%
Mental health, suicide prevention, or calling 988	59.3%	49.5%	52.9%	65.6%	75.3%	69.8%	69.1%	68.7%	71.8%	63.5%	74.6%	71.1%	64.8%	66.3%	66.5%

Results for groups under 10 surveys received are suppressed (–). n/a = fewer than 2 districts participated, or question not asked that year.
*Percent responding "Yes" (at school, outside of school, or both).
**Item not included on the 2023-2024 survey.

Appendix

Validity checks

Question responses are validated using several checks. Surveys that do not meet these checks are considered invalid and are not included in the results. Examples of validity checks include:

- answering an age of first use or past 30-day use for a fake drug;
- inconsistent answers, such as answering lifetime use as 0 times but giving an age of first use of alcohol; or
- reporting past 30-day use of a substance but reporting that they had never used it when asked about sources.

Weighting procedures

Weights were applied to district and state results to make them more accurately reflect the general population of Oklahoma students.

- **State weights** were applied to state data. They account for differing participation rates by grade and across 17 regions throughout the state.
- **District weights** were applied to district data. They account for differences in participation by grade within individual school districts.

Percentages for school and county results are unweighted.

Mental health scales

Psychological distress (K6 Scale)

Psychological distress was estimated using the K6 Scale,[2] developed with support from the National Center for Health Statistics for use in the National Health Interview Survey. The tool screens for psychological distress by asking students:

During the past 30 days, how often did you:

- Feel nervous?
- Feel hopeless?
- Feel restless or fidgety?
- Feel so depressed that nothing could cheer you up?
- Feel that everything was an effort?
- Feel worthless?

[2] Please note that mental health and substance use scales referred to in this report (such as the K6 and treatment need scales) are measures designed to indicate symptom levels across student populations, not clinical diagnoses.

Scores were calculated using a method developed by Bach Harrison, LLC. Each answer was scored from 0 to 4: None of the time (0), A little of the time (1), Some of the time (2), Most of the time (3), All the time (4). Total scores were classified as follows:

Total score	Classification
13 or more	High psychological distress
7 to 12	Moderate psychological distress
0 to 6	Low psychological distress

Depressive symptoms

The depressive symptoms scale is calculated from responses to the following statements, using a scoring method developed by Bach Harrison, LLC:

- Sometimes I think that life is not worth it.
- At times I think I am no good at all.
- All in all, I am inclined to think that I am a failure.
- In the past 12 months, I have felt depressed or sad MOST days, even if I felt okay sometimes.

Responses	Classification
Mean score of at least 3.75	High depressive symptoms
"Strongly Disagree" to all four statements	No depressive symptoms
All other respondents	Moderate depressive symptoms

> **Change in 2025-2026:** these four statements were scored on a scale of 1 to 4 (Strongly Disagree, Disagree, Agree, Strongly Agree). In previous years the response options were NO!, no, yes, and YES! Compare depressive symptoms results across years with caution.

Prevention messages

Students answered a series of questions about whether, in the past 12 months, they had seen or heard prevention messages from sources like TV, radio, the Internet, posters, billboards, brochures, school assemblies, school lessons, or discussions at school about the risks of the following:

- Alcohol use among youth
- Using prescription drugs not prescribed to you
- Marijuana use among youth
- Fentanyl use

Students were classified as having seen or heard prevention messages for each topic if they answered *Yes, at school*; *Yes, outside of school*; or *Yes, both at school and outside of school*. They were classified as not having seen or heard prevention messages for each topic in the past 12 months if they answered *No*.

Risk and protective factor components

Individual survey items making up each risk and protective factor scale in the 2025-2026 administration are shown below by domain. No risk factor scales are listed for the community domain because not all of the survey items making up those scales were asked in the 2025-2026 survey.

Peer-individual risk factors

Early initiation of antisocial behavior

How old were you when you first (even if only one time):

- got suspended from school?
- got arrested?
- carried a handgun (not guns carried when hunting or while used in sport, such as target shooting)?
- attacked someone with the idea of seriously hurting them?

Response options: Never, 10 or younger, 11, 12, 13, 14, 15, 16, 17 or older

Early initiation of drug use

How old were you when you first (even if only one time):

- used marijuana? (This includes smoking marijuana, vaping marijuana, using a dab pen, or eating marijuana in food such as candy, cookies, etc.)
- smoked a cigarette, even just a puff?
- drank beer, wine, liquor (such as vodka, rum, or whiskey), or another drink containing alcohol?
- began drinking beer, wine, liquor (such as vodka, rum, or whiskey), or another drink containing alcohol regularly, that is, at least once or twice a month?

Response options: Never, 10 or younger, 11, 12, 13, 14, 15, 16, 17 or older

Perceived risk of drug use

How much do you think people risk harming themselves (physically or in other ways) if they:

- smoke one or more packs of cigarettes per day?
- try marijuana once or twice? (This includes smoking marijuana, vaping marijuana, using a dab pen, or eating marijuana in food such as candy, cookies, etc.)
- use marijuana once or twice a week? (This includes smoking marijuana, vaping marijuana, using a dab pen, or eating marijuana in food such as candy, cookies, etc.)
- have one or two alcoholic beverages (beer, wine, liquor, or another beverage containing alcohol) nearly every day?

Response options: No risk, Slight risk, Moderate risk, Great risk

Intentions to use

Sometimes we don't know what we will do as adults, but we may have an idea. Please answer how true these statements may be for you. When I am an adult I will:

- smoke cigarettes
- drink alcohol (beer, wine, liquor, or another drink containing alcohol)
- use marijuana (This includes smoking marijuana, vaping marijuana, using a dab pen, or eating marijuana in food such as candy, cookies, etc.)

Response options: Strongly Disagree, Disagree, Agree, Strongly Agree

Depressive symptoms

- Sometimes I think that life is not worth it.
- At times I think I am no good at all.
- All in all, I am inclined to think that I am a failure.
- In the past 12 months, I have felt depressed or sad MOST days, even if I felt okay sometimes.

Response options: Strongly Disagree, Disagree, Agree, Strongly Agree

Peer-individual protective factors

Interaction with prosocial peers

Think of your four best friends (the friends you feel closest to). In the past year (12 months), how many of your best friends have:

- participated in clubs, organizations, or other activities at school?
- made a commitment to stay drug-free?
- tried to do well in school?
- liked school?
- regularly attended religious services?

Response options: 0 friends, 1 of my friends, 2 of my friends, 3 of my friends, 4 of my friends

Prosocial involvement

How many times in the past year (12 months) have you:

- participated in clubs, organizations, or activities at school or in your community?
- done extra work on your own for school?
- volunteered to do community service?

Response options: Never, 1 to 2 times, 3 to 5 times, 6 to 9 times, 10 to 19 times, 20 to 29 times, 30 to 39 times, 40+ times

Rewards for prosocial involvement

What are the chances you would be seen as "cool" if you:

- worked hard at school?
- defended someone who was being verbally abused at school?
- regularly volunteered to do community service?

Response options: No or very little chance, Little chance, Some chance, Pretty good chance, Very good chance

Family domain risk factors

Family conflict

- People in my family often insult or yell at each other.
- We argue about the same things in my family over and over.
- People in my family have serious arguments.

Response options: Strongly Disagree, Disagree, Agree, Strongly Agree

Parental attitudes favorable toward drugs

How wrong do your parents/guardians feel it would be for YOU to:

- have 1 to 2 alcoholic beverages (beer, wine, liquor, or another drink containing alcohol) nearly every day?
- smoke cigarettes?
- use marijuana? (This includes smoking marijuana, vaping marijuana, using a dab pen, or eating marijuana in food such as candy, cookies, etc.)

Response options: Very wrong, Wrong, A little bit wrong, Not wrong at all

Family domain protective factors

Family opportunities for prosocial involvement

- My parents or guardians ask me what I think before most family decisions affecting me are made.
- If I had a personal problem, I could ask my mom, dad, or guardian for help.
- My parents/guardians give me lots of chances to do fun things with them.

Response options: Strongly Disagree, Disagree, Agree, Strongly Agree

School domain risk factors

Academic failure

- Putting them all together, what were your grades like last year?
- My grades are better than the grades of most students in my class.

Low commitment to school

- How important do you think the things you are learning in school are going to be for your later life?
- How interesting are most of your courses to you?
- Now thinking back over the past year in school, how often did you:
  - enjoy being in school?
  - hate being in school?
  - try to do your best work in school?
  - feel like the work you are assigned is meaningful and important?

  Response options: Never, Seldom, Sometimes, Often, Almost Always or Always

- During the last four weeks, how many whole days of school have you missed because you skipped or "cut"?

School domain protective factors

School opportunities for prosocial involvement

- In my school, students have lots of chances to engage in class discussions and help decide things like class activities and rules.
- Teachers ask me to work on special classroom projects.
- There are lots of chances for students in my school to talk with a teacher one-on-one.

Response options: Strongly Disagree, Disagree, Agree, Strongly Agree

School rewards for prosocial involvement

- My teachers notice when I am doing a good job and let me know about it.
- I feel safe at my school.
- The school lets my parents/guardians know when I have done something well.
- My teachers praise me when I work hard in school.

Response options: Strongly Disagree, Disagree, Agree, Strongly Agree

Community domain protective factors

Opportunities for prosocial involvement

Which of the following activities for people your age are available in your community?

- Sports teams
- Scouting
- After school programs such as boys' and girls' clubs
- 4-H or FFA clubs
- Service clubs (e.g., Student Council, Beta Club, etc.)

Response options: No, Yes