

Girls In Nebraska

High School Students

  **Half** of girls (49%) vs. **25%** of boys  

reported feeling sad or hopeless almost every day for at least two weeks in the past year. This has increased for both groups since 2010 at close to the same rate.



Girls were more likely than boys to report current use of several substances

And

Girls were less likely than boys to participate in physical activity

Alcohol
Girls 21% vs. Boys 16%

Vaping
Girls 18% vs. Boys 12%

Marijuana
Girls 13% vs. Boys 9%

3+ days a week of strengthening exercises
Girls 48% vs. Boys 70%

Daily activity of at least 60min
Girls 25% vs. Boys 36%

Girls were at least twice as likely as boys to report several negative outcomes

Girls		Boys
40%	Frequent poor mental health	17%
28%	Bullied on school property	14%
26%	Electronically bullied	8%
26%	Experienced sexual dating violence*	6%
16%	Forced to have sex	4%
15%	Attempted suicide	6%
11%	Experienced physical dating violence**	4%
10%	Forced sexual activity from someone at least 5 yrs older	3%
4%	Had a suicide attempt needing treatment	2%
4%	Misused prescription drugs	2%



Flaticons by Freepik

*Sexual dating violence is being forced by someone they were dating or going out with to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to do

**Physical dating violence is being physically hurt on purpose by someone they were dating or going out with [counting such things as being hit, slammed into something, or injured with an object or weapon]

Data from the Nebraska 2021 Youth Risk Behavior Survey (YRBS). Weighted data, n=675. Funded by CDC-PS18-1807, "Promoting Adolescent Health through School-Based HIV Prevention."