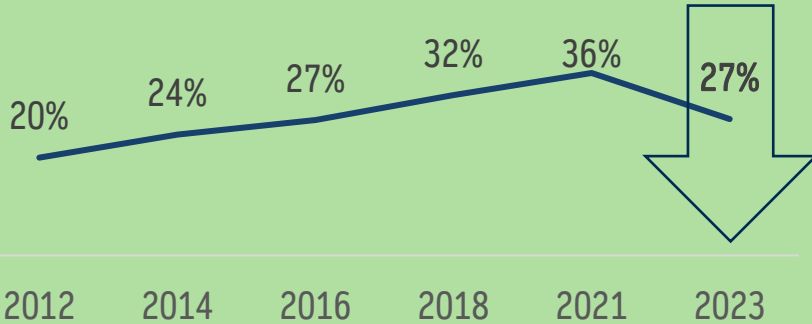


MENTAL HEALTH

High School Students

In 2023, more than a quarter of Nebraska high school students said they **felt sad or hopeless** almost every day for at least two weeks in the past year, but this reflects a sharp decline after a decade of increases



2023 Update



One out of four

high school students (27%) were bullied in the past year (similar to 2021).

Bullying on school property (18%) was more common than electronic bullying (13%).

Nebraska students who felt treated badly or unfairly, or were teased or called names were more likely to say that they felt sad or hopeless almost every day for at least two weeks in the past year

Not often sad		Were often sad
26%	Treated badly because of their race/ethnicity	43%
22%	Teased because of their size, weight, or physical appearance	45%
7%	Teased because of their gender	21%
7%	Teased because of their race/ethnicity	19%
26%	Teased for any reason	62%

14X!



Students who were often sad were much more likely than less sad peers to say they had seriously considered suicide (43% vs. 3%)

In 2023... One out of seven



high school students (14%) seriously considered attempting suicide in the past 12 months (down from 19% in 2021)

10% Made a plan of how they would attempt suicide (down from 14% in 2021)

3% Attempted suicide (down from 10% in 2021)

1% Had an attempt that resulted in seeking treatment (down from 3% in 2021)

Students who had considered suicide were more likely to be current substance users than their peers

	No suicidal ideation	Suicidal ideation
Currently use marijuana	5%	17%
Currently use vapes	6%	14%
Currently use alcohol	10%	16%
Currently binge drink	4%	6%

MENTAL HEALTH

17% of Nebraska high school students reported 4+ ACEs

Some negative behaviors/experiences were up to 54x more common for students who experienced 4 or more ACEs compared to students who experienced none

No ACEs reported		4+ ACEs reported
0%	Forced to have sex	51%
0%	Considered suicide	51%
1%	Planned a suicide	54%
2%	Carried a gun	56%
6%	Carried a weapon at school	55%

Some positive behaviors were at least twice as common for students who experienced no ACEs compared to students who experienced 4+

No ACEs reported		4+ ACEs reported
36%	60 minutes of physical activity every day	13%
32%	8+ hours of sleep a night	17%
30%	Eats breakfast every day	10%
29%	Feel close to people at school	17%
27%	Plays on a sports team	17%

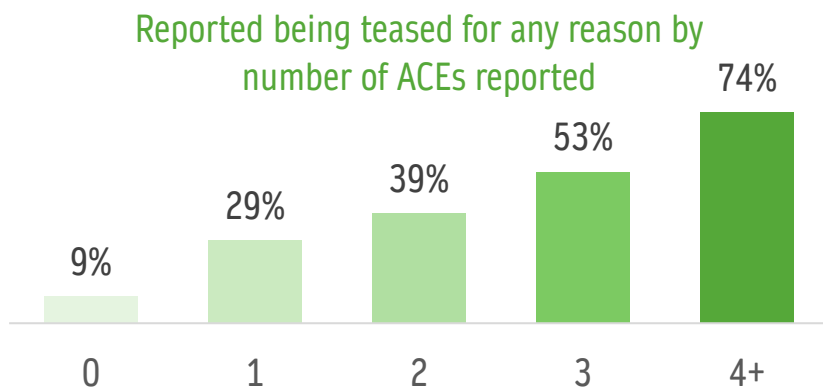
& ADVERSE CHILDHOOD EXPERIENCES (ACEs)



Girls (22%) were nearly twice as likely as boys (13%) to report 4+ ACEs

Three out of four students who experienced 4+ ACEs said they were teased.

Students teased because of their race/ethnicity were more likely to have 4+ ACEs (48%) compared to no ACEs (2%).



Substance use before age 13 was more common among students with higher ACEs

Alcohol: 0 ACEs 14% vs. 4+ ACEs 39%
 Cigarettes: 0 ACEs 0% vs. 4+ ACEs 67%
 Marijuana: 0 ACEs 0% vs. 4+ ACEs 88%

*ACEs Indicators included in the YRBS:

- Ever lived with someone depressed, mentally ill, or suicidal
- Ever lived with someone having a problem with alcohol or drug use
- Ever been separated from a parent/guardian because they went to prison, jail, or a detention center
- A parent or other adult in their home swore at them, insulted them, or put them down
- A parent or other adult in their home hit, beat, kicked, or physically hurt them in any way
- Their parents or other adults in their home frequently slapped, hit, kicked, punched, or beat each other up
- Ever sexually abused by an adult or older person
- Ever treated badly because of their race or ethnicity
- Ever treated badly because people thought they were LGBTQ
- A parent or other adult in their home made sure their basic needs were met (reverse coded)

Flaticons by Freepik



See more Nebraska YRBS Results



Data from the Nebraska 2023 Youth Risk Behavior Survey (YRBS).
 Funded by CDC-PS18-1807, "Promoting Adolescent Health through School-Based HIV Prevention. Weighted n=99,363