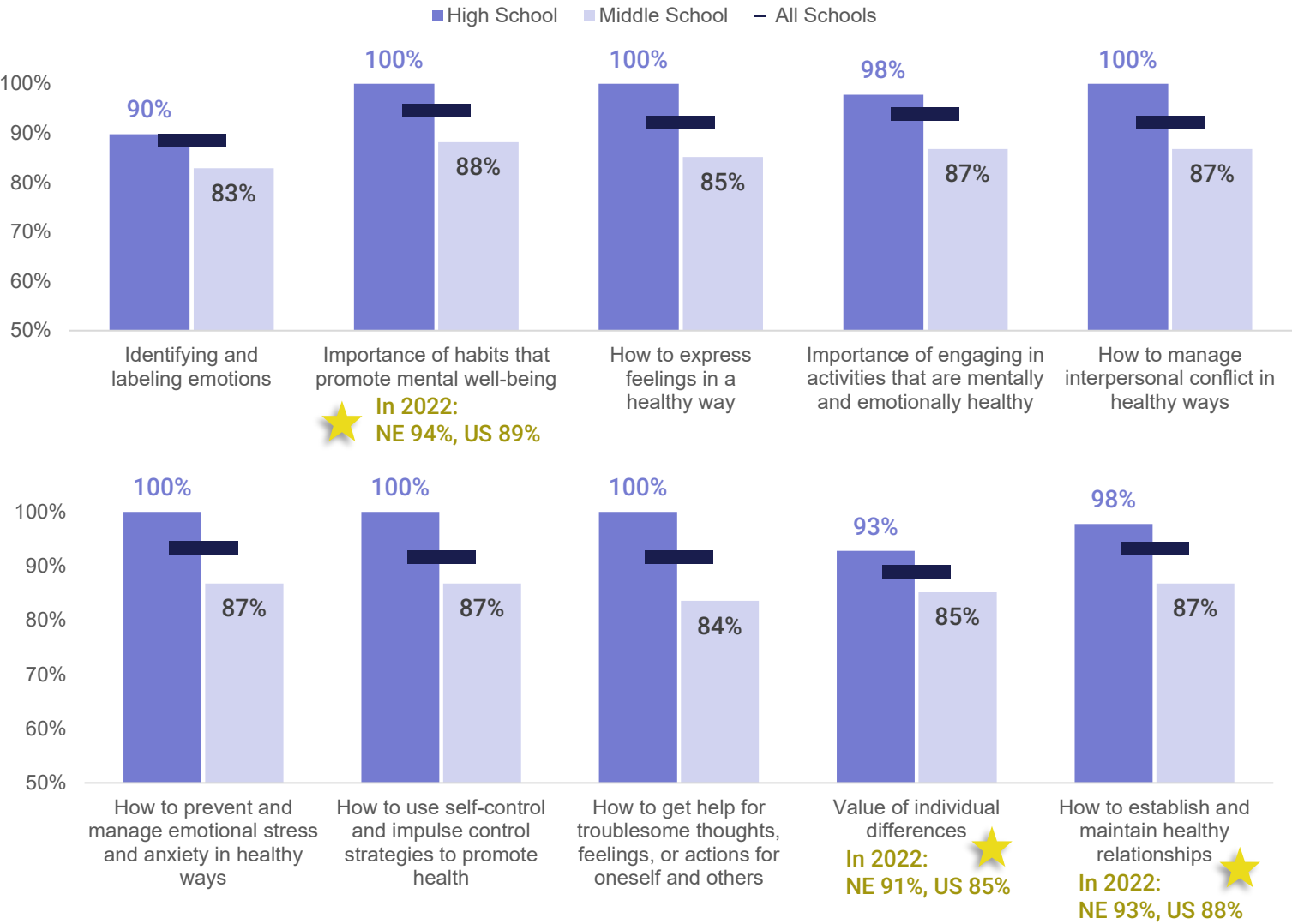


MENTAL HEALTH

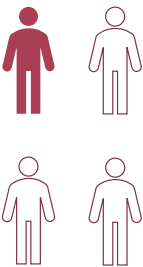
What lead health education teachers reported...¹

★ Nebraska was significantly higher than the US in 2022

In 2024, about nine in ten schools in Nebraska taught each of the mental and emotional health topics in a required course for students grades 6 through 12, with coverage generally **higher in high schools** than middle schools

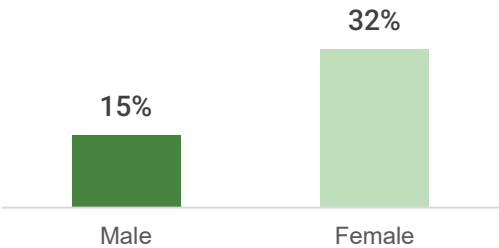


What students reported...²



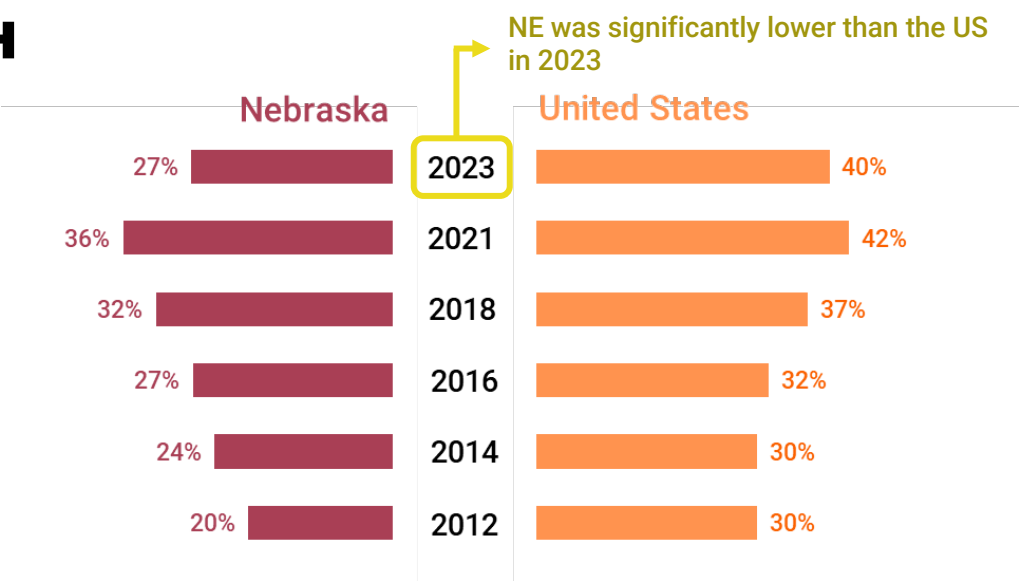
Nearly **one in four (23%) Nebraska high school students** reported in 2023 that their mental health was not good most of the time or always

Females were significantly more likely to report that their mental health was not good most of the time or always

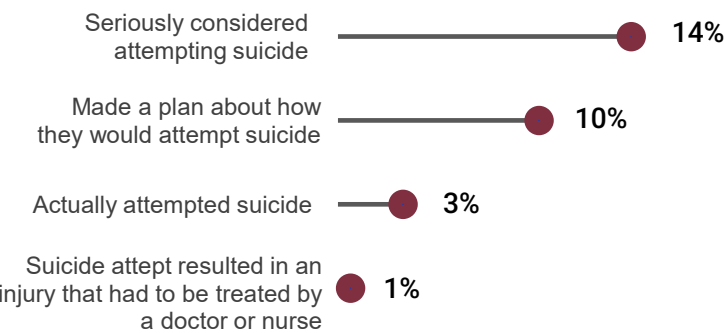


MENTAL HEALTH

Since 2016, more than one quarter of **Nebraska high school students** said they felt sad or hopeless almost every day for at least two weeks

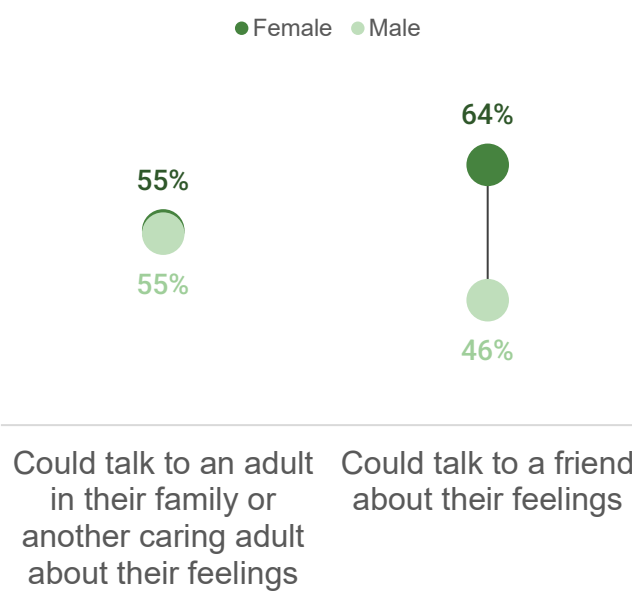


In 2023, one in seven Nebraska high school students seriously considered attempting suicide in the past 12 months



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, males were significantly less likely compared to females to feel they could talk to a friend about their feelings most of the time or always, though there was no difference on whether they felt they could talk to an adult in their family or another caring adult



Data from the Nebraska 2022 and 2024 School Health Profiles Lead Health Education Teacher data (2022 n=168, 2024 n=156). Funded by the CDC cooperative agreement, "Promote Adolescent Health through the School-Based HIV/STD Prevention and School-Based Surveillance"