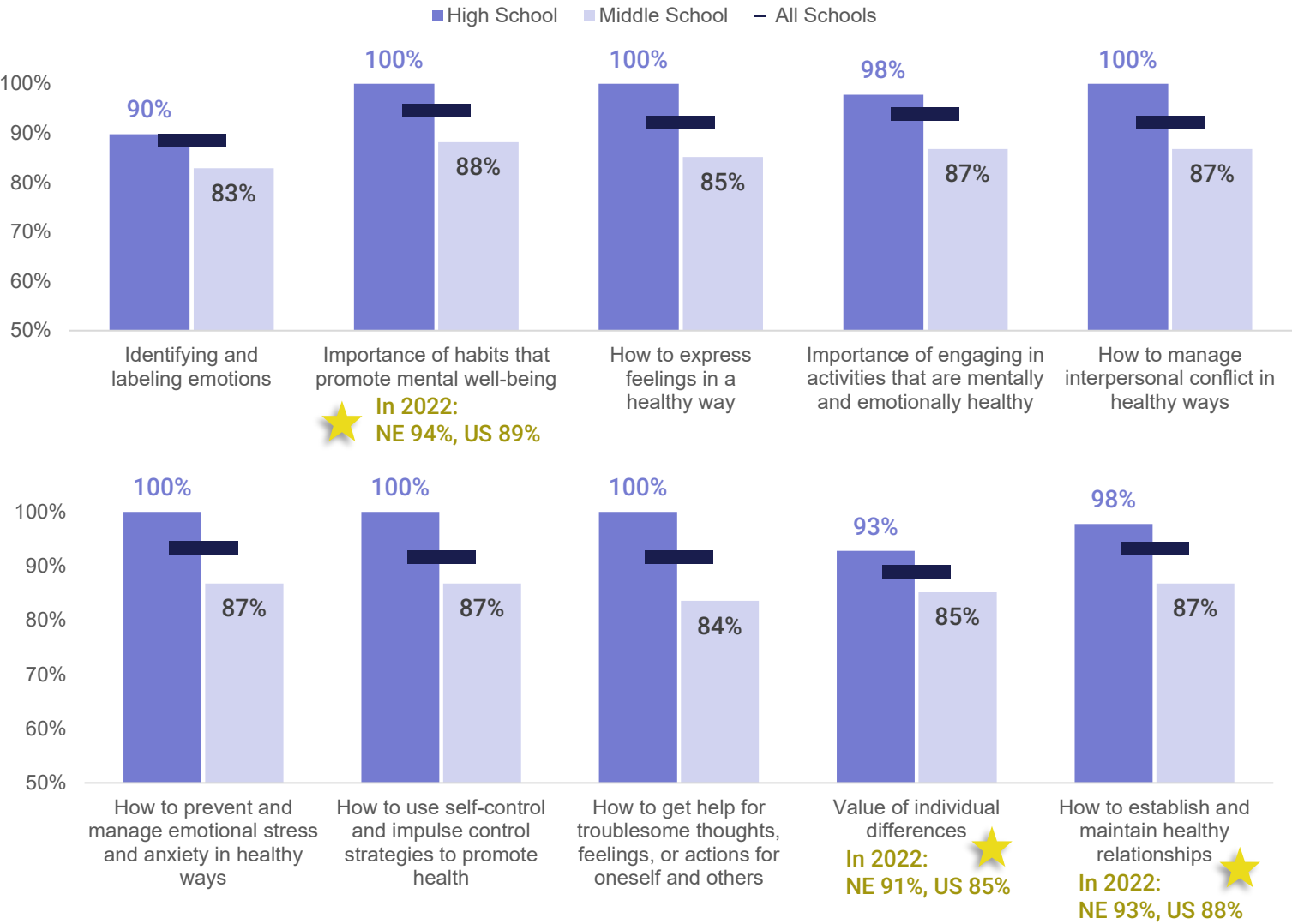


MENTAL HEALTH

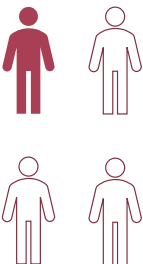
What lead health education teachers reported...¹

★ 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

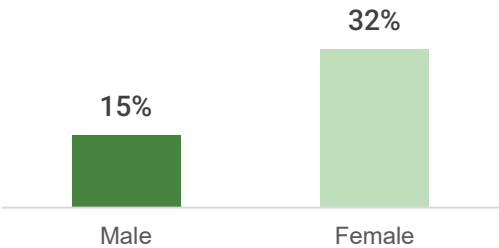


What students reported...²



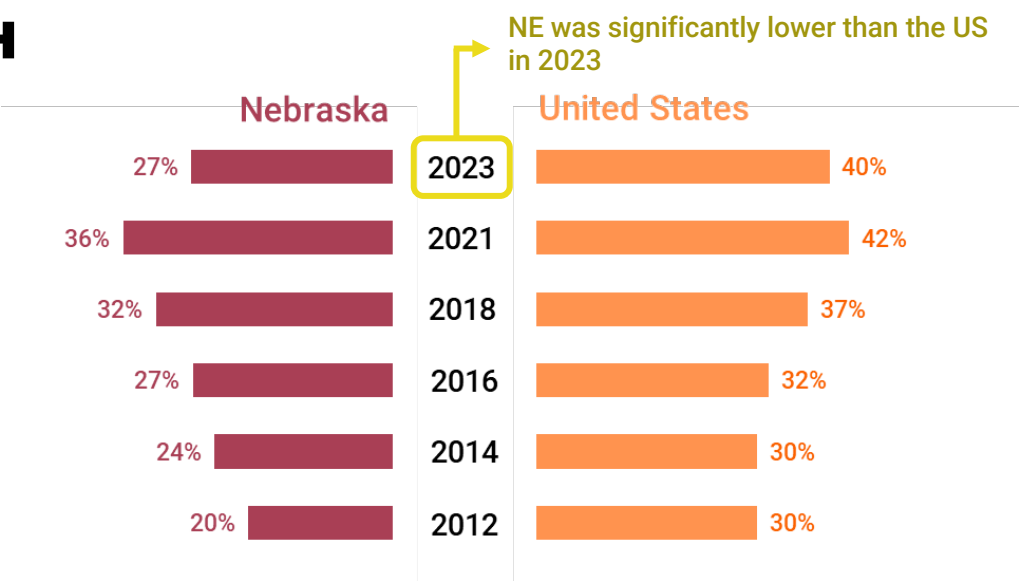
Nearly **one in four (23%) Nebraska high school students** reported in 2023 that their mental health was not good most of the time or always

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

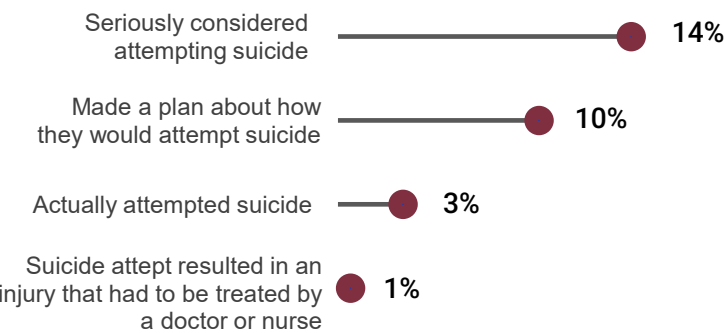


MENTAL HEALTH

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

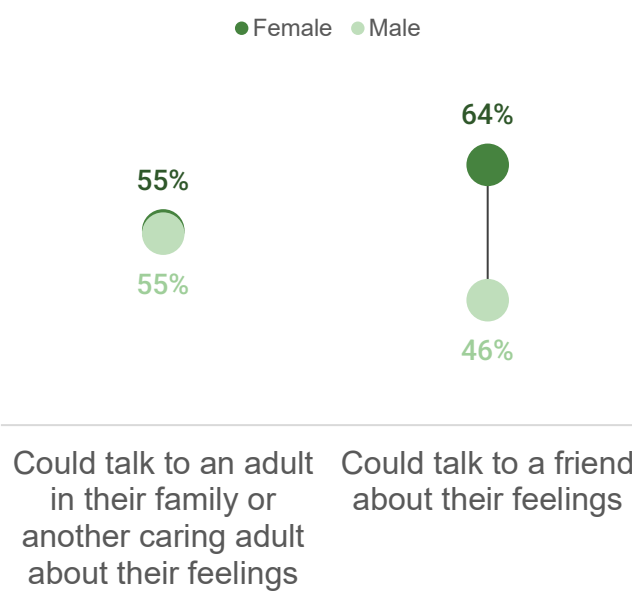


In 2023, one in seven Nebraska high school students seriously considered attempting suicide in the past 12 months



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

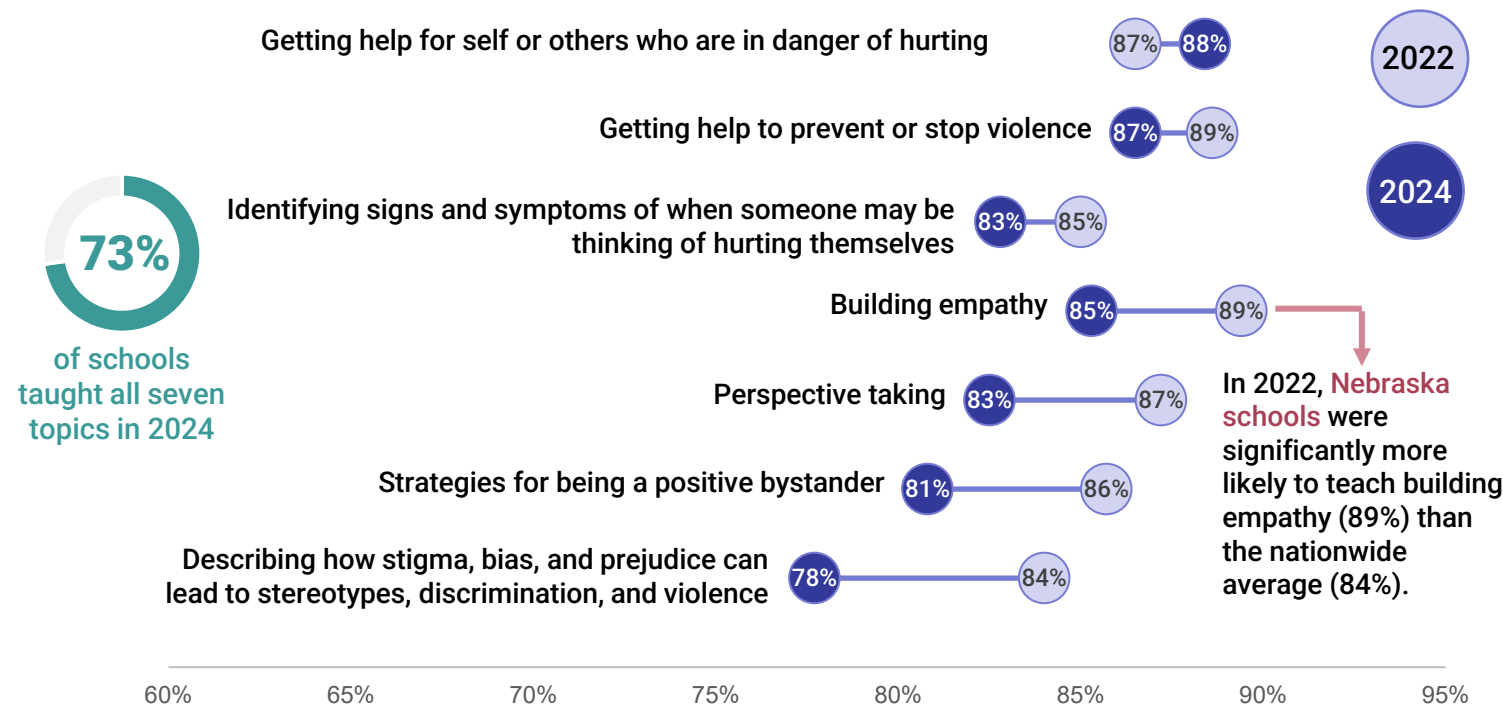


Data from the Nebraska 2022 and 2024 School Health Profiles Lead Health Education Teacher data (2022 n=168, 2024 n=156). Funded by the CDC cooperative agreement, "Promote Adolescent Health through the School-Based HIV/STD Prevention and School-Based Surveillance"

Violence Prevention

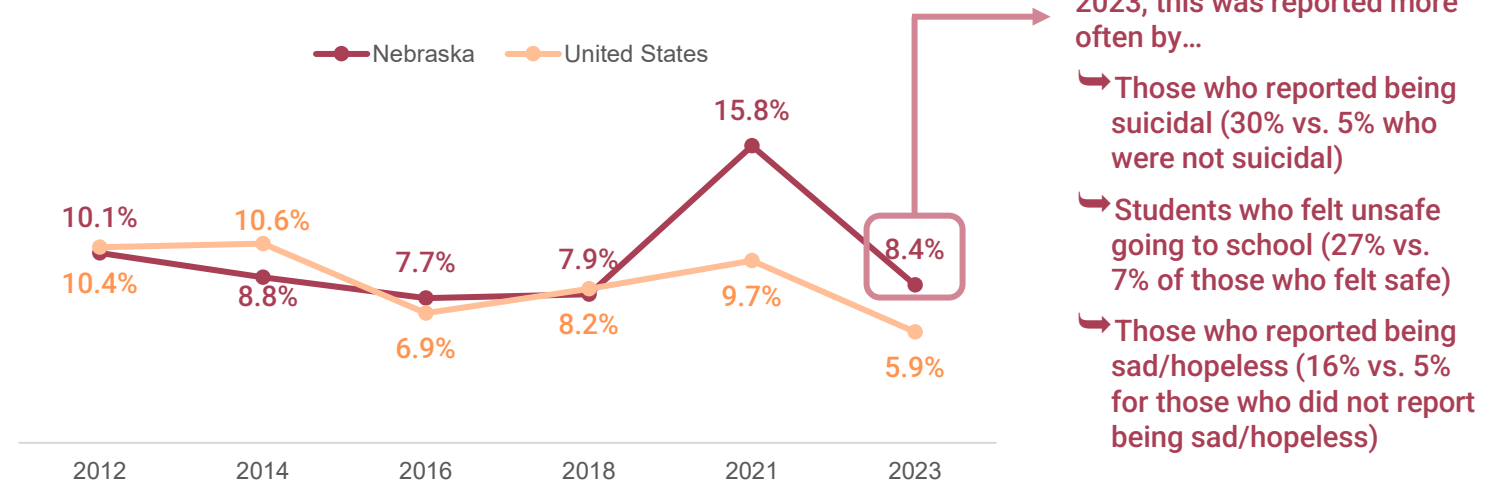
What lead health education teachers reported...¹

Overall trends show slightly fewer schools taught most of the following violence prevention topics in a required course for students in grades 6 through 12 in 2024 than in 2022



What students reported...

There was a spike in those that reported sexual dating violence* in Nebraska and in the US in 2021, though both decreased in 2023

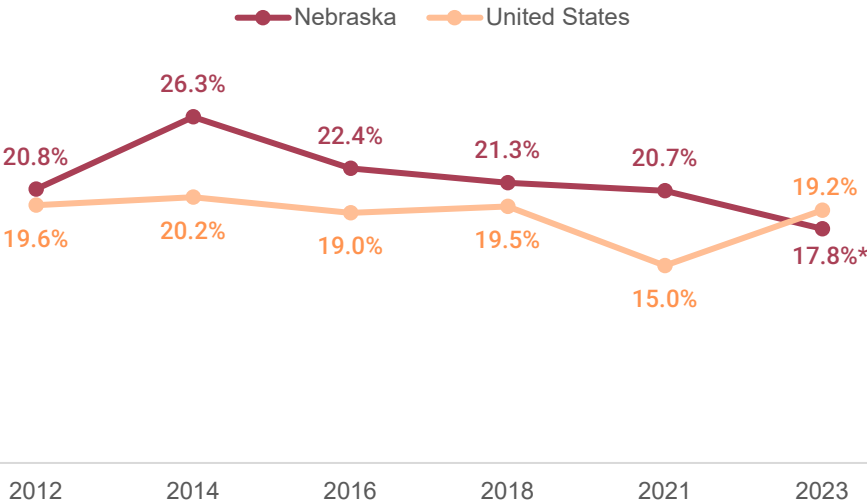
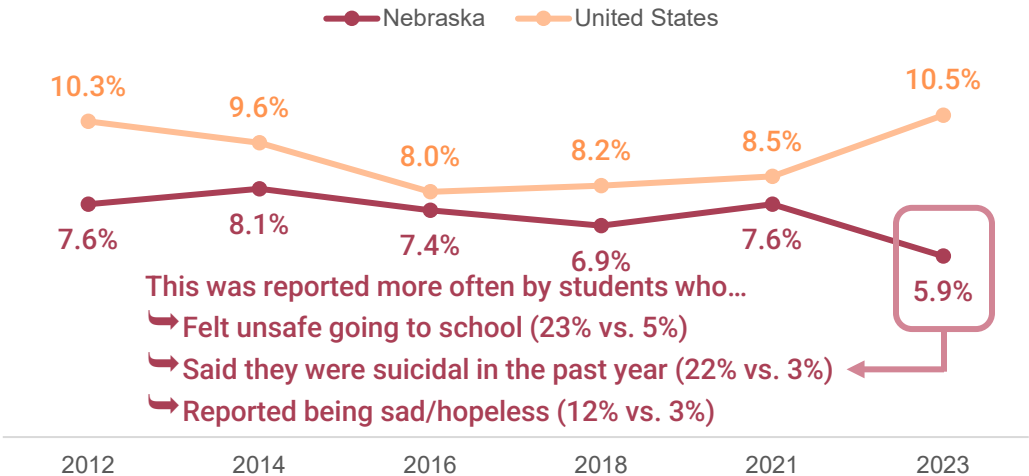


*Sexual dating violence is being forced by someone they were dating or going out with to do sexual things (such as kissing, touching, or being physically forced to have sexual intercourse) that they did not want to do

Violence Prevention

Nebraska has consistently lower rates of high school students reporting physical dating violence** compared to the **US**

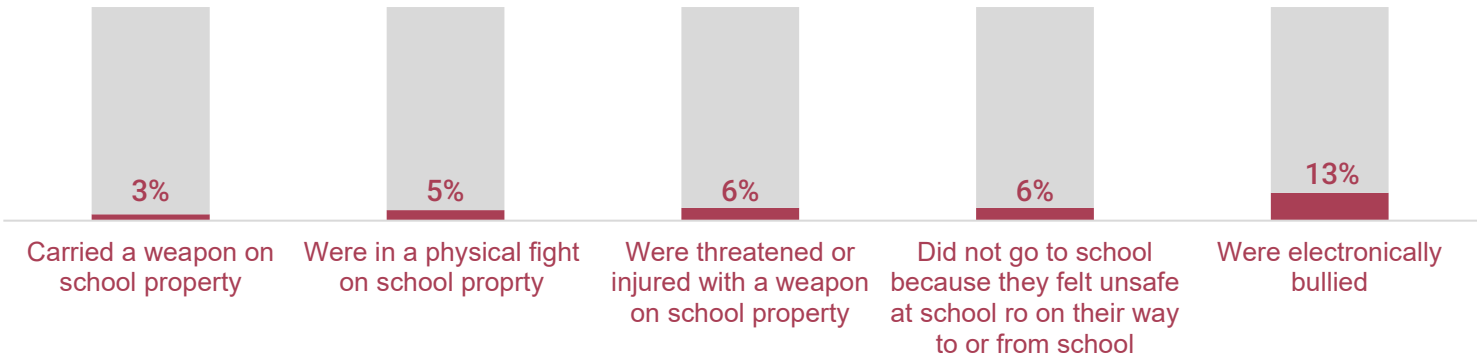
**Physical dating violence is being physically hurt on purpose by someone they were dating or going out with (such as being hit, slammed into something, or injured with an object or weapon)



Until 2023, **Nebraska** had consistently higher rates of students reporting being bullied on school property compared to the **US**

* This type of bullying has significantly decreased in Nebraska between 2014 and 2023

Among Nebraska students in 2023, the following factors may impact attendance...

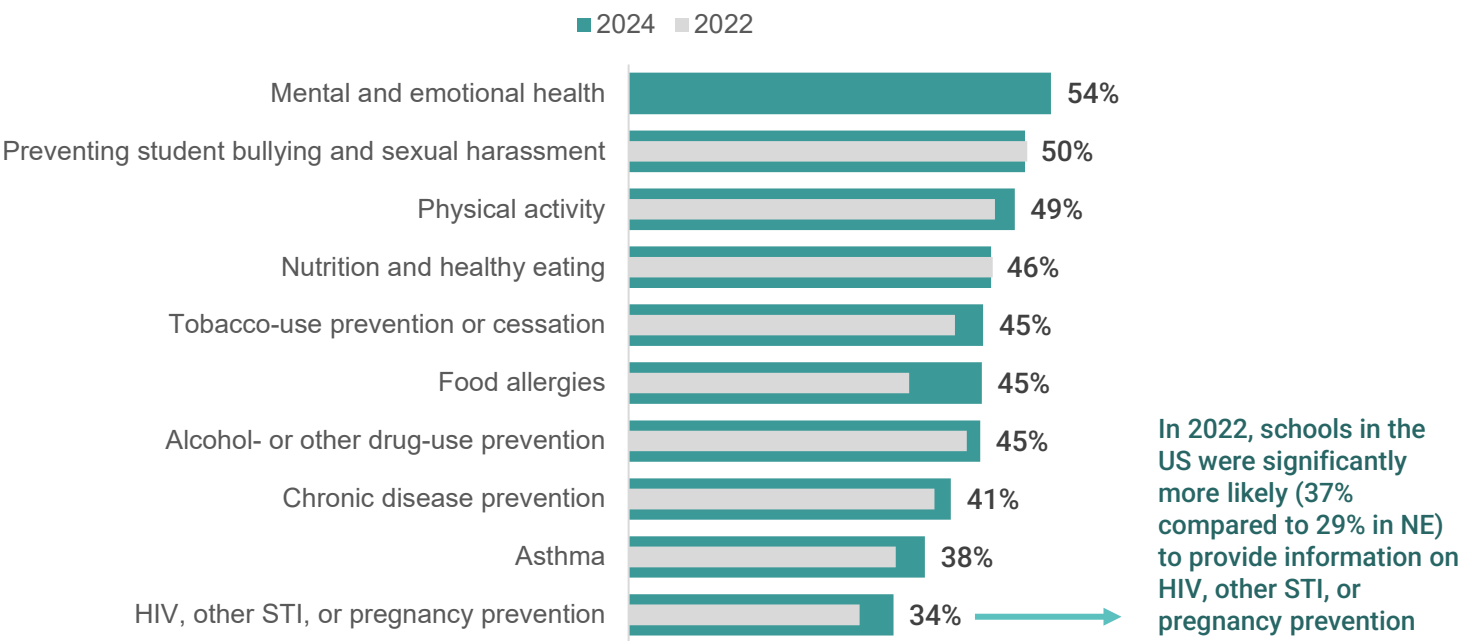


¹ Data from the Nebraska 2022 and 2024 School Health Profiles Lead Health Education Teacher data (2022 n=168, 2024 n=156) [Health through the School-Based HIV/STD Prevention and School-Based Surveillance](#)

HEALTH INFORMATION FOR FAMILIES

What lead health education teachers reported...¹

Overall trends show slightly more schools in Nebraska provided parents and families with health information designed to increase parent and family knowledge in 2024 than in 2022; more than half provide information on mental and emotional health in 2024



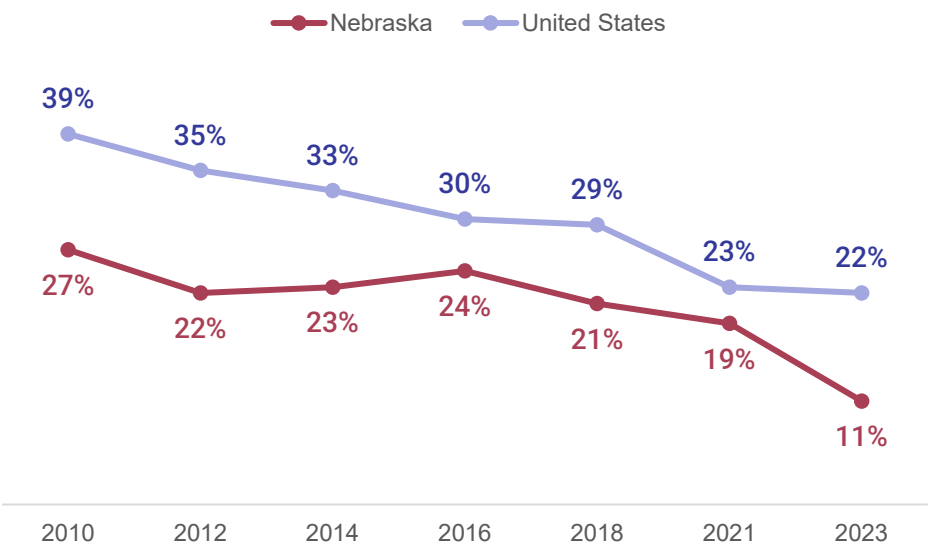
What students reported...²

Nebraska students report significantly lower marijuana use than U.S. average

14%

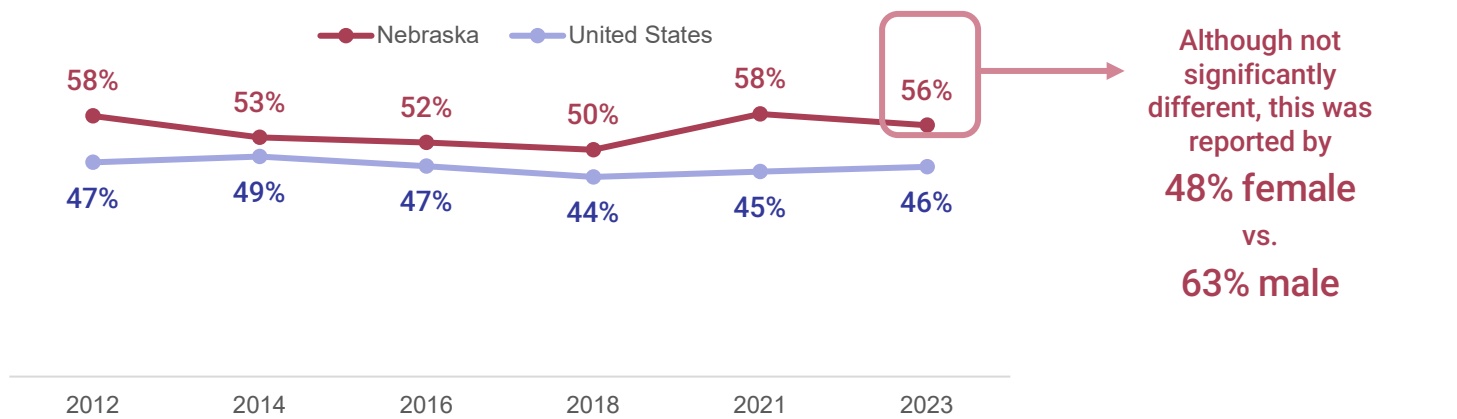
of Nebraska students reported in 2023 ever using marijuana – less than half the national rate

Since 2003, there has been a significant decrease in the number of high school students who report having at least one drink of alcohol in the past 30 days

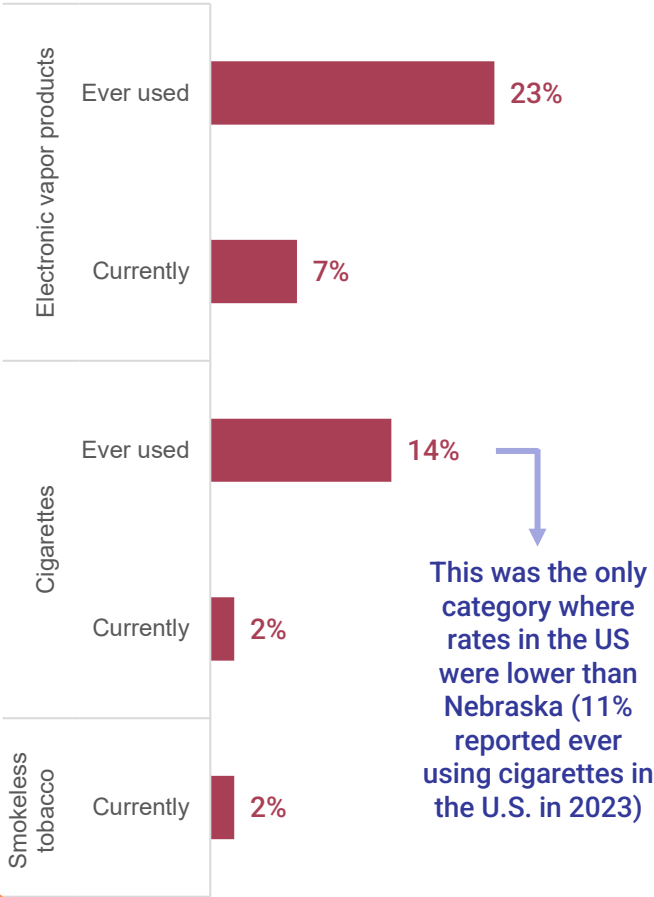


HEALTH INFORMATION FOR FAMILIES

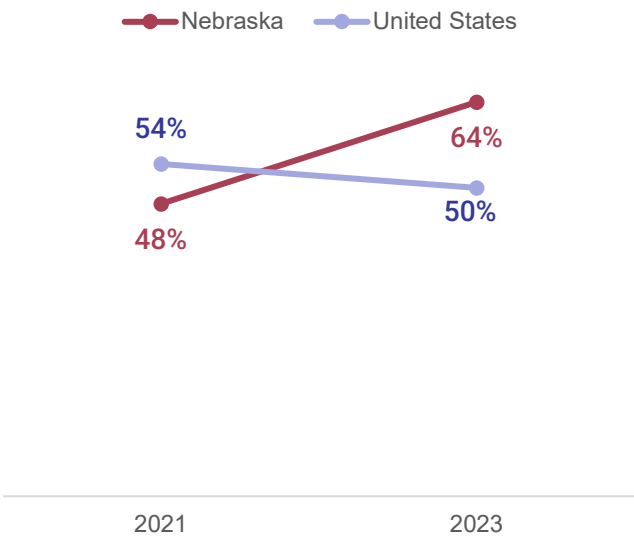
Nebraska students have had a consistently higher percentage of high school students being physically active at least 60 minutes per day on 5 or more days



In 2023, about one in four high school students **in Nebraska** had ever used an electronic vapor product



Nebraska students showed an increasing (though not significant) trend in quitting all tobacco products, opposite the national decline



**All tobacco products include cigarettes, electronic vapor products, smokeless tobacco, cigars, shisha or hookah tobacco, pipe tobacco, heated tobacco products, or nicotine pouches*

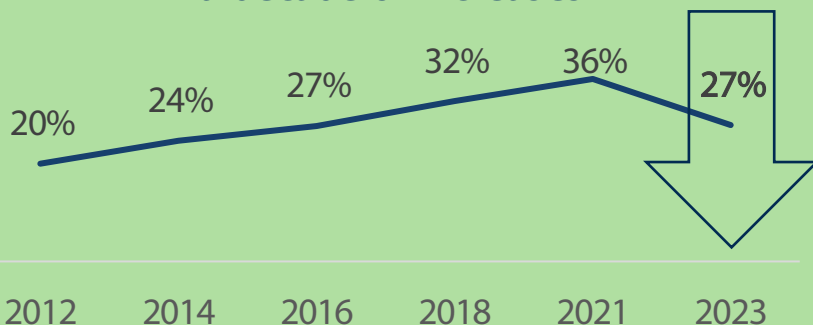


¹ Data from the Nebraska 2022 and 2024 School Health Profiles Lead Health Education Teacher data (2022 n=168, 2024 n=156). *Funded by the CDC cooperative agreement, "Promote Adolescent Health through the School-Based HIV/STD Prevention and School-Based Surveillance"*

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



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%

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%)

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%

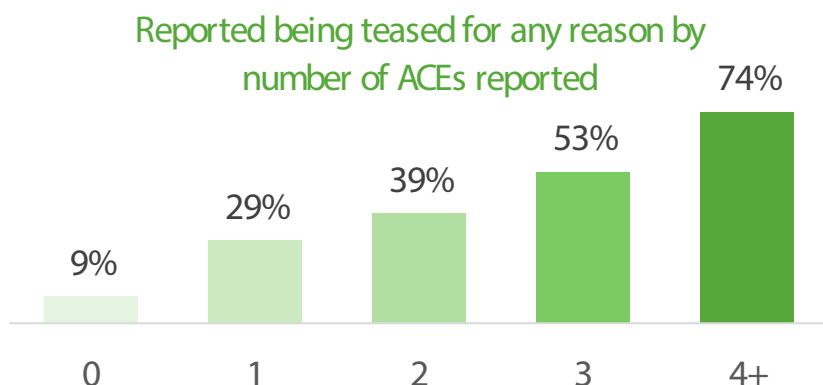
& ADVERSE CHILDHOOD EXPERIENCES (ACEs)



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



Partners for Insightful Evaluation

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