



# Nebraska Risk and Protective Factor Student Survey 2025

## Behavior Health Region 3 Profile Report

June 2026

Sponsored by:



Administered by:



University of Nebraska-Lincoln

NRPFSS is part of the Student Health and Risk Prevention (SHARP) Surveillance System that administers surveys to youth enrolled in Nebraska schools.



The contents of this report conform to our highest standards for data collection and reporting. If you should have any questions or concerns regarding the information reported within, please contact us.

Bureau of Sociological Research  
Department of Sociology  
PO Box 880325 · Lincoln NE 68688-0325  
402-472-3672 (local) · 800-480-4549 (toll free)  
Email: [bosr@unl.edu](mailto:bosr@unl.edu) · <http://bosr.unl.edu>

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## Results Snapshot

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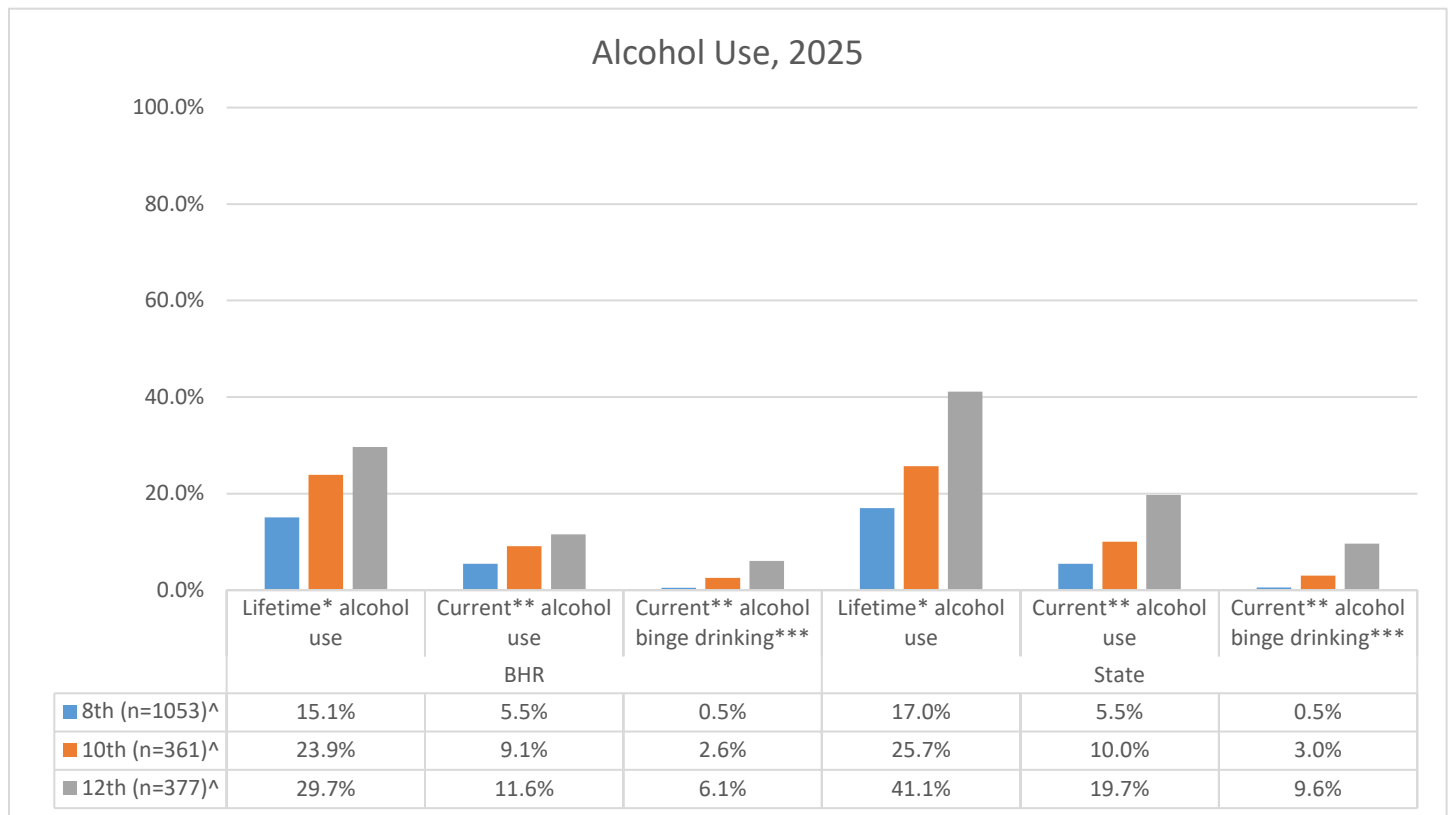
The NRPFSS 2025 collects data from Nebraska students in 8<sup>th</sup>, 10<sup>th</sup>, and 12<sup>th</sup> grades about their (1) substance use; (2) transportation safety; (3) violence, bullying, and mental health; (4) nutrition and physical activity; (5) feelings and experiences at home, school, and in the community, and (6) Social Media Use. In this report, highlights of the 2025 survey data for the community of Behavior Health Region 3 are presented along with the 2016-2025 survey trends, when available. Below are the key takeaways from the 2025 survey results for this community. This information as it relates to the NRPFSS is available on BOSR's website (<https://bosr.unl.edu/sharp/nrpfss/>).

- **Substance Use:** Among 12th grade students, 11.6% report current alcohol use in Behavior Health Region 3 compared to 19.7% statewide, declining from 27.1% (BHR 3) and 30.7% (state) in 2018, showing consistent decreases over time.
- **Transportation Safety:** Among 12th grade students, 5.8% report driving while impaired by alcohol in Behavior Health Region 3 compared to 5.9% statewide, down from higher levels in 2018, while 10.7% report riding with an alcohol-impaired driver compared to 11.5% statewide with gradual declines over time.
- **Bullying and Violence:** Any bullying is reported by 33.5% of 12th grade students in Behavior Health Region 3 compared to 39.2% statewide, decreasing from 60.0% in 8th grade and reflecting a downward trend across grades and over time.
- **Mental Health:** About 25.5% of 12th grade students in Behavior Health Region 3 report depression compared to 29.4% statewide, decreasing from 33.1% in 10th grade and showing improvement alongside declining rates of suicide consideration over time.
- **Nutrition and Physical Activity:** Among 8th grade students, 89.3% meet 60 minutes of daily physical activity in Behavior Health Region 3 compared to 91.0% statewide, remaining consistently high since 2018, while sleep of at least 8 hours declines from 50.9% in 8th grade to 32.1% in 12th grade.
- **Feelings at Home and at School:** Among 8th grade students, 85.4% report they can ask parents for help in Behavior Health Region 3 compared to 85.6% statewide, while 90.8% report feeling safe at school compared to 90.5% statewide, with these protective factors remaining stable over time.
- **Social Media Use:** Among 8th grade students, 56.9% report 3 or more hours of daily social media use in Behavior Health Region 3 compared to 59.8% statewide, while 73.6% report starting at age 12 or younger compared to 72.9% statewide.

## Substance Use

This section contains information on the use of alcohol, tobacco, and other drugs among 8th, 10th, and 12th grade students in the community of Behavior Health Region 3. In addition, there is information on attitudes and perceptions, the sources of substances, and other substance-related topics. To provide greater context for the results from this community, the state results are presented when available.

### Substance use



\* Percentage who reported using the named substance one or more times in their lifetime.

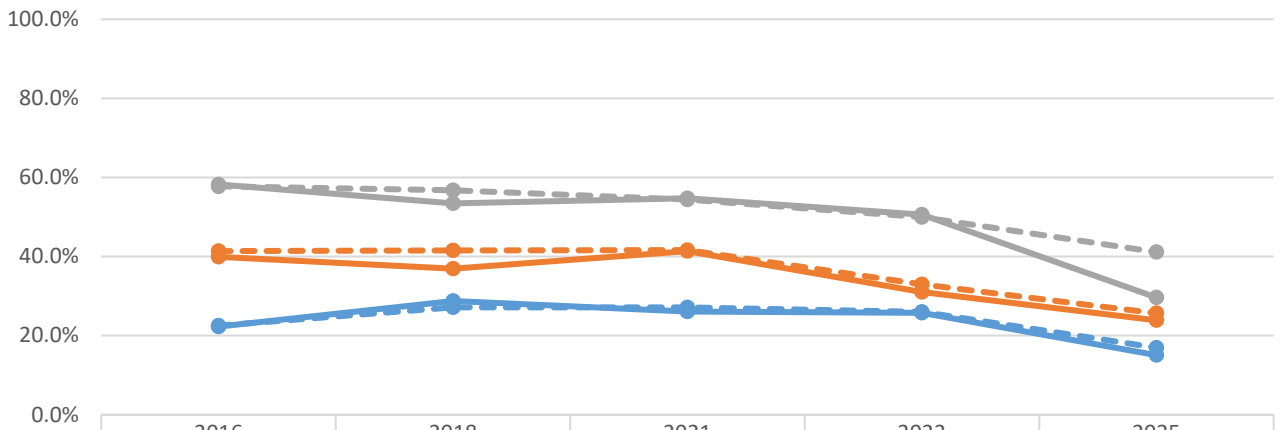
\*\* Percentage who reported using the named substance one or more times during the past 30 days.

\*\*\* Percentage who reported having five or more drinks of alcohol in a row, within a couple of hours.

^ The n-size displayed is the largest n-size across these questions. Because each question is asked individually, the n size may vary.

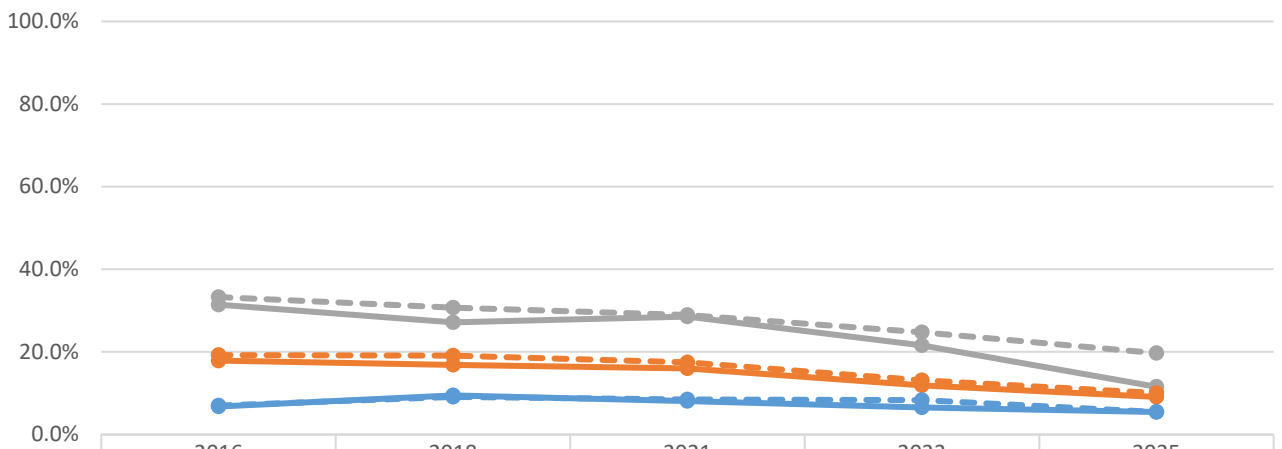
## Trends of Alcohol Use, 2016-2025

### Lifetime\* Alcohol Use, 2016-2025



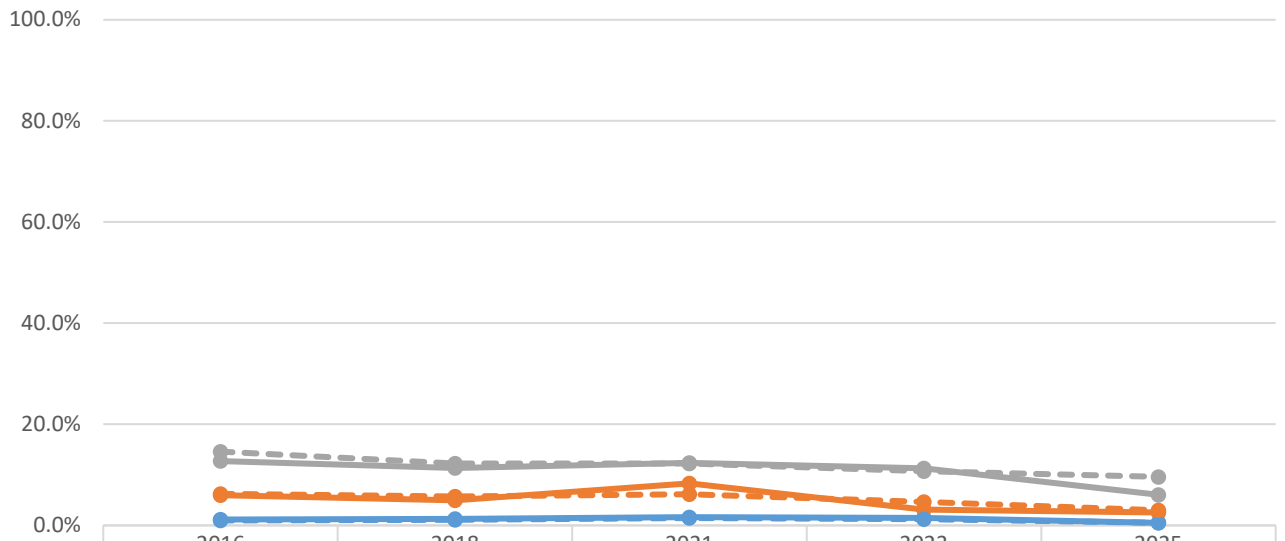
|            | 2016  | 2018  | 2021  | 2023  | 2025  |
|------------|-------|-------|-------|-------|-------|
| BHR 8th    | 22.3% | 28.8% | 26.1% | 25.8% | 15.1% |
| BHR 10th   | 39.9% | 37.0% | 41.4% | 31.0% | 23.9% |
| BHR 12th   | 58.2% | 53.5% | 54.8% | 50.6% | 29.7% |
| State 8th  | 22.5% | 27.2% | 27.2% | 26.0% | 17.0% |
| State 10th | 41.4% | 41.5% | 41.6% | 33.0% | 25.7% |
| State 12th | 57.8% | 56.8% | 54.4% | 49.9% | 41.1% |

### Current\*\* Alcohol Use, 2016-2025

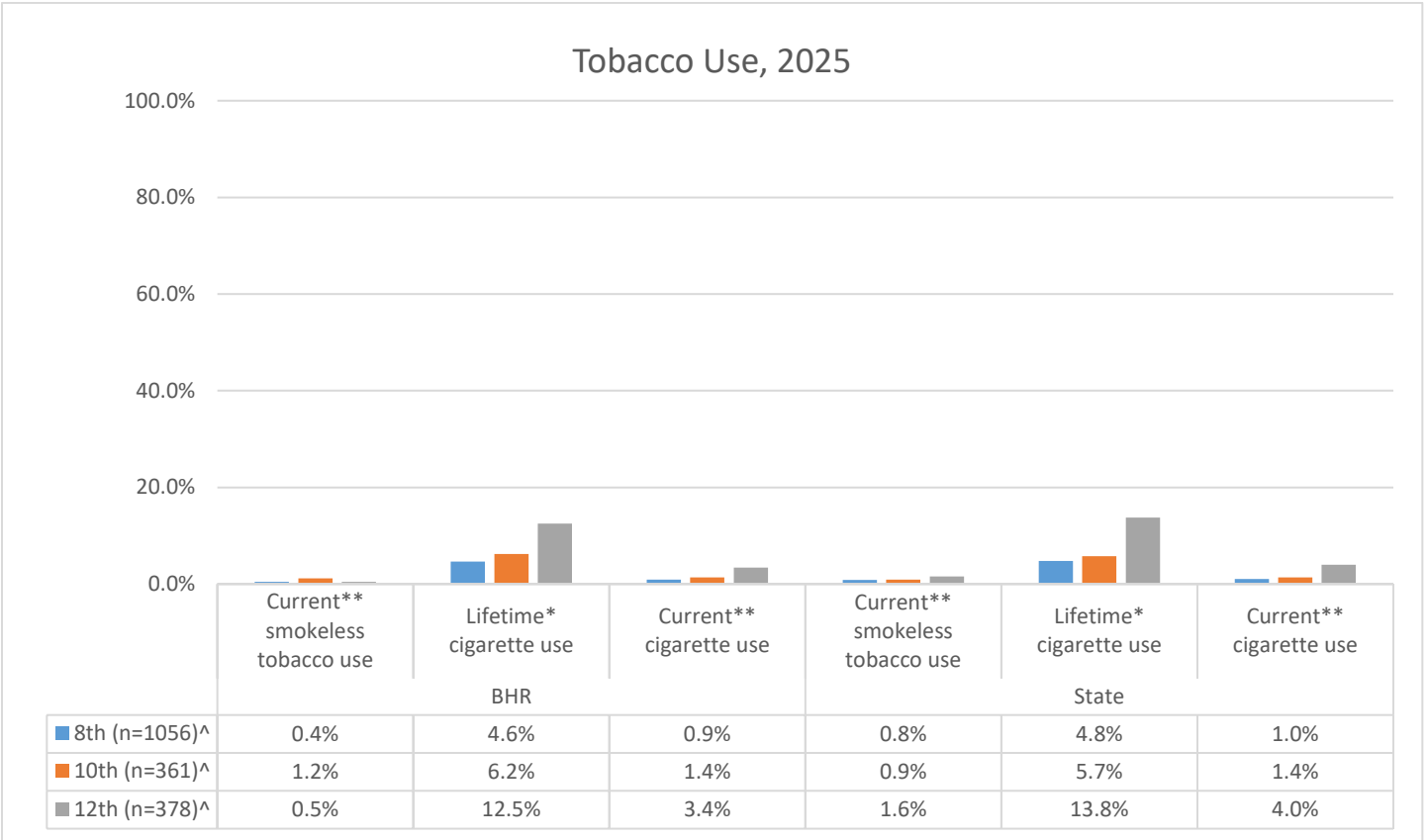


|            | 2016  | 2018  | 2021  | 2023  | 2025  |
|------------|-------|-------|-------|-------|-------|
| BHR 8th    | 6.8%  | 9.5%  | 8.1%  | 6.6%  | 5.5%  |
| BHR 10th   | 17.9% | 16.9% | 16.0% | 11.9% | 9.1%  |
| BHR 12th   | 31.4% | 27.1% | 28.6% | 21.6% | 11.6% |
| State 8th  | 7.0%  | 9.1%  | 8.5%  | 8.3%  | 5.5%  |
| State 10th | 19.2% | 19.1% | 17.5% | 13.2% | 10.0% |
| State 12th | 33.3% | 30.7% | 29.0% | 24.7% | 19.7% |

### Current\*\* Alcohol Binge Drinking, 2016-2025



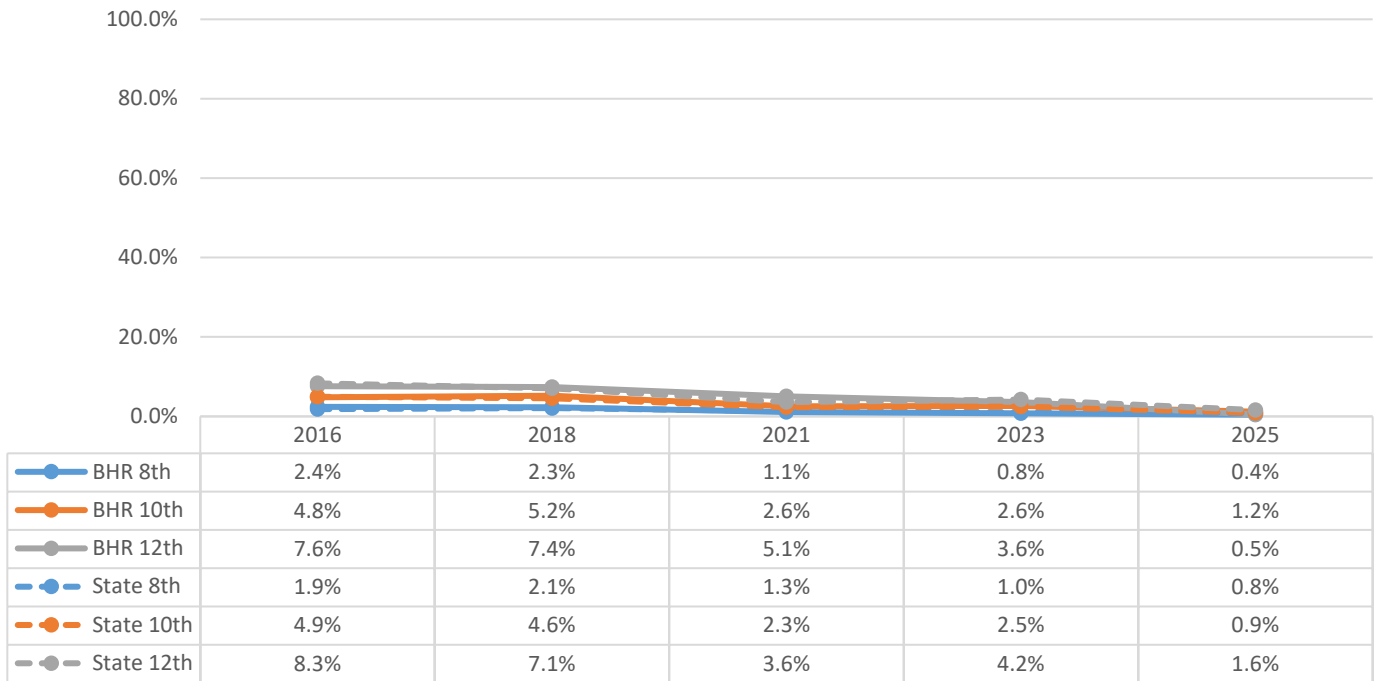
|            | 2016  | 2018  | 2021  | 2023  | 2025 |
|------------|-------|-------|-------|-------|------|
| BHR 8th    | 1.2%  | 1.3%  | 1.6%  | 1.5%  | 0.5% |
| BHR 10th   | 6.0%  | 5.0%  | 8.3%  | 3.1%  | 2.6% |
| BHR 12th   | 12.7% | 11.3% | 12.4% | 11.3% | 6.1% |
| State 8th  | 1.0%  | 1.1%  | 1.5%  | 1.2%  | 0.5% |
| State 10th | 6.2%  | 5.7%  | 6.1%  | 4.6%  | 3.0% |
| State 12th | 14.6% | 12.3% | 12.2% | 10.7% | 9.6% |



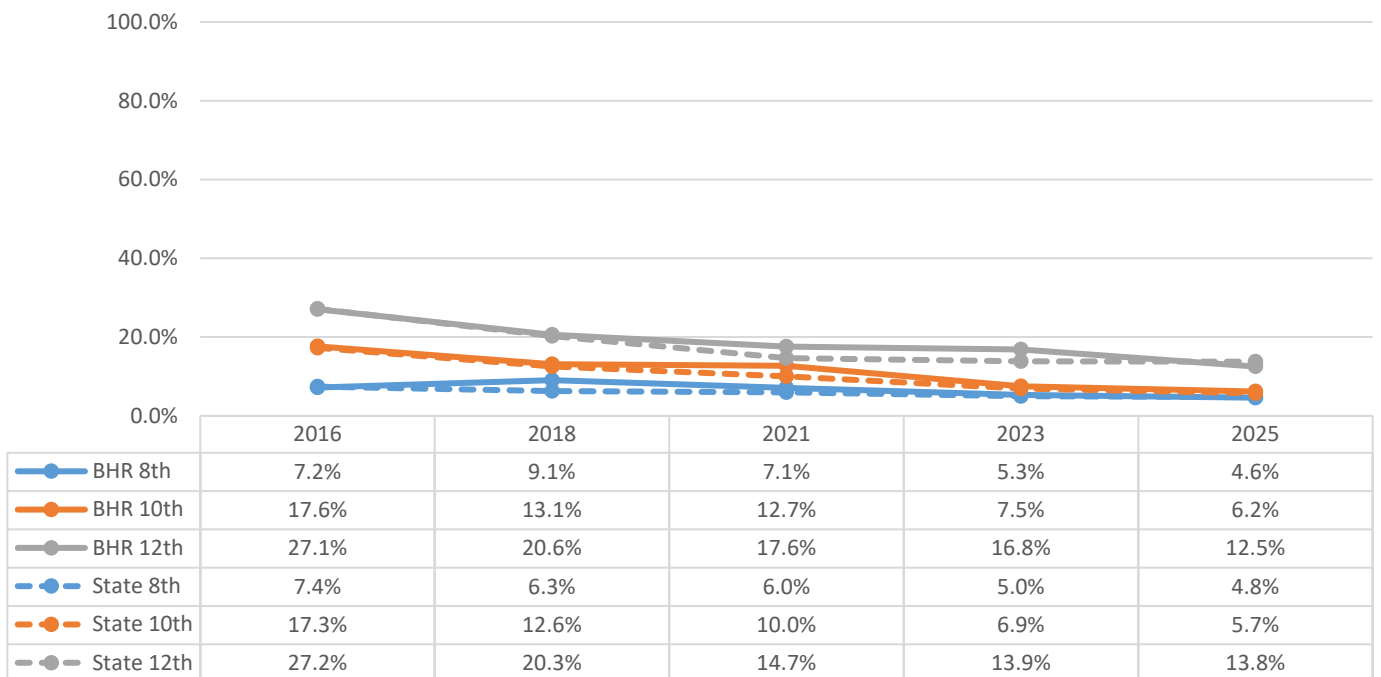
\* Percentage who reported using the named substance one or more times in their lifetime.  
\*\* Percentage who reported using the named substance one or more times during the past 30 days.  
^ The n-size displayed is the largest n-size across these questions. Because each question is asked individually, the n size may vary.

## Trends of Tobacco Use, 2016-2025

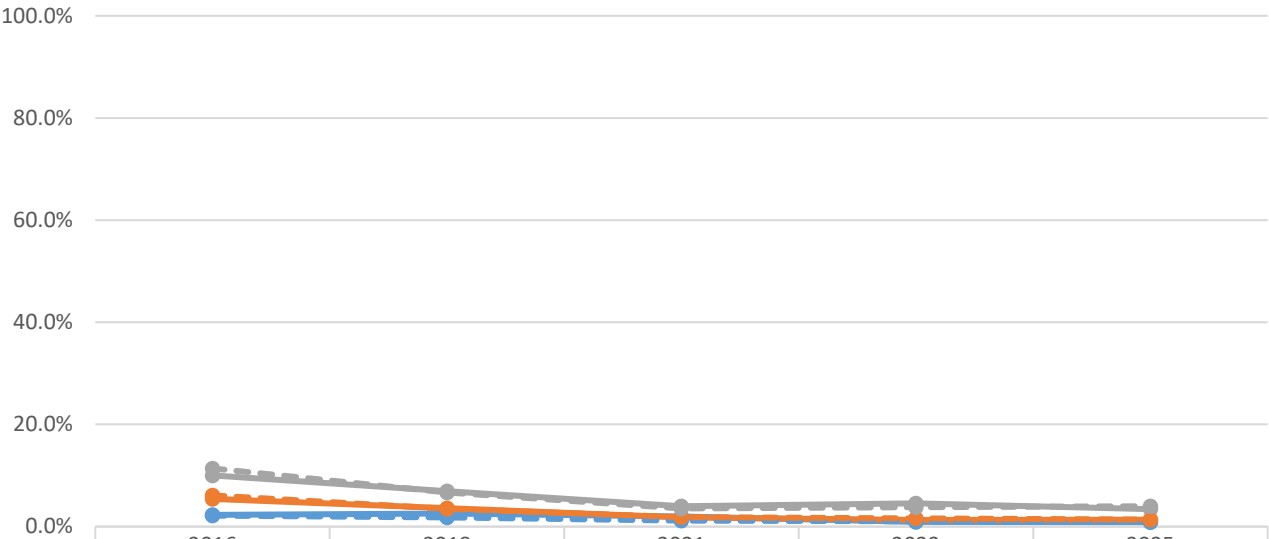
### Current\*\* Smokeless Tobacco Use, 2016-2025



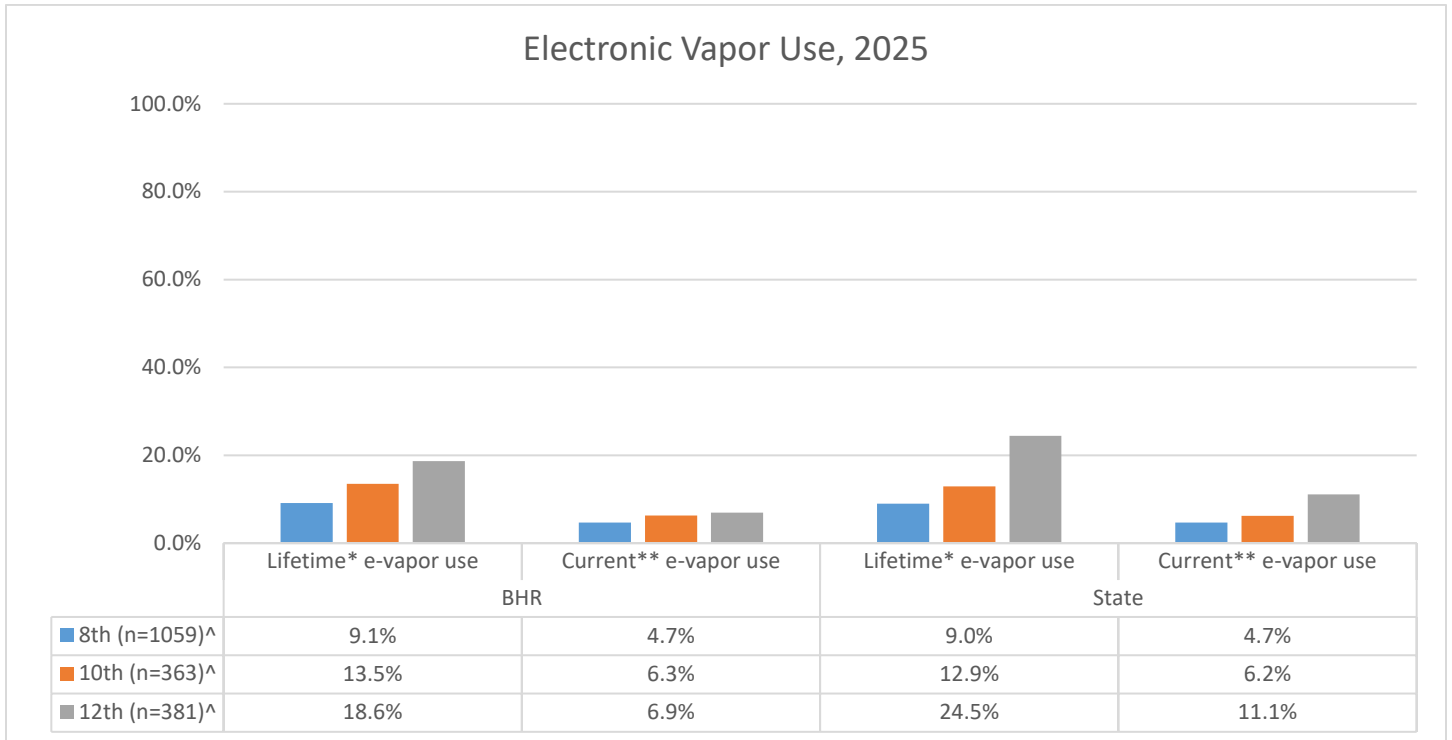
### Lifetime\* Cigarette Use, 2016-2025



Current\*\* Cigarette Use, 2016-2025



|            | 2016  | 2018 | 2021 | 2023 | 2025 |
|------------|-------|------|------|------|------|
| BHR 8th    | 2.3%  | 2.6% | 2.0% | 0.9% | 0.9% |
| BHR 10th   | 5.4%  | 3.6% | 1.8% | 1.3% | 1.4% |
| BHR 12th   | 10.0% | 6.9% | 4.0% | 4.6% | 3.4% |
| State 8th  | 2.2%  | 1.8% | 1.2% | 1.1% | 1.0% |
| State 10th | 6.1%  | 3.5% | 1.8% | 1.6% | 1.4% |
| State 12th | 11.4% | 6.7% | 3.6% | 3.8% | 4.0% |



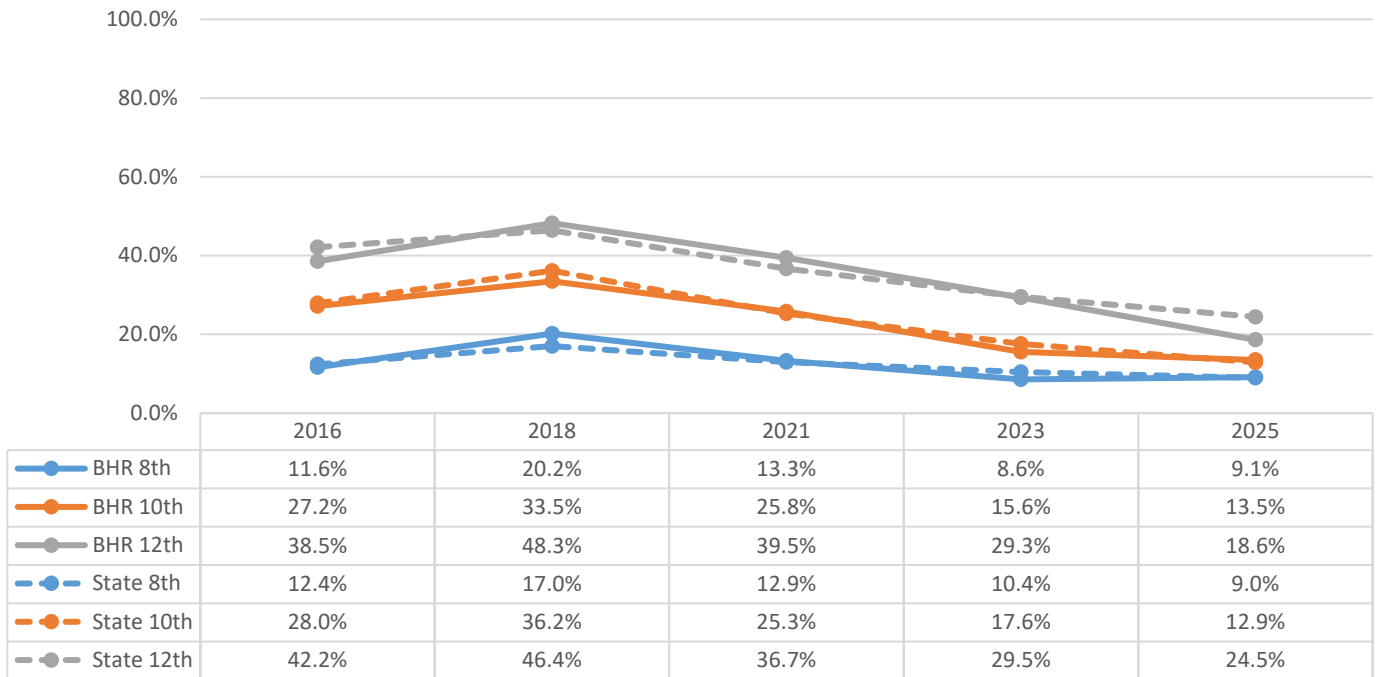
\* Percentage who reported using the named substance one or more times in their lifetime.

\*\* Percentage who reported using the named substance one or more times during the past 30 days.

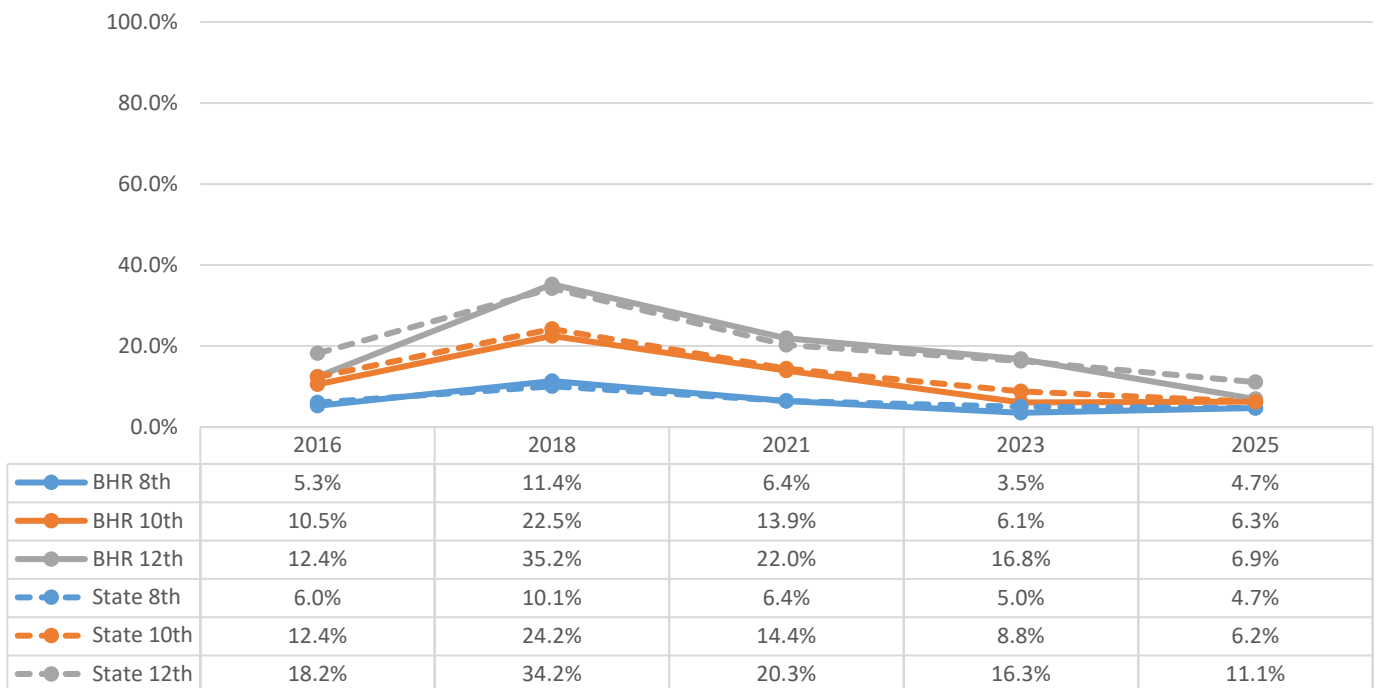
^ The n-size displayed is the largest n-size across these questions. Because each question is asked individually, the n size may vary.

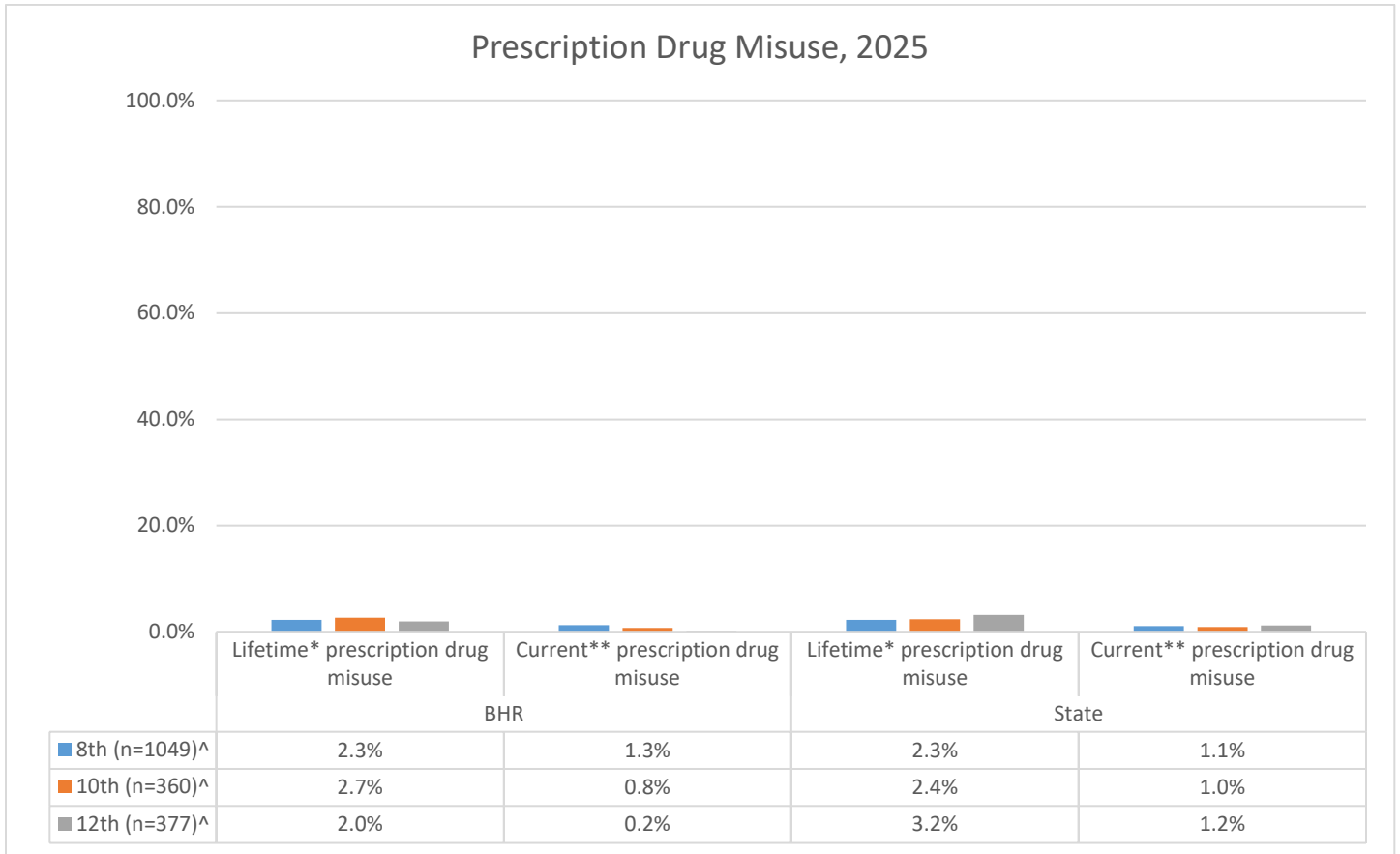
## Trends of Electronic Vapor Use, 2016-2025

Lifetime\* E-vapor Use, 2016-2025



Current\*\* E-vapor Use, 2016-2025





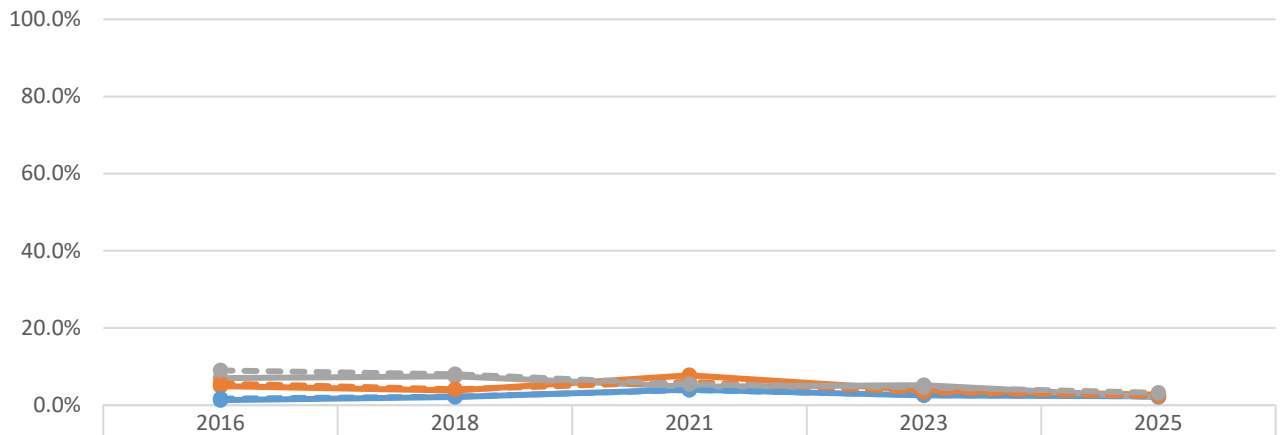
\* Percentage who reported using the named substance one or more times in their lifetime.

\*\* Percentage who reported using the named substance one or more times during the past 30 days.

^ The n-size displayed is the largest n-size across these questions. Because each question is asked individually, the n size may vary.

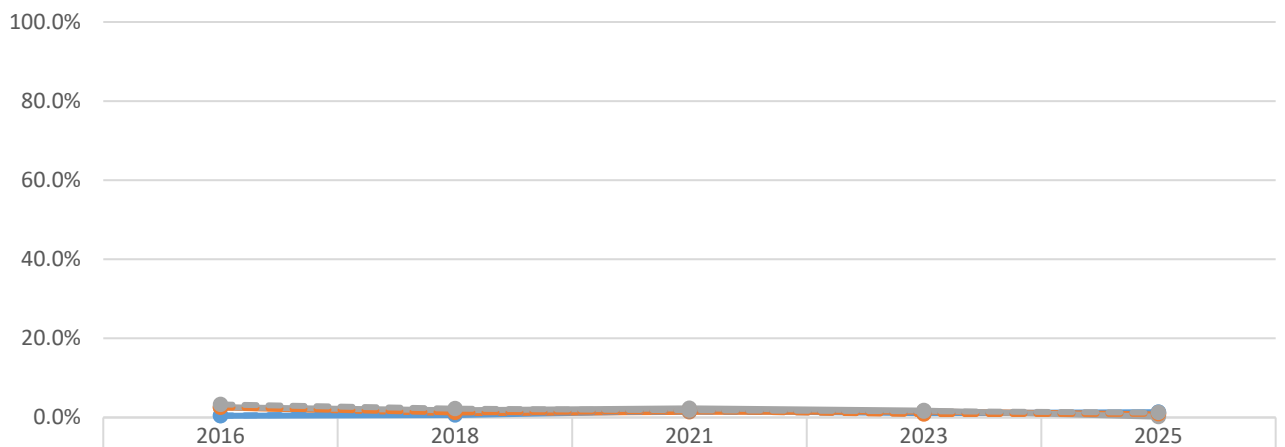
## Trends of Prescription Drug Misuse, 2016-2025

### Lifetime\* Prescription Drug Misuse, 2016-2025

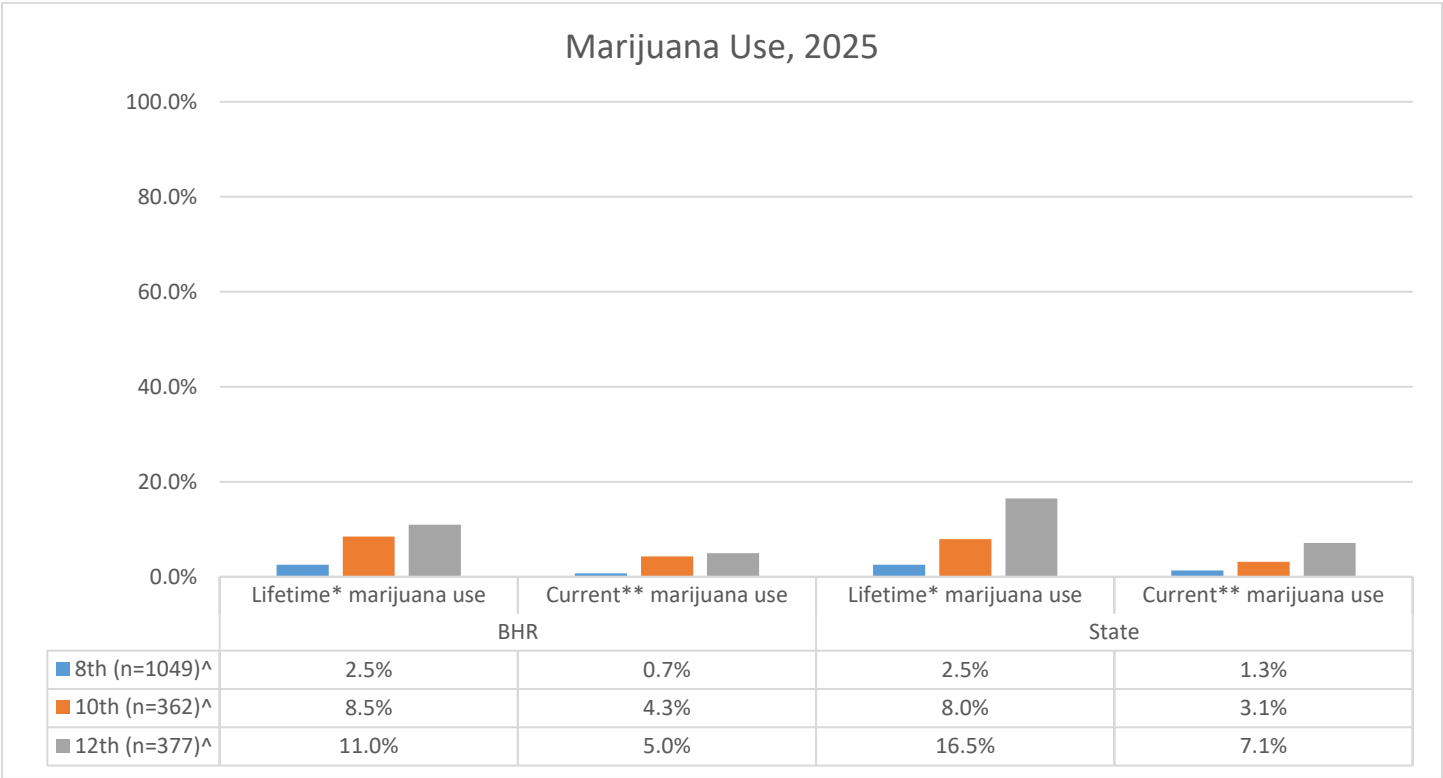


|            | 2016 | 2018 | 2021 | 2023 | 2025 |
|------------|------|------|------|------|------|
| BHR 8th    | 1.3% | 2.1% | 4.0% | 2.5% | 2.3% |
| BHR 10th   | 5.0% | 3.8% | 7.7% | 3.9% | 2.7% |
| BHR 12th   | 7.0% | 7.5% | 4.8% | 5.2% | 2.0% |
| State 8th  | 1.7% | 2.2% | 3.9% | 2.6% | 2.3% |
| State 10th | 5.6% | 4.1% | 6.0% | 3.5% | 2.4% |
| State 12th | 9.0% | 8.0% | 5.4% | 4.6% | 3.2% |

### Current\*\* Prescription Drug Misuse, 2016-2025



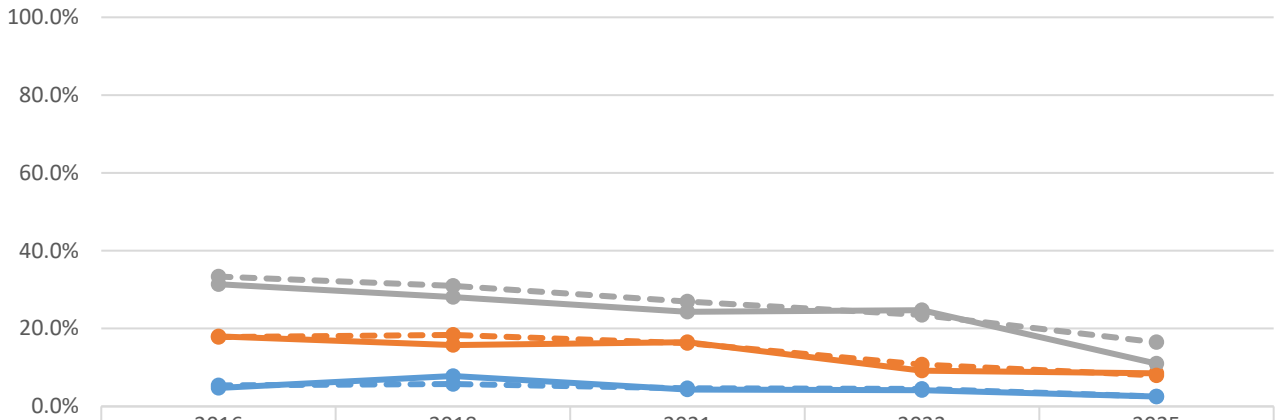
|            | 2016 | 2018 | 2021 | 2023 | 2025 |
|------------|------|------|------|------|------|
| BHR 8th    | 0.4% | 0.6% | 1.7% | 1.1% | 1.3% |
| BHR 10th   | 2.5% | 1.1% | 1.4% | 1.5% | 0.8% |
| BHR 12th   | 2.6% | 1.8% | 2.3% | 1.7% | 0.2% |
| State 8th  | 0.5% | 1.0% | 1.6% | 1.0% | 1.1% |
| State 10th | 2.6% | 1.3% | 1.7% | 0.9% | 1.0% |
| State 12th | 3.3% | 2.3% | 1.9% | 1.6% | 1.2% |



\* Percentage who reported using the named substance one or more times in their lifetime.  
\*\* Percentage who reported using the named substance one or more times during the past 30 days.  
^ The n-size displayed is the largest n-size across these questions. Because each question is asked individually, the n size may vary.

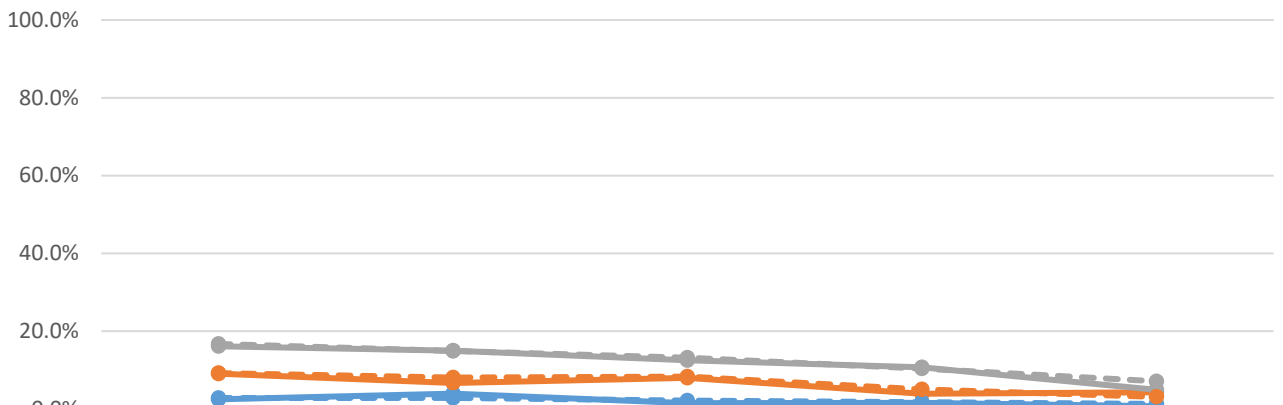
## Trends of Marijuana Use, 2016-2025

### Lifetime\* Marijuana Use, 2016-2025



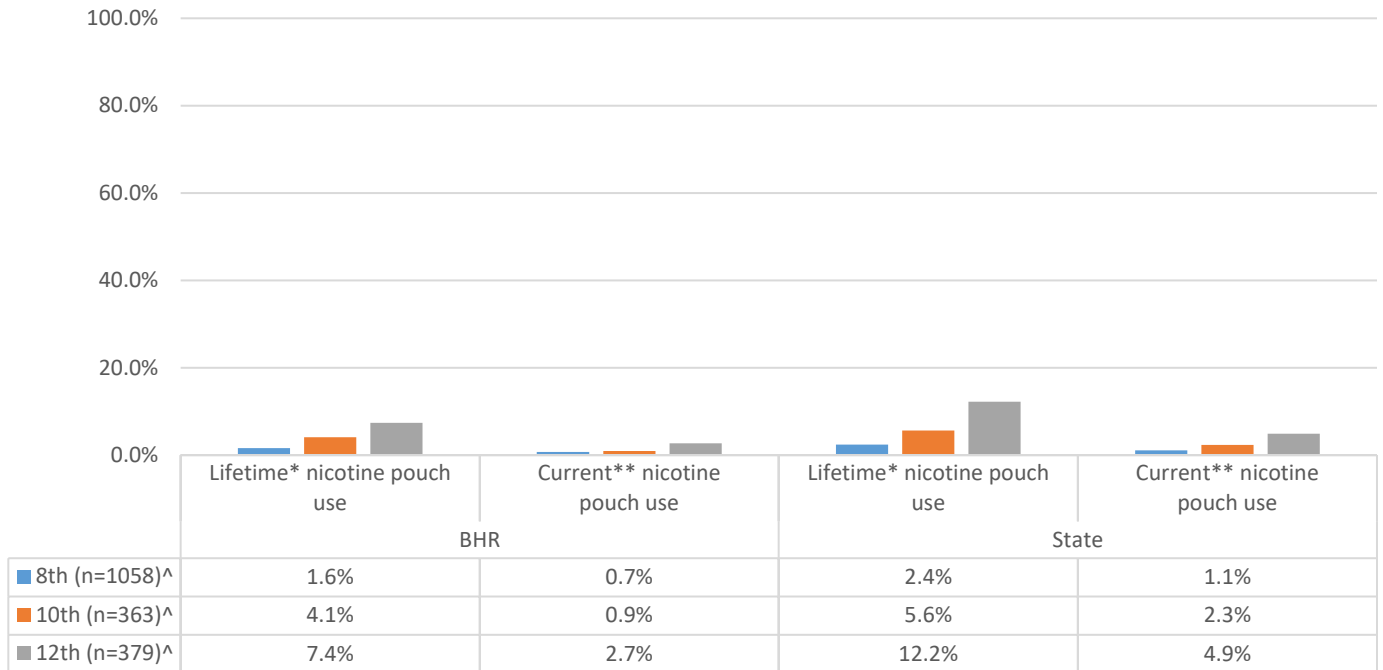
|            | 2016  | 2018  | 2021  | 2023  | 2025  |
|------------|-------|-------|-------|-------|-------|
| BHR 8th    | 4.7%  | 7.8%  | 4.4%  | 4.1%  | 2.5%  |
| BHR 10th   | 18.0% | 15.7% | 16.5% | 9.2%  | 8.5%  |
| BHR 12th   | 31.4% | 28.1% | 24.3% | 24.8% | 11.0% |
| State 8th  | 5.4%  | 5.8%  | 4.6%  | 4.5%  | 2.5%  |
| State 10th | 17.8% | 18.4% | 16.2% | 10.8% | 8.0%  |
| State 12th | 33.4% | 30.9% | 27.0% | 23.5% | 16.5% |

### Current\*\* Marijuana Use, 2016-2025



|            | 2016  | 2018  | 2021  | 2023  | 2025 |
|------------|-------|-------|-------|-------|------|
| BHR 8th    | 2.5%  | 4.0%  | 1.5%  | 1.6%  | 0.7% |
| BHR 10th   | 9.1%  | 6.7%  | 8.0%  | 3.9%  | 4.3% |
| BHR 12th   | 16.1% | 15.0% | 12.5% | 10.7% | 5.0% |
| State 8th  | 2.8%  | 2.9%  | 2.1%  | 1.8%  | 1.3% |
| State 10th | 9.2%  | 8.1%  | 8.4%  | 5.1%  | 3.1% |
| State 12th | 16.7% | 14.9% | 13.2% | 10.4% | 7.1% |

### Nicotine Pouch Use, 2025

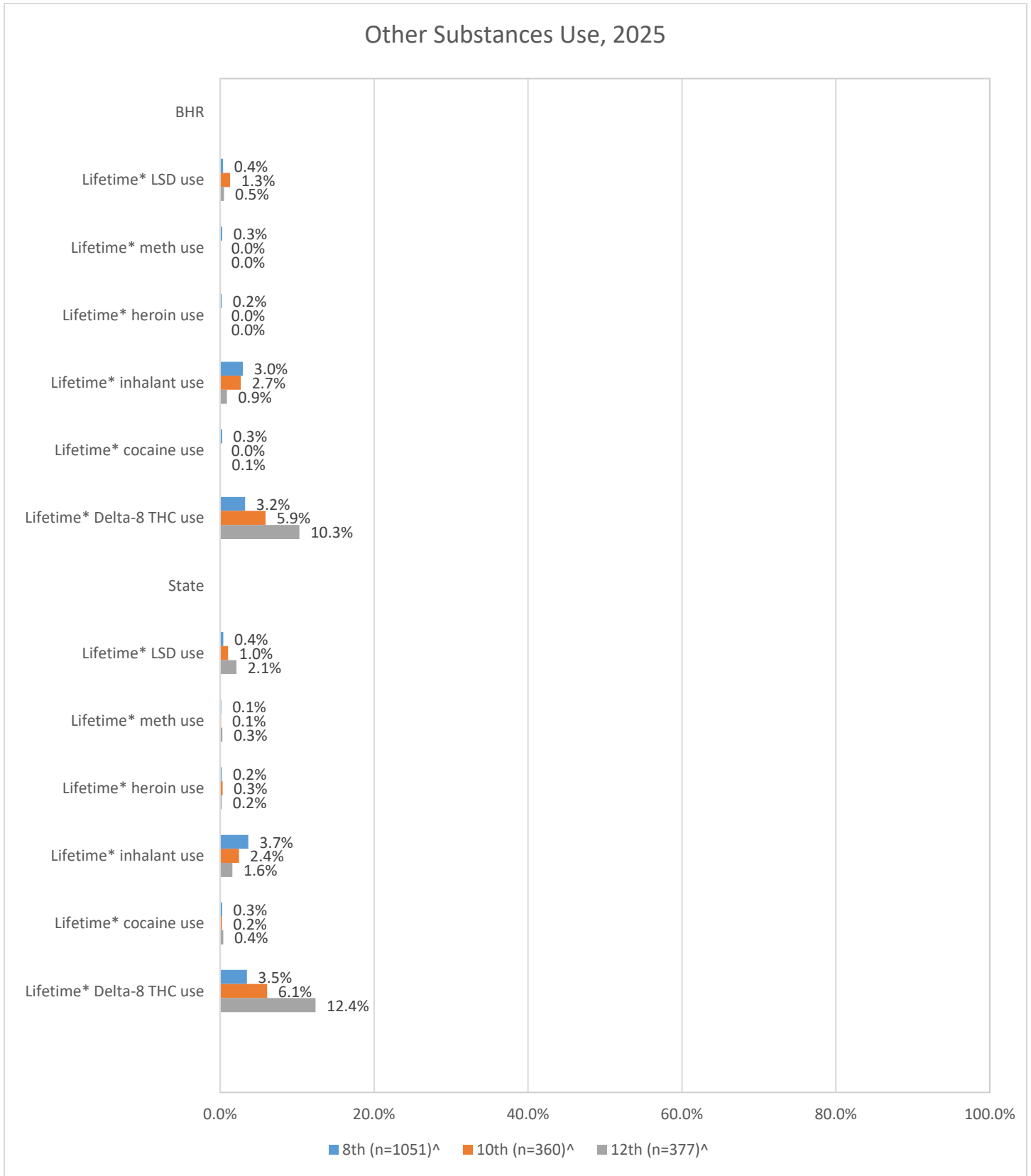


\* Percentage who reported using the named substance one or more times in their lifetime.

\*\* Percentage who reported using the named substance one or more times during the past 30 days.

^ The n-size displayed is the largest n-size across these questions. Because each question is asked individually, the n size may vary.

Questions about nicotine use are only in 2025 survey. Trend data are not available.



\* Percentage who reported using the named substance one or more times in their lifetime.

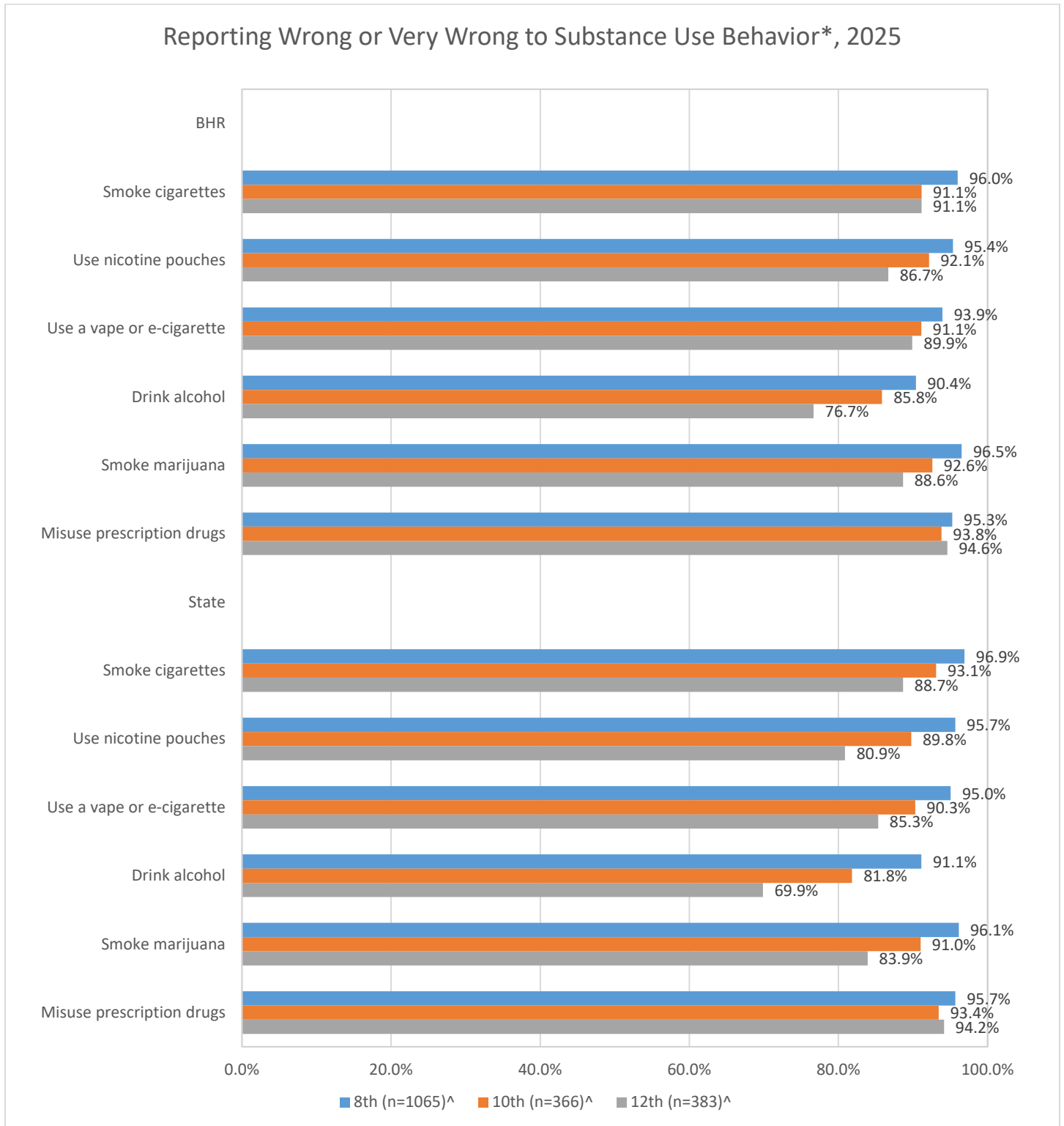
^ The n-size displayed is the largest n-size across these questions. Because each question is asked individually, the n size may vary.

## Trends of Other Substances Use, 2016-2025

|                                                                                            | Behavior Health Region |      |      |      |      | State |      |      |      |      |
|--------------------------------------------------------------------------------------------|------------------------|------|------|------|------|-------|------|------|------|------|
|                                                                                            | 2016                   | 2018 | 2021 | 2023 | 2025 | 2016  | 2018 | 2021 | 2023 | 2025 |
| <b>Lifetime* LSD use</b>                                                                   |                        |      |      |      |      |       |      |      |      |      |
| 8th                                                                                        | 0.3%                   | 0.7% | 0.1% | 0.8% | 0.4% | 0.4%  | 0.8% | 0.5% | 0.8% | 0.4% |
| 10th                                                                                       | 2.8%                   | 1.9% | 2.5% | 1.4% | 1.3% | 3.6%  | 2.0% | 2.5% | 1.7% | 1.0% |
| 12th                                                                                       | 3.9%                   | 5.9% | 5.1% | 6.0% | 0.5% | 5.7%  | 5.2% | 4.7% | 4.8% | 2.1% |
| <b>Lifetime* meth use</b>                                                                  |                        |      |      |      |      |       |      |      |      |      |
| 8th                                                                                        | 0.1%                   | 0.3% | 0.1% | 0.1% | 0.3% | 0.2%  | 0.2% | 0.3% | 0.3% | 0.1% |
| 10th                                                                                       | 0.5%                   | 0.6% | 0.5% | 0.4% | 0.0% | 0.5%  | 0.4% | 0.4% | 0.3% | 0.1% |
| 12th                                                                                       | 0.7%                   | 0.5% | 0.8% | 0.6% | 0.0% | 0.7%  | 0.6% | 0.6% | 0.6% | 0.3% |
| <b>Lifetime* heroin use</b>                                                                |                        |      |      |      |      |       |      |      |      |      |
| 8th                                                                                        | 0.0%                   | 0.2% | 0.1% | 0.2% | 0.2% | 0.0%  | 0.1% | 0.2% | 0.2% | 0.2% |
| 10th                                                                                       | 0.3%                   | 0.1% | 0.4% | 0.6% | 0.0% | 0.3%  | 0.1% | 0.2% | 0.5% | 0.3% |
| 12th                                                                                       | 0.3%                   | 0.4% | 0.2% | 1.2% | 0.0% | 0.4%  | 0.3% | 0.4% | 0.9% | 0.2% |
| <b>Lifetime* inhalant use</b>                                                              |                        |      |      |      |      |       |      |      |      |      |
| 8th                                                                                        | 2.7%                   | 4.1% | 4.7% | 3.1% | 3.0% | 3.6%  | 4.4% | 5.3% | 4.4% | 3.7% |
| 10th                                                                                       | 3.2%                   | 2.1% | 5.9% | 2.4% | 2.7% | 3.3%  | 3.1% | 4.2% | 2.5% | 2.4% |
| 12th                                                                                       | 2.2%                   | 1.9% | 3.4% | 3.4% | 0.9% | 2.5%  | 3.7% | 3.1% | 2.9% | 1.6% |
| <b>Lifetime* cocaine use</b>                                                               |                        |      |      |      |      |       |      |      |      |      |
| 8th                                                                                        | 0.3%                   | 0.5% | 0.2% | 0.0% | 0.3% | 0.2%  | 0.3% | 0.4% | 0.2% | 0.3% |
| 10th                                                                                       | 1.2%                   | 0.7% | 0.8% | 0.2% | 0.0% | 1.0%  | 0.6% | 0.8% | 0.5% | 0.2% |
| 12th                                                                                       | 2.8%                   | 2.3% | 2.3% | 1.9% | 0.1% | 3.1%  | 1.9% | 1.5% | 1.4% | 0.4% |
| <b>Lifetime* Delta-8 THC use</b> (Question is only in 2025. Trend data are not available.) |                        |      |      |      |      |       |      |      |      |      |

\* Percentage who reported using the named substance one or more times in their lifetime.

## Attitudes toward Substance Use



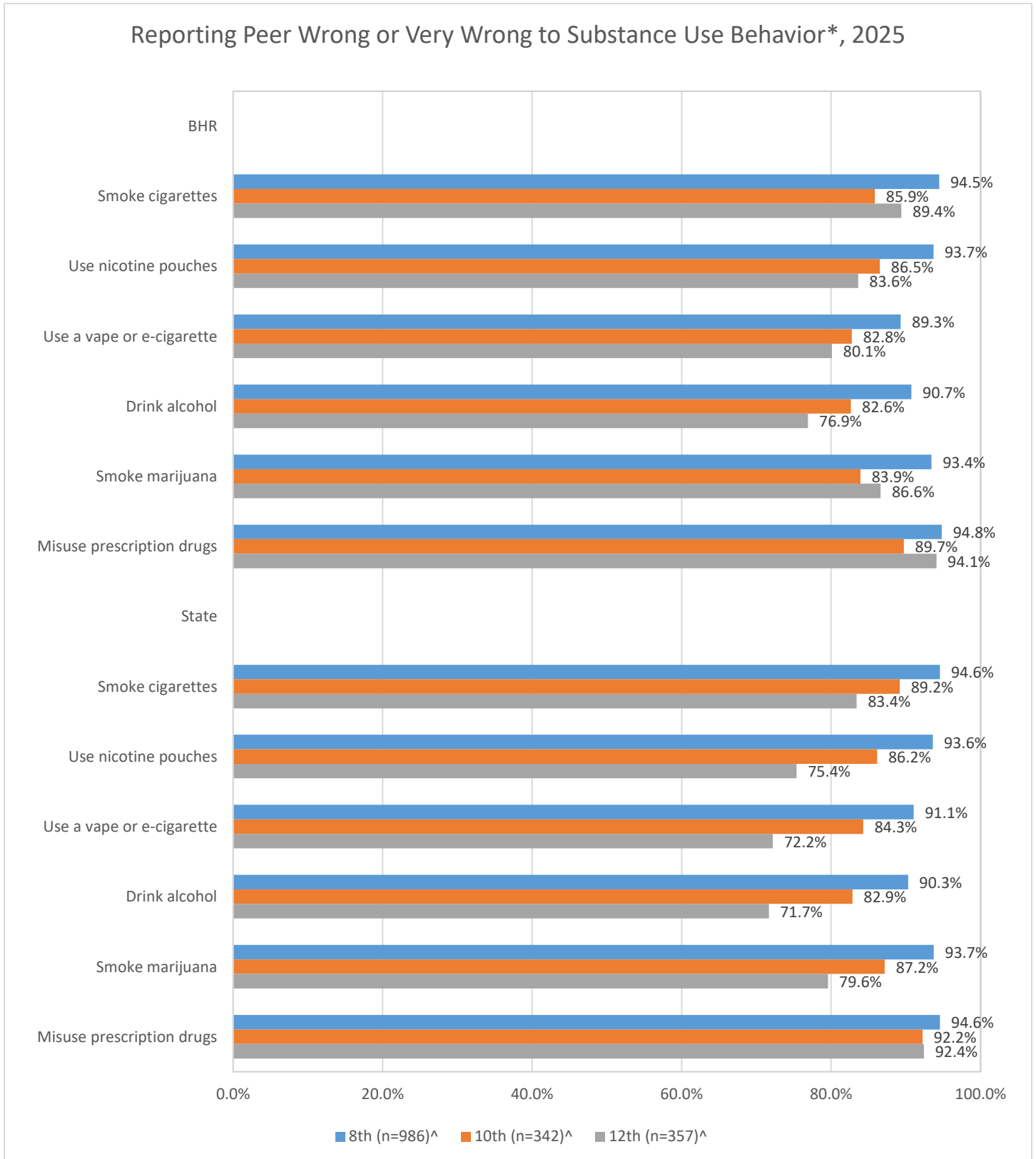
\* Percentage who reported how wrong they think different substance behaviors are based on the following scale: Very wrong, Wrong, A little bit wrong, Not wrong at all.

^ The n-size displayed is the largest n-size across these questions. Because each question is asked individually, the n size may vary.

## Trends of Reporting Wrong or Very Wrong to Substance Use Behavior\*, 2016-2025

|                                                                                        | Behavior Health Region |       |       |       |       | State |       |       |       |       |
|----------------------------------------------------------------------------------------|------------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
|                                                                                        | 2016                   | 2018  | 2021  | 2023  | 2025  | 2016  | 2018  | 2021  | 2023  | 2025  |
| <b>Smoke cigarettes</b>                                                                |                        |       |       |       |       |       |       |       |       |       |
| 8th                                                                                    | 94.7%                  | 93.7% | 93.4% | 96.3% | 96.0% | 94.4% | 94.9% | 94.3% | 96.1% | 96.9% |
| 10th                                                                                   | 88.8%                  | 91.0% | 89.3% | 92.2% | 91.1% | 87.2% | 89.0% | 88.0% | 92.8% | 93.1% |
| 12th                                                                                   | 75.2%                  | 78.6% | 80.8% | 82.4% | 91.1% | 73.4% | 76.5% | 81.2% | 84.3% | 88.7% |
| <b>Use nicotine pouches</b> <i>(Question is only in 2025. Trend is not available.)</i> |                        |       |       |       |       |       |       |       |       |       |
| <b>Use a vape or e-cigarette</b> <i>(Question was not available before 2023.)</i>      |                        |       |       |       |       |       |       |       |       |       |
| 8th                                                                                    |                        |       |       | 94.0% | 93.9% |       |       |       | 93.2% | 95.0% |
| 10th                                                                                   |                        |       |       | 89.5% | 91.1% |       |       |       | 86.8% | 90.3% |
| 12th                                                                                   |                        |       |       | 78.3% | 89.9% |       |       |       | 76.8% | 85.3% |
| <b>Drink alcohol</b>                                                                   |                        |       |       |       |       |       |       |       |       |       |
| 8th                                                                                    | 88.4%                  | 85.4% | 85.9% | 85.1% | 90.4% | 87.8% | 86.5% | 86.2% | 85.6% | 91.1% |
| 10th                                                                                   | 76.7%                  | 78.5% | 68.2% | 80.6% | 85.8% | 75.0% | 75.6% | 69.0% | 76.6% | 81.8% |
| 12th                                                                                   | 63.3%                  | 62.6% | 57.0% | 60.6% | 76.7% | 60.2% | 59.7% | 55.1% | 61.0% | 69.9% |
| <b>Smoke marijuana</b>                                                                 |                        |       |       |       |       |       |       |       |       |       |
| 8th                                                                                    | 92.0%                  | 90.3% | 94.4% | 94.9% | 96.5% | 90.6% | 91.6% | 93.1% | 94.6% | 96.1% |
| 10th                                                                                   | 74.9%                  | 80.2% | 77.3% | 90.3% | 92.6% | 74.0% | 77.8% | 75.6% | 87.5% | 91.0% |
| 12th                                                                                   | 64.5%                  | 69.4% | 66.5% | 75.3% | 88.6% | 61.5% | 65.9% | 62.5% | 73.0% | 83.9% |
| <b>Misuse prescription drugs</b>                                                       |                        |       |       |       |       |       |       |       |       |       |
| 8th                                                                                    | 95.6%                  | 94.5% | 93.8% | 93.0% | 95.3% | 95.2% | 95.4% | 94.3% | 94.4% | 95.7% |
| 10th                                                                                   | 92.6%                  | 95.3% | 91.2% | 94.3% | 93.8% | 92.7% | 93.7% | 91.3% | 93.1% | 93.4% |
| 12th                                                                                   | 93.1%                  | 94.0% | 90.6% | 92.6% | 94.6% | 89.8% | 93.1% | 91.0% | 92.6% | 94.2% |

\* Percentage who reported how wrong they think different substance behaviors are based on the following scale: Very wrong, Wrong, A little bit wrong, Not wrong at all.



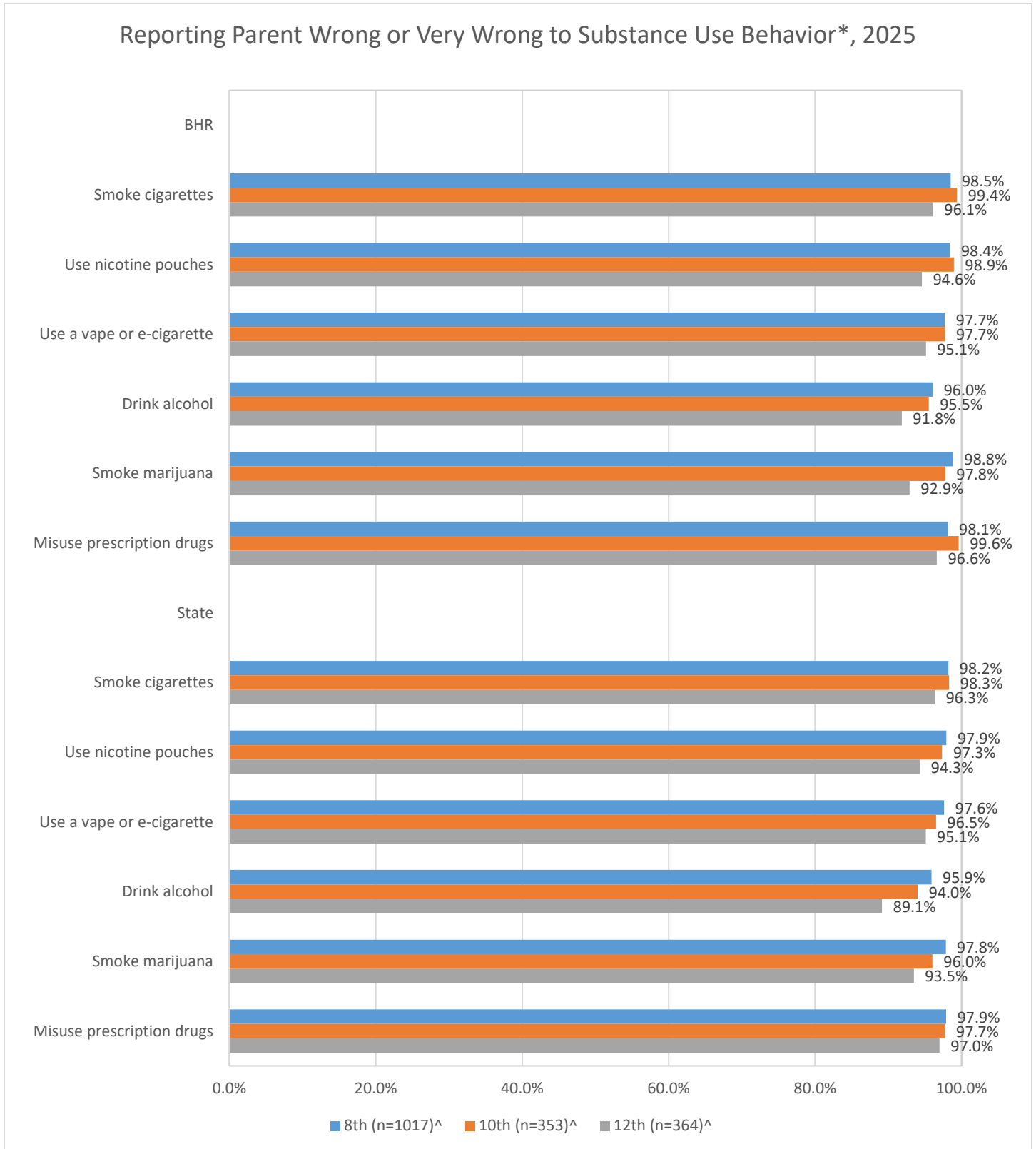
\* Percentage who reported how wrong their friends would think different substance behaviors are based on the following scale: Very wrong, Wrong, A little bit wrong, Not wrong at all.

^ The n-size displayed is the largest n-size across these questions. Because each question is asked individually, the n size may vary.

Trends of Reporting Peer Wrong or Very Wrong to Substance Use Behavior\*, 2016-2025

|                                                                                 | Behavior Health Region |       |       |       |       | State |       |       |       |       |
|---------------------------------------------------------------------------------|------------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
|                                                                                 | 2016                   | 2018  | 2021  | 2023  | 2025  | 2016  | 2018  | 2021  | 2023  | 2025  |
| <b>Smoke cigarettes</b>                                                         |                        |       |       |       |       |       |       |       |       |       |
| 8th                                                                             | 89.6%                  | 88.2% | 90.6% | 93.8% | 94.5% | 90.3% | 90.6% | 91.3% | 93.8% | 94.6% |
| 10th                                                                            | 81.5%                  | 81.8% | 80.7% | 86.7% | 85.9% | 77.6% | 79.6% | 81.9% | 85.3% | 89.2% |
| 12th                                                                            | 65.7%                  | 73.3% | 70.3% | 75.4% | 89.4% | 64.4% | 69.3% | 73.4% | 76.1% | 83.4% |
| <b>Use nicotine pouches</b> (Question is only in 2025. Trend is not available.) |                        |       |       |       |       |       |       |       |       |       |
| <b>Use a vape or e-cigarette</b> (Question was not available before 2023.)      |                        |       |       |       |       |       |       |       |       |       |
| 8th                                                                             |                        |       |       | 88.8% | 89.3% |       |       |       | 87.4% | 91.1% |
| 10th                                                                            |                        |       |       | 80.1% | 82.8% |       |       |       | 76.2% | 84.3% |
| 12th                                                                            |                        |       |       | 64.6% | 80.1% |       |       |       | 61.8% | 72.2% |
| <b>Drink alcohol</b>                                                            |                        |       |       |       |       |       |       |       |       |       |
| 8th                                                                             | 88.2%                  | 83.8% | 85.0% | 87.9% | 90.7% | 88.1% | 85.6% | 86.1% | 87.8% | 90.3% |
| 10th                                                                            | 72.7%                  | 71.2% | 67.2% | 79.8% | 82.6% | 71.2% | 68.3% | 68.8% | 76.2% | 82.9% |
| 12th                                                                            | 58.0%                  | 60.3% | 57.8% | 65.1% | 76.9% | 56.8% | 59.3% | 58.2% | 64.1% | 71.7% |
| <b>Smoke marijuana</b> (Question was not available in 2023.)                    |                        |       |       |       |       |       |       |       |       |       |
| 8th                                                                             | 89.5%                  | 85.3% | 90.7% |       | 93.4% | 87.6% | 87.4% | 90.6% |       | 93.7% |
| 10th                                                                            | 68.9%                  | 72.8% | 73.8% |       | 83.9% | 66.1% | 67.4% | 71.8% |       | 87.2% |
| 12th                                                                            | 56.4%                  | 63.0% | 59.9% |       | 86.6% | 52.0% | 55.2% | 56.5% |       | 79.6% |
| <b>Misuse prescription drugs</b>                                                |                        |       |       |       |       |       |       |       |       |       |
| 8th                                                                             | 95.3%                  | 92.8% | 93.9% | 94.1% | 94.8% | 94.5% | 93.6% | 93.9% | 94.4% | 94.6% |
| 10th                                                                            | 88.6%                  | 89.1% | 89.5% | 91.1% | 89.7% | 86.8% | 87.4% | 89.2% | 90.1% | 92.2% |
| 12th                                                                            | 84.9%                  | 85.9% | 89.6% | 89.3% | 94.1% | 79.8% | 84.6% | 87.7% | 87.9% | 92.4% |

\* Percentage who reported how wrong their friends would think different substance behaviors are based on the following scale: Very wrong, Wrong, A little bit wrong, Not wrong at all.



\* Percentage who reported how wrong their parents would think different substance behaviors are based on the following scale: Very wrong, Wrong, A little bit wrong, Not wrong at all.

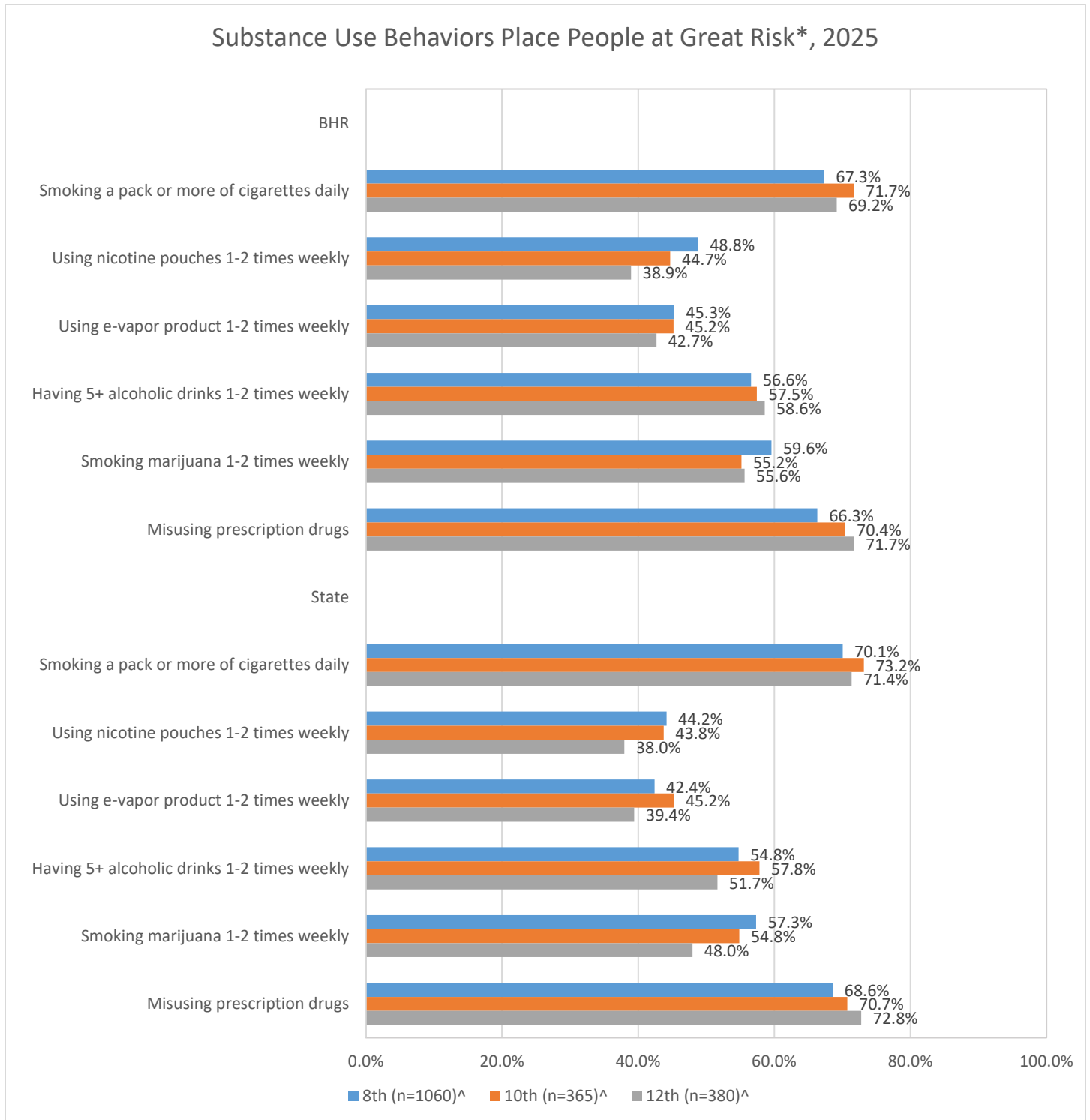
^ The n-size displayed is the largest n-size across these questions. Because each question is asked individually, the n size may vary.

Trends of Reporting Parent Wrong or Very Wrong to Substance Use Behavior\*, 2016-2025

|                                                                                 | Behavior Health Region |       |       |       |       | State |       |       |       |       |
|---------------------------------------------------------------------------------|------------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
|                                                                                 | 2016                   | 2018  | 2021  | 2023  | 2025  | 2016  | 2018  | 2021  | 2023  | 2025  |
| <b>Smoke cigarettes</b>                                                         |                        |       |       |       |       |       |       |       |       |       |
| 8th                                                                             | 97.3%                  | 97.9% | 98.0% | 99.0% | 98.5% | 97.3% | 98.1% | 98.3% | 98.5% | 98.2% |
| 10th                                                                            | 96.5%                  | 97.7% | 94.9% | 96.7% | 99.4% | 96.0% | 97.5% | 96.6% | 97.5% | 98.3% |
| 12th                                                                            | 92.0%                  | 95.0% | 94.1% | 94.7% | 96.1% | 91.9% | 93.8% | 95.9% | 95.2% | 96.3% |
| <b>Use nicotine pouches</b> (Question is only in 2025. Trend is not available.) |                        |       |       |       |       |       |       |       |       |       |
| <b>Use a vape or e-cigarette</b> (Question was not available before 2023.)      |                        |       |       |       |       |       |       |       |       |       |
| 8th                                                                             |                        |       |       | 97.9% | 97.7% |       |       |       | 97.0% | 97.6% |
| 10th                                                                            |                        |       |       | 95.9% | 97.7% |       |       |       | 95.8% | 96.5% |
| 12th                                                                            |                        |       |       | 91.8% | 95.1% |       |       |       | 92.7% | 95.1% |
| <b>Drink alcohol</b>                                                            |                        |       |       |       |       |       |       |       |       |       |
| 8th                                                                             | 95.4%                  | 94.8% | 93.7% | 96.0% | 96.0% | 95.7% | 95.0% | 94.5% | 94.7% | 95.9% |
| 10th                                                                            | 94.1%                  | 93.7% | 87.7% | 92.7% | 95.5% | 93.9% | 92.6% | 89.7% | 92.0% | 94.0% |
| 12th                                                                            | 87.4%                  | 90.7% | 85.9% | 86.8% | 91.8% | 88.3% | 87.4% | 85.1% | 86.6% | 89.1% |
| <b>Smoke marijuana</b>                                                          |                        |       |       |       |       |       |       |       |       |       |
| 8th                                                                             | 96.4%                  | 96.7% | 97.1% | 97.7% | 98.8% | 95.8% | 96.7% | 97.1% | 97.1% | 97.8% |
| 10th                                                                            | 92.1%                  | 94.1% | 91.9% | 95.8% | 97.8% | 91.5% | 92.6% | 91.1% | 94.9% | 96.0% |
| 12th                                                                            | 87.8%                  | 91.3% | 87.6% | 89.7% | 92.9% | 87.5% | 87.6% | 87.2% | 90.6% | 93.5% |
| <b>Misuse prescription drugs</b>                                                |                        |       |       |       |       |       |       |       |       |       |
| 8th                                                                             | 98.2%                  | 97.7% | 97.9% | 98.1% | 98.1% | 98.1% | 98.3% | 97.8% | 97.7% | 97.9% |
| 10th                                                                            | 98.0%                  | 98.3% | 97.4% | 98.7% | 99.6% | 97.8% | 98.0% | 97.4% | 97.9% | 97.7% |
| 12th                                                                            | 97.1%                  | 98.4% | 97.8% | 96.9% | 96.6% | 96.8% | 97.8% | 97.3% | 97.5% | 97.0% |

\* Percentage who reported how wrong their parents would think different substance behaviors are based on the following scale: Very wrong, Wrong, A little bit wrong, Not wrong at all.

## Perceptions of Substance Use



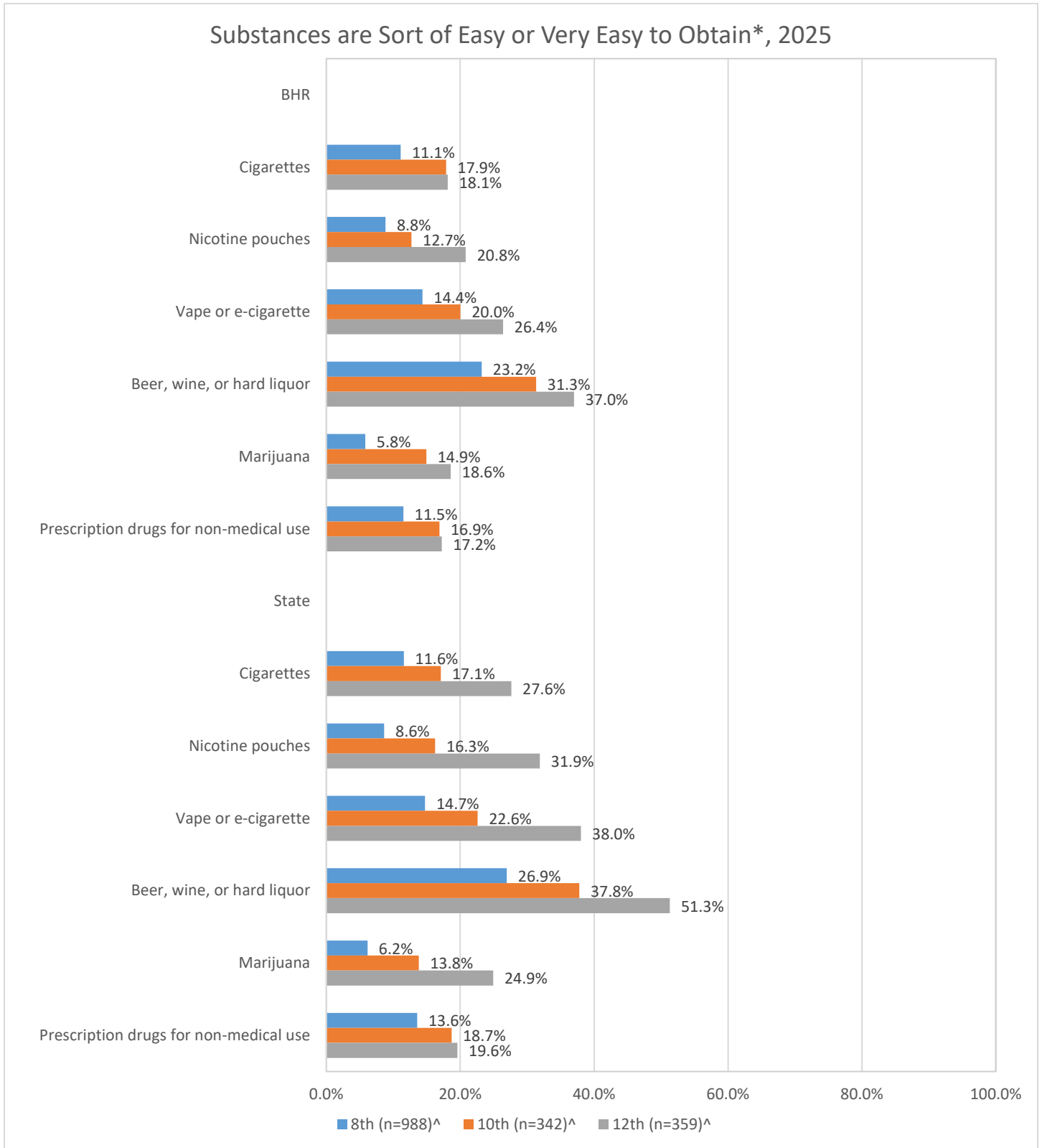
\* Percentage who reported great risk associated with each substance behaviors based on the following scale: No risk, Slight risk, Moderate risk, Great risk. Based on the question "How much do you think people risk harming themselves (physically or in other ways) if they: <insert substance use behavior>."

^ The n-size displayed is the largest n-size across these questions. Because each question is asked individually, the n size may vary.

## Trends of Reporting Substance Use Behaviors Place People at Great Risk\*, 2016-2025

|                                                                                                | Behavior Health Region |       |       |       |       | State |       |       |       |       |
|------------------------------------------------------------------------------------------------|------------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
|                                                                                                | 2016                   | 2018  | 2021  | 2023  | 2025  | 2016  | 2018  | 2021  | 2023  | 2025  |
| <b>Smoking a pack or more of cigarettes daily</b>                                              |                        |       |       |       |       |       |       |       |       |       |
| 8th                                                                                            | 65.5%                  | 61.5% | 53.4% | 62.7% | 67.3% | 68.0% | 63.8% | 58.9% | 59.2% | 70.1% |
| 10th                                                                                           | 69.0%                  | 65.3% | 58.8% | 58.3% | 71.7% | 68.1% | 67.2% | 59.1% | 57.8% | 73.2% |
| 12th                                                                                           | 68.7%                  | 68.3% | 57.5% | 56.1% | 69.2% | 70.4% | 66.9% | 58.8% | 57.3% | 71.4% |
| <b>Use nicotine pouches</b> <i>(Question is only in 2025. Trend is not available.)</i>         |                        |       |       |       |       |       |       |       |       |       |
| <b>Using e-vapor product 1-2 times weekly</b> <i>(Question was not available before 2021.)</i> |                        |       |       |       |       |       |       |       |       |       |
| 8th                                                                                            |                        |       | 29.1% | 35.9% | 45.3% |       |       | 32.0% | 34.4% | 42.4% |
| 10th                                                                                           |                        |       | 31.1% | 34.5% | 45.2% |       |       | 29.1% | 32.9% | 45.2% |
| 12th                                                                                           |                        |       | 26.5% | 31.0% | 42.7% |       |       | 25.9% | 29.8% | 39.4% |
| <b>Having 5+ alcoholic drinks 1-2 times weekly</b>                                             |                        |       |       |       |       |       |       |       |       |       |
| 8th                                                                                            | 54.1%                  | 40.1% | 34.2% | 40.3% | 56.6% | 57.8% | 43.8% | 38.7% | 41.1% | 54.8% |
| 10th                                                                                           | 54.1%                  | 39.7% | 33.6% | 40.7% | 57.5% | 56.1% | 42.8% | 33.9% | 40.0% | 57.8% |
| 12th                                                                                           | 47.2%                  | 40.0% | 30.7% | 35.3% | 58.6% | 51.0% | 39.3% | 30.9% | 34.0% | 51.7% |
| <b>Smoking marijuana 1-2 times weekly</b>                                                      |                        |       |       |       |       |       |       |       |       |       |
| 8th                                                                                            | 49.4%                  | 46.2% | 44.7% | 54.7% | 59.6% | 51.2% | 47.8% | 46.9% | 51.8% | 57.3% |
| 10th                                                                                           | 33.7%                  | 33.1% | 34.1% | 43.2% | 55.2% | 35.3% | 34.2% | 31.7% | 39.1% | 54.8% |
| 12th                                                                                           | 24.8%                  | 28.4% | 22.3% | 32.0% | 55.6% | 24.2% | 26.8% | 22.4% | 30.4% | 48.0% |
| <b>Misusing prescription drugs</b>                                                             |                        |       |       |       |       |       |       |       |       |       |
| 8th                                                                                            | 58.4%                  | 60.6% | 54.2% | 60.5% | 66.3% | 59.6% | 62.0% | 55.9% | 59.8% | 68.6% |
| 10th                                                                                           | 57.9%                  | 61.7% | 60.4% | 61.4% | 70.4% | 57.7% | 62.7% | 59.3% | 58.9% | 70.7% |
| 12th                                                                                           | 56.3%                  | 65.7% | 64.0% | 62.7% | 71.7% | 56.5% | 67.3% | 60.1% | 62.8% | 72.8% |

\* Percentage who reported great risk associated with each substance behaviors based on the following scale: No risk, Slight risk, Moderate risk, Great risk. Based on the question "How much do you think people risk harming themselves (physically or in other ways) if they: <insert substance use behavior>."



\* Percentage who reported it is sort of or very easy to obtain each substance based on the following scale: Very hard, Sort of hard, Sort of easy, Very easy. Based on the question "If you wanted to, how easy would it be for you to get: <insert substance use behavior>."

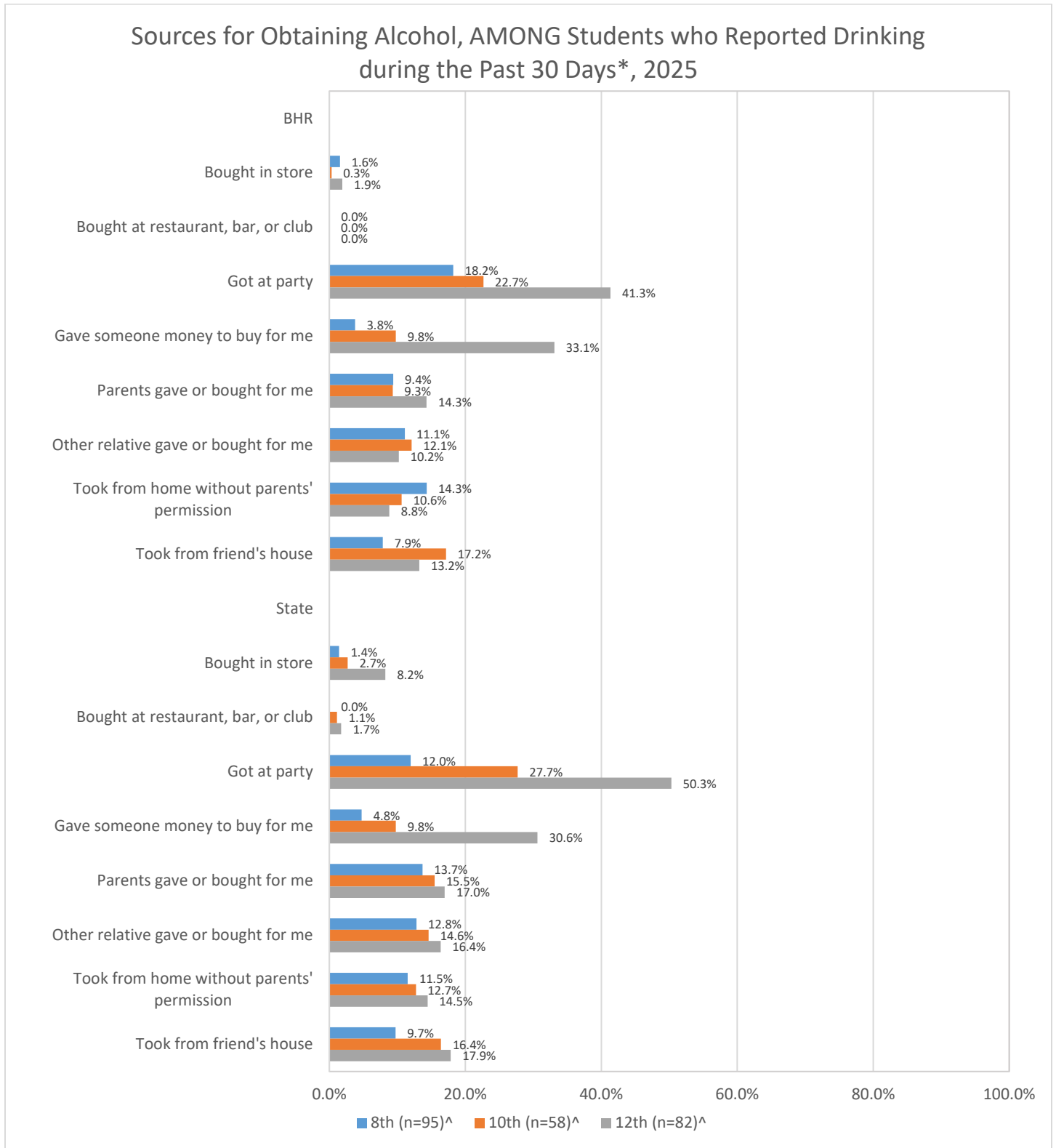
^ The n-size displayed is the largest n-size across these questions. Because each question is asked individually, the n size may vary.

## Trends of Reporting Substances Are Sort of Easy or Very Easy to Obtain\*, 2016-2025

|                                                                                 | Behavior Health Region |       |       |       |       | State |       |       |       |       |
|---------------------------------------------------------------------------------|------------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
|                                                                                 | 2016                   | 2018  | 2021  | 2023  | 2025  | 2016  | 2018  | 2021  | 2023  | 2025  |
| <b>Cigarettes</b> (Question was not in 2018 and 2021 survey.)                   |                        |       |       |       |       |       |       |       |       |       |
| 8th                                                                             | 19.0%                  |       |       | 15.2% | 11.1% | 21.2% |       |       | 15.7% | 11.6% |
| 10th                                                                            | 37.4%                  |       |       | 21.1% | 17.9% | 38.9% |       |       | 23.7% | 17.1% |
| 12th                                                                            | 59.3%                  |       |       | 33.9% | 18.1% | 59.7% |       |       | 34.2% | 27.6% |
| <b>Use nicotine pouches</b> (Question is only in 2025. Trend is not available.) |                        |       |       |       |       |       |       |       |       |       |
| <b>Use a vape or e-cigarette</b> (Question was not available before 2023.)      |                        |       |       |       |       |       |       |       |       |       |
| 8th                                                                             |                        |       |       | 19.6% | 14.4% |       |       |       | 19.8% | 14.7% |
| 10th                                                                            |                        |       |       | 31.7% | 20.0% |       |       |       | 34.7% | 22.6% |
| 12th                                                                            |                        |       |       | 47.7% | 26.4% |       |       |       | 49.7% | 38.0% |
| <b>Beer, wine, or hard liquor</b>                                               |                        |       |       |       |       |       |       |       |       |       |
| 8th                                                                             | 28.5%                  | 32.8% | 30.9% | 32.5% | 23.2% | 31.0% | 33.6% | 30.9% | 31.1% | 26.9% |
| 10th                                                                            | 49.9%                  | 46.1% | 47.8% | 42.6% | 31.3% | 52.3% | 52.8% | 47.3% | 43.6% | 37.8% |
| 12th                                                                            | 63.1%                  | 61.6% | 56.5% | 60.6% | 37.0% | 63.2% | 65.5% | 56.4% | 59.0% | 51.3% |
| <b>Marijuana</b>                                                                |                        |       |       |       |       |       |       |       |       |       |
| 8th                                                                             | 12.2%                  | 15.7% | 9.6%  | 6.4%  | 5.8%  | 13.4% | 13.3% | 9.3%  | 8.4%  | 6.2%  |
| 10th                                                                            | 35.6%                  | 32.6% | 26.5% | 18.9% | 14.9% | 36.5% | 36.3% | 27.6% | 23.1% | 13.8% |
| 12th                                                                            | 47.0%                  | 47.4% | 36.5% | 35.7% | 18.6% | 50.4% | 48.5% | 38.3% | 37.2% | 24.9% |
| <b>Prescription drugs for non-medical use</b>                                   |                        |       |       |       |       |       |       |       |       |       |
| 8th                                                                             | 15.8%                  | 19.7% | 15.8% | 16.9% | 11.5% | 17.8% | 20.5% | 17.2% | 15.9% | 13.6% |
| 10th                                                                            | 25.4%                  | 23.8% | 20.8% | 18.9% | 16.9% | 26.3% | 27.2% | 20.8% | 19.4% | 18.7% |
| 12th                                                                            | 28.8%                  | 28.8% | 18.3% | 19.2% | 17.2% | 32.2% | 34.7% | 21.4% | 20.5% | 19.6% |

\* Percentage who reported it is sort of or very easy to obtain each substance based on the following scale: Very hard, Sort of hard, Sort of easy, Very easy. Based on the question "If you wanted to, how easy would it be for you to get: <insert substance use behavior>."

## Sources of Substances



\* Among past 30-day alcohol users, the percentage who reported obtaining alcohol in each manner during the past 30 days.

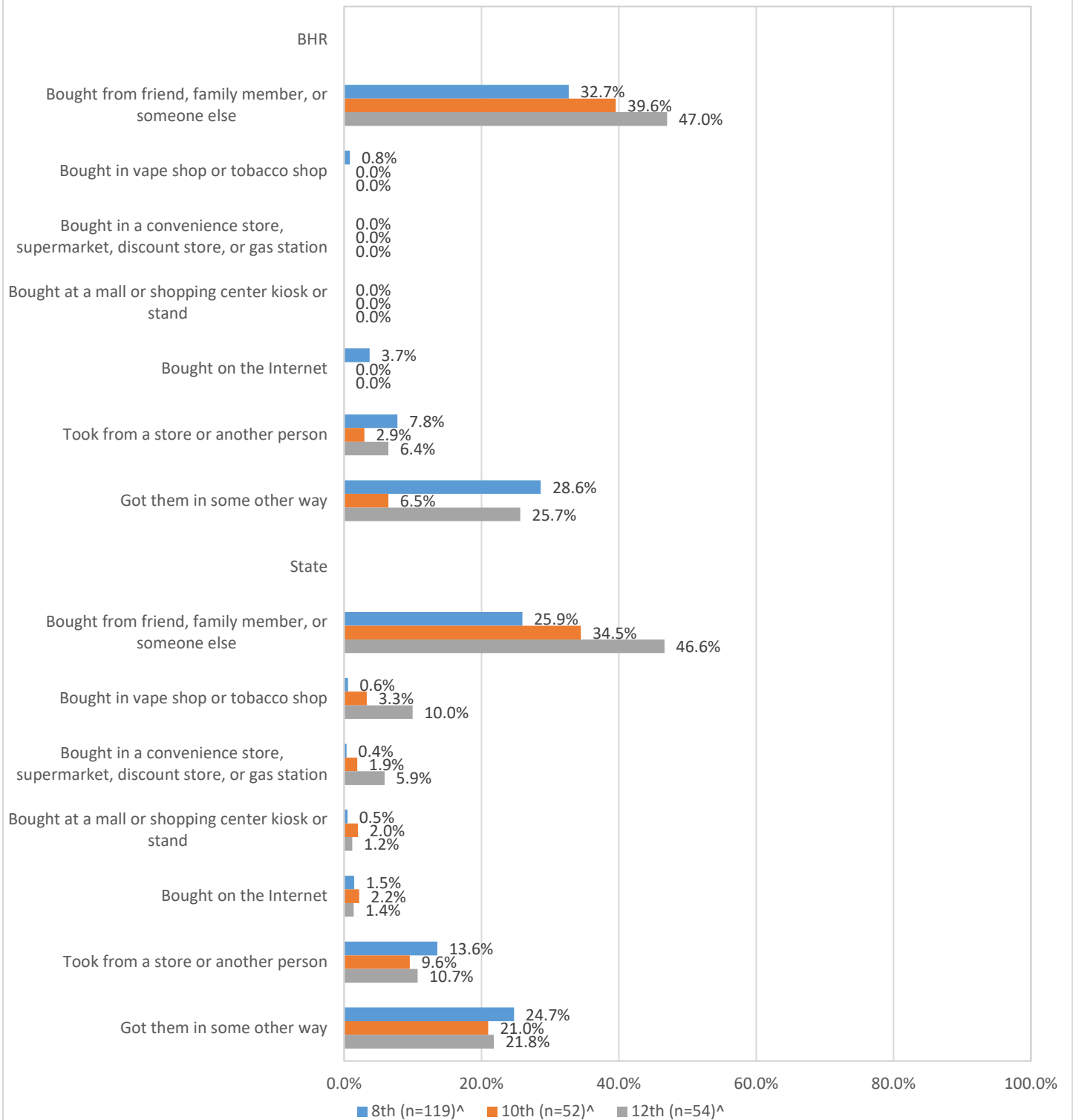
^ The n-size displayed is the largest n-size across these questions. Because each question is asked individually, the n size may vary.

## Trends of Obtaining Alcohol, AMONG Students who Reported Drinking during the Past 30 Days\*, 2016-2025

|                                                                                   | Behavior Health Region |       |       |       |       | State |       |       |       |       |
|-----------------------------------------------------------------------------------|------------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
|                                                                                   | 2016                   | 2018  | 2021  | 2023  | 2025  | 2016  | 2018  | 2021  | 2023  | 2025  |
| <b>Bought in store</b>                                                            |                        |       |       |       |       |       |       |       |       |       |
| 8th                                                                               | 0.8%                   | 0.4%  | 0.0%  | 3.8%  | 1.6%  | 1.0%  | 0.9%  | 0.8%  | 0.8%  | 1.4%  |
| 10th                                                                              | 2.5%                   | 2.7%  | 2.6%  | 3.7%  | 0.3%  | 3.3%  | 1.8%  | 2.4%  | 4.3%  | 2.7%  |
| 12th                                                                              | 3.1%                   | 3.5%  | 11.7% | 2.7%  | 1.9%  | 5.3%  | 5.3%  | 9.7%  | 7.9%  | 8.2%  |
| <b>Bought at restaurant, bar, or club (Only in 2025. Trend is not available.)</b> |                        |       |       |       |       |       |       |       |       |       |
| <b>Got at party</b>                                                               |                        |       |       |       |       |       |       |       |       |       |
| 8th                                                                               | 20.0%                  | 23.2% | 17.9% | 12.9% | 18.2% | 19.1% | 22.8% | 18.0% | 20.4% | 12.0% |
| 10th                                                                              | 42.2%                  | 38.8% | 39.9% | 25.7% | 22.7% | 47.0% | 43.3% | 37.1% | 36.4% | 27.7% |
| 12th                                                                              | 55.7%                  | 54.0% | 46.6% | 45.4% | 41.3% | 58.8% | 54.8% | 49.7% | 47.5% | 50.3% |
| <b>Gave someone money to buy for me</b>                                           |                        |       |       |       |       |       |       |       |       |       |
| 8th                                                                               | 8.1%                   | 5.3%  | 8.5%  | 2.7%  | 3.8%  | 5.2%  | 5.7%  | 5.6%  | 4.6%  | 4.8%  |
| 10th                                                                              | 17.3%                  | 19.7% | 29.2% | 15.9% | 9.8%  | 20.5% | 18.8% | 16.8% | 15.7% | 9.8%  |
| 12th                                                                              | 34.2%                  | 33.2% | 30.5% | 30.2% | 33.1% | 37.3% | 33.7% | 30.9% | 31.2% | 30.6% |
| <b>Parents gave or bought for me</b>                                              |                        |       |       |       |       |       |       |       |       |       |
| 8th                                                                               | 7.9%                   | 11.6% | 10.6% | 9.0%  | 9.4%  | 12.2% | 11.9% | 15.9% | 17.8% | 13.7% |
| 10th                                                                              | 11.8%                  | 9.2%  | 15.5% | 22.5% | 9.3%  | 15.6% | 12.6% | 17.7% | 19.2% | 15.5% |
| 12th                                                                              | 11.5%                  | 9.7%  | 19.0% | 12.4% | 14.3% | 12.3% | 14.2% | 18.4% | 17.0% | 17.0% |
| <b>Other relative gave or bought for me</b>                                       |                        |       |       |       |       |       |       |       |       |       |
| 8th                                                                               | 10.8%                  | 9.1%  | 14.1% | 5.6%  | 11.1% | 9.5%  | 13.0% | 13.9% | 17.5% | 12.8% |
| 10th                                                                              | 17.3%                  | 11.0% | 19.9% | 15.5% | 12.1% | 14.1% | 12.5% | 18.7% | 18.5% | 14.6% |
| 12th                                                                              | 18.5%                  | 14.4% | 14.2% | 12.6% | 10.2% | 14.9% | 14.8% | 16.9% | 17.2% | 16.4% |
| <b>Took from home without parents' permission</b>                                 |                        |       |       |       |       |       |       |       |       |       |
| 8th                                                                               | 21.9%                  | 24.7% | 15.7% | 14.6% | 14.3% | 23.2% | 26.4% | 22.8% | 17.3% | 11.5% |
| 10th                                                                              | 25.9%                  | 23.9% | 23.2% | 23.9% | 10.6% | 28.7% | 23.4% | 22.7% | 18.1% | 12.7% |
| 12th                                                                              | 13.9%                  | 16.7% | 16.7% | 19.5% | 8.8%  | 17.3% | 15.4% | 16.1% | 17.8% | 14.5% |
| <b>Took from friend's house</b>                                                   |                        |       |       |       |       |       |       |       |       |       |
| 8th                                                                               | 19.4%                  | 21.6% | 18.2% | 12.1% | 7.9%  | 19.4% | 20.1% | 17.8% | 11.5% | 9.7%  |
| 10th                                                                              | 25.2%                  | 23.3% | 22.8% | 26.5% | 17.2% | 31.9% | 25.0% | 20.6% | 24.8% | 16.4% |
| 12th                                                                              | 21.1%                  | 23.6% | 25.1% | 24.5% | 13.2% | 26.3% | 23.2% | 22.1% | 19.7% | 17.9% |

\* Among past 30-day alcohol users, the percentage who reported obtaining alcohol in each manner during the past 30 days.

## Sources for Obtaining Electronic Vapor, AMONG Students who Reported Using Electronic Vapor Products during the Past 30 Days\*, 2025



\* Among past 30-day E-vaper users, the percentage who reported obtaining electronic vapor in each manner during the past 30 days.

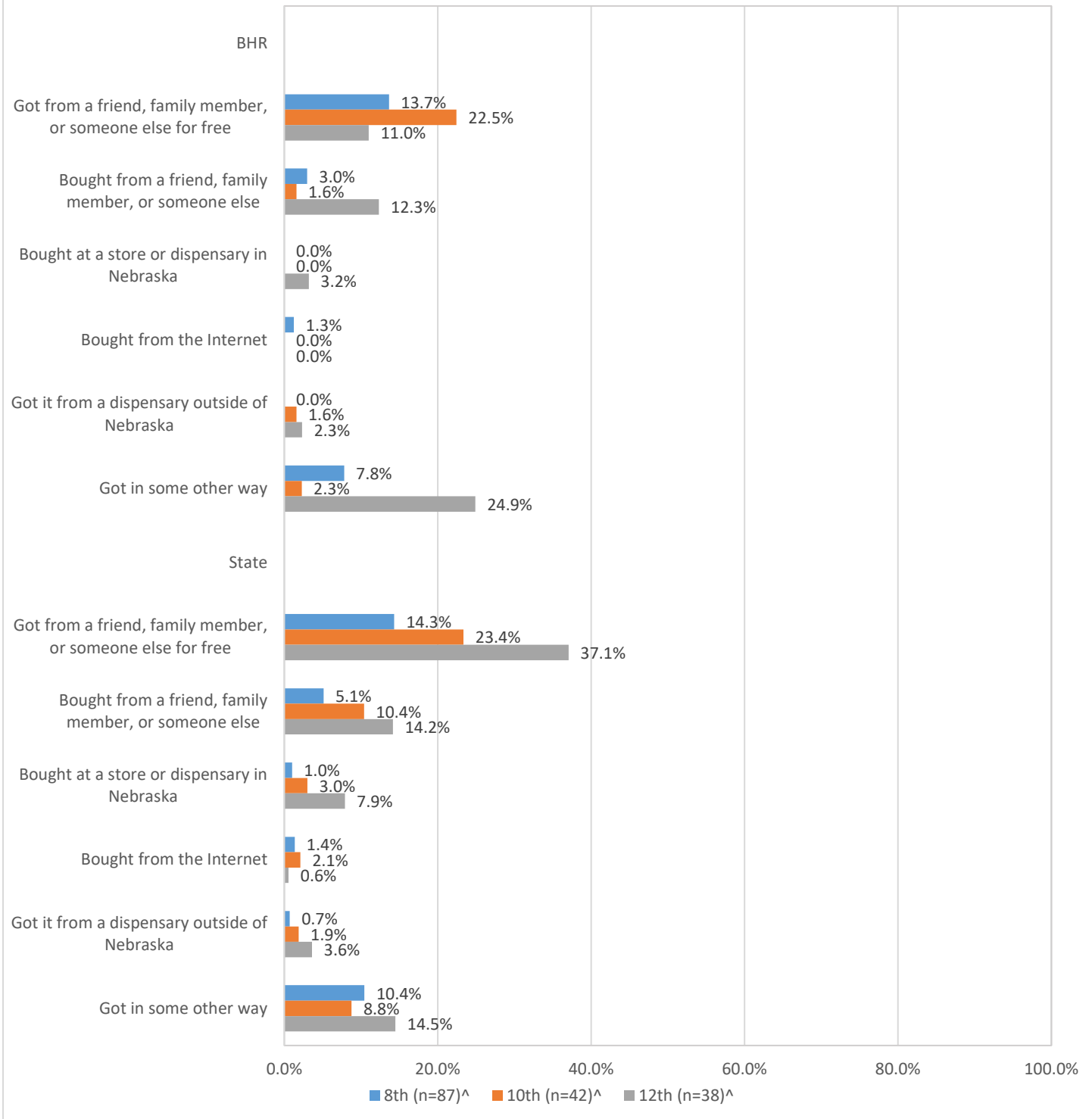
^ The n-size displayed is the largest n-size across these questions. Because each question is asked individually, the n size may vary.

## Trends of Obtaining Electronic Vapor, AMONG Students who Reported Using Electronic Vapor Products during the Past 30 Days\*, 2023-2025

|                                                                                   | Behavior Health Region |      |      |       |       | State |      |      |       |       |
|-----------------------------------------------------------------------------------|------------------------|------|------|-------|-------|-------|------|------|-------|-------|
|                                                                                   | 2016                   | 2018 | 2021 | 2023  | 2025  | 2016  | 2018 | 2021 | 2023  | 2025  |
| <b>Bought from friend, family member, or someone else</b>                         |                        |      |      |       |       |       |      |      |       |       |
| 8th                                                                               |                        |      |      | 17.2% | 32.7% |       |      |      | 29.2% | 25.9% |
| 10th                                                                              |                        |      |      | 45.7% | 39.6% |       |      |      | 42.7% | 34.5% |
| 12th                                                                              |                        |      |      | 48.7% | 47.0% |       |      |      | 41.4% | 46.6% |
| <b>Bought in vape shop or tobacco shop</b>                                        |                        |      |      |       |       |       |      |      |       |       |
| 8th                                                                               |                        |      |      | 1.2%  | 0.8%  |       |      |      | 0.8%  | 0.6%  |
| 10th                                                                              |                        |      |      | 0.0%  | 0.0%  |       |      |      | 7.2%  | 3.3%  |
| 12th                                                                              |                        |      |      | 2.7%  | 0.0%  |       |      |      | 16.7% | 10.0% |
| <b>Bought in a convenience store, supermarket, discount store, or gas station</b> |                        |      |      |       |       |       |      |      |       |       |
| 8th                                                                               |                        |      |      | 0.0%  | 0.0%  |       |      |      | 1.2%  | 0.4%  |
| 10th                                                                              |                        |      |      | 0.0%  | 0.0%  |       |      |      | 2.7%  | 1.9%  |
| 12th                                                                              |                        |      |      | 0.5%  | 0.0%  |       |      |      | 5.4%  | 5.9%  |
| <b>Bought at a mall or shopping center kiosk or stand</b>                         |                        |      |      |       |       |       |      |      |       |       |
| 8th                                                                               |                        |      |      | 0.0%  | 0.0%  |       |      |      | 0.7%  | 0.5%  |
| 10th                                                                              |                        |      |      | 0.0%  | 0.0%  |       |      |      | 1.4%  | 2.0%  |
| 12th                                                                              |                        |      |      | 0.5%  | 0.0%  |       |      |      | 1.4%  | 1.2%  |
| <b>Bought on the Internet</b>                                                     |                        |      |      |       |       |       |      |      |       |       |
| 8th                                                                               |                        |      |      | 2.1%  | 3.7%  |       |      |      | 2.0%  | 1.5%  |
| 10th                                                                              |                        |      |      | 3.4%  | 0.0%  |       |      |      | 5.4%  | 2.2%  |
| 12th                                                                              |                        |      |      | 6.1%  | 0.0%  |       |      |      | 4.3%  | 1.4%  |
| <b>Took from a store or another person</b>                                        |                        |      |      |       |       |       |      |      |       |       |
| 8th                                                                               |                        |      |      | 11.8% | 7.8%  |       |      |      | 12.3% | 13.6% |
| 10th                                                                              |                        |      |      | 7.1%  | 2.9%  |       |      |      | 11.2% | 9.6%  |
| 12th                                                                              |                        |      |      | 9.4%  | 6.4%  |       |      |      | 7.6%  | 10.7% |
| <b>Got them in some other way</b>                                                 |                        |      |      |       |       |       |      |      |       |       |
| 8th                                                                               |                        |      |      | 20.9% | 28.6% |       |      |      | 22.4% | 24.7% |
| 10th                                                                              |                        |      |      | 17.0% | 6.5%  |       |      |      | 22.6% | 21.0% |
| 12th                                                                              |                        |      |      | 27.9% | 25.7% |       |      |      | 22.5% | 21.8% |

\* Among past 30-day E-vaper users, the percentage who reported obtaining electronic vapor in each manner during the past 30 days. Question was not available before 2023.

## Sources for Obtaining Marijuana, AMONG Students who Reported Using Marijuana during the Past 30 Days\*, 2025

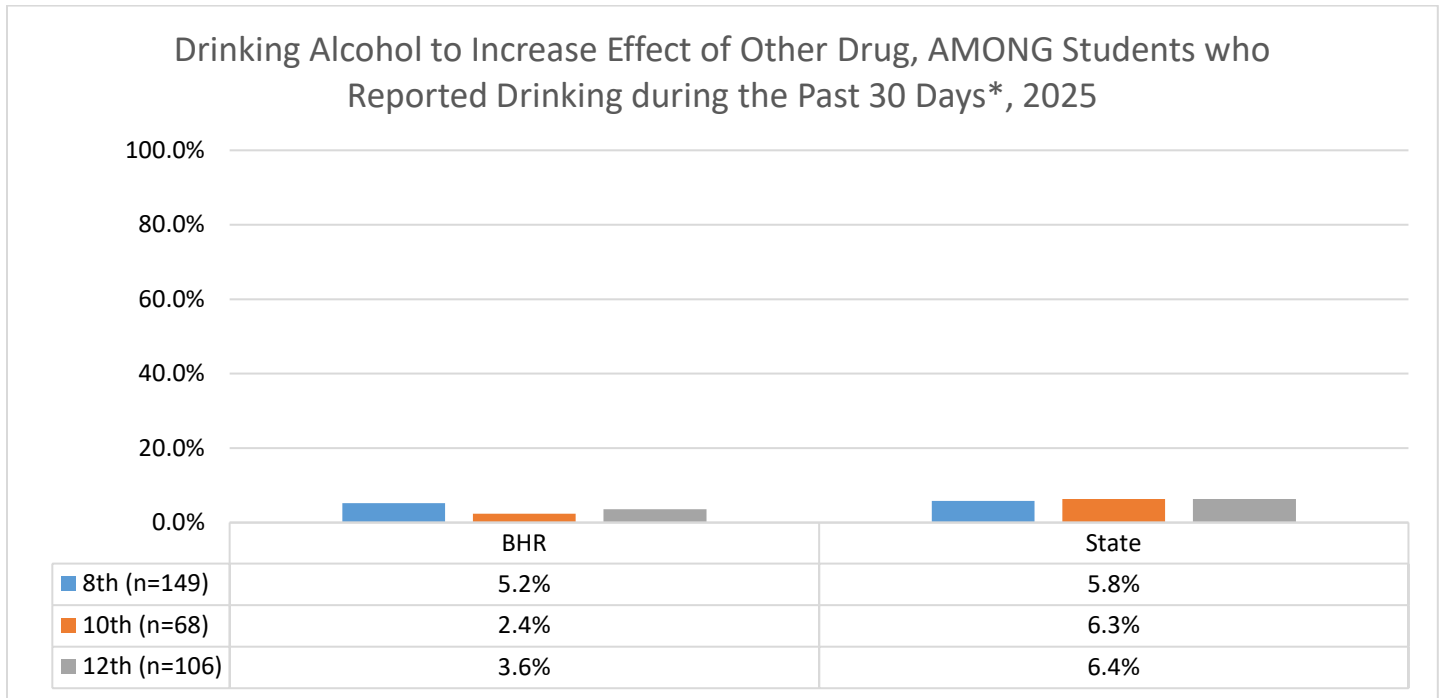


\* Among past 30-day marijuana users, the percentage who reported obtaining marijuana in each manner during the past 30 days.

^ The n-size displayed is the largest n-size across these questions. Because each question is asked individually, the n size may vary.

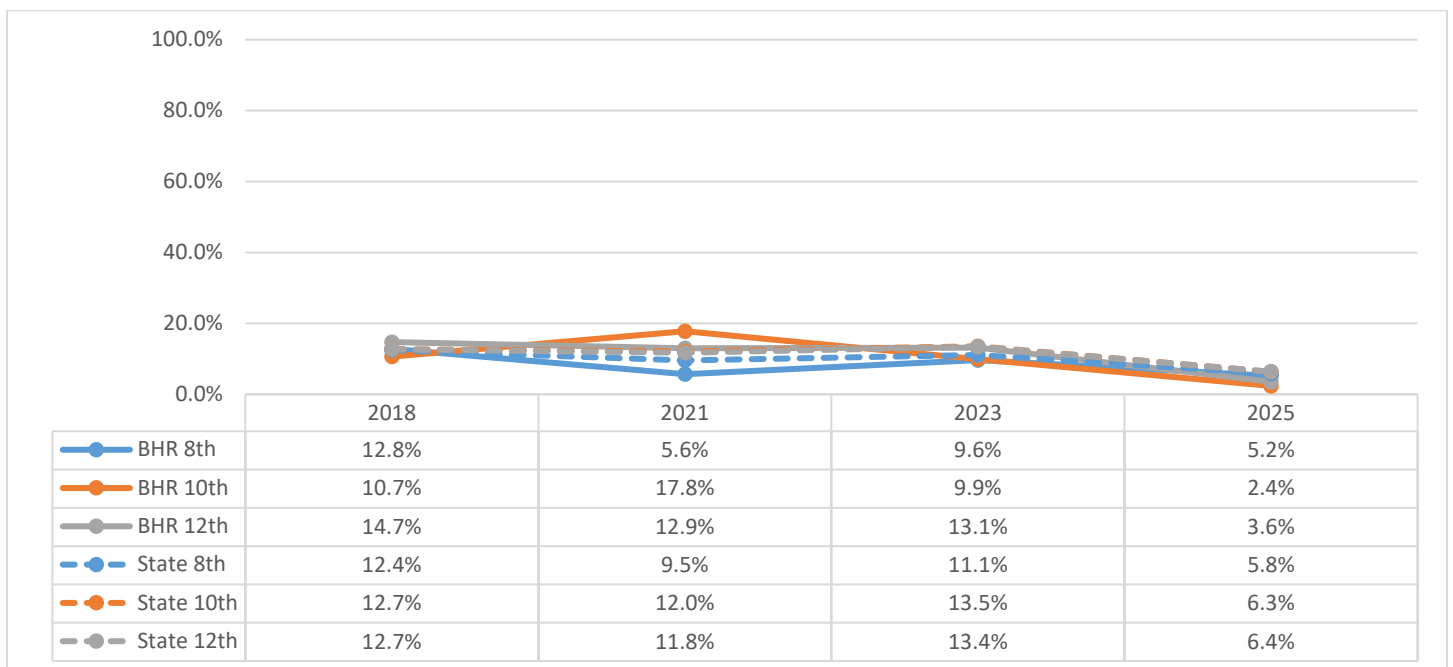
Trend data are not available about sources for obtaining marijuana.

## Other Substance-Related Topics



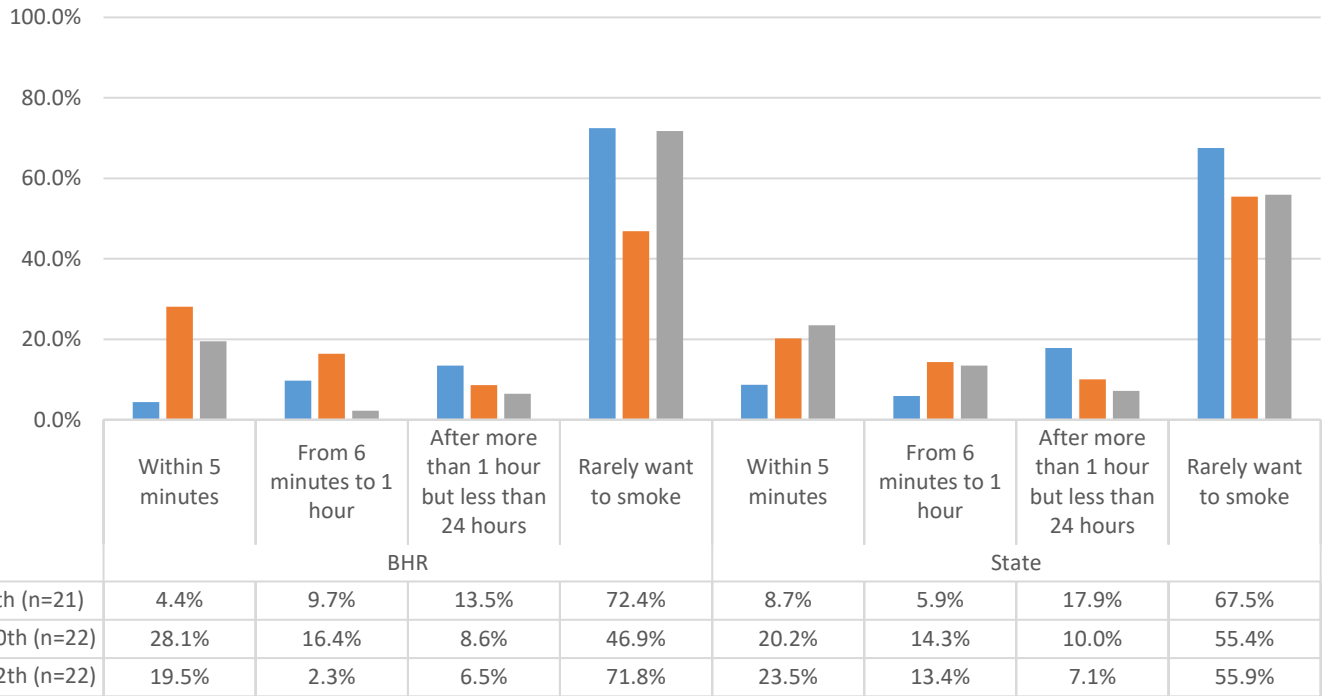
\* Among past 30-day alcohol users, the percentage who reported drinking alcohol one or more times to increase the effect of some of other drug or drugs during the past 30 days.

## Trends of Drinking Alcohol to Increase Effect of Other Drug, AMONG Students who Reported Drinking during the Past 30 Days\*, 2018-2025



\* Question was not available before 2018.

### How Soon the Student Wanted to Use Tobacco Products after Waking Up, AMONG Students Who Reported Using Tobacco Product\*, 2025



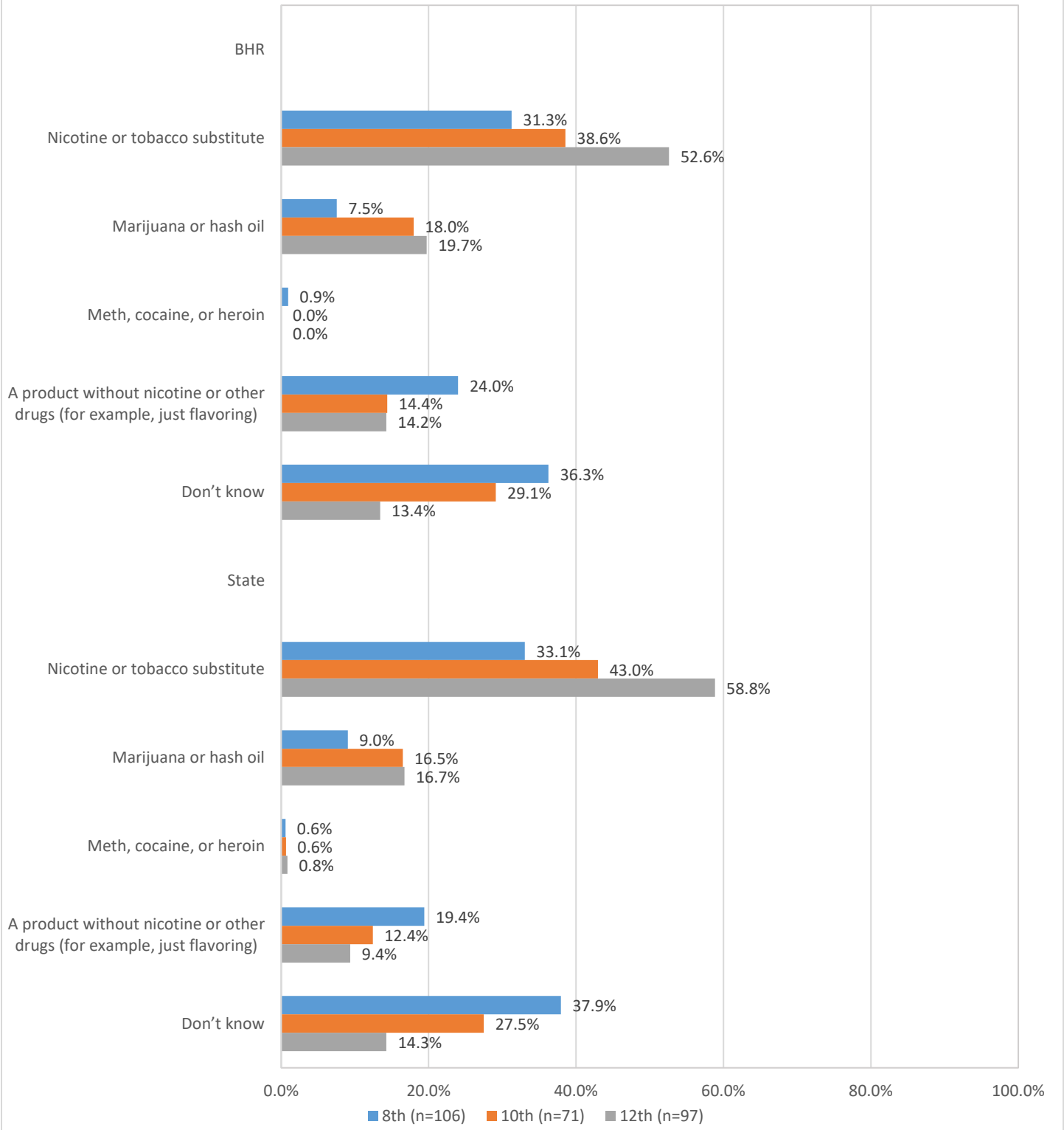
\* Responses of students who reported smoking to the question "How soon after you wake up do you want to use a tobacco product?"

### Trend of Smoking after Waking Up AMONG Students Who Reported Smoking\*, 2023-2025

|      |                                               | Behavior Health Region |      |      |       |       | State |      |      |       |       |
|------|-----------------------------------------------|------------------------|------|------|-------|-------|-------|------|------|-------|-------|
|      |                                               | 2016                   | 2018 | 2021 | 2023  | 2025  | 2016  | 2018 | 2021 | 2023  | 2025  |
| 8th  | within 5 minutes                              |                        |      |      | 16.1% | 4.4%  |       |      |      | 11.8% | 8.7%  |
|      | From 6 minutes to 1 hour                      |                        |      |      | 9.3%  | 9.7%  |       |      |      | 6.7%  | 5.9%  |
|      | after more than 1 hour but less than 24 hours |                        |      |      | 7.0%  | 13.5% |       |      |      | 6.9%  | 17.9% |
|      | rarely want to smoke                          |                        |      |      | 67.6% | 72.4% |       |      |      | 74.6% | 67.5% |
| 10th | within 5 minutes                              |                        |      |      | 34.6% | 28.1% |       |      |      | 31.7% | 20.2% |
|      | From 6 minutes to 1 hour                      |                        |      |      | 6.9%  | 16.4% |       |      |      | 7.0%  | 14.3% |
|      | after more than 1 hour but less than 24 hours |                        |      |      | 4.7%  | 8.6%  |       |      |      | 7.8%  | 10.0% |
|      | rarely want to smoke                          |                        |      |      | 53.8% | 46.9% |       |      |      | 53.6% | 55.4% |
| 12th | within 5 minutes                              |                        |      |      | 58.5% | 19.5% |       |      |      | 43.2% | 23.5% |
|      | From 6 minutes to 1 hour                      |                        |      |      | 10.6% | 2.3%  |       |      |      | 10.0% | 13.4% |
|      | after more than 1 hour but less than 24 hours |                        |      |      | 8.1%  | 6.5%  |       |      |      | 10.5% | 7.1%  |
|      | rarely want to smoke                          |                        |      |      | 22.8% | 71.8% |       |      |      | 36.3% | 55.9% |

\* Question was not available before 2023.

### Type of Mist Inhaled in Electronic Vaporizer, AMONG Students Who Reported Using E-cigarette or Vaping Device\*, 2025



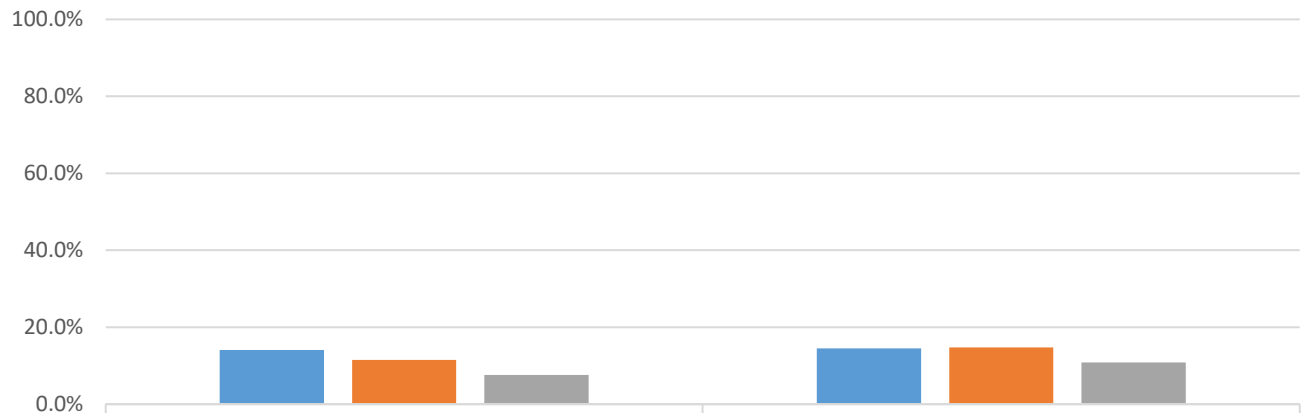
\* Responses of students who reported using inhalant to the question "The last time you used a vape or e-cigarette, what was in the vapor you inhaled?"

## Trend of Inhaled Mist Type AMONG Students Who Reported Using E-Vapor\*, 2018-2025

|      |                                                                         | Behavior Health Region |       |       |       |       | State |       |       |       |       |
|------|-------------------------------------------------------------------------|------------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
|      |                                                                         | 2016                   | 2018  | 2021  | 2023  | 2025  | 2016  | 2018  | 2021  | 2023  | 2025  |
| 8th  | Nicotine or tobacco substitute                                          |                        | 26.0% | 52.2% | 38.0% | 31.3% |       | 30.9% | 47.3% | 42.0% | 33.1% |
|      | Marijuana or hash oil                                                   |                        | 3.2%  | 3.6%  | 14.8% | 7.5%  |       | 3.1%  | 4.8%  | 9.3%  | 9.0%  |
|      | Meth, cocaine, or heroin                                                |                        | 0.0%  | 1.1%  | 0.0%  | 0.9%  |       | 0.3%  | 0.5%  | 0.4%  | 0.6%  |
|      | A product without nicotine or other drugs (for example, just flavoring) |                        | 41.6% | 21.1% | 12.9% | 24.0% |       | 37.9% | 24.8% | 20.3% | 19.4% |
|      | Don't know                                                              |                        | 29.1% | 22.1% | 34.3% | 36.3% |       | 27.7% | 22.7% | 28.0% | 37.9% |
|      |                                                                         |                        |       |       |       |       |       |       |       |       |       |
| 10th | Nicotine or tobacco substitute                                          |                        | 52.2% | 62.0% | 53.6% | 38.6% |       | 54.0% | 54.9% | 51.3% | 43.0% |
|      | Marijuana or hash oil                                                   |                        | 3.6%  | 9.4%  | 12.0% | 18.0% |       | 3.0%  | 12.6% | 12.9% | 16.5% |
|      | Meth, cocaine, or heroin                                                |                        | 0.2%  | 0.2%  | 1.2%  | 0.0%  |       | 0.3%  | 0.4%  | 0.9%  | 0.6%  |
|      | A product without nicotine or other drugs (for example, just flavoring) |                        | 27.3% | 12.8% | 10.7% | 14.4% |       | 27.0% | 15.2% | 12.6% | 12.4% |
|      | Don't know                                                              |                        | 16.7% | 15.5% | 22.4% | 29.1% |       | 15.7% | 16.9% | 22.3% | 27.5% |
|      |                                                                         |                        |       |       |       |       |       |       |       |       |       |
| 12th | Nicotine or tobacco substitute                                          |                        | 66.7% | 69.5% | 62.7% | 52.6% |       | 69.0% | 62.9% | 57.7% | 58.8% |
|      | Marijuana or hash oil                                                   |                        | 5.4%  | 6.5%  | 18.8% | 19.7% |       | 3.6%  | 11.1% | 17.4% | 16.7% |
|      | Meth, cocaine, or heroin                                                |                        | 0.3%  | 0.3%  | 0.6%  | 0.0%  |       | 0.2%  | 0.3%  | 1.4%  | 0.8%  |
|      | A product without nicotine or other drugs (for example, just flavoring) |                        | 20.7% | 13.9% | 5.8%  | 14.2% |       | 19.8% | 13.1% | 10.2% | 9.4%  |
|      | Don't know                                                              |                        | 6.8%  | 9.8%  | 12.2% | 13.4% |       | 7.4%  | 12.6% | 13.3% | 14.3% |

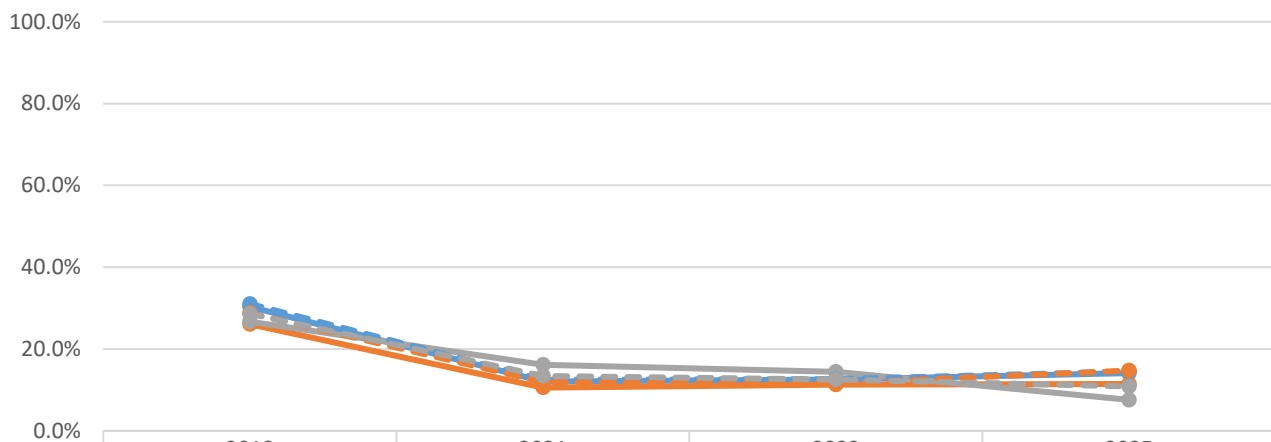
\* Question was not available before 2018.

### Using Pain Medication Prescribed by a Doctor during the Past 12 months\*, 2025



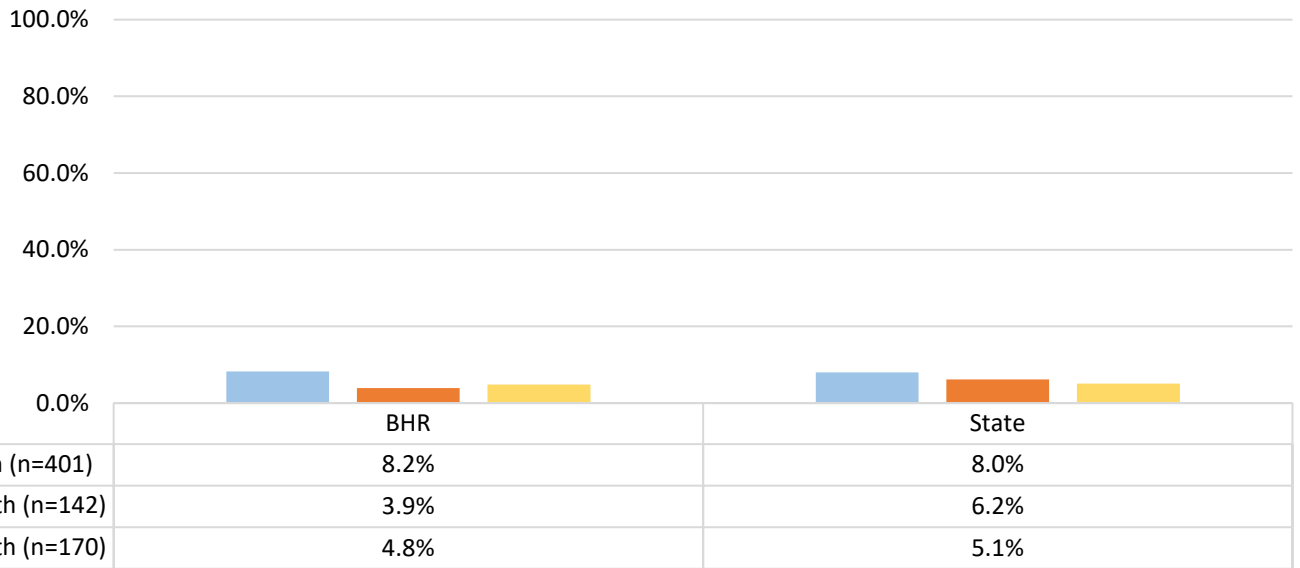
\* Percentage who reported "Yes" to the question "During the past 12 months, did you use pain medications that a doctor prescribed for you?"

### Trend of Using Pain Medication Prescribed by a Doctor during the Past 12 months\*, 2018-2025



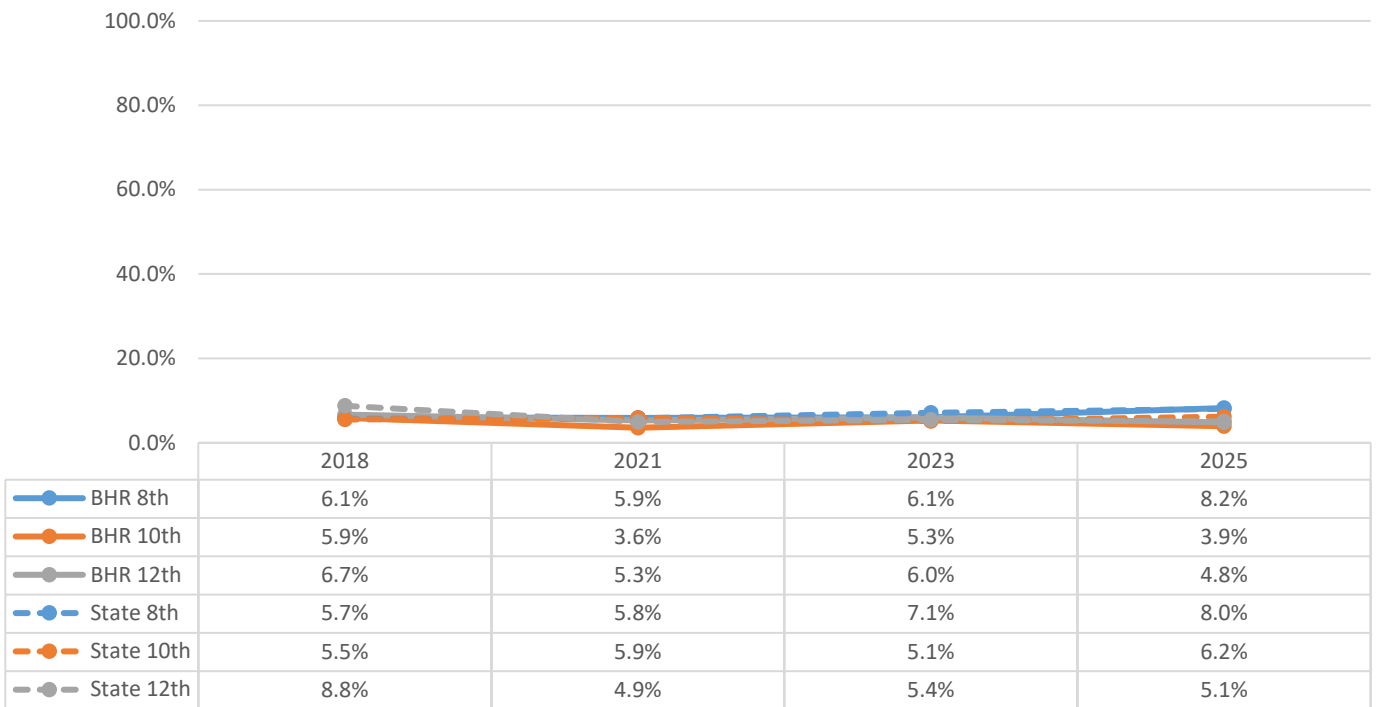
\* Question was not available before 2018.

### Using Pain Medication More than Directed AMONG Students Who Reported Using Prescribed Pain Medication\*, 2025

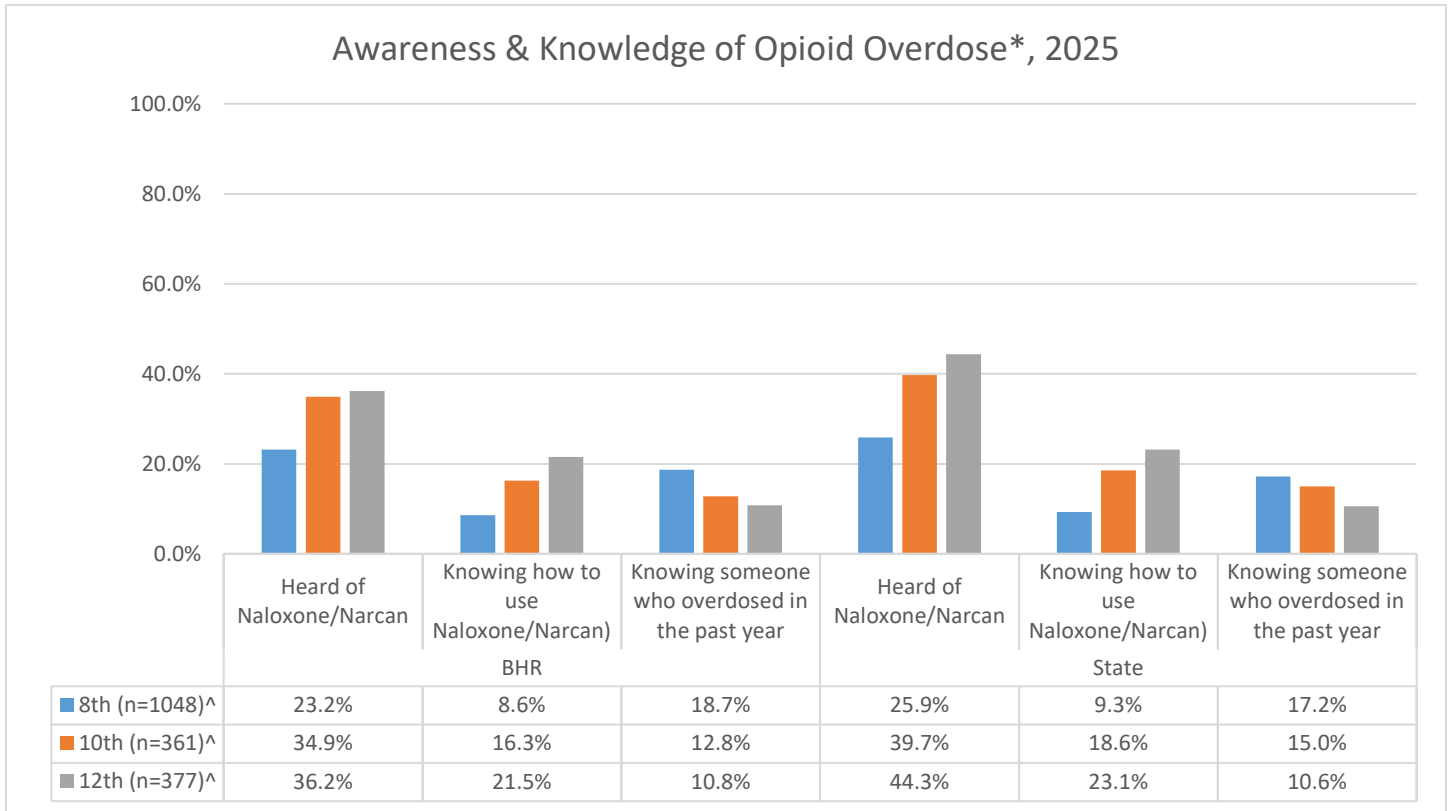


\* Percentage who reported "Yes" to the question "The last time a doctor prescribed a pain medication for you, did you use any of the pain medication more frequently or in higher doses than directed by a doctor?" AMONG students who used prescribed pain medication.

### Trend of Using Pain Medication More Than Directed during the Past 12 months\*, 2018-2025



\* Question was not available before 2018.



\* Percentage who reported "Yes" to the posted questions.

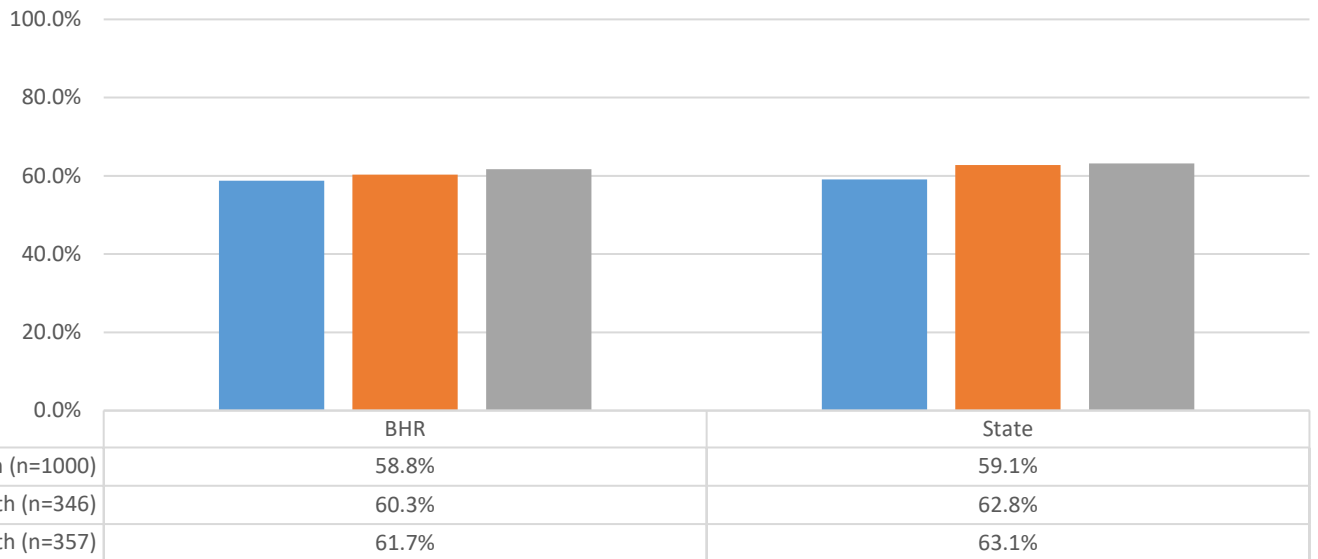
^ The n-size displayed is the largest n-size across these questions. Because each question is asked individually, the n-size may vary.

### Trend of Awareness & Knowledge of Opioid Overdose\*, 2023-2025

|                                                       | Behavior Health Region |      |      |       |       | State |      |      |       |       |
|-------------------------------------------------------|------------------------|------|------|-------|-------|-------|------|------|-------|-------|
|                                                       | 2016                   | 2018 | 2021 | 2023  | 2025  | 2016  | 2018 | 2021 | 2023  | 2025  |
| <b>Heard of Naloxone/Narcan</b>                       |                        |      |      |       |       |       |      |      |       |       |
| 8th                                                   |                        |      |      | 23.1% | 23.2% |       |      |      | 21.4% | 25.9% |
| 10th                                                  |                        |      |      | 29.2% | 34.9% |       |      |      | 26.4% | 39.7% |
| 12th                                                  |                        |      |      | 41.3% | 36.2% |       |      |      | 35.5% | 44.3% |
| <b>Knowing how to use Naloxone/Narcan)</b>            |                        |      |      |       |       |       |      |      |       |       |
| 8th                                                   |                        |      |      | 5.3%  | 8.6%  |       |      |      | 6.2%  | 9.3%  |
| 10th                                                  |                        |      |      | 10.4% | 16.3% |       |      |      | 9.8%  | 18.6% |
| 12th                                                  |                        |      |      | 18.2% | 21.5% |       |      |      | 14.1% | 23.1% |
| <b>Knowing someone who overdosed in the past year</b> |                        |      |      |       |       |       |      |      |       |       |
| 8th                                                   |                        |      |      | 18.2% | 18.7% |       |      |      | 19.9% | 17.2% |
| 10th                                                  |                        |      |      | 20.5% | 12.8% |       |      |      | 19.6% | 15.0% |
| 12th                                                  |                        |      |      | 18.2% | 10.8% |       |      |      | 15.2% | 10.6% |

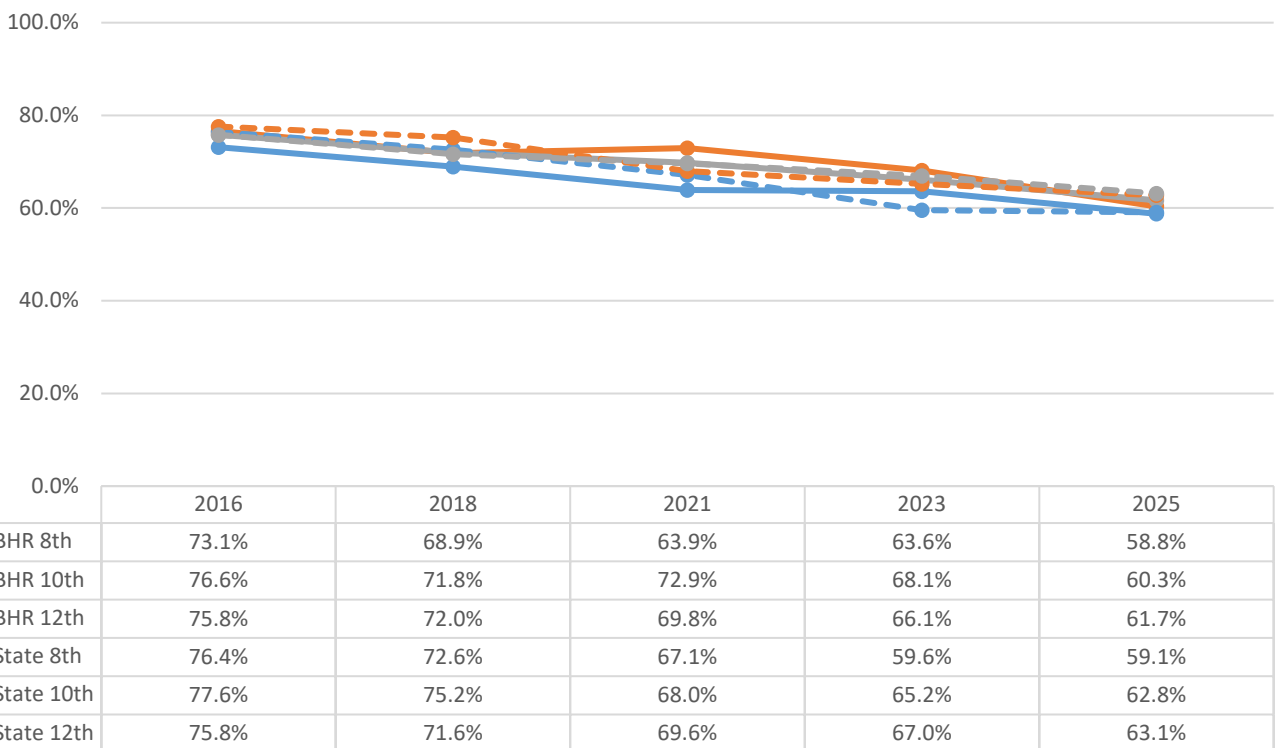
\* Questions were not available before 2023.

### Seeing or Hearing Anti-Alcohol or Anti-Drug Messages during the Past 12 Months\*, 2025



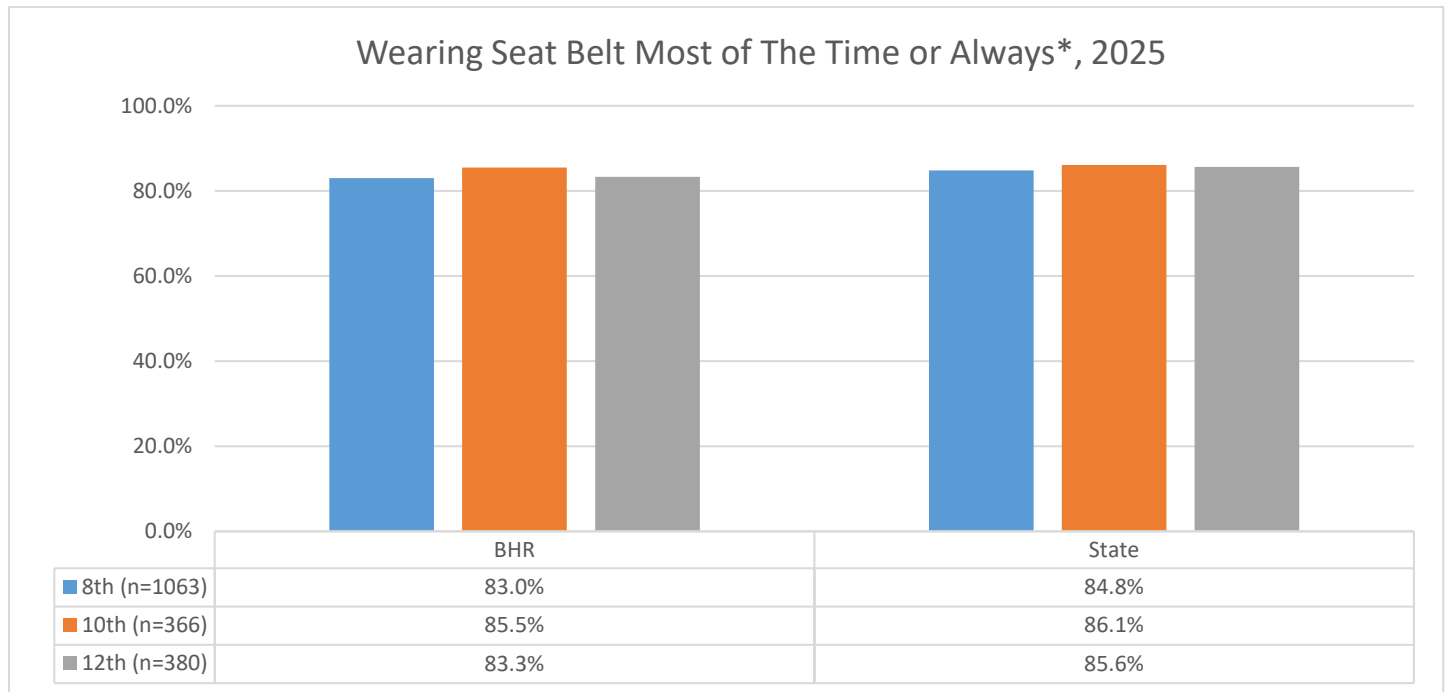
\* Percentage who reported "Yes" to the question "In the past 12 months, have you seen or heard any anti-alcohol or anti-drug messages on TV, the internet, the radio, or in newspapers or magazines?"

### Trend of Seeing or Hearing Anti-Alcohol or Anti-Drug Messages, 2016-2025



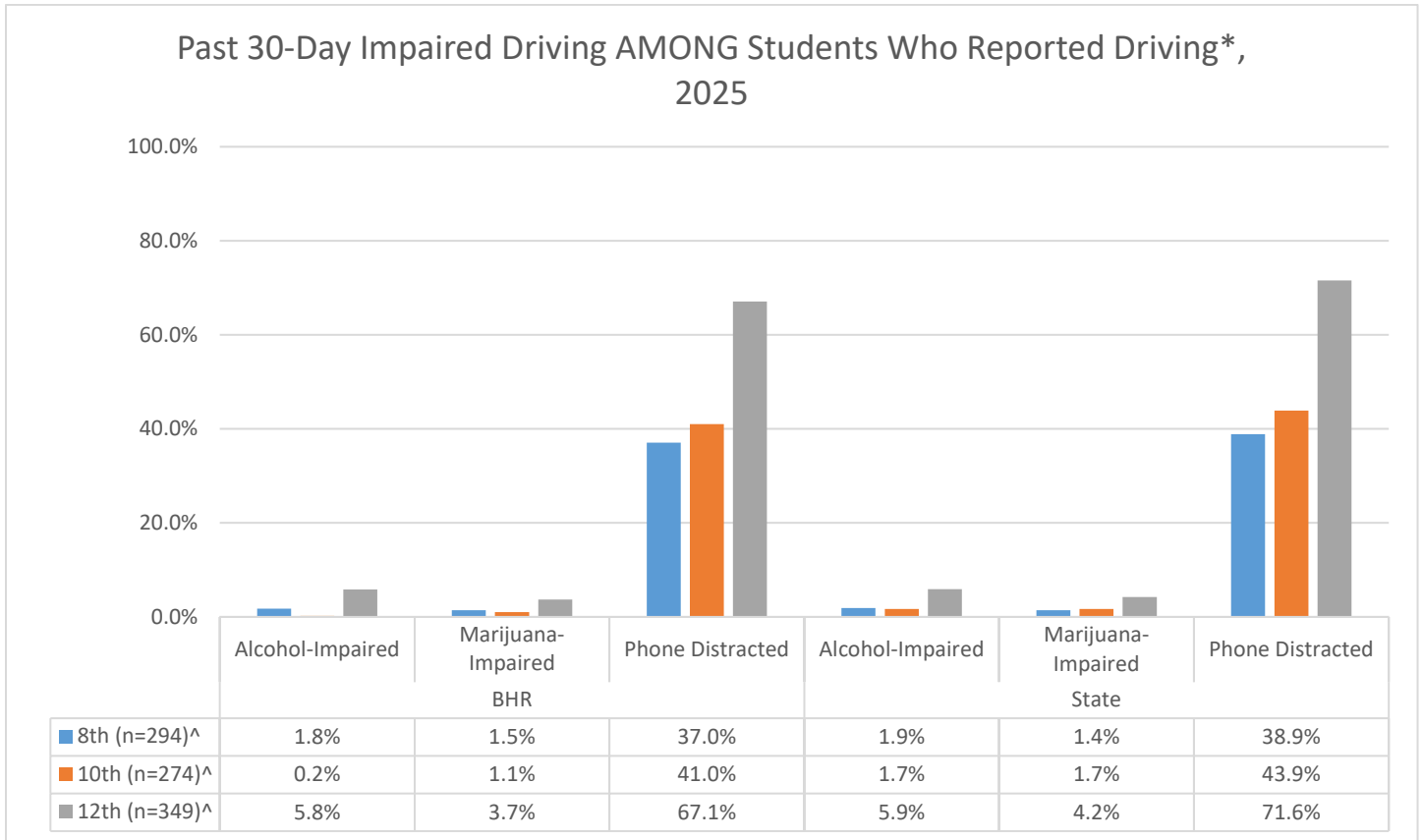
## Transportation Safety

This section contains information on transportation safety relating to alcohol-impaired and distracted driving among 8th, 10th, and 12th grade students in the community of Behavior Health Region 3.



\* Percentage who reported Most of the time or Always to the question "How often do you wear a seat belt when riding in a car driven by someone else?" based on the scales of Never, Rarely, Sometimes, Most of the time, and Always.

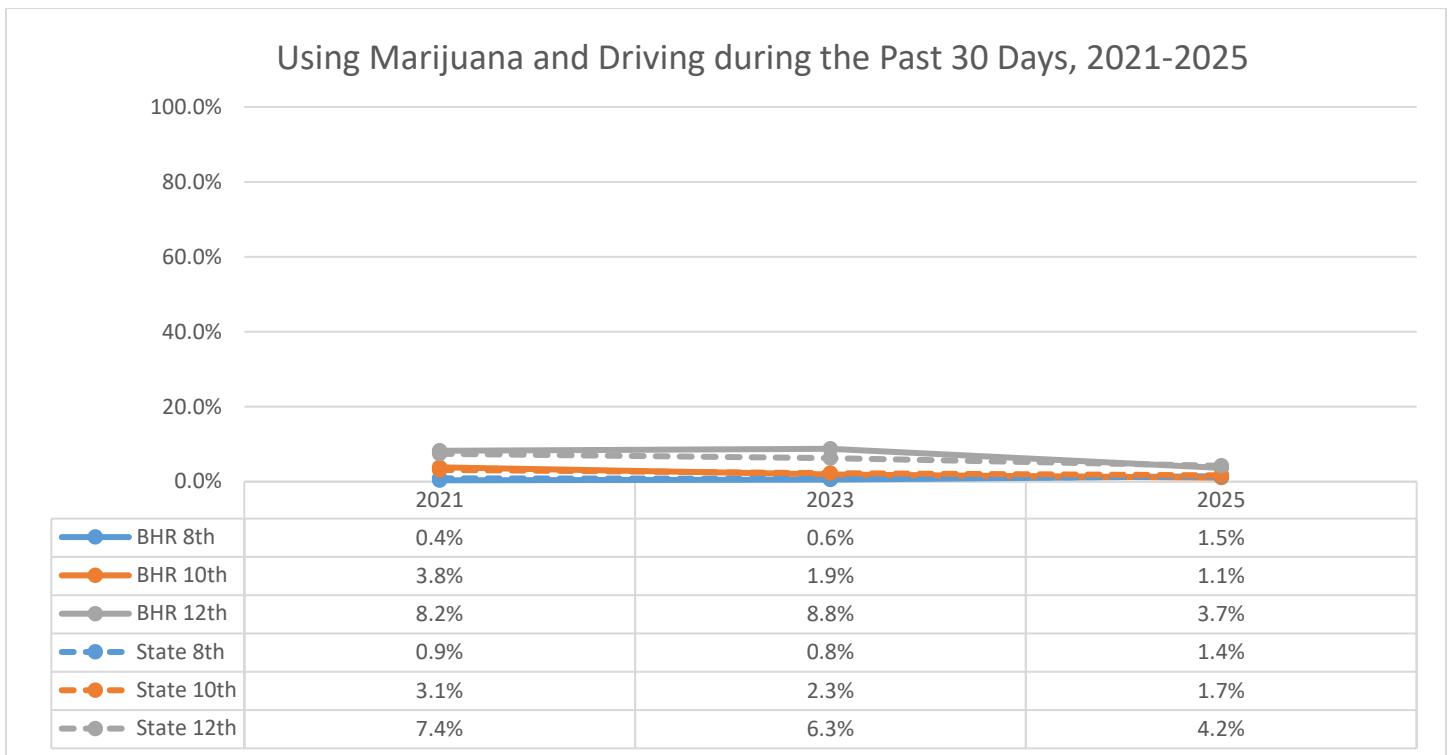
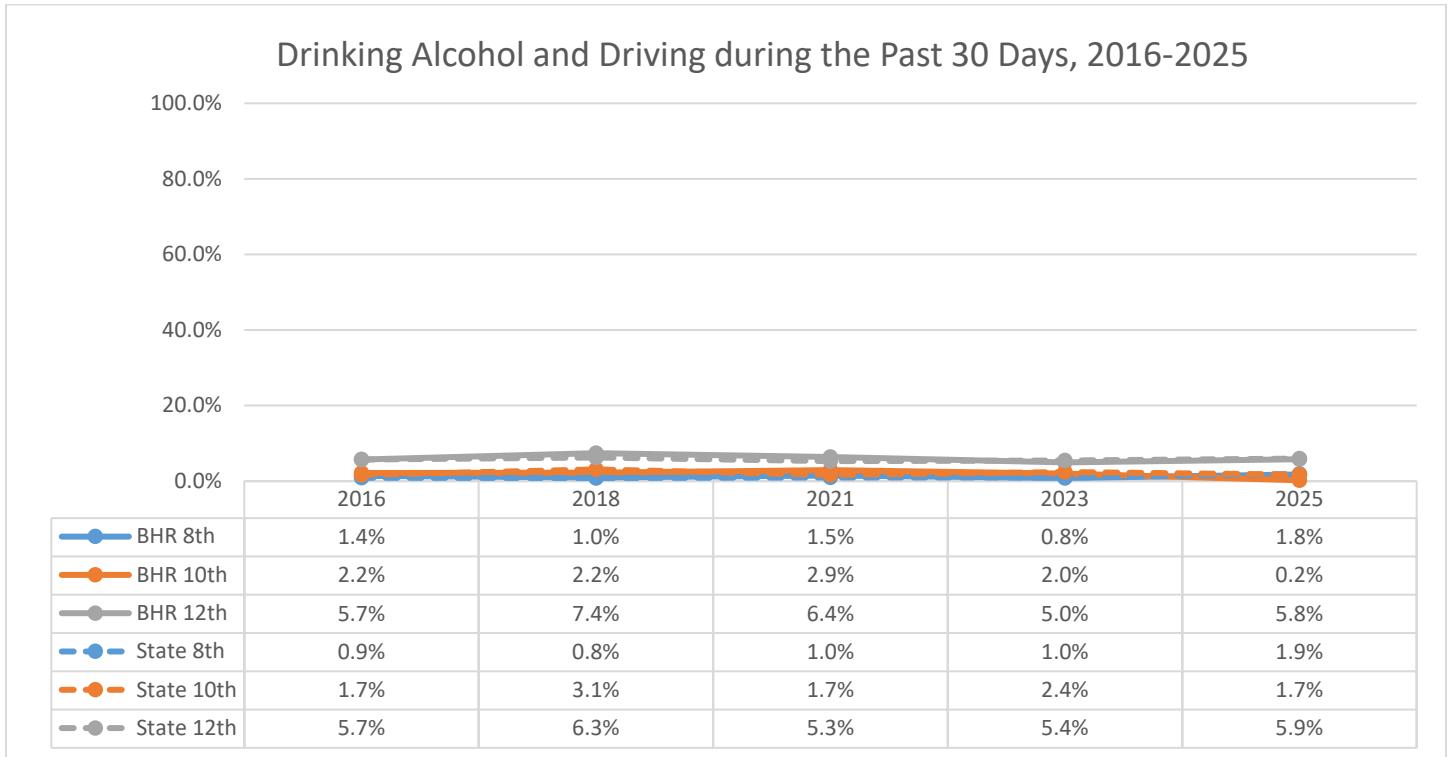
Trend data are not available for the question about wearing seat belts.



\* Percentage who reported one or more occurrences to the questions "During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol?", "During the past 30 days, how many times did you drive a car or other vehicle when you had been using marijuana?" and "During the PAST 30 DAYS, on how many days did you TEXT OR USE AN APP while driving a car or other vehicle?" among students who reported driving.

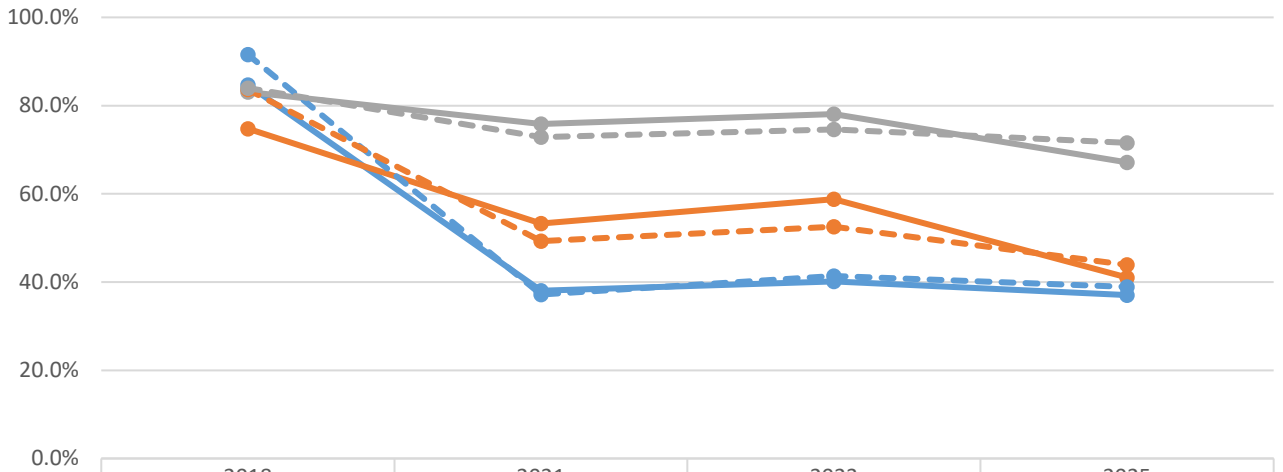
^ The n-size displayed is the largest n-size across these questions. Because each question is asked individually, the n-size may vary.

## Trends of Impaired Driving AMONG Students Who Reported Driving\*, 2016-2025

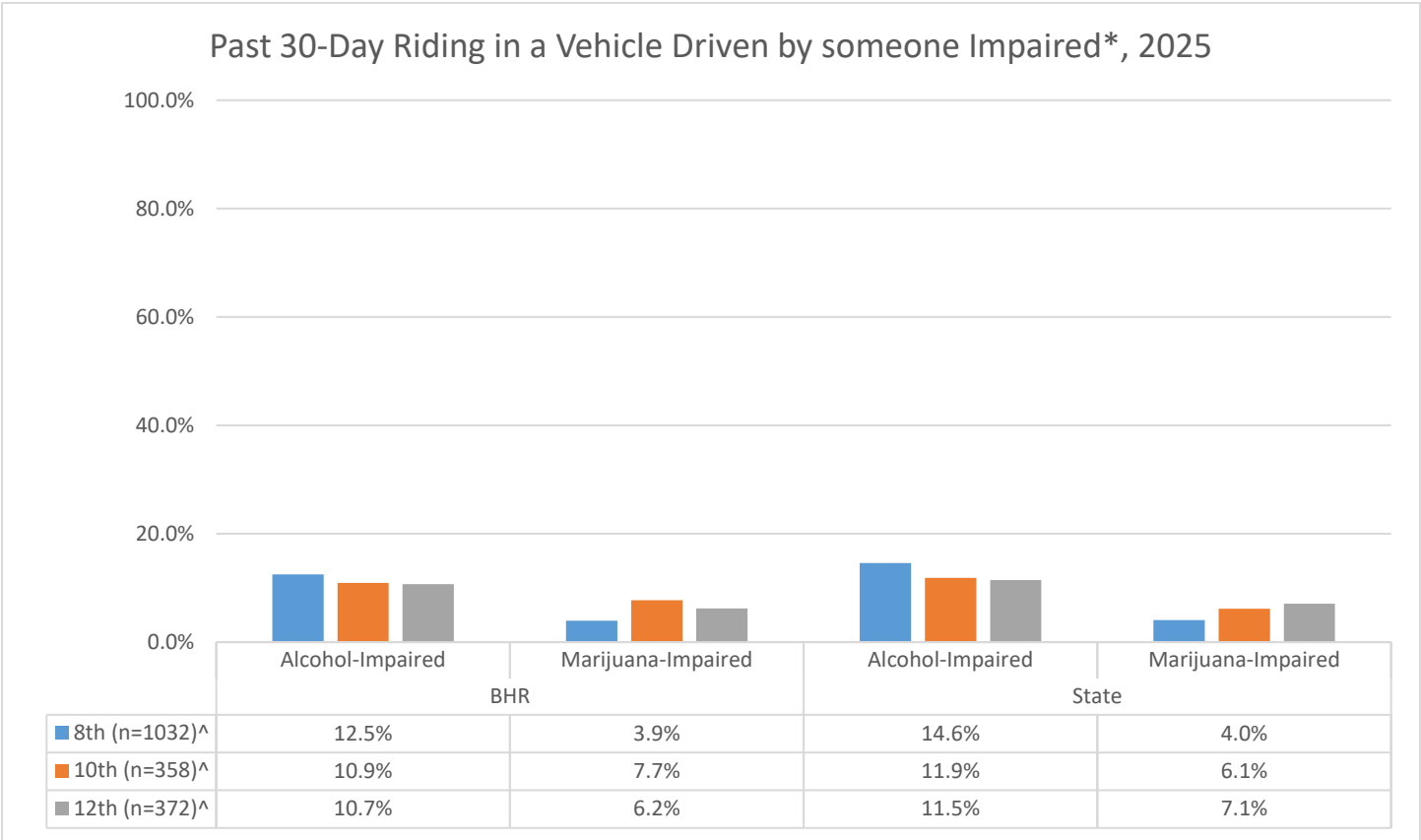


\* Question was not available before 2021.

Texting or Using App on Cell Phone While Driving during the Past 30 Days,  
2018-2025



\* Question was not available before 2018.

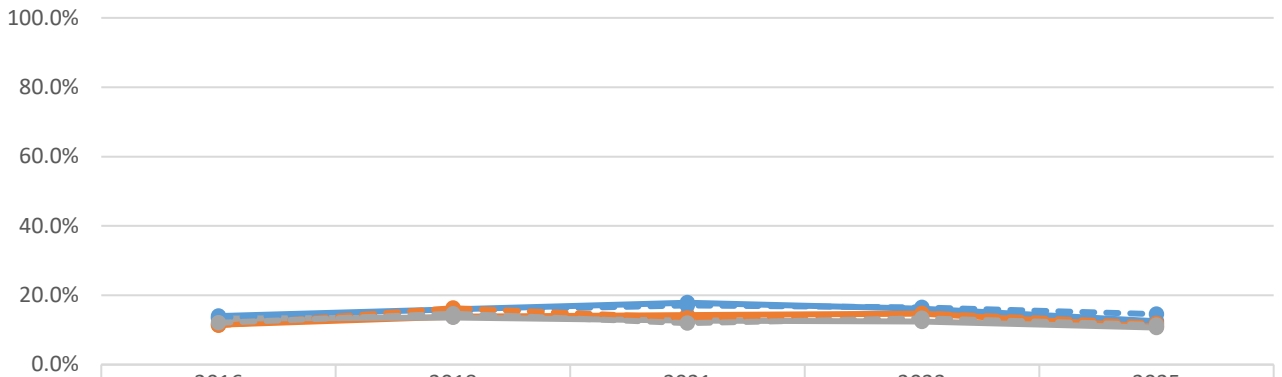


\* Percentage who reported one or more occurrences to the questions "During the PAST 30 DAYS, how many times did you ride in a car or other vehicle driven by someone who had been drinking alcohol?" and "During the PAST 30 DAYS, how many times did you ride in a car or other vehicle driven by someone who had been using marijuana?"

^ The n-size displayed is the largest n-size across these questions. Because each question is asked individually, the n-size may vary.

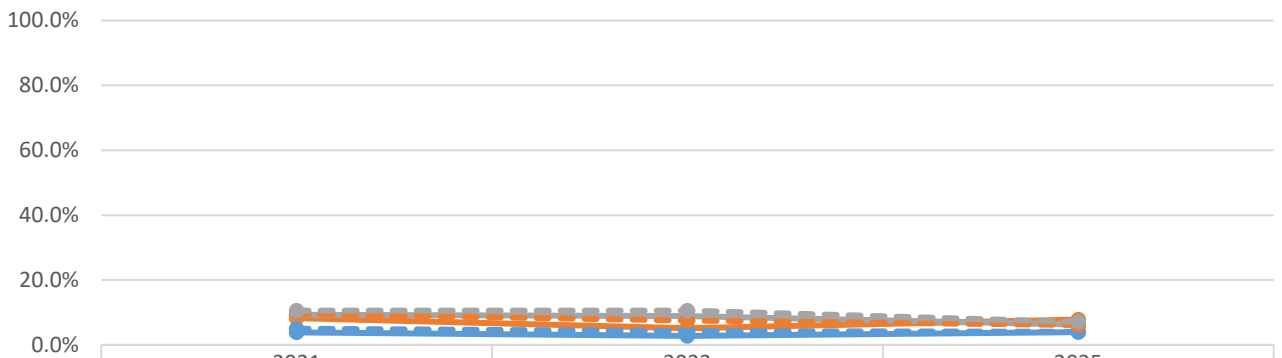
## Trends of Riding in a Vehicle Driven by someone Impaired, 2016-2025

### Riding in a Vehicle Driven by Someone Who Had Been Drinking Alcohol during the Past 30 Days, 2016-2025



|            | 2016  | 2018  | 2021  | 2023  | 2025  |
|------------|-------|-------|-------|-------|-------|
| BHR 8th    | 14.0% | 16.0% | 17.8% | 16.1% | 12.5% |
| BHR 10th   | 11.5% | 13.8% | 14.2% | 14.7% | 10.9% |
| BHR 12th   | 13.3% | 13.6% | 12.7% | 12.4% | 10.7% |
| State 8th  | 13.6% | 15.6% | 17.1% | 16.5% | 14.6% |
| State 10th | 11.3% | 16.3% | 13.5% | 14.8% | 11.9% |
| State 12th | 12.0% | 14.7% | 12.0% | 13.4% | 11.5% |

### Riding in a Vehicle Driven by Someone Who Had Been Using Marijuana during the Past 30 Days\*, 2021-2025



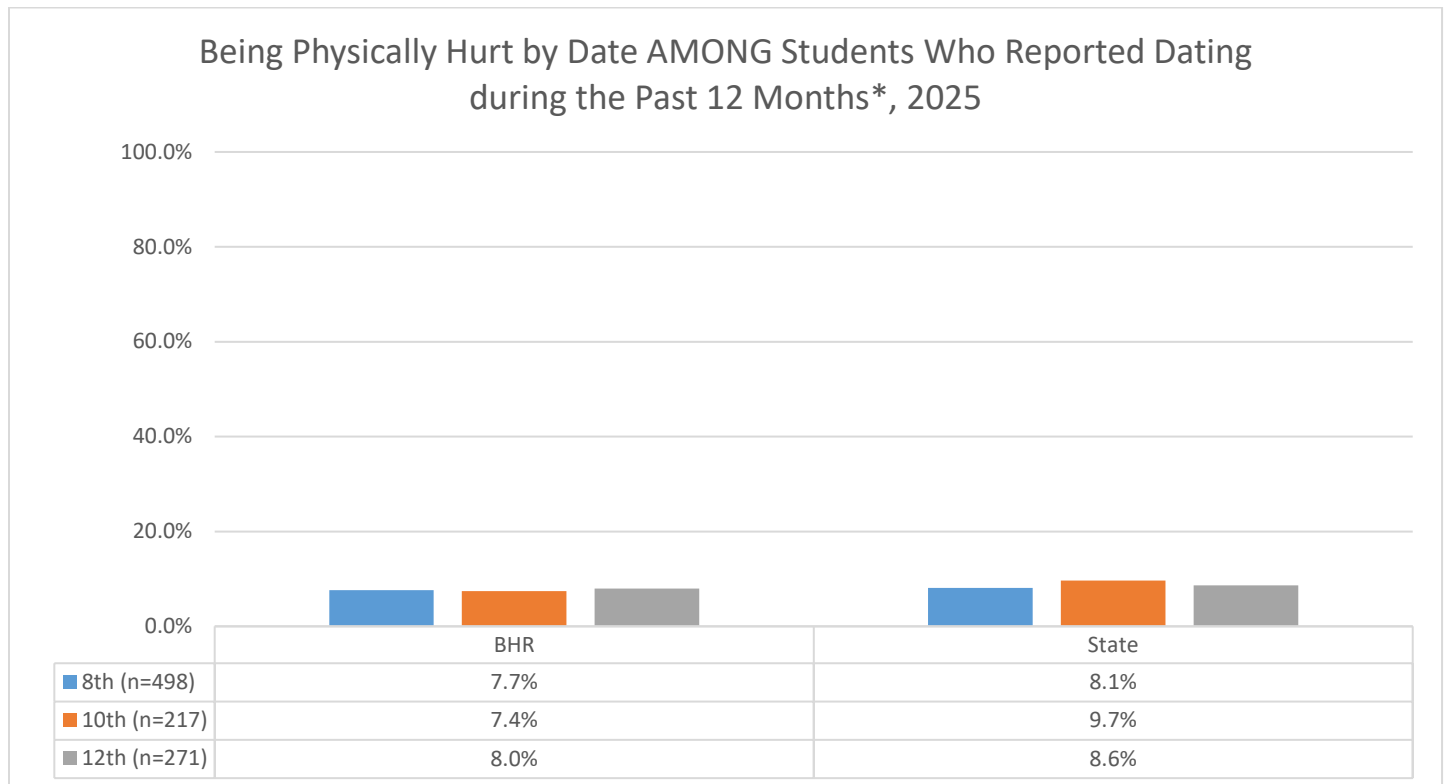
|            | 2021  | 2023  | 2025 |
|------------|-------|-------|------|
| BHR 8th    | 3.9%  | 2.8%  | 3.9% |
| BHR 10th   | 8.3%  | 5.1%  | 7.7% |
| BHR 12th   | 9.3%  | 8.9%  | 6.2% |
| State 8th  | 5.0%  | 4.2%  | 4.0% |
| State 10th | 9.5%  | 7.5%  | 6.1% |
| State 12th | 10.6% | 10.6% | 7.1% |

\* Question was not available before 2021.

## Violence, Bullying, and Mental Health

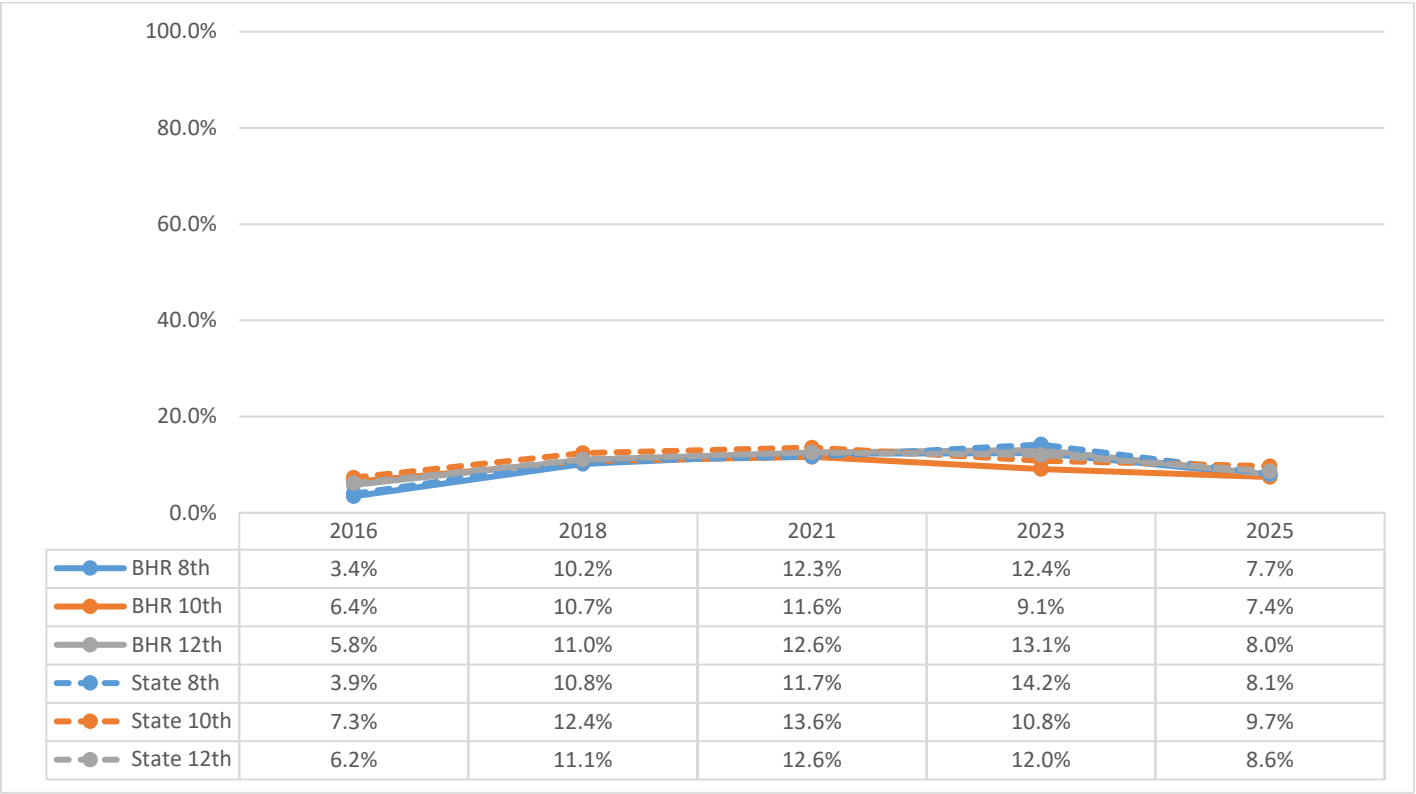
This section contains information on dating violence, bullying, anxiety, depression, suicide, and attitudes toward the future among 8th, 10th, and 12th grade students in the community of Behavior Health Region 3.

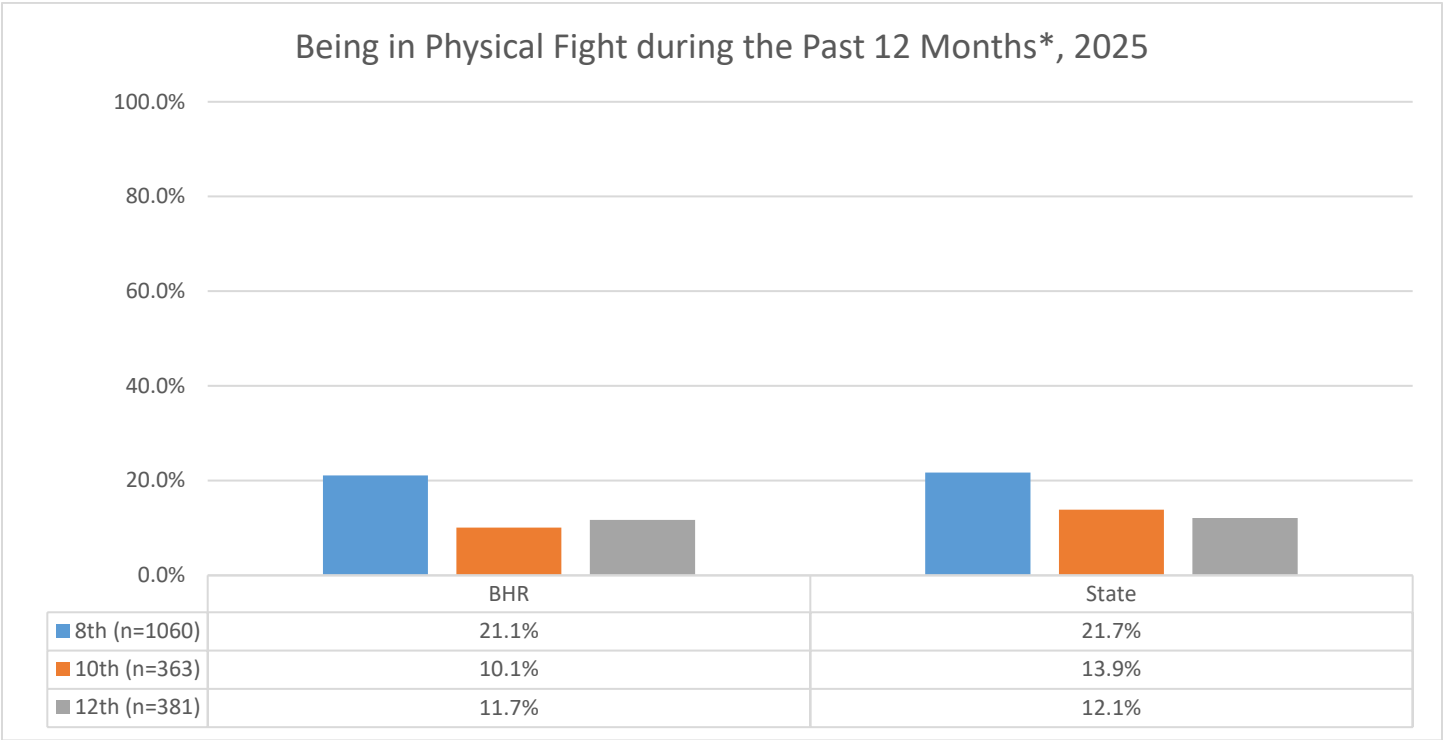
### Violence and Bullying



\* Percentage who reported being physically hurt on purpose one or more times by someone they were dating or going out with during the past 12 months AMONG students who reported dating.

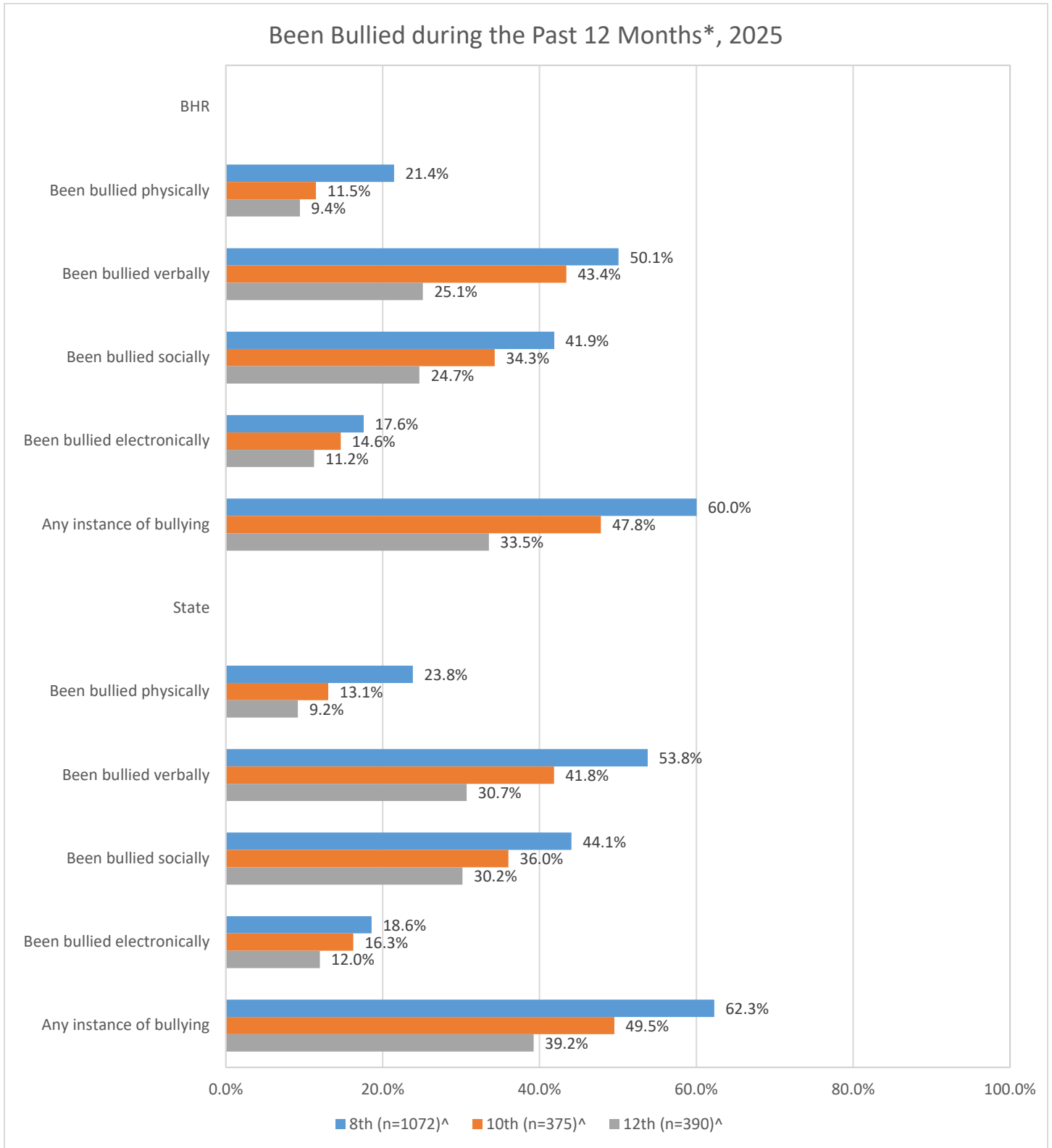
Trend of Being Physically Hurt by Date AMONG Students Who Reported Dating, 2016-2025





\* Percentage who reported being in a physical fight one or more times during the past 12 months.

Trend data are not available for the question about being in a physical fight.

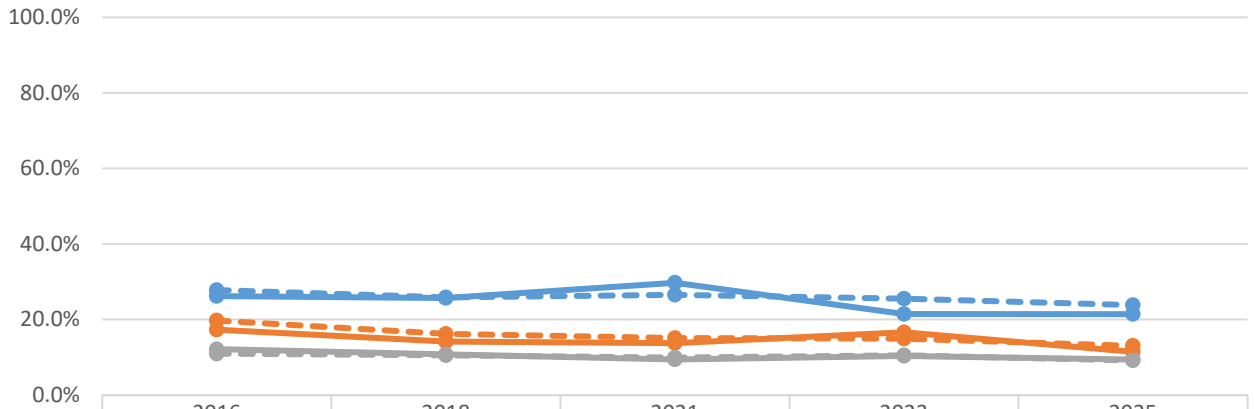


\* Percentage who reported one or more occurrences of each type of bullying. Examples of being bullied socially can be being excluded from a group or having gossip or rumors spread about the student; examples of being bullied electronically can be being threatened or embarrassed through e-mail, text messages, or social media.

^ The n-size displayed is the largest n-size across these questions. Because each question is asked individually, the n-size may vary.

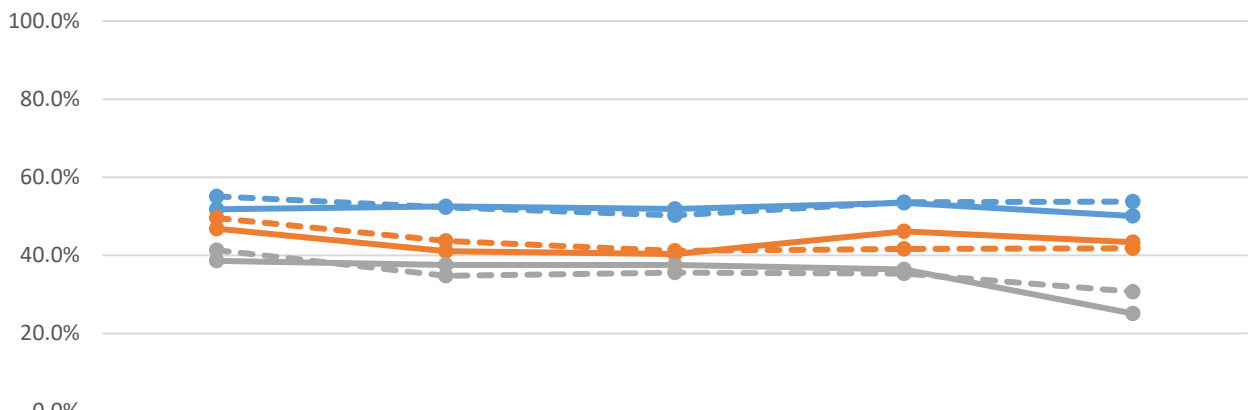
## Trend of Been Bullied, 2016-2025

Been Bullied Physically During the Past 12 Months\*, 2016-2025



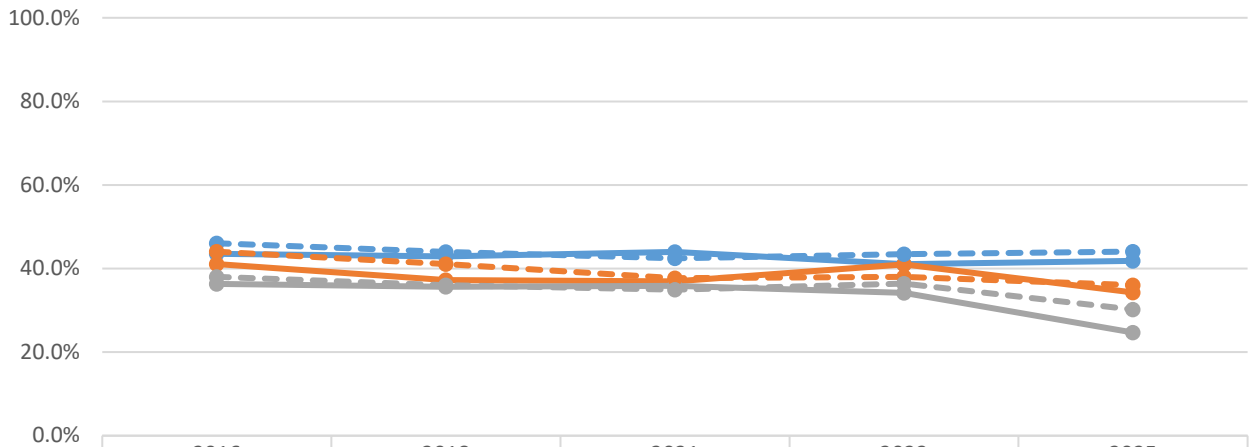
|            | 2016  | 2018  | 2021  | 2023  | 2025  |
|------------|-------|-------|-------|-------|-------|
| BHR 8th    | 26.2% | 25.7% | 29.7% | 21.4% | 21.4% |
| BHR 10th   | 17.3% | 14.2% | 13.8% | 16.7% | 11.5% |
| BHR 12th   | 12.2% | 10.8% | 9.5%  | 10.4% | 9.4%  |
| State 8th  | 27.8% | 25.9% | 26.6% | 25.6% | 23.8% |
| State 10th | 19.7% | 16.2% | 15.1% | 15.0% | 13.1% |
| State 12th | 11.0% | 10.6% | 10.0% | 10.5% | 9.2%  |

Been Bullied Verbally During the Past 12 Months\*, 2016-2025

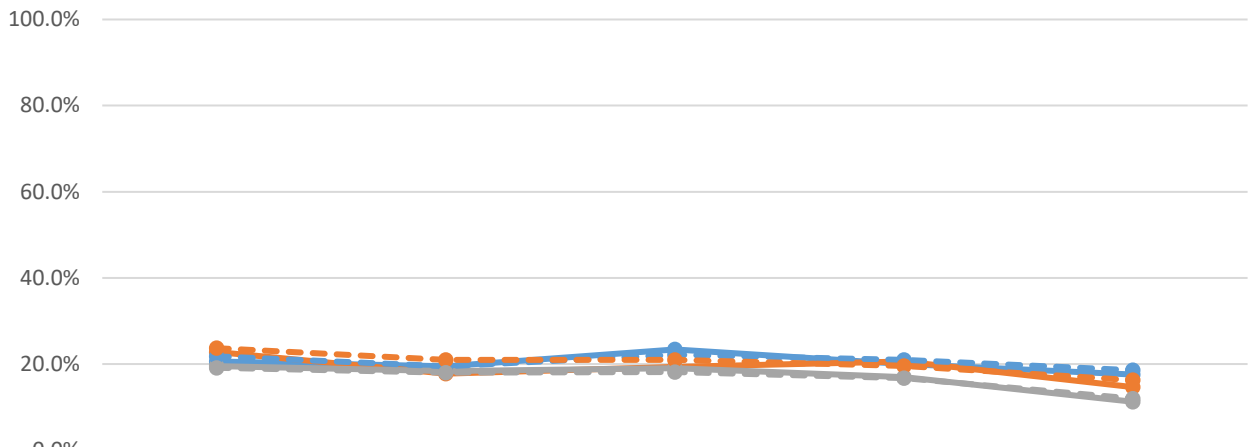


|            | 2016  | 2018  | 2021  | 2023  | 2025  |
|------------|-------|-------|-------|-------|-------|
| BHR 8th    | 51.8% | 52.6% | 51.9% | 53.5% | 50.1% |
| BHR 10th   | 46.8% | 41.1% | 40.4% | 46.1% | 43.4% |
| BHR 12th   | 38.6% | 37.5% | 37.6% | 36.4% | 25.1% |
| State 8th  | 55.1% | 52.3% | 50.2% | 53.6% | 53.8% |
| State 10th | 49.6% | 43.7% | 41.1% | 41.6% | 41.8% |
| State 12th | 41.3% | 34.8% | 35.6% | 35.4% | 30.7% |

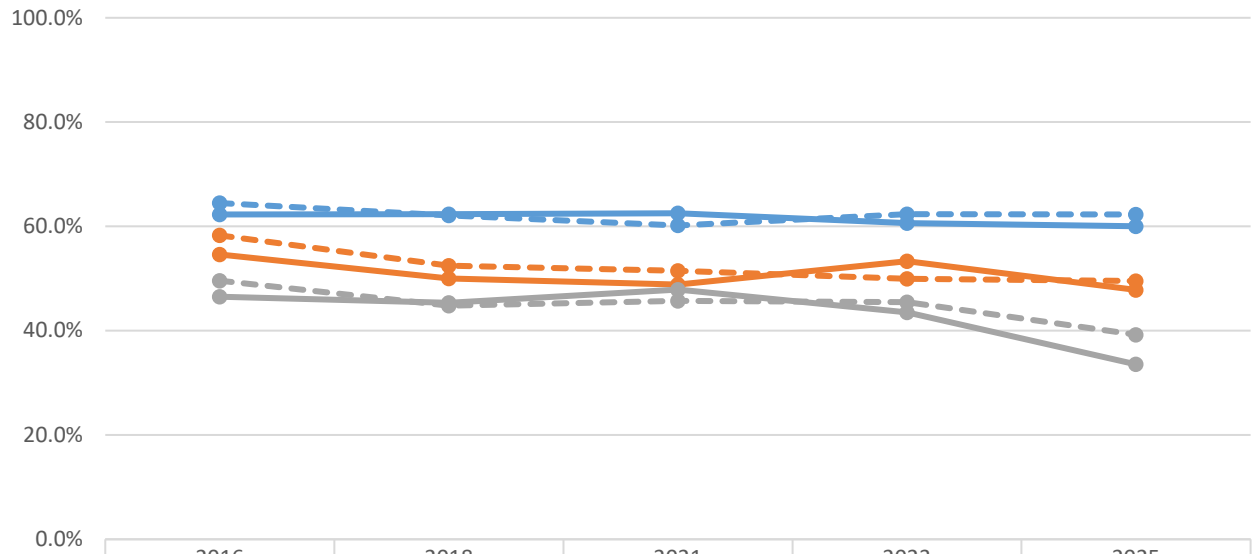
### Been Bullied Socially During the Past 12 Months\*, 2016-2025



### Been Bullied Electronically During the Past 12 Months\*, 2016-2025

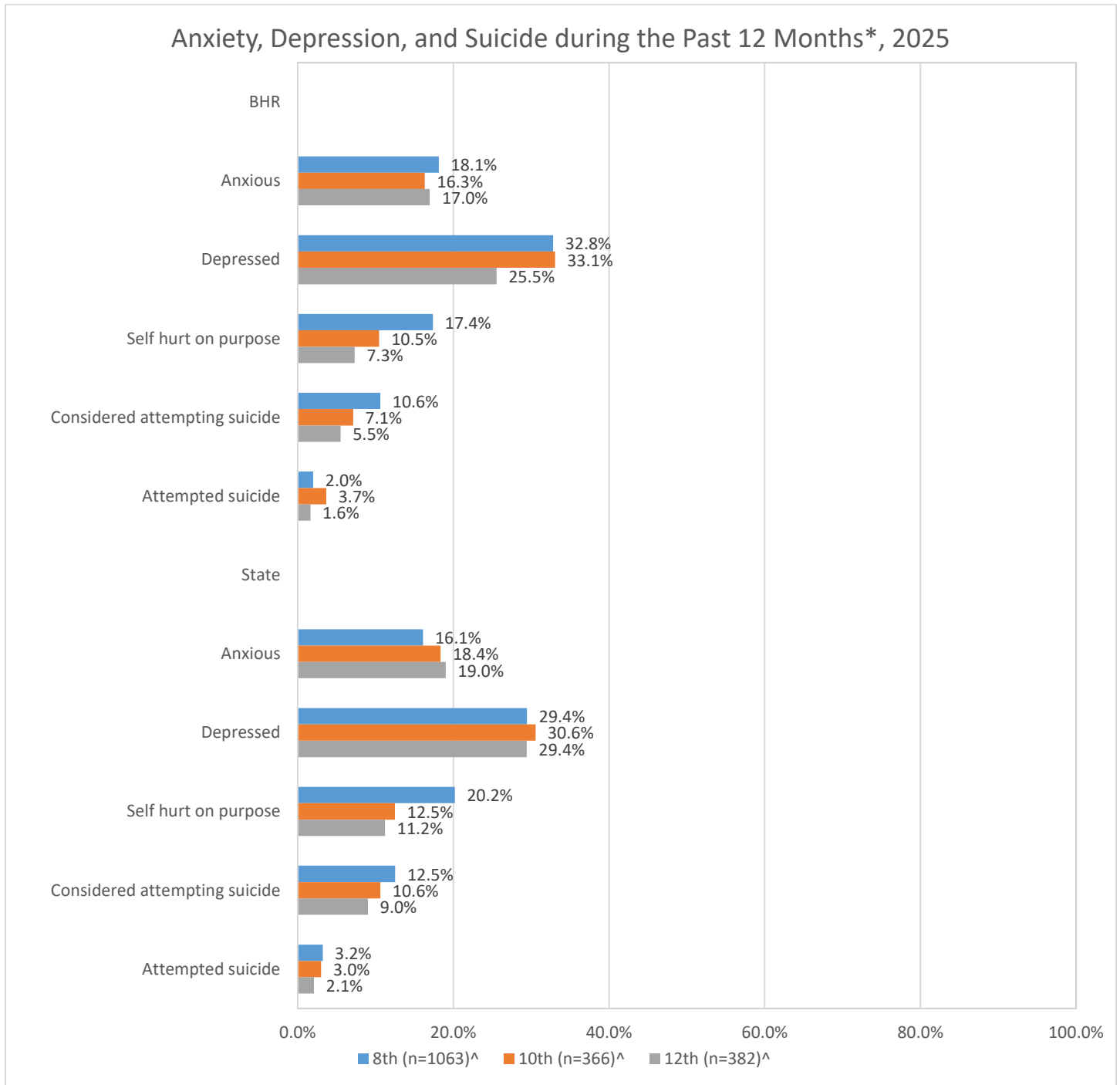


Any Instance of Being Bullied During the Past 12 Months\*, 2016-2025



|            | 2016  | 2018  | 2021  | 2023  | 2025  |
|------------|-------|-------|-------|-------|-------|
| BHR 8th    | 62.3% | 62.4% | 62.5% | 60.6% | 60.0% |
| BHR 10th   | 54.6% | 50.0% | 48.8% | 53.3% | 47.8% |
| BHR 12th   | 46.5% | 45.3% | 47.9% | 43.5% | 33.5% |
| State 8th  | 64.5% | 62.1% | 60.2% | 62.4% | 62.3% |
| State 10th | 58.3% | 52.5% | 51.5% | 49.9% | 49.5% |
| State 12th | 49.6% | 44.8% | 45.7% | 45.5% | 39.2% |

## Mental Health

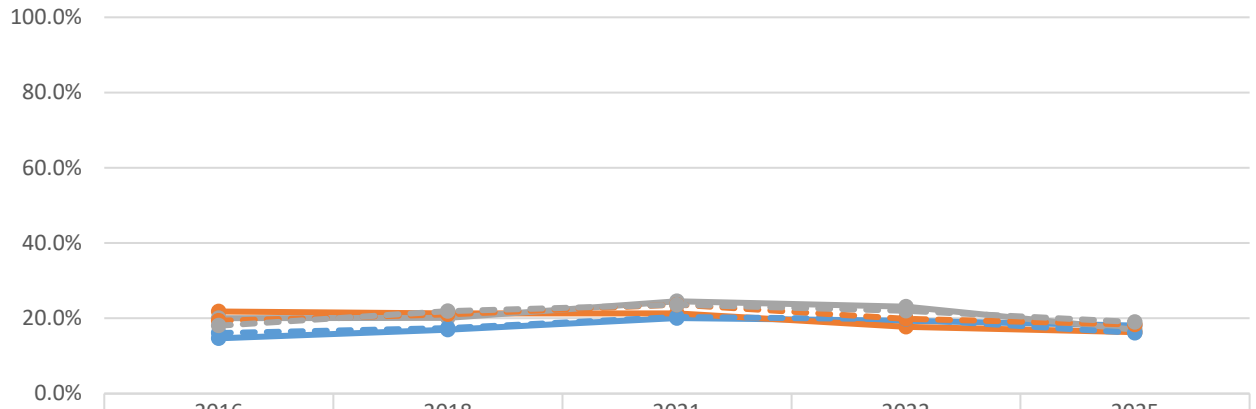


\* Anxious is the percentage who reported during the past 12 months being so worried about something they could not sleep well at night most of the time or always based on the following scale: Never, Rarely, Sometimes, Most of the time, Always. The other percentages were students who reported "Yes" to the question "During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?", the question "During the past 12 months, did you hurt or injure yourself on purpose without wanting to die?", the question "During the past 12 months, did you ever seriously consider attempting suicide?", and the question "During the past 12 months, did you actually attempt suicide?"

^ The n-size displayed is the largest n-size across these questions. Because each question is asked individually, the n-size may vary.

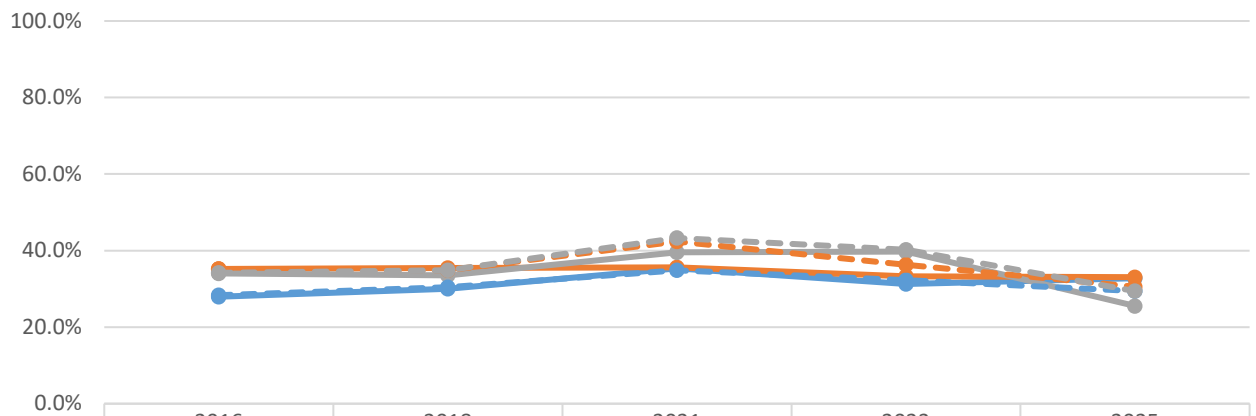
## Trends of Anxiety, Depression, and Suicide, 2016-2025

### Anxious, 2016-2025



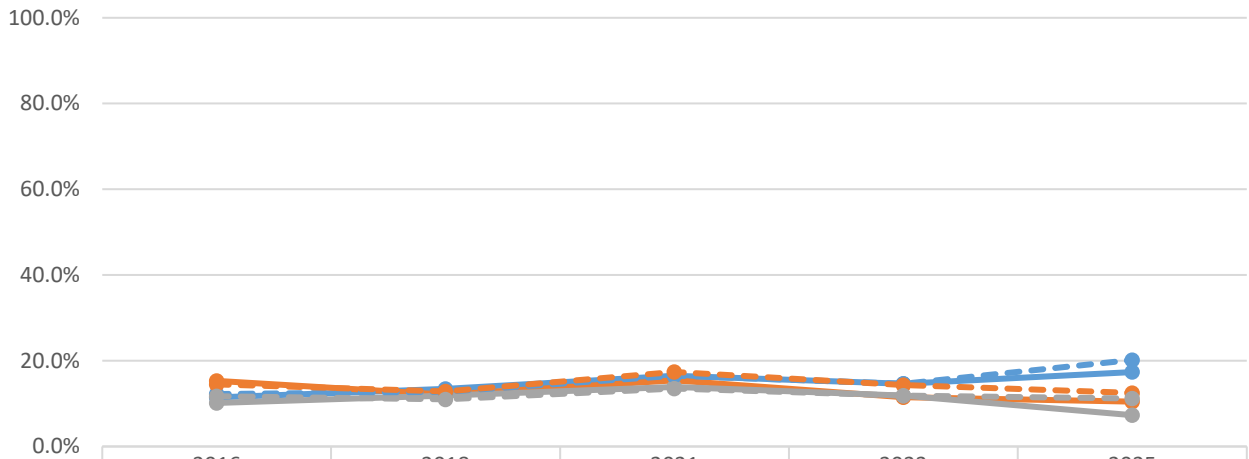
|            | 2016  | 2018  | 2021  | 2023  | 2025  |
|------------|-------|-------|-------|-------|-------|
| BHR 8th    | 14.7% | 16.9% | 20.1% | 19.3% | 18.1% |
| BHR 10th   | 21.8% | 21.3% | 21.4% | 17.8% | 16.3% |
| BHR 12th   | 20.1% | 20.1% | 24.5% | 23.1% | 17.0% |
| State 8th  | 16.1% | 17.4% | 20.4% | 19.8% | 16.1% |
| State 10th | 19.4% | 21.1% | 23.6% | 19.8% | 18.4% |
| State 12th | 18.0% | 21.9% | 23.6% | 22.0% | 19.0% |

### Depressed, 2016-2025



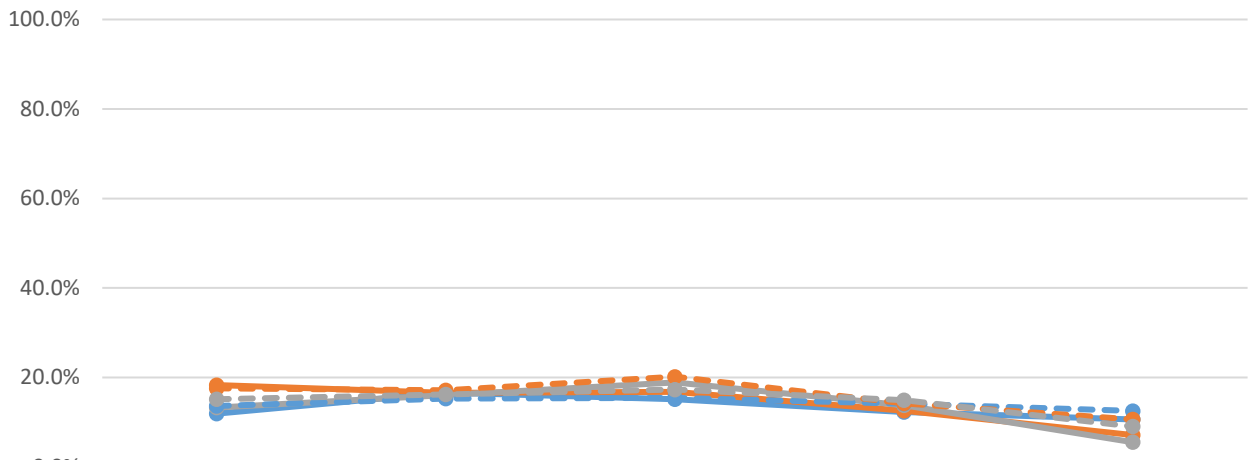
|            | 2016  | 2018  | 2021  | 2023  | 2025  |
|------------|-------|-------|-------|-------|-------|
| BHR 8th    | 28.0% | 30.0% | 35.4% | 31.3% | 32.8% |
| BHR 10th   | 35.2% | 35.5% | 35.6% | 33.3% | 33.1% |
| BHR 12th   | 34.1% | 33.6% | 39.6% | 39.7% | 25.5% |
| State 8th  | 28.3% | 30.4% | 34.8% | 32.3% | 29.4% |
| State 10th | 35.2% | 34.9% | 42.4% | 36.3% | 30.6% |
| State 12th | 34.2% | 34.9% | 43.3% | 40.2% | 29.4% |

### Self-Hurt on Purpose, 2016-2025

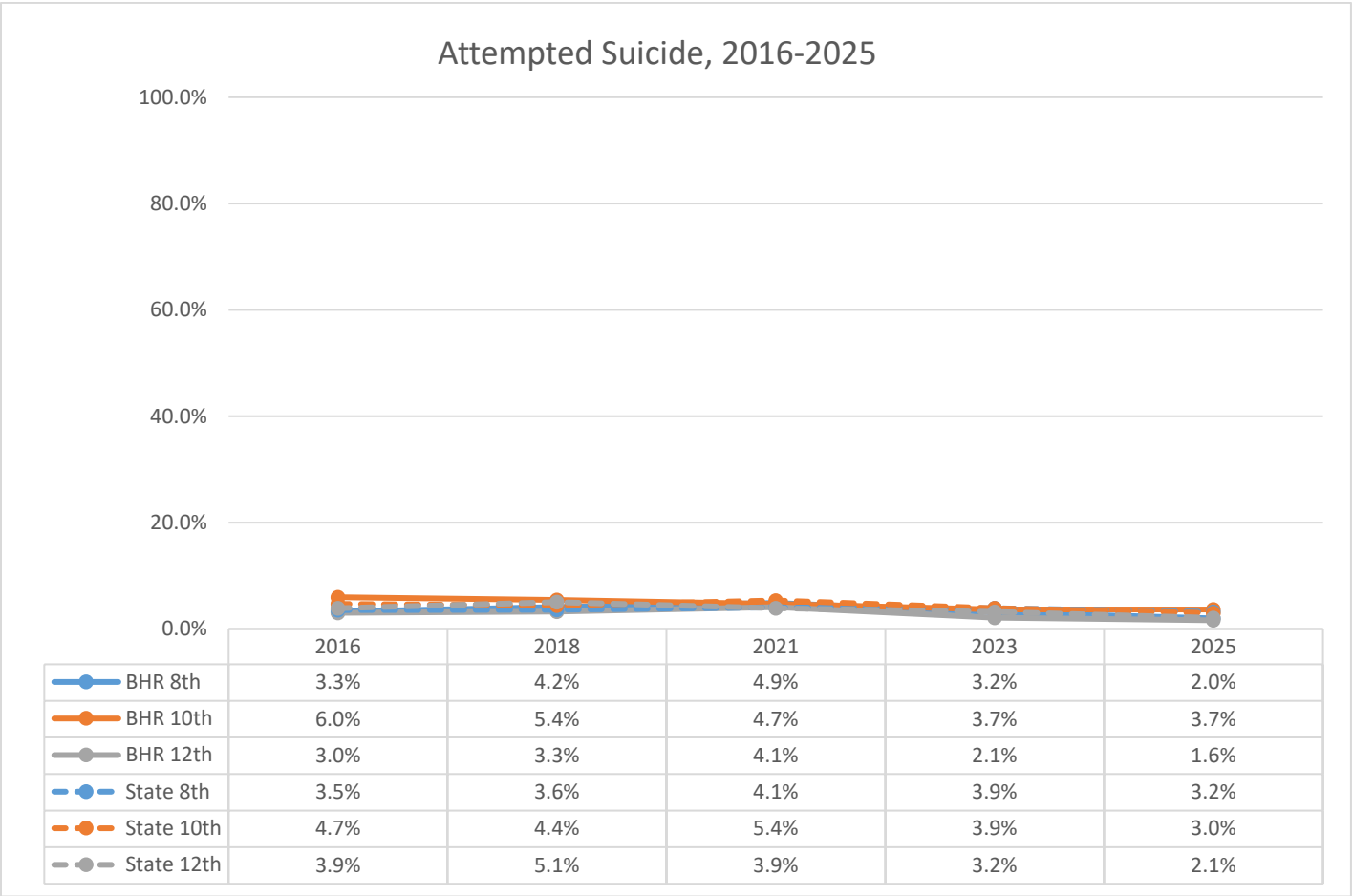


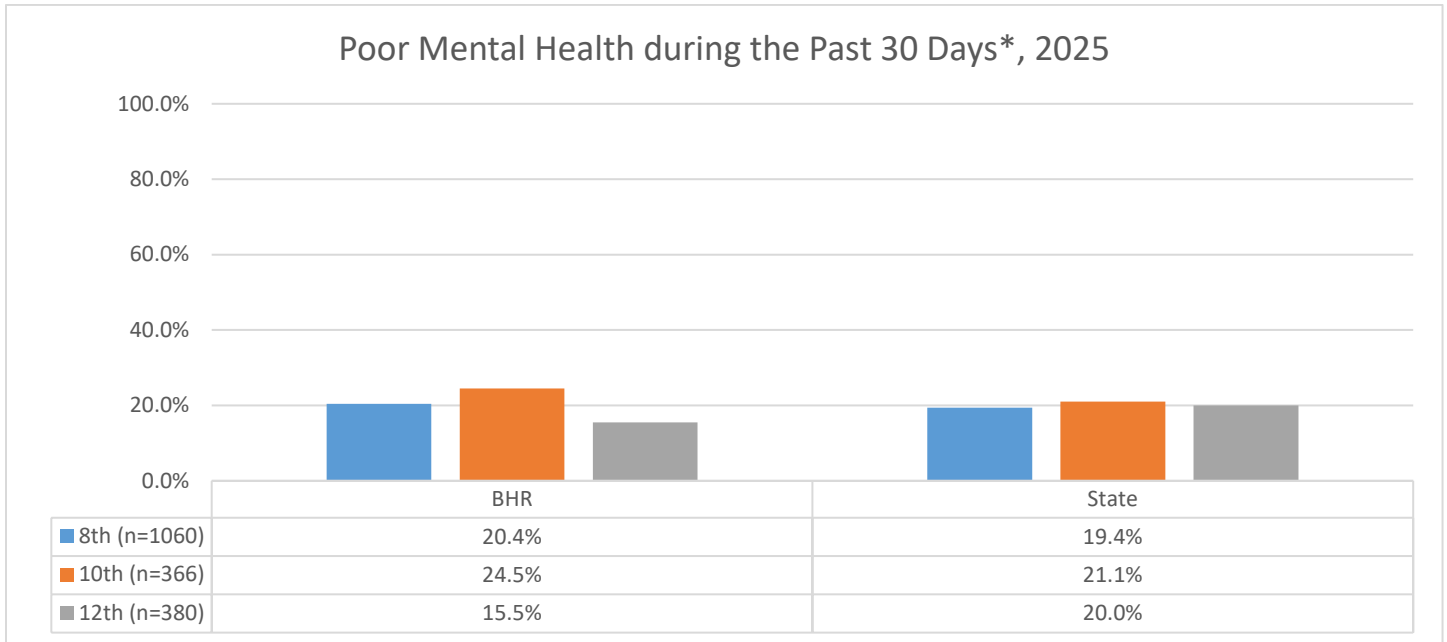
|            | 2016  | 2018  | 2021  | 2023  | 2025  |
|------------|-------|-------|-------|-------|-------|
| BHR 8th    | 11.5% | 13.4% | 16.5% | 14.7% | 17.4% |
| BHR 10th   | 15.3% | 12.1% | 15.4% | 11.5% | 10.5% |
| BHR 12th   | 10.1% | 11.9% | 13.9% | 11.9% | 7.3%  |
| State 8th  | 12.2% | 12.8% | 16.5% | 14.6% | 20.2% |
| State 10th | 14.5% | 12.9% | 17.4% | 14.3% | 12.5% |
| State 12th | 11.7% | 11.0% | 13.5% | 11.9% | 11.2% |

### Considered Attempting Suicide, 2016-2025



|            | 2016  | 2018  | 2021  | 2023  | 2025  |
|------------|-------|-------|-------|-------|-------|
| BHR 8th    | 11.9% | 16.6% | 15.2% | 12.2% | 10.6% |
| BHR 10th   | 18.3% | 16.6% | 16.8% | 12.6% | 7.1%  |
| BHR 12th   | 13.3% | 16.1% | 18.9% | 13.8% | 5.5%  |
| State 8th  | 13.6% | 15.3% | 15.4% | 14.1% | 12.5% |
| State 10th | 17.5% | 17.1% | 20.2% | 14.2% | 10.6% |
| State 12th | 15.1% | 16.2% | 17.3% | 14.9% | 9.0%  |



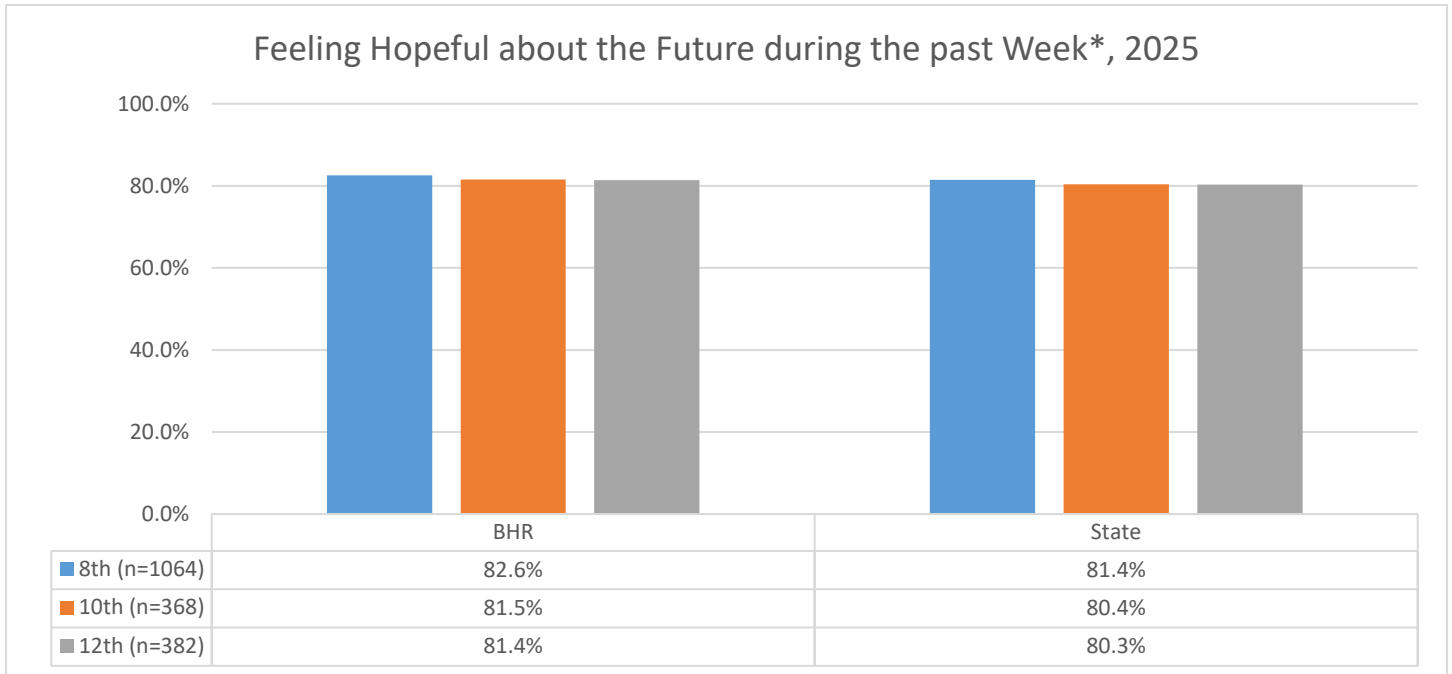


\* Percentage who reported "Most of the time" or "Always" to the question "During the PAST 30 DAYS, how often was your mental health not good? (Poor mental health include stress, anxiety, and depression.)"

### Trend of Poor Mental Health, 2023-2025\*

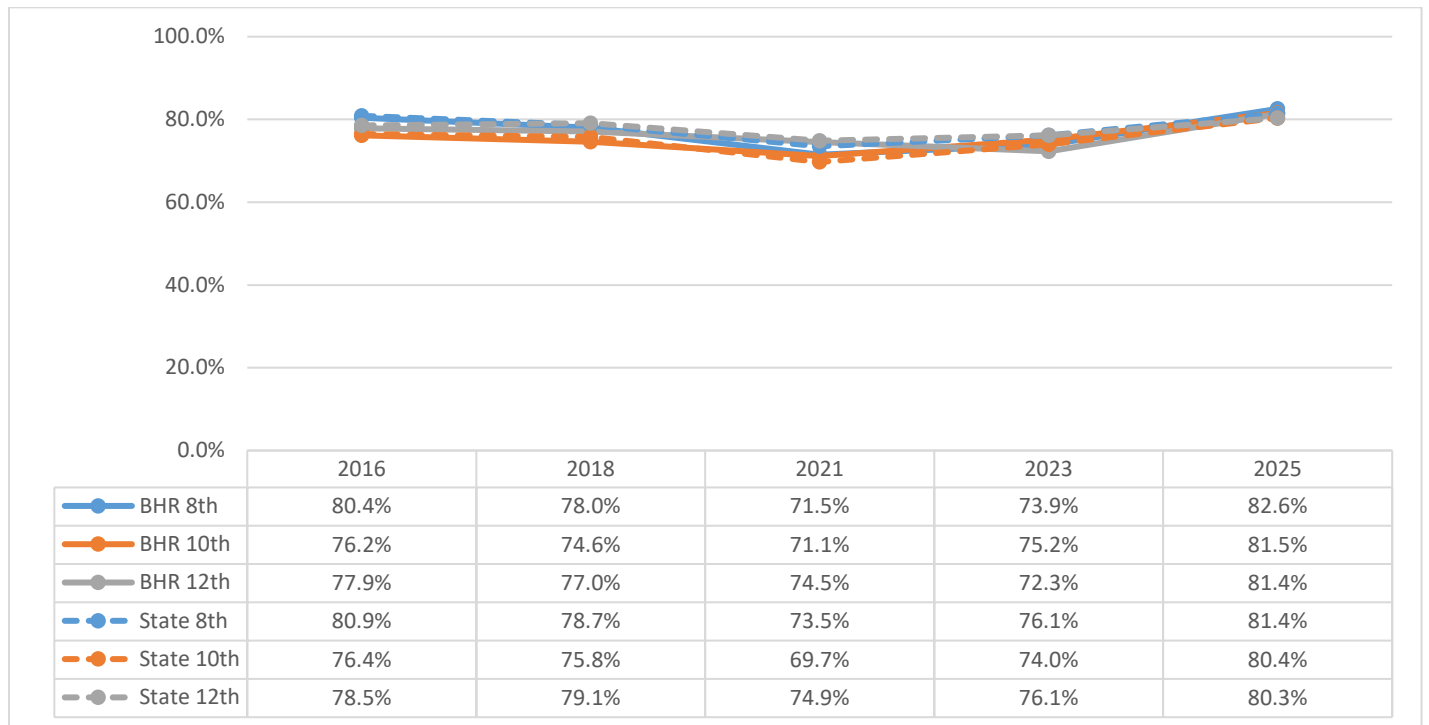
|      | Behavior Health Region |      |      |       |       | State |      |      |       |       |
|------|------------------------|------|------|-------|-------|-------|------|------|-------|-------|
|      | 2016                   | 2018 | 2021 | 2023  | 2025  | 2016  | 2018 | 2021 | 2023  | 2025  |
| 8th  |                        |      |      | 19.1% | 20.4% |       |      |      | 19.1% | 19.4% |
| 10th |                        |      |      | 25.3% | 24.5% |       |      |      | 25.3% | 21.1% |
| 12th |                        |      |      | 28.6% | 15.5% |       |      |      | 27.5% | 20.0% |

\* Question was not available before 2023.



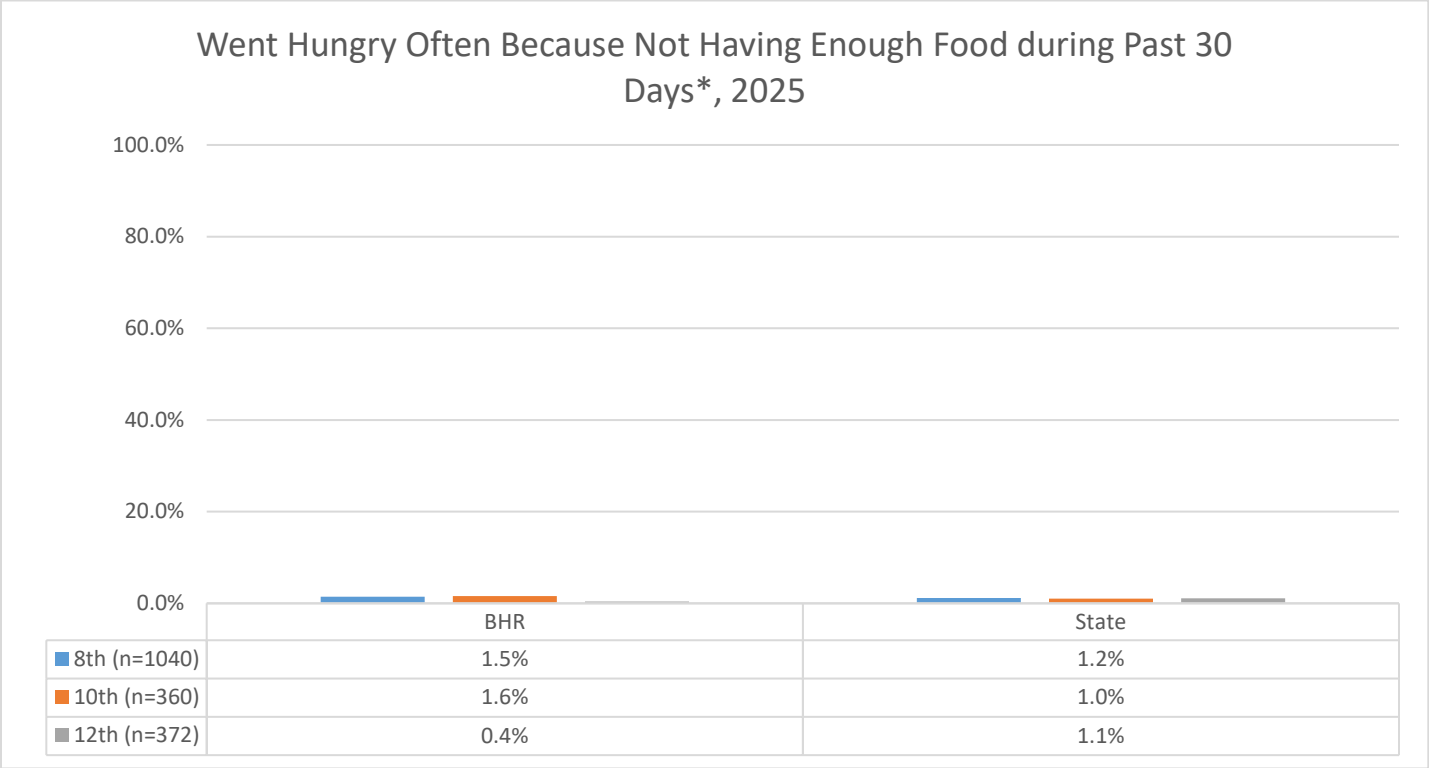
\* Percentage who reported they "Agree" or "Strongly agree" to the question "In the past week, I have felt hopeful about the future." Based on the following scale: Strongly disagree, Disagree, Agree, Strongly agree.

### Trend of Feeling Hopeful, 2016-2025



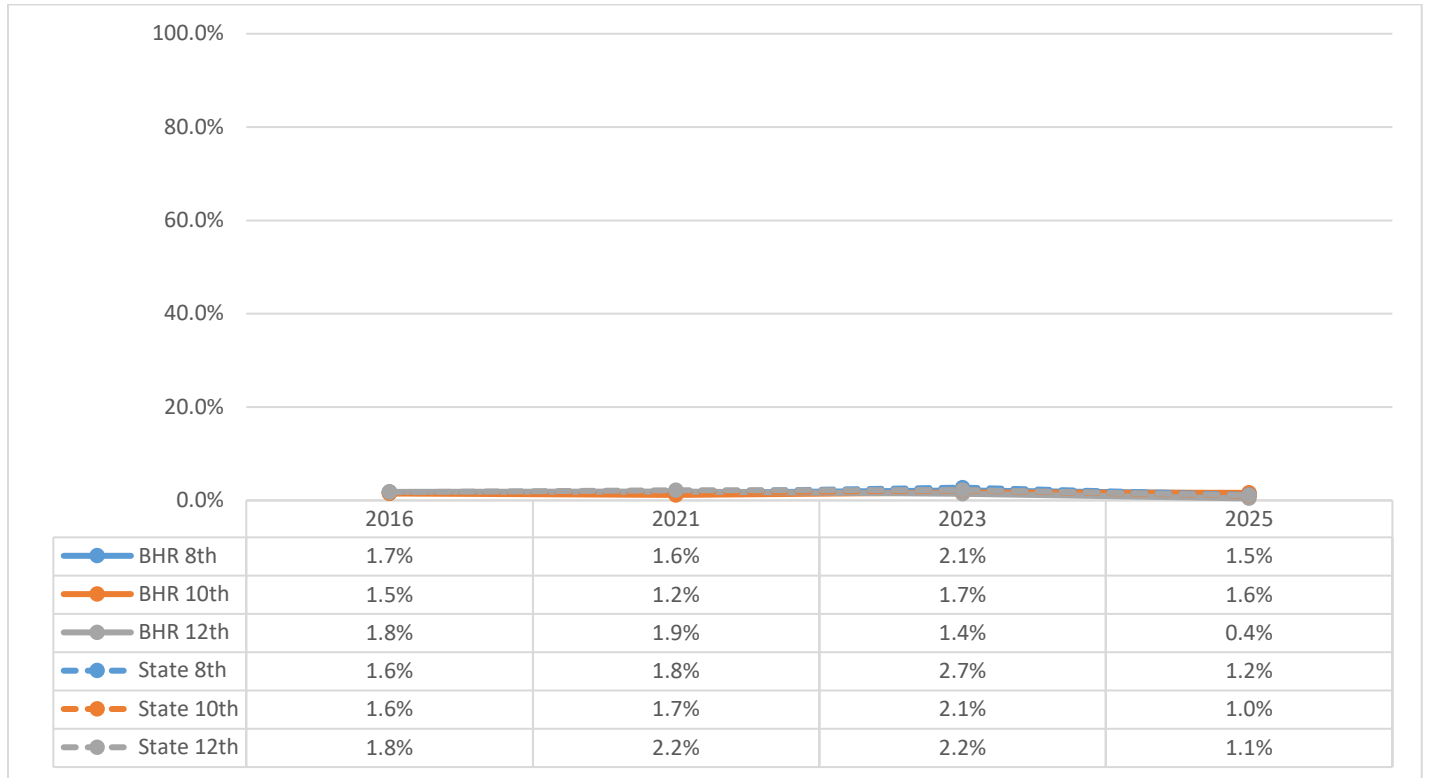
Nutrition and Physical Activity

This section contains information on food security, eating habits, physical activity, and sleep habits among 8th, 10th, and 12th grade students in the community of Behavior Health Region 3.

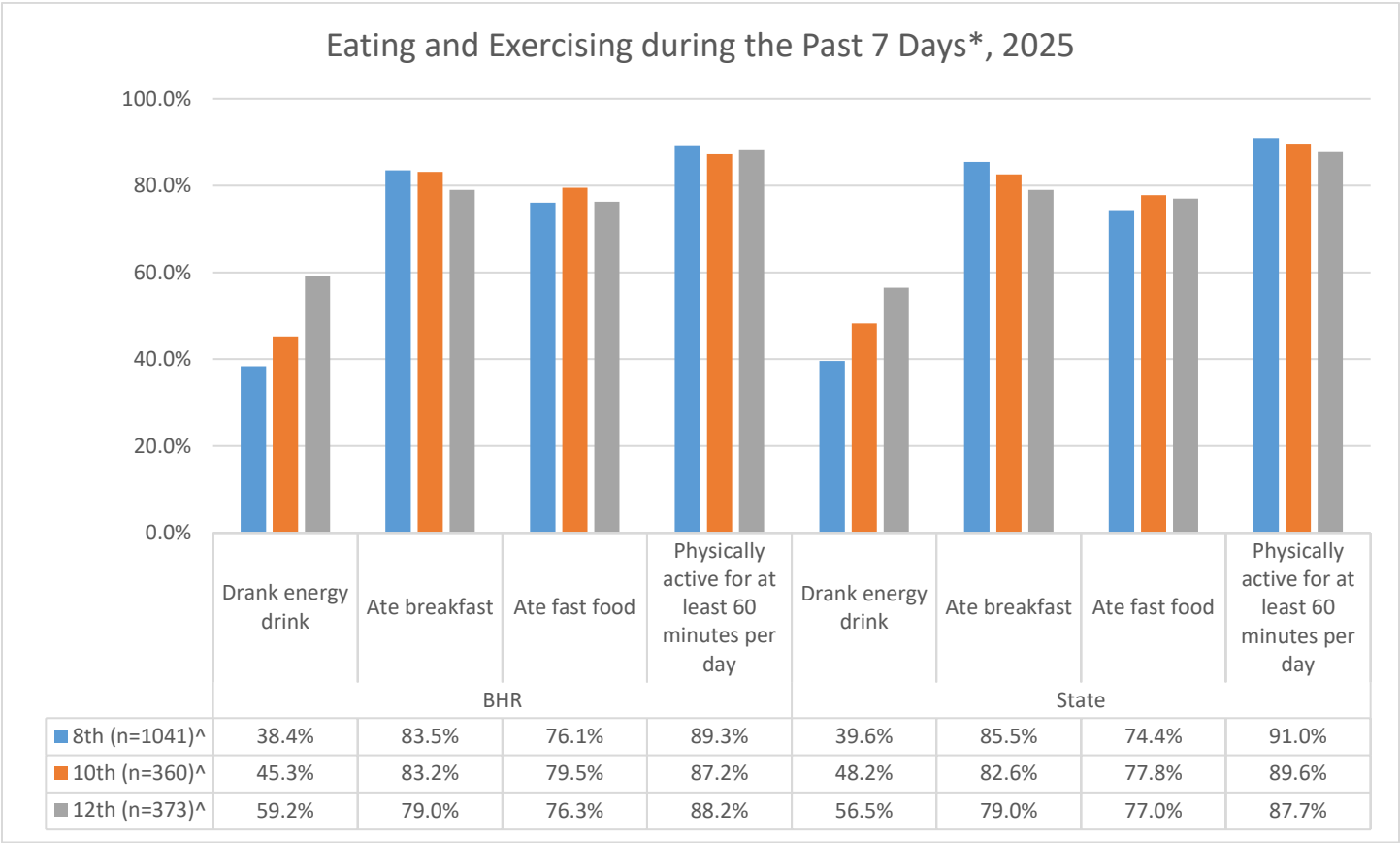


\* Percentage who reported "Most of the time" or "Always" to the question "During the PAST 30 DAYS, how often did you go hungry because there was not enough food in your home?"

## Trend of Going Hungry Often Because Not Having Enough Food\*, 2016-2025



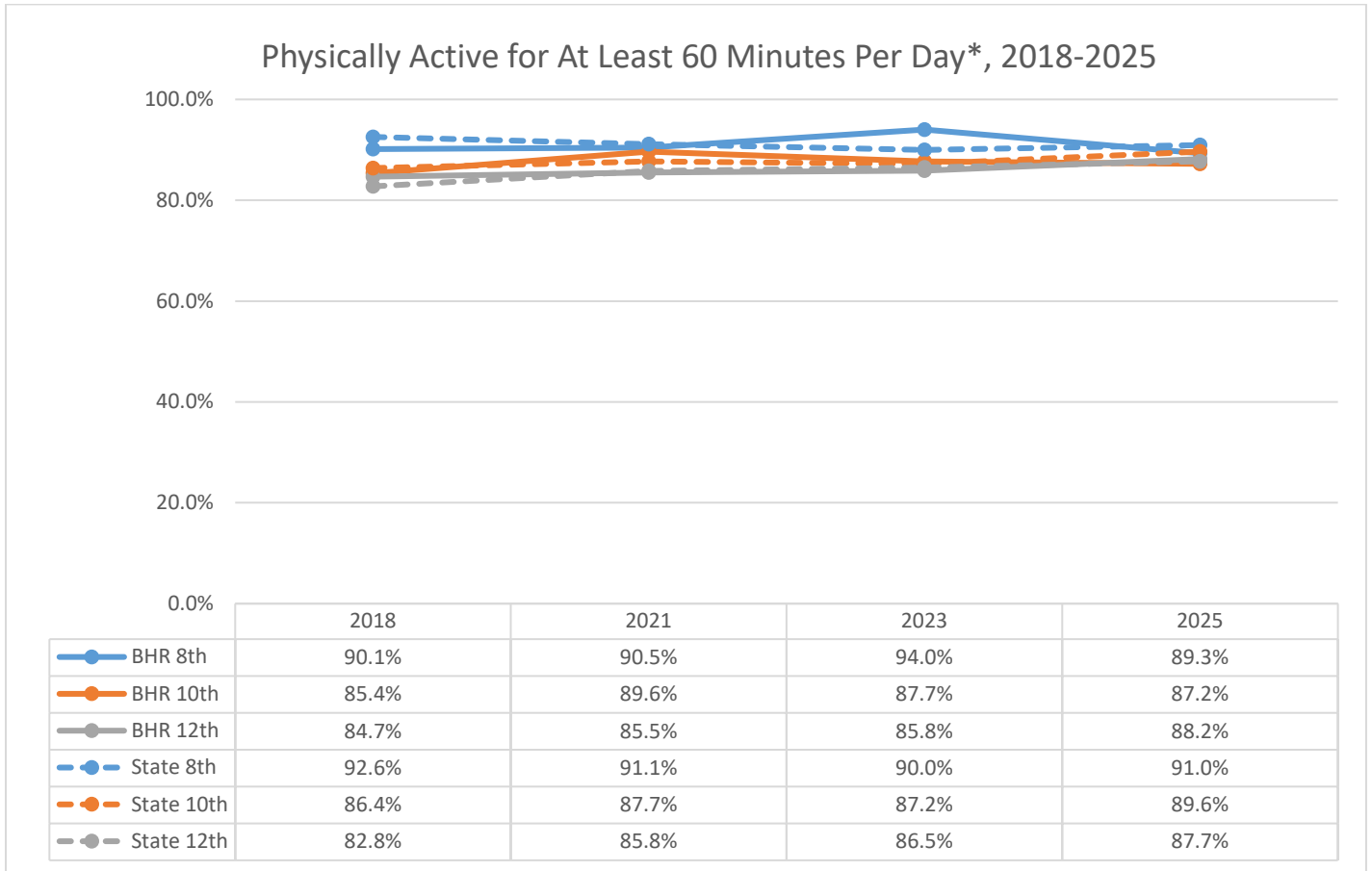
\* Question was not available in 2018.



\* Percentage who reported consuming the named drink or food one or more times during the past 7 days, and percentage who reported being physically active for a total of at least 60 minutes on one or more days during the past 7 days.

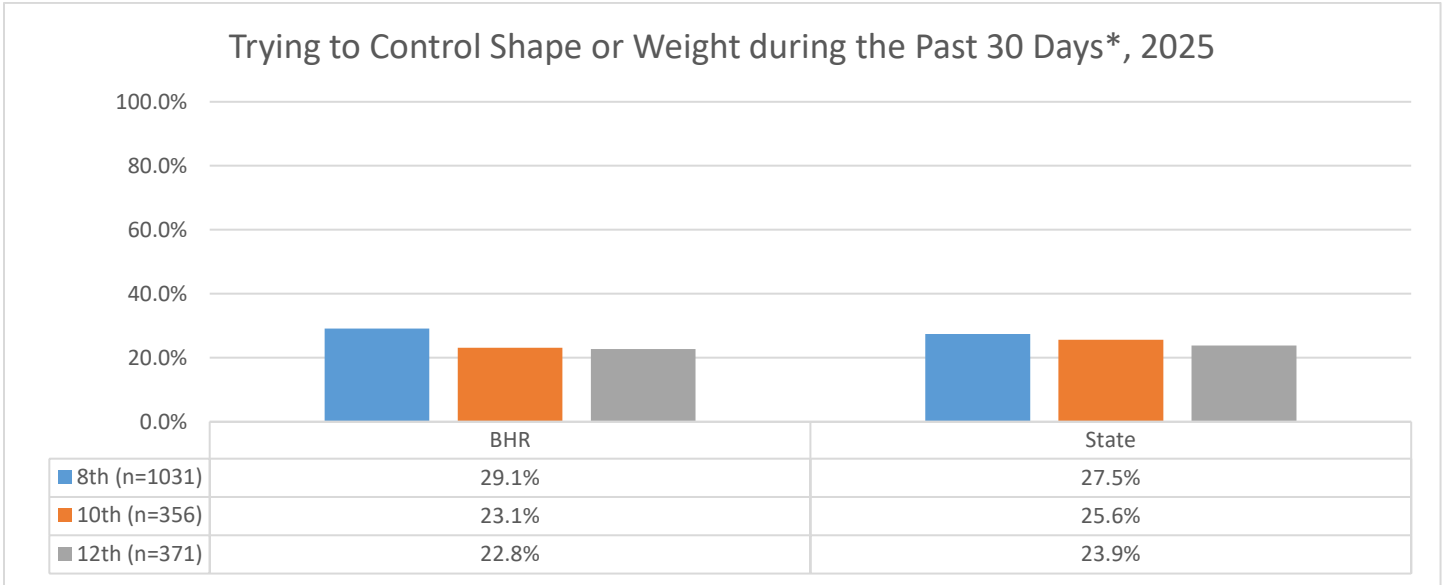
^ The n-size displayed is the largest n-size across these questions. Because each question is asked individually, the n-size may vary.

## Trends about Eating and Exercising, 2018-2025



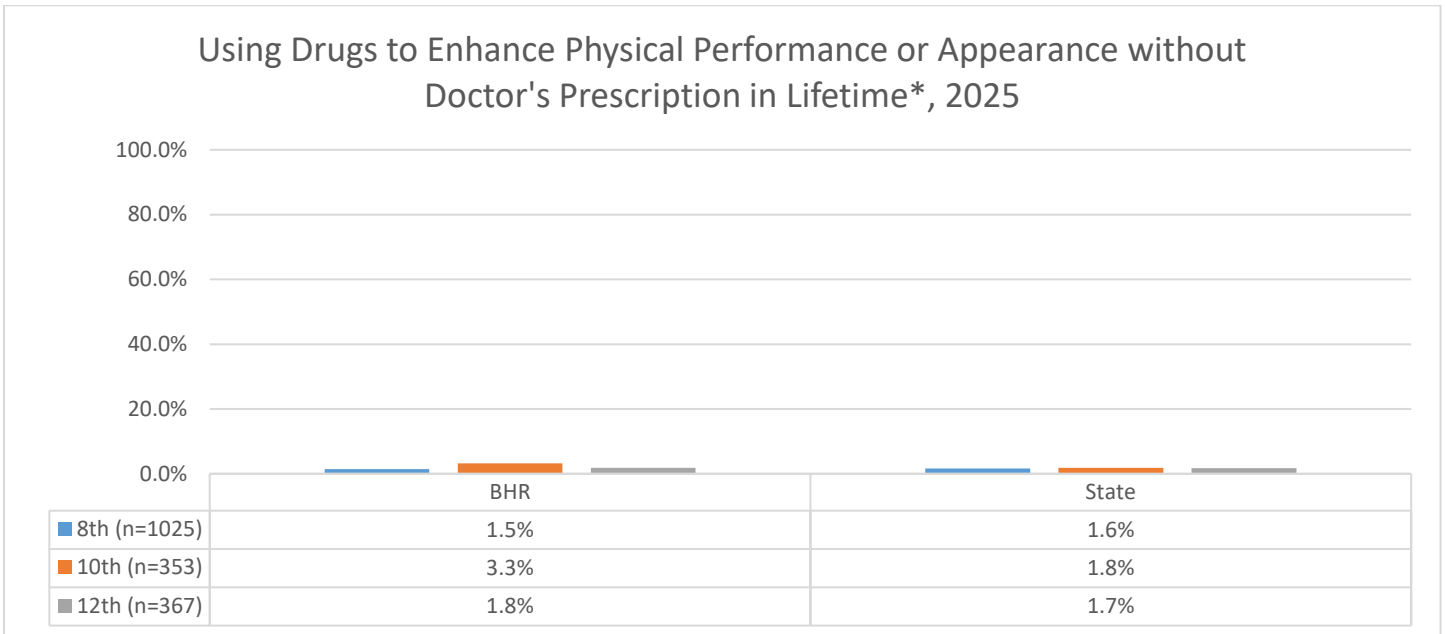
\* Question was not available before 2018.

|                                                                     | Behavior Health Region |      |      |       |       | State |      |      |       |       |
|---------------------------------------------------------------------|------------------------|------|------|-------|-------|-------|------|------|-------|-------|
|                                                                     | 2016                   | 2018 | 2021 | 2023  | 2025  | 2016  | 2018 | 2021 | 2023  | 2025  |
| <b>Drank energy drink (Question was not available before 2023.)</b> |                        |      |      |       |       |       |      |      |       |       |
| 8th                                                                 |                        |      |      | 31.1% | 38.4% |       |      |      | 29.7% | 39.6% |
| 10th                                                                |                        |      |      | 44.5% | 45.3% |       |      |      | 42.2% | 48.2% |
| 12th                                                                |                        |      |      | 46.0% | 59.2% |       |      |      | 44.9% | 56.5% |
| <b>Ate breakfast (Question was not available before 2023.)</b>      |                        |      |      |       |       |       |      |      |       |       |
| 8th                                                                 |                        |      |      | 82.5% | 83.5% |       |      |      | 79.8% | 85.5% |
| 10th                                                                |                        |      |      | 75.6% | 83.2% |       |      |      | 74.1% | 82.6% |
| 12th                                                                |                        |      |      | 71.7% | 79.0% |       |      |      | 72.9% | 79.0% |
| <b>Ate fast food (Trend data are not available.)</b>                |                        |      |      |       |       |       |      |      |       |       |



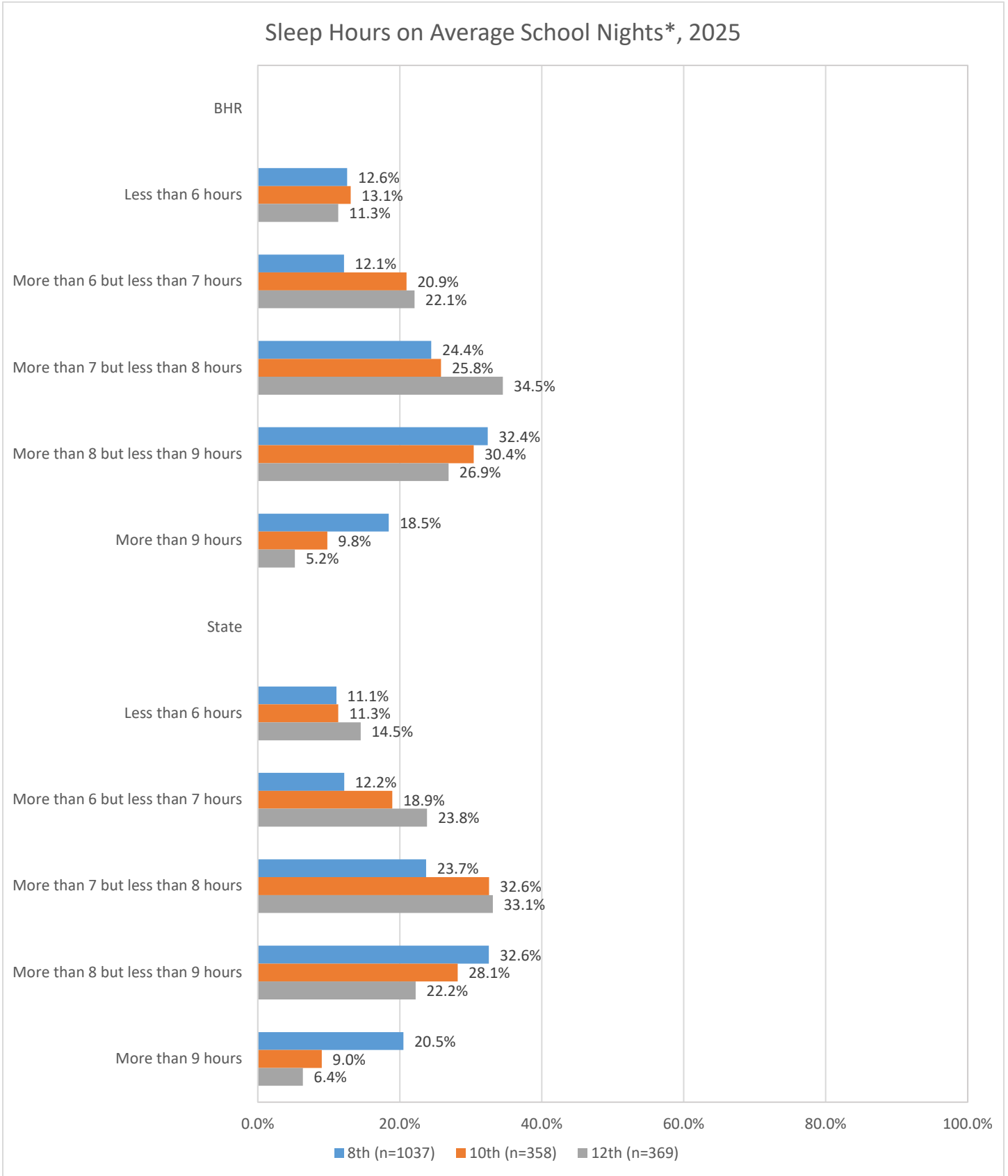
\* Percentage who reported one or more days to the question “During the PAST 30 DAYS, on how many days did you try to control your shape or weight by fasting or skipping meals, taking diet pills or supplements not prescribed by a doctor, or vomiting or taking laxatives?”

Trend data are not available for this question.



\* Percentage who reported one or more times to the question “During your life, how many times have you taken steroid pills or shots, testosterone boosters, or other substances such as Selective Androgen Receptor Modulators (SARMs) or other synthetic human growth hormone (hGH), to enhance your physical performance or appearance without a doctor's prescription?”

Trend data are not available for this question.



\* Percentage who reported the sleeping hours on an average school night.

Trend of Sleep Hours on Average School Nights\*, 2023-2025

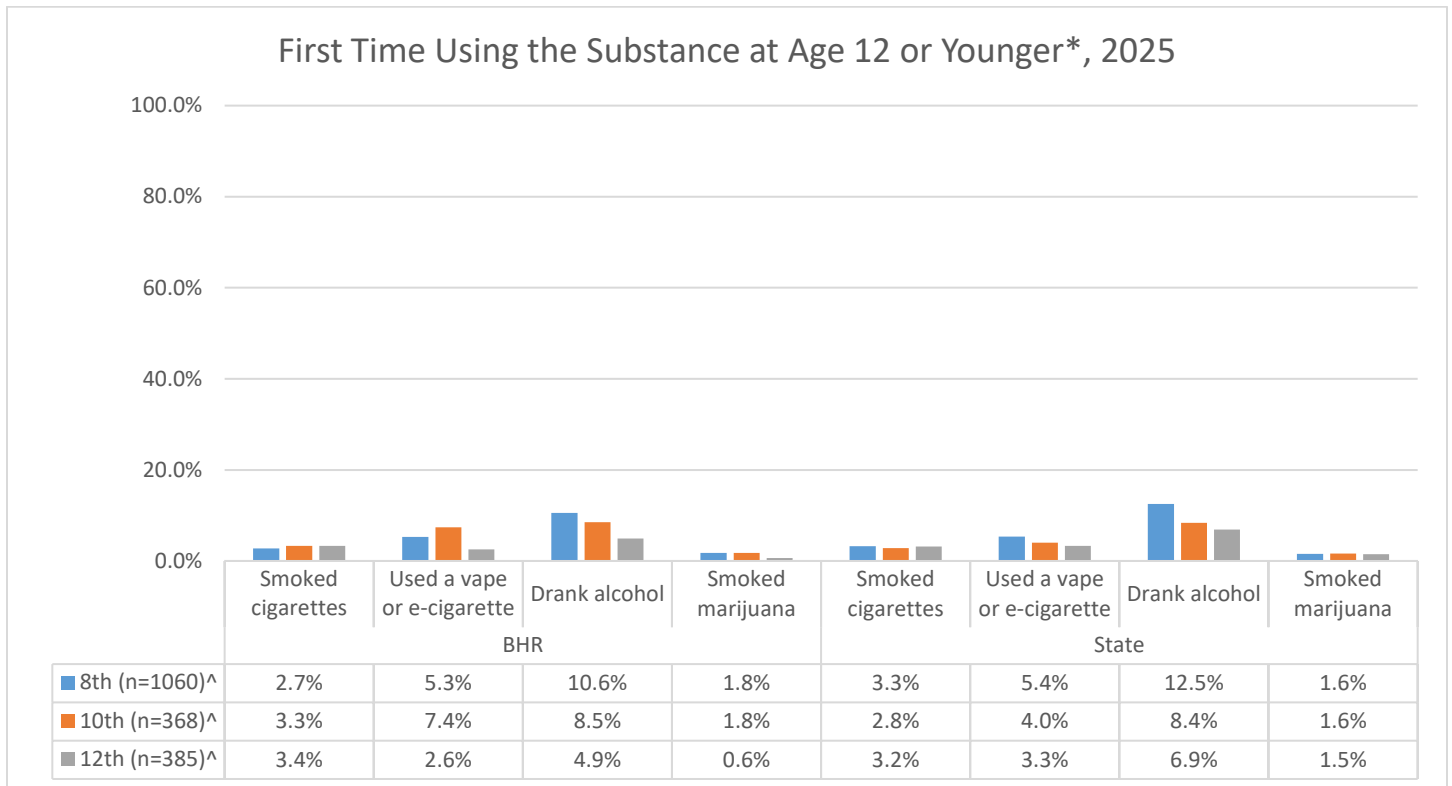
|      |                                   | Behavior Health Region |      |      |       |       | State |      |      |       |       |
|------|-----------------------------------|------------------------|------|------|-------|-------|-------|------|------|-------|-------|
|      |                                   | 2016                   | 2018 | 2021 | 2023  | 2025  | 2016  | 2018 | 2021 | 2023  | 2025  |
| 8th  | Less than 6 hours                 |                        |      |      | 12.0% | 12.6% |       |      |      | 12.8% | 11.1% |
|      | More than 6 but less than 7 hours |                        |      |      | 13.2% | 12.1% |       |      |      | 13.5% | 12.2% |
|      | More than 7 but less than 8 hours |                        |      |      | 24.9% | 24.4% |       |      |      | 25.0% | 23.7% |
|      | More than 8 but less than 9 hours |                        |      |      | 33.6% | 32.4% |       |      |      | 31.0% | 32.6% |
|      | More than 9 hours                 |                        |      |      | 16.3% | 18.5% |       |      |      | 17.7% | 20.5% |
| 10th | Less than 6 hours                 |                        |      |      | 14.1% | 13.1% |       |      |      | 16.2% | 11.3% |
|      | More than 6 but less than 7 hours |                        |      |      | 17.0% | 20.9% |       |      |      | 19.5% | 18.9% |
|      | More than 7 but less than 8 hours |                        |      |      | 35.4% | 25.8% |       |      |      | 32.3% | 32.6% |
|      | More than 8 but less than 9 hours |                        |      |      | 26.8% | 30.4% |       |      |      | 24.6% | 28.1% |
|      | More than 9 hours                 |                        |      |      | 6.8%  | 9.8%  |       |      |      | 7.4%  | 9.0%  |
| 12th | Less than 6 hours                 |                        |      |      | 17.4% | 11.3% |       |      |      | 18.0% | 14.5% |
|      | More than 6 but less than 7 hours |                        |      |      | 22.6% | 22.1% |       |      |      | 25.8% | 23.8% |
|      | More than 7 but less than 8 hours |                        |      |      | 35.4% | 34.5% |       |      |      | 32.9% | 33.1% |
|      | More than 8 but less than 9 hours |                        |      |      | 19.3% | 26.9% |       |      |      | 18.6% | 22.2% |
|      | More than 9 hours                 |                        |      |      | 5.3%  | 5.2%  |       |      |      | 4.7%  | 6.4%  |

\* Question was not available before 2023.

## Feelings and Experiences at Home and at School

This section contains information on feelings and experiences with family, and at school for 8th, 10th, and 12th grade students in the community of Behavior Health Region 3.

### First Time Using Substances

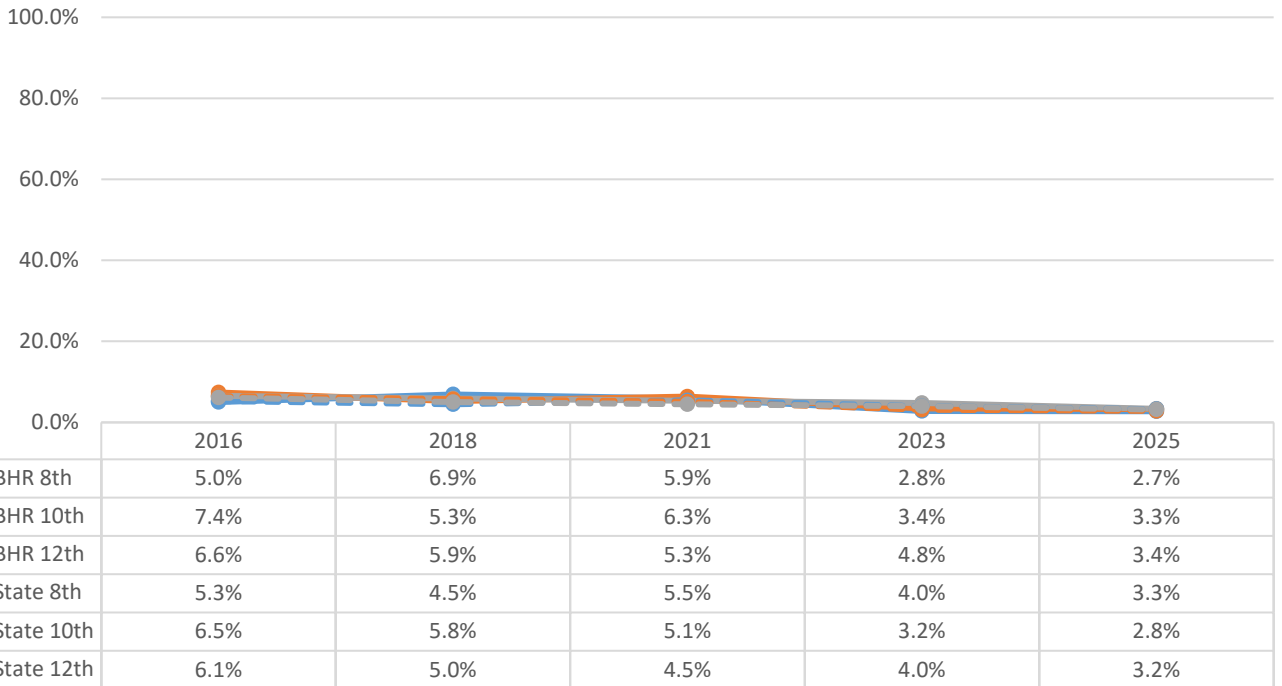


\* Percentage reported first time using the substance at age 12 or younger.

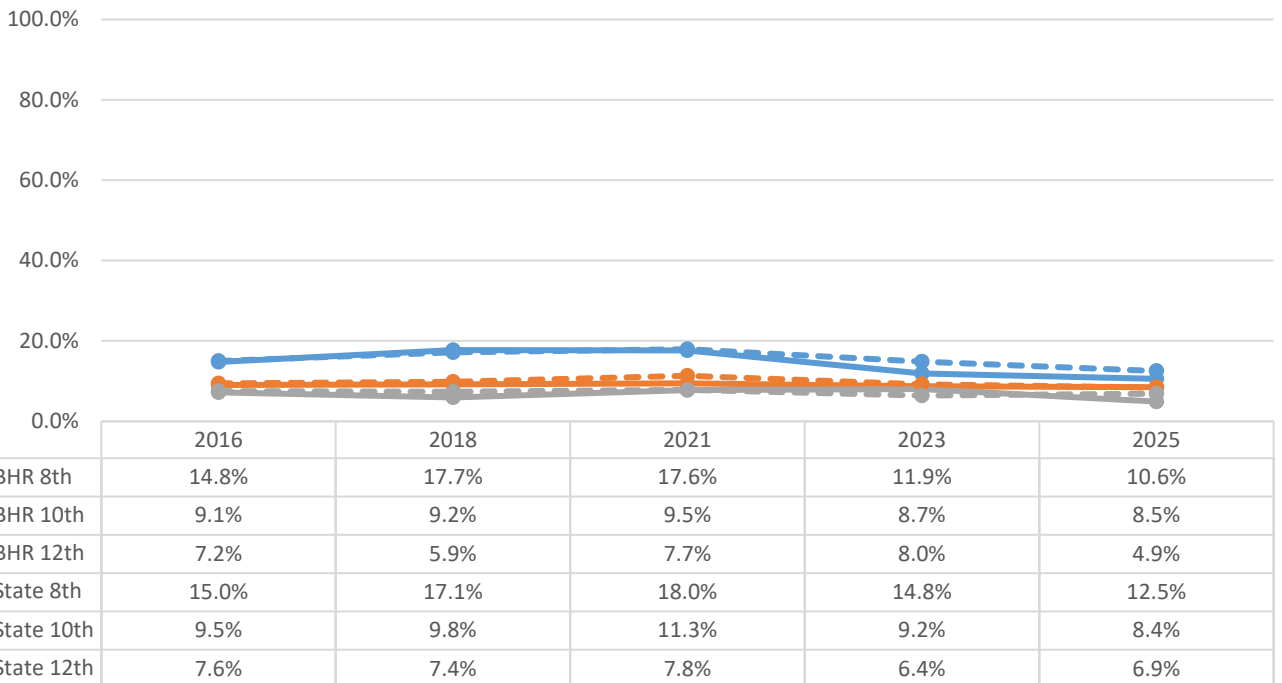
^ The n-size displayed is the largest n-size across these questions. Because each question is asked individually, the n-size may vary.

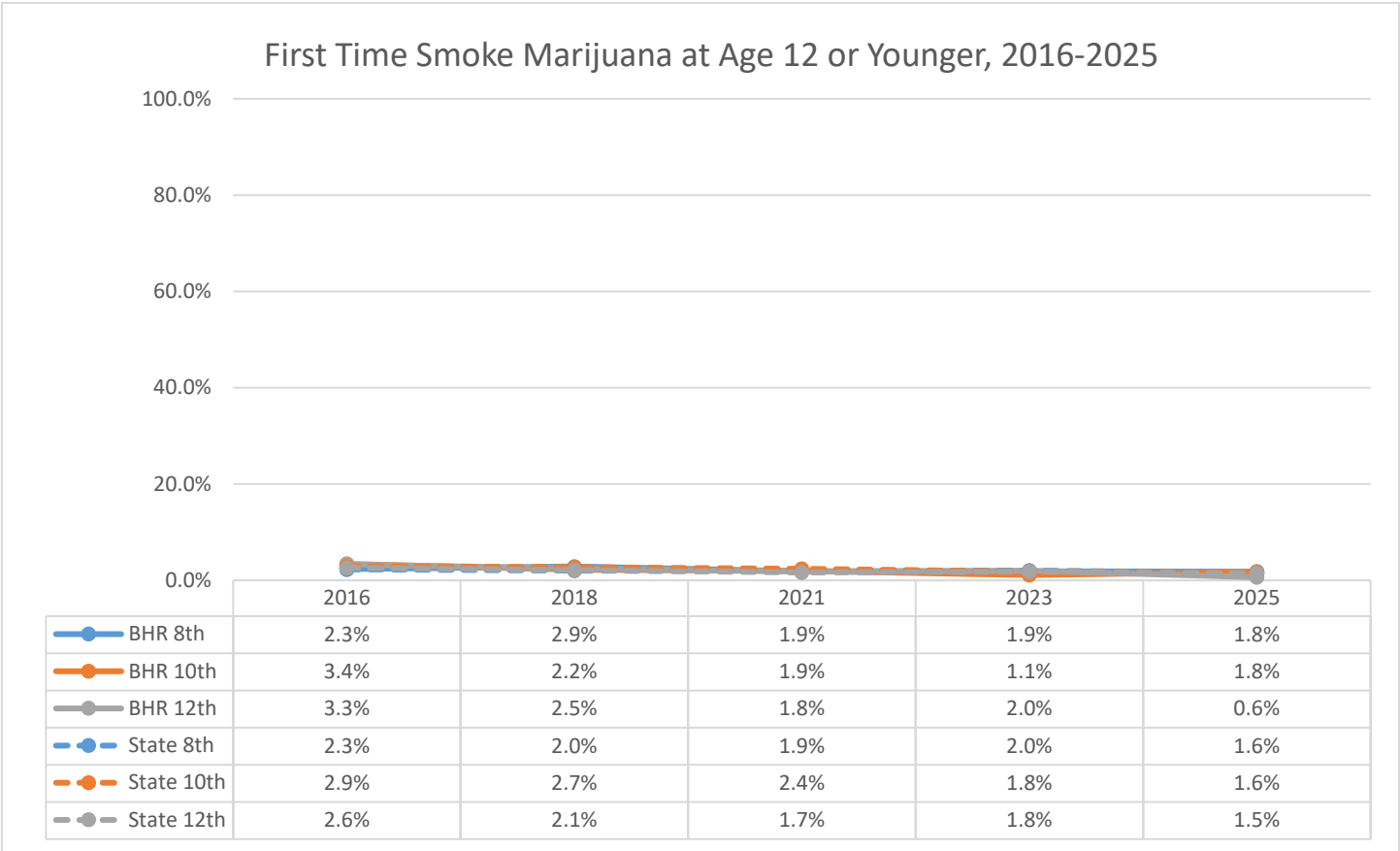
## Trends of First Time Using the Substance at Age 12 or Younger, 2016-2025

### First Time Smoked Cigarettes at Age 12 or Younger, 2016-2025



### First Time Drank Alcohol at Age 12 or Younger, 2016-2025

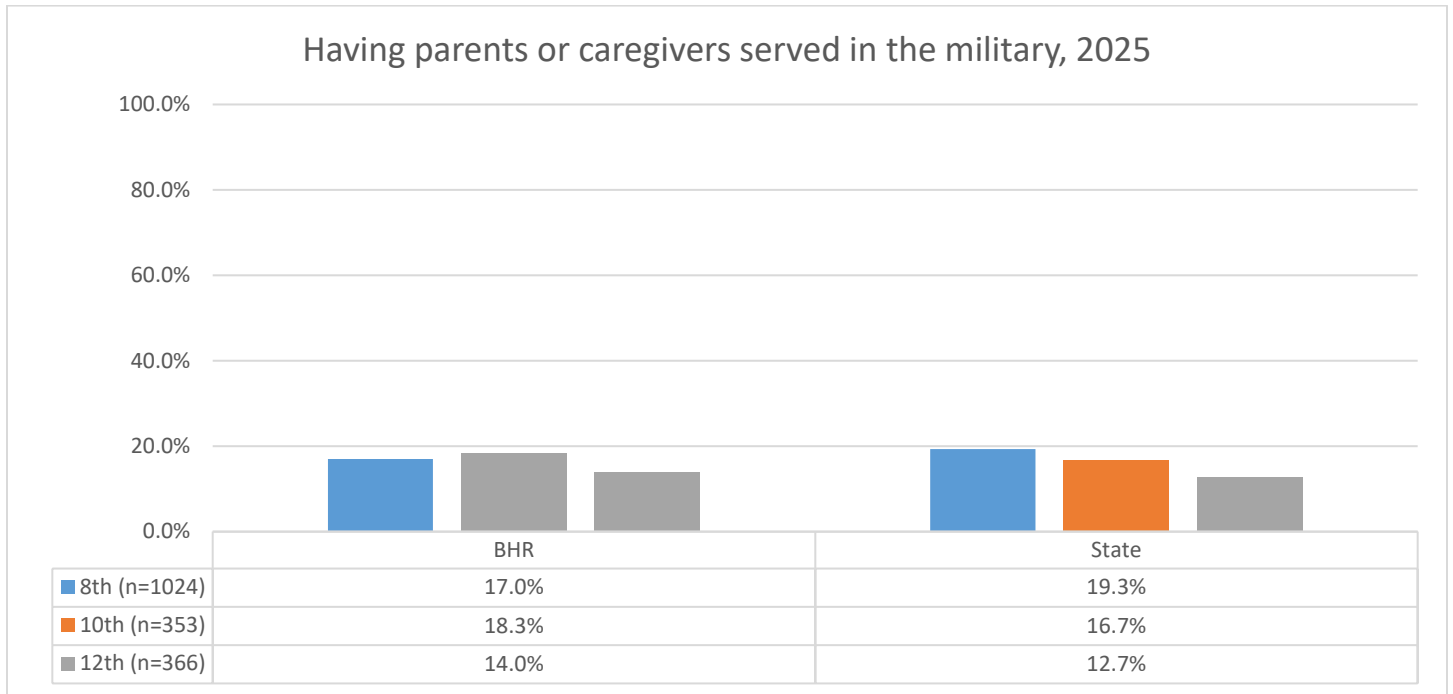




\* Percentage reported first time using the substance at age 12 or younger.

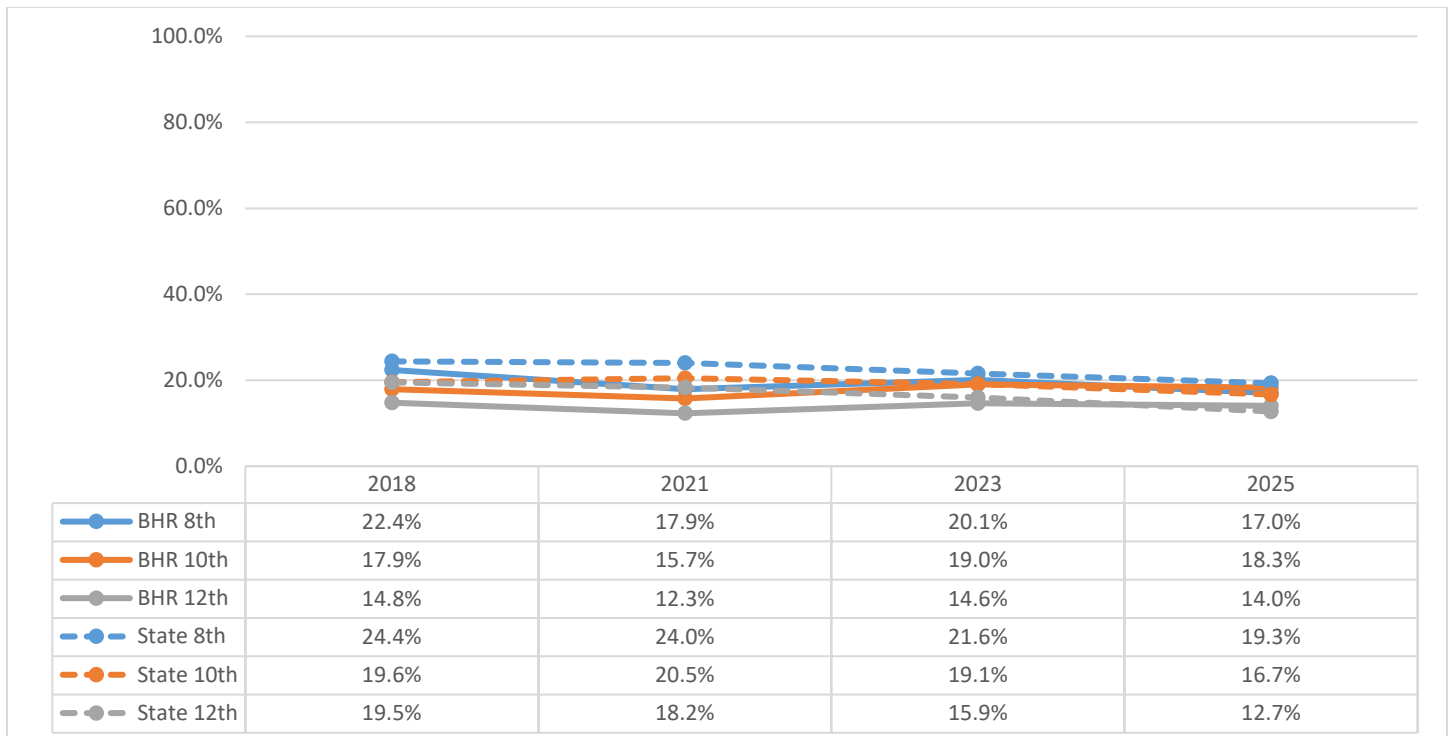
Trend data are not available about first time used a vape or e-cigarette at age 12 or younger.

## Feelings and Experiences with Family

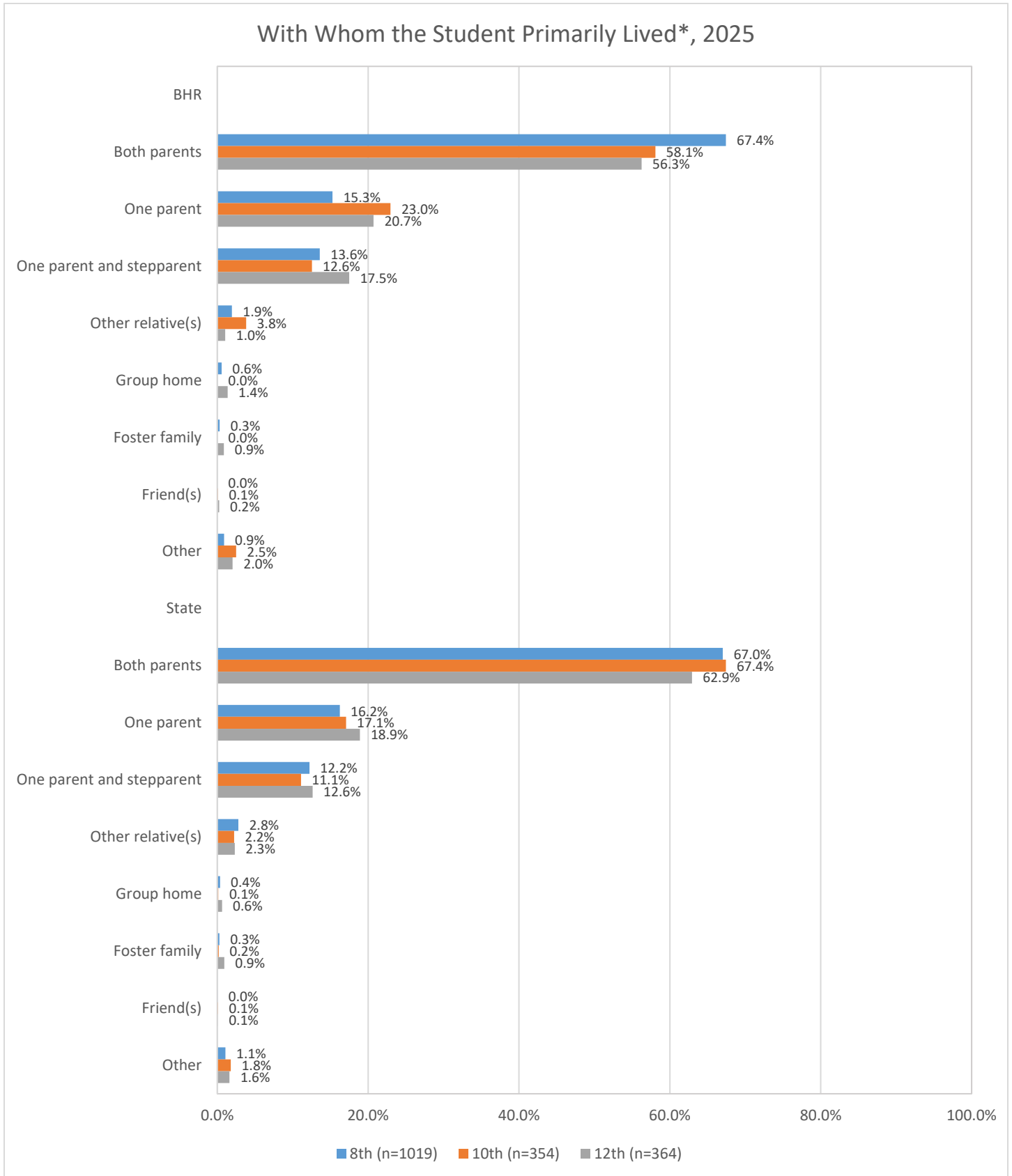


\* Percentage who reported "Yes" to the question "During any time in your life, have any of your parents or caregivers served in the military?"

## Trend of Having Parents or Caregivers Served in The Military\*, 2018-2025



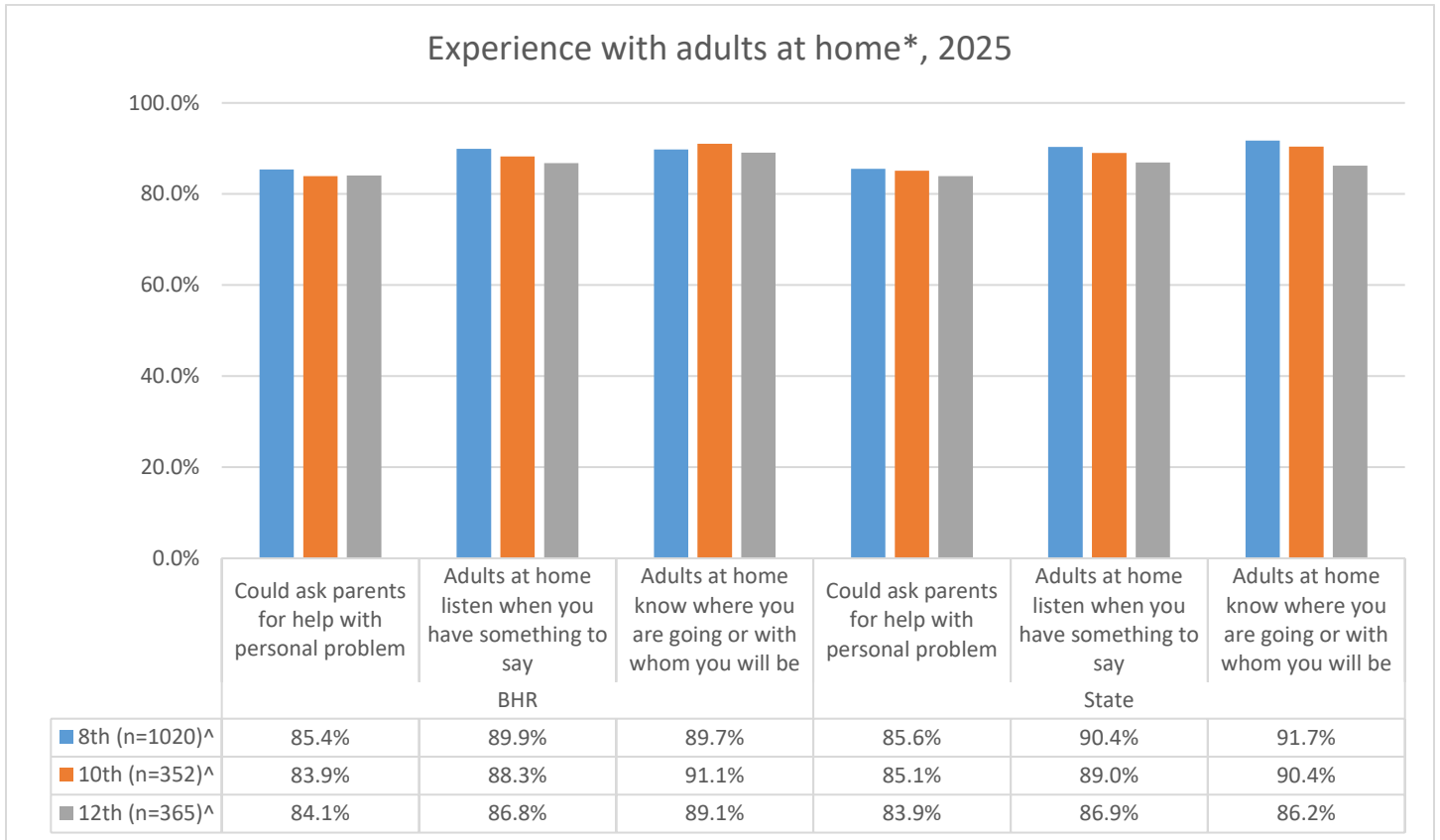
\* Question was not available before 2018.



\* Based on the question "Do you live with: ".

## Trend of with Who the Student Primarily Lived, 2016-2025

|      |                           | Behavior Health Region |       |       |       |       | State |       |       |       |       |
|------|---------------------------|------------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
|      |                           | 2016                   | 2018  | 2021  | 2023  | 2025  | 2016  | 2018  | 2021  | 2023  | 2025  |
| 8th  | Both parents              | 64.2%                  | 63.1% | 65.1% | 69.3% | 67.4% | 65.1% | 67.6% | 66.9% | 66.7% | 67.0% |
|      | One parent                | 17.3%                  | 18.8% | 17.3% | 14.7% | 15.3% | 15.4% | 15.3% | 16.1% | 15.4% | 16.2% |
|      | One parent and stepparent | 14.7%                  | 13.6% | 12.9% | 10.9% | 13.6% | 15.2% | 12.4% | 12.1% | 12.8% | 12.2% |
|      | Other relative(s)         | 1.7%                   | 1.4%  | 1.6%  | 1.8%  | 1.9%  | 1.9%  | 1.5%  | 2.1%  | 1.9%  | 2.8%  |
|      | Group home                | 0.5%                   | 0.2%  | 0.1%  | 0.0%  | 0.6%  | 0.3%  | 0.2%  | 0.4%  | 0.1%  | 0.4%  |
|      | Foster family             | 0.3%                   | 0.8%  | 1.0%  | 0.5%  | 0.3%  | 0.5%  | 0.5%  | 0.8%  | 0.4%  | 0.3%  |
|      | Friend(s)                 | 0.0%                   | 0.1%  | 0.1%  | 0.3%  | 0.0%  | 0.1%  | 0.1%  | 0.2%  | 0.2%  | 0.0%  |
|      | Other                     | 1.2%                   | 1.9%  | 2.0%  | 2.6%  | 0.9%  | 1.7%  | 2.3%  | 1.6%  | 2.5%  | 1.1%  |
|      |                           |                        |       |       |       |       |       |       |       |       |       |
| 10th | Both parents              | 59.9%                  | 61.4% | 62.8% | 63.7% | 58.1% | 64.2% | 64.0% | 64.0% | 65.2% | 67.4% |
|      | One parent                | 20.5%                  | 19.8% | 19.5% | 17.1% | 23.0% | 17.4% | 17.9% | 18.4% | 18.3% | 17.1% |
|      | One parent and stepparent | 15.2%                  | 13.9% | 14.2% | 14.0% | 12.6% | 14.2% | 13.4% | 13.0% | 11.2% | 11.1% |
|      | Other relative(s)         | 2.7%                   | 2.2%  | 2.0%  | 2.0%  | 3.8%  | 2.2%  | 1.7%  | 2.1%  | 2.3%  | 2.2%  |
|      | Group home                | 0.0%                   | 0.1%  | 0.4%  | 0.0%  | 0.0%  | 0.1%  | 0.2%  | 0.2%  | 0.1%  | 0.1%  |
|      | Foster family             | 0.8%                   | 0.7%  | 0.3%  | 1.3%  | 0.0%  | 0.5%  | 0.5%  | 0.4%  | 0.6%  | 0.2%  |
|      | Friend(s)                 | 0.0%                   | 0.2%  | 0.3%  | 0.0%  | 0.1%  | 0.1%  | 0.2%  | 0.2%  | 0.2%  | 0.1%  |
|      | Other                     | 0.9%                   | 1.7%  | 0.4%  | 2.0%  | 2.5%  | 1.3%  | 2.1%  | 1.7%  | 2.1%  | 1.8%  |
|      |                           |                        |       |       |       |       |       |       |       |       |       |
| 12th | Both parents              | 58.0%                  | 59.4% | 66.6% | 64.6% | 56.3% | 62.9% | 63.6% | 63.5% | 64.0% | 62.9% |
|      | One parent                | 21.5%                  | 21.6% | 16.9% | 19.2% | 20.7% | 18.8% | 18.7% | 19.8% | 19.4% | 18.9% |
|      | One parent and stepparent | 15.1%                  | 13.3% | 10.0% | 11.6% | 17.5% | 12.9% | 11.0% | 10.7% | 11.2% | 12.6% |
|      | Other relative(s)         | 3.2%                   | 2.2%  | 2.5%  | 2.6%  | 1.0%  | 2.8%  | 3.7%  | 2.6%  | 2.6%  | 2.3%  |
|      | Group home                | 0.1%                   | 0.3%  | 0.1%  | 0.2%  | 1.4%  | 0.1%  | 0.2%  | 0.1%  | 0.2%  | 0.6%  |
|      | Foster family             | 0.6%                   | 1.3%  | 0.9%  | 0.4%  | 0.9%  | 0.4%  | 0.6%  | 0.7%  | 0.6%  | 0.9%  |
|      | Friend(s)                 | 0.3%                   | 0.2%  | 0.4%  | 0.3%  | 0.2%  | 0.3%  | 0.3%  | 0.4%  | 0.1%  | 0.1%  |
|      | Other                     | 1.2%                   | 1.8%  | 2.4%  | 1.0%  | 2.0%  | 1.8%  | 1.9%  | 2.2%  | 2.0%  | 1.6%  |

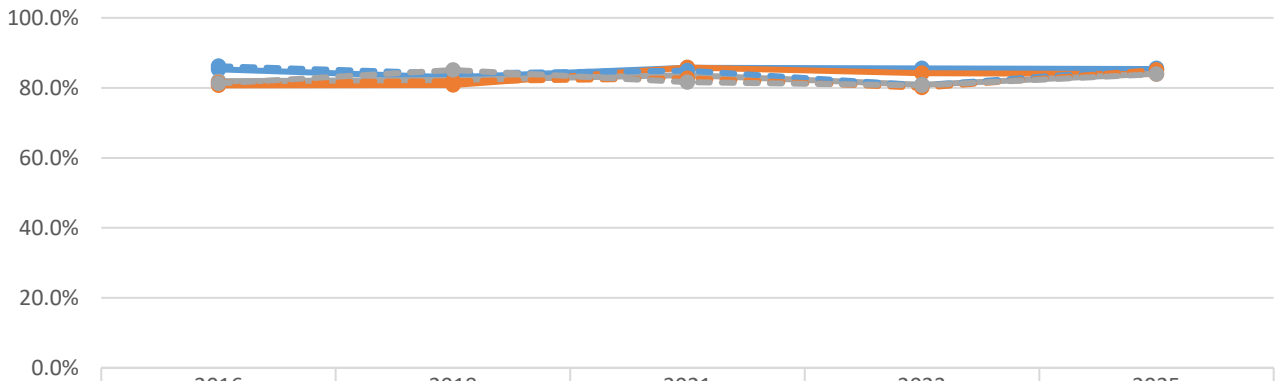


\* Percentages who reported they "Agree" or "Strongly agree" to the statement "If I had a personal problem, I could ask my parents or caregivers for help." And "In my home, there is an adult who listens to me when I have something to say." based on the following scale: Strongly disagree, Disagree, Agree, Strongly agree. And percentage who reported "Always" or "Most of the time" to the question "How often do your parents or other adults in your family know where you are going or with whom you will be?" based on the following scale: Never, Rarely, Sometimes, Most of the time, Always.

^ The n-size displayed is the largest n-size across these questions. Because each question is asked individually, the n-size may vary.

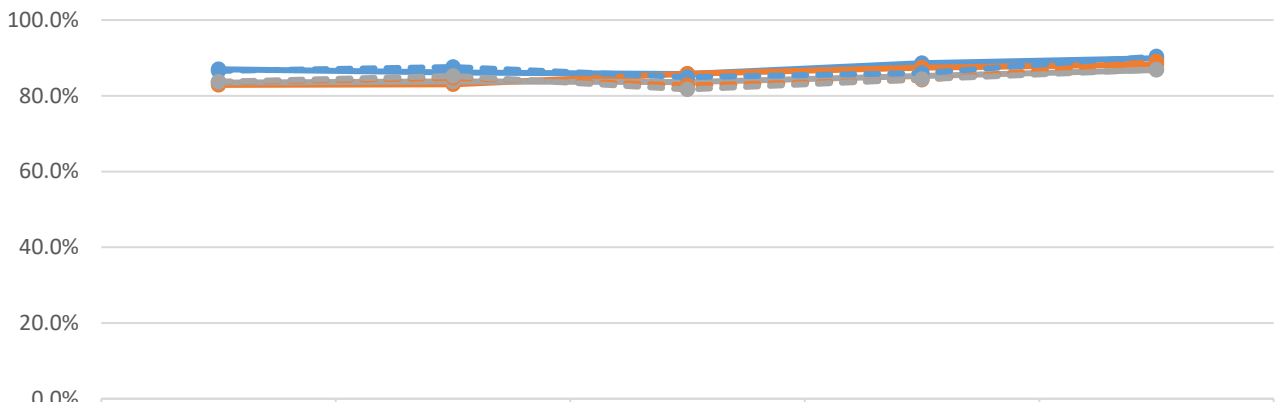
## Trends of Experience with Adults at Home, 2016-2025

The Student Could Ask Parents for Help with Personal Problem\*, 2016-2025



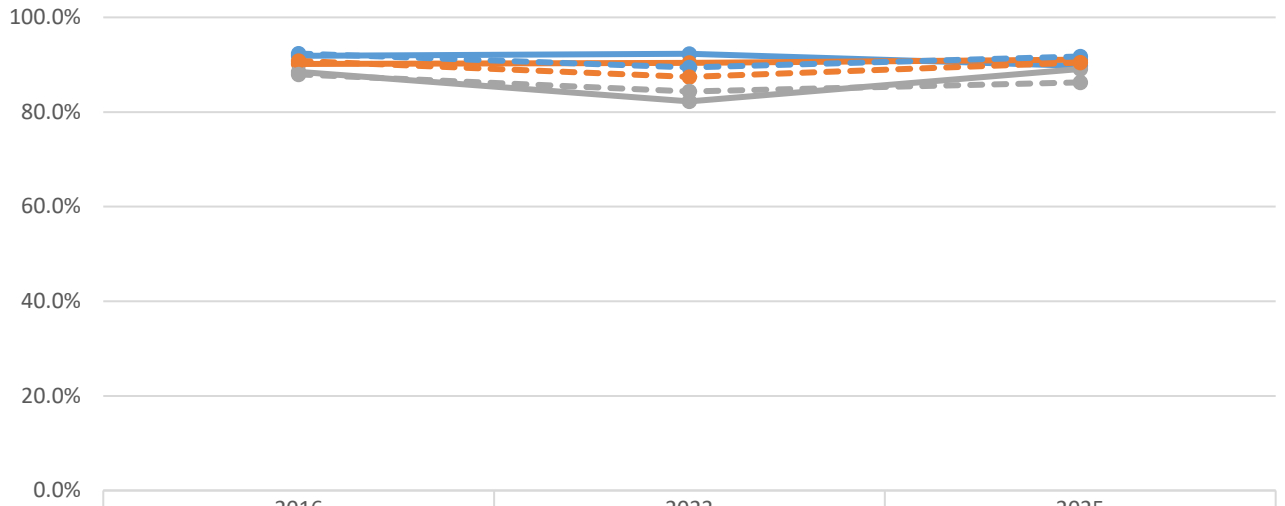
|            | 2016  | 2018  | 2021  | 2023  | 2025  |
|------------|-------|-------|-------|-------|-------|
| BHR 8th    | 85.3% | 83.0% | 85.7% | 85.6% | 85.4% |
| BHR 10th   | 80.7% | 80.8% | 85.8% | 84.2% | 83.9% |
| BHR 12th   | 81.9% | 82.2% | 83.6% | 80.9% | 84.1% |
| State 8th  | 86.2% | 84.1% | 84.9% | 80.7% | 85.6% |
| State 10th | 81.5% | 81.9% | 82.7% | 80.0% | 85.1% |
| State 12th | 81.3% | 85.1% | 81.7% | 80.7% | 83.9% |

Adults at Home Listened When the Student Had Something to Say\*, 2016-2025



|            | 2016  | 2018  | 2021  | 2023  | 2025  |
|------------|-------|-------|-------|-------|-------|
| BHR 8th    | 87.0% | 86.1% | 85.7% | 88.6% | 89.9% |
| BHR 10th   | 82.9% | 83.1% | 85.8% | 87.4% | 88.3% |
| BHR 12th   | 83.5% | 83.8% | 83.6% | 85.2% | 86.8% |
| State 8th  | 86.6% | 87.6% | 84.9% | 86.0% | 90.4% |
| State 10th | 83.6% | 84.7% | 82.7% | 84.2% | 89.0% |
| State 12th | 83.7% | 85.2% | 81.7% | 84.4% | 86.9% |

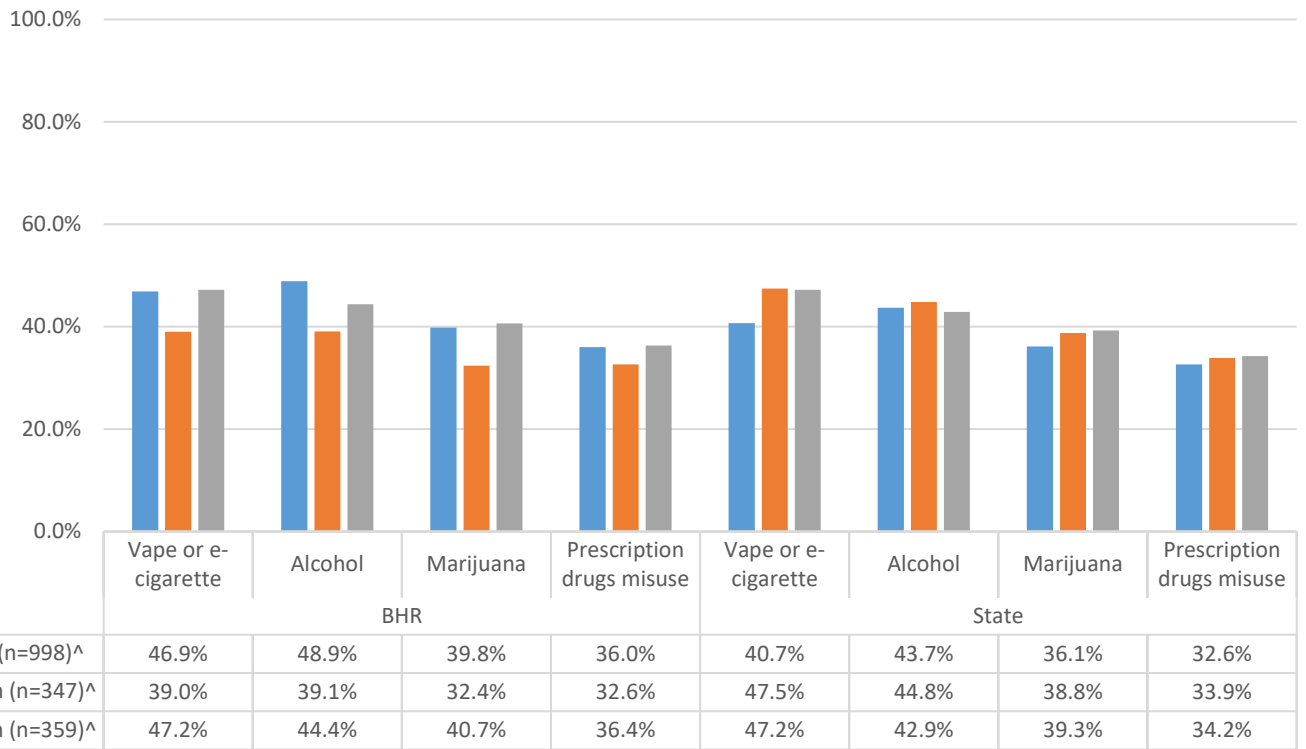
### Adults at Home Knew Where the Student Were Going or with Who They Would be\*, 2016-2025



|            | 2016  | 2023  | 2025  |
|------------|-------|-------|-------|
| BHR 8th    | 91.9% | 92.3% | 89.7% |
| BHR 10th   | 90.1% | 90.4% | 91.1% |
| BHR 12th   | 88.5% | 82.2% | 89.1% |
| State 8th  | 92.4% | 89.4% | 91.7% |
| State 10th | 90.8% | 87.4% | 90.4% |
| State 12th | 87.9% | 84.3% | 86.2% |

\* Question was not available in 2018 and 2021.

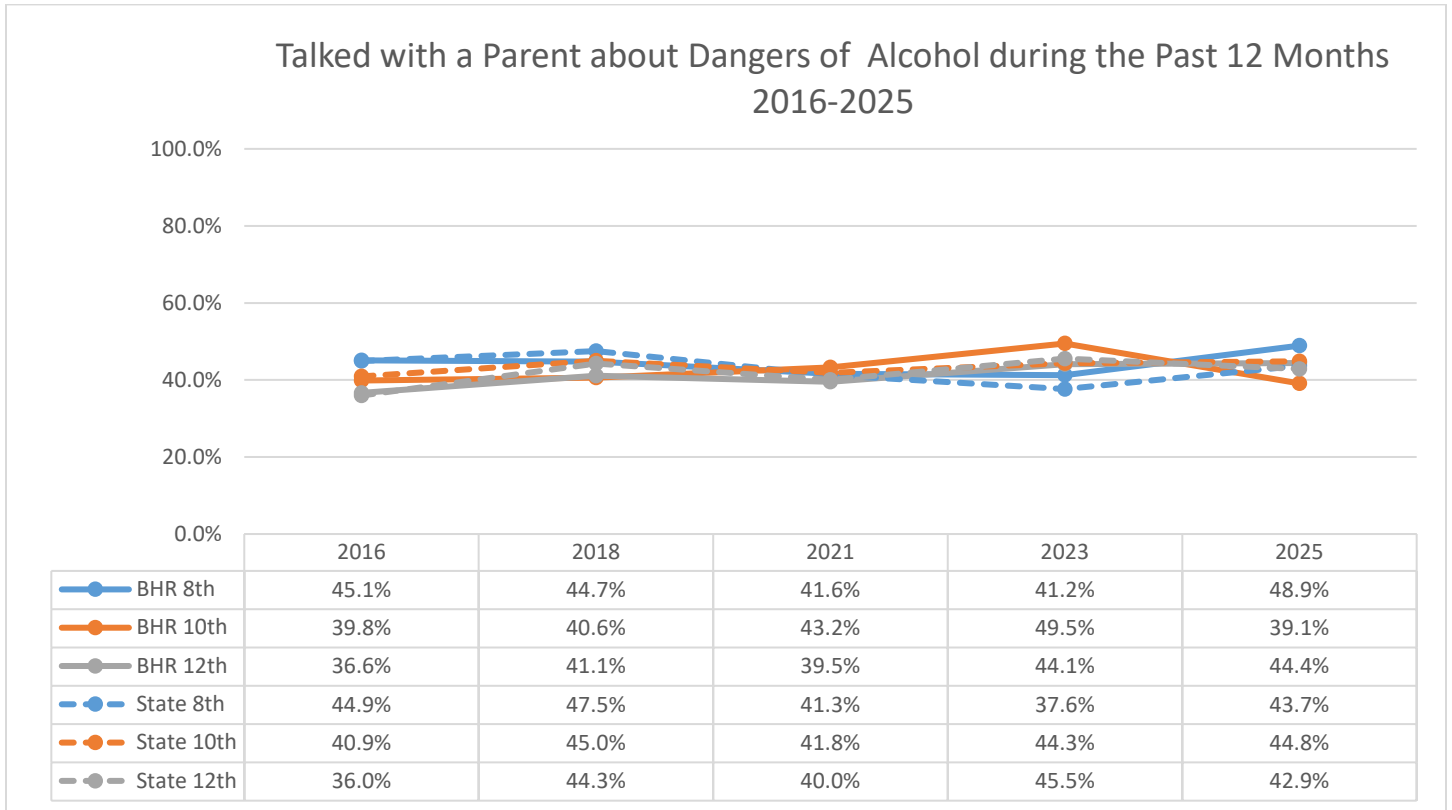
### Talked with a Parent about Dangers of Using the Substance during the Past 12 Months\*, 2025



\* Percentages who reported yes to the question "During the PAST 12 MONTHS, have you talked with at least one of your parents or caregivers about the dangers of ?"

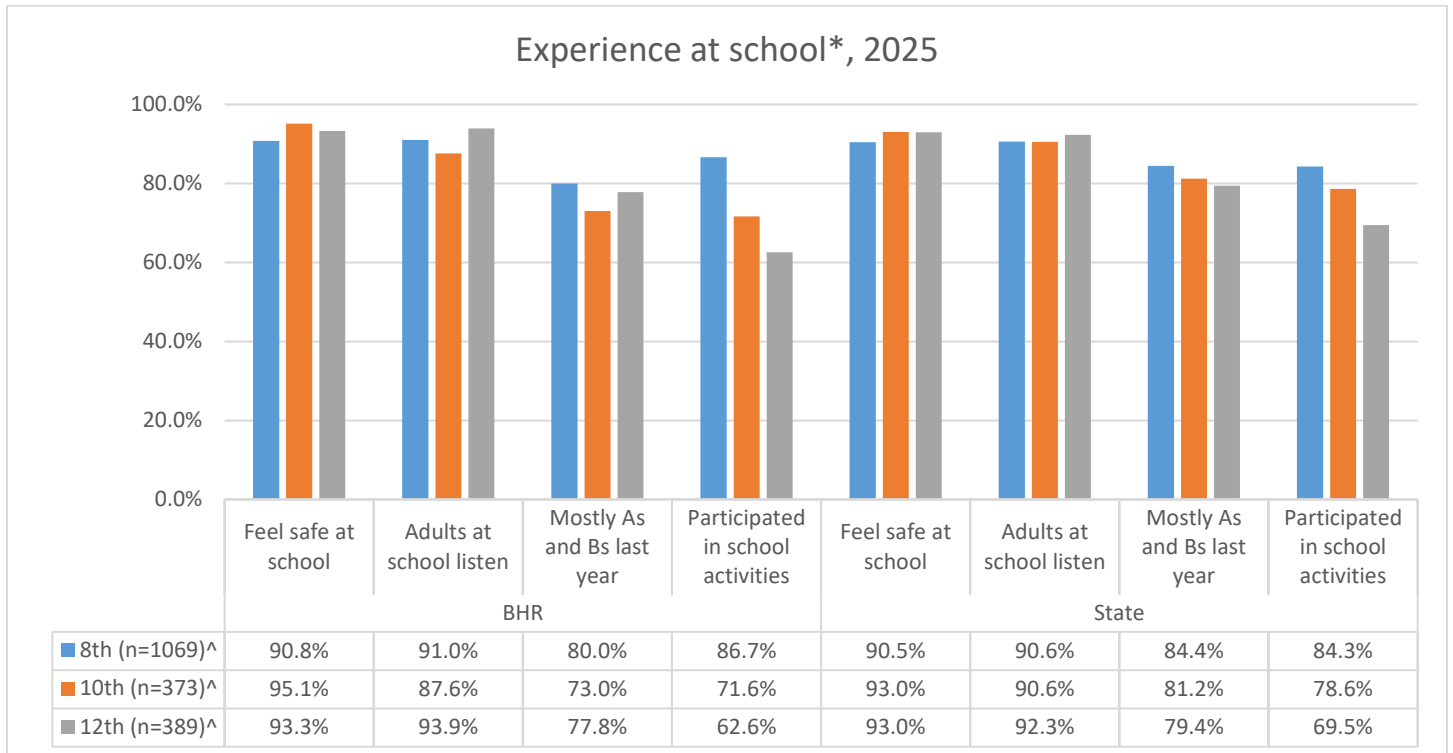
^ The n-size displayed is the largest n-size across these questions.

## Trends of Talked with a Parent about Dangers of Using the Substance, 2016-2025



|                                                                             | Behavior Health Region |      |      |       |       | State |      |      |       |       |
|-----------------------------------------------------------------------------|------------------------|------|------|-------|-------|-------|------|------|-------|-------|
|                                                                             | 2016                   | 2018 | 2021 | 2023  | 2025  | 2016  | 2018 | 2021 | 2023  | 2025  |
| <b>Vape or e-cigarette</b> <i>(Question was not available before 2023.)</i> |                        |      |      |       |       |       |      |      |       |       |
| 8th                                                                         |                        |      |      | 46.9% | 46.9% |       |      |      | 40.2% | 40.7% |
| 10th                                                                        |                        |      |      | 49.6% | 39.0% |       |      |      | 44.0% | 47.5% |
| 12th                                                                        |                        |      |      | 41.2% | 47.2% |       |      |      | 41.4% | 47.2% |
| <b>Marijuana</b> <i>(Trend data are not available.)</i>                     |                        |      |      |       |       |       |      |      |       |       |
| <b>Prescription drugs misuse</b> <i>(Trend data are not available.)</i>     |                        |      |      |       |       |       |      |      |       |       |

## Feelings and Experiences at School

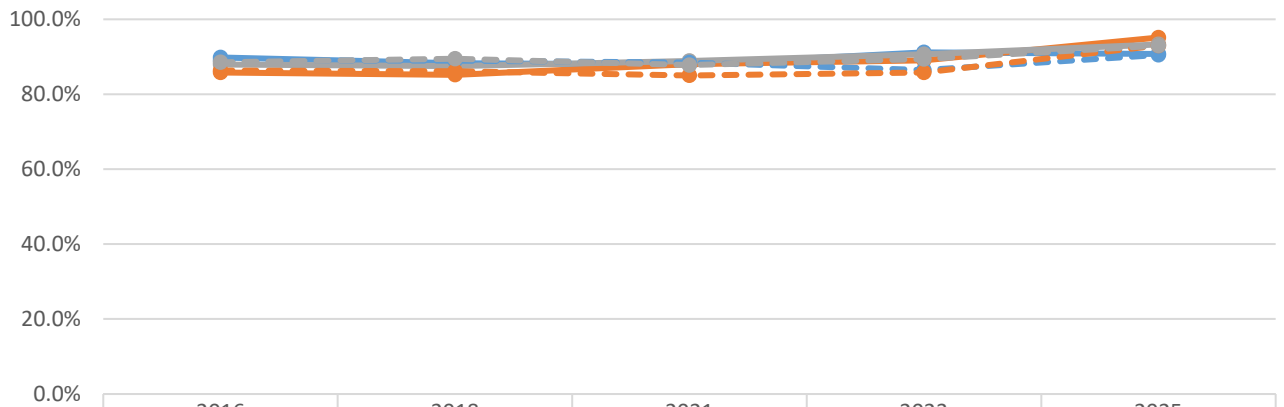


\* Percentages who reported they "Agree" or "Strongly agree" to the statements "I feel safe at my school." and "In my school, there is an adult (such as a counselor, teacher, or coach) who listens to me when I have something to say." based on the following scale: Strongly disagree, Disagree, Agree, Strongly agree; percentage of reporting mostly A's or mostly B's to the question "Putting them together, what were your grades like LAST YEAR?"; and percentage of reporting one or more hours to the question "During an average week when you are in school, how many total hours do you participate in school activities such as sports, band, drama, or clubs?"

^ The n-size displayed is the largest n-size across these questions.

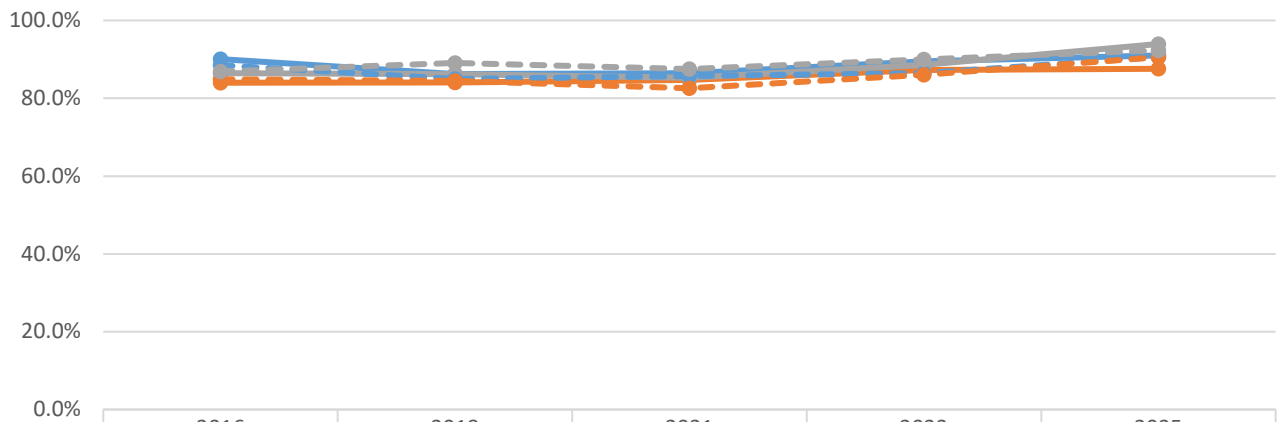
## Trend of Experience at school, 2016-2025

### Feel safe at school, 2016-2025

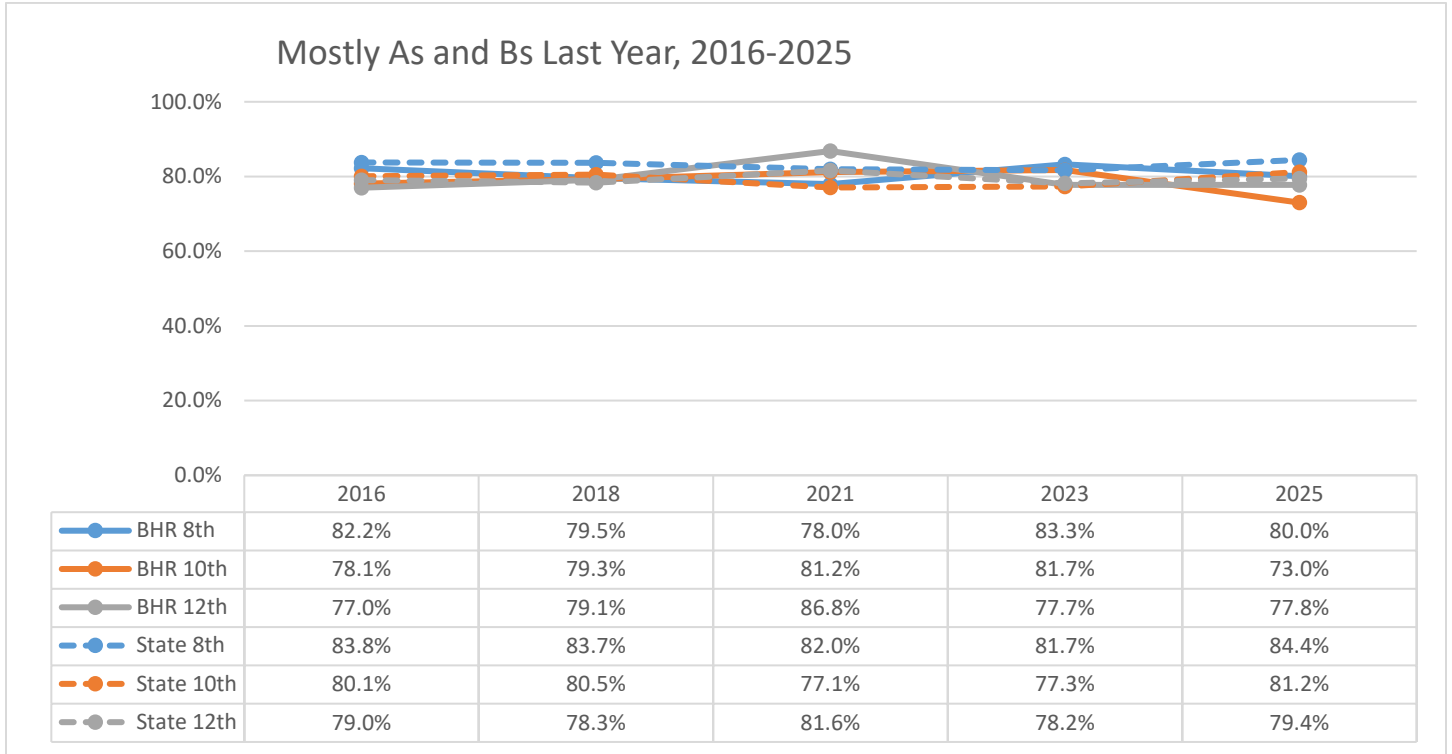


|            | 2016  | 2018  | 2021  | 2023  | 2025  |
|------------|-------|-------|-------|-------|-------|
| BHR 8th    | 89.9% | 88.3% | 87.9% | 91.2% | 90.8% |
| BHR 10th   | 85.8% | 85.2% | 88.0% | 89.1% | 95.1% |
| BHR 12th   | 87.9% | 87.5% | 88.9% | 90.7% | 93.3% |
| State 8th  | 89.0% | 89.0% | 88.5% | 86.5% | 90.5% |
| State 10th | 86.3% | 86.2% | 85.0% | 85.8% | 93.0% |
| State 12th | 88.5% | 89.5% | 87.8% | 89.4% | 93.0% |

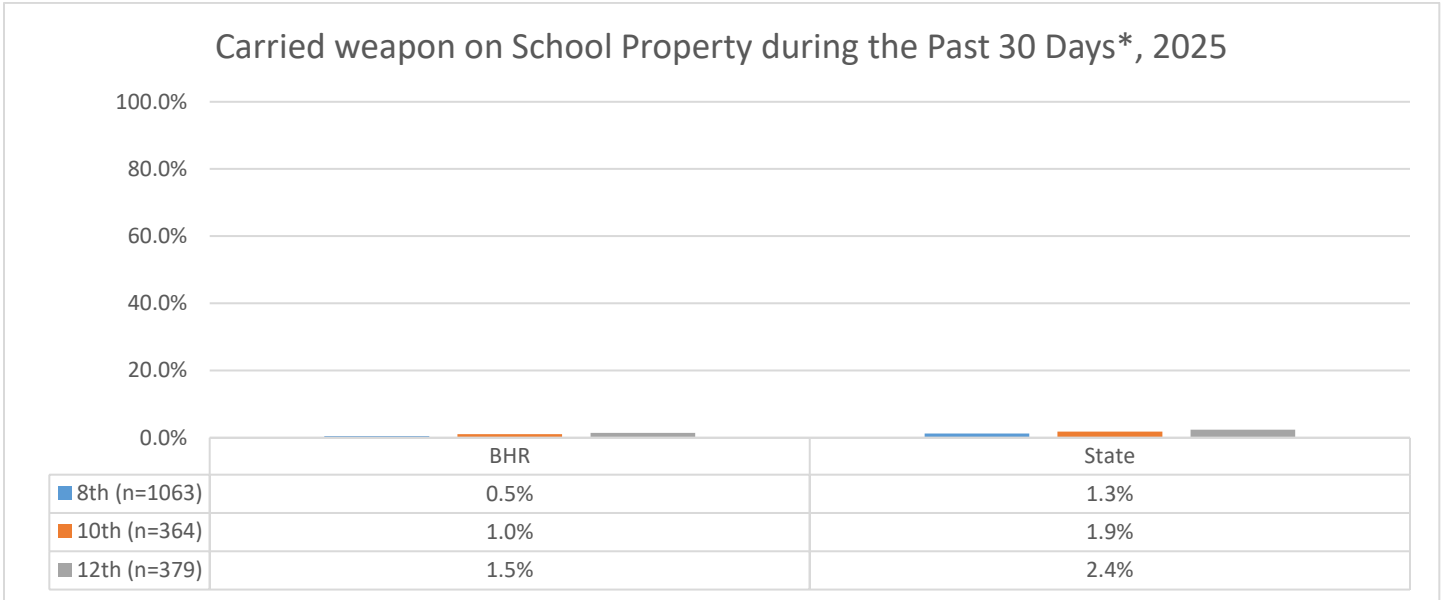
### Adults at school listen, 2016-2025



|            | 2016  | 2018  | 2021  | 2023  | 2025  |
|------------|-------|-------|-------|-------|-------|
| BHR 8th    | 90.0% | 86.2% | 86.4% | 89.5% | 91.0% |
| BHR 10th   | 84.0% | 84.0% | 84.7% | 87.3% | 87.6% |
| BHR 12th   | 86.4% | 86.2% | 85.3% | 88.6% | 93.9% |
| State 8th  | 88.5% | 85.0% | 85.7% | 86.4% | 90.6% |
| State 10th | 84.9% | 84.4% | 82.6% | 86.1% | 90.6% |
| State 12th | 86.9% | 89.1% | 87.5% | 90.0% | 92.3% |

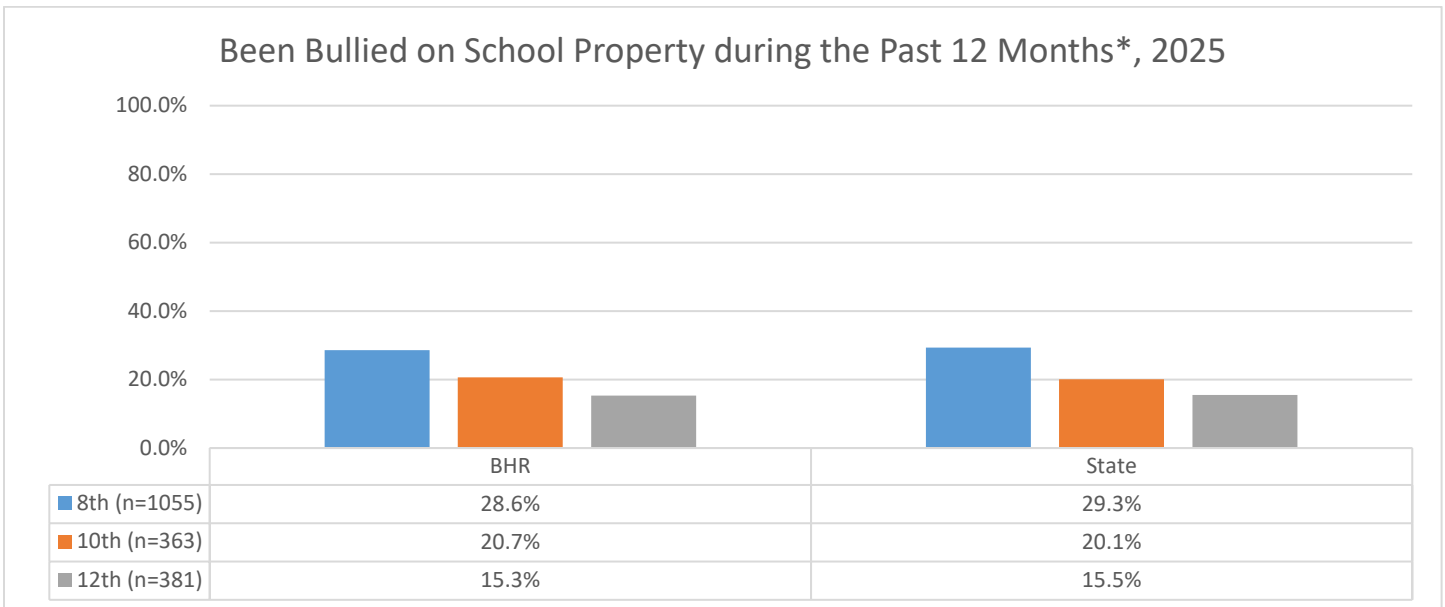


Trend data are not available about participating in school activities.



\* Percentages reporting one or more days to the question “During the PAST 30 DAYS, on how many days did you carry a weapon such as a gun, knife, or club on school property?”

Trend date are not available.

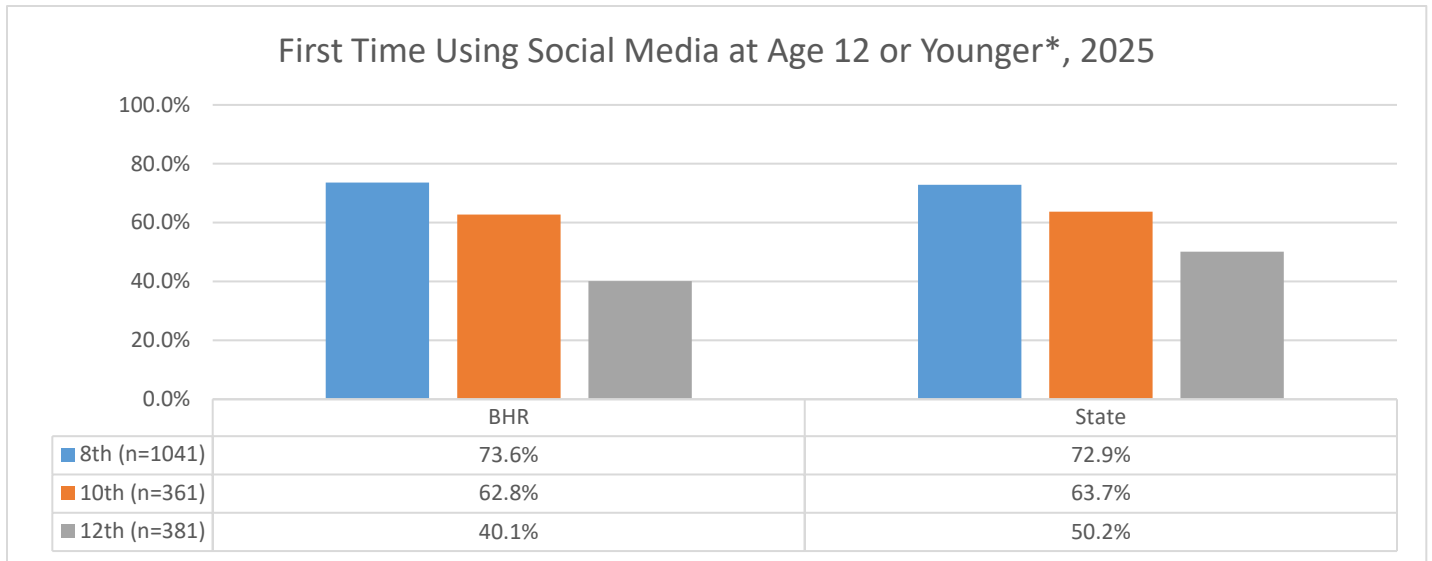


\* Percentages reporting one or more days to the question “During the PAST 30 DAYS, on how many days did you carry a weapon such as a gun, knife, or club on school property?”

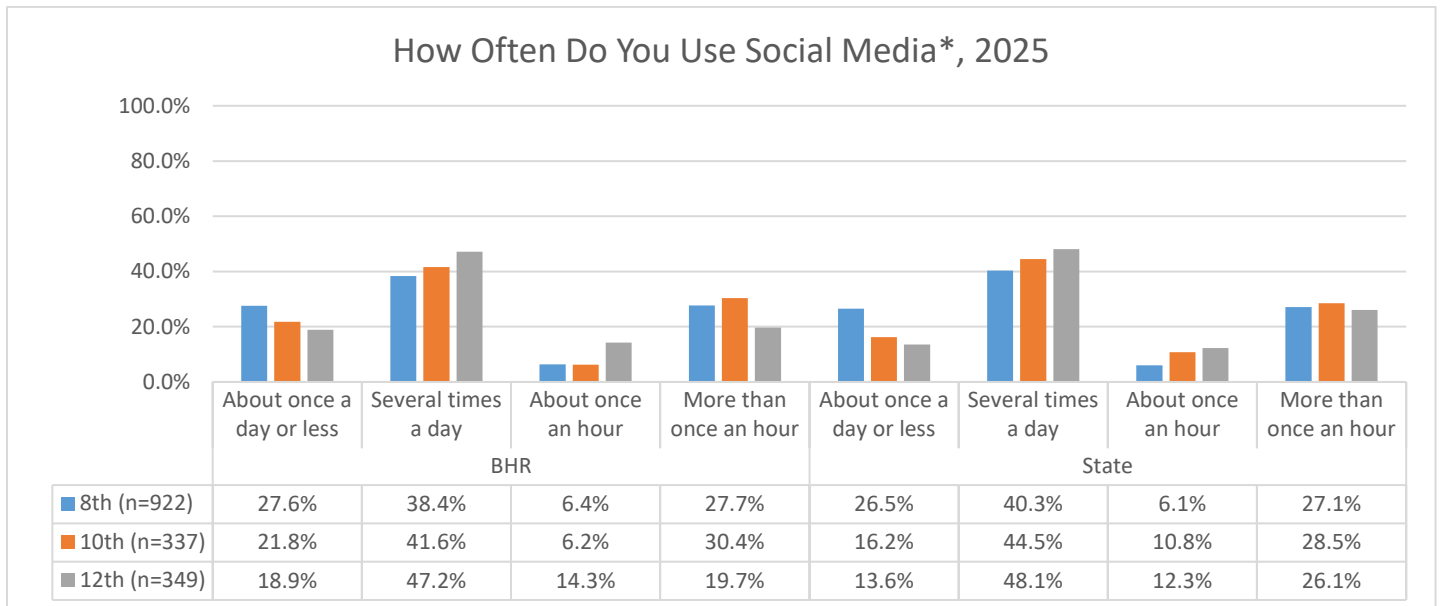
Trend date are not available.

## Social Media Use

This section contains information on experiences using social media for 8th, 10th, and 12th grade students in the community of Behavior Health Region 3. These questions were added to the 2025 NRPFSS in September 2025. Trend data are not available. The schools who took the survey during August 2025 or took the paper survey did not have access to these questions.

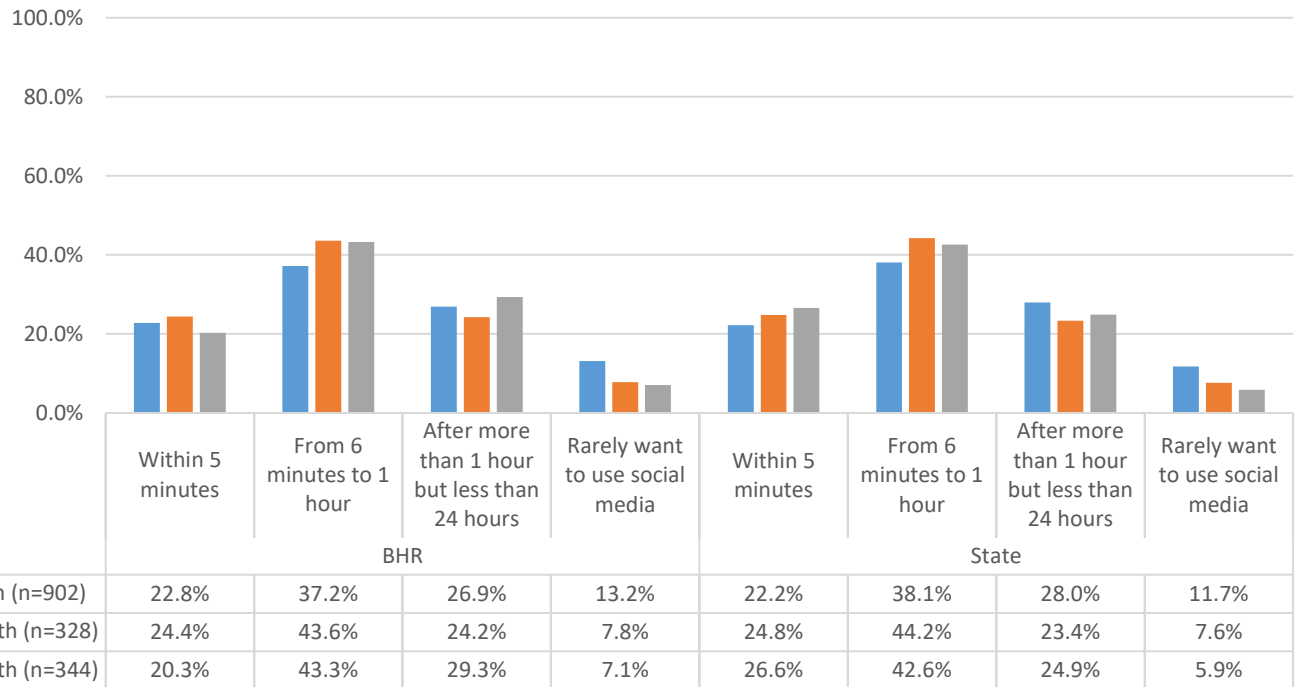


\* Percentages reporting 10 or younger, 11, or 12 to the question "How old were you when you first: - began using social media?"  
AMONG students who reported using social media.



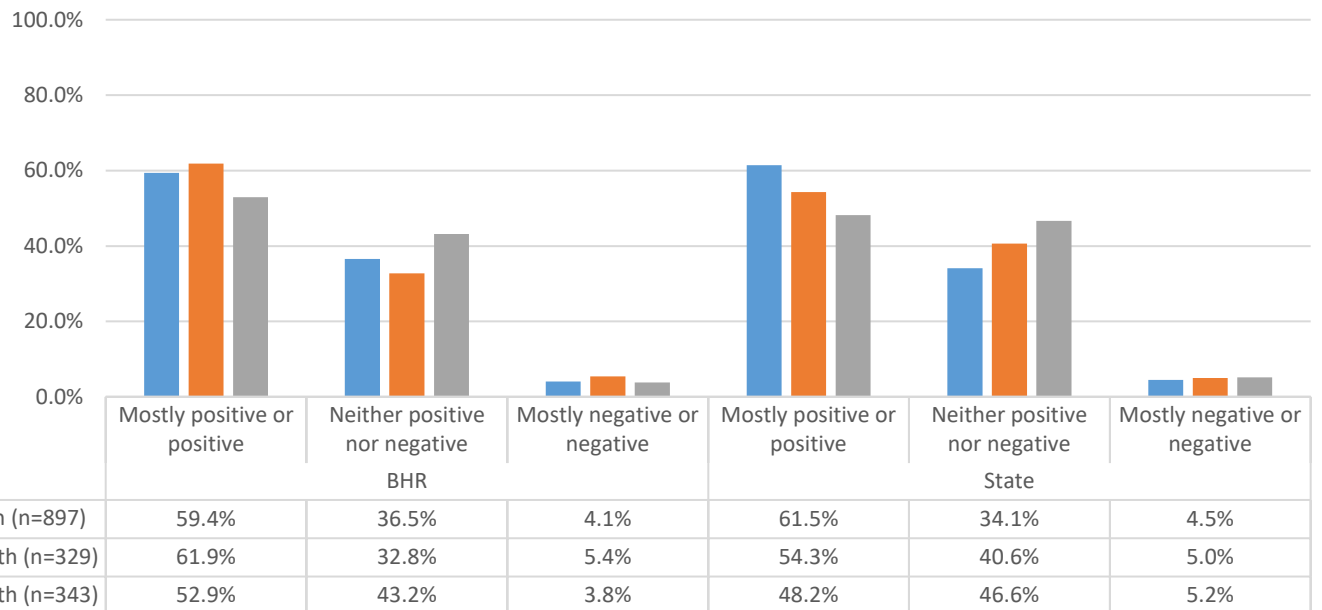
\* Percentage AMONG students who reported using social media.

### How Soon to Use Social Media after Waking Up\*, 2025



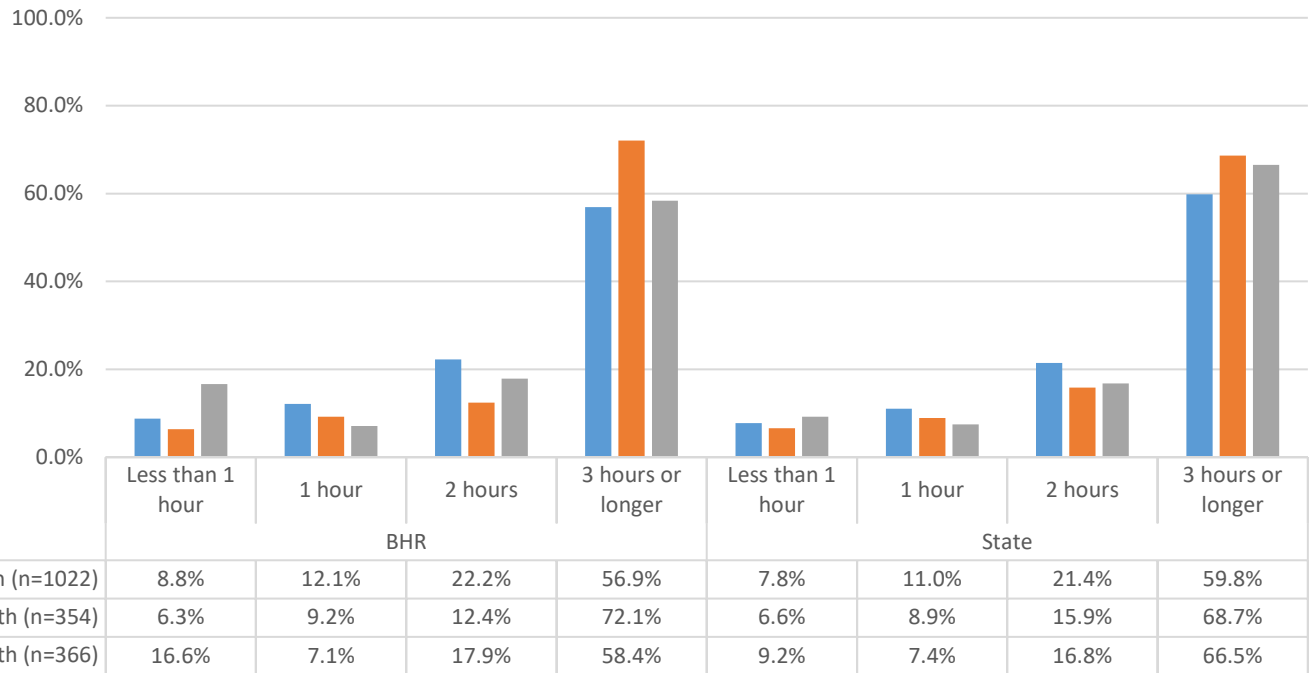
\* Percentage AMONG students who reported using social media.

### Feelings after Using Social Media\*, 2025



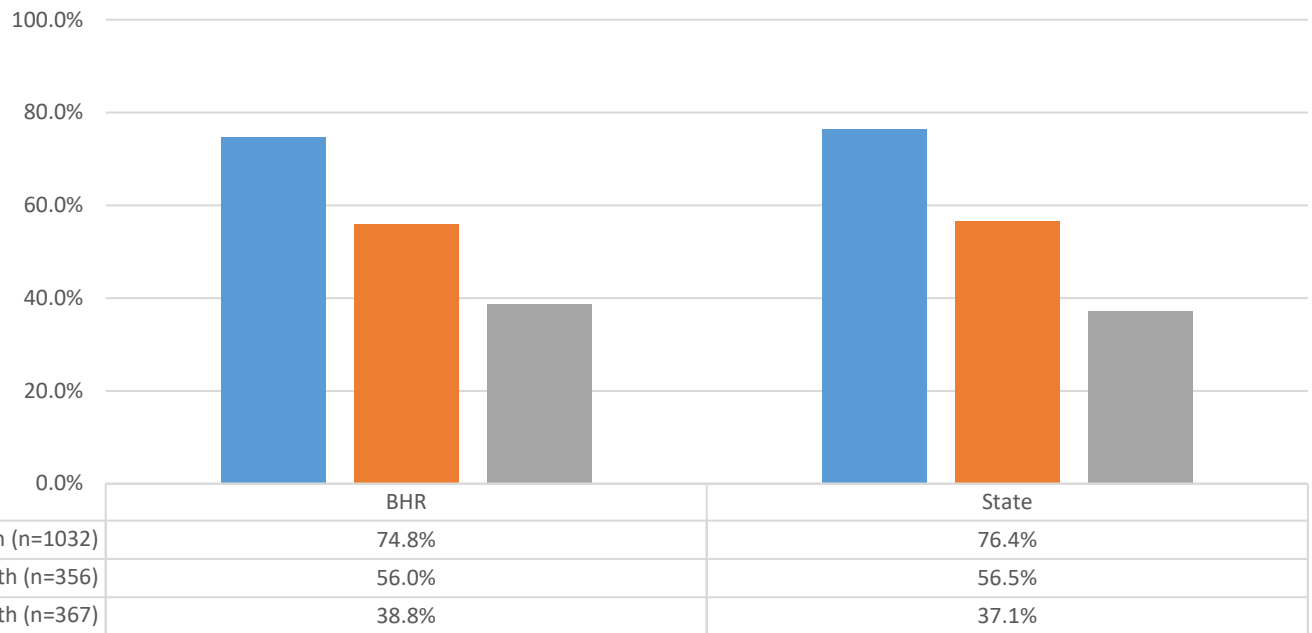
\* Percentage AMONG students who reported using social media.

### Time Spent in Front of a Screen Daily\*, 2025



\* Percentage AMONG students who reported using social media.

### Parents Having Rules about What the Student Does on the Internet, 2025



## Appendix

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### APPENDIX A: About the NRPFSS

This report summarizes the findings from the 2025 Nebraska Risk and Protective Factor Student Survey (NRPFSS). The 2025 survey represents the 11th implementation of the NRPFSS and the 8th implementation of the survey under the Nebraska Student Health and Risk Prevention (SHARP) Surveillance System. SHARP consists of the coordinated administration of three school-based student health surveys in Nebraska, including the NRPFSS, the Youth Risk Behavior Survey (YRBS), and the Youth Tobacco Survey (YTS). The Nebraska SHARP Surveillance System is administered by the Nebraska Department of Health and Human Services and the Nebraska Department of Education through a contract with the Bureau of Sociological Research (BOSR) at the University of Nebraska-Lincoln. For more information on the Nebraska SHARP Surveillance System please visit <https://bosr.unl.edu/sharp/>.

As a result of the creation of SHARP and its inclusion of the NRPFSS, the administration schedule shifted from the fall of odd calendar years to the fall of even calendar years. The first three administrations of the NRPFSS occurred during the fall of 2003, 2005, and 2007, while the fourth administration occurred during the fall of 2010, leaving a three-year gap (rather than the usual two-year gap) between the most recent administrations. The 2012, 2014, 2016, and 2018 administrations also occurred during the fall. Due to the COVID-19 pandemic, the 2020 administration was postponed to 2021, again leaving a three-year gap. The 2023 and 2025 administration occurred during the fall. All future administrations take place during the fall of odd calendar years as well (i.e., every two years).

The NRPFSS targets Nebraska students in grades 8, 10, and 12 with a goal of providing schools and communities with local-level data. As a result, the NRPFSS is implemented as a census survey, meaning that every public and non-public school with an eligible grade can choose to participate. The survey is designed to assess adolescent substance use, delinquent behavior, and many of the risk and protective measures that predict adolescent problem behaviors. The NRPFSS is adapted from national, scientifically-validated surveys and contains information on risk and protective measures that are locally actionable. These risk and protective measures are also highly correlated with substance misuse as well as delinquency, teen pregnancy, school dropout, and violence. Along with other locally attainable sources of information, the information from the NRPFSS can aid schools and community groups in planning and implementing local prevention initiatives to improve the health and academic performance of their youth.

The 2025 NRPFSS is sponsored by the 2023 Strategic Prevention Framework - Partnership for Success grant and the 2024 Substance Use Prevention Treatment Recovery Services Block Grant for the Substance Abuse and Mental Health Services Administration Center for Substance Abuse Prevention through the Nebraska Department of Health and Human Services Division of Behavioral Health. The Bureau of Sociological Research (BOSR) at the University of Nebraska – Lincoln (UNL) collected the NRPFSS data for this administration as well as the 2010, 2012, 2014, 2016, 2018, 2021, and 2023 administrations. As part of BOSR’s commitment to high quality data, BOSR is a member of the American Association for

Public Opinion Research (AAPOR) Transparency Initiative. As part of this initiative, BOSR pledges to provide certain methodological information whenever data are collected. To view the NRPFSS methods, please visit <https://bosr.unl.edu/sharp/nrpfss/>.

Table 1.1 provides information on the student participation rate for the community of Behavior Health Region 3 compared to the State of Nebraska. This community includes the counties of Adams, Blaine, Buffalo, Clay, Custer, Franklin, Furnas, Garfield, Greeley, Hall, Hamilton, Harlan, Howard, Kearney, Loup, Merrick, Nuckolls, Phelps, Sherman, Valley, Webster, and Wheeler. The participation rate represents the percentage of all eligible students who took the survey. If 60 percent or more of the students participated, the report is generally a good indicator of the levels of substance use, risk, protection, and delinquent behavior in this area. If fewer than 60.0 percent participated, a review of who participated should be completed prior to generalizing the results to the entire student population.

Table 1.1. Survey Participation Rates 2025

| Grade | Behavior Health Region |                 |                      | State of Nebraska   |                 |                      |
|-------|------------------------|-----------------|----------------------|---------------------|-----------------|----------------------|
|       | Number Participated    | Number Enrolled | Percent Participated | Number Participated | Number Enrolled | Percent Participated |
| 8th   | 1072                   | 2979            | 36.0%                | 3377                | 26511           | 12.7%                |
| 10th  | 375                    | 3074            | 12.2%                | 2880                | 27197           | 10.6%                |
| 12th  | 390                    | 3121            | 12.5%                | 2194                | 28249           | 7.8%                 |
| Total | 1837                   | 9174            | 20.0%                | 8451                | 81957           | 10.3%                |

*Note: The grade-specific participation rates presented within this table consist of the number of students who completed the NRPFSS divided by the total number of students enrolled in the community/state.*

Statewide data is “weighted,” meaning it has been adjusted to represent all students across the state. This allows you to compare the community results to the state average to see how your students are similar to or different from students statewide. Local area-level data is not weighted and reflects only the students who completed the survey. When reviewing local results, consider the number and characteristics of students who participated, as the data may not fully represent the entire student population.

Again, the goal of the NRPFSS is to collect community-level data and not to collect representative state data. However, state data provide insight into the levels of substance use, risk, protection, and delinquent behavior among Nebraskan students, especially students in rural areas other than in Douglas, Lancaster, or Sarpy counties. In 2025, 10.3 percent of the eligible Nebraska students in grades 8, 10, and 12 participated in the NRPFSS; 77.9 percent of these participations came from the areas outside of Douglas, Lancaster, and Sarpy counties.

The 2025 participation rate for the state remains lower than the 60.0 percent level recommended for representing students statewide, so the state-level results should be interpreted with some caution. Failure to obtain a high

participation rate statewide is, in part, due to low levels of participation within Douglas, Lancaster, and Sarpy Counties, which combined had a 4.0% participation rate in 2025 compared to 19.0% for the remainder of the state.

Table 1.2 provides an overview of the characteristics of the students who completed the 2025 survey within the community and the State of Nebraska.

Table 1.2. Participant Characteristics 2025

|                                     | Behavior Health Region |       | State of Nebraska |       |
|-------------------------------------|------------------------|-------|-------------------|-------|
|                                     | n                      | %     | n                 | %     |
| <b>Total students</b>               | 1842                   |       | 8469              |       |
| <b>Grade</b>                        |                        |       |                   |       |
| 8th                                 | 1072                   | 58.2% | 3377              | 39.9% |
| 10th                                | 375                    | 20.4% | 2880              | 34.0% |
| 12th                                | 390                    | 21.2% | 2194              | 25.9% |
| Unknown                             | 5                      | 0.3%  | 18                | 0.2%  |
| <b>Gender</b>                       |                        |       |                   |       |
| Male                                | 926                    | 50.3% | 4282              | 50.6% |
| Female                              | 913                    | 49.6% | 4147              | 49.0% |
| Unknown                             | 3                      | 0.2%  | 40                | 0.5%  |
| <b>Race/Ethnicity</b>               |                        |       |                   |       |
| Hispanic or Latino                  | 460                    | 25.0% | 1648              | 19.5% |
| Black or African American           | 63                     | 3.4%  | 342               | 4.0%  |
| Asian                               | 24                     | 1.3%  | 176               | 2.1%  |
| American Indian or Alaska Native    | 55                     | 3.0%  | 358               | 4.2%  |
| Native Hawaiian or Pacific Islander | 8                      | 0.4%  | 27                | 0.3%  |
| Middle Eastern or North African     | 1                      | 0.1%  | 17                | 0.2%  |
| White                               | 1185                   | 64.3% | 5694              | 67.2% |
| Other race                          | 28                     | 1.5%  | 142               | 1.7%  |
| Unknown                             | 18                     | 1.0%  | 65                | 0.8%  |

Notes. In columns, n=number or frequency, and %=percentage of distribution.

The reporting rules for the NRPFSS are:

- 1) When there are less than 10 survey respondents for a particular grade, their responses are not presented in order to protect the confidentiality of individual student participants.
- 2) if a grade level has 10 or more respondents but an individual question or sub-group presented in this report has less than 10 respondents then results for the individual item or sub-group are not reported.

A number of honesty measures were also created to remove students who may not have given the most honest answers. These measures included reporting use of a fictitious drug, using a substance during the past 30 days more than in one's

lifetime, answering that the student was not at all honest when filling out the survey, and providing an age and grade combination that are highly unlikely. Students whose answers were in question for any one of these reasons were excluded from reporting. For the State of Nebraska, 330 students met these criteria. Among these students, 57 students were in the community of Behavior Health Region 3.

## APPENDIX B: Tips for Using the NRPFS Results

As an educator in your community, you play an important role in prevention by teaching skills, imparting knowledge, and helping to establish a strong foundation of character and values based on wellness, including prevention of substance use, suicide, and other risky behaviors. Preventing mental and/or substance use disorders in children, adolescents, & young adults is critical to promoting physical health and overall wellness.

There are a variety of strategies (or interventions) that can be used to increase protective factors and reduce the impact of risk factors. Prevention in schools is often completed through educational programs and school policies & procedures that contribute to the achievement of broader health goals & prevent problem behavior.

### Six Prevention Strategy Categories

#### Alternative

Provides for participation in activities that exclude alcohol and drug use through the provision of constructive and healthy activities.

##### Examples:

- Drug-free social and recreational activities (e.g., dances or parties)
- Youth and adult leadership activities
- Community drop-in centers
- Community service activities
- Mentoring programs

#### Community-Based

Aims to enhance the ability of the community to more effectively provide substance abuse prevention services through organizing, planning, coalition-building, and networking.

##### Examples:

- Community and volunteer training
- Systematic planning
- Multi-agency coordination and collaboration
- Accessing services and funding
- Community team-building

#### Education

Provides information and activities aimed at critical life and social skills, including decision-making, refusal skills, and critical analysis through two-way communication.

##### Examples:

- Classroom and small group sessions
- Parenting and family management classes
- Peer leader and peer helper programs
- Education programs for youth groups
- Groups for children of substance abusers

### Environmental

Seeks to establish or change community standards, codes, and attitudes to influence the incidence and prevalence of drug misuse in the general population.

#### Examples:

- Establishment and review of drug policies in schools
- Technical assistance to maximize local enforcement procedures
- Review and modification of alcohol and tobacco advertising practices
- Product pricing strategies

### Information Dissemination

Provides information about the nature of drug use, misuse, and addiction through one-way communication from source to audience, with limited contact between the two.

#### Examples:

- Clearinghouses and information resource centers
- Resource directories
- Media campaigns and brochures
- Radio and television public service announcements
- Speaking engagements and health fairs

### Problem Identification & Referral

Aims to identify those who have misused substances to assess if their behavior can be reversed through education. Does not include activities to determine if treatment is needed.

#### Examples:

- Brief screening/intervention
- Driving-while-intoxicated education programs
- Employee assistance programs
- Student assistance programs
- Teen courts

## Evidence-Based Practice Registries

You may also wish to do your own research. The following websites provide listings of evidence-based practices:

### SAMHSA Evidence-Based Practices Resource Center

A searchable online evidence-based repository and review system designed to provide the public with reliable information on mental health and substance use interventions available for implementation.

<https://www.samhsa.gov/ebp-resource-center>

### Blueprints for Healthy Youth Development

A searchable registry providing information about evidence-based programs that prevent or reduce the likelihood of antisocial behavior and promote a healthy course of youth development and adult maturity.

<https://www.blueprintsprograms.org>

### Suicide Prevention Resource Center

Provides a variety of suicide prevention resources, tools, and training for schools and communities.

<https://sprc.org>

## Nebraska Requirements & Crisis Resources

### LB923 Requirement:

In accordance with LB923, public school staff in Nebraska are required to complete at least 1 hour of suicide awareness and prevention training each year. Resources on Bullying Prevention and Suicide Prevention are listed on the Nebraska Department of Education website.

[education.ne.gov/Safety](https://education.ne.gov/Safety)

### SAMHSA Print Materials:

Toolkits for school personnel, educational fact sheets for parents and caregivers, wallet cards and magnets with the National Suicide Prevention Lifeline. Topics include depression, trauma, anxiety, and suicide.

[store.samhsa.gov](https://store.samhsa.gov)

### Boys Town — Your Life Your Voice:

Wallet cards & other promotional materials available at no cost for distribution to students, school staff, and parents.

*Remember: talking about suicide with a student does not put the idea of attempting suicide in a student's mind*

[yourlifeyourvoice.org](https://yourlifeyourvoice.org)

### Behavioral Health Resources for Schools:

Available through Nebraska DHHS.

[dhhs.ne.gov](https://dhhs.ne.gov) — [Behavioral Health Resources for Schools \(PDF\)](#)

### Nebraska 988 Suicide & Crisis Lifeline:

Information about Nebraska's implementation of the 988 Suicide and Crisis Lifeline and other helpful resources

[dhhs.ne.gov](https://dhhs.ne.gov) — [988 Suicide and Crisis Lifeline](#)

## APPENDIX C: Contacts for Prevention

If you would like to implement strategies in your school or community, please contact your regional representative as shown on the map below.

# Regional Behavioral Health Authorities Prevention System Coordinators

DHHS-DBH  
**Keenan Cotton**  
Prevention Administrator  
301 Centennial Mall South  
P.O. Box 95026  
Lincoln, NE 68509  
Tel: (402) 471-7750  
Fax: (402) 742-8314  
[keenan.cotton@nebraska.gov](mailto:keenan.cotton@nebraska.gov)

**Derek Sonnenfelt**  
Region 4  
Prevention Coordinator  
206 W. Monroe Avenue  
Norfolk, NE 68701  
Tel: (402) 860-9913  
Fax: (402) 370-3125  
[dsonnenfelt@region4bhs.org](mailto:dsonnenfelt@region4bhs.org)

**Ramey Stillman**  
Region 6 Senior Manager  
of Community  
Coordination  
4715 South 132nd Street  
Omaha, NE 68137  
Tel: (402) 546-1192  
Fax: (402) 444-7722  
[rstillman@regionsix.com](mailto:rstillman@regionsix.com)

**Kym Fries**  
Region 1  
Prevention System Coordinator  
4110 Avenue D  
Scottsbluff, NE 69361  
Tel: (308) 633-7991  
Fax: (308) 632-2326  
[kfries@region1bhs.net](mailto:kfries@region1bhs.net)

**Shannon Sell**  
Region II Prevention System  
Director  
110 North Bailey Box 1208  
North Platte, NE 69103  
Tel: (308) 534-6029 x 208  
Fax: (308) 534-8775  
[shannonsell@r2hs.com](mailto:shannonsell@r2hs.com)

**Shyanne Adams**  
Region 3  
Prevention System Specialist  
4009 6th Avenue, Suite 65  
P.O. Box 2555  
Kearney, NE 68845  
Tel: (308) 237-5113 x 247  
Fax: (308) 236-7669  
[sadams@region3.net](mailto:sadams@region3.net)

**Kayla Lathrop**  
Region 5  
Prevention Director  
3600 Union Drive  
Lincoln, NE 68516  
Tel: (402) 441-4346  
Fax: (402) 441-4335  
[klathrop@region5systems.net](mailto:klathrop@region5systems.net)



## Division of Behavioral Health Prevention Directory

| Name             | Email                                 | Agency                                                   |
|------------------|---------------------------------------|----------------------------------------------------------|
| <b>Region 1</b>  |                                       |                                                          |
| Kym Fries        | kfries@region1bhs.net                 | Regional Prevention Coordinator                          |
| Nicole Berosek   | nberosek@pphd.ne.gov                  | Panhandle Public Health District                         |
| Lanette Richards | monumentprevention@wncc.edu           | Monument Prevention Coalition                            |
| <b>Region 2</b>  |                                       |                                                          |
| Shannon Sell     | shannonsell@r2hs.com                  | Regional Prevention Coordinator                          |
| Erin Bone        | saps@communityconnectionslc.org       | Community Connections                                    |
| <b>Region 3</b>  |                                       |                                                          |
| Shyanne Adams    | sadams@region3.net                    | Regional Prevention Coordinator                          |
| Sally Peters     | sally.peters@glwcc.org                | Garfield-Loup-Wheeler (GLW) Children's Council Inc.      |
| Connie Holmes    | connie@cncaa.net                      | Central NE Council Alcoholism Addiction                  |
| Wanda Fedorchik  | positivepressure@bcchp.org            | Buffalo County Community Partners (BCCP)                 |
| Sally Wiarda     | wiardas@unk.edu                       | UNK                                                      |
| Brooke Wolfe     | brooke.wolfe@shdhd.ne.gov             | South Heartland District Health Department (SHDHD)       |
| <b>Region 4</b>  |                                       |                                                          |
| Derek Sonnenfelt | dsonnenfelt@region4bhs.org            | Regional Prevention Coordinator                          |
| Allison Haun     | allison@ncdhd.ne.gov                  | Area Substance Abuse Prevention Coalition (ASAP) Program |
| Paul Einero      | peinero@ecdhd.ne.gov                  | East Central District Health Department                  |
| Melissa Nemec    | melissa@elvphd.ne.gov                 | Healthy Communities Initiative (HCI)                     |
| Peggy Triggs     | peggy@nnphd.ne.gov                    | Northeast Nebraska Public Health Department              |
| Kimberly Powell  | director@thezoneafterschool.com       | The Zone                                                 |
| Emily Laffin     | emily@heartlandcounselingservices.com | Heartland Counseling                                     |

Division of Behavioral Health Prevention Directory (continued)

| Name             | Email                             | Agency                                                           |
|------------------|-----------------------------------|------------------------------------------------------------------|
| <b>Region 5</b>  |                                   |                                                                  |
| Kayla Lathrop    | klathrop@region5systems.net       | Regional Prevention Coordinator                                  |
| Laura Osborne    | FourCountyCollaborative@gmail.com | Four County Collaborative<br>Nemaha, Johnson, Pawnee, Richardson |
| Megan Garcia     | mgarcia@phsneb.org                | Public Health Solutions/Gage County MAPS Coalition               |
|                  |                                   | Jefferson County Prevention Coalition                            |
|                  |                                   | Fillmore County Coalition                                        |
|                  |                                   | Thayer County Healthy Community Coalition                        |
|                  |                                   | Saline County (CURB) Prevention Coalition                        |
| Evette Watts     | ewatts.pchd@gmail.com             | Polk Substance Abuse Action Coalition (PSAC)                     |
| Amber Pelan      | APelan@saunderscounty.ne.gov      | Saunders County ACT Prevention Coalition                         |
| Sara Kettlehake  | Four Corners Health Department    | Seward County Prevention Coalition                               |
| Barb Ivey        | iveybarbra@gmail.com              | York County Prevention Network                                   |
| Kelly Madcharo   | kmadcharo@lmep.com                | Lincoln Medical Education Partnership                            |
| Brooke Fullerton | Bfullerton93@gmail.com            | Lancaster County Coalition                                       |
| <b>Region 6</b>  |                                   |                                                                  |
| Ramey Stillman   | rstillman@regionsix.com           | Regional Prevention Coordinator                                  |
| Chris Wagner     | chris@projectextramile.org        | Project Extra Mile                                               |
| Misty Mealey     | mmealeycrx@gmail.com              | Coalition Rx                                                     |

## **APPENDIX D: Contacts for the NRPFSS Project**

### **Division of Behavioral Health**

Nebraska Department of Health and Human Services  
Keenan Cotton  
Prevention System Administrator  
Keenan.Cotton@nebraska.gov  
301 Centennial Mall South  
P.O. Box 95026  
Lincoln, NE 68509-5026  
Tel: (402) 471-7750  
<http://dhhs.ne.gov/Pages/Behavioral-Health.aspx>

**This report was prepared for the State of Nebraska by the Bureau of Sociological Research (BOSR) at the University of Nebraska-Lincoln.**

bosr@unl.edu  
907 Oldfather Hall  
P.O. Box 880325  
Lincoln, NE 68588-0325  
Tel: (402) 472-3672  
<http://bosr.unl.edu>

### **Tobacco Free Nebraska**

Nebraska Department of Health and Human Services  
Amanda Mortensen  
Tobacco Free Nebraska Program Manager  
amanda.mortensen@nebraska.gov  
301 Centennial Mall South  
P.O. Box 95026  
Lincoln, NE 68509-5026  
Tel: (402) 471-9270  
<https://dhhs.ne.gov/Pages/Tobacco-Free-Nebraska.aspx>

### **For information about SHARP and/or the NRPFSS**

**Kim Meiergerd**, Assistant Director for Operations  
Bureau of Sociological Research  
University of Nebraska-Lincoln  
kmeiergerd2@unl.edu  
Tel: (402) 472-3692  
<https://bosr.unl.edu/projects/sharp/>

### **Nebraska Department of Education**

Jessie Coffey  
Whole Child Project Coordinator  
jessie.coffey@nebraska.gov  
500 S. 84th St., 2nd Floor  
Lincoln, NE 68510-2611  
Tel: (402) 617-5796  
<https://www.education.ne.gov/>

### **Jobert Tiendrebeogo**

Behavioral Health Epidemiologist  
Division of Behavioral Health  
Nebraska Department of Health and Human Services  
jobert.tiendrebeogo@nebraska.gov  
Tel: (402) 471-7613  
<http://dhhs.ne.gov/Pages/Behavioral-Health.aspx>