



Nebraska Risk and Protective Factor Student Survey 2025

Panhandle Public Health Department Profile Report

June 2026

Sponsored by:

NEBRASKA

Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES

Division of Behavioral Health

Administered by:

N BUREAU OF SOCIOLOGICAL RESEARCH

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.



AAPOR
Transparency
Initiative

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 · <http://bosr.unl.edu>

Table of Contents

Table of Contents.....	2
Results Snapshot.....	3
Substance Use.....	4
Substance use	4
Attitudes toward Substance Use	18
Perceptions of Substance Use.....	24
Sources of Substances.....	28
Other Substance-Related Topics.....	33
Transportation Safety.....	41
Violence, Bullying, and Mental Health	47
Violence and Bullying.....	47
Mental Health	54
Nutrition and Physical Activity.....	60
Feelings and Experiences at Home and at School	66
First Time Using Substances.....	66
Feelings and Experiences with Family.....	69
Feelings and Experiences at School	77
Social Media Use.....	81
Appendix.....	84
APPENDIX A: About the NRPFSS	84
APPENDIX B: Tips for Using the NRPFSS Results.....	88
APPENDIX C: Contacts for Prevention.....	91
APPENDIX D: Contacts for the NRPFSS Project	94

Results Snapshot

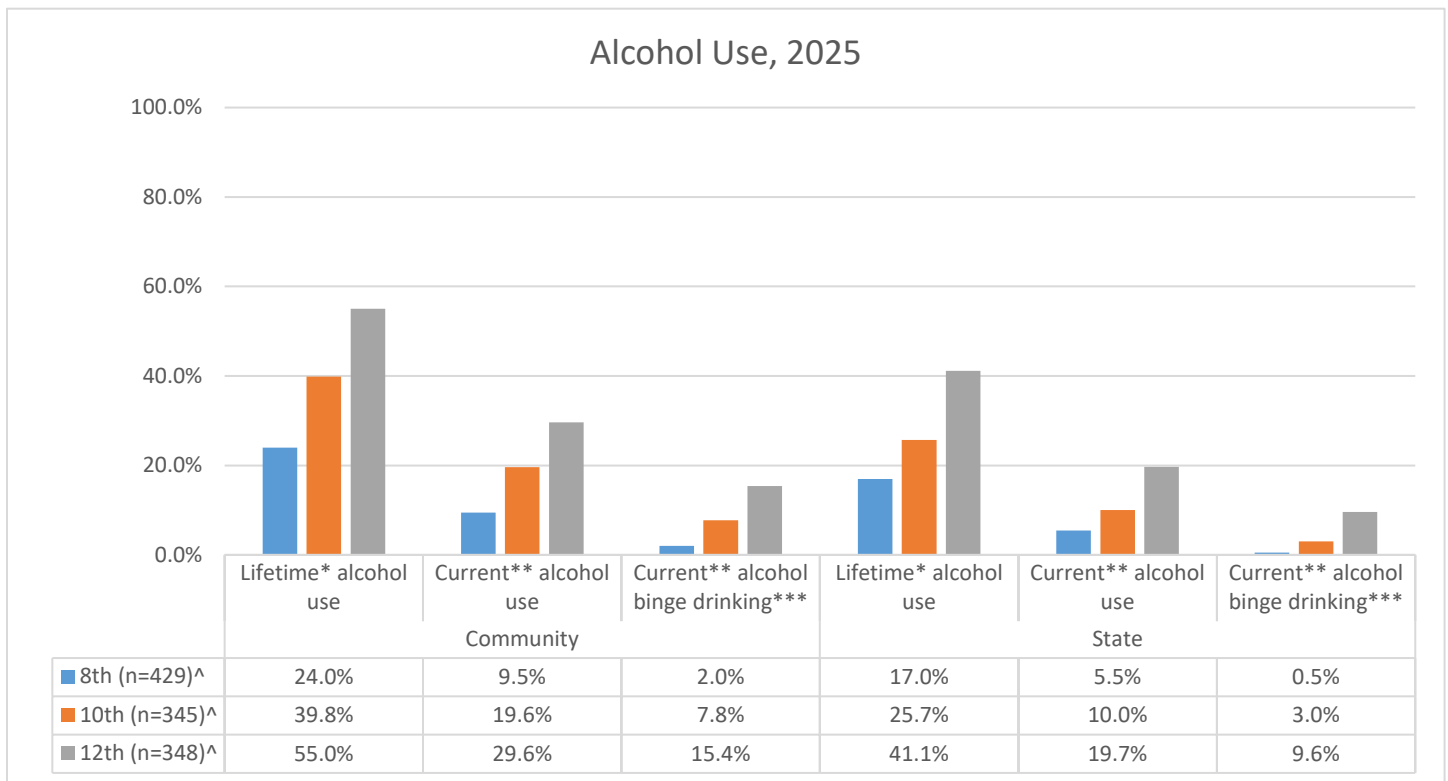
The NRPFSS 2025 collects data from Nebraska students in 8th, 10th, and 12th grades about their (1) substance use; (2) transportation safety; (3) violence, bullying, and mental health; (4) nutrition and physical activity; (5) feelings and experiences at home, school, and in the community, and (6) Social Media Use. In this report, highlights of the 2025 survey data for the community of Panhandle Public Health Department 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:** Current alcohol use among 12th grade students is 29.6% in the district compared to 19.7% statewide, with both showing declines since 2016 when district levels were 36.9%, indicating a downward trend over time.
- **Transportation Safety:** Texting or using an app while driving in the past 30 days is reported by 42.1% of 8th grade students, 45.8% of 10th grade students, and 81.0% of 12th grade students in the community compared to 38.9%, 43.9%, and 71.6% statewide, showing large declines since 2018 for 8th grade students (85.8% to 42.1%) and 10th grade students (91.3% to 45.8%), but remaining high and increasing among 12th grade students (80.9% to 81.0%)
- **Bullying and Violence:** Bullying is reported by 68.6% of 8th grade students, 56.6% of 10th grade students, and 39.9% of 12th grade students in the community, showing a decrease by grade level and reflecting a similar pattern observed across the state over time.
- **Mental Health:** 38.0% of 12th grade students report feeling depressed in the district, similar to statewide levels, with slight improvement from 2021 indicators for self harm and suicide attempts, while hopefulness remains high at 76.8% for 10th and 80.4% for 12th grade students.
- **Nutrition and Physical Activity:** Only 30.6% of 12th grade students in the community report getting more than 8 hours of sleep on school nights compared to 28.6% statewide, showing consistently low levels over time with 12th grade students least likely to meet sleep recommendations while overall patterns mirror statewide trends
- **Feelings at Home and at School:** 92.2% of 12th grade students report that adults at school listen to them compared to 92.3% statewide, reflecting strong protective factors that have remained high and stable over time in both the community and state.
- **Social Media Use:** 71.1% of 12th grade students report having screen time being 3 hours or longer compared to 66.5% statewide, indicating higher community use and sustained high levels consistent with statewide patterns.

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 Panhandle Public Health Department. 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.

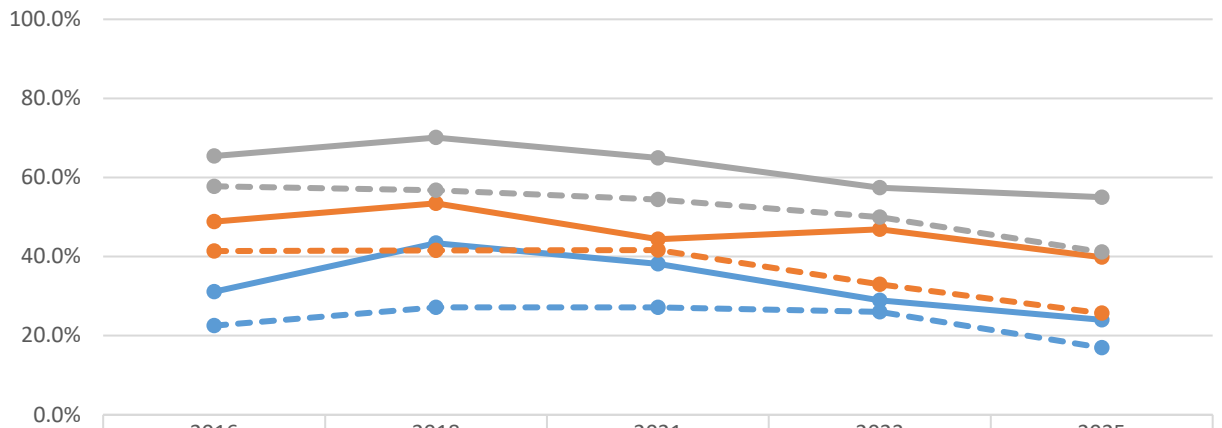
** Percentage who reported using the named substance one or more times during the past 30 days.

*** 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.

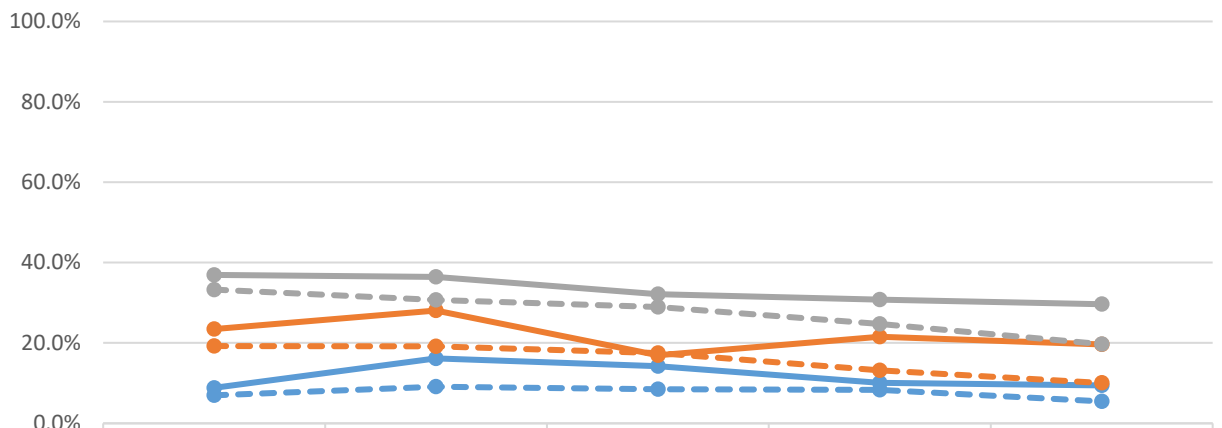
Trends of Alcohol Use, 2016-2025

Lifetime* Alcohol Use, 2016-2025



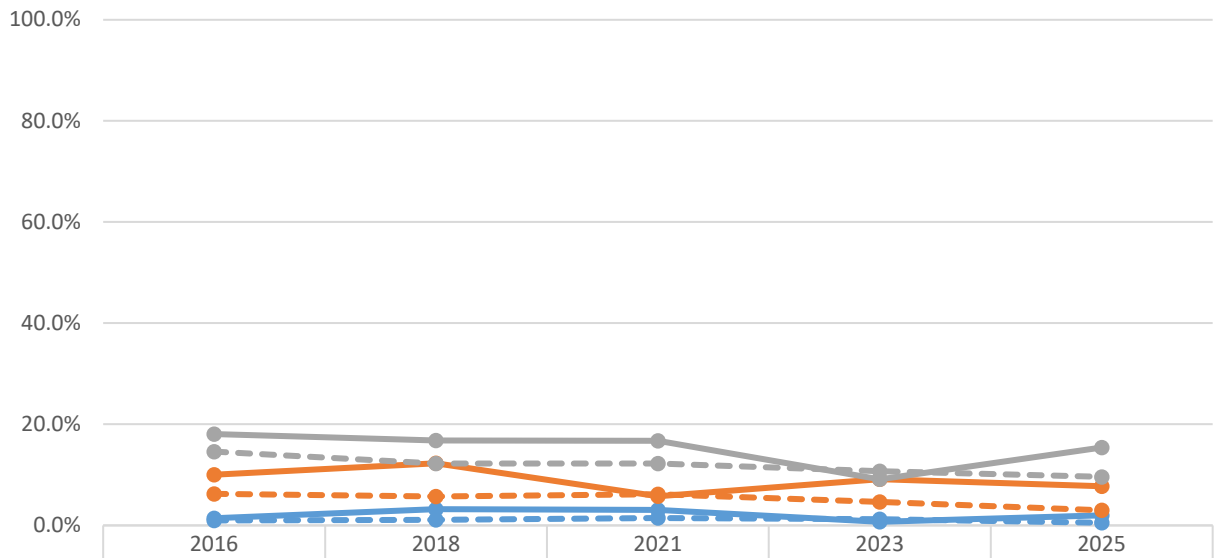
	2016	2018	2021	2023	2025
Community 8th	31.1%	43.4%	38.2%	28.9%	24.0%
Community 10th	48.8%	53.5%	44.4%	46.9%	39.8%
Community 12th	65.4%	70.1%	64.9%	57.4%	55.0%
State 8th	22.5%	27.2%	27.2%	26.0%	17.0%
State 10th	41.4%	41.5%	41.6%	33.0%	25.7%
State 12th	57.8%	56.8%	54.4%	49.9%	41.1%

Current** Alcohol Use, 2016-2025

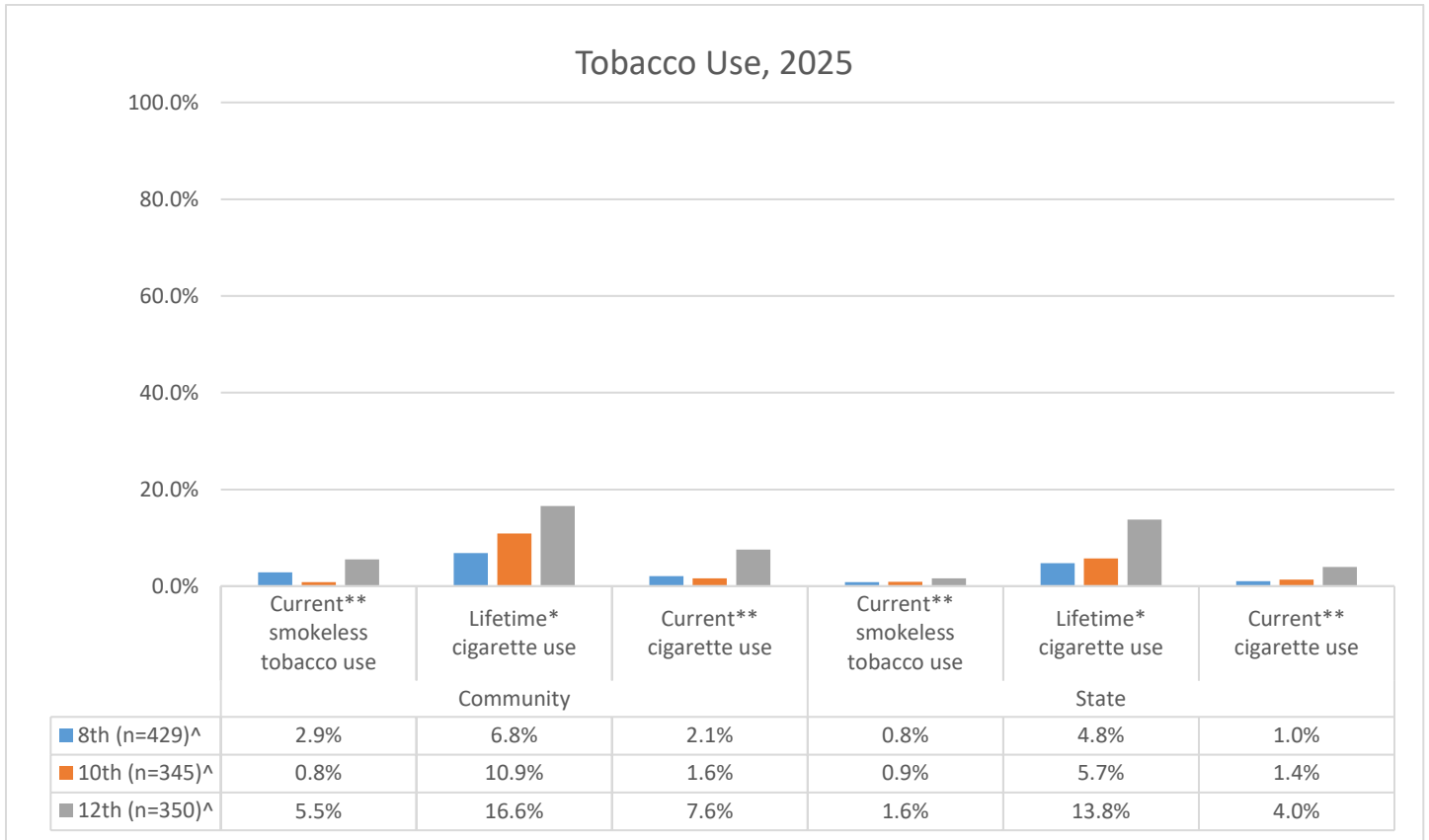


	2016	2018	2021	2023	2025
Community 8th	8.8%	16.2%	14.2%	10.1%	9.5%
Community 10th	23.5%	28.1%	16.9%	21.6%	19.6%
Community 12th	36.9%	36.5%	32.1%	30.8%	29.6%
State 8th	7.0%	9.1%	8.5%	8.3%	5.5%
State 10th	19.2%	19.1%	17.5%	13.2%	10.0%
State 12th	33.3%	30.7%	29.0%	24.7%	19.7%

Current** Alcohol Binge Drinking, 2016-2025



Community 8th	2016	2018	2021	2023	2025
Community 10th	1.4%	3.2%	3.0%	0.7%	2.0%
Community 12th	10.1%	12.3%	5.8%	9.2%	7.8%
State 8th	18.1%	16.8%	16.7%	9.1%	15.4%
State 10th	1.0%	1.1%	1.5%	1.2%	0.5%
State 12th	6.2%	5.7%	6.1%	4.6%	3.0%
	14.6%	12.3%	12.2%	10.7%	9.6%



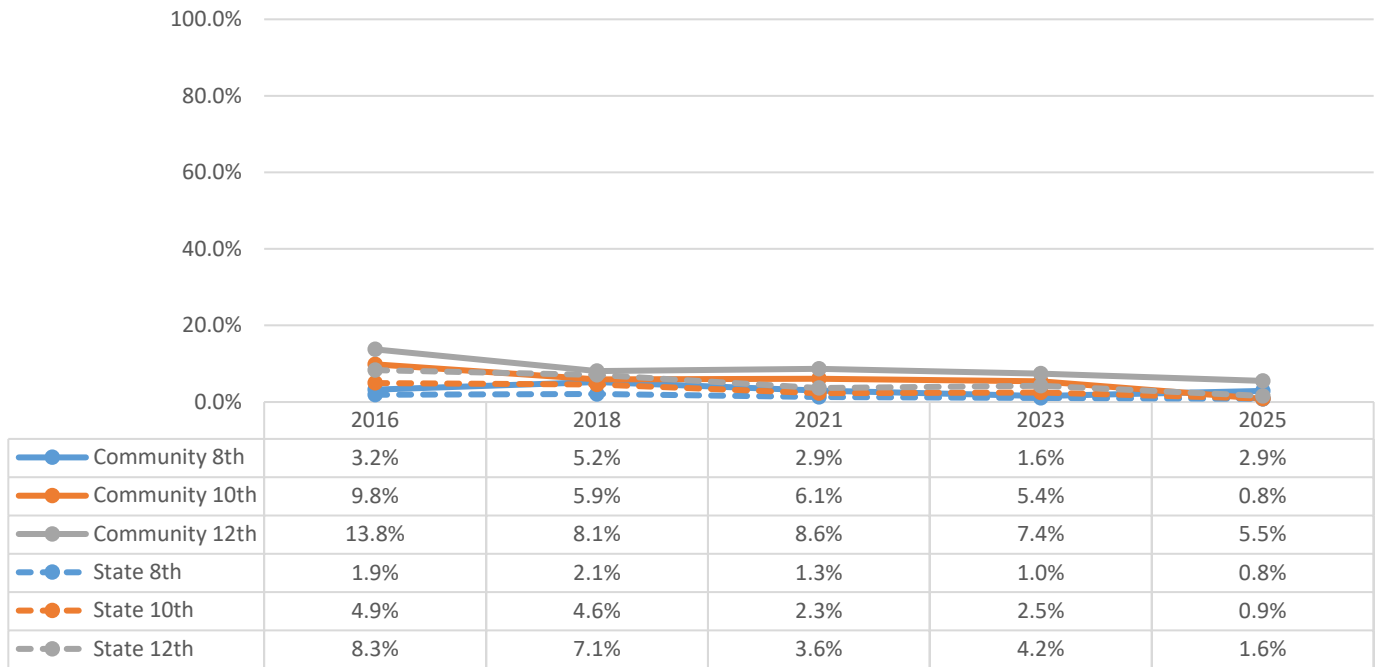
* Percentage who reported using the named substance one or more times in their lifetime.

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

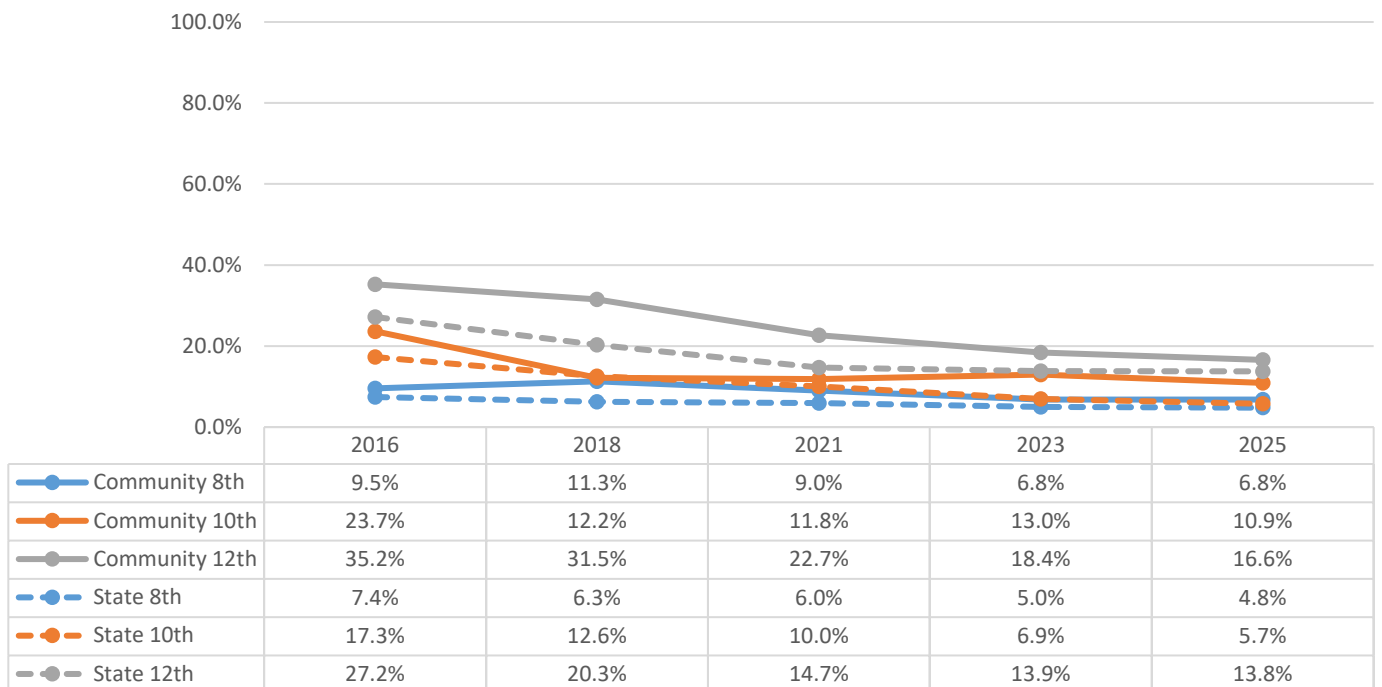
^ The n-size displayed is the largest n-size across these questions. Because each question is asked individually, the n size may vary.

Trends of Tobacco Use, 2016-2025

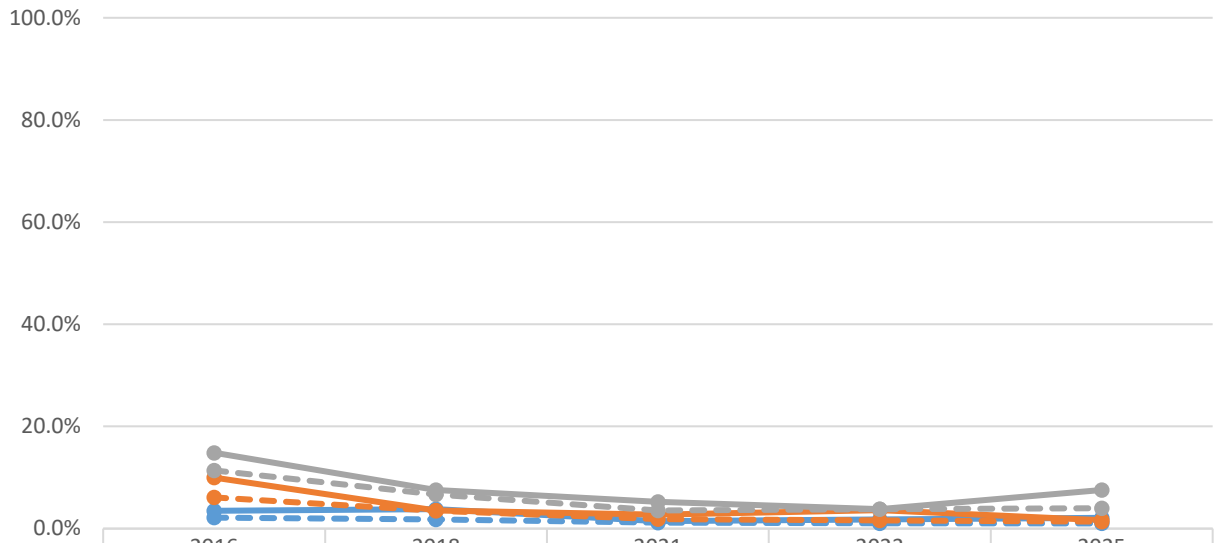
Current** Smokeless Tobacco Use, 2016-2025



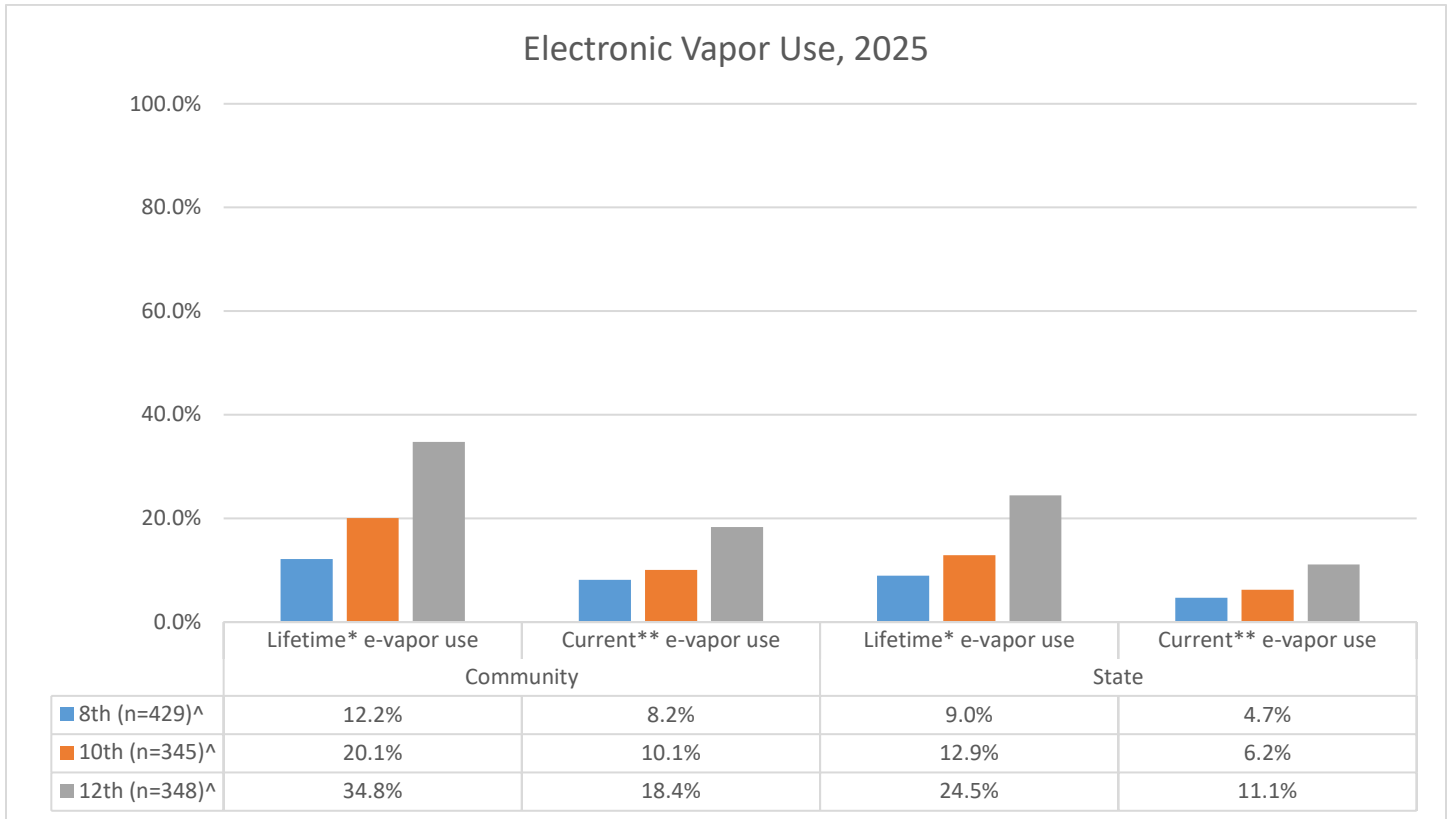
Lifetime* Cigarette Use, 2016-2025



Current** Cigarette Use, 2016-2025



	2016	2018	2021	2023	2025
Community 8th	3.5%	3.8%	1.5%	1.8%	2.1%
Community 10th	10.0%	3.6%	2.8%	3.6%	1.6%
Community 12th	14.9%	7.6%	5.2%	3.8%	7.6%
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%



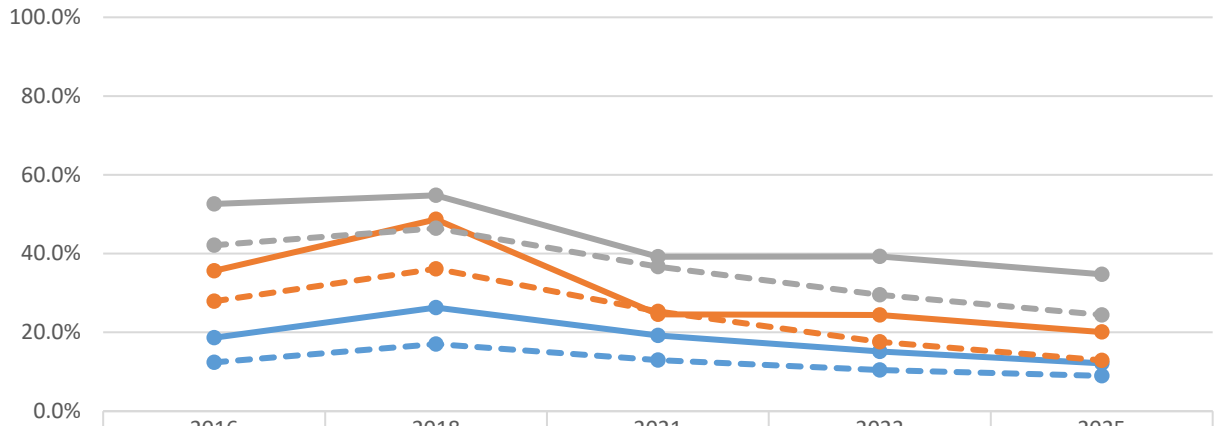
* Percentage who reported using the named substance one or more times in their lifetime.

** 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.

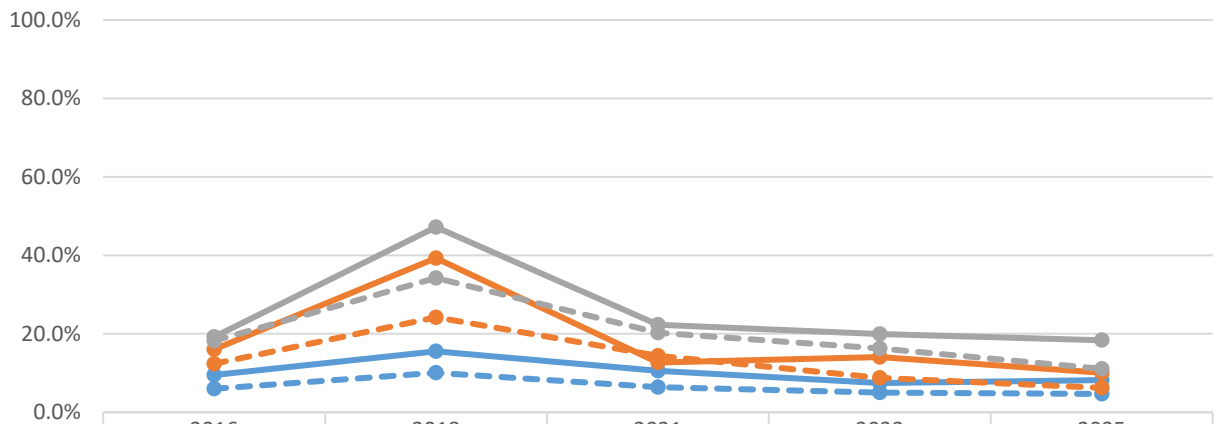
Trends of Electronic Vapor Use, 2016-2025

Lifetime* E-vapor Use, 2016-2025

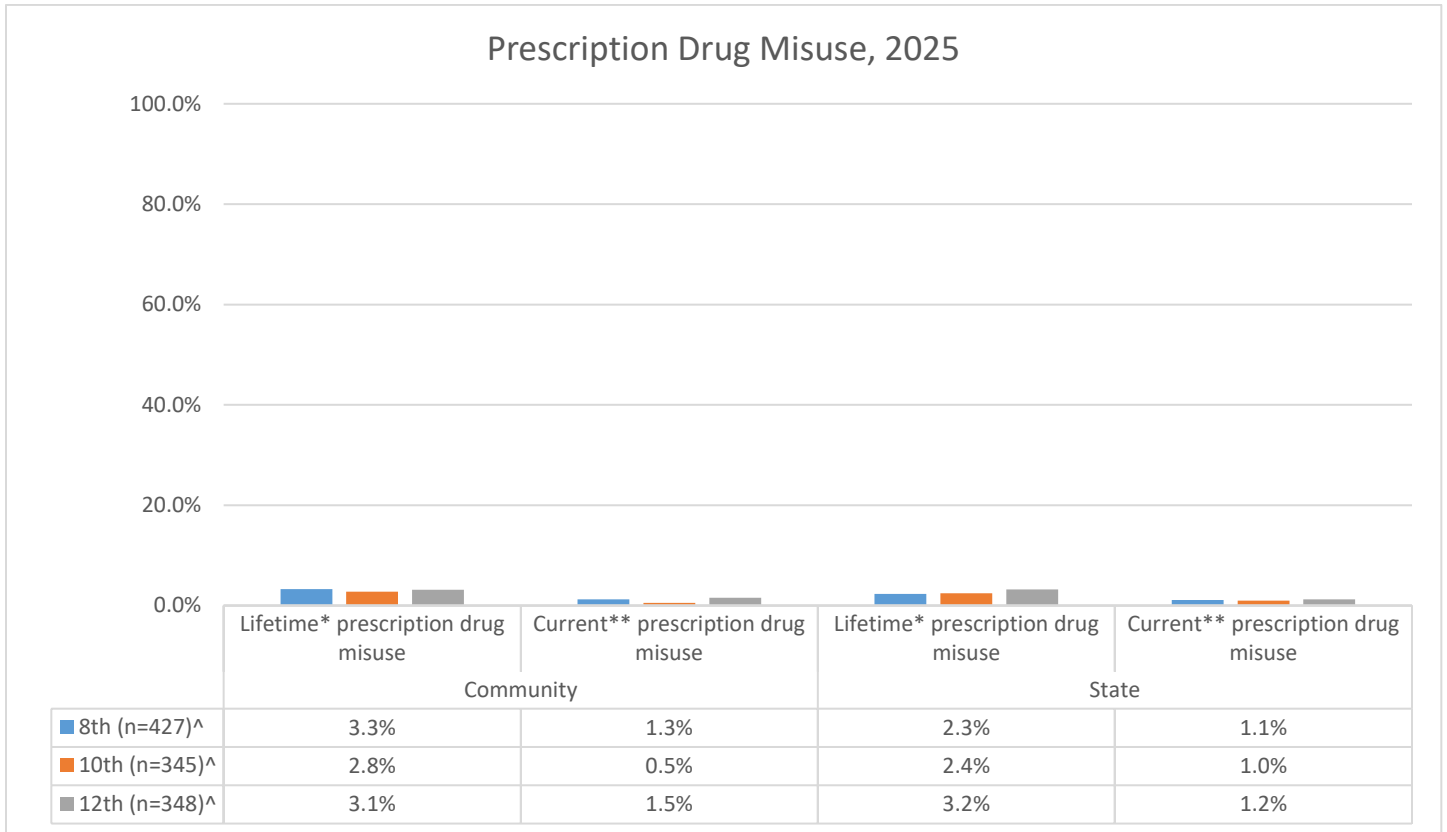


	2016	2018	2021	2023	2025
Community 8th	18.7%	26.3%	19.3%	15.2%	12.2%
Community 10th	35.6%	48.7%	24.6%	24.5%	20.1%
Community 12th	52.6%	54.8%	39.2%	39.3%	34.8%
State 8th	12.4%	17.0%	12.9%	10.4%	9.0%
State 10th	28.0%	36.2%	25.3%	17.6%	12.9%
State 12th	42.2%	46.4%	36.7%	29.5%	24.5%

Current** E-vapor Use, 2016-2025



	2016	2018	2021	2023	2025
Community 8th	9.5%	15.5%	10.6%	7.5%	8.2%
Community 10th	16.0%	39.3%	12.7%	14.1%	10.1%
Community 12th	19.2%	47.2%	22.3%	19.9%	18.4%
State 8th	6.0%	10.1%	6.4%	5.0%	4.7%
State 10th	12.4%	24.2%	14.4%	8.8%	6.2%
State 12th	18.2%	34.2%	20.3%	16.3%	11.1%



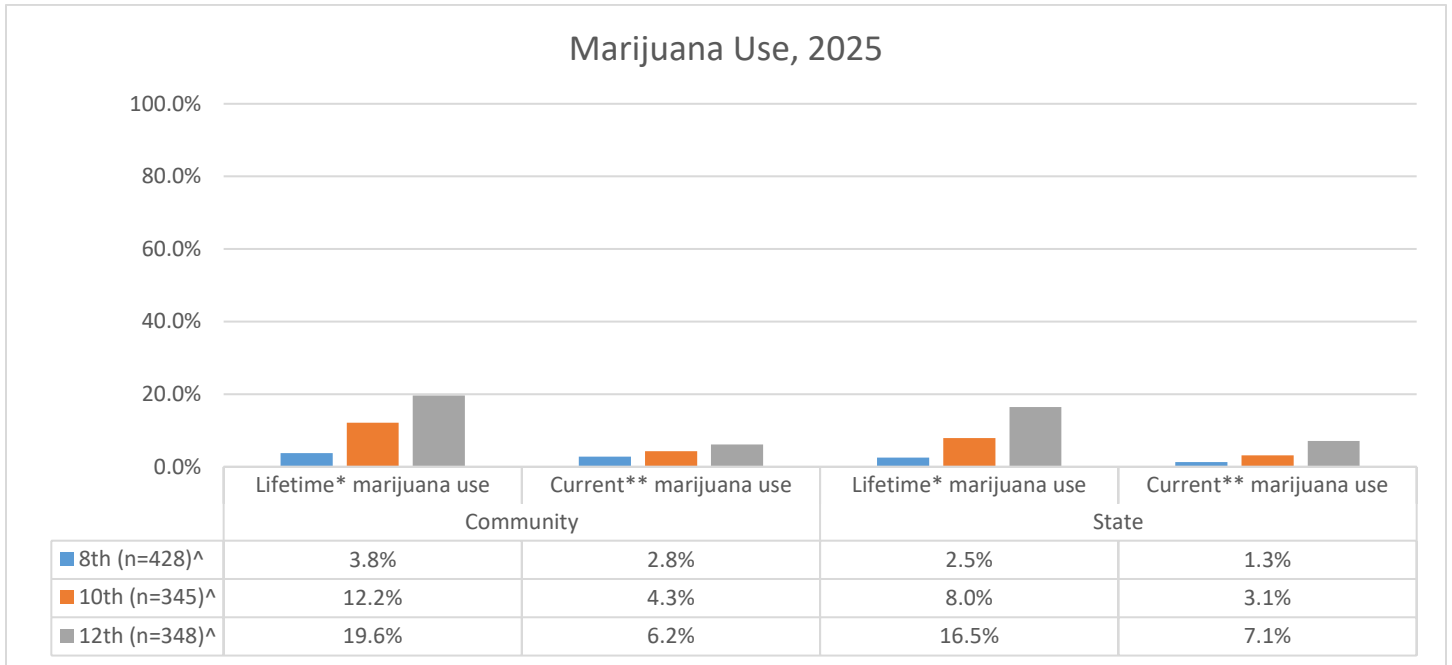
* Percentage who reported using the named substance one or more times in their lifetime.

** 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

	Community					State				
	2016	2018	2021	2023	2025	2016	2018	2021	2023	2025
Lifetime* prescription drug misuse										
8th	1.5%	4.6%	4.9%	2.9%	3.3%	1.7%	2.2%	3.9%	2.6%	2.3%
10th	8.2%	4.0%	5.4%	5.7%	2.8%	5.6%	4.1%	6.0%	3.5%	2.4%
12th	10.1%	17.8%	3.1%	7.1%	3.1%	9.0%	8.0%	5.4%	4.6%	3.2%
Current** prescription drug misuse										
8th	0.4%	2.0%	1.7%	0.9%	1.3%	0.5%	1.0%	1.6%	1.0%	1.1%
10th	4.1%	1.7%	1.6%	0.6%	0.5%	2.6%	1.3%	1.7%	0.9%	1.0%
12th	4.0%	8.3%	1.9%	1.7%	1.5%	3.3%	2.3%	1.9%	1.6%	1.2%



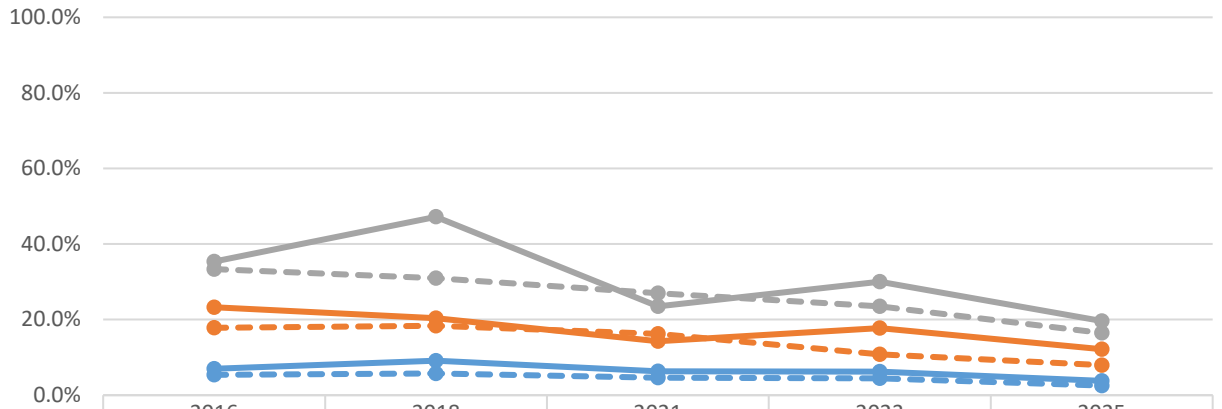
* Percentage who reported using the named substance one or more times in their lifetime.

** 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.

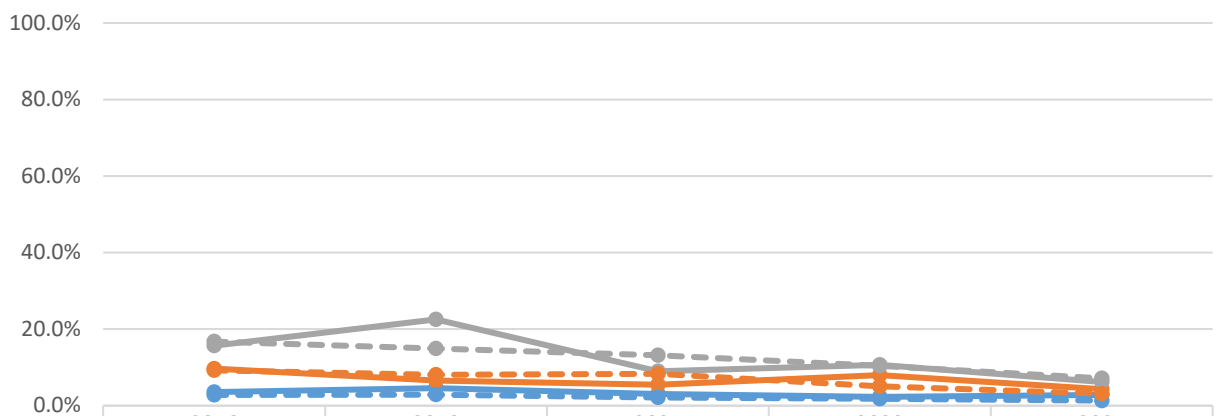
Trends of Marijuana Use, 2016-2025

Lifetime* Marijuana Use, 2016-2025



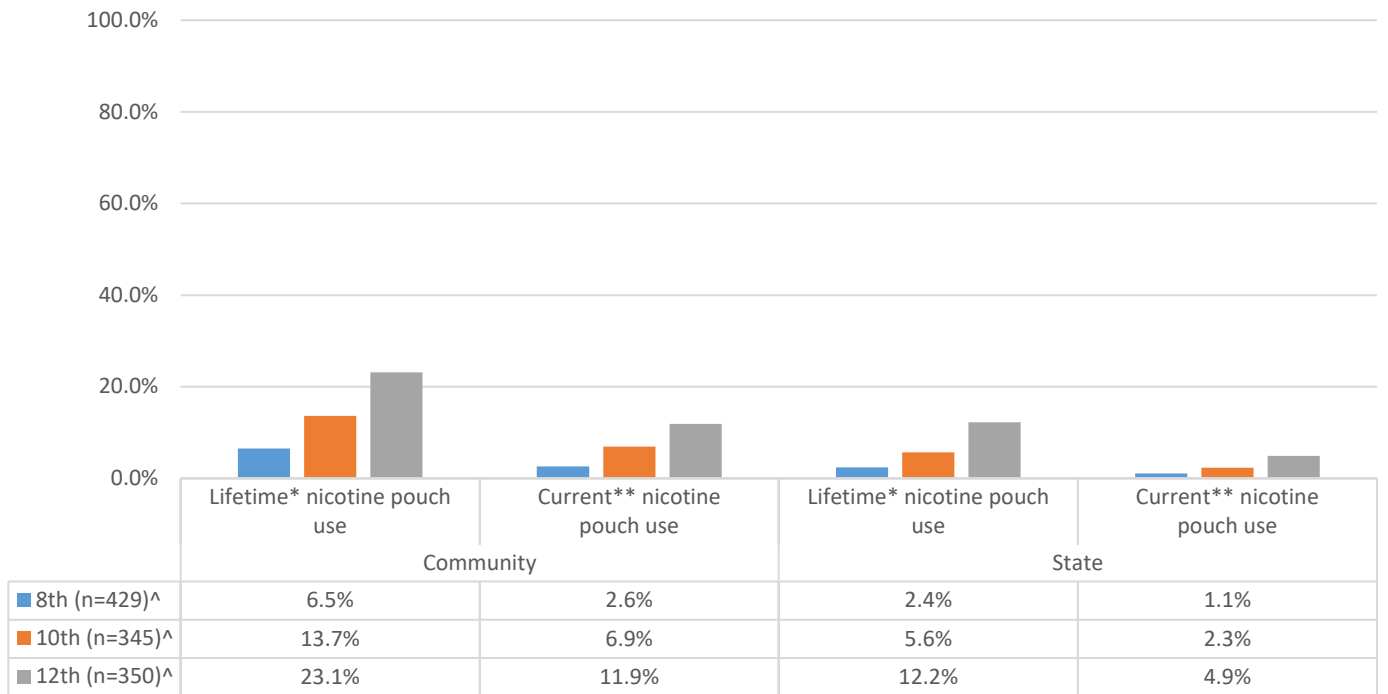
Community 8th	7.0%	9.1%	6.3%	6.3%	3.8%
Community 10th	23.3%	20.4%	14.3%	17.7%	12.2%
Community 12th	35.4%	47.2%	23.6%	30.0%	19.6%
State 8th	5.4%	5.8%	4.6%	4.5%	2.5%
State 10th	17.8%	18.4%	16.2%	10.8%	8.0%
State 12th	33.4%	30.9%	27.0%	23.5%	16.5%

Current** Marijuana Use, 2016-2025



Community 8th	3.6%	4.6%	3.1%	2.3%	2.8%
Community 10th	9.7%	6.6%	5.5%	8.0%	4.3%
Community 12th	15.7%	22.5%	9.0%	10.7%	6.2%
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



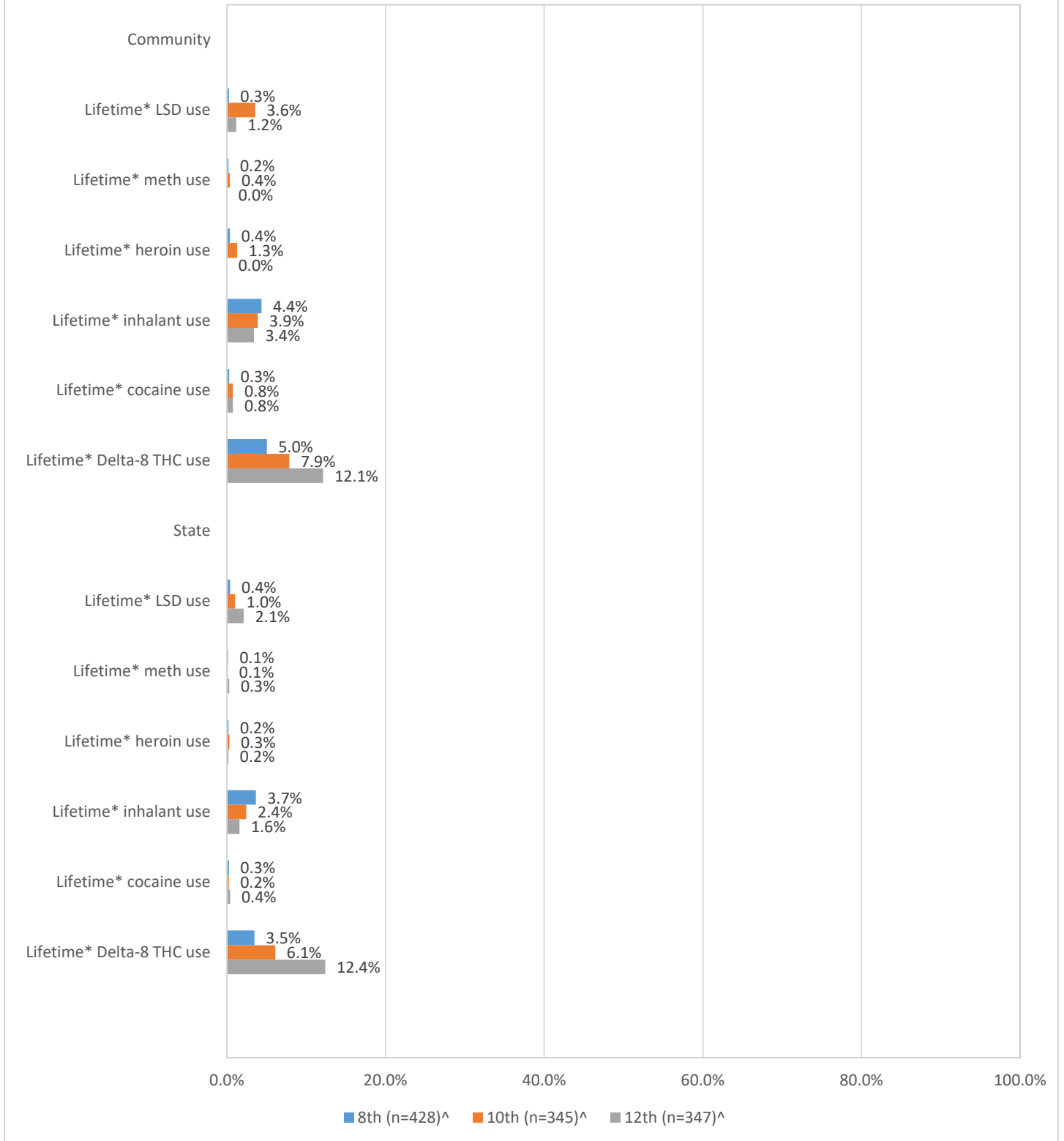
* Percentage who reported using the named substance one or more times in their lifetime.

** 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.

Other Substances Use, 2025



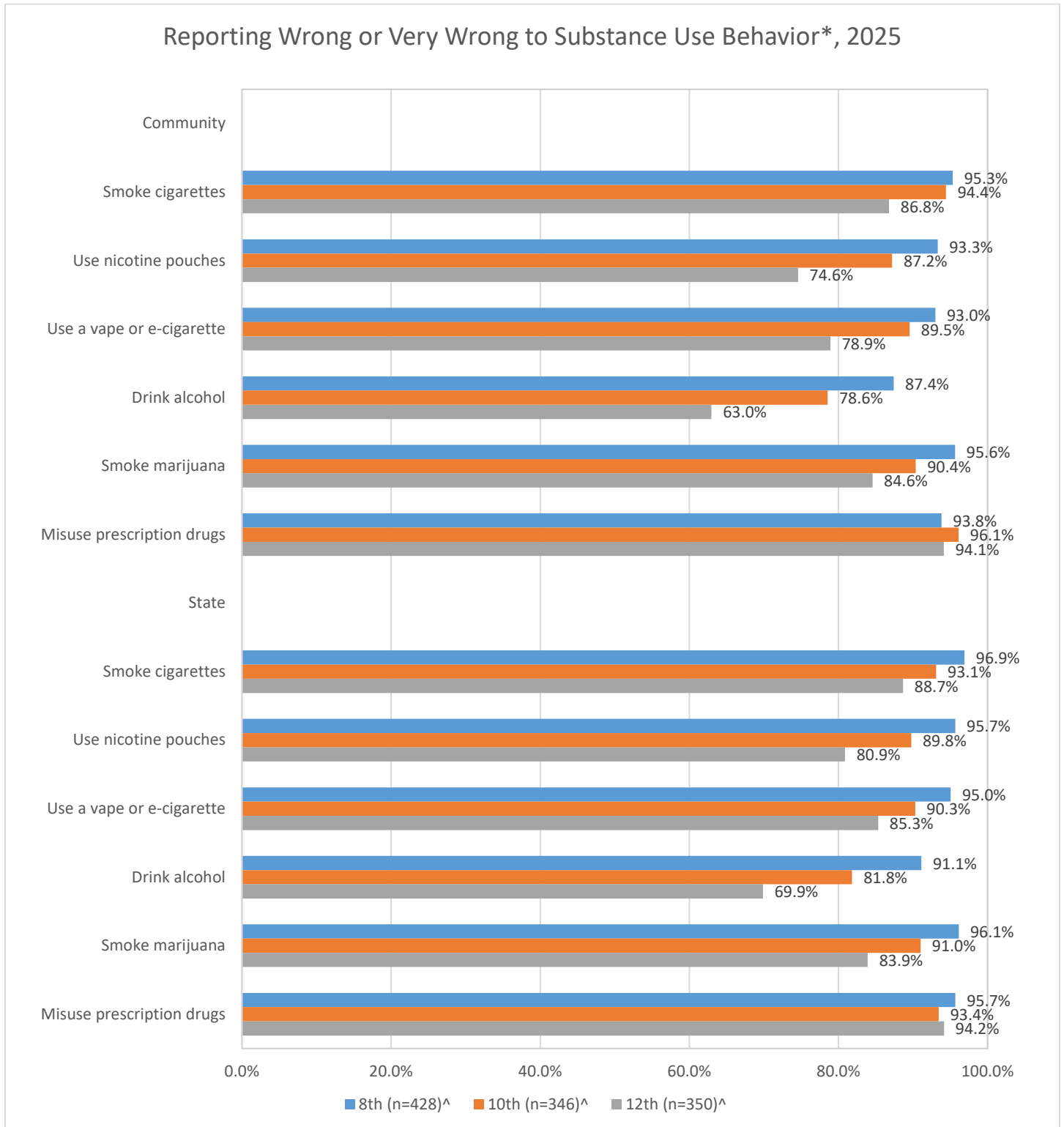
* Percentage who reported using the named substance one or more times in their lifetime.

^ 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

	Community					State				
	2016	2018	2021	2023	2025	2016	2018	2021	2023	2025
Lifetime* LSD use										
8th	0.7%	1.5%	0.9%	0.7%	0.3%	0.4%	0.8%	0.5%	0.8%	0.4%
10th	4.4%	2.8%	2.1%	1.8%	3.6%	3.6%	2.0%	2.5%	1.7%	1.0%
12th	6.8%	10.8%	3.5%	4.0%	1.2%	5.7%	5.2%	4.7%	4.8%	2.1%
Lifetime* meth use										
8th	0.3%	0.3%	0.6%	0.2%	0.2%	0.2%	0.2%	0.3%	0.3%	0.1%
10th	0.4%	0.4%	0.0%	0.2%	0.4%	0.5%	0.4%	0.4%	0.3%	0.1%
12th	1.8%	0.6%	1.6%	0.0%	0.0%	0.7%	0.6%	0.6%	0.6%	0.3%
Lifetime* heroin use										
8th	0.0%	0.0%	0.2%	0.2%	0.4%	0.0%	0.1%	0.2%	0.2%	0.2%
10th	0.3%	0.0%	0.0%	1.5%	1.3%	0.3%	0.1%	0.2%	0.5%	0.3%
12th	0.8%	0.5%	0.5%	0.2%	0.0%	0.4%	0.3%	0.4%	0.9%	0.2%
Lifetime* inhalant use										
8th	4.9%	8.0%	5.7%	3.6%	4.4%	3.6%	4.4%	5.3%	4.4%	3.7%
10th	4.6%	2.2%	7.2%	1.6%	3.9%	3.3%	3.1%	4.2%	2.5%	2.4%
12th	4.7%	9.6%	1.9%	1.6%	3.4%	2.5%	3.7%	3.1%	2.9%	1.6%
Lifetime* cocaine use										
8th	0.2%	1.0%	0.2%	0.1%	0.3%	0.2%	0.3%	0.4%	0.2%	0.3%
10th	1.4%	0.7%	0.6%	0.8%	0.8%	1.0%	0.6%	0.8%	0.5%	0.2%
12th	4.1%	1.4%	1.6%	2.6%	0.8%	3.1%	1.9%	1.5%	1.4%	0.4%
Lifetime* Delta-8 THC use <i>(Question is only in 2025. Trend data are not available.)</i>										

Attitudes toward Substance Use

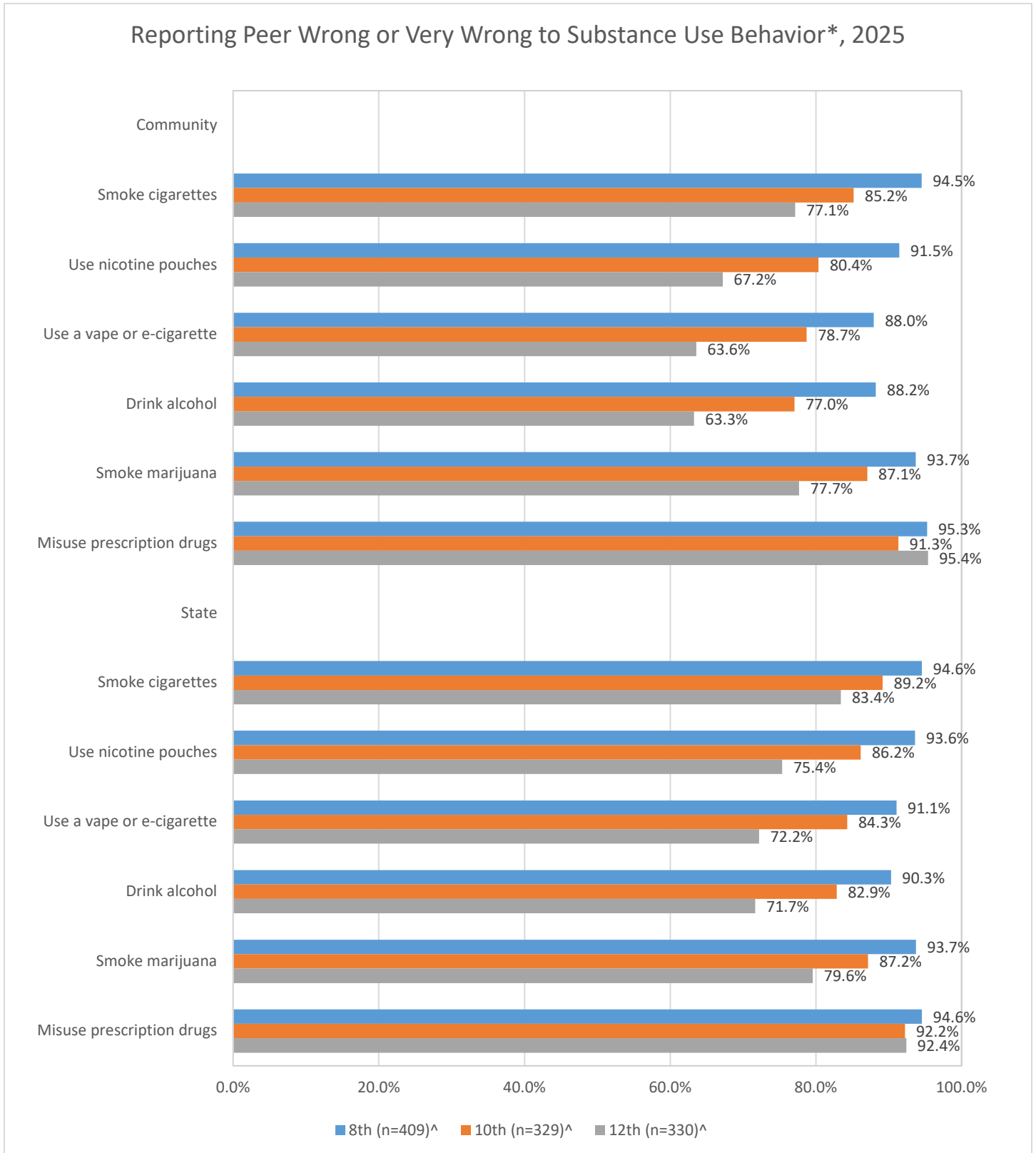


* Percentage who reported how wrong they think different substance behaviors are based on the following scale: Very wrong, Wrong, A little bit wrong, Not wrong at all.

^ 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

	Community					State				
	2016	2018	2021	2023	2025	2016	2018	2021	2023	2025
Smoke cigarettes										
8th	92.5%	92.0%	93.6%	96.0%	95.3%	94.4%	94.9%	94.3%	96.1%	96.9%
10th	84.3%	67.2%	91.0%	90.2%	94.4%	87.2%	89.0%	88.0%	92.8%	93.1%
12th	71.0%	67.3%	77.1%	84.6%	86.8%	73.4%	76.5%	81.2%	84.3%	88.7%
Use nicotine pouches <i>(Question is only in 2025. Trend is not available.)</i>										
Use a vape or e-cigarette <i>(Question was not available before 2023.)</i>										
8th				92.5%	93.0%				93.2%	95.0%
10th				84.2%	89.5%				86.8%	90.3%
12th				75.1%	78.9%				76.8%	85.3%
Drink alcohol										
8th	85.7%	80.5%	84.0%	86.0%	87.4%	87.8%	86.5%	86.2%	85.6%	91.1%
10th	73.2%	68.6%	73.1%	69.8%	78.6%	75.0%	75.6%	69.0%	76.6%	81.8%
12th	61.0%	58.0%	53.0%	57.0%	63.0%	60.2%	59.7%	55.1%	61.0%	69.9%
Smoke marijuana										
8th	89.8%	87.1%	91.2%	93.6%	95.6%	90.6%	91.6%	93.1%	94.6%	96.1%
10th	73.9%	74.3%	84.9%	85.2%	90.4%	74.0%	77.8%	75.6%	87.5%	91.0%
12th	62.4%	51.9%	69.7%	70.6%	84.6%	61.5%	65.9%	62.5%	73.0%	83.9%
Misuse prescription drugs										
8th	95.4%	95.3%	96.0%	95.1%	93.8%	95.2%	95.4%	94.3%	94.4%	95.7%
10th	91.1%	84.1%	93.0%	94.6%	96.1%	92.7%	93.7%	91.3%	93.1%	93.4%
12th	91.6%	87.2%	89.6%	91.7%	94.1%	89.8%	93.1%	91.0%	92.6%	94.2%



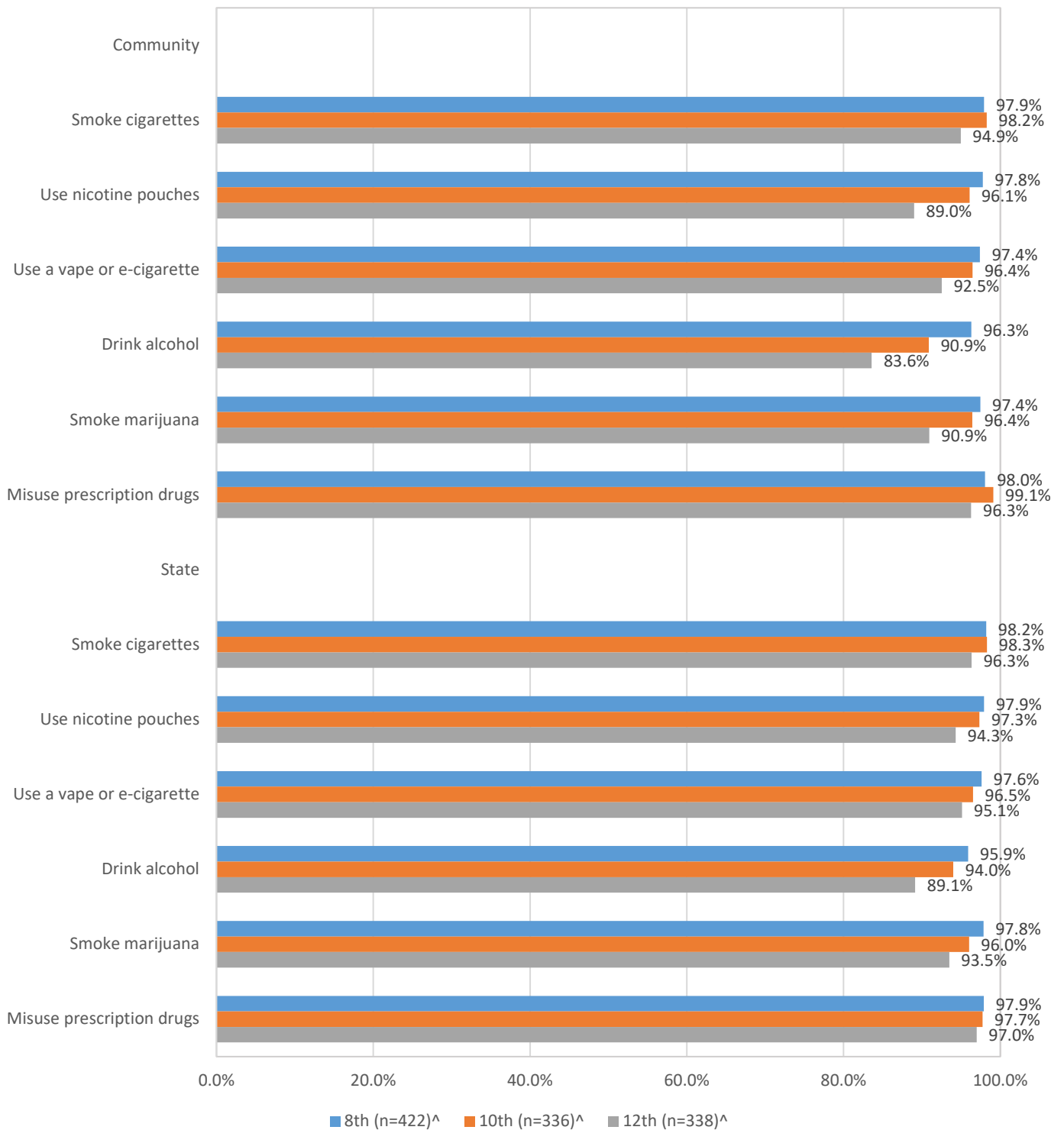
* Percentage who reported how wrong their friends would think different substance behaviors are based on the following scale: Very wrong, Wrong, A little bit wrong, Not wrong at all.

^ 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

	Community					State				
	2016	2018	2021	2023	2025	2016	2018	2021	2023	2025
Smoke cigarettes										
8th	87.9%	85.4%	89.7%	91.8%	94.5%	90.3%	90.6%	91.3%	93.8%	94.6%
10th	69.0%	61.3%	81.2%	74.4%	85.2%	77.6%	79.6%	81.9%	85.3%	89.2%
12th	51.9%	59.7%	63.7%	69.4%	77.1%	64.4%	69.3%	73.4%	76.1%	83.4%
Use nicotine pouches <i>(Question is only in 2025. Trend is not available.)</i>										
Use a vape or e-cigarette <i>(Question was not available before 2023.)</i>										
8th				84.3%	88.0%				87.4%	91.1%
10th				63.2%	78.7%				76.2%	84.3%
12th				53.3%	63.6%				61.8%	72.2%
Drink alcohol										
8th	85.0%	77.8%	82.7%	85.4%	88.2%	88.1%	85.6%	86.1%	87.8%	90.3%
10th	63.8%	47.8%	72.4%	65.3%	77.0%	71.2%	68.3%	68.8%	76.2%	82.9%
12th	47.7%	54.1%	53.4%	56.1%	63.3%	56.8%	59.3%	58.2%	64.1%	71.7%
Smoke marijuana <i>(Question was not available in 2023.)</i>										
8th	85.7%	80.8%	90.0%		93.7%	87.6%	87.4%	90.6%		93.7%
10th	63.4%	50.7%	80.8%		87.1%	66.1%	67.4%	71.8%		87.2%
12th	48.0%	49.5%	64.4%		77.7%	52.0%	55.2%	56.5%		79.6%
Misuse prescription drugs										
8th	93.8%	90.5%	93.7%	94.0%	95.3%	94.5%	93.6%	93.9%	94.4%	94.6%
10th	85.3%	76.8%	91.0%	83.3%	91.3%	86.8%	87.4%	89.2%	90.1%	92.2%
12th	77.1%	68.0%	91.5%	86.7%	95.4%	79.8%	84.6%	87.7%	87.9%	92.4%

Reporting Parent Wrong or Very Wrong to Substance Use Behavior*, 2025



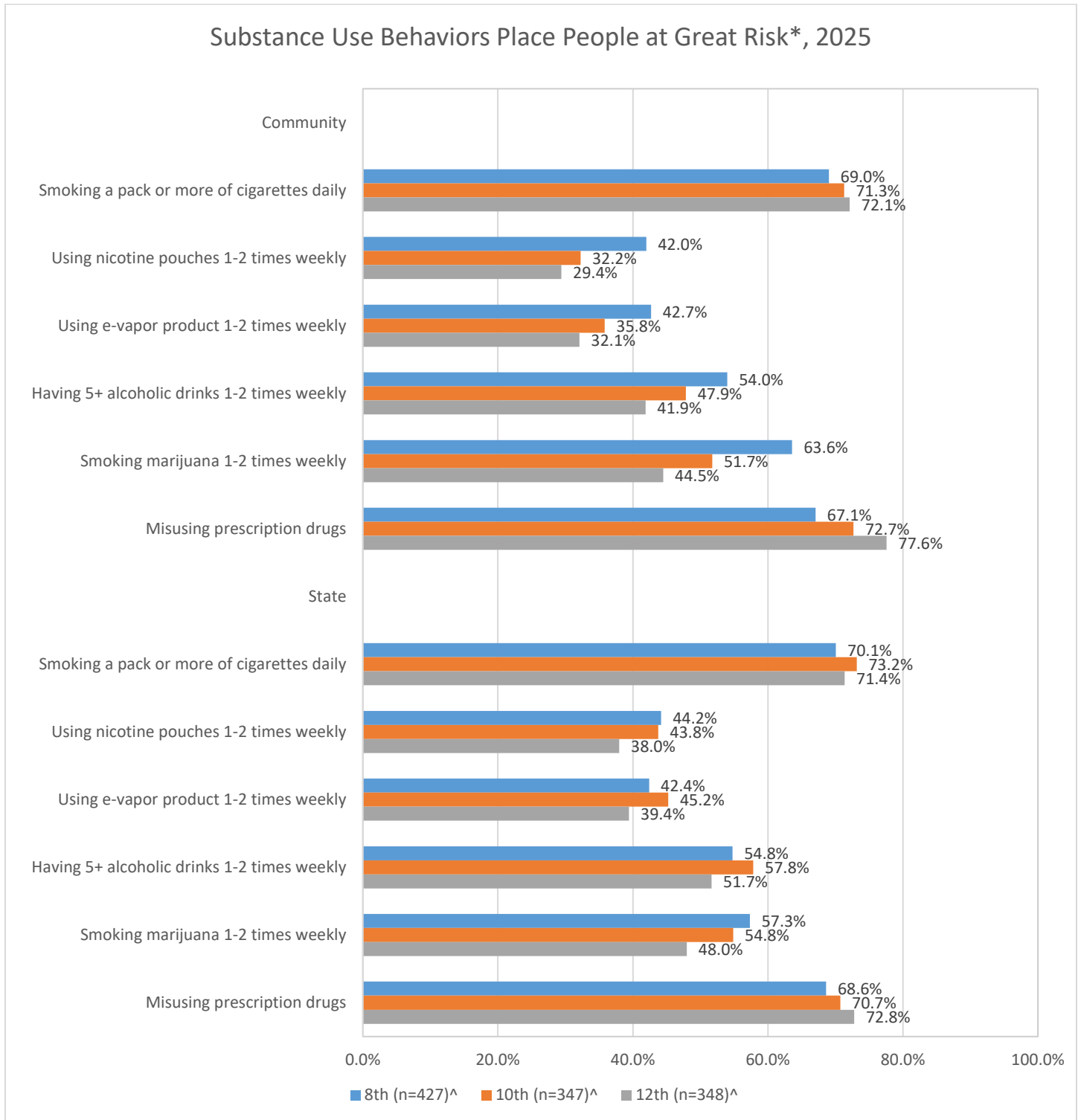
* Percentage who reported how wrong their parents would think different substance behaviors are based on the following scale: Very wrong, Wrong, A little bit wrong, Not wrong at all.

^ 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

	Community					State				
	2016	2018	2021	2023	2025	2016	2018	2021	2023	2025
Smoke cigarettes										
8th	97.2%	97.4%	98.0%	98.8%	97.9%	97.3%	98.1%	98.3%	98.5%	98.2%
10th	94.3%	96.9%	97.6%	97.0%	98.2%	96.0%	97.5%	96.6%	97.5%	98.3%
12th	88.4%	86.5%	95.7%	94.7%	94.9%	91.9%	93.8%	95.9%	95.2%	96.3%
Use nicotine pouches <i>(Question is only in 2025. Trend is not available.)</i>										
Use a vape or e-cigarette <i>(Question was not available before 2023.)</i>										
8th				96.3%	97.4%				97.0%	97.6%
10th				94.5%	96.4%				95.8%	96.5%
12th				91.0%	92.5%				92.7%	95.1%
Drink alcohol										
8th	94.6%	91.2%	95.7%	94.2%	96.3%	95.7%	95.0%	94.5%	94.7%	95.9%
10th	92.2%	91.6%	88.8%	88.9%	90.9%	93.9%	92.6%	89.7%	92.0%	94.0%
12th	85.6%	89.1%	79.8%	82.5%	83.6%	88.3%	87.4%	85.1%	86.6%	89.1%
Smoke marijuana										
8th	95.9%	94.4%	95.8%	97.3%	97.4%	95.8%	96.7%	97.1%	97.1%	97.8%
10th	89.7%	88.2%	93.8%	91.9%	96.4%	91.5%	92.6%	91.1%	94.9%	96.0%
12th	86.8%	85.4%	90.6%	88.0%	90.9%	87.5%	87.6%	87.2%	90.6%	93.5%
Misuse prescription drugs										
8th	98.2%	98.9%	98.2%	97.6%	98.0%	98.1%	98.3%	97.8%	97.7%	97.9%
10th	97.1%	97.8%	97.3%	96.2%	99.1%	97.8%	98.0%	97.4%	97.9%	97.7%
12th	95.7%	97.8%	98.5%	98.5%	96.3%	96.8%	97.8%	97.3%	97.5%	97.0%

Perceptions of Substance Use



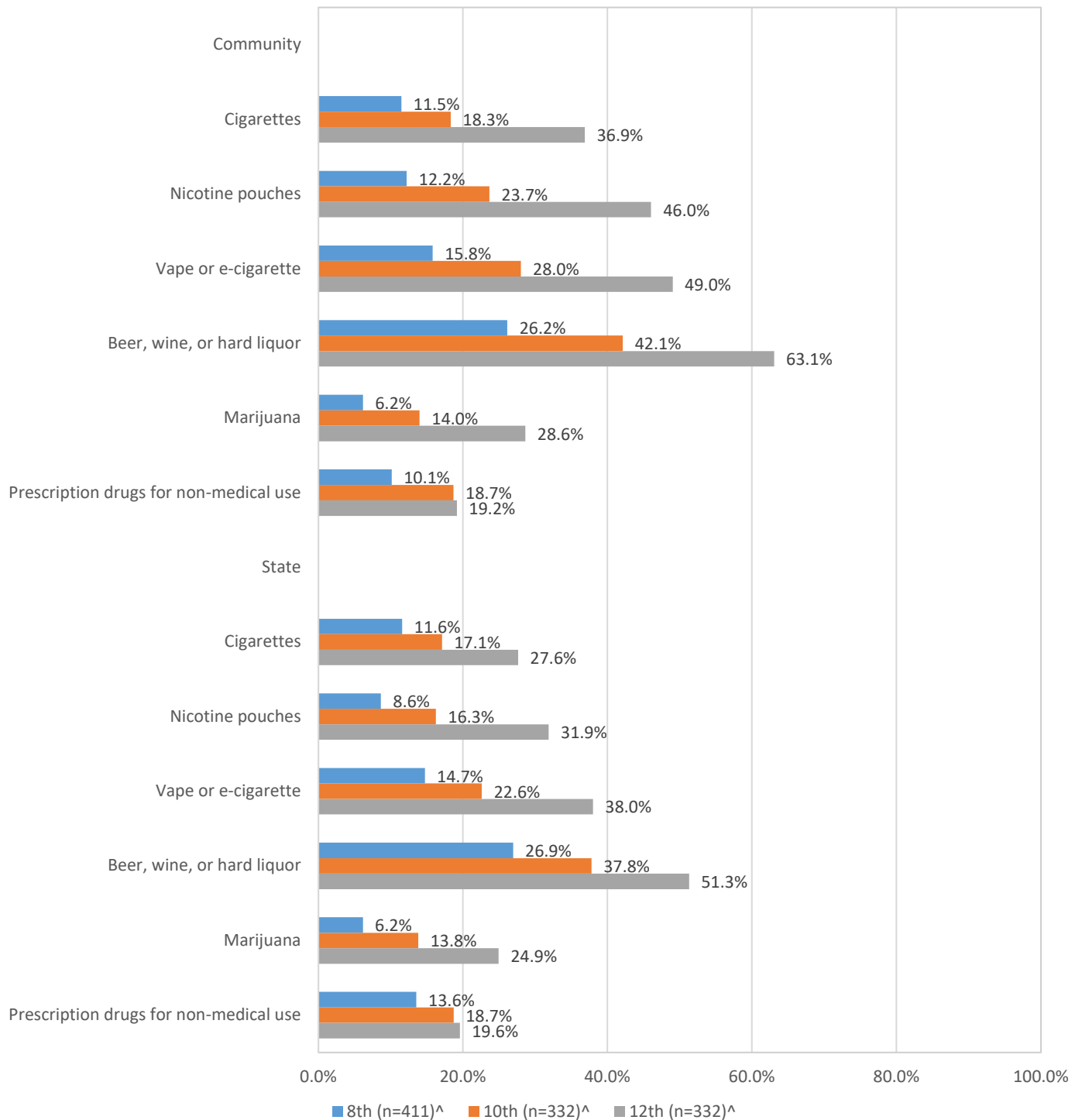
* Percentage who reported great risk associated with each substance behaviors based on the following scale: No risk, Slight risk, Moderate risk, Great risk. Based on the question "How much do you think people risk harming themselves (physically or in other ways) if they: <insert substance use behavior>."

^ 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

	Community					State				
	2016	2018	2021	2023	2025	2016	2018	2021	2023	2025
Smoking a pack or more of cigarettes daily										
8th	65.8%	61.9%	61.2%	53.9%	69.0%	68.0%	63.8%	58.9%	59.2%	70.1%
10th	64.5%	65.1%	60.0%	59.9%	71.3%	68.1%	67.2%	59.1%	57.8%	73.2%
12th	67.4%	66.6%	62.1%	53.6%	72.1%	70.4%	66.9%	58.8%	57.3%	71.4%
Use nicotine pouches <i>(Question is only in 2025. Trend is not available.)</i>										
Using e-vapor product 1-2 times weekly <i>(Question was not available before 2021.)</i>										
8th			30.5%	32.5%	42.7%			32.0%	34.4%	42.4%
10th			31.6%	26.6%	35.8%			29.1%	32.9%	45.2%
12th			33.5%	25.2%	32.1%			25.9%	29.8%	39.4%
Having 5+ alcoholic drinks 1-2 times weekly										
8th	53.9%	38.2%	34.4%	37.5%	54.0%	57.8%	43.8%	38.7%	41.1%	54.8%
10th	52.2%	43.2%	33.0%	32.6%	47.9%	56.1%	42.8%	33.9%	40.0%	57.8%
12th	49.5%	35.4%	33.9%	29.9%	41.9%	51.0%	39.3%	30.9%	34.0%	51.7%
Smoking marijuana 1-2 times weekly										
8th	52.1%	43.0%	44.8%	46.7%	63.6%	51.2%	47.8%	46.9%	51.8%	57.3%
10th	30.0%	35.6%	39.8%	36.6%	51.7%	35.3%	34.2%	31.7%	39.1%	54.8%
12th	23.8%	16.3%	32.8%	24.5%	44.5%	24.2%	26.8%	22.4%	30.4%	48.0%
Misusing prescription drugs										
8th	60.0%	63.1%	60.8%	58.9%	67.1%	59.6%	62.0%	55.9%	59.8%	68.6%
10th	58.4%	61.2%	60.1%	61.3%	72.7%	57.7%	62.7%	59.3%	58.9%	70.7%
12th	60.0%	69.9%	70.7%	66.8%	77.6%	56.5%	67.3%	60.1%	62.8%	72.8%

Substances are Sort of Easy or Very Easy to Obtain*, 2025



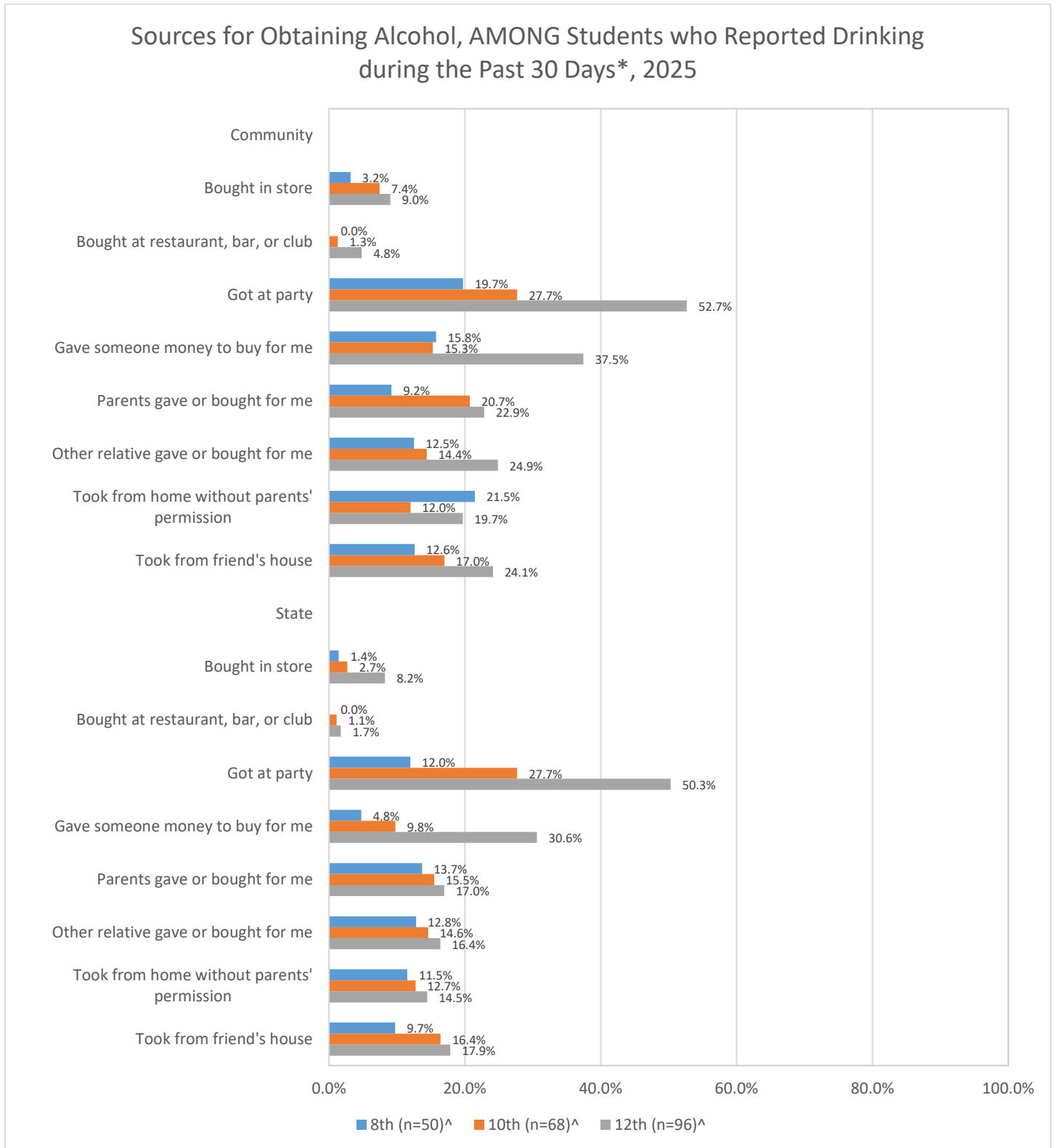
* Percentage who reported it is sort of or very easy to obtain each substance based on the following scale: Very hard, Sort of hard, Sort of easy, Very easy. Based on the question "If you wanted to, how easy would it be for you to get: <insert substance use behavior>."

^ 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

	Community					State				
	2016	2018	2021	2023	2025	2016	2018	2021	2023	2025
Cigarettes <i>(Question was not in 2018 and 2021 survey.)</i>										
8th	27.2%			17.3%	11.5%	21.2%			15.7%	11.6%
10th	45.8%			27.1%	18.3%	38.9%			23.7%	17.1%
12th	69.7%			33.6%	36.9%	59.7%			34.2%	27.6%
Use nicotine pouches <i>(Question is only in 2025. Trend is not available.)</i>										
Use a vape or e-cigarette <i>(Question was not available before 2023.)</i>										
8th				23.0%	15.8%				19.8%	14.7%
10th				40.2%	28.0%				34.7%	22.6%
12th				51.8%	49.0%				49.7%	38.0%
Beer, wine, or hard liquor										
8th	34.5%	40.3%	35.1%	30.5%	26.2%	31.0%	33.6%	30.9%	31.1%	26.9%
10th	54.5%	61.8%	42.3%	47.8%	42.1%	52.3%	52.8%	47.3%	43.6%	37.8%
12th	70.7%	65.5%	52.8%	62.1%	63.1%	63.2%	65.5%	56.4%	59.0%	51.3%
Marijuana										
8th	15.2%	18.0%	11.0%	11.1%	6.2%	13.4%	13.3%	9.3%	8.4%	6.2%
10th	40.3%	45.7%	18.8%	28.7%	14.0%	36.5%	36.3%	27.6%	23.1%	13.8%
12th	54.8%	60.0%	29.9%	41.0%	28.6%	50.4%	48.5%	38.3%	37.2%	24.9%
Prescription drugs for non-medical use										
8th	19.6%	24.8%	18.3%	13.2%	10.1%	17.8%	20.5%	17.2%	15.9%	13.6%
10th	27.7%	25.7%	15.6%	24.3%	18.7%	26.3%	27.2%	20.8%	19.4%	18.7%
12th	38.3%	46.0%	17.6%	17.8%	19.2%	32.2%	34.7%	21.4%	20.5%	19.6%

Sources of Substances



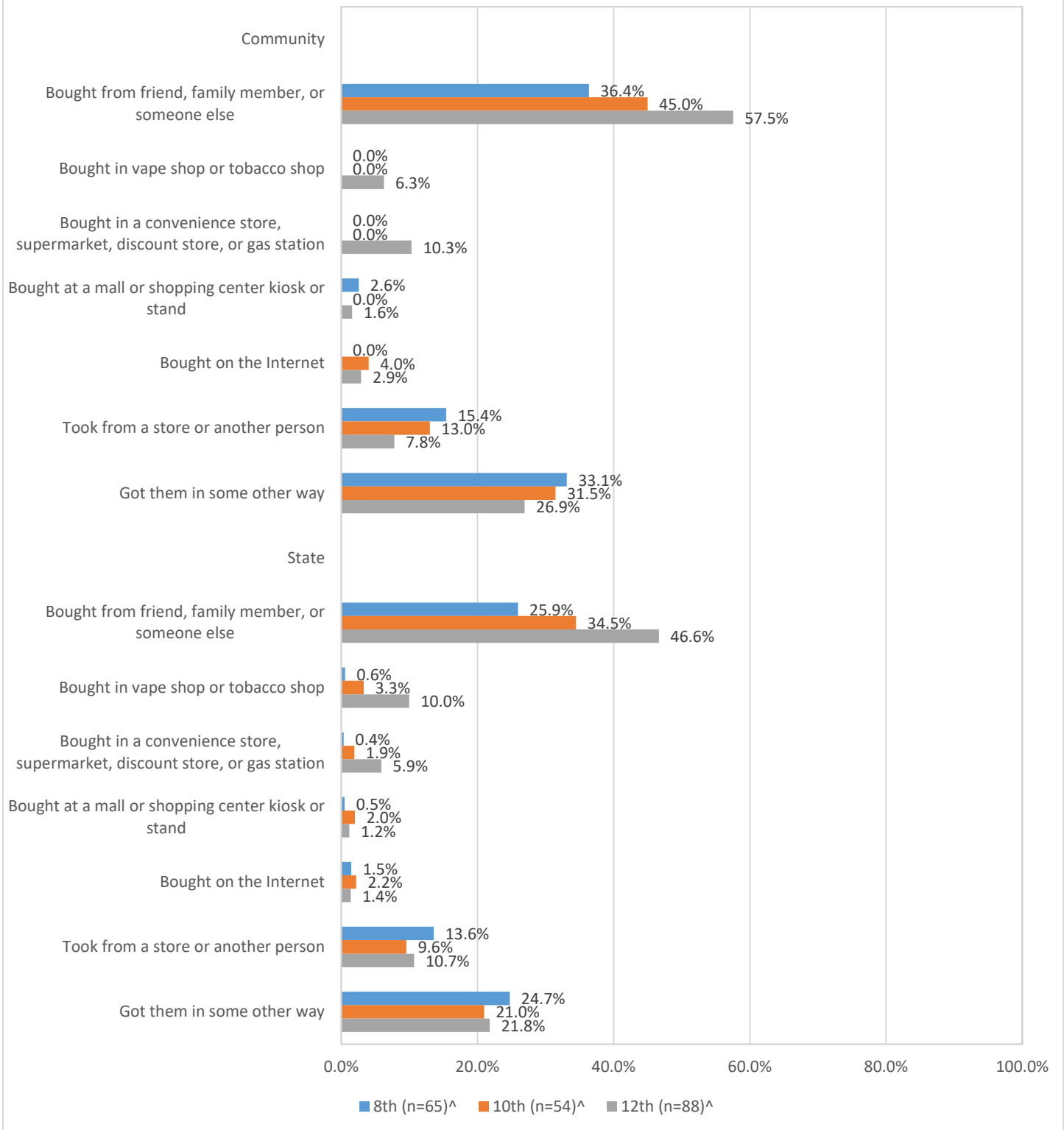
* Among past 30-day alcohol users, the percentage who reported obtaining alcohol in each manner during the past 30 days.

^ 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

	Community					State				
	2016	2018	2021	2023	2025	2016	2018	2021	2023	2025
Bought in store										
8th	0.4%	0.6%	1.2%	0.4%	3.2%	1.0%	0.9%	0.8%	0.8%	1.4%
10th	4.9%	1.3%	2.0%	6.3%	7.4%	3.3%	1.8%	2.4%	4.3%	2.7%
12th	6.5%	4.1%	5.5%	8.9%	9.0%	5.3%	5.3%	9.7%	7.9%	8.2%
Bought at restaurant, bar, or club (Only in 2025. Trend is not available.)										
Got at party										
8th	15.6%	19.8%	18.8%	22.4%	19.7%	19.1%	22.8%	18.0%	20.4%	12.0%
10th	44.2%	37.3%	26.0%	52.8%	27.7%	47.0%	43.3%	37.1%	36.4%	27.7%
12th	55.3%	62.7%	53.5%	29.0%	52.7%	58.8%	54.8%	49.7%	47.5%	50.3%
Gave someone money to buy for me										
8th	2.6%	4.7%	6.7%	4.4%	15.8%	5.2%	5.7%	5.6%	4.6%	4.8%
10th	20.9%	10.2%	5.1%	34.3%	15.3%	20.5%	18.8%	16.8%	15.7%	9.8%
12th	38.1%	23.3%	32.0%	24.0%	37.5%	37.3%	33.7%	30.9%	31.2%	30.6%
Parents gave or bought for me										
8th	12.8%	12.7%	28.6%	23.7%	9.2%	12.2%	11.9%	15.9%	17.8%	13.7%
10th	16.5%	8.1%	14.4%	27.5%	20.7%	15.6%	12.6%	17.7%	19.2%	15.5%
12th	18.7%	10.0%	20.1%	32.3%	22.9%	12.3%	14.2%	18.4%	17.0%	17.0%
Other relative gave or bought for me										
8th	7.3%	16.6%	24.2%	26.1%	12.5%	9.5%	13.0%	13.9%	17.5%	12.8%
10th	13.5%	6.5%	21.2%	26.5%	14.4%	14.1%	12.5%	18.7%	18.5%	14.6%
12th	19.0%	12.3%	18.3%	20.7%	24.9%	14.9%	14.8%	16.9%	17.2%	16.4%
Took from home without parents' permission										
8th	20.2%	29.2%	32.1%	17.8%	21.5%	23.2%	26.4%	22.8%	17.3%	11.5%
10th	23.7%	10.4%	13.8%	22.7%	12.0%	28.7%	23.4%	22.7%	18.1%	12.7%
12th	18.9%	11.7%	11.2%	16.4%	19.7%	17.3%	15.4%	16.1%	17.8%	14.5%
Took from friend's house										
8th	23.8%	21.0%	20.3%	10.3%	12.6%	19.4%	20.1%	17.8%	11.5%	9.7%
10th	29.3%	32.9%	14.6%	36.1%	17.0%	31.9%	25.0%	20.6%	24.8%	16.4%
12th	29.2%	20.6%	21.6%	21.7%	24.1%	26.3%	23.2%	22.1%	19.7%	17.9%

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.

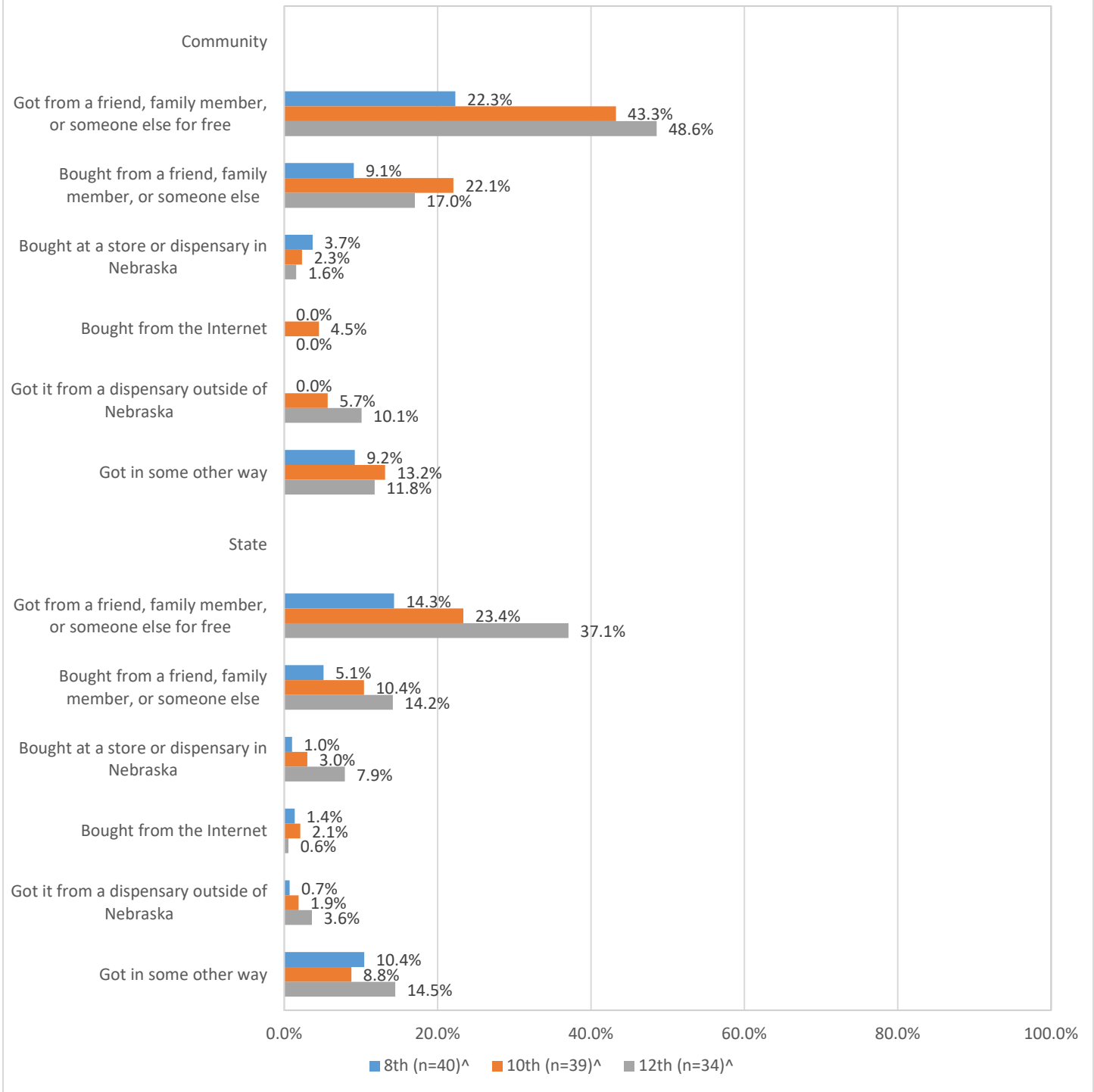
^ The n-size displayed is the largest n-size across these questions. Because each question is asked individually, the n size may vary.

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

	Community					State				
	2016	2018	2021	2023	2025	2016	2018	2021	2023	2025
Bought from friend, family member, or someone else										
8th				34.3%	36.4%				29.2%	25.9%
10th				56.7%	45.0%				42.7%	34.5%
12th				53.8%	57.5%				41.4%	46.6%
Bought in vape shop or tobacco shop										
8th				0.0%	0.0%				0.8%	0.6%
10th				6.3%	0.0%				7.2%	3.3%
12th				2.1%	6.3%				16.7%	10.0%
Bought in a convenience store, supermarket, discount store, or gas station										
8th				1.2%	0.0%				1.2%	0.4%
10th				1.3%	0.0%				2.7%	1.9%
12th				4.0%	10.3%				5.4%	5.9%
Bought at a mall or shopping center kiosk or stand										
8th				1.5%	2.6%				0.7%	0.5%
10th				0.0%	0.0%				1.4%	2.0%
12th				1.2%	1.6%				1.4%	1.2%
Bought on the Internet										
8th				1.5%	0.0%				2.0%	1.5%
10th				7.9%	4.0%				5.4%	2.2%
12th				6.8%	2.9%				4.3%	1.4%
Took from a store or another person										
8th				15.6%	15.4%				12.3%	13.6%
10th				9.5%	13.0%				11.2%	9.6%
12th				15.3%	7.8%				7.6%	10.7%
Got them in some other way										
8th				25.9%	33.1%				22.4%	24.7%
10th				23.9%	31.5%				22.6%	21.0%
12th				26.5%	26.9%				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

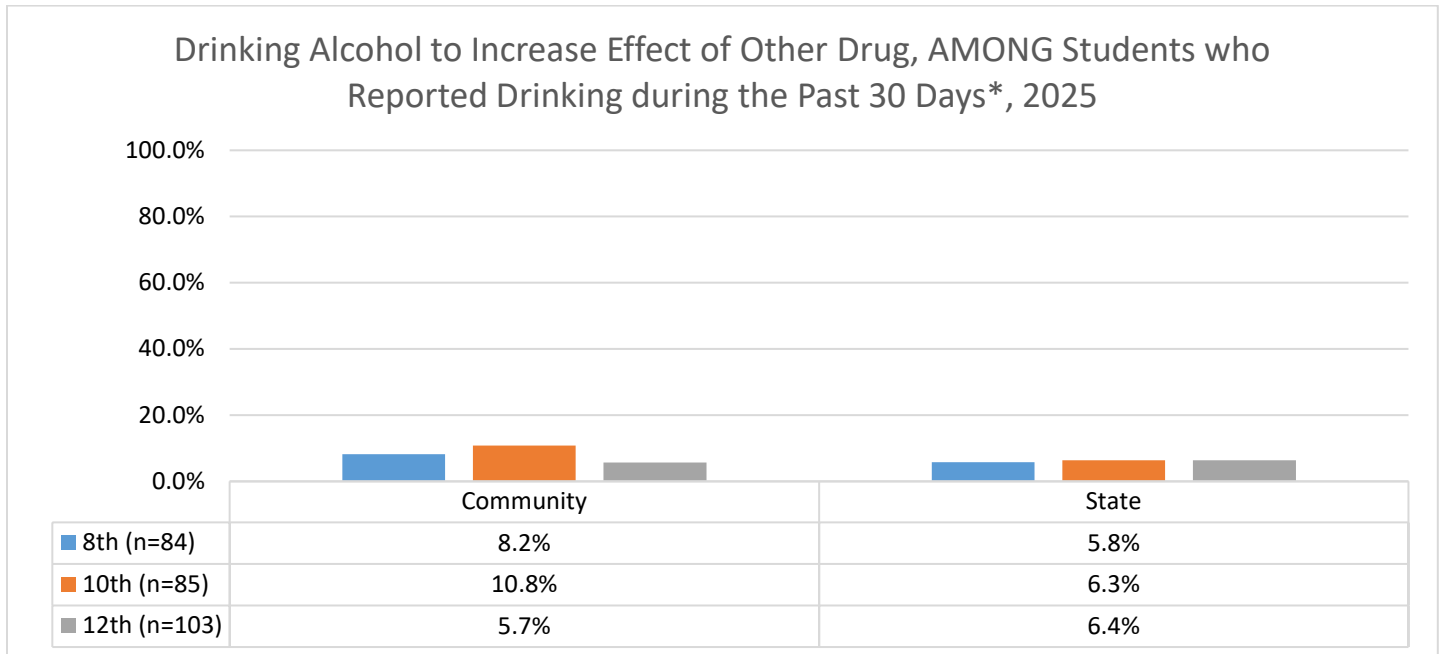


* Among past 30-day marijuana users, the percentage who reported obtaining marijuana in each manner during the past 30 days.

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

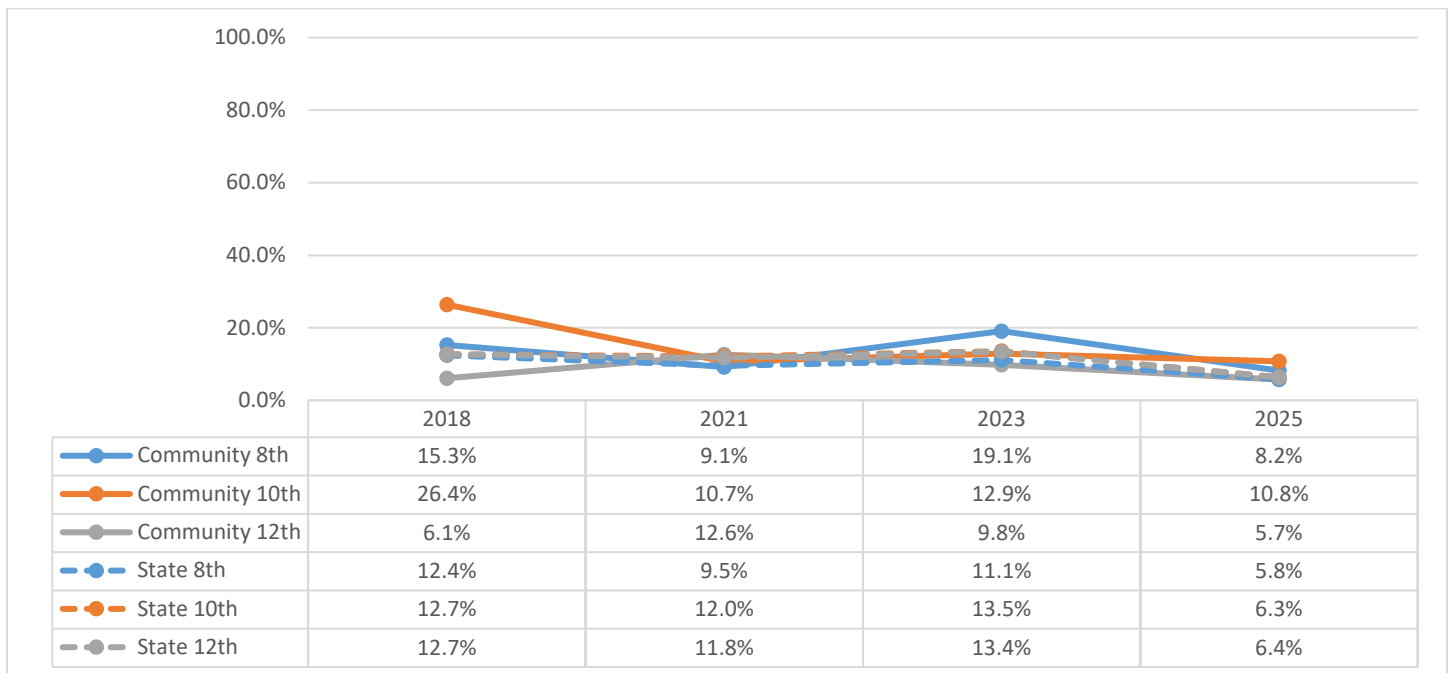
Trend data are not available about sources for obtaining marijuana.

Other Substance-Related Topics



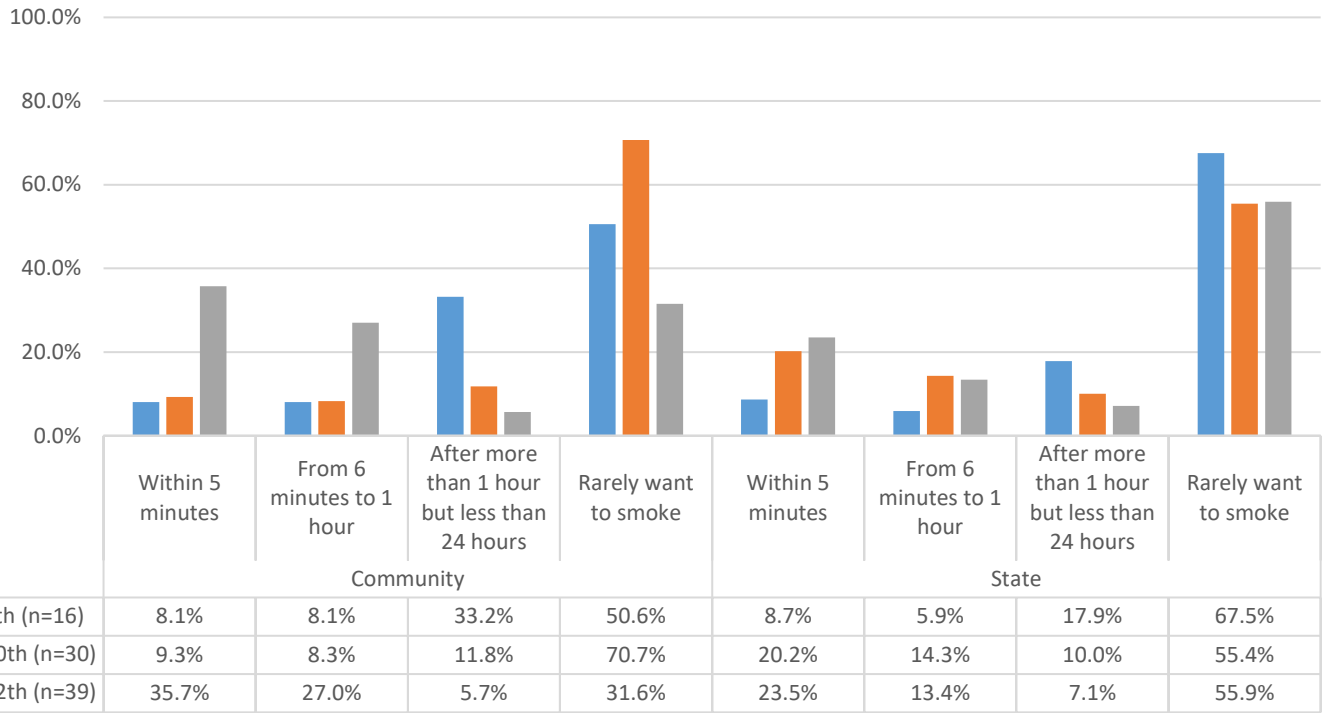
* Among past 30-day alcohol users, the percentage who reported drinking alcohol one or more times to increase the effect of some of other drug or drugs during the past 30 days.

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



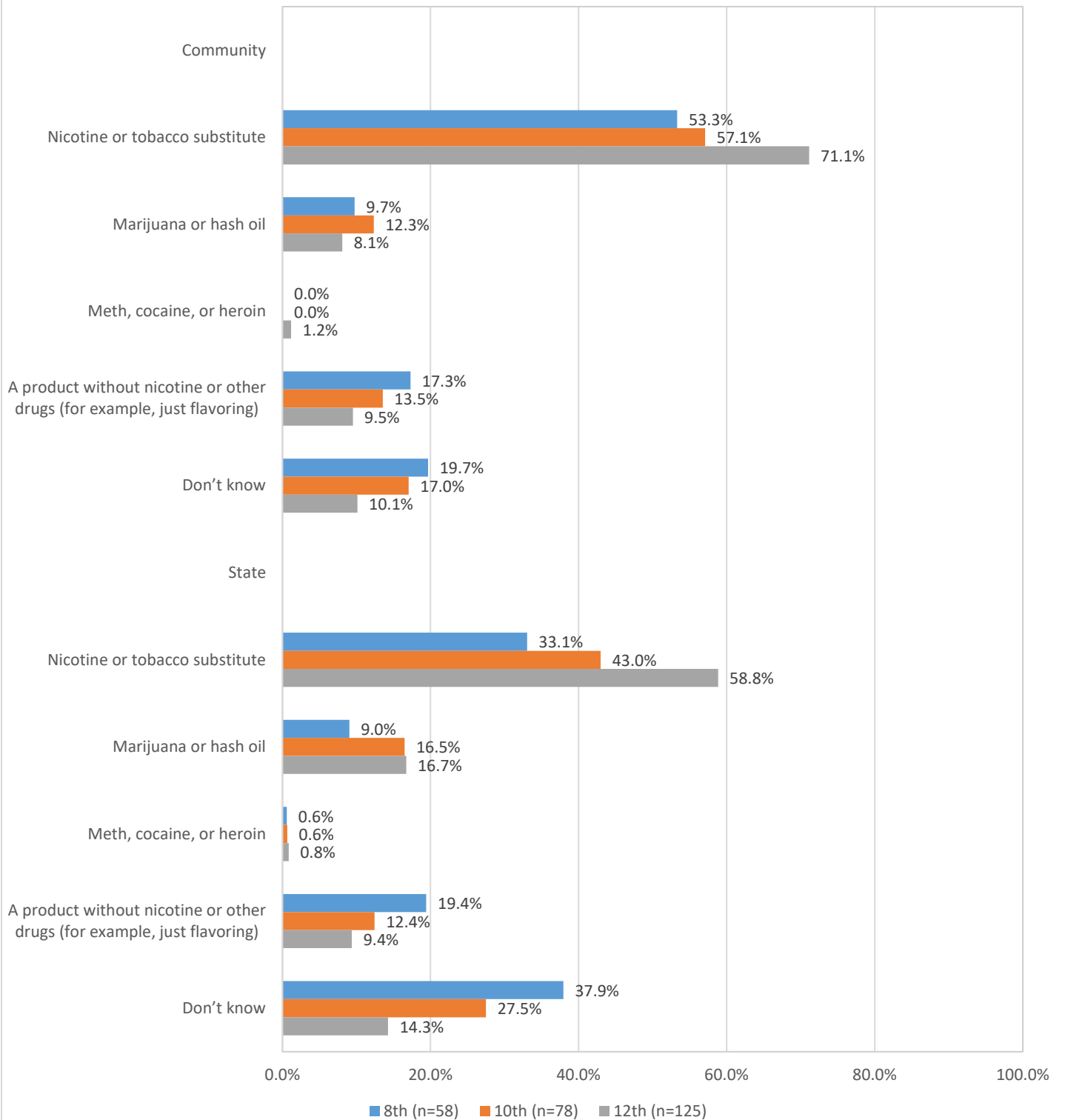
* Responses of students who reported smoking to the question "How soon after you wake up do you want to use a tobacco product?"

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

		Community					State				
		2016	2018	2021	2023	2025	2016	2018	2021	2023	2025
8th	within 5 minutes				12.3%	8.1%				11.8%	8.7%
	From 6 minutes to 1 hour				7.9%	8.1%				6.7%	5.9%
	after more than 1 hour but less than 24 hours				0.0%	33.2%				6.9%	17.9%
	rarely want to smoke				79.8%	50.6%				74.6%	67.5%
10th	within 5 minutes				28.2%	9.3%				31.7%	20.2%
	From 6 minutes to 1 hour				7.5%	8.3%				7.0%	14.3%
	after more than 1 hour but less than 24 hours				4.9%	11.8%				7.8%	10.0%
	rarely want to smoke				59.4%	70.7%				53.6%	55.4%
12th	within 5 minutes				36.9%	35.7%				43.2%	23.5%
	From 6 minutes to 1 hour				11.7%	27.0%				10.0%	13.4%
	after more than 1 hour but less than 24 hours				12.9%	5.7%				10.5%	7.1%
	rarely want to smoke				38.5%	31.6%				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



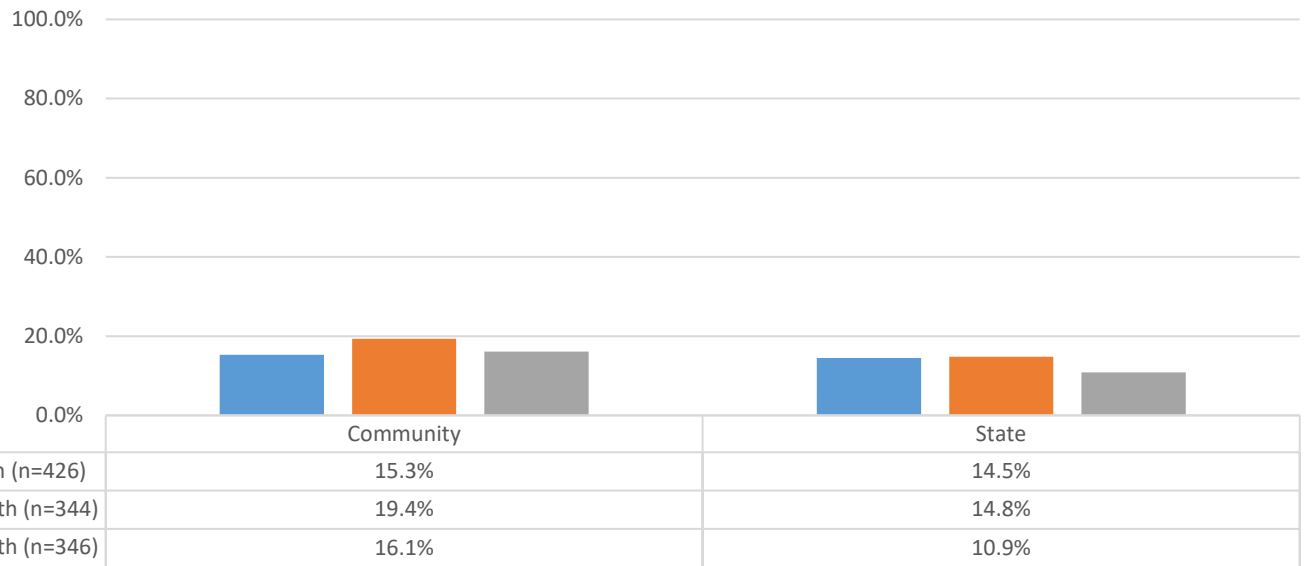
* Responses of students who reported using inhalant to the question "The last time you used a vape or e-cigarette, what was in the vapor you inhaled?"

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

		Community					State				
		2016	2018	2021	2023	2025	2016	2018	2021	2023	2025
8th	Nicotine or tobacco substitute		38.2%	49.0%	49.3%	53.3%		30.9%	47.3%	42.0%	33.1%
	Marijuana or hash oil		2.9%	4.7%	10.0%	9.7%		3.1%	4.8%	9.3%	9.0%
	Meth, cocaine, or heroin		0.0%	0.0%	0.0%	0.0%		0.3%	0.5%	0.4%	0.6%
	A product without nicotine or other drugs (for example, just flavoring)		36.2%	25.8%	15.4%	17.3%		37.9%	24.8%	20.3%	19.4%
	Don't know		22.6%	20.5%	25.2%	19.7%		27.7%	22.7%	28.0%	37.9%
10th	Nicotine or tobacco substitute		59.1%	65.8%	64.9%	57.1%		54.0%	54.9%	51.3%	43.0%
	Marijuana or hash oil		2.8%	4.5%	13.2%	12.3%		3.0%	12.6%	12.9%	16.5%
	Meth, cocaine, or heroin		0.2%	0.0%	1.3%	0.0%		0.3%	0.4%	0.9%	0.6%
	A product without nicotine or other drugs (for example, just flavoring)		31.4%	18.0%	6.5%	13.5%		27.0%	15.2%	12.6%	12.4%
	Don't know		6.5%	11.8%	14.2%	17.0%		15.7%	16.9%	22.3%	27.5%
12th	Nicotine or tobacco substitute		75.7%	70.2%	65.7%	71.1%		69.0%	62.9%	57.7%	58.8%
	Marijuana or hash oil		1.6%	3.1%	10.0%	8.1%		3.6%	11.1%	17.4%	16.7%
	Meth, cocaine, or heroin		0.0%	0.0%	0.0%	1.2%		0.2%	0.3%	1.4%	0.8%
	A product without nicotine or other drugs (for example, just flavoring)		17.8%	16.1%	14.7%	9.5%		19.8%	13.1%	10.2%	9.4%
	Don't know		5.0%	10.6%	9.6%	10.1%		7.4%	12.6%	13.3%	14.3%

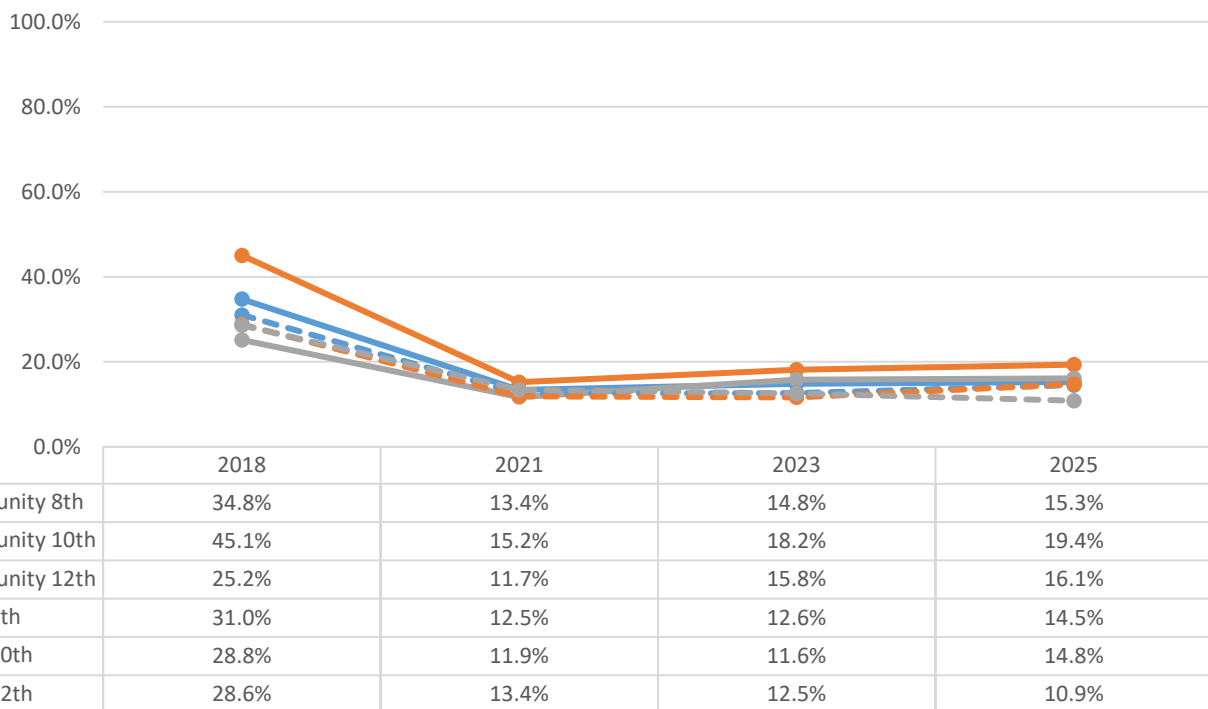
* Question was not available before 2018.

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



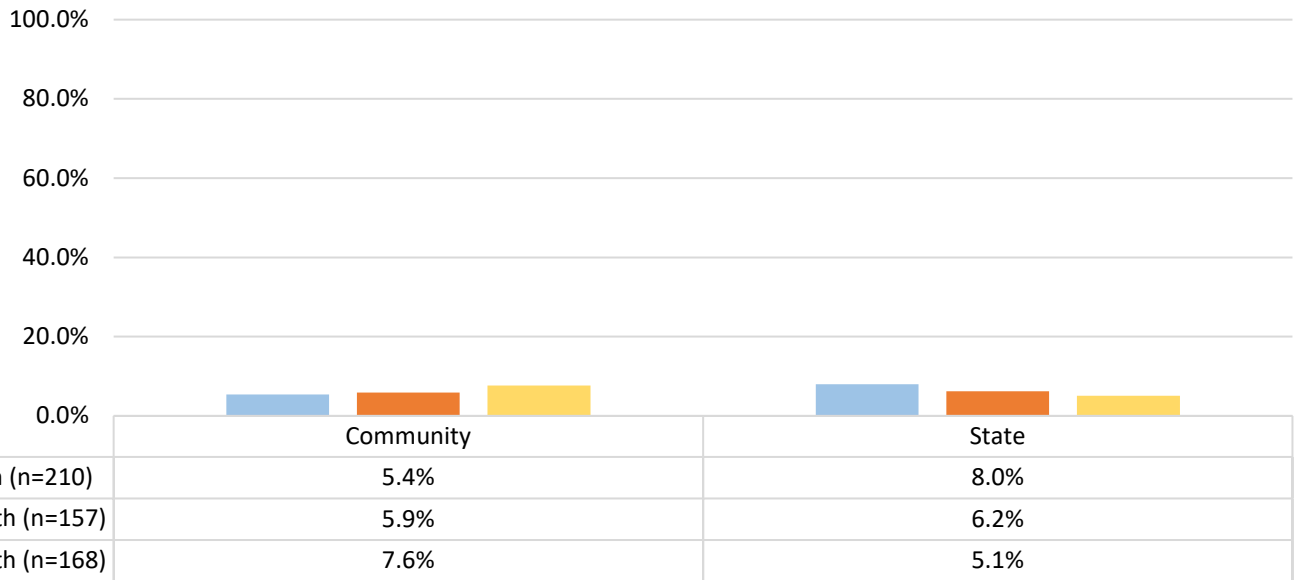
* Percentage who reported "Yes" to the question "During the past 12 months, did you use pain medications that a doctor prescribed for you?"

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



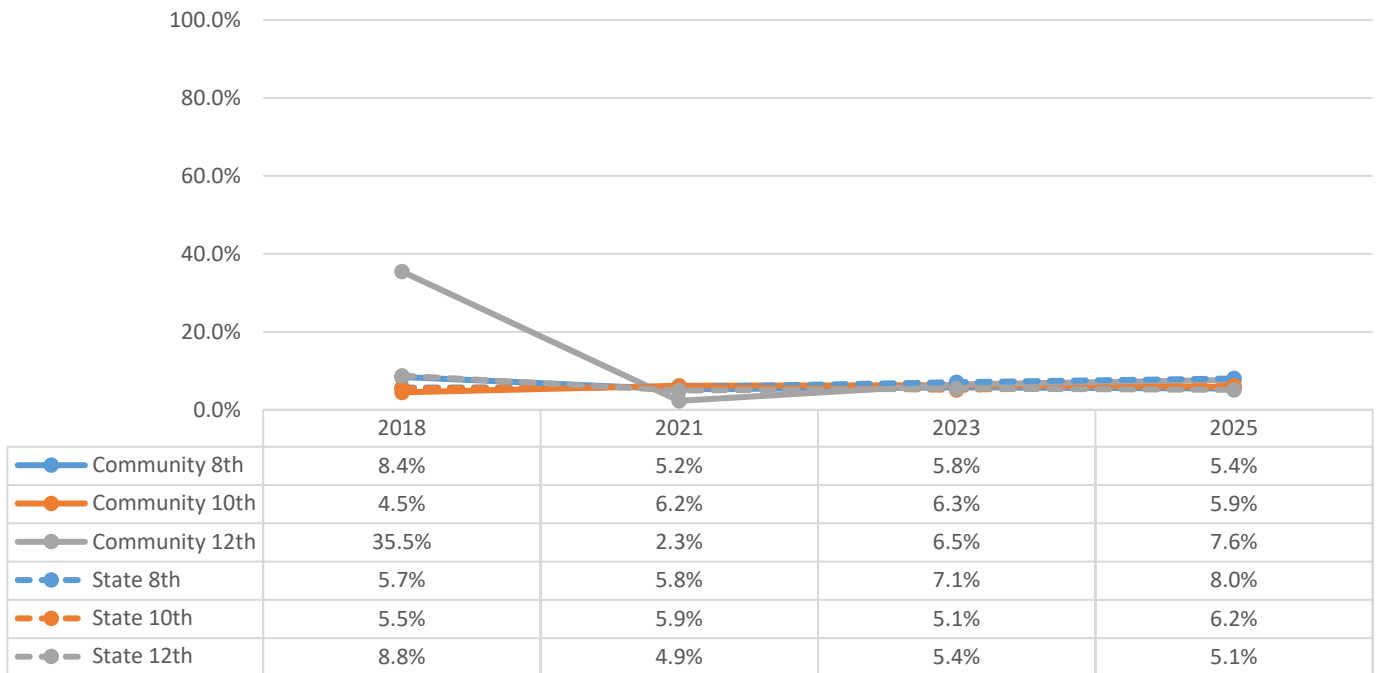
* Question was not available before 2018.

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

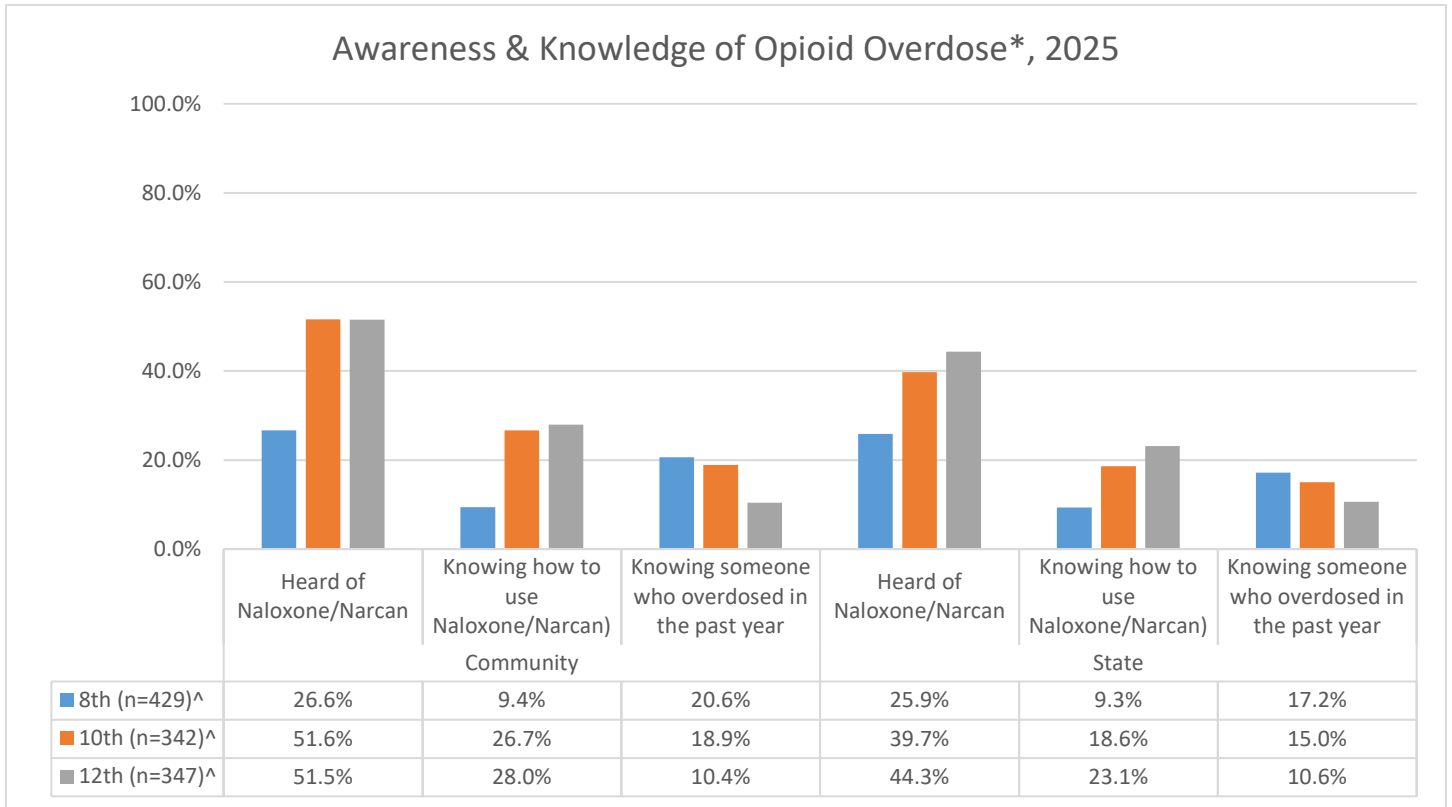


* Percentage who reported "Yes" to the question "The last time a doctor prescribed a pain medication for you, did you use any of the pain medication more frequently or in higher doses than directed by a doctor?" AMONG students who used prescribed pain medication.

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.

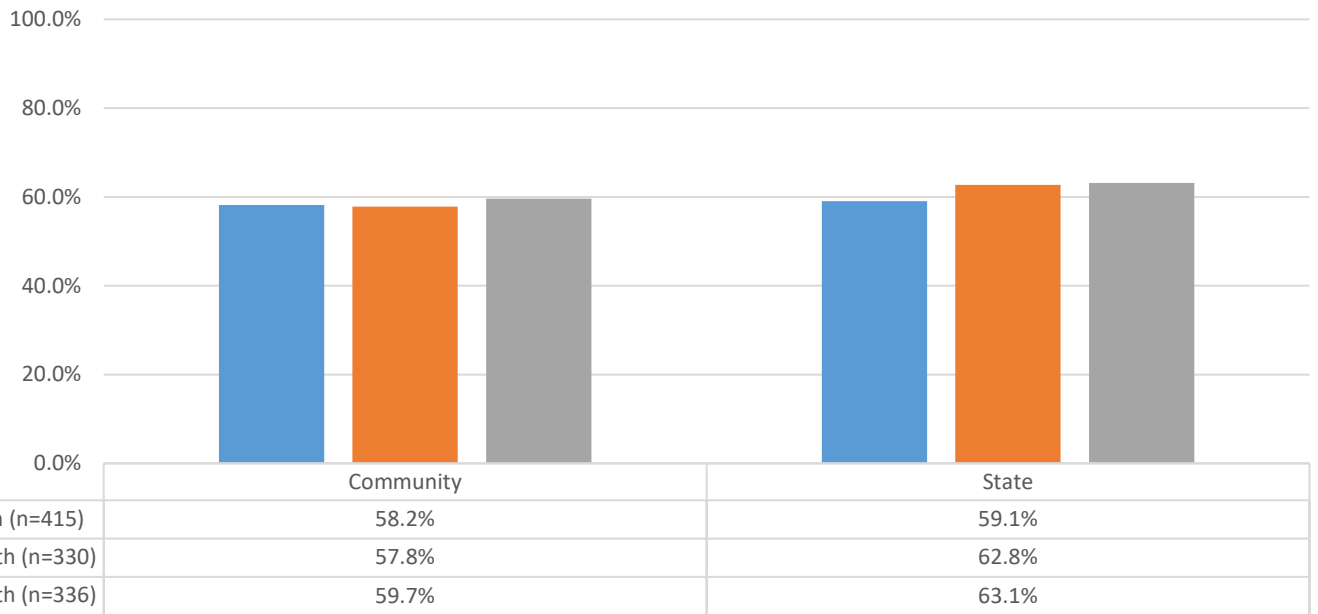
^ The n-size displayed is the largest n-size across these questions. Because each question is asked individually, the n-size may vary.

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

	Community					State				
	2016	2018	2021	2023	2025	2016	2018	2021	2023	2025
Heard of Naloxone/Narcan										
8th				22.5%	26.6%				21.4%	25.9%
10th				41.4%	51.6%				26.4%	39.7%
12th				52.3%	51.5%				35.5%	44.3%
Knowing how to use Naloxone/Narcan)										
8th				7.8%	9.4%				6.2%	9.3%
10th				16.0%	26.7%				9.8%	18.6%
12th				19.4%	28.0%				14.1%	23.1%
Knowing someone who overdosed in the past year										
8th				25.6%	20.6%				19.9%	17.2%
10th				28.1%	18.9%				19.6%	15.0%
12th				20.7%	10.4%				15.2%	10.6%

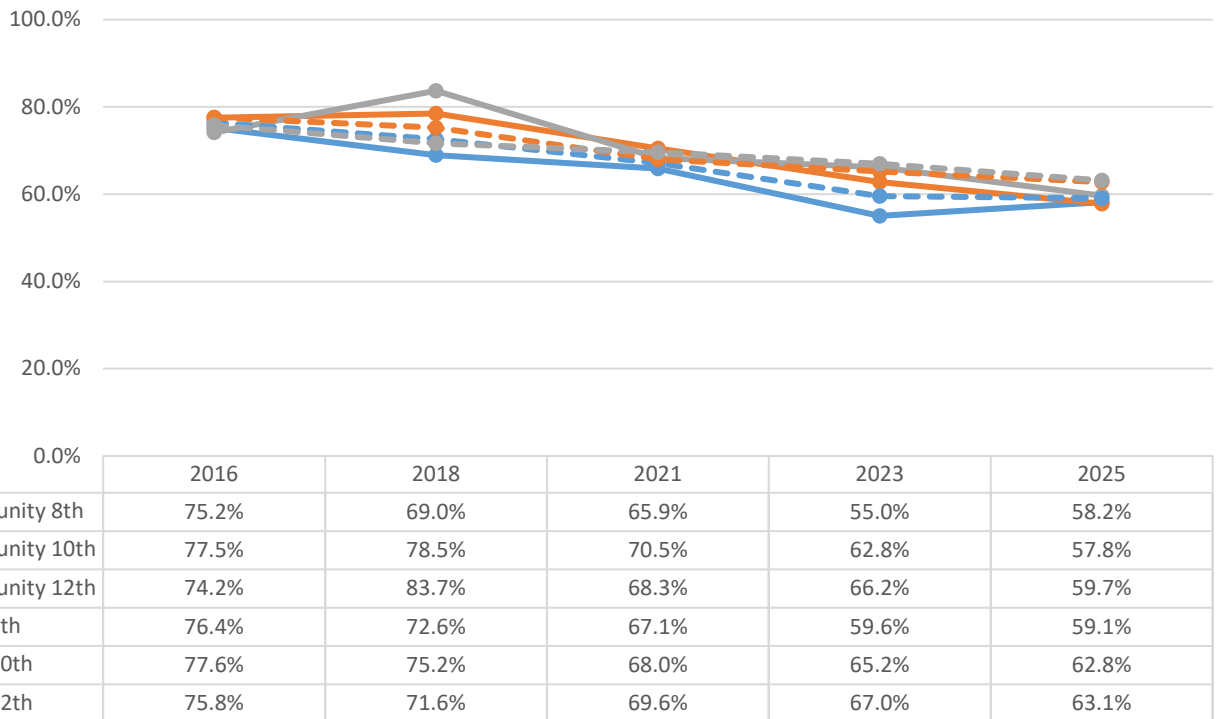
* Questions were not available before 2023.

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



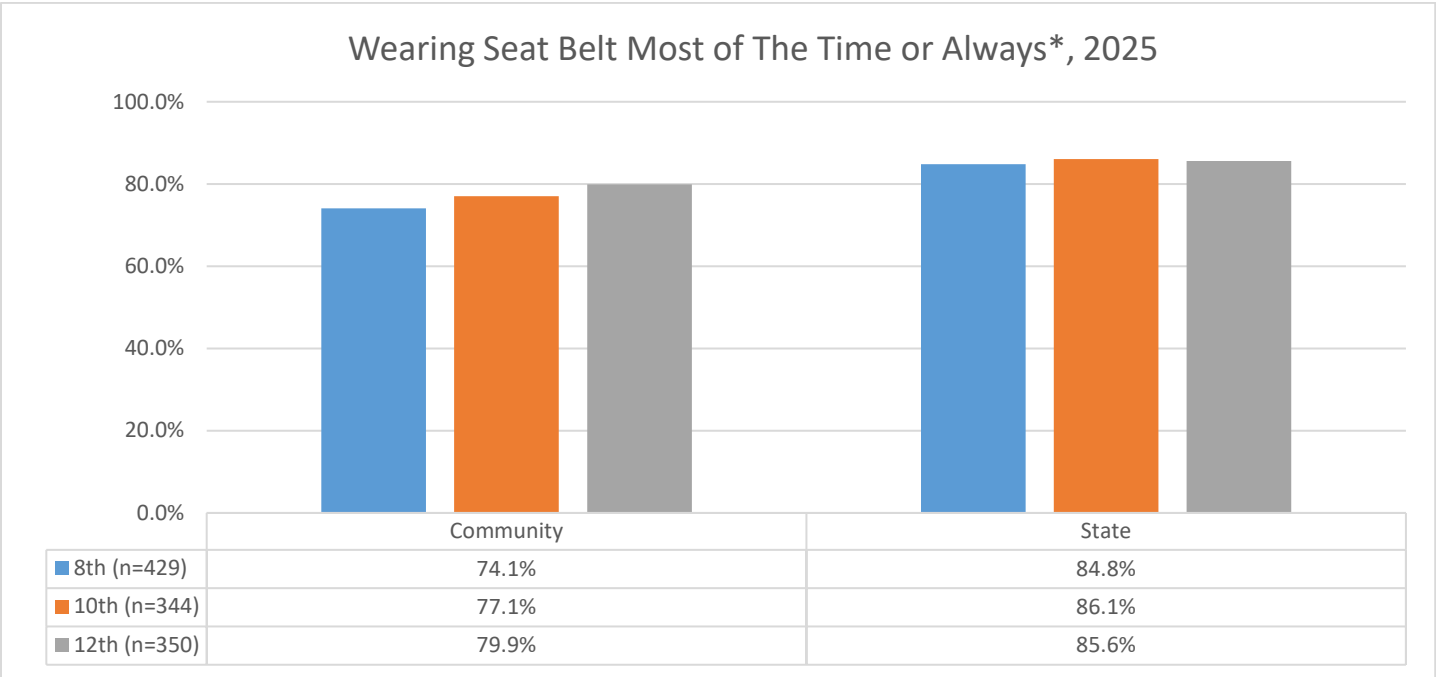
* Percentage who reported "Yes" to the question "In the past 12 months, have you seen or heard any anti-alcohol or anti-drug messages on TV, the internet, the radio, or in newspapers or magazines?"

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



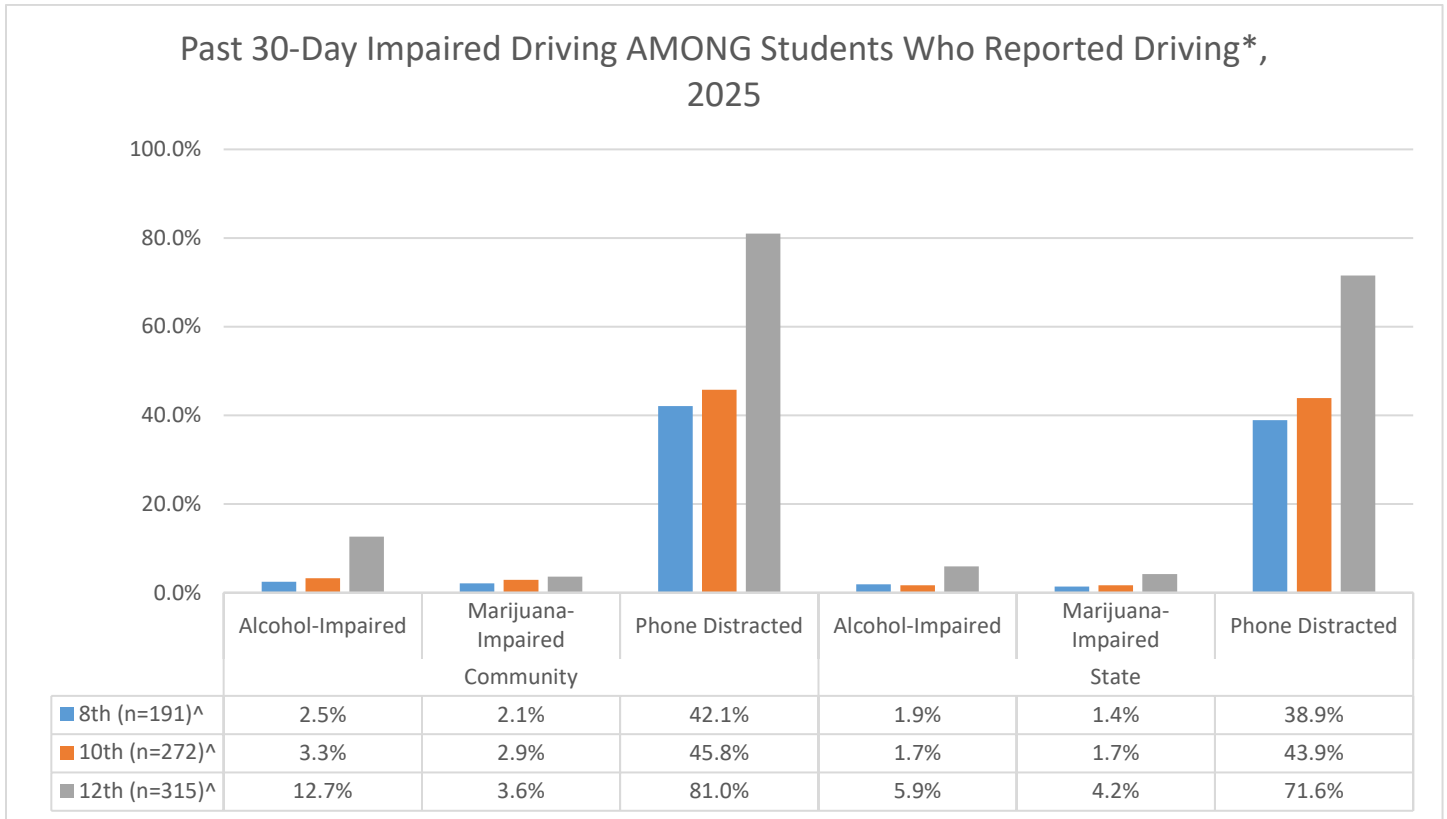
Transportation Safety

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 Panhandle Public Health Department.



* 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.

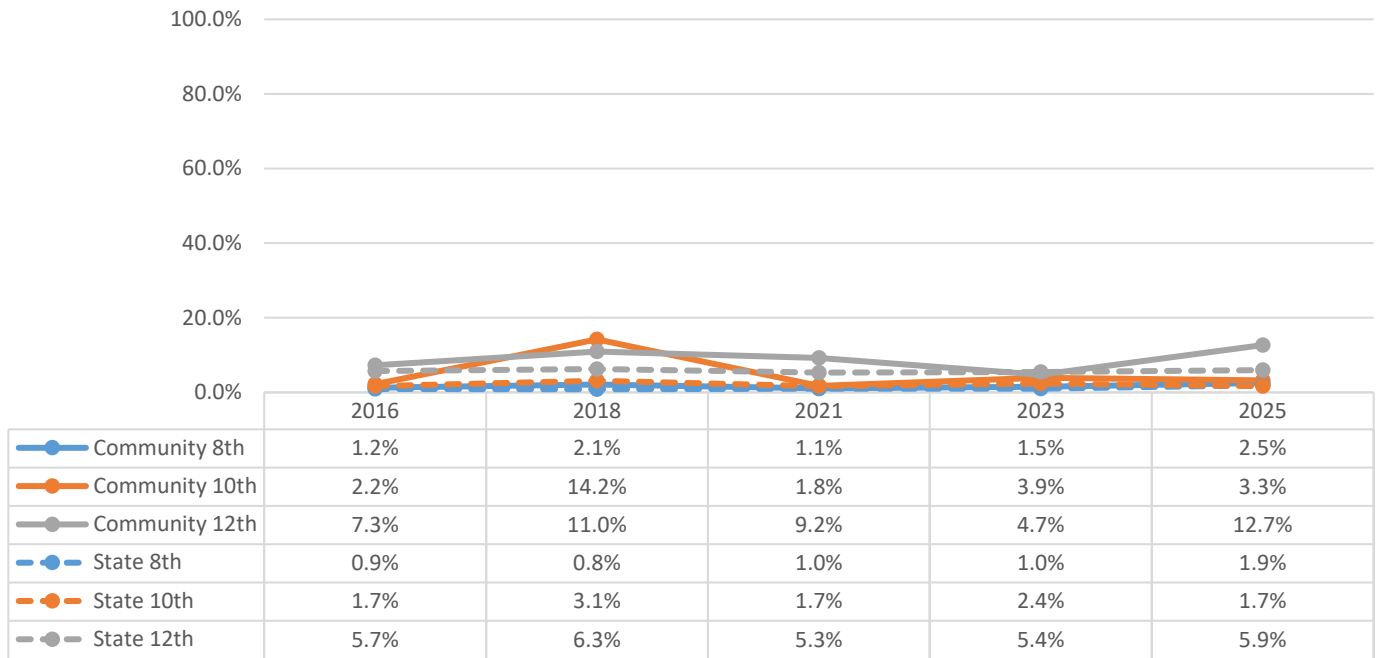


* Percentage who reported one or more occurrences to the questions "During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol?", "During the past 30 days, how many times did you drive a car or other vehicle when you had been using marijuana?" and "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.

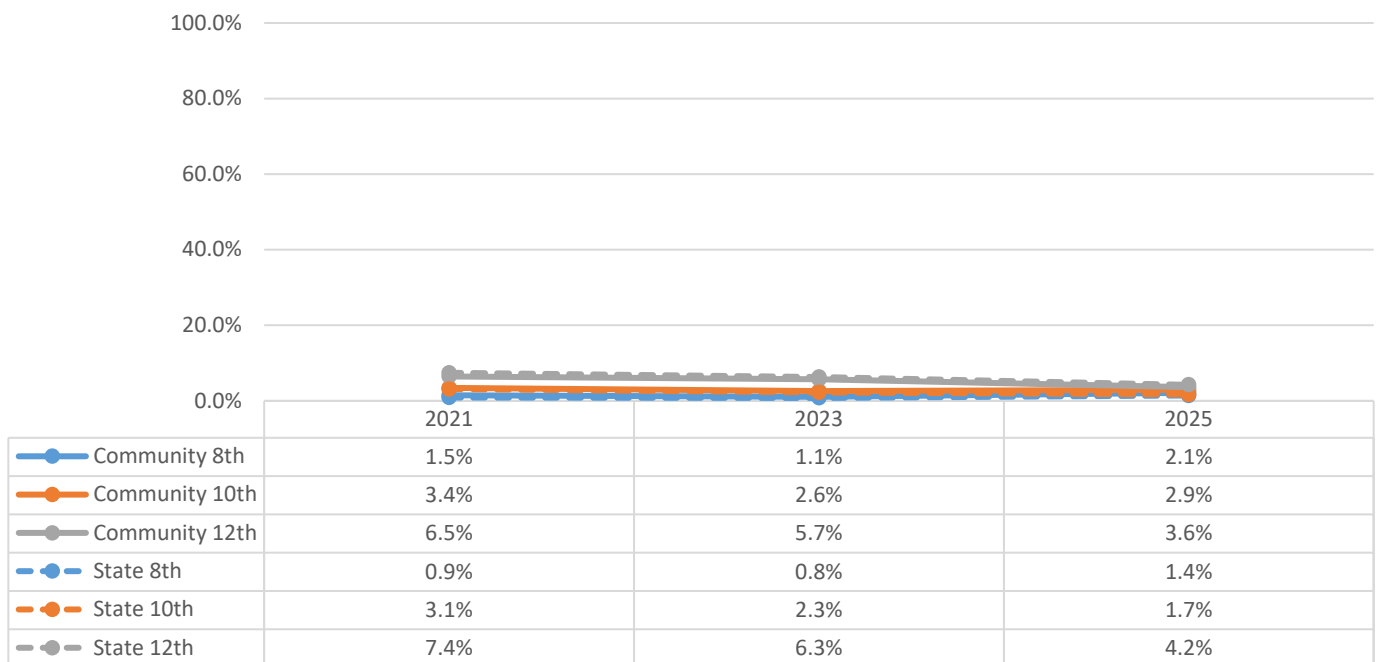
^ The n-size displayed is the largest n-size across these questions. Because each question is asked individually, the n-size may vary.

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

Drinking Alcohol and Driving during the Past 30 Days, 2016-2025

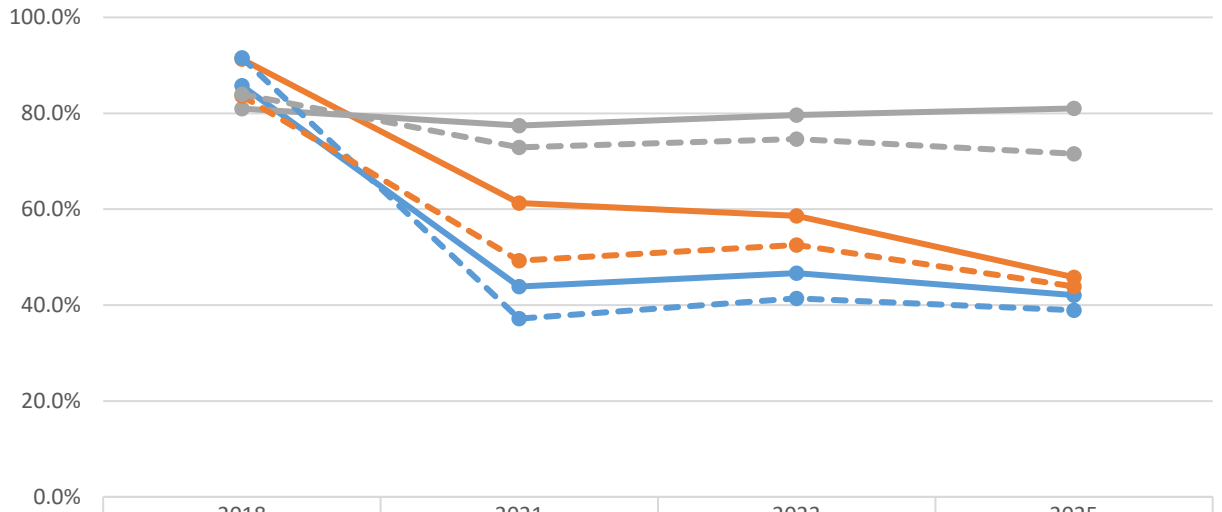


Using Marijuana and Driving during the Past 30 Days, 2021-2025



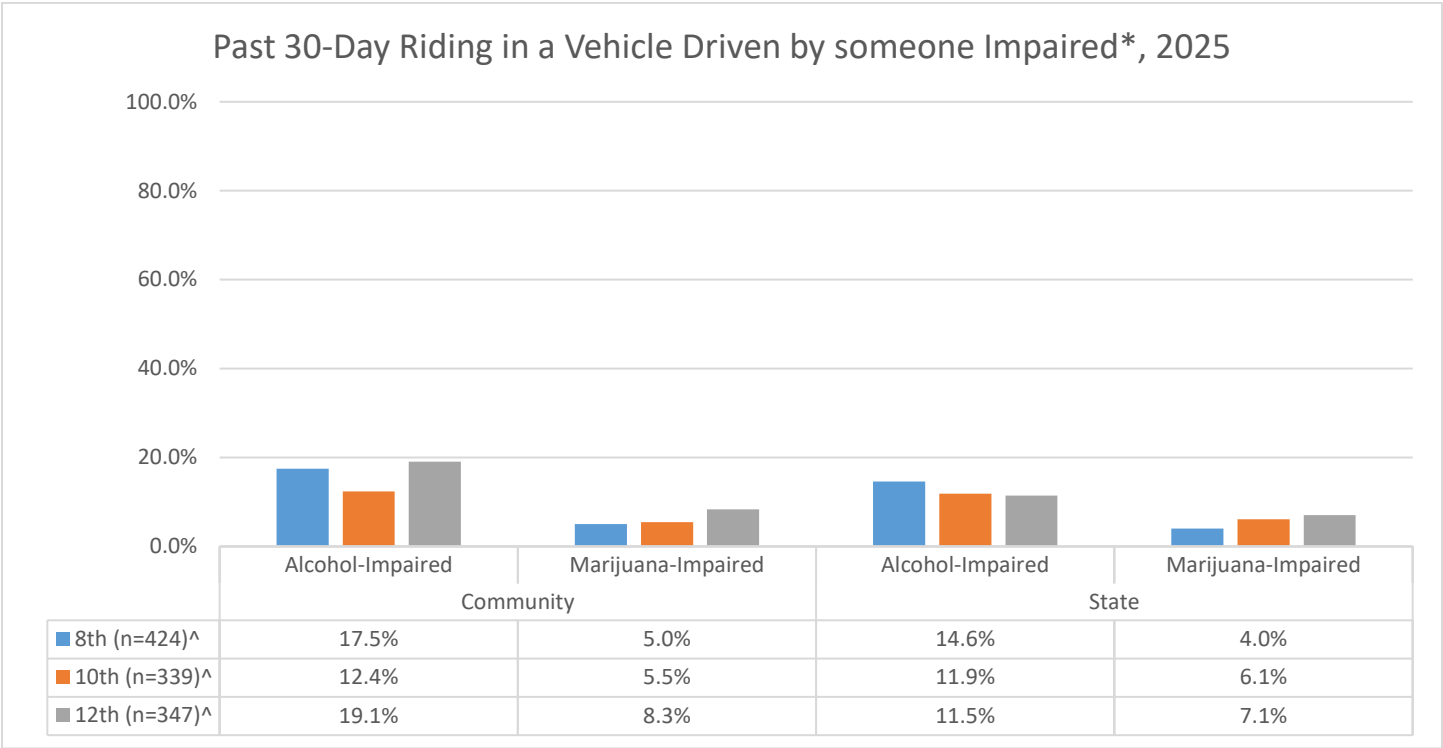
* Question was not available before 2021.

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



	2018	2021	2023	2025
Community 8th	85.8%	43.9%	46.7%	42.1%
Community 10th	91.3%	61.3%	58.6%	45.8%
Community 12th	80.9%	77.4%	79.7%	81.0%
State 8th	91.6%	37.2%	41.4%	38.9%
State 10th	83.6%	49.3%	52.6%	43.9%
State 12th	84.0%	72.9%	74.6%	71.6%

* Question was not available before 2018.

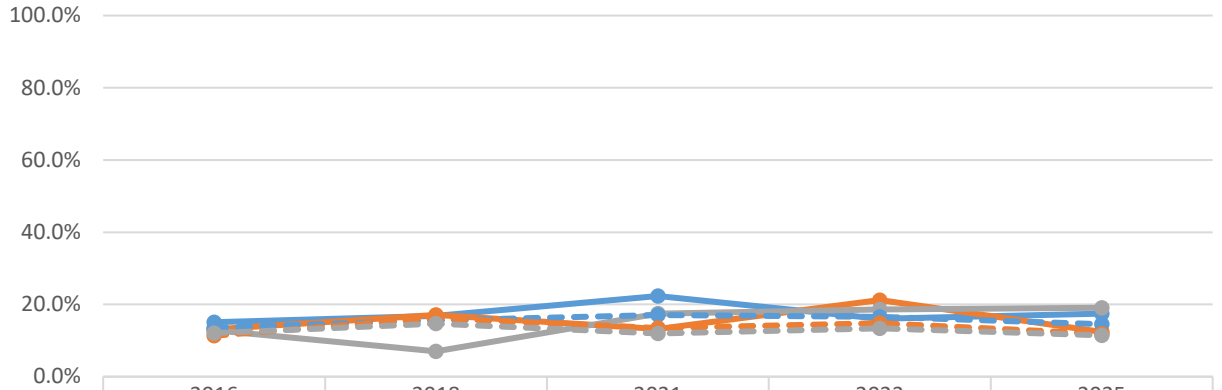


* Percentage who reported one or more occurrences to the questions "During the PAST 30 DAYS, how many times did you ride in a car or other vehicle driven by someone who had been drinking alcohol?" and "During the PAST 30 DAYS, how many times did you ride in a car or other vehicle driven by someone who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

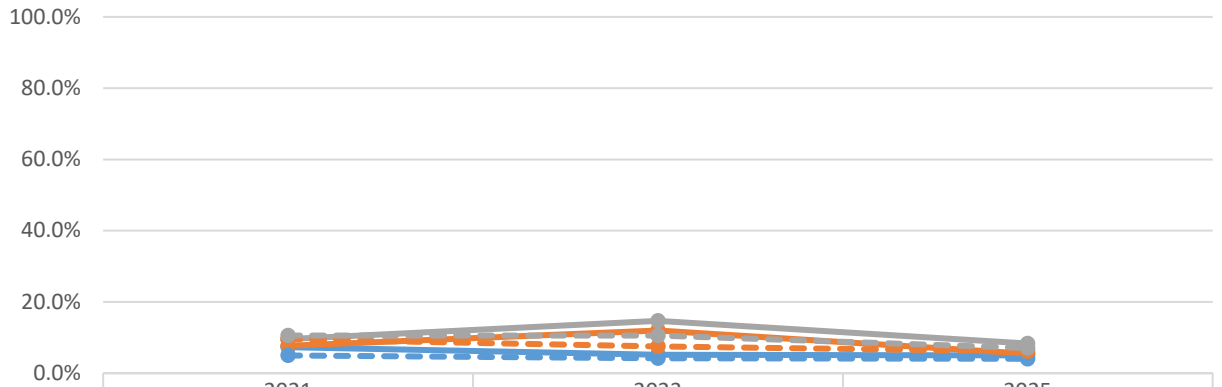
Trends of Riding in a Vehicle Driven by someone Impaired, 2016-2025

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



	2016	2018	2021	2023	2025
Community 8th	15.1%	16.9%	22.3%	16.0%	17.5%
Community 10th	13.1%	17.1%	13.2%	21.2%	12.4%
Community 12th	12.8%	7.0%	17.4%	18.6%	19.1%
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



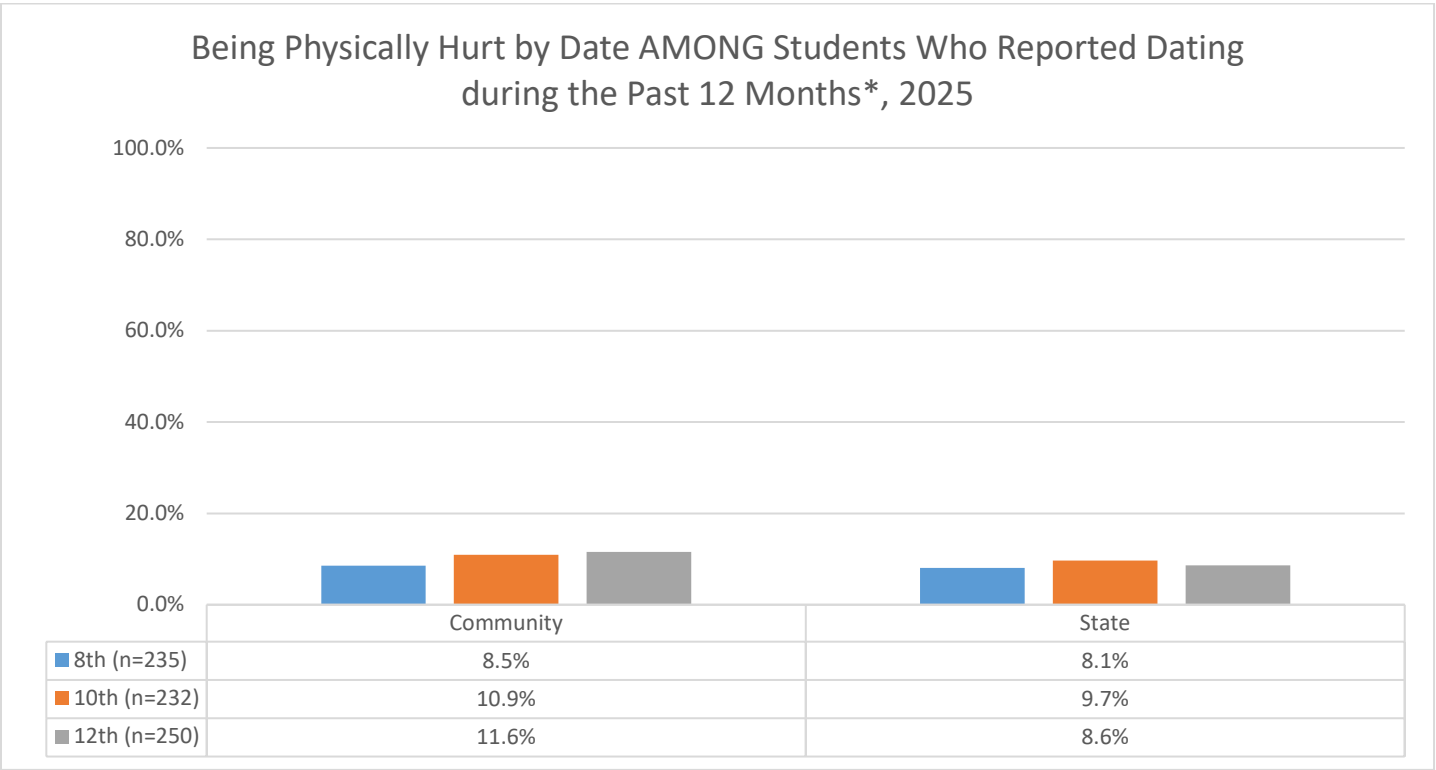
	2021	2023	2025
Community 8th	7.3%	5.2%	5.0%
Community 10th	7.7%	12.0%	5.5%
Community 12th	9.6%	14.7%	8.3%
State 8th	5.0%	4.2%	4.0%
State 10th	9.5%	7.5%	6.1%
State 12th	10.6%	10.6%	7.1%

* Question was not available before 2021.

Violence, Bullying, and Mental Health

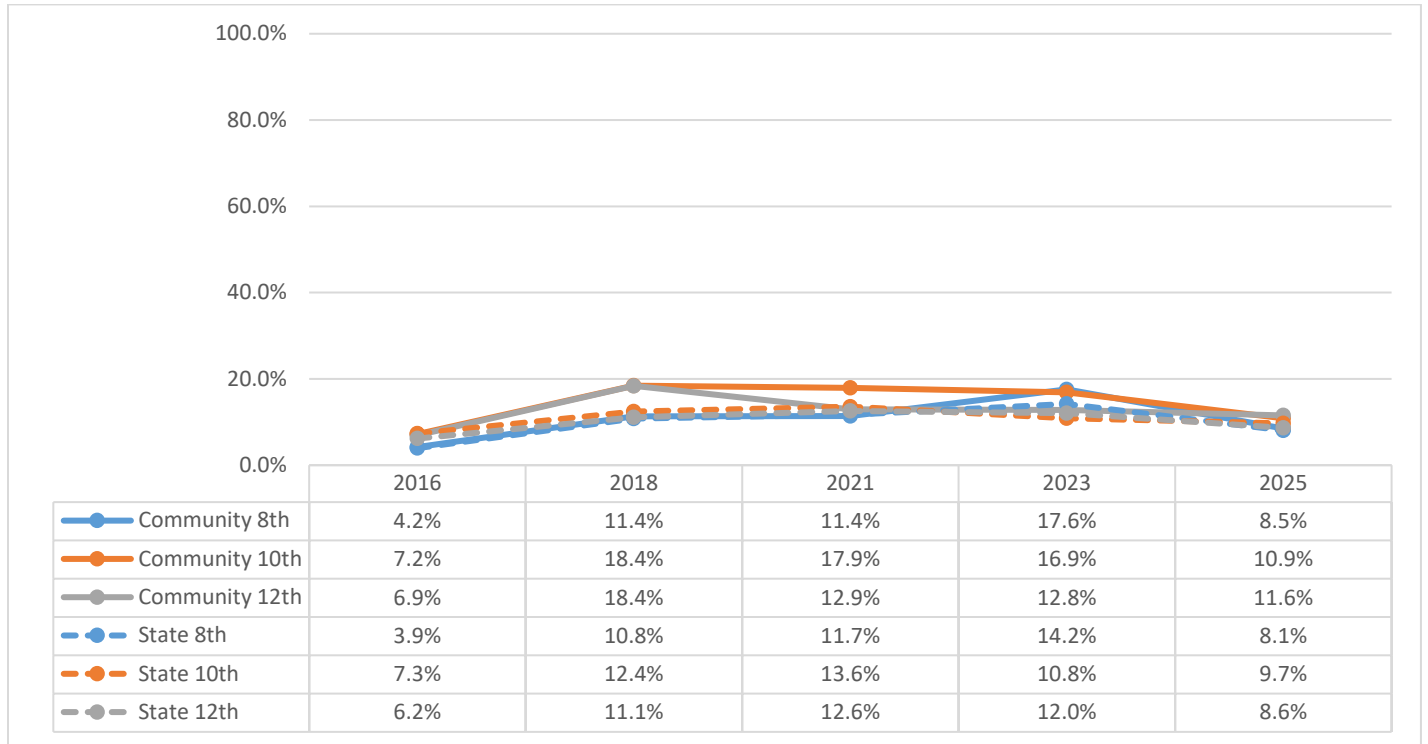
This section contains information on dating violence, bullying, anxiety, depression, suicide, and attitudes toward the future among 8th, 10th, and 12th grade students in the community of Panhandle Public Health Department.

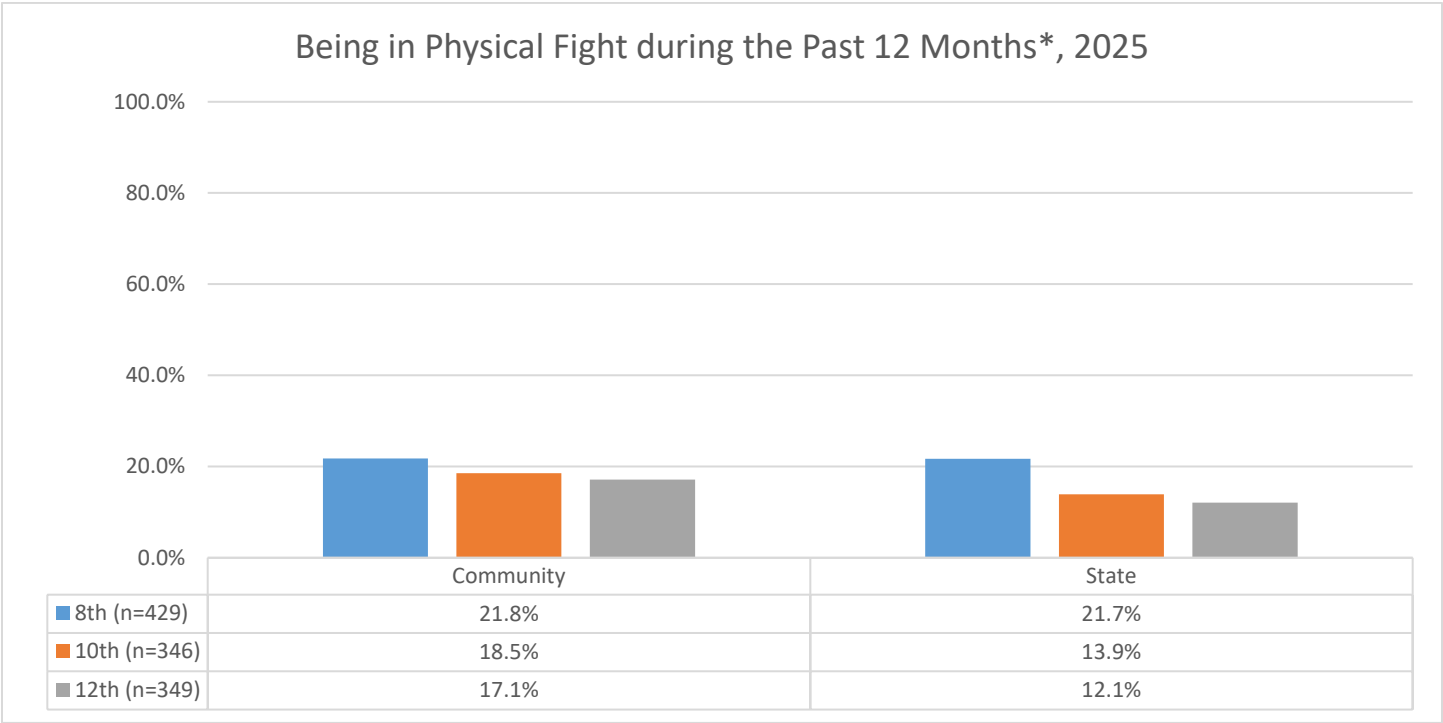
Violence and Bullying



* 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.

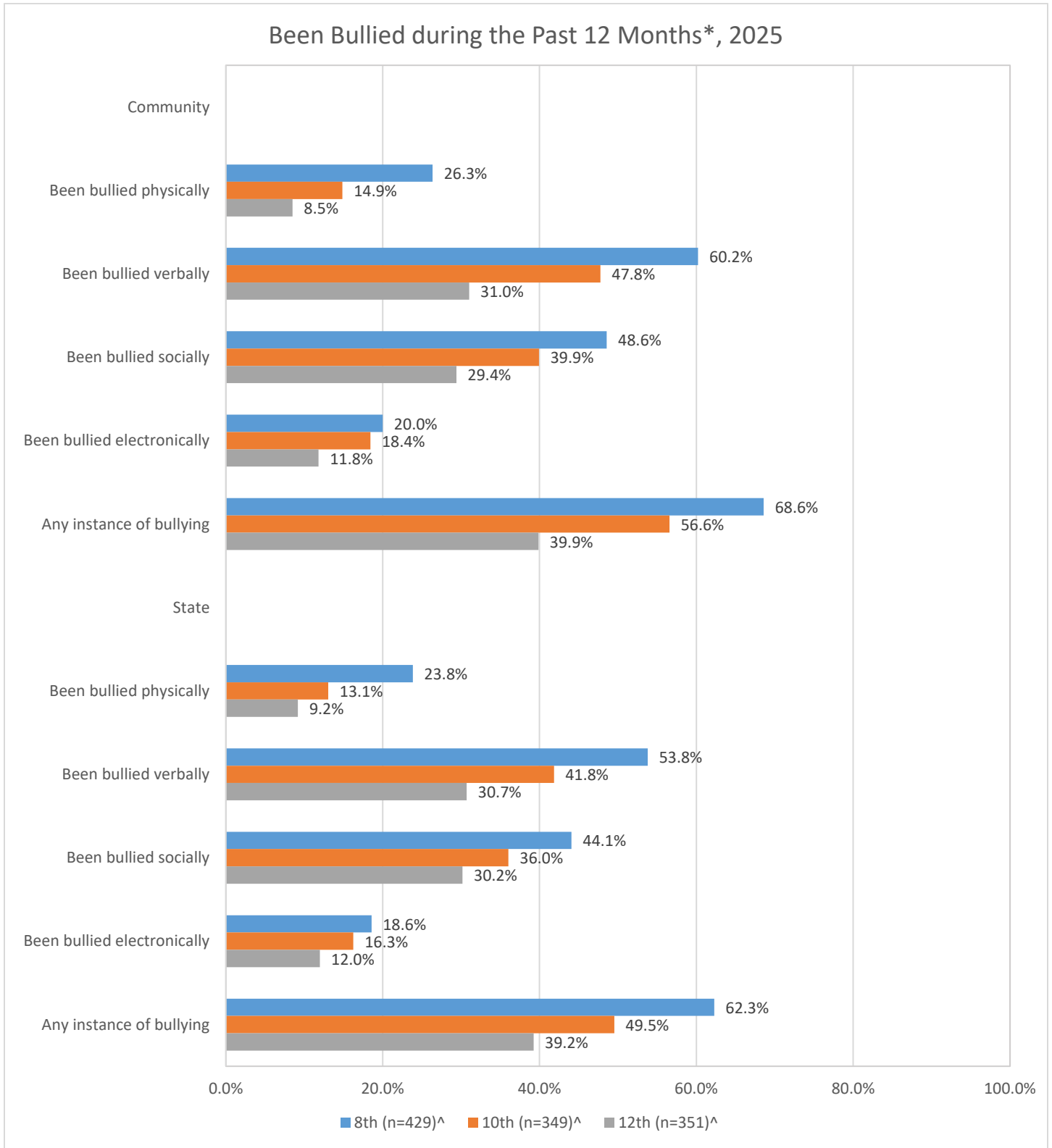
Trend of Being Physically Hurt by Date AMONG Students Who Reported Dating, 2016-2025





* 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.

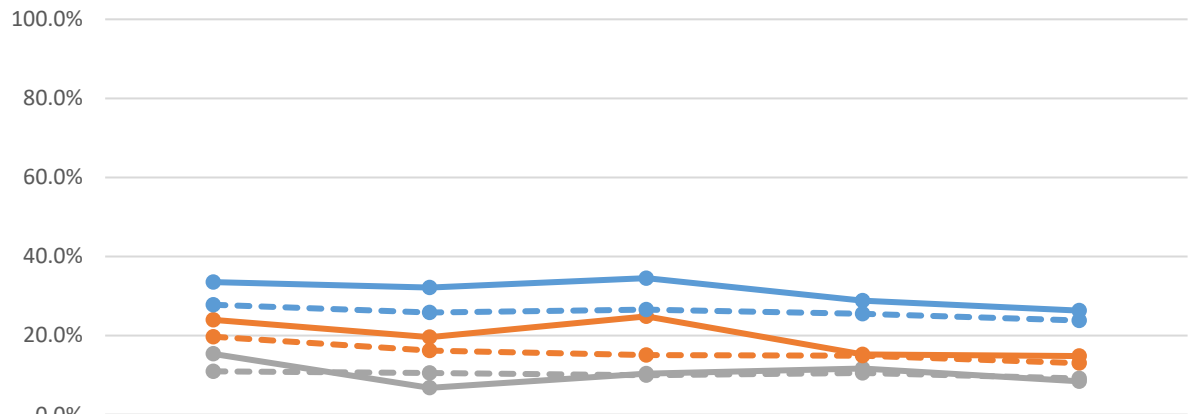


* Percentage who reported one or more occurrences of each type of bullying. Examples of being bullied socially can be being excluded from a group or having gossip or rumors spread about the student; examples of being bullied electronically can be being threatened or embarrassed through e-mail, text messages,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

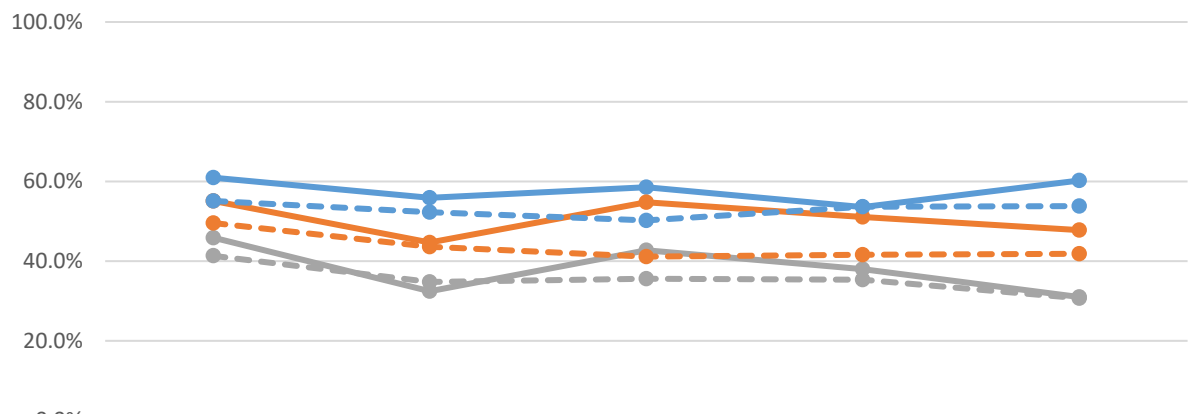
^ The n-size displayed is the largest n-size across these questions. Because each question is asked individually, the n-size may vary.

Trend of Been Bullied, 2016-2025

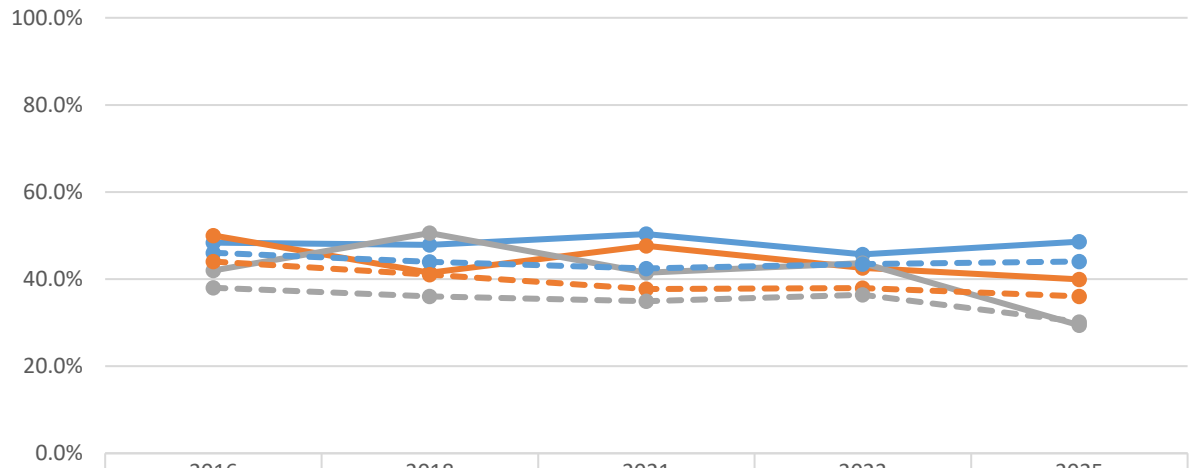
Been Bullied Physically During the Past 12 Months*, 2016-2025



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

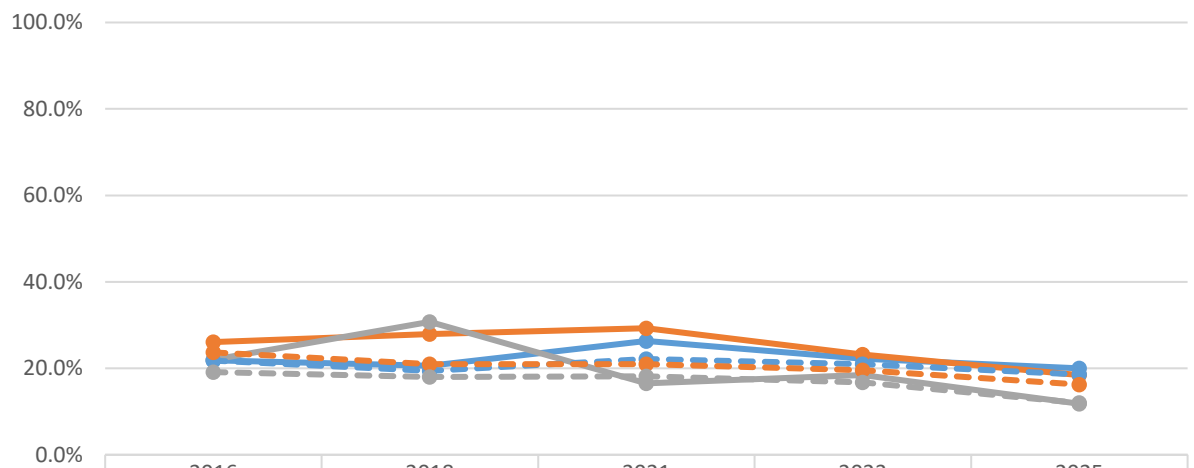


Been Bullied Socially During the Past 12 Months*, 2016-2025



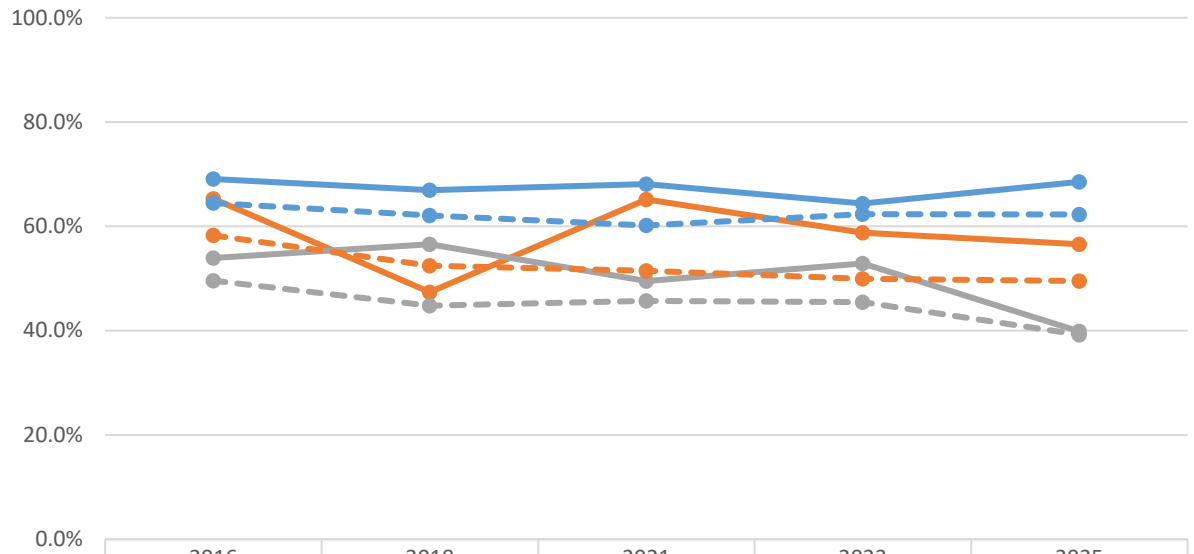
	2016	2018	2021	2023	2025
Community 8th	48.4%	47.8%	50.3%	45.7%	48.6%
Community 10th	50.0%	41.5%	47.6%	42.6%	39.9%
Community 12th	42.0%	50.6%	41.4%	43.7%	29.4%
State 8th	46.0%	44.0%	42.4%	43.4%	44.1%
State 10th	44.0%	41.1%	37.7%	38.0%	36.0%
State 12th	38.0%	36.0%	35.0%	36.4%	30.2%

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



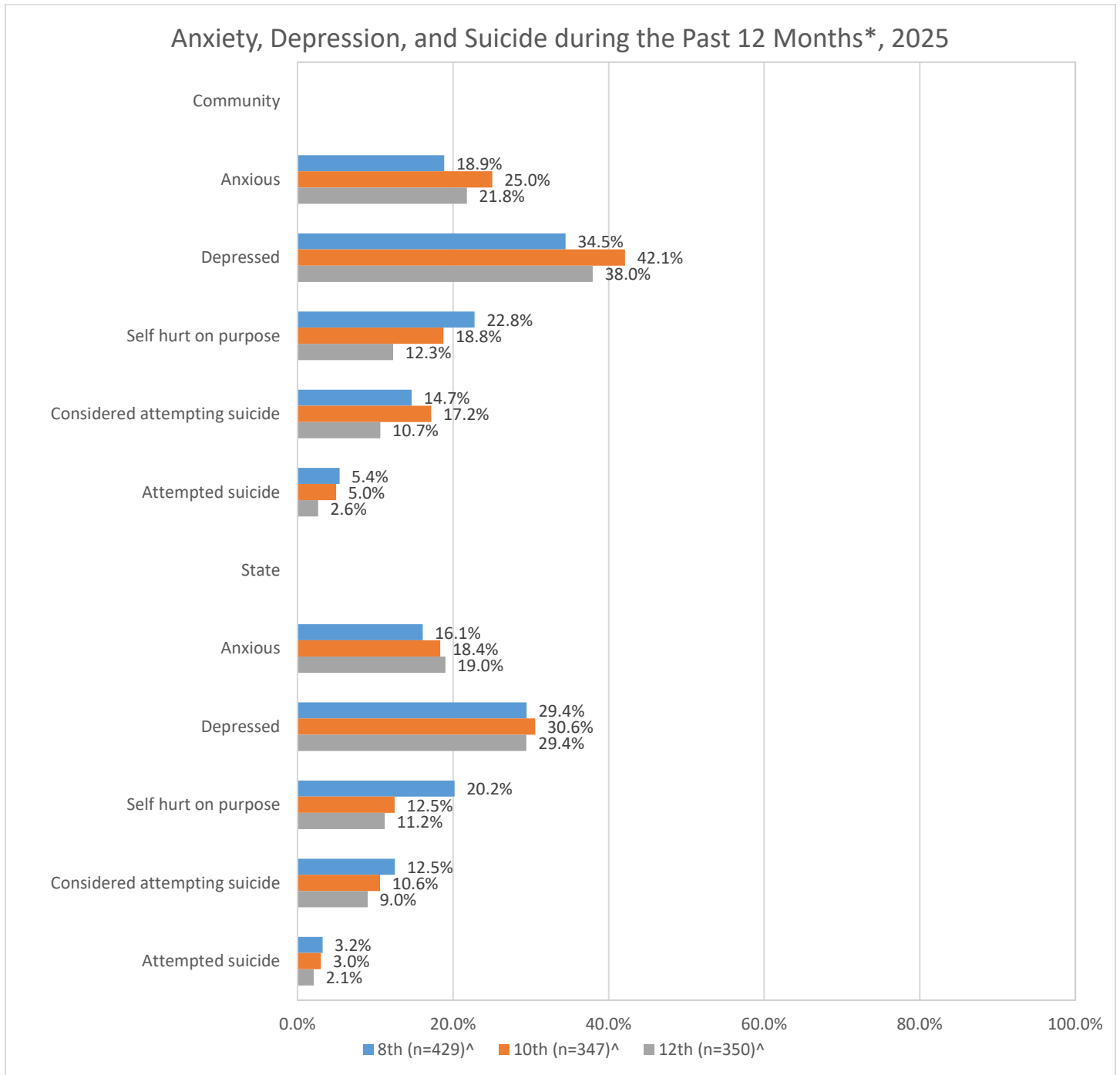
	2016	2018	2021	2023	2025
Community 8th	21.9%	20.6%	26.3%	22.3%	20.0%
Community 10th	26.1%	27.9%	29.3%	23.2%	18.4%
Community 12th	22.0%	30.7%	16.5%	18.5%	11.8%
State 8th	21.8%	19.4%	22.2%	20.9%	18.6%
State 10th	23.7%	21.0%	21.0%	19.5%	16.3%
State 12th	19.1%	18.0%	18.2%	16.7%	12.0%

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



	2016	2018	2021	2023	2025
Community 8th	69.1%	67.0%	68.1%	64.4%	68.6%
Community 10th	65.3%	47.4%	65.1%	58.8%	56.6%
Community 12th	53.9%	56.6%	49.5%	52.9%	39.9%
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

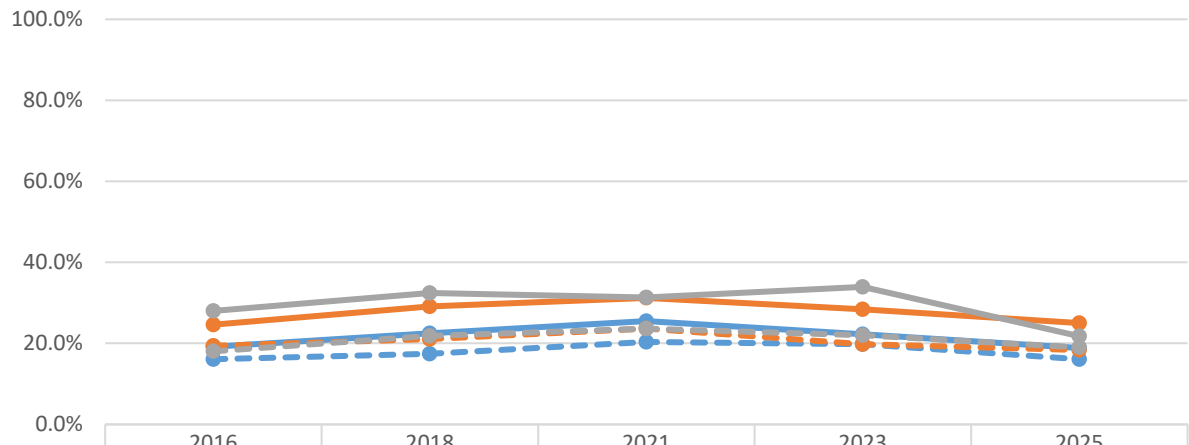


* Anxious is the percentage who reported during the past 12 months being so worried about something they could not sleep well at night most of the time or always based on the following scale: Never, Rarely, Sometimes, Most of the time, Always. The other percentages were students who reported "Yes" to 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.

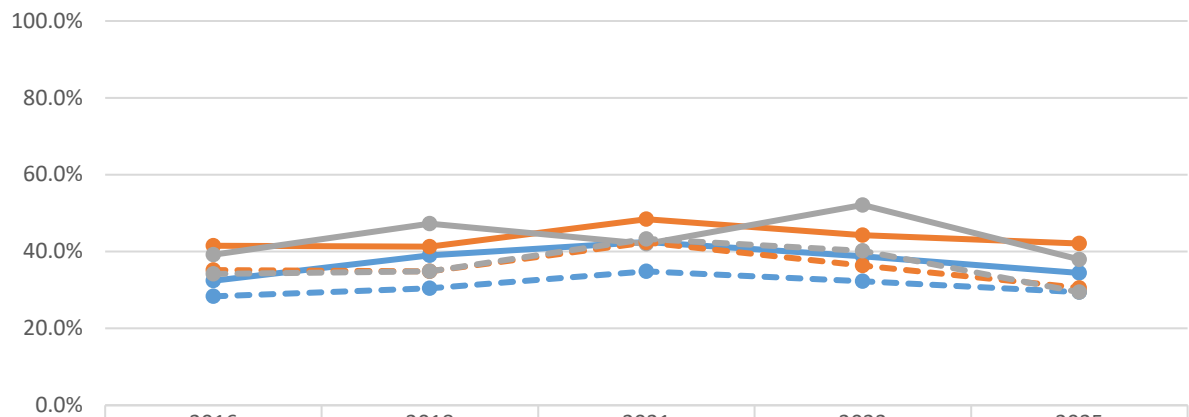
Trends of Anxiety, Depression, and Suicide, 2016-2025

Anxious, 2016-2025



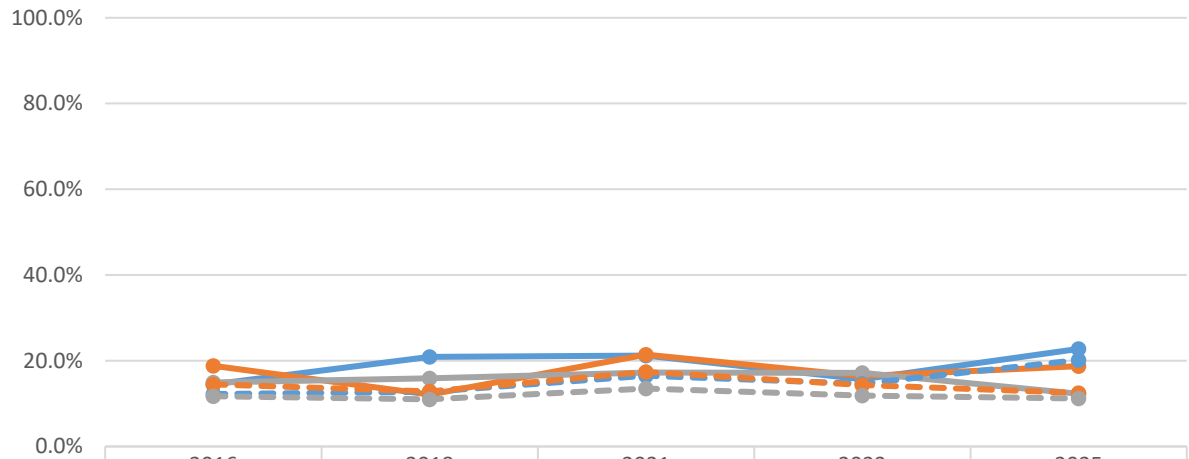
	2016	2018	2021	2023	2025
Community 8th	19.2%	22.5%	25.5%	22.3%	18.9%
Community 10th	24.6%	29.1%	31.2%	28.4%	25.0%
Community 12th	28.0%	32.4%	31.3%	34.0%	21.8%
State 8th	16.1%	17.4%	20.4%	19.8%	16.1%
State 10th	19.4%	21.1%	23.6%	19.8%	18.4%
State 12th	18.0%	21.9%	23.6%	22.0%	19.0%

Depressed, 2016-2025

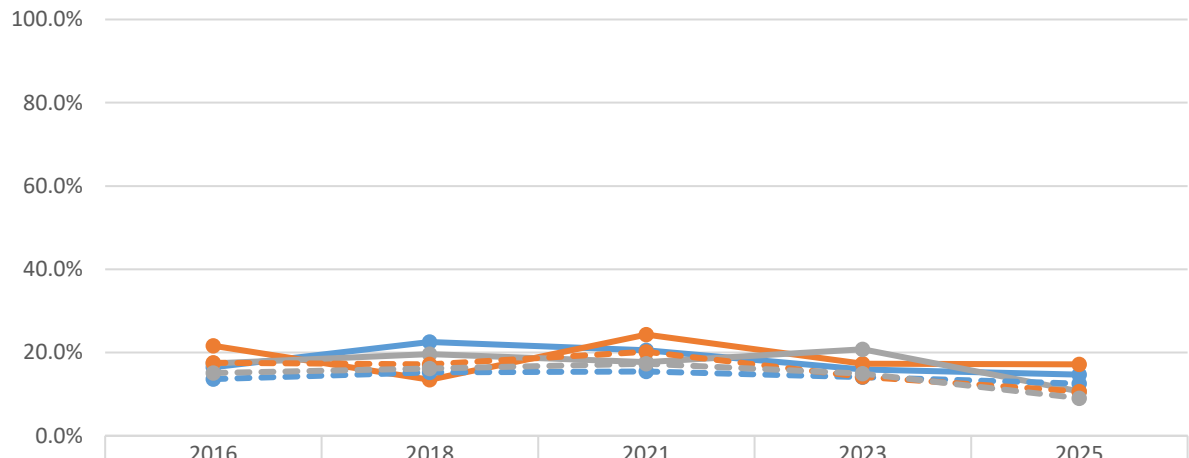


	2016	2018	2021	2023	2025
Community 8th	32.4%	39.0%	42.5%	38.8%	34.5%
Community 10th	41.5%	41.3%	48.4%	44.2%	42.1%
Community 12th	39.2%	47.3%	42.0%	52.1%	38.0%
State 8th	28.3%	30.4%	34.8%	32.3%	29.4%
State 10th	35.2%	34.9%	42.4%	36.3%	30.6%
State 12th	34.2%	34.9%	43.3%	40.2%	29.4%

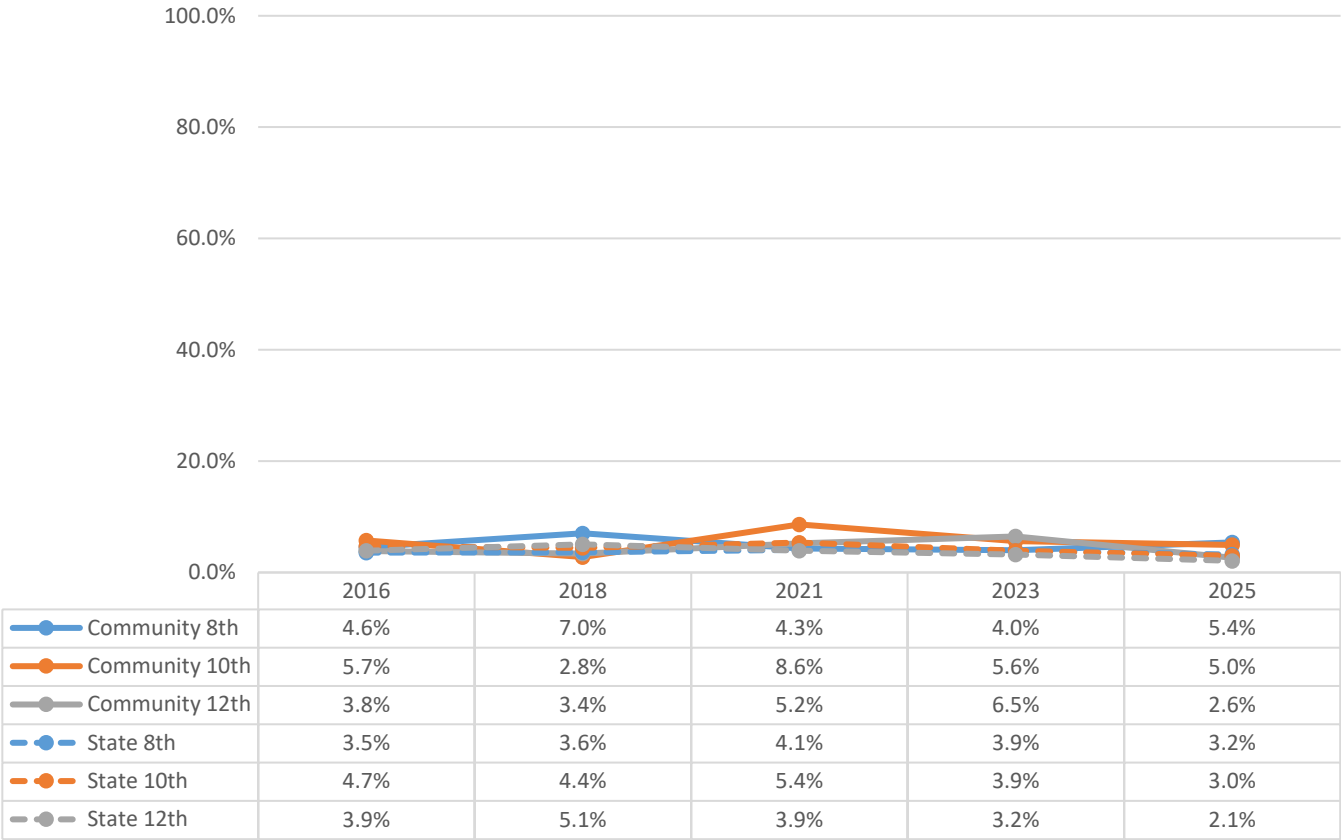
Self-Hurt on Purpose, 2016-2025

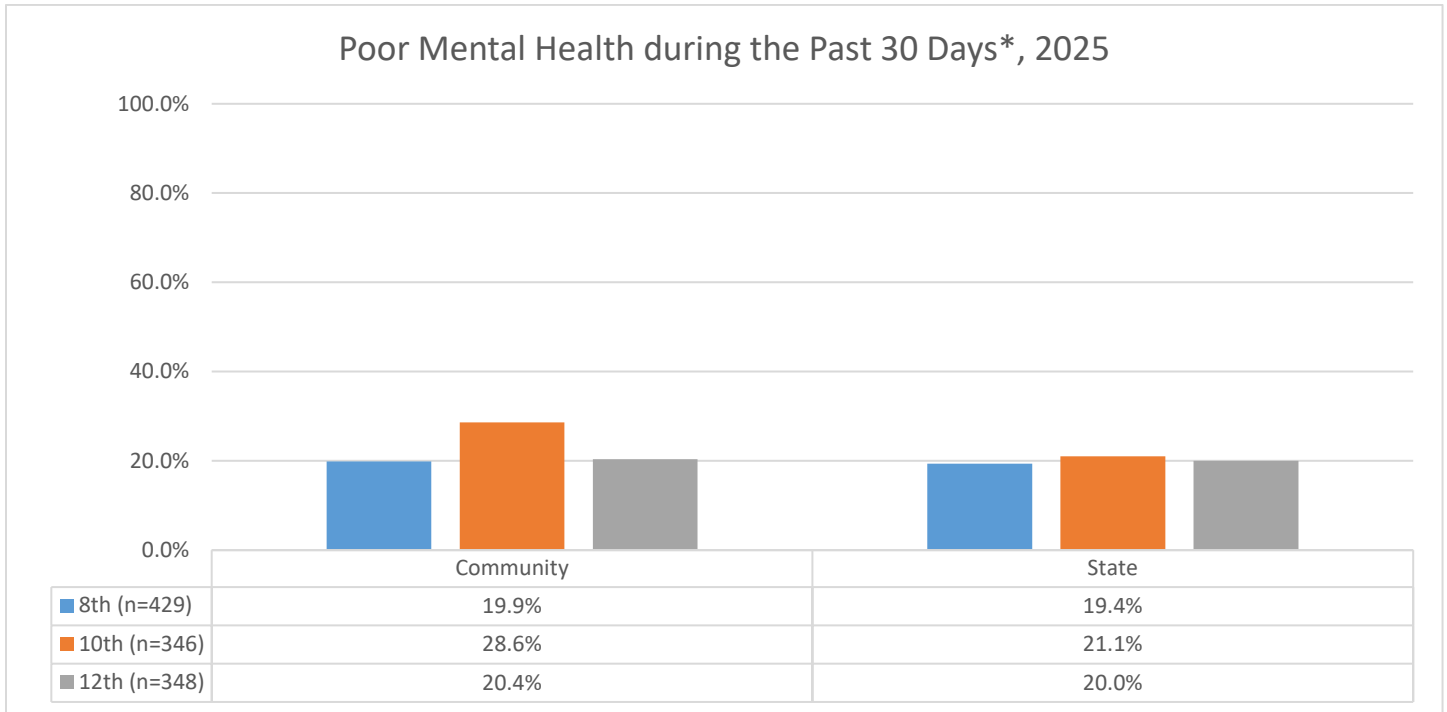


Considered Attempting Suicide, 2016-2025



Attempted Suicide, 2016-2025



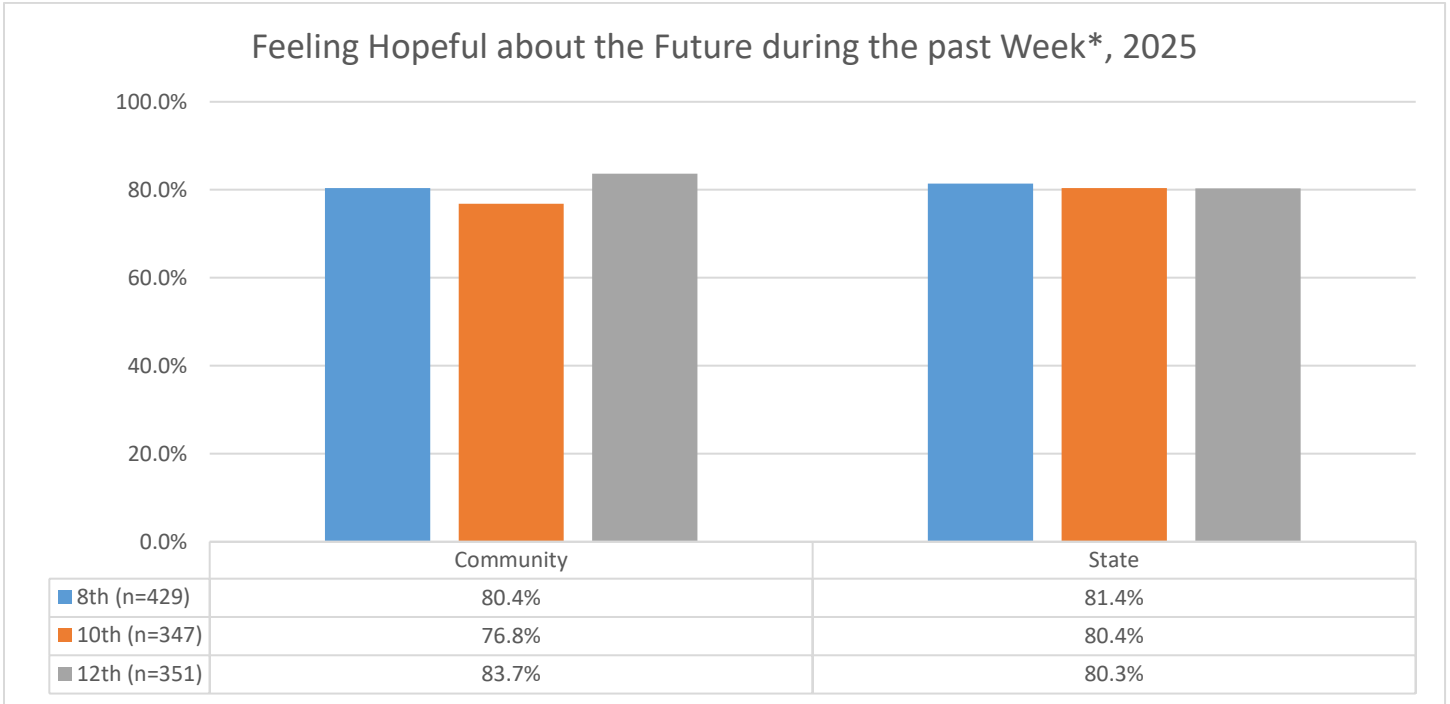


* Percentage who reported "Most of the time" or "Always" to the question "During the PAST 30 DAYS, how often was your mental health not good? (Poor mental health include stress, anxiety, and depression.)"

Trend of Poor Mental Health, 2023-2025*

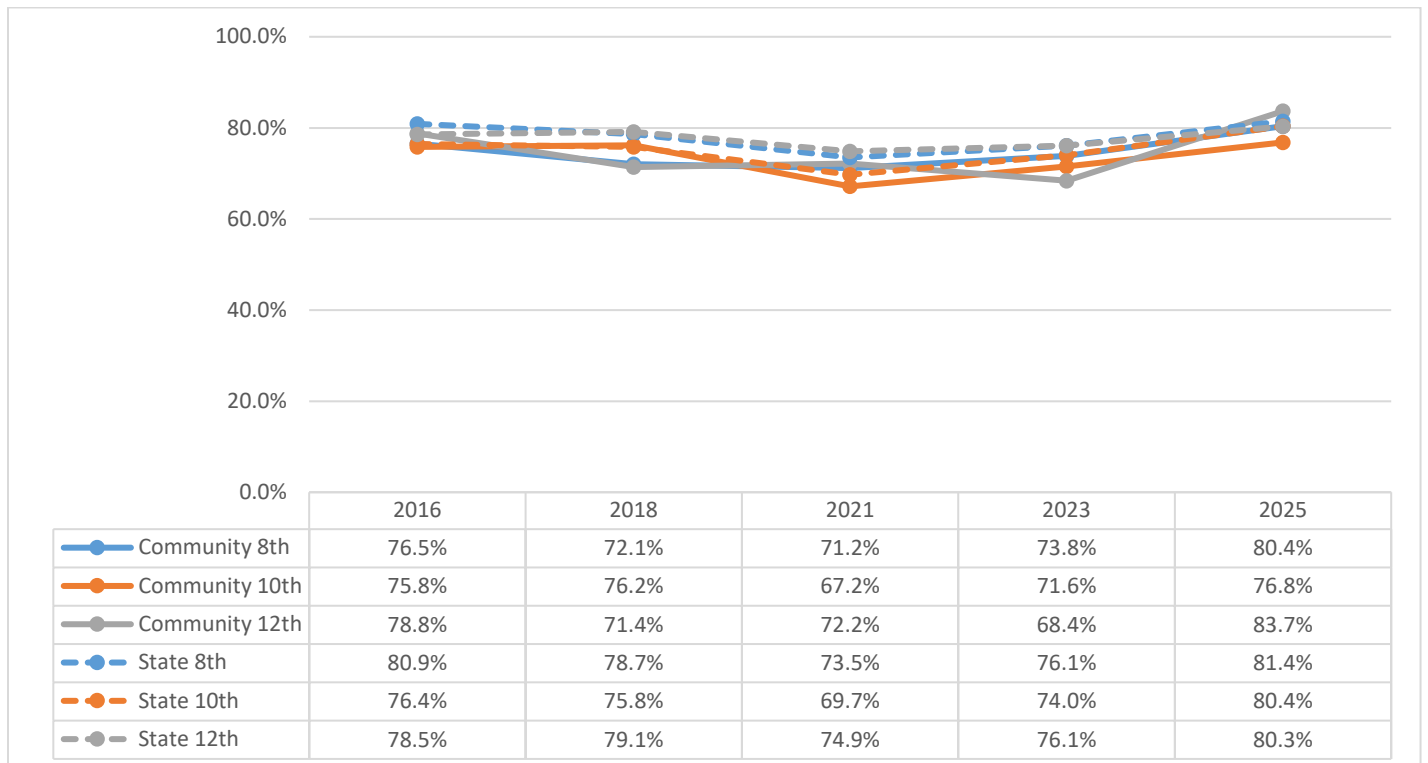
	Community					State				
	2016	2018	2021	2023	2025	2016	2018	2021	2023	2025
8th				21.9%	19.9%				19.1%	19.4%
10th				30.2%	28.6%				25.3%	21.1%
12th				37.5%	20.4%				27.5%	20.0%

* Question was not available before 2023.



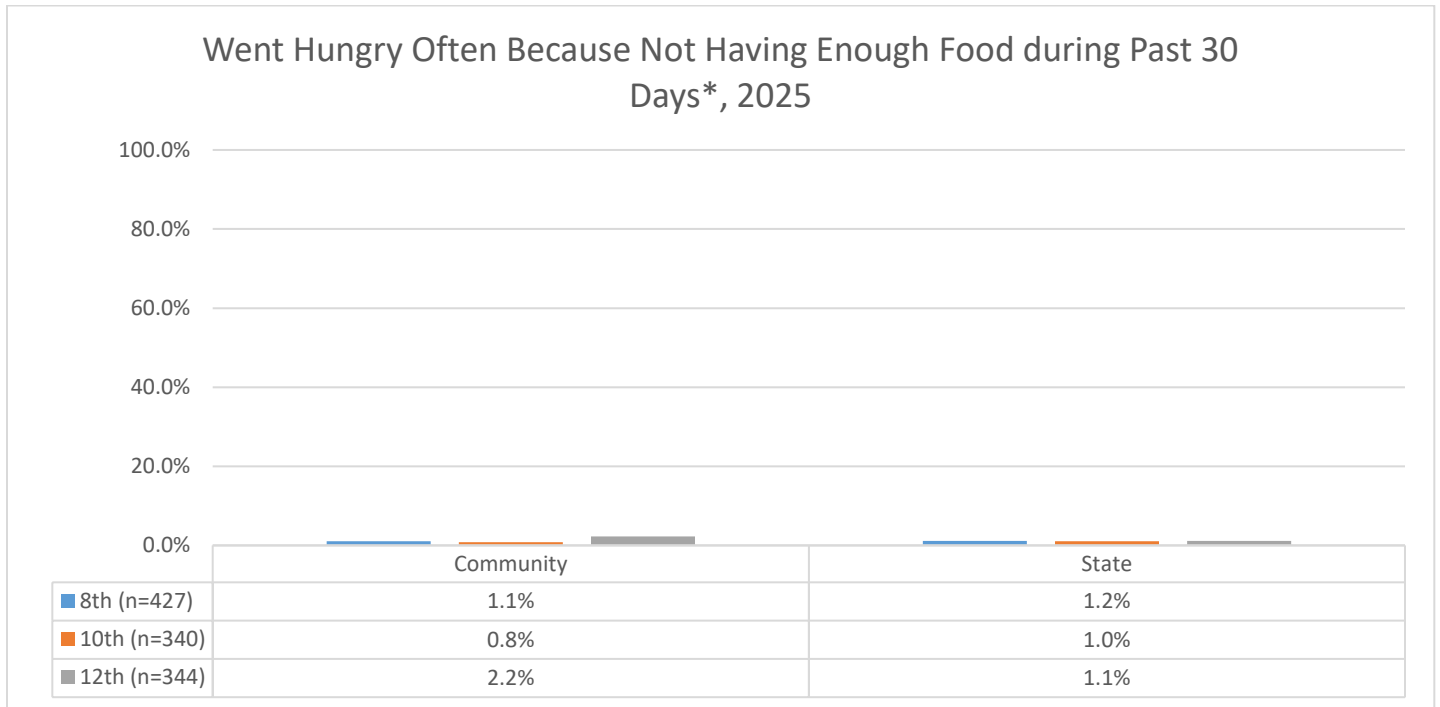
* Percentage who reported they "Agree" or "Strongly agree" to the question "In the past week, I have felt hopeful about the future." Based on the following scale: Strongly disagree, Disagree, Agree, Strongly agree.

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 Panhandle Public Health Department.

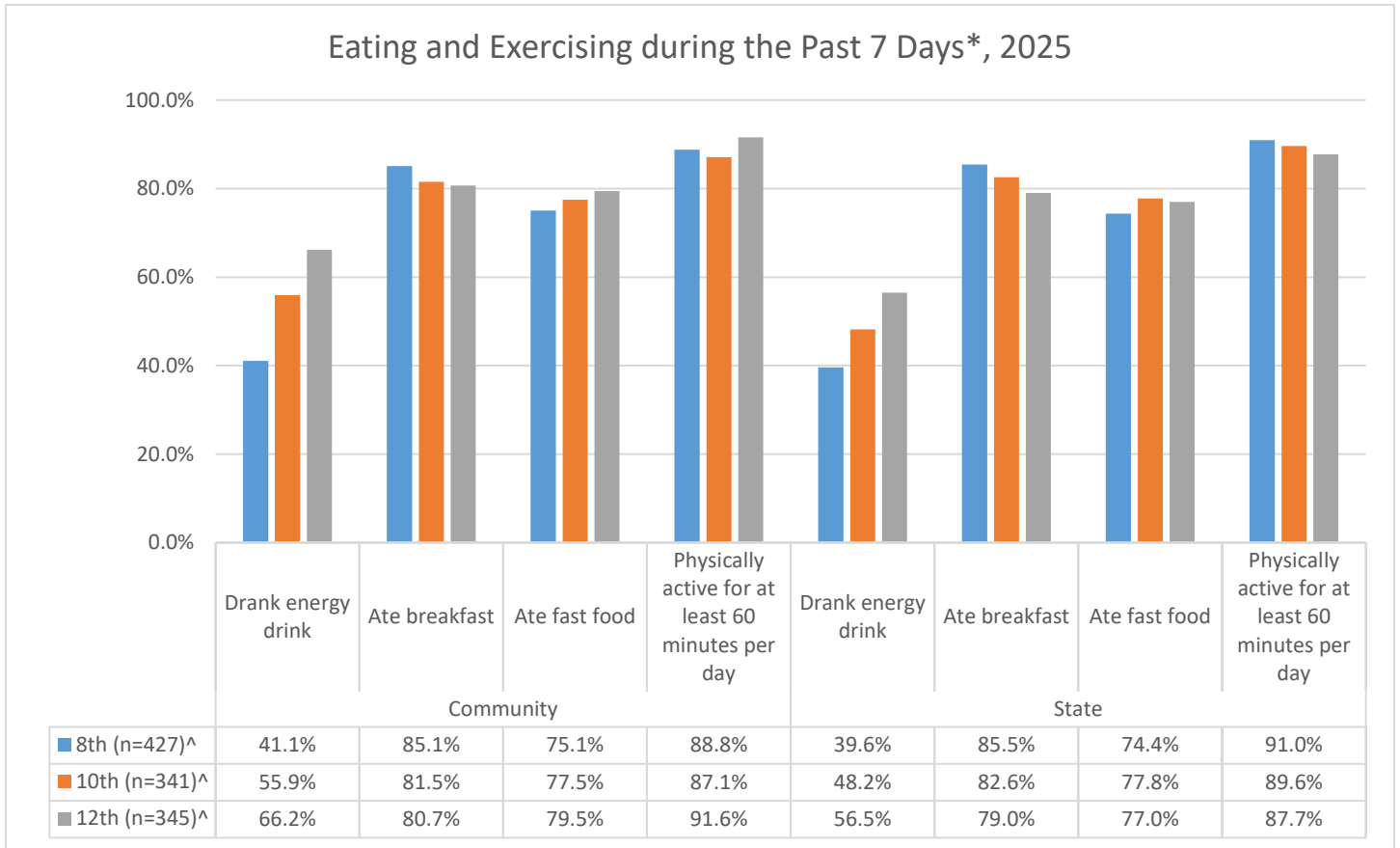


* Percentage who reported "Most of the time" or "Always" to the question "During the PAST 30 DAYS, how often did you go hungry because there was not enough food in your home?"

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

	Community					State				
	2016	2018	2021	2023	2025	2016	2018	2021	2023	2025
8th	2.2%		2.3%	2.5%	1.1%	1.6%		1.8%	2.7%	1.2%
10th	0.9%		1.6%	0.9%	0.8%	1.6%		1.7%	2.1%	1.0%
12th	1.6%		1.2%	0.9%	2.2%	1.8%		2.2%	2.2%	1.1%

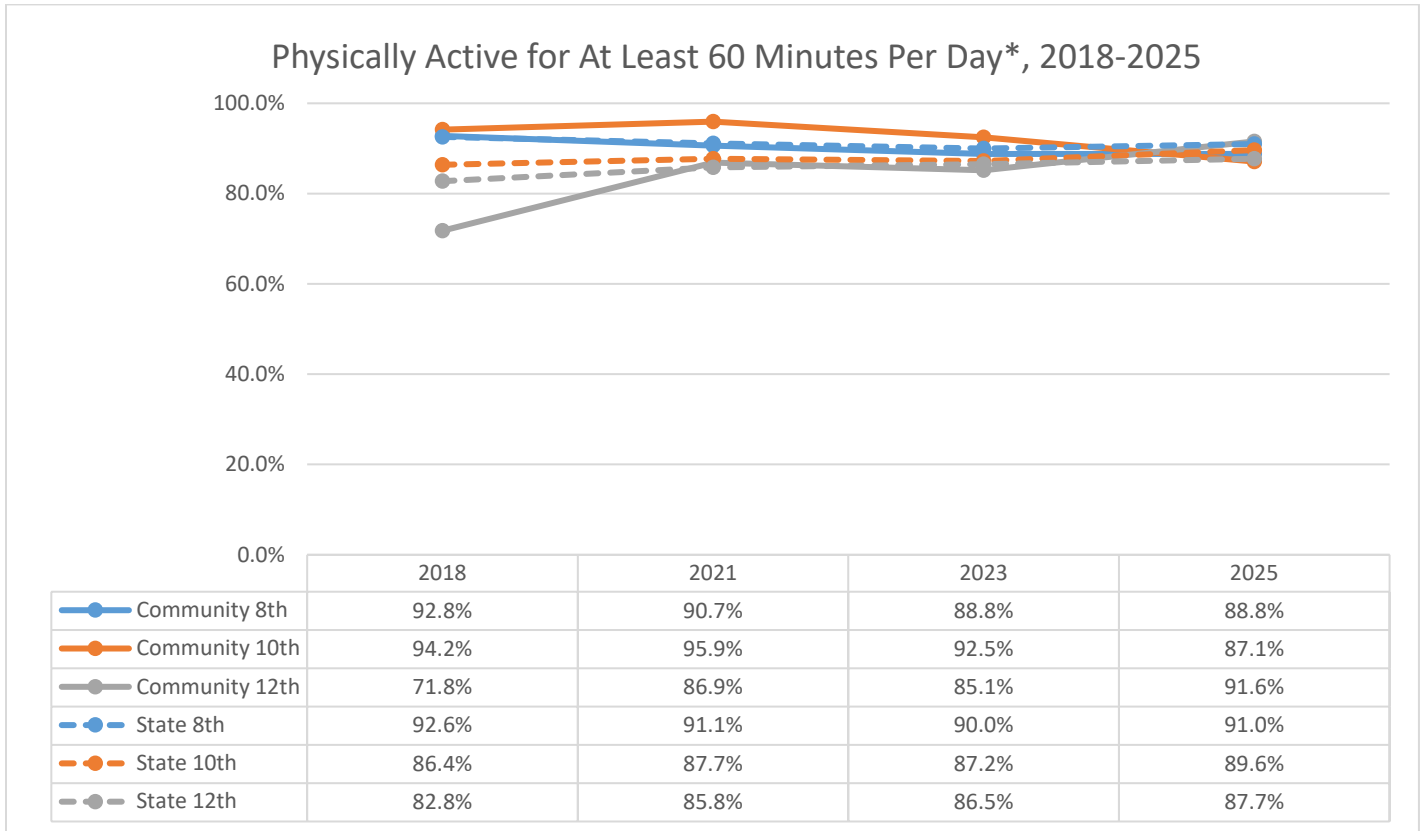
* Question was not available in 2018.



* 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.

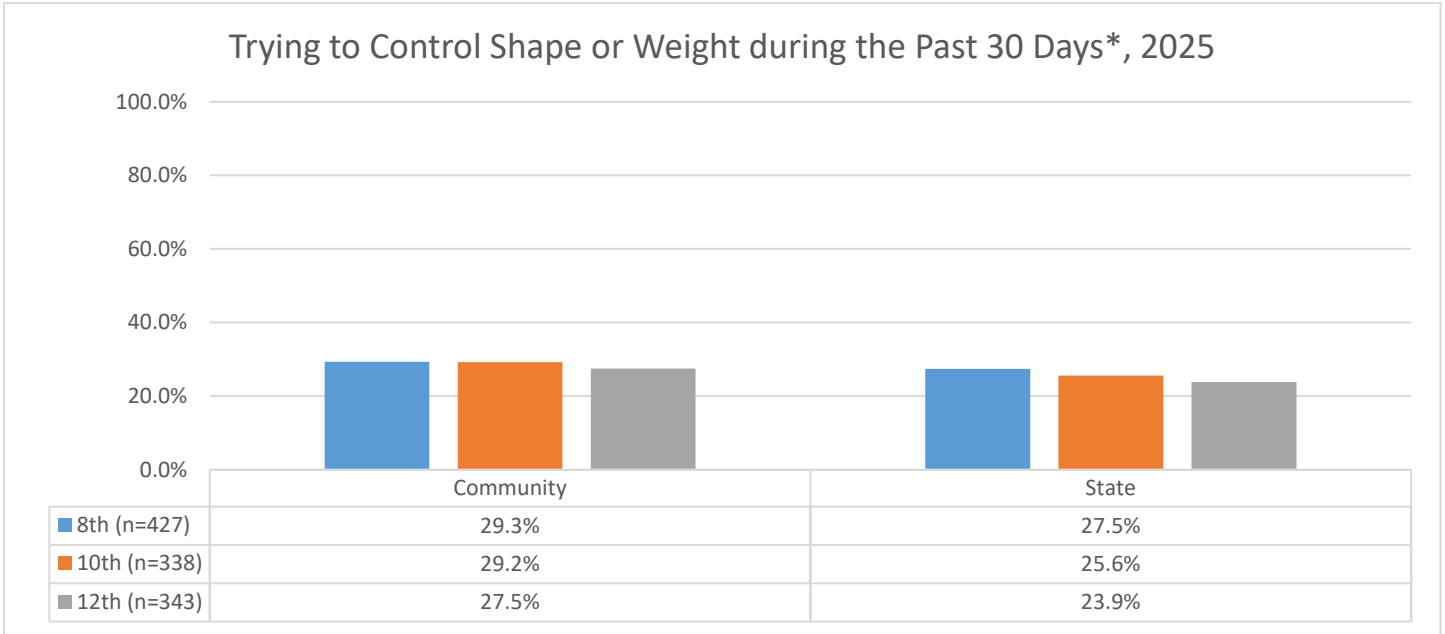
^ The n-size displayed is the largest n-size across these questions. Because each question is asked individually, the n-size may vary.

Trends about Eating and Exercising, 2018-2025



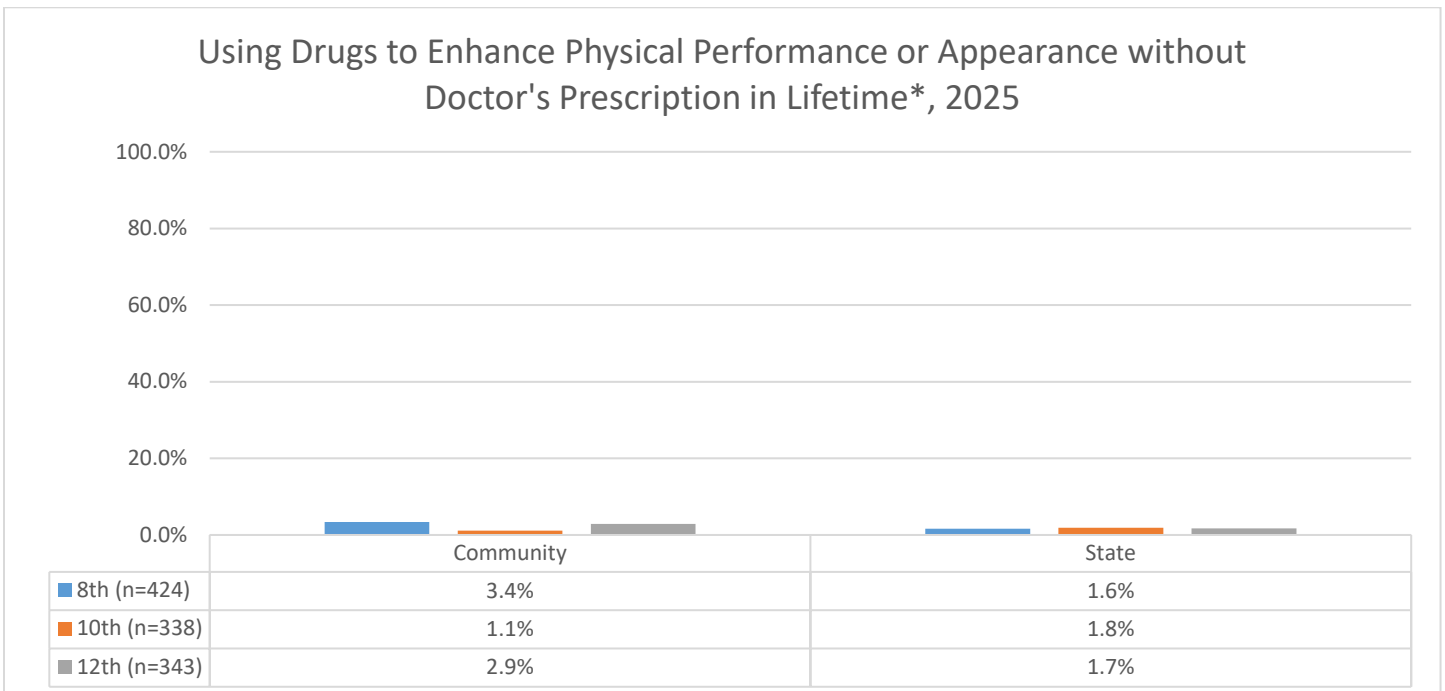
* Question was not available before 2018.

	Community					State				
	2016	2018	2021	2023	2025	2016	2018	2021	2023	2025
Drank energy drink (Question was not available before 2023.)										
8th				34.7%	41.1%				29.7%	39.6%
10th				43.1%	55.9%				42.2%	48.2%
12th				46.2%	66.2%				44.9%	56.5%
Ate breakfast (Question was not available before 2023.)										
8th				79.4%	85.1%				79.8%	85.5%
10th				75.1%	81.5%				74.1%	82.6%
12th				64.2%	80.7%				72.9%	79.0%
Ate fast food (Trend data are not available.)										



* 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?”

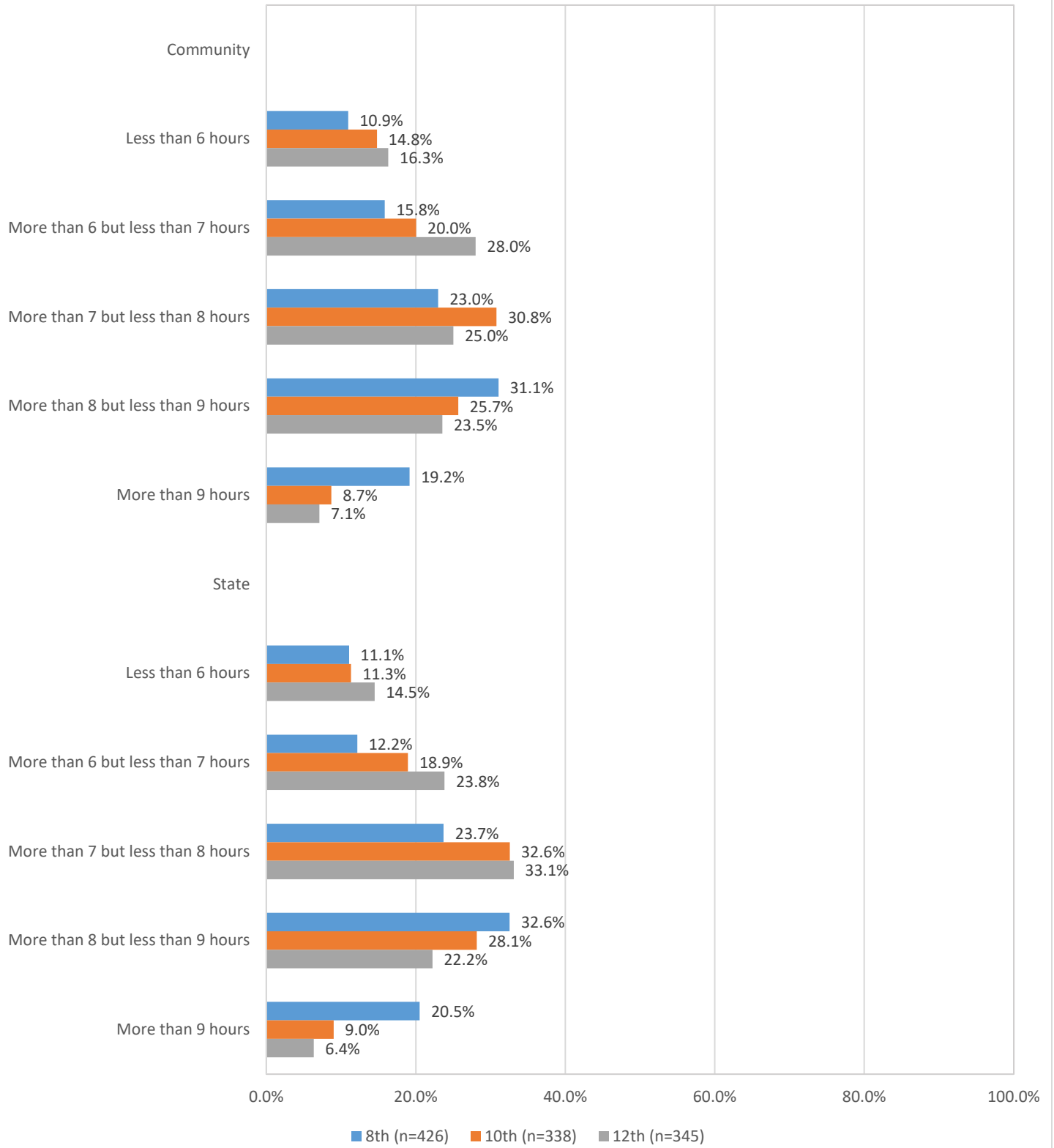
Trend data are not available for this question.



* 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.

Sleep Hours on Average School Nights*, 2025



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

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

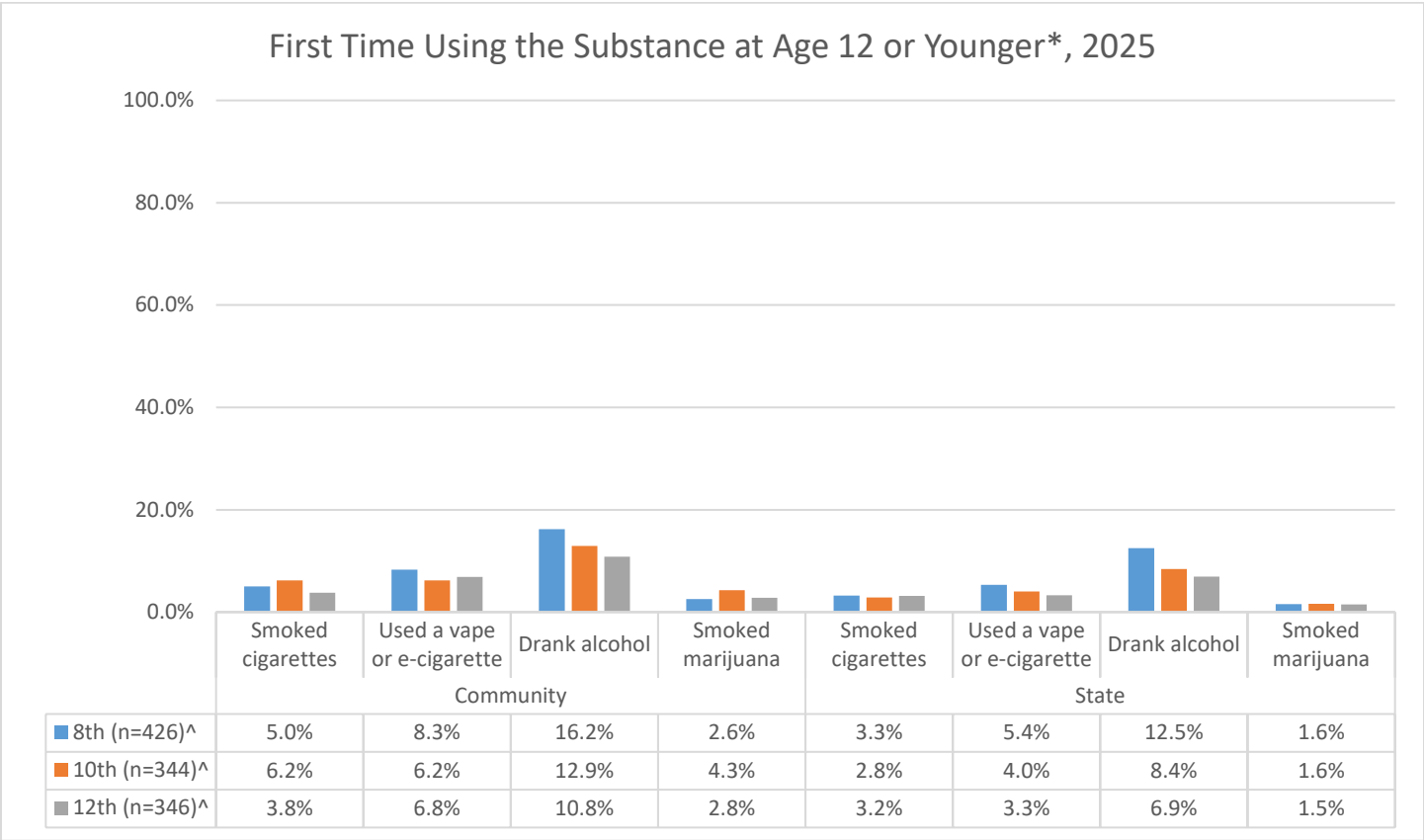
		Community					State				
		2016	2018	2021	2023	2025	2016	2018	2021	2023	2025
8th	Less than 6 hours				11.7%	10.9%				12.8%	11.1%
	More than 6 but less than 7 hours				14.9%	15.8%				13.5%	12.2%
	More than 7 but less than 8 hours				23.0%	23.0%				25.0%	23.7%
	More than 8 but less than 9 hours				33.3%	31.1%				31.0%	32.6%
	More than 9 hours				17.1%	19.2%				17.7%	20.5%
10th	Less than 6 hours				17.5%	14.8%				16.2%	11.3%
	More than 6 but less than 7 hours				22.1%	20.0%				19.5%	18.9%
	More than 7 but less than 8 hours				29.4%	30.8%				32.3%	32.6%
	More than 8 but less than 9 hours				21.4%	25.7%				24.6%	28.1%
	More than 9 hours				9.6%	8.7%				7.4%	9.0%
12th	Less than 6 hours				23.9%	16.3%				18.0%	14.5%
	More than 6 but less than 7 hours				26.6%	28.0%				25.8%	23.8%
	More than 7 but less than 8 hours				34.0%	25.0%				32.9%	33.1%
	More than 8 but less than 9 hours				12.9%	23.5%				18.6%	22.2%
	More than 9 hours				2.6%	7.1%				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 Panhandle Public Health Department.

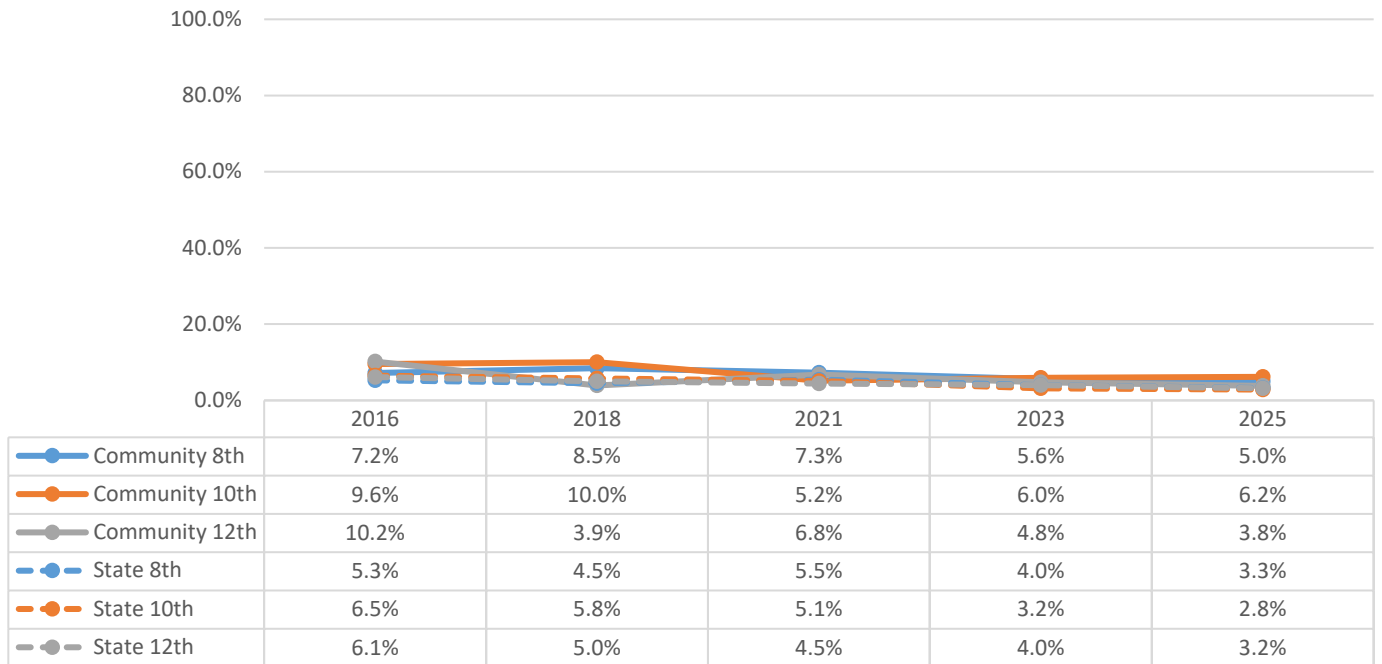
First Time Using Substances



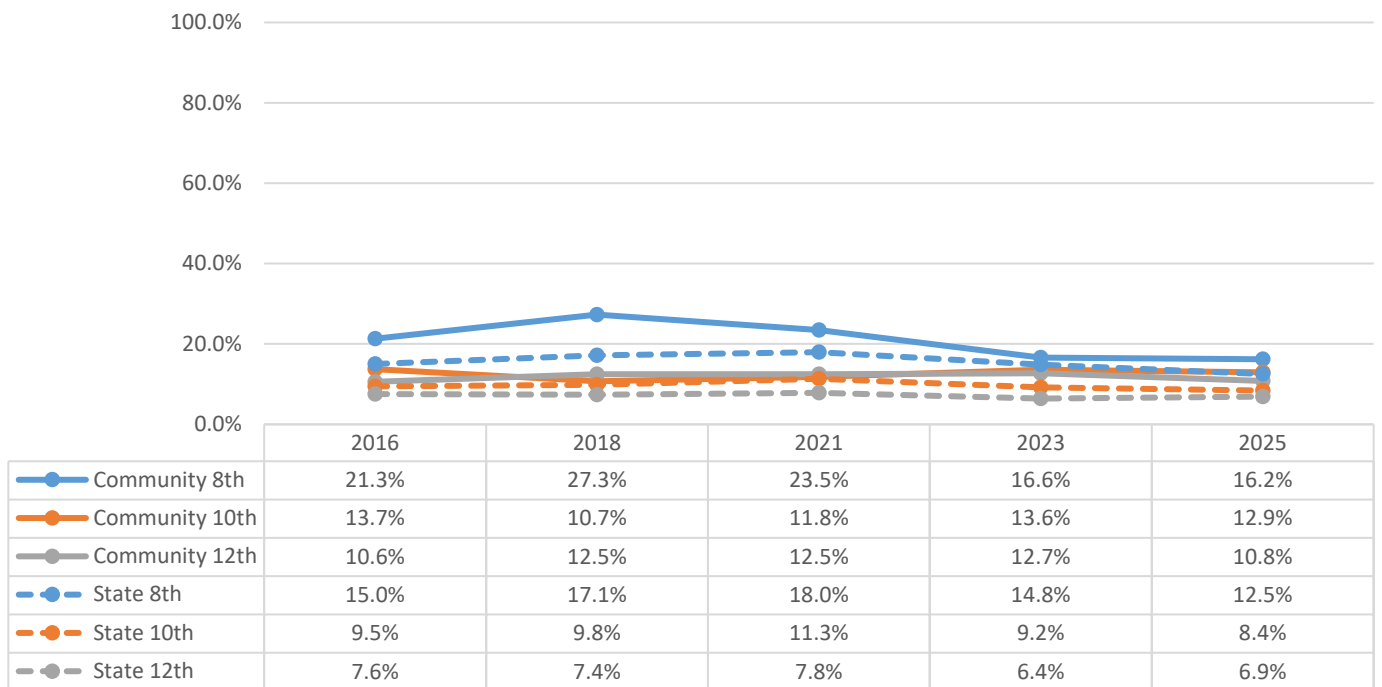
* Percentage reported first time using the substance at age 12 or younger.
^ The n-size displayed is the largest n-size across these questions. Because each question is asked individually, the n-size may vary.

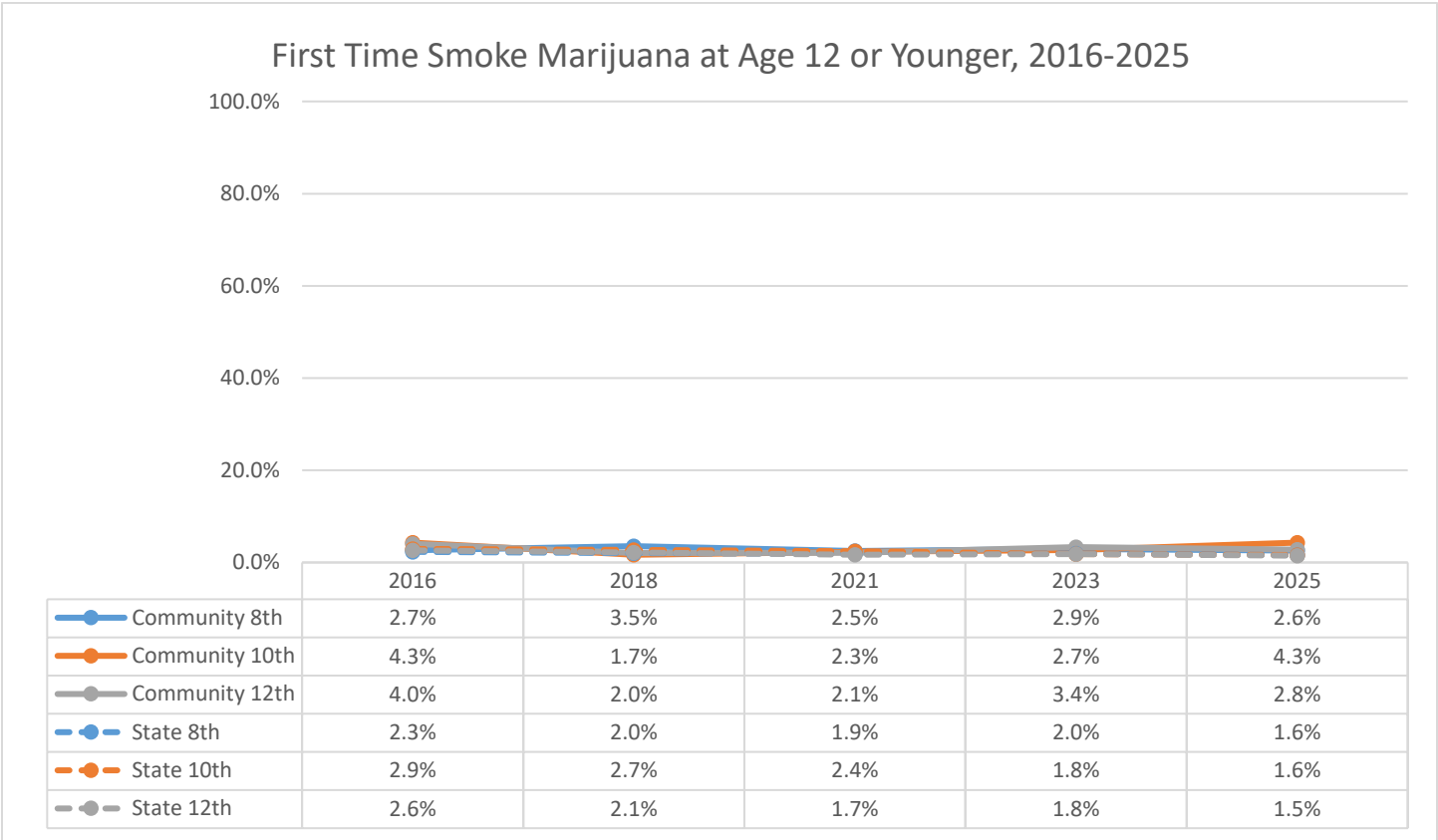
Trends of First Time Using the Substance at Age 12 or Younger, 2016-2025

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



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

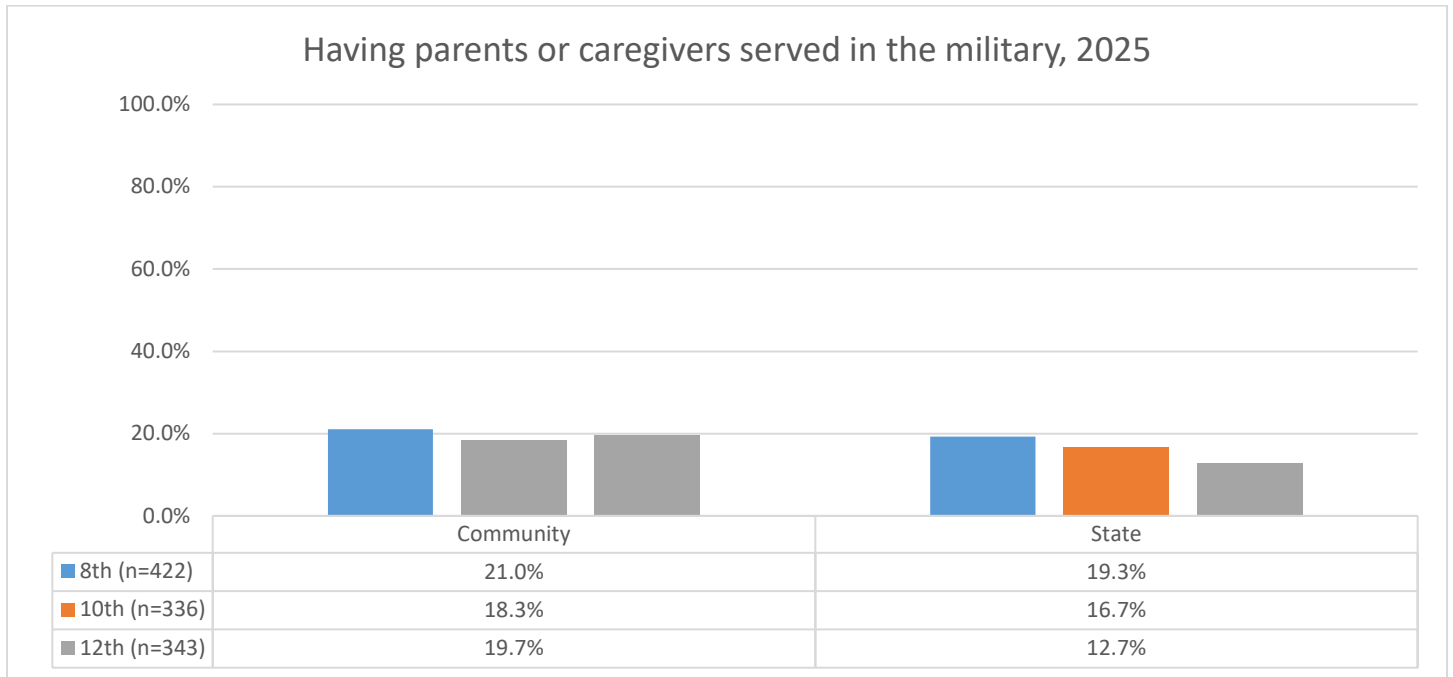




* Percentage reported first time using the substance at age 12 or younger.

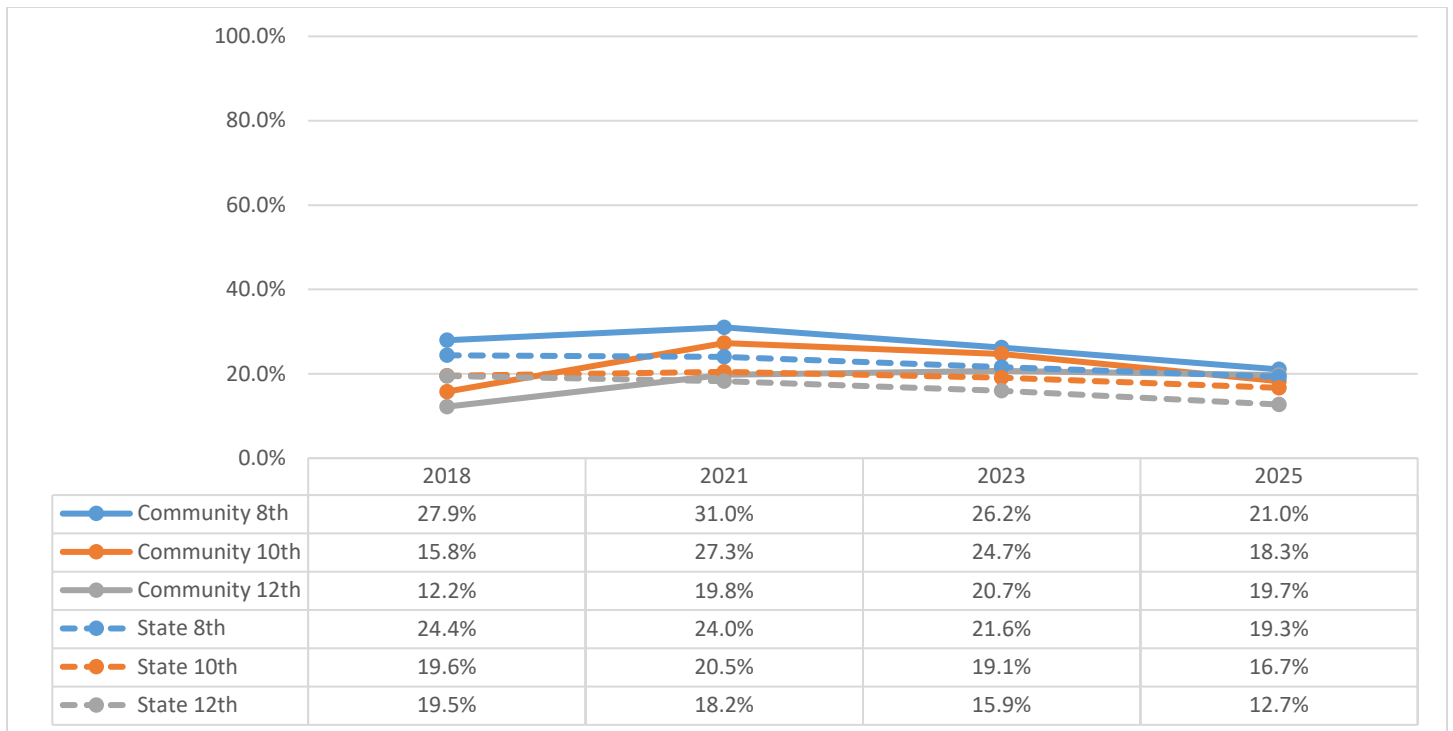
Trend data are not available about first time used a vape or e-cigarette at age 12 or younger.

Feelings and Experiences with Family

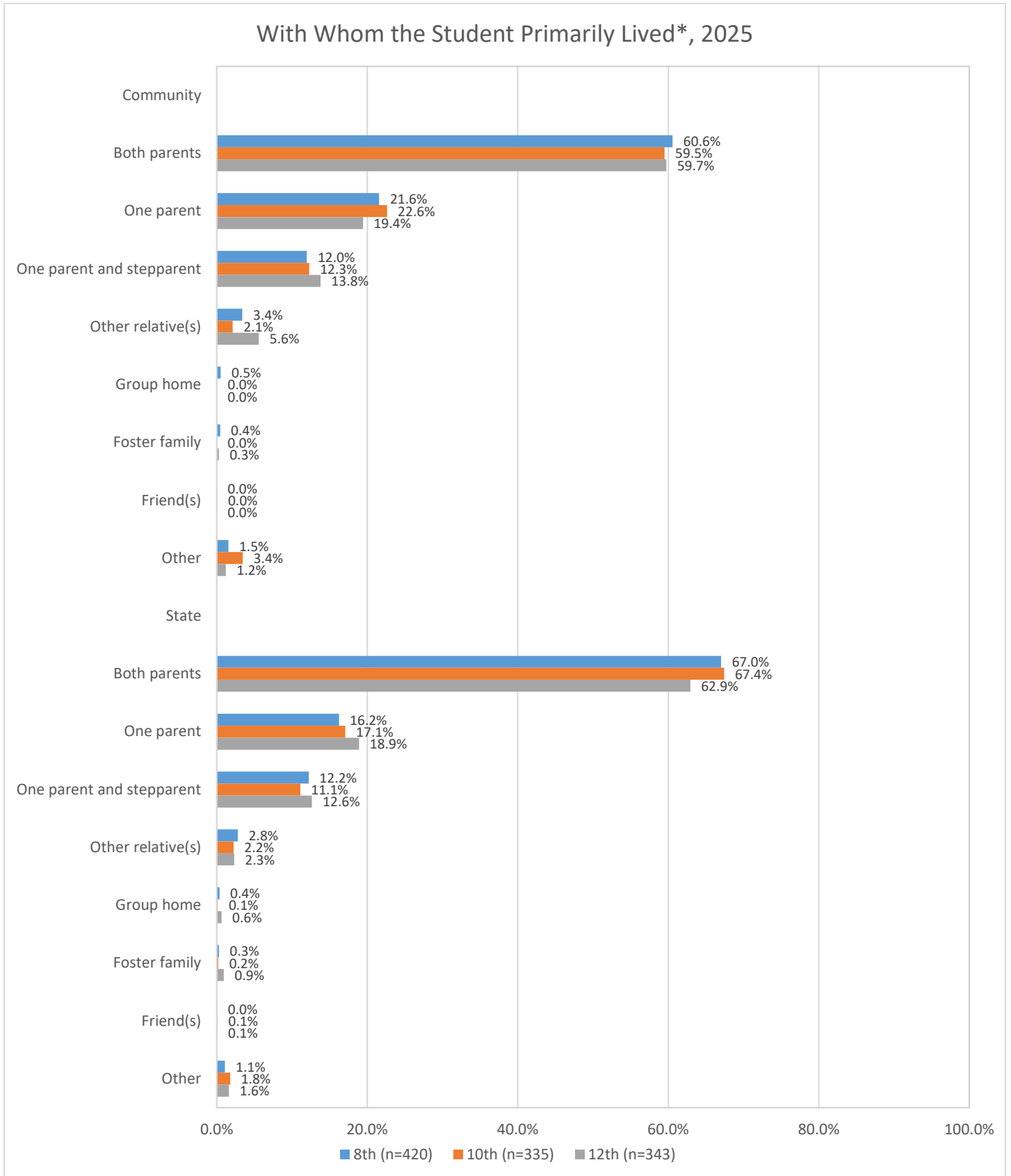


* Percentage who reported "Yes" to the question "During any time in your life, have any of your parents or caregivers served in the military?"

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



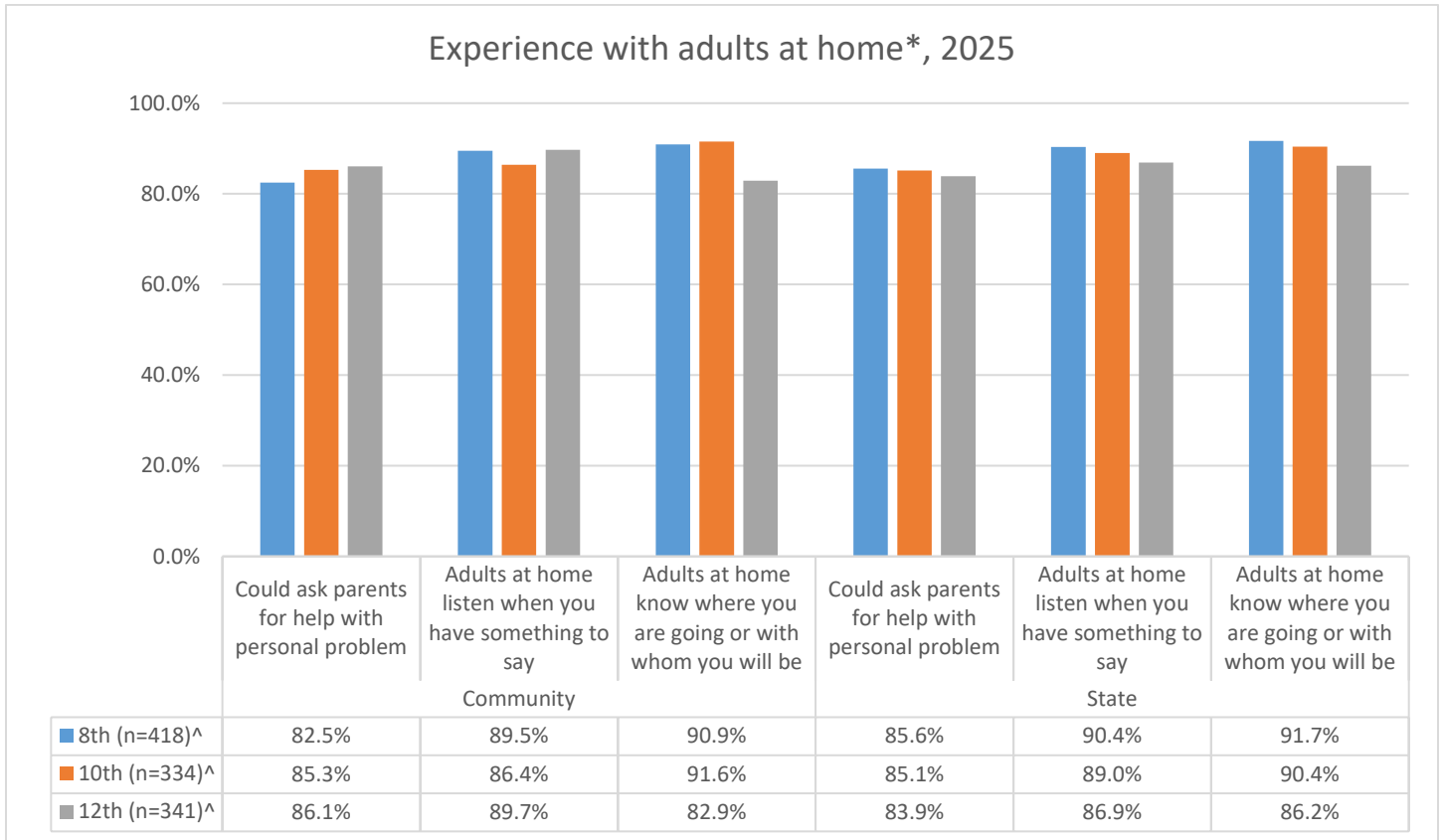
* Question was not available before 2018.



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

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

		Community					State				
		2016	2018	2021	2023	2025	2016	2018	2021	2023	2025
8th	Both parents	60.9%	59.3%	58.8%	60.0%	60.6%	65.1%	67.6%	66.9%	66.7%	67.0%
	One parent	16.7%	18.9%	21.8%	17.5%	21.6%	15.4%	15.3%	16.1%	15.4%	16.2%
	One parent and stepparent	18.7%	16.4%	13.0%	15.6%	12.0%	15.2%	12.4%	12.1%	12.8%	12.2%
	Other relative(s)	2.3%	2.4%	3.3%	2.9%	3.4%	1.9%	1.5%	2.1%	1.9%	2.8%
	Group home	0.1%	0.3%	0.3%	0.0%	0.5%	0.3%	0.2%	0.4%	0.1%	0.4%
	Foster family	0.2%	0.3%	0.5%	0.5%	0.4%	0.5%	0.5%	0.8%	0.4%	0.3%
	Friend(s)	0.2%	0.0%	0.3%	0.3%	0.0%	0.1%	0.1%	0.2%	0.2%	0.0%
	Other	0.9%	2.5%	2.0%	3.1%	1.5%	1.7%	2.3%	1.6%	2.5%	1.1%
10th	Both parents	56.4%	60.5%	59.7%	59.2%	59.5%	64.2%	64.0%	64.0%	65.2%	67.4%
	One parent	19.3%	19.6%	19.8%	22.0%	22.6%	17.4%	17.9%	18.4%	18.3%	17.1%
	One parent and stepparent	19.2%	17.6%	13.8%	14.1%	12.3%	14.2%	13.4%	13.0%	11.2%	11.1%
	Other relative(s)	3.1%	1.1%	3.3%	2.5%	2.1%	2.2%	1.7%	2.1%	2.3%	2.2%
	Group home	0.1%	0.0%	0.4%	0.0%	0.0%	0.1%	0.2%	0.2%	0.1%	0.1%
	Foster family	0.9%	0.2%	1.3%	0.6%	0.0%	0.5%	0.5%	0.4%	0.6%	0.2%
	Friend(s)	0.0%	0.0%	0.5%	0.0%	0.0%	0.1%	0.2%	0.2%	0.2%	0.1%
	Other	1.0%	1.0%	1.1%	1.7%	3.4%	1.3%	2.1%	1.7%	2.1%	1.8%
12th	Both parents	56.1%	57.9%	63.1%	56.5%	59.7%	62.9%	63.6%	63.5%	64.0%	62.9%
	One parent	22.1%	19.4%	21.8%	21.4%	19.4%	18.8%	18.7%	19.8%	19.4%	18.9%
	One parent and stepparent	15.4%	18.5%	9.5%	15.8%	13.8%	12.9%	11.0%	10.7%	11.2%	12.6%
	Other relative(s)	3.2%	1.2%	2.7%	2.5%	5.6%	2.8%	3.7%	2.6%	2.6%	2.3%
	Group home	0.0%	0.6%	0.3%	0.0%	0.0%	0.1%	0.2%	0.1%	0.2%	0.6%
	Foster family	0.1%	0.4%	0.5%	0.0%	0.3%	0.4%	0.6%	0.7%	0.6%	0.9%
	Friend(s)	0.6%	0.3%	0.6%	0.0%	0.0%	0.3%	0.3%	0.4%	0.1%	0.1%
	Other	2.5%	1.7%	1.5%	3.8%	1.2%	1.8%	1.9%	2.2%	2.0%	1.6%

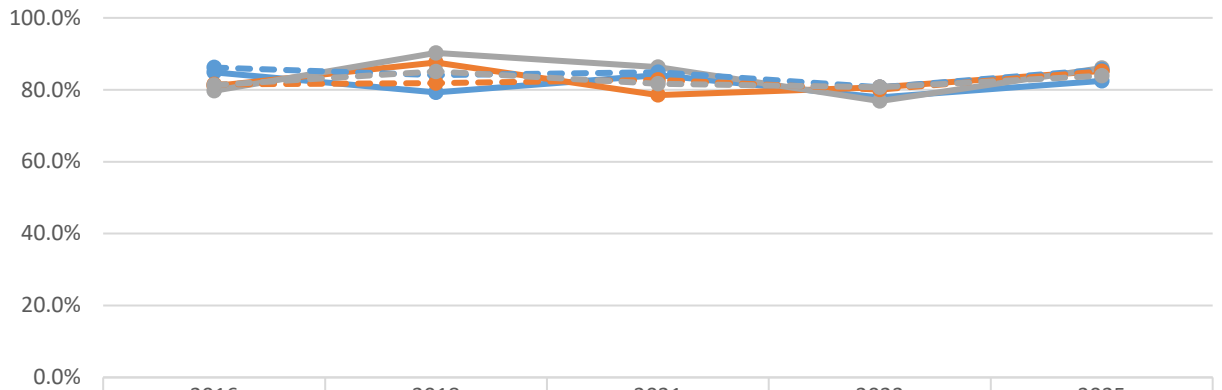


* Percentages who reported they "Agree" or "Strongly agree" to the statement "If I had a personal problem, I could ask my parents or caregivers for help." And "In my home, there is an adult who listens to me when I have something to say." based on the following scale: Strongly disagree, Disagree, Agree, 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.

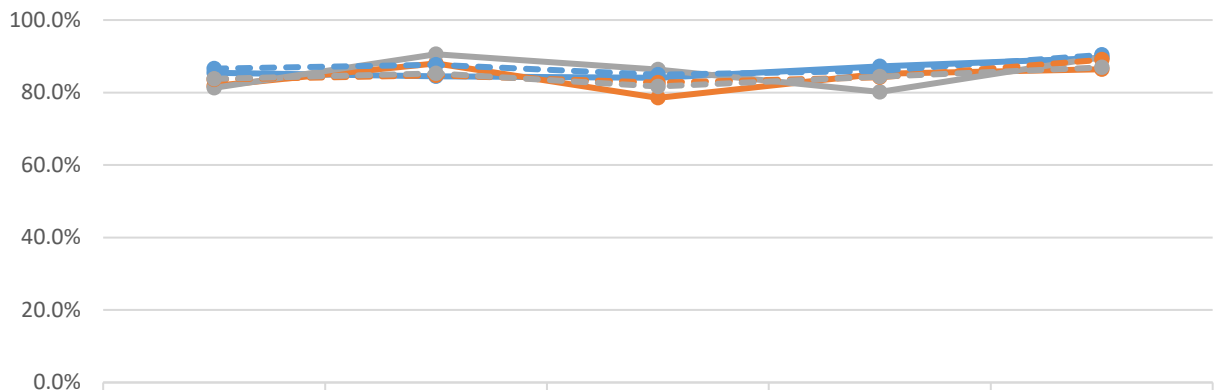
Trends of Experience with Adults at Home, 2016-2025

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



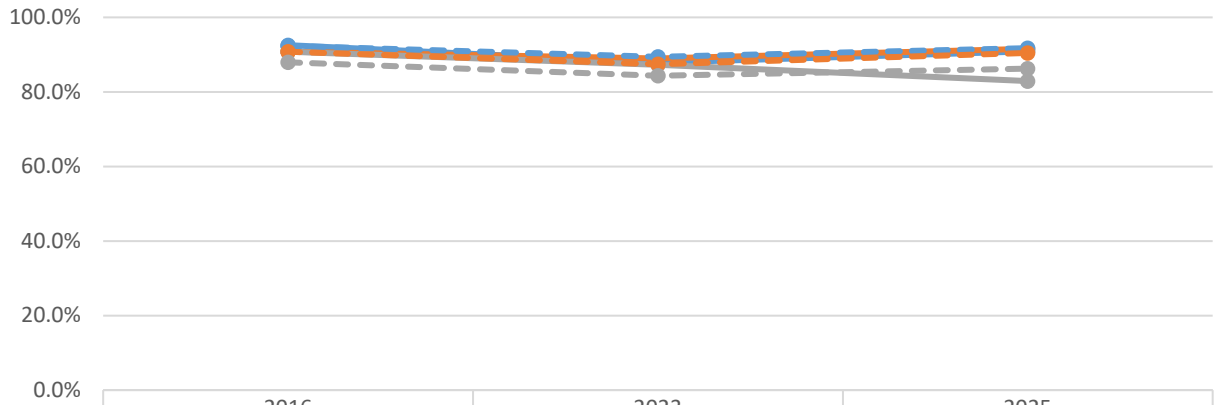
	2016	2018	2021	2023	2025
Community 8th	84.8%	79.3%	84.1%	77.9%	82.5%
Community 10th	81.1%	87.6%	78.5%	80.7%	85.3%
Community 12th	79.8%	90.3%	86.3%	76.9%	86.1%
State 8th	86.2%	84.1%	84.9%	80.7%	85.6%
State 10th	81.5%	81.9%	82.7%	80.0%	85.1%
State 12th	81.3%	85.1%	81.7%	80.7%	83.9%

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



	2016	2018	2021	2023	2025
Community 8th	85.5%	84.5%	84.1%	87.2%	89.5%
Community 10th	81.8%	88.0%	78.5%	85.2%	86.4%
Community 12th	81.3%	90.6%	86.3%	80.2%	89.7%
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%

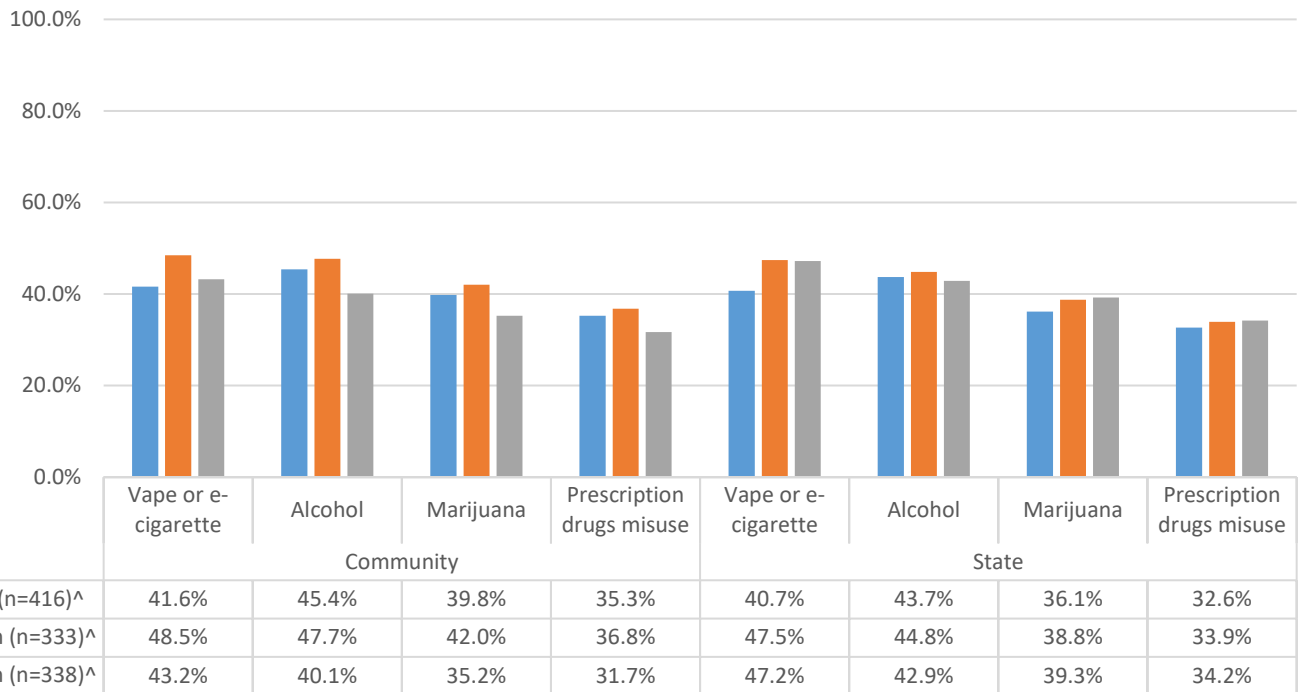
Adults at Home Knew Where the Student Were Going or with Who They Would be*, 2016-2025



	2016	2023	2025
Community 8th	92.5%	87.9%	90.9%
Community 10th	90.8%	89.0%	91.6%
Community 12th	90.8%	87.3%	82.9%
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.

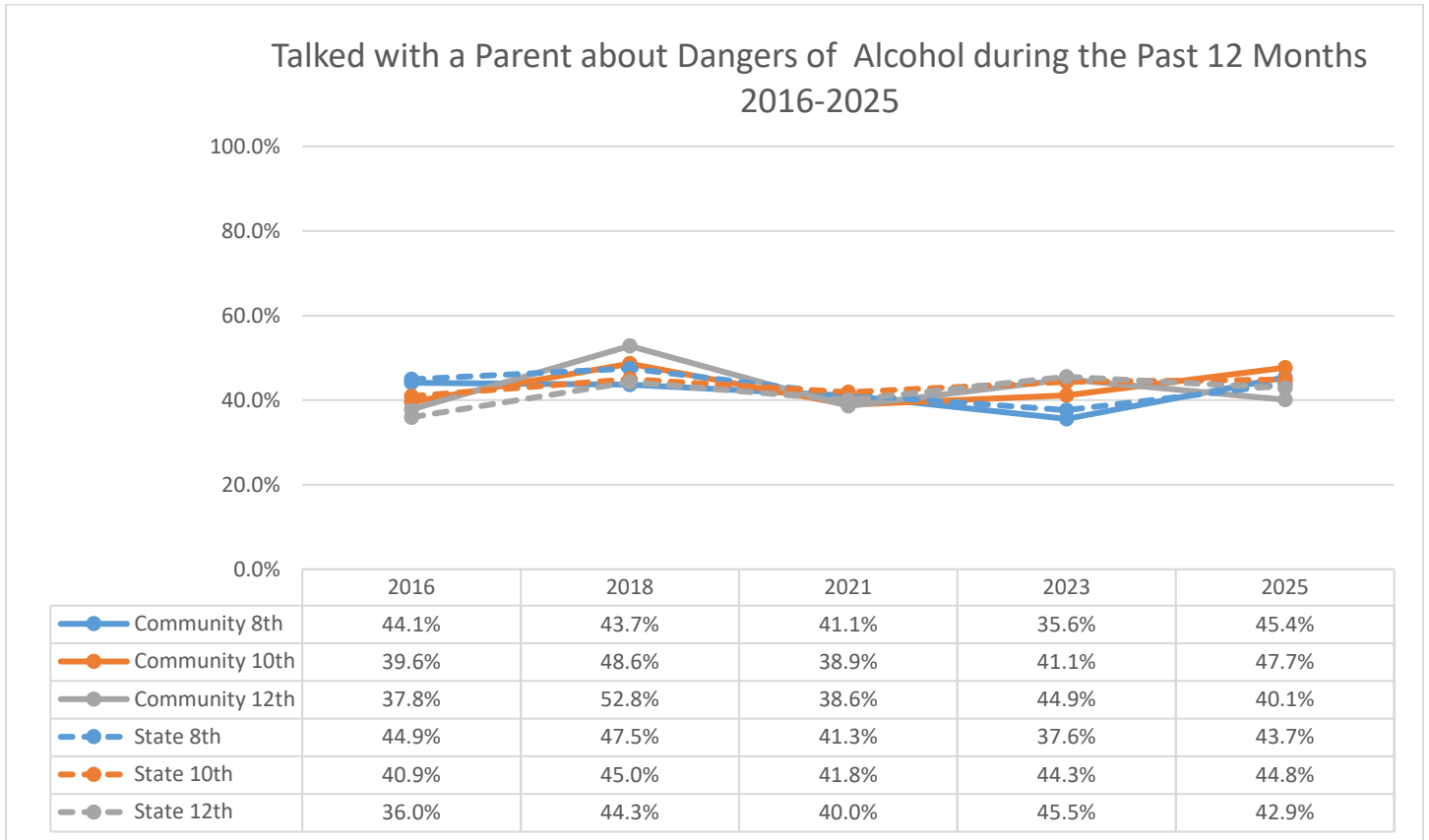
Talked with a Parent about Dangers of Using the Substance during the Past 12 Months*, 2025



* 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 ?"

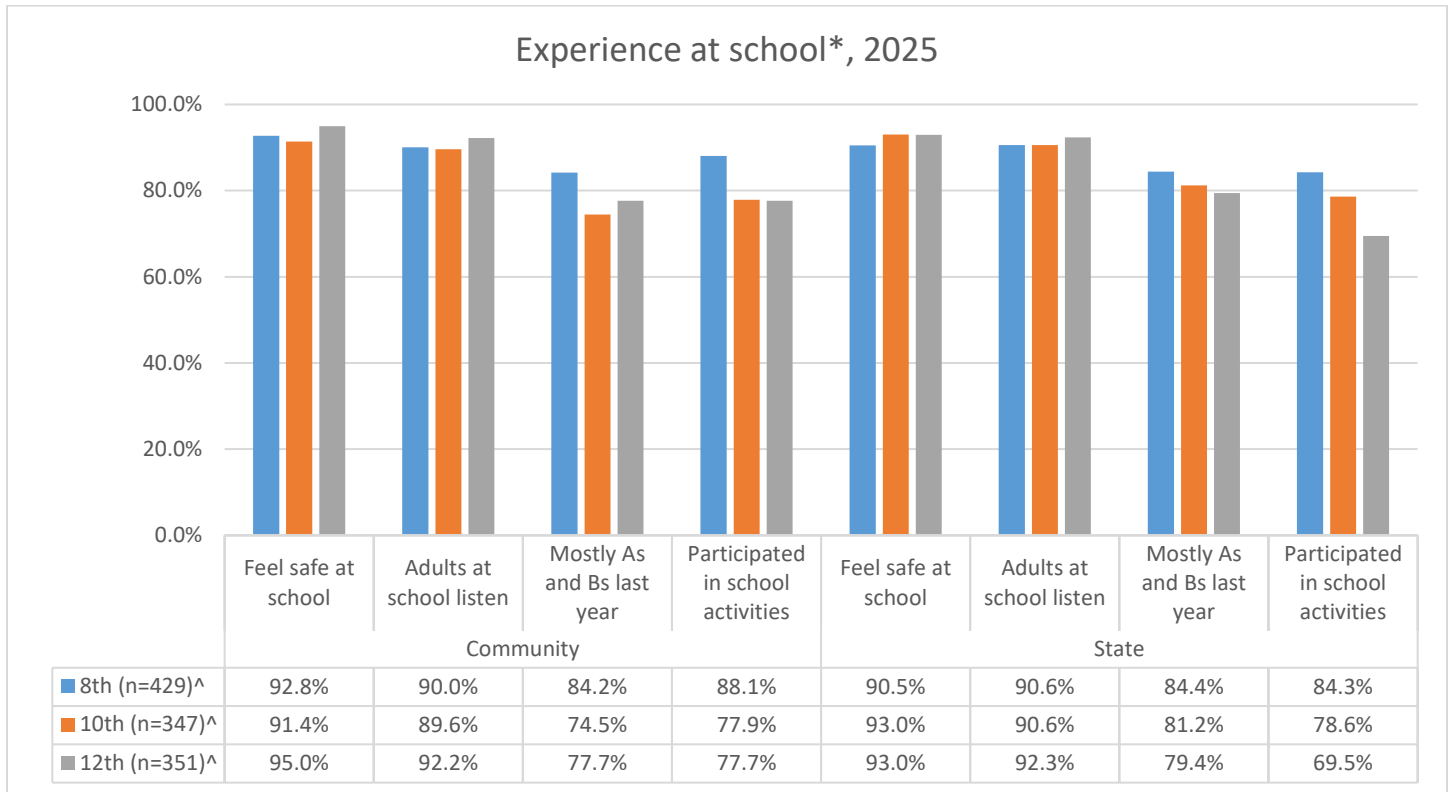
^ The n-size displayed is the largest n-size across these questions.

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



	Community					State				
	2016	2018	2021	2023	2025	2016	2018	2021	2023	2025
Vape or e-cigarette <i>(Question was not available before 2023.)</i>										
8th				39.7%	41.6%				40.2%	40.7%
10th				42.8%	48.5%				44.0%	47.5%
12th				43.1%	43.2%				41.4%	47.2%
Marijuana <i>(Trend data are not available.)</i>										
Prescription drugs misuse <i>(Trend data are not available.)</i>										

Feelings and Experiences at School

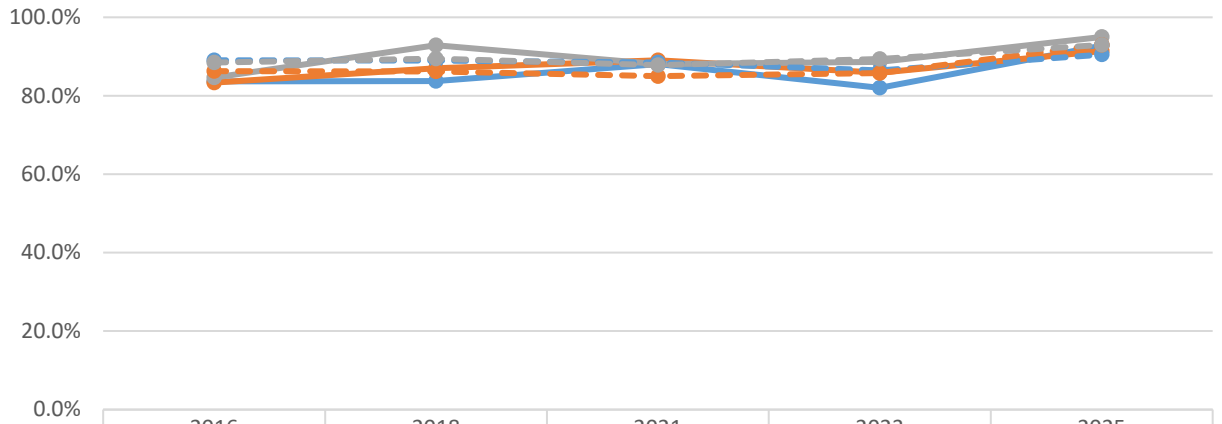


* Percentages who reported they "Agree" or "Strongly agree" to the statements "I feel safe at my school." and "In my school, there is an adult (such as a counselor, teacher, or coach) who listens to me when I have something to say." based on the following scale: Strongly disagree, Disagree, Agree, Strongly 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.

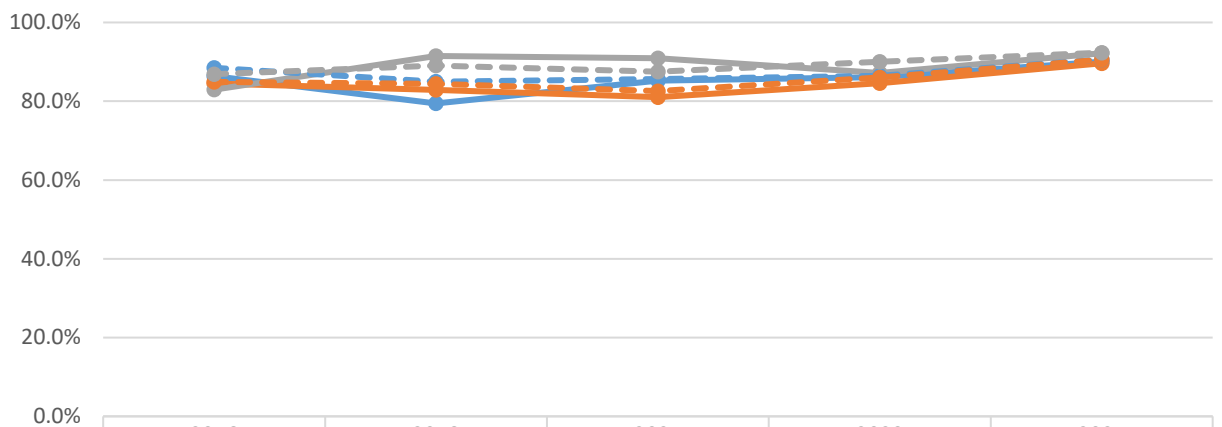
Trend of Experience at school, 2016-2025

Feel safe at school, 2016-2025



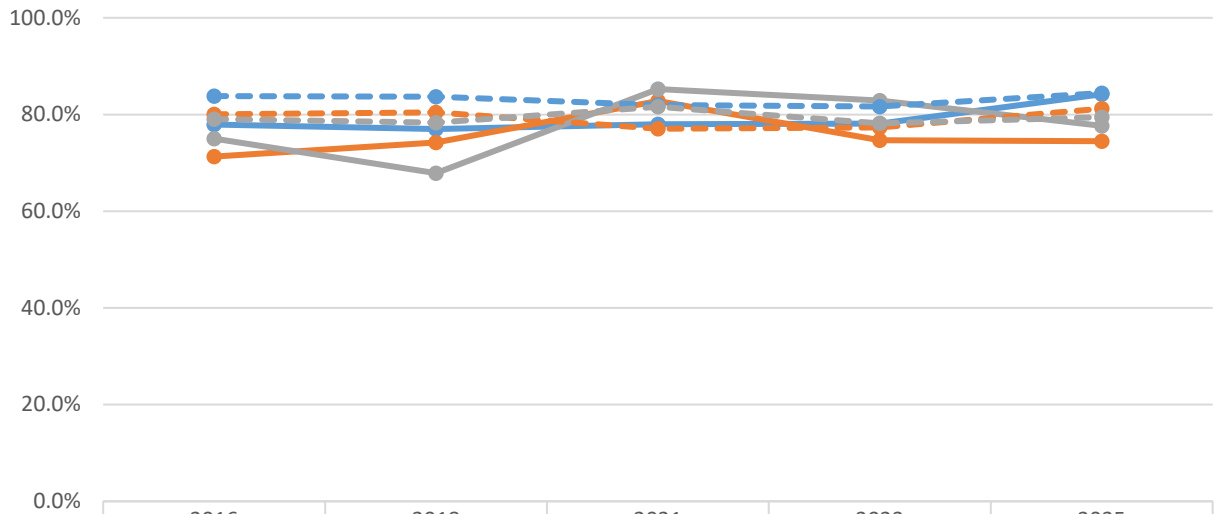
	2016	2018	2021	2023	2025
Community 8th	83.7%	83.8%	88.0%	82.0%	92.8%
Community 10th	83.4%	87.0%	89.1%	85.9%	91.4%
Community 12th	84.6%	92.9%	88.0%	88.7%	95.0%
State 8th	89.0%	89.0%	88.5%	86.5%	90.5%
State 10th	86.3%	86.2%	85.0%	85.8%	93.0%
State 12th	88.5%	89.5%	87.8%	89.4%	93.0%

Adults at school listen, 2016-2025



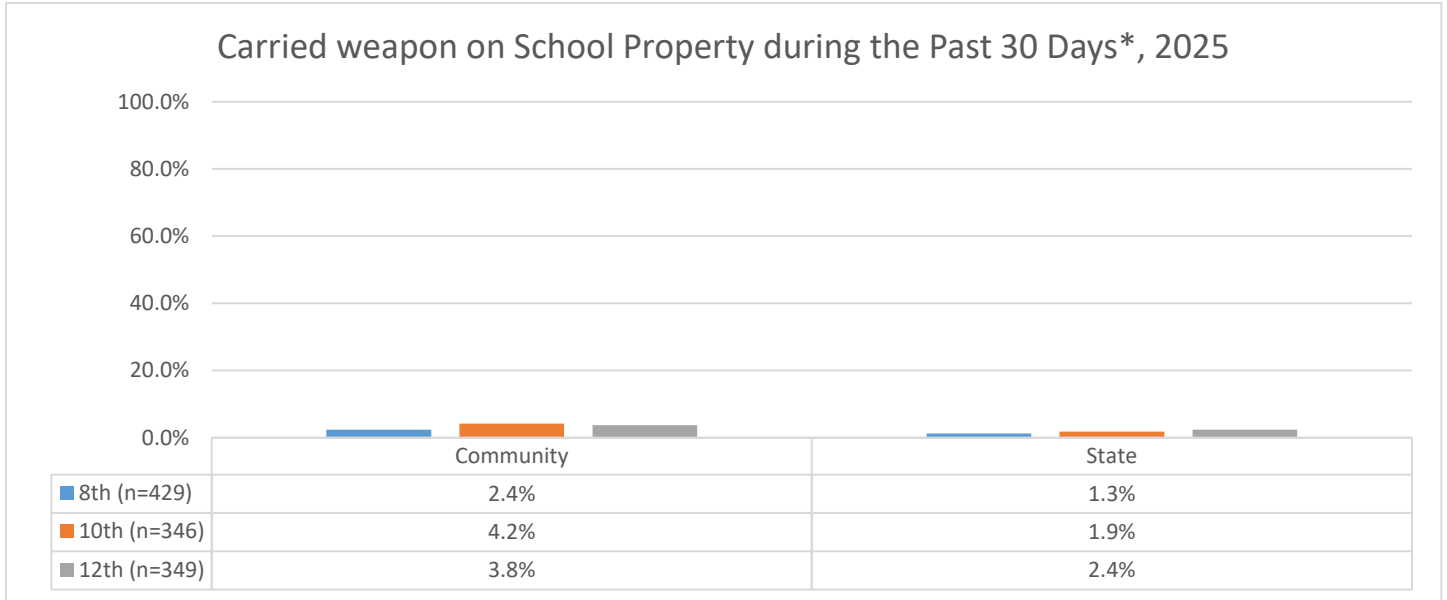
	2016	2018	2021	2023	2025
Community 8th	86.3%	79.4%	85.2%	86.1%	90.0%
Community 10th	84.5%	82.9%	81.0%	84.6%	89.6%
Community 12th	82.9%	91.4%	90.9%	87.2%	92.2%
State 8th	88.5%	85.0%	85.7%	86.4%	90.6%
State 10th	84.9%	84.4%	82.6%	86.1%	90.6%
State 12th	86.9%	89.1%	87.5%	90.0%	92.3%

Mostly As and Bs Last Year, 2016-2025



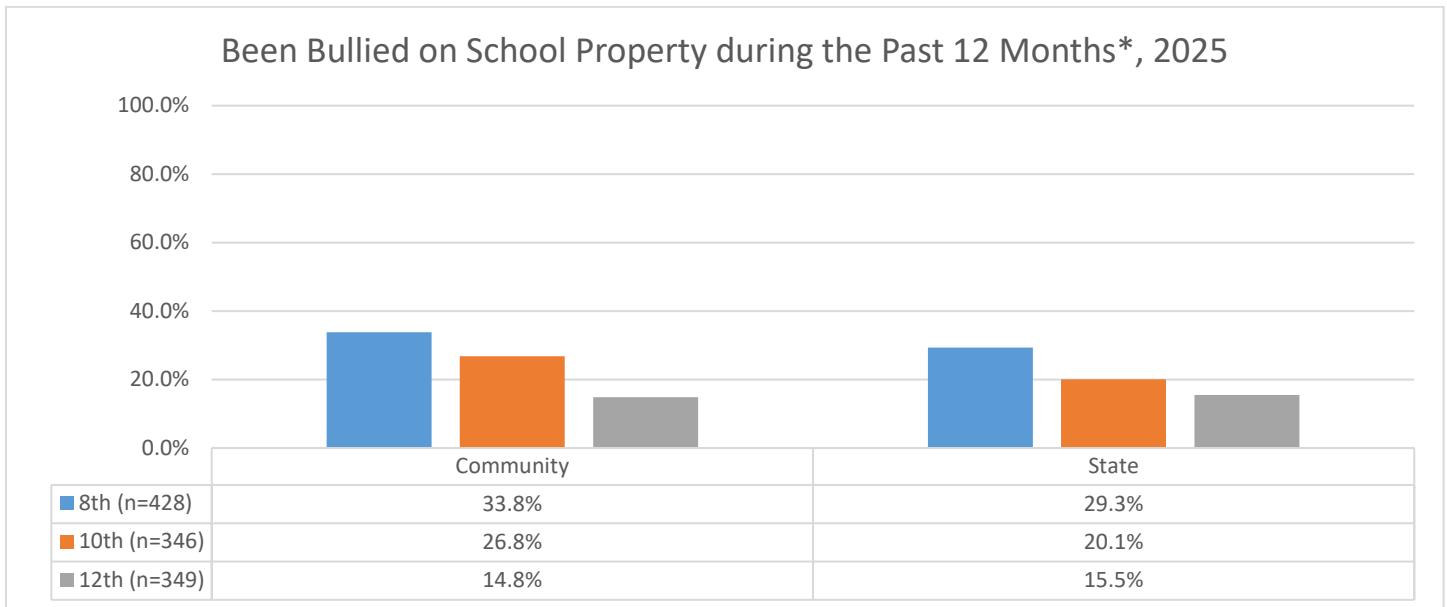
	2016	2018	2021	2023	2025
Community 8th	77.9%	77.0%	78.0%	78.1%	84.2%
Community 10th	71.3%	74.2%	82.8%	74.7%	74.5%
Community 12th	75.0%	67.9%	85.3%	82.9%	77.7%
State 8th	83.8%	83.7%	82.0%	81.7%	84.4%
State 10th	80.1%	80.5%	77.1%	77.3%	81.2%
State 12th	79.0%	78.3%	81.6%	78.2%	79.4%

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.

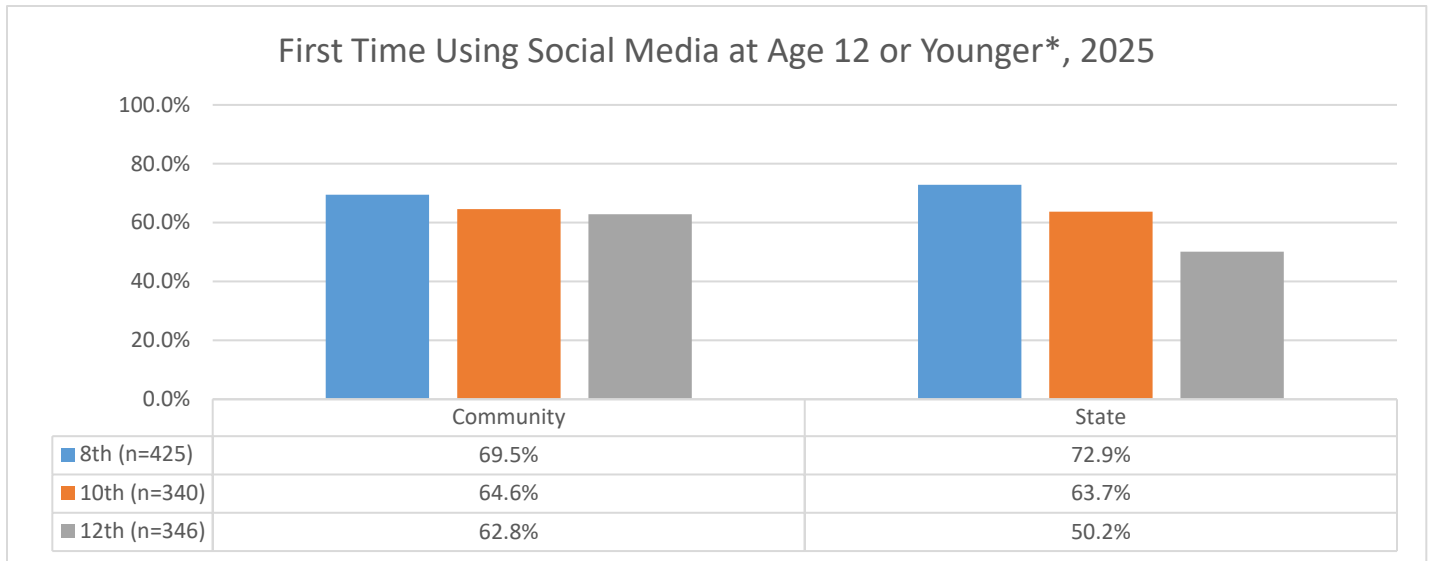


* Percentages reporting one or more days to the question “During the PAST 30 DAYS, on how many days did you carry a weapon such as a gun, knife, or club on school property?”

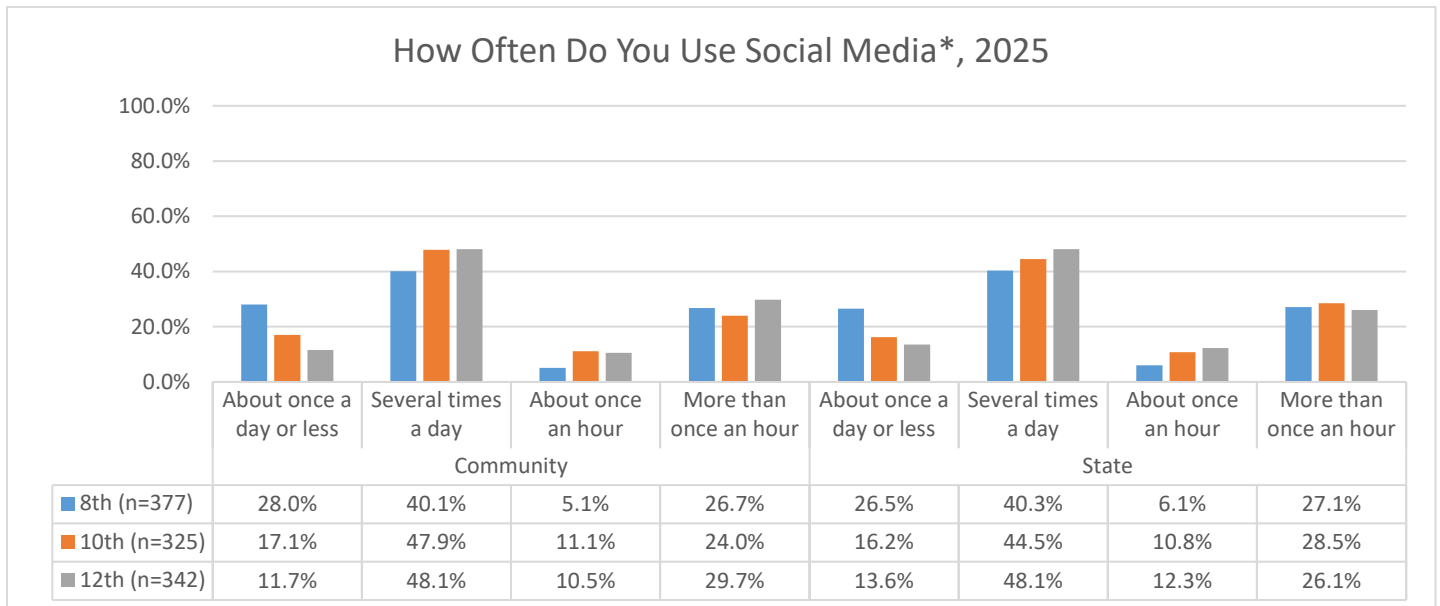
Trend date are not available.

Social Media Use

This section contains information on experiences using social media for 8th, 10th, and 12th grade students in the community of Panhandle Public Health Department. 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.

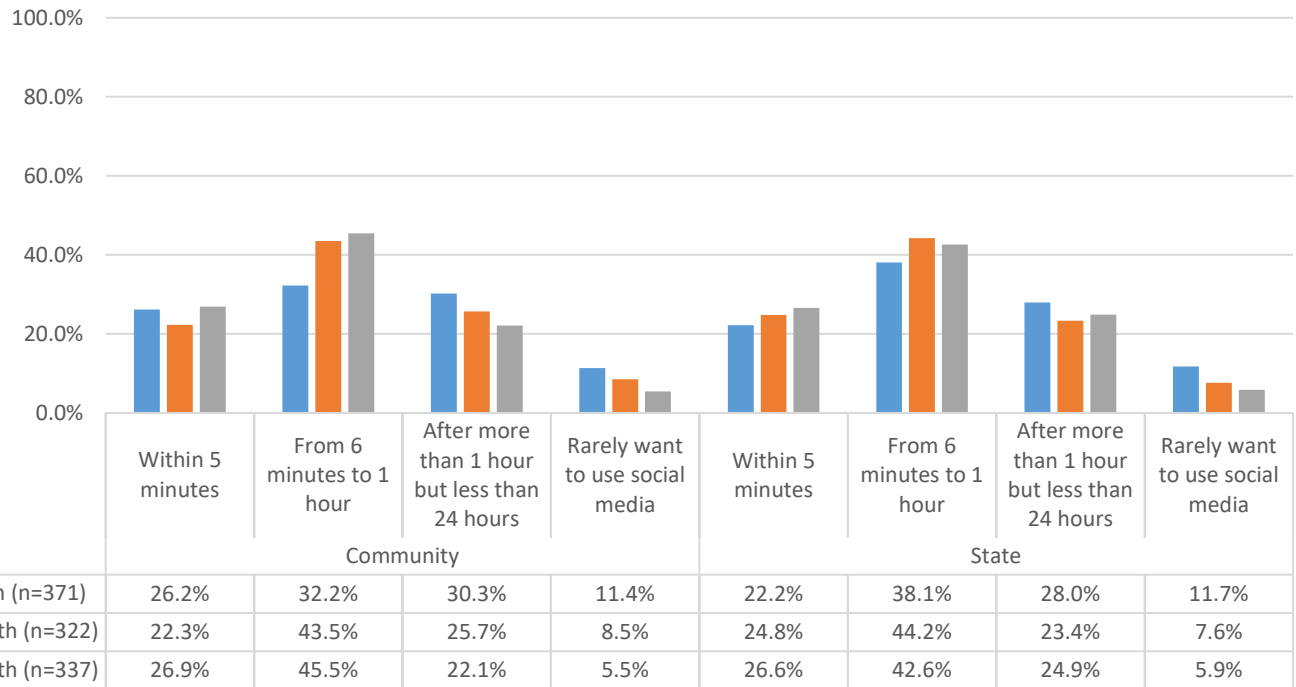


* Percentages reporting 10 or younger, 11, or 12 to the question "How old were you when you first: - began using social media?"
 AMONG students who reported using social media.



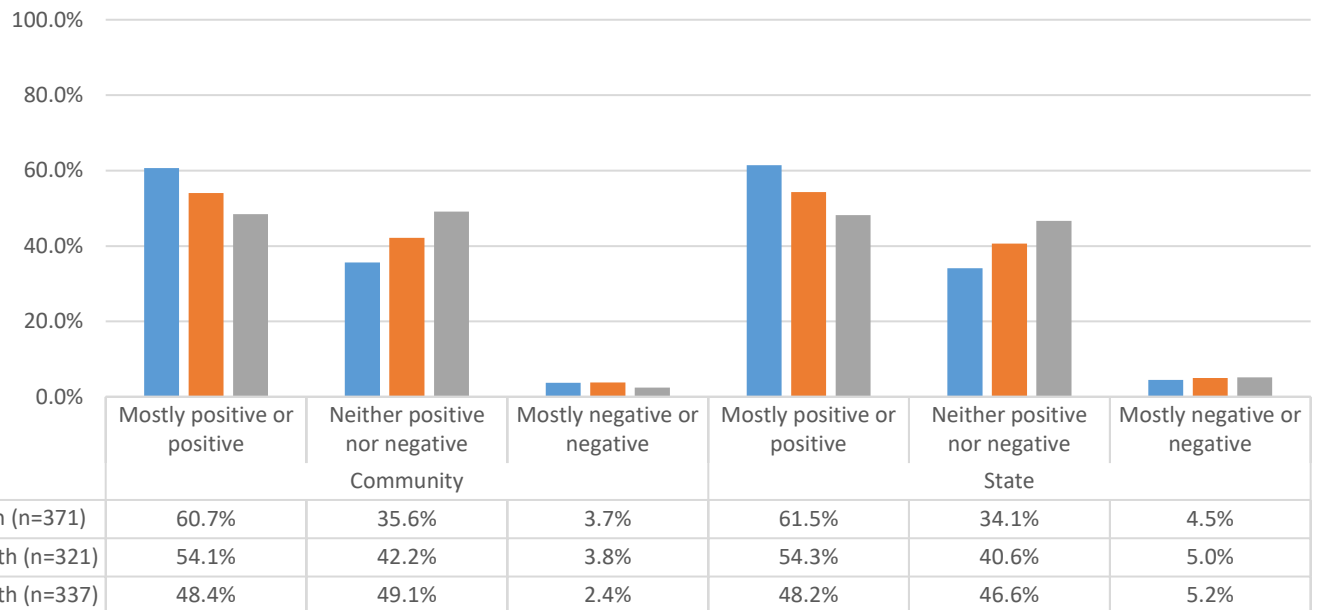
* Percentage AMONG students who reported using social media.

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



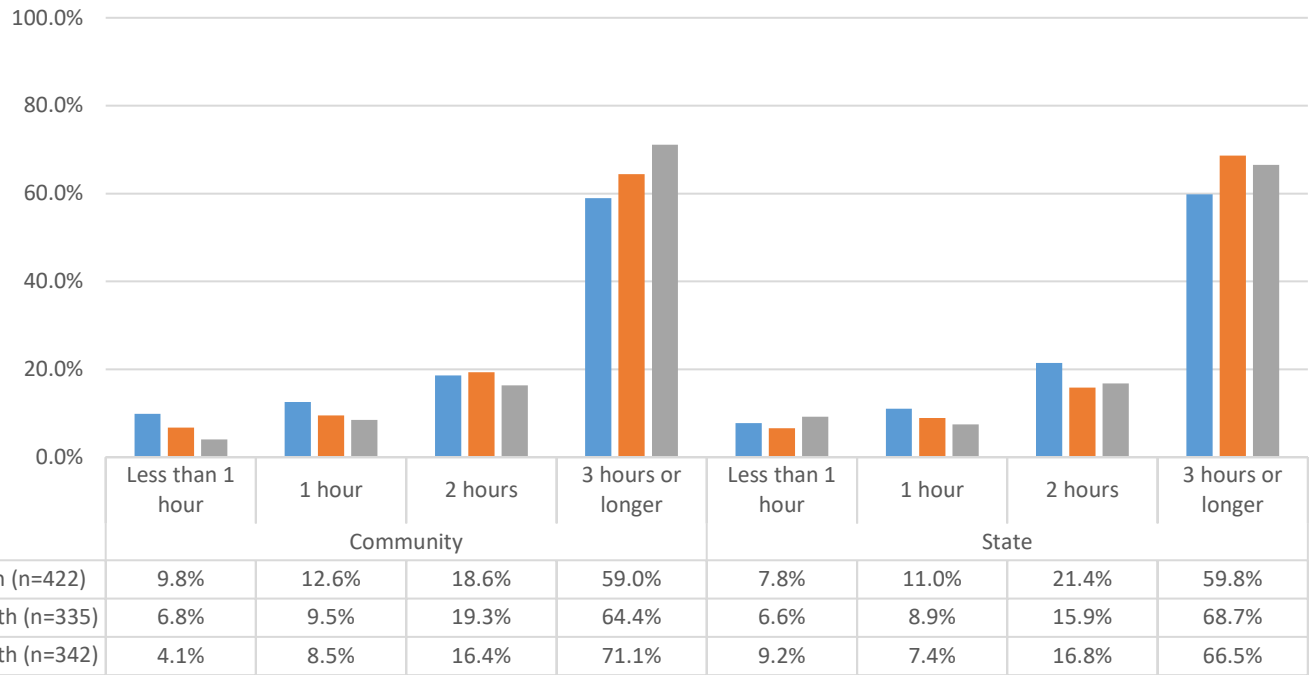
* Percentage AMONG students who reported using social media.

Feelings after Using Social Media*, 2025



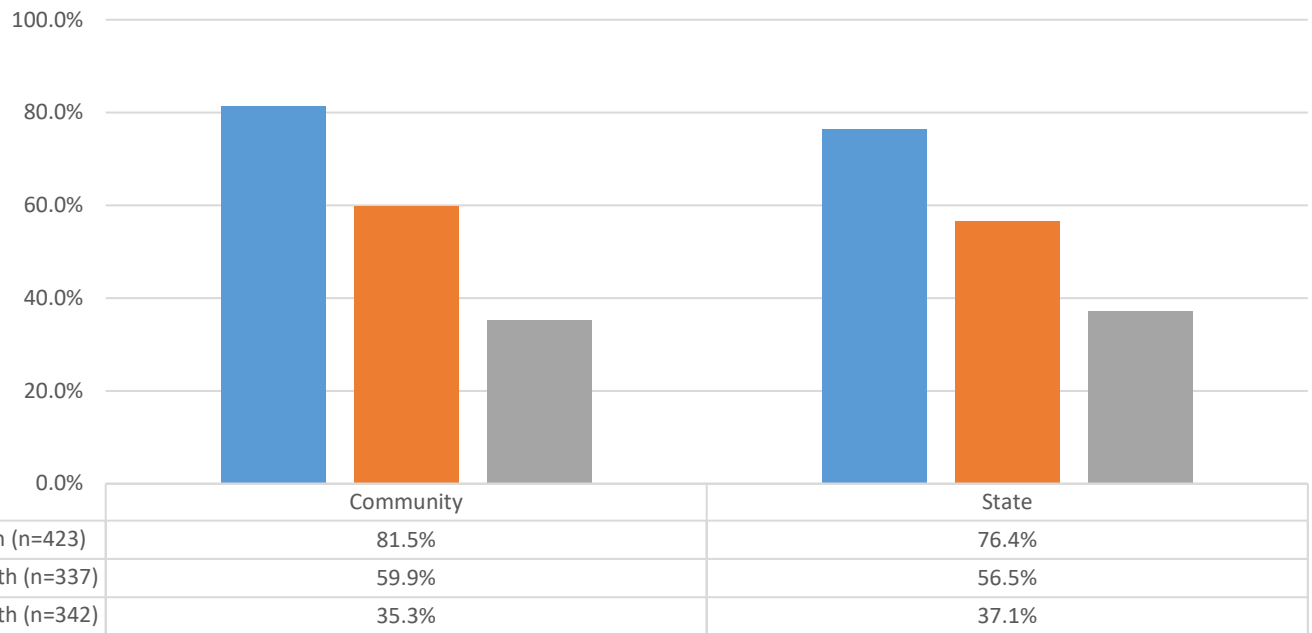
* Percentage AMONG students who reported using social media.

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

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 Panhandle Public Health Department compared to the State of Nebraska. This community includes the counties of Banner, Box Butte, Cheyenne, Dawes, Deuel, Garden, Grant, Kimball, Morrill, Scotts Bluff, Sheridan, and Sioux. 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	Panhandle Public Health Department			State of Nebraska		
	Number Participated	Number Enrolled	Percent Participated	Number Participated	Number Enrolled	Percent Participated
8th	429	1009	42.5%	3377	26511	12.7%
10th	349	1013	34.5%	2880	27197	10.6%
12th	351	1020	34.4%	2194	28249	7.8%
Total	1129	3042	37.1%	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

	Panhandle Public Health Department		State of Nebraska	
	n	%	n	%
Total students	1131		8469	
Grade				
8th	429	37.9%	3377	39.9%
10th	349	30.9%	2880	34.0%
12th	351	31.0%	2194	25.9%
Unknown	2	0.2%	18	0.2%
Gender				
Male	568	50.2%	4282	50.6%
Female	559	49.4%	4147	49.0%
Unknown	4	0.4%	40	0.5%
Race/Ethnicity				
Hispanic or Latino	279	24.7%	1648	19.5%
Black or African American	19	1.7%	342	4.0%
Asian	18	1.6%	176	2.1%
American Indian or Alaska Native	69	6.1%	358	4.2%
Native Hawaiian or Pacific Islander	7	0.6%	27	0.3%
Middle Eastern or North African	1	0.1%	17	0.2%
White	708	62.6%	5694	67.2%
Other race	27	2.4%	142	1.7%
Unknown	3	0.3%	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, 48 students were in the community of Panhandle Public Health Department.

APPENDIX B: Tips for Using the NRPFSS 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

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

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

Behavioral Health Resources for Schools:

Available through Nebraska DHHS.

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 — [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

Derek Sonnenfelt
Region 4
Prevention Coordinator
206 W. Monroe Avenue
Norfolk, NE 68701
Tel: (402) 860-9913
Fax: (402) 370-3125
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

Kym Fries
Region 1
Prevention System Coordinator
4110 Avenue D
Scottsbluff, NE 69361
Tel: (308) 633-7991
Fax: (308) 632-2326
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

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

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



Division of Behavioral Health Prevention Directory

Name	Email	Agency
Region 1		
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
Region 2		
Shannon Sell	shannonsell@r2hs.com	Regional Prevention Coordinator
Erin Bone	saps@communityconnectionslc.org	Community Connections
Region 3		
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)
Region 4		
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
Region 5		
Kayla Lathrop	klathrop@region5systems.net	Regional Prevention Coordinator
Laura Osborne	FourCountyCollaborative@gmail.com	Four County Collaborative 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
Region 6		
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>