

# WA COVID-19 STUDENT SURVEY 2022

STATE REPORT

Middle School (Grades 6-8)

Date: 4/28/2022



Washington Office of Superintendent of  
**PUBLIC INSTRUCTION**

**W** UNIVERSITY *of* WASHINGTON

# COVID-19 STUDENT SURVEY

## STATE REPORT FOR MIDDLE SCHOOLS (Grades 6-8)

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# Introduction and Overview

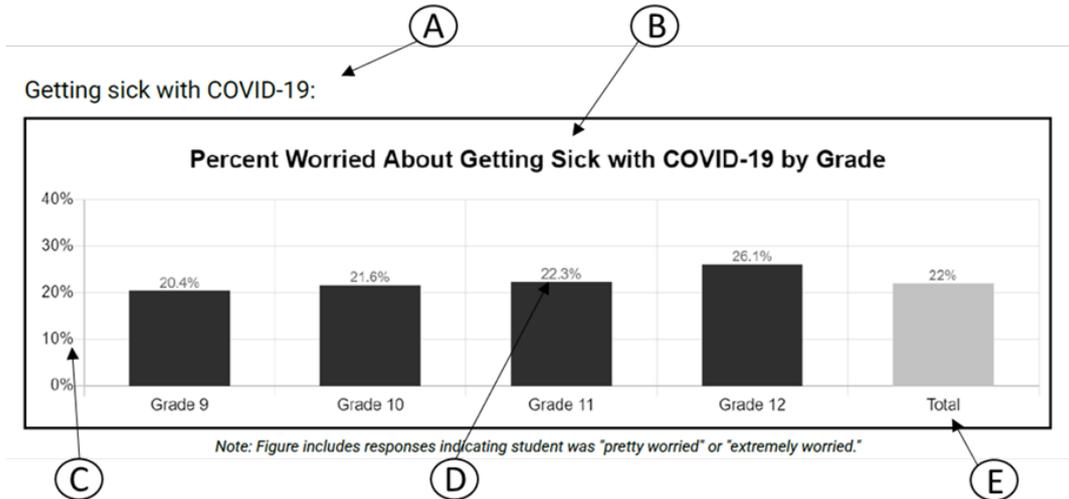
The 2022 COVID-19 Student Survey: Impacts and Implications on Student Learning and Well-Being (CSS) was a collaboration between the Washington Office of Superintendent of Public Instruction (OSPI) and the University of Washington's Center for the Study of Health and Risk Behaviors (CSHRB), designed to examine student needs and health risk behaviors during the second full year of the COVID-19 pandemic. The survey was intended to be administered online during school hours to students in grades 6 to 12 at all participating schools. Recruitment for the survey was initiated on January 10, 2022 and the survey was administered between February 1-28, 2022. The CSS was funded by OSPI and implemented by a team at CSHRB, with further partnership around content, design, and dissemination from OSPI. This survey represents a one-year follow-up effort to a survey that also involved collaboration with Washington State Health Care Authority and the Washington State Department of Health.

**Rationale:** On February 29, 2020, Governor Jay Inslee issued Proclamation 20-05 declaring a State of Emergency in response to the looming threat of the COVID-19 virus. On March 13, 2020, as the threat grew, Governor Inslee ordered statewide in-person school closures of all K-12 schools. In the two years since, COVID-19 has continued to present high levels of risk of infection, and Washington state and school districts have responded to these risks by implementing requirements from moving to remote/virtual or hybrid instruction to requiring distancing and masks for in-person instruction. The March 2021 survey was initially designed to help schools collect information about student experiences over the largely virtual year of instruction; this February 2022 survey was designed to provide educators and administrators with a window into student needs and potential challenges facing students and schools with the return to largely in-person instruction as Washington looks to emerge from the pandemic and associated restrictions. The CSS team selected questions/items that were most associated with student wellbeing from other longstanding, well-validated youth studies, as well as items generated by educators and novel items pertaining to COVID-19.

**Report Content:** This report presents students' responses to all survey questions and are shown as frequencies separated by grade. It focuses on COVID-19-specific attitudes and behaviors, school experiences and engagement, health and safety, mental health and support, and substance use. Items are grouped by topic and are not presented in the order that they were asked on the survey.

# How to Read the Report

Below is an example of a typical bar chart. This is a graphical representation of survey data and can be found throughout this report's **Key Findings**. Each bar corresponds to a percentage of students who selected a particular response or range of responses. Relevant components of this figure are labeled and annotated to assist the reader in understanding how to interpret the chart.



- A. **Survey Item:** This is the item (or single option within a series of items), as viewed by students.
- B. **Title of Figure:** A brief description of the content of the figure.
- C. **Scale:** This provides an easy reference for comparing bars. Note: This is usually displayed on the Y-axis (vertical axis) but this may be flipped on charts to appear on the X-axis (horizontal axis) to better visually represent the data.
- D. **Value:** This expresses the specific value (as a percentage) for a particular response and category.
- E. **Category:** This describes the particular population providing a response to the survey item. This will either be a particular grade or the total responses. Note: This is typically displayed on the X-axis but may be flipped to better visually represent the data on the Y-axis in some figures.

Below is an example of a frequency table for a specific item (edited for space considerations) with relevant components labelled and annotated.

Has a doctor or nurse ever told	Grade 9 (n=6737) % (CI)	Grade 10 (n=7024) % (CI)	Grade 11 (n=5374) % (CI)	Grade 12 (n=4532) % (CI)	Total (n=28187) % (CI)
Yes	6.2% (±0.6)	6.8% (±0.6)	7.5% (±0.7)	7.1% (±0.8)	6.9% (±0.3)
No	90.2% (±0.7)	90.5% (±0.7)	89.4% (±0.8)	90.4% (±0.9)	90.0% (±0.4)
Unsure or prefer not to answer	3.5% (±0.4)	2.7% (±0.4)	3.1% (±0.5)	2.4% (±0.5)	3.1% (±0.2)

- A. **Survey Item:** This is the item (or single option within a series of items), as written and read by students.
- B. **Category Heading:** This includes the category of students responding and the number of valid responses (n). It also indicates that the numbers below will consist of a specific value (%) and a confidence interval (CI).
- C. **Response Values:** Each row corresponds to a different and valid student response.
- D. **Percentage:** The percentage of students within a particular category who indicated a specific response.
- E. **Confidence Interval:** This represents the 95% confidence interval around a particular estimate. See Technical Notes for a definition of confidence intervals.

# Technical Notes

## Survey participation in this report

	Grade 6	Grade 7	Grade 8	Total*
Number of Valid Responses	2650	2802	2447	7899
Number of Schools Participating**	53	50	50	68

\*Students that selected “ungraded or other” and those who indicated a grade that did not exist at their school (e.g., student attending a middle school who reported being in grade 12) were excluded from this report. These accounted for a small portion of all survey responses (0.85%).

\*\* Participating schools were defined as a school that administered the survey to students and who had students enrolled in at least one of the specified grades based on 2021-2022 school data from OSPI.

## School Participation

A total of 116 eligible schools elected to participate in the Covid-19 Student Survey. This included 48 high schools (defined as containing only students in grade 9 through 12), 48 middle schools (defined as any school containing students up to grade 8), and 20 schools with students in both middle and high school grade ranges in the same building/school. Participating schools were from 58 different School Districts in Washington.

### Caution about Generalizing Findings

The decision to participate in this survey was left up to each school. All students in eligible grades were invited to participate but that does not mean that every student did. Therefore, **this is a convenience sample and is not intended to be generalizable to the state population.** In this convenience sample, some types of schools and some types of students may have disproportionately decided not to participate, resulting in some bias in the data. This report contains demographic information about respondents (e.g., grade, race and ethnicity, gender) that will provide some indication of who has elected to participate. Even so, it is important to be thoughtful in how you interpret and use these results.

**NOTE:** No weighting has been done in frequency reports for the 2022 CSS. When framing the results, you may consider using language such as:

- "25% of 10th grade students who completed the 2022 CSS reported..."
- "Among students in 12th grade who took the 2022 CSS, 15% said that..."
- "Worries about ... were reported by 10% of participating students..."

It is also important to use caution when making any comparisons between the results of this survey and results from other surveys, like the Healthy Youth Survey (HYS) and even last year's COVID Student Survey. There may be differences not only in which schools participated in a particular region, but also which grades were included, completeness in the survey responses, and the proportion of students who participated. While some of these differences are easier to define, some may be harder to explain. For example, the pandemic may have affected how some communities, age groups, and individual students may have participated in the survey differently than others.

### Bias Reduction and Data Cleaning

While instructions indicated that surveys were to be completed during school hours, it is important to note that the anonymous nature of responses coupled with the fact that the link to the survey could be copied and shared with others may have resulted in some students taking the survey outside of school hours. It could also mean that individuals who were not enrolled in a school could have gained access to and even completed the survey.

To address the concern of invalid survey responses, we have taken certain steps to clean the data to ensure they accurately reflect the opinions of participating students. For example, we have applied a series of quality control checks to identify and remove students who may not have answered honestly (e.g., responded with illogical patterns) as well as survey responses that were determined to likely be falsified (e.g., not a student). While we have cleaned the data to the best of our ability, there is still the risk that some of these invalid survey responses were not removed.

## Interpretation and Confidence Intervals

Percentages based upon survey data can sometimes be tricky to interpret. The data in the CSS are not part of a "random sample" of students, so when we look at the results we should not necessarily assume that they represent all students in Washington state or even in a school. However, these data can tell us about the students who participated.

Even when a survey is perfectly designed and administered, it is rare that the results you see are an exact measure of the population. Unless every single person in a population (e.g., a school) participates then the results are not going to be exact. So, to address this lack of precision we use confidence intervals along with a single percentage or "point estimate." We see this frequently in the use of polls where the poll responses are given with a "margin of error." Responses in this report are presented as a percentage (i.e., a point estimate) and we provide a margin of error (i.e., a confidence intervals) around that percentage. This report utilizes 95% confidence intervals. This means that the "true" response to a survey question is found within a bounded range 95% of the time. Here is an example that mirrors what will be seen in this report:

What is your preferred flavor of ice cream?	Grade 9 % (CI)	Grade 10 % (CI)
Strawberry	80.4% ( $\pm 3.5$ )	66.7% ( $\pm 4.2$ )
Vanilla	19.6% ( $\pm 2.0$ )	33.3% ( $\pm 2.5$ )

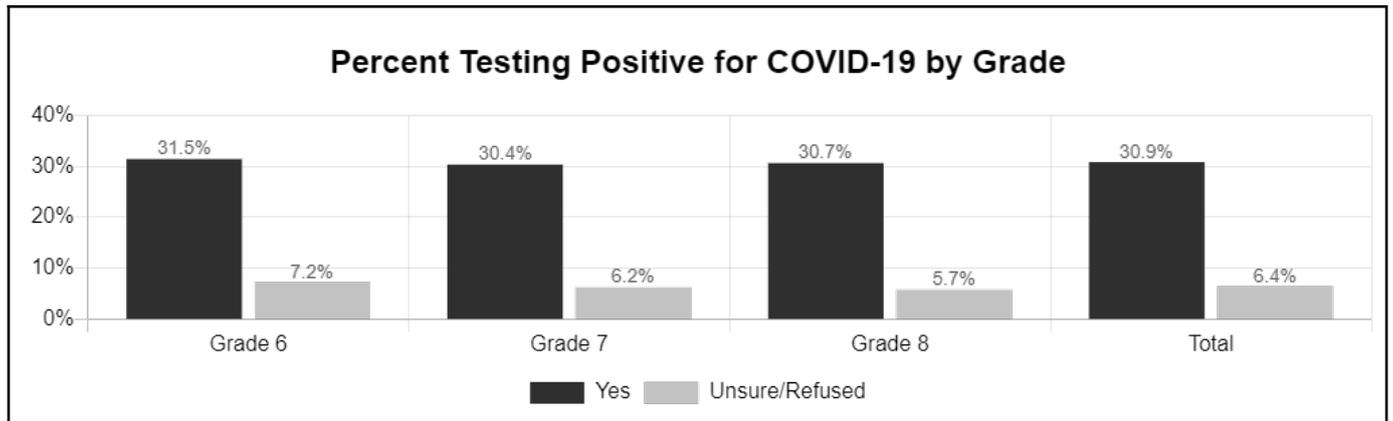
In this hypothetical example, we estimate that 80.4% of 9th graders prefer strawberry and the inclusion of the  $\pm 3.5\%$  confidence interval tells us that there is a 95% probability that the true percentage of 9th grade students who prefer strawberry is between 76.9% and 83.9%. Similarly, if we look at 10th grade students we see that we estimate that 66.7% prefer strawberry ice cream. The 95% confidence interval of  $\pm 4.2$  indicates that there is a 95% probability that the true percentage of 10th graders that prefer strawberry is between 62.5% and 70.9%. Confidence intervals also permit us to determine whether estimates are significantly different from one another. **As a conservative rule, if the two confidence intervals do not overlap, we can conclude that there is a statistically significant difference in the two population values at the given level of confidence.** In this example, we can say with 95% certainty that significantly more 9th grade students prefer strawberry ice cream compared to 10th grade students.

# Key Findings

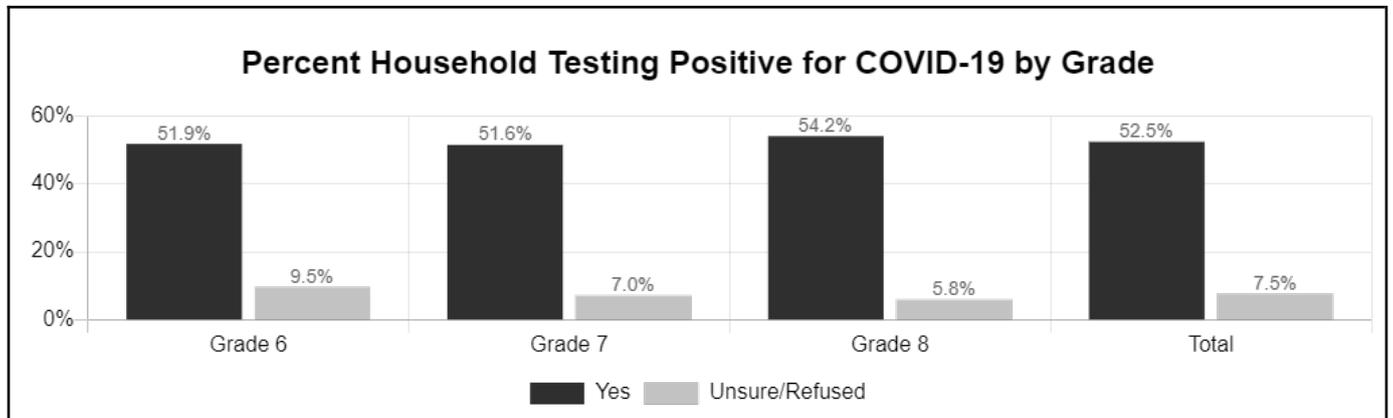
## COVID-19 Diagnoses

As of February, 2022, over 78 million cases of COVID-19 had been confirmed in the United States, over 1.4 million in Washington state. The two items on this page separately assess the extent to which students reported that they/their families have been personally affected by a positive COVID-19 diagnosis. (Note: These items can be found in the frequency report [here](#))

Have you ever tested positive for COVID-19?



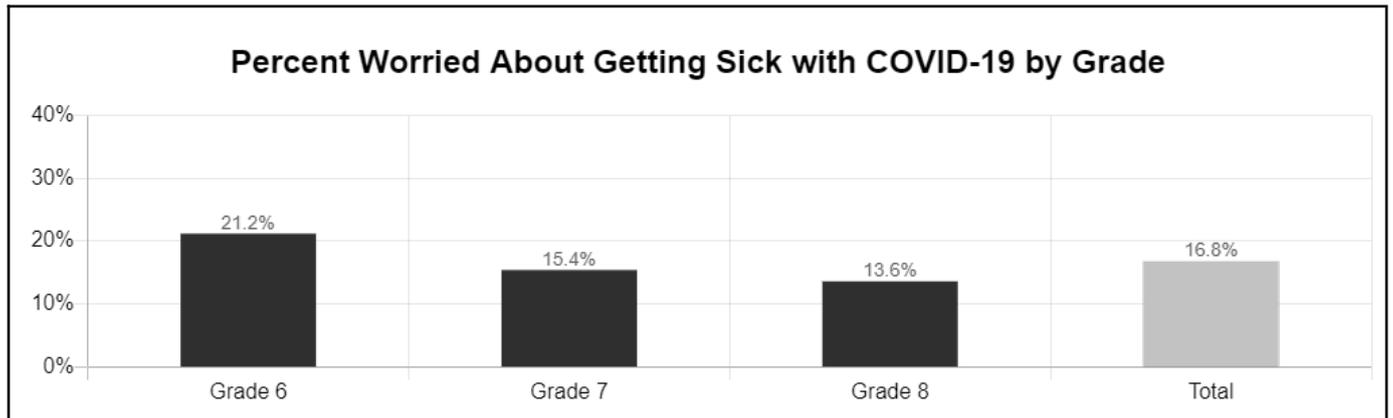
Has anyone you live with ever tested positive for COVID-19?



## COVID-19 Worries

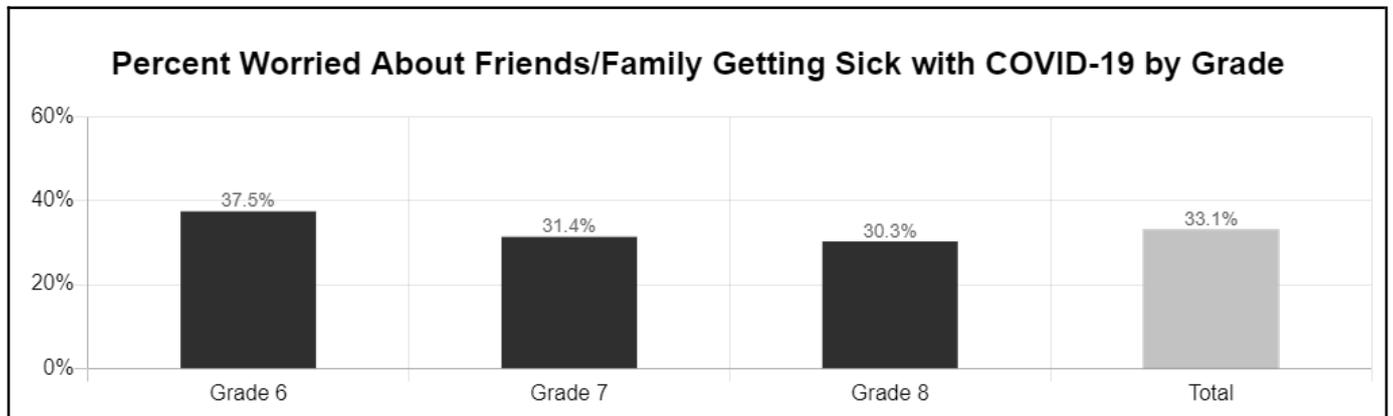
The team wanted to document the degree to which the COVID-19 pandemic has created concerns and worries that may be affecting students. For the following items, we asked students how much they were worried right now about different potential consequences of the COVID-19 pandemic. These two items show the percent of students who reported being 'pretty worried' or 'extremely worried' about these things. (Note: These items can be found in the frequency report [here](#))

Getting sick with COVID-19:



Note: Figure includes responses indicating student was "pretty worried" or "extremely worried."

Your friends or family getting sick with COVID-19?

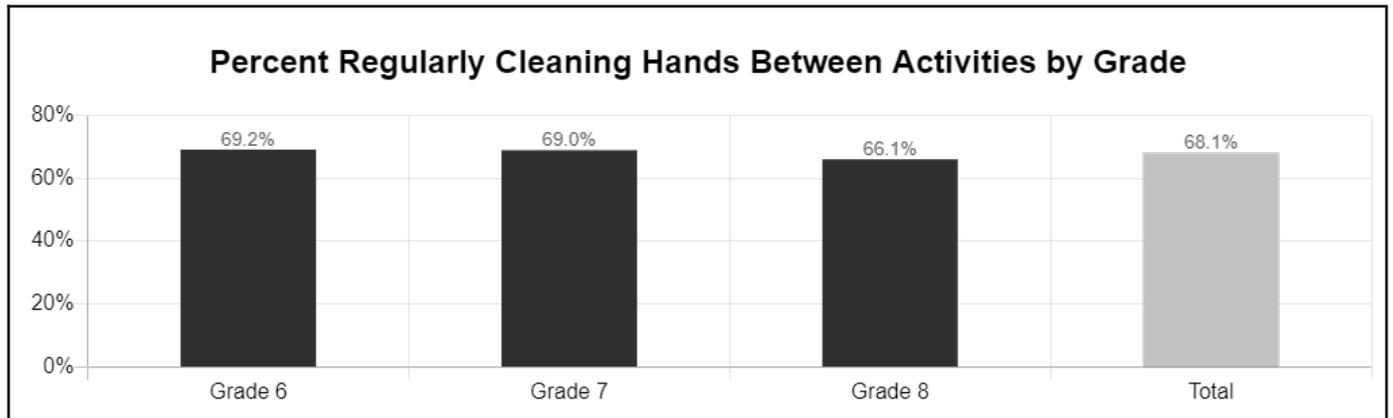


Note: Figure includes responses indicating student was "pretty worried" or "extremely worried."

## COVID-19 Protective Strategies

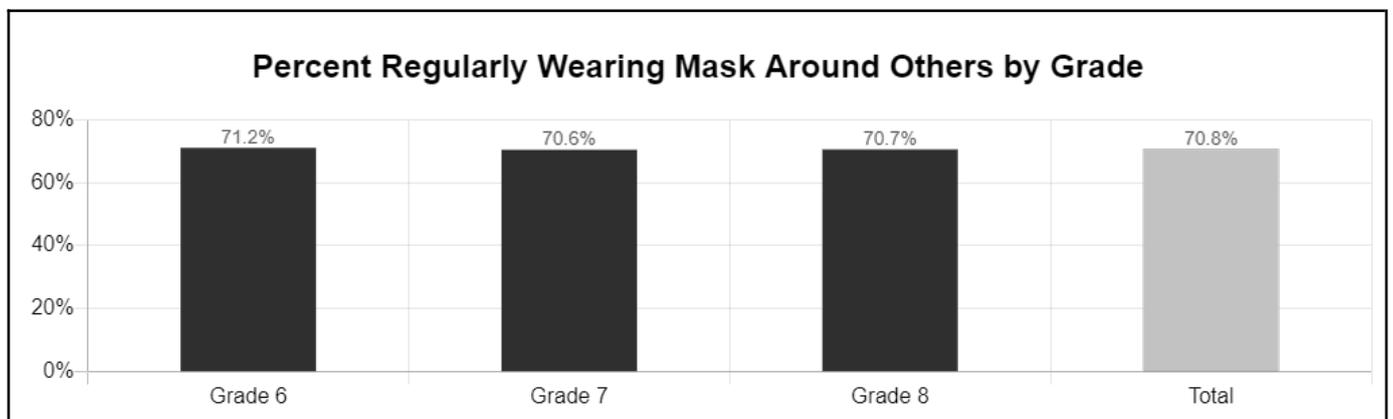
One potential safety concern as students largely returned to in-person instruction included how well students would adhere to safety guidelines that reduce the transmission of COVID-19. The following questions asked students how well they followed CDC guidelines **during the past 30 days**. We report the percentage of students that reported following these guidelines 'most of the time' or 'all of the time' in the past 30 days. (Note: These items can be found in the frequency report [here](#))

Washing your hands or using hand sanitizer between activities:



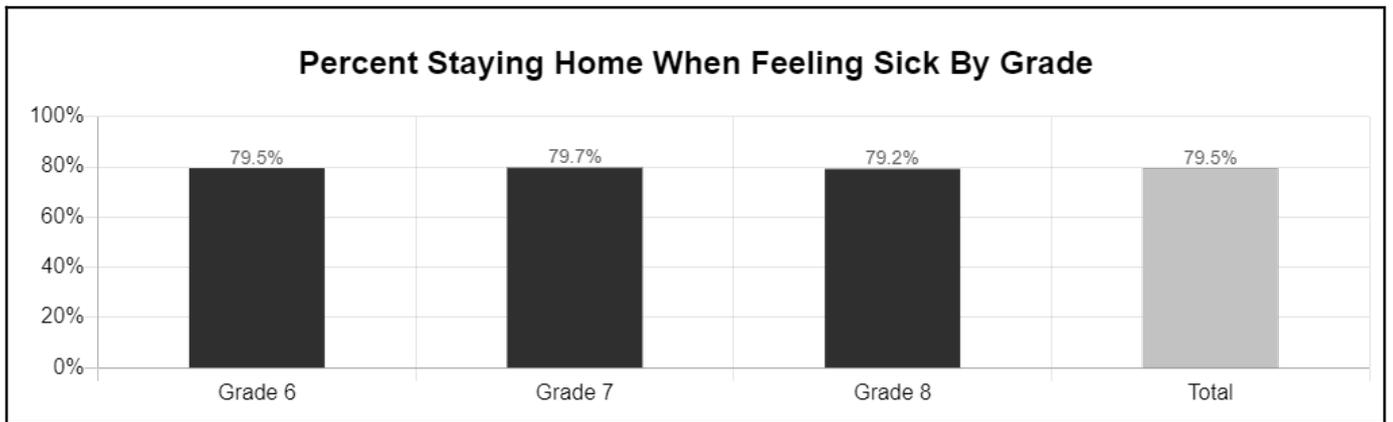
Note: Figure includes responses indicating student was following guidelines "most of the time" or "all of the time."

Wearing a mask when you are near people you don't live with:



Note: Figure includes responses indicating student was following guidelines "most of the time" or "all of the time."

Staying home when you feel sick:

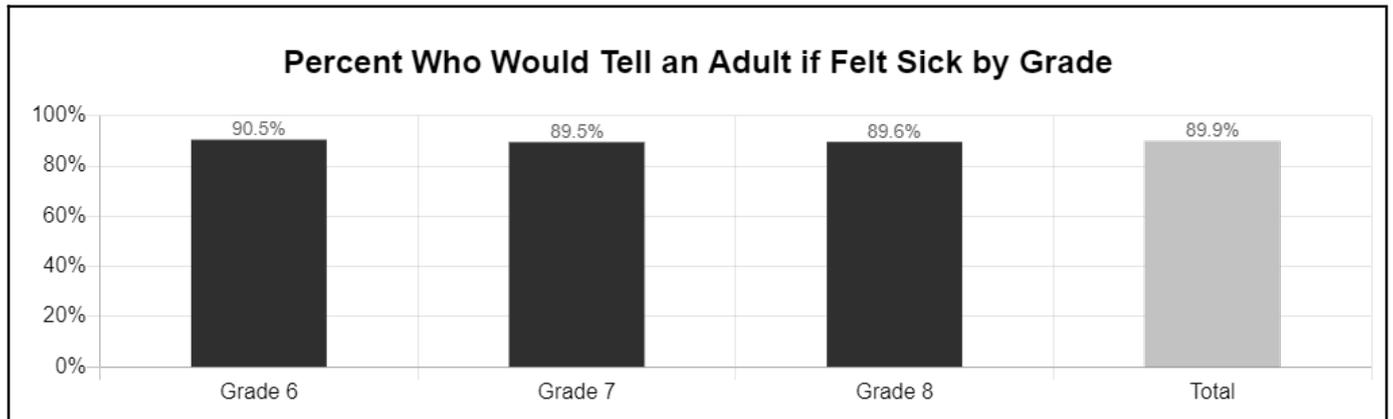


*Note: Figure includes responses indicating student was following guidelines "most of the time" or "all of the time."*

## COVID-19 Health Behaviors at School

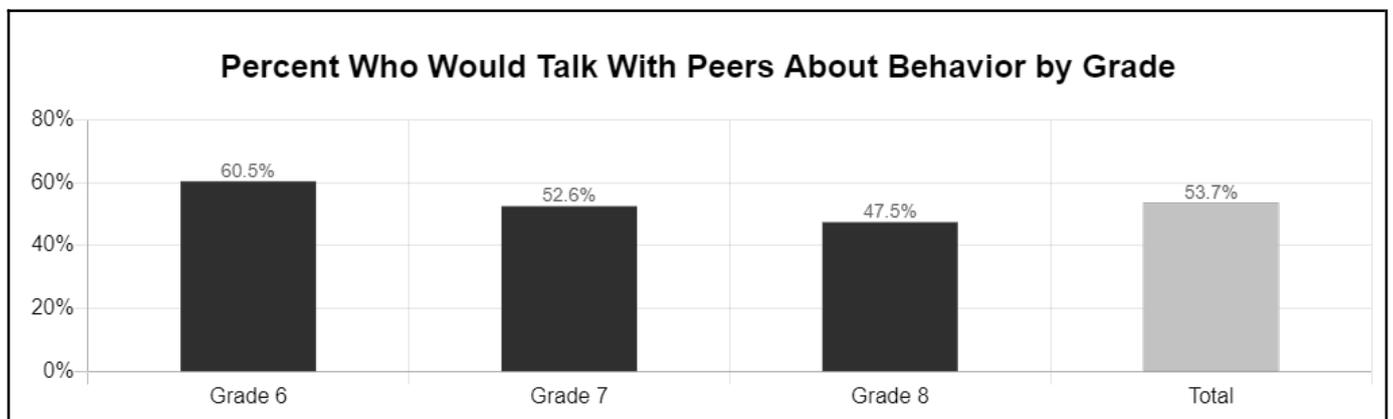
A potential concern for schools and communities when students returned to the classroom was whether students would continue to attend school when they felt ill or disclose unsafe health behaviors they observed. This section includes items that describe whether students would disclose their own illness or any unsafe behaviors of others. (Note: These items can be found in the frequency report [here](#))

Would you tell your teacher or parent/guardian if you felt sick?



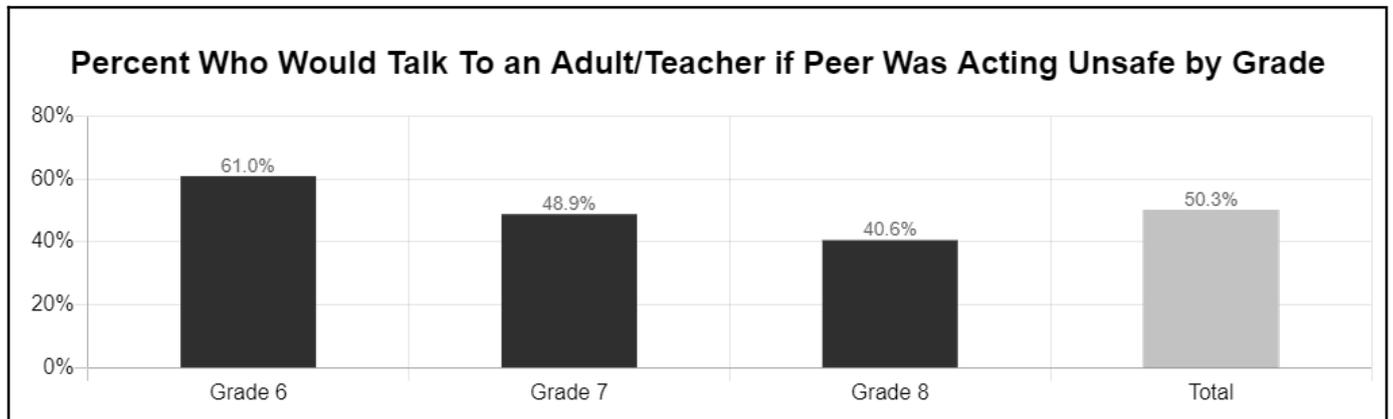
Note: Figure includes responses indicating "Definitely yes" or "Probably yes."

If you saw one of your peers doing something that wasn't safe with regard to COVID-19, would you talk with them about it?



Note: Figure includes responses indicating "Definitely yes" or "Probably yes."

If you saw one of your peers doing something that wasn't safe with regard to COVID-19, would you talk to an adult or teacher about it?

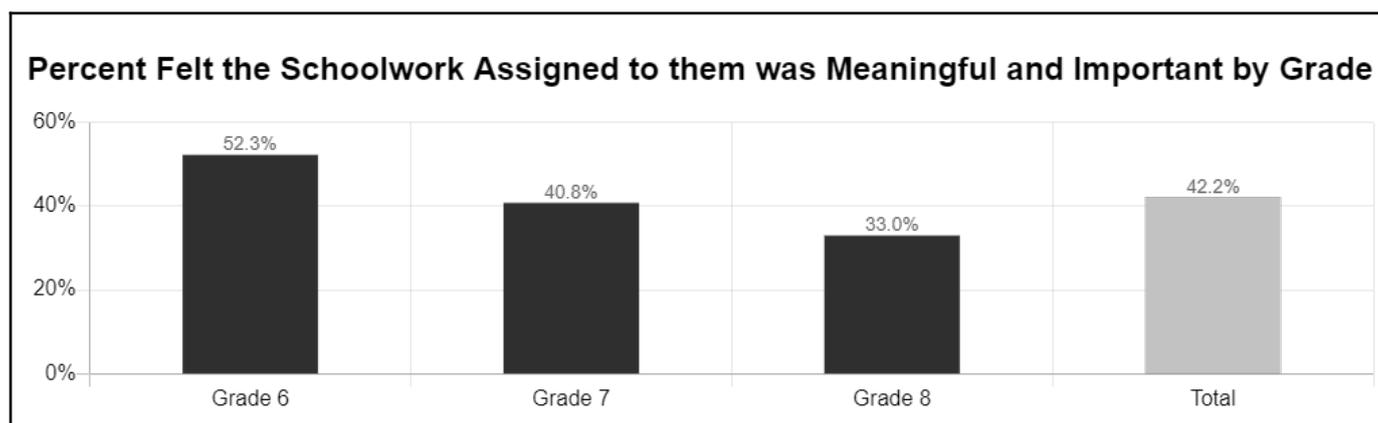


*Note: Figure includes responses indicating "Definitely yes" or "Probably yes."*

## School Experiences

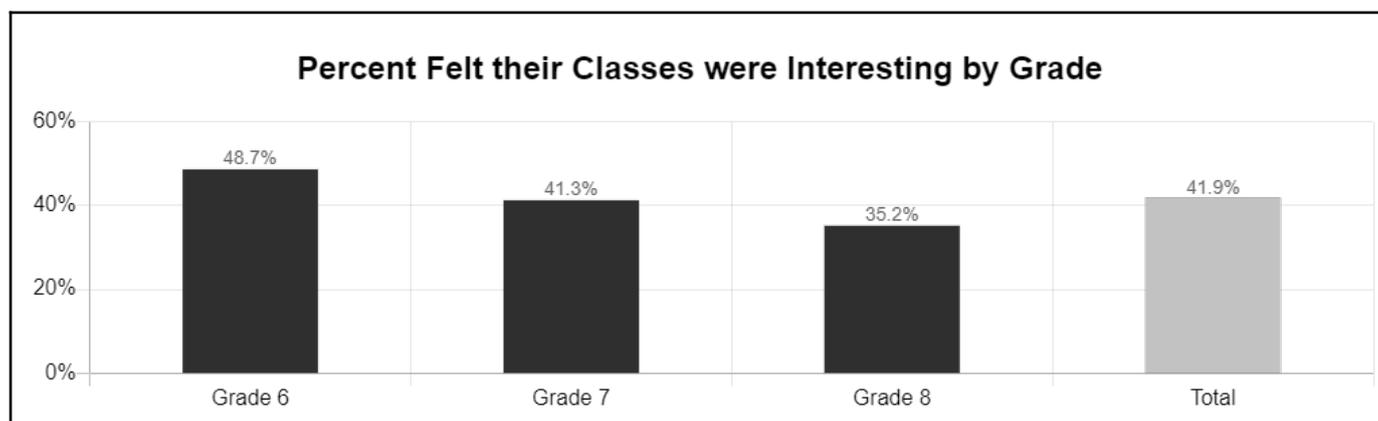
The team assessed the degree to which students felt the COVID-19 pandemic had disrupted their experiences in school as well as the degree to which it had an impact on student engagement. When present, the effects of this disruption and the ongoing pandemic on student learning and performance are unknown and may vary between students. The items on this page ask students to reflect on how their learning and performance has been affected during the course of the pandemic. (Note: These items can be found in the frequency report [here](#))

Think back over this school year so far. How often did you feel the schoolwork you were assigned was meaningful and important?



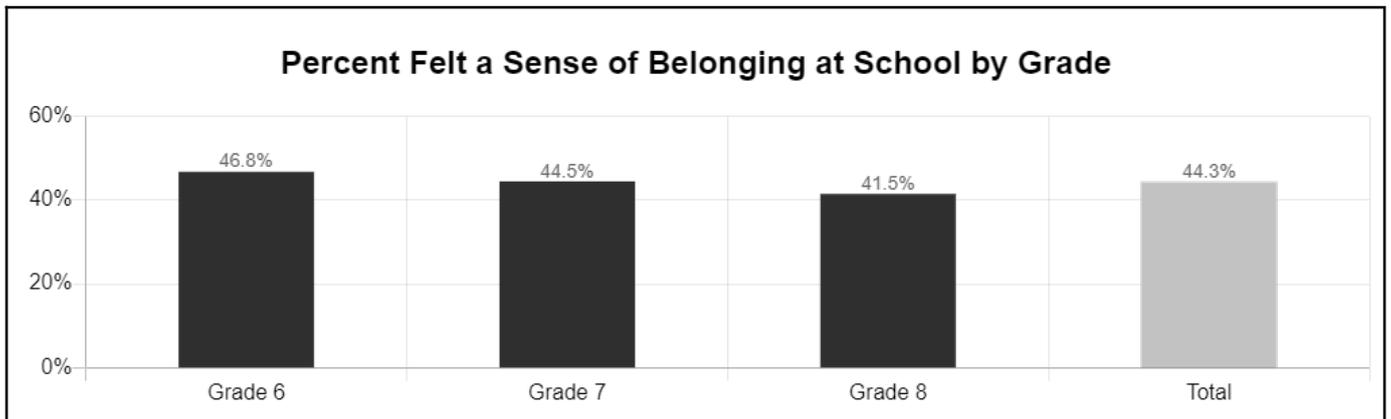
*Note: Figure includes all who responded "A lot" "Most" or "All of the time."*

Think back over this school year so far. How often did you think that your classes were interesting to you?



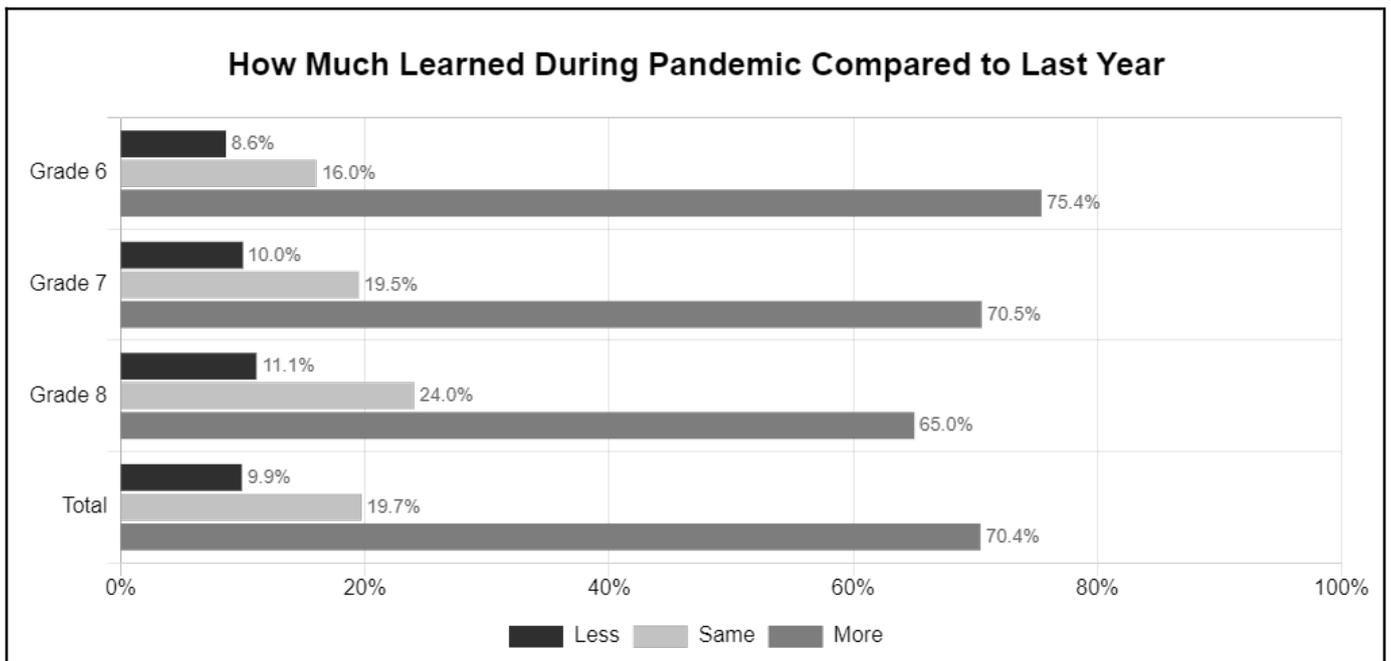
*Note: Figure includes all who responded "A lot" "Most" or "All of the time."*

In the past school year, how often have you felt a sense of belonging at your school? (Note: These items can be found in the frequency report [here](#))



Note: Figure includes responses indicating "Often" or "Very often."

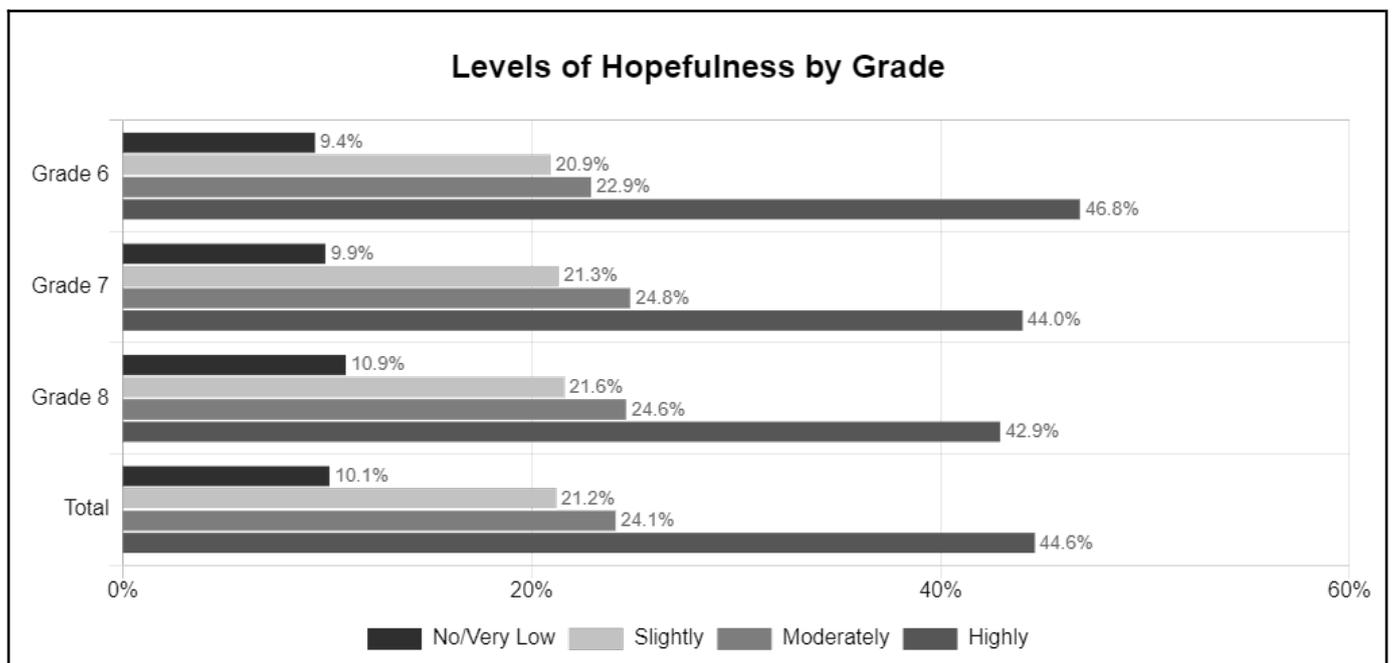
How much do you feel you have learned across all of your classes this school year, compared to last school year? (Note: These items can be found in the frequency report [here](#))



## Hope and Optimism

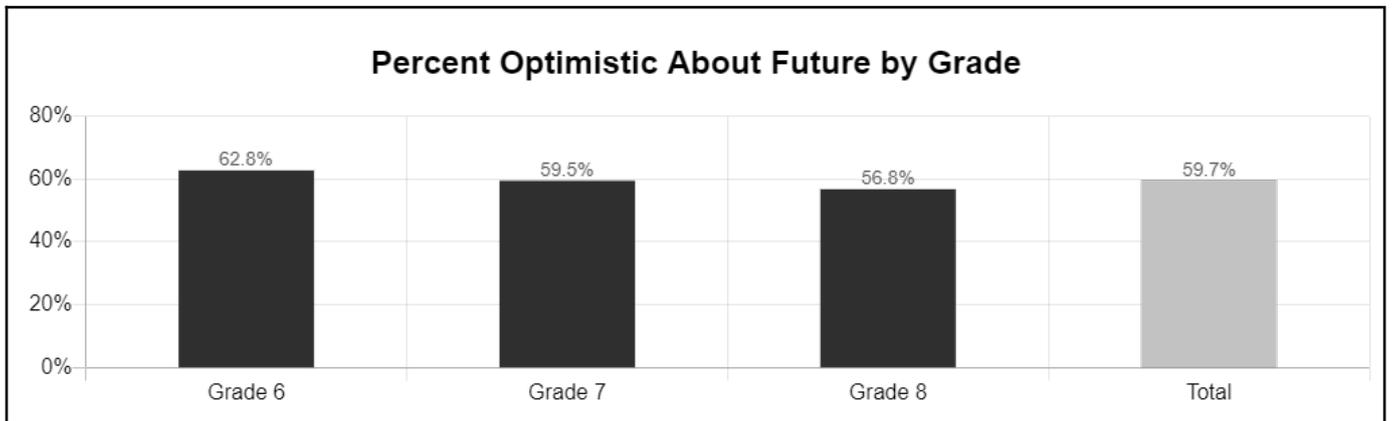
Hope is an important construct in children as research has linked it with overall physical, psychological, and social wellbeing. Four items from the Children's Hope Scale (Snyder, 1997) were included in this survey. Children who can identify a means to carry out goals and who can initiate and sustain action toward goals are considered more hopeful. (Note: The Hope Scale is constructed of four survey items and the frequency report for these items can be found [here](#))

Students rated each of the Hope items on a six-point scale from "none of the time" (value of 1) to "all of the time" (value of 6). Hope scale scores could range from a low of 4 to a high of 24. A score of 4 to 8 indicates "no to very low" hope, a score of 9 to 12 indicates that a student is "slightly hopeful", a score of 13 to 16 indicates that a student is "moderately hopeful", and a score of 17 to 24 indicates that a student is "highly hopeful".



Note: Hopefulness based upon an abbreviated, 4-item, Children's Hope Scale (Snyder, 1997).

Similarly, having an optimistic outlook is a strong indicator of resilience. The following shows the percentage of students who reported being optimistic or hopeful about their future 'a lot of the time', 'most of the time', or 'all of the time':



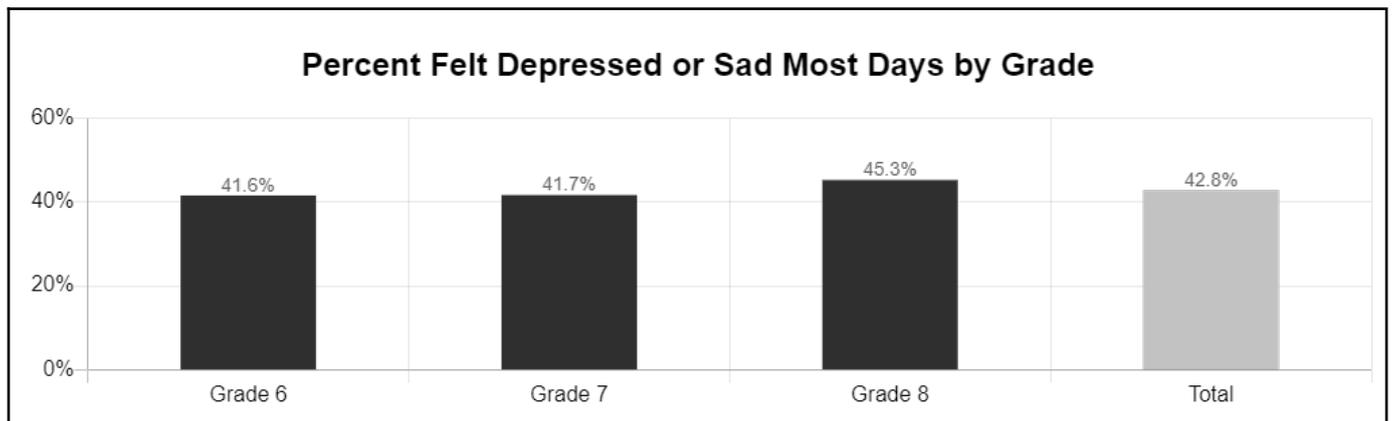
*Note: Bars include all who reported feeling optimistic / hopeful "a lot", "most", or "all of the time."*

## Mental Health and Wellbeing

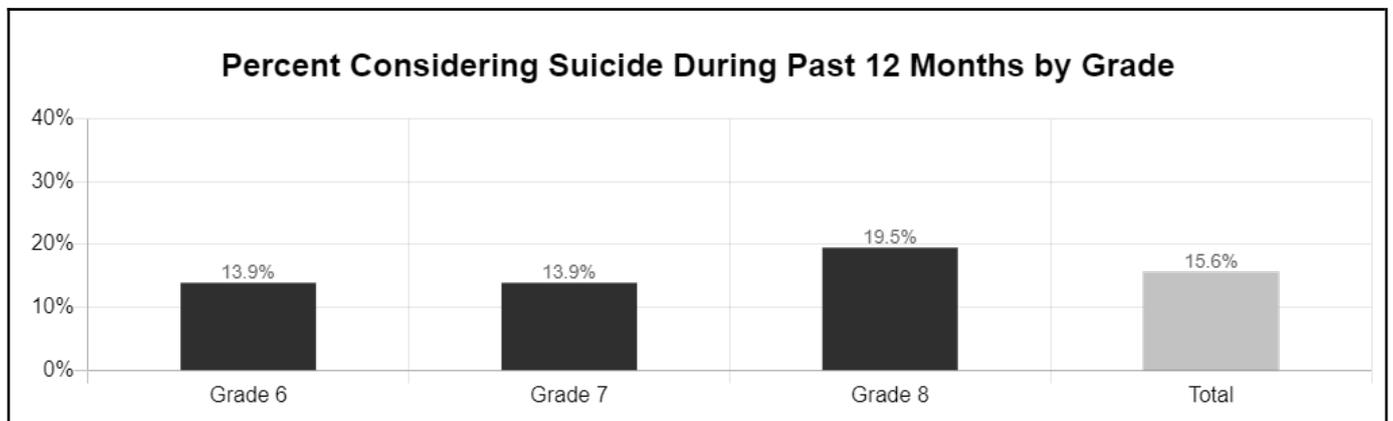
Student mental health and wellbeing has been a critical concern during the COVID-19 pandemic. As such, schools are interested in how their students have been doing during this time. The following section reports on topics related to mental health (both adverse and positive topics):

The next figure describes the percentage of students who reported feeling sad, depressed, or hopeless during the past 12 months. (Note: Frequency reports for mental health items can be found [here](#))

During the past 12 months, have you felt depressed or sad MOST days, even if you felt OK sometimes?



During the past 12 months, did you ever seriously consider attempting suicide?

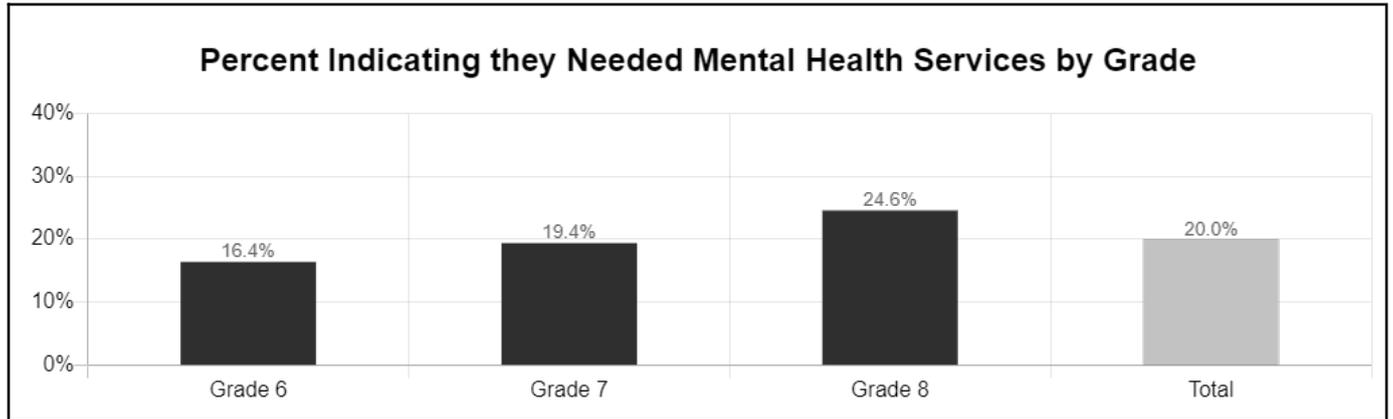


**NOTE: Any student that indicated suicidal ideation during the past 12 months immediately received a supportive response and list of developmentally appropriate resources.**

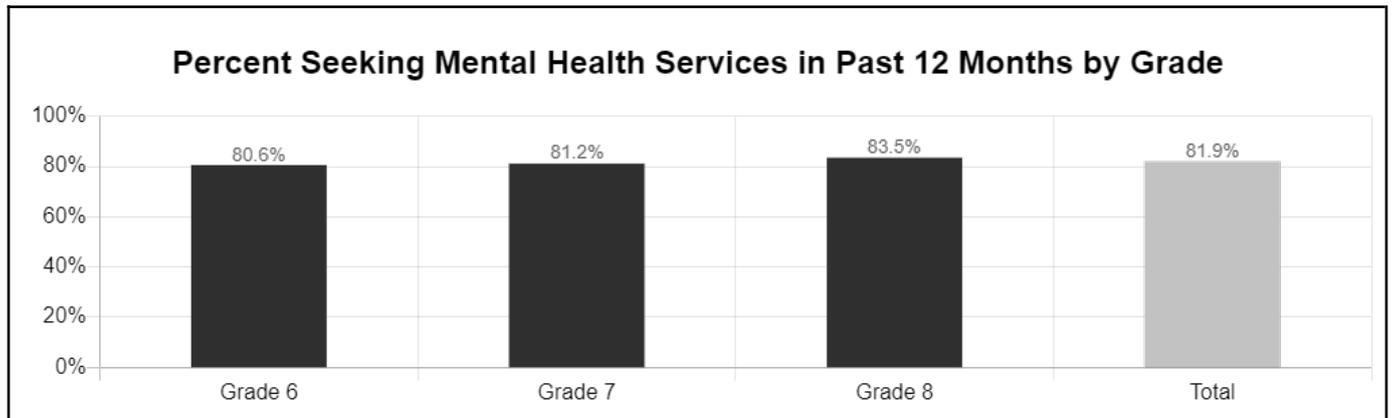
## Mental Health Services

This survey asked about students' access to mental health services. These figures are generated from two items. The first figure considers all responses. The next two figures include only responses of those who indicated that they needed services. (Note: Frequency reports for mental health services can be found [here](#))

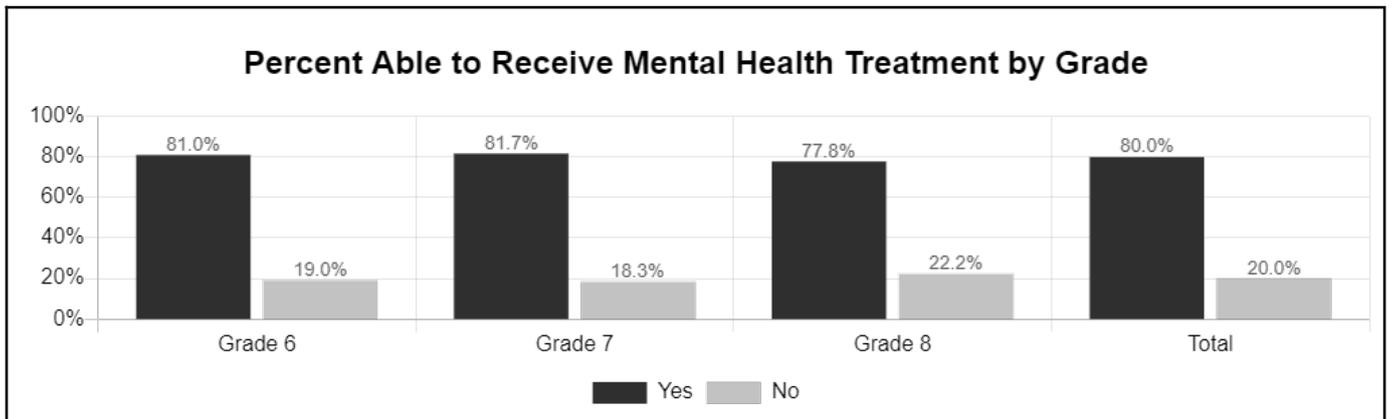
During the past 12 months, did you need mental health services from a counselor, therapist, emergency room, or other health care provider?



During the past 12 months, did you try to get mental health services from a counselor, therapist, emergency room, or other health care provider?



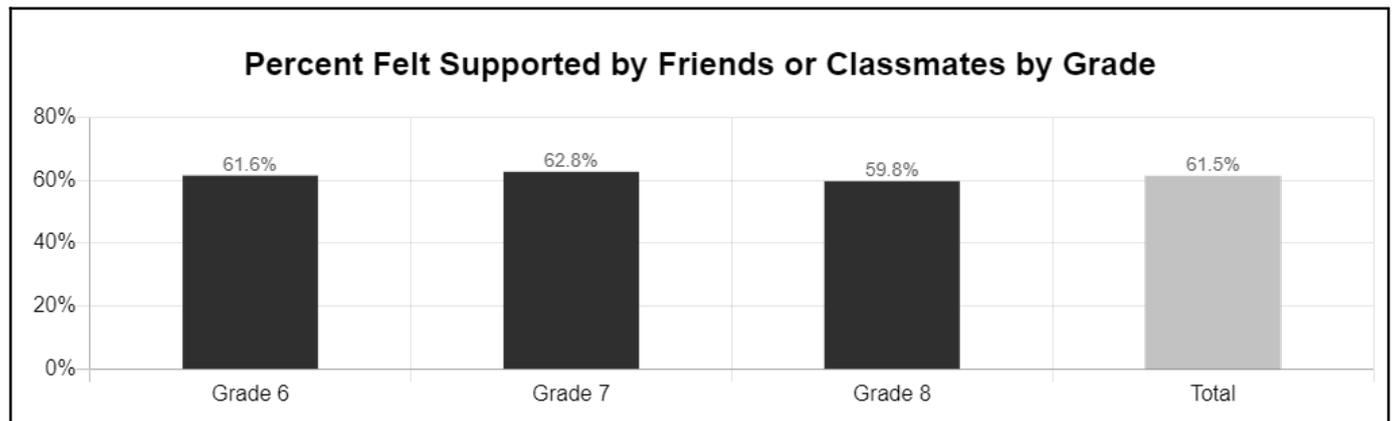
Of those who did try to get mental health services, these percentages show whether students were successfully able to receive services:



## Social Support

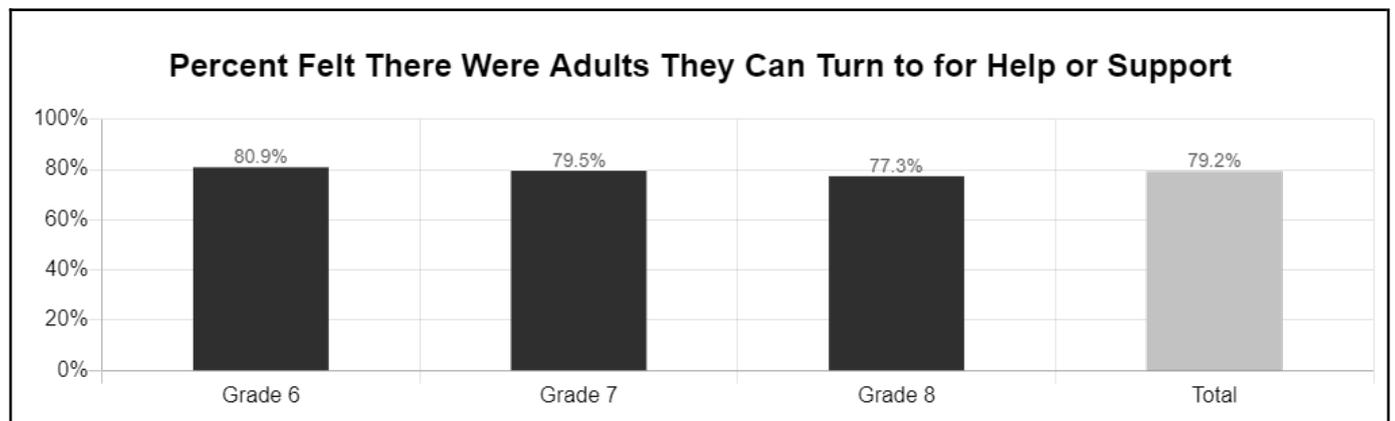
Social support can serve as one important protective factor against adverse life events such as the disruption caused by the COVID-19 pandemic. Given this, we examined the extent that students felt socially supported during the past 12 months. Below we present two figures summarizing peer and adult support. (Note: These items can be found in the frequency report [here](#) and [here](#), respectively)

In the past school year, how often have you felt supported by your friends or classmates?



*Note: Figure includes responses indicating "Often" or "Very often."*

Are there adults you can turn to for help or support?



# Frequency Results

## Demographics

Are you Hispanic/Latino/Latina/Latinx?	Grade 6 (n=2526) % (CI)	Grade 7 (n=2710) % (CI)	Grade 8 (n=2380) % (CI)	Total (n=7616) % (CI)
No, not Hispanic/Latino/Latina/Latinx	76.4% (±1.7)	68.4% (±1.8)	78.3% (±1.7)	74.1% (±1.0)
Yes, Hispanic/Latino/Latina/Latinx	23.6% (±1.7)	31.6% (±1.8)	21.7% (±1.7)	25.9% (±1.0)

What is your race? (select all that apply)	Grade 6 (n=2650) % (CI)	Grade 7 (n=2802) % (CI)	Grade 8 (n=2447) % (CI)	Total (n=7899) % (CI)
American Indian or Alaskan Native	12.6% (±1.3)	9.7% (±1.1)	9.1% (±1.1)	10.5% (±0.7)
Asian or Asian American	7.8% (±1.0)	7.3% (±1.0)	9.6% (±1.2)	8.2% (±0.6)
Black or African American	7.6% (±1.0)	6.8% (±0.9)	7.4% (±1.0)	7.3% (±0.6)
Native Hawaiian or other Pacific Islander	4.6% (±0.8)	2.9% (±0.6)	2.8% (±0.7)	3.5% (±0.4)
White or Caucasian	46.0% (±1.9)	52.7% (±1.8)	63.8% (±1.9)	53.9% (±1.1)
Other	23.9% (±1.6)	25.8% (±1.6)	17.2% (±1.5)	22.5% (±0.9)

What is the language you speak most often at home?

	Grade 6 (n=2592) % (CI)	Grade 7 (n=2745) % (CI)	Grade 8 (n=2415) % (CI)	Total (n=7752) % (CI)
English	83.0% (±1.4)	80.7% (±1.5)	85.8% (±1.4)	83.0% (±0.8)
Spanish	11.3% (±1.2)	15.2% (±1.3)	9.9% (±1.2)	12.3% (±0.7)
Russian	0.8% (±0.3)	0.9% (±0.4)	0.6% (±0.3)	0.8% (±0.2)
Vietnamese	0.4% (±0.2)	0.5% (±0.3)	0.4% (±0.2)	0.4% (±0.1)
Somali	-	0.1% (±0.1)	0.1% (±0.1)	0.1% (±0.1)
Ukrainian	0.3% (±0.2)	0.4% (±0.2)	0.5% (±0.3)	0.4% (±0.1)
Chinese	0.3% (±0.2)	0.1% (±0.1)	0.3% (±0.2)	0.3% (±0.1)
Korean	0.2% (±0.2)	0.2% (±0.2)	0.1% (±0.1)	0.2% (±0.1)
Other	3.7% (±0.7)	1.8% (±0.5)	2.2% (±0.6)	2.6% (±0.4)

What sex/gender were you at birth, even if you are not that gender today?

	Grade 6 (n=2518) % (CI)	Grade 7 (n=2690) % (CI)	Grade 8 (n=2365) % (CI)	Total (n=7573) % (CI)
Male	50.6% (±2.0)	49.7% (±1.9)	47.6% (±2.0)	49.3% (±1.1)
Female	49.4% (±2.0)	50.3% (±1.9)	52.4% (±2.0)	50.7% (±1.1)

How do you currently identify yourself?	Grade 7 (n=2698) % (CI)	Grade 8 (n=2386) % (CI)	Total (n=5084) % (CI)
Male	47.6% (±1.9)	45.7% (±2.0)	46.7% (±1.4)
Female	39.9% (±1.8)	40.7% (±2.0)	40.3% (±1.3)
Transgender	2.0% (±0.5)	2.1% (±0.6)	2.0% (±0.4)
Questioning / not sure of my gender identity	3.5% (±0.7)	4.4% (±0.8)	3.9% (±0.5)
Something else fits better	3.3% (±0.7)	4.1% (±0.8)	3.7% (±0.5)
I do not know what this question is asking	0.3% (±0.2)	0.4% (±0.2)	0.4% (±0.2)
I prefer not to answer	3.3% (±0.7)	2.6% (±0.6)	3.0% (±0.5)

Which of the following best describes you?

	Grade 7 (n=2662) % (CI)	Grade 8 (n=2355) % (CI)	Total (n=5017) % (CI)
Heterosexual (straight)	63.6% (±1.8)	65.7% (±1.9)	64.6% (±1.3)
Gay	1.6% (±0.5)	1.7% (±0.5)	1.6% (±0.4)
Lesbian	2.7% (±0.6)	3.1% (±0.7)	2.9% (±0.5)
Bisexual	10.0% (±1.1)	11.0% (±1.3)	10.4% (±0.8)
Questioning / not sure	5.6% (±0.9)	4.9% (±0.9)	5.2% (±0.6)
Something else fits better	6.0% (±0.9)	6.7% (±1.0)	6.3% (±0.7)
I do not know what this question is asking	2.1% (±0.5)	1.4% (±0.5)	1.8% (±0.4)
I prefer not to answer	8.3% (±1.0)	5.7% (±0.9)	7.1% (±0.7)

*Note: Percentages may not sum to 100% as participants could select more than one response. Response options appear in the order they appeared on the survey.*

Who did you live with <u>most</u> of the time during the current school year? Select the option (or options) that best describes who you live with	Grade 6 (n=2650) % (CI)	Grade 7 (n=2802) % (CI)	Grade 8 (n=2447) % (CI)	Total (n=7899) % (CI)
Parent(s), stepparent(s), or legal guardian	90.7% (±1.1)	91.1% (±1.1)	92.6% (±1.0)	91.4% (±0.6)
Relatives – like a grandparent, an aunt/uncle, an older brother/sister – but NOT your parents	7.7% (±1.0)	7.4% (±1.0)	6.4% (±1.0)	7.2% (±0.6)
Foster care parent(s)	0.3% (±0.2)	0.4% (±0.2)	0.3% (±0.2)	0.3% (±0.1)
Adults who are NOT your parents, relatives, or foster parents	0.6% (±0.3)	0.4% (±0.2)	0.4% (±0.3)	0.5% (±0.2)
Friends of yours with no adults present	0.5% (±0.3)	0.5% (±0.3)	0.5% (±0.3)	0.5% (±0.2)
On your own	0.7% (±0.3)	0.6% (±0.3)	0.7% (±0.3)	0.6% (±0.2)
Other	2.3% (±0.6)	1.3% (±0.4)	1.0% (±0.4)	1.5% (±0.3)

Where did you live most of the time during the current school year?

	Grade 6 (n=2530) % (CI)	Grade 7 (n=2656) % (CI)	Grade 8 (n=2353) % (CI)	Total (n=7539) % (CI)
In a house or apartment	94.5% (±0.9)	96.8% (±0.7)	97.2% (±0.7)	96.1% (±0.4)
In a shelter	0.1% (±0.1)	0.0% (±0.1)	0.2% (±0.2)	0.1% (±0.1)
In a car or RV, park, or campground	0.3% (±0.2)	0.5% (±0.3)	0.6% (±0.3)	0.5% (±0.2)
In a motel/hotel	0.2% (±0.2)	-	0.1% (±0.1)	0.1% (±0.1)
On the street	0.2% (±0.2)	0.1% (±0.1)	0.2% (±0.2)	0.2% (±0.1)
Moved from place to place	1.0% (±0.4)	0.5% (±0.3)	0.3% (±0.2)	0.6% (±0.2)
Other	0.7% (±0.3)	0.7% (±0.3)	0.4% (±0.2)	0.6% (±0.2)
I prefer not to answer	3.1% (±0.7)	1.4% (±0.4)	1.0% (±0.4)	1.8% (±0.3)

Are you limited in any activities because of a disability or long-term health problem, including physical health, emotional, or learning problems expected to last 6 months or more?	Grade 6 (n=2485) % (CI)	Grade 7 (n=2599) % (CI)	Grade 8 (n=2306) % (CI)	Total (n=7390) % (CI)
Yes	5.8% (±0.9)	7.0% (±1.0)	6.5% (±1.0)	6.4% (±0.6)
No	71.3% (±1.8)	74.5% (±1.7)	79.1% (±1.7)	74.9% (±1.0)
I am not sure or I prefer not to answer	22.9% (±1.7)	18.4% (±1.5)	14.4% (±1.4)	18.7% (±0.9)

Have you or your family moved in the past 3 years to another school district or city for temporary or seasonal work in agriculture, dairy, or fishing?	Grade 6 (n=2473) % (CI)	Grade 7 (n=2592) % (CI)	Grade 8 (n=2294) % (CI)	Total (n=7359) % (CI)
Yes	12.2% (±1.3)	11.3% (±1.2)	8.0% (±1.1)	10.5% (±0.7)
No	77.1% (±1.7)	80.7% (±1.5)	86.9% (±1.4)	81.4% (±0.9)
I am not sure or I prefer not to answer	10.7% (±1.2)	8.0% (±1.0)	5.1% (±0.9)	8.0% (±0.6)

How often during the current school year did you or your family have to cut meal size or skip meals because there wasn't enough money for food?	Grade 6 (n=2431) % (CI)	Grade 7 (n=2554) % (CI)	Grade 8 (n=2270) % (CI)	Total (n=7255) % (CI)
Almost every month	1.3% (±0.4)	0.8% (±0.4)	0.8% (±0.4)	1.0% (±0.2)
Some months but not every month	2.0% (±0.6)	2.6% (±0.6)	2.2% (±0.6)	2.3% (±0.3)
Only 1 - 2 months	3.8% (±0.8)	3.4% (±0.7)	3.2% (±0.7)	3.5% (±0.4)
Never - We did not skip or cut the size of any meals	92.9% (±1.0)	93.2% (±1.0)	93.8% (±1.0)	93.3% (±0.6)

How much are you worried right now about the following things?

Your family not being able to afford rent or housing?	Grade 6 (n=2466) % (CI)	Grade 7 (n=2598) % (CI)	Grade 8 (n=2292) % (CI)	Total (n=7356) % (CI)
Not at all worried	61.9% (±1.9)	70.1% (±1.8)	75.6% (±1.8)	69.1% (±1.1)
A little worried	25.0% (±1.7)	21.6% (±1.6)	18.3% (±1.6)	21.7% (±0.9)
Pretty worried	8.8% (±1.1)	6.1% (±0.9)	4.7% (±0.9)	6.6% (±0.6)
Extremely worried	4.2% (±0.8)	2.3% (±0.6)	1.4% (±0.5)	2.6% (±0.4)

Not having enough food to eat?	Grade 6 (n=2448) % (CI)	Grade 7 (n=2577) % (CI)	Grade 8 (n=2273) % (CI)	Total (n=7298) % (CI)
Not at all worried	74.7% (±1.7)	83.0% (±1.4)	87.0% (±1.4)	81.5% (±0.9)
A little worried	15.6% (±1.4)	11.1% (±1.2)	9.7% (±1.2)	12.2% (±0.7)
Pretty worried	6.0% (±0.9)	4.3% (±0.8)	2.2% (±0.6)	4.2% (±0.5)
Extremely worried	3.6% (±0.7)	1.6% (±0.5)	1.1% (±0.4)	2.1% (±0.3)

# COVID-19

Have you <b>ever</b> tested positive for COVID-19?	Grade 6 (n=2445) % (CI)	Grade 7 (n=2549) % (CI)	Grade 8 (n=2250) % (CI)	Total (n=7244) % (CI)
Yes	31.5% (±1.8)	30.4% (±1.8)	30.7% (±1.9)	30.9% (±1.1)
No	61.3% (±1.9)	63.4% (±1.9)	63.6% (±2.0)	62.8% (±1.1)
Unsure or prefer not to answer	7.2% (±1.0)	6.2% (±0.9)	5.7% (±1.0)	6.4% (±0.6)

Has <i>anyone you live with</i> <b>ever</b> tested positive for COVID-19?	Grade 6 (n=2435) % (CI)	Grade 7 (n=2537) % (CI)	Grade 8 (n=2251) % (CI)	Total (n=7223) % (CI)
Yes	51.9% (±2.0)	51.6% (±1.9)	54.2% (±2.1)	52.5% (±1.2)
No	38.6% (±1.9)	41.4% (±1.9)	39.9% (±2.0)	40.0% (±1.1)
Unsure or prefer not to answer	9.5% (±1.2)	7.0% (±1.0)	5.8% (±1.0)	7.5% (±0.6)

How much are you worried right now about the following things as a result of the COVID-19 pandemic?

Getting sick with COVID-19?	Grade 6 (n=2432) % (CI)	Grade 7 (n=2539) % (CI)	Grade 8 (n=2240) % (CI)	Total (n=7211) % (CI)
Not at all worried	42.8% (±2.0)	49.1% (±1.9)	49.8% (±2.1)	47.2% (±1.2)
A little worried	35.9% (±1.9)	35.5% (±1.9)	36.7% (±2.0)	36.0% (±1.1)
Pretty worried	13.0% (±1.3)	10.6% (±1.2)	10.4% (±1.3)	11.4% (±0.7)
Extremely worried	8.2% (±1.1)	4.8% (±0.8)	3.2% (±0.7)	5.5% (±0.5)

Your friends or family getting sick with COVID-19?

	Grade 6 (n=2420) % (CI)	Grade 7 (n=2530) % (CI)	Grade 8 (n=2239) % (CI)	Total (n=7189) % (CI)
Not at all worried	26.0% (±1.7)	29.7% (±1.8)	30.3% (±1.9)	28.6% (±1.0)
A little worried	36.4% (±1.9)	38.9% (±1.9)	39.4% (±2.0)	38.2% (±1.1)
Pretty worried	22.2% (±1.7)	19.8% (±1.6)	21.3% (±1.7)	21.1% (±0.9)
Extremely worried	15.3% (±1.4)	11.6% (±1.2)	8.9% (±1.2)	12.0% (±0.8)

Please rate how often you have followed these guidelines in the last 30 days.

Washing your hands or using hand sanitizer between activities	Grade 6 (n=2406) % (CI)	Grade 7 (n=2504) % (CI)	Grade 8 (n=2221) % (CI)	Total (n=7131) % (CI)
All the time	30.5% (±1.8)	28.0% (±1.8)	27.9% (±1.9)	28.8% (±1.1)
Most of the time	38.6% (±1.9)	41.1% (±1.9)	38.2% (±2.0)	39.3% (±1.1)
About half of the time	16.6% (±1.5)	15.5% (±1.4)	15.8% (±1.5)	16.0% (±0.9)
Only some of the time	11.1% (±1.3)	12.3% (±1.3)	14.0% (±1.4)	12.5% (±0.8)
Never	3.1% (±0.7)	3.2% (±0.7)	4.1% (±0.8)	3.4% (±0.4)

Wearing a mask when you are near people you don't live with	Grade 6 (n=2388) % (CI)	Grade 7 (n=2489) % (CI)	Grade 8 (n=2215) % (CI)	Total (n=7092) % (CI)
All the time	39.3% (±2.0)	40.2% (±1.9)	37.0% (±2.0)	38.9% (±1.1)
Most of the time	31.9% (±1.9)	30.4% (±1.8)	33.7% (±2.0)	31.9% (±1.1)
About half of the time	11.8% (±1.3)	12.1% (±1.3)	12.1% (±1.4)	12.0% (±0.8)
Only some of the time	11.1% (±1.3)	11.6% (±1.3)	11.8% (±1.3)	11.5% (±0.7)
Never	5.9% (±0.9)	5.7% (±0.9)	5.3% (±0.9)	5.7% (±0.5)

Staying home when you feel sick	Grade 6 (n=2382) % (CI)	Grade 7 (n=2487) % (CI)	Grade 8 (n=2213) % (CI)	Total (n=7082) % (CI)
All the time	51.3% (±2.0)	51.6% (±2.0)	49.5% (±2.1)	50.8% (±1.2)
Most of the time	28.2% (±1.8)	28.1% (±1.8)	29.7% (±1.9)	28.6% (±1.1)
About half of the time	8.2% (±1.1)	8.6% (±1.1)	9.0% (±1.2)	8.6% (±0.7)
Only some of the time	8.9% (±1.1)	8.6% (±1.1)	8.0% (±1.1)	8.5% (±0.6)
Never	3.5% (±0.7)	3.2% (±0.7)	3.8% (±0.8)	3.5% (±0.4)

At School:

Would you tell your teacher or parent/guardian if you felt sick?

	Grade 6 (n=2390) % (CI)	Grade 7 (n=2492) % (CI)	Grade 8 (n=2216) % (CI)	Total (n=7098) % (CI)
Definitely yes	53.5% (±2.0)	54.1% (±2.0)	51.3% (±2.1)	53.0% (±1.2)
Probably yes	37.1% (±1.9)	35.5% (±1.9)	38.3% (±2.0)	36.9% (±1.1)
Probably no	7.2% (±1.0)	8.3% (±1.1)	8.1% (±1.1)	7.9% (±0.6)
Definitely no	2.2% (±0.6)	2.1% (±0.6)	2.3% (±0.6)	2.2% (±0.3)

If you saw one of your peers doing something that wasn't safe with regard to COVID-19, would you talk with <b>them</b> about it?	Grade 6 (n=2353) % (CI)	Grade 7 (n=2478) % (CI)	Grade 8 (n=2204) % (CI)	Total (n=7035) % (CI)
Definitely yes	16.6% (±1.5)	14.3% (±1.4)	12.0% (±1.4)	14.4% (±0.8)
Probably yes	43.9% (±2.0)	38.3% (±1.9)	35.5% (±2.0)	39.3% (±1.1)
Probably no	29.3% (±1.8)	35.6% (±1.9)	38.1% (±2.0)	34.3% (±1.1)
Definitely no	10.2% (±1.2)	11.8% (±1.3)	14.4% (±1.5)	12.1% (±0.8)

If you saw one of your peers doing something that wasn't safe with regard to COVID-19, would you talk to an <b>adult</b> or <b>teacher</b> about it?	Grade 6 (n=2349) % (CI)	Grade 7 (n=2469) % (CI)	Grade 8 (n=2195) % (CI)	Total (n=7013) % (CI)
Definitely yes	23.7% (±1.7)	16.6% (±1.5)	13.3% (±1.4)	18.0% (±0.9)
Probably yes	37.3% (±2.0)	32.3% (±1.8)	27.3% (±1.9)	32.4% (±1.1)
Probably no	27.8% (±1.8)	35.7% (±1.9)	39.2% (±2.0)	34.2% (±1.1)
Definitely no	11.2% (±1.3)	15.4% (±1.4)	20.2% (±1.7)	15.5% (±0.8)

## School Attitudes and Engagement

What type of instruction are you participating in this week?	Grade 6 (n=2311) % (CI)	Grade 7 (n=2452) % (CI)	Grade 8 (n=2155) % (CI)	Total (n=6918) % (CI)
Remote, virtual, or online learning	1.9% (±0.6)	1.3% (±0.4)	1.5% (±0.5)	1.6% (±0.3)
All in-person with teachers and other students in my school building	94.2% (±0.9)	95.9% (±0.8)	96.5% (±0.8)	95.5% (±0.5)
Some in-person time with teachers and other students and some remote, virtual, or online learning	3.8% (±0.8)	2.8% (±0.7)	2.0% (±0.6)	2.9% (±0.4)

During the entire current school year, what type of instruction did you participate in the most?	Grade 6 (n=2285) % (CI)	Grade 7 (n=2439) % (CI)	Grade 8 (n=2149) % (CI)	Total (n=6873) % (CI)
Remote, virtual, or online learning	2.3% (±0.6)	2.9% (±0.7)	2.8% (±0.7)	2.7% (±0.4)
All in-person with teachers and other students in my school building	91.1% (±1.2)	90.7% (±1.2)	91.8% (±1.2)	91.2% (±0.7)
Some in-person time with teachers and other students and some remote, virtual, or online learning	6.6% (±1.0)	6.5% (±1.0)	5.4% (±1.0)	6.2% (±0.6)

Think back over this school year so far. How often did you:

Enjoy school?	Grade 6 (n=2320) % (CI)	Grade 7 (n=2440) % (CI)	Grade 8 (n=2155) % (CI)	Total (n=6915) % (CI)
None of the time	5.0% (±0.9)	6.3% (±1.0)	7.8% (±1.1)	6.3% (±0.6)
A little of the time	13.8% (±1.4)	16.7% (±1.5)	19.1% (±1.7)	16.5% (±0.9)
Some of the time	27.2% (±1.8)	29.2% (±1.8)	30.9% (±2.0)	29.1% (±1.1)
A lot of the time	14.2% (±1.4)	13.9% (±1.4)	15.3% (±1.5)	14.4% (±0.8)
Most of the time	29.7% (±1.9)	27.6% (±1.8)	21.7% (±1.7)	26.5% (±1.0)
All of the time	10.0% (±1.2)	6.3% (±1.0)	5.2% (±0.9)	7.2% (±0.6)

Try to do your very best work in school?	Grade 6 (n=2300) % (CI)	Grade 7 (n=2418) % (CI)	Grade 8 (n=2133) % (CI)	Total (n=6851) % (CI)
None of the time	1.1% (±0.4)	1.5% (±0.5)	1.5% (±0.5)	1.4% (±0.3)
A little of the time	3.4% (±0.7)	5.5% (±0.9)	7.3% (±1.1)	5.4% (±0.5)
Some of the time	12.0% (±1.3)	14.9% (±1.4)	18.5% (±1.6)	15.0% (±0.8)
A lot of the time	14.0% (±1.4)	17.7% (±1.5)	19.7% (±1.7)	17.1% (±0.9)
Most of the time	33.0% (±1.9)	34.6% (±1.9)	30.9% (±2.0)	32.9% (±1.1)
All of the time	36.5% (±2.0)	25.8% (±1.7)	22.0% (±1.8)	28.2% (±1.1)

Feel the schoolwork you were assigned was meaningful and important?	Grade 6 (n=2285) % (CI)	Grade 7 (n=2414) % (CI)	Grade 8 (n=2129) % (CI)	Total (n=6828) % (CI)
None of the time	8.2% (±1.1)	10.2% (±1.2)	11.4% (±1.4)	9.9% (±0.7)
A little of the time	15.4% (±1.5)	21.1% (±1.6)	24.3% (±1.8)	20.2% (±1.0)
Some of the time	24.2% (±1.8)	27.8% (±1.8)	31.3% (±2.0)	27.7% (±1.1)
A lot of the time	14.6% (±1.4)	15.8% (±1.5)	14.6% (±1.5)	15.0% (±0.8)
Most of the time	23.3% (±1.7)	17.4% (±1.5)	13.0% (±1.4)	18.0% (±0.9)
All of the time	14.4% (±1.4)	7.6% (±1.1)	5.4% (±1.0)	9.2% (±0.7)

Think that your classes were interesting to you?	Grade 6 (n=2283) % (CI)	Grade 7 (n=2400) % (CI)	Grade 8 (n=2131) % (CI)	Total (n=6814) % (CI)
None of the time	7.8% (±1.1)	8.3% (±1.1)	10.0% (±1.3)	8.7% (±0.7)
A little of the time	17.1% (±1.5)	18.7% (±1.6)	21.9% (±1.8)	19.2% (±0.9)
Some of the time	26.5% (±1.8)	31.7% (±1.9)	32.8% (±2.0)	30.3% (±1.1)
A lot of the time	14.1% (±1.4)	14.9% (±1.4)	16.0% (±1.6)	15.0% (±0.8)
Most of the time	23.0% (±1.7)	18.4% (±1.6)	14.9% (±1.5)	18.9% (±0.9)
All of the time	11.5% (±1.3)	8.0% (±1.1)	4.3% (±0.9)	8.0% (±0.6)

Get praised by your teachers?	Grade 6 (n=2231) % (CI)	Grade 7 (n=2395) % (CI)	Grade 8 (n=2116) % (CI)	Total (n=6742) % (CI)
None of the time	15.0% (±1.5)	13.6% (±1.4)	14.9% (±1.5)	14.5% (±0.8)
A little of the time	19.9% (±1.7)	23.1% (±1.7)	24.7% (±1.8)	22.5% (±1.0)
Some of the time	26.7% (±1.8)	28.0% (±1.8)	30.0% (±2.0)	28.2% (±1.1)
A lot of the time	11.5% (±1.3)	14.1% (±1.4)	13.8% (±1.5)	13.1% (±0.8)
Most of the time	16.1% (±1.5)	14.2% (±1.4)	11.0% (±1.3)	13.8% (±0.8)
All of the time	10.8% (±1.3)	7.1% (±1.0)	5.7% (±1.0)	7.9% (±0.6)

In the past school year, how often have you felt a sense of belonging at your school?

	Grade 6 (n=2254) % (CI)	Grade 7 (n=2384) % (CI)	Grade 8 (n=2102) % (CI)	Total (n=6740) % (CI)
Never	7.6% (±1.1)	7.8% (±1.1)	8.5% (±1.2)	8.0% (±0.6)
Rarely	15.2% (±1.5)	15.4% (±1.4)	15.1% (±1.5)	15.3% (±0.9)
Sometimes	30.4% (±1.9)	32.3% (±1.9)	34.9% (±2.0)	32.4% (±1.1)
Often	29.9% (±1.9)	31.0% (±1.9)	30.8% (±2.0)	30.6% (±1.1)
Very often	16.9% (±1.5)	13.5% (±1.4)	10.8% (±1.3)	13.8% (±0.8)

In the past school year, how often have you felt safe at school?

	Grade 6 (n=2278) % (CI)	Grade 7 (n=2399) % (CI)	Grade 8 (n=2124) % (CI)	Total (n=6801) % (CI)
Never	3.5% (±0.8)	4.4% (±0.8)	3.1% (±0.7)	3.7% (±0.4)
Rarely	6.5% (±1.0)	7.5% (±1.1)	6.7% (±1.1)	6.9% (±0.6)
Sometimes	21.6% (±1.7)	20.6% (±1.6)	21.3% (±1.7)	21.2% (±1.0)
Often	36.7% (±2.0)	39.9% (±2.0)	42.3% (±2.1)	39.6% (±1.2)
Very often	31.8% (±1.9)	27.7% (±1.8)	26.6% (±1.9)	28.7% (±1.1)

In the past school year, how often have you felt supported by your friends or classmates?	Grade 6 (n=2270) % (CI)	Grade 7 (n=2392) % (CI)	Grade 8 (n=2116) % (CI)	Total (n=6778) % (CI)
Never	4.4% (±0.8)	3.7% (±0.8)	4.4% (±0.9)	4.2% (±0.5)
Rarely	10.6% (±1.3)	9.7% (±1.2)	10.7% (±1.3)	10.3% (±0.7)
Sometimes	23.3% (±1.7)	23.9% (±1.7)	25.0% (±1.8)	24.1% (±1.0)
Often	30.8% (±1.9)	34.5% (±1.9)	35.5% (±2.0)	33.6% (±1.1)
Very often	30.8% (±1.9)	28.2% (±1.8)	24.3% (±1.8)	27.9% (±1.1)

Putting them all together, what are your grades like this year?	Grade 6 (n=2221) % (CI)	Grade 7 (n=2363) % (CI)	Grade 8 (n=2095) % (CI)	Total (n=6679) % (CI)
Mostly A's	45.4% (±2.1)	45.3% (±2.0)	44.7% (±2.1)	45.1% (±1.2)
Mostly B's	36.5% (±2.0)	33.8% (±1.9)	32.4% (±2.0)	34.3% (±1.1)
Mostly C's	14.0% (±1.4)	13.8% (±1.4)	15.7% (±1.6)	14.5% (±0.8)
Mostly D's	2.2% (±0.6)	3.8% (±0.8)	3.9% (±0.8)	3.3% (±0.4)
Mostly F's	1.9% (±0.6)	3.3% (±0.7)	3.3% (±0.8)	2.8% (±0.4)

Does your teacher/school make it clear as to what it takes to get a certain grade?	Grade 6 (n=2213) % (CI)	Grade 7 (n=2348) % (CI)	Grade 8 (n=2095) % (CI)	Total (n=6656) % (CI)
Yes	83.4% (±1.5)	84.4% (±1.5)	83.1% (±1.6)	83.7% (±0.9)
No	16.6% (±1.5)	15.6% (±1.5)	16.9% (±1.6)	16.3% (±0.9)

During the past 30 days, on how many days have you been absent from school for any reason? Include any days that you missed at least half of the school day.	Grade 6 (n=2233) % (CI)	Grade 7 (n=2362) % (CI)	Grade 8 (n=2105) % (CI)	Total (n=6700) % (CI)
0 times	36.9% (±2.0)	34.3% (±1.9)	33.2% (±2.0)	34.8% (±1.1)
1 or 2 days	30.6% (±1.9)	34.2% (±1.9)	34.3% (±2.0)	33.0% (±1.1)
3 or more days	32.5% (±1.9)	31.5% (±1.9)	32.5% (±2.0)	32.2% (±1.1)

*Note: Percentages may not sum to 100% as participants could select more than one response. Also note that the potential reasons for being absent were only asked of those students who had indicated they were absent at least once in the past 30 days. This question contains twelve response options and is continued on the next page. Response options appear in the order they appeared on the survey.*

Please select reasons why you have been absent from school in the past 30 days (select all that apply):	Grade 6 (n=1409) % (CI)	Grade 7 (n=1553) % (CI)	Grade 8 (n=1406) % (CI)	Total (n=4368) % (CI)
I didn't think school was engaging or interesting	4.9% (±1.1)	6.3% (±1.2)	10.0% (±1.6)	7.1% (±0.8)
I had a family responsibility such as helping to watch a younger sibling	7.1% (±1.3)	8.6% (±1.4)	8.3% (±1.4)	8.0% (±0.8)
I had trouble with my internet or logging into classes (if remote)	2.9% (±0.9)	1.4% (±0.6)	2.1% (±0.8)	2.1% (±0.4)
I felt too overwhelmed with life to participate in school	9.4% (±1.5)	13.1% (±1.7)	18.6% (±2.0)	13.7% (±1.0)

Please select reasons why you have been absent from school in the past 30 days (select all that apply):

	Grade 6 (n=1409) % (CI)	Grade 7 (n=1553) % (CI)	Grade 8 (n=1406) % (CI)	Total (n=4368) % (CI)
I did not feel safe going to school or participating in school	3.9% (±1.0)	3.1% (±0.9)	5.2% (±1.2)	4.0% (±0.6)
I was sick or not feeling well	54.7% (±2.6)	53.6% (±2.5)	49.6% (±2.6)	52.7% (±1.5)
I was too anxious or depressed (felt sad, discouraged, or irritated)	10.8% (±1.6)	13.1% (±1.7)	18.8% (±2.0)	14.2% (±1.0)
I lost track of time or forgot to log on (if remote)	3.2% (±0.9)	2.9% (±0.8)	2.1% (±0.8)	2.7% (±0.5)
I was traveling or on vacation	18.0% (±2.0)	15.5% (±1.8)	16.8% (±2.0)	16.7% (±1.1)
I had a medical appointment (like a Doctor, Dentist, Orthodontist appointment, etc.)	34.1% (±2.5)	38.4% (±2.4)	40.1% (±2.6)	37.6% (±1.4)
I had to quarantine because of COVID-19	28.0% (±2.3)	24.2% (±2.1)	22.8% (±2.2)	25.0% (±1.3)
Other	15.5% (±1.9)	12.4% (±1.6)	13.5% (±1.8)	13.8% (±1.0)

Thinking about <u>this</u> school year, how often have you had access to a computer or tablet AT HOME when you need one for school? (Include devices provided by your school)	Grade 6 (n=2181) % (CI)	Grade 7 (n=2317) % (CI)	Grade 8 (n=2058) % (CI)	Total (n=6556) % (CI)
Never - I do not have access to a computer or tablet at home	3.6% (±0.8)	2.6% (±0.7)	2.1% (±0.6)	2.8% (±0.4)
Rarely	9.2% (±1.2)	6.0% (±1.0)	3.7% (±0.8)	6.4% (±0.6)
Usually	23.9% (±1.8)	20.9% (±1.7)	17.5% (±1.6)	20.8% (±1.0)
Always	63.2% (±2.0)	70.4% (±1.9)	76.7% (±1.8)	70.0% (±1.1)

Thinking about <u>this</u> school year, when you have needed to use WiFi/internet for school, how often have you had access AT HOME?	Grade 6 (n=2167) % (CI)	Grade 7 (n=2301) % (CI)	Grade 8 (n=2058) % (CI)	Total (n=6526) % (CI)
Never - I do not have WiFi/internet at home	1.8% (±0.6)	1.8% (±0.5)	1.4% (±0.5)	1.7% (±0.3)
Rarely	6.0% (±1.0)	5.4% (±0.9)	4.0% (±0.8)	5.2% (±0.5)
Usually	26.1% (±1.8)	23.3% (±1.7)	23.2% (±1.8)	24.2% (±1.0)
Always	66.0% (±2.0)	69.5% (±1.9)	71.4% (±2.0)	69.0% (±1.1)

During the current school year, how much time do you spend on schoolwork outside of class time?	Grade 6 (n=2152) % (CI)	Grade 7 (n=2299) % (CI)	Grade 8 (n=2053) % (CI)	Total (n=6504) % (CI)
Way too much	4.0% (±0.8)	3.9% (±0.8)	4.5% (±0.9)	4.1% (±0.5)
A little too much	7.9% (±1.1)	9.8% (±1.2)	11.9% (±1.4)	9.8% (±0.7)
Just the right amount	48.7% (±2.1)	43.1% (±2.0)	37.8% (±2.1)	43.3% (±1.2)
Not quite enough	22.0% (±1.8)	24.7% (±1.8)	24.8% (±1.9)	23.9% (±1.0)
Barely any	17.3% (±1.6)	18.4% (±1.6)	21.0% (±1.8)	18.9% (±1.0)

How much do you feel you have learned across all of your classes this school year, compared to last school year?	Grade 6 (n=2121) % (CI)	Grade 7 (n=2287) % (CI)	Grade 8 (n=2032) % (CI)	Total (n=6440) % (CI)
A lot more than last year	42.0% (±2.1)	34.8% (±2.0)	30.5% (±2.0)	35.8% (±1.2)
A little more than last year	33.4% (±2.0)	35.7% (±2.0)	34.5% (±2.1)	34.6% (±1.2)
About the same as last year	16.0% (±1.6)	19.5% (±1.6)	24.0% (±1.9)	19.7% (±1.0)
A little less than last year	5.6% (±1.0)	6.4% (±1.0)	7.2% (±1.1)	6.4% (±0.6)
A lot less than last year	3.0% (±0.7)	3.6% (±0.8)	3.9% (±0.8)	3.5% (±0.4)

What statement best fits you? There are afterschool activities offered by my school or community (like sports, clubs, youth groups, dance, etc.) that...	Grade 6 (n=2080) % (CI)	Grade 7 (n=2259) % (CI)	Grade 8 (n=2005) % (CI)	Total (n=6344) % (CI)
...I participate in	48.8% (±2.1)	50.4% (±2.1)	51.7% (±2.2)	50.3% (±1.2)
...I would like to participate in but am unable to	17.8% (±1.6)	15.1% (±1.5)	13.8% (±1.5)	15.6% (±0.9)
...I do not participate in and do not want to participate in	24.5% (±1.8)	28.4% (±1.9)	28.8% (±2.0)	27.3% (±1.1)
...I do not know if there are activities offered by my school or in my community that I can participate in	8.8% (±1.2)	6.2% (±1.0)	5.7% (±1.0)	6.9% (±0.6)

## Health and Safety

Compared to LAST school year, how much physical activity/exercise do you do THIS school year?

	Grade 6 (n=2431) % (CI)	Grade 7 (n=2554) % (CI)	Grade 8 (n=2264) % (CI)	Total (n=7249) % (CI)
A lot less	7.4% (±1.0)	7.5% (±1.0)	8.3% (±1.1)	7.7% (±0.6)
A little bit less	10.2% (±1.2)	9.4% (±1.1)	10.7% (±1.3)	10.1% (±0.7)
About the same	23.2% (±1.7)	22.0% (±1.6)	22.7% (±1.7)	22.6% (±1.0)
A little bit more	30.2% (±1.8)	30.0% (±1.8)	28.1% (±1.9)	29.5% (±1.0)
A lot more	29.0% (±1.8)	31.1% (±1.8)	30.2% (±1.9)	30.1% (±1.1)

On an average school night during the current school year, about how many hours do you sleep?

	Grade 6 (n=2425) % (CI)	Grade 7 (n=2549) % (CI)	Grade 8 (n=2257) % (CI)	Total (n=7231) % (CI)
5 hours or less	10.8% (±1.2)	14.6% (±1.4)	17.0% (±1.6)	14.1% (±0.8)
6 hours	13.1% (±1.3)	15.3% (±1.4)	18.0% (±1.6)	15.4% (±0.8)
7 hours	20.3% (±1.6)	23.9% (±1.7)	26.5% (±1.8)	23.5% (±1.0)
8 hours	30.1% (±1.8)	29.1% (±1.8)	26.2% (±1.8)	28.5% (±1.0)
9 hours or more	25.6% (±1.7)	17.1% (±1.5)	12.3% (±1.4)	18.4% (±0.9)

How often do you wear a seat belt when you ride in the back seat of a car, truck, van, or SUV?

	Grade 6 (n=2117) % (CI)	Grade 7 (n=2261) % (CI)	Grade 8 (n=2024) % (CI)	Total (n=6402) % (CI)
Always	72.6% (±1.9)	69.9% (±1.9)	68.7% (±2.0)	70.4% (±1.1)
Nearly always	15.3% (±1.5)	16.5% (±1.5)	17.1% (±1.6)	16.3% (±0.9)
Sometimes	6.0% (±1.0)	6.4% (±1.0)	6.1% (±1.0)	6.2% (±0.6)
Seldom	1.3% (±0.5)	1.1% (±0.4)	1.4% (±0.5)	1.3% (±0.3)
Never	1.0% (±0.4)	1.4% (±0.5)	1.9% (±0.6)	1.4% (±0.3)
Never ride in back seat	3.8% (±0.8)	4.7% (±0.9)	4.7% (±0.9)	4.4% (±0.5)

How often do you think <u>most students in your school</u> wear a seat belt when they ride in the back seat of a car, truck, van, or SUV?	Grade 6 (n=2052) % (CI)	Grade 7 (n=2231) % (CI)	Grade 8 (n=1992) % (CI)	Total (n=6275) % (CI)
Always	27.1% (±1.9)	24.0% (±1.8)	22.1% (±1.8)	24.4% (±1.1)
Nearly always	40.6% (±2.1)	43.0% (±2.1)	42.8% (±2.2)	42.2% (±1.2)
Sometimes	23.6% (±1.8)	23.4% (±1.8)	24.8% (±1.9)	23.9% (±1.1)
Seldom	3.8% (±0.8)	4.5% (±0.9)	4.4% (±0.9)	4.3% (±0.5)
Never	2.4% (±0.7)	2.5% (±0.6)	3.2% (±0.8)	2.7% (±0.4)
Never ride in back seat	2.4% (±0.7)	2.6% (±0.7)	2.7% (±0.7)	2.5% (±0.4)

I have a habit of wearing a seat belt because my parent(s)/guardian(s) always insist on it.

	Grade 6 (n=2096) % (CI)	Grade 7 (n=2237) % (CI)	Grade 8 (n=2010) % (CI)	Total (n=6343) % (CI)
Strongly agree	71.2% (±1.9)	68.7% (±1.9)	65.2% (±2.1)	68.4% (±1.1)
Somewhat agree	22.4% (±1.8)	23.4% (±1.8)	25.4% (±1.9)	23.7% (±1.0)
Somewhat disagree	3.4% (±0.8)	4.8% (±0.9)	6.4% (±1.1)	4.9% (±0.5)
Strongly disagree	3.1% (±0.7)	3.1% (±0.7)	3.0% (±0.7)	3.1% (±0.4)

## Mental Health and Support

During the past 12 months, have you felt depressed or sad MOST days, even if you felt OK sometimes?	Grade 6 (n=2017) % (CI)	Grade 7 (n=2138) % (CI)	Grade 8 (n=1919) % (CI)	Total (n=6074) % (CI)
Yes	41.6% (±2.2)	41.7% (±2.1)	45.3% (±2.2)	42.8% (±1.2)
No	58.4% (±2.2)	58.3% (±2.1)	54.7% (±2.2)	57.2% (±1.2)

During the past 12 months, did you ever feel so sad or hopeless almost every day for <b>two weeks or more in a row</b> that you stopped doing some usual activities?	Grade 6 (n=1999) % (CI)	Grade 7 (n=2146) % (CI)	Grade 8 (n=1910) % (CI)	Total (n=6055) % (CI)
Yes	27.1% (±1.9)	28.5% (±1.9)	33.2% (±2.1)	29.5% (±1.1)
No	72.9% (±1.9)	71.5% (±1.9)	66.8% (±2.1)	70.5% (±1.1)

NOTE: The next three questions refer to suicidal ideation and attempted suicide. Any student that responded in the affirmative to any of these three items received a list of support resources.

During the past 12 months, did you ever seriously consider attempting suicide?	Grade 6 (n=1977) % (CI)	Grade 7 (n=2113) % (CI)	Grade 8 (n=1897) % (CI)	Total (n=5987) % (CI)
Yes	13.9% (±1.5)	13.9% (±1.5)	19.5% (±1.8)	15.6% (±0.9)
No	86.1% (±1.5)	86.1% (±1.5)	80.5% (±1.8)	84.4% (±0.9)

During the past 12 months, did you make a plan about how you would attempt suicide?	Grade 6 (n=1984) % (CI)	Grade 7 (n=2107) % (CI)	Grade 8 (n=1883) % (CI)	Total (n=5974) % (CI)
Yes	10.7% (±1.4)	11.1% (±1.3)	15.7% (±1.6)	12.4% (±0.8)
No	89.3% (±1.4)	88.9% (±1.3)	84.3% (±1.6)	87.6% (±0.8)

During the past 12 months, did you actually attempt suicide?	Grade 6 (n=1981) % (CI)	Grade 7 (n=2113) % (CI)	Grade 8 (n=1893) % (CI)	Total (n=5987) % (CI)
Yes	3.9% (±0.9)	4.5% (±0.9)	5.4% (±1.0)	4.6% (±0.5)
No	96.1% (±0.9)	95.5% (±0.9)	94.6% (±1.0)	95.4% (±0.5)

During the past 12 months, did you need mental health services from a counselor, therapist, emergency room, or other health care provider?	Grade 6 (n=1362) % (CI)	Grade 7 (n=1458) % (CI)	Grade 8 (n=1228) % (CI)	Total (n=4048) % (CI)
Yes	16.4% (±2.0)	19.4% (±2.0)	24.6% (±2.4)	20.0% (±1.2)
No	83.6% (±2.0)	80.6% (±2.0)	75.4% (±2.4)	80.0% (±1.2)

*Note: The next item was only asked of respondents if they indicated 'yes' on the previous question regarding needing mental health services.*

During the past 12 months, did you try to get mental health services from a counselor, therapist, emergency room, or other health care provider?	Grade 6 (n=216) % (CI)	Grade 7 (n=276) % (CI)	Grade 8 (n=297) % (CI)	Total (n=789) % (CI)
No, I did not try to get help	19.4% (±5.3)	18.8% (±4.6)	16.5% (±4.2)	18.1% (±2.7)
Yes, and I did get help	65.3% (±6.3)	66.3% (±5.6)	65.0% (±5.4)	65.5% (±3.3)
Yes, but I did not get help	15.3% (±4.8)	14.9% (±4.2)	18.5% (±4.4)	16.3% (±2.6)

Do you think it's ok to seek help and talk to a professional counselor, therapist, or doctor if you've been feeling very sad, hopeless, or suicidal?	Grade 6 (n=1963) % (CI)	Grade 7 (n=2130) % (CI)	Grade 8 (n=1896) % (CI)	Total (n=5989) % (CI)
Yes	78.5% (±1.8)	79.9% (±1.7)	80.6% (±1.8)	79.7% (±1.0)
No	21.5% (±1.8)	20.1% (±1.7)	19.4% (±1.8)	20.3% (±1.0)

How often do you feel...

Lonely	Grade 6 (n=2047) % (CI)	Grade 7 (n=2179) % (CI)	Grade 8 (n=1944) % (CI)	Total (n=6170) % (CI)
Hardly ever	38.8% (±2.1)	37.3% (±2.0)	34.1% (±2.1)	36.8% (±1.2)
Some of the time	41.1% (±2.1)	41.5% (±2.1)	41.8% (±2.2)	41.5% (±1.2)
Often	20.1% (±1.7)	21.2% (±1.7)	24.1% (±1.9)	21.7% (±1.0)

Upset	Grade 6 (n=2024) % (CI)	Grade 7 (n=2172) % (CI)	Grade 8 (n=1925) % (CI)	Total (n=6121) % (CI)
Hardly ever	26.4% (±1.9)	27.5% (±1.9)	26.2% (±2.0)	26.7% (±1.1)
Some of the time	51.5% (±2.2)	50.4% (±2.1)	49.3% (±2.2)	50.4% (±1.3)
Often	22.1% (±1.8)	22.1% (±1.7)	24.5% (±1.9)	22.8% (±1.1)

Scared	Grade 6 (n=2023) % (CI)	Grade 7 (n=2168) % (CI)	Grade 8 (n=1932) % (CI)	Total (n=6123) % (CI)
Hardly ever	57.2% (±2.2)	59.6% (±2.1)	61.3% (±2.2)	59.3% (±1.2)
Some of the time	31.6% (±2.0)	30.8% (±1.9)	27.6% (±2.0)	30.1% (±1.1)
Often	11.1% (±1.4)	9.6% (±1.2)	11.1% (±1.4)	10.6% (±0.8)

Nervous	Grade 6 (n=2030) % (CI)	Grade 7 (n=2150) % (CI)	Grade 8 (n=1922) % (CI)	Total (n=6102) % (CI)
Hardly ever	25.9% (±1.9)	24.6% (±1.8)	23.8% (±1.9)	24.8% (±1.1)
Some of the time	46.6% (±2.2)	44.6% (±2.1)	42.8% (±2.2)	44.7% (±1.2)
Often	27.5% (±1.9)	30.9% (±2.0)	33.5% (±2.1)	30.6% (±1.2)

Distressed	Grade 6 (n=1988) % (CI)	Grade 7 (n=2138) % (CI)	Grade 8 (n=1892) % (CI)	Total (n=6018) % (CI)
Hardly ever	48.0% (±2.2)	45.7% (±2.1)	43.3% (±2.2)	45.7% (±1.3)
Some of the time	33.5% (±2.1)	34.8% (±2.0)	34.6% (±2.1)	34.3% (±1.2)
Often	18.5% (±1.7)	19.6% (±1.7)	22.0% (±1.9)	20.0% (±1.0)
My stress level is manageable most days.	Grade 6 (n=2006) % (CI)	Grade 7 (n=2157) % (CI)	Grade 8 (n=1925) % (CI)	Total (n=6088) % (CI)
Strongly agree	27.1% (±1.9)	21.8% (±1.7)	21.2% (±1.8)	23.4% (±1.1)
Agree	32.8% (±2.1)	37.0% (±2.0)	35.2% (±2.1)	35.0% (±1.2)
Not sure	26.7% (±1.9)	26.2% (±1.9)	27.4% (±2.0)	26.8% (±1.1)
Disagree	8.6% (±1.2)	10.5% (±1.3)	11.5% (±1.4)	10.2% (±0.8)
Strongly disagree	4.8% (±0.9)	4.5% (±0.9)	4.6% (±0.9)	4.6% (±0.5)

These items deal with ways you cope with the stress in your life. There are many ways to try to deal with problems. To what extent do you do what the item says?

I get emotional support from others.

	Grade 6 (n=1946) % (CI)	Grade 7 (n=2110) % (CI)	Grade 8 (n=1876) % (CI)	Total (n=5932) % (CI)
I don't do this at all	24.1% (±1.9)	24.6% (±1.8)	23.2% (±1.9)	24.0% (±1.1)
I do this a little bit	32.5% (±2.1)	32.3% (±2.0)	38.8% (±2.2)	34.4% (±1.2)
I do this a medium amount	28.2% (±2.0)	30.1% (±2.0)	27.0% (±2.0)	28.5% (±1.1)
I do this a lot	15.2% (±1.6)	13.0% (±1.4)	11.0% (±1.4)	13.1% (±0.9)

I get help and advice from other people.	Grade 6 (n=1931) % (CI)	Grade 7 (n=2084) % (CI)	Grade 8 (n=1857) % (CI)	Total (n=5872) % (CI)
I don't do this at all	18.1% (±1.7)	17.9% (±1.6)	19.2% (±1.8)	18.4% (±1.0)
I do this a little bit	29.8% (±2.0)	33.7% (±2.0)	36.2% (±2.2)	33.2% (±1.2)
I do this a medium amount	31.5% (±2.1)	31.3% (±2.0)	29.3% (±2.1)	30.7% (±1.2)
I do this a lot	20.6% (±1.8)	17.0% (±1.6)	15.3% (±1.6)	17.7% (±1.0)

I express my feelings and let people know what I'm thinking about.	Grade 6 (n=1931) % (CI)	Grade 7 (n=2091) % (CI)	Grade 8 (n=1859) % (CI)	Total (n=5881) % (CI)
I don't do this at all	31.8% (±2.1)	31.7% (±2.0)	31.9% (±2.1)	31.8% (±1.2)
I do this a little bit	32.9% (±2.1)	34.6% (±2.0)	36.4% (±2.2)	34.6% (±1.2)
I do this a medium amount	21.2% (±1.8)	22.0% (±1.8)	20.5% (±1.8)	21.3% (±1.0)
I do this a lot	14.0% (±1.5)	11.7% (±1.4)	11.2% (±1.4)	12.3% (±0.8)

*Note: Percentages may not sum to 100% as participants could select more than one response. This question contains twenty-two response options and is continued on the next page. Response options appear in the order they appeared on the survey.*

Please indicate which of the following you do to help you deal or cope with stress in your life. (select all that apply)	Grade 6 (n=1971) % (CI)	Grade 7 (n=2123) % (CI)	Grade 8 (n=1894) % (CI)	Total (n=5988) % (CI)
Connect with family or friends (e.g., talking, texting)	62.9% (±2.1)	64.0% (±2.0)	62.0% (±2.2)	63.0% (±1.2)
Talk with teachers or other supportive adults	20.9% (±1.8)	16.8% (±1.6)	12.7% (±1.5)	16.9% (±0.9)
Participate in afterschool activities (e.g., clubs, sports)	25.8% (±1.9)	28.4% (±1.9)	29.6% (±2.1)	27.9% (±1.1)
Do schoolwork	18.6% (±1.7)	16.3% (±1.6)	14.8% (±1.6)	16.6% (±0.9)
Read	35.9% (±2.1)	32.8% (±2.0)	30.0% (±2.1)	32.9% (±1.2)
Exercise (e.g., walking, running, lifting weights)	34.0% (±2.1)	35.2% (±2.0)	38.5% (±2.2)	35.8% (±1.2)
Spend time outside	45.8% (±2.2)	42.3% (±2.1)	38.6% (±2.2)	42.3% (±1.3)
Watch or stream shows or movies	59.9% (±2.2)	62.2% (±2.1)	61.9% (±2.2)	61.4% (±1.2)
Spend time on social media	40.3% (±2.2)	46.3% (±2.1)	47.9% (±2.2)	44.8% (±1.3)
Volunteer / charity work	4.6% (±0.9)	3.1% (±0.7)	3.2% (±0.8)	3.6% (±0.5)
Limit the amount of stressful news I read or watch	13.6% (±1.5)	10.8% (±1.3)	9.0% (±1.3)	11.2% (±0.8)

Please indicate which of the following you do to help you deal or cope with stress in your life. (select all that apply)	Grade 6 (n=1971) % (CI)	Grade 7 (n=2123) % (CI)	Grade 8 (n=1894) % (CI)	Total (n=5988) % (CI)
Hobbies	45.0% (±2.2)	44.1% (±2.1)	43.0% (±2.2)	44.1% (±1.3)
Yoga, meditate	5.4% (±1.0)	5.1% (±0.9)	6.5% (±1.1)	5.7% (±0.6)
Hang out with pets	52.1% (±2.2)	47.9% (±2.1)	45.8% (±2.2)	48.6% (±1.3)
Complete puzzles (e.g., jigsaw, word, number)	11.1% (±1.4)	8.8% (±1.2)	8.1% (±1.2)	9.3% (±0.7)
Play games (e.g., board games, video games)	58.4% (±2.2)	57.7% (±2.1)	55.0% (±2.2)	57.1% (±1.3)
Listen to podcasts	14.7% (±1.6)	14.2% (±1.5)	13.8% (±1.6)	14.2% (±0.9)
Journal	17.3% (±1.7)	13.3% (±1.4)	13.0% (±1.5)	14.5% (±0.9)
Cook /bake	31.2% (±2.0)	26.3% (±1.9)	27.0% (±2.0)	28.1% (±1.1)
Practice my faith (praying, reading, pondering, etc.)	12.4% (±1.5)	10.6% (±1.3)	9.2% (±1.3)	10.8% (±0.8)
Artistic activities (e.g., coloring, crafting, painting, sewing)	40.1% (±2.2)	37.0% (±2.1)	32.4% (±2.1)	36.6% (±1.2)
Other	21.5% (±1.8)	17.7% (±1.6)	16.2% (±1.7)	18.5% (±1.0)

For each sentence listed below, please think about how you are in most situations. There are no right or wrong answers.

Please select the option that describes you:

I can think of many ways to get the things in life that are most important to me.

	Grade 6 (n=1849) % (CI)	Grade 7 (n=2042) % (CI)	Grade 8 (n=1806) % (CI)	Total (n=5697) % (CI)
None of the time	4.4% (±0.9)	3.8% (±0.8)	3.4% (±0.8)	3.9% (±0.5)
A little of the time	11.2% (±1.4)	10.5% (±1.3)	12.0% (±1.5)	11.2% (±0.8)
Some of the time	24.2% (±2.0)	25.4% (±1.9)	25.2% (±2.0)	24.9% (±1.1)
A lot of the time	17.3% (±1.7)	20.9% (±1.8)	20.2% (±1.9)	19.5% (±1.0)
Most of the time	25.3% (±2.0)	23.6% (±1.8)	25.0% (±2.0)	24.6% (±1.1)
All of the time	17.6% (±1.7)	15.9% (±1.6)	14.2% (±1.6)	15.9% (±1.0)

I am doing just as well as other kids my age.

	Grade 6 (n=1861) % (CI)	Grade 7 (n=2050) % (CI)	Grade 8 (n=1808) % (CI)	Total (n=5719) % (CI)
None of the time	5.9% (±1.1)	5.6% (±1.0)	6.4% (±1.1)	5.9% (±0.6)
A little of the time	13.4% (±1.5)	13.7% (±1.5)	15.8% (±1.7)	14.3% (±0.9)
Some of the time	16.0% (±1.7)	19.1% (±1.7)	18.1% (±1.8)	17.8% (±1.0)
A lot of the time	13.2% (±1.5)	15.5% (±1.6)	14.8% (±1.6)	14.5% (±0.9)
Most of the time	23.2% (±1.9)	22.0% (±1.8)	22.6% (±1.9)	22.6% (±1.1)
All of the time	28.3% (±2.0)	24.1% (±1.9)	22.3% (±1.9)	24.9% (±1.1)

When I have a problem, I can come up with lots of ways to solve it.

	Grade 6 (n=1830) % (CI)	Grade 7 (n=2046) % (CI)	Grade 8 (n=1796) % (CI)	Total (n=5672) % (CI)
None of the time	7.9% (±1.2)	6.9% (±1.1)	6.3% (±1.1)	7.1% (±0.7)
A little of the time	17.2% (±1.7)	16.7% (±1.6)	17.4% (±1.8)	17.0% (±1.0)
Some of the time	22.7% (±1.9)	23.5% (±1.8)	24.0% (±2.0)	23.4% (±1.1)
A lot of the time	14.6% (±1.6)	17.1% (±1.6)	16.9% (±1.7)	16.2% (±1.0)
Most of the time	22.2% (±1.9)	21.7% (±1.8)	20.8% (±1.9)	21.6% (±1.1)
All of the time	15.5% (±1.7)	14.2% (±1.5)	14.6% (±1.6)	14.7% (±0.9)

I think the things that I have done in the past will help me in the future.

	Grade 6 (n=1832) % (CI)	Grade 7 (n=2033) % (CI)	Grade 8 (n=1802) % (CI)	Total (n=5667) % (CI)
None of the time	11.0% (±1.4)	11.5% (±1.4)	11.0% (±1.4)	11.2% (±0.8)
A little of the time	14.8% (±1.6)	13.9% (±1.5)	13.0% (±1.6)	13.9% (±0.9)
Some of the time	20.6% (±1.9)	22.4% (±1.8)	23.5% (±2.0)	22.2% (±1.1)
A lot of the time	13.8% (±1.6)	15.2% (±1.6)	15.4% (±1.7)	14.8% (±0.9)
Most of the time	20.9% (±1.9)	20.2% (±1.7)	20.5% (±1.9)	20.5% (±1.1)
All of the time	18.9% (±1.8)	16.8% (±1.6)	16.6% (±1.7)	17.4% (±1.0)

*For this sentence, please think about how you are in most situations. There are no right or wrong answers.*

Please select the option that describes you:

I am optimistic or hopeful about my future.

	Grade 6 (n=1832) % (CI)	Grade 7 (n=2036) % (CI)	Grade 8 (n=1812) % (CI)	Total (n=5680) % (CI)
None of the time	6.3% (±1.1)	6.5% (±1.1)	7.3% (±1.2)	6.7% (±0.6)
A little of the time	11.3% (±1.4)	11.7% (±1.4)	13.1% (±1.6)	12.0% (±0.8)
Some of the time	19.7% (±1.8)	22.2% (±1.8)	22.8% (±1.9)	21.6% (±1.1)
A lot of the time	15.8% (±1.7)	16.9% (±1.6)	15.6% (±1.7)	16.1% (±1.0)
Most of the time	24.5% (±2.0)	23.6% (±1.8)	23.1% (±1.9)	23.7% (±1.1)
All of the time	22.5% (±1.9)	19.0% (±1.7)	18.2% (±1.8)	19.9% (±1.0)

Outside of school hours, there is a safe place or person I can go to if I need help.

	Grade 6 (n=1993) % (CI)	Grade 7 (n=2149) % (CI)	Grade 8 (n=1916) % (CI)	Total (n=6058) % (CI)
Strongly agree	57.3% (±2.2)	52.9% (±2.1)	48.0% (±2.2)	52.8% (±1.3)
Agree	32.5% (±2.1)	36.2% (±2.0)	39.2% (±2.2)	35.9% (±1.2)
Disagree	6.3% (±1.1)	7.8% (±1.1)	9.8% (±1.3)	7.9% (±0.7)
Strongly disagree	3.9% (±0.9)	3.1% (±0.7)	3.0% (±0.8)	3.4% (±0.5)

Are there adults you can turn to for help or support if needed?

	Grade 6 (n=3710) % (CI)	Grade 7 (n=4056) % (CI)	Grade 8 (n=3644) % (CI)	Total (n=11410) % (CI)
Yes	80.9% (±1.3)	79.5% (±1.2)	77.3% (±1.4)	79.2% (±0.7)
No	11.9% (±1.0)	13.1% (±1.0)	14.9% (±1.2)	13.3% (±0.6)
I am not sure	7.3% (±0.8)	7.4% (±0.8)	7.8% (±0.9)	7.5% (±0.5)

*Note: Percentages may not sum to 100% as participants could select more than one response. Response options appear in the order they appeared on the survey.*

If you were to feel sad or hopeless, to whom would you most likely turn for help? Choose all that apply	Grade 6 (n=1865) % (CI)	Grade 7 (n=2030) % (CI)	Grade 8 (n=1828) % (CI)	Total (n=5723) % (CI)
Sibling (brother, sister, stepbrother, stepsister) or cousin	39.9% (±2.2)	35.8% (±2.1)	36.3% (±2.2)	37.3% (±1.3)
Teacher, school counselor, or other adult in my school	18.4% (±1.8)	15.3% (±1.6)	12.1% (±1.5)	15.3% (±0.9)
Friend or peer	52.5% (±2.3)	58.1% (±2.1)	60.7% (±2.2)	57.1% (±1.3)
Parent / guardian	65.0% (±2.2)	57.5% (±2.2)	51.4% (±2.3)	58.0% (±1.3)
Religious / faith leader	5.7% (±1.1)	5.8% (±1.0)	4.9% (±1.0)	5.5% (±0.6)
Coach	5.3% (±1.0)	6.3% (±1.1)	6.7% (±1.1)	6.1% (±0.6)
Other adult or mentor	8.4% (±1.3)	7.9% (±1.2)	7.6% (±1.2)	8.0% (±0.7)
Counselor or Therapist not in my school	10.0% (±1.4)	11.4% (±1.4)	11.7% (±1.5)	11.0% (±0.8)
I don't have anyone I would talk to	8.8% (±1.3)	8.6% (±1.2)	9.8% (±1.4)	9.1% (±0.7)

Thinking about this school year, how often have *one or more of your friends or classmates* done the following:

Checked in to see how you were doing.	Grade 6 (n=1821) % (CI)	Grade 7 (n=1985) % (CI)	Grade 8 (n=1785) % (CI)	Total (n=5591) % (CI)
Never	15.1% (±1.6)	13.2% (±1.5)	14.8% (±1.6)	14.3% (±0.9)
Rarely	20.2% (±1.8)	21.0% (±1.8)	21.6% (±1.9)	20.9% (±1.1)
Sometimes	27.9% (±2.1)	31.0% (±2.0)	30.3% (±2.1)	29.8% (±1.2)
Often	24.4% (±2.0)	23.0% (±1.9)	23.1% (±2.0)	23.5% (±1.1)
Always	12.5% (±1.5)	11.8% (±1.4)	10.2% (±1.4)	11.5% (±0.8)

Let you know that they are available if you need any help.

	Grade 6 (n=1803) % (CI)	Grade 7 (n=1977) % (CI)	Grade 8 (n=1769) % (CI)	Total (n=5549) % (CI)
Never	23.3% (±2.0)	22.1% (±1.8)	22.6% (±1.9)	22.7% (±1.1)
Rarely	20.0% (±1.8)	19.7% (±1.8)	20.7% (±1.9)	20.1% (±1.1)
Sometimes	24.0% (±2.0)	26.9% (±2.0)	25.0% (±2.0)	25.3% (±1.1)
Often	18.5% (±1.8)	18.3% (±1.7)	20.4% (±1.9)	19.0% (±1.0)
Always	14.2% (±1.6)	13.0% (±1.5)	11.3% (±1.5)	12.8% (±0.9)

Expressed interest in your well-being.	Grade 6 (n=1784) % (CI)	Grade 7 (n=1961) % (CI)	Grade 8 (n=1758) % (CI)	Total (n=5503) % (CI)
Never	17.5% (±1.8)	14.4% (±1.6)	15.4% (±1.7)	15.7% (±1.0)
Rarely	16.5% (±1.7)	17.6% (±1.7)	18.6% (±1.8)	17.6% (±1.0)
Sometimes	24.6% (±2.0)	28.2% (±2.0)	24.4% (±2.0)	25.8% (±1.2)
Often	25.3% (±2.0)	23.9% (±1.9)	27.2% (±2.1)	25.4% (±1.2)
Always	16.0% (±1.7)	16.0% (±1.6)	14.4% (±1.6)	15.5% (±1.0)

Thinking about this school year, how often have *one or more of your teachers or adults at school* done the following:

Checked in to see how you were doing.	Grade 6 (n=1788) % (CI)	Grade 7 (n=1973) % (CI)	Grade 8 (n=1775) % (CI)	Total (n=5536) % (CI)
Never	12.0% (±1.5)	13.3% (±1.5)	19.0% (±1.8)	14.7% (±0.9)
Rarely	17.8% (±1.8)	21.0% (±1.8)	23.5% (±2.0)	20.8% (±1.1)
Sometimes	28.5% (±2.1)	31.1% (±2.0)	29.7% (±2.1)	29.8% (±1.2)
Often	27.1% (±2.1)	24.0% (±1.9)	19.8% (±1.9)	23.6% (±1.1)
Always	14.5% (±1.6)	10.6% (±1.4)	8.0% (±1.3)	11.0% (±0.8)

Let you know that they are available if you need any help.

	Grade 6 (n=1782) % (CI)	Grade 7 (n=1958) % (CI)	Grade 8 (n=1765) % (CI)	Total (n=5505) % (CI)
Never	12.3% (±1.5)	12.0% (±1.4)	17.3% (±1.8)	13.8% (±0.9)
Rarely	13.7% (±1.6)	16.3% (±1.6)	19.3% (±1.8)	16.4% (±1.0)
Sometimes	24.9% (±2.0)	27.0% (±2.0)	25.8% (±2.0)	25.9% (±1.2)
Often	27.9% (±2.1)	27.0% (±2.0)	24.5% (±2.0)	26.5% (±1.2)
Always	21.1% (±1.9)	17.8% (±1.7)	13.0% (±1.6)	17.3% (±1.0)

Expressed interest in your well-being.	Grade 6 (n=1768) % (CI)	Grade 7 (n=1955) % (CI)	Grade 8 (n=1757) % (CI)	Total (n=5480) % (CI)
Never	15.7% (±1.7)	14.5% (±1.6)	18.4% (±1.8)	16.1% (±1.0)
Rarely	15.9% (±1.7)	18.4% (±1.7)	22.5% (±2.0)	18.9% (±1.0)
Sometimes	25.5% (±2.0)	28.3% (±2.0)	28.3% (±2.1)	27.4% (±1.2)
Often	24.1% (±2.0)	25.1% (±1.9)	20.2% (±1.9)	23.2% (±1.1)
Always	18.8% (±1.8)	13.8% (±1.5)	10.6% (±1.4)	14.4% (±0.9)

## Substance Use

During the past year did you:

Smoke cigarettes?	Grade 6 (n=1830) % (CI)	Grade 7 (n=1982) % (CI)	Grade 8 (n=1800) % (CI)	Total (n=5612) % (CI)
Yes	1.0% (±0.5)	1.4% (±0.5)	3.2% (±0.8)	1.9% (±0.4)
No	99.0% (±0.5)	98.6% (±0.5)	96.8% (±0.8)	98.1% (±0.4)

Use an electronic cigarette, also called e-cigs, JUUL, or vape pens?	Grade 6 (n=1820) % (CI)	Grade 7 (n=1979) % (CI)	Grade 8 (n=1795) % (CI)	Total (n=5594) % (CI)
Yes	3.0% (±0.8)	4.6% (±0.9)	8.4% (±1.3)	5.3% (±0.6)
No	97.0% (±0.8)	95.4% (±0.9)	91.6% (±1.3)	94.7% (±0.6)

Drink a glass, can, or bottle of alcohol?

	Grade 6 (n=1819) % (CI)	Grade 7 (n=1972) % (CI)	Grade 8 (n=1794) % (CI)	Total (n=5585) % (CI)
Yes	3.7% (±0.9)	4.6% (±0.9)	8.9% (±1.3)	5.7% (±0.6)
No	96.3% (±0.9)	95.4% (±0.9)	91.1% (±1.3)	94.3% (±0.6)

Use marijuana or hashish?

	Grade 6 (n=1820) % (CI)	Grade 7 (n=1976) % (CI)	Grade 8 (n=1792) % (CI)	Total (n=5588) % (CI)
Yes	1.2% (±0.5)	2.5% (±0.7)	5.7% (±1.1)	3.1% (±0.5)
No	98.8% (±0.5)	97.5% (±0.7)	94.3% (±1.1)	96.9% (±0.5)

*Note: The following 30 day use items contain data from both past year and past 30 day items. Students who indicated in a past year substance use question that they did not use a substance during the past year were coded as such in these items and not asked about 30 day use.*

During the **past 30 days**, on how many days did you:

During the <b>past 30 days</b> , on how many days did you <u>smoke cigarettes</u> ?	Grade 6 (n=1830) % (CI)	Grade 7 (n=1979) % (CI)	Grade 8 (n=1797) % (CI)	Total (n=5606) % (CI)
0 days - I have not smoked in the past year	99.0% (±0.5)	98.7% (±0.5)	96.9% (±0.8)	98.2% (±0.3)
0 days - I have smoked in the past year, but not in the past 30 days	0.4% (±0.3)	0.7% (±0.4)	1.6% (±0.6)	0.9% (±0.2)
1 - 2 days	0.3% (±0.2)	0.2% (±0.2)	0.6% (±0.3)	0.3% (±0.2)
3 - 5 days	0.1% (±0.1)	0.1% (±0.1)	0.3% (±0.3)	0.1% (±0.1)
6 - 9 days	-	0.1% (±0.1)	0.1% (±0.1)	0.0% (±0.0)
10 - 29 days	0.1% (±0.1)	-	0.2% (±0.2)	0.1% (±0.1)
All 30 days	0.2% (±0.2)	0.3% (±0.2)	0.4% (±0.3)	0.3% (±0.1)

During the past 30 days, on how many days did you <u>use an electronic cigarette</u> , also called e-cigs, JUUL, or vape pens?	Grade 6 (n=1818) % (CI)	Grade 7 (n=1977) % (CI)	Grade 8 (n=1791) % (CI)	Total (n=5586) % (CI)
0 days - I have not used an electronic nicotine/tobacco device in the past year	97.1% (±0.8)	95.5% (±0.9)	91.8% (±1.3)	94.8% (±0.6)
0 days - I have used an electronic nicotine/tobacco device, but not in the past 30 days	1.3% (±0.5)	2.1% (±0.6)	2.9% (±0.8)	2.1% (±0.4)
1 - 2 days	0.6% (±0.4)	0.9% (±0.4)	1.6% (±0.6)	1.0% (±0.3)
3 - 5 days	0.2% (±0.2)	0.5% (±0.3)	1.2% (±0.5)	0.6% (±0.2)
6 - 9 days	0.3% (±0.2)	0.2% (±0.2)	0.6% (±0.4)	0.4% (±0.2)
10-19 days	0.1% (±0.1)	0.1% (±0.1)	0.7% (±0.4)	0.3% (±0.1)
20 - 29 days	0.1% (±0.2)	0.2% (±0.2)	0.4% (±0.3)	0.2% (±0.1)
All 30 days	0.3% (±0.3)	0.5% (±0.3)	0.9% (±0.4)	0.6% (±0.2)

During the past 30 days, on how many days did you drink a glass, can, or bottle of alcohol?

	Grade 6 (n=1816) % (CI)	Grade 7 (n=1971) % (CI)	Grade 8 (n=1790) % (CI)	Total (n=5577) % (CI)
0 days - I have never drunk alcohol in the past year	96.5% (±0.8)	95.5% (±0.9)	91.3% (±1.3)	94.5% (±0.6)
0 days- I have drunk alcohol in the past year, but not in the past 30 days	2.0% (±0.6)	2.8% (±0.7)	3.7% (±0.9)	2.9% (±0.4)
1 - 2 days	0.9% (±0.4)	1.2% (±0.5)	3.2% (±0.8)	1.8% (±0.3)
3 - 5 days	0.2% (±0.2)	0.2% (±0.2)	0.5% (±0.3)	0.3% (±0.1)
6 - 9 days	0.1% (±0.1)	0.1% (±0.1)	0.4% (±0.3)	0.2% (±0.1)
10 or more	0.3% (±0.2)	0.2% (±0.2)	0.8% (±0.4)	0.4% (±0.2)

During the past 30 days, on how many days did you use marijuana or hashish?

	Grade 6 (n=1819) % (CI)	Grade 7 (n=1974) % (CI)	Grade 8 (n=1789) % (CI)	Total (n=5582) % (CI)
0 days - I have never used marijuana in the past year	98.9% (±0.5)	97.6% (±0.7)	94.5% (±1.1)	97.0% (±0.4)
0 days - I have used marijuana in the past year, but not in the past 30 days	0.4% (±0.3)	1.1% (±0.5)	1.5% (±0.6)	1.0% (±0.3)
1 - 2 days	0.2% (±0.2)	0.5% (±0.3)	1.7% (±0.6)	0.8% (±0.2)
3 - 5 days	0.1% (±0.2)	0.2% (±0.2)	0.6% (±0.4)	0.3% (±0.1)
6 - 9 days	0.1% (±0.1)	0.2% (±0.2)	0.6% (±0.4)	0.3% (±0.1)
10 - 19 days	-	0.1% (±0.1)	0.2% (±0.2)	0.1% (±0.1)
20-29 days	0.1% (±0.1)	0.1% (±0.1)	0.3% (±0.2)	0.1% (±0.1)
All 30 days	0.3% (±0.2)	0.3% (±0.2)	0.7% (±0.4)	0.4% (±0.2)