High school students are most likely to seek help from their parents (63%) and their friends (63%).

89% of youth know how to get help at their school for themselves or their peers for mental health or substance use problems.

22.5% of high school youth report that they have experienced discrimination in the past year.

White youth were more likely to report feeling safe and know how to get help for themselves or peers than youth in the “All Other Races” group.
81% of high school youth report feeling anxious in the past year. More than 25% of those report feeling anxious **always or almost always**.

61% of high school students report **ever** being bullied. 13.3% report that they were bullied in the past month, most often being called **names or having lies/rumors spread about them**.

Almost 3 out of 4 reported **academics** as the biggest source of stress, followed by post-high school plans (61%) and schedule (50%).

19.5% of high school students have had **thoughts of self-harm** in the past year. 27.7% have felt **sad or hopeless** for 2 or more weeks in a row. 12.7% have **considered suicide**.

Compared to males, high school females were more likely to report:
- feeling anxious **always or almost always**, and that anxiety almost always made things difficult in their life,
- **having ever been bullied**,
- having thoughts of **self-harm or self-harm behaviors**, and
- **having felt sad or hopeless** 2 or more weeks in a row.

Compared to their cisgender peers, high school youth who described themselves as gay or lesbian, bisexual or pansexual, “I describe myself some other way” or “I am not sure right now” were more likely:
- to have been **bullied**, 
- to have experienced **discrimination** in the past year 
- to report **anxiety always or almost always**, and that anxiety always made their life **difficult**, 
- to report **higher levels of stress** for:
  - home/family life, 
  - financial security, 
  - post-high school planning, 
  - peers, and 
  - social media,
- to have thoughts of **self-harm** and self-harm behaviors, have felt sad or hopeless 2 or more weeks in a row, and to have **considered attempting suicide**.

Almost 3 out of 4 reported **academics** as the biggest source of stress, followed by post-high school plans (61%) and schedule (50%).

Stress and Mental Health

61% of high school students report **ever** being bullied. 13.3% report that they were bullied in the past month, most often being called **names or having lies/rumors spread about them**.

19.5% of high school students have had **thoughts of self-harm** in the past year. 27.7% have felt **sad or hopeless** for 2 or more weeks in a row. 12.7% have **considered suicide**.

Compared to their cisgender peers, high school youth who described themselves as gay or lesbian, bisexual or pansexual, “I describe myself some other way” or “I am not sure right now” were more likely:
- to have been **bullied**, 
- to have experienced **discrimination** in the past year 
- to report **anxiety always or almost always**, and that anxiety almost always made things difficult in their life,
- **having ever been bullied**,
- having thoughts of **self-harm or self-harm behaviors**, and
- **having felt sad or hopeless** 2 or more weeks in a row.

Compared to males, high school females were more likely to report:
- feeling anxious **always or almost always**, and that anxiety almost always made things difficult in their life,
- **having ever been bullied**,
- having thoughts of **self-harm or self-harm behaviors**, and
- **having felt sad or hopeless** 2 or more weeks in a row.

Compared to their cisgender peers, high school youth who described themselves as gay or lesbian, bisexual or pansexual, “I describe myself some other way” or “I am not sure right now” were more likely:
- to have been **bullied**, 
- to have experienced **discrimination** in the past year 
- to report **anxiety always or almost always**, and that anxiety almost always made things difficult in their life,
- **having ever been bullied**,
- having thoughts of **self-harm or self-harm behaviors**, and
- **having felt sad or hopeless** 2 or more weeks in a row.

Almost 3 out of 4 reported **academics** as the biggest source of stress, followed by post-high school plans (61%) and schedule (50%).
Most youth in Region 1 do not use substances. 86% of high school youth have not used alcohol in the past month; 91% have not used cannabis.

The majority of youth report having clear family rules that discourage them from using alcohol (66%), cannabis (75%), and vaping (81%).

The main place high school youth access alcohol is from their home (63%).

Compared to boys, girls are more likely to have used alcohol, vapes, and cannabis in the past month.

Social Media and Gaming

36% report feeling more connected with others through online gaming.

58% of youth report feeling more connected with others as a result of social media.

As a result of using social media 42% felt better about themselves; 32% felt worse.

22% report not getting enough sleep as a result of online gaming.