Middle school students are most likely to seek help from their parents (65%) and their friends (52%).

More than 90% of youth reported having at least one trusted adult they can share with, and that they feel safe in their community and at school.

Almost half (46%) report feeling more connected with others through online gaming.

56% of youth report feeling more connected with others as a result of social media.

More than 1/4 (28%) have a hard time stopping when on social media.

23% report not getting enough sleep as a result of online gaming.

In May - June 2023, youth at Region 1 schools grades 7-8 participated in the Youth Voices Count survey. The survey is voluntary, anonymous, and confidential. The response rate was 86%. Select results are summarized here; a full report is available on ncpncoalition.org.
79.4% of middle school youth report feeling anxious in the past year. More than 20% of those report feeling anxious always or almost always.

57.5% of middle school students report ever being bullied. 17.3% report that they were bullied in the past month, most often being called names or intentionally excluded.

15% of middle school students have had thoughts of self-harm in the past year. 15% have felt sad or hopeless for 2 or more weeks in a row.

Academics are the most commonly reported source of stress for middle school students.

Compared to their cisgender peers, middle school youth who described themselves as transgender, non-binary, or unsure were less likely to report feeling safe in the community or at school, and less likely to know how to get help for themselves or their peers.

Compared to males, middle school females were more likely to report:
- feeling anxious always or almost always,
- that anxiety almost always made things difficult in their life,
- having felt sad or hopeless 2 or more weeks in a row.

They were also more likely to have had thoughts of self-harm and self-harm behaviors, and to have felt sad or hopeless 2 or more weeks in a row.