

# YOUTH RISK BEHAVIOR SURVEY

2013–2023

## DATA SUMMARY & TRENDS REPORT



U.S. DEPARTMENT OF  
HEALTH AND HUMAN SERVICES  
CENTERS FOR DISEASE  
CONTROL AND PREVENTION

# TABLE OF CONTENTS



|                                                       |           |
|-------------------------------------------------------|-----------|
| <b>Executive Summary</b>                              | <b>1</b>  |
| <b>Introduction</b>                                   | <b>5</b>  |
| <b>Focus Area: Sexual Behavior</b>                    | <b>8</b>  |
| <b>Progress At a Glance for Sexual Behavior</b>       | <b>9</b>  |
| <b>Key Findings for Sexual Behavior</b>               | <b>10</b> |
| Ever Had Sex                                          | 11        |
| Four or More Lifetime Sexual Partners                 | 13        |
| Currently Sexually Active                             | 15        |
| Used a Condom During Last Sexual Intercourse          | 17        |
| Effective Hormonal Birth Control Use                  | 19        |
| Ever Tested for HIV                                   | 21        |
| Tested for Sexually Transmitted Diseases              | 23        |
| <b>Focus Area: Substance Use</b>                      | <b>25</b> |
| <b>Progress At a Glance for Substance Use</b>         | <b>26</b> |
| <b>Key Findings for Substance Use</b>                 | <b>27</b> |
| Current Alcohol Use                                   | 28        |
| Current Marijuana Use                                 | 30        |
| Ever Used Select Illicit Drugs                        | 32        |
| Ever Misused Prescription Opioids                     | 34        |
| Current Prescription Opioid Misuse                    | 36        |
| <b>Focus Area: Experiencing Violence</b>              | <b>38</b> |
| <b>Progress At a Glance for Experiencing Violence</b> | <b>39</b> |
| <b>Key Findings for Experiencing Violence</b>         | <b>40</b> |
| Threatened or Injured With a Weapon at School         | 41        |
| Did Not Go to School Because of Safety Concerns       | 43        |
| Electronically Bullied                                | 45        |
| Bullied at School                                     | 47        |
| Ever Forced to Have Sex                               | 49        |
| Sexual Violence by Anyone                             | 51        |

|                                                                                   |           |
|-----------------------------------------------------------------------------------|-----------|
| <b>Focus Area: Mental Health and Suicidal Thoughts and Behaviors</b>              | <b>53</b> |
| <b>Progress At a Glance for Mental Health and Suicidal Thoughts and Behaviors</b> | <b>54</b> |
| <b>Key Findings for Mental Health and Suicidal Thoughts and Behaviors</b>         | <b>55</b> |
| Persistent Feelings of Sadness or Hopelessness                                    | 56        |
| Poor Mental Health                                                                | 58        |
| Seriously Considered Attempting Suicide                                           | 60        |
| Made a Suicide Plan                                                               | 62        |
| Attempted Suicide                                                                 | 64        |
| Injured in a Suicide Attempt                                                      | 66        |
| <b>Focus Area: New and Emerging National Data</b>                                 | <b>68</b> |
| <b>Key Findings for New and Emerging National Data</b>                            | <b>69</b> |
| Parental Monitoring                                                               | 70        |
| School Connectedness                                                              | 71        |
| Unstable Housing                                                                  | 72        |
| Racism in School                                                                  | 73        |
| Unfair Discipline at School                                                       | 74        |
| Social Media Use                                                                  | 75        |
| <b>References</b>                                                                 | <b>76</b> |
| <b>Technical Notes</b>                                                            | <b>77</b> |
| <b>Appendix A</b>                                                                 | <b>80</b> |
| <b>Appendix B</b>                                                                 | <b>82</b> |

# EXECUTIVE SUMMARY



The *Youth Risk Behavior Survey Data Summary & Trends Report: 2013–2023* provides the most recent surveillance data, as well as 10-year trends and 2-year changes in health behaviors and experiences of high school students in the United States (U.S.). The report focuses on adolescents' sexual behavior, substance use, experiences of violence, mental health, and suicidal thoughts and behaviors. It also includes data on topics, such as social media use and reported experiences of racism in school, that are important for understanding and improving young people's health and well-being.

This report is developed by the Centers for Disease Control and Prevention's (CDC) Division of Adolescent and School Health (DASH) to highlight the national Youth Risk Behavior Survey (YRBS) data collected every two years among a nationally representative sample of U.S. high school students.

YRBS data from 2021, and the 10 years before, showed that a large and growing number of adolescents experienced indicators of poor mental health and suicidal thoughts and behaviors. Data also highlighted that female students and students who identify as lesbian, gay, bisexual, questioning, or another non-heterosexual identity experienced higher levels of violence, substance use, poor mental health, and suicidal thoughts and behaviors than their male and heterosexual peers. In 2023 data, we continue to see these disparities, and the percentages of students who experienced poor mental health and suicidal thoughts and behaviors are still concerningly high. But there are also some signs of progress.

The summary below highlights continuing concerns and signs of progress from the most recent YRBS data collected in 2023. The body of the report provides more detail and findings.

## KEY FINDINGS ON TRENDS AND 2-YEAR CHANGES

As shown in previous reports, 10-year trends are continuing to improve for some areas of adolescent health and well-being, including sexual risk behaviors (i.e., ever and current sexual activity and having four or more lifetime sexual partners) and substance use (i.e., ever used select illicit drugs, ever misused prescription opioids, current alcohol use, and current marijuana use).

**Unfortunately, the data show that from 2013 to 2023, almost all other indicators of health and well-being in this report worsened. Data highlight worsening trends in protective sexual behaviors, experiences of violence, persistent sadness or hopelessness, and suicidal thoughts and behaviors.**

In some areas, for example being threatened or injured with a weapon at school and not going to school because of safety concerns, the percentage of students having these negative experiences increased over the last 10 years (2013–2023) and most recently (2021–2023). Although the percentage of students who experienced bullying at school decreased overall from 2013 to 2023, the percentage increased from 2021 to 2023. This pattern, with a decrease in 2021, may be a result of fewer students being in school during the pandemic.

**In several areas, trends moved in the wrong direction, but there were improvements between 2021 and 2023. While still early, these areas of progress are promising.**

For example, experiences of forced sex and sexual violence have increased during the years trends were measured, but between 2021 and 2023, they were stable. Although the percentage of students who experienced sexual violence or forced sex is still concerning, the most recent changes did not show an increase. Between 2013 and 2023, the percentage of students who felt persistently sad or hopeless increased, continuing an increasing trend we have seen in previous years. However, there was a decrease in this experience among students between 2021 and 2023. This is good news.

## KEY FINDINGS ON DISPARITIES

**As seen in 2021, female students are faring more poorly than male students across almost all measures of substance use, experiences of violence, mental health, and suicidal thoughts and behaviors. The rates at which female students are reporting such negative experiences is stark.**

In 2023, nearly 2 in 10 female students experienced sexual violence during the past year and more than 1 in 10 had ever been physically forced to have sex. Nearly 1 in 4 female students currently drank alcohol and almost 1 in 5 currently used marijuana. More than half of female students experienced persistent feelings of sadness or hopelessness during the past year in 2023. However, the percentage of female students experiencing these depressive symptoms decreased from 2021 to 2023.

As in previous reports, disparities persist among students who identify as lesbian, gay, bisexual, transgender, questioning, or another non-heterosexual identity (LGBTQ+).

**LGBTQ+ students were more likely than their peers to have used or misused all substances included in this report. They were also more likely to experience all forms of violence, signs of poor mental health, and suicidal thoughts and behaviors.**

More than 3 in 5 LGBTQ+ students experienced persistent feelings of sadness or hopelessness during the past year, and more than half had poor mental health during the past month. One in 5 LGBTQ+ students attempted suicide during the past year.

There are important differences in students' behaviors and experiences when the data are presented by race and ethnicity. The patterns are not as consistent as the disparities we see for female students and LGBTQ+ students. For example, data did not show that one racial or ethnic group was consistently more likely than other groups to have risk behaviors and experiences across focus areas. Looking at differences across racial and ethnic groups for each variable and within each focus area can provide the best understanding of these disparities. Identifying disparities is the first step in understanding and addressing the factors contributing to them.



## KEY FINDINGS ON NEW AND EMERGING ISSUES

The 2021 and 2023 national YRBS questionnaires included new questions on urgent and emerging issues for adolescents. These issues include racism in school, unfair discipline in school, social media use, school connectedness, unstable housing, and parental monitoring. Data from 2023 highlighted important findings.

Overall, almost a third of students reported that they had ever experienced racism in school. Asian students were more likely than most other groups to report ever experiencing racism in school, and White students were less likely than most other groups to report ever experiencing racism in school.

Almost 1 in 5 students reported being unfairly disciplined at school. Male students were more likely than female students to report being unfairly disciplined. Black students were more likely than White and Hispanic students to report being unfairly disciplined, with no other significant differences between groups.

Only about half of students felt close to people at school. Male students were more likely than female students to feel close to people at school. Cisgender and heterosexual students were more likely than LGBTQ+ students to feel close to people at school.

More than three quarters of students said they used social media several times a day. Female students were more likely than male students to use social media. American Indian or Alaska Native students were less likely than students from most other racial and ethnic groups to use social media.

## ACTIONS TO IMPROVE ADOLESCENT HEALTH AND WELL-BEING

Schools play a large role in youths' lives and development. Partnering with and supporting schools has the potential to reach large numbers of young people with strategies that can make a positive impact. Schools can provide education, connections, and environments that lessen the impact of negative life events and promote health and well-being.

CDC supports schools to improve adolescent health. The school-based strategies below are proven to improve the sexual, behavioral, and mental health of students. They are stronger when supported at multiple levels by parents, families, and communities.

**Promoting mental health in schools.** In response to the worsening mental health crisis among youth, schools have been working hard to support students' mental health. CDC developed an action guide with strategies schools can use to improve mental health. These six strategies include increasing students' mental health literacy; promoting mindfulness; promoting social, emotional, and behavioral learning; enhancing connectedness; providing psychosocial skills training and cognitive behavioral interventions; and supporting staff well-being. [\*Promoting Mental Health and Well-Being in Schools: An Action Guide for School and District Leaders\*](#) can help

schools build on what they are already doing to promote students' mental health and find new strategies to fill in gaps.



**Ensuring quality health education, access to needed services, and safe and supportive learning environments.** CDC’s [What Works in Schools](#) program positively impacts many behaviors and experiences presented in this report. The program supports school districts in teaching quality health education, connecting young people to needed health services, and making school environments safer and more supportive. When schools implemented the What Works in Schools program, students in those schools had improvements in sexual behavior, decreases in marijuana use, decreases in students missing school because of safety concerns, and decreases in experiences of forced sex.<sup>1</sup> Schools that put policies and practices in place to support LGBTQ+ youth not only saw improved mental health and fewer suicidal thoughts and behaviors for young people who identify as lesbian, gay, or bisexual, but also their heterosexual peers.<sup>2</sup>

**Increasing connectedness for young people.**

The benefits of school connectedness are strong and long-lasting.<sup>3</sup> When young people feel connected at school, that feeling of belonging protects them from poor mental health, suicidal thoughts and behaviors, substance use, violence, and sexual risk behaviors.<sup>4</sup> Schools can help more students feel connected in many ways. Schools can provide professional development to educators on classroom management and inclusivity, have student-led inclusive clubs, identify safe spaces and safe people, and enforce anti-harassment policies. Schools can also increase connectedness by putting [relationship-building programs](#) in place that help strengthen connections between students, families, and school communities.

Nationally, many resources have been dedicated to supporting youth, especially their behavioral and mental health. We are starting to see early signs of improvement, but there is still more work to do to make sure young people have the tools, skills, knowledge, and support they need.

# INTRODUCTION



Since 1991, the Youth Risk Behavior Surveillance System has monitored health-related behaviors and experiences that contribute to the leading causes of death and disability among youth and adults. As part of this system, CDC conducts the national YRBS every two years, most recently in 2023, among a nationally representative sample of U.S. public and private high school students.

In this report, multiple years of national YRBS data are used to highlight important areas for adolescent health and well-being: sexual behavior, substance use, experiencing violence, and mental health and suicidal thoughts and behaviors. Health behaviors and experiences related to these areas affect academic success and contribute to health and well-being in adolescence and into adulthood.<sup>5-15</sup>

This report includes a section highlighting new and emerging national data related to issues facing today's young people. CDC is continuously adapting the national YRBS to collect data on current issues for adolescents while maintaining its ability to track trends in adolescent behaviors and experiences.

Within the focus areas, this report breaks down 30 variables by sex, race and ethnicity, and sexual and gender identity to highlight disparities and areas for improvement in adolescent health and well-being. It also provides 10-year trends (2013–2023), when available, and 2-year changes (2021–2023). By describing the prevalence of behaviors and experiences among diverse populations of adolescents, we can better understand and reduce health disparities.<sup>16</sup>

## FOCUS AREAS AND PRIORITY VARIABLES

The 30 variables in this report reflect questions from the 2023 national YRBS questionnaire. Some variables represent data from more than one question on the YRBS. The full questions are listed in Appendix A.

### Sexual Behavior

The seven sexual behavior variables explore behaviors that can increase or decrease adolescents' risk for HIV, STDs, and unintended pregnancy when they engage in sexual activity. Behaviors that can increase risk include ever having sex, having four or more lifetime sexual partners, and being currently sexually active. Behaviors that are protective, or can decrease risk, include using a condom during last sexual intercourse, using effective hormonal birth control, and being tested for HIV and other STDs. Engaging in sexual risk behaviors without engaging in protective behaviors can increase adolescents' risk for HIV, other STDs, and unintended pregnancy.<sup>7,8</sup>

### Substance Use

The five substance use variables explore whether students have ever used or are currently using or misusing specific substances. The questions included ask whether students have ever used select illicit drugs (i.e., cocaine, heroin, methamphetamines, inhalants, hallucinogens, or ecstasy) or misused prescription opioids. They also ask about

students' current use of alcohol or marijuana, and current misuse of prescription opioids. Substance use in adolescence can increase a young person's risk of experiencing negative outcomes. It can also be a sign of mental health issues or a negative coping strategy for mental health problems. Preventing substance use in adolescence can reduce sexual risk behaviors, experiences of violence, and mental health problems. It also lessens the likelihood that they will use substances as adults.<sup>9-11</sup>

## Experiencing Violence

The six violence-related variables assess a range of experiences. Two questions ask about experiences of school safety, including being threatened or injured with a weapon at school and missing school because of safety concerns. Two questions ask about bullying, including bullying at school and electronic bullying. Two questions ask about experiences of sexual violence, including whether students had ever been physically forced to have sex or forced by anyone to do sexual things. In addition to placing young people's lives at risk, experiencing violence is associated with mental health problems, suicidal thoughts and behaviors, sexual risk behavior, and substance use.<sup>12,13</sup>

## Mental Health and Suicidal Thoughts and Behaviors

The YRBS assesses mental health with two questions. One question assesses persistent feelings of sadness or hopelessness and is an indicator of depressive symptoms. The other question assesses adolescents' perceptions of their mental health. The YRBS also includes measures of suicidal thoughts and behaviors. Poor mental health is associated with health risks during adolescence and into adulthood. Young people who feel

hopeless about their future are more likely to engage in behaviors that put them at risk for HIV, STDs, and unintended pregnancy.<sup>10,14</sup> Suicide risk, measured in the YRBS by increasing levels of suicidal ideation, plans, and attempts, not only places the life of the adolescent at risk but is also a marker for experience with trauma and other mental health issues.<sup>15</sup>

## New and Emerging National Data

Each year, CDC adds new questions to the national YRBS that will help us understand urgent and emerging issues facing adolescents and how they affect health and well-being. This year's report has three questions newly added to the 2023 national YRBS. These questions assess reports of experiences of racism in school, reports of unfair discipline at school, and social media use. The three other questions in this section were included in the 2021 report. They assess feelings of school connectedness, parental monitoring, and experiences of unstable housing. This section focuses only on 2023 data.



# REPORT LAYOUT

## Organization of the Report

The report is organized into five chapters:

- 1 **sexual behavior,**
- 2 **substance use,**
- 3 **experiencing violence,**
- 4 **mental health and suicidal thoughts and behaviors,** and
- 5 **new and emerging national data.**

It is a priority to highlight the behaviors and experiences of as many groups of adolescents as possible while maintaining data quality. Therefore, the type of data presented in each chapter differs. Each chapter provides 2023 data for adolescents overall and broken down by sex, race and ethnicity, and sexual and gender identity. The first four chapters provide trend data (when available) and data showing recent changes broken down by sex, race, and ethnicity.

- **Trends** consider all years of data available since 2013. Most variables have 10 years of data available. Some variables were added more recently to the YRBS and have fewer than 10 years of data available.
- **2-year changes** compare data from only 2021 to 2023 to show the most recent signs of progress, stability, or concern.

The trends and changes are categorized as

-  **green**  
(moving in the right direction),
-  **yellow**  
(no significant change), or
-  **red**  
(moving in the wrong direction).

## Race and Ethnicity Data

Data from 2023 are shown for American Indian or Alaska Native, Asian, Black, Hispanic, Native Hawaiian or other Pacific Islander, White, and

Multiracial (students of multiple races) students. Trend data are not shown for American Indian or Alaska Native and Native Hawaiian or other Pacific Islander students because of concerns with statistical power due to small sample sizes for some years.

## Sex Data

Data from 2023, 2-year changes, and trends are shown for male and female students. Students were asked “What is your sex?” The answer options were male or female.

## Sexual and Gender Identity Data

In 2023, the national YRBS included a question asking students if they identify as transgender. The national YRBS also included a question asking students how they describe their sexual identity. In this report, sexual and gender identity are represented in two categories:

1. **Cisgender and heterosexual.** This group includes students who answered that they (1) are not transgender and (2) describe themselves as heterosexual (straight).
2. **LGBTQ+.** This group includes students who answered that they (1) are transgender or are not sure if they are transgender or (2) describe themselves as lesbian, gay, bisexual, questioning, or some other way.

## Comparisons Between Groups

For 2023 data, CDC used pairwise t-tests to examine if there were significant differences in the prevalence of students’ behaviors and experiences by sex, race and ethnicity, and sexual and gender identity. In these tests, we compared females to males, each racial and ethnic group to each other, and students who identify as cisgender and heterosexual to students who identify as LGBTQ+. Data summaries highlight key points from the data and comparisons. The summaries list significant demographic differences but are not exhaustive. **Appendix B has tables showing all significant demographic differences.**

# FOCUS AREA

## SEXUAL BEHAVIOR

|                                                       |    |
|-------------------------------------------------------|----|
| Progress At a Glance for Sexual Behavior . . . . .    | 9  |
| Key Findings for Sexual Behavior . . . . .            | 10 |
| Ever Had Sex. . . . .                                 | 11 |
| Four or More Lifetime Sexual Partners. . . . .        | 13 |
| Currently Sexually Active . . . . .                   | 15 |
| Used a Condom During Last Sexual Intercourse. . . . . | 17 |
| Effective Hormonal Birth Control Use . . . . .        | 19 |
| Ever Tested for HIV . . . . .                         | 21 |
| Tested for Sexually Transmitted Diseases . . . . .    | 23 |

# PROGRESS AT A GLANCE FOR SEXUAL BEHAVIOR

Adolescent sexual activity declined from 2013 to 2023. Specifically, the percentage of high school students who had ever had sex, had four or more lifetime sexual partners, and who were currently sexually active decreased. However, there were also concerning decreases in condom use, STD testing, and HIV testing.

There were no significant changes in any of the sexual behaviors included in this report between 2021 and 2023.

| The Percentage of High School Students Who:*  | 2013 Total | 2015 Total | 2017 Total | 2019 Total | 2021 Total | 2023 Total | Trend (All Years Available)                                                           | 2-Year Change (2021-2023)                                                             |
|-----------------------------------------------|------------|------------|------------|------------|------------|------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| Ever had sex                                  | 47         | 41         | 40         | 38         | 30         | 32         |   |   |
| Had four or more lifetime sexual partners     | 15         | 11         | 10         | 9          | 6          | 6          |  |  |
| Were currently sexually active                | 34         | 30         | 29         | 27         | 21         | 21         |  |  |
| Used a condom during last sexual intercourse† | 59         | 57         | 54         | 54         | 52         | 52         |  |  |
| Used effective hormonal birth control‡        | –          | –          | –          | –          | 33         | 33         | –                                                                                     |  |
| Were ever tested for HIV                      | 13         | 10         | 9          | 9          | 6          | 7          |  |  |
| Were tested for STDs during the past year§    | –          | –          | –          | 9          | 5          | 6          |  |  |

\*For the complete wording of YRBS questions, refer to Appendix A.

†Among sexually active students.

‡Survey question changed in the 2021 national YRBS; therefore, only two years of data are available.

§Question introduced in 2019.

|                                                                                       |                    |
|---------------------------------------------------------------------------------------|--------------------|
|  | In wrong direction |
|  | No change          |
|  | In right direction |

# KEY FINDINGS FOR SEXUAL BEHAVIOR

IN 2023

More than  
**3 in 10**  
high school  
students had **ever had sex**.



Just over **2 in 10**  
were **currently sexually active**.



About



of sexually active students  
**used a condom**  
the last time they had sex.



**One-third** of students  
**used effective hormonal birth control**  
the last time they had sex with an opposite-sex partner.

From 2021 to 2023

The percentage of **Multiracial students** who **used effective hormonal birth control** the last time they had sex with an opposite-sex partner **decreased**.



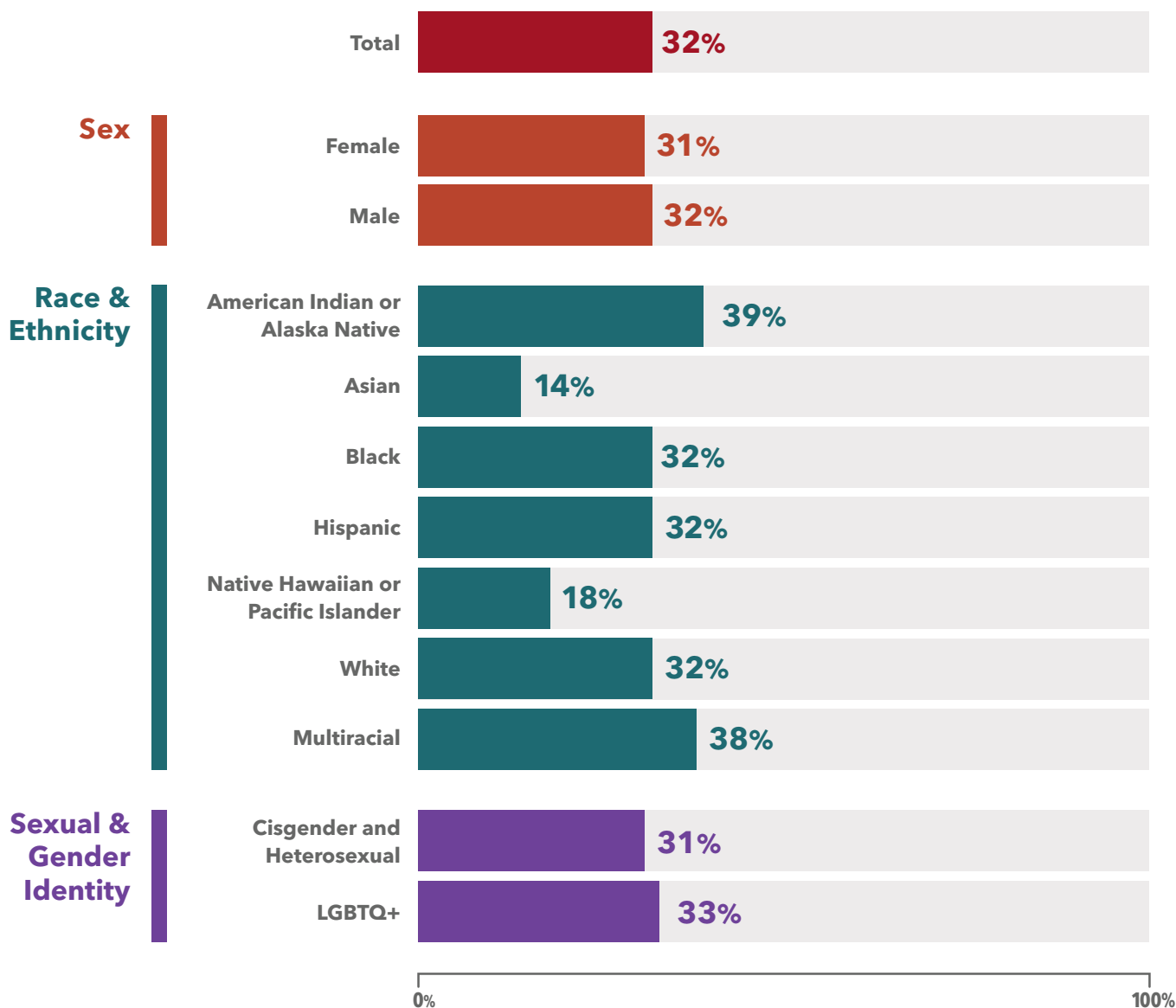
The percentage of **female students** who had ever been **tested for HIV increased**.



# EVER HAD SEX

In 2023, 32% of high school students had ever had sexual intercourse. Asian students were less likely than students from most other racial or ethnic groups to have ever had sex.

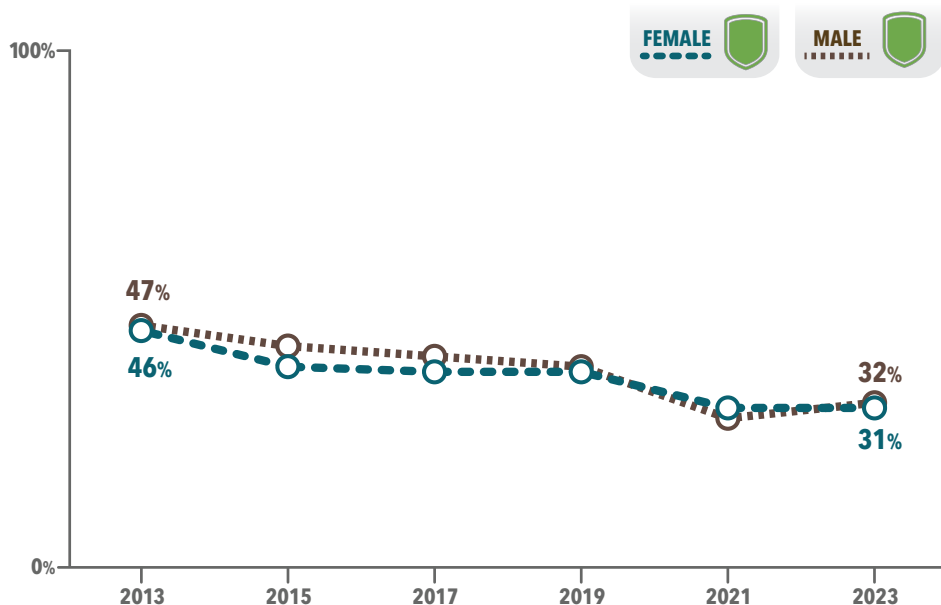
**Percentage of High School Students Who  
Had Ever Had Sex,  
by Demographic Characteristics, United States, YRBS, 2023**



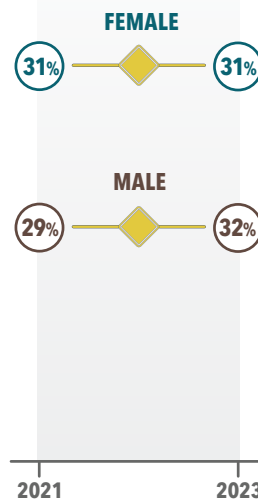
## Trends in the Percentage of High School Students Who

## Had Ever Had Sex, United States, YRBS, 2013-2023

### 10-Year Trend by Sex

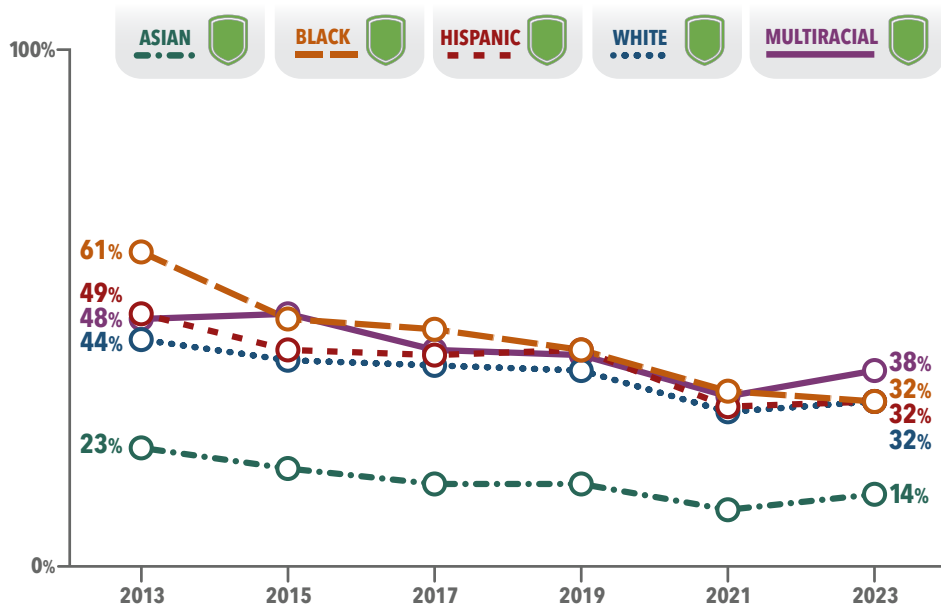


### 2-Year Change by Sex

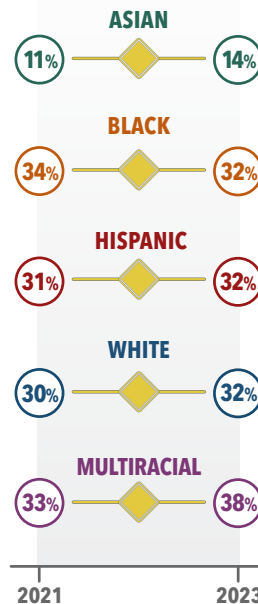


The percentage of female and male students who had ever had sex decreased from 2013 to 2023 but did not change from 2021 to 2023.

### 10-Year Trend by Race & Ethnicity



### 2-Year Change by Race & Ethnicity



The percentage of students from all racial and ethnic groups who had ever had sex decreased from 2013 to 2023 but did not change from 2021 to 2023.

In right direction

No change

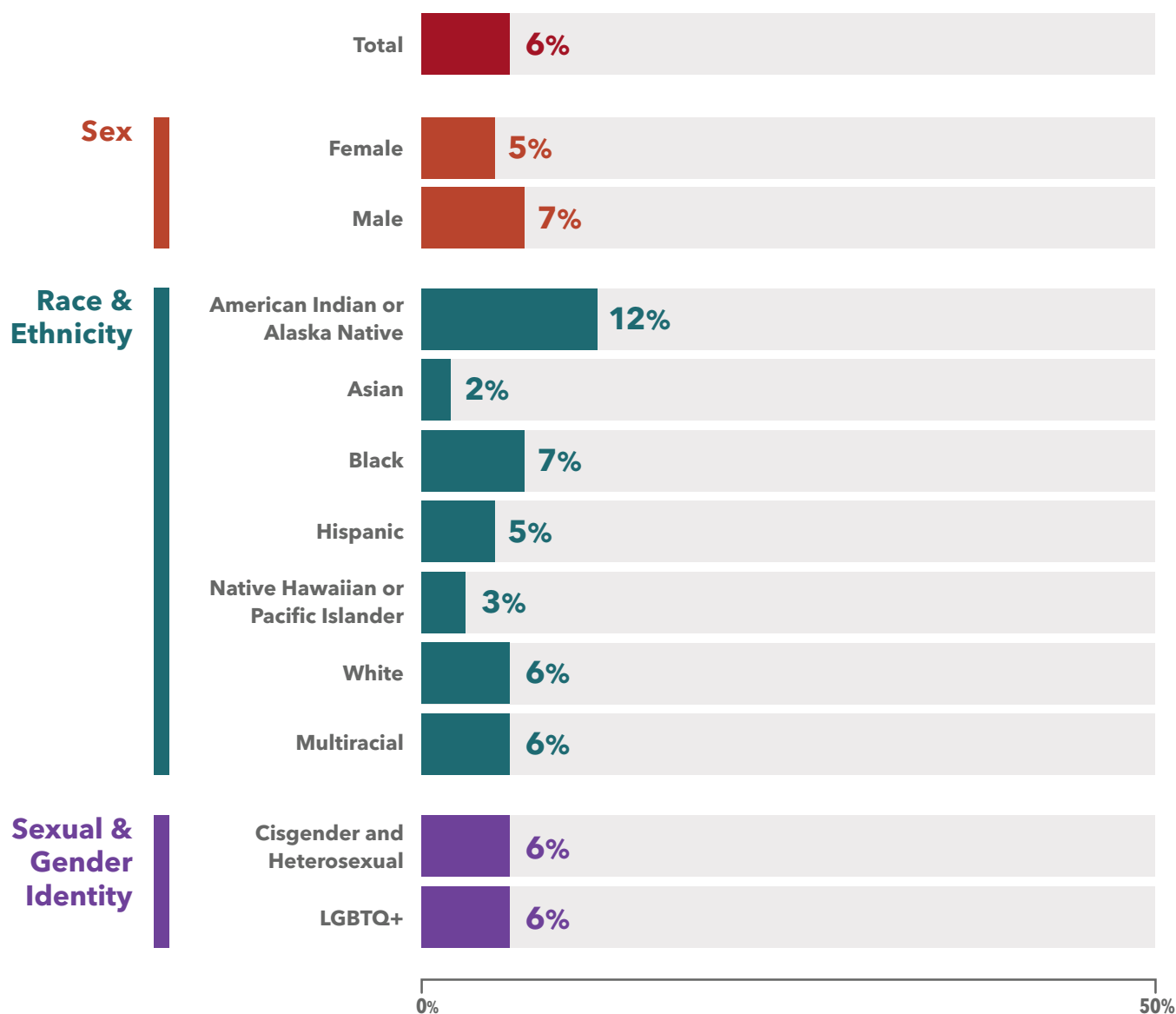
In wrong direction

# FOUR OR MORE LIFETIME SEXUAL PARTNERS

In 2023, 6% of high school students had had sexual intercourse with four or more partners during their life. Male students were more likely than female students to have sex with four or more partners during their life. Asian students were less likely than students from most other racial and ethnic groups to have sex with four or more partners during their life.

## Percentage of High School Students Who

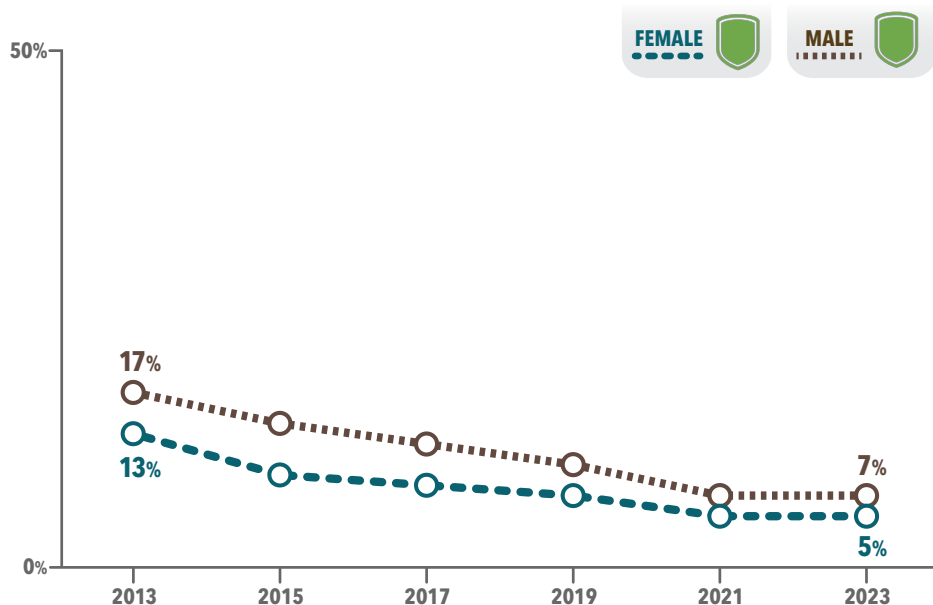
Had **Sex With Four or More Partners** During Their Life,  
by Demographic Characteristics, United States, YRBS, 2023



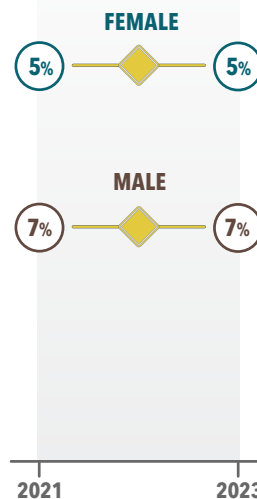
## Trends in the Percentage of High School Students Who

## Had Sex With Four or More Partners During Their Life, United States, YRBS, 2013-2023

### 10-Year Trend by Sex

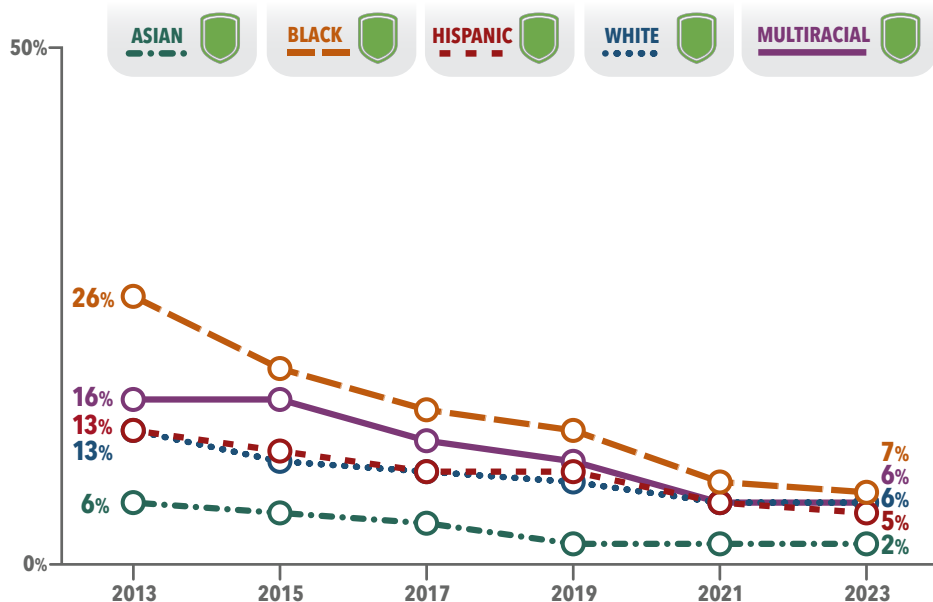


### 2-Year Change by Sex

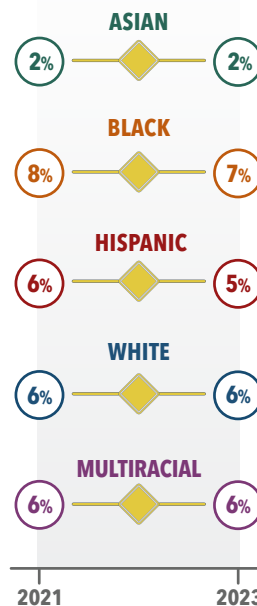


The percentage of female and male students who had sex with four or more partners during their life decreased from 2013 to 2023 but did not change from 2021 to 2023.

### 10-Year Trend by Race & Ethnicity



### 2-Year Change by Race & Ethnicity



The percentage of students from all racial and ethnic groups who had sex with four or more partners during their life decreased from 2013 to 2023 but did not change from 2021 to 2023.

In right direction

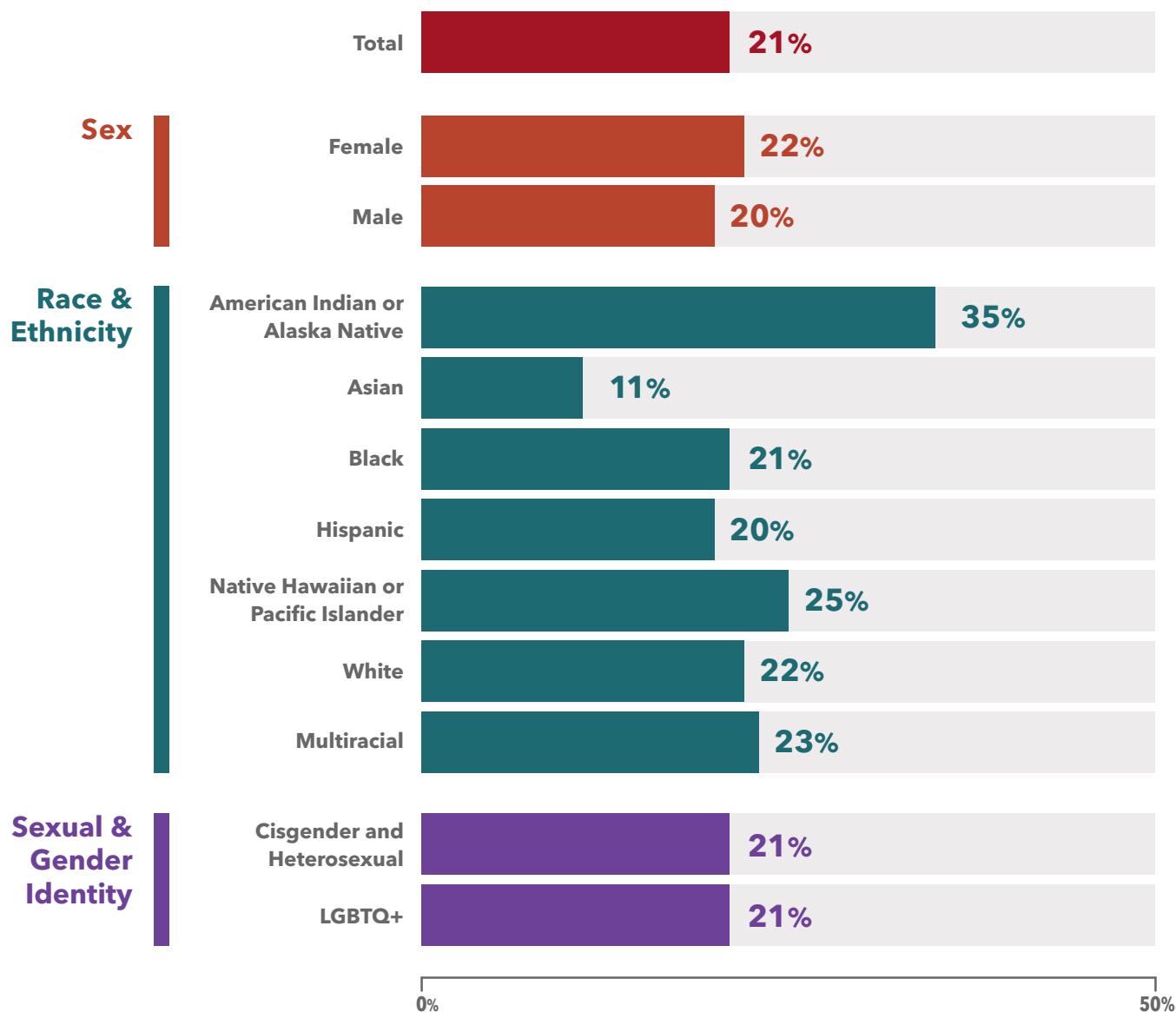
No change

In wrong direction

# CURRENTLY SEXUALLY ACTIVE

In 2023, 21% of high school students were currently sexually active (i.e., they had sexual intercourse with at least one person during the past three months). American Indian or Alaska Native students were more likely than students from most other racial and ethnic groups to be currently sexually active. Asian students were less likely than most other groups to be currently sexually active.

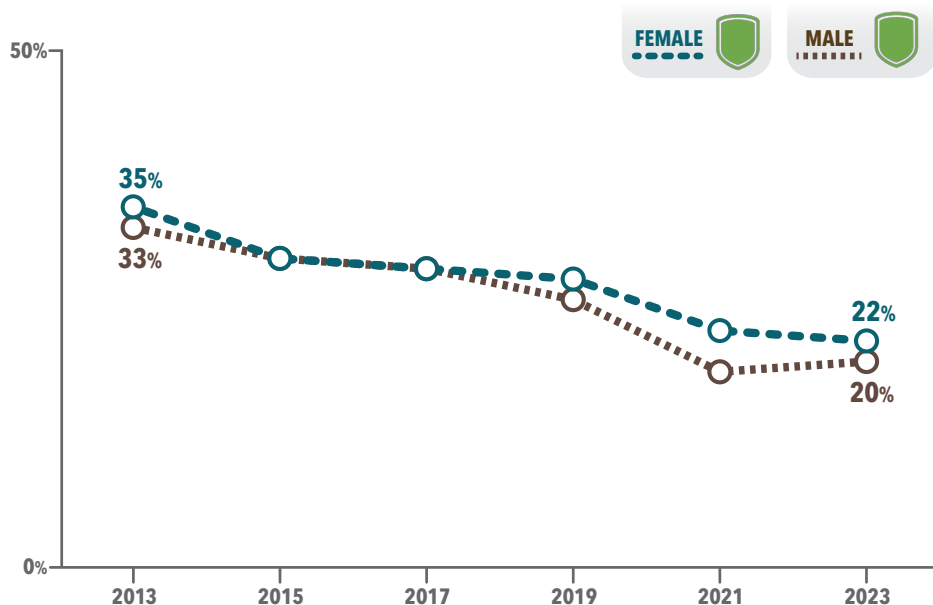
Percentage of High School Students Who  
Were **Currently Sexually Active**,  
by Demographic Characteristics, United States, YRBS, 2023



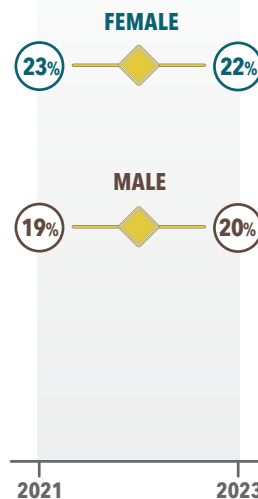
## Trends in the Percentage of High School Students Who

## Were Currently Sexually Active, United States, YRBS, 2013-2023

### 10-Year Trend by Sex

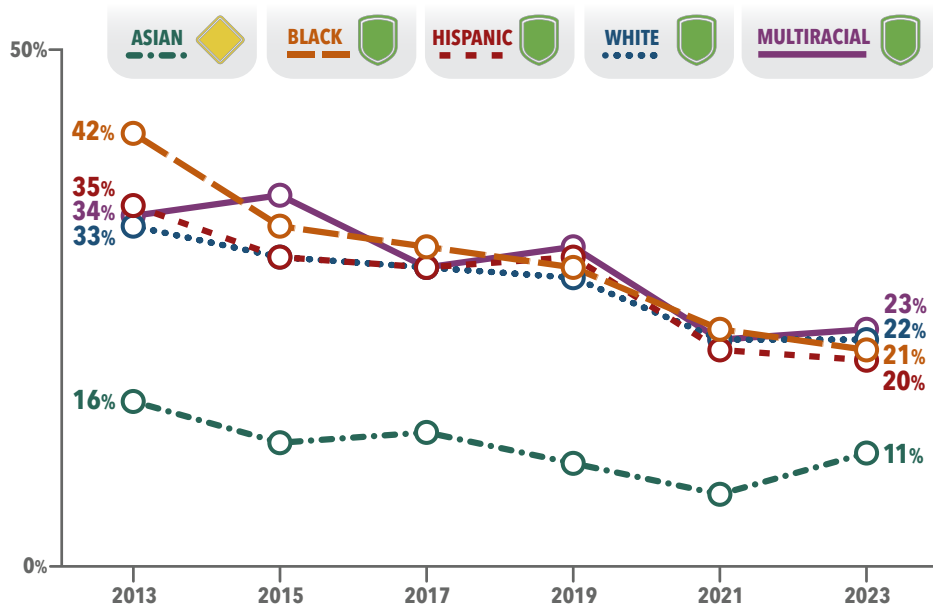


### 2-Year Change by Sex

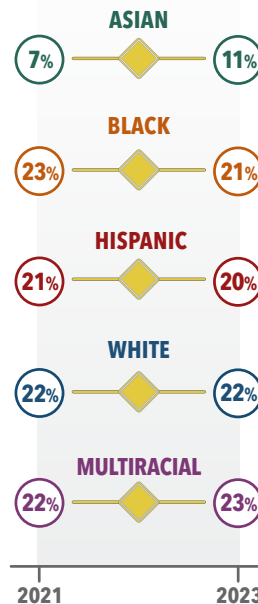


The percentage of female and male students who were currently sexually active decreased from 2013 to 2023 but did not change from 2021 to 2023.

### 10-Year Trend by Race & Ethnicity



### 2-Year Change by Race & Ethnicity



The percentage of students from most racial and ethnic groups who were currently sexually active decreased from 2013 to 2023 but did not change from 2021 to 2023. The percentage of Asian students who were currently sexually active did not change across both time periods.

In right direction

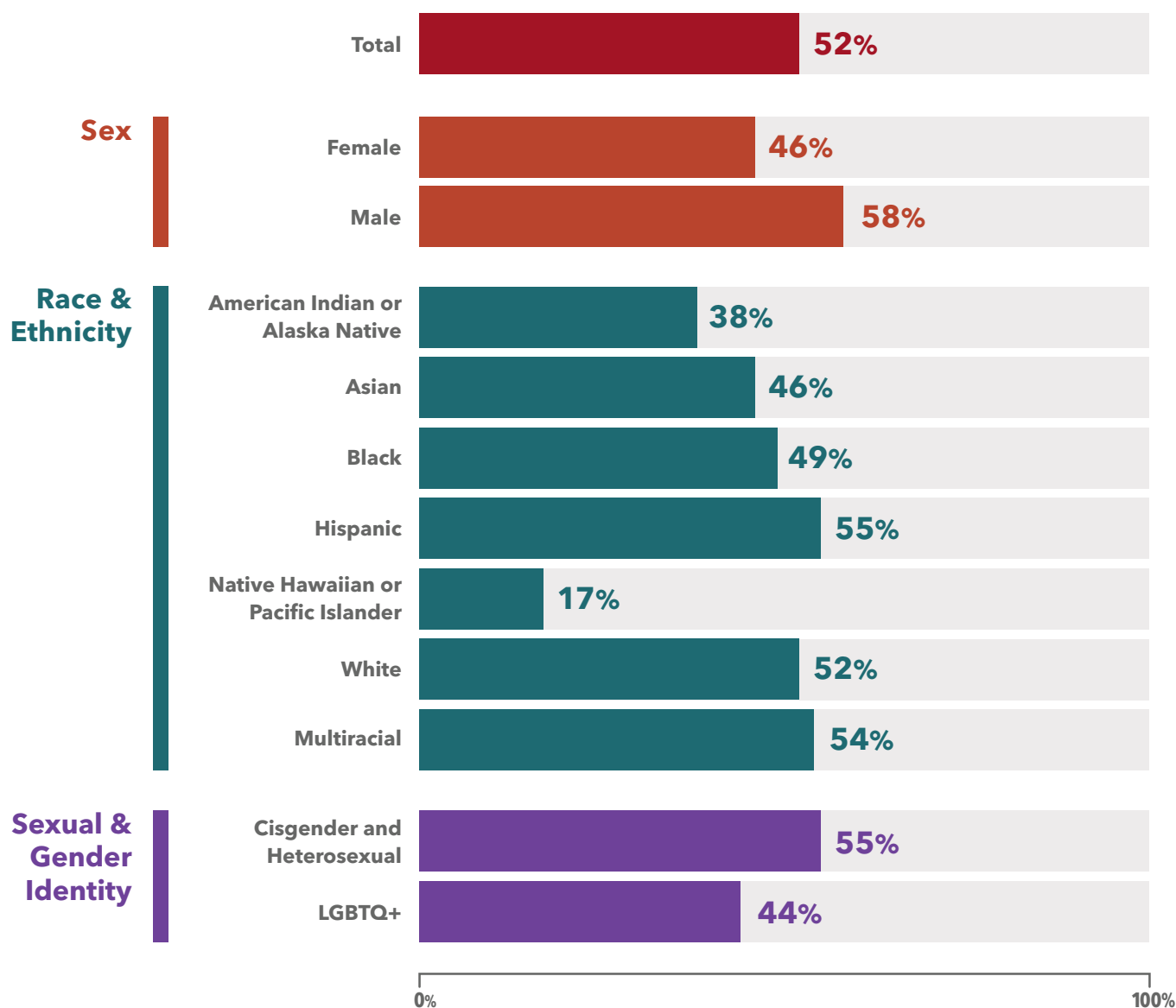
No change

In wrong direction

# USED A CONDOM DURING LAST SEXUAL INTERCOURSE

In 2023, 52% of currently sexually active high school students used a condom the last time they had sexual intercourse. Native Hawaiian or other Pacific Islander students were less likely than students from all other racial and ethnic groups to have used a condom the last time they had sex. LGBTQ+ students were less likely than cisgender and heterosexual students to use a condom the last time they had sex.

**Percentage of High School Students Who  
Used a Condom the Last Time They Had Sex,\*  
by Demographic Characteristics, United States, YRBS, 2023**

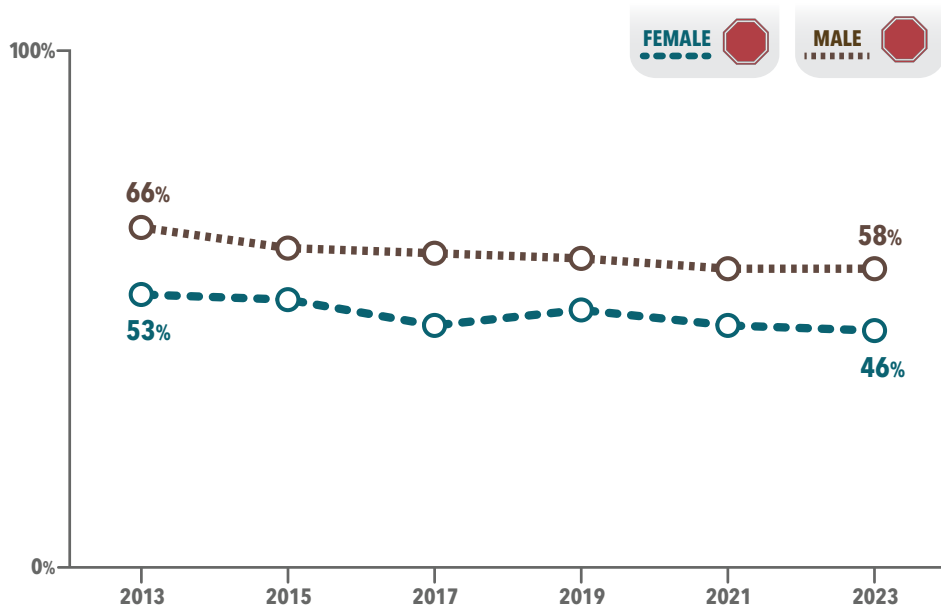


\*Among currently sexually active students.

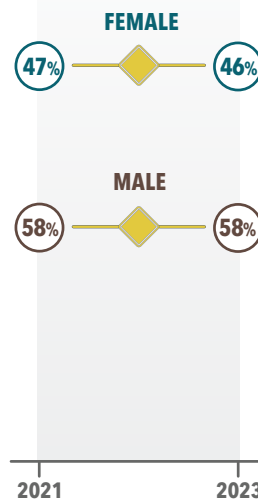
## Trends in the Percentage of High School Students Who

## Used a Condom the Last Time They Had Sex United States, YRBS, 2013-2023

### 10-Year Trend by Sex

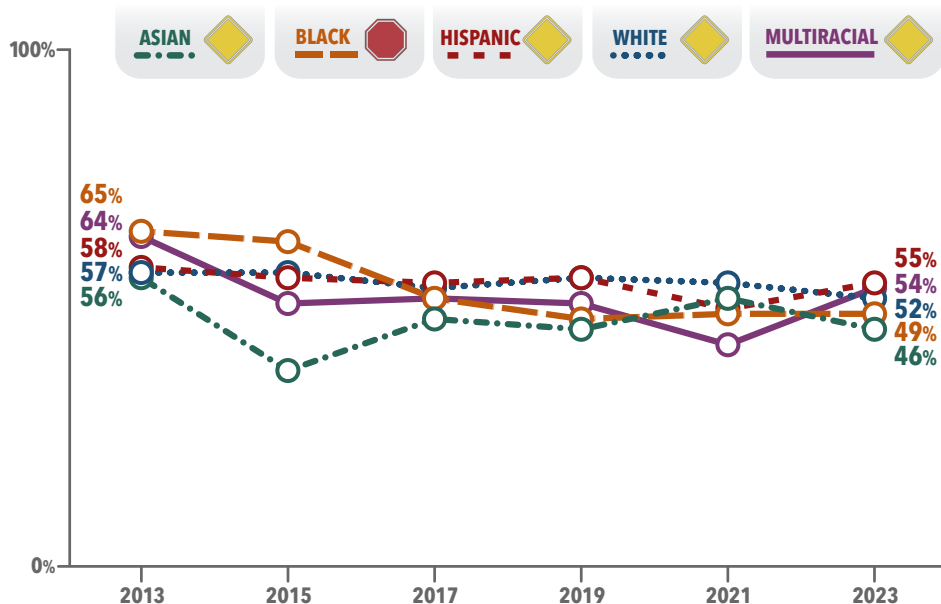


### 2-Year Change by Sex

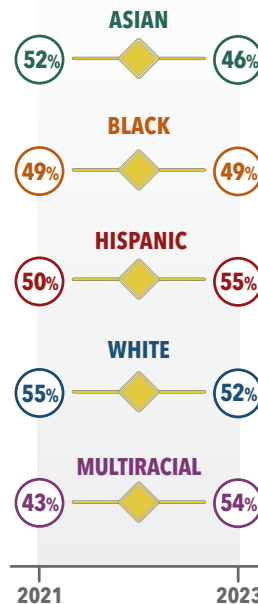


The percentage of female and male students who used a condom the last time they had sex decreased from 2013 to 2023 but did not change from 2021 to 2023.

### 10-Year Trend by Race & Ethnicity



### 2-Year Change by Race & Ethnicity



The percentage of students from most racial and ethnic groups who used a condom the last time they had sex did not change from 2013 to 2023 or from 2021 to 2023. However, the percentage of Black students who used a condom decreased from 2013 to 2023 but did not change from 2021 to 2023.

In right direction

No change

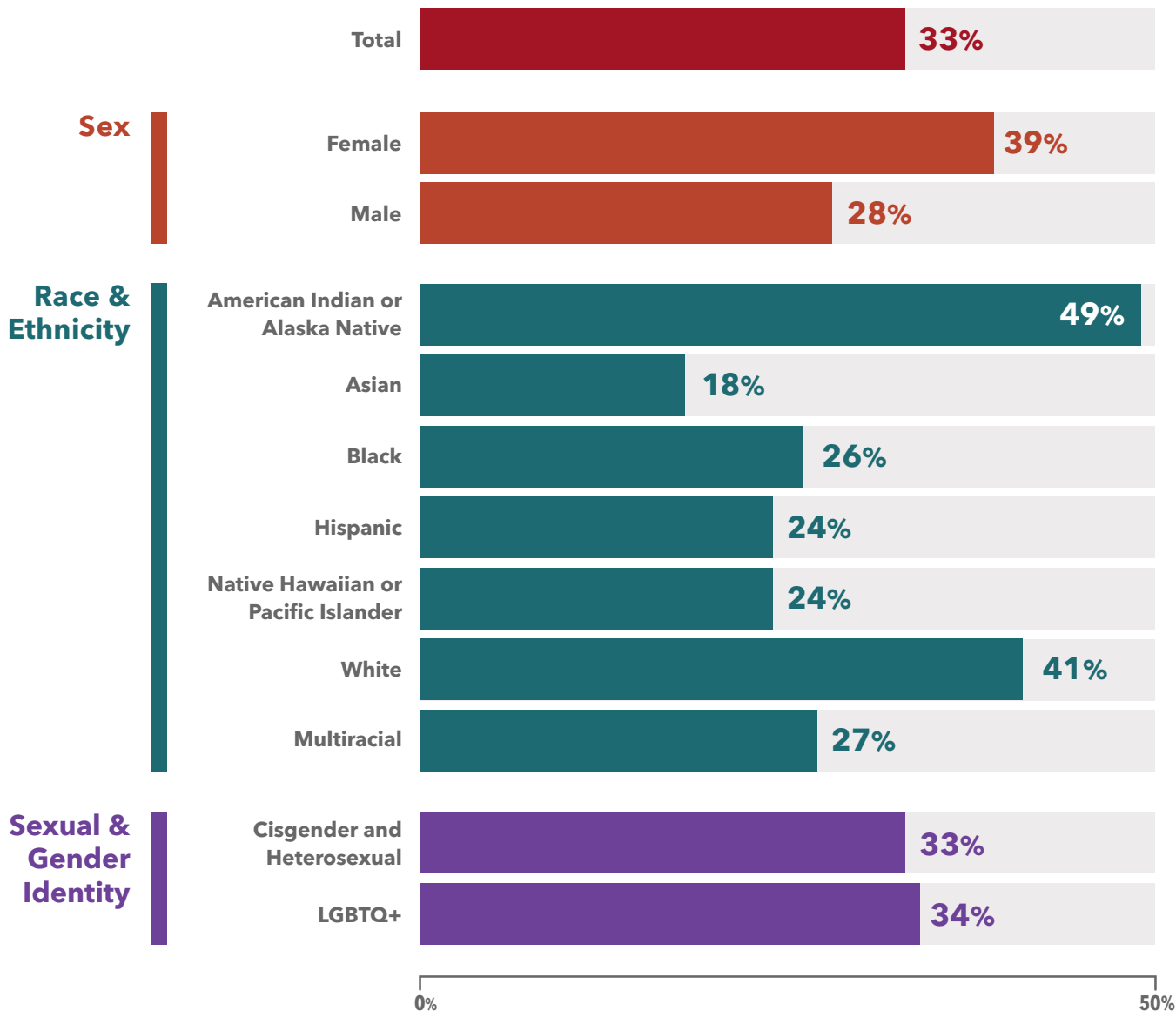
In wrong direction

# EFFECTIVE HORMONAL BIRTH CONTROL USE

In 2023, 33% of high school students who were currently sexually active used effective hormonal birth control (defined as birth control pills, an intrauterine device (IUD) or implant, a shot, a patch, or a birth control ring) the last time they had sex with an opposite-sex partner. White students were more likely than students from most other racial and ethnic groups to use effective hormonal birth control.

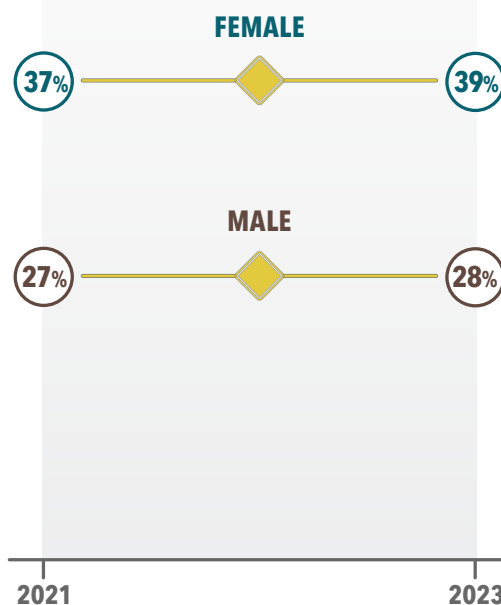
## Percentage of High School Students Who

**Used Effective Hormonal Birth Control** the Last Time They Had Sex With an Opposite-Sex Partner, by Demographic Characteristics, United States, YRBS, 2023



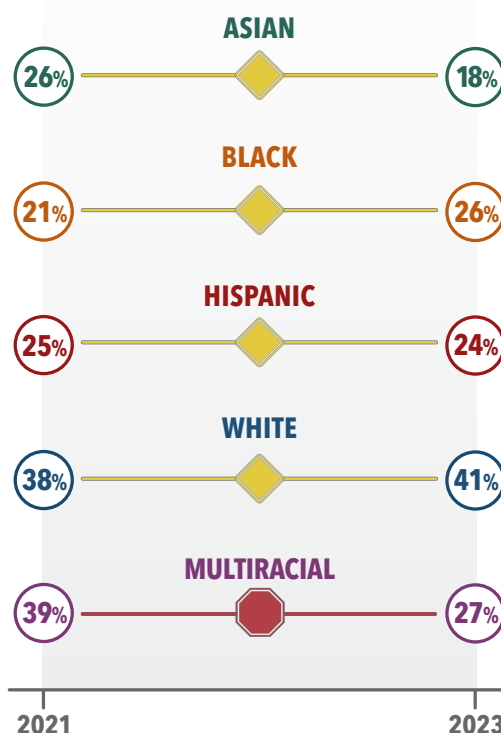
## 2-Year Change by Sex

The percentage of female and male students who used effective hormonal birth control the last time they had sex with an opposite-sex partner did not change from 2021 to 2023.



## 2-Year Change by Race & Ethnicity

While the percentage of students from most racial and ethnic groups who used effective hormonal birth control the last time they had sex with an opposite-sex partner did not change from 2021 to 2023, the percentage of Multiracial students who used effective hormonal birth control decreased.



In right direction

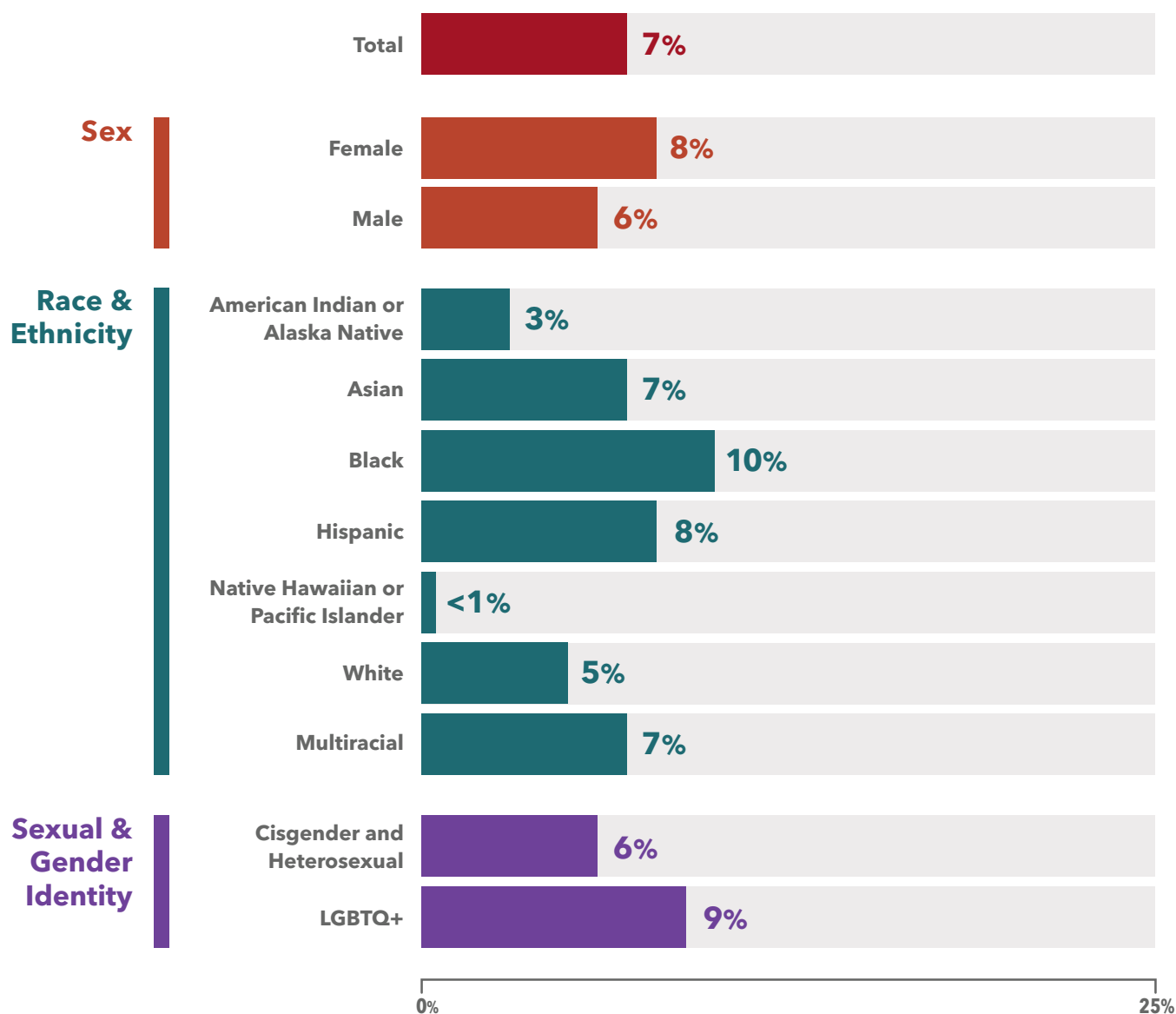
No change

In wrong direction

## EVER TESTED FOR HIV

In 2023, 7% of high school students had ever been tested for HIV. Female students were more likely than male students to have ever been tested for HIV. American Indian or Alaska Native and Native Hawaiian or other Pacific Islander students were less likely than students from most other racial and ethnic groups to have ever been tested for HIV. LGBTQ+ students were more likely than cisgender and heterosexual students to have ever been tested for HIV.

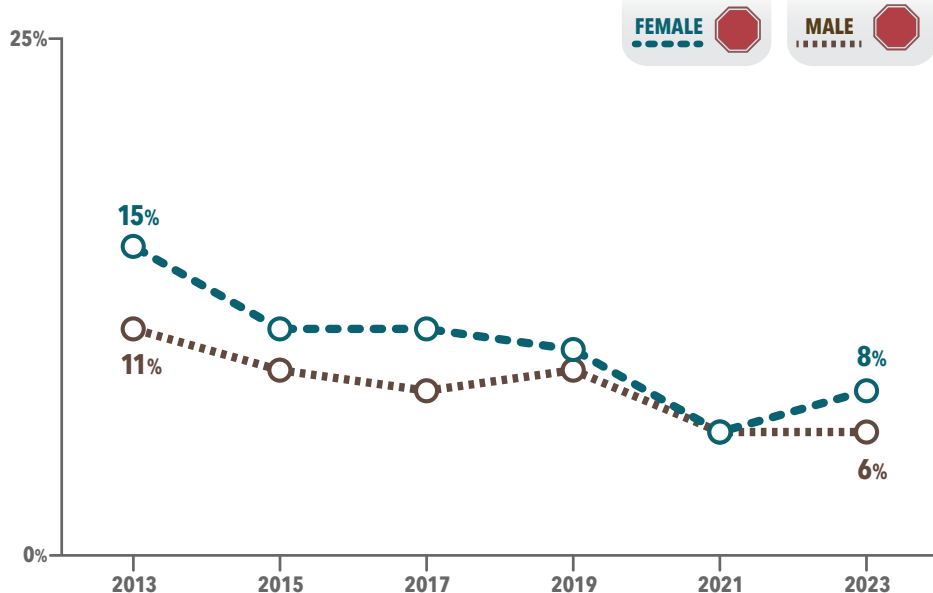
**Percentage of High School Students Who  
Had Ever Been Tested for HIV,  
by Demographic Characteristics, United States, YRBS, 2023**



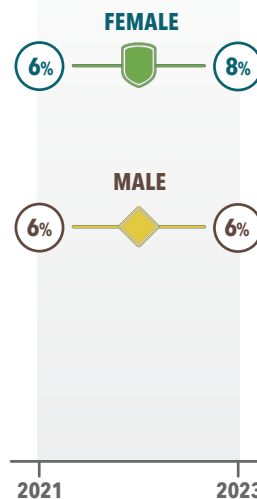
## Trends in the Percentage of High School Students Who

## Had Ever Been Tested for HIV, United States, YRBS, 2013-2023

### 10-Year Trend by Sex

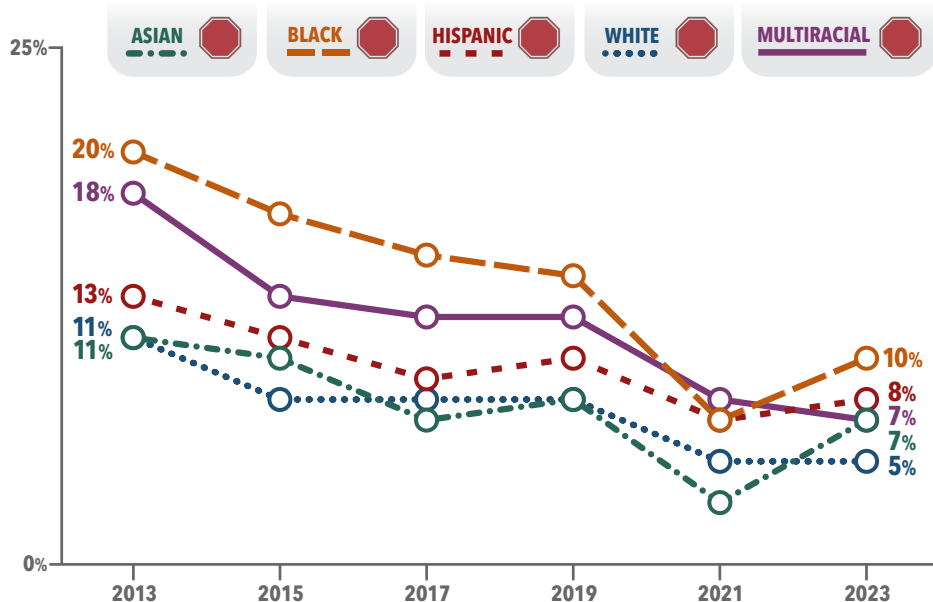


### 2-Year Change by Sex

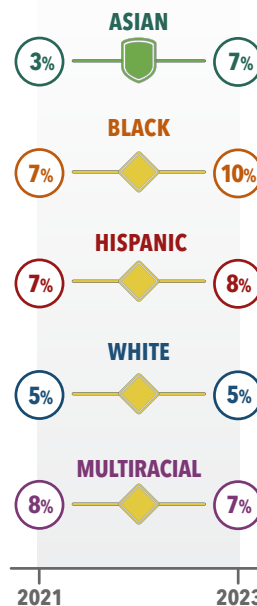


The percentage of female students who had ever been tested for HIV decreased from 2013 to 2023 but increased from 2021 to 2023. The percentage of male students who had ever been tested for HIV decreased from 2013 to 2023 but did not change from 2021 to 2023.

### 10-Year Trend by Race & Ethnicity



### 2-Year Change by Race & Ethnicity



The percentage of students from most racial and ethnic groups who had ever been tested for HIV decreased from 2013 to 2023 but did not change from 2021 to 2023. However, the percentage of Asian students who had ever been tested for HIV decreased from 2013 to 2023 but increased from 2021 to 2023.

In right direction

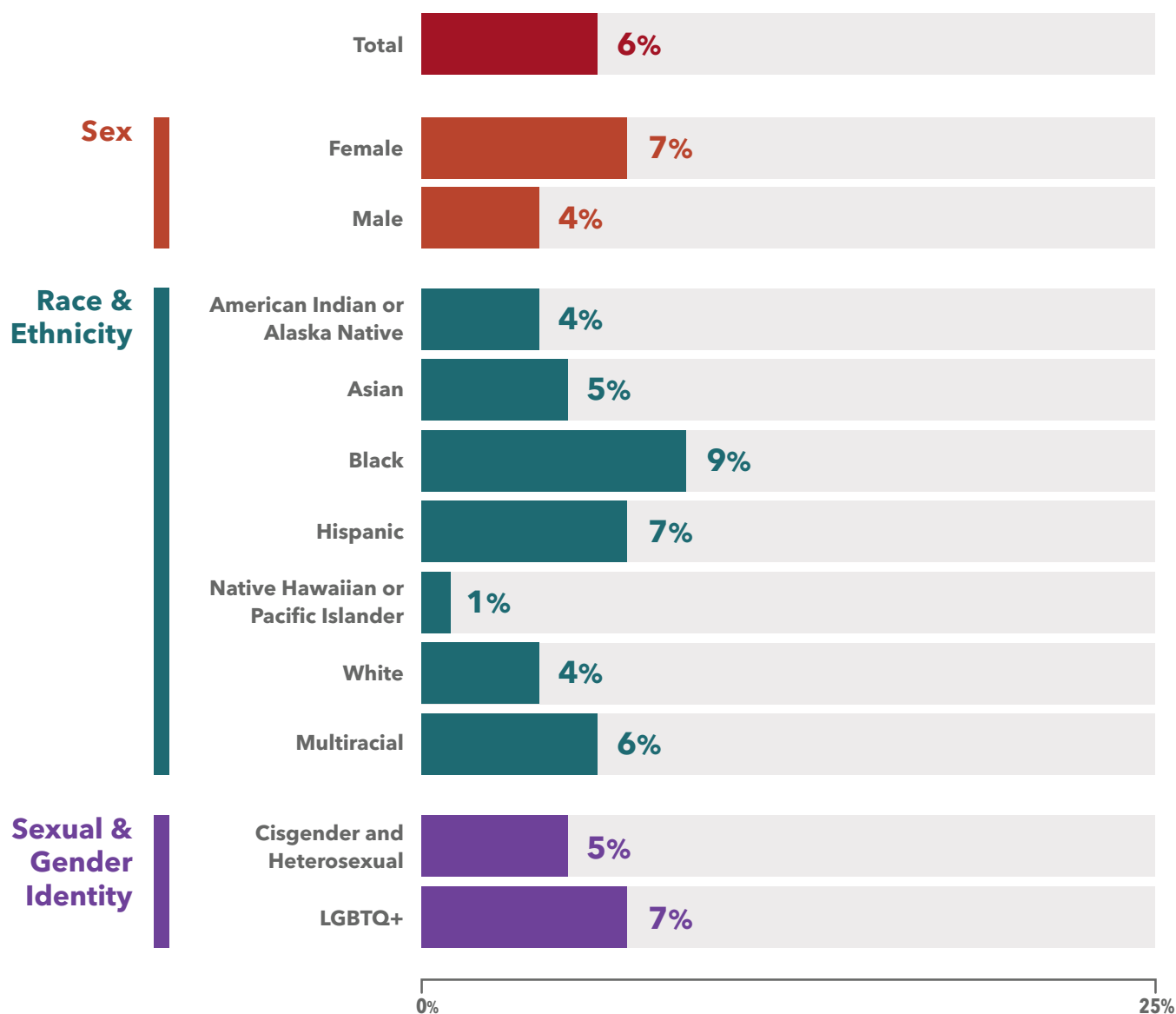
No change

In wrong direction

# TESTED FOR SEXUALLY TRANSMITTED DISEASES

In 2023, 6% of high school students were tested for STDs other than HIV during the past year. Female students were more likely than male students to be tested for STDs. Native Hawaiian or other Pacific Islander students were less likely than students from most other racial and ethnic groups to be tested for STDs. LGBTQ+ students were more likely than cisgender and heterosexual students to be tested for STDs.

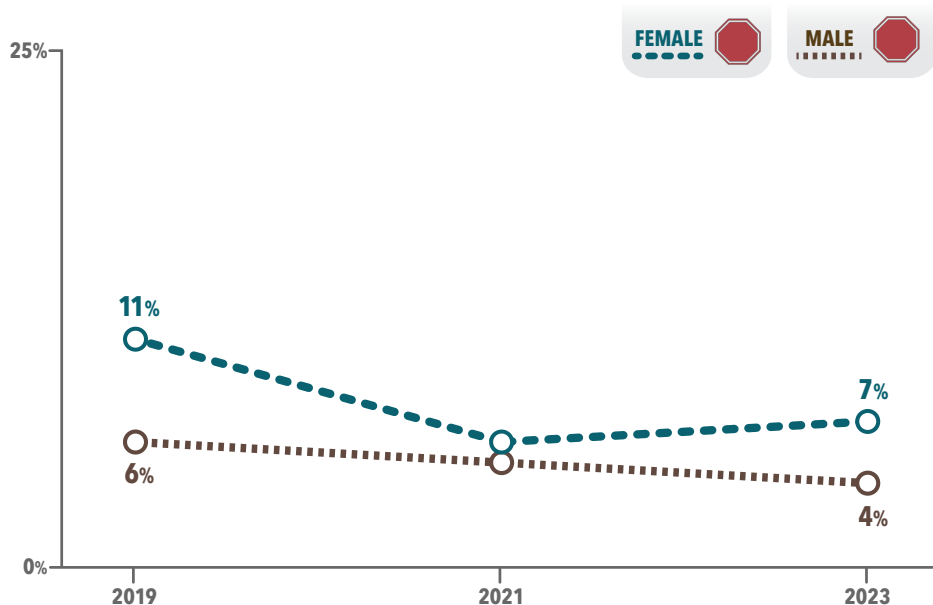
**Percentage of High School Students Who  
Were Tested for Sexually Transmitted Diseases During the Past Year,  
by Demographic Characteristics, United States, YRBS, 2023**



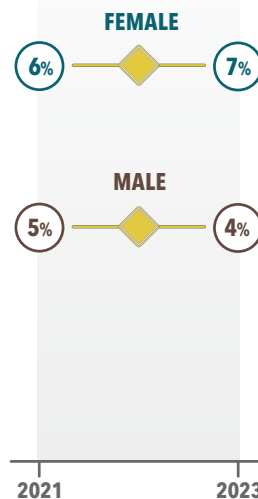
## Trends in the Percentage of High School Students Who

## Were Tested for Sexually Transmitted Diseases During the Past Year United States, YRBS, 2019-2023

### 4-Year Trend by Sex

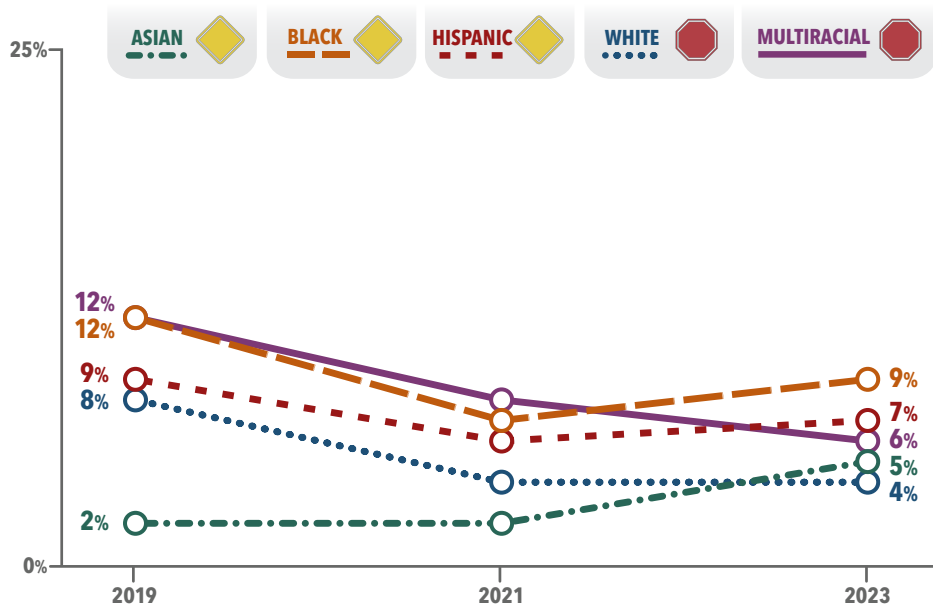


### 2-Year Change by Sex

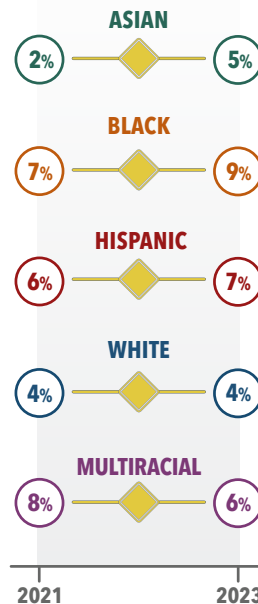


The percentage of female and male students who were tested for STDs during the past year decreased from 2019 to 2023 but did not change from 2021 to 2023.

### 4-Year Trend by Race & Ethnicity



### 2-Year Change by Race & Ethnicity



The percentage of White and Multiracial students who were tested for STDs during the past year decreased from 2019 to 2023 but did not change from 2021 to 2023. The percentage of students from all other groups who were tested for STDs did not change across both time periods.

In right direction

No change

In wrong direction

# FOCUS AREA

## SUBSTANCE USE

|                                              |    |
|----------------------------------------------|----|
| Progress At a Glance for Substance Use ..... | 26 |
| Key Findings for Substance Use .....         | 27 |
| Current Alcohol Use .....                    | 28 |
| Current Marijuana Use .....                  | 30 |
| Ever Used Select Illicit Drugs .....         | 32 |
| Ever Misused Prescription Opioids .....      | 34 |
| Current Prescription Opioid Misuse .....     | 36 |

# PROGRESS AT A GLANCE FOR SUBSTANCE USE

There have been promising declines in high school students' use of substances. All substance use behaviors included in this report decreased during the years that trends were measured. Since 2013, the percentage of students who currently drank alcohol, currently used marijuana, or had ever used select illicit drugs decreased. Since 2017 and 2019, respectively, the percentage of students who had ever or currently misused prescription opioids decreased.

Two-year changes show recent progress in students' use of select illicit drugs and misuse of prescription opioids. From 2021 to 2023, the percentage of students who had ever used select illicit drugs and currently misused prescription opioids decreased.

| The Percentage of High School Students Who:* | 2013 Total | 2015 Total | 2017 Total | 2019 Total | 2021 Total | 2023 Total | Trend (All Years Available)                                                           | 2-Year Change (2021-2023)                                                             |
|----------------------------------------------|------------|------------|------------|------------|------------|------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| Currently drank alcohol                      | 35         | 33         | 30         | 29         | 23         | 22         |  |  |
| Currently used marijuana                     | 23         | 22         | 20         | 22         | 16         | 17         |  |  |
| Ever used select illicit drugs               | 16         | 13         | 13         | 13         | 13         | 10         |  |  |
| Ever misused prescription opioids†           | –          | –          | 14         | 14         | 12         | 12         |  |  |
| Currently misused prescription opioids‡      | –          | –          | –          | 7          | 6          | 4          |  |  |

\*For the complete wording of YRBS questions, refer to Appendix A.

†Question introduced in 2017.

‡Question introduced in 2019.

|                                                                                       |                    |
|---------------------------------------------------------------------------------------|--------------------|
|  | In wrong direction |
|  | No change          |
|  | In right direction |

# KEY FINDINGS FOR SUBSTANCE USE

IN 2023

**Female** and **LGBTQ+** high school **students** were **more likely** than their peers to **engage in most substance use behaviors**.

**LGBTQ+ students** were about **twice as likely** as cisgender and heterosexual students to have ever **used select illicit drugs** and **prescription opioids**.

Nearly **1 in 4 female students** currently **drank alcohol** and nearly **1 in 5** currently **used marijuana**.

From 2021 to 2023



The percentage of **Black students** who currently **drank alcohol** **increased**.



The percentage of **female students** who currently **misused prescription opioids** **decreased**.



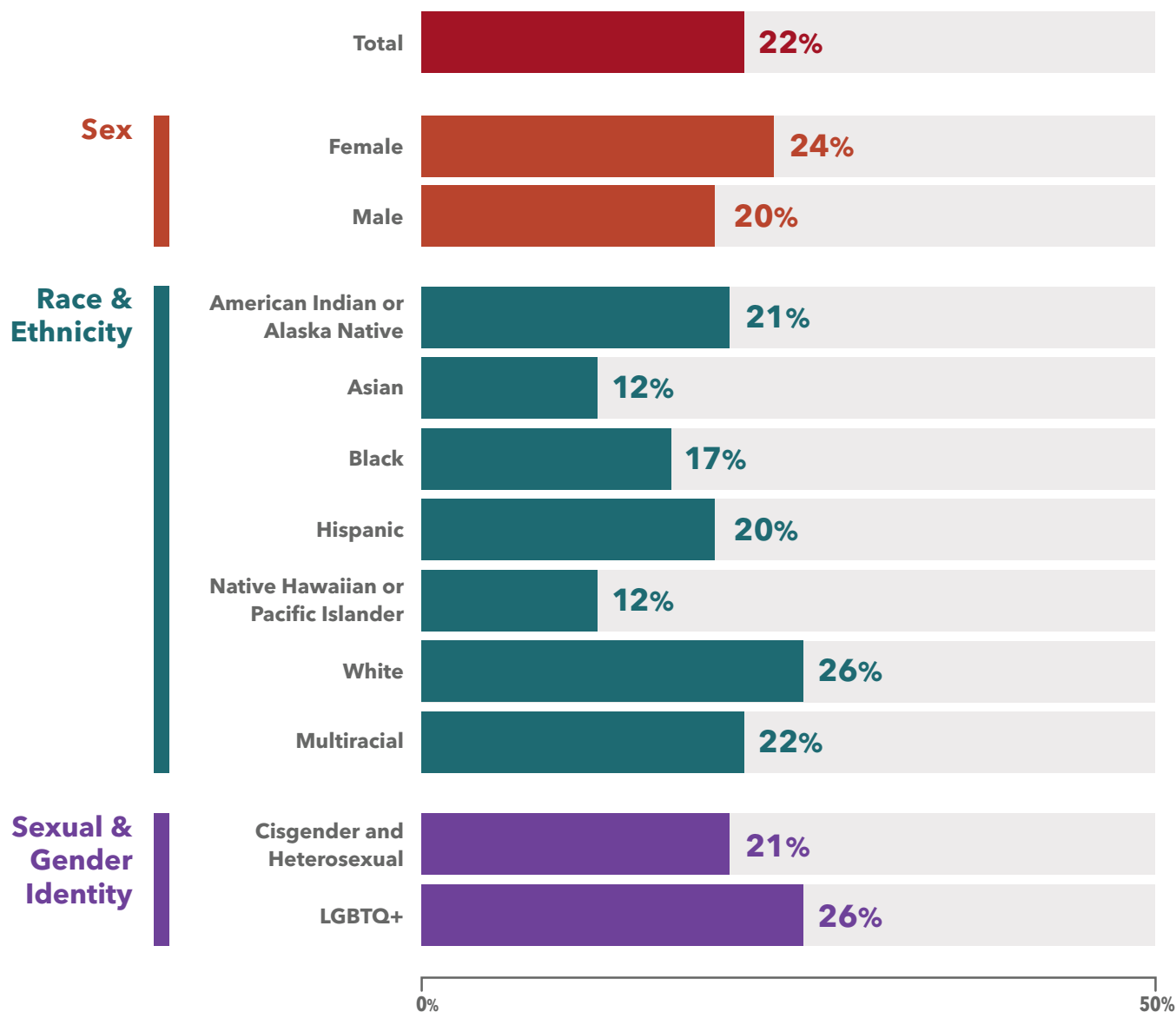
The percentage of **Black, Hispanic, and White students** who had ever used **select illicit drugs** and who currently **misused prescription opioids** **decreased**.



## CURRENT ALCOHOL USE

In 2023, 22% of high school students drank alcohol during the past 30 days. Female students were more likely than male students to currently drink alcohol. Asian and Black students were less likely than Hispanic, White, and Multiracial students to currently drink alcohol. LGBTQ+ students were more likely than cisgender and heterosexual students to currently drink alcohol.

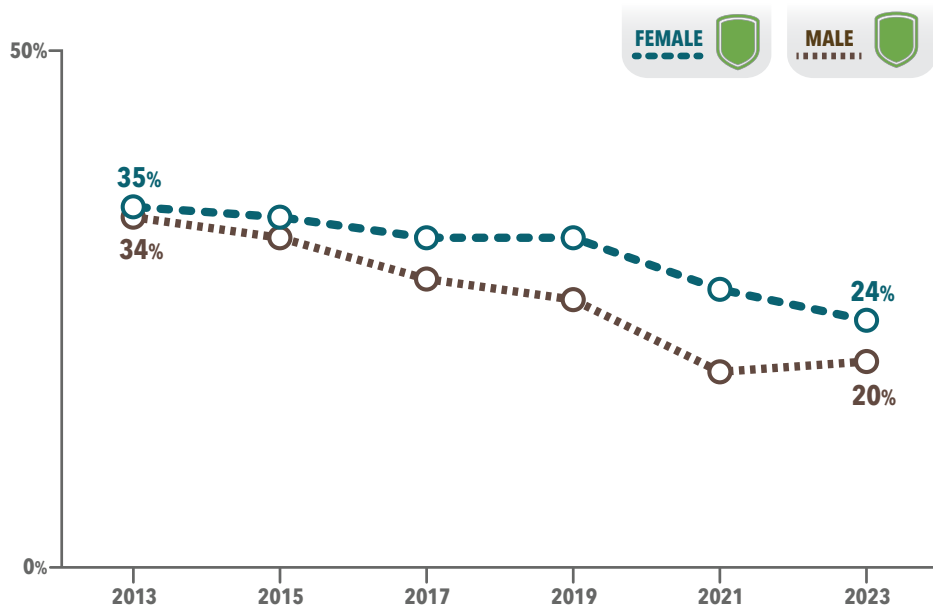
**Percentage of High School Students Who  
Drank Alcohol During the Past 30 Days,  
by Demographic Characteristics, United States, YRBS, 2023**



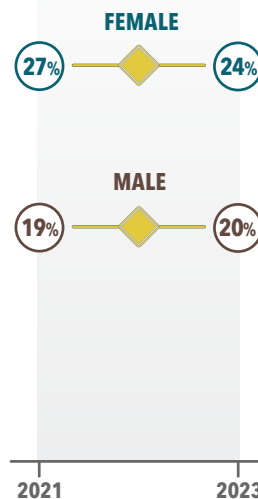
## Trends in the Percentage of High School Students Who

## Drank Alcohol During the Past 30 Days, United States, YRBS, 2013-2023

### 10-Year Trend by Sex

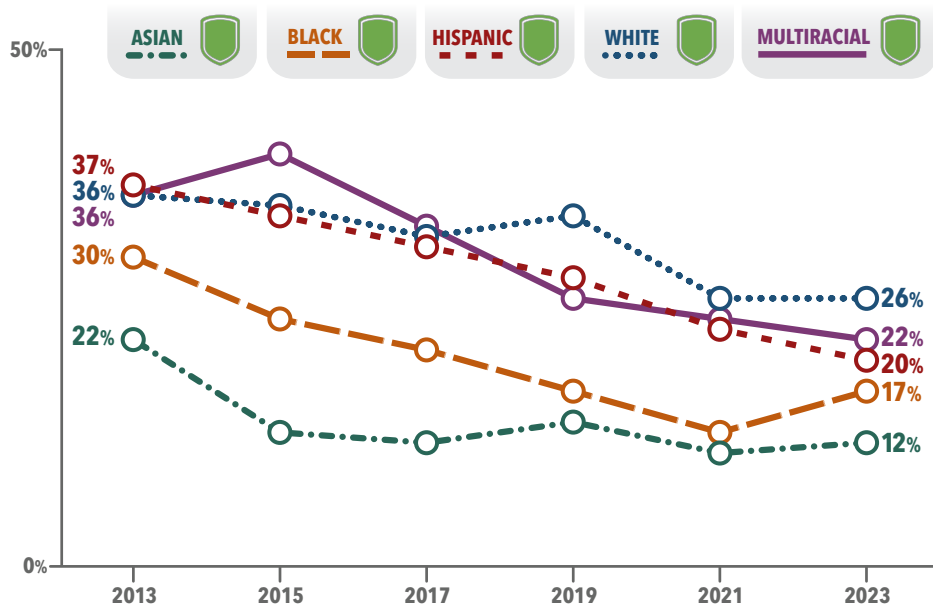


### 2-Year Change by Sex

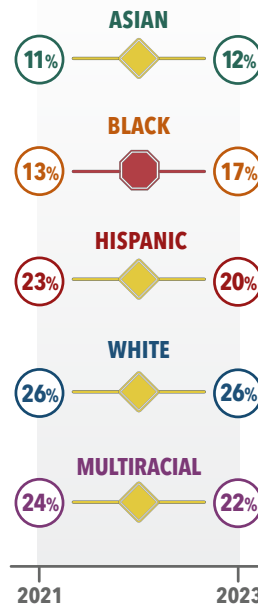


The percentage of female and male students who currently drank alcohol decreased from 2013 to 2023 but did not change from 2021 to 2023.

### 10-Year Trend by Race & Ethnicity



### 2-Year Change by Race & Ethnicity



The percentage of students from all racial and ethnic groups who currently drank alcohol decreased from 2013 to 2023. For most groups, the percentage of students who currently drank alcohol did not change from 2021 to 2023. However, the percentage of Black students who currently drank alcohol increased during this time.

In right direction

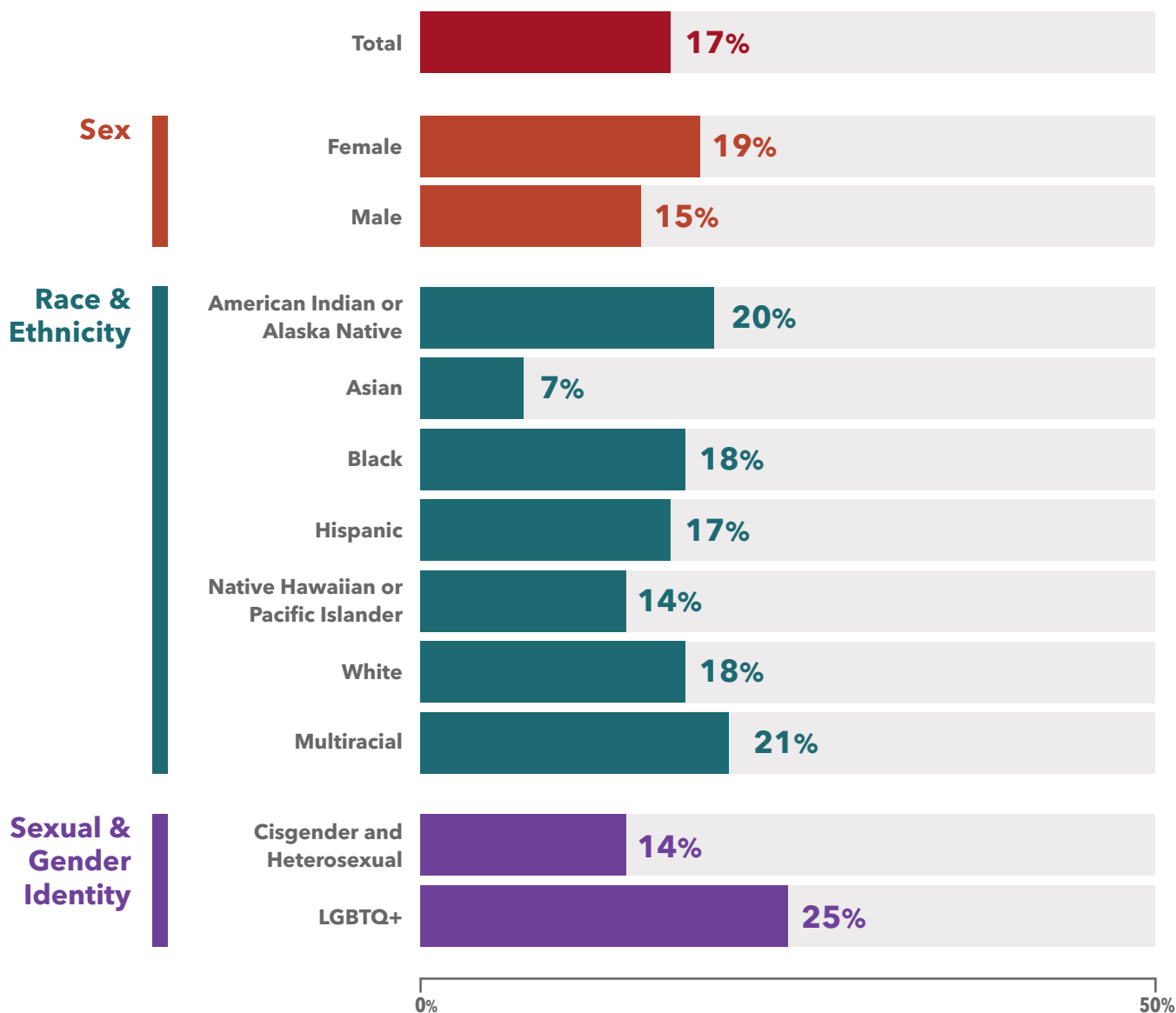
No change

In wrong direction

# CURRENT MARIJUANA USE

In 2023, 17% of high school students used marijuana during the past 30 days. Female students were more likely than male students to currently use marijuana. Asian students were less likely than students from most other racial and ethnic groups to currently use marijuana. LGBTQ+ students were more likely than cisgender and heterosexual students to currently use marijuana.

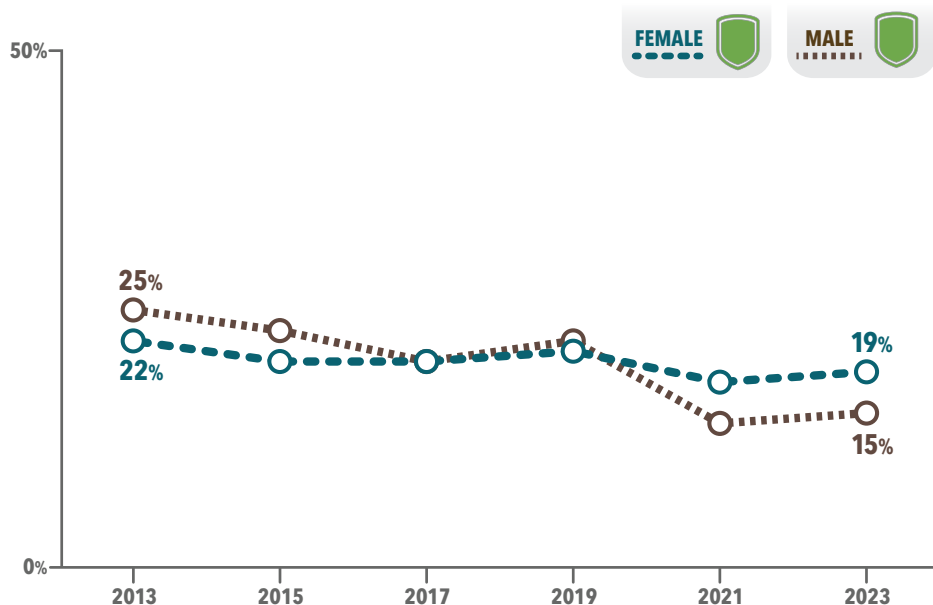
**Percentage of High School Students Who Used Marijuana During the Past 30 Days, by Demographic Characteristics, United States, YRBS, 2023**



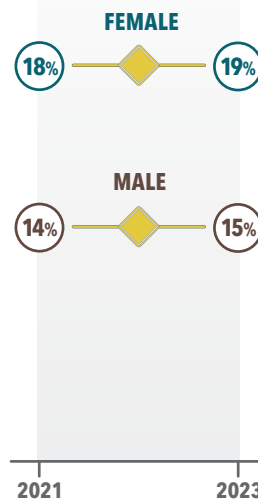
## Trends in the Percentage of High School Students Who

## Used Marijuana During the Past 30 Days, United States, YRBS, 2013-2023

### 10-Year Trend by Sex

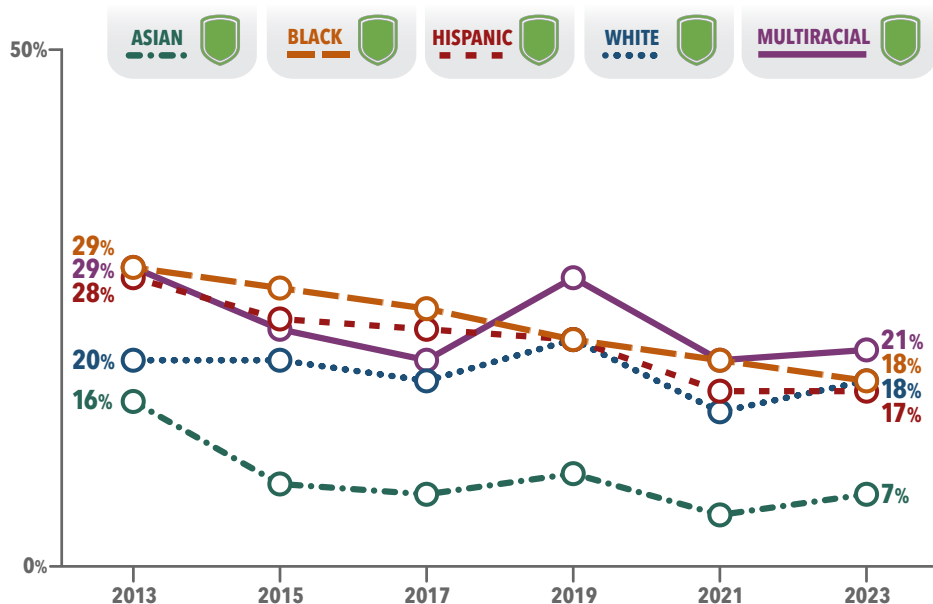


### 2-Year Change by Sex

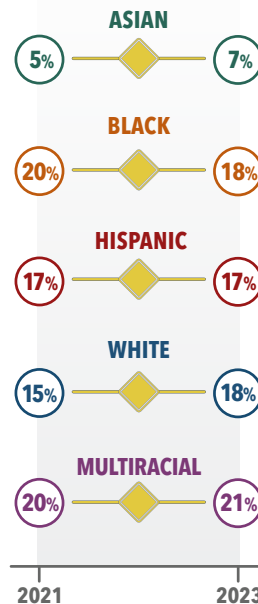


The percentage of female and male students who currently used marijuana decreased from 2013 to 2023 but did not change from 2021 to 2023.

### 10-Year Trend by Race & Ethnicity



### 2-Year Change by Race & Ethnicity



The percentage of students from all racial and ethnic groups who currently used marijuana decreased from 2013 to 2023 but did not change from 2021 to 2023.

In right direction

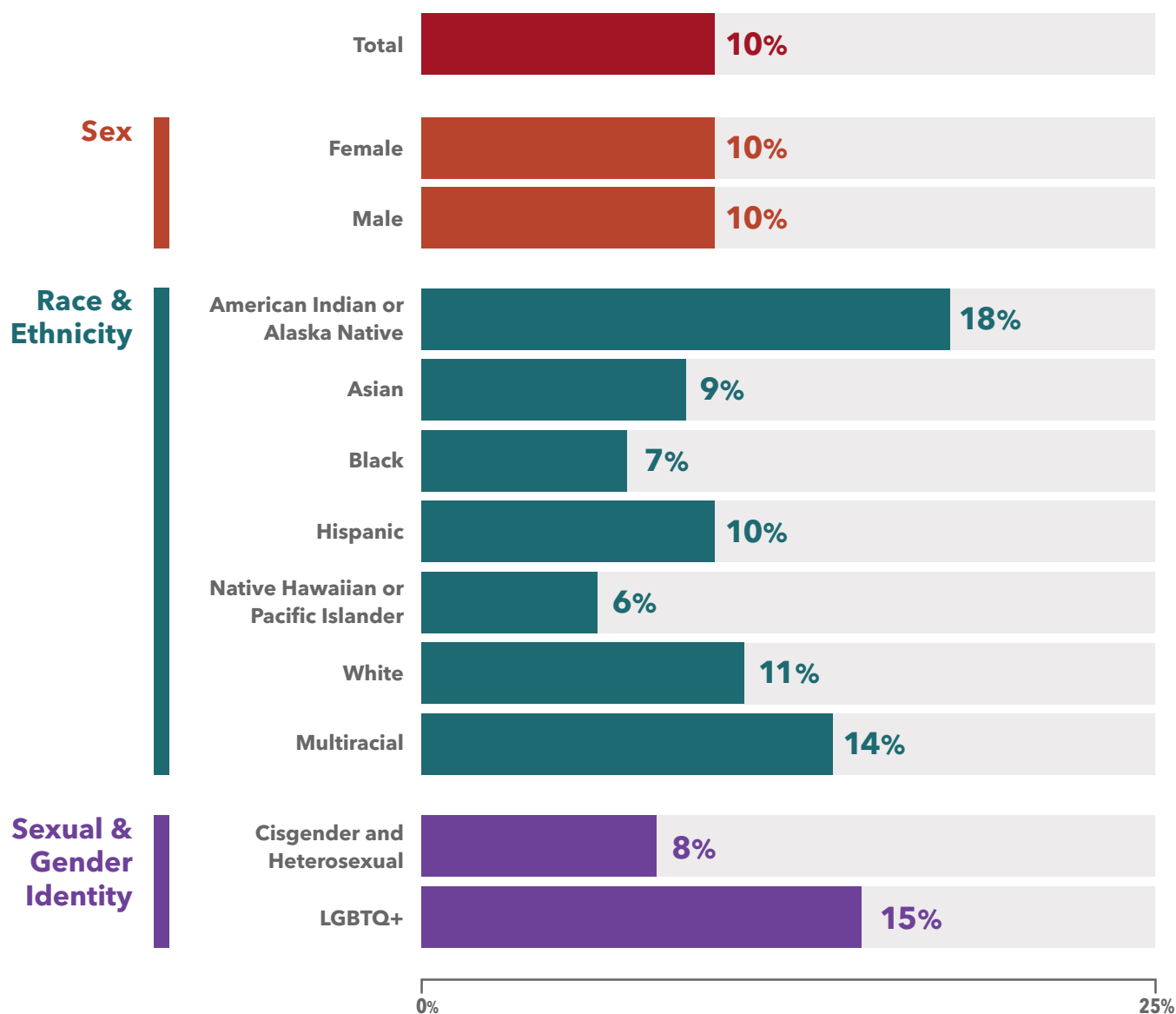
No change

In wrong direction

# EVER USED SELECT ILLICIT DRUGS

In 2023, 10% of high school students had ever used certain illicit drugs (defined as cocaine, inhalants, heroin, methamphetamines, hallucinogens, or ecstasy). Black students were less likely than American Indian or Alaska Native, White, and Multiracial students to have ever used select illicit drugs. LGBTQ+ students were more likely than cisgender and heterosexual students to have ever used select illicit drugs.

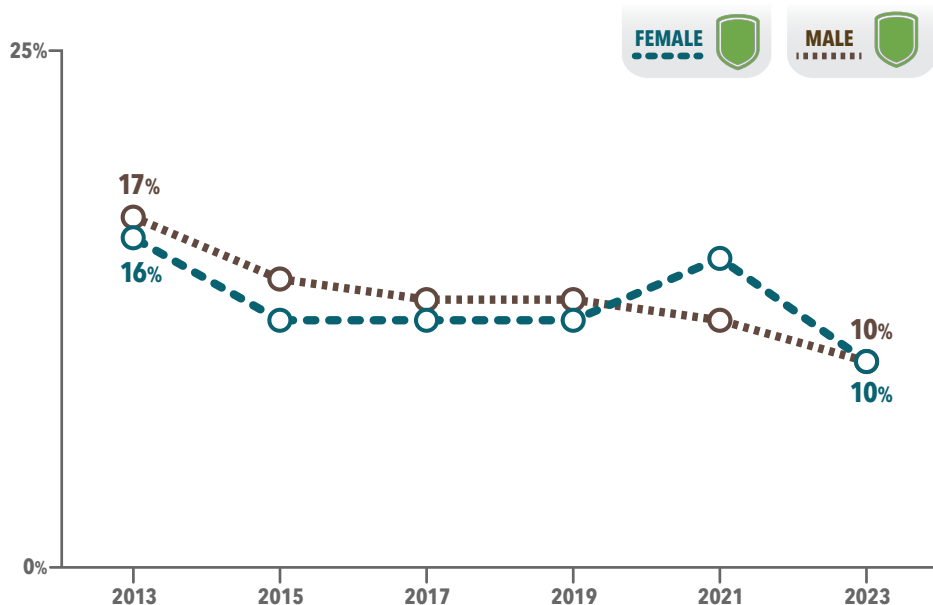
**Percentage of High School Students Who  
Had Ever Used Select Illicit Drugs,  
by Demographic Characteristics, United States, YRBS, 2023**



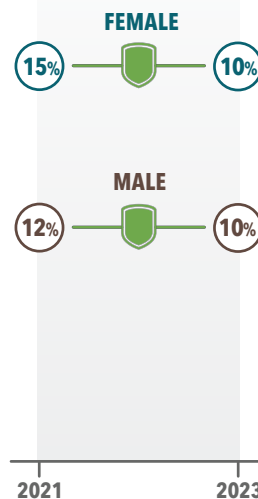
## Trends in the Percentage of High School Students Who

## Had Ever Used Select Illicit Drugs, United States, YRBS, 2013-2023

### 10-Year Trend by Sex

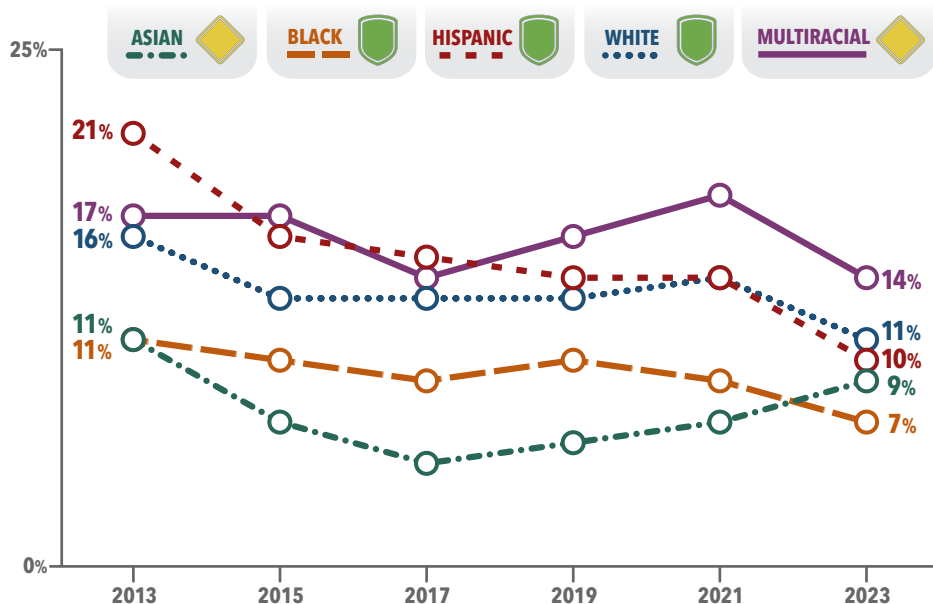


### 2-Year Change by Sex

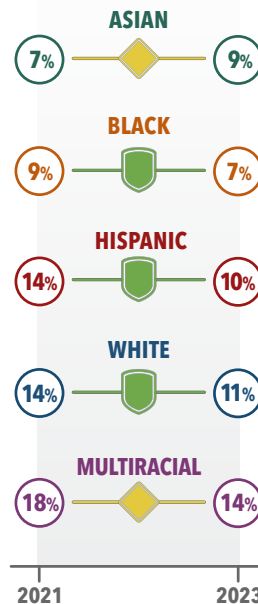


The percentage of female and male students who had ever used select illicit drugs decreased from 2013 to 2023 and from 2021 to 2023.

### 10-Year Trend by Race & Ethnicity



### 2-Year Change by Race & Ethnicity



The percentage of students from most racial and ethnic groups who had ever used select illicit drugs decreased from 2013 to 2023 and from 2021 to 2023. The percentage of Asian and Multiracial students who had ever used select illicit drugs did not change across both time periods.

In right direction

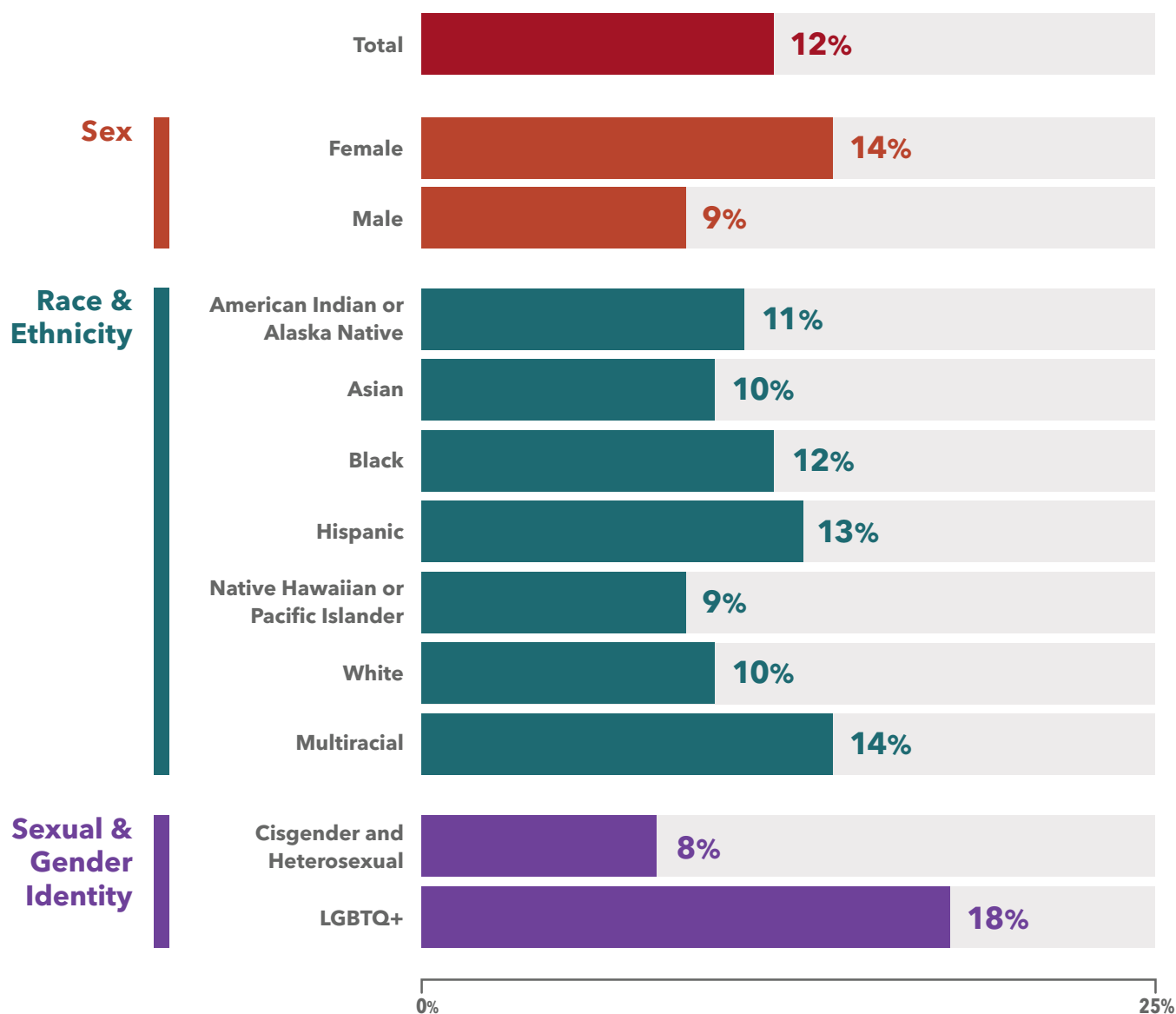
No change

In wrong direction

# EVER MISUSED PRESCRIPTION OPIOIDS

In 2023, 12% of high school students had ever misused prescription opioids, defined as taking prescription pain medicine, such as codeine, Vicodin, OxyContin, Hydrocodone, or Percocet, without a doctor's prescription or differently than how a doctor told them to use it. Female students were more likely than male students to have ever misused prescription opioids. White students were less likely than Black, Hispanic, and Multiracial students to have ever misused prescription opioids. LGBTQ+ students were more likely than cisgender and heterosexual students to have ever misused prescription opioids.

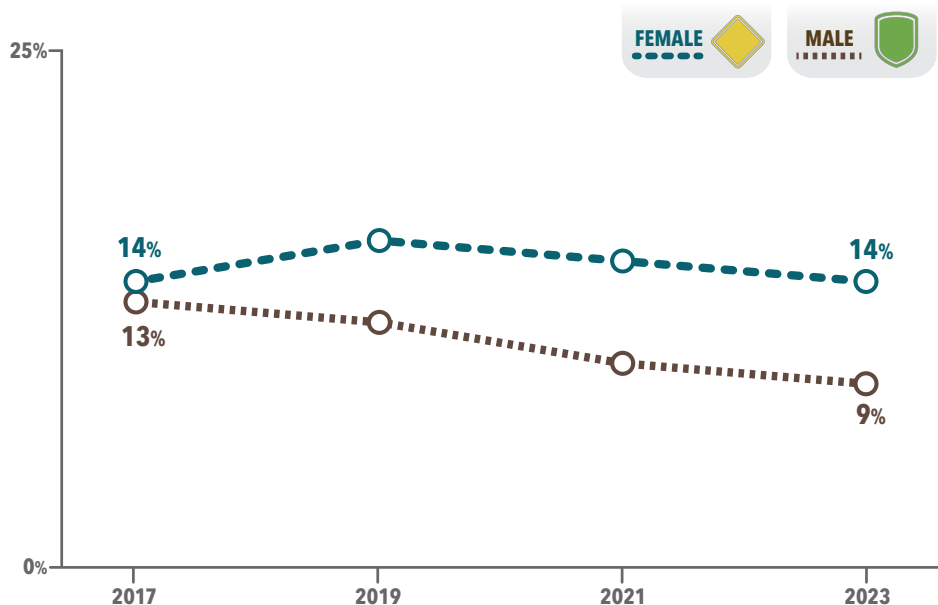
**Percentage of High School Students Who  
Had Ever Misused Prescription Opioids,  
by Demographic Characteristics, United States, YRBS, 2023**



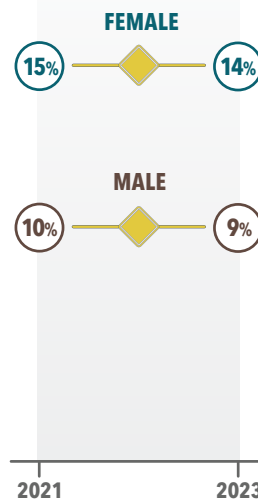
## Trends in the Percentage of High School Students Who

## Had Ever Misused Prescription Opioids, United States, YRBS, 2017-2023

### 6-Year Trend by Sex

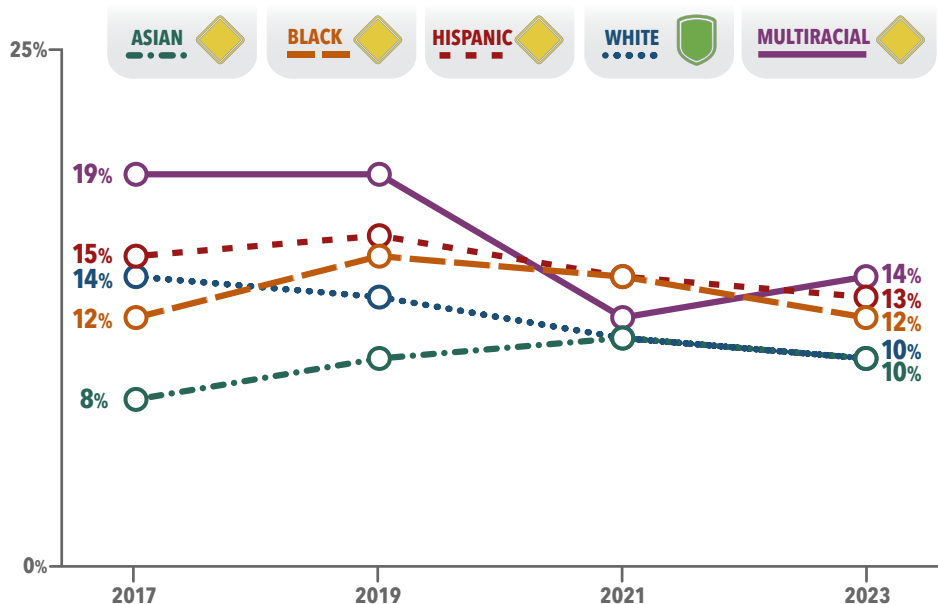


### 2-Year Change by Sex

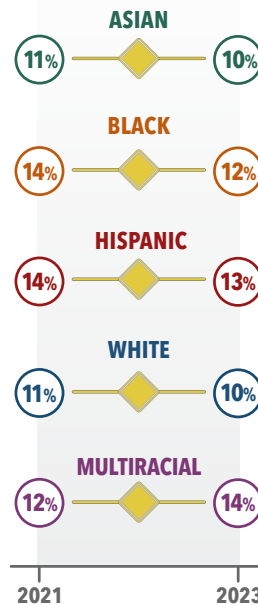


The percentage of female students who had ever misused prescription opioids did not change from 2017 to 2023 or from 2021 to 2023. The percentage of male students who had ever misused prescription opioids decreased from 2017 to 2023 but did not change from 2021 to 2023.

### 6-Year Trend by Race & Ethnicity



### 2-Year Change by Race & Ethnicity



The percentage of White students who had ever misused prescription opioids decreased from 2017 to 2023 but did not change from 2021 to 2023. The percentage of students from all other groups who had ever misused prescription opioids did not change across both time periods.

In right direction



No change



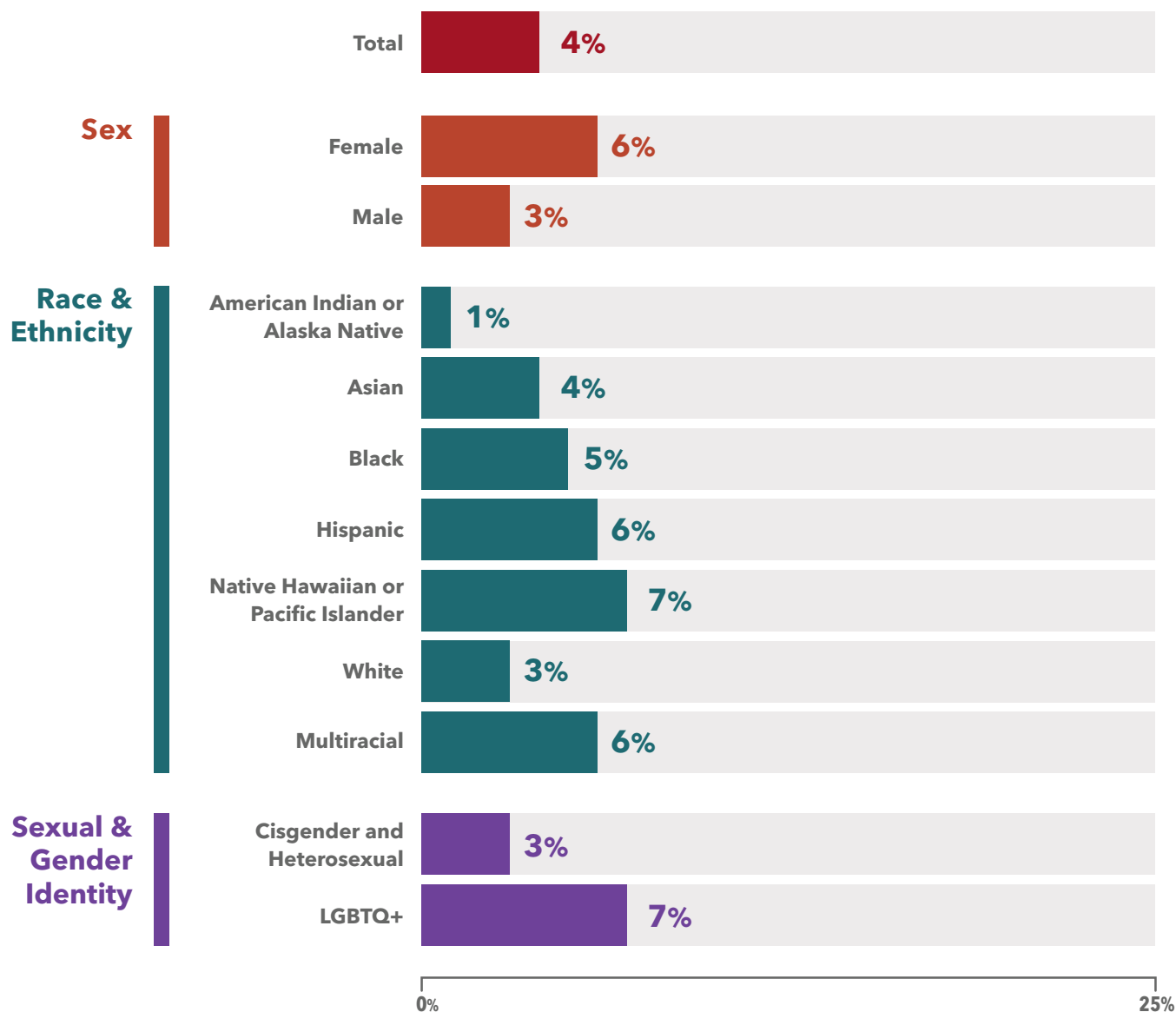
In wrong direction



# CURRENT PRESCRIPTION OPIOID MISUSE

In 2023, 4% of high school students misused prescription opioids, defined as taking prescription pain medicine, such as codeine, Vicodin, OxyContin, Hydrocodone, or Percocet, during the past 30 days. Female students were more likely than male students to currently misuse prescription opioids. American Indian or Alaska Native and White students were less likely than Black, Hispanic, and Multiracial students to currently misuse prescription opioids. LGBTQ+ students were more likely than cisgender and heterosexual students to currently misuse prescription opioids.

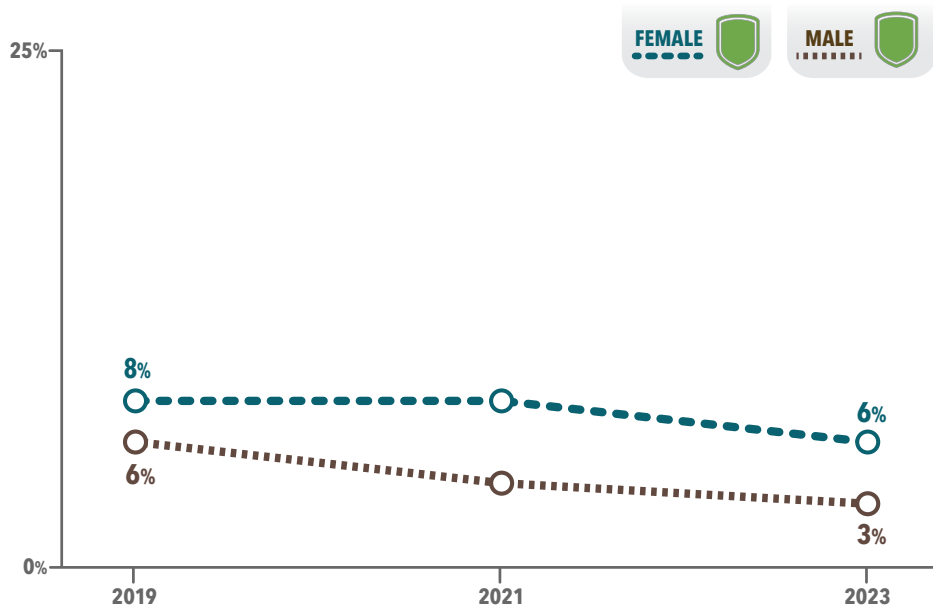
**Percentage of High School Students Who  
Misused Prescription Opioids During the Past 30 Days,  
by Demographic Characteristics, United States, YRBS, 2023**



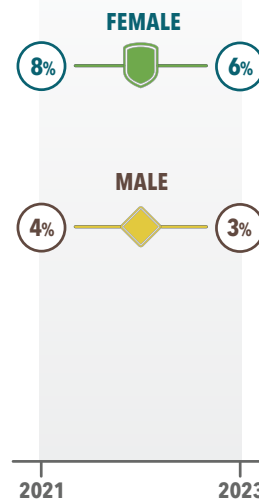
## Trends in the Percentage of High School Students Who

## Misused Prescription Opioids During the Past 30 Days, United States, YRBS, 2019-2023

### 4-Year Trend by Sex

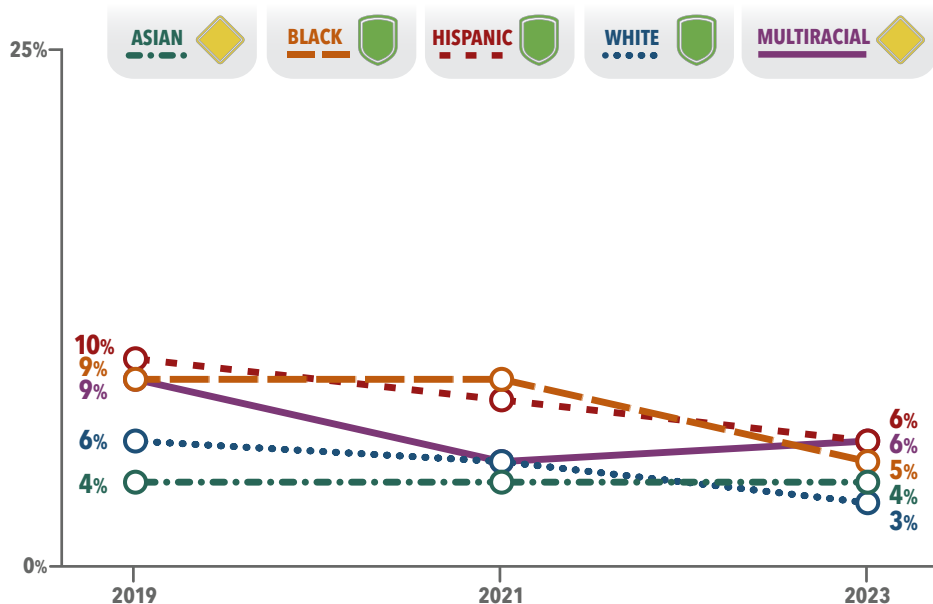


### 2-Year Change by Sex

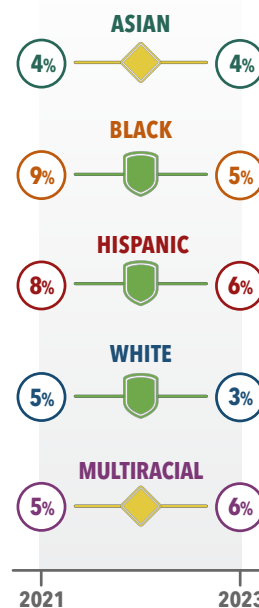


The percentage of female students who currently misused prescription opioids decreased from 2019 to 2023 and from 2021 to 2023. The percentage of male students who currently misused prescription opioids decreased from 2019 to 2023 but did not change from 2021 to 2023.

### 4-Year Trend by Race & Ethnicity



### 2-Year Change by Race & Ethnicity



The percentage of students from most racial and ethnic groups who currently misused prescription opioids decreased from 2019 to 2023 and from 2021 to 2023. However, the percentage of Asian and Multiracial students who currently misused prescription opioids did not change across both time periods.

In right direction

No change

In wrong direction

# FOCUS AREA

## EXPERIENCING VIOLENCE

|                                                       |    |
|-------------------------------------------------------|----|
| Progress At a Glance for Experiencing Violence .....  | 39 |
| Key Findings for Experiencing Violence .....          | 40 |
| Threatened or Injured With a Weapon at School .....   | 41 |
| Did Not Go to School Because of Safety Concerns ..... | 43 |
| Electronically Bullied .....                          | 45 |
| Bullied at School .....                               | 47 |
| Ever Forced to Have Sex .....                         | 49 |
| Sexual Violence by Anyone .....                       | 51 |

## PROGRESS AT A GLANCE FOR

# EXPERIENCING VIOLENCE

There have been concerning increases in high school students' experiences of violence. Nearly all the experiences of violence included in this report increased during the years trends were measured. Since 2013, the percentage of students who were threatened or injured with a weapon at school, missed school because of safety concerns, and experienced forced sex increased. Since 2017, the percentage of students who experienced sexual violence by anyone increased.

Two-year changes show recent increases in the percentage of students who were threatened or injured with a weapon at school, who missed school because of safety concerns, and who were bullied at school. Although the percentage of students who were bullied at school decreased between 2013 and 2023, the percentage increased from 2021 to 2023. These data may have been impacted by fewer students being in school during the COVID-19 pandemic.

| The Percentage of High School Students Who:*       | 2013 Total | 2015 Total | 2017 Total | 2019 Total | 2021 Total | 2023 Total | Trend (All Years Available)                                                           | 2-Year Change (2021-2023)                                                             |
|----------------------------------------------------|------------|------------|------------|------------|------------|------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| Were threatened or injured with a weapon at school | 7          | 6          | 6          | 7          | 7          | 9          |  |  |
| Did not go to school because of safety concerns    | 7          | 6          | 7          | 9          | 9          | 13         |  |  |
| Were electronically bullied                        | 15         | 16         | 15         | 16         | 16         | 16         |  |  |
| Were bullied at school                             | 20         | 20         | 19         | 20         | 15         | 19         |  |  |
| Were ever forced to have sex                       | 7          | 7          | 7          | 7          | 8          | 9          |  |  |
| Experienced sexual violence by anyone†             | –          | –          | 10         | 11         | 11         | 11         |  |  |

\*For the complete wording of YRBS questions, refer to Appendix A.

†Question introduced in 2017.



In wrong direction



No change



In right direction

# KEY FINDINGS FOR EXPERIENCING VIOLENCE

IN 2023

**Female** and **LGBTQ+** high school **students** were **more likely** than their peers to **experience violence**.

Nearly **2 in 10** female **students** experienced **sexual violence** by anyone and more than **1 in 10** had ever been **forced to have sex**.

Nearly **3 in 10** **LGBTQ+** **students** were **bullied at school** and nearly **2 in 10** missed **school** because of **safety concerns**.

From 2021 to 2023

The percentage of **female students** who **missed school because of safety concerns** increased from **10% to 16%**.

The percentage of **Asian, Hispanic, and White students** who were **threatened or injured with a weapon** at school and who **missed school because of safety concerns** increased.

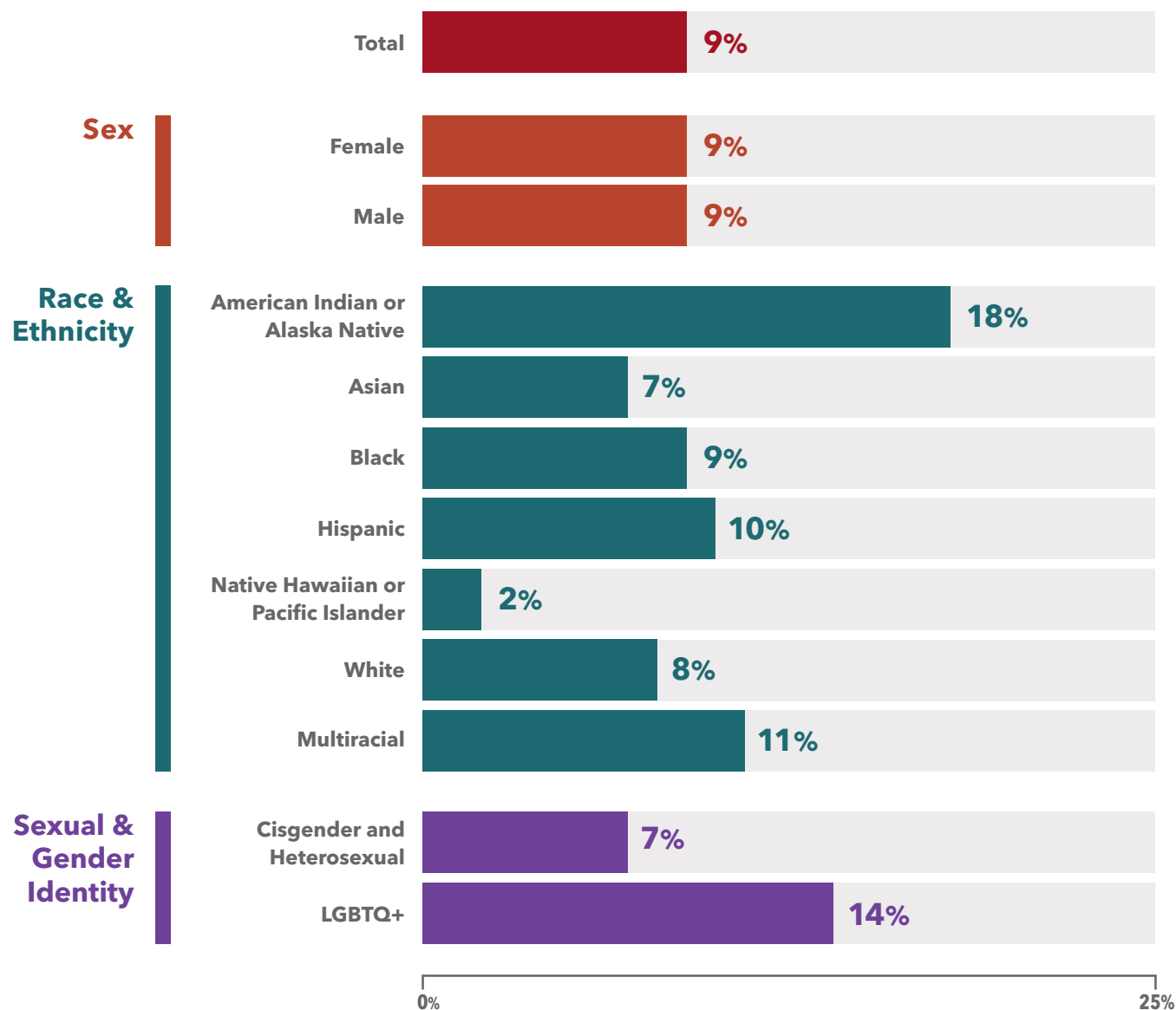


# THREATENED OR INJURED WITH A WEAPON AT SCHOOL

In 2023, 9% of high school students were threatened or injured with a weapon, such as a gun, knife, or club, on school property during the past year. Native Hawaiian or other Pacific Islander students were less likely than students from all other racial and ethnic groups to be threatened or injured with a weapon at school. LGBTQ+ students were more likely than cisgender and heterosexual students to be threatened or injured with a weapon at school.

## Percentage of High School Students Who

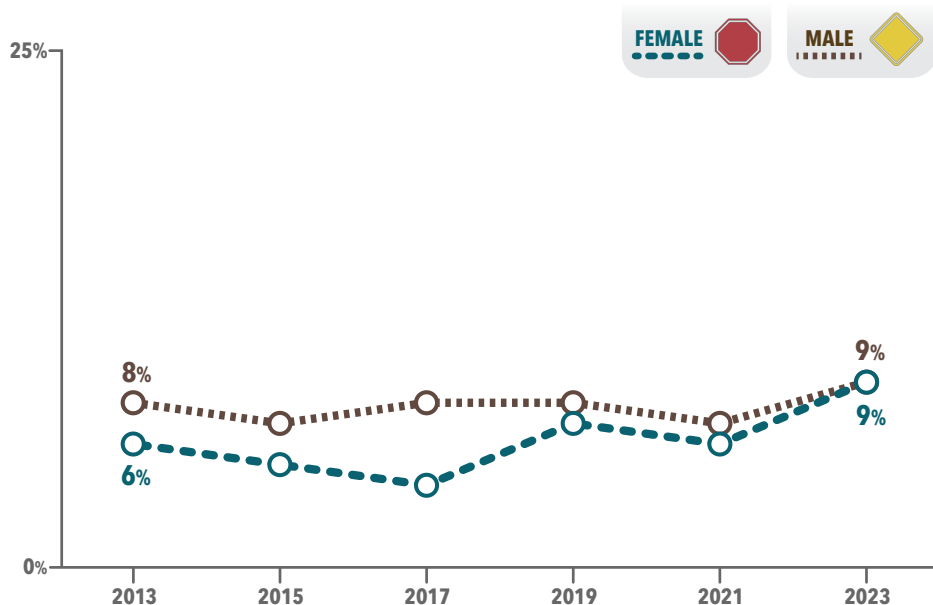
**Were Threatened or Injured With a Weapon at School** During the Past Year, by Demographic Characteristics, United States, YRBS, 2023



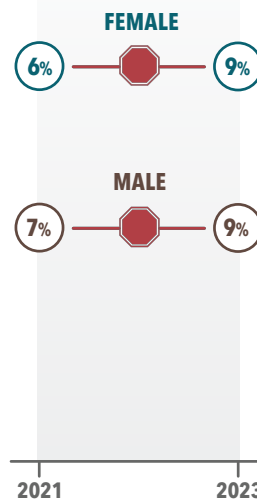
## Trends in the Percentage of High School Students Who

## Were Threatened or Injured With a Weapon at School During the Past Year, United States, YRBS, 2013-2023

### 10-Year Trend by Sex

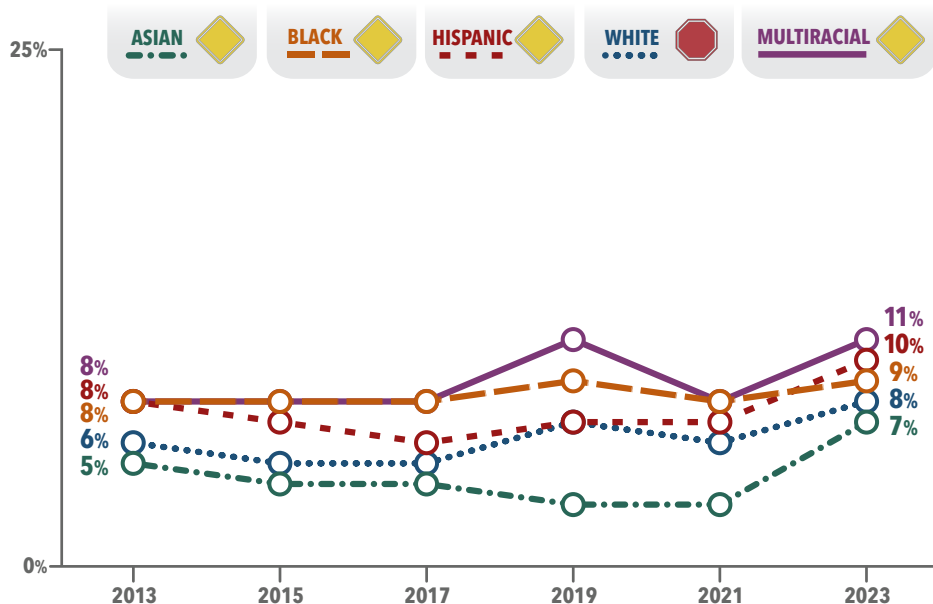


### 2-Year Change by Sex

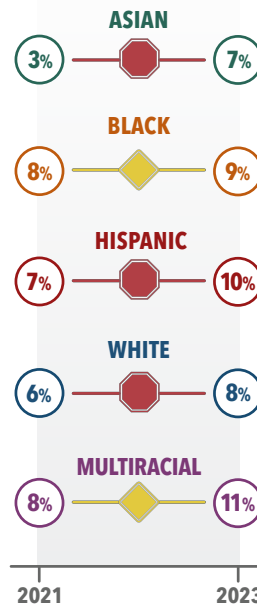


The percentage of female students who were threatened or injured with a weapon at school increased from 2013 to 2023 and from 2021 to 2023. The percentage of male students did not change from 2013 to 2023 but increased from 2021 to 2023.

### 10-Year Trend by Race & Ethnicity



### 2-Year Change by Race & Ethnicity



The percentage of Asian and Hispanic students who were threatened or injured with a weapon at school did not change from 2013 to 2023 but increased from 2021 to 2023. The percentage of White students who were threatened or injured with a weapon at school increased during both time periods. The percentage of Black and Multiracial students who were threatened or injured with a weapon at school did not change across both time periods.

In right direction

No change

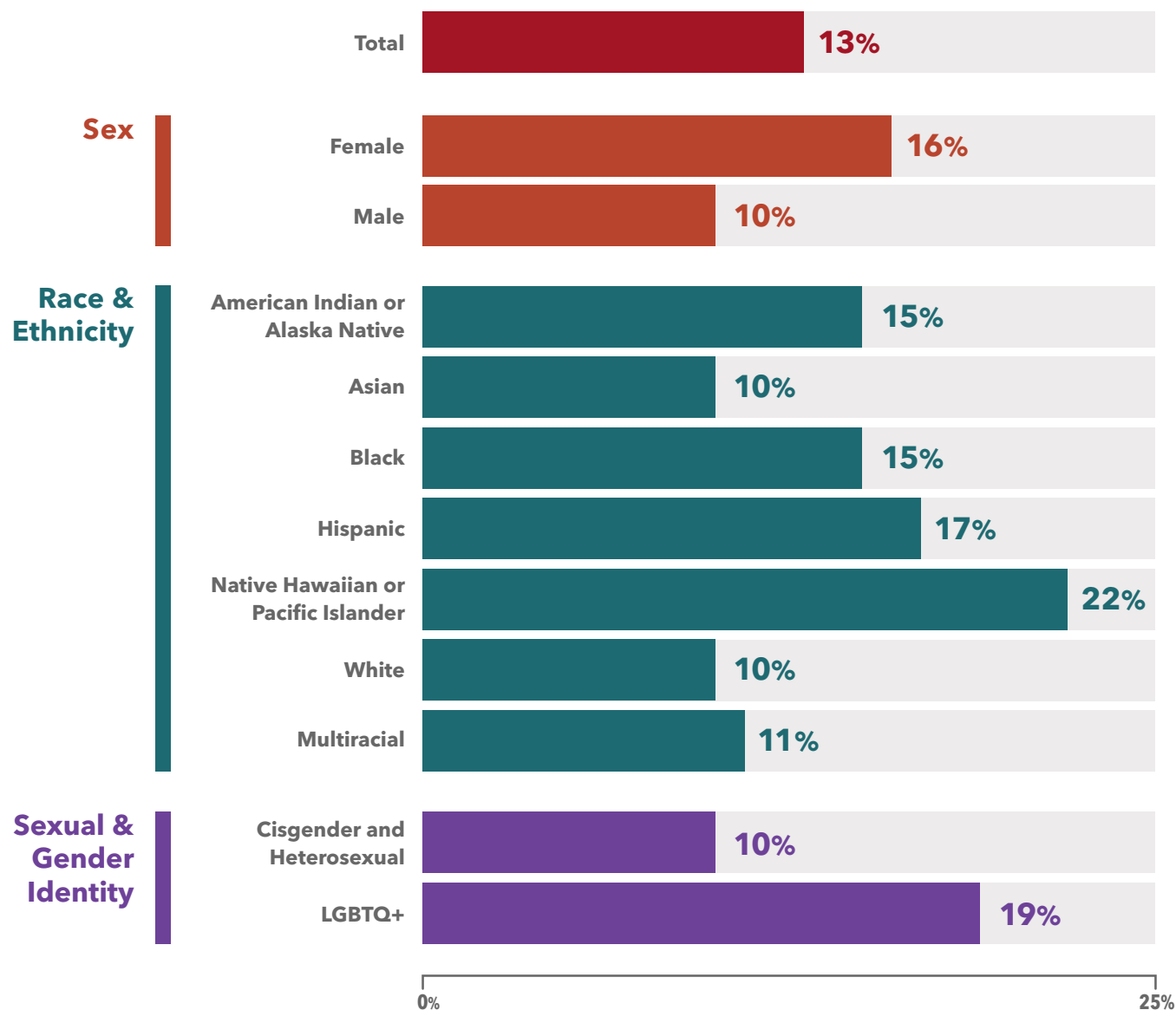
In wrong direction

# DID NOT GO TO SCHOOL BECAUSE OF SAFETY CONCERNS

In 2023, 13% of high school students did not go to school because they felt unsafe either at school or on their way to or from school at least once during the past 30 days. Female students were more likely than male students to miss school because of safety concerns. Hispanic students were more likely than Asian, White, and Multiracial students to miss school because of safety concerns. LGBTQ+ students were more likely than cisgender and heterosexual students to miss school because of safety concerns.

## Percentage of High School Students Who

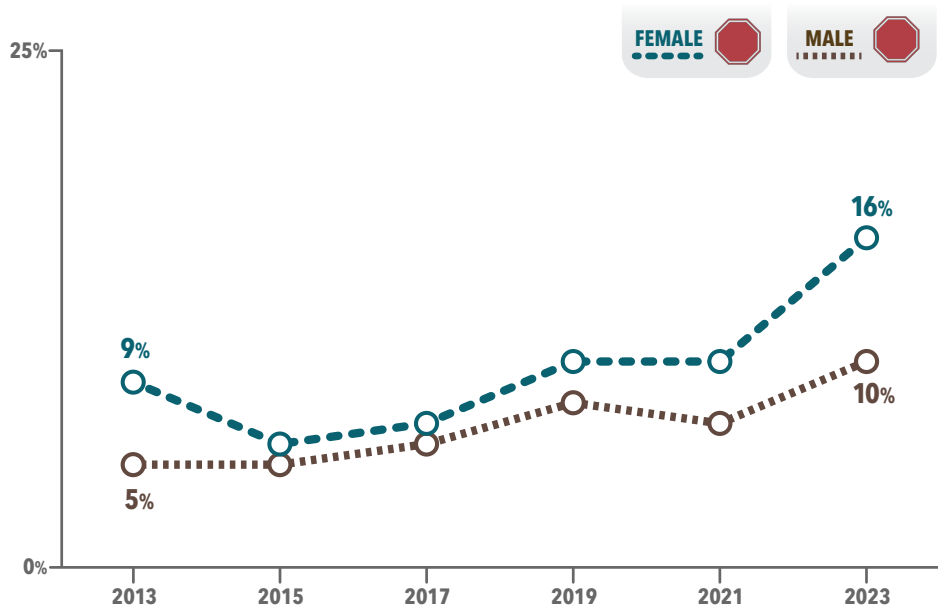
**Did Not Go to School Because of Safety Concerns** During the Past 30 Days, by Demographic Characteristics, United States, YRBS, 2023



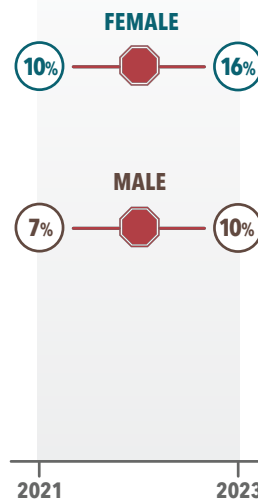
## Trends in the Percentage of High School Students Who

## Did Not Go to School Because of Safety Concerns During the Past 30 Days, United States, YRBS, 2013-2023

### 10-Year Trend by Sex

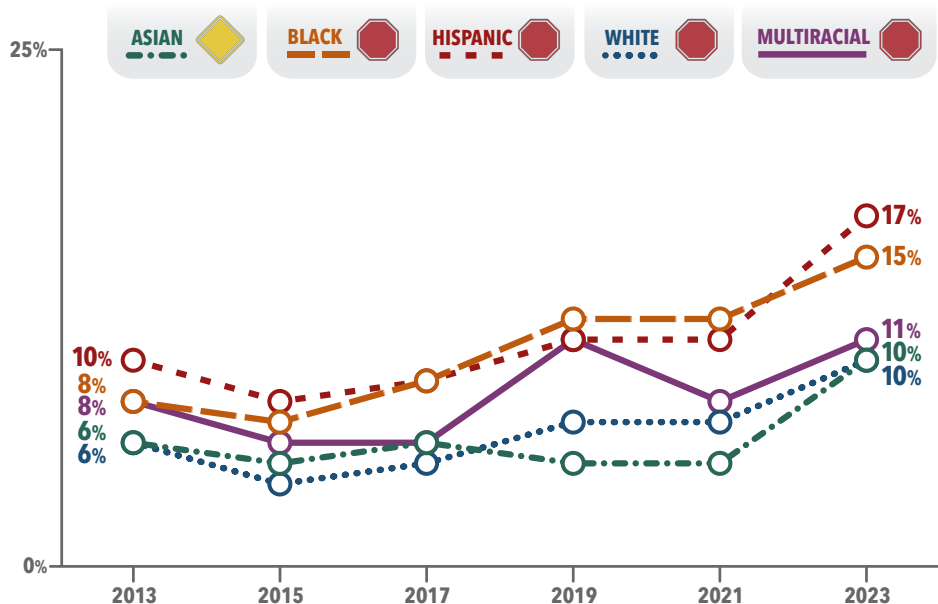


### 2-Year Change by Sex

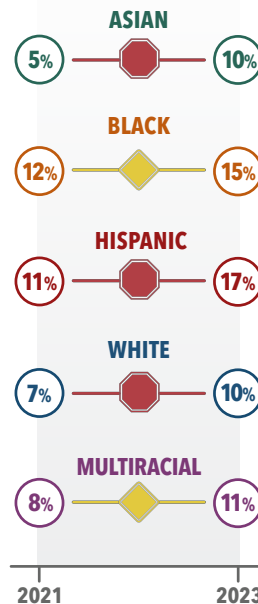


The percentage of female and male students who missed school because of safety concerns increased from 2013 to 2023 and 2021 to 2023.

### 10-Year Trend by Race & Ethnicity



### 2-Year Change by Race & Ethnicity



The percentage of students from most racial and ethnic groups who missed school because of safety concerns increased from 2013 to 2023 and from 2021 to 2023. However, the percentage of Asian students who missed school because of safety concerns did not change from 2013 to 2023 and the percentage of Black and Multiracial students who missed school because of safety concerns did not change from 2021 to 2023.

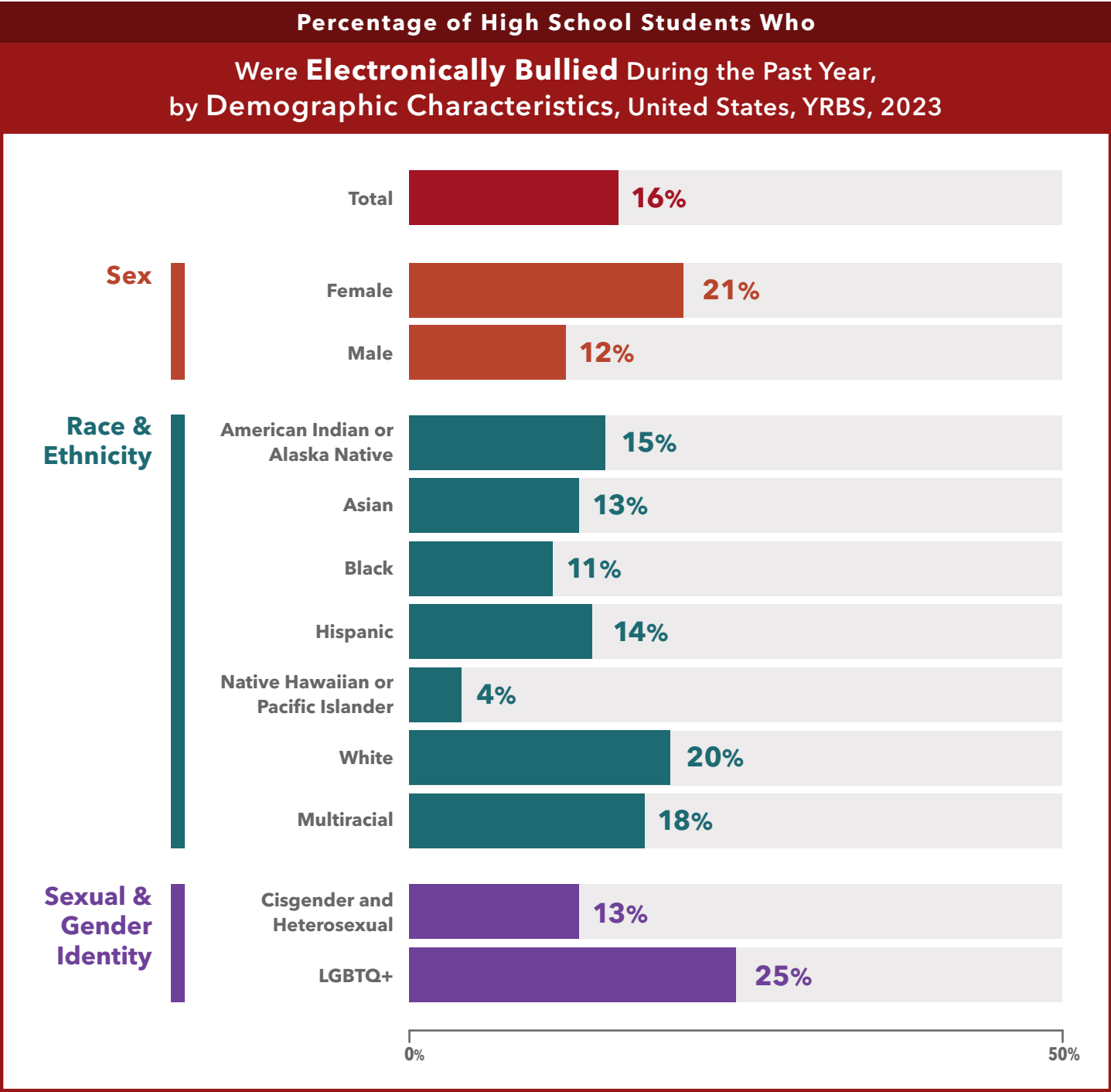
In right direction

No change

In wrong direction

# ELECTRONICALLY BULLIED

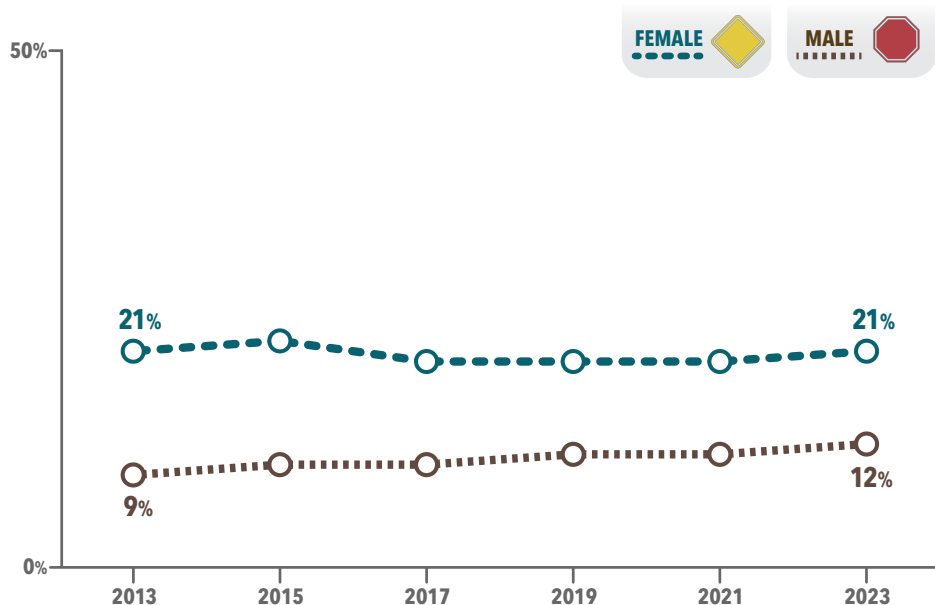
In 2023, 16% of high school students were electronically bullied, including through texting, Instagram, Facebook, or other social media, during the past year. Female students were more likely than male students to be electronically bullied. Native Hawaiian or other Pacific Islander students were less likely than students from most other racial and ethnic groups to be electronically bullied. LGBTQ+ students were more likely than cisgender and heterosexual students to be electronically bullied.



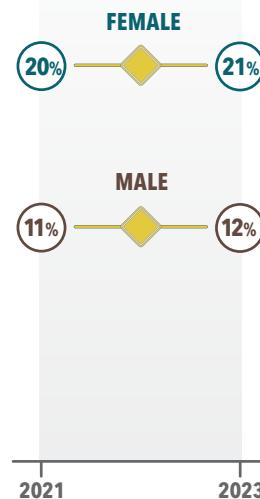
## Trends in the Percentage of High School Students Who

## Were Electronically Bullied During the Past Year, United States, YRBS, 2013-2023

### 10-Year Trend by Sex

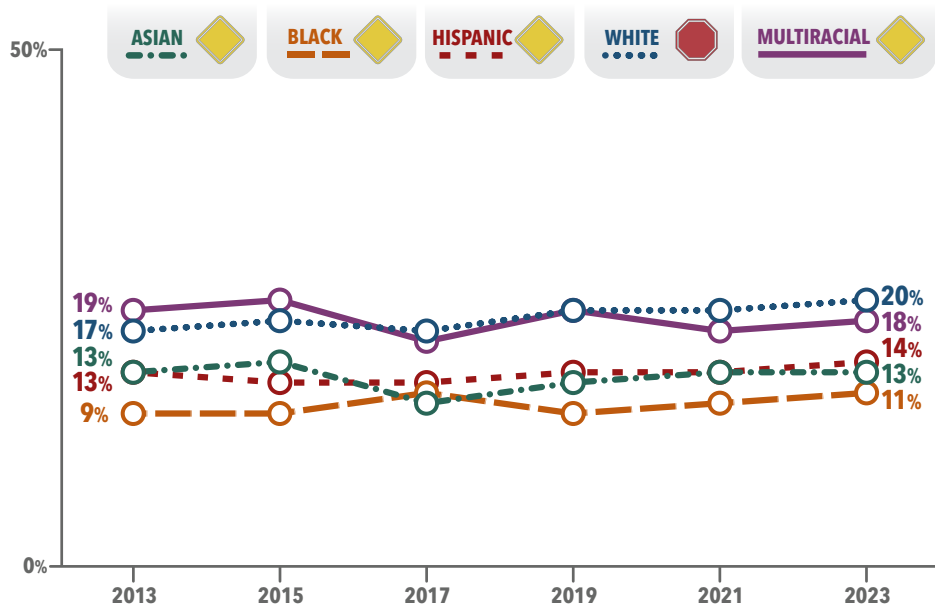


### 2-Year Change by Sex

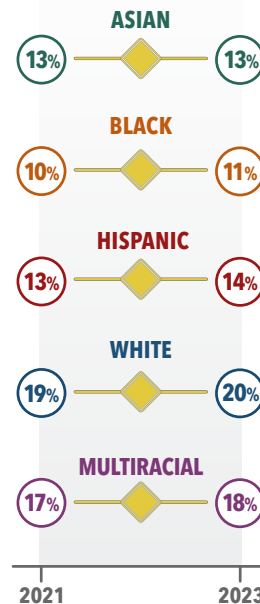


The percentage of female students who were electronically bullied did not change from 2013 to 2021 or from 2021 to 2023. The percentage of male students who were electronically bullied increased from 2013 to 2023 but did not change from 2021 to 2023.

### 10-Year Trend by Race & Ethnicity



### 2-Year Change by Race & Ethnicity



The percentage of students from most racial and ethnic groups who were electronically bullied did not change from 2013 to 2023 or from 2021 to 2023. However, the percentage of White students who were electronically bullied increased from 2013 to 2023.

In right direction

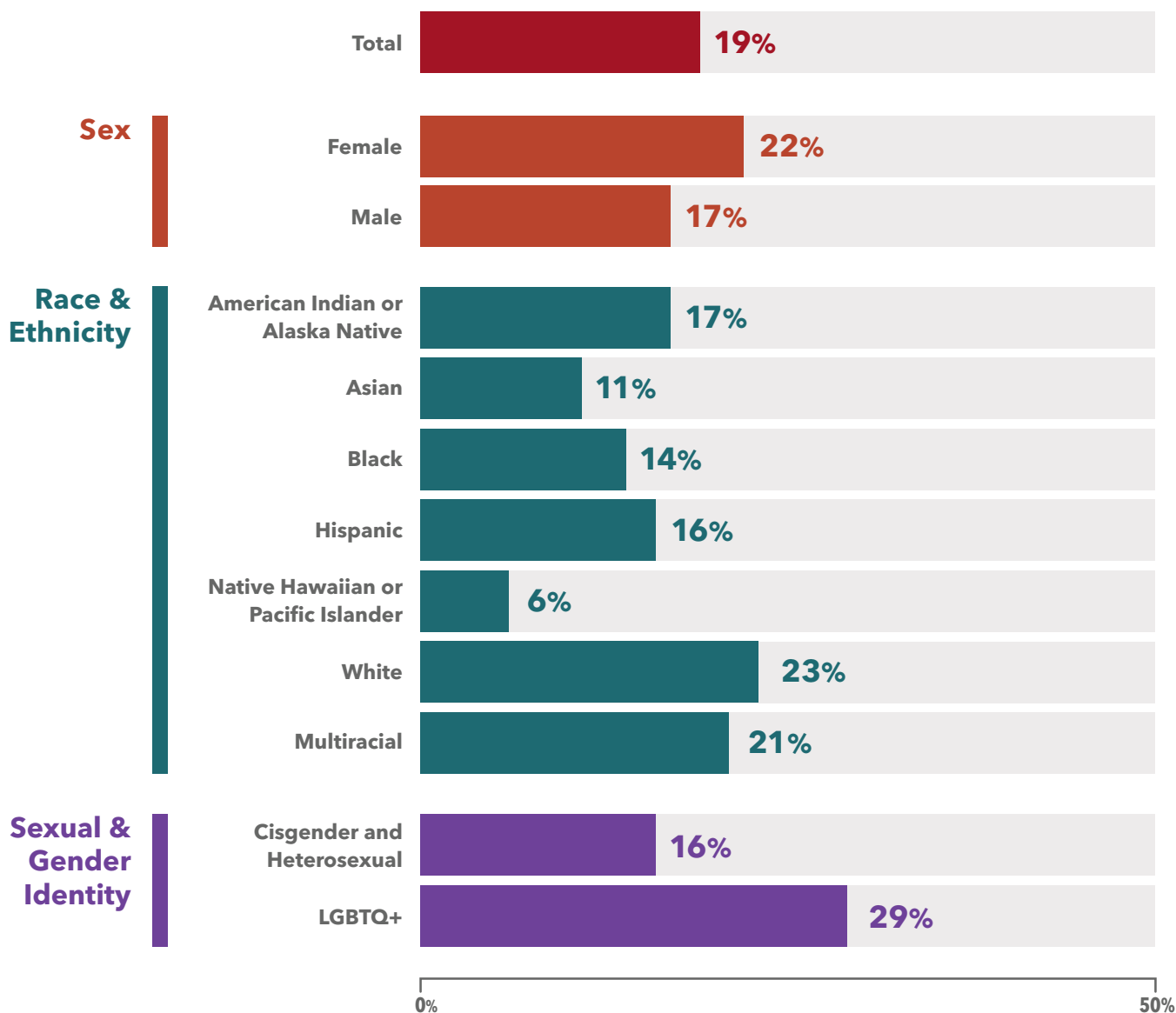
No change

In wrong direction

# BULLIED AT SCHOOL

In 2023, 19% of high school students were bullied on school property during the past year. Female students were more likely than male students to be bullied at school. Asian students and Native Hawaiian or other Pacific Islander students were less likely than Hispanic, White, and Multiracial students to be bullied at school. LGBTQ+ students were more likely than cisgender and heterosexual students to be bullied at school.

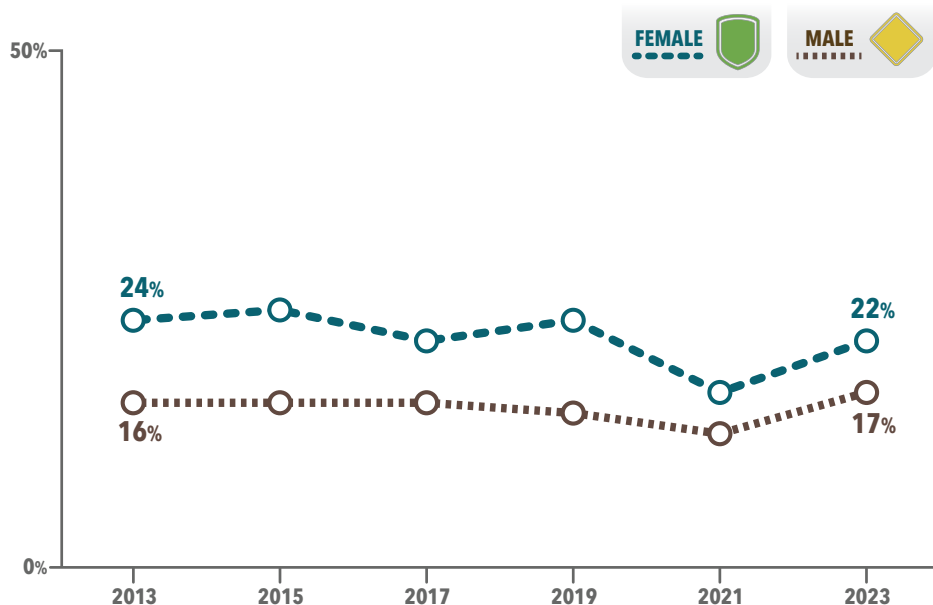
**Percentage of High School Students Who Were Bullied at School During the Past Year, by Demographic Characteristics, United States, YRBS, 2023**



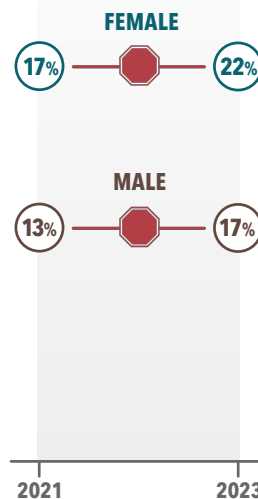
## Trends in the Percentage of High School Students Who

## Were Bullied at School During the Past Year, United States, YRBS, 2013-2023

### 10-Year Trend by Sex

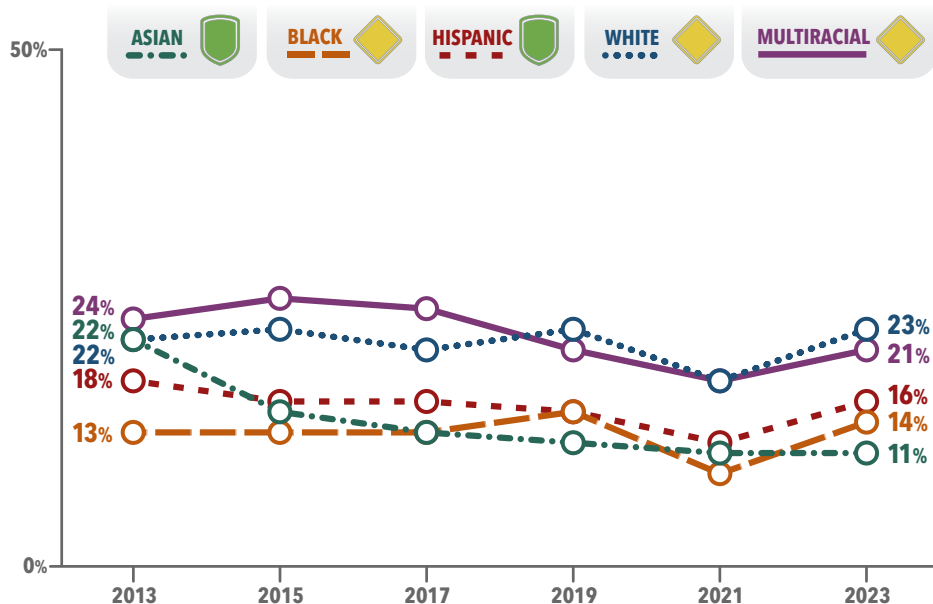


### 2-Year Change by Sex

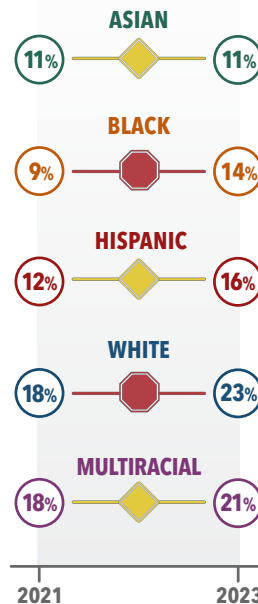


The percentage of female students who were bullied at school decreased from 2013 to 2023 but increased from 2021 to 2023. The percentage of male students who were bullied at school did not change from 2013 to 2021 but increased from 2021 to 2023.

### 10-Year Trend by Race & Ethnicity



### 2-Year Change by Race & Ethnicity



The percentage of Asian and Hispanic students who were bullied at school decreased from 2013 to 2023 but did not change from 2021 to 2023. The percentage of Black and White students who were bullied at school did not change from 2013 to 2023 but increased from 2021 to 2023. The percentage of Multiracial students who were bullied at school did not change across both time periods.

In right direction

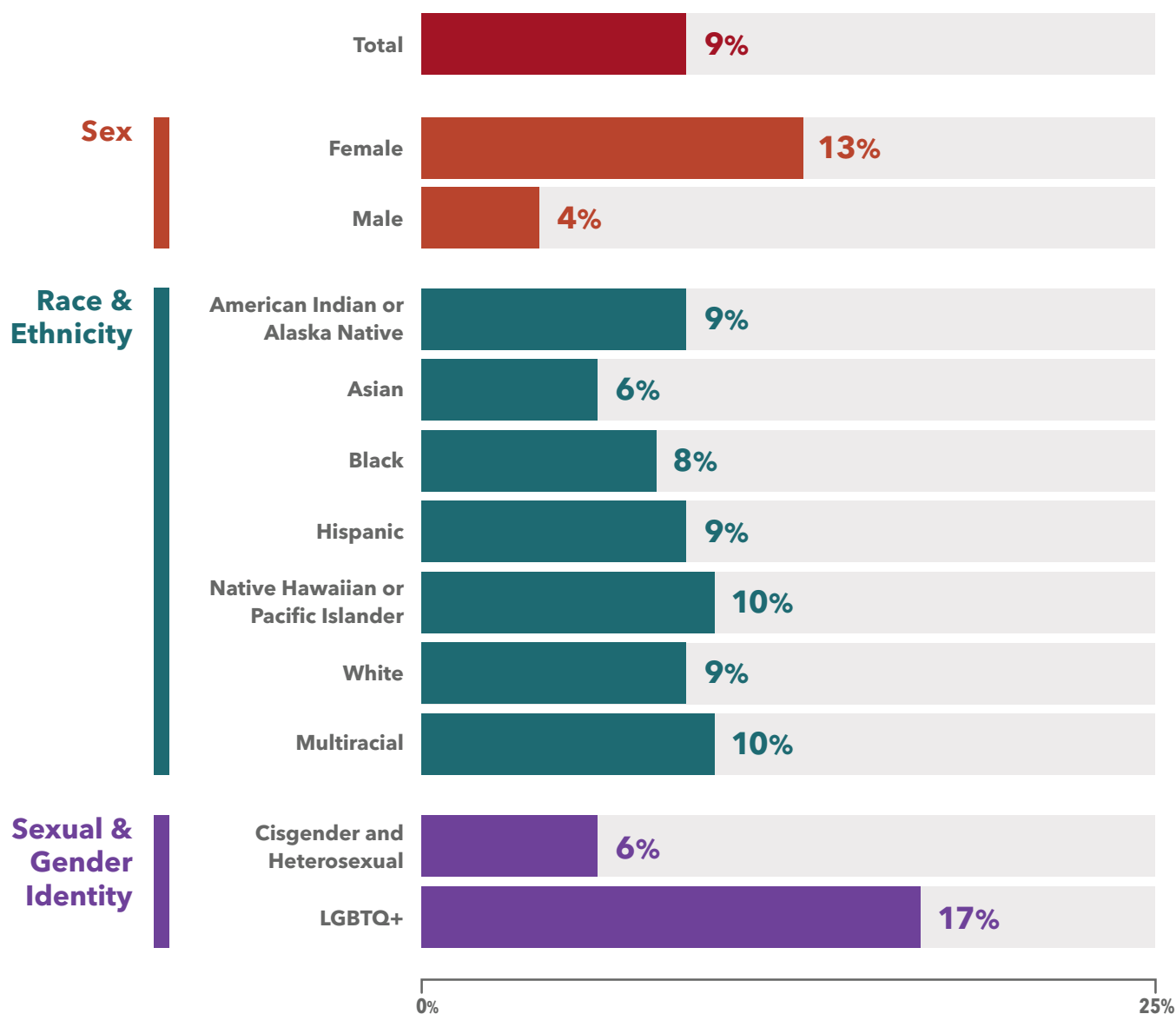
No change

In wrong direction

# EVER FORCED TO HAVE SEX

In 2023, 9% of high school students had ever been physically forced to have sexual intercourse when they did not want to. Female students were more likely than male students to have ever been forced to have sex. LGBTQ+ students were more likely than cisgender and heterosexual students to have ever been forced to have sex.

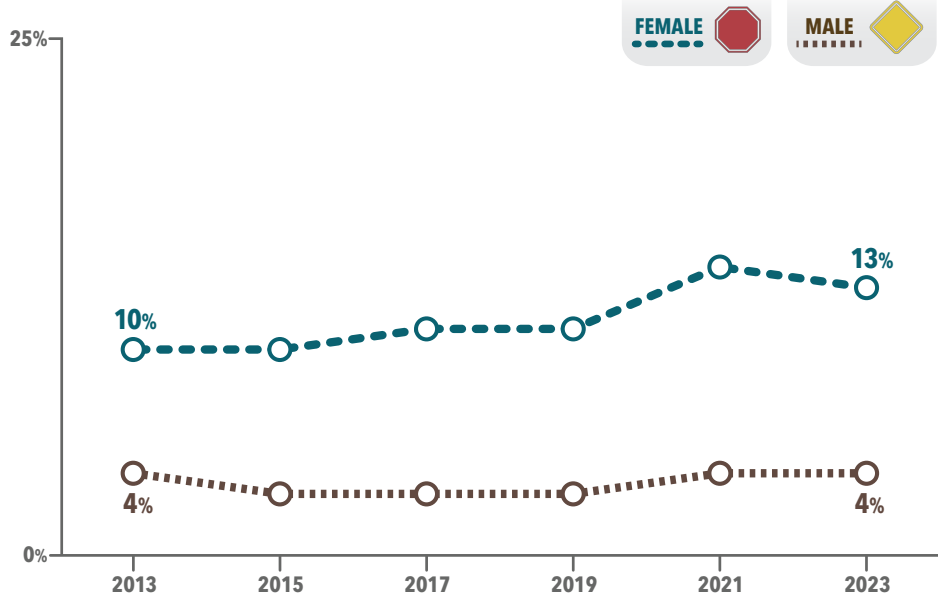
**Percentage of High School Students Who  
Had Ever Been Forced to Have Sex,  
by Demographic Characteristics, United States, YRBS, 2023**



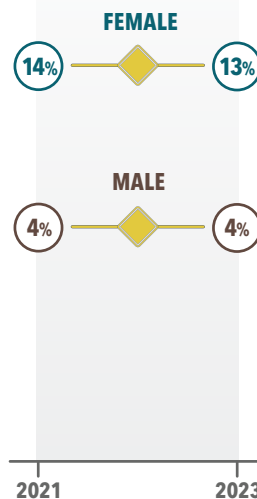
## Trends in the Percentage of High School Students Who

## Had Ever Been Forced to Have Sex, United States, YRBS, 2013-2023

### 10-Year Trend by Sex

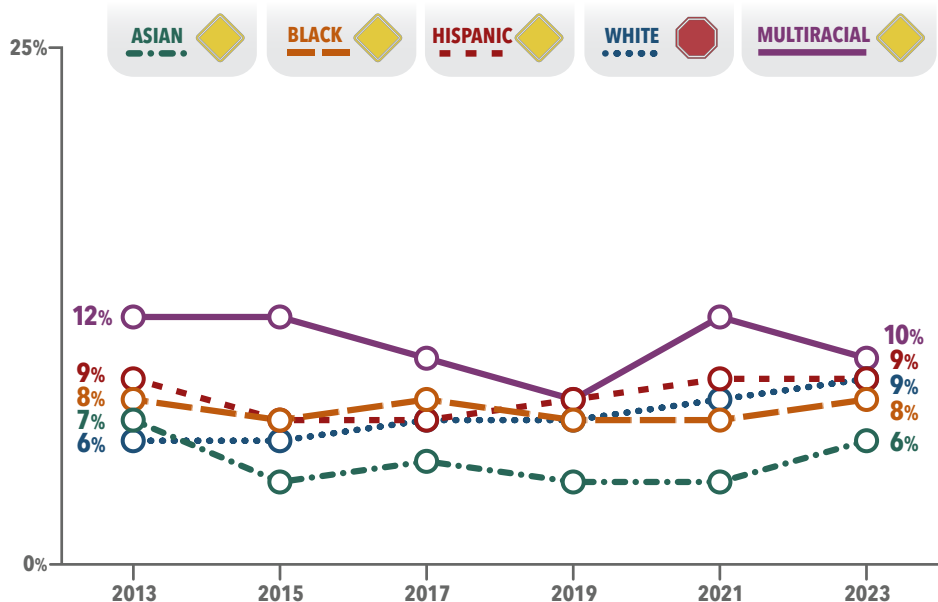


### 2-Year Change by Sex

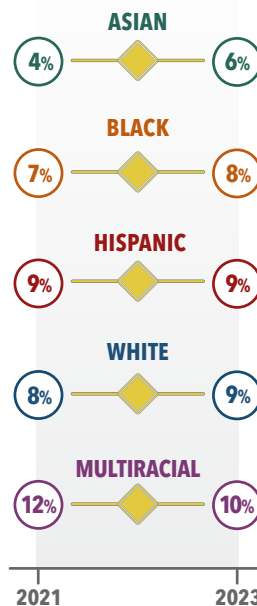


The percentage of female students who were ever forced to have sex increased from 2013 to 2023 but did not change from 2021 to 2023. The percentage of male students who were ever forced to have sex did not change across both time periods.

### 10-Year Trend by Race & Ethnicity



### 2-Year Change by Race & Ethnicity



The percentage of White students who were ever forced to have sex increased from 2013 to 2023 but did not change from 2021 to 2023. The percentage of students from all other groups who were ever forced to have sex did not change across both time periods.

In right direction

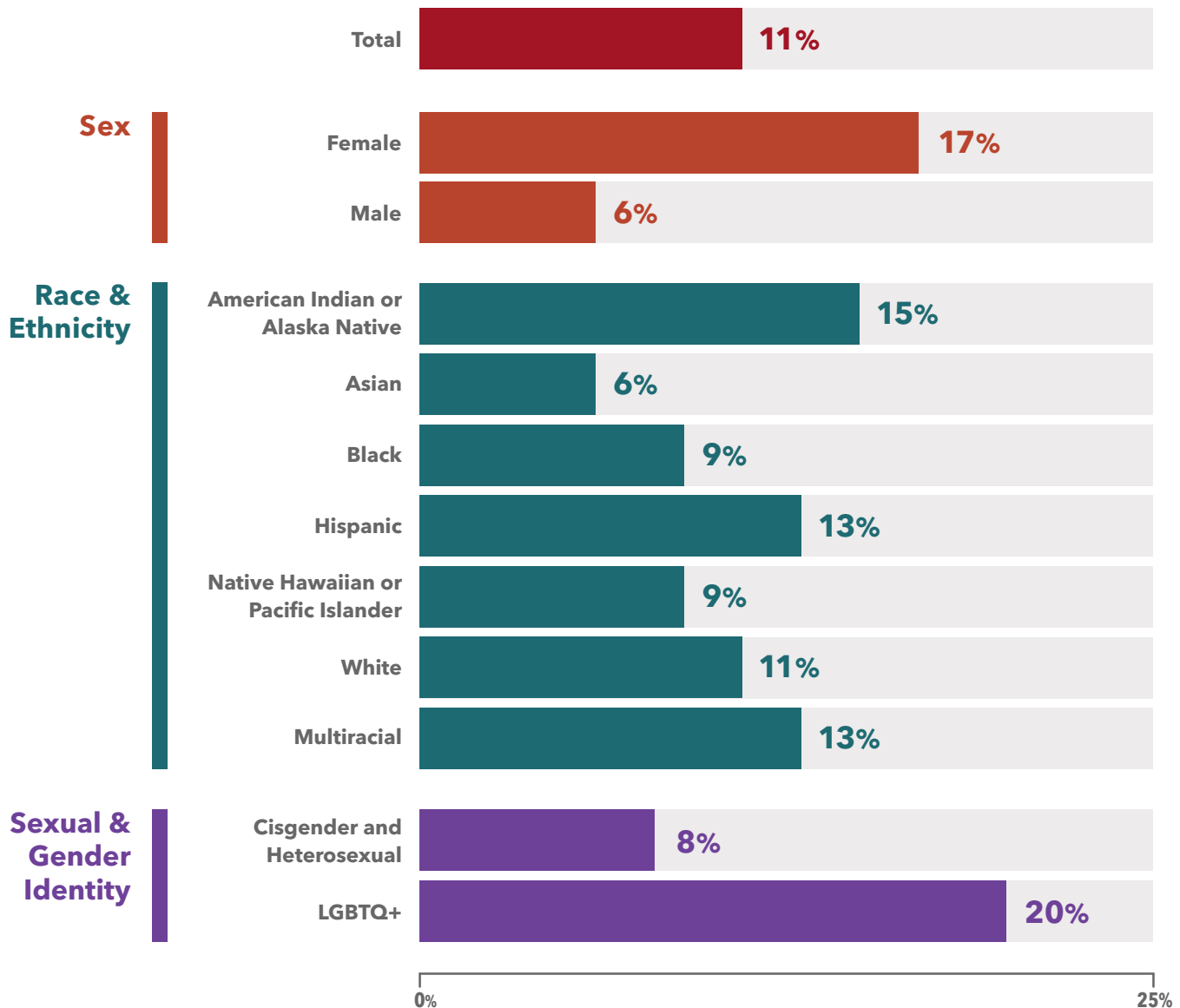
No change

In wrong direction

# SEXUAL VIOLENCE BY ANYONE

In 2023, 11% of high school students were forced by anyone to do sexual things (including kissing, touching, or being physically forced to have sexual intercourse) when they did not want to during the past year. Female students were more likely than male students to experience sexual violence by anyone. Asian students were less likely than students from most other racial and ethnic groups to experience sexual violence by anyone. LGBTQ+ students were more likely than cisgender and heterosexual students to experience sexual violence by anyone.

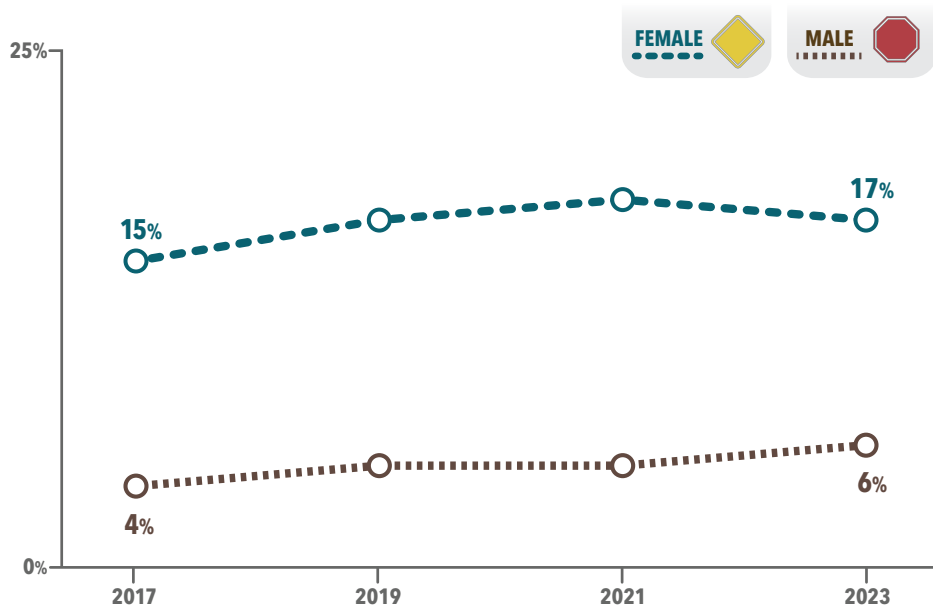
**Percentage of High School Students Who Experienced Sexual Violence by Anyone During the Past Year, by Demographic Characteristics, United States, YRBS, 2023**



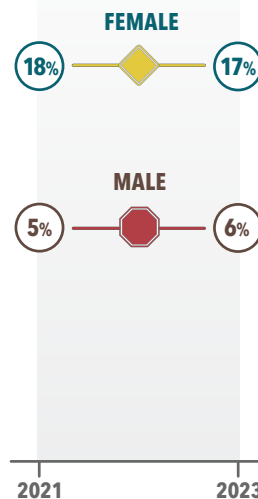
## Trends in the Percentage of High School Students Who

## Experienced Sexual Violence by Anyone During the Past Year, United States, YRBS, 2017-2023

### 6-Year Trend by Sex

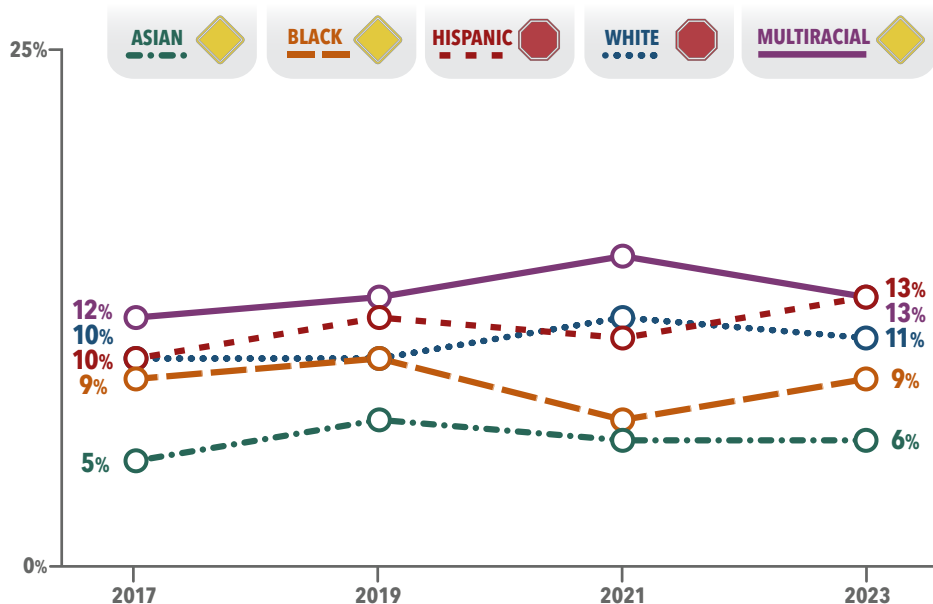


### 2-Year Change by Sex

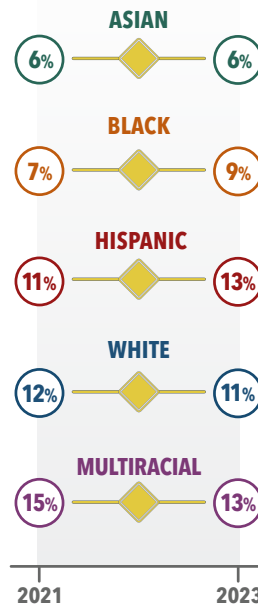


The percentage of male students who experienced sexual violence by anyone increased from 2017 to 2023 and from 2021 to 2023. The percentage of female students who experienced sexual violence did not change across both time periods.

### 6-Year Trend by Race & Ethnicity



### 2-Year Change by Race & Ethnicity



The percentage of Hispanic and White students who experienced sexual violence by anyone increased from 2017 to 2023 but did not change from 2021 to 2023. The percentage of students from all other groups who experienced sexual violence did not change across both time periods.

In right direction



No change



In wrong direction



# FOCUS AREA

## MENTAL HEALTH AND SUICIDAL THOUGHTS AND BEHAVIORS

|                                                                                  |    |
|----------------------------------------------------------------------------------|----|
| Progress At a Glance for Mental Health and Suicidal Thoughts and Behaviors ..... | 54 |
| Key Findings for Mental Health and Suicidal Thoughts and Behaviors ..            | 55 |
| Persistent Feelings of Sadness or Hopelessness .....                             | 56 |
| Poor Mental Health .....                                                         | 58 |
| Seriously Considered Attempting Suicide .....                                    | 60 |
| Made a Suicide Plan .....                                                        | 62 |
| Attempted Suicide .....                                                          | 64 |
| Injured in a Suicide Attempt .....                                               | 66 |

## PROGRESS AT A GLANCE FOR

# MENTAL HEALTH AND SUICIDAL THOUGHTS AND BEHAVIORS

Nearly all indicators of poor mental health and suicidal thoughts and behaviors worsened from 2013 to 2023. Specifically, there were increases in the percentage of students who experienced persistent feelings of sadness or hopelessness, seriously considered attempting suicide, made a suicide plan, and attempted suicide.

Two-year changes show a recent decrease in the percentage of high school students who experienced persistent feelings of sadness or hopelessness from 2021 to 2023. All other experiences and behaviors did not change.

| The Percentage of High School Students Who:*                                  | 2013 Total | 2015 Total | 2017 Total | 2019 Total | 2021 Total | 2023 Total | Trend (All Years Available)                                                           | 2-Year Change (2021-2023)                                                             |
|-------------------------------------------------------------------------------|------------|------------|------------|------------|------------|------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| Experienced persistent feelings of sadness or hopelessness                    | 30         | 30         | 31         | 37         | 42         | 40         |  |  |
| Experienced poor mental health†                                               | —          | —          | —          | —          | 29         | 29         | —                                                                                     |  |
| Seriously considered attempting suicide                                       | 17         | 18         | 17         | 19         | 22         | 20         |  |  |
| Made a suicide plan                                                           | 14         | 15         | 14         | 16         | 18         | 16         |  |  |
| Attempted suicide                                                             | 8          | 9          | 7          | 9          | 10         | 9          |  |  |
| Were injured in a suicide attempt that had to be treated by a doctor or nurse | 3          | 3          | 2          | 3          | 3          | 2          |  |  |

\*For the complete wording of YRBS questions, refer to Appendix A.

†Question introduced in 2021.



In wrong direction



No change



In right direction

## KEY FINDINGS FOR

# MENTAL HEALTH AND SUICIDAL THOUGHTS AND BEHAVIORS

IN 2023

**4 in 10** high school students experienced **persistent feelings of sadness or hopelessness**.

**2 in 10** students **seriously considered attempting suicide** and almost **1 in 10** students **attempted suicide**.

**Female** and **LGBTQ+** students were **more likely** than their peers to experience **persistent feelings of sadness or hopelessness, poor mental health, and suicidal thoughts and behaviors**.

From 2021 to 2023

**Hispanic students** experienced **decreases** in multiple measures of **poor mental health** and **suicidal thoughts and behaviors**.

The percentage of **female students** who **felt persistently sad or hopeless** decreased.

The percentage of **Black students** who **attempted suicide** and who were **injured in a suicide attempt** decreased.

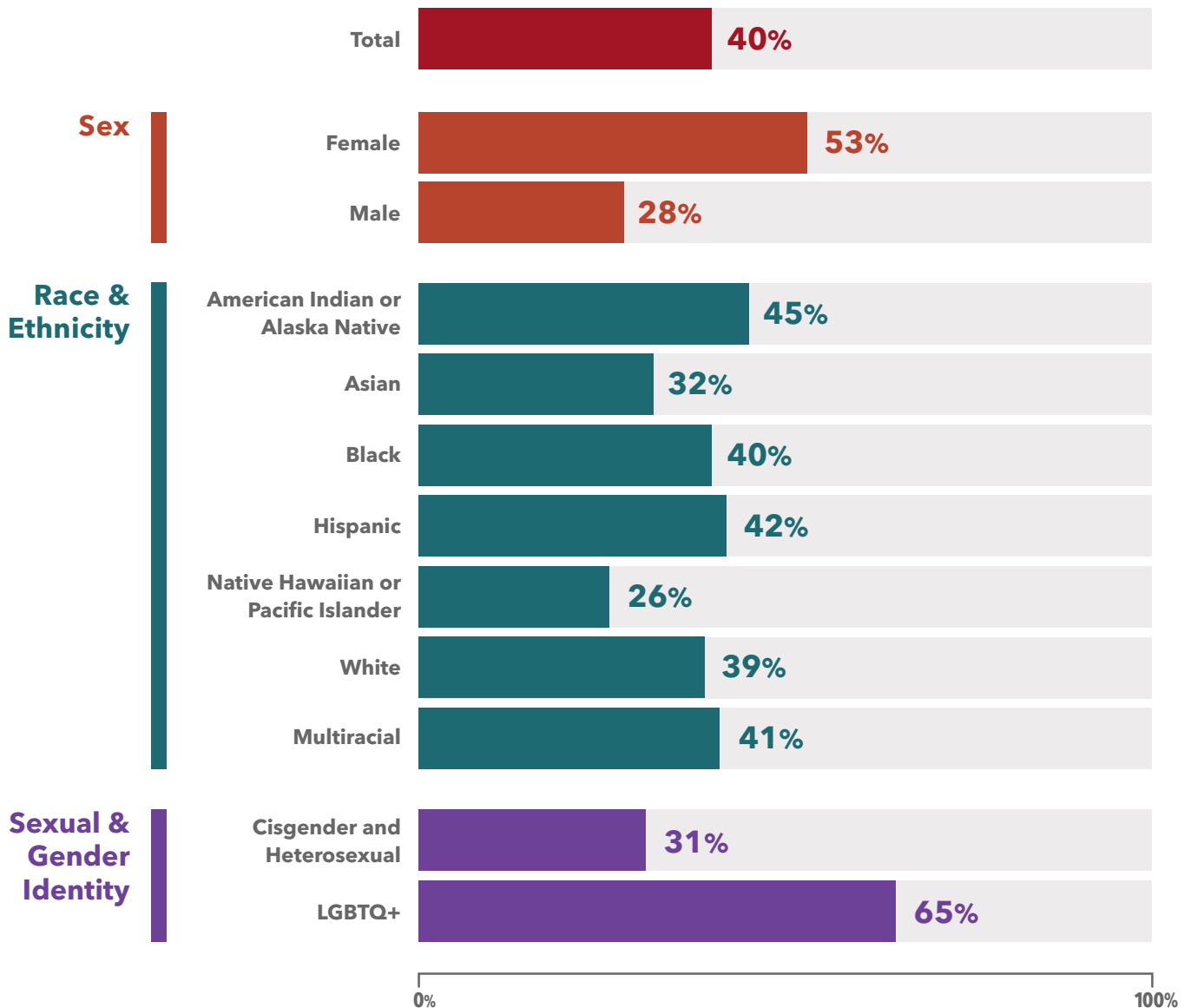


# PERSISTENT FEELINGS OF SADNESS OR HOPELESSNESS

In 2023, 40% of high school students felt so sad or hopeless almost every day for at least two weeks in a row that they stopped doing their usual activities. Female students were more likely than male students to experience persistent feelings of sadness or hopelessness. Asian students were less likely than students from most other racial and ethnic groups to experience persistent feelings of sadness or hopelessness. LGBTQ+ students were more likely than cisgender and heterosexual students to experience persistent feelings of sadness or hopelessness.

## Percentage of High School Students Who

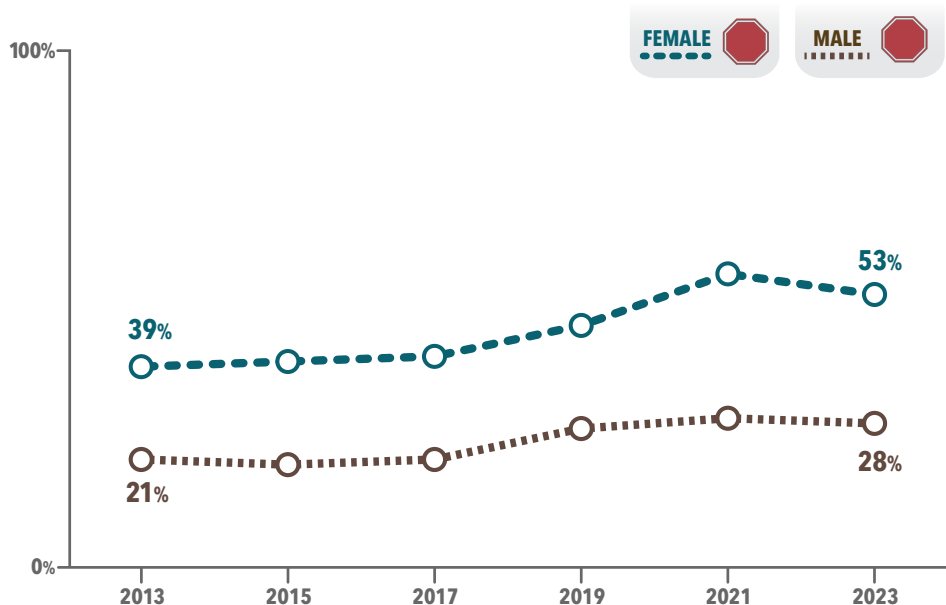
Experienced **Persistent Feelings of Sadness or Hopelessness** During the Past Year, by Demographic Characteristics, United States, YRBS, 2023



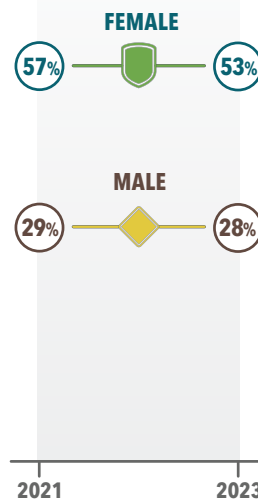
## Trends in the Percentage of High School Students Who

## Experienced Persistent Feelings of Sadness or Hopelessness During the Past Year, United States, YRBS, 2013-2023

### 10-Year Trend by Sex

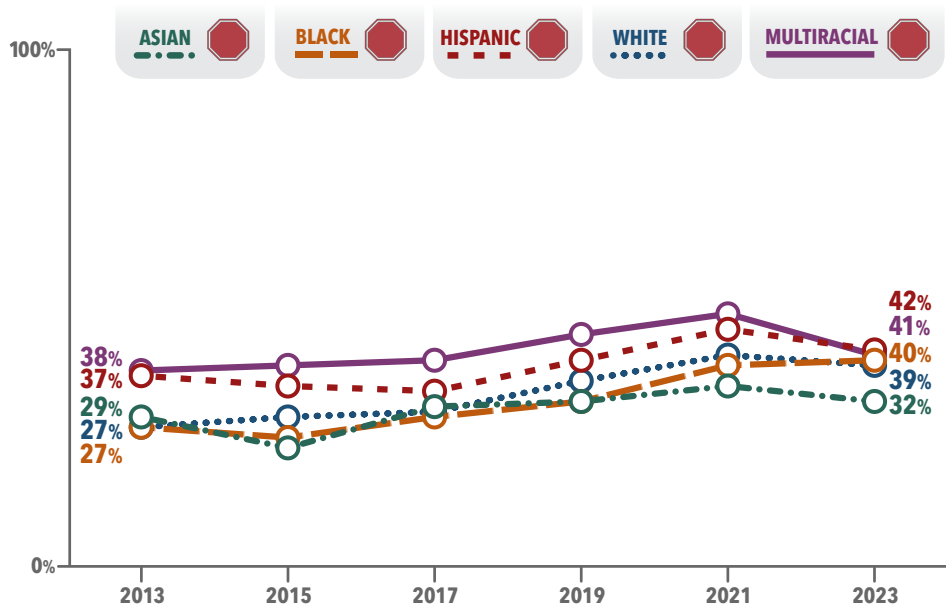


### 2-Year Change by Sex

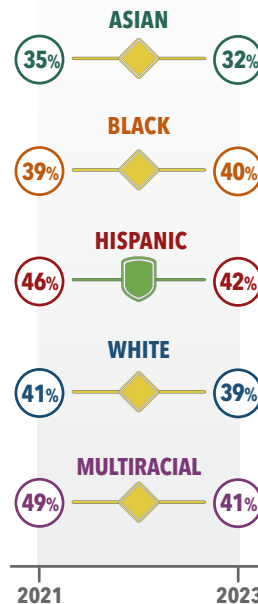


The percentage of female students who experienced persistent feelings of sadness or hopelessness increased from 2013 to 2023 but decreased from 2021 to 2023. The percentage of male students who experienced persistent feelings of sadness or hopelessness increased from 2013 to 2023 but did not change from 2021 to 2023.

### 10-Year Trend by Race & Ethnicity



### 2-Year Change by Race & Ethnicity



The percentage of students in all racial and ethnic groups who experienced persistent feelings of sadness or hopelessness increased from 2013 to 2023. For most groups, the percentage of students who experienced persistent feelings of sadness or hopelessness did not change from 2021 to 2023. However, the percentage of Hispanic students who experienced persistent feelings of sadness or hopelessness decreased during this time.

In right direction

No change

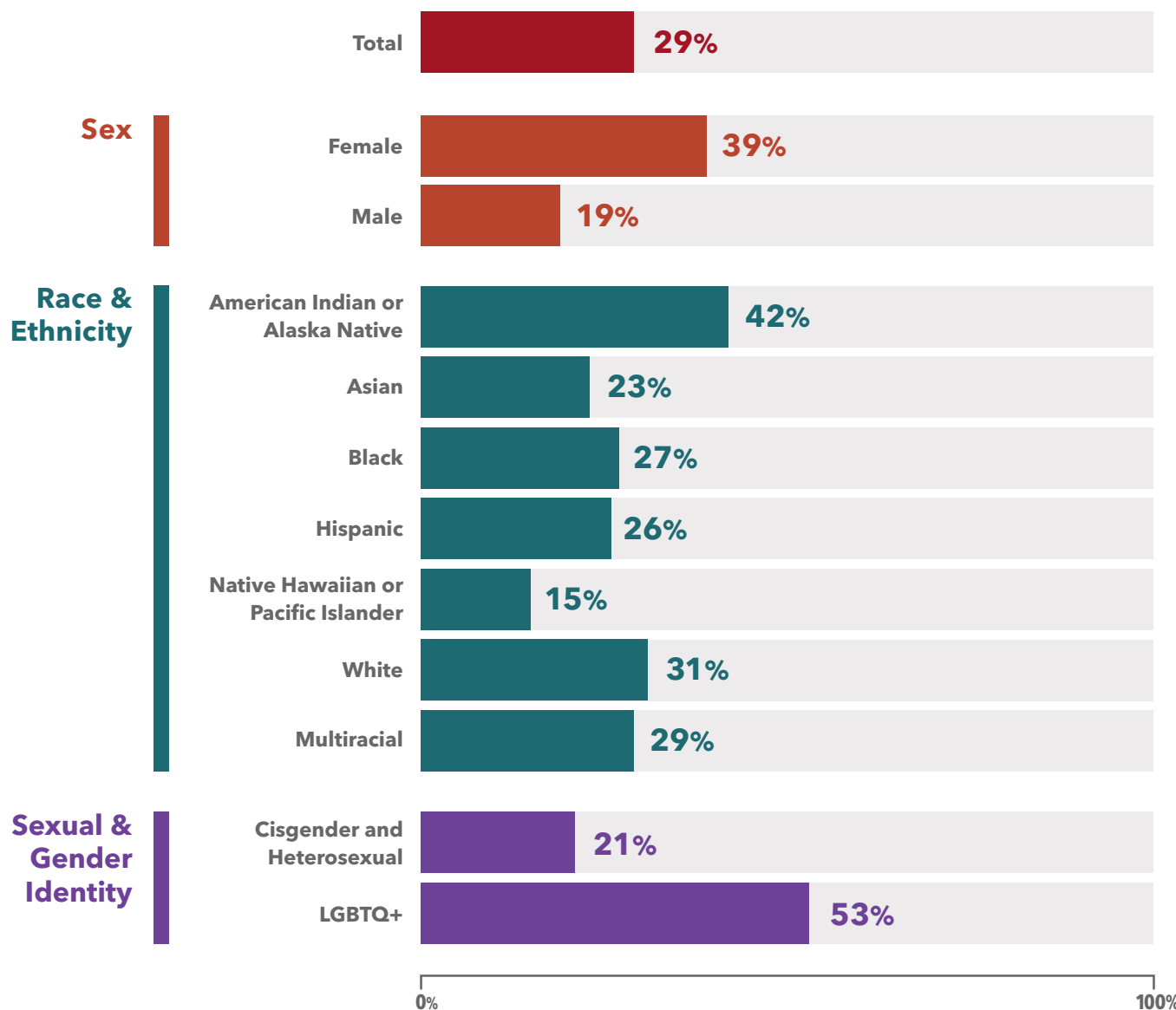
In wrong direction

# POOR MENTAL HEALTH

In 2023, 29% of high school students experienced poor mental health during the past 30 days. Female students were more likely than male students to experience poor mental health. White students were more likely than Asian, Black, and Hispanic students to experience poor mental health. LGBTQ+ students were more likely than cisgender and heterosexual students to experience poor mental health.

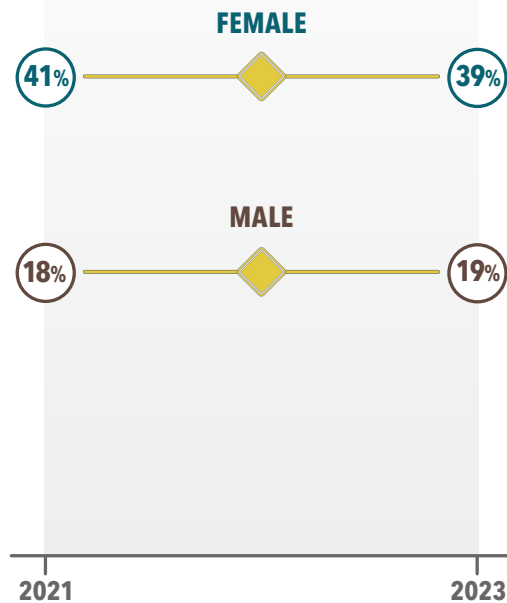
## Percentage of High School Students Who

Experienced **Poor Mental Health** During the Past 30 Days,  
by Demographic Characteristics, United States, YRBS, 2023



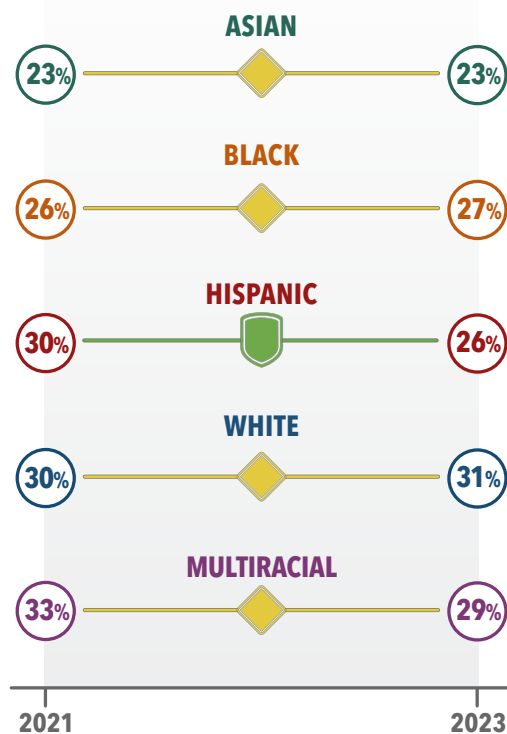
### 2-Year Change by Sex

The percentage of female and male students who experienced poor mental health during the past month did not change from 2021 to 2023.



### 2-Year Change by Race & Ethnicity

The percentage of Hispanic students who experienced poor mental health during the past month decreased from 2021 to 2023. The percentage of students from all other groups who experienced poor mental health did not change.



In right direction

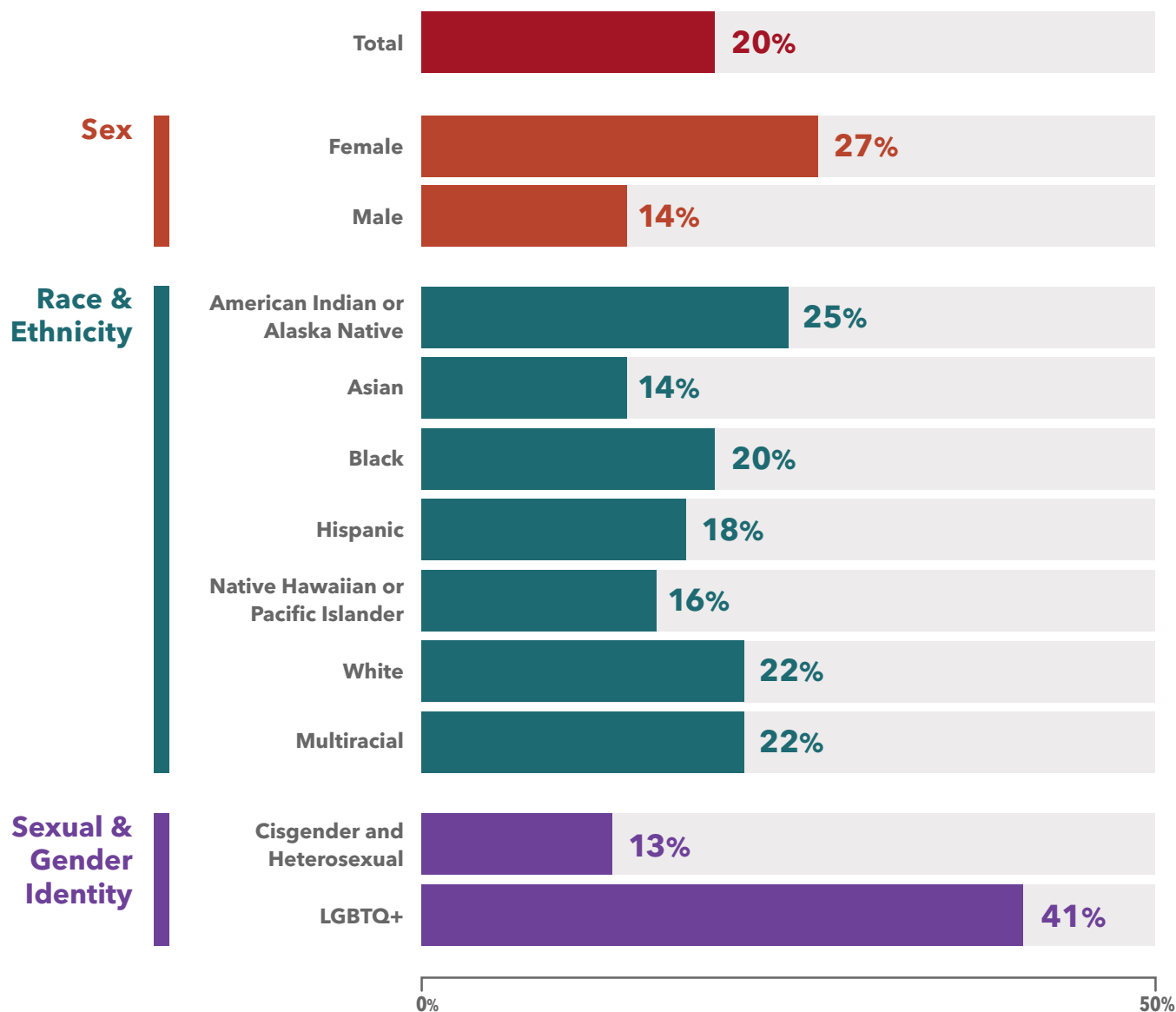
No change

In wrong direction

# SERIOUSLY CONSIDERED ATTEMPTING SUICIDE

In 2023, 20% of all high school students seriously considered attempting suicide during the past year. Female students were more likely than male students to seriously consider attempting suicide. Asian students were less likely than students from most other racial and ethnic groups to seriously consider attempting suicide. LGBTQ+ students were more likely than cisgender and heterosexual students to seriously consider attempting suicide.

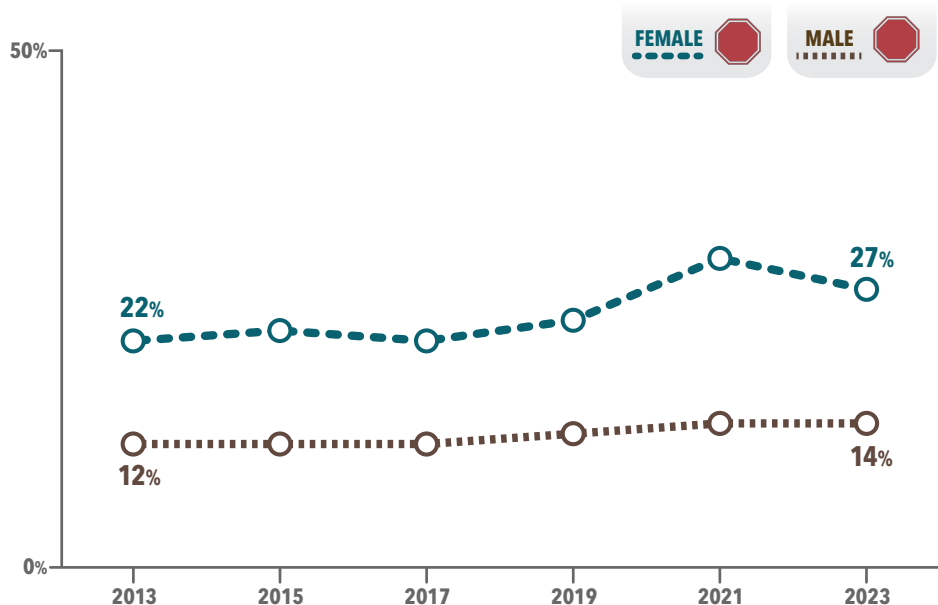
**Percentage of High School Students Who  
Seriously Considered Attempting Suicide During the Past Year,  
by Demographic Characteristics, United States, YRBS, 2023**



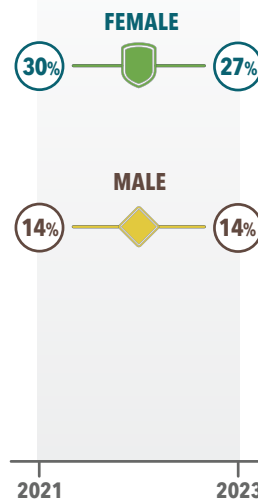
## Trends in the Percentage of High School Students Who

## Seriously Considered Attempting Suicide During the Past Year, United States, YRBS, 2013-2023

### 10-Year Trend by Sex

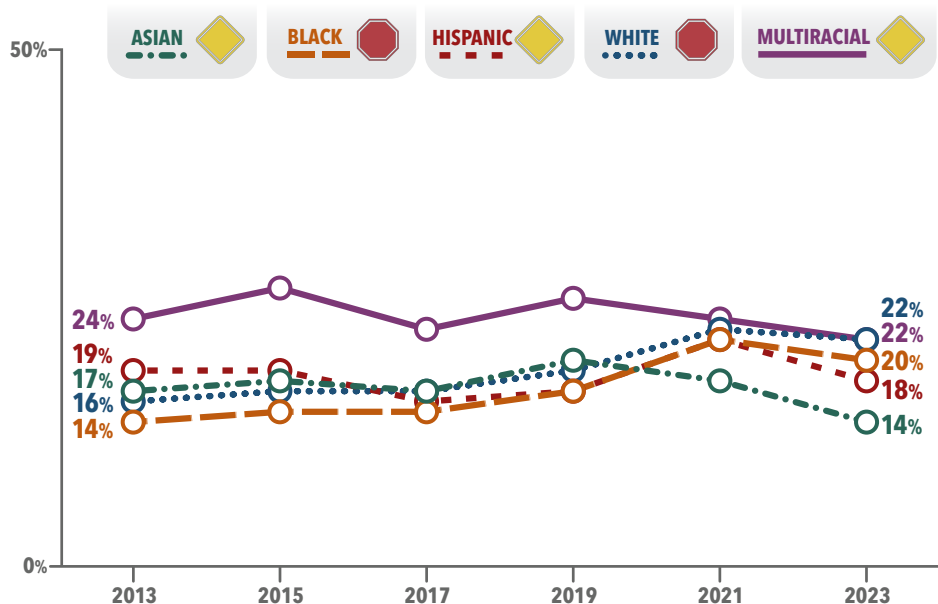


### 2-Year Change by Sex

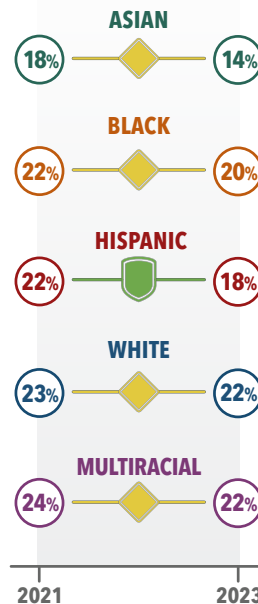


The percentage of female students who seriously considered attempting suicide increased from 2013 to 2023 but decreased from 2021 to 2023. The percentage of male students who seriously considered attempting suicide increased from 2013 to 2023 but did not change from 2021 to 2023.

### 10-Year Trend by Race & Ethnicity



### 2-Year Change by Race & Ethnicity



The percentage of Black and White students who seriously considered attempting suicide increased from 2013 to 2023 but did not change from 2021 to 2023. The percentage of Hispanic students who seriously considered attempting suicide did not change from 2013 to 2023 but decreased from 2021 to 2023. The percentage of Asian and Multiracial students who seriously considered attempting suicide did not change across both time periods.

In right direction



No change



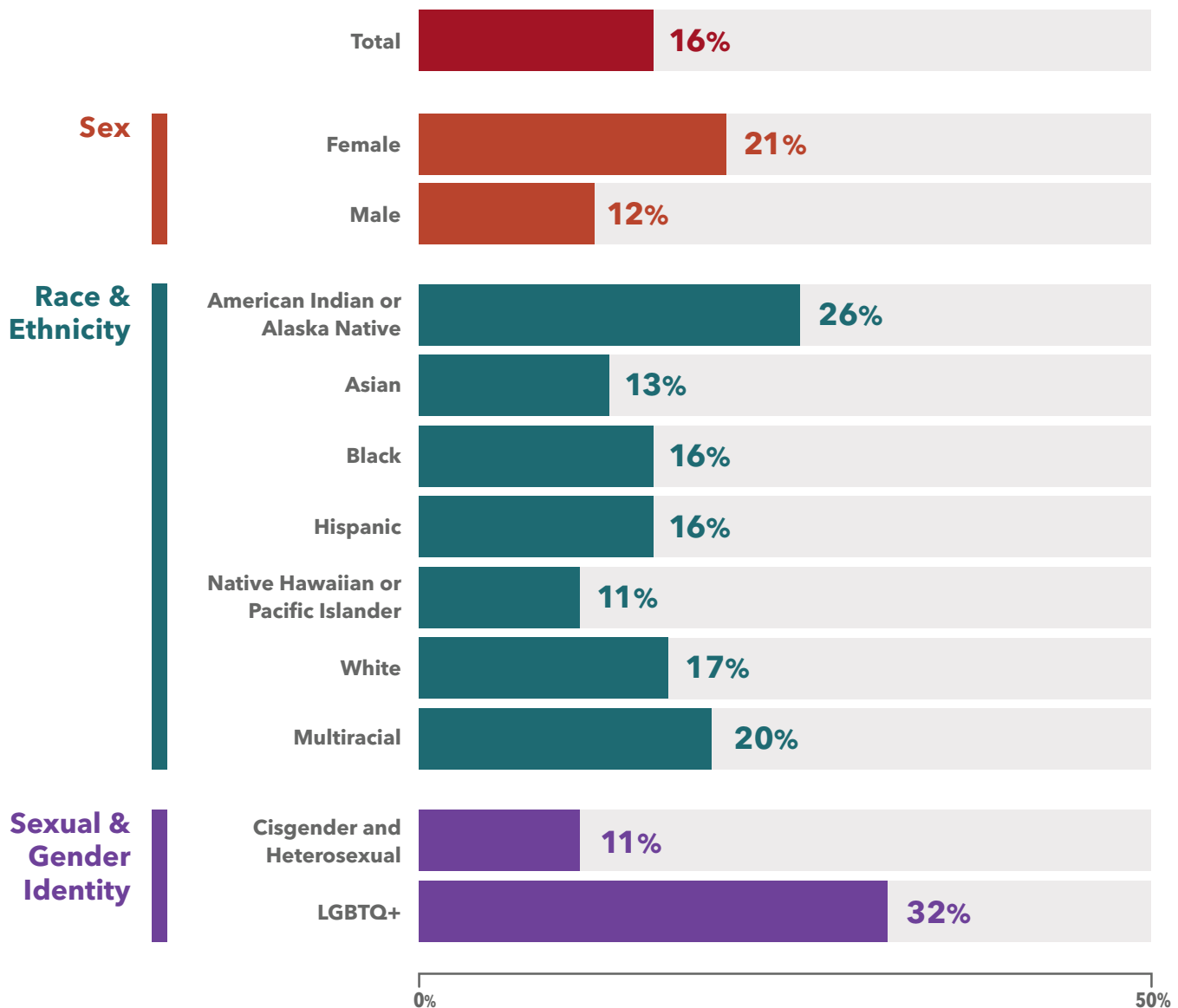
In wrong direction



# MADE A SUICIDE PLAN

In 2023, 16% of high school students made a suicide plan during the past year. Female students were more likely than male students to make a suicide plan. Asian students were less likely than students from most other racial and ethnic groups to make a suicide plan. LGBTQ+ students were more likely than cisgender and heterosexual students to make a suicide plan.

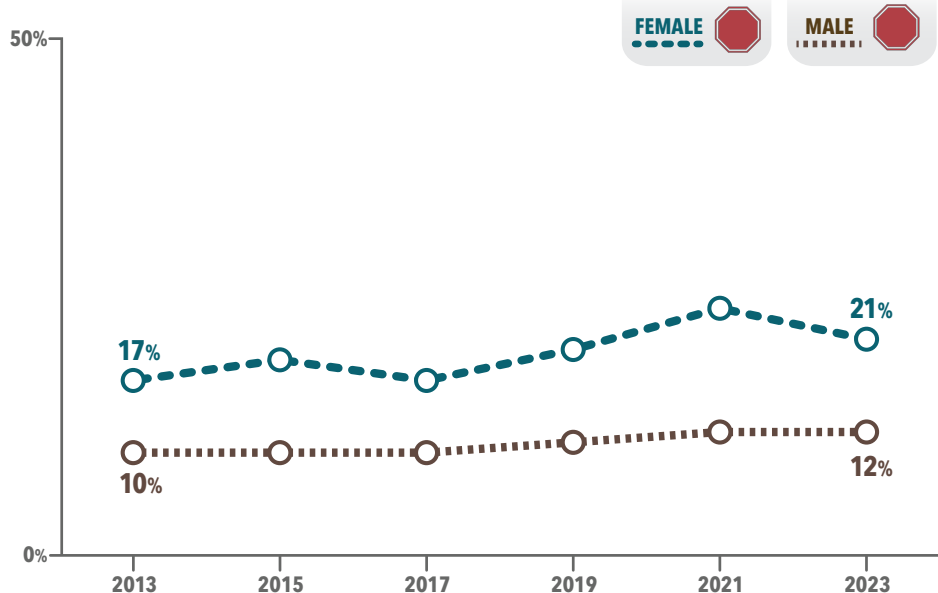
**Percentage of High School Students Who  
Made a Suicide Plan During the Past Year,  
by Demographic Characteristics, United States, YRBS, 2023**



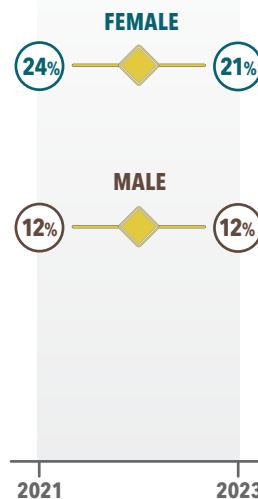
## Trends in the Percentage of High School Students Who

## Made a Suicide Plan During the Past Year, United States, YRBS, 2013-2023

### 10-Year Trend by Sex

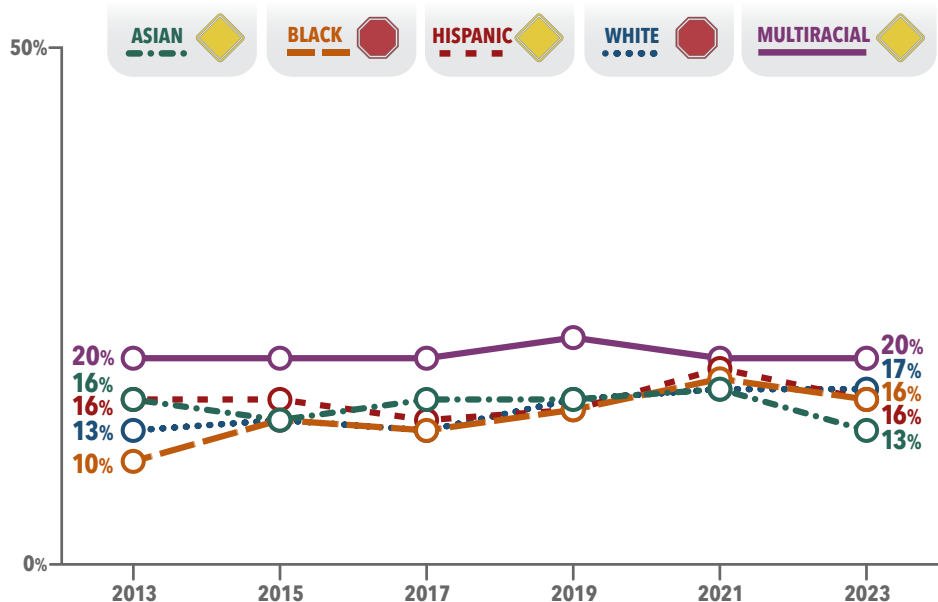


### 2-Year Change by Sex

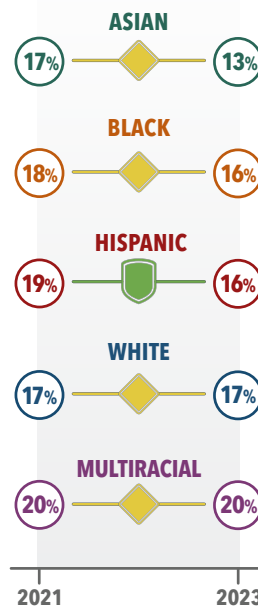


The percentage of female and male students who made a suicide plan increased from 2013 to 2023 but did not change from 2021 to 2023.

### 10-Year Trend by Race & Ethnicity



### 2-Year Change by Race & Ethnicity



The percentage of Black and White students who made a suicide plan increased from 2013 to 2023 but did not change from 2021 to 2023. The percentage of Hispanic students who made a suicide plan did not change from 2013 to 2023 but decreased from 2021 to 2023. The percentage of Asian and Multiracial students who made a suicide plan did not change across both time periods.

In right direction

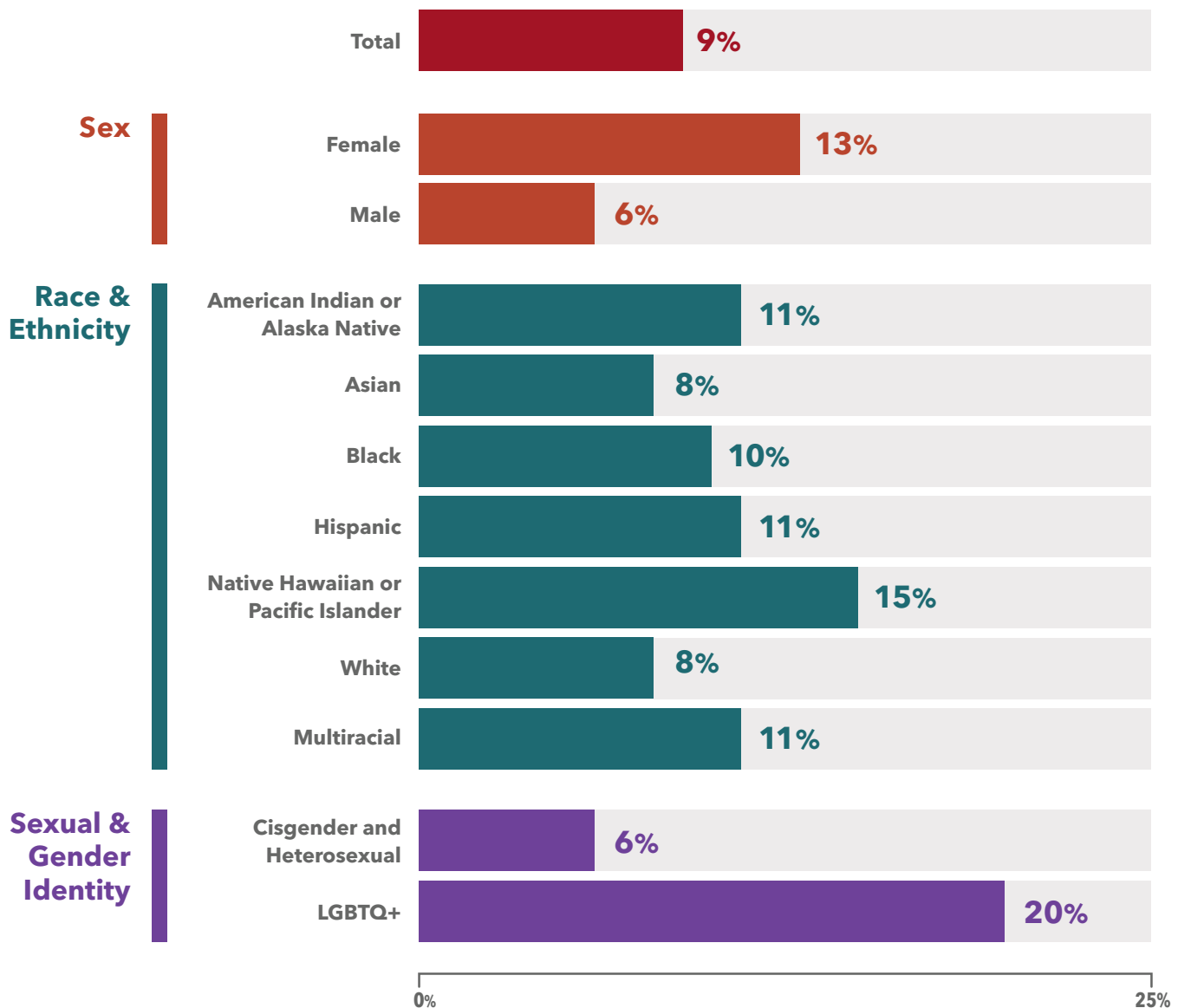
No change

In wrong direction

# ATTEMPTED SUICIDE

In 2023, 9% of high school students attempted suicide one or more times during the past year. Female students were more likely than male students to attempt suicide. LGBTQ+ students were more likely than cisgender and heterosexual students to attempt suicide.

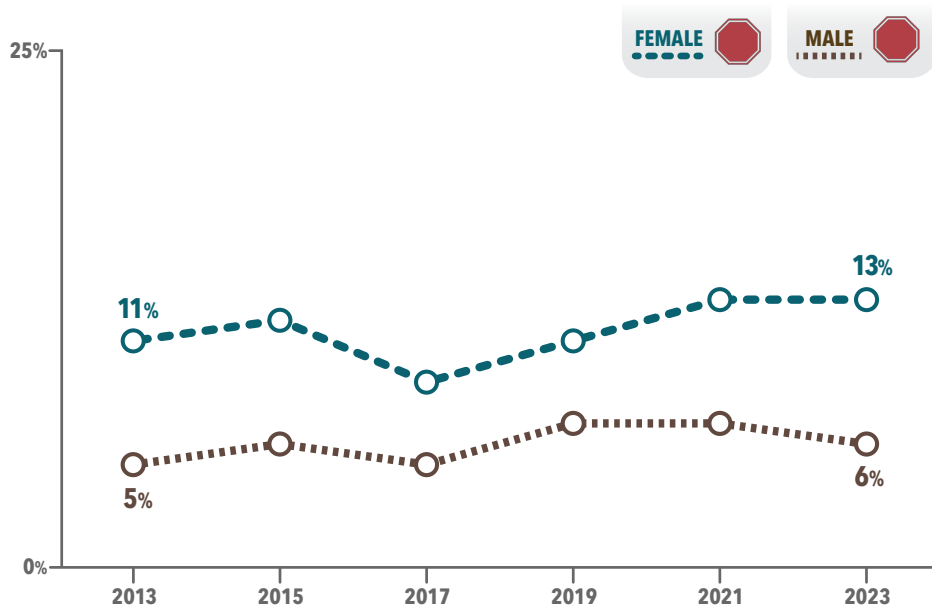
**Percentage of High School Students Who Attempted Suicide During the Past Year, by Demographic Characteristics, United States, YRBS, 2023**



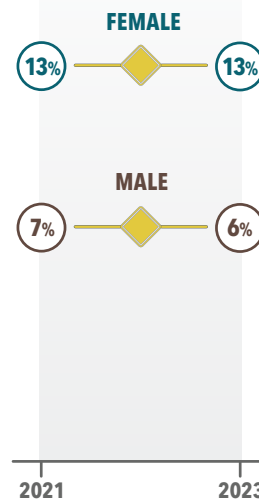
## Trends in the Percentage of High School Students Who

## Attempted Suicide During the Past Year, United States, YRBS, 2013-2023

### 10-Year Trend by Sex

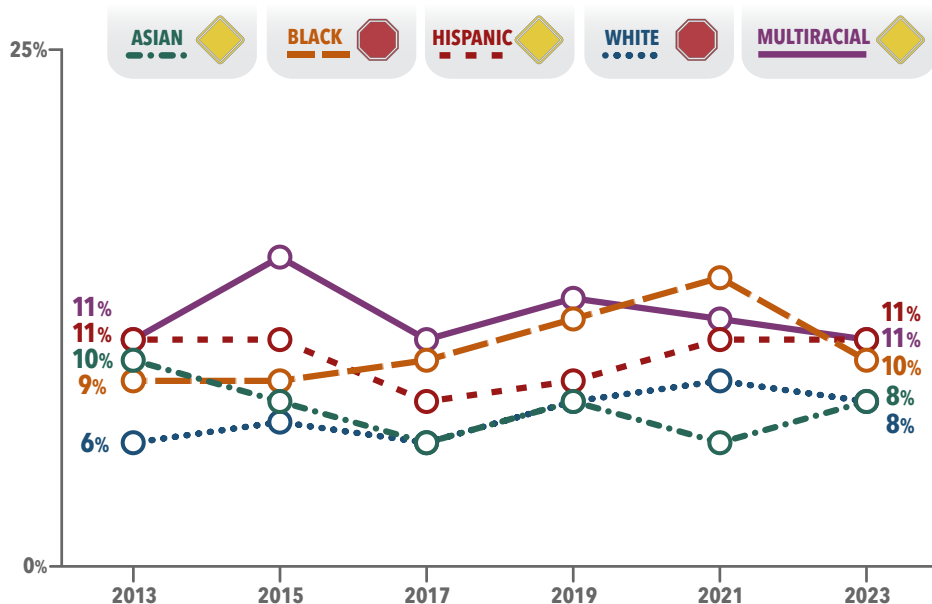


### 2-Year Change by Sex

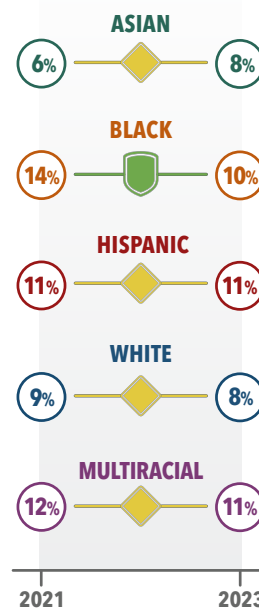


The percentage of female and male students who attempted suicide increased from 2013 to 2023 but did not change from 2021 to 2023.

### 10-Year Trend by Race & Ethnicity



### 2-Year Change by Race & Ethnicity



The percentage of Black students who attempted suicide increased from 2013 to 2023 but decreased from 2021 to 2023. The percentage of White students who attempted suicide increased from 2013 to 2023 but did not change from 2021 to 2023. The percentage of students from all other groups who attempted suicide did not change across both time periods.

In right direction



No change



In wrong direction

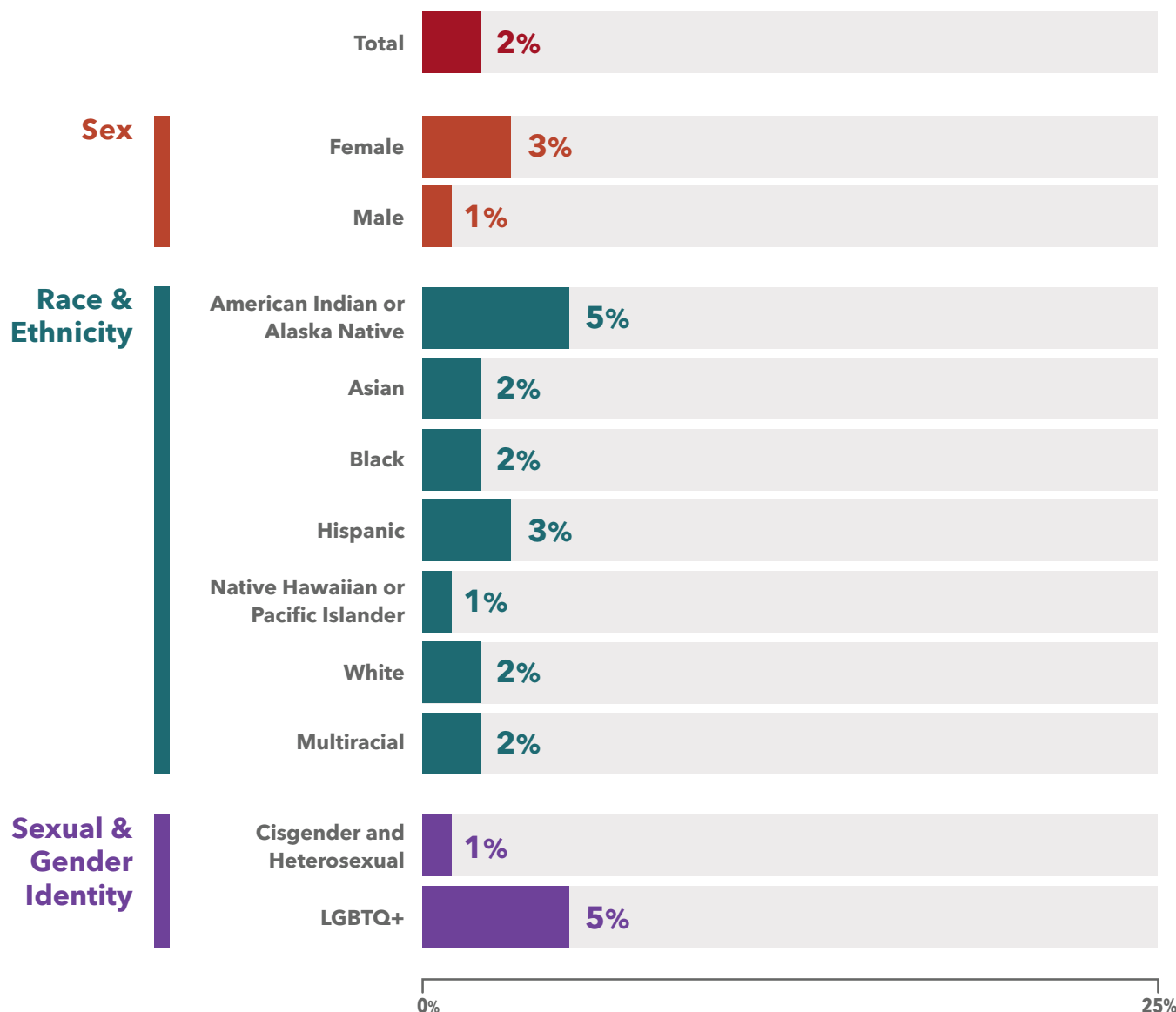


# INJURED IN A SUICIDE ATTEMPT

In 2023, 2% of high school students made a suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse during the past year. Female students were more likely than male students to be injured in a suicide attempt. Native Hawaiian or other Pacific Islander students were less likely than American Indian or Alaska Native, Hispanic, and Multiracial students to be injured in a suicide attempt. LGBTQ+ students were more likely than cisgender and heterosexual students to be injured in a suicide attempt.

## Percentage of High School Students Who

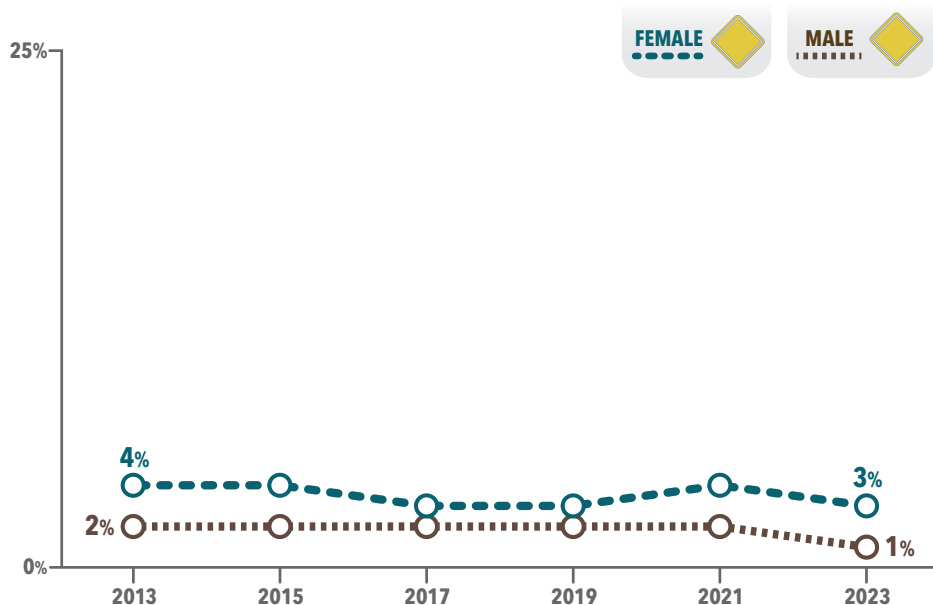
Were Injured in a Suicide Attempt During the Past Year,  
by Demographic Characteristics, United States, YRBS, 2023



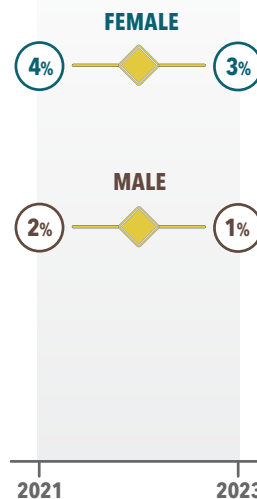
## Trends in the Percentage of High School Students Who

## Were Injured in a Suicide Attempt During the Past Year, United States, YRBS, 2013-2023

### 10-Year Trend by Sex

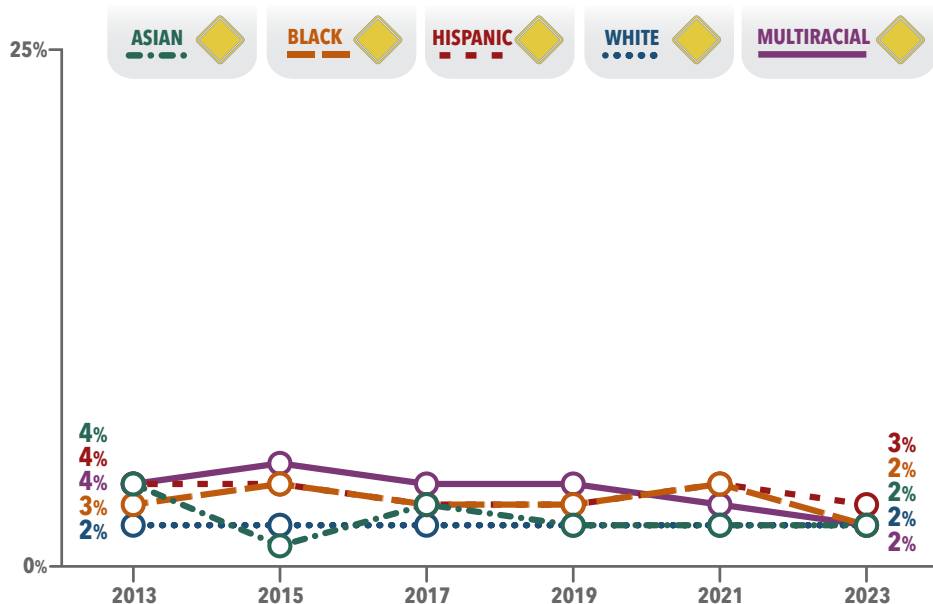


### 2-Year Change by Sex

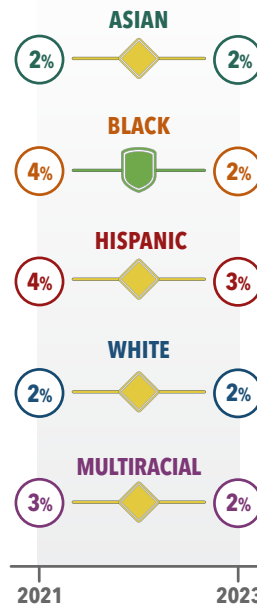


The percentage of female and male students who were injured in a suicide attempt did not change from 2013 to 2023 or from 2021 to 2023.

### 10-Year Trend by Race & Ethnicity



### 2-Year Change by Race & Ethnicity



The percentage of Black students who were injured in a suicide attempt did not change from 2013 to 2023 but decreased from 2021 to 2023. The percentage of students from all other groups who were injured in a suicide attempt did not change across both time periods.

In right direction

No change

In wrong direction

# FOCUS AREA

## NEW AND EMERGING NATIONAL DATA

|                                                       |    |
|-------------------------------------------------------|----|
| Key Findings for New and Emerging National Data ..... | 69 |
| Parental Monitoring .....                             | 70 |
| School Connectedness .....                            | 71 |
| Unstable Housing .....                                | 72 |
| Racism in School .....                                | 73 |
| Unfair Discipline at School .....                     | 74 |
| Social Media Use .....                                | 75 |

## KEY FINDINGS FOR

# NEW AND EMERGING NATIONAL DATA

IN 2023

More than



of high school students **felt close to people** at school.

**Female** and **LGBTQ+** students were **less likely** than their peers to **feel close to people** at school.



More than **three-quarters** of students **used social media** several times a day.

**Female** students were **more likely** than male students to **use social media** several times a day.

Almost **one-third** of students reported that they had ever **experienced racism** in school.



**Asian** students were **more likely** than students from most other racial and ethnic groups to report ever **experiencing racism** in school.

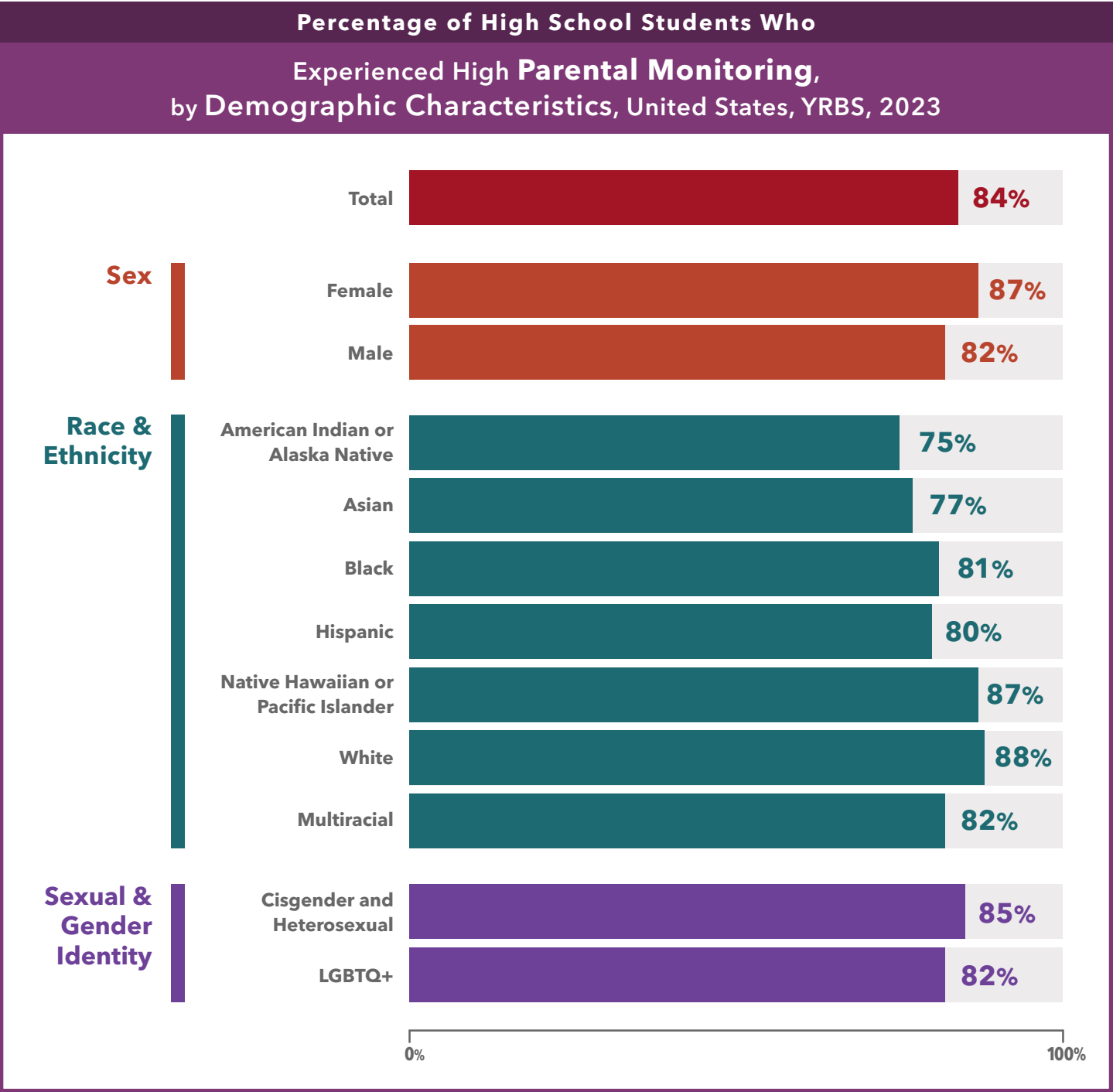
Almost **2 in 10** students reported being **unfairly disciplined** at school.



**Male** students were **more likely** than female students to **report** being **unfairly disciplined** at school.

# PARENTAL MONITORING

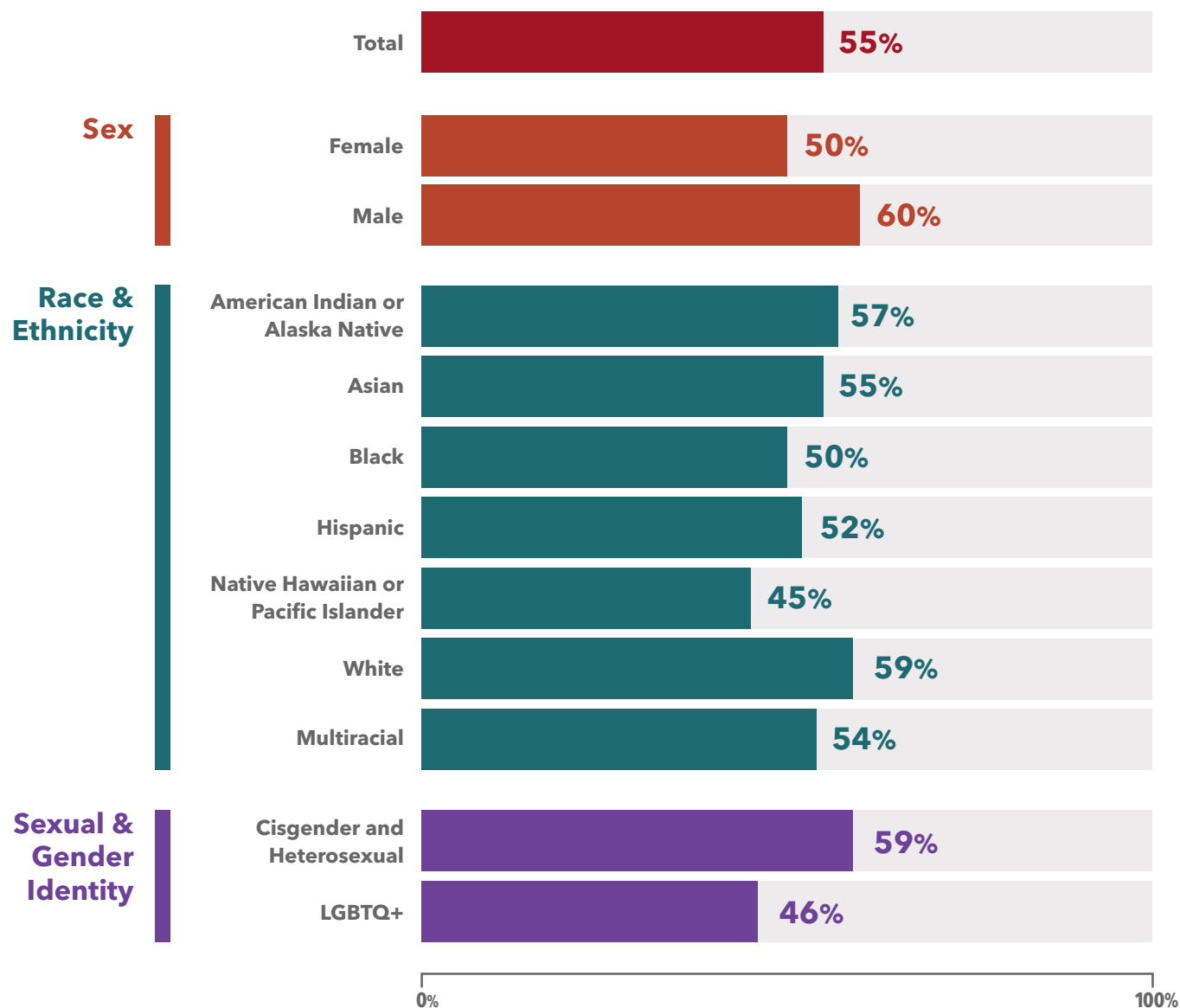
In 2023, 84% of high school students reported that their parents or other adults in their family most of the time or always knew where they were going or whom they would be with, also referred to as high parental monitoring. Female students were more likely than male students to report high parental monitoring. White students were more likely than students from most other racial and ethnic groups to report high parental monitoring.



# SCHOOL CONNECTEDNESS

In 2023, 55% of high school students agreed or strongly agreed that they felt close to people at their school, also referred to as school connectedness. Male students were more likely than female students to feel close to people at school. Cisgender and heterosexual students were more likely than LGBTQ+ students to feel close to people at school.

**Percentage of High School Students Who  
Felt Close to People at School,  
by Demographic Characteristics, United States, YRBS, 2023**

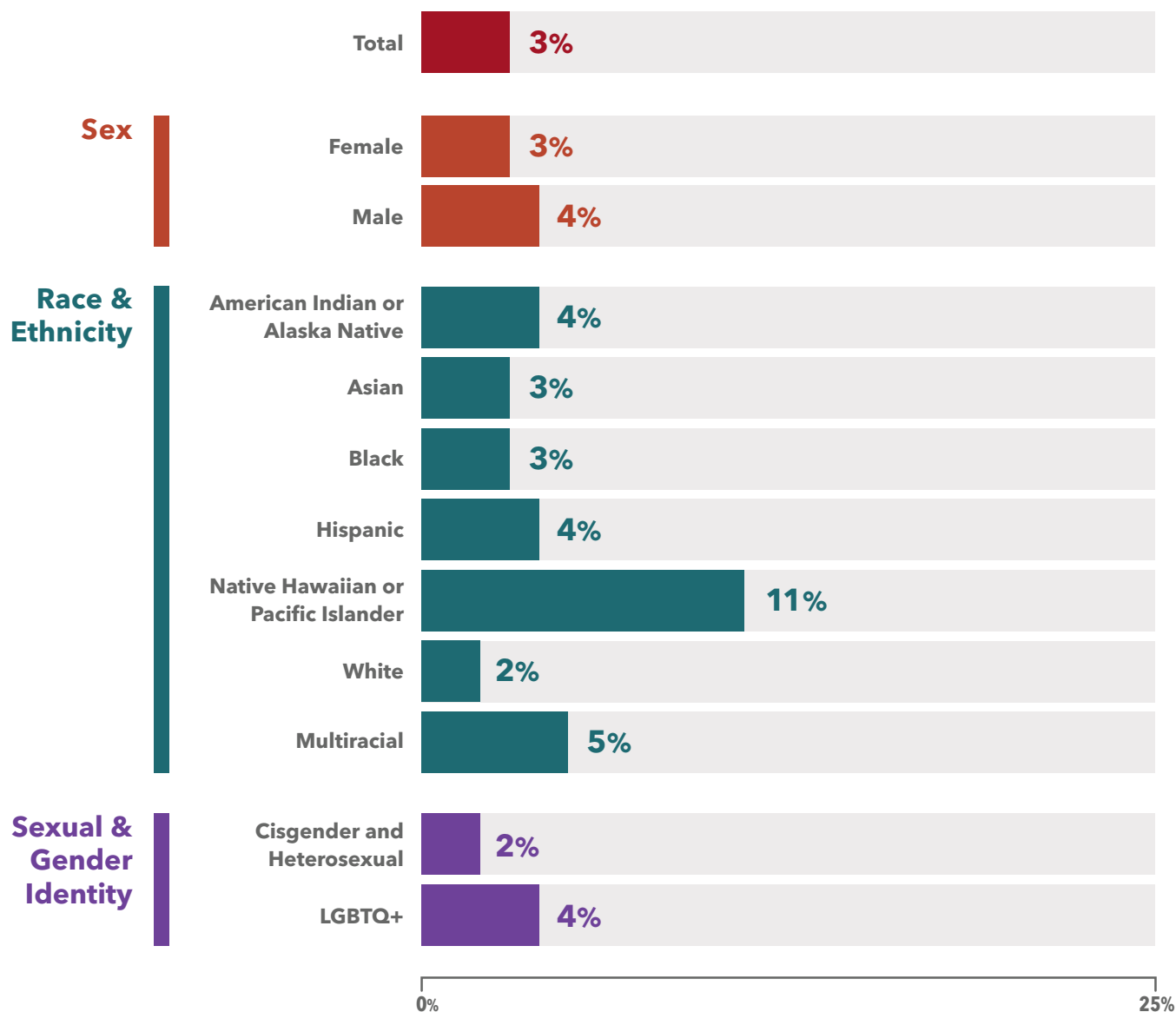


## UNSTABLE HOUSING

In 2023, 3% of students did not have a usual place to sleep or slept in the home of a friend, family member, or other person because they had to leave their home or their parent or guardian cannot afford housing; in a shelter or emergency housing; in a motel or hotel; or in a car, park, campground, or other public place during the past 30 days (defined as experiencing unstable housing).

### Percentage of High School Students Who

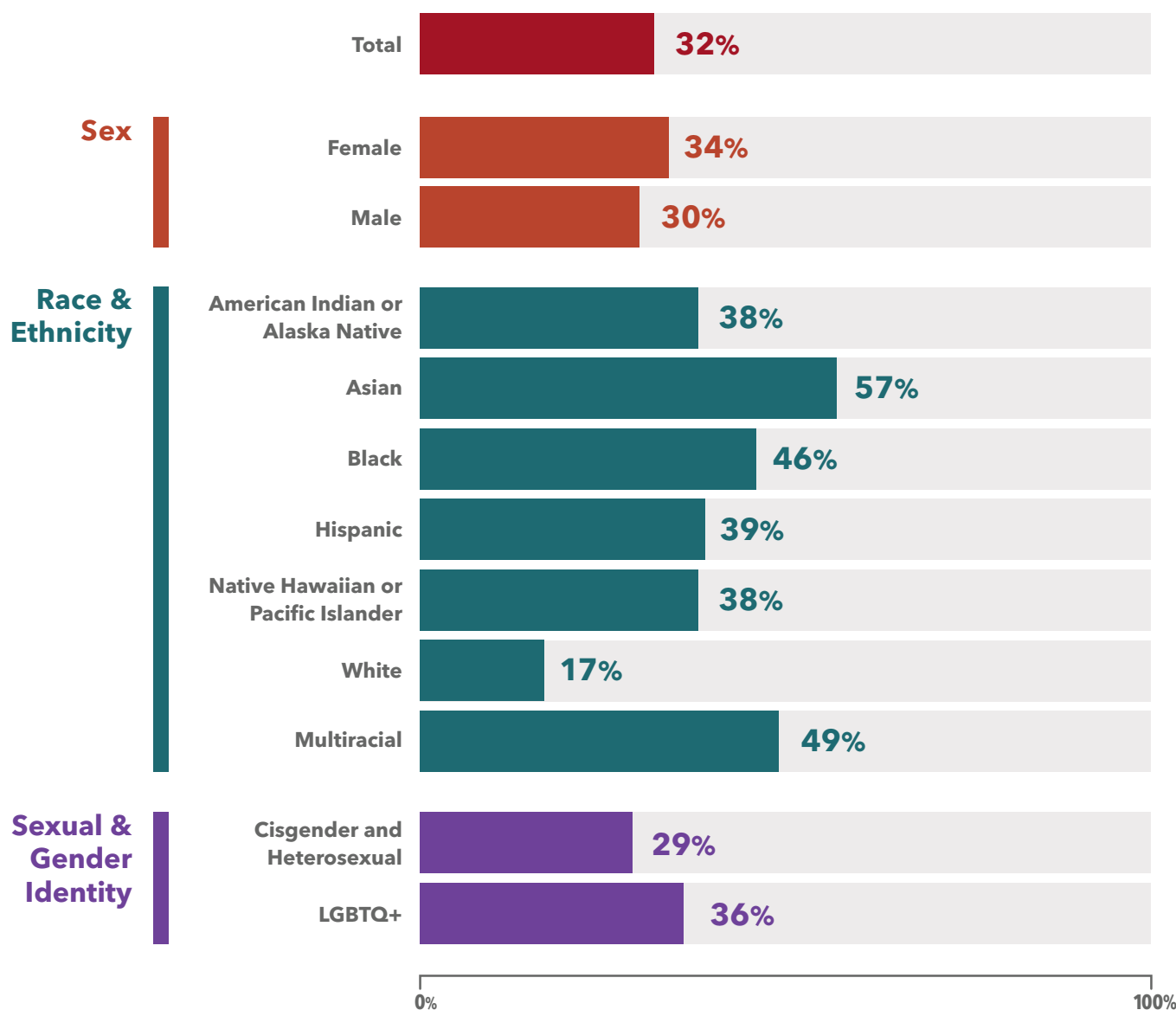
Experienced **Unstable Housing** During the Past 30 Days,  
by Demographic Characteristics, United States, YRBS, 2023



# RACISM IN SCHOOL

In 2023, 32% of high school students reported that they had ever experienced racism in school, measured by being treated badly or unfairly in school because of their race or ethnicity at least once during their life. Asian students were more likely than students from most other racial and ethnic groups to report ever experiencing racism in school. Female students were more likely than male students to report ever experiencing racism in school. LGBTQ+ students were more likely than cisgender and heterosexual students to report ever experiencing racism in school.

**Percentage of High School Students Who**  
**Reported Ever Experiencing Racism in School,**  
**by Demographic Characteristics, United States, YRBS, 2023**



# UNFAIR DISCIPLINE AT SCHOOL

In 2023, 19% of high school students reported that they were unfairly disciplined at school during the past year. Male students were more likely than female students to report being unfairly disciplined at school.

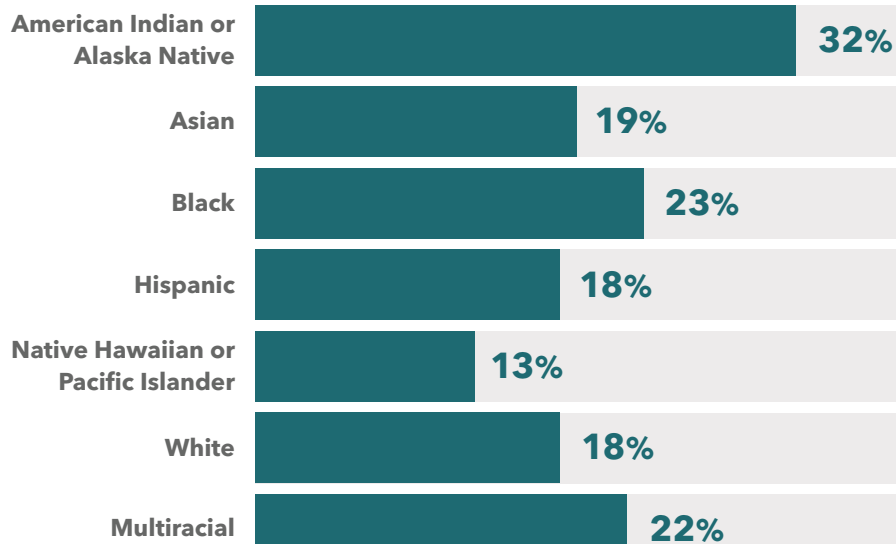
## Percentage of High School Students Who

Reported Being **Unfairly Disciplined at School** During the Past Year,  
by Demographic Characteristics, United States, YRBS, 2023

### Sex



### Race & Ethnicity



### Sexual & Gender Identity



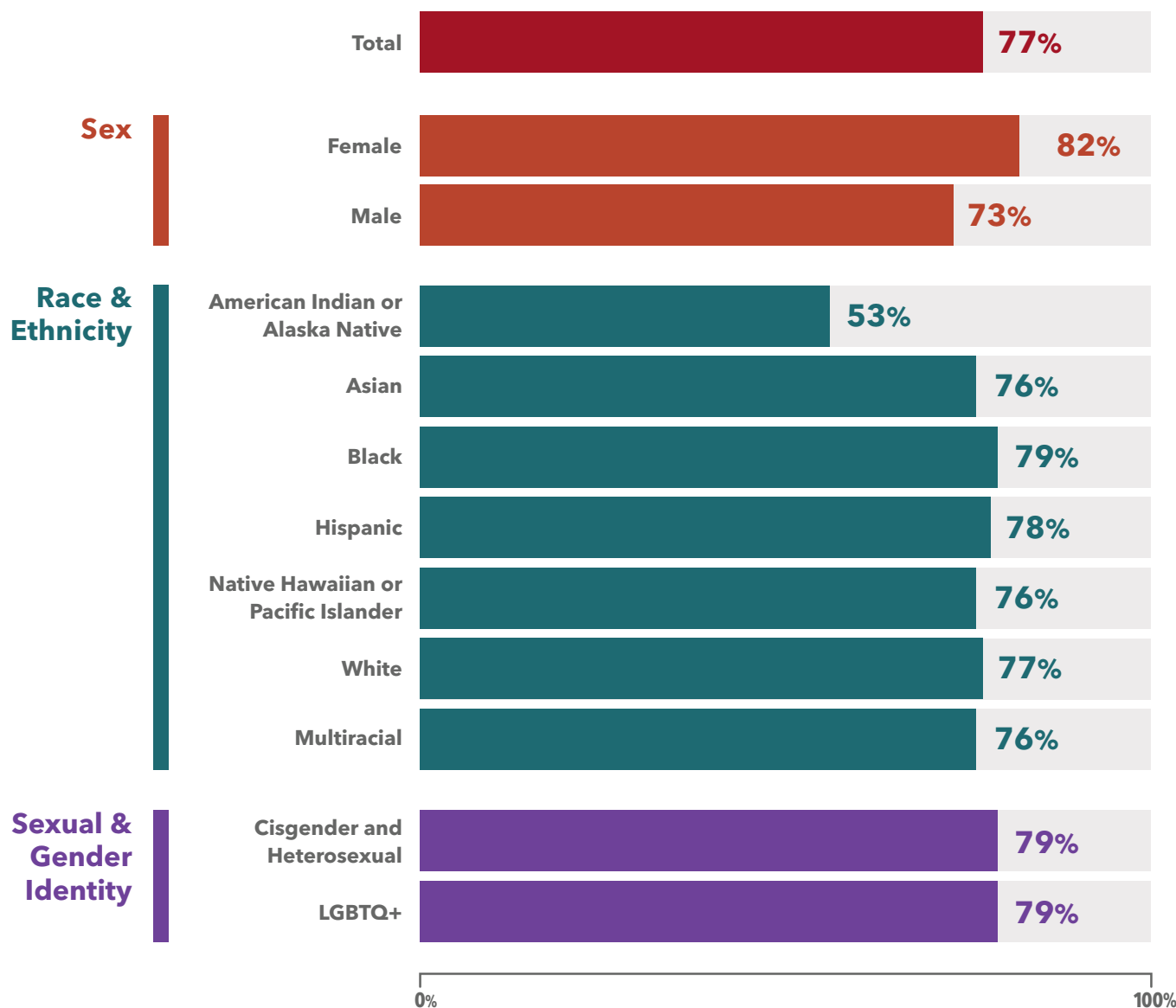
0%

50%

## SOCIAL MEDIA USE

In 2023, 77% of high school students used social media several times a day. Female students were more likely than male students to use social media several times a day. American Indian or Alaska Native students were less likely than students from most other racial and ethnic groups to use social media several times a day.

**Percentage of High School Students Who  
Used Social Media Several Times a Day,  
by Demographic Characteristics, United States, YRBS, 2023**



# REFERENCES

1. Robin L, Timpe Z, Suarez NA, Li J, Barrios L, Ethier KA. Local education agency impact on school environments to reduce health risk behaviors and experiences among high school students. *J Adolesc Health*. 2022 Feb;70(2):313-321. doi: [10.1016/j.jadohealth.2021.08.004](https://doi.org/10.1016/j.jadohealth.2021.08.004)
2. Kaczkowski W, Li J, Cooper AC, Robin L. Examining the relationship between LGBTQ-supportive school health policies and practices and psychosocial health outcomes of lesbian, gay, bisexual, and heterosexual students. *LGBT Health*. 2022 Jan;9(1):43-53. doi: [10.1089/lgbt.2021.0133](https://doi.org/10.1089/lgbt.2021.0133)
3. Steiner RJ, Sheremenko G, Lesesne C, Dittus PJ, Sieving RE, Ethier KA. Adolescent connectedness and adult health outcomes. *Pediatrics*. 2019;144(1):e20183766. doi: [10.1542/peds.2018-3766](https://doi.org/10.1542/peds.2018-3766)
4. Rose ID, Lesesne CA, Sun J, Johns MM, Zhang X, Hertz M. The relationship of school connectedness to adolescents' engagement in co-occurring health risks: a meta-analytic review. *J Sch Nurs*. 2024 Feb;40(1):58-73. doi: [10.1177/10598405221096802](https://doi.org/10.1177/10598405221096802)
5. Rasberry CN, Tiu GF, Kann L, et al. Health-related behaviors and academic achievement among high school students—United States, 2015. *MMWR Morb Mortal Wkly Rep*. 2017;66(35):921-927. doi: [10.15585/mmwr.mm6635a1](https://doi.org/10.15585/mmwr.mm6635a1)
6. Busch V, Loya A, Lodder M, et al. The effects of adolescent health-related behavior on academic performance: a systematic review of the longitudinal evidence. *Rev Educ Res*. 2014;84(2):245-274. doi: [10.3102/0034654313518441](https://doi.org/10.3102/0034654313518441)
7. Gavin L, Moskosky S, Carter M, et al. Providing quality family planning services: recommendations of CDC and the U.S. Office of Population Affairs. *MMWR Recomm Rep* 2014;63(RR-04): 1-29. <https://www.cdc.gov/mmwr/preview/mmwrhtml/rr6304a1.htm> Published April 25, 2014. Accessed June 5, 2024.
8. Szucs LE, Lowry R, Fasula AM, et al. Condom and contraceptive use among sexually active high school students—Youth Risk Behavior Survey, United States, 2019. *MMWR Suppl* 2020;69(Suppl-1):11-18. doi: [10.15585/mmwr.su6901a2](https://doi.org/10.15585/mmwr.su6901a2)
9. Clayton HB, Lowry R, August E, Everett Jones S. Nonmedical use of prescription drugs and sexual risk behaviors. *Pediatrics*. 2016;137(1):e20152480. doi: [10.1542/peds.2015-2480](https://doi.org/10.1542/peds.2015-2480)
10. Hallfors DD, Waller MW, Ford CA, Halpern CT, Brodish PH, Iritani B. Adolescent depression and suicide risk: association with sex and drug behavior. *Am J Prev Med*. 2004;27(3):224-231. doi: [10.1016/j.amepre.2004.06.001](https://doi.org/10.1016/j.amepre.2004.06.001)
11. Hoots BE, Li J, Hertz MF, et al. Alcohol and other substance use before and during the COVID-19 Pandemic among high school students—Youth Risk Behavior Survey, United States, 2021. *MMWR Suppl*. 2023;72(1):84-92. doi: [10.15585/mmwr.su7201a10](https://doi.org/10.15585/mmwr.su7201a10)
12. Baiden P, Panisch LS, Kim YJ, LaBrenz CA, Kim Y, Onyeaka HK. Association between first sexual intercourse and sexual violence victimization, symptoms of depression, and suicidal behaviors among adolescents in the United States: findings from 2017 and 2019 national Youth Risk Behavior Survey. *Int J Environ Res Public Health*. 2021;18(15):7922. doi: [10.3390/ijerph18157922](https://doi.org/10.3390/ijerph18157922)
13. David-Ferdon C, Clayton HB, Dahlberg LL, et al. Vital Signs: prevalence of multiple forms of violence and increased health risk behaviors and conditions among youths—United States, 2019. *MMWR Morb Mortal Wkly Rep* 2021;70(5):167-173. doi: [10.15585/mmwr.mm7005a4](https://doi.org/10.15585/mmwr.mm7005a4)
14. Fedorowicz AR, Hellerstedt WL, Schreiner PJ, Bolland JM. Associations of adolescent hopelessness and self-worth with pregnancy attempts and pregnancy desire. *Am J Public Health*. 2014;104(8):e133-140. doi: [10.2105/AJPH.2014.301914](https://doi.org/10.2105/AJPH.2014.301914)
15. Waldrop AE, Hanson RF, Resnick HS, Kilpatrick DG, Naugle AE, Saunders BE. Risk factors for suicidal behavior among a national sample of adolescents: implications for prevention. *J Trauma Stress*. 2007;20(5):869-879. doi: [10.1002/jts.20291](https://doi.org/10.1002/jts.20291)
16. Jones SE, Satter DE. Implications for coding race and ethnicity for American Indian and Alaska Native high school students in a national survey. *J Health Care Poor Underserved*. 2022;33(3):1245-1257. doi: [10.1353/hpu.2022.0110](https://doi.org/10.1353/hpu.2022.0110)

# TECHNICAL NOTES

The source of all data in this report is the 2013 to 2023 cycles of the national Youth Risk Behavior Survey (YRBS), a school-based survey conducted biennially by the Centers for Disease Control and Prevention. The survey captures data on student demographics, and various youth health risk behaviors, experiences, and conditions, including those related to sexual activity, injury and violence, bullying, diet, physical activity, obesity, indicators of mental health, suicide risk behaviors, and substance use (e.g., illicit drugs, prescription opioids, alcohol use, and marijuana use). The 2023 survey also included topics on emerging interest, including experiences of racism at school, transgender identity, and social media use.

## SAMPLING

The sample for the 2023 national YRBS included two components: the main sample, designed to provide nationally representative data, and the supplemental sample, also designed to provide nationally representative data, but used in combination with the main sample to increase the number of American Indian and Alaska Native (AI/AN) students. The sampling design for the main sample was the same as for previous YRBS cycles. That is, in each survey cycle, the national YRBS uses a three-stage cluster sample design to produce a nationally representative sample of students in grades 9–12 attending public (including charter schools), Catholic, and other non-public schools in the 50 states and the District of Columbia. For the first stage of sampling, the frame consists of primary sampling units (PSUs). These PSUs are either counties; groups of smaller, adjacent counties; or parts of larger counties. The PSUs are categorized into 16 strata according to their metropolitan statistical area (MSA) status (i.e., urban or non-urban) and the percentages of non-Hispanic Black and Hispanic students in the PSU. PSUs are sampled with probability proportional to overall school enrollment size for the PSU. For the second stage of sampling, secondary sampling units (SSUs) are identified. An SSU is defined as a physical school with grades 9–12 or a school created by combining nearby schools to provide

all four grades. From the selected PSUs, SSUs are sampled with probability proportional to school enrollment size. For the third stage of sampling, one or two classrooms in each of grades 9–12 from either a required subject (e.g., English or social studies) or a required period (e.g., homeroom or second period) are randomly sampled. All students in sampled classes who can complete the questionnaire independently are eligible to participate. Schools, classes, and students that refuse to participate are not replaced.

For the supplemental sample, the sampling frame was constructed using the same data sources and process used for the main sampling frame but was restricted to public schools with an estimated enrollment of 28 students or more in each grade to most efficiently reach AI/AN students. Although this more restricted frame limited the coverage when using the supplemental sample alone, sample representation of the AI/AN population was expanded when the supplemental sample was combined with the main sample, which represents all schools, including schools with <28 students in each grade as well as non-public schools. As with the main sample, the supplemental sample used a three-stage cluster sampling design. The first-stage sampling frame was the same as for the main sample. At the second stage, SSUs were sampled with probability proportional to the aggregate AI/AN school enrollment size in grades 9–12. The third stage of sampling followed the same process as for the main sample, except that two classrooms in each grade were selected to participate to maximize the number of AI/AN students.

## DATA COLLECTION PROCEDURES AND QUESTIONNAIRE

Survey procedures are designed to protect students' privacy by allowing for anonymous and voluntary participation. Before survey administration, local parental permission procedures are followed. Students complete the self-administered questionnaire during one class period using tablets that have been programmed with the survey instrument.

## DATA PROCESSING PROCEDURES AND RESPONSE RATES

For the 2023 national YRBS, 20,386 questionnaires were completed in 155 schools. The data set was cleaned and edited for inconsistencies. Missing data were not statistically imputed. After editing, 20,103 questionnaires were usable. The school response rate was 49.8%, the student response rate was 71.0%, and the overall response rate, which is the product of the school and student response rates, was 35.4%.

## QUESTIONNAIRE

In 2023, the national YRBS questionnaire consisted of 107 questions and was offered in both English and Spanish. The questionnaire included questions to identify student demographic characteristics. Student sex was assessed with the question, "What is your sex?" Response options were "Female" and "Male." Race and ethnicity were ascertained from two questions: (1) "Are you Hispanic or Latino?" (response options were "yes" or "no"), and (2) "What is your race?" Response options were "American Indian or Alaska Native," "Asian," "Black or African American," "Native Hawaiian or other Pacific Islander," or "White." For the second question, students could select more than one response option. Students were classified into the following seven racial and ethnic categories: non-Hispanic American Indian or Alaska Native (AI/AN), Hispanic or Latino, non-Hispanic Asian (Asian), non-Hispanic Black (Black), non-Hispanic Native Hawaiian or other Pacific Islander (NH/OPI), non-Hispanic White (White), and non-Hispanic persons of multiple races (Multiracial).

Sexual identity was ascertained with the following question: "Which of the following best describes you?" Response options were "heterosexual (straight)," "gay or lesbian," "bisexual," "I describe my sexual identity in some other way," "I am not sure about my sexual identity (questioning)," and "I do not know what this question is asking." Gender identity was ascertained with the following question: "Some people describe themselves as transgender when their sex at birth does not match the way they think or feel about their gender. Are you transgender?" Response options were "no, I am not transgender,"

"yes, I am transgender," "I am not sure if I am transgender," and "I do not know what this question is asking." This question was included on the national questionnaire for the first time in 2023. For this report, students who responded "heterosexual (straight)" and "no, I am not transgender" were classified as cisgender and heterosexual. Students who responded, "gay or lesbian," "bisexual," "I describe my sexual identity in some other way," "I am not sure about my sexual identity (questioning)," "yes, I am transgender," or "I am not sure if I am transgender" were classified as LGBTQ+.

For this report, female students who had sexual contact with only females were excluded from analyses on condom use. The wording of each question used to create the variables included in this report can be found in Appendix A.

## WEIGHTING

For the 2023 YRBS, weights were calculated separately for the main sample and AI/AN supplemental sample. The calculation of the weights followed the same process for both samples. First, a weight based on student sex, race and ethnicity, and grade was applied to each record to adjust for school and student non-response and, in the case of the main sample, for the oversampling of Black and Hispanic students. Next, the two weighted datasets were concatenated and combined weights were calculated as final survey weights. Finally, the overall weights were scaled so that the weighted count of students equals the total sample size, and the weighted proportions of students in each grade match the national population proportions. Therefore, in the national dataset, weighted estimates are nationally representative of all students in grades 9-12 attending U.S. public and non-public schools.

## ANALYTIC METHODS

Statistical analyses were conducted on weighted data using SAS and SUDAAN software to account for the complex sampling design. T-tests were used to determine pairwise differences between subpopulations. Differences between prevalence estimates were considered statistically significant if the t-test p-value was <0.05.

To identify temporal trends in behaviors from 2013 to 2023, only variables assessed with identically worded questions were examined. Logistic regression analyses, adjusted for any changes in the prevalence of sex, grade, and race or ethnicity over time, were used to assess linear trends. A p-value associated with the regression coefficient that was  $<0.05$  was considered statistically significant.

More information about the national YRBS methodology is available at [www.cdc.gov/yrbs](http://www.cdc.gov/yrbs).

# APPENDIX A

## SURVEY QUESTION WORDING FOR VARIABLES IN REPORT

### Sexual Behavior

1. Have you ever had sexual intercourse?
  2. During your life, with how many people have you had sexual intercourse?
  3. During the past 3 months, with how many people did you have sexual intercourse?
  4. The last time you had sexual intercourse, did you or your partner use a condom?
  5. The last time you had sexual intercourse with an opposite-sex partner, what one method did you or your partner use to prevent pregnancy?
  6. Have you ever been tested for HIV, the virus that causes AIDS? (Do not count tests done if you donated blood.)
  7. During the past 12 months, have you been tested for a sexually transmitted disease (STD) other than HIV, such as chlamydia or gonorrhea?
- 

### Substance Use

1. During the past 30 days, on how many days did you have at least one drink of alcohol?\*
  2. During the past 30 days, how many times did you use marijuana?†
  3. During your life, how many times have you used any form of cocaine, including powder, crack, or freebase?‡
  4. During your life, how many times have you sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high?‡
  5. During your life, how many times have you used heroin (also called smack, junk, or China White)?‡
  6. During your life, how many times have you used methamphetamines (also called speed, crystal meth, crank, ice, or meth)?‡
  7. During your life, how many times have you used hallucinogenic drugs, such as LSD, acid, PCP, angel dust, mescaline, or mushrooms?‡
  8. During your life, how many times have you used ecstasy (also called MDMA or Molly)?‡
  9. During your life, how many times have you taken prescription pain medicine without a doctor's prescription or differently than how a doctor told you to use it?§
  10. During the past 30 days, how many times have you taken prescription pain medicine without a doctor's prescription or differently than how a doctor told you to use it?§
- 

### Experiencing Violence

1. During the past 12 months, how many times has someone threatened or injured you with a weapon such as a gun, knife, or club on school property?
2. During the past 30 days, on how many days did you not go to school because you felt you would be unsafe at school or on your way to or from school?

3. During the past 12 months, have you ever been electronically bullied? (Count being bullied through texting, Instagram, Facebook, or other social media.)\*\*
4. During the past 12 months, have you ever been bullied on school property?\*
5. Have you ever been physically forced to have sexual intercourse when you did not want to?
6. During the past 12 months, how many times did anyone force you to do sexual things that you did not want to do? (Count such things as kissing, touching, or being physically forced to have sexual intercourse.)

---

## Mental Health and Suicidal Thoughts and Behaviors

1. 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?††
2. During the past 30 days, how often was your mental health not good? (Poor mental health includes stress, anxiety, and depression.)
3. During the past 12 months, did you ever seriously consider attempting suicide?††
4. During the past 12 months, did you make a plan about how you would attempt suicide?††
5. During the past 12 months, how many times did you actually attempt suicide?††
6. If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?††

---

## New and Emerging National Data

1. How often do your parents or other adults in your family know where you are going and with whom you will be?
2. Do you agree or disagree that you feel close to people at your school?
3. During the past 30 days, where did you usually sleep?
4. During your life, how often have you felt that you were treated badly or unfairly in school because of your race or ethnicity?
5. During the past 12 months, have you been unfairly disciplined at school?
6. How often do you use social media?‡‡

More information about the national YRBS questionnaire is available at [www.cdc.gov/yrbs](http://www.cdc.gov/yrbs).

\*This question was preceded by the following introduction: The next 5 questions ask about drinking alcohol. This includes drinking beer, wine, flavored alcoholic beverages, and liquor such as rum, gin, vodka, or whiskey. For these questions, drinking alcohol does not include drinking a few sips of wine for religious purposes.

†This question was preceded by the following introduction: The next 3 questions ask about marijuana use. Marijuana also is called pot or weed. For these questions, do not count CBD-only or hemp products, which come from the same plant as marijuana, but do not cause a high when used alone.

‡Question included in “select illicit drug use” variable.

§These questions are preceded by the following introduction: The next 2 questions ask about the use of prescription pain medicine without a doctor’s prescription or differently than how a doctor told you to use it. For these questions, count drugs such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet.

“These questions were preceded by the following instruction: The next 2 questions ask about bullying. Bullying is when one or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again. It is not bullying when two students of about the same strength or power argue or fight or tease each other in a friendly way.

††These questions were preceded by the following instruction: The next 5 questions ask about sad feelings and attempted suicide. Sometimes people feel so depressed about the future that they may consider attempting suicide, that is, taking some action to end their own life.

‡‡This question was preceded by the following instruction: The next question asks about social media, such as Instagram, TikTok, Snapchat, and Twitter.

# APPENDIX B

## ALL SIGNIFICANT DIFFERENCES BY DEMOGRAPHIC CHARACTERISTICS

### Sexual Behavior

| 2023                                                                                                                                                                              | Ever Had Sex                                       | 4+ Lifetime Partners                 | Currently Sexually Active       | Condom Use at Last Sex  | Effective Hormonal Birth Control Use | Ever Tested for HIV                                          | Tested for STDs          |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------|--------------------------------------|---------------------------------|-------------------------|--------------------------------------|--------------------------------------------------------------|--------------------------|
| Sex: Female (F), Male (M)                                                                                                                                                         |                                                    |                                      |                                 |                         |                                      |                                                              |                          |
| Pairwise Comparison                                                                                                                                                               | No significant difference                          | M>F                                  | No significant difference       | M>F                     | F>M                                  | F>M                                                          | F>M                      |
| Race and Ethnicity: American Indian or Alaska Native (AI/AN), Asian (A), Black (B), Hispanic (H), Native Hawaiian or Other Pacific Islander (NH/OPI), White (W), Multiracial (MR) |                                                    |                                      |                                 |                         |                                      |                                                              |                          |
| Pairwise Comparison                                                                                                                                                               | AI/AN>NH/OPI<br>AI/AN,B,H,W,MR>A<br>MR>H, NH/OPI,W | AI/AN,B,H,W,MR>A<br>AI/AN,B,W>NH/OPI | AI/AN>B,H,W<br>AI/AN,B,H,W,MR>A | AI/AN,A,B,H,W,MR>NH/OPI | AI/AN>A,H<br>W>A,B,H,NH/OPI,MR       | A,B,H,MR>AI/AN<br>A,AI/AN, B,H,W,MR,>NH/OPI<br>B>MR<br>B,H>W | A,B,H,W,MR>NH/OPI<br>B>W |
| Sexual Identity: Lesbian, Gay, Bisexual, Transgender, Questioning, Other Non-Heterosexual Identity (LGBTQ+), Cisgender and Heterosexual (CH)                                      |                                                    |                                      |                                 |                         |                                      |                                                              |                          |
| Pairwise Comparison                                                                                                                                                               | No significant difference                          | No significant difference            | No significant difference       | CH>LGBTQ+               | No significant difference            | LGBTQ+>CH                                                    | LGBTQ+>CH                |

### Substance Use

| 2023                                                                                                                                                                              | Current Alcohol Use           | Current Marijuana Use | Ever Used Select Illicit Drugs | Ever Misused Prescription Opioids | Current Prescription Opioid Misuse |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------|-----------------------|--------------------------------|-----------------------------------|------------------------------------|
| Sex: Female (F), Male (M)                                                                                                                                                         |                               |                       |                                |                                   |                                    |
| Pairwise Comparison                                                                                                                                                               | F>M                           | F>M                   | No significant difference      | F>M                               | F>M                                |
| Race and Ethnicity: American Indian or Alaska Native (AI/AN), Asian (A), Black (B), Hispanic (H), Native Hawaiian or Other Pacific Islander (NH/OPI), White (W), Multiracial (MR) |                               |                       |                                |                                   |                                    |
| Pairwise Comparison                                                                                                                                                               | B,H,W,MR>A<br>H,W,MR>B<br>W>H | AI/AN,B,H,W,MR>A      | AI/AN,W,MR>B                   | B,H,MR>W                          | B,H,W,MR>AI/AN<br>B,H,MR>W         |
| Sexual Identity: Lesbian, Gay, Bisexual, Transgender, Questioning, Other Non-Heterosexual Identity (LGBTQ+), Cisgender and Heterosexual (CH)                                      |                               |                       |                                |                                   |                                    |
| Pairwise Comparison                                                                                                                                                               | LGBTQ+>CH                     | LGBTQ+>CH             | LGBTQ+>CH                      | LGBTQ+>CH                         | LGBTQ+>CH                          |

## Experiencing Violence

| 2023                                                                                                                                                                              | Threatened or Injured with a Weapon at School | Did Not Go to School Because of Safety Concerns | Electronically Bullied                    | Bullied at School                          | Ever Forced to Have Sex   | Sexual Violence by Anyone |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------|-------------------------------------------------|-------------------------------------------|--------------------------------------------|---------------------------|---------------------------|
| Sex: Female (F), Male (M)                                                                                                                                                         |                                               |                                                 |                                           |                                            |                           |                           |
| Pairwise Comparison                                                                                                                                                               | No significant difference                     | F>M                                             | F>M                                       | F>M                                        | F>M                       | F>M                       |
| Race and Ethnicity: American Indian or Alaska Native (AI/AN), Asian (A), Black (B), Hispanic (H), Native Hawaiian or Other Pacific Islander (NH/OPI), White (W), Multiracial (MR) |                                               |                                                 |                                           |                                            |                           |                           |
| Pairwise Comparison                                                                                                                                                               | AI/AN,A,B,H,<br>W,MR>NH/OPI                   | H>A,W,MR<br>B>W                                 | W,MR>A,B<br>H>B<br>W>H<br>A,H,MR,W>NH/OPI | H,W,MR>A<br>W,MR>B<br>W>H<br>H,W,MR>NH/OPI | No significant difference | B,H,W,MR>A<br>H,MR>B      |
| Sexual Identity: Lesbian, Gay, Bisexual, Transgender, Questioning, Other Non-Heterosexual Identity (LGBTQ+), Cisgender and Heterosexual (CH)                                      |                                               |                                                 |                                           |                                            |                           |                           |
| Pairwise Comparison                                                                                                                                                               | LGBTQ+>H                                      | LGBTQ+>H                                        | LGBTQ+>H                                  | LGBTQ+>H                                   | LGBTQ+>H                  | LGBTQ+>H                  |

## Mental Health and Suicidal Thoughts and Behaviors

| 2023                                                                                                                                                                              | Persistent Feelings of Sadness or Hopelessness | Poor Mental Health      | Seriously Considered Attempting Suicide | Made a Suicide Plan | Attempted Suicide | Injured in a Suicide Attempt |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------|-------------------------|-----------------------------------------|---------------------|-------------------|------------------------------|
| Sex: Female (F), Male (M)                                                                                                                                                         |                                                |                         |                                         |                     |                   |                              |
| Pairwise Comparison                                                                                                                                                               | F>M                                            | F>M                     | F>M                                     | F>M                 | F>M               | F>M                          |
| Race and Ethnicity: American Indian or Alaska Native (AI/AN), Asian (A), Black (B), Hispanic (H), Native Hawaiian or Other Pacific Islander (NH/OPI), White (W), Multiracial (MR) |                                                |                         |                                         |                     |                   |                              |
| Pairwise Comparison                                                                                                                                                               | B,H,W,MR>A<br>H>W<br>H,MR>NH/OPI               | AI/AN>NH/OPI<br>W>A,B,H | B,H,W,MR>A<br>W>H                       | AI/AN,H,W,MR>A      | B,H>W             | AI/AN,H,<br>M>NH/OPI<br>H>W  |
| Sexual Identity: Lesbian, Gay, Bisexual, Transgender, Questioning, Other Non-Heterosexual Identity (LGBTQ+), Cisgender and Heterosexual (CH)                                      |                                                |                         |                                         |                     |                   |                              |
| Pairwise Comparison                                                                                                                                                               | LGBTQ+>CH                                      | LGBTQ+>CH               | LGBTQ+>CH                               | LGBTQ+>CH           | LGBTQ+>CH         | LGBTQ+>CH                    |

## New and Emerging National Data

| 2023                                                                                                                                                                                     | Parental Monitoring       | School Connectedness | Unstable Housing          | Racism in School                                    | Unfair Discipline at School | Social Media Use          |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------|----------------------|---------------------------|-----------------------------------------------------|-----------------------------|---------------------------|
| <b>Sex:</b> Female (F), Male (M)                                                                                                                                                         |                           |                      |                           |                                                     |                             |                           |
| <b>Pairwise Comparison</b>                                                                                                                                                               | F>M                       | M>F                  | No significant difference | F>M                                                 | M>F                         | F>M                       |
| <b>Race and Ethnicity:</b> American Indian or Alaska Native (AI/AN), Asian (A), Black (B), Hispanic (H), Native Hawaiian or Other Pacific Islander (NH/OPI), White (W), Multiracial (MR) |                           |                      |                           |                                                     |                             |                           |
| <b>Pairwise Comparison</b>                                                                                                                                                               | W>A,B,H,MR                | W>B,H                | NH/OPI>B,W<br>MR>W        | A>AI/AN,H,<br>NH/OPI,W,MR<br>AI/AN,B,H,MR>W<br>MR>H | B>H,W                       | A,B,H,W,<br>MR>AI/AN      |
| <b>Sexual Identity:</b> Lesbian, Gay, Bisexual, Transgender, Questioning, Other Non-Heterosexual Identity (LGBTQ+), Cisgender and Heterosexual (CH)                                      |                           |                      |                           |                                                     |                             |                           |
| <b>Pairwise Comparison</b>                                                                                                                                                               | No significant difference | CH>LGBTQ+            | No significant difference | LGBTQ+>CH                                           | No significant difference   | No significant difference |



U.S. DEPARTMENT OF  
HEALTH AND HUMAN SERVICES  
CENTERS FOR DISEASE  
CONTROL AND PREVENTION

## Division of Adolescent and School Health

[www.cdc.gov/healthyyouth](http://www.cdc.gov/healthyyouth)

1-800-CDC-INFO

X@CDC\_DASH