



# Dane County Youth Assessment 2024 Highlights

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K12 ASSOCIATES, LLC

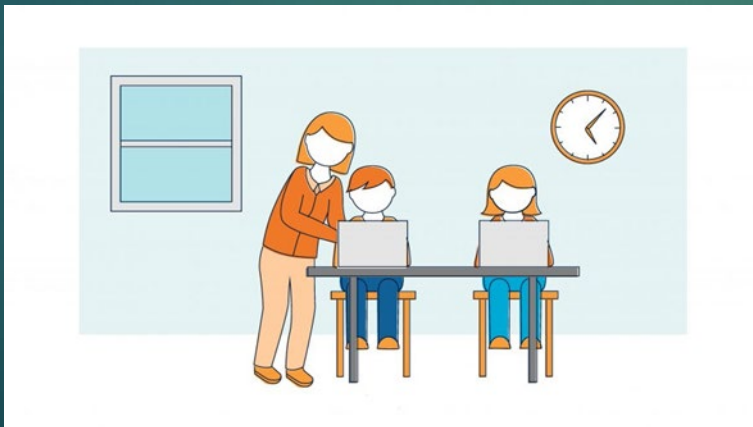
# DCYA in 2021

- The project is funded by:
  - Dane County Human Services,
  - United Way of Dane County,
  - Public Health Madison & Dane County
  - City of Madison
  - 17 school districts
- A county-wide survey given to 7<sup>th</sup>-12<sup>th</sup> grades every 3 years, started in 1980
- In 2024, approximately 25,000 7<sup>th</sup>-12<sup>th</sup> student population completed the survey



# How is it administered?

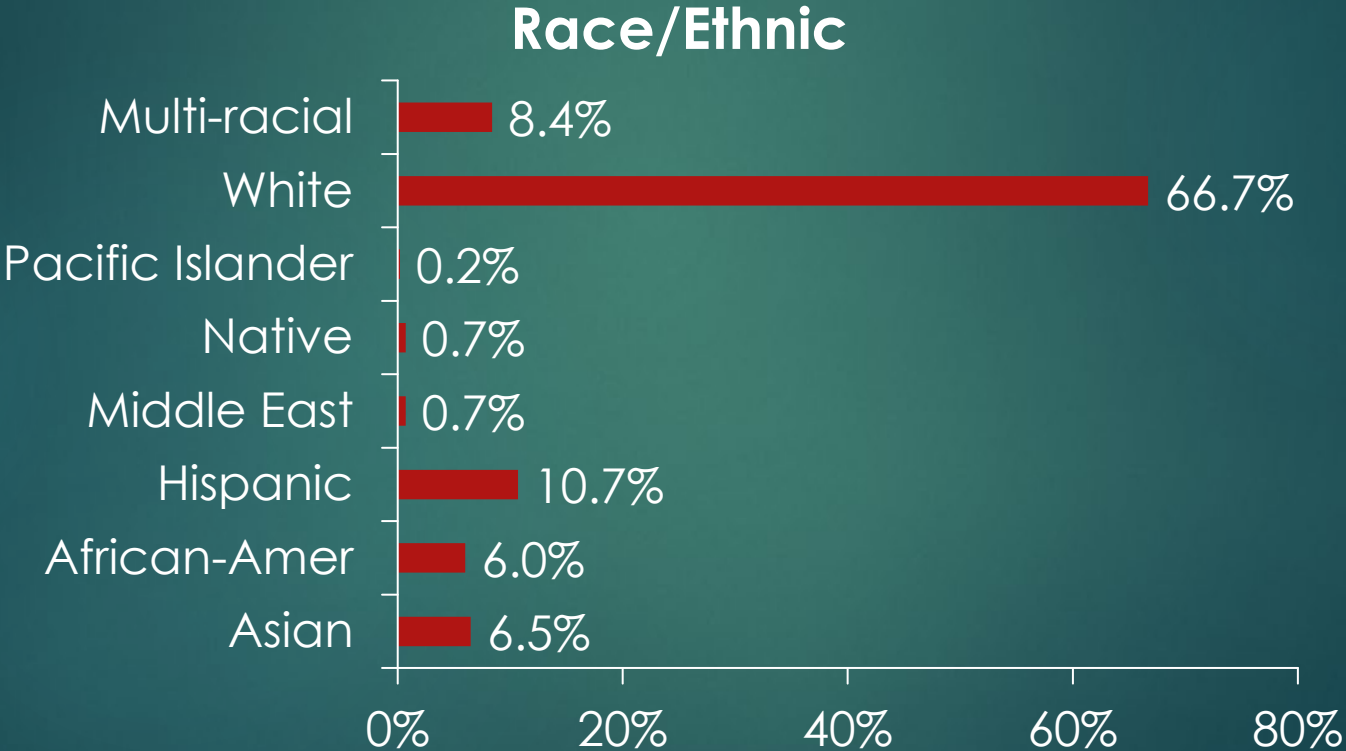
- ▶ School staff administer the online survey from late January to mid-April
- ▶ Students are assured their responses are confidential
- ▶ Survey topics & survey design is vetted by community partners, school districts and students
- ▶ Validity and consistency of administration reflected in DCYA data matching national & state trends



# Topics Covered

- ▶ Alcohol, drugs and tobacco
- ▶ Nutrition, exercise and health
- ▶ Home life
- ▶ Community Involvement
- ▶ Sexual behavior
- ▶ Working and volunteering
- ▶ Extra-curricular activities
- ▶ Life at school
- ▶ Emotional/mental health

# Who took the Youth Assessment? Grades 7th-12th



# Other Characteristics

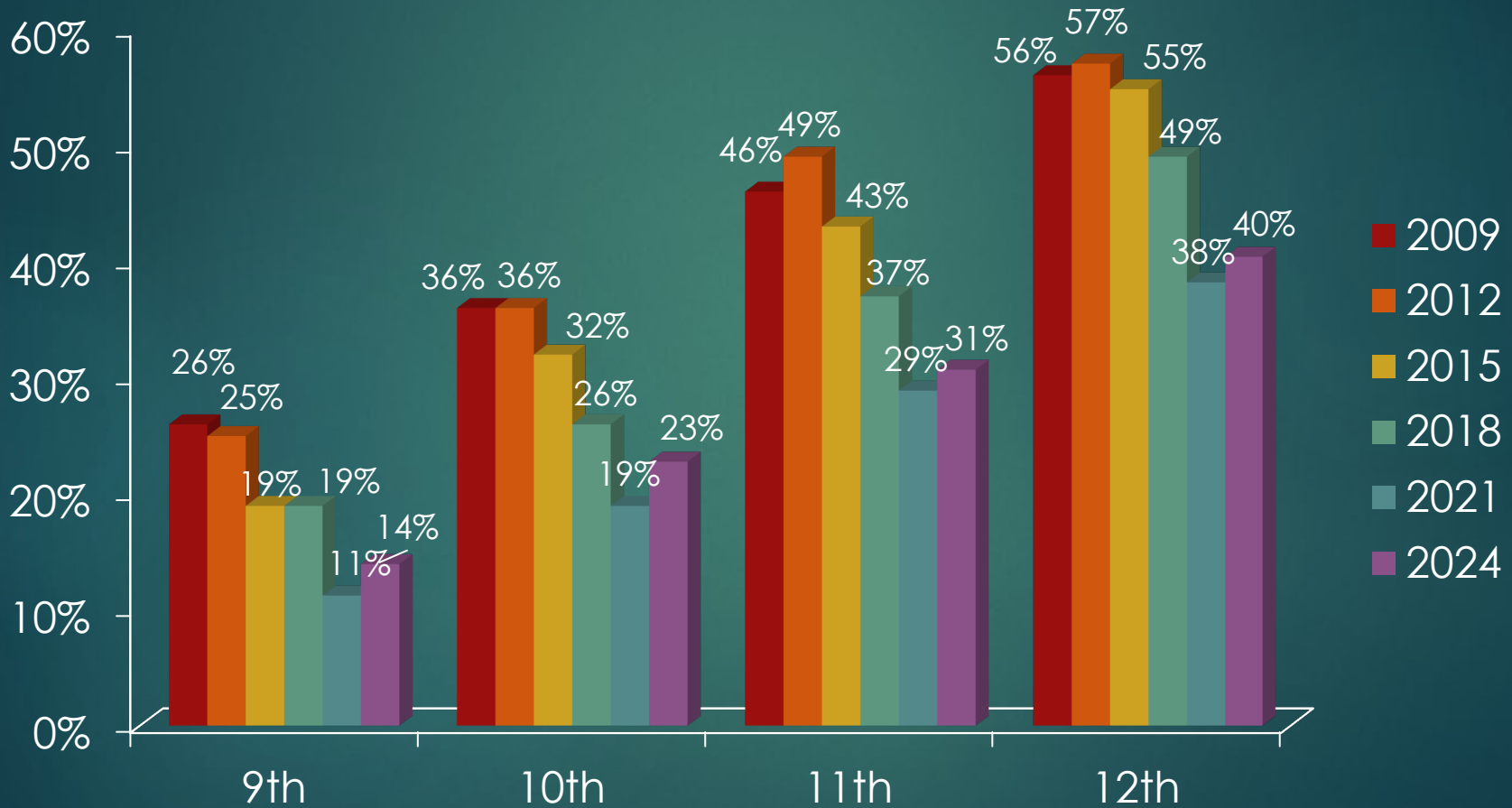
Grades 7-12

6

- ▶ 3.4% of HS students say they are, gender fluid or gender non-conforming (4.3% in 2021)
- ▶ 3.0% say they are transgender (1.9% in 2021)
- ▶ 20.0% say they are not straight/heterosexual for sexual orientation (it was 22.7% in 2021)

# Alcohol Use by Grade

Any Alcohol Last 12 mos. (9<sup>th</sup>-12<sup>th</sup>)



# Alcohol Use

Grades 9<sup>th</sup>-12<sup>th</sup>

- ▶ High school alcohol consumption (last 12 months) had decreased county wide from 2012, 2015, 2018 2021 (43%, 35%, 31% to 23%), rising slightly in 2024 to 26%.
- ▶ 27% of HS girls drank in the last 12 months and 23% of boys (31% of boys and 30% of girls 2018)
- ▶ Binge drinking in the last 30 days was slightly higher for girls than boys in 2024 (7% and 6%). Girls were binge drinking more than boys in 2021 too.

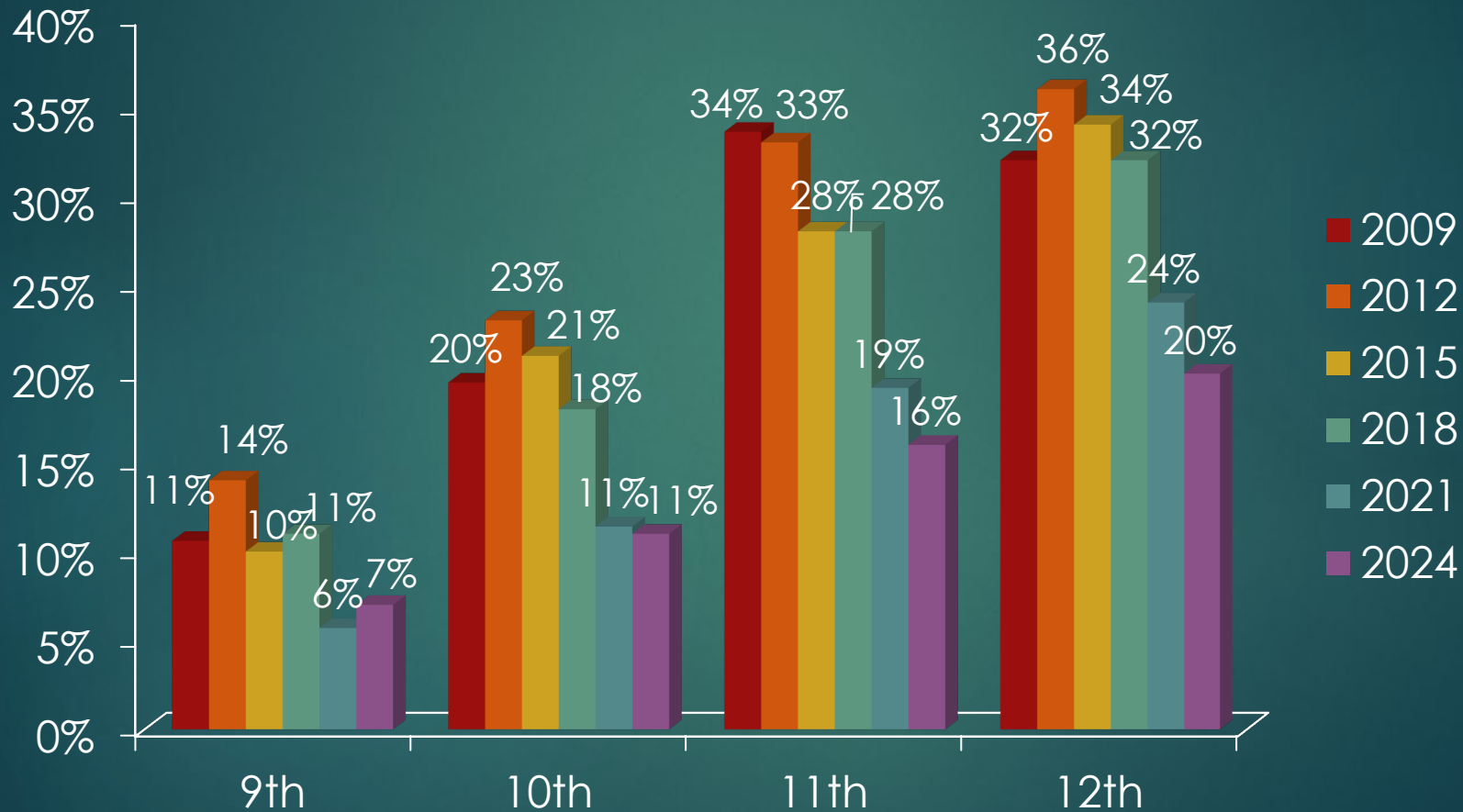
# Alcohol Use Last 12 months

## Subgroups Grades 9<sup>th</sup>-12<sup>th</sup>

- ▶ 40% of HS seniors have been drinking in the last 12 months, slightly more than 2021 at 38% but down from 51% in 2018
- ▶ Alcohol use is highest among white and multi-racial students (28% and 27% respectively)
- ▶ It is lowest among Asian and African-American students (16% and 15% respectively)
- ▶ 78% of youth who DON'T drink say their parents think it's wrong or very wrong
- ▶ 37% of youth who DO drink say their parents think it's wrong or very wrong.

# Marijuana Use by Grade

Marijuana Last 12 mos. (9<sup>th</sup>-12<sup>th</sup>)



# Marijuana Use Last 12 Months

## Subgroups 9<sup>th</sup>-12<sup>th</sup> Grade

11

- ▶ 13% of HS girls used marijuana (last 12 months) and 12% of boys (12% of boys and 16% of girls 2024)
- ▶ Marijuana use highest among multi-racial students at 18%. White, Hispanic and African-America all about 13%.
- ▶ 86% of kids who have used marijuana have used a vaping device for nicotine or THC in the last 12 months.

# Other Drugs

9th\_12th Grades

12

- ▶ 4% of high school youth say they abused over-the-counter drugs. That was 2% 2021, 6% in 2018, and 5% in 2015.
- ▶ Prescription medication abuse was 2%. It was 2% in 2021, 5% in 2018 and 4% in 2015.
- ▶ 69% of HS students with prescription drugs in their home, say they are kept in a place they can easily access them. That was 75% 2021 and 78% in 2018.



# Vaping Nicotine or THC

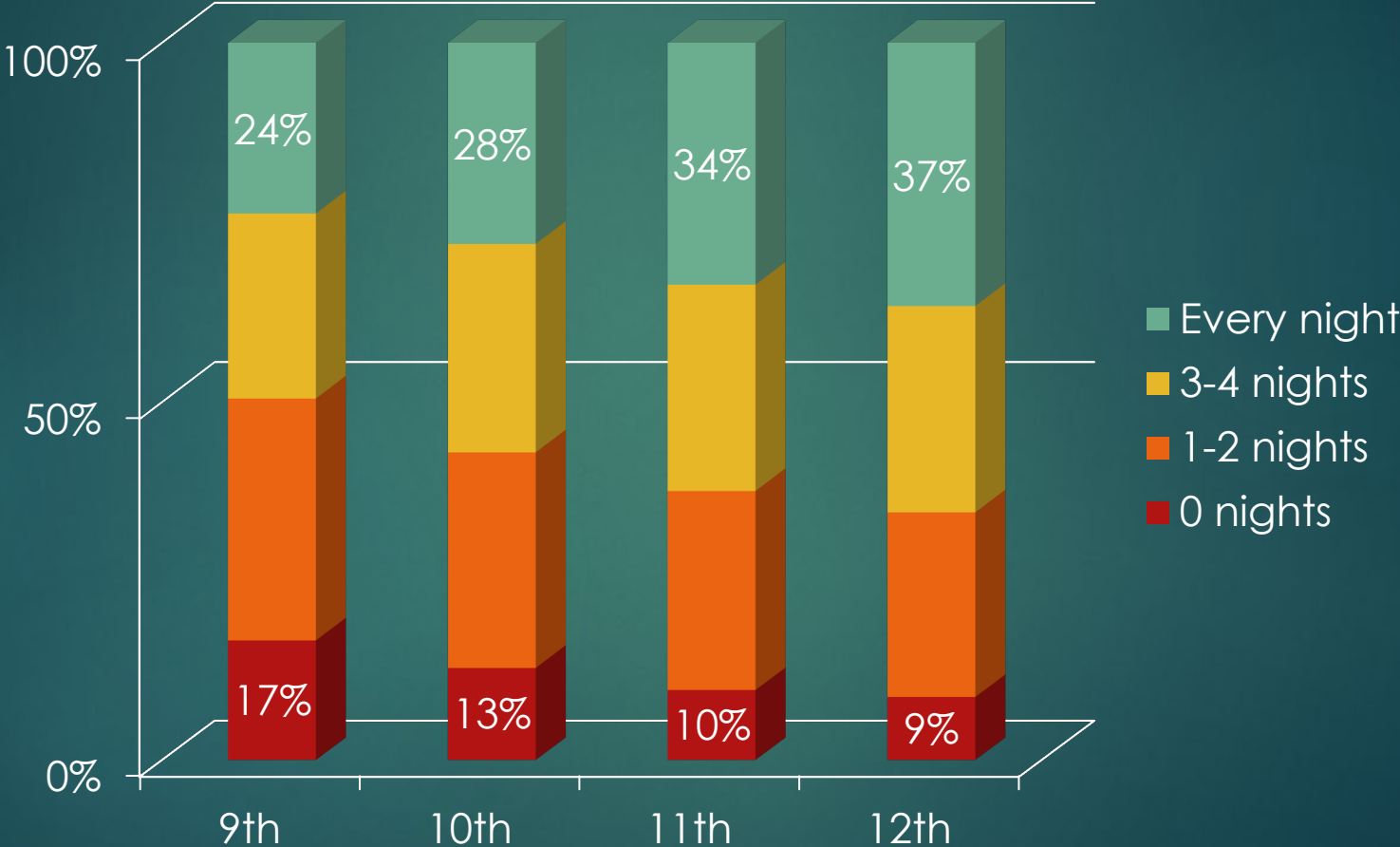
Last 12 months 7<sup>th</sup>-12<sup>th</sup> Grades

13

- ▶ 16% of HS youth were vaping nicotine or THC.
- ▶ 7% of 7<sup>th</sup>-8<sup>th</sup> graders were vaping
- ▶ 26% of 12<sup>th</sup> graders were vaping
- ▶ 9% of 8<sup>th</sup> graders were vaping
- ▶ Middle school kids are more likely to be vaping nicotine (4%) than THC (2%).

# Up Past 11pm School Nights

Grades 9-12



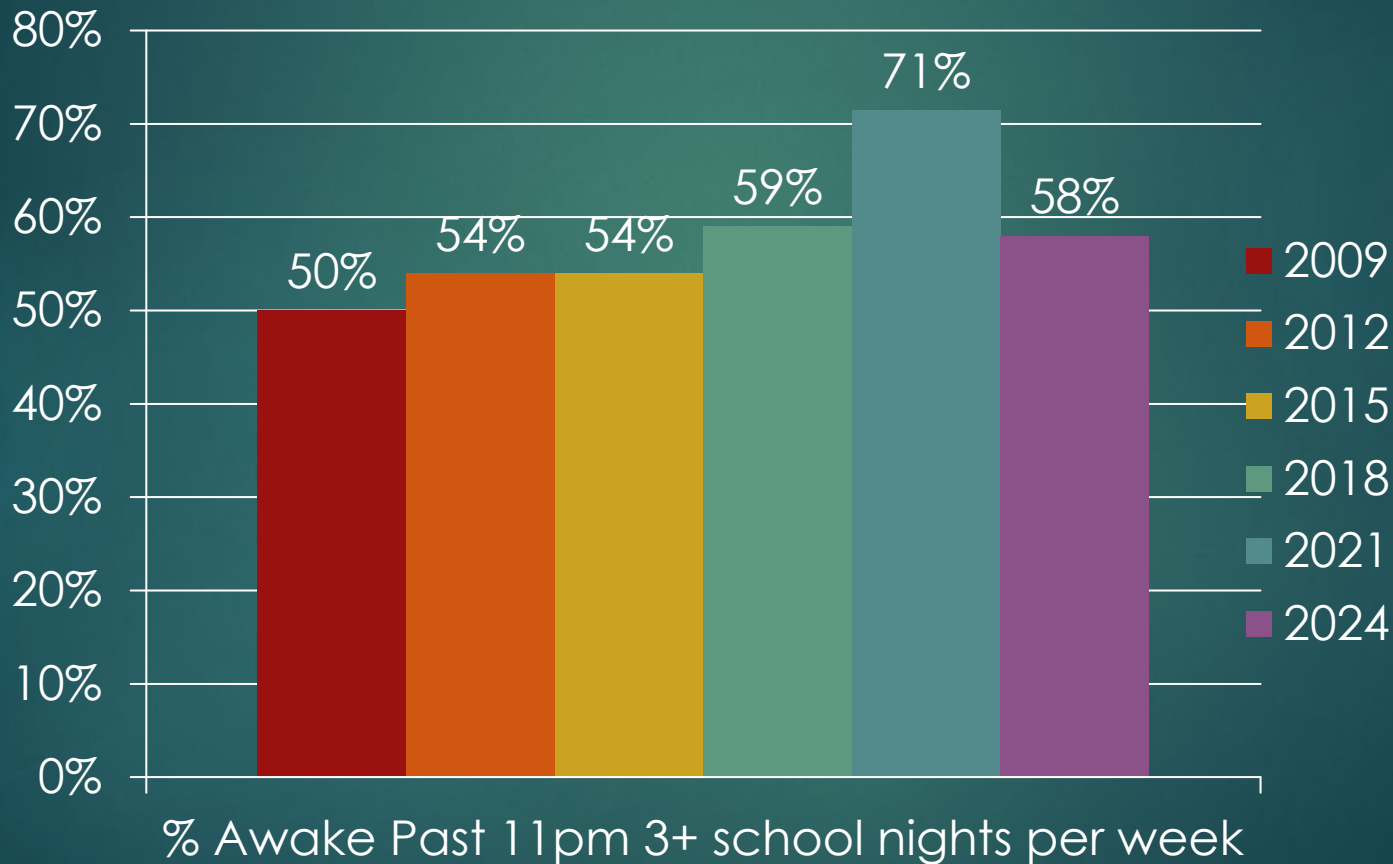
# What most often keeps students awake?

Grades 9<sup>th</sup>-12<sup>th</sup>

- ▶ Looking at phone or computer - 57%
- ▶ Doing homework – 44%
- ▶ Watching TV – 27%
- ▶ Worrying and anxiety – 22%
- ▶ Video games – 22%

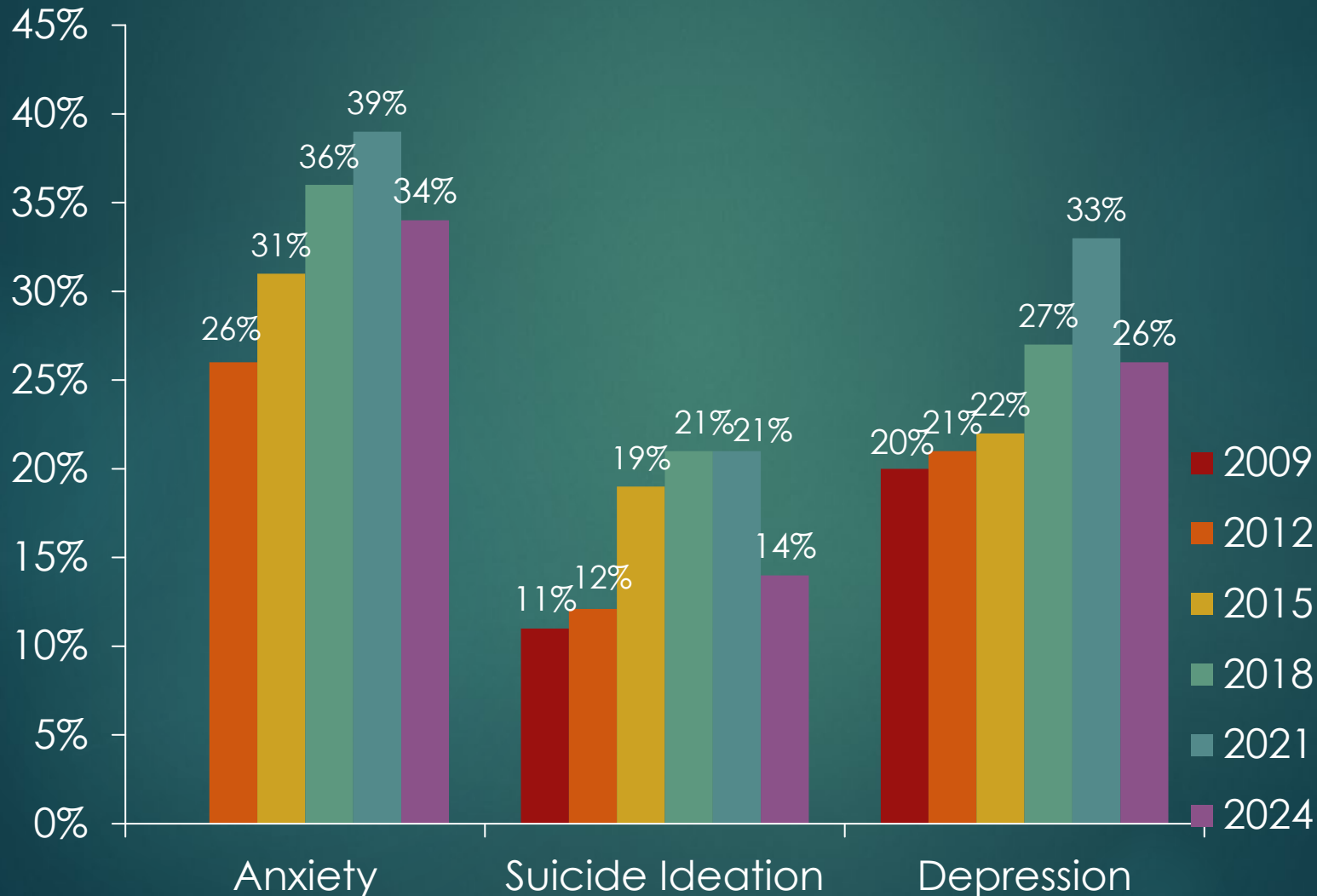
# Trends in Student Sleep

Grades 9<sup>th</sup>-12<sup>th</sup>



# Emotional Health Trends

Grades 9<sup>th</sup>-12<sup>th</sup> since 2009



# Who are the anxious students?

Grades 9<sup>th</sup>-12<sup>th</sup>

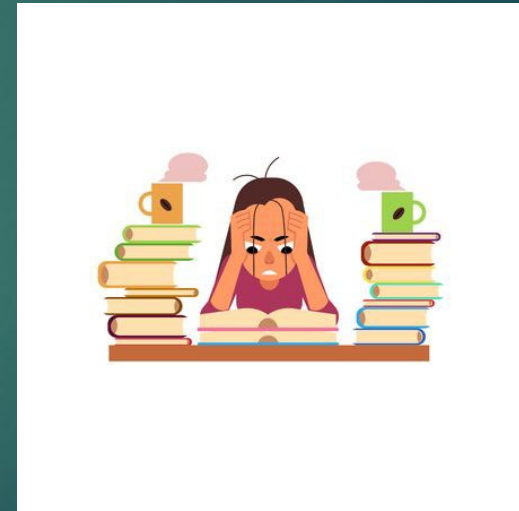
- ▶ Using DCYA 3-item anxiety scale
- ▶ 44% of females say their anxious always/often (21% of males)
- ▶ 46% LGBTQ kids say their anxious always/often
- ▶ 45% of students struggle with homework are anxious
- ▶ More likely to use alcohol (33%), marijuana (20%)

# What are students anxious about?

19

## Grades 9<sup>th</sup>-12<sup>th</sup>

- ▶ When asked if they experience any anxiety, 74% said yes, some.
- ▶ Reasons for anxiety (chose 3 most important reasons):
  - ▶ Pressure to perform in school – 56%
  - ▶ Too much homework – 46%
  - ▶ Social pressure to be popular, look good – 20%
  - ▶ Pressure to have money, things (phone, clothes) – 17%
  - ▶ Don't feel like I fit in – 17%
  - ▶ Problems at home – 17%



# Mental Health Services

20

## Grades 9<sup>th</sup>-12<sup>th</sup>

- ▶ 19% of students are receiving mental health services (about 3500 students)
- ▶ Students using services was 22% in 2021, 17% in 2018 and 12% in 2015
- ▶ 46% percent of students say they have been diagnosed with a mental or emotional health problem:
  - ▶ Anxiety 25%
  - ▶ Depression 17%
  - ▶ ADD/ADHD 13%
  - ▶ Trauma 4%
  - ▶ Eating disorder 5%

# Mental Health Services

## Grades 9<sup>th</sup>-12<sup>th</sup> (continued)

21

- ▶ 61% of students who say they have been diagnosed with an emotional or mental health issue are not getting services.
- ▶ 16% of students are at risk of major depressive disorder based on their response to the Patient Health Questionnaire screener (PHQ\_3).
- ▶ 62% of youth with highest risk on the PHQ\_3 screener are not receiving mental health services.
- ▶ White students are more likely to be receiving mental health services than non-white students.

# Community Involvement

## Student Opinions Grades 9<sup>th</sup>-12<sup>th</sup>

22

- ▶ People working together can make changes: 95% agree
- ▶ My opinion makes a difference: 67% agree
- ▶ Conversations about racial injustice or inequality
  - ▶ 16% have talked a lot with friends or family about it (32% in 2021)
  - ▶ 38% have not talked about it at all (17% in 2021)
- ▶ What's important in promoting racial equality in schools:
  - ▶ More youth voice – 84%
  - ▶ Better support for students of color – 75%
  - ▶ Change the curriculum – 75%
  - ▶ More diversity among school staff – 68%

# School and academics

## Grades 9<sup>th</sup>-12<sup>th</sup>

23

Dane County Youth Assessment 2024

- ▶ “I almost always complete my assignments” – 77% agree (70% in 2021)
- ▶ 53% said they struggle getting homework done (54% in 2021 and 44% in 2018)
- ▶ 34% of students missed or cut a scheduled class (33% in 2021 and 19% in 2018)
- ▶ “I feel like a I belong at this school” - 77% agree (same as 2021 and 2018)

# Home Life

## Grades 9<sup>th</sup>-12<sup>th</sup>

- ▶ Over 6% of students say they have run away from home at some time (4% in 2021 and 7% in 2018)
- ▶ 12% say they have a parent with a mental health problem that worries them (10% in 2021)
  - ▶ These students have nearly double the levels of depression, anxiety and suicide ideation of other students
- ▶ 93% say their parents encourage them to do well (93% 2021)
- ▶ 58% say their parents talk to them about things that bother them - the student (55% in 2021)
- ▶ 45% say their parents have talked with them about birth control (45% in 2021)

# Family Financial

## Grades 9<sup>th</sup>-12<sup>th</sup>

- ▶ 25% of students say financially “things are tight” but their families are doing OK. 3% say their family is struggling financially. (that was 28% and 2% in 2021 and 34% and 4% in 2018)
- ▶ 11% of HS kids say a job they have helps support the family (18% in 2021)
- ▶ 10% said they had to skip meals because their family didn't have enough money (7% in 2021 and 10% in 2018)
- ▶ 13% say if school didn't provide breakfast and lunch, most days, they would have no food at all (8% in 2021 and 14% in 2018)