



Arlington
Public
Schools

2024 Arlington Youth Survey

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Executive Summary

In November 2024, Arlington Public Schools administered the Arlington Youth Survey (AYS), a comprehensive, anonymous, and voluntary survey developed by the Centers for Disease Control and Prevention (CDC) to over 5,000 students in grades 6, 8, 10, and 12. Conducted annually, the AYS collects data on behaviors and experiences that affect youth health and well-being. The results help identify trends in both risk and protective behaviors, informing schools, public health agencies, and community partners as they develop targeted programs and support services for Arlington County youth.

Key findings of the 2024 AYS are organized into the following five categories:

Mental Health

- Reports of **poor mental health** increase with grade level, about one in ten 6th and 8th grade students and one in five 10th and 12th grade students experienced poor mental health in the month prior to the survey.
- One in six 6th and 8th grade students and one in five 10th and 12th grade students **felt so sad or hopeless almost every day for two or more weeks** that they stopped doing some usual activities during the year before this survey.
- Across grades 6 through 12, suicidal thoughts and behaviors were reported at elevated levels, with students in 6th and 8th grades showing slightly higher overall rates than older students in 10th and 12th grade. Nearly 11% of middle school students **seriously considered suicide** compared to 6.8% of high school students. Similarly, 6% of middle schoolers and 5.3% of high schoolers **made a plan**, while nearly 3% and 2.5%, respectively, **attempted suicide**.
- Non-binary students consistently reported the highest rates of suicidal thoughts and behaviors, with nearly half of non-binary middle school students considering suicide and about one in five non-binary high school students doing so. Black/African American and Hispanic/Latino students also faced elevated risks across all grades, while females showed higher rates particularly in the older grades.

School Safety and Violence

- **Bullying** affects students at all grade levels, with 6th and 8th grade students experiencing bullying at higher rates compared to 10th and 12th grade students, both on school property (25.5% vs. 7.4%, respectively) and electronically (12.6% vs 5.5%, respectively). This safety concern is amplified for gender minority groups, as nearly one in five non-binary students and one in eleven transgender students reported missing school due to feeling unsafe at least one day in the month prior to the survey.

- Nearly one-third of 6th and 8th graders (30.5%) have been in a **physical fight**, especially males (42.5%) and non-binary students (40%), compared to about 7% of 10th and 12th graders.
- **Feelings of unfair treatment due to race or ethnicity** are common among students. Nearly 40% of 6th and 8th graders reported discrimination, with the highest rates among Black/African American (56.6%), Asian (50.4%), and Hispanic/Latino (46.7%) students, while White students reported the lowest rate at 30.9%. Among 10th and 12th graders, nearly 30% reported discrimination, with Black/African American students experiencing the highest rate at 51.3%.
- Despite low rates of students **carrying weapons on school property** (<1%), threats and injury with a weapon were reported by nearly 3% of 10th and 12th grade students. Furthermore, one in eight 10th and 12th grade students overall have **witnessed serious violence in their neighborhood**, with higher rates among non-binary (19.4%), Black/African American (20.6%), and Middle Eastern/North African (19%) students.
- Sexual violence and physical dating violence are disproportionately affecting vulnerable populations. Overall, over 4% of high school students experienced **sexual violence** in the past year, with this prevalence nearly doubling to 9.7% among LGBTQ students. Similarly, **physical dating violence** was reported by 2% of 10th and 12th graders overall but was notably higher for Black/African American students (3.9%) and Middle Eastern/North African (3.8%) students.

Sexual Health and Health Services

- Overall, a small fraction of 8th graders (1.9%) reported ever having sexual intercourse. However, significant disparities exist, with Black/African American students being five times more likely to report having sexual intercourse than their White, Asian, and Middle Eastern/North African peers. The risk is highest for non-binary students, who reported a 14.3% rate of ever having intercourse. Among the small number of sexually active 8th graders, just over half (57.1%) reported using a condom during their most recent encounter.
- Sexual activity rises sharply in high school, increasing from 9% of 10th graders to over 25% of 12th graders reporting ever having sexual intercourse. This increase is accompanied by a gender difference in partner number, with male students over three times more likely as female students to report four or more partners. While nearly two-thirds of sexually active students reported using a condom, usage was lower among Black/African American students (35.9%).

Substance Use

- Substance use escalates sharply from middle school into later high school years. Eighth graders are about 1.4 times more likely to have **ever tried alcohol** than 6th graders (6.7% vs. 4.9%). The most significant jump occurs between 10th and 12th grade, where current alcohol use rises from 5.6% to 20.9%. Similarly, marijuana use doubles from middle school (0.8%) to high school (10.4%).
- Substance use vary substantially across racial and ethnic groups. **Current alcohol use** in high school is most prevalent among White students (18.6%), whose rate is nearly triple that of Hispanic/Latino students. Conversely, Black, Hispanic, and Middle Eastern/North African high school students reported the highest rates of current cigar use (ranging from 2.0% to 2.2%) and vaping (3.2% to 2.2%) compared to other racial/ethnic groups. Although overall hard drug use is below 1%, slightly elevated lifetime rates for ecstasy and cocaine were reported among Black/African American, Asian, and Hispanic/Latino students.

Diet and Exercise

- **Adequate sleep of at least eight hours a night drops sharply** as students age. While nearly two-thirds of middle schoolers (65.7%) achieve this benchmark, the rate drops to 30.9% in high school. Only 23.5% of 12th graders get sufficient sleep compared to 73.8% of 6th graders.
- One in 7 high school students and one in 8 middle school students **did not eat breakfast** in the week prior to the survey administration, with the highest rates of female students as well as Black, Hispanic, and Middle Eastern/North African students across all grades.
- Disparities in **food insecurity** are evident, with rates higher among Hispanic/Latino and Black/African American students across both middle and high school. In middle school, the highest rate of **worry about running out of food** was reported by Hispanic/Latino students at 12.6%, compared to 5.5% overall. This disparity continues in high school, where 14.7% of Hispanic/Latino students reported food worry, and over 7% of Hispanic/Latino and nearly 10% of Black/African American students **faced actual food shortages**.
- Frequent social media use is prevalent across all grades and increases substantially as students age. The rate of students **using social media at least several times a day** starts at 35.5% in 6th grade, climbs to 57.3% by 8th grade, and reaches 74.6% across 10th and 12th grades combined. This frequent use is highest among female high school students 79.1% and Hispanic/Latino middle school students 57.5%.

- While 63.4% of middle schoolers meet daily **physical activity recommendations**, participation in structured physical education (PE) drops in high school. The decline is pronounced when comparing high school grades: only 27.1% of 10th graders did not attend PE on all five days, but this non-participation rate climbs sharply to 93.3% for 12th graders. By comparison, **participation in at least one organized sports team** shows a slight increase, rising from 33.6% of middle schoolers to 39.8% of high schoolers.
- The percentage of students who **reported a concussion from playing a sport or being physically active** drops as students age, from 16.7% of 6th graders to 9.7% of 12th grade students. Male students consistently report the highest rates in both middle (17%) and high school (14.1%) compared to female students (13% and 9.4%, respectively) and non-binary students (13.3% and 2.8%, respectively). The highest reported rates belong to Hispanic/Latino (20.2%) and Black/African American (19.9%) middle school students.

Purpose

Arlington Public Schools administered the 2024 AYS from November 11th to November 26th, 2024. Also known as the Youth Risk Behavior Survey, the AYS is a comprehensive, anonymous, and voluntary survey developed by the Centers for Disease Control and Prevention (CDC). It is conducted annually for students in grades 6, 8, 10, and 12.

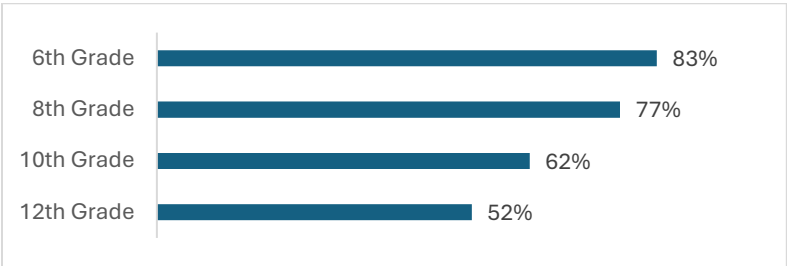
The primary purpose of the AYS is to assess the behaviors, experiences, and factors that impact the health and well-being of Arlington County youth. The data collected helps monitor trends in both risk and protective behaviors, providing essential insights that guide schools, local health districts, and community organizations in developing targeted programs and support services to address students’ most pressing health needs.

Survey Administration

All students in sixth, eighth, tenth, and twelfth grade enrolled in Arlington Public Schools during the survey period were invited to take part in the 2024 Arlington Youth Survey. Parents and guardians were notified of the survey one month prior to administration through school and district-wide communication. The notice provided details about the survey, its purpose in informing the community, and how they could opt their student out of participation. Prior to the survey administration, students were reminded that participation was voluntary. They were also told they could skip any question they felt uncomfortable answering. Additionally, students were assured that the survey was anonymous, and their individual responses would remain confidential , as explained by both the survey administrators and the written instructions provided with the survey.

A total of 5,639 students in grades 6, 8, 10, and 12 participated in the 2024 Arlington Youth Survey, representing a response rate of 68% of all eligible students. Response rates by grade can be found in Graph 1.

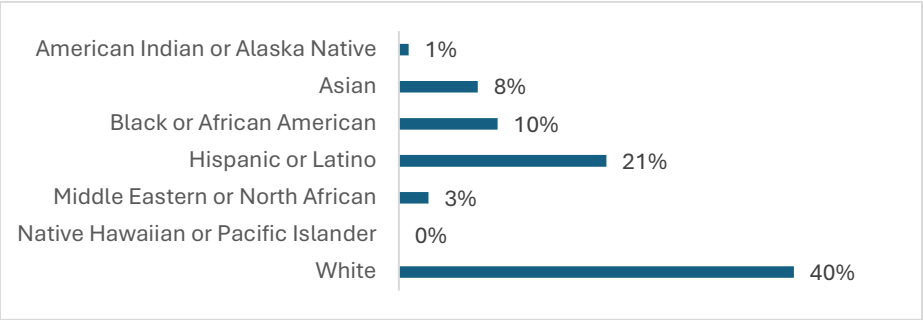
Graph 1: Response Rate



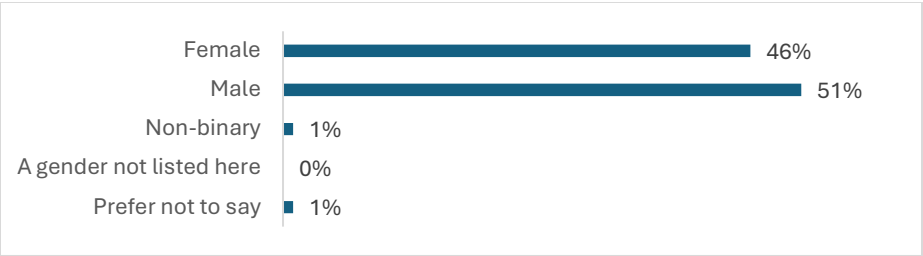
Student Demographics

AYS allowed students to self-report their demographics and select multiple categories. This approach captured a diverse range of identities, reflecting a more comprehensive view of the student population. The distribution of respondents by race and gender identity are provided in Graph 2 and Graph 3, respectively.

Graph 2: Respondents by Race

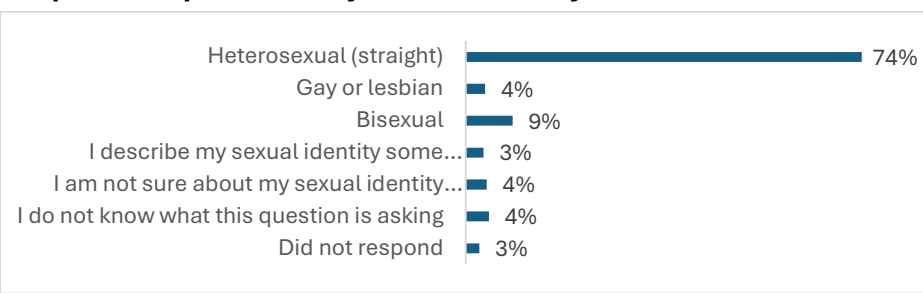


Graph 3: Respondents by Gender

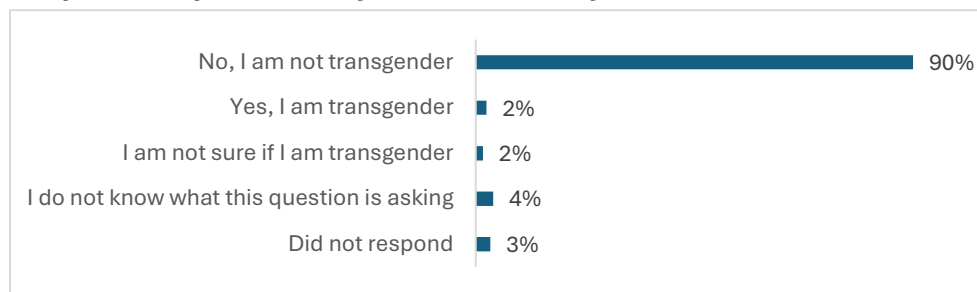


Tenth and twelfth grade students also self-reported sexual and gender identity (See Graphs 4 and 5).

Graph 4: Respondents by Sexual Identity



Graph 5: Respondents by Gender Identity



We recognize that some groups have small sample sizes, which may limit the reliability of the results. Specifically, we do not include 62 American Indian/Alaska Native and 30 Native Hawaiian/Pacific Islander students in the middle school group, or 23 American Indian/Alaska Native and 19 Native Hawaiian/Pacific Islander students in the high school group. However, we do include data for 36 non-binary high school students and 30 non-binary middle school students. Because these groups are small, we advise caution when interpreting the results.

Tables and Key Findings

Percentage of 6th and 8th Grade Students who:	ALL	6th Grade	8th Grade	Female	Male	Non-Binary	Asian	Black / African American	Hispanic/Latino	Middle Eastern / North African	White
Reported that their mental health was most of the time or always not good during the last 30 days before the survey	10	9.5	10.5	12.3	6.6	46.7	8.7	12	10.8	12	9.8
Received the help they needed (sometimes, most of the time, or always) when feeling sad, empty, hopeless, angry, or anxious during the 12 months before the survey	17.2	21	12.8	20	14.6	20	14.6	16.1	15.3	16.7	19.6
Intentionally hurt themselves without wanting to die (e.g., cutting or burning themselves on purpose) at least once	9.7	10.5	8.9	10.5	7.9	43.3	9.3	11.5	11.2	7.7	9
Ever seriously thought about killing themselves	10.6	12.4	8.5	11.7	8.1	50	10	16.1	12	10.4	9.1
Ever made a plan about how they would kill themselves	6	6.4	5.5	6.9	4.2	23.3	4.5	9.7	6.6	8.2	5.5
Ever tried to kill themselves	2.9	3.1	2.7	3.1	2.3	13.3	2.8	6.1	4.3	2.7	2

Key findings of Mental Health and Wellbeing: 6th and 8th Grade Students

- One in ten 6th and 8th grade students reported that their **mental health was “not good” most or all the time** in the 30 days before the survey. Non-binary students (46.7%) were more likely to report their mental health “not good” compared to 6.6% of male students and 12.3% of female students.
- Only 17.2% of 6th and 8th graders **received help for emotional distress** in the past year, with support reported nearly twice as often by 6th graders (21%) compared to 8th graders (12.8%). Females (20%) were more likely to receive help than males (14.6%) and non-binary students (14.6%), while Black/African American (16.1%), Middle Eastern/North African (16.7%), and White (19.6%) students reported higher support rates than Asian (14.6%) and Hispanic/Latino (15.3%) peers.
- 10.6% of students have **seriously thought about suicide**, 6% have **made a plan**, and 2.9% have **attempted it**. Rates are dramatically higher among non-binary students (50% thought about suicide; 23.3% made a plan; 13.3% attempted). Black/African American and Hispanic/Latino students also report higher rates compared to White students.

Percentage of 10 th and 12 th Grade Students who:	ALL	10th Grade	12th Grade	Female	Male	Non-Binary	Asian	Black / African American	Hispanic/Latino	Middle Eastern / North African	White
Experienced poor mental health (stress, anxiety, depression) during the last 30 days before the survey	17.4	15.6	19.5	21.1	12.1	41.7	13.4	20.6	15.9	16.2	18.3
Felt so sad or hopeless almost every day for two weeks or more in a row during the 12 months before this survey that they stopped doing some usual activities	21.4	19	24.1	27	14	47.2	16.5	25.5	25.6	21.9	18
Received the help they needed (sometimes, most of the time, or always) when feeling sad, empty, hopeless, angry, or anxious during the 12 months before the survey	30.9	26.8	35.6	38.6	21.7	44.4	26.8	30.4	29	26.7	34

Key findings of Mental Health and Wellbeing: 10th and 12th Grade Students

- More 12th grade students (19.5%) **reported poor mental health** 30 days before the survey compared to 10th grade students (15.6%), with female (21.1%), non-binary (41.7%), and Black/African American (20.6%) students experiencing the highest levels of distress.
- One in 5 students **felt so sad or hopeless almost every day for two or more weeks that they stopped doing some usual activities** during the year before this survey. These rates were higher among seniors (24.1%), females (27%), non-binary (47.2%), Black/African American (25.5%) and Hispanic/Latino (25.6%) students.
- Approximately one-third of students said they “sometimes, most of the time, or always” **received the help they needed when feeling sad, empty, hopeless, angry, or anxious** during the 12 months before the survey, with support more common among 12th graders (35.6%), females (38.6%), and non-binary students (41.7%) than males (21.7%) or Asian students (26.8%).

During the 12 months before this survey...

Percentage of 10 th and 12 th Grade Students who:	ALL	10th Grade	12th Grade	Female	Male	Non-Binary	Asian	Black / African American	Hispanic/ Latino	Middle Eastern / North African	White
Seriously considered attempting suicide	6.8	6.1	7.5	8	4.2	30.6	5	13.1	6.4	1.9	6.9
Made a plan for attempting suicide	5.3	4.9	5.8	6	3.5	19.4	4.4	7.5	6.2	0	5.5
Actually attempted suicide at least once	2.4	2.3	2.5	2.9	1.5	5.6	1.9	3.9	2.9	0	2.1
Intentionally hurt themselves without wanting to die (e.g., cutting or burning themselves on purpose) at least once	8.2	8.4	7.8	10.6	4.2	19.4	7.8	9.5	7.4	3.8	9
Attempted suicide that resulted in an injury, poisoning, or overdose that required treatment by a doctor or nurse	0.3	0.5	0.2	0.5	0	0	0.3	0.7	0.3	0	0.4

Key findings of Mental Health and Wellbeing: 10th and 12th Grade Students (cont.)

- One in 15 students (6.8%) reported **seriously considered attempting suicide** during the 12 months before this survey, with nearly twice as many Black students (13.1%) to report these thoughts.
- About 1 in 19 students (5.3%) reported **making a plan to attempt suicide**, with rates higher among female (6%) and non-binary (19.4%) students compared to male students (3.5%). **Actual suicide attempts** were less common (2.4%) but still showed notable disparities among non-binary (5.6%) and Black/African American (3.9%) students.
- Self-harm without intentionally wanting to die** was reported by 8.2% of students overall, with females (10.6%) and non-binary (19.4%) students experiencing increased instances. By comparison, **severe suicide attempts requiring medical treatment** were rare, reported by only 0.3% of students.

Mental Health and Wellbeing

Sexual and Gender Identity

Percentage of 10 th and 12 th grade students who:	ALL	Female	Male	Non-Binary	Heterosexual (straight)	LGBQ**	No, I am not transgender	Yes, I am transgender
Experienced poor mental health including stress, anxiety, or depression (most of the time or always) during the last 30 days before the survey.	17.4	21.1	12.1	41.7	12.5	37.5	16.5	46.3
Felt so sad or hopeless almost every day for two weeks or more in a row during the 12 months before this survey that they stopped doing some usual activities.	21.4	27	14	47.2	16.6	39.6	20.1	53.7
received the help they needed (sometimes, most of the time, or always) when feeling sad, empty, hopeless, angry, or anxious during the 12 months before the survey	30.9	38.6	21.7	44.4	26.2	50.8	30.6	50
Seriously considered attempting suicide during the 12 months before this survey.	6.8	8	4.2	30.6	3.8	19.3	6	25.9
Made a plan for attempting suicide during the 12 months before the survey.	5.3	6	3.5	19.4	3.3	13.1	4.5	18.5
Actually attempted suicide at least once during the 12 months before this survey.	2.4	2.9	1.5	5.6	3.3	13.1	4.5	18.5
Attempted suicide that resulted in an injury, poisoning, or overdose that required treatment by a doctor or nurse during the 12 months before this survey.	0.3	0.5	0	0	0.1	1.3	0.2	1.9

** LGBQ represents students who identify their sexual orientation as “gay or lesbian,” “bisexual,” “I am not sure about my sexual identity (questioning),” or “I describe my sexual identity some other way.”

Key findings of Mental Health and Wellbeing: Sexual and Gender Identity

- Roughly one in six 10th and 12th grade students (17.4%) **experienced poor mental health** most of the time, but this rate more than doubled for LGBQ students (37.5%) and nearly tripled for transgender students (46.3%).
- While about one third of students (30.9%) **received help when feeling sad, empty, hopeless, angry, or anxious**, this support was far more common among LGBQ (50.8%) and transgender students (50%) than heterosexual (26.2%) peers.
- Approximately 7% of students **seriously considered suicide**, and about 2% attempted it in the past year. Both rates were higher among LGBQ (19.3% considered, 13.1% attempted) and transgender students (25.9% considered, 18.5% attempted) compared to their heterosexual and cisgender peers.

Percentage of 6 th and 8 th Grade Students who:	ALL	6 th Grade	8 th Grade	Female	Male	Non-Binary	Asian	Black / African American	Hispanic/ Latino	Middle Eastern / North African	White
Ever in a physical fight	30.5	33.2	27.5	17.3	42.5	40	27.8	45.2	29.4	41.5	28
Ever saw someone get physically attacked, beaten, stabbed, or shot in their neighborhood	17.1	16.8	17.4	14.4	19.3	23.3	14.2	28.7	21.6	24.6	12.5
Ever bullied on school property	25.5	29.4	20.9	25.5	23.6	66.7	25	33.3	23.7	27.9	24.9
Ever electronically bullied	12.6	13.6	11.5	15	9.7	33.3	15.2	16.3	14.5	15.3	11.5
Felt that they were ever treated badly or unfairly in school because of their race or ethnicity	39.9	39.7	40.1	40.9	38.3	66.7	50.4	56.6	46.7	47.5	30.9

Key findings of School Safety and Violence: 6th and 8th grade students

- Nearly one-third of 6th and 8th grade students (30.5%) reported **ever being in a physical fight**, with the highest rates among males (42.5%), non-binary students (40%), and Black/African American students (45.2%). Compared to 8th graders, 6th graders were 6 percentage points more likely to report having ever been in a physical fight.
- Over 17% of students have **witnessed serious violence (someone attacked, beaten, stabbed, or shot) in their neighborhood**. This is highest among non-binary (23.3%), Black/African American (28.7%) and Middle Eastern/North African students (24.6%).
- One in four students (25.5%) reported **being bullied on school property**. 6th graders were nearly 9 percentage points more likely to be bullied than 8th grade students. 12.6% of students were **ever electronically bullied**, with female students nearly 6 percentage points more likely to be electronically bullied than male students. Non-binary students were disproportionately affected, 66% having been bullied on school property and 33% electronically bullied.
- Nearly 40% of 6th and 8th grade students felt **unfairly treated due to race or ethnicity**, with high rates among Black/African American (56.6%) and Asian (50.4%). White students reported the lowest rate at 30.9%.

Percentage of 10 th and 12 th Grade Students who:	ALL	10th Grade	12th Grade	Female	Male	Non-Binary	Asian	Black / African American	Hispanic/ Latino	Middle Eastern / North African	White
Did not go to school because they felt unsafe at school or on their way to/from school at least 1 day during the 30 days before the survey.	5	5.7	4.1	5.3	4.3	19.4	5	4.9	8.1	3.8	3.3
Were bullied on school property during the last 12 months before the survey.	7.4	8.6	5.9	7.5	6.6	19.4	5	7.8	6.9	7.6	8.4
Were electronically bullied through texting, Instagram, Facebook, or other social media in the 12 months before this survey.	5.5	5.6	5.5	6.5	3.9	16.7	4.4	4.9	5.3	4.8	6.8
Felt that they were ever treated badly or unfairly in school because of their race or ethnicity	29.7	29.2	30.3	31.3	28.1	30.6	41.1	51.3	35.1	46.7	18.8

Key findings of School Safety and Violence: 10th and 12th grade students

- Five percent of 10th and 12th grade students **missed school because they felt unsafe at school or on their way to/from school** at least once in the 30 days before taking the survey. Non-binary (19.4%) and Hispanic (8.1%) students reported were more likely to be absent from school.
- Approximately one in 14 students (7.4%) **experienced bullying at school** in the 12 months before taking the survey, with 10th graders reporting higher rates (8.6%) than 12th graders (5.9%). **Electronic bullying** affected over 5% of students, with females were 2.6 percentage points more likely than males to be cyberbullied. Non-binary students faced the highest rate of bullying at school (19.4%) and cyberbullying (16.7%).
- Nearly 30% of 10th and 12th grade students felt **unfairly treated due to race or ethnicity**. Black/African American students reported the highest discrimination rate (51.3%), followed by Middle Eastern/North African (46.7%) and Asian students (41.1%). Hispanic/Latino students also reported higher rates (35.1%), while White students reported the lowest (18.8%).

School Safety and Violence (cont.)

10th and 12th Grade

Percentage of 10 th and 12 th Grade Students who:	ALL	10th Grade	12th Grade	Female	Male	Non-Binary	Asian	Black / African American	Hispanic/ Latino	Middle Eastern / North African	White
Were in a physical fight at least once during the 12 months	7.4	9	5.7	3.9	11.2	11.1	5.3	12.7	6.6	14.3	7.0
Were in a physical fight on school property at least once during the 12 months	2.5	3.2	1.7	1.3	3.9	0	1.2	3.6	2.9	5.7	2.2
Were threatened or injured with a weapon on school property at least once during the 12 months	2.6	2.9	2.1	2	3.1	5.6	1.2	5.6	2.5	4.8	2.7
Carried a weapon on school property at least 1 day during the 30 days	0.7	1	0.4	0.3	1.2	0	1.6	1.6	0.5	0	0.9
Carried a gun at least 1 day during the 12 months	0.7	0.9	0.5	0.2	1.3	0	0.9	1.6	0.7	1.9	0.7

Key findings of School Safety and Violence: 10th and 12th grade students (cont.)

- Over 7% of students reported **being in a physical fight at least once in the 12 months** prior to the survey, only 2.5% reported doing so on school property. Male students were three times more likely than female students to have been in a fight on school property (3.9% compared to 1.3%). Black/African American (12.7%) and Middle Eastern/North African (14.3%) students had the highest rates of physical fights among all demographic groups.
- Though fewer than 1% of students reported carrying a weapon on school property at least one day during the year prior to the survey, nearly 3% of students were **threatened or injured with a weapon at school**, with higher rates among non-binary (5.6%), Black/African American (5.6%), and Middle Eastern/North African (4.8%) students.

School Safety and Violence (cont.)

10th and 12th Grade

Percentage of 10 th and 12 th Grade Students who:	ALL	10th Grade	12th Grade	Female	Male	Non-Binary	Asian	Black / African American	Hispanic/ Latino	Middle Eastern / North African	White
Experienced physical dating violence at least once during the 12 months before the survey.	1.9	1.9	1.9	1.8	2.1	0	1.2	3.9	2.2	3.8	1.9
Experienced sexual dating violence at least once during the 12 months before the survey.	2.9	2.9	3	3.8	2	2.8	3.4	2.6	2.6	3.8	3.4
Experienced sexual violence by anyone at least once during the 12 months before the survey.	4.2	3.8	4.7	6.3	2.2	0	2.2	4.9	4.8	1.9	4.7
Were ever physically forced to have sexual intercourse	2.9	2.3	3.5	4	1.7	0	1.2	4.9	4	1.9	2.6
Ever saw someone get physically attacked, beaten, stabbed, or shot in their neighborhood	12.6	13.3	11.9	11.2	13.9	19.4	13.4	20.6	15.2	19	9.7

Key findings of School Safety and Violence: 10th and 12th grade students (cont.)

- About 2% of 10th and 12th grade students experienced **physical dating violence** at least once in 12 months prior to the survey with Black/African American (3.9%) and Middle Eastern/North African (3.8%) students reporting greater prevalence.
- Over 4% reported experiencing **sexual violence** by anyone, with females affected at nearly three times the rate of males.
- Nearly 3% reported being **physically forced to have sexual intercourse**, with females (4%), Black/African American students (4.9%), and Hispanic students (4%) experiencing the highest rates.
- One in 8 students (12.6%) have **witnessed serious violence (someone attacked, beaten, stabbed, or shot) in their neighborhood**, with higher rates among non-binary (19.4%), Black/African American (20.6%), and Middle Eastern/North African (19%) students.

School Safety and Violence

Sexual and Gender Identity

Percentage of 10th and 12th Grade Students who:	ALL	Female	Male	Non-Binary	Heterosexual (straight)	LGBQ**	No, I am not transgender	Yes, I am transgender
Were ever physically forced to have sexual intercourse	2.9	4	1.7	0	2.4	5.5	2.8	3.7
Experienced sexual violence by anyone at least once during the 12 months before the survey.	4.2	6.3	2.2	0	2.7	9.7	3.8	5.6
Experienced sexual dating violence at least once during the 12 months before the survey.	2.9	3.8	2	2.8	2.3	5.5	2.7	3.7
Experienced physical dating violence at least once during the 12 months before the survey.	1.9	1.8	2.1	0	2	1.3	1.8	0

** LGBQ represents students who identify their sexual orientation as “gay or lesbian,” “bisexual,” “I am not sure about my sexual identity (questioning),” or “I describe my sexual identity some other way.”

Key findings of School Safety and Violence: Sexual and Gender Identity

- About 3% of students reported ever **being physically forced to have sex**, with LGBQ students (5.5%) and transgender students (3.7%) reporting higher rates than heterosexual (2.4%) and cisgender (2.8%) students.
- Roughly 4% experienced **sexual violence** in the past year, nearly doubling to 9.7% among LGBQ students and 5.6% among transgender students.
- **Dating violence** affected a small share of students (about 3% sexual, 2% physical), but both types were more prevalent among LGBQ and transgender students than among their non-LGBQ and cisgender peers.

School Safety and Violence (cont.)

Sexual and Gender Identity

Percentage of 10 th and 12 th grade students who:	ALL	Female	Male	Non-Binary	Heterosexual (straight)	LGBQ**	No, I am not transgender	Yes, I am transgender
Did not go to school because they felt unsafe at school or on their way to/from school at least 1 day during the 30 days before the survey.	5	5.3	4.3	19.4	4.2	5.7	4.4	9.3
Were bullied on school property during the last 12 months before the survey.	7.4	7.5	6.6	19.4	5.9	11.9	6.9	20.4
Were electronically bullied through texting, Instagram, Facebook, or other social media in the 12 months before this survey.	5.5	6.5	3.9	16.7	4.5	9.5	5.1	14.8

** LGBQ represents students who identify their sexual orientation as “gay or lesbian,” “bisexual,” “I am not sure about my sexual identity (questioning),” or “I describe my sexual identity some other way.”

Key findings of School Safety and Violence: Sexual and Gender Identity (cont.)

- One in twenty 10th and 12th grade students (5%) missed school because they **felt unsafe at school or on their way to/from school at least 1 day during the 30 days before the survey**, but nearly one in five non-binary students (19.4%) and about one in eleven transgender students (9.3%) reported this, showing they are 2 to 4 times more likely to feel unsafe.
- Roughly 7% of students were **bullied on school property**, with bullying reported nearly three times more often by non-binary (19.4%) and transgender (20.4%) students compared to their peers.
- **Electronic bullying** affected 5.5% of students overall yet was significantly higher among non-binary (16.7%), transgender (14.8%), and LGBQ (9.5%) students.

Percentage of 8 th Grade Students who:	8 th Grade	Female	Male	Non-Binary	Asian	Black / African American	Hispanic/ Latino	Middle Eastern / North African	White
Ever had sexual intercourse	1.9	1.1	2.3	14.3	1	5	3	1	1
Had sexual intercourse for the first time before age 11 years	0.4	0.1	0.5	7.1	0	2	0	1	0
Ever had sexual intercourse with three or more persons	0.6	0.4	0.5	7.1	0	2	1	1	1
Used a condom during last sexual intercourse <i>Among those students who reported ever had sexual intercourse.</i>	57.1	-	-	-	-	-	-	-	-

¹ Questions about sexual behavior are no longer on the 6th Grade 2025 Arlington Youth Survey and were not included in this analysis.

Key findings of Sexual Health and Health Services: 8th Grade Students

- Only 1.9% of 8th-grade students reported **ever having sexual intercourse**, with females (1.1%) being less likely than males (2.3%) to report this experience.
- Black/African American students were five times more likely, and Hispanic/Latino students three times more likely, to report ever having sexual intercourse compared to Asian, White, and Middle Eastern/North African students.
- Among those 8th-grade students who reported having ever had sexual intercourse, 57.1% indicated that they **used a condom during their most recent encounter**.
- Non-binary 8th-grade students reported significantly higher rates of sexual activity than their peers, with 14.3% ever having intercourse and 7.1% reporting early or multiple partners.

Percentage of 10 th and 12 th Grade Students who:	ALL	10th Grade	12th Grade	Female	Male	Non-Binary	Asian	Black / African American	Hispanic/ Latino	Middle Eastern / North African	White
Ever had sexual intercourse	16.7	9	25.6	14.9	18.8	19.4	9.7	19.9	21.7	8.6	16.2
Had sexual intercourse for the first time before age 13 years	1	0.9	1.1	0.5	1.5	0	0.3	1.3	1.8	1	0.9
Had sexual intercourse with four or more persons	2.4	1.7	3.1	1.2	3.7	0	1.2	4.9	3.9	1.9	1.4
Drank alcohol or used drugs before last sexual intercourse	1.7	1	2.6	1.9	1.6	0	0.9	2.3	2.1	1.9	1.7
Used a condom during last sexual intercourse <i>Among those students who reported ever had sexual intercourse.</i>	64.6	63.9	64.9	57.6	72.6	-	68.2	35.9	70.8	-	66.4
Ever tested for human immunodeficiency virus (HIV)	3.6	3.6	3.5	3.8	3.3	8.3	3.7	4.6	4.7	1	2.8
Were tested for a sexually transmitted infection (STI) other than HIV during the last 12 months before the survey	2.4	2.2	2.6	2.4	2.4	2.8	1.2	3.9	2.7	1	2.2

Key findings of Sexual Health and Health Services: 10th and 12th Grade Students

- One in four of 12th graders reported **ever having sexual intercourse** compared to approximately one in eleven 10th graders.
- Twelfth graders (3.1%) were nearly twice as likely as tenth graders (1.7%) to report having **had sexual intercourse with four or more persons**, and male students (3.7%) were over three times as likely as female students (1.2%) to report the same behavior.
- Among students who reported having had sexual intercourse, 64.6% overall **did use a condom during their last encounter**. Black/African American students had the lowest use rate (35.9%), while male students had the highest (72.6%).
- Only 3.6% of all students **reported ever being tested for HIV**, and just 2.4% were **tested for STIs in the past year**.

Substance Use

6th and 8th Grade

Percentage of 6 th and 8 th Grade Students who:	ALL	6 th Grade	8 th Grade	Female	Male	Non-Binary	Asian	Black / African American	Hispanic/ Latino	Middle Eastern / North African	White
Ever drank alcohol	5.8	4.9	6.7	5.3	6	20	5.7	8.6	6.2	5.5	5.9
Ever used marijuana	0.8	0.2	1.5	0.7	0.7	6.7	0.8	3.4	1.1	3.3	0.5
Ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it	3.4	3.1	3.7	3.8	2.8	13.3	4.1	4.5	4.4	4.9	2.7
Ever used inhalants	2.1	2.4	1.8	1.9	2.1	10	2.6	3.6	2.8	2.7	1.6
Ever smoked a cigarette	1.1	0.6	1.7	1.2	1	6.7	1.6	2.7	1.7	3.8	0.6
Ever used an electronic vapor product	2.3	1.3	3.5	2.5	1.8	6.7	1.4	5.4	4.3	3.3	1.3

Key findings of Substance Use: 6th and 8th Grade Students

- Eighth graders are about 1.4 times more likely to have **ever tried alcohol** than 6th graders (6.7% vs. 4.9%). Black (8.6%) and Hispanic (6.2%) students also reported rates above the overall average of 5.8%.
- Eighth graders (1.5%), Black students (3.4%) , and Middle Eastern (3.3%) students were more likely to **ever have used marijuana** compared to their peers. These rates are higher than those of 6th graders (0.2%), Asian (0.8%), and White (0.5%) students.
- **Electronic vapor product use** (2.3%) and **inhalant use** (2.1%) were more commonly reported than cigarette smoking (1.1%). Vaping was notably more prevalent among 8th graders compared to 6th grade and certain racial/ethnic groups, including Black (5.4%) and Hispanic (4.3%) students.
- Non-binary students consistently report the highest rates of use including alcohol (20%), marijuana (6.7%), misuse of prescription medication (13.3%) and vaping (6.7%), several times higher than other demographic groups.

On at least 1 day during the 30 days before the survey ...

Percentage of 6th and 8th Grade Students who:	ALL	6th Grade	8th Grade	Female	Male	Non-Binary	Asian	Black / African American	Hispanic/ Latino	Middle Eastern / North African	White
Currently smoked cigarettes	0.3	0.2	0.4	0.3	0.2	3.3	0.6	1.1	0.8	1.6	0.2
Currently used an electronic vapor product	1	0.6	1.3	1.1	0.7	3.3	0.8	3.2	1.7	2.2	0.7
Currently used smokeless tobacco, not counting any electronic vapor products	0.6	0.3	0.9	0.5	0.6	3.3	0.6	2	0.8	1.6	0.6
Currently smoked cigars	0.5	0.3	0.8	0.3	0.6	3.3	0.8	2	1	2.2	0.3

Key findings of Substance Use: 6th and 8th Grade Students (cont.)

- The percentage of students who currently used substances in the 30 days prior to the survey was substantially lower than the percentage of students who had ever used them.
- Overall tobacco use among 6th and 8th graders is low, with less than 1% of students reporting **current cigarette smoking** (0.3%), **cigar use** (0.5%), **smokeless tobacco use** (0.6%), or **vaping** (1%).
- 8th graders consistently reported higher usage than 6th graders across all tobacco products, including vaping (1.3% vs. 0.6%) and smokeless tobacco (0.9% vs. 0.3%), suggesting increased experimentation with age.
- Non-binary students reported the highest rates across all tobacco categories, including cigarettes, vaping, cigars, and smokeless tobacco, each at 3.3%.
- Black, Hispanic, and Middle Eastern/North African students reported the highest rates of current cigar use (ranging from 2.0% to 2.2%) and vaping (3.2% to 2.2%) compared to other racial/ethnic groups. White and Asian students consistently reported the lowest rates across all products.

Substance Use

10th and 12th Grade

Percentage of 10 th and 12 th Grade Students who:	ALL	10th Grade	12th Grade	Female	Male	Non-Binary	Asian	Black / African American	Hispanic/ Latino	Middle Eastern / North African	White
Currently drank alcohol	12.7	5.6	20.9	13	12.7	11.1	11.5	8.2	6.6	15.8	18.6
Currently used marijuana	4.8	2.2	7.7	3.9	5.9	2.8	4	6.2	3.6	2.9	5.9
Currently smoked cigarettes	2	0.8	3.4	1.6	2.5	0	1.2	0.7	2	2.9	2.7
Currently used electronic vapor products	4.3	2.6	6.2	4.8	3.9	0	3.4	3.9	3.4	3.8	4.9
Currently used smokeless tobacco	1.9	1.2	2.8	1.3	2.7	0	0.9	1	1.3	1.9	2.9
Currently smoked cigars	1.2	0.9	1.7	0.8	1.8	0	0.6	2.3	1.3	1.9	1.2

Key findings of Substance Use: 10th and 12th Grade Students

- Current substance use increases notably between 10th and 12th grade, with **alcohol use** rising from 5.6% to 20.9% and **marijuana use** from 2.2% to 7.7%.
- White students reported higher rates of current alcohol use (18.6%) compared to their peers: they were nearly three times more likely than Hispanic/Latino students (6.6%) and twice as likely as Black students (8.2%).
- **Electronic vapor product use** (4.3%) was over twice as common as **cigarette smoking** (2%) and more than three times as common as **cigar use** (1.2%), with highest rates among 12th graders (6.2%) and White students (4.9%).

Substance Use (cont.)

10th and 12th Grade

Percentage of 10 th and 12 th Grade Students who:	ALL	10th Grade	12th Grade	Female	Male	Non-Binary	Asian	Black / African American	Hispanic/Latino	Middle Eastern / North African	White
Ever used marijuana	10.4	4.3	17.4	9.8	11.3	11.1	8.7	12.4	8.5	6.7	12.8
Ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it	5.4	6.2	4.5	6.1	4.6	8.3	5.6	5.9	6.1	2.9	4.9
Ever used cocaine	0.7	0.7	0.8	0.5	1.0	0	1.2	0.7	1.3	1	0.8
Ever used inhalants	1.3	1	1.7	0.8	1.5	8.3	0.9	2.3	0.9	1.9	1.5
Ever used heroin	0.3	0.3	0.3	0.1	0.4	0	0.6	0.3	0.4	0	0.3
Ever used methamphetamines	0.4	0.4	0.4	0.3	0.4	0	0.6	0.3	0.4	0	0.4
Ever used ecstasy	0.6	0.7	0.5	0.7	0.5	0	0.3	1.3	0.9	0	0.8
Ever injected any illegal drug	0.3	0.3	0.4	0.2	0.4	0	0.6	0.3	0.5	0	0.2
Ever smoked a cigarette	8	4.9	11.6	7.1	9.1	11.1	7.5	5.2	7.3	5.7	9.7
Ever used electronic vapor products	11.3	6.7	16.6	12.4	10.5	16.7	8.7	12.4	11.2	9.5	12.1

Key findings of Substance Use: 10th and 12th Grade Students (cont.)

- Twelfth graders were about four times more likely to have **ever used marijuana** compared to 10th graders (17.4% vs. 4.3%), and nearly two and a half times more likely to **have ever smoked cigarettes** (11.6% vs. 4.9%).
- Lifetime use of electronic vapor products** (11.3%) was higher than cigarette smoking (8%). About one in six 12th graders (16.6%) have ever vaped, compared to about one in fifteen 10th graders (6.7%).
- Non-binary students reported the highest rates of **prescription pain medicine misuse** (8.3%) compared to female (6.1%) and male (4.6%) students.
- Use of hard drugs (cocaine, heroin, methamphetamines, ecstasy, and other illegal drugs)** is below 1% across nearly all grades and demographic groups. However, Black/African American students reported a slightly higher rate of ever using ecstasy at 1.3%, compared to 0.6% overall. Additionally, Asian and Hispanic/Latino students reported higher rates of ever using cocaine, 1.2% and 1.3%, respectively, compared to the overall rate of 0.7%.

Diet and Exercise

6th and 8th Grade

Percentage of 6 th and 8 th Grade Students who:	ALL	6th Grade	8th Grade	Female	Male	Non-Binary	Asian	Black / African American	Hispanic/ Latino	Middle Eastern / North African	White
Got 8 or more hours of sleep	65.7	73.8	56.5	61.9	70.5	36.7	65.7	58.1	60.1	69.4	69.2
Were physically active at least 60 minutes per day on 5 or more days	63.4	65.2	61.3	57.9	69.2	60	62.6	58.8	47.1	64.5	75.5
Did not attend physical education (PE) classes on all 5 days	5.9	9.1	2.1	5.7	5.8	3.3	5.7	7.7	8.7	7.7	3.7
Did not play on at least one sports team	66.4	67.2	65.4	63.6	69.7	53.3	64.6	58.6	50.9	61.7	79
Had a concussion from playing a sport or being physically active	15.1	16.7	13.1	13	17	13.3	13.8	19.9	20.2	18.6	11.2
Use social media at least several times a day	45.7	35.5	57.3	48.3	43.9	33.3	45.9	56.6	57.5	53	36.9

Key findings of Diet and Exercise: 6th and 8th Grade Students

- About two-thirds (65.7%) of 6th and 8th graders **get at least 8 hours of sleep**, with 6th graders (73.8%) sleeping more than 8th graders (56.5%). Non-binary students report the lowest rate of adequate sleep at 36.7%.
- Nearly two-thirds (63.4%) of students are **physically active for 60 minutes or more on at least five days per week**.
- Only one-third of students **overall participated in a sports team**. Nearly 80% of White students did not play on at least one sports team compared to over half of Hispanic students.
- **Social media use** increases notably from 35.5% in 6th grade to 57.3% in 8th grade among students who use it several times a day. Overall, nearly half (45.7%) of all students report this level of use, with female (48.3%) and Hispanic/Latino (57.5%) students showing the highest rates.

Diet and Exercise (cont.)

6th and 8th Grade

Percentage of 6 th and 8 th Grade Students who:	ALL	6th Grade	8th Grade	Female	Male	Non-Binary	Asian	Black / African American	Hispanic/Latino	Middle Eastern / North African	White
Did not eat breakfast in the last 7 days before this survey.	8.3	6.6	10.4	9.9	7.1	6.7	7.1	13.1	13.5	11.5	5
Reported their families were worried always, most of the time, or sometimes about running out of food before being able to buy more during the 12 months.	5.5	5.9	5	5.4	5.7	6.7	3.5	9	12.6	3.8	1.4
reported their families ran out of food always, most of the time or sometimes, and couldn't afford more during the 12 months before this survey.	3.2	4.4	1.9	3	3.2	6.7	2.2	6.3	7	4.4	0.6

Key findings of Diet and Exercise: 6th and 8th Grade Students (cont.)

- 8.3% of 6th and 8th grade students **skipped breakfast in the last 7 days before this survey**, with 8th graders (10.4%) more likely to skip than 6th graders (6.6%).
- 5.5% of students reported that their families **worried about running out of food in the last year**, with Black/African American (9%) and Hispanic/Latino (12.6%) students experiencing the highest levels of concern.
- 3.2% of students **faced food shortages**, with 8th graders (1.9%) reporting fewer issues than 6th graders (4.4%).

Diet and Exercise

10th and 12th Grade

Percentage of 10 th and 12 th Grade Students who:	ALL	10th Grade	12th Grade	Female	Male	Non-Binary	Asian	Black / African American	Hispanic/ Latino	Middle Eastern / North African	White
Got 8 or more hours of sleep	30.9	37.4	23.5	28	34.7	16.7	29.3	27.1	29.8	31.4	33.8
Did not eat fruit, excluding juice, in the last 7 days before this survey.	4.1	3.9	4.4	3.6	4.1	13.9	3.1	7.5	5.2	1.9	2.6
Drank soda or pop in the last 7 days before this survey.	61.5	62	61	60	63	66.7	56.7	65	67.1	55.2	58
Did not eat a green salad in the last 7 days before this survey.	26.1	27	25	23.3	28.5	38.9	22.1	35.3	30	15.2	22.2
Did not eat potatoes in the last 7 days before this survey.	28.1	28.5	27.6	31.2	24.5	33.3	26.5	34.3	24.4	30.5	28.7
Did not eat carrots in the last 7 days before this survey.	40.2	38.1	42.7	41	39.5	41.7	36.4	56.5	44.1	41	35
Did not eat other vegetables in the last 7 days before this survey.	9.4	10.6	7.9	8.7	10	11.1	6.5	15.4	13.7	4.8	5.9
Were physically active for at least 60 minutes per day on 5 or more days	46.9	48.6	45	38.6	56.8	27.8	45.2	40.5	35.2	50.5	56.2
Did not attend physical education (PE) classes on all 5 days	58	27.1	93.3	62.2	52.4	75	56.1	54.9	53.3	61.9	62.3
Played on at least one sports team	39.8	35.9	44.2	44.5	34	50	42.1	49.7	56.2	42.9	26.1
Had a concussion from playing a sport or being physically active	11.4	12.9	9.7	9.4	14.1	2.8	11.2	10.5	12.1	10.5	11.1
Use social media at least several times a day	74.6	70.3	79.5	79.1	70.7	72.2	73.8	76.1	76.9	72.4	73.5

Key findings of Diet and Exercise: 10th and 12th Grade Students

- Only about one in three 10th and 12th grade students (30.9%) **got at least 8 hours of sleep**, with 10th graders (37.4%) more likely to do so than 12th graders (23.5%).
- About 58% of students **did not attend PE classes on all five school days**, a gap that was widest between 10th graders (27.1%) and 12th graders (93.3%).
- Roughly one in ten students (11.4%) **reported having had a concussion from sports or physical activity**, with males (14.1%) more affected than females (9.4%).
- Nearly three-quarters of all 10th and 12th grade students reported **using social media at least several times a day**. Female students were more likely to do so (79.1%) than male students (70.3%).

Diet and Exercise (cont.)

10th and 12th Grade

Percentage of 10 th and 12 th Grade Students who:	ALL	10th Grade	12th Grade	Female	Male	Non-Binary	Asian	Black / African American	Hispanic/ Latino	Middle Eastern / North African	White
Did not eat breakfast in the last 7 days before this survey.	13.6	12.6	14.8	15.2	11.6	16.7	12.1	16.7	17.8	17.1	11.1
Reported their families were worried always, most of the time, or sometimes about running out of food before being able to buy more during the 12 months.	6.5	6.1	6.9	7.1	6.1	0	3.4	8.8	14.7	3.8	1.5
Reported their families ran out of food always, most of the time or sometimes, and couldn't afford more during the 12 months before this survey.	4.6	3.9	5.3	4.5	4.5	2.8	1.9	7.5	9.8	1.9	1.4

Key findings of Diet and Exercise: 10th and 12th Grade Students (cont.)

- About one in seven students did not eat breakfast in the week before this survey, with 12th graders (14.8%) and females (15.2%) slightly more likely to skip breakfast than 10th graders (12.6%) or males (11.6%).
- Around 6.5% of students reported their families **worried about running out of food**, with 14.7% of Hispanic/Latino students reporting the highest concern.
- **Food insecurity** was relatively low overall (4.6%) but much higher among Hispanic/Latino (9.8%) and Black/African American (7.5%) students compared to Asian (1.9%) and White (1.4%) students.