

# SURVEY DATA SERVES DELAWARE STUDENTS

## When you know their behaviors, you know how to help.

Reliable data can be used to improve high school students' lives. The Delaware Youth Risk Behavior Survey (YRBS) measures the progress our schools are making in key behavioral areas. YRBS data is generated from student surveys conducted every other year (odd years). This data helps state agencies determine what interventions may be needed and which resources should be allocated. YRBS data also helps agencies identify emerging issues, evaluate programs, and request grant funding.

Stay up to date about the behaviors of Delaware high school students by reading the latest data below.

### SUBSTANCE USE in 2023



**14.4%** of high school students consumed their first alcoholic drink before age 13.

**11.6%** of high school students tried smoking their first cigarette.



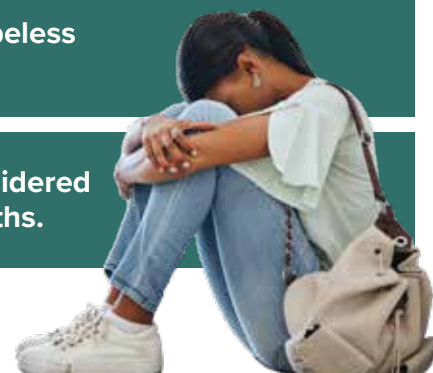
**33.4%** of high school students used an electronic vaping product.



### MENTAL HEALTH in 2023

**32.9%** of high school students felt sad or hopeless every day.

**17.4%** of high school students seriously considered attempting suicide in the past 12 months.



Data based on 2023 Delaware YRBS.


Be sure your school participates in the Delaware YRBS.  
Learn more: [HealthyDelaware.org/Activate](https://HealthyDelaware.org/Activate).

## INTERPERSONAL ISSUES in 2023




**19.3%** of high school students were in a physical fight in the 12 months before the survey.

**26.4%** of high school students were sexually active in the three months before the survey.



**13.9%** of high school students were bullied on school property in the 12 months before the survey.




**10.4%** of high school students, in general, carried a weapon (gun, knife, or club) to school on at least one day in the 30 days before the survey.

**35.2%** of high school students emailed or texted while driving during the 30 days before the survey.




## ACTIVITY LEVELS in 2023




**22.1%** of high school students reported they were not physically active (for at least 60 minutes per day) at all in the seven days before the survey.

**75.9%** of high school students reported spending an average of three or more hours per day on a screen on most days (excluding schoolwork).



**32.2%** of high school students perceived themselves as being overweight or obese at the time they were surveyed.



**10.4%** of high school students suffered a concussion (from a sport or being physically active) in the 12 months before the survey.

**43.3%** of high school students used their school-based wellness/health center at least once in the 12 months before the survey.

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