

COVID-19 STUDENT SURVEY



STATE REPORT

Middle School (Grades 6-8)

Date: 6/28/2021

COVID-19 STUDENT SURVEY

STATE REPORT

Health Care Authority
Division of Behavioral Health and Recovery
626 8th Avenue SE
Olympia, WA 98501

Department of Health
Town Center East
111 Israel Road S.E.
Tumwater, WA 98501–7835

Office of Superintendent of Public Instruction
Old Capitol Building
P.O. Box 47200
600 S. Washington
Olympia, WA 98504–7200

Prepared by:

Center for the Study of Health and Risk Behaviors
Department of Psychiatry and Behavioral Health
University of Washington School of Medicine
Seattle, WA 98105

Suggested Citation:

University of Washington Center for the Study of Health & Risk Behaviors, Washington State Health Care Authority, Washington State Department of Health, Washington Office of Superintendent of Public Instruction. *COVID-19 Student Survey: State Report for Middle Schools (Grades 6-8)*, Seattle/Olympia, WA. Published June 2021.

Table of Contents

Introduction and Overview	5
How to read the report	6
Technical Notes	8
Key Findings	11
Frequency Results	34
Demographics	34
COVID-19	42
COVID-19 Diagnosis	42
Worries Related to COVID-19	43
Compliance with COVID-19 Prevention Strategies	48
Returning to School	52
School Attitudes and Engagement	56
Type of Instruction	56
Technology	57
School Challenges	58
School Performance	65
Homework	66
Time with Teacher	67
Absences	69
Transportation	71
Activities	72
Physical Activity	72
Screen Time	74
Health	76
Asthma	76
Medical Appointments	76
Sleep	77
Missed Meals	78
Mental Health and Support	79
Sadness	79
Mental Health Services	80
Suicidal Thoughts and Behaviors	80

Hope Scale Items	82
Optimism	86
Support	89
Substance Use	97
30 Day Substance Use	97
Perceived Parental Approval	101
Marijuana in Home	102
Perceptions of Harm	103
Abuse and Bullying	107
Physical Abuse	107
Bullying	108

Introduction and Overview

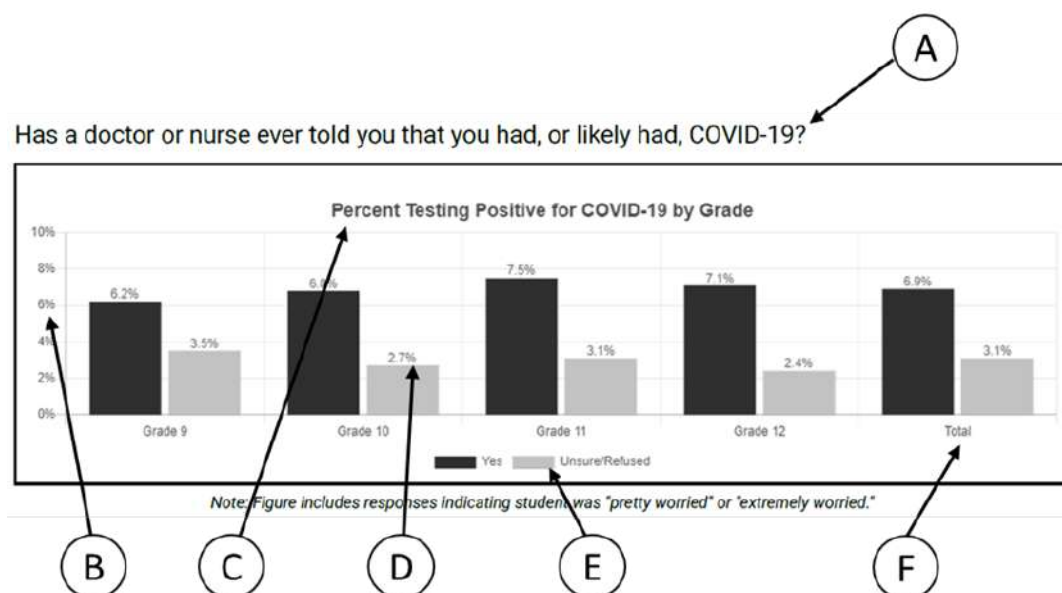
The COVID-19 Student Survey (CSS) was a multi-agency collaboration designed to examine student needs and health risk behaviors during the COVID-19 pandemic. The survey was intended to be administered online during school hours to students in grades 6 to 12 at all participating schools. Recruitment for the survey was initiated on February 18, 2021 and the survey was administered between March 8-26, 2021. The CSS was funded by the Washington State Health Care Authority (HCA), implemented by a team at the University of Washington (UW), with further partnership around content, design, and dissemination from the Office of Superintendent of Public Instruction (OSPI) and the Washington State Department of Health (DOH).

Rationale: On February 29, 2020, Governor Jay Inslee issued Proclamation 20-05 declaring a State of Emergency in response to the looming threat of the COVID-19 virus. On March 13, 2020, as the threat grew, Governor Inslee ordered statewide school closures of all K-12 schools. In the more than year since, COVID-19 has continued to present high levels of risk of infection, and many public schools adapted by moving to remote or hybrid instruction. This survey was designed to help schools collect information about student experiences over the past year to provide educators and administrators with a window into student needs and potential challenges facing schools, particularly as they move to in-person or hybrid teaching models and engage in planning for Fall 2021. The CSS team selected questions/items that were most associated with student wellbeing from other longstanding, well-validated youth studies, as well as items generated by educators and novel items pertaining to COVID-19.

Report Content: This report presents frequencies by grade. Information focuses on COVID-19-specific items, school attitudes and engagement, activities, physical and mental health, and substance use. Items are grouped by topic and are not presented in the order that they were asked on the survey.

How to read the report

Below is an example of a typical bar chart. This is a graphical representation of the data. Each bar corresponds to a percentage of students who selected a particular response or range of responses. Relevant components of this figure are labeled and annotated to assist with understanding how to understand the data.



- A. **Survey Item.** This is the item, as written and read by students.
- B. **Scale.** This provides an easy reference to compare bars. Note. This is typically displayed on the Y-axis but several charts are flipped to better accommodate the data so this will appear on the X-axis for those figures.
- C. **Title of Figure.** A brief description of the content of the figure.
- D. **Value.** This expresses the specific value (as a percentage) for a particular response.
- E. **Key.** Labels the bars when more than one response is displayed.
- F. **Category.** This describes the particular population providing a response to the item. This will either be a particular grade or the total responses. Note. This is typically displayed on the X-axis but several charts are flipped to better accommodate the data so this will appear on the Y-axis for those figures.

Below is an example of a frequency table for a specific item (edited for space) with relevant components labelled and annotated.

	Grade 9 (n=6737) % (CI)	Grade 10 (n=7024) % (CI)	Grade 11 (n=5374) % (CI)	Grade 12 (n=4532) % (CI)	Total (n=28187) % (CI)
Has a doctor or nurse ever told					
Yes	6.2% (±0.6)	6.8% (±0.6)	7.5% (±0.7)	7.1% (±0.8)	6.9% (±0.3)
No	90.2% (±0.7)	90.5% (±0.7)	89.4% (±0.8)	90.4% (±0.9)	90.0% (±0.4)
Uncure or prefer not to answer	3.5% (±0.4)	2.7% (±0.4)	3.1% (±0.5)	2.4% (±0.5)	3.1% (±0.2)

A. **Survey Item.** This is the item, as written and read by students.

B. **Category Heading.** This includes the category of students responding and the number of valid responses (n). It also indicates that the numbers below will consist of a specific value (%) and a confidence interval (CI).

C. **Response Values.** Each row corresponds to a different and valid student response.

D. **Percentage.** The percentage of students within a particular category who indicated a specific response.

E. **Confidence Interval.** This represents the 95% confidence interval around a particular estimate. See Technical Notes for a definition of confidence intervals.

Technical Notes

Survey participation in this report

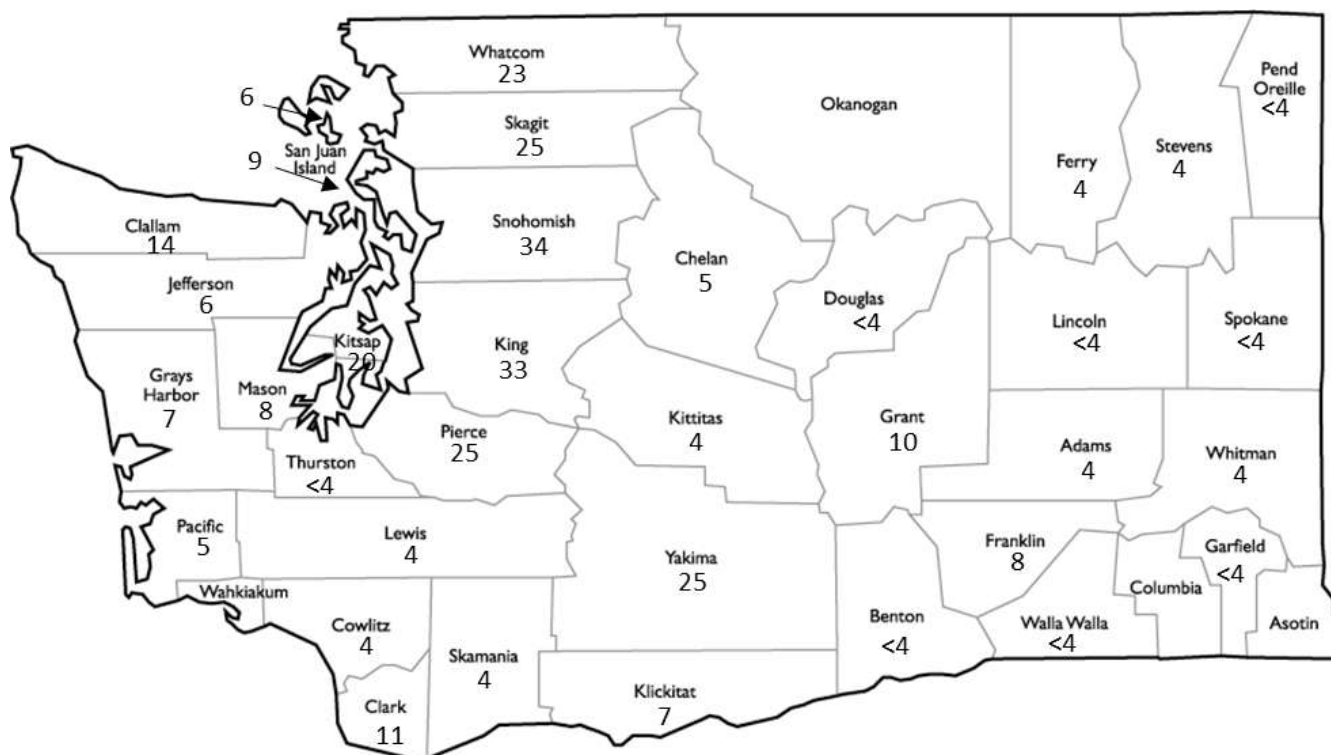
	Grade 6	Grade 7	Grade 8	Total*
Number of Valid Responses	8916	8636	9630	32632
Number of Schools Participating**	179	174	185	230

*Columns for Total includes responses for which grade was not specified by the student respondent.

**Values in this row indicate the number of unique schools that had at least one valid response in a given grade.

School Participation

A total of 330 schools elected to participate in the Covid-19 Student Survey with 319 schools submitting a sufficient number of valid surveys to receive a separate school report. Participating schools were from 35 of the 39 counties in Washington. The map below describes where participating schools were located.



Caution about Generalizing Findings

The decision to participate in this survey was left up to each school. All students in eligible grades were invited to participate but that does not mean that every student did. **Therefore, this is a convenience sample and is not intended to be generalizable to the state population.** In this convenience sample, some types of schools and some types of students may have disproportionately decided not to participate, resulting in some bias in the data. This report contains demographic information about respondents (e.g., grade, race and ethnicity, gender) that will provide some indication of who has elected to participate. Even so, it is important to be thoughtful in how you interpret and use these results.

NOTE: No weighting has been done in frequency reports for the CSS. When framing the results, you may consider using language such as:

- "25% of 10th grade students who completed the CSS reported..."
- "Among students in 12th grade who took the CSS, 15% said that..."
- "Worries about ... were reported by 10% of participating students..."

It is also important to use caution when making any comparisons between the results of this survey and results from other surveys, like the Healthy Youth Survey (HYS). There may be differences not only in which schools participated in a particular region, but also which grades were included, completeness in the survey responses, and the proportion of students who participated. While some of these differences are easier to define, some may be harder to explain. For example, the pandemic may have affected how some communities, age groups, and individual students may have participated in the survey differently than others.

Bias Reduction and Data Cleaning

While instructions indicated that surveys were to be completed during school hours, it is important to note that the anonymous nature of responses coupled with the fact that the link to the survey could be copied and shared with others may have resulted in some students taking the survey outside of school hours. It could also mean that individuals who were not enrolled in a school could have gained access to and even completed the survey.

To address the concern of invalid survey responses, we have taken certain steps to clean the data to ensure they accurately reflect the opinions of participating students. For example, we have applied a series of quality control checks to identify and remove students who may not have answered honestly (e.g., responded with illogical patterns) as well as survey responses that were determined to likely be falsified (e.g., not a student). While we have cleaned the data to the best of our ability, there is still the risk that some of these invalid survey responses were not removed.

Interpretation and Confidence Intervals

Percentages based upon survey data can sometimes be tricky to interpret. **The data in the CSS are not part of a "random sample" of students, so when we look at the results we should not necessarily assume that they represent all students in Washington state or even in a school.** However, these data can tell us about the students who participated.

Even when a survey is perfectly designed and administered, it is rare that the results you see are an exact measure of the population. Unless every single person in a population (e.g., a school) participates then the results are not going to be exact. So, to address this lack of precision we use confidence intervals along with a single percentage or "point estimate." We see this frequently in the use of polls where the poll responses are given with a "margin of error." Responses in this report are presented as a percentage (i.e., a point estimate) and we provide a margin of error (i.e., a confidence intervals) around that percentage. This report utilizes 95% confidence intervals. This means that the "true" response to a survey question is found within a bounded range 95% of the time. Here is an example that mirrors what will be seen in this report:

What is your preferred flavor of ice cream?	Grade 9 % (CI)	Grade 10 % (CI)
Strawberry	80.4% (±3.5)	66.7% (±4.2)
Vanilla	19.6% (±2.0)	33.3% (±2.5)

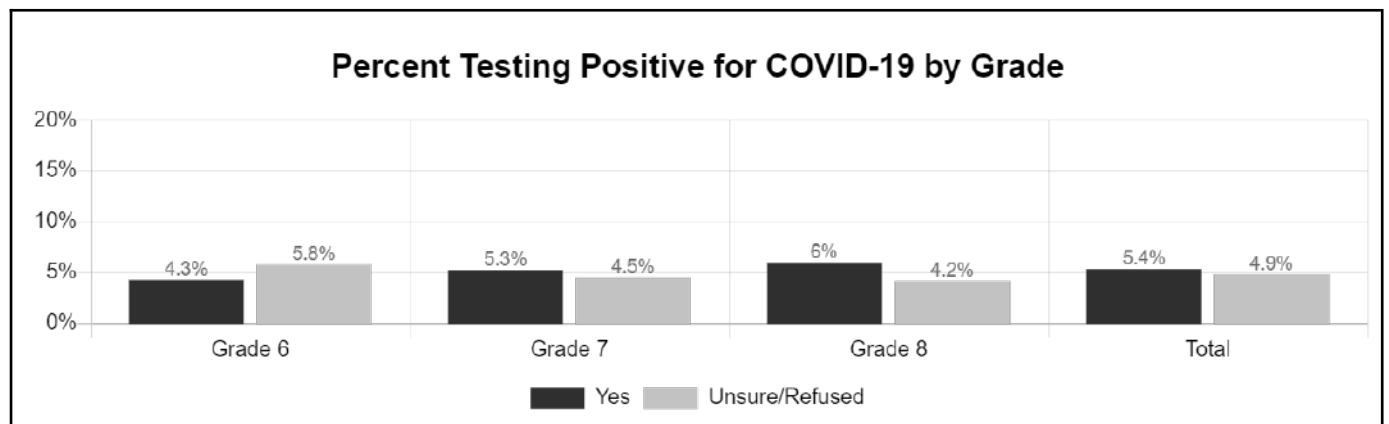
In this hypothetical example, we estimate that 80.4% of 9th graders prefer strawberry and the inclusion of the ±3.5% confidence interval tells us that there is a 95% probability that the true percentage of 9th grade students who prefer strawberry is between 76.9% and 83.9%. Similarly, if we look at 10th grade students we see that we estimate that 66.7% prefer strawberry ice cream. The 95% confidence interval of ±4.2 indicates that there is a 95% probability that the true percentage of 10th graders that prefer strawberry is between 62.5% and 70.9%. Confidence intervals also permit us to determine whether estimates are significantly different from one another. **As a conservative rule, if the two confidence intervals do not overlap, we can conclude that there is a statistically significant difference in the two population values at the given level of confidence.** In this example, we can say with 95% certainty that significantly more 9th grade students prefer strawberry ice cream compared to 10th grade students.

Key Findings

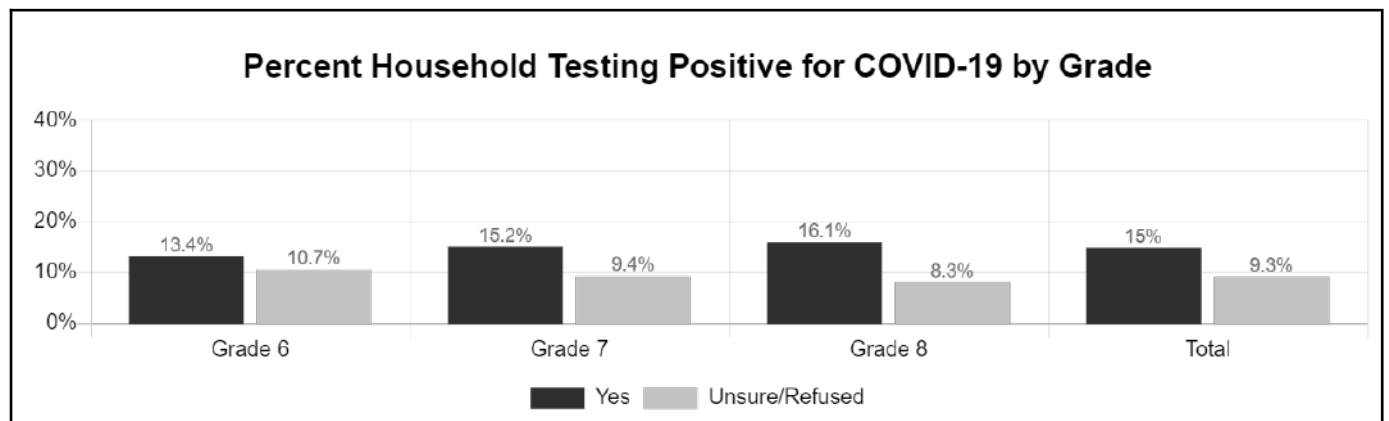
COVID-19 Diagnoses

As of April 2021, over 31 million cases of COVID-19 have been confirmed in the United States. The two items on this page describe the extent to which students and their families have been personally affected by a positive COVID-19 diagnosis. (Note: These items can be found in the frequency report [here](#))

Has a doctor or nurse ever told you that you had, or likely had, COVID-19?



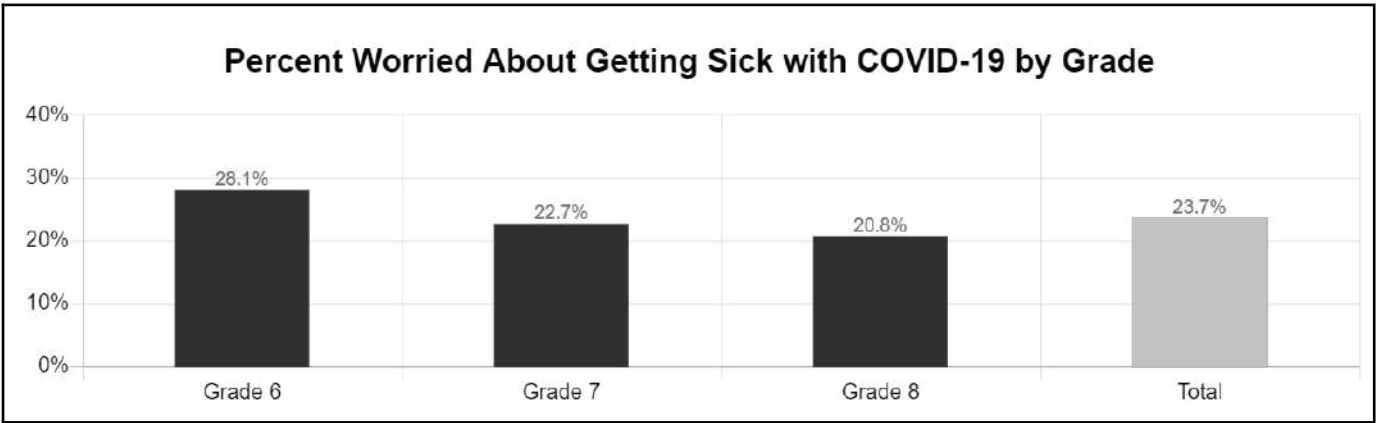
Has a doctor or nurse ever told anyone you live with that they had, or likely had, COVID-19?



COVID-19 Worries

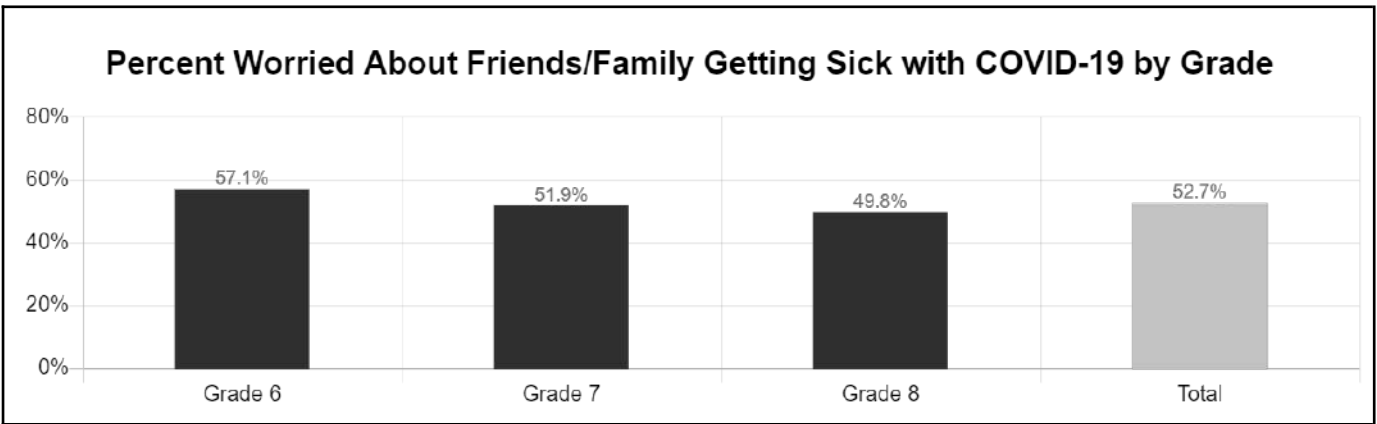
The COVID-19 pandemic has created concerns and worries that may be impacting students. For the following items, we asked students how much they were worried right now about different potential consequences of the COVID-19 pandemic. The next 9 items show the percent of students who reported being 'pretty worried' or 'extremely worried' about these things. (Note: These items can be found in the frequency report [here](#))

Getting sick with COVID-19:



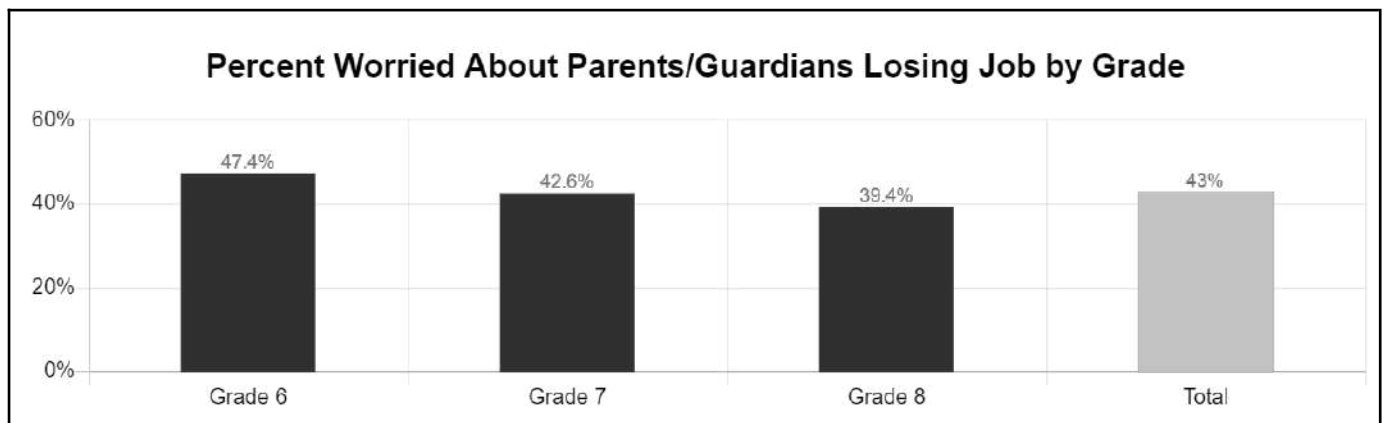
Note: Figure includes responses indicating student was "pretty worried" or "extremely worried."

Your friends or family getting sick with COVID-19?



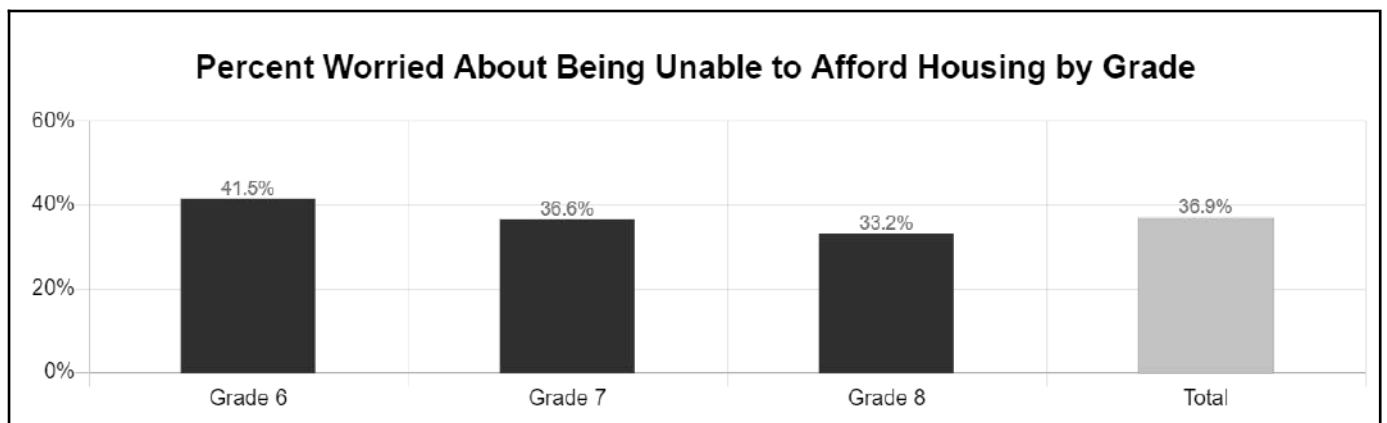
Note: Figure includes responses indicating student was "pretty worried" or "extremely worried."

Your parents or guardians losing their job(s)?



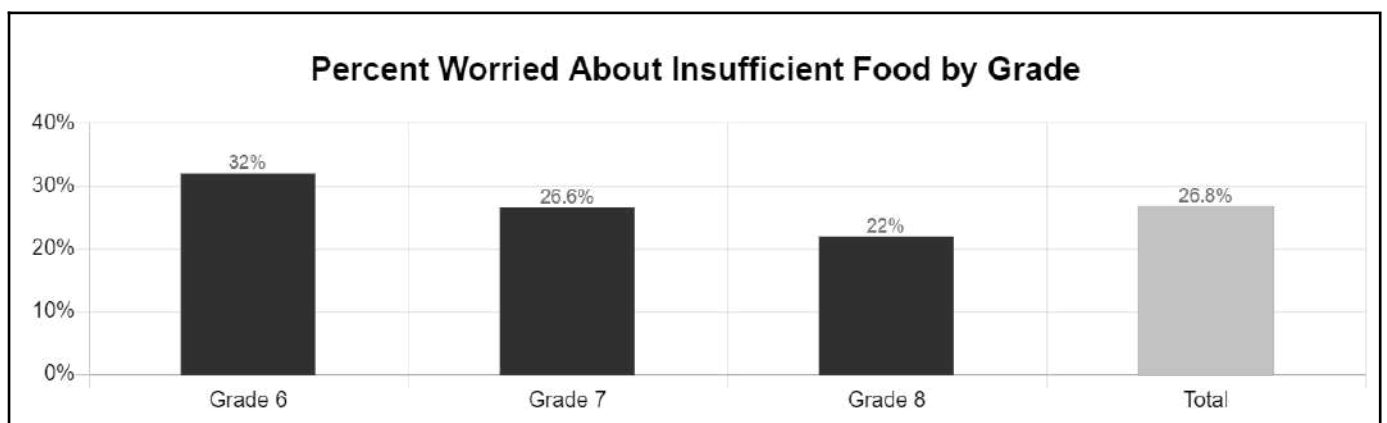
Note: Figure includes responses indicating student was "pretty worried" or "extremely worried."

Your family being unable to afford rent or housing?



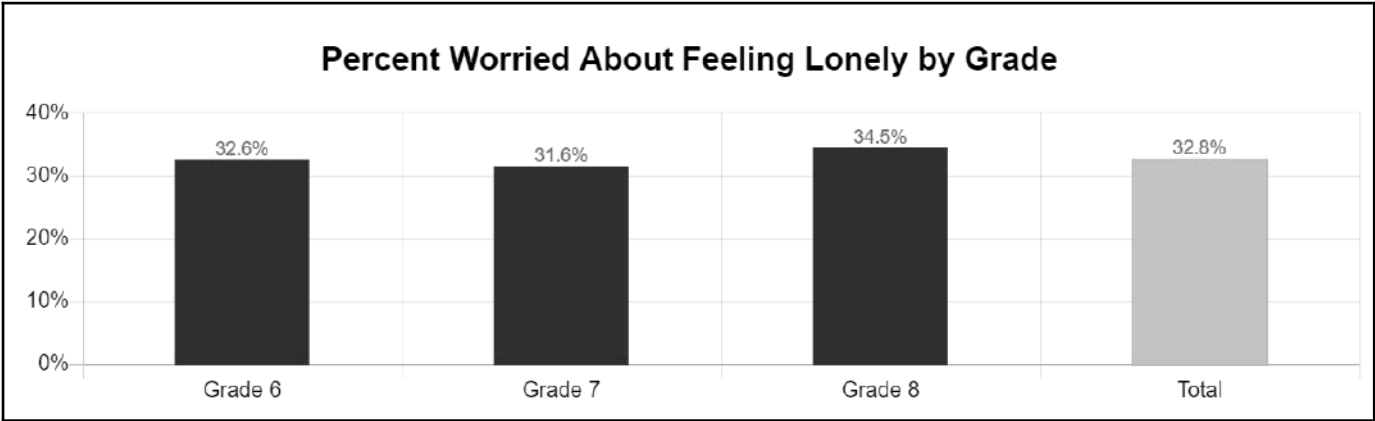
Note: Figure includes responses indicating student was "pretty worried" or "extremely worried."

Not having enough food to eat?



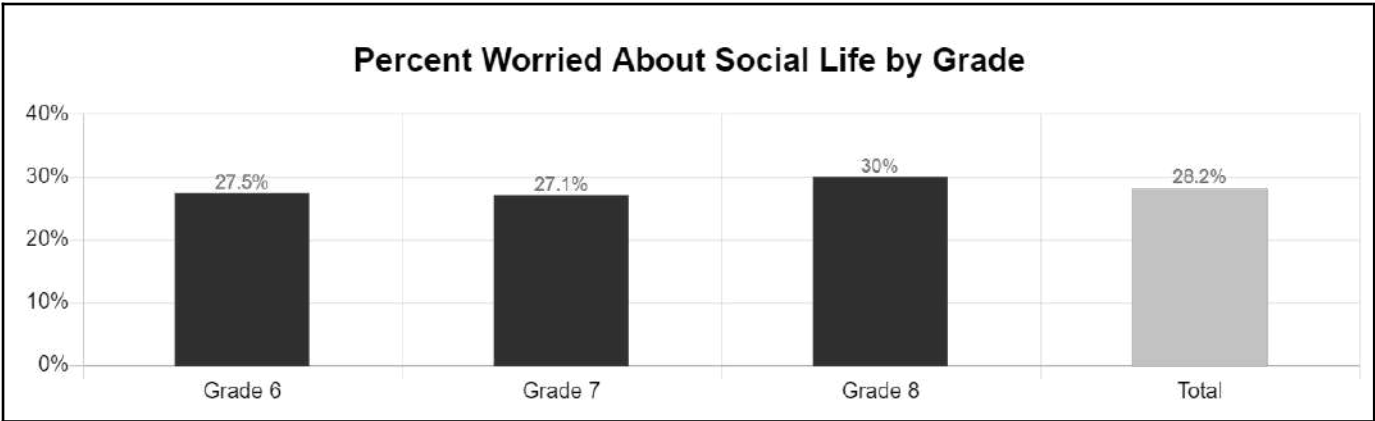
Note: Figure includes responses indicating student was "pretty worried" or "extremely worried."

Feeling alone or lonely?



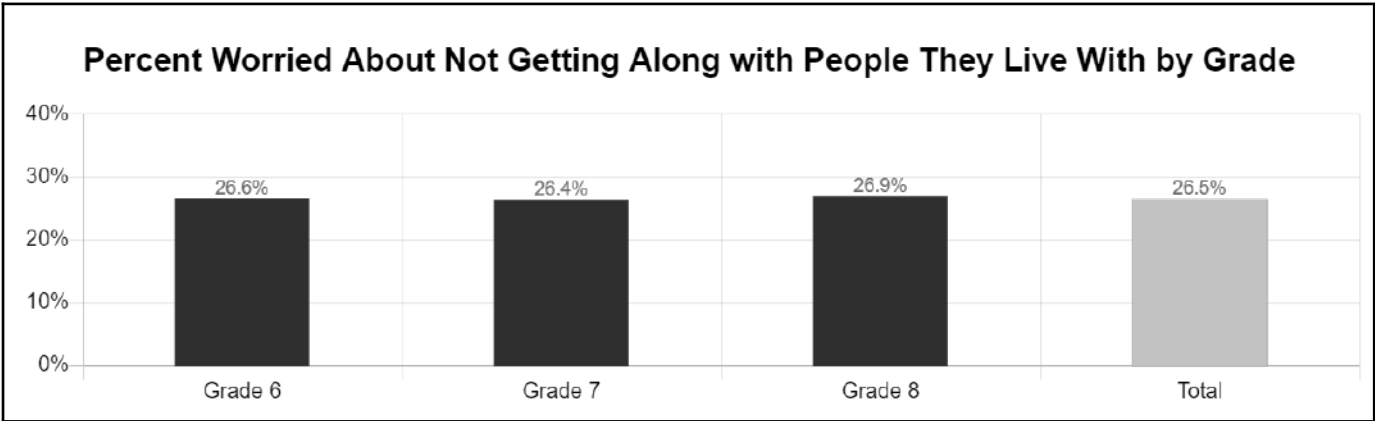
Note: Figure includes responses indicating student was "pretty worried" or "extremely worried."

Hurting your social life?



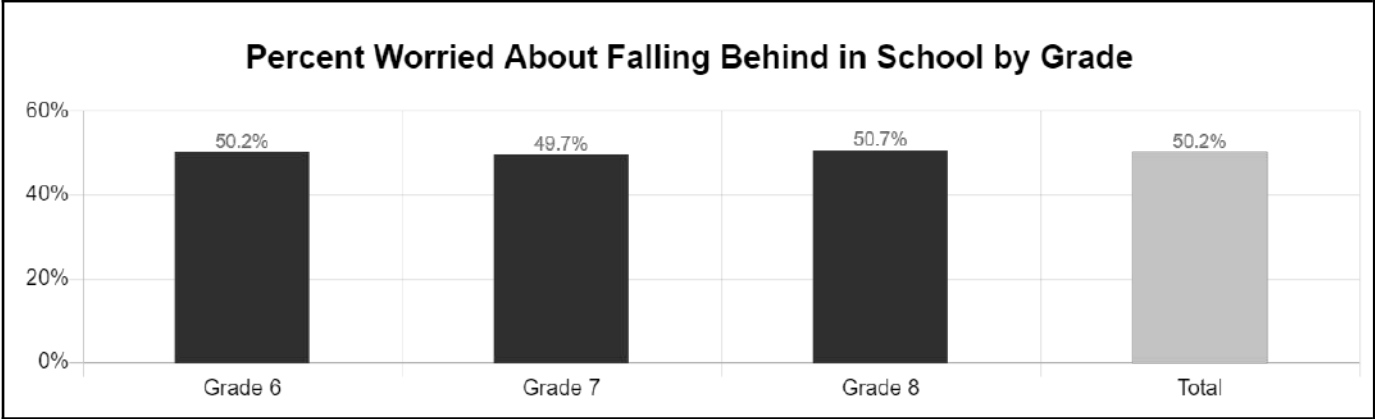
Note: Figure includes responses indicating student was "pretty worried" or "extremely worried."

Not getting along with the people you live with?



Note: Figure includes responses indicating student was "pretty worried" or "extremely worried."

Falling behind in your schooling or learning?

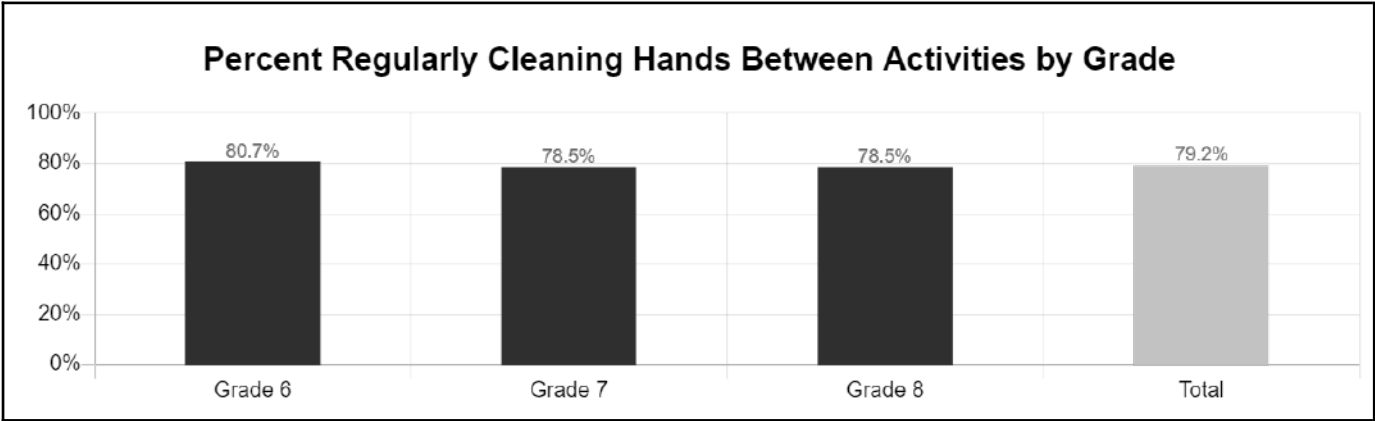


Note: Figure includes responses indicating student was "pretty worried" or "extremely worried."

COVID-19 Protective Strategies

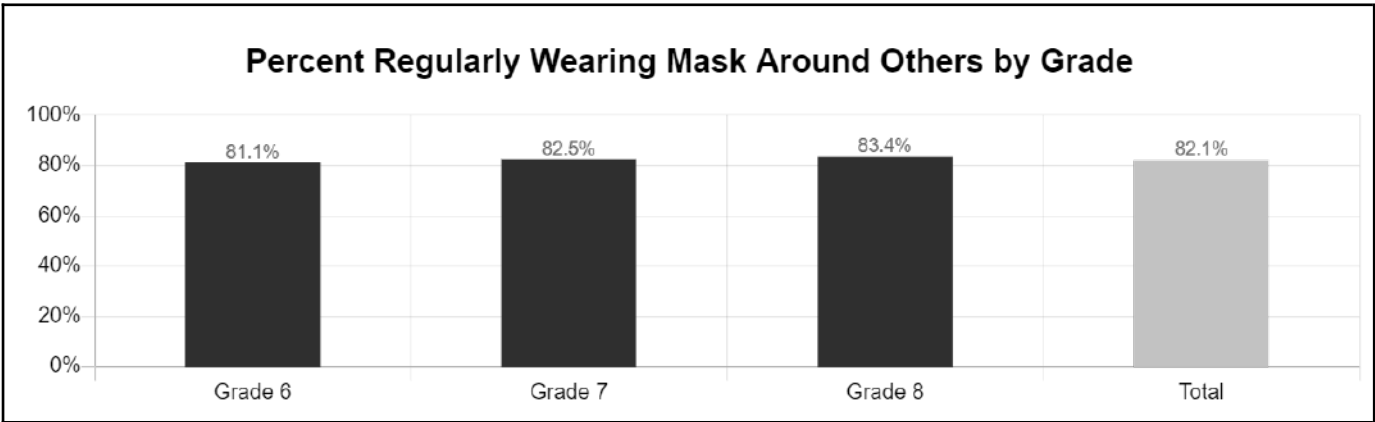
A central safety concern for in-person classes is how well students are adhering to safety guidelines that reduce the spread of COVID-19. The following questions asked students how well they followed guidelines **during the past 30 days**. We report the percentage of students that reported following these guidelines 'most of the time' or 'all the time' in the past 30 days. (Note: These items can be found in the frequency report [here](#))

Washing your hands or using hand sanitizer between activities:



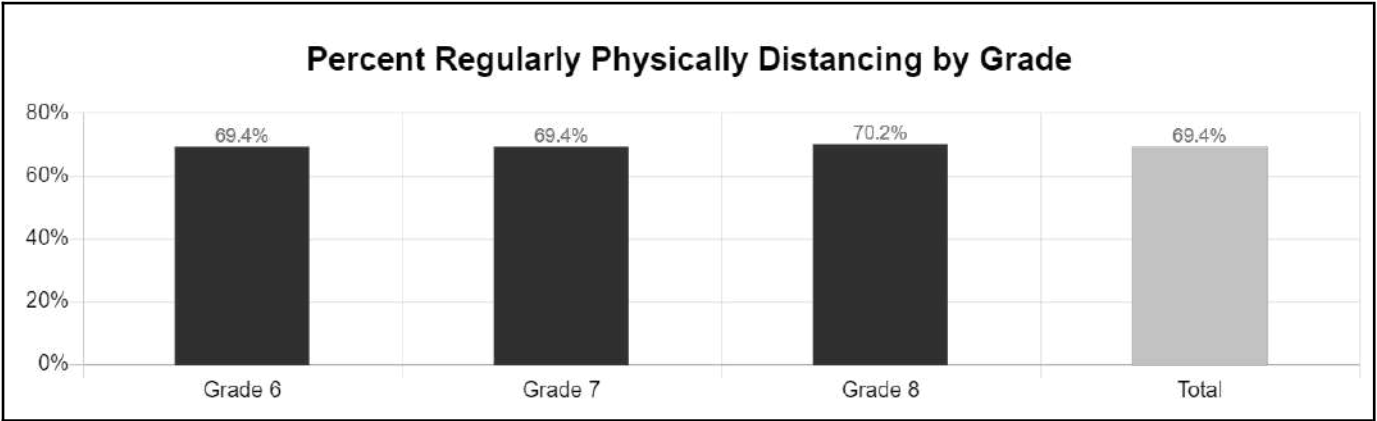
Note: Figure includes responses indicating student was following guidelines "most of the time" or "all of the time."

Wearing a mask when you are near people you don't live with:



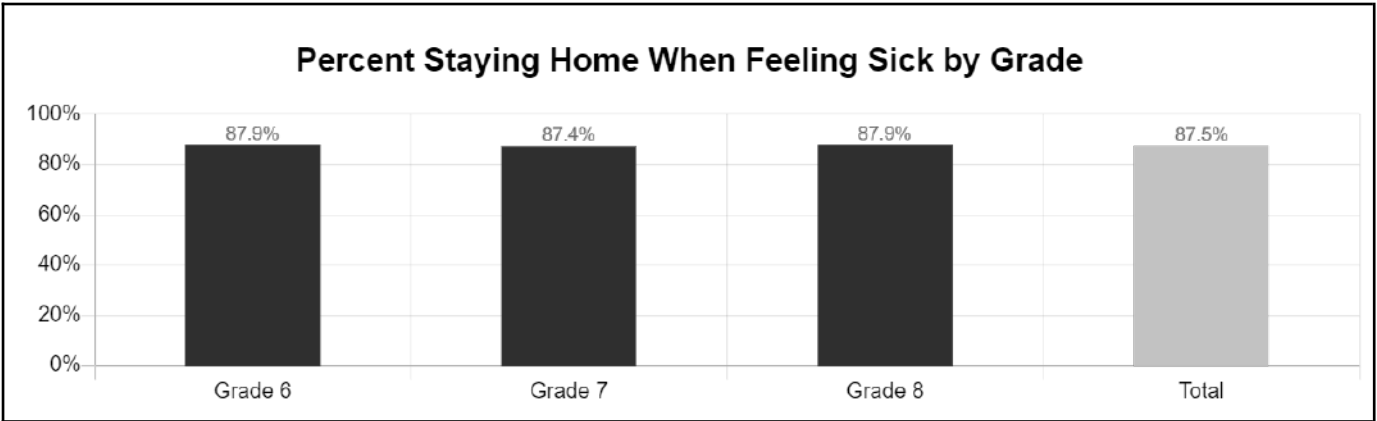
Note: Figure includes responses indicating student was following guidelines "most of the time" or "all of the time."

Practicing physical distancing (6 feet or more) when you're around people you don't live with:



Note: Figure includes responses indicating student was following guidelines "most of the time" or "all of the time."

Staying home when you feel sick:

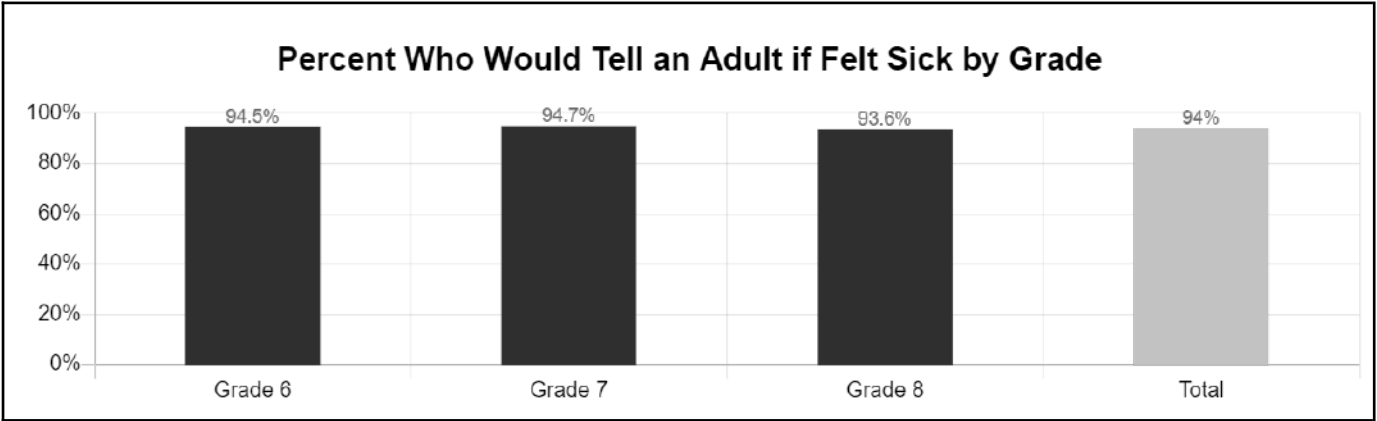


Note: Figure includes responses indicating student was following guidelines "most of the time" or "all of the time."

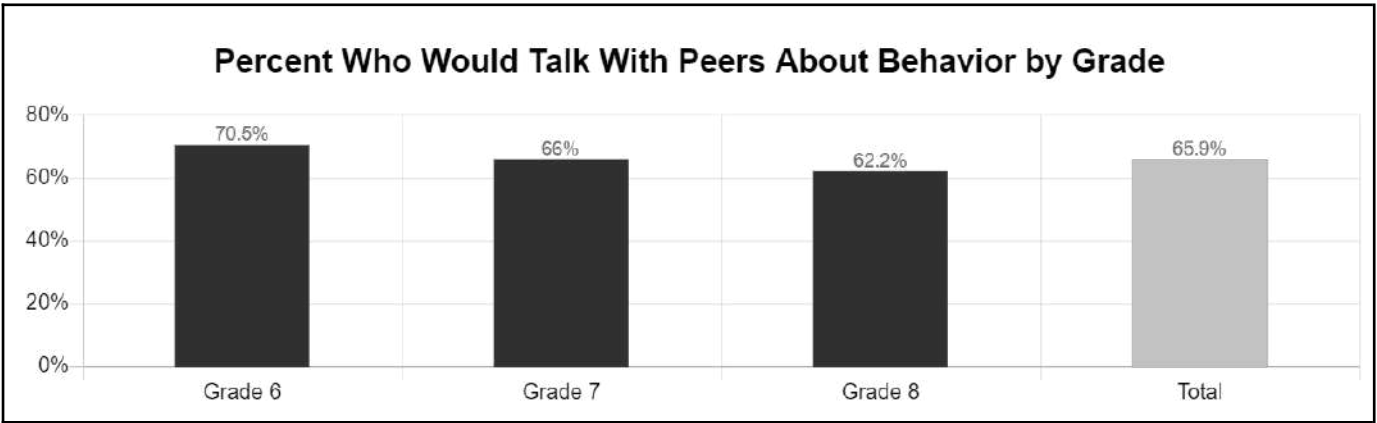
COVID-19 Health Behaviors at School

A concern for schools and communities when students return to the classroom (if they have not already) is whether students will continue to attend school when they feel ill or may engage in unsafe behaviors. This section includes items that describe whether students would disclose their own illness or any unsafe behaviors of others. (Note: These items can be found in the frequency report [here](#))

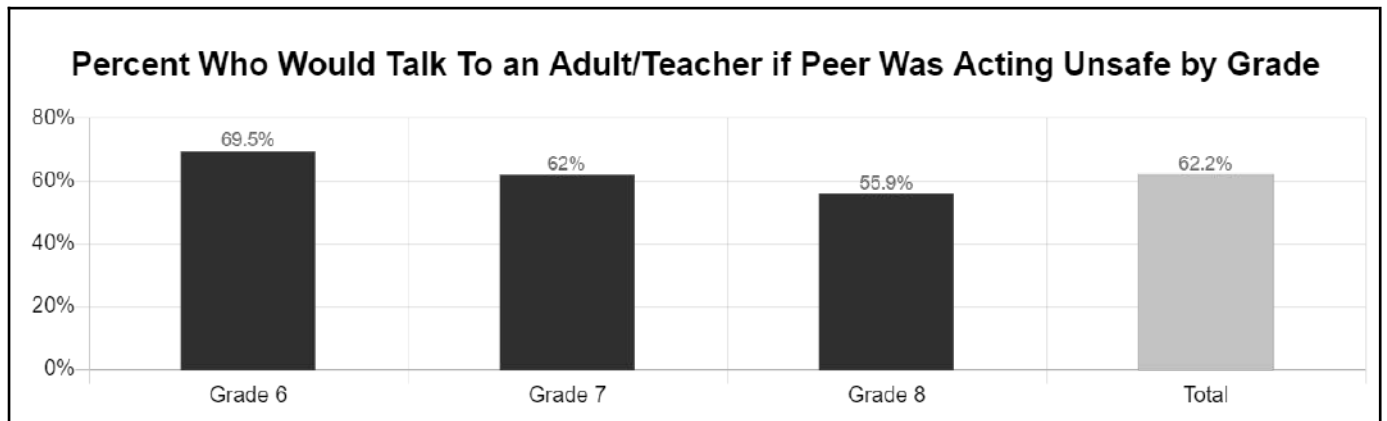
Would you tell your teacher or parent/guardian if you felt sick?



If you saw one of your peers doing something that wasn't safe with regard to COVID-19, would you talk with them about it?



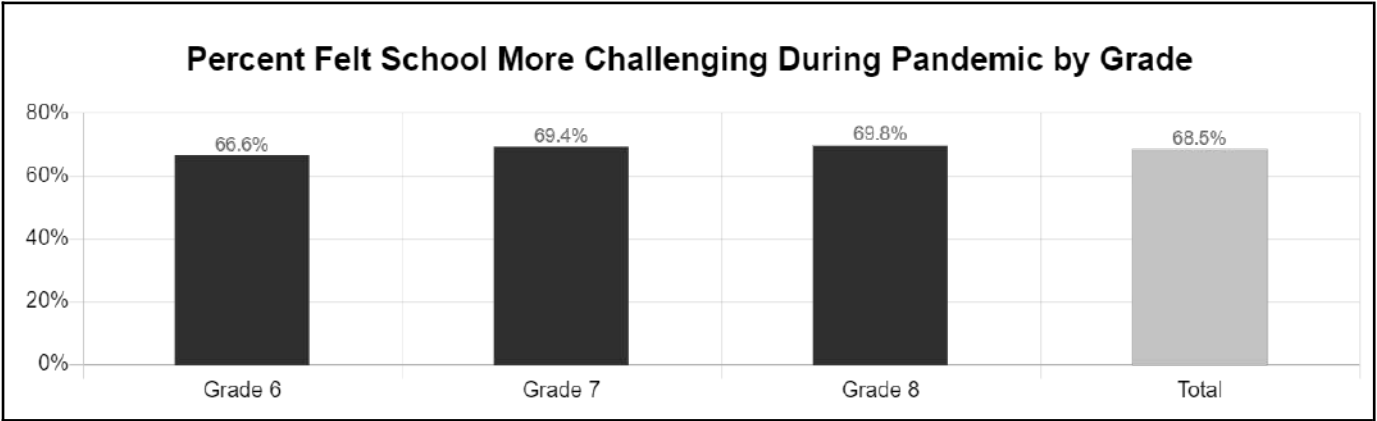
If you saw one of your peers doing something that wasn't safe with regard to COVID-19, would you talk to an adult or teacher about it?



School Performance During COVID-19

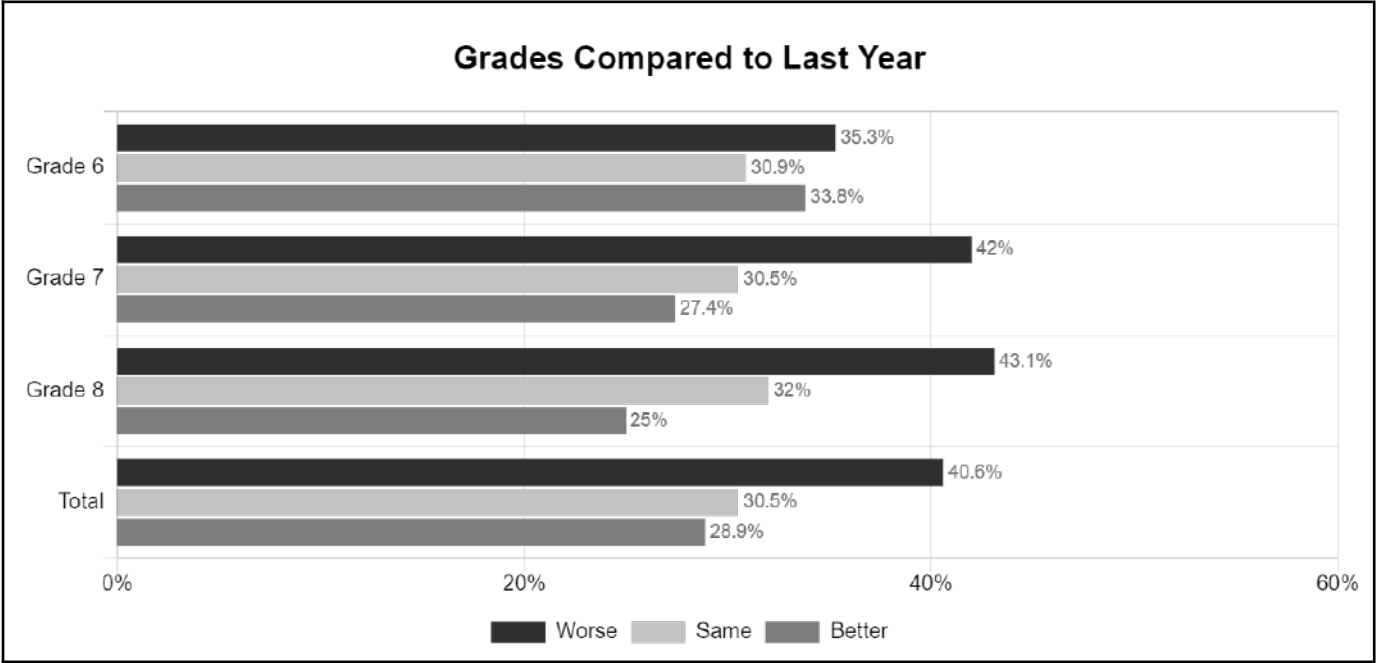
The COVID-19 pandemic has had a significant impact on students' school schedules and mode of learning. The effects of this disruption on student learning and performance are unknown and may vary between students. The items on this page ask students to reflect on how their learning and performance has been affected during the course of the pandemic.

How much do you agree with the following statement? **It has been harder to do my school work this year than it was last school year, before the COVID-19 pandemic.** (Note: These items can be found in the frequency report [here](#))

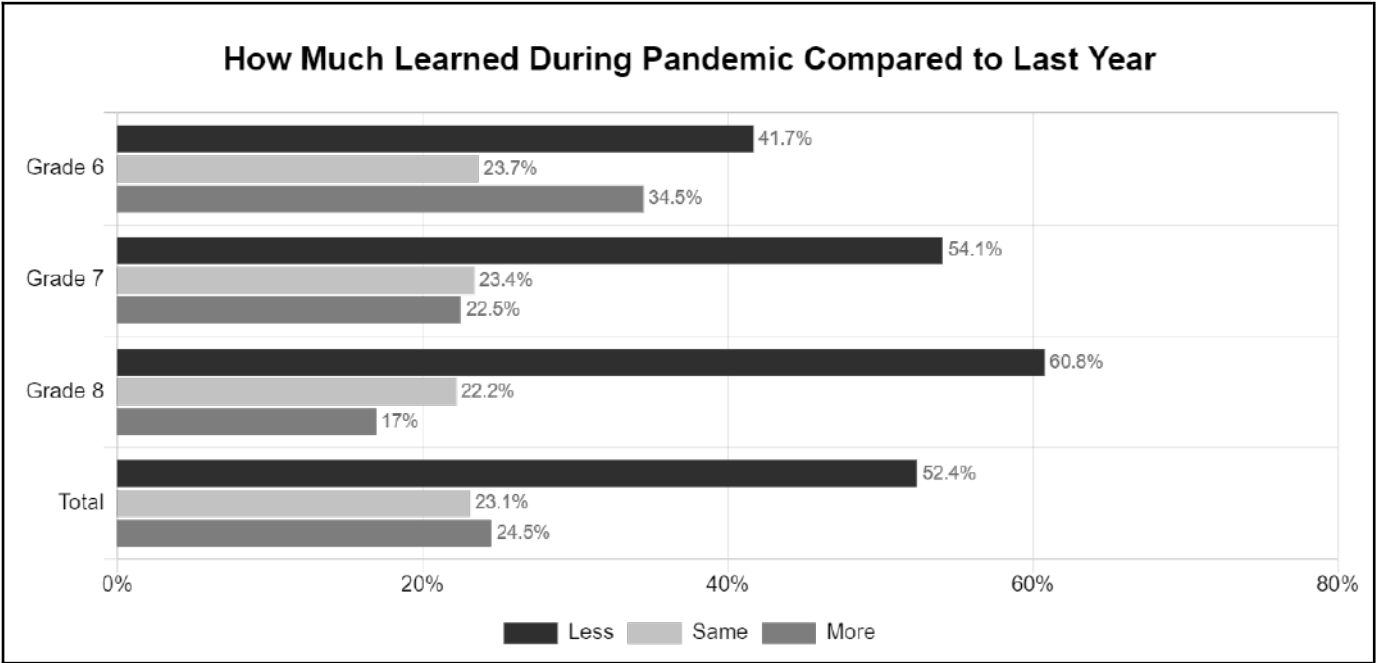


Note: Figure includes responses indicating they "agree" or "strongly agree" with statement.

Compared to LAST school year, what are your grades like during THIS school year so far? (Note: These items can be found in the frequency report [here](#))



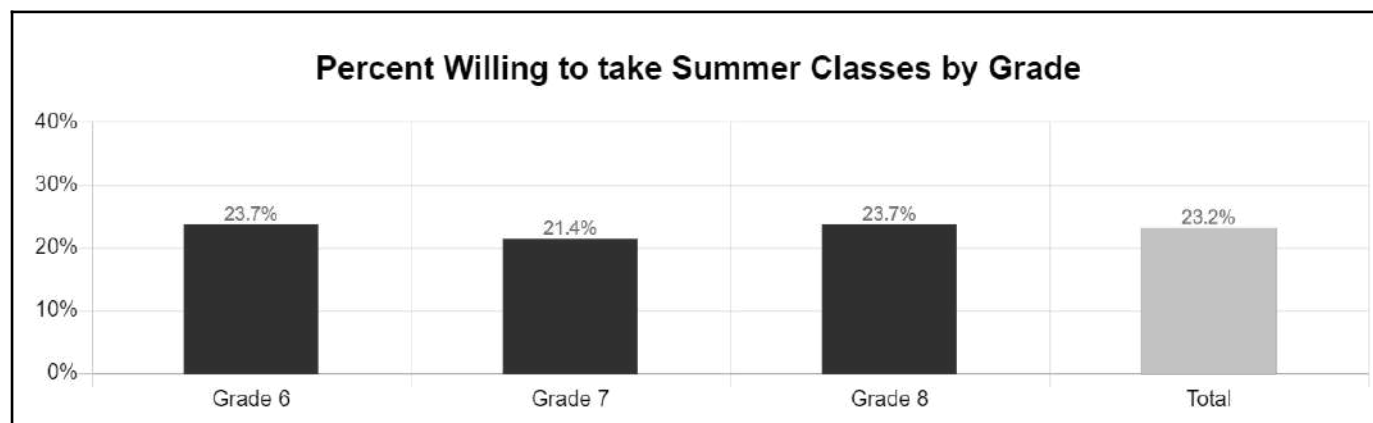
How much do you feel you have learned across all of your classes this school year, compared to last school year before the COVID-19 pandemic? (Note: These items can be found in the frequency report [here](#))



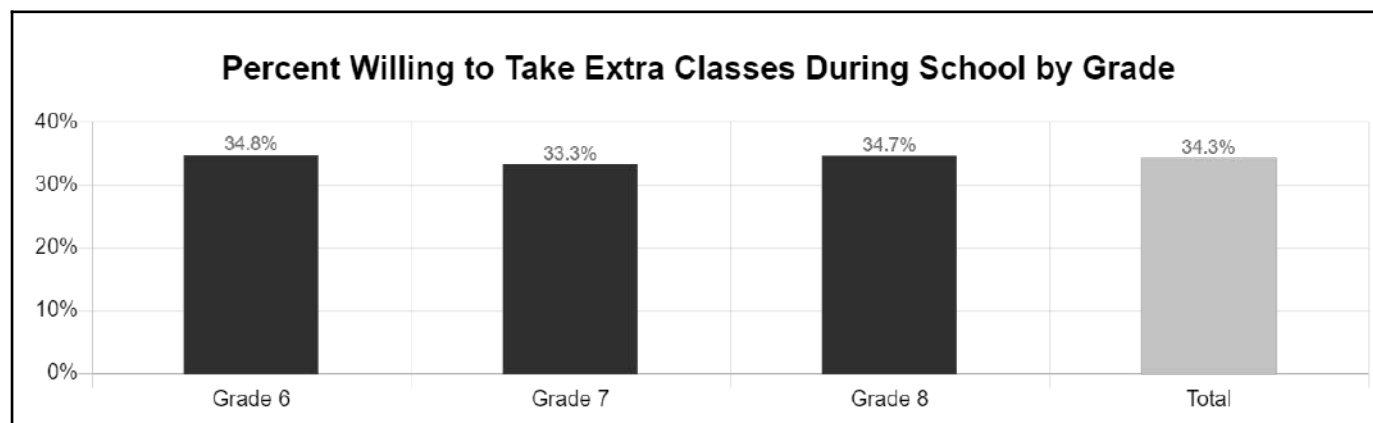
Willingness to Engage in Additional Learning Opportunities

Given potential learning challenges and disruptions that students may have encountered during COVID-19, schools may be considering additional learning opportunities for students to 'catch-up'. The following three items show the percentage of students that would be willing to participate in additional learning opportunities. (Note: These items can be found in the frequency report [here](#))

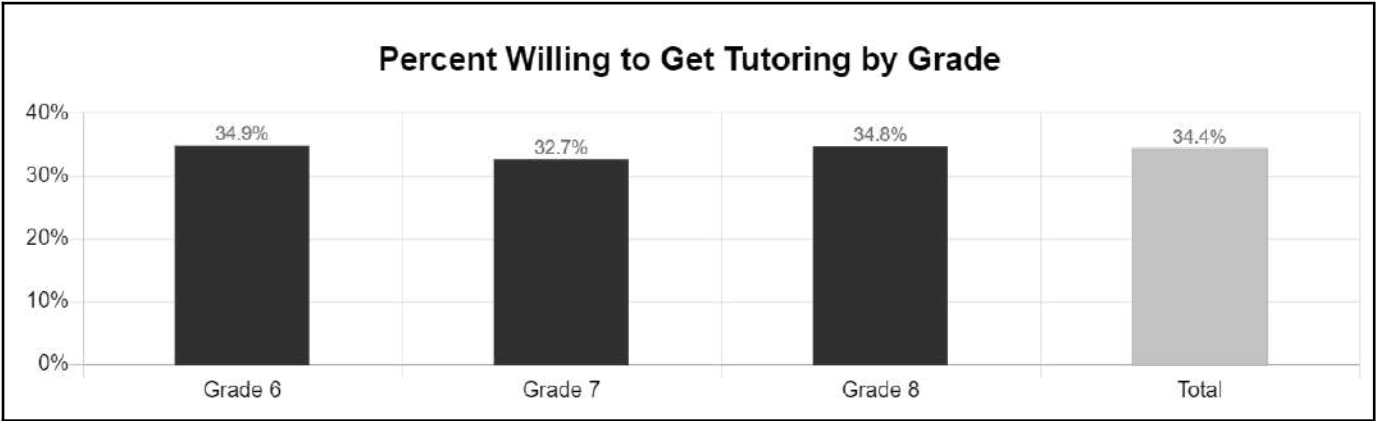
Would you take **summer classes** to catch-up on learning that was missed during the COVID-19 pandemic?



Would you take **extra classes during the school year** to catch-up on learning that was missed during the COVID-19 pandemic?



Would you **get 1-on-1 tutoring** to catch-up on learning that was missed during the COVID-19 pandemic?

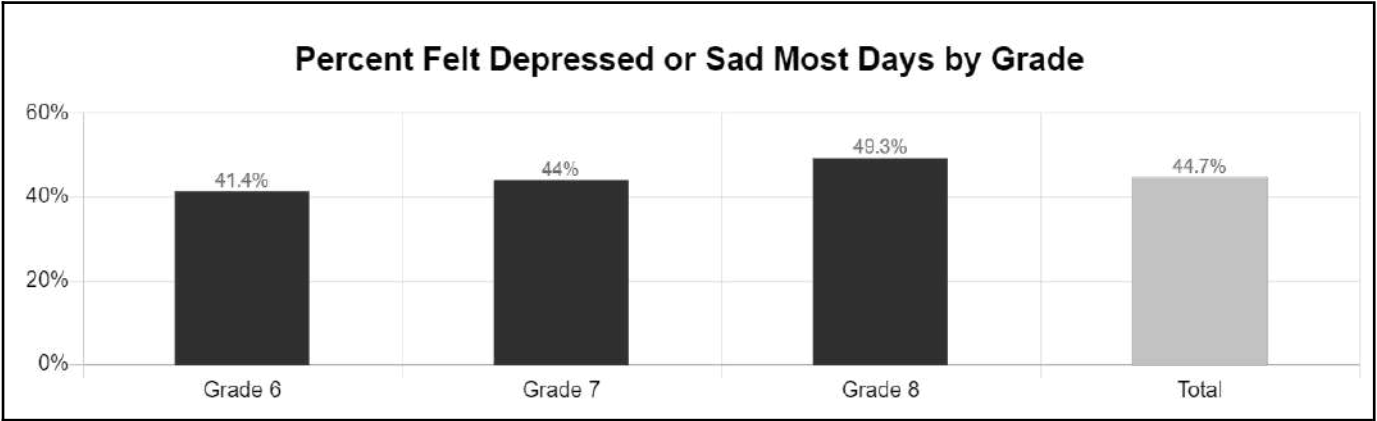


Mental Health and Wellbeing

Student mental health and wellbeing has been a critical concern during the COVID-19 pandemic. As such, schools are interested in how their students have been doing during this time. The following section reports on topics related to mental health (both adverse and positive topics):

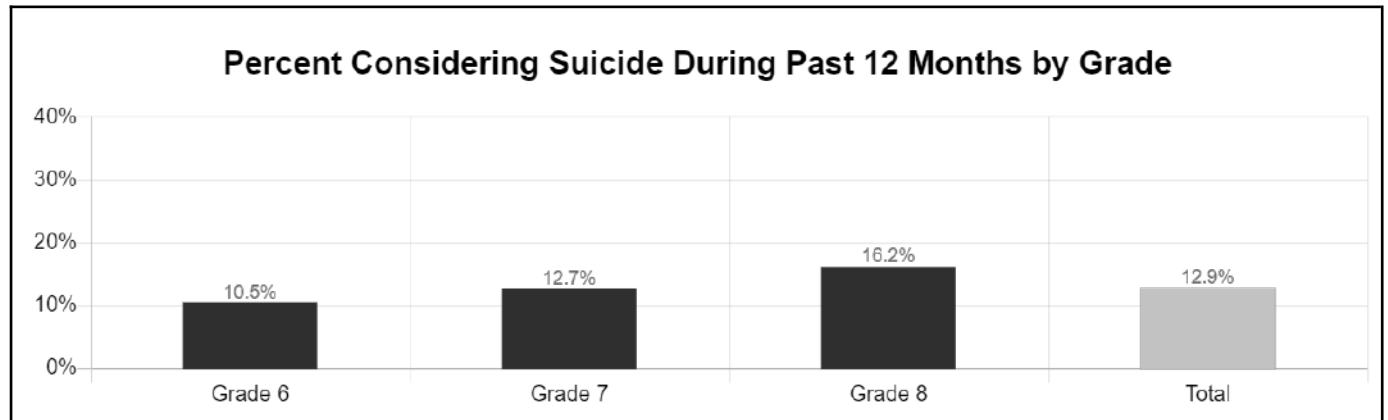
The next figure describes the percentage of students who reported feeling sad, depressed, or hopeless during the past 12 months. (Note: The frequency reports for the 3 items that were included in this chart can be found in the frequency report [here](#))

During the past 12 months, have you felt depressed or sad MOST days, even if you felt OK sometimes?

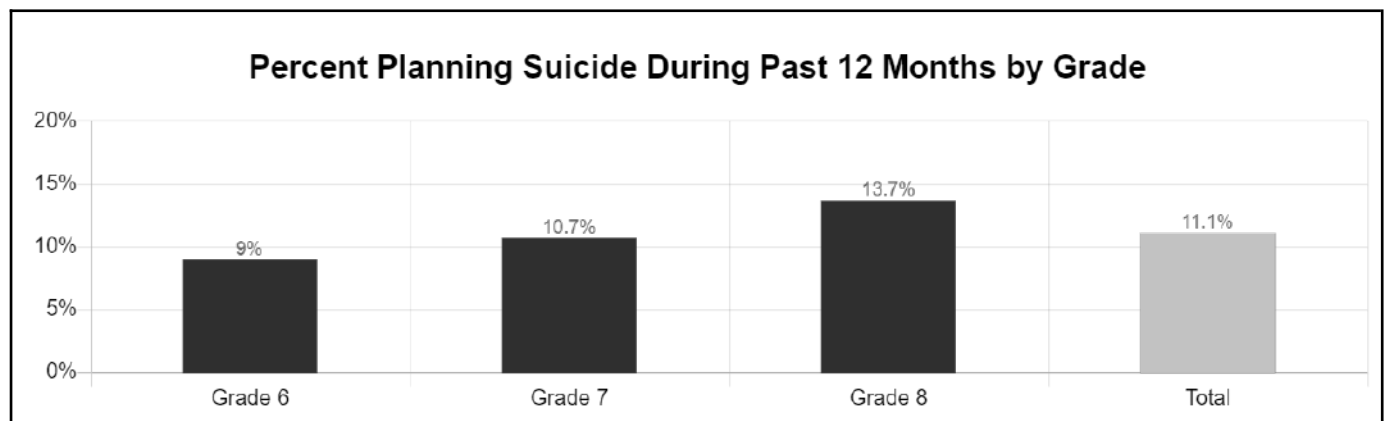


Suicidal Ideation and Behaviors: The next 3 charts show the percentage of students who reported seriously considering, planning, or attempting suicide in the past 12 months. (Note: The frequency reports for the 3 items that were included in this chart can be found in the frequency report [here](#))

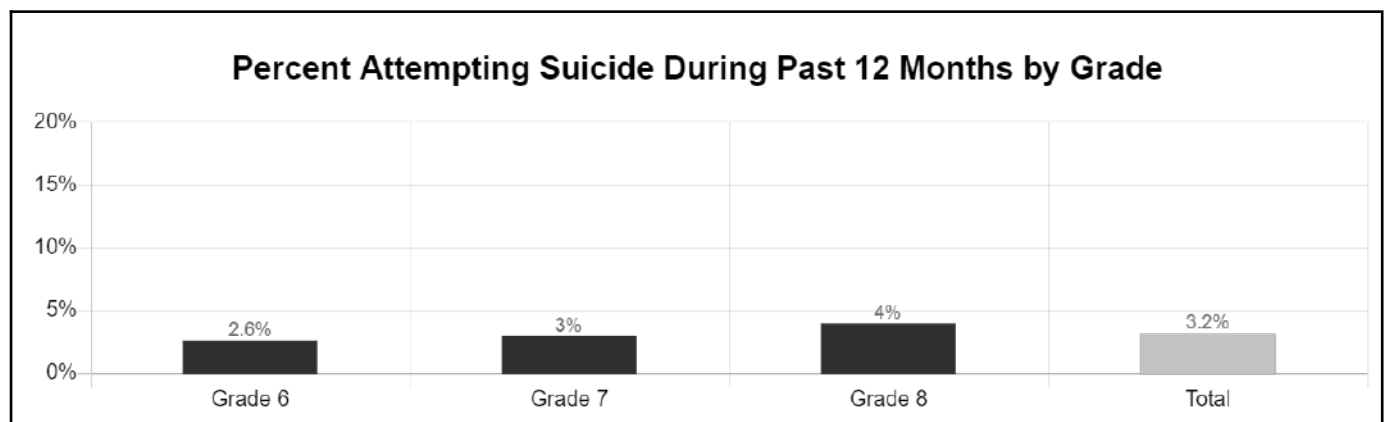
During the past 12 months, did you ever seriously consider attempting suicide?



During the past 12 months, did you make a plan about how you would attempt suicide?



During the past 12 months, did you actually attempt suicide?

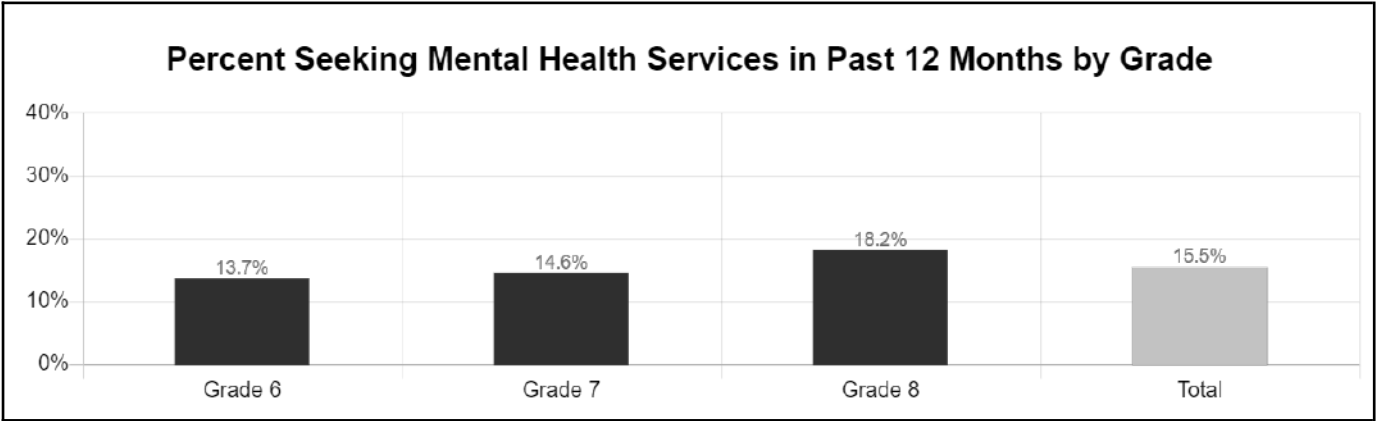


NOTE: Any student that responded in the affirmative to any of these three items received a list of support resources.

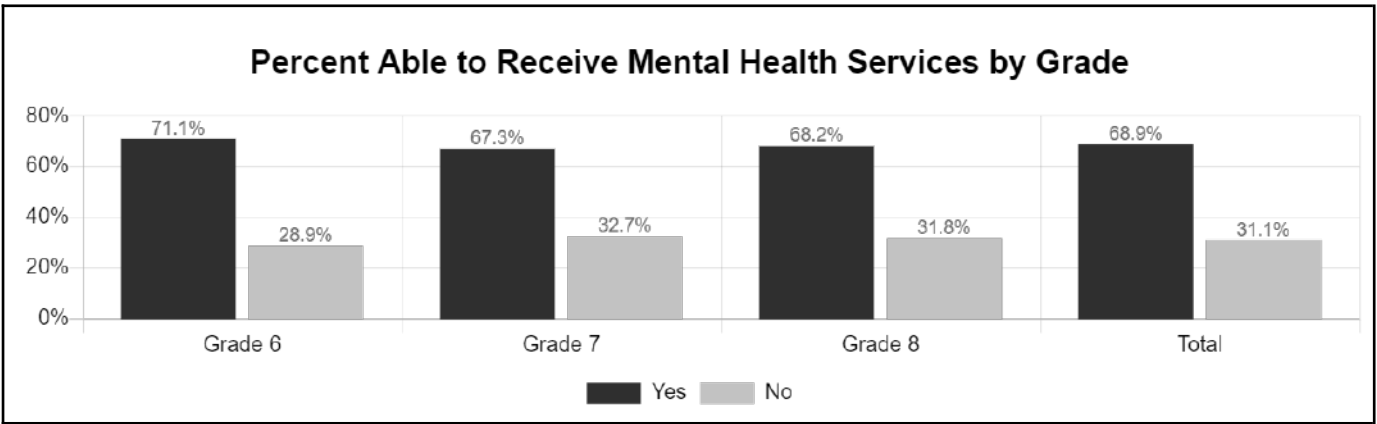
Mental Health Services

In addition to asking about student mental health and wellbeing, this survey also asked students about their ability to obtain mental health services. (Note: These two figures are taken from a single item and the full frequency report for this can be found [here](#))

The following shows the percentage of students who reported trying to get mental health services from a counselor, therapist, emergency room, or other health care provider:



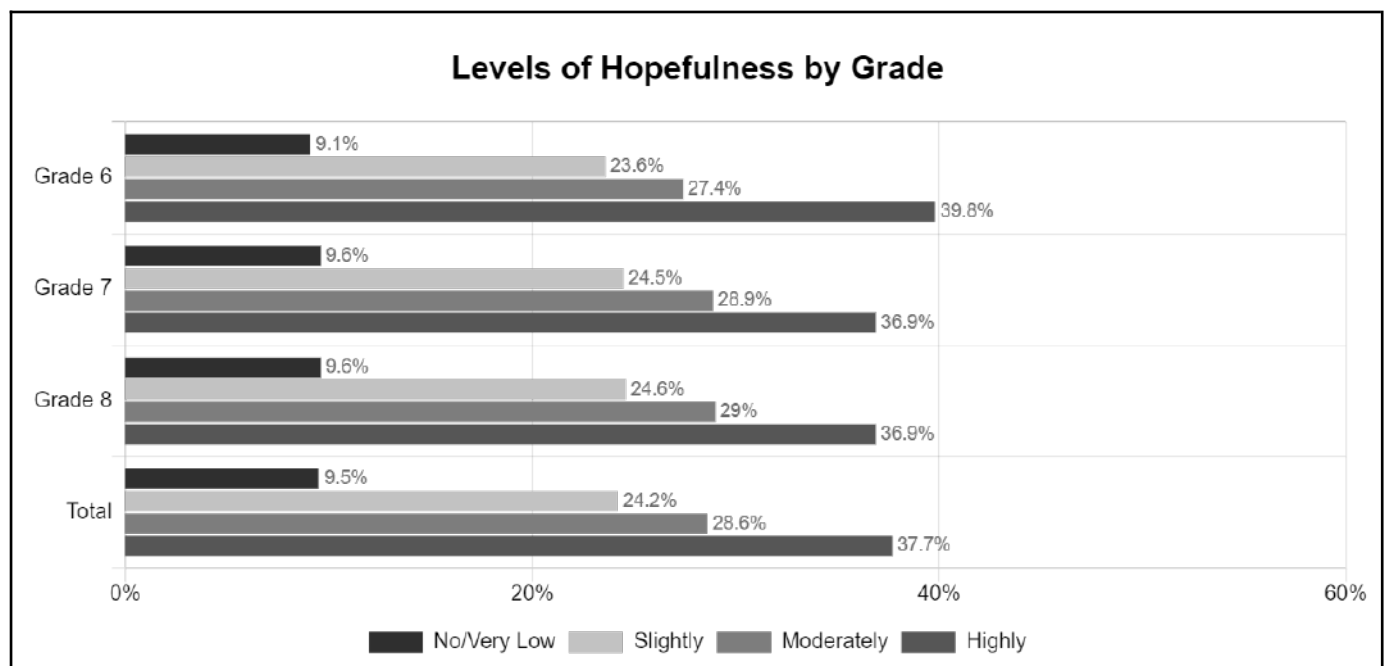
Of those who did try to get mental health services, these percentages show whether students were successfully able to receive services:



Hope and Optimism

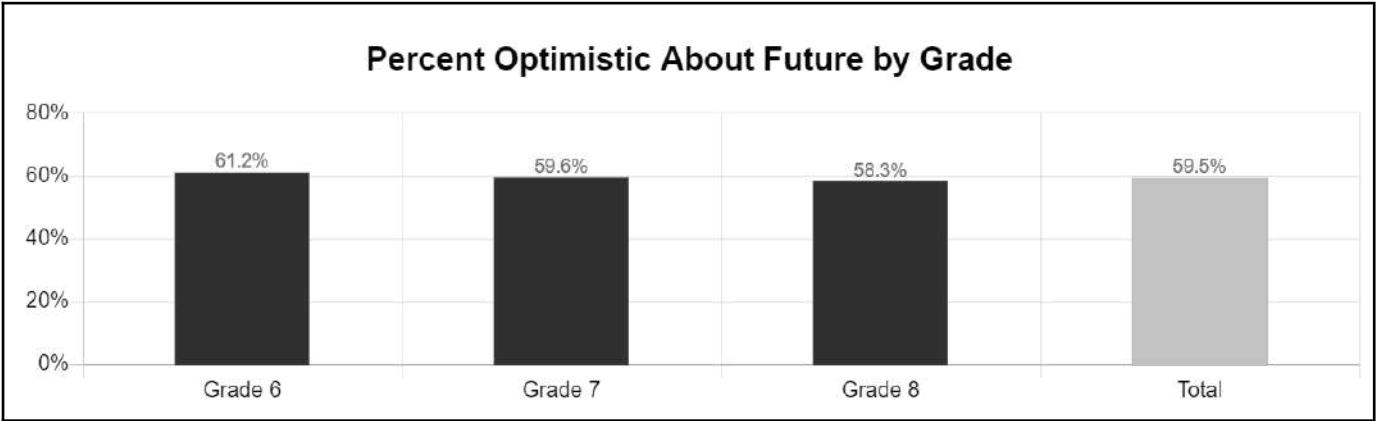
Hope is an important construct in children as research has linked it with overall physical, psychological, and social wellbeing. Four items from the Children's Hope Scale (Snyder, 1997) were included in this survey. Children who can identify a means to carry out goals and who can initiate and sustain action toward goals are considered more hopeful. (Note: The Hope Scale is constructed of four survey items and the frequency report for these items can be found [here](#))

Students rated each of the Hope items on a six-point scale from "none of the time" (value of 1) to "all of the time" (value of 6). Hope scale scores could range from a low of 4 to a high of 24. A score of 4 to 8 indicates "no to very low" hope, a score of 9 to 12 indicates that a student is "slightly hopeful", a score of 13 to 16 indicates that a student is "moderately hopeful", and a score of 17 to 24 indicates that a student is "highly hopeful".



Note: Hopefulness based upon an abbreviated, 4-item, Children's Hope Scale (Snyder, 1997).

Similarly, having an optimistic outlook is a strong indicator of resilience. The following shows the percentage of students who reported being optimistic or hopeful about their future 'a lot of the time', 'most of the time', or 'all of the time':



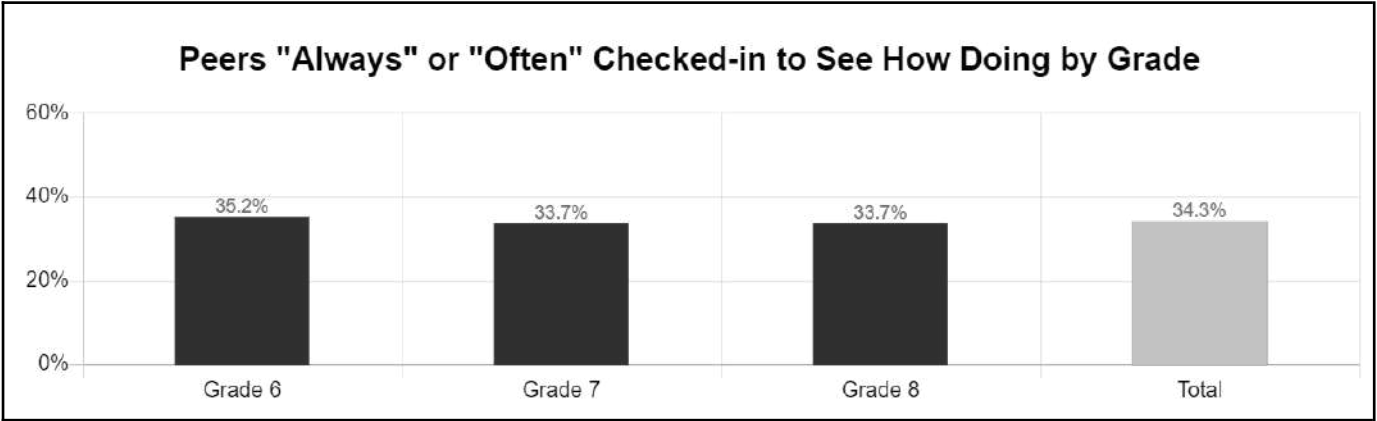
Note: Bars include all who reported feeling optimistic / hopeful "a lot", "most", or "all of the time."

Social Support

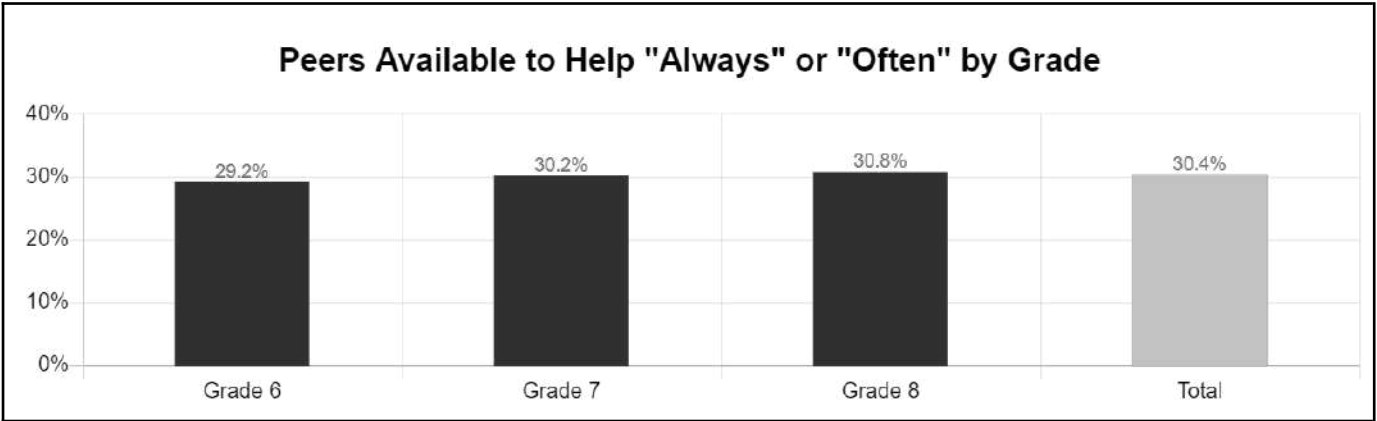
Social support can serve as an important protective factor against adverse life events such as the disruption caused by the COVID-19 pandemic. As such, we examined the extent that students felt socially supported during the past 12 months. First, we describe student reports of peer support by student’s friends and classmates. Next, we describe student reports of support from teachers and adults. The figures below show the percentage of students who reported feeling 'often' or 'always' supported. (Note: These items can be found in the frequency report [here](#))

Peer Support - Thinking about this school year, how often have *one or more of your friends or classmates* done the following:

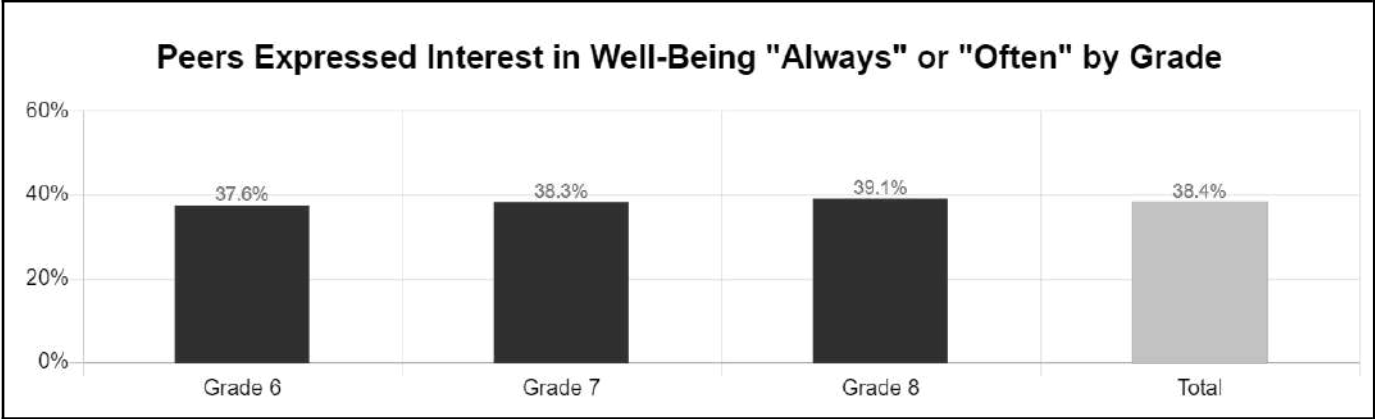
Checked-in to see how you were doing:



Let you know that they are available if you need any help:

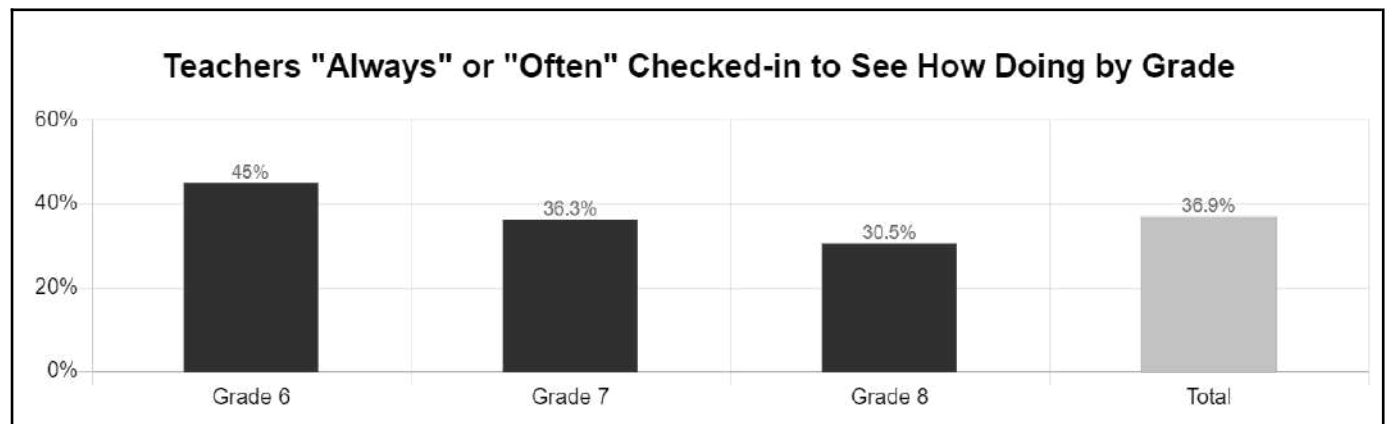


Expressed interest in your well-being:

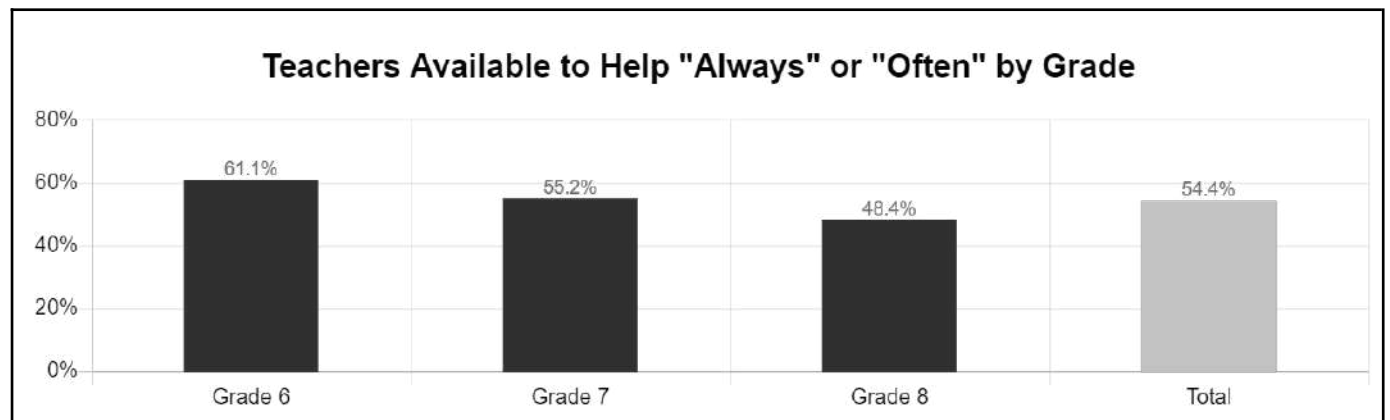


Teacher Support - Thinking about this school year, how often have *one or more of your teachers or adults at school* done the following:

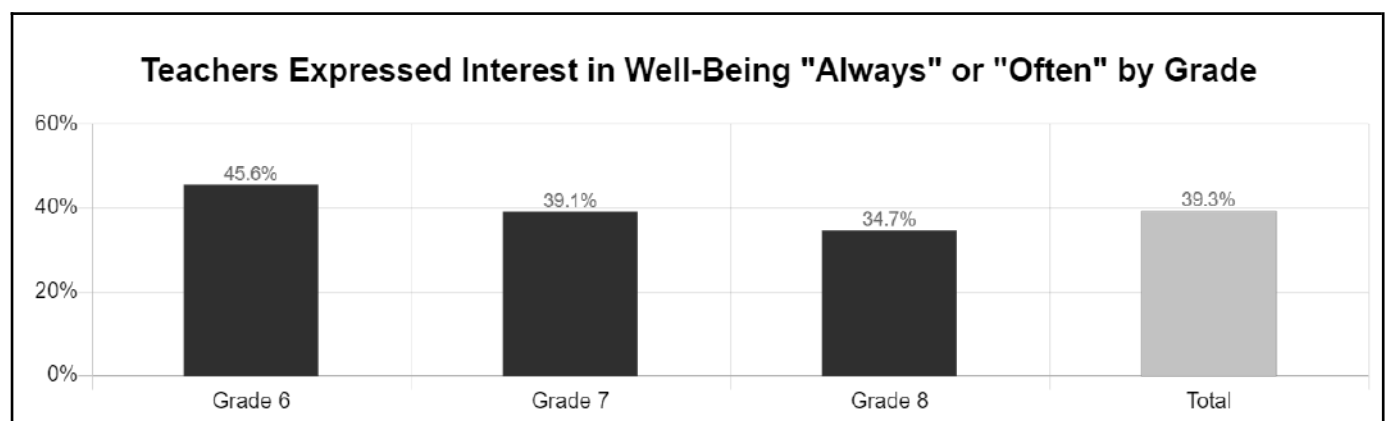
Checked-in to see how you were doing:



Let you know that they are available if you need any help:



Expressed interest in your well-being:

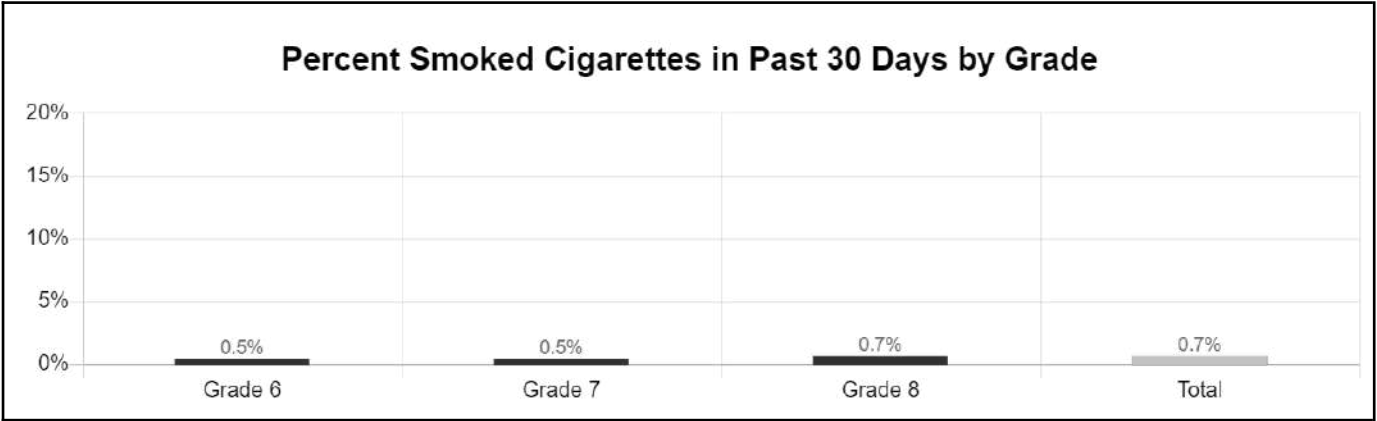


Substance Use

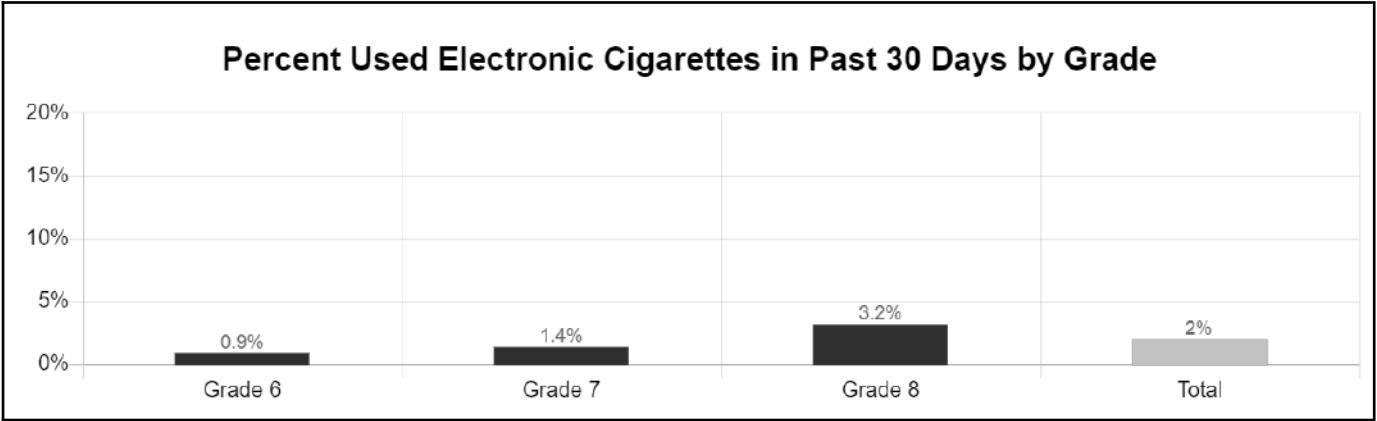
Adolescence is a critical period for the initiation of substance use behaviors. Experts believe that adolescence is the developmental period of highest risk for the onset of problematic alcohol and other drug (AOD) use. As such, schools may be interested in the substance use behaviors of their students during the COVID-19 pandemic. The following figures show the percentages of students who engaged in any use of the following substances during the past 30 days. (Note: These items can be found in the frequency report [here](#))

During the **past 30 days**, on how many days did you:

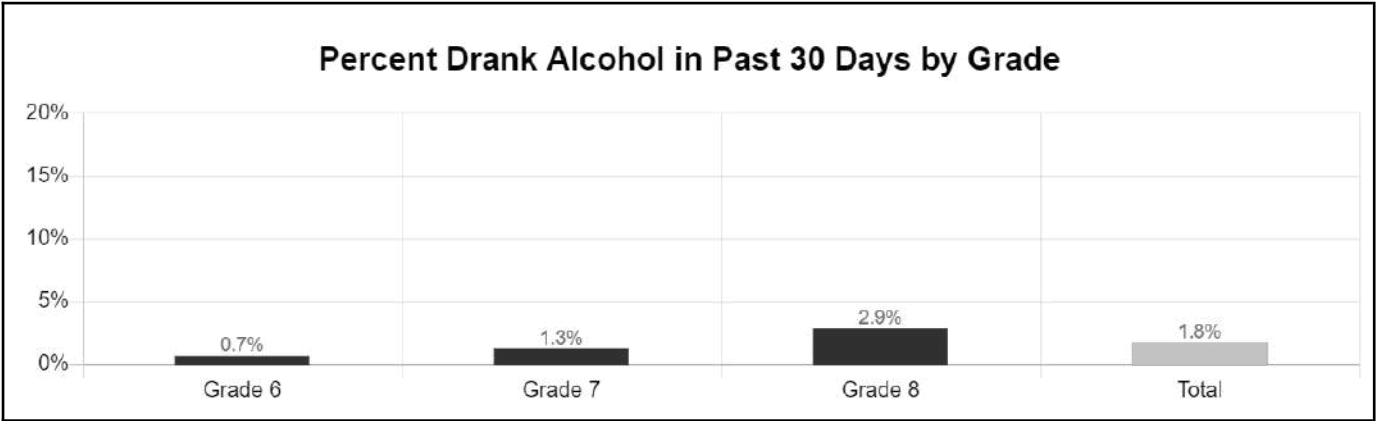
Smoke cigarettes?



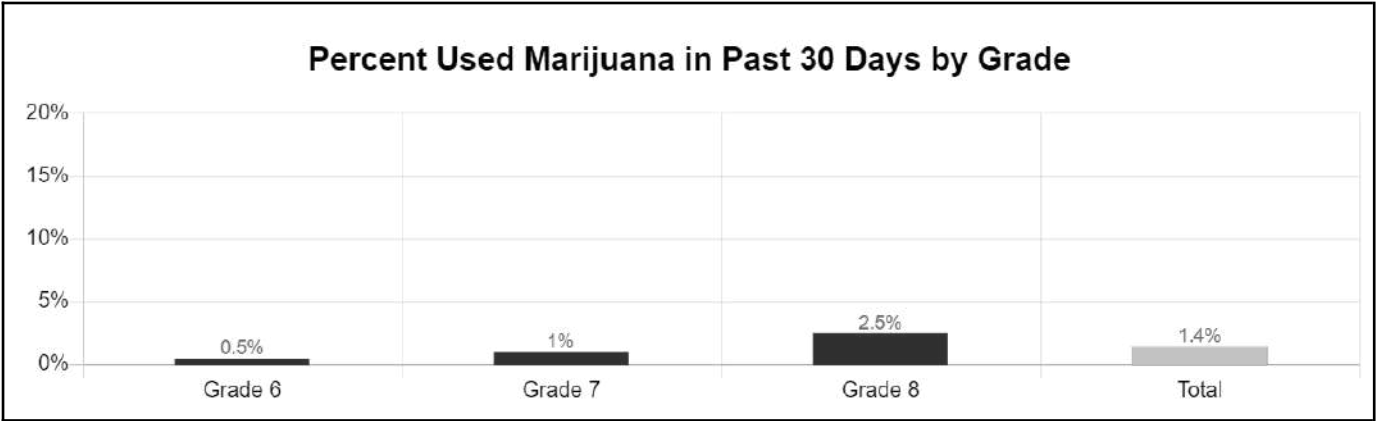
Use an electronic cigarette, also called e-cigs, JUUL, or vape pens?



Drink a glass, can, or bottle of alcohol?



Use marijuana or hashish?



Frequency Results

Demographics

Note: Percentages may not sum to 100% as participants could select more than one response.

How do you describe yourself? (Select one or more responses.)	Grade 6 (n=8916) % (CI)	Grade 7 (n=8636) % (CI)	Grade 8 (n=9630) % (CI)	Total (n=32632) % (CI)
American Indian or Alaskan Native	7.3% (±0.5)	6.7% (±0.5)	5.6% (±0.5)	6.7% (±0.3)
Asian or Asian American	8.2% (±0.6)	9.4% (±0.6)	8.9% (±0.6)	8.6% (±0.3)
Black or African–American	6.4% (±0.5)	7.2% (±0.5)	7.1% (±0.5)	7.0% (±0.3)
Hispanic or Latino/Latina	26.6% (±0.9)	28.0% (±0.9)	29.2% (±0.9)	28.5% (±0.5)
Native Hawaiian or other Pacific Islander	2.8% (±0.3)	2.9% (±0.4)	3.2% (±0.3)	3.0% (±0.2)
White or Caucasian	42.9% (±1.0)	48.9% (±1.1)	55.2% (±1.0)	48.2% (±0.5)
Other	12.7% (±0.7)	8.4% (±0.6)	5.4% (±0.5)	8.9% (±0.3)

What sex/gender were you at birth, even if you are not that gender today?

	Grade 6 (n=8828) % (CI)	Grade 7 (n=8580) % (CI)	Grade 8 (n=9581) % (CI)	Total (n=32386) % (CI)
Male	46.1% (±1.0)	45.6% (±1.1)	46.0% (±1.0)	46.8% (±0.5)
Female	53.9% (±1.0)	54.4% (±1.1)	54.0% (±1.0)	53.2% (±0.5)

How do you currently identify yourself?	Grade 6 (n=8848) % (CI)	Grade 7 (n=8573) % (CI)	Grade 8 (n=9593) % (CI)	Total (n=32420) % (CI)
Male	43.5% (±1.0)	44.0% (±1.1)	44.9% (±1.0)	45.1% (±0.5)
Female	45.2% (±1.0)	47.0% (±1.1)	46.9% (±1.0)	45.6% (±0.5)
Transgender	1.0% (±0.2)	0.8% (±0.2)	0.9% (±0.2)	0.9% (±0.1)
Questioning / not sure of my gender identity	3.0% (±0.4)	3.0% (±0.4)	3.2% (±0.4)	3.0% (±0.2)
Something else fits better	2.3% (±0.3)	2.2% (±0.3)	2.2% (±0.3)	2.1% (±0.2)
I do not know what this question is asking	1.2% (±0.2)	0.7% (±0.2)	0.3% (±0.1)	0.7% (±0.1)
I prefer not to answer	3.7% (±0.4)	2.3% (±0.3)	1.6% (±0.3)	2.6% (±0.2)

Which of the following best describes you?

	Grade 6 (n=8715) % (CI)	Grade 7 (n=8475) % (CI)	Grade 8 (n=9494) % (CI)	Total (n=32022) % (CI)
Heterosexual (straight)	57.8% (±1.0)	65.9% (±1.0)	69.8% (±0.9)	65.2% (±0.5)
Gay	0.6% (±0.2)	0.7% (±0.2)	0.8% (±0.2)	0.7% (±0.1)
Lesbian	2.1% (±0.3)	1.8% (±0.3)	1.9% (±0.3)	1.9% (±0.1)
Bisexual	9.4% (±0.6)	9.7% (±0.6)	10.3% (±0.6)	9.7% (±0.3)
Questioning / not sure	6.9% (±0.5)	6.1% (±0.5)	5.4% (±0.5)	5.9% (±0.3)
Something else fits better	3.5% (±0.4)	3.8% (±0.4)	3.9% (±0.4)	3.6% (±0.2)
I do not know what this question is asking	7.1% (±0.5)	3.5% (±0.4)	1.7% (±0.3)	4.0% (±0.2)
I prefer not to answer	12.6% (±0.7)	8.5% (±0.6)	6.2% (±0.5)	9.0% (±0.3)

Note: Percentages may not sum to 100% as participants could select more than one response.

Who did you live with <u>most</u> of the time during the current school year? Select the option (or options) that best describes who you live with.	Grade 6 (n=8916) % (CI)	Grade 7 (n=8636) % (CI)	Grade 8 (n=9630) % (CI)	Total (n=32632) % (CI)
Parent(s), step-parent(s), or legal guardian	93.2% (±0.5)	95.5% (±0.4)	96.2% (±0.4)	94.6% (±0.2)
Relatives – like a grandparent, an aunt/uncle, an older brother/sister – but NOT your parents	9.7% (±0.6)	11.0% (±0.7)	11.0% (±0.6)	10.4% (±0.3)
Foster care parent(s)	0.4% (±0.1)	0.6% (±0.2)	0.4% (±0.1)	0.5% (±0.1)
Adults who are NOT your parents, relatives, or foster parents	0.4% (±0.1)	0.5% (±0.1)	0.6% (±0.2)	0.5% (±0.1)
Friends of yours with no adults present	0.4% (±0.1)	0.7% (±0.2)	0.6% (±0.2)	0.6% (±0.1)
On your own	0.7% (±0.2)	0.6% (±0.2)	0.6% (±0.2)	0.7% (±0.1)
Other	3.3% (±0.4)	1.7% (±0.3)	1.0% (±0.2)	2.1% (±0.2)

Where did you live most of the time during the current school year?

	Grade 6 (n=8874) % (CI)	Grade 7 (n=8609) % (CI)	Grade 8 (n=9595) % (CI)	Total (n=32480) % (CI)
In a house or apartment	97.0% (±0.4)	97.7% (±0.3)	98.3% (±0.3)	97.6% (±0.2)
In a shelter	0.1% (±0.1)	0.1% (±0.1)	0.1% (±0.1)	0.1% (±0.0)
In a car or RV, park, or campground	0.5% (±0.1)	0.5% (±0.1)	0.3% (±0.1)	0.4% (±0.1)
In a motel/hotel	0.1% (±0.1)	0.1% (±0.1)	0.1% (±0.0)	0.1% (±0.0)
On the street	0.1% (±0.1)	0.0% (±0.0)	0.1% (±0.1)	0.1% (±0.0)
Moved from place to place	1.1% (±0.2)	0.9% (±0.2)	0.8% (±0.2)	0.9% (±0.1)
Other	1.1% (±0.2)	0.7% (±0.2)	0.4% (±0.1)	0.8% (±0.1)

Have you or your family moved in the past 3 years to another school district or city for temporary or seasonal work in agriculture, dairy, or fishing?	Grade 6 (n=8832) % (CI)	Grade 7 (n=8581) % (CI)	Grade 8 (n=9550) % (CI)	Total (n=32345) % (CI)
Yes	11.6% (±0.7)	8.8% (±0.6)	8.0% (±0.5)	9.8% (±0.3)
No	77.2% (±0.9)	82.7% (±0.8)	86.0% (±0.7)	81.6% (±0.4)
I am not sure or I prefer not to answer	11.1% (±0.7)	8.4% (±0.6)	6.0% (±0.5)	8.6% (±0.3)

Last school year, before the COVID-19 pandemic, did you qualify to receive free or reduced price lunches at school?	Grade 6 (n=7362) % (CI)	Grade 7 (n=7345) % (CI)	Grade 8 (n=8282) % (CI)	Total (n=27315) % (CI)
Yes	30.1% (±1.0)	28.8% (±1.0)	30.3% (±1.0)	30.0% (±0.5)
No	32.2% (±1.1)	35.3% (±1.1)	38.9% (±1.0)	35.4% (±0.6)
I am not sure	37.8% (±1.1)	35.9% (±1.1)	30.8% (±1.0)	34.7% (±0.6)

Are you limited in any activities because of a disability or long-term health problem including physical health, emotional, or learning problems expected to last 6 months or more?	Grade 6 (n=8806) % (CI)	Grade 7 (n=8554) % (CI)	Grade 8 (n=9547) % (CI)	Total (n=32271) % (CI)
Yes	5.5% (±0.5)	5.8% (±0.5)	6.2% (±0.5)	5.9% (±0.3)
No	74.2% (±0.9)	77.4% (±0.9)	80.1% (±0.8)	77.2% (±0.5)
I am not sure or I prefer not to answer	20.4% (±0.8)	16.8% (±0.8)	13.6% (±0.7)	16.8% (±0.4)

COVID-19

Has a doctor or nurse ever told you that <u>you</u> had, or likely had, COVID-19?	Grade 6 (n=7371) % (CI)	Grade 7 (n=7346) % (CI)	Grade 8 (n=8274) % (CI)	Total (n=27327) % (CI)
Yes	4.3% (±0.5)	5.3% (±0.5)	6.0% (±0.5)	5.4% (±0.3)
No	89.9% (±0.7)	90.1% (±0.7)	89.8% (±0.7)	89.8% (±0.4)
Unsure or prefer not to answer	5.8% (±0.5)	4.5% (±0.5)	4.2% (±0.4)	4.9% (±0.3)

Has a doctor or nurse ever told <i>anyone you live with</i> that <u>they</u> had, or likely had, COVID-19?	Grade 6 (n=7359) % (CI)	Grade 7 (n=7333) % (CI)	Grade 8 (n=8273) % (CI)	Total (n=27282) % (CI)
Yes	13.4% (±0.8)	15.2% (±0.8)	16.1% (±0.8)	15.0% (±0.4)
No	75.9% (±1.0)	75.4% (±1.0)	75.6% (±0.9)	75.7% (±0.5)
Unsure or prefer not to answer	10.7% (±0.7)	9.4% (±0.7)	8.3% (±0.6)	9.3% (±0.3)

How much are you worried right now about the following things as a result of the COVID-19 pandemic?

Getting sick with COVID-19?	Grade 6 (n=7337) % (CI)	Grade 7 (n=7306) % (CI)	Grade 8 (n=8235) % (CI)	Total (n=27196) % (CI)
Not at all worried	35.1% (±1.1)	38.5% (±1.1)	40.3% (±1.1)	38.5% (±0.6)
A little worried	36.8% (±1.1)	38.8% (±1.1)	38.9% (±1.1)	37.8% (±0.6)
Pretty worried	17.7% (±0.9)	15.5% (±0.8)	15.0% (±0.8)	16.0% (±0.4)
Extremely worried	10.5% (±0.7)	7.2% (±0.6)	5.8% (±0.5)	7.7% (±0.3)

Your friends or family getting sick with COVID-19?	Grade 6 (n=7318) % (CI)	Grade 7 (n=7284) % (CI)	Grade 8 (n=8217) % (CI)	Total (n=27111) % (CI)
Not at all worried	15.3% (±0.8)	16.1% (±0.8)	16.8% (±0.8)	16.4% (±0.4)
A little worried	27.6% (±1.0)	32.0% (±1.1)	33.4% (±1.0)	30.9% (±0.5)
Pretty worried	29.8% (±1.0)	30.5% (±1.1)	30.7% (±1.0)	30.3% (±0.5)
Extremely worried	27.3% (±1.0)	21.5% (±0.9)	19.1% (±0.8)	22.4% (±0.5)

Your parents or guardians losing their job(s)?	Grade 6 (n=7311) % (CI)	Grade 7 (n=7290) % (CI)	Grade 8 (n=8217) % (CI)	Total (n=27122) % (CI)
Not at all worried	33.6% (±1.1)	37.5% (±1.1)	39.5% (±1.1)	37.1% (±0.6)
A little worried	19.0% (±0.9)	19.9% (±0.9)	21.2% (±0.9)	19.9% (±0.5)
Pretty worried	21.2% (±0.9)	20.0% (±0.9)	19.4% (±0.9)	20.1% (±0.5)
Extremely worried	26.2% (±1.0)	22.5% (±1.0)	19.9% (±0.9)	22.9% (±0.5)

Your family being unable to afford rent or housing?	Grade 6 (n=7256) % (CI)	Grade 7 (n=7264) % (CI)	Grade 8 (n=8189) % (CI)	Total (n=26984) % (CI)
Not at all worried	43.3% (±1.1)	46.6% (±1.1)	49.5% (±1.1)	46.6% (±0.6)
A little worried	15.2% (±0.8)	16.9% (±0.9)	17.2% (±0.8)	16.5% (±0.4)
Pretty worried	14.8% (±0.8)	14.9% (±0.8)	14.4% (±0.8)	14.4% (±0.4)
Extremely worried	26.7% (±1.0)	21.7% (±0.9)	18.9% (±0.8)	22.5% (±0.5)

Not having enough food to eat?	Grade 6 (n=7270) % (CI)	Grade 7 (n=7264) % (CI)	Grade 8 (n=8190) % (CI)	Total (n=27007) % (CI)
Not at all worried	52.6% (±1.1)	57.6% (±1.1)	62.2% (±1.0)	57.6% (±0.6)
A little worried	15.4% (±0.8)	15.7% (±0.8)	15.7% (±0.8)	15.5% (±0.4)
Pretty worried	13.4% (±0.8)	13.0% (±0.8)	11.1% (±0.7)	12.5% (±0.4)
Extremely worried	18.6% (±0.9)	13.6% (±0.8)	11.0% (±0.7)	14.4% (±0.4)

Feeling alone or lonely?	Grade 6 (n=7240) % (CI)	Grade 7 (n=7229) % (CI)	Grade 8 (n=8144) % (CI)	Total (n=26875) % (CI)
Not at all worried	40.8% (±1.1)	40.1% (±1.1)	38.2% (±1.1)	40.1% (±0.6)
A little worried	26.6% (±1.0)	28.3% (±1.0)	27.2% (±1.0)	27.1% (±0.5)
Pretty worried	17.7% (±0.9)	18.2% (±0.9)	19.9% (±0.9)	18.6% (±0.5)
Extremely worried	14.9% (±0.8)	13.4% (±0.8)	14.6% (±0.8)	14.1% (±0.4)

Hurting your social life?	Grade 6 (n=7139) % (CI)	Grade 7 (n=7183) % (CI)	Grade 8 (n=8116) % (CI)	Total (n=26665) % (CI)
Not at all worried	45.8% (±1.2)	45.0% (±1.2)	42.4% (±1.1)	44.7% (±0.6)
A little worried	26.7% (±1.0)	27.9% (±1.0)	27.6% (±1.0)	27.1% (±0.5)
Pretty worried	15.9% (±0.8)	16.8% (±0.9)	18.1% (±0.8)	16.9% (±0.4)
Extremely worried	11.6% (±0.7)	10.3% (±0.7)	11.8% (±0.7)	11.3% (±0.4)

Not getting along with the people you live with?	Grade 6 (n=7161) % (CI)	Grade 7 (n=7200) % (CI)	Grade 8 (n=8109) % (CI)	Total (n=26692) % (CI)
Not at all worried	46.8% (±1.2)	47.1% (±1.2)	46.4% (±1.1)	47.1% (±0.6)
A little worried	26.6% (±1.0)	26.5% (±1.0)	26.7% (±1.0)	26.4% (±0.5)
Pretty worried	16.0% (±0.8)	16.3% (±0.9)	16.9% (±0.8)	16.3% (±0.4)
Extremely worried	10.6% (±0.7)	10.2% (±0.7)	10.0% (±0.7)	10.2% (±0.4)

Falling behind in your schooling or learning?	Grade 6 (n=7253) % (CI)	Grade 7 (n=7256) % (CI)	Grade 8 (n=8195) % (CI)	Total (n=26970) % (CI)
Not at all worried	23.9% (±1.0)	22.5% (±1.0)	22.7% (±0.9)	23.2% (±0.5)
A little worried	26.0% (±1.0)	27.8% (±1.0)	26.6% (±1.0)	26.6% (±0.5)
Pretty worried	25.1% (±1.0)	25.6% (±1.0)	25.7% (±0.9)	25.5% (±0.5)
Extremely worried	25.0% (±1.0)	24.0% (±1.0)	25.0% (±0.9)	24.7% (±0.5)

These questions ask about how well you have followed the guidelines for reducing the spread of COVID-19.

Please rate how often you have followed these guidelines in the last 30 days.

Washing your hands or using hand sanitizer between activities	Grade 6 (n=7277) % (CI)	Grade 7 (n=7263) % (CI)	Grade 8 (n=8197) % (CI)	Total (n=27004) % (CI)
All of the time	42.7% (±1.1)	39.2% (±1.1)	39.8% (±1.1)	40.8% (±0.6)
Most of the time	37.9% (±1.1)	39.3% (±1.1)	38.7% (±1.1)	38.4% (±0.6)
About half of the time	11.1% (±0.7)	12.8% (±0.8)	12.3% (±0.7)	12.1% (±0.4)
Only some of the time	7.3% (±0.6)	7.6% (±0.6)	7.6% (±0.6)	7.4% (±0.3)
Never	0.9% (±0.2)	1.2% (±0.2)	1.7% (±0.3)	1.3% (±0.1)

Wearing a mask when you are near people you don't live with	Grade 6 (n=7236) % (CI)	Grade 7 (n=7234) % (CI)	Grade 8 (n=8184) % (CI)	Total (n=26905) % (CI)
All of the time	52.6% (±1.2)	53.2% (±1.1)	54.3% (±1.1)	53.5% (±0.6)
Most of the time	28.5% (±1.0)	29.3% (±1.0)	29.1% (±1.0)	28.6% (±0.5)
About half of the time	8.5% (±0.6)	7.9% (±0.6)	7.8% (±0.6)	8.2% (±0.3)
Only some of the time	7.5% (±0.6)	6.8% (±0.6)	6.3% (±0.5)	7.0% (±0.3)
Never	2.9% (±0.4)	2.8% (±0.4)	2.5% (±0.3)	2.8% (±0.2)

Practicing physical distancing (6 feet or more) when you're around people you don't live with	Grade 6 (n=7202) % (CI)	Grade 7 (n=7190) % (CI)	Grade 8 (n=8133) % (CI)	Total (n=26751) % (CI)
All of the time	36.1% (±1.1)	34.3% (±1.1)	33.1% (±1.0)	34.6% (±0.6)
Most of the time	33.3% (±1.1)	35.2% (±1.1)	37.1% (±1.1)	34.8% (±0.6)
About half of the time	14.0% (±0.8)	14.3% (±0.8)	14.7% (±0.8)	14.3% (±0.4)
Only some of the time	10.9% (±0.7)	10.8% (±0.7)	9.9% (±0.6)	10.6% (±0.4)
Never	5.7% (±0.5)	5.5% (±0.5)	5.3% (±0.5)	5.6% (±0.3)

Staying home when you feel sick	Grade 6 (n=7181) % (CI)	Grade 7 (n=7169) % (CI)	Grade 8 (n=8107) % (CI)	Total (n=26668) % (CI)
All of the time	69.0% (±1.1)	67.6% (±1.1)	69.8% (±1.0)	68.6% (±0.6)
Most of the time	18.9% (±0.9)	19.8% (±0.9)	18.1% (±0.8)	18.9% (±0.5)
About half of the time	4.8% (±0.5)	5.4% (±0.5)	5.0% (±0.5)	5.2% (±0.3)
Only some of the time	4.4% (±0.5)	4.4% (±0.5)	4.3% (±0.4)	4.4% (±0.2)
Never	2.9% (±0.4)	2.8% (±0.4)	2.9% (±0.4)	2.9% (±0.2)

When your school goes back to being in-person (if it isn't already):

Would you tell your teacher or parent/guardian if you felt sick?	Grade 6 (n=7166) % (CI)	Grade 7 (n=7172) % (CI)	Grade 8 (n=8094) % (CI)	Total (n=26627) % (CI)
YES!	52.2% (±1.2)	50.4% (±1.2)	51.0% (±1.1)	51.1% (±0.6)
Yes	42.4% (±1.1)	44.2% (±1.1)	42.6% (±1.1)	42.9% (±0.6)
No	4.3% (±0.5)	4.5% (±0.5)	5.2% (±0.5)	4.8% (±0.3)
NO!	1.2% (±0.3)	0.9% (±0.2)	1.2% (±0.2)	1.1% (±0.1)

If you saw one of your peers doing something that wasn't safe with regard to COVID-19, would you talk with them about it?	Grade 6 (n=7025) % (CI)	Grade 7 (n=7075) % (CI)	Grade 8 (n=8017) % (CI)	Total (n=26257) % (CI)
YES!	22.5% (±1.0)	18.1% (±0.9)	16.9% (±0.8)	19.5% (±0.5)
Yes	47.9% (±1.2)	47.8% (±1.2)	45.3% (±1.1)	46.4% (±0.6)
No	25.7% (±1.0)	29.9% (±1.1)	33.1% (±1.0)	29.7% (±0.6)
NO!	3.9% (±0.5)	4.1% (±0.5)	4.7% (±0.5)	4.5% (±0.2)

If you saw one of your peers doing something that wasn't safe with regard to COVID-19, would you talk to an adult or teacher about it?	Grade 6 (n=6978) % (CI)	Grade 7 (n=7023) % (CI)	Grade 8 (n=7979) % (CI)	Total (n=26096) % (CI)
YES!	25.9% (±1.0)	20.0% (±0.9)	16.8% (±0.8)	21.0% (±0.5)
Yes	43.6% (±1.2)	42.0% (±1.2)	39.1% (±1.1)	41.2% (±0.6)
No	26.5% (±1.0)	32.5% (±1.1)	37.9% (±1.1)	32.4% (±0.6)
NO!	4.0% (±0.5)	5.5% (±0.5)	6.2% (±0.5)	5.4% (±0.3)

Would you go to school if you knew another student had or probably had COVID-19?	Grade 6 (n=6957) % (CI)	Grade 7 (n=7011) % (CI)	Grade 8 (n=7975) % (CI)	Total (n=26048) % (CI)
YES!	6.2% (±0.6)	6.1% (±0.6)	7.0% (±0.6)	6.7% (±0.3)
Yes	24.1% (±1.0)	27.1% (±1.0)	28.0% (±1.0)	26.4% (±0.5)
No	39.2% (±1.1)	40.1% (±1.1)	39.7% (±1.1)	39.4% (±0.6)
NO!	30.5% (±1.1)	26.6% (±1.0)	25.3% (±1.0)	27.4% (±0.5)

Would you take summer classes to catch-up on learning that was missed during the COVID-19 pandemic?	Grade 6 (n=6904) % (CI)	Grade 7 (n=7002) % (CI)	Grade 8 (n=7959) % (CI)	Total (n=25964) % (CI)
YES!	6.4% (±0.6)	5.5% (±0.5)	5.4% (±0.5)	5.9% (±0.3)
Yes	17.3% (±0.9)	15.8% (±0.9)	18.4% (±0.9)	17.2% (±0.5)
No	48.5% (±1.2)	48.1% (±1.2)	45.5% (±1.1)	46.8% (±0.6)
NO!	27.9% (±1.1)	30.5% (±1.1)	30.8% (±1.0)	30.0% (±0.6)

Would you take extra classes during the school year to catch-up on learning that was missed during the COVID-19 pandemic?	Grade 6 (n=6905) % (CI)	Grade 7 (n=6991) % (CI)	Grade 8 (n=7943) % (CI)	Total (n=25924) % (CI)
YES!	7.6% (±0.6)	7.0% (±0.6)	6.5% (±0.5)	7.3% (±0.3)
Yes	27.2% (±1.0)	26.2% (±1.0)	28.2% (±1.0)	27.1% (±0.5)
No	46.0% (±1.2)	45.6% (±1.2)	44.0% (±1.1)	44.9% (±0.6)
NO!	19.3% (±0.9)	21.1% (±1.0)	21.2% (±0.9)	20.8% (±0.5)

Would you get 1-on-1 tutoring to catch-up on learning that was missed during the COVID-19 pandemic?	Grade 6 (n=6917) % (CI)	Grade 7 (n=7027) % (CI)	Grade 8 (n=7955) % (CI)	Total (n=25985) % (CI)
YES!	7.8% (±0.6)	7.4% (±0.6)	7.1% (±0.6)	7.7% (±0.3)
Yes	27.1% (±1.0)	25.3% (±1.0)	27.7% (±1.0)	26.6% (±0.5)
No	46.4% (±1.2)	47.4% (±1.2)	44.8% (±1.1)	45.7% (±0.6)
NO!	18.7% (±0.9)	19.9% (±0.9)	20.5% (±0.9)	19.9% (±0.5)

School Attitudes and Engagement

What type of instruction are you participating in **this week**?

	Grade 6 (n=8472) % (CI)	Grade 7 (n=8260) % (CI)	Grade 8 (n=9294) % (CI)	Total (n=31158) % (CI)
Remote, virtual, or online learning	38.7% (±1.0)	42.0% (±1.1)	41.8% (±1.0)	40.9% (±0.5)
All in-person with teachers and other students in my school building	15.4% (±0.8)	16.5% (±0.8)	16.6% (±0.8)	16.5% (±0.4)
Some in-person time with teachers and other students and some remote, virtual, or online learning	45.9% (±1.1)	41.5% (±1.1)	41.6% (±1.0)	42.6% (±0.5)

During the entire current school year, what type of instruction did you participate in the **most**?

	Grade 6 (n=8388) % (CI)	Grade 7 (n=8205) % (CI)	Grade 8 (n=9232) % (CI)	Total (n=30888) % (CI)
Remote, virtual, or online learning	65.2% (±1.0)	68.7% (±1.0)	71.3% (±0.9)	68.1% (±0.5)
All in-person with teachers and other students in my school building	12.2% (±0.7)	12.0% (±0.7)	11.1% (±0.6)	12.2% (±0.4)
Some in-person time with teachers and other students and some remote, virtual, or online learning	22.7% (±0.9)	19.3% (±0.9)	17.6% (±0.8)	19.7% (±0.4)

Thinking about <u>this</u> school year, how often have you had access to a computer or tablet AT HOME when you need one for school? (Include devices provided by your school)	Grade 6 (n=8154) % (CI)	Grade 7 (n=8032) % (CI)	Grade 8 (n=8998) % (CI)	Total (n=30093) % (CI)
Never - I do not have access to a computer or tablet at home	2.2% (±0.3)	1.5% (±0.3)	1.4% (±0.2)	1.9% (±0.2)
Rarely	6.1% (±0.5)	4.0% (±0.4)	3.1% (±0.4)	4.6% (±0.2)
Usually	22.1% (±0.9)	18.9% (±0.9)	15.8% (±0.8)	19.1% (±0.4)
Always	69.5% (±1.0)	75.6% (±0.9)	79.6% (±0.8)	74.4% (±0.5)

Thinking about <u>this</u> school year, when you have needed to use WiFi/internet for school, how often have you had access AT HOME?	Grade 6 (n=8170) % (CI)	Grade 7 (n=8025) % (CI)	Grade 8 (n=8986) % (CI)	Total (n=30066) % (CI)
Never - I do not have WiFi/internet at home	1.0% (±0.2)	0.9% (±0.2)	0.8% (±0.2)	0.9% (±0.1)
Rarely	3.5% (±0.4)	2.4% (±0.3)	2.2% (±0.3)	3.0% (±0.2)
Usually	30.6% (±1.0)	29.6% (±1.0)	28.1% (±0.9)	29.5% (±0.5)
Always	64.8% (±1.0)	67.1% (±1.0)	68.9% (±1.0)	66.6% (±0.5)

How much do you agree with the following statement? It has been <i>harder</i> to do my school work this year than it was last school year, before the COVID-19 pandemic.	Grade 6 (n=8449) % (CI)	Grade 7 (n=8245) % (CI)	Grade 8 (n=9262) % (CI)	Total (n=31060) % (CI)
Strongly agree	36.7% (±1.0)	40.9% (±1.1)	42.9% (±1.0)	40.4% (±0.5)
Agree	29.9% (±1.0)	28.5% (±1.0)	26.9% (±0.9)	28.0% (±0.5)
Not sure	18.1% (±0.8)	15.2% (±0.8)	14.0% (±0.7)	15.9% (±0.4)
Disagree	10.5% (±0.7)	10.8% (±0.7)	11.3% (±0.6)	10.8% (±0.3)
Strongly disagree	4.8% (±0.5)	4.6% (±0.5)	4.9% (±0.4)	4.9% (±0.2)

Think back over this school year so far. How often did you:

Enjoy school?	Grade 6 (n=8482) % (CI)	Grade 7 (n=8267) % (CI)	Grade 8 (n=9269) % (CI)	Total (n=31135) % (CI)
None of the time	7.1% (±0.5)	11.6% (±0.7)	13.6% (±0.7)	11.1% (±0.3)
A little of the time	18.0% (±0.8)	23.9% (±0.9)	28.0% (±0.9)	23.4% (±0.5)
Some of the time	34.9% (±1.0)	36.0% (±1.0)	35.5% (±1.0)	35.4% (±0.5)
A lot of the time	14.4% (±0.7)	11.7% (±0.7)	10.5% (±0.6)	12.0% (±0.4)
Most of the time	18.5% (±0.8)	13.0% (±0.7)	9.9% (±0.6)	13.5% (±0.4)
All of the time	7.2% (±0.6)	3.7% (±0.4)	2.6% (±0.3)	4.5% (±0.2)

Dislike school?	Grade 6 (n=8424) % (CI)	Grade 7 (n=8224) % (CI)	Grade 8 (n=9199) % (CI)	Total (n=30934) % (CI)
None of the time	10.8% (±0.7)	6.4% (±0.5)	4.8% (±0.4)	7.3% (±0.3)
A little of the time	30.4% (±1.0)	23.5% (±0.9)	19.4% (±0.8)	24.4% (±0.5)
Some of the time	27.6% (±1.0)	27.2% (±1.0)	26.7% (±0.9)	27.2% (±0.5)
A lot of the time	12.2% (±0.7)	16.3% (±0.8)	18.1% (±0.8)	15.3% (±0.4)
Most of the time	12.6% (±0.7)	17.9% (±0.8)	20.7% (±0.8)	17.0% (±0.4)
All of the time	6.4% (±0.5)	8.7% (±0.6)	10.3% (±0.6)	8.8% (±0.3)

Try to do your very best work in school?	Grade 6 (n=8385) % (CI)	Grade 7 (n=8165) % (CI)	Grade 8 (n=9185) % (CI)	Total (n=30789) % (CI)
None of the time	0.6% (±0.2)	1.1% (±0.2)	1.5% (±0.2)	1.1% (±0.1)
A little of the time	3.7% (±0.4)	5.1% (±0.5)	7.2% (±0.5)	5.4% (±0.3)
Some of the time	13.5% (±0.7)	17.3% (±0.8)	20.1% (±0.8)	17.4% (±0.4)
A lot of the time	18.7% (±0.8)	20.4% (±0.9)	20.0% (±0.8)	19.6% (±0.4)
Most of the time	29.3% (±1.0)	30.2% (±1.0)	29.6% (±0.9)	29.4% (±0.5)
All of the time	34.3% (±1.0)	25.9% (±1.0)	21.6% (±0.8)	27.1% (±0.5)

Feel the schoolwork you were assigned was meaningful and important?	Grade 6 (n=8342) % (CI)	Grade 7 (n=8159) % (CI)	Grade 8 (n=9183) % (CI)	Total (n=30698) % (CI)
None of the time	7.4% (±0.6)	9.7% (±0.6)	12.8% (±0.7)	10.2% (±0.3)
A little of the time	16.8% (±0.8)	23.0% (±0.9)	25.8% (±0.9)	21.8% (±0.5)
Some of the time	27.1% (±1.0)	29.5% (±1.0)	30.7% (±0.9)	29.1% (±0.5)
A lot of the time	17.4% (±0.8)	15.8% (±0.8)	13.8% (±0.7)	15.6% (±0.4)
Most of the time	18.1% (±0.8)	14.0% (±0.8)	11.5% (±0.7)	14.5% (±0.4)
All of the time	13.2% (±0.7)	8.0% (±0.6)	5.4% (±0.5)	8.8% (±0.3)

Think that your classes were interesting to you?	Grade 6 (n=8307) % (CI)	Grade 7 (n=8142) % (CI)	Grade 8 (n=9159) % (CI)	Total (n=30623) % (CI)
None of the time	7.4% (±0.6)	9.0% (±0.6)	10.3% (±0.6)	9.2% (±0.3)
A little of the time	17.4% (±0.8)	22.2% (±0.9)	24.8% (±0.9)	21.6% (±0.5)
Some of the time	29.8% (±1.0)	33.6% (±1.0)	34.6% (±1.0)	32.6% (±0.5)
A lot of the time	15.8% (±0.8)	14.6% (±0.8)	14.4% (±0.7)	14.9% (±0.4)
Most of the time	19.2% (±0.8)	14.8% (±0.8)	11.8% (±0.7)	15.0% (±0.4)
All of the time	10.4% (±0.7)	5.9% (±0.5)	4.1% (±0.4)	6.8% (±0.3)

Get praised by your teachers?	Grade 6 (n=7996) % (CI)	Grade 7 (n=7909) % (CI)	Grade 8 (n=9035) % (CI)	Total (n=29806) % (CI)
None of the time	14.6% (±0.8)	15.8% (±0.8)	16.3% (±0.8)	15.8% (±0.4)
A little of the time	21.9% (±0.9)	24.9% (±1.0)	26.4% (±0.9)	24.8% (±0.5)
Some of the time	30.7% (±1.0)	31.8% (±1.0)	31.8% (±1.0)	31.3% (±0.5)
A lot of the time	13.1% (±0.7)	12.8% (±0.7)	13.0% (±0.7)	12.7% (±0.4)
Most of the time	12.1% (±0.7)	9.6% (±0.6)	8.7% (±0.6)	10.0% (±0.3)
All of the time	7.6% (±0.6)	5.0% (±0.5)	3.8% (±0.4)	5.5% (±0.3)

Compared to LAST school year, what are your grades like during THIS school year so far?

	Grade 6 (n=8352) % (CI)	Grade 7 (n=8212) % (CI)	Grade 8 (n=9207) % (CI)	Total (n=30832) % (CI)
A lot worse	13.7% (±0.7)	18.6% (±0.8)	21.3% (±0.8)	18.3% (±0.4)
A little worse	21.7% (±0.9)	23.4% (±0.9)	21.8% (±0.8)	22.3% (±0.5)
About the same	30.9% (±1.0)	30.5% (±1.0)	32.0% (±1.0)	30.5% (±0.5)
A little better	20.3% (±0.9)	16.2% (±0.8)	14.8% (±0.7)	17.1% (±0.4)
A lot better	13.4% (±0.7)	11.3% (±0.7)	10.2% (±0.6)	11.8% (±0.4)

During the current school year, how much time do you spend on school work outside of class time?

	Grade 6 (n=8055) % (CI)	Grade 7 (n=7942) % (CI)	Grade 8 (n=8922) % (CI)	Total (n=29742) % (CI)
Way too much	4.2% (±0.4)	5.7% (±0.5)	7.6% (±0.5)	6.0% (±0.3)
A little too much	12.4% (±0.7)	14.7% (±0.8)	16.8% (±0.8)	14.7% (±0.4)
Just the right amount	52.5% (±1.1)	44.5% (±1.1)	38.4% (±1.0)	44.6% (±0.6)
Not quite enough	20.9% (±0.9)	24.6% (±0.9)	25.1% (±0.9)	23.7% (±0.5)
Barely any	9.9% (±0.7)	10.5% (±0.7)	12.2% (±0.7)	11.1% (±0.4)

During the current school year, how much time do you have with your teachers?

	Grade 6 (n=8007) % (CI)	Grade 7 (n=7876) % (CI)	Grade 8 (n=8862) % (CI)	Total (n=29512) % (CI)
Way too much	2.2% (±0.3)	2.1% (±0.3)	2.3% (±0.3)	2.3% (±0.2)
A little too much	6.6% (±0.5)	7.0% (±0.6)	7.6% (±0.6)	7.2% (±0.3)
Just the right amount	68.9% (±1.0)	65.9% (±1.0)	60.4% (±1.0)	64.7% (±0.5)
Not quite enough	17.0% (±0.8)	19.1% (±0.9)	21.5% (±0.9)	19.1% (±0.4)
Barely any	5.2% (±0.5)	5.9% (±0.5)	8.2% (±0.6)	6.7% (±0.3)

How much do you feel you have learned across all of your classes this school year , compared to last school year before the COVID-19 pandemic?	Grade 6 (n=7974) % (CI)	Grade 7 (n=7872) % (CI)	Grade 8 (n=8831) % (CI)	Total (n=29428) % (CI)
A lot more than last year	12.9% (±0.7)	7.1% (±0.6)	4.8% (±0.4)	8.3% (±0.3)
A little more than last year	21.7% (±0.9)	15.4% (±0.8)	12.2% (±0.7)	16.3% (±0.4)
About the same as last year	23.7% (±0.9)	23.4% (±0.9)	22.2% (±0.9)	23.1% (±0.5)
A little less than last year	28.1% (±1.0)	31.8% (±1.0)	33.5% (±1.0)	30.8% (±0.5)
A lot less than last year	13.6% (±0.8)	22.3% (±0.9)	27.3% (±0.9)	21.6% (±0.5)

Thinking about this school year, when doing classes online, how often is an adult (other than your teachers) <u>available</u> to help you with schoolwork during the school day ?	Grade 6 (n=8123) % (CI)	Grade 7 (n=7990) % (CI)	Grade 8 (n=8965) % (CI)	Total (n=29942) % (CI)
I didn't have any classes online	1.2% (±0.2)	1.1% (±0.2)	1.0% (±0.2)	1.2% (±0.1)
Never available	5.3% (±0.5)	5.6% (±0.5)	7.6% (±0.5)	6.3% (±0.3)
Rarely available	22.0% (±0.9)	24.3% (±0.9)	25.3% (±0.9)	23.8% (±0.5)
Usually available	53.4% (±1.1)	53.4% (±1.1)	52.1% (±1.0)	52.6% (±0.6)
Always available	18.0% (±0.8)	15.6% (±0.8)	14.0% (±0.7)	16.1% (±0.4)

During the past 30 days, on how many days have you been absent from school for any reason ? Include any days that you missed at least half of the school day.	Grade 6 (n=8328) % (CI)	Grade 7 (n=8168) % (CI)	Grade 8 (n=9169) % (CI)	Total (n=30697) % (CI)
0 times	48.5% (±1.1)	47.7% (±1.1)	46.2% (±1.0)	47.1% (±0.6)
1 or 2 days	32.6% (±1.0)	32.3% (±1.0)	32.5% (±1.0)	32.7% (±0.5)
3 or more days	18.9% (±0.8)	20.0% (±0.9)	21.2% (±0.8)	20.1% (±0.4)

Note: Percentages may not sum to 100% as participants could select more than one response.

Please select reasons why you have been absent from school in the past 30 days (select all that apply):	Grade 6 (n=4291) % (CI)	Grade 7 (n=4270) % (CI)	Grade 8 (n=4931) % (CI)	Total (n=16231) % (CI)
I didn't think school was engaging or interesting	6.6% (±0.7)	10.0% (±0.9)	12.8% (±0.9)	10.0% (±0.5)
I had a family responsibility such as helping to watch a younger sibling	15.8% (±1.1)	19.0% (±1.2)	19.4% (±1.1)	18.2% (±0.6)
I had trouble with my internet or logging into classes	37.9% (±1.5)	40.5% (±1.5)	42.2% (±1.4)	40.2% (±0.8)
I felt too overwhelmed with life to participate in school	10.5% (±0.9)	14.9% (±1.1)	18.0% (±1.1)	14.6% (±0.5)
I did not feel safe participating in school	1.3% (±0.3)	1.0% (±0.3)	1.6% (±0.4)	1.4% (±0.2)
I was sick or not feeling well	26.5% (±1.3)	23.8% (±1.3)	23.6% (±1.2)	24.4% (±0.7)
I was too anxious or depressed (felt sad, discouraged, or irritated)	14.1% (±1.0)	16.6% (±1.1)	20.0% (±1.1)	16.9% (±0.6)
I lost track of time or forgot to log on	35.5% (±1.4)	39.0% (±1.5)	40.0% (±1.4)	38.1% (±0.7)
Other	34.4% (±1.4)	33.3% (±1.4)	30.6% (±1.3)	32.2% (±0.7)

Once your school returns to in-person (if it has not already), how will you usually be getting to school? (select the most accurate option):

	Grade 6 (n=7908) % (CI)	Grade 7 (n=7827) % (CI)	Grade 8 (n=8806) % (CI)	Total (n=29284) % (CI)
School bus	45.5% (±1.1)	45.4% (±1.1)	42.2% (±1.0)	44.3% (±0.6)
Dropped off by parent/guardian/relative	40.2% (±1.1)	40.6% (±1.1)	42.2% (±1.0)	40.8% (±0.6)
Dropped off by someone else's parent/guardian/relative in a carpool	2.2% (±0.3)	2.0% (±0.3)	2.1% (±0.3)	2.1% (±0.2)
Walk, bike, skateboard, scooter, or something similar	11.9% (±0.7)	11.9% (±0.7)	13.4% (±0.7)	12.5% (±0.4)
Driving myself (if you are 16 or older)	0.2% (±0.1)	0.2% (±0.1)	0.2% (±0.1)	0.2% (±0.1)

Activities

In the past <u>7 days</u> , on how many days were you physically active for a total of at least 60 minutes per day? (Add up all the time you spent in any kind of physical activity that increases your heart rate or makes you breathe hard some of the time).	Grade 6 (n=8665) % (CI)	Grade 7 (n=8484) % (CI)	Grade 8 (n=9507) % (CI)	Total (n=31981) % (CI)
0 days	8.9% (±0.6)	8.7% (±0.6)	9.3% (±0.6)	9.0% (±0.3)
1 day	7.9% (±0.6)	8.3% (±0.6)	8.3% (±0.6)	8.0% (±0.3)
2 days	11.8% (±0.7)	12.2% (±0.7)	12.4% (±0.7)	11.9% (±0.4)
3 days	15.7% (±0.8)	17.3% (±0.8)	16.3% (±0.7)	16.3% (±0.4)
4 days	15.8% (±0.8)	15.8% (±0.8)	15.9% (±0.7)	15.8% (±0.4)
5 days	15.2% (±0.8)	15.1% (±0.8)	15.1% (±0.7)	15.0% (±0.4)
6 days	7.0% (±0.5)	6.8% (±0.5)	7.7% (±0.5)	7.2% (±0.3)
7 days	17.8% (±0.8)	15.7% (±0.8)	15.1% (±0.7)	16.7% (±0.4)

Compared to LAST school year, how much physical activity/exercise do you do THIS school year?	Grade 6 (n=8797) % (CI)	Grade 7 (n=8561) % (CI)	Grade 8 (n=9561) % (CI)	Total (n=32313) % (CI)
A lot less	23.5% (±0.9)	28.7% (±1.0)	32.0% (±0.9)	27.8% (±0.5)
A little bit less	28.4% (±0.9)	28.7% (±1.0)	28.0% (±0.9)	28.2% (±0.5)
About the same	20.7% (±0.8)	17.7% (±0.8)	17.1% (±0.8)	18.5% (±0.4)
A little bit more	17.5% (±0.8)	14.9% (±0.8)	13.7% (±0.7)	15.5% (±0.4)
A lot more	9.9% (±0.6)	10.0% (±0.6)	9.2% (±0.6)	10.0% (±0.3)

On an average school day (during the current school year), about how many hours of screen time do you spend on electronic devices (computers, tablets) <u>for school-related activities</u> (e.g., class work, homework, studying)?	Grade 6 (n=8721) % (CI)	Grade 7 (n=8486) % (CI)	Grade 8 (n=9511) % (CI)	Total (n=32064) % (CI)
I do not use electronic devices for school-related activities	1.3% (±0.2)	1.1% (±0.2)	0.8% (±0.2)	1.1% (±0.1)
Less than 1 hour per day	6.8% (±0.5)	5.7% (±0.5)	5.3% (±0.5)	6.0% (±0.3)
1 to 2 hours per day	24.7% (±0.9)	22.0% (±0.9)	19.8% (±0.8)	22.0% (±0.5)
3 to 4 hours per day	34.5% (±1.0)	35.5% (±1.0)	35.3% (±1.0)	34.8% (±0.5)
5 to 7 hours per day	25.4% (±0.9)	27.7% (±1.0)	29.5% (±0.9)	27.4% (±0.5)
8 hours or more per day	7.2% (±0.5)	8.1% (±0.6)	9.2% (±0.6)	8.7% (±0.3)

On an average school day (during the current school year), about how many hours of screen time do you spend on an electronic device (smartphone, tablet, TV, computer, Xbox, PlayStation, etc.) for fun; <u>not for school</u> ?	Grade 6 (n=8691) % (CI)	Grade 7 (n=8448) % (CI)	Grade 8 (n=9475) % (CI)	Total (n=31937) % (CI)
I do not use electronic devices for fun (non-schoolwork).	1.9% (±0.3)	1.3% (±0.2)	0.9% (±0.2)	1.4% (±0.1)
Less than 1 hour per day	7.8% (±0.6)	5.6% (±0.5)	4.4% (±0.4)	5.9% (±0.3)
1 to 2 hours per day	25.6% (±0.9)	21.5% (±0.9)	18.9% (±0.8)	22.1% (±0.5)
3 to 4 hours per day	32.5% (±1.0)	33.8% (±1.0)	33.9% (±1.0)	33.3% (±0.5)
5 to 7 hours per day	18.5% (±0.8)	21.8% (±0.9)	23.2% (±0.9)	21.2% (±0.4)
8 hours or more per day	13.7% (±0.7)	16.0% (±0.8)	18.7% (±0.8)	16.2% (±0.4)

Health

Has a doctor or nurse ever told you that you have asthma?	Grade 6 (n=8864) % (CI)	Grade 7 (n=8583) % (CI)	Grade 8 (n=9586) % (CI)	Total (n=32439) % (CI)
Yes	10.9% (±0.6)	11.5% (±0.7)	13.1% (±0.7)	11.8% (±0.4)
No	71.9% (±0.9)	75.4% (±0.9)	76.7% (±0.8)	74.5% (±0.5)
I am not sure	17.2% (±0.8)	13.1% (±0.7)	10.3% (±0.6)	13.7% (±0.4)

Since the beginning of the current school year have you gone to your regularly scheduled health appointments, such as physical, eye doctors, orthodontist (braces), or similar check-ups?	Grade 6 (n=8846) % (CI)	Grade 7 (n=8576) % (CI)	Grade 8 (n=9589) % (CI)	Total (n=32415) % (CI)
Yes	61.7% (±1.0)	66.7% (±1.0)	67.7% (±0.9)	64.9% (±0.5)
No	10.0% (±0.6)	8.6% (±0.6)	8.7% (±0.6)	9.4% (±0.3)
I didn't have any scheduled	11.1% (±0.7)	10.8% (±0.7)	12.1% (±0.7)	11.2% (±0.3)
I am not sure	17.3% (±0.8)	14.0% (±0.7)	11.5% (±0.6)	14.6% (±0.4)

On an average school night during the current school year, about how many hours do you sleep?

	Grade 6 (n=7445) % (CI)	Grade 7 (n=7416) % (CI)	Grade 8 (n=8340) % (CI)	Total (n=27569) % (CI)
5 hours or less	12.6% (±0.8)	13.9% (±0.8)	16.3% (±0.8)	14.6% (±0.4)
6 hours	11.7% (±0.7)	13.8% (±0.8)	16.6% (±0.8)	14.1% (±0.4)
7 hours	18.9% (±0.9)	22.9% (±1.0)	24.1% (±0.9)	22.0% (±0.5)
8 hours	31.6% (±1.1)	31.3% (±1.1)	29.6% (±1.0)	30.7% (±0.5)
9 hours or more	25.1% (±1.0)	18.2% (±0.9)	13.3% (±0.7)	18.5% (±0.5)

How often during the current school year did you or your family have to cut meal size or skip meals because there wasn't enough money for food?	Grade 6 (n=7280) % (CI)	Grade 7 (n=7279) % (CI)	Grade 8 (n=8219) % (CI)	Total (n=27059) % (CI)
Almost every month	1.1% (±0.2)	0.8% (±0.2)	0.9% (±0.2)	1.0% (±0.1)
Some months but not every month	2.9% (±0.4)	2.7% (±0.4)	3.4% (±0.4)	3.1% (±0.2)
Only 1 - 2 months	3.1% (±0.4)	3.0% (±0.4)	3.0% (±0.4)	3.1% (±0.2)
Never - We did not skip or cut the size of any meals	92.9% (±0.6)	93.5% (±0.6)	92.7% (±0.6)	92.8% (±0.3)

Mental Health and Support

During the past 12 months, have you felt depressed or sad MOST days, even if you felt OK sometimes?	Grade 6 (n=7564) % (CI)	Grade 7 (n=7540) % (CI)	Grade 8 (n=8471) % (CI)	Total (n=28087) % (CI)
NO!	22.9% (±0.9)	19.0% (±0.9)	17.0% (±0.8)	19.8% (±0.5)
No	35.7% (±1.1)	37.0% (±1.1)	33.7% (±1.0)	35.5% (±0.6)
Yes	29.9% (±1.0)	30.8% (±1.0)	32.5% (±1.0)	30.9% (±0.5)
YES!	11.5% (±0.7)	13.2% (±0.8)	16.8% (±0.8)	13.8% (±0.4)

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?	Grade 6 (n=7502) % (CI)	Grade 7 (n=7477) % (CI)	Grade 8 (n=8395) % (CI)	Total (n=27842) % (CI)
Yes	27.0% (±1.0)	30.2% (±1.0)	36.0% (±1.0)	31.2% (±0.5)
No	73.0% (±1.0)	69.8% (±1.0)	64.0% (±1.0)	68.8% (±0.5)

-

During the past 12 months, did you try to get mental health services from a counselor, therapist, emergency room, or other health care provider?	Grade 6 (n=7067) % (CI)	Grade 7 (n=7149) % (CI)	Grade 8 (n=8066) % (CI)	Total (n=26534) % (CI)
No, I did not try to get help	86.3% (±0.8)	85.4% (±0.8)	81.8% (±0.8)	84.5% (±0.4)
Yes, and I did get help	9.7% (±0.7)	9.8% (±0.7)	12.4% (±0.7)	10.7% (±0.4)
Yes, but I did not get help	4.0% (±0.5)	4.8% (±0.5)	5.8% (±0.5)	4.8% (±0.3)

-

NOTE: The next three questions refer to suicidal ideation and attempted suicide. Any student that responded in the affirmative to any of these three items received a list of support resources.

During the past 12 months, did you ever seriously consider attempting suicide?	Grade 6 (n=7417) % (CI)	Grade 7 (n=7401) % (CI)	Grade 8 (n=8306) % (CI)	Total (n=27558) % (CI)
Yes	10.5% (±0.7)	12.7% (±0.8)	16.2% (±0.8)	12.9% (±0.4)
No	89.5% (±0.7)	87.3% (±0.8)	83.8% (±0.8)	87.1% (±0.4)

During the past 12 months, did you make a plan about how you would attempt suicide?	Grade 6 (n=7381) % (CI)	Grade 7 (n=7380) % (CI)	Grade 8 (n=8273) % (CI)	Total (n=27449) % (CI)
Yes	9.0% (±0.7)	10.7% (±0.7)	13.7% (±0.7)	11.1% (±0.4)
No	91.0% (±0.7)	89.3% (±0.7)	86.3% (±0.7)	88.9% (±0.4)

During the past 12 months, did you actually attempt suicide?	Grade 6 (n=7425) % (CI)	Grade 7 (n=7401) % (CI)	Grade 8 (n=8326) % (CI)	Total (n=27580) % (CI)
Yes	2.6% (±0.4)	3.0% (±0.4)	4.0% (±0.4)	3.2% (±0.2)
No	97.4% (±0.4)	97.0% (±0.4)	96.0% (±0.4)	96.8% (±0.2)

-

For each sentence listed below, please think about how you are in most situations. There are no right or wrong answers.

Please select the option that describes you:

I can think of many ways to get the things in life that are most important to me	Grade 6 (n=7404) % (CI)	Grade 7 (n=7357) % (CI)	Grade 8 (n=8348) % (CI)	Total (n=27504) % (CI)
None of the time	4.3% (±0.5)	3.6% (±0.4)	3.1% (±0.4)	3.9% (±0.2)
A little of the time	12.8% (±0.8)	12.2% (±0.7)	11.6% (±0.7)	12.1% (±0.4)
Some of the time	28.7% (±1.0)	28.5% (±1.0)	28.7% (±1.0)	28.6% (±0.5)
A lot of the time	19.9% (±0.9)	21.3% (±0.9)	22.2% (±0.9)	21.2% (±0.5)
Most of the time	18.7% (±0.9)	20.0% (±0.9)	20.9% (±0.9)	19.6% (±0.5)
All of the time	15.5% (±0.8)	14.3% (±0.8)	13.6% (±0.7)	14.6% (±0.4)

I am doing just as well as other kids my age	Grade 6 (n=7447) % (CI)	Grade 7 (n=7427) % (CI)	Grade 8 (n=8357) % (CI)	Total (n=27625) % (CI)
None of the time	5.8% (±0.5)	6.6% (±0.6)	7.0% (±0.5)	6.6% (±0.3)
A little of the time	15.2% (±0.8)	15.2% (±0.8)	15.9% (±0.8)	15.5% (±0.4)
Some of the time	20.0% (±0.9)	21.4% (±0.9)	22.7% (±0.9)	21.5% (±0.5)
A lot of the time	15.2% (±0.8)	16.7% (±0.8)	17.0% (±0.8)	16.3% (±0.4)
Most of the time	21.8% (±0.9)	21.3% (±0.9)	20.6% (±0.9)	21.0% (±0.5)
All of the time	21.9% (±0.9)	18.9% (±0.9)	16.8% (±0.8)	19.0% (±0.5)

When I have a problem, I can come up with lots of ways to solve it

	Grade 6 (n=7446) % (CI)	Grade 7 (n=7417) % (CI)	Grade 8 (n=8331) % (CI)	Total (n=27585) % (CI)
None of the time	6.7% (±0.6)	6.5% (±0.6)	5.9% (±0.5)	6.4% (±0.3)
A little of the time	19.0% (±0.9)	18.4% (±0.9)	17.3% (±0.8)	18.1% (±0.5)
Some of the time	25.0% (±1.0)	27.2% (±1.0)	27.1% (±1.0)	26.3% (±0.5)
A lot of the time	16.3% (±0.8)	17.9% (±0.9)	19.2% (±0.8)	17.7% (±0.5)
Most of the time	21.0% (±0.9)	19.0% (±0.9)	20.0% (±0.9)	20.1% (±0.5)
All of the time	12.1% (±0.7)	11.0% (±0.7)	10.5% (±0.7)	11.4% (±0.4)

I think the things that I have done in the past will help me in the future	Grade 6 (n=7396) % (CI)	Grade 7 (n=7387) % (CI)	Grade 8 (n=8351) % (CI)	Total (n=27511) % (CI)
None of the time	10.3% (±0.7)	10.7% (±0.7)	10.1% (±0.6)	10.3% (±0.4)
A little of the time	15.3% (±0.8)	15.7% (±0.8)	16.4% (±0.8)	15.9% (±0.4)
Some of the time	24.4% (±1.0)	26.2% (±1.0)	26.4% (±0.9)	25.6% (±0.5)
A lot of the time	15.1% (±0.8)	16.0% (±0.8)	16.0% (±0.8)	15.8% (±0.4)
Most of the time	18.6% (±0.9)	17.8% (±0.9)	17.9% (±0.8)	18.0% (±0.5)
All of the time	16.3% (±0.8)	13.5% (±0.8)	13.3% (±0.7)	14.5% (±0.4)

For this sentence, please think about how you are in most situations. There are no right or wrong answers.

Please select the option that describes you:

I am optimistic or hopeful about my future	Grade 6 (n=7419) % (CI)	Grade 7 (n=7421) % (CI)	Grade 8 (n=8355) % (CI)	Total (n=27581) % (CI)
None of the time	5.4% (±0.5)	6.3% (±0.6)	6.3% (±0.5)	6.1% (±0.3)
A little of the time	12.1% (±0.7)	12.2% (±0.7)	12.4% (±0.7)	12.2% (±0.4)
Some of the time	21.3% (±0.9)	22.0% (±0.9)	23.0% (±0.9)	22.2% (±0.5)
A lot of the time	16.8% (±0.9)	17.7% (±0.9)	16.9% (±0.8)	17.1% (±0.4)
Most of the time	21.0% (±0.9)	21.2% (±0.9)	21.9% (±0.9)	21.3% (±0.5)
All of the time	23.4% (±1.0)	20.8% (±0.9)	19.4% (±0.8)	21.1% (±0.5)

During the current school year, how often have you:

Experienced increased social anxiety due to your Internet use.

	Grade 6 (n=8590) % (CI)	Grade 7 (n=8369) % (CI)	Grade 8 (n=9401) % (CI)	Total (n=31637) % (CI)
Never	42.8% (±1.0)	40.9% (±1.1)	38.4% (±1.0)	40.9% (±0.5)
Rarely	21.7% (±0.9)	21.9% (±0.9)	22.4% (±0.8)	22.0% (±0.5)
Sometimes	19.7% (±0.8)	19.4% (±0.8)	19.5% (±0.8)	19.5% (±0.4)
Often	9.1% (±0.6)	10.1% (±0.6)	11.3% (±0.6)	10.0% (±0.3)
Very Often	6.7% (±0.5)	7.7% (±0.6)	8.4% (±0.6)	7.5% (±0.3)

Felt withdrawal when away from the Internet.

	Grade 6 (n=8446) % (CI)	Grade 7 (n=8273) % (CI)	Grade 8 (n=9318) % (CI)	Total (n=31241) % (CI)
Never	49.3% (±1.1)	48.0% (±1.1)	46.4% (±1.0)	48.0% (±0.6)
Rarely	24.3% (±0.9)	25.5% (±0.9)	26.7% (±0.9)	25.5% (±0.5)
Sometimes	17.5% (±0.8)	17.2% (±0.8)	17.4% (±0.8)	17.4% (±0.4)
Often	5.8% (±0.5)	6.0% (±0.5)	6.2% (±0.5)	5.9% (±0.3)
Very Often	3.1% (±0.4)	3.2% (±0.4)	3.3% (±0.4)	3.1% (±0.2)

Lost motivation to do other things that need to get done because of the Internet.

	Grade 6 (n=8532) % (CI)	Grade 7 (n=8334) % (CI)	Grade 8 (n=9368) % (CI)	Total (n=31477) % (CI)
Never	32.8% (±1.0)	31.0% (±1.0)	28.7% (±0.9)	31.2% (±0.5)
Rarely	24.0% (±0.9)	23.4% (±0.9)	22.7% (±0.8)	23.3% (±0.5)
Sometimes	24.3% (±0.9)	23.3% (±0.9)	23.5% (±0.9)	23.6% (±0.5)
Often	10.9% (±0.7)	12.3% (±0.7)	13.7% (±0.7)	12.2% (±0.4)
Very Often	8.0% (±0.6)	9.9% (±0.6)	11.5% (±0.6)	9.7% (±0.3)

—

Are there adults you can turn to for help or support if needed?

	Grade 6 (n=7464) % (CI)	Grade 7 (n=7409) % (CI)	Grade 8 (n=8341) % (CI)	Total (n=27566) % (CI)
Yes	85.5% (±0.8)	84.0% (±0.8)	82.0% (±0.8)	83.7% (±0.4)
No	3.6% (±0.4)	4.4% (±0.5)	5.3% (±0.5)	4.4% (±0.2)
I am not sure	11.0% (±0.7)	11.6% (±0.7)	12.7% (±0.7)	11.8% (±0.4)

Note: Percentages may not sum to 100% as participants could select more than one response.

If you feel sad or hopeless, to whom would you most likely turn for help? Choose all that apply:	Grade 6 (n=8916) % (CI)	Grade 7 (n=8636) % (CI)	Grade 8 (n=9630) % (CI)	Total (n=32632) % (CI)
Sibling (brother, sister, stepbrother, stepsister) or cousin	31.9% (±1.0)	34.0% (±1.0)	32.8% (±0.9)	32.6% (±0.5)
Teacher, School Counselor, or Other adult in my school	14.2% (±0.7)	13.5% (±0.7)	12.1% (±0.7)	13.0% (±0.4)
Friend or peer	37.8% (±1.0)	44.7% (±1.0)	49.0% (±1.0)	43.1% (±0.5)
Parent / guardian	52.9% (±1.0)	51.3% (±1.1)	47.6% (±1.0)	49.8% (±0.5)
Religious / faith leader	4.3% (±0.4)	5.3% (±0.5)	5.6% (±0.5)	5.0% (±0.2)
Coach	2.5% (±0.3)	3.3% (±0.4)	4.2% (±0.4)	3.4% (±0.2)
Other adult or mentor	6.3% (±0.5)	6.5% (±0.5)	6.9% (±0.5)	6.6% (±0.3)
Counselor or Therapist not in my school	6.8% (±0.5)	7.6% (±0.6)	8.9% (±0.6)	7.6% (±0.3)
I don't have anyone I would talk to	6.4% (±0.5)	7.2% (±0.5)	8.2% (±0.5)	7.3% (±0.3)
I have not felt sad or hopeless	15.8% (±0.8)	17.4% (±0.8)	16.3% (±0.7)	16.3% (±0.4)

Thinking about this school year, how often have *one or more of your friends or classmates* done the following:

Checked-in to see how you were doing.

	Grade 6 (n=7440) % (CI)	Grade 7 (n=7415) % (CI)	Grade 8 (n=8333) % (CI)	Total (n=27567) % (CI)
Never	19.9% (±0.9)	18.6% (±0.9)	17.1% (±0.8)	18.6% (±0.5)
Rarely	19.4% (±0.9)	20.3% (±0.9)	21.8% (±0.9)	20.5% (±0.5)
Sometimes	25.4% (±1.0)	27.4% (±1.0)	27.4% (±1.0)	26.7% (±0.5)
Often	23.4% (±1.0)	22.6% (±1.0)	23.4% (±0.9)	23.0% (±0.5)
Always	11.9% (±0.7)	11.0% (±0.7)	10.3% (±0.7)	11.2% (±0.4)

Let you know that they are available if you need any help.

	Grade 6 (n=7365) % (CI)	Grade 7 (n=7350) % (CI)	Grade 8 (n=8282) % (CI)	Total (n=27353) % (CI)
Never	28.4% (±1.0)	27.8% (±1.0)	24.9% (±0.9)	26.8% (±0.5)
Rarely	19.7% (±0.9)	19.5% (±0.9)	20.0% (±0.9)	19.5% (±0.5)
Sometimes	22.8% (±1.0)	22.6% (±1.0)	24.3% (±0.9)	23.2% (±0.5)
Often	16.4% (±0.8)	17.5% (±0.9)	18.4% (±0.8)	17.6% (±0.5)
Always	12.7% (±0.8)	12.7% (±0.8)	12.4% (±0.7)	12.9% (±0.4)

Expressed interest in your well-being.

	Grade 6 (n=7264) % (CI)	Grade 7 (n=7321) % (CI)	Grade 8 (n=8240) % (CI)	Total (n=27138) % (CI)
Never	21.1% (±0.9)	19.4% (±0.9)	17.1% (±0.8)	19.3% (±0.5)
Rarely	17.4% (±0.9)	17.1% (±0.9)	17.1% (±0.8)	17.2% (±0.4)
Sometimes	24.0% (±1.0)	25.2% (±1.0)	26.7% (±1.0)	25.1% (±0.5)
Often	21.6% (±0.9)	23.6% (±1.0)	24.0% (±0.9)	23.1% (±0.5)
Always	15.9% (±0.8)	14.7% (±0.8)	15.0% (±0.8)	15.3% (±0.4)

Thinking about this school year, how often have *one or more of your teachers or adults at school* done the following:

Checked-in to see how you were doing.	Grade 6 (n=7385) % (CI)	Grade 7 (n=7367) % (CI)	Grade 8 (n=8286) % (CI)	Total (n=27363) % (CI)
Never	10.8% (±0.7)	13.5% (±0.8)	16.3% (±0.8)	13.9% (±0.4)
Rarely	16.3% (±0.8)	20.2% (±0.9)	23.3% (±0.9)	19.9% (±0.5)
Sometimes	27.8% (±1.0)	30.0% (±1.0)	29.8% (±1.0)	29.3% (±0.5)
Often	29.1% (±1.0)	24.9% (±1.0)	21.7% (±0.9)	24.9% (±0.5)
Always	16.0% (±0.8)	11.4% (±0.7)	8.9% (±0.6)	12.1% (±0.4)

Let you know that they are available if you need any help.

	Grade 6 (n=7344) % (CI)	Grade 7 (n=7337) % (CI)	Grade 8 (n=8247) % (CI)	Total (n=27239) % (CI)
Never	7.7% (±0.6)	8.5% (±0.6)	11.4% (±0.7)	9.5% (±0.3)
Rarely	11.2% (±0.7)	12.5% (±0.8)	14.9% (±0.8)	13.0% (±0.4)
Sometimes	20.0% (±0.9)	23.9% (±1.0)	25.3% (±0.9)	23.1% (±0.5)
Often	30.8% (±1.1)	31.6% (±1.1)	30.0% (±1.0)	30.5% (±0.5)
Always	30.3% (±1.1)	23.6% (±1.0)	18.4% (±0.8)	23.9% (±0.5)

Expressed interest in your well-being.	Grade 6 (n=7227) % (CI)	Grade 7 (n=7273) % (CI)	Grade 8 (n=8217) % (CI)	Total (n=26991) % (CI)
Never	12.6% (±0.8)	14.5% (±0.8)	17.0% (±0.8)	15.0% (±0.4)
Rarely	15.6% (±0.8)	18.1% (±0.9)	20.0% (±0.9)	18.1% (±0.5)
Sometimes	26.2% (±1.0)	28.3% (±1.0)	28.3% (±1.0)	27.6% (±0.5)
Often	25.8% (±1.0)	24.4% (±1.0)	22.8% (±0.9)	23.9% (±0.5)
Always	19.7% (±0.9)	14.7% (±0.8)	11.9% (±0.7)	15.4% (±0.4)

Substance Use

During the **past 30 days**, on how many days did you:

Smoke cigarettes?	Grade 6 (n=7954) % (CI)	Grade 7 (n=7878) % (CI)	Grade 8 (n=8817) % (CI)	Total (n=29403) % (CI)
0 days - I have never smoked cigarettes	98.7% (±0.3)	98.4% (±0.3)	96.4% (±0.4)	97.6% (±0.2)
0 days - I have smoked before, but not in the past 30 days	0.9% (±0.2)	1.1% (±0.2)	2.8% (±0.3)	1.7% (±0.1)
1 - 2 days	0.2% (±0.1)	0.2% (±0.1)	0.4% (±0.1)	0.3% (±0.1)
3 - 5 days	0.1% (±0.0)	0.1% (±0.1)	0.1% (±0.1)	0.1% (±0.0)
6 - 9 days	0.1% (±0.1)	0.1% (±0.1)	0.0% (±0.0)	0.1% (±0.0)
10 - 29 days	0.1% (±0.0)	0.1% (±0.0)	0.1% (±0.1)	0.1% (±0.0)
All 30 days	0.1% (±0.1)	0.1% (±0.0)	0.1% (±0.1)	0.1% (±0.0)

Use an electronic cigarette, also called e-cigs, JUUL, or vape pens?	Grade 6 (n=7902) % (CI)	Grade 7 (n=7849) % (CI)	Grade 8 (n=8784) % (CI)	Total (n=29264) % (CI)
0 days - I have never used an electronic nicotine/tobacco device	97.1% (±0.4)	95.5% (±0.5)	90.8% (±0.6)	94.2% (±0.3)
0 days - I have used an electronic nicotine/tobacco device, but not in the past 30 days	2.0% (±0.3)	3.1% (±0.4)	5.9% (±0.5)	3.8% (±0.2)
1 - 2 days	0.4% (±0.1)	0.5% (±0.2)	1.3% (±0.2)	0.8% (±0.1)
3 - 5 days	0.1% (±0.1)	0.3% (±0.1)	0.5% (±0.1)	0.3% (±0.1)
6 - 9 days	0.0% (±0.0)	0.1% (±0.1)	0.4% (±0.1)	0.2% (±0.1)
10 - 19 days	0.2% (±0.1)	0.2% (±0.1)	0.5% (±0.1)	0.3% (±0.1)
20 - 29 days	0.1% (±0.0)	0.1% (±0.0)	0.2% (±0.1)	0.1% (±0.0)
All 30 days	0.1% (±0.1)	0.2% (±0.1)	0.4% (±0.1)	0.3% (±0.1)

Drink a glass, can, or bottle of alcohol?	Grade 6 (n=7879) % (CI)	Grade 7 (n=7839) % (CI)	Grade 8 (n=8763) % (CI)	Total (n=29186) % (CI)
0 days - I have never drank alcohol	94.5% (±0.5)	92.8% (±0.6)	87.1% (±0.7)	91.1% (±0.3)
0 days - I have drank alcohol, but not in the past 30 days	4.8% (±0.5)	6.0% (±0.5)	10.0% (±0.6)	7.1% (±0.3)
1 - 2 days	0.4% (±0.1)	0.8% (±0.2)	1.8% (±0.3)	1.1% (±0.1)
3 - 5 days	0.1% (±0.1)	0.2% (±0.1)	0.5% (±0.1)	0.3% (±0.1)
6 - 9 days	0.1% (±0.0)	0.1% (±0.1)	0.2% (±0.1)	0.1% (±0.0)
10 or more days	0.2% (±0.1)	0.2% (±0.1)	0.5% (±0.1)	0.3% (±0.1)

Use marijuana or hashish?	Grade 6 (n=7871) % (CI)	Grade 7 (n=7837) % (CI)	Grade 8 (n=8768) % (CI)	Total (n=29181) % (CI)
0 days - I have never used marijuana	98.8% (±0.2)	97.8% (±0.3)	93.8% (±0.5)	96.5% (±0.2)
0 days - I have used marijuana, but not in the past 30 days	0.8% (±0.2)	1.3% (±0.2)	3.8% (±0.4)	2.1% (±0.2)
1 - 2 days	0.1% (±0.1)	0.4% (±0.1)	0.8% (±0.2)	0.5% (±0.1)
3 - 5 days	0.2% (±0.1)	0.1% (±0.1)	0.4% (±0.1)	0.2% (±0.1)
6 - 9 days	0.0% (±0.0)	0.1% (±0.1)	0.2% (±0.1)	0.2% (±0.0)
10 - 19 days	0.0% (±0.0)	0.1% (±0.1)	0.3% (±0.1)	0.2% (±0.0)
20 - 29 days	0.0% (±0.0)	0.1% (±0.1)	0.3% (±0.1)	0.1% (±0.0)
All 30 days	0.1% (±0.1)	0.1% (±0.1)	0.3% (±0.1)	0.2% (±0.1)

—

How wrong do your parents or guardians feel it would be for YOU to:

Drink alcohol?	Grade 6 (n=7837) % (CI)	Grade 7 (n=7805) % (CI)	Grade 8 (n=8763) % (CI)	Total (n=29092) % (CI)
Very wrong	77.3% (±0.9)	72.0% (±1.0)	68.0% (±1.0)	72.1% (±0.5)
Wrong	15.4% (±0.8)	20.5% (±0.9)	23.0% (±0.9)	19.6% (±0.5)
A little bit wrong	5.2% (±0.5)	5.7% (±0.5)	7.6% (±0.6)	6.3% (±0.3)
Not wrong at all	2.1% (±0.3)	1.8% (±0.3)	1.4% (±0.2)	1.9% (±0.2)

Use marijuana?	Grade 6 (n=7720) % (CI)	Grade 7 (n=7667) % (CI)	Grade 8 (n=8670) % (CI)	Total (n=28661) % (CI)
Very wrong	90.3% (±0.7)	87.2% (±0.7)	83.3% (±0.8)	86.5% (±0.4)
Wrong	6.8% (±0.6)	9.7% (±0.7)	12.4% (±0.7)	9.9% (±0.3)
A little bit wrong	1.6% (±0.3)	2.0% (±0.3)	3.1% (±0.4)	2.3% (±0.2)
Not wrong at all	1.3% (±0.3)	1.1% (±0.2)	1.3% (±0.2)	1.3% (±0.1)

Does anyone who lives with you right now use marijuana?	Grade 6 (n=7805) % (CI)	Grade 7 (n=7775) % (CI)	Grade 8 (n=8738) % (CI)	Total (n=28986) % (CI)
Yes	6.9% (±0.6)	9.1% (±0.6)	12.2% (±0.7)	9.4% (±0.3)
No	80.1% (±0.9)	80.2% (±0.9)	78.8% (±0.9)	79.9% (±0.5)
I am not sure	13.1% (±0.7)	10.7% (±0.7)	9.1% (±0.6)	10.7% (±0.4)

How much do you think people risk harming themselves if they:

Take one or two drinks of an alcoholic beverage nearly every day?

	Grade 6 (n=7785) % (CI)	Grade 7 (n=7777) % (CI)	Grade 8 (n=8722) % (CI)	Total (n=28938) % (CI)
No risk	12.8% (±0.7)	11.6% (±0.7)	11.4% (±0.7)	12.4% (±0.4)
Slight risk	27.1% (±1.0)	28.5% (±1.0)	27.9% (±0.9)	27.8% (±0.5)
Moderate risk	26.5% (±1.0)	29.8% (±1.0)	31.7% (±1.0)	29.0% (±0.5)
Great risk	23.3% (±0.9)	22.8% (±0.9)	23.6% (±0.9)	23.1% (±0.5)
Not sure	10.2% (±0.7)	7.4% (±0.6)	5.5% (±0.5)	7.7% (±0.3)

Have 5 or more drinks of an alcoholic beverage once or twice a week?

	Grade 6 (n=7734) % (CI)	Grade 7 (n=7724) % (CI)	Grade 8 (n=8656) % (CI)	Total (n=28734) % (CI)
No risk	7.8% (±0.6)	6.2% (±0.5)	6.2% (±0.5)	7.2% (±0.3)
Slight risk	14.2% (±0.8)	15.3% (±0.8)	15.7% (±0.8)	15.4% (±0.4)
Moderate risk	31.0% (±1.0)	34.1% (±1.1)	34.7% (±1.0)	33.0% (±0.5)
Great risk	37.5% (±1.1)	37.4% (±1.1)	37.7% (±1.0)	37.0% (±0.6)
Not sure	9.4% (±0.7)	7.1% (±0.6)	5.6% (±0.5)	7.5% (±0.3)

Try marijuana once or twice?	Grade 6 (n=7712) % (CI)	Grade 7 (n=7705) % (CI)	Grade 8 (n=8656) % (CI)	Total (n=28668) % (CI)
No risk	15.8% (±0.8)	18.7% (±0.9)	25.6% (±0.9)	20.8% (±0.5)
Slight risk	28.3% (±1.0)	32.0% (±1.0)	34.2% (±1.0)	31.3% (±0.5)
Moderate risk	22.0% (±0.9)	22.3% (±0.9)	19.0% (±0.8)	20.6% (±0.5)
Great risk	21.5% (±0.9)	18.7% (±0.9)	14.8% (±0.7)	18.4% (±0.4)
Not sure	12.4% (±0.7)	8.2% (±0.6)	6.5% (±0.5)	9.0% (±0.3)

Use marijuana regularly (at least once or twice a week)?

	Grade 6 (n=7713) % (CI)	Grade 7 (n=7730) % (CI)	Grade 8 (n=8678) % (CI)	Total (n=28738) % (CI)
No risk	8.7% (±0.6)	8.5% (±0.6)	10.6% (±0.6)	10.0% (±0.3)
Slight risk	9.1% (±0.6)	10.6% (±0.7)	14.3% (±0.7)	11.6% (±0.4)
Moderate risk	19.4% (±0.9)	22.2% (±0.9)	24.1% (±0.9)	21.6% (±0.5)
Great risk	49.8% (±1.1)	50.0% (±1.1)	44.0% (±1.0)	47.3% (±0.6)
Not sure	13.0% (±0.8)	8.7% (±0.6)	7.0% (±0.5)	9.5% (±0.3)

Abuse and Bullying

During the past 12 months, has an adult ever physically hurt you on purpose (like pushed, slapped, hit, kicked or punched you), leaving a mark, bruise, or injury?	Grade 6 (n=7746) % (CI)	Grade 7 (n=7691) % (CI)	Grade 8 (n=8645) % (CI)	Total (n=28680) % (CI)
Yes	5.4% (±0.5)	5.0% (±0.5)	5.7% (±0.5)	5.4% (±0.3)
No	94.6% (±0.5)	95.0% (±0.5)	94.3% (±0.5)	94.6% (±0.3)

Bullying is when one or more students threaten, spread rumors about, hit, shove, or otherwise 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.

In the last 30 days, how often have you been bullied by someone in person?

	Grade 6 (n=7828) % (CI)	Grade 7 (n=7753) % (CI)	Grade 8 (n=8701) % (CI)	Total (n=28930) % (CI)
I have not been bullied	79.6% (±0.9)	83.9% (±0.8)	85.8% (±0.7)	82.7% (±0.4)
Once	10.6% (±0.7)	8.1% (±0.6)	7.0% (±0.5)	8.7% (±0.3)
2 - 3 times	6.4% (±0.5)	5.4% (±0.5)	4.4% (±0.4)	5.5% (±0.3)
About once a week	1.4% (±0.3)	1.4% (±0.3)	1.5% (±0.3)	1.5% (±0.1)
Several times a week	2.1% (±0.3)	1.3% (±0.3)	1.3% (±0.2)	1.6% (±0.1)

In the past 30 days, how often have you been bullied by someone <u>using social media, a phone, or video games?</u>	Grade 6 (n=7819) % (CI)	Grade 7 (n=7740) % (CI)	Grade 8 (n=8688) % (CI)	Total (n=28886) % (CI)
I have not been bullied	77.0% (±0.9)	80.7% (±0.9)	81.9% (±0.8)	79.8% (±0.5)
Once	10.6% (±0.7)	9.1% (±0.6)	8.3% (±0.6)	9.3% (±0.3)
2 - 3 times	6.6% (±0.6)	5.9% (±0.5)	5.3% (±0.5)	6.0% (±0.3)
About once a week	2.7% (±0.4)	2.0% (±0.3)	1.8% (±0.3)	2.2% (±0.2)
Several times a week	3.1% (±0.4)	2.3% (±0.3)	2.7% (±0.3)	2.7% (±0.2)

When school is online do you feel safer from bullying than when school is in-person?	Grade 6 (n=7751) % (CI)	Grade 7 (n=7693) % (CI)	Grade 8 (n=8638) % (CI)	Total (n=28688) % (CI)
Yes	40.3% (±1.1)	38.4% (±1.1)	35.6% (±1.0)	37.7% (±0.6)
No	21.9% (±0.9)	23.0% (±0.9)	24.5% (±0.9)	23.5% (±0.5)
I am not sure	37.8% (±1.1)	38.6% (±1.1)	39.9% (±1.0)	38.8% (±0.6)