Ohio Chapter
INCORPORATED IN OHIO
American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN®

Ohio Department of Health

LEARN MORE ABOUT OHIO'S TEENAGERS

What is the Youth Risk Behavior Survey/Youth Tobacco Survey?

Every two years, with the consent of their parents, thousands of middle and high school students in Ohio complete the Youth Risk Behavior Survey/Youth Tobacco Survey (YRBS/YTS) in school. In this survey, students are asked questions across a variety of categories to anonymously share their experiences in school and at home. The data from their answers helps schools, doctors, and families understand what teens are experiencing—so adults can better support them. Below are results from the 2023 YRBS/YTS and ideas for how parents can support their teenagers when they are experiencing difficult situations.*

WHAT THE DATA SAYS:

SLEEP

Only 20% of high school students and 42% of middle school students reported getting at least eight hours of sleep.

Ask yourself:
How close are the teenagers in my family to getting eight hours of sleep every night?

Ohio AAP Sleep Habits Resource

MENTAL HEALTH AND STRESS

35% of high school students and 34% of middle school students report feeling sad or hopeless.

Ask yourself:
Have we spoken to our doctor about depression or anxiety?

Less than half of high school and middle school students reported that they felt they had an adult to talk to.

Ask yourself:
Have we discussed who to reach out to if depression is suspected?

Store It Safe Suicide Prevention Resource

SUBSTANCE USE AND EXPOSURE

More than one in four Ohio high schoolers report having used marijuana (32%).

Ask yourself:
Have we talked about marijuana in our family?

Over 35% of high school students and 14% of middle school students reported having used an electronic vapor (vape) product.

Ask yourself:
How much do we know about nicotine addiction?

23% of high school students and 11% of middle school students reported that they currently drank alcohol.

Ask yourself:
Do we have a family history of alcoholism?

Ohio AAP Vaping Resource

BULLYING AND CYBER BULLYING

Over 20% of high school students reported having been bullied while at school or through cyber bullying. 46% of middle school students reported having been bullied on school property and 29% of middle school students reported having been cyber bullied.

Ask yourself:
How would we respond to bullying if we found out about it?

Ohio AAP Social Media Resource

**All statistics taken from the 2023 Youth Risk Behavior Assessment given in the state of Ohio.*

For more information, please visit:
https://tinyurl.com/29ta2dhr