



Screening all students



For the first time, U-32 screened our students for substance use and mental health risks, with the goal of providing opportunities to connect and support students.

1

472 students screened

Positive experiences

Students have regular positive experiences with family:
-63% spend time together - 57% watch movies together
-52% play games together - 70% eat dinner together.



2

Additional coping strategies include: music (51%), relaxing (40%), and exercising (39%).

Mental health risks

1 in 3 students reports symptoms of depression, anxiety, or both. 1 in 10 students has thoughts of self-harm.

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Well-being indicators

- Only 1 in 2 students gets the recommended hours of sleep at night.
- 2 in 3 students spend more than 3 hours on screens, outside of school work.
- This can make mental health symptoms worse.

Together there is support

80% feel they have a trusted adult who cares about them in school. There is such an adult for 100%. If you want support or need someone to talk to, reach out to your TA, school counselors, the school social worker, or dial 988.

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You are seen. You are heard. You matter.