

2021 Delaware School Survey

Eleventh Grade School Environment

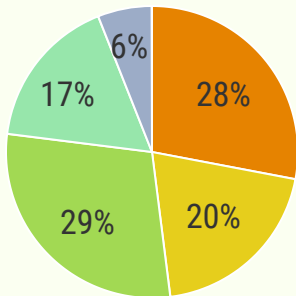
How did COVID-19 Impact the Delaware School Surveys (DSS)?

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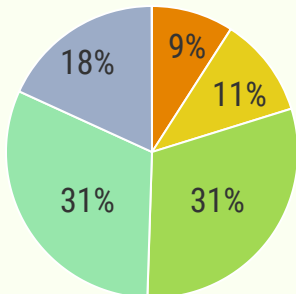
Males



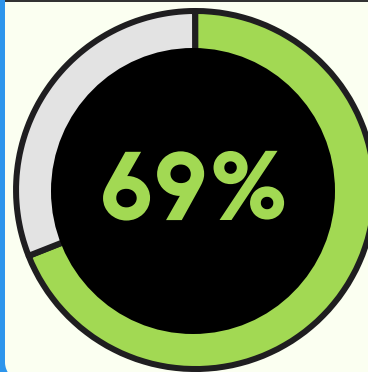
"During the COVID-19 pandemic, how often was your mental health not good?"

49% of female eleventh graders reported their mental health was "not good" always or most of the time during the COVID-19 pandemic. This is more often than their male peers (23%).

Females



- Never
- Rarely
- Sometimes
- Most of the time
- Always



of eleventh graders agree or strongly agree that school work was more difficult during COVID-19

Translating Data into Prevention: Delaware's School Based Surveys

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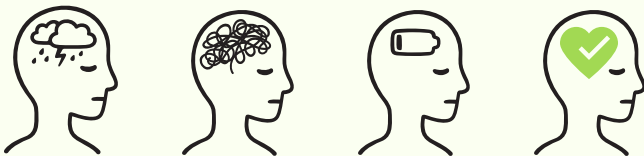
- Identify needs for health and wellness policies and programs
- Support grant applications
- Develop strategic plans
- Measure the impact of prevention efforts and programs that promote healthy living

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Depression

Three in four eleventh graders reported being bothered by feeling down, depressed, or hopeless in the past two weeks at least some of the time.



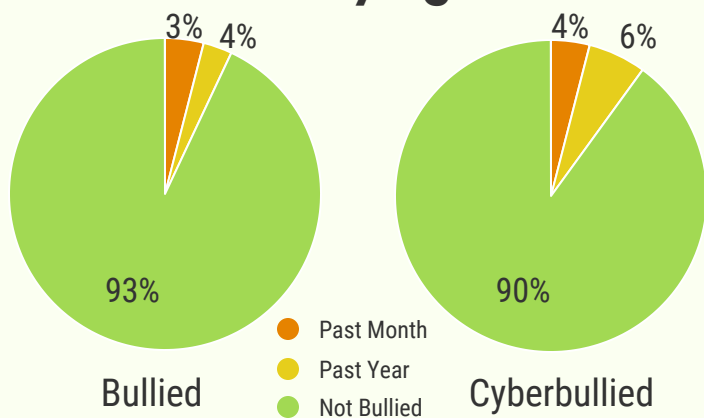
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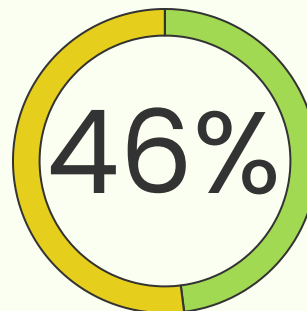
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Bullying

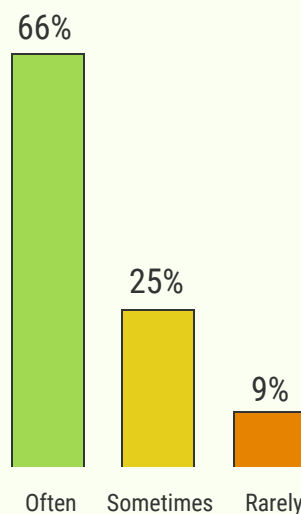


Most eleventh graders reported that they had not been bullied in school or cyberbullied in the past year.



of eleventh graders feel supported by their teachers or other adults in their school

Enforcement of Rules



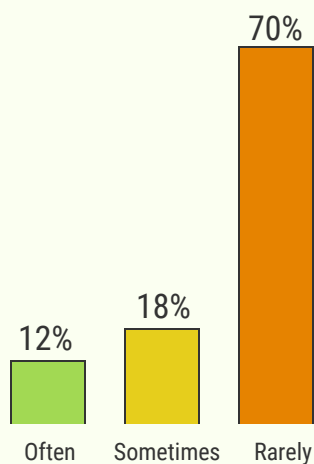
While most eleventh graders felt that school rules were strictly enforced most of the time or often, 25% thought they were only enforced sometimes and 9% thought they were rarely or never enforced.

School Safety

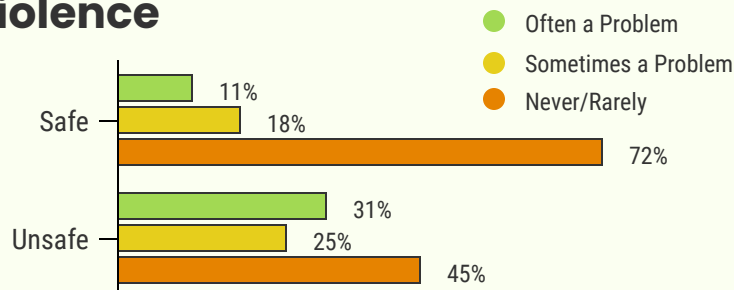
About one in four eleventh graders say that they do not feel safe in school or that they only feel safe some of the time.



Student Violence



About a third of eleventh graders report student violence is a problem often or sometimes, though most say that it is rarely a problem in their school.

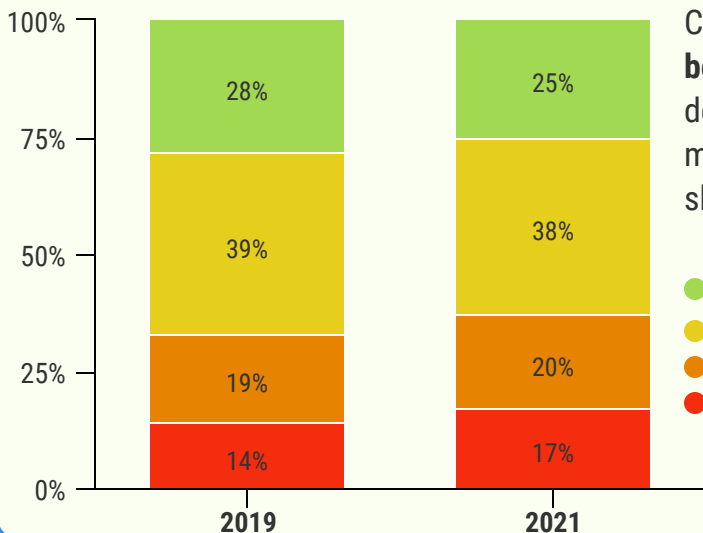


Eleventh graders who report feeling unsafe in their school also report student violence being a problem more often than those who feel safe in their school.

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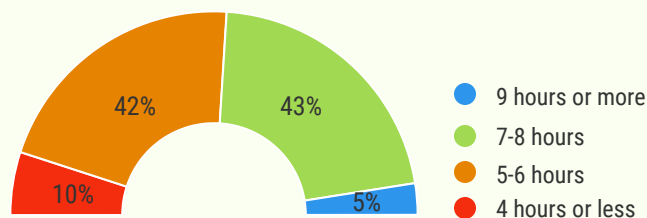
Eleventh Grade Home Environment

Good Health Habits

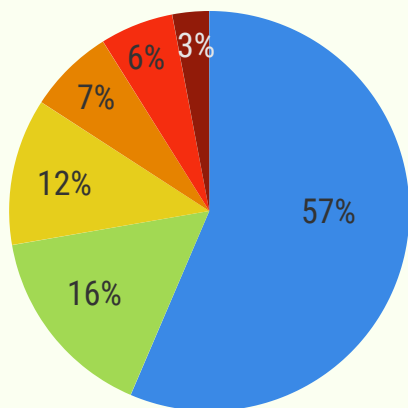


Compared to 2019, in 2021 eleventh graders spent fewer days **being physically active at least 60 minutes per day**. However, despite COVID-19, students are still finding ways to remain active most days out of the week. Most eleventh graders are also sleeping between 5-8 hours on school nights.

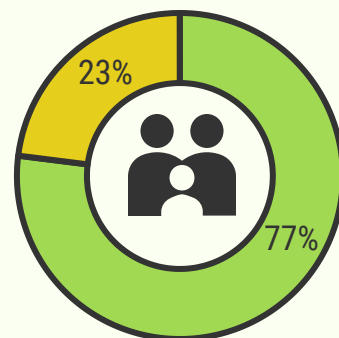
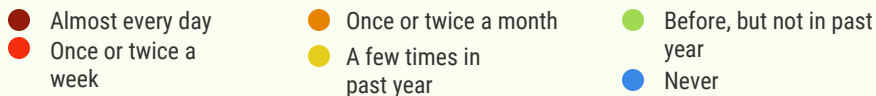
Sleep on an Average School Night



Home Violence



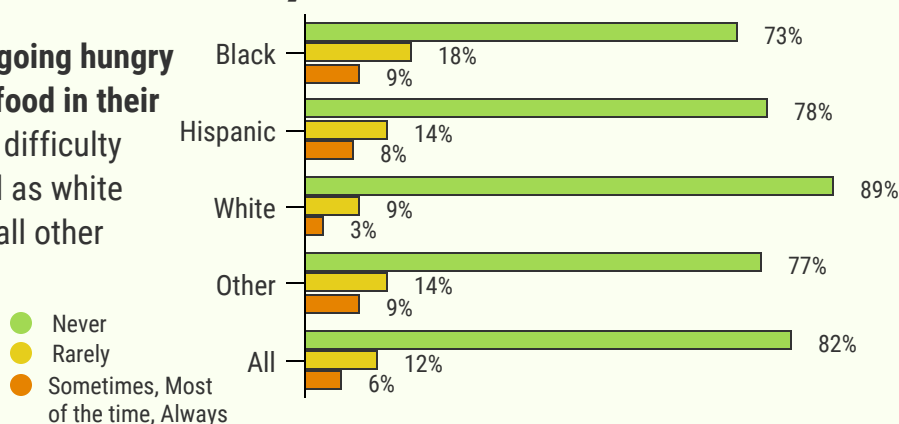
73% of eleventh graders report no yelling between adults in their home in the past year. However, about a quarter **heard name-calling, threats, or yelling that made them feel bad** at least a few times in the past year and as much as almost every day.



77% of eleventh graders say they can count on their parents or guardians to be there when they need them most of the time or often.

Food Insecurity

The majority of eleventh graders report never **going hungry in the last 30 days due to not having enough food in their home**. However, 18% rarely or sometimes had difficulty finding enough to eat. Students who identified as white faced food insecurity less often compared to all other groups.



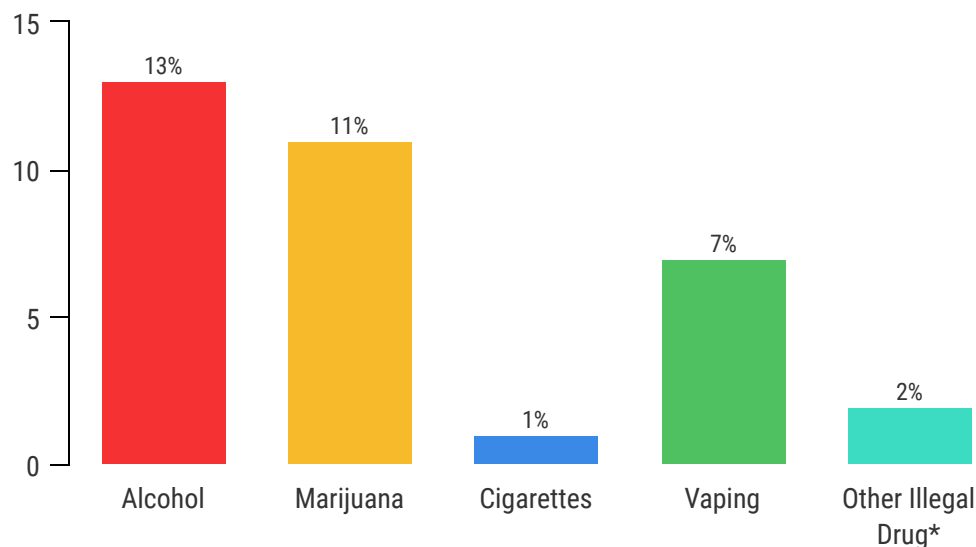
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Substance Use

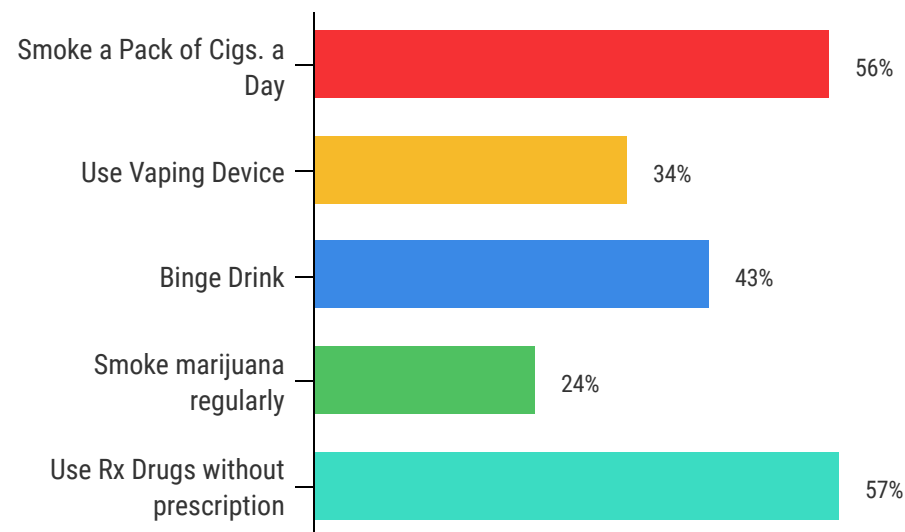
Findings from the 2021 Delaware School Survey of Eleventh Grade Students

Past Month Substance Use



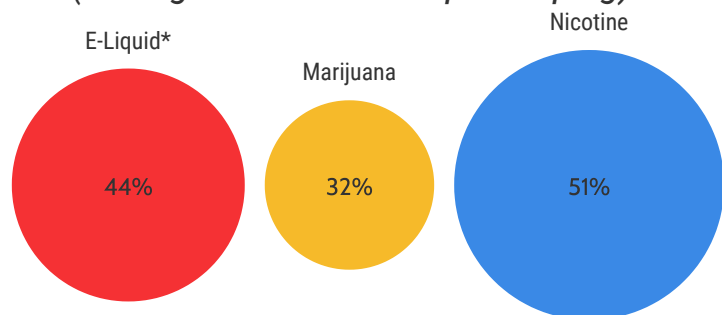
* Vaping includes Juul and electronic cigarettes. ***"Other drugs" includes ecstasy, hallucinogens, street uppers, inhalants, cocaine, crack, heroin and synthetic marijuana used to get high.

Perception of Great Harm



Note: Students were asked how much people risk harming themselves when engaging in any of these activities

What are students consuming in vaping devices? (among students who report vaping)



Note:
This is a mark-all-that-apply question, so students may report using more than one of these substances
*E-liquids, also known as e-juice or vape juice, is a fluid used in vaporizers or electronic cigarettes that contain artificial flavoring and sometimes nicotine

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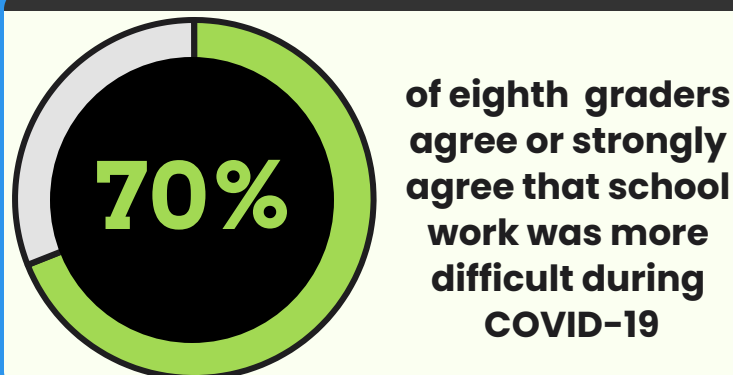
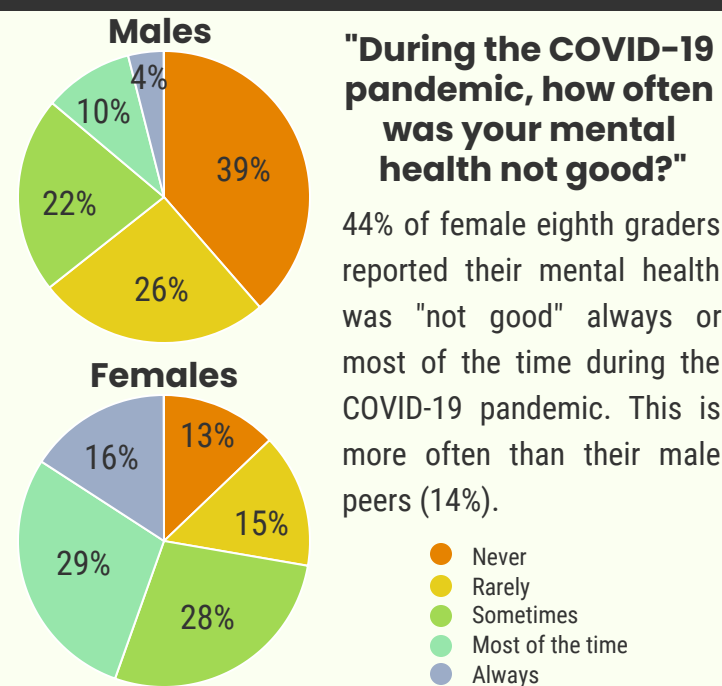
Eighth Grade School Environment

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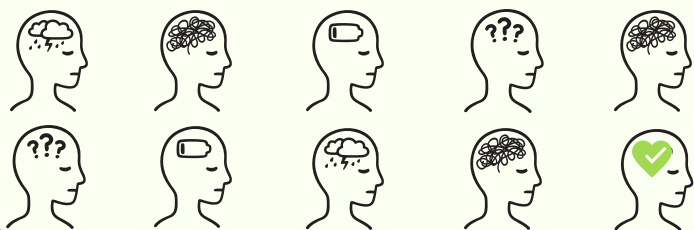
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Nine in ten eighth graders reported being bothered by feeling down, depressed, or hopeless in the past two weeks at least some of the time.



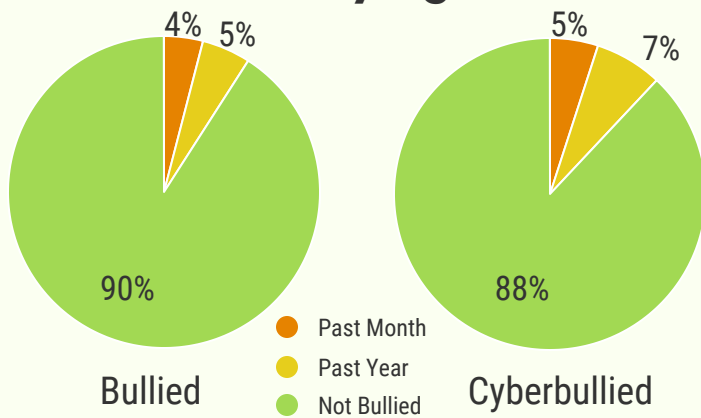
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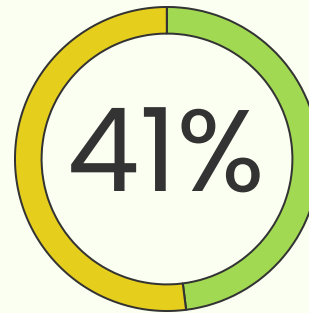
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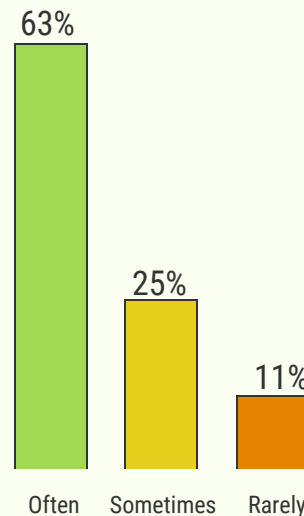


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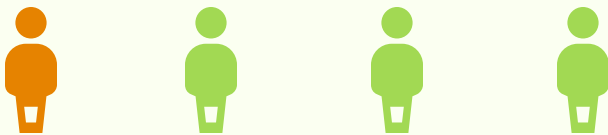
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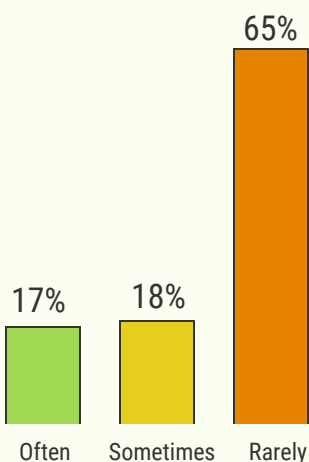
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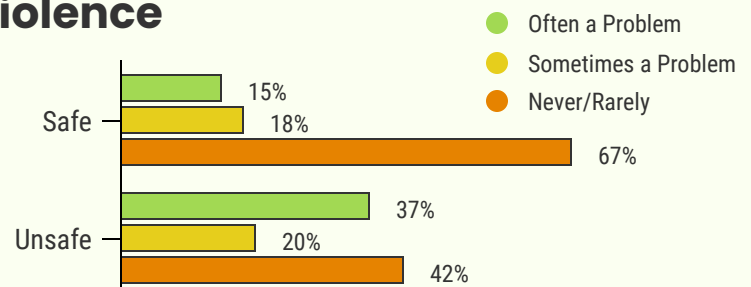
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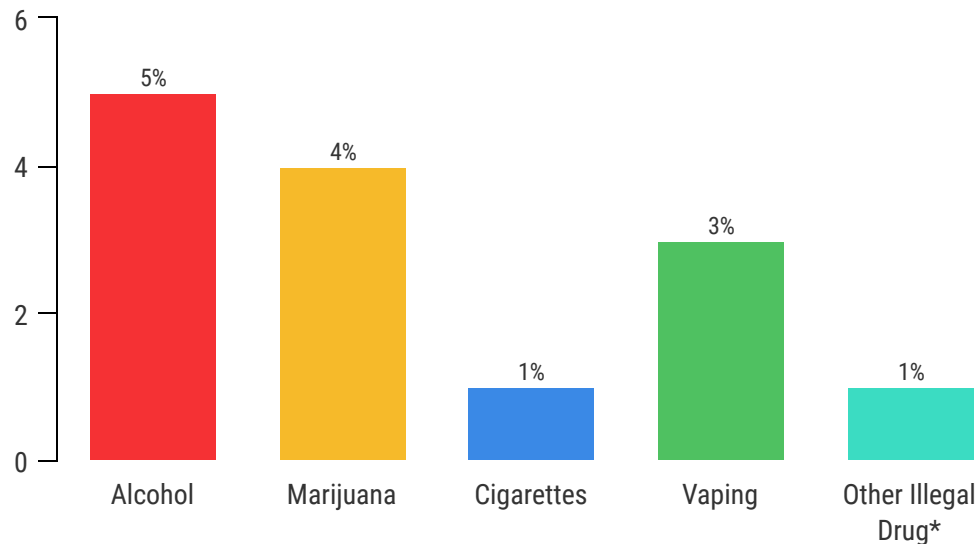


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Substance Use

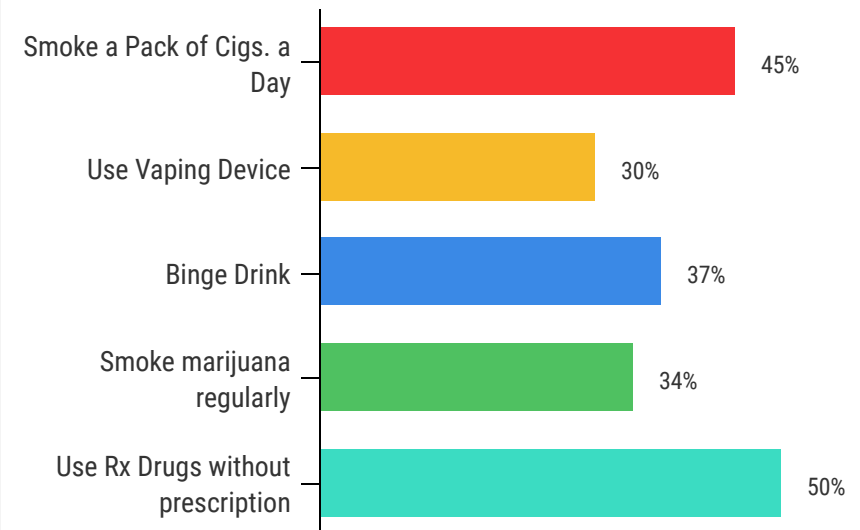
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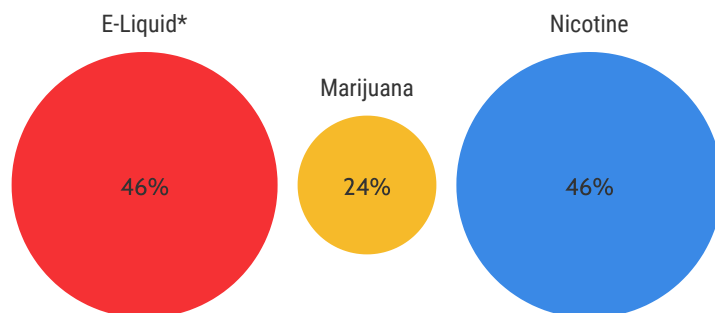
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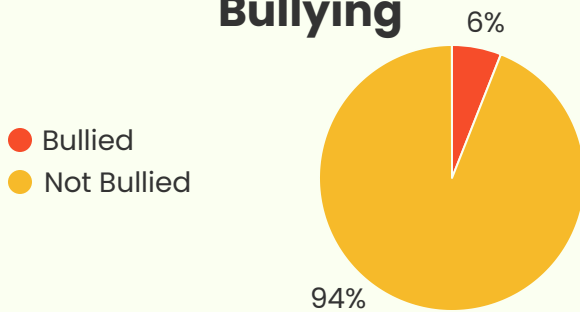
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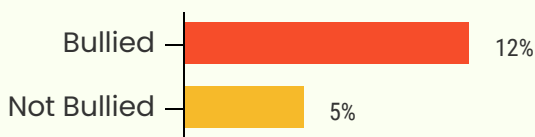
Fifth Grade School Environment

Bullying



Most fifth graders report that they had not been bullied in school. Students who experienced bullying reported higher levels of feeling unsafe at school compared to their peers who were not bullied.

Feeling Unsafe



Disruption



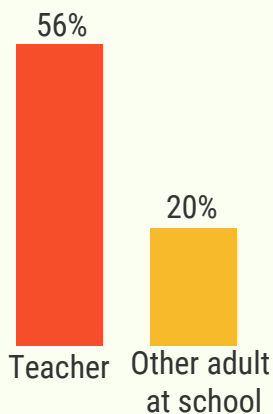
About two in three fifth graders say that the disruptive behavior of other students, such as talking or fighting, keeps teachers from teaching students who want to learn.



In addition, 17% of students feel that most kids do not obey the teachers most of the time.

Teacher Relationships

Over half of fifth graders report they feel supported by their teachers, and 20% feel supported by another adult in their school.



94%

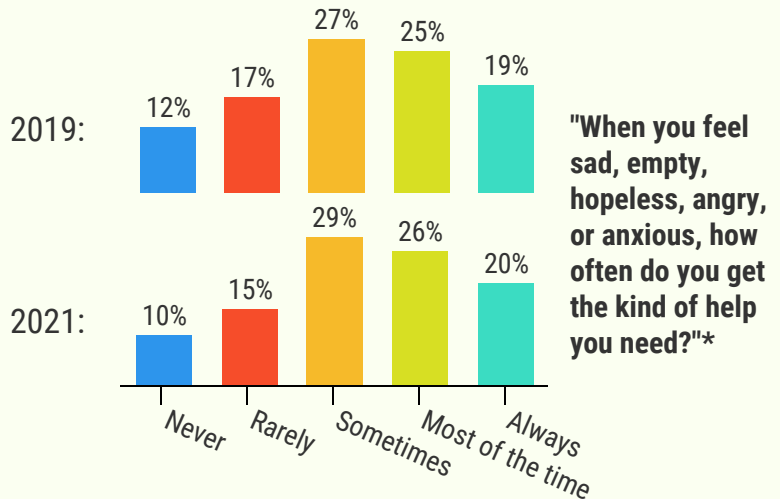
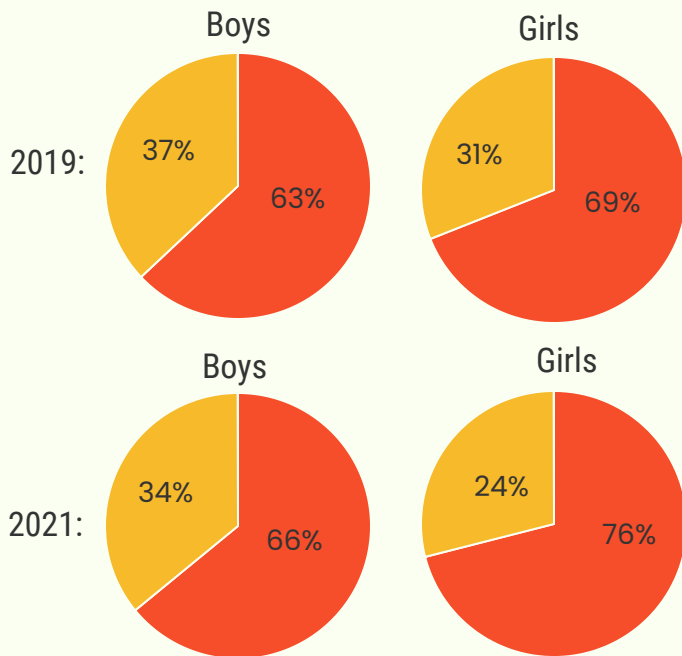
of fifth graders feel safe in their school most of the time

2021 Delaware School Survey

Fifth Grade School Environment

2019 Mental Health Compared to 2021 Mental Health

● Felt sad
● Did not feel sad



In 2019, over 60% of boys and girls both said they felt sad, empty, hopeless, angry, or anxious. Out of those students, 30% never or rarely got the kind of help they needed.

Although mental health worsened for girls in 2021, it remained stable for boys. In addition, there was no change to help seeking.

*This is out of students who reported "Yes" to feeling sad, empty, hopeless, angry, or anxious.

Food Insecurity

12% of fifth graders went hungry on at least one day in the past month because they had no food at home.



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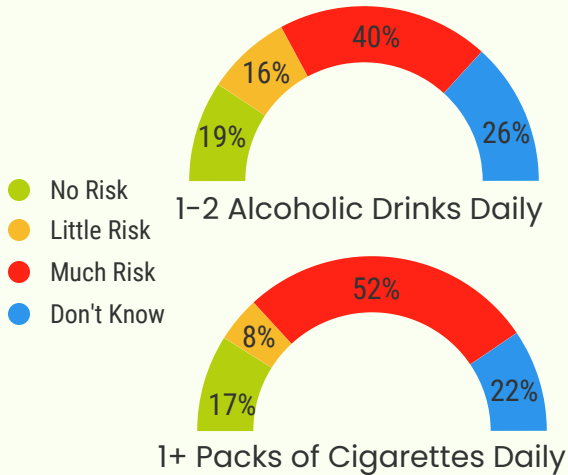
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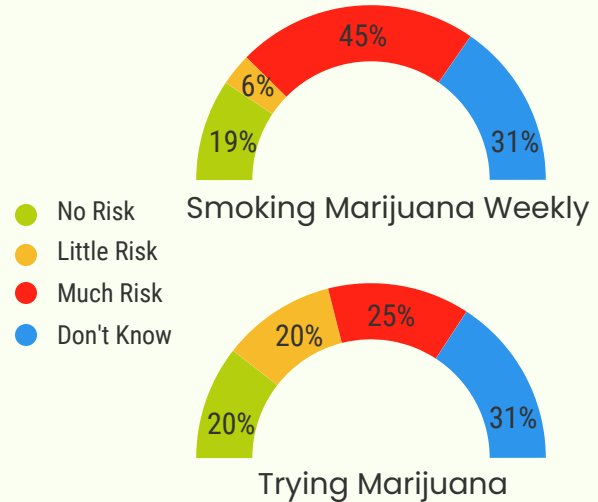
Fifth Grade Perception of Substance Use Risk

Perceptions of Risk: Cigarettes and Alcohol



Fifth grade students perceive smoking cigarettes daily to be more harmful than drinking alcohol daily.

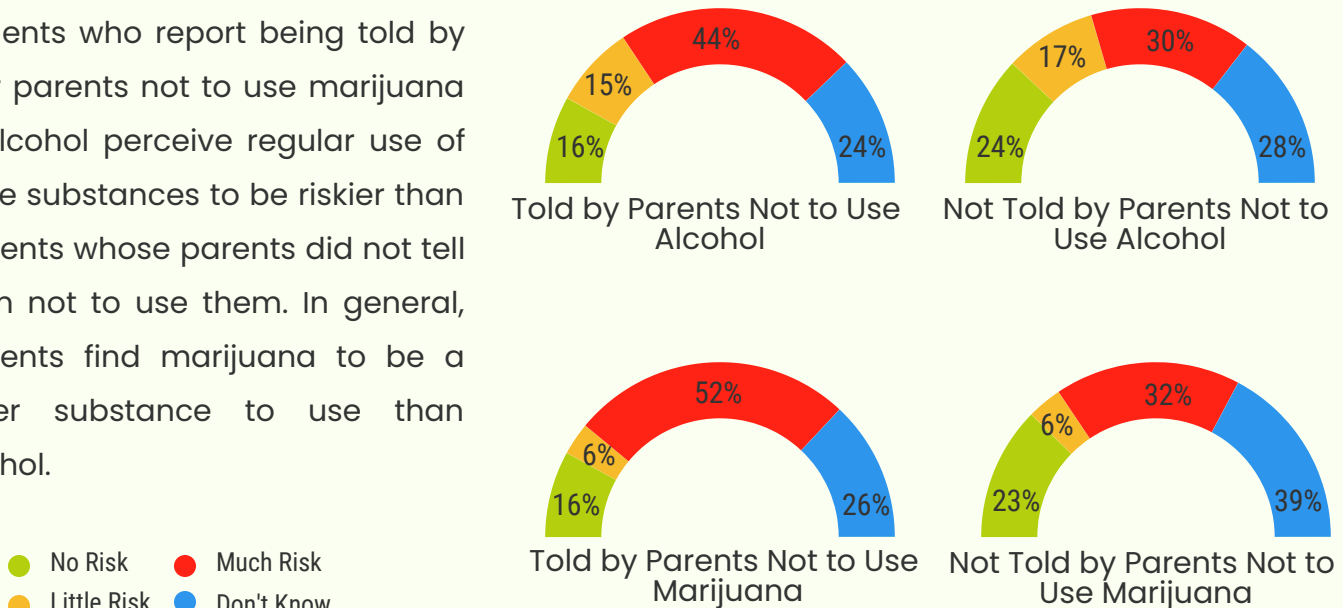
Perceptions of Risk: Marijuana



Most fifth graders think weekly marijuana use is very risky, but they perceive there to be less risk with only trying marijuana once or twice.

Risk of Substance Use and Parental Involvement

Students who report being told by their parents not to use marijuana or alcohol perceive regular use of these substances to be riskier than students whose parents did not tell them not to use them. In general, students find marijuana to be a riskier substance to use than alcohol.



● No Risk ● Much Risk
● Little Risk ● Don't Know

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