

## DPI & UW Extension Office School Middle & High School Survey

Fall 2013

Deb Ivey and I are involved with our 5-county CESA #3 and our local schools and the Department of Public Instruction (DPI) Youth Risk Behavior Survey that we conducted with more than 5,000 middle & high school students in the fall of 2013. Here is just a quick look at what we learned about mental health and the teens in southwest Wisconsin (including students from Crawford, Grant, Iowa, Lafayette & Richland counties):

- 87% of high school students report they have family love and support when they need it. **89% Iowa County high schoolers**
- 73% of middle and high school students feel good about themselves. **73% of Iowa County middle & high schoolers**
- 14% of high school students have done something to purposely hurt themselves without wanting to die (cutting/burning) in the 12 months before the survey. **14% of Iowa County high schoolers & 12% of Iowa County middle schoolers**
- 23% of high school students report that they "most of the time or always" get the kind of help they need when they feel sad, empty, hopeless, angry or anxious. **23% of Iowa County high schoolers**
- 38% of high school students and 22% of middle school students feel stress in their lives "most of the time or always". **39% of Iowa County high schoolers and 23% of Iowa County middle schoolers**
- 21% of middle and high school students felt so sad or hopeless almost every day for two or more weeks in a row that they stopped doing some usual activities. **21% of Iowa County middle & high schoolers**
- 13% of middle and high school students seriously considered suicide. **13% of Iowa County middle & high schoolers**
- 11% of middle and high school students have made a plan about how they would attempt suicide. **11% of Iowa County middle & high schoolers**

- 7% of high school students and 4% of middle school students reported attempting suicide. **7% of Iowa County high schoolers and 3% of Iowa County middle schoolers**