



# KENESAW PUBLIC SCHOOLS

Inspire Excellence

September 5, 2023

From: Principal, Jr. High/High School  
To: Kenesaw Public School Parents of 8-12 Grade Students  
Via: Superintendent

Subj: Nebraska Risk and Protective Factor Student Survey (NRPFSS)

Dear Parents of 8-12 Grade Students,

Every two years, Nebraska students in grades 8-12 are asked to participate in the confidential Nebraska Risk and Protective Factor Student Survey (NRPFSS) conducted by the Bureau of Sociological Research (BOSR) at the University of Nebraska-Lincoln and endorsed by the Nebraska Department of Education and Nebraska Department of Health and Human Services.

The multiple-choice survey will be conducted on Wednesday, October 11 and is designed to identify and monitor priority health risk behaviors that are established during youth and result in sickness, disability, social problems, and death among youth and adults. Topics of questions include unintentional injuries and violence, mental health and suicide, tobacco, alcohol, and other drug use, dating and sexual behaviors, nutrition, and physical activity. These data are extremely important in evaluating trends among our teens and identifying and providing youth at-risk programs and services.

***As always, students are assured and guaranteed confidentiality. No identifying information will be collected or shared nor personal information used in an effort to identify individual students or families.***

The surveys have been approved by state and local school officials and have the support of many national organizations, including the National Parent-Teacher Association and the American Medical Association. If you would like to review the questionnaire, it is available at <http://bosr.unl.edu/sharp>. Additionally, the aggregated data from past surveys is included in the infographics below and help illustrate how survey data is distributed for informational and planning purposes

If you have any questions, concerns or wish to exclude your student from participating in the survey, please contact me directly.

In Service,

Nicole J. LeClaire

**“In partnership with our community, we will provide a specially designed and challenging education, encourage positive citizenship, and promote lifelong learning.”**

110 North Fifth Avenue  
PO Box 129  
Kenesaw, NE 68956-0129  
Phone: 402-752-3215  
Fax:402-752-3579

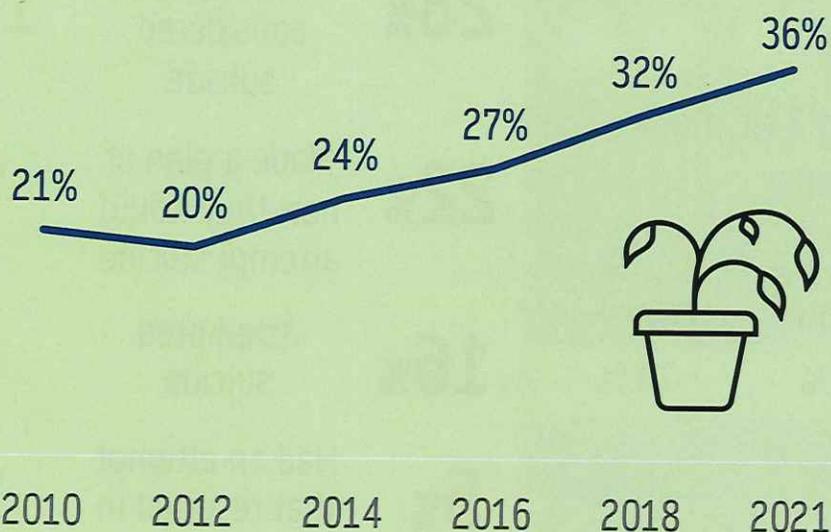
# Mental Health

Youth in Nebraska

**29%**

of Nebraska high school students said in the past year their mental health most of the time was not good

The number of Nebraska youth who felt sad or hopeless almost every day for at least two weeks in the past year has increased every year since 2012



**49%** vs. **25%**

Girls were nearly twice as likely as boys to report feeling sad or hopeless



**One out of four**

high school students (26%) were bullied in the past year.

Bullying on school property (21%) was more common than electronic bullying (17%).



**One out of five**

high school students (19%) seriously considered attempting suicide in the past 12 months.

**14%** Made a plan of how they would attempt suicide

**10%** Attempted suicide

**3%** Had an attempt that resulted in seeking treatment

Current substance use was at least 2 times higher among students who said they frequently felt sad or hopeless vs. those that had did not.

**2+X**

	<u>Alcohol</u>	<u>Vaping</u>	<u>Marijuana</u>	<u>Cigarettes</u>
Sad	30%	25%	20%	6%
Not sad	13%	10%	6%	2%

# Mental Health and Instability

**36%** of Nebraska high school students lived with someone who was depressed, suicidal, or mentally ill

**54%** of youth experiencing Adverse Childhood Experiences (ACEs)\* felt sad or hopeless almost every day for the past 2 weeks – almost 3 times more than students who did not experience any instability at home.

**Vs.**

**19%**

7 out of 10 students (69%) reporting 3 or more ACEs\* reported feeling sad or hopeless.



More ACEs\* were associated with higher levels of being bullied.

	Bullied at school	Bullied Online
No ACEs	14%	11%
1-2 ACEs Reported	23%	18%
3+ ACEs Reported	38%	39%

\*ACEs Indicators included in the YRBS:

- Ever lived with someone who was depressed, mentally ill, or suicidal
- Ever lived with someone who has/had a problem with alcohol or drug use
- Ever been separated from a parent/guardian because they went to prison, jail, or a detention center
- Usually did not sleep in their parent's/guardian's home
- A parent or other adult in their home frequently swore at them, insulted them, or put them down
- A parent or other adult in their home frequently hit, beat, kicked, or physically hurt them in any way
- Their parents or other adults in their home frequently slapped, hit, kicked, punched, or beat each other up



**Suicide ideation and action was higher among students with ACEs\***

Any ACEs reported

**28%**

Seriously considered suicide

Any ACEs reported

**10%**

**22%**

Made a plan of how they would attempt suicide

**7%**

**16%**

Attempted suicide

**4%**

**5%**

Had an attempt that resulted in seeking treatment

**1%**



Flaticons by Freepik

Data from the Nebraska 2021 Youth Risk Behavior Survey (YRBS). Weighted data, n=675. Funded by CDC-PS18-1807, "Promoting Adolescent Health through School-Based HIV Prevention."

# Tobacco Use

## Youth in Nebraska

**23%** of Nebraska high school students reported using some kind of tobacco product in the past year.

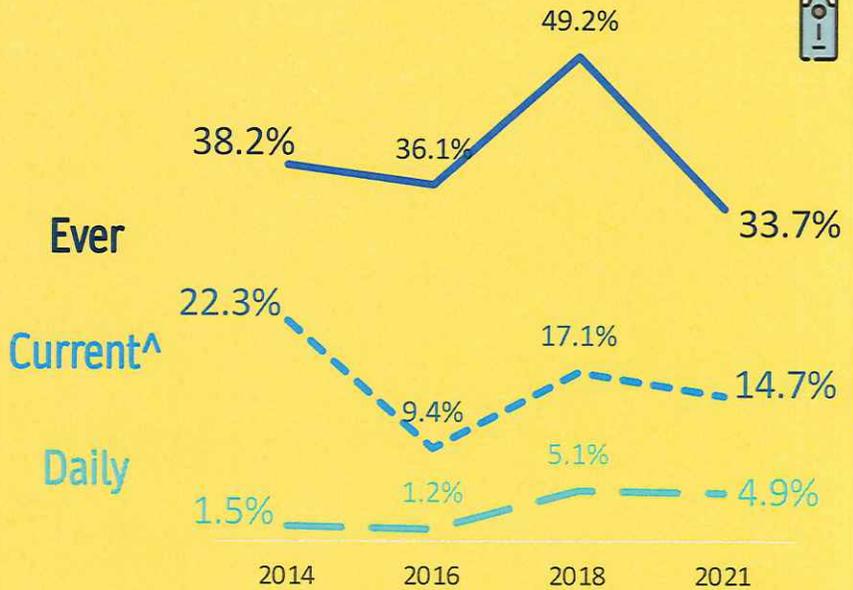


Nearly half (48%) tried to quit.

Nebraska students are using **cigarettes** at much lower rates than in the past.



Students were less likely to report ever using or current use of an **electronic vape product\*** in 2021 than 2018



Students who felt sad or hopeless were more likely than happier peers to have ever tried cigarettes.

**32% vs. 12%**

Students who felt unsafe at school were more likely than peers who felt safer to currently use cigarettes.

**13% vs. 3%**

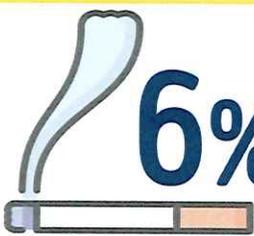
Students who felt sad or hopeless were more likely than happier peers to have ever tried vape products.

**53% vs. 23%**

Girls were more likely than boys to have ever tried vape products.

**40% vs. 27%**

Approximately 3% of students reported currently using smokeless tobacco (such as chewing tobacco, snuff, dip, or snus) and 3% reported currently using cigars.



**6%**

of Nebraska high school students first tried cigarette smoking (even 1-2 puffs) before the age of 13



Partners for Insightful Evaluation

Flaticons by Freepik

Data from the Nebraska 2021 Youth Risk Behavior Survey (YRBS). Weighted data, n=675. Funded by CDC-PS18-1807, "Promoting Adolescent Health through School-Based HIV Prevention."

\* Electronic vape products include e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu]

<sup>^</sup> Current use is defined as using in the past 30 days