



Medical Lake School District

Highlights from the 2023 Healthy Youth Survey
(February 15, 2024)



Medical Lake

SCHOOL DISTRICT

The Medical Lake Promise- **We promise to:**

Foster a **safe and supportive learning environment** through a culture of belonging.

Focus on **personalized instruction that is engaging, challenging, and relevant.**

Promote **hope and a vision for the future** from Early Learning through Post-Secondary.

for Every Student, Every Day

[MLSD Strategic Plan](#)

What is the HYS?

The Healthy Youth Survey (HYS) is a collaborative effort of the Office of the Superintendent of Public Instruction, the Department of Health, the Health Care Authority - Division of Behavioral Health and Recovery, and the Liquor and Cannabis Board.

The Healthy Youth Survey provides important survey results about the health of adolescents in Washington. Schools, school districts, local health jurisdiction, county prevention coordinators, community mobilization coalitions, community public health and safety networks, and others use this information to guide policy and programs that serve youth.

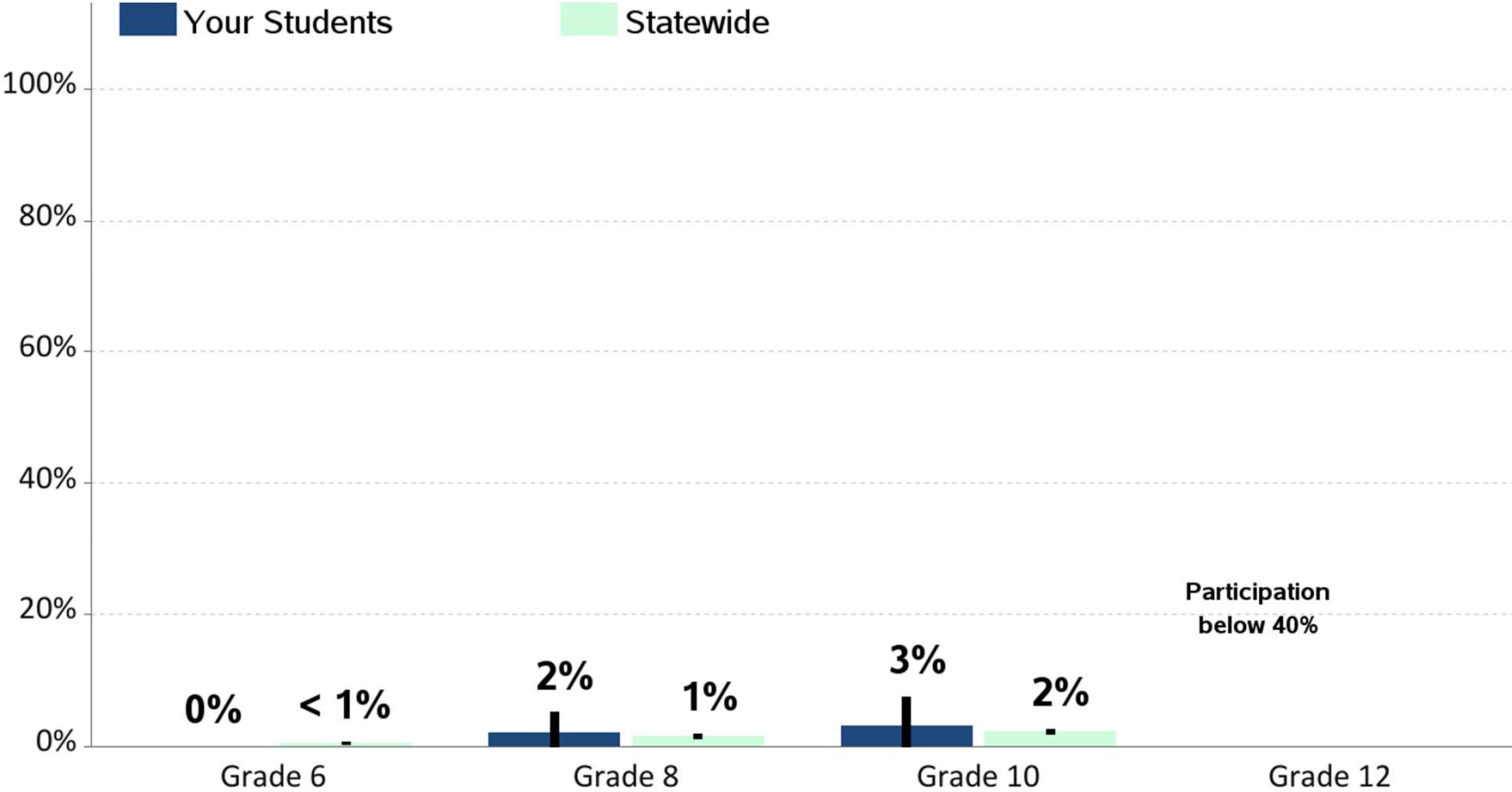
Student Participation

Medical Lake School District

- 115 (87%) of Grade 6 students
- 99 (80%) of Grade 8 students
- 67 (50%) of Grade 10 students
- 33 (27%) of Grade 12 students

Current Cigarette Smoking

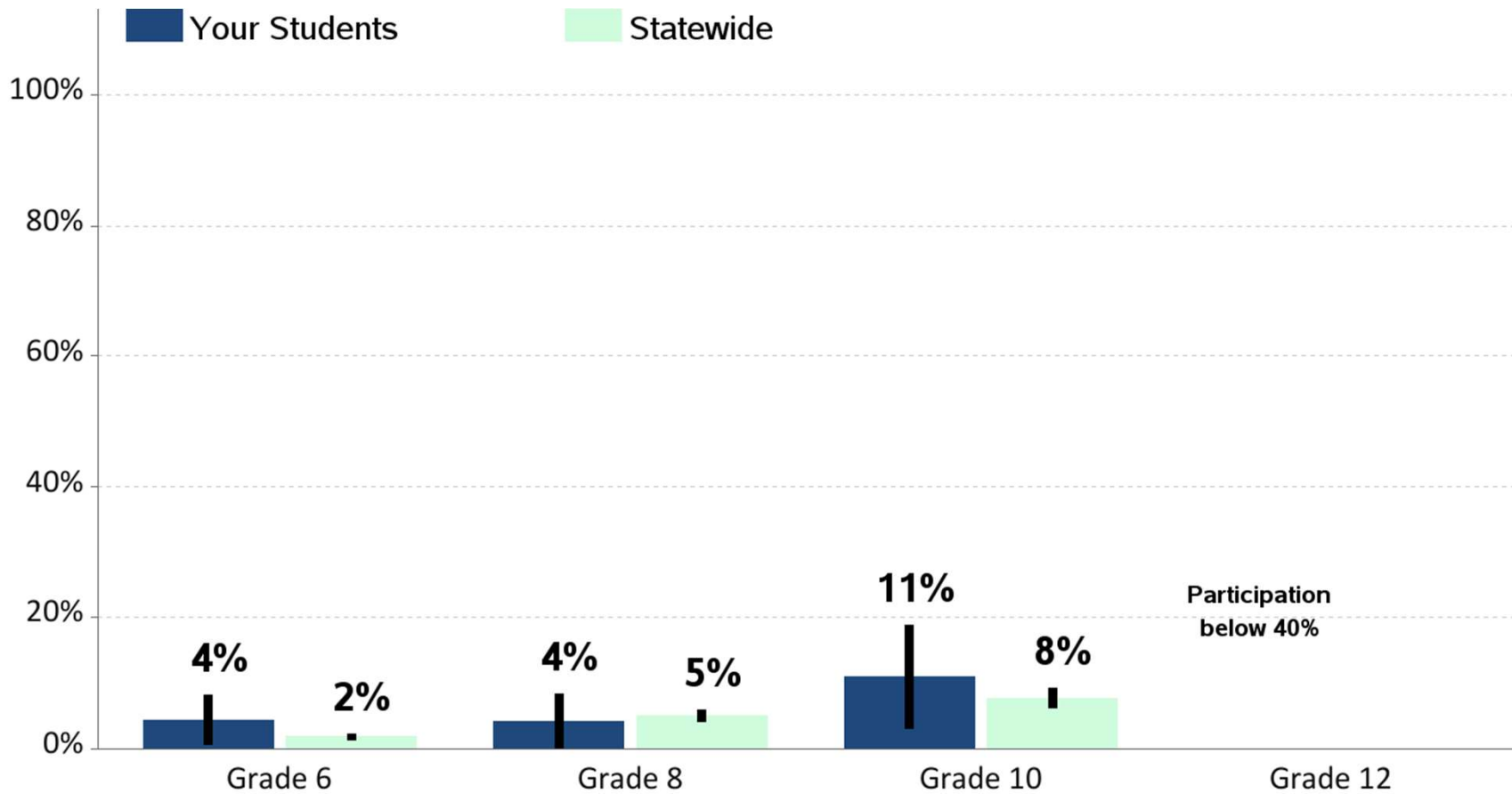
Percent of students who report smoking cigarettes in the past 30 days



Medical Lake School District - Source: 2023 Healthy Youth Survey

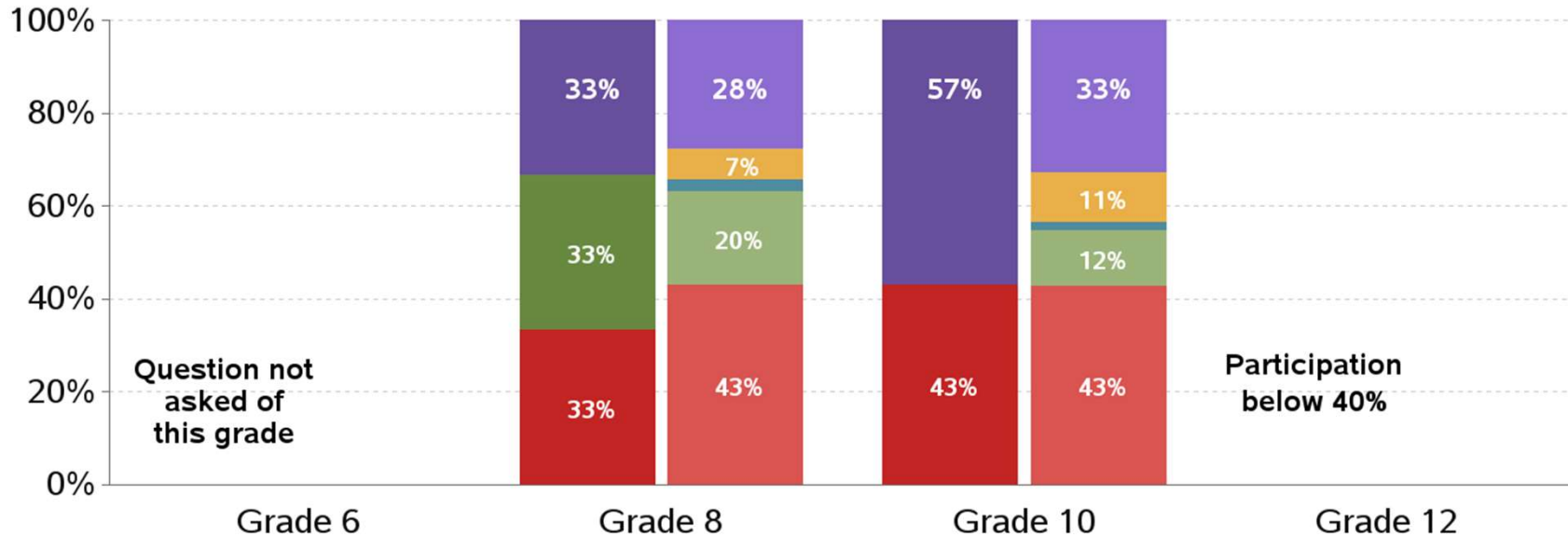
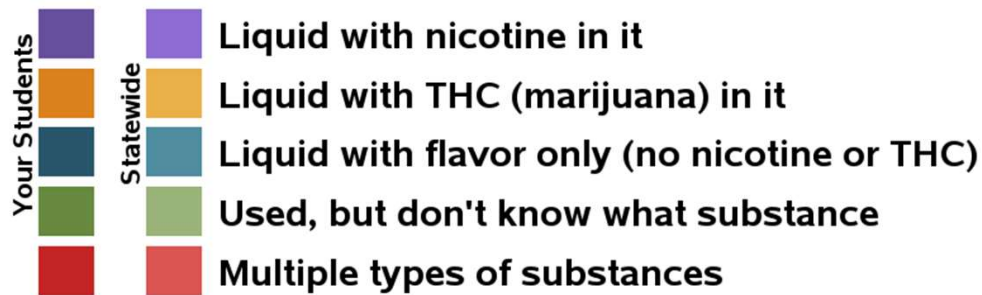
Current E-Cigarette Smoking or Vaping

Percent of students who report using an electronic cigarette, e-cig, JUUL, or vape pen in the past 30 days



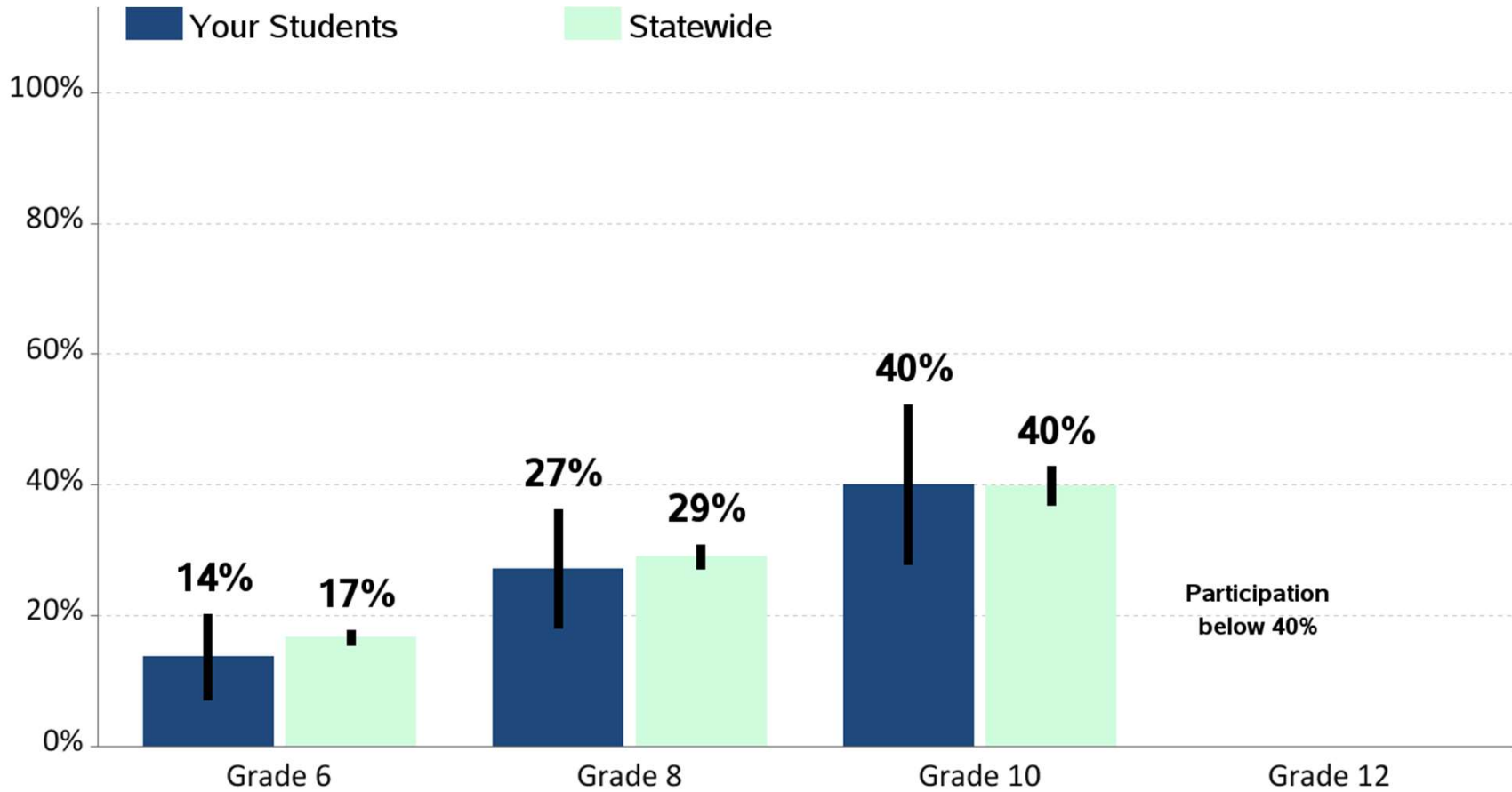
Type of Substance Used in E-Cigarette or Vaped in Past 30 Days

Percentages are of students who used e-cigarettes in the past 30 days



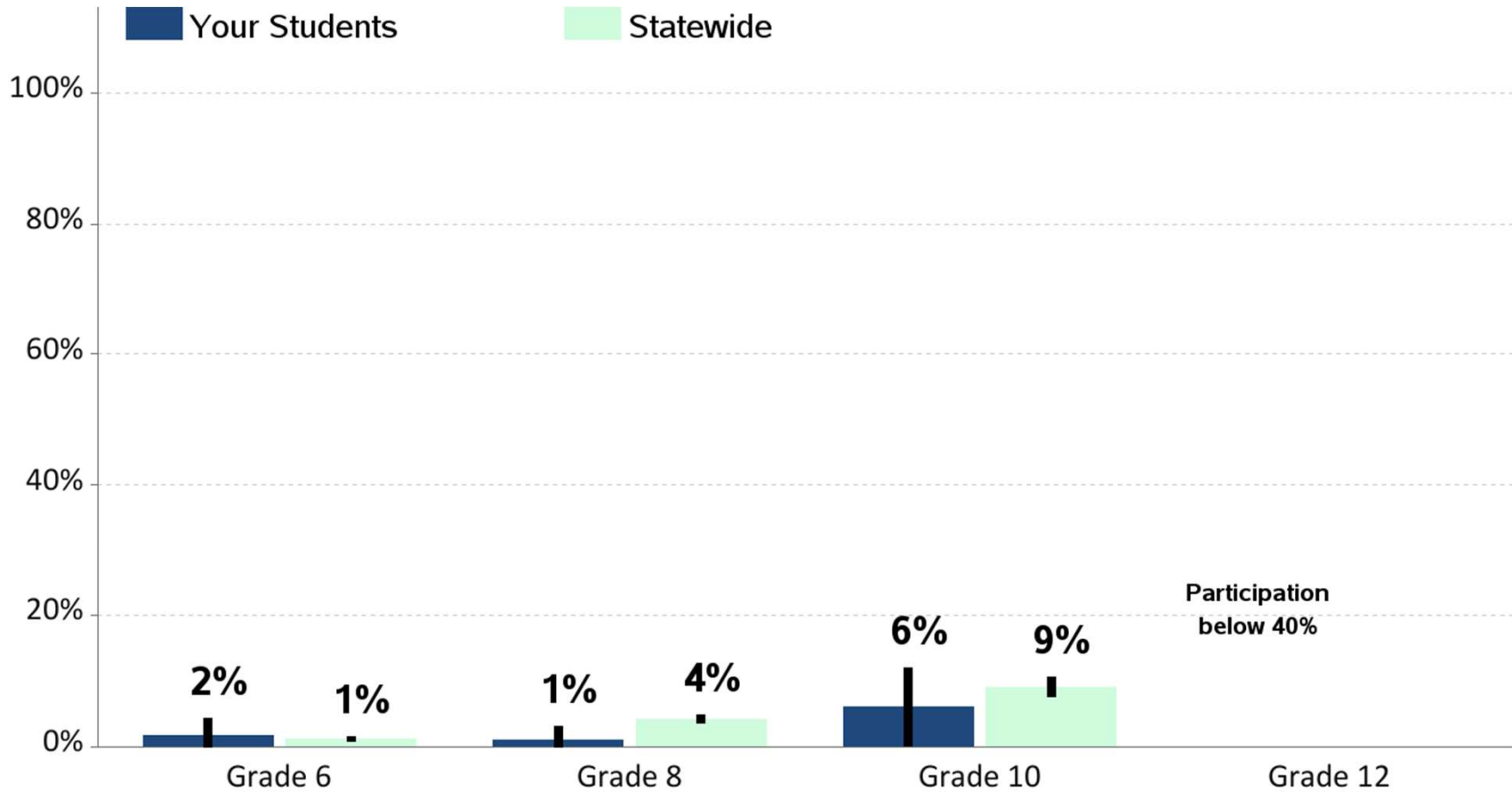
Lifetime Alcohol Use

Percent of students who report having ever drunk more than a sip of alcohol



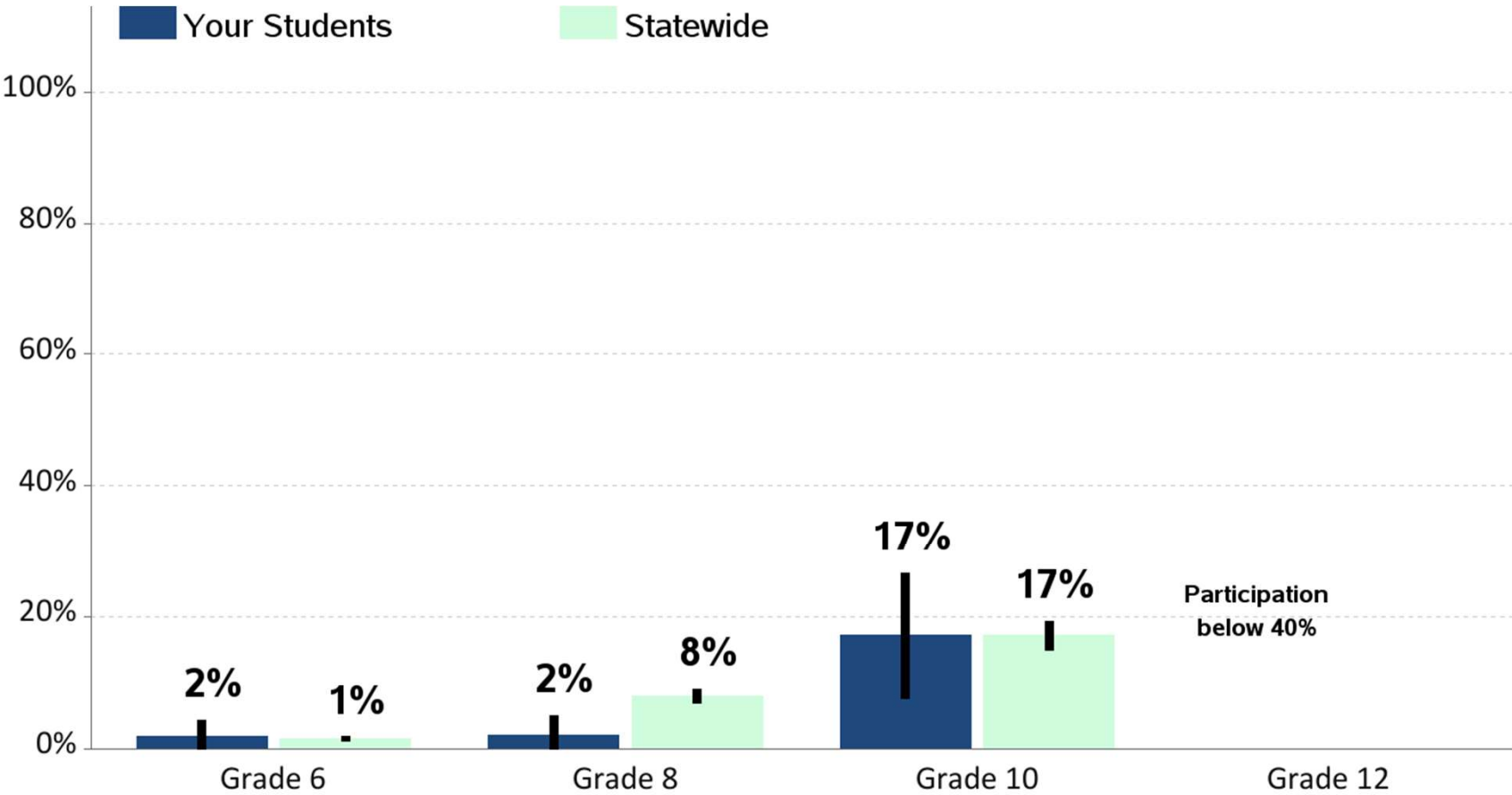
Current Alcohol Use

Percent of students who report having drunk a glass, can or bottle of alcohol in the past 30 days



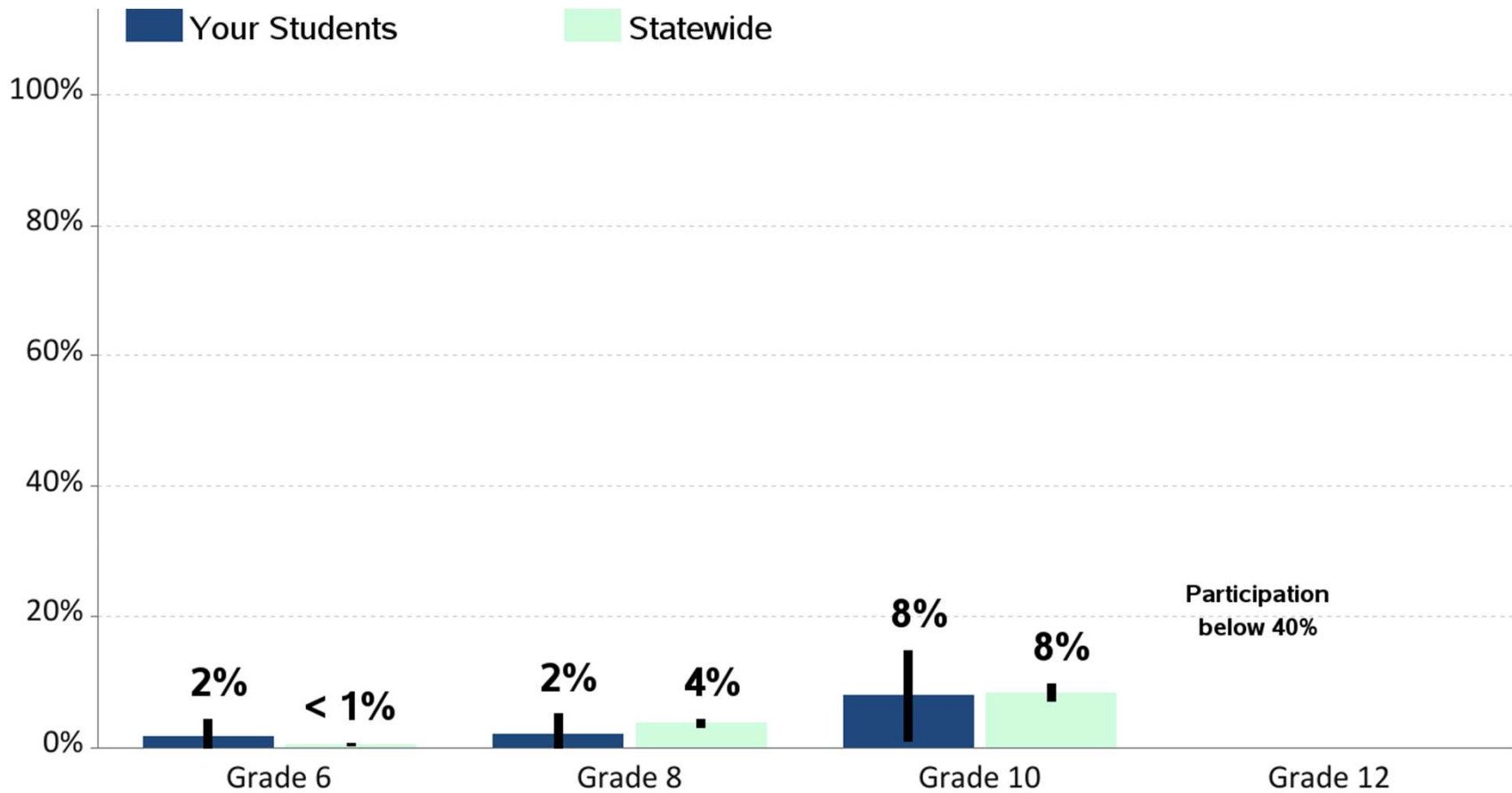
Lifetime Marijuana Use

Percent of students who report having ever used marijuana



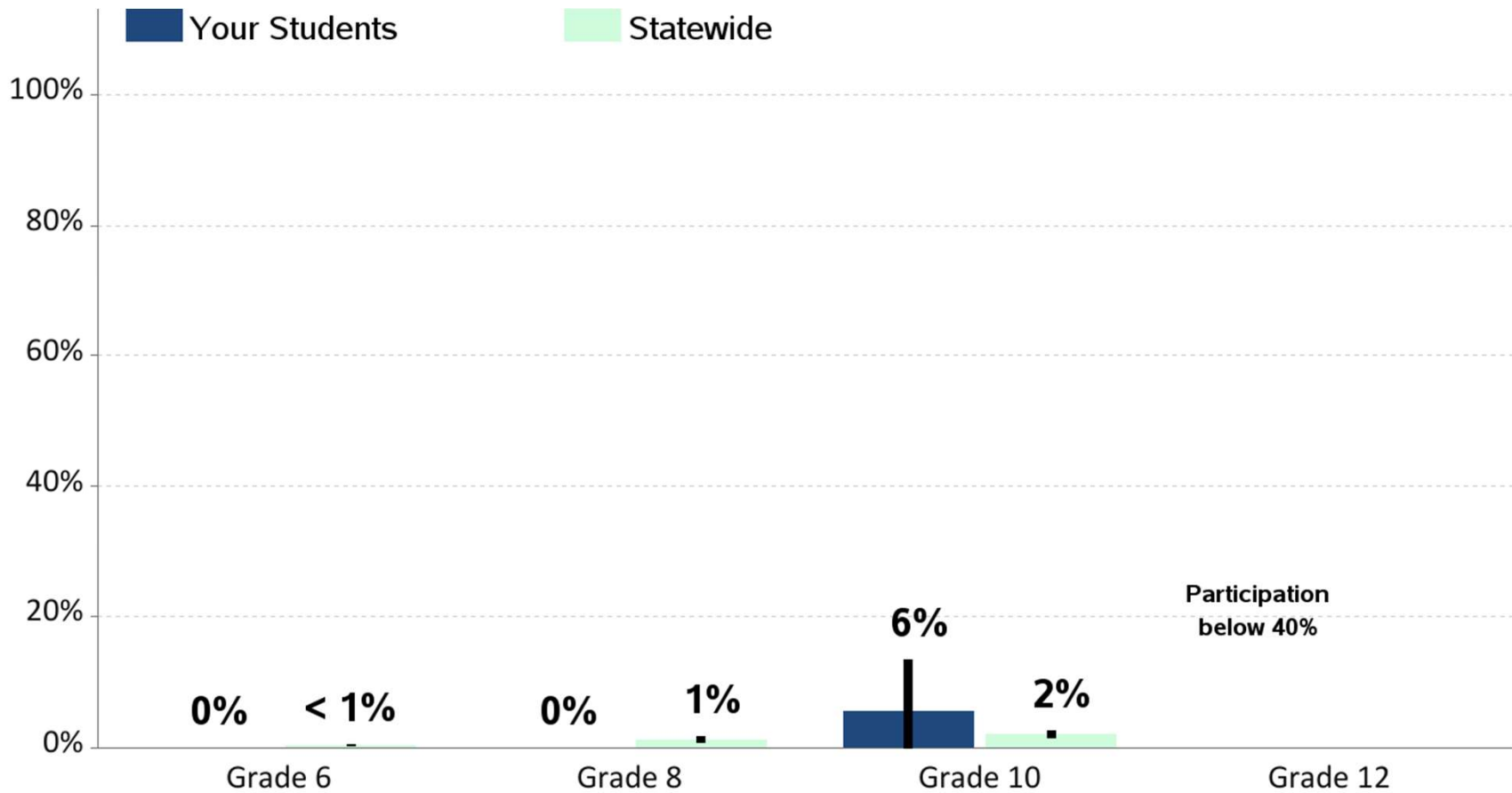
Current Marijuana Use

Percent of students who report using marijuana in the past 30 days



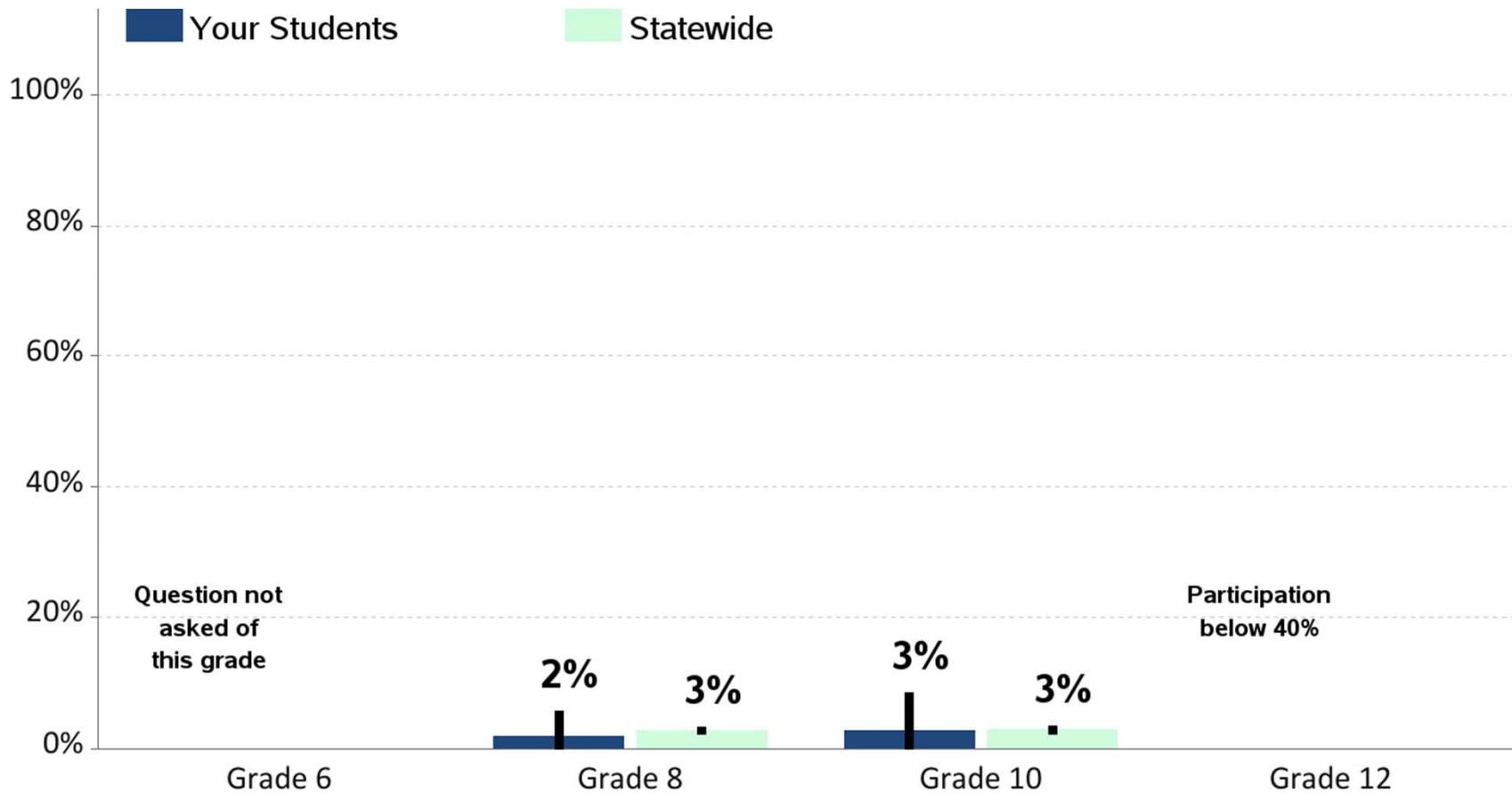
Current Illegal Drug Use

Percent of students who report using illegal drugs in the past 30 days (not including alcohol, tobacco or marijuana)



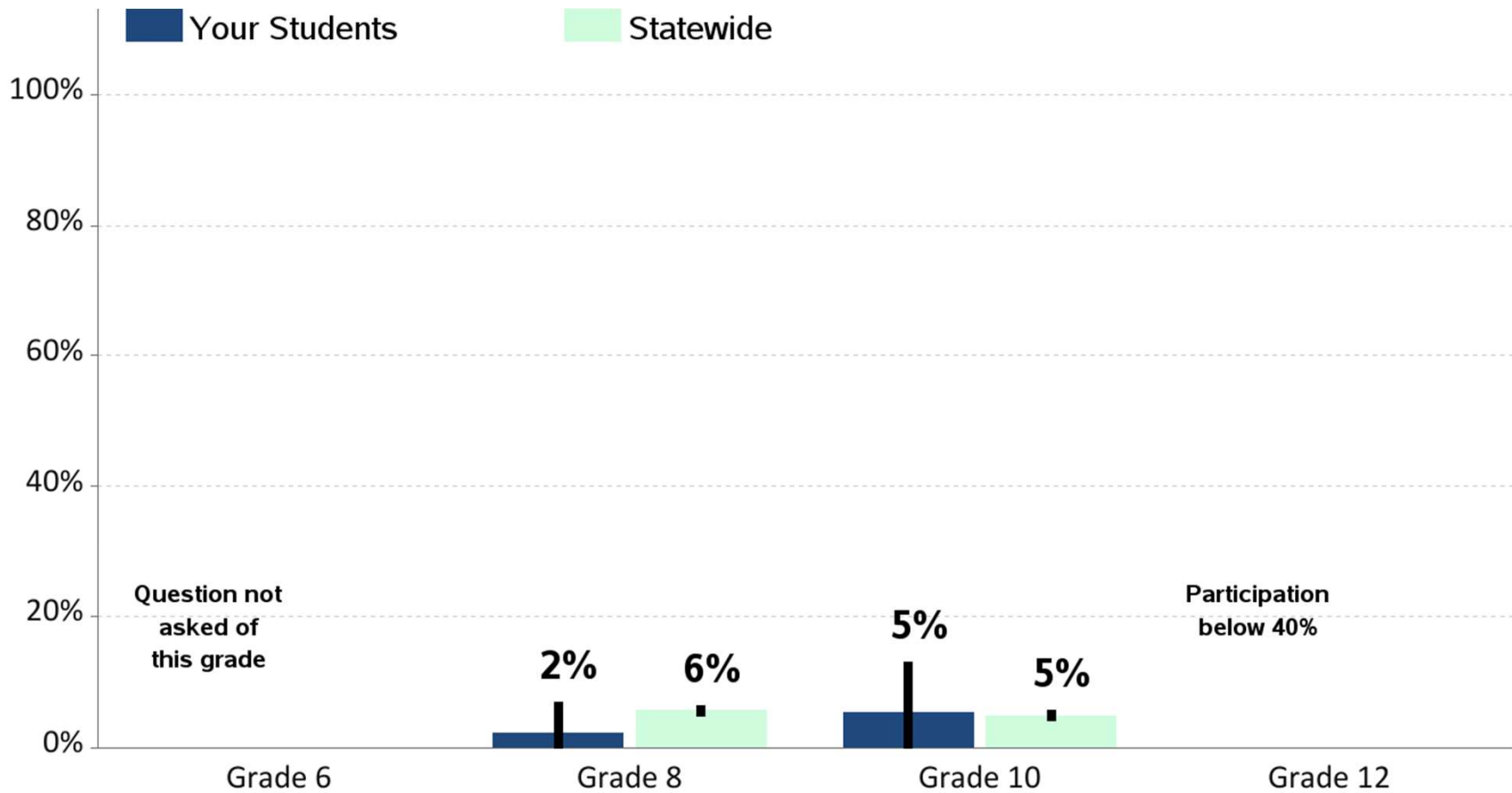
Current Prescription Drug Use

Percent of students who report using prescription drugs not prescribed to them in the past 30 days



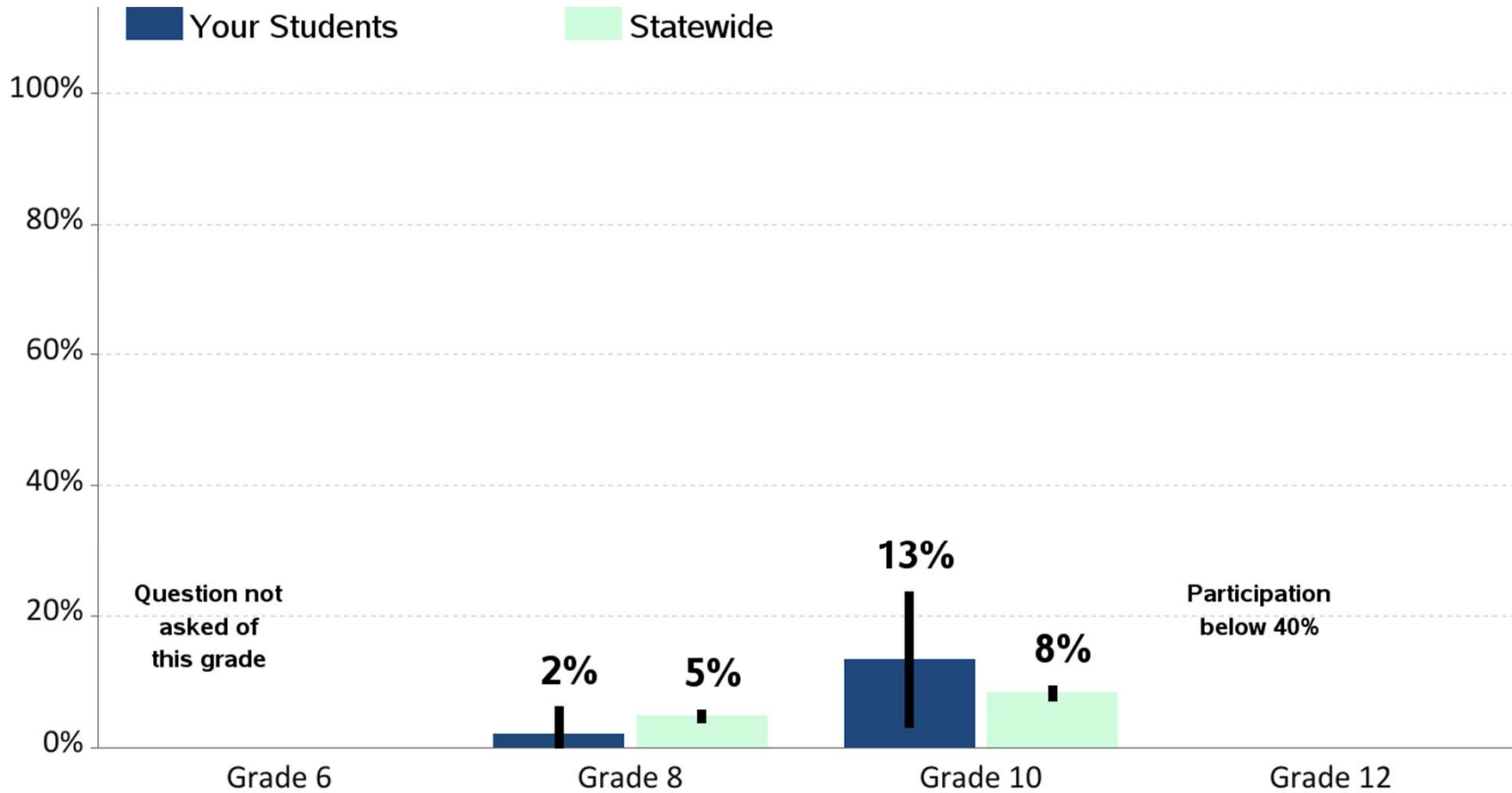
Current Over-the-Counter Drug Use

Percent of students who report using over-the-counter drugs, like cough syrup or cold medicine for non-medical purposes in the past 30 days



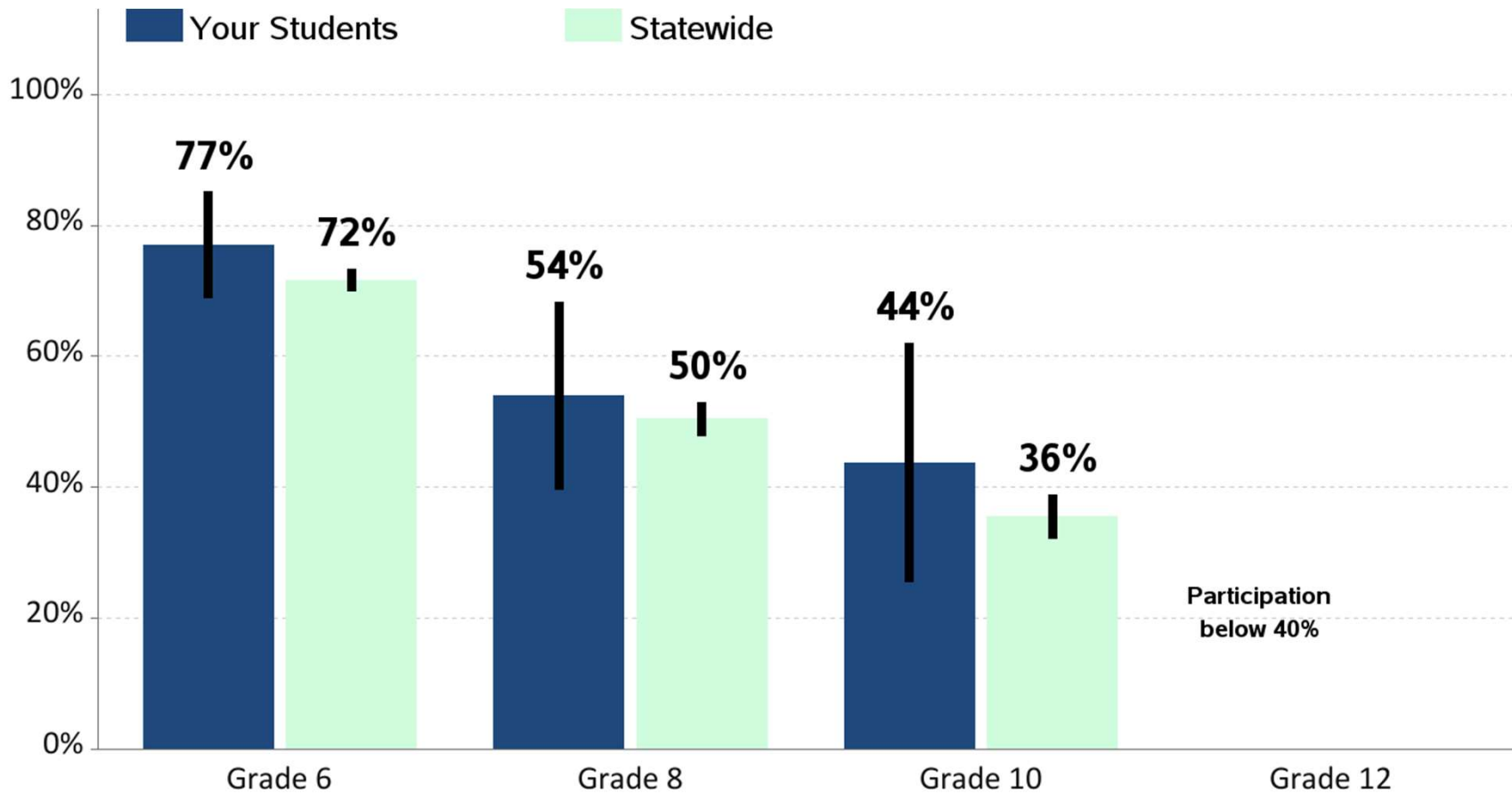
Substance Use at School

Percent of students who report being drunk or high while participating in school in the past year



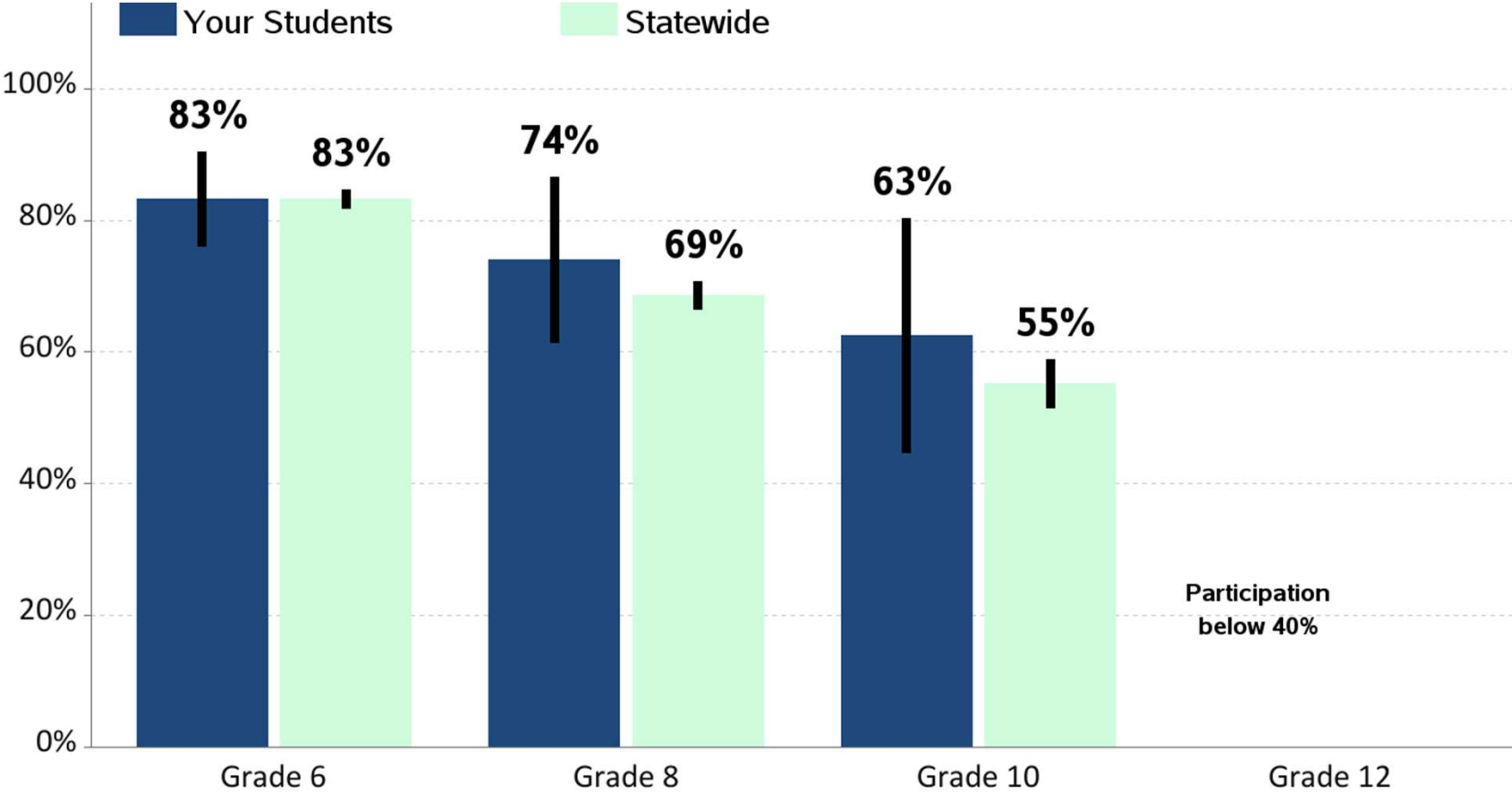
Perceived Availability of Alcohol

Percent of students who report alcohol would be "very hard" to get



Perceived Availability of Cigarettes

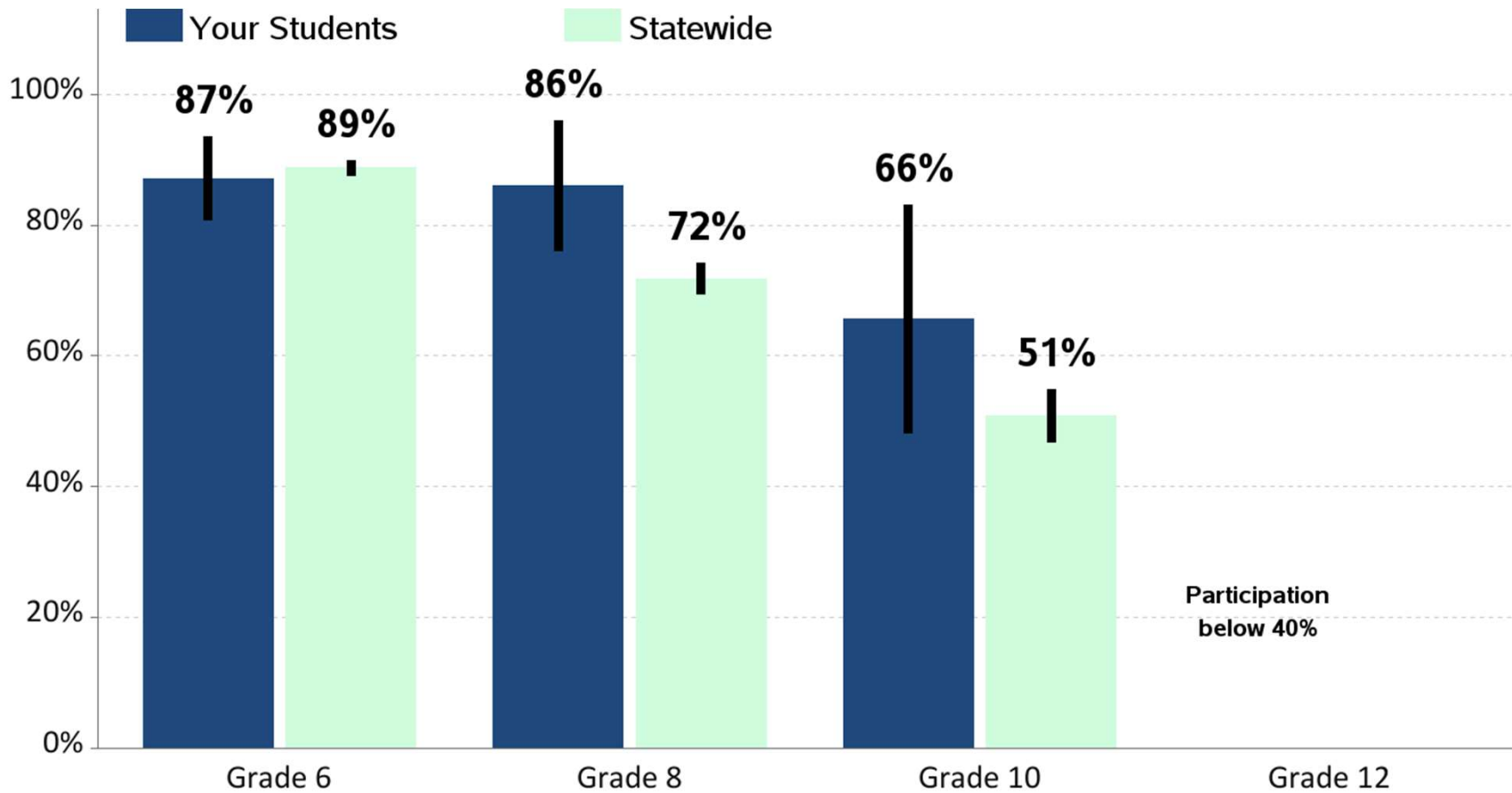
Percent of students who report cigarettes would be "very hard" to get



Medical Lake School District - Source: 2023 Healthy Youth Survey

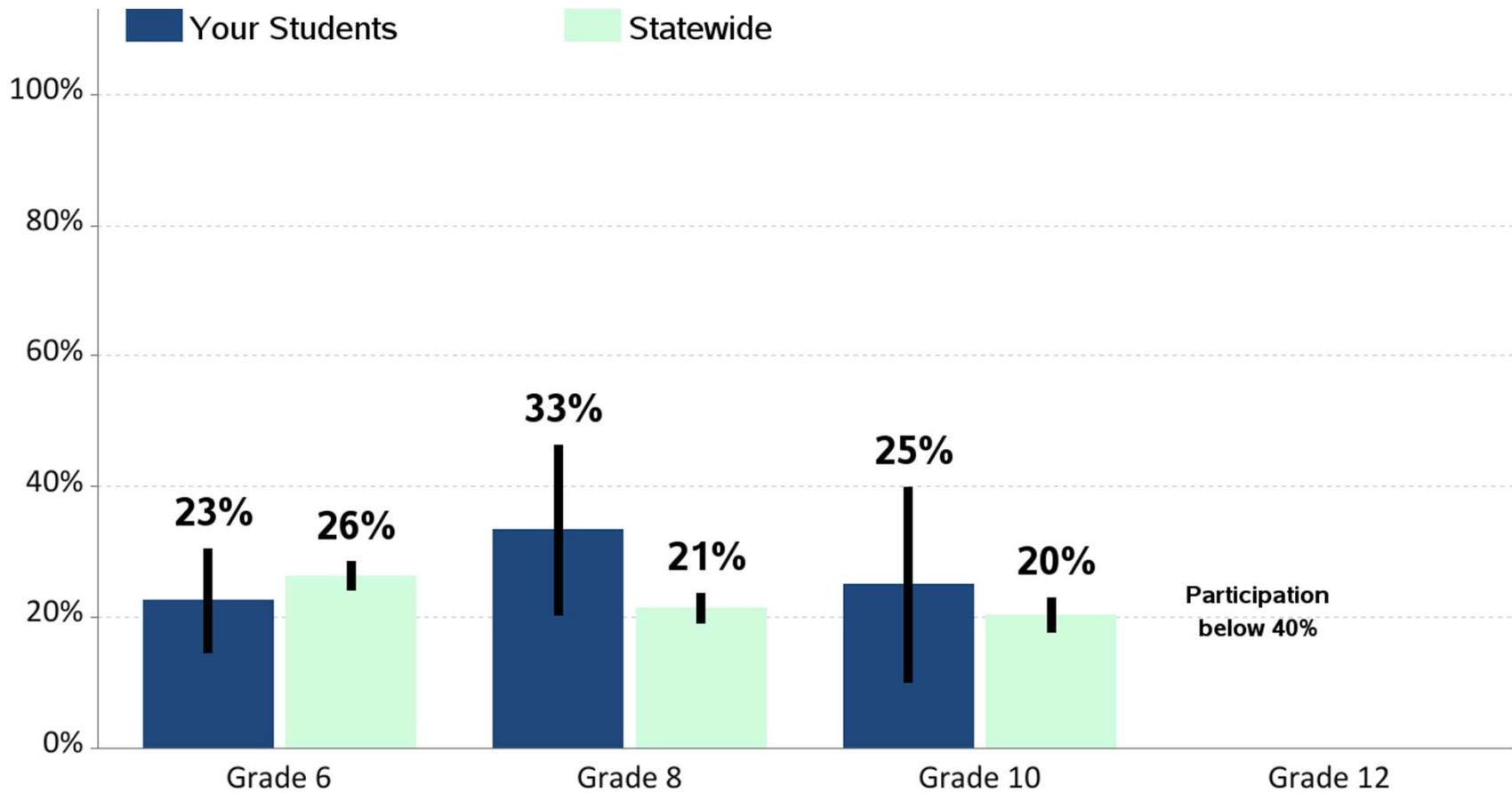
Perceived Availability of Marijuana

Percent of students who report marijuana would be "very hard" to get



Skipping School

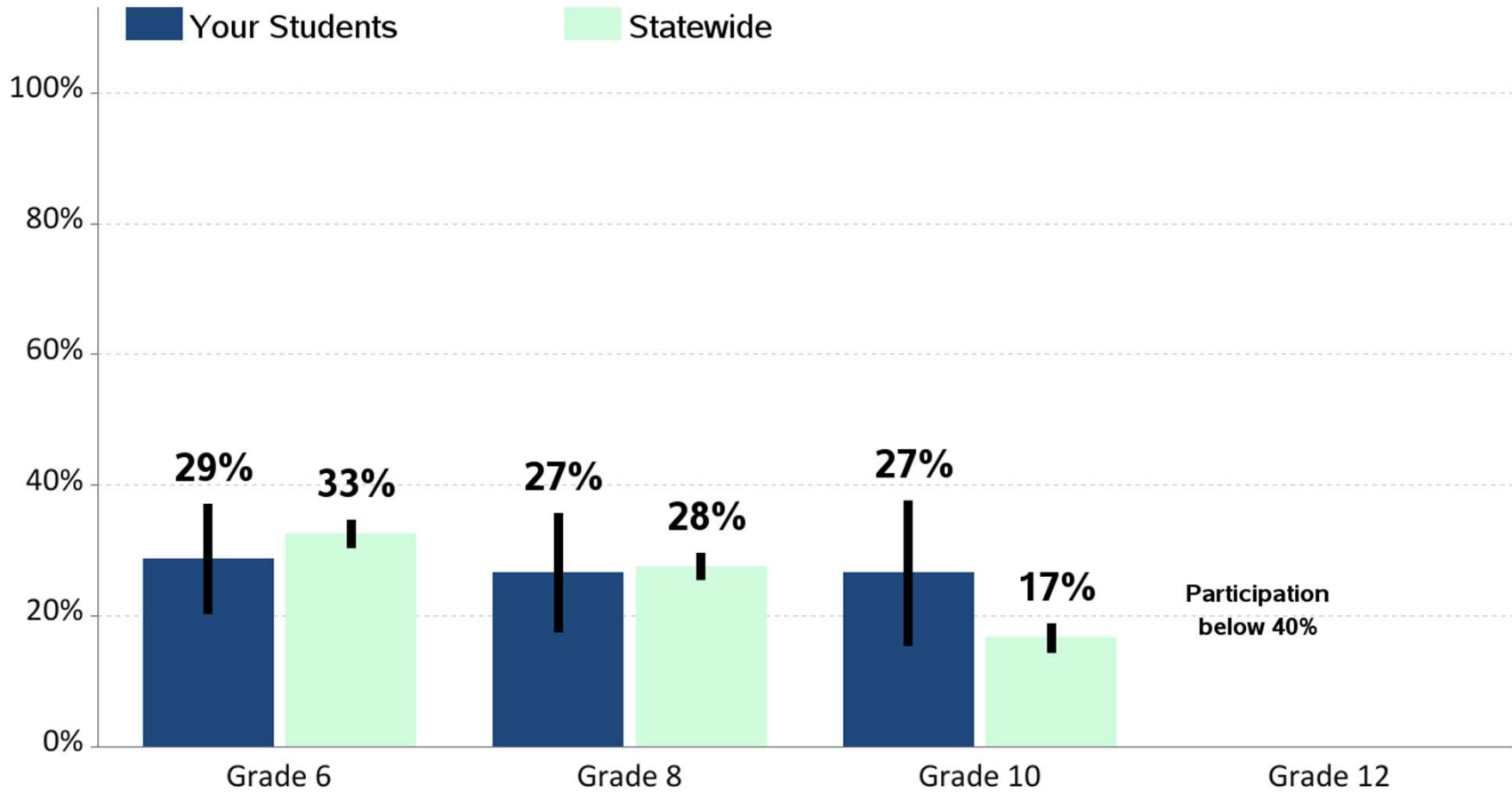
Percent of students who report skipping 1 or more whole days of school in the past 4 weeks



Bullying

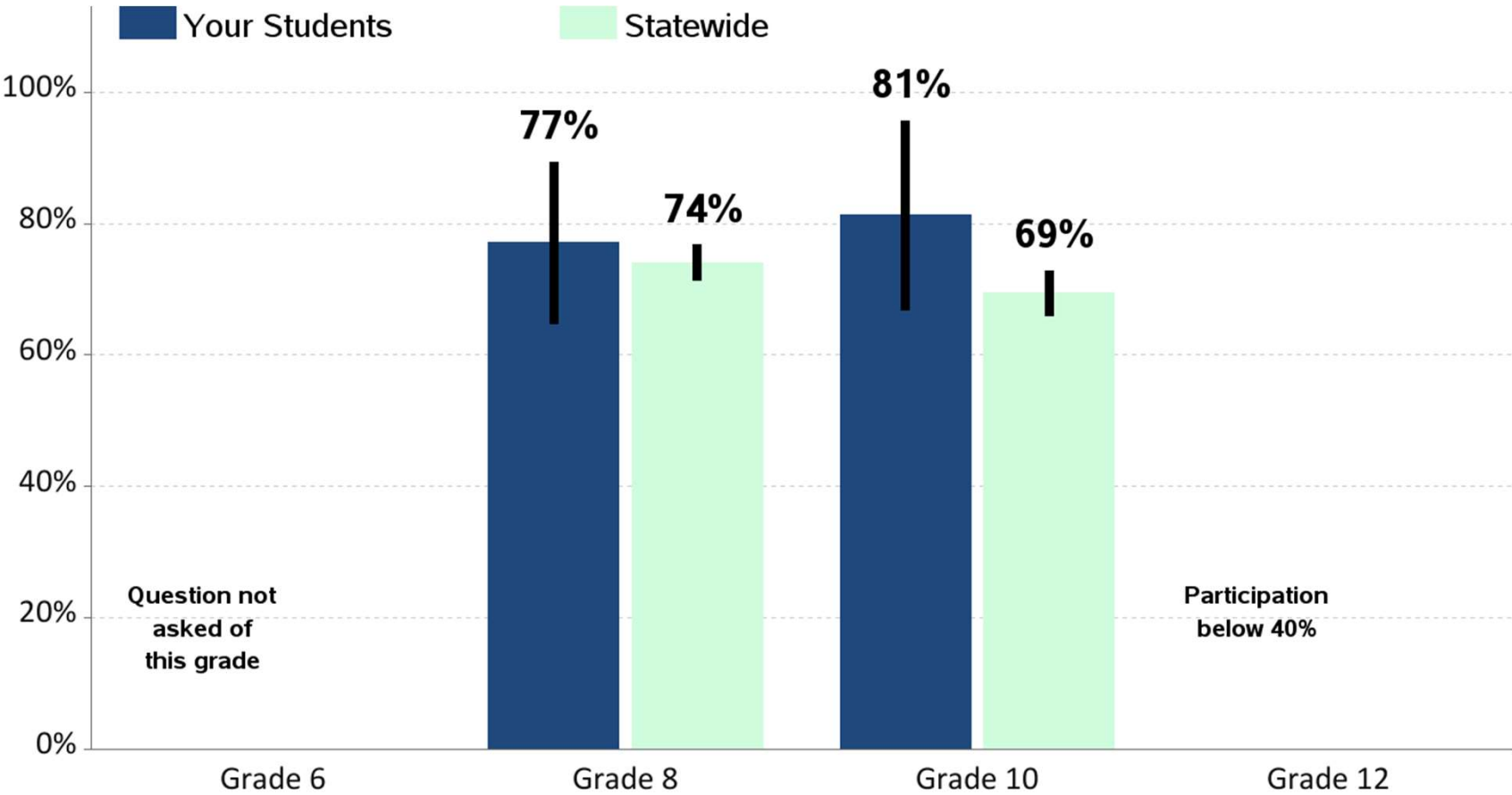
Percent of students who report being bullied in the past 30 days

Bullying is when one or more students threaten, spread rumors about, hit, shove, or otherwise hurt another student over and over again.



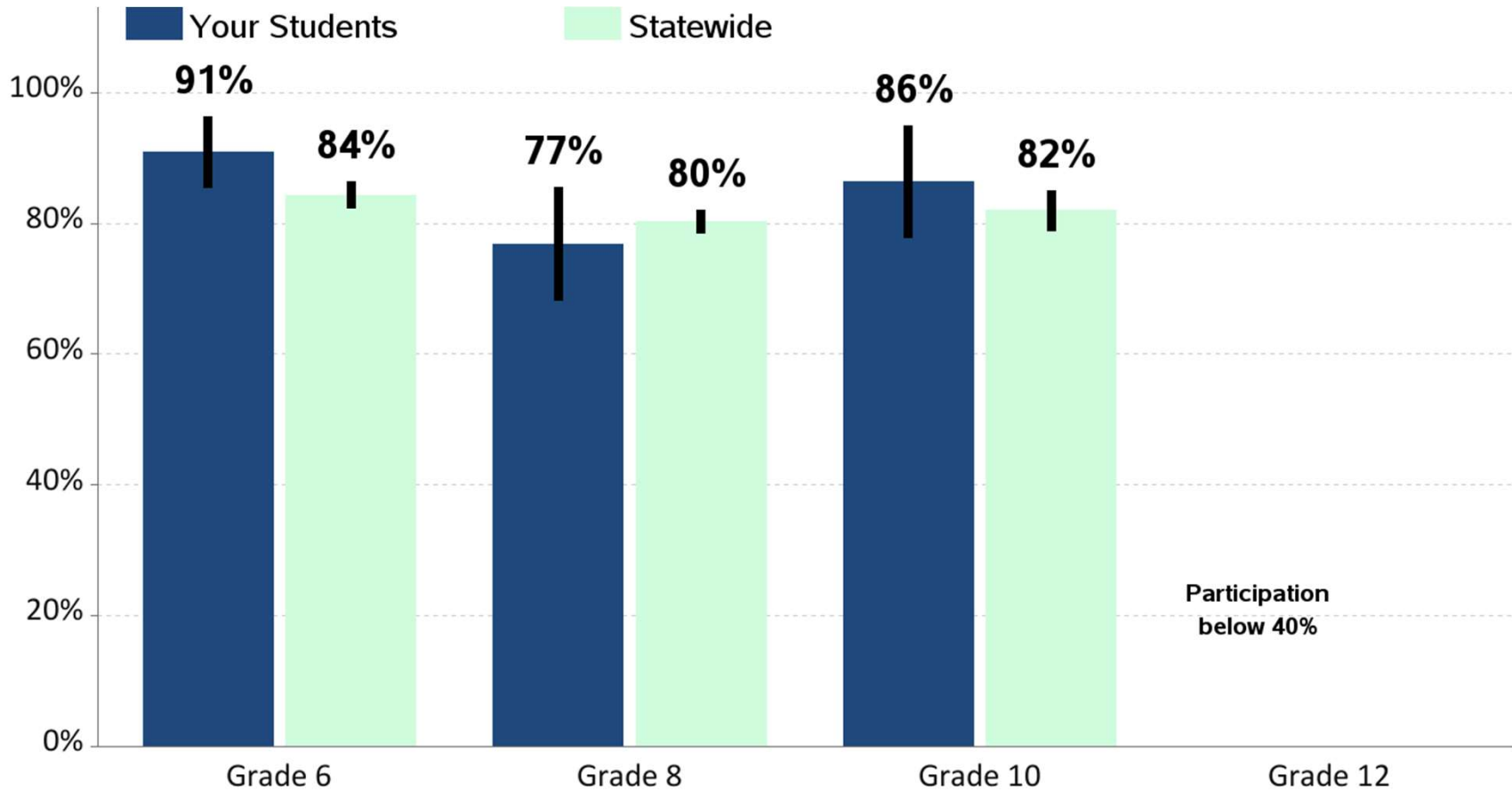
Students Know How to Report Bullying

Percent of students who report they know how to report bullying during school



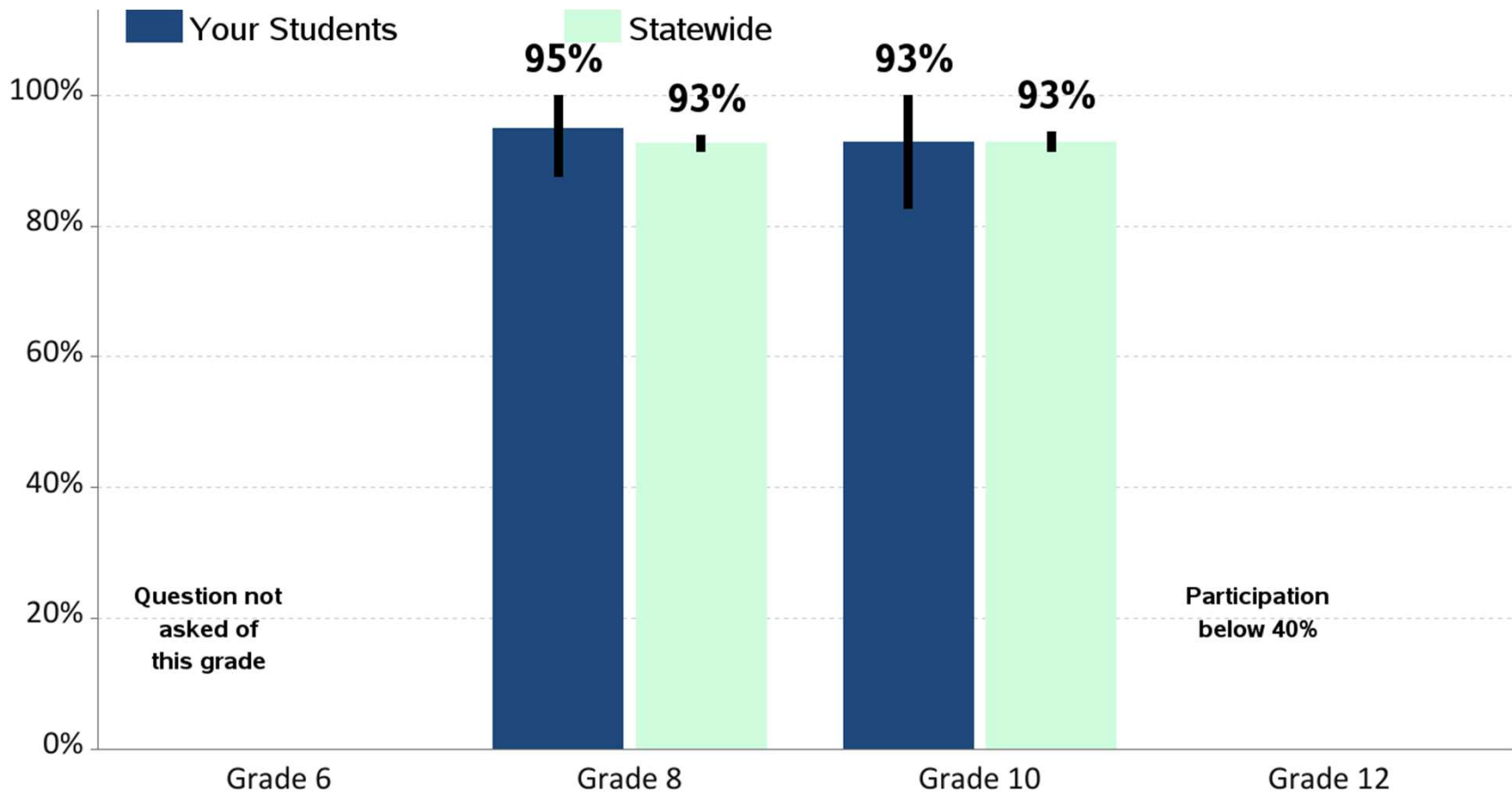
Feeling Safe During School

Percent of students who report that they feel safe during school



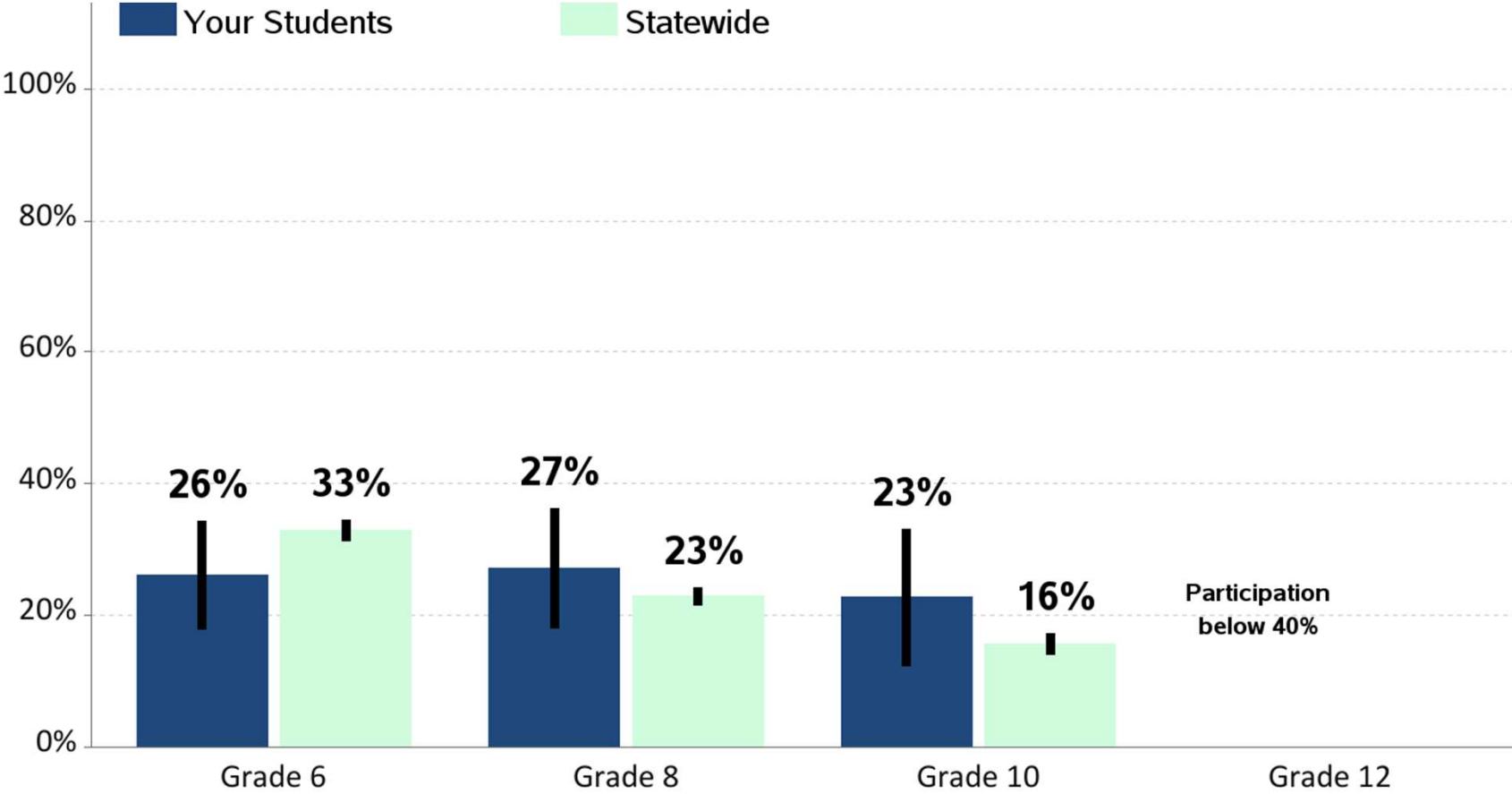
Opportunities for School Involvement

Percent of students who report that they have lots of chances for involvement in school activities



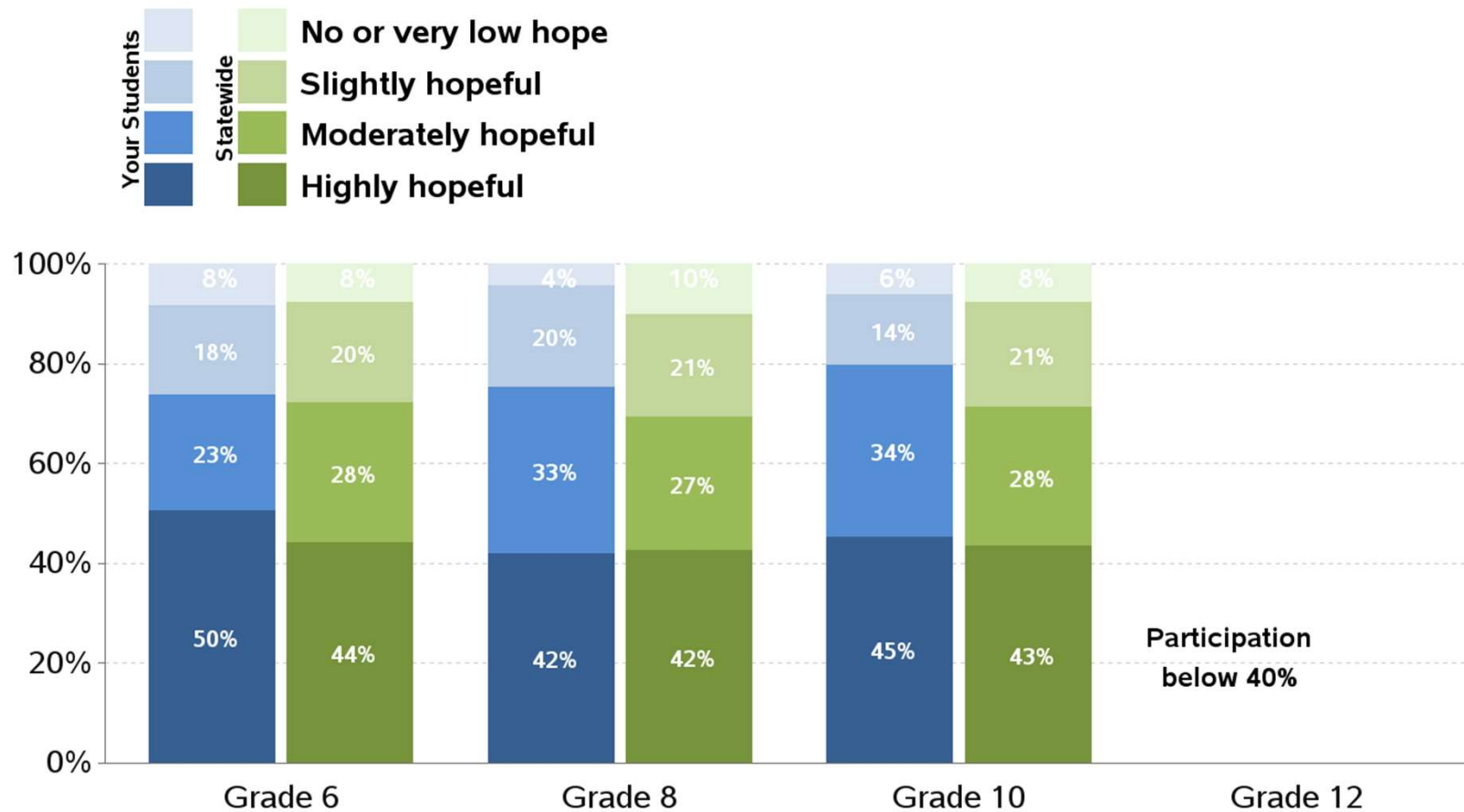
Physical Fighting

Percent of students who report being in a physical fight in the past year



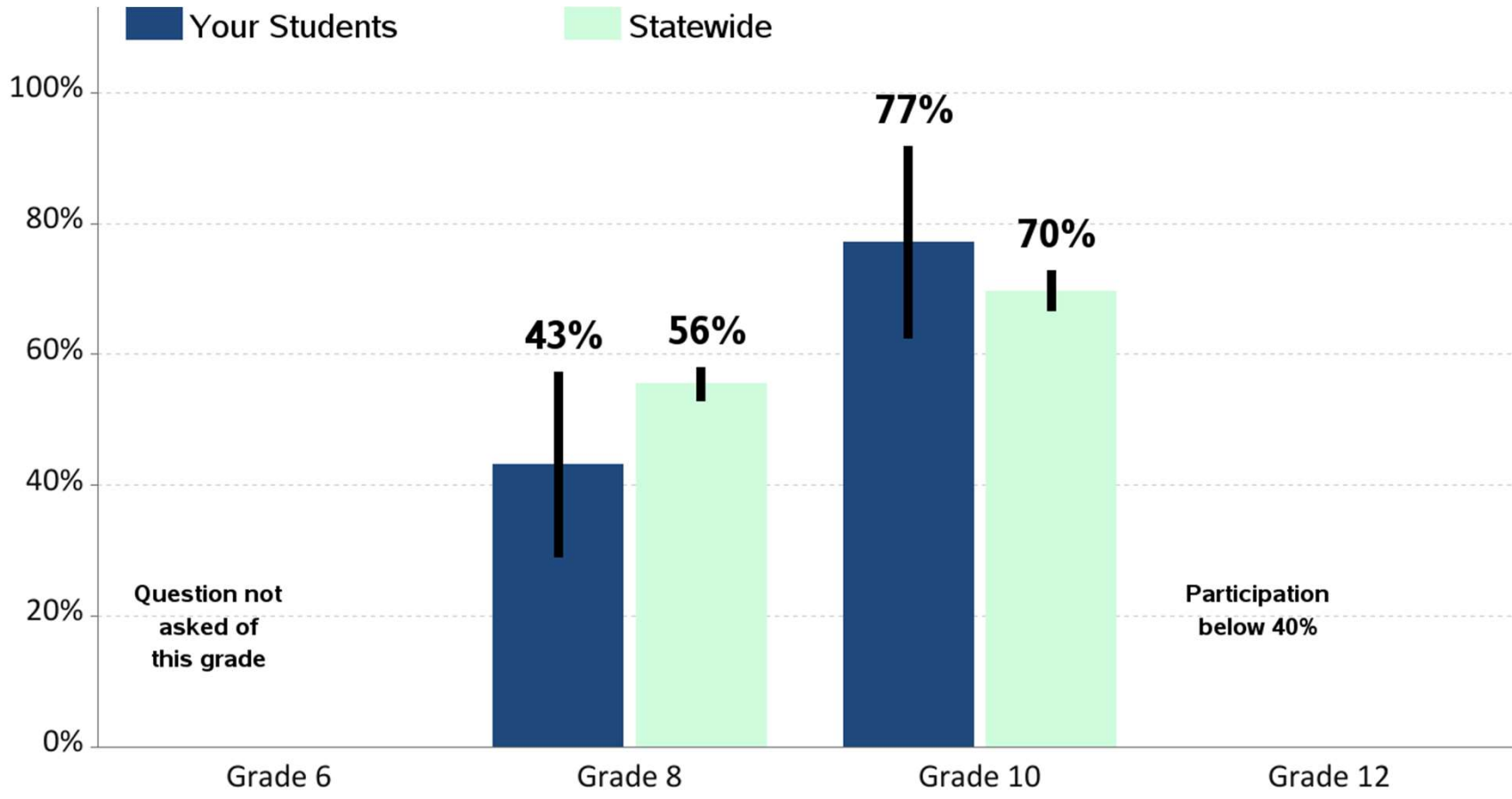
Children's Hope Scale

Hope reflects a future orientated mindset and motivational process toward attaining a desirable goal. Research has linked hope with overall physical, psychological, and social well-being.



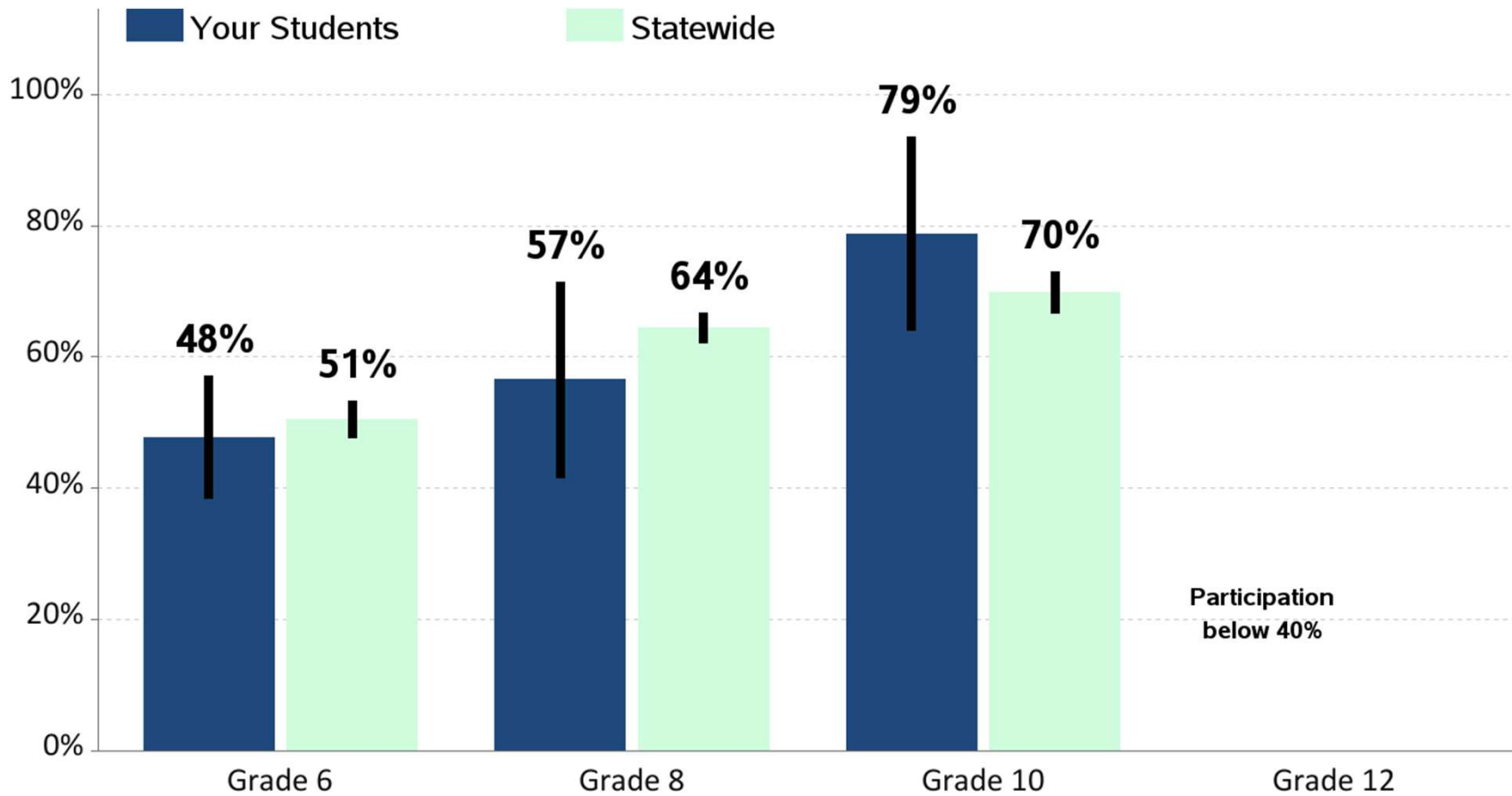
Sleep on a School Night

Percent of students who report sleeping less than 8 hours on an average school night



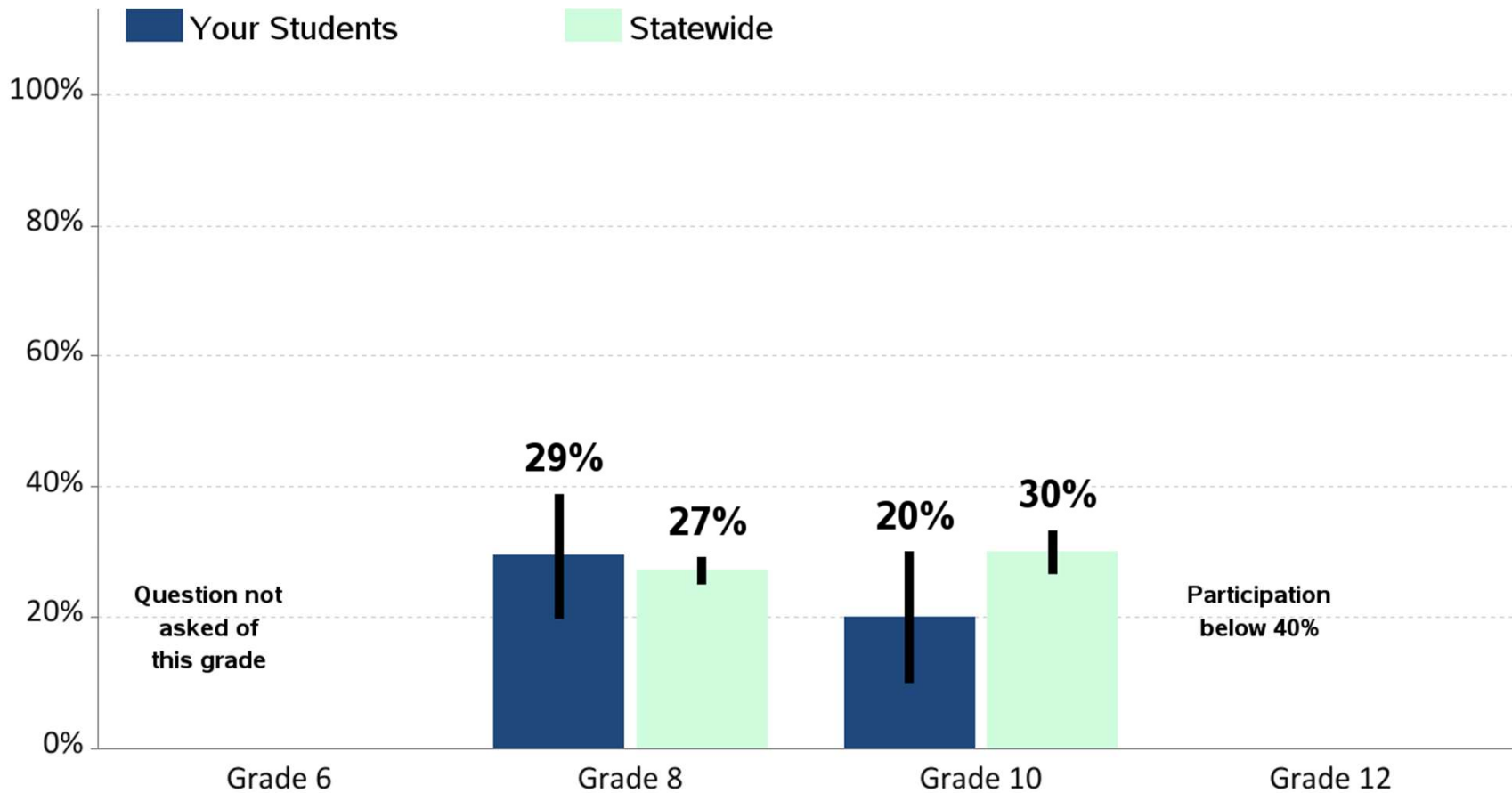
Excessive Screen Time

Percent of students who report 3 or more hours of screen time on an average school day
*(time spent in front of a TV, computer, smart phone, or other electronic device watching shows or videos,
playing games, accessing the Internet, or using social media)*



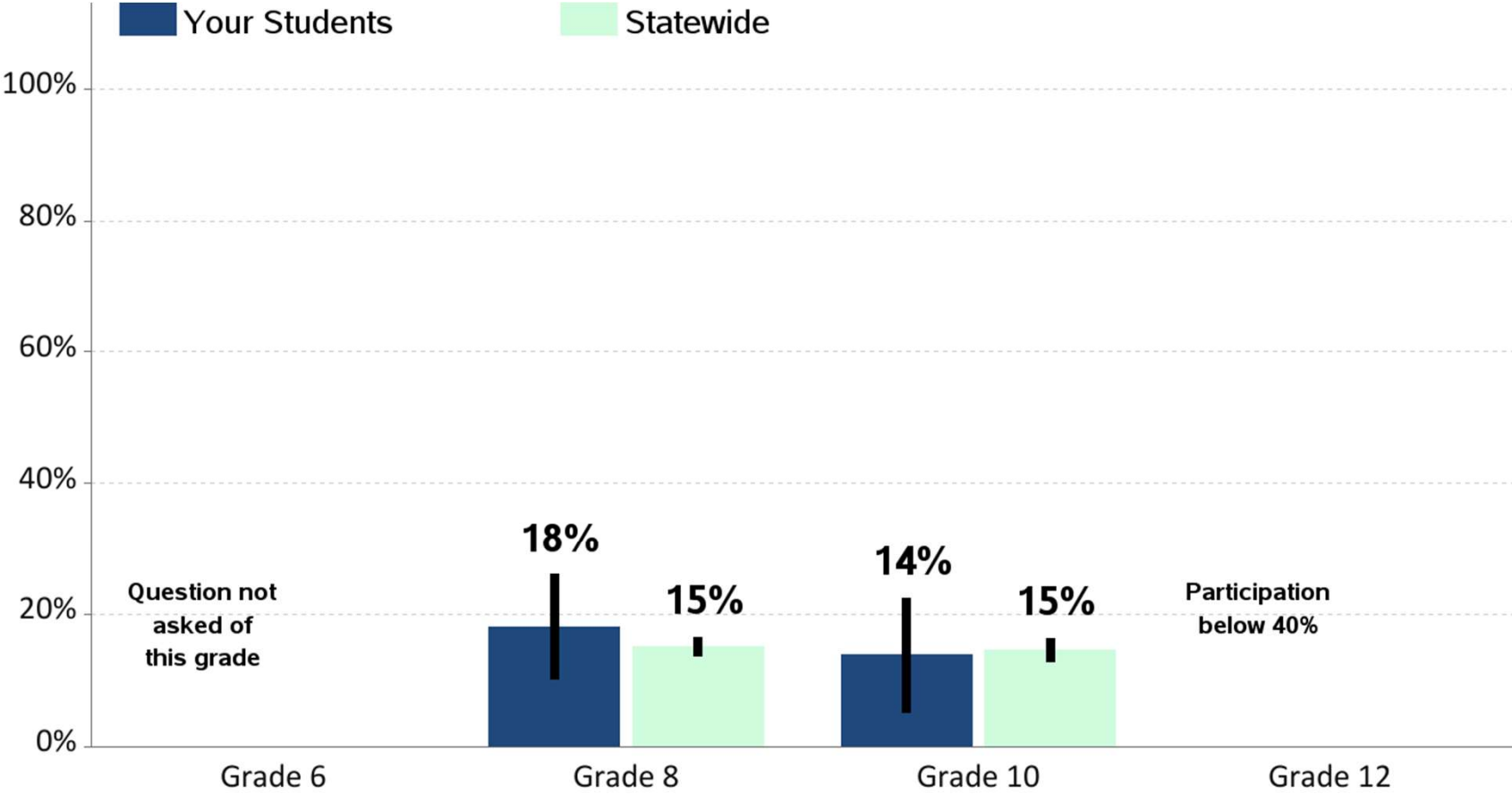
Depression

Percent of students who report feeling so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities in the past year.



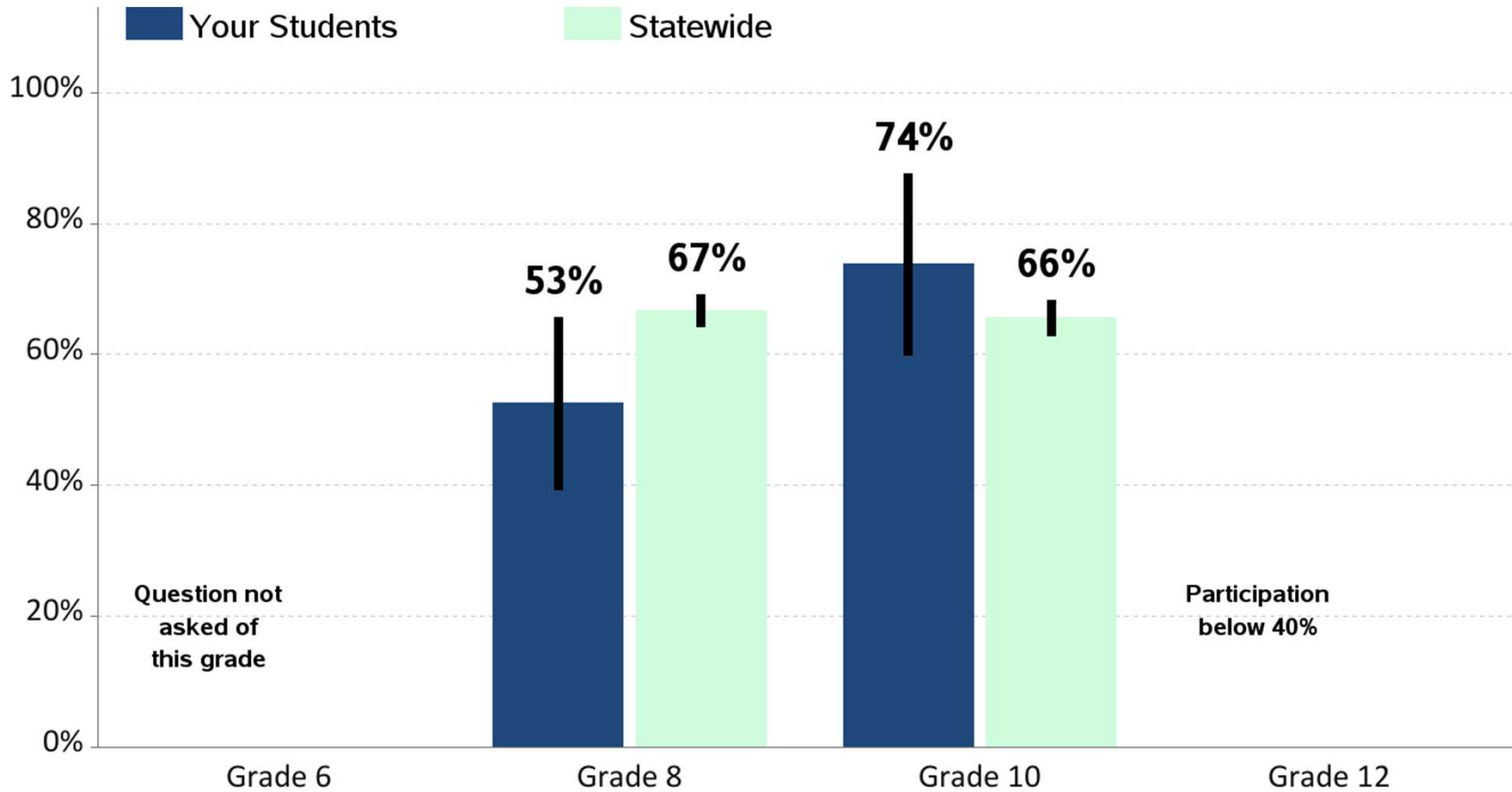
Contemplation of Suicide

Percent of students who report having seriously considered suicide in the past year



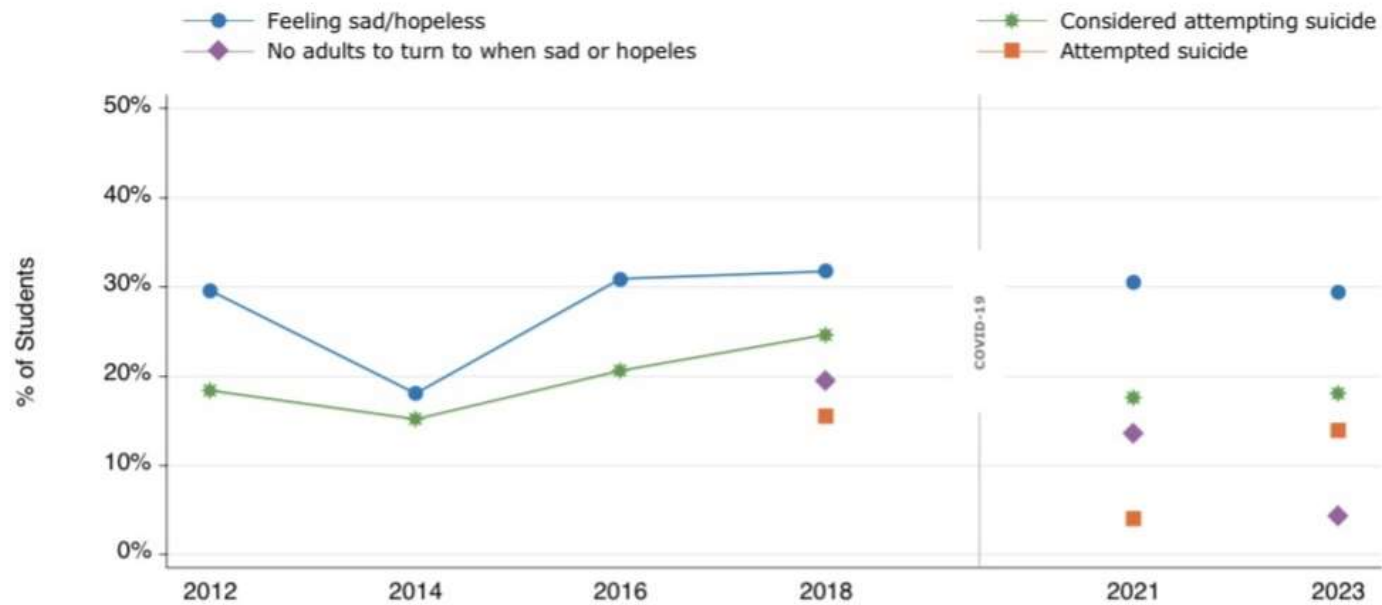
Someone in Community to Talk To

Percent of students who report having an adult in their neighborhood or community they can talk to about something important



Longitudinal Data

Feeling sad/hopeless and suicide 2012-2023, Grade 8



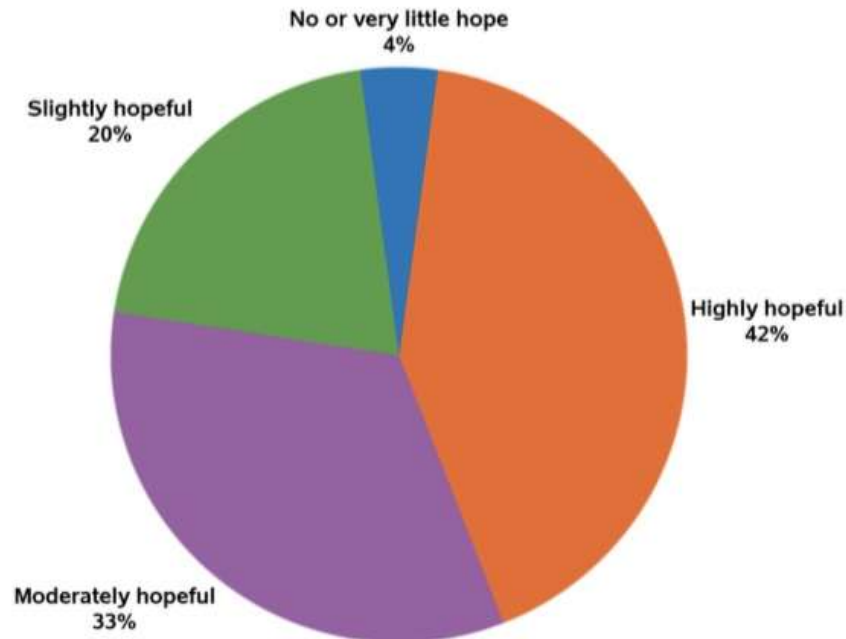
Prevalence	2012	2014	2016	2018	2021	2023
Feeling sad/hopeless	30% ±8	18% ±7▼	31% ±9▲	32% ±10	31% ±9	29% ±9

Measuring Hope



FACT SHEET Measuring Hope

Levels of Hope Grade 8, 2023



Research has shown that hope can be taught and is connected to academic achievements, well-being and positive life outcomes.