

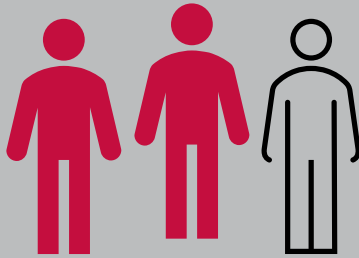
Maryland Youth Pandemic Behavior Survey 2021 MD YPBS-21



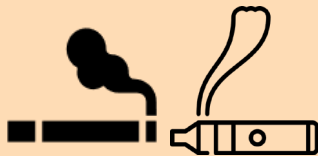
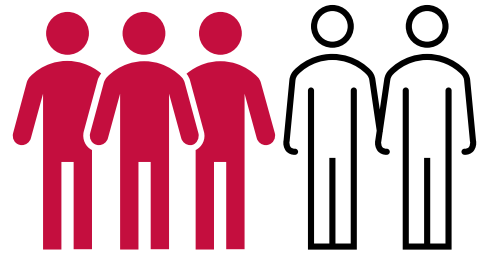
The Maryland Department of Health conducted an online survey in the spring of 2021 that focused on how students were coping with the pandemic.

The pandemic has significantly affected Maryland high school students in many ways, including struggles with mental health, tobacco use, alcohol and drug use, trouble with schoolwork, and verbal or physical abuse at home.

Two out of three high school students found schoolwork more difficult during the pandemic.



Nearly three in five high school students struggled with mental health issues the past year.



27%

used more tobacco during the pandemic.



37%

used more illegal drugs during the pandemic.



29%

drank alcohol more often during the pandemic.

Mental health support and resources should be a top priority.

Approximately **1 out of 5** Maryland teens seriously considered attempting suicide in the past year.

36% of Maryland high school students recently felt sad or hopeless every day for two weeks in a row.

28% of teens lived with someone who was depressed, mentally ill, or suicidal.

Social connections and community support were critical this past year.

82% of teens had a friend they could talk to.

73% of students felt like they can share their feelings with an adult in their family.

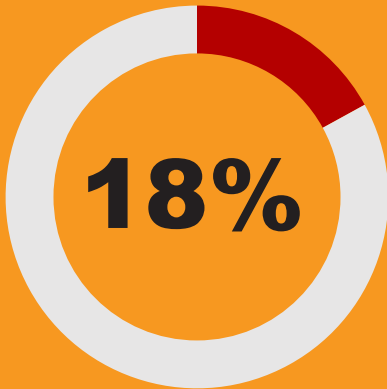
77% virtually socialized during the pandemic.

Maryland high school students need more physical activity, less screen time, and additional emotional support.

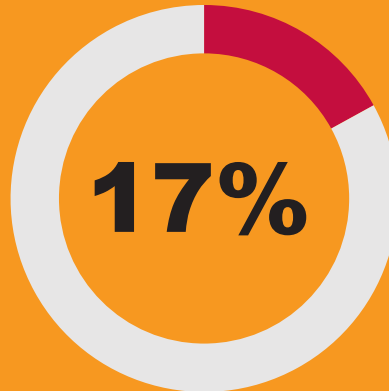
73% were not physically active for at least one hour a day for five days in the past week.

67% spent three or more hours per day in front of a screen (excluding school attendance and assignments).

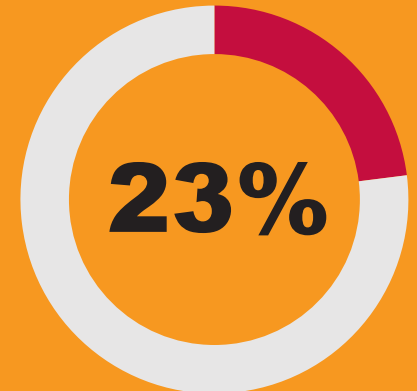
48% experienced an adult at home swear at, insult, or put them down during the pandemic.



tested positive for COVID-19 or had someone in their household test positive.



went hungry because there was not enough food in their home during the pandemic.



experienced a parent or adult at home hit, beat, kick, or physically hurt them during the pandemic.

Methodology

Survey participants were recruited through targeted social media ads.

Eligible participants consisted of youth between the ages of 14-19 living in Maryland who attend a public or private high school.

Data collection ran from May 10th, 2021 to June 13th, 2021.

The YPBS-21 contained 70 total survey questions.

608 teens completed the survey.

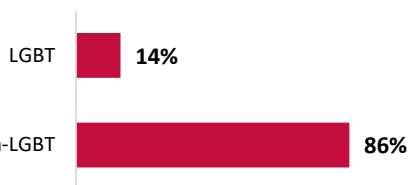
Students were asked about the following topics:

- Physical Health
- Safety
- Substance Use
- Mental Health
- Food Insecurity
- Adverse Childhood Experiences (ACEs)
- Positive Childhood Experiences (PCEs)
- COVID-19 Impacts

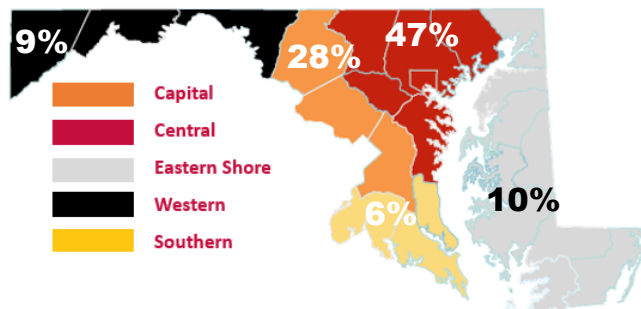
Demographics

Sexual and Transgender Identity

14% identified as LGBT



Region



Race and Ethnicity

